



# The health of Ohioans

## What state leaders need to know

Ohio can become a model of health, well-being and economic vitality, where everyone reaches their full potential. Where we live and work has a significant impact on our lives and can either support or get in the way of our ability to access health care and make healthy choices. Exposure to stressors, including trauma and poverty, can also impact our health. Right now, many Ohioans don't have the resources, experiences and environments they need to be healthy.

### Ohio's greatest health challenges

**44** Ohio ranks 44th on health value (a combination of population health and healthcare spending metrics) out of 50 states and D.C., according to HPIO's 2024

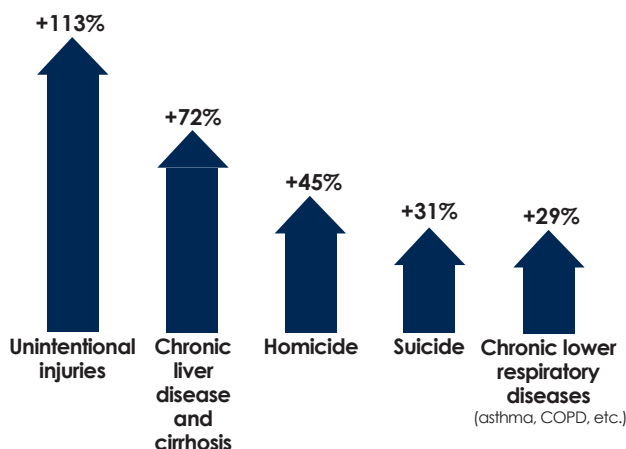
**Health Value Dashboard.** This means that Ohioans live less healthy lives and spend more on health care than people in most other states.

The *Dashboard* also highlights that people live longer in most other states compared to Ohioans.

**Analysis from HPIO** found that working-age Ohioans between the ages of 15 and 64 are dying at a much higher rate than they were 15 years ago. The biggest increases in the leading causes of death among working-age Ohioans are:

- Unintentional injuries, including drug overdose deaths
- Chronic liver disease and cirrhosis, which can stem from alcohol use
- Violence, including homicide and suicide
- Chronic lower respiratory diseases, which is greatly impacted by tobacco use

### Changes in leading causes of death for working-age Ohioans (ages 15-64) from 2007 to 2022\*



\*All 2021 and 2022 data is preliminary

**Note:** All data is reported as of Sept. 5, 2023

**Source:** HPIO data brief: "What's driving the trend on early death?" Data from Ohio Department of Health, Data Ohio Portal

### Policy can drive improvement

HPIO gathers the most reliable data and evidence and distills it so that policymakers have the most important findings at their fingertips. HPIO tools include actionable policy options that are proven to be effective and can be used to improve the health and well-being of every Ohioan. Examples of our work to address Ohio's greatest health challenges include:



#### 2024 Health Value Dashboard

Published every two years, HPIO's *Health Value Dashboard* compares Ohio to other states on more than 100 metrics related to population health, healthcare spending and other topics and identifies policy priorities to drive improvement.



#### Data brief: What's driving the trend in early death?

A closer look at *Dashboard* data, exploring reasons why working-age Ohioans are dying at a higher rate in recent years



#### Data snapshot: Suicide in Ohio

A collection of data graphics and policy options to prevent suicide, a leading cause of preventable death in Ohio



# The health and well-being of Ohio children

HPIO tools explore the health and well-being of Ohio's youngest population and include specific policy options for improvement.

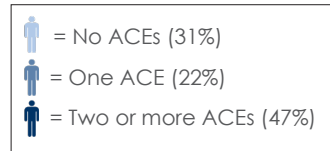
## ► Adverse childhood experiences (ACEs)

ACEs are potentially traumatic events that occur during childhood (ages 0-17). There is clear evidence that ACEs exposure is linked to poorer health outcomes and mental well-being through adulthood. More than two-thirds of Ohioans have been exposed to an ACE, with nearly half of Ohioans exposed to two or more ACEs.

Preventing and mitigating the impact of ACEs is a critical component of any plan to advance the health and well-being of Ohioans. HPIO has produced a [series](#) of 11 policy briefs and fact sheets, as well as an [online resource page](#) to build on and amplify current efforts to prevent and mitigate the impact of ACEs in Ohio.

## Prevalence of ACEs in Ohio, 2021

In 2021, nearly two thirds of Ohio adults reported having been exposed to ACEs, and nearly half reported being exposed to two or more ACEs.



**Source:** 2021 Behavioral Risk Factor Surveillance System, provided by the Ohio Department of Health

## Other resources to improve the health of Ohio children



### Social drivers of infant mortality: Recommendations for action and accountability in Ohio

For many years, policymakers and community leaders across Ohio have worked to reduce the state's high rate of infant mortality and the troubling and persistent racial disparity in maternal and infant health outcomes. This brief, along with other related tools and resources, provides guidance to policymakers and other stakeholders on how to reduce infant mortality by focusing on housing, transportation, education, employment and eliminating racism.



### Creating a financially prosperous Ohio: Strategies to improve family financial security

When Ohioans live in communities that support their health and economic well-being, families thrive. However, many families are struggling to pay their rent, put food on their tables, cover their healthcare expenses and save for the future. Financial insecurity can negatively impact a variety of health and well-being outcomes across generations, including ACEs. This brief includes strategies for how public and private partners can support family financial prosperity and prevent childhood adversity.

# Achieving equity in Ohio

HPIO's work on health equity focuses on policy options that eliminate the root causes of health disparities and inequities across population groups so that every Ohioan has access to the resources, experiences and environments needed to thrive.

## ► Health Value Dashboard equity profiles

The health challenges highlighted in HPIO's *Health Value Dashboard* are especially stark for certain groups of Ohioans, based on their race or ethnicity, how much they earn, their education level, disability status, sexual orientation or gender identity. The Dashboard equity profiles explore gaps in outcomes among groups of Ohioans and analyze the barriers to health that contribute to these gaps.

## ► Unlocking Ohio's economic potential

Last year, HPIO published a *first-of-its-kind analysis* looking at the economic potential associated with eliminating racial and ethnic disparities in Ohio. By eliminating racial disparities, leaders in Ohio can grow the workforce, increase consumer spending, strengthen communities and reduce fiscal pressures on state and local budgets.

## If Ohio eliminates disparities...

Researchers estimate that by 2050:

► **Ohio could gain \$79 billion in economic output each year**

In addition, Ohio could gain:

► **\$40 billion** more in total income

► **\$30 billion** more in consumer spending

► **\$4 billion** more in state and local tax revenues

► **\$3 billion** in reduced healthcare spending

► **\$2 billion** in increased employee productivity

► **\$821 million** in reduced corrections spending

## Other resources for achieving equity in Ohio



### Data snapshot: Health in rural and Appalachian Ohio

Living in communities with access to opportunity and resources is a key contributor to health, well-being and economic security. There are many positive aspects of living in rural areas of Ohio, but the more than 2.3 million Ohioans who live in rural counties face a number of challenges that contribute to poor health outcomes.

This data snapshot explores the drivers of health and health outcomes in rural Ohio.



### Equity evaluation toolkit

This toolkit provides partners with information about how to use evaluation to move toward equity — every Ohioan having the opportunity to reach their full health potential. Each section covers a different element of evaluation, including how to tie evaluation into assessment, planning, implementation and continuous quality improvement.

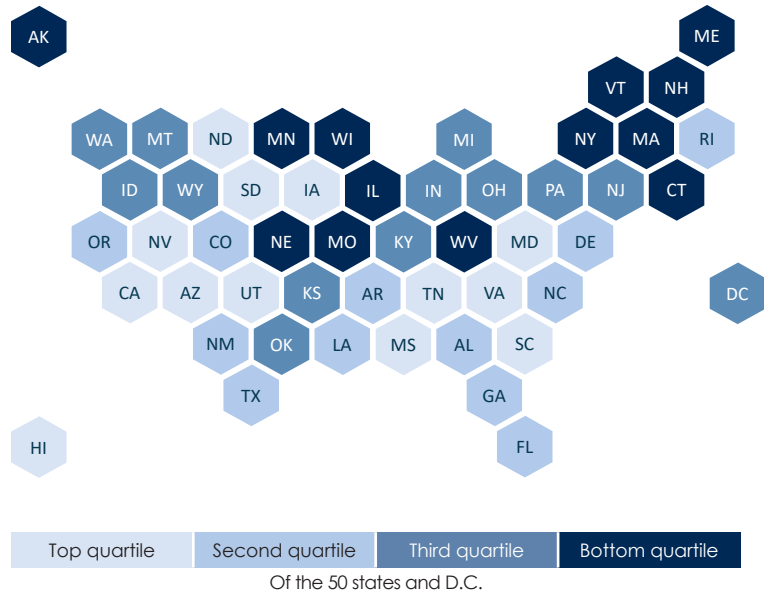
# Healthcare spending in Ohio

HPIO research and analysis guide public and private policymakers and other stakeholders in achieving sustainable healthcare spending in Ohio.

The **Health Value Dashboard** found that one of the drivers of Ohio's low ranking on overall health is healthcare affordability. Many Ohioans are facing substantial out-of-pocket healthcare expenses, and Ohioans are more likely to seek care in emergency department settings than people in most other states, which increases costs.

In all six editions of HPIO's *Health Value Dashboard*, dating back to 2014, Ohio has spent more on health care than most other states. The most-recent data shows that Ohio is ranked 34th in healthcare spending, putting it in the third quartile of all states and D.C.

## Rank of states on healthcare spending



## Other resources



### Ohio Medicaid Basics 2023

Published every other year since 2005, to coincide with the biennial budget process, the tenth edition of HPIO's Ohio Medicaid Basics provides an overview of the Medicaid program in Ohio, including information on Medicaid eligibility, covered services, financing, spending and recent policy and programmatic changes. Federal and state expenditures on Medicaid account for almost 40% of Ohio's budget, making the program a critical part of healthcare spending in Ohio.



### Ohio Medicaid Basics Update: Unwinding of the Medicaid Continuous Enrollment Provision

Last year, states that accepted additional federal Medicaid funding during the pandemic began unwinding the requirement that all Medicaid enrollees receive continuous coverage until the end of the COVID-19 public health emergency. This brief details the Ohio process and provides analysis of how unwinding has impacted Medicaid enrollment.

## Questions about health policy?

As Ohio's only non-partisan, independent organization dedicated to researching and analyzing health policy and its impact on Ohio, HPIO is uniquely suited to provide expertise and technical assistance. Our website also includes a wealth of information, including resources on a wide range of topics and downloadable graphics that can be used in presentations. To learn more, visit our website at:

[www.hpio.net](http://www.hpio.net)

