



United Way of
Greater Lima

2021 ALLEN COUNTY

Community Health Improvement
Plan & Community Needs
Assessment

Community Progress Report

Introduction

This document provides an overview of health related data from Allen County adults and youth who participated in a countywide health assessment survey during the fall of 2021. The data provided here is related to our priority areas from the Allen County 2020-2023 Community Health Improvement Plan (CHIP), along with a few additional key data points. If you wish to view the complete Health Assessment, visit the health department's website at www.allencountypublichealth.org.

Explanation of the CHIP

While this CHIP continues to address the same health priorities as those in the 2018-2020 plan, some of the strategies have been revised, and a few strategies have been added. The Plan has also been updated to align with many of the 2020-2022 State Health Improvement Plan's priorities and indicators. Also new to this plan, a CHIP scorecard has been developed so that we can monitor progress on the impact our work is having to improve health. This is a living document, so while we use this as a blueprint for action, it will continue to be adjusted based on community needs and new community data.

The 2020-2023 Priority Areas are:

- Improve mental health and decrease substance use
- Improve maternal and infant health
- Increase wellness and decrease chronic disease and harmful childhood conditions
- Improve housing affordability and quality and increase access to public transportation

Challenge

Your opportunity for health starts long before you need medical care - it's not just doctors or hospitals that help us be healthier. It's all of us - leaders from business and government, educators, employers, citizens and organizations working together to create opportunities to live a healthy life. We encourage you to read the "Get Engaged" section of each priority area to learn how you can get involved and spread the word about the great work taking place in our community.

Acknowledgements

Assessing the community's health and using that data to develop plans to improve the health of the community is an ongoing process. We would like to thank our many community partners who participated in this task. A special thanks goes to the following members of the Steering Committee agencies for coordinating this effort:

Activate Allen County Coordinators

Kayla Monfort and Josh Unterbrink

Allen County Public Health

Brandon Fischer, Monica Harnish and Becky Brooks

Lima/Allen County Chamber of Commerce

Jed Metzger

Lima Allen County Regional Planning Commission

Shane Coleman

Lima Memorial Health System

Jeff Utz

Mental Health and Recovery Services Board

Tammie Colon and Katie Walker

Mercy Health - St. Rita's Medical Center

Tyler Smith

United Way of Greater Lima

Derek Steman

West Ohio Community Action Partnership

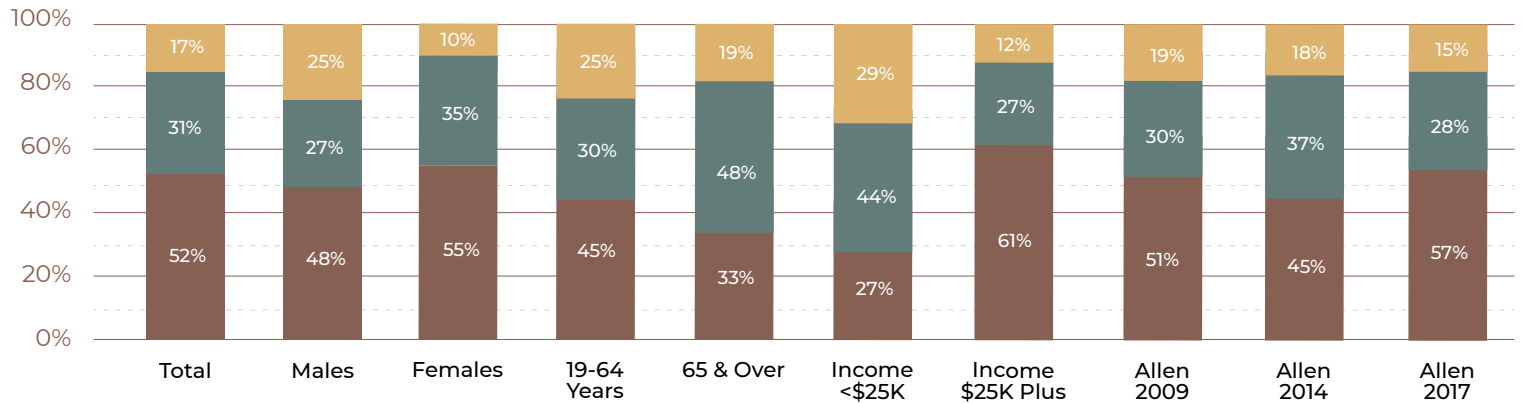
Jackie Fox

OVERALL HEALTH STATUS

A community focus group conversation brought up the fact that many residents do not know or take advantage of the many places in the county available to access care, no matter their socio-economic status.

SOURCE: COMMUNITY FOCUS GROUP

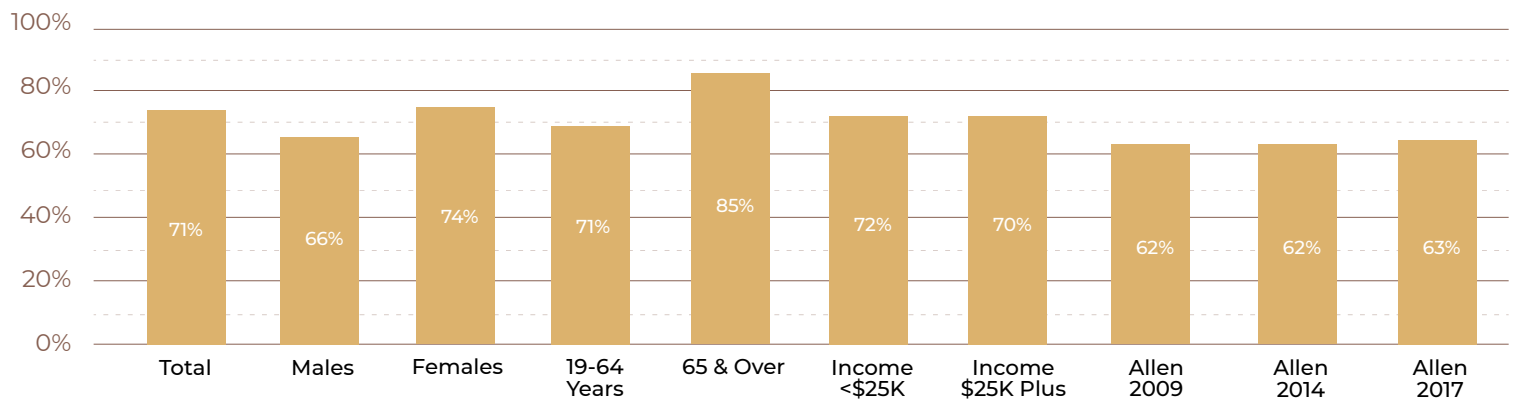
Allen County Adult Health Perceptions*



* Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Allen County Adults who had a Routine Check-up in the Past Year



Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Rated health as excellent or very good	51%	45%	57%	52%	55%	57%
Rated health as fair or poor	19%	18%	15%	17%	16%	13%
Rated their mental health as not good on four or more days in the previous month	22%	23%	27%	33%	29%†	26%†
Average days that physical health not good in past month	N/A	3.2	4.2	4.4	4.1*	3.7*
Average days that mental health not good in the past month	N/A	3.3	4.2	5.1	4.8*	4.1*
Average days that poor physical or mental health kept them from doing their usual activities in past month	N/A	2.2	2.8	2.8	N/A	N/A

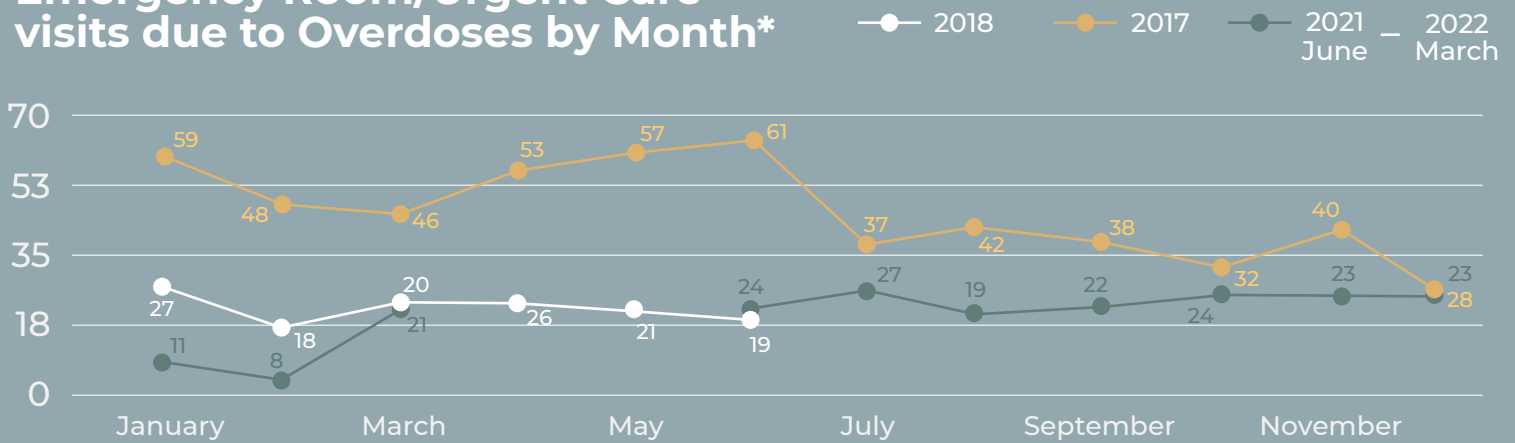
* 2018 BRFSS Data compiled by 2021 County Health Rankings † 2019 BRFSS N/A - Not Available

IMPROVE MENTAL HEALTH AND DECREASE SUBSTANCE USE

“ I feel like there are a lot of resources ... I go to Coleman down the street; there all these helpful things I didn't know about. ”

Source- Community Focus Group Participant

Emergency Room/Urgent Care visits due to Overdoses by Month*



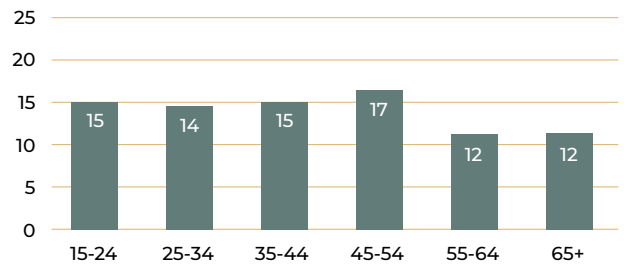
Adults considered attempting suicide in the past year

Allen County

5% 2009 4% 2014 3% 2017 1% 2021

Number of Suicide Deaths by Age Group

Allen County Number of Suicide Deaths By Age Group 2013-2019
Total Death = 85



Source: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, updated 12/15/21

On a typical day, adults rated their stress level as:

1% Very high 4% High 43% Moderate
27% Low 26% Very Low

Percentage of adults who had these feelings in the past 2 weeks:

	Never	Several Days	More Than Half The Days	Nearly Every Day
Had little pleasure in doing things	71%	23%	3%	3%
Felt down, depressed, or hopeless	72%	21%	4%	3%
Felt nervous, anxious, or on edge	66%	26%	5%	3%

Note: Drug overdose data is retrieved from the state's EpiCenter surveillance database. Overdose cases include all emergency room or urgent care visits in which drugs were identified as the cause of traumatic injury. The overdoses cases were further refined by selecting only those cases where the chief complaint included the terms "OD" or "overdose". Traumatic injuries due to drugs caused by suicide attempts or accidental overdoses of everyday drugs (such as Tylenol or Ibuprofen) were removed where identified. This data is an estimated number rather than a final count because initial diagnoses and/or details of a particular case may change from a patient's initial examination to his/her final outcome. It is important to note that case notes available through EpiCenter rarely identify the specific drug or drugs involved in an overdose. Therefore, the figures can be associated with any drug, not just heroin and/or fentanyl.

2020-2023 ACTION STEPS

1. Increase the number of students participating in after school programming.
2. Provide prevention and early intervention services to 3rd – 12th grade Allen County students.
3. Increase the number of students and family members utilizing the Spartan Health Clinic each year.
4. Begin a pilot Employee Assistance Program with a community navigator.
5. Provide Mental Health First Aid training to local employees.
6. Reorganize the opioid action hub.
7. Reduce the number of overdose deaths.
8. Increase the usage of free mental health screening tools available on the WeCarePeople.org website.
9. Provide education sessions to key players on the availability of Local Outreach of Suicide Survivor (LOSS) Teams and Drug Overdose Survivor Support (DOSS) teams.

WORK GROUP

Allen County Opiate Community Action Commission:

Allen County Opiate Community Action Commission:

Contact Tammie Colon at the Mental Health and Recovery Services Board: 419-222-5120.

RECENT SUCCESSES

- The Opiate Community Action Commission continues to focus on: opiate prescribing practices, adding additional detox beds, increasing medication drop box locations, Narcan initiatives, first responder fatigue, as well as prevention and education initiatives. All local physicians are screening for depression as part of a standard of care.
- Over 1,000 employees have access to EAP services and a local Community Navigator at no cost to the employer
- 60% of 3rd-12th grade Allen County students have been provided prevention and early intervention services from PASS
- In the last 2 years, over 1,100 residents have utilized free, online mental health screenings and were provided access to local resources
- The Spartan Health Clinic has provided services to over 1,400 students and families during the last school year

GET ENGAGED

- Parents must begin talking to their kids about drugs, suicide, and encourage them by talking about their strengths and talents www.letstalk.care.
- Learn more about strategies in process by the Allen County Opiate Community Action Commission and considering joining us.
- Take a course on Mental Health First Aid - www.mhfa.care
- Put the Hope Line for information or crisis 1-800-567-4673 or text line 741741 into your phone in case you or someone you know needs to access this support network.
- Are you a local employee or employer? Learn about the potential for Free EAP services at your business by contacting our local Business Navigator at 1-800-364-4748 ext. 2103.
- Take control of your mental health by taking a Free screening at www.wecarepeople.org

IMPROVE MATERNAL AND INFANT HEALTH OUTCOMES

Infant Mortality

All races
5-year average **6.0**
per 1,000 live births

Black
5-year average **12.1**
per 1,000 live births

The category is listed as "Black" rather than "African-American".

source: Ohio Department of Health, Bureau of Vital Statistics.
The databases can be accessed at <https://data.ohio.gov>

*Down from 26% in 2017



Infant mortality has been steadily decreasing over the past 5 years, dropping from 8.86 per 1,000 in 2017 to 4.11 per 1,000 in 2021.

9.2%
of babies are born at low-birth weight

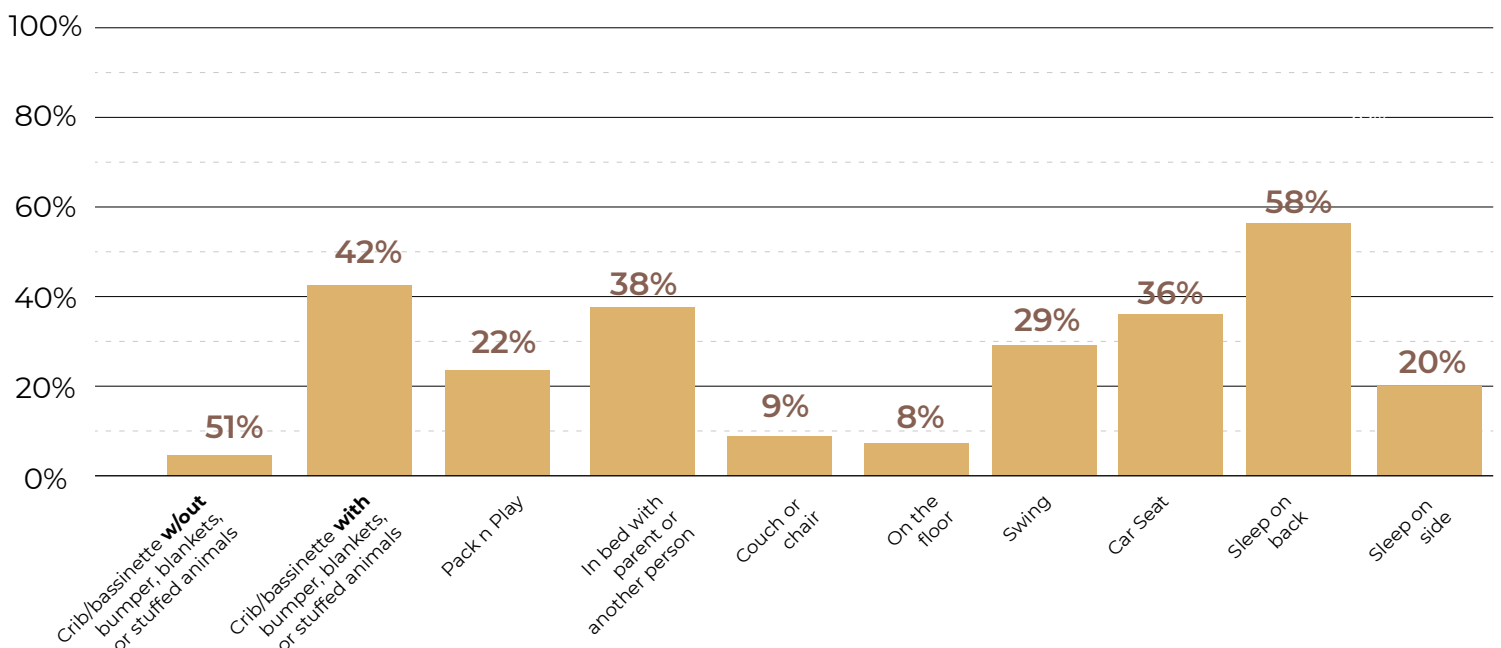
10%
of babies are born pre-term

71%
of pregnant women enter prenatal care in the first trimester

10%
of Allen County mothers never breastfed*

Sleeping Locations for Infants

When asked how parents put their child to sleep as an infant



2020-2023 ACTION STEPS

1. Promote enrollment/referrals to Help Me Grow, WIC and home visiting.
2. Increase the number of women participating in the Embrace program.
3. Increase the number of families with access to safe sleeping arrangements through the Cribs for Kids program.
4. Present training opportunities for our county OB-GYN offices on implicit bias.

WORK GROUP

Maternal Infant Task Force:

Contact Kayla Monfort at Activate Allen County: 419-222-6045

RECENT SUCCESSES

- Over 80 local women have been assisted through the Embrace Program.
- A screening referral process was established for OB offices to connect with local Medically Assisted Treatment Centers for treatment of opiate-addicted pregnant women.
- Over 20 workplaces have adopted supportive breastfeeding policies.
- Ohio Department of Health grant was obtained to expand our work around Maternal and Infant Health and connecting mothers and families to local resources
- Over the last 2 years, 225 cribs were distributed to Allen County families to provide safe sleep spaces for infants

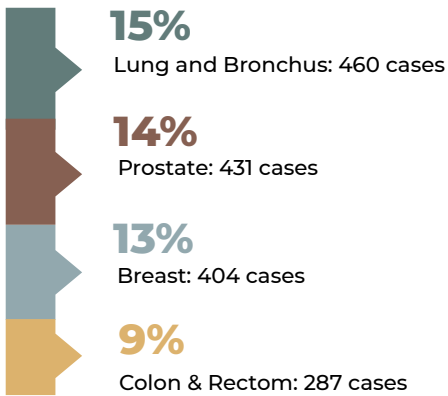
GET ENGAGED

- Implement company policies in your workplace to support breastfeeding women.
- Promote the ABCs of safe sleep spaces for infants – Alone, on their Backs, in a Crib without bumper pads, loose bedding, or soft toys.
- Encourage women to get early prenatal care and learn about all the resources available to women and families with young children in our community.
- Join the Maternal Infant Task Force.

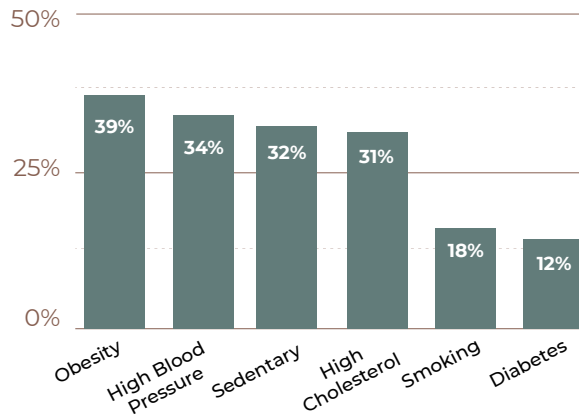
INCREASE WELLNESS// DECREASE CHRONIC DISEASE

Allen County Incidence of Cancer 2014-2018

All Types: 3,112 cases



Allen County Adults with CVD Risk Factors



69%

of current smokers responded that they had stopped smoking at least 1 day in the last year because they were trying to quit.

Allen County Adult Current Smokers

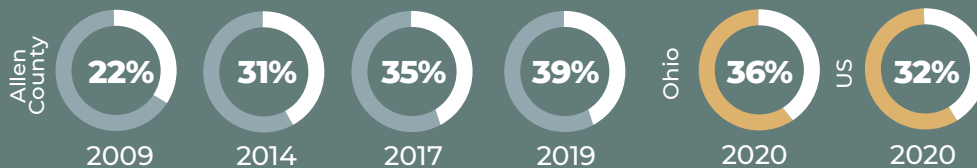
Adult Comparisons	Allen County 2009	Allen County 2014	Allen County 2017	Allen County 2021	Ohio 2020	U.S. 2020
Had a Heart Attack	7%	4%	5%	7%	5%	4%
Had High Blood Pressure	41%	33%	34%	34%	35%*	33%*
Had High Blood Cholesterol	34%	32%	34%	31%	33%*	33%*
Had Blood Cholesterol Checked In Past 5 Years	N/A	71%	77%	81%	85%*	87%*

* 2019 BRFFS N/A - NOT AVAILABLE

Adult Obesity trend data

Obese

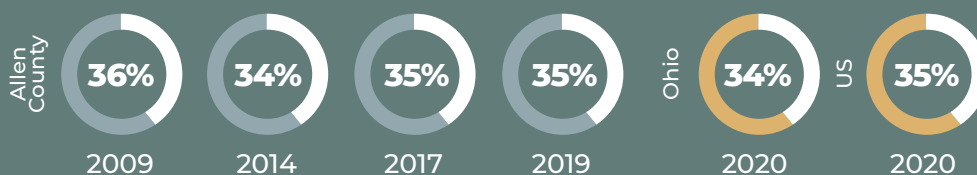
(Includes severely and morbidly obese, BMI of 30.0 and above)



73% of Allen County adults are overweight or obese

Overweight

(BMI of 25.0 - 29.9)



8% of Allen County adults or almost 6,176 experienced more than one food insecurity issue in the past year.

2020-2023 ACTION STEPS

1. Establish a food pantry site in the 5th or 6th Ward of the City of Lima.
2. Pilot, implement, and sustain a Green Prescription program.
3. Increase the unique number of residents using SNAP/EBT at local farmer's markets.
4. Increase or enhance the number of policies, systems, or environmental changes to support active transportation as recommended in the Allen County Active Transportation Plan.
5. Provide local tobacco cessation services to residents.
6. Increase the number of tobacco free city and county parks/public spaces.
7. Decrease the percentage of Allen County youth using vaping products.
8. Increase the medication adherence of children diagnosed by asthma.
9. Increase the number of Allen County children ages 0-2 who are tested for toxic levels of lead.
10. Increase the number of children (Mercy and Lima Memorial physician practices) receiving at least 1 annual well-child visit.
11. Increase the number of residents participating in Activated Challenges.

WORK GROUPS

Allen County Food Policy Council:

Contact Kayla Monfort at Activate Allen County: 419-222-6045

Allen County Creating Healthy Communities:

Contact Bri Buzard at Allen County Public Health: 419-228-4457

Allen County Bike and Pedestrian Task Force

Contact Monica Harnish at Allen County Public Health: 419-228-4457

RECENT SUCCESSES

- Last season at the Downtown Lima Farmer's Market, over 100 unique residents utilized SNAP/EBT to purchase produce and other healthy food items.
- Over 50 residents were enrolled in the Green Prescription Program within its first year to combat food insecurity and be connected to additional local resources
- Over 100 residents have completed Activate Change- Quit, a local tobacco cessation program.
- As a part of a grant and community collaboration to support the treatment of residents with Hepatitis C, over 120 patients have been served in the last year.
- Activated Challenges have engaged schools, childcare centers, faith communities, neighborhoods and businesses to increase support of sustainable health and wellness activities.

GET ENGAGED

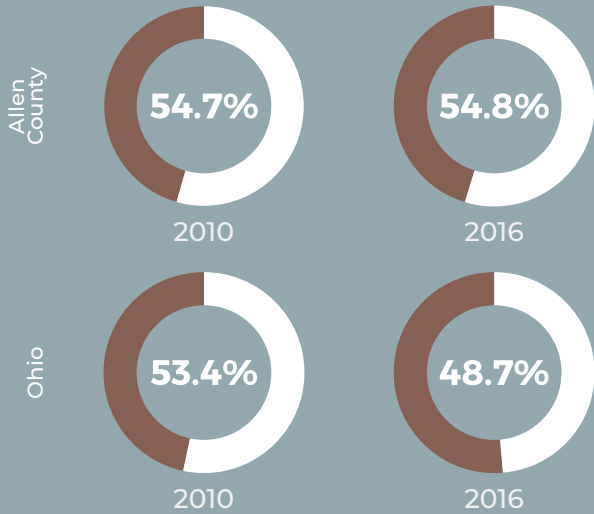
- JOIN a workgroup listed above to assist in continuing the work around wellness and disease prevention in Allen County.
- If you, or someone you know is in need of Tobacco Cessation services, call Mercy Health or contact your physician for a referral to our free and local cessation services.
- Support policies that protect residents from secondhand smoke like tobacco free public spaces and workplaces.
- Promote Allen County walking, hiking and bicycling resources.
- Support local businesses and farmer's markets selling fresh produce.

IMPROVING HOUSING AFFORDABILITY AND QUALITY AND INCREASE ACCESS TO PUBLIC TRANSPORTATION

“ The landlord is there just to collect the money and not to take care of properties...How do we keep landlords accountable? ”

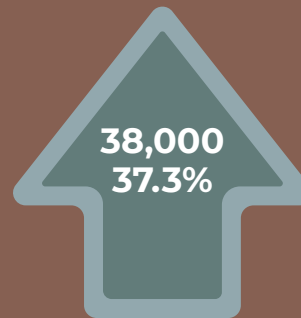
Source- Community Focus Group Participant

Households w/Rent >30% of Income



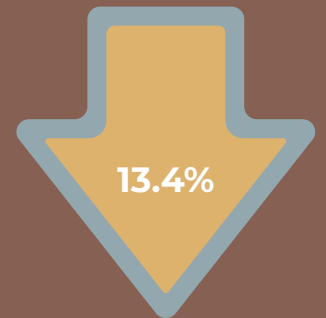
Source: United States Census Bureau

Funding Data Chart



Transportation Dependent Population

Disabled • Elderly • Low-Income

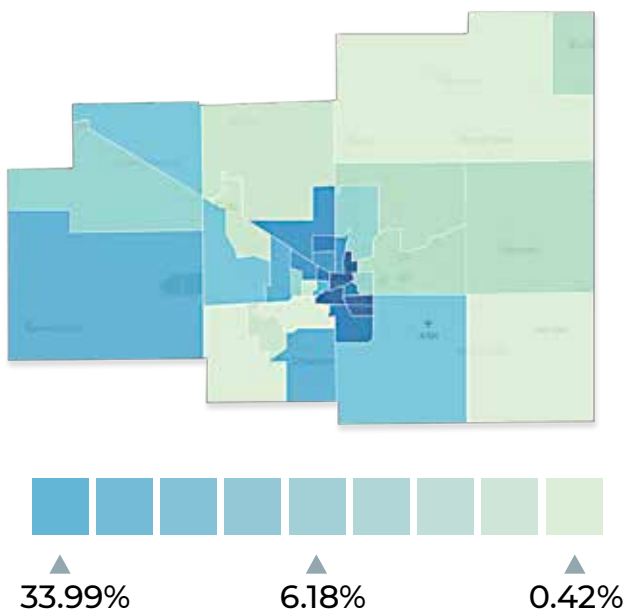


Decrease in Allen County RTA Federal and State Operating Assistance

Source: United States Census Bureau

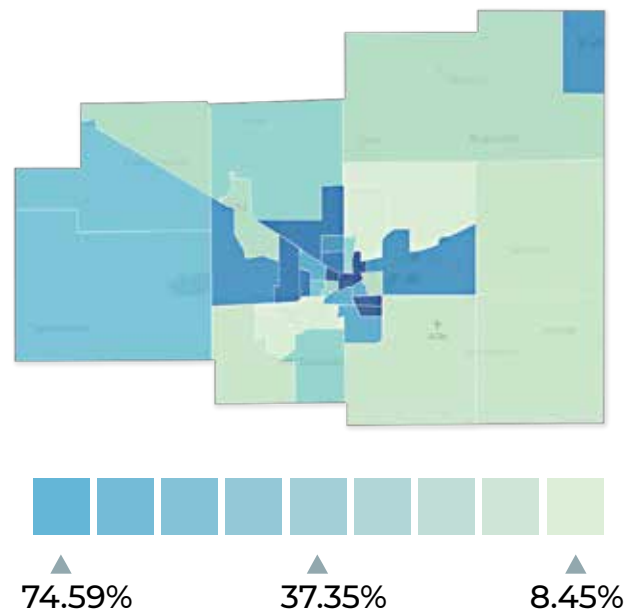
No Vehicle Available

Percentage of Allen County households with no vehicles available 2016-2020.



Rent Burdened

Allen County households spending more than 30% of income on rent 2016-2020.*



* Does not include utilities, insurance, or building fees

2020-2023 ACTION STEPS

1. Implement 3 recommendations in the City of Lima's plan to address community housing concerns.
2. Provide lead hazard removal to homes in the City of Lima.
3. Increase the number of affordable housing units available in Allen County.
4. Create a database on local rental properties and those of owners of each rental property.
5. Increase the number of passengers able to use RTA's services.

WORK GROUPS

Allen County Housing Consortium

Contact Dan Faraglia at Coleman Professional Services: 567-242-6082

Allen County Housing Task Force

Contact: Dana Addis dana.addis@cityhall.lima.oh.us 419-221-5218

FACTS Coalition (Future of Accessible-Coordinated Transportation Services):

Contact Erica Petrie at Area Agency on Aging 3 at 419-227-3947

RECENT SUCCESSES

- The number of affordable housing units available in Allen County has increased by nearly 50%
- Lead hazard control has been provided to over 10 homes meeting requirements at no cost to owner
- The Lima Housing Task Force is meeting to determine next steps and the City of Lima is invested in housing as a priority topic and focus
- Ridership for Allen County RTA increased by over 10,000 riders from 2020-2021

GET ENGAGED

- Try commuting to your destination by foot, bike, or public transportation when possible.
- Join a workgroup listed above to assist in continuing the work around housing in Allen County.

YOUTH OUTCOMES

“ Obesity in children is very high. They play video games, eat fast food, and do not go out and play anymore ”

Source- Community Focus Group Participant



42%

of youth are classified as overweight or obese.

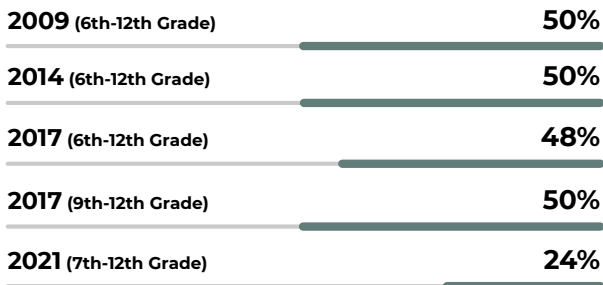
26%

of youth did not eat breakfast (during the past week).



Youth who WERE physically active at least 60 minutes 5 or more days in the past week

Allen County

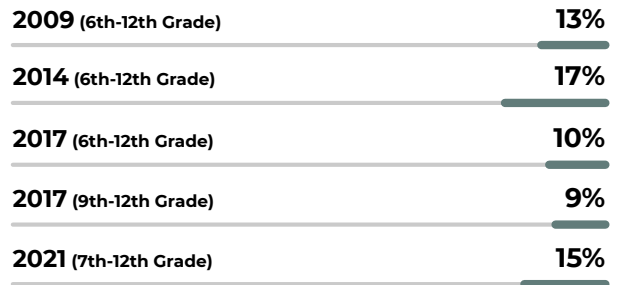


US



Youth who DID NOT participate in at least 60 minutes of physical activity on any day in the last week

Allen County



US



4%

of Allen County youth are current smokers



15%

of Allen County youth currently use an electronic vapor product on at least one day during the past month (7-12 Grade).



26%

of Allen County youth ever used an electronic vapor product



33%

of Allen County youth usually got their own electronic vapor products by buying them in a store.

YOUTH OUTCOMES

3%



Misused Prescription Drugs

13%

Smoked Marijuana in the last 30 days

Allen County 2009 (6th-12th)	Allen County 2014 (6th-12th)	Allen County 2017 (6th-12th)	Allen County 2017 (9th-12th)	Allen County 2021 (9th-12th)	Ohio 2013 (9th-12th)	U.S. 2015 (9th-12th)
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Youth who had seriously considered attempting suicide in the past year

13%	18%	15%	18%	17%	14%	18%
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Youth who had attempted suicide in the past year

5%	8%	7%	8%	8%	6%	9%
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Youth who felt sad or hopeless almost every day for 2 or more weeks in a row

27%	29%	27%	31%	32%	26%	30%
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Youth who currently drink

13%

Youth who drank for the first time before age 13

12%

Youth who ever drank alcohol

40%

Youth who rode with a driver who had been drinking

11%

Youth who were in a fight

17%

Youth did not go to school because they felt unsafe

14%

Experienced physical dating violence

14%

Current Youth Smoking Trend



16% -2009

9% -2014

6% -2017

4% -2021



www.ActivateAllenCounty.com