



Love Life, Live Healthy

ABC'S OF PUBLIC HEALTH

C = COMMUNITY HEALTH

In 2016 Morrow County Community Partners (MCCP) began conducting community health assessments (CHA) to help us measure the county's health status and compare it to national, state, and local health trends.

The CHA is then used as a tool to help create a community health improvement plan (CHIP) for Morrow County.

The CHA helped us to identify four priority health issues for morrow county

1

Adult and youth obesity

- 76% of adults are overweight (35%) or obese (41%)
- 15% of youth grades 6-12 were classified as overweight, and 18% were obese
- Nearly half of the adults (43%) and youth (46%) are trying to lose weight

Action Plan

- Improve education and awareness of available programs
- Create better usage of state park and bike trails and create more walk and bike friendly streets and roadways
- Help with access to healthy Foods

2 Adult and youth access to healthcare

10% of Morrow County adults are without healthcare coverage. Of that percentage, most were adults under the age of 30 and had an income level less than \$25,000.

Action Plan

- Increase transportation accessibility
- Improve awareness of available health care services and insurance
- Hire more pediatric dentists that accept medicaid

3

Adult and youth mental health

27% of youth and 7% of adults reported that they felt sad and hopeless for longer than two weeks and that it interfered with their usual activities.

14% of Youth and 2% of adults had seriously considered attempting suicide. 6% of youth had made an attempt in the past year. No adults reported any attempts.

Action Plan

- Reduce the stigma of mental health
- Help increase understanding of the signs of mental health issues
- Increase mental health services to senior and postpartum populations

4

Adult and youth Substance abuse

2% of adults reported using recreational drugs such as cocaine, heroin, LSD, inhalants, ecstasy, bath salts, and methamphetamines in the past 6 months. An additional 3% of adults had used marijuana.

8% of youth had used marijuana in the past 30 days and 7% used medications that were not prescribed to them, or took more than prescribed to feel good or get high at some time in their lives.

Action Plan

- Collaborate with local law enforcement and schools
- Focus on prevention education and implement D.A.R.E program
- Establish a regional net care facility for Mental Health and Substance abuse services

Contact us

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