2018 Community Health Assessment
Executive Summary

A snapshot of health in Knox County, Ohio
July 2018
The Knox Health Planning Partnership is pleased to present the 2018 Knox County Community Health Assessment. This comprehensive community health assessment is the result of a strong partnership between dedicated community partners who work together to improve the health and well-being of Knox County residents.

The Knox Health Planning Partnership (KHPP) conducted its first health assessment in 2011. This process of conducting a Community Health Assessment and, subsequently, designing a Community Health Improvement Plan has continued routinely, with 2018 being no exception.

By conducting a health assessment, we are able to comprehensively understand the health and wellness of Knox County residents. The data presented in this report provides tangible information to enable KHPP to develop strategies related to the prioritized health needs in our community. Through collaboration with the Hospital Council of Northwest Ohio (HCNO) and public health researchers at the University of Toledo, we have made every effort to assure that this report contains valid and reliable data.

In addition to quantitative data collected through the health assessment, qualitative data gathered from community focus groups is included in this report. In partnership with Kenyon College, focus groups were conducted among community members, including area teens, to discuss what residents perceive as community health issues and how to initiate grassroots, community-wide efforts to remedy those issues.

As we review the results of the 2018 Community Health Assessment, the members of KHPP will continue to work collaboratively to identify unmet needs in our community. It is the hope of KHPP that this assessment will serve as a valuable tool to assist us in our efforts to improve the health and well-being of Knox County residents. It is also our hope that this assessment will foster new collaborative opportunities and initiate quality programs to improve the lives of Knox County residents.

Sincerely,

Julie Miller, RN, MSN
Health Commissioner
The 2018 CHA was commissioned by KHPP and facilitated by Hospital Council of Northwest Ohio. This project aims to assess the health and wellness of Knox County residents. A survey was distributed throughout Knox County to gather information on a variety of health topics. Community based focus groups were collected to collect primary data from residents regarding their opinions on health in Knox County. Lastly, a variety of secondary data was used to help create the most accurate picture of Knox County. Secondary data sources included: Center for Disease and Control, PRIDE survey, Ohio Medicaid Assessment Survey, US Census, Ohio Department of Health Data Warehouse, and several others.

109 Survey questions selected from CDC’s Behavioral Risk Factor Surveillance Survey

Survey was administered via mail to 1200 county residents

38% Response rate

Data was collected and analyzed by researchers at the University of Toledo and a report was drafted using all primary and secondary data.
Key Findings & Data Summary

In 2018, 11% of Knox County adults were without healthcare coverage, increasing to 15% for those with annual incomes under $25,000. Over half of Knox residents have had a routine check-up in the last year. 59% of Knox County residents went outside of the county for their healthcare services within the last year. Of the residents who have not had a dental appointment in the last year, 27% said it was due to high cost of services. Less than half of Knox County men and women are receiving annual exams such as PAP smears, mammograms, and Prostate-Specific Antigen exams. 15% of Knox County residents are current smokers and 1 in 9 residents have been diagnosed with asthma. 1 in 6 residents are considered binge drinkers and 7% of Knox County adults have misused prescription medicine within the last six months.

73% of Knox County adults are classified as overweight or obese per BMI.

35% were diagnosed with high blood pressure.

29% of adults are sedentary and 11% are diabetic.

In 2018, 54% of Knox County adults rated their health status as excellent or very good. Conversely, 10% of adults described their health as fair or poor, increasing to 21% of those with annual incomes less than $25,000.

11% of adults need help meeting their general daily needs (housing, food, transportation, etc.).

22% of adults were limited in some way because of a physical, mental or emotional problem.
## Key Issues by Demographics

As voted on by KHPP

<table>
<thead>
<tr>
<th>Key Issue or Concern</th>
<th>Percent of Population At risk</th>
<th>Age Group (or Income Level) Most at Risk</th>
<th>Gender Most at Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight Status (13 votes)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Obese</td>
<td>37%</td>
<td>Age: 30-64 (44%); Income: &lt;$25K (53%)</td>
<td>Female (39%)</td>
</tr>
<tr>
<td>Overweight</td>
<td>36%</td>
<td>Age: &lt;30 (37%); Income: $25K-Plus (41%)</td>
<td>Male (44%)</td>
</tr>
<tr>
<td>Did not participate in any physical activity</td>
<td>29%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Ate 5 or more servings of fruits and vegetables per day</td>
<td>18%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Substance Abuse (13 votes)</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Binge drinkers (defined as consuming more than four [women] or five [men] alcoholic beverages on a single occasion in the past 30 days)</td>
<td>17%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Current drinker (drank alcohol at least once in the past month)</td>
<td>18%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Misused prescription medication</td>
<td>7%</td>
<td>Income: &lt;$25K (14%)</td>
<td>N/A</td>
</tr>
<tr>
<td>Mental Health (9 votes)</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Considered attempting suicide</td>
<td>3%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Felt sad, blue, or depressed almost every day for two weeks or more in a row in the past year</td>
<td>9%</td>
<td>Age: Under 30 (20%)</td>
<td>N/A</td>
</tr>
<tr>
<td>Social Determinants of Health (8 votes)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abused in the past year</td>
<td>4%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Had to choose between paying bills or buying food in the past year</td>
<td>8%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Experienced 4 or more adverse childhood experiences (ACES)</td>
<td>13%</td>
<td>Among those who contemplated suicide in the past year (55%)</td>
<td>N/A</td>
</tr>
<tr>
<td>Preventive Screenings (9 votes)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mammogram in the past year</td>
<td>28%</td>
<td>Age: 40+ (43%); Income: $25K-Plus (26%)</td>
<td>Females</td>
</tr>
<tr>
<td>Breast exam in the past year</td>
<td>43%</td>
<td>Age: 40+ (41%); Income: &lt;$25K (38%)</td>
<td>Females</td>
</tr>
<tr>
<td>Pap smear in the past year</td>
<td>34%</td>
<td>Age: 40+ (20%); Income: &lt;$25K (26%)</td>
<td>Females</td>
</tr>
<tr>
<td>Prostate-Specific Antigen (PSA) in the past year</td>
<td>22%</td>
<td>Age: Under 50 (5%); Income: &lt;$25K (26%)</td>
<td>Males</td>
</tr>
<tr>
<td>Digital Rectal exam in the past year</td>
<td>12%</td>
<td>Age: Under 50 (&lt;1%); Income: &lt;$25K (13%)</td>
<td>Males</td>
</tr>
<tr>
<td>Parenting (5 votes)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Discussed birth control/condom use/STD prevention with their 12 to 17-year-old in the past year</td>
<td>19%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Oral Health (4 votes)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Did not visit a dentist or dental clinic in the past year</td>
<td>37%</td>
<td>Income: &lt;$25K (54%)</td>
<td>N/A</td>
</tr>
<tr>
<td>Nutrition (4 votes)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ate 5 or more fruits and/or vegetables per day</td>
<td>18%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Sexual Health (3 votes)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did not use any method of birth control</td>
<td>14%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Had sex without a condom</td>
<td>34%</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Cardiovascular Health (3 votes)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diagnosed with angina or coronary heart disease</td>
<td>4%</td>
<td>Age: 65+ (13%)</td>
<td>N/A</td>
</tr>
<tr>
<td>Diagnosed with high blood pressure</td>
<td>35%</td>
<td>Age: 65+ (65%); Income: &lt;$25K (46%)</td>
<td>Males (35%)</td>
</tr>
<tr>
<td>Diagnosed with high blood cholesterol</td>
<td>34%</td>
<td>Age: 65+ (56%); Income: &lt;$25K (35%)</td>
<td>Females (34%)</td>
</tr>
<tr>
<td>Women's Health (3 votes)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No usual source of services for female health concerns</td>
<td>15%</td>
<td>N/A</td>
<td>Females</td>
</tr>
<tr>
<td>Got a parental appointment in the first 3 months</td>
<td>54%</td>
<td>N/A</td>
<td>Females</td>
</tr>
<tr>
<td>Cancer (1 vote)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diagnosed with cancer at some point in their lives</td>
<td>14%</td>
<td>Age: 65+ (36%)</td>
<td>N/A</td>
</tr>
</tbody>
</table>

N/A = Data not available
Perceptions of Knox County

What makes you most proud of our community?
Community philanthropy, there is support for all community residents
Numerous indoor and outdoor activities available
Overall sense of community among residents
Collaboration among local agencies
Natural resources

What do you believe is keeping our community from doing what needs to be done to improve health and quality of life?
Lack of support for younger residents
Lack of awareness of local resources
Lack of economic development
Lack of community engagement
Lack of access to care
Lack of funding
Poverty

What actions would you support to help build a healthier community?
Additional and affordable pre-K and child cares services
Increased access and affordability to healthier foods
Additional family planning education and services
Funding for workforce training
Affordable recovery centers
Affordable housing
Transportation
Acknowledgements

Knox Health Planning Partnership

Knox County Health Department*
Knox Community Hospital*
United Way of Knox County*
Knox County Commissioner
Knox County Chamber of Commerce*
Knox County Job & Family Services
Family & Children First Council
Mount Vernon Nazarene University
OSU Extension of Knox County
Kno-Ho-Co-Ashland Community Action Committee
The Freedom Center*

Knox County Board of Developmental Disabilities*
Mental Health and Recovery of Licking & Knox Counties*
Interchurch Social Services
Knox County Head Start*
YMCA of Mount Vernon*
Kenyon College*
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City of Mount Vernon
Sanctuary Community Action*
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Maddie Morgan

If you are interested in learning more about the Knox Health Planning Partnership or want to be involved, please contact the KHPP Coordinator:

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Released with gratitude for our community and its efforts to improve the lives of all Knox County residents