



2024 GREATER DAYTON AREA

Community Health Needs Assessment Snapshot



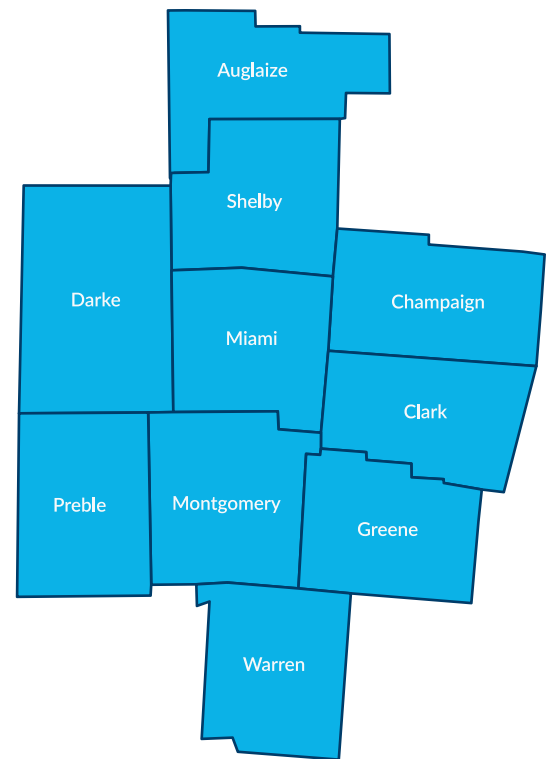
EXECUTIVE SUMMARY

This executive summary provides an overview of health-related data for Greater Dayton Area adults who participated in a county-wide health assessment survey from April 2024 through July 2024. The findings are based on self-administered surveys using a structured questionnaire. The survey was available for adults in the Greater Dayton Area in which over 2,000 individuals responded.

The Community Health Needs Assessment brings together GDAHA member hospitals and partner agencies to identify and prioritize the regions key health needs. The priorities identified in this report help to guide the hospitals' and health departments' community health improvement plans and community benefit activities, as well as their collaborative efforts with other organizations that share a mission to improve health.

BACKGROUND SUMMARY & DATA COLLECTION METHODS

This community health needs assessment was cross-sectional in nature and included an online survey of adults within the Greater Dayton Area. 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. Comparisons to local, state, and national data were made, along with alignment to the Healthy People 2030 target objectives, when applicable.



GET IN TOUCH

Lisa Henderson

Vice President, Health Initiatives

lhenderson@gdaha.org

937.228.1000

Visit Our Website to View the Full CHNA Report

gdaha.org/community-health

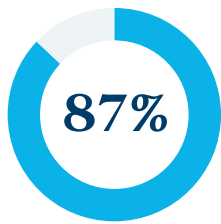


Trend Summary

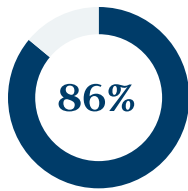
Health care access refers to an individual's ability to obtain necessary medical services, influenced by factors like affordability, availability, and location. Health care utilization refers to the actual use of these services, depending on factors such as health needs, personal decisions, and service availability. Below is a snapshot of health care access and utilization in the Greater Dayton Area.

Had at least one person they thought of as their personal doctor or health care provider

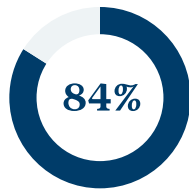
Visited a doctor for a routine checkup in the past year



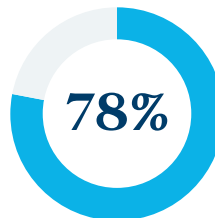
Greater Dayton Area 2024



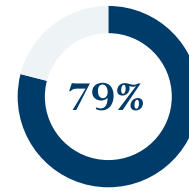
Ohio 2022



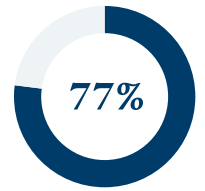
U.S. 2022



Greater Dayton Area 2024



Ohio 2022



U.S. 2022

Health Care Coverage Amongst Adults

91%

Have Coverage

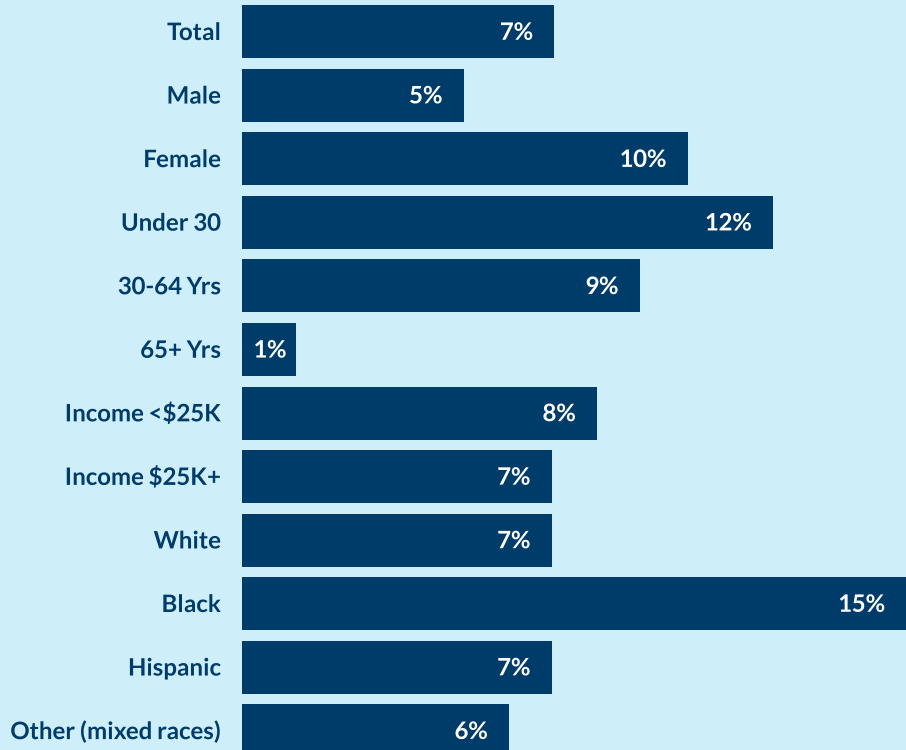
7%

Uninsured

1%

Unsure

Uninsured Greater Dayton Area Adults



Reasons Preventing Adults from Getting Medical Care

More than half (54%) of Greater Dayton Area adults reported the following top reasons that prevented them from getting medical care in the past year:


42%

Cost/No Insurance


40%

Difficult to Get an Appointment


31%

Inconvenient Appointment Times


24%

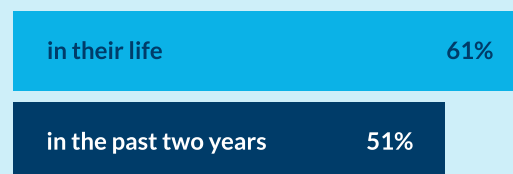
Could Not Get Time off Work

Health Screenings

Percentage of women ages 40 and over having a mammogram



Percentage of men ages 40 and over having a PSA test


87%

Of women had a Pap smear at some time in their life


16%

Of men had a digital rectal exam in the past year


33%

Reported having had a Pap smear in the past year

Oral Health


70%

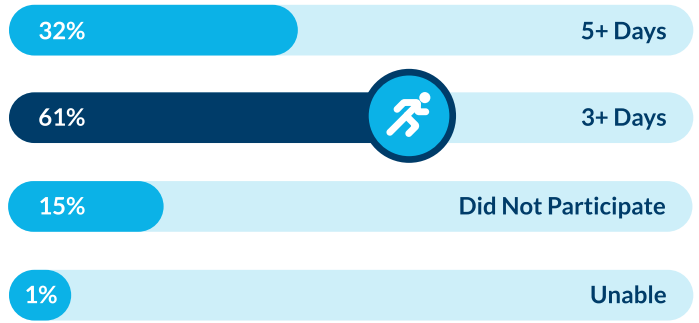
Of Greater Dayton Area adults had visited a dentist or dental clinic.


40%

Of Greater Dayton Area adults with incomes less than \$25,000 had visited a dentist or dental clinic.

General Health Status and Physical Activity

Sixty-one percent (61%) of adults engaged in some type of physical activity or exercise for at least 30 minutes on 3 or more days per week. Thirty-two percent (32%) of adults exercised 5 or more days per week. Fifteen percent (15%) of adults did not participate in any physical activity in the past week, including 1% who were unable to exercise.



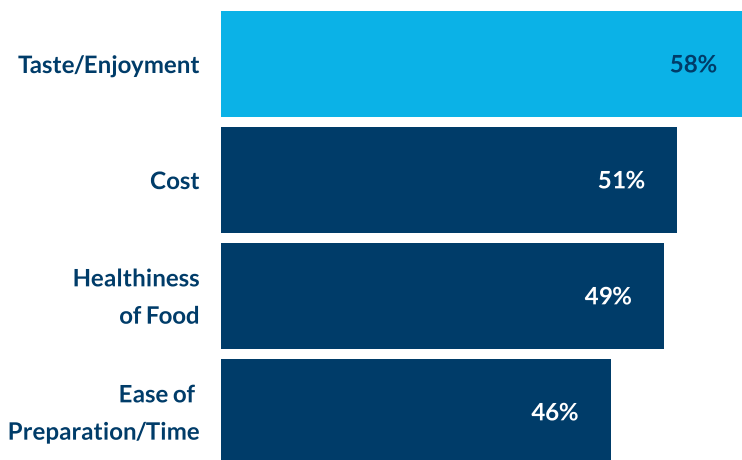
45%

Of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation in the past month.

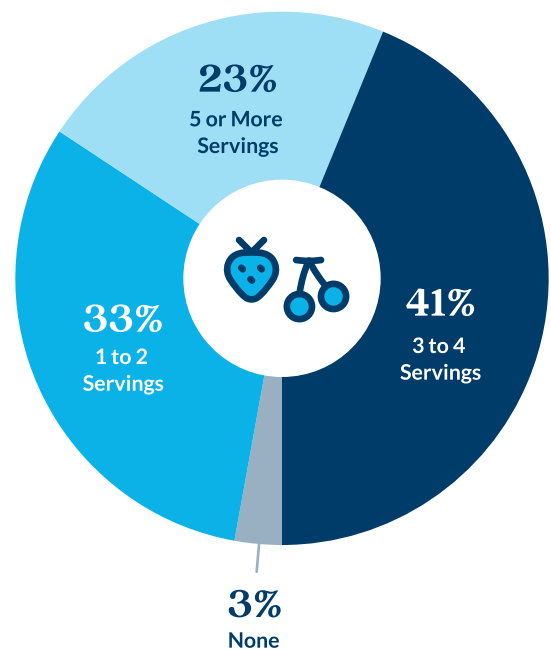
Nutrition

The graphs below indicate the number of fruit and vegetable servings Greater Dayton Area adults consume daily as well as the determining factors of which food types adults are eating.

Determinants of Which Food Types Adults are Eating



Fruit & Vegetable Servings Consumed per Day



Note: Survey data is based on self-reported responses and may be subject to under-reporting or inaccuracies.

Drug and Alcohol Use



ALCOHOL CONSUMPTION

26%

Of adults reported they had 5+ drinks (males) or 4+ drinks (females) on an occasion in the last month. These respondents would be considered binge drinkers.



PRESCRIPTION DRUG MISUSE

10%

Of adults had used medications not prescribed for them or they took more than prescribed to feel good, high, or more active and alert during the past six months.

Mental Health



21%

Of adults had a period of two or more weeks when they felt so sad or hopeless nearly everyday that they stopped doing usual activities in the past year.

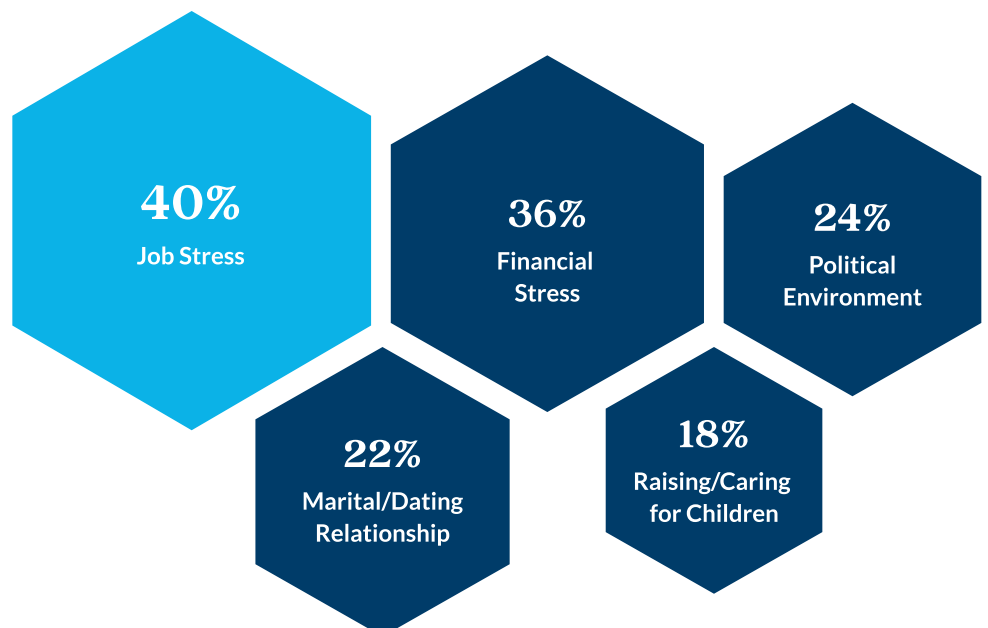


38%

Of Greater Dayton Area adults rated their mental health as not good during four or more days in the previous month.

Reasons Adults are Anxious, Stressed, or Depressed

Greater Dayton Area adults indicated the following caused them anxiety, stress, or depression:



Note: Survey data is based on self-reported responses and may be subject to under-reporting or inaccuracies.

High Blood Pressure, Heart Disease, and Stroke



35%

Of adults had ever been diagnosed with high blood pressure. Greater Dayton Area adults diagnosed with high blood pressure were also ages 65 or older (53%), Black (39%), or male (37%).

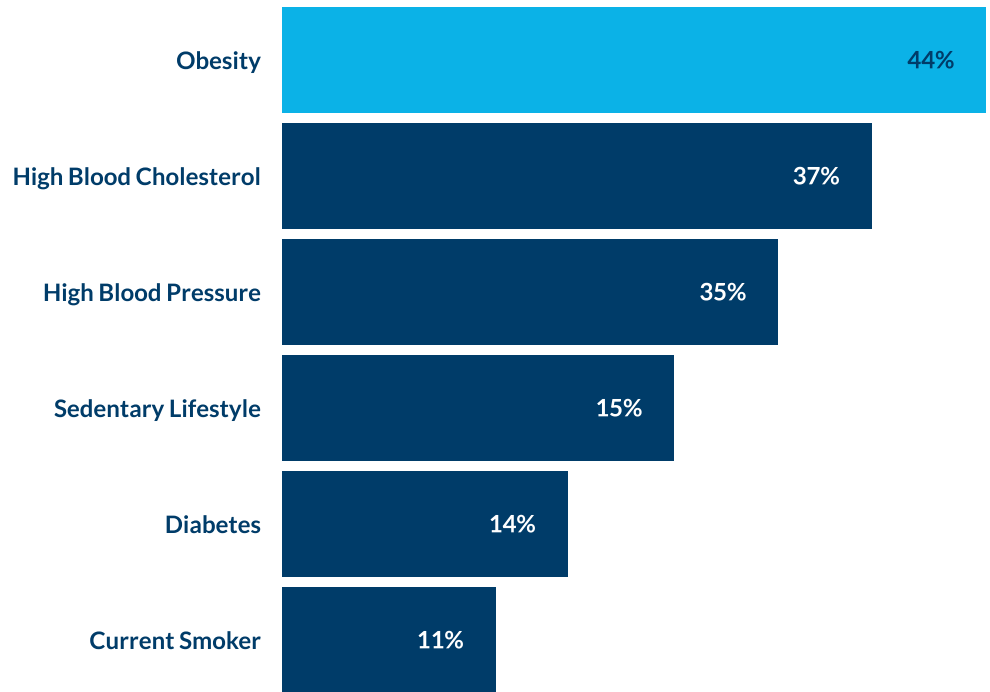


5%

Of adults reported they had survived a heart attack or myocardial infarction in their lifetime. This increased to 10% of all adults 65 years of age or older.

Leading Factors for Developing Cardiovascular Disease

The graph demonstrates the percentage of Greater Dayton Area adults who had major risk factors for developing cardiovascular disease.



Asthma and Diabetes



ASTHMA

13%

Of Greater Dayton Area adults had been diagnosed with asthma, increasing to 18% of adults with incomes less than \$25,000.



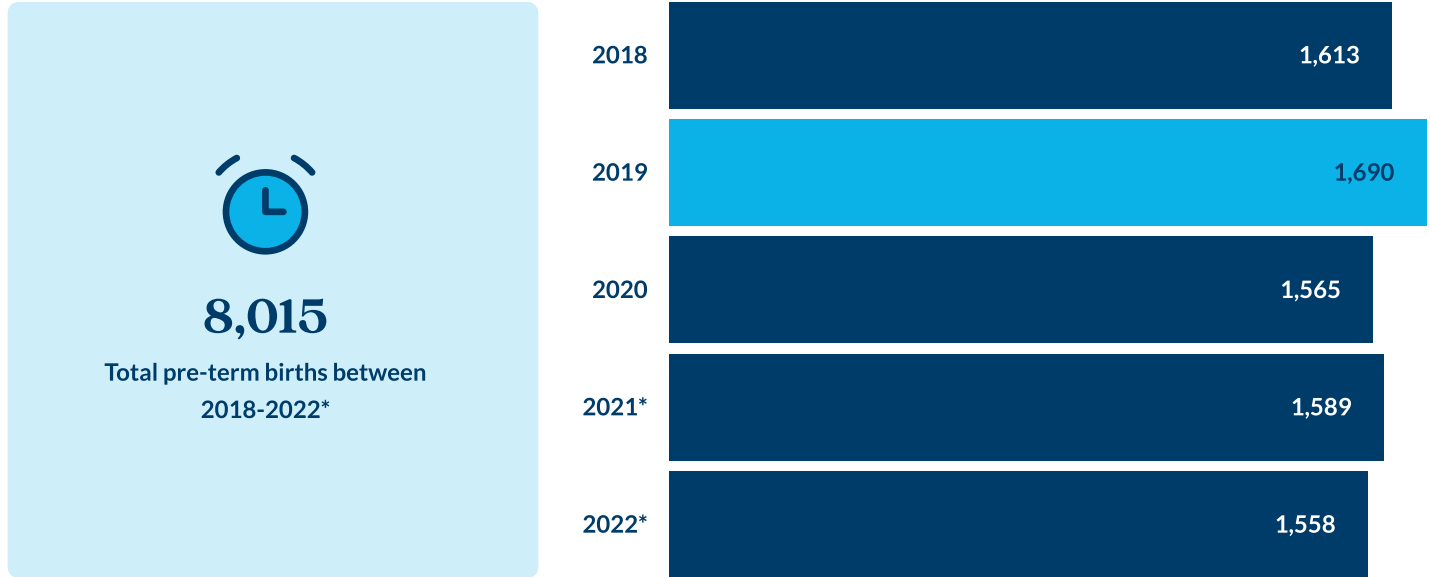
DIABETES

14%

Of Greater Dayton Area adults had been diagnosed with diabetes, increasing to 21% of adults with incomes less than \$25,000.

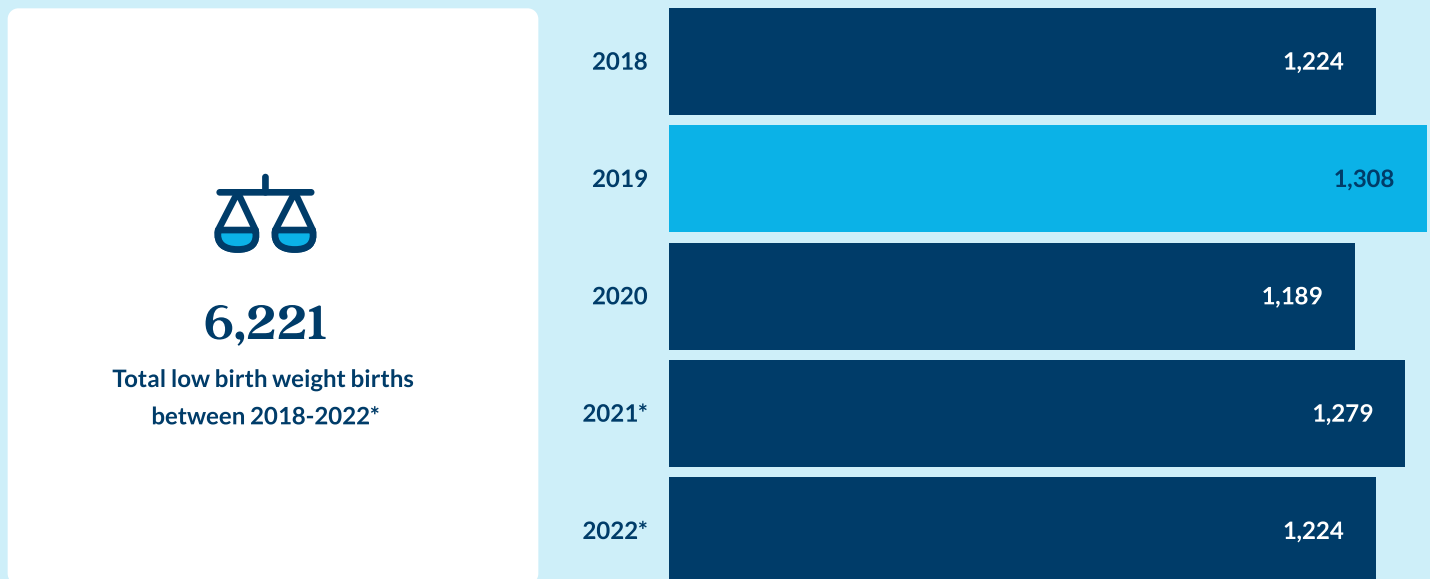
Pre-Term Births

The following graph shows Greater Dayton Area pre-term deliveries (<37 weeks) among live births by year.



Low Weight Births

The following graph shows the number of live births in the Greater Dayton Area that were low birth weight (including very low birth weight) by year. Low birth weight is defined as 1,500 – 2,499 grams and very low birth weight is defined as less than 1,500 grams.

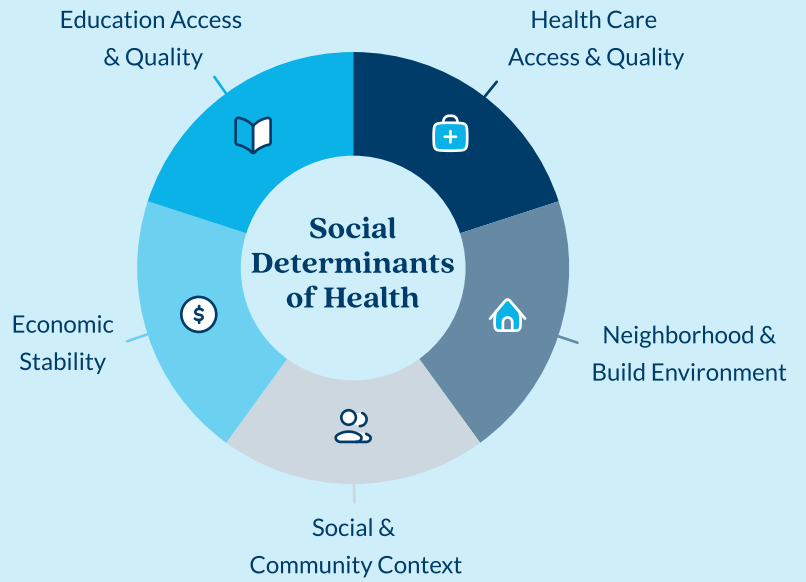


*Preliminary data subject to change

Note: Pregnancy outcomes data include all births to adults and adolescents

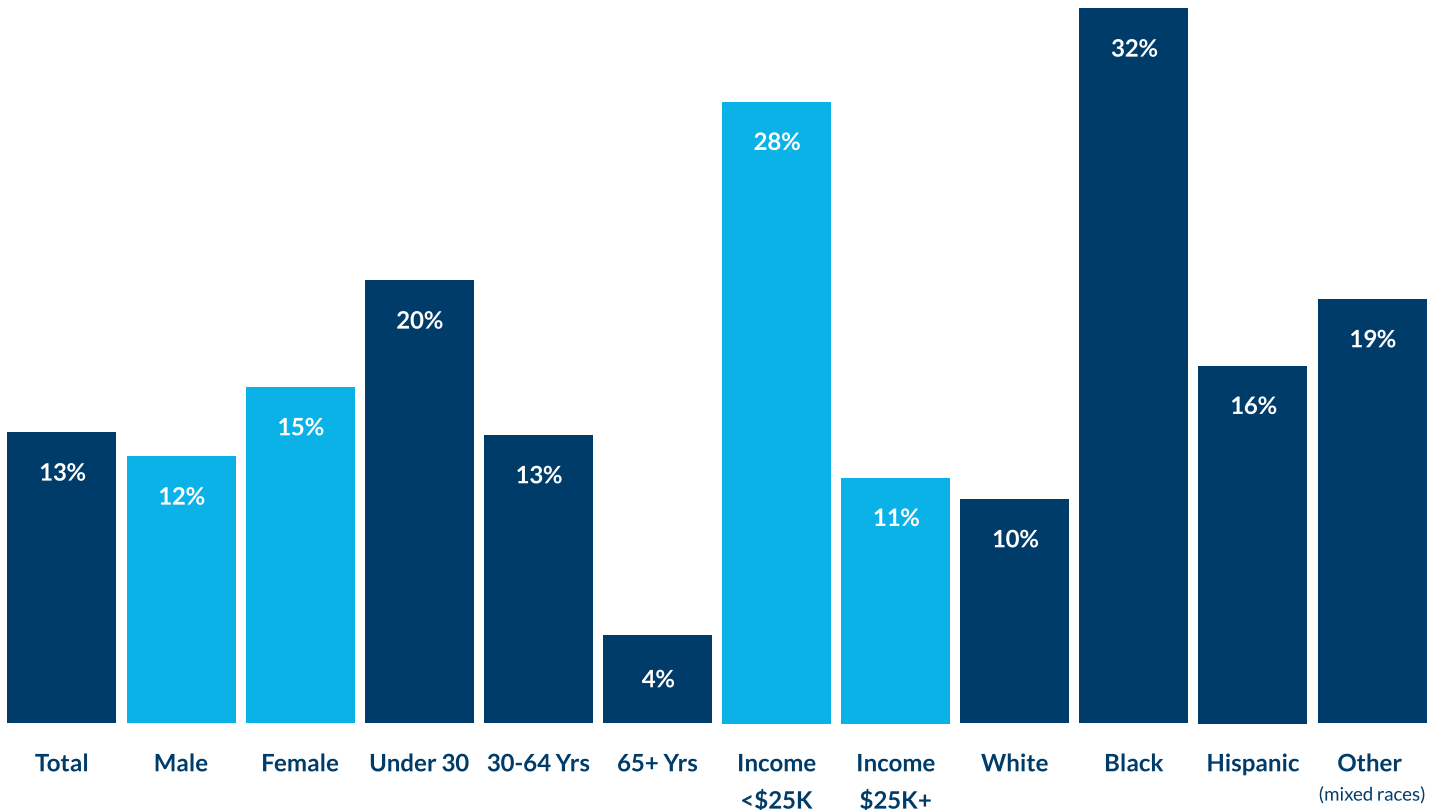
What are Social Determinants of Health?

These are the conditions in the environments where people are born, live, work, play, worship, and age that affect a wide range of health functioning, and quality-of-life outcomes and risks.



Economic Stability

The following graph shows the percentage of Greater Dayton Area adults who needed help meeting general daily needs such as food, clothing, shelter, or paying utilities bills in the past 30 days. An example of how to interpret the information on the graph includes: 13% of all adults needed help meeting their general daily needs, including 28% of adults with incomes less than \$25,000.



Social and Community Context

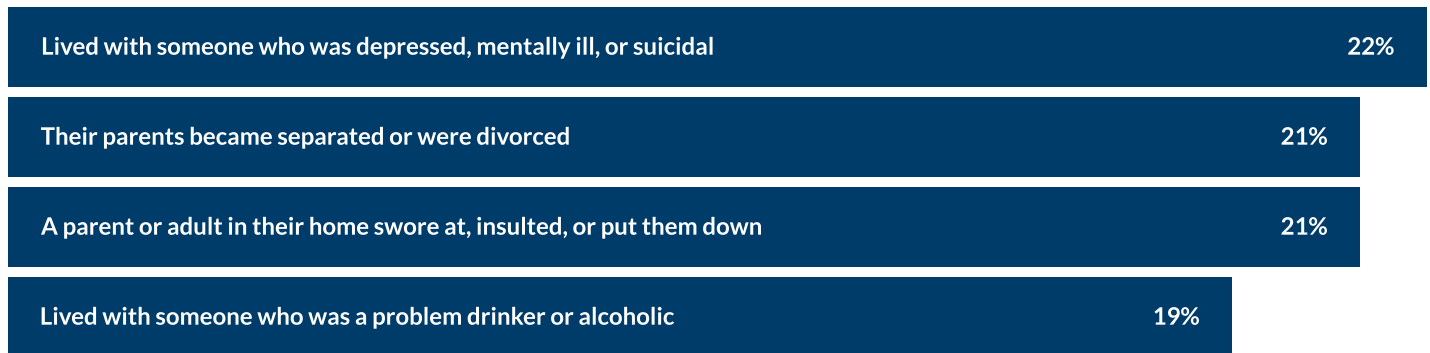
Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur during childhood. ACEs can generally be grouped into three categories: abuse, household challenges, and neglect. There is clear evidence that ACEs exposure is linked to poorer health and well-being through adulthood. Generally, the more ACEs a person is exposed to, the greater the risk of these poor outcomes.

**17%**

Of adults experienced four or more adverse childhood experiences.

Adverse Childhood Experiences

Greater Dayton Area adults experienced the following adverse childhood experiences (ACEs):




Neighborhood and Build Environment

More than 1 in 5

Greater Dayton Area adults experienced some sort of transportation issue.

**GET IN TOUCH****Lisa Henderson**

Vice President, Health Initiatives

 lhenderson@gdaha.org 937.228.1000**Visit Our Website
to View the Full
CHNA Report** gdaha.org/community-health