

Picture of Health for Muskingum County Residents



Introduction



Muskingum County is located east of Columbus, Ohio, our state capital. Ebenezer Zane made a settlement here when he stopped on his way from Wheeling, now West Virginia, to Maysville, Kentucky. He was clearing a road called Zane's Trace that ran across Ohio. Zanesville was established on March 1, 1804, by Zane's son-in-law, John McIntire. He stayed in Zanesville and developed what would become Ohio's second capital from 1810- 1812.

Muskingum County was a hub of river traffic and is famous for the ["Y" Bridge](#) which was built at the confluence of the Muskingum and Licking Rivers. The county got its name from the Native American term , Moos-kin-gung meaning "a town on the side of the river." Some claim the natives called it the "Elk Eye River." Muskingum County contains a land area of 673 square miles, with Zanesville as its county seat.

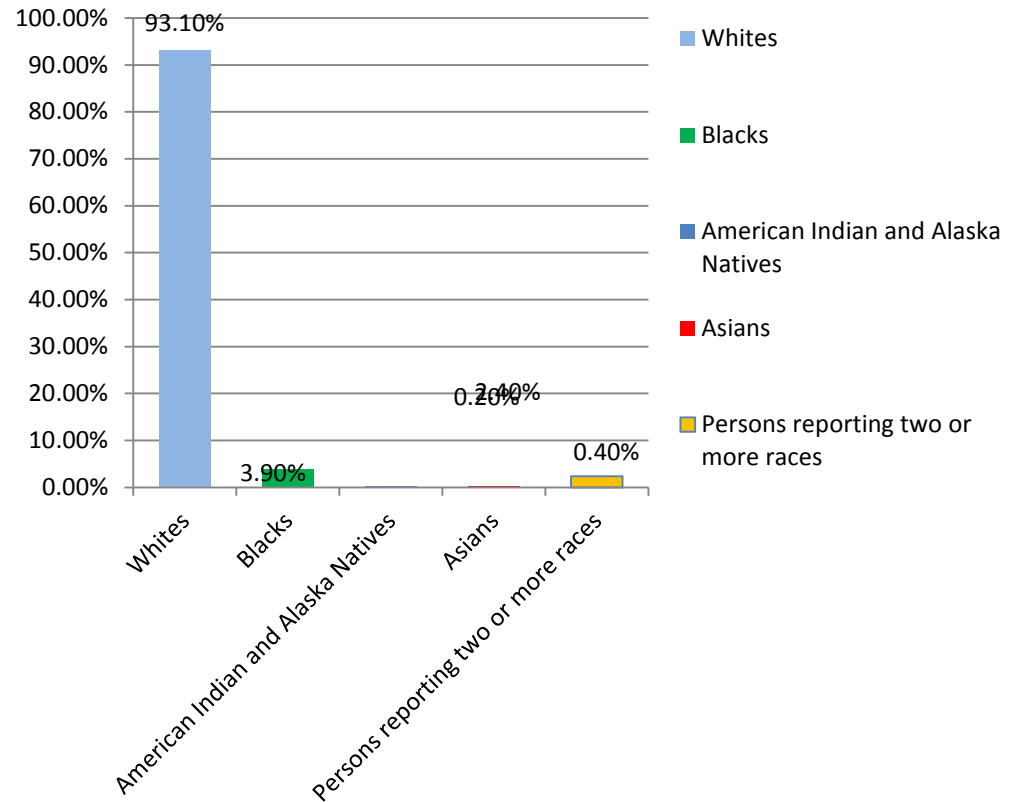
Demographics



Our county is designated as Appalachian by the federal government. Appalachian counties with their geographic cultures and history can be disproportionately affected by health issues.

Baseline: 72% of respondents' grandparents and/or parents are from Appalachia
***Muskingum County Health Survey (MCHS) 2011**

Residents are predominantly white at 93%. (US Census Bureau QuickFacts 2011). 2.6% of residents have a language other than English spoken at home age 5+ (Ohio 6.3%)-US Census Bureau QuickFacts 2006-2010.



Public health efforts incorporate partners, programs and policies that can affect the social issues and challenges that are characteristic of the local residents and could improve health status

In Muskingum County, poverty has an overwhelming impact on our community's health. Our poverty level is higher than the state, our median household income is lower than the state, and families continue to lose their homes due to foreclosure stemming from financial difficulties.

Baseline: 16.9% persons below poverty level (Ohio 14.8%) *US Census Bureau QuickFacts (QuickFacts) 2007 2011



Income and Unemployment

**Baseline: Median household income \$40,590 (Ohio \$48,071)
*QuickFacts 2007-2011**

Baseline: 425 foreclosures in Muskingum County *Ohio Attorney General 2011

**Baseline: 9.4% of individuals (Ohio 7.2%) unemployment
*Ohio Department of Job and Family Services July 2013**



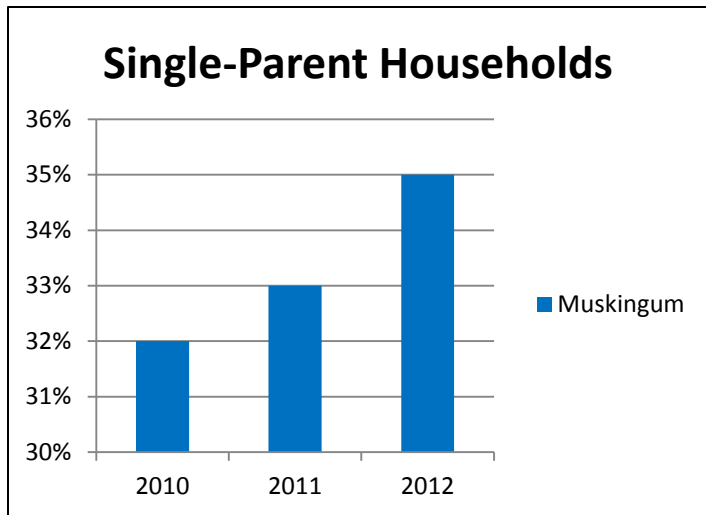
In Appalachia, much of the county is rural farmland. As our county lost large industries such as steel and pottery or the industry moved into the more technological era, jobs became scarce. The Appalachia jobs focused on using natural resources such as timber, coal, and farm production reduced dramatically. These natural resource jobs required little education for residents and matched workers who had historically relied on agriculture and manufacturing. Unemployment rates for the county have improved but continue to be lower than the state rates.

Children in Poverty



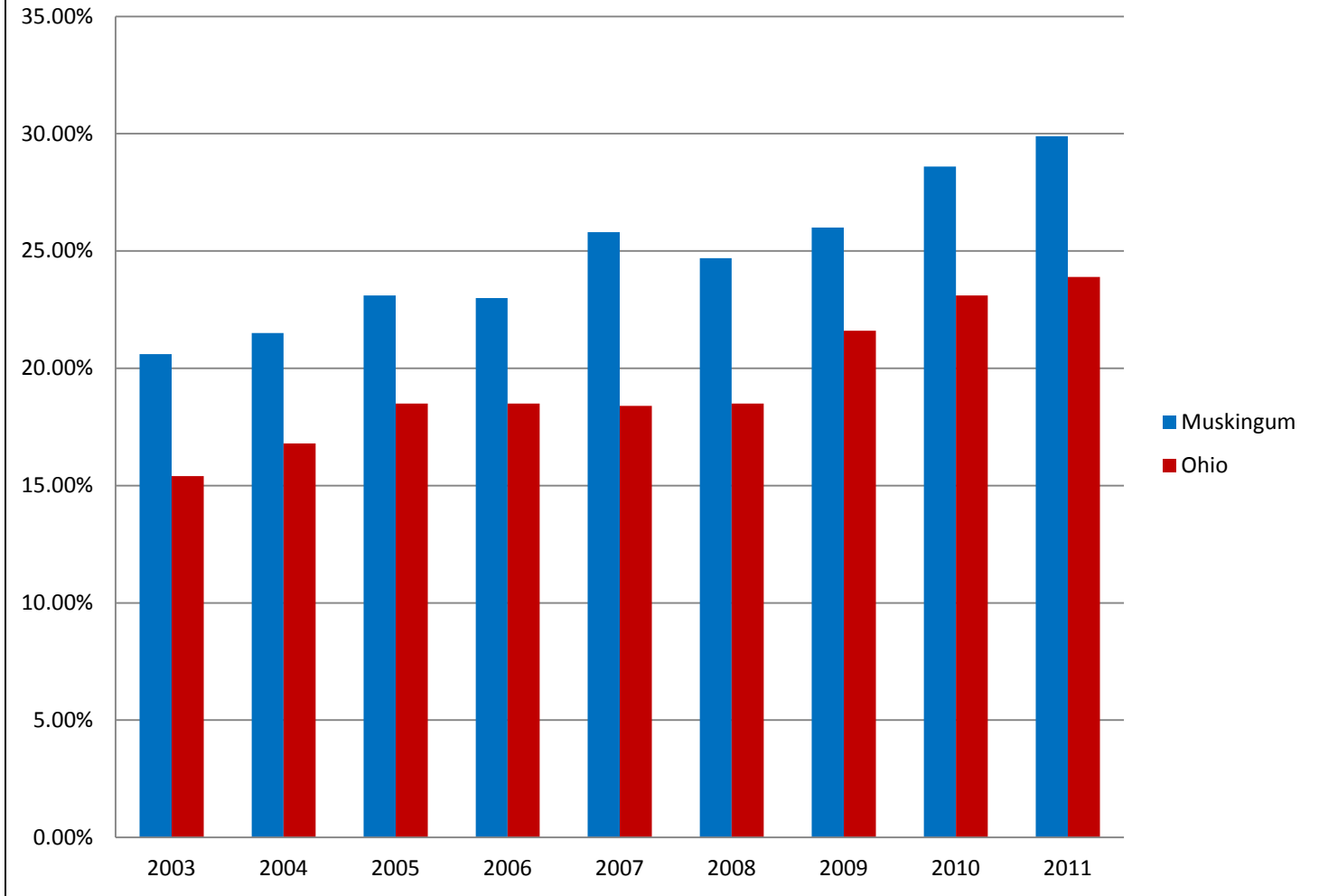
Children are particularly vulnerable to the affects of poverty in their living environments, relationships, school achievements and potential for unhealthy behaviors. Poverty also affects single parent households.

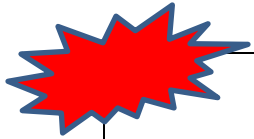
Ohio Department of Education 2011	% of students in district below poverty level
East Muskingum School District	33%
Franklin School District	55%
Maysville School District	54%
Tri-Valley School District	38%
West Muskingum School District	40%
Zanesville City School District	65%



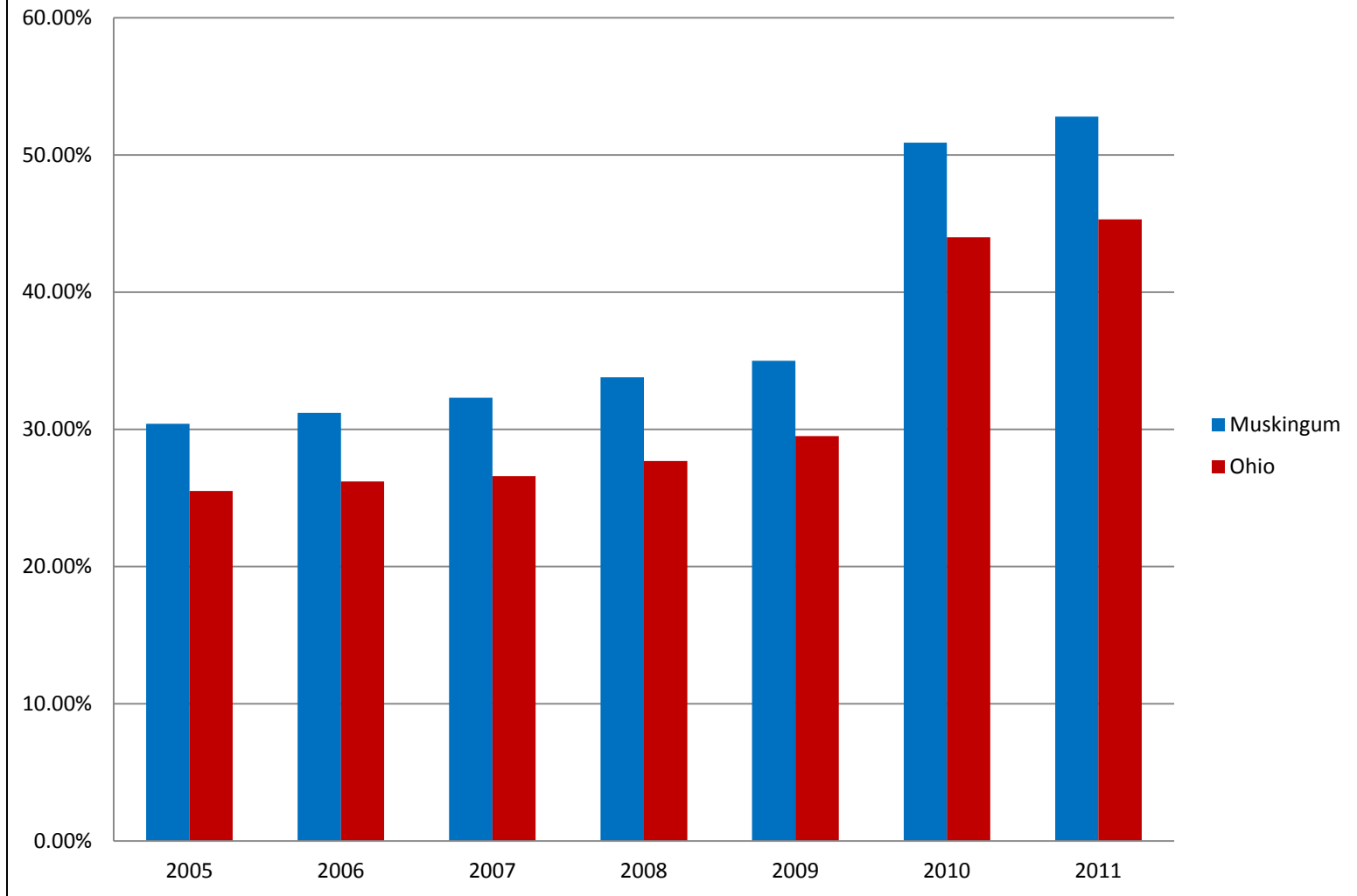


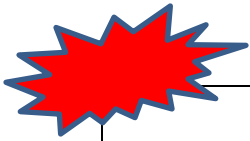
Children in Poverty



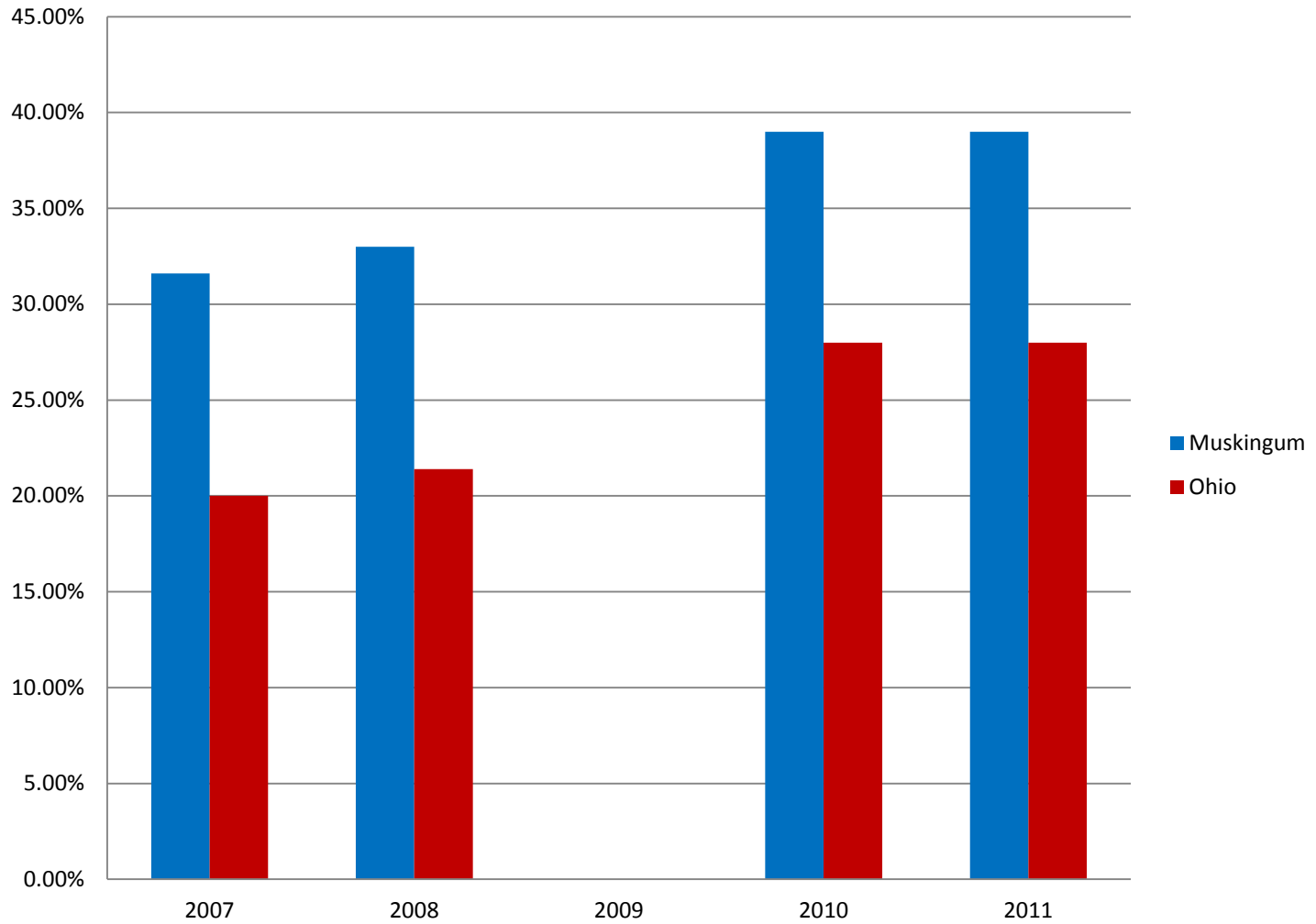


Children Receiving Free/Reduced Lunch





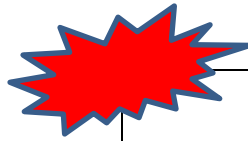
Children Receiving Food Stamps Benefits



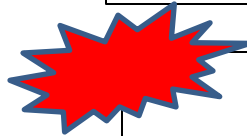
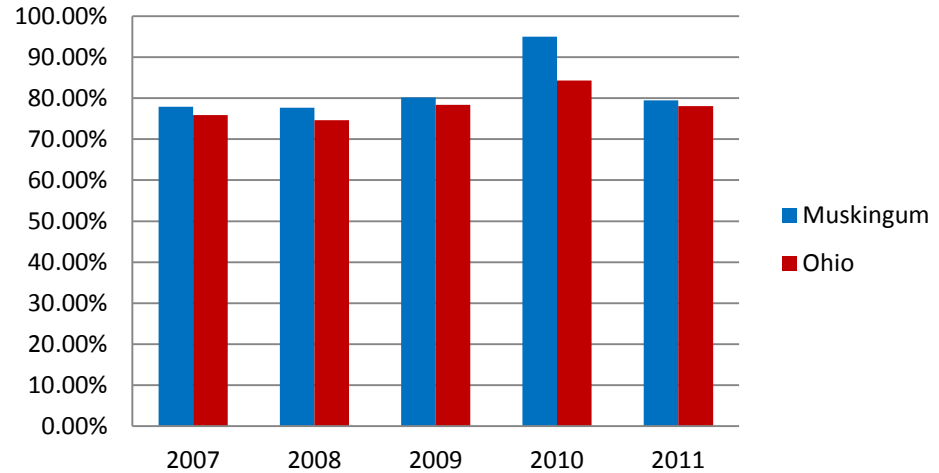
Education



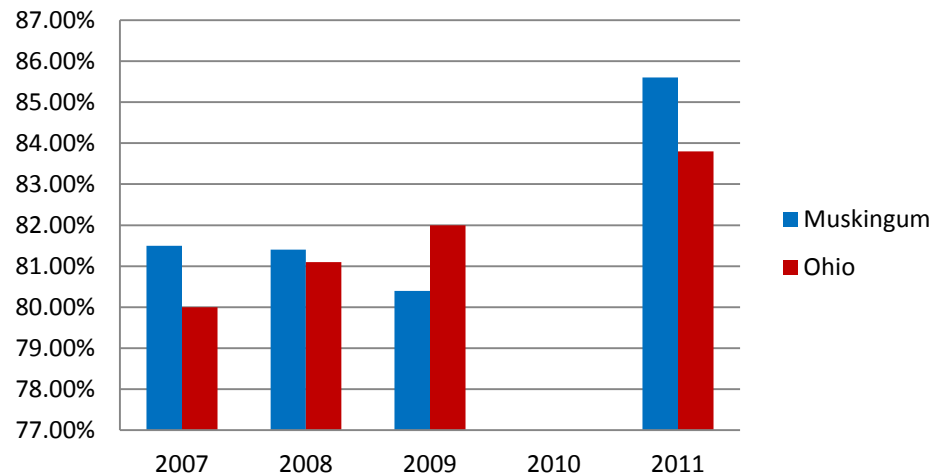
Education is a key to improving employment opportunities and to create occupations with higher incomes. The higher the level of education, the more knowledge and exposure to healthy lifestyle choices for the residents and families.



Children Proficient in Math (4th grade)



Children Proficient in Reading (4th grade)



Homelessness

In order to ensure the health of residents and their families, safe and affordable housing is essential. Our county has homeless individuals and families and many who live with friends or family in times of crisis (couch surfing). Expanded housing is needed for families to experience permanent healthy living environments that are free from discrimination .



Baseline: 47 persons were in shelters and 17 on the streets for the homeless count
***Muskingum County Continuum of Care 2011**

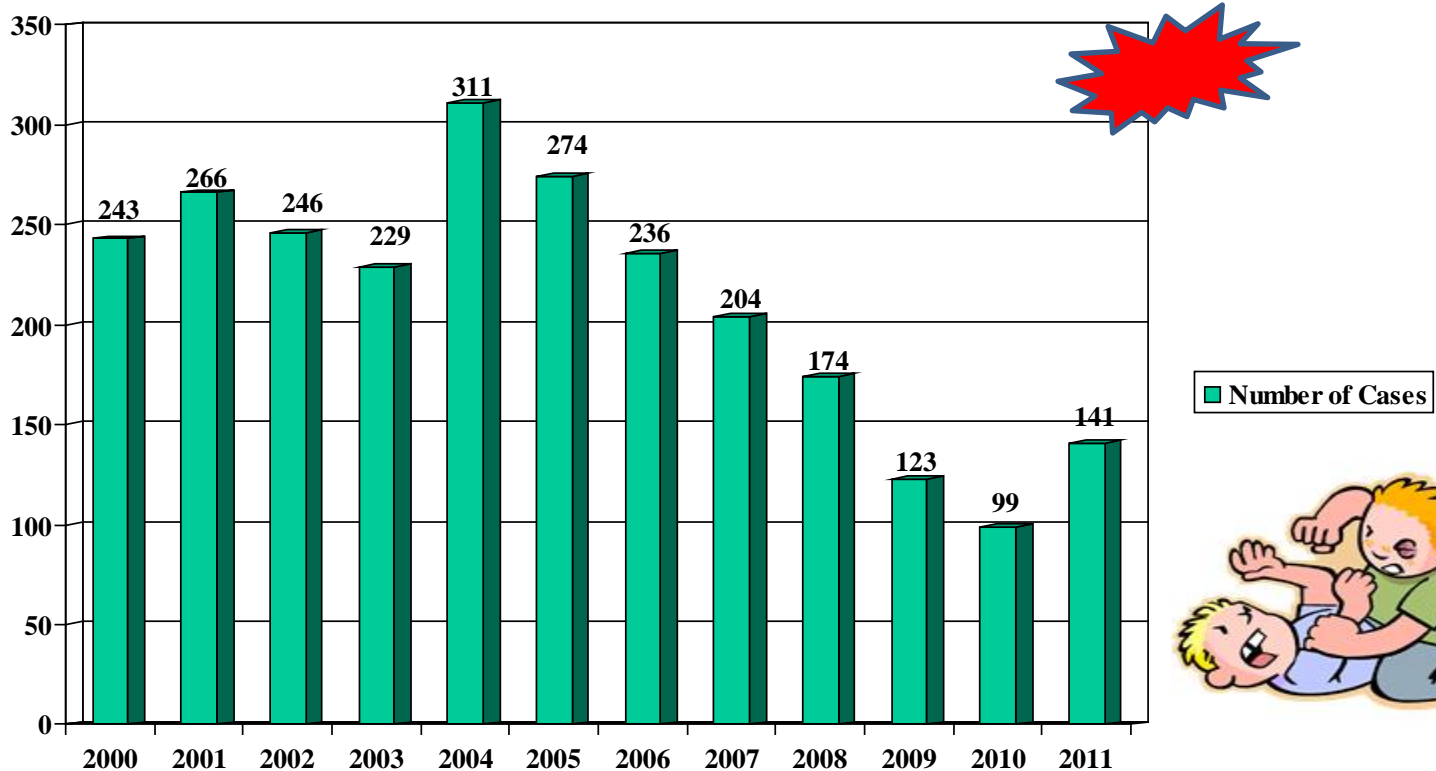
Baseline: 3.17% of calls for the 211 system were for housing/shelter; 25 calls were calls for rent/security deposits
***United Way of Muskingum, Perry and Morgan Counties**
August 2012

Crime

Reducing the risk of youth entering the justice system and reducing recidivism can be accomplished through collaborations to create continuity of services to the youth and their families, Expansion of support for prevention of adjudication, services during their incarceration will improve overall health of offenders, and building continuing support in their transition back into the community.

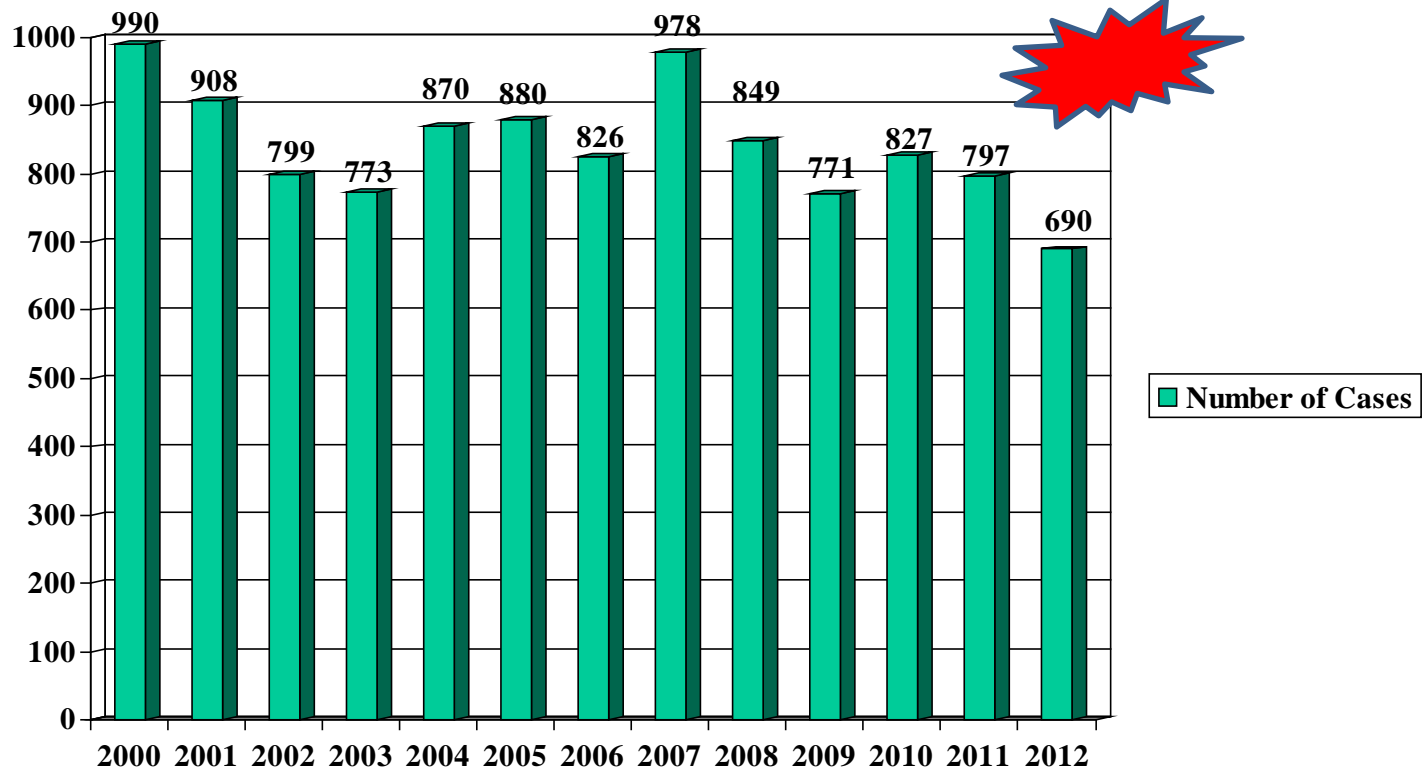
Status Offense Cases Filed (Muskingum County Juvenile Court)

(Status offenses are often referred to as unruly. They are violations of laws that only pertain to persons under age 18, such as runaway, truancy, and disobedience.)



Delinquency Cases Filed (MCJC)

(Delinquency is an act that if committed by an adult would be a crime under the Ohio Revised Code)



**BEHAVIORAL HEALTH PROVIDERS COLLABORATE TO INTEGRATE
PHYSICAL AND MENTAL HEALTH PRACTICES**

Youth Risk Factor Surveillance 2011 Alcohol and Other

Drug Use Data

Baseline: 18.1% drank alcohol for the first time before age 13 years (Ohio 20.5%)

Baseline: 38% had at least one drink of alcohol on at least 1 day (Ohio 38.7%)

Baseline: 23.7% had five or more drinks of alcohol in a row within a couple hours on at least 1 day (Ohio 21.9%)



Baseline: 42.2% ever used marijuana one or more times (Ohio 39.9%)

Baseline: 9% tried marijuana for the first time before age 13 years (Ohio 8.1%)

Baseline: 7% ever used any form of cocaine one or more times (Ohio 39.9%)

Baseline: 3.1% ever used heroin one or more times (Ohio 2.9%)

Baseline: 24.3% offered, sold, or given an illegal drug by someone on school property (Ohio 25.6%)



Youth Risk Factor Surveillance 2011 Mental Health & Suicide Prevention Data

Baseline: 27.1% felt sad or hopeless (US 28.5%)

Baseline: 14.3% seriously considered suicide (US 15.8%)

Baseline: 14.5% made a plan about how they would attempt suicide (US 12.8%)

Baseline: 9.1% attempted suicide one or more times (US 7.8%)



Baseline: 4% suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (US 2.4%)

HEART DISEASE PREVENTION

Youth Risk Factor Surveillance 2011 Tobacco Use Data



Baseline: 14.2% smoked a whole cigarette for the first time before age 13 years (Ohio 10.3%)

Baseline: 9.5% smoked cigarette on 20 or more days (Ohio 6.4%)

Baseline: 5.7% smoked cigarettes on school property on at least one day (Ohio 4.9%)

Baseline: 13.5% smoked more than 10 cigarettes per day (Ohio 7.8%)

Baseline: 12.2% used chewing tobacco, snuff or dip on at least one day (Ohio 7.7%)

Baseline: 8.5% usually obtained their own cigarettes by buying them in a store or gas station (Ohio 14%)

Baseline: 7% used chewing tobacco, snuff or dip on school property on at least one day (Ohio 4.8%)

Baseline: 13.7% smoked cigars, cigarillos, or little cigars on at least 1 day (Ohio 13.1%)

Youth Risk Factor Surveillance (YRBS) Physical Activity Data

Lack of physical activity contributes to risk of many chronic diseases including heart disease, cancer, arthritis, and diabetes. Building physical activity supports back in the community design and everyday life can improve residents and families' health and the overall health of the community.

Baseline: 55.1% physically active at least 60 minutes per day on less than 5 days (Ohio 50.5%)

Baseline: 16.4% did not participate in at least 60 minutes of physical activity on any day (Ohio 13.8%)

Baseline: 64.3% did not attend physical education classes in an average week (Ohio 48.2%)



Baseline: 27.4% used computers 3 or more hours per day (Ohio 31.1%)

Baseline: 30.9% watched TV 3 or more hours per day (Ohio 32.4%)

Youth Risk Factor Surveillance 2011 Nutrition Data

Baseline: 14.7% do not eat fruit
(Ohio 11.7%)

Baseline: 23.3% did not drink
100% fruit juice (Ohio 19.2%)

Baseline: 39.3% do not eat green
salad (Ohio 38%)



Baseline: 88.8% ate vegetables less
than three times a day (Ohio 84.4%)

Baseline: 5.7% did not eat vegetables
(Ohio 5.7%)



Baseline: 77.3% drank a can,
bottle, or glass of soda or pop
during the last seven days
(Ohio 79.1%)

Baseline: 18.3% drank a can,
bottle, or glass of soda or pop
two or more times a day (Ohio
19%)

Baseline: 11.4% drank a can, bottle, or glass of soda or
pop three or more times a day (Ohio 11.3%)

Obesity

Contributing factors for obesity include excess nutrition, lack of physical activity, and family history. Other forces affecting the community contribute to obesity such as poverty, unemployment, lack of access to healthy foods, lack of education and community design. Obesity raises residents' risk of high blood pressure, high cholesterol, diabetes and heart disease.

Baseline: 64.8% adults body mass index greater than 25 (Ohio 63.4%) *BRFSS Snapshot 2010



Baseline: 22.4% children ages 2-5 overweight (Ohio 28.2%) *Child and Family Health Services (CFHS) 2012

Baseline: 36.4% 3rd grade children overweight or obese (Ohio 34.7%) *ODH A Report on the Body Mass Index of Ohio's Third Graders 2004-2010

Youth Risk Factor Surveillance 2011 Obesity Data

Baseline: 15.3% overweight by BMI (Ohio 15.2%)

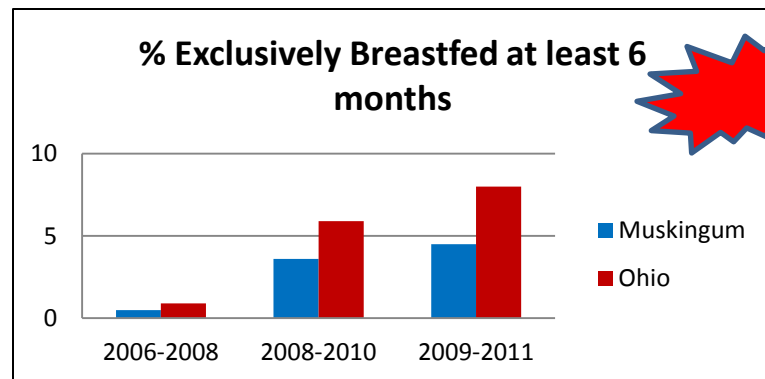
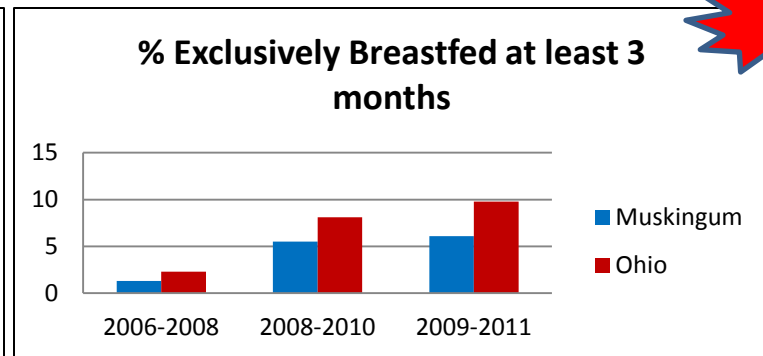
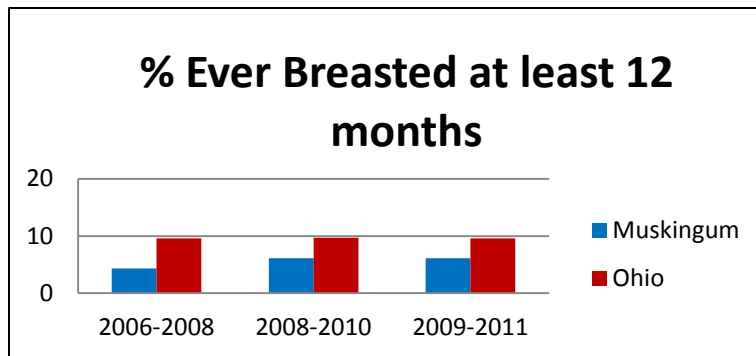
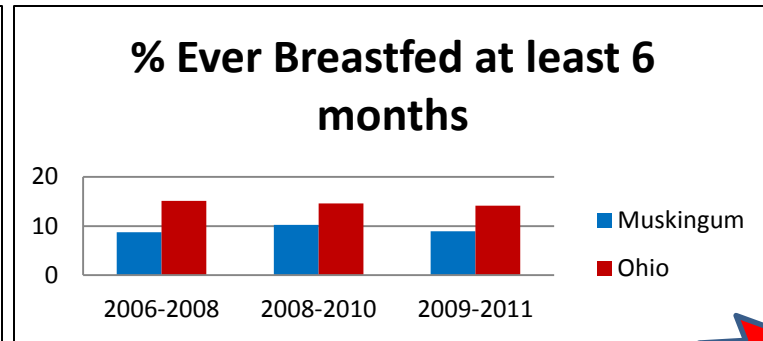
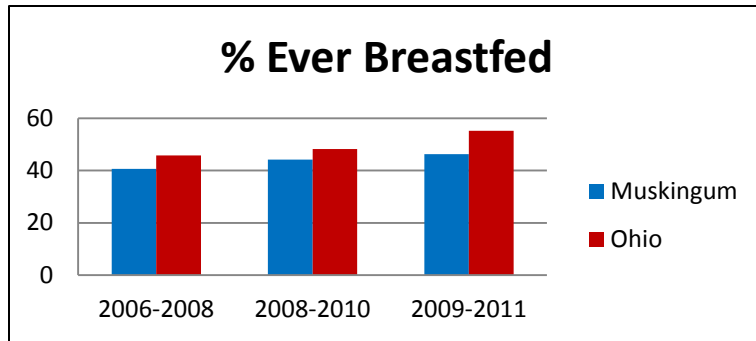
Baseline: 14.7% obese by BMI (Ohio 13%)

Baseline: 30.2% describe themselves as slightly or very overweight (Ohio 29.2%)

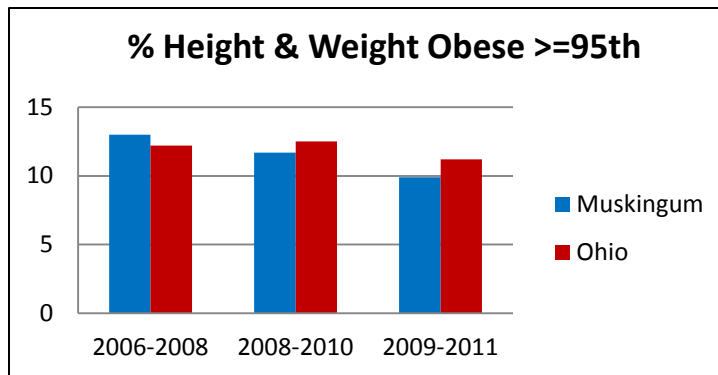
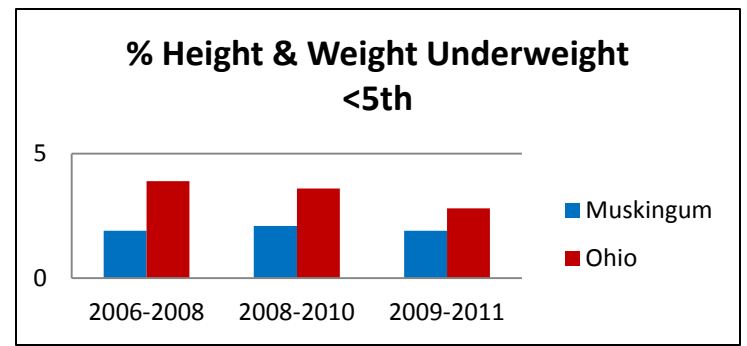
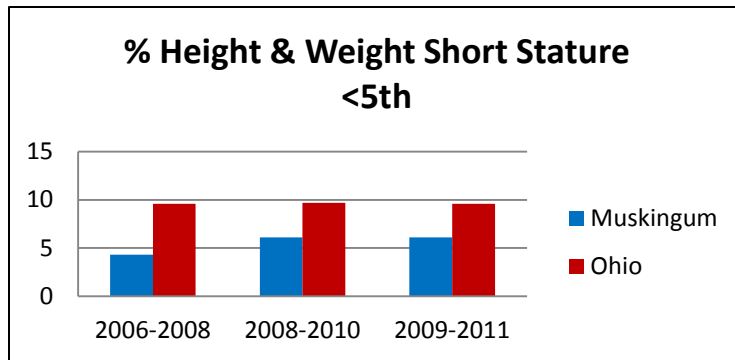
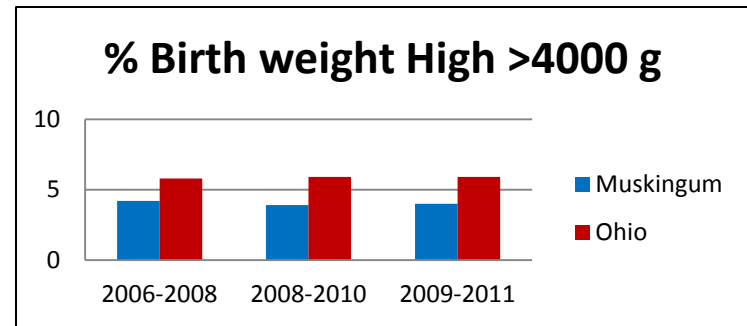
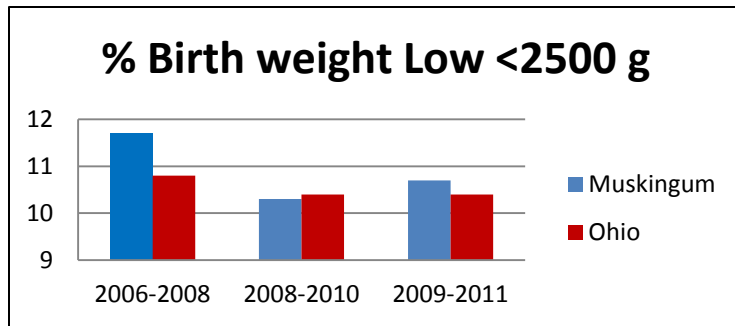
Baseline: 13.1% did not eat for 24 hours or more to lose weight or to keep from gaining weight (Ohio 12.2%)



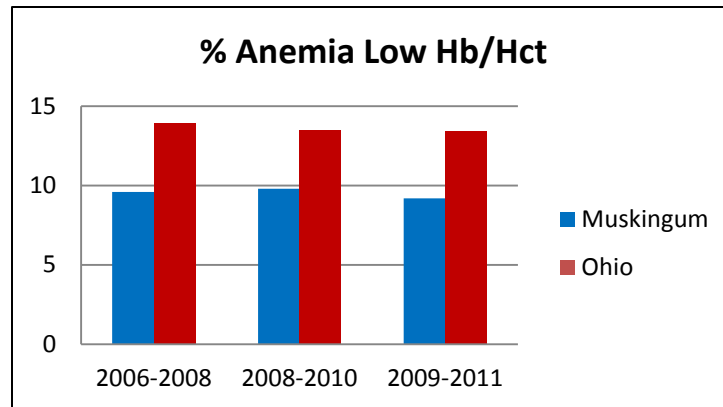
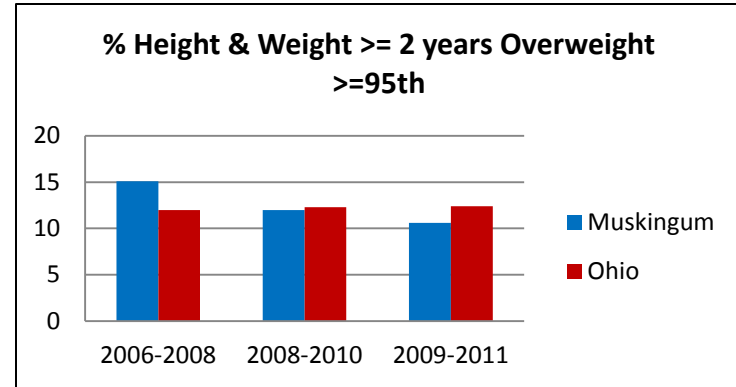
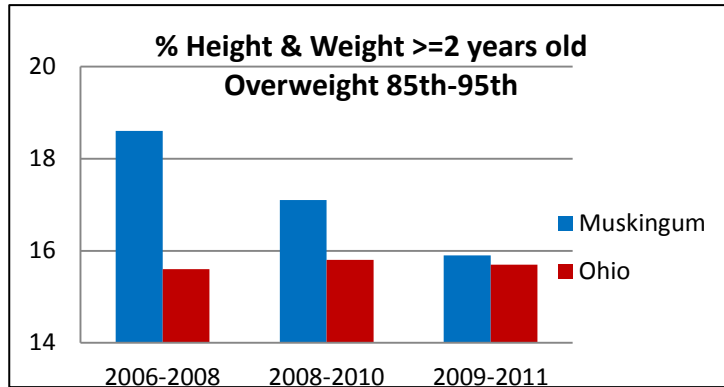
WIC Pediatric Nutrition Surveillance (PNS) Breastfeeding



WIC Pediatric Nutrition Surveillance (PNS) Growth and Anemia Indicators



WIC Pediatric Nutrition Surveillance (PNS) Growth and Anemia Indicators



ALL INJURIES ARE PREVENTED

Youth Risk Factor Surveillance 2011 Unintentional Injuries and Violence Data

Baseline: 16.7% rarely or never wore seatbelt (US 7.7%)

Baseline: 21% rode with a driver who had been drinking alcohol one or more times (US 24.1%)

Baseline: 7.2% drove when drinking alcohol one or more times (US 8.2%)

Baseline: 16.4% carried a weapon on at least one day (US 16.6%)



Baseline: 8.8% in a physical fight on school property one or more times (US 12%)

Baseline: 22.7% bullied on school property (US 20.1%)

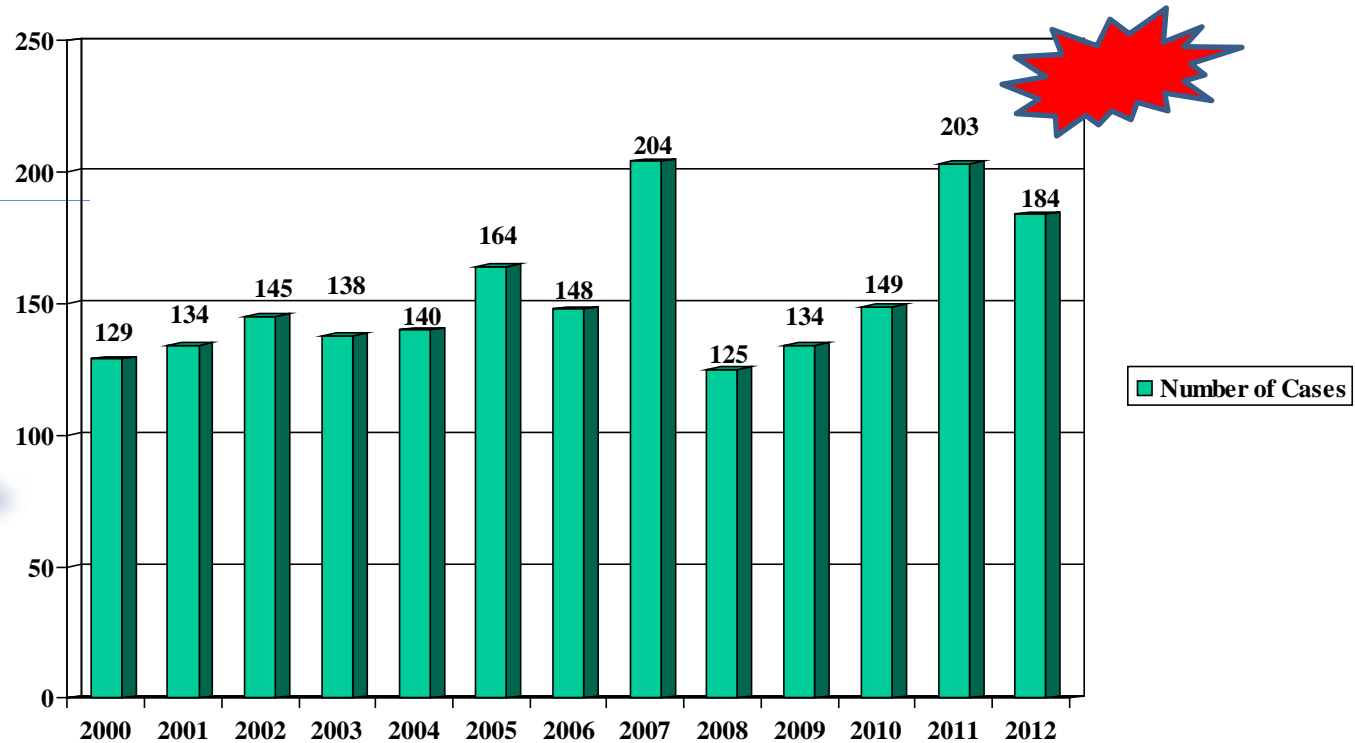
Baseline: 14.7% ever been electronically bullied (US 16.2%)

Baseline: 9% ever physically forced to have sexual intercourse (US 8%)

Baseline: 6.2% did not go to school because they felt unsafe at school or on their way to or from school on at least 1 day (US 5.9%)

Decreasing Abuse and Neglect of Adults and Children

Abused, Dependent or Neglected Cases Filed (MCJC)



Baseline: 12.7/1000 children in foster care (Ohio 8.8) *KCDC 2009

Baseline: 440-590 women age 18+ suffered physical intimate partner violence *Ohio Family Violence Prevention Project 2(OFVPP) 2010

MOTHERS AND BABIES ARE HEALTHY

Baseline: Mothers with medical risk factors during pregnancy per 100 live births 71.8% (Ohio 45.6%) *ODH Warehouse 2005

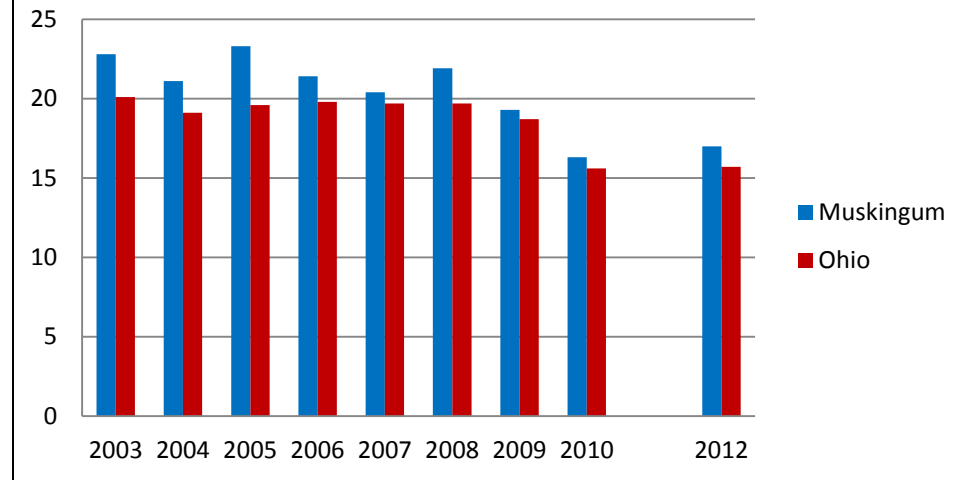
Baseline: Maternal smoking from 25.9% (Ohio 17.8%) *CFHS 2012

Baseline: Babies with low birth weight 9.1% (Ohio 8.6%) *CFHS 2012

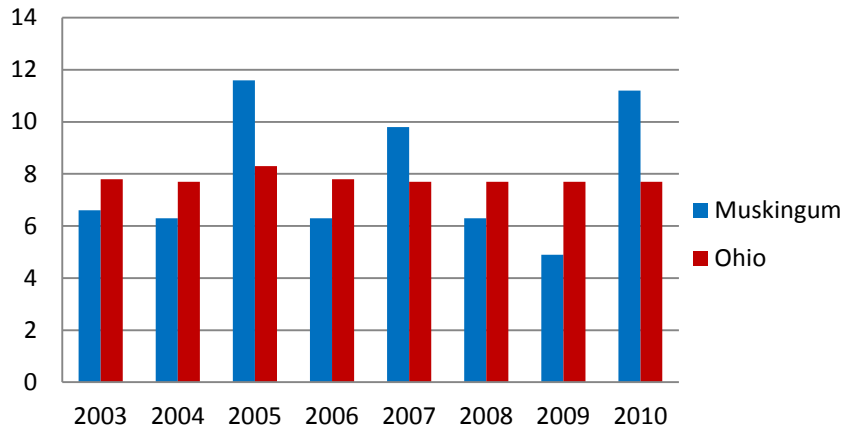
Baseline: First trimester Prenatal care 17% (Ohio 15.7%) *CFHS 2012

Baseline: Women delivering by Cesarean section 37% (Ohio 30.6%) *ODH Data Warehouse 2008

Teen Birth Rate (Ages 15-17)



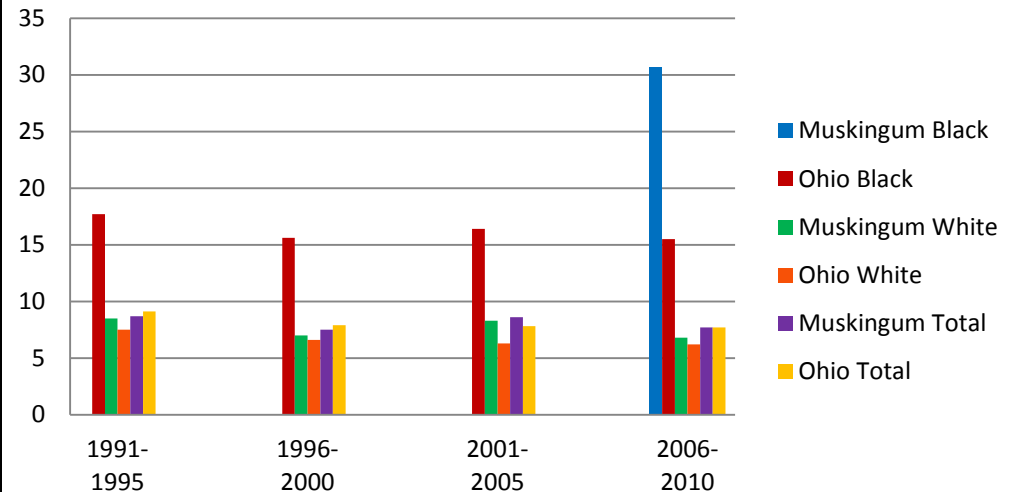
Infant Mortality Rate (less than year old per 1000)



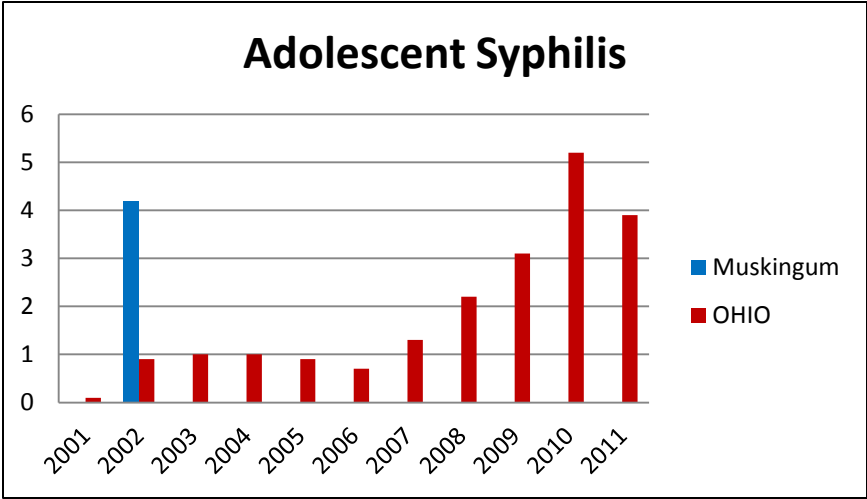
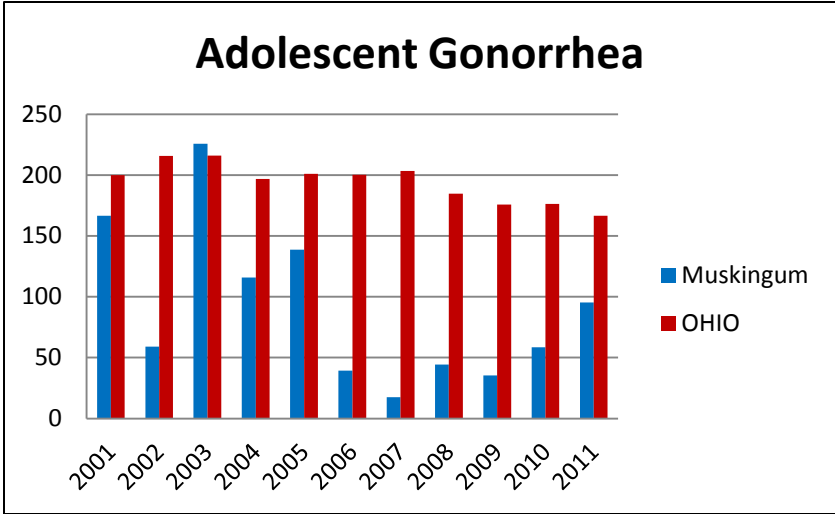
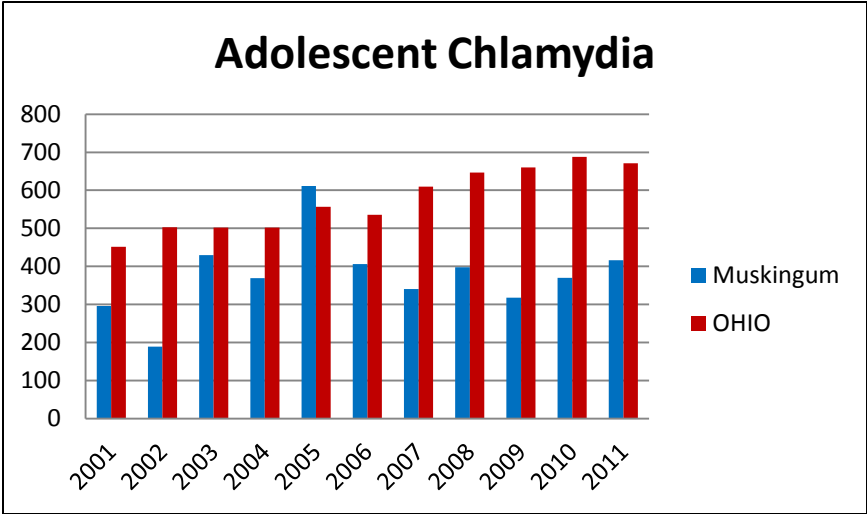
Baseline: 11 babies born addicted to date in 2013* Genesis HealthCare System



Infant Mortality by Race



Sexually Transmitted Diseases

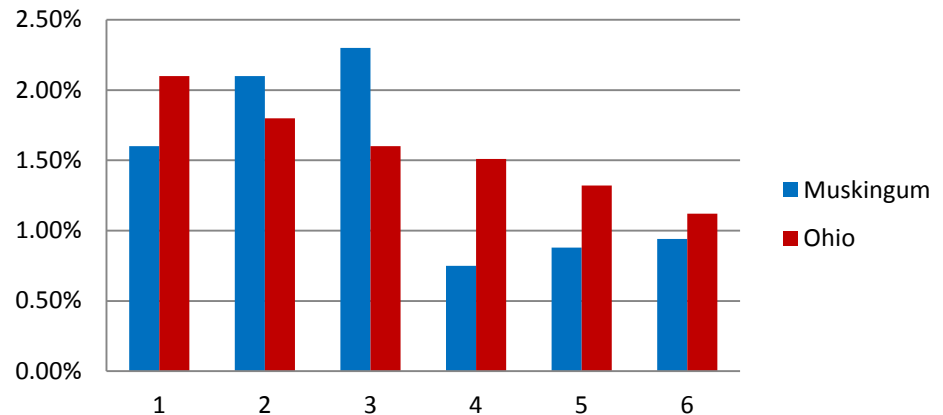


EVERYONE LIVES IN A HEALTHY HOME

It is also a priority to reduce the allergens in the home such as mold and mildew that can lead to asthma in children. Second hand smoke is a great risk for children in the home. Older homes are at higher risk of lead poisoning for children living there.



Children 72 months or less screened for lead poisoning with Elevated Blood Levels



Baseline: 29.8% are current smokers of cigarettes (Ohio 23.6%) *Healthy Ohio Community Profile Muskingum County (HOCPMC) 2008



Baseline: estimated prevalence of children with reported asthma 14.9% (Ohio 13.3%) *BRFSS 2006

PEOPLE HAVE EQUAL ACCESS TO HEALTH CARE

Increasing Adults and Children Who Have Insurance for Health Care

The uninsured rates for our county do not paint a complete picture of the issues existing for access to care through residents have the necessary health insurance coverage . Many residents cannot afford fee for services care and issues exist with residents covered under Medicaid and Medicare and those that need this coverage. Data is needed to further assess the insurance needs of residents and to prepare for residents to use the health insurance exchanges under development nationally.

Baseline: 3.8% of children are uninsured *CFHS 2012

Baseline: 13.1% adults are uninsured *CFHS 2012

Baseline: 54.9% births are Medicaid *CFHS 2012

Baseline: 60.5% of children enrolled in Medicaid *CFHS 2012



Increasing Access to Health Care Services: Particularly Dental Services

Access to care, particularly dental care, will need continued attention by the healthcare system, public health and community agencies. Great strides have been made to increase access through the addition of our Muskingum Valley Health Center, the federally qualified health center, and the expansion of services for our community by Genesis HealthCare System. But the unified efforts with public health and other agencies will build the supports necessary to decrease health risks and support healthy lifestyles which will reduce chronic diseases and their debilitating effects.



Baseline: 26.5% 3rd graders had urgent or early dental needs (Ohio 18.8%) from ODH 2009-2010 Oral Health Survey

**Baseline: 56.3% 3rd graders with a history of tooth decay (Ohio 51.2%)
*ODH Oral Health Survey 2009-2010**



DATA SOURCES

1. Muskingum County Health Survey (MCHS) 2011: a survey of 740 Muskingum County residents
2. US Census Bureau QuickFacts (QuickFacts):
<http://quickfacts.census.gov/qfd/index.html>
3. Ohio Attorney General 2010 foreclosure data:
http://www.policymattersohio.org/wp-content/uploads/2012/04/Foreclosure_April20121.pdf
4. Ohio Department of Job and Family Services unemployment data:
<http://jfs.ohio.gov/ocomm/index.stm>
5. Ohio Department of Education students at poverty level data:
<http://www.ode.state.oh.us/GD/Templates/Pages/ODE/ODEPrimary.aspx?page=2&TopicRelationID=390>
6. US Census Bureau American Community Survey:
<http://www.census.gov/acs/www/>
7. Muskingum County Continuum of Care homeless count 2011
8. United Way of Muskingum, Perry, and Morgan Counties 211 data
9. Kids Count Data Center (KCDC): <http://datacenter.kidscount.org/>
10. Ohio Automated RX Reporting System:
<https://www.ohiopmp.gov/portal/default.aspx>
11. Behavioral Risk Factor Surveillance System (BRFSS) Snapshot data: Zanesville-Muskingum County Health Department
12. Six County Inc. data

DATA SOURCES

13. Ohio Department of Health Data Warehouse: <http://dwhouse.odh.ohio.gov/>
14. Child and Family Health Services County Profiles:
http://www.odh.ohio.gov/odhprograms/cfhs/cf_hlth/cfhs1.aspx
15. ODH A Report on the Body Mass Index of Ohio's Third Graders 2004–2010:
<http://www.odh.ohio.gov/~media/ODH/ASSETS/Files/health%20resources/reports/2011bmireport.ashx>
16. Ohio Cancer Incidence Surveillance System:
<http://www.odh.ohio.gov/healthstats/ocisshs/newrpts1.aspx>
17. Healthy Ohio Community Profiles:
<http://www.healthyohioprogram.org/resources/databeports/profiles.aspx>
18. Centers for Disease Control and Prevention's BRFSS: <http://www.cdc.gov/brfss/>
19. Public Children Services Association of Ohio: <http://www.pcsao.org/coa.htm>
20. Ohio Family Violence Prevention Project:
<http://www.healthpolicyohio.org/special-projects/ohio-family-violence-prevention-project/>
21. Ohio Childhood Lead Poisoning children with elevated blood level data:
http://www.odh.ohio.gov/odhprograms/cfhs/lead_ch/lead_data.aspx
22. Ohio Family Health Survey now the Ohio Medicaid Assessment Survey:
<http://grc.osu.edu/omas/>
23. [article.cfm?id=7753](http://www.healthyohioprogram.org/resources/databeports/profiles.aspx)
24. ODH Oral Health Survey of 3rd graders:
<http://www.odh.ohio.gov/odhPrograms/ohs/oral/oralfeatures/OHS.aspx>

**If you would like more information about this report,
please call Jody Stones MEd, Zanesville-Muskingum County
Health District Community Health Planner at 740-454-9741
extension 269 or email her at jlstones@zmchd.org**



Public Health
Prevent. Promote. Protect.
Zanesville-Muskingum County