

Putnam County

Community Health Assessment Report 2021

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Executive Summary

The Putnam County Health Department has been, and continues to be, the lead agency for conducting a health assessment of the community. The Partners for a Healthy Putnam County (Partners) is the group of organizations that are working toward the vision of “promoting active and healthy lifestyles to enhance the quality of life in Putnam County”. Members of the group include representatives from a variety of agencies, organizations, and businesses, as well as interested members of the community. A list of partners can be found in Appendix A of this document. The Partners are provided with annual reports, either in a meeting or through email of the progress toward meeting the goals of the current Community Health Improvement Plan (CHIP). The partners may meet as needed to plan and update the Community Health Assessment and any other data related to the health of the community. Committees meet more often to implement the strategies written in CHIP.

In mid-2021, the Partners for a Healthy Putnam County met to review progress toward the CHIP, review available data and discuss conducting another community health assessment in Putnam County. The MAPP process was presented to the Partners and it was determined that the MAPP process will be used again to ensure that all the necessary data is obtained to have a comprehensive assessment. See Page 4 for the full MAPP process. To review the full Community Health Assessment Report, visit <https://putnamhealth.com/resources/community-health-assessments/>

Process and Partnership

The Partners for a Healthy Putnam County conducted the majority of a MAPP process in 2019. However, the reports were never finalized or released to partners and the public because the COVID-19 pandemic began before that was done. The Putnam County Health Department (PCHD), leading the process, was then immersed in the pandemic response until 2021. Internally PCHD staff began discussions in the spring of 2021 on how to proceed and if any of the 2019 assessments could be utilized.

Solicitations for contributions were requested of hospitals in June. And on July 14, 2021, the Partners for a Healthy Putnam County were mobilized and recruited via email to participate in an in-person meeting on August 5, 2021 at the Putnam County Office of Public Safety. A presentation of previous findings was shared and planning for a new assessment began. At this meeting volunteers were requested to be on a steering committee. The steering committee guided the survey question selection primarily via email and video/phone chat. In-person meetings were very limited due to COVID-19 spikes.

Each assessment in the MAPP process is outlined below and a timeline for completion provided.

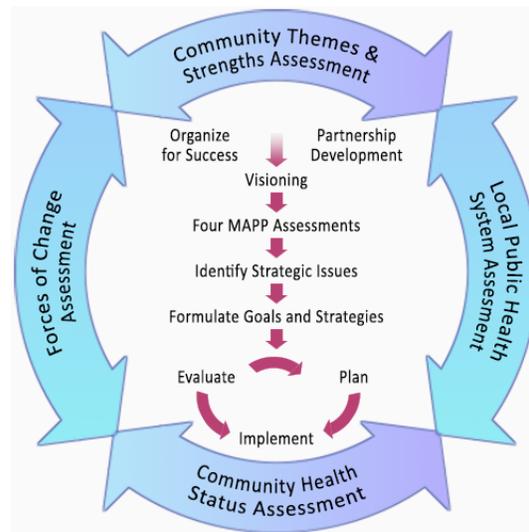
Methodology

Mobilizing for Action through Planning & Partnership (MAPP) Process Overview

The Partners for a Healthy Putnam County utilized the NACCHO’s Strategic Planning tool Mobilizing for Action through Planning and Partnerships (MAPP) process to complete community health improvement planning. The MAPP framework includes six phases which are listed below: 1. Organizing for success and partnership development 2. Visioning 3. The four assessments 4. Identifying strategic issues 5. Formulate goals and strategies 6. Action cycle

The MAPP process includes four assessments: local public health system, forces of change, community themes and strengths, and the community health assessment. These four assessments were used by Healthy Putnam County to prioritize specific health issues and population groups which are the foundation of this plan. Figure 1 illustrates how each of the four assessments contributes to the MAPP process.

Figure 1. The MAPP Model



Local Public Health System Assessment

The Local Public Health System Assessment (LPHSA) was held in-person on November 7, 2019 at Pathways Counseling Center. At that time a “Gallery Walk” was used to identify resources already available in the community that addresses each of the *10 Essential Public Health Services*. Participants in the LPHSA were then assigned to small groups based on expertise and asked to discuss and score at least three of the *10 Essential Services*. Due to the COVID-19 pandemic, work on the Community Health Assessment was not completely finished in 2020 as originally planned.

In mid-2021, partners were asked to review the 2019 LPHSA and answer a series of questions via Survey Monkey to decipher the extent they felt the scores from 2019 reflected the current functioning of the public health system for each Essential Service. They were also asked to provide input regarding their thoughts of how the public health system in Putnam County is, or isn’t, addressing the model standards related to the Essential Services.

Table 1 below provides a summary of the performance scores (an average of the scores given for each of the model standards in the respective Essential Service) for each of the *10 Essential Public Health Services* in 2019. The 2013 and 2016 Performance Scores are also provided for reference. Table 1 shows improvement in 7 of the 10 Essential Services, with the greatest improvement from 2016 to 2019 in Essential Service 3: Educate and Empower, and Essential Service 8: Assure Workforce. There are a few areas in which there was a decline in the performance scores that may need to be addressed. The greatest decrease was in Essential Service 4: Mobilize Partnerships.

Table 1: Performance Scores and Priority Rating

Essential Service	Performance Score 2019*	Performance Score 2016*	Performance Score 2013 *
ES1: Monitor Health Status	88.9%	80.6%	61.1%
ES2: Diagnose and Investigate	97.2%	89.6%	95.8%
ES3: Educate and Empower	97.2%	72.2%	66.7%
ES4: Mobilize Partnerships	62.5%	89.6%	64.6%
ES5: Develop Policies and Plans	81.3%	85.4%	68.8%
ES6: Enforce Laws	82.8%	73.3%	55.3%
ES7: Link to Health Services	84.4%	81.3%	56.3%
ES8: Assure Workforce	87.9%	54.7%	36.6%
ES9: Evaluate Services	98.3%	83.3%	77.1%
ES10: Research and Innovation	25.7%	38.9%	37.5%
Overall Score (Average)	80.6%	74.9%	62.0%

*Average score for all Model Standards associated with each Essential Service

In the 2021 assessment, most essential services maintained their 2019 level of performance.

Positive progress includes:

- Monitoring mental health status and identifying problems has improved (ES1)
- Stronger in diagnosing and identifying health problems with partners because of the pandemic (ES2)
- Increase in electronic communication by health dept. and partners (ES3)
- Partnerships strengthened among community agencies dealing with the pandemic (ES4)
- Use of online trainings, virtual meetings, and social media increased significantly (ES8)

Needed improvements to the system include:

- Community directory did not happen, which was a goal from last assessment (ES4)
- Better implementation of policies and plans to support community health efforts, mainly recruitment of people to work in health field (ES5)
- Difficult to enforce laws when community doesn't follow them, such as isolation and quarantine (ES6)
- Training staff members in community resources to build awareness of the options available in all service areas (ES7)
- More local trainings, especially leadership trainings (ES8)
- Improve collaboration with institutions of higher education. Having a trade school or 2 year college would help entice a population growth in the county (ES10)

The entire Local Public Health System Assessment report can be found on the Putnam County Health Department website at www.putnamhealth.com.

Forces of Change Assessment

The Forces of Change Assessment is designed to help determine what is occurring or might occur that affects the health of the community or the local public health system. Participants in the assessment were asked to identify specific threats or opportunities that are generated by these occurrences. Trends (patterns over time), factors (discrete elements such as a rural setting or population demographics) and events (one-time occurrences such as a natural disaster) are considered when reviewing the results of the Community Health Assessment as a whole and in determining priorities for the Community Health Improvement Plan.

Methodology

The participants that contributed to the Forces of Change Assessment included the members of the Partners for a Healthy Putnam County and staff and leadership of the Putnam County Health Department. This year there were two options for members to participate in the survey. They could either fill out a survey monkey via a link that was emailed out on February 14, 2022, or attend a virtual meeting held on

February 23, 2022. The virtual meeting was led by Sherri Recker, Director of Nursing at the Putnam County Health Department.

The Forces of Change Brainstorming Worksheet was emailed to all participants to prepare them for either completing the survey monkey or to attend the virtual meeting. The 6 categories in which feedback was requested, both positive and negative, were the following:

1. Social
2. Economic
3. Political
4. Technological
5. Environmental
6. Health

The following information was included in the brainstorming worksheet sent to participants.

How to Identify Forces of Change

Think about forces of change – outside of your control – that affect the local public health system or community.

1. What has occurred recently that may affect our local public health system or community?
2. What may occur in the future?
3. Are there any trends occurring that will have an impact? Describe the trends.
4. What forces are occurring locally? Regionally? Statewide? Nationally? Globally?
5. What characteristics of our county may pose an opportunity or threat?
6. What may occur or has occurred that may pose a barrier to achieving a shared vision?

Be sure to consider health equity and disparities. Are there populations in our county that may have factors that affect their health? Identify those populations in your answers.

Also, consider whether forces identified were unearthed in other community/agency discussions.

1. Did discussions during other meetings with partners bring to light any other trends, factors, or events that you feel may affect the public health system or community?

Participants were also asked that once a force of change was recognized, to identify threats that force could pose to our community and what opportunities could be created from this force. We collected all input from the survey monkey and from the brainstorming session via Microsoft Teams virtual meeting and compiled it into a matrix which can be viewed in the full Forces of Change report.

Assessment Results

The Forces of Change Assessment provided an overview of key trends, events, or factors, identified by participants, as current or potential influences on the overall health of the Putnam County community.

The common trends that were identified for Putnam County include:

Social/Health

- Workforce
- Health Education
- Mental Health

Economic/Political

- Health Equity
- Health Care Policy
- Health Education

Environmental/Technological

- Health Information and Communication Technology
- Program Education
- Health Education

The entire Forces of Change report can be found on the Putnam County Health Department website at www.putnamhealth.com.

Community Themes and Strengths Assessment

The Community Themes and Strengths Assessment is a combination of focus group discussions and a survey from a variety of groups in the community and key informants. The purpose of the Community Themes and Strengths Assessment is to determine what is important to the community and how the quality of life in the community is perceived. This assessment is also a way to discover possible resources for addressing some of the community needs.

The focus group questions were chosen and finalized by the Partners for a Healthy Putnam County steering committee in the summer to fall of 2021. To obtain a good picture of the health of the community from the viewpoint of our residents, nine focus group discussions were conducted with a number of different groups. The following participated in the focus group meetings: senior citizens, Head Start parents, school guidance counselors, P.A.R.T.Y. youth, police chiefs, business and social agency leaders, ministers, and at-risk youth parents. The focus groups were held between October 2021 through February 2022. There was a total of 63 participants.

Throughout the focus group process, several themes were identified by most or all the groups. Those themes include:

- Mental Health
- Substance Use and Abuse
- Access to resources in the community (Awareness)
- Lack of supportive services
- Isolation

A key informant survey was also completed as part of the Community Themes and Strengths Assessment. The survey was created by The Center for Marketing and Opinion Research (CMOR) in partnership with Putnam County Health Department. The survey was finalized in January 2022. The survey was provided to healthcare providers, mental health providers and representatives of area businesses via an email with a survey link on February 2, 2022. Key informants had three weeks to complete the survey. These individuals were asked to respond to a series of questions relating to health issues in Putnam County. A total of 19 individuals completed the survey. Some of the questions were more specific, relating to the results of the community survey that had been completed. This was done to gather a better understanding of the role of the key informants in helping to address health issues.

Similar themes as those found in the focus groups were also identified by the county's key informants. Some of the top health issues were:

- Substance abuse and addiction issues
- Healthy living and obesity
- Mental Health
- COVID-19 related issues

The key informants were also asked to provide suggestions for ways to address some of the issues. More education on the various concerns was a common recommendation provided by those surveyed. The key 19 informants also acknowledged barriers, such as transportation, awareness of what is available, cost, personal unwillingness to seek care/Social norms.

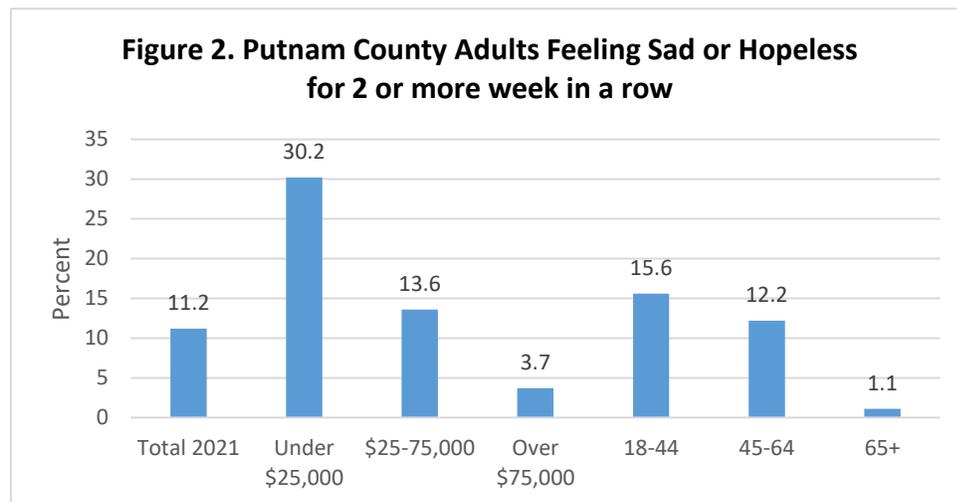
More information regarding the Community Themes and Strengths Assessment can be found on the Putnam County Health Department website at www.putnamhealth.com.

Community Health Status Assessment

The Community Health Status Assessment was conducted in Fall 2021. It was determined that there was a need for updated primary data, therefore, the Partners contracted with an outside organization, the Center for Marketing and Opinion Research (CMOR) to conduct a community health survey in Putnam County. The CHA Steering Committee, a small workgroup of partners, met virtually throughout late summer 2021 to determine questions and methodology to be used for the survey. Preliminary results from the survey were presented to the workgroup for review and comment. Suggestions and requests for additional information were made to CMOR. A final report was presented at a public meeting on May 12, 2022. Members of the Partners for a Healthy Putnam County, stakeholders and community members were invited to attend. The complete Community Health Assessment report includes the demographic information of Putnam County, a breakdown of health issues of the population, related health disparities among the population, and identified populations with an inequitable share of poorer health outcomes. The report also includes information regarding contributing factors for health issues and a section regarding the social determinants of health. The following is a snapshot of some of the findings from the Community Health Assessment survey that was conducted. The entire report can be found on the Putnam County Health Department website at www.putnamhealth.com.

Mental Health

- Nearly half, 48.0%, of residents had at least one day in the past 30 days that their mental health was not good. One-sixth, 16.3%, indicated that their mental health was not good 11 or more days in the past 30.
 - Groups of residents more likely to have 11 or more bad mental health days in the past 30 days include: obese residents, those ages 18 to 44, residents with a high school diploma or less education, those with an annual income under \$50,000 (especially those with an annual income under \$25,000), non-white residents, those who are single or divorced, and unemployed residents.

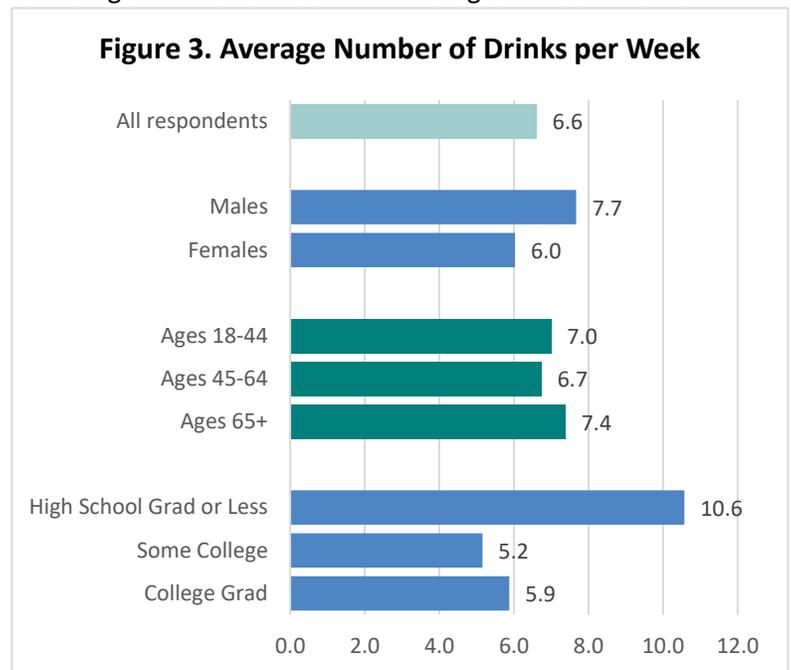


- More than one in ten residents, 11.2%, had felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities in the past 12 months.
 - Groups of respondents more likely to have felt sad or hopeless for two weeks or more in a row include females, residents ages 18 to 44, those with some college or less education, non-white residents, those who are single or divorced, residents who work part-time or are unemployed, those with an annual income under \$25,000, residents who live alone, and obese residents.
- More than one-quarter of residents reported that they or an immediate family member had been diagnosed by a medical professional with anxiety or emotional problems.
- Nearly a third, 31.8%, feel lonely or isolated from others occasionally or more often.
 - Groups of respondents more likely to often or some of the time feel lonely or isolated include residents ages 18 to 44, non-white residents, those who are not married, unemployed residents, those with an annual income under \$50,000 (especially those with an annual income under \$25,000), residents who live alone, and obese residents.
- Only a small percentage of residents, 2.2%, seriously considered suicide in the past year. Groups of respondents more likely to have seriously considered suicide include respondents with children in the home, and those ages 18 to 44.

Lifestyles/Healthy Behaviors

Alcohol and Substance Use

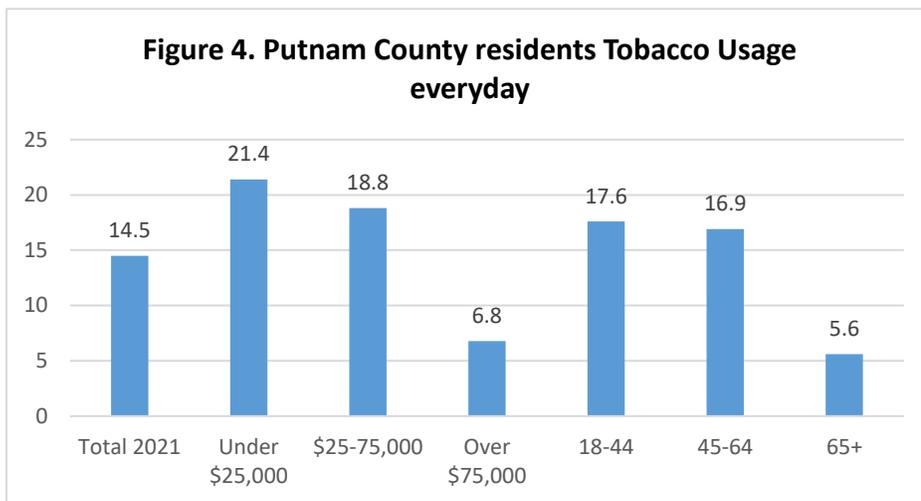
- Nearly two-thirds of residents, 63.2%, reported drinking alcoholic beverages such as beer, wine, malt beverages or liquor at least some days. The average number of alcoholic beverages a week was 6.61.
 - Groups of residents with significantly higher averages include males (7.7), residents ages 65 and over (7.4) and those with a high school diploma or less education (10.6).
 - Groups of residents more likely to drink alcoholic beverages include males, residents ages 18 to 44, those with some college or less education, residents with an annual income of \$50,000 or less, those who are divorced, employed residents, and those with children in the home.



- More than one in ten, 11.6% reported driving after drinking any alcoholic beverages.
- 7.4% of Putnam County residents reported anyone in the household used marijuana during the last 6 months
- Half, 49.5%, of residents reported being aware of any drug and alcohol addiction treatment options available in their community.

Tobacco Use

- Nearly one fifth, 19.3%, of residents indicated they currently smoke cigarettes, cigars, chewing tobacco or use other tobacco. **Every day users** amounted to 14.5% of all residents. The remaining proportion of tobacco users indicated they smoke cigarettes or use tobacco less frequently or only **some days**, amounting to 4.8% of all residents. Groups of residents more likely to smoke or use tobacco include males, residents ages 18 to 44, those with some college or less education, divorced or single residents, those who are employed part-time or unemployed, and residents with an annual income under \$50,000.



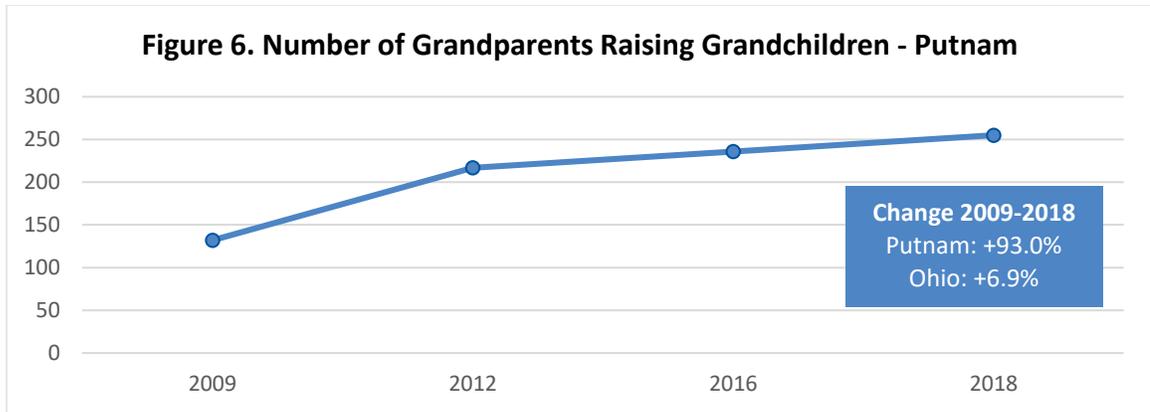
- More than a third of residents, 36.6%, have smoked 100 or more cigarettes in their lifetime. Groups of respondents more likely to have smoked 100 or more cigarettes in their lifetime include residents without children in the home, males, those with a high school diploma or less education, divorced or single residents, those with an annual income under \$25,000, and residents who live alone.

Healthy Eating

- A quarter of residents, 24.6%, eat fresh fruits or vegetables 2 or more times a day.
- Nearly a quarter of residents, 21.1%, reported having difficulty getting fresh fruits and vegetables in their neighborhood, with 2.3% saying it was very difficult and 18.8% saying it was somewhat difficult.
- More than a third of residents, 39.6%, drink soda or other unhealthy drinks at least once a day.

Social Determinants of Health

- The educational attainment for adults ages 18 to 24, in Putnam County the percentage of the population with a high school degree or higher is slightly lower in the county (83%) than in the state (87%).
- The unemployment rate for Putnam County was slightly lower than Ohio (5.6% vs 8.1%).
- The percentage of the population in poverty in Putnam County is nearly half of what it is for the state (7.6% compared to 14.0%).
- When looking just at children under the age of 18 in poverty, the percentage is significantly lower than the state (11%, 19.9%).
- 20% of Putnam County residents are 65 years of age or older. This is higher percentage than Ohio and the U.S (17%, 16%).
- Nearly one in ten residents, 8.6%, reported they are responsible for providing regular care or assistance for an elderly parent or loved one.

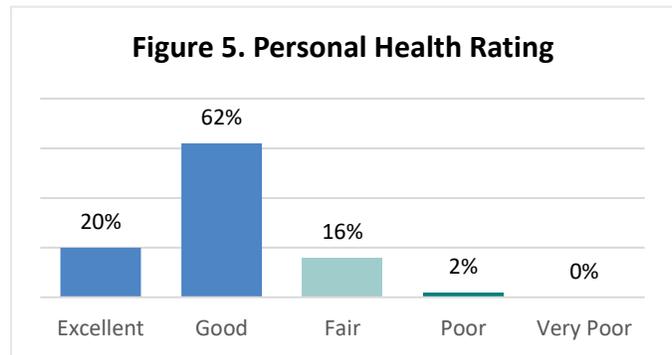


- The change in percentage of children living with their grandparents in Putnam County is more than 10 times the increase for the state.

Personal Health Status

- 82% of Putnam County Residents reported their health as excellent/good.
- Over a fifth of respondents, 21.6%, reported that poor physical or mental health kept them from doing their usual activities such as self-care, work, or recreation in the past 30 days.

- Of these respondents, 44%, were kept from their usual activities because of their physical health, 21% due to their mental health and 35% because of both their physical and mental health.
- Groups of respondents more likely to have been kept from usual activities in the past 30



days because of poor physical or mental health include obese residents, females, those ages 18 to 44, those with an annual income under \$50,000, residents who are single or divorced, and those who are employed part-time or unemployed.

Table 2. Putnam County Trend Summary		Putnam County CHA 2016	Putnam County CHA 2021
Health Status	Average days that physical health was not good in past month	3	3.5
	Average days that mental health was not good in past month	4.1	4.8
Health Care Coverage, Access, and Utilization	Uninsured	5%	2%
	Visited a doctor for a routine checkup in the past year	63.0%	77.5%
	Adults who have visited the dentist in the past year	80.0%	73.2%
Health Lifestyle/Behaviors	Overweight (Self-reported)	36.0%	33.4%
	Obese (Self-reported)	38.0%	44.3%
	Current drinker (everyday/someday)	74.0%	63.2%
	Smoked 100 or more cigarettes in life	33.0%	36.6%
	Adults who used marijuana in the past 6 months	3.0%	7.4%
Quality of Life	Limited in some way because of physical, mental, or emotional problem	18.0%	21.0%
Mental Health	Ever seriously considered suicide in the past year	3.0%	2.2%
	Two or more weeks in a row felt sad or hopeless	9.0%	11.2%
Preventive Medicine	Annual flu vaccine	55.0%	44.7%
	Blood Cholesterol Check	88.0%	88.0%
	Had a mammogram (age 40 and older)	77.0%	68.6%
	PSA test for prostate cancer	47.0%	40.1%
	Colonoscopy	64.0%	52.3%

Next Steps

The completion of the four MAPP assessments answers important questions regarding the health of Putnam County:

- The Local Public Health System Assessment answered: What system weaknesses must be improved? What system strengths can be used? What system performance opportunities are there?
- The Forces of Change Assessment answered: What forces affect how to take action?
- The Community Themes and Strengths Assessment answered: Why do health conditions exist? What assets are available in the community? What is the quality of life in the community?
- The Community Health Status Assessment answered: What health conditions exist in the community?

Underlying themes related to the completed assessments were identified and shared with the Partners for a Healthy Putnam County and with the community. Three to five strategic priorities will be determined and a Community Health Improvement Plan (CHIP) will be developed. The CHIP will include innovative, strategic activities to guide health improvement programs and policies for the next three years.

Appendix A. Acknowledgements- Participating Partners

Putnam County Health Department

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Sherri Recker*

Joan Kline*

Angela Recker

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Chief Arnie Hardy (Continental)

Chief Jim Gulker (Kalida)

Chief Rich Knowlton (Ottawa)

Chief Rob Searfoss (Glandorf)

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Karen Vorst*

Leipsic Community Center

Kristen Pickens

Community Members

Lita Siefker

Lisa Langhals

Putnam County EMA

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Crime Victim Services

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