

FOR IMMEDIATE RELEASE

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Medina County Ranks 4th in the State for Health Outcomes and Health Factors

April 27, 2022, Medina, Ohio - According to the annual *County Health Rankings* released by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute, Medina County is ranked 4th overall in the state of Ohio for Health Outcomes and 4th for Health Factors.

Health outcomes represent how healthy a county is right now. It reflects the physical and mental well-being of residents through measures representing length and quality of life.

Health factors represent things that, if modified, can improve length and quality of life. These include health behaviors, clinical care, social and economic factors, and the physical environment.

Our high ranking reflects the priority this county has placed on improving the factors that affect residents' health, and it shows how important it will be for us to sustain those programs if we want to stay healthy. For the following behaviors – overall, we are doing better than the state, but still have ways to improve to become a top performer.

“The Rankings provide comparisons to other counties and the state of Ohio. This provides a starting point for our county to develop programs to continue to improve the health of our residents, regardless of our rank,” said Krista Wasowski, Medina County Health Commissioner. “Since the first *County Rankings* in 2010, Medina County has consistently ranked 5th or higher. Medina county residents have several protective factors that contribute to our stable ranking, such as education, employment, and income level.”

Areas of Strength:

- Physical Activity: 75% of Medina County adults are physically active (72% Ohio)
- Access to exercise opportunities: 87% of Median County residents have access (77% Ohio)
- Clinical Care: 94% of Medina County residents are insured (92% Ohio)

Areas to Explore:

- Smoking: 18% of adults in Medina County smoke (22% Ohio)
- Obesity: 33% of adults in Medina County are obese (35% Ohio)

The County Health Rankings make it clear that where you live influences how well and how long you live. We are working with local healthcare and government agencies, educational groups, faith-based organizations, and human service providers to set priorities and target resources. The Medina County Community Health Improvement Plan (CHIP) in 2019 identified the areas of focus: chronic illness (diabetes and heart disease), obesity, suicide prevention, mental health awareness/bullying, and tobacco use. Action Teams are developing programs to address these priority areas. A new Community Health Status Brief is now available at medinahealth.org that shows the impact of implementation strategies from the CHIP and how COVID-19 pandemic affected leading health indicators

The Medina County Health Department will continue to review all the measures to help identify areas that our programs and partnerships can have the greatest impact. We all have a role to play. Working together, we can make Medina County a Culture of Health in our communities.

The complete *County Health Rankings* can be found at www.countyhealthrankings.org.

The Medina County Health Department has protected your health since 1918. Services are partially supported by your property tax health levy. Equal opportunity provider.

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