

Ohio 2016 BRFSS Annual Report





To protect and improve the health of all Ohioans by preventing disease, promoting good health and assuring access to quality health care.

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Introduction

The Ohio Behavioral Risk Factor Surveillance System (BRFSS) is an annual telephone survey conducted by the Ohio Department of Health (ODH) and supported by the Centers for Disease Control and Prevention (CDC). The BRFSS is the primary source of health information among Ohio residents 18 years and older, including data related to chronic diseases, obesity, physical activity, nutrition, alcohol use, oral health, injuries, cancer screenings and access to health care, among many other measures. The collection of Ohio BRFSS data allows ODH, local health departments and other public health stakeholders to monitor health trends and develop and evaluate public health programs and policies designed to improve the health of Ohio residents.

Methodology

Sample Design

The BRFSS survey sample consists of non-institutionalized adults 18 years and older. Since 2011, the BRFSS has conducted both landline telephone- and cellular telephone-based surveys using Random-Digit-Dialing techniques. In conducting the BRFSS landline telephone survey, data are collected from a randomly selected adult in a household. In conducting the cellular telephone version of the BRFSS survey, data are collected from an adult who participates by using a cellular telephone. In 2016, the Ohio BRFSS conducted 12,389 interviews and oversampled 14 regions in order to produce regional estimates for key indicators.

Questionnaire

The Ohio BRFSS questionnaire is designed by a working group of BRFSS state coordinators and CDC staff as well as the Ohio BRFSS Data Users Group and other stakeholders. Currently, the questionnaire has three parts: 1) the core component questions, which must be asked by all states without modification in wording; 2) optional modules, which are supported by CDC but not required to be asked in all states; and 3) state-added questions not offered as core or optional modules. The Ohio BRFSS implements a two-way split survey design to allow for larger coverage of optional modules and state-added questions, while maintaining a sufficient sample size for each split.

Weighting

The Ohio BRFSS data are weighted to known proportions of age, race, ethnicity, gender and geographic region in Ohio to ensure that estimates are representative of the Ohio adult population. In 2011, the BRFSS moved to a new weighting methodology known as iterative proportional fitting or raking to allow for the incorporation of telephone ownership (landline and/or cellular telephone), as well as education level, marital status and renter vs. owner status, into the BRFSS weighting methodology.

Prevalence Estimates/Statistical Significance

The results presented in this report provide a broad overview of the health status of Ohioans, and the degree to which health behaviors and outcomes can vary among different demographic and socioeconomic groups within Ohio. Prevalence estimates are based on a sample of Ohio's population and are presented with 95 percent confidence intervals (CI). In figures, 95 percent CIs are represented with error bars. A 95 percent CI means that if the same survey was repeated 100 times, the estimated prevalence would fall within the range of the CI 95 times out of 100. Statistical significance between populations was determined by comparing CIs; if the CIs do not overlap, the difference is determined to be statistically significant. This is particularly important when comparing prevalence estimates for smaller populations, because they often have wider confidence intervals.

Methodology, continued

Limitations

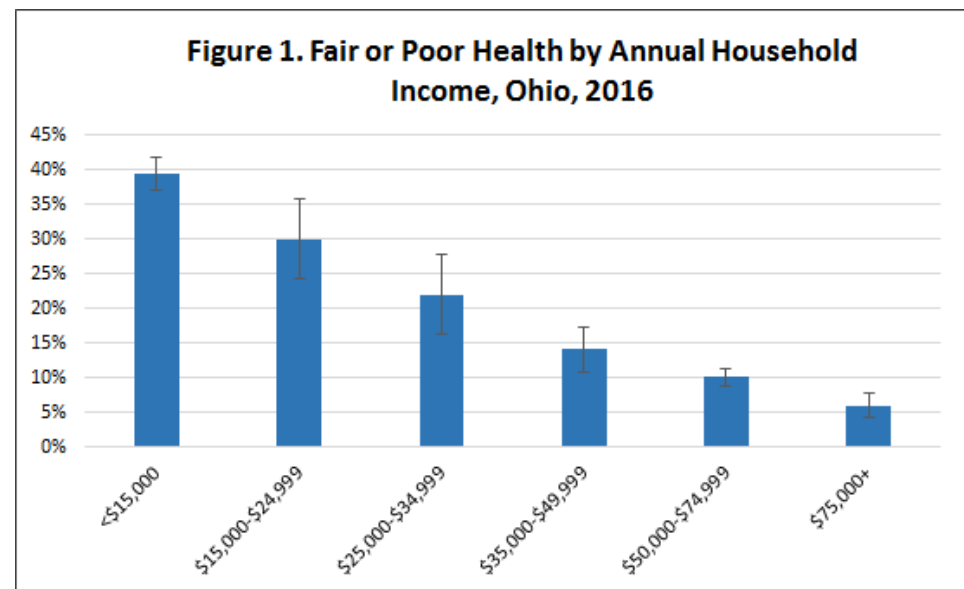
The *Ohio 2016 BRFSS Annual Report* provides data and information on the health status and health-related risk behaviors of adult Ohioans at both the state and regional level. When reading this report, the following data limitations should be considered:

- Estimates through 2010 should not be compared to estimates from 2011-present because of the shift from post-stratification weighting to iterative proportional raking in 2011. For this reason, trend data are excluded from this report.
- Data estimates for fewer than 50 respondents are considered statistically unreliable by the CDC and are not included in this report. Respondents who answered that they do not know or refused to answer a question were excluded from the calculation of prevalence estimates related to that question. Therefore, the sample sizes used to calculate the estimates in this report are different for each indicator. Estimates with a relative standard error greater than 30 percent are also excluded as they do not meet CDC reporting criteria.
- The BRFSS only surveys adults living in households. Therefore, individuals living in a group setting such as a nursing home, the military or prison are not surveyed. In addition, adults who live in households without telephones or cell phones are not included in the sample.
- BRFSS prevalence estimates are based solely on respondents' self-reported answers to survey questions. Respondents may be uncomfortable sharing private health information, or conversely, may exaggerate particular feelings or experiences. Others may be tempted to provide responses that are more socially desirable. In some cases, information provided by respondents may be subject to recall bias. Thus, results should be interpreted with caution.

Key Findings

General Health Status

In 2016, an estimated 18.0 percent of Ohio adults reported that their health was fair or poor. Older adults and those with low levels of education and annual household income were significantly more likely to report fair or poor health. An estimated 39.4 percent of respondents with an annual household income less than \$15,000 reported fair or poor health, compared to only 6.0 percent of respondents with an annual household income of \$75,000 or more (Figure 1).



Key Findings

Chronic Diseases and Conditions

In 2016, an estimated 46.5 percent of Ohio adults reported that they had at least one of the following chronic diseases or conditions: diabetes, heart disease, stroke, current asthma, chronic obstructive pulmonary disease (COPD), cancer, arthritis and/or kidney disease; 20.5 percent reported two or more chronic diseases or conditions. Among adults 65 years and older, 79.4 percent had at least one chronic disease or condition (Figure 2) and 45.0 percent had two or more chronic diseases or conditions. The most common chronic disease or condition among Ohio adults was arthritis (30.5 percent), followed by diabetes (11.1 percent) and current asthma (9.7 percent) (Figure 3).

Figure 2. Any Chronic Disease or Condition by Age, Ohio, 2016

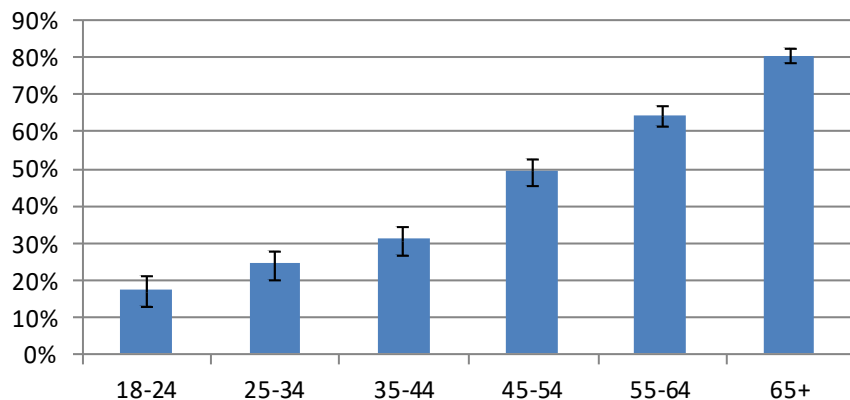
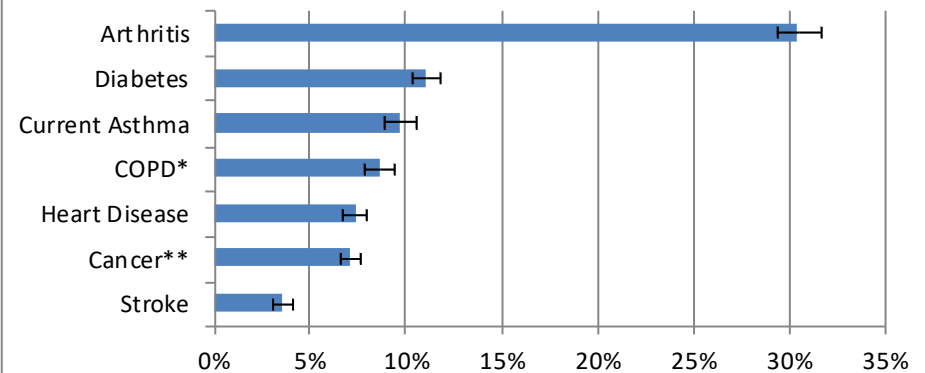


Figure 3. Chronic Diseases and Conditions, Ohio, 2016



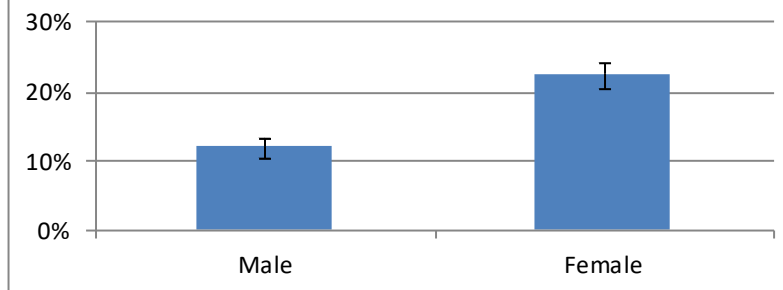
*Chronic Obstructive Pulmonary Disease

**Does not include skin cancer

Depression

In 2016, an estimated 17.4 percent of Ohio adults reported ever being told by a doctor, nurse or other health professional that they had a depressive disorder. Respondents with low levels of education and annual household income, females and adults less than 65 years of age were more likely to report depression. Females were nearly twice as likely to report having been told that they had a depressive disorder (22.4 percent), compared to males (12.1 percent) (Figure 4).

Figure 4. Depression by Sex, Ohio 2016

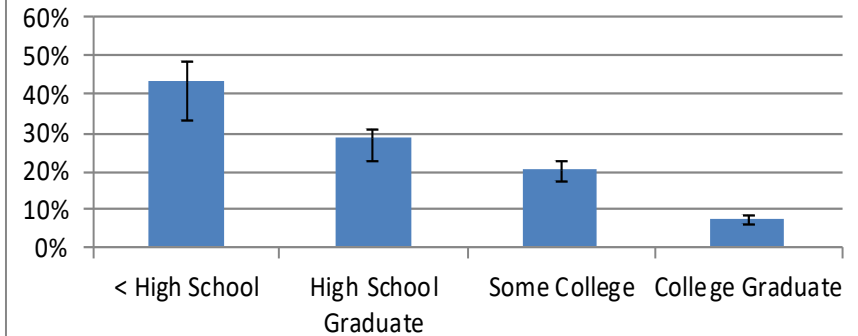


Key Findings

Current Smoking

In 2016, an estimated 22.5 percent of Ohio adults reported that they currently smoke cigarettes. Respondents with lower levels of education and annual household income were significantly more likely to be current smokers. An estimated 43.0 percent of respondents with less than a high school education were current smokers, compared to 7.1 percent of college graduates (Figure 5).

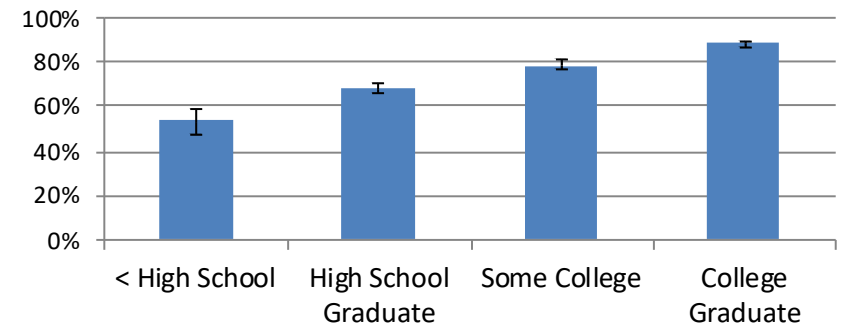
Figure 5. Current Smoking by Education Level, Ohio, 2016



Obesity/Exercise

In 2016, an estimated 31.5 percent of Ohio adults, based on reported height and weight, were obese. In addition, only 74.1 percent of Ohio adults reported that they participated in any exercise in the past month; respondents with lower levels of education (Figure 6) and annual household income were significantly less likely to exercise.

Figure 6. Any Physical Activity by Education Level, Ohio, 2016



General Health Status

Self-assessed health status is based on a respondent's perceived general health. Self-rated health can reflect the state of both the body and the mind, and its association with mortality is well documented.ⁱ

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

- In 2016, 18.0 percent of Ohio adults reported that their general health was fair or poor.
- The prevalence of fair or poor health increases as age increases.
- The prevalence of fair or poor health does not significantly differ by sex.
- White, non-Hispanic adults (17.4 percent) reported a significantly lower prevalence of fair or poor health compared to black, non-Hispanic adults (22.5 percent) and multi-racial adults (30.3 percent).
- The prevalence of fair or poor health decreases as annual household income increases.
- The prevalence of fair or poor health decreases as education level increases.

Table 1. Prevalence of Fair or Poor Health by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Prevalence (%)	General Health, Fair or Poor ¹		
		95% Confidence Interval		
Total	18.0	17.0	-	19.0
Age				
18-24	8.3	5.4	-	11.3
25-34	11.4	8.8	-	14.0
35-44	14.8	11.9	-	17.6
45-54	19.9	17.2	-	22.5
55-64	23.2	20.8	-	25.6
65+	25.2	23.3	-	27.1
Sex				
Male	17.4	15.9	-	19.0
Female	18.5	17.1	-	19.9
Race/Ethnicity				
White, Non-Hispanic	17.4	16.3	-	18.5
Black, Non-Hispanic	22.5	18.7	-	26.2
Hispanic	18.2	10.6	-	25.8
Other, Non-Hispanic	8.7	4.6	-	12.8
Multi-Racial	30.3	20.2	-	40.5
Annual Household Income				
<\$15,000	39.4	34.6	-	44.2
\$15,000-\$24,999	30.0	26.7	-	33.3
\$25,000-\$34,999	22.0	18.5	-	25.5
\$35,000-\$49,999	14.1	11.5	-	16.7
\$50,000-\$74,999	10.1	8.0	-	12.3
\$75,000+	6.0	4.8	-	7.2
Education				
Less than High School	40.4	35.3	-	45.5
High School Diploma	20.9	19.1	-	22.6
Some College	14.9	13.2	-	16.6
College Graduate	6.9	5.9	-	8.0

¹Among adults, the proportion who reported that their health, in general, was either fair or poor.

Heart Disease

Heart disease is the leading cause of death for men and women. Key risk factors for heart disease include high blood pressure, high cholesterol and smoking. Other risk factors include diabetes, overweight and obesity, poor diet, physical inactivity and excessive alcohol use.ⁱⁱ

Respondents were asked two questions related to heart attack and coronary heart disease which were combined to create one heart disease indicator:

- “Has a doctor, nurse or other health professional ever told you that you had a heart attack also called myocardial infarction?”
- “Has a doctor, nurse or other health professional ever told you that you had angina or coronary heart disease?”

- In 2016, 7.4 percent of Ohio adults reported ever being told by a doctor, nurse or other health professional that they had a heart attack, angina or coronary heart disease.
- The prevalence of heart disease generally increases as age increases.
- The prevalence of heart disease is significantly higher among males (9.2 percent) compared to females (5.6 percent).
- The prevalence of heart disease does not significantly differ by race/ethnicity.
- The prevalence of heart disease decreases as annual household income increases.
- The prevalence of heart disease decreases as education level increases; adults with less than a high school education are approximately three times as likely to have heart disease compared to college graduates.

Table 2. Prevalence of Heart Disease by Demographic Characteristics, Ohio, 2016
Heart Disease¹

Demographic Characteristics	Prevalence (%)	95% Confidence Interval		
Total	7.4	6.7	-	8.0
Age				
18-24	N/A ²	N/A ²	-	N/A ²
25-34	N/A ²	N/A ²	-	N/A ²
35-44	2.4	1.0	-	3.8
45-54	5.3	3.8	-	6.7
55-64	10.6	8.8	-	12.3
65+	18.7	17.0	-	20.5
Sex				
Male	9.2	8.2	-	10.3
Female	5.6	5.0	-	6.3
Race/Ethnicity				
White, Non-Hispanic	7.8	7.1	-	8.5
Black, Non-Hispanic	6.1	4.2	-	8.0
Hispanic	N/A ²	N/A ²	-	N/A ²
Other, Non-Hispanic	N/A ²	N/A ²	-	N/A ²
Multi-Racial	N/A ²	N/A ²	-	N/A ²
Annual Household Income				
<\$15,000	12.7	9.7	-	15.6
\$15,000-\$24,999	11.5	9.3	-	13.6
\$25,000-\$34,999	9.1	7.0	-	11.3
\$35,000-\$49,999	7.2	5.6	-	8.7
\$50,000-\$74,999	4.9	3.7	-	6.0
\$75,000+	3.4	2.7	-	4.2
Education				
Less than High School	15.7	12.2	-	19.2
High School Diploma	8.3	7.3	-	9.3
Some College	5.5	4.6	-	6.4
College Graduate	4.3	3.6	-	5.0

¹Among adults, the proportion of those who reported ever being told by a doctor, nurse or other health professional that they had a heart attack (or myocardial infarction), angina or coronary heart disease.

²Estimate does not meet the reliability criteria for reporting set by the CDC.

Stroke

Stroke is the fifth leading cause of death in the United States and one of the leading causes of serious disability among adults. Major risk factors for stroke include high blood pressure, high cholesterol and smoking.ⁱⁱⁱ

Respondents were asked, “Has a doctor, nurse or other health professional ever told you that you had a stroke?”

- In 2016, 3.6 percent of Ohio adults reported ever being told by a doctor, nurse or other health professional that they had suffered a stroke.
- The prevalence of stroke is significantly higher among adults ages 65 and older compared to those younger than 65.
- The prevalence of stroke does not significantly differ by sex.
- The prevalence of stroke does not significantly differ by race/ethnicity.
- The prevalence of stroke generally decreases as annual household income increases.
- The prevalence of stroke decreases as education level increases; 6.8 percent of adults with less than a high school education have had a stroke, compared to 1.5 percent of college graduates.

Table 3. Prevalence of Stroke by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Stroke ¹			
	Prevalence (%)	95% Confidence Interval		
Total	3.6	3.1	-	4.0
Age				
18-24	N/A ²	N/A ²	-	N/A ²
25-34	N/A ²	N/A ²	-	N/A ²
35-44	N/A ²	N/A ²	-	N/A ²
45-54	3.4	2.2	-	4.6
55-64	5.2	4.0	-	6.5
65+	8.0	6.9	-	9.2
Sex				
Male	3.7	2.9	-	4.4
Female	3.5	3.0	-	4.1
Race/Ethnicity				
White, Non-Hispanic	3.5	3.0	-	4.0
Black, Non-Hispanic	3.0	1.7	-	4.2
Hispanic	N/A ²	N/A ²	-	N/A ²
Other, Non-Hispanic	N/A ²	N/A ²	-	N/A ²
Multi-Racial	N/A ²	N/A ²	-	N/A ²
Annual Household Income				
<\$15,000	7.3	5.0	-	9.7
\$15,000-\$24,999	5.8	4.5	-	7.2
\$25,000-\$34,999	3.6	2.3	-	5.0
\$35,000-\$49,999	3.7	2.4	-	5.0
\$50,000-\$74,999	2.0	1.2	-	2.8
\$75,000+	1.2	0.7	-	1.7
Education				
Less than High School	6.8	4.6	-	9.0
High School Diploma	4.1	3.4	-	4.9
Some College	3.3	2.6	-	4.1
College Graduate	1.5	1.1	-	2.0

¹Among adults, the proportion of those who reported ever being told by a doctor, nurse or other health professional that they had a stroke.

²Estimate does not meet the reliability criteria for reporting set by the CDC.

Asthma

Asthma is a chronic inflammatory disease of the airways. There is no cure for asthma, but it can be controlled through appropriate medical care and by avoiding known exposures that can trigger an attack.^{iv}

Adult respondents were asked, “Has a doctor, nurse or other health professional ever told you that you had asthma?” If yes, “Do you still have asthma?”

- In 2016, 14.0 percent of Ohio adults reported ever being told by a doctor, nurse or other health professional that they had asthma; 9.7 percent of Ohio adults reported that they currently have asthma.
- The prevalence of lifetime asthma is significantly lower among adults ages 65 and older (11.1 percent) compared to adults ages 18-24 (18.2 percent) and adults ages 25-34 (16.0 percent).
- The prevalence of current asthma among adults is significantly higher among females (11.3 percent) compared to males (8.0 percent).
- The prevalence of current asthma is significantly lower among white, non-Hispanic adults (9.0 percent) compared to Hispanic adults (21.1 percent).
- The prevalence of lifetime and current asthma among adults generally decreases as annual household income increases.
- The prevalence of lifetime and current asthma is significantly higher among adults with less than a high school education compared to all other levels of education.

Table 4. Prevalence of Asthma by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Asthma, Ever Told ¹			Current Asthma ¹		
	Prevalence (%)	95% Confidence Interval		Prevalence (%)	95% Confidence Interval	
Total	14.0	13.0	- 15.0	9.7	8.9	- 10.6
Age						
18-24	18.2	14.0	- 22.3	10.1	7.0	- 13.3
25-34	16.0	13.0	- 19.0	9.7	7.3	- 12.2
35-44	13.5	10.8	- 16.2	9.1	6.8	- 11.4
45-54	15.8	13.4	- 18.3	12.4	10.2	- 14.7
55-64	11.9	10.1	- 13.7	8.9	7.4	- 10.5
65+	11.1	9.8	- 12.5	8.8	7.5	- 10.0
Sex						
Male	12.5	11.0	- 14.0	8.0	6.8	- 9.2
Female	15.4	14.0	- 16.8	11.3	10.2	- 12.5
Race/Ethnicity						
White, Non-Hispanic	13.2	12.1	- 14.3	9.0	8.1	- 9.8
Black, Non-Hispanic	16.1	12.8	- 19.5	12.7	9.7	- 15.8
Hispanic	26.3	16.4	- 36.1	21.1	11.5	- 30.6
Other, Non-Hispanic	9.8	4.5	- 15.1	5.3	1.5	- 9.1
Multi-Racial	26.1	15.9	- 36.3	17.9	8.6	- 27.3
Annual Household Income						
<\$15,000	23.1	18.7	- 27.6	20.9	16.5	- 25.3
\$15,000-\$24,999	16.7	14.0	- 19.5	11.7	9.3	- 14.0
\$25,000-\$34,999	17.1	13.3	- 20.9	10.1	7.4	- 12.8
\$35,000-\$49,999	13.3	10.4	- 16.2	6.8	4.8	- 8.9
\$50,000-\$74,999	11.0	8.7	- 13.3	7.8	5.8	- 9.8
\$75,000+	10.4	8.7	- 12.0	7.0	5.6	- 8.3
Education						
Less than High School	24.1	19.4	- 28.7	20.5	16.2	- 24.8
High School Diploma	14.0	12.4	- 15.6	9.5	8.2	- 10.9
Some College	12.6	10.9	- 14.4	7.7	6.4	- 9.1
College Graduate	11.0	9.6	- 12.4	7.5	6.3	- 8.7

¹Among adults, the proportion of those who reported ever being told by a doctor, nurse or other health professional that they ever had asthma and currently have asthma.

Childhood Asthma

About one in 11 children in the United States has asthma. An asthma attack may be triggered by respiratory infections, cigarette smoke, allergies, air pollutants, exposure to cold air/temperature changes, excitement/stress or exercise.^v

Respondents were asked, “Has a doctor, nurse or other health professional ever said that the child has asthma?” If yes, “Does the child still have asthma?”

- In 2016, an estimated 10.7 percent of Ohio children ages 0-17 were ever told by a doctor, nurse or other health professional that they had asthma; an estimated 6.9 percent of Ohio children currently have asthma.
- The prevalence of lifetime and current asthma is highest among children ages 10 to 14.
- The prevalence of lifetime and current asthma among children does not significantly differ by sex, race/ethnicity or annual household income.

Table 5. Prevalence of Childhood Asthma by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Asthma, Ever Told ¹				Current Asthma ¹			
	Prevalence (%)	95% Confidence Interval			Prevalence (%)	95% Confidence Interval		
Total	10.7	9.0	-	12.4	6.9	5.5	-	8.2
Age								
0-4	6.9	3.6	-	10.2	3.7	1.8	-	5.6
5-9	9.0	5.9	-	12.1	6.3	3.5	-	9.1
10-14	14.5	11.1	-	17.9	10.4	7.3	-	13.4
15-17	12.8	9.2	-	16.5	6.9	4.3	-	9.5
Sex								
Male	12.0	9.6	-	14.4	7.8	5.8	-	9.9
Female	9.5	7.1	-	12.0	5.9	4.1	-	7.6
Race/Ethnicity								
White, Non-Hispanic	9.1	7.4	-	10.7	5.8	4.5	-	7.2
Black, Non-Hispanic	13.2	7.9	-	18.5	9.5	4.8	-	14.1
Hispanic	11.4	3.9	-	18.8	8.9	2.2	-	15.6
Other, Non-Hispanic	12.3	2.6	-	22.1	N/A ²	N/A ²	-	N/A ²
Multi-Racial	21.3	9.5	-	33.1	13.0	4.8	-	21.3
Annual Household Income								
<\$15,000	16.4	8.3	-	24.5	10.8	4.2	-	17.5
\$15,000-\$24,999	13.8	9.1	-	18.5	10.3	6.0	-	14.6
\$25,000-\$34,999	12.0	5.7	-	18.3	8.4	2.7	-	14.0
\$35,000-\$49,999	7.8	3.5	-	12.0	2.3	0.5	-	4.1
\$50,000-\$74,999	11.1	7.1	-	15.1	7.1	3.8	-	10.4
\$75,000+	7.9	5.6	-	10.1	5.4	3.4	-	7.3

¹The proportion of those who reported ever being told by a doctor, nurse or other health professional that the child has asthma and currently has asthma.

²Estimate does not meet the reliability criteria for reporting set by the CDC.

Cancer

Cancer is a group of diseases characterized by the uncontrolled growth and spread of abnormal cells. Regular screening examinations by a healthcare professional can result in the detection of many cancers at earlier stages, when treatment is more likely to be successful.^{vi}

Respondents were asked:

- “Has a doctor, nurse or other health professional ever told you that you had skin cancer?”
- “Has a doctor, nurse or other health professional ever told you that you had any other type of cancer?”

- In 2016, 5.7 percent of Ohio adults reported ever being told by a doctor, nurse or other health professional that they had skin cancer; 7.1 percent of adults reported ever being told that they had any other type of cancer.
- The prevalence of skin cancer and other types of cancer is significantly higher among adults ages 65 and older compared to adults younger than 65.
- The prevalence of skin cancer does not significantly differ by sex; the prevalence of other types of cancer is significantly higher among females (8.3 percent) compared to males (5.9 percent).
- The prevalence of other types of cancer is significantly higher among white, non-Hispanic adults (7.8 percent) compared to black, non-Hispanic adults (4.7 percent).
- The prevalence of skin cancer is lowest among adults with an annual household income less than \$15,000.
- The prevalence of other types of cancer is significantly lower among adults with an annual household income of \$75,000 or more compared to those with an annual household income less than \$50,000.
- The prevalence of skin cancer and other types of cancer does not significantly differ by education level.

Table 6. Prevalence of Cancer by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Skin Cancer ¹			Other Cancer ¹		
	Prevalence (%)	95% Confidence Interval		Prevalence (%)	95% Confidence Interval	
Total	5.7	5.2	- 6.2	7.1	6.6	- 7.7
Age						
18-24	N/A ²	N/A ²	- N/A ²	N/A ²	N/A ²	- N/A ²
25-34	N/A ²	N/A ²	- N/A ²	1.9	1.0	- 2.9
35-44	1.2	0.6	- 1.9	4.2	2.7	- 5.6
45-54	3.3	2.3	- 4.3	4.6	3.4	- 5.8
55-64	6.5	5.2	- 7.7	9.0	7.5	- 10.5
65+	17.1	15.5	- 18.7	17.4	15.8	- 19.0
Sex						
Male	5.9	5.2	- 6.6	5.9	5.1	- 6.7
Female	5.5	4.8	- 6.1	8.3	7.5	- 9.1
Race/Ethnicity						
White, Non-Hispanic	6.8	6.2	- 7.4	7.8	7.1	- 8.4
Black, Non-Hispanic	N/A ²	N/A ²	- N/A ²	4.7	3.1	- 6.4
Hispanic	N/A ²	N/A ²	- N/A ²	N/A ²	N/A ²	- N/A ²
Other, Non-Hispanic	N/A ²	N/A ²	- N/A ²	N/A ²	N/A ²	- N/A ²
Multi-Racial	N/A ²	N/A ²	- N/A ²	N/A ²	N/A ²	- N/A ²
Annual Household Income						
<\$15,000	3.0	1.9	- 4.2	8.8	6.5	- 11.0
\$15,000-\$24,999	6.2	4.8	- 7.6	7.5	5.9	- 9.1
\$25,000-\$34,999	6.7	5.0	- 8.4	10.7	8.4	- 13.1
\$35,000-\$49,999	5.1	3.9	- 6.4	7.5	5.9	- 9.2
\$50,000-\$74,999	5.3	4.1	- 6.6	5.9	4.6	- 7.3
\$75,000+	5.8	4.9	- 6.8	4.8	3.9	- 5.7
Education						
Less than High School	5.1	3.5	- 6.8	8.1	6.0	- 10.2
High School Diploma	5.6	4.8	- 6.4	7.7	6.6	- 8.7
Some College	5.3	4.5	- 6.2	6.7	5.7	- 7.8
College Graduate	6.4	5.6	- 7.3	6.4	5.5	- 7.3

¹Among adults, the proportion of those who reported ever being told by a doctor, nurse or other health professional that they had skin cancer or other types of cancer.

²Estimate does not meet the reliability criteria for reporting set by the CDC.

Arthritis

Arthritis—an umbrella term that includes multiple conditions affecting the joints and connective tissues—is the leading cause of disability in the United States. Arthritis commonly occurs with other chronic conditions and can complicate the treatment of those conditions.^{vii}

Respondents were asked, “Has a doctor, nurse or other health professional ever told you that you have some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia?”

- In 2016, 30.5 percent of Ohio adults reported ever being told by a doctor, nurse or other health professional that they have arthritis.
- The prevalence of arthritis generally increases as age increases.
- The prevalence of arthritis is significantly higher among females (34.1 percent) compared to males (26.6 percent).
- The prevalence of arthritis is significantly higher among white, non-Hispanic adults (32.0 percent) compared to black, non-Hispanic adults (26.1 percent) and other, non-Hispanic adults (11.6 percent).
- The prevalence of arthritis generally decreases as annual household income increases.
- The prevalence of arthritis generally decreases as education level increases.

Table 7. Prevalence of Arthritis by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Arthritis ¹			
	Prevalence (%)	95% Confidence Interval		
Total	30.5	29.3	-	31.6
Age				
18-24	N/A ²	N/A ²	-	N/A ²
25-34	8.1	5.8	-	10.3
35-44	19.2	16.0	-	22.4
45-54	33.4	30.4	-	36.5
55-64	44.3	41.6	-	47.0
65+	56.7	54.6	-	58.8
Sex				
Male	26.6	24.9	-	28.3
Female	34.1	32.5	-	35.7
Race/Ethnicity				
White, Non-Hispanic	32.0	30.7	-	33.3
Black, Non-Hispanic	26.1	22.2	-	30.0
Hispanic	18.7	11.5	-	25.9
Other, Non-Hispanic	11.6	7.0	-	16.1
Multi-Racial	29.7	20.6	-	38.8
Annual Household Income				
<\$15,000	46.0	41.0	-	51.0
\$15,000-\$24,999	39.0	35.5	-	42.5
\$25,000-\$34,999	36.9	33.0	-	40.8
\$35,000-\$49,999	28.0	24.8	-	31.1
\$50,000-\$74,999	25.4	22.6	-	28.3
\$75,000+	19.9	17.9	-	21.9
Education				
Less than High School	47.0	41.7	-	52.3
High School Diploma	34.0	32.0	-	36.0
Some College	28.2	26.1	-	30.2
College Graduate	20.6	19.0	-	22.2

¹Among adults, the proportion of those who reported ever being told by a doctor, nurse or other health professional that they have some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia.

²Estimate does not meet the reliability criteria for reporting set by the CDC.

Kidney Disease

CDC estimates that 15 percent of adults in the United States may have chronic kidney disease. Diabetes and high blood pressure increase the risk of developing kidney disease; approximately 1 in 3 adults with diabetes and 1 in 5 adults with high blood pressure have chronic kidney disease.^{viii}

Respondents were asked, “Has a doctor, nurse or other health professional ever told you that you have kidney disease?”

- In 2016, 2.9 percent of Ohio adults reported ever being told by a doctor, nurse or other health professional that they have kidney disease.
- The prevalence of kidney disease (among adults ages 45 and older) increases as age increases.
- The prevalence of kidney disease does not significantly differ by sex.
- The prevalence of kidney disease does not significantly differ by race/ethnicity.
- The prevalence of kidney disease is significantly higher among adults with an annual household income less than \$35,000 compared to those with an annual household income of \$50,000 or more.
- The prevalence of kidney disease generally decreases as education increases.

Table 8. Prevalence of Kidney Disease by Demographic Characteristics, Ohio, 2016
Kidney Disease¹

Demographic Characteristics	Prevalence (%)	95% Confidence Interval		
Total	2.9	2.5	-	3.3
Age				
18-24	N/A ²	N/A ²	-	N/A ²
25-34	N/A ²	N/A ²	-	N/A ²
35-44	N/A ²	N/A ²	-	N/A ²
45-54	2.4	1.5	-	3.3
55-64	4.2	3.0	-	5.3
65+	6.5	5.4	-	7.5
Sex				
Male	2.6	2.0	-	3.2
Female	3.3	2.7	-	3.8
Race/Ethnicity				
White, Non-Hispanic	3.0	2.6	-	3.4
Black, Non-Hispanic	2.3	1.3	-	3.3
Hispanic	N/A ²	N/A ²	-	N/A ²
Other, Non-Hispanic	N/A ²	N/A ²	-	N/A ²
Multi-Racial	N/A ²	N/A ²	-	N/A ²
Annual Household Income				
<\$15,000	5.9	4.0	-	7.7
\$15,000-\$24,999	4.5	3.3	-	5.8
\$25,000-\$34,999	3.9	2.5	-	5.4
\$35,000-\$49,999	2.8	1.8	-	3.8
\$50,000-\$74,999	1.5	0.8	-	2.1
\$75,000+	1.4	0.9	-	1.9
Education				
Less than High School	5.5	3.6	-	7.4
High School Diploma	2.6	1.9	-	3.2
Some College	3.1	2.4	-	3.8
College Graduate	2.1	1.5	-	2.6

¹Among adults, the proportion of those who reported ever being told by a doctor, nurse or other health professional that they have kidney disease (not including kidney stones, bladder infection or incontinence).

²Estimate does not meet the reliability criteria for reporting set by the CDC.

Diabetes

Diabetes can result in serious complications such as heart disease, stroke, kidney disease, blindness and death. Age, obesity, family history, history of gestational diabetes, impaired glucose metabolism, physical inactivity and race/ethnicity can contribute to one's risk of developing diabetes.^{ix}

Respondents were asked, "Has a doctor, nurse or other health professional ever told you that you have diabetes?"

- In 2016, 11.1 percent of Ohio adults reported ever being told by a doctor, nurse or other healthcare professional that they have diabetes.
- The prevalence of diabetes increases as age increases among those ages 35 and older.
- The prevalence of diabetes does not significantly differ by sex.
- The prevalence of diabetes does not significantly differ by race/ethnicity.
- The prevalence of diabetes decreases as annual household income increases; 16.3 percent of adults with an annual household income less than \$15,000 have diabetes, compared to 6.8 percent of those with an annual household income of \$75,000 or more.
- The prevalence of diabetes is significantly lower among college graduates compared to those adults with a high school diploma or less education.

Table 9. Prevalence of Diabetes by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Diabetes ¹			
	Prevalence (%)	95% Confidence Interval		
Total	11.1	10.4	-	11.9
Age				
18-24	N/A ²	N/A ²	-	N/A ²
25-34	N/A ²	N/A ²	-	N/A ²
35-44	5.2	3.5	-	6.9
45-54	11.1	9.1	-	13.1
55-64	17.8	15.6	-	19.9
65+	22.8	21.1	-	24.6
Sex				
Male	11.6	10.4	-	12.7
Female	10.7	9.7	-	11.7
Race/Ethnicity				
White, Non-Hispanic	11.0	10.2	-	11.8
Black, Non-Hispanic	12.4	9.6	-	15.3
Hispanic	12.2	6.4	-	17.9
Other, Non-Hispanic	6.7	2.9	-	10.5
Multi-Racial	12.5	6.2	-	18.7
Annual Household Income				
<\$15,000	16.3	13.0	-	19.6
\$15,000-\$24,999	14.9	12.7	-	17.1
\$25,000-\$34,999	12.2	9.9	-	14.6
\$35,000-\$49,999	11.5	9.5	-	13.6
\$50,000-\$74,999	10.2	8.2	-	12.2
\$75,000+	6.8	5.7	-	8.0
Education				
Less than High School	17.0	13.6	-	20.4
High School Diploma	12.6	11.3	-	13.8
Some College	10.1	8.7	-	11.4
College Graduate	7.7	6.7	-	8.7

¹Among adults, the proportion of those who reported ever being told by a doctor, nurse or other health professional that they have diabetes.

²Estimate does not meet the reliability criteria for reporting set by the CDC.

Prediabetes

Prediabetes is a condition in which blood glucose or hemoglobin A1c levels are elevated but not high enough to be classified as diabetes. People with prediabetes have an increased risk of developing type 2 diabetes, heart disease and stroke, but not everyone with prediabetes will progress to diabetes.^x

Respondents were asked, “Have you ever been told by a doctor, nurse or other health professional that you have prediabetes or borderline diabetes?”

- In 2016, 8.1 percent of Ohio adults reported being told by a doctor, nurse or other health professional that they have prediabetes.
- The prevalence of prediabetes is significantly higher among adults ages 55 and older compared to those younger than 45.
- The prevalence of prediabetes does not significantly differ by sex.
- The prevalence of prediabetes does not significantly differ by race/ethnicity.
- The prevalence of prediabetes does not significantly differ by annual household income or education.

Table 10. Prevalence of Prediabetes by Demographic Characteristics, Ohio, 2016
Prediabetes¹

Demographic Characteristics	Prevalence (%)	95% Confidence Interval		
Total	8.1	7.3	-	9.0
Age				
18-24	N/A ²	N/A ²	-	N/A ²
25-34	N/A ²	N/A ²	-	N/A ²
35-44	7.1	4.8	-	9.4
45-54	9.9	7.5	-	12.3
55-64	12.6	10.3	-	14.9
65+	11.8	10.1	-	13.4
Sex				
Male	8.4	7.1	-	9.7
Female	7.9	6.8	-	9.0
Race/Ethnicity				
White, Non-Hispanic	8.2	7.2	-	9.1
Black, Non-Hispanic	8.1	5.2	-	11.0
Hispanic	N/A ²	N/A ²	-	N/A ²
Other, Non-Hispanic	N/A ²	N/A ²	-	N/A ²
Multi-Racial	N/A ²	N/A ²	-	N/A ²
Annual Household Income				
<\$15,000	10.5	6.9	-	14.0
\$15,000-\$24,999	8.6	6.4	-	10.7
\$25,000-\$34,999	7.4	4.8	-	10.0
\$35,000-\$49,999	6.9	4.8	-	9.1
\$50,000-\$74,999	8.2	6.0	-	10.4
\$75,000+	7.8	6.1	-	9.4
Education				
Less than High School	7.9	4.6	-	11.2
High School Diploma	8.1	6.6	-	9.5
Some College	7.9	6.4	-	9.5
College Graduate	8.5	7.0	-	10.1

¹Among adults, the proportion of those who reported ever being told by a doctor, nurse or other health professional that they have prediabetes or borderline diabetes.

²Estimate does not meet the reliability criteria for reporting set by the CDC.

Chronic Obstructive Pulmonary Disease

Chronic Obstructive Pulmonary Disease (COPD), which includes emphysema and chronic bronchitis, is a disease where inflammation of the airways and destruction of lung tissue results in shortness of breath. COPD can cause long-term disability and is the third leading cause of death in the United States.^{xi}

Respondents were asked, “Have you ever been told by a doctor, nurse or other health professional that you have Chronic Obstructive Pulmonary Disease or COPD, emphysema or chronic bronchitis?”

- In 2016, 8.7 percent of Ohio adults reported being told by a doctor, nurse or other health professional that they have COPD.
- The prevalence of COPD increases as age increases.
- The prevalence of COPD does not differ by sex or race/ethnicity.
- The prevalence of COPD decreases as annual household income increases; 20.4 percent of adults with an annual household income less than \$15,000 have COPD, compared to 2.5 percent of those with an annual household income of \$75,000 or more.
- The prevalence of COPD decreases as education level increases; 22.8 percent of adults with less than a high school education have COPD, compared to 3.0 percent of those with a college degree.

Table 11. Prevalence of Chronic Obstructive Pulmonary Disease (COPD) by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	COPD ¹			
	Prevalence (%)	95% Confidence Interval		
Total	8.7	7.9	-	9.4
Age				
18-24	2.5	0.8	-	4.2
25-34	4.1	2.2	-	6.0
35-44	5.7	3.7	-	7.7
45-54	9.5	7.5	-	11.4
55-64	12.5	10.7	-	14.4
65+	14.5	12.9	-	16.1
Sex				
Male	8.6	7.4	-	9.7
Female	8.8	7.9	-	9.8
Race/Ethnicity				
White, Non-Hispanic	8.9	8.1	-	9.7
Black, Non-Hispanic	8.2	5.7	-	10.8
Hispanic	N/A ²	N/A ²	-	N/A ²
Other, Non-Hispanic	N/A ²	N/A ²	-	N/A ²
Multi-Racial	N/A ²	N/A ²	-	N/A ²
Annual Household Income				
<\$15,000	20.4	16.5	-	24.3
\$15,000-\$24,999	16.3	13.6	-	19.0
\$25,000-\$34,999	10.1	7.7	-	12.5
\$35,000-\$49,999	6.1	4.5	-	7.7
\$50,000-\$74,999	5.2	3.7	-	6.8
\$75,000+	2.5	1.9	-	3.2
Education				
Less than High School	22.8	18.7	-	27.0
High School Diploma	9.6	8.4	-	10.8
Some College	6.8	5.7	-	7.9
College Graduate	3.0	2.4	-	3.6

¹Among adults, the proportion of those who reported ever being told by a doctor, nurse or other health professional that they have COPD, emphysema or chronic bronchitis.

²Estimate does not meet the reliability criteria for reporting set by the CDC.

Depression

Depression is a serious, life-long condition that affects thoughts, feelings, behavior, mood and physical health. It is estimated that 16 million adults in the United States—almost 7 percent of the population—had at least one major depressive episode in the past year.^{xii}

Respondents were asked, “Have you ever been told by a doctor, nurse or other health professional that you have a depressive disorder, including depression, major depression, dysthymia or minor depression?”

- In 2016, 17.4 percent of Ohio adults reported ever being told by a doctor, nurse or other health professional that they have a depressive disorder.
- The prevalence of depression is significantly lower among adults 65 and older compared to adults 25-64 years of age.
- The prevalence of depression is significantly higher among females (22.4 percent) compared to males (12.1 percent).
- The prevalence of depression does not significantly differ by race/ethnicity.
- The prevalence of depression is significantly higher among those with an annual household income less than \$15,000 compared to those with an annual household income of \$15,000 or higher.
- The prevalence of depression generally decreases as education level increases.

Table 12. Prevalence of Depression by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Depression ¹			
	Prevalence (%)	95% Confidence Interval		
Total	17.4	16.4	-	18.5
Age				
18-24	14.1	10.6	-	17.5
25-34	21.9	18.6	-	25.2
35-44	19.4	16.3	-	22.5
45-54	21.1	18.5	-	23.7
55-64	19.0	16.9	-	21.0
65+	10.9	9.6	-	12.3
Sex				
Male	12.1	10.8	-	13.5
Female	22.4	20.9	-	24.0
Race/Ethnicity				
White, Non-Hispanic	17.5	16.4	-	18.6
Black, Non-Hispanic	15.4	11.9	-	18.8
Hispanic	N/A ²	N/A ²	-	N/A ²
Other, Non-Hispanic	12.0	5.4	-	18.6
Multi-Racial	N/A ²	N/A ²	-	N/A ²
Annual Household Income				
<\$15,000	39.8	34.7	-	44.8
\$15,000-\$24,999	25.4	22.2	-	28.7
\$25,000-\$34,999	17.5	14.5	-	20.5
\$35,000-\$49,999	15.2	12.3	-	18.1
\$50,000-\$74,999	13.0	10.7	-	15.3
\$75,000+	10.1	8.5	-	11.6
Education				
Less than High School	29.1	24.4	-	33.9
High School Diploma	17.2	15.4	-	18.9
Some College	16.7	14.8	-	18.5
College Graduate	13.2	11.7	-	14.8

¹Among adults, the proportion of those who reported ever being told by a doctor, nurse or other health professional that they have a depressive disorder, including depression, major depression, dysthymia or minor depression.

²Estimate does not meet the reliability criteria for reporting set by the CDC.

Smoking

Smoking increases the risk of heart disease, stroke, COPD (including emphysema and chronic bronchitis) and cancer, and is the leading preventable cause of death in the United States. Nearly every organ of the body is harmed by smoking. Quitting smoking has been shown to reduce the risk of heart attack, stroke and cancer.^{xiii}

Respondents were asked, “Have you smoked at least 100 cigarettes in your entire life?” If yes, “Do you now smoke cigarettes every day, some days or not at all?”

- In 2016, an estimated 22.5 percent of Ohio adults were current cigarette smokers.
- The prevalence of cigarette smoking is significantly lower among adults 65 and older compared to other age groups.
- The prevalence of cigarette smoking is significantly higher among males (24.7 percent) than females (20.5 percent).
- The prevalence of cigarette smoking is significantly lower among other, non-Hispanic adults (11.4 percent) compared to white, non-Hispanic adults (22.4 percent), black, non-Hispanic adults (23.5 percent) and multi-racial adults (37.0 percent).
- The prevalence of cigarette smoking decreases as annual household income increases; 42.3 percent of adults with an annual household income less than \$15,000 currently smoke cigarettes, while 10.9 percent of adults with a household income of \$75,000 or more currently smoke cigarettes.
- The prevalence of cigarette smoking decreases as education level increases.

Table 13. Prevalence of Current Smoking by Demographic Characteristics, Ohio, 2016
Current Smoking¹

Demographic Characteristics	Prevalence (%)	95% Confidence Interval		
Total	22.5	21.3	-	23.8
Age				
18-24	16.6	12.7	-	20.4
25-34	32.0	28.1	-	35.9
35-44	28.8	25.0	-	32.5
45-54	25.3	22.4	-	28.2
55-64	25.0	22.4	-	27.5
65+	10.6	9.1	-	12.1
Sex				
Male	24.7	22.7	-	26.6
Female	20.5	18.9	-	22.1
Race/Ethnicity				
White, Non-Hispanic	22.4	21.1	-	23.8
Black, Non-Hispanic	23.5	19.3	-	27.7
Hispanic	22.3	13.7	-	30.9
Other, Non-Hispanic	11.4	5.3	-	17.5
Multi-Racial	37.0	25.7	-	48.3
Annual Household Income				
<\$15,000	42.3	37.1	-	47.5
\$15,000-\$24,999	34.2	30.5	-	38.0
\$25,000-\$34,999	26.2	22.2	-	30.1
\$35,000-\$49,999	24.8	21.2	-	28.4
\$50,000-\$74,999	18.2	15.3	-	21.1
\$75,000+	10.9	9.1	-	12.7
Education				
Less than High School	43.0	37.6	-	48.5
High School Diploma	28.5	26.3	-	30.7
Some College	20.2	18.1	-	22.2
College Graduate	7.1	5.9	-	8.3

¹Among adults, the proportion of those who reported having smoked at least 100 cigarettes in their life and that they currently smoke, either every day or some days.

Binge Drinking

Over 90 percent of adults in the United States who drink excessively report binge drinking in the past 30 days. One in six adults in the United States binge drinks about four times per month, averaging eight drinks per binge. Binge drinking is associated with multiple health problems such as unintentional injury (crashes, falls, burns, drowning), intentional injury and violence, alcohol poisoning and many others.^{xiv}

Respondents were asked, “Considering all types of alcoholic beverages, how many times during the past 30 days did you have (5 for men, 4 for women) or more drinks on an occasion?”

- In 2016, 17.9 percent of Ohio adults reported binge drinking in the past month.
- The prevalence of binge drinking is significantly lower among adults ages 45 and older compared to those younger than 45.
- The prevalence of binge drinking is significantly higher among males (23.5 percent) compared to females (12.8 percent).
- The prevalence of binge drinking does not significantly differ by race/ethnicity.
- The prevalence of binge drinking is significantly higher among adults with an annual household income of \$75,000 or more compared to adults with an income between \$15,000-\$34,999.
- The prevalence of binge drinking does not significantly differ by education level.

Table 14. Prevalence of Binge Drinking by Demographic Characteristics, Ohio, 2016
Binge Drinking¹

Demographic Characteristics	Prevalence (%)	95% Confidence Interval			
Total	17.9	16.7	-	19.1	
Age					
18-24	29.2	24.3	-	34.1	
25-34	27.3	23.7	-	30.8	
35-44	26.2	22.5	-	30.0	
45-54	16.9	14.5	-	19.4	
55-64	11.6	9.7	-	13.5	
65+	4.5	3.5	-	5.5	
Sex					
Male	23.5	21.6	-	25.4	
Female	12.8	11.3	-	14.2	
Race/Ethnicity					
White, Non-Hispanic	18.4	17.1	-	19.7	
Black, Non-Hispanic	13.4	9.7	-	17.2	
Hispanic	N/A ²	N/A ²	-	N/A ²	
Other, Non-Hispanic	N/A ²	N/A ²	-	N/A ²	
Multi-Racial	N/A ²	N/A ²	-	N/A ²	
Annual Household Income					
<\$15,000	20.8	15.7	-	25.8	
\$15,000-\$24,999	15.3	12.1	-	18.4	
\$25,000-\$34,999	13.7	10.6	-	16.7	
\$35,000-\$49,999	18.9	15.6	-	22.2	
\$50,000-\$74,999	18.8	15.7	-	21.9	
\$75,000+	21.6	19.2	-	23.9	
Education					
Less than High School	18.8	13.7	-	23.9	
High School Diploma	16.6	14.7	-	18.5	
Some College	18.8	16.7	-	21.0	
College Graduate	18.0	16.1	-	19.9	

¹Among adults, the proportion of those who reported consuming five or more drinks per occasion (males) or four or more drinks per occasion (females) at least once in the past month.

²Estimate does not meet the reliability criteria for reporting set by the CDC.

Seat Belt Use

More than 2.5 million adult drivers and passengers were treated in emergency departments for motor vehicle crash injuries in the United States in 2015. Seat belt use saves lives and reduces crash-related injuries.^{xv}

Respondents were asked, “How often do you use seat belts when you drive or ride in a car?”

- In 2016, 91.3 percent of Ohio adults reported using seat belts always or nearly always.
- The prevalence of seat belt use is significantly lower among adults ages 18-24 compared to those ages 55 and older.
- The prevalence of seat belt use is significantly higher among females (94.4 percent) compared to males (88.0 percent).
- The prevalence of seat belt use is significantly higher among other, non-Hispanic adults (96.1 percent) compared to all other race/ethnicity groups, with the exception of multi-racial adults.
- The prevalence of seat belt use is significantly higher among adults with an annual household income of \$75,000 or more compared to those respondents with an annual household income less than \$35,000.
- The prevalence of seat belt use is significantly higher among college graduates compared to those with less than a college degree.

Table 15. Prevalence of Seat Belt Use by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Seat Belt Use ¹			
	Prevalence (%)	95% Confidence Interval		
Total	91.3	90.5	-	92.2
Age				
18-24	86.9	83.1	-	90.7
25-34	89.5	87.0	-	92.0
35-44	90.5	87.8	-	93.1
45-54	91.6	89.7	-	93.6
55-64	93.2	91.8	-	94.7
65+	94.2	93.1	-	95.2
Sex				
Male	88.0	86.5	-	89.5
Female	94.4	93.5	-	95.3
Race/Ethnicity				
White, Non-Hispanic	91.7	90.8	-	92.7
Black, Non-Hispanic	89.9	86.4	-	93.3
Hispanic	84.4	76.8	-	92.0
Other, Non-Hispanic	96.1	93.4	-	98.8
Multi-Racial	88.2	80.3	-	96.1
Annual Household Income				
<\$15,000	89.0	85.8	-	92.2
\$15,000-\$24,999	87.7	84.9	-	90.6
\$25,000-\$34,999	89.5	86.3	-	92.7
\$35,000-\$49,999	90.8	88.3	-	93.3
\$50,000-\$74,999	92.0	90.0	-	94.0
\$75,000+	94.4	93.0	-	95.7
Education				
Less than High School	84.6	80.3	-	89.0
High School Diploma	89.1	87.5	-	90.7
Some College	91.8	90.4	-	93.3
College Graduate	97.0	96.2	-	97.8

¹Among adults, the proportion of those who reported wearing a seat belt always or nearly always.

Exercise

Physical activity can improve health. People who are physically active have a lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. Physical activity can also help with weight control and increase the chance of living longer.^{xvi}

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

- In 2016, an estimated 74.1 percent of Ohio adults reported any exercise in the past month.
- The prevalence of any exercise decreases as age increases.
- The prevalence of any exercise is significantly higher among males (76.9 percent) compared to females (71.4 percent).
- The prevalence of any exercise is significantly lower among black, non-Hispanic adults (67.0 percent) compared to white, non-Hispanic adults (74.9 percent) and other, non-Hispanic adults (80.5 percent).
- The prevalence of any exercise is higher among adults with an annual household income of \$35,000 or more compared to adults with an annual household income less than \$35,000.
- The prevalence of any exercise increases as education increases.

Table 16. Prevalence of Any Exercise by Demographic Characteristics, Ohio, 2016
(Any) Exercise¹

Demographic Characteristics	95% Confidence Interval			
	Prevalence (%)			
Total	74.1	72.9	-	75.3
Age				
18-24	85.2	81.5	-	88.8
25-34	79.6	76.2	-	82.9
35-44	79.5	76.2	-	82.7
45-54	75.7	72.9	-	78.4
55-64	68.3	65.7	-	70.9
65+	62.7	60.6	-	64.8
Sex				
Male	76.9	75.2	-	78.6
Female	71.4	69.8	-	73.1
Race/Ethnicity				
White, Non-Hispanic	74.9	73.6	-	76.1
Black, Non-Hispanic	67.0	62.7	-	71.3
Hispanic	74.1	65.2	-	83.0
Other, Non-Hispanic	80.5	72.3	-	88.6
Multi-Racial	79.4	71.0	-	87.7
Annual Household Income				
<\$15,000	59.3	54.4	-	64.2
\$15,000-\$24,999	61.5	57.9	-	65.1
\$25,000-\$34,999	68.2	64.3	-	72.2
\$35,000-\$49,999	76.3	73.2	-	79.5
\$50,000-\$74,999	79.7	76.9	-	82.5
\$75,000+	87.7	86.0	-	89.3
Education				
Less than High School	53.2	47.9	-	58.5
High School Diploma	67.7	65.6	-	69.8
Some College	78.2	76.3	-	80.2
College Graduate	88.1	86.7	-	89.4

¹Among adults, the proportion of those who reported that they participated in any regular physical activities or exercises during the past month.

Physical Activity

The 2008 *Physical Activity Guidelines for Americans* recommends for adults at least 150 minutes of moderate-intensity physical activity per week and muscle-strengthening activities two or more days a week. Only 1 in 5 adults in the United States meet these guidelines.^{xvi}

Respondents were asked about the types of physical activities they participated in, how often they participated in those activities and for how long they participated to determine whether they met the 2008 physical activity guidelines.

- In 2016, an estimated 18.9 percent of Ohio adults reported they meet both the aerobic and muscle strengthening guidelines established in the 2008 Physical Activity Guidelines for Americans.
- The prevalence of meeting the physical activity guidelines is significantly higher among males (22.1 percent) compared to females (16.0 percent).
- The prevalence of meeting the physical activity guidelines does not differ by race/ethnicity.
- The prevalence of meeting the physical activity guidelines is significantly lower among adults with an annual household income between \$25,000-\$34,999 (11.8 percent) compared to adults with an annual household income of \$75,000 or more (24.1 percent).
- The prevalence of meeting the physical activity guidelines is significantly higher among those with some college education or more compared to those with a high school diploma or less education.

Table 17. Prevalence of Meeting Physical Activity Guidelines by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Meet Physical Activity Guidelines ¹			
	Prevalence (%)	95% Confidence Interval		
Total	18.9	17.4	-	20.4
Age				
18-24	28.2	21.7	-	34.8
25-34	19.7	15.4	-	23.9
35-44	23.3	18.8	-	27.8
45-54	16.6	13.4	-	19.9
55-64	15.2	12.8	-	17.7
65+	15.7	13.7	-	17.8
Sex				
Male	22.1	19.7	-	24.4
Female	16.0	14.2	-	17.8
Race/Ethnicity				
White, Non-Hispanic	18.5	17.0	-	20.1
Black, Non-Hispanic	22.5	16.8	-	28.2
Hispanic	19.7	7.9	-	31.4
Other, Non-Hispanic	18.6	9.1	-	28.1
Multi-Racial	18.2	6.8	-	29.6
Annual Household Income				
<\$15,000	14.4	8.7	-	20.0
\$15,000-\$24,999	14.3	10.7	-	18.0
\$25,000-\$34,999	11.8	8.6	-	15.0
\$35,000-\$49,999	22.9	18.6	-	27.1
\$50,000-\$74,999	20.0	16.4	-	23.7
\$75,000+	24.1	21.1	-	27.1
Education				
Less than High School	11.7	6.1	-	17.3
High School Diploma	14.4	12.1	-	16.7
Some College	22.2	19.3	-	25.1
College Graduate	24.4	21.9	-	26.9

¹Among adults, the proportion of those who reported that they meet both the aerobic and muscle strengthening guidelines established in the 2008 Physical Activity Guidelines for Americans.

Overweight/Obese

More than one-third of American adults are obese. Conditions associated with obesity include heart disease, stroke, type 2 diabetes and some cancers.^{xvii}

Overweight and obesity are determined by calculating a body mass index (BMI) based on one's height and weight. A BMI between 25.0-29.9 is concerned overweight. A BMI of 30 or above is considered to be obese, which for a 5'9" adult would be a weight of 203 pounds or more. BRFSS height and weight data are self-reported. A previous study found that female BRFSS participants, on average, under-report their weight, while male participants over-report their height.^{xviii} This bias should be considered when interpreting BRFSS obesity prevalence estimates.

- In 2016, 34.8 percent of Ohio adults were classified as overweight and 31.5 percent were classified as obese.
- The prevalence of obesity is significantly higher among adults ages 25 and older compared to adults ages 18-24.
- The prevalence of overweight is significantly higher among males (39.8 percent) compared to females (29.7 percent); the prevalence of obesity does not significantly differ by sex.
- The prevalence of obesity is significantly lower among other, non-Hispanic adults (21.1 percent) compared to white, non-Hispanic adults (30.8 percent), black, non-Hispanic adults (35.8 percent) and multi-racial adults (42.8 percent).
- The prevalence of obesity is significantly lower among adults with an annual household income of \$75,000 or more compared to adults with an annual household income less than \$35,000.
- The prevalence of overweight does not differ by education while the prevalence of obesity is significantly lower among college graduates compared to those without a college degree.

Table 18. Prevalence of Overweight/Obesity by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Overweight ¹			Obese ²		
	Prevalence (%)	95% Confidence Interval		Prevalence (%)	95% Confidence Interval	
Total	34.8	33.4	- 36.1	31.5	30.2	- 32.8
Age						
18-24	26.9	22.3	- 31.5	16.6	12.7	- 20.6
25-34	34.6	30.7	- 38.4	29.7	26.0	- 33.5
35-44	35.1	31.2	- 39.0	34.4	30.5	- 38.2
45-54	35.7	32.5	- 38.8	37.6	34.4	- 40.8
55-64	35.2	32.5	- 38.0	37.1	34.4	- 39.8
65+	38.4	36.3	- 40.6	29.7	27.6	- 31.7
Sex						
Male	39.8	37.8	- 41.8	30.9	29.0	- 32.8
Female	29.7	27.9	- 31.4	32.1	30.3	- 33.9
Race/Ethnicity						
White, Non-Hispanic	35.4	33.9	- 36.8	30.8	29.4	- 32.2
Black, Non-Hispanic	35.6	31.1	- 40.1	35.8	31.2	- 40.4
Hispanic	25.0	15.5	- 34.4	37.9	27.6	- 48.1
Other, Non-Hispanic	26.6	17.7	- 35.5	21.1	13.4	- 28.9
Multi-Racial	28.0	19.4	- 36.6	42.8	30.8	- 54.7
Annual Household Income						
<\$15,000	32.4	27.4	- 37.3	38.6	33.5	- 43.7
\$15,000-\$24,999	29.5	26.1	- 33.0	34.7	31.1	- 38.3
\$25,000-\$34,999	35.3	31.1	- 39.5	35.4	31.1	- 39.8
\$35,000-\$49,999	36.2	32.5	- 40.0	30.9	27.3	- 34.4
\$50,000-\$74,999	35.1	31.7	- 38.5	34.2	30.8	- 37.6
\$75,000+	38.7	36.0	- 41.3	26.8	24.4	- 29.1
Education						
Less than High School	30.3	25.4	- 35.1	35.6	30.3	- 41.0
High School Diploma	33.8	31.5	- 36.0	33.8	31.5	- 36.0
Some College	35.7	33.2	- 38.3	32.0	29.6	- 34.4
College Graduate	37.1	34.9	- 39.4	25.4	23.4	- 27.4

¹Among adults, the proportion of respondents whose BMI was between 25.0 and 29.9.

²Among adults, the proportion of respondents whose BMI was greater than or equal to 30.0.

Disability

Disability is a general term that can include limitations related to vision, movement, thinking, learning, remembering, hearing, communicating, mental health and social relationships.

Respondents were asked, “Are you limited in any way in any activities because of physical, mental or emotional problems?”

- In 2016, 15.9 percent of Ohio adults reported a physical, mental or emotional limitation or disability.
- The prevalence of disability is significantly lower among adults ages 25-44 compared to those ages 55 and older.
- The prevalence of disability does not differ by sex or race/ethnicity.
- The prevalence of disability generally decreases as annual household income increases.
- The prevalence of disability generally decreases as education level increases; 27.0 percent of adults with less than a high school education have a disability, compared to 11.0 percent of those with a college degree.

Table 19. Prevalence of Disability by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Disability ¹			
	Prevalence (%)	95% Confidence Interval		
Total	15.9	14.7	-	17.1
Age				
18-24	N/A ²	N/A ²	-	N/A ²
25-34	12.5	8.8	-	16.1
35-44	14.2	10.9	-	17.6
45-54	18.1	15.2	-	21.1
55-64	22.9	20.1	-	25.7
65+	20.2	18.1	-	22.2
Sex				
Male	14.7	13.0	-	16.5
Female	16.9	15.3	-	18.5
Race/Ethnicity				
White, Non-Hispanic	16.0	14.7	-	17.2
Black, Non-Hispanic	15.8	11.6	-	20.0
Hispanic	N/A ²	N/A ²	-	N/A ²
Other, Non-Hispanic	11.3	5.7	-	17.0
Multi-Racial	N/A ²	N/A ²	-	N/A ²
Annual Household Income				
<\$15,000	37.7	31.9	-	43.6
\$15,000-\$24,999	24.4	20.7	-	28.1
\$25,000-\$34,999	16.4	12.9	-	20.0
\$35,000-\$49,999	12.7	9.6	-	15.8
\$50,000-\$74,999	12.9	10.1	-	15.7
\$75,000+	7.5	6.0	-	9.0
Education				
Less than High School	27.0	21.4	-	32.5
High School Diploma	15.7	13.7	-	17.6
Some College	16.0	13.9	-	18.1
College Graduate	11.0	9.4	-	12.6

¹Among adults, the proportion who reported that they were limited in any way in any activities because of physical, mental or emotional problems.

²Estimate does not meet the reliability criteria for reporting set by the CDC.

Access to Dental Care

About 74 million Americans have no dental insurance and 51 million Americans live in Dental Health Professional Shortage Areas.^{xix}

Respondents were asked, “How long has it been since you last visited a dentist or a dental clinic for any reason?”

- In 2016, 67.9 percent of Ohio adults reported they had visited a dentist or dental clinic in the past year.
- Access to dental care does not significantly differ by age.
- Access to dental care is significantly higher among females (71.8 percent) compared to males (63.7 percent).
- Access to dental care is significantly lower among black, non-Hispanics (62.8 percent) compared to white, non-Hispanics (69.0 percent).
- Access to dental care generally increases as annual household income increases.
- Access to dental care increases as education level increases; 46.8 percent of adults with less than a high school education visited a dentist in the past year, compared to 81.7 percent of those with a college degree.

Table 20. Access to Dental Care by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Dental Care ¹			
	Prevalence (%)	95% Confidence Interval		
Total	67.9	66.6	-	69.2
Age				
18-24	67.1	62.2	-	71.9
25-34	64.8	61.1	-	68.6
35-44	71.3	67.7	-	75.0
45-54	69.6	66.7	-	72.6
55-64	68.5	65.9	-	71.1
65+	66.0	63.9	-	68.1
Sex				
Male	63.7	61.7	-	65.7
Female	71.8	70.1	-	73.5
Race/Ethnicity				
White, Non-Hispanic	69.0	67.6	-	70.4
Black, Non-Hispanic	62.8	58.2	-	67.3
Hispanic	65.0	55.3	-	74.7
Other, Non-Hispanic	67.8	59.3	-	76.3
Multi-Racial	64.4	53.6	-	75.3
Annual Household Income				
<\$15,000	51.4	46.3	-	56.5
\$15,000-\$24,999	54.6	50.8	-	58.3
\$25,000-\$34,999	59.5	55.3	-	63.8
\$35,000-\$49,999	64.1	60.4	-	67.9
\$50,000-\$74,999	74.3	71.2	-	77.4
\$75,000+	85.1	83.3	-	86.9
Education				
Less than High School	46.8	41.4	-	52.2
High School Diploma	63.2	60.9	-	65.4
Some College	70.4	68.1	-	72.7
College Graduate	81.7	80.0	-	83.5

¹Among adults, the proportion of those who reported that they had visited a dentist or dental clinic in the past year.

Access to Healthcare Coverage

Healthcare coverage is a determinant of access to health care and health status. The major source of coverage for adults less than age 65 is private employee-sponsored group health insurance.^{xx}

Respondents were asked, “Do you have any kind of healthcare coverage, including health insurance, prepaid plans such as HMOs, government plans such as Medicare or Indian Health Service?”

- In 2016, 93.2 percent of Ohio adults reported they have healthcare coverage.
- Access to healthcare coverage is significantly higher among adults ages 65 and older compared to those younger than 65 years of age.
- Access to healthcare coverage is significantly higher among females (95.1 percent) compared to males (91.1 percent).
- Access to healthcare coverage does not significantly differ by race/ethnicity.
- Access to healthcare coverage is significantly higher among those with an annual household income of \$75,000 or more compared to those with an annual household income less than \$50,000.
- Access to healthcare coverage increases as education level increases; 86.5 percent of adults with less than a high school education have healthcare coverage, compared to 96.9 percent of those with a college degree.

Table 21. Access to Healthcare Coverage by Demographic Characteristics, Ohio, 2016
Access to Healthcare Coverage¹

Demographic Characteristics	Prevalence (%)	95% Confidence Interval		
Total	93.2	92.4	-	93.9
Age				
18-24	89.5	86.1	-	92.9
25-34	89.2	86.8	-	91.5
35-44	90.8	88.5	-	93.2
45-54	93.7	92.1	-	95.3
55-64	94.2	92.7	-	95.6
65+	98.5	98.0	-	99.0
Sex				
Male	91.1	89.8	-	92.4
Female	95.1	94.3	-	95.9
Race/Ethnicity				
White, Non-Hispanic	93.8	92.9	-	94.6
Black, Non-Hispanic	90.2	87.2	-	93.3
Hispanic	89.7	83.8	-	95.5
Other, Non-Hispanic	94.6	91.5	-	97.7
Multi-Racial	90.0	83.4	-	96.5
Annual Household Income				
<\$15,000	90.8	87.7	-	93.9
\$15,000-\$24,999	89.4	86.8	-	92.1
\$25,000-\$34,999	88.6	85.7	-	91.6
\$35,000-\$49,999	90.7	88.3	-	93.1
\$50,000-\$74,999	96.6	95.4	-	97.8
\$75,000+	97.4	96.5	-	98.3
Education				
Less than High School	86.5	82.5	-	90.6
High School Diploma	91.8	90.5	-	93.1
Some College	94.2	93.1	-	95.4
College Graduate	96.9	96.1	-	97.7

¹Among adults, the proportion of those who reported any kind of healthcare coverage, including health insurance, prepaid plans such as HMOs, government plans such as Medicare or Indian Health Service.

Mammogram Testing

Breast cancer is the most common cancer among women in the United States and Ohio. Regular mammograms can lower the risk of dying from breast cancer.^{xxi}

Respondents were asked, “Have you ever had a mammogram?” followed by “How long has it been since you had your last mammogram?”

- In 2016, 77.1 percent of Ohio women ages 50 and older reported that they had a mammogram in the past two years.
- Prevalence of mammogram testing does not significantly differ by age.
- Prevalence of mammogram testing does not significantly differ by race/ethnicity.
- Prevalence of mammogram testing is significantly higher among women with an annual household of \$75,000 or more compared to those with an annual household income less than \$35,000.
- Prevalence of mammogram testing is significantly higher among women with a college degree compared to those with a high school degree or less education.

Table 22. Prevalence of Mammogram Testing by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Mammogram (Past 2 Years, Women 50+) ¹			
	Prevalence (%)	95% Confidence Interval		
Total	77.1	75.0	-	79.2
Age				
50-54	76.4	71.4	-	81.5
55-64	75.7	72.5	-	78.9
65+	79.6	76.5	-	82.7
Race/Ethnicity				
White, Non-Hispanic	77.1	74.9	-	79.3
Black, Non-Hispanic	77.9	70.4	-	85.4
Hispanic	N/A ²	N/A ²	-	N/A ²
Other, Non-Hispanic	N/A ²	N/A ²	-	N/A ²
Multi-Racial	N/A ²	N/A ²	-	N/A ²
Annual Household Income				
<\$15,000	69.4	61.9	-	77.0
\$15,000-\$24,999	67.3	61.1	-	73.4
\$25,000-\$34,999	72.8	66.0	-	79.6
\$35,000-\$49,999	78.3	72.8	-	83.8
\$50,000-\$74,999	80.6	75.5	-	85.8
\$75,000+	84.3	80.4	-	88.3
Education				
Less than High School	67.0	58.1	-	75.9
High School Diploma	75.9	72.4	-	79.4
Some College	77.6	73.9	-	81.4
College Graduate	83.6	80.4	-	86.8

¹ Among women 50+, the proportion of those who reported getting a mammogram in the past two years.

² Estimate does not meet the reliability criteria for reporting set by the CDC.

Pap Testing

Pap testing is recommended for all women ages 21 to 65 years old (except for women who have had their uterus and cervix removed and have no history of cervical cancer). The Pap test is one of two tests that can help prevent cervical cancer or help with early detection.^{xxii}

Respondents were asked, “A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?” followed by “How long has it been since your last Pap test?”

- In 2016, 81.9 percent of Ohio women ages 21-65 reported that they had a Pap test in the past three years.
- Prevalence of Pap testing is significantly higher among women ages 25-34 (86.6 percent) compared to women ages 21-24 (71.8 percent).
- Prevalence of Pap testing does not significantly differ by race/ethnicity.
- Prevalence of Pap testing is significantly higher among women with an annual household income of \$75,000 or more compared to those with an annual household income less than \$35,000.
- Prevalence of Pap testing is significantly higher among women with some college or more education compared to those with a high school degree or less education.

Table 23. Prevalence of Pap Testing by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Pap Test (Past 3 years, Women 21-65) ¹			
	Prevalence (%)	95% Confidence Interval		
Total	81.9	79.8	-	84.0
Age				
21-24	71.8	62.7	-	80.9
25-34	86.6	82.3	-	90.9
35-44	83.5	78.5	-	88.4
45-54	81.7	77.6	-	85.7
55-65	80.3	76.9	-	83.7
Race/Ethnicity				
White, Non-Hispanic	82.1	79.7	-	84.4
Black, Non-Hispanic	82.5	76.3	-	88.7
Hispanic	N/A ²	N/A ²	-	N/A ²
Other, Non-Hispanic	N/A ²	N/A ²	-	N/A ²
Multi-Racial	N/A ²	N/A ²	-	N/A ²
Annual Household Income				
<\$15,000	73.4	65.6	-	81.2
\$15,000-\$24,999	78.8	73.4	-	84.3
\$25,000-\$34,999	77.5	69.2	-	85.8
\$35,000-\$49,999	80.9	74.6	-	87.1
\$50,000-\$74,999	82.1	76.1	-	88.2
\$75,000+	89.3	86.2	-	92.4
Education				
Less than High School	67.1	54.6	-	79.7
High School Diploma	78.9	74.8	-	83.0
Some College	82.0	78.1	-	85.8
College Graduate	88.0	85.4	-	90.5

¹Among women ages 21-65, the proportion of those who reported having a Pap test in the past three years.

²Estimate does not meet the reliability criteria for reporting set by the CDC.

Colorectal Cancer Screening

Colorectal cancer can be prevented with regular colorectal screenings. Recommended screenings include a high-sensitivity fecal occult blood test (FOBT) every year; or sigmoidoscopy every five years with FOBT every three years; or colonoscopy every 10 years among those ages 50-75.^{xxiii}

Respondents were asked about their last FOBT, sigmoidoscopy and colonoscopy to determine whether screening guidelines were met.

- In 2016, 66.9 percent of Ohio adults ages 50-75 met colorectal cancer screening guidelines.
- The prevalence of colorectal cancer screening increases as age increases.
- The prevalence of colorectal cancer screening does not significantly differ by sex.
- The prevalence of colorectal cancer screening does not significantly differ by race/ethnicity.
- The prevalence of colorectal cancer screening is significantly higher among adults with an annual household income of \$75,000 or more compared to those with an annual household income less than \$25,000.
- The prevalence of colorectal cancer screening is significantly higher among college graduates compared to those without a college degree.

Table 24. Prevalence of Meeting Colorectal Cancer Screening Guidelines by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Colorectal Cancer Screening (50-75) ¹			
	Prevalence (%)	95% Confidence Interval		
Total	66.9	65.1	-	68.7
Age				
50-54	48.4	43.9	-	52.9
55-64	69.0	66.4	-	71.7
65-75	76.5	74.1	-	79.0
Sex				
Male	64.4	61.6	-	67.2
Female	69.2	67.0	-	71.5
Race/Ethnicity				
White, Non-Hispanic	67.3	65.4	-	69.2
Black, Non-Hispanic	61.3	54.4	-	68.2
Hispanic	68.9	52.2	-	85.5
Other, Non-Hispanic	70.9	56.1	-	85.6
Multi-Racial	78.6	66.7	-	90.5
Annual Household Income				
<\$15,000	57.2	50.0	-	64.3
\$15,000-\$24,999	63.8	58.8	-	68.7
\$25,000-\$34,999	64.7	59.0	-	70.3
\$35,000-\$49,999	62.9	58.0	-	67.9
\$50,000-\$74,999	67.3	62.6	-	72.1
\$75,000+	73.2	69.9	-	76.4
Education				
Less than High School	60.8	53.3	-	68.2
High School Diploma	63.8	60.8	-	66.8
Some College	67.3	63.9	-	70.6
College Graduate	74.4	71.6	-	77.2

¹Among adults ages 50-75, the proportion of those meeting colorectal cancer screening guidelines.

Flu Shot

Influenza (flu) is a serious disease that can lead to hospitalization or death. CDC recommends that everyone ages six months and older receive a flu shot annually to reduce the spread of seasonal flu.^{xxiv}

Respondents were asked “During the past 12 months, have you had either a flu shot or a flu vaccine that was sprayed in your nose?”

- In 2016, 38.6 percent of Ohio adults reported that they had received a flu shot in the past year.
- The prevalence of having a flu shot is significantly higher among those 55 and older compared to those younger than 55.
- The prevalence of having a flu shot is significantly higher among females (42.4 percent) compared to males (34.4 percent).
- The prevalence of having a flu shot does not significantly differ by race/ethnicity.
- The prevalence of having a flu shot is significantly higher among adults with an annual household income of \$75,000 or more compared to those with an annual household income less than \$25,000.
- The prevalence of having a flu shot is significantly higher among college graduates compared to those without a college degree.

Table 25. Prevalence of Having a Flu Shot by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Flu Shot ¹			
	Prevalence (%)	95% Confidence Interval		
Total	38.6	37.2	-	39.9
Age				
18-24	27.3	22.6	-	32.0
25-34	29.2	25.6	-	32.8
35-44	30.5	26.9	-	34.2
45-54	32.3	29.3	-	35.2
55-64	44.4	41.7	-	47.2
65+	57.3	55.1	-	59.5
Sex				
Male	34.4	32.5	-	36.3
Female	42.4	40.6	-	44.2
Race/Ethnicity				
White, Non-Hispanic	39.2	37.8	-	40.7
Black, Non-Hispanic	36.6	32.0	-	41.1
Hispanic	32.7	23.0	-	42.3
Other, Non-Hispanic	43.3	33.6	-	53.0
Multi-Racial	30.7	20.2	-	41.2
Annual Household Income				
<\$15,000	33.0	28.3	-	37.7
\$15,000-\$24,999	34.7	31.2	-	38.2
\$25,000-\$34,999	37.7	33.6	-	41.7
\$35,000-\$49,999	38.4	34.7	-	42.1
\$50,000-\$74,999	39.3	35.8	-	42.7
\$75,000+	41.8	39.2	-	44.4
Education				
Less than High School	32.8	27.9	-	37.7
High School Diploma	35.2	33.0	-	37.4
Some College	37.6	35.1	-	40.0
College Graduate	47.3	45.1	-	49.6

¹Among adults, the proportion of those who reported having received a flu shot in the past year.

Poor Mental Health

It is estimated that only 17 percent of adults in the United States are considered to be in a state of optimal mental health. There is emerging evidence that positive mental health is associated with improved health outcomes. Poor mental health is commonly reported as having mental health that was “not good” on 14 or more days in the past month.^{xxv}

Respondents were asked “Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?”

- In 2016, 12.9 percent of Ohio adults reported that their mental health was not good on 14 or more days in the past month.
- The prevalence of having poor mental health is lowest among those 65 and older compared to those younger than 65.
- The prevalence of having poor mental health is significantly higher among females (15.8 percent) compared to males (9.8 percent).
- The prevalence of having poor mental health does not significantly differ by race/ethnicity.
- The prevalence of having poor mental health significantly decreases as annual household income increases.
- The prevalence of having poor mental health is higher among those with less than a high school education compared to those with a high school diploma or higher education.

Table 26. Prevalence of Poor Mental Health by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Poor Mental Health ¹			
	Prevalence (%)	95% Confidence Interval		
Total	12.9	11.9	-	13.9
Age				
18-24	13.4	9.8	-	17.0
25-34	16.7	13.6	-	19.8
35-44	15.7	12.8	-	18.5
45-54	15.1	12.7	-	17.5
55-64	13.3	11.4	-	15.2
65+	6.2	5.2	-	7.2
Sex				
Male	9.8	8.5	-	11.2
Female	15.8	14.3	-	17.2
Race/Ethnicity				
White, Non-Hispanic	12.5	11.5	-	13.5
Black, Non-Hispanic	14.3	10.9	-	17.7
Hispanic	N/A ²	N/A ²	-	N/A ²
Other, Non-Hispanic	N/A ²	N/A ²	-	N/A ²
Multi-Racial	N/A ²	N/A ²	-	N/A ²
Annual Household Income				
<\$15,000	29.6	25.0	-	34.3
\$15,000-\$24,999	21.6	18.3	-	24.9
\$25,000-\$34,999	14.2	11.2	-	17.2
\$35,000-\$49,999	9.7	7.1	-	12.4
\$50,000-\$74,999	7.9	6.0	-	9.7
\$75,000+	6.4	5.0	-	7.8
Education				
Less than High School	24.4	19.7	-	29.2
High School Diploma	13.3	11.7	-	14.9
Some College	13.1	11.4	-	14.9
College Graduate	6.6	5.5	-	7.8

¹Among adults, the proportion of those who reported that their mental health was not good on 14 or more days in the past month.

²Estimate does not meet the reliability criteria for reporting set by the CDC.

Marijuana Use

Marijuana is the most commonly used illegal drug in the United States, with approximately 22.2 million users each month. While some states, cities and tribes have chosen to legalize marijuana for medicinal and/or recreational use, it is illegal under federal law. Medical marijuana was legalized in Ohio on September 8, 2016.^{xxvi}

Respondents were asked “During the past 30 days, on how many days did you use marijuana or hashish?”

- In 2016, 7.2 percent of Ohio adults reported that they had used marijuana in the past 30 days.
- The prevalence of marijuana use is significantly higher among those 18-24 compared to those 35 and older.
- The prevalence of marijuana use is significantly higher among males (8.8 percent) compared to females (5.8 percent).
- The prevalence of marijuana use is significantly higher among black, non-Hispanics (11.7 percent) compared to white, non-Hispanics (6.4 percent).
- The prevalence of using marijuana is significantly higher among adults with an annual household income less than \$15,000 compared to those with an annual household income of \$15,000 or more.
- The prevalence of marijuana use is significantly lower among adults with a college degree compared to adults with some college or less education.

Table 27. Prevalence of Marijuana Use by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	Marijuana Use ¹			
	Prevalence (%)	95% Confidence Interval		
Total	7.2	6.3	-	8.1
Age				
18-24	16.5	12.3	-	20.8
25-34	12.5	9.5	-	15.4
35-44	9.3	6.5	-	12.1
45-54	6.5	4.8	-	8.3
55-64	3.4	2.3	-	4.6
65+	1.2	0.7	-	1.8
Sex				
Male	8.8	7.4	-	10.3
Female	5.8	4.7	-	6.9
Race/Ethnicity				
White, Non-Hispanic	6.4	5.5	-	7.3
Black, Non-Hispanic	11.7	8.0	-	15.4
Hispanic	N/A ²	N/A ²	-	N/A ²
Other, Non-Hispanic	N/A ²	N/A ²	-	N/A ²
Multi-Racial	N/A ²	N/A ²	-	N/A ²
Annual Household Income				
<\$15,000	16.1	11.7	-	20.6
\$15,000-\$24,999	8.9	6.2	-	11.5
\$25,000-\$34,999	7.4	4.6	-	10.2
\$35,000-\$49,999	8.0	5.4	-	10.5
\$50,000-\$74,999	5.4	3.5	-	7.3
\$75,000+	5.3	3.8	-	6.9
Education				
Less than High School	9.9	6.2	-	13.5
High School Diploma	7.2	5.7	-	8.7
Some College	8.6	6.9	-	10.3
College Graduate	4.1	3.1	-	5.1

¹Among adults, the proportion of those who reported using marijuana in the past 30 days.

²Estimate does not meet the reliability criteria for reporting set by the CDC.

HIV Testing

Human immunodeficiency virus (HIV) weakens a person's immune system by destroying important cells that fight disease and infection. Although there is no cure for HIV, with proper medical care, HIV can be controlled. CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care.^{xxvii}

Respondents were asked "Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth."

- In 2016, 33.8 percent of Ohio adults reported that they had been tested for HIV.
- HIV testing rates are significantly higher among adults ages 25-44 compared to all other age groups.
- The prevalence of HIV testing does not significantly differ by sex.
- The prevalence of HIV testing is significantly lower among white, non-Hispanic adults (30.0 percent) compared to black, non-Hispanic adults (57.2 percent) and multi-racial adults (53.6 percent).
- The prevalence of HIV testing is significantly higher among adults with an annual household income less than \$15,000 compared to those with an annual household income of \$15,000 or more.
- The prevalence of HIV testing is significantly higher among adults with at least some college education compared to adults with a high school degree.

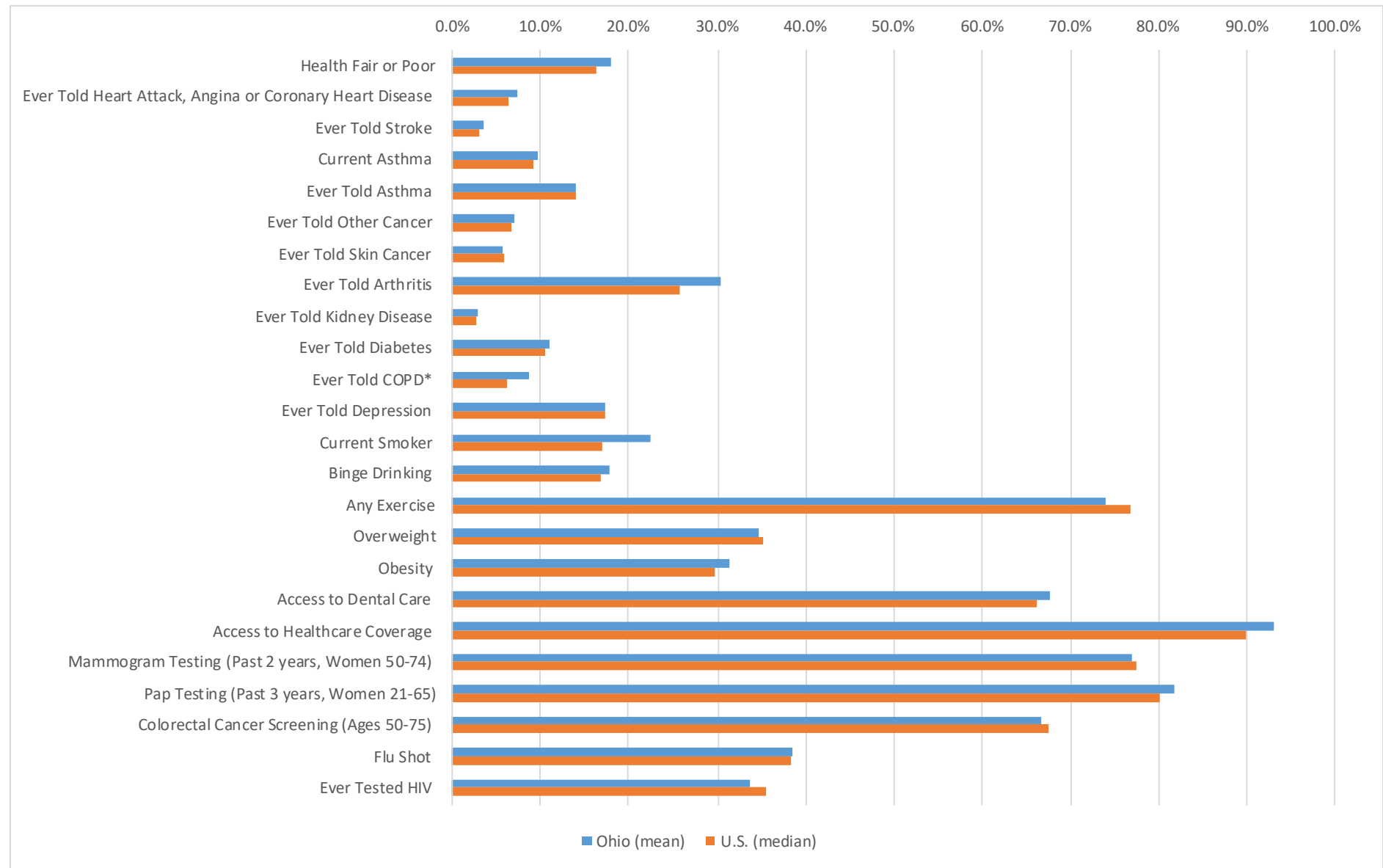
Table 28. Prevalence of HIV Testing by Demographic Characteristics, Ohio, 2016

Demographic Characteristics	HIV Testing ¹			
	Prevalence (%)	95% Confidence Interval		
Total	33.8	32.4	-	35.2
Age				
18-24	30.2	25.3	-	35.1
25-34	49.8	45.7	-	53.9
35-44	54.2	50.2	-	58.3
45-54	41.2	37.9	-	44.6
55-64	24.8	22.4	-	27.3
65+	10.2	8.8	-	11.6
Sex				
Male	33.4	31.3	-	35.5
Female	34.2	32.3	-	36.1
Race/Ethnicity				
White, Non-Hispanic	30.0	28.5	-	31.5
Black, Non-Hispanic	57.2	52.3	-	62.0
Hispanic	42.3	31.5	-	53.1
Other, Non-Hispanic	29.5	21.2	-	37.8
Multi-Racial	53.6	41.7	-	65.4
Annual Household Income				
<\$15,000	51.0	45.7	-	56.3
\$15,000-\$24,999	36.0	32.0	-	39.9
\$25,000-\$34,999	33.4	29.0	-	37.8
\$35,000-\$49,999	33.0	29.1	-	37.0
\$50,000-\$74,999	29.2	25.9	-	32.5
\$75,000+	34.4	31.7	-	37.0
Education				
Less than High School	34.1	28.6	-	39.6
High School Diploma	30.4	28.0	-	32.8
Some College	36.3	33.7	-	38.9
College Graduate	35.3	33.0	-	37.7

¹Among adults, the proportion of those who reported having ever been tested for HIV.

Appendix A—Ohio/U.S. BRFSS Data

Figure A1. BRFSS Health Indicators: Ohio Compared to the United States, 2016



*COPD = Chronic Obstructive Pulmonary Disease.

Appendix B—Ohio Regional BRFSS Data

Table A1. Disease Prevalence and Health Behaviors by Region/County, Ohio, 2016

	Health Fair/Poor		Ever Told Heart Attack or Coronary Heart Disease		Ever Told Stroke		Ever Told Asthma		Current Asthma	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
Ohio	18.0	17.0 - 19.0	7.4	6.7 - 8.0	3.6	3.1 - 4.0	14.0	13.0 - 15.0	9.7	8.9 - 10.6
Region 1	18.8	15.2 - 22.3	9.8	7.4 - 12.3	4.6	2.6 - 6.7	17.2	13.1 - 21.3	13.5	9.8 - 17.2
Region 2	16.2	12.2 - 20.1	10.7	7.7 - 13.7	3.5	1.8 - 5.3	9.4	6.3 - 12.5	7.0	4.3 - 9.8
Region 3	19.7	16.1 - 23.4	8.7	6.5 - 11.0	5.4	3.6 - 7.3	13.9	10.1 - 17.8	10.6	6.9 - 14.2
Region 4	16.5	13.4 - 19.5	7.0	5.1 - 8.9	3.2	2.0 - 4.4	12.9	10.1 - 15.7	8.2	6.0 - 10.5
Region 5	16.5	13.1 - 19.8	6.4	4.5 - 8.3	2.8	1.7 - 4.0	14.4	11.0 - 17.8	11.1	8.0 - 14.3
Region 6	21.5	16.7 - 26.4	8.8	5.7 - 11.9	3.6	1.9 - 5.2	13.2	9.5 - 16.9	9.2	6.2 - 12.2
Region 7	16.4	11.7 - 21.0	5.8	3.1 - 8.5	1.7	0.7 - 2.6	16.7	10.6 - 22.8	10.4	6.2 - 14.6
Region 8	16.8	14.3 - 19.3	5.0	3.7 - 6.4	3.9	2.4 - 5.4	14.4	11.8 - 17.0	9.9	7.7 - 12.1
Region 9	16.8	13.8 - 19.8	7.3	5.3 - 9.2	3.0	1.9 - 4.2	14.6	11.0 - 18.2	9.8	7.0 - 12.6
Region 10	17.3	14.3 - 20.2	6.5	4.8 - 8.2	3.7	2.4 - 5.1	13.8	11.0 - 16.5	9.2	6.9 - 11.5
Region 11	25.9	19.7 - 32.2	9.8	6.7 - 12.9	4.5	2.2 - 6.8	11.1	7.3 - 14.9	8.0	5.0 - 11.0
Region 12	20.3	17.0 - 23.6	10.3	7.9 - 12.6	4.1	2.7 - 5.5	11.3	8.6 - 14.1	7.6	5.3 - 10.0
Region 13	23.3	19.7 - 26.8	11.0	8.5 - 13.4	4.0	2.5 - 5.5	17.1	12.8 - 21.3	11.8	8.0 - 15.7
Region 14	24.8	20.7 - 28.8	9.3	7.1 - 11.5	4.4	3.0 - 5.9	15.8	11.8 - 19.7	10.4	7.7 - 13.0

Region 1	Defiance, Fulton, Henry, Lucas, Paulding, Williams, Wood
Region 2	Allen, Auglaize, Hancock, Hardin, Mercer, Putnam, Van Wert
Region 3	Crawford, Erie, Huron, Ottawa, Richland, Sandusky, Seneca, Wyandot
Region 4	Cuyahoga, Geauga, Lake, Lorain
Region 5	Ashland, Holmes, Medina, Stark, Summit, Wayne
Region 6	Ashtabula, Columbiana, Mahoning, Portage, Trumbull
Region 7	Delaware, Knox, Marion, Morrow, Union
Region 8	Fairfield, Franklin, Licking, Madison, Pickaway
Region 9	Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble, Shelby
Region 10	Butler, Clermont, Clinton, Hamilton, Warren
Region 11	Adams, Brown, Fayette, Highland, Pike, Ross, Scioto
Region 12	Coshocton, Guernsey, Morgan, Muskingam, Noble, Perry, Tuscarawas
Region 13	Belmont, Carroll, Harrison, Jefferson, Monroe, Washington
Region 14	Athens, Gallia, Hocking, Jackson, Lawrence, Meigs, Vinton

Appendix B—Ohio Regional BRFSS Data

Table A1. Disease Prevalence and Health Behaviors by Region/County, Ohio, 2016 (continued)

	Ever Told Other Cancer		Ever Told Skin Cancer		Ever Told Arthritis		Ever Told Kidney Disease		Ever Told Diabetes	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
Ohio	7.1	6.6 - 7.7	5.7	5.2 - 6.2	30.5	29.3 - 31.6	2.9	2.5 - 3.3	11.1	10.4 - 11.9
Region 1	6.1	4.5 - 7.7	5.0	3.4 - 6.5	32.9	28.7 - 37.1	3.3	1.8 - 4.8	12.5	9.7 - 15.2
Region 2	6.6	4.2 - 9.0	6.2	4.0 - 8.5	31.3	26.5 - 36.1	2.0	1.0 - 3.0	11.5	8.7 - 14.3
Region 3	9.3	6.8 - 11.7	6.0	4.3 - 7.7	32.3	28.0 - 36.6	4.3	2.3 - 6.2	13.4	10.6 - 16.2
Region 4	6.5	4.9 - 8.2	5.1	3.7 - 6.5	30.1	26.6 - 33.7	4.1	2.7 - 5.5	9.4	7.3 - 11.5
Region 5	7.2	5.2 - 9.3	4.9	3.4 - 6.4	27.5	23.8 - 31.3	2.5	1.2 - 3.8	10.4	7.9 - 12.8
Region 6	7.1	5.0 - 9.1	5.5	3.7 - 7.3	37.2	32.1 - 42.3	2.6	1.4 - 3.8	12.0	9.1 - 14.9
Region 7	7.7	5.0 - 10.3	7.6	5.1 - 10.1	30.7	25.2 - 36.2	1.9	0.6 - 3.2	9.7	6.8 - 12.6
Region 8	6.4	5.1 - 7.7	4.7	3.6 - 5.7	25.4	22.6 - 28.2	1.5	0.9 - 2.2	9.9	8.0 - 11.9
Region 9	8.2	6.1 - 10.3	7.0	5.3 - 8.8	31.9	28.0 - 35.7	2.3	1.3 - 3.4	11.8	9.4 - 14.2
Region 10	7.3	5.6 - 9.1	6.0	4.5 - 7.5	29.5	26.2 - 32.8	3.3	2.1 - 4.6	11.5	9.2 - 13.8
Region 11	5.8	3.7 - 7.8	5.9	3.1 - 8.6	34.4	28.2 - 40.6	5.0	2.5 - 7.4	10.5	7.4 - 13.7
Region 12	7.6	5.6 - 9.6	7.1	5.3 - 8.9	32.9	29.2 - 36.7	2.6	1.4 - 3.8	11.9	9.7 - 14.2
Region 13	8.1	6.0 - 10.2	6.8	4.7 - 8.8	33.4	29.4 - 37.3	2.7	1.5 - 3.9	14.1	11.4 - 16.8
Region 14	9.0	6.6 - 11.3	7.3	5.2 - 9.3	36.7	32.4 - 41.1	4.2	2.6 - 5.7	16.9	13.4 - 20.4

Region 1	Defiance, Fulton, Henry, Lucas, Paulding, Williams, Wood
Region 2	Allen, Auglaize, Hancock, Hardin, Mercer, Putnam, Van Wert
Region 3	Crawford, Erie, Huron, Ottawa, Richland, Sandusky, Seneca, Wyandot
Region 4	Cuyahoga, Geauga, Lake, Lorain
Region 5	Ashland, Holmes, Medina, Stark, Summit, Wayne
Region 6	Ashtabula, Columbiana, Mahoning, Portage, Trumbull
Region 7	Delaware, Knox, Marion, Morrow, Union
Region 8	Fairfield, Franklin, Licking, Madison, Pickaway
Region 9	Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble, Shelby
Region 10	Butler, Clermont, Clinton, Hamilton, Warren
Region 11	Adams, Brown, Fayette, Highland, Pike, Ross, Scioto
Region 12	Coshocton, Guernsey, Morgan, Muskingam, Noble, Perry, Tuscarawas
Region 13	Belmont, Carroll, Harrison, Jefferson, Monroe, Washington
Region 14	Athens, Gallia, Hocking, Jackson, Lawrence, Meigs, Vinton

Appendix B—Ohio Regional BRFSS Data

Table A1. Disease Prevalence and Health Behaviors by Region/County, Ohio, 2016 (continued)

	Ever Told Prediabetes		Ever Told Chronic Obstructive Pulmonary Disease		Ever Told Depression		Current Smoker		Binge Drinking	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
Ohio	8.1	7.3 - 9.0	8.7	7.9 - 9.4	17.4	16.4 - 18.5	22.5	21.3 - 23.8	17.9	16.7 - 19.1
Region 1	11.7	8.1 - 15.3	8.8	6.4 - 11.2	18.4	14.6 - 22.3	24.0	19.4 - 28.5	17.6	13.5 - 21.6
Region 2	5.9	3.7 - 8.2	5.5	3.5 - 7.5	12.0	8.7 - 15.4	19.0	14.5 - 23.4	23.6	17.9 - 29.3
Region 3	8.1	5.3 - 10.8	9.1	6.6 - 11.6	16.8	12.7 - 20.9	24.3	19.5 - 29.1	20.2	15.2 - 25.2
Region 4	6.3	4.1 - 8.5	7.4	5.3 - 9.6	14.7	11.7 - 17.7	21.7	18.0 - 25.4	17.3	13.5 - 21.0
Region 5	7.3	4.5 - 10.0	9.7	7.1 - 12.3	16.7	13.3 - 20.2	21.4	17.3 - 25.4	18.1	14.1 - 22.1
Region 6	9.0	5.7 - 12.4	9.4	6.4 - 12.5	18.0	13.9 - 22.2	28.3	22.8 - 33.8	13.5	9.7 - 17.3
Region 7	7.8	4.2 - 11.3	9.1	5.5 - 12.7	17.5	12.8 - 22.2	19.7	14.5 - 24.8	16.2	11.5 - 21.0
Region 8	10.1	7.3 - 12.9	7.4	5.7 - 9.2	20.8	18.0 - 23.7	23.3	20.1 - 26.4	19.0	16.2 - 21.9
Region 9	7.0	4.5 - 9.5	9.8	7.3 - 12.2	15.8	12.6 - 19.1	22.0	18.1 - 25.8	17.0	13.3 - 20.6
Region 10	7.8	5.4 - 10.1	8.0	5.9 - 10.2	18.2	15.1 - 21.2	20.6	17.1 - 24.1	19.5	16.2 - 22.9
Region 11	9.7	4.7 - 14.8	14.8	9.5 - 20.0	23.7	17.6 - 29.8	24.5	17.8 - 31.2	15.0	8.5 - 21.4
Region 12	6.5	4.2 - 8.8	9.5	7.2 - 11.8	16.4	13.3 - 19.5	19.8	16.1 - 23.5	15.1	11.6 - 18.5
Region 13	7.9	4.5 - 11.3	10.8	8.4 - 13.2	15.1	12.0 - 18.2	25.6	21.0 - 30.3	18.2	13.9 - 22.6
Region 14	9.2	6.5 - 12.0	10.0	7.6 - 12.3	21.2	17.5 - 25.0	24.8	20.2 - 29.4	19.5	14.8 - 24.2

Region 1	Defiance, Fulton, Henry, Lucas, Paulding, Williams, Wood
Region 2	Allen, Auglaize, Hancock, Hardin, Mercer, Putnam, Van Wert
Region 3	Crawford, Erie, Huron, Ottawa, Richland, Sandusky, Seneca, Wyandot
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Region 8	Fairfield, Franklin, Licking, Madison, Pickaway
Region 9	Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble, Shelby
Region 10	Butler, Clermont, Clinton, Hamilton, Warren
Region 11	Adams, Brown, Fayette, Highland, Pike, Ross, Scioto
Region 12	Coshocton, Guernsey, Morgan, Muskingam, Noble, Perry, Tuscarawas
Region 13	Belmont, Carroll, Harrison, Jefferson, Monroe, Washington
Region 14	Athens, Gallia, Hocking, Jackson, Lawrence, Meigs, Vinton

Appendix B—Ohio Regional BRFSS Data

Table A1. Disease Prevalence and Health Behaviors by Region/County, Ohio, 2016 (continued)

	Seat Belt Use (Always or Nearly Always)		Met Physical Activity Guidelines			Any Exercise (Past 30 Days)		Overweight		Obesity	
	%	95% CI	%	95% CI		%	95% CI	%	95% CI	%	95% CI
Ohio	91.3	90.5 - 92.2	18.9	17.4	- 20.4	74.1	72.9 - 75.3	34.8	33.4 - 36.1	31.5	30.2 - 32.8
Region 1	91.9	88.9 - 94.9	19.6	14.5	- 24.8	71.4	67.0 - 75.8	34.1	29.3 - 38.8	32.3	27.8 - 36.8
Region 2	87.3	82.9 - 91.8	17.7	12.1	- 23.2	72.0	67.2 - 76.8	33.3	27.9 - 38.6	33.3	27.8 - 38.8
Region 3	89.2	85.8 - 92.6	14.4	9.7	- 19.1	68.0	63.2 - 72.7	37.1	32.0 - 42.2	34.2	29.1 - 39.2
Region 4	91.6	88.9 - 94.2	21.5	16.8	- 26.3	77.5	74.2 - 80.9	33.1	29.2 - 37.1	31.1	27.0 - 35.1
Region 5	92.6	89.8 - 95.3	17.5	13.0	- 22.0	74.0	70.0 - 78.0	37.3	32.8 - 41.9	29.0	24.7 - 33.3
Region 6	90.2	86.2 - 94.2	15.5	9.7	- 21.3	72.6	67.7 - 77.5	35.7	30.5 - 41.0	32.4	27.2 - 37.5
Region 7	92.8	89.4 - 96.1	20.0	13.2	- 26.8	77.0	71.8 - 82.2	36.8	30.7 - 43.0	25.8	20.7 - 31.0
Region 8	91.3	89.0 - 93.6	24.5	20.4	- 28.6	77.1	74.2 - 79.9	33.7	30.4 - 36.9	30.8	27.5 - 34.1
Region 9	90.0	87.0 - 93.1	17.4	12.7	- 22.2	71.2	67.2 - 75.2	33.6	29.3 - 37.9	33.4	29.1 - 37.7
Region 10	93.5	91.5 - 95.5	17.2	13.2	- 21.1	76.4	73.0 - 79.7	37.1	33.2 - 41.0	30.4	26.8 - 34.0
Region 11	88.5	82.5 - 94.4	11.3	5.0	- 17.6	67.7	61.4 - 74.0	32.5	26.0 - 39.0	30.3	23.9 - 36.6
Region 12	90.1	87.1 - 93.1	15.3	11.2	- 19.3	70.9	67.1 - 74.7	32.1	28.0 - 36.2	33.4	29.2 - 37.6
Region 13	91.0	88.5 - 93.5	19.9	12.6	- 27.3	68.3	64.2 - 72.4	35.0	30.1 - 39.8	34.8	30.3 - 39.3
Region 14	90.4	87.4 - 93.5	16.8	11.4	- 22.2	68.4	64.0 - 72.8	32.1	27.3 - 36.9	40.3	35.5 - 45.1

Region 1	Defiance, Fulton, Henry, Lucas, Paulding, Williams, Wood
Region 2	Allen, Auglaize, Hancock, Hardin, Mercer, Putnam, Van Wert
Region 3	Crawford, Erie, Huron, Ottawa, Richland, Sandusky, Seneca, Wyandot
Region 4	Cuyahoga, Geauga, Lake, Lorain
Region 5	Ashland, Holmes, Medina, Stark, Summit, Wayne
Region 6	Ashtabula, Columbiana, Mahoning, Portage, Trumbull
Region 7	Delaware, Knox, Marion, Morrow, Union
Region 8	Fairfield, Franklin, Licking, Madison, Pickaway
Region 9	Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble, Shelby
Region 10	Butler, Clermont, Clinton, Hamilton, Warren
Region 11	Adams, Brown, Fayette, Highland, Pike, Ross, Scioto
Region 12	Coshocton, Guernsey, Morgan, Muskingam, Noble, Perry, Tuscarawas
Region 13	Belmont, Carroll, Harrison, Jefferson, Monroe, Washington
Region 14	Athens, Gallia, Hocking, Jackson, Lawrence, Meigs, Vinton

Appendix B—Ohio Regional BRFSS Data

Table A1. Disease Prevalence and Health Behaviors by Region/County, Ohio, 2016 (continued)

	Disability/Activity Limitation		Access to Dental Care (Past Year)		Access To Healthcare Coverage		Mammogram Testing (Past 2 Years, Women 50+)		Pap Testing (Past 3 Years, Women 21-65)	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
Ohio	15.9	14.7 - 17.1	67.9	66.6 - 69.2	93.2	92.4 - 93.9	77.1	75.0 - 79.2	81.9	79.8 - 84.0
Region 1	14.6	10.9 - 18.4	66.7	62.1 - 71.4	90.5	87.3 - 93.7	76.9	70.9 - 82.9	84.5	78.3 - 90.7
Region 2	14.6	10.3 - 18.9	67.5	62.1 - 72.9	92.3	88.6 - 95.9	75.7	67.4 - 83.9	80.1	71.9 - 88.3
Region 3	19.4	14.7 - 24.1	65.4	60.5 - 70.2	92.7	90.0 - 95.4	74.1	66.6 - 81.6	74.5	65.7 - 83.4
Region 4	14.5	10.8 - 18.3	72.7	69.0 - 76.4	92.9	90.4 - 95.5	75.0	68.5 - 81.4	80.4	74.0 - 86.8
Region 5	13.2	9.5 - 16.9	67.5	63.1 - 71.9	93.0	90.4 - 95.6	72.1	64.8 - 79.3	79.0	71.3 - 86.7
Region 6	20.9	15.9 - 25.9	61.1	55.5 - 66.7	93.5	90.3 - 96.7	85.4	80.0 - 90.8	80.8	72.1 - 89.5
Region 7	16.8	11.3 - 22.2	71.6	65.3 - 78.0	93.2	89.8 - 96.6	83.0	75.8 - 90.1	87.4	78.9 - 96.0
Region 8	14.3	11.3 - 17.4	70.4	67.3 - 73.5	92.8	90.8 - 94.8	80.8	75.5 - 86.2	86.4	82.0 - 90.7
Region 9	17.3	13.3 - 21.3	68.6	64.5 - 72.7	94.1	91.9 - 96.2	75.1	68.0 - 82.2	75.5	67.2 - 83.8
Region 10	16.4	12.9 - 19.9	69.0	65.4 - 72.6	95.7	94.0 - 97.3	75.2	68.8 - 81.7	85.5	79.8 - 91.1
Region 11	16.4	11.1 - 21.7	54.7	47.3 - 62.0	91.5	87.4 - 95.6	81.3	75.2 - 87.3	82.7	71.9 - 93.4
Region 12	16.7	13.0 - 20.4	64.9	60.7 - 69.1	92.2	89.5 - 94.9	81.4	76.2 - 86.6	84.2	78.5 - 89.9
Region 13	13.4	10.0 - 16.8	62.6	58.1 - 67.1	92.5	89.8 - 95.1	82.2	77.0 - 87.3	81.8	75.1 - 88.4
Region 14	21.0	16.5 - 25.5	57.7	52.8 - 62.6	90.3	87.0 - 93.6	75.4	68.7 - 82.2	77.5	68.9 - 86.1

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Appendix B—Ohio Regional BRFSS Data

Table A1. Disease Prevalence and Health Behaviors by Region/County, Ohio, 2016 (continued)

	Met Colorectal Cancer Screening Recommendations (50-75)		Flu Shot (Past Year)		Poor Mental Health		Marijuana Use		Ever Tested HIV	
	%	95% CI	%	95% CI	%	95% CI	%	95% CI	%	95% CI
Ohio	66.9	65.1 - 68.7	38.6	37.2 - 39.9	12.9	11.9 - 13.9	7.2	6.3 - 8.1	33.8	32.4 - 35.2
Region 1	61.4	55.6 - 67.2	41.5	36.7 - 46.3	12.0	8.8 - 15.1	8.0	4.9 - 11.2	37.2	32.2 - 42.3
Region 2	64.4	58.0 - 70.7	35.3	30.1 - 40.6	11.2	7.5 - 15.0	7.3	3.4 - 11.2	22.7	17.7 - 27.6
Region 3	65.6	59.7 - 71.5	34.4	29.8 - 39.0	15.5	11.2 - 19.7	5.9	2.9 - 8.8	29.8	24.3 - 35.2
Region 4	68.4	62.9 - 73.9	36.9	33.0 - 40.8	9.5	6.9 - 12.0	7.6	4.8 - 10.4	37.6	33.3 - 41.9
Region 5	65.8	59.9 - 71.8	38.8	34.4 - 43.2	12.2	9.0 - 15.4	6.0	3.4 - 8.7	31.9	27.2 - 36.5
Region 6	71.6	65.9 - 77.3	34.5	29.4 - 39.6	13.9	9.4 - 18.4	5.2	2.0 - 8.5	25.5	20.3 - 30.7
Region 7	71.8	64.8 - 78.7	33.5	27.9 - 39.1	16.6	10.4 - 22.8	2.3	0.4 - 4.3	29.0	23.0 - 35.0
Region 8	68.8	63.7 - 74.0	39.7	36.4 - 43.1	14.4	11.9 - 16.9	8.8	6.5 - 11.2	39.7	36.2 - 43.2
Region 9	67.7	62.3 - 73.1	42.7	38.3 - 47.0	12.1	9.1 - 15.1	7.7	4.8 - 10.6	29.4	25.1 - 33.6
Region 10	65.2	59.5 - 70.9	41.6	37.8 - 45.5	14.5	11.6 - 17.4	8.6	5.9 - 11.2	39.3	35.3 - 43.3
Region 11	61.2	52.7 - 69.6	33.2	26.6 - 39.9	14.6	9.5 - 19.8	9.1	3.1 - 15.2	32.2	24.7 - 39.7
Region 12	66.8	61.7 - 71.9	37.5	33.3 - 41.7	11.6	8.8 - 14.3	3.4	1.6 - 5.2	27.2	23.1 - 31.4
Region 13	62.8	57.0 - 68.5	35.3	31.0 - 39.7	11.5	8.8 - 14.3	3.5	1.9 - 5.1	25.6	21.4 - 29.9
Region 14	66.1	60.5 - 71.6	39.3	34.6 - 44.1	18.4	14.4 - 22.4	9.8	5.4 - 14.3	28.6	23.7 - 33.5

Region 1	Defiance, Fulton, Henry, Lucas, Paulding, Williams, Wood
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