



DEFIANCE REGIONAL HOSPITAL

2025 COMMUNITY HEALTH NEEDS ASSESSMENT

Approved and Adopted by the ProMedica Defiance Regional Hospital Board of Trustees
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PROMEDICA DEFIANCE REGIONAL HOSPITAL
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I. INTRODUCTION

ProMedica Defiance Regional Hospital, a member of ProMedica health system, is a committed healthcare resource in northwest Ohio and provides acute emergency and trauma, medical and surgical inpatient, and outpatient services, as well as mental health and emergency air transport services on its campus. ProMedica's mission is to improve the health and well-being of communities we serve. As a not-for-profit hospital, all patients are treated regardless of their ability to pay.

ProMedica Defiance Regional Hospital conducted and adopted this community health needs assessment (CHNA) in 2025 and will implement the associated three-year, strategic plan in 2026. The hospital participated in the Defiance County Health Assessment (CHA) conducted in 2024. Active engagement of community members throughout the planning process is regarded as a crucial step in completing a valid needs assessment. To maintain objectivity throughout the county CHA survey process, the network engaged the expert services of Defiance College to administer the survey and compile the results. Following the formal county assessment survey process, ProMedica Defiance Regional Hospital staff joined POWER Defiance, comprised of multiple community organizations, to collaborate, develop and implement a community health improvement plan (CHIP) for Defiance County. A gap analysis and resource assessment were conducted as part of this process.

In 2025, ProMedica Defiance Regional Hospital convened a CHNA committee to review the most recent Defiance County CHA and CHIP, with gap and resource assessments. The committee then selected and prioritized key indicators for the defined community and developed an implementation plan to address these priority health needs in the community over the next three years, considering the needs of minority and/or underserved populations. The hospital received feedback on the CHNA plan from the Defiance County Health District, to confirm these needs from a public health expert perspective.

ProMedica Defiance Regional Hospital will specifically implement programs to address the following health needs, prioritized by ranking methodology, and listed in order of priority:

1. Chronic Conditions
2. Mental Health
3. Healthy Aging Across the Lifetime – Fall and Injury Prevention, Women/Infant Health
4. Food and Social Needs

ProMedica Defiance Regional Hospital will also collaborate with Power Defiance County to support its strategic initiatives. ProMedica health system community health programs and initiatives are developed and implemented with Social Determinants of Health, healthy aging, infant mortality and Diversity, Equity and Inclusion as core strategic priorities addressing health disparities and inequities across the communities ProMedica serves. The ProMedica Defiance Regional Hospital CHNA may be accessed at <https://www.promedica.org/about-promedica/community>.

II. PROMEDICA DEFIANCE REGIONAL HOSPITAL COMMUNITY SERVICE AREA

The definition of the primary community served by ProMedica Defiance Regional Hospital for this assessment is Defiance County, Ohio, located in northwest Ohio. Data indicates that 53.15% of

inpatients and 66.8% of emergency patients reside in Defiance County. The secondary service areas served by the hospital includes Paulding, Henry, Fulton, and Williams Counties, located in the northwestern region of Ohio. ProMedica Defiance Regional Hospital is one of eight acute care hospitals serving these five counties, and one of three hospitals serving Defiance County. For this plan, health statistics and factors for Defiance County were reviewed and used in completing this community health needs assessment. (Note: Statistics in parentheses refer to data from previous health assessments, where available, to be used for comparison.)

Demographic review of Defiance County, Ohio, shows that it is home to 38,315 (38,144) residents. Approximately 13.1% of residents are under 10 years of age, 26.3% of residents were youth under 19 years of age, and 20.6% (19.5%) were age 65 or older. The majority 90% (95%) of the population is White alone, 2.3% (2.3%) are African American, 10.7% (10.8%) are Hispanic, 0.5% (.5%) are Asian and .5% (1.5%) are two or more races. The median household income in Defiance County was \$73,000 (\$55,295) with 10.5% (8.5%) of all Defiance County individual residents had an income below the poverty level. The unemployment rate was 2.6% (4.1%), with 13% of Defiance County residents uninsured according to the 2024 Defiance County Health Assessment. (Source: <https://powerdefiancecounty.org/wp-content/uploads/2025/07/Full-CHA-Report-7.16.2025.pdf>).

Demographics for the secondary service area counties may be found at <https://www.census.gov/quickfacts/>. County health assessments for the contiguous counties may be found on their county websites.

Existing health care facilities and resources within the community that are available to respond to the health needs of the community are listed in Table 1 below, as well as many outpatient facilities, rehabilitation facilities and other programs that are not listed. Due to the presence of two other hospitals in Defiance County and other hospital entities in each of the four contiguous counties, ProMedica Defiance Regional Hospital focuses most of its community health efforts within the eastern Defiance County area – leaving the individual community efforts within the other four counties to the hospitals located in each.

Table 1 - Hospitals Serving the Service Area (Five County Secondary Service Area)	
ProMedica Defiance Regional Hospital	Defiance, OH (Defiance)
Mercy Defiance Hospital	Defiance, OH (Defiance)
Hicksville Community Memorial Hospital	Hicksville, OH (Defiance)
Henry County Hospital	Napoleon, OH (Henry)
Community Hospitals and Wellness	Bryan, Montpelier & Archbold, OH (Williams)
Fulton County Health Center	Wauseon, OH (Fulton)
Paulding County Hospital	Paulding, OH (Paulding)

ProMedica Defiance Regional Hospital also collaborates with other entities to address issues in our service area. Community organizations who participated in the health assessment and strategic planning process are listed on page 14.

III. IMPACT OF PREVIOUS COMMUNITY HEALTH NEEDS ASSESSMENT PLAN

The ProMedica Defiance Regional Hospital 2022 Community Health Needs Assessment was posted online inviting feedback from the community, with no inquiries over the past three years.

The 2022 Community Health Needs Assessment identified several significant health needs. Beginning in 2023, ProMedica Defiance Regional Hospital implemented CHNA plans in Defiance County to address the following health needs, listed in order of priority, with the following impact demonstrated in 2023 and 2024 (Note: 2025 actions taken were not complete at the time of this publication and will not be included in this summary):

1. Health Priority: Chronic Conditions – Respiratory Health

Strategies – Provide education and resources related to tobacco/vaping cessation. Provide education and resources related to heart disease prevention. Provide blood pressures to visitors and/or community, at least quarterly.

Actions taken in 2023 and 2024:

- 32 flyers and resources related to tobacco or vaping cessation were distributed in 2023.
- 4 educational messages about respiratory health were posted to the hospital's Facebook page with 1,900 people following in 2023.
- 34 heart disease prevention education materials were distributed in 2023.
- 129 community members received blood pressure screenings in 2023.
- 35 flyers and resources related to tobacco or vaping cessation were distributed in 2024.
- 9 educational messages about respiratory health were posted to the hospital's Facebook page with 2,200 people following in 2024.
- 40 heart disease prevention education materials were distributed in 2024.
- 35 community members received blood pressure screenings in 2024.

2. Health Priority: Behavioral Health

Strategies – Offer housing resources to Coping Center patients identified as having a need on social risk assessment. Maintain MedSafe Blue Box station in Emergency Department for proper disposal of medications, by community members. Provide education and resources related to Mental Health First Aid (MHFA). Provide education and resources related to Trauma Informed Care (TIC) (Note: Trauma Informed Care addresses care for individuals having three or more adverse childhood experiences – ACEs.)

Actions Taken in 2023 and 2024:

- 4 housing resources provided to patients in coping center.
- Hospital MedSafe disposal was filled and emptied six (6) times in 2023 to collect and dispose of unused medications responsibly.
- Hospital MedSafe disposal was filled and emptied six (6) times in 2023 to collect and dispose of unused medications responsibly.
- 11 resources about mental health first aid trainings were distributed in 2023.

- 5 educational messages about mental health were posted on the hospital's Facebook page with 1,900 people following in 2023.
- 6 educational resources pertaining to trauma informed care were distributed in 2023.
- 3 educational messages about trauma and injury prevention were posted to the hospital's Facebook page with 1,900 people following in 2023.
- 17 housing resources were provided to patients in the coping center in 2024.
- Hospital MedSafe disposal was filled and emptied two (2) times in 2024 to collect and dispose of unused medications responsibly.
- 34 resources about mental health first aid trainings were distributed in 2024.
- 11 educational messages about mental health were posted on the hospital's Facebook page with 2,200 people following in 2024.
- 41 educational resources pertaining to trauma informed care were distributed in 2024.
- 3 educational messages about trauma and injury prevention were posted to the hospital's Facebook page with 1,900 people following in 2024.

3. Health Priority: Healthy Aging – Falls and Injury Prevention

Strategies – Provide education and resources related to Home Fitness video education, including Tai Chi to improve balance.

Actions Taken in 2023 and 2024:

- In 2023, 18 educational resources were distributed to community members about improve balance and fall prevention.
- 12 educational messages about physical activity, including tai chi, were posted to the hospital's Facebook page with 1,900 people following in 2023.
- 37 educational resources were distributed to community members about improve balance and fall prevention in 2024.
- 13 educational messages about physical activity and healthy lifestyles were posted to the hospital's Facebook page with 2,200 people following in 2024.

4. Social Determinants of Health – Food Insecurity

Strategies - Complete inpatient SDOH screenings, and using improved process, offer Food at Discharge to patients who screen for food insecurity, including community food resource listing. Distribute community food resource listing in hospital waiting areas and to other community agencies.

Actions Taken in 2023 and 2024:

- 898 patients screened positive for food insecurity in 2023.
- 3 patients accepted food at discharge with a community resource listing in 2023.
- 14 community resource listings were distributed in hospital waiting areas and to community organizations in 2023.

- 1257 patients screened positive for food insecurity in 2024.
- In 2024, 68 patients accepted food at discharge with a community resource listing.
- 49 community resource listings were distributed in hospital waiting areas and to community organizations in 2024.

5. Healthy Behaviors – Women’s and Infant Health

Strategies - Provide safe sleep educational handouts to community groups, to include all ages of caregivers. Provide no cost Maternal Health classes, including safe sleep education, open to the public.

Actions Taken in 2023 and 2024:

- In 2023, 56 safe sleep educational handouts were distributed in the community.
- 52 community members participated in maternal health classes in 2023.
- In 2024, 44 safe sleep educational handouts were distributed in the community.
- 39 community members participated in maternal health classes in 2024.

The information above reflects activities that were implemented to address 2022 CHNA hospital priority issues in 2023 and 2024 – 2025 statistics were not complete at the time of this document. Additional measure of impact may be reflected in future Defiance County Health Assessments. The 2022 Community Health Needs Assessment for ProMedica Defiance Regional Hospital was posted online inviting feedback from the community, with no inquiries over the past three years.

IV. COMMUNITY HEALTH NEEDS ASSESSMENT

The ProMedica Defiance Regional Hospital **process for identifying and prioritizing community health needs and services included:**

- Review and discussion the Defiance County Health Assessment, including primary and secondary data, and the county health improvement plan (CHIP), including gaps and resources.
- Discussion, selection, and prioritization of priority health needs to address over the next three years, using a ranking methodology to prioritize needs.
- Identification of evidence-based programs to improve these health needs, when available
- Development of final hospital CHNA and three-year implementation plan to present to the hospital board for approval prior to posting online

The health areas that were examined by the formal county needs assessment survey include, but are not limited to: health care coverage, access and utilization, preventive medicine, women’s health, men’s health, oral health, health status perceptions, weight status, tobacco use, alcohol consumption, drug use, sexual behavior, mental health, cardiovascular health, cancer, asthma diabetes, quality of life, social determinants of health, environmental conditions, parenting, youth weight status, youth tobacco use, youth alcohol consumption, youth drug use, youth sexual behavior, youth mental health, youth social

determinants of health, youth violence, child health and functional status, child health care access, early childhood health (0-5 years), middle childhood health (6-11 years), family and community characteristics, and parent health.

DEFIANCE COUNTY HEALTH ASSESSMENT PROCESS

ProMedica Defiance Regional Hospital utilized the data provided in the 2024 Defiance County Health Status Assessment as the basis for their community health needs assessment. To begin the formal county assessment process, the Hospital Council of Northwest Ohio Data Division, in conjunction with the University of Toledo Health and Human Services Department, conducted the formal county health assessment utilizing the following methodology.

PRIMARY DATA COLLECTION METHODS

DESIGN

The 2024 Defiance County Community Health Assessment (CHA) was cross-sectional in design using both paper and digital survey formats (hosted on the Qualtrics platform), to collect data from adults, youth (grades 6–12), and parents of children aged 0–11. The planning process was guided by the Mobilizing for Action through Planning and Partnerships (MAPP) 2.0 framework, which actively engaged community leaders, stakeholders, and residents in defining the content, scope, and sequence of the study. This inclusive and collaborative approach ensured that the assessment captured the most pressing health needs of Defiance County residents while fostering community buy-in.

INSTRUMENT DEVELOPMENT

Three survey instruments were developed and refined for this assessment: one for adults, one for youth, and one for parents of young children. The development process drew heavily from established, validated instruments to enable comparisons with state and national benchmarks. The survey questions were modeled after instruments used by the Centers for Disease Control and Prevention (CDC) and other reputable sources. Specifically: The adult survey drew from the CDC's National Health Interview Survey (NHIS) and Behavioral Risk Factor Surveillance System (BRFSS). The child survey was developed using the CDC's National Health Interview Survey Child Questionnaire (NHIS) and the U.S. Department of Health and Human Services National Survey of Children's Health (NSCH) for ages 0-5 and 6-11. The youth survey incorporated elements from the CDC's Youth Risk Behavior Surveillance System (YRBSS) and the Ohio Healthy Youth Environments Survey (OHYES!), administered through a joint effort coordinated by the Ohio Department of Health (ODH), Ohio Department of Mental Health and Addiction Services (OhioMHAS), and Ohio Department of Education (ODE). The Defiance College research team collaborated closely with the Defiance County Health Department and community partners to draft, pilot, and finalize the survey instruments. The surveys featured 106 questions for adults, 91 for youth, and 84 for parents of young children. Input from community stakeholders was integrated at every stage of survey development to ensure relevance and inclusivity. Skip logic functionality was incorporated into the Qualtrics survey to tailor questions based on respondents' previous answers, enhancing the efficiency and accuracy of data collection.

The 2024 Community Health Assessment utilized multiple survey formats to ensure accessibility and inclusivity. Surveys were designed to accommodate the diverse needs of Defiance County residents and offered both paper and digital options, with Spanish translations available upon request. The adult and child surveys were disseminated from October through December 2024 by mail as paper copies, accompanied by instructions for completing them digitally via a QR code on the Qualtrics platform. The youth survey was distributed in May 2024 digitally through local schools to students in grades 6–12, using Qualtrics as the primary platform. This approach ensured broad participation among youth across Defiance County. Key areas of focus across all surveys included health status, healthcare access and utilization, mental health, substance use, physical activity, nutrition, social determinants of health, safety, and demographics. Each survey was tailored to address the specific needs and experiences of adults, youth, and children while maintaining consistency in data collection for comprehensive analysis.

SAMPLING | Adult Survey

According to the 2020 U.S. Census Bureau data, approximately 28,929 adults aged 19 and over resided in Defiance County. To ensure an overall sampling error of $\pm 5.0\%$ within a 95% confidence level, a sample size of at least 379 adults was required. A total of 1,200 surveys were mailed to randomly selected households, resulting in 260 completed surveys and a response rate of 22%. This response rate provided a confidence interval of $\pm 6.08\%$. A random sample of adult mailing addresses was obtained from Direct Mail in Prince Fredrick, Maryland. Surveys were distributed as paper copies with instructions for completing them digitally via a QR code on the Qualtrics platform, offering participants the option to choose their preferred submission format. Prior to mailing, a press release was issued to inform the community about the project. To incentivize participation, respondents were entered into a drawing for a \$100 Walmart or Amazon gift card. Fifty gift cards were purchased, totaling \$5,000 in incentives. Three weeks after the initial mailing, postcard reminders were sent to households that had not responded, followed by an additional postcard one week later. Targeted outreach through community partners and social media platforms was also conducted. Participants had the option to request a Spanish version of the survey to ensure accessibility for non-English speakers.

SAMPLING | Youth Survey

Using Defiance County public school district data, it was determined that there are 3,112 youth in grades 6 through 12 in the ten Defiance County public schools. A statistically significant sample required at least 343 respondents to achieve an overall sampling error of $\pm 5.0\%$ within a 95% confidence level. Sampling consisted of full population surveying in which all students in grades 6 through 12 from the ten Defiance County schools were selected to participate in the study. A passive consent process was utilized, allowing surveys to be conducted with students whose parents did not opt out and who provided youth assent. Surveys were administered digitally during school hours using the Qualtrics platform, ensuring consistent administration and ease of data collection. A total of 1,905 responses were recorded providing a response rate of 62% and a confidence interval of $\pm 1.36\%$. To encourage participation, students were entered into a raffle for \$10 gift cards redeemable at various locations. A total of 62 gift cards were purchased, ensuring one gift card for every 50 students surveyed.

PROCEDURE | Child Survey

Approximately 5,646 children aged 0–11 lived in Defiance County as reported in the 2020 U.S. Census Bureau. To ensure statistical significance and an overall sampling error of $\pm 5.0\%$ within a 95% confidence level, a sample size of at least 362 respondents was required. A total of 192 responses were recorded from the 2,400 surveys mailed, providing a response rate of 15% and a confidence interval of $\pm 7.07\%$. A random sample of mailing addresses for households with children aged 0–11 was obtained from Direct Mail. Surveys were distributed as paper copies with instructions for completing them digitally via a QR code on the Qualtrics platform, providing a dual submission option for flexibility. A press release was issued prior to distribution to inform the community about the project. To incentivize responses, participants were entered into a raffle for a \$100 Walmart or Amazon gift card. Ten gift cards were purchased, giving each participant a 1 in 50 chance of winning. Postcard reminders were sent three weeks after the initial mailing, followed by an additional postcard one week later. Outreach through community partners and social media platforms further boosted participation. A Spanish version of the survey was available upon request to ensure inclusivity and accessibility.

DATA ANALYSIS

The data analysis was conducted by the Defiance College research team, focusing exclusively on group-level data to maintain respondent anonymity. The team used SPSS to analyze the collected data, employing cross tabulations to calculate descriptive statistics and chi-square analyses to determine group differences. Data trends were identified and examined to determine the impact of various demographic and socioeconomic variables. These trends were compared with secondary data sources, allowing Defiance County's health metrics to be benchmarked against state and national data. The analysis process also informed subsequent community engagement activities, such as focus groups and stakeholder interviews, while identifying the priority health concerns for Defiance County. These findings provided a foundation for addressing the community's most pressing health needs.

SECONDARY DATA COLLECTION METHODS

In conducting a Community Health Assessment, secondary data collection is crucial in understanding the health status, behaviors, and social determinants affecting the target population. Secondary data refers to existing data collected by organizations, agencies, and research institutions, which can provide valuable insights without the need for primary data collection. Defiance College and Defiance County Health Department collected secondary data from multiple sites, including county-level data, whenever possible. Defiance College utilized sites such as the Behavioral Risk Factor Surveillance System (BRFSS), numerous CDC sites, U.S. Census data, Healthy People 2030, among other national and local sources. All primary data collected in this report is from the 2024 Defiance County Health Assessment. All other data is cited accordingly. Analyzing these data sources allows for the identification of health disparities, risk factors, and resource gaps,

LIMITATIONS

As with any community health assessment, it is essential to interpret the findings with an understanding of potential limitations. First, while efforts were made to ensure a representative sample, there is always

the possibility of response bias. If significant differences existed between respondents and non-respondents regarding key health behaviors or access to care, this could affect the external validity of the findings, limiting the generalizability of the results to the entire population. However, if respondents were representative of the broader community, this limitation would be minimized. Additionally, while several survey questions mirrored those used in national health surveillance tools such as the Behavioral Risk Factor Surveillance System (BRFSS) and the National Survey of Children's Health (NSCH), differences in data collection methods may impact comparability. For instance, national datasets often use telephone-based or online data collection methods, whereas this assessment used mailed surveys and online questionnaires, potentially influencing response patterns. Social desirability bias is another consideration, particularly for self-reported data. Participants may have responded in ways they believed to be more socially acceptable rather than providing entirely accurate information, which could affect the validity of findings related to sensitive topics such as substance use, mental health, or healthcare access. Finally, caution should be exercised when interpreting data from smaller subgroups within the assessment. One key limitation of this community health assessment is the inability to weigh the adult survey data due to the small sample size. Weighing is typically used to adjust for discrepancies between the sample and the larger population (e.g., Defiance County adult population), ensuring more generalizable results. However, the limited number of participants in this study prevents reliable weighing, which may impact the representativeness of the findings. As a result, the conclusions drawn should be interpreted with caution, as they may not fully reflect broader trends or characteristics of Defiance County's adult population. Furthermore, the margin of error increases when analyzing smaller sample sizes, which may lead to less reliable estimates for specific populations, such as racial/ethnic minorities, low-income individuals, or specific age groups. Despite these limitations, the assessment provides valuable insights that can inform community health planning and intervention efforts.

DEFIANCE COUNTY STRATEGIC PLANNING PROCESS

Following the community assessment data release, the POWER Defiance coalition, including Defiance County Health District along with the local hospitals and key community leaders, participated in an organized process of community health improvement planning (CHIP) to create a three-year plan to improve the health of residents of the county. The National Association of City County Health Officer's (NACCHO) strategic planning tool, Mobilizing for Action through Planning and Partnerships (MAPP) was used throughout this process.

The MAPP Framework includes six phases which are listed below:

- Organizing for success and partnership development
- Visioning
- Conducting the MAPP assessments
- Identifying strategic issues
- Formulating goals and strategies
- Taking action: planning, implementing, and evaluation

The MAPP process includes four assessments: Community Themes & Strengths, Forces of Change, the Local Public Health System Assessment, and the Community Health Status Assessment. These four assessments were used by the POWER Defiance County coalition to prioritize specific health issues and population groups that were the foundation of this plan.

2024 CHIP priority health issues for Defiance County were:

- Mental and Behavioral Health
- Health Behaviors
- Obesity, Chronic Disease, & Lifestyle Choices
- Access to Care
- Preventative Care
- Community Conditions

*Details of this CHIP may be found in Table 2.

The POWER Defiance County Strategic CHIP process included input from organizations and persons who represent the community. Collaborating organizations included:

Alzheimer's Association
Ayersville Local Schools
CareNet
City of Defiance
City of Defiance Fire and Rescue
City of Defiance Police Department
Defiance Area Foundation
Defiance Area YMCA
Defiance City Schools
Defiance County Commissioners
Defiance County Drug Free Coalition
Defiance County Emergency Management
Agency
Defiance County Economic Development
Defiance County Health Department
Defiance County Juvenile Court
Defiance County Ohio State University
Extension Office
Defiance County Public Library System
Defiance County Senior Services and
Summit 60 Social Center
Defiance County Sheriff's Office
Defiance Development and Visitors Bureau
Defiance College
Fairview School District
Family and Children First Council

Four County ADAMhs Board
 Health Partners for Western Ohio
 Hicksville Schools
 Hicksville Village
 Maumee Valley Guidance Center
 Maumee Valley Planning Organization
 Mercy Health Defiance
 Nationwide Children's Hospital -Toledo
 New Home Development
 Northeastern Local Schools
 Northwestern Ohio Community Action
 Commission
 Ohio Department of Health Representative
 Ohio Guidestone
 Residents of Defiance County
 ProMedica Defiance Regional Hospital
 Recovery Services of Northwest Ohio
 United Way of Defiance County

Many of the above organizations have staff with expertise in public health. In addition, this county assessment and strategic planning process was facilitated by staff employed by the Hospital Council of Northwest Ohio, who hold Master’s Degrees in Public Health. ProMedica Defiance Regional Hospital staff participated in the development of the county health assessment survey and CHIP plan for POWER Defiance County. The Defiance County CHIP was written based on the conclusions and recommendations of all participating organizations.

V. DEFIANCE COUNTY COMMUNITY HEALTH NEEDS & PRIORITIES

Key findings that were identified in the 2024 Defiance County Health Assessment include the following (Note: percentages in parentheses below are data from the previous county surveys when available - which may be used for comparison to current data):

- Health Care Access
 - Over half of adult respondents (53.8%) reported traveling less than 10 miles to reach their usual health care
 - provider. An additional 26.2% travel between 10 and 20 miles, while 12.7% travel 21 to 40 miles. A smaller portion (4.2%) travel more than 40 miles for care.
 - Most adults reported receiving routine checkups, but over 7% have not seen a doctor in more than five years.
 - A majority of respondents (66.5%) reported receiving the recommended preventive or major medical care. However, several noted cost-related barriers. Specifically, 8.5% could not afford prescribed medications, 7.3% were unable to access mental health services, 5.8% could not afford a mammogram or colonoscopy, and 5% did not participate in a weight loss program due to cost.

- The vast majority of respondents (88.1%) reported having some form of health insurance coverage. Meanwhile, 5.8% indicated they do not have health insurance, and 1.5% were unsure of their coverage status. These findings are slightly lower than the census data findings, with 91.2% residents insured and 8.8% uninsured.
- Cardiovascular Health
 - Over 1 in 10 adult respondents reported having experienced a heart attack.
 - Coronary heart disease increased from 7% in 2018 to 22% in 2024 among respondents.
 - 11% (3%, 3%) of adults had a stroke.
 - Blood pressure screening rates are high in Defiance County, with over 90% of adults having been checked in the past years.
 - Cholesterol screening rates are at 78.5%, with nearly 1 in 5 adults (18.1%) not receiving a cholesterol check during the same period.
- Cancer
 - The majority of respondents reported never having been diagnosed with cancer (63.8%). Among those who had, the most commonly reported types were prostate, breast, and skin cancer.
 - Of those diagnosed with cancer, they reported the following types: other skin cancer (5%), breast (5.4%), prostate (5.8%), melanoma (1.5%), rectal (0.8%), colon (2.7%), Non-Hodgkin's lymphoma (1.5%), leukemia (0.8%).
- Diabetes
 - Diabetes has been diagnosed in 13% (9%, 12%) of adults.
- Asthma
 - 14% (9%, 12%) of adults had been diagnosed with asthma
- Obesity
 - 37.7% (40%, 36%) of adults were obese based on BMI.
- Tobacco Use
 - 18% (19%, 15%) of adults were current smokers.
- Alcohol Use
 - More than half of Defiance County adults (56.9% reported no alcohol use in the past 30 days.
 - On average, Defiance County adults reported 4.8 binge drinking episodes per month.
- Adult Marijuana and Other Drug Use
 - 17.7% of adults had used marijuana during the past 30 days.
 - 19% of adults misused prescription medication at least once.
- Sexual Health
 - When asked about the number of sexual partners in the past 12 months, 46.2% of respondents reported not having had sexual intercourse, while 38.8% had one partner and 22.0% had two partners.
 - 1.2% reported having four partners in the past year.

- **Women's Health**
 - While most women receive routine pap smear screenings for cervical cancer, nearly 1 in 4 reported going 5+ years without one.
 - Pap smear rates (had one in the past 3 years) declined from 57% (2018) to 39.6% (2024), much lower than Ohio (77.4%) and the U.S. (77.7%).
 - Mammogram rates (had one in the past 2 years, ages 40+) declined from 62% (2018) to 75% (2024) but remain above Ohio (68.3%) and the U.S. (70.2%).
- **Men's Health**
 - Only 17.3% of respondents reported discussing prostate cancer screenings with a healthcare provider and completing the recommended screenings, while an additional 5.8% received a recommendation but did not follow through.
- **Preventive Medicine**
 - Pneumonia vaccine (ages 65+) increased from 73% (2018) to 69.3% (2024)
 - Flu shot (ages 65+) maintained from 72% (2018) to 75.4% (2024)
 - Adults aged 50 and over who reported having a colonoscopy or sigmoidoscopy within the past five years was 46.9% in 2024.
- **Quality of Life**
 - Over 40% of adults experience activity limitations due to poor physical or mental health, which could impact work productivity and quality of life.
- **Mental Health**
 - Over one-third of adults (36.2%) experience depression at least monthly.
 - 11.9% of adults experienced suicidal thoughts
 - In the past 12 months, 12% of respondents reported seriously considering attempting suicide, and 5.8% indicated they had attempted suicide two or three times during that period.
- **Oral Health**
 - 50.4% (63%, 65%) of Defiance County adults had visited the dentist in the past year vs.

Youth Health (Note: Youth is defined here as 6th-12th graders unless indicated)

- **Youth Weight**
 - 15.5% (19%, 18%) of youth were obese, according to BMI
- **Youth Tobacco Use**
 - 12% of youth had ever tried a cigarette.
 - 3% of youth were current smokers.
- **Youth Alcohol and Drug Use**
 - 33% of youth had ever drunk alcohol
 - 11% of youth were current drinkers.
 - 18.1% of high school students
 - (9th-12th grade) report binge drinking in the past 30 days.
 - 5% of youth had ever used marijuana.

- Youth Sexual Behavior
 - 67.5% of youth reported not engaging in any of the listed sexual or digital sexual activities.
 - Defiance County youth have reported a decrease in condom and birth control use during their last sexual intercourse, with a corresponding increase in unprotected sex from 2012 to 2024.
- Youth Mental Health
 - 32% of youth felt sad or hopeless almost every day for 2 weeks.
 - 13% of youth had considered attempting suicide.
 - 7% (7%, 5%) of youth attempted suicide in the past year
- Youth Violence
 - Defiance County's 2024 rate of physical fights (20.5%) is higher than Ohio (16.8%) but comparable to the U.S. (18.3%)
 - Weapon carrying at school has drastically dropped from 13% in 2012 to just 1.9% in 2024.
 - Electronic bullying rates have decreased from 15% in 2012 to 10.7% in 2024.

Child Health (0-11 years of age, unless otherwise indicated)

- Child Health and Functional Status
 - In 2024, 97.2% of children ages 0-5 in Defiance County were rated as having excellent or very good health.
 - The majority of children in Defiance County (65.1%) had visited a dentist within the past year.
 - 85.9% of parents reported that their child had a medical care visit in the past year for sick-child care, well-child check-ups, physical exams, hospitalizations, or any other kind of medical care.
 - 14% of children had been diagnosed with asthma.
 - 2.6% of children has been diagnosed with diabetes.
- Child Health Insurance, Access, and Utilization
 - 2.1% (5%) of Defiance County parents reported their child did not have health insurance
 - 26.6% of children do not have a personal doctor.
- Early Childhood (0-5 years old) – The following information was reported by parents of 0–5-year olds
 - In Defiance County, pregnancy intention data shows that 38.6% of mothers wanted to be pregnant at the time.
 - 80.8% of parents responded that they received prenatal care within the first trimester.
 - 82.9% of parents reported putting their child on their back to sleep most of the time as an infant.
- Middle Childhood (6-11 years old)
 - 62.3% of children missed 1-6 days of school due to illness or injury.
 - 93% of Defiance County participants reported that their children participate in extracurricular activities.
 - 70.9% of children aged 6-11 do not have a social media or virtual account.
 - 84% of parents usually or always feel their child is safe at school.
 - 37.9% of parents responded that their child had not been bullied.

- Family and Community Characteristics
 - While 32.3% of families reported eating together every day and 19.8% ate together five days a week, fewer families shared meals three days a week (16.7%), and only a small percentage (3.1%) reported not eating together at all.
 - 55.7% of families did not experience food insecurity.
 - 9.4% of families have a loaded firearm in their home.
 - 10.4% of families loaded firearms are also unlocked.
- Parent Health
 - 3 in 4 parents have some kind of health care coverage for themselves.
 - Forty-four percent (44.8%) of parents rated their health as excellent or very good, decreasing to 32.1% of parents with incomes less than \$25,000.

Note: Many identified health needs are addressed by physicians at the time of related patient visits.

The POWER Defiance CHIP Committee, using the Defiance County Health Assessment, prioritized the following health issues, as indicated in Table 2 below, determining that if these issues are addressed by multiple agencies and organizations over the next three years, they could promote healthier lifestyles for all ages, reduce chronic health diseases, and improve several socioeconomic determinants of health for Defiance County residents. In some areas of identified need, ProMedica is already taking a system approach and collaborates with organizations to address some community health needs, to most efficiently use resources and to prevent duplication of services.

Table 2 - Defiance County CHIP Strategic Plan Priorities and Strategies	Lead Agencies
Priority #1: Mental and Behavioral Health	
• Ensure the Implementation of Evidence-Based Suicide Prevention Program with Fidelity Across All Defiance County Schools • Train Champions in Evidence-Based Mental Health Interventions/Programs • Expand Parent-Based Programs in Mental and Behavioral Health • Develop Targeted Outreach Campaigns for Specific Populations that Link Them to Local, State and Federal Resources	Defiance College Defiance County Health Department FCFC Four County ADAMhs Board MVGC Ohio Guidestone Recovery Services of Northwest Ohio Schools
Priority #2: Health Behaviors	
• Implement Safety Education Campaigns • Implement Safe System Approach Transportation • Promote Outreach and Education Initiatives Focused on Building Healthy Relationships • Substance Use Prevention	Defiance College Defiance County Health Department Defiance County Senior Services and Summit 60 Social Center Law Enforcement Mercy MVGC MVPO ProMedica Schools

Priority #3: Obesity, Chronic Disease and Lifestyle Choices	
- Expand Access to Health Screenings for Populations Most Impacted - Increase Physical Activity - Increase Nutrition Education	Defiance College Defiance County Health Department Defiance County Senior Services and Summit 60 Social Center Mercy OSU Extension Office ProMedica YMCA
Priority #4: Access to Care	
- Access to Transportation - Strengthen Relationships Between Healthcare Systems and Defiance County Schools - Strengthen Workplace Health Education and Health Literacy - Increase General Awareness on Health Services	Defiance County Economic Development Defiance County Health Department FCFC FQHC Mercy MVPO ProMedica
Priority #5: Preventative Care	
- Provide Education and Communication on Preventative Health Guidelines - Expand Interventions to Decrease Senior Falls - Increase Education in Safe Sleep Practices	Defiance College Defiance County Health Department FCFC Legacy Living Mercy ProMedica
Priority #6: Community Conditions	
- Affordable Housing Development and Preservation - Implement Active Transportation Infrastructure - Implement Build Environment Interventions (Safe Green Space) - Increase Opportunities for Cross Community Engagement	City of Defiance, Defiance College Defiance County Health Department Local Municipalities MVPO NOCAC OSU Extension Office United Way of Defiance County Village of Hicksville

Defiance Regional Hospital's participation with community organizations to address many of these county health priority issues may also include financial support. The hospital, along with social agencies, schools, faith-based organizations, and law enforcement may also be addressing some of these issues that may not be specifically included in these collaborative priority actions. ProMedica is taking a lead in some of our communities with programs focused on the social determinants of health, including a focus on food access and financial strain.

DEFIANCE COUNTY – HEALTH ISSUES FOR UNINSURED, LOW INCOME AND MINORITY GROUPS

Defiance County has a low percentage of minorities (90% are Caucasian - see Section I for a breakdown of race/ethnicity in the county) and due to the small number of minorities responding to the surveys this did not allow for specific generalizations for minority populations. Continued focus will be placed on low income, uninsured and underinsured populations for planning purposes, to include the highest at-risk populations.

Some of the primary and chronic disease needs and other prevalent health issues of persons with incomes of less than \$25,000 per year include: rate health as fair/poor, reported feeling sad or hopeless for two or more weeks in a row, current smoker, obese by BMI, diagnosed with diabetes, diagnosed with asthma, and visited a dentist in past year.

Table 3 below shows county health comparisons for low-income persons with an annual income less than \$25,000 compared to all adults in Defiance County.

Table 3 – Health Issue	2024 Low Income (<\$25,000)	Defiance County 2024
Rate health as fair/poor	25.4%	16%
Uninsured	10%	5.8%
Reported 30 days mental health not good	37%	23%
Current Smoker	71.9%	23%
Used marijuana in the past 30 days	3%	17.7%
Overweight by BMI	20%	19.6%
Obese by BMI	45%	37.7%
Limited in Some Way	61%	47%
Diagnosed with Heart Disease	25%	16%
Diagnosed with Stroke	12.5%	7%
Diagnosed with Asthma	15.6%	11%
Visited a dentist in the past year	20.6%	13%
Mammogram in past 2 years	25%	75%
Pap smear in past 3 years	29%	39.6%

The POWER Defiance County CHIP committee concluded that if key leadership in the county are made aware of the links between economic stability and health status. Most county groups feel progress toward decreasing the rates of the leading chronic health conditions and persistent health disparities can be made by addressing the economic status of residents. ProMedica is taking a lead in Lucas County, and other communities, with programs focused on the social determinants of health, including food access and financial strain.

DEFIANCE COUNTY - INFORMATION GAPS

The formal Defiance County health assessment, historical trend data and statewide databases provided sufficient primary data, although some data may be outdated and therefore leaves gaps in measurement about key indicators during the following period. Data is not available for all areas of health to evaluate the health needs of some minority and non-English speaking residents.

Through the formal county process, gaps were identified for each CHIP initiative, and a resource assessment was developed, but it is impossible to know all programs and services provided in a county due to some programming being provided by private organizations, not offered to the public, or unaffordable for low-income individuals.

It should be noted that one gap includes statistical generalizations for minority populations due, in part, to the small number of minorities in the county and the small number of minority responses to the survey. Each action plan will consider the impact on low income and underserved populations. While local experts and experience supplement statistical data, underlying health beliefs that are at the core of individual health outcomes are thinly identified.

VI. PROMEDICA DEFIANCE REGIONAL HOSPITAL COMMUNITY HEALTH NEEDS ASSESSMENT PROCESS

ProMedica Defiance Regional Hospital leadership convened a CHNA committee to conduct their community health needs assessment and develop implementation plans to address the specific needs of the population.

Prioritization of health needs in its community was accomplished by the ProMedica Defiance Regional Hospital CHNA committee that included staff from administration and various areas involved in patient care. The hospital CHNA committee developed the CHNA and implementation plan, using the most recent Defiance County CHA data and CHIP plan, through the following steps:

- Review of existing Defiance County primary and secondary data sources
- Review of POWER Defiance Community Health Improvement Plan (CHIP), including gaps and resources
- Discussion, selection and ranking of priority health issues, prioritized through ranking methodology.
- Discussion of effective programs, policies, and strategies to recommend for implementation
- Identification of specific implementation actions steps, and outcome measures, for the next three years (2026-2028)
- Board of Trustee review and approval of the hospital Community Health Needs Assessment (CHNA) and three-year plan

Along with state and U.S. data comparisons, key secondary health data considered for the hospital CHNA include the leading causes of death:

Table 4 Defiance County Leading Causes of Death 2024	
1. Heart Disease	24%
2. Cancer	20%
3. Diabetes	6%
4. Diseases of the Lung	5%
5. Alzheimer's Disease	5%
(Source: Defiance County Health Department)	

Although some areas of the Defiance County CHIP were not identified as part of the ProMedica Defiance Regional Hospital CHNA plan, the hospital participates in many areas of the county plan through various community health coalitions and initiatives, and the hospital will focus on the priority areas of need discussed below.

VII. PROMEDICA DEFIANCE REGIONAL HOSPITAL COMMUNITY HEALTH NEEDS & PRIORITIES

Defiance Regional Hospital is actively involved in many priority health areas identified through the county CHIP process. ProMedica hospitals in Ohio also participate in the Ohio BCCP to provide no women's health screenings to adults that do not have public or private healthcare coverage thereby increasing access to health care for this population.

Following a review and discussion of health data and county health priorities, as well as organizational and community programs to address these health priorities, ProMedica Defiance Regional Hospital identified the following health needs, listed in order of priority, prioritized through ranking methodology. with supporting statistics from the county CHA, as follows:

1. Health Priority: Chronic Disease

- Over 1 in 10 adult respondents reported having experienced a heart attack.
- Coronary heart disease increased from 7% in 2018 to 22% in 2024 among respondents.
- 11% (3%, 3%) of adults had a stroke.
- Blood pressure screening rates are high in Defiance County, with over 90% of adults having been checked in the past years.
- Cholesterol screening rates are at 78.5%, with nearly 1 in 5 adults (18.1%) not receiving a cholesterol check during the same period.
- The majority of respondents reported never having been diagnosed with cancer (63.8%). Among those who had, the most commonly reported types were prostate, breast, and skin cancer.
- Of those diagnosed with cancer, they reported the following types: other skin cancer (5%), breast (5.4%), prostate (5.8%), melanoma (1.5%), rectal (0.8%), colon (2.7%), Non-Hodgkin's lymphoma (1.5%), leukemia (0.8%).
- Diabetes has been diagnosed in 13% (9%, 12%) of adults.
- 14% (9%, 12%) of adults had been diagnosed with asthma
- 37.7% (40%, 36%) of adults were obese based on BMI.

2. Health Priority: Mental Health

- Over one-third of adults (36.2%) experience depression at least monthly.
- 11.9% of adults experienced suicidal thoughts
- In the past 12 months, 12% of respondents reported seriously considering attempting suicide, and 5.8% indicated they had attempted suicide two or three times during that period.
- Suicidal thoughts increased dramatically, rising from 2% in 2012 to 11.9% in 2024— nearly a sixfold increase.

3. Health Priority: Healthy Aging Across the Lifetime – Fall and Injury Prevention, Women/Infant Health

- More than 4 in 10 adults have fallen in the past 6 months, with same-level falls and unexpected falls being the most common causes.
- Among those who did fall, the most common cause was a same-level fall, such as slipping, tripping, or stumbling (13.8%), followed by unexpected falls (11.2%), falls from ladders (6.5%), and stairs (5.4%). Less frequently reported were falls in the shower (2.3%) or in other ways or places (2.7%).
- When asked about helmet use across various activities, 9.9% reported "always" wearing a helmet while riding a bike.
- 82.9% of parents reported putting their child on their back to sleep.
- 21.4% of mothers had never breastfed their child(ren).
- 15.7% of mothers breastfed for 4-6 months.
- In 2024, prenatal care data in Defiance County indicated that 287 babies were born to mothers who received prenatal care in their first trimester, 57 received care during the second trimester, 19 during the third trimester.

4. Health Priority: Food and Social Needs

- Defiance County households in poverty- 10%.
- 0.8% of survey respondents stated that they were unable to pay rent, mortgage, or utility bills in the past 12 months.
- According to Feeding America in 2022 Defiance County food insecurity was 13.4%.

The above priorities not only address some leading causes of death in the county, but also align with initiatives prioritized in both the Ohio State Health Improvement Plan and Healthy People 2030.

ProMedica Defiance Regional Hospital is participating in the execution of the community-wide community benefit plan by working with POWER Defiance County, and organizations and coalitions in the community who are addressing prioritized health issues, as well as implementing hospital plans to support these initiatives. Defiance County Health District staff provided feedback for the hospital's CHNA plan, to confirm these plans from a public health expert perspective.

VIII. COMMUNITY UNMET NEEDS, GAPS AND RESOURCE ASSESSMENT

ProMedica Defiance Regional Hospital did not address all the needs identified in the most recently conducted Defiance County Health Needs Assessment as these areas either go beyond the scope of the hospital or are being addressed by, or with, other organizations in the community. To some extent, resource restrictions do not allow the hospital to address all the needs identified through the health assessment, but most importantly to prevent duplication of efforts and inefficient use of resources as many of these issues are addressed in collaboration with other community organizations and coalitions.

The POWER Defiance County CHIP process included a resource assessment and gap analysis of the priority health needs. Table 2 indicates the community wide organizations and coalitions addressing the

prioritized POWER Defiance County CHIP Strategic Plan health priorities. Defiance Regional Hospital and many other community organizations and coalitions participate in aspects of this plan, either through programming, coalition work, and/or funding.

Although community organizations, schools and faith-based organizations may have internal programs that are not known widely, the following areas of the CHNA do not have specific programs identified to address some issues, but these health issues are often addressed at physician visits, or by schools, law enforcement and other agencies in the community: underage drinking, binge drinking, youth carrying weapons, youth who purposefully hurt themselves, youth violence at school, youth violence in neighborhoods, youth marijuana use, and delaying first sexual intercourse. Due to the size of the community, it is difficult to inventory all resources and gaps, even with the input of multiple organization and individuals.

ProMedica Defiance Regional Hospital maintains awareness of the primary health issues identified for the county and demonstrates a willingness to partner as needed on these endeavors. While many of these issues are best handled by organizations specifically targeted to the problem area, the hospital participates with many of these coalitions through representation, funding, or a combination of both. Table 2 lists the community wide organizations and coalitions taking lead in addressing the prioritized Sandusky County strategic plan health needs.

IX. PROMEDICA DEFIANCE REGIONAL HOSPITAL CHNA IMPLEMENTATION STRATEGY SUMMARY

In 2025, ProMedica Defiance Regional Hospital commenced with their CHNA strategic planning process, whereby they analyzed and discussed data, reviewed the Sandusky County CHIP including resources and gaps in resources, selected and prioritized community health needs for the hospital-based CHNA implementation plan, and developed hospital-based strategic action plans. The hospital took into consideration Defiance County CHIP strategic plan priorities, as well as alignment with the Ohio State Health Assessment and Healthy People 2030. Following this process, ProMedica Defiance Regional Hospital identified the following health priorities, listed in order of priority:

1. Chronic Conditions
2. Mental Health
3. Healthy Aging Across the Lifetime – Fall and Injury Prevention, Women/Infant Health
4. Food and Social Needs

As part of the related three-year plan, specific actions and measures will be implemented to maximize impact of these plans. In addition to the above hospital specific strategies, ProMedica Defiance Regional Hospital will continue to collaborate with the POWER Defiance Coalition to support strategic initiatives surrounding those identified needs. Feedback to these priorities was provided by Defiance County Health Department.

To achieve maximum impact, ProMedica Defiance Regional Hospital will continue to collaborate with community organizations that share commitments to a healthier region. Collaborations include participation, gifts, in kind support, and coordinated interventions. The hospital provides charitable

funding for various community programs and help organize volunteers and fund raising for community charities.

Following adoption and approval of ProMedica Defiance Regional Hospital 2025 Community Health Needs Assessment (CHNA) and three-year implementation plan by the hospital board of trustees, the execution of the CHNA plan will be initiated in 2026, with updates of these plans provided to hospital leadership, as well as the hospital board of trustees.

Annual inclusion of a community benefit section in operational plans is reflected in the ProMedica strategic plan that is approved by the board of trustees and monitored by hospital leadership. Top hospital administrators are part of each hospital's CHNA planning and reporting cycles, and assure the plans are operationalized and reported to the board annually.

As part of the annual strategic planning and budgeting process, the adoption of a budget for provision of services that address the needs identified in this needs assessment is inherent in the hospital budget, that is approved by the hospital board of trustees. The 2025 ProMedica Defiance Regional Hospital Community Health Needs Assessment and 2026-2028 Implementation Plan was adopted and approved by the hospital Board of Trustees on November 12, 2025.

X. ACCESS TO PROMEDICA DEFIANCE REGIONAL HOSPITAL CHNA AND OTHER RESOURCES

The ProMedica Defiance Regional Hospital community health needs assessment is widely available in printable (pdf) form to the public on the ProMedica website:

<https://www.promedica.org/about-promedica/community>

The Defiance County Health Assessment and Health Improvement Plan, may be found at:

<https://powerdefiancecounty.org/wp-content/uploads/2025/07/Full-CHA-Report-7.16.2025.pdf>

To provide feedback or for any questions related to the 2025 ProMedica Defiance Regional Hospital community health needs assessment and strategic plan, or to request a free, printed copy of the assessment, please email: april.snelling@promedica.org.