

2024 Adams County Community Health Assessment

December 26, 2023, Preliminary Draft

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Opening Comments and Acknowledgements

On behalf of the Adams County Board of Health, the Adams County Health Department is privileged to present the 2024 Community Health Assessment to the people of Adams County. It is not the product of a single agency, rather, it represents the collaborative efforts of many throughout the community. In particular, the partnerships of the Adams County Health and Wellness Coalition, member agencies of the Adams County Family and Children First Council, Manchester Local School District, Adams County Ohio Valley School District, Cincinnati Children's Hospital Medical Center, and the Adams County Regional Medical Center have been invaluable to this community effort.

The Adams County Health and Wellness Coalition is comprised of community services agencies, health care providers, local business stakeholders, and representatives throughout the community focused on improving the health and wellness of Adams County. Its collaborative nature and diverse representation make it the ideal advisory body for the Community Health Assessment and the Community Health Improvement Plan that will follow.

This Community Health Assessment is available for review by all members of the community. Comments or suggestions are welcome and encouraged from all. The needs and assets identified in this assessment will be used to develop the Community Health Improvement Plan.

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Find the 2024 Community Health Assessment at:

- www.adamscountyhealth.org
- www.acrmc.com



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2024 COMMUNITY HEALTH ASSESSMENT HIGHLIGHTS

The Positives	Challenges
<ul style="list-style-type: none"> • Most Adams County Adults are satisfied or very satisfied with their lives. • The natural beauty of Adams County is viewed as an asset to health and happiness. • Over 90% of Adams County adults have some form of health care coverage. • Healthcare infrastructure includes a Critical Access Hospital, Cancer Center, Dialysis Clinic, 2 Federally Qualified Health Centers, Look-Alike FQHC, Rural Health Center, Inpatient Hospice, and a free-standing Urgent Care Center • More primary and specialty healthcare providers serving the County. • Mental and Behavioral healthcare access has improved since earlier community health assessments. • Affordable, county-wide public transportation has expanded since last the health assessment. • Collaborative approach by county agencies and stakeholders to recognize and address behavioral health needs of vulnerable populations within the community. • Adams County has a school-based health clinic. • Adams County agencies and service organizations demonstrate willingness and ability to collaborate. • Adams Lake State Park and Edge of Appalachia preserve system offers abundant exercise and fitness opportunities. • Strong faith-based community. 	<ul style="list-style-type: none"> • Life expectancy in Adams County is lower than that throughout Ohio and the nation. • Greater percentage of adults in Adams County have been diagnosed with depression than throughout Ohio and the U.S. • Drug overdose related death rate among Adams County adults greater than three times that seen nationally and continues to rise. • Adams County lacks a facility providing short-term housing, assessment, and stabilization for community members experiencing behavioral health crisis. • Over two-thirds of Adams County Adults are either overweight or obese. • Heart disease and Cancer deaths, the leading causes of death in Adams County, occur at rates 40% higher than that seen nationally. • Health inequity within Adams County is driven by poverty, lack of reliable and convenient transportation, and presence of mental and behavioral health disorders. • Over 28% of Adams County children live in poverty, the 5th highest county in the State. • Less than half of Adams County 10th graders viewed their current mental and emotional health as excellent, very good, or good. • Adams county 10th graders are more likely to smoke and drink alcohol than their state and national peers. • Adams County homes are less likely to have broadband internet access than those throughout the state or nation. • Median household income in Adams County is the lowest among the 88 Ohio counties while the per capital income ranks 2nd lowest. • Volunteer participation in community events and membership in service organizations is declining.

Adams County – The Community

A meaningful assessment of a community requires knowledge about the community. Adams County is part of Ohio Appalachia, located along the Ohio River in southcentral Ohio. Encompassing 586 square miles, it is the 10th largest of Ohio's 88 counties. It is a rural county with a population density of 48.9 people per square mile, the 7th smallest in the state. It is also a poor county with a median household income of \$46,234 and a per capita income of \$25,428, ranking 88th and 87th respectively among Ohio counties. The U.S. Census Bureau reports 19.8% of people in Adams County live in poverty, the 5th highest in the State.

Demographics	Adams County	Ohio	United States
Population and Geography			
Population, July 2022	27,420	11,759,697	333,271,411
Population per square mile	48.9	282.3	87.4
Age and Sex			
Persons under 5 years, percent	6.2%	5.6%	5.6%
Persons under 18 years, percent	24.1%	21.8%	21.7%
Persons 65 years and over, percent	18.7%	18.45%	17.3%
Female	50.0%	50.6%	50.4%
Race and Hispanic Origin			
White alone, percent	96.9%	80.9%	75.5%
Black alone	0.6%	13.3%	13.6%
American Indian and Alaska Native alone	0.6%	0.3%	1.3%
Asian alone	0.4%	2.7%	6.3%
Two or more races	1.6%	2.7%	3.0%
Hispanic or Latino	1.2%	4.5%	19.1%
Housing and Living Arrangements			
Owner occupied housing	71.5%	66.8%	64.8%
Median value of owner occupies housing units	\$138,700	\$183,300	\$281,900
Median gross rent	\$667	\$945	\$1268
Households	10,175	4,789,408	125,736,353
Persons per household	2.67	2.40	2.57
Households with broadband internet subscription	79.7%	87.6%	88.3%
Education			
High School graduate or higher	85.0%	91.4%	89.1%
Bachelor's degree or higher	15.2%	30.4%	34.3%
Economy			
Median household income, 2018-2022	\$46,234	\$66,990	\$75,149
Per capita income, 2022 dollars	\$25,428	\$37,729	\$41,261
Persons in poverty	19.8%	13.4%	11.5%
In civilian labor force, 16 years and older	51.0%	63.1%	63.0%
Females 16 years and older in civilian labor force	48.6%	58.9%	58.5%
With a disability, under age 65 years	16.9%	10.1%	8.9%

Source: United States Census Bureau, 2020 Census, 2022 Estimates

The Community Health Assessment

Introduction

The Adams County Community Health Assessment is a comprehensive, equitable, and honest examination of the health of our community—what we do well, what we do less well, our assets, and our liabilities. A major goal of the assessment is to identify threats to the health and happiness of the community and the resources available to address them through the subsequent Community Health Improvement Plan.

The Community Health Assessment and Community Health Improvement Plan are components of the Mobilizing for Action through Planning and Partnerships (MAPP), a community-driven strategic planning procedure for improving community health. Developed by the National Association of County and City Health Officials, this framework helps communities apply strategic thinking to prioritize public health issues and identify resources to address them. MAPP is not an agency-focused assessment process; rather, it is an interactive process that can improve the efficiency, effectiveness, and ultimately the performance of local public health systems.

The Community Advisory Committee used the MAPP process to guide the planning and implementation of the 2024 Adams County Community Health Assessment. There are four components of this assessment. Community Meetings and Focus Groups provided an opportunity for direct discussions with members of the community to explore the strengths and weaknesses of their health, the factors believed to contribute to it, and to inventory the assets of the community that promote health and wellness. The Youth Survey examined factors contributing to physical, mental, and emotional health of preadolescent and adolescent youth in Adams County, while the Adult Survey gathered information on the health and wellness of community residents 18 years old and older. Secondary demographic, socioeconomic, and health data collected by others helped complete a comprehensive inspection of the health and wellness of Adams County.

Community Meetings and Focus Groups

Methodology

The rural nature and Appalachian culture of Adams County challenges a community-wide health assessment. Community meetings are a powerful tool to assure that voices from every aspect of the community are considered. Community meetings during the 2019 Coronavirus Disease Pandemic made such gatherings unwise, if not impossible to perform. Social service agencies, community organizations, and faith-based partners note that community engagement and participation in group activities has yet to return to pre-pandemic levels. Virtual, internet-based meetings deployed during the pandemic risk excluding input from residents in areas without broadband internet service or from those unable or reluctant to use computer technology—thus excluding many of the most vulnerable members of the community.

Adams Brown Community Action Partnership's Meals-on-Wheels, Adams County Library Outreach Services, and home healthcare organizations provided a mechanism to carry health and wellness discussions into the homes of residents the community might not otherwise hear from. Discussions with stakeholders, faith-based leadership, and community leaders provided an additional means to access the health and wellness of the entire community.

Participants at community meetings, focus groups, or in-home discussions throughout 2023 were asked four questions:

1. In order of severity, what are the five most severe health problems in Adams County?
2. In order of importance, what 5 things make Adams County a healthy and happy place to live?
3. What could we do to make Adams County a healthier and happier place to live?
4. What current or future event will have the biggest impact on the health and happiness of the people in Adams County?

Responses were submitted in written, electronic, or verbal format with assistance provided to those needing it. Responses to questions 1 and 2 were weighted to facilitate ranking. Responses representing the greatest severity or importance were assigned a score of 5 which decreased serially to the least severe or important response which was assigned a score of 1. Total scores of each response provided a rank order of severity or importance.

Participants in community meetings and discussions were selected for the broadest representation of Adams County residents and experience working with vulnerable members of the community. Participants included:

- Adams County Board of Health
- Adams County Regional Medical Center
- Adams County Board of Commissioners
- Adams County Common Pleas Court and Probation Department
- Adams County Township Association
- Adams County Health and Wellness Coalition
- Adams County Library
- Family and Children First Council of Adams County
- Adams County Children Services Board
- Adams County Senior Citizens
- Adams Brown Community Action Partnership
- Adams County Children Services Board
- Adams County Ohio Valley School District
- Manchester Local School District
- Alcohol, Drug Addiction and Mental Health Services Board of Adams, Lawrence and Scioto Counties

Findings

The 2017 and 2021 Community Health Assessments identified drug abuse and addiction, mental health disorders, cancer, and obesity as the leading health problems in Adams County.

In discussions throughout 2023, substance abuse and addiction was again mentioned as the leading health problem in Adams County followed mental health disorders. The 16% margin between the first and second problems was significantly narrower than the 67% separation reported in 2021. Obesity replaced cancer as the third most serious health problem followed by cancer, heart disease, diabetes, and lung disease.

Again in 2023, the natural beauty and closeness to nature, rural environment, sense of community, and the parks and outdoor activities offered by Adams County help make it a healthy and happy place to live. People, family, and the importance of church and faith were consistently cited as important contributors to the community's health and wellness.

A senior citizen focus group sponsored by the Adams County Senior Citizens Council explored how the health and wellness beliefs of this vulnerable population might differ from those of the larger community. This group identified mental health disorders, particularly depression, as the most serious health problem in Adams County followed by isolation—loneliness and living alone—as the second leading problem. Cost of healthcare, lack of healthcare providers with experience in caring for the needs of older adults, poverty, and the harmful effects of social media on youth were among the health problems recognized by seniors.

MOST SERIOUS HEALTH PROBLEMS

1. Substance Abuse and Addiction
2. Mental Health Disorders
3. Obesity
4. Cancer
5. Heart Disease
6. Diabetes
7. Lung Disease
8. Poverty
9. Smoking
10. Nutrition

MAKES ADAMS COUNTY A HEALTHY AND HAPPY PLACE TO LIVE

1. Natural Beauty and Nature
2. Rural Environment
3. Sense of Community
4. Parks and Hiking Trails
5. People
6. Churches and Faith
7. Family
8. Clean Air and Water
9. Low Crime
10. Hospital

Increasing the number the jobs and businesses in Adams County, increasing recreational facilities, decreasing drug use, increasing the number of non-fast-food restaurants, and improving the availability and convenience of public transportation were again suggested ways to make the community a healthier and happier place to live and work. Reducing social media and internet exposure to children was a recurrent suggestion throughout 2023 that did not appear in earlier community health assessments.

The Forces of Change assessment, part of the MAPP process, strives to identify forces, such as trends or events, that are or will be influencing a community's health and quality of life. The lingering effects of the COVID-19 pandemic was the most frequently cited force of change followed by the 2024 elections and deterioration of political discourse, legalization of marijuana in Ohio, and the polarization of philosophies throughout the community and the country.

The senior focus group identified the decline in volunteer participation in community events and membership in service organizations as a changing force that will negatively impact the community, particularly members with special needs.

HOW TO MAKE ADAMS COUNTY A HEALTHIER AND HAPPIER PLACE

1. Increase number of jobs and businesses
2. Increase number of recreational facilities
3. Decrease drug use
4. Increase number of restaurants
5. Improve availability and convenience of public transportation
6. Make access to specialty health care easier
7. Increase availability of mental health services
8. Reduce social media and internet exposure to children
9. Expand activities for young people.
10. Increase availability of healthy and affordable food.

FORCES OF CHANGE

1. COVID-19 Pandemic
2. 2024 Election and deterioration of political discourse
3. Legalization of marijuana
4. Polarization of Philosophies

Community Assets and Health & Wellness Resources

Adams County has one hospital, the Adams County Regional Medical Center (ACRMC), a 25-bed Critical Access Hospital providing inpatient, emergency, and outpatient medical and surgical services to the community. The hospital does not provide obstetrical care. Those services are some 30-60 minutes distant from central Adams County in Cincinnati and Portsmouth, Ohio, and in Maysville, Kentucky. The Health Resources and Services Administration has designated Adams County a Health Professional Shortage Area (HPSA) for mental health. Since the 2021 Community Health Assessment, the HPSA designation for Primary Care has been withdrawn. Adams County has two Federally Qualified Health Centers (FQHC) and a Look-alike FQHC which provides access to care regardless of ability to pay, a school-based health clinic, and a free-standing urgent care facility with outpatient laboratory and radiology services.

Since the 2021 health assessment, ACRMC and Southern Ohio Medical Center have increased the number of primary care providers and medical and surgical specialty services within the county. Two new behavioral health treatment providers have opened in the county, expanding the availability of medication to treat opioid use disorder. A community collaborative initiative has expanded mental health providers and services to vulnerable populations within the schools and the criminal justice system.

Resource	Adams County	Adams County	Ohio	U.S.
	Total	Ratio *	Ratio *	Ratio *
Patient Care Beds				
ACRMC Hospital Acute Care Beds	25			
Nursing Home—Skilled Care	152			
Nursing Home—Residential Care	207			
Medical Providers				
Primary care Physicians	10	2,300:1	1,330:1	1,360:1
Other Primary Care Providers	16	1,250:1	710:1	760:1
Dentists				
Primary Care Dentists	6	2,490:1	1,530:1	1,380
Mental Health Providers		490:1	310:1	320:1
Psychiatrists	1.2			
Licensed Clinical Counselors	18			
Substance Dependency Counselors	14			

* Community population to provider ratio

Source: Ohio Department of Health, 2024 County Health Rankings and Roadmaps

Adams County Health Care Environment

- Critical Access Hospital with Emergency Department, Laboratory and Radiology Services, and Outpatient Medical and Surgical Specialties.
- Urgent Care with Radiology and Laboratory Services
- Rural Health Clinic with Laboratory and Radiology
- Cancer Center
- Dialysis Center
- 5 Pharmacies
- 4 Mental Health Providers
- 3 Outpatient Drug and Alcohol Treatment Providers
- 2 Chiropractic practices
- 2 Optometry practices
- Family Planning and Well Child clinic
- 8 Home Health Care agencies serve the county
- Adams County Health Department

Community Assets

Recreation and Fitness

- Manchester Education & Activity Center
- ACRMC Fitness Facility
- Nature Conservancy and Edge of Appalachia Preserve System
- Peebles Skateboard Park
- Ohio River and Brush Creek
- School walking and exercise trails
- Serpent Mound Historical Site
- 5 Campgrounds and Resorts
- 1 Dance Studio and 5 Fitness Centers
- Community Ball and Soccer Fields
- Adams Lake State Park

Education

- 2 Local School Districts operating public schools in 4 attendance regions
- 1 Christian School
- 4 Public Libraries
- 1 Public Child Day Care
- Head Start Preschool

Nutrition

- Interfaith and Church Food Pantries
- 2 Community Gardens
- Meals-on-Wheels
- 2 Senior Nutrition Centers
- 2 Full-service Grocery Stores

Public Safety-Service

- Adams County Sheriff and 3 Village Police Departments
- Adams County Common Pleas Court and Probation Department
- Adams County Children's Services
- Five village fire departments
- Adams County EMS
- 2 village operated EMS units
- Adams County Homeless Shelter
- 3 Water Districts

Employment and Housing

- Ohio Department Jobs and Family Services
- Adams County Metropolitan Housing Authority
- Ohio Means Jobs
- Adams Brown Economic Opportunities

Transportation

- FRS Transportation Services
- ABCAP Transportation
- Senior Citizen Transportation
- Adams County Veterans Services

Support Groups

- Alcoholics Anonymous
- Women Helping Women
- Celebrate Recovery
- Ohio Change Addiction Now
- Pregnancy Resources Center

Organizations and Community Partners

- Adams County Health and Wellness Coalition
- Adams Brown Community Action Partnership
- Adams Brown Diabetes Education Coalition
- Adams County Drug Free Coalition
- Safe Communities
- Family and Children First Council
- Senior Citizen Council
- Adams County Economic Development Department
- Adams County Board of Developmental Disability
- Veterans Association
- Adams County Medical Foundation
- Alcohol, Drug Addiction and Mental Health Services Board
- Ohio State University Extension Agency
- YWCA Domestic Violence
- Suicide Awareness and Prevention
- Area on Aging District 7

Spiritual

- Pastoral Program at Adams County Regional Medical Center
- 58 Churches and Places of Worship

Indicators of Health

Many factors influence how well and how long individuals live, and by extension, the health and happiness of their communities. From access to health care, economic status, availability of nutritious food, physical activity, to the adherence to preventative health recommendations, many factors drive personal and community health and provide objectives and measures which can inform health improvement efforts.

Healthy People 2030, a U.S. Department of Health and Human Services initiative, selects a small subset of these objectives as Leading Health Indicators which have the potential to empower action toward health and wellness improvement.

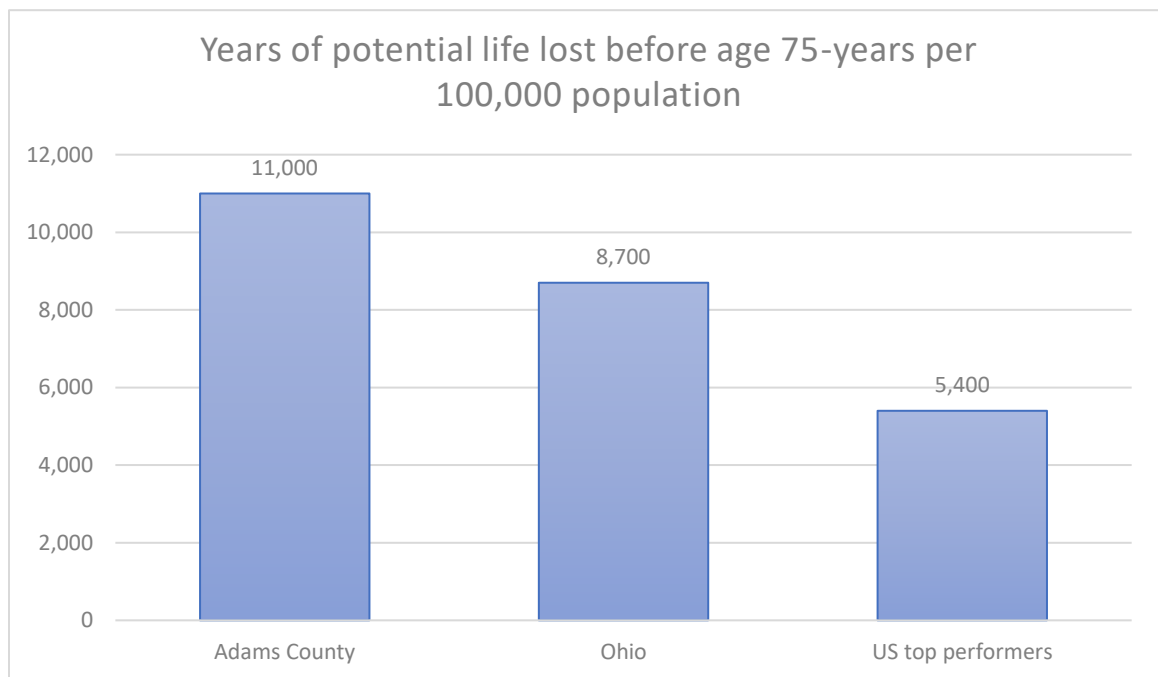
Healthy People 2030 Leading Health Indicators
<ul style="list-style-type: none">• Children, adolescents, and adults who use the oral health care system• Consumption of calories from added sugars by persons 2 years and older• Drug Overdose deaths• Exposure to unhealthy air• Homicides• Household food insecurity and hunger• Persons who are vaccinated annually against seasonal influenza• Persons who know their HIV status• Persons with medical insurance• Suicides• 4th grade students whose reading skills are at or above the proficient achievement level for their grade• Adolescents with major depressive episodes who receive treatment• Children and adolescents with obesity• Current use of any tobacco products among adolescents• Adults engaging in binge drinking of alcoholic beverages during the past 30 days• Adults who meet current minimum guidelines for aerobic physical activity and muscle-strengthening activity• Adults who receive a colorectal cancer screening• Adults with hypertension whose blood pressure is under control• Cigarette smoking in adults• Employment among the working-age population• Maternal deaths• Infant deaths• New cases of diagnosed diabetes in the population

Mortality and Length of Life

Mortality statistics, including length of life and the various causes of death, are powerful indicators of a community's health and provide a means of comparison between communities and state and national norms. Derived from death certificate data, the reporting of which can require many months, mortality statistics can lag a health assessment by two or more years. Statistics used in this assessment comes from a review of 2023 death records and should be considered preliminary.

Premature Death

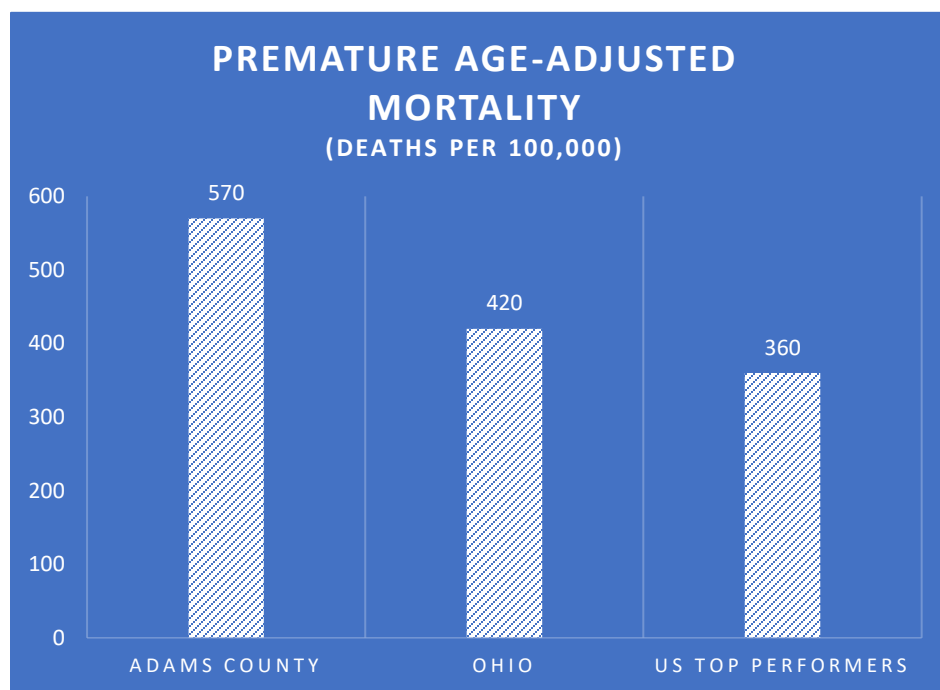
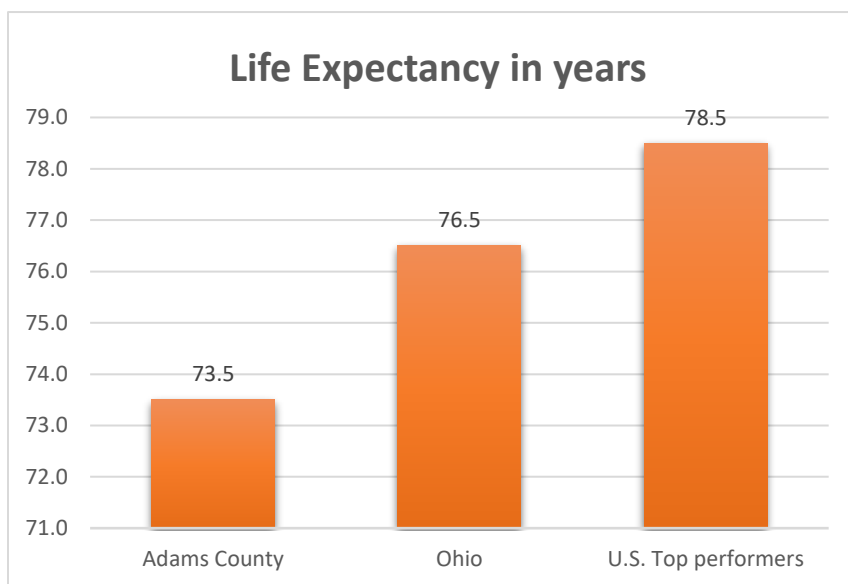
Premature death, the years of potential life lost before age 75-years per 100,000 population, is calculated from birth and death data reported to the National Center for Health Statistics. The *2023 County Health Rankings* used data from 2018 through 2020 for this measure. Adams County experienced a loss of 11,200 years of potential life per 100,000 population during this period as compared to 8,700 years among all Ohioans. Top U.S. performers, identified as the 10th percentile, lost 5,400 years.



Source: 2023 County Health Rankings

Life expectancy and Premature Mortality

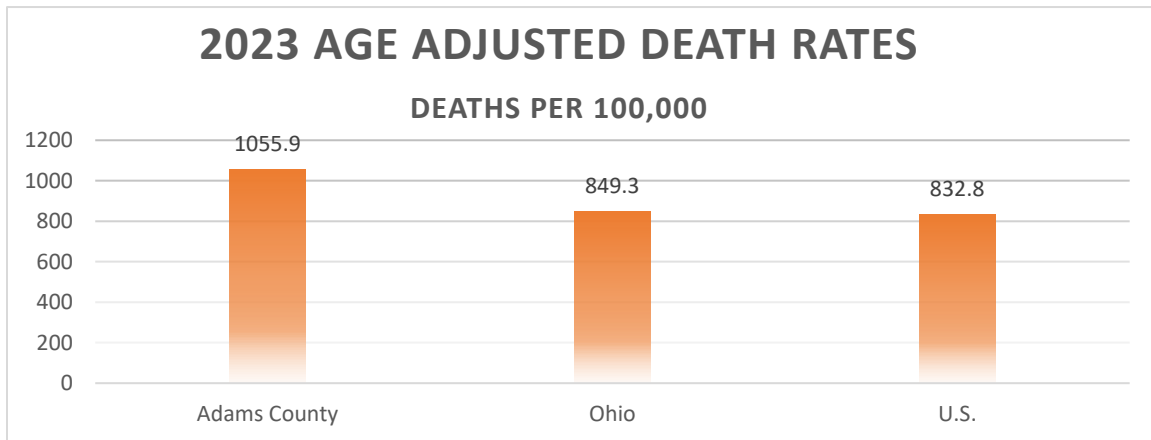
Life expectancy, the average number of years a person can expect to live, was measured to be 73.5 years among Adams County residents as compared to 76.5 years throughout Ohio and 78.5 years among top U.S. performers. Provided by the *2021 County Health Rankings*, data from 2018 through 2020 was used. Adams County life expectancy ranks 8th lowest among Ohio's 88 counties. Life expectancy in Adams County has decreased since the 2021 health assessment.



Premature age-adjusted mortality, the number of deaths among residents under the age of 75-years per 100,000 population, was 570 in Adams County, 420 in Ohio, and 360 among top U.S. performers falling in the 10th percentile. Data from 2018 through 2020 was used by the *2021 County Health Rankings* for this measure

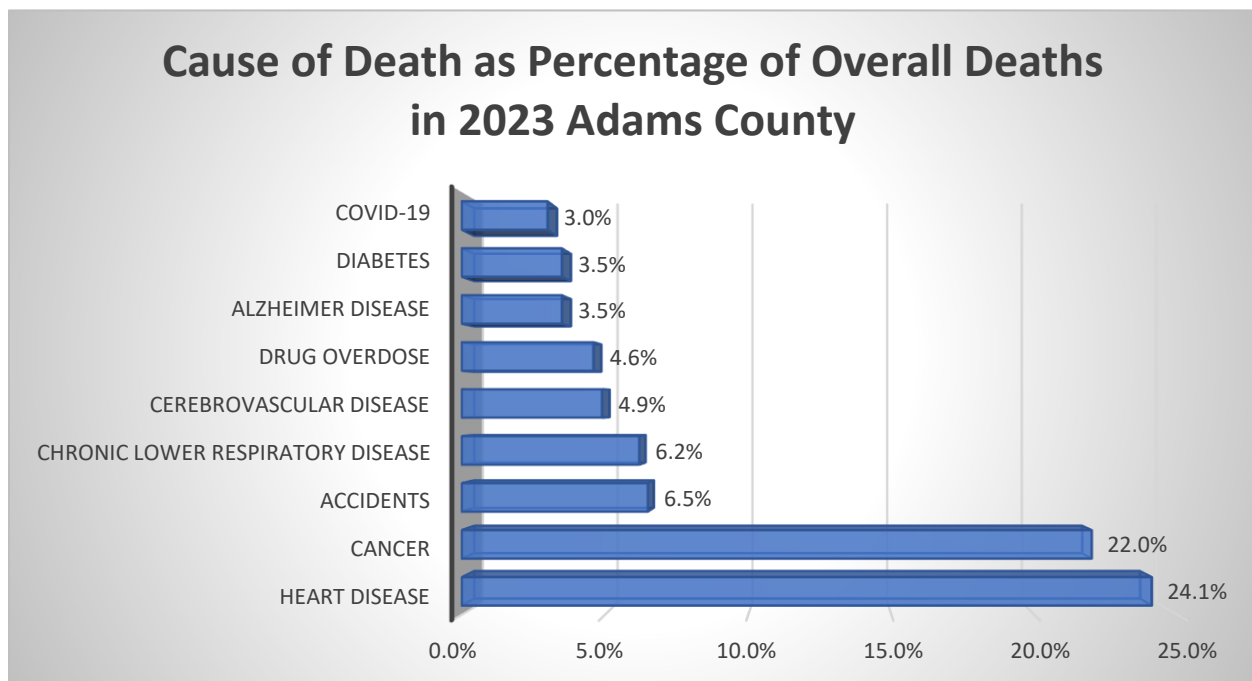
Leading Cause of Death

Although still preliminary, 369 Adams County residents died in 2023 for an age-adjusted death rate of 1055.9 per 100,000 population, this higher than the Ohio rate of 849.3 and U.S. rate of 832.8 for the same period.



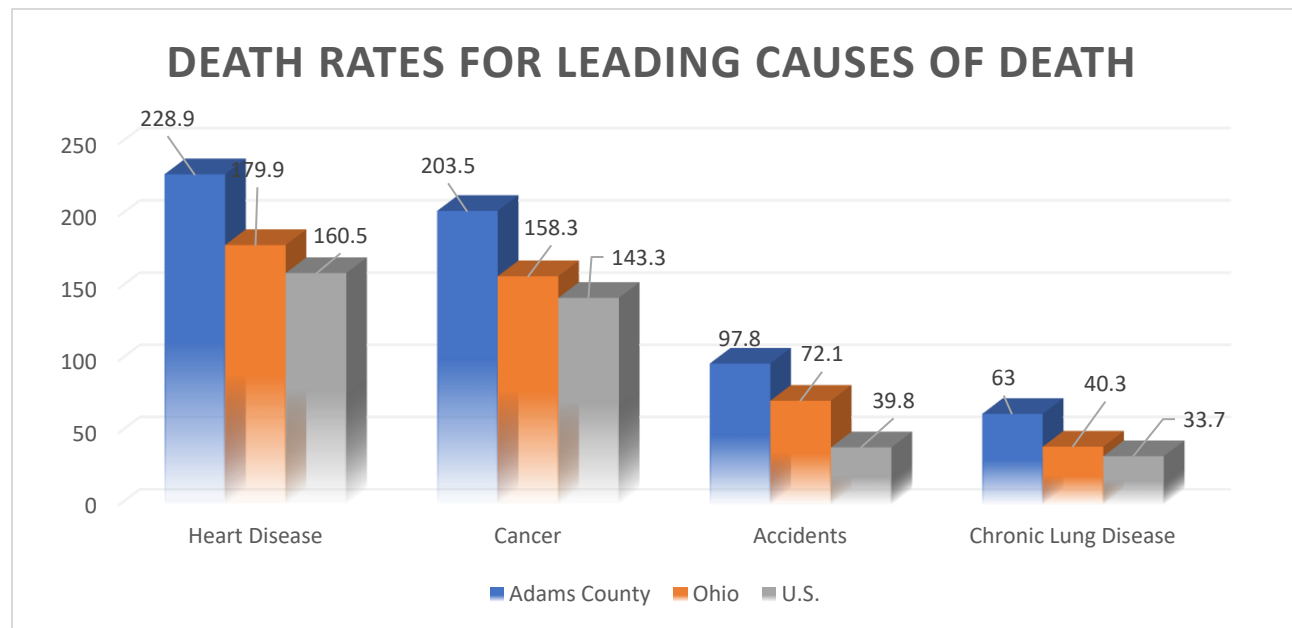
Source: Ohio Department of Health, Centers for Disease Control and Prevention

Heart disease was the leading cause of death among Adams County residents in 2023, accounting for 24.1% of resident deaths. Cancer followed with 22.0% of deaths. Accidents, which include unintentional drug overdoses, represented the 3rd most common cause of death with chronic lung disease and cerebrovascular disease rounding out the top 5 causes of death.

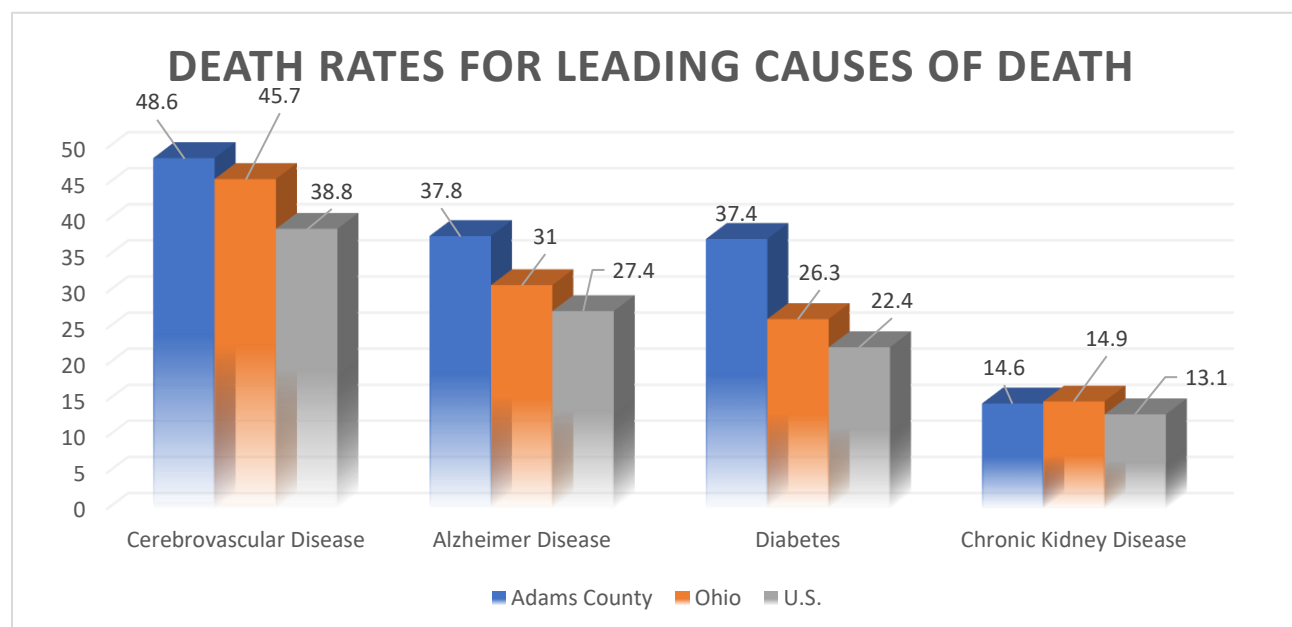


Source: Ohio Department of Health

Death rates among many leading causes of death were significantly higher in 2023 for Adams County than those of Ohio and the U.S. Deaths from heart disease, cancer, accidents, chronic lower respiratory disease, cerebral vascular disease, Alzheimer disease, and diabetes all occurred at a greater rate per 100,000 population in Adams County than both Ohio and the U.S.

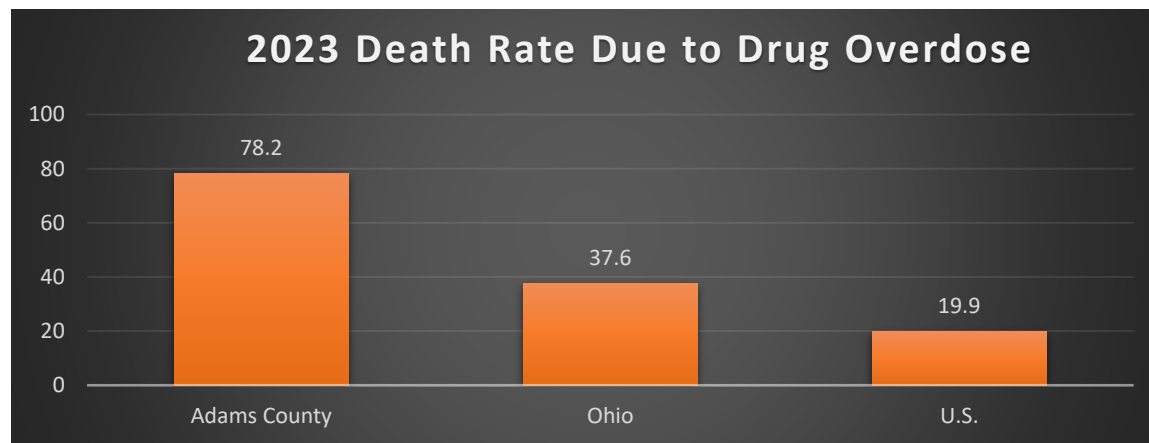


Source: Centers for Disease Control and Prevention, Ohio Department of Health
2023 Provisional Data



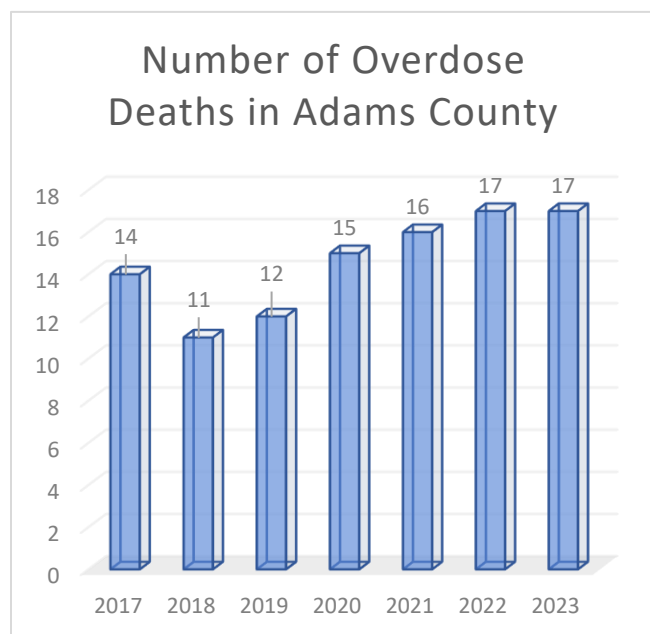
Source: Centers for Disease Control and Prevention, Ohio Department of Health
2023 Provisional Data

Since 2017 Adams County Community Health Assessments have identified substance abuse as the leading health problem in Adams County. While there are numerous indicators that reflect the impact of substance abuse on a community, deaths related to drug overdose dramatically illustrate the human toll of substance use disorders. As in 2017 and 2021, the death rate due to drug overdose in 2023 was significantly higher in Adams County than that recorded throughout Ohio and the U.S.

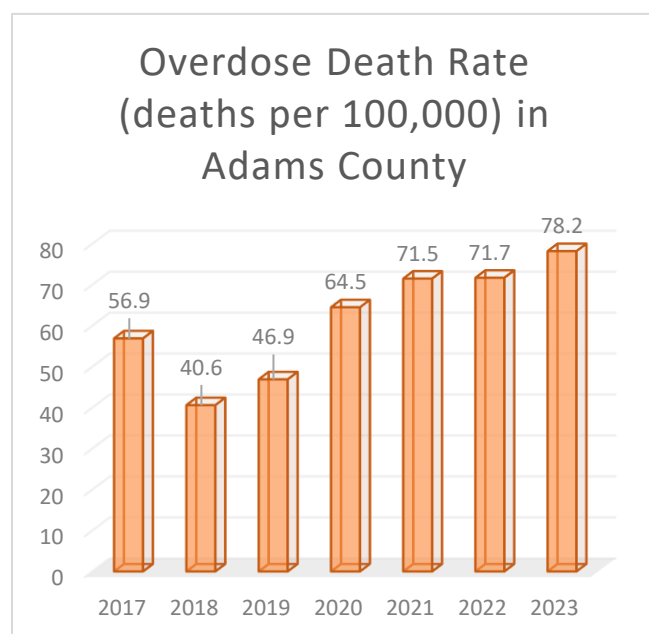


Source: Centers for Disease Control and Prevention, Ohio Department of Health

While the Centers for Disease Control and Prevention reports declining U.S. deaths due to overdose, the overdose death rate in Adams County has climbed every year since 2018.

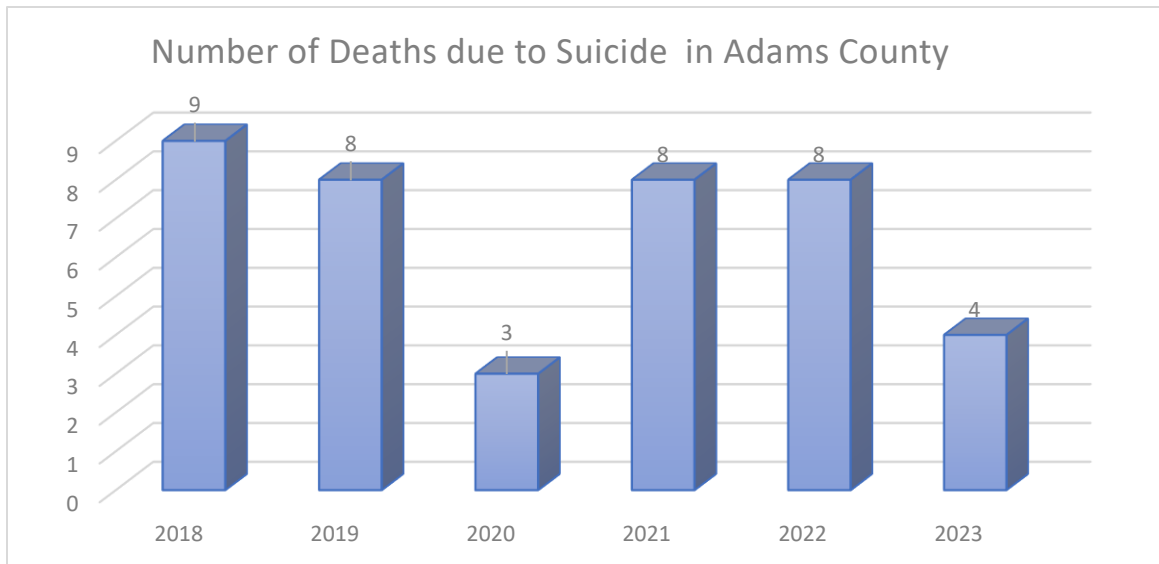


Source: Ohio Department of Health
2023 data provisional



Source: Ohio Department of Health
2023 data provisional

Mental health disorders were identified as the second leading health problem in the 2017 and 2021 Community Health Assessments. Adams county reported 8 deaths due to suicide in 2022 and 2023. Due to the small sample size, age-adjusted death rates could not be calculated for comparison with Ohio and U.S. statistics.



Source: Ohio Department of Health

Adult Survey

Community meetings, focus groups, and stakeholder discussions advanced the understanding of the strengths and weaknesses of Adams County health. The adult survey provides means to validate this understanding and to ensure it represents all segments of the community. The Community Health Assessment is a collaborative process engaging community leaders, agencies, and stakeholders throughout the county, representatives of which formed the Community Health Assessment Advisory Committee. This committee was integral to the development, distribution, and analysis of the adult survey.

Methodology

Multiple health and wellness survey instruments were reviewed and considered for the Adams County Adult Survey. The Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance System (BRFSS) was selected due to its standardized nature and national scope, making comparisons between local findings and those from state and national surveys possible. The BRFSS is a telephone survey which would have excluded significant members of the community who have no landline telephone service or who live in large segments of the county not served by cellular service. The BRFSS was modified into a written survey that could be administered by paper-and-pencil, or electronically through Survey Monkey. The wording of each question however, remained true to the original BRFSS to make comparisons possible. The adult survey was administered to adults 18 years and older who lived or worked within Adams County.

The U.S. Census estimates the adult population of Adams County to be 19563. In order to obtain a survey sample representative of the community, providing a 90% confidence interval, a survey sample size of 188 adults was required. 226 surveys were completed.

Survey participation was encouraged and solicited through the Adams County Health Department and partner websites and social media accounts, attendance at the county fair, and at community meetings. Representative agencies of the Adams County Health and Wellness Coalition helped distribute the survey to their served communities. Participation was solicited from vulnerable populations including senior citizens and those incarcerated at the county jail.

Survey responses were anonymous and confidential. No personally identifiable information was collected or retained.

Limitations

In 2017, 751 adults participated in the adult survey. This declined to 377 participants in 2021—during the height of a global pandemic. In 2023, only 226 adults agreed to participate.

Community partners helping to distribute the survey reported an unexpected reluctance among some members of the community to participate. Suspicion of public health following the COVID-19 pandemic has been offered as a possible reason for the low participation rate in the Adult Survey.

While efforts of partner agencies distributing surveys during Meal-on-Wheels, library outreach, and home health visits increased survey participation, it also resulted in an oversampling of residents aged 65-years and older. A major goal of the adult survey is validation of data collected through community meetings and secondary sources. While the marginal sample size and over sampling of older adults are limitations of the survey, its goal can still be realized.

Adult Demographic Survey Profile	2023 Survey Sample
Age	
18-24	5.8%
25-34	13.3%
35-44	14.2%
45-54	14.2%
55-64	14.2%
65 or older	46.0%
Sex	
Male	16.3%
Female	82.1%
Race and Ethnicity	
White	95.9%
Black or African American	0.0%
American Indian and Alaska Native	1.6%
Asian	0.8%
Other	0.8%
Hispanic Origin (may be of any race)	0.8%
Marital Status†	
Married Couple	50.0%
Never been married/member of an unmarried couple	4.9%
Divorced/Separated	17.2%
Widowed	24.6%
Education†	
Less than High School Diploma	5.7%
High School Diploma or GED	27.9%

Some College	30.3%
College Graduate	36.1%
Income (Families)	
\$14,999 and less	7.9%
\$15,000 to \$24,999	22.8%
\$25,000 to \$49,999	20.8%
\$50,000 to \$74,999	15.8%
\$75,000 or more	32.7%
Housing	
Own	75.6%
Rent	18.5%
Other Arrangements – live with family, barter	5.9%
Employment	
Employed for wages	52.4%
Self-employed	0.0%
Retired	38.7%
Out of Work	0.8%
Unable to Work	5.7%
Homemaker	2.4%
Student	0.0 %
Household with Children under 18 years of age	
No children	72.7%
1 or more	27.3%
Zip Codes of Survey Respondents	
45693	32.3%
45660	19.4%
45697	16.1%
45144	11.3%
45679	7.3%
45684	1.6%
45616	1.6%
Other	10.5%

2023 Adult Survey at a Glance

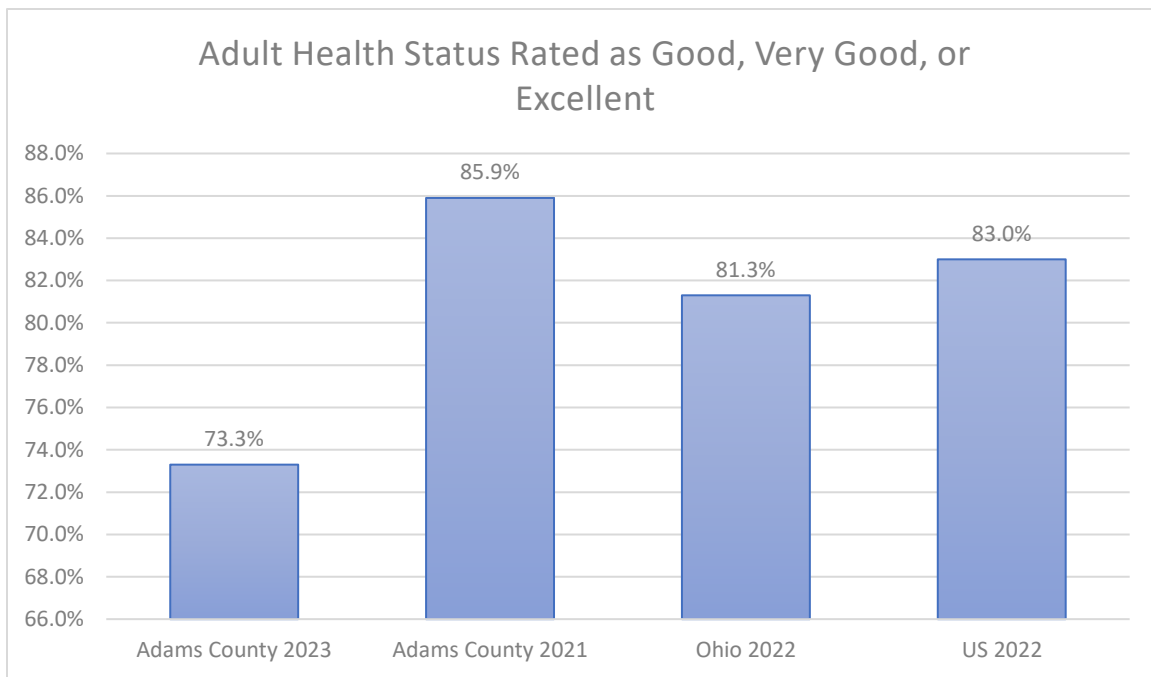
Adult Variables	Adams County 2023	Ohio 2022	U.S. 2022
Health Status			
Health rated as good, very good, or excellent	73.3%	81.3%	83.0
Satisfied or very satisfied with life	91.7%		
Limited by physical, mental, or emotional problems	38.0%		
Physical health was not good 1 or more days of past month	53.8%	37.7%	39.7%
Mental health was not good 1 or more days of past month	62.9%	43.0%	45.9%
Health Care Access			
Identifies an individual as their personal physician or health care provider	93.4%	85.4%	86.8%
Dental visit in past year	68.1%	64.4%	65.5%
Could not see a doctor in past year because of cost.	14.9%	9.8%	10.1%
Has seen a doctor within the past year for a routine checkup.	85.0%	78.5%	76.8%
Chronic Disease.			
Has been diagnosed with arthritis	46.7%	31.3%	27.7%
Has been diagnosed with asthma	14.9%	16.1%	15.7%
Has been diagnosed with diabetes	11.8%	13.1%	11.5%
Has been diagnosed with prediabetes	11.8%	2.1%	2.1%
Has had a heart attack or myocardial infarction	4.2%	5.4%	4.5%
Has been diagnosed with angina or coronary heart disease	11.6%	5.6%	4.4%
Has had a stroke or CVA	10.9%	4.3%	3.4%
Has been diagnosed with skin cancer	17.5%	5.5%	5.5%
Has been diagnosed with any type of cancer, other than skin cancer	7.5%	9.1%	8.3%
Has been diagnosed with chronic obstructive pulmonary disease or COPD	7.5%	9.5%	6.7%
Has been diagnosed with a depressive disorder	32.2%	4.7%	3.5%
Has been diagnosed with kidney disease	32.2%	4.7%	3.5%
Body Weight			
Overweight	27.4%	32.8%	34.2%
Obese	41.5%	38.1%	33.6%

Adult Variables	Adams County 2023	Ohio 2022*	U.S. 2022*
Tobacco Use			
Current smoker—smokes some or all days in past month.	8.3%	17.1%	13.7%
E-cigarette or electronic vapor device use every day or some days each month	5.0%	8.8%	7.7%
Immunization			
Had a pneumonia vaccine (ages 65 and older)	43.8%	71.1%	71.4%
Had a flu vaccine in the past year (ages 65 and over)	53.8%	64.7%	67.8%

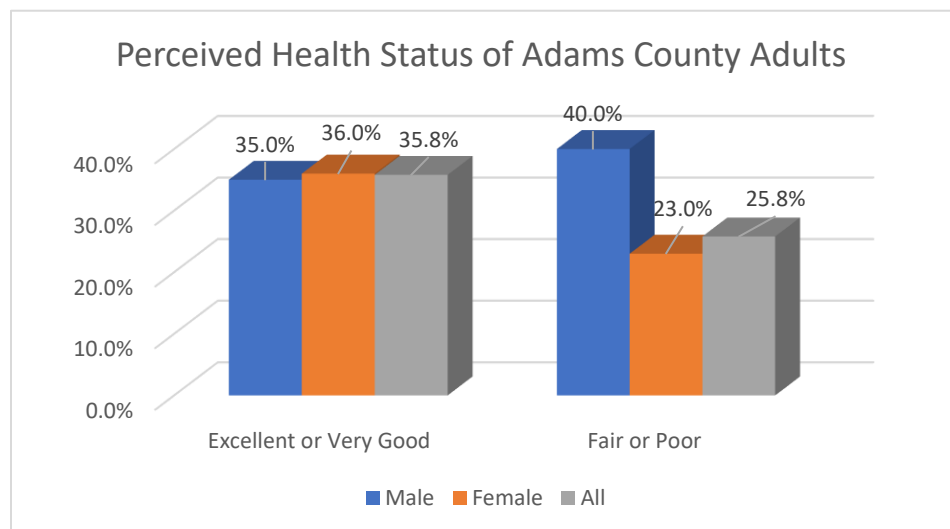
(2024 Adams County Community Health Assessment, 2022 Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention)

Health Perceptions

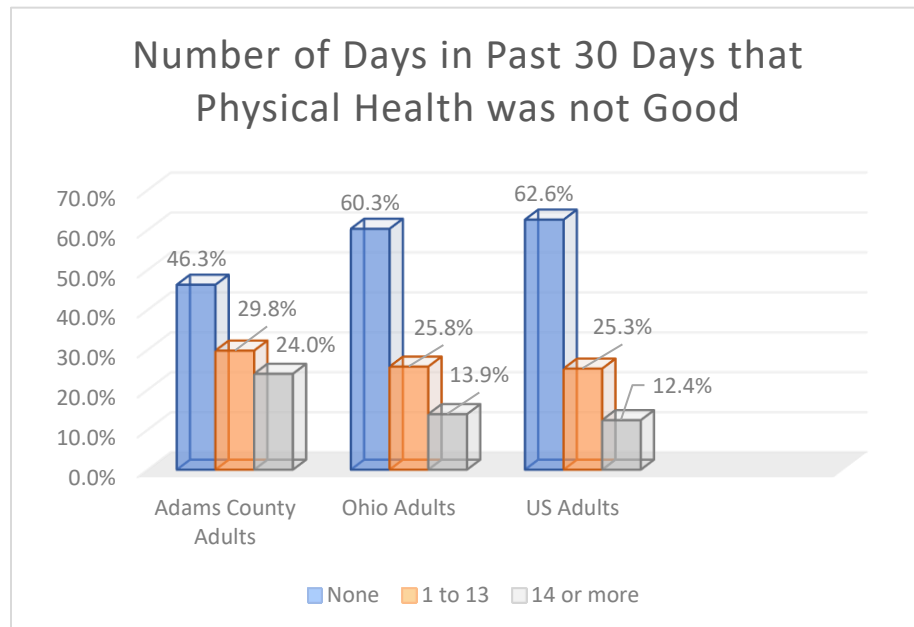
The majority of Adams County residents perceive their health in a positive light, similar to trends seen throughout Ohio and the nation. 73.3% of Adams County adults viewed their health as good, very good, or excellent, this compared to 81.3% of adults throughout Ohio and 83.0% nationally.



35.8% of Adams County adults surveyed rated their health as excellent or very good while 25.8% perceived it as fair or poor. More men than women surveyed rated their health as fair or poor in Adams County, while equal numbers of men and women perceived their health to be excellent or very good.

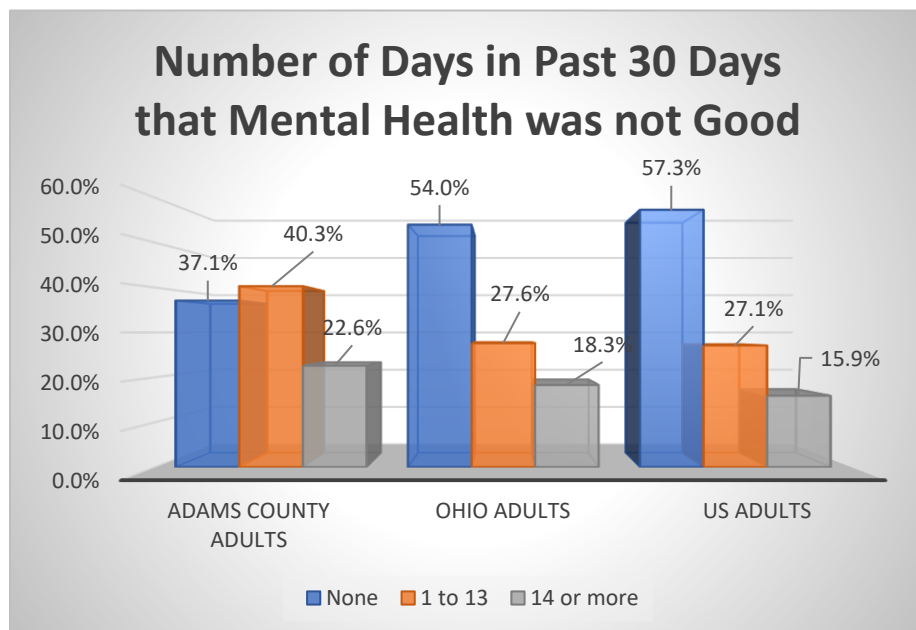


More Adams County Adults reported having had days in the previous month when their physical health was not good as compared to adults throughout Ohio and the nation. This disparity was even greater for mental health.



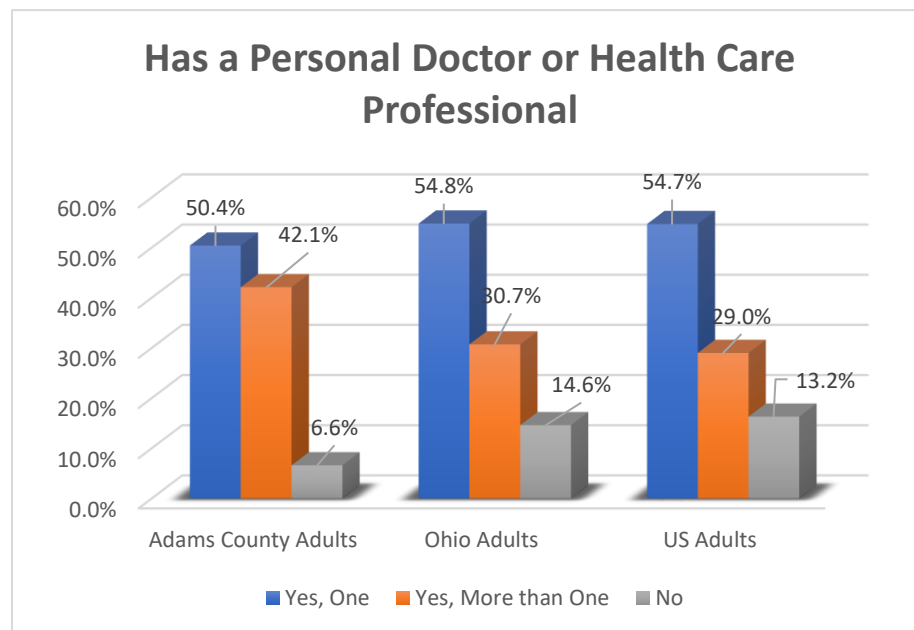
29.8% of Adams County adults reported 1-13 days of the preceding month when their physical health was not good, this compared to 25.8% of Ohio and 25.3% of US peers. Physical health was not good for 14 or more days in 24.0% of Adams County residents, 13.9% of Ohio adults, and 12.4% of US adults.

62.9% of Adams County adults reported that on at least 1 of the previous 30 days, their mental health was not good, this compared to 45.9% of Ohio adults and 43.0% of US adults. Mental health was not good 1-13 days in 33.6% of Adams County adults and in 14 days or more in 25.7%.



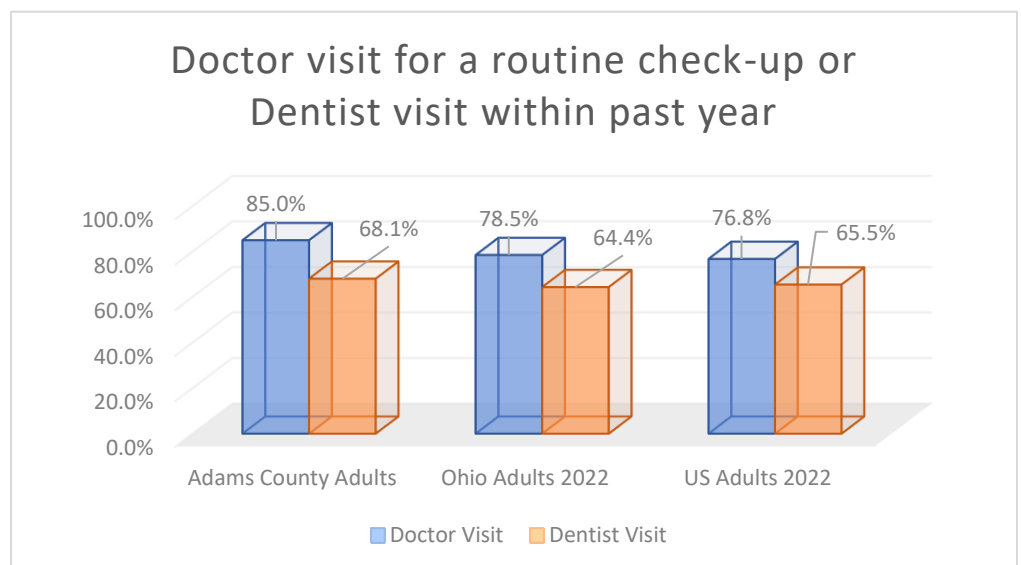
Health Care Access

Most Adams County adults surveyed, 96.7%, have some form of health care coverage—including commercial insurance, Medicare, Medicaid, and coverage subsidized under the Affordable Care Act—similar to the 94.3% of Ohio adults and 92.9% of US adults with similar health care coverage. 14.9% of Adams County adults reported a time in the previous 12 months when they needed to see a doctor but couldn't because of cost, this compared to 9.8% of Ohio peers and 10.1% nationally.



Fewer adults surveyed in Adams County identify a single individual as their personal doctor or health care provider as compared to adults throughout Ohio and the US. More Adams County adults however, report having more than one personal doctor or health care provider than statewide or national peers.

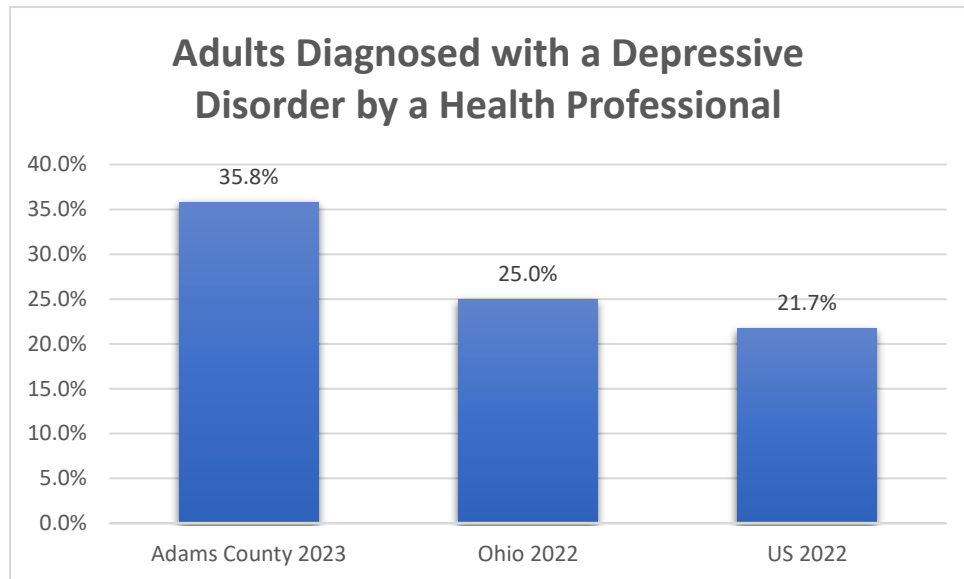
As seen throughout Ohio and the US, most adults in Adams County report having seen a doctor within the past year for a routine check-up and visiting a dentist or dental clinic for any reason in the past year.



Chronic Disease Indicators

Depression

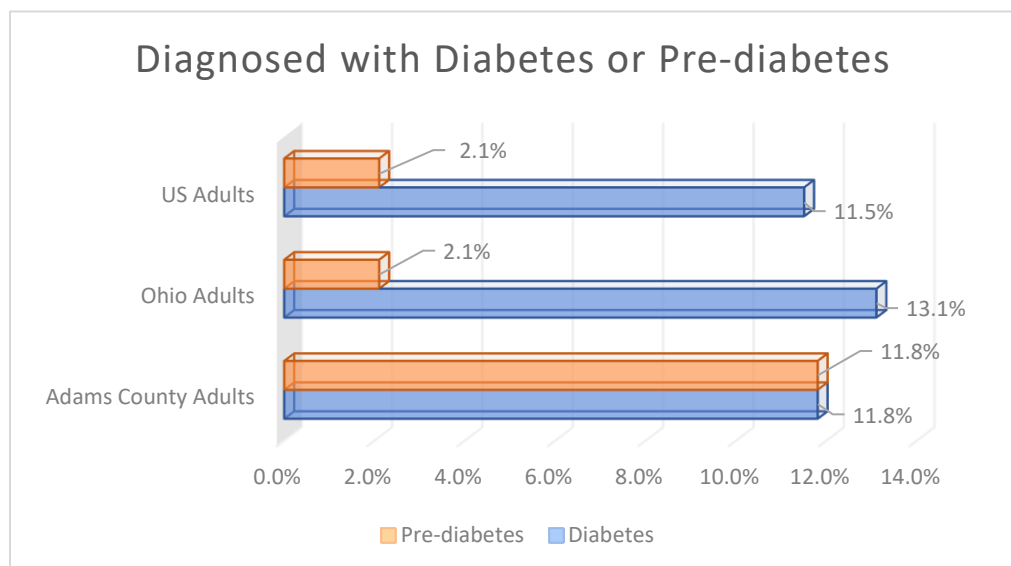
More Adams County adults surveyed, 35.8%, reported having been diagnosed with a depressive disorder by a health professional as compared to adults throughout Ohio and the U.S.



Diabetes

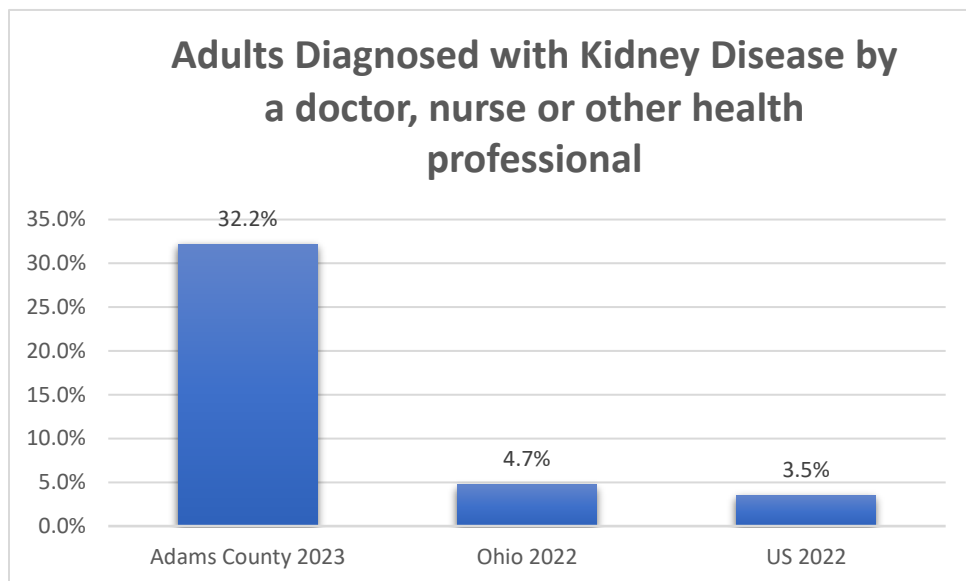
11.8% of Adams County adults report having been diagnosed with diabetes, this increased from the 10.8% reported in 2021 and similar to that seen throughout Ohio (13.1%) and the nation (11.5%).

As in 2021, many more adults in Adams County, 11.8%, report borderline or pre-diabetes compared to the 2.1% of Ohio and US adults.



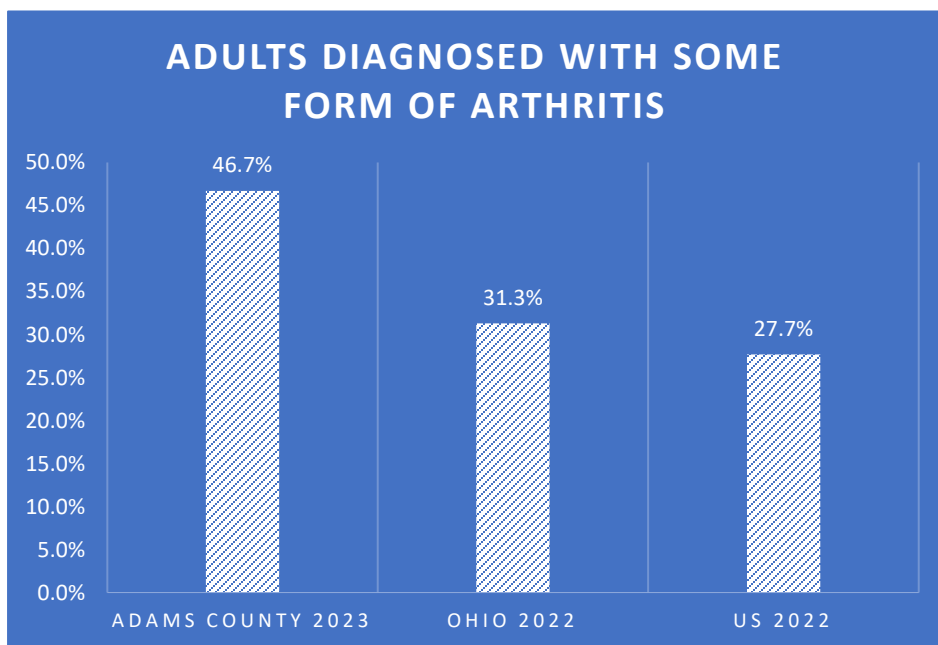
Kidney Disease

32.2% of Adams County adults surveyed report having been diagnosed by a doctor, nurse, or other health care professional with kidney disease, this compared to 4.7% of Ohio adults and 3.5% of adults nationally. Survey respondents were asked not to include kidney stones, bladder infections, or incontinence as kidney disease. This is similar to the results reported in 2021.



Arthritis

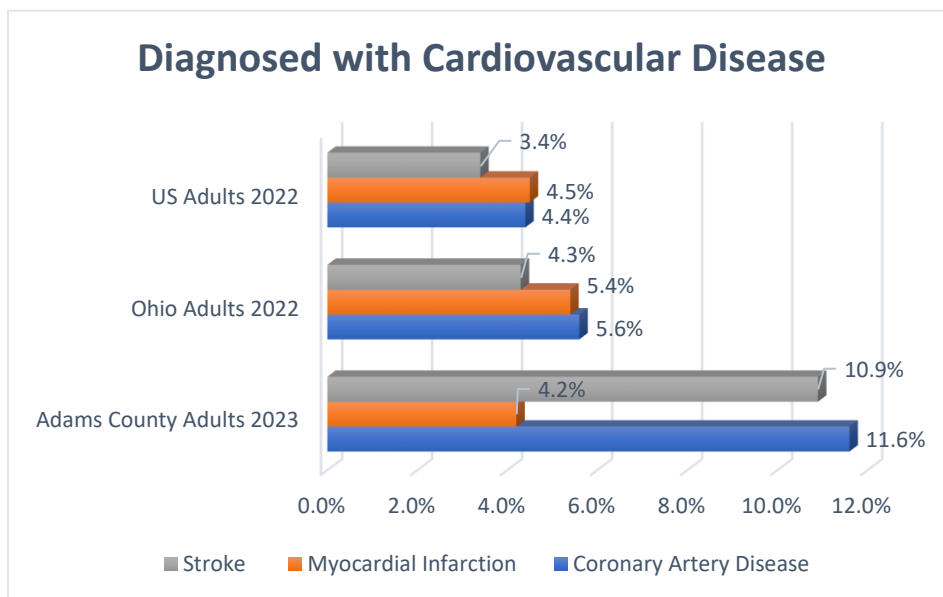
Adult survey respondents were asked whether a doctor, nurse, or other health professional ever told them that they had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia. 46.7% of Adams County adults responded affirmatively, this higher than reported by other Ohio and U.S. adults.



Cardiovascular Disease

Heart disease was the leading cause of death among Adams County residents in 2023. 11.6% of adults surveyed reported being told by health care professionals that they had angina or coronary artery disease with 4.2% having had a heart attack or a myocardial infarction. Less than half of Ohio and U.S. peers reported a diagnosis of coronary artery disease.

The number of Adams County adults (4.2%) reporting having had a stroke or cerebrovascular accident was similar to their Ohio (5.4%) and U.S. (4.5%) peers.

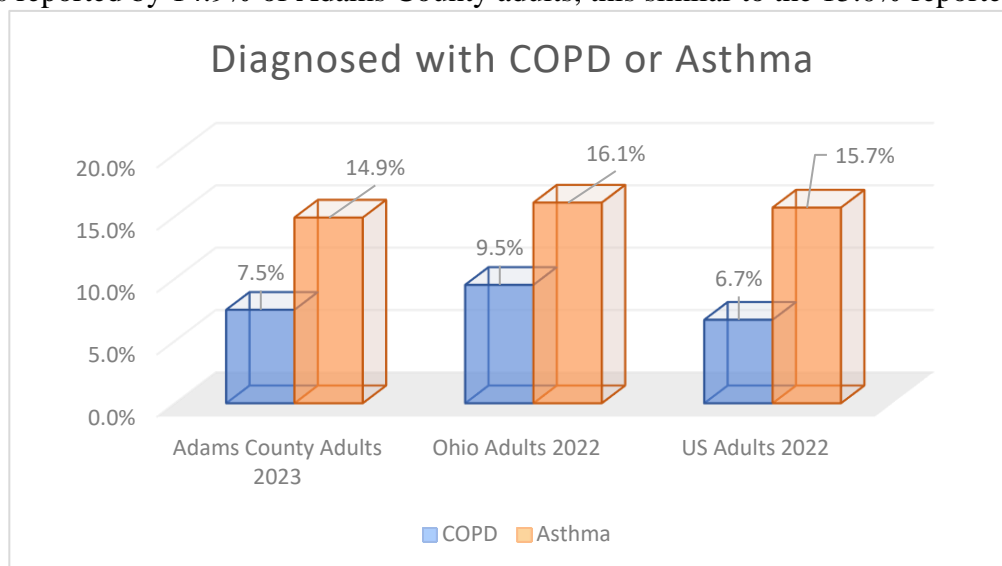


Lung Disease

Chronic pulmonary disease, largely chronic obstructive pulmonary disease or COPD, represented the fourth leading cause of death in Adams County in 2023. 7.5% of Adams County adults reported being told by health professionals that they had been diagnosed with COPD, less than the 9.5% of Ohioans and more than the 6.7% of U.S. adults so diagnosed.

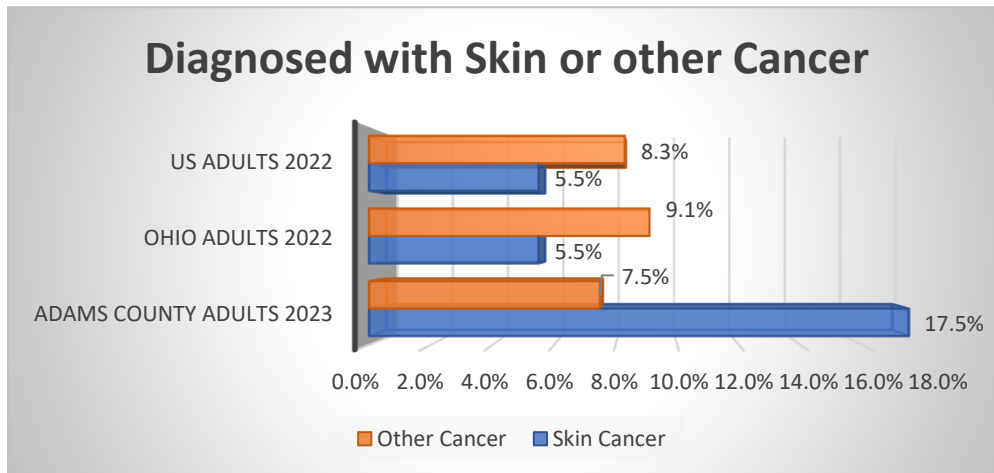
Asthma, an acute obstructive airway disease often associated with allergies and environmental sensitivities, was reported by 14.9% of Adams County adults, this similar to the 15.0% reported in 2017.

16.1% of Ohio adults and 15.7% of U.S. adults have reported being diagnosed with asthma.



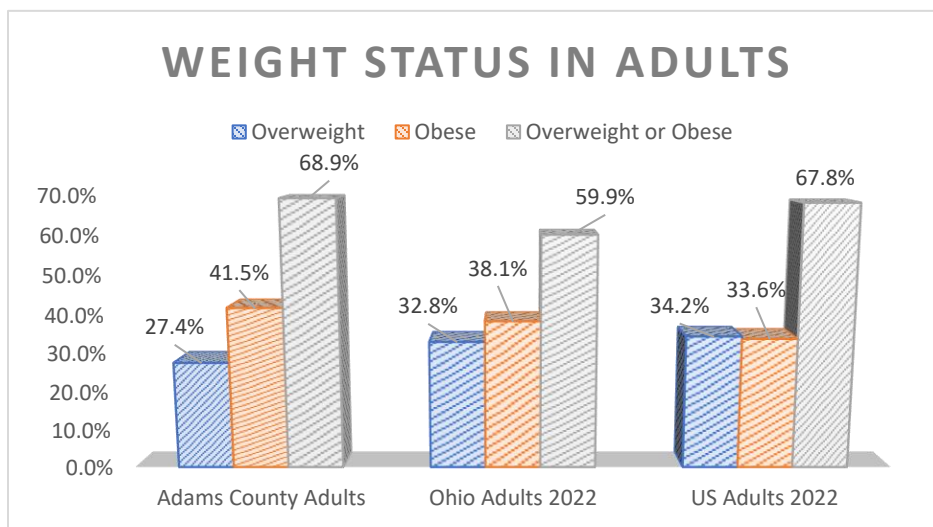
Cancer

Cancer was second leading cause of death in Adams County in 2023. 17.5% of Adams County Adults surveyed report having been diagnosed with skin cancer in the past, this greater than the 9.1% of Ohio and 8.3% of U.S. peers. 7.5% of Adams County adults have been diagnosed with any other type of cancer, also greater than that seen among adults throughout Ohio and the U.S.



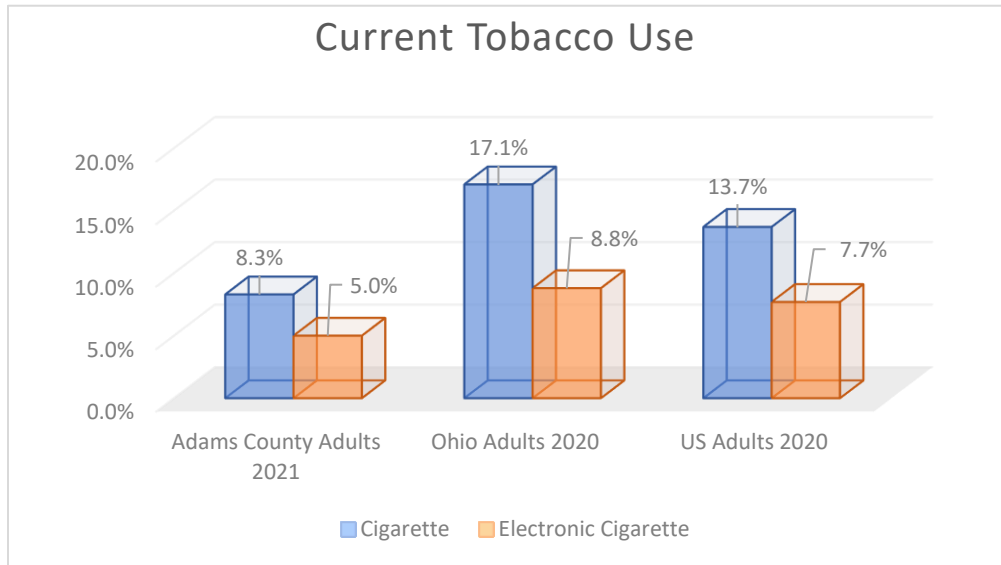
Body Weight

As seen in previous health assessments, a significant majority of adults surveyed in Adams County are overweight or obese, a trend observed throughout Ohio and the country. Based on body mass index calculated from self-reported measurements 68.9% of Adams County adults are either overweight or obese compared to 59.9% of Ohio adults and 67.8% of US adults.



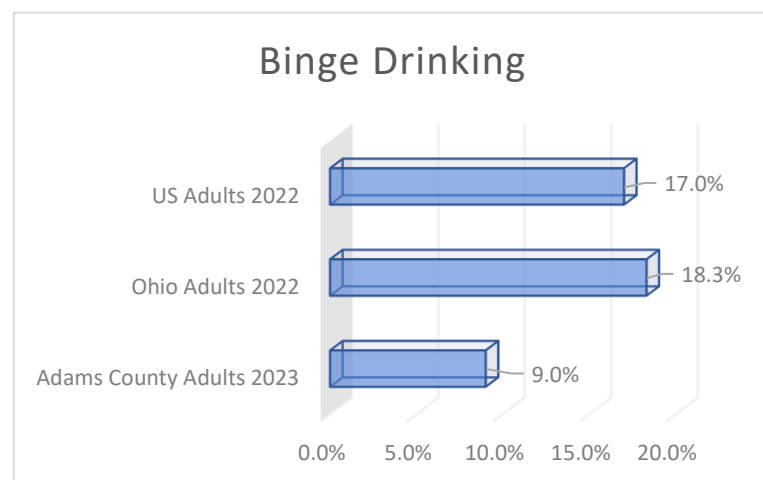
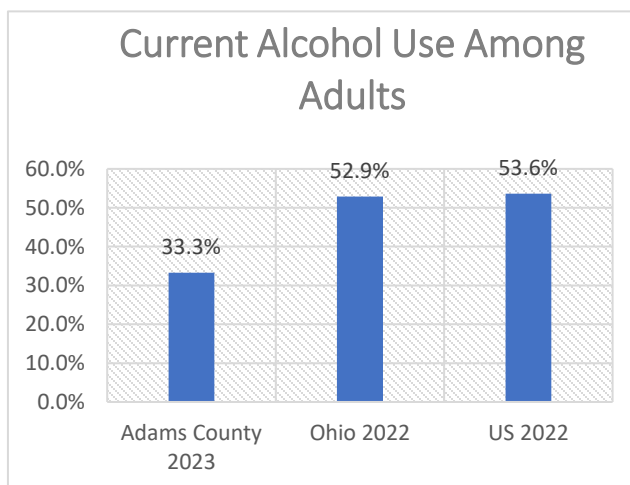
Tobacco Use

8.3 % of Adams County adults surveyed were current smokers, this decreased from 18.4% in 2021 and less than that reported by Ohio and U.S. adults. 5.0% of Adams County adults surveyed reported currently using electronic cigarettes or vaping devices, less than the Ohio and U.S. adults but higher than rates seen nationally.



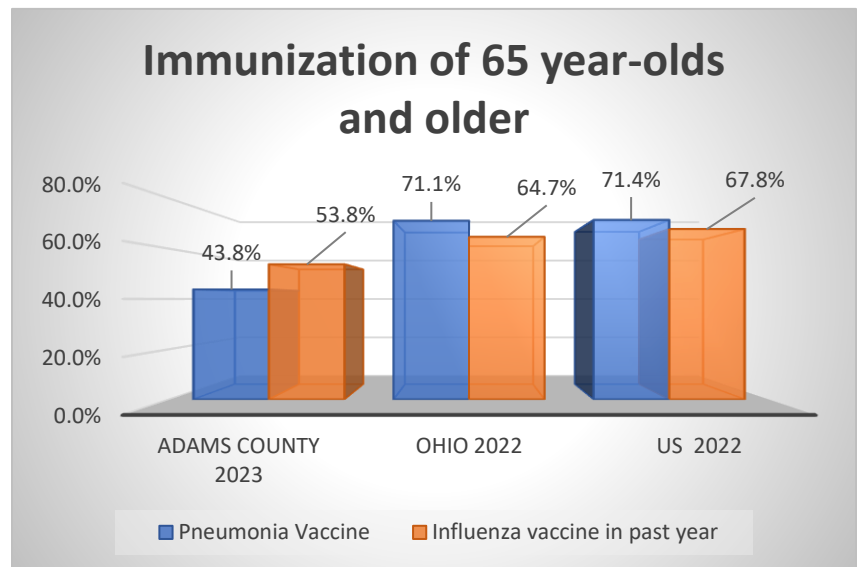
Alcohol Use

33.3% of surveyed adults in Adams County reported current use of alcohol—having had at least one alcoholic beverage in the previous month—this down from 40.0% in 2021 and less than adults in Ohio and the U.S. Similar to that seen in the 2017, 40.0% of Adams County adults surveyed reported having at least one alcoholic beverage in the previous month, lower than the 50.8% of Ohio adults and 52.9 of U.S. adults. 9.0% of adults surveyed in Adams County meet the criteria for binge drinking in the previous month—5 or more drinks within a short period of time for men and 4 or more drinks for women—which is markedly lower than statistics reported for Ohio adults.



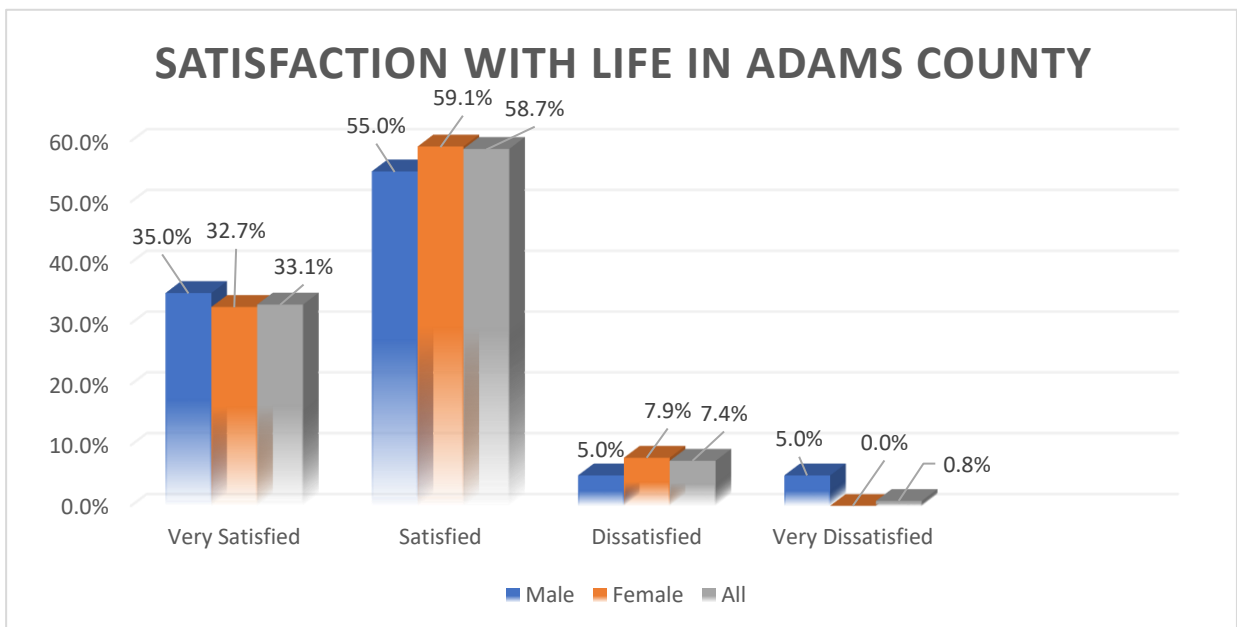
Immunization

Of Adams County adults surveyed 65 years of age old and older, 43.8% reported having received a pneumonia vaccine and 53.8% an influenza vaccine in the past year, this noticeably lower than the 72.0% and 82.0% reported in 2021 and less than that reported among their Ohio and US peers.

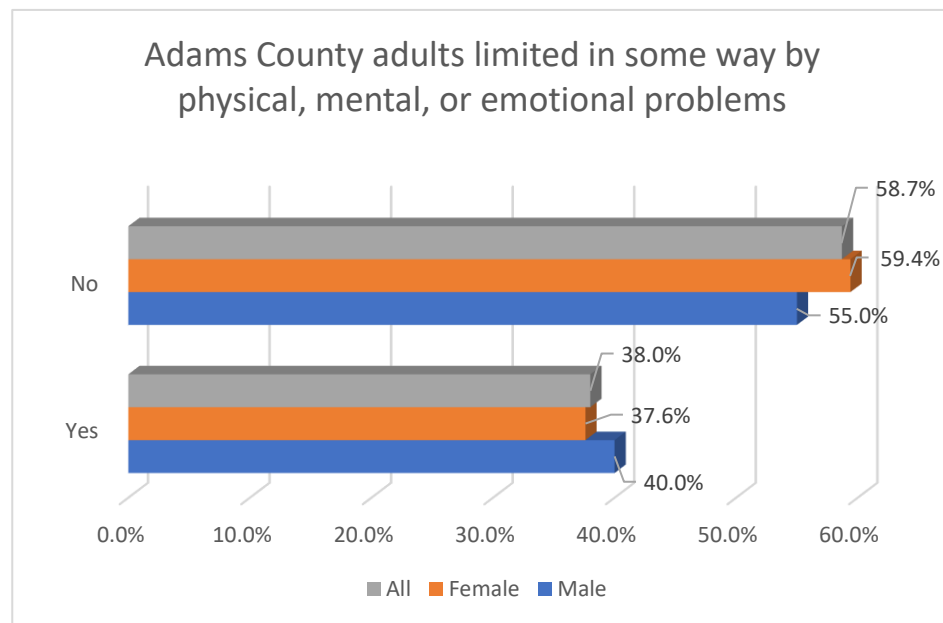


Life Satisfaction

As in previous years, the vast majority of Adams County adults surveyed reported satisfaction with life, 33.1% being very satisfied and 58.7% being satisfied with life in Adams County.



40.0% of Adams County adults surveyed reported being limited in some activity because of physical, mental, or emotional problems, this increased from 23.7% in 2021. Slightly more men than women reported this limitation.



Adult Survey Summary

A large majority, 73.3%, of Adams County adults surveyed rated their health as good, very good, or excellent, less than that reported in 2021 (85.9%) and among adults throughout Ohio and the U.S. Most, 91.8%, are satisfied or very satisfied with life, but more than one-third report being limited by a physical, mental, or emotional problem. Over half of the adults in Adams County surveyed experienced at least 1 day in the previous month when their physical health was not good and nearly two-thirds when their mental health was not good, both higher than Ohio and U.S. adults.

Similar to that seen throughout Ohio and the nation, more than 95% of Adams County adults surveyed have some form of health care coverage. Most Adams County adults identified an individual as their personal physician or health care provider, but 14.9% of them reported being unable to see a doctor in the past year due to cost, a 50% higher rate than experienced by adults throughout Ohio and the U.S.

Of the 9 chronic diseases surveyed among Adams County adults, arthritis was the most frequently reported followed by depression, kidney disease, asthma, and diabetes. The prevalence of depression among Adams County survey respondents continues to rise, increasing from 29.0% in 2017 to 34.5% in 2021, and 35.8% in 2023, remaining significantly higher than that seen among Ohio and U.S. cohorts.

More than two-thirds of Adams County adults surveyed are either overweight or obese, rates slightly higher than those seen among adults throughout the state or nation. Smoking and the use of electronic cigarettes has declined among survey participants in Adams County with rates now less than that reported in Ohio and U.S. adults.

While the majority of Adams County seniors aged 65 years and older surveyed had received an influenza vaccination within the previous year, the percentage was noticeably lower than that reported in 2021, declining from 82.0% to 53.8%. Only 43.8% of seniors reported having received a pneumonia vaccination, this down from 72.0% in 2021.

Youth Survey

Obtaining accurate and representative information from Adams County youth has been a major emphasis of the Community Health Assessment since its initial undertaking in 2017. This cohort, better than any other, illustrates the vast diversity of culture, socioeconomic factors, and geographic influences which shape and impact the people Adams County. Through better understanding our youth, we better understand the families and communities from which they come. Partnership with the two public school districts serving Adams County makes it possible to survey virtually the vast majority of the youth-population, obviating the limitations and uncertainty introduced by statistical sampling. From a strategic planning perspective and mindful of the Community Health Improvement Plan this assessment will inform, the future health and happiness of the community and the potential to impact it, is contained within our youth.

Methodology

The Youth Risk Behavior Survey (YRBS) was selected as the tool for the Adams County Youth Survey. Developed and maintained by the Centers for Disease Control and Prevention, the YRBS was developed in 1990 to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. Two forms of the YRBS are available: one designed for Middle School students and a second, more detailed survey for High School students. The standardized surveys provide both state-wide and national benchmarks with which the Adams County Youth Survey can be compared and tracked.

In Partnership with the Adams County Ohio Valley School District and Manchester Local School District, the Middle School YRBS was administered to all 7th grade students and the High School YRBS was given to all 10th grade students. To minimize the impact on school programs, the surveys were administered in late May 2023, after state standardized testing but before the end of the school year.

In consultation with school district administrators and building-principals, it was determined that the sexually-related questions asked on both versions of the YRBS conflicted with community sensibilities and were removed. A question was added to each survey version identifying which school attendance region the respondent attended, thereby empowering the sharing of individual school-level data to school administrators. School-level survey results will not be released publicly. Faculty at the University of Cincinnati College of Medicine, Department of Psychiatry, participated in the review of survey questions and subsequent data analysis.

Parents and guardians of 7th and 10th grade students were advised in advance of the surveys and copies were made available at the schools for their review. Parents and guardians were given the ability to opt their child out of participating in the survey. The 48-question modified Middle

School YRBS was given to 270 7th grade students. 269 10th grade students participated in the modified High School YRBS survey. .

Standard statistical analysis was used for each version of the YRBS. Due to the sample size, statistical weighting was not necessary. Statistical significance was sought for differences between male and female responses as well as the presence or absence of key parameters identified in community forums and focus groups.

A major limitation of the YRBS used for the Adams County Youth Survey rests in the comparison with state-level and national-level data selected as benchmarks. Due to small sample size, Ohio-YRBS data is heavily weighted and may not accurately support comparison of youth risks in a rural, Appalachian community with those throughout the state. Nationally, only 152 schools participated in the 2021 YRBS survey—the most recent year from which state-level and national data is available—and required sampling in data analysis. That this data was collected during the height of the COVID-19 pandemic introduces yet another confounder when comparing it with current findings.

Some questions in the YRBS change throughout the years. The questions selected for the 2023 Adams County Youth Survey remained true to those asked in 2017, at times sacrificing the ability to compare local finding with national and statewide samples in order to be able to track changes within Adams County over time.

These limitations aside, the YRBS is a powerful tool in tracking youth health risks over time.

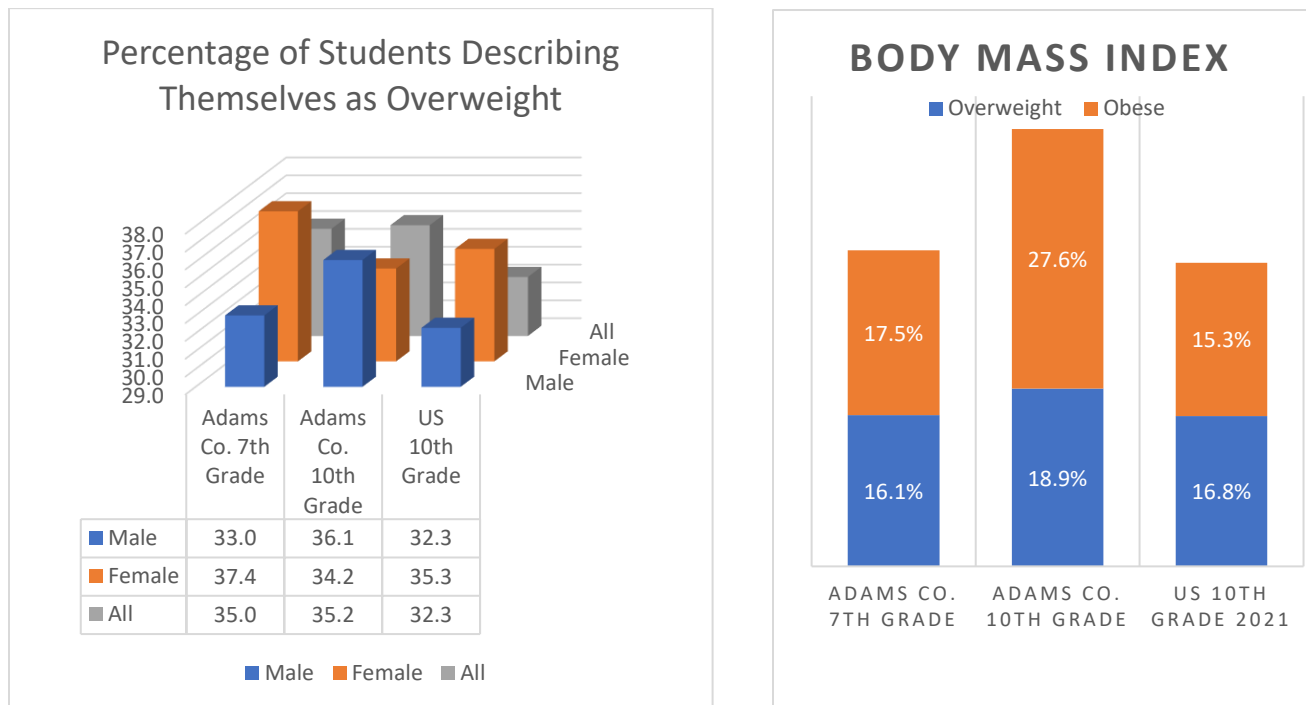
2023 Youth Survey at a Glance

Youth Variables	Adams County 2023 7 th Grade	Adams County 2023 10 th Grade	Ohio 2021 10 th Grade	U.S. 2021 10 th Grade
Weight & Physical Activity				
Overweight (>85 th percentile, ≤95 th percentile)	16.1%	18.9%		15.3%
Obese (≥95 th percentile)	17.5%	27.6%		16.8%
Overweight or Obese (>85 th percentile)	33.6%	46.5%		35.1%
Describes self as overweight	35.0%	35.2%		32.3%
Consumes 1 or more cans, bottles, or glasses of soda or pop daily in past 7 days		33.3%	10.2%	14.3%
Watches 3 hours or more of television on average school day	27.6%	27.4%		
3 hours or more of video games or non-school related computer use on average school day	55.1%	44.5%		
Played on one or more sports teams played on in past year	63.7%	48.1%		50.2%
In an average school week, attends physical education classes at least one day	49.3%	63.9%		51.4%
In an average school week, attends physical education classes every day	26.9%	44.9%		21.7%
Had a concussion from playing sports or being physically active in previous 12 months	27.3%	18.9%	14.1%	11.9%
Mental Health				
Felt so sad or hopeless every day for two weeks that stopped doing usual activities in past year	38.1%	35.8%	42.6%	42.3%
Seriously considered suicide in past 12 months	13.8%	20.5%	21.6%	22.2%
Made a plan on how to attempt suicide during past 12 months	9.7%	13.2%	15.5%	18.4%
Attempted suicide during past 12 months	5.6%	12.5%	9.5%	10.9%
Bullied on school property in past year	53.9%	30.2%	24.3%	12.3%
Electronically bullied during the past year	39.5%	20.2%	24.4%	11.6%

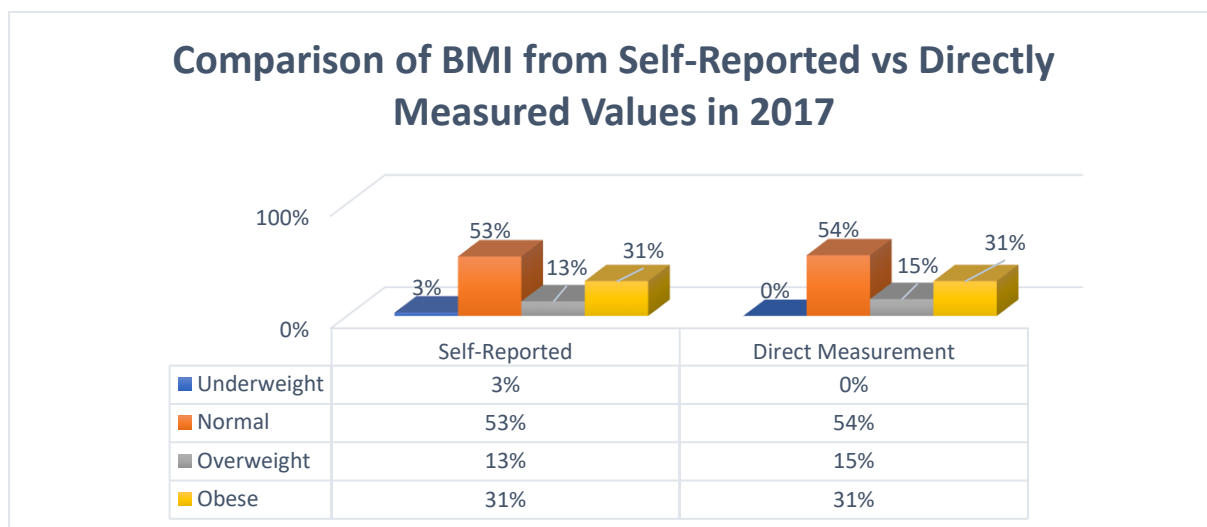
Youth Variables	Adams County 2023 7 th Grade	Adams County 2023 10 th Grade	Ohio 2021 10 th Grade	U.S. 2021 10 th Grade
Substance Use				
Has had at least one drink of alcohol in lifetime	31.6%	43.6%		
During past 30 days, has had at least one drink		22.8%	20.8%	22.7%
During past 30 days, has had 5 or more drinks in a row for boys, 4 or more drinks for girls		14.8%	12.6%	10.5%
Ever tried cigarette smoking	17.2%	12.9%	3.3%	3.8%
Has smoked a cigarette in past 30 days	5.2%	10.7%	5.1%	5.2%
Has used an electronic vapor product	23.2%	32.5%	35.1%	36.2%
Used an electronic vapor product in past month	13.9%	18.6%	20.0%	18.0%
Has used marijuana	7.1%	24.6%	25.8%	27.8%
Has used marijuana in past 30 days		15.1%	13.3%	15.8%
Has used a prescription pain medication without it being prescribed by a health provider	4.9%	10.3%	8.4%	6.0%
Has used heroin		7.2%	2.0%	1.3%
Has used methamphetamine		8.0%	1.6%	1.8%
Used a needle to inject an illegal drug		6.5%		1.4%
Has been offered, sold, or given an illegal drug on school property		18.6%		13.9%
Safety, Health, and Risk Behavior				
Has been in a physical fight in the past year	44.4%	23.9		18.5%
Has been in a physical fight on school property		14.4%		5.3%
In past 30 days, has not attended school due to fear for safety		15.5%		9.0%
Does not always wear a seat belt when riding in a car driven by someone else	55.2%	52.4%	42.4%	41.3%
In past 30 days has ridden in a car driven by someone who had been drinking		13.9%		14.5%
In past 30 days has driven a car when had been drinking		4.8%		2.8%
In past 30 days, has texted or emailed while driving of vehicle		23.6%	42.4%	22.6%
Gets 8 hours or more of sleep on a school night	34.7%	22.1%	20.3%	23.8%

Body Weight

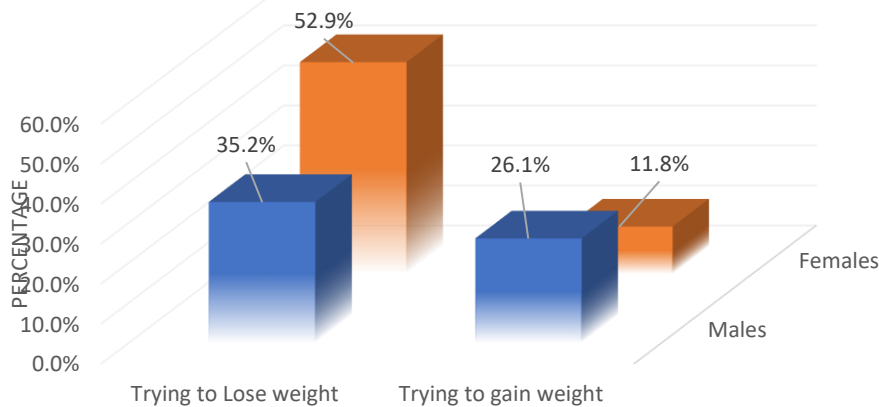
Approximately one-third of Adams County youth surveyed in 2023 described themselves as being overweight. Body Mass Index (BMI) values calculated with self-reported heights and weights revealed 33.6% of Adams County 7th graders and 46.5% of 10th graders were either overweight or obese. 26.7% of Adams County 10th graders had BMI values falling into the obesity category, this greater than their peers throughout the U.S.



The validity of self-reported measurements in BMI calculations was demonstrated in the 2017 Youth Survey by comparison of BMI values calculated using self-reported measurements with those calculated using directly obtained measurements.



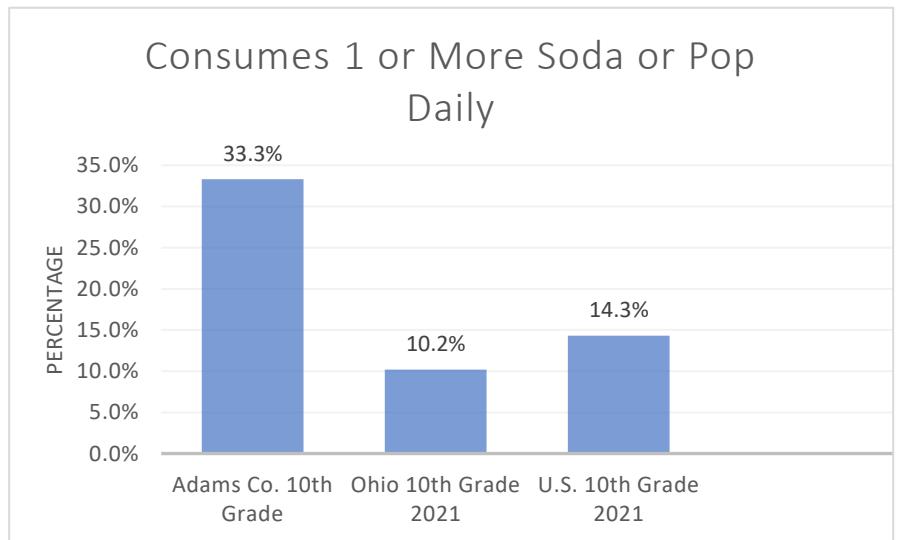
What Adams County 10th Graders are trying to do about their weight.



Over half of Adams County 10th grade girls and slightly more than a third of 10th grade boys are trying to lose weight. More boys than girls are trying to gain weight.

Carbonated Beverage Intake

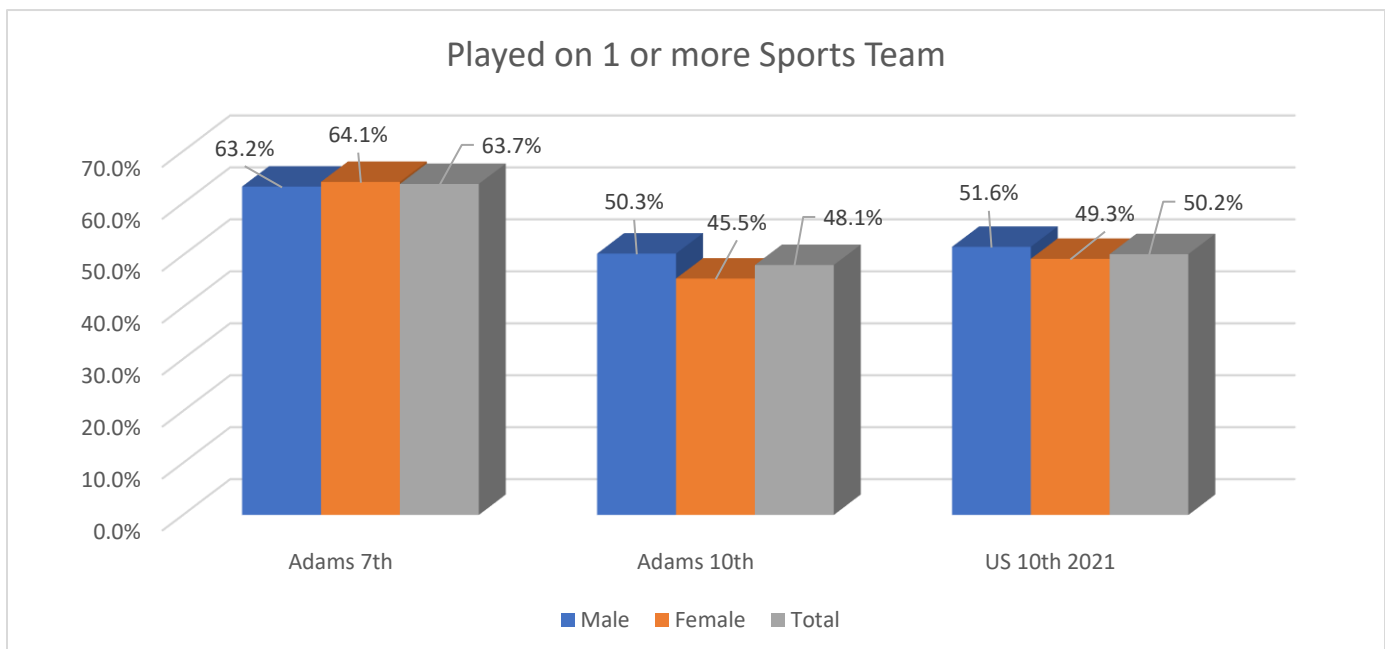
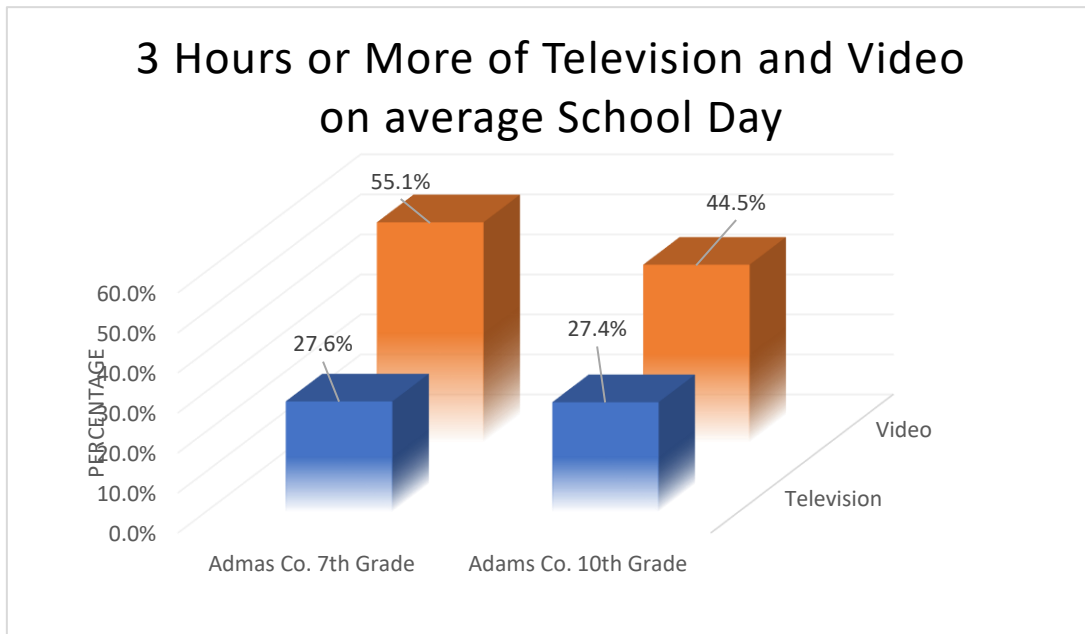
Adams County youth consume more soda or pop than their state and national counterparts. 33.3% of Adams County 10th graders report consuming at least one can, bottle, or glass of soda or pop daily for the previous 7-day period as compared to 10.2% of Ohio 10th graders and 14.3% for 10th graders nationally.



Physical Activity

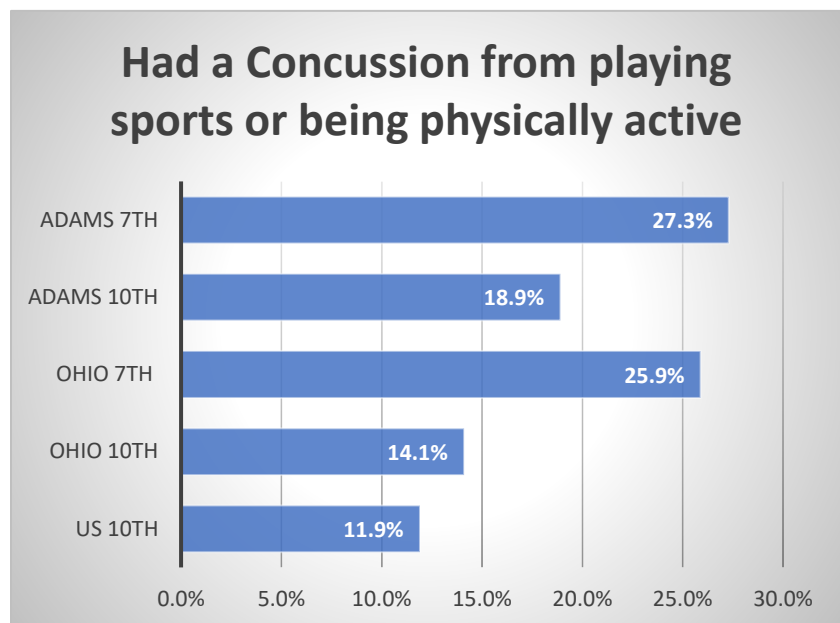
Like youth nationally and throughout Ohio, Adams County youth spend a significant part of their time in sedentary activities. 27.6% of 7th graders and 27.4% of 10th graders watch 3 hours or more of television on an average school day.

55.1% of 7th graders and 44.5% of 10th graders in Adams County reported spending 3 or more hours playing video games or using a computer or electronic device for non-school-work-related activities on an average school day. This compares to 43.0% of 10th graders nationally. The national 2021 YRBS survey reflected 71.5% of 10th graders consumed 3 or more hours of screen time daily.



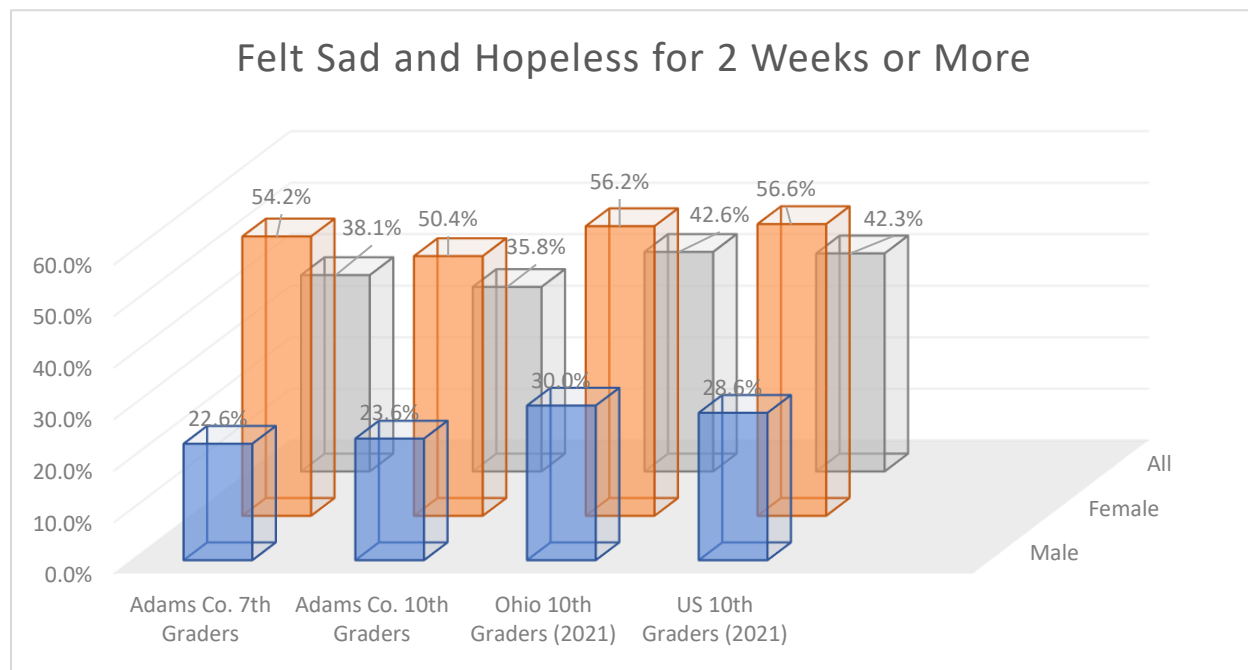
The majority of 7th grade youth (63.7%) and slightly less than half of 10th grade youths (48.1%) in Adams County played on at least one organized sports team in the past year, 50.2% of 10th graders nationally did so.

49.3% of Adams County 7th graders attended physical education classes at least once during a typical school week, while 26.9% did so five days a week. Of Adams County 10th graders, 63.9% have physical education at least once weekly and 44.9% do so every day. This participation is greater than seen nationally among 10th graders, where 51.4% have physical education at least once weekly and 21.7% do so daily.

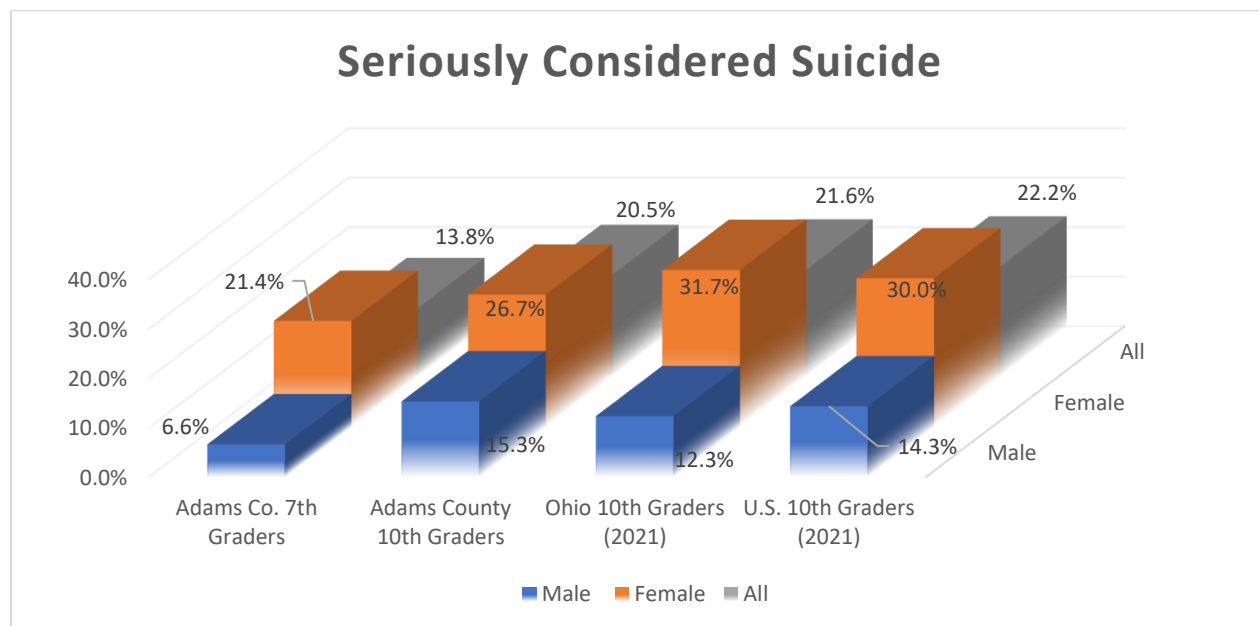


27.3% of Adams County 7th graders and 18.9% of 10th graders reported having had a concussion from playing a sport or being physically active, higher than that seen throughout Ohio and the country.

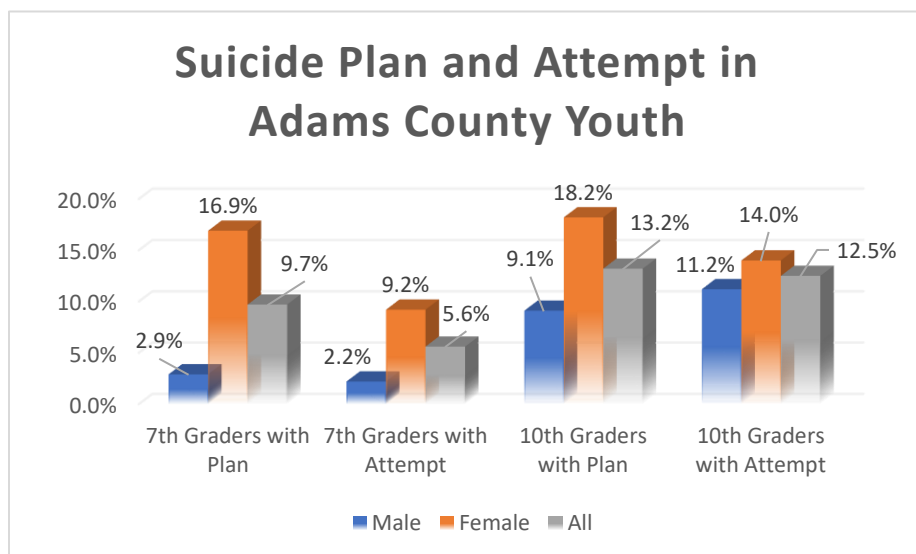
Mental Health



Adams County youth were asked, if during the previous 12 months, did they ever feel so sad or hopeless, almost every day for two weeks or more in a row, that they stopped doing some usual activities—a standard question used to screen for depression. 54.2% of 7th grade girls and 22.6% of 7th grade boys, 38.1% overall, responded that they had. 35.8% of 10th graders, 50.4% of the girls and 23.5%, also responded affirmatively. These results are slightly lower than those reported in Ohio and the U.S. during the height of the pandemic in 2021. That more Adams County females than males reported symptoms of depression was statistically significant.



13.8% of Adams County 7th graders—21.4% of the females and 6.6% of the males—seriously considered suicide in the previous 12 months, while 20.5% of 10th graders—26.7% of the females and 15.3% of males did so. The percentage of Adams County youth who reported

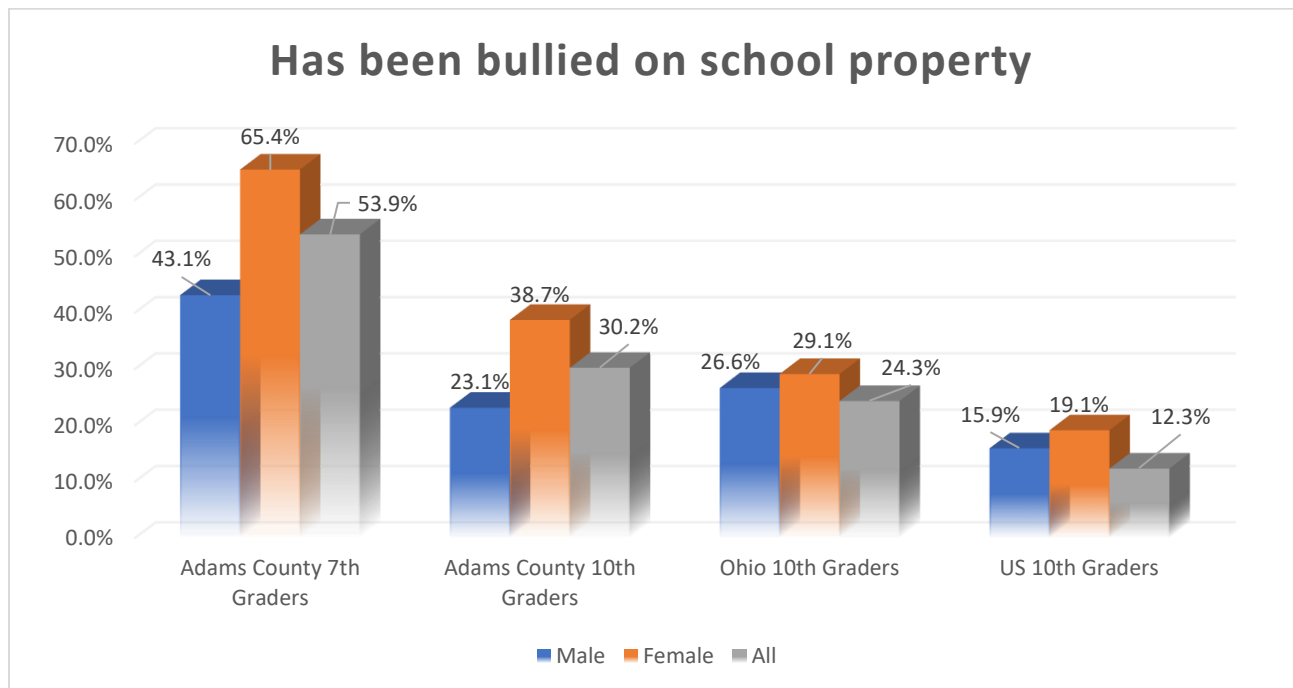


having seriously considered suicide was higher than that reported in 2021.

Of Adams County 7th graders, 16.9% of females and 2.9%—a statistically significant difference—of males reported having planned on how they would attempt suicide in the previous 12 months.

9.2% of female 7th graders and 2.2% of males—also a statistically difference—had made a suicide attempt during this time.

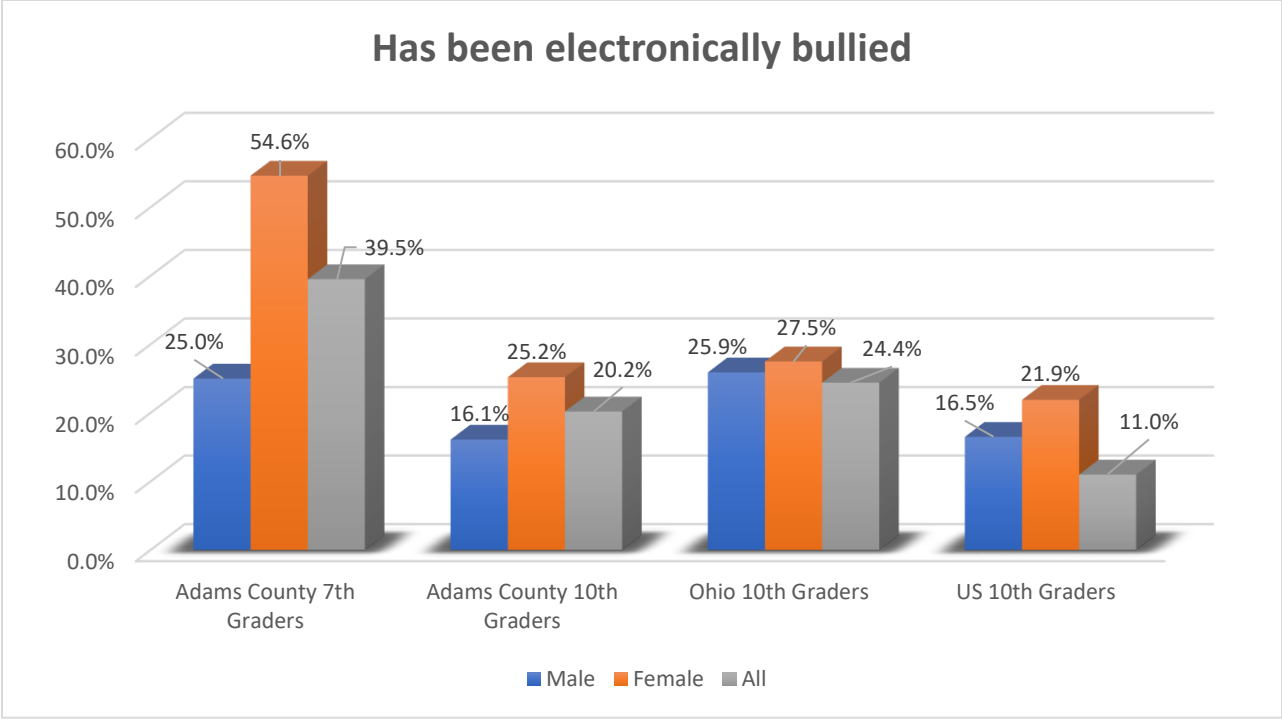
13.2% of Adams County 10th graders—18.2% of females and 9.1% of males—had made a suicide plan during the previous 12 months, while 12.5% of 10th graders—14.0% of the females and 11.2% of the males—reported actually attempting suicide in the previous 12 months. Nationally, 18.4% of 10th graders reported having made a suicide plan and 10.9% attempted suicide in the previous year based on 2021 YRBS data.



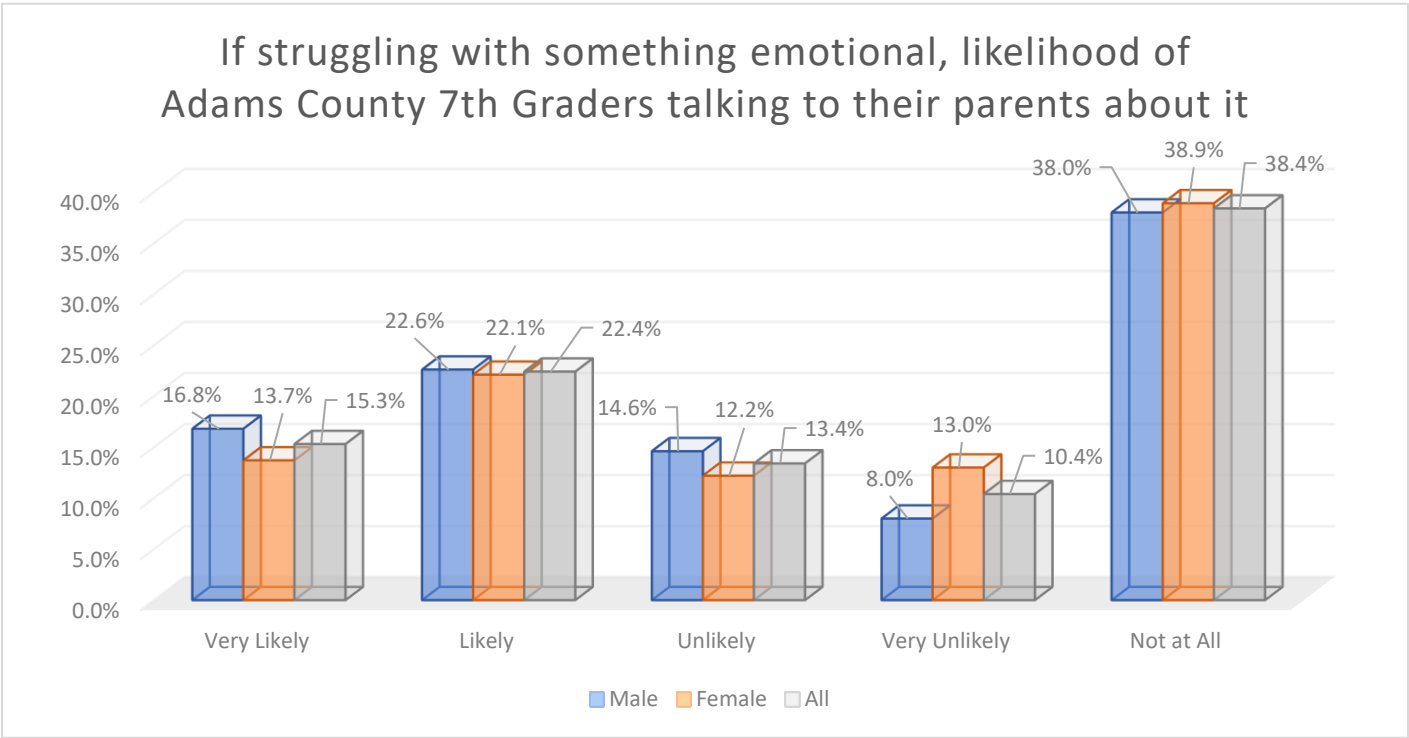
Bullying was reported by Adams County Youth at a rate higher than that reported by the 2021 Youth Survey. 53.9% of all 7th graders in Adams County had been bullied on school property during the previous 12 months. 30.2% of 10th graders reported bullying at school, higher than that experienced by Ohio (24.3%) and U.S.(12.3%) peers.

Bullying was also reported electronically through texting and social media such as Facebook and Instagram. 39.5% of Adams County 7th graders and 20.2% of 10th graders experienced electronic bullying in the previous 12 months.

Bullying, whether on school property or electronically, occurred more often to girls than boys throughout all age groups, a trend seen both statewide and nationally.



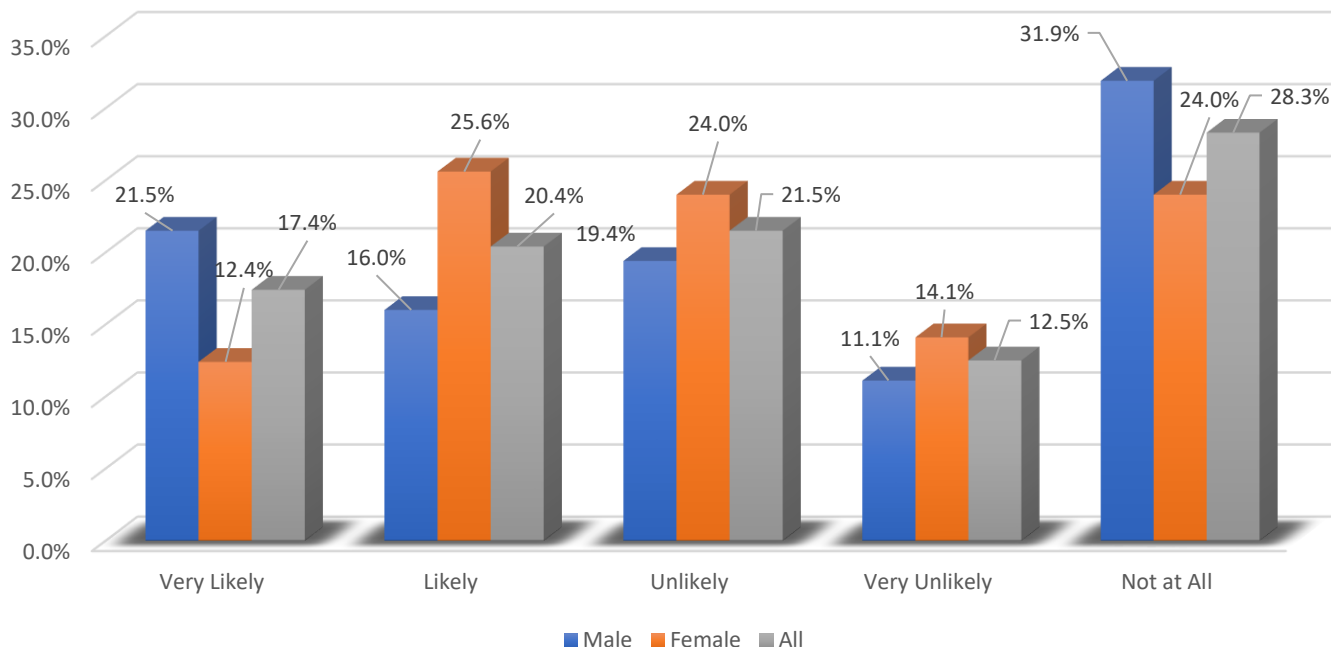
The 2023 Youth Survey inquired about the likelihood of Adams County youth talking to parents if they were struggling with something emotional, such as depression, anxiety, or thoughts of



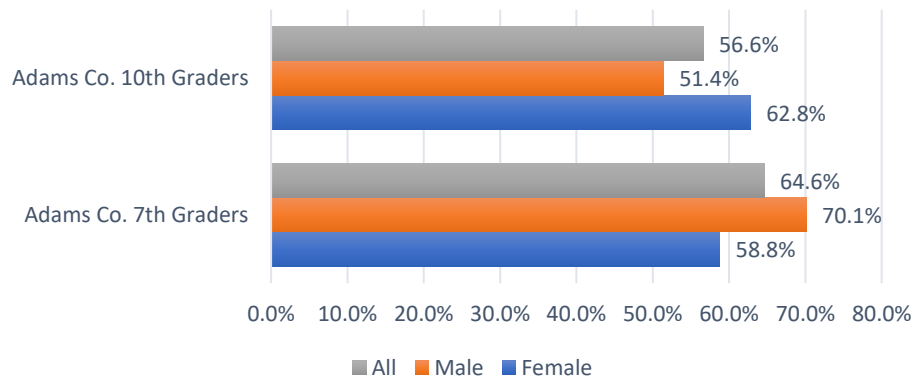
suicide. A minority of youth were likely or very likely to talk to their parents about such struggles.

38.4% of 7th graders and 28.3% of 10th graders in Adams County are not at all likely to talk to their parents about emotional struggles.

If struggling with something emotional, likelihood of Adams County 10th Graders talking to their parents about it

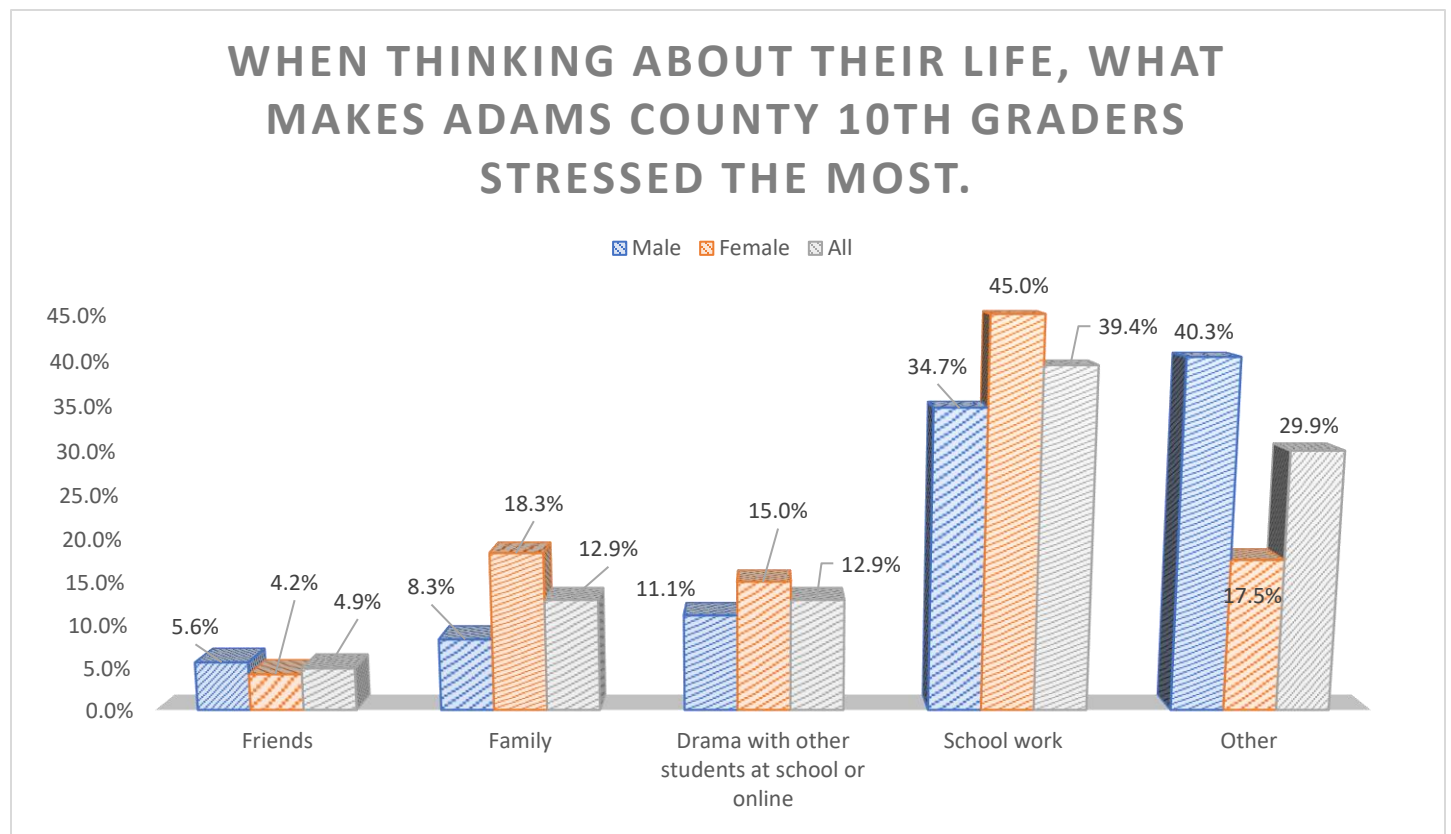
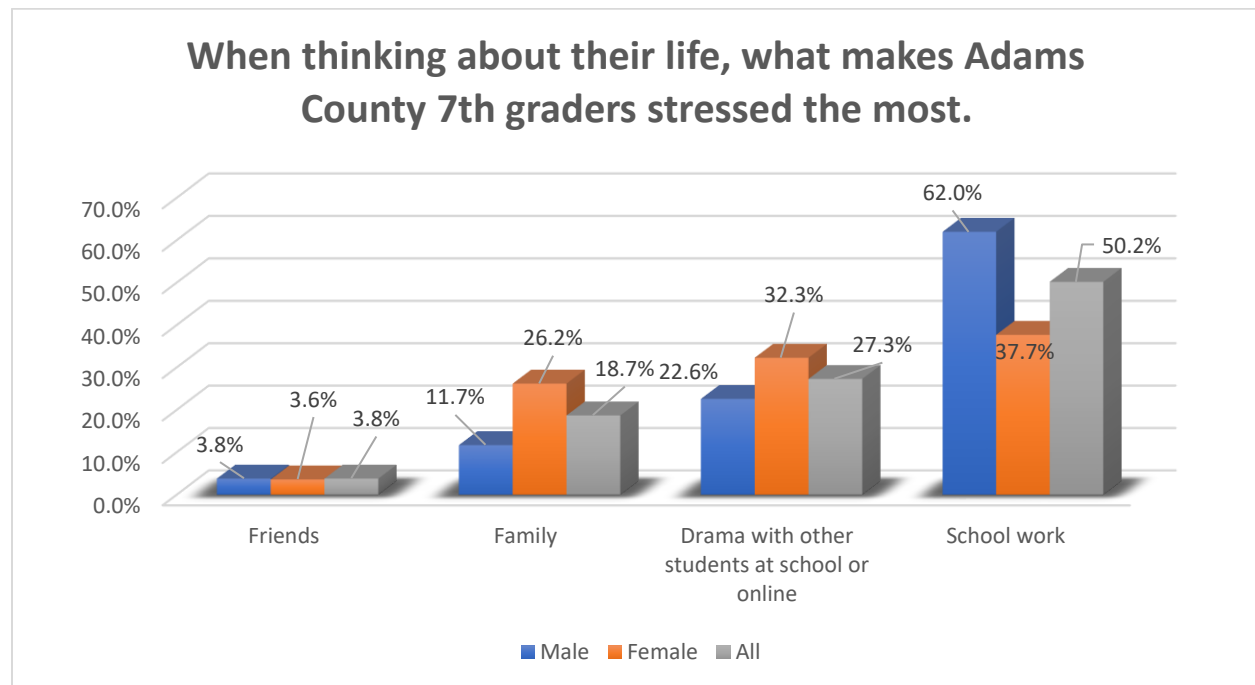


If having an issue, like feeling depressed or anxious, do you have someone you can talk to at school?



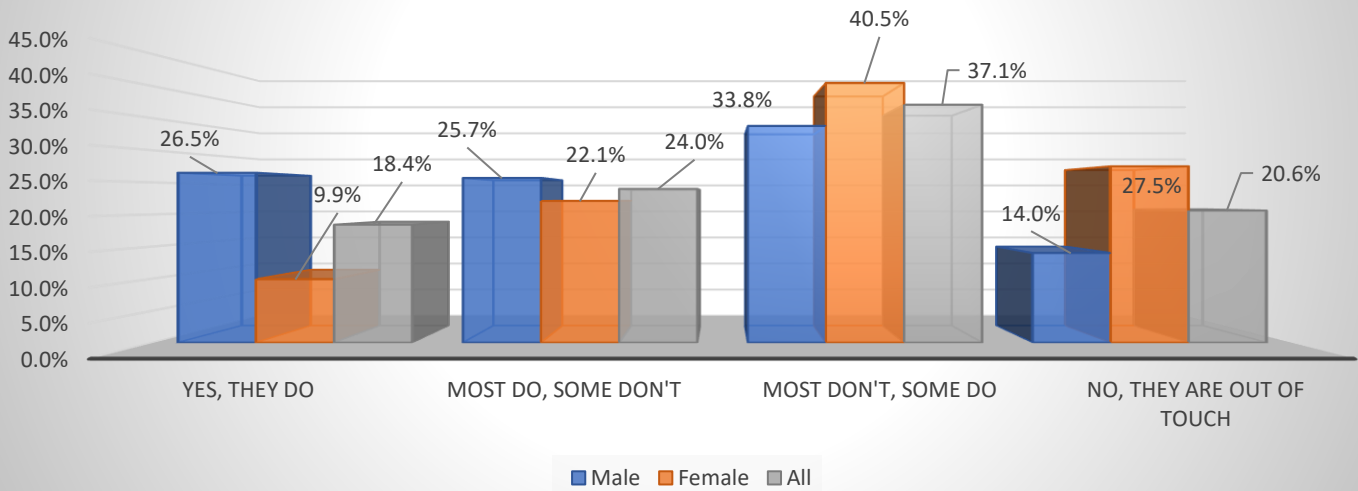
If faced with feelings like depression or anxiety, however, the majority of both 7th and 10th grade youth report having someone they can talk to at school. Most commonly, this would be another friend (reported by 33.5% of 10th graders) rather than a teacher (1.9%), coach (1.9%), or school counselor (2.6%).

School work was the most commonly reported source of stress among both 7th and 10th graders in Adams County, with friends and family being less common sources.

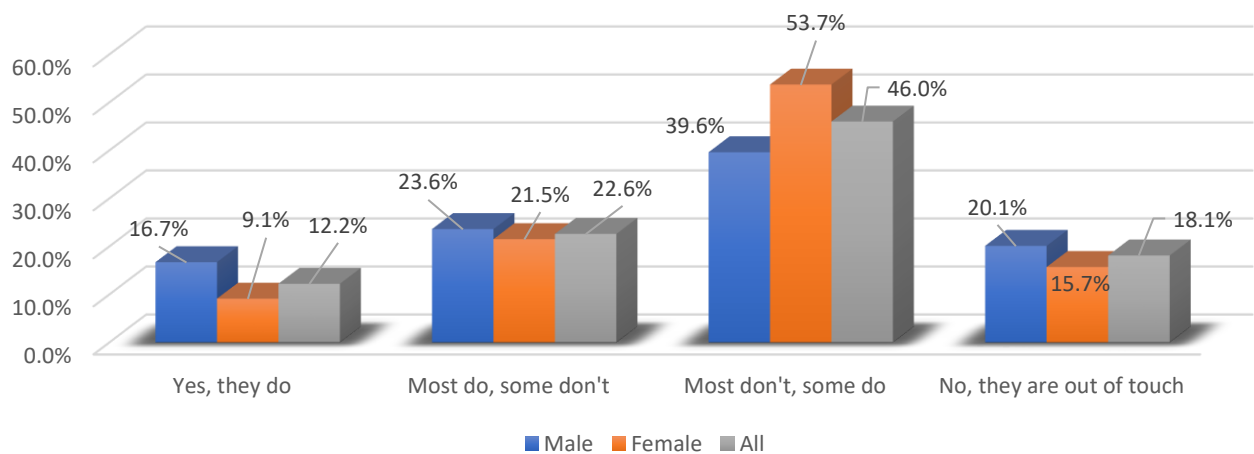


When asked if they felt that teachers and other school employees understood the mental health needs of their students, 37.1% of 7th graders and 46.0% of 10th graders responded most don't, some do, while 20.6% and 18.1% respectively, responded no, they are out of touch.

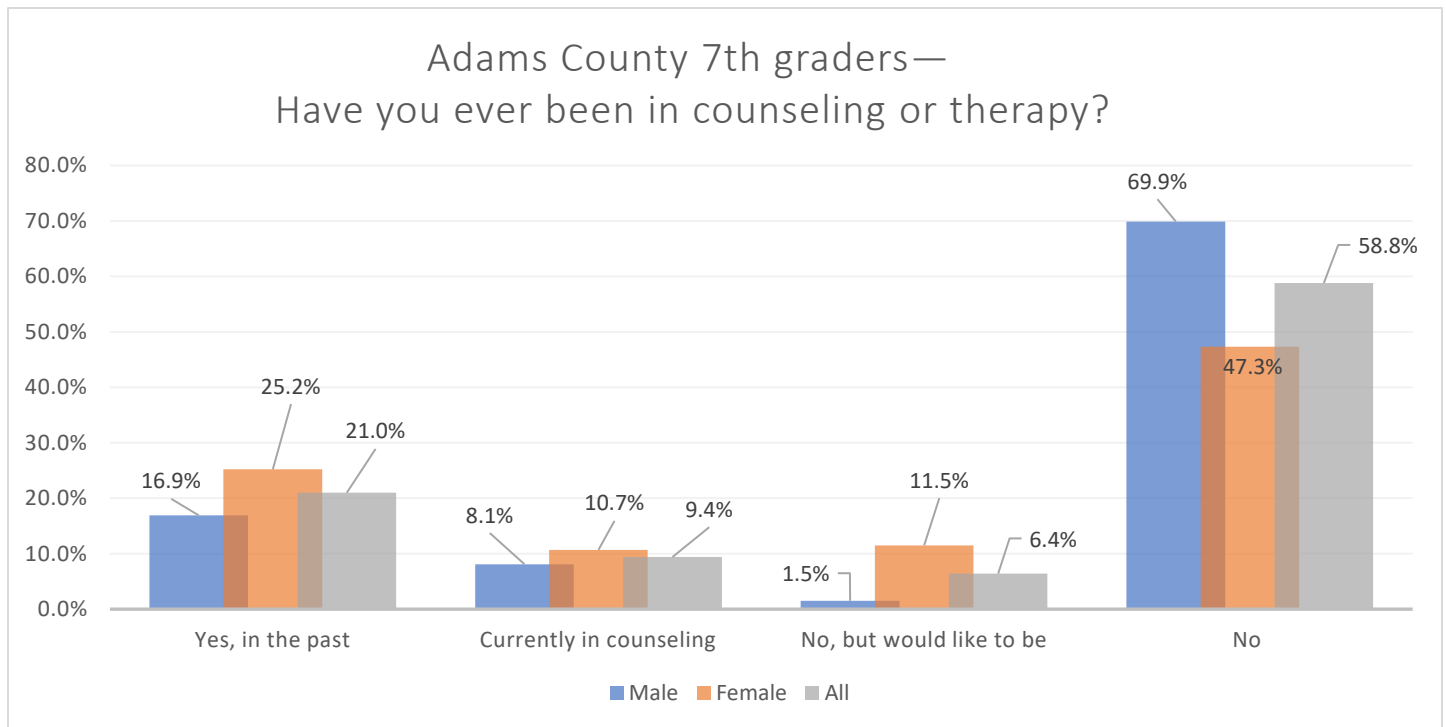
Do you feel that teachers and other school employees understand the mental health needs of their 7th grade students?



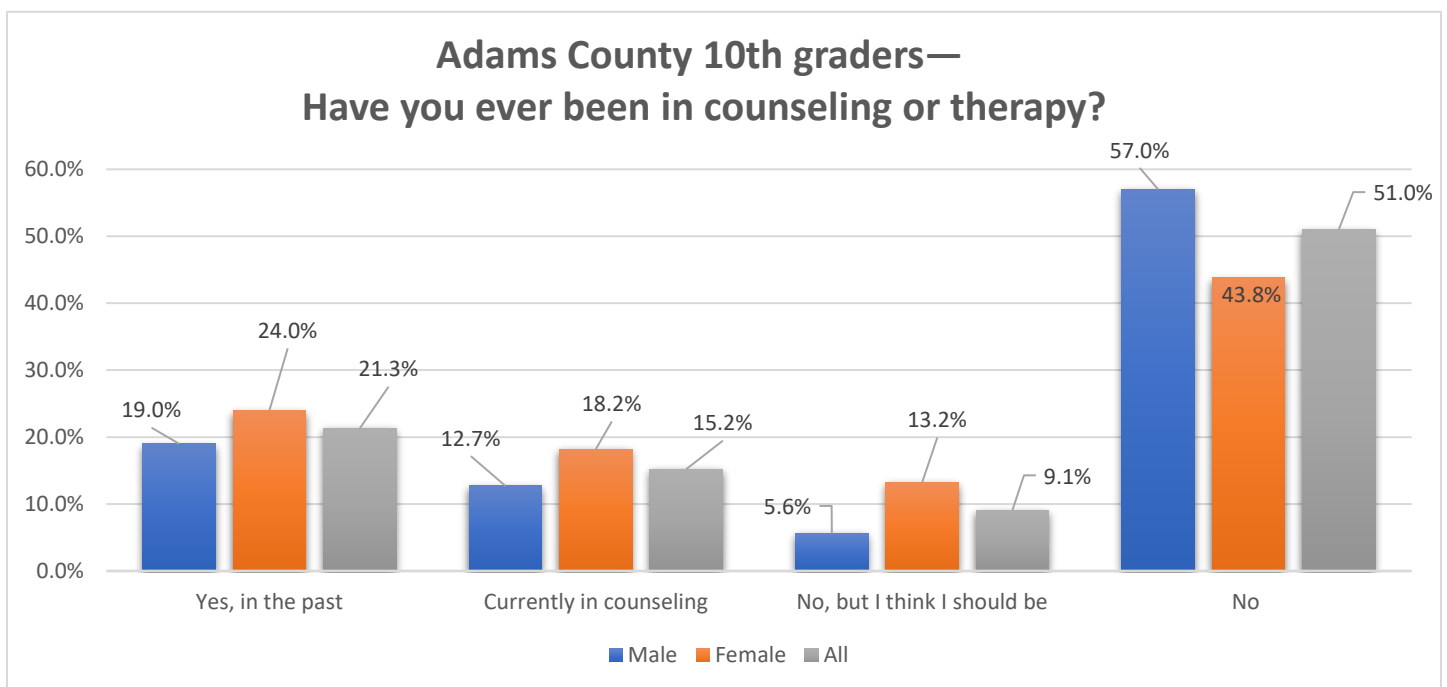
Do you feel that teachers and other school employees understand the mental health needs of their 10th grade students?



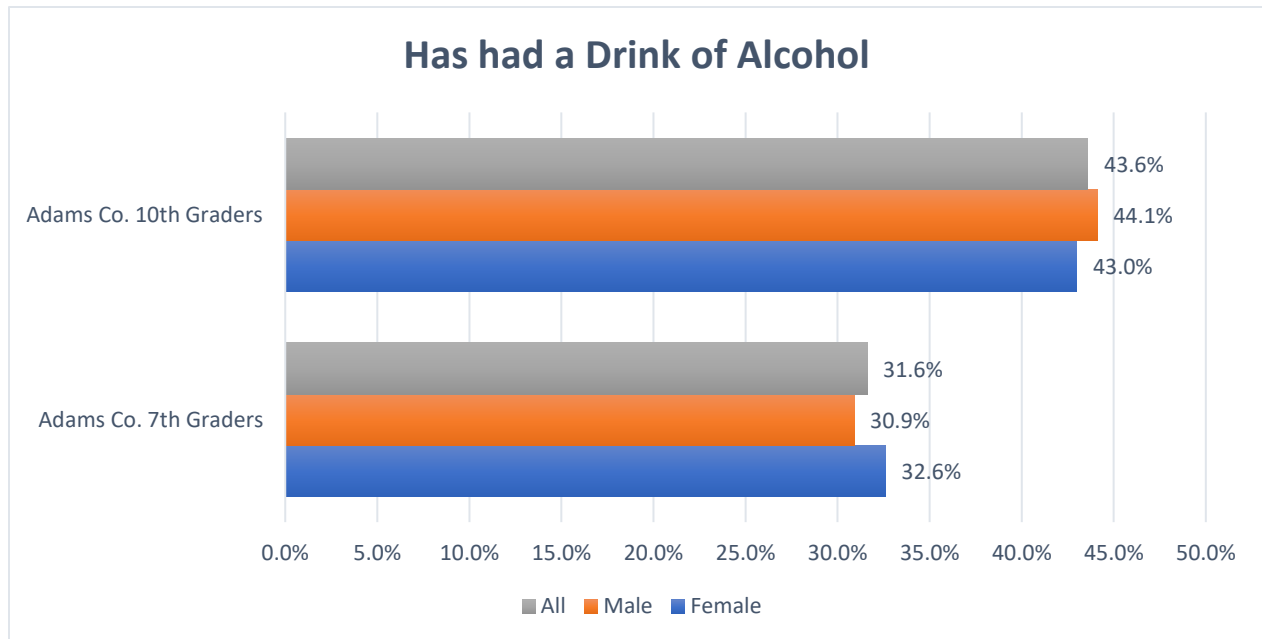
9.4% of Adams County 7th graders surveyed reported being currently in counseling with 21% having been in counseling in the past. 6.4% expressed a desire to be in counseling. 15.2% of 10th



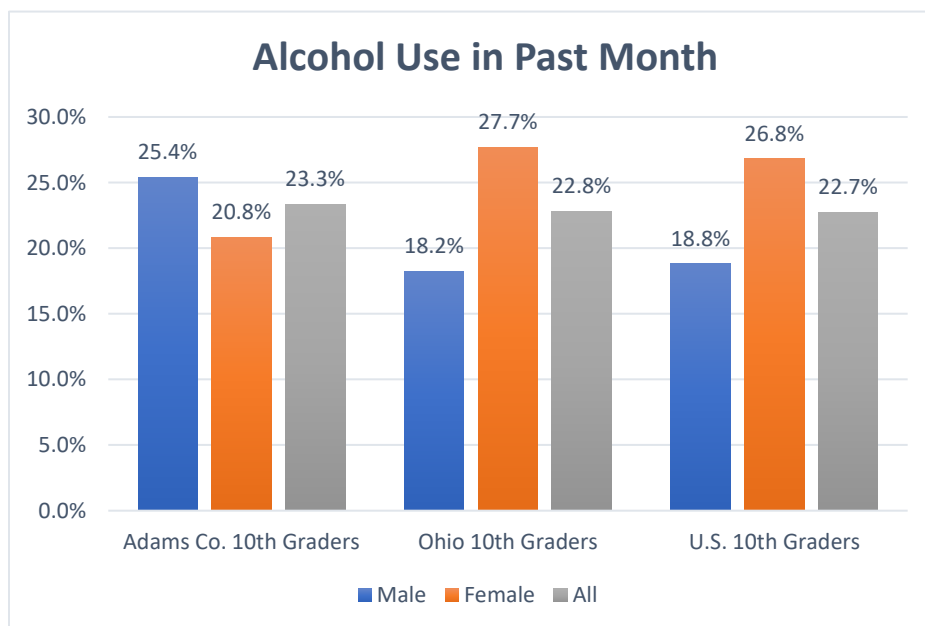
graders reported being in counseling with 9.1% noting that they were not in counseling but felt that they should be.



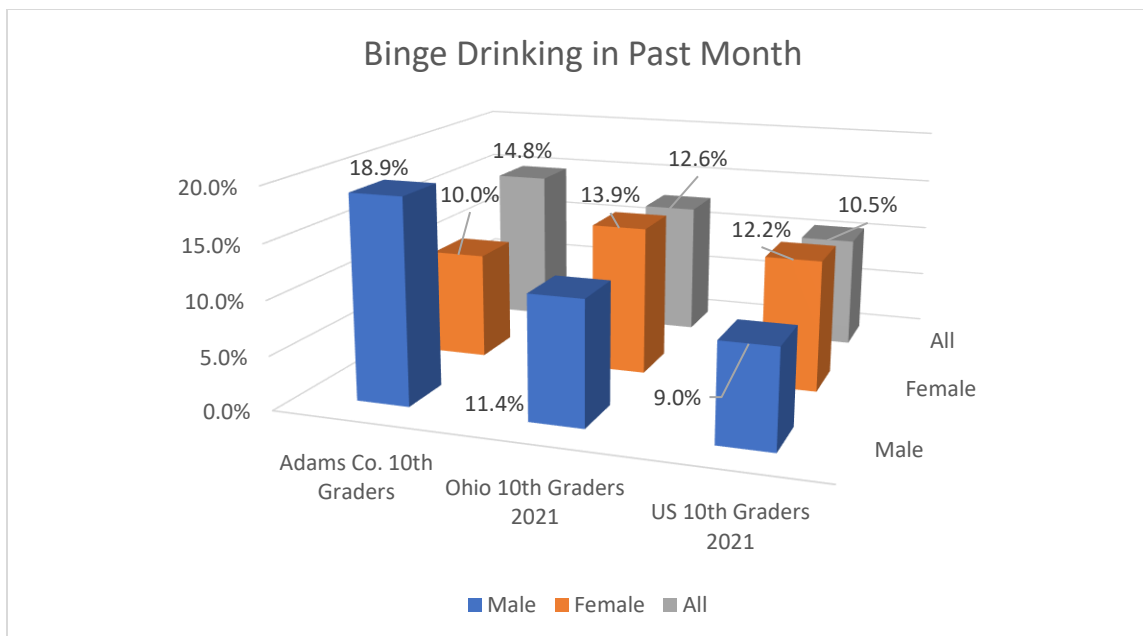
Substance Use



43.6% of Adams County 7th graders reported having had at least one drink of alcohol in their lifetime, with slightly more girls (32.6%) than boys (30.9%) having done so. Likewise, among 10th graders in Adams County, a similar number of boys (44.1%) than girls (43.0%) reported having had at least one drink of alcohol, with 43.6% of 10th graders overall having done so.

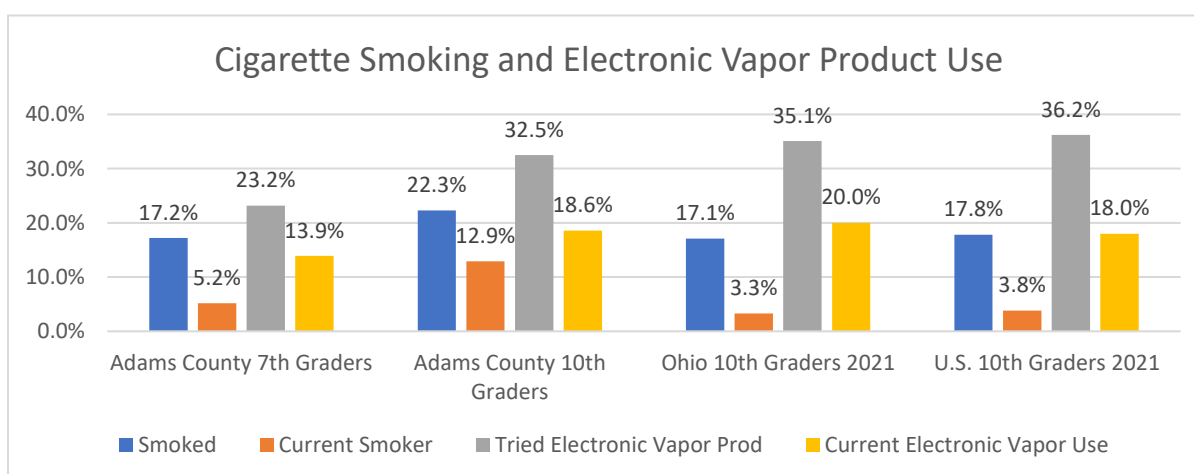


23.3% of Adams County 10th graders used alcohol in the previous month, greater than the 22.8% of Ohio 10th graders and 22.7% of U.S. 10th graders. Significantly greater numbers of Adams County 10th grade males are active drinkers as compared to their peers throughout Ohio and the nation.

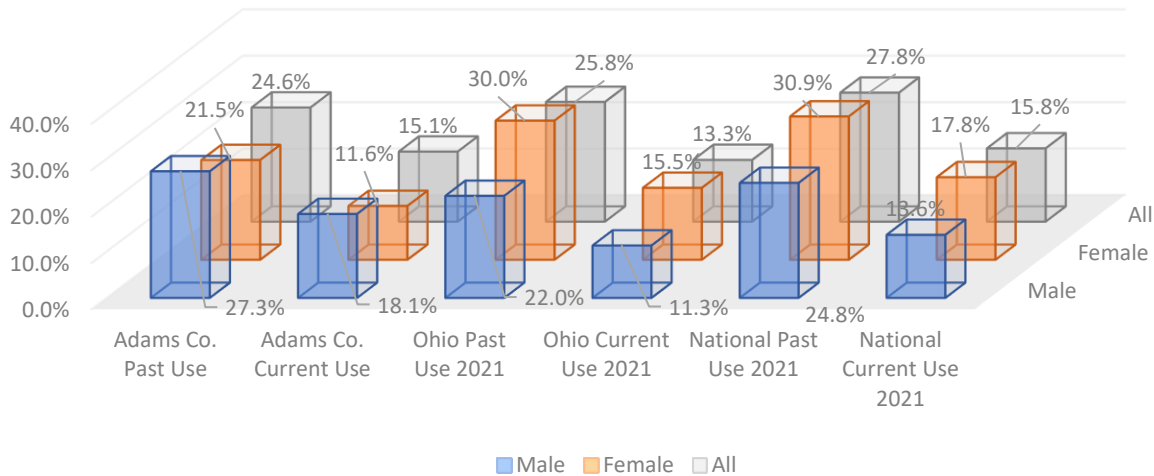


Consumption of 4 or more drinks of alcohol in a short period of time by females, or 5 or more drinks by males, is the definition of binge drinking. 14.8% of Adams County 10th grader—18.9% of males and 10.0% of females—reported binge drinking in the previous 30 days. This was greater than the 12.6% of Ohio 10th graders and the 10.5% of 10th graders reported nationally in 2021.

While cigarette smoking among youth has declined from levels recorded in 2017, both locally and across the country—41.5% of Adams County 10th graders in 2017, 29.0% in 2021, and 22.3% in 2023 reported they had smoked—smoking by Adams County youth outpaces the rate observed throughout Ohio and the country. 5.2% of 7th graders and 12.9% of 10th graders in Adams County reported smoking within the previous month—or being current smokers—while only 3.3% of Ohio 10th graders and 3.8% of US 10th graders reported being current smokers. The decline in youth smoking stands in contrast to the increased use of electronic vapor products. 32.5% of Adams County 10th graders have used an electronic vapor product and 18.6% currently do so.

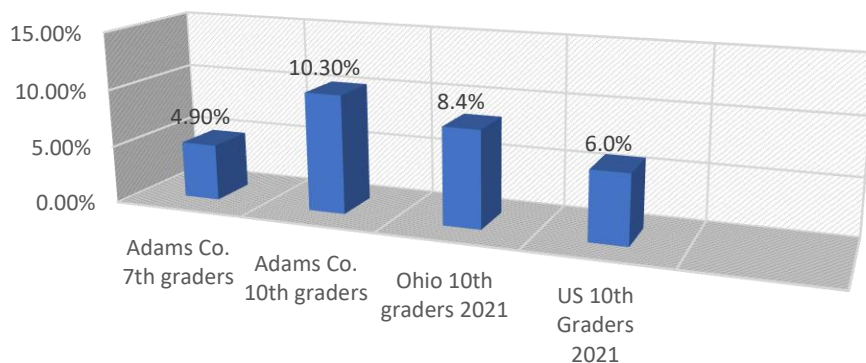


10th Grade Marijuana Use

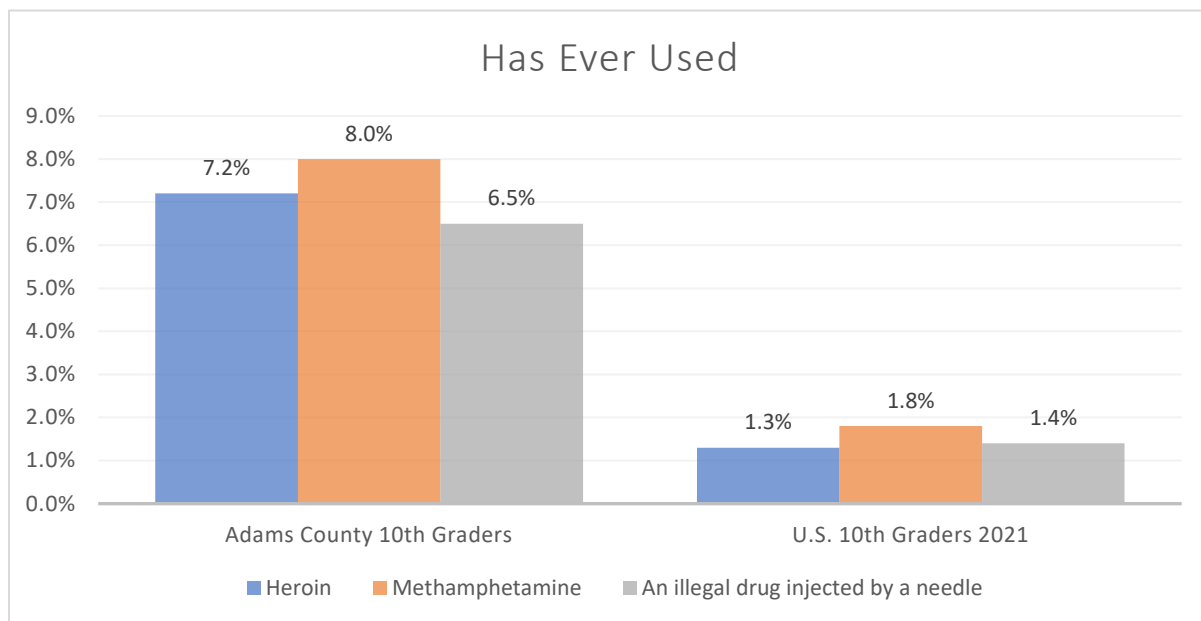


Marijuana use, whether by smoking, vaping, or eating, has increased among Adams County youth since the 2021 Youth Survey. 24.6% of 10th graders reported having used marijuana in the past with 15.1% being current users. 7.1% of Adams County 7th graders have used marijuana.

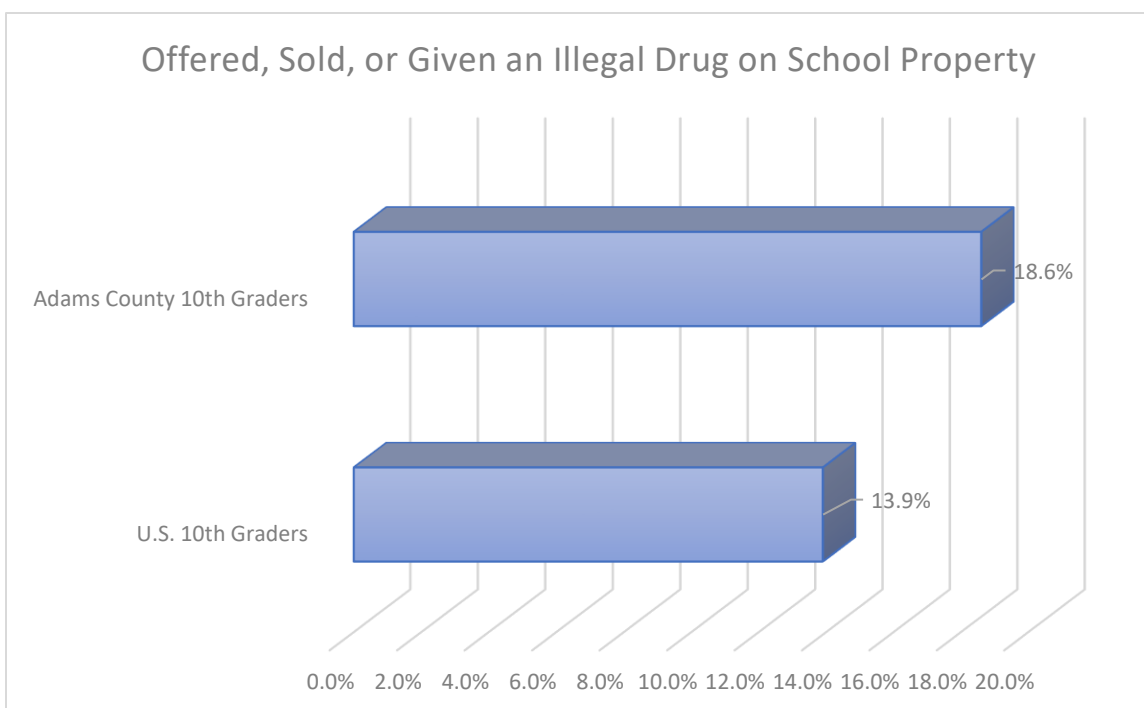
Has used a prescription pain medication without it being prescribed



4.9% of Adams County 7th graders and 10.3% of 10th graders have used a prescription pain medication without it being prescribed by health care provider, this higher than reported in 2021.

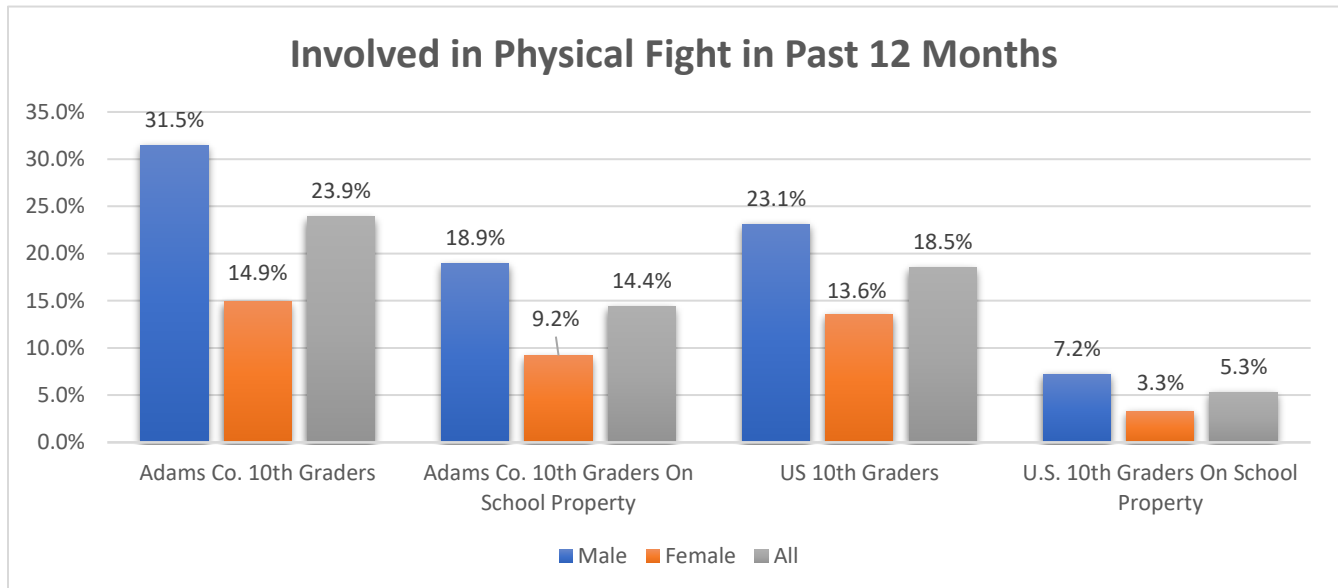


The use of heroin, methamphetamine, and injectable drugs has increased among Adams County 10th graders than that reported in 2021 and is significantly higher than that reported by peers nationally. 7.2% reported having used heroin in the past, while 8.0% have used methamphetamine. 6.5% of 10th graders have used a needle to inject an illegal drug. 18.6% of Adams County 10th graders have been offered, sold, or given an illegal drug on school property.

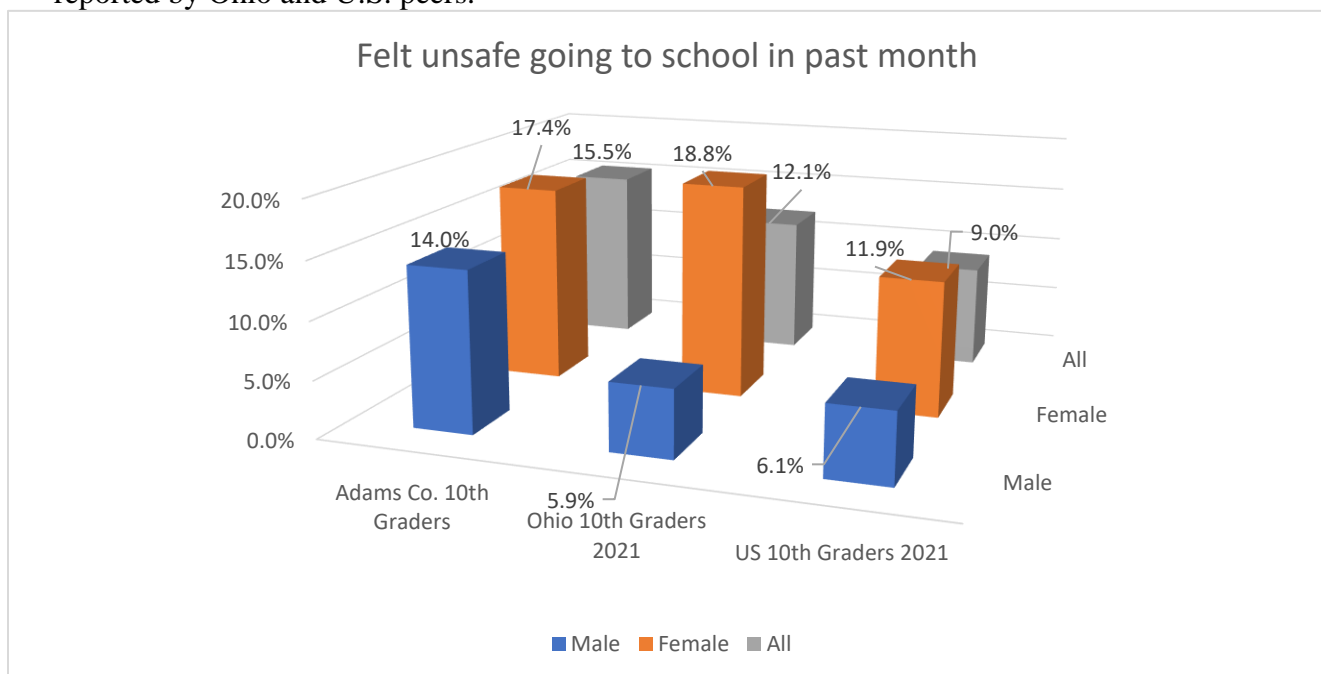


Safety, Health, and Risk Behavior

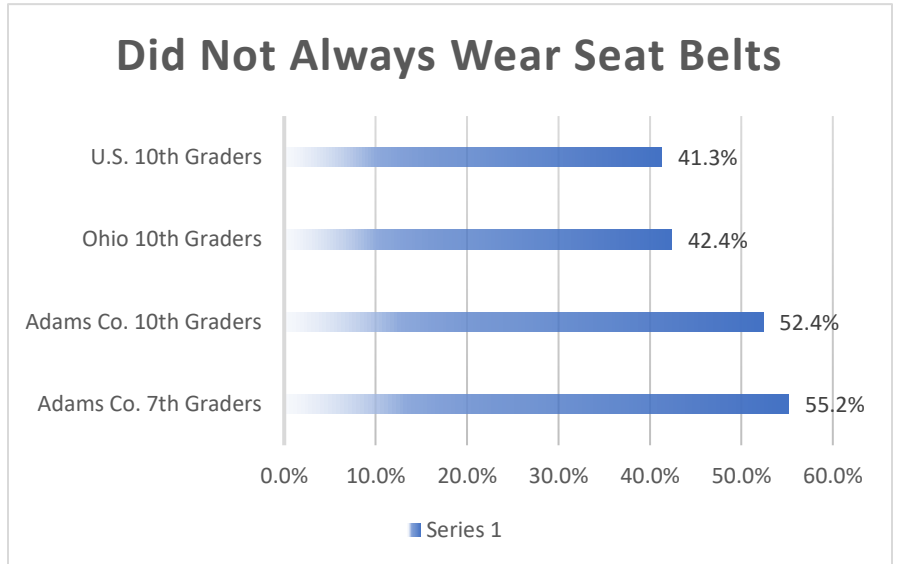
44.4% of Adams County 7th graders and 23.9% of 10th graders reported having been in a physical fight in the previous 12 months, this compared to 18.3% of U.S. 10th graders. 14.4% of Adams County 10th graders—9.2% girls and 18.9% boys—had been in a physical fight on school property the previous year, this more than double the rate reported by 10th graders nationally.



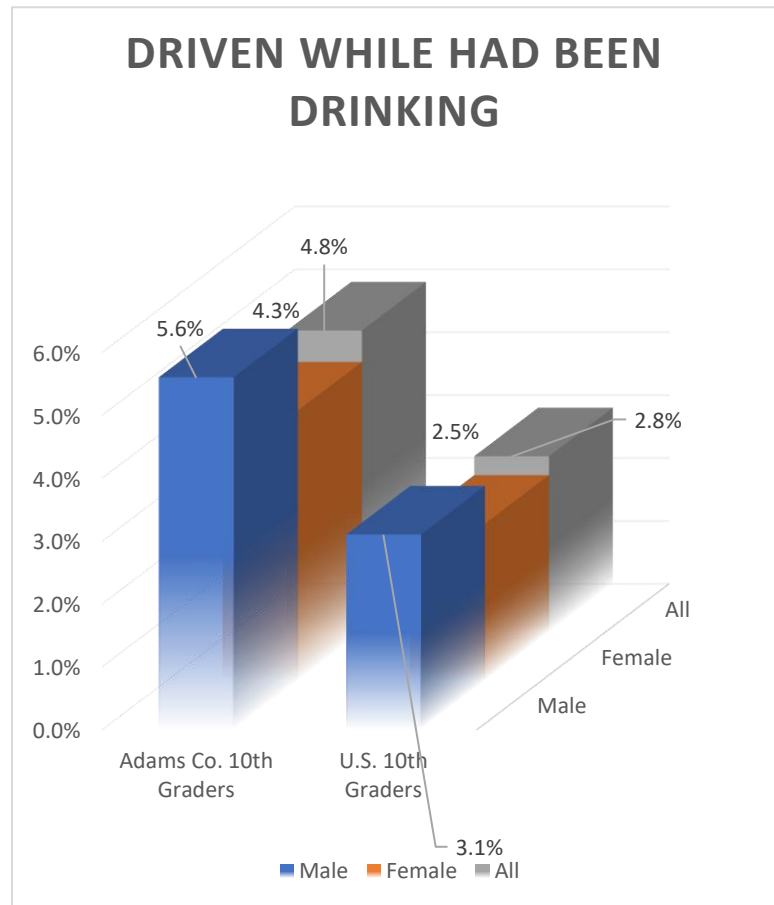
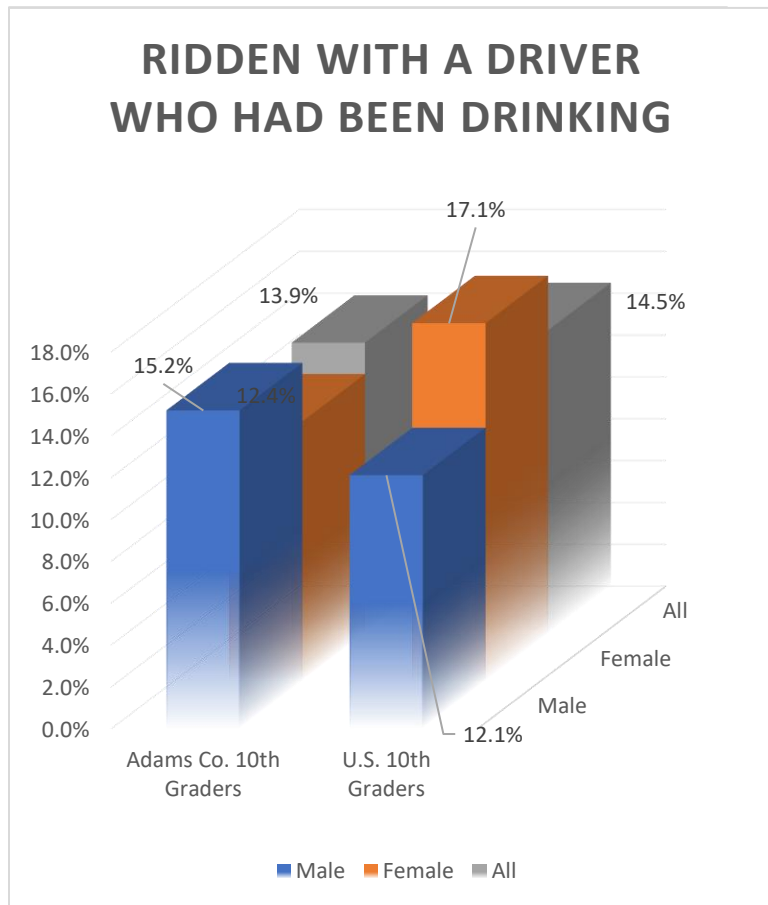
15.5% of 10th graders reported not having gone to school at least one day in the previous month because they felt unsafe at school or on their way to and from school, this greater than that reported by Ohio and U.S. peers.

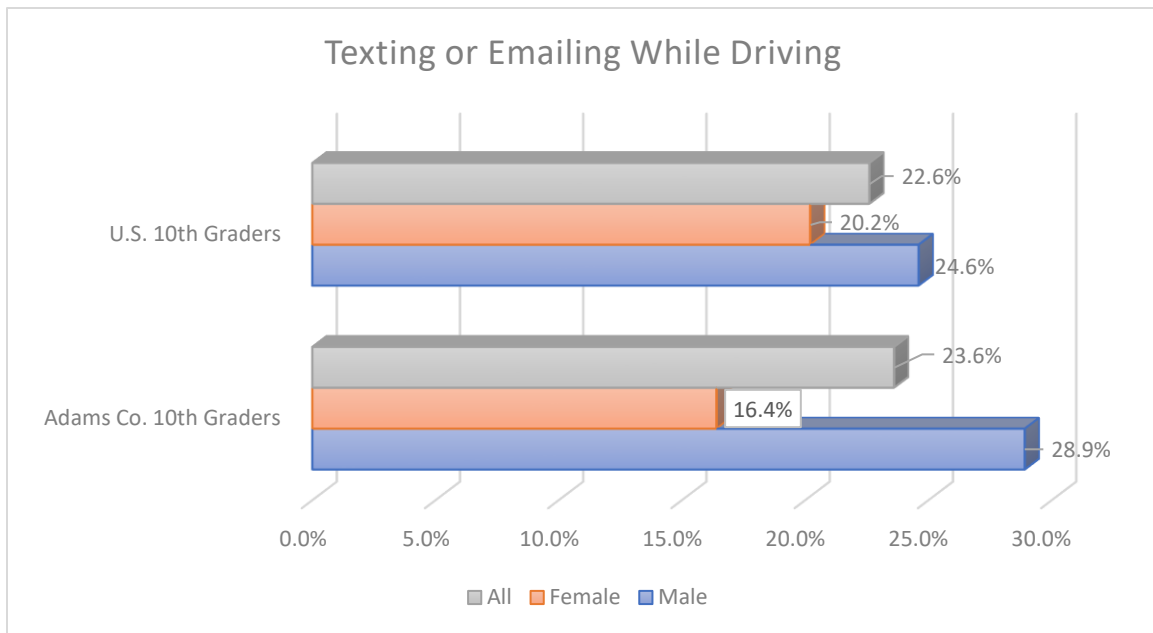


Adams County youth wear seat belts when riding in a car driven by someone else less often than those statewide and across the nation with 55.2% of 7th graders and 52.4% of 10th graders reporting that they did not always wear a seat belt when riding in a car driven by someone else, this compared to 42.4% of Ohio 10th graders and 41.3% of U.S. 10th graders.



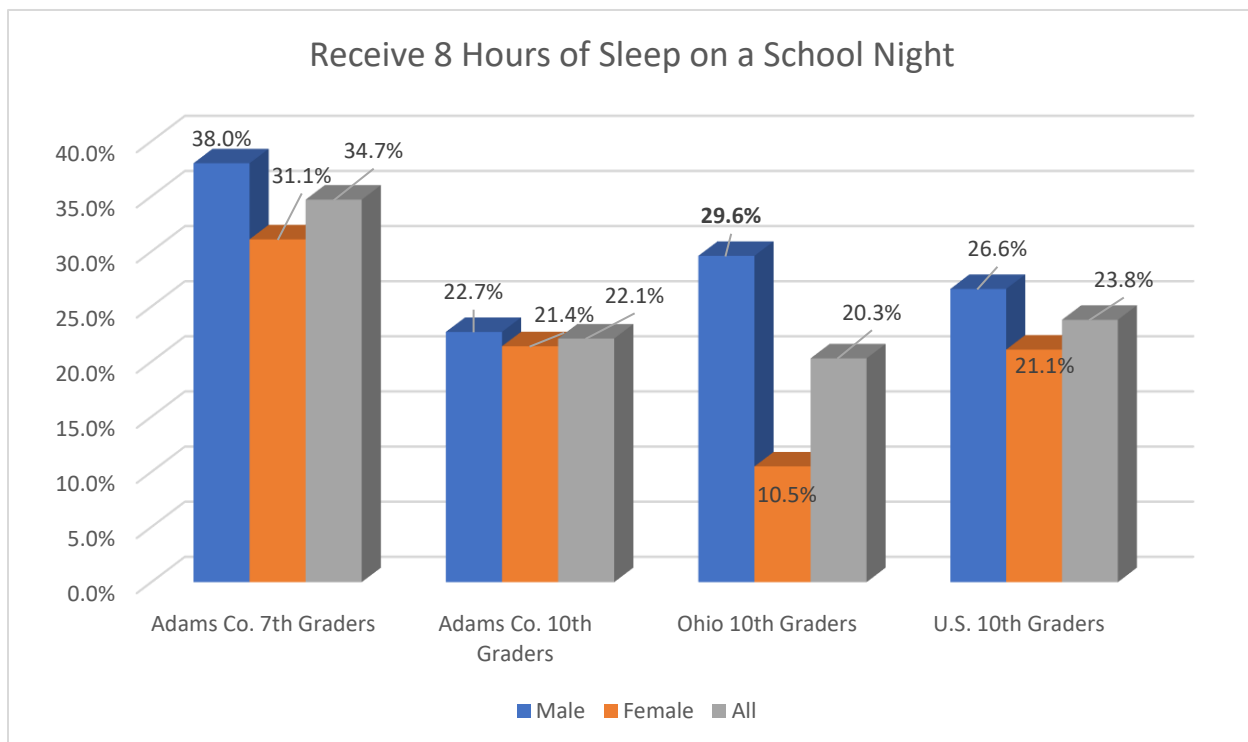
13.9% of Adams County 10th graders have ridden in a car driven by someone who had been drinking in the preceding 30 days, while 4.8% have driven a car or other vehicle when they had been drinking, higher than that reported by US peers.





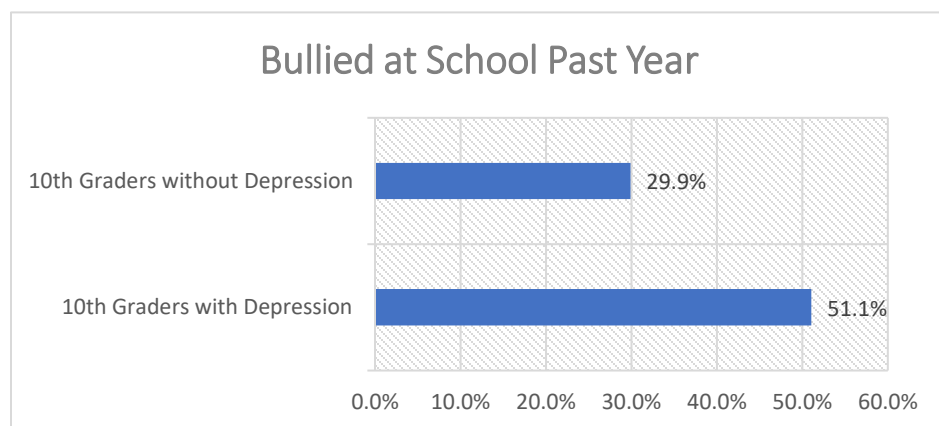
One out five 10th graders in Adams County admit to texting or emailing while driving in the previous 30 days, behavior more common in males than females and similar to that seen among US 10th graders.

Only 22.1% of Adams County 10th graders reported receiving 8 hours or more of sleep on a school night, this similar to Ohio and U.S. peers. 34.7% of Adams County 7th graders reported receiving 8 hours of sleep on a school night.



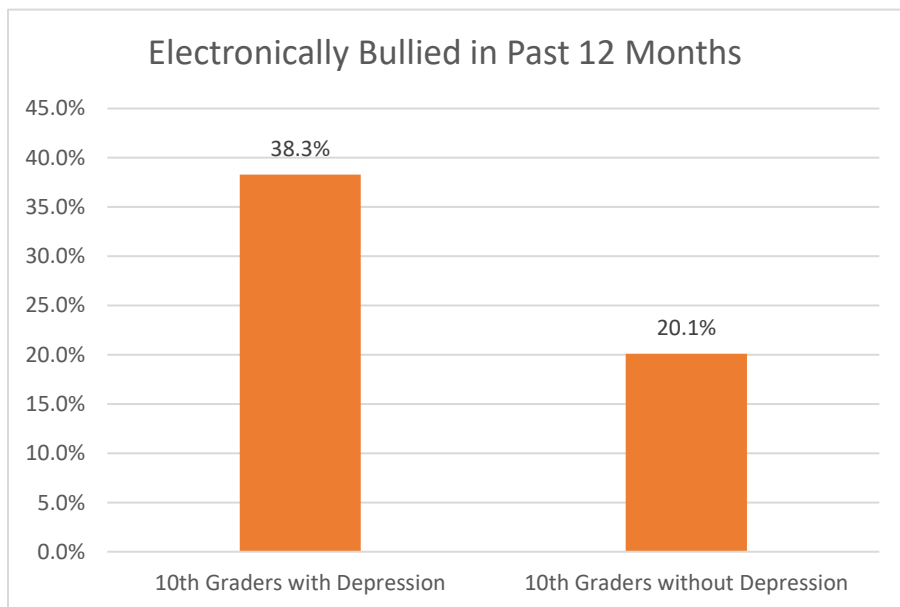
Depression and Health Risk

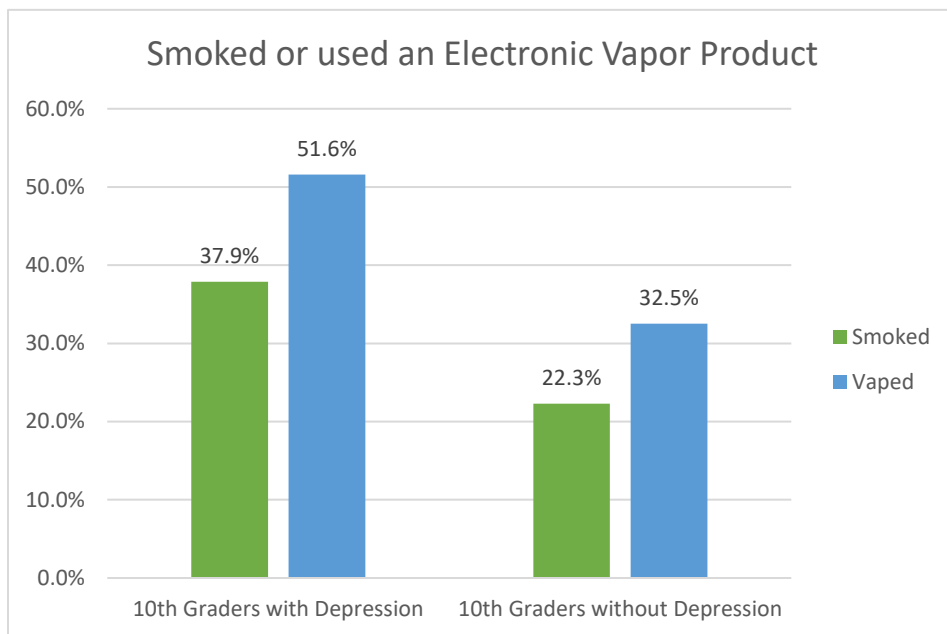
Community meetings and focus groups in 2017 and 2021 identified mental health disorders as the second leading health problem in Adams County, a trend that was again seen in 2023. The Youth Survey demonstrates 50.4% of 10th grade females and 23.5% of males reported a two week or more period of feelings of sadness or hopelessness that impacted usual activities in the preceding 12 months—a common definition of depression. Studies have shown that mental health problems often coexist with other risk factors to health and wellness. To better understand the possible relationship between depression and other health risk behaviors among Adams County youth, survey responses of 10th graders reporting depression were compared with responses from those without depression.



Adams County 10th graders who reported depression were more likely to report having been in a physical fight the previous 12 months than those without depression.

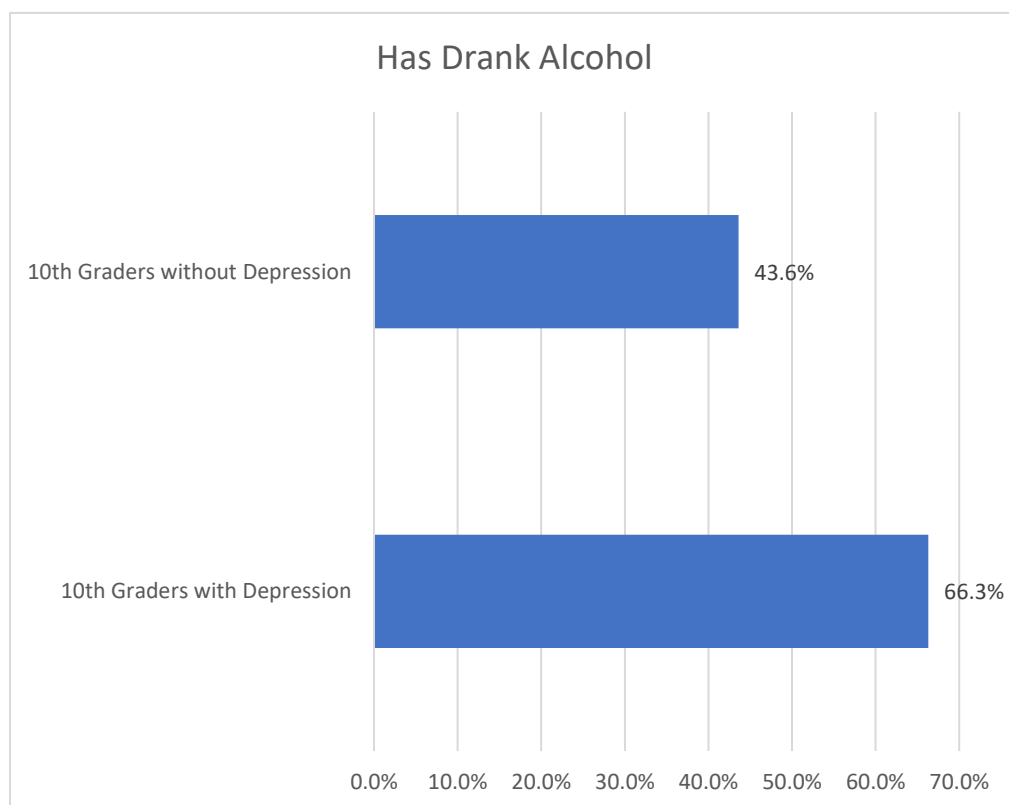
Almost twice the number of Adams County 10th graders reporting having been electronically bullied the previous 12 months also reported depression as compared to those without depression. 51.1% of 10th graders with depressive symptoms reported having been bullied on school property the previous year, this compared to 29.9% of 10th graders without depression symptoms, this doubling from that reported in 2021.



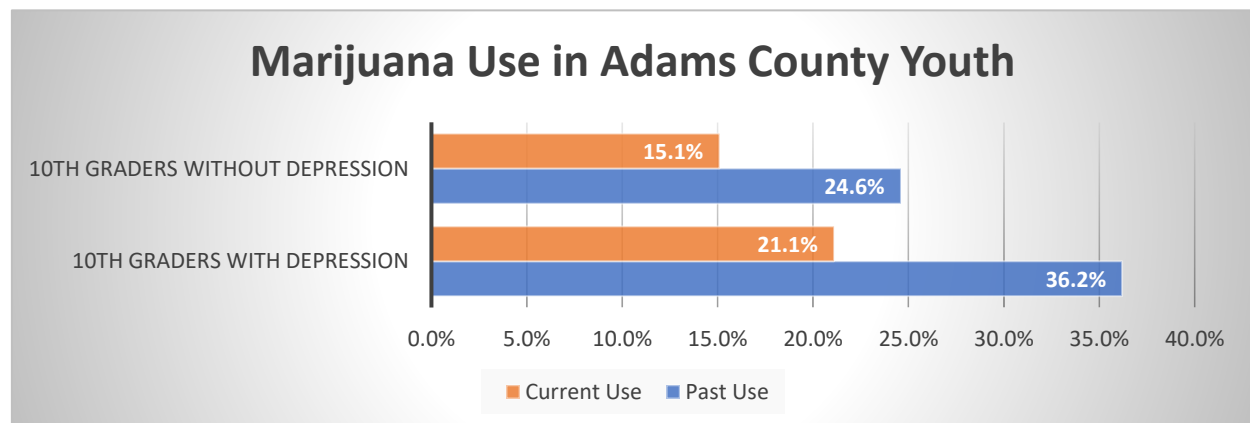
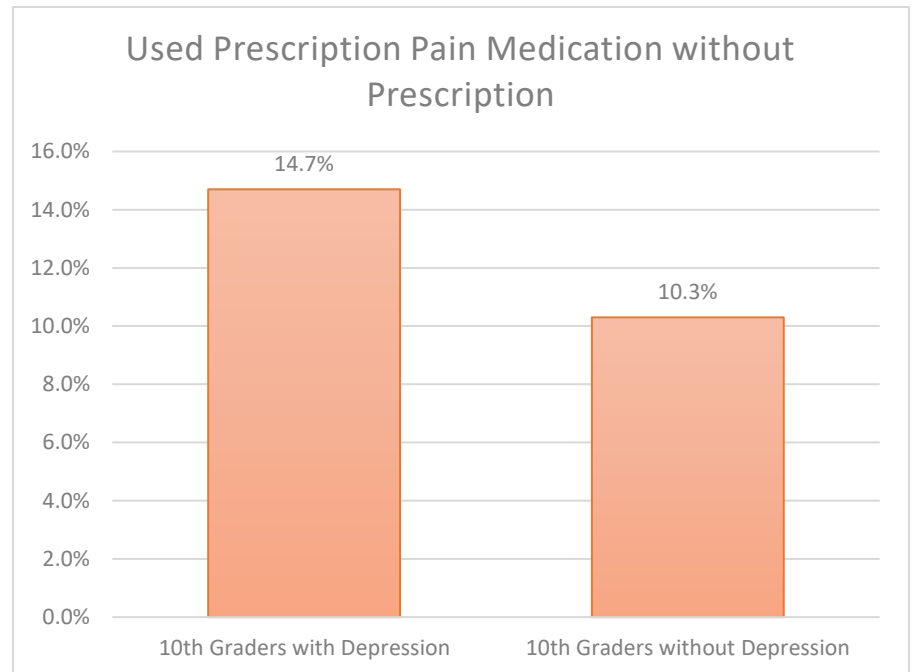


Significantly more 10th graders with depression symptoms had smoking and vaping experience as compared to non-depressed peers.

Alcohol use was more prevalent among 10th graders who reported depressive symptoms as compared to non-depressed peers, 66.3% vs. 43.6% for those ever having had a drink, 30.5% vs. 23.3% among current drinkers, and 17.0% vs. 14.4% in binge drinkers.

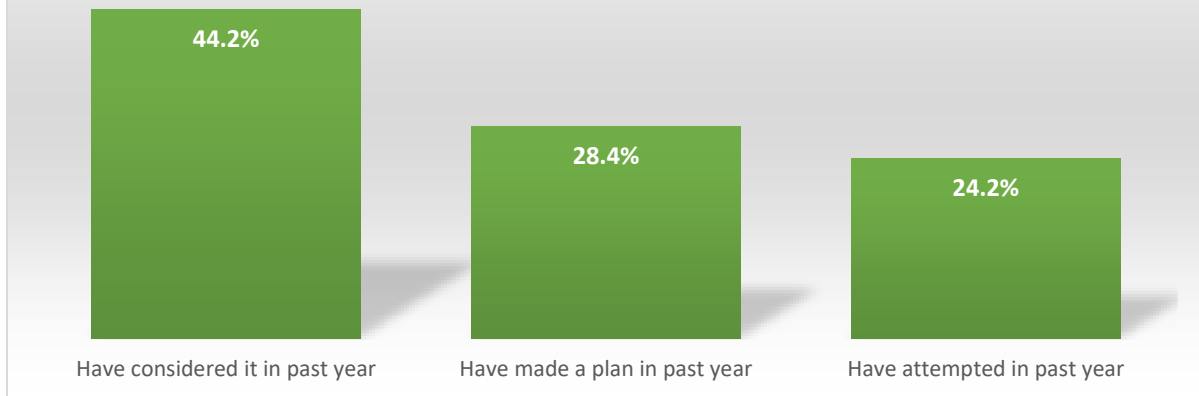


The use of prescription pain medication without a doctor's prescription was more common among Adams County 10th graders reporting depression symptoms as compared to those without depression.



Marijuana use among Adams County 10th graders was greater among those who reported depressive symptoms as compared to those without, 36.2% vs. 24.6% in past users and 21.1% vs. 15.1% for current users.

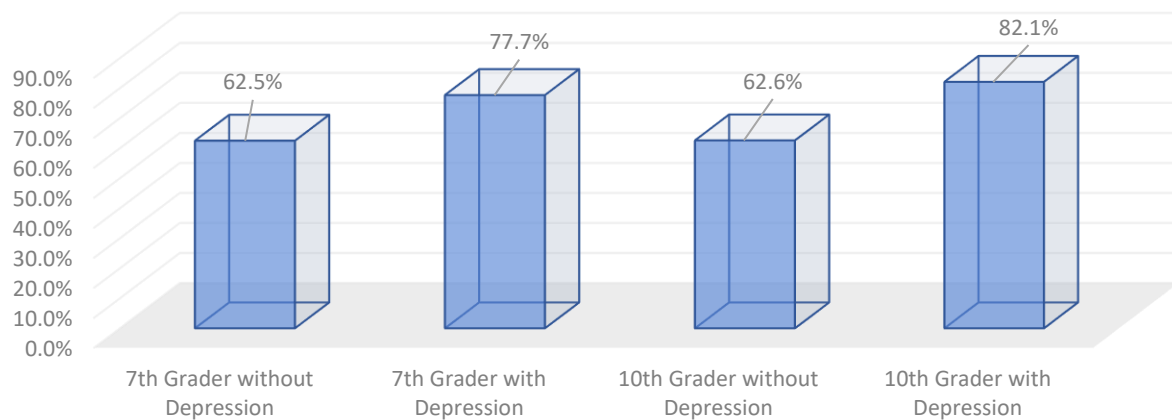
Response of 10th Graders with Depression Symptoms when asked about Suicide



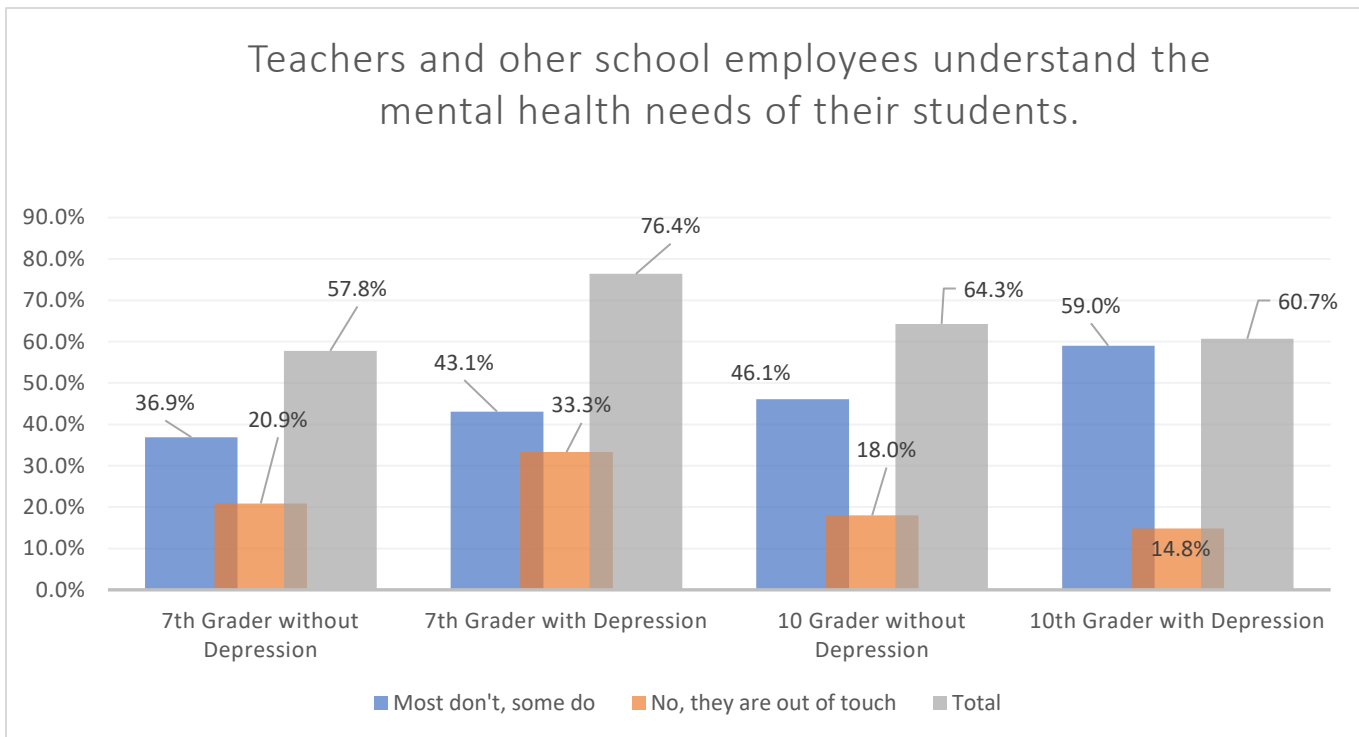
More than double the number of Adams County 10th graders who had depressive symptoms seriously considered suicide in the previous 12 months as compared to peers without depressive symptoms, 44.2% to 20.3% respectively. Likewise, 10th graders with depression symptoms were more likely than 10th graders without depression to have made a plan on how they would commit suicide, 28.4% to 13.1%, and attempt it, 24.2% to 12.4%.

Both 7th grade and 10th grade Adams County youth with depression symptoms are even more unlikely than their non-depressed peers to talk to their parents about an emotional struggle—such as depression, anxiety, or thoughts of suicide.

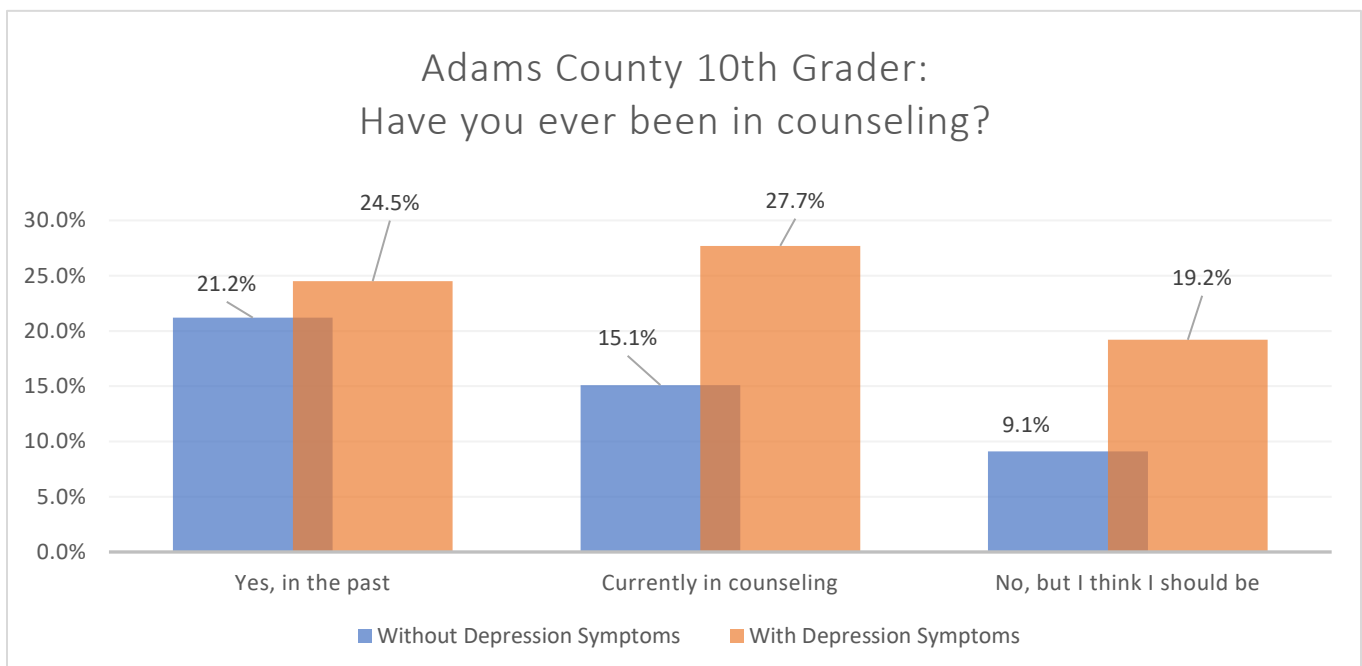
Adams County Youth unlikely, very unlikely, or not at all likely to talk to their parents about an emotional struggle.



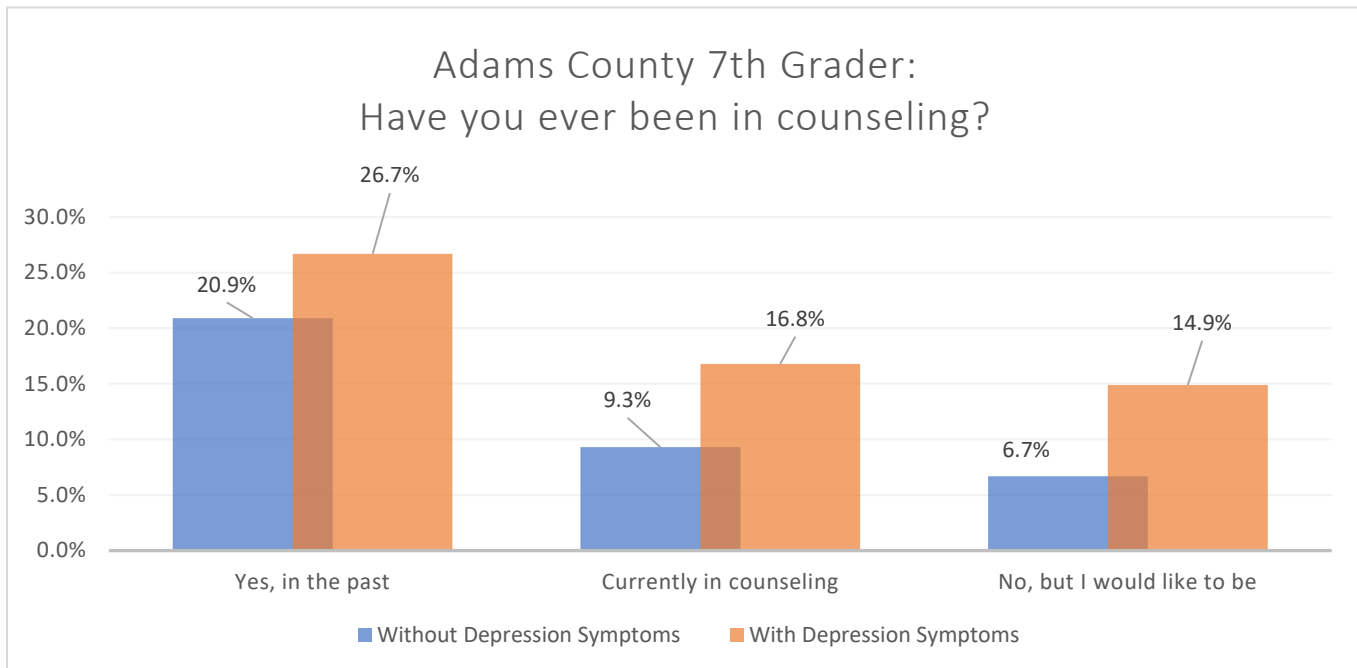
Like their peers without depression, the majority of Adams County youth who reported depressive symptoms do not believe that their teachers and other school employees understand the mental health needs of their students.



Over 40% of Adams County 7th graders, and half of 10th graders with feelings of depression had received, or was actively receiving counseling, this greater than their peers without depression.



19.2% of 10th graders with depressive symptoms reported never having been in counseling, but felt that they should be. Similarly, 14.9% of 7th graders with depression indicated that they had never been, but would like to be, in counseling.



Changing Trends

While the COVID-19 pandemic makes comparison with the results of the 2021 Youth Survey difficult, some notable changes are evident from earlier assessments.

- Self-description and body mass indices of Adams County youth being overweight or obese has increased among Adams County 10th graders and remains modestly above that seen among national averages.
- Consumption of carbonated soda or pop increased from 2021 among Adams County 10th graders and is over twice that seen among Ohio and national peers.
- Adams County youth spending 3 or more hours of video games or non-school related computer use on an average school day decreased modestly from 2021, but is still greater than that seen nationally and throughout Ohio.
- Bullying on school property and electronically through email, text, and social media has increased significantly among Adams County 7th and 10 graders.
- Past, current, and binge drinking by Adams County youth has decreased from 2021 reported levels, but remains higher than that seen nationally.
- Cigarette smoking among Adams County 10th graders has increased from 2021 levels and remains higher than state and national levels.

- The use of electronic vapor products has increased among Adams County 7th graders, but declined among 10th graders.
- The use of marijuana among Adams County 7th and 10th graders has increased since 2021, particularly for current users, but is similar to Ohio and U.S. youths.
- The use of prescription pain medication without it being prescribed by a health provider continues to increase among 7th and 10th grade youth in Adams County, this while declining among their Ohio and U.S. peers.
- The number of Adams County 10th graders reporting the use of heroin, methamphetamine, and illegal drugs that are injected has increased significantly from previous years and is greater than three times the level seen throughout Ohio and the nation.
- The number of Adams County 10th graders who have texted or emailed while driving a vehicle has increased.

Youth Survey Summary

More than a third of Adams County 7th graders and almost half of 10th graders—greater than their U.S. peers—are overweight or obese. A third of 10th graders in Adams County consume more than 1 serving of soda or pop daily—2 to 3 times greater than 10th graders throughout Ohio and the U.S.—and over half of Adams County 7th graders spend 3 hours or more every day playing video games or using computers for non-school work-related purposes. Adams County youth participate in physical education and play on sports teams at a greater percentage than their state and national counterparts.

A third of Adams County youth—over half of 7th and 10th grade girls—report having had symptoms consistent with depression in the past year. That girls are more likely than boys to consider, plan, and attempt suicide is a trend also noted throughout Ohio and the nation. Bullying, both on school property and electronically, has increased among 7th and 10th graders in Adams County and is greater than that reported by peers nationally.

Alcohol use, both past and current drinking, continues to decline among of Adams County 10th graders youth, with binge drinking being more common than that seen in peers throughout Ohio and the country. Smoking among Adams County youth continues at higher rates than that seen nationally and throughout Ohio—over three times greater for current 10th grade smokers. Vaping has declined among 10th graders in Adams County and increased in 7th graders.

Marijuana use by 10th graders in Adam County has increased from 2021, both in past use and current use. The percentage of 7th and 10th graders who report using a prescription pain medication without it being prescribed by a health provider has increased, while decreasing among state and national peers. Heroin, methamphetamine, and injectable drug use has increased among Adams County 10th graders and is significantly higher than Ohio and U.S. peers. More 10th graders in Adams County report being offered, sold, or given an illegal drug on school *property than those across the state or nation.

Youth in Adams County involved in physical fights increased from previous years with 10th graders more likely to have been in a physical fight on school property than their U.S. peers. A greater percentage of 10th graders in Adams County did not attend school due to fear for safety than 10th graders throughout Ohio or the U.S. The Adams County 10th grader is more likely to ride in a car driven by someone else without using a seatbelt than Ohio and US 10th graders, but less likely to ride with someone who had been drinking. One out of five Adams County 10th graders had driven in the preceding month while texting or emailing.

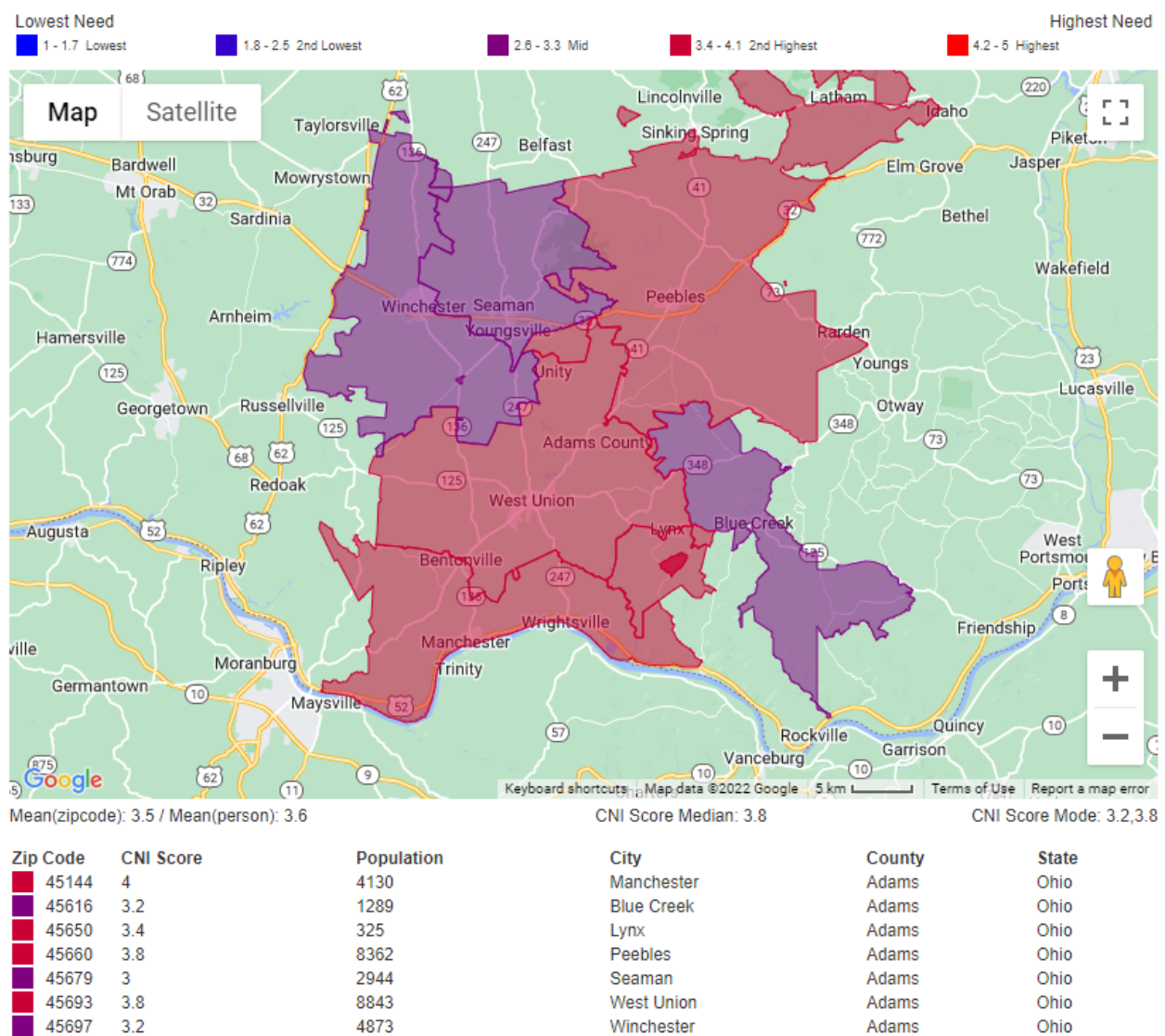
The Youth Survey illustrates a difference in health measures between youths with depression and those without—a disparity of health risks and outcomes within this vulnerable population. Adams County 10th graders who reported symptoms of depression were more likely to have been bullied, to smoke, and use electronic vaping devices than peers without depression symptoms. The student with depression symptoms is more likely to use alcohol, marijuana, and prescription pain medication without a prescription. The depressed 10th grader is even less likely than their non-depressed peers to talk to their parents about emotional struggles.

More than double the number of Adams County 10th graders who had depressive symptoms seriously considered suicide in the previous 12 months as compared to peers without depressive symptoms. Likewise, 10th graders with depression symptoms were more likely than 10th graders without depression to have planned and attempted suicide. 7th and 10th graders with depression symptoms were more likely to report a need or desire to attend counseling as compared to their peers without such symptoms.

Healthcare Equity and Disparity

A Community Health Assessment provides an opportunity to identify populations within the community experiencing a greater burden of suboptimal health than those of other groups. In small, rural communities, particularly those in Appalachia, the entire community may suffer disparity when compared to statewide and regional peers.

The Community Need Index (CNI) provides an objective measure of community need and socioeconomic barriers to healthcare. The validated and evidence-based measure of need correlates with access to care and preventable hospitalizations. Those communities with highest need (CNI score = 5) experienced hospital admission rates 97% higher than the lowest need (CNI score = 1) communities.



Data Source: Dignity Health and Truven Health Analytics, based on 2021 data

Based on 2021 data from Dignity Health and Truven Health Analytics, the mean and median CNI scores for Adams County was 3.6 and 3.8 respectively, with all Zip Codes falling within the top 50% of highest need communities. Comparison of CNI scores among counties within Southwest Ohio demonstrates the disparity between Adams County and those of the Southwestern Ohio region.

Community Need Index scores were calculated based on specific health barriers including:

- Income—percentage of elderly, children, and single parents living in poverty
- Cultural—percentage Caucasian and non-Caucasian, percentage of adults over age 25 with limited English proficiency
- Education—percentage without high school diploma
- Insurance—Percentage uninsured and percentage unemployed
- Housing—Percentage renting houses

Community Need Index		
County	Mean	Median
Adams	3.6	3.8
Butler	3.1	3.0
Brown	3.0	3.0
Clark	3.3	2.4
Clermont	2.4	2.6
Clinton	3.0	2.7
Hamilton	3.2	3.6
Highland	3.4	3.4
Preble	2.7	2.6

These, and other social determinants of health, including transportation, job opportunities, access to nutritious food, and environmental pollution, as cited in community meetings and focus groups, contribute to the community-wide health disparity observed in Adams County. This inequity lives in the premature age-adjusted mortality rates, cancer death rates, and days in which mental health is perceived as not good—all significantly higher in Adams County than that throughout Ohio and the U.S.

Vulnerable Populations In Adams County
Seniors
Youth
People living with Disabilities
People with Mental Health Disorders
Homeless
People Living Alone
Socially Isolated
Amish Community
Primary language other than English

While health disparity can be found community-wide, inequity is also present within vulnerable populations in Adams County. Outcomes in the management of mental health disorders have been shown to be worse among those with co-occurring substance use disorders. Youth in Adams County with depression display greater health-risk behavior than peers without depressive symptoms.

Source: Focus groups and Community Meetings

Conclusions and Discussion

This Community Health Assessment took place against the backdrop of Adams County being ranked 88th of Ohio's 88 counties in Health Factors by the 2023 *County Health Rankings & Roadmap* project of the University of Wisconsin's Population Health Institute, and 81st in Health Outcomes. These are dubious distinctions for a county in a state ranked 40th in the nation in health behaviors by the UnitedHealth Foundation's 2023 *America's Health Rankings Annual Report*, and 43rd in health outcomes. Hidden within these statistics is the reality that the people of Adams County have the 6th lowest life expectancy in Ohio, which sadly is the 42nd lowest state in the country. In 2020, Adams County's age-adjusted death rate was 24% higher than that observed in Ohio and the U.S. Still, the vast majority of Adams County residents, some 73.3%, view their health as good, very good, or excellent, and 9 out of 10 adults voiced satisfaction with their lives.

Assessing the health strengths, disparities and weaknesses within Adams County starts with recognizing and better understanding the inequitable share of poorer health outcomes that burdens the community as a whole. Adams County, part of Ohio Appalachia, is a rural county with a population density of 48.3 people per square mile, the 7th smallest in the state, this based on 2020 U.S. Census Bureau data. It is also a poor county, with a median household income of \$46,234 and a per capita income of \$25,428 based on 2022 dollars. The U.S. Census Bureau reports 19.8% Adams County's population living in poverty, the 4th highest in Ohio. Appalachia, poverty, and rural living are well documented health detractors.

Despite the geographic isolation of communities inherent in a rural county, attendees throughout the county of community meetings, stakeholder discussions, and focus groups spoke with a singular voice of Adams County's health problems. As in 2017 and 2021, substance abuse and addiction was by far the most frequently identified problem facing the county, this followed by mental health disorders. Following in declining order of frequency as the most serious health problems facing Adams County were obesity, cancer, heart disease, diabetes, chronic lung disease, poverty, and nutrition.

That community residents would identify substance abuse and addiction as the most serious health problem in Adams County is congruent with mortality statistics from the Ohio Department of Health and the Centers for Disease Control and Prevention. Age-adjusted death rates for drug overdose among Adams County residents in 2023 is double the rate seen in Ohio as a whole and more than three times that of the U.S.

The degree to which drug use has infiltrated our youth may provide the best, and most alarming measure of drug and substance abuse in Adams County.

Most Serious Health Problems in Adams County

- ❖ Substance Abuse and Addiction
- ❖ Mental Health Disorders
- ❖ Obesity
- ❖ Cancer
- ❖ Heart Disease
- ❖ Diabetes
- ❖ COVID-19
- ❖ Lung Disease
- ❖ Poverty
- ❖ Nutrition

10.3% of Adams County 10th graders have taken prescription pain medication without a prescription, 24.6% have smoked marijuana, 43.6% have consumed alcohol, 32.5% have used an electronic vapor product, and 18.6% have been offered, sold, or given an illegal drug on school property.

With over a third of adults in Adams County having been diagnosed with a depressive disorder and an even greater percentage of 10th graders reporting symptoms of depression, listing mental health disorders as the 2nd most serious threat to health and happiness in Adams County is clearly supported. Studies show that individuals with severe mental health disorders have a 10 to 25-years shorter life expectancy than those without, this due in large part to the presence of comorbid physical illnesses such as cardiovascular and respiratory disease. The impact of mental health disorders on the quality of life within a community can be seen in the high percentage of county jail inmates with mental health needs, estimated to be between one-third and one-half throughout Ohio. In 2023, 84% of inmates receiving medications in the Adams County Jail included medication for a mental health diagnosis. That mental health disorders impacts health and wellness far beyond the diagnosis itself demonstrates those with mental health disorders as a vulnerable population in Adams County.

The Youth Survey results were examined for potential association between depression and health risk behavior. Those 10th graders reporting depressive symptoms were significantly more likely to have been in a physical fight, electronically bullied, and to smoke, drink, and use electronic vaping devices than peers without symptoms of depression. 10th graders with depression were more likely than those without to use marijuana as well as pain medication that was not prescribed to them by a healthcare provider. The association between mental health disorders and substance abuse and addiction is well recognized. Studies demonstrate that 50-percent, or more, of individuals with substance use disorders also have a mental health co-diagnosis. This observation has important ramifications for treatment of addiction—you must treat both the mental health disorder and the addiction to successfully treat either. It also helps identify a point at which resources can be leveraged to reduce health risk behavior among Adams County youth.

Obesity, the need for greater access to recreation and fitness facilities, and better availability of healthy food selections were consistently identified during focus groups and community discussions as elements impacting the health of Adams County residents through increased risk of diabetes, heart disease, and other chronic illnesses. Over three-quarters of Adams County adults and almost half of its 10th grade youth are overweight or obese. 2023 mortality records for Adams County align with the designation of cancer, heart disease, and diabetes among the county's leading health problems.

Access to healthcare is an important measure of the health of a community, and while recognized as a weakness in Adams County, has realized significant improvement through mobilization of community assets. Ohio's participation in Medicaid expansion and the subsidized marketplace health insurance available under the Affordable Care Act saw a decline in the number of uninsured lives in Adams County. Adams County adults below the age of 65-years without some form of health insurance fell from the 16% noted in the 2017 Community Health Assessment to

the current 9.5% estimated by the US Census Bureau, this only slightly less than the 9.3% reported nationally. These statistics, though, fail to consider those individuals who cannot afford or are reluctant to use their health insurance due to high deductibles, coinsurance, and out-of-pocket expenses. Major employers in Adams County offer employee health insurance with deductible amounts in excess of \$2,000 for an individual policy. In 2023, the average deductible for an unsubsidized benchmark policy on the marketplace was \$4,890. Adams County adults surveyed reported being unable to see a doctor in the previous year due to cost at a rate 50% higher than that reported by Ohio and U.S. peers.

Despite a healthcare infrastructure that sports a Critical Access Hospital, Cancer Center, Dialysis Clinic, two Federally Qualified Health Centers, and a free-standing Urgent Care Center, the Health Resource and Services Administration (HRSA) designates Adams County a Medically Underserved Area for primary care. The practical implication of such a designation is that a community is dependent on outside resources, often distant resources, for essential medical care.

Similarly, the impact of Adams County's designation as a Health Professional Shortage Area for Mental Health may be greatest on those experiencing crisis. Individuals seeking immediate care

for mental health needs have few options within the county. Lacking a crisis facility of its own, Adams County must rely on neighboring counties for unscheduled crisis counseling, short-term housing, and stabilization of community members with acute behavioral health needs. Individuals in need of hospitalization can wait days, or longer, for a regional behavioral health hospital bed to become available.

The natural beauty, rural environment, and wealth of outdoor activities along with strong faith-based and family centered communities, clean air and water, low crime, and growing hospital and healthcare infrastructure are formidable strengths in fostering health and happiness in Adams County. Perhaps the greatest strength, however, rests in the community's ability, and willingness, to recognize and respond collectively to health and wellness shortcomings. Nothing displays this strength better than the interventions set in place to address needs that were identified in previous Community Health Assessments.

Operation Better Together, a collaborative partnership among public health, the Adams County Ohio Valley School District, Adams County Courts, University of

Cincinnati College of Medicine, and county social service agencies has advanced behavioral healthcare access and quality, particularly among Adams County youth, and has received national recognition.

2024 Adams County Needs

- ❖ Greater number of Jobs and Businesses
- ❖ Reliable and Convenient Public Transportation
- ❖ Expanded Mental Health Resources
- ❖ More Recreational Facilities for Adults and Youth
- ❖ Decreased Drug Use
- ❖ Better Availability of Nutritious and Affordable Food
- ❖ Better Access to Medical Specialists
- ❖ Less Social Media and Internet Exposure in Youth

FRS Transportation has strengthened public transportation within Adams County—long identified as a significant barrier to health—by providing inexpensive transportation anywhere within the county. Extending transportation to neighboring counties in recent years has increased employment and healthcare opportunities for Adams County residents.

Adams County Regional Medical Center and Southern Ohio Medical Center have expanded their primary care presence in the county. The ratio of Adams County residents to primary care physicians reported by County Health Rankings decreased from 2,810:1 in 2017 to 2,290:1 in 2023. Similarly, the ratio of residents to other primary care providers—such as nurse practitioners and physician assistants—fell from 3,114:1 to 1,310:1. Both institutions have increased the breadth of medical and surgical specialists available to Adams County residents.

Despite the serious need for crisis intervention services, the improving access to health care in Adams County is perhaps best illustrated by the increased number of behavioral health care providers serving the community. In 2017, there was one mental health provider for every 2000 residents. This improved to one mental health provider for every 640 residents by 2021 and 490 residents for every provider in 2024. Six agencies provide mental health services to the community with four of those agencies also providing care for substance use disorders. Two of these agencies are new to the county in the past year.

The best a health assessment can offer is a detailed and accurate picture of what a community's health strengths and weakness were at the time—it will always be a record of the past. To be useful in strategic planning or developing a health improvement plan, an essential component of a health assessment is a consideration of change that may be underway, or perhaps on the horizon, that could impact, either favorably or adversely, the health of the community.

In the Forces of Change Assessment through community meetings and stakeholder discussions in 2017, Adams County residents identified the anticipated closure of coal-fueled electric power generating plants on the Ohio River as the major event that would impact the health and wellness of the community. Indeed, Adams County is still experiencing significant hardship to the economy of the region, the local school system, and county services as a consequence of these closures. Environmental concerns will persist far into the future.

As in the 2021 Community Health Assessment, the COVID-19 pandemic continues to be the most commonly cited Force of Change impacting the future health and wellness of Adams County. Discussion group participants offered the increased mental health challenges among our youth, increased polarization of political beliefs, declining participation in community activities, resistance to public health recommendations, and rising vaccine hesitancy as potential long-lasting consequences of the pandemic.

History teaches that pandemics bring three major impacts: infectious, economic, and societal. Ironically, it was the Spanish Influenza pandemic of 1918 that prompted the passage of The Hughes and Griswold Acts of 1919 which created the public health system that exists today in Ohio. At the height of the COVID-19 pandemic, legislation had already been introduced or passed into law impacting the authority of local boards of health during public health

emergencies. Only time will reveal the full impact of COVID-19. Understanding the forces that can bring about change though, provides the opportunity for a community to plan for and participate in that change.

While the people of Adams County face formidable challenges to their health and happiness, they enjoy great strengths. The natural beauty, recreational opportunities, and freedom from problems inherent with urban life are held in high regard. The Appalachian culture that permeates Adams County carries with it the strengths found in family and community. Embracing problems as a community, being accountable to one's neighbor, and working tirelessly for the good of all might provide the best guidance for making Adams County a healthier and happier place.

REFERENCES

ADAMS COUNTY COMMUNITY HEALTH ASSESSMENT

Source	Data Used	Website
American Cancer Society, Cancer Facts and Figures. Atlanta: ACS, 2023	2023 Cancer Facts, Figures, and Estimates	www.cancer.org
Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention (CDC)	2023 Adult Ohio and U.S. Correlating Statistics	www.cdc.gov
CDC, Wonder	Adams County and Ohio Leading Causes of Death	http://wonder.cdc.gov/ucd-icd10.html
County Health Rankings and Roadmaps, University of Wisconsin	County Health Rankings	countyhealthrankings.org
Health Indicators Warehouse	Heart Disease and Stroke Mortality Rates	www.healthindicators.gov/Indicators/Selection
Healthy People 2030: U.S. Department of Health & Human Services	All Healthy People 2030 Target Data Points	www.healthypeople.gov
National Cancer Institute	Age-Adjusted Cancer Mortality Rates	http://statecancerprofiles.cancer.gov/index.html
National Institute of Health, National, Heart, Lung, Blood Institute	Body Mass Index definitions by categories	https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm
Ohio Department of Health, Information Warehouse	Obesity and Diabetes in Ohio Adams County and Ohio Mortality Statistics Adams County and Ohio Birth Statistics Statistics: Access to Health Services	www.odh.ohio.gov/

UnitedHealth Foundation, <i>2021 America's Health Rankings Annual Report</i>	State Health Rankings	www.americashealthrankings.org
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	American Community Survey 5- year estimate, 2020 Ohio and Adams County 2020 Census Demographic Information Ohio and U.S. Health Insurance Sources Small Area Income and Poverty Estimates	www.census.gov
Youth Risk Behavior Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Centers for Disease Control	2023 youth Ohio and U.S. correlating statistics	https://nccd.cdc.gov