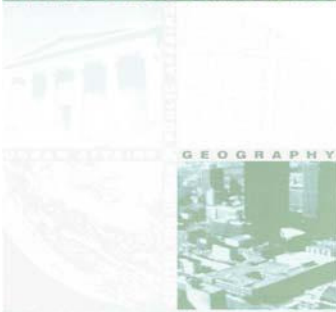




Preble County
Community Health
Assessment
2010

WRIGHT STATE UNIVERSITY



For more information regarding this report, contact:

David Jones

Center for Urban & Public Affairs

Wright State University

3640 Colonel Glenn Hwy.

Dayton OH 45435-0001

Phone: (937) 775-2941

Fax: (937) 775-2422

TABLE OF CONTENTS

EXECUTIVE SUMMARY	3
CHAPTER 1 – INTRODUCTION	4
Objectives	4
Methodology	4
Questionnaire Design	4
Sampling Design	5
Survey Implementation.....	5
Data Analysis	5
Limitations.....	6
Sample Demographics	6
CHAPTER 2 – GENERAL HEALTH STATUS.....	8
General Health.....	8
Mental Health.....	9
Quality of Life.....	10
Access to Health Care.....	11
Health Care Utilization.....	12
CHAPTER 3- PREVALENCE OF DISEASE	14
Asthma.....	14
Cardiovascular Diseases.....	14
High Blood Pressure	14
High Cholesterol	15
Coronary Heart Disease, Heart Attack and Stroke.....	16
Prevention	16
Diabetes	17
CHAPTER 4- LIFESTYLE CHOICES	19
Physical Activity	19
Weight Control	20
Sexual Activity and Awareness	20
Tobacco Use.....	21
Drug Use.....	22
Alcohol Consumption.....	22
Sleep	23
Pregnancy	24
CHAPTER 5- EARLY DETECTION	25
Early Detection for Breast Cancer	25
Early Detection for Cervical Cancer	26

Center for Urban & Public Affairs

Early Detection for Prostate Cancer 26
Early Detection for Colorectal Cancer 27
Skin Cancer..... 27
Eye Care..... 28
Oral Health..... 28

CHAPTER 6- IMMUNIZATIONS 30

CHAPTER 7- ACCIDENT PREVENTION 31
 Seat Belt and Helmet Use 31
 Smoke Detectors 31
 Falls..... 31

CHAPTER 8- CHILDREN’S HEALTH..... 32
 Immunizations..... 32
 Child Safety..... 32
 Life Style Choices..... 33

CHAPTER 9- COMMUNITY ISSUES 35

APPENDIX A: PREBLE COUNTY SURVEY INSTRUMENT..... A-I

APPENDIX B: PREBLE COUNTY STATE AND NATIONAL COMPARISON DATA..... B-I

APPENDIX C: SURVEY FREQUENCIES C-I

APPENDIX D: OPEN-ENDED RESPONSES..... D-I

EXECUTIVE SUMMARY

In 2010, the Center for Urban and Public Affairs (CUPA) at Wright State University (WSU) conducted a community health assessment for the Preble County General Health District (PCGHD). The survey was based upon the Behavioral Risk Factor Surveillance System (BRFSS) conducted by the Centers for Disease Control and Prevention (CDC), as well as health assessments conducted by neighboring counties and priority health needs within the county. The purpose of the health needs assessment is to assess the prevalence of disease and behavioral risk factors, assess broad community health issues and shape a broader definition of community health, monitor the impact of community health action plans and trends in behavioral modifications and provide a vehicle to discuss ways to improve community health.

The following are highlights of the 2010 assessment:

There are many positive signs.....

- ✓ Preble County residents are optimistic about their health, with the majority (83.5 percent) of residents saying they have good, very good or excellent health.
- ✓ Preble County respondents (16.2 percent) were significantly less likely than respondents across Ohio (20.7 percent) to report having days with physical health limitations over the past month.
- ✓ The percentage of Preble County adults who report drinking alcohol in the past month (41.8 percent) is significantly lower than the State and Nation.
- ✓ Similarly, Preble County adults (12.8 percent) were significantly less likely than the State (16.0 percent) and Nation (15.8 percent) to report binge drinking.
- ✓ Preble County residents (33.3 percent) were less likely than residents across the State (39.6 percent) and Nation (37.5 percent) to indicate that they have high cholesterol (However, this may be due to lack of having their cholesterol checked).
- ✓ Preble County respondents were slightly more likely than respondents across the state and nation to have received a flu shot or pneumonia vaccination.

But we still have some work to do...

- ✓ The percentage of Preble County women over the age of 40 (71.0 percent) who have had a mammogram is lower than the State (75.8 percent) and Nation (76.0 percent).
- ✓ Almost one-third of Preble County adults (32.6 percent) have been diagnosed with high blood pressure, which is significantly higher than the percentage for the Nation (28.6 percent).
- ✓ Preble County residents (69.9 percent) were significantly less likely than the State (77.4 percent) and Nation (76.9 percent) to indicate that they have had their cholesterol checked in the past 5 years.
- ✓ Preble County women (71.1 percent) were significantly less likely than women across the State (82.7 percent) and Nation (82.9 percent) to have had a Pap test.
- ✓ Preble County respondents over the age of 50 (16.5 percent) were significantly less likely than respondents nationally (21.0 percent) to have had a blood stool test kit in the past 2 years.
- ✓ Cost was cited as a prohibitive factor for why respondents did not receive screenings related to eye care, children's health screenings, and other preventative health screenings.

CHAPTER I – INTRODUCTION

The 2010 Preble County Community Health Assessment consists of a telephone survey of 597 Preble County adults, a youth survey administered in Preble County schools, as well as the development of a community health improvement plan to help guide the strategic direction of health services in the county. The primary purpose of the survey of adults is to evaluate the health status of residents, establish public health priorities, and identify baseline measures for establishing public health program outcomes.

The assessment is based upon questions from the Behavioral Risk Factor Surveillance System (BRFSS) survey conducted annually by the Centers for Disease Control and Prevention (CDC), as well as community health assessments conducted by neighboring communities and priority health needs within the county. The assessment addresses access to and utilization of health care, the prevalence of certain diseases, lifestyle choices, early detection and immunizations, attitudes and behaviors toward health and prevention, and some broader community concerns.

Objectives

The overall goal of the needs assessment is to perform a community health assessment that will lead to improved quality of public and private health services. In addition, the health assessment can be used for a variety of purposes such as the following:

- To assess the distribution of disease and behavioral risk factors.
- To assess broad community health issues and to shape a broader definition of community health.
- To monitor the impact of community health action plans and trends in behavioral risk modifications. The community health assessment will continue to be repeated approximately every four to five years to determine if actions taken by communities are impacting the behaviors that lead to poor health.
- To provide a vehicle to discuss ways to improve community health. The study can assist stakeholders working collaboratively in the community to address issues that affect health.

The results of the survey will be combined with the results of the Preble County Youth Survey to guide the county in the development of its strategic plan, which will address health deficiencies identified by the survey.

Methodology

Questionnaire Design

The assessment is based on a telephone survey of residents living in Preble County. As stated previously, the survey was adapted from the BRFSS, which was developed by the CDC, as well

as community health assessments conducted by neighboring counties. The BRFSS is conducted annually by each state to assess health behaviors in the nation. Utilizing questions which are identical in wording to the BRFSS and these other health assessments allows for comparison of Preble County responses to other counties, the state, and the nation.

Sampling Design

A sample of random digit dial telephone numbers was selected from Marketing Systems Group, a national company that generates telephone numbers. The database was supplemented with cell phone numbers when possible to capture responses from residents of the county who do not have a landline telephone.

Survey Implementation

Interviews were conducted from July 22nd through August 22nd of 2010. Residents were interviewed Monday through Thursday 3:00 – 9:00 p.m., Friday 10:00 a.m. – 5:00 p.m., Saturday 12:00 p.m. – 4:00 p.m. and Sunday 3:00 – 8:00 p.m. Interviewers utilized a Computer Aided Telephone Interviewing (CATI) software program that displays the questionnaire on a computer screen and allows the interview to enter the response directly into the computer. Such a system helps to minimize errors in gathering the data. A total of 597 individuals were interviewed to obtain a 95 percent confidence level and a plus or minus 4 percent sampling error for the County as a whole.

Data Analysis

The data were weighted according to age, race, and gender distribution of the county. The data were weighted to provide more accurate estimates and to adjust the distribution of the sample data to reflect the demographics of the adult population of the county. By weighting the data, the responses of persons in various subgroups are adjusted to compensate for the over-representation or under-representation of these persons in the survey sample.

In most cases, the chi-square test was used to measure statistically significant differences among groups within the survey. In some cases when the mean was used to describe the variable (as opposed to the proportion) the independent samples t-test was used to measure the statistical difference between data. In the following report, only the statistically significant differences will be reported. If no significant difference exists, differences between subgroups within the survey will not be reported, unless it issued to highlight another point (e.g., there are no differences between sub-groups when researchers might expect that there would be). Often, data that are not statistically significantly different may still have substantive differences.

The data from Preble County were compared to state and national data for key questions. The most recent state and national data were used, depending upon how recently specific questions were asked. In addition, it should be noted that the national estimates represent the median of the states and not the average (or mean) of the states' data.

To measure the statistical differences between the county, state, and nation, two statistical tests were used. Since the actual proportions were available for the state, the chi-square test was also used when comparing the differences between the county-level data and the state data. However, as mentioned above, the median value was the only value available for the national data so a different statistical test, the binomial test, was used to compare the county-level data to the national data. Appendix B at the conclusion of this report profiles differences between Preble County respondents and the state and nation.

Limitations

The assessment has several limitations. As with every telephone survey, the primary limitation is that it excludes households that do not have telephones. It is estimated that about ten percent of households nationally do not have telephones, and these households are more likely to be poor. Previous research conducted by CUPA has found that people without telephones are more likely to have multiple barriers to accessing health care.

A second limitation of the study is that it is based on self-reported information and may reflect respondents' likelihood of reporting a particular behavior; however, since the same methodology is utilized for the state and national survey, the same bias applies. For example, Preble County respondents may have been less likely to report that they participated in an activity such as drinking and driving; however, state and national respondents would also be less likely to report that they participated in such an activity. Therefore, the differences between these groups can still be measured.

Sample Demographics

The following presents the demographic profiles of survey respondents. The proportions for age, race, and gender were similar to the actual proportions as indicated in data obtained from the 2006-2008 American Community Survey for Preble County. The data were weighted by age, race and gender to equal the actual proportion.

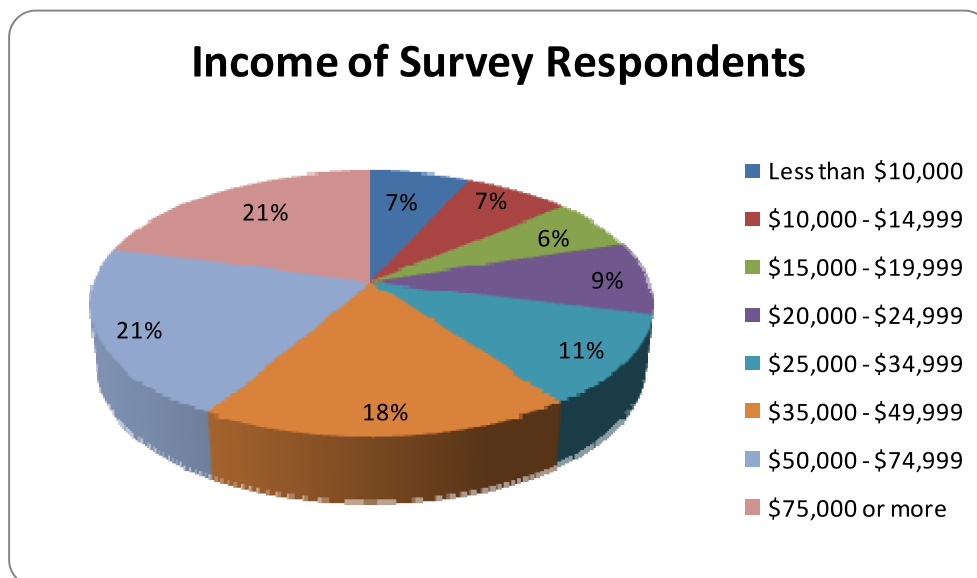
Figure 1.1

Age	Actual Proportion (2006-2008 ACS)	Weighted Sample Proportion
18-29	19.6%	19.5%
30-39	14.3%	14.0%
40-49	21.3%	21.4%
50-64	26.0%	26.2%
65 or older	18.9%	19.0%

Most of the survey respondents indicated their racial affiliation as “white,” which reflects the demographics obtained from the American Community Survey. Specifically, 98.8 percent of survey respondents indicated that they are white, with 1.2 percent of respondents indicating that they are another race.

The weighted sample contains a slightly higher percentage of females (50.9 percent) than males (49.1 percent). Almost three-quarters of respondents (73.1 percent) live in households with two adults, while 17.9 percent live in three adult households and 9.0 percent have four or more adults in their household.

Other demographic indicators include annual household income, employment and education level. The greatest proportion of survey respondents has an annual household income of over \$75,000 (20.9 percent), followed by \$50,001 to \$75,000.



Almost two-thirds of respondents are married (67.1 percent), while 15.1 percent have never been married, 8.0 percent are divorced, and 7.9 percent are widowed.

The greatest proportion of survey respondents have a high school degree (40.6 percent), while 29.8 percent have some college and 21.8 percent have a college degree. The remaining respondents (7.8 percent) have less than a high school education.

Less than half of respondents (46.7 percent) are employed for wages. More than one in five respondents (22.8 percent) is retired, while 8.7 percent of respondents are currently unemployed and looking for a job.

CHAPTER 2 – GENERAL HEALTH STATUS

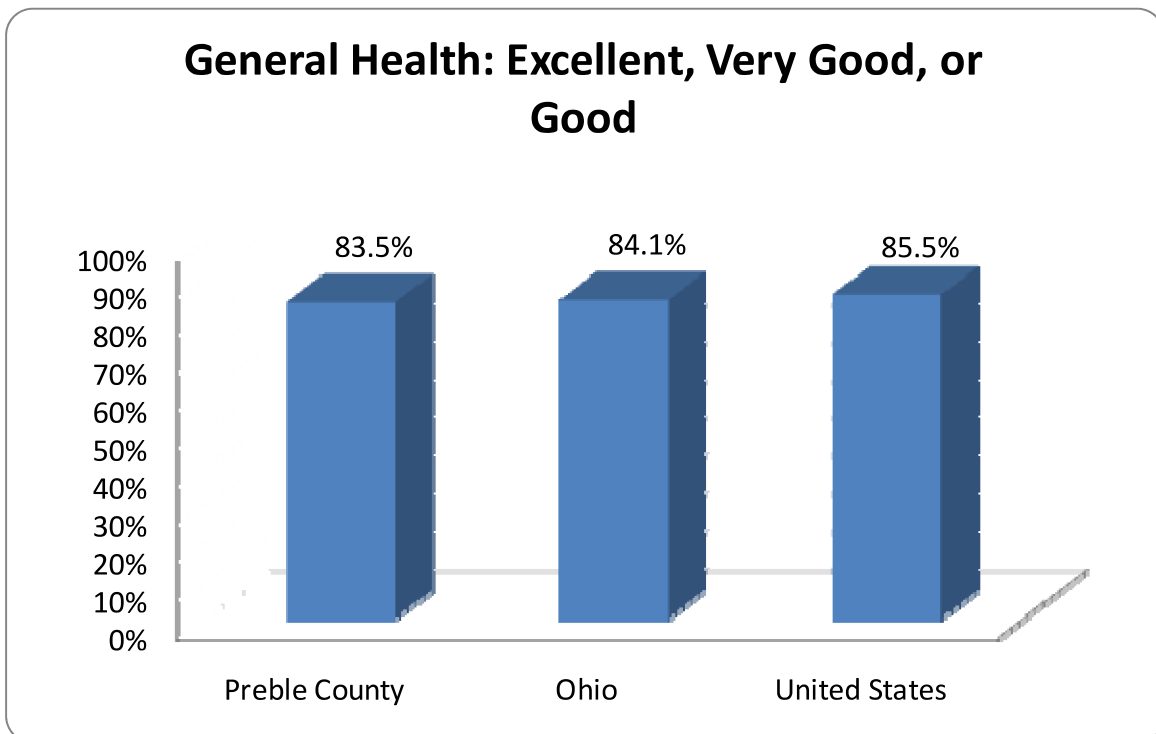
This chapter will address the general health status of Preble County residents, including days with poor physical and mental health, as well as days with health limitations. The chapter will also address Preble County residents without access to health care.

General Health

The general health status of respondents is a self-reported gauge of an individual's overall health condition. The first question of the survey asked respondents to rate their overall health to provide a measure of peoples' initial impression of their health status.

More than four in five respondents (83.5 percent) indicated that in general, their health is excellent (21.0 percent), very good (30.7 percent) or good (31.8 percent). The percentage of Preble County residents rating their health as excellent, very good or good (83.5 percent) is similar to the State of Ohio (84.1 percent) and the nation (85.5 percent). As might be expected, respondents who reported zero days with poor physical or mental health were significantly more likely than those respondents who reported one or more days with poor physical or mental health to indicate that their health is "excellent", "very good" or "good".

Crosstabs by demographic variables reveal that younger respondents were significantly more likely to indicate that their health is "excellent", "very good" or "good" when compared to older respondents.



Next, respondents were asked in more detail about their physical and mental health. Despite their assertions of good health overall, 31.4 percent of residents said that, in the past month, they have had days with poor physical health. More than one-quarter of respondents reported having days with poor mental health in the past month (26.4 percent). Interestingly, older respondents (ages 40+) were significantly more likely than younger respondents (ages 18-39) to indicate that they had zero days with poor physical health. Although crosstabs did not indicate any significance level, older respondents were slightly more likely than younger respondents to indicate that they had zero days with poor mental health.

When asked if poor physical or mental health kept them from doing any activities, such as self-care, work or recreation, 19.4 percent of all respondents indicated that they had at least one day in the past month in which they had limitations. The percentage of Preble County residents that stated they were limited in the past thirty days is similar to data reported across the State of Ohio (20.7 percent) as well as the nation (18.8 percent).

Sixteen percent of respondents (16.2 percent) indicated that they are limited in their activities because of physical, mental or emotional problems, with the majority (15.3 percent) indicating that their limitation is primarily physical. Just 2.0 percent indicated that they had mental limitations and 1.8 percent had emotional problems.

Mental Health

The next section of the survey addressed topics related to mental health, including depression, anxiety, and suicide.

More than six percent of respondents (6.4 percent or 38 respondents) indicated they have felt so sad or hopeless for two weeks in a row or more that they stopped doing some usual activities. A crosstab ran by gender did not indicate any significance between experiencing characteristics of depression and gender of respondents; however, older respondents were significantly more likely than younger respondents to indicate that they felt sad or hopeless over the past 12 months.

The 38 respondents who indicated that they felt sad or hopeless in the past year were further questioned about various symptoms they might have experienced during this time. The table on the next page profiles the number of respondents who experienced symptoms, that include:

Had a weight/appetite change	24
Had trouble sleeping/or slept too much	28
Woke up before you wanted	25
Felt fatigued, no energy	30
Felt extremely restless or slowed down	26
Had trouble thinking or concentrating	25
Lost interest in most things	25
Felt worthless or hopeless	23
Thought about death or suicide	16
Attempted suicide	3

All respondents were asked if they have seriously considered committing suicide in the past twelve months. Eleven respondents (1.8 percent) indicated that they did consider committing suicide. Of those eleven respondents who considered suicide, two actually attempted suicide one time.

Fortunately, more than three-quarters of respondents (80.6 percent) indicated that they would know who to talk to or where to go if they ever felt depressed or suicidal. When asked who they would talk to, common responses included a doctor, pastor or religious figure, or friend or family. A complete list of responses can be found in Appendix D.

Quality of Life

Respondents were posed several questions concerning their quality of life. When asked if they are limited in any way in their daily activities because of an impairment or health problem, 15.4 percent of respondents indicated that they have limitations. As might be expected, older respondents were significantly more likely than younger respondents to indicate they were limited because of an impairment or health problem.

Respondents who are limited in their daily activities were asked to identify the specific impairments or health problems that are the source of their limitation. Of those who are limited in their daily activities, the most common limitations included arthritis (35.4 percent), back or neck problems (33.9 percent), walking problems (32.4 percent), and bone/joint injuries (29.2 percent). Other responses included:

- Chronic pain (27.2 percent)
- Lung/breathing problems (26.1 percent)
- Heart problems (19.0 percent)
- Depression/anxiety/emotional problems (18.8 percent)
- Hypertension/blood pressure (18.1 percent)

- Diabetes (16.9 percent)
- Eye/vision problems (14.4 percent)
- Hearing problems (13.8 percent)
- Stroke problems (7.4 percent)
- Chemical dependency (7.1 percent)
- Cancer (6.6 percent)
- Other impairment or problem (19.1 percent)

Respondents that indicated having impairments were also asked if they needed the help of others to bathe, dress, groom, go to the bathroom, eat, or walk. Almost eighty percent (79.0 percent) of respondents said they did not need help from others in these capacities. The remaining respondents (21.0 percent or 19 respondents) indicated that they do need assistance, including with walking (18.4 percent), bathing (4.2 percent), eating (3.1 percent), dressing (2.7 percent), grooming (1.8 percent), and toileting (0.9 percent)

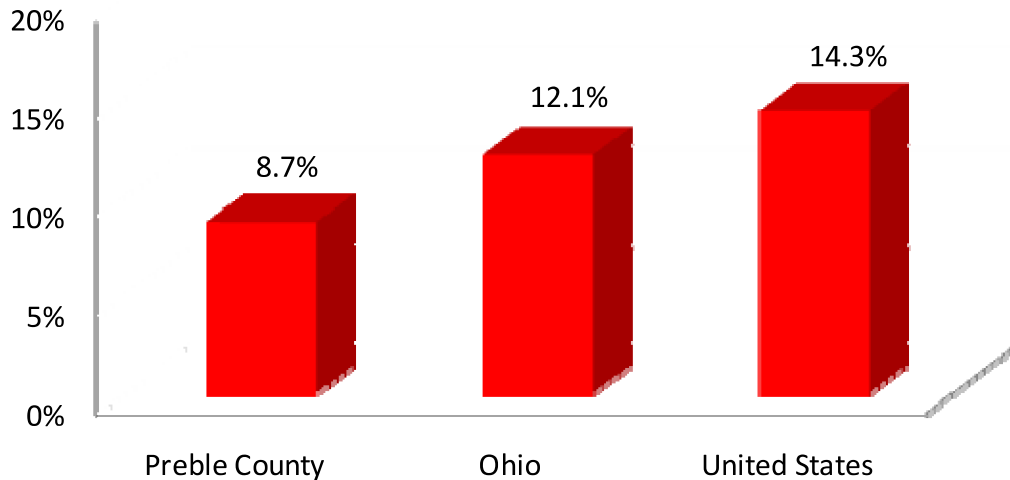
Access to Health Care

Several questions were asked to gauge peoples' *access to health care*, a primary concern at national, state, and local levels. During tough economic times, the percentage of residents who are uninsured or underinsured can grow, particularly in areas hit hard by unemployment.

First, Preble County residents were asked if they had health care coverage. Over 90 percent of respondents (91.3 percent) indicated they have some sort of health care coverage. When asked what kind of health insurance they currently have, the most common responses included employer-provided coverage (60.0 percent) and Medicare (16.0 percent). The remaining respondents receive health insurance through Medicaid (7.6 percent), self-insured (7.4 percent), military (2.1 percent) or some other kind of coverage (6.7 percent). A list of other health insurance providers cited by respondents can be found in Appendix D.

In Preble County, 8.7 percent of residents said they had no health care coverage. This percentage is lower than the State of Ohio (12.1 percent) and significantly lower than the national percentage (14.3 percent). Over thirty percent of those who do not have health insurance (39.9 percent) indicated that they could not afford to pay the premiums, while 34.1 percent indicated it was a result of being unemployed or changing jobs, and 7.5 percent indicated the insurance company refused coverage. The remaining respondents indicated they were without healthcare because their parent or spouse lost their job, lost Medicaid or Medicare eligibility, or some other reason. A list of other responses can be found in Appendix D.

Respondents with No Health Care Coverage



Respondents who do not have health care coverage were asked how long they have been without health insurance. Twenty percent (19.7 percent) of respondents have been without insurance for less than a year, while 77.4 percent or 41 respondents have been without insurance for a year or more and 2.9 percent have never had health insurance coverage.

Health Care Utilization

The next section of the survey asked questions pertaining to access to health care providers. Questions were designed to assess whether respondents have a health care provider, the frequency of regular check-ups, as well as whether respondents without a health care provider are impacted by lack of health care coverage.

Respondents were asked questions pertaining to their frequency of health care access. Almost three-quarters of respondents (74.0 percent) indicated that they have visited the doctor for a routine check-up in the past year. Another 8.9 percent of respondents have visited a doctor 1-2 years ago. Seven percent of respondents (7.7 percent) have visited a doctor for a routine check-up 2-5 years ago, while 7.6 percent of respondents haven't been to a doctor for a routine check-up in five or more ago. Two percent of respondents (1.8 percent) have never visited a doctor for a routine check-up.

Over 95 percent of respondents (95.2 percent) say they have a particular clinic, health center, doctor's office, or other place that they go to when they are sick or need advice about health; while only 4.8 percent of all respondents do not have a primary source where they receive health care services.

Respondents who indicated having a particular clinic, health center, doctor's office, or other place that they go to when they are sick or need advice about health were asked what is the specific type of place it is that they get their health care services from. The majority of respondents (79.4 percent) indicated that they receive their services from a doctor's office or HMO, while 18.5 percent of respondents utilize a clinic or health center. Just 2.1 percent of respondents use an urgent care center or hospital for their primary health care provider.

The respondents who indicated not having a usual source for medical care were asked to identify the primary reason that they are without a specific service provider. The highest percentage of respondents (30.8 percent) indicated that they have not needed a doctor, while 25.4 percent of respondents do not have a doctor. Finally, Preble County residents were asked if there was a time in the last 12 months when they needed to see a doctor but could not because of the cost. Twelve percent (12.1 percent) indicated that this has taken place in the last 12 months.

CHAPTER 3- PREVALENCE OF DISEASE

This chapter discusses the prevalence of some diseases in Preble County, including asthma cardiovascular diseases, and diabetes. The sections also provide some details on attitudes, behaviors and actions toward these diseases as well as disease prevention and early detection.

Asthma

Asthma is a chronic respiratory disease in which the airways of the lungs become temporarily blocked due to inflammation. Symptoms associated with asthma include labored breathing, chest constriction, and coughing. When respondents were asked if a doctor had ever told them that they had asthma, slightly over one in ten Preble County adults (12.2 percent) have indicated that they have been diagnosed with asthma.

Less than 3 percent of respondents who have asthma (2.2 percent) indicated that they have had to visit an emergency room or urgent care center because of asthma in the past 12 months. More than 10 percent of respondents (10.9 percent) who have been diagnosed with asthma at some point in their life indicated that they have not had an asthma attack in the last 12 months.

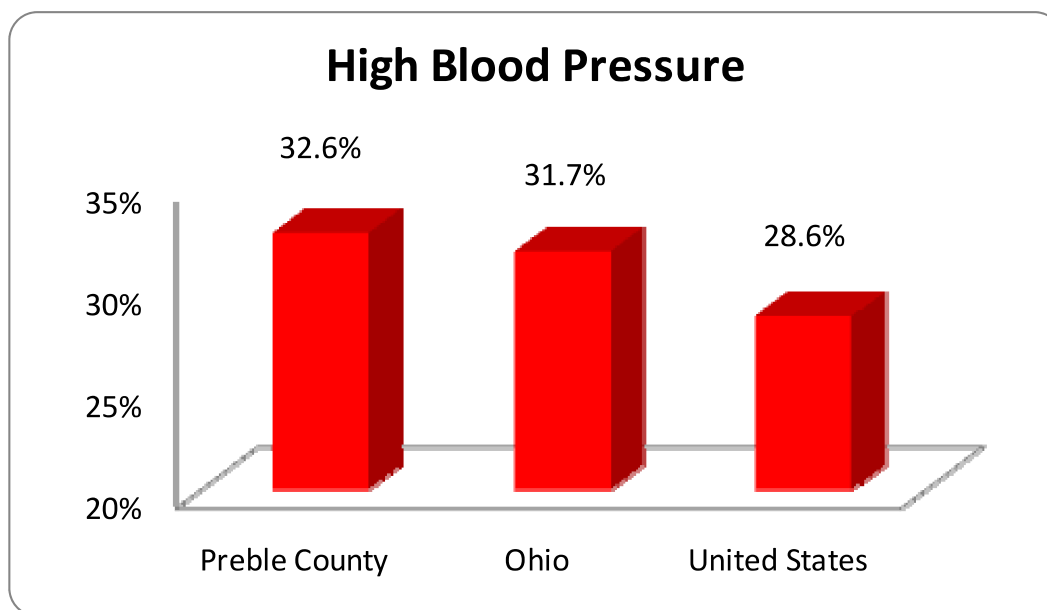
Cardiovascular Diseases

High Blood Pressure

Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. There are no symptoms, and according to the American Heart Association, nearly one-third of people with high blood pressure don't know they have it. This is why high blood pressure is often called the "silent killer."

Preble County residents were first asked how long it has been since they had their blood pressure taken by a doctor, nurse, or other health care professional. The majority of respondents (85.4 percent) indicated having their blood pressure taken within the last year, while 14.4 percent have had their blood pressure taken one year ago or more.

Almost one-third of Preble County adults (32.6 percent) have been diagnosed with high blood pressure, which is slightly more than the percentage for the State of Ohio (31.7 percent) and significantly more than the percentage reported for the Nation (28.6 percent). Crosstabs by demographics revealed that older respondents (those 65 and older) were significantly more likely than younger respondents to indicate that they have high blood pressure. While respondents 65 and older comprise 19.0 percent of the survey sample, 34.9 percent of residents with high blood pressure are 65 and older. Crosstabs by gender revealed no significant differences.



Many people with high blood pressure rely on several different methods to help control their blood pressure. Such methods include taking medication, dieting to lose weight, cutting down on salt, and exercising. More than three-quarters (77.7 percent) of Preble County adults with high blood pressure control their blood pressure with medication, while 48.5 percent use exercise, 42.8 cut down on salt, and 38.9 percent are dieting to lose weight. More than six percent of respondents are not doing anything to control their blood pressure.

High Cholesterol

Cholesterol is a fat-like molecule found in all cells of the body that is essential for body functions, including the production of hormones. Too much cholesterol in the blood can be serious, causing plaques to build up in the walls of the arteries leading to narrowing of the arteries over time, or atherosclerosis. Lowering blood cholesterol levels decreases the chance for having a plaque burst and causing a heart attack, and may also prevent plaque from building up. People with high blood cholesterol are at greater risk for heart attacks and heart disease.

All Preble County residents were asked if they have ever had their blood cholesterol checked. Three quarters of respondents (75.0 percent) indicated they have had their cholesterol checked at some point in their life. When asked how long it has been since their blood cholesterol was checked, 69.9 percent of all respondents (and 96.5 percent of those who have had their cholesterol checked) have had their blood cholesterol checked within the last 5 years.

Preble County residents were significantly less likely than residents across Ohio (77.4 percent) and residents across the nation (76.9 percent) to indicate that they have had their blood cholesterol checked within the last five years. Over thirty percent (33.0 percent) of Preble County adults have been diagnosed with high cholesterol, which is significantly lower than residents across Ohio (39.6 percent), and the nation (37.5 percent). However, this percentage

is likely indicative of the fact that Preble County respondents were less likely to have their cholesterol checked, which in turn leads to fewer respondents being diagnosed with high cholesterol.

Like those who have been diagnosed with high blood pressure, many people with high blood cholesterol rely upon various methods to help control their cholesterol. Such methods include taking medication, dieting to lose weight, cutting down on fat and cholesterol, and exercising. Sixty-three percent (63.1 percent) of Preble County adults with high blood cholesterol take medication to help lower their cholesterol, while 56.3 percent are cutting down on fat and cholesterol in their diet, 49.3 percent are using exercise, and 46.9 percent are dieting to lose weight. Five percent of respondents (5.1 percent) are not doing anything to control their blood cholesterol.

Coronary Heart Disease, Heart Attack and Stroke

Coronary heart disease (CHD) is still the number one cause of death in the United States, outweighing cancer, stroke, and chronic lower respiratory disease. CHD is caused by a narrowing of the walls of the arteries, and often results in a heart attack. Each year, about 1.1 million Americans suffer a heart attack and about 460,000 of those heart attacks are fatal (National Heart, Lung and Blood Institute). Fourteen percent (13.6 percent) of respondents indicated they have had a heart attack or myocardial infarction (4.6 percent), angina or coronary heart disease (3.6 percent), stroke (3.0 percent) or some other heart problem (5.6 percent). [Please note: the percentage exceed 13.6 percent because some respondents reported multiple cardiovascular problems].

Prevention

Some Preble County adults are making lifestyle changes to prevent cardiovascular diseases. Coronary heart disease, heart attacks and strokes are largely preventable conditions whose likelihood can be reduced through lifestyle choices.

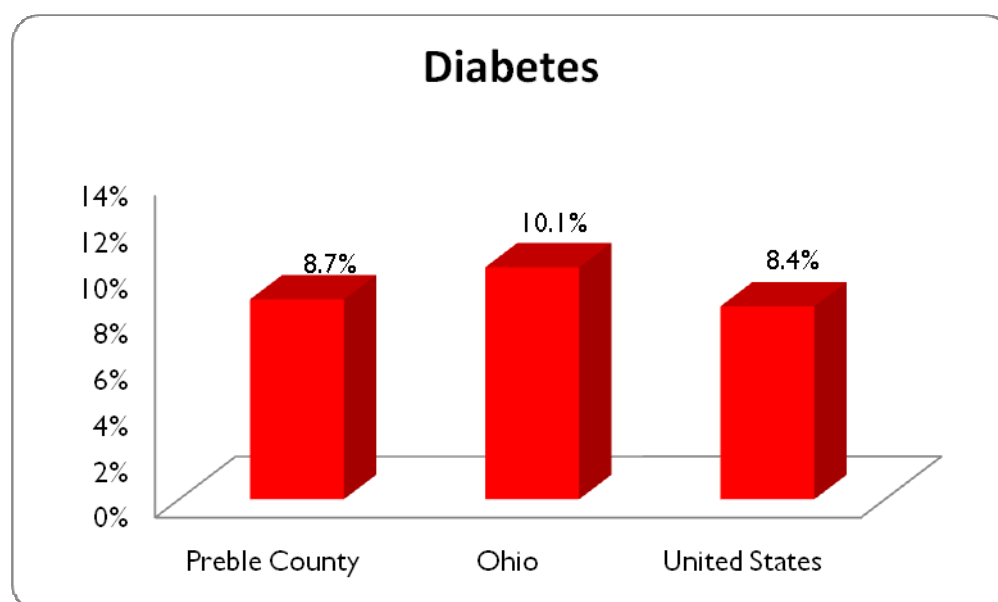
First, residents of Preble County were asked a series of questions to assess what steps they are taking to reduce their risk for heart disease or stroke. Thirteen percent (13.4 percent) of respondents indicated that they have been told by a doctor that they were at risk for heart disease or stroke.

Some research suggests that taking an aspirin daily may decrease the risk for a heart attack or stroke. More than one in five (21.3 percent) Preble County adults indicated they take an aspirin daily or every other day to reduce their chances for a heart attack or stroke. Finally, respondents were asked to indicate if they are currently taking any medication, other than aspirin, for a heart problem. Only 8.3 percent of respondents take medication, other than aspirin, for a heart problem. (This represents 42.1 percent of respondents who self-reported being at risk for heart disease or stroke).

Diabetes

Diabetes is a disease in which the pancreas is unable to produce insulin or cannot properly use the insulin that it does produce. According to the American Diabetes Association, an estimated 18.2 million people in the United States have diabetes, although probably one-third do not know they have the disease. There are two main types of diabetes (although others do exist), Type 1 and Type 2. Only about 5 – 10 percent of people with diabetes have Type 1 diabetes, where the body fails to produce insulin. More common is Type 2 diabetes, where the cells are resistant to insulin and cells may also not produce enough insulin.

Having diabetes dramatically increases the risk of heart attack and stroke, and 65 percent of deaths in diabetes patients are attributed to heart and vascular diseases (American Diabetes Association). Less than ten percent of Preble County residents (9.8 percent) have been told by a doctor that they have diabetes or high sugar, and 1.1 percent of those were told this only during pregnancy. The 8.7 percent of Preble County residents with diabetes is slightly lower than the State of Ohio (10.1 percent), and slightly higher than the Nation (8.4 percent), but neither difference is statistically significant. Respondents who indicated having been diagnosed with diabetes were asked at what age they were diagnosed. Nearly three-quarters of respondents (70.3 percent) indicated being diagnosed at the age of 50 or older.



Those respondents with diabetes were asked a series of questions pertaining to their treatment of the disease. More than one-third of respondents (30.2 percent) are currently taking insulin to treat their diabetes, while more respondents are taking oral medication (62.2 percent) or making changes to their diet (72.3 percent).

Respondents were asked how many times per day or per week they check their blood for glucose or sugar, including the times when a friend or family member checks it, but excluding times when checked by a health care professional. Sixty percent of respondents (62.5 percent) indicated that they check their blood for glucose or sugar at least one or more times a day, while more than one in five respondents (21.1 percent) never check their blood for glucose. Over half of respondents (55.9 percent) have taken a course on how to manage diabetes themselves.

A test for “A one C” measures the average level of blood sugar over the past three months. More than eighty percent of respondents (84.3 percent) with diabetes have had their blood checked for “A one C” in the past twelve months.

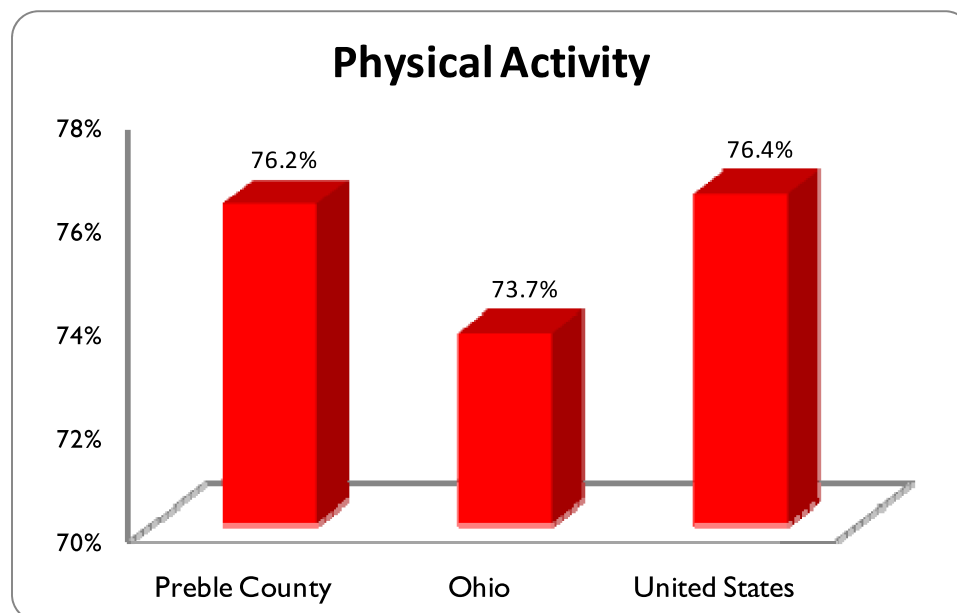
Finally, respondents were asked about health related concerns that they have experienced related to having diabetes. Nearly half (45.1 percent) of respondents who have been diagnosed with diabetes indicated they have not experienced any health concerns related to diabetes, while 54.9 percent have had health concerns related to diabetes. Thirty-five percent (35.5 percent) of respondents who indicated having health concerns related to diabetes cited difficulty with vision being an issue, while 26.3 percent experienced dizziness, confusion or headaches, 25.8 percent had numbness in fingers and toes, 9.6 percent of respondents experienced open sores on their feet and 8.7 percent experienced kidney problems.

CHAPTER 4- LIFESTYLE CHOICES

While heart disease, cancer and stroke make up the three leading causes of death in the United States, the “actual causes of death” are lifestyle choices and behaviors that contribute to these diseases, things like tobacco, poor diet, physical inactivity, and excessive alcohol consumption. This chapter profiles the lifestyle choices of Preble County residents.

Physical Activity

Exercise is an essential part of a well-balanced lifestyle and increasing attention has been placed on the link between exercise and disease prevention. More than three-quarters of Preble County adults (76.2 percent) have participated in some sort of physical activity in the past month. The percentage of Preble County adults participating in physical activity is higher than the State (73.7 percent) and slightly lower than the nation (76.4 percent); however, neither difference is statistically significant. When asked to indicate the most common form of physical activity that they participate in, the most common responses included walking, gardening, running and bicycling. A complete list of open-ended responses can be found in Appendix D.



To receive the most benefit from exercise, the CDC recommends that adults exercise moderately for at least 30 minutes a day and at least five days per week. A fair amount of Preble County residents meet this requirement. Almost 40 percent (37.5 percent) of respondents exercise at least 5 days a week. While some respondents may not be meeting the CDC standard for physical activity, more than half of Preble County respondents engage in physical activity at least three times a week for at least 30-44 minutes.

Weight Control

Overall, 43.3 percent of Preble County adults say they are trying to lose weight. Crosstabs by BMI calculations reveal that 55.9 percent of obese respondents are trying to lose weight, as are 27.9 percent of overweight respondents. However, 16.2 percent of respondents of “normal weight” are also currently trying to lose weight. Nearly half (48.4 percent) of females are trying to lose weight, while 38.1 percent of males are trying to do the same. Exactly half (50.0 percent) of respondents who are not trying to lose weight indicated that they are trying to maintain their current weight, that is, to keep from gaining weight.

Adults are making some healthy changes to their lifestyle choices to help with weight loss or weight maintenance. Half of all respondents (50.0 percent) are eating fewer calories, 46.0 percent are eating less fat, 40.9 percent are eating fewer carbs and 36.5 percent are using physical activity.

Additionally, some respondents indicated that they have received advice about their weight from a doctor. Specifically, 13.2 percent of respondents have been told by a doctor to lose weight.

Respondents were also asked to indicate their height and weight so that researchers could calculate BMI (Body Mass Index). Two-thirds of Preble County respondents (62.9 percent) are classified as overweight (29.1 percent) or obese (33.8 percent) based upon their body mass index. The percentage of Preble County residents who are overweight or obese is slightly lower than the State (66.6 percent) and the Nation (63.1 percent).

Sexual Activity and Awareness

Preble County residents were also asked a series of questions pertaining to sexual activity. The first question asked respondents how many people they have had sexual intercourse with in the past 12 months. Almost three-quarters of respondents (71.6 percent) have had sex with one person in the past year, while 22.5 percent of individuals indicated they have not had sex in the past 12 months. The remaining 6 percent of respondents indicated that they have had sexual intercourse with more than one person, with responses ranging from two to twenty-four.

Respondents who have had sexual intercourse within the past year were asked if they used a condom the last time they had intercourse. Seventeen percent of respondents (16.9 percent) indicated that a condom was worn the last time they had sexual intercourse. Respondents were also asked if a doctor has talked to them about preventing sexually transmitted diseases through condom use in the past 12 months. Just 6.6 percent of respondents indicated that they have had such a conversation with a doctor. Respondents were further questioned about sexually transmitted diseases and were asked if they ever knowingly had their blood tested for HIV. Almost one-third of respondents (30.5 percent) indicated they knowingly had their blood tested for HIV.

Finally, respondents were read a series of statements and were asked to indicate whether any of the situations applied to them. The statements included:

- You have used intravenous drugs in the past year.
- You have been treated for a sexually transmitted or venereal disease in the past year.
- You have given or received money or drugs in exchange for sex in the past year.
- You had anal sex without a condom in the past year.

Just 1.8 percent of respondents (11 individuals) indicated at least one of the situations apply to them.

Tobacco Use

According to the Journal of the American Medical Association, tobacco use is the leading cause of preventable death in the United States. Thirty-nine percent (43.7 percent) of adults in Preble County have smoked at least 100 cigarettes in their life (which is the CDC's definition of "ever smoked"), and 18.9 percent of all residents currently smoke. The percentage of Preble County residents that currently smoke is slightly lower than the State (20.3 percent) but slightly higher than the nation (17.9 percent); however, neither of these differences is statistically significant. Of those who currently smoke, 46.3 percent of respondents smoke 20 cigarettes per day (or one pack). Additionally, Seven percent (7.0 percent) of Preble County residents indicate they currently use chewing tobacco, snuff, or both.

More than half (60.2 percent) of respondents who still smoke, have tried to quit smoking within the past year. All respondents who indicated they quit smoking on a regular basis or quit smoking for 1 day or longer in past 12 months were asked what they did in order to aid in their ability to quit smoking. Almost 75 percent of respondents (74.3 percent) indicated they stopped cold turkey in order to quit smoking, while 5.8 percent used a nicotine patch, 4.2 percent used a prescription pill and 4.2 percent used nicotine gum.

Respondents who indicated having smoked at least 100 cigarettes in their entire life, but currently do not smoke were asked how long it has been since they last smoked on a regular basis. The majority of respondents (71.7 percent) indicated they have not smoked for over 5 years.

Respondents were also asked a series of questions pertaining to tobacco use in their homes. Respondents were provided with a series of statements and were asked to identify which statement most clearly reflects the rules for smoking inside their home. More than three-quarters of respondents (77.9 percent) indicated that smoking is not allowed anywhere inside their home, while 13.9 percent indicated that there are no rules pertaining to smoking in their home. The remaining 8.2 percent of respondents indicated that smoking is allowed in at least some portion of their home.

Drug Use

Preble County residents were also asked several questions concerning drug use. First, respondents were provided with a list of drugs, and were asked if they have used any of the drugs in the past six months. As might be expected, responses to this question are often impacted by respondent bias, as many respondents do not want to admit to drug use.

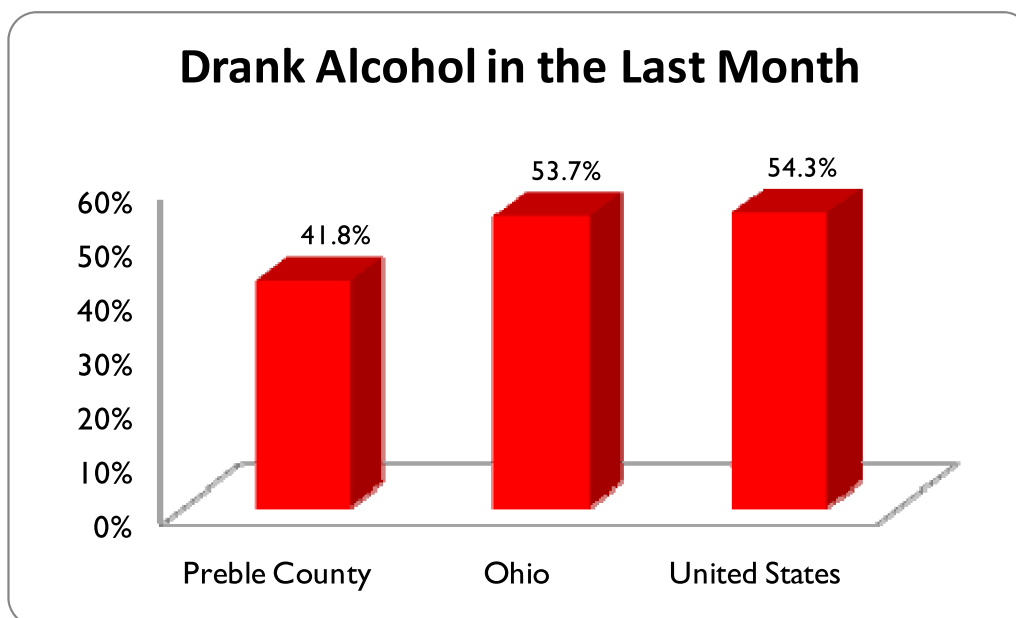
Three percent of respondents (3.0 percent) indicated that they have used drugs in the past 6 months (marijuana and methamphetamines were the two drugs mentioned by respondents). Of the eighteen respondents who indicated that they have used drugs in the past six months, seven do so less than once a month, two do so 1-3 times a month, five do so 1-2 days per week, and four respondents use drugs almost every day.

Next, respondents were asked if they have used any other drugs, including Oxycontin, tranquilizers, or Codeine. Only five respondents indicated that they have used these medications in order to get high. Three respondents indicated using these medications less than once a month and two respondents indicated doing so 1-3 times a month. When asked where they obtained these drugs, respondents stated a friend/family member, the drugs were part of a prescription given to them, or they were left over from a previous prescription. All five respondents indicated that their drug use has not impaired their ability to fulfill obligations at work or home, placed themselves in dangerous situations, or led them to legal problems.

Alcohol Consumption

While recent research has shown moderate alcohol consumption to be beneficial to health, excessive alcohol consumption has the opposite effect. The next section of the survey addressed alcohol consumption, as well as issues such as drinking and driving.

First, respondents were informed that a drink of alcohol includes one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot liquor. With this in mind, respondents were asked to indicate if they have had at least one drink of alcohol in the past month. Respondents who indicated that they have consumed one or more drinks of alcohol in the past month were then asked how many days per week or per month they drink, as well as how many drinks they have on average.



Less than half (41.8 percent) of adults in Preble County indicated that they have had at least one drink of an alcoholic beverage in the past month, drinking on average 7 times per month and about two drinks each time. The percentage of Preble County adults who drank alcohol in the past month is significantly lower than the State (53.7 percent) and Nation (54.3 percent).

While a lower percentage of respondents in Preble County residents report drinking alcohol in the past month than the state and nation, some respondents are drinking heavily. Specifically, five percent (5.2 percent) of adults who drink are classified as heavy drinkers, identified as males consuming more than 2 drinks per day and females consuming more than one drink per day. This percentage is similar to the percentage to State and Nation.

One-third (30.7 percent) of Preble County adults who drink (and 12.8 percent of all Preble County adults) are binge drinkers, having consumed five or more drinks on any one occasion within the past month. The percentage of all Preble County adults who binge drink (12.8 percent) is lower than the State (16.0 percent) and Nation (15.7 percent).

Nine percent of respondents who drink (9.0 percent) indicated that they drove a vehicle when perhaps they had too much to drink.

Sleep

Respondents were asked to identify the main reason they did not get enough rest or sleep during the past month. Just over two in five respondents (40.9 percent) indicated that they did get enough sleep in the past month. More than 14 percent of respondents (14.9 percent) indicated the main reason they did not get enough sleep was related to job, work, or school, while 11.6 percent cited family related issues and 10.5 percent mentioned stress.

Pregnancy

Female respondents were asked several questions concerning pregnancy. Respondents were first asked if they received formalized prenatal care during their last pregnancy. Over ninety percent of female respondents (93.2 percent) who have been pregnant at some time in their life indicated they did receive formalized prenatal care during their last pregnancy. Those who did not receive formalized prenatal care (5.7 percent) indicated the main reason to be the time period they were pregnant was before prenatal care was popular, they didn't need it, or they did not know why they had not received any formal prenatal care.

Next, respondents were asked if they participated in any risk behaviors while they were pregnant. Eleven percent of female respondents (11.0 percent) indicated they had smoked cigarettes during their last pregnancy, while fewer respondents indicated that they drank alcoholic beverages (0.6 percent), while no respondents indicated that they used any street drugs. The overwhelming majority of respondents (88.4 percent) indicated they did not participate in any of these behaviors during their last pregnancy.

CHAPTER 5- EARLY DETECTION

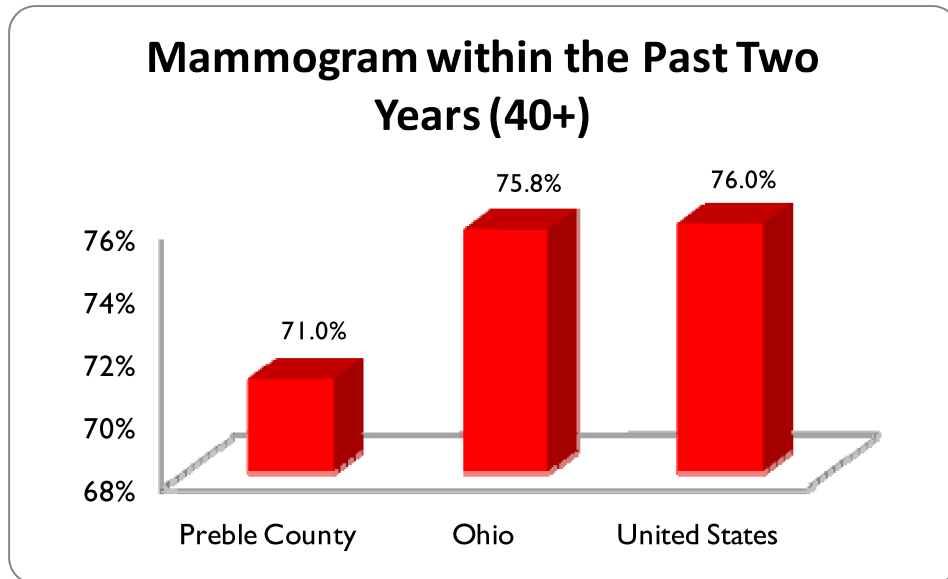
Diseases can be prevented to a great extent through healthy lifestyle choices like refraining from smoking, engaging in regular physical activity, making healthy food choices, and maintaining a healthy weight. However, not all diseases are preventable, making early detection through screenings and regular check-ups vital to health and longevity. The following section delves into the preventive actions Preble County residents have undertaken in order to remain healthy and cancer free.

Early Detection for Breast Cancer

The biggest risk for breast cancer is simply being a woman, and many women diagnosed with breast cancer do not have any of the identified risk factors. However, there are some risk factors that may increase a woman's risk for breast cancer, including a personal history of a prior breast cancer; evidence of a specific genetic change that increases susceptibility to breast cancer (BRCA1/BRCA2 mutations); a mother, sister, daughter, or two or more close relatives, such as cousins, with a history of breast cancer (especially if diagnosed at a young age); a diagnosis of a breast condition (i.e., atypical hyperplasia) that may predispose a woman to breast cancer; or a history of two or more breast biopsies for benign breast disease.

The American Cancer Society (ACS) recommends that women 20 to 39 years old receive a clinical breast examination at least once every three years, and women 40 years or older receive a clinical breast examination every year. Looking at women of all ages, nearly nine out of ten (88.8 percent) have had a clinical breast exam at some point in their life, and 62.7 percent have had one within the past year. Almost all women surveyed (95.7 percent) received this breast exam as part of a routine checkup, as opposed to due to a suspected problem.

Like breast exams, the ACS makes specific recommendations about how often and at what age women should have a mammogram screening. The ACS recommends that women 40 or older have a mammogram annually; however, women who have a family history of breast cancer should consult their doctor as to how often they should receive a mammogram. Sixty-three percent (63.0 percent) of all Preble County women surveyed have had a mammogram. Over two-thirds (71.0 percent) of women ages 40 and older have had a mammogram performed within the past two years. This is slightly lower than the percentage of women at the state (75.8 percent) and national (76.0 percent) levels who have had mammograms performed in the past two years; however, the difference is not statistically significant. As was the case with the clinical breast exam, the majority of women in Preble County (92.2 percent) indicated their last mammogram was part of a routine check-up.



Respondents were also asked how many mammograms they received in the past 5 years. Nearly half of respondents (49.5 percent) indicated they have had 5 mammograms in the past 5 years, while another 6.6 percent of respondents have had more than 5 mammograms during this time.

Early Detection for Cervical Cancer

Cervical cancer is often times preventable and curable if it is detected early. More women aged 40 years and older are diagnosed with cervical cancer, but younger women are at risk for the precursor to cervical cancer. The most effective tool for early detection is the Papanicolaou (Pap), which can detect lesions before they become cancer. Most physicians recommend an annual Pap test. Nearly 95 percent of all female respondents (94.6 percent) have had a Pap test, and 48.1 percent have the exam within the past year. The majority of respondents (95.9 percent) who have had a Pap test indicated their last Pap test was done as part of a routine check-up.

A vaccine to prevent the human papilloma virus or HPV infection is available and is called cervical cancer vaccine, HPV shot, or GARDASIL®. Female respondents were asked if they ever received the HPV vaccination. Over 97 percent (97.1 percent) indicated they have not received the vaccination.

Early Detection for Prostate Cancer

Men over age 55 are most at risk for prostate cancer, and the risk for developing prostate cancer is higher if a father or brother has had the disease. Prostate cancer is also more common in African American men than in white men. Another risk factor may be a diet high in animal fat.

There are two detection tests for prostate cancer: the digital rectal exam, and a blood test for prostate-specific antigen (PSA). In general, experts suggest men should have annual screenings for prostate cancer, beginning at age 40. The majority of men in Preble County are following this advice— 67.2 percent of men ages 40 or older have had a PSA test, and 57.4 percent have had one within the past two years. This is slightly higher than the state (54.6 percent) and national (54.8 percent) percentages. Similarly, sixty-five percent (64.7 percent) of men ages 40 or older have had a digital rectal exam and 44.7 percent have had this test within the past two years.

A final question asked men if they have ever been told by a doctor, nurse or other health professional that they have prostate cancer. Four percent of respondents (4.0 percent) indicated that they have had this diagnosis.

Early Detection for Colorectal Cancer

Colorectal cancer is the fourth most common cancer in both men and women, and is most common in people over age 50. More than 90 percent of people with this disease are diagnosed after age 50. Other risk factors include having colorectal polyps; having a family history of colorectal cancer; having a personal history of colon cancer; having colitis or Crohn's disease; having a diet high in fat and low in [calcium](#), [folate](#), and [fiber](#); or being a cigarette smoker.

There are several methods used to screen for colon cancer, and early detection is the very best form of defense against the disease. One method of screening for colorectal cancer is the digital rectal exam used to screen for prostate cancer (women were not asked about digital rectal exams in this survey). Other screenings include the fecal occult blood test (FOBT), a sigmoidoscopy, and a colonoscopy.

Looking only at Preble County residents aged 50 and older, 39.3 percent have had a blood stool test. Sixty-nine percent of those respondents (69.0 percent) indicated using a blood stool test within the past 5 years, while just 16.2 percent have received this test in the past two years, which is significantly lower than the national percentage (21.0 percent).

Similarly, 61.4 percent of Preble County residents 50 and older have had a sigmoidoscopy or colonoscopy, which is more than those who have had a sigmoidoscopy or colonoscopy at the state (60.8 percent) and slightly less than national (62.2 percent) levels. Of those who indicated having a sigmoidoscopy or colonoscopy, 76.5 percent have done so in the last 5 years.

Skin Cancer

Skin cancer is the most common form of cancer in the United States, primarily caused by exposure to the sun's ultraviolet (UV) rays or UV rays from artificial sources of light, such as tanning beds and sunlamps. When used consistently, preventative measures can be taken to reduce the risk of skin cancer including staying in the shade, wearing sunscreen or sun block, or

wearing protective clothing such as hats or long sleeves. According to the CDC, both tanning and burning can increase a person's risk for skin cancer.

Respondents were asked two questions about how their skin reacts to the sun and what, if anything, they do to protect themselves from the sun. The first question asked respondents how often they protect themselves from the sun when they are outside for more than one hour. Protection from the sun is considered staying in the shade, wearing protective clothing, or wearing sunscreen. Less than 40 percent of the respondents (39.8 percent) indicated that they protect themselves from the sun always or nearly always, while 23.4 percent indicated that they sometimes use protection, while 30.0 percent indicated they seldom or never protect themselves from the sun.

Respondents were then asked how their skin would react to being in the sun for more than one hour if they had no protection and had not been in the sun for several months. More than one-third (33.9 percent) of respondents indicated they would burn mildly without peeling, while 18.1 percent would burn severely with peeling for a few days, and 5.6 percent would burn severely with blisters. The remaining respondents indicated they would either darken without sunburn or not have anything happen.

Finally, respondents were asked if a doctor has ever told them they were at risk for cancer. Fifteen percent of respondents (14.9 percent) indicated they had been told they were at risk of cancer by a doctor.

Eye Care

Respondents were also asked two questions pertaining to vision and eye health. More than two-thirds of respondents (70.8 percent) have had their eyes examined by a doctor or eye care provider in the past year, while another 27.0 percent have had their eyes examined within the past two years. Two percent of respondents (2.2 percent) have never had their eyes examined. Most respondents who indicated that they have not had their eyes examined in the past year indicated that they had no reason to go (53.2 percent) or that cost / insurance was a prohibitive factor (24.5 percent).

Oral Health

Dental care is an important prevention measure for healthy teeth and gums. It is recommended that an individual visit the dentist every six months, if possible, for a preventative check and cleaning.

Almost three-quarters (70.6 percent) of adults in Preble County have visited the dentist in the past year. Another 6.3 percent of respondents have visited the dentist in the past two years. However, 12.3 percent of respondents indicated that their last dental visit was 5 or more years ago, while another 0.5 percent of respondents have never visited the dentist.

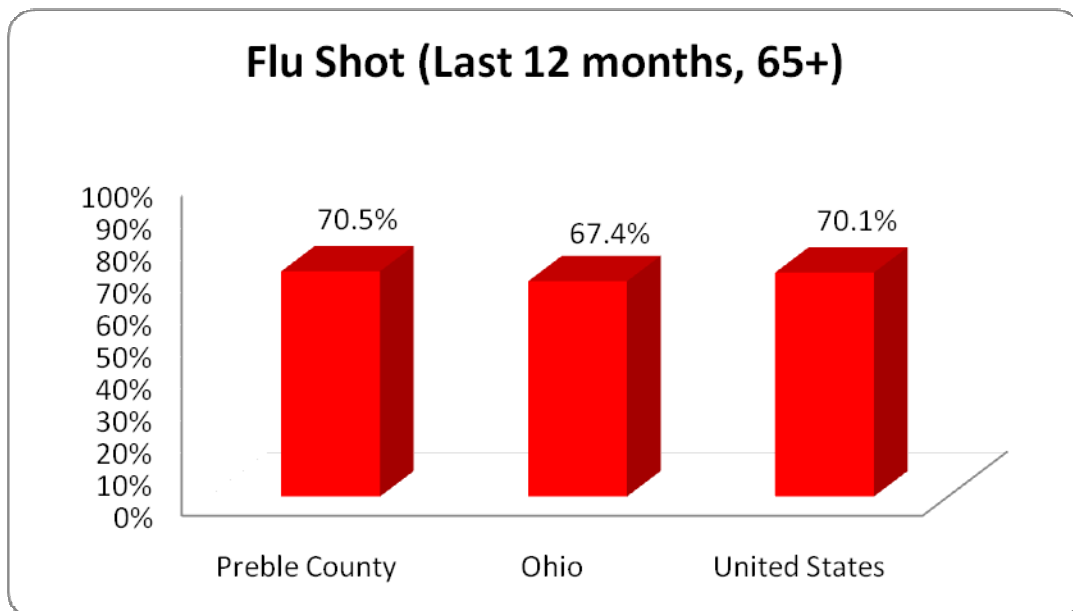
Respondents who indicated that they have not visited the dentist in the past two years were

asked to indicate why they have not done so. More than one-third of respondents (34.3 percent) indicated they had no reason to go and 22.2 percent said cost kept them from going to the dentist. The most common open-ended response was false teeth/dentures. A complete list of all open-ended responses can be found in Appendix D.

CHAPTER 6- IMMUNIZATIONS

Influenza (flu) and pneumonia immunizations are important prevention measures, particularly for older adults. Specifically, national guidelines recommend that adults over the age of 65 receive an annual influenza and a one-time pneumonia vaccination. Much publicity was given to the recent H1N1 (swine flu) outbreak, with residents being encouraged to receive an H1N1 vaccination.

Two in five adults in Preble County (40.9 percent) indicated that they received a flu shot or nasal mist in the past 12 months. Analysis by age revealed that 70.5 percent of adults aged 65 or older in Preble County have received the vaccination, which is slightly higher than the State (67.4 percent) and National (70.1 percent) percentages.



More than two-thirds of adults ages 65 and older (69.1 percent) have received the pneumonia vaccine at some time in their life. The percentage of Preble County adults who are 65 or older that have had a pneumonia vaccination is slightly higher than the State (67.3 percent) and Nation (68.5 percent).

When asked about H1N1 immunizations, just 26.2 percent of Preble County respondents indicated they have received the vaccination within the past 12 months. Seventy percent of all respondents (69.4 percent) indicated they have received a tetanus booster shot in the past ten years.

Finally, respondents who indicated they had not received one or more of these vaccinations were asked why they did not receive them. The majority of respondents indicated that they did not think they needed the vaccines. A complete list of responses can be found in Appendix D.

CHAPTER 7- ACCIDENT PREVENTION

Seat Belt and Helmet Use

The CDC uses two definitions to determine the percent of people at risk for seat belt nonuse, and these definitions are derived from the five responses possible in the question, “How often do you use seat belts when you drive or ride in a car? Would you say always, nearly always, sometimes, seldom, or never?” In one definition of seat belt use, the CDC adds the responses for “nearly always, sometimes, seldom or never,” which provides a percentage for those who do not “always” wear their seat belt. In another definition of seat belt nonuse, the CDC adds the responses for “sometimes, seldom, or never,” which provides a percentage for occasional nonuse.

More than four in five respondents (83.4 percent) indicate that they always wear a seatbelt when they ride or drive in a car. When looking at those respondents who report occasional use (sometimes, seldom, or never), 10.4 percent of respondents reported occasional nonuse.

Preble County adults were also asked how often they wear a helmet when riding or driving a motorcycle. Almost eighty percent (79.3 percent) of respondents indicated they do not ride or drive a motorcycle. Of those respondents who do ride or drive a motorcycle, 33.0 percent indicated that they never wear a helmet, while just 54.8 percent indicated that they always wear a helmet.

Smoke Detectors

Smoke detectors in the home are important to preventing injury and premature death. Three percent of respondents (2.8 percent) do not have a smoke detector in their home. Of respondents with a smoke detector, 73.5 percent of respondents have tested their smoke detector in the past year, while 15.6 percent have not tested their smoke detector in a year or more.

Falls

The CDC states that over a third of adults over the age of 65 fall each year, making falls one of the leading causes of death for older adults in the United States. Within the last three months, more than twenty-two percent (22.1 percent) of adults over the age of 65 have fallen one or more times. Only 24.0 percent of falls caused significant injury, limiting regular activities for at least a day or requiring medical attention.

CHAPTER 8- CHILDREN'S HEALTH

Preble County residents were also asked a series of questions pertaining to the health of their children. Responses to questions in this chapter will relate to the more than one-third of respondents (39.4 percent) indicated that they have children under the age of 18 living in their home. Thirty-five percent (34.6 percent) of respondents indicated having children under the age of sixteen living in their household.

Immunizations

Almost all respondents (96.8 percent) indicated that their children were up-to-date in their immunizations. The majority of respondents (82.9 percent) took their child/children to be immunized at a private doctor's office, while 15.5 percent used a public or hospital clinic for their child's immunizations.

The nine respondents who indicated their children were not up-to-date in their immunizations were asked why their children have not been immunized. The most common response was that the respondent did not feel that it was necessary to immunize their children. A verbatim list of responses can be found in Appendix D. Two respondents stated that a child under the age of two is not up-to-date on their immunizations.

Child Safety

Parents with children under the age of sixteen were asked how often their child rides in a car seat or wears a seat belt when riding in a car. Almost all respondents (92.7 percent) indicated that their child always uses a car seat or seatbelt, while 0.4 percent (or 1 respondent) indicated that their child never uses safety restraints.

Next, respondents were asked how often their child uses a helmet when riding a bicycle, skateboard, rollerblade, or four wheeler. Almost one-quarter of respondents (23.6 percent) indicated that their child has never ridden a bicycle, skateboard or rollerblades. Of those respondents whose child has used one of these items in the past year, 37.6 percent indicated that their child never uses a helmet, while 32.5 percent indicated that their child always uses a helmet. The remaining 29.1 percent of respondents reported occasional nonuse, indicating that their child nearly always, sometimes, or seldom uses a helmet.

An important part of ensuring a child's safety during the summer is instilling precautionary measures around water. Respondents were asked what they are doing to ensure their children are safe around water. The most commonly cited precautionary measure respondents are taking is teaching their children swimming and water skills (78.6 percent). Respondents also cited not leaving children unsupervised when around water (66.6 percent) and the use of flotation devices (61.7 percent) as other precautionary measures taken when around water with their children.

Doctor Visits

Nearly all respondents (97.6 percent) indicated their child has a primary care physician; while only 2.4 percent of respondents indicated that their child does not have a primary care physician. Of those who respondents who indicated their child has a primary care physician, 53.2 percent see a pediatrician while the remaining 42.9 percent visit a family practitioner.

More than eighty-eight percent of respondents (86.7 percent) indicated that they have taken their child for a routine check-up in the past 12 months. Eight percent of respondents (7.9 percent) indicated that their child had been to the doctor within the last 1 to 2 years for a routine checkup. Another 3.5 percent of respondents indicated that their child had not been to see a doctor for a routine checkup for two years or more, while 2.0 percent of respondents indicated that their child has never had a routine check-up.

Respondents were also asked if any of their children had been diagnosed with a mental health disorder, such as anxiety disorders, ADHD, mood disorders, behavior issues, or schizophrenia. The vast majority of respondents (92.9 percent) indicated that none of their children have been diagnosed with a mental health disorder, while 7.1 percent of respondents indicated one of their children has been diagnosed with a mental health disorder of some kind. More than one-third of respondents (36.7 percent) who have a child who has been diagnosed with a mental health disorder are receiving treatment from a primary care physician, while 38.6 percent of respondents indicated that their child is receiving no treatment.

Respondents were finally asked if any of their children have had an eating disorder such as anorexia, bulimia, bringing, or purging. All respondents stated that none of their children have had an eating disorder.

Life Style Choices

Respondents were asked several questions concerning the life style choices of their children.

Respondents were first asked how many fast food meals they believe their child has each week on average. Over half of respondents (60.2 percent) indicated their child eats between 1 to 2 fast food meals a week. Twenty percent (19.5 percent) indicated their child eats 3 or more fast food meals a week, while only 20.2 percent indicated their child usually does not eat any fast food meals on average.

Respondents were also asked how many hours does their child spend watching TV or using the computer each week. Thirty percent of respondents (30.9 percent) stated their child watches between 1 to 7 hours of TV a week; on average 1 hour or less per day. Nearly 13 percent of respondents (12.8 percent) indicated their child watches more than 28 hours of TV a week, which is about 4 hours of TV per day.

Respondents were asked if they believe their children are prepared for life after high school. Almost seventy percent (68.2 percent) of parents said yes, while those who said no (27.9

percent). The majority of respondents who indicated that their child is not prepared for life after high school stated the main reason was their child's age- that their child had not received enough preparation to make that decision. Other responses can be found in Appendix D.

When asked what part they play in preparing their child for college and the workforce, most respondents stated they play a significant part in helping their children with educational opportunities and teaching them financial stability. All open-end responses provided for this question are listed in the Appendix D. Although a fair amount of respondents indicated they play a significant role in preparing their children for college and the workforce, 5.8 percent felt that it is not important for their child to attend college.

Finally, respondents were asked if they believed any of their children under the age of 18 smokes cigarettes, drinks alcohol, uses drugs, or are sexually active. The majority of respondents (95.2 percent) indicated that they did not believe their children did any of the said activities. Only 3.9 percent of parents believe their children are sexually active, while 2.4 percent believe they smoke cigarettes, 1.5 percent believes they drink alcohol, and less than one percent (0.4 percent) believes that their child does drugs.

CHAPTER 9- COMMUNITY ISSUES

Public health organizations are also concerned about general community issues, such as youth risk behaviors and neighborhood safety, as these issues impact social, personal and mental health. Preble County respondents were asked a series of questions pertaining to issues that are a concern to the general community.

First, respondents were asked to identify the most important health problem facing the community in their own opinion. The most frequently cited problems were drugs, obesity, and health care. A complete list of responses can be found in the Appendix D. As a follow up to this question, respondents were asked how this problem could be reduced or eliminated. Responses varied, but generally respondents stated education would help eliminate some problems, while other respondents cited better enforcement of rules and regulations. A complete list of all responses can be found in the Appendix D.

Next, Preble County respondents were read and list and were asked to identify whether each issue is a problem in the neighborhood. The most commonly chosen responses were drug sales and/or use (32.5 percent), teenage pregnancy (22.5 percent), and crime (21.4 percent). The following table details all responses:

None	49.2%
Drug sales and/or use	32.5 %
Teenage Pregnancy	22.5%
Crime, excluding drug sales and/or use	21.4%
Domestic violence	20.9%
Child abuse	15.9%
Homelessness/Hunger	13.4%
Guns or firearms	6.4%

Respondents were also asked if they have had a problem finding adequate transportation, safe and adequate housing, or employment/services. Only 13.1 percent of respondents indicated they have had a problem finding any of these, with the majority citing they had a problem finding employment/services (10.7 percent), 2.8 percent have had a problem finding adequate transportation and 2.5 percent have had trouble finding safe and adequate housing.

Finally, respondents were asked if they are satisfied with the quality of their drinking water. Eighty-seven percent of respondents (87.0 percent) indicated they were satisfied with the quality of their drinking water.