



Montgomery County's Community Health Assessment (CHA) will aid community partners, stakeholders, and residents in identifying priority health issues, developing goals, and selecting strategies for implementation as part of the Community Health Improvement Planning process. The data presented are from multiple sources such as the Centers for Disease Control and Prevention's (CDC) Behavioral Risk Factor Surveillance System (BRFSS), Ohio Department of Health Vital Statistics, U.S. Census Bureau, Greater Dayton Area Hospital Association hospital data, Dayton Children's Community Health Needs Assessment, Ohio Cancer Incidence Surveillance System (OCISS), and the Ohio Disease Reporting System (ODRS). Information is summarized into eight sections: population characteristics, behavioral health, maternal and child health, chronic disease risks and outcomes, health risks and outcomes, access to care, and built environment.

Focus Groups

Primary qualitative data were collected from focus groups representing five underserved communities: African Americans, African American Young Adults (under 30 years old), Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ), Hispanic/Latinos, and Senior Citizens. These groups provided input on health concerns and barriers to receiving health care within their communities as well as opportunities they felt could improve health. When asked to prioritize the health concerns discussed during the meetings the top five issues identified pertained to social determinants of health, mental health, substance use, chronic diseases, and care coordination.

About Montgomery County

Montgomery County's population of 531,987 is comprised of 73% White, 21% Black, 2% Asian, and 3% Native American or two or more races. Three percent of the population is of Hispanic or Latino ethnicity. The median income of households is \$47,045, but the percentage of Blacks living below the poverty level is more than two times higher than Whites. The homeless population is estimated at over 4,500 individuals; single men comprise the largest segment of this population (54%), followed by single women (28%), families with children (10%), minors (6%), and couples (2%).

Behavioral Health

Mental health and substance misuse and abuse are strongly influenced by a variety of social factors as well as an individual's physical environment. The rate of hospital visits for all major mental health disorders increased between 2016 and 2017. Twenty-one percent of Ohio youth have experienced three or more Adverse Childhood Experiences (ACEs). Men have the highest rates of suicide, and firearms are the most common mechanism of suicide. Most self-harm related hospital visits are paid by Medicaid indicating an income disparity. Since 2014, the overdose death rate has more than doubled in the county with most deaths occurring in the East Dayton area. Those with a high school education or less account for 76% of overdose deaths and Whites account for 81% of overdose deaths.

Maternal Child Health

Infant mortality is an important indicator of the overall health of a community. In 2017, nearly eight infants died for every 1,000 live births in Montgomery County. A racial disparity exists with Black babies dying at a rate four times higher than White babies. Most Montgomery County babies die because they are born too early and too small. Nearly 10% of babies are born of low birth weight (< 2,500g or 5lbs, 8oz). Two times as many low birth weight babies are born to Black women than to White and Hispanic women. Smoking during pregnancy, adequacy of prenatal care, and poor living conditions contribute to low birth weight.

Death

Since 2012-2013, the life expectancy of county residents has decreased 2.1 years. By sex and race, White women have the longest expectancy (78.0 years) while the life expectancy of Black men is 65.5 years. Homicide and suicide are not top causes of death overall, however, homicide is the 7th leading cause of death for Blacks and the 2nd leading cause for those 1 to 34 years of age. Suicide is the 3rd leading cause of death for the same age span and the 9th leading cause among men. Heart disease and cancer remain the top two leading causes of death in Montgomery County.

Chronic Disease Risks & Outcomes

About 69% of Montgomery County's adult population and half of the child population are overweight or obese. Less than 1 in 5 adults meet the physical activity guidelines. Twenty-three percent of the county's residents are smokers; 30% higher than the national average. Those with less than a high school education are more likely to be diagnosed with diabetes (26% compared to 14%). Those with lower incomes (less than \$15,000) are more likely to be heavy drinkers.

Age, race, and sex can attribute to differences in disease rates. New cancers and cancer deaths occur most often among those older than 65 years; those over 65 years account for nearly 70% of all cancer deaths and 56% of all new cancer cases. New cases of prostate cancer occur more frequently among Black males (155.1 per 100,000). Although rates of lung cancer death have declined since 2012-2013, males have the highest rate of lung cancer death (58.6 per 100,000).

Health Risks & Outcomes

Differences in health risks and outcomes are related to age, race, and sex. Accidents are the third leading cause of death regardless of race or sex, though they are the leading cause of death for those ages 1 to 54 years. Accidental deaths have nearly doubled since 2012-2013. Poisoning and falls account for 82% of all accidental deaths. Falls are most common among those 65 years and older.

The rate of sexually transmitted diseases, including chlamydia, gonorrhea, and syphilis, have increased since 2014. Specifically, the number of syphilis cases is five times higher. Most chlamydia (55.3%) and gonorrhea (48.5%) cases occur among 20 to 29 year olds. The number of new cases of HIV has remained stable since 2014. Montgomery County was included in a statewide hepatitis A outbreak in 2018. The number of hepatitis A cases dramatically increased from 1 in 2017 to 227 in 2018. Ninety percent of cases are White, 62% are between the ages of 25 and 44 years, and nearly 60% are male.

Access to Care

The ability to receive care is affected by several factors such as language, transportation, cost, and insurance. Nearly 21% of adults with an income of \$15,000 to \$24,999 report not seeing a doctor due to cost, whereas only 4% of those with an income greater than \$50,000 report not seeing a doctor due to cost. Montgomery County has more primary care physicians, but fewer dentists per person compared to Ohio and the U.S. Eight percent of residents are uninsured, while 11% of children have untreated cavities.

Built Environment

A person's built environment contributes to their overall health, quality of life, and longevity. Violent crime rates increased since 2013 and tend to be higher in low income areas. These same areas have older homes which lead to higher blood lead levels among children, a higher density of alcohol and tobacco retail outlets, and low access to grocery stores.