

Women's Health

Key Findings

In 2005, just under three-fourths (72%) of Sandusky County women reported having a mammogram at some time. Under half (43%) had this screening in the past year increasing to 56% of women ages 40 and over. Over half (58%) Sandusky County women ages 19 and over have had a clinical breast exam and 52% have had a Pap smear to detect cancer of the cervix in the past year. Major cardiovascular diseases (heart disease and stroke) accounted for 29% and cancers caused 24% of all female deaths in Sandusky County from 2000-2002. The health assessment determined that 6% of Sandusky County women have been diagnosed with angina (chest pain) and/or coronary heart disease. Just over one-third (35%) have high blood pressure and 28% have high blood cholesterol, known risk factors for heart disease.

Women's Health Screenings

- ◆ In 2005, 72% of Sandusky County women have had a mammogram at some time and 43% had this screening in the past year, increasing to 56% of those ages 40 and over. The 2002 BRFSS reported that 66% of women in the U.S. and 67% in Ohio had a mammogram in the past year.
- ◆ Most (95%) Sandusky County women have had a clinical breast exam at some time in their life and over half (58%) had one within the past year. The 2000 BRFSS identified that 78% of U.S. and 76% of Ohio women had a clinical breast exam in the past year.
- ◆ This assessment has identified that 98% of Sandusky County women have had a Pap smear and 52% report having had the exam in the past year. The 2000 BRFSS indicated that 71% of U.S. and Ohio women had a pap smear in the past year.
- ◆ 51% of women use a private gynecologist as their usual source of services for female health concerns, 34% use a general or family physician, and 5% use a clinic.

Women's Health Concerns

- ◆ From 2000-2002, major cardiovascular diseases (heart disease and stroke) accounted for 47% of all female deaths in Sandusky County (Source: ODH Information Warehouse).
- ◆ In 2005, the health assessment determined that 6% of all Sandusky County women have been diagnosed with angina (chest pain) and/or coronary heart disease.
- ◆ Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Sandusky County the 2005 health assessment has identified that:
 - 22% of all women were current smokers (21% U.S., 26% Ohio, 2004 BRFSS)
 - 64% were overweight or obese (59% U.S., 59% Ohio, 2002 BRFSS)
 - 28% were diagnosed with high blood cholesterol (33% U.S., 34% Ohio, 2003 BRFSS)
 - 35% were diagnosed with high blood pressure (25% U.S. and 26% Ohio, 2003 BRFSS)
 - 43% were exercising less than three days per week (includes 6% who were unable to exercise)
 - 12% have been diagnosed with diabetes (8% U.S., 9% Ohio, 2003 BRFSS- includes gestational diabetes)
- ◆ From 2000-2002, the Ohio Department of Health Information Warehouse statistics showed that 24% of all female deaths in Sandusky County were from cancers.
- ◆ In 2000-2002, the leading causes of cancer deaths for Sandusky County women were lung, breast, colorectal, pancreatic, and colorectal cancers (Source: ODH Information Warehouse). Statistics from the same period for Ohio mirror Sandusky County.

Sandusky County Female Leading Causes of Death, 2000 - 2002

1. Cancers (24% of all deaths)
 2. Heart Diseases (23%)
 3. Stroke (6%)
 4. Chronic Lower Respiratory Diseases (5%)
 5. Alzheimer's Disease (4%)
- (Source: ODH Information Warehouse)

Ohio Female Leading Causes of Death, 2000 - 2002

1. Heart Diseases (30% of all deaths)
 2. Cancers (21%)
 3. Stroke (8%)
 4. Chronic Lower Respiratory Diseases (5%)
 5. Diabetes (4%)
- (Source: ODH Information Warehouse)

Women's Health

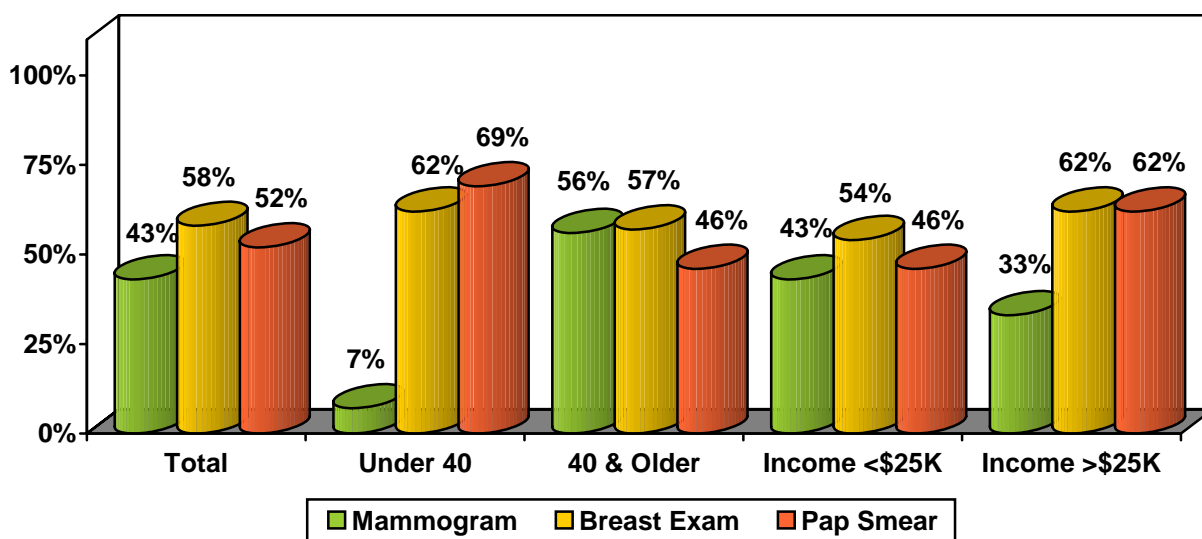
Differences in Cardiovascular Disease Factors for Women and Men

- ❖ Women typically develop cardiovascular diseases (CVD) up to ten years later than men, yet after menopause, the risk steadily increases.
- ❖ Women are more likely than men to have fatal cardiac events, poorer prognoses after a heart attack and more complications after coronary procedures.
- ❖ 64% of women who die of coronary heart disease never experienced any prior symptoms.
- ❖ Type II diabetes is a greater risk factor for CVD in women than in men.
- ❖ In the absence of other risk factors, elevated levels of triglycerides increase the risk for CVD in women aged 50 and over, but not in men.
- ❖ Smoking lowers the age of a first heart attack and raises the relative risk of heart attack more for women than for men.
- ❖ Pre-menopausal women with risk factors such as smoking and diabetes are more likely to have a heart attack during or just after their monthly periods when their estrogen levels are lowest.
- ❖ Approximately 40,000 more women than men suffer from strokes each year in the U.S.

(Source: Society for Women's Health Research and the Cardiovascular Health Fact Sheet, Hoffman-LaRoche Inc, AHRQ Fact Sheet, Oct, 2003.)

The following graph shows the percentage of Sandusky County female adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph include: 43% of Sandusky County females had a mammogram within the past year, 58% had a clinical breast exam, and 52% had a Pap smear within the past year.

Women's Health Exams in the Past Year

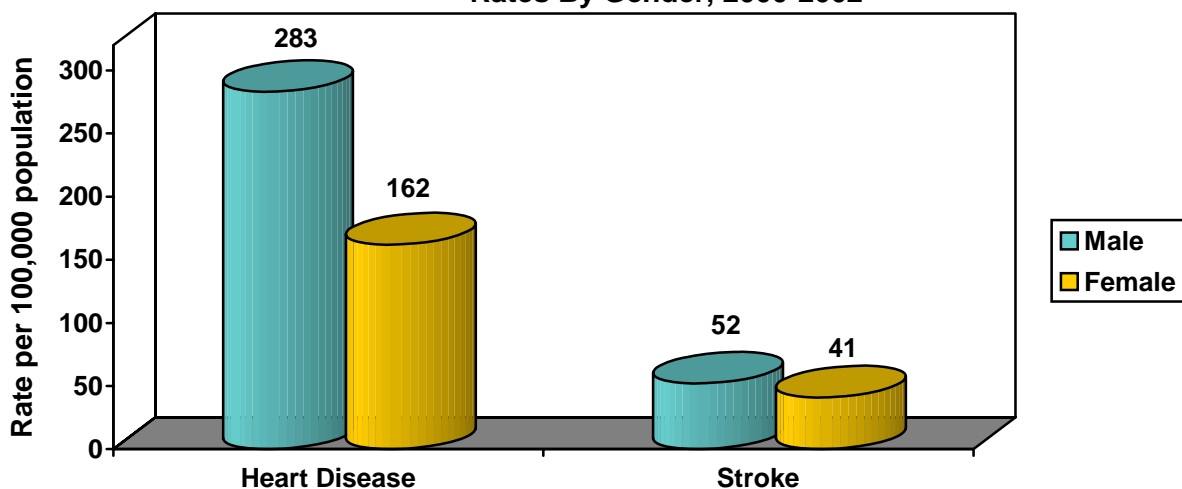


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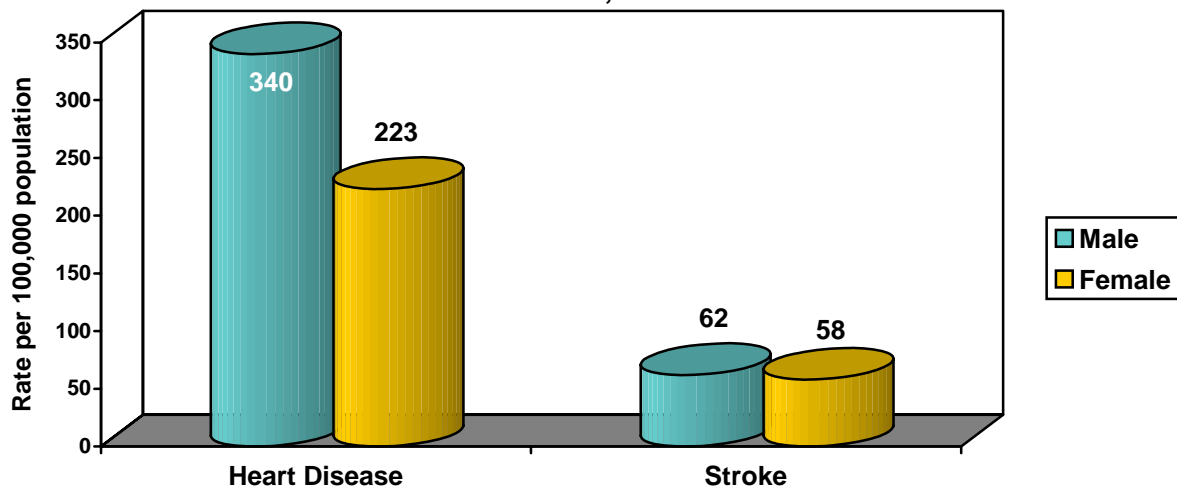
The following graph shows the Sandusky County age-adjusted mortality rates per 100,000 population for women's cardiovascular diseases. The graphs show that:

- ◆ From 2000-2002, the Sandusky County and Ohio male heart disease and stroke age-adjusted mortality rates exceed the female rates.

Sandusky County Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2000-2002



Ohio Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2000-2002



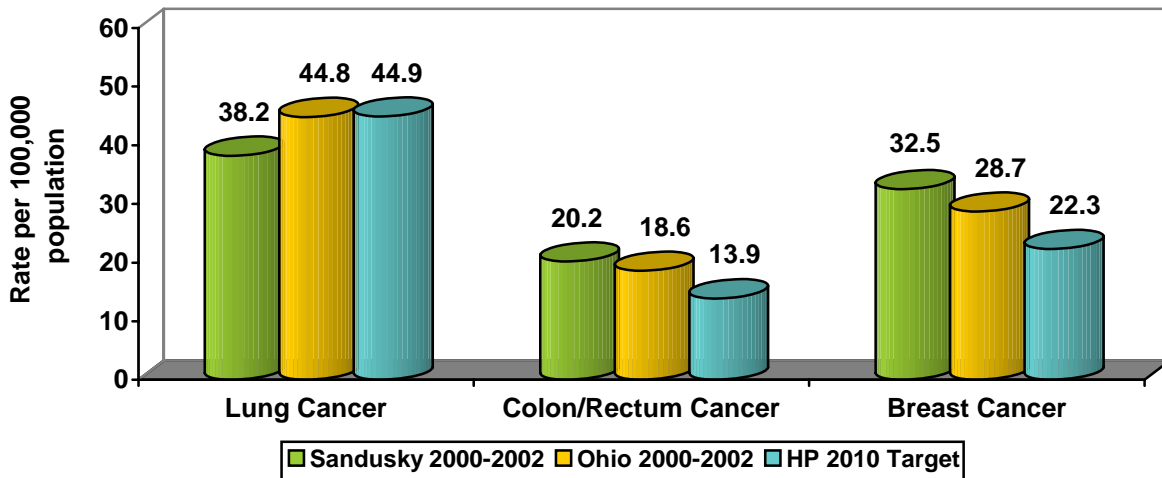
(Source for graphs: ODH Information Warehouse)

Women's Health

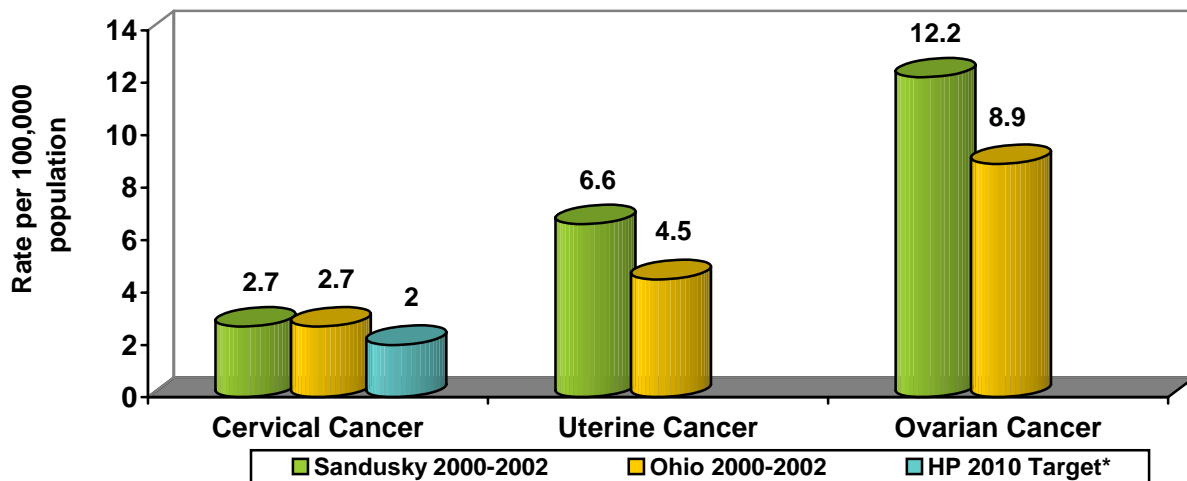
The following graphs show the Sandusky County age-adjusted mortality rates per 100,000 population for women's health with comparison to Healthy People 2010 objectives when available. The graphs show:

- ◆ From 2000-2002, the Sandusky County age-adjusted mortality rate of 89.1 for male lung cancer was more than twice the female rate of 38.2 deaths per 100,000 population (See *Men's Health Section* for further details).
- ◆ Additional information from the ODH Information Warehouse indicates that lung cancer took the lives of 37 women and 74 men in Sandusky County from 2000-2002.
- ◆ For 1999-2001, the Sandusky County age-adjusted breast cancer mortality rate of 32.5 deaths per 100,000 population is higher than the Healthy People 2010 target goal of 22.3.
- ◆ The Sandusky County age-adjusted uterine cancer and ovarian cancer mortality rates for 2000-2002 were above the state rate.

Sandusky County Female Age-Adjusted Cancer Mortality Rates



Sandusky County Female Age-Adjusted Cancer Mortality Rates



(Source: ODH Information Warehouse and Healthy People 2010)

**Healthy People 2010 Targets may not be available for all diseases Please note the Healthy People 2010 target rates are not gender specific.*