

Portsmouth & Scioto County 2016 Community Health Assessment Report

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Acknowledgements

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Scioto County Health Coalition Organizations

- ◆ Alcohol Drug & Mental Health Services Board
- ◆ American Red Cross
- ◆ American Savings Bank
- ◆ Appalachian Regional Commission (ARC)
- ◆ Area Agency on Aging
- ◆ Caresource
- ◆ Center for Appalachian Philanthropy
- ◆ Chamberlain CPA
- ◆ Compass Community Health
- ◆ Connex
- ◆ Fluor BWXT
- ◆ FreeStore Food Bank
- ◆ Garrett Maloney Foundation
- ◆ Genesis Respiratory Services
- ◆ GraciePlum99
- ◆ Help Me Grow Program
- ◆ Interim Healthcare
- ◆ Judge Marshall & the Drug Court Team
- ◆ King's Daughters Medical Center Ohio
- ◆ Live Healthy Appalachia
- ◆ Main Street Portsmouth
- ◆ Martings Foundation
- ◆ Ohio Department of Health
- ◆ Ohio State University Extension Office
- ◆ Ohio University
- ◆ Paramount Advantage
- ◆ Pike County Community Action
- ◆ Portsmouth Chamber of Commerce
- ◆ Portsmouth City Council
- ◆ Portsmouth City Health Department
- ◆ Portsmouth Daily Times
- ◆ Portsmouth Insurance
- ◆ Portsmouth Metropolitan Housing Authority
- ◆ Portsmouth Public Library
- ◆ Portsmouth Spartans Kettle Club
- ◆ Potters House Ministries
- ◆ Salvation Army
- ◆ Scioto County Career and Technical Center
- ◆ Scioto County Commissioners
- ◆ Scioto County Community Action
- ◆ Scioto County Health Department
- ◆ Scioto County Juvenile and Probate Court
- ◆ Shawnee Family Health Centers
- ◆ Shawnee State University
- ◆ Smith's Drugs
- ◆ SOLACE
- ◆ Southeast Ohio Educational Services Center
- ◆ Southern Ohio Medical Center
- ◆ Southern Ohio Port Authority
- ◆ Southern Ohio Senior Games
- ◆ Steven A Hunter Foundation
- ◆ The Counseling Center
- ◆ Tri-State Rehab Services
- ◆ United Healthcare
- ◆ United Way of Scioto County
- ◆ University of Kentucky Extension Offices
- ◆ Valley View Health Centers
- ◆ Village of New Boston

Introduction

The Portsmouth City and Scioto County Health Departments (Health Departments) are pleased to present the 2016 Community Health Assessment. This report is the result of a collaborative effort, intended to help community leaders, stakeholders and residents better understand the health status of Scioto County residents.

Identifying and understanding the prevalence of acute and chronic health conditions, barriers to care, health disparities, and other health issues can help direct community resources to where they will have the greatest impact. The health departments in conjunction with community stakeholders will use the data in this report to inform the organization, development and implementation of a Community Health Improvement Plan to address priority health needs, overcome barriers and disparities, and inform resource allocation

About the Community Health Assessment Process

The information gathered provides current data for local resources and gaps. This will help support the effort to provide services to meet the community's needs and bridges the gaps by a coordinated effort of all stakeholders. A summary of the overall process is provided below. The Ohio State University College of Public Health Center for Public Health Practice was retained to provide consultation throughout the process.

- 1. Preparing for the assessment.** A series of meetings were held with key staff from the Portsmouth City Health Department, Scioto County Health Department, and the Scioto County Health Coalition. The group focused on expected outcomes and goals, identifying who to include in the assessment, size of assessment group, how to carry out assessment activities and assessment design and other details of the project.
- 2. Secondary data collection.** Secondary health indicators were identified and listed in this report. Representing the interests of both, the city and the county residents, the committee considered potential indicators for inclusion in the report using the following criteria:
 - ◆ Measures should reflect health issues pertinent to the designated and; when possible, be available in state form to allow for benchmarking; and,
 - ◆ data should come from sources that are reliable and are likely to continue providing the measure in future years to allow for trending and measurement.

Existing secondary data for the county were compiled into an Excel spreadsheet, and comparable data for the state of Ohio was included, when available. Data sources included national sources such as the U.S. Census and the Centers for Disease Control. State sources included the Ohio Department of Health's Data Warehouse. Local data, such as that from the Portsmouth City Health Department, Scioto County Health Department, Kings Daughters Medical Center and Southern Ohio Medical Center, were also used. All sources are cited within this report. Rates and/or percentages were calculated when necessary.

Where rates per population were calculated, U.S. Census population data or estimates for the relevant year were used as comparison

- 3. Primary data collection.** After review and feedback from the Scioto County Health Coalition, a hybrid online and paper based Community Health Survey was used to collect primary data. When appropriate, questions were pulled from the Center for Disease Control and Prevention’s Behavioral Risk Factor Surveillance Survey (BRFSS) to aid comparison with state and national indicators. Several open-ended questions were also included to gather qualitative data relative to perceptions of health and well-being among residents.

Invitations to complete the survey were sent to residents using various media such as: newspaper, radio, flyers, and social media. In an effort to reach out to underserved populations, face-to-face invitations to participate were given to incarcerated residents, the homeless, and food pantry clients. Because Scioto County is predominately white, targeted invitations were also extended to the African American and Hispanic communities.

- 4. Data analysis.** Responses to the Community Health Survey were compiled and analyzed using Excel.
- 5. Sharing results.** This report presents the analysis and combination of both the primary and secondary data collected during this project. The report will be posted on both Health Departments’ web sites, widely distributed to organizations and groups that serve and represent the residents of Portsmouth and Scioto County.

How to read this report

This report is divided into multiple and distinct sections, identified by a highlighted “call-out box”. Each section begins with a brief description of the content. Secondary data is referenced accordingly. Primary survey data (i.e. from Health Departments’ 2016 Community Health Survey) are indicated by this endnote symbol:[§] Caution should be used drawing conclusions in cases where data are sparse.

This report has several limitations. First, while every attempt was made to ensure that the survey was completed by a wide-range of county residents, it was not a representative sample, so results are not generalizable to the entire population. However, results of this survey are comparable to the sample survey results shared by the Southern Ohio Medical Center who conducted a true sample survey in November of 2015.¹ Second, primary survey data is based on self-reported information and may reflect respondents’ likelihood of reporting a particular behavior; however, since the same methodology is utilized for the state BRFSS survey, the same bias applies.

Highlights

There are many positive signs . . .

- ◆ The number of residents with medical insurance is up 4% from 2013.
- ◆ More than three quarters of respondents (89%) indicated they have insurance that covers part of their dental expenses. This is much higher than the US at 63%.
- ◆ Violent crime in the county (3%) is half of the state, (6%).
- ◆ The number of survey respondents that consider themselves smokers (23.43%) is slightly lower than Ohio (23.52%).
- ◆ A higher percentage of survey respondents report eating 5 servings of fruits and vegetables on most days (30%), compared to Ohio at 21%. The number of respondents reporting that they exercised once in the past month (85%) is higher than Ohio (74%).
- ◆ The percentage of survey respondents reporting that they exercised once in the past month (85%) is higher than the state reported 74%.
- ◆ Almost half of survey respondents indicate that they are proud of the people and their dedication to revitalization of the community.
- ◆ Suicides, homicides and domestic violence incidents are much lower in Scioto County (1%) than in Ohio (3%).

But we still have work to do . . .

- ◆ Healthy People 2020 target for people with medical insurance is 100%.
- ◆ 24% of survey respondents report losing 1 – 5 permanent teeth; 6% report losing all of their permanent teeth.
- ◆ The rate of unintentional drug overdose is higher in Scioto County (29.3%) than Ohio (16.9%).
- ◆ Healthy People 2020 target for people that smoke is 12%.
- ◆ Currently Scioto County residents have a higher rate of heart disease (120.3 per 100,000) than that of Ohio (115 per 100,000). The Healthy People 2020 target is 103.4 per 100,000.
- ◆ According to Healthy People 2020, 78.8% of the US population report that they consider their health as “good”. Scioto County survey respondents indicated that only 59% consider their health as “good”.
- ◆ The rate of Hepatitis C cases in Scioto County is 556.6 per 100,000 compared to 136.3 per 100,000 in Ohio.
- ◆ The percentage of residents receiving flu (47%) and pneumonia (26%) immunizations is much lower than the Ohio rates of (62%) and (71%) respectively.

- ◆ Scioto County has organized a Health Coalition to provide a venue for organizing stakeholders to provide a united effort to address the areas of improvement in Scioto County.
- ◆ The preterm birth weight for Scioto County (6%) is much higher than Ohio (1.1%).

Community Profile

To develop the best plan for addressing the health issues of a community one must first understand the demographics² of that community. The following table presents the demographic and household characteristics of Portsmouth City, Scioto County, and Ohio.

| Demographics | Portsmouth City | | Scioto County (including Portsmouth) | | Ohio | |
|--|-------------------|---------|--------------------------------------|---------|-------------------|---------|
| | Total | Percent | Total | Percent | Total | Percent |
| Population | | | | | | |
| Total Population | 20,226 | | 78,520 | | 11,560,380 | |
| Age | Total | Percent | Total | Percent | Total | Percent |
| Under 5 years | 1,374 | 6.8% | 4,392 | 5.6% | 700,088 | 6.1% |
| 5-17 years | 3,941 | 19.5% | 15,271 | 19.4% | 2,296,570 | 19.9% |
| 18-64 years | 11,597 | 57.4% | 46,337 | 59.0% | 6,859,123 | 59.3% |
| 65 years and over | 3,314 | 16.3% | 12,520 | 15.9% | 1,704,599 | 14.7% |
| Race | Total | Percent | Total | Percent | Total | Percent |
| White | 18,229 | 90.1% | 74,146 | 94.4% | 9,549,343 | 82.6% |
| African American | 1,032 | 5.1% | 2,209 | 2.8% | 1,407,493 | 12.2% |
| American Indian/Alaska Native | 91 | 0.4% | 307 | 0.4% | 21,077 | 0.2% |
| Asian | 124 | 0.6% | 207 | 0.4% | 208,725 | 1.8% |
| Native Hawaiian/Other Pacific Islander | 5 | 0.0% | 0 | 0.0% | 2,893 | 0.0% |
| Other | 150 | 0.7% | 291 | 0.4% | 96,823 | 0.8% |
| Two or more races | 600 | 2.2% | 1,289 | 1.6% | 274,026 | 2.4% |
| Ethnicity | | | Total | Percent | Total | Percent |
| Hispanic | 439 | 2.2% | 924 | 1.2% | 379,542 | 3.3% |
| Non-Hispanic | 19,787 | 97.8% | 77,596 | 98.8% | 11,180,838 | 96.7% |
| Gender | Total | Percent | Total | Percent | Total | Percent |
| Male | 9,389 | 46.4% | 38,934 | 49.6% | 5,651,577 | 48.9% |
| Female | 10,837 | 53.6% | 39,586 | 50.4% | 5,908,803 | 51.1% |
| Household Size | Number of Persons | | Number of Persons | | Number of Persons | |
| Average Household Size | 2.28 | | 2.54 | | 2.46 | |
| Average Family Size | 2.93 | | 3.13 | | 3.06 | |
| Household Type | Total | Percent | Total | Percent | Total | Percent |
| Total Households | 8,286 | | 29,558 | | 4,570,015 | |
| Family Households | 4,707 | 56.7% | 18,850 | 63.8% | 2,944,097 | 64.4% |
| Nonfamily Households | 3,579 | 43.2% | 10,708 | 36.2% | 1,625,918 | 35.6% |

U.S Census Bureau, American Community Survey 5 Year Estimates (2009-2013)

- ◆ The majority of the population in the county is between the ages of 18 & 64
- ◆ Approximately 91.01% of the population is Caucasian and 5.1% is African American
- ◆ Females account for 53.6% of the population and males the remaining 46.4%
- ◆ Of the 8,286 households, 4,263 live in owner occupied housing and 4,023 live in renter occupied housing²

- ◆ 31.5% of the population live below the poverty level
- ◆ Education as it relates to employment in the population ages 25 - 64:
 - Those having less than a high school education have an unemployment rate of 40.3%
 - Those having a high school diploma (or equivalency) have an unemployment rate of 14.1%.
 - Those having some college or an Associate's degree have an unemployment rate of 28.2%.

This table provides a statistical portrait of the number of respondents who completed the 2016 Community Health Survey.

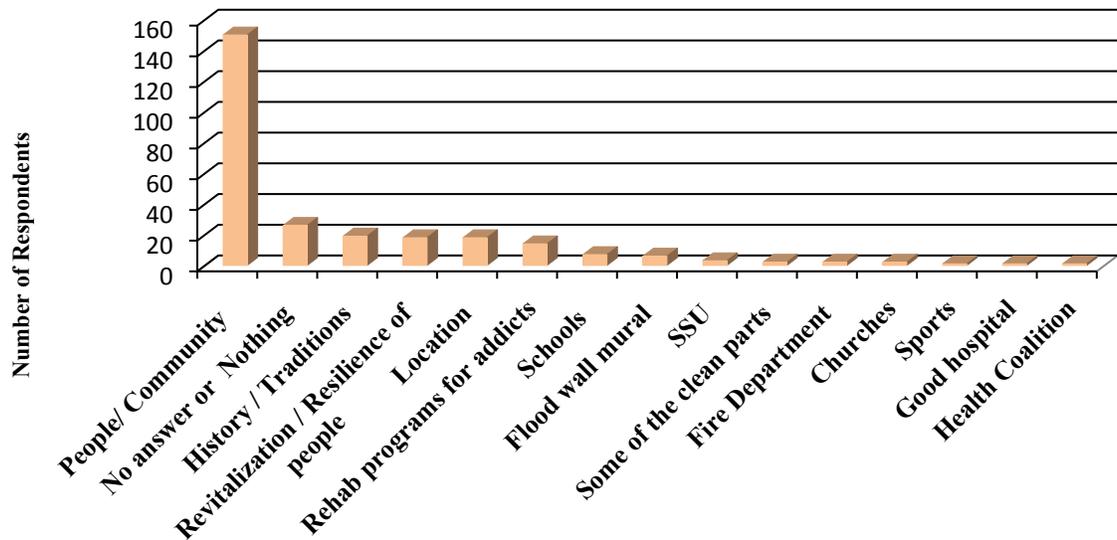
| * Portsmouth City and Scioto County Survey Respondents§ | | |
|--|---------------------------|-----|
| Gender | Male | 48% |
| | Female | 52% |
| Age | <25 | 42 |
| | 26 – 39 | 100 |
| | 40 – 54 | 91 |
| | 55 – 64 | 52 |
| | >65 | 20 |
| Education | Less than High School | 32 |
| | High School diploma / GED | 85 |
| | Associate degree | 58 |
| | Bachelor's degree | 67 |
| | Higher | 62 |
| Income | < \$20,000 | 77 |
| | \$20,000 – 29,999 | 32 |
| | \$30,000 - \$40,999 | 62 |
| | Over \$50,000 | 103 |
| | No answer | 31 |
| Zip Codes | 45662 | 152 |
| | 45663 | 33 |
| | 45694 | 31 |
| | 45648 | 31 |
| | 45652 | 18 |
| | 45653 | 11 |
| | 45629 | 11 |
| | 45657 | 4 |
| | 45682 | 3 |
| | 45661 | 1 |
| | 45671 | 1 |
| | 45683 | 1 |
| | No zip code indicated | 8 |

* Note: This is not a representative sample therefore results cannot be generalized to the larger Scioto County population.

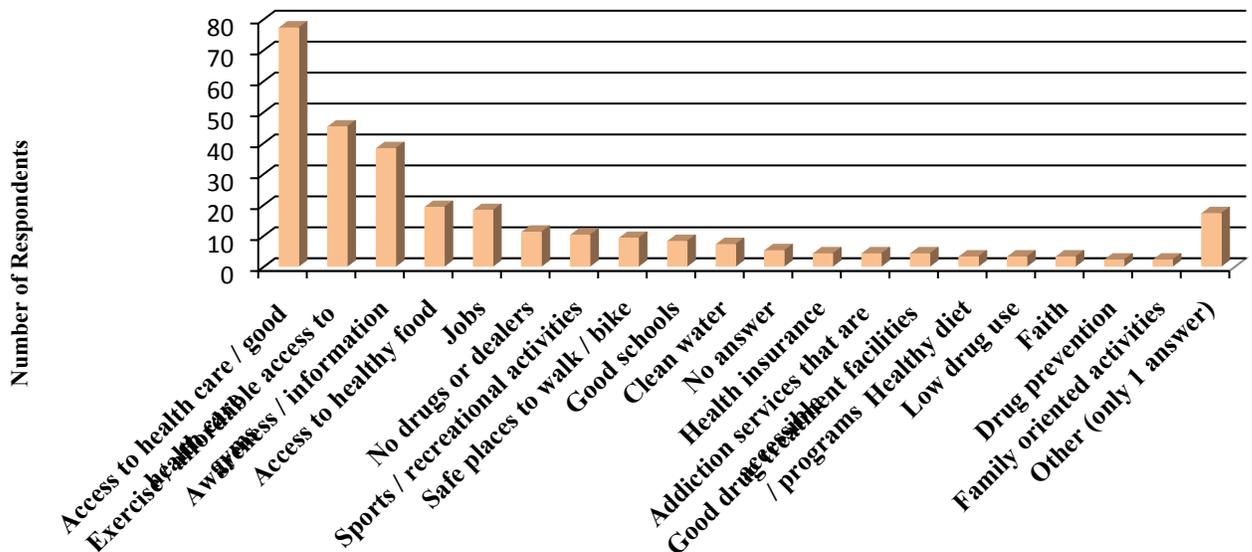
Respondents Perception of Health

Respondents were asked four open ended questions to gauge their perception of a healthy community.

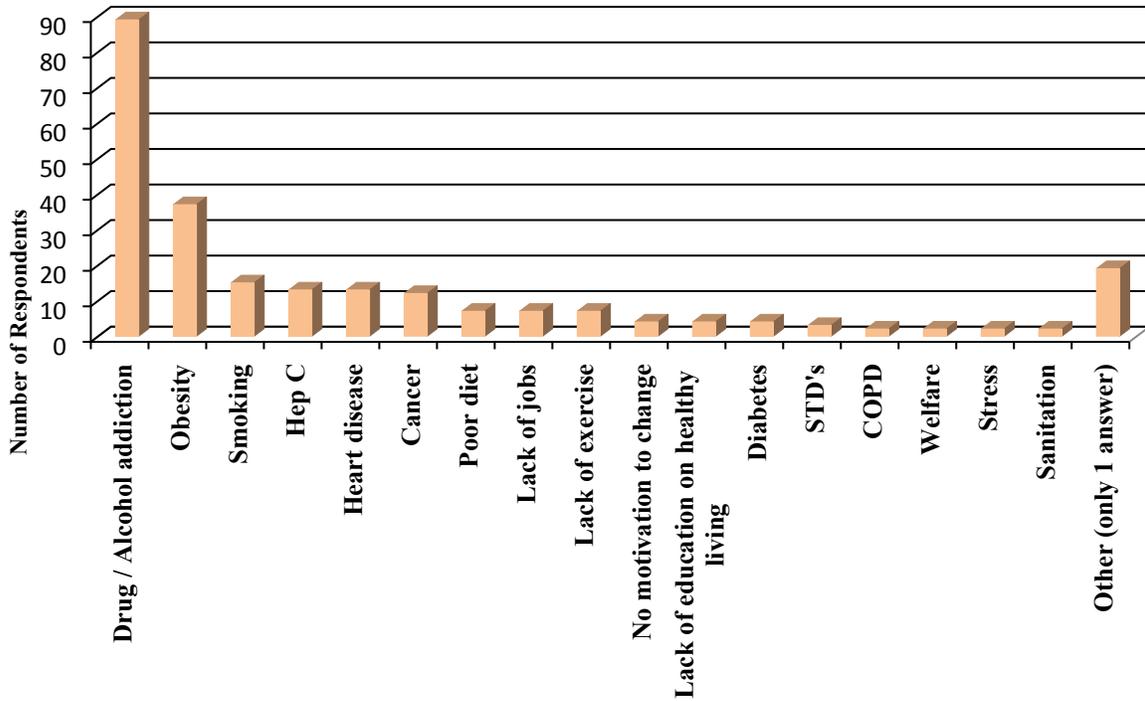
1. **What are you most proud of in our community?** 49% indicated that it is the people and their dedication to improving our community that makes them most proud.



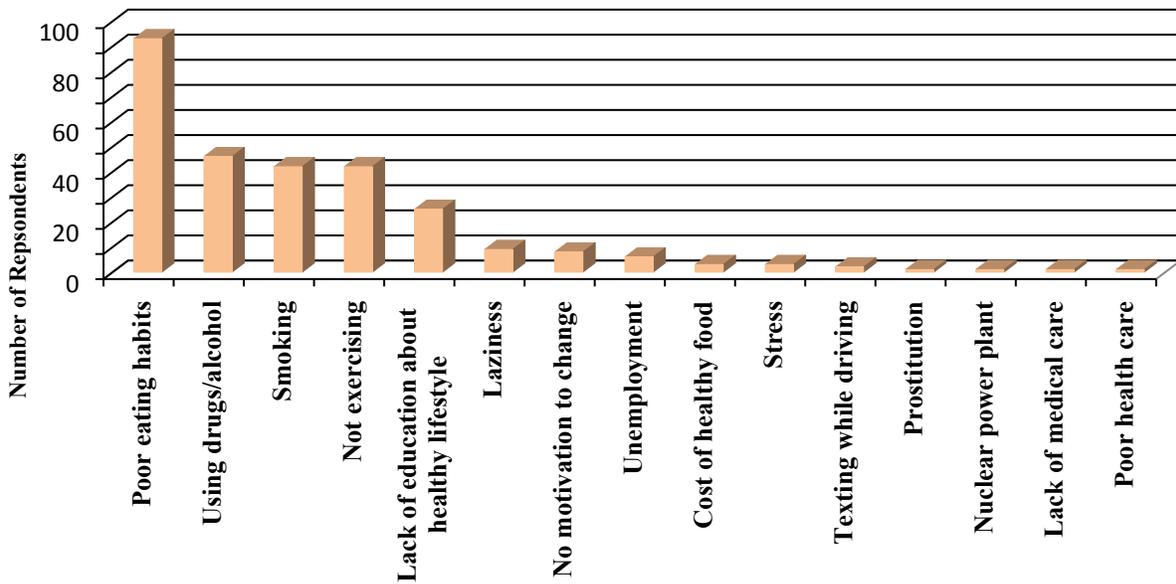
2. **What factors do you think are important for a healthy community?** 60% of respondents agree that **access** to health care, gyms / places to exercise, health information and healthy foods are needed for a healthy community.



3. **What do you see as the biggest health problems in our community?** Almost 90% of survey respondents identified drugs and alcohol as the greatest health issue in our community. Less than 40% agreed that obesity is our second greatest health issue.



4. What behaviors have the most negative impact on the health of our community? While respondents identified drugs and alcohol as the greatest health issue, they classified poor eating habits as the number one behavior that has the most negative impact on the health of our community.



Social Determinates of Health

This section describes contextual factors that can affect the health of our community.

Health Care Access Indicators

Access to comprehensive, quality health care services is important for the achievement of health equity and for increasing the quality of a healthy life for everyone. This section describes the availability of health care providers and other health care resources for the residents of Portsmouth and Scioto County.

Eighty nine percent[§] of survey respondents currently have medical insurance; which is slightly higher than the 85.7% reported by the U.S Census Bureau, American Community Survey 5 Year Estimates (2009-2013). This is in line with the state statistic of 89.1%² of residents having medical insurance. However, it **does not meet** the national Healthy People 2020³ goal of 100% of residents under age 65 to have health insurance.

A slightly lower number of residents (87%) report having insurance that covers at least part of their dental care. This is significantly **higher** than a report by the Government Accountability Office ⁶ which stated that only 63% of the population in the United States has some type of dental insurance.

Of those indicating they needed to see a health care provider, but did not due to a barrier, the top 3 reasons were: cost 59%, lack of transportation 23% and employer did not provide paid time off (sick leave) 11%.

The rate of Scioto County physicians (both MDs and Dos) per 1,000 Scioto County residents is .2, which is much higher than the rate of dentists. **Both dentist and physician rates per resident in Scioto County is lower than that of the state.**

Licensed Practitioners

| | | Scioto County [§] | | Ohio ⁴ | |
|----------------------|--|----------------------------|-------|-------------------|-------|
| | | Count | Rate* | Count | Rate* |
| Dentists | | 22 | .02% | 6,344 | .05% |
| Physicians (MD & DO) | | 153 | .10% | 33,579 | .30% |

*Rate per 1,000 population

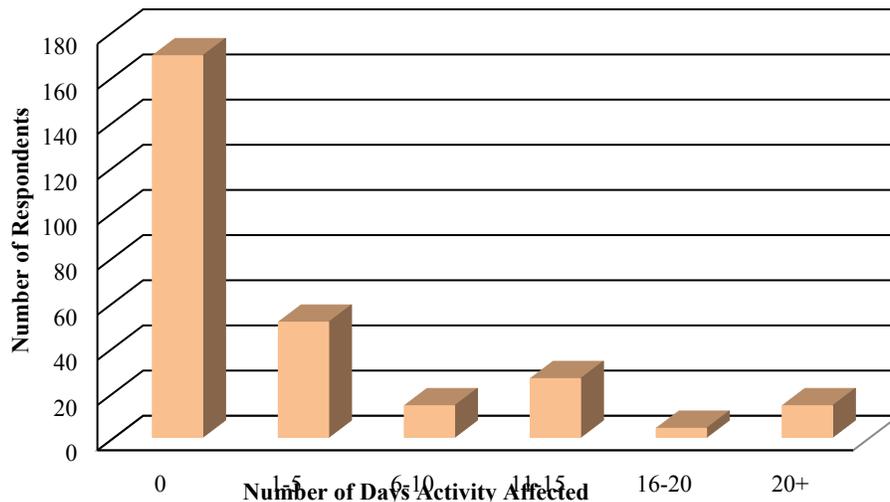
Quality of Life

Health Related Quality of Life

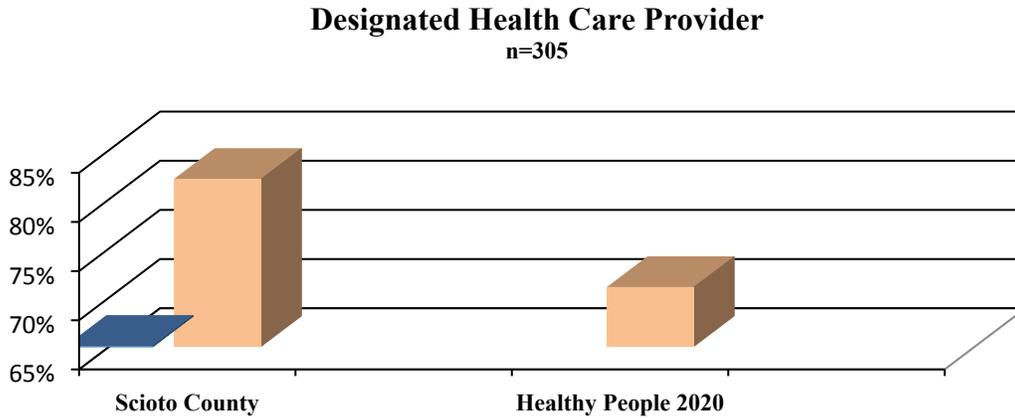
This section addresses both health and community quality of life indicators.

The survey asked “During the past 30 days, how many days did poor health keep you from doing your normal activities?” Of the 278 respondents that answered this question, 61% indicated that poor health did not impede their daily activities. Eighteen percent (18%) reported that poor health affected their daily activity 1 – 5 days per month, and 21% revealed that their daily activity was affected 6 or more days per month. This is **higher than** the 2013 Ohio Behavioral Risk Factor Surveillance Survey⁶ that indicated 18.1% of Ohio residents considered their health status “fair” or “poor”.

Number of Days Poor Health Kept You From Doing Usual Activities
n=305



Respondents were asked “When was the last time you had a routine checkup?” Seventy three percent (73%) indicated that they had received a check up in the last 12 months, 12% within the past 24 months. Eighty two percent (82%) reported that they have someone they consider their primary care provider. This is **higher** than the 77.1% reported in *Healthy People 2020* ³.



Community Related Quality of Life

Violent Crime

The Scioto County violent crime rate (185.5) is **much lower** than the State rate (289.9).

Unemployment

The unemployment rate for Scioto County is over 7%, this is higher than 5% unemployment for the state.

Behavioral Risk Factors

This section describes the prevalence of risky behaviors (such as tobacco and drug use) and healthy behaviors (such as fruit and vegetable consumption, and exercise) in Scioto County.

Drug Use

Respondents perceive drugs and alcohol as the greatest health issue in Portsmouth and Scioto County. The rate of unintentional drug overdose is **much higher** in Scioto County (164.3%) than that of the state (105.8%).

In 2014 there were 22 deaths from drug overdose in Scioto County and 2015 is expected to be significantly higher. These statistics do not indicate the overall prevalence of illicit drug use or abuse among adults in Scioto County; rather, they only measure the extent to which such use results in death.

| | Scioto County§ | | Ohio ⁴ | |
|------------------------------------|----------------|--------|-------------------|--------|
| | Count | Rate* | Count | Rate* |
| Unintentional Drug Overdose | 128 | 164.3% | 11,245 | 105.8% |
| Overdose Deaths | 22 | 28.2% | 515 | 8.8% |

* Per 100,000 population

**overdose data is based on information listed on 2014 death certificates

Information provided by the Portsmouth City Health Department Drug Free Communities Score Card⁴, provided by the Portsmouth City Health Department, Drug Free Community Coordinator, reveals other drug related issues are on the rise, except youth using prescription drugs, which is significantly less in 2014 than 2013. (Note: prescription drug use is self reported).

| | 2013 | 2014 |
|---|--------|--------|
| Indicators | | |
| Drug related ER admissions at SOMC | 204 | 339 |
| % of treatment admissions that are opiate related | 75% | N/A |
| Drug related incarcerations (rate/10,000) | 35% | 38% |
| Youth using RX drugs in past 30 days | 4.10% | 2.80% |
| Consequences | | |
| Overdose deaths | 18 | 22 |
| New Hep C cases | 172 | 261 |
| Interventions | | |
| Naloxone reversals | 21 | 38 |
| Needles exchanges | 34,000 | 85,891 |

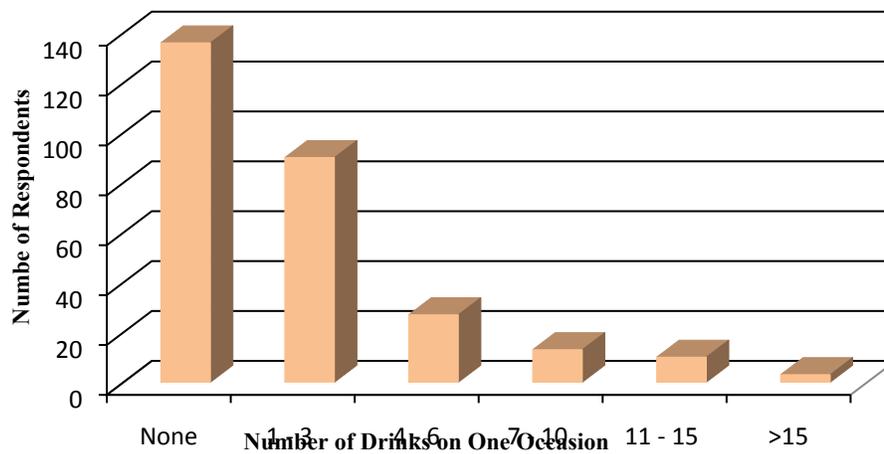
Alcohol Consumption

Excessive alcohol use has been linked to a wide range of unhealthy outcomes including vehicular accidents, cirrhosis of the liver, and cancers of the mouth, throat, esophagus, and liver. Of those surveyed, 49% indicated they had at least one alcoholic beverage in the past month, less than the percentage of Ohioans at 53%.⁶

Alcohol was not identified by the respondents as a health issue. However, the Ohio Behavioral Risk Factor Surveillance Survey⁷ defines binge drinking as having 4 or more drinks on one occasion for women and 5 or more drinks on one occasion for men. The 19% of survey respondents who reported binge drinking is **higher than** the state reported total of 17.1%.

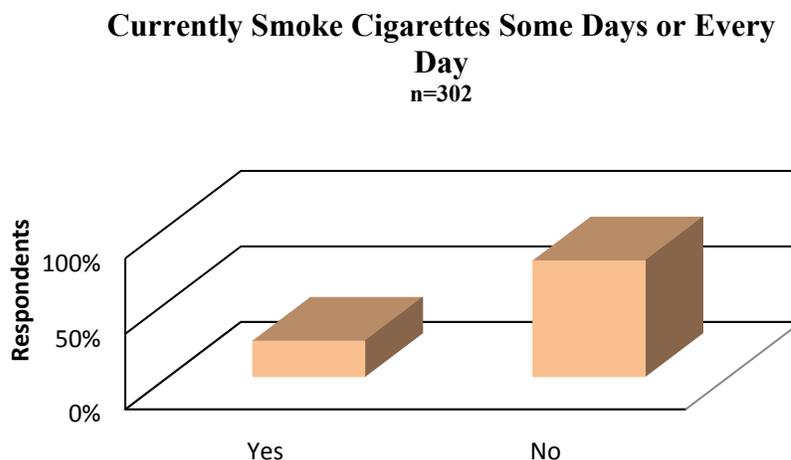
Highest Number of Drinks on Any One Occasion

n = 279



Tobacco Use

Tobacco use has been linked to lung, oral, bladder, kidney and pancreatic cancer, as well as cardiovascular disease. The BRFSS defines “smokers as individuals who have smoked more than 100 cigarettes in their lifetime and currently smoke cigarettes some days or every day”. According to this definition, 23.43% of survey respondents indicated they are smokers, which is slightly lower than the percentage for Ohioans 23.52%), but **nearly double** the Healthy People 2020 target of 12%.³



Of the survey respondents who identified as smokers, only 23% have tried to quit smoking in the past 12 months. Five percent (5%) of survey respondents report using snuff.

Diet and Physical Activity

Fruit and Vegetable Consumption

People who have diets high in fruits and vegetables tend to have lower risk of a variety of cancers including colon and rectal, oral cavity, stomach, and pancreas. They are also less likely to suffer from diabetes, heart disease, and hypertension. Because of this lowered risk, the National Cancer Institute and other organizations recommend adults should have at least five servings of fruits and vegetables every day, depending on energy needs.⁸

30% of the respondents report eating at least 5 servings of fruits and vegetables on most days. This is **significantly higher** than the 21%⁶ reported across the state.

Report eating 5 servings of fruits and vegetables on most days

Scioto County§ n=305

30%

Ohio⁶

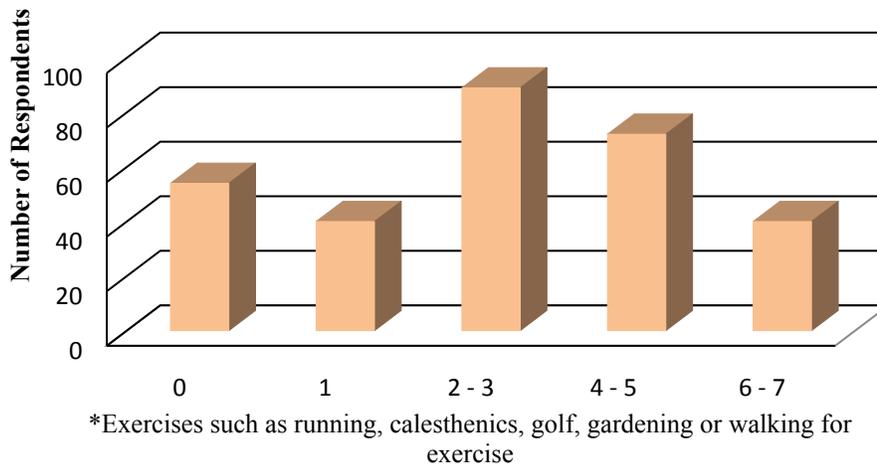
21%

Physical Activity

Regular exercise, as approved by one's healthcare professional, is also recommended as part of a healthy lifestyle. Benefits of regular exercise include reduced risk of coronary heart disease as well as reduced heart rate, blood pressure, and weight. Nearly 85% of survey respondents reported exercising* at least once in the past month. This is **higher** than the 74%⁶ of Ohioans who reported exercising once in the past month.

Reported Days of Exercise in the Past Month

n = 295



Illness, Injury, and Death

By understanding the most frequent causes of death and incidence of health-threatening conditions, we can more effectively target our efforts to educate and improve the residents' health. This section describes what health issues and conditions most frequently affect Scioto County.

Physical Health

Chronic Disease

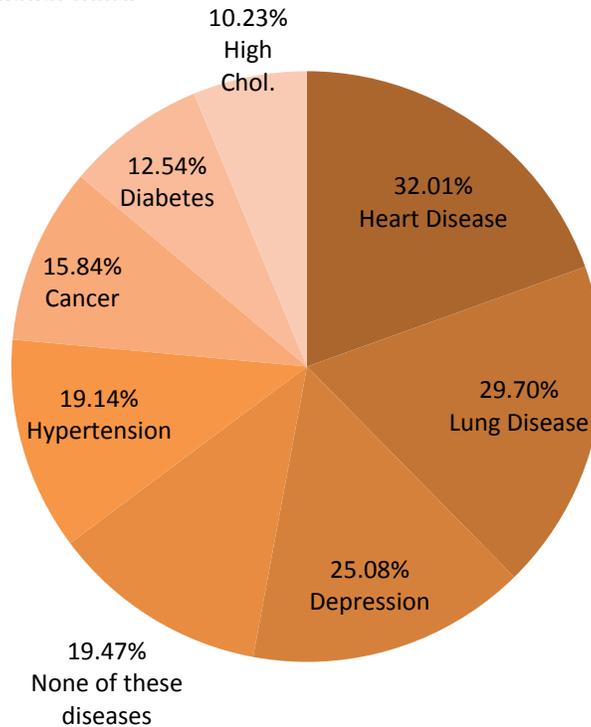
According to the Center for Disease Control (CDC)⁸, heart disease is the number one disease related cause of death in Scioto County. They also report our residents also have a higher rate of pulmonary related disease such as Cardio Obstructive Pulmonary Disease (COPD) and Lung Cancer.

| Mortality - Leading Causes* | County | | Ohio | |
|--|--------|--------------|-------|--------------|
| | Total | Rate/100,000 | Total | Rate/100,000 |
| Acute myocardial infarction, unspecified | 94 | 120.3 | 5,208 | 45 |
| Atherosclerotic heart disease | 69 | 88.3 | 7,753 | 67 |
| Bronchus or lung, unspecified - Malignant neoplasm's | 67 | 85.7 | 7,234 | 62.5 |
| Chronic obstructive pulmonary disease, unspecified | 65 | 83.2 | 4,978 | 43 |
| Unspecified dementia | 47 | 60.1 | 6,255 | 54.1 |
| Atherosclerotic cardiovascular disease, so described | 22 | 28.1 | 2,006 | 17.3 |
| Stroke, not specified as hemorrhage or infarction | 22 | 28.1 | 2,811 | 24.3 |
| Septicemia, unspecified | 20 | 25.6 | 1,615 | 14 |
| Pneumonia, unspecified | 15 | 19.2 | 2,038 | 17.6 |
| Colon, unspecified - Malignant neoplasm's | 14 | 17.9 | 1,764 | 15.2 |
| Alzheimer's disease, unspecified | 14 | 18 | 3,692 | 31.9 |

Scioto County survey respondents mirror the CDC findings with 32% reporting that they have been told by a health care professional that they have / had heart disease or a heart attack. However, Scioto County residents have an equal death rate (120.3 per 100,000) from heart related disease than Ohio overall (120.9 per 100,000). Both rates are **higher** than the 2020 target of 103.4 (per 100,000)³.

Thirty percent (30%) of survey respondents indicate they have / had Asthma or COPD. Depression rounds out the top three health issues, with 26% affirming that they have been diagnosed with some form of depression by a health care professional. Only 19% of the

participants report never being told they have / had any of the health issues listed. According to 2020³ 78.8% of the US population considered their health good and the target for 2020 is to increase that number to 79.9%. The respondents of Portsmouth and Scioto County fall **extremely short** of the bench mark



Health Issues Reported by Survey Respondents

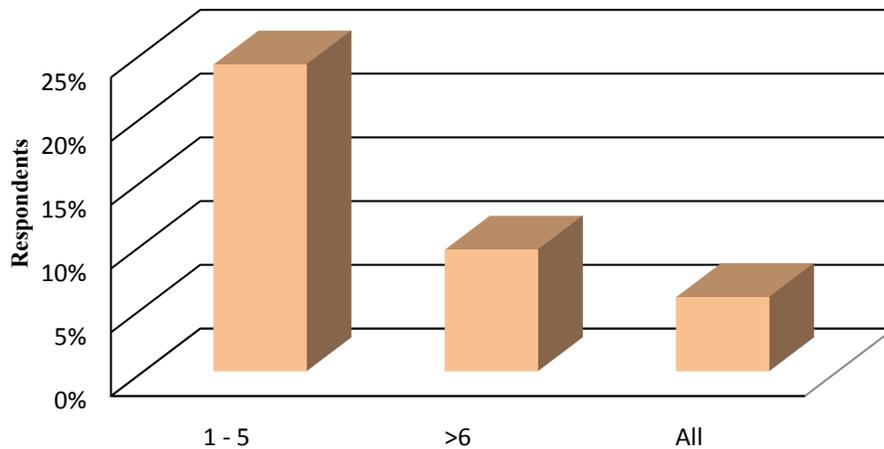
In 2015, there were a total of 46,705 visits to the Southern Ohio Medical Center Emergency Department. The leading causes of these visits are shown in the table below ⁹.

| Treated and Released ¹¹ | |
|---|-------------------------------------|
| 39,250 | |
| Leading Cause #1 | Unspecified Chest Pain |
| Leading Cause #2 | UTI - Site Not Specified |
| Leading Cause #3 | Abdominal Pain - Site Not Specified |
| Leading Cause #4 | Acute Bronchitis |
| Leading Cause #5 | Acute Upper Respiratory |
| ED Admitted ¹¹ | |
| 7,435 | |
| Leading Cause #1 | Unspecified Septicemia |
| Leading Cause #2 | Obst Chronic Bronchitis w(ac) exac |
| Leading Cause #3 | Pneumonia, Organism Unspecified |
| Leading Cause #4 | Acute MI-Subendocardial Infarction |
| Leading Cause #5 | Acute Respiratory Failure |

Dental Care

Oral health disparities have an impact on self-esteem, employability, productivity, nutrition, ability to learn, and overall wellness. The number of respondents with some type of dental coverage is **higher** than the US average⁶. The number of respondents visiting the dentist within the past year (<12 months) is 66% and most within the past 5 years. Still, 24% indicate loss of 1 – 5 permanent teeth and 6% state they have lost all of their permanent teeth.

Loss of Permanent Teeth
n=303



Infectious Disease

According to the Southern Ohio Medical Center the most common infectious disease diagnoses being treated there are Meningitis, Influenza and Hepatitis B.

| Leading Infectious Diseases ⁸ | County | | Ohio | |
|--|--------|--------------|-------|--------------|
| | Total | Rate/100,000 | Total | Rate/100,000 |
| Meningitis, Aseptic | 13 | 16.6 | 857 | 7.4 |
| Influenza-Associated Hospitalization | 13 | 16.6 | 4,197 | 36.3 |
| Hep B | 9 | 11.5 | 232 | 2.0 |
| Ehrlichiosis/Anaplasmosis | 7 | 9 | 15 | 0.01 |
| Campylobacteriosis | 6 | 7.7 | 1,023 | 8.8 |
| Salmonellosis | 6 | 7.7 | 1,190 | 10.3 |
| Hepatitis C, Acute | 6 | 7.7 | 113 | 1.0 |
| Varicella | 6 | 7.7 | 648 | 5.6 |

The top three sexually transmitted diseases reported by the Portsmouth City Health Department are listed in the table below.

| Sexually Transmitted Diseases ⁹ | County | | Ohio | |
|--|--------|--------------|--------|--------------|
| | Total | Rate/100,000 | Total | Rate/100,000 |
| Chlamydia | 164 | 209.8 | 54,331 | 469.6 |
| Gonorrhea | 20 | 25.6 | 16,046 | 138.7 |

According to the Ohio Department of Health Hepatitis Surveillance Special Project, reported May 30, 2015, Scioto County had a rate of 556.6 per 100,000 for Hepatitis C (does not include those incarcerated). This is **much higher** than Ohio’s rate of 137.3 per 100,000.

Adult Immunizations

The percentage of survey respondents receiving flu and pneumonia vaccinations is lower than the state. The *Healthy People 2020*³ target is 70% for flu vaccinations and 90% for pneumonia vaccinations.

| | Scioto County§ n=305 | Ohio ⁶ |
|----------------|----------------------|-------------------|
| Flu Shot | 47% | 62% |
| Pneumonia Shot | 26% | 71% |

Mental and Social Health

This section describes issues associated with the mental and social health of Portsmouth City and Scioto County residents.

Twenty five percent of survey respondents report being diagnosed with some form of depression at some point in their life. This is slightly higher than those responding to the Southern Ohio Medical Center 2015 Community Health Assessment (22%). Both are **much higher** than the 9% reported in Ohio.⁶

Crime and safety are indicators of the community’s overall social health. Fortunately, the social health of our residents is **much lower** than that reported by the state as indicated in the graph below.

| | County | | Ohio | |
|--|--------|--------------|--------|--------------|
| | Total | Rate/100,000 | Total | Rate/100,000 |
| Suicides ¹¹ | 8 | 9.6 | 1,510 | 12.7 |
| | Total | Rate/100,000 | Total | Rate/100,000 |
| Homicides ¹¹ | 0 | 0.0 | 473.0 | 4.4 |
| | Total | Rate/100,000 | Total | Rate/100,000 |
| Domestic Violence ¹¹ Incidents | 228 | 290.37 | 64,531 | 558.0 |

Maternal and Child Health

This section describes the health of pregnant women and newborns in Scioto County. The neonatal mortality rate in Scioto County is approximately eight (8) deaths per 1,000 live births, which is slightly higher than the rate of 7.7 in Ohio.

The rate of adolescent pregnancies ages 15 – 17 years, 44.8 per 1,000 and is higher than Ohio’s rate of 38.7 per 1,000. However, births reported for mothers ages 18 – 19 (109.5 per 1,000) is comparable to the 108 per 1,000 reported in Ohio.

There is not enough information to compare live births for mothers under the age of 18, but the rate for mothers 18 – 19, .0005, is lower than the .056 reported across the state.

The preterm birth rate for Scioto County 6% is **significantly higher** than the 1.1% for the state.

Maternal and Child Health ¹⁰

| | County | | Ohio | |
|---|--------|------------|----------|------------|
| Infant Mortality Rate | Total | Rate/1,000 | Total | Rate/1,000 |
| | 79 | 8.3 | 11,176.0 | 7.7 |
| Estimated Adolescent Pregnancies | Total | Rate/1,000 | Total | Rate/1,000 |
| 10-14 Years | * | * | 491.0 | 1.3 |
| 15-17 Years | 67.0 | 44.8 | 9,258.0 | 38.7 |
| 18-19 Years | 109.0 | 109.5 | 16,805.0 | 108.0 |
| Live Births (Adolescent) | Total | Rate/1,000 | Total | Rate/1,000 |
| 10-14 Years | * | * | 106 | 0.009 |
| 15-17 Years | * | * | 225 | 0.019 |
| 18-19 Years | 66 | 0.005 | 653 | 0.056 |
| Low Birth Weight Babies (<2500 grams) | Total | Percent | Total | Percent |
| Low Birth Weight Babies | * | * | 891 | 7.7% |
| Preterm Birth Rate (<37 weeks) | Total | Percent | Total | Percent |
| Preterm Births | * | 6.0% | 1,295 | 1.1% |

* Indicates a number less than 10

Conclusion

This report provides a comprehensive overview of our community's health status, illuminating areas of strength as well as areas for improvement.

Consistent with Public Health Accreditation Board requirements, the Portsmouth City and Scioto County Health Departments will use this report to inform the development and implementation of strategies to address its findings. It is intended that a wide range of stakeholders will also use this report for their own planning efforts.

Subsequent planning documents and reports will be shared with community stakeholders and with the public. For example, Appendix B of this report includes a preliminary list of community assets and resources that could possibly be mobilized and leveraged to address some of the health issues identified in this Community Health Assessment. This list will be reviewed and (if necessary) revised by the Portsmouth City Health Department and its partners after the Community Health Improvement Plan is formulated and priority issues are identified.

Users of the Portsmouth City and Scioto County Health Departments' Community Health Assessment are encouraged to send feedback and comments that can help to improve the usefulness of this information when future editions are developed. Questions and comments about the Health Assessment may be directed to:

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or

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References

§: This symbol indicates primary data gathered by the 2016 Community Health Survey.

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- ² U.S Census Bureau, American Community Survey 5 Year Estimates (2009-2013).retrieved 5/29/16from<http://www.census.gov/programs-surveys/acs/>
- ³ Office of Disease Prevention and Health Promotion, Healthy People 2020.retrieved 5/29/16from<https://www.healthypeople.gov/2020/topics-objectives/national-snapshot/health-medical-insurance-2001%E2%80%932012>
- ⁴ DFC Score Card. retrieved 6/21/16 from <http://portsmouthoh.org/health>
- ⁵ US Department of Health and Human Services, Oral Health Strategic Framework 2014–2017 Healthy People 2020retrieved 6/1/16from <http://www.hrsa.gov/publichealth/clinical/oralhealth/oralhealthframework.pdf>
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- ⁸ A. Salyers (personal communication, May 16, 2016)
- ⁹ B. Bratchett (personal communication, June 12, 2016)
- ¹⁰ Ohio Department of Health, Public Health Data Warehouse (2014)retrieved May 3,2016 from<http://publicapps.odh.ohio.gov/EDW/DataCatalog>
- ¹¹ Centers for Disease Control and Prevention, National Center for Health Statistics. CompressedMortality File 1999-2013 on CDC WONDER Online Database (2013)

Appendix A

Portsmouth City and Scioto County Health Departments Community Health Assessment Questionnaire

The health departments in our county need your help! We are working together with our community partners on a plan to improve the health of Portsmouth city and Scioto County residents. Please take a few moments to complete this survey that will inform our efforts.

Do you live in Scioto County?

- Yes
 No

1. What makes you proud of our community?

2. What do you think are the three most important factors for a healthy community (access to gym, good health care, health information, etc?)

3. What do you think are the biggest health problems in our community?

4. What do you think are the behaviors (smoking, lack of exercise, poor diet, etc.) that have the most negative impact on the health of our community?

5. During the past 30 days, how many days did poor physical or mental health keeps you from doing your usual activities, such as self-care, work, or recreation?

6. When was the last time you had a routine checkup?

- | | |
|--------------------------|--|
| <input type="checkbox"/> | Within the past year (anytime less than 12 months) |
| <input type="checkbox"/> | Within the past 2 years (1 yr., but less than 2 yrs. ago) |
| <input type="checkbox"/> | Within the past 3 years (2yrs., but less than 3 yrs. ago) |
| <input type="checkbox"/> | Within the past 5 years (3 yrs., but less than 5 yrs. Ago) |
| <input type="checkbox"/> | Not applicable |

7. Has a doctor, nurse, or other health professional ever told you that:

- | | |
|--------------------------|---|
| <input type="checkbox"/> | You have had a heart attack? |
| <input type="checkbox"/> | You have angina or coronary heart disease? |
| <input type="checkbox"/> | You have Chronic Obstructive Pulmonary Disease? |
| <input type="checkbox"/> | You have Diabetes? |
| <input type="checkbox"/> | You have high blood pressure? |
| <input type="checkbox"/> | You have high cholesterol? |

Females only

8. How long has it been since your last mammogram?

- | | |
|--------------------------|--|
| <input type="checkbox"/> | Within the past year (anytime less than 12 months) |
| <input type="checkbox"/> | Within the past 2 years (1 yr., but less than 2 yrs. ago) |
| <input type="checkbox"/> | Within the past 3 years (2yrs., but less than 3 yrs. ago) |
| <input type="checkbox"/> | Within the past 5 years (3 yrs., but less than 5 yrs. Ago) |
| <input type="checkbox"/> | Not applicable |

Females only

9. How long has it been since your last pap smear?

- | | |
|--------------------------|--|
| <input type="checkbox"/> | Within the past year (anytime less than 12 months) |
| <input type="checkbox"/> | Within the past 2 years (1 yr., but less than 2 yrs. ago) |
| <input type="checkbox"/> | Within the past 3 years (2yrs., but less than 3 yrs. ago) |
| <input type="checkbox"/> | Within the past 5 years (3 yrs., but less than 5 yrs. Ago) |
| <input type="checkbox"/> | Not applicable |

10. Have you had a flu shot in the last 12 months?

- | | |
|--------------------------|-----|
| <input type="checkbox"/> | Yes |
| <input type="checkbox"/> | No |

11. Have you ever had a pneumonia shot?

| | |
|--------------------------|-----|
| <input type="checkbox"/> | Yes |
| <input type="checkbox"/> | No |

12. How long has it been since you last visited a dentist or a dental clinic?

| | |
|--------------------------|--|
| <input type="checkbox"/> | Within the past year (anytime less than 12 months) |
| <input type="checkbox"/> | Within the past 2 years (1 yr., but less than 2 yrs. ago) |
| <input type="checkbox"/> | Within the past 3 years (2yrs., but less than 3 yrs. ago) |
| <input type="checkbox"/> | Within the past 5 years (3 yrs., but less than 5 yrs. Ago) |
| <input type="checkbox"/> | Not applicable |

13. How many of your temporary or "baby" teeth were removed because of tooth decay or gum disease?

| | |
|--------------------------|-----------|
| <input type="checkbox"/> | 1 - 5 |
| <input type="checkbox"/> | 6 or more |
| <input type="checkbox"/> | All |
| <input type="checkbox"/> | None |

14. How many of your permanent teeth were removed because of tooth decay or gum disease?

| | |
|--------------------------|-----------|
| <input type="checkbox"/> | 1 - 5 |
| <input type="checkbox"/> | 6 or more |
| <input type="checkbox"/> | All |
| <input type="checkbox"/> | None |

15. Do you have some type of health care coverage (medical insurance, HMO, Medicare, Medicaid, etc.)

| | |
|--------------------------|-----|
| <input type="checkbox"/> | Yes |
| <input type="checkbox"/> | No |

16. Do you have someone you consider your personal doctor primary healthcare provider?

| | |
|--------------------------|-----|
| <input type="checkbox"/> | Yes |
| <input type="checkbox"/> | No |

17. Was there a time in the past 12 months that you needed to see a doctor but could not because of:

| | |
|--------------------------|----------------|
| <input type="checkbox"/> | Cost |
| <input type="checkbox"/> | Transportation |

- Employer does not provide sick leave
- Lack of child care
- Other, please specify

18. Do you have some type of insurance that pay for at least part of your dental care?

- Yes
- No

19. Do you smoke?

- Yes
- No

20. During the past 12 months have you tried to quit smoking?

- Yes
- No

21. Do you use snuff or chewing tobacco?

- Yes
- No

22. During the past 30 days, how many days did you have at least one drink of any alcoholic drink of any kind?

- 1 – 5
- 6 - 10
- More than 10
- None

23. During the past 30 days, what is the highest number of drinks you had on any one occasion? _____

24. Do you eat 5 servings of fruits and vegetables per day on most days?

- Yes
- No

25. On average, how many days per week did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise? _____

26. Please check the age group you represent.

- 25 or less
- 26 - 39
- 40 - 54
- 55 - 64
- 65 or older

27. Please check the education level you represent.

- Less than 12th grade (no Diploma or GED)
- High School Diploma or GED
- Associates Degree
- Bachelors Degree
- Other, please specify

28. Please check the income bracket you represent.

- Less than \$19,999 per year
- \$20,000 to 29,999 per year
- \$30,000 to 49,999 per year
- \$50,000 or more per year

29. Where do you get your health information? Check all that apply.

- Doctor or health care provider
- TV or radio
- Newspaper or magazine
- On line
- Other, please specify

30. What is your zip code? _____

Appendix B

Preliminary List of Community Assets and Resources

A preliminary list of community assets and resources that could possibly be mobilized and leveraged to address some of the health issues identified in this community Health Assessment is shown below. Because this list is not a comprehensive one, it will be reviewed and revised as necessary by the Portsmouth City and Scioto County Health Departments after the Community Health Improvement Plan is formulated and priority issues are identified.

This list in alphabetical Order:

| | |
|---------------------------------------|---|
| ◆ ADAMHS Board | ◆ Ohio University Southern Campus |
| ◆ Access to Scioto County | ◆ OSU Extension Office |
| ◆ Amazing Grace Center Inc. | ◆ Pike County CAC |
| ◆ American Red Cross | ◆ Portsmouth Jaycees |
| ◆ Bellefonte Behavioral Health Center | ◆ Portsmouth City Health Department |
| ◆ Brick by Brick Mental Health | ◆ Portsmouth City Schools |
| ◆ CAO Scioto County | ◆ Portsmouth Community Development |
| ◆ COAD-Ohio4kids | ◆ Portsmouth Daily Times |
| ◆ Cathy’s Home Daycare | ◆ Portsmouth Farmers Market |
| ◆ Child Support Enforcement Agency | ◆ Portsmouth Inner City |
| ◆ Clay Local School | ◆ Portsmouth Metropolitan Housing |
| ◆ Community Common | ◆ Portsmouth Public Library |
| ◆ Community Services for the Deaf | ◆ Potter’s House Ministries (food bank) |
| ◆ Compass Community Health | ◆ Rehabilitation Services SOMC |
| ◆ Counseling Center | ◆ Salvation Army |
| ◆ Crisis Center | ◆ Scioto County Board of DD |
| ◆ Fourteenth Street Community Center | ◆ Scioto County Board of Health |
| ◆ Goodwill Industries of S. Ohio | ◆ Scioto County Commissioners |
| ◆ Green Township Schools | ◆ Scioto County Economic Development |
| ◆ Homeless Shelter | ◆ Scioto Voice |
| ◆ Infectious Disease Associates | ◆ Shawnee Mental Health |
| ◆ Iron Body Fitness | ◆ Shawnee State University |
| ◆ Kids World Daycare | ◆ Snyder Printing |
| ◆ Kings Daughters Medical Center | ◆ Star Community Justice Center |
| ◆ Life Center – three locations | ◆ United Way of Scioto County |
| ◆ Main Street Portsmouth | ◆ Veterans Services |
| ◆ Mended Reeds Mental Health | ◆ Verna Community Center |
| ◆ Minford Local Schools | ◆ WNKE FM Radio |
| ◆ Mount Zion Food Pantry | ◆ WNXT AM Radio |
| ◆ Neighbor to Neighbor (food bank) | ◆ WOWK Television |
| ◆ Northwest Schools | ◆ WSAZ Television |

Appendix C

Following completion of the 2016 Scioto County Health Assessment (CHA) copies were presented to members of the Scioto County Health Coalition in an effort to leverage the tremendous work the group is currently doing in Scioto County.

The Scioto County Health Coalition is a group of diverse community stakeholders committed to improving the health of Scioto County residents. The group was formed as a result of the 2012 Robert Wood Johnson Foundation's Annual County Health Rankings, which ranked Scioto County last of all Ohio counties in health outcomes. Since its beginning the Coalition has grown into a non-profit organization whose purpose is to improve the health, growth, and economics of Scioto County. The group has been addressing the priority issues as well as other issues identified in the 2016 Community Health Assessment.

At the August 12, 2016 meeting the group reviewed the CHA and by vote determined the top three priority issues to be addressed in the Community Health Improvement Plan (CHIP). Coalition members also identified assets to effecting change.

Following is a list of priorities and assets (in no particular order):

The Scioto County Health Coalition is an asset to addressing each of the three priorities identified. The work this group has worked tirelessly to improve the health of Scioto County over the past three years.

Priority #1

Premature Death / Years of Life Lost

- ◆ Economic Development -Todd Book, Interim Executive Director
- ◆ Emergency Services, Kim Carver Director
- ◆ Recovery Gateway Program, Marissa Wicker Coordinator
- ◆ Drug Free Communities, Lisa Roberts, Coordinator
- ◆ School Guidance Counselors
- ◆ Various clubs and civic groups

Priority #2

Obesity

- ◆ After school programs
- ◆ Farmers Markets (5 different in the county)
- ◆ Free activities (Walking with Jill, Biking with Bill, Yoga in the park, etc.)
- ◆ Life Center
- ◆ SOMC wellness group

- ◆ Various gyms
- ◆ CONNEX
- ◆ Parks
- ◆ River front

Priority #3

Tobacco Cessation

- ◆ August 31st Tobacco Summit at the Life Center
- ◆ Leadership Portsmouth
- ◆ Smoke free work environments
- ◆ SOMC Smoking Cessation program
- ◆ Smoke Free Family group