



# OHIO STATE HEALTH PROFILE



## Overall America's Health Ranking: 34

United Health Foundation. (2024 Annual Report). America's Health Rankings. [www.americashealthrankings.org](http://www.americashealthrankings.org)

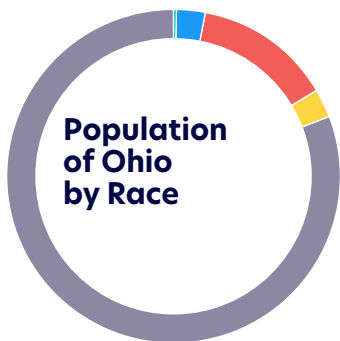


Source: National Commission on Certification of PAs. (2023). Statistical Profile of Board Certified PAs by State

### Total Population of PAs in OH: 5,264 PAs Practicing in a Rural Area: 6.6%

- 0.1% – American Indian/Alaskan Native
- 2.8% – Asian
- 2.2% – Black/African American
- 1.7% – Multi-race
- 0.1% – Native Hawaiian/Pacific Islander
- 1.1% – Other
- 89.2% – White
- 2.8% – Prefer not to answer

2.2% – Percentage of PAs by Hispanic, Latino(a), or Spanish origin



Source: United States Census Bureau accessible at [Census.gov/quickfacts](http://Census.gov/quickfacts)

### Total Population: ~11.9 Million

- 0.3% – American Indian/Alaskan Native
- 2.8% – Asian
- 13.4% – Black/African American
- 0.1% – Native Hawaiian/Pacific Islander
- 2.7% – Two or More Races
- 80.6% – White

4.8% – Hispanic/Latino  
76.7% – White Alone, Not Hispanic or Latino

## Populations At Risk for Health Disparities

Source: United States Census Bureau accessible at [Census.gov/quickfacts](http://Census.gov/quickfacts)

**Veterans**  
**626,617**

**Language Other than English Spoken at Home**  
**7.7%**

**People Living with a Disability Under Age 65**  
**10.2%**

**People without Health Insurance Under 65**  
**7.4%**

**Medicaid/CHIP Enrollment**  
**21.3%**  
Kaiser Family Foundation, Medicaid State Fact Sheets 2022

**Medicare Beneficiaries**  
**20%**  
Source: Kaiser Family Foundation, State Health Facts 2021

**Poverty**  
**13.3%**

**2020 Rural Population**  
**23.7%**

**Persons with Less Than High School Education**  
**12%**

# Top Ten Drivers of Poor Health Rankings

## 1 High-Risk HIV Behaviors

Percentage of adults who reported having done any of the following in the past year: injected any drug other than those prescribed for you; been treated for a sexually transmitted disease; or given or received money or drugs in exchange for sex

## 2 Smoking

Percentage of adults who reported smoking at least 100 cigarettes in their lifetime and currently smoke daily or some days

## 3 Multiple Chronic Conditions

Percentage of adults who had three or more of the following chronic health conditions: arthritis, asthma, chronic kidney disease, chronic obstructive pulmonary disease, cardiovascular disease (heart disease, heart attack or stroke), cancer (excluding non-melanoma skin cancer), depression, or diabetes

## 4 Premature Death

Year of potential life lost before age 75 per 100,000 population (1-year estimate)

## 5 Insufficient Sleep

Percentage of adults who reported sleeping, on average, fewer than seven hours in a 24-hour period

## 6 Frequent Mental Distress

Percentage of adults who reported their mental health was not good 14 or more days in the past 30 days

## 7 Residential Segregation-Black/White

Black/White-Index of dissimilarity, with higher values indicating greater segregation between Black and non-Hispanic white households

## 8 Frequent Physical Distress

Percentage of adults who reported their physical health was not good 14 or more days in the past 30 days

## 9 Housing with Lead Risk

Percentage of housing stock with potential elevated lead risk due to age of housing

## 10 Physical Inactivity

Percentage of adults who reported doing no physical activity or exercise other than their regular job in the past 30 days

Source: United Health Foundation. Americas Health Rankings. [www.americashealthrankings.org](http://www.americashealthrankings.org)

## 1 High-Risk HIV Behaviors

- Increase patient access to preventative medications such as pre-exposure prophylaxis (PrEP) or post-exposure prophylaxis (PEP)
- Screen and assess patients for HIV in accordance with recommended guidelines
- Encourage patients to use condoms correctly whenever engaging in sexual activity
- Provide education to patients on the risks of injection drug use
- Prescribe antiretroviral therapy (ART) to those who test positive as soon as possible
- Explore the CDC resources to help people find HIV prevention services in their area, including condoms, HIV testing, PrEP, and PEP

## 2 Smoking

- Advocate for smoke-free policies and increased taxes on tobacco products
- Explore evidence-based strategies to address tobacco use at County Health Rankings & Roadmaps and the Community Preventive Services Task Force
- Link patients to smoking cessation resources including Smokefree.gov, the Centers for Disease Control and Prevention, and the American Lung Association

## 3 Multiple Chronic Conditions

- Encourage patients to reduce their risk of developing chronic diseases, including eating healthy, not smoking, getting enough regular physical activity, and avoiding excessive drinking
- Explore County Health Rankings & Roadmaps and the U.S. Community Preventive Services Task Force resources to help support individuals with multiple chronic conditions such as comprehensive telehealth interventions to improve diet and text messaging interventions for medication adherence

## 4 Premature Death

- Collaborate with state and local health departments to understand causes of premature death and consider increased health risk screenings, increasing vaccine rates, and increasing access to care for underserved populations

## 5 Insufficient Sleep

- Educate patients on NIH-recommended sleep guidelines and limiting use of electronic devices before bed

**6 Frequent Mental Distress**

- Explore the Community Preventive Services Task Force Community Guide on strategies that work including school-based cognitive behavioral therapy, home-based depression care management, and collaborative care
- Link patients to resources from the CDC and the 988 Lifeline

**7 Residential Segregation–Black/White**

- Partner with Fair Housing Assistance Agencies

**8 Frequent Physical Distress**

- Explore strategies to reduce the prevalence of frequent physical distress include reducing the risk of developing chronic conditions such as cardiovascular disease, cancer, diabetes, obesity, and arthritis. This may be done by focusing on evidence-based interventions that curb smoking, increase physical activity and promote healthy eating.

**9 Housing with Lead Risk**

- Partner with HUD Healthy Homes Program to mitigate housing problems

**10 Physical Inactivity**

- Advocate for built environments that make it safer for people to get physical activity and/or link patients to telephonic or digital health interventions to increase physical activity

Source: United Health Foundation. *Americas Health Rankings*. [www.americashealthrankings.org](http://www.americashealthrankings.org)

## Prevalence of Top 10 Chronic Conditions

CHRONIC CONDITION	RATES (age-adjusted prevalence)
Hypertension among adults	51%
Obesity among adults	38.4%
High cholesterol among adults who have been screened	30.1%
Depression among adults	26%
Diabetes among adults	11.5%
Asthma among adults	11.4%
COPD among adults	8.5%
Cancer: Invasive cancer (all sites combined)	465.4 age-adjusted rate (cases per 100,000)
Chronic kidney disease: Incidence of treated end-stage kidney disease	4935 (cases per 1 million population)
Coronary heart disease: Mortality among all people, underlying cause	105.8 age-adjusted rate (cases per 100,000)

Source: CDC Chronic Disease Indicators accessible at <https://www.cdc.gov/cdi/>

## Top 10 Causes of Death

LEADING CAUSES OF DEATH	DEATHS (per 100,000 population)
1. Heart disease	193.9
2. Cancer	155.5
3. Accidents	78.5
4. COVID	60.1
5. Stroke	46.5
6. Drug overdose	45.6
7. Chronic lower respiratory illness	42.6
8. Alzheimer's disease	32.3
9. Diabetes	27.6
10. Kidney disease	16.3

Source: CDC National Center for Health Statistics Stats of the States [https://www.cdc.gov/nchs/pressroom/stats\\_of\\_the\\_states.htm](https://www.cdc.gov/nchs/pressroom/stats_of_the_states.htm)