

Adult Preventive Medicine and Health Screenings

Key Findings

The 2005 health assessment indicates that 28% of Sandusky County adults reported they had received a flu shot in the past year and 18% had received a pneumonia vaccination at sometime in their life. Over half (57%) of Sandusky County adults had their teeth cleaned in the past year, decreasing to 46% of those with an annual household income less than \$25,000.

Preventive Medicine

- ◆ During the past 12 months, 28% of Sandusky County adults had a flu shot, increasing to 60% of those ages 60 and over. In 2005, 41% of Sandusky County adults with annual incomes of less than \$25,000 reported having a flu shot compared to 23% of those with incomes greater than \$25,000.
- ◆ 18% of all Sandusky adults have had a pneumonia vaccination at sometime in their life, increasing to 46% of those ages 60 plus.

Preventive Health Screenings and Exams

- ◆ During the past year, 57% of the adults have had their teeth cleaned by a dental hygienist or other dental health professional, increasing to 61% of those with an income of \$25,000 or greater, and falling to 46% of those with an income of less than \$25,000 per year.
- ◆ In the past year, 56% of Sandusky County women ages 40 and over have had a mammogram.
- ◆ In the past year, 56% of men ages 60 and over had a Prostate-Specific Antigen (PSA) test.
- ◆ See the Women and Men's Health Section for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Sandusky County adults.
- ◆ In the past 24 months, 15% of adults have had a screening for colorectal cancer. One quarter (25%) of those over the age of 50 have had the screening compared to 7% of those under the age of 50.

Who Should Get A Yearly Flu Shot?

Persons at high risk for complications from influenza including:

- ❖ All children aged 6–23 months
- ❖ Adults aged ≥ 65 years
- ❖ Pregnant women
- ❖ Persons aged 2-65 years with underlying chronic conditions
- ❖ Residents of long-term care facilities
- ❖ Health-care personnel working directly with patients
- ❖ Caregivers of children under 6 months

Who Should Get A Pneumonia Vaccine?

- ❖ All persons 65 years and older
- ❖ Persons with chronic diseases such as diabetes and kidney diseases

(Source: Centers for Disease Control)

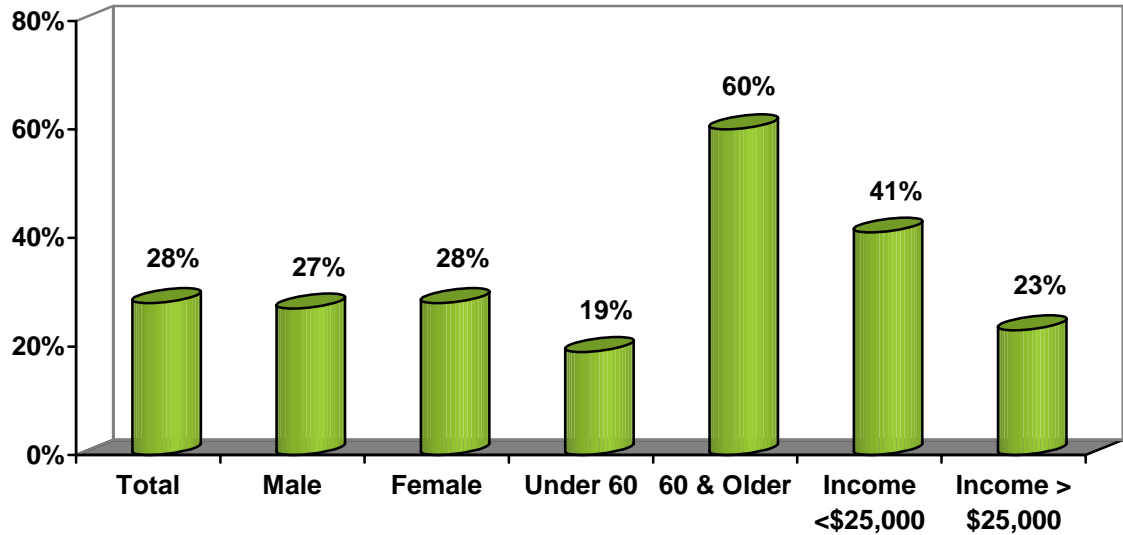
American Cancer Society Cancer Detection Guidelines

- ❖ Yearly mammograms at age 40 and continuing for as long as a woman is in good health.
- ❖ Clinical breast exam (CBE) every three years for women ages 20-39 and yearly for women 40 and over.
- ❖ Beginning at age 50, both men and women should follow one of these five recommended testing schedules for colon and rectal cancer: yearly fecal occult blood test (FOBT) or fecal immunochemical test (FIT), flexible sigmoidoscopy every five years, yearly FOBT or FIT plus flexible sigmoidoscopy every five years, double-contrast barium enema every five years, or colonoscopy every ten years
- ❖ Beginning at age 50, yearly prostate-specific antigen (PSA) blood test and digital rectal examination (DRE) for men with at least a ten-year life expectancy.
- ❖ All women should have an initial cervical cancer screening approximately three years after their first incidence of vaginal intercourse, but no later than age 21.

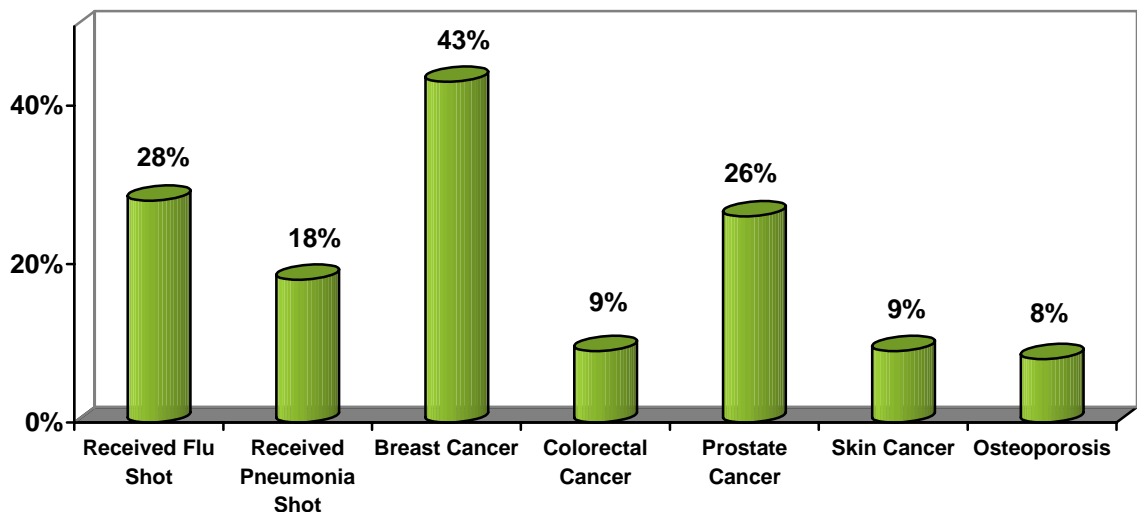
Adult Preventive Medicine and Health Screenings

The following graphs indicate the percentage of Sandusky County adults who had flu shots in the past year and those who received preventive screenings by a health care professional for several health risk factors and disease categories. They show the number of adults in each segment giving each answer (i.e., the first graph shows that 28% of all adults have had a flu shot in the past year, 27% of males, 28% of females, etc.).

Percent of Sandusky County Adults Receiving Flu Shot in Past Year

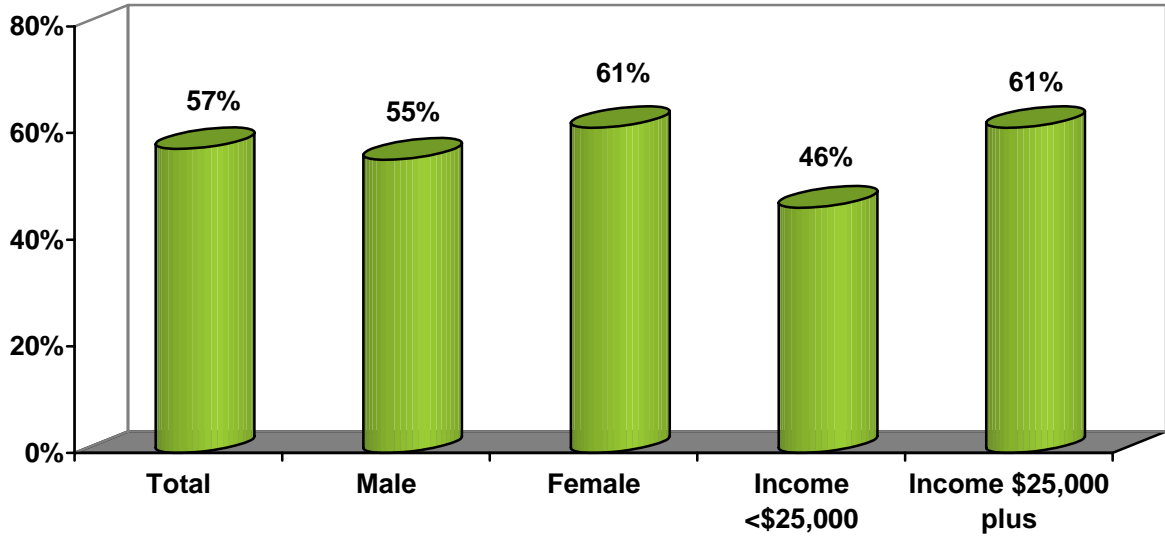


Percent of Sandusky County Adults Receiving Preventive Testing From Health Care Professionals in the Past Year



Adult Preventive Medicine and Health Screenings

**Percent of Sandusky County Adults Having Teeth Cleaned in the Past Year
12 Months**



Health Screening Results

GENERAL SCREENING RESULTS	Total Sample
Diagnosed with High Blood Pressure	37%
Diagnosed with High Blood Cholesterol	33%
Diagnosed with a Myocardial Infarction	5%
Diagnosed with Angina or Coronary Heart Disease	7%
Diagnosed with a Stroke	3%
Diagnosed with Diabetes	12%
Diagnosed with Asthma	9%

(Source: 2005 Sandusky County Health Assessment)

Adult Preventive Health Behaviors

Key Findings

Almost one in seven (15%) of Sandusky County adults were trying to lower their risk of developing heart disease or stroke by exercising and 22% were eating less high fat or high cholesterol foods. Just under two-thirds (65%) of the adults stated they always wore a seatbelt when riding in or driving a car.

Preventive Health Behaviors

- ◆ Sandusky County adults were trying to lower their risk of developing heart disease or stroke by exercising (15%) and eating fewer high fat or high cholesterol foods (22%).
- ◆ Just under two-thirds (65%) of Sandusky County adults reported always wearing a seatbelt in the car, increasing to 72% of females and decreasing to 56% of males. An additional 19% reported they use seatbelts most of the time.
- ◆ Smoke detectors had been deliberately tested in homes by 66% of Sandusky County adults in the past year. Approximately 5% reported having no smoke detectors in their Sandusky County home.
- ◆ 34% of adults never wear sunscreen or sun block with an SPF of 15 or higher, decreasing to 8% that always wore sunscreen or sun block.
- ◆ A doctor or healthcare professional talked to Sandusky County adults about the following health topics in the past year:
 - Physical activity or exercise (35%)
 - Diet or eating habits (34%)
 - Quitting smoking (11%)
 - Sexual practices (7%)

Community Action Steps to Promote and Facilitate Healthy Lifestyles

- ❖ Create safe walking and cycling trails
- ❖ Providing low-fat/high-fruit-and-vegetable menu selections in restaurants, schools, and employee cafeterias
- ❖ Institute smoke-free policies in workplaces and public areas
- ❖ Fluoridate community water supplies
- ❖ Establish health promotion programs such as smoking cessation and exercise programs where people work and gather.
- ❖ Increase taxes on tobacco and alcohol

Source: CDC, Chronic Disease Prevention, Unrealized Prevention Opportunities: Reducing the Health and Economic Burden of Chronic Disease, November 2000.

CDC Framework for Chronic Disease Prevention

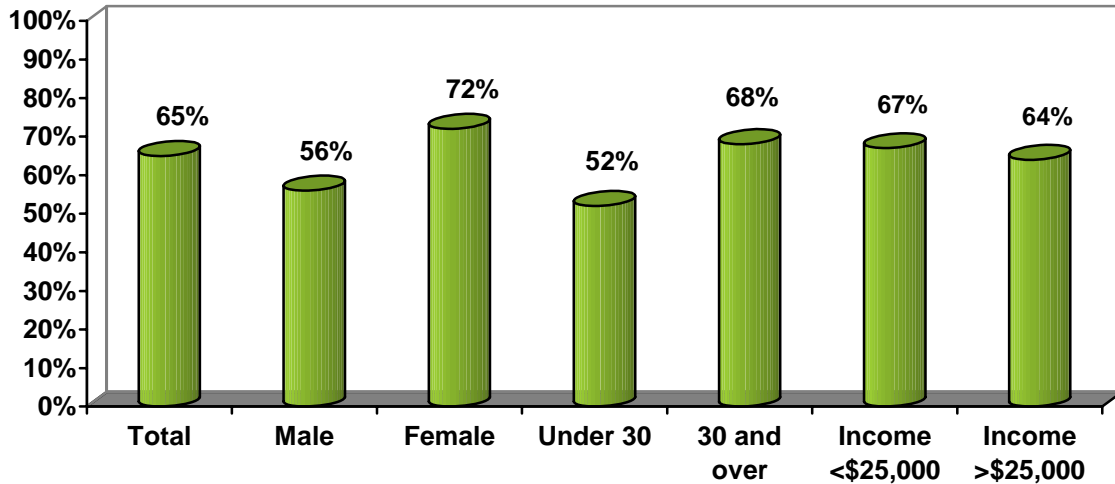
- ❖ Promote healthy behaviors (address tobacco use, poor nutrition, and lack of physical activity).
- ❖ Expand the use of early detection practices (screenings for chronic diseases).
- ❖ Provide young people high-quality health education (skills and knowledge needed to avoid unhealthy behaviors).
- ❖ Achieve healthier communities (establish a community climate that promotes and facilitates healthy living).

Source: CDC, Chronic Disease Prevention, Unrealized Prevention Opportunities: Reducing the Health and Economic Burden of Chronic Disease, November 2000.

Adult Preventive Health Behaviors

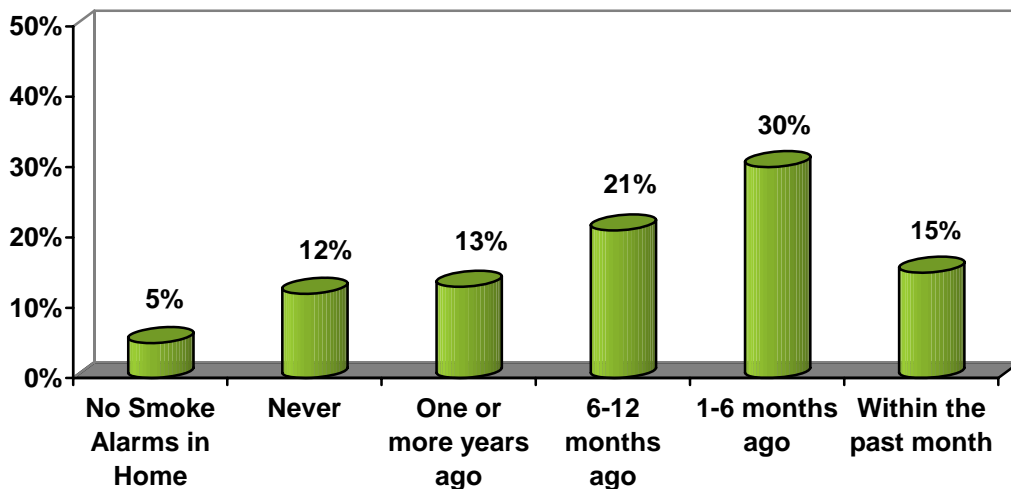
The following graphs show Sandusky County adult seatbelt use and those who had checked household smoke alarms. The graphs show the number of adults in each segment giving each answer (i.e., the first graph shows that 65% of all Sandusky County adults always used a seatbelt when driving or riding in a car).

Percent of Sandusky County Adults Always Wearing Seatbelts



Respondents were asked: "How often do you use seatbelts when you drive or ride in a car?"

Percent of Sandusky County Adults Testing All Household Smoke Alarms



Respondents were asked: "When was the last time you or someone else deliberately tested all of the smoke alarms in your home?"