

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.

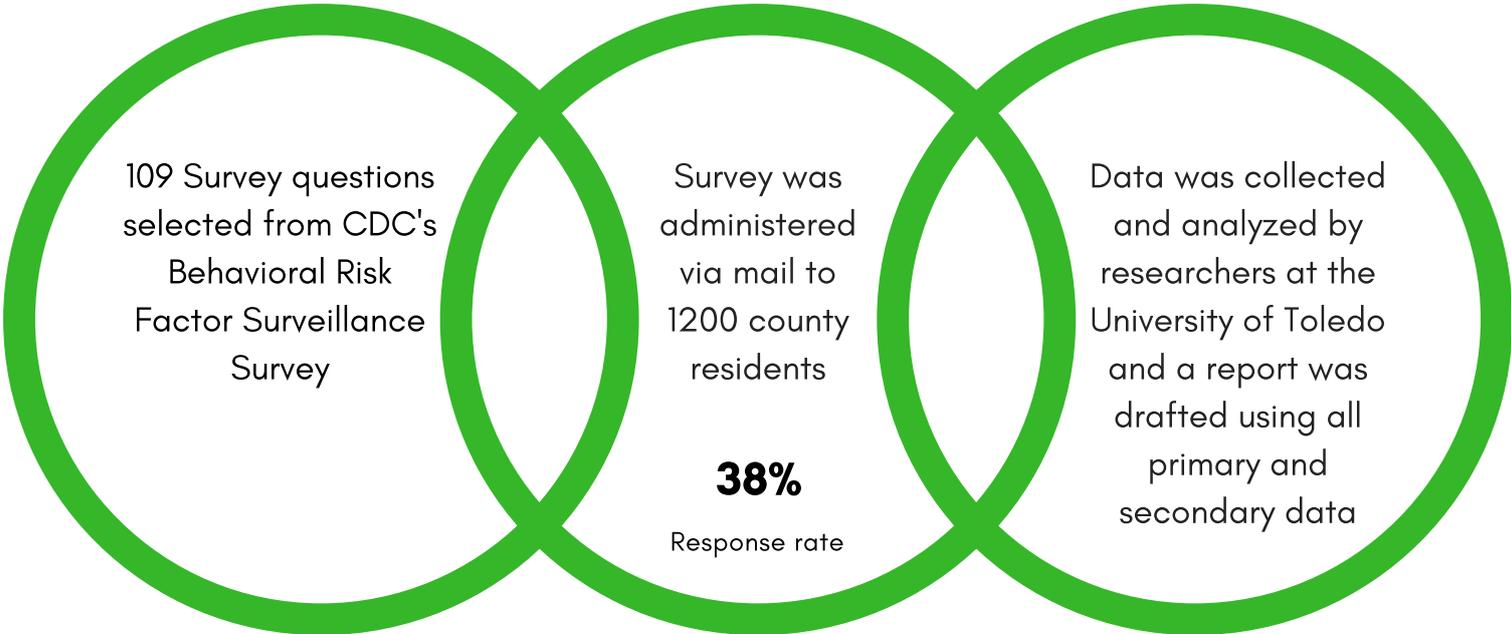
As we review the results of the 2018 Community Health Assessment, the members of KHPP will continue to work collaboratively to identify unmet needs in our community. It is the hope of KHPP that this assessment will serve as a valuable tool to assist us in our efforts to improve the health and well-being 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,

A handwritten signature in blue ink that reads "Julie Miller".

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.



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.



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.

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**.

Key Issues by Demographics

As voted on by KHPP

Key Issue or Concern	Percent of Population At risk	Age Group (or Income Level) Most at Risk	Gender Most at Risk
Weight Status (13 votes)			
Obese	37%	Age: 30-64 (44%), Income: <\$25K (53%)	Female (39%)
Overweight	36%	Age: <30 (37%), Income: \$25K Plus (41%)	Male (44%)
Did not participate in any physical activity	29%	N/A	N/A
Ate 5 or more servings of fruits and vegetables per day	18%	N/A	N/A
Substance Abuse (13 votes)			
Binge drinkers (defined as consuming more than four [women] or five [men] alcoholic beverages on a single occasion in the past 30 days)	17%	N/A	N/A
Current drinker (drank alcohol at least once in the past month)	18%	N/A	N/A
Misused prescription medication	7%	Income: <\$25K (14%)	N/A
Mental Health (9 votes)			
Considered attempting suicide	3%	N/A	N/A
Felt sad, blue, or depressed almost every day for two weeks or more in a row in the past year	9%	Age: Under 30 (20%)	N/A
Social Determinants of Health (8 votes)			
Abused in the past year	4%	N/A	N/A
Had to choose between paying bills or buying food in the past year	8%	N/A	N/A
Experienced 4 or more adverse childhood experiences (ACEs)	13%	Among those who contemplated suicide in the past year (55%)	N/A
Preventive Screenings (9 votes)			
Mammogram in the past year	28%	Age: 40+ (43%); Income: \$25K Plus (26%)	Females
Breast exam in the past year	43%	Age: 40+ (41%); Income: <\$25K (38%)	Females
Pap smear in the past year	34%	Age: 40+ (20%); Income: <\$25K (26%)	Females
Prostate-Specific Antigen (PSA) in the past year	22%	Age: Under 50 (6%); Income: <\$25K (25%)	Males
Digital Rectal exam in the past year	12%	Age: Under 50 (<1%); Income: <\$25K (13%)	Males
Parenting (5 votes)			
Discussed birth control/condom use/STD prevention with their 12 to 17-year-old in the past year	19%	N/A	N/A
Oral Health (4 votes)			
Did not visit a dentist or dental clinic in the past year	37%	Income: <\$25K (54%)	N/A
Nutrition (4 votes)			
Ate 5 or more fruits and/or vegetables per day	18%	N/A	N/A
Sexual Health (3 votes)			
Did not use any method of birth control	14%	N/A	N/A
Had sex without a condom	34%	N/A	N/A
Cardiovascular Health (3 votes)			
Diagnosed with angina or coronary heart disease	4%	Age: 65+ (13%)	N/A
Diagnosed with high blood pressure	35%	Age: 65+ (65%); Income: <\$25K (46%)	Males (35%)
Diagnosed with high blood cholesterol	34%	Age: 65+ (56%); Income: <\$25K (35%)	Females (34%)
Women's Health (3 votes)			
No usual source of services for female health concerns	15%	N/A	Females
Got a parental appointment in the first 3 months	54%	N/A	Females
Cancer (1 vote)			
Diagnosed with cancer at some point in their lives	14%	Age: 65+ (36%)	N/A

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 County Board of Developmental Disabilities*
Knox Community Hospital*	Mental Health and Recovery of Licking & Knox Counties*
United Way of Knox County*	Interchurch Social Services
Knox County Commissioner	Knox County Head Start*
Knox County Chamber of Commerce*	YMCA of Mount Vernon*
Knox County Job & Family Services	Kenyon College*
Family & Children First Council	New Directions
Mount Vernon Nazarene University	City of Mount Vernon
OSU Extension of Knox County	Sanctuary Community Action*
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Released with gratitude for our community and its
efforts to improve the lives of all Knox County
residents