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Community Hospitals and Wellness Centers— Bryan & Montpelier
Four County ADAMhs Board
Williams County Health District

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Overview

- Health Care Coverage
- Health Care Access and Utilization
- Preventive Medicine
- Women's Health
- Men's Health
- Oral Health
- Health Status Perceptions
- Adult Weight Status
- Adult Tobacco Use
- Adult Alcohol Consumption
- Adult Drug Use
- Adult Sexual Behavior
- Adult Mental Health
- Cardiovascular Health
- Cancer
- Asthma
- Diabetes
- Quality of Life
- Social Determinants of Health
- Environmental Conditions
- Parenting
- COVID-19
- Youth Weight Status
- Youth Tobacco Use
- Youth Alcohol Consumption
- Youth Drug Use
- Youth Perceptions
- Youth Mental Health
- Youth Community Context
- Youth Violence

Methodology

- **Design**
 - Adult: written survey
 - Youth: online survey accessed via SurveyMonkey
- **Instrument Development**
 - Majority of questions from national surveys (BRFSS, YRBSS)
- **Adult Procedure**
 - 2-wave mailing campaign
 - Advance wave
 - First wave
 - \$2 dollar bill incentive
- **Youth Procedure**
 - Schools and grades randomly selected
 - Surveys administered in classrooms via SurveyMonkey
 - Passive permission slips

Methodology

- **Adult**

- 27,970 adults ages 19 and over
- Response Rate
 - 15% (n=290 CI= \pm 5.73)
 - Power analysis #: 264

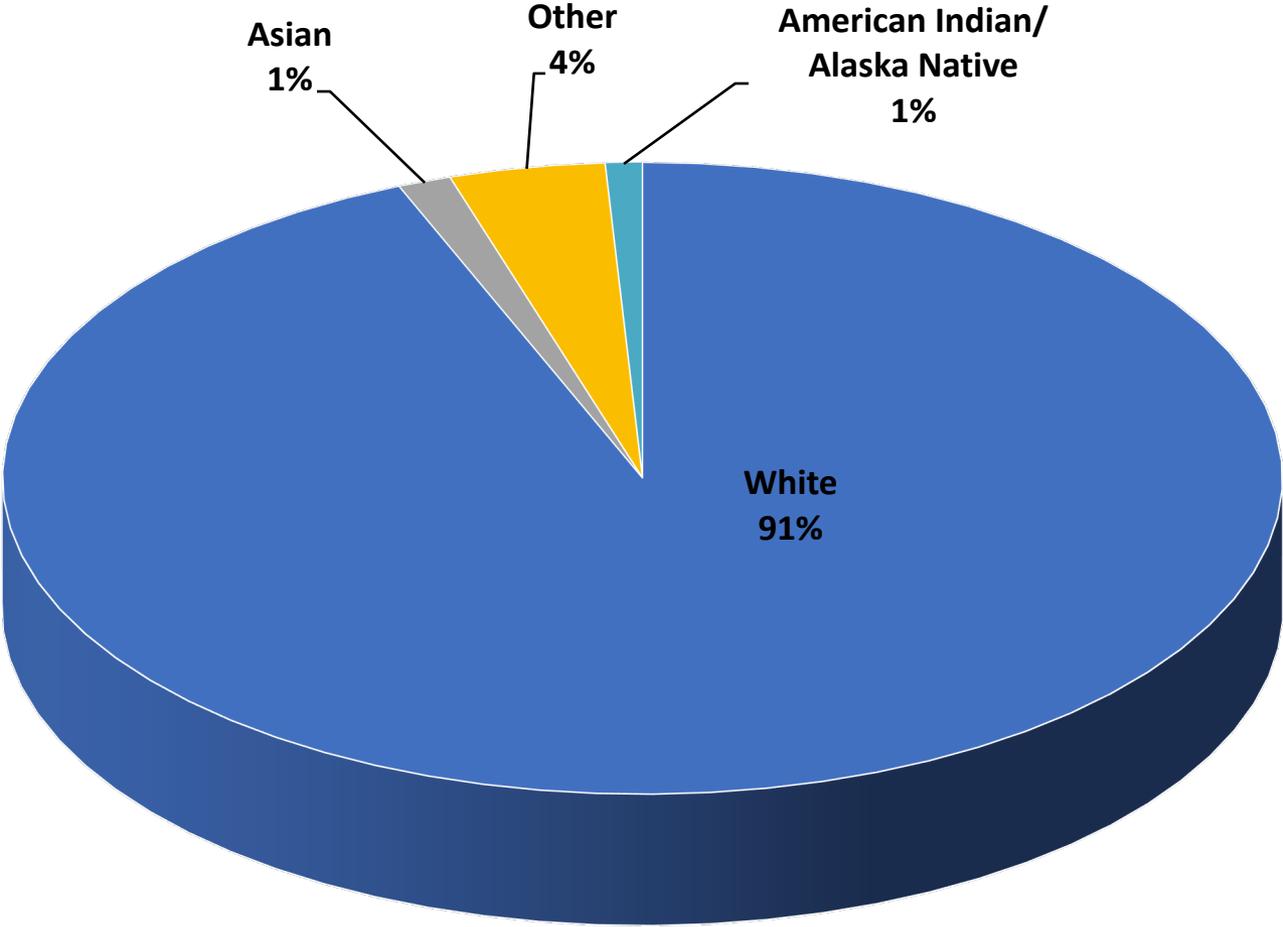
- **Youth**

- 6 schools
 - 6th – 12th grades
- Response Rate
 - 93% (n=412: CI = \pm 4.19)
 - Power analysis #: 345

Methodology

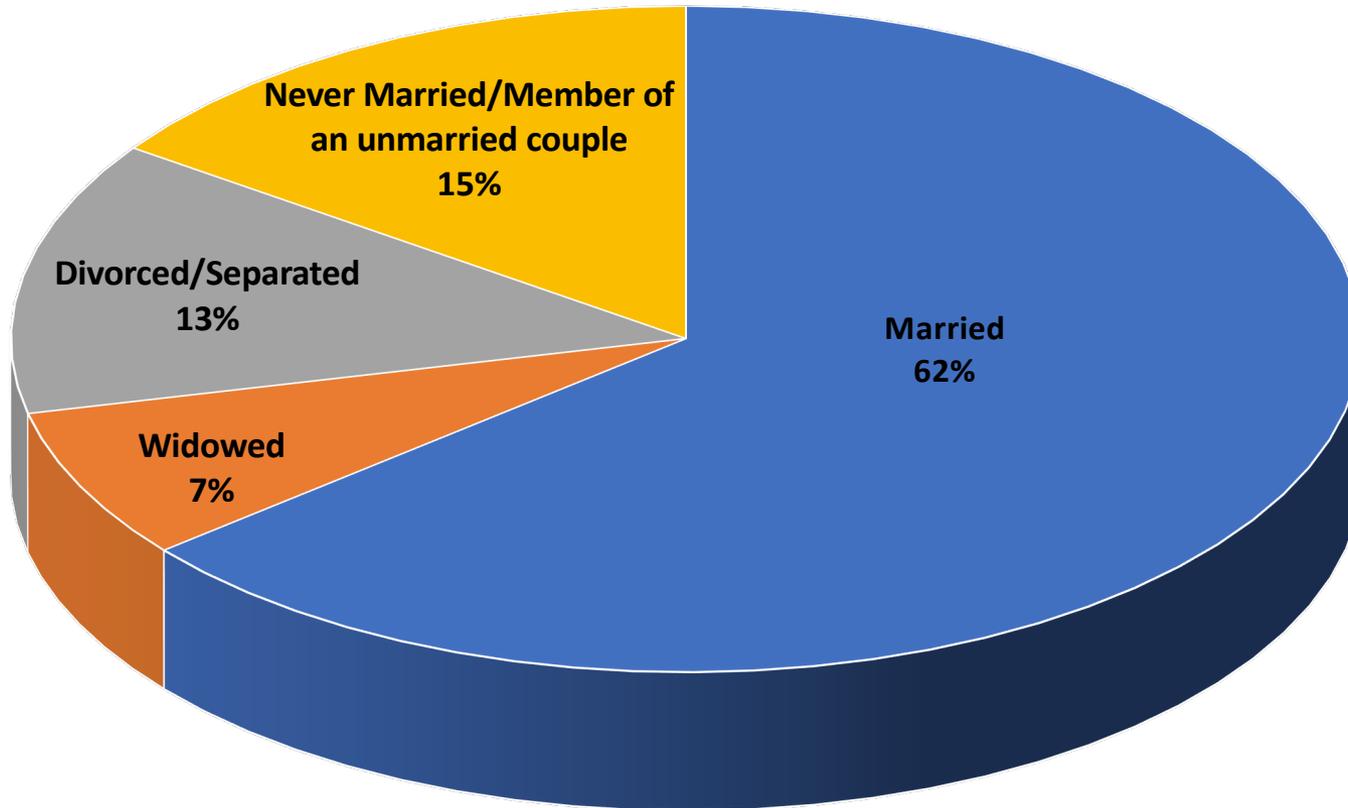
- **Data Analysis**
 - Analyzed using SPSS 28.0
 - Adult data weighted to reflect population statistics
- **Limitations**
 - Adult data collection: CDC-telephone surveys
 - Self-reported data
 - Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey
- **IRB Approval**
 - Advarra: Columbia, Maryland
 - Review methodology, surveys, and letters

Demographics: Race



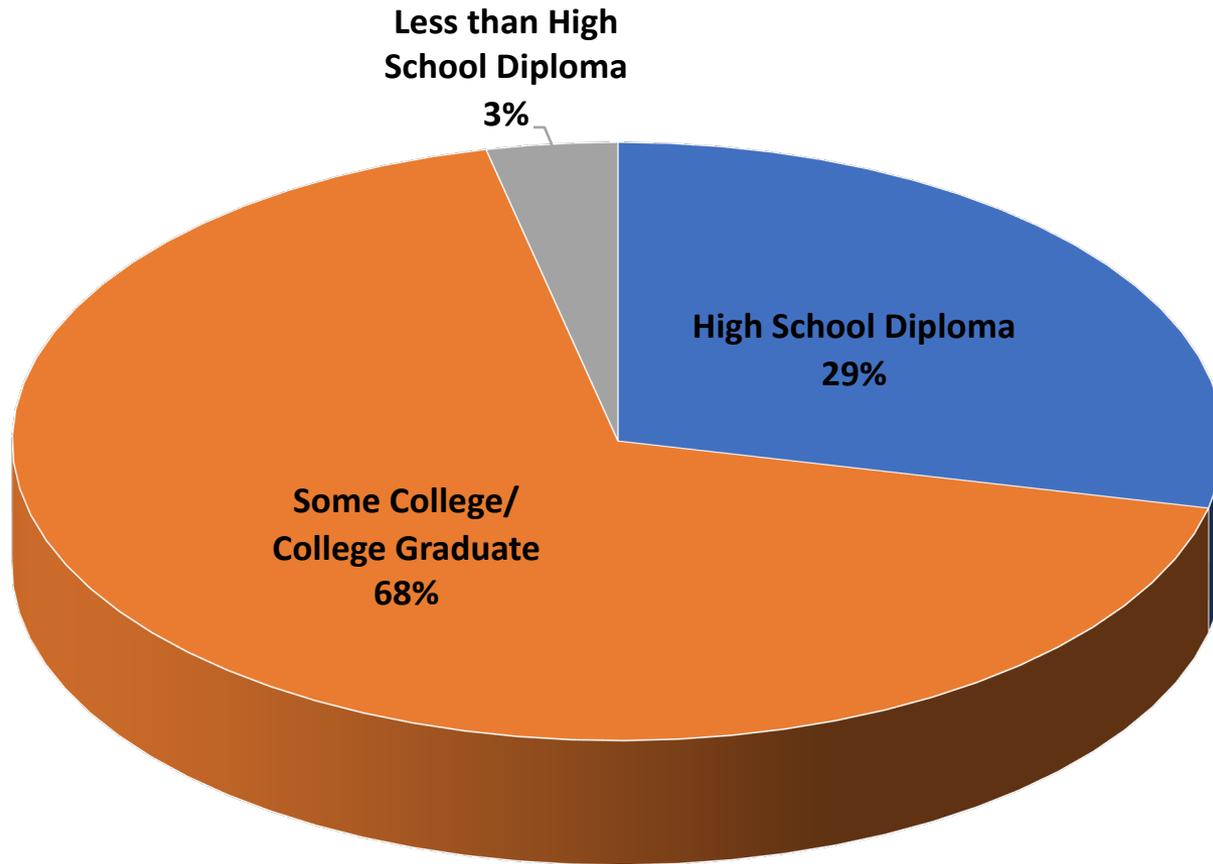
Percentages may not add to 100% due to missing data (non-responses).

Demographics: Marital Status



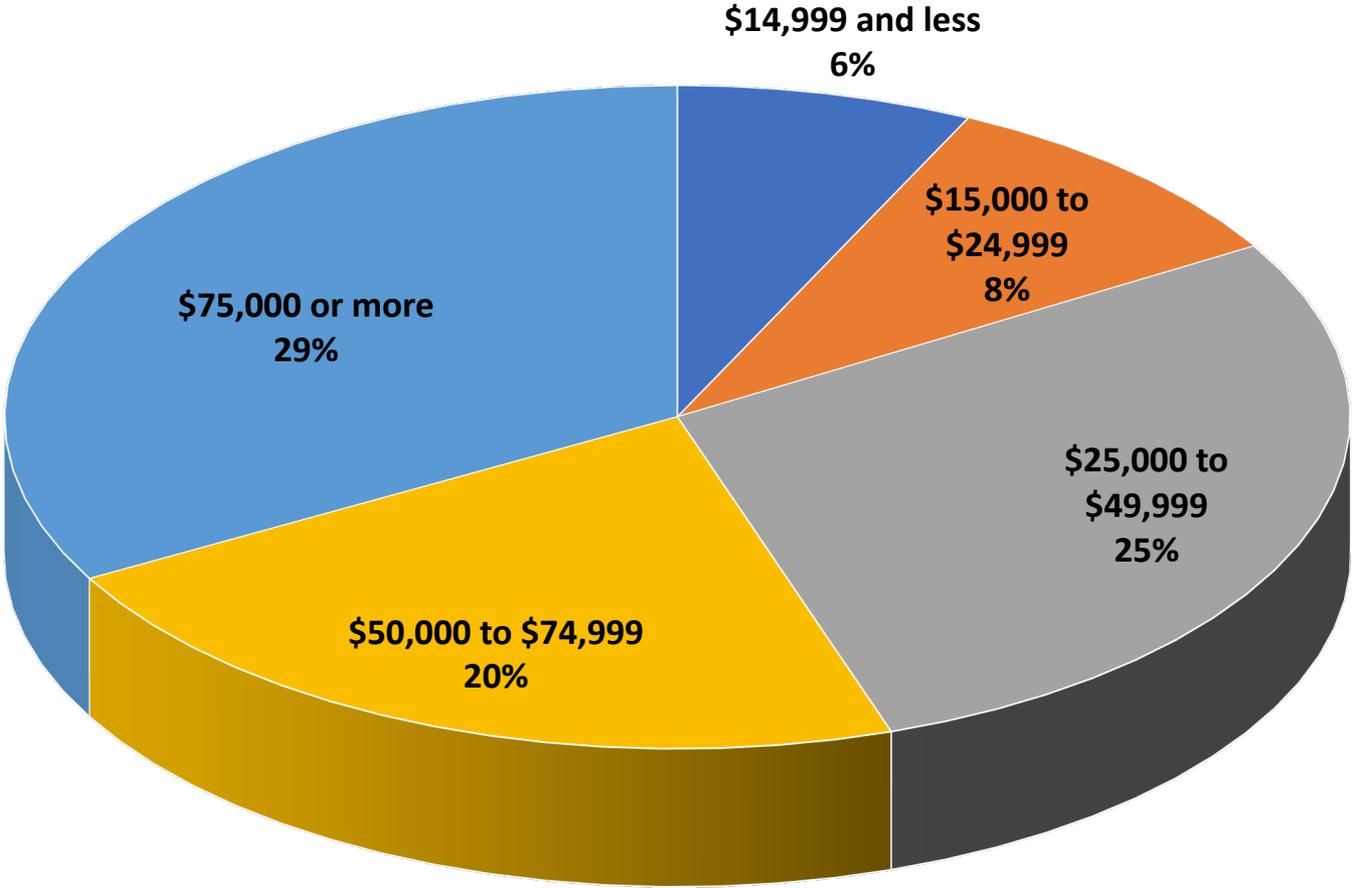
Percentages may not add to 100% due to missing data (non-responses).

Demographics: Education



Percentages may not add to 100% due to missing data (non-responses).

Demographics: Income



Percentages may not add to 100% due to missing data (non-responses).

Health Care Access

Health Care Coverage

Health Care Access and Utilization

Preventive Medicine

Women's Health

Men's Health

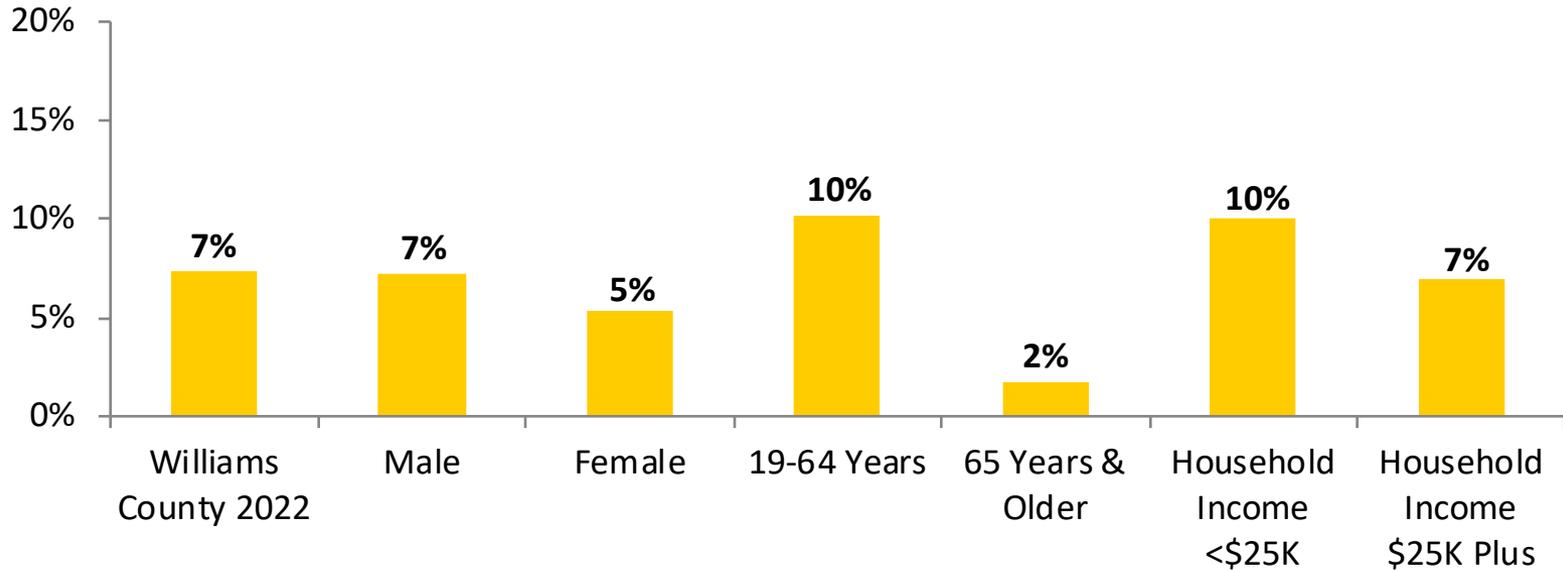
Oral Health

Health Care Coverage

- 93% of adults had health care coverage
- 7% of adults were without coverage
- The top reasons issues adults had with their health care coverage included:
 - Cost (31%)
 - Opted out of certain coverage because they could not afford it (8%)
 - Could not understand their insurance plan (7%)

Health Care Coverage

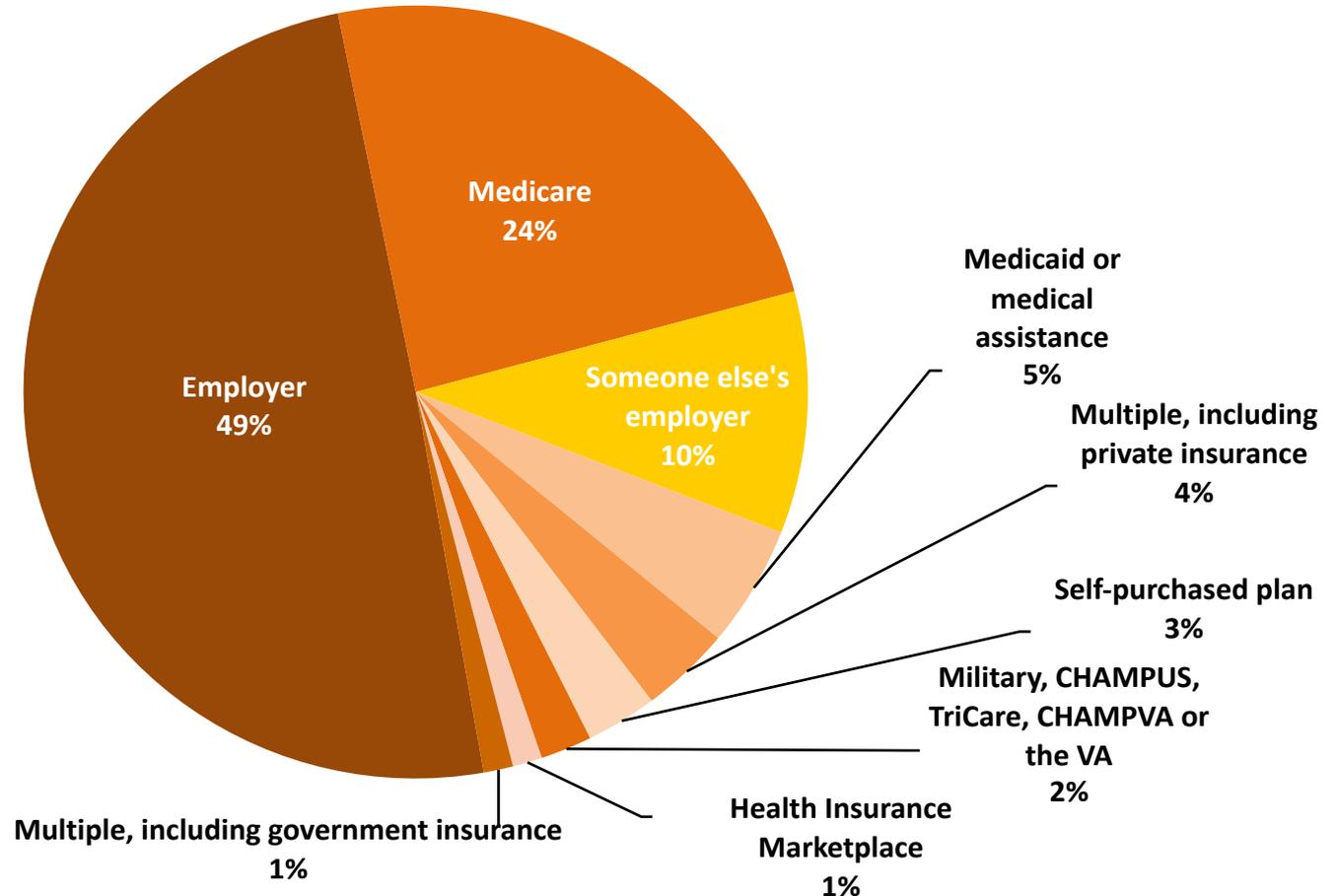
Uninsured Williams County Adults



Adult Comparisons	Williams County 2013	Williams County 2016	Williams County 2019	Williams County 2022	Ohio 2020	U.S. 2020
Uninsured	15%	5%	7%	7%	9%	9%

Health Care Coverage

Source of Health Care Coverage for Williams County Adults



Health Care Access & Utilization

- 67% of Williams County adults had visited a doctor for a routine checkup in the past year
 - increasing to 82% of those ages 65 and older
- 68% of adults with health care coverage had visited a doctor for routine checkup in the past year, compared to 47% of those without health care coverage
- 80% of adults indicated they had at least one person they thought of as their personal doctor or health care provider

Health Care Access & Utilization

Adult Comparisons	Williams County 2013	Williams County 2016	Williams County 2019	Williams County 2022	Ohio 2020	U.S. 2020
Visited a doctor for a routine checkup (in the past 12 months)	50%	59%	64%	67%	77%	76%
Visited a doctor for a routine checkup (5 or more years ago)	15%	8%	9%	6%	6%	6%
Had one or more persons they thought of as their personal health care provider	78%	76%	86%	80%	79%	77%

Health Care Access & Utilization

- 31% of adults in Williams County reported they had not gotten recommended major or preventive care due to cost
- Williams County adults had not gotten any of the following recommended major care or preventive care due to cost:
 - Medications (10%)
 - Lab testing (10%)
 - Surgery (7%)
 - Mental health services (7%)
 - Weight loss program (6%)
 - Colonoscopy (6%)
 - Immunizations (6%)
 - Etc.

Preventive Medicine

- 52% of Williams County adults had a flu vaccine in the past year
 - Increasing to 72% of adults ages 65 and older
- 31% of adults had a pneumonia vaccine in their lifetime
 - Increasing to 68% of those ages 65 and over
- Adults had the following vaccines:
 - Tetanus booster (Td/Tdap) in the past 10 years (66%)
 - Zoster (shingles) vaccine in their lifetime – among those 50 and older (33%)
 - Human papillomavirus (HPV) vaccine in their lifetime (12%)

Preventive Medicine

Adult Comparisons	Williams County 2013	Williams County 2016	Williams County 2019	Williams County 2022	Ohio 2020	U.S. 2020
Had a flu vaccine within the past year (ages 65 and over)	72%	72%	76%	72%	65%	68%
Ever had a pneumonia vaccine (ages 65 and older)	56%	67%	77%	68%	72%	72%

Women's Health

- 62% of all Williams County women had a mammogram at some time in their life and 41% had one in the past year
 - 58% of women ages 40 and over had a mammogram in the past year
- 38% of women had a clinical breast exam within the past year
- 80% of women ages 21-65 had a Pap smear at some time in their life and 14% had one in the past year
 - 58% of women had a Pap smear in the past three years

Women's Health

Adult Comparisons	Williams County 2013	Williams County 2016	Williams County 2019	Williams County 2022	Ohio 2020	U.S. 2020
Had a mammogram within the past two years (women ages 40 and over)	69%	67%	65%	70%	71%	72%
Had a pap smear in the past three years (women ages 21-65)	66%	54%	59%	58%	77%	78%
Had a clinical breast exam in the past two years (women ages 40 and older)	68%	66%	52%	51%	N/A	N/A

N/A – Not available

Women's Health

- Women used the following as their usual source of services for female health concerns in Williams County:
 - Parkview (51%)
 - Community Hospitals and Wellness Centers (14%)
 - Bryan Community Health Center (12%)
 - family planning clinic (4%)
 - CPC Women's Health Resource (3%)
 - Williams County Health Department (Family Planning Clinic) (3%)
 - some other place in Williams County (2%)
- 16% of women went to some other place outside of Williams County
- 15% of women indicated they did not have a usual source of services for female health concerns

Men's Health

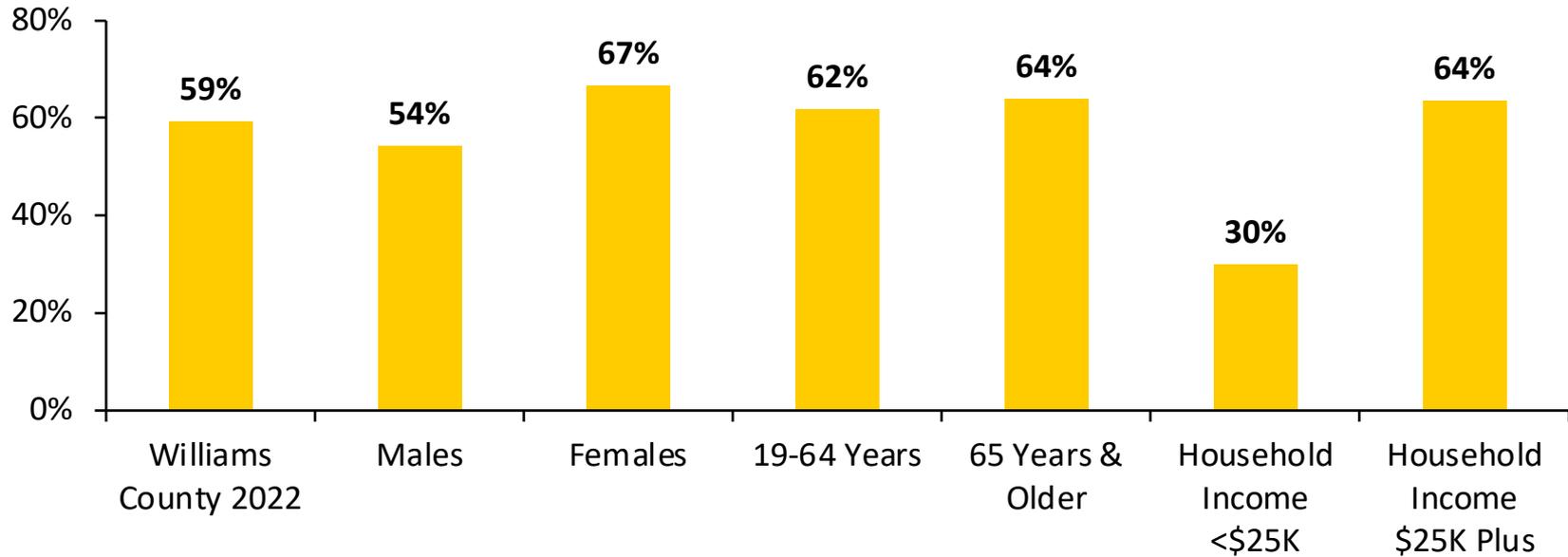
- 18% of men had a prostate-specific antigen (PSA) test at within the past two years
- 11% of men indicated a doctor or other health professional talked to them about PSA testing in the past year
- 2% of men indicated a doctor or other health professional talked to them about self-testicular exams in the past year

Oral Health

- 59% of adults had visited a dentist or dental clinic in the past year
 - Decreasing to 30% of those with incomes less than \$25,000
- Adults gave the following top reasons for not visiting a dentist in the past year:
 - Cost (31%)
 - Had dentures (15%)
 - Had no reason to go/had not thought of it (11%)
 - Fear, apprehension, nervousness, pain, and dislike going (10%)
 - Etc.

Oral Health

Williams County Adults Visited a Dentist in the Past Year



Adult Comparisons	Williams County 2013	Williams County 2016	Williams County 2019	Williams County 2022	Ohio 2020	U.S. 2020
Visited a dentist or a dental clinic (within the past year)	65%	53%	73%	59%	65%	67%
Visited a dentist or a dental clinic (5 or more years ago)	10%	15%	11%	16%	N/A	N/A

N/A – Not available

Health Behaviors

Health Status Perceptions

Weight Status

Tobacco Use

Alcohol Consumption

Drug Use

Sexual Behavior

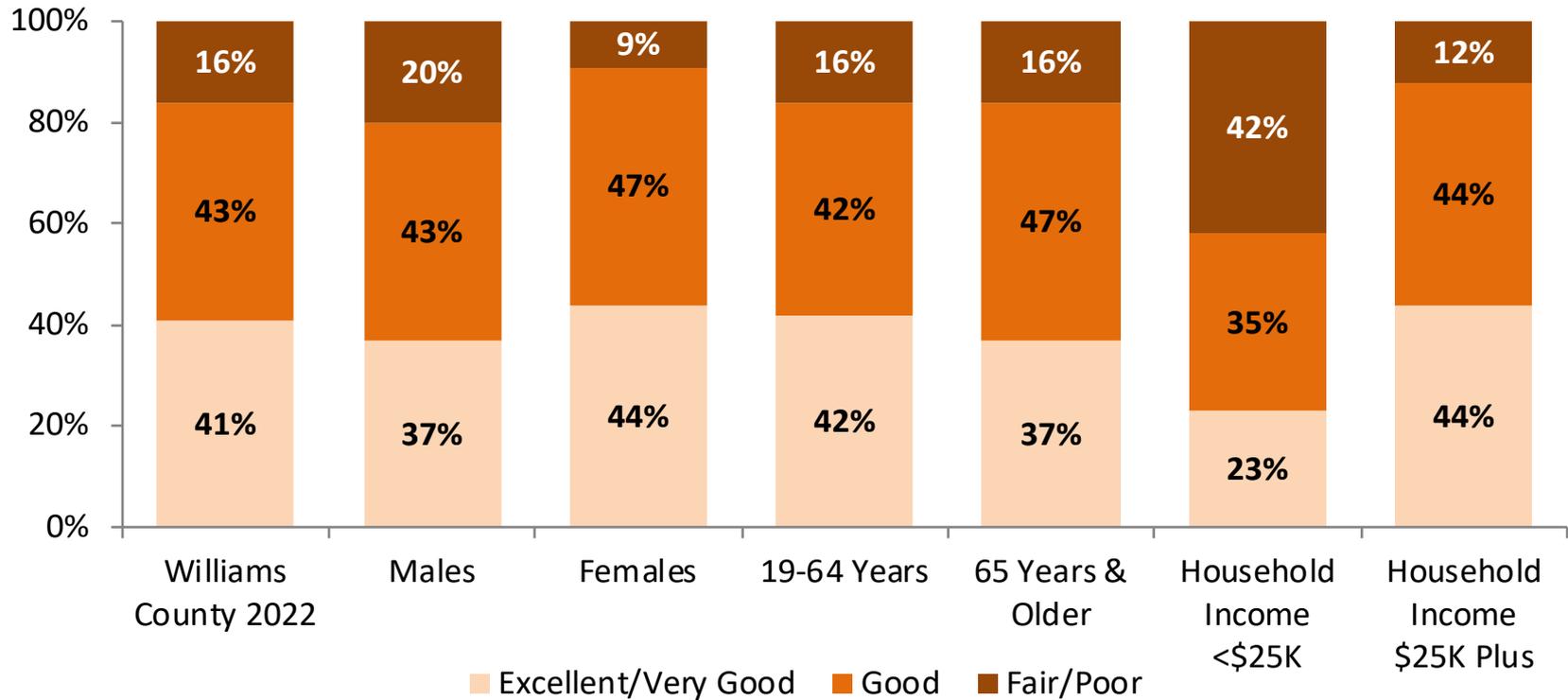
Mental Health

Health Status Perceptions

- General health status
 - 41% of Williams County adults rated their health as excellent or very good
 - 16% rated their health as fair or poor
 - 27% reported that poor physical or mental health kept them from doing usual activities, such as self-care, work, or recreation for at least one day during the past month
- Mental health status
 - 27% rated their mental health as not good on 4 or more days in the previous month
- Physical health status
 - 27% reported their physical health was not good on 4 or more days in the previous month

Health Status Perceptions

Williams County Adult Health Perceptions*



**Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"*

Health Status Perceptions

Adult Comparisons	Williams County 2013	Williams County 2016	Williams County 2019	Williams County 2022	Ohio 2020	U.S. 2020
Rated general health as excellent or very good	56%	55%	47%	41%	55%	57%
Rated general health as fair or poor	10%	14%	13%	16%	16%	13%
Rated mental health as not good on four or more days (in the past 30 days)	15%	23%	30%	27%	29%*	26%*
Rated physical health as not good on four or more days (in the past 30 days)	18%	20%	20%	27%	24%*	23%*
Average number of days that physical health was not good (in the past 30 days)	2.6	3.5	3.5	4.8	4.8**	4.1**
Average number of days that mental health was not good (in the past 30 days)	2.3	4.5	4.4	4.6	4.1**	3.7**
Poor physical or mental health kept them from doing usual activities, such as self-care, work, or recreation (on at least one day during the past 30 days)	18%	17%	29%	27%	N/A	N/A

N/A – Not Available

**2019 BRFSS*

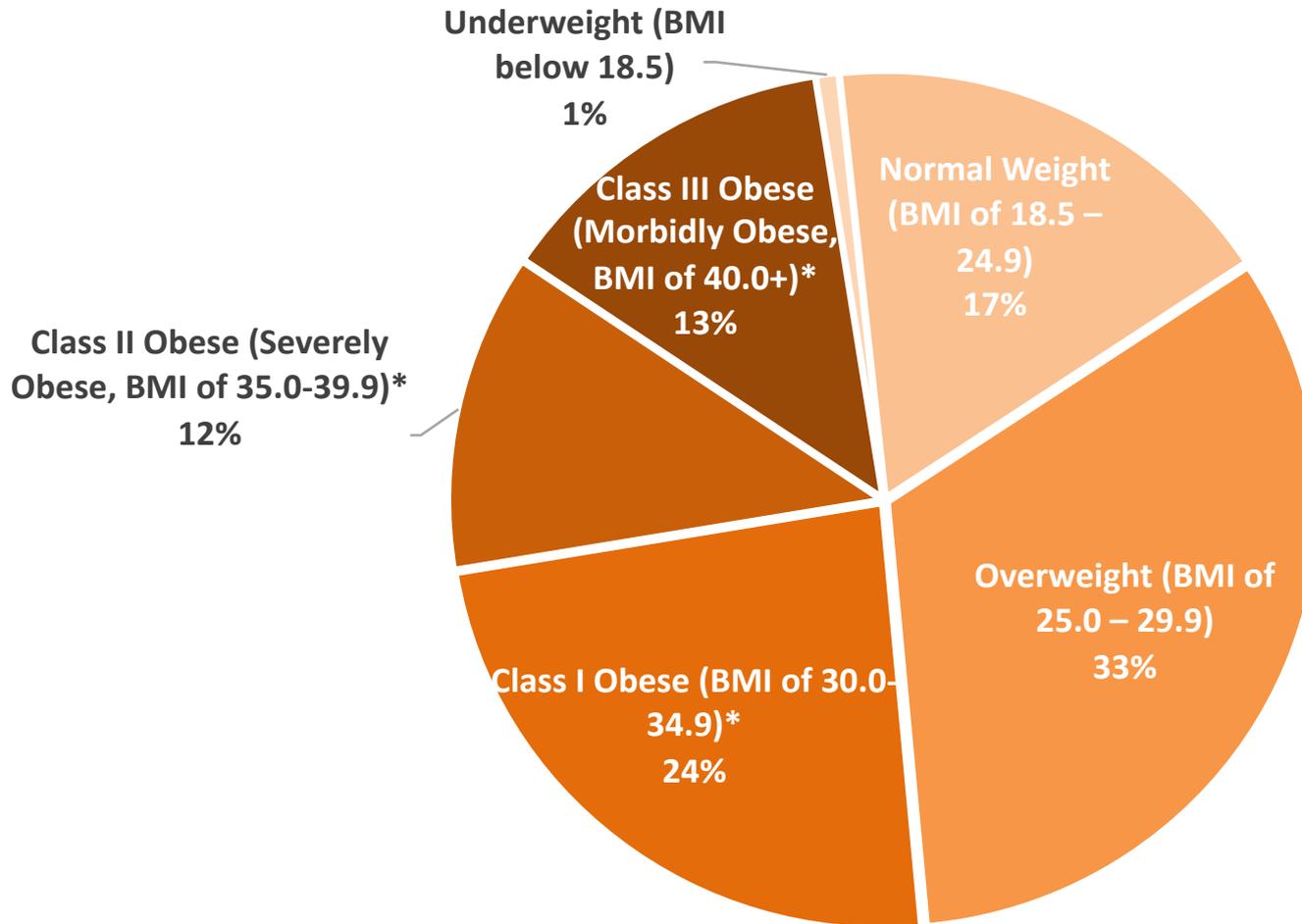
***2018 BRFSS as compiled by 2021 County Health Rankings*

Adult Weight Status

- 82% of Williams County adults were either overweight (33%), obese (24%), severely obese (12%), or morbidly obese (13%) by body mass index (BMI)
- 56% of adults were trying to lose weight
 - 28% were trying to maintain their current weight or keep from gaining weight
 - 2% were trying to gain weight

Adult Comparisons	Williams County 2013	Williams County 2016	Williams County 2019	Williams County 2022	Ohio 2020	U.S. 2020
Overweight (BMI of 25.0 – 29.9)	38%	30%	31%	33%	34%	35%
Obese (includes severely and morbidly obese, BMI of 30.0 and above)	30%	41%	42%	49%	36%	32%

Adult Weight Status



**Total rate of obesity is 49%.*

Adult Weight Status

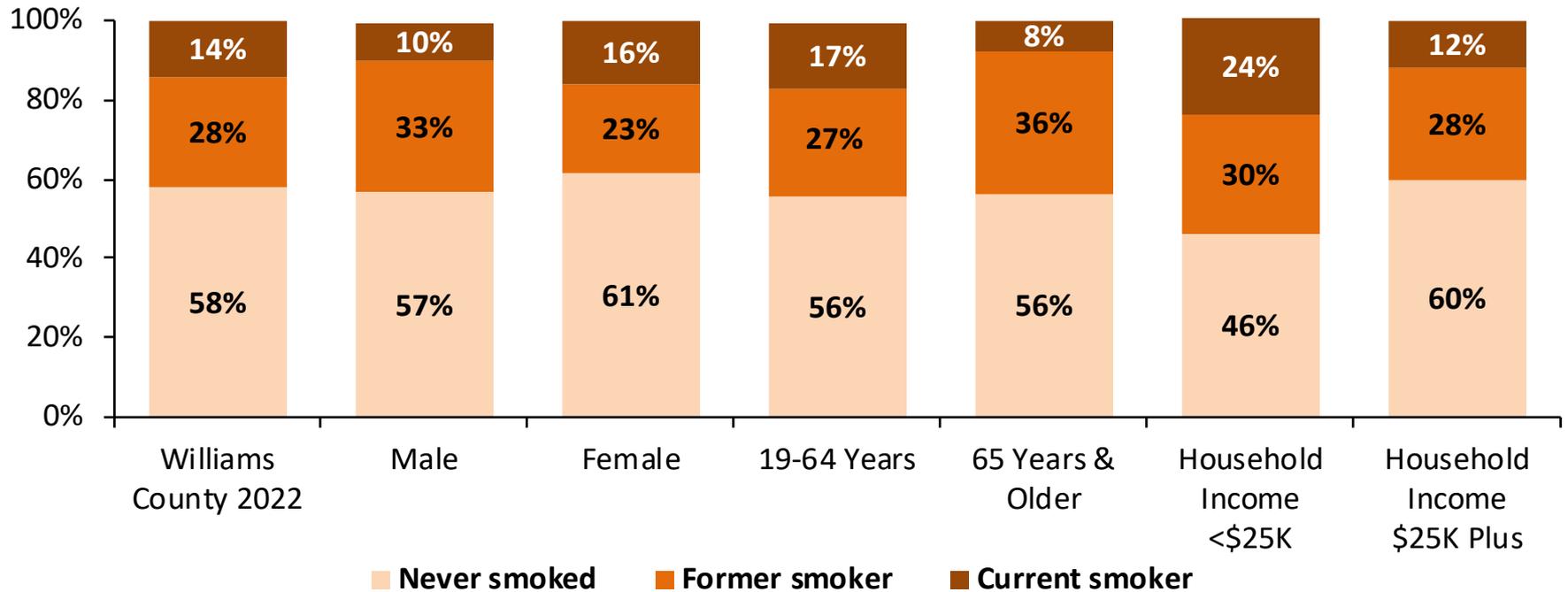
- 16% of adults ate five or more servings of fruits **and/or** vegetables per day
 - 35% ate three to four servings per day
 - 45% ate one to two servings per day
 - 4% ate zero servings per day
- 57% of adults engaged in some type of physical activity at least 30 minutes on three or more days per week
 - 27% did not participate in any physical activity in the past week, and an additional 2% were unable to exercise

Adult Tobacco Use

- 14% of Williams County adults currently smoke cigarettes
- 28% of adults indicated that they were former cigarette smokers
- Adults used the following tobacco products in the past year:
 - Cigarettes (20%)
 - Chewing tobacco, snuff, snus (6%)
 - E-cigarettes/vaping products (3%)
 - Cigars (3%)
 - Little cigars (2%)
 - Cigarillos (2%)
 - Hookah (1%)
 - Pipes (<1%)

Adult Tobacco Use

Williams County Adult Cigarette Smoking Behaviors



**Respondents were asked: "Have you smoked at least 100 cigarettes in your entire life? If yes, do you now smoke cigarettes every day, some days or not at all?"*

Adult Tobacco Use

Adult Comparisons	Williams County 2013	Williams County 2016	Williams County 2019	Williams County 2022	Ohio 2020	U.S. 2020
Current cigarette smoker (smoked on some or all days)	20%	22%	16%	14%	19%	16%
Former cigarette smoker (smoked 100 cigarettes in lifetime and now do not smoke)	24%	18%	25%	28%	24%	25%

Adult Alcohol Consumption

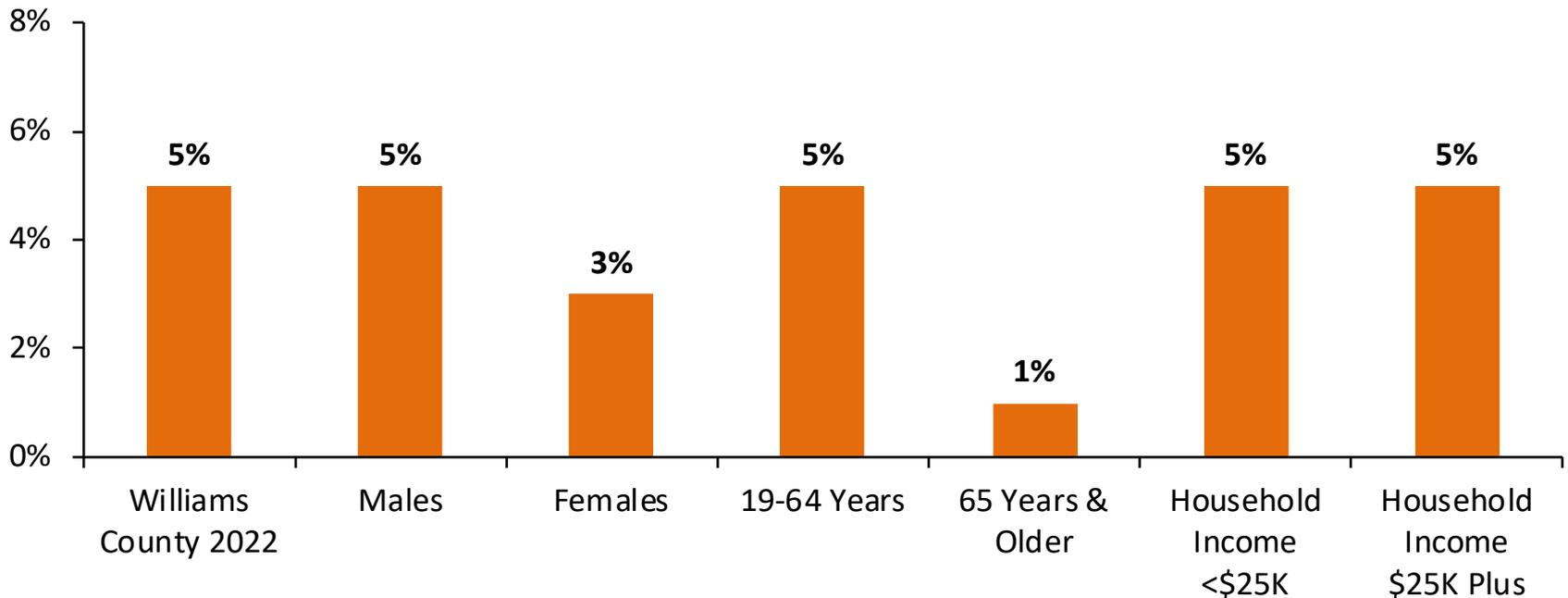
- 54% of Williams County adults had at least one alcoholic drink in the past month
- On the days when they drank, adults consumed 3.3 drinks on average
- 18% of all adults were considered binge drinkers

Adult Comparisons	Williams County 2013	Williams County 2016	Williams County 2019	Williams County 2022	Ohio 2020	U.S. 2020
Current drinker (had at least one drink of alcohol within the past 30 days)	45%	39%	62%	54%	51%	53%
Binge drinker (males having five or more drinks on one occasion, females having four or more drinks on one occasion within the past 30 days)	18%	15%	17%	18%	16%	16%

Adult Drug Use

- Adults used the following in the past 6 months:
 - Wax/oil with THC or edibles (11%)
 - Recreational marijuana or hashish (5%)
 - Synthetic marijuana or K2 (4%)
 - Medical marijuana (3%)

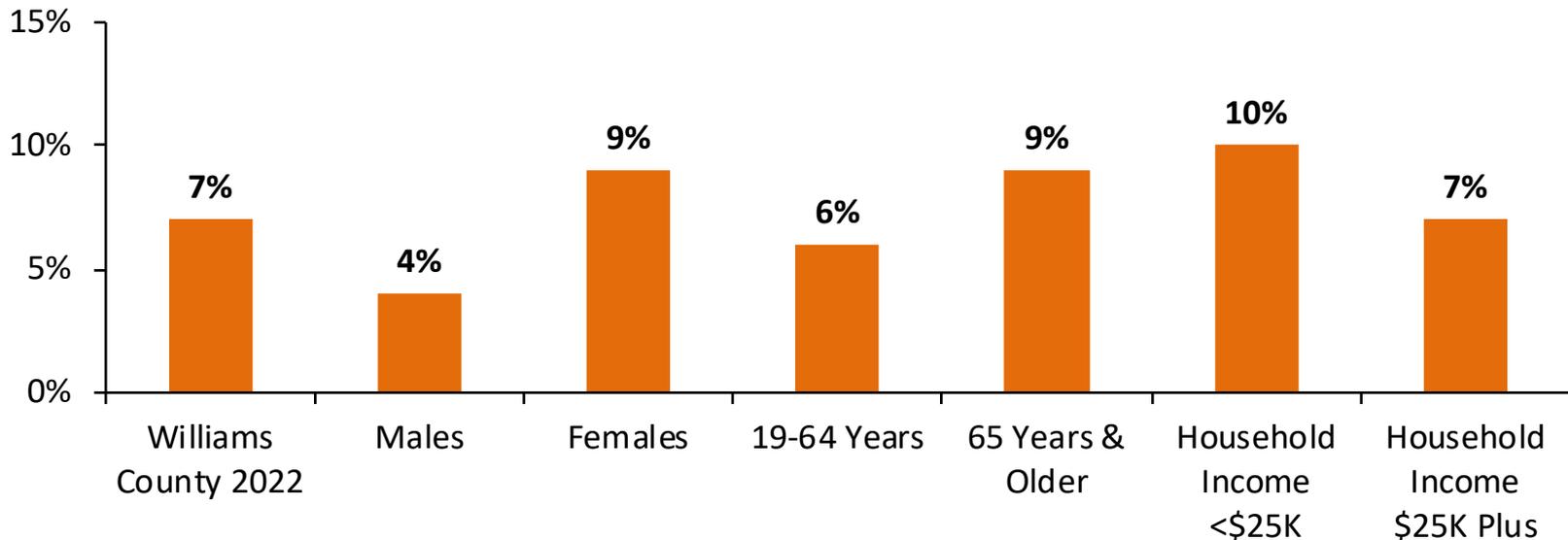
Williams County Adult Recreational Marijuana Use in Past 6 Months



Adult Drug Use

- 7% of adults had used medication not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past six months

Williams County Adult Prescription Drug Misuse in Past 6 Months

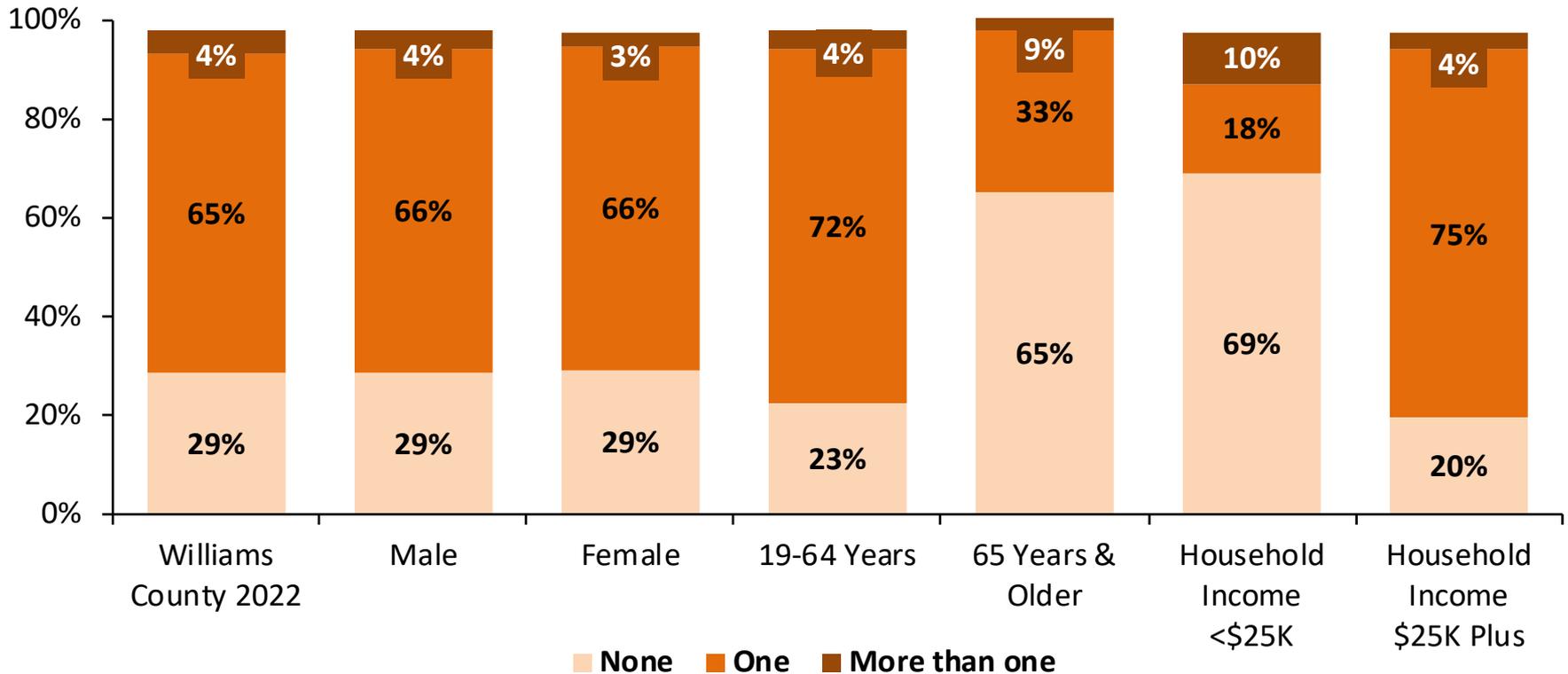


Adult Sexual Behavior

- 69% of adults had sexual intercourse in the past year
- 9% of Williams County adults were forced or coerced to have any sexual activity when they did not want to
- 23% of those who were forced to have sexual activity reported it. Reasons for not reporting their sexual assault included:
 - the stigma (30%)
 - they were in a relationship with the offender (30%)
 - they were scared (25%)
 - they feared the offender (10%)
 - they did not know how (5%)
 - other reasons (35%).

Adult Sexual Behavior

Number of Sexual Partners in the Past Year*



*Respondents were asked: "During the past 12 months, with how many different people have you had sexual intercourse?"

Adult Mental Health

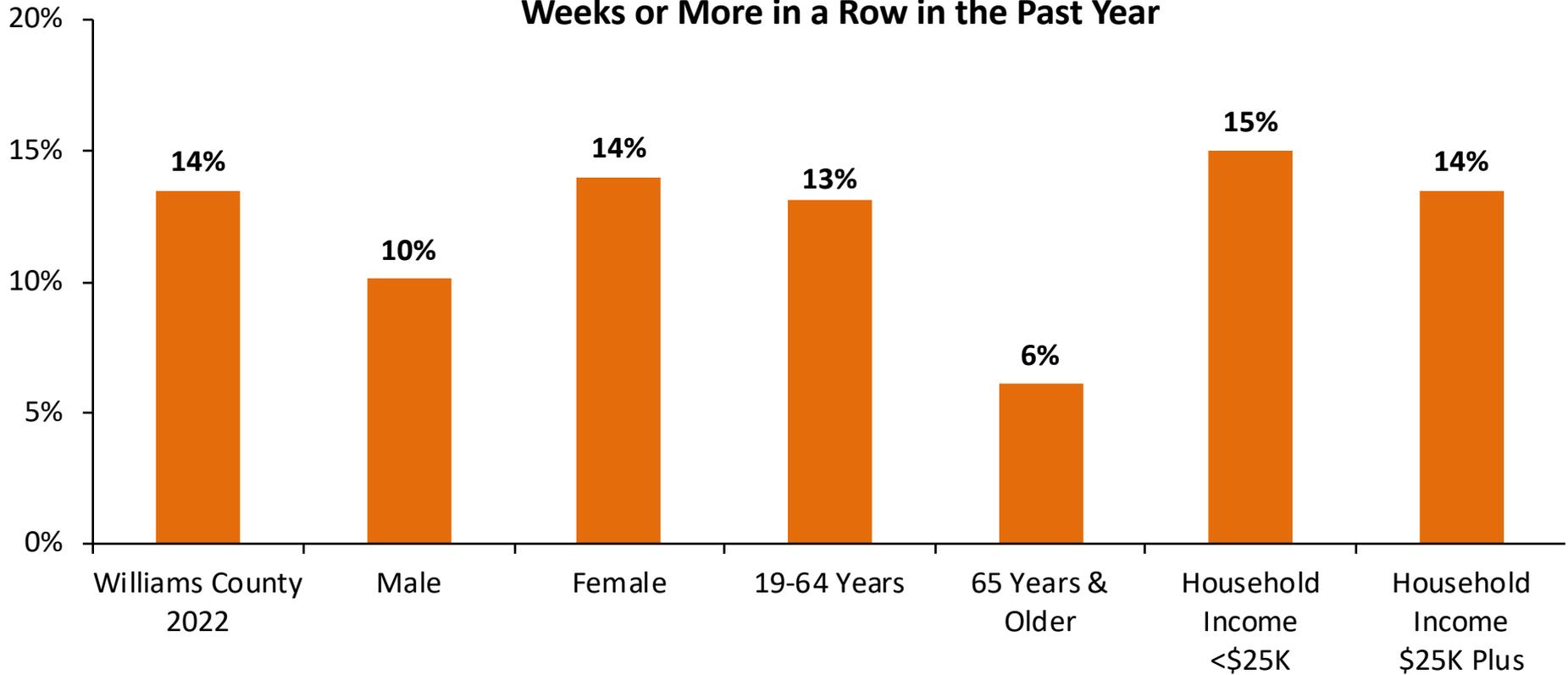
- 14% of Williams County adults had a period of two or more weeks when they felt so sad or hopeless nearly every day that they stopped doing usual activities
- 5% of adults considered attempting suicide in the past year
 - <1% attempted suicide in the past year

Adult Comparisons	Williams County 2013	Williams County 2016	Williams County 2019	Williams County 2022	Ohio 2020	U.S. 2020
Felt sad or hopeless for two or more weeks in the past year	8%	9%	13%	14%	N/A	N/A
Seriously considered attempting suicide in the past year	3%	2%	5%	5%	N/A	N/A
Attempted suicide in the past year	<1%	0%	1%	<1%	N/A	N/A

N/A – Not Available

Adult Mental Health

Williams County Adults Who Felt so Sad or Hopeless Almost Every Day for Two Weeks or More in a Row in the Past Year



Adult Mental Health

- 11% of adults had used a program or service to help with depression, anxiety, or other emotional problems for themselves or a loved one. Reasons for not using a program or service included the following:
 - Did not need a program (59%)
 - Had not thought of it (8%)
 - Could not afford to go (7%)
 - Co-pay/deductible too high (4%)
 - Embarrassed to seek mental health services (3%)
 - Fear (3%)
 - Stigma of seeking mental health services (2%)
 - Took too long to get in to see a doctor (2%)
 - Other priorities (2%)
 - The clinic that their insurance covers is too far away (2%)
 - Etc.

Adult Mental Health

- Williams County adults indicated the following caused them anxiety, stress, or depression:
 - Job stress (38%)
 - Financial stress (36%)
 - Death of a close family member or friend (30%)
 - Current news/politics (25%)
 - Fighting at home (21%)
 - Marital/dating relationship (18%)
 - Sick family member (17%)
 - COVID-19 (17%)
 - Poverty/no money (15%)
 - Raising/caring for children (14%)
 - Etc.

Chronic Disease

Cardiovascular Health

Cancer

Asthma

Diabetes

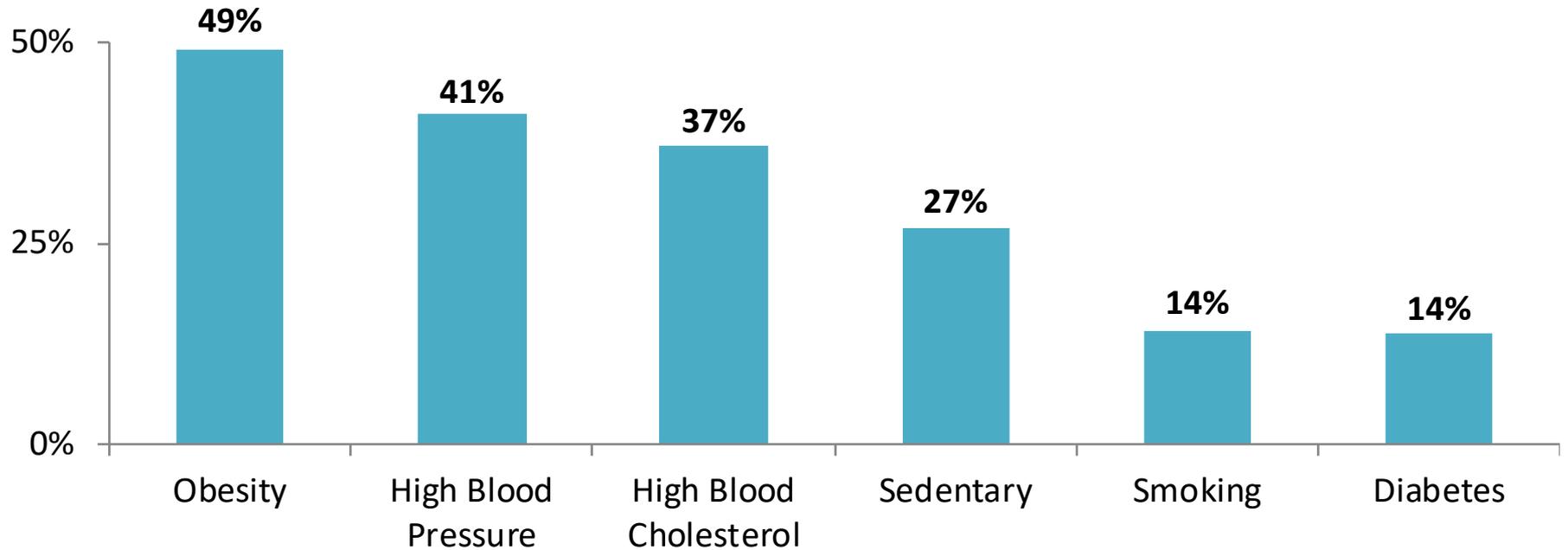
Quality of Life

Cardiovascular Health

- 9% reported they had survived a heart attack
 - Increasing to 14% of those over the age of 65
- 7% reported they were diagnosed with angina or coronary heart disease
 - Increasing to 12% of those over the age of 65
- 5% reported they had congestive heart failure
 - Increasing to 10% of those with incomes less than \$25,000
- 2% reported they had survived a stroke
 - Increasing to 10% of those with incomes less than \$25,000

Cardiovascular Health

Williams County Adults with CVD Risk Factors



Cardiovascular Health

Adult Comparisons	Williams County 2013	Williams County 2016	Williams County 2019	Williams County 2022	Ohio 2020	U.S. 2020
Ever diagnosed with angina or coronary heart disease	6%	6%	7%	7%	5%	4%
Ever diagnosed with a heart attack or myocardial infarction	5%	4%	6%	9%	5%	4%
Ever diagnosed with a stroke	3%	1%	4%	2%	4%	3%
Had been told they had high blood pressure	29%	35%	39%	41%	35%*	33%*
Had been told their blood cholesterol was high	35%	36%	37%	37%	33%*	33%*

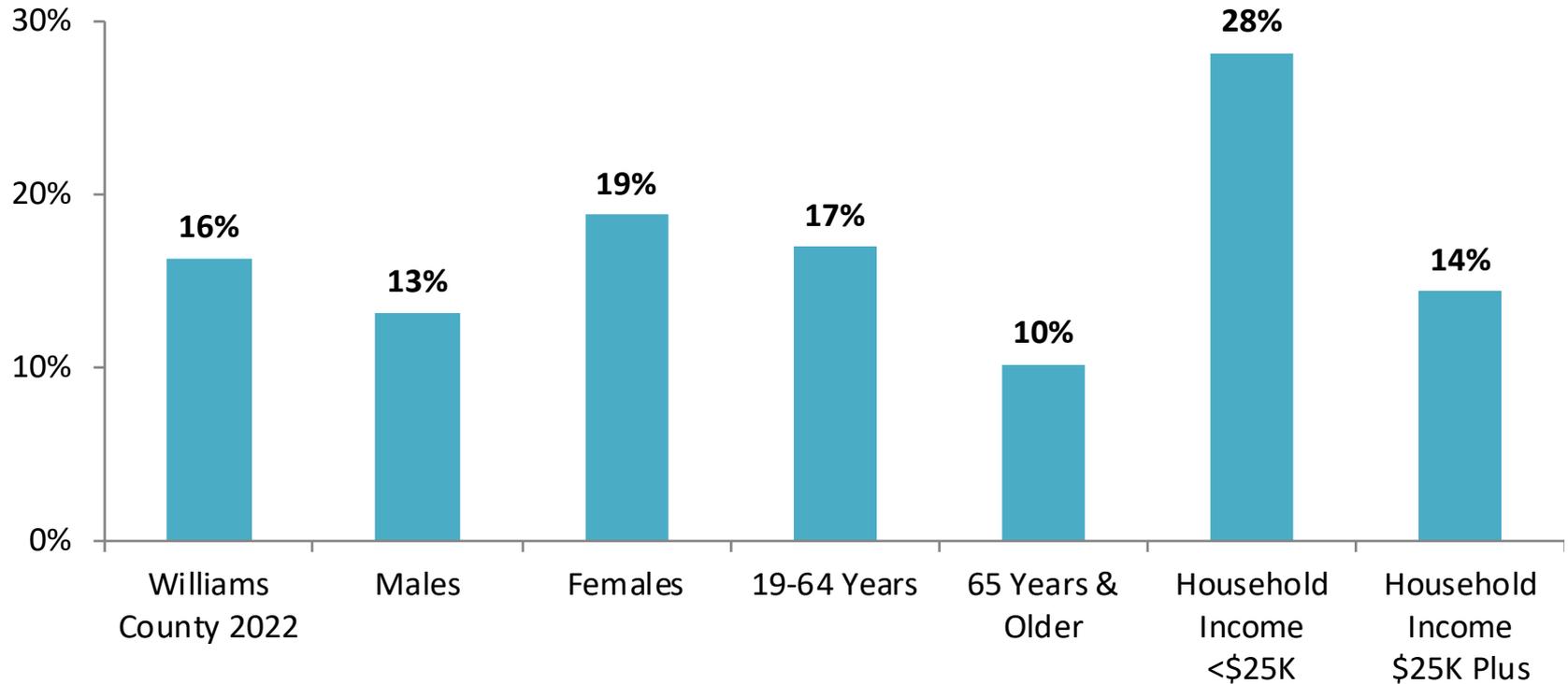
*2019 BRFFS

Cancer

- 18% of Williams County adults were diagnosed with cancer at some point in their lives
 - Increasing to 27% of those with incomes below \$25,000 and 35% of those ages 65 and older
- The top types of cancer reported by adults included:
 - Cervical (among females) (42%)
 - Breast (among females) (26%)
 - Prostate (among males) (10%)
 - Melanoma (7%)
 - Colon intestine (7%)
 - Lung (5%)
 - Other skin cancer (5%)
 - Bladder (5%)
 - Other types of cancer (26%)
 - Etc.

Asthma

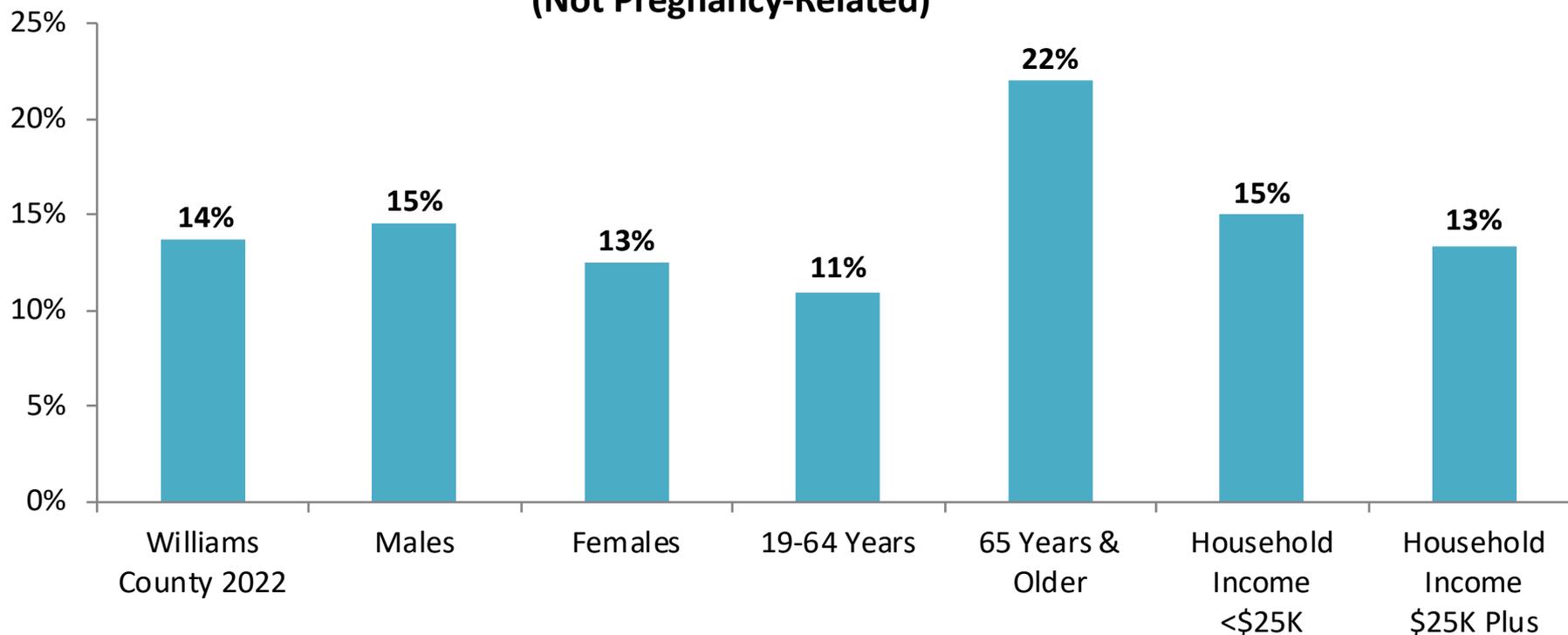
Williams County Adults Diagnosed with Asthma



Adult Comparisons	Williams County 2013	Williams County 2016	Williams County 2019	Williams County 2022	Ohio 2020	U.S. 2020
Had ever been told they have asthma	12%	18%	13%	16%	14%	14%

Diabetes

**Williams County Adults Diagnosed with Diabetes
(Not Pregnancy-Related)**



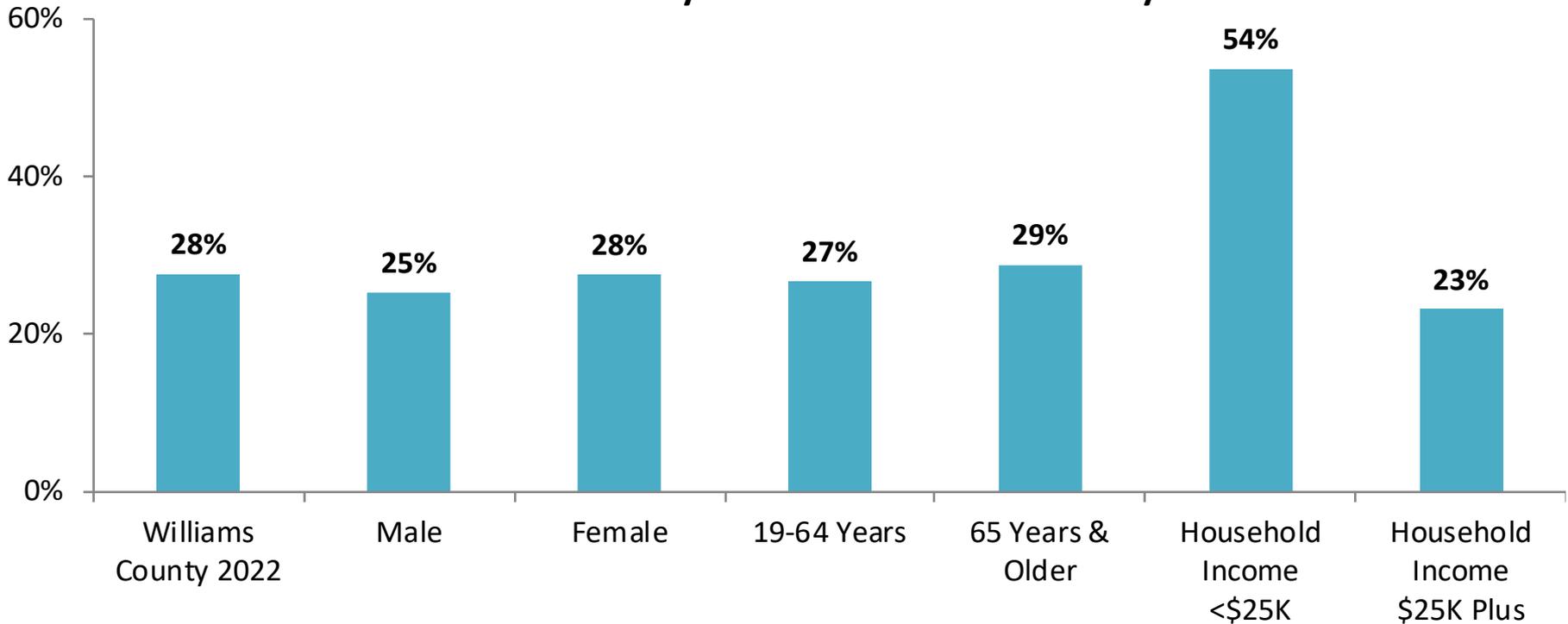
Adult Comparisons	Williams County 2013	Williams County 2016	Williams County 2019	Williams County 2022	Ohio 2020	U.S. 2020
Ever been told by a doctor they have diabetes (not pregnancy-related)	8%	7%	12%	14%	12%	11%

Quality of Life

- 28% of adults reported they were limited in some way because of a physical, mental or emotional problem
 - Increasing to 54% of those with incomes less than \$25,000
- Among those who were limited in some way, the following most limiting problems or impairments were reported:
 - Back or neck problems (51%)
 - Walking problems (37%)
 - Arthritis/rheumatism (35%)
 - Chronic pain (30%)
 - Lung/breathing problems (29%)
 - Stress, depression, anxiety, or emotional problems (28%)
 - Fitness level (24%)
 - Sleep problems (19%)
 - Etc.

Quality of Life

Williams County Adults Limited in Some Way



Adult Comparisons	Williams County 2013	Williams County 2016	Williams County 2019	Williams County 2022	Ohio 2020	U.S. 2020
Limited in some way because of physical, mental, or emotional problem	20%	15%	22%	28%	N/A	N/A

N/A – Not Available

Social Conditions

Social Determinants of Health

Environmental Conditions

Parenting

COVID-19

Social Determinants of Health

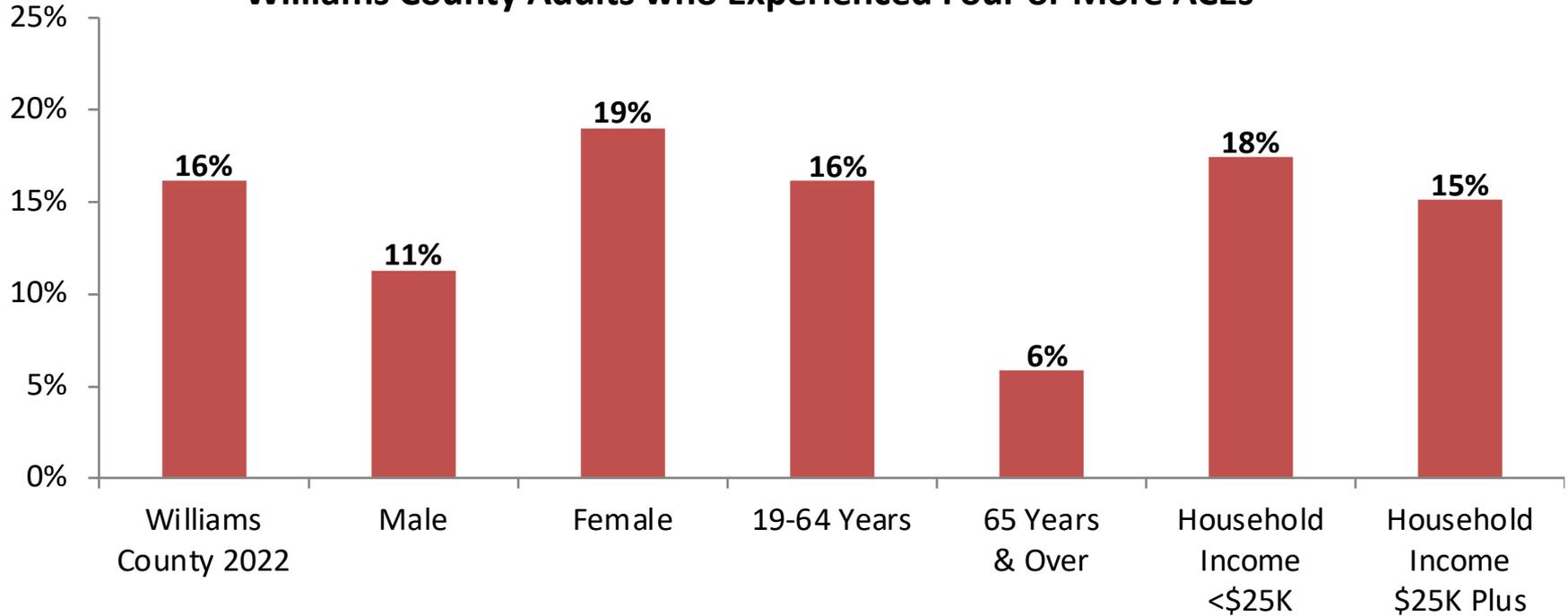
- Adults experienced the following food insecurity issues during the past year:
 - had to choose between paying bills and buying food (8%)
 - food assistance was cut (3%)
 - worried food would run out (3%)
 - were hungry but did not eat because they did not have money for food (3%)
 - went hungry/ate less to provide more food for their family (3%),
 - loss of income led to food insecurity issues (2%)
- 5% of Williams County adults experienced more than one food insecurity issue in the past year

Social Determinants of Health

- Williams County adults reported the following adverse childhood experiences (ACEs):
 - Their parents became separated or were divorced (27%)
 - Lived with someone who was a problem drinker or alcoholic (21%)
 - A parent or adult in their home swore at, insulted, or put them down (19%)
 - Lived with someone who was depressed, mentally ill, or suicidal (19%)
 - Their family did not look out for each other, feel close to each other, or support each other (13%)
 - Etc.
- 16% of adults experienced four or more ACEs

Social Determinants of Health

Williams County Adults who Experienced Four or More ACEs



Social Determinants of Health

- 7% of Williams County adults reported they had one transportation issue
 - an additional 8% reported two or more transportation issues
- Adults reported the following transportation issues:
 - could not afford gas (8%)
 - other car issues/expenses (4%)
 - no car (4%)
 - no public transportation available or accessible (4%)
 - suspended/no driver's license (3%)
 - no car insurance (3%)
 - disabled (3%)
 - limited public transportation available or accessible (2%)
 - did not feel safe to drive (1%)
 - cost of public or private transportation (<1%)
 - other car issues/expenses (3%)

Social Determinants of Health

- 16% of Williams County adults reported attending a religious service in-person or virtually 1-3 times per month
 - 28% reported attending 4 or more times per month
 - 54% reported they do not attend any religious services
- In an average week, 8% of adults reported having a meal with their family in their home 1-2 days per week
 - 18% reported having a meal with their family 3-4 days per week
 - 55% ate a meal with their family 5 or more days per week
- 57% of Williams County adults kept a firearm in or around their home
 - 7% of adults reported they were unlocked and loaded

Social Determinants of Health

- 79% of adults strongly/somewhat agreed that “Williams County area is a place that welcomes and embraces diversity in general
 - Conversely, 21% of adults strongly/somewhat disagreed that Williams County embraces diversity
- 78% of Williams County adults indicated it was very/generally easy to find people they were happy socializing with
 - 22% of adults reported it was very/generally difficult to find people they were happy socializing with

Environmental Conditions

- Williams County adults thought the following threatened their health in the past year:
 - Insects (6%)
 - Temperature regulation (5%)
 - Sewage/wastewater problems (5%)
 - Rodents (5%)
 - Safety hazards (3%)
 - Mold/moisture issues (3%)
 - Sanitation issues (3%)
 - Lead paint (2%)
 - Agricultural chemicals (1%)
 - Chemicals found in household products (1%)
 - Food safety/food borne illness (1%)

Parenting

- Children were put to sleep in the following places:
 - crib/bassinette (with no bumper pads, blankets, and toys) (92%)
 - pack n' play (65%)
 - car seat (43%)
 - in bed with them or another person (35%)
 - swing (32%)
 - the floor (19%)
 - crib/bassinette (with bumper pads, blankets, and toys) (16%)
 - couch or chair (8%)
 - other (5%)

Parenting

- Among adults who had a child in the past five years, parents reported they or their spouse breastfed or pumped for their child:
 - 2 weeks or less (17%)
 - 3-to-6 weeks (8%)
 - 7 weeks to 3 months (12%)
 - 4-to-6 months (8%)
 - 7-to-9 months (8%)
 - more than 9 months (8%)
- 14% of parents reported their child was still breastfeeding
- 25% reported their child was never breastfed

COVID-19

- The COVID-19 pandemic negatively impacted adults or their family's health or well-being in the following ways:
 - Change in mental health (14%)
 - Change in physical health (13%)
 - Financial instability (10%)
 - Death or serious illness of loved one(s) (7%)
 - Loss of household income (6%)
 - Changes to employment status (6%)
 - Educational challenges (i.e., children transitioned to online academics or home-schooling, or adults unable to pursue further education) (6%)
 - Unable to afford medicine (4%)
 - Unable to afford food (3%)
 - Increased alcohol use (3%)
 - Etc.

Youth Health

Weight Status

Tobacco Use

Alcohol Consumption

Drug Use

Perceptions

Mental Health

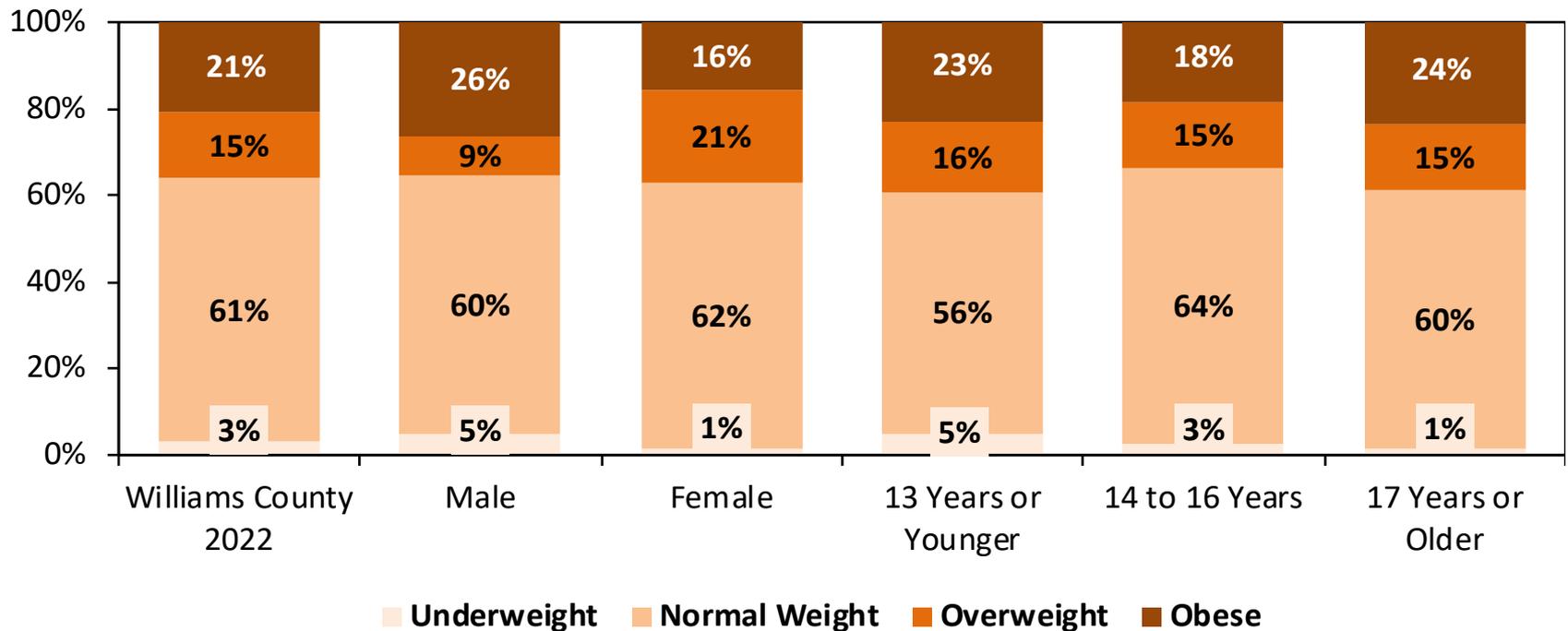
Community Context

Violence

Youth Weight Status

- 36% of Williams County youth were either overweight (15%) or obese (21%) by BMI-for-age

Williams County Youth BMI Classifications



Youth Weight Status

- 34% of youth described themselves as being either slightly or very overweight
 - 51% described themselves as about the right weight
 - 15% described themselves as slightly or very underweight
- Youth reported they were:
 - trying to lose weight (48%)
 - gain weight (13%)
 - stay the same weight (17%)
- 22% of youth reported they were not trying to do anything about their weight

Youth Weight Status

- During the past week, youth participated in at least 60 minutes of physical activity at the following frequencies:
 - Every day (28%)
 - 5 or more days (54%)
 - 3 or more days (75%)
- 10% of youth did not participate in at least 60 minutes of physical activity on any day in the past week

Youth Weight Status

- During the past week, youth reported eating fruits **and/or** vegetables at the following frequencies per day:
 - 5 or more servings (21%)
 - 3-4 servings (38%)
 - 1-2 servings (34%)
- 7% of youth did not eat any fruits or vegetables per day

	0 servings	1-2 servings	3-4 servings	5 or more servings
Fruit	11%	70%	16%	3%
Vegetables	16%	69%	13%	2%
Fruit and/or vegetables	7%	34%	38%	21%

Youth Weight Status

Youth Comparisons	Williams County 2009 (6 th -12 th)	Williams County 2013 (6 th -12 th)	Williams County 2016 (6 th -12 th)	Williams County 2019 (6 ^h -12 th)	Williams County 2022 (6 ^h -12 th)	Williams County 2022 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Obese	14%	13%	13%	14%	21%	20%	17%	16%
Overweight	16%	11%	16%	14%	15%	15%	12%	16%
Described themselves as slightly or very overweight	26%	31%	32%	N/A	34%	34%	N/A	32%
Were trying to lose weight	49%	50%	45%	46%	48%	47%	N/A	48%
Exercised to lose weight (in the past 30 days)	44%	51%	47%	51%	47%	46%	N/A	N/A
Ate less food, fewer calories, or foods lower in fat to lose weight (in the past 30 days)	22%	38%	27%	35%	36%	42%	N/A	N/A
Went without eating for 24 hours or more (in the past 30 days)	4%	7%	2%	6%	9%	10%	N/A	N/A
Took diet pills, powders, or liquids without a doctor's advice (in the past 30 days)	1%	3%	2%	2%	2%	2%	N/A	N/A
Vomited or took laxatives (in the past 30 days)	2%	3%	1%	2%	4%	4%	N/A	N/A

N/A – Not Available

Youth Weight Status

Youth Comparisons	Williams County 2009 (6 th -12 th)	Williams County 2013 (6 th -12 th)	Williams County 2016 (6 th -12 th)	Williams County 2019 (6 ^h -12 th)	Williams County 2022 (6 ^h -12 th)	Williams County 2022 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Ate 0 servings of fruits and/or vegetables per day	N/A	N/A	N/A	4%	7%	5%	N/A	N/A
Ate 5 or more servings of fruit and/or vegetables per day	N/A	N/A	N/A	26%	21%	17%	N/A	N/A
Physically active at least 60 minutes per day on every day in past week	N/A	28%	33%	31%	28%	26%	24%	23%
Physically active at least 60 minutes per day on 5 or more days in past week	59%	49%	54%	59%	54%	56%	43%	44%
Did not participate in at least 60 minutes of physical activity on any day in past week	12%	11%	15%	10%	10%	10%	21%	17%
Watched television for 3 or more hours per day (on an average day)	33%	38%	24%	N/A	16%	17%	N/A	20%*

*U.S. rate is for an average school day

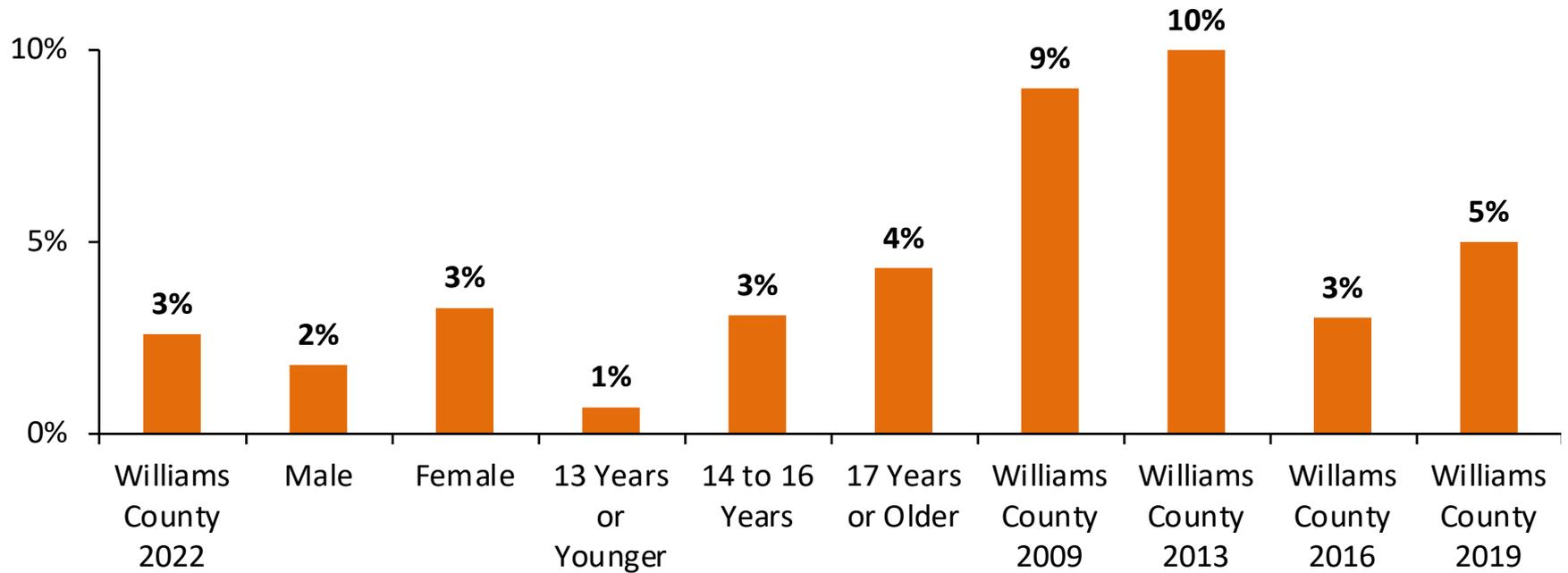
N/A – Not Available

Youth Tobacco Use

- 3% of youth were current cigarette smokers, having smoked at some time in the past 30 days
- Youth used the following forms of tobacco in the past year:
 - e-cigarettes (11%)
 - cigarettes (5%)
 - cigars (2%)
 - Swishers (1%)
 - hookah (1%)
 - dissolvable tobacco products (1%)
 - cigarillos (1%)
 - little cigars (1%)
 - Etc.

Youth Tobacco Use

Williams County Youth Who Are Current Cigarette Smokers

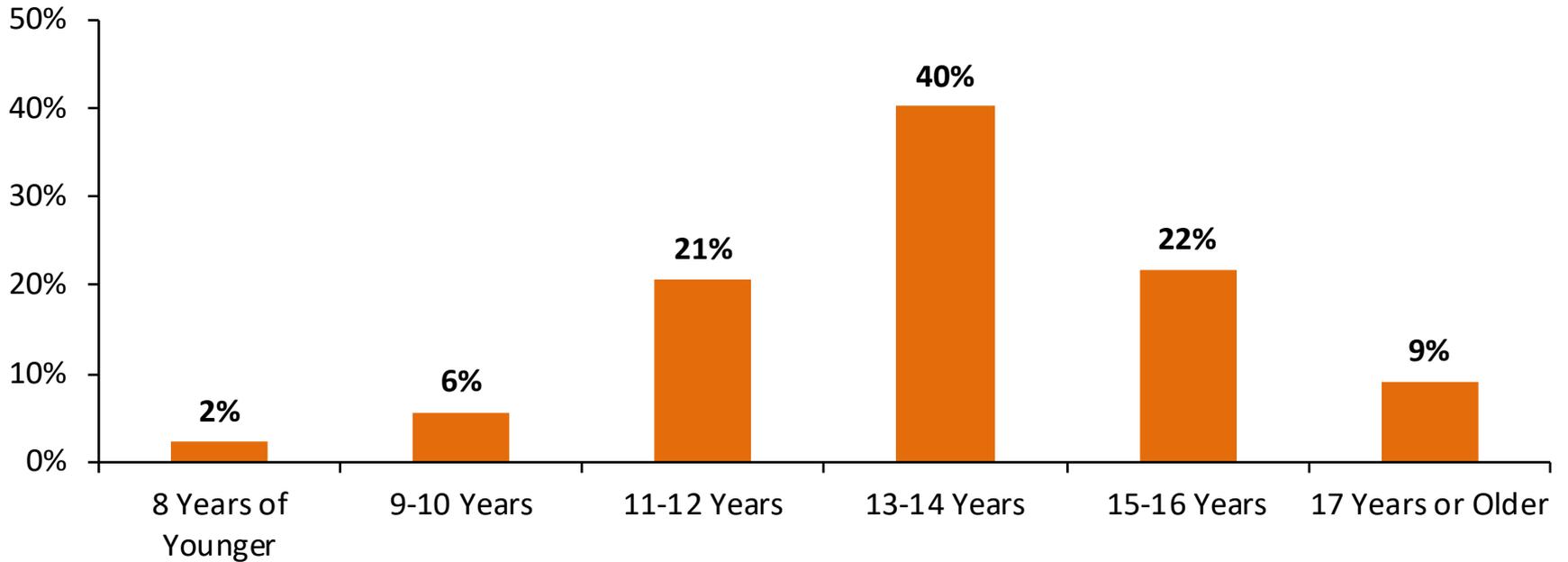


Youth Tobacco Use

- 19% of youth had used an electronic vapor product in their life
 - 10% of youth used an electronic vapor product in the past 30 days
- Of those who obtained electronic vapor products in the past 30 days, youth reported obtaining them following ways:
 - Got or bought them from a friend, family member, or someone else (54%)
 - Bought them in a vape shop or tobacco shop (11%)
 - Took them from a store or another person (7%)
 - Etc.

Youth Tobacco Use

Age of Onset for Williams County Youth Electronic Vapor Product Use



Youth Tobacco Use

Youth Comparisons	Williams County 2009 (6 th -12 th)	Williams County 2013 (6 th -12 th)	Williams County 2016 (6 th -12 th)	Williams County 2019 (6 th -12 th)	Williams County 2022 (6 th -12 th)	Williams County 2022 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Current cigarette smoker (smoked on at least one day during the past 30 days)	9%	10%	3%	5%	3%	4%	5%	6%
Smoked cigarettes frequently (smoked on 20 or more days during the past 30 days)	2%	5%	1%	0%	<1%	<1%	1%	1%
Smoked cigarettes daily (smoked on all 30 days during the past 30 days)	1%	4%	1%	1%	<1%	<1%	<1%	1%
Ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	N/A	N/A	N/A	30%	19%	26%	48%	50%
Currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on at least one day during the past 30 days)	N/A	N/A	N/A	17%	10%	15%	30%	33%

Youth Tobacco Use

Youth Comparisons	Williams County 2009 (6 th -12 th)	Williams County 2013 (6 th -12 th)	Williams County 2016 (6 th -12 th)	Williams County 2019 (6 th -12 th)	Williams County 2022 (6 th -12 th)	Williams County 2022 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Used electronic vapor products frequently (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on 20 or more days during the past 30 days)	N/A	N/A	N/A	4%	5%	9%	8%	11%
Used electronic vapor products daily (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens, on all 30 days during the past 30 days)	N/A	N/A	N/A	2%	3%	6%	5%	7%
Usually got their own electronic vapor products by buying them in a store – among current e-cigarette users (such as a convenience store, supermarket, discount store, gas station, or vape store, including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods, during the 30 past days)	N/A	N/A	N/A	N/A	15%	19%	13%	8%

N/A – Not Available

Youth Alcohol Consumption

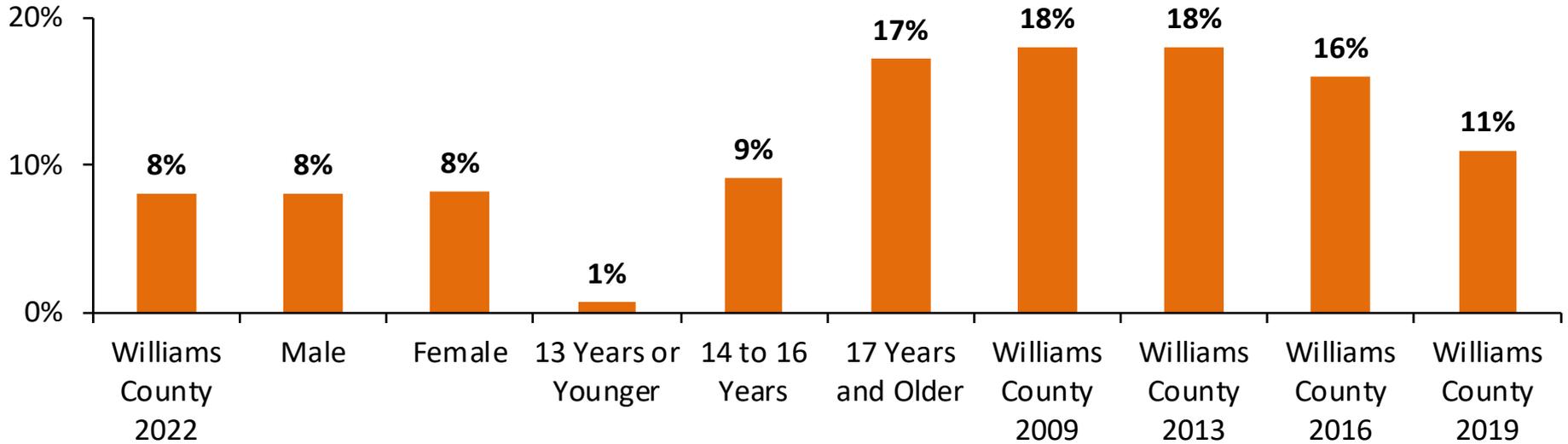
- 8% of youth had at least one drink of alcohol in the past 30 days, defining them as current drinkers
 - Increasing to 17% of those ages 17 and older
- Based on the youth surveyed, 7% had five or more alcoholic drinks (males) or four or more alcoholic drinks (females) on an occasion in the last 30 days
- 14% of all youth had their first drink of alcohol before the age of 13

Youth Alcohol Consumption

- Youth drinkers reported they got their alcohol from the following:
 - Someone gave it to them (46%)
 - Someone older bought it (33%)
 - A parent gave it to them (33%)
 - Gave someone else money to buy it for them (22%)
 - Took it from a store or family member (17%)
 - An older friend or sibling bought it for them (11%)
 - Bought it in a liquor store/convenience store/supermarket/discount store/gas station (11%)
 - Bought it at a restaurant, bar, or club (7%)
 - A friend's parent gave it to them (4%)
 - Bought it with a fake ID (4%)
 - Some other way (17%)

Youth Alcohol Consumption

Williams County Youth Who Were Current Drinkers



Youth Alcohol Consumption

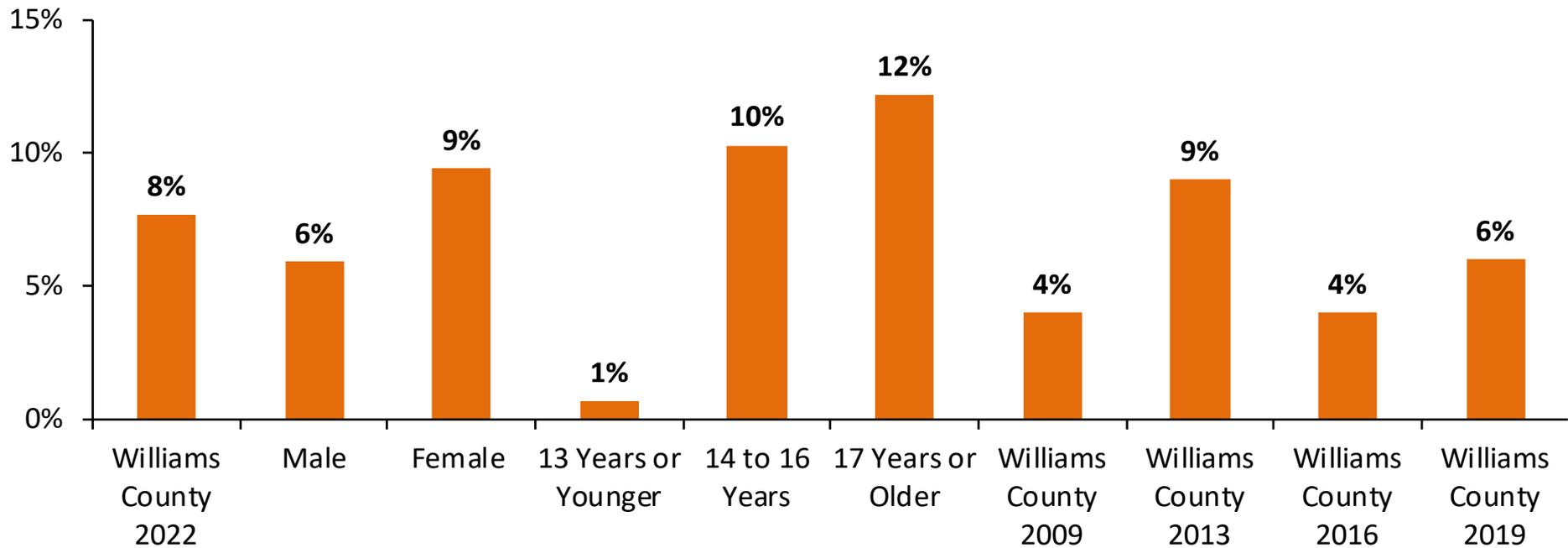
Youth Comparisons	Williams County 2009 (6 th -12 th)	Williams County 2013 (6 th -12 th)	Williams County 2016 (6 th -12 th)	Williams County 2019 (6 th -12 th)	Williams County 2022 (6 th -12 th)	Williams County 2022 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)	49%	50%	35%	42%	27%	39%	N/A	N/A
Current drinker (at least one drink of alcohol on at least 1 day during the past 30 days)	18%	18%	16%	11%	8%	13%	26%	29%
Binge drinker (males having five or more drinks on one occasion, females having four or more drinks on one occasion within the past 30 days)	9%	10%	7%	6%	7%	12%	13%	14%
Drank for the first time before age 13 (of all youth)	20%	16%	11%	13%	10%	13%	16%	15%
Obtained the alcohol they drank by someone giving it to them (of current drinkers)	61%	57%	26%	32%	46%	51%	N/A	41%
Rode with a driver who had been drinking alcohol (in a car or other vehicle on one or more times during the past 30 days)	15%	12%	10%	13%	11%	12%	N/A	17%
Drove when they had been drinking alcohol (in a car or other vehicle on one or more times during the 30 days, among students who had driven a car or other vehicle during the past 30 days)	2%	N/A	1%	2%	2%	1%	N/A	5%

Youth Drug Use

- 8% of Williams County youth had used marijuana at least once in the past 30 days
- Of those who reported ever trying marijuana at some time in their life, 22% reported they had tried marijuana for the first time at the age of 12 years old or younger
 - 40% had done so between the ages of 13 and 14
 - 38% had tried marijuana for the first time at the age of 15 or older
- The average age of onset was 14.0 years old

Youth Drug Use

Williams County Youth Marijuana Use in Past Month



Youth Drug Use

- 3% of Williams County youth used prescription drugs not prescribed to them in the past 30 days
- Williams County youth who reported using medications not prescribed to them usually got them in the following ways:
 - They took it from a friend or family member (57%)
 - Social media (29%)
 - A parent gave it to them (29%)
 - Another family member gave it to them (21%)
 - A friend gave it to them (21%)
 - Bought it from a friend (14%)
 - Bought it from someone else (14%)
 - The internet (14%)

Youth Drug Use

- Williams County youth have tried the following drugs at least once in their life:
 - CBD/hemp products (7%)
 - Liquid THC (4%)
 - Inhalants (3%)
 - Misused prescription medication (3%)
 - Misused cough syrup (2%)
 - Posh/salvia/synthetic marijuana (2%)
 - Hallucinogenic drugs (2%)
 - Misused over-the-counter medications (2%)
 - Cocaine (1%)
 - Misused hand sanitizer (1%)
 - Heroin (1%)
 - Steroids without a doctor's prescription (1%)
 - Bath salts (1%)
 - Ecstasy/MDMA/Molly (1%)
 - Methamphetamines (1%)
 - Etc.

Youth Drug Use

- Youth reported the following reasons for not using alcohol, tobacco, or other drugs:
 - their parents would be upset (72%)
 - their values (68%)
 - legal consequences (61%)
 - health problems (49%)
 - might get kicked out of extra-curricular activities (46%)
 - Etc.
- In the past 12 months, 5% of youth reported being offered, sold, or given an illegal drug on school property

Youth Drug Use

Youth Comparisons	Williams County 2009 (6 th -12 th)	Williams County 2013 (6 th -12 th)	Williams County 2016 (6 th -12 th)	Williams County 2019 (6 th -12 th)	Williams County 2022 (6 th -12 th)	Williams County 2022 (9 th -12 th)	Ohio 2019 YRBS (9 th -12 th)	U.S. 2019 YRBS (9 th -12 th)
Ever used marijuana (in their lifetime)	N/A	N/A	N/A	N/A	15%	23%	30%	37%
Currently used marijuana (in the past 30 days)	4%	9%	4%	6%	8%	12%	16%	22%
Tried marijuana for the first time before age 13 (of all youth)	N/A	N/A	2%	3%	3%	4%	N/A	6%
Currently used prescription drugs not prescribed to them (in the past 30 days)	N/A	N/A	N/A	2%	3%	4%	N/A	7%*
Ever used prescription medications not prescribed to them, or took more than prescribed to feel good or high (in their lifetime)	5%	8%	3%	N/A	3%	5%	12%*	14%*

N/A-Not Available

*YRBS asks about prescription pain medicine used without a doctor's prescription or differently than how a doctor told them to use it

Youth Drug Use

Youth Comparisons	Williams County 2009 (6 th -12 th)	Williams County 2013 (6 th -12 th)	Williams County 2016 (6 th -12 th)	Williams County 2019 (6 th -12 th)	Williams County 2022 (6 th -12 th)	Williams County 2022 (9 th -12 th)	Ohio 2019 YRBS (9 th -12 th)	U.S. 2019 YRBS (9 th -12 th)
Ever used methamphetamines (in their lifetime)	1%	2%	<1%	1%	1%	<1%	N/A	2%
Ever used cocaine (in their lifetime)	1%	2%	1%	1%	1%	2%	4%	4%
Ever used heroin (in their lifetime)	<1%	2%	0%	0%	1%	1%	2%	2%
Ever used inhalants (in their lifetime)	6%	9%	4%	3%	3%	4%	8%	6%
Ever used ecstasy (also called MDMA in their lifetime)	N/A	2%	2%	1%	1%	1%	N/A	4%
Ever took steroids without a doctor's prescription (in their lifetime)	1%	3%	1%	<1%	1%	2%	N/A	2%
Were offered, sold, or given an illegal drug on school property (in the past 12 months)	6%	5%	5%	4%	5%	7%	15%	22%

N/A-Not Available

Youth Perceptions

Perceived Great Risk of Substance Use

<i>How much do you think people risk harming themselves if they:</i>	Total	Female	Male	13 and Younger	14-16 Years Old	17 and Older
Smoke one or more packs of cigarettes per day	51%	54%	47%	49%	52%	51%
Use e-cigarettes/vapes	3%	30%	29%	33%	28%	28%
Have five or more drinks of an alcoholic beverage once or twice a week	31%	32%	29%	33%	30%	29%
Smoke marijuana once or twice a week	27%	27%	26%	37%	24%	17%
Misusing prescription drugs	66%	68%	63%	68%	65%	65%

Youth Perceptions

Perceived Degree of Great Disapproval by Parents

<i>Parents feel it would be very wrong for you to do the following:</i>	Total	Female	Male	13 and Younger	14-16 Years Old	17 and Older
Smoke tobacco	84%	83%	85%	92%	84%	73%
Use e-cigarettes/vapes	78%	76%	81%	89%	77%	66%
Having one or two drinks of an alcoholic beverage nearly every day	74%	75%	73%	89%	71%	56%
Smoke marijuana	80%	80%	80%	94%	78%	62%
Misusing prescription drugs	91%	91%	91%	94%	90%	91%

Youth Perceptions

Perceived Degree of Great Disapproval by Peers

<i>Friends feel it would be very wrong for you to do the following:</i>	Total	Female	Male	13 and Younger	14-16 Years Old	17 and Older
Smoke tobacco	60%	61%	59%	76%	58%	40%
Use e-cigarettes/vapes	53%	51%	54%	74%	50%	26%
Having one or two drinks of an alcoholic beverage nearly every day	56%	58%	54%	76%	55%	29%
Smoke marijuana	59%	60%	58%	79%	57%	34%
Misusing prescription drugs	74%	73%	74%	84%	71%	65%

Youth Mental Health

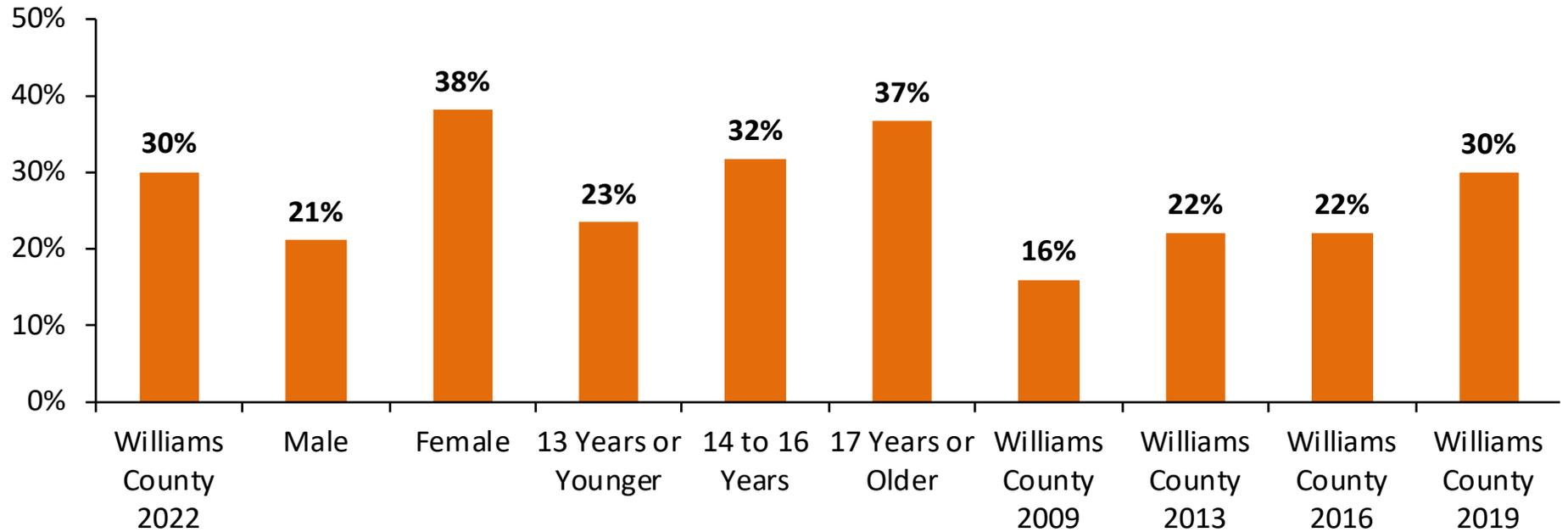
- 30% of youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities
 - Increasing to 38% of females
- 14% of youth reported they had seriously considered attempting suicide in the past 12 months
- 8% of Williams County youth had attempted suicide in the past year
 - 4% of youth made more than one suicide attempt in the past year

Youth Mental Health

- Youth reported the following caused them anxiety, stress, or depression:
 - Self-image (42%)
 - Academic success (41%)
 - Fighting with friends (36%)
 - Death of a close family member or friend (33%)
 - Stress at home (28%)
 - Sports (26%)
 - Peer pressure (23%)
 - Being bullied (22%)
 - Fighting at home (21%)
 - Dating relationship (21%)
 - Breakup (21%)
 - Social media (20%)
 - Etc.

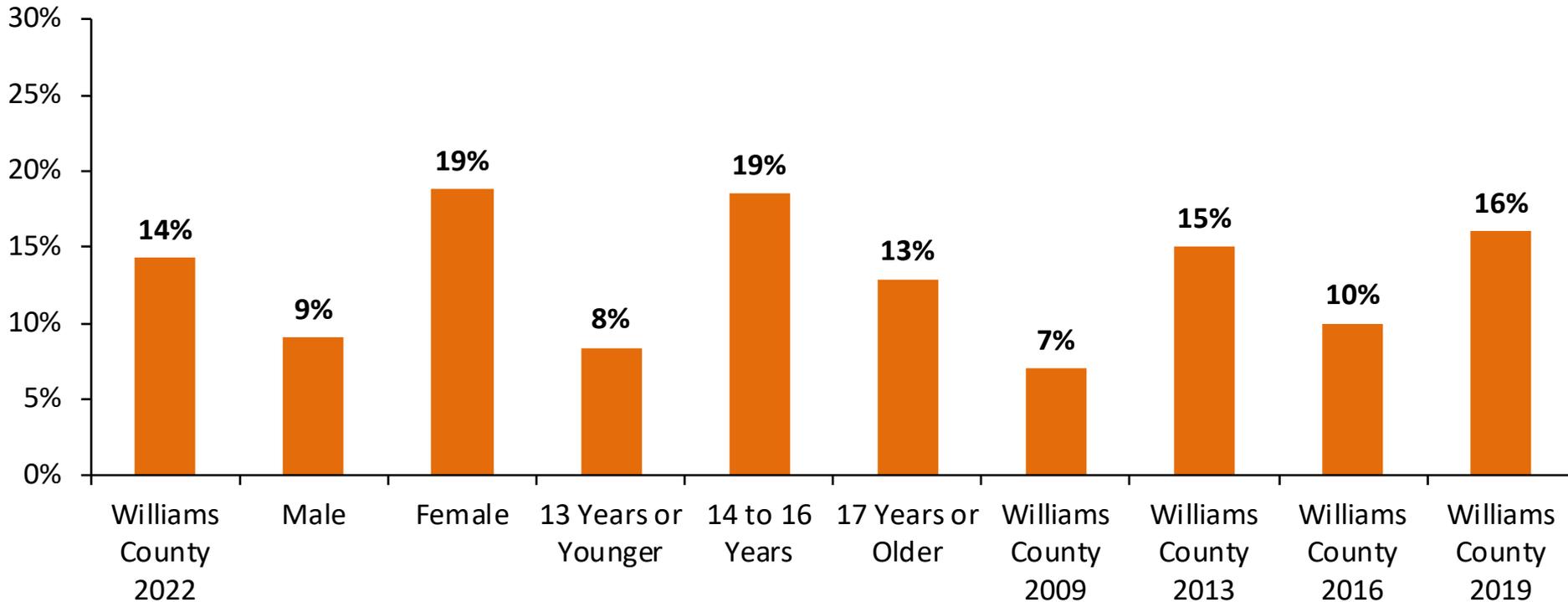
Youth Mental Health

Williams County Youth Who Felt Sad or Hopeless for Two or More Weeks in a Row



Youth Mental Health

Williams County Youth Who Had Seriously Considered Attempting Suicide in the Past 12 Months



Youth Mental Health

Youth Comparisons	Williams County 2009 (6 th -12 th)	Williams County 2013 (6 th -12 th)	Williams County 2016 (6 th -12 th)	Williams County 2019 (6 th -12 th)	Williams County 2022 (6 th -12 th)	Williams County 2022 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	16%	22%	22%	30%	30%	34%	33%	37%
Seriously considered attempting suicide (in the past 12 months)	7%	15%	10%	16%	14%	17%	16%	19%
Attempted suicide (in the past 12 months)	3%	8%	7%	8%	8%	9%	7%	9%
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (in the past 12 months)	1%	3%	2%	2%	2%	3%	3%	3%

Youth Community Context

- Youth reported they participated in the following extra-curricular activities:
 - Sports or intramural program (47%)
 - Exercise outside of school (42%)
 - School club or social organization (27%)
 - Part-time job (25%)
 - Church youth group (24%)
 - Church or religious organization (21%)
 - Etc.
- 12% of youth indicated that they did not currently participate in any extracurricular activities

Youth Community Context

- On an average school day, youth reported being unsupervised at the following frequencies:
 - less than one hour (25%)
 - 1 to 2 hours (29%)
 - 3 to 4 hours (12%)
 - more than 4 hours (14%)
- 20% of youth reported they were never unsupervised
- Youth reported they talked to and looked up to the following number of people in the following places:

	None	1 Person	2 People	3+ People
School	25%	19%	17%	39%
Community	33%	20%	12%	35%
Home	15%	18%	37%	30%

Youth Community Context

- Youth reported the following adverse childhood experiences (ACEs):
 - Parents became separated or were divorced (39%)
 - Parents or adults in home swore at them, insulted them or put them down (29%)
 - Family did not look out for each other, feel close to each other, or support each other (23%)
 - Parents were not married (20%)
 - Lived with someone who was depressed, mentally ill or suicidal (20%)
 - Lived with someone who was a problem drinker or alcoholic (17%)
 - Etc.
- 30% of youth had experienced three or more ACEs

Youth Violence

- 7% of youth did not go to school on one or more days because they did not feel safe at school or on their way to or from school
- 7% of youth were threatened or injured with a weapon on school property in the past year
- 12% of youth felt threatened or unsafe in their home in the past year

Youth Violence

- Youth report the following people had hit, slapped, or physically hurt them on purpose in the past year:
 - another student (12%)
 - parent or caregiver (3%)
 - boyfriend or girlfriend (1%)
 - other adult (1%)
- Williams County youth reported they purposely hurt themselves in their lifetime by the following ways:
 - scratching (18%)
 - cutting (15%)
 - hitting (13%)
 - biting (10%)
 - burning (5%)
 - self-embedding (4%)

Youth Violence

- 42% of youth had been bullied in the past year. The following types of bullying were reported:
 - 32% of youth were **verbally bullied** (teased, taunted or called harmful names)
 - 22% of youth were **indirectly bullied** (spread mean rumors about them or kept them out of a “group”)
 - 13% of youth were **cyber bullied** (teased, taunted or threatened by e-mail, cell phone or other electronic methods)
 - 6% of youth were **physically bullied** (were hit, kicked, punched or people took their belongings)
 - 4% of youth were **sexually bullied** (used nude or semi-nude pictures to pressure someone to have sex that did not want to, blackmail, intimidate, or exploit another person)

Youth Violence

Youth Comparisons	Williams County 2009 (6 th -12 th)	Williams County 2013 (6 th -12 th)	Williams County 2016 (6 th -12 th)	Williams County 2019 (6 th -12 th)	Williams County 2022 (6 th -12 th)	Williams County 2022 (9 th -12 th)	Ohio 2019 (9 th -12 th)	U.S. 2019 (9 th -12 th)
Threatened or injured with a weapon on school property (in the past 12 months)	3%	7%	5%	11%	7%	8%	N/A	7%
Did not go to school because they felt unsafe (at school or on their way to or from school in the past 30 days)	1%	5%	4%	4%	7%	9%	N/A	9%
Bullied (in past year)	50%	47%	47%	43%	42%	41%	N/A	N/A
Electronically bullied (in past year)	8%	13%	12%	9%	13%	12%	13%	16%

N/A – Not Available

Questions?

**You will now be given an opportunity to
provide participant feedback.**

Jodi Franks, MPH
Hospital Council of Northwest Ohio
jfranks@hcno.org

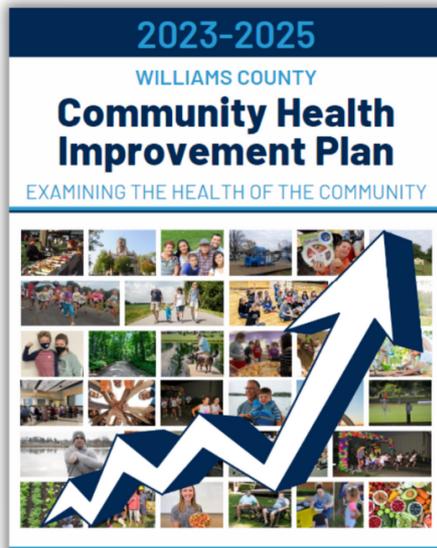
Participant Feedback

<https://www.surveymonkey.com/r/WilliamsCSP22>



Get involved!

Share your input as we develop the new Williams County Community Health Improvement Plan (CHIP)



**Select priorities.
Discuss opportunities.
Make a plan.
Improve Williams County.**

**Sign up to get involved or
invited to future meetings
or events:**



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Or email Victoria Smith at victoria.smith@williamscountyhealth.org