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# 2010 Putnam County Community Health Assessment

*The Putnam County Health Department  
Council on Aging  
Putnam County HomeCare & Hospice  
Community Action Commission  
ADAMHS Board  
Putnam County Family & Children First Council  
St. Rita's Medical Center*

## **Acknowledgements**

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The data that are presented in this report, as well as additional copies of this report, can be obtained by contacting the Director of the Center for Social Research, Dr. Christopher Bradley, at [csr@ipfw.edu](mailto:csr@ipfw.edu) or at 1-260-481-6235.

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## Introduction

In the Spring of 2004, Putnam County Healthy Communities 2010 began the process of conducting a thorough survey of the entire Putnam County community with the objective of collecting a valid data set to be utilized in identifying and prioritizing the community's health needs. This process became known as the 2004 Putnam County Community Health Assessment (PC CHA).

Then, in the Spring of 2010, the Putnam County Health Department contracted with the Indiana University Purdue University Fort Wayne Center for Social Research (IPFW CSR) to conduct a replication of the 2004 Putnam County Health Assessment.

The IPFW CSR met with the Putnam County Health Department and members of the 2010 PC CHA committee members. Questions were written to be comparable to questions used in the Ohio Behavioral Risk Factor Surveillance System (an Ohio Department of Health survey system designed and implemented in conjunction with the federal Centers for Disease Control) and the 2004 PC CHA report. As in 2004, questions of local interest were included although not necessarily the same interests reflected in the 2004 PC CHA. A photocopy of the survey instrument and cover letters can be found in the Appendix.

## Survey Methodology

As with the 2004 PC CHA, the Center for Social Research (CSR) implemented the Total Design Method. This research methodology typically achieves high response rates for mailed surveys by using a regimented system beginning with a postcard mailed to all individuals that have been randomly selected to participate in the survey. Seven days later, those same individuals receive a survey packet with cover letter one. Seven days later, those same individuals receive another postcard. This postcard goes to everyone, whether they have returned their survey or not. Approximately three weeks later, all non-respondents received another copy of the survey with cover letter two. One month later, a third mailing is pushed out with a more strongly-worded cover letter number three. Each survey mailing includes a pre-addressed, post-free envelope.

Unlike the 2004 PC CHA, envelopes were addressed to specific individuals in a household. The tracking mechanism used to remove returned surveys was bar-coding. Each address was assigned a unique bar-code. That bar-code was embedded on each return envelope. The bar-codes on returned surveys were recorded and removed from the bar-code database. The bar-codes from envelopes returned empty or with incomplete surveys were also recorded and removed.

The IPFW CSR purchased a list of household addresses for all of the zip codes in Putnam County and randomly sampled 2,500 households. Those 2,500 addressees were confirmed as valid.

The CSR mailed postcards to those 2,500 addressees on 1 September 2010. Ten days later, on 10 September 2010, the CSR mailed the first wave of packets to all 2,499 addresses (One survey packet was returned by the post office as an invalid address, effectively making the Wave One N = 2,499). Survey packets included the survey instrument, cover letter number one, and a preaddressed, stamped return envelope, copies of which are included with this report. The second postcard was mailed to all 2,499 valid addresses on 15 September 2010. The second cover letter, along with an additional copy of the survey

was mailed to the 1,767 non-respondents on 5 October 2010. One survey packet from the second wave mailing was returned as invalid. Data collection was suspended on 19 November 2010.

The CSR received 801 surveys in wave one, 795 of which were usable. In wave two we received 252, of which 237 were usable. In other words the CSR analyzed 1,032 useable surveys of the 2,498 distributed, which is a 41.31 percent response rate.

- **This response rate provides statistically valid results at a 95 percent confidence level with a +/- 3.11 percent margin of error.**

This means that with a sample population of 1,032 valid surveys, it can be said that if the survey was repeated 100 times, in 95 out of the 100 times, the research findings would at most vary by +/- 3.11 percent. The +/- 3.11 percent margin of error should be kept in mind when analyzing all of the survey results.

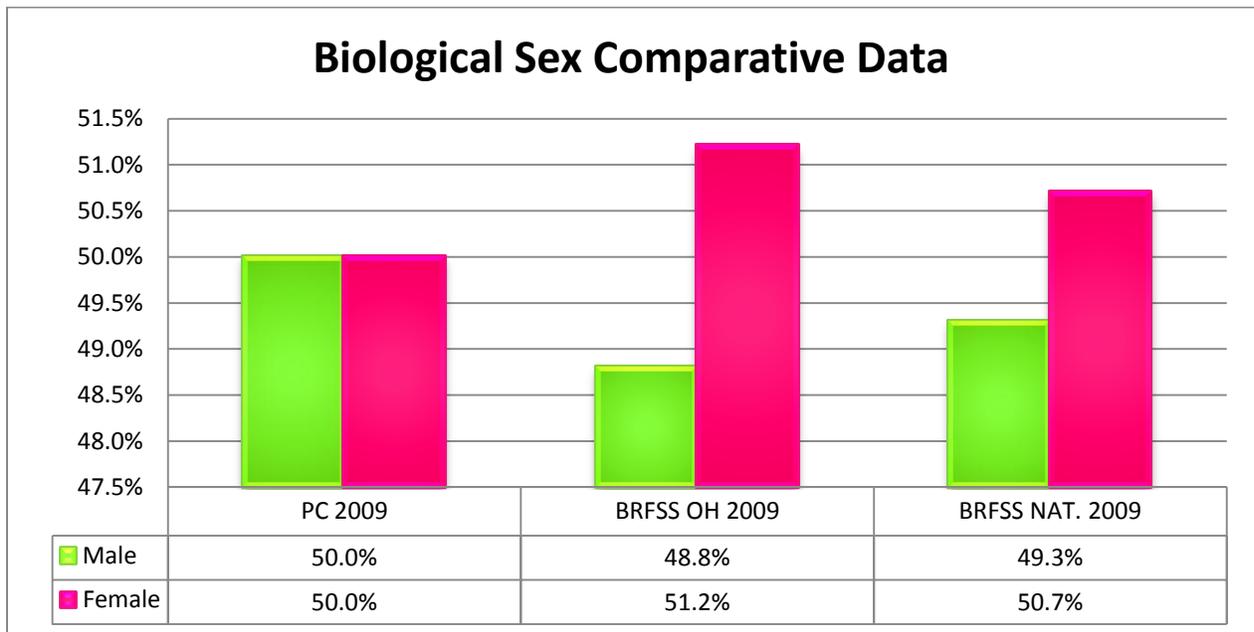
## Data Analysis

The following data report is organized around the frequency results for each survey question, and common question areas are grouped together in different sections. The Center for Social Research conducted additional data analysis in several different ways: 1) either crosstabulation or independent sample t-test (as appropriate) comparisons among different demographic groups within the 2010 Putnam County sample to determine if statistically significant differences exist within the data; 2) either crosstabulation or independent sample t-test (as appropriate) between the 2004 Putnam County dataset and the 2010 Putnam County dataset to determine if statistically significant differences exist between the two time periods; 3) either crosstabulation or independent sample t-test (as appropriate) between the 2010 Putnam County dataset and the Behavioral Risk Factor Surveillance System (BRFSS) to determine if statistical differences exist between the 2010 Putnam County data either the BRFSS Ohio data or the BRFSS National data. Statistically significant relationships that were discovered as a function of the data comparisons appear in the report as bullet points or as separate tables following the survey question results. All statistical analyses of the data were accomplished via the PASW (Predictive Analytic SoftWare) package version 18.

## Demographics

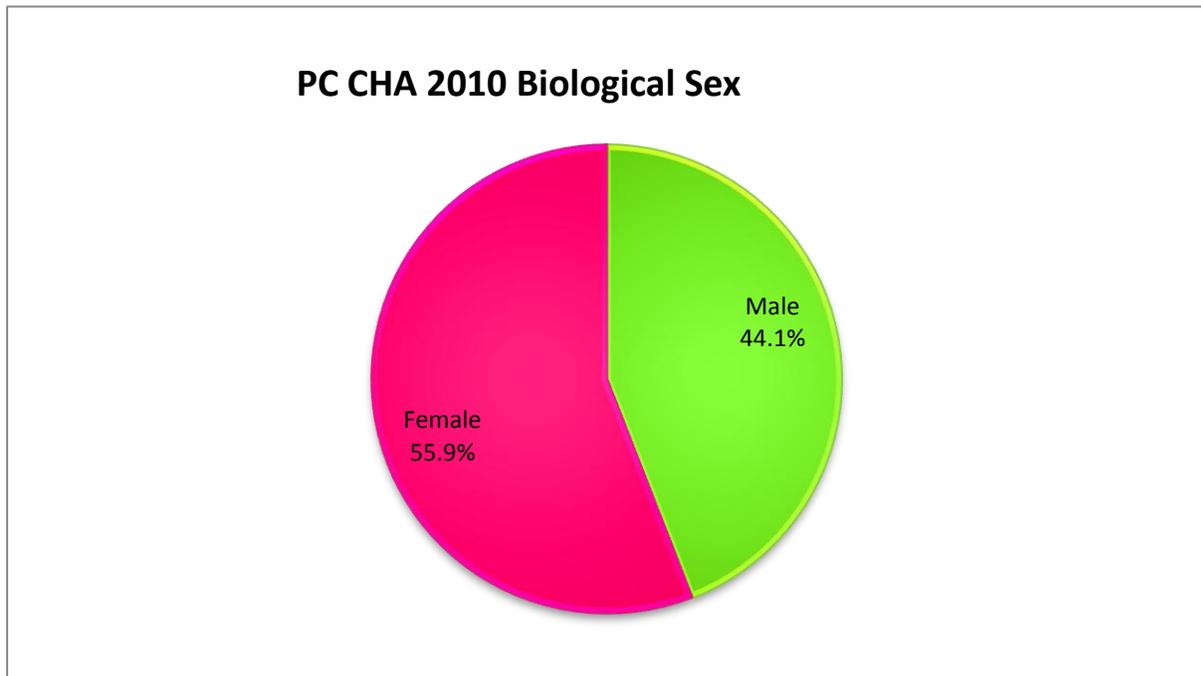
The following sub-sections present Putnam County demographic data culled from the PC CHA 2010 and the most current U.S. Census Bureau statistics. The demographics presented include: Biological Sex, Marital Status, Age Distribution, Educational Attainment, Income, Employment Status, Ethnicity, Children and School District.

### Biological Sex – Comparative Data



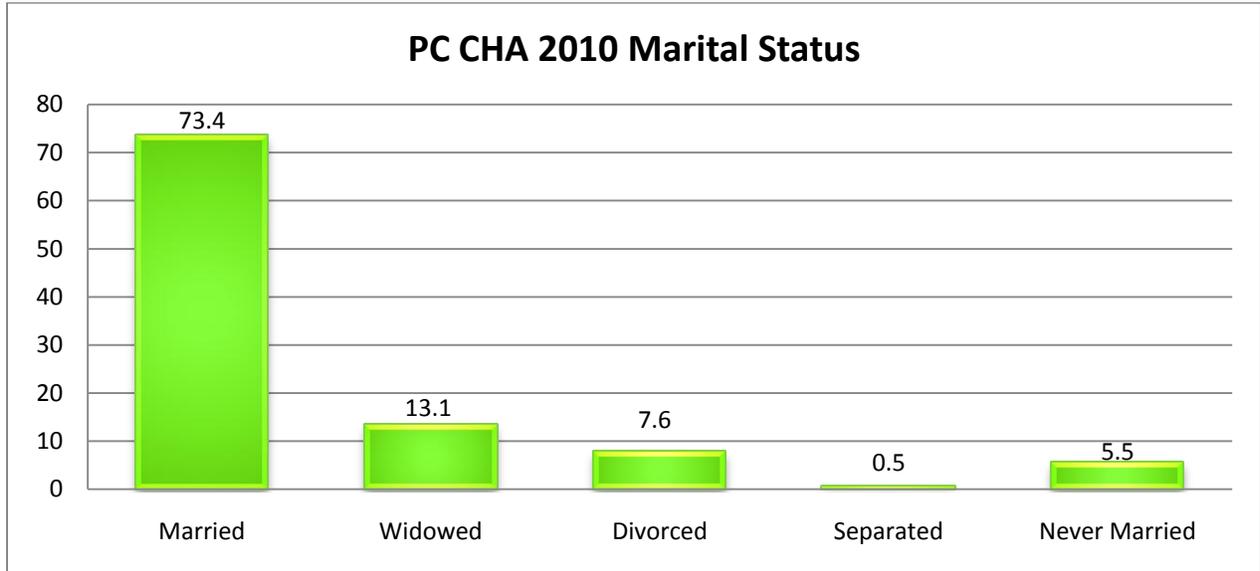
- This bar graph allows for comparison to 2009 U. S. Census data at the Putnam County, Ohio and National levels.

## Biological Sex – PC CHA 2010 Data



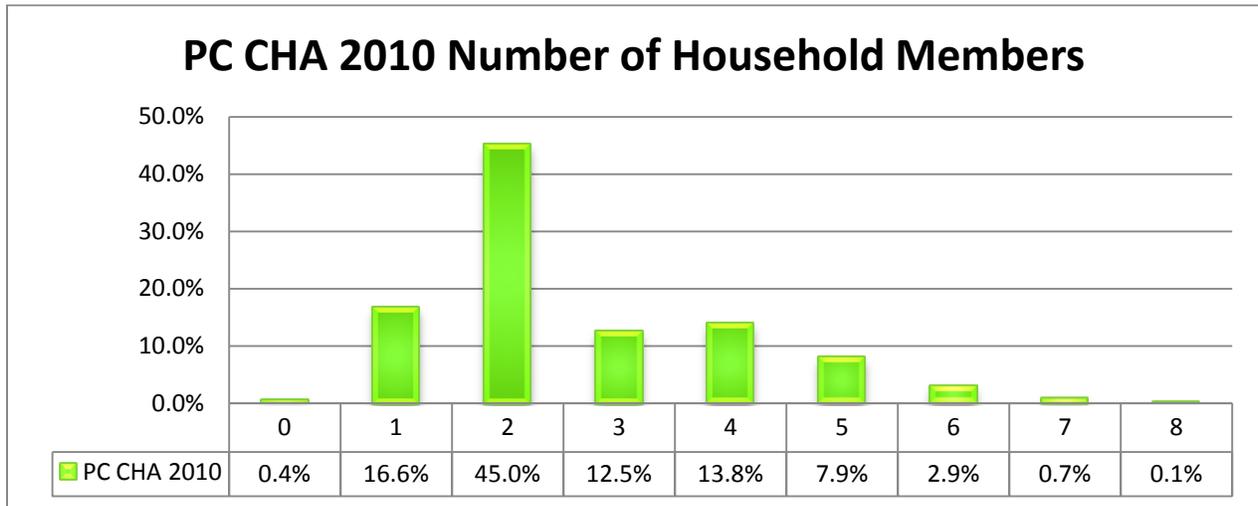
- PC CHA 2010 respondents were asked to self-identify as “Male” or “Female.” Slightly more females than males responded (55.9 percent and 44.1 percent respectively).
- The sex composition of the PC CHA 2010 sample was comparable to the 2009 U. S. Census data.

## Marital Status – PC CHA 2010 Data

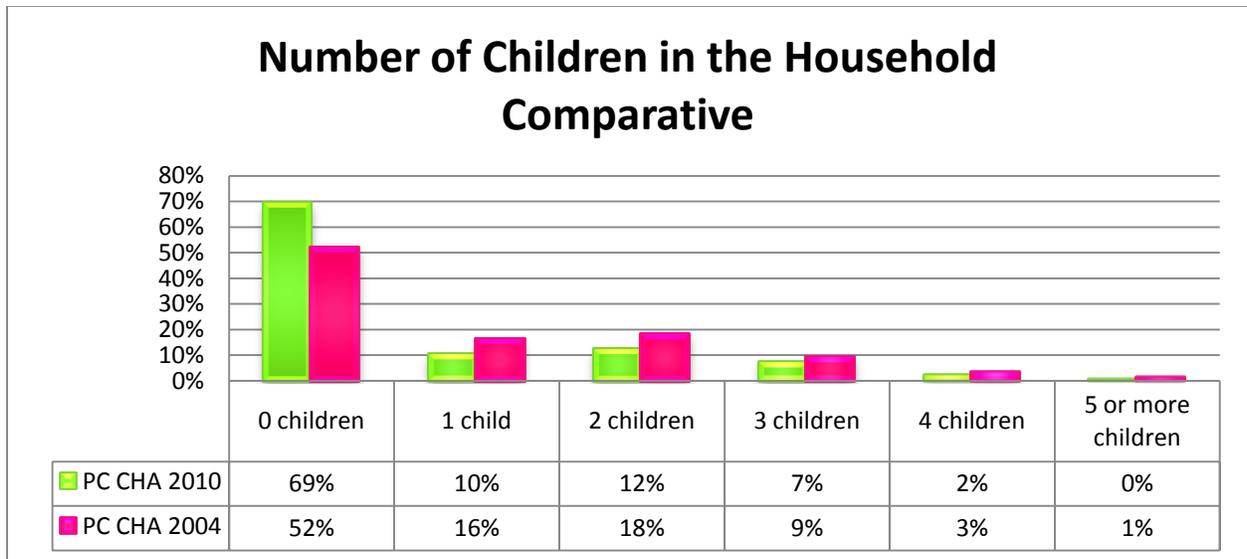


- The majority of PC CHA 2010 respondents were married (73.4 percent). This is slightly higher than the PC CHA 2004 (72 percent).

## Respondents' Household Composition

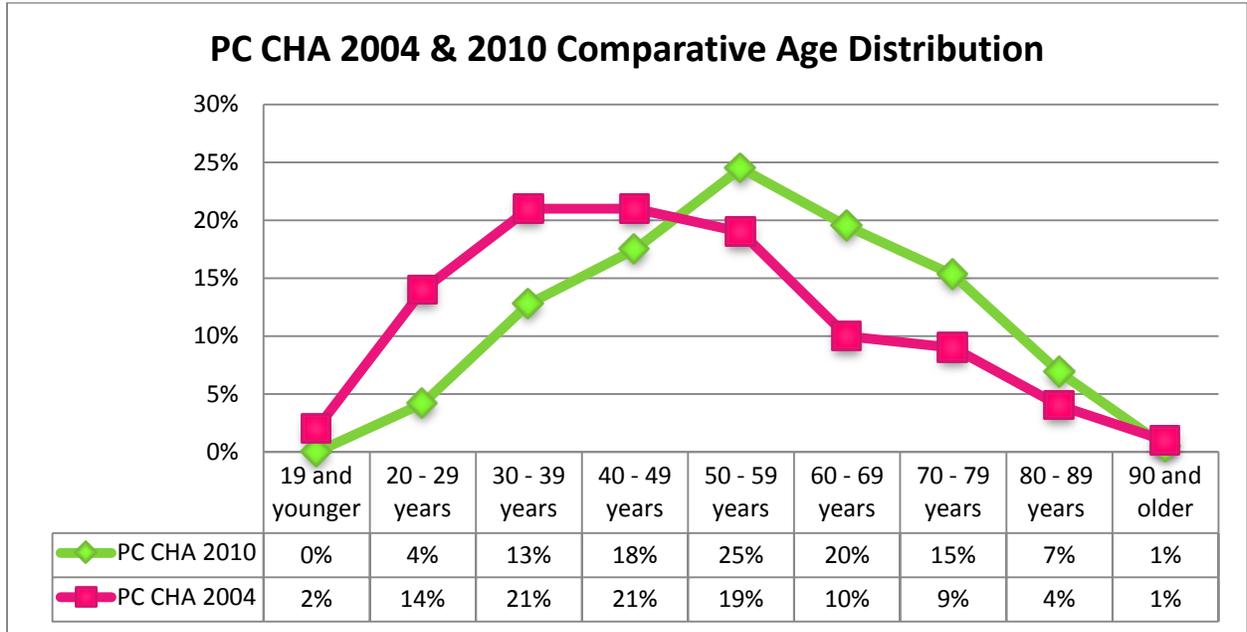


- Q85 asked respondents “*what is the total number of people who live in your household?*”
- Responses ranged from zero to eight.
- Four individuals wrote zero as the number of household members. Respondents were not asked if they lived in a private home or another facility such as a nursing home or retirement center.
- The mean number of household members was 2.62 and the median number of household members reported was two.



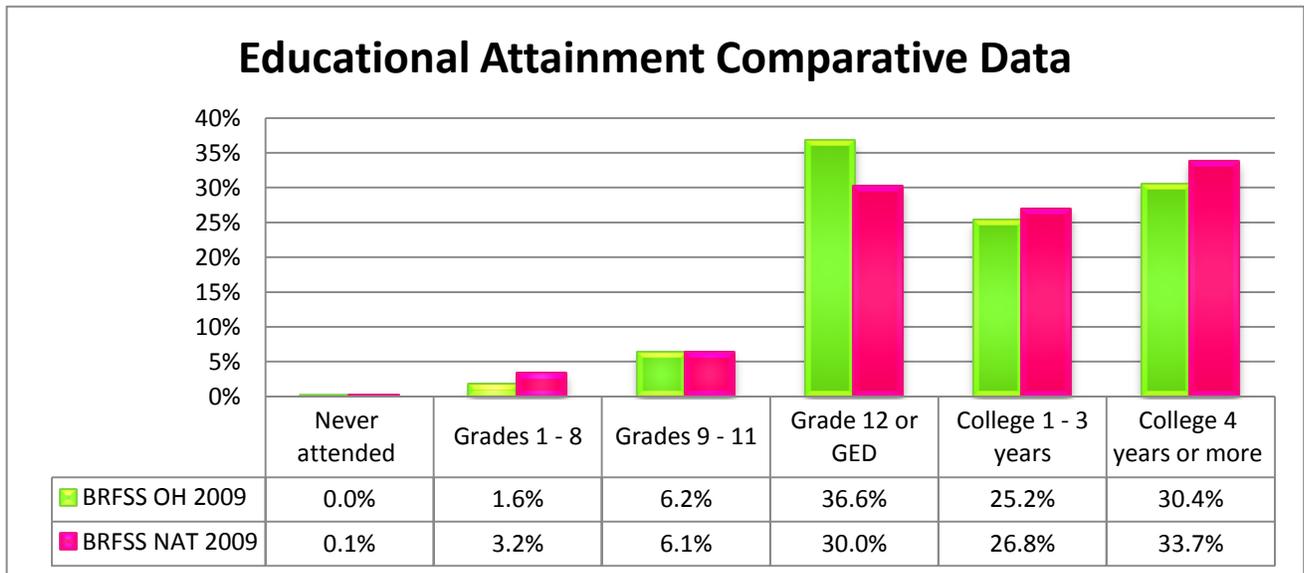
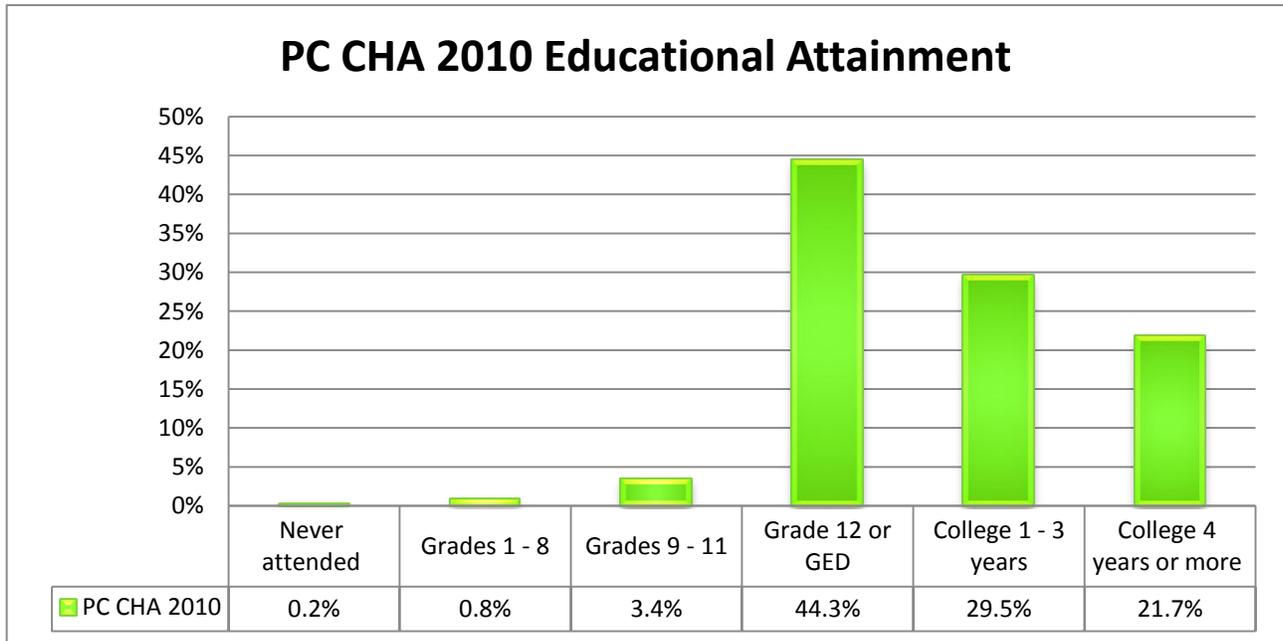
- Q86 asked respondents “*how many children under the age of 18 live in your household?*”
- Responses ranged from zero to five.
- Respondents were not asked to identify their relationship to the children, just the presence thereof.
- Both the mean and median number of children present in the home was less than one per household.

**Age Distribution – PC CHA 2004 and PC CHA 2010**

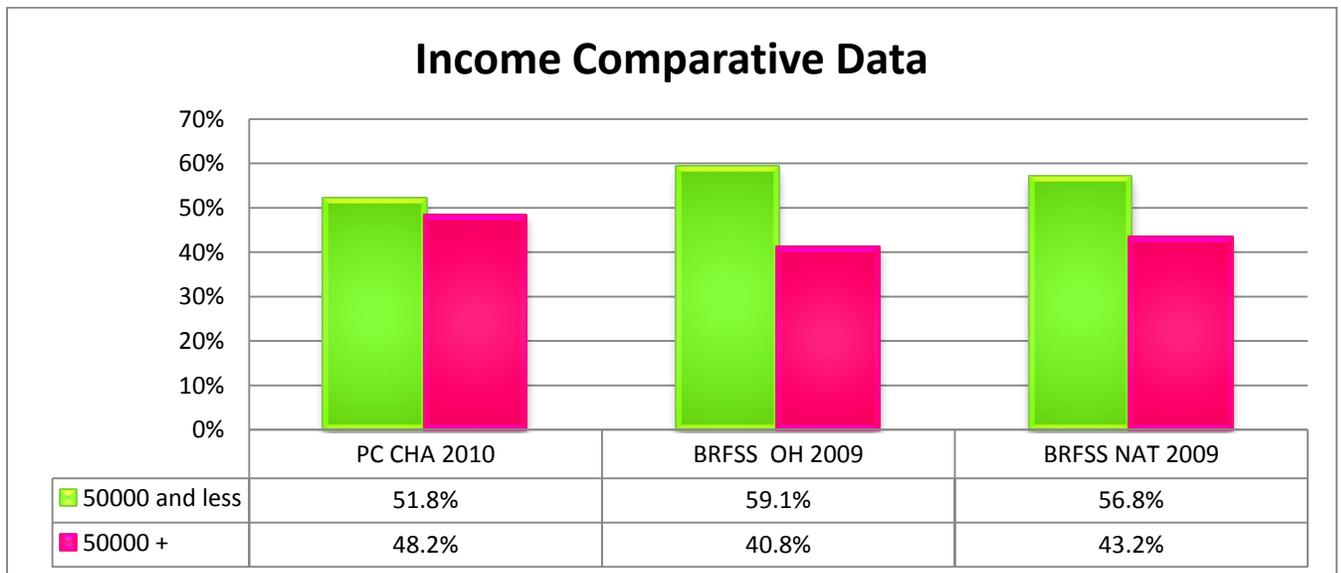
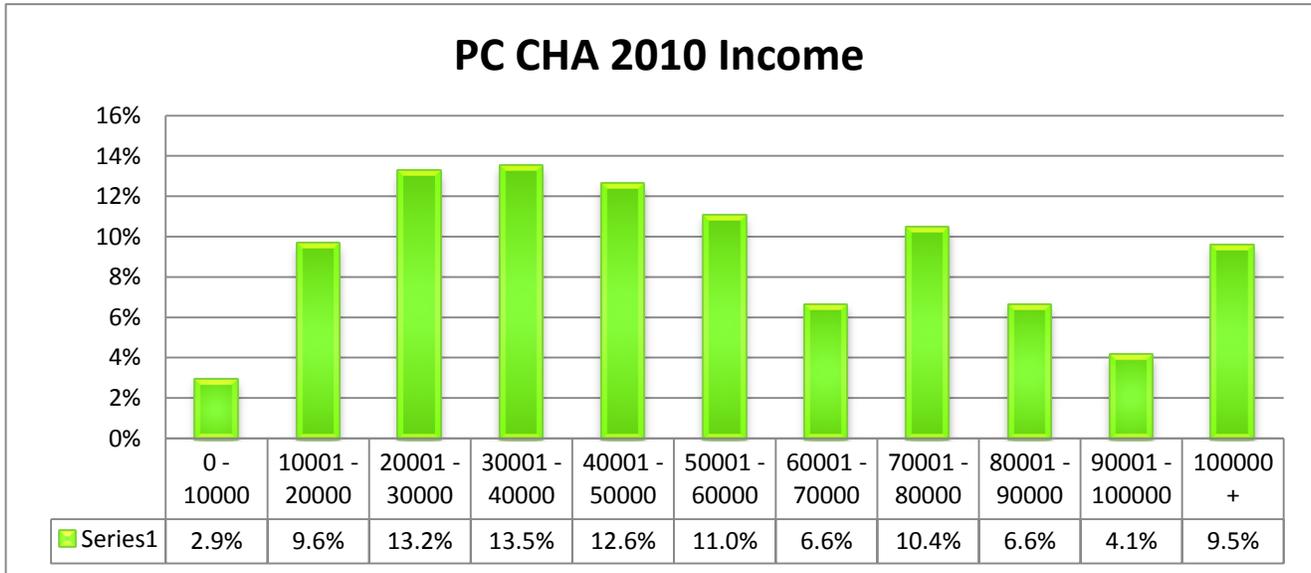


- The PC CHA 2010 respondents reported ages ranged from 20 years of age to 94 years of age.
- In 2004, the median respondent age was 46 years old.
- Ten years later, in 2010, the median respondent age was 56 years old.
- The mean, or average, age for 2004 was 47.48 years and 56.15 years in 2010.

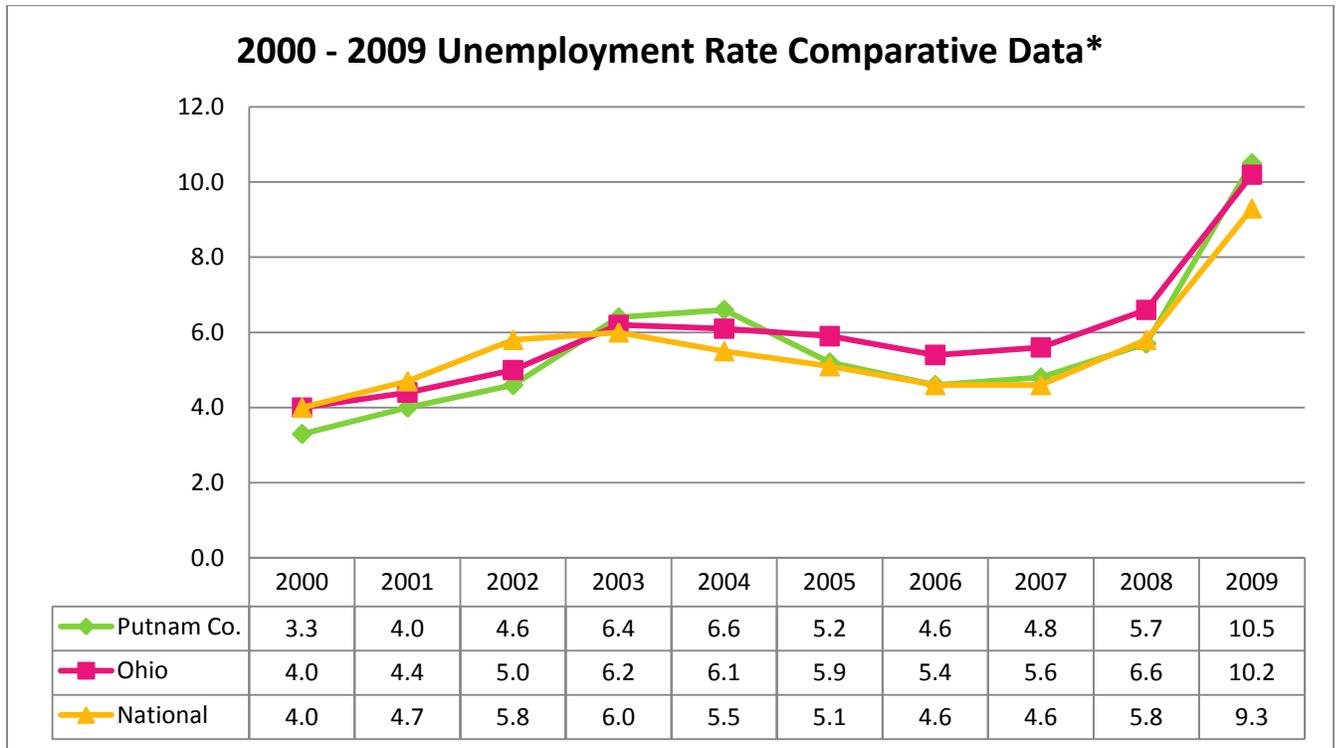
## Education Levels



## Income Levels



## Unemployment Trend Data<sup>1</sup>

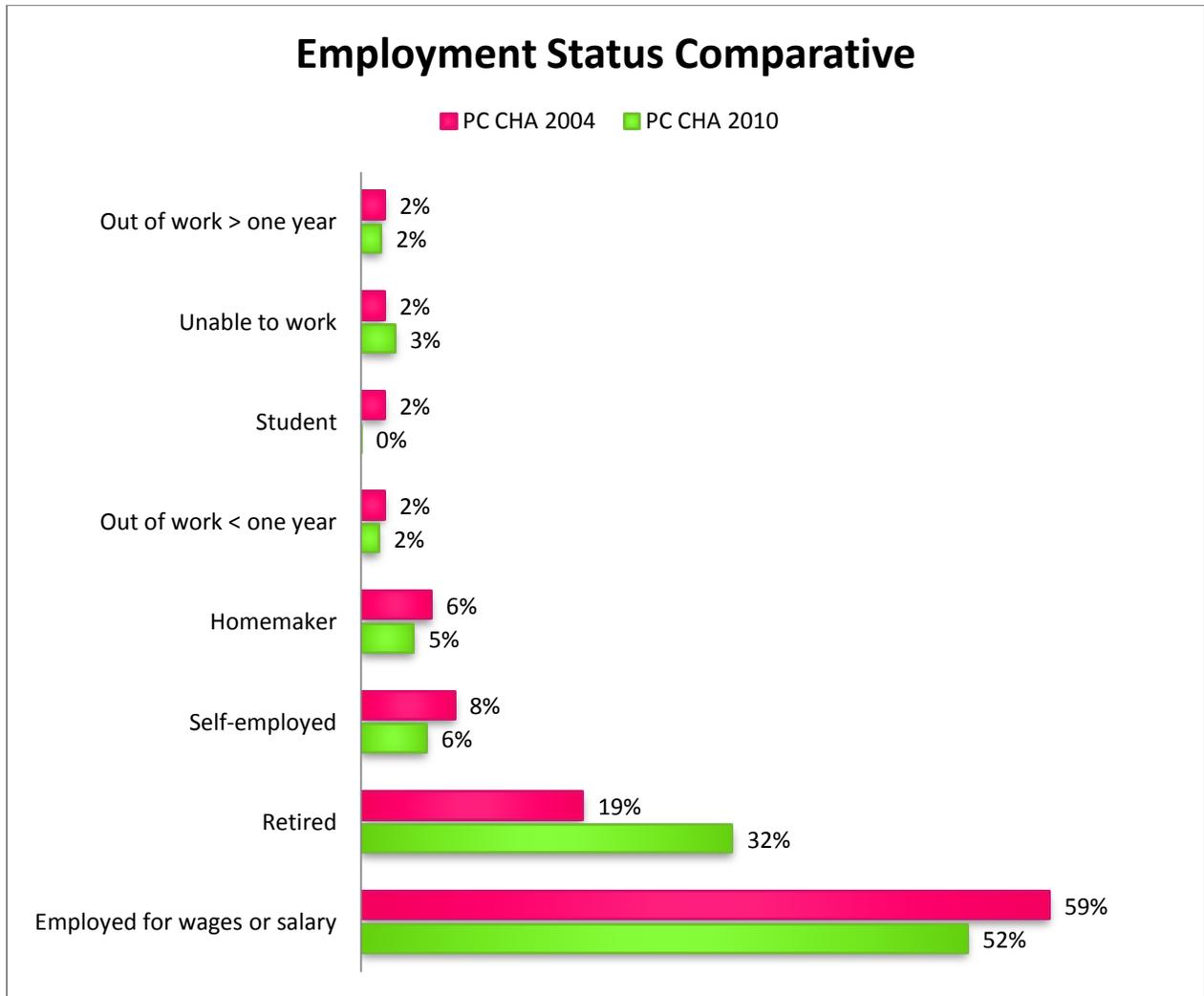


\* Not seasonally adjusted

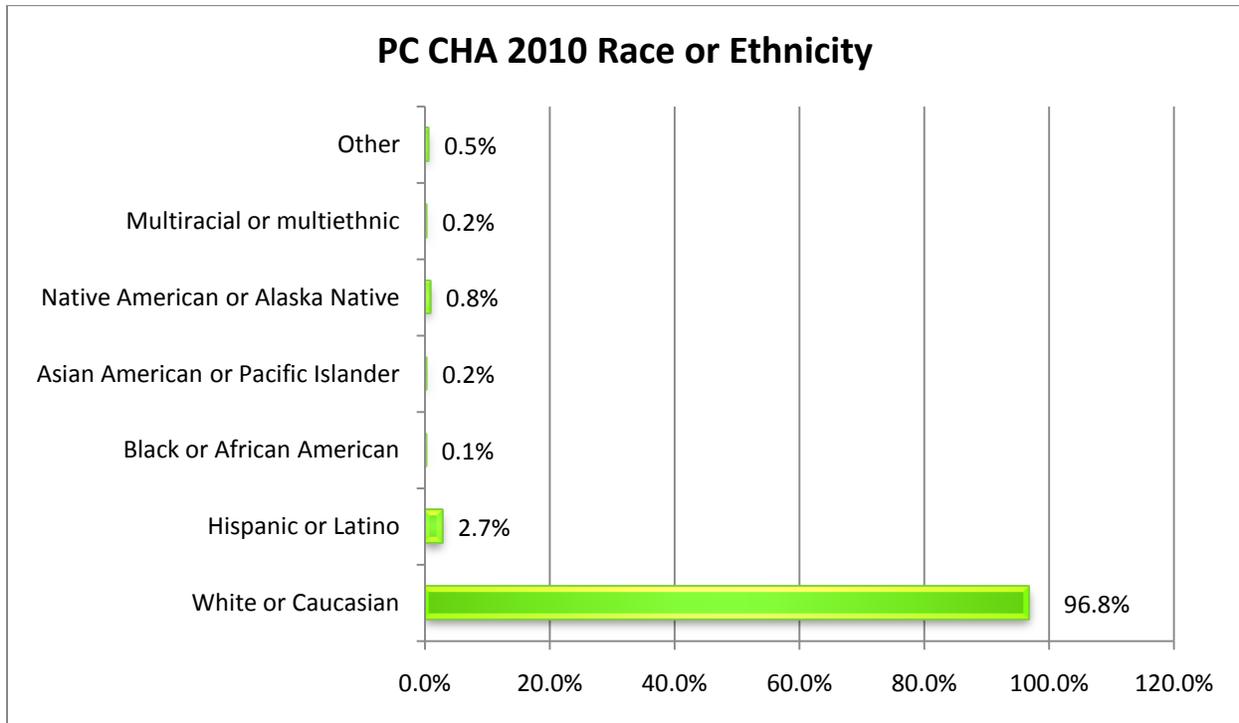
- According to Ohio Department of Job and Family Services data, in November 2010, the Putnam County unemployment rate (8.2) was ranked 76<sup>th</sup> among the 88 Ohio counties. In other words, 75 Ohio counties had higher unemployment rates than Putnam County. The rates ranged from 15.4 (Clinton County) to 6.7 (Delaware and Holmes Counties). The rates were not seasonally adjusted.

<sup>1</sup> Source: "Ohio Labor Market Information: Civilian Labor Force Estimates." Ohio Department of Job and Family Services.

## Employment Status



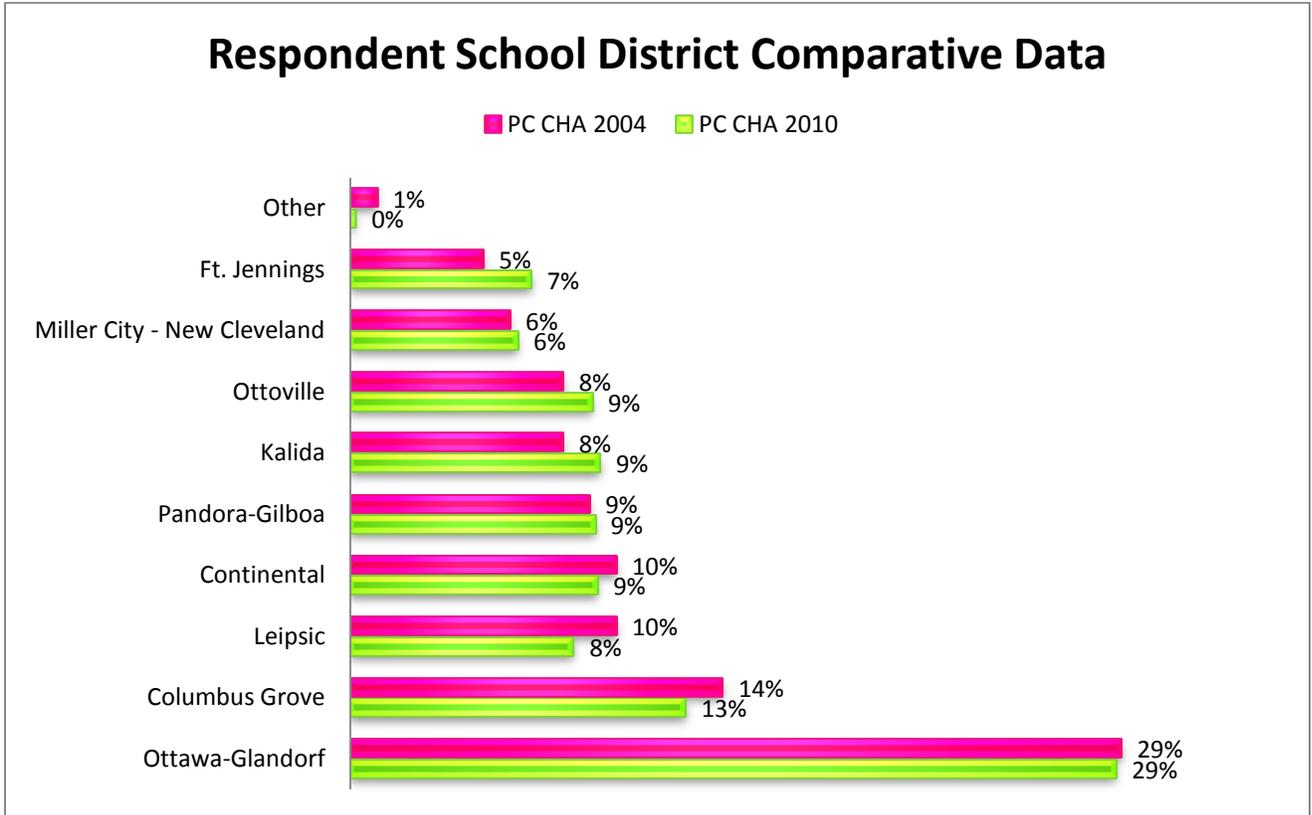
## Race or Ethnicity



- The classifications used for the PC CHA 2004 questionnaire are not directly comparable to the PC CHA 2010 racial or ethnic classifications.
- In 2004, 97 percent of respondents were “White Alone.”
- In 2004, 2 percent of respondents were “Hispanic or Latino of any race.”
- In 2004, 1 percent of respondents self-identified as “Other.”

## Survey Respondents' School District

**Q5. In which public school district do you live?**



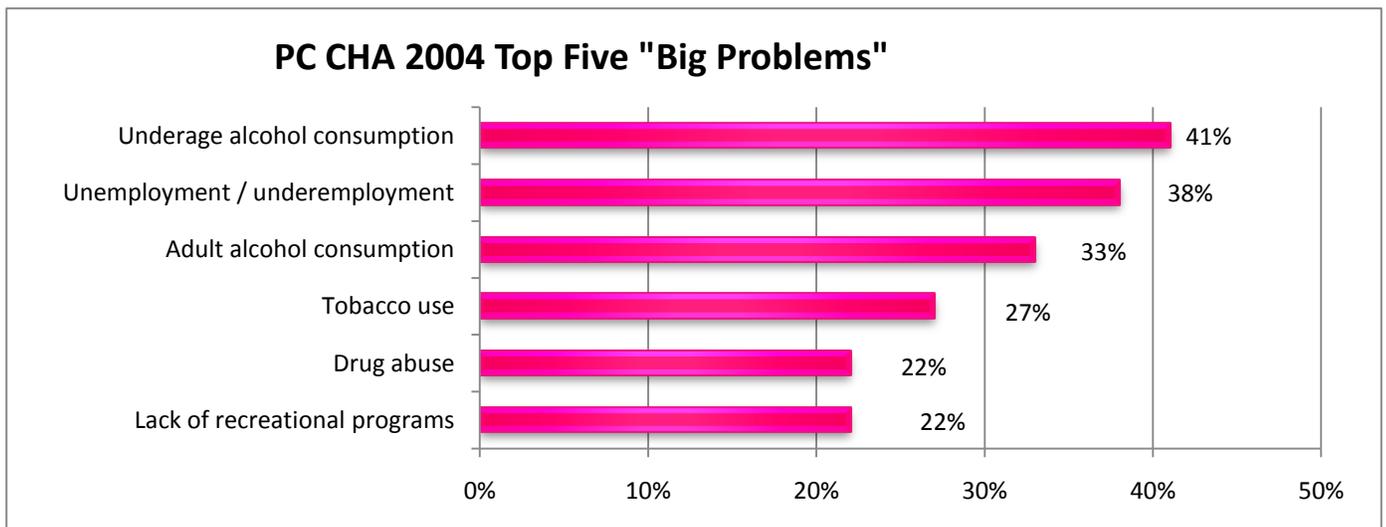
- School district representation was quite similar between the PC CHA 2004 data set and the PC CHA 2010 data set.

## Community Issues

In 2004, respondents were asked to indicate if a series of issues were a “Big Problem,” “Medium Problem,” “Small Problem,” or “Not a Problem.” In 2010, this section was significantly expanded. In fact, so many issues were added that the question block was broken into four sections. It should be noted that some issues were removed entirely. Adult issues were separated from youth-related issues. Sections A and B discuss those data respectively. The transportation question has been expounded upon, and comprises Section C. The original PC CHA 2004 responses immediately follow for ease of reference.

In 2004, respondents were asked to “Please think about the following community issues. Tell us whether you think each issue is a \_\_\_\_\_?” and gave the following responses.

	PC CHA 2004 Big Problem	PC CHA 2004 Medium Problem	PC CHA 2004 Small Problem	PC CHA 2004 Not a Problem
Underage alcohol consumption	41%	35%	18%	6%
Unemployment / underemployment	38%	38%	20%	5%
Adult alcohol consumption	33%	37%	22%	9%
Tobacco use	27%	39%	26%	9%
Drug abuse	22%	42%	29%	7%
Lack of recreational programs and resources	22%	33%	30%	16%
Teenage pregnancy	16%	40%	38%	7%
No public transportation	15%	22%	38%	26%
Domestic violence	13%	33%	42%	12%
Child abuse and neglect	11%	27%	50%	12%
Juvenile delinquency	10%	36%	46%	8%
Poverty	10%	28%	49%	13%
Crime	9%	35%	47%	9%



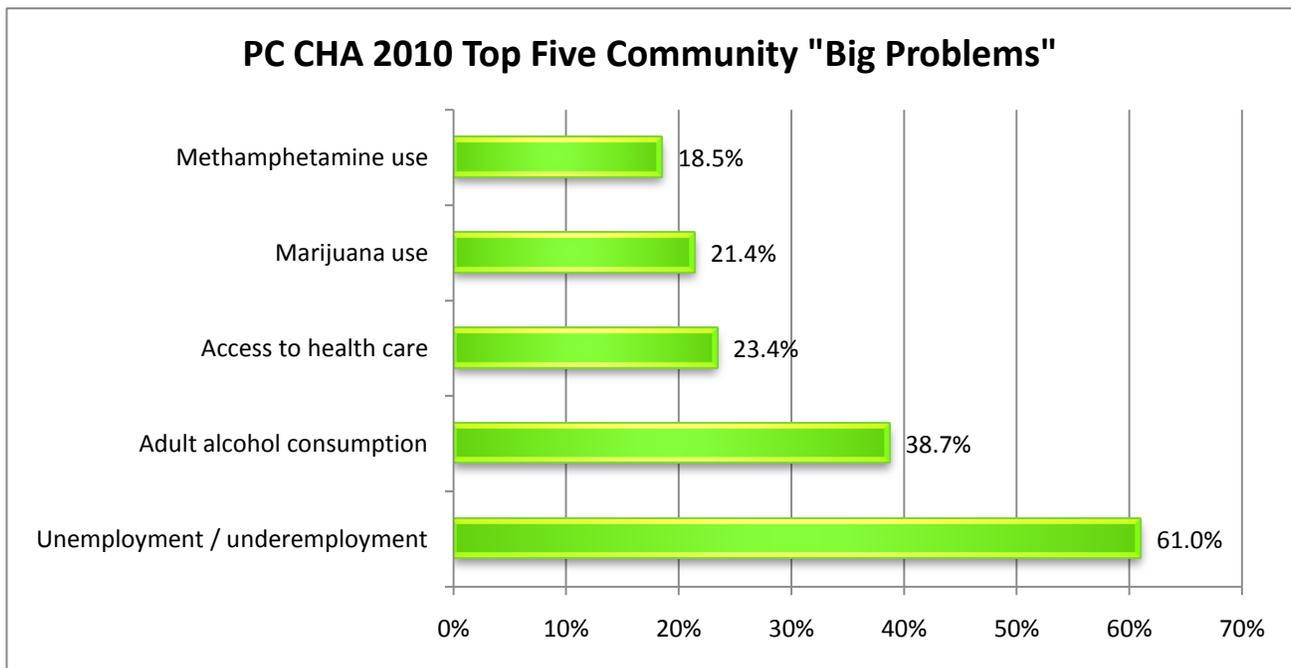
## Adult-Oriented Community Issues

The following table reflects only PC CHA 2010 data. This question was lengthy and in effort to keep respondents cognitively engaged, it was broken into two sections. Here, the data are combined.

**Q102 & Q103**

*Please think about the following community issues. Tell us whether you think each issue is a \_\_\_\_\_?*

	PC CHA 2010 Big Problem	PC CHA 2010 Medium Problem	PC CHA 2010 Small Problem	PC CHA 2010 Not a Problem
Unemployment / underemployment	61.0%	32.9%	5.4%	0.7%
Adult alcohol consumption	38.7%	38.0%	19.8%	3.5%
Access to health care	23.4%	39.8%	29.1%	7.7%
Marijuana use	21.4%	38.9%	35.1%	4.5%
Methamphetamine use	18.5%	30.2%	40.9%	10.4%
Other illegal drug use	17.8%	27.7%	42.3%	12.2%
Lack of recreational programs and resources	17.6%	32.3%	36.4%	13.6%
Prescription drug abuse	17.4%	31.2%	41.3%	10.1%
Poverty	16.5%	36.0%	42.4%	5.1%
Heroin use	16.2%	44.0%	23.5%	16.3%
Domestic violence	15.1%	41.5%	38.8%	4.6%
Crime	14.5%	39.6%	41.0%	4.9%
Elder abuse and exploitation	7.2%	21.2%	55.0%	16.5%



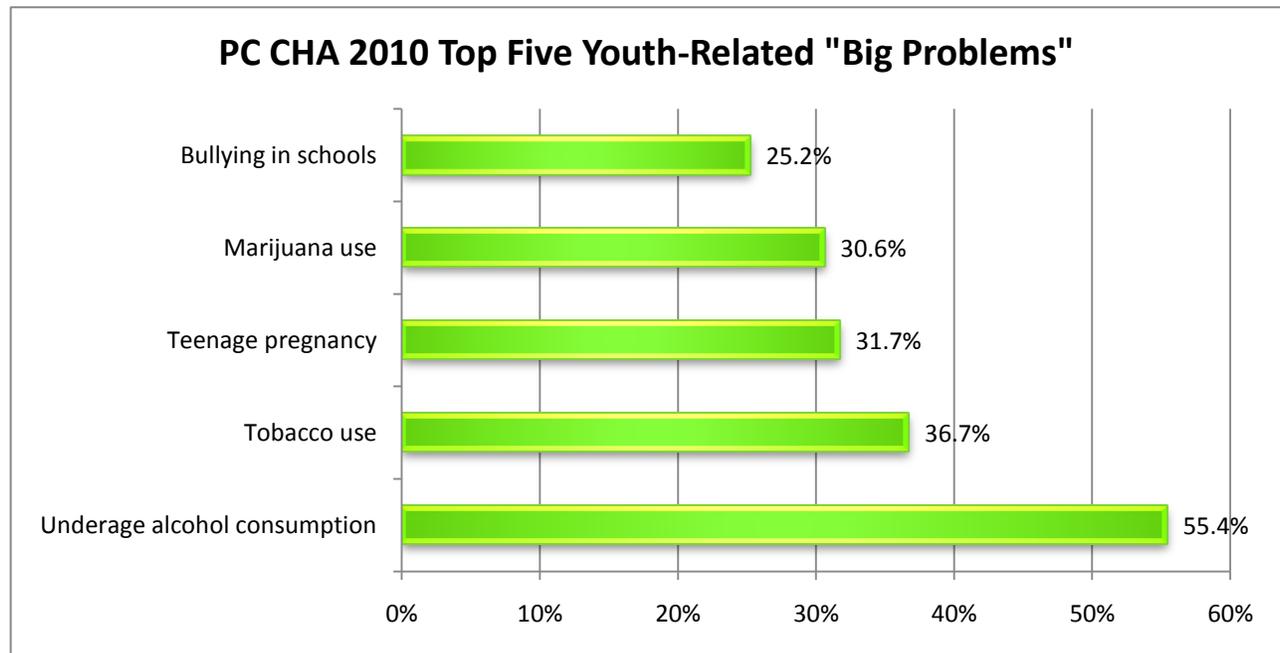
- The PC CHA 2004 sub-question “drug abuse” was expanded on the PC CHA 2010 questionnaire to include: marijuana use, methamphetamine use, heroin use, other illegal drug use and prescription drug abuse.
- Although respondents were offered qualitative response choices (“big problem,” “medium problem,” “small problem” and “not a problem”) these were quantified for statistical analyses. Here, the higher score indicates that an issue was considered a bigger problem. The response category “big problem” was given a value of four and the response category “not a problem” was assigned a value of one.
- Analyses of the means were conducted for each sub-question in Q102 and Q103 comparing the PC CHA 2010 data to the PC CHA 2004 data. Analyses of mean scores for “unemployment / underemployment” indicates a difference between the PC CHA 2004 mean score (3.19) and the PC CHA 2010 mean (3.54) that **is** statistically significant.
- Respondents viewed “poverty” as a bigger community problem according to the PC CHA 2010 analyses of means than they did in 2004. The PC CHA 2010 mean was 2.64 while it was 2.42 in 2004. The difference **is** statistically significant.
- Analyses of the means between the PC CHA 2004 and PC CHA 2010 indicate that respondents felt that “domestic violence” was a bigger problem in 2010 than it was in 2004. The mean response for the PC CHA 2004 data set was 2.59 whereas the mean score in 2010 was 2.67. This difference **is** statistically significant.
- The community issue “crime” was also considered a bigger problem in 2010 than in 2004 based on comparison of the mean scores from each data set. The mean score from the PC CHA 2010 was 2.64 and the mean score from the PC CHA 2004 was 2.54. This difference **is** statistically significant.
- The community issue “lack of recreational programs” was seen as a smaller problem according to PC CHA 2010 respondents than it was by PC CHA 2004 respondents. The means were 2.54 and 2.72 respectively. This difference **is** statistically significant.
- The difference between the PC CHA 2004 and the PC CHA 2010 mean scores for adult alcohol consumption was **not** statistically significant.

## Youth-Oriented Community Issues

**Q101** Please think about the following youth-related issues. Tell us whether you think each issue is a \_\_\_\_\_?

	PC CHA 2010 Big Problem	PC CHA 2010 Medium Problem	PC CHA 2010 Small Problem	PC CHA 2010 Not a Problem
Underage alcohol consumption	55.4%	33.9%	9.6%	1.1%
Tobacco use	36.7%	44.8%	16.9%	1.6%
Teenage pregnancy	31.7%	44.4%	23.2%	0.7%
Marijuana use	30.6%	45.6%	21.7%	2.1%
Bullying in schools	25.2%	40.2%	30.2%	4.3%
Methamphetamine use	24.4%	34.8%	33.0%	7.8%
Juvenile delinquency	23.5%	47.3%	27.8%	1.5%
Bullying in the way to / from school	23.0%	34.9%	35.1%	7.1%
Other illegal drug use	22.8%	29.9%	37.4%	9.9%
Child abuse and neglect	22.4%	41.5%	33.1%	3.0%
Heroin use	22.3%	25.4%	38.8%	13.6%
Prescription drug abuse	19.9%	31.1%	41.1%	7.8%
Parental awareness and engagement*	17.1%	45.5%	32.7%	4.7%
Safety and security on the way to / from school	8.0%	23.1%	47.5%	21.4%
Safety and security in schools	6.6%	23.1%	47.3%	23.0%

\* This issue was part of the adult-oriented section (Q103)



- As with the analyses of Q102 and Q103, respondents were offered qualitative response choices (“big problem,” “medium problem,” “small problem” and “not a problem”) for a series of youth-related issues which were then were quantified for statistical analyses. Again, higher scores indicate bigger problems. The response category “big problem” was given a value of four and the response category “not a problem” was assigned a value of one.
- Analyses of the means indicate that respondents viewed “teenage pregnancy” as a bigger problem in 2010 than in 2004. The mean response value from the PC CHA 2004 was 2.91 and 3.07 from the PC CHA 2010 data set. This difference **is** statistically significant.
- The difference between the PC CHA 2004 mean response and the PC CHA 2010 mean response for the youth-related community issue “child abuse and neglect” **is** statistically significant. In 2004, the mean response was 2.46 but jumped to 2.83 in 2010.
- Juvenile delinquency was seen as a bigger problem in 2010, than in 2004 according analyses of the means (2.54 in 2004 and 2.93 in 2010). This difference **is** statistically significant.
- Youth alcohol consumption was seen as a bigger problem by the PC CHA 2010 respondents than by the PC CHA 2004 respondents. In 2010, the mean value was 3.43 while it was 3.28 in 2004. This difference **is** statistically significant.

**Q99** *Please tell us how wrong you think it is for youth in Putnam County to use . . .*

	PC CHA 2010 Very Wrong	PC CHA 2010 Somewhat Wrong	PC CHA 2010 Not Very Wrong	PC CHA 2010 Not at all Wrong
Other illegal drugs	97.8%	1.2%	0.5%	0.5%
Marijuana	93.5%	4.8%	1.0%	0.7%
Tobacco	80.4%	16.8%	1.8%	0.9%
Alcohol	70.4%	25.3%	3.2%	1.0%

- Although underage alcohol consumption was identified as the number one “big problem” in Putnam County (Q98), only 70 percent of Q99 respondents view the use of alcohol by Putnam County’s youth as “very wrong.” Conversely, “other illegal drug use” was ranked 9<sup>th</sup> in terms of “big problems” but viewed by nearly 30 percent more respondents as “very wrong” for Putnam County youth to use.

**Q100** *Please tell us how easy it is for youth in Putnam County to get . . .*

	PC CHA 2010 Very Easy	PC CHA 2010 Somewhat Easy	PC CHA 2010 Somewhat Difficult	PC CHA 2010 Very Difficult
Alcohol	36.3%	43.4%	15.0%	4.4%
Tobacco	33.5%	44.0%	19.2%	3.3%
Marijuana	19.6%	41.9%	32.8%	5.8%
Methamphetamines	10.7%	30.8%	41.4%	17.2%
Other illegal drugs	10.1%	28.5%	42.6%	18.8%
Heroin	9.0%	24.1%	40.8%	26.1%

- According to Q100, alcohol is the easiest of the six illegal substances for youth to get.

## YBRS Comparative Data

The following statistics were culled from the 2007 *Center for Disease Control's Ohio High School Youth Risk Behavior Survey* (OH YRBS):

- 25.1 percent of Ohio high school student respondents reported that they “Felt sad or hopeless almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey.”
- 13.4 percent of respondents had “Seriously considering attempting suicide.”
- 7.2 percent of Ohio YRBS respondents had “Attempted suicide one or more times during the 12 months before the survey.”
- 22.8 percent of Ohio YRBS respondents “Rode with a driver who had been drinking alcohol one or more times in a car or other vehicle during the past 30 days before the survey.”
- 9.5 percent of respondents “Drove when drinking alcohol one or more times in a car or other vehicle in the past 30 days before the survey.”
- 51.2 percent of respondents reported having “Ever tried smoking.”
- 76.0 percent of OH YRBS respondents have “Ever had at least one drink of alcohol on at least one day during their life.”
- 45.7 percent of respondents indicated that they “Had at least one drink of alcohol on at least one day in the past 30 days.”
- 28.8 percent reported that they had engaged in binge drinking which is defined as having “five or more drinks of alcohol in a row within a couple of hours on at least one day” (in the past 30 days).
- 33.8 percent of OH YRBS respondents “Ever tried marijuana one or more times during their life.”
- 3.5 percent of respondents have “Ever used heroin one or more times.”
- 5.9 percent of respondents have “Ever used methamphetamines one or more times.”
- 44.5 percent of respondents have “Ever had sexual intercourse.”
- Of the sexually active respondents:
  - 39.9 percent did not use a condom during last sexual intercourse.
  - 22.5 percent drank alcohol or used drugs before last sexual intercourse.
  - 82.6 percent did not use birth control pills before last sexual intercourse
  - 91.5 percent did not use both a condom during and birth control pills or Depo-Provera before last sexual intercourse.

## Community Engagement

In 2004, respondents were asked “*In a week’s time, how many face-to-face contacts do you have with individuals in your neighborhood?*” and given five response categories to chose from (“None,” “1 to 3,” “4 to 6,” “7 or more,” or “Don’t know/not sure.”). The responses from the PC CHA 2004 immediately follow.

	PC CHA 2004
None	7%
1 to 3	43%
4 to 6	24%
7 or more	21%
Don’t know / not sure	5%

- In 2010, Q98 asked respondents “*In a week’s time, how many face-to-face contacts do you have with individuals in your neighborhood?*” but not given response categories to chose from. Instead, respondents were given a line to enter “(number of contacts).” Responses were both qualitative (“lots,” “many,” “too many to count,” and so on) and quantitative. Respondents’ verbatim qualitative responses are given in the Appendix.
- Considering only the 704 quantifiable responses, the mean number of contacts was 61.50 while the median number of contacts was thirty. The response range was 0 – 1000 contacts in a week’s time.

## Community Safety

**Q104** *How safe from crime do you consider your community to be?*

	PC CHA 2010	PC CHA 2004
Extremely safe	10.9%	16%
Quite safe	70.6%	66%
Slightly safe	16.7%	13%
Not at all safe	1.8%	2%
Don't know / not sure	*	2%

- In 2010, “don’t know / not sure” was removed from the statistical analyses and is indicated by an asterisk.

## Personal Safety

In 2004, respondents were asked “*In the past 12 months, have you experienced any violence? By violence, we mean being pushed, slapped, hit, punched, shaken, kicked, choked, etc. or being forced to take part in any sexual activity you didn’t want to? (do not include any situations that involved threats only).*” However, in 2010, this question was broken into two, separate questions. The following three tables show the data for the PC CHA 2004 original question as well as both PC CHA 2010 questions respectively.

	PC CHA 2004
Yes	3%
No	97%

**Q67** *In the past 12 months, have you experienced any physical violence? By violence, we mean being pushed, slapped, hit, punched, shaken, kicked, choked, etc.*

	PC CHA 2010
Yes	1.8%
No	98.2%

- Cross-tabulation analyses indicated that respondents that reported being married at the time of completing the PC CHA 2010 questionnaire said “yes” to Q67 less often than respondents that were not currently married (0.7 percent married and 4.8 percent not currently married). This difference is statistically significant.

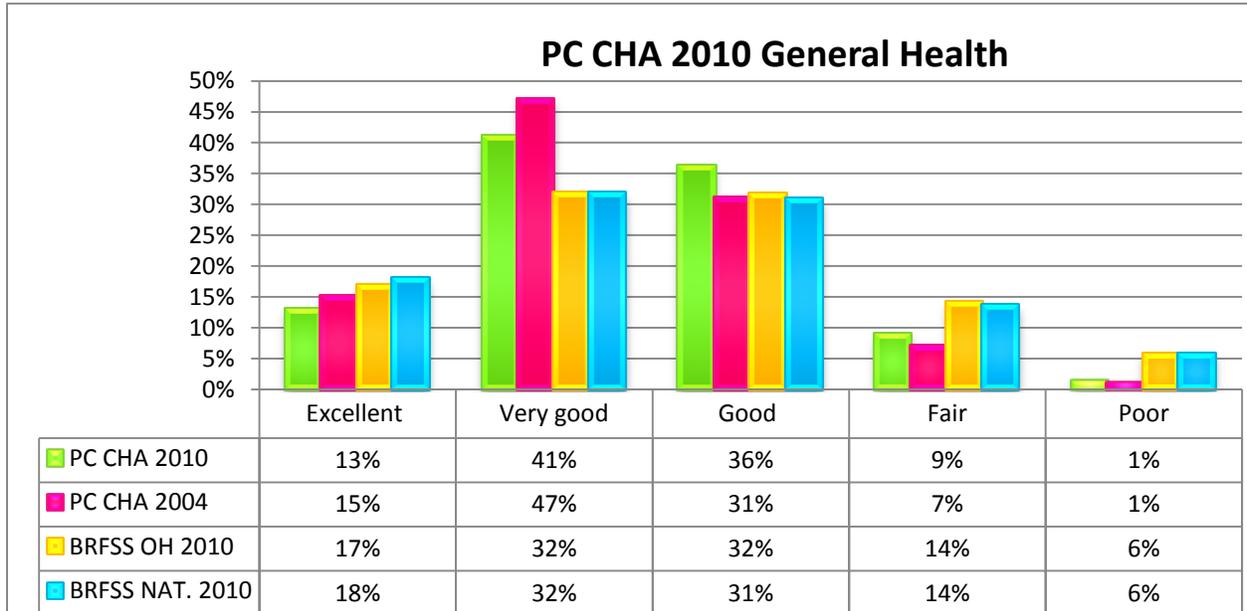
**Q68** *In the past 12 months, have you been forced to take part in any sexual activity you did not want to?*

	PC CHA 2010
Yes	0.1%
No	99.9%

## General Health & Access

### Perceptions of Individual Health

**Q6.** *Would you say in general your health is:*



- The PC CHA 2010 mean (3.55) reflects a slight decrease from the PC CHA 2004 mean (3.63). However, the difference is **not** statistically significant.
- The difference between the PC CHA 2010 mean score (3.55) and the BRFSS Ohio 2009 mean score (3.40) **is** statistically significant.
- Analyses indicate that women reported a higher mean general health than men (3.63 to 3.45 respectively). This difference **is** statistically significant.
- Analyses of the means indicate that as age increases, mean health decreases. This difference **is** statistically significant.
- Analyses of the means indicate that respondents that reported being married also reported better general health (3.62 married; 3.37 all other marital statuses categories collapsed). This difference **is** statistically significant.
- Analyses of the means indicate that respondents who reported an annual income of \$50,000 or more also reported better general health (3.89 income \$50,000 and above; 3.26 below \$50,000). This difference **is** statistically significant.
- The PC CHA 2010 mean (3.55) is slightly higher than the BRFSS NAT. 2009 mean (3.43). This difference **is** statistically significant.

## Exercise and Diet

**Q69** *During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Yes	76%	78%	71%	73%

- This table shows the comparative data between those respondents that said “yes” in PC CHA 2010, PC CHA 2009, BRFSS Ohio 2009 and BRFSS National 2009.
- The difference between the PC CHA 2010 (76.1 percent) and BRFSS National 2009 (72.8 percent) **is** statistically significant.
- The difference between the PC CHA 2010 (76.1 percent) and BRFSS Ohio 2009 (70.9 percent) **is** statistically significant.

**Q70** *Generally, how many times per week do you take part in physical activities or exercise?*

	PC CHA 2010
0 times	0.1%
1-2 times	28.3%
3-4 times	42.1%
5 or more	29.7%

\* Percentages do not equal 100 percent due to rounding error

- Q70 is the first of two follow-up questions asked of respondents that answered “yes” to Q69. Not all of the 770 respondents that answered “yes” to Q69 answered Q70 (respondents = 744).
- Responses ranged from zero times per week to fourteen times per week that respondents reported participating in physical activity or exercise. The mean number of times that respondents indicated they take part in physical exercise was 3.62 times per week. In 2004, the mean number of times that respondents took part in physical activity was 3.62 times per week. This difference **is not** statistically significant.
- Of those PC CHA 2010 respondents that took part in physical activity in the past month, nearly 72 percent did so 3 times or more per week.

**Q71 How much time do you usually spend each time you take part in physical activities or exercise?**

	PC CHA 2010
Less than 61 minutes	87.7%
61 - 120 minutes	8.2%
121 – 179 minutes	1.6%
180 – 240 minutes	2.1%

\* Percentages do not equal 100 percent due to rounding error

- Q71 is the second follow-up question for those respondents that answered “yes” to Q69. Here, 740 of the 770 “yes” respondents to Q69 answered this question.
- Respondents were asked to indicate the number of minutes they spend exercising each time they exercise. Responses ranged from 3 to 240 minutes per time spent in physical activity.
- The mean amount of time spent exercising or participating in physical activity was 48.94 minutes. In 2004, the mean amount of time spent exercising was 44.68 minutes. This difference **is** statistically significant.

**Q72 Are you now trying to . . .**

	PC CHA 2010 Yes	PC CHA 2004 Yes
Lose weight?	53.1%	57.1%
Stay at the same weight?	43.5%	37.7%
Gain weight?	2.1%	1.1%

- The difference between the PC CHA 2010 and PC CHA 2004 data sets for “stay at the same weight” **is** statistically significant.
- The differences between “lose weight” and “gain weight” are **not** statistically significant.

**Q73 If you are trying to lose weight or stay the same weight, are you. . . (check all that apply)**

	PC CHA 2010 Yes	PC CHA 2004 Yes
Eating fewer calories and/or less fatty foods?	66%	58%
Increasing your physical activity or exercise?	50%	53%
Using a commercial weight loss product or program?	3%	6%
Other	7%	3%
Does not apply	*	15%

\* not included in the data analysis

**Q74 Overall, would you say that you eat a balanced diet?**

	PC CHA 2010	PC CHA 2004
Yes	68.4%	69.6%

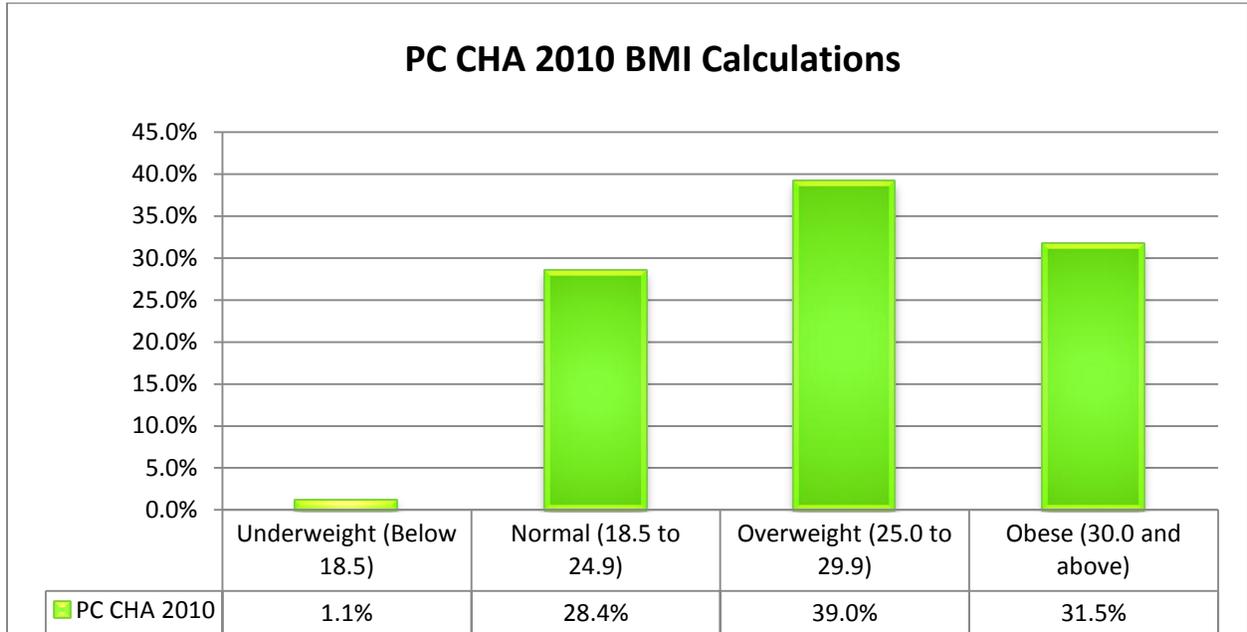
- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.

**Q75 Typically, one serving of a fruit or vegetable is about ½ cup in size. Generally, how many servings of fruits and vegetables do you eat each day?**

- The mean number of servings of fruits and vegetables was 1.8 and 1.9 respectively. The minimum number of servings for either was zero. The maximum daily number of servings of fruit reported was 6 while the maximum daily number of servings of vegetables reported was eight.

## Body Mass Index Calculations

Respondents were asked to provide their weight in pounds and their height in feet and inches. These measurements were used to calculate respondents' BMI's.



- The mean weight in 2004 was 169.69 pounds. In 2010, the mean weight was 182.13 pounds. This difference **is** statistically significant.
- The difference between BRFSS Ohio 2009 mean weight (177.60 pounds) and the PC CHA 2010 mean weight (182.13 pounds) **is** statistically significant.
- The mean weight reported in the BRFSS National 2009 data set was 174.75 pounds. The mean weight reported in the PC CHA 2010 data set was 182.13. This difference **is** statistically significant.

## Dental Care

**Q11** *How long has it been since you last visited a dentist or dental health clinic for any reason?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2008	BRFSS NAT. 2008
Never been to dentist	0.4%	0.5%	0.6%	0.6%
Within the past year	73.7%	75.3%	71.4%	69.1%
Within the past 2 years	8.8%	9.3%	9.1%	10.1%
Within the past 5 years	6.3%	5.6%	8.0	8.7%
5 or more years ago	10.8%	9.3%	10.9	11.5%

- The mean response in 2004 was 1.50 but was 1.55 in 2010. This difference is **not** statistically significant.
- The mean response reported in the BRFSS Ohio 2008 was 1.60 but was 1.55 in the PC CHA 2010. This difference is **not** statistically significant.
- Analyses of the means indicates a difference that **is** statistically significant between the PC CHA mean (1.55) and the BRFSS National 2008 mean (1.65).

**Q12** *How long has it been since you had your teeth “cleaned” by a dentist or dental hygienist?*

	PC CHA 2010	PC CHA 2004
Never had teeth cleaned	2.6%	2.6%
Within the past year	70.8%	73.0%
Within the past 2 years	8.6%	8.0%
Within the past 5 years	6.4%	6.2%
5 or more years ago	11.7%	10.3%

- The mean response in 2004 was 1.62 but was 1.67 in 2010. This difference is **not** statistically significant.

**Q13** *What is the main reason you have not visited the dentist in the last year?*

Only respondents that had never been to the dentist or had not been to the dentist in the past year.	PC CHA 2010 Yes	PC CHA 2004 Yes
Cost/can't afford to go	16%	30%
No reason to go/no problems with teeth	11%	23%
Have dentures/false teeth	13%	16%
Dislike going (fear, nervous, pain, etc.)	8%	16%
Other priorities/no time in schedule	3%	6%
Do not have or know a dentist	1%	5%
No transportation to dental office	0%	0%
Other	4%	1%
Does not apply	44%	2%

## Blood Cholesterol

**Q14** *Blood cholesterol is a fatty substance in the blood. How long has it been since you last had your blood cholesterol checked?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Never had cholesterol checked	11%	27%	11%	11%
Within the past year	66%	44%	69%	68%
Within the past 2 years	14%	15%	10%	10%
Within the past 5 years	6%	8%	6%	7%
5 or more years ago	4%	7%	4%	3%

- Analyses of the mean values reveal a difference that **is** statistically significant between the PC CHA 2004 value (2.38) and the PC CHA 2010 value (1.81).
- The difference between the PC CHA 2010 mean (1.81) and the BRFSS OH 2009 mean (1.79) is **not** statistically significant.
- The difference between the PC CHA 2010 mean (1.81) and the BRFSS NAT 2009 mean (1.79) is **not** statistically significant.

**Q41A** *Ever been told by a doctor, nurse, or health professional that you have high cholesterol?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Yes	42%	26%	45%	44%

- The difference between PC CHA 2010 and PC CHA 2004 **is** statistically significant.
- The difference between the PC CHA 2010 and the BRFSS OH 2009 **is** statistically significant.
- The difference between PC CHA 2010 and BRFSS NATIONAL 2009 is **not** statistically significant.
- Cross-tabulation analyses indicate that more men than women had ever been told they had high cholesterol (47.5 percent of men; 36.9 percent of women). This difference **is** statistically significant.
- Cross-tabulation analyses indicate that more respondents with annual incomes of \$50,000 or more had been told they had high cholesterol than respondents with annual incomes of less than \$50,000 (45.9 percent and 35.2 percent respectively). This difference **is** statistically significant.
- Cross-tabulation analyses also implicated a positive correlation between age and the likelihood that a respondent had been told they had high cholesterol. This difference **is** statistically significant.

## Blood Pressure

**Q28** *Are you currently taking medicine for high blood pressure?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Yes	40%	24%	86%	85%

- The difference between PC CHA 2010 and PC CHA 2004 **is** statistically significant.
- The difference between the PC CHA 2010 and the BRFSS OH 2009 is statistically significant.
- The difference between the PC CHA 2010 the BRFSS NATIONAL 2009 **is** statistically significant.

**Q41B** *Ever been told by a doctor, nurse, or health professional that you have high blood pressure?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Yes	44%	30%	44%	41%

- The difference between PC CHA 2010 and PC CHA 2004 **is** statistically significant.
- The difference between the PC CHA 2010 and BRFSS OH 2009 data is **not** statistically significant.
- The difference between the PC CHA 2010 and BRFSS NAT 2009 data is **not** statistically significant.
- Cross-tabulation analyses showed that more, older respondents had been told they had high blood pressure than younger respondents. This difference **is** statistically significant.
- Analyses indicated that more respondents with annual incomes of \$50,000 or more reported that they had high blood pressure than those with annual incomes below \$50,000 (53.3 percent and 32.6 percent respectively). This difference **is** statistically significant.

**Health Fair & Screening**

**Q35** *Have you ever attended a health fair?*

	PC CHA 2010
Yes	42.4%
No	57.6%

**Q36** *Did you receive any free health screenings for the following?*

	PC CHA 2010 Yes
Skin cancer screening	44.7%
High blood pressure screening	71.3%
Diabetes screening	51.9%
Osteoporosis screening	49.3%

- Only the 415 respondents that answered “yes” to Q35 were asked to answer Q36.

## Health Care Access

**Q7** *Do you have one person you think of as your personal doctor or health care provider?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Yes, only one	61%	78%	84%	79%
Yes, more than one	35%	14%	6%	8%
No	4%	7%	10%	13%

\* Percentages do not equal 100 percent due to rounding error

- The differences between the answers for all three PC CHA 2010 response categories (“yes, only one,” “yes, more than one,” and “no”) and all three corresponding PC CHA 2004 response categories **are** statistically significant.
- The differences between the answers for all three PC CHA 2010 response categories (“yes, only one,” “yes, more than one,” and “no”) and all three corresponding BRFSS Ohio 2009 response categories **are** statistically significant.
- The differences between the answers for all three PC CHA 2010 response categories (“yes, only one,” “yes, more than one,” and “no”) and all three corresponding BRFSS NATIONAL 2009 response categories **are** statistically significant.

**Q8** *Do you have any kind of health care coverage, including health insurance, HMO’s, or government plans, such as Medicare or Medicaid?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Yes	95%	94%	91%	90%

- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.
- The difference between PC CHA 2010 and BRFSS OH 2009 **is** statistically significant.
- The difference between PC CHA 2010 and BRFSS NATIONAL 2009 **is** statistically significant.
- According to the BRFSS Ohio 2009, 85.5 percent of adults aged 18 – 64 had any kind of health care coverage.

**Q9** *Was there ever a time in the past 12 months when you needed medical care, but could not get it?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Yes	5%	6%	11%	12%

- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.
- The difference between PC CHA 2010 and BRFSS OH 2009 **is** statistically significant.
- The difference between PC CHA 2010 and BRFSS NATIONAL 2009 **is** statistically significant.

**Q10** *If yes, what was the main reason you did not get the medical care you needed?*

	PC CHA 2010 Yes	PC CHA 2004 Yes
Cost (including no insurance)	71%	62%
Office wasn't open when I could get there	6%	15%
Too long of a wait for an appointment	8%	6%
No transportation	0%	5%
Medical provider wouldn't take my insurance	4%	5%
Too long of a wait in the waiting room	2%	0%
No child care	0%	0%
No access for people with disabilities	0%	0%
Other	8%	4%
Does not apply	*	3%

- In 2010, “does not apply” was removed from the statistical analyses and is indicated by an asterisk.
- This table only looks at the responses for the 50 respondents that answered “yes” there had been a time in the past 12 months that they needed medical care but could not get it (PC CHA 2010 Q9).

**Q79** *In the past 12 months, have you ever had to choose between paying for prescription drugs or medical care versus another essential life need, such as food or clothing?*

	PC CHA 2010	PC CHA 2004
Yes	8.2%	8.4%

- The difference between the PC CHA 2010 data and the PC CHA 2004 data is **not** statistically significant.

## Men's Health – All Male Respondents

**Q33** *A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. It is normally recommended for men over the age of 40. How long has it been since your last PSA test?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2008	BRFSS NAT 2009
Never had a PSA test	32%	51%	29%	30%
Within the past year	44%	36%	52%	50%
Within the past 2 years	13%	7%	10%	10%
Within the past 3 years	3%	2%	4%	4%
Within the past 5 years	4%	2%	3%	4%
5 or more years ago	3%	2%	3%	3%

- This table reflects data for all PC CHA 2010 male respondents.
- The PC CHA 2004 mean was 3.41 whereas the PC CHA 2010 mean was 3.06 but this difference is **not** statistically significant.
- Analyses of the means indicate a difference between the BRFSS Ohio 2008 data and the PC CHA 2010 data set indicate that **is** statistically significant. The PC CHA 2010 mean was 3.06 and the BRFSS OH 2008 mean was 2.80.
- The PC CHA 2010 mean of 3.06 is not statistically significant from the BRFSS NAT 2009 mean (2.89).

**Q34** *A digital rectal exam is an exam in which a doctor, nurse, or other health care professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. It is normally recommended for men over the age of 40. How long has it been since your last digital rectum exam?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2008	BRFSS NAT 2009
Never had a digital rectum exam	30%	42%	21%	27%
Within the past year	30%	27%	43%	38%
Within the past 2 years	14%	12%	13%	12%
Within the past 3 years	6%	6%	6%	7%
Within the past 5 years	8%	3%	6%	6%
5 or more years ago	12%	10%	11%	9%

- This table reflects data for all PC CHA 2010 male respondents.
- The difference between the PC CHA 2004 mean (3.52) and the PC CHA 2010 mean (3.49) is **not** statistically significant.
- Analyses between the PC CHA 2010 data set and the BRFSS OH 2008 data set indicate a difference that **is** statistically significant between the 2010 mean (3.49) and the Ohio mean (2.91).
- The difference between the PC CHA 2010 mean (3.49) and the BRFSS NAT 2009 mean (3.17) **is** statistically significant.
- The differences between the answers for all six PC CHA 2010 response categories and the six corresponding BRFSS NATIONAL 2009 response categories **are** statistically significant.

**Men’s Health – Male Respondents Age 40 and older**

**Q33** *A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. It is normally recommended for men over the age of 40. How long has it been since your last PSA test?*

	PC CHA 2010
Never had a PSA test	21.4%
Within the past year	51.6%
Within the past 2 years	15.4%
Within the past 3 years	3.8%
Within the past 5 years	4.1%
5 or more years ago	3.6%

**Q34** *A digital rectal exam is an exam in which a doctor, nurse, or other health care professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. It is normally recommended for men over the age of 40. How long has it been since your last digital rectum exam?*

	PC CHA 2010
Never had a digital rectum exam	20.3%
Within the past year	35.7%
Within the past 2 years	16.5%
Within the past 3 years	6.8%
Within the past 5 years	8.6%
5 or more years ago	12.2%

**Women's Health - All Female Respondents**

**Q29** *A clinical breast exam is when a doctor, nurse, or healthcare professional feels the breast for lumps. How long has it been since your last clinical breast exam?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT 2009
Never had a clinical breast exam	4%	5%	7%	9%
Within the past year	70%	70%	62%	62%
Within the past 2 years	11%	13%	14%	14%
Within the past 3 years	4%	4%	6%	5%
Within the past 5 years	4%	4%	4%	4%
5 or more years ago	6%	5%	7%	6%

- This table reflects data for all PC CHA 2010 female respondents.
- The difference between the PC CHA 2010 mean (1.78) and the PC CHA 2004 mean (1.76) is **not** statistically significant.
- The BRFSS OH 2009 found a mean value of 2.01 which **is** statistically significant compared to the PC CHA 2010 mean (1.78).
- Analyses of means indicate that the difference between the PC CHA 2010 mean (1.78) and the BRFSS National 2009 mean (2.07) **is** statistically significant.

**Q30** *A mammogram is an x-ray of each breast to look for breast cancer. How long has it been since your last mammogram?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2008	BRFSS NAT 2009
Never had a mammogram	20%	28%	19%	19%
Within the past year	56%	49%	53%	53%
Within the past 2 years	11%	12%	13%	13%
Within the past 3 years	4%	4%	6%	5%
Within the past 5 years	4%	3%	4%	4%
5 or more years ago	6%	4%	6%	6%

- This table reflects data for all PC CHA 2010 female respondents.
- The difference between the PC CHA 2010 and PC CHA 2004 means **is** statistically significant. The mean response in 2004 was 2.87 and 2.51 in 2010.
- The difference between the PC CHA 2010 mean (2.51) and the BRFSS OH 2008 mean (2.53) is **not** statistically significant.
- The difference between the PC CHA 2010 mean (2.51) is **not** statistically significant from the BRFSS NAT 2009 mean (2.52).

**Q31 How often do you perform a breast self-examination? Please check all that apply.**

	PC CHA 2010	PC CHA 2004
At least once a week	9.0%	5.4%
Every month	32.1%	23.6%
Not regularly	54.9%	40.6%
I'm not sure how to correctly do a breast self-exam	4.0%	5.2%

- This table reflects data for all PC CHA 2010 female respondents.
- The difference between PC CHA 2010 and PC CHA 2004 for the response category “at least every week” **is** statistically significant.
- The difference between PC CHA 2010 and PC CHA 2004 for the response category “every month” **is** statistically significant.
- The difference between PC CHA 2010 and PC CHA 2004 for the response category “not regularly” **is** statistically significant.
- The difference between PC CHA 2010 and PC CHA 2004 for the response category “not regularly” **is not** statistically significant.

**Q32 A Pap smear is a test for cancer of the cervix. How long has it been since you had your last Pap smear?**

	PC CHA 2010	PC CHA 2004	BRFSS OH 2008	BRFSS NAT 2009
Never had had a Pap smear	2%	3%	4%	6%
Within the past year	51%	61%	51%	52%
Within the past 2 years	18%	13%	16%	16%
Within the past 3 years	6%	6%	7%	7%
Within the past 5 years	6%	5%	6%	5%
5 or more years ago	17%	12%	16%	15%

- This table reflects data for all PC CHA 2010 female respondents.
- Analyses of the means indicate a difference that **is** statistically significant between the PC CHA 2004 data set and the PC CHA 2010 data set (2.02 in 2004 and 2.28 in 2010).
- The difference between the PC CHA 2010 mean (2.28) and the BRFSS Ohio 2008 mean (2.32) **is not** statistically significant.
- There is **no** statistically significant difference between the PC CHA 2010 mean (2.28) and the BRFSS NAT 2009 mean (2.31).

**Q41 Ever been told by a doctor, nurse, or health professional that you have osteoporosis?**

	PC CHA 2010
Yes	96.2%
No	93.8%

- Cross-tabulation analyses indicate that more women than men had ever been told by a health care professional that they had osteoporosis (9.3 percent women, 2.2 percent men). This difference **is** statistically significant.

**Women’s Health - Female Respondents Age 40 and older**

The next 4 tables are filtered and only include responses for females that reported their age as 40 or older.

**Q29** *A clinical breast exam is when a doctor, nurse, or healthcare professional feels the breast for lumps. How long has it been since your last clinical breast exam?*

	PC CHA 2010
Never had a clinical breast exam	4.7%
Within the past year	68.7%
Within the past 2 years	11.3%
Within the past 3 years	4.4%
Within the past 5 years	4.4%
5 or more years ago	6.4%

**Q30** *A mammogram is an x-ray of each breast to look for breast cancer. How long has it been since your last mammogram?*

	PC CHA 2010
Never had a mammogram	7.3%
Within the past year	66.8%
Within the past 2 years	11.5%
Within the past 3 years	4.0%
Within the past 5 years	3.5%
5 or more years ago	6.9%

**Q31** *How often do you perform a breast self-examination? Please check all that apply.*

	PC CHA 2010
At least once a week	9.6%
Every month	34.0%
Not regularly	53.2%
I’m not sure how to correctly do a breast self-exam	3.3%

**Q32** *A Pap smear is a test for cancer of the cervix. How long has it been since you had your last Pap smear?*

	PC CHA 2010
Never had had a Pap smear	2.7%
Within the past year	44.2%
Within the past 2 years	19.8%
Within the past 3 years	6.2%
Within the past 5 years	6.9%
5 or more years ago	20.2%

## Children's Health

All children's health data in this section are only for the respondents who have at least one child under the age of 18 in the household.

**Q87** *How often do you talk to your children about alcohol, drug, or tobacco use?*

	PC CHA 2010
1 – 2 times per day	1.4%
1 – 2 times per week	13.1%
1 – 2 times per month	30.1%
1 – 2 times per year	24.2%
Never	6.9%
Children not old enough	24.2%

## Dental Care

**Q88** *Has your child (children), age 3 or older, been to the dentist in the past year?*

	PC CHA 2010	PC CHA 2004
Yes	86.6%	87.5%

- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.

## Health Care Access

**Q89** *In the past year, have any of the following kept you from taking your children to a doctor or health care facility? (check all that apply)*

	PC CHA 2010	PC CHA 2004
Lack of insurance	3%	4%
Cost of health care	8%	4%
Couldn't find a provider to take our insurance or medical card	1%	1%
Transportation	1%	*
Other	2%	3%

\* not asked

- Only four open-ended responses were given for this question and are included in the Appendix.

## Weight

**Q90** *Have you ever been told by a health care professional that any of your children are overweight?*

	PC CHA 2010	PC CHA 2004
Yes	7.1%	9.1%

- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.

**Q91** *Do you believe that any of your children have a weight problem?*

	PC CHA 2010	PC CHA 2004
Yes	15.0%	15.9%

- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.

## Child Restraint Usage

**Q92** *Current Ohio law states that all children who are younger than 4 years of age regardless of weight, or who weigh less than 40 pounds regardless of age, must use a child restraint system, which is also known as a child car seat. Do any of the children in your household meet these requirements?*

	PC CHA 2010
Yes	40.1%

**Q93** *If you answered yes to Q92, how often does your child(ren) use a child car seat when riding in motor vehicles?*

	PC CHA 2010
Never	0.9%
Rarely	0.0%
Sometimes	1.7%
Often	4.3%
Always	93.1%

- This table includes only the responses for the 116 respondents that reported having children in the household that meet the requirements of this law.
- One respondent (0.9 percent) indicated that the child in their household that meets the requirements for using a child car seat “never” uses one.
- Two respondents (1.7 percent) indicated that they “sometimes” use a child car seat for the children in their households that meet the requirements.
- Five respondents (4.3 percent) “often” use a child car seat for the child in their household that is required by law to be secured in one when riding in a motor vehicle.
- Some respondents wrote unsolicited notes in the margins indicating that this is a “stupid law” and that the law was incorrectly cited.

**Q94** *Current Ohio law also states that children ages 4 – 7 who weigh 40 pounds or more and are less than 4’ 9” tall must use a car booster seat. Do any of the children in your household meet these requirements?*

	PC CHA 2010
Yes	31.8%

**Q95** *If you answered yes to Q94, how often does your child(ren) use a child booster seat when riding in motor vehicles?*

	PC CHA 2010
Never	8.0%
Rarely	3.4%
Sometimes	2.3%
Often	9.1%
Always	77.3%

- This table includes only the responses for the 91 respondents that reported having children in the household that meet the requirements of the booster seat law.
- Seven respondents (8.0 percent) indicated that the child in their household that meets the requirements for using a child booster seat “never” use one.
- Three respondents (3.4 percent) “rarely” use a child booster seat.
- Two respondents “sometimes” use a child booster seat for the children in their households that meet the requirements.
- Eight respondents (9.1 percent) “often” use a child booster seat.
- Again, unsolicited notes in the margins indicate some respondents view this as a “stupid law” and that the law was incorrectly cited.

## Bullying

**Q96** *Have any of your children ever been seriously bullied by another child?*

	PC CHA 2010	PC CHA 2004
Yes	18.6%	16.5%

- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.
- 47 respondents indicated that children in their home had been seriously bullied.

**Q97** *If you answered yes to Q96, which of the following ways to bullying were used? (Please check all that apply)*

	PC CHA 2010
Telephone / cell phone calls	12.8%
Texting	10.6%
Computer	17.0%
In person	95.7%
Other	4.3%

- Only the 47 respondents that answered “yes” to Q96 were asked to answer this question.
- Notwithstanding, most bullying was perpetrated face-to-face (95.7 percent).
- Two respondents provided a response to “other.” One was “all of the above” and the second was “bus.”

## Mental Health

### Depression and Anxiety

**Q41** *Ever been told by a doctor, nurse, or health professional that you have depression / anxiety?*

	PC CHA 2010	PC CHA 2004
Yes	22%	16%

- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.
- Cross-tabulation analyses indicated that more women than men answered “yes” to having ever been told by a health care professional that they had depression or anxiety (28.0 percent and 13.3 percent respectively). This difference **is** statistically significant.
- Cross-tabulation analyses indicated that fewer married respondents had ever been told by a health care professional that they had depression or anxiety than respondents that were not currently married (18.4 percent of married respondents and 30.0 percent of non-married respondents). This difference **is** statistically significant.
- Additionally, cross-tabulation analyses indicated that more respondents with annual incomes in excess of \$50,000 had ever been told that they had depression or anxiety (25.5 percent and 18.0 percent respectively). This difference **is** statistically significant.

**Q41** *Ever been told by a doctor, nurse, or health professional that you have a serious mental illness?*

	PC CHA 2010	PC CHA 2004
Yes	1%	1%

- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.

**Q60** *During the past 30 days, for about how many days have you felt sad, blue, or depressed?*

	PC CHA 2010	PC CHA 2004
0 days	76%	65%
1 – 2 days	6%	14%
3 – 7 days	9%	12%
8 – 29 days	8%	8%
30 days	1%	1%

- The minimum number of days reported was zero days and the maximum reported was thirty days.
- The mean number of days for all 857 PC CHA 2010 responses to Q60 was 2.01 days. The mean number of days in 2004 was 2.23. This difference **is** not statistically significant.

- Analyses of means indicated that women reported feeling sad, blue, or depressed for more days in that past 30 days than men reported (2.54 days for women; 1.37 days for men). This difference **is** statistically significant.
- Analyses of means indicate that married respondents reported fewer days sad, etc., in the past 30 days than respondents that indicated they were not currently married (1.68 days and 3.00 days respectively). This difference **is** statistically significant.
- Additionally, analyses of means showed that respondents who reported an annual income in excess of \$50,000 also reported more days depressed or blue in the past 30 days than respondents that indicated an annual income below \$50,000 (2.76 days for respondents with annual incomes of \$50,000 or more and 1.51 days for respondents with annual incomes below \$50,000). This difference **is** statistically significant.
- Analyses of means revealed a negative correlation between age and the mean number of depressed days reported. In other words, older respondents reported fewer sad or blue days than younger respondents. This difference **is** statistically significant.

**Q61** *During the past 30 days, for about how many days have you felt worried, tense, or anxious?*

	PC CHA 2010	PC CHA 2004
0 days	58%	51%
1 – 2 days	7%	13%
3 – 7 days	15%	20%
8 – 29 days	15%	14%
30 days	5%	3%

- As with Q60, the minimum number of days that respondents felt worried or tense was zero and the maximum number reported was thirty days.
- The mean number of days for all PC CHA 2010 respondents was 4.39 days whereas the mean number of days reported on the PC CHA 2004 was 3.78 days. This difference is **not** statistically significant.
- As in Q60, older respondents reported fewer days worried, tense or anxious in the past 30 days than younger respondents. The difference **is** statistically significant.
- Analyses of means indicated that women reported more days worried in the past 30 days than men (5.13 days in the past 30 days for women; 3.51 days in the past 30 days for men). The difference **is** statistically significant.

**Q62** *In the past twelve months, have you sought professional help for an emotional or stress related problem?*

	PC CHA 2010
Yes	8.1%

- Cross-tabulation analyses indicated that more women than men had sought professional help for an emotional or stress related problem in the past 12 months (11.4 percent of women and 4.0 percent of men). The difference **is** statistically significant.

## Suicidal Ideation

**Q63** *Has there been a time in that past 12 months when you thought of taking your own life?*

	PC CHA 2010
Yes	2.8%

- Age-based, cross-tabulation analyses of Q63 indicated that more respondents aged 41-64 years had thought of taking their own life in the past twelve months than respondents aged 18 – 40 years or respondents aged 65 or older (4.4 percent for respondents aged 41 – 64, 1.7 percent for respondents aged 18 – 40 and 0.7 percent for respondents aged 65 and older). The difference is statistically significant.

**Q64** *During the past 12 months did you attempt to take your own life?*

	PC CHA 2010
Yes	7.1%

- Only the 28 respondents that answered “yes” to Q63 were instructed to answer Q64.
- Two of the 28 respondents that had thought of taking their own life in the past twelve months had attempted to take their own life in the past twelve months.

**Q65** *When you have a mental health problem, where do you turn first to deal with it?*

	PC CHA 2010
A family member	43.9%
A friend	14.1%
A pastor, priest, or other clergy member	7.1%
A person from your church	0.9%
A mental health professional	16.6%
Other	17.4%

- Seventeen percent of respondents (N = 157) indicated they turn to a place other than those offered in Q65.
- The verbatim “other” responses are included in the Appendix. Three trends emerged in the analysis of those open-ended responses. As examples of the first trend, several respondents indicated something proximate to “don’t have any problem,” “don’t have mental problems,” “never had a problem,” or “N/A.”
- The second well-represented response type was spiritual. For example, “God,” “spend more time in prayer,” or “my faith – pray – meditate.”
- The third response trend was “family doctor” or “family physician.”
- Examples of “other” responses that were unique and only mentioned once or twice include “beer can,” “lawyer,” “Tylenol,” “spouse,” and “no one.”

## Dealing with Stress

**Q66** When you feel stressed, how do you deal with it? (Check all that apply)

	PC CHA 2010 Yes	PC CHA 2004 Yes
Talk to someone you trust	45%	44%
Pray or meditate	47%	44%
Eat more or less than normal	30%	30%
Sleep	25%	27%
Listen to music	25%	27%
Work	21%	25%
Exercise or yoga	27%	24%
Drink alcohol	12%	14%
Work on a hobby	20%	15%
Take it out on others	7%	9%
Use tobacco	6%	7%
Use prescription drugs	4%	5%
Use illegal drugs	0%	1%
Use marijuana	1%	*
Use methamphetamines	0%	*
Use heroin	0%	*
Other	7%	6%

*\* Not asked on the PC CHA 2004 instrument*

- This question was formatted as “check all that apply.” If a respondent marked a response, it was considered a “yes” response. However, not checking a response does not necessarily imply a “no” response. Therefore, only yes responses are reported.
- This question was also asked in the PC CHA 2004. The PC CHA 2010 added sub-questions about the use of three illegal substances (marijuana, methamphetamines, heroin) as stress coping mechanisms. Because there is no comparative data in the PC CHA 2004, those are indicated by asterisks in the above table.
- Verbatim open-ended responses are included in the Appendix. Examples of responses are: “Go fishing,” “Be with my dog,” “Watch TV.” Two popular responses were similar to “Don’t have stress” and “Read books.”

## End of Life and Disabled Care

### End-of-Life Choices

Respondents were asked about advanced directives and hospice programs. The following three tables illustrate responses to these questions.

**Q56** *Advanced directives are legal documents which allow you to make your end-of-life wishes known to others. Do you have a ....?*

	PC CHA 2010 Yes	PC CHA 2010 No
Living will	52.4%	47.6%
Medical power of attorney	43.5%	56.5%
Do-Not-Resuscitate order (DNR)	27.7%	72.3%

### Hospice

**Q57** *Are you aware that these services can be part of a hospice program?*

	PC CHA 2010 Yes	PC CHA 2010 No
Licensed social worker counseling services before, during and after the loved one's death	66.9%	33.1%
Children's grief camp	47.5%	52.5%
Community bereavement support group	52.6%	47.4%

- A follow-up question, Q58, offered a list of response choices and asked respondents what means they would utilize if they wanted to “gain knowledge about home health care or hospice care.” The top four responses were “physician referral” (36.0 percent), “friend or family referral” (19.9 percent), “I have been involved with Hospice in the past” (13.9 percent) and “website or internet” (11.8 percent). No other response category received more than 5 percent of yes responses. Respondents were also afforded the opportunity to select “other” and to define that on the line provided. A large portion of those responses indicated that the individual would just call the organization or the health department for more information. The open-ended responses are provided in the Appendix in their entirety.

**Q59** *When would you consider starting hospice?*

	PC CHA 2010
Doctor recommendation only	46.6%
Pain management	10.4%
Cancer-only diagnosis	1.6%
As a last resort	34.9%
I would not consider	2.3%
Other	5.1%

## Home Care & Disability Issues

**Q48** *Are you limited in any way in any activities because of physical, mental, or emotional problems?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Yes	14%	13%	25%	25%

- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.
- The difference between PC CHA 2010 and BRFSS OH 2009 **is** statistically significant.
- The difference between PC CHA 2010 and BRFSS NATIONAL 2009 **is** statistically significant.

**Q49** *If you answered “yes” to the above question, do you have a care giver, family member(s), or support system that helps you with health care needs in your home?*

	PC CHA 2010	PC CHA 2004
Yes, all the time	21%	16%
Yes, most of the time	17%	17%
Some of the time, but not enough	14%	9%
Not at all	48%	29%
Don’t know / not sure	*	5%
Does not apply	*	24%

- Only respondents that said “yes” to Q48 were asked to answer Q49.
- In 2010, “don’t know / not sure” and “does not apply” were removed from the statistical analyses and are indicated by asterisks.

**Q50** *Do you now have any health problem that requires you to use special equipment, such as a cane, a wheel chair, a special bed, or a special telephone?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Yes	34%	3%	11%	11%

- Only respondents that said “yes” to Q48 were asked to answer Q50.
- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.
- The difference between PC CHA 2010 and BRFSS OH 2009 **is** statistically significant.
- The difference between PC CHA 2010 and BRFSS NATIONAL 2009 **is** statistically significant.

**Q51** *Do you have any difficulty taking the right medication at the right time of each day?*

	PC CHA 2010
Yes	3%
No	96%
I do not take medication	2%

- Only respondents that said “yes” to Q48 were asked to answer Q51.

**Q52** *Because of any impairment or health problem, do you need the help of other persons with your personal care needs, such as eating, bathing, dressing, or getting around the house?*

	PC CHA 2010	PC CHA 2004
Yes	5%	7%
No	95%	92%
Don't know / not sure	*	1%

- Only respondents that said “yes” to Q48 were asked to answer Q52.
- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.
- In 2010, “don’t know / not sure” was removed from the statistical analyses and is indicated by an asterisk.

**Q53** *If you answered yes to Q52, how often do you get the help that you need with personal care needs?*

	PC CHA 2010
Never	0%
Rarely	0%
Sometimes	14.3%
Often	42.9%
Always	42.9%

- Only respondents that answered “yes” to Q52 were asked to answer Q53.

**Q54** *Do you need any help in handling your routine needs, such as housework, yard and outdoor work, minor home repairs, shopping, transportation, meal preparation, etc.?*

	PC CHA 2010
Yes	48.1%
No	51.9%

- Only respondents that said “yes” to Q48 were asked to answer Q54.

**Q55** *If you answered yes to Q54, how often do you get the help that you need with your routine needs?*

	PC CHA 2010
Never	1.6%
Rarely	12.5%
Sometimes	29.7%
Often	34.4%
Always	21.9%

- Only respondents that said “yes” to Q54 were asked to answer Q55.

## Caregiver Issues

New to the PC CHA 2010 questionnaire was a section that addressed a variety of issues related to care-giving. These six questions were created specifically by the PC CHA 2010 committee and therefore, do not have comparative data. The first question is a filter. Only those respondents that said “yes” to Q42 were asked to answer Q43 – Q47.

### Caregiver Screener

**Q42** *A caregiver is someone who cares for an aging or disabled friend or family member. Do you consider yourself a caregiver?*

	PC CHA 2010
Yes	16.5%
No	83.5%

- Seventeen percent, or 161 PC CHA 2010 respondents, considered themselves caregivers.

### Care Giving Issues

The 161 PC CHA 2010 respondents that answered “yes” to Q42 were asked several follow-up questions about their role as a caregiver and the individual(s) they care for.

**Q43** *What is your relationship to the person you are caring for? For example, are you a caregiver for your mother, child, father-in-law, etc.? (please check all that apply)*

	PC CHA 2010
Parent	41.60%
Spouse	28.00%
Child	18.60%
Parent-in-law	10.60%
Non-relative	6.20%
Sibling	5.60%
Grandparent	3.10%
Grandchild	3.10%
Other relative	1.90%
Other	10.5%

- Respondents were asked to choose from a given list who they provide care for. Respondents were able to select more than one and also given the option to provide “other” if none from the list was applicable.
- Parents were most often indicated as the care recipients. Nearly 42 percent or respondents (N=67) report caring for a parent.
- The second most frequently reported care recipient was “spouse” as indicated by 28 percent of respondents (N=45).
- Verbatim responses to “other” are included in the Appendix. Examples include “friend,” “neighbor,” “he is deceased now,” and “nurse.”

**Q44 Which of the following does the person you are caring for need help with?**

	PC CHA 2010 Yes	PC CHA 2010 No
Transportation outside of the home	78.0%	22.0%
Residence care or management (cleaning, managing money, cooking, etc.)	75.9%	24.1%
Learning or remembering information	56.8%	43.2%
Personal care (bathing, dressing, eating, etc.)	48.9%	51.1%
Helping the person cope with anxiety	39.7%	60.3%
Communicating with others	38.2%	61.8%
Movement within the home	37.5%	62.5%
Helping the person cope with depression	32.6%	67.4%

- The care recipient needs most often indicated were transportation outside of the home and residence care or management.
- Respondents were also given the opportunity to indicate “other” if there was some need their care recipient needed help with that was not on the list. Verbatim transcriptions are included in the Appendix. Although responses are quite varied and do not follow any trend, there are some important care needs indicated such as “he had to be fed through stomach tube,” “helping with medication list,” “going to Dr. app[ointments] making sure understands the Dr’s orders,” clothes shopping,” and “father recently passed away, mother needed help coping.”

**Q45 Please indicate which one of the following is the greatest difficulty you have faced as a caregiver?**

	PC CHA 2010
Creates stress	31.9%
Doesn’t leave enough time for yourself	11.9%
Creates financial burden	8.1%
Doesn’t leave enough time for your family	7.4%
Affects family relationships	3.7%
Interferes with work	2.2%
Creates or aggravates health problems	0.7%
Other difficulty	5.2%
No difficulty	28.9

**Q46** *Have you experienced any of the following as a caregiver?*

	PC CHA 2010 Yes
Fulfillment	78.1%
Physical exhaustion	56.7%
Emotional stress	73.4%
Not enough time in the day	56.8%
Financial burden	23.1%
Unable to take care of yourself	17.2%
Loss of work time	27.4%
A temporary break from your caregiving responsibilities	46.3%

**Q47** *As a caregiver, would you be interested in any of the following?*

	PC CHA 2010 Yes
Trainings to help you in your caregiver role?	22.9%
Support groups for non-professional caregivers	25.7%
Media resources on care-giving such as books, videos, or CD's	21.4%
Respite care (short-term care to provide relief for the caregiver)	30.4%

## Cancer & Mortality

### Cancer

Q41 Ever been told by a doctor, nurse, or health professional that you have?

	PC CHA 2010 Yes	PC CHA 2004 Yes
Cancer (not including skin)	10%	3%
Skin cancer	8%	6%
Precancerous skin lesion or mole	12%	8%

- The difference between the percent of PC CHA 2010 and PC CHA 2004 respondents that indicated they had ever been told that they have cancer (not including skin cancer) **is** statistically significant.
- The difference between the percent of PC CHA 2010 and PC CHA 2004 respondents that indicated they had ever been told that they have skin cancer **is** statistically significant.
- The difference between the percent of PC CHA 2010 and PC CHA 2004 respondents that indicated they had ever been told that they have a precancerous skin lesion or mole **is** statistically significant.
- For more information about Putnam County-specific cancer data, please see the Appendix.

### Mortality

- According to the Ohio Department of Health, as of 2007, the leading cause of death in Ohio is “unintentional drug poisonings.”
- Statewide, in 2008 alone, unintentional drug poisonings were implicated for 1,568 deaths.
- Ohio Department of Health statistics indicate that in Ohio between 2006 – 2008, an average of four people died each day as the result of a “drug-related poisoning.”
- The Ohio Department of Health statistics implicate Opioids in 37 percent of all Ohio 2008 “drug poisoning deaths.”
- In terms of Ohio’s 2008 accidental overdoses, prescription opioids accounted for more than heroin and cocaine combined (40 percent and 33 percent respectively).
- The Ohio Department of Health notes that between 1997 and 2007, there was a 325 percent increase in the “total grams of prescription opioids distributed (this is per 100,000 population). Concomitantly, there has been a 304 percent increase in the unintentional drug poisoning death rate.
- Methadone, oxycodone (e.g. OxyContin®), hydrocodone (e.g. Vicodin®), and fentanyl were the opioids “most associated” with accidental overdoses in Ohio.
- In Ohio, the death rate from unintentional drug/medication-related poisonings is highest for individuals aged 45 – 54 years of age according to the Ohio Department of Health.

## Habits

### Substance Dependency

**Q41Q** *Ever been told by a doctor, nurse, or health professional that you have an alcohol dependency issue?*

	PC CHA 2010
Yes	1.2%

- Eleven respondents indicated they have ever been told by a health care professional that they have an alcohol dependency issue.

**Q41R** *Ever been told by a doctor, nurse, or health professional that you have a drug dependency issue?*

	PC CHA 2010
Yes	0.4%

- Four respondents indicated they have ever been told by a health care professional that they have a drug dependency issue.

## Alcohol Consumption

**Q76** *One drink of alcohol is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, how many drinks did you drink on the days that you drank about how many drinks did you drink on the average?*

	PC CHA 2010	PC CHA 2004
No drinks in the past 30 days	42%	35%

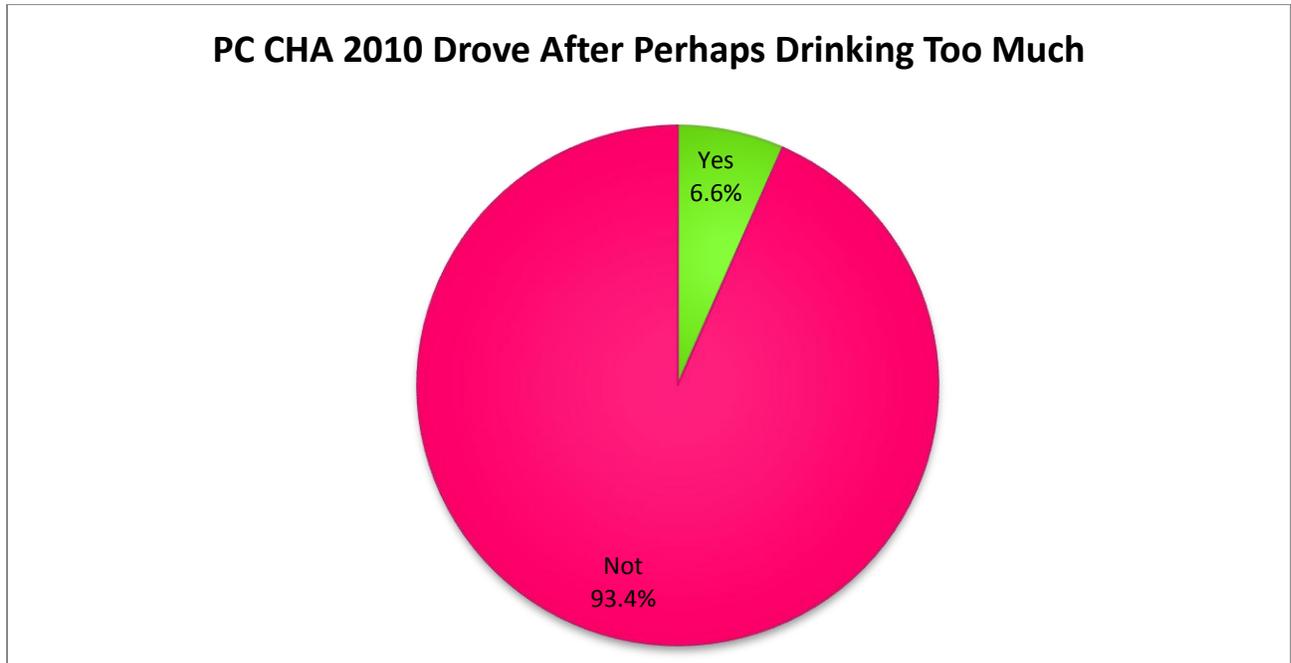
- Responses ranged from 0 – 60 drinks on average per time drinking in the past 30 days.
- The mean number of drinks per time was 2.63 drinks per time drinking in that past 30 days.
- The median number of drinks per time was one drink per time drinking in the past 30 days.
- The BRFSS OH 2009 mean number of drinks consumed per time drinking was 2.13 drinks. The mean number of drinks per time drinking in 2010 was 2.63. This difference **is** statistically significant.
- The average number of drinks reported by BRFSS NAT 2009 respondents was 2.10 drinks per time drinking. This is lower than the mean number of drinks per time drinking reported by PC CHA 2010 respondents (2.63). This difference **is** statistically significant.

**Q77** *Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on one occasion?*

	PC CHA 2010
None	60.0%
1 – 5 times	30.5%
6 – 10 times	5.0%
11 – 15 times	1.6%
16 – 20 times	1.1%
21 – 25 times	0.4%
26 – 30 times	1.5%

- Only respondents that indicated consuming one or more alcoholic beverage in the past month were asked to answer Q77.
- Binge drinking is considered drinking 5 or more alcoholic beverages on one occasion for males and 4 or more alcoholic beverages on one occasion for females. The PC CHA 2010 did not make this distinction and therefore, female binge drinkers may be slightly under-represented.
- Data from the PC CHA 2004 questionnaire indicate that the mean number of times respondents had engaged in binge drinking in the past 30 days was 1.65 times. According to PC CHA 2010 data, respondents the mean number of times that respondents had engaged in binge drinking in the past 30 was 2.06 times. This difference **is** not statistically significant.
- The BRFSS OH 2009 mean number of times that respondents engaged in binge drinking in the past 30 days was 1.05 whereas the mean number of times that PC CHA 2010 respondents engaged in binge drinking in the past 30 days was 2.06 times. This difference **is** statistically significant.

**Q78** *During the past 30 days, how many times have you driven when you've perhaps had too much to drink?*



- In 2004, this question was asked as “*During the past 30 days, how many times have you driven when you’ve perhaps had too much to drink?*” and provided a space to fill in the number of times. In 2010, the change was made to just ask “*During the past 30 days, have you driven when you’ve perhaps had too much to drink?*” and given the option to choose “yes” or “no.”
- Only respondents that indicated consuming one or more alcoholic beverage in the past month were asked to answer Q78.
- Forty-two respondents reported that they had driven after they had perhaps too much to drink.
- Cross-tabulation analyses indicate that more men than women had driven after having perhaps drank too much. Ten percent of men and 3.1 percent of women answered “yes” to Q78. This difference is statistically significant.
- The Ohio State Highway Patrol reports operating a motor vehicle under the influence of alcohol (OVI) violations annually. Looking only at Putnam County OVI violations for 1 January 2010, through 13 December 2010, the Highway Patrol reported 37 “OVI Stops.”<sup>2</sup> In 2009, there were 49 OVI stops in Putnam County.<sup>3</sup>
- As of 13 December 2010, there have been 22 “OVI-Related Injury Crashes” in Putnam County according to Ohio Highway Patrol records.<sup>4</sup>
- Again, according to the Ohio Highway Patrol statistics, there was one fatal accident in Putnam County in 2010 (as of 13 December 2010) and that accident was deemed “OVI Related.” In 2009, three fatal traffic crashes were indicated as “OVI Related,” whereas only one “OVI Related” fatality was reported in 2008.<sup>5</sup>

<sup>2</sup> Data Source: OSHP LINCS Database; ODPS Integrated Traffic Records System (ITRS)

<sup>3</sup> Data Source: OSHP LINCS Database; ODPS Integrated Traffic Records System (ITRS)

<sup>4</sup> Data Source: OSHP LINCS Database; ODPS Integrated Traffic Records System (ITRS)

<sup>5</sup> Data Source: OSHP LINCS Database; ODPS Integrated Traffic Records System (ITRS)

## Tobacco Use

The smoking questions used on the PC CHA 2010 questionnaire are slightly different than those used on the PC CHA 2004. In 2004, respondents were asked “*Have you smoked at least 100 cigarettes in your entire lifetime?*” According to the PC CHA 2004, 40 percent of respondents had smoked at least 100 cigarettes in their lifetime. Even with the slight difference in the filter question, the PC CHA 2010 data are still able to be compared to the PC CHA 2004 smoking data.

## Smoking Filter

**Q37** *Have you ever smoked cigarettes?*

	PC CHA 2010
Yes	39.8%
No	60.2%

- 404 respondents reported that they had ever smoked cigarettes.
- According to the BRFSS OH 2009, 47.8 percent of respondents reported that they had “smoked one hundred or more cigarettes in their lifetime.” The difference between the PC CHA 2010 percent of respondents who had ever smoked and the BRFSS Ohio 2009 respondents who had smoked one hundred or more cigarettes **is** statistically significant.
- 46.7 percent of BRFSS NAT 2009 respondents reported that they had smoked one hundred or more cigarettes in their lifetime. This difference from the PC CHA 2010 **is** statistically significant.

## Current Cigarette Use

**Q38** *Do you now smoke cigarettes every day, some days, or not at all?*

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Every day	23.5%	20.2%	28.5%	25.8%
Some days	7.8%	7.6%	9.4%	9.2%
Not at all	68.7%	72.2%	62.1%	65.0%

- Only the 404 respondents that answered “yes” to Q37 were asked to answer Q38.
- 272 respondents (68.7 percent) no longer smoke.
- 124 respondents (31.3 percent) currently smoke “every day” or “some days.”
- The Healthy People 2010 current smoker goal was 12 percent.
- The difference between the PC CHA 2010 data for current smoker status and the PC CHA 2004 data **is not** statistically significant.
- The difference between all three current smoker statuses **is** statistically significant between the PC CHA 2010 data and the BRFSS Ohio 2009 data.
- There are **no** statistically significant differences between the BRFSS NAT 2009 and PC CHA 2010 data for any of the three current smoker statuses.

**Q39** *During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit?*

	PC CHA 2010	PC CHA 2004
Yes	57.7%	35.9%

- Only the 124 PC CHA 2010 respondents that are considered current smokers from Q38 were asked to answer Q39.
- Seventy-one PC CHA 2010 respondents (42.3 percent) had not stopped smoking in the past 12 months because they were trying to quit.
- The difference between the PC CHA 2010 and PC CHA 2004 data for this question is statistically significant.

**Other Tobacco Use**

**Q40** *Not including cigarettes, do you regularly use (at least once a week) any of the following tobacco products? (check all that apply)*

	PC CHA 2010	PC CHA 2004
Chewing tobacco or snuff	2.5%	1.4%
Cigars	1.7%	1.5%
Pipe	0.5%	0.7%

- All PC CHA 2010 respondents were asked to answer this question.
- Twenty-six respondents (2.5 percent) reported regularly using chewing tobacco or snuff.
- Eighteen respondents (1.7 percent) reported regularly using cigars.
- Five respondents (0.5 percent) reported regularly using a pipe.
- The differences between the PC CHA 2010 data and the PC CHA 2004 data are **not** statistically significant.

## Flu-Related

In 2010, a section related to flu prevention and pandemics was added to the questionnaire. As most of these seven questions were created specifically by the PC CHA 2010 committee, the questions do not have comparative data.

### Vaccinations

**Q15** *An influenza vaccine is either injected into your arm or delivered by a spray into your nose. During the past 12 months, have you received a seasonal flu vaccine?*

	PC CHA 2010
Yes	47.9%
No	52.1%

**Q16** *In the past 12 months, have you been vaccinated for H1N1 flu virus, which is also known as the swine flu virus?*

	PC CHA 2010
Yes	22.6%
No	77.4%

### Prevention and Pandemics

**Q17** *When you are sick with the flu, what is the most effective thing you can do to prevent spreading it to other people?*

	PC CHA 2010
Hand-washing	29.9%
Covering mouth and nose	14.6%
Staying home	49.4%
Getting seasonal flu vaccine	3.0%
Other	3.1%

- Verbatim transcriptions of “Other” responses can be found in the Appendix. Examples of other responses for preventing the spread of the flu include: “O.J. and garlic” and “OC med.” Of the approximately 28 “other” responses, the two most popular were some rendition of “Don’t get the flu” and “That’s a stupid question, do them all.”

**Q18** *What do you think is the most effective thing you can do to prevent catching the flu?*

	PC CHA 2010
Avoiding touching your eyes, nose or mouth as much as possible during the flu season	33.8%
Avoiding close contact with those who have the flu	34.5%
Getting the flu vaccination	26.1%

Taking anti-viral medicine, like Tamiflu, on the first or second day that you have symptoms of the flu	0.4%
Other	5.2%

- Again, verbatim responses to the category “other” for this question are included in the Appendix.
- Unlike the “other” responses to the previous question, the approximately 48 responses to “other” ways to prevent catching the flu were extremely varied. For example, one individual wrote “chiropractic adjustments.” Another respondent indicated “gargle w[ith] mouth wash [twice] daily saline nasal spray [twice] daily saline eye drops [twice] daily.” Another response was “vinegar.” The most cited “other” way to avoid catching the flu involved “hand washing.”

**Q19** *If public health officials recommended that everyone go to a particular places, such as a local school, fire station, or sports stadium to get vaccinated to prevent the spread of a pandemic flu, would you. . . ?*

	PC CHA 2010
Definitely go	28.4%
Probably go	39.1%
Probably not go	15.6%
Definitely no go	5.8%
Don't know / not sure	11.2%

- Although “don’t know / not sure” is not reported elsewhere in this report, it is reported here because of the implication. Eleven percent of respondents do not know what they would do in the event of a flu pandemic.
- The majority (67.5 percent) of respondents definitely or probably would go to the public place recommended by public health officials.

**Q20** *If there was a pandemic flu outbreak in the U.S. next year, what would be the most important thing you would want to know?*

	PC CHA 2010
How to prevent catching the flu	50.5%
How to prevent spreading the flu	5.4%
Symptoms of the flu	11.7%
How to treat the flu	13.2%
Locations where the flu has been confirmed	10.1%
Information about the flu vaccine	5.9%
Other	3.2%

- 51 percent of respondents reported that the most important thing to know if there was a pandemic outbreak is how to prevent catching the flu.
- Of the approximately 30 “other” responses, the most popular was “all of the above.”

**Q21** *If there was a pandemic flu outbreak in the U.S. next year, what would be the most important thing you would want to know?*

	PC CHA 2010
Television	44.6%
Your doctor	18.1%
Newspapers	9.8%
State or local public health departments	8.8%
Internet websites	6.8%
The CDC	5.2%
Radio	3.8%
Family for friends	2.7%
Other government agencies	0.1%
Religious leaders	0.0%

- Television is the most preferred mechanism of information transmission by PC CHA 2010 respondents in the event of a flu pandemic.

## Diabetes

In 2004, respondents were asked if they had “ever been told by a doctor or health care provider that you had diabetes (sugar)?” However, this question was broken into 4 components on the PC CHA 2010 survey instrument. Presented in tabular form, this question allowed respondents to indicate specifically what, if any, form of diabetes they had been told they had. All PC CHA 2010 respondents were asked the screener question (Q22).

### Diabetes Screener

**Q22** *Have you ever been told by a doctor or health care provider that you had diabetes (sugar)?*

	PC CHA 2010 Yes	PC CHA 2010 No
Type 1 (Insulin-Dependent / Child / Juvenile)	0.7%	99.3%
Type 2 (Adult Onset)	9.5%	90.5%
Gestational / Diabetes when pregnant	2.0%	98.0%
Borderline / Pre-Diabetes	3.9%	96.1%

- The BRFSS Ohio 2009 questionnaire did not distinguish between Type 1 and Type 2 diabetes. Respondents were instead asked if they had ever been diagnosed with “diabetes,” “gestational diabetes” or “borderline diabetes.”
- Looking only at “Type 1 and Type 2 diabetes,” 13.6 percent of BRFSS OH 2009 respondents indicated that they had ever been told they had diabetes. Nearly 10 percent of PC CHA 2010 respondents reported having ever been told by a health care professional that they have Type 1 or Type 2 diabetes. This difference **is** statistically significant.
- Twelve percent of BRFSS NAT 2009 respondents had ever been told that they had “Type 1” or “Type 2 diabetes.” Nearly 10 percent of PC CHA 2010 respondents reported having ever been told by a health care professional that they have Type 1 or Type 2 diabetes. This difference **is** statistically significant.
- 
- Slightly more PC CHA 2010 respondents reported having been told they had gestational diabetes than BRFSS OH 2009 respondents (2.0 percent and 1.2 percent respectively). This difference **is** statistically significant.
- Again, slightly more PC CHA 2010 respondents had ever been told they had gestational diabetes than BRFSS NAT 2009 respondents (2.0 percent of PC CHA 2010 respondents; 1.2 percent of BRFSS NAT 2009 respondents). This difference **is** statistically significant.
- Slightly more PC CHA 2010 respondents reported having ever been told by a health care professional that they had pre-diabetes or borderline diabetes than BRFSS OH 2009 respondents (5.2 percent and 4.7 percent respectively).
- The difference between the percentages of PC CHA 2010 respondents and BRFSS OH 2009 respondents that have ever been told they are borderline diabetic is not statistically significant.
- The difference between the PC CHA 2010 percent of respondents that had ever been told they had borderline diabetes is not statistically significant than the percentage of BRFSS NAT 2009 respondents (4.3 percent).

## Diabetes Management

Only those respondents who answered “yes” to having been told by a doctor or health care provider that they had any of the forms diabetes listed in Q22 were asked to answer the following questions.

**Q23** *Do you feel confident in your ability to manage your diabetes?*

	PC CHA 2010
Yes	94.6%
No	5.4%

- 5.4 percent indicated that they are not confident in their ability to manage their diabetes.
- In a follow-up question (Q24), those eight respondents were asked why they do not feel confident in their ability to manage their diabetes. Seven of those eight (87.5 percent) selected “Don’t know how to manage my diet (portion size, counting carbs, etc.)” One respondent of the eight respondents (12.5 percent) that marked no for Q23 indicated that they are “not sure how to test at home.”

**Q25** *Do you have difficulty getting your diabetes testing supplies?*

	PC CHA 2010
Yes	6.1%
No	93.9%

- Of the 132 respondents that answered this question, eight (6.1 percent) indicated that they have trouble getting the diabetes testing materials that they need.
- The vast majority (93.9 percent or 124 respondents) indicated that they have no trouble getting their diabetes testing materials.

**Q26** *How do you control your diabetes? (Please check all that apply)*

	PC CHA 2010
	Yes
Eat right	10.9%
Exercise regularly	6.8%
Take medication	9.1%
Other	1.2%

- This question was asked as a “check all that apply.” Therefore, one respondent could check multiple methods of controlling their diabetes. Conversely, a respondent that marked “yes” in Q22, could have skipped this question all together.
- The eleven “other” responses are included verbatim in the Appendix. Examples of responses given for “other” are “since not pregnant, sugar levels are ok” and “insulins.”

**Q27** *Over the past year, about how many times did you check your feet for any sores or irritations?*

	PC CHA 2010
Every day	39.3%
2 – 3 times a week	18.7%
Once a week	12.7%
2 – 3 times a month	5.3%
Once a month	4.7%
2 – 3 times over the past year	6.7%
Never	12.7%

- 150 of the individuals that marked “yes” to having a form of diabetes in Q22 answered Q27.
- 39.3 percent (N=59) respondents report checking their feet for sores daily.
- Nineteen respondents (12.7 percent) report never checking their feet for sores.

## Transportation

### Transportation Difficulty

**Q80** *In the past 12 months, did you have difficulty finding transportation to places you needed to go?*

	PC CHA 2010
Yes	2.5%

- On the PC CHA 2004 questionnaire, respondents were asked how often (“never,” “rarely,” “sometimes,” “often” or “always”) they had trouble finding transportation to the places they needed to go. However, on the PC CHA 2010 questionnaire, respondents were only asked to mark “yes” or “no.”

**Q81** *If you had difficulty finding transportation, what was the main reason for not having transportation?*

	PC CHA 2010
No car	16.0%
Car in need of repair	16.0%
Finances	28.0%
No driver’s license	8.0%
Temporarily unable to drive	4.0%
Do not drive out of the county	16.0%
Family / friend was unable to help	28.0%
Did not meet eligibility requirements for social service organizations such as Council on Aging, Job and Family Services, Emergency Management, etc.	4.0%
Local service organizations unable to take me because of a full schedule, appointment after their hours, holiday, etc.	0.0%
Other	8.0%

- Only respondents that said “yes” to Q80 were asked to answer Q81.
- Two respondents gave answers for “other.” Those are included in the Appendix. One was “gas.” The second response to “other” was step-daughter did not come when promised; drove myself.”

**Q82** *If you answered yes to Q80, where did you need to go?*

	PC CHA 2010
Transportation for medical appointments within Putnam County	20.0%
Transportation for medical appointments to neighboring counties	52.0%
Transportation for long-distance medical appointments (for example, to Columbus, Cleveland, Dayton, Toledo, Ann Arbor, etc.)	16.0%
Personal business (errands, shopping, banking, etc.)	24.0%
Work	8.0%
Social events	12.0%
Family gatherings	12.0%
Other	4.0%

- Only the 25 respondents that said “yes” to Q80 were asked to answer Q82.
- One respondent marked “other” but did not explain.

**Q83** *Are there certain days of the week when you cannot get a ride? If yes, please check all days and times below for which you cannot get a ride.*

	Before 8:00 a.m.	8:00 a.m. – 4:00 p.m.	4:00 – 10:00 p.m.	After 10:00 p.m.
Monday	N = 2	N = 4	N = 3	N = 2
Tuesday	N = 1	N = 4	N = 3	N = 2
Wednesday	N = 1	N = 4	N = 4	N = 1
Thursday	N = 2	N = 4	N = 4	N = 1
Friday	N = 2	N = 3	N = 4	N = 1
Saturday	N = 1	N = 3	N = 2	N = 2
Sunday	N = 1	N = 2	N = 1	N = 2

- Only the 25 respondents that said “yes” to Q80 were asked to answer Q83.
- Respondents were asked to indicate what times they need a ride, if they need a ride on certain days of the week or at certain times. However, no more than four respondents marked any time or day block.

**Public Transportation**

**Q84** *If public transportation (such as a city bus or taxi service) was available, would you use it?*

	PC CHA 2010
Yes	28.2%

- All respondents were asked to answer this question regardless of their answer to Q80.
- Although respondents were not asked to explain, some wrote comments in the white space to the effect of “We don’t have a taxi service in Ottawa.” Those comments are not included in the Appendix.

**Ever been told you have . . .**

PC CHA 2010 Q41 a – Q41r asked respondents if they had “*ever been told by a doctor, nurse, or other health care professional that [they] have . . .*” Several of these statuses have been worked into other portions of the PC CHA 2010 report. Those that could not are below.

***Q41c Ever been told by a doctor, nurse, or health professional that you have heart disease?***

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Yes	13%	7%	6%	6%

- The difference between PC CHA 2010 and PC CHA 2004 **is** statistically significant.
- The difference between PC CHA 2010 and BRFSS Ohio 2009 **is** statistically significant.
- The difference between PC CHA 2010 and BRFSS National 2009 **is** statistically significant.
- Cross-tabulation analyses indicate that more men than women had ever been told by a health care professional that they had heart disease (16.2 percent males; 10.0 percent females). This difference **is** statistically significant.
- Cross-tabulation analyses also indicated that respondents who reported an annual income of \$50,000 or more were more likely to have been told by a health care professional that they had heart disease (18.2 percent of respondents that reported an annual income of \$50,000 or more; 6.2 percent for respondents that reported an annual income of less than \$50,000). This difference **is** statistically significant.
- Additionally, cross-tabulation analyses indicated a positive correlation between age and the likelihood of a respondent being told by a health care professional that they had heart disease. As one increases so does the other. This difference **is** statistically significant.

***Q41D Ever been told by a doctor, nurse, or health professional that you have heart attack?***

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Yes	6%	5%	7%	6%

- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.
- The difference between PC CHA 2010 and BRFSS OH 2009 is **not** statistically significant.
- The difference between PC CHA 2010 and BRFSS NATIONAL 2009 is **not** statistically significant.
- More men than women had ever been told by a health care professional that they have had a heart attack (9.4 percent men; 3.1 percent females). This difference **is** statistically significant.
- Cross-tabulation analyses also showed a positive correlation between age and a respondent being told they have had a heart attack. As age increases, so did the likelihood of having been told. This difference **is** statistically significant.
- Cross-tabulation analyses also indicated that respondents with an annual income in excess of \$50,000 were more likely than respondents with annual incomes below \$50,000 to have been told by a health care professional that they had ever had a heart attack. This difference **is** statistically significant (8.9 percent and 2.6 percent respectively).

**Q41 Ever been told by a doctor, nurse, or health professional that you have?**

	PC CHA 2010 Yes	PC CHA 2004 Yes
<b>Q41e</b> Chronic lung disease (including bronchitis, emphysema)	7%	6%
<b>Q41n</b> A sexually transmitted disease	2%	2%
<b>Q41o</b> HIV / AIDS	0%	0%

- There are no statistically significant differences between the rates of yes responses in the PC CHA 2010 data set and the PC CHA 2004 data set for chronic lung disease, a sexually transmitted disease, or HIV/AIDS.

**Q41i Ever been told by a doctor, nurse, or health professional that you have asthma?**

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Yes	8%	8%	13%	13%

- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.
- The difference between PC CHA 2010 and BRFSS OH 2009 **is** statistically significant.
- The difference between PC CHA 2010 and BRFSS NATIONAL 2009 **is** statistically significant.

**Q41j Ever been told by a doctor, nurse, or health professional that you have arthritis?**

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Yes	31%	21%	30.8%	6%

- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.

**Q41k Ever been told by a doctor, nurse, or health professional that you have suffered from a stroke?**

	PC CHA 2010	PC CHA 2004	BRFSS OH 2009	BRFSS NAT. 2009
Yes	2%	2%	4%	4%

- The difference between PC CHA 2010 and PC CHA 2004 is **not** statistically significant.
- The difference between the PC CHA 2010 and the BRFSS OH 2009 **is** statistically significant.
- The difference between the PC CHA 2010 the BRFSS NATIONAL 2009 **is** statistically significant.

## APPENDIX – Verbatim open-ended responses

The following tables contain the actual responses given by respondents; neither spelling nor grammar was altered. The questions have been included for ease of reading.

### *Q5. In which public school district do you live?*

<b>Case ID #</b>	<b>Verbatim Responses to Q5</b>
73	Defiance
927	McComb Local

### *Q10 If yes [to Q9], what was the main reason you did not get the medical care you needed?*

<b>Case ID #</b>	<b>Verbatim Responses to Q10</b>
349	Waiting for Cobra need I say more?
365	Had no insurance
578	Would only treat one condition at a time
792	No doctor
992	took time to certified

### *Q13 What is the main reason you have not visited the dentist in the last year?*

<b>Case ID #</b>	<b>Verbatim Responses to Q13</b>
36	no teeth
65	Have annual visit
69	I take coumadin
73	I was caregiver to my Husband, [Cancer]
188	no insurance; cost too much
223	no dental insurance
226	fighting other medical conditions
229	hard to find time
447	Dentist office cancelled Last appointment have not rescheduled
465	No insurance
505	They charge to much
511	Don't like dentist
541	My insurance no longer covers dental care
563	I keep putting it off
596	No insurance
612	cancer treatments

614	need to get dentures
619	Incompetence/did not or would not do what I wanted done without other expensive procedures?
634	I travel for Business and could not schedule
659	I go to the dentist every 12 to 18 months
674	No dental insurance. Had to pay out of pocket. Caught me on a good year.
744	no dentist coverage
765	been busy and putting it off later and then forgetting
772	No - teeth
777	no insurance
795	I am 85 years old. Wife is 81 years old - both have heart problem - both are active - can still walk - drive and take care of our self - household work - mow own yard etc
832	But it would be nice if Ottawa had a low income dental clinic and eye glass clinic which also had maxfacial surgeons
909	lost dental insurance
953	no insurance
985	I couldn't afford it
993	do not have dental insurance
1002	They wanted to cut at stitch gums! and clean teeth at bottom of teeth!

*Q17 When you are sick with the flu, what is the most effective thing you can do to prevent spreading it to other people?*

<b>Case ID #</b>	<b>Verbatim Responses to Q17 "other"</b>
69	all of the above
81	Take and flus virus in the river
181	first three choices
324	All of above
336	All the above
366	All of the above
455	all the above
461	All of the above
494	That's a stupid question. DO THEM ALL
510	All of above
548	Frequent handwashing, and covering mouth & nose when coughing
657	I don't get sick
659	All of first 3
681	never had flu
684	All of the above
689	Didn't have flu
695	no flu

765	have not had the flu for about 10 years
795	all of above
800	Never had flu
834	1, 2 + 3
880	all above
886	O.J. + Garlic
924	I don't get the flu
930	Don't get the flu
985	all of the above
989	OC med
1025	all the above

*Q18 What do you think is the most effective thing you can do to prevent catching the flu?*

<b>Case ID #</b>	<b>Verbatim Responses to Q18 "other"</b>
5	frequent hand washing
69	most of the above
79	general health eating right - etc.
143	frequent hand-washing
168	wash hands often
181	wash hands frequently
205	Get it Let your own system take care of it
326	washing your hands frequently
331	vinegar
336	All of above
352	all of above
355	Exercise and stay healthy by building strong Immune system - Vitamins
366	All the above
427	Washing hands often
450	Good health
451	Healthy foods and supplements that Build up immune system
465	wash hands before eating
536	washing hands
546	Don't think about it
548	Avoid people that are sick if possible and hand washing
595	All of Above
602	Hand washing and sanitizing
616	Avoiding Flu Vaccination
638	All of the above

640	haven't had the flu in 15 years
648	Frequent hand washings
684	all of the above
690	Frequent hand washing
691	wash hands frequently
722	wash hands often
757	Chiropractic adjustments
759	hand washing
778	HAND SANITIZER
803	washing and sanitizing hands frequently
823	Eat right. Take supplements
827	wash hands
834	1 + 3
842	handwashing
888	washing hands
907	taking good source of vitamins, immune vitamins, eat right - plenty of veg. fruits
914	frequent hand washing
938	wash hands
946	watch what you eat
967	wash hands
973	wash hands
1022	Gargle with mouth wash 2 times daily Saline nasal spray 2 times daily Saline eye drops 2 times daily
1026	handwashing
1030	wash hands and take herbal extract

*Q20 If there was a pandemic flu outbreak in the U.S. next year, what would be the most important thing you would want to know?*

<b>Case ID #</b>	<b>Verbatim Responses to Q20 "other"</b>
56	where to get it
77	all of the above
81	I don't get it
103	where to get vaccine
181	All of above
205	not worried about it
225	how to keep my kids safe
250	All of the above
294	all the above
336	All the above

370	All above
426	Everything there is to know about it!
455	all the above
510	All of the above
521	Make sure Life Insurance payed up
524	all of above
591	Life or death
595	All of Above
602	side effects long term effects
616	Take Collodial Silver
757	if all insurances would cover chiropractic adjustments
823	Not concerned
829	all the above
832	I don't think Ottawa has a tornado shelter open during Tornado warning or publishes where it so people who live in trailers and apts can be safe
851	ALL OF THE ABOVE
857	All above
885	the top 3 equally
921	All the above
926	all of the above
1025	all the above

**Q26** *How do you control your diabetes?*

<b>Case ID #</b>	<b>Verbatim Responses to Q26 "other"</b>
178	take insulin
183	Don't only when pregnant
259	see doctor
336	Insulin Pump
366	All above
465	nothing
616	Natural Helps
742	since not pregnant, sugar levels are ok -
749	keep bowels and kidneys in good shape
852	Dr. just watching it. Have not been told I have diabetes.
920	insulins
957	no safer enough

*Q43 If you answered yes to Q42, what is your relationship to the person you are caring for? For example, are you a caregiver for your mother, child, father-in-law, etc.?*

<b>Case ID #</b>	<b>Verbatim Responses to Q43 "other"</b>
81	No
121	Job
143	my "developmentally disabled" child at times cousins kids
247	I was a nurse for 30 yr.
530	patients through work niece or nephew
538	Neighbor
544	Mother-in-law
601	before he passed away
603	I care for my father
648	hospital patients
659	R.N.
704	Mother now deceased
744	work nursing home
763	Friend
802	STNA
856	He passed
980	nurse

*Q44 Which of the following does the person/people you are caring for need help with?*

<b>Case ID #</b>	<b>Verbatim Responses to Q44 "other"</b>
5	going to Dr. appts. making sure understands the Drs. orders
28	fear of falling
36	help getting up
37	father recently passed away, mother needed help coping
66	keeping his weekly pill tray filled
68	I babysit for grandkids
112	helping with setting up medication
143	She's only 2 yrs old! Speech, motor skills also son 10 yrs old - has stuttering problem
149	She's bedridden
197	cooking when get headache bad
213	helping with medication list

219	taking his medication
255	work with medical professionals for her
261	lives in Assisted Living. I take care of finances
277	She is an Alzheimer's victim and in home over 8 yrs.
291	has post herpatica neuralgia or must wear a fentynal patch
335	Clothes shopping
348	Have been care giver in the past
349	She has Alzheimers
358	Everyday living
360	Grocery shopping
481	Trips to Dr. for Cancer and treatments
488	now in a rest home
508	Just need help with cleaning the house and some mobility assistance at times
559	not full time
601	he had to be feed through his stomach
744	work in nursing home
762	Amputated Leg
785	just being there
886	Parents 0 Deceased
920	Alsheimers - mom

*Q45. Please indicate which one of the following is the greatest difficulty you have faced as a caregiver.*

<b>Case ID #</b>	<b>Verbatim Responses to Q45 "other"</b>
142	causes depression
143	Don't know how 2 help her; at times her needs, etc.
488	I needed help too
559	sadness
920	All above
1001	All they above
1032	get tired

*Q47. Have you experienced any of the following as a caregiver?*

<b>Case ID #</b>	<b>Verbatim Responses to Q46 "other"</b>
81	Does not apply
143	Few hours max! Stress coping techniques

206	wouldn't want to take the time
247	I retired at 65 yrs. old
255	have had access to respite care she is currently living in a group home with us having her on the weekends
291	I am retired R.N and feel capable
349	no thank you I am a nurse
615	none of these apply yet

*Q47. As a caregiver, would you be interested in any of the following?*

<b>Case ID #</b>	<b>Verbatim Responses to Q47 "other"</b>
615	none of these apply yet
349	no thank you I am a nurse
291	I am retired R.N and feel capable
255	have had access to respite care she is currently living in a group home with us having her on the weekends
247	I retired at 65 yrs. old
206	wouldn't want to take the time
143	Few hours max! Stress coping techniques
81	Does not apply

*Q58. If you wanted to gain knowledge about home health care or hospice care, which of the following sources would you use?*

<b>Case ID #</b>	<b>Verbatim Responses to Q58 "other"</b>
18	I would visit and call agency to discuss care
91	local health department
93	VA [disabled]
100	not sure
143	go to the agency and speak with them
147	I am and was STNO employed by PCHC
172	Heath Board
182	I am a caregiver at the present time for an agency
213	go to their office
255	Call the agency
342	Spouse
446	Call Putnam Home Health
530	physical and occupational therapy

548	a combination of above
556	used home health very helpful
595	Health Depts.
599	Home Health
607	My husband will be put on Hospice this week
650	Church
683	Nursing home or County office
697	Would call their office
715	I work in Home Health
720	I'm a volunteer
768	contact agency
803	Grandpa died of cancer Hospice helped
832	ask health dept.
862	County office
889	Wife is a nurse-aide
920	V.A.
925	Contact home health
960	Work for a hospital I know who to call!
1003	call local hospice off.

*Q59. When would you consider starting hospice care?*

<b>Case ID #</b>	<b>Verbatim Responses to Q59 "other"</b>
5	When I no longer could care for them or pain is too great for them
16	not sure
64	if person unable to eat
86	end of life care
97	any terminal diagnosis
105	not sure
137	when I need it.
142	end of life
147	PRN
225	family need
241	terminal
255	When I felt they could be of help
268	depends on family
270	doctor recommendation
300	Daughter retired nurse. She is caretaker and helper
371	I don't know
379	as soon as I knew it was needed

384	When felt it was needed
396	When I feel I need it
446	When help was needed
458	Don't wait till last few days of a patient
483	not sure about this
491	I will know when
503	When I deemed necessary
505	Not sure
528	Family and pt decision
530	out of treatment options
559	Don't know
596	Not sure
702	Decision will be made at time of need
707	Hope I never have to
733	not sure
743	when unable to care for myself
753	terminal and pain control
757	When I can't take care of myself
763	as needed
803	not sure
828	depends on where I am at in life - age and general health etc.
830	6 months left to live [?]
852	Not sure
855	doctor, friend, and family
870	None
874	When an appropriate condition exists
904	?
922	When condition cannot improve and family needs help
942	I don't know
946	Would like to get it as soon as possible, but then don't!
951	When the need arises
973	any terminal situation
975	not sure - depends on case
978	don't know much about hospice
993	depends on situation
1008	when need d/t illness

*Q65. When you have a mental health problem, where do you turn first to deal with it?*

<b>Case ID #</b>	<b>Verbatim Responses to Q65 "other"</b>
3	no body
7	God
8	no one
19	family doctor
30	pray
34	not severe enough from help
36	doctor
44	never had a problem
47	never had a problem
49	does not apply
58	dr.
60	with in
61	dr.
81	Do have any
115	doctor
130	doctor
140	Don't know
143	Dr.
149	have no mental health problems
151	No mental pro.
162	don't have one
166	I keep it to myself
168	family physician
172	Don't have mental problems
198	never had
200	family doctor
203	none
208	doctor
213	prayer
222	family physician
241	God
242	didn't have a problem
260	spouse
266	Never have it
269	no one
270	Doctor [MD]
271	Don't have any

281	not applicable
287	family doctor
292	do not have any
298	haven't had to
299	never had
305	myself
315	don't have any
333	spouse
340	Don't have
345	Dr. [Family]
351	don't suffer from mental health probs
383	have not needed this service
384	don't have problem
396	My family Doctor
407	Family Dr.
433	Keep it to myself
438	Jesus
439	Fam. Dr. 1st
453	God takes care of me
460	Family Dr.
464	Family Doctor
465	Take Tylenol
468	my doctor
469	no problems
482	Lawyer
483	not sure
484	have not needed
487	family doctor
495	wife
511	don't know
515	Haven't had a problem
521	wife
545	no problem
548	Never thought about it
549	N/A
551	Yoga
553	N/A
556	doctor
559	no one
562	family Doctor
572	I don't have mental problem

577	family doctor
578	Spend more time in prayer
590	Don't have health problem
591	None
615	my faith
638	N/A
640	have no problem
641	N/A
642	Family Doc
645	Family Doctor
646	Pray
650	Dr.
657	Beer can
660	None
673	don't have a problem
678	Prayer
681	my counsellor
681	don't have a problem
685	Don't have issue!
689	Do not have any problem
690	My Faith - pray - meditate
697	Deal with it myself
699	pray and get ahold of myself
702	Hold It Inside
707	N/A
712	family doctor
727	Family Doctor
731	Never dealt with this
735	Don't
741	DR
743	inward
746	not sure
765	none
771	family phys
776	None
785	God
786	don't have one
793	Personal Doctor, God
800	Family Dr.
801	none
802	keep it to myself

811	Haven't had a problem
823	Haven't had any
831	Dr
841	I just don't
843	No Problem
846	Myself
847	doctor
855	family or keep to myself
864	N/A
865	Family Dr.
868	MD
875	never had one
886	Attitude Adjustment hour Hoyts
907	Pray to the Lord
911	God - prayer
914	N/A
916	no problem
922	God
923	doctor
924	never had one
926	never had a mental problem
931	no problems
935	N/A
937	no mental problems
939	none
942	nobody
943	myself
951	No mental health problems
965	my doctor
968	N/A
977	hold it in
987	no problems
990	keep it to myself
998	does not apply
1004	family doctor
1020	Doctor
1024	no one
1026	I write

*Q66. When you are stressed, how do you deal with it?*

<b>Case ID #</b>	<b>Verbatim Responses to Q66 "other"</b>
4	watch tv
8	bury it
11	read
22	go for drinks and shop
46	no problem
65	no stress
81	Take to ragam
88	journal
93	live with it
110	no problem
130	computer
143	read, Watch kids play outside on swing
147	go away
151	Read books
169	sometimes [with arrow to "take it out on others"]
172	Don't feel stressed
220	go to computer
241	cut grass - work flowers sit outside in a swing
242	don't feel stressed
249	read a book
291	I've never felt stressed
305	take a walk
315	never stressed
344	Golf
387	never felt stressed
403	Take a nature walk
421	read
423	Deal with it
457	Read
484	Deal with cause
485	hold it in until it leaves
521	talk to wife
548	TV quite time
572	go for a walk
591	None
606	Not stressed
615	rest more and take Vit C
619	Watch comedy movies

652	shop
657	Work in my shop
660	None
681	don't get stressed
699	Ibuprofen for occasional pain
725	Read or Listen to Recorded Books
740	Clean house
743	do something outside/garden
757	take vacation
763	Zanax
765	none
768	get mad easier or yell
774	clean house, keep busy
778	DEEP BREATHING
784	READ
798	work on computer
800	Be with my dog
808	cry
811	do nothing
832	therapy
833	Don't have stress
851	NONE
854	Read a book
909	read
924	never stressed
928	watch T.V.
930	don't get stressed out
937	dont get stressed
952	go fishing
957	Just deal with it. Tomorrows a nother day
976	find a quiet place
1004	cry
1016	work in workshop
1019	yard work

*Q73. If you are trying to lose weight, or stay the same weight, are you. . . ?*

<b>Case ID #</b>	<b>Verbatim Responses to Q73 "other"</b>
3	doing nothing at the time
55	skipping meals
56	avoiding high calories
81	no
100	nothing special
101	changing nothing
102	nothing
124	nothing
130	small portions
138	staying active
157	Count fat grams
169	Therapy
213	watching foods and more veggies
244	same routine
271	Eating same as always
292	eating the same
300	Keep joints moving
315	stay around the same
324	Nothing
325	None
344	Nothing
383	Have weighed the same for 40 years
387	none
390	nothing
418	Just eating regularly
438	Working
451	Healthy diet and exercise
465	Three sandwich a day
488	lost 20#
526	weight watchers
527	nothing
548	watching fluids
553	Nothing
559	don't get depressed
572	Do more work
595	N/A
606	Eat the same
613	can't eat much at one time

633	Nothing
640	nothing
657	Diet change
662	Nothing
664	Supplements
686	Nothing
701	none of the above
702	High Protein Diet Low Carb
765	None
768	just thinking about it
770	Keep doing what I am doing
772	Can't eat 'or' drink Feeding tube
780	Stay the same schedule
795	stay the same
799	Nothing
803	watch what eat
842	pregnancy
846	Watch what I eat
860	None of the above
863	not much change
869	breastfeed
875	stay the same
883	do nothing
885	keeping things the same
946	Eating balance meals
954	supplements
960	Weight Watchers
1005	trying to cut back
1026	eating healthy no fast food

*Q81. If you had difficulty finding transportation, what was the main reason for not having transportation?*

<b>Case ID #</b>	<b>Verbatim Responses to Q82 "other"</b>
74	step-daughter did not come when promised; drove myself
143	gas money

*Q89. In the past year, have any of the following kept you from taking the child(ren) in your household to a doctor or health care facility?*

<b>Case ID #</b>	<b>Verbatim Responses to Q89 "other"</b>
143	custody issues with their father's
241	their moms take them
313	no dental insurance
487	no issues

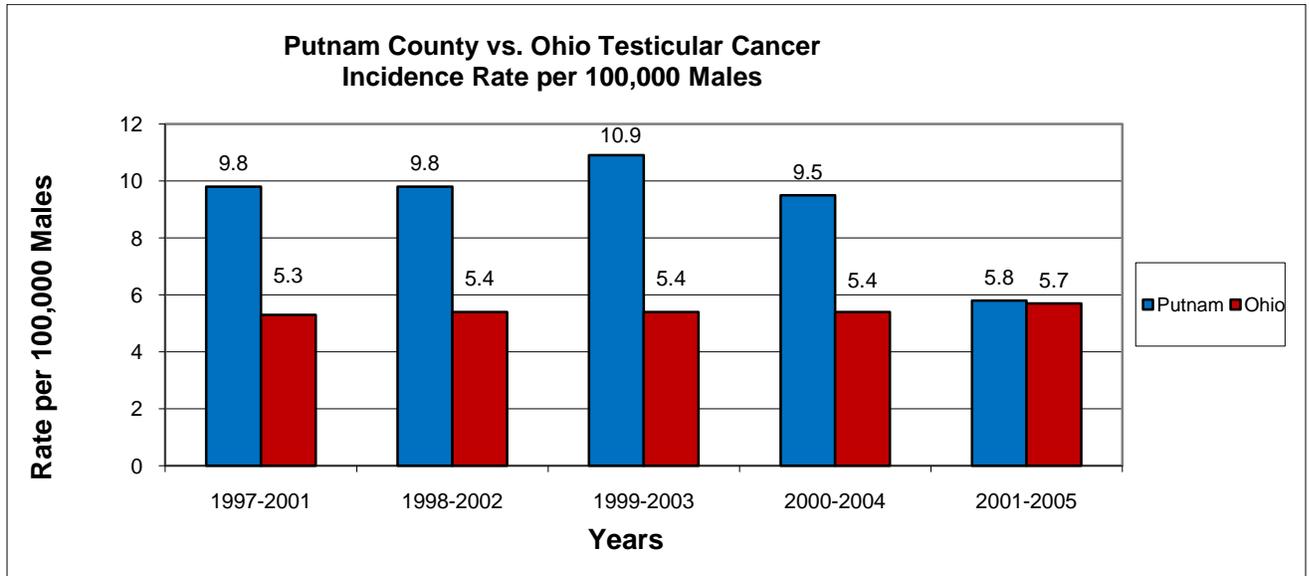
*Q97. If you answered yes to Q96, which of the following ways of bullying were used?*

<b>Case ID #</b>	<b>Verbatim Responses to Q97 "other"</b>
77	all of the above
241	bus

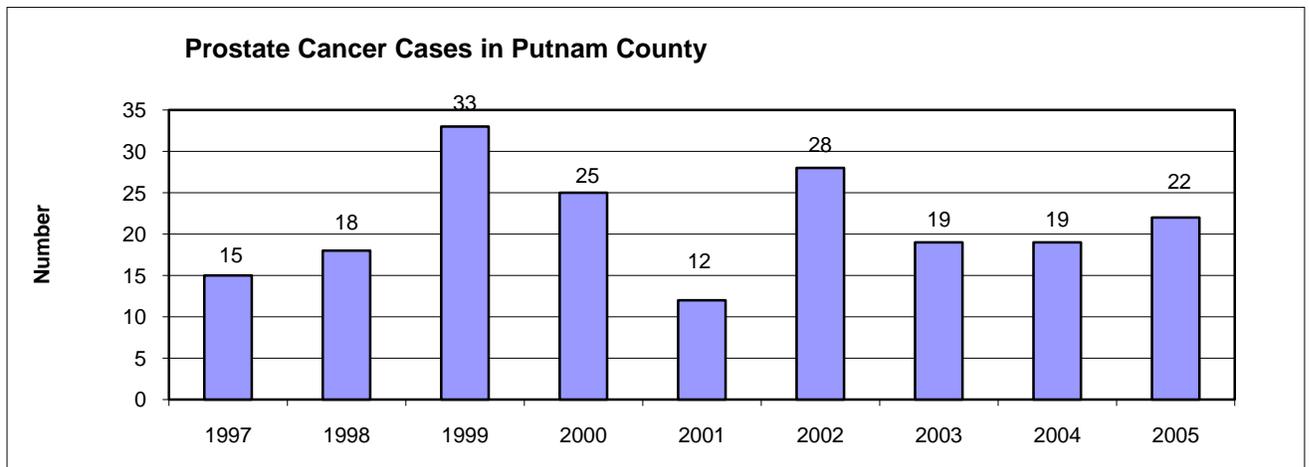
## Appendix – Cancer Data

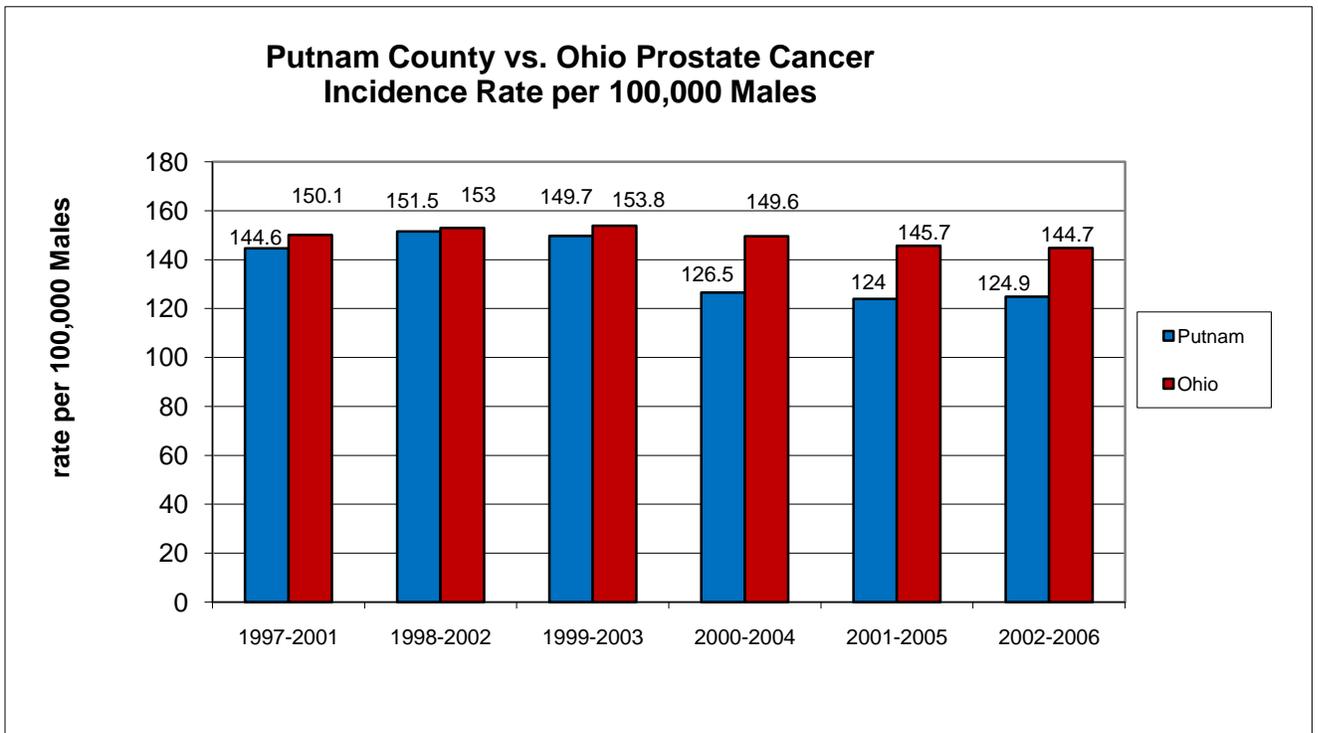
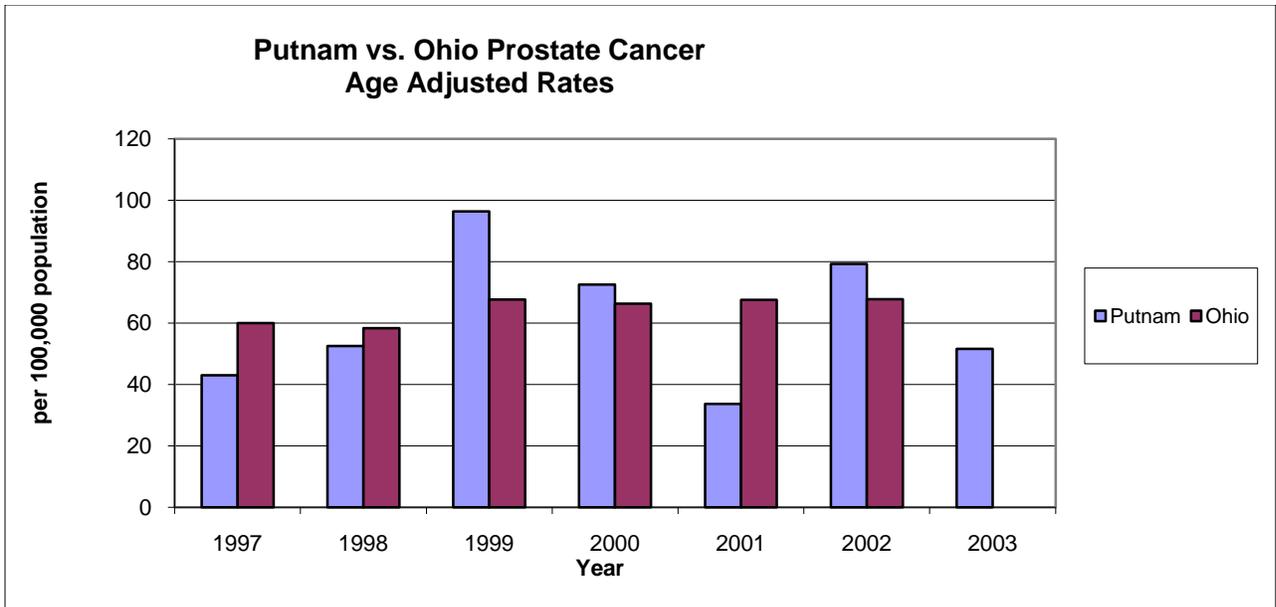
The following charts were provided to the Center for Social Research by the Putnam County Health Department. The original source was the Ohio Cancer Incidence Surveillance System, the Ohio Department of Health.

### Cancer Data – Testicular Cancer

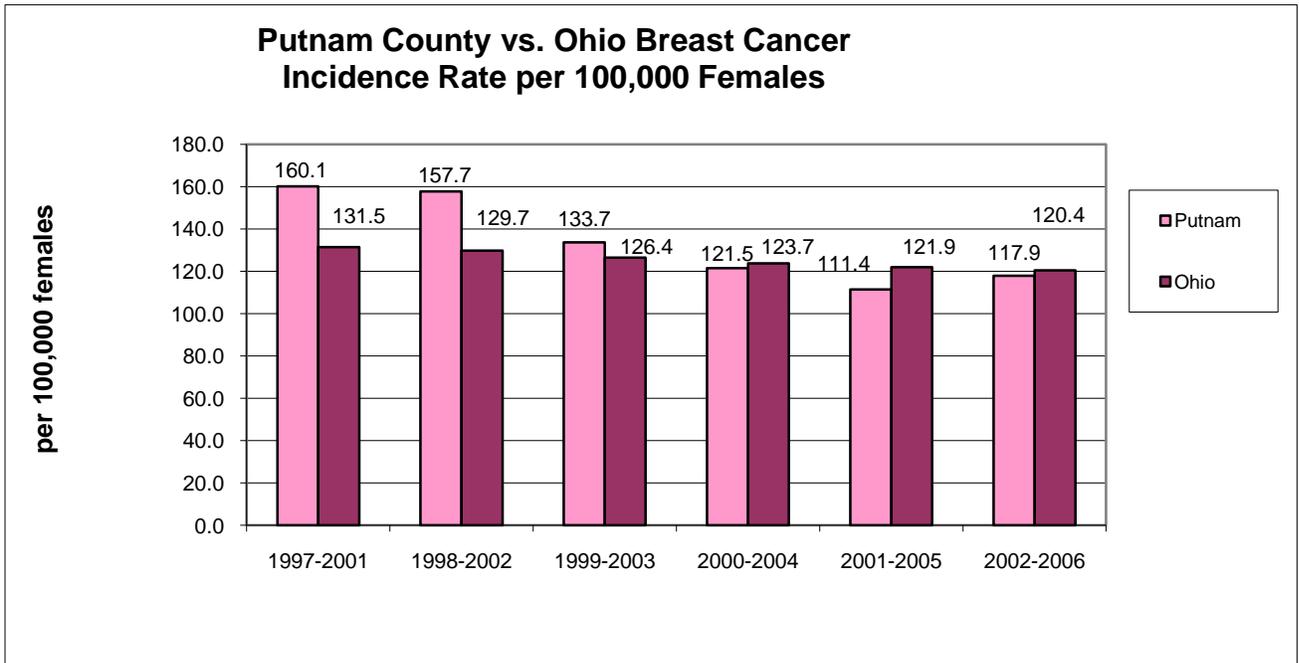
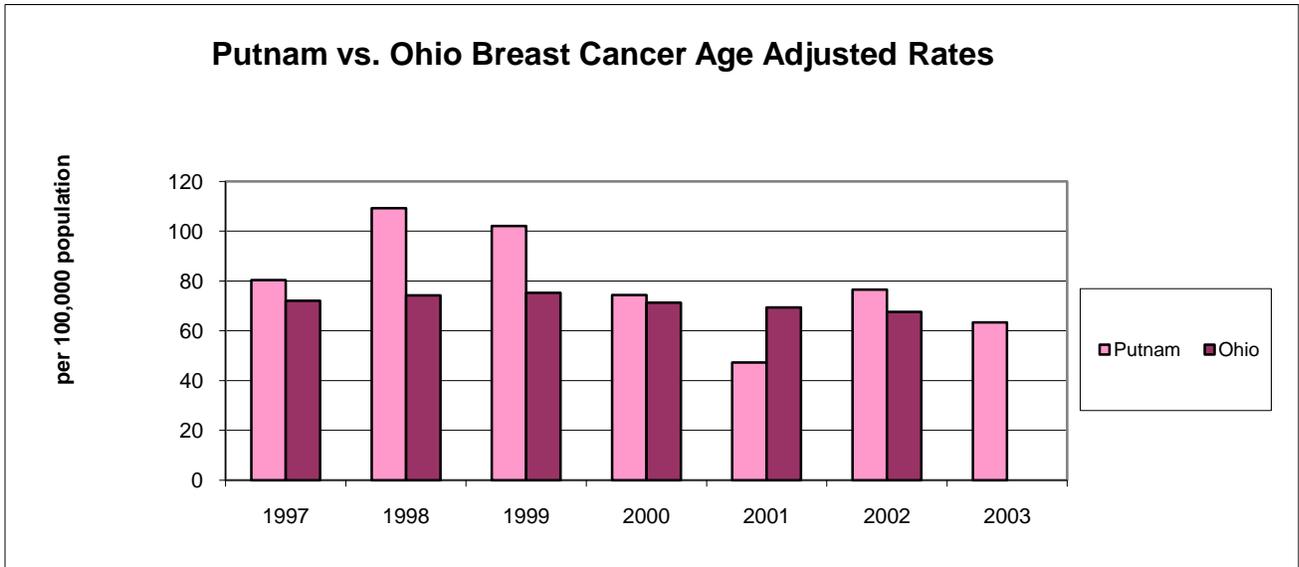


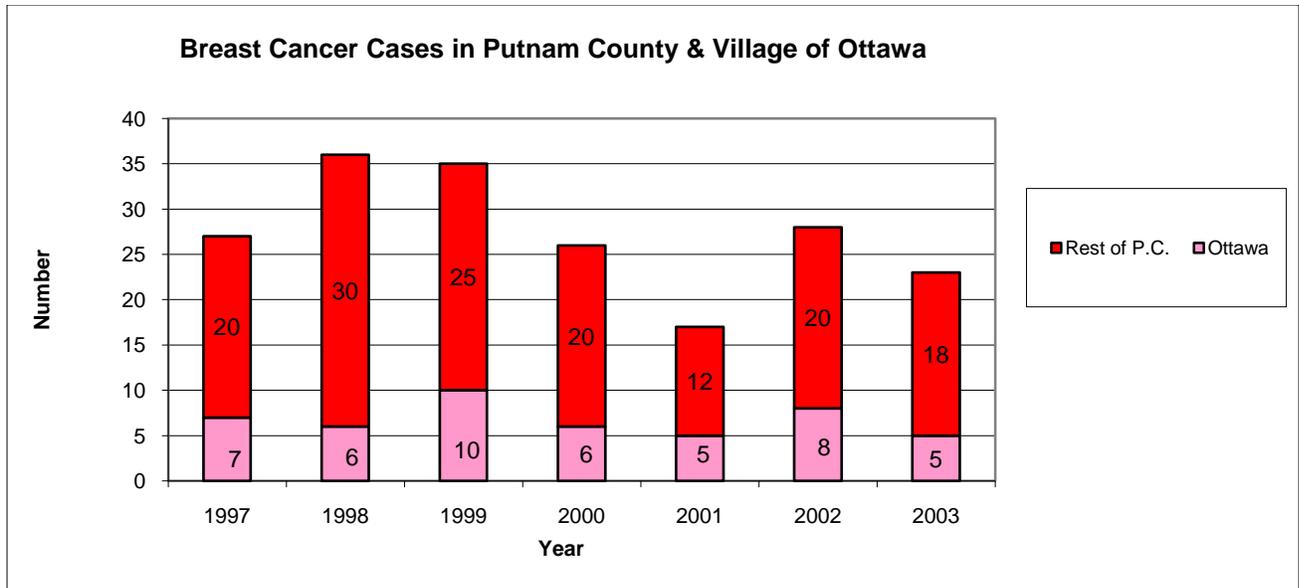
### Cancer Data – Prostrate Cancer



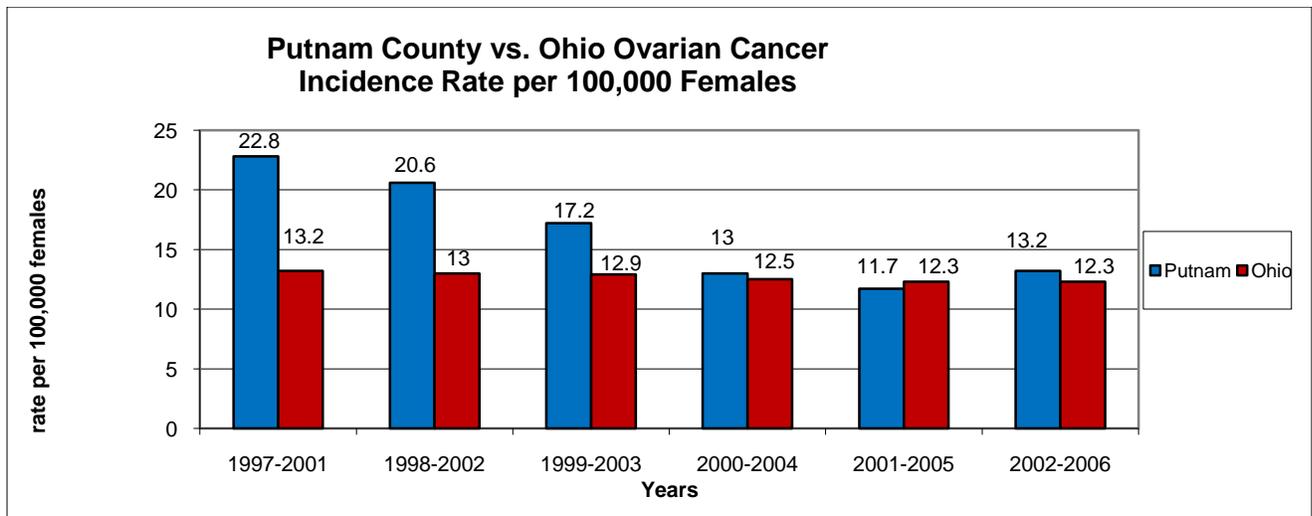


**Cancer Data – Breast Cancer**

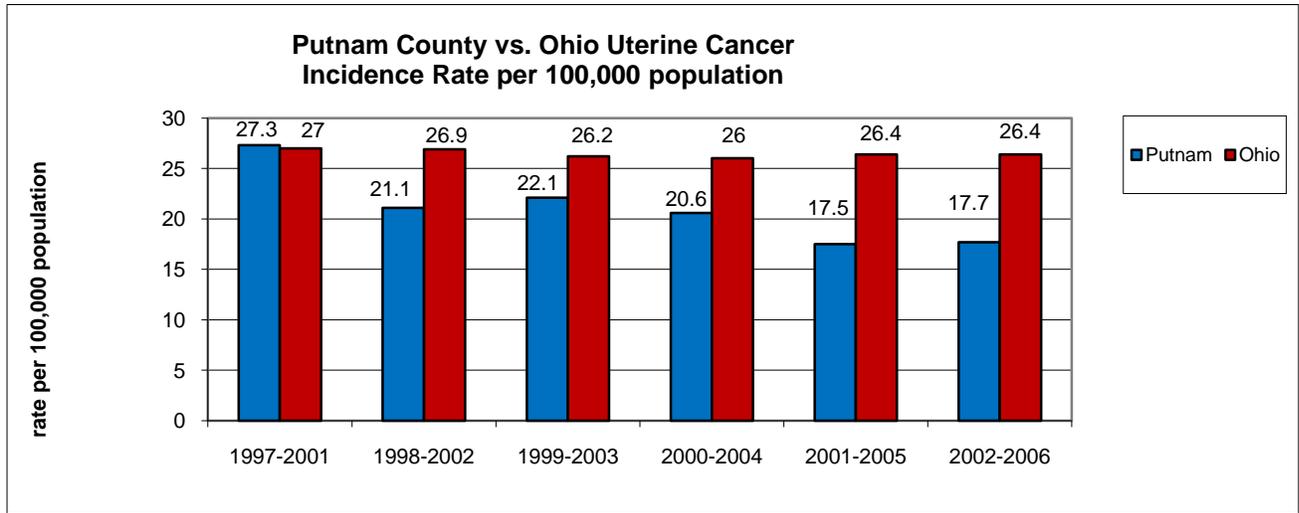




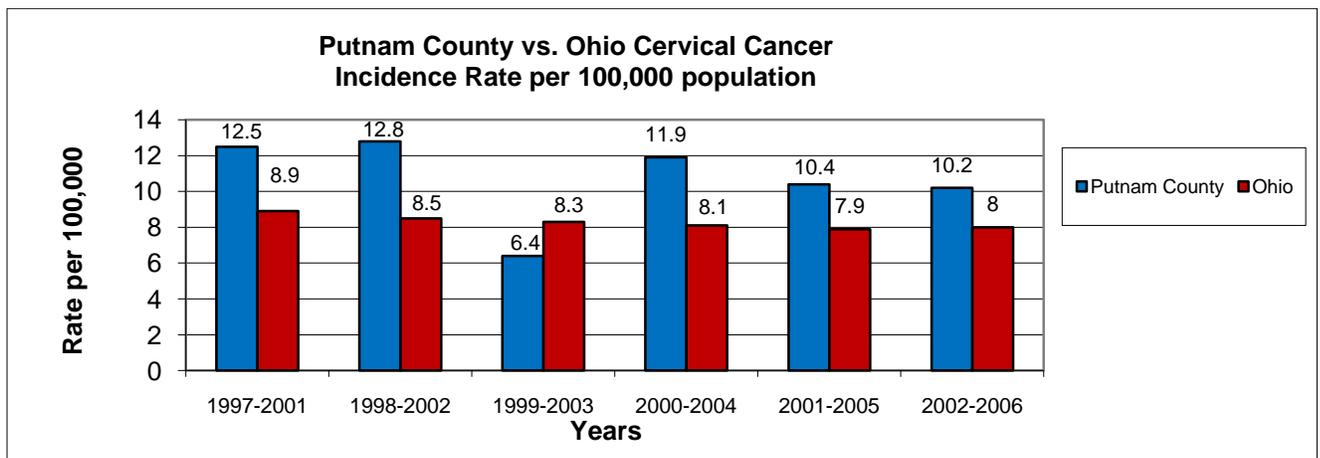
## Cancer Data – Ovarian Cancer



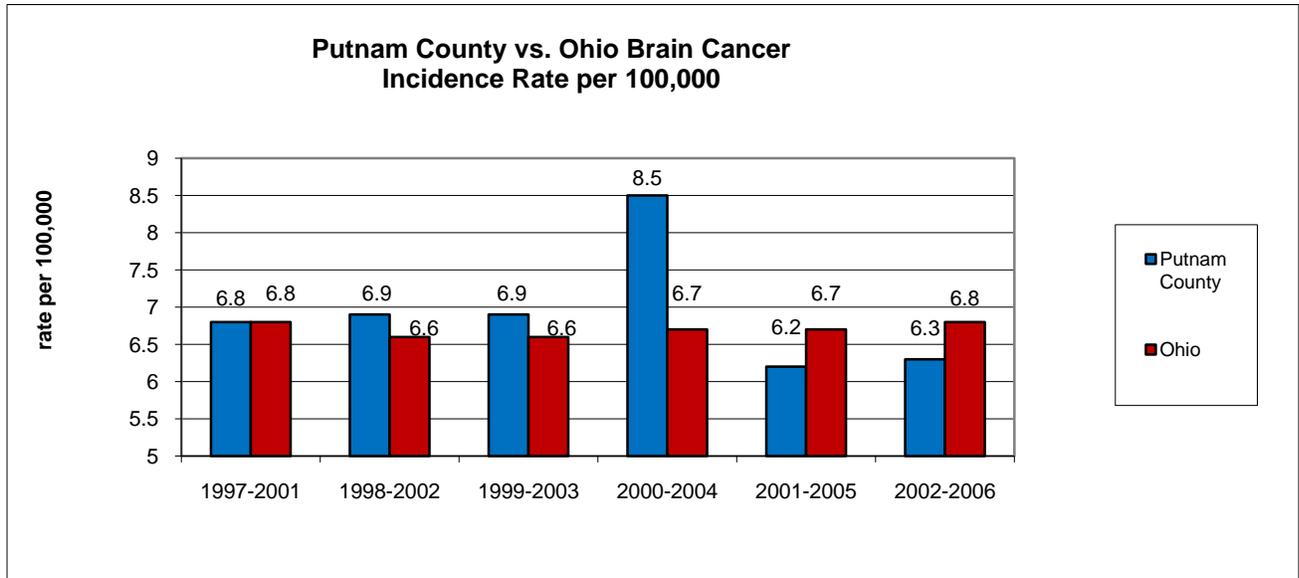
## Cancer Data – Uterine Cancer



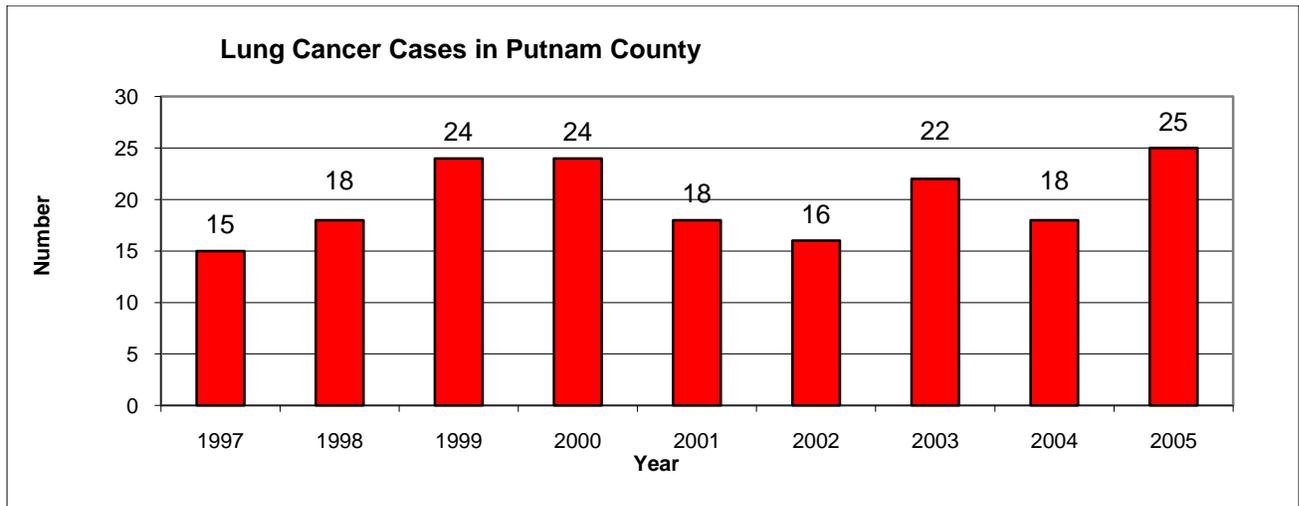
## Cancer Data – Cervical Cancer



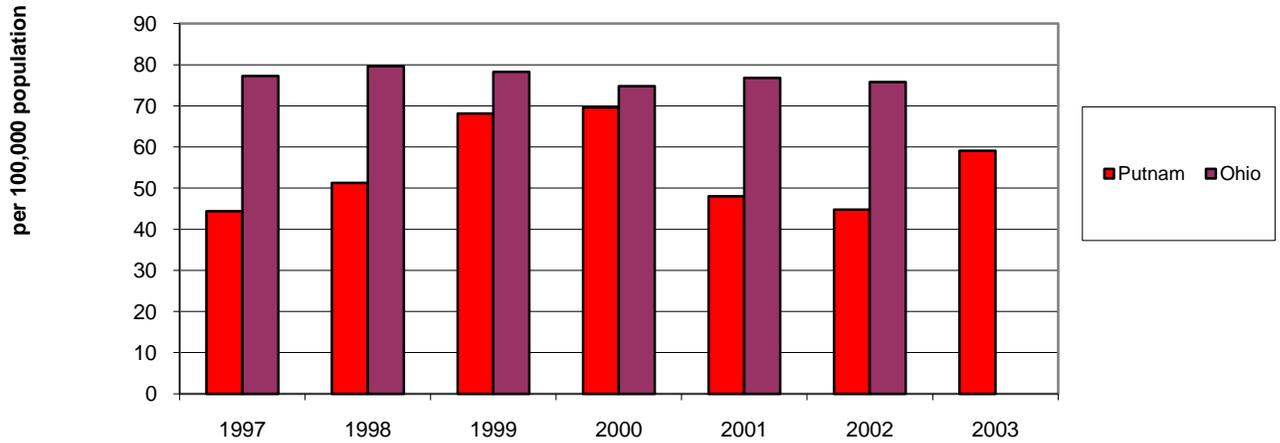
## Cancer Data – Brain Cancer



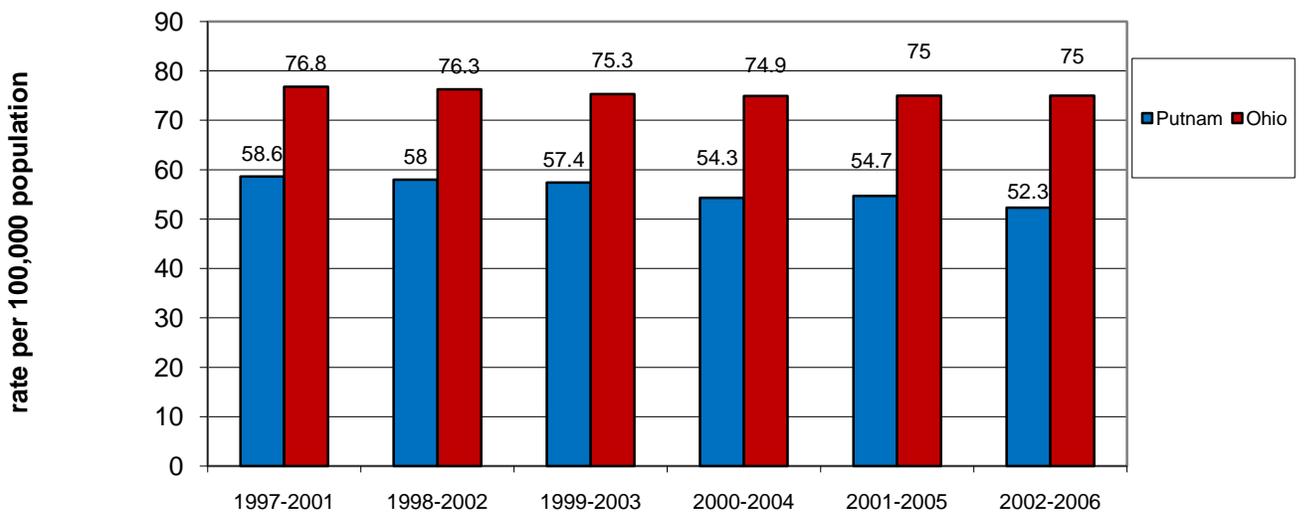
## Cancer Data – Lung Cancer



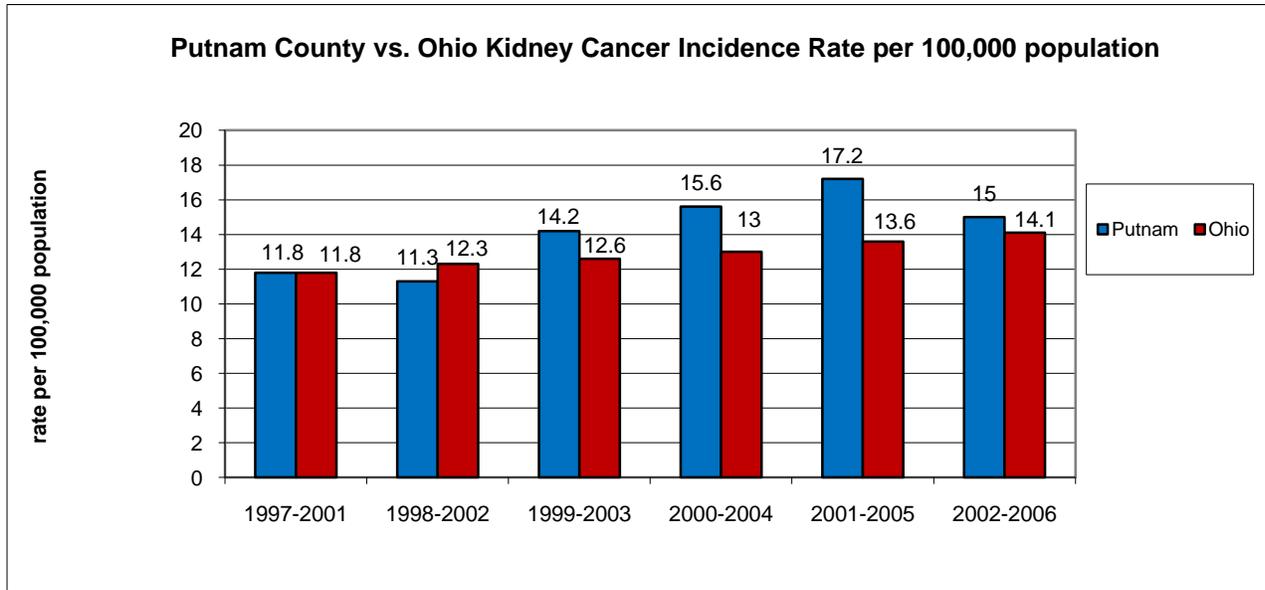
**Putnam vs. Ohio Lung Cancer Age Adjusted Rate**



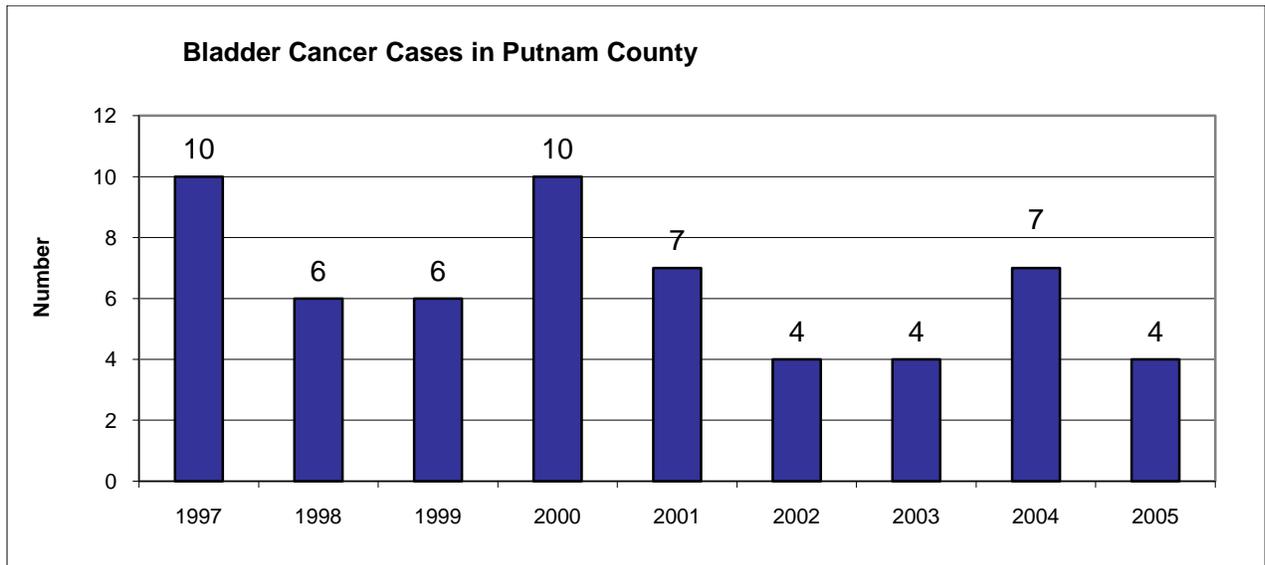
**Putnam County vs. Ohio Lung Cancer Incidence Rate per 100,000 population**



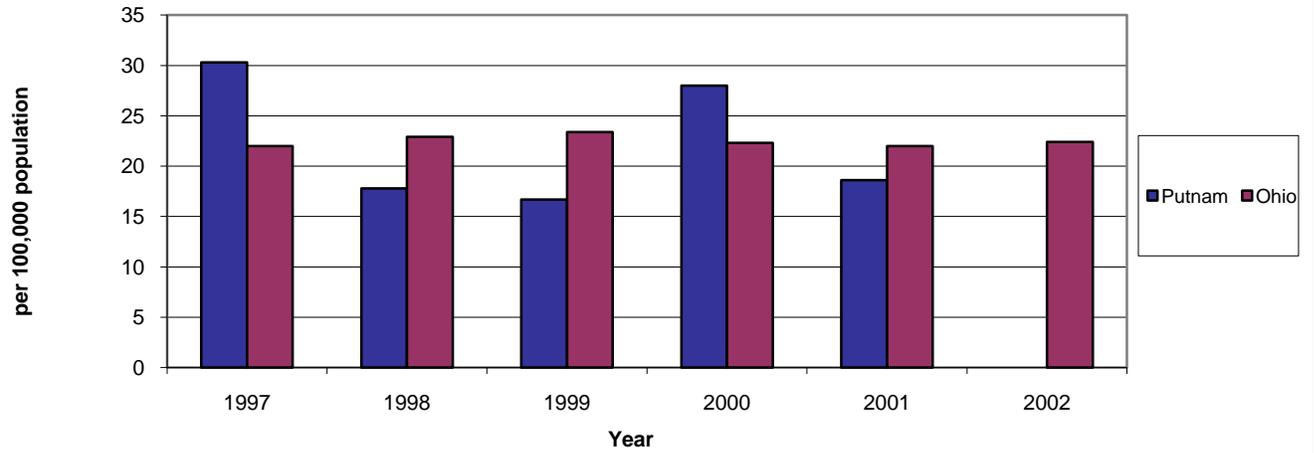
## Cancer Data – Kidney Cancer



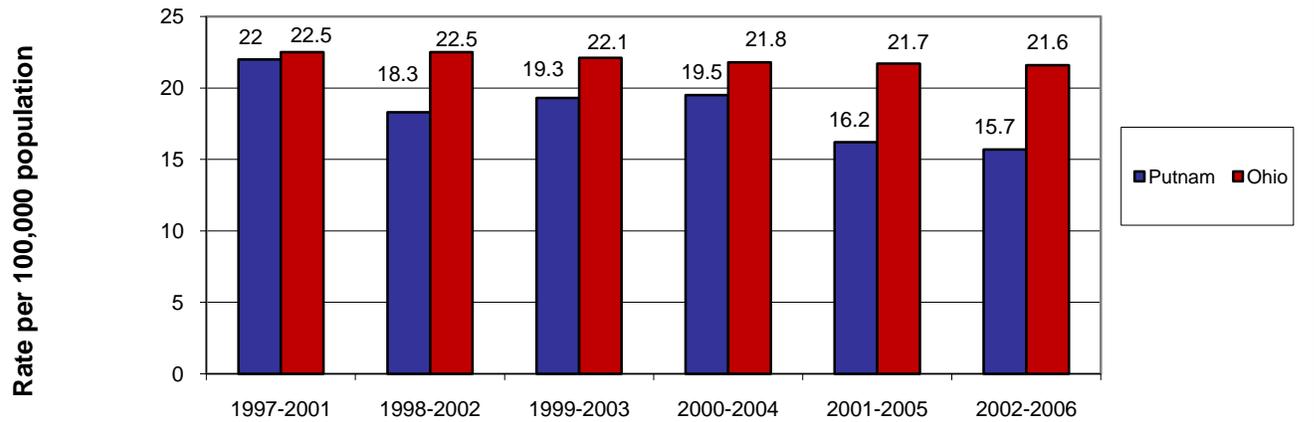
## Cancer Data – Bladder Cancer



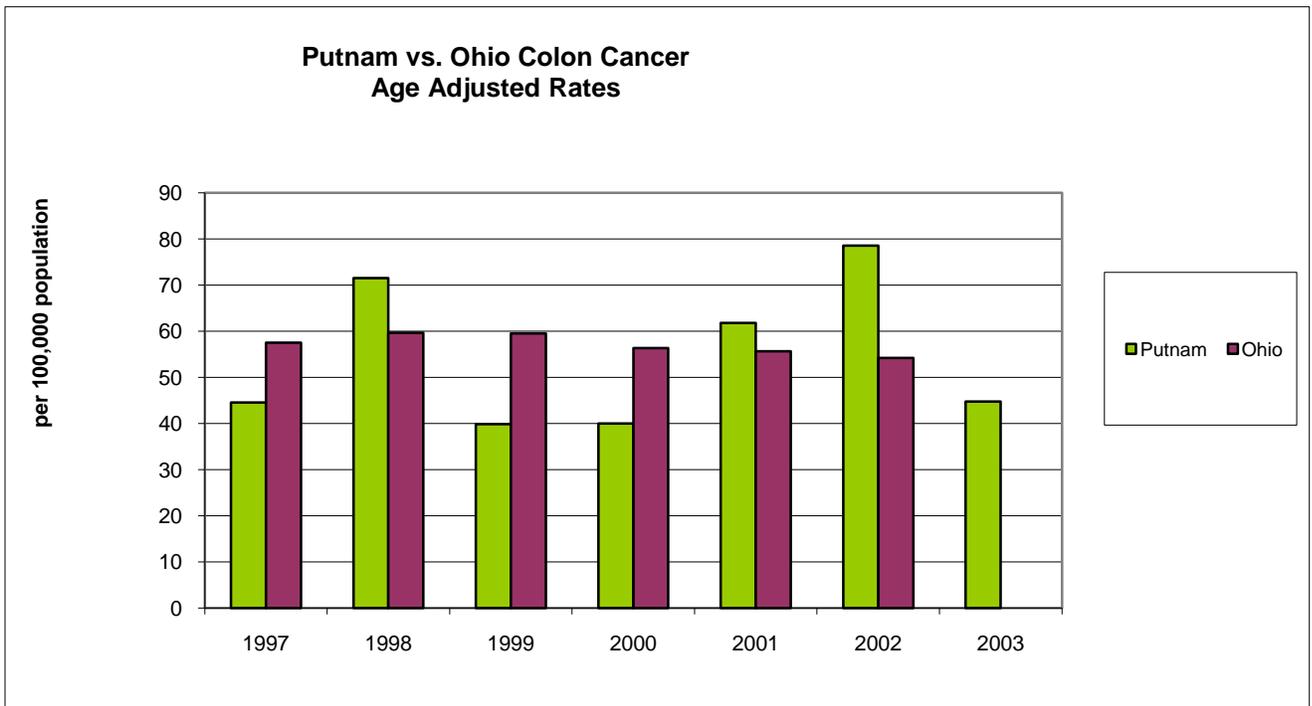
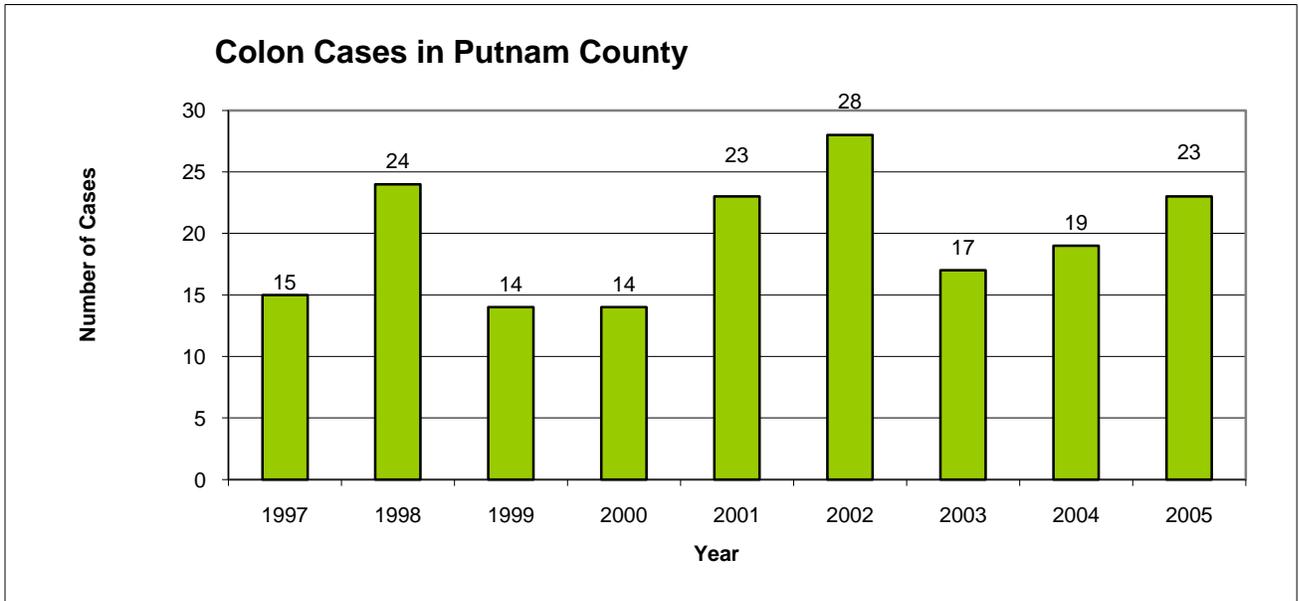
**Putnam vs. Ohio Bladder Cancer Age Adjusted Rates**

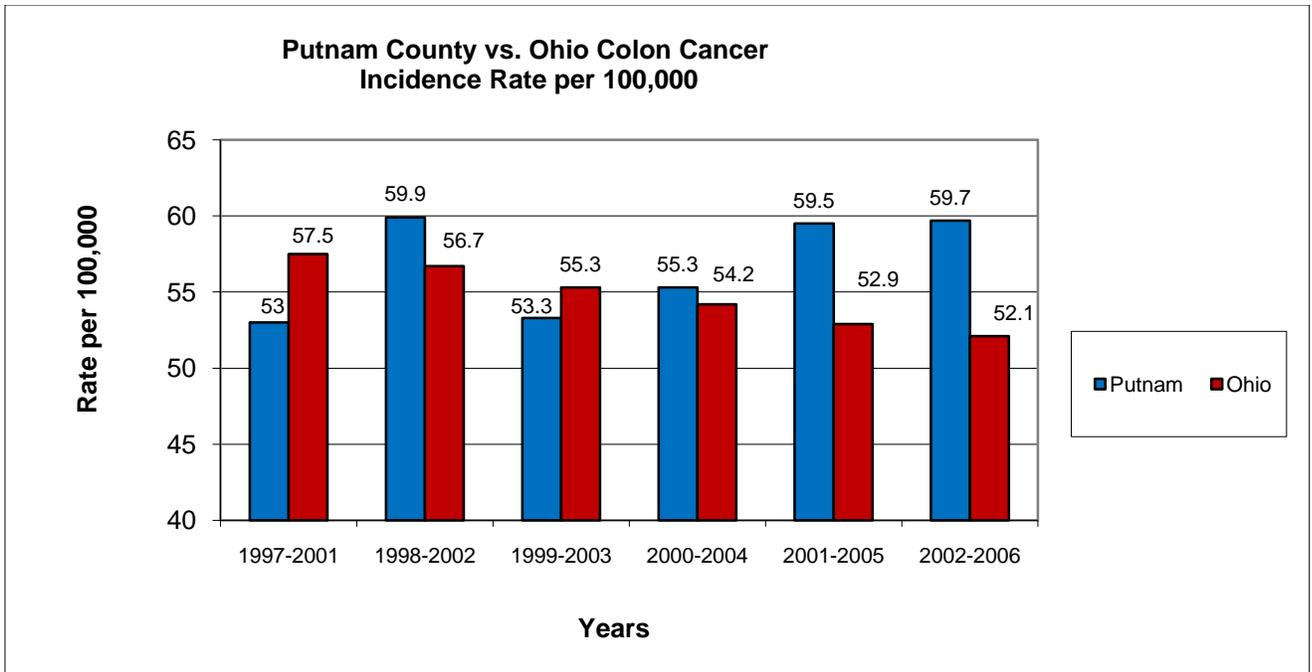


**Putnam County vs. Ohio Bladder Cancer Incidence Rate per 100,000 Population**

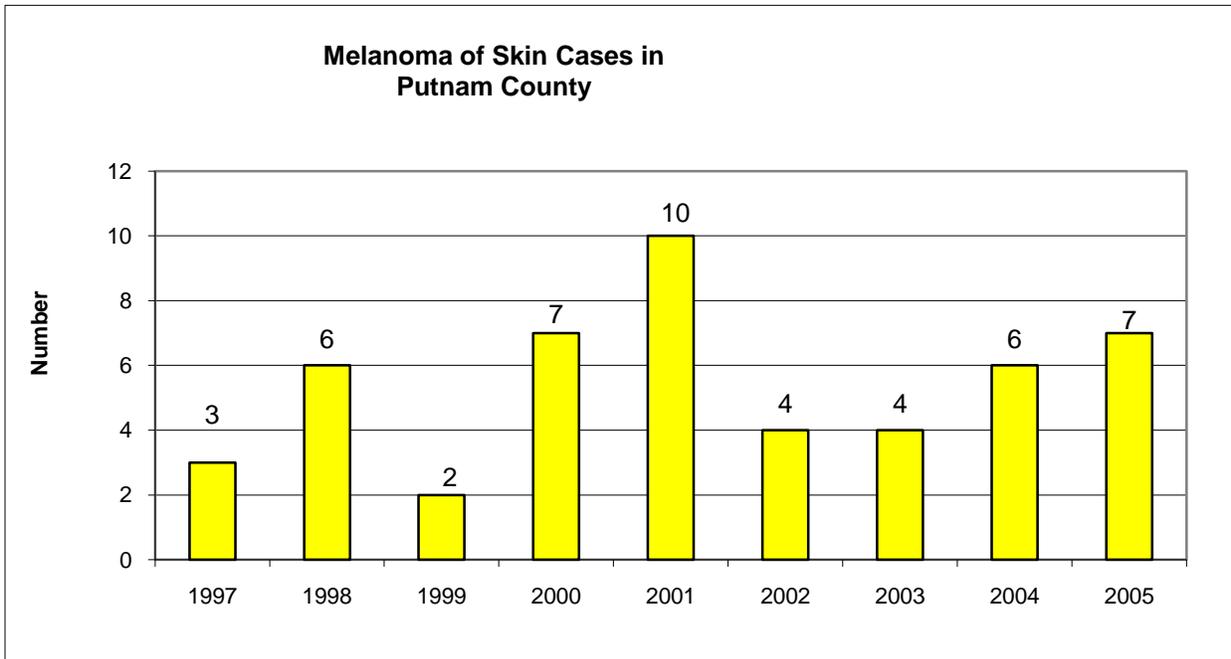


# Cancer Data – Colon Cancer

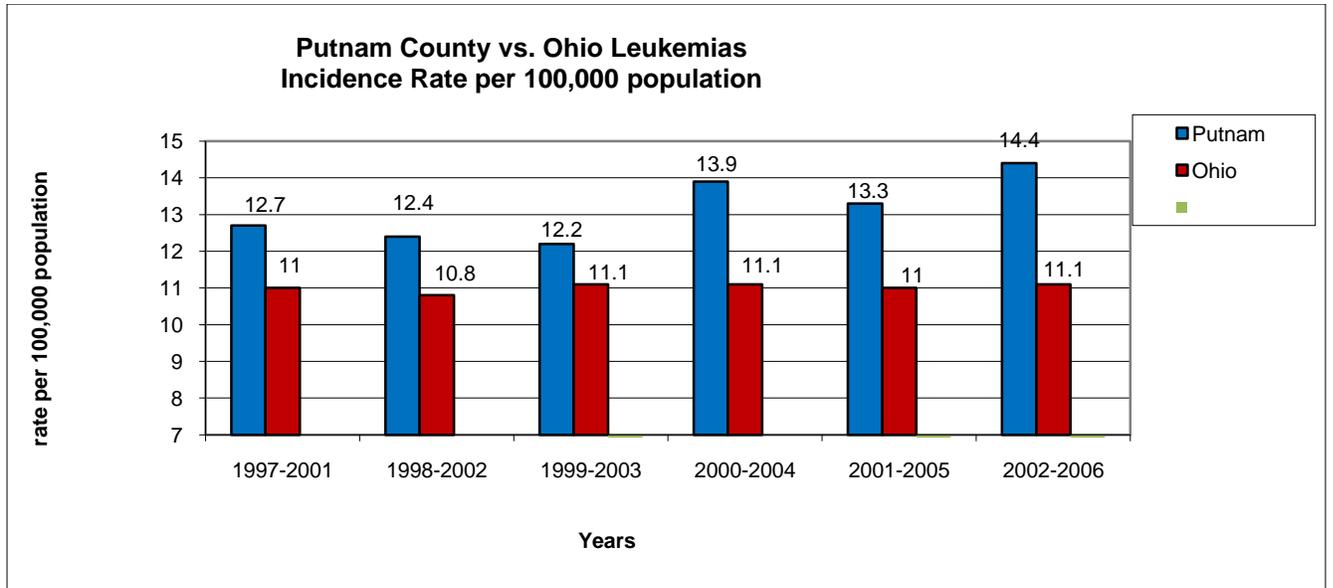




## Cancer Data – Melanoma of Skin



## Cancer Data – Leukemia Cancer



## Cancer Data – Non-Hodgkin's Lymphoma

