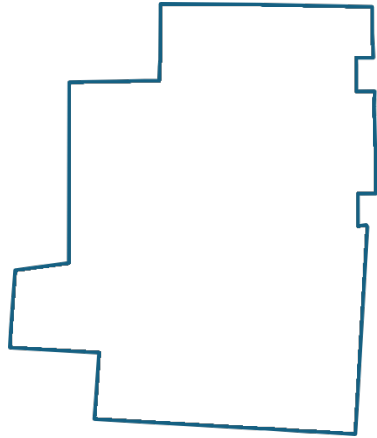




MORROW COUNTY

Community Health
Assessment
January 2025



Delaware-Morrow
Mental Health & Recovery Services Board



ILLUMINOLOGY

Morrow County 2024 Community Health Assessment Overview

Community Health Assessment Overview

Morrow County Health District, the Delaware-Morrow Mental Health and Recovery Services Board, and Morrow County Hospital are pleased to provide this comprehensive overview of our community's health status and needs: Morrow County's 2024 Community Health Assessment.

Morrow County's 2024 Community Health Assessment (CHA) is the result of a collaborative effort coordinated by Morrow County Health District, the Delaware-Morrow Mental Health and Recovery Services Board, and Morrow County Hospital. It is intended to help community stakeholders better understand the health needs and priorities of Morrow County residents.

Characterizing and understanding the prevalence of acute and chronic health conditions, access to care barriers, health disparities, and other health issues can help direct community resources to where they will have the biggest impact. Participating organizations will begin using the data reported in the *Morrow County 2024 Community Health Assessment* to inform the development and implementation of strategic plans to meet the community's health needs.

We hope the *Morrow County 2024 Community Health Assessment* serves as a guide to target and prioritize limited resources, a vehicle for strengthening community relationships, and a source of information that contributes to keeping people healthy.

About the Community Health Assessment Process

The process followed by the *Morrow County 2024 Community Health Assessment* reflected an adapted version of the Robert Wood Johnson Foundation's County Health Rankings and Roadmaps: Assess Needs and Resources process.¹ This process is designed to help stakeholders "understand current community strengths, resources, needs, and gaps," so that they can better focus their efforts and collaboration.

Morrow County Health District, the Delaware-Morrow Mental Health and Recovery Services Board, and Morrow County Hospital contracted with Illuminology, a central Ohio based research firm, to assist with this work. Those organizations approved the process to be used in this health assessment. The primary phases of the Assess Needs and Resources process, as adapted for use in Morrow County, included the following steps.

¹ See <https://www.countyhealthrankings.org/take-action-to-improve-health/action-center/assess-needs-resources>

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(1) Prepare to assess / generate questions. On May 1st, 2023, community leaders, stakeholders, and employees from participating organizations gathered at Morrow County Health District to discuss their perspectives on emerging health issues in Morrow County. Facilitated by Illuminology, this session provided an opportunity for community members to better understand the upcoming community health assessment process and to suggest indicators to be considered in the community health assessment. Illuminology used the information from this session to identify which indicators could be assessed via secondary sources and which indicators needed to be included as part of the primary data collection efforts.

(2) Collect secondary data. Secondary data for this health assessment came from national sources (e.g., U.S. Department of Health and Human Services: *Healthy People 2030*; U.S. Census Bureau), state sources (e.g., Ohio Department of Health's Data Warehouse), and local sources (e.g., Morrow County Hospital; Drug and Alcohol Awareness and Prevention of Morrow County). Data for Morrow County and Ohio were collected, when available. Rates and/or percentages were calculated when necessary. Illuminology located this information. All data sources are identified in the References section at the end of the report. To ensure community stakeholders are able to use this report to make well-informed decisions, only the most recent data available at the time of report preparation are presented. To be considered for inclusion in the *Morrow County 2024 Community Health Assessment*, secondary data must have been collected or published in 2017 or later.

Drug and Alcohol Awareness and Prevention of Morrow County (DAAP) developed a survey to be completed by administration, teachers, and other staff in Morrow County school districts in March through May, 2024. Their survey included several questions relevant to the *Morrow County 2024 Community Health Assessment*, such as perceived youth drug and alcohol use, and they allowed Illuminology to add several questions related to perceived youth mental health. Mt. Gilead School District hosted a "Get Schooled" event during which students answered some questions pertaining to their health; they provided the results to be included in the *Morrow County 2024 Community Health Assessment*. See pages 49-50 and 55-56 for the results from these two surveys.

(3) Collect and analyze primary data from adult residents. A representative survey of Morrow County adult residents was conducted. Fielded in multiple waves from October 17, 2023 through January 16, 2024, respondents completed a self-administered questionnaire, either on paper or online. For the first round of mailing, a total of 2,000 addresses were randomly selected from the universe of residential addresses in Morrow County and 1,200 addresses were randomly selected from the universe of residential addresses in which the

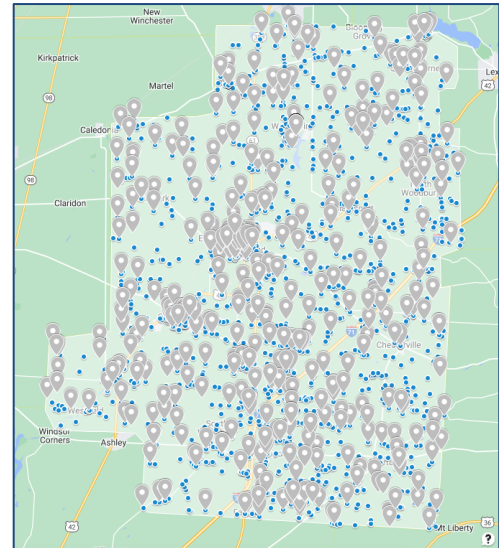
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sample data indicated there was likely a young adult in the household. In mid October, 2023, a notification letter was sent to each household, asking the adult in the household who most recently had a birthday to complete the survey online. Some of these mailings included a \$1 bill to encourage the household's participation. About four weeks after the initial mailing, a hard copy of the survey was sent to households that had not yet completed the survey online. This mailing also included a cover letter, and a Business Reply Mail envelope so respondents could complete the survey and mail it back at no cost to them.

In total, 452 Morrow County adult residents completed the survey, or 14% of the total number of valid addresses (i.e., addresses that were not vacant or otherwise unable to be surveyed) that were invited to participate. With a random sample of this size, the margin of error is $\pm 4.6\%$ at the 95% confidence level.

Morrow County Health Survey Households

(• = randomly selected; 📍 = completed)



Before analyzing responses to the survey, survey weights were computed; this step allows researchers to produce more accurate statistical estimates at the overall county level. First, a base weight was created that adjusted for unequal probabilities of selection into the survey (i.e., compensating for the number of adults in the household and whether the household had an indicator that there was likely a young adult in the household). Then, this base weight was adjusted so that respondents' demographic characteristics (i.e., age, gender, educational attainment, and presence of children in the household) aligned with population benchmarks for Morrow County. These population benchmarks were obtained from the U.S. Census Bureau's American Community Survey. This adjusted base weight was calculated via an iterative proportional fitting procedure within the STATA v17 software package; analyses of weighted data were conducted using complex survey [svy] commands within STATA v17.

(4) Collect and analyze community outreach data. Community input (qualitative) was solicited in the form of interviews with community leaders. Morrow County Health District, the Delaware-Morrow Mental Health and Recovery Services Board, and Morrow County Hospital worked with Illuminology to design a community leader interview guide that covered a wide range of topics, including overall health, mental health and substance misuse, health care access, poverty, transportation, health education, and vulnerable populations. Illuminology completed 12 one-on-one interviews. Interviewees included community members who work

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in health care, leaders of local organizations, and other residents; several of these interviews were conducted with stakeholders who have expertise related to youth health.

(5) Prioritize health needs. Representatives from Morrow County Health District, the Delaware-Morrow Mental Health and Recovery Services Board, and Morrow County Hospital, along with leaders representing a diverse array of social service and community organizations, participated in large and small group discussions on October 29, 2024 at Morrow County Hospital. During this session, community members worked in small groups to review the recently completed CHA and identified the most important health issues facing residents in Morrow County:

Anxiety and depression
Obesity
Drug misuse/overdose

Community members then brainstormed about community assets and resources that could be deployed to help improve the health of the county in each priority area.

(6) Share results with the community. This report presents the analysis and synthesis of all secondary, primary, and community outreach data collected during this effort. It will be posted on the websites of community partners. This report will be used in subsequent community prioritization and planning efforts and will be widely distributed to organizations that serve and represent residents in the county.

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Acknowledgements

Morrow County Health District, the Delaware-Morrow Mental Health and Recovery Services Board, and Morrow County Hospital thank all of the following organizations that had representatives who participated in the *Morrow County 2024 Community Health Assessment* process!

Big Brothers Big Sisters	Morrow County Courts	NAMI Mid-Ohio
Cardington LSD	Morrow County Emergency Management Agency	Northmor Schools
Cornerstone of Hope		Ohio Heartland Community Action
Coroner's Office	Morrow County Family and Children First Council	OhioHealth
County Commissioners		OSU Extension
Helpline	Morrow County Hospital	
Highland Local School District	Morrow County Job and Family Services	Prevention Awareness Support Services
Maryhaven	Mount Gilead Fire Department	Safe Harbor
Morrow County Board of Developmental Disabilities	Mount Gilead Police Department	Southeast Healthcare
	Mount Gilead Schools	Syntero
		The Tomorrow Center

How to Read This Report

Key findings and Healthy People 2030. As shown on page 9, the *Morrow County 2024 Community Health Assessment* is organized into multiple, distinct sections. Each section begins with story boxes that highlight and summarize the key research findings from the researchers' perspectives. For some indicators, Morrow County is compared to the U.S. Department of Health and Human Services *Healthy People 2030* goal, indicated by dark blue boxes containing the Morrow County outline in light blue. A ✓ icon inside the box indicates that the goal has been met, and an ✗ icon indicates that the goal has not been met.

Comparison to the Morrow County 2019 Community Health Assessment. Where possible, results from the 2023 adult survey were compared to data from the adult survey conducted for the 2019 Community Health Assessment, and denoted by a clock symbol: 🕒. In addition, a table comparing 2019 adult survey data to 2023 can be found on page 70. The following differences between 2019 and 2023 data were noted.

Areas of improvement from 2019 to 2023. In 2023 compared to 2019:

- Fewer respondents said their overall health was “fair” or “poor”
- Fewer respondents had ever had a heart attack
- Fewer respondents had ever been diagnosed with diabetes
- Fewer respondents had ever been diagnosed with arthritis
- Fewer respondents had ever been diagnosed with cancer
- Fewer respondents considered attempting suicide in the past year
- Fewer respondents traveled outside of Morrow County for health care in the past year
- More women over the age of 40 had a mammogram in the past year
- More women age 21-65 had a pap test in the past 3 years

Areas of decline from 2019 to 2023. In 2023 compared to 2019:

- More respondents visited a doctor for a routine visit five or more years ago
- More respondents were classified as overweight or obese by BMI
- More respondents reported binge drinking in the past month

Health disparities between populations or areas in the community. Analyses explored statistically significant differences in results based on demographic factors such as age, gender, educational attainment, income, presence of children in the household, and geographic region. When these analyses suggested the presence of significant differences among specific populations, the report tables display a lightbulb symbol: 💡. Examples of disparities found in Morrow County include how those with higher household incomes are more likely to have visited a dentist in the past year and less likely to report being diagnosed with diabetes.

Overall, the lack of availability of health care seems to be worthy of future discussion and action. Many residents travel outside the county for care. Some may not be able to access care because it is unaffordable for them, they lack transportation, or other issues.

Sources for all secondary data included in this document are marked by an endnote and described in the report’s References section. Caution should be used in drawing conclusions in cases where data are sparse (e.g., counts less than ten).

Data from the three surveys are marked by the following endnote symbols:

- Adult survey: §
- DAAP survey of school staff about youth health: ~
- Youth Mt. Gilead School District Get Schooled survey: ^

In some tables, the percentages may not sum to 100% due to rounding and/or because multiple responses were accepted. In some cases, outlying values were winsorized (i.e., replaced with the highest or lowest non-outlying value).

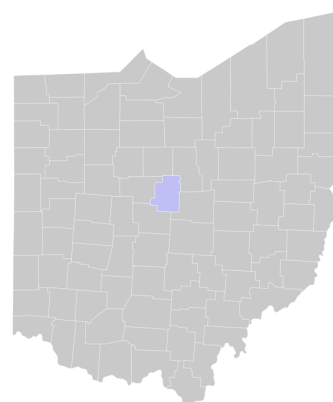
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Community Profile

This section describes the demographic and household characteristics of the population in Morrow County, which is located in central Ohio.

Morrow County was founded about 175 years ago and covers 407 square miles. Mount Gilead is the seat of this county.



Resident Demographics

		Morrow County	Ohio
Total Population¹	Total population	35,339	11,756,058
Gender¹	Male	50.9%	49.4%
	Female	49.1%	50.6%
Age¹	Under 18 years	22.1%	21.8%
	18-24 years	7.6%	9.1%
	25-44 years	22.2%	25.6%
	45-64 years	28.2%	25.1%
	65 years and over	19.9%	18.4%
Race^{2*}	White	93.8%	75.9%
	Black/African American	0.4%	12.3%
	American Indian/Alaska Native	0.2%	0.2%
	Asian	0.3%	2.5%
	Native Hawaiian/Other Pacific Islander	<0.1%	<0.1%
	Some other race	0.3%	0.4%
	Two or more races	3.4%	4.3%
Ethnicity²	Hispanic/Latino	1.7%	4.4%
	Not Hispanic/Latino	98.3%	95.6%
Marital Status^{1**}	Never married	25.0%	33.5%
	Now married (except separated)	56.4%	47.3%
	Divorced/Separated	11.5%	13.2%
	Widowed	7.0%	6.0%

Data are from 2020 and 2022 *One race alone unless otherwise specified; denominator is total population **Denominator is population 15 years and over

Resident Households

		Morrow County	Ohio
Total Households¹	Number of households	13,769	4,878,206
Household Relationships*	Married-couple family household¹	56.1%	44.6%
	With own children under 18	37.9%	31.6%
	Cohabiting couple household³	7.8%	7.3%
	With own children under 18	3.3%	2.5%
	Male householder, no spouse present¹	2.0%	4.7%
	With own children under 18	1.2%	3.7%
	Female householder, no spouse present¹	12.4%	11.9%
	With own children under 18	7.5%	11.7%
Grandparents As Caregivers³	Household with grandparents living with grandchildren*	2.9%	3.1%
	<i>With grandparent responsible for own grandchildren under 18 years**</i>	51.3%	43.5%
	<i>With grandparent not responsible for own grandchildren under 18 years**</i>	48.7%	56.5%
Household Size³	Average household size	2.7	2.4
	Average family size	3.0	3.0
Ages of People Within Household^{3*}	Households with 1 or more people under 18 years old	32.7%	28.8%
	Households with 1 or more people 60 years old or over	43.9%	40.7%
Household Income^{1*}	Less than \$20,000	12.4%	13.9%
	\$20,000 - \$39,999	13.0%	16.1%
	\$40,000 - \$59,999	16.2%	15.7%
	\$60,000 - \$99,999	28.5%	23.2%
	\$100,000 - \$149,999	17.6%	16.0%
	\$150,000 - \$199,999	6.3%	7.4%
	\$200,000 or more	6.1%	7.7%
Transportation^{3*}	Households without a vehicle	5.4%	7.5%

Data are from 2017-2022 *Denominator is total households **Denominator is households with grandparents living with grandchildren

Residents - Disability Information¹

		Morrow County	Ohio
Disability Status*	Total with a disability	16.9%	14.4%
	Under 18 years	1.7%	1.2%
	18 to 64 years	7.4%	7.3%
	65 years and over	7.7%	5.9%
Disability By Type**	Ambulatory difficulty	41.2%	47.9%
	Cognitive difficulty	39.5%	40.7%
	Independent living difficulty	30.3%	34.9%
	Hearing difficulty	35.1%	26.3%
	Self-care difficulty	16.6%	16.2%
	Vision difficulty	15.7%	16.5%

Data are from 2022 *Denominator is civilian noninstitutionalized population **Denominator is civilian noninstitutionalized population with a disability

Languages Spoken at Home^{3*}

	Morrow County	Ohio
English only	94.4%	94.7%
A language other than English	5.6%	5.3%
Spanish	0.7%	1.7%
Other languages	5.0%	3.6%

Data are from 2017-2021 *Denominator is population age 18 and over

A statistical portrait of the adult respondents who completed the 2023 Morrow County Health Survey is shown below. These percentages have been weighted to match population benchmarks for age, gender, educational attainment, and presence of children in the household.

2023 Health Survey: Respondent Profiles^s

		Morrow County (average n=443)
Gender	Male	49.2%
	Female	48.6%
	Prefer not to classify	2.2%
	Transgender	<.01%
Age	18-34	24.0%
	35-44	15.2%
	45-54	17.7%
	55-64	19.5%
	65+	23.6%
Education	High school diploma / GED or less	57.0%
	Associate degree / some college	27.5%
	Bachelor's degree or more	15.5%
Household Size	Average household size	2.8
Household Income	Less than \$50,000	32.5%
	\$50,000 - \$74,999	18.7%
	\$75,000 - \$99,999	16.1%
	\$100,000 or more	32.8%
Children Under 18 (In Household)	0 children	66.8%
	1-2 children	26.1%
	3 or more children	7.1%
Languages Spoken at Home	English	94.9%
	Some other language	5.1%
Residence within Morrow County (City according to USPS)	Mt. Gilead resident	27.4%
	Cardington resident	18.8%
	Marengo resident	15.8%
	Resides somewhere else within the county	38.0%

Making a Healthy Community: Residents' Priorities

This section details the findings of the adult survey of Morrow residents as well as community leader interviews. Residents were asked to give their perceptions of the most important health issues facing their community, the major effects of COVID-19, the barriers keeping the community from achieving optimal health, and suggestions for improving health outcomes.

Key Findings

Most Important Health Issues

The important health issues most commonly mentioned by survey respondents are the unaffordable cost of health care and substance misuse. Community leaders are concerned about mental health, substance misuse, and chronic physical health conditions that are negatively impacted by a lack of resources.

Effects of COVID-19

Survey respondents reported that over the past year the COVID-19 pandemic has not negatively impacted their lives. However, community leaders mentioned that mental health and the housing market in Morrow County have been negatively impacted since the start of the pandemic.

Improving Health Outcomes by Increasing Availability and Awareness of Services

Residents reported that the time/effort needed to access services, not knowing about services, and not being eligible for services are common barriers that prevent them from getting help.

Community leaders want residents to be able to receive the services they need without having to leave the county. They also noted that more effective communication is necessary to increase awareness and better inform residents about services available in Morrow County.

The following symbols indicate the presence of:



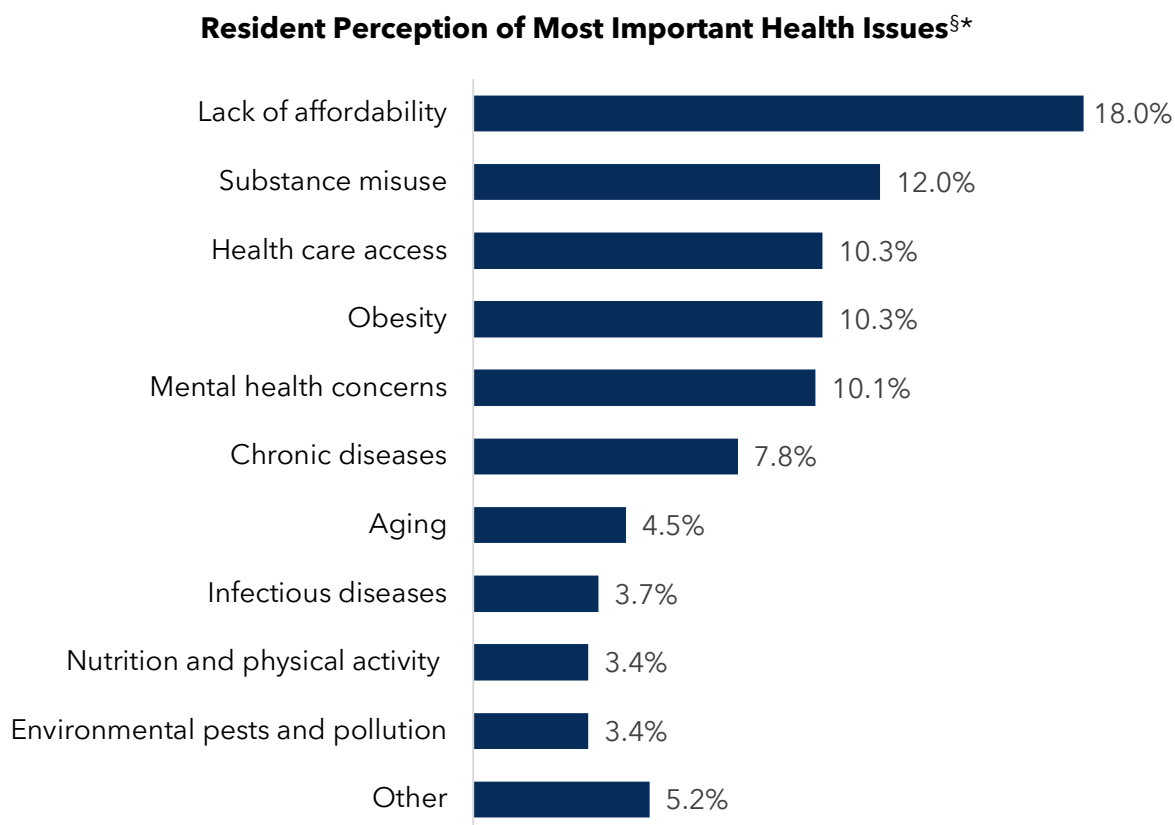
: a difference in responses between demographic groups of respondents



: a comparison between responses to the 2019 adult survey and 2023 adult survey

Most Important Health Issues in Morrow County

When asked about the most important health issues affecting the people who live in Morrow County, the most common answers were the unaffordable cost of health care (18%) and substance misuse (12%).



n=410

**Percentages may sum to higher than 100%; multiple responses were accepted*



Differences by age: Those age 55 or older are more likely than those under age 55 to consider health care access an important health issue: 16.7% vs. 6.0%.

Differences by education: Considering nutrition and physical activity an important health issue increases as education increases: 0.2% for those with a high school degree / GED or less education, 7.0% for those with some college or associate degree, and 9.1% for those with a bachelor's degree or more education.

Major Issues Caused by COVID-19 Pandemic

When asked about the things in their lives that had been negatively impacted in the past year by the COVID-19 pandemic, the most common answers after no negative impacts (66%) were financial stability (15%) and level of anxiety and/or depression (15%). The most common “other” response given was work schedules.

Negatively Impacted by COVID-19 Pandemic in Past Year^{§*}

	Morrow County (n=452)
Your financial stability	15.3%
Your level of anxiety and/or depression	15.0%
Your relationship(s) with other people	13.9%
Your social media habits	11.2%
Your exercise habits	11.1%
Your nutrition habits	6.6%
Your use of preventative health care (screenings, well visits)	4.5%
Your television or gaming habits	4.2%
Other	2.3%
No negative impacts	65.8%

*Percentages may sum to higher than 100%; multiple responses were accepted



Differences by age¹: Those under age 65 are more likely than those age 65 or older to report that the COVID-19 pandemic had a negative impact on their social media habits: 14.4% vs. 2.8%.

Those under age 65 are more likely than those age 65 or older to report that the COVID-19 pandemic had a negative impact on their level of anxiety and/or depression: 18.5% vs. 5.5%.

Mistrust in medical advice from official sources was measured through a question about how much residents trust various public health organizations. A majority of Morrow County adults reported that they somewhat trusted their local county health department (64%) and the Ohio Department of Health (68%); almost half reported that they somewhat trust the CDC (49%).

¹ Overall regression is marginally significant.

Trust in Sources to Provide Health Recommendations^s

	Morrow County (average n=436)		
	Morrow County Health District	Ohio Department of Health	Centers for Disease Control and Prevention
A great deal	24.7%	17.7%	14.5%
Somewhat	64.4%	68.4%	49.3%
Not at all	10.9%	13.9%	36.2%



Differences by education: Those with a bachelor's degree or more education are more likely than those with an associate degree or less education to have a great deal of trust in the Morrow County Health District: 35.6% vs. 23.0%.

Having a great deal of trust in the Ohio Department of Health increases as education increases: 12.9% for those with a high school degree / GED or less education, 19.1% for those with some college or associate degree, and 33.7% for those with a bachelor's degree or more education.

Those with a bachelor's degree or more education are more likely than those with an associate degree or less education to have a great deal of trust in the Center for Disease Control and Prevention: 32.8% vs. 11.2%.

Improving Health Outcomes by Increasing Availability and Awareness of Services

The adult survey asked residents whether they or a family member would like to receive help or information about the following various issues. These percentages should not be taken as a proxy for overall incidence of these needs but rather as a preliminary insight into what might be the most in-demand information or help needed by Morrow County residents.

Would Like to Receive Help or Information About...^{§*}

	Morrow County (n=452)
Weight problem	7.7%
Food assistance	3.9%
Affordable housing	2.8%
Job training or employment help	2.7%
Elderly care assistance (in- or out-of-home))	2.0%
Marital or family problems	1.5%
Transportation	1.5%
Tobacco cessation	0.9%
Social media usage	0.4%
Childcare assistance	0.3%
End-of-life or hospice care	0.1%
Depression, anxiety, or mental health	0.0%
Other	2.4%
None	81.2%

[§]Percentages may sum to higher than 100%; multiple responses were accepted

The survey respondents who indicated they would like to receive some sort of help or information were asked about the barriers that prevent them from getting help and information. Among these responses, the most common barrier was the time or effort it takes to find/access services (32%).

Barriers to Receiving Help^{§*}

	Morrow County (n=98)
Time or effort to find/access services	31.9%
Don't know of any services	23.9%
Not eligible for services	23.0%
Other	2.4%
None	34.9%

[§]Percentages may sum to higher than 100%; multiple responses were accepted



Differences by household: Those with children in the household are more likely than those without children in the household to report that not being eligible for services is a barrier to receiving help: 43.0% vs. 14.0%.

Making a Healthy Community: Residents' Priorities

When residents were asked how they would like to receive information about community events, the most common communication preferences were a printed guide (12%) and an email newsletter (8%). Those who selected social media overwhelmingly prefer Facebook, and the "other" responses included postal mail and newspapers.

Communication Preference^{§*}

	Morrow County (n=452)
Printed guide	12.3%
Email newsletter	7.9%
Website	4.7%
Social media	3.1%
Family and friends	2.3%
2-1-1	0.2%
Other	1.3%
Did not select a communication preference	78.3%

^{§*}Percentages may sum to higher than 100%; multiple responses were accepted

Social Determinants of Health

This section provides insight into how Morrow County residents fare when it comes to many social determinants of health, including levels of poverty, access to health care, and education outcomes. Social and structural determinants of health provide insight into what causes higher health risks or poorer health outcomes among specific populations, including community and other factors which contribute to health inequities or disparities.

Key Findings

Economic Stability

Around 14% of Morrow County children live below the federal poverty level. Almost a quarter of homeowners with a mortgage and nearly one third of renters are cost-burdened households.

Education

The high school graduation rate in Morrow County is higher than in Ohio overall, but the percentage of residents who continue their schooling and earn advanced degrees is lower in Morrow than in Ohio. With a few exceptions, the public schools in Morrow County are meeting or exceeding expectations of student performance.

Neighborhood and Environment

Violent crime and property crime rates in Morrow County are much lower than in the state of Ohio. Residents would like to have more walking paths (47%), parks (33%) and bike paths (30%) in their community.

Community leaders mentioned that some residents, such as homeless people, parents of young children, non-English speakers, and older folks, could benefit from additional support to live healthier lives.

Health Care Access

A majority of survey respondents visited a doctor for a routine exam in the past year. A majority of respondents or their family members traveled outside of Morrow County to receive healthcare in the same time period, particularly specialty care.

The following symbols indicate the presence of:

: a difference in responses between demographic groups of respondents

: a comparison between responses to the 2019 adult survey and 2023 adult survey

Economic Stability

Economic stability plays an important role in health, with at least one study on this topic showing that those with greater income had greater life expectancy (Chetty et al., 2016).¹

In Morrow County, 14% of children are living below 100% federal poverty level (FPL), which is lower than the state of Ohio percentage (19%).

Income and Poverty

	Morrow County	Ohio
Median household income²	\$72,290	\$65,720
Poverty Status³		
Total persons below 100% FPL	10.2%	13.4%
Children under 18 below 100% FPL	13.5%	18.6%
Adults 18-64 below 100% FPL	9.8%	12.7%
Adults 65 and over below 100% FPL	7.2%	8.5%

Data are from 2017-2022

One way housing affordability is measured by the U.S. Census Bureau is through selected monthly ownership costs as a percent of household income (SMOCAPI). Included in monthly ownership costs are payments involved in purchasing a home as well as expenditures for insurance, real estate taxes, utilities, and fuel. Condominium fees and mobile home costs are also included when applicable. A similar measure for renters exists as gross rent as a percentage of household income (GRAPI). The U.S. Department of Housing and Urban Development has historically considered families whose housing costs exceed 30% of their income to be cost-burdened.⁴ The table below provides insight into cost-burdened families in Morrow County via the percentage of housing units for which a significant amount of income goes toward ownership/rent costs.

Cost-Burdened Households³

	Morrow County	Ohio
Owner-occupied housing units with a mortgage	6,458	1,964,213
30% or more of income spent on housing costs (SMOCAPI)	21.2%	20.5%
Owner-occupied housing units without a mortgage	4,020	1,180,214
30% or more of income spent on housing costs (SMOCAPI)	9.8%	11.6%
Renter-occupied housing units	2,150	1,470,561
30% or more of income spent on rent (GRAPI)	32.6%	43.8%

Data are from 2017-2021. Counts of housing units excludes units for which SMOCAPI or GRAPI could not be calculated

In 2019, the “Point in Time” (PIT) estimate of homeless in Morrow County was 6 individuals and 4 households.⁵ According to the survey, 10.6% of Morrow County residents personally know someone in the community who was homeless in the past year.

Economic instability is linked to food insecurity. People who are food insecure do not get adequate food or have disrupted eating patterns due to lack of money and other resources. In Morrow County, 11% of all residents are food insecure, and 11% of children are estimated to be food insecure. These percentages are a little lower than the percentages for Ohio as a whole.

Food Access

		Morrow County	Ohio
Food Insecure Persons⁶	Total residents	10.7%	11.8%
	Children	11.4%	14.8%
Food Stamp Households²	Total households	12.0%	12.6%
	With children under 18 years*	40.3%	43.8%

Data are from 2021-2022 *Denominator is total households receiving food stamps

Some researchers use the food environment index when assessing access to nutritious foods. This index of factors that contribute to a healthy food environment ranges from 0 (worst) to 10 (best). Morrow County's food environment index score of 8.6 is higher than Ohio's score of 6.8.⁷

There are 12 Feeding America Food Banks in Ohio. The one that serves Morrow County is located in Grove City in Franklin County.⁸

Another economic indicator that may influence the health of the community is the unemployment rate. The unemployment rate in Morrow County in 2021 (3.2%) was lower than the unemployment rate in Ohio (5.3%), using the Ohio Department of Job and Family Services' unemployment definition as people age 16 and over who were "actively seeking work, waiting to be called back to a job from which they were laid off, or waiting to report within 30 days to a new payroll job." Those who have stopped looking for a new job (and have therefore removed themselves from the civilian labor force) are not included in this statistic.

Employment Status

		Morrow County	Ohio
Unemployment Rate³	Annual average unemployment rate*	3.2%	5.3%
Employment Rate of Labor Force⁹	In labor force**	62.4%	62.6%
	<i>Civilian labor force***</i>	100.0%	99.8%
	Employed*	97.2%	94.6%
	Unemployed*	2.8%	5.4%
	<i>Armed forces***</i>	0.0%	0.2%
	Not in labor force**	37.6%	37.4%

Data are from 2017-2021. *Denominator is civilian labor force **Denominator is total area population 16 years and over ***Denominator is total labor force

In terms of industry of employment, Morrow County is similar to Ohio in that educational services, health care and social assistance is the largest industry, with nearly a quarter of residents employed in that industry.

Residents Employed in Various Industries²

	Morrow County	Ohio
Civilian employed population 16 years and over	16,953	5,762,007
Educational services, and health care and social assistance	24.0%	24.2%
Manufacturing	14.2%	14.9%
Construction	11.6%	5.9%
Retail trade	9.3%	11.3%
Professional, scientific, and management, and administrative and waste management services	7.9%	10.2%
Arts, entertainment, and recreation, and accommodation and food services	6.9%	8.4%
Public administration	5.2%	3.9%
Transportation and warehousing, and utilities	4.9%	6.0%
Agriculture, forestry, fishing and hunting, and mining	4.3%	0.9%
Finance and insurance, and real estate and rental and leasing	4.2%	6.4%
Other services, except public administration	3.4%	4.4%
Information	2.3%	1.4%
Wholesale trade	1.8%	2.2%

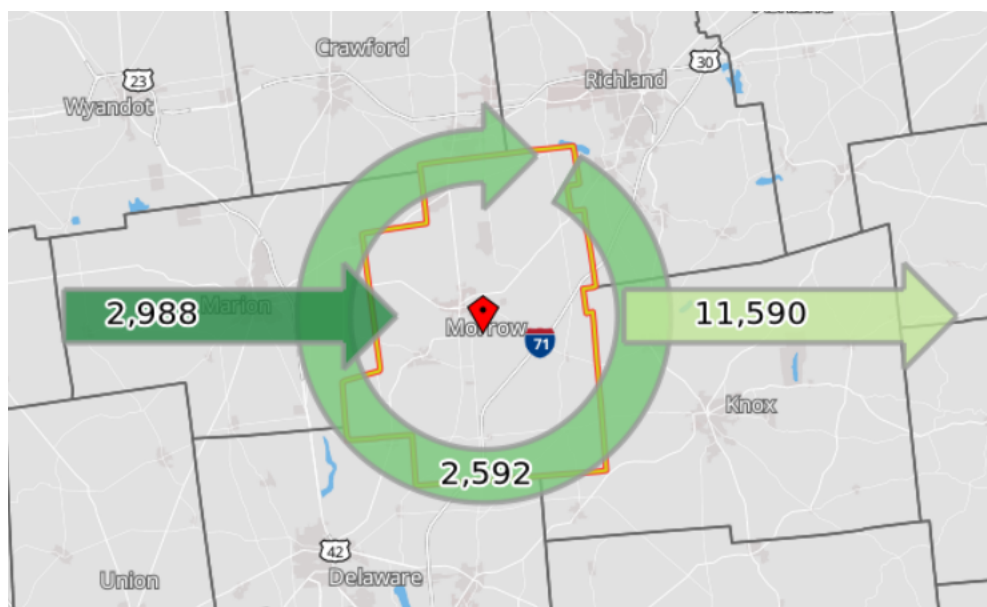
Data are from 2022

A majority of employed Morrow County residents travel outside county lines for work. In 2021, 82% of residents lived in Morrow County but worked in another county; 18% lived and worked inside the County.

Worker Inflow and Outflow¹⁰

	Morrow County
Workers living in Morrow County	14,182
Employed outside the county	81.7%
Employed inside the county	18.3%
Workers employed in Morrow County	5,580
Living outside the county	53.5%
Living inside the county	46.5%

Data are from 2021



Source: <https://onthemap.ces.census.gov/>

A majority of Morrow County respondents reported that they don't have any transportation problems (87%). Those who do most commonly reported having financial issues (7%). The most common "other" transportation issue reported is being a non-driver.

Transportation Issues^{S*}

	Morrow County (n=452)
Financial issues	6.7%
Don't have a vehicle	3.4%
Don't have valid driver's license	2.5%
Sharing a vehicle	1.7%
Lack of access to public transportation	1.3%
Other	3.2%
Don't have transportation issues	87.3%

^{S*}Percentages may sum to higher than 100%; multiple responses were accepted

There is expected to be population growth in Central Ohio due to the new Intel plant and other development. Consequently, the number of buildings and people in Morrow County is expected to grow. Survey respondents most commonly feel that this growth will have a neutral effect on the health and wellness of Morrow County residents.

Growth Impact on Health and Wellness⁵

	Morrow County (n=443)
Positive	24.5%
Neutral	46.2%
Negative	29.4%



Differences by age: Those age 65 or older are more likely than those under age 65 to feel that growth will have a neutral effect on health and wellness: 65.5% vs. 40.0%.

Those under age 65 are more likely than those age 65 or older to feel that growth will have a negative effect on health and wellness: 35.1% vs. 12.4%.

Differences by location: Feeling that growth will have a negative effect on health and wellness varies by residence within Morrow County: 44.8% for those who live in Marengo, 37.3% for those in Cardington, 17.9% for those in Mt. Gilead, and 27.3% for those who live somewhere else in the county.¹

Education

Educational attainment can affect employment opportunities and economic stability, which in turn impacts many health outcomes.

As shown in the following table, a lower percentage of Morrow County residents continue their education beyond an associate degree, compared to Ohio overall.

Educational Attainment¹

	Morrow County	Ohio
Less than 9 th grade	2.1%	2.6%
9 th to 12 th grade (no diploma)	5.3%	5.6%
High school graduate / GED	39.7%	31.9%
Some college (no degree)	17.9%	19.1%
Associate degree	9.2%	8.8%
Bachelor's degree	16.8%	19.4%
Graduate / professional degree	9.0%	12.6%

Data are from 2022

¹ These differences are marginally significant.

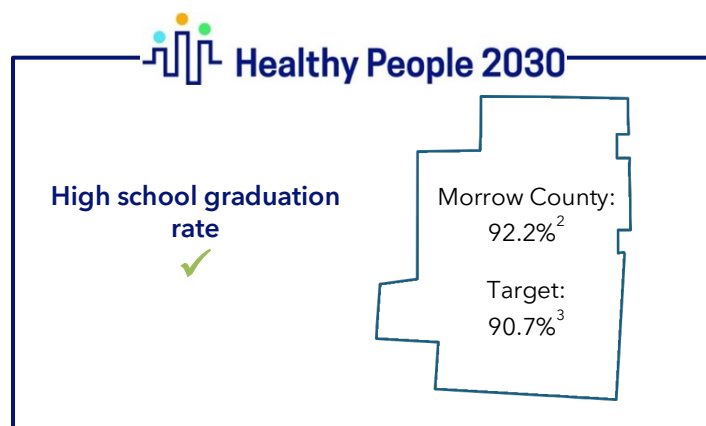
Social Determinants of Health

In 2023 the average four-year high school graduation rate across Morrow County public schools was 92.2%. This is higher than the average for public schools in Ohio overall (87.9%),² and exceeds the *Healthy People 2030* high school graduation rate goal of 90.7%.³ The next table shows the graduation rates for Morrow County's public schools districts in 2024.

High School Graduation Rates in Morrow County⁴

	Morrow County
Cardington-Lincoln Local School District	97.3%
Highland Local School District	93.0%
Mount Gilead Exempted Village School District	87.8%
Northmor Local School District	100.0%

Data are from 2023-2024



Regarding young children preparing to enter kindergarten in Morrow County, 72% are considered to have “demonstrated readiness” or to be “approaching readiness,” meaning they entered with “sufficient skills, knowledge and abilities to engage with kindergarten-level instruction” or “needed supports to be able to engage with kindergarten-level instruction,” respectively.

Kindergarten Readiness⁵

	Morrow County	Ohio
Demonstrating or approaching readiness	72.4%	69.9%

Data are from 2022-2023

Social Determinants of Health

In 2019 almost all (95%) Morrow County third graders met the threshold needed in reading proficiency to move to fourth grade.

Third Graders With Reading Proficiency⁶

	Morrow County	Ohio
Reading proficiency - third graders who met threshold to move to fourth grade	94.7%	95.0%

Data are from 2019.

The next tables display Morrow County public school enrollment and chronic absenteeism rates for the 2023-2024 academic year.

School Enrollment⁴

	Morrow County
Cardington-Lincoln Local School District	957
Highland Local School District	1,691
Mount Gilead Exempted Village School District	992
Northmor Local School District	1,008

Data are from 2023-2024

Chronic Absenteeism Rate⁴

	Morrow County
Cardington-Lincoln Local School District	15.1%
Highland Local School District	16.0%
Mount Gilead Exempted Village School District	22.4%
Northmor Local School District	18.3%

Data are from 2023-2024

Ohio School Report Cards provide a snapshot of district and school performance on five components: Achievement, Progress, Gap Closing, Early Literacy, and Graduation. Ratings are given on a scale of 1 to 5 stars; 3 stars indicate that expectations are being met. With a few exceptions, the districts are meeting or exceeding expectations. Overall ratings remained unchanged from the previous year for all districts except for Highland Local which decreased from 4.5 to 3.5 stars.

Ohio School Report Cards⁴

	Morrow County					
	Overall Rating	Achievement	Progress	Gap Closing	Graduation	Early Literacy
Cardington-Lincoln Local School District	3.5	3	2	3	5	3
Highland Local School District	3.5	3	2	4	4	4
Mount Gilead Exempted Village School District	4.0	3	5	4	3	1
Northmor Local School District	4.5	4	5	5	5	3

Data are from 2023-2024

Neighborhood and Physical Environment

Neighborhood and environment refer to what extent individuals feel safe in their community and how the environment influences their quality of life.

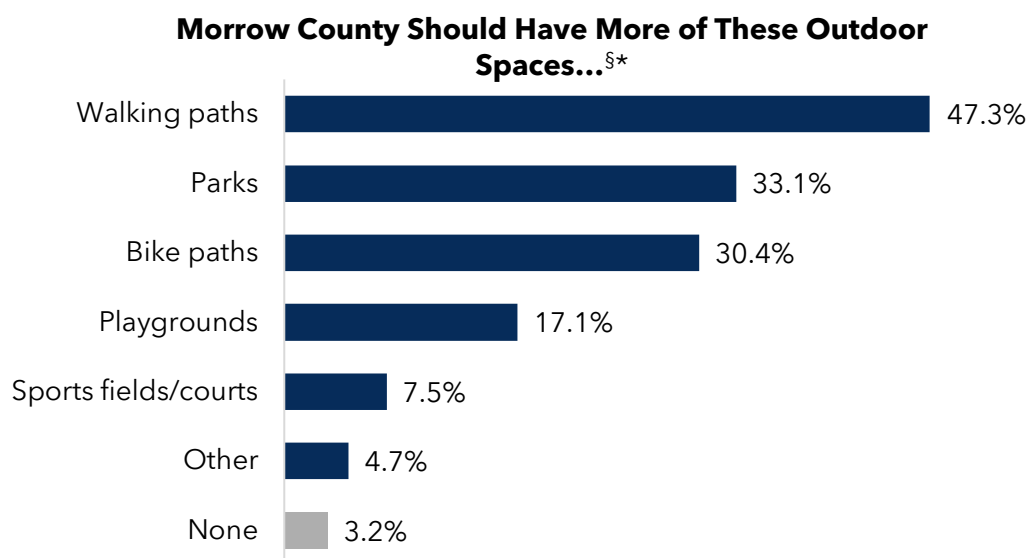
Rates of different types of violent crime and property crime are shown in the next table. Overall, the violent crime and property crime rates in Morrow County are much lower than in the state of Ohio. The rate of murder in Morrow County meets the *Healthy People 2030* target of 5.5/100,000.¹

Violent and Property Crime²

		Morrow County		Ohio	
		Count	Rate*	Count	Rate*
Violent crime total		63	2.1	54,706	5.7
Violent Crime	Murder / Non-negligent manslaughter	2	0.1	1,023	0.1
	Rape	11	0.4	13,665	1.4
	Robbery	0	0.0	6,637	0.7
	Aggravated assault	50	1.6	33,381	3.5
	Property crime total	103	3.9	205,315	21.2
Property Crime	Burglary / Breaking and entering	29	0.9	29,168	3
	Larceny/Theft	58	1.8	146,037	15.1
	Motor vehicle theft	16	0.5	29,012	3.0
	Arson	0	0.0	1,098	0.1

*Rates are per 1,000 of the population

When residents were asked about the types of outdoor spaces they would like more of for physical and/or leisure activities, the most common answers were walking paths (47%), parks (33%) and bike paths (30%). The most commonly desired sports fields/courts include spaces to play basketball, pickleball, baseball, and tennis. The most commonly desired “other” spaces were indoor gyms/YMCAs and dog parks.



n=452

**Percentages may sum to higher than 100%; multiple responses were accepted*



Differences by age: Wanting more parks increases as age decreases: 15.0% for those 65 or older, 24.5% for those 55-64, 30.4% for those 45-54, 41.5% for those 35-44, and 57.9% for those under age 35.

Those under age 65 are more likely than those age 65 or older to want more bike paths: 36.3% vs. 10.4%.

Wanting more playgrounds increases as age decreases: 1.7% for those 65 or older, 2.4% for those 55-64, 7.7% for those 45-54, 18.9% for those 35-44, and 52.6% for those under age 35.

Differences by household: Those with children in the household are more likely than those without children in the household to want more playgrounds: 42.6% vs. 4.5%.

Differences by income: Those with an annual household income of \$75,000 or more are more likely than those with an annual household income of less than \$75,000 to want more walking paths: 58.6% vs. 34.3%.

Differences by gender: Females are more likely than males or other genders to want more walking paths: 58.2% vs. 37.6%.

Differences by education: Wanting more walking paths increases as education increases: 41.6% for those with a high school degree / GED or less education, 51.4% for those with some college or associate degree, and 65.3% for those with a bachelor's degree or more education.

Wanting more parks varies by education: 26.0% for those with a high school degree / GED or less education, 31.5% for those with a bachelor's degree or more education, and 49.9% for those with some college or associate degree.

Health Care Access

This section discusses health care access in Morrow County, via the intersecting issues of health care affordability, availability, and utilization.

Health Care Affordability

Affordability of health care is a major determinant of an individual's willingness and ability to receive care necessary for the maintenance or improvement of their health. One factor of this affordability is the ability to utilize health insurance. About 11% of Morrow County residents don't have health insurance; this percentage is higher than the state of Ohio (6%).

Health Insurance Coverage by Age¹

		Morrow County	Ohio
Health Insurance Coverage	Total with health insurance	89.0%	93.7%
	Age 18 and under	86.4%	95.4%
	Adults age 19-64	87.1%	91.3%
	Adults age 65 and over	99.2%	99.5%

Data are from 2017-2021

Social Determinants of Health

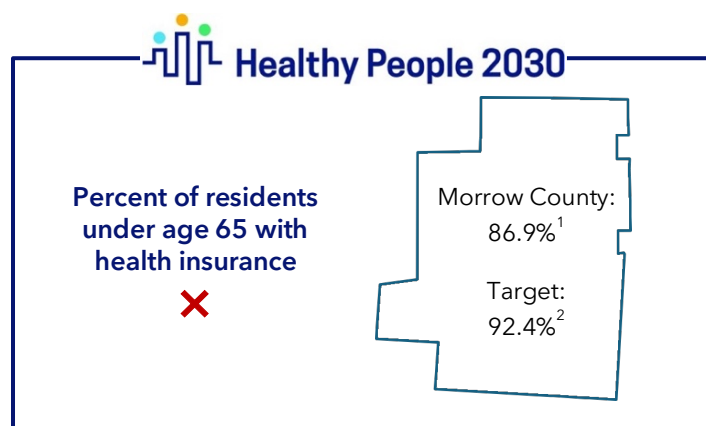
Among Morrow County residents with health insurance, employment-based insurance was the most common. Note that residents could have more than one type of health insurance. For example, someone with direct-purchase insurance may also have Medicare coverage.

Health Insurance Coverage¹

		Morrow County	Ohio
Private Health Insurance (alone or in combination)	Total with private health insurance coverage	66.6%	68.9%
	<u>Employer-based insurance</u>	54.5%	59.0%
	Age 18 and under	51.8%	58.5%
	Adults age 19-64	63.4%	66.3%
	Adults age 65 and over	28.1%	33.5%
	<u>Direct-purchase insurance</u>	13.5%	11.9%
	Age 18 and under	4.6%	5.3%
	Adults age 19-64	9.1%	8.8%
	Adults age 65 and over	40.7%	32.5%
	<u>Tricare/military insurance</u>	1.7%	1.7%
	Age 18 and under	1.0%	1.4%
	Adults age 19-64	1.2%	1.2%
	Adults age 65 and over	4.4%	3.6%
	Total with public health insurance coverage	36.0%	37.3%
Public Health Insurance (alone or in combination)	<u>Medicare coverage</u>	19.0%	18.7%
	Age 18 and under	0.5%	0.5%
	Adults age 19-64	4.2%	4.2%
	Adults age 65 and over	94.8%	96.2%
	<u>Medicaid/means-tested coverage</u>	18.1%	20.6%
	Age 18 and under	33.9%	36.2%
	Adults age 19-64	15.6%	17.3%
	Adults age 65 and over	5.3%	9.5%
	<u>VA health care coverage</u>	2.5%	2.3%
	Age 18 and under	0.0%	0.1%
	Adults age 19-64	1.5%	1.6%
	Adults age 65 and over	9.6%	7.7%

Data are from 2017-2021

Morrow County does not meet the *Healthy People 2030* target of 92.4% percent of residents under age 65 with health insurance.



Health Resource Availability

The availability of health resources within the community is another determinant of health care access. The next table shows the ratios of health practitioners to residents in Morrow County and Ohio. The ratio of Morrow County primary care physicians (both MDs and DOs) is 1 to every 5,890 residents. There are far fewer primary care providers per resident in Morrow County compared to the state of Ohio as a whole. Morrow County also has fewer dentists and mental health providers per resident, compared to Ohio overall.

Additionally, in 2023 the March of Dimes considered Morrow County to be a maternity care desert due to the lack of hospitals and birth centers in the county offering obstetric care, and the lack of obstetric providers in the county (i.e., obstetricians, family physicians who provide obstetric care, and certified nurse midwives/certified midwives).³

Ratio of Providers to Population⁴

	Morrow County Ratio	Ohio Ratio
Primary care physicians*	1:5,890	1:1,290
Other primary care providers**	1:3,540	1:830
Dentists	1:7,080	1:1,570
Mental health providers***	1:1,690	1:350

Data are from 2019-2021 *Physicians (MDs and DOs) specializing in general practice medicine, family medicine, internal medicine, and pediatrics
 Nurse practitioners, physician assistants, and clinical nurse specialists *Psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, mental health providers that treat alcohol and other drug abuse, and advanced practice nurses specializing in mental health care

A majority of respondents (68.3%) have traveled outside of Morrow County in order to receive some type of health care in the past 12 months. Those who have traveled outside of Morrow County for health care in the past year have most commonly done so for specialty care (40%), dental care (33%), and primary care (31%).

Health Care Received Outside of Morrow County in Past Year^{\$*}

	Morrow County (n=297)
Specialty care	39.6%
Dental care	33.0%
Primary care	30.7%
All health care	14.2%
Emergency/Urgent care	10.1%
Vision care	10.0%
Diagnostic services	9.5%
Surgery/procedure	5.6%
Mental health care	4.1%
Unspecified/other	11.7%

^{*}Of those who provided a response to a type of health care they traveled outside of Morrow County for. Percentages may sum to higher than 100%; multiple responses were accepted.



Differences by education: Those with a bachelor's degree or more education are more likely than those with an associate degree or less education to travel outside of Morrow County for health care: 86.1% vs. 64.8%.

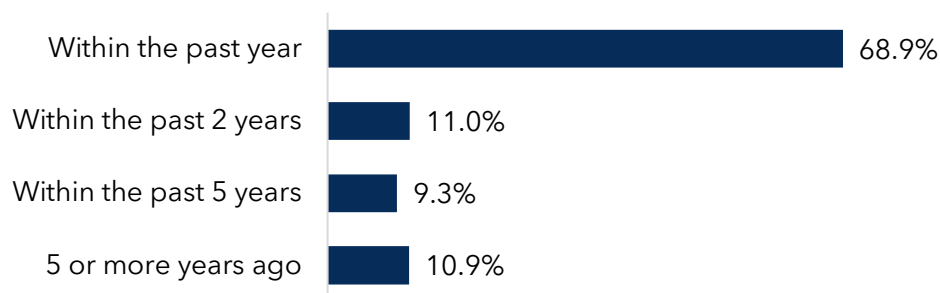


Percentage of respondents age 19 and older who traveled outside of Morrow County for health care in the past year in 2019: 94%; in 2023: 68%

Health Care Utilization

A majority of respondents (69%) visited a doctor for a routine checkup within the year before taking the survey.

Amount of Time Since Last Visiting Doctor for a Routine Checkup^{\$}



n=446



Differences by age: Visiting a doctor for a checkup in the past year increases as age increases: 41.8% for those under age 35, 54.1% for those 35-44, 71.7% for those 45-54, 80.2% for those 55-64, and 92.7% for those age 65 or older.



Percentage of respondents age 19 and older reporting visiting a doctor in the past year for a routine checkup in 2019: 67%; in 2023: 69%.

Percentage of respondents age 19 and older reporting visiting a doctor for a routine checkup five or more years ago in 2019: 6%; in 2023: 11%

More than a quarter (27.8%) of respondents delayed getting some sort of necessary physical health care in the past year. The most common reasons for delaying were not being able to afford the co-pay (8%) and not having insurance (8%). The most common “other” reason provided for delaying was difficulty finding a good time to go to the doctor.

Reasons for Delaying Needed Physical Health Care in Past Year^{S*}

	Morrow County (n=452)
Could not afford the co-pay	8.2%
Did not have insurance	7.9%
Could not schedule appointment soon enough	6.4%
Unable to schedule an appointment	5.7%
Did not have transportation	2.3%
Could not access telehealth care	1.1%
To avoid exposure to COVID-19	0.9%
To avoid spreading COVID-19	0.1%
Other	5.6%
Did not delay getting needed health care	72.9%

*Percentages may sum to higher than 100%; multiple responses were accepted



Differences by age: Those under age 45 were more likely to delay physical health care than those age 45 or older: 41.4% v. 19.3%.

About a fifth (20%) of all respondents delayed getting some sort of necessary mental health care in the past year. The most common reasons selected for delaying were lack of knowledge about available services (6%), cost (6%), and finding a provider with availability (6%). The most common “other” reason provided for delaying was difficulty finding a good time to go.

Reasons for Delaying Needed Mental Health Care in Past Year^{S*}

	Morrow County (n=452)
Unsure what services were available	6.0%
Could not afford the care	5.9%
Difficulty finding a provider with availability	5.9%
Uncomfortable admitting a mental health issue	4.1%
To avoid exposure to COVID-19	0.9%
To avoid spreading COVID-19	0.2%
Other	4.1%
Did not delay getting needed mental health care	80.4%

**Percentages may sum to higher than 100%; multiple responses were accepted*



Differences by age: Not delaying mental health care in the past year increases as age increases: 64.5% for those under age 35, 78.7% for those 35-44, 79.8% for those 45-54, 82.2% for those 55-64, and 94.0% for those age 65 or older.

Around 13% of respondents reported that they needed prescriptions filled in the past 12 months, but did not fill them. The most common reasons why were not having insurance (6%) and not being able to afford the co-pay (6%). The most common “other” reason for delaying was medication shortage.

Reasons Residents Didn't Fill Prescriptions^{S*}

	Morrow County (n=452)
Didn't have insurance	6.0%
Couldn't afford the co-pay	5.8%
Didn't have transportation	<0.1%
Other	2.4%
No/Not applicable	89.1%

**Percentages may sum to higher than 100%; multiple responses were accepted*

The U.S. Preventive Services Task Force (USPSTF) recommends that women between 40 and 74 years of age should get mammograms to screen for breast cancer every other year.⁵ The next table displays the amount of time since having the last mammogram for women age 40 to 74 who completed the survey. A majority of these women have had a mammogram within the past 2 years (86%); only 1% of them have never had a mammogram.

Amount Of Time Since Having Last Mammogram (Women Age 40 to 74)[§]

	Morrow County (n=123)
Within the past year	75.8%
Within the past 2 years	10.5%
Within the past 3 years	1.9%
Within the past 5 years	4.1%
5 or more years ago	6.2%
Never	1.4%



Percentage of women respondents over the age of 40 who had a mammogram in the past year in 2019: 50%; in 2023: 73%.

According to the Mayo Clinic, doctors normally recommend Pap tests every three years for women age 21 to 65.⁶ The next table displays the amount of time since having the last test for women age 21 to 65 who completed the survey. A majority of these women have had a Pap test within the past three years (82%); only 7% have never had a Pap test in their lifetime.

Amount Of Time Since Having Last Pap Test (Women Age 21 to 65)[§]

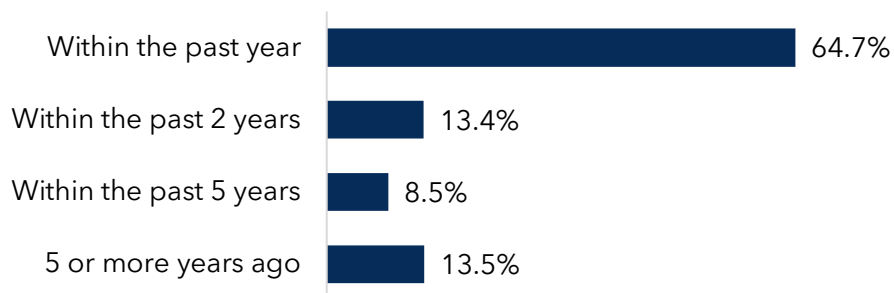
	Morrow County (n=165)
Within the past year	54.8%
Within the past 2 years	15.5%
Within the past 3 years	11.3%
Within the past 5 years	2.2%
5 or more years ago	9.7%
Never	6.5%



Percentage of women respondents age 21-65 who had a pap test in the past 3 years in 2019: 76%; in 2023: 82%.

A majority of respondents (65%) visited a dentist within the year before taking the survey; 14% have not seen a dentist in the past 5 years.

Amount of Time Since Last Visiting Dentist for any Reason§



n=442



Differences by education: Visiting a dentist in the past year increases as education increases: 58.3% for those with a high school degree / GED or less education, 67.9% for those with some college or associate degree, and 82.5% for those with a bachelor's degree or more education.

Differences by income: Visiting a dentist in the past year increases as household income increases: 52.6% for those with income less than \$50,000, 60.8% for those with income between \$50,000 and \$74,999, 68.6% for those with income between \$75,000 and \$99,999, and 77.7% for those with income of \$100,000 or more.



Percentage of respondents age 19 and older reporting visiting a dentist in the past year in 2019: 65%; in 2023: 65%.

Percentage of respondents age 19 and older reporting visiting a dentist five or more years ago in 2019: 13%; in 2023: 14%.

Other Health Resource Access Issues

The internet is an important resource for accessing information about health issues and accessing medical care through virtual telehealth visits with providers. However, some residents of Morrow County do not have access to this resource: 6% of residents in the county do not have access to a computer, and 13% do not have access to the internet.

Households' Internet Access Availability

		Morrow County	Ohio
Access to a Computer⁷	With a computer	93.9%	93.6%
	<i>With dial-up internet subscription alone*</i>	0.2%	0.2%
	<i>With a broadband internet subscription*</i>	90.8%	94.0%
	<i>Without an internet subscription*</i>	9.0%	5.8%
	Without a computer	6.1%	6.4%
Access to Internet Subscription¹	With an internet subscription	84.8%	86.5%
	Dial-up only**	0.2%	0.3%
	Cellular data with no other type of internet**	18.0%	12.0%
	Broadband, such as cable, fiber optic, or DSL**	67.7%	83.4%
	Satellite internet service**	16.0%	7.1%
	Internet access without a subscription	2.0%	2.4%
No internet access		13.1%	11.1%

Data are from 2017-2021 *Denominator is total number of households with a computer **Denominator is total number of households with an internet subscription

Morrow County Area Transit (MCAT) is the one public transportation system operating in the County.⁸ Community leaders mentioned that it can be very useful, but that there are some limitations to the system such as limited hours.

Behavioral Risk Factors

This section describes behaviors of Morrow County residents that may impact their health outcomes.

Key Findings

Weight, Nutrition, and Physical Activity

Over three quarters of Morrow County residents qualify as overweight or obese according to BMI estimates.

A majority of residents do not think accessing fresh fruits and vegetables is difficult, and report having eaten vegetables and fruit in the past week.

Community leaders, however, expressed concern over a lack of access to healthy food, and how this contributes to poor diets and obesity among residents.

A majority of Morrow County residents reported participating in physical activity at least once during the past week. Community leaders mentioned the variety of physical activity opportunities available to county residents.

The following symbols indicate the presence of:



: a difference in responses between demographic groups of respondents

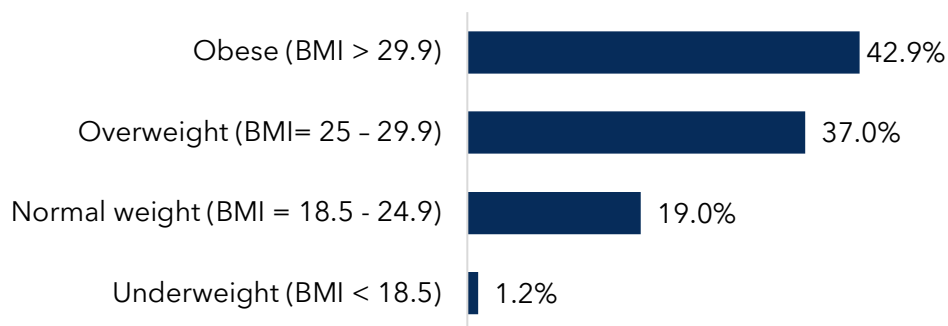


: a comparison between responses to the 2019 adult survey and 2023 adult survey

Weight

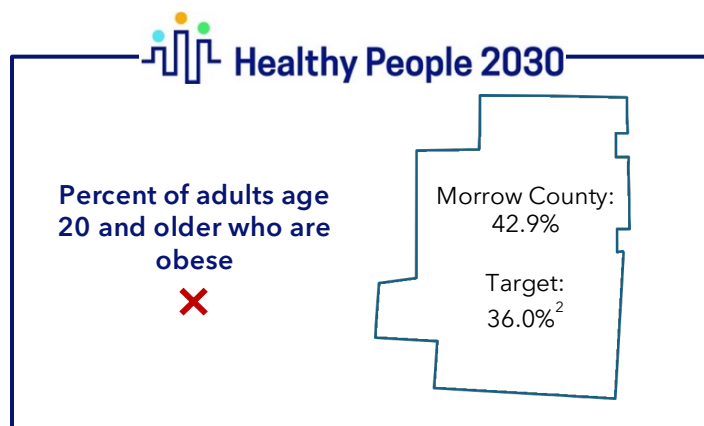
According to Body Mass Index (BMI)¹ measurements, 37% of Morrow County adult respondents are overweight and 43% of respondents are obese. The percent of obese residents age 20 and older in Morrow County (42.9%) does not meet the *Healthy People 2030* target of 36.0%.

Adult Body Mass Index^s



n=420

⌚ Percentage of respondents age 19 and older who are classified as overweight or obese according to BMI in 2019: 74%; in 2023: 80%.

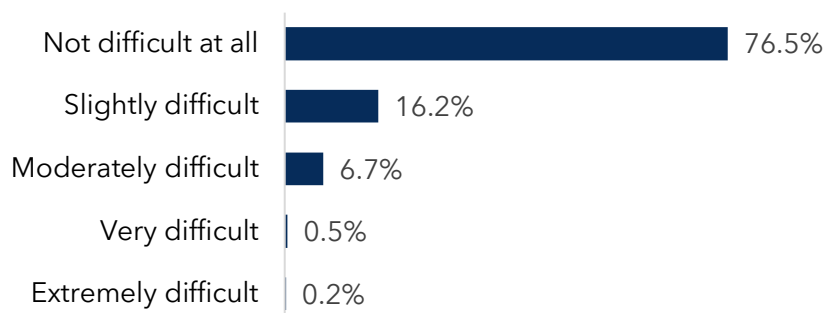


BMI is just one measure of physical health. Age, sex, ethnicity, and muscle mass can influence the way BMI correlates with actual levels of body fat.³ For example, a trained athlete may have a higher BMI due to increased muscle mass and may be deemed healthy by other measurements. Other ways to measure health are shown next, in the form of nutrition and physical activity.

Nutrition

Over three-quarters (77%) of Morrow County residents reported it was not difficult at all to access fresh fruits and vegetables.

Difficulty of Getting Fresh Fruits and Vegetables[§]



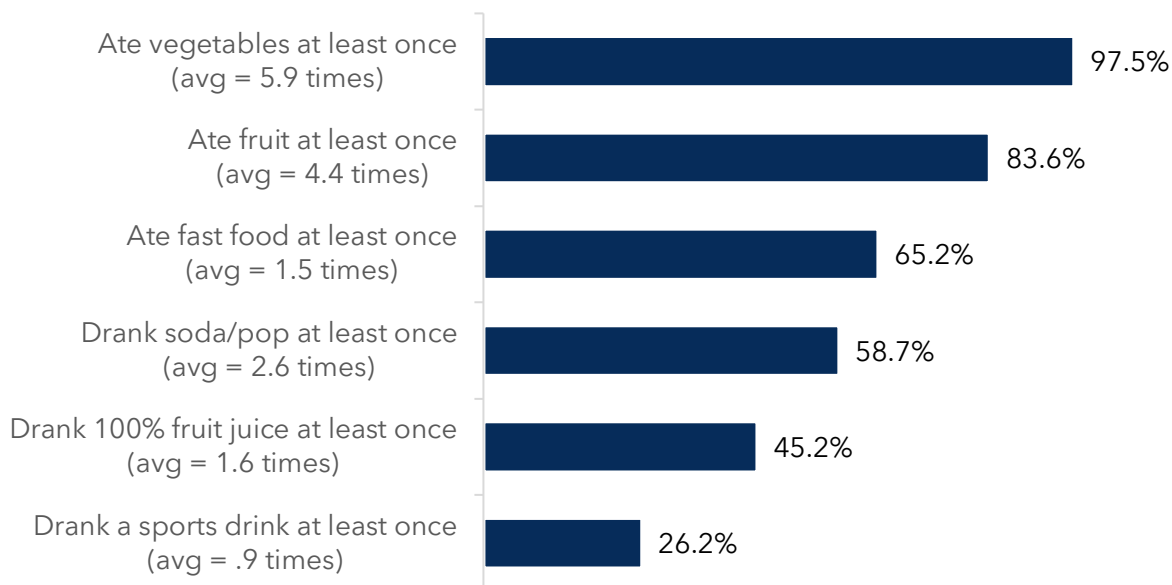
n=437



Differences by age: Those under age 45 are more likely than those age 45 or older to report that it is at least slightly difficult to get fresh fruits and vegetables: 34.2% vs. 17.1%.

According to U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS), nutrient-dense foods such as fruits and vegetables are core elements of a healthy diet.⁴ A majority of Morrow County residents reported eating vegetables (98%) and fruit (84%) at least once in the past week. A majority also reported eating fast food (65%) and drinking soda (59%) in the past week.

Eating Habits in the Past Week[§]



average n=429



Differences by education: Those with a bachelor's degree or more education are more likely than those with an associate degree or less education to eat vegetables in the past week: 7.5 vs. 5.6 times.

Those with an associate degree or more education are more likely than those with a high school degree / GED or less education to eat fruit in the past week: 5.2 vs. 3.7 times.

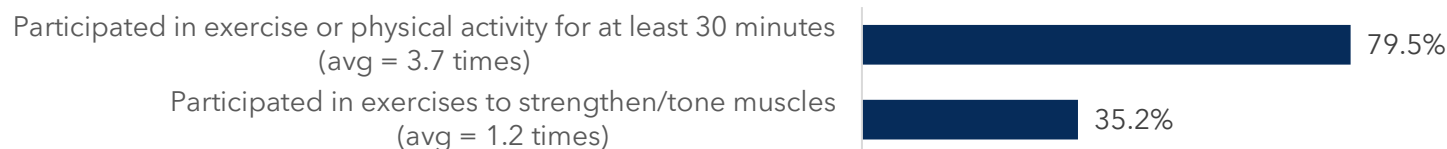
Differences by gender: Females are more likely than males or other genders to eat fruit in the past week: 4.7 vs. 4.1 times.

Differences by location: Eating fruit in the past week varies by residence within Morrow County: 4.2 times for those who live in Marengo, 2.9 times for those in Cardington, 6.2 times for those in Mt. Gilead, and 3.8 times for those who live somewhere else in the county.

Physical Activity

A majority (80%) of Morrow County respondents said they participated in physical activity at least once during the past week. On average, Morrow County adults participated in physical activity 3.7 times.

Physical Activity in Past Week^s



average n=440



Differences by age: Those under age 45 are more likely than those age 45 or older to engage in physical activity in the past week: 4.5 vs. 3.1 times.

Differences by gender: Males or other genders are more likely than females to engage in physical activity in the past week: 4.1 vs. 3.2 times.

Differences by location: Engaging in physical activity in the past week varies by residence within Morrow County: 2.9 times for those who live in Marengo, 3.2 times for those in Cardington, 3.9 times for those in Mt. Gilead, and 4.1 times for those who live somewhere else in the county.

The 2023 Morrow County survey also measured how community members spend their time. Residents reported sleeping an average of 7 hours a night, and spending an average of 3 hours each watching television and using the internet.

Average Daily Hours Spent on TV, Internet, and Sleep^s

	Morrow County (average n=440)
Average hours per day watching television	3.0
Average hours per day on the Internet	3.2
Average hours of sleep each night	6.9



Differences by age: Watching television generally increases as age increases: 1.7 hours for those age 18-34, 3.0 hours for those 35-44, 2.5 hours for those 45-54, 3.5 hours for those 55-64, and 4.4 hours for those age 65 or older.

Those under age 65 are more likely than those age 65 or older to use the Internet: 3.6 vs. 2.2 hours.

Differences by income: Those with an annual household income of less than \$75,000 are more likely than those with an annual household income of \$75,000 or more to watch television: 3.6 vs. 2.3 hours.

Those with an annual household income of \$100,000 or more are more likely than those with an annual household income of less than \$100,000 to use the Internet: 4.2 vs. 2.8 hours.



Average number of hours respondents 19 and older spent watching TV on an average day in 2019: 2.5; in 2023: 3.0.

Mental Health and Substance Misuse

The 2023 Community Health Assessment also measured mental health and substance misuse, important components of overall health.

Key Findings

Mental and Social Health

Over a third of residents reported having at least one poor mental health day in the past month. However, a majority of adult respondents feel they always or usually get the social and emotional support they need.

Community leaders mentioned that mental health stigma still prevents some residents from seeking mental health care services, but that it seems to be less prevalent among younger people.

Community leaders, school staff, and teenagers expressed concern about the mental health of county youth, particularly as it relates to anxiety and depression.

Substance Misuse

Around 11% of adults smoke cigarettes every day, and Morrow County does not meet the *Healthy People 2030* target for current adult smokers. Community leaders and school staff are concerned about the amount of vaping seen among young people.

Over a third of respondents know someone with a substance misuse problem in the community. Community leaders discussed how an individual's substance use can be related to mental illness and the hardships of rural life, and how it can negatively affect the entire family.

The following symbols indicate the presence of:



: a difference in responses between demographic groups of respondents



: a comparison between responses to the 2019 adult survey and 2023 adult survey

Mental and Social Health

According to the survey, 18% of Morrow County respondents have been diagnosed with a depressive disorder and 22% have been diagnosed with an anxiety disorder.

Diagnoses of Mental Health Conditions^s



n=452



Differences by age: Those age 18-34 are more likely to report a depressive disorder diagnosis and those age 65 or older are less likely: 38.7% for those age 18-34, 12.9% for those age 35-44, 14.1% for those age 45-54, 16.0% for those age 55-64, and 3.5% for those age 65 or older.

Those under age 35 are more likely than those age 35 or older to report an anxiety disorder diagnosis: 34.9% vs. 17.9%.

Differences by gender: Females are more likely than males or other genders to report an anxiety disorder diagnosis: 29.9% vs. 13.4%.

Over a third of respondents (38%) indicated that they had at least one poor mental health day in the past month; overall, the average number of poor mental health days reported was 3.0 days.



Percentage of respondents age 19 and older who had four or more poor mental health days in the past month in 2019: 26%; in 2023: 25%.

Average number of days mental health was not good in the past month in 2019: 3.9; in 2023: 3.0

Mental Health and Substance Misuse

About 20% of adults in Morrow County indicated that, in the past month, they had at least one poor mental health day that affected their usual activities. The average number of days this occurred in the past month was 6.4.



Differences by income: Those with an annual household income of less than \$50,000 are more likely than those with an annual household income of \$50,000 or more to have at least one poor mental health day that affected usual activities: 29.2% vs. 15.4%.

Differences by location: Those who live outside of Marengo are more likely than those who live in Marengo to have at least one poor mental health day that affected usual activities: 23.0% vs. 5.9%.

The table below presents suicide deaths from 2018-2020. Few Morrow County survey respondents (1.4%) reported seriously considering attempting suicide in the past 12 months.

Suicide¹

	Morrow County		Ohio	
	Count	Rate*	Count	Rate*
Suicides	16	**	5,288	15.1

Data are from 2018-2020 *Rate per 100,000 population **Rate is unreliable



Percentage of respondents age 19 and older who considered attempting suicide in the past year in 2019: 6%; in 2023: 1%.

A majority of survey respondents (75%) feel they always or usually get the social and emotional support they need.

Social and Emotional Support Received[§]

	Morrow County (n=447)
Always	36.6%
Usually	38.1%
Sometimes	13.7%
Rarely	6.6%
Never	5.1%

Domestic Violence and Child Abuse

The following table presents domestic violence incidents in 2022. Total incidents include DVI charge, other charge, and no charge.

Domestic Violence

	Morrow County	Ohio
Domestic violence incidents²	250	66,655
DVI charge	78	30,199
Other charge	7	2,739
No charge	165	33,717
Total victims³	250	56,662
Victim with injury	61	22,779
	24.4%*	40.2%*

Data are from 2022 *Percentage of all people involved in incidents who were injured

The following table presents the number of child abuse reports in 2022. Note that this may not be accurate to the total counts of child abuse, which may be underreported.

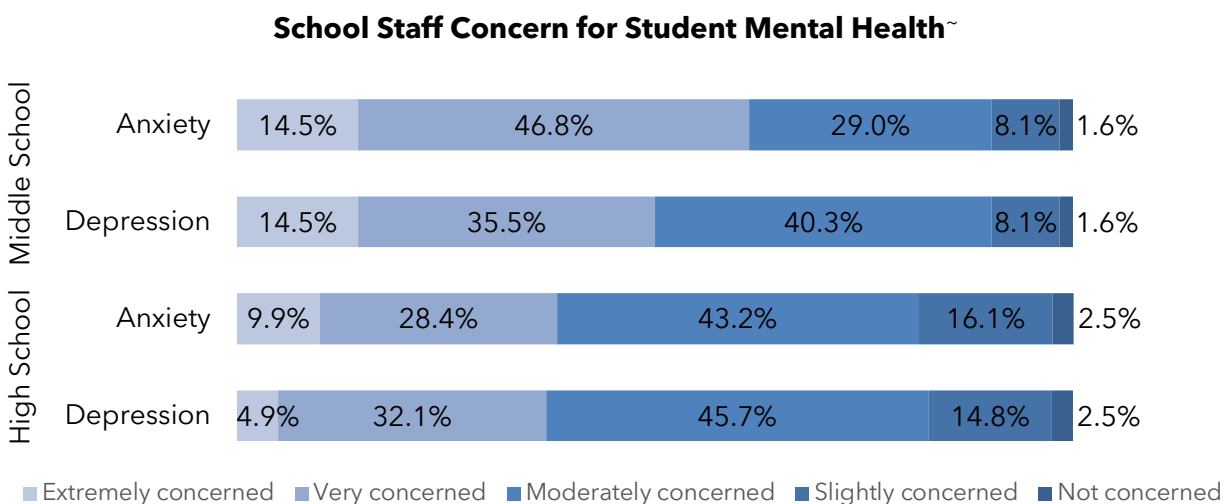
Child Abuse⁴

	Morrow County Count	Ohio Count
Total child abuse reports	224	90,755
Neglect	32%	24%
Physical Abuse	21%	31%
Multiple Allegations	20%	20%
Family in Need of Services, Dependency, Other	14%	13%
Sexual Abuse	11%	9%
Emotional Maltreatment	0%	1%

Data are from 2022; specific counts were unavailable, percent rounded to nearest whole number by source *Denominator is total child abuse reports

Mental Health and Substance Misuse

Responses to the DAAP Coalition of Morrow County school staff survey indicate that a large majority of high school and middle school staff are moderately to extremely concerned about mental health issues affecting students, and students not getting the mental health, social, and emotional support they need.



HS n = 81, MS n = 62

School Staff Concern for Student Mental Health, Social, and Emotional Support Needs~

	Morrow County					
	High School (n=81)			Middle School (n=62)		
	Mental Health Care	Social/ Emotional Support from Adults	Social/ Emotional Support from Peers	Mental Health Care	Social/ Emotional Support from Adults	Social/ Emotional Support from Peers
Extremely concerned	8.6%	3.7%	1.2%	27.4%	14.5%	11.3%
Very concerned	30.9%	27.2%	28.4%	30.7%	29.0%	29.0%
Moderately concerned	33.3%	40.7%	43.2%	22.6%	43.6%	38.7%
Slightly concerned	17.3%	19.8%	21.0%	17.7%	9.7%	17.7%
Not concerned	9.9%	8.6%	6.2%	1.6%	3.2%	3.2%

As part of their Get Schooled survey, Mt. Gilead middle and high school students were asked about mental health concerns. Over half (59%) of students reported feeling anxious in the past month, and around one third reported suffering from emotional pain (33%) or depression (33%) in the past month.

Mt. Gilead Middle and High School Student Mental Health in Past 30 Days[^]



average n=278

Mt. Gilead middle and high school students were also asked about technology use and what behaviors they use as forms of escape. They indicated that, on average, they use a smartphone or tablet 8.5 hours a day for something other than school or work. And regarding forms of escape, smartphone use (45%) and gaming (41%) were the most common.

Mt. Gilead Middle and High School Student Forms of Escape^{^*}

	Morrow County n=324
Smartphone	45.1%
Gaming	41.4%
YouTube/streaming videos	24.7%
Excessive workouts	15.7%
Caffeine/sugar	12.0%
Overeating	9.6%
Smoking tobacco/vaping	3.1%
Illegals (weed, pills, others)	2.5%
Alcohol	1.9%

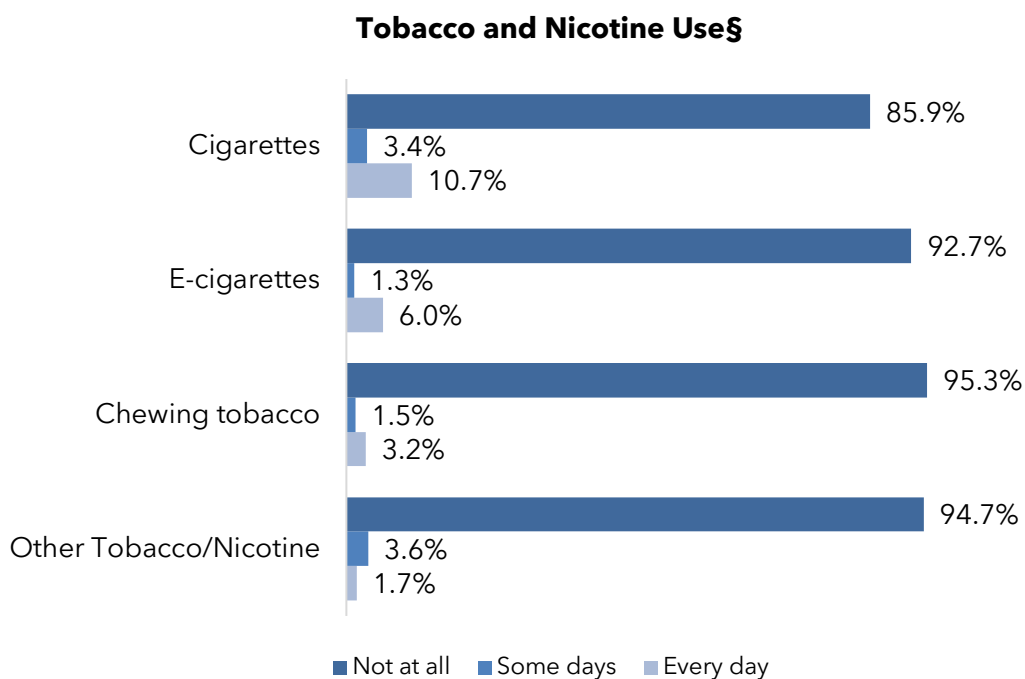
**Percentages may sum to higher than 100%; multiple responses were accepted*

Substance Misuse

Substance misuse can have major negative impacts on physical health and mental and social health. This section reports patterns of substance misuse in Morrow County.

Tobacco and Nicotine Use

In Morrow County, 40.6% of adults reported smoking at least 100 cigarettes in their lives. Among them, 65.0% are former smokers – they currently do not smoke cigarettes at all.



average n=440



Differences by education: Those with an associate degree or less education are more likely than those with a bachelor's degree or more education to have smoked at least 100 cigarettes: 45.4% vs. 15.1%.

Smoking cigarettes not at all increases as education increases: 80.7% for those with a high school degree / GED or less education, 89.8% for those with some college or associate degree, and 96.9% for those with a bachelor's degree or more education.

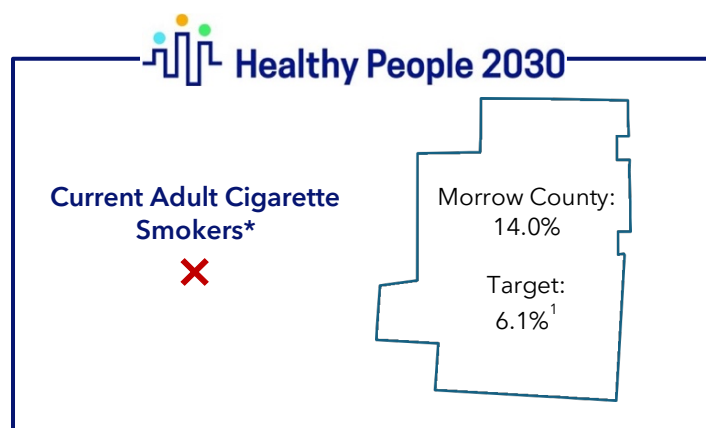
Differences by household¹: Those with children in the household are more likely than those without children in the household to smoke cigarettes every day: 19.9% vs. 6.2%.

Differences by location: Those who live in Marengo are more likely than those who live outside of Marengo to smoke cigarettes every day: 24.7% vs. 8.0%.

¹ This result is marginally significant.



Percentage of respondents age 19 and older who are current smokers in 2019: 13%; in 2023: 14%.



***Current Adult Cigarette Smokers* are those who have smoked at least 100 cigarettes in their lives and currently smoke every day or some days. The 14.0% listed above only includes those who answered both questions (100 cigarettes - lifetime and current smoking behavior).*

Marijuana Use

Few residents (11%) reported using marijuana in the past month; among those who did, the average number of days used was 23.5. Most reported using marijuana for solely medical reasons to treat symptoms of a medical condition (47.5%).

Marijuana Use in Past 30 days^s

		Morrow County
		(n=437)
Frequency of use	Used marijuana at least once	11.0%
	Average number of days	23.5
		(n=48)
Reason for use*	Medical reasons	47.5%
	Non-medical reasons	8.1%
	Both medical and non-medical reasons	44.4%

**Among those who reported using marijuana in the past month*

Over a third of respondents (35%) know someone in their community who has an abuse or addiction problem with alcohol, marijuana, prescription pain medication, and/or illegal drugs.

Know Anyone With A Drug Abuse Or Addiction Problem^{S*}

	Morrow County (n=452)
Alcohol	27.9%
Marijuana	18.0%
Prescription pain medication	13.3%
Methamphetamines	11.9%
Heroin	7.4%
At least one of the above	34.8%



Differences by age: Knowing someone with an alcohol problem increases as age decreases: 21.5% for those age 45 or older, 36.0% for those 35-44, and 43.1% for those under age 35.

Those under age 45 are more likely than those age 45 or older to know someone with a methamphetamine problem: 25.6% vs. 3.8%.¹

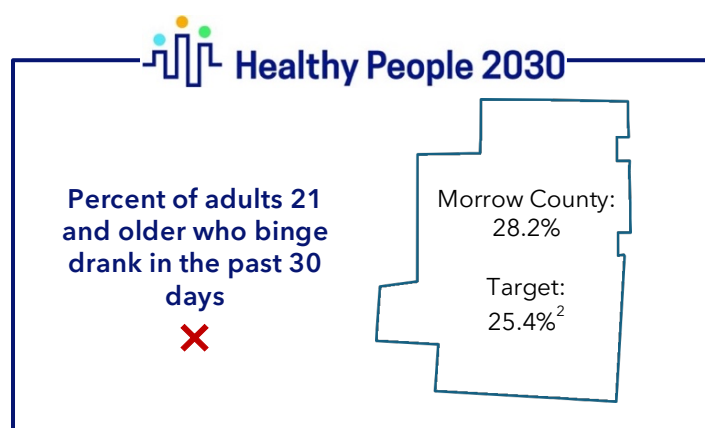
Alcohol Use and Abuse

Over a quarter of Morrow County adults (28%) reported binge drinking (i.e., five or more drinks on one occasion for men, four or more drinks on one occasion for women) at least once in the past month. Among those who binge drank, the average number of days on which they reported binge drinking was 9.3 days.



Percentage of respondents age 19 and older reporting binge drinking in the past month in 2019: 16%; in 2023: 28%.

¹ This regression is marginally significant.



Substance Misuse Injury and Death

In 2022, 48 Naloxone administrations (including Narcan) were recorded by EMS in Morrow County. For Ohio in the same time period, 38,286 administrations were recorded.³

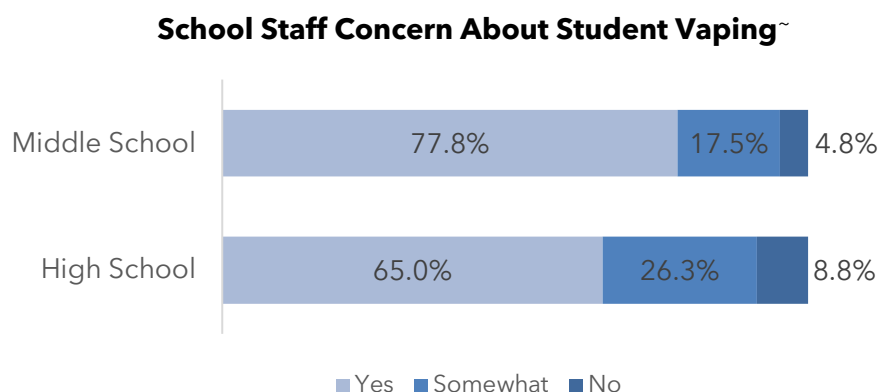
Morrow County has a higher rate of death from unintentional drug overdose overall compared to Ohio, including a higher rate of opiate overdose deaths. Note that these statistics do not indicate the overall prevalence of drug use or abuse among adults in Morrow County; rather, it only measures the extent to which such use results in death.

Deaths From Unintentional Drug Overdose

	Morrow County		Ohio	
	Count	Rate*	Count	Rate*
Total ⁴	16	54.8	5,017	45.6
Opiates (all) ⁵	13	45.9	4,308	39.5
Prescription opiates ⁵	11	38.7	4,266	39.1
Fentanyl and analogues ⁵	10	35.9	4,041	37.2
Psychostimulants including methamphetamine ⁵	6	**	1,062	9.9
Cocaine ⁵	5	**	1,231	10.9
Heroin ⁵	4	**	308	2.8
Alcohol (all types) ⁵	1	**	658	5.9
Benzodiazepines ⁵	1	**	420	3.8
Hallucinogens ⁵	1	**	119	1.1
Methadone ⁵	1	**	79	0.7
Barbiturates ⁵	0	**	15	0.1

Data are from 2020 *Rate per 100,000 population, age-adjusted **Rates based on counts of less than ten are considered unreliable

The DAAP Coalition of Morrow County school staff survey also included questions about student use of vaping, alcohol, marijuana, and other drugs. A majority of both middle school (78%) and high school (65%) staff consider student use of vapes a problem.



HS n=80, MS n=63

High school and middle school staff believe that less than half of students are regularly consuming alcohol, marijuana, or other drugs.

School Staff Estimates of Student Alcohol Use~

		Morrow County	
		High School (average n=80)	Middle School (n=63)
Estimated percentage of students who consume alcohol			
	0-20%	38.8%	66.7%
	21-40%	43.8%	28.6%
	41-60%	13.8%	3.2%
	61-80%	3.8%	1.6%
Estimated frequency of alcohol consumption (among student drinkers)			
	1-2 times a year	0.0%	25.4%
	Monthly	42.7%	42.9%
	Weekly	40.2%	22.2%
	Other	17.1%	9.5%
Estimated percentage of students who binge drank in the past two weeks*			
	0-20%	71.8%	90.5%
	21-40%	23.1%	7.9%
	41-60%	5.1%	0.0%
	61-80%	0.0%	1.6%

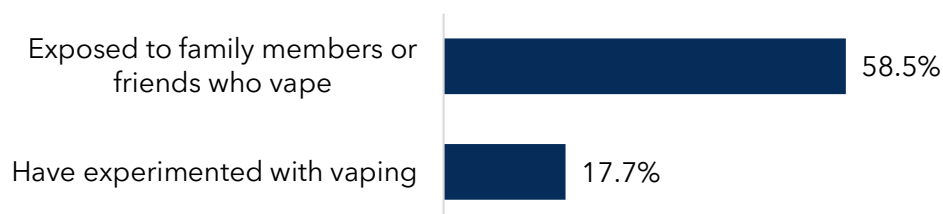
*Consumed five or more drinks in a row on at least one occasion

School Staff Estimates of Student Drug Use~

		Morrow County			
		High School (average n=80)		Middle School (average n=63)	
		Marijuana	Other Drugs	Marijuana	Other Drugs
Estimated percentage of students who use marijuana or other illicit drugs					
	0-20%	58.2%	91.5%	71.4%	93.7%
	21-40%	32.9%	6.1%	23.8%	3.2%
	41-60%	8.9%	2.4%	3.2%	3.2%
	61-80%	0.0%	0.0%	1.6%	0.0%
Estimated frequency of drug use (among student users)					
	1-2 times per year	5.1%	32.1%	14.5%	54.8%
	Monthly	27.9%	32.1%	27.4%	14.5%
	Weekly	31.7%	18.0%	27.4%	9.7%
	Multiple times per week	26.6%	6.4%	11.3%	8.1%
	Daily	8.9%	0.0%	12.9%	0.0%
	Other	0.0%	11.4%	6.5%	12.9%

As part of their Get Schooled survey, Mt. Gilead middle and high school students were asked about vaping. Over half (59%) of students have a friend or family member who vapes, and 18% have experimented with vaping.

**Mt. Gilead Middle and High School Student
Exposure to Vaping^**



n=260

The next table shows the counts of motor vehicle crashes, including those involving alcohol and/or drugs. Since the motor vehicle deaths count is too low to compute a reliable rate, it is undetermined whether the *Healthy People 2030* target of 10.1/100,000⁶ is being met.

Motor Vehicle Activity

	Morrow County Count	Ohio Count		
Total alcohol or drug related crashes ⁷	43	11,822		
Total alcohol or drug related injuries ⁷	25	7,062		
	Count	Rate	Count	Rate
Motor vehicle deaths ⁸	10	**	1,295	N/A
Alcohol or drug related motor vehicle deaths ⁷	6	**	731	N/A
Alcohol related motor vehicle deaths ⁸	3	**	425	N/A
Motor vehicle OVI activity calls for service ^{9*}	1,504		60,788	

Data are from 2022 *Includes calls for service: Reckless/OVI **Rates based on counts of less than ten are considered unreliable

Maternal and Infant Health

This section reviews maternal and infant health in Morrow County.

Key Findings

Maternal and Infant Health

The percentage of pre-term births in Morrow County is about the same as Ohio, and is close to meeting the *Healthy People 2030* target of 9.4%.

The following symbols indicate the presence of:



: a difference in responses between demographic groups of respondents



: a comparison between responses to the 2019 adult survey and 2023 adult survey

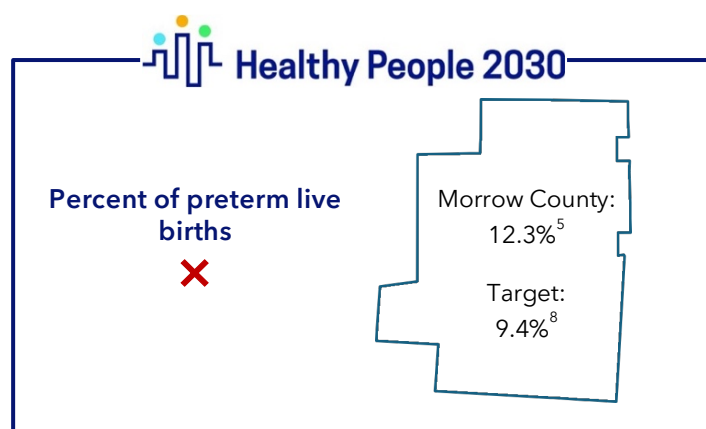
Maternal and Infant Health

The next table presents birth and infant health data. The count of total infant deaths is too low to compute a reliable rate, therefore it is undetermined whether the *Healthy People 2030* target of 5.0/1,000 is met.¹

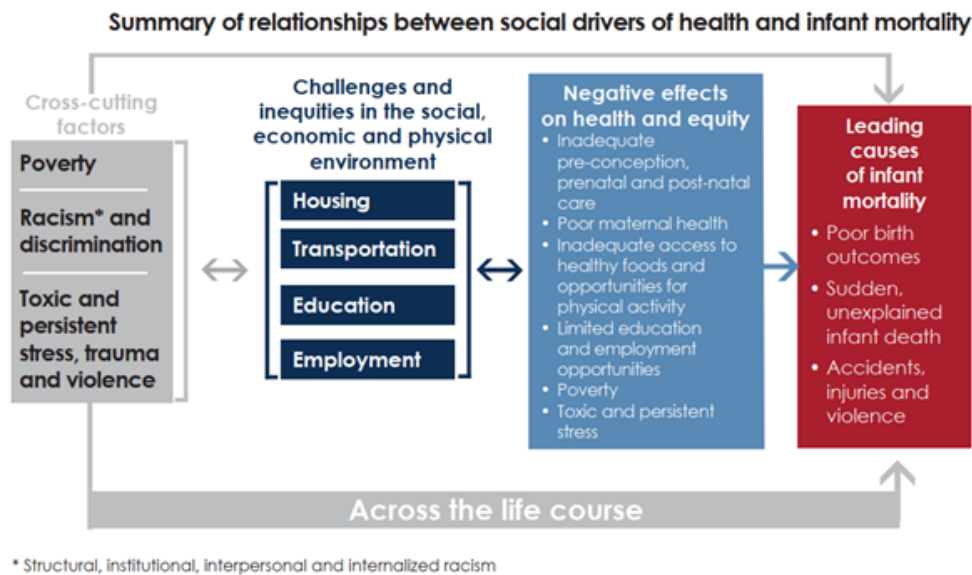
Infant Health Indicators

		Morrow County Count		Ohio Count	
Total Births²		350		129,313	
		Count	Rate	Count	Rate
Infant Mortality Rate^{3*}	Total	3	**	864	6.7
		Count	Percent	Count	Percent
Low Birth Weight⁴	Low birth weight babies (1500g-2499g)	30	8.6%	9,163	7.1%
	Very low birth weight babies (<1500g)	7	2.0%	1,805	1.4%
Preterm Births⁵	Preterm births (<37 weeks)	43	12.3%	13,328	10.3%
Tobacco Use⁶	Cigarette use during 3 rd trimester	51	14.6%	11,948	9.2%
Neonatal Abstinence Syndrome (NAS)^{7***}	Hospitalizations for Neonatal Abstinence Syndrome (NAS) (2018-2022)	17	--	8,085	--

Data are from 2018-2022 *Rate per 1,000 live births **Rates based on counts of less than 10 are unreliable. ***Counts may not reflect unique individuals, as individuals may have been hospitalized multiple times for NAS.



Ohio ranks among the top 10 states in the US with the highest infant mortality rates.⁹ Policymakers and community leaders have been working for years to reduce this rate, and Health Policy Institute of Ohio recently provided recommendations for improving socio-economic factors that contribute to infant mortality.¹⁰ Part of their focus is an examination of how a factor such as poverty interacts with challenges in a community like employment and/or housing to influence leading causes of infant mortality:



Community leaders acknowledge that there are county residents who have difficulty affording basic needs. This type of affordability crisis can contribute to leading causes of infant mortality.

According to the Ohio Department of Job and Family Services there are currently 3 licensed childcare centers in Morrow County. There are 4,146 in the state.¹¹

Death, Illness, and Injury

This section presents the leading causes of death, illness, and injury for residents of Morrow County.

Key Findings

General Health

A majority of Morrow County respondents reported that in general their health is “good,” or “very good.”

Less than half of respondents reported having at least one poor physical health day in the past month. Over a quarter of respondents indicated that they had at least one poor physical health day that affected their usual activities in the past month.

Illness and Mortality

Heart disease is the leading cause of death in Morrow County, followed by cancer. Prostate cancer and breast cancer have the highest incidence rates in Morrow County; lung cancer has the highest cancer mortality rate in the county.

The most common chronic health conditions reported by respondents were high blood pressure and high blood cholesterol.

The following symbols indicate the presence of:



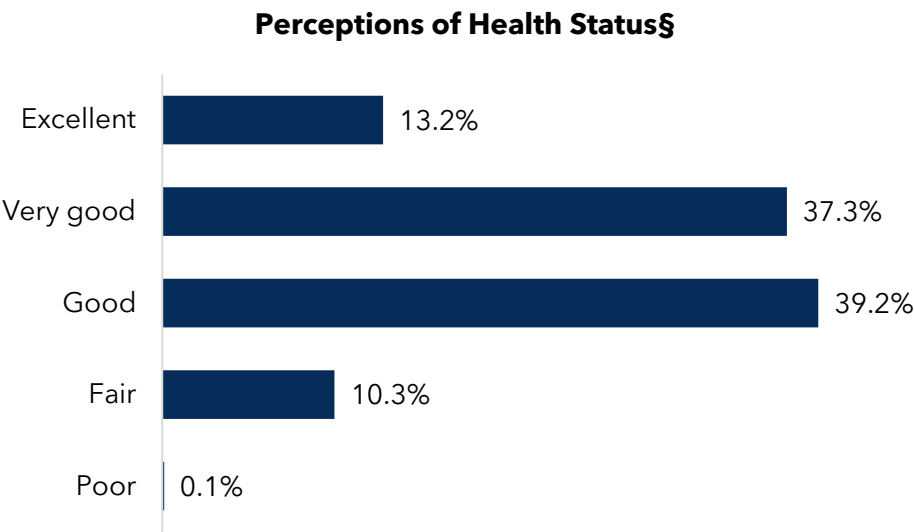
: a difference in responses between demographic groups of respondents



: a comparison between responses to the 2019 adult survey and 2023 adult survey

General Health

A majority of Morrow County adult respondents report that in general their health is good or very good (77%).



n=449



Differences by income: Those with an annual household income of \$50,000 or more are more likely than those with an annual household income of less than \$50,000 to report having very good or excellent health: 58.3% vs. 34.5%.



Percentage of respondents age 19 and older who reported having very good or excellent health in 2019: 48%; in 2023: 51%.

Percentage of respondents age 19 and older who reported having fair or poor health in 2019: 14%; in 2023: 10%.

Less than half (42%) of Morrow County respondents reported having at least one poor physical health day in the past 30 days; overall, the average number of days reported was 3.

Poor Physical Health Days in the Past 30 Days§

	Morrow County (n=434)
Percent who had poor physical health days	41.7%
Average number of poor physical health days	3.0

- 

Differences by age: Those age 55 or older are more likely than those under age 55 to have more poor physical health days: 4.3 vs. 2.1.

Differences by location: Having poor physical health days varies by residence within Morrow County: 2.1 days for those who live in Marengo, 2.4 days for those in Cardington, 3.2 days for those in Mt. Gilead, and 3.5 days for those who live somewhere else in the county.

- 

Percentage of respondents age 19 and older who had four or more poor physical health days in the past month in 2019: 22%; in 2023: 23%.

Average number of days physical health was not good in the past month in 2019: 3.5; in 2023: 3.0

Over a quarter (28%) of survey respondents in Morrow County indicated that, in the past month, they had at least one poor physical health day that affected their usual activities. The average number of days this occurred in the past month was 8.

Days Poor Physical Health Affected Activities in the Past 30 Days[§]

	Morrow County
Percent who had poor physical health days that affected activities	(n=442) 28.0%
Average number of poor physical health days that affected activities*	(n=124) 8.0

**Among those who had a least one poor physical health day that affected activities*

- 

Differences by age: Those age 55 or older are more likely than those under age 55 to have poor physical health days that affected usual activities: 10.8 vs. 5.8 days.

Differences by education: Number of poor physical health days that affected usual activities increases as education decreases: 5.2 days for those with a bachelor’s degree or more education, 7.7 days for those with some college or associate degree, and 9.0 days for those with a high school degree / GED or less education.

Infectious Diseases

The counts of acute Hepatitis A, acute Hepatitis B and acute Hepatitis C are all zero, which meet the *Healthy People 2030* targets of 0.4/100,00¹, 0.1/100,00², and 0.1/100,000³, respectively.

Infectious Disease Incidence

	Morrow County		Ohio	
	Count	Rate*	Count	Rate*
AIDS/HIV (persons living with a diagnosis of HIV infection) ⁴	20	56.6	25,419	216.2
<i>Diagnosed with HIV in 2022</i> ⁴	2	**	866	7.4
Hepatitis A (Acute) ^{5,6}	0	0.0	54	0.5
Hepatitis B (Acute) ⁷	0	0.0	74	0.6
Hepatitis B (Total) ⁷	3	**	1,901	16.1
Hepatitis C (Acute) ⁸	0	0	113	1.0
Hepatitis C (Total) ⁸	15	42.7	10,795	91.6
Chlamydia ⁹	67	190.6	54,509	462.7
Gonorrhea ¹⁰	14	39.8	22,987	195.1
Syphilis ¹¹	8	22.8	5,306	45.0
Influenza-Associated Hospitalizations ¹²	16	45.8	9,134	77.4

Data are from 2022, except hepatitis A from 2021 and influenza from 2022-2023 flu season *Rate per 100,000 population **Rates based on counts of less than 5 are unreliable

Emergency Department and Hospital Utilization

From January 2023 to December 2023 there were 7,746 total Emergency Department (ED) visits to Morrow County Hospital. There were 88 ED mental health visits (58 adults and 30 minors). These do not necessarily include those who were transferred out of Morrow County Hospital for mental health treatment outside of the hospital.

The leading causes of ED admissions from November 2022 to November 2023 were as follows:

- Pneumonia
- Acute Respiratory Failure
- COPD
- Sepsis
- Hypertensive Heart Disease
- Type 2 Diabetes
- Covid-19
- Chest Pain
- Gastroenteritis
- Acute and Chronic Respiratory Failure
- Acute Bronchitis
- Acute Pancreatitis
- Anemia
- Acute Kidney Failure
- UTI
- Cellulitis
- Metabolic Encephalopathy
- Alcohol Induced Pancreatitis
- Calculus of Gallbladder
- Right Quadrant Pain

In 2023 there were roughly 150 mental health crisis care services provided in Morrow County.

Mortality

Heart disease is the leading cause of death in Morrow County, followed by cancer. The rates of these causes of death for the state of Ohio are included for comparison in the next table, though the actual order of leading causes of death differs slightly for the state overall.

Mortality - Leading Causes¹³

	Morrow County		Ohio	
	Count	Rate*	Count	Rate*
Total Deaths	380	849.9	143,660	953.6
Diseases of the heart (I00-I09, I11, I113, I20-I51)	100	207.4	30,528	196.7
Malignant neoplasms (C00-C97)	77	160.5	24,858	159.1
COVID-19 (U071)	26	56.3	13,621	87.4
Accidents (unintentional injuries) (V01-X59, Y85-Y86)	25	82.7	9,432	78.2
Chronic lower respiratory diseases (J40-J47)	21	44.9	7,041	44.6
Alzheimer's disease (G30)	15	33.7**	5,949	38.0
Cerebrovascular Disease (I60-I69)	14	30.4**	7,055	45.4
Diabetes mellitus (E10-E14)	12	24.6**	4,381	28.3
Intentional self-harm (suicide) (*U03,X60-X84,Y87.0)	7	N/A**	1,642	13.8
Septicemia (A40-A41)	5	N/A**	2,045	13.3

Data are from 2020. *Rate per 100,000 population, age-adjusted. **Rates have been suppressed for counts <10; rates based on counts < 20 are considered unreliable

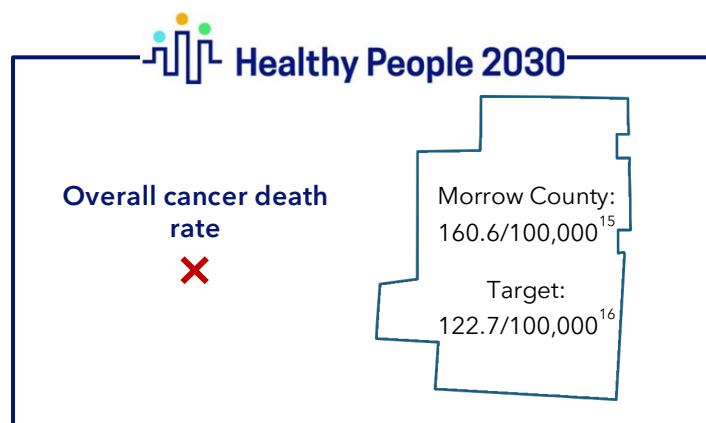
With regard to cancer incidence rates, prostate (male) and breast cancer (female) had the highest incidence rates in Morrow County. A similar pattern is found among the cancer incidence rates in the state of Ohio.

Cancer Incidence Rates - Top Cancers¹⁴

	Morrow County		Ohio	
	Count	Rate*	Count	Rate*
Total cancer incidence	163	331.0	65,163	429.0
Prostate (male)	18	69.2	8,329	107.5
Breast (female)	34	69.1	9,516	65.4
Lung and bronchus	26	50.2	9,277	57.3
Uterus (female)	6	22.5**	2,259	27.9
Colon & Rectum	9	19.7**	5,172	35.0

Data are from 2020. *Rate per 100,000 population, age-adjusted, sex specific as noted **Rates based on counts <20 are considered unreliable

Morrow County does not meet the *Healthy People 2030* target for overall cancer death rate.



Lung and bronchus cancer has the highest mortality rate in Morrow County. Since the number of breast and colorectal cancer deaths are too low to compute reliable rates, it is undetermined whether the *Healthy People 2030* targets of 15.3/100,000¹⁷ breast cancer deaths or 8.9/100,000¹⁸ colorectal cancer deaths are being met.

Cancer Mortality Rates - Top Cancers in Morrow County¹⁵

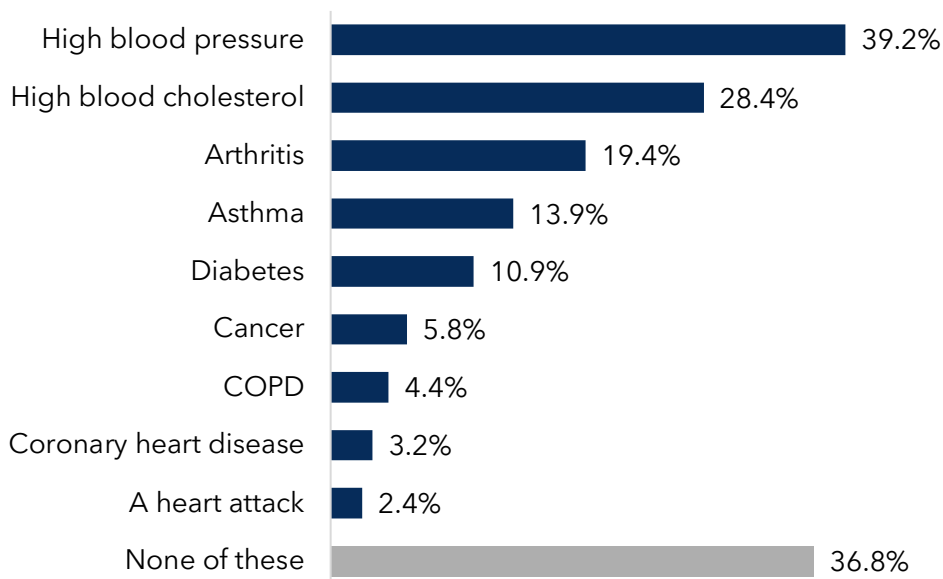
	Morrow County		Ohio	
	Count	Rate*	Count	Rate*
Total Cancer Mortality	77	160.6	24,858	158.5
Lung and Bronchus	23	44.9	6,230	38.7
Colon and Rectum	7	N/A**	2,122	13.8
Breast (female)	5	N/A**	1,671	11.1
Pancreas	5	N/A**	1,863	11.7
Non-Hodgkins Lymphoma	4	N/A**	849	5.4

Data are from 2020 *Rate per 100,000 population, age-adjusted, sex specific as noted **Rates have been suppressed for counts <10

Chronic Health Conditions

Turning to chronic health conditions, 39% of Morrow County respondents have at some point been told by a health professional that they have high blood pressure, and 28% have been diagnosed with high blood cholesterol.

Diagnoses of Chronic Health Conditions^{§*}



n=452

*Percentages may sum to higher than 100%; multiple responses were accepted



Differences by age: Being diagnosed with high blood pressure increases as age increases: 11.6% for those under age 35, 22.6% for those 35-44, 39.4% for those 45-54, 53.5% for those 55-64, and 61.8% for those age 65 or older.

Being diagnosed with high blood cholesterol generally increases as age increases: 5.1% for those under age 35, 20.3% for those 35-44, 34.5% for those 45-54, 29.0% for those 55-64, and 46.5% for those age 65 or older.

Being diagnosed with arthritis generally increases as age increases: 4.8% for those under age 35, 12.5% for those 35-44, 11.5% for those 45-54, 24.4% for those 55-64, and 41.3% for those age 65 or older.

Those 35 or older are more likely than those under age 35 to have a diabetes diagnosis: 13.9% vs. 2.5%.

Being diagnosed with cancer increases as age increases: 0.0% for those under age 35, 1.7% for those 35-44, 4.6% for those 45-54, 7.6% for those 55-64, and 13.8% for those age 65 or older.

Differences by gender: Males are more likely than females to have a high blood cholesterol diagnosis: 35.1% vs. 22.4%.

Differences by income: Those with an annual household income of \$50,000 or less are more likely than those with an annual household income of more than \$50,000 to have a diabetes diagnosis: 18.4% vs. 7.1%.



Percentage of respondents age 19 and older who have ever had a heart attack in 2019: 7%; in 2023: 2%

Percentage of respondents age 19 and older diagnosed with diabetes in 2019: 16%; in 2023: 11%

Percentage of respondents age 19 and older diagnosed with asthma in 2020: 12%; in 2023: 14%.

Percentage of respondents age 19 and older diagnosed with arthritis in 2019: 39%; in 2023: 19%.

Percentage of respondents age 19 and older diagnosed with high blood pressure in 2019: 40%; in 2023: 39%.

Percentage of respondents age 19 and older diagnosed with high blood cholesterol in 2019: 33%; in 2023: 28%.

Percentage of respondents age 19 and older diagnosed with cancer in 2019: 11%; in 2023: 6%.

Summary

The *Morrow County 2024 Community Health Assessment* provides a comprehensive overview of the community's health status, illuminating areas of strength as well as areas in which there could be improvement.

Users of the *Morrow County 2024 Community Health Assessment* are encouraged to send feedback and comments that can help improve the usefulness of this information when future editions are developed. Questions and comments about the *Morrow County 2024 Community Health Assessment* may be directed to:

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Changes in Health Indicators 2019-2023

This section of this report presents an overview of changes in health indicators over time in Morrow County. The health indicator cell is **green** if community health improved over time, **orange** if community health declined over time, and white if there was little change.¹

Health Indicator	2019 (n=266)	2023 (n=452)
Overall health is excellent or very good	48%	51%
Overall health is fair or poor	14%	10%
Visited a doctor for routine visit (past year)	67%	69%
Visited a doctor for routine visit five or more years ago	6%	11%
Ever had a heart attack	7%	2%
Ever diagnosed with diabetes	16%	11%
Classified as overweight or obese by BMI	74%	80%
Ever diagnosed with asthma	12%	14%
Ever diagnosed with arthritis	39%	19%
Ever diagnosed with high blood pressure	40%	39%
Ever diagnosed with cancer	11%	6%
Ever diagnosed with high blood cholesterol	33%	28%
Visited a dentist/dental clinic (past year)	65%	65%
Visited a dentist/dental clinic five or more years ago	13%	14%
Current smokers	13%	14%
Binge drinkers (past month)	16%	28%
Physical health was not good on four or more days (past month)	22%	23%
Average number of days physical health was not good (past month)	3.5	3.0
Mental health was not good on four or more days (past month)	26%	25%
Average number of days mental health was not good (past month)	3.9	3.0
Considered attempting suicide (past year)	6%	1%
Traveled outside of Morrow County for health care (past year)	94%	68%
Women over the age of 40 who had a mammogram (past year)	50%	73%
Women age 21-65 who had a pap test (past 3 years)	76%	82%
Average number of hours spent watching TV (average day)	2.5	3.0

¹ To test whether the difference between the 2019 and 2023 percentages was statistically significant, a 2-sample proportions test was computed for each health indicator. This analytic procedure calculates the difference between the 2019 and 2023 percentages, considers the total number of observations in each sample, and then computes a z statistic. When the z statistic was statistically significant ($p < .05$), which suggests the difference between the two percentages is not due to chance alone, a green or orange color was used to mark the cell. Averages were not tested for statistically significant differences.

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