

ERIE COUNTY, OHIO

2019

COMMUNITY
HEALTH
ASSESSMENT

EXECUTIVE SUMMARY & MENTAL HEALTH STATUS



WITH SUPPORT FROM:



MENTAL HEALTH & RECOVERY BOARD
OF ERIE & OTTAWA COUNTIES

2019



Erie County, Ohio
Executive Summary
Report

Examining the health of Erie County

Released on November 14, 2019

Foreword

The 2019 Erie County, Ohio, Community Health Assessment contains data that reflects our collective progress and our obstacles as a community in areas associated with daily life.

The 2019 information is comparable with Ohio and national data so we can rate our measured success with other like communities. The data collected in this assessment belongs to every individual and agency in Erie County. Since health is created by a multitude of factors beyond the scope of traditional public health activities, a collaborative approach that integrates health considerations into policymaking across sectors is needed to create sustainable change. Erie County organizations and agencies should use the data in this assessment to create and implement policy, system, and environmental changes within each organization and improve the health of all people in our community.

I want to thank all of Erie County for assisting with this community health assessment. We now have assessment data available from 2005-2019 to analyze the trends and enhance the quality of our services for the betterment of the community.

Feel free to contact the Erie County Health Department/Erie County Community Health Center for any assistance with interpretation or copies of this document. This community health assessment belongs to the people of Erie County. Let's continue to work towards a better quality of life and a healthier community!

Yours in good health,



Peter T. Schade, MPH, RS
Health Commissioner
Erie County Health Department
Erie County Community Health Center

Acknowledgements

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Erie County Community Health Center
Erie County Health Department
Firelands Regional Medical Center
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Roots of Prevention Community Coalition

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Project Management, Secondary Data, Data Collection, and Report Development Hospital Council of Northwest Ohio

The Hospital Council of Northwest Ohio (HCNO) is a 501(c)3 non-profit regional hospital association located in Toledo, Ohio. They facilitate community health needs assessments and planning processes in 40+ counties in Ohio, Michigan, and Oregon. Since 2004, they have used a process that can be replicated in any county that allows for comparisons from county to county, within the region, the state, and the nation. HCNO works with coalitions in each county to ensure a collaborative approach to community health improvement that includes multiple key stakeholders. All HCNO project staff have their master's degree in public health, with emphasis on epidemiology and health education.

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To see Erie County data compared to other counties, please visit the Hospital Council of Northwest Ohio's Data Link website at:

<http://www.hcno.org/community-services/data-link/>

The 2019 Erie County Health Assessment is available on the following websites:

Hospital Council of Northwest Ohio

<http://www.hcno.org/community-services/community-health-assessments/>

Erie County Health Department/Erie County Community Health Center

www.eriecohealthohio.com

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Executive Summary

This executive summary provides an overview of health-related data for Erie County adults (ages 19 and older) and youth (ages 12 through 18) who participated in a county-wide health assessment survey during March through May 2019. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention (CDC) for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Surveillance System (YRBSS). The Hospital Council of Northwest Ohio (HCNO) collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

Public Health Accreditation Board (PHAB)

The Erie County Health Department received accreditation through the Public Health Accreditation Board (PHAB) in 2015. PHAB requires community health assessments (CHAs) to be completed at least every five years. The purpose of the community health assessment is to learn the health of the population, identify areas for health improvement, identify contributing factors that impact health outcomes, and identify community assets and resources that can be mobilized to improve population health.

PHAB standards highly recommend that national models of methodology are utilized in compiling CHAs. The 2019 CHA was completed using the National Association of County and City Health Officials (NACCHO) Mobilizing Action through Partnerships and Planning (MAPP) process. MAPP is a community-driven planning process for improving community health. This process was facilitated by HCNO in collaboration with various local agencies representing a variety of sectors.

This assessment includes a variety of data and information from various sources, focusing on primary data at the county level. Supporting data, such as secondary data, demographics, health disparities (including age, gender, and income-base disparities), and social determinants of health, can be found throughout the report. For a more detailed approach on primary data collection methods, please see the Primary Data Collection Methods section.

Primary Data Collection Methods

DESIGN

This community health assessment was cross-sectional in nature and included a written survey of adults and adolescents within Erie County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

INSTRUMENT DEVELOPMENT

Two survey instruments were designed, and pilot tested for this study: one for adults and one for adolescents in grades 6 through 12. As a first step in the design process, health education researchers from the University of Toledo and staff members from HCNO met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adults and adolescents. The investigators decided to derive most of the adult survey items from the Behavioral Risk Factor Surveillance System (BRFSS) and many of adolescent survey items from the Youth Risk Behavior Surveillance System (YRBSS). This decision was based on being able to compare local data with state and national data.

The project coordinator from the Hospital Council of Northwest Ohio conducted a series of meetings with the planning committee from Erie County. During these meetings, HCNO and the planning committee reviewed and discussed banks of potential survey questions. Based on input from the Erie County planning committee, the project coordinator composed drafts of surveys containing 115 items for the adult survey and 82 items for the adolescent survey. Health education researchers from the University of Toledo reviewed and approved the drafts.

SAMPLING | Adult Survey

The sampling frame for the adult survey consisted of adults ages 19 and older living in Erie County. There were 58,989 persons ages 19 and older living in Erie County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 5% (i.e., we can be 95% sure that the “true” population responses are within a 5% margin of error of the survey findings.) A sample size of at least 382 adults was needed to ensure this level of confidence. The random sample of mailing addresses was obtained from Melissa Global Intelligence in Rancho Santa Margarita, California.

SAMPLING | Adolescent Survey

Youth in grades 6 through 12 in Erie County public school districts were used as the sampling frame for the adolescent survey. Using the U.S. Census Bureau data, it was determined that approximately 7,445 youth ages 12 to 18 years old live in Erie County. A sample size of 365 adolescents was needed to ensure a 95% confidence interval with a corresponding 5% margin of error. Students were randomly selected and surveyed in the schools.

PROCEDURE | Adult Survey

Prior to mailing the survey, an advance letter was mailed to 1,200 adults in Erie County. This advance letter was personalized, printed on Erie County Health Department letterhead, and signed by Peter Schade, MPH, RS, Erie County Health Department. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents' confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Three weeks following the advance letter, a mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Erie County Health Department letterhead) describing the purpose of the study, a questionnaire, a self-addressed stamped return envelope, and a \$2 incentive. Approximately three weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire, and another reply envelope. Surveys returned as undeliverable were not replaced with another potential respondent.

The response rate for the mailing was 31% (n=384; CI=± 4.98). This return rate and sample size means that the responses in the health assessment are representative of the entire county.

PROCEDURE | Adolescent Survey

The survey was approved by all participating school superintendents. Schools and grades were randomly selected. Each student in that grade had to have an equal chance of being in the class that was selected, such as a general English or health class. Classrooms were chosen by the school principal. Passive permission slips were mailed home to parents of any student whose class was selected to participate. The response rate was 93% (n=486; CI=± 4.30).

DATA ANALYSIS

Individual responses were anonymous. Only group data was available. All data was analyzed by health education researchers at the University of Toledo using SPSS 24.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Erie County, the adult data collected was weighted by age, gender, race, and income using 2017 Census data. Multiple weightings were created based on this information to account for different types of analyses.

LIMITATIONS

As with all community health assessments, it is important to consider the findings with respect to all possible limitations. First, the Erie County adult assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Erie County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

Furthermore, while the survey was mailed to random households in Erie County, those responding to the survey were more likely to be older. For example, only nine respondents were under the age of 30. While weightings are applied during calculations to help account for this sort of variation, it still presents a potential limitation (to the extent that the responses from these nine individuals are substantively different from the majority of Erie County residents under the age of 30).

Also, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires, the adult data collection method differed. CDC adult data was collected using a set of questions from the total question bank, and adults were asked the questions over the telephone rather than as a mail survey. The youth CDC survey was administered in schools in a similar fashion as this county health assessment.


Lastly, caution should be used when interpreting subgroup results, as the margin of error for any subgroup is higher than that of the overall survey.

Secondary Data Collection Methods

HCNO collected secondary data from multiple sites, including county-level data, wherever possible. HCNO utilized sites, such as the Behavioral Risk Factor Surveillance System (BRFSS), Youth Risk Behavior Surveillance System (YRBSS), numerous CDC sites, U.S. Census data, Healthy People 2020, etc. All data is included in the section of the report it corresponds with. All primary data collected in this report is from the 2019 Erie County Community Health Assessment (CHA). All other data will be sourced accordingly.

2019 Ohio State Health Assessment (SHA)

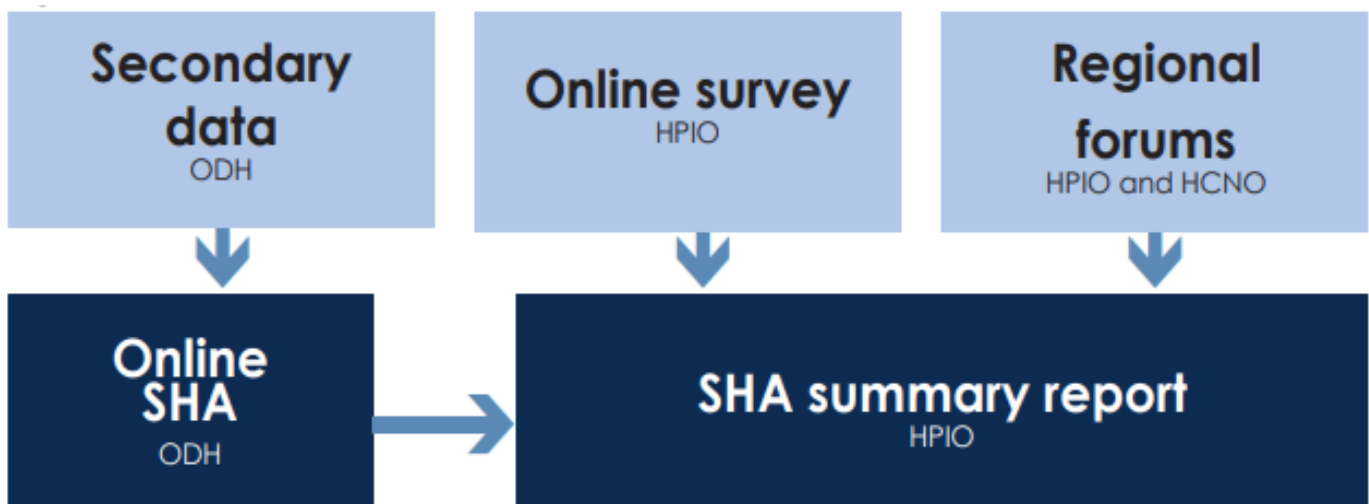
The 2019 Ohio State Health Assessment (SHA) provides data needed to inform health improvement priorities and strategies in the state. This assessment includes over 140 metrics, organized into data profiles, as well as information gathered through five regional forums, online surveys completed by over 300 stakeholders, and advisory and steering committee members who represented 13 state agencies, including sectors beyond health.

Similar to the 2019 Ohio SHA, the 2019 Erie County Community Health Assessment (CHA) examined a variety of metrics from various areas of health including, but not limited to, health behaviors, chronic disease, access to health care, and social determinants of health. Additionally, the CHA studied themes and perceptions from local public health stakeholders from a wide variety of sectors. **Note: This symbol  will be displayed in the trend summary when an indicator directly aligns with the 2019 Ohio SHA.**

The interconnectedness of Ohio's greatest health challenges, along with the overall consistency of health priorities identified in this assessment, indicates many opportunities for collaboration between a wide variety of partners at and between the state and local level, including physical and behavioral health organizations and sectors beyond health. It is our hope that this CHA will serve as a foundation for such collaboration.

To view the 2019 Ohio State Health Assessment, please visit: <https://odh.ohio.gov/wps/portal/gov/odh/explore-data-and-stats/interactive-applications/2019-Online-State-Health-Assessment>

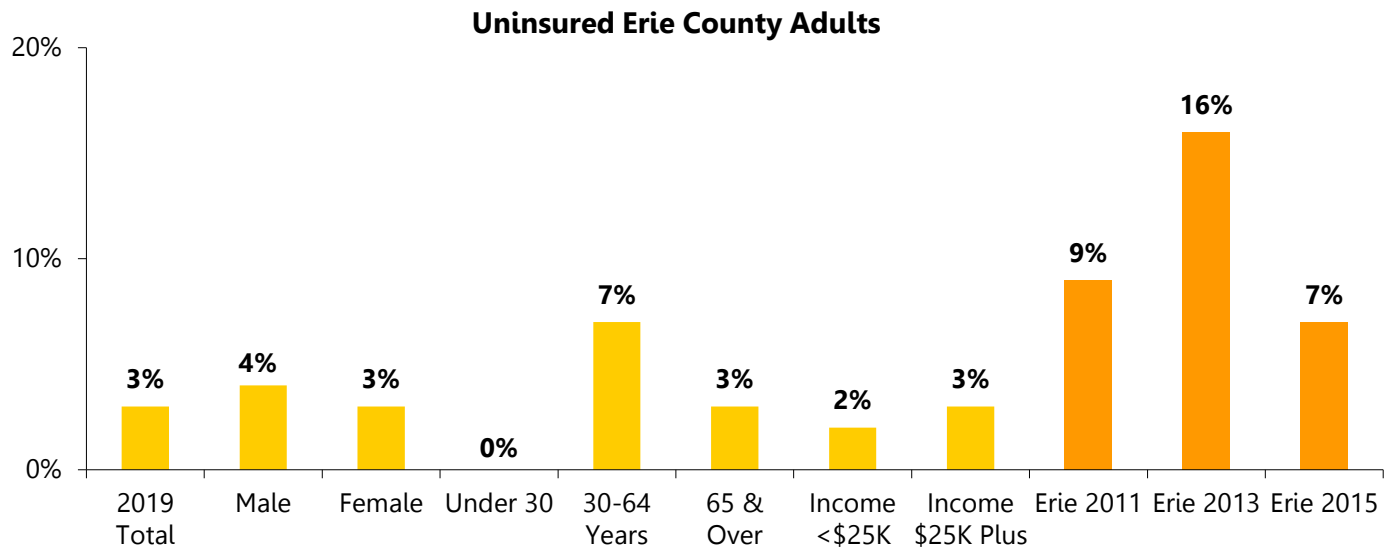
FIGURE 1.1 | Components of the 2019 SHA



Data Summary | Health Care Access

HEALTH CARE COVERAGE

In 2019, 3% (approximately 1,768) of Erie County adults were without health care coverage. The main reason adults gave for being without health care coverage were because they lost their job or changed employers (58%).

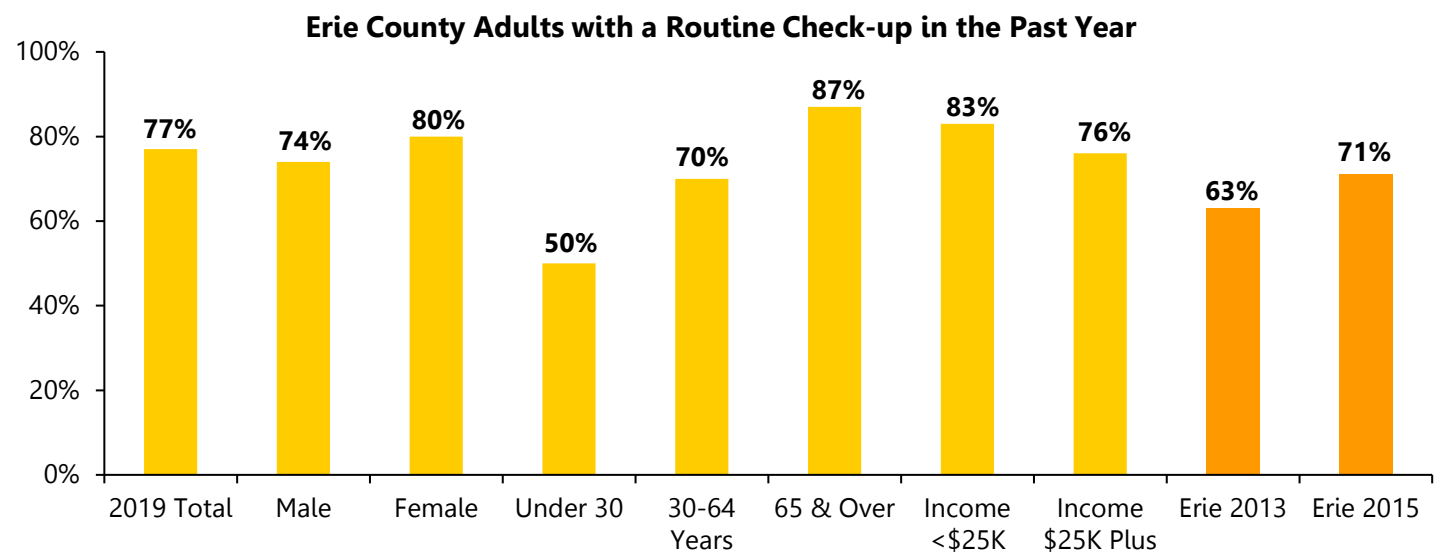


Note: Research indicates that Medicaid Expansion is linked to gains in health care coverage. Studies show that Medicaid Expansion states experienced significant coverage gains and reductions in uninsured rates (Source: Kaiser Family Foundation, The Effects of Medicaid Expansion under the ACA: Updated Findings from a Literature Review, Published August 15, 2019)

1,768 of Erie County adults were uninsured.

ACCESS AND UTILIZATION

Seventy-seven percent (77%) (approximately 45,383) of Erie County adults had visited a doctor for a routine checkup in the past year. Forty-six percent (46%) (approximately 27,112) of adults went outside of Erie County for health care services in the past year.

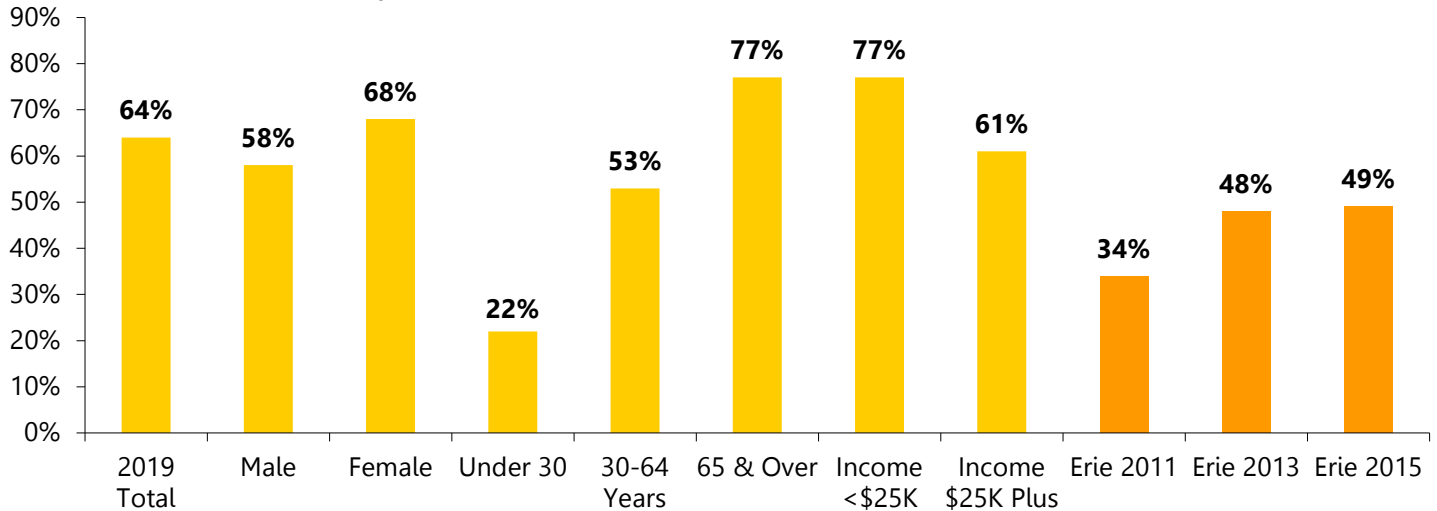


Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

PREVENTIVE MEDICINE

Sixty-four percent (64%) (approximately 37,721) of Erie County adults had a flu vaccine in the past 12 months. Eighty percent (80%) of adults ages 65 and over had a pneumonia vaccination at some time in their life. Fifty-three percent (53%) of adults ages 50 and over had a colonoscopy in the past five years.

Erie County Adults Who Received a Flu Vaccine Within the Past Year

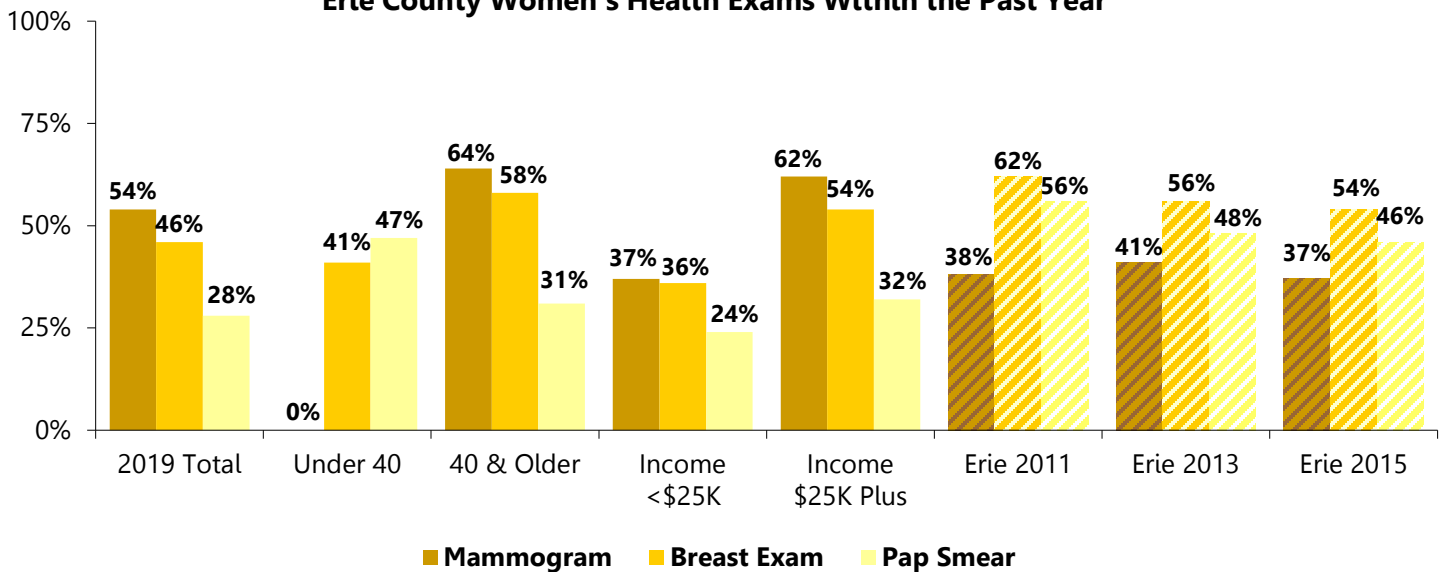


37,721 Erie County adults had a flu vaccine in the past year.

WOMEN'S HEALTH

Fifty-four percent (54%) of Erie County women reported having a mammogram in the past year. Nearly half (46%) of women had a clinical breast exam in the past year, and 28% of women had a Pap smear to detect cancer of the cervix in the past year. Sixty-eight percent (68%) of Erie County women were overweight or obese, 43% had high blood pressure, 42% had high blood cholesterol, and 7% were identified as current smokers, known risk factors for cardiovascular diseases.

Erie County Women's Health Exams Within the Past Year

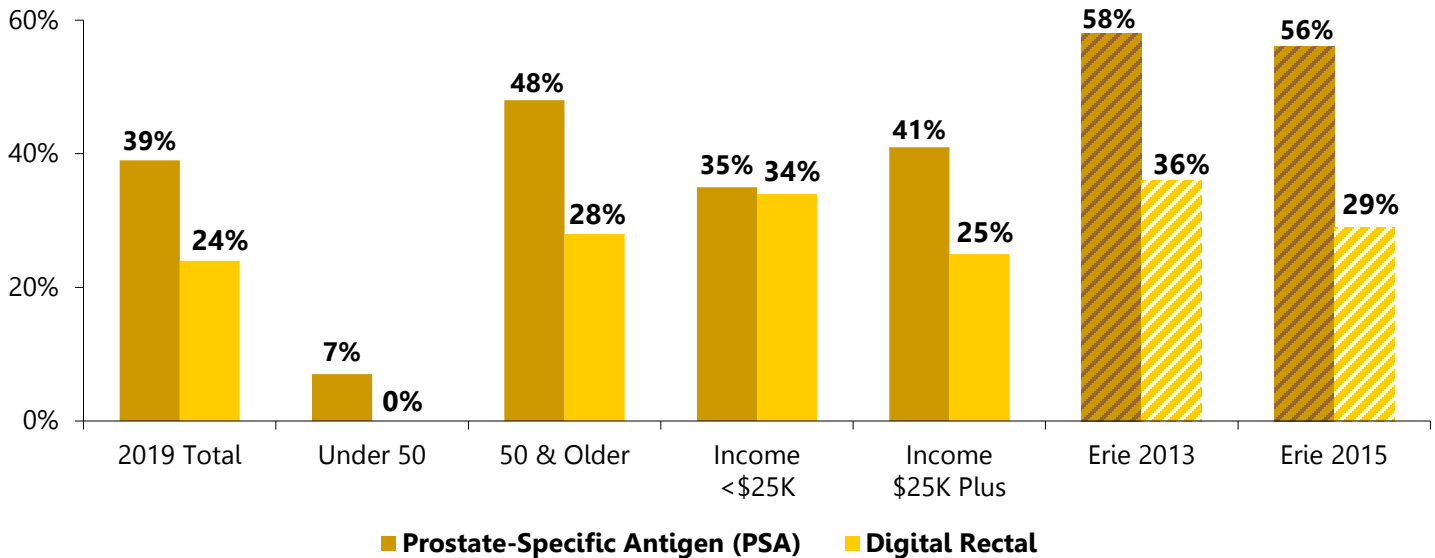


Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

MEN'S HEALTH

In 2019, 39% of Erie County males had a prostate-specific antigen (PSA) test. Twenty-four percent (24%) of males had a digital rectal exam in the past year. Over half (53%) of men had been diagnosed with high blood cholesterol, 48% had high blood pressure, and 16% were identified as current smokers, which, along with being overweight or obese (81%), are known risk factors for cardiovascular diseases.

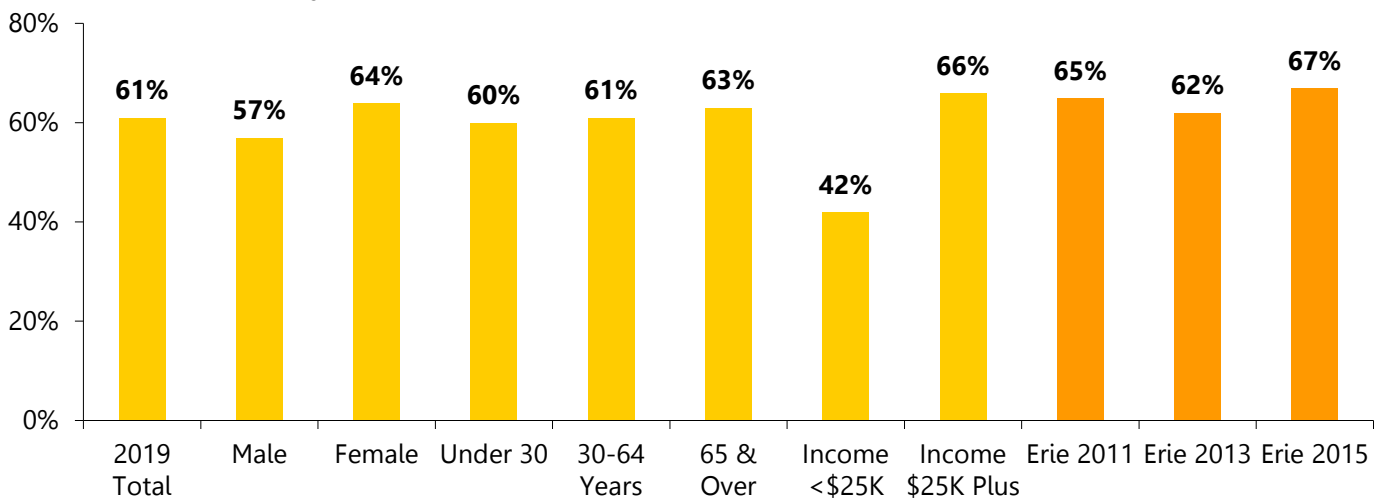
Erie County Men's Health Exams Within the Past Year



ORAL HEALTH

Sixty-one percent (61%) (approximately 35,953) of Erie County adults had visited a dentist or dental clinic in the past year. The top three reasons adults gave for not visiting a dentist in the past year were cost (21%); no reason to go/had not thought of it (20%); and had dentures (19%).

Erie County Adults Who Visited a Dentist or Dental Clinic in the Past Year



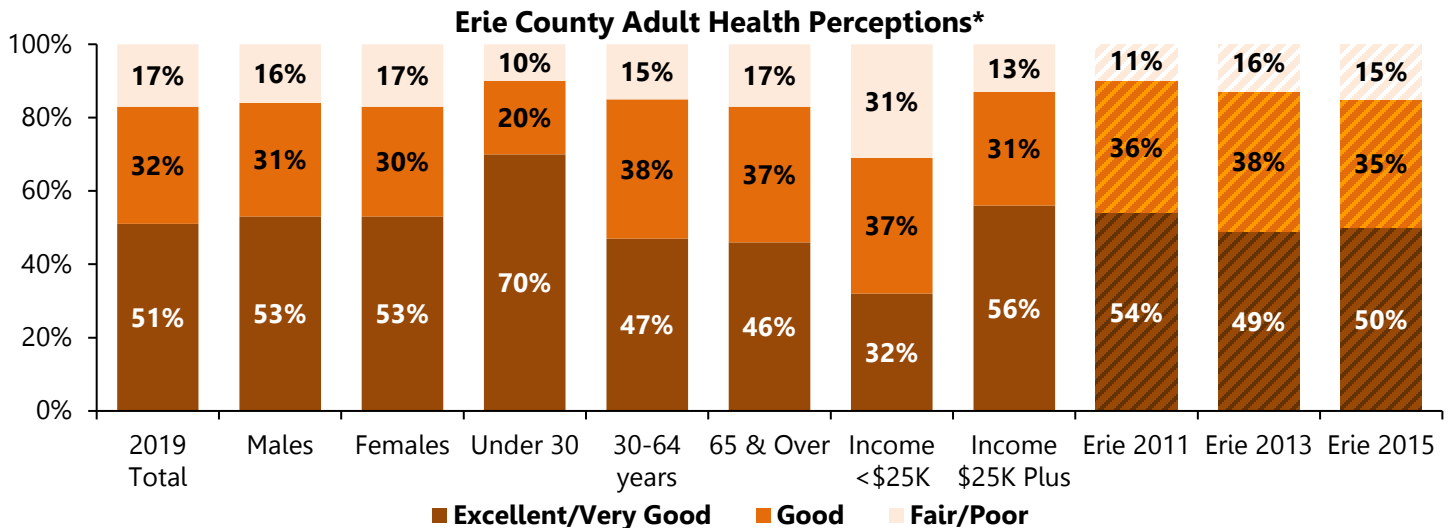
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

35,953 Erie County adults had visited a dentist or dental clinic in the past year.

Data Summary | Health Behaviors

HEALTH STATUS PERCEPTIONS

In 2019, 51% (approximately 30,059) of Erie County adults rated their health status as excellent or very good. Conversely, 17% (approximately 10,020) of adults, increasing to 31% of those with incomes less than \$25,000, described their health as fair or poor.

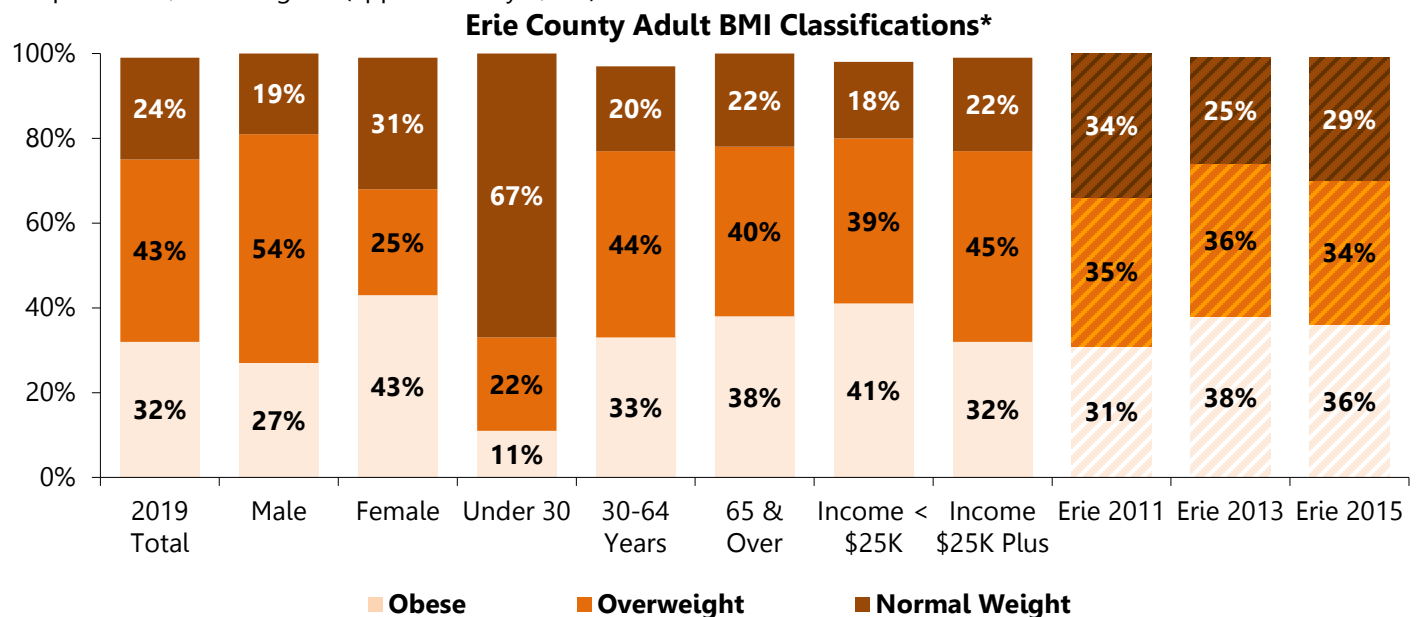


*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

18,860 Erie County adults were obese.

ADULT WEIGHT STATUS

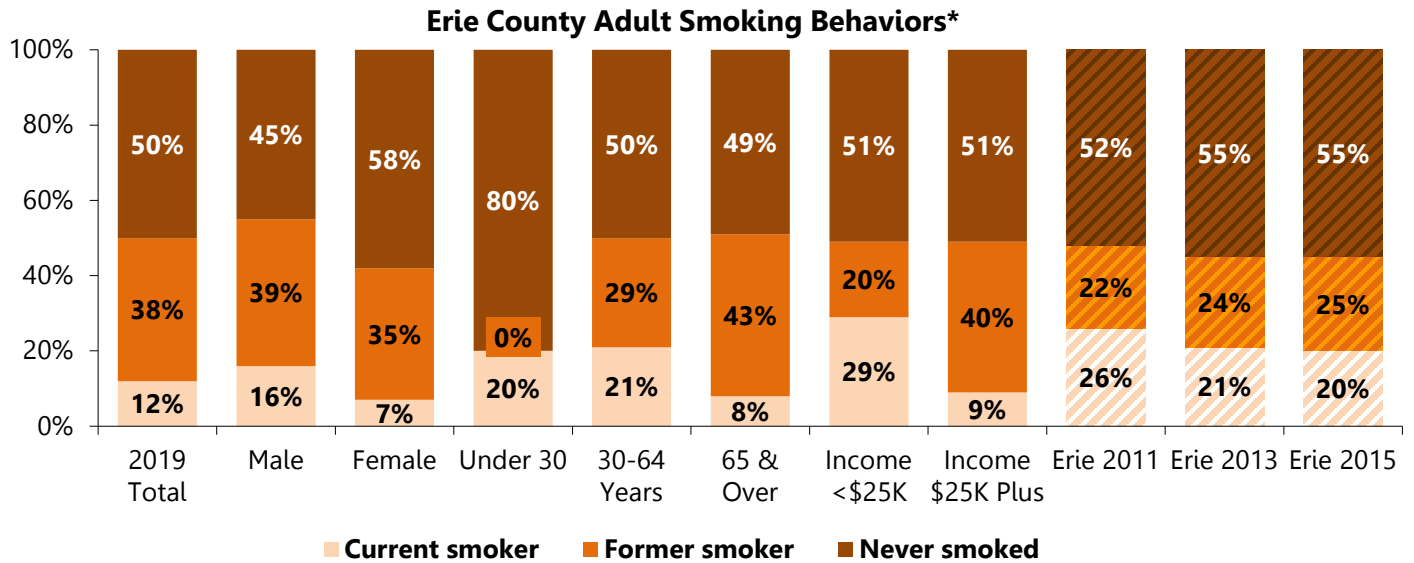
Three-fourths (75%) (approximately 44,204) of Erie County adults were overweight or obese based on body mass index (BMI). Over one-quarter (26%) (approximately 15,324) of adults did not participate in any physical activity in the past week, including 7% (approximately 4,126) who were unable to exercise.



*Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight
 Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT TOBACCO USE

Twelve percent (12%) (approximately 7,073) of Erie County adults were current smokers, and 38% (approximately 22,397) were considered former smokers. Four percent (4%) (approximately 2,358) of adults used an e-cigarette or other electronic vaping product in the past year. Over two-fifths (41%) (approximately 24,165) of adults did not know if e-cigarette vapor was harmful.

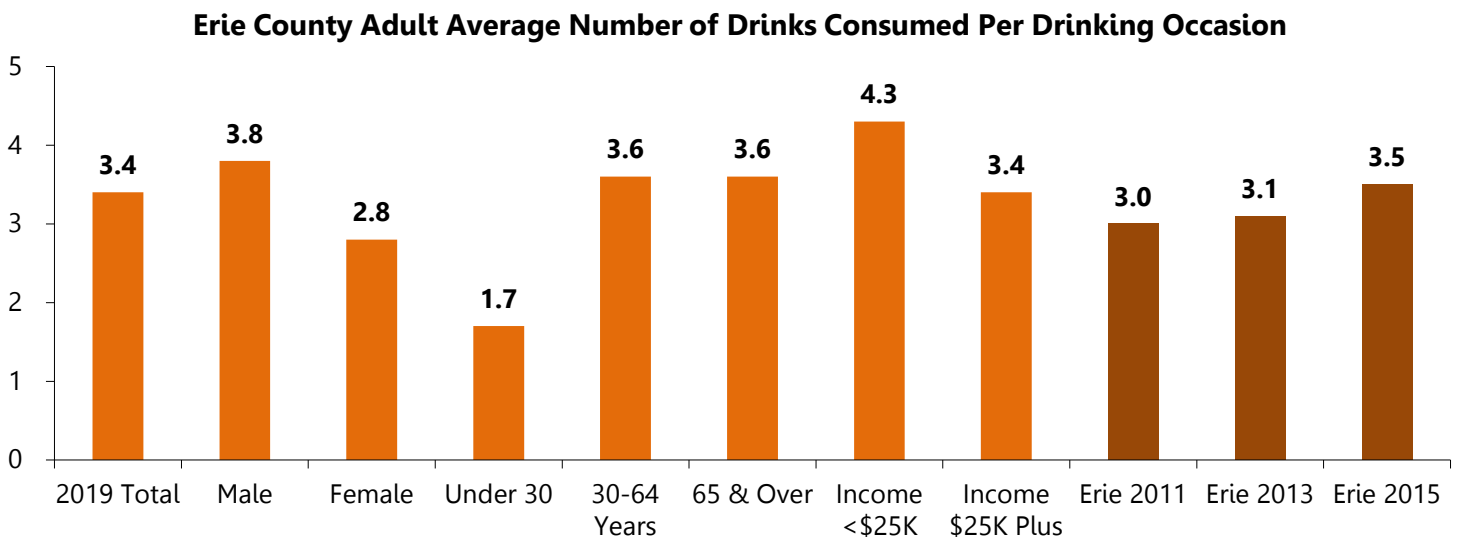


**Respondents were asked: "Have you smoked at least 100 cigarettes in your entire life? If yes, do you now smoke cigarettes every day, some days or not at all?"*

2,358 adults used e-cigarettes or other electronic vaping products in the past year.

ADULT ALCOHOL CONSUMPTION

Sixty-three percent (63%) (approximately 37,132) of Erie County adults had at least one alcoholic drink in the past month and would be considered current drinkers. Nearly one-quarter (24%) (approximately 14,145) of all adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on an occasion in the last month and would be considered binge drinkers.

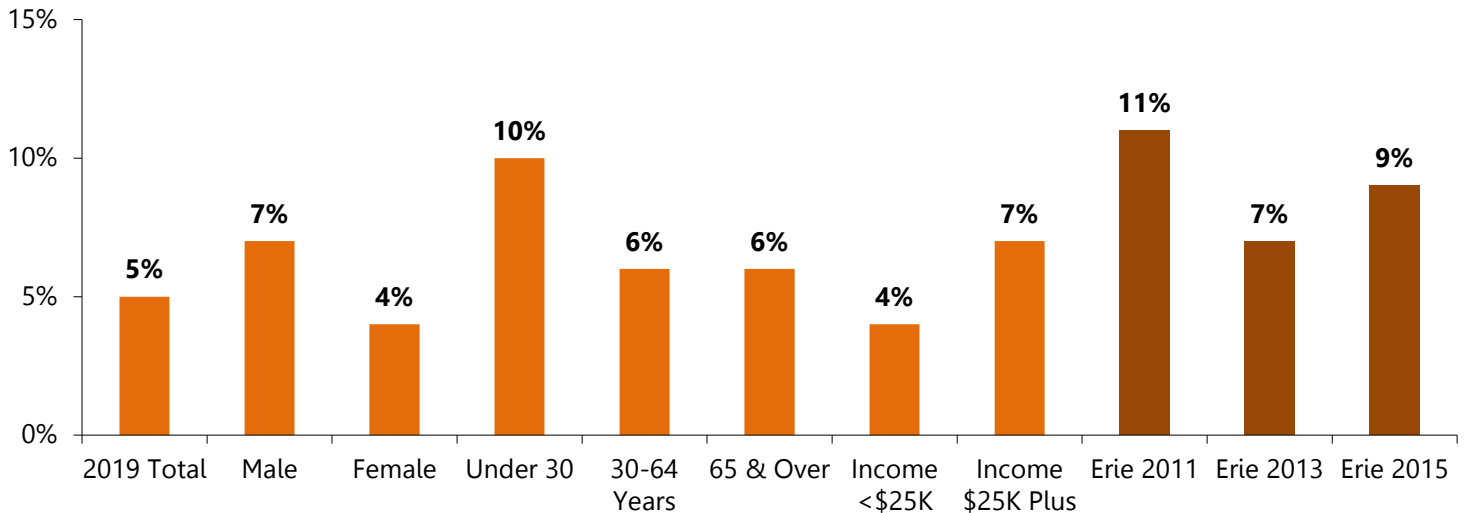


Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT DRUG USE

In 2019, 5% (approximately 2,947) of Erie County adults had used recreational marijuana or hashish during the past six months. Eight percent (8%) (approximately 4,715) of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past six months.

Erie County Adult Recreational Marijuana or Hashish Use in Past 6 Months

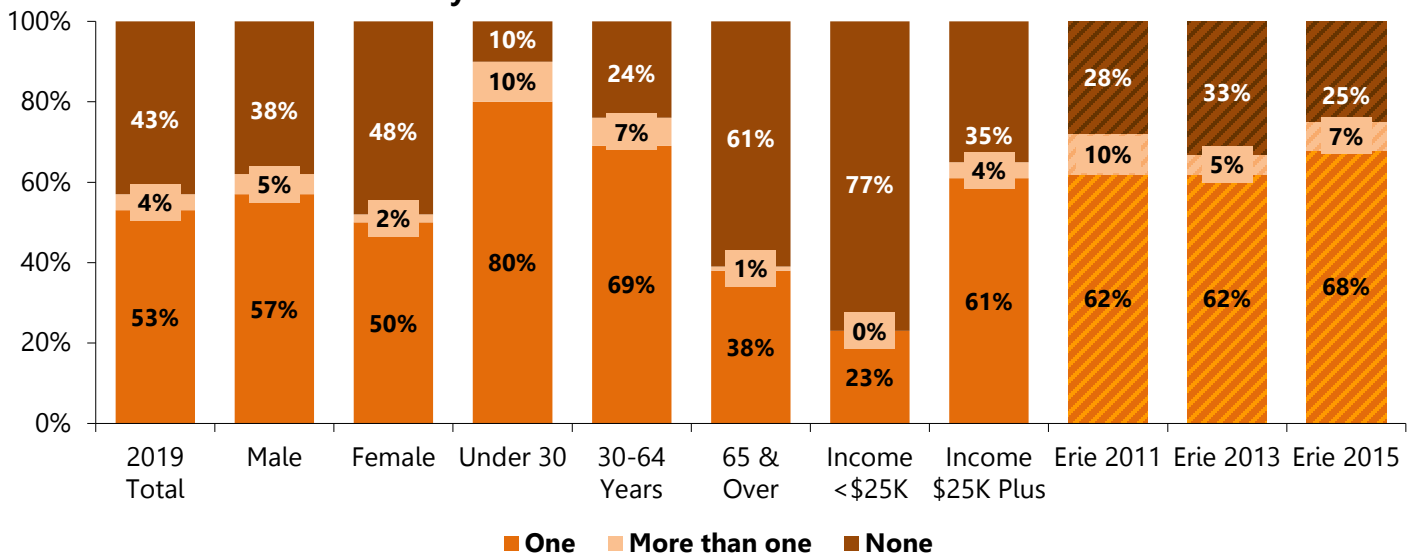


2,947 adults had used recreational marijuana or hashish in the past 6 months.

ADULT SEXUAL BEHAVIOR

Fifty-seven percent (57%) (approximately 33,595) of Erie County adults had sexual intercourse in the past year. Four percent (4%) (approximately 2,358) of adults had more than one sexual partner in the past year.

Erie County Number of Sexual Partners in the Past Year*

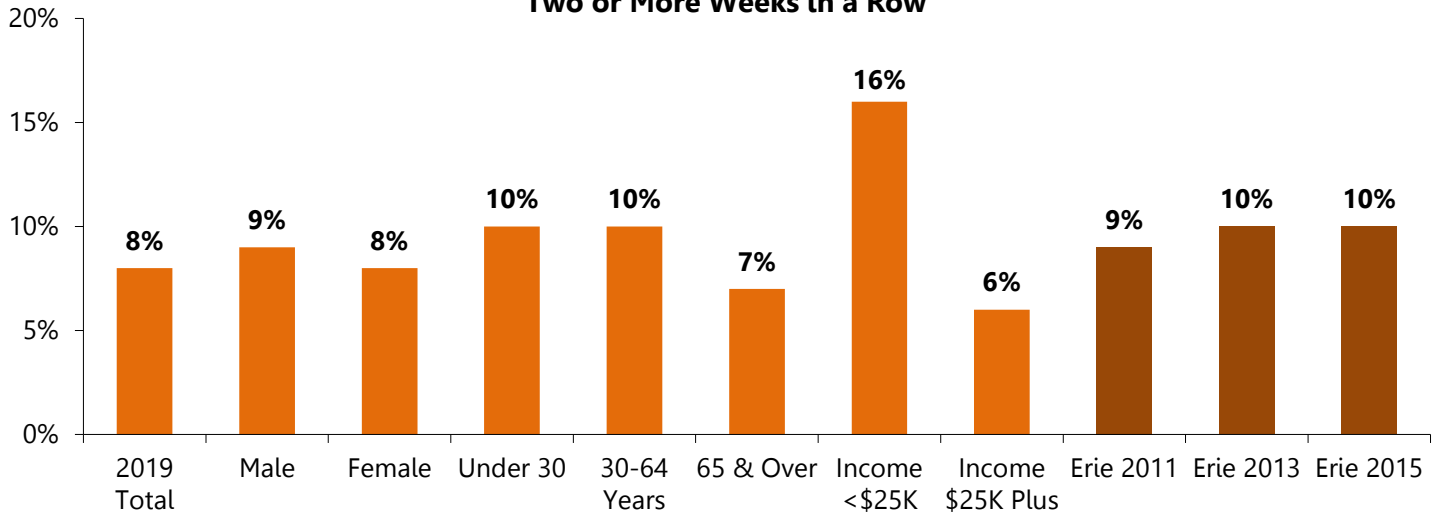


*Respondents were asked: "During the past 12 months, with how many different people have you had sexual intercourse?"
 Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT MENTAL HEALTH

In 2019, 8% (approximately 4,715) of Erie County adults reported they or someone they know considered attempting suicide in the past year. Sixteen percent (16%) (approximately 9,430) of adults reported they or family member were diagnosed with or treated for depression in the past year. Eight percent (8%) (approximately 4,715) of Erie County adults used a program or service for themselves or a loved one to help with depression, anxiety, or emotional problems.

Erie County Adults Who Felt So Sad or Hopeless Almost Every Day for Two or More Weeks in a Row



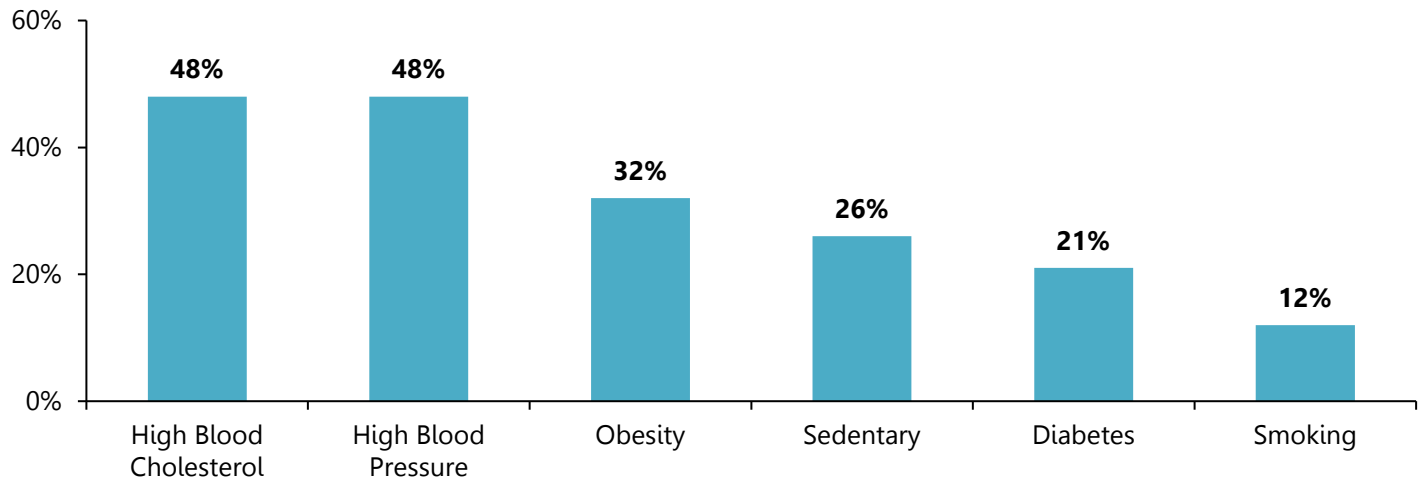
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Data Summary | Chronic Disease

CARDIOVASCULAR HEALTH

In 2019, 8% (approximately 4,715) of adults had survived a heart attack and 5% (approximately 2,947) had survived a stroke at some time in their life. Forty-eight percent (48%) (approximately 28,291) of Erie County adults had high blood cholesterol, 48% (approximately 28,291) had high blood pressure, 32% (approximately 18,860) were obese, and 12% (approximately 7,073) were current smokers, four known risk factors for heart disease and stroke.

Erie County Adults with Cardiovascular Disease (CVD) Risk Factors

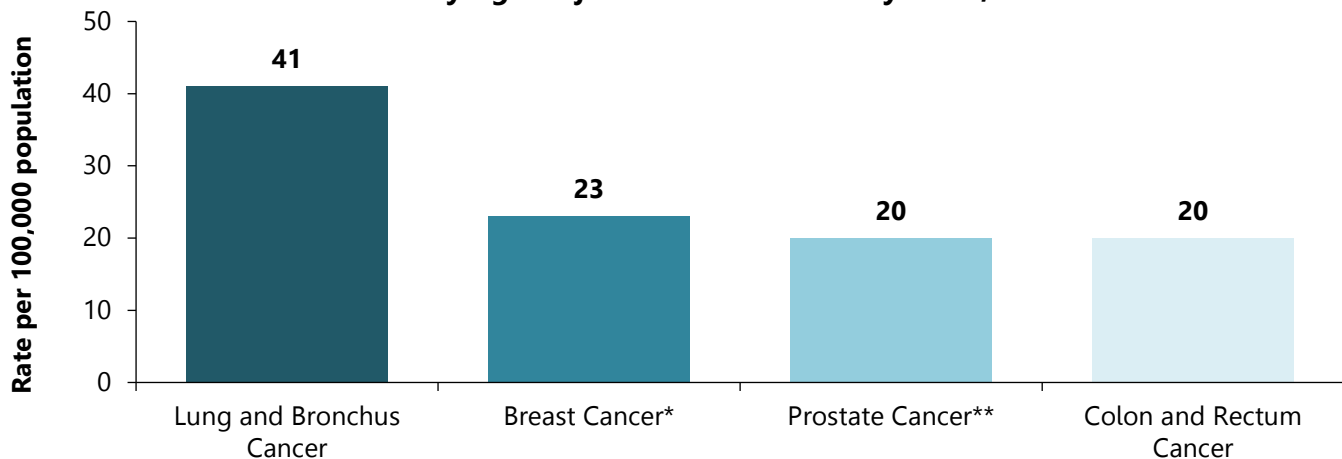


28,291 Erie County adults had been diagnosed with high blood pressure.

CANCER

In 2019, 23% (approximately 13,556) of Erie County adults had been diagnosed with cancer at some time in their life.

Erie County Age-Adjusted Cancer Mortality Rates, 2015-2017



**The breast cancer age-adjusted cancer mortality rate is for females only.*

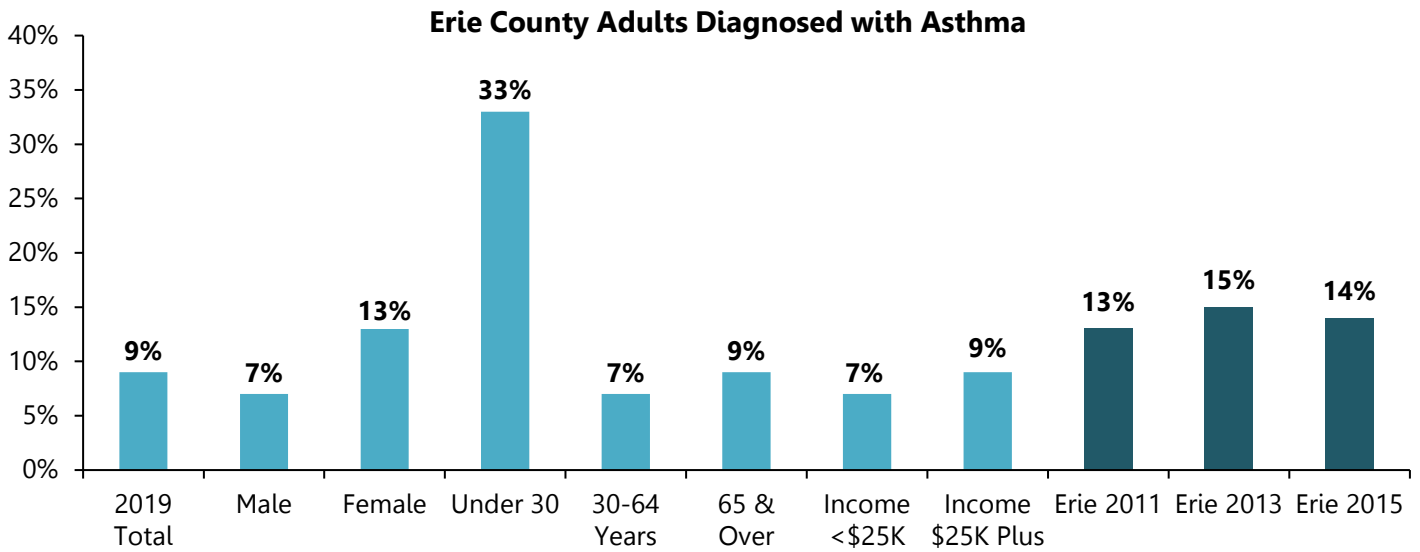
***The prostate cancer age-adjusted cancer mortality rate is for males only.*

(Source: Ohio Public Health Data Warehouse 2015-2017)

13,556 Erie County adults had been diagnosed with cancer at some point in their lives.

ASTHMA

Nine percent (9%) (approximately 5,305) of Erie County adults had been diagnosed with asthma.

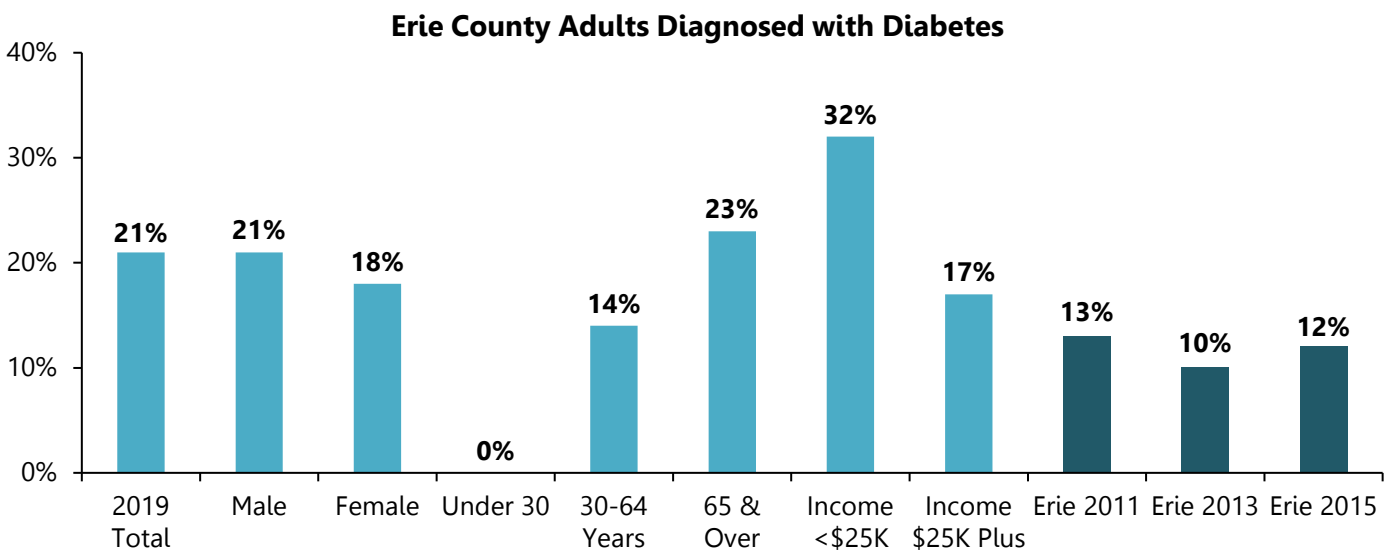


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

5,305 Erie County adults had been diagnosed with asthma.

DIABETES

Over one-fifth (21%) (approximately 12,377) of Erie County adults had been diagnosed with diabetes. Nearly two-fifths (39%) of adults with diabetes rated their health as fair or poor.

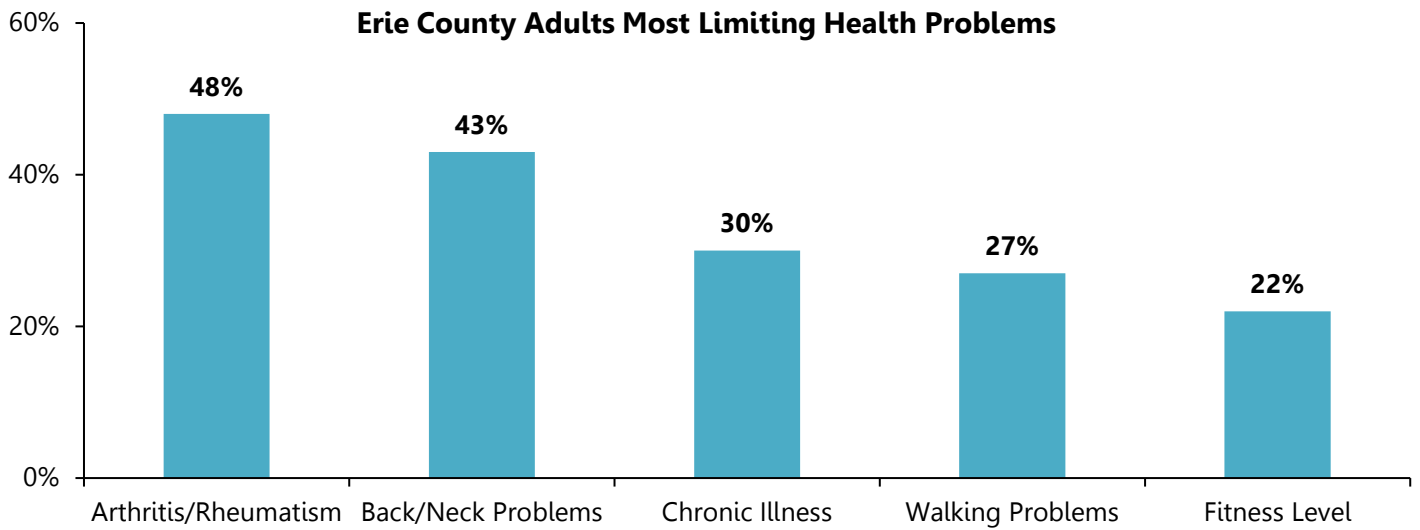


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

12,377 adults had been diagnosed with diabetes in their lifetime.

QUALITY OF LIFE

In 2019, 49% (approximately 28,880) of Erie County adults reported they were limited by any impairment or health problem. The most limiting health problems were arthritis/rheumatism (48%); back or neck problems (43%); chronic illness (30%); walking problems (27%); and fitness level (22%).

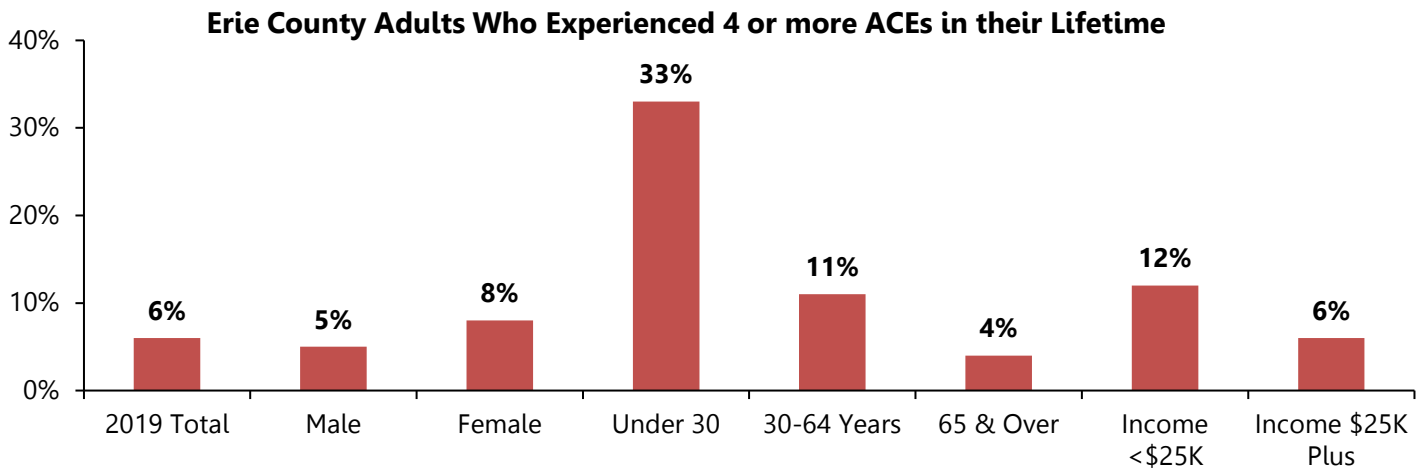


28,880 adults were limited in some way because of a physical, mental or emotional problem.

Data Summary | Social Conditions

ADULT SOCIAL DETERMINANTS OF HEALTH

In 2019, 5% (approximately 2,947) of Erie County adults were abused in the past year (including physical, sexual, emotional, financial, or verbal abuse). Six percent (6%) (approximately 3,536) of Erie County adults had four or more adverse childhood experiences (ACEs) in their lifetime. Seven percent (7%) (approximately 4,126) of adults had experienced at least one issue related to hunger/food insecurity in the past year.

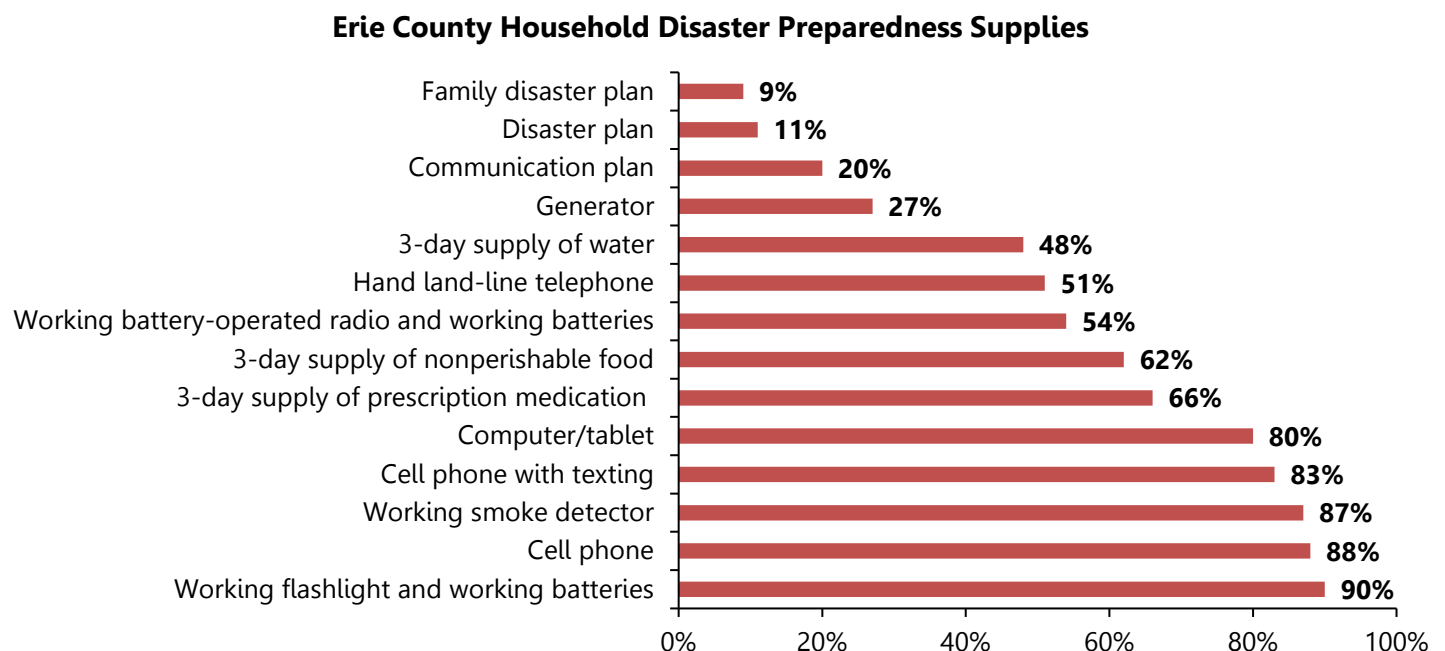


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

3,536 Erie County adults experienced 4 or more ACEs in their lifetime.

ENVIRONMENTAL HEALTH

The top three environmental health issues for Erie County adults that threatened their health in the past year were insects (18%), agricultural chemicals (8%), and mold (7%). Ninety percent (90%) (approximately 53,045) of adults had a working flashlight and working batteries in preparation for a disaster.



PARENTING

In 2019, 82% of parents believed their child had received all recommended immunization shots for their child’s age.

Ohio Department of Health (ODH) Immunization Program – AFIX 2018-2019

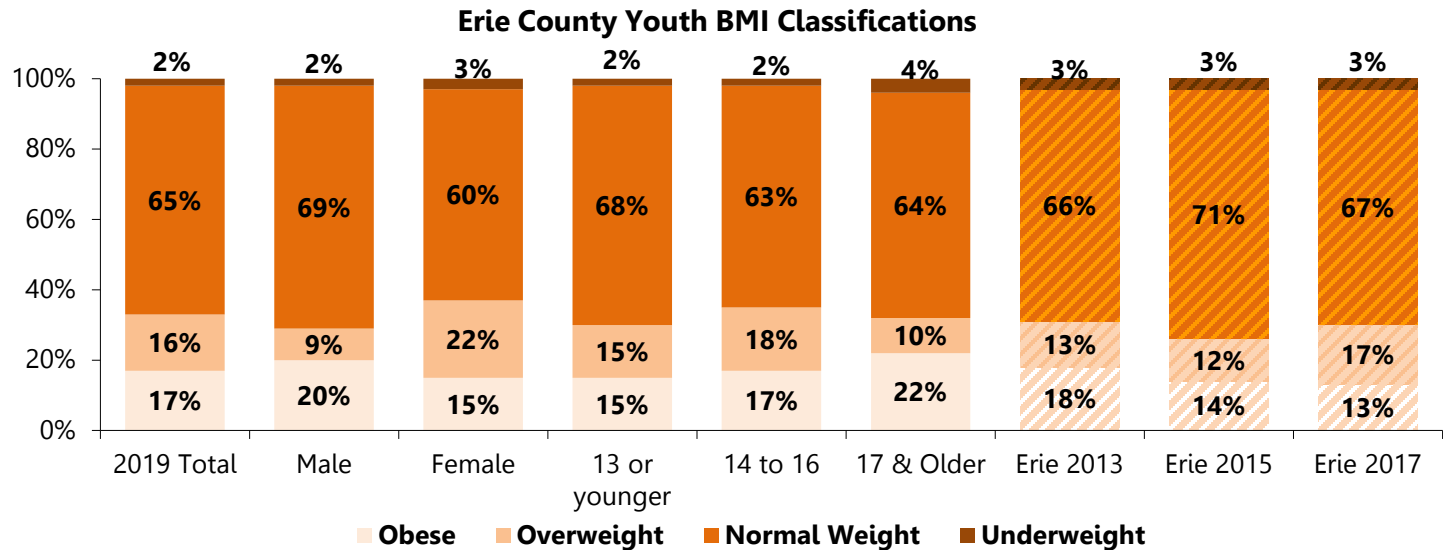
Adolescent Vaccine Coverage (13 – 17 Years) Number of patients: 834		Pediatric Vaccination Coverage (24 – 25 Months) Number of Patients: 221	
Vaccine	Current Vaccination Coverage (%)	Vaccine	Current Vaccination Coverage (%)
Hep B	85.3%	4 DTaP	66.52%
2 MMR	84.65%	3 Polio	90.5%
2 VAR	80.70%	1 MMR	84.62%
1 Tdap	97.48%	Hib	90.05%
Meningococcal	87.41%	Hep B	90.50%
HPV	50.12%	1 VAR	84.62%
1 HPV	83.33%	PCV	77.38%
1 Flu	11.15%	RV	56.11%
Polio	91.97%	1 Flu	9.5%
2 Hep A	65.47%	2 Hep A	61.09%

(Source: Erie County Health Department)

Data Summary | Youth Health

YOUTH WEIGHT STATUS

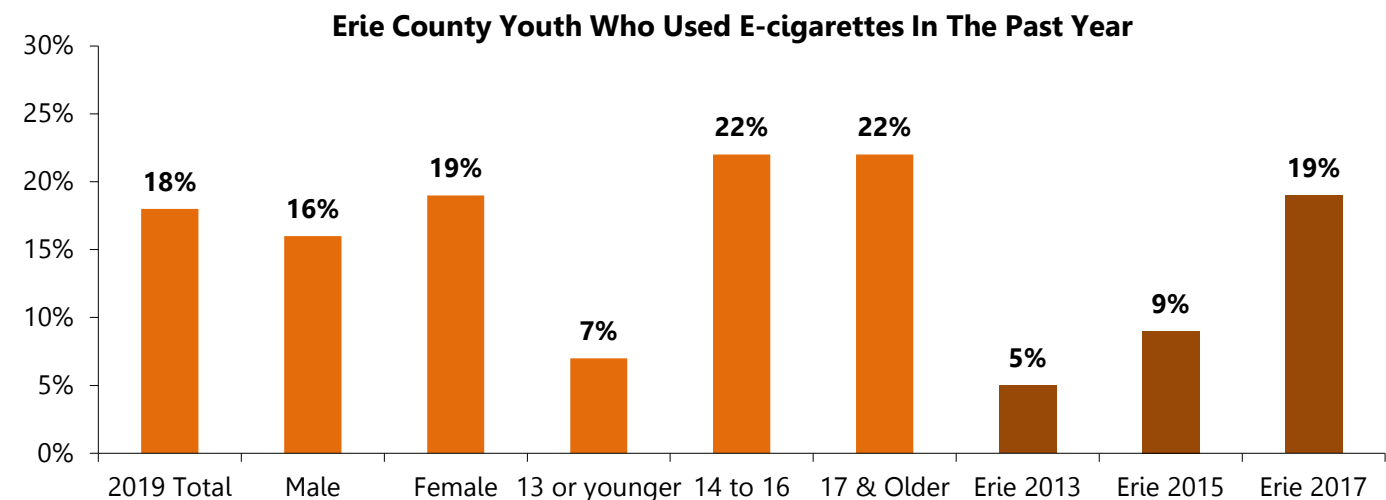
Nearly one-fifth (17%) (approximately 1,266) of Erie County youth were obese, according to body mass index (BMI) by age. When asked how they would describe their weight, 29% (approximately 2,159) of Erie County youth reported that they were slightly or very overweight. Thirteen percent (13%) (approximately 968) of youth did not participate in at least 60 minutes of physical activity on any day in the past week.



2,457 youth were classified as overweight or obese by BMI.

YOUTH TOBACCO USE

Two percent (2%) (approximately 149) of Erie County youth were current smokers. Eighteen percent (18%) (approximately 1,340) of youth used e-cigarettes in the past year. Of youth who had used e-cigarettes in the past 12 months, 61% put e-liquid or e-juice with nicotine in them.

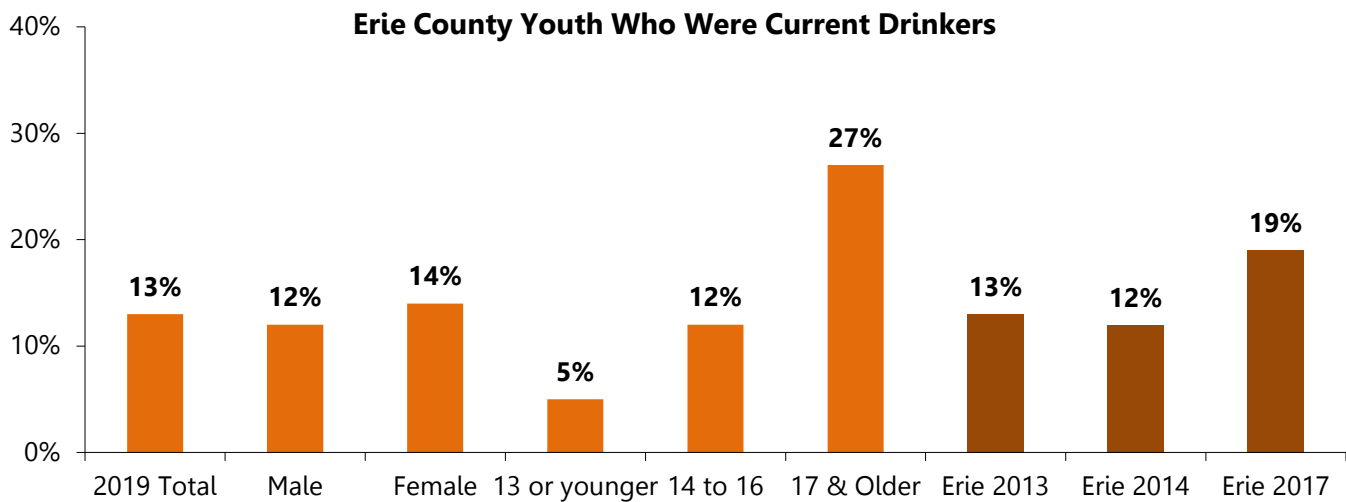


Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

1,340 Erie County youth used e-cigarettes in the past year.

YOUTH ALCOHOL CONSUMPTION

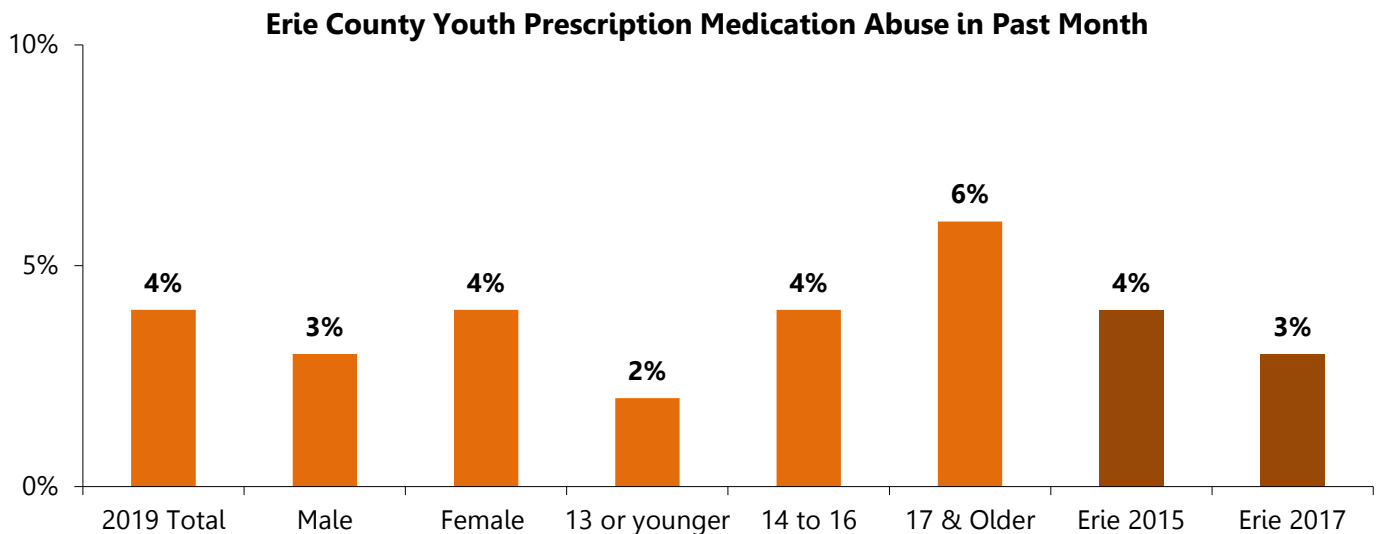
One-third (33%) (approximately 2,457) of Erie County youth had drunk at least one drink of alcohol in their life. Thirteen percent (13%) (approximately 968) of youth had at least one drink in the past 30 days, defining them as a current drinker. Of those who drank, 44% were defined as binge drinkers.



968 Erie County youth were current drinkers.

YOUTH DRUG USE

In 2019, 8% (approximately 596) of Erie County youth had used marijuana at least once in the past 30 days. Four percent (4%) (approximately 298) of youth used prescription drugs not prescribed for them in the past month.



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

596 Erie County youth were current marijuana users.

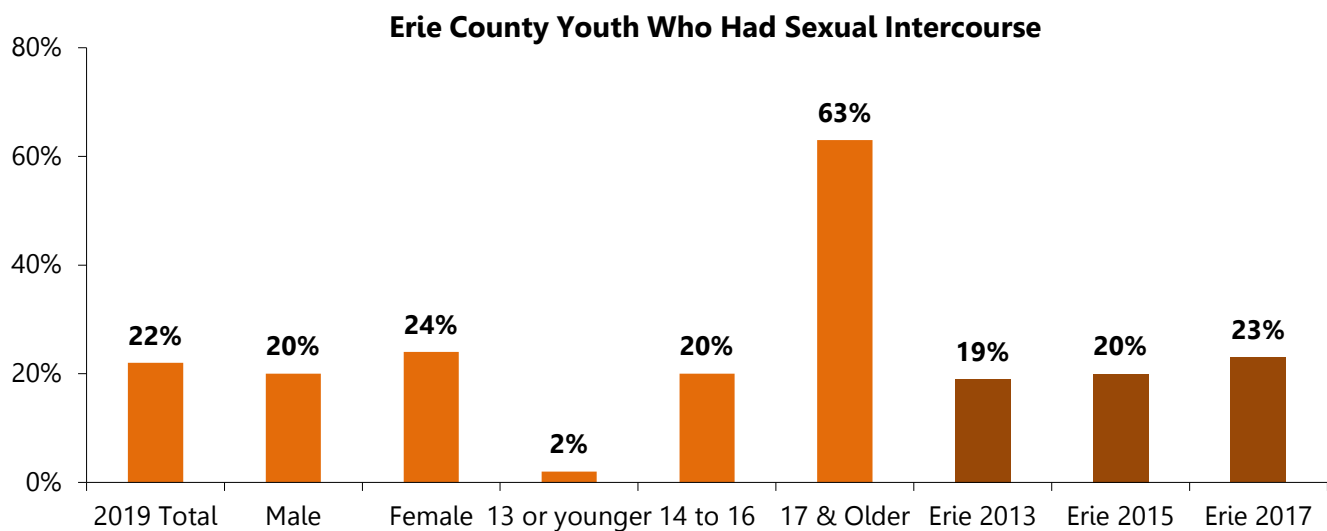
PERCEPTIONS OF SUBSTANCE USE

In 2019, 62% (approximately 4,616) of Erie County youth thought there was a great risk in harming themselves if they smoked one or more packs of cigarettes per day. Twenty-four percent (24%) (approximately 1,787) of youth thought there was no risk in harming themselves physically or in other ways if they smoked marijuana once or twice a week. Seventy-one percent (71%) (approximately 5,286) of youth reported their parents would feel it was very wrong for them to have one or two drinks of an alcoholic beverage nearly every day.

1,638 youth had sexual intercourse in their lifetime.

YOUTH SEXUAL BEHAVIOR

In 2019, 22% (approximately 1,638) of Erie County youth had sexual intercourse. Seventeen percent (17%) of sexually active youth had 4 or more sexual partners. Thirteen percent (13%) of youth engaged in intercourse without a reliable method of protection, and 14% reported they were unsure if they used a reliable method.



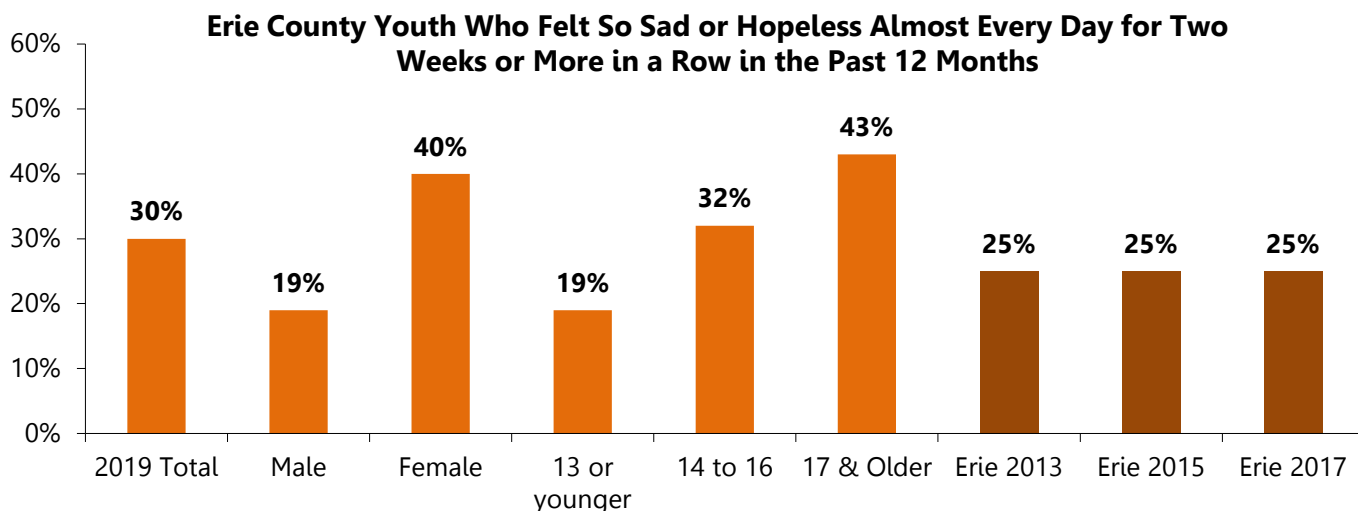
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The Erie County Health Department is creating school-based health centers in multiple Erie County school districts which will provide mental health services to youth.

(Source: Erie County Health Department, 2019)

YOUTH MENTAL HEALTH

Twelve percent (12%) (approximately 893) of youth had seriously considered attempting suicide and 5% (approximately 372) attempted suicide in the past year. The top three causes for anxiety, stress or depression for Erie County youth were academic success (42%), self-image (34%), and fighting with friends (32%).

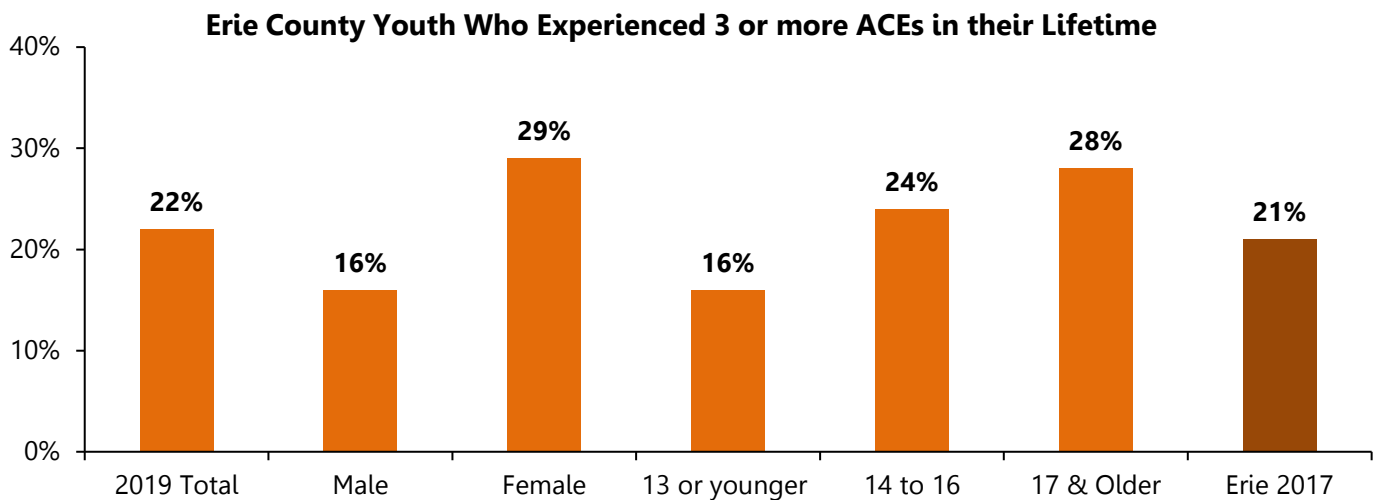


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

2,234 youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.

YOUTH SOCIAL DETERMINANTS OF HEALTH

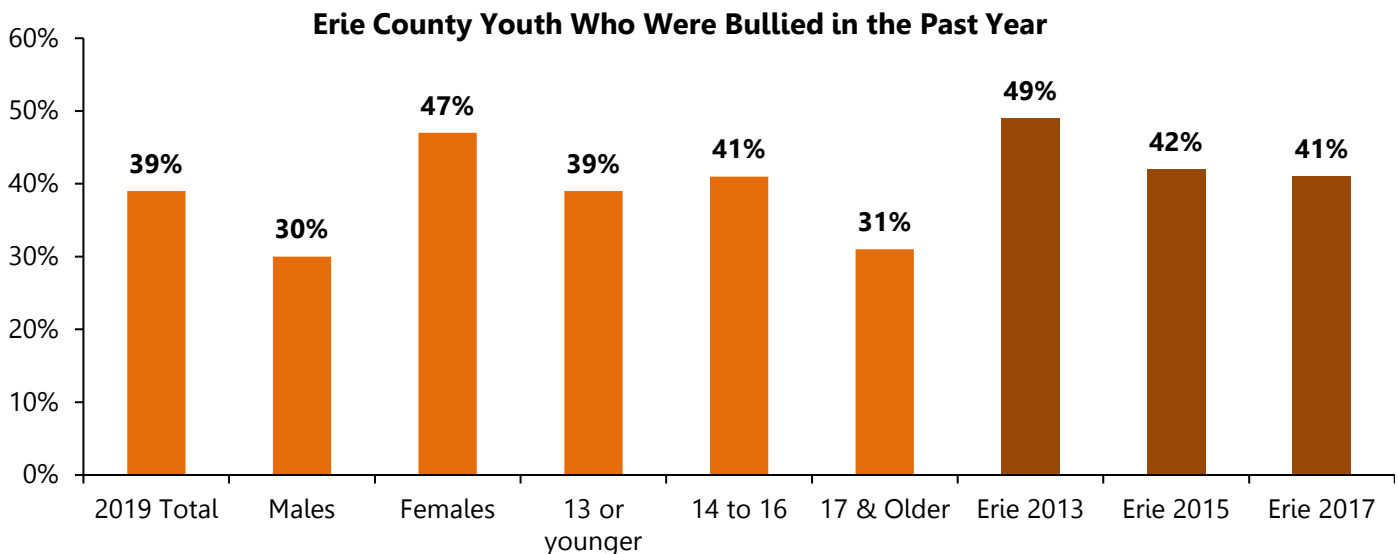
Over one-fifth (22%) (approximately 1,638) of Erie County youth had three or more adverse childhood experiences (ACEs) in their lifetime. Thirty percent (30%) of youth drivers had texted while driving in the past 30 days. Fifty-six percent (56%) (approximately 4,169) of youth who had a social media or online gaming account believed that sharing information online is dangerous.



1,638 Erie County youth experienced 3 or more ACEs in their lifetime.

YOUTH VIOLENCE






Nine percent (9%) (approximately 670) of Erie County youth carried a weapon (such as a gun, knife or club) in the past month. Over one-fifth (23%) (approximately 1,712) of youth had been involved in a physical fight in the past year. Thirty-nine percent (39%) (approximately 2,904) of youth had been bullied in the past year.




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

2,904 Erie County youth had been bullied in the past year.

Adult Trend Summary

Adult Variables	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
Health Care Coverage						
Uninsured	9%	16%	7%	3%	8%	11%
Access and Utilization						
Visited a doctor for a routine checkup in the past year 	57%	63%	71%	77%	72%	70%
Had at least one person they thought of as their personal doctor or healthcare provider 	86%	88%	87%	90%	81%	77%
Preventive Medicine						
Had a pneumonia vaccination (age 65 and over)	46%	50%	54%	80%	76%	75%
Had a flu vaccine in the past year (age 65 and over)	N/A	71%	71%	77%	63%	61%
Ever had a shingles or zoster vaccine	N/A	8%	14%	35%	29%	29%
Women's Health						
Had a clinical breast exam in the past two years (age 40 and over)	78%	70%	68%	69%	N/A	N/A
Had a mammogram in the past two years (age 40 and over)	72%	72%	71%	76%	74%*	73%*
Had a Pap smear in the past three years (age 21-65)	76%†	69%†	66%†	69%	82%*	80%*
Men's Health						
Had a PSA test in the past two years (age 40 and over)	N/A	58%	56%	53%	39%*	40%*
Had a digital rectal exam within the past year	26%	26%	16%	24%	N/A	N/A
Oral Health						
Adults who had visited a dentist or dental clinic in the past year	65%	62%	67%	61%	68%*	66%*
Health Status Perceptions						
Rated general health as excellent or very good	54%	49%	50%	51%	49%	51%
Rated general health as fair or poor 	15%	16%	15%	17%	19%	18%
Rated physical health as not good on four or more days (in the past 30 days) 	18%	19%	20%	21%	23%	22%
Average number of days that physical health not good (in the past 30 days)	N/A	3.5	3.3	4.3	4.0‡	3.7‡
Rated mental health as not good on four or more days (in the past 30 days) 	18%	23%	19%	21%	26%	24%
Average number of days that mental health not good (in the past 30 days)	N/A	3.6	3.1	3.5	4.3‡	3.8‡
Poor physical or mental health kept them from doing usual activities, such as self-care, work, or recreation (on at least one day during the past 30 days)	20%	21%	22%	27%	24%	23%








N/A – Not Available

 Indicates alignment with Ohio State Health Assessment (SHA)


*2016 BRFSS

‡2016 BRFSS data as compiled by 2019 County Health Rankings

†Pap smear was reported for women ages 19 and over


Adult Variables	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
Weight Status						
Obese 	31%	38%	36%	32%	34%	31%
Overweight	35%	36%	34%	43%	34%	35%
Tobacco Use						
Current smoker (currently smoke some or all days) 	26%	21%	20%	12%	21%	17%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	22%	24%	25%	38%	24%	25%
Tried to quit smoking (on at least one day in the past year)	47%	49%	44%	26%	N/A	N/A
Alcohol Consumption						
Current drinker (drank alcohol at least once in the past month)	65%	54%	62%	63%	54%	55%
Binge drinker (defined as consuming more than four [women] or five [men] alcoholic beverages on a single occasion in the past 30 days) 	30%	18%	22%	24%	19%	17%
Drove after having too much alcohol to drink	8%	6%	7%	9%	4%*	4%*
Drug Use						
Adults who used recreational marijuana or hashish in the past six months	11%	7%	9%	5%	N/A	N/A
Adults who used other recreational drugs in the past six months	10%	1%	3%	1%	N/A	N/A
Adults who misused prescription medication in the past six months	3%	8%	10%	8%	N/A	N/A
Sexual Behavior						
Had more than one sexual partner in past year	10%	5%	7%	4%	N/A	N/A
Mental Health						
Considered attempting suicide in the past year	3%	2%	3%	4%	N/A	N/A
Attempted suicide in the past year	1%	<1%	1%	1%	N/A	N/A
Felt so sad or hopeless almost every day for two weeks or more in a row	9%	10%	10%	8%	N/A	N/A
Ever been told they have a form of depression	N/A	15%	17%	12%	23%	21%
Cardiovascular Health						
Had angina or coronary heart disease 	N/A	N/A	6%	8%	5%	4%
Had a heart attack 	4%	7%	6%	8%	6%	4%
Had a stroke	2%	4%	4%	5%	4%	3%
Had high blood pressure 	28%	31%	36%	48%	35%	32%
Had high blood cholesterol	31%	35%	39%	48%	33%	33%
Asthma						
Had been diagnosed with asthma	13%	15%	14%	9%	14%	14%
Diabetes						
Had been diagnosed with diabetes 	13%	10%	12%	21%	11%	11%
Had been diagnosed with pre-diabetes or borderline diabetes	5%	5%	5%	8%	2%	2%

N/A – Not Available


 Indicates alignment with Ohio SHA

*2016 BRFSS

Youth Trend Summary

Youth Variables	Erie County 2013 (6 th -12 th)	Erie County 2015 (6 th -12 th)	Erie County 2017 (6 th -12 th)	Erie County 2019 (6 th -12 th)	Erie County 2019 (9 th -12 th)	U.S. 2017 (9 th -12 th)
Weight Status						
Obese 	18%	14%	13%	17%	19%	15%
Overweight	13%	12%	17%	16%	16%	16%
Described themselves as slightly or very overweight	28%	28%	28%	29%	32%	32%
Exercised to lose weight (in the past 30 days)	51%	44%	43%	52%	49%	N/A
Ate less food, fewer calories, or foods lower in fat to lose weight (in the past 30 days)	32%	26%	24%	29%	37%	N/A
Went without eating for 24 hours or more (in the past 30 days)	6%	5%	2%	7%	8%	N/A
Took diet pills, powders, or liquids without a doctor's advice (in the past 30 days)	3%	2%	3%	1%	2%	N/A
Vomited or took laxatives (in the past 30 days)	1%	2%	2%	2%	5%	N/A
Physically active at least 60 minutes per day on every day in past week	22%	27%	26%	27%	27%	26%
Physically active at least 60 minutes per day on 5 or more days in past week	47%	46%	49%	51%	42%	46%
Did not participate in at least 60 minutes of physical activity on any day in past week	15%	14%	13%	13%	16%	15%
Watched 3 or more hours per day of television (on an average school day)	27%	25%	26%	24%	29%	21%
Tobacco Use						
Ever tried cigarette smoking (even one or two puffs)	18%	18%	14%	7%	11%	29%
Current smoker (smoked on at least 1 day during the past 30 days)	8%	6%	7%	2%	5%	9%
Smoked a whole cigarette for the first time before the age of 13 (of all youth)	4%	3%	2%	2%	3%	10%
Alcohol Consumption						
Ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)	37%	33%	38%	33%	54%	60%
Current Drinker (at least one drink of alcohol on at least 1 day during the past 30 days)	13%	12%	19%	13%	21%	30%
Binge drinker (drank 5 or more drinks within a couple of hours on at least 1 day during the past 30 days)	5%	7%	10%	6%	11%	14%
Drank for the first time before age 13 (of all youth)	11%	11%	8%	13%	14%	16%
Obtained the alcohol they drank by someone giving it to them (of youth drinkers)	38%	34%	35%	32%	38%	44%
Rode with a driver who had been drinking alcohol (in a car or other vehicle on 1 or more occasion during the past 30 days)	17%	15%	12%	10%	9%	17%
Drove when they had been drinking alcohol (in a car or vehicle, 1 or more times during the 30 days before the survey, among youth who had driven a car or other vehicle)	2%	4%	8%	5%	3%	6%

N/A-Not Available

 Indicates alignment with Ohio SHA

Youth Variables	Erie County 2013 (6 th -12 th)	Erie County 2015 (6 th -12 th)	Erie County 2017 (6 th -12 th)	Erie County 2019 (6 th -12 th)	Erie County 2019 (9 th -12 th)	U.S. 2017 (9 th -12 th)
Drug Use						
Used marijuana in the past month	11%	8%	8%	8%	17%	20%
Prescription medication abuse in the past month	N/A	4%	3%	4%	5%	N/A
Ever used methamphetamines (in their lifetime)	2%	2%	1%	2%	2%	3%
Ever used cocaine (in their lifetime)	1%	3%	3%	1%	1%	5%
Ever used heroin (in their lifetime)	1%	1%	1%	1%	2%	2%
Ever used inhalants (in their lifetime)	4%	7%	5%	4%	5%	6%
Ever took steroids without a doctor's prescription (in their lifetime)	2%	3%	3%	1%	2%	3%
Ever used ecstasy (also called MDMA in their lifetime)	2%	2%	2%	1%	2%	4%
Ever used hallucinogenic drugs (such as LSD, acid, PCP, angel dust, mescaline, or mushrooms in their lifetime)	N/A	N/A	N/A	1%	2%	7%
Sexual Behavior						
Ever had sexual intercourse	19%	20%	23%	22%	49%	40%
Had sexual intercourse with four or more persons (of all youth during their life)	19%	5%	7%	4%	9%	10%
Had sexual intercourse before the age 13 (for the first time of all youth)	2%	4%	2%	2%	3%	3%
Used a condom (during last sexual intercourse)	65%	69%	61%	59%	65%	54%
Used birth control pills (during last sexual intercourse)	27%	35%	35%	36%	43%	21%
Did not use any method to prevent pregnancy during last sexual intercourse	8%	14%	8%	13%	14%	14%
Mental Health						
Felt so sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	25%	25%	25%	30%	37%	32%
Seriously considered attempting suicide (in the past 12 months)	13%	14%	15%	12%	16%	17%
Attempted suicide (in the past 12 months)	6%	8%	6%	5%	8%	7%
Violence						
Carried a weapon (in the past 30 days)	5%	8%	9%	9%	9%	16%
Were in a physical fight (in the past 12 months)	21%	21%	23%	23%	19%	24%
Did not go to school because they felt unsafe (at school or on their way to or from school in the past 30 days)	5%	7%	4%	10%	12%	7%
Threatened or injured with a weapon on school property (in the past 12 months)	7%	7%	7%	5%	6%	6%
Experienced physical dating violence (including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with in the past 12 months)	3%	4%	5%	4%	5%	8%
Electronically bullied (in the past year)	13%	13%	11%	9%	11%	15%
Bullied (in the past year)	49%	42%	41%	39%	40%	N/A
Were bullied on school property (during the past 12 months)	35%	30%	27%	31%	28%	19%

N/A-Not Available

Adult Mental Health

Key Findings

In 2019, 8% (approximately 4,715) of Erie County adults reported they or someone they know considered attempting suicide in the past year. Sixteen percent (16%) (approximately 9,430) of adults reported they or a family member were diagnosed with or treated for depression in the past year. Eight percent (8%) (approximately 4,715) of Erie County adults used a program or service for themselves or a loved one to help with depression, anxiety, or emotional problems.

Adult Mental Health Status

- More than one-fifth (21%) (approximately 12,377) of Erie County adults rated their mental health as not good on four or more days in the previous month.
- Erie County adults reported their mental health as not good on an average of 3.5 days in the previous month.
- Erie County adults were most likely to rate their mental health as not good if they:
 - Had an annual household income under \$25,000 (59%)
 - Were under the age of 30 (50%)
 - Were female (48%)

The table shows the percentage of adults with poor mental health in the past 30 days.

Mental Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
Mental Health Not Good in Past 30 Days*					
Males	63%	8%	3%	2%	14%
Females	52%	16%	8%	1%	16%
Total	60%	11%	5%	1%	15%

*Totals may not equal 100% as some respondents answered, "Don't know".

Adult Mental Health

- Erie County adults reported they or someone they know experienced the following in the past 12 months:
 - Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities (14%) (approximately 8,251)
 - Seriously considered attempting suicide (8%) (approximately 4,715)
 - Attempted suicide (4%) (approximately 2,358)
 - Purposefully hurt themselves (self-harm) (3%) (approximately 1,768)
- Erie County adults experienced the following almost every day for two weeks or more in a row when they were feeling sad, blue, or depressed:
 - Felt fatigued/no energy (18%)
 - Had trouble sleeping or slept too much (14%)
 - Woke up before they wanted (11%)
 - Had trouble thinking or concentrating (10%)
 - Lost interest in most things (10%)
 - Felt worthless or hopeless (7%)
 - Had a weight/appetite change (6%)
 - Felt extremely restless/slowed down (6%)
 - Thought about death and suicide (4%)

- Twelve percent (12%) (approximately 7,073) of adults in Erie County reported they had ever been told they had a depressive disorder, including depression, major depression, dysthymia, or minor depression.
- One percent (1%) or 589 Erie County adults reported they heard voices or saw things that other people could not see, increasing to 10% of those under the age of 30.
- Erie County adults reported they or a family member were diagnosed with, or treated for, the following mental health issues in the past year:
 - Depression (16%)
 - Anxiety or emotional problems (15%)
 - An anxiety disorder (e.g., panic attacks, phobia, obsessive compulsive disorder) (10%)
 - Attention deficit disorder (ADD/ADHD) (5%)
 - Bipolar disorder (3%)
 - Post-traumatic stress disorder (PTSD) (3%)
 - Alcohol and illicit drug abuse (4%)
 - Autism spectrum (2%)
 - Eating disorder (1%)
 - Developmental disability (cognitive/intellectual) (1%)
 - Other trauma (1%)
 - Psychotic disorder (e.g., schizophrenia, schizoaffective disorder) (<1%)
 - Life-adjustment disorder/issue (3%)
 - Problem gambling (1%)
 - Some other mental health disorder (1%)
- Seventeen percent (17%) of adults indicated they or a family member had taken medication for one or more mental health issues.
- Erie County adults dealt with stress in the following ways: prayer/meditation (40%), talked to someone they trust (33%), exercised (32%), listened to music (29%), slept (25%), ate more or less than normal (25%), worked (22%), worked on a hobby (21%), drank alcohol (15%), smoked tobacco (6%), talked to a professional (5%), took it out on others (4%), used prescription drugs as prescribed (3%), used illegal drugs (1%), and other ways (9%).
- Erie County adults received the social and emotional support they needed from the following: family (57%), friends (43%), God/prayer (40%), church (21%), neighbors (8%), a professional (4%), Internet (3%), community (1%), text crisis line (1%), self-help group (1%), online support group (<1%), and other (2%). Ten percent (10%) reported they did get the social and emotional support they needed. Over one-fifth (22%) of adults reported they did not need support/could handle it themselves.
- Eight percent (8%) of Erie County adults used a program or service for themselves or a loved one to help with depression, anxiety, or emotional problems. Reasons for not using such a program included: had not thought of it (11%), could not afford to go (4%), co-pay/deductible too high (3%), transportation (3%), stigma of seeking mental health services (2%), fear (1%), could not get to the office/clinic (1%), other priorities (1%), did not know how to find a program (1%), could not find a mental health doctor or provider (<1%), and other reasons (4%). Nearly three-fourths (74%) of adults indicated they did not need such a program.

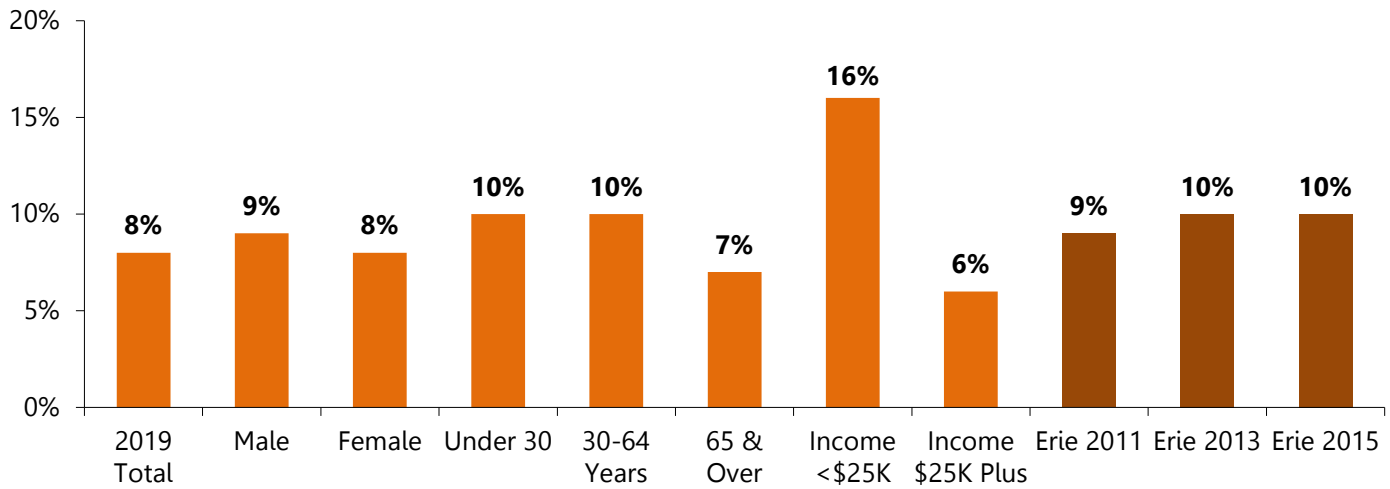
Adult Comparisons	Erie County 2011	Erie County 2013	Erie County 2015	Erie County 2019	Ohio 2017	U.S. 2017
Rated mental health as not good on four or more days (in the past 30 days)	18%	23%	19%	21%	26%	24%
Average number of days that mental health not good (in the past 30 days)	N/A	3.6	3.1	3.5	4.3 [‡]	3.8 [‡]
Considered attempting suicide in the past year	3%	2%	3%	4%	N/A	N/A
Attempted suicide in the past year	1%	<1%	1%	1%	N/A	N/A
Felt so sad or hopeless almost every day for two weeks or more in a row	9%	10%	10%	8%	N/A	N/A
Ever been told they have a form of depression	N/A	15%	17%	12%	23%	21%

N/A-Not Available

[‡]2016 BRFSS data as compiled by 2019 County Health Rankings

The following graph shows Erie County adults who felt so sad or hopeless for two or more weeks in a row in the past year. An example of how to interpret the information includes: 8% of all adults felt so sad or hopeless for two or more weeks in a row, including 16% of those with an income less than \$25,000.

Erie County Adults Feeling So Sad or Hopeless Almost Every Day for Two or More Weeks in a Row



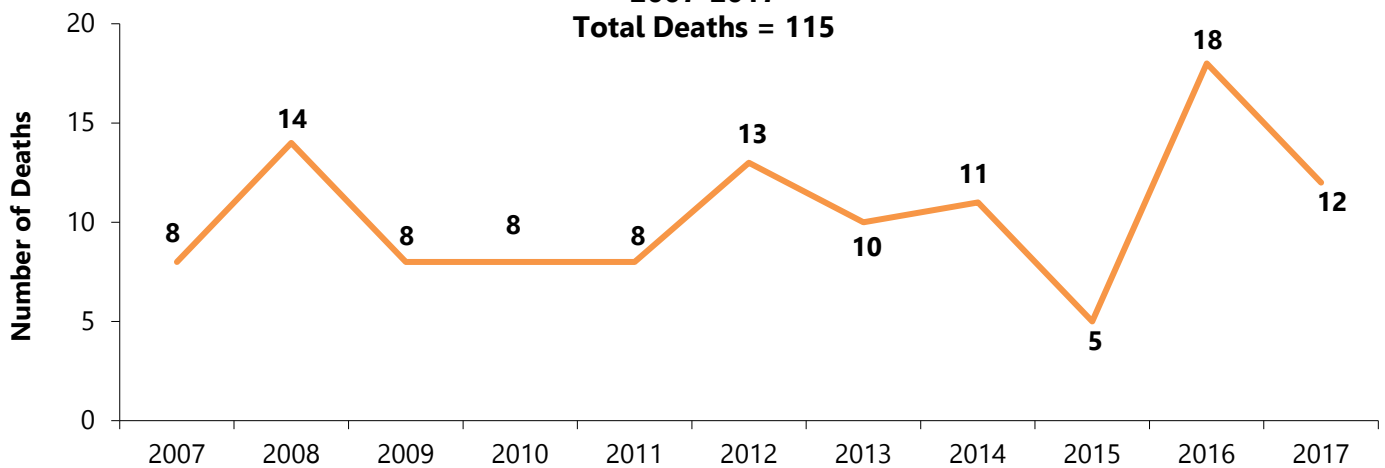
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The graph below shows the number of suicide deaths by year from 2007 to 2017 in Erie County. The graph shows:

- From 2007 to 2017, there was an average of 10.4 suicides per year in Erie County.

Erie County Number of Suicide Deaths By Year 2007-2017

Total Deaths = 115

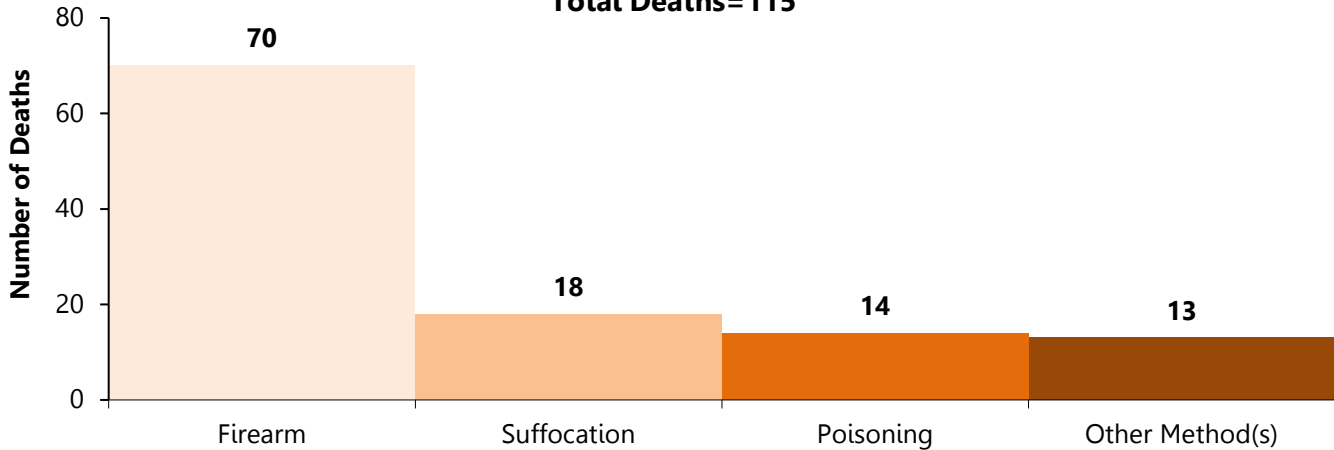


(Source for graphs: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, updated 7/9/19)

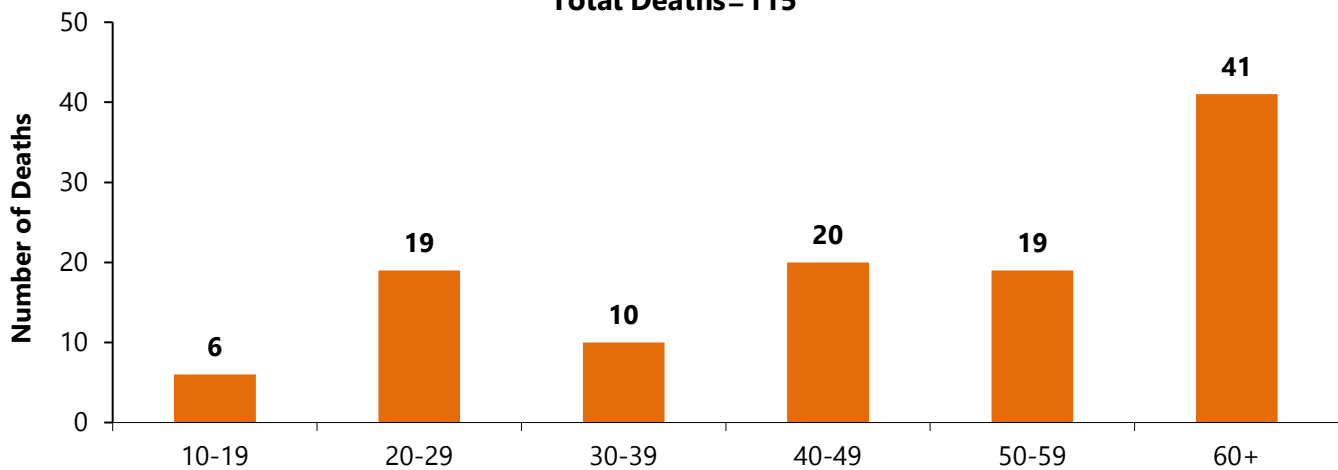
The graphs below show the number of suicide deaths by means and age group from 2007 to 2017 in Erie County. The graphs show:

- Sixty-one percent (61%) of deaths by suicide in Erie County from 2007 to 2017 were completed by firearms.
- Most deaths by suicide from 2007 to 2017 in Erie County occurred in the 60 and over age group.

**Erie County Number of Suicide Deaths By Mechanism
2007-2017
Total Deaths=115**



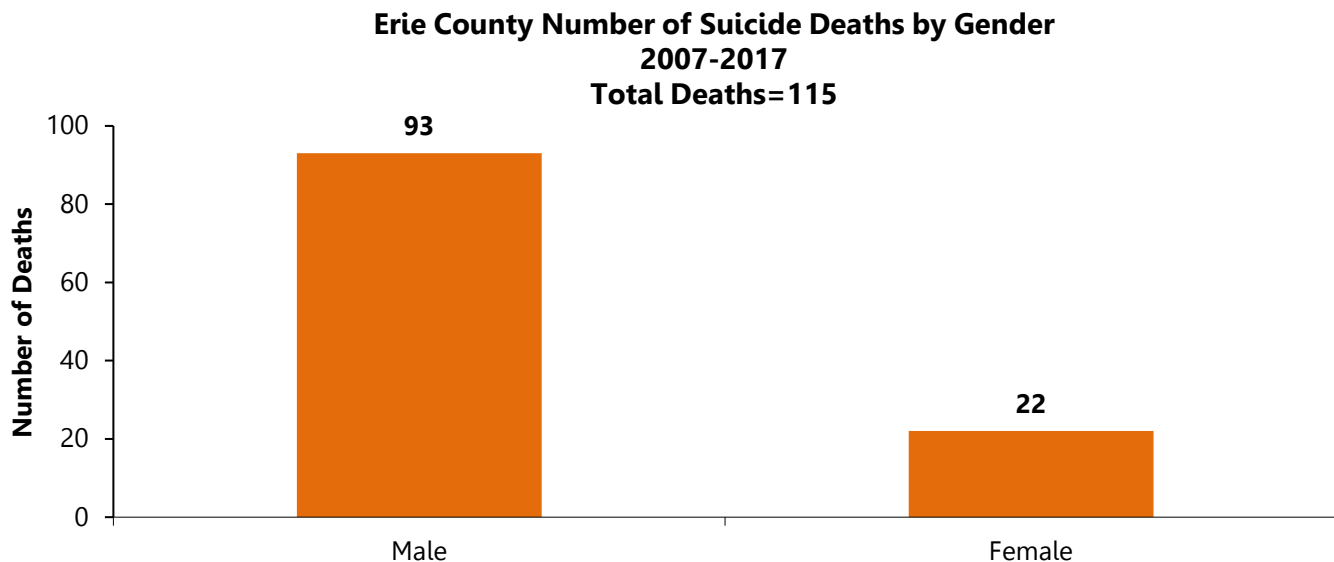
**Erie County Number of Suicide Deaths By Age Group
2007-2017
Total Deaths=115**



(Source for graphs: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, updated 7/9/19)

The graph below shows the number of suicide deaths by gender from 2007 to 2017 in Erie County. The graph shows:

- From 2007 to 2017, Erie County males were four times more likely to die by suicide than females.



(Source: ODH, Ohio Public Health Data Warehouse, Mortality, Leading Causes of Death, updated 7/9/19)

Suicide Rising Across the U.S.

- Suicide is a leading cause of death in the U.S.
- Suicide rates have increased more than 30% in half of states since 1999.
- Nearly 45,000 lives were lost to suicide in 2016.
- More than half (54%) of people who died by suicide did not have a known mental health condition.
- Many factors contribute to suicide among those with and without known mental health conditions. For instance, relationship problems, crisis in the past or upcoming two weeks, physical health problems, problematic substance use, or job/financial problems.
- Making sure government, public health, healthcare, employers, education, the media and community organizations are working together is important for preventing suicide. Public health departments can bring together these partners to focus on comprehensive state and community efforts with the greatest likelihood of preventing suicide.
- States and communities can:
 - Identify and support people at risk of suicide.
 - Teach coping and problem-solving skills to help people manage challenges with their relationships, jobs, health, or other concerns.
 - Promote safe and supportive environments. This includes safely storing medications and firearms to reduce access among people at risk.
 - Offer activities that bring people together so they feel connected and not alone.
 - Connect people at risk to effective and coordinated mental and physical healthcare.
 - Expand options for temporary help for those struggling to make ends meet.

(Source: CDC, Suicide rising across the US, Updated on June 7, 2018)

Youth Mental Health

Key Findings

Twelve percent (12%) (approximately 893) of youth had seriously considered attempting suicide and 5% (approximately 372) attempted suicide in the past year. The top three causes for anxiety, stress or depression for Erie County youth were academic success (42%), self-image (34%), and fighting with friends (32%).

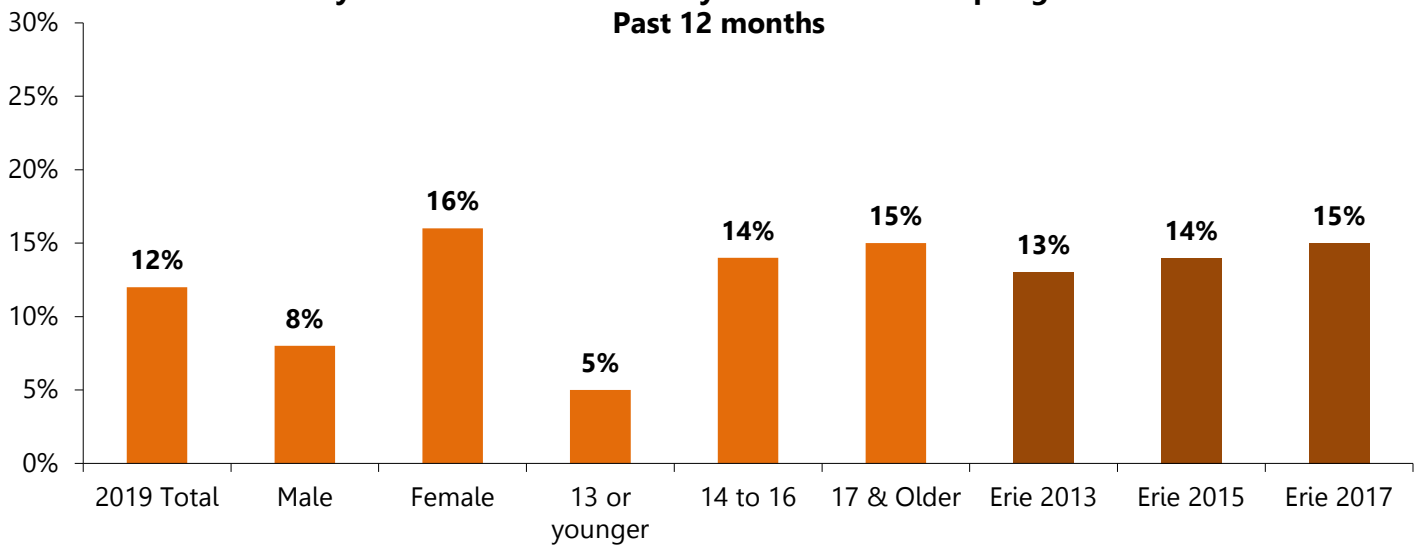
2,234 youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.

Youth Mental Health

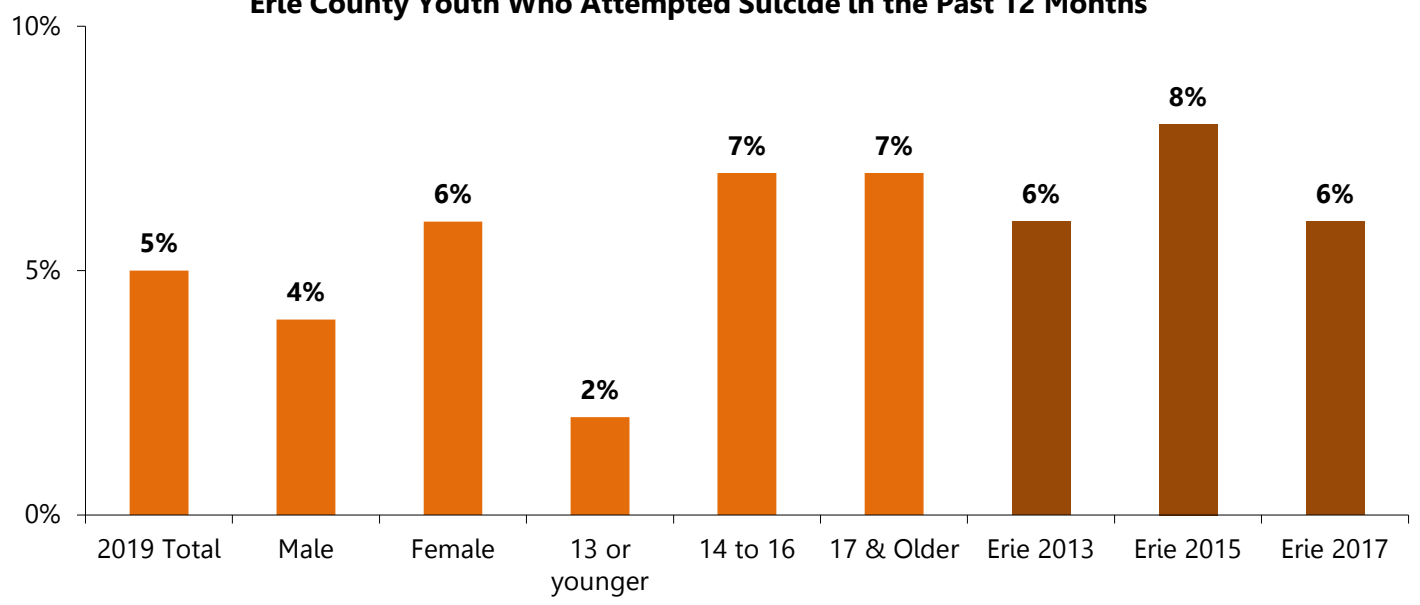
- Nearly one-third (30%) (approximately 2,234) of Erie County youth reported they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, increasing to 40% of females.
- Twelve percent (12%) or 893 youth reported they had seriously considered attempting suicide in the past 12 months, increasing to 16% of females.
- One-in-eleven (9%) (approximately 670) youth made a plan about how they would attempt suicide in the past year.
- In the past year, 5% or 372 youth had attempted suicide. Three percent (3%) of youth had made more than one attempt.
- Erie County youth reported the following likeliness of seeking help if they were feeling depressed or suicidal: very likely (14%), somewhat likely (18%), somewhat unlikely (13%), and very unlikely (9%).
- Youth reported the following caused them anxiety, stress or depression:
 - Academic success (42%)
 - Self-image (34%)
 - Fighting with friends (32%)
 - Death of close family member or friend (30%)
 - Other stress in the home (29%)
 - Sports (28%)
 - Peer pressure (27%)
 - Fighting at home (22%)
 - Breakup (18%)
 - Being bullied (17%)
 - Dating relationship (16%)
 - Social media (e.g. Facebook) (15%)
 - Parent divorce/separation (14%)
 - Poverty/no money (10%)
 - Current news/world events/political environment (10%)
 - Sick parent (10%)
 - Caring for younger siblings (9%)
 - Alcohol or drug use in the home (5%)
 - Sexual orientation (4%)
 - Not having enough to eat (3%)
 - Not having a place to live (2%)
 - Other (12%)
- Youth reported the following ways of dealing with anxiety, stress, or depression: sleeping (41%); texting someone (30%); hobbies (27%); talking to someone in their family (23%); eating (22%); exercising (22%); talking to a peer (18%); using social media (11%); praying/reading the Bible (10%); breaking something (9%); writing in a journal (9%); shopping (9%); talk to a professional (6%); self-harm (5%); smoke/use tobacco (3%); use illegal drugs (2%); and drink alcohol (2%). Twenty-six percent (26%) youth reported they did not have anxiety, stress, or depression.
- When youth had feelings of depression or suicide, they talked to the following: best friend (30%); parents (18%); girlfriend or boyfriend (18%); brother/sister (10%); professional counselor (6%); adult friend (5%); caring adult (5%); school counselor (5%); teacher (4%); pastor/priest/youth minister (2%); religious leader (2%); coach (2%); call Teen Line or First Call for Help (1%); and other (4%). Thirteen percent (13%) of youth reported they had no one to talk to when they had feelings of depression or suicide.

The following graphs show Erie County youth who had seriously considered attempting suicide and had attempted suicide in the past year. An example of how to interpret the information in the first graph includes: 12% of youth seriously considered attempting suicide in the past year, including 8% of males and 16% of females.

Erie County Youth Who Had Seriously Considered Attempting Suicide in the Past 12 months

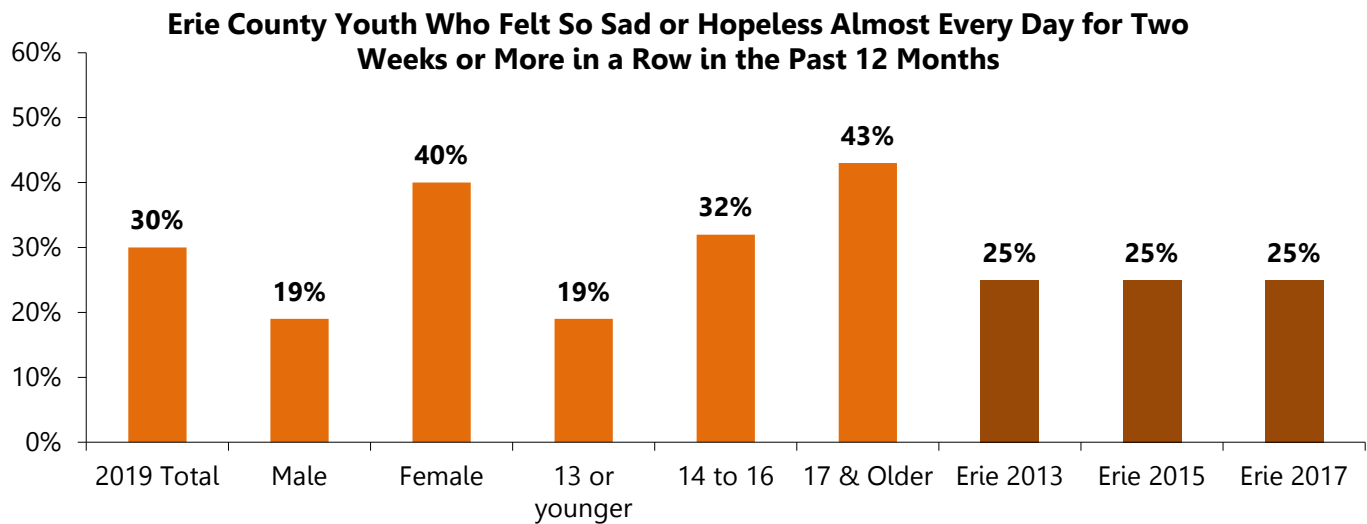


Erie County Youth Who Attempted Suicide in the Past 12 Months



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

The following graph shows Erie County youth who felt so sad or hopeless every day for two weeks or more in a row in the past 12 months. An example of how to interpret the information includes: 30% of youth felt so sad or hopeless almost every day for two weeks or more in a row, including 19% of males, and 40% of females.



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

The table below indicates correlations between those who contemplated suicide in the past 12 months and participating in risky behaviors, as well as other activities and experiences. An example of how to interpret the information includes: 66% of those who contemplated suicide had been bullied in the past year, compared to 35% of those who did not contemplate suicide.

Behaviors of Erie County Youth Contemplated Suicide vs. Did Not Contemplate Suicide

Youth Behaviors	Contemplated Suicide	Did Not Contemplate Suicide
Currently participate in extracurricular activities	96%	92%
Bullied (in the past 12 months)	66%	35%
Experienced 3 or more adverse childhood experiences (ACEs) (in their lifetime)	45%	19%
Had at least one drink of alcohol (in the past 30 days)	29%	10%
Used marijuana (in the past 30 days)	18%	7%
Smoked cigarettes (in the past 30 days)	4%	2%

"Contemplated suicide" indicates youth who self-reported seriously considering attempting suicide in the past year.

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

Youth Comparisons	Erie County 2013 (6 th -12 th)	Erie County 2015 (6 th -12 th)	Erie County 2017 (6 th -12 th)	Erie County 2019 (6 th -12 th)	Erie County 2019 (9 th -12 th)	U.S. 2017 (9 th -12 th)
Felt so sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	25%	25%	25%	30%	37%	32%
Seriously considered attempting suicide (in the past 12 months)	13%	14%	15%	12%	16%	17%
Attempted suicide (in the past 12 months)	6%	8%	6%	5%	8%	7%

Youth Depression: Signs and Symptoms

- Occasionally being sad or feeling hopeless is a part of every child’s life. However, some children feel sad or uninterested in things that they used to enjoy or feel helpless or hopeless in situations where they could do something to address the situations. When children feel persistent sadness and hopelessness, they may be diagnosed with depression.
- Examples of behaviors often seen when children are depressed include
 - Feeling sad, hopeless, or irritable a lot of the time
 - Not wanting to do or enjoy doing fun things
 - Changes in eating patterns – eating a lot more or a lot less than usual
 - Changes in sleep patterns – sleeping a lot more or a lot less than normal
 - Changes in energy – being tired and sluggish or tense and restless a lot of the time
 - Having a hard time paying attention
 - Feeling worthless, useless, or guilty
 - Self-injury and self-destructive behavior
- Extreme depression can lead a child to think about suicide or plan for suicide. For youth ages 10-24 years, suicide is the leading form of death.
- Some children may not talk about helpless and hopeless thoughts, and they may not appear sad. Depression might also cause a child to make trouble or act unmotivated, so others might not notice that the child is depressed or may incorrectly label the child as a trouble-maker or lazy.

(Source: CDC, Children’s Mental Health: Anxiety and Depression, April 15, 2019)