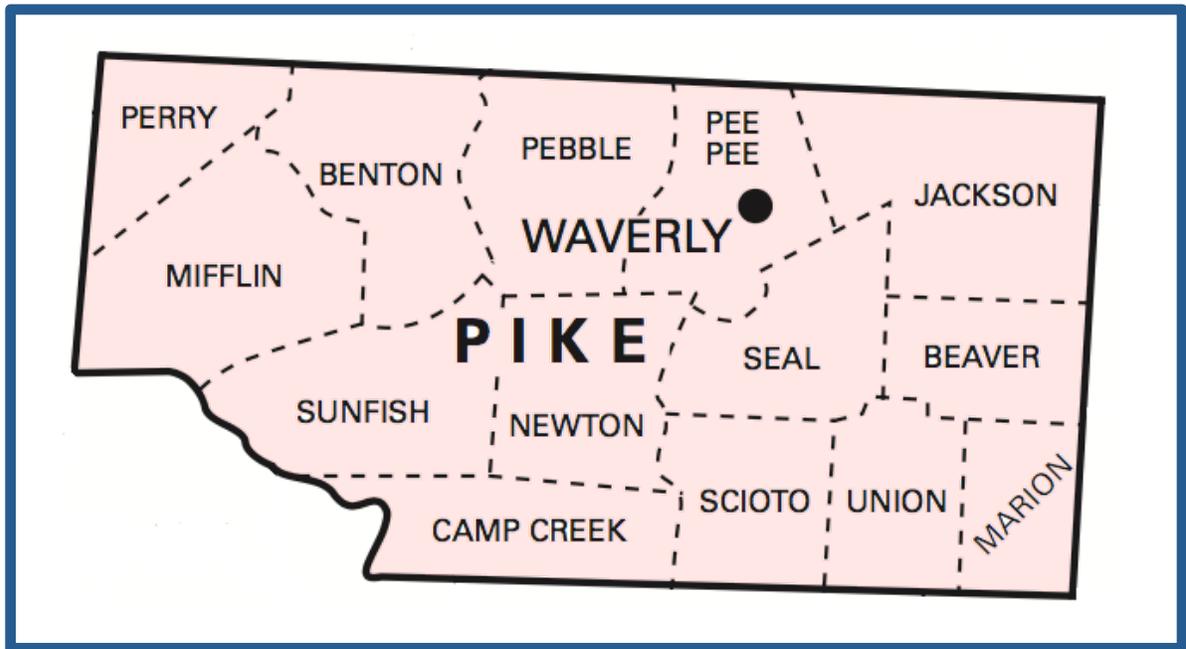


PIKE COUNTY

Community Health Assessment

August 2017



Funded by the Pike County General Health District.

Written in partnership with Illuminology and the Center for Public Health Practice at The Ohio State University's College of Public Health.



The Pike County General Health District is pleased to provide Pike County's 2017 Community Health Assessment. This report is the result of a collaborative effort coordinated by the Pike County General Health District and is intended to help community stakeholders better understand the health needs and priorities of Pike County adult residents.

Characterizing and understanding the prevalence of acute and chronic health conditions, access to care barriers, health disparities, and other health issues can help direct community resources to where they will have the biggest impact. To that end, the Pike County General Health District will begin using the data reported in Pike County's 2017 Community Health Assessment, in collaboration with other organizations, to inform the development and implementation of strategic plans to meet the community's health needs.

We hope Pike County's 2017 Community Health Assessment serves as a guide to target and prioritize limited resources, a vehicle for strengthening community relationships, and a source of information that contributes to keeping people healthy.

About The Community Health Assessment Process

The process followed by Pike County's 2017 Community Health Assessment reflected an adapted version of Robert Wood Johnson Foundation's County Health Rankings and Roadmaps: Assess Needs and Resources process.¹ This process is designed to help stakeholders "understand current community strengths, resources, needs, and gaps," so that they can better focus their efforts and collaboration.

Pike County General Health District contracted with Illuminology, a central Ohio based research firm, and the Center for Public Health Practice, within The Ohio State University College of Public Health, to assist with this work. The primary phases of the Assess Needs and Resources process, as adapted for use in Pike County, included the following steps.

(1) Prepare to assess / Generate questions. Community partners were closely involved with Pike County's 2017 Community Health Assessment. Early in 2013, a variety of public health issues and potential data indicators were discussed during a meeting of the Pike County Healthcare Coalition, which includes representatives from Community Action, law enforcement, County Job and Family Services, Adena Health System, Domestic Violence Partnership, Valley View Health Center, Recovery Council, Hope Clinic, and health department staff. This group, representing diverse areas of expertise and service to the

¹ See <http://www.countyhealthrankings.org/roadmaps/action-center/assess-needs-resources>.

community, refined this initial list of public health issues and potential indicators for inclusion in future community-based research.

(2) Collect secondary data. Secondary data for this health assessment came from national sources (e.g., U.S. Department of Health and Human Services: *Healthy People 2020*; U.S. Census Bureau), state sources (e.g., Ohio Department of Health's Data Warehouse), and local sources (e.g., Pike County General Health District). Rates and/or percentages were calculated when necessary. Illuminology located and recorded this information into a secondary data repository. All data sources are identified in the Reference section at the end of the report.

To ensure community stakeholders are able to use this report to make well-informed decisions, only the most recent data available at the time of report preparation are presented. To be considered for inclusion in Pike County's 2017 Community Health Assessment, secondary data for the health indicators must have been collected or published in 2012 or later.

(3) Collect primary data. Primary data for this health assessment came from the Pike County Health Survey, a non-representative (i.e., convenience sample) survey of Pike County adult residents. Community members filled out the survey throughout 2013 at a variety of convenient locations throughout Pike County, including the Community Action Centers of Waverly and Piketon, Government Center of Pike County, Waverly Senior Center, Scioto Paint Valley Mental Health, and Adena Pike Medical Center. Responses to the survey questionnaire were anonymous. The survey questionnaire was adapted by the Pike County General Health District from a version initially created by Adena Regional Medical Center in Chillicothe, Ohio; Appendix A presents an electronic version of this questionnaire. Overall, 450 residents completed the survey.

(4) Analyze the data. Prior to 2017, only a handful of the Pike County Health Survey questions had been analyzed and shared with stakeholders. By comparison, the Pike County 2017 Community Health Assessment analyzes and presents the responses from nearly all of the survey questions. In addition to analyses of overall response patterns, survey responses are also analyzed according to respondents' age, gender, health insurance status, and other variables. This exploration of subgroup differences will provide unique detail about how health practices and issues are experienced by different types of county residents.

(5) Prioritize the results. Representatives from Pike County General Health District and other community stakeholders participated in a group session on August 25, 2017 that identified

the priority health issues facing Pike County residents. The priority health issues identified during this session were: drug abuse; obesity; and tobacco use.

(6) Share results with the community. This report presents the analysis and synthesis of both the secondary and primary data collected during this effort. This report will be posted on the Pike County General Health District's website and widely distributed to organizations that serve and represent Pike County residents.

How To Read This Report

As shown on the next page, Pike County's 2017 Community Health Assessment is organized into multiple, distinct sections. Each section begins with a sentence that briefly describes the section, and is then followed by a "call-out box" that highlights and summarizes the key findings of the data compilation and analysis, from the researchers' perspectives. For some indicators, the related U.S. Department of Health and Human Services *Healthy People 2020* goal is included with Pike County's status indicated as "met" or "not met."

Sources for all secondary data included in this document are marked by an endnote and described in the report's Reference section. Primary data (i.e., from the Pike County Health Survey) are marked by the following endnote symbol: §. Caution should be used in drawing conclusions in cases where data are sparse (e.g., counts less than 10).

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Community Profile

This section describes the demographic and household characteristics of Pike County's population. Located in southern Ohio, Pike County is one of the state's 32 Appalachian counties. The county seat is Waverly.

Residents¹

		Pike County	Ohio
Total Population	Total population	28,396	11,575,977
Gender	Male	50.0%	48.9%
	Female	50.0%	51.1%
Age	Under 5 years	6.0%	6.0%
	5-19 years	20.7%	19.7%
	20-64 years	57.7%	59.3%
	65 years and over	15.6%	15.0%
Race	White	96.3%	82.4%
	Black or African American	0.7%	12.2%
	American Indian/Alaska Native	0.2%	0.2%
	Asian	0.3%	1.9%
	Native Hawaiian/Pacific Islander	0.3%	0.0%
	Other	0.2%	0.8%
	Two or more races	2.0%	2.5%
Ethnicity	Hispanic or Latino	0.9%	3.4%
	Not Hispanic or Latino	99.1%	96.6%
Marital Status	Never married	24.3%	31.5%
	Now married (except separated)	47.8%	48.2%
	Divorced or separated	20.2%	13.9%
	Widowed	7.7%	6.5%
Veterans	Civilian veterans	9.3%	9.1%
Disability Status	Total with a disability	22.4%	13.6%
	< 18 years	9.6%	4.9%
	18 to 64 years	23.9%	11.7%
	65 years and over	37.9%	35.3%

Percentages may not sum to 100% due to rounding error

Community Profile

Households¹

		Pike County	Ohio
Total Households	Number of households	10,940	4,585,084
Household Type	Family households	66.3%	64.1%
	Nonfamily households	33.7%	35.9%
Household Size	Average household size	2.6	2.5
	Average family size	3.1	3.1
Household Income	Less than \$24,999	32.8%	25.2%
	\$25,000 - \$49,999	26.4%	25.2%
	\$50,000 - \$74,999	19.1%	18.5%
	\$75,000 - \$99,999	9.9%	12.0%
	\$100,000 or more	11.8%	19.1%
Transportation	Households without a vehicle	10.3%	8.5%
	65 years and over without a vehicle	26.5%	17.7%

Percentages may not sum to 100% due to rounding error

A statistical portrait of the 450 respondents who completed the Pike County Health Survey is shown in the table below.

Respondent Profile: Pike County Health Survey^s

Gender	Male	38.7%
	Female	61.3%
Age	18-25	11.6%
	26-34	14.4%
	35-45	23.6%
	46-55	18.4%
	56-64	12.9%
	65+	19.1%
	Race And Ethnicity	White
African American		3.6%
Asian		1.1%
Other		2.9%
Education	Never attended school	0.5%
	Elementary (grades 1 through 8)	3.3%
	Some High School	7.4%
	High School degree or GED	37.4%
	Some college or technical school	24.8%
	College graduate	26.7%
Marital Status	Married	48.0%
	Divorced	15.1%
	Widowed	9.5%
	Separated	3.4%
	Never married	15.1%
	Member of an unmarried couple	9.0%
Employment Status	Employed for wages	55.2%
	Self-employed	3.9%
	Out of work for more than 1 year	5.7%
	Out of work for less than 1 year	2.5%
	Retired	16.5%
	Other	16.2%

Social Determinants Of Health

This section describes contextual factors that can affect the health of Pike County residents.

Health Care Access Indicators

Key Findings - Health Care Access Indicators

Most Pike County residents currently have health insurance, with roughly half receiving public health coverage. However, Pike County does not currently meet the national Healthy People 2020 goal for 100% of residents under age 65 to have health insurance. And the relatively small number of physicians within Pike County (considering the county's overall population) suggests the potential for health care access issues.

This section reports the population's access to medical insurance and health care.

Most Pike County residents have health insurance coverage, especially those under age 18.

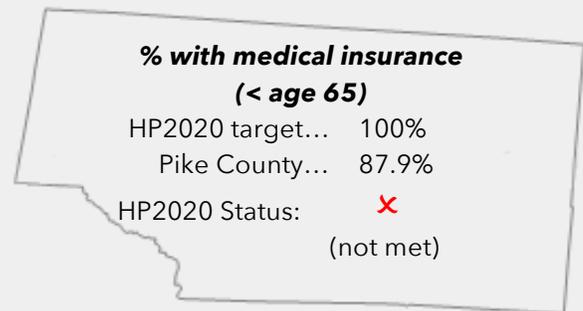
Note: these data were collected prior to the full implementation of the Affordable Care Act.

Health Insurance¹

		Pike County	Ohio
With Health Insurance	Total with insurance	86.9%	90.3%
	Private health insurance	52.1%	69.3%
	Public health coverage	47.6%	33.3%
	Under 65 years	84.8%	88.7%
	Under 18 years	96.0%	95.0%
	Age 18-64	80.1%	86.3%

Healthy People 2020 Goal

How does Pike County match up with national objectives? As part of its *Healthy People 2020* initiative, the Department of Health and Human Services set a goal that 100% of Americans under age 65 would have health insurance by the year 2020. Currently, Pike County does not achieve this target.



Among Pike County residents with health insurance, employment-based insurance was the most common, according to data collected by the U.S. Census Bureau. Note that residents with health insurance could have more than one type of insurance. For example, someone with "Direct-Purchase Insurance" may also have "Medicare coverage."

Type of Health Insurance In Pike County¹

		Pike County	Ohio
Private Health Insurance Coverage	Total with private health insurance	52.1%	69.3%
	Employment-based health insurance*	46.5%	60.3%
	Direct-purchase health insurance*	8.2%	11.1%
Public Health Insurance Coverage	Total with public health insurance	47.6%	33.3%
	Medicare coverage**	19.3%	17.0%
	Medicaid coverage**	30.6%	18.2%

*Percent of those with private health insurance **Percent of those with public health insurance

Among respondents in the Pike County Health Survey, 86.4% were insured. Of those insured, 17% were covered under Medicare, 15.6% under Medicaid, and 62.9% were covered under a commercial insurance plan, with 4.5% reporting "other" coverage.[§]

Regarding the health care professionals who serve Pike County residents, the ratio of Pike County physicians (both MDs and DOs) is 1 to every 1,881 Pike County residents.

Licensed Practitioners

	Pike County		Ohio	
	Count	Ratio*	Count	Ratio*
Physicians: MDs & DOs²	15	1:1,881	35,684	1:325.5
Licensed Dentists²	7	1:4,031	6,302	1:1,843
Licensed Optometrists³	3	1:9,406	1,934	1:6,005

*Ratio per population

Education, Income, Employment, And Poverty Indicators

This section describes socioeconomic factors that can affect health.

Key Findings - Education, Income, Employment, And Poverty Indicators

More than half of Pike County adult residents have a high school education or less. Also, a third of children fall below the federal poverty level, approximately a third of children are classified as food insecure, and a fourth of households receive food stamps. Unemployment is higher than the Ohio average.

As shown in the table below, roughly 12% of Pike County adult residents have a Bachelor’s degree or higher; another 24% have an Associate’s degree or “some college” (no degree).

Education Indicators¹

		Pike County	Ohio
Educational Attainment	No high school	6.2%	3.1%
	Some high school (no diploma)	16.0%	7.8%
	High school graduate	42.0%	34.1%
	Some college (no degree)	17.4%	20.7%
	Associate’s degree	6.7%	8.2%
	Bachelor’s degree	7.1%	16.4%
	Graduate or professional degree	4.7%	9.7%

In Pike County, 33% of children are below the 100% federal poverty level (FPL).

Income And Poverty¹

		Pike County	Ohio
Household Income	Per capita income	\$20,790	\$26,953
	Median household income	\$40,283	\$49,429
	Mean household income	\$52,733	\$66,409
Poverty Status Of Families	< 100% FPL	18.0%	11.5%
	100% - 199% FPL	21.9%	15.4%
	At or above 200% FPL	60.1%	73.0%
Poverty Status Of Those <18 Years Old	Below 100% FPL	33.2%	22.8%
	100% - 199% FPL	25.8%	21.1%
	At or above 200% FPL	41.0%	56.1%

The ability to access healthy, fresh food can also affect health. Food insecurity is defined by the United States Department of Agriculture as a lack of access to enough food for an active, healthy life and a limited availability of nutritionally adequate foods. In Pike County, 18% of all residents are food insecure; however, 30% of children in Pike County are estimated to be food insecure.

Food Access

		Pike County	Ohio
Food Insecure Households⁴	Total residents	17.9%	16.8%
	Children	29.8%	23.8%
Food Stamp Households¹	Total households	27.5%	15.0%
	With one or more people 60 years and over	41.4%	25.7%
	With children under 18 years	32.2%	50.0%

As shown below, Pike County’s 2015 unemployment rate (7.6%) is higher than that for Ohio (4.9%). Unemployment is defined by the Ohio Department of Job and Family Services as those people, 16 years of age and over, who were “actively seeking work, waiting to be called back to a job from which they were laid off, or waiting to report within 30 days to a new payroll job.” Those who have stopped looking for a new job (and who therefore removed themselves from the civilian labor force) are not included in this statistic.

Employment Status⁵

		Pike County	Ohio
Employment Rate Of Civilian Labor Force	Employed	92.4%	95.1%
	Unemployed	7.6%	4.9%

Readers who wish to learn more about the current state of jobs and public assistance in Pike County are encouraged to access the Ohio Department of Job and Family Services’ “QuickView” report for Pike County, at <http://jfs.ohio.gov/County/QuickView/Index.stm>.

Other Indicators

This section describes other contextual factors that can affect health.

Key Findings - Other Indicators

Rates of violent crime and property crime are relatively low in Pike County.

Recent statistics regarding violent and property crimes in Pike County are shown below.

Crime And Safety⁶

	Pike County		Ohio	
	Count	Rate*	Count	Rate*
Violent crime	19	0.7	30,882	2.7
Property crime	341	12.1	285,261	24.6

*Rate per 1,000 population

A “family household” includes two or more people related by birth, marriage, or adoption who live in the same dwelling; in Pike County, two-thirds of households are considered family ones.

Household Type¹

		Pike County	Ohio
Total		66.3%	64.1%
Family Households	Married couple	45.3%	46.8%
	Male householder, no wife present	7.6%	4.5%
	Female householder, no husband present	13.4%	12.8%
Total		33.7%	35.9%
Nonfamily Households	Householder living alone	28.5%	30.0%
	65 years and over living alone	10.9%	9.3%
Grandparents As Caregivers	Children under 18 years living with a grandparent householder	12.4%	7.0%

Demographic Differences Observed In The Pike County Health Survey

Additional analyses were conducted on the data obtained from the Pike County Health Survey, looking for the presence of statistically significant differences in the responses across various demographic groups (i.e., age, gender, insurance status, educational attainment, and

whether the respondent indicating living in the county seat of Waverly). The following patterns were observed.

Insurance coverage

- Those who graduated from college were more likely than those who had attended a university or technical school without earning a degree or those with no more than a high school degree or GED (94%, 84%, and 83%, respectively).
- Those with a college degree and those who attended a university or technical school without earning a degree were both less likely to report having Medicaid or Medicare coverage as compared to those who had earned no greater than a high school degree or GED (14%, 17%, and 37% respectively).
- Nearly all (91%) of those over age 45 reported having some sort of health insurance coverage, whereas only 79% of those 45-and-under reported being covered under a health insurance plan.
- The youngest and oldest respondents were more likely to report reliance on public health insurance than not, while middle-aged respondents were less likely to report having public forms of health insurance (58% of respondents age 18-25 reported Medicaid coverage; 84% of respondents age 65 and over reported using Medicare; only 13% of respondents age 26-65 reported using public insurance).

Perceived Health Challenges And Priority Health Topics

This section describes the responses of Pike County adults to questions that asked them to reflect on the health challenges that face them.

Key Findings - Perceived Health Challenges And Priority Health Topics

Residents identify high blood pressure, obesity, and joint/back pain as the biggest challenges to their health. The health topics they say are most important to them include cancer, exercise and nutrition, cardiovascular health, stress management, and diabetes. Public health communicators can use this information when planning education efforts.

To gain a high level understanding of residents' perceived health challenges, Pike County Health Survey respondents were asked to identify their top three health challenges. In response, respondents are most likely to report high blood pressure, obesity, and joint or back pain. Over a quarter of those surveyed say they do not currently have health challenges.

Residents' Top Health Challenges^s

	Pike County (n=419)
High blood pressure	32.9%
Obesity	29.1%
No health challenges	26.7%
Joint or back pain	22.4%
Depression	13.4%
Cancer	12.2%
Diabetes	11.5%
Smoking addiction	11.0%
Heart disease	8.4%
Mental health issues	6.7%
Stroke	5.3%
Drug addiction	5.0%
Asthma / lung disease	6.4%
Alcohol overuse	3.6%

Multiple responses were accepted, so the total percentage will be greater than 100%.

County residents were also asked to think about and identify the health topics that are most important to them and/or their family members. Substantive responses from 350 individuals are shown in the table below. Overall, respondents were most likely to report that cancer, exercise, stress management, and nutrition are health topics that are important to them.

Top Health Topics That Are Most Important To Pike County Residents[§]

	Pike County (n=350)
Cancer	31.1%
Exercise	30.6%
Stress management	30.3%
Nutrition	28.0%
Blood pressure	27.4%
Diabetes	25.1%
Heart disease	20.6%
Quitting smoking	13.4%
Cholesterol	13.1%
Depression	11.1%
Women’s health	10.9%
Men’s health	7.7%
Asthma	7.7%
Substance abuse	4.6%
Injury prevention	3.7%
Pediatric care	3.1%
Other	7.1%

Multiple responses were accepted, so the total percentage will be greater than 100%.

What is the best way for the Pike County General Health District or other County agencies to share information with residents about community health issues? Survey respondents are most likely to say direct mail, Internet, and mass media (television/newspaper/radio).

Preferred Communication Channels For Sharing Public Health Information[§]

	Pike County (n=364)
Mailings	22.0%
Internet	20.1%
Television	15.4%
Newspapers	14.8%
Radio	14.0%
Word of mouth	10.2%
Other	3.6%

Behavioral Risk Factors

This section describes behaviors of Pike County adults that affect their health.

Key Findings - Behavioral Risk Factors

About a third of Pike County adult residents are currently smokers, and almost 20% report ever using prescription drugs to get high. Increased levels of education and health insurance status are associated with reduced likelihood of these behaviors.

About a third of Pike County adults report they are currently smokers (25.3% report smoking every day, while 9.3% report smoking some days). This percentage is higher than the percentage for Ohio adults; however, caution should be used when comparing the survey statistic to the Ohio estimate, since the methods by which they were calculated were different.

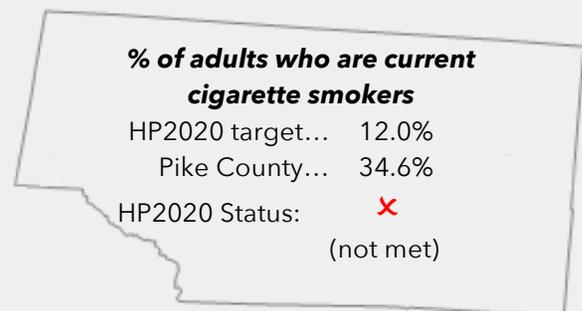
Over half of the survey respondents say they have smoked a cigarette at least once in their lives (56.9%).

Cigarette Use

		Pike County [§] (n=301)	Ohio ¹
Cigarette Use	Current smokers - every day or some days	34.6%	21.6%

Healthy People 2020 Goal

How does Pike County match up with national objectives? As part of its *Healthy People 2020* initiative, the Department of Health and Human Services set a goal that the percent of adults who are current smokers would decrease to 12.0% by the year 2020. Currently, Pike County does not achieve this target.



Nearly a fifth of the survey respondents say they have used prescription medication, such as pain medications or depression medications, to get high at least once in their lives.

Prescription Medication Abuse[§]

	Pike County (n=422)
Have ever used prescription medication to get high	18.0%

Additionally, eleven unintentional overdose deaths were recorded in 2015. Of course, these statistics do not indicate the overall prevalence of illicit drug use or abuse among adults in Pike County; rather, they only measure the extent to which such use results in death. See Appendix B for additional drug use data and maps.

Drug Mortality And Convictions

	Pike County		Ohio	
	Count	Rate*	Count	Rate*
Unintentional drug poisonings ²	11	39.0	3,050	26.3
Drug convictions ³	57	202.0	34,684	300.0

*Rate per 100,000 population

Lastly, 53% of Pike County residents report not having any alcoholic drinks on any days in the past month; among those who did, respondents reported drinking at least one alcoholic drink on 6 (median) days in the past month.[§]

When it comes to risky behaviors when traveling in automobiles, most Pike County residents report “always” using a seatbelt when in a car (68%). Respondents with children are more likely to say their oldest child “always” uses a seatbelt when in a car (89%).

How Often Pike County Residents Use A Seatbelt When In A Car[§]

	Pike County (n=441)
Always	68.0%
Nearly always	13.8%
Sometimes	9.3%
Seldom	3.6%
Never	4.8%
Never rides in or drives in a car	0.5%

How Often Pike County Residents' Oldest Child Uses A Seatbelt When In A Car^s

	Pike County (n=138)
Always	88.9%
Nearly always	11.6%
Sometimes	3.6%
Seldom	0.72%
Never	2.2%

Only half of Pike County residents say they “never” text and drive (51%); nearly a quarter report they always, nearly always, or sometimes do this.

How Often Pike County Residents Text And Drive^s

	Pike County (n=440)
Always	5.0%
Nearly always	3.4%
Sometimes	15.0%
Seldom	20.2%
Never	51.4%
Never drives a car	5%

Demographic Differences Observed In The Pike County Health Survey

Additional analyses were conducted on the data obtained from the Pike County Health Survey, looking for the presence of statistically significant differences in the responses across various demographic groups (i.e., age, gender, insurance status, educational attainment, and whether the respondent indicating living in the county seat of Waverly). The following patterns were observed.

Cigarette smoking

- Those with at least a bachelor’s degree were less likely than those with less education to be current smokers (11% and 27%, respectively).
- The likelihood of being a current smoker was greater for those who were uninsured than those who were insured (51% and 19%, respectively).

Prescription medication abuse

- Those with no more than a high school degree or GED were more likely to report

having abused prescription medication than respondents who had completed some college or earned a college degree (28%, 12%, and 8% respectively).

- Men were more likely than women to report having abused prescription medication (27% and 12%, respectively)
- Age also impacted likelihood of reporting having used prescription medication to get high, with respondents 45 years old and younger being more likely than those over age 45 (24% and 13%, respectively).
- The likelihood of reporting use of prescription medication to get high is greater among those who are uninsured than those who have health insurance (44% and 14%, respectively).

Adult seatbelt use

- Female respondents were more likely to report always wearing their seatbelt than males (77% and 54% respectively).
- Respondents with health insurance were more likely to report always wearing seatbelts than those without insurance (72% and 44% respectively).
- Respondents over the age of 45 were more likely to report always wearing their seatbelt than those 45 and under (75% and 58%, respectively).

Texting and driving

- Older respondents were less likely to report texting while driving (75% of respondents over the age of 45 reported never texting while driving, whereas only 27% of respondents 45-and-under did so).

Health Care Access

This section describes experiences Pike County adult residents have had when attempting to access health care and health care professionals.

Key Findings - Health Care Access

Most of the Pike County survey respondents report visiting a family physician and dentist in the last year; those who have not visited a health care professional recently say this is because of insurance/cost or transportation issues. Relatedly, insurance coverage status was associated with large differences in which types of medical care was routinely sought (e.g., family physician vs. urgent care/ER/free clinics).

Over three-quarters of the survey respondents report they routinely go to their family doctor for medical care, whereas 9% reported going to an urgent care center.

Where Residents Routinely Go For Medical Care^s

	Pike County (n=407)
Family doctor	77.2%
Urgent care center	9.1%
Don't seek medical care	4.9%
Free clinic	4.2%
Emergency room	2.5%
Other	1.2%
Specialty care physician	1.0%

When asked specifically about visits to a variety of healthcare professionals, 84% of the survey respondents report visiting a family physician within the last year; over two-thirds report visiting a dentist or an eye doctor within the last year.

Residents Who Visited A Family Physician, Dentist, And Eye Doctor In The Last Year^s

	Pike County (n=445-448)
Visited a family physician	83.9%
Visited the dentist	69.0%
Visited an eye doctor	68.2%

Two-thirds of survey respondents report having no issues when they need to access medical or dental care. However, among those who did have issues, a lack of insurance coverage (or good insurance coverage) were reported.

Issues Experienced When Trying To Access Medical/Dental Care[§]

	Pike County (n=407)
No issues	66.2%
No (or poor) insurance coverage	14.8%
Can't take time off of work	5.1%
Transportation cost	4.6%
Childcare	3.3%
No available appointment	1.8%
Office or clinic hours	1.8%

Demographic Differences Observed In The Pike County Health Survey

Additional analyses were conducted on the data obtained from the Pike County Health Survey, looking for the presence of statistically significant differences in the responses across various demographic groups (i.e., age, gender, insurance status, educational attainment, and whether the respondent indicating living in the county seat of Waverly). The following patterns were observed.

Where residents routinely go for medical care

- Having insurance coverage impacted where respondents routinely went for medical care. Among the insured, 85% reported routinely seeing a family doctor, while only 33% of the uninsured did.
- Among uninsured respondents, 28% reported routinely using either the emergency room or urgent care centers for medical care, while only 9% of insured respondents reported these as places routinely visited for medical care.
- Uninsured respondents were also more likely to report routine use of free clinics than insured respondents (20% and 1%, respectively).
- Finally, uninsured respondents were more likely to report simply not seeking medical care than respondents covered under an insurance plan (17% and 8%, respectively).
- Gender also impacted routine medical care visits. Women were more likely to report routinely visiting a family doctor for medical care than men (81% of women, 71% of men).

- Men, however, were more likely to report routine use of urgent care centers than women (12% and 7%, respectively), and to not seek medical care (8% and 3%, respectively).

Issues residents have had when trying to access medical/dental care

- Respondents who graduated from college were more likely to report having no issues accessing healthcare than both those who had a high school degree or GED or less and those who had completed some college but not earned a degree (73%, 45%, and 48%, respectively, reported "no issue" getting medical/dental care).
- Those who reported being insured were more likely to report "no issue" accessing medical/dental care when necessary (64% and 20%, respectively).

Maternal And Child Health

Health issues facing mothers and their children in Pike County are described in this section.

Key Findings - Maternal And Child Health

In Pike County, 13.8% of infants are born preterm, or before 37 weeks gestation, which does not meet the Healthy People 2020 goal. Rates of pregnancies and live births among 18-19 year olds are higher than Ohio rates.

Although rates of adolescent pregnancies and live births among 15-17 year olds in Pike County are lower than the Ohio rates, rates of pregnancies and live births among 18-19 year olds are higher than the Ohio rates. Note that rates calculated based on counts of less than ten are likely unstable and should be interpreted with caution; no infant mortality rate is calculated for counts of 20 or less.

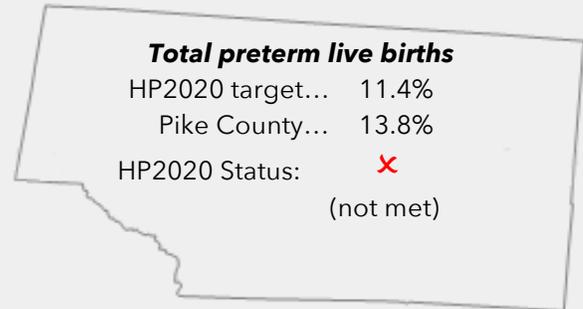
Maternal And Infant Health

		Pike County		Ohio	
		Count	Rate*	Count	Rate*
Infant Mortality Rate¹		2	N/A	1,005	7.2
Estimated Adolescent Pregnancies^{2,3}	10-14 years	0	0.0	202	0.6
	15-17 years	20	33.5	3,390	14.9
	18-19 years	41	153.6	9,292	62.4
Live Births (Adolescent)²	10-14 years	0	0.0	106	0.3
	15-17 years	17	27.9	2,292	10.0
	18-19 years	33	124.5	6,464	43.4
		Count	Percent	Count	Percent
Low Birth Weight⁴	Low birth weight babies (<2500 grams)	27	7.6%	9,583	6.9%
	Very low birth weight babies (<1500 grams)	0	0.0%	1,621	1.2%
Preterm Births⁴	Preterm births (<37 weeks)	49	13.8%	16,942	12.2%

*Rate per 1,000 females in same age group N/A = not calculated

Healthy People 2020 Goal

How does Pike County match up with national objectives? The *Healthy People 2020* goal is for only 11.4% of all live births to occur before 37 weeks gestation by the year 2020. Currently, Pike County approaches but does not achieve this target, as 13.8% of live births are considered preterm.



The adult residents who participated in the Pike County Health Survey were asked a series of questions about potentially risky behaviors their children (under age 18) may engage in. The results of these questions are shown below. Overall, the majority of survey respondents who have at least one child under age 18 say that none of their children smoke cigarettes, drink alcohol, use drugs, or are sexually active.

Beliefs About Their Minor Child (Or Children’s) Behavior[§]

	Pike County (n=144)
Believe any of their children have smoked cigarettes	6.3%
Believe any of their children drinks alcohol	7.6%
Believe any of their children uses drugs	3.5%
Believe any of their children are sexually active	8.3%
Believe none of their children have engaged in any of these behaviors	85.4%

About a quarter of Pike County adult residents who have at least one child under age 18 and who participated in the Pike County Health Survey say that at least one of their children have been diagnosed with a mental health disorder, including anxiety disorders, ADHD, mood disorders, behavior issues, or schizophrenia (27%).[§]

Lastly, survey respondents with at least one child under age 18 report their children eat 2 (median) fast food meals a week.[§]

Demographic Differences Observed In The Pike County Health Survey

Additional analyses were conducted on the data obtained from the Pike County Health Survey, looking for the presence of statistically significant differences in the responses across

various demographic groups (i.e., age, gender, insurance status, educational attainment, and whether the respondent indicating living in the county seat of Waverly). The following patterns were observed.

Preterm births

- No relationship was found with the demographic variables collected.

Beliefs about their minor child's behavior

- Men were more likely than women to believe their children have smoked cigarettes (13%, 3%, respectively).
- Parents' ages had a large impact on belief that their children had engaged in each of these behaviors, likely because older parents have older children. For example, only 5% of parents age 45 or under believed their children smoked, while 17% of parents over the age of 45 did.
- Similarly, 6% of parents age 45 or under believed their children drinks alcohol, while 22% of parents over the age of 45 reported believing this.
- The same pattern holds for belief regarding children's drug usage (2% of parents 45-and-under, 17% over age 45) and sexual activity (6%, 22%).
- Conversely, parents 45-and-under were more likely to report believing their children hadn't engaged in any of these behaviors than parents over 45 (88% and 67%, respectively).

Children diagnosed with mental health disorders

- No relationship was found with the demographic variables collected.

Mental And Social Health

This section describes issues associated with the mental and social health of Pike County adult residents.

Key Findings - Mental And Social Health Indicators

In Pike County, suicidal ideation and attempts are both higher among those who are uninsured than those with health insurance coverage.

The table below shows reported cases of suicide, murder, domestic violence, and child abuse in Pike County in recent years. There was only one homicide reported in 2014. Note: these data were collected prior to the 2016 Rhoden family murders. Rates based on counts of less than ten are likely unstable and should be interpreted with caution.

Mental And Social Health Indicators

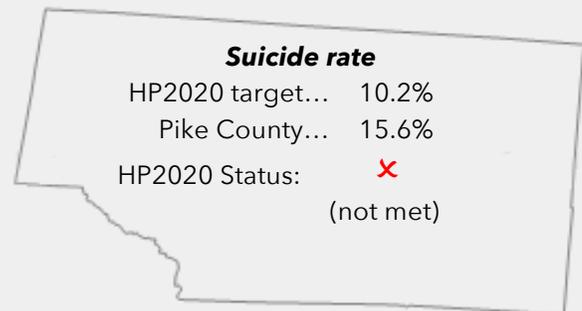
		Pike County		Ohio	
		Count	Rate*	Count	Rate*
Suicides ¹	Suicides	4**	15.6	1,510	12.7
Homicides ²	Homicides	1	3.5**	448	3.9
Domestic Violence ³	Domestic violence incidents	179	N/A	72,899	N/A

*Rate per 100,000 population, age-adjusted N/A = not available or can not be calculated

**Rates should be interpreted with care when the count is 10 or less

Healthy People 2020 Goal

How does Pike County match up with national objectives? As part of its *Healthy People 2020* initiative, the Department of Health and Human Services aims for the suicide rate in the U.S. to decrease to 15.6 per 100,000. Currently, Pike County does not achieve this target.



The Pike County Health Survey also included a number of questions related to mental health. As shown on the next page, a small percentage of survey respondents seriously considered suicide in the past 12 months (6%); 3% of respondents reported actually attempting this. Nearly three-quarters of survey respondents say they know where to go or who to talk with if they are feeling depressed or suicidal.

Suicidal Ideation And Awareness Of Mental Health Resources[§]

	Pike County
Seriously considered suicide in the past 12 months (n = 437)	6.4%
Attempted suicide in the past 12 months (n = 437)*	3.4%
Know where to go or who to talk with if he/she is feeling depressed/suicidal (n = 397)	72.3%

**Because only 36 respondents answered this question, percentage was calculated by dividing number who reported attempting at least once by the total number of responses to the suicidal consideration question immediately preceding it*

Adults with social and mental health issues can have profound impacts on their children. Recognizing this, the types of child abuse cases in Pike County are presented below. Overall, the Pike County rates for new reports of physical and sexual abuse are similar to Ohio rates.

Child Abuse

	Pike County		Ohio		
	Count*	Percent**	Count*	Percent**	
Child Abuse⁴	Physical abuse	70	26%	28,817	29%
	Sexual abuse	16	6%	10,153	10%
	Neglect	43	16%	28,819	29%
	Family in need of other services	136	51%	17,541	18%

**Count of new reports of child abuse and neglect **Percent of all new reports of child abuse and neglect*

Demographic Differences Observed In The Pike County Health Survey

Additional analyses were conducted on the data obtained from the Pike County Health Survey, looking for the presence of statistically significant differences in the responses across various demographic groups (i.e., age, gender, insurance status, educational attainment, and whether the respondent indicating living in the county seat of Waverly). The following patterns were observed.

Suicidal ideation and suicide attempts

- Those without health insurance were more likely than those with health insurance to report having considered suicide in the past 12 months (19% and 5%, respectively).
- Those without health insurance were also more likely than those with to have reported surviving at least one suicide attempt in the past 12 months (10% and 2%, respectively).

Death, Illness, And Injury

This section describes leading causes of death, illness, and injury among the residents of Pike County.

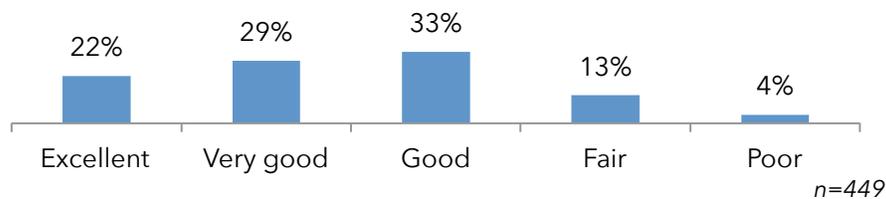
Key Findings - Death, Illness, And Injury

About 51% of Pike County residents rate their general health as very good or excellent. However, those with less education, or who are older, are less likely to say this.

The leading causes of death in Pike County are chronic obstructive pulmonary disease (COPD), bronchus or lung cancer, dementia, heart attack, and coronary artery disease. Regarding cancer, lung, bronchus, colon, rectum, and breast (female), have the highest incidence rates.

As shown below, the majority of Pike County adult residents (84%) report their overall health is "good," "very good," or "excellent."

Perceptions Of Health Status[§]



The five leading causes of death in Pike County in 2014 are shown below: chronic obstructive pulmonary disease (COPD) and bronchus or lung cancer are the top causes of death.

Mortality - Leading Causes¹

	Pike County		Ohio	
	Count	Rate*	Count	Rate*
Chronic obstructive pulmonary disease (COPD)	29	79.8	5,320	36.5
Bronchus or lung cancer	22	57.8	7,145	48.6
Dementia	19	N/A	5,432	36.2
Heart attack	16	N/A	4,959	34.0
Coronary artery disease	15	N/A	7,604	51.5

*Rate per 100,000 population, age-adjusted N/A = Rate is unreliable due to small number of cases

Considering only cancer-related deaths, lung and bronchus cancers have the highest mortality rate in Pike County, as observed over a five-year period (i.e., 2008-2012). Note that rates calculated based on counts of less than 10 should be interpreted with caution and are likely unstable.

Cancer Mortality Rates - Top Cancers²

	Pike County		Ohio	
	Count	Rate*	Count	Rate*
Lung and bronchus	25	72.5	7,414	55.3
Breast (female)	3	17.9	1,775	23.6
Colon and rectum	6	18.4	2,288	17
Other sites / types	8	N/A	N/A	N/A
Prostate	3	20.6	1154	22

**Rate per 100,000 population, age-adjusted N/A = not available*

Rates are sex specific for cancer of the breast

Considering cancer incidence, lung, bronchus, and breast cancers had the highest incidence rate in Pike County in 2013, followed by prostate cancer.

Cancer Incidence Rates - Top Cancers³

	Pike County		Ohio	
	Count	Rate*	Count	Rate*
Lung and bronchus	35	94.0	9,530	67.5
Breast (female)	23	68.8	9,234	67.7
Prostate	11	60.5	6,931	101.7
Other sites / types	12	34.8	4,900	35.9
Colon and rectum	11	29.9	5,653	40.6

**Rate per 100,000 population, age-adjusted N/A = not available*

Rates are sex specific for cancers of the breast

According to the Pike County Health Survey, 14% of residents reported ever being told they have cancer. On average, residents were 49.8 years old when they were diagnosed with cancer. The most frequent types of cancer reported by survey respondents are somewhat different from the cancer incidence rates shown above: skin, breast, cervical, and colon cancers are most often identified by survey respondents (see next page).

Most Common Cancer Diagnosis^s

	Pike County (n=62)
Skin (other than melanoma)	21%
Breast	13%
Cervical	13%
Colon	11%
Thyroid	8%
Liver	6%
Prostate	6%
Melanoma	5%
Non-Hodgkin's lymphoma	3%
Ovarian	3%
Endometrial	2%
Head and neck	2%
Pharyngeal (throat)	2%
Rectal	2%
Stomach	2%
Lung	2%
Bladder	2%
Renal (kidney)	2%
Bone	2%
Hodgkin's Lymphoma	2%
Other	2%

Note: Due to co-morbidity, total percentage may exceed 100%

Turning to chronic health conditions, 45% of adult Pike County adult residents have at some point been told by a health professional that they have high blood pressure and 34% have been told that they have high blood cholesterol (see next page). Only a quarter of respondents are aware that the Pike County General Health District offers free cholesterol screening.

Screenings And Diagnosis Of Health Conditions[§]

	Pike County (n=444-448)
Been told he/she has high blood pressure	44.6%*
Been told he/she has high blood cholesterol	34.3%
Knows Pike County General Health District offers free cholesterol screening	25.1%
Has had their cholesterol checked	65.2%
Had a test for high blood sugar or diabetes within the past three years	57.1%
Checks blood sugar at home regularly	14.6%

*An additional 1.6% of residents surveyed had reported having high blood pressure, but only during a pregnancy.

Nearly 16% of Pike County residents who participated in the Pike County Health Survey reported having had a heart attack, a stroke, or other heart problems. One-fourth of Pike County residents take aspirin daily or every other day.

Screenings And Diagnosis Of Health Conditions[§]

	Pike County (n=431)
Has had a heart attack	5.8%
Other heart problems	5.8%
Has had a stroke	5.8%
Never had a heart attack, other heart problems or a stroke	84.0%

Almost a third of survey respondents reported ever having a pneumonia vaccination; close to half received a seasonal flu vaccine in the past year.[§]

Vaccinations[§]

	Pike County
Has had a pneumonia vaccine (n=428)	30.6%
Has received seasonal flu vaccine in past 12 months (n=434)	46.8%
Has had a tetanus booster shot in the past 10 years (n=426)	69.3%
Child/children up-to-date with immunization (n=145)	95.9%

Regarding other infectious diseases, Pike County’s rate of hepatitis C is greater than the statewide rate. Note that rates calculated based on counts of less than 10 should be interpreted with caution and are likely unstable.

Incidence Of Infectious Disease

	Pike County		Ohio	
	Cases	Rate*	Cases	Rate*
Hepatitis C (chronic) ⁴	160	568.2	21,588	185.9
Chlamydia ⁵	56	198.5	56,858	489.6
Gonorrhea ⁵	10	35.4	16,612	143.0
Influenza-associated hospitalization ⁶	7	19.4	936	8.1
Salmonellosis ⁶	5	17.7	1,359	11.7
Ehrlichia chaffeensis ⁶	3	10.6	17	0.1
Streptococcus pneumoniae (invasive) ⁶	3	10.6	695	6.0

*Rate per 100,000 population

As shown below, about a third of Pike County residents are aware of the free rapid HIV testing that is available to them in the county.

Perceptions Of Risk Of Contracting HIV Or AIDS And Knowledge Of HIV Testing⁵

	Pike County (n=429-431)
Consider themselves at risk of getting HIV or AIDS	3.3%
Are aware that there is free rapid HIV testing available in Pike County	35.9%

Demographic Differences Observed In The Pike County Health Survey

Additional analyses were conducted on the data obtained from the Pike County Health Survey, looking for the presence of statistically significant differences in the responses across various demographic groups (i.e., age, gender, insurance status, educational attainment, and whether the respondent indicating living in the county seat of Waverly). The following patterns were observed.

Perceptions of health status

- Individuals age 18-45 were more likely than those over age 45 to report having very good or excellent health (68% and 37%, respectively).
- Individuals age 65 and older were less likely than those under 65 to report having very good or excellent health (21% and 58%, respectively).

- Respondents with a college degree were more likely than those who have attended but not earned a degree, who were in turn more likely than those who had a high school degree or GED at most, to report very good or excellent health (73%, 60%, and 36%, respectively).

Chronic health conditions

- Those under 35 were less likely to report high blood pressure than those between 35 and 55, who in turn were less likely to report having high blood pressure than respondents over the age of 55 (17%, 39%, and 75%, respectively).
- The same pattern occurred among respondents reporting high cholesterol (9% under 35, 24% ages 35-55, and 68% over age 55).
- Finally, age also impacted likelihood of reporting a heart attack, other heart problems, or stroke. Respondents 55-and-under were less likely to report any of these occurring than those between the ages of 56 and 64, while those 65-and-older were the most likely to report at least one of these events (6%, 26%, and 49%, respectively).

Vaccinations

- Those with a college degree or who attended college or a technical school without graduating did not differ, but both were less likely than those who completed no more than high school or a GED to report ever having had a pneumonia vaccination (22%, 17%, and 40%, respectively).
- Those over the age of 55 were more likely than those 55-and-under to report receiving a tetanus booster in the past 10 years (64% and 16%, respectively).
- Being insured increased the likelihood of receiving a flu vaccine in the past 12 months versus those without insurance (51% and 21%, respectively).
- Respondents who reported having attended some college or technical school without graduating were slightly less likely to have received a flu vaccine in the past 12 months than those who had never attended college or technical school, and were significantly less likely than those who had graduated from college (33%, 49%, and 57%, respectively).
- Respondents were more likely to report having received a flu vaccine in the past 12 months as their age increased. For example, those aged 18-25 and 26-34 were less likely than those aged 56-64 and 65+ (16%, 31%, 60%, and 79%, respectively).

Risk of contracting HIV or AIDS

- Respondents age 45 and under were more likely than those over the age of 45 to report feeling at risk for contracting HIV or AIDS (6% and 1%, respectively).

Summary

Pike County's 2017 Community Health Assessment provides a comprehensive overview of our community's health status, illuminating areas of strength as well as areas in which there could be improvement.

Consistent with Public Health Accreditation Board requirements, the Pike County General Health District will use this report to inform the development and implementation of strategies to address its findings. It is intended that a wide range of stakeholders will also use this report for their own planning efforts.

Subsequent planning documents and reports will be shared with community stakeholders and with the public. For example, Appendix C of this report includes a preliminary list of community assets and resources that could possibly be mobilized and leveraged to address some of the health issues identified in this Community Health Assessment. This list will be reviewed and (if necessary) revised by the Pike County General Health District and its partners after the Community Health Improvement Plan is formulated.

Users of Pike County's 2017 Community Health Assessment are encouraged to send feedback and comments that can help to improve the usefulness of this information when future editions are developed.

Questions and comments about Pike County's 2017 Community Health Assessment may be directed to:

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§ : This symbol indicates primary data gathered by the Pike County Health Survey.

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