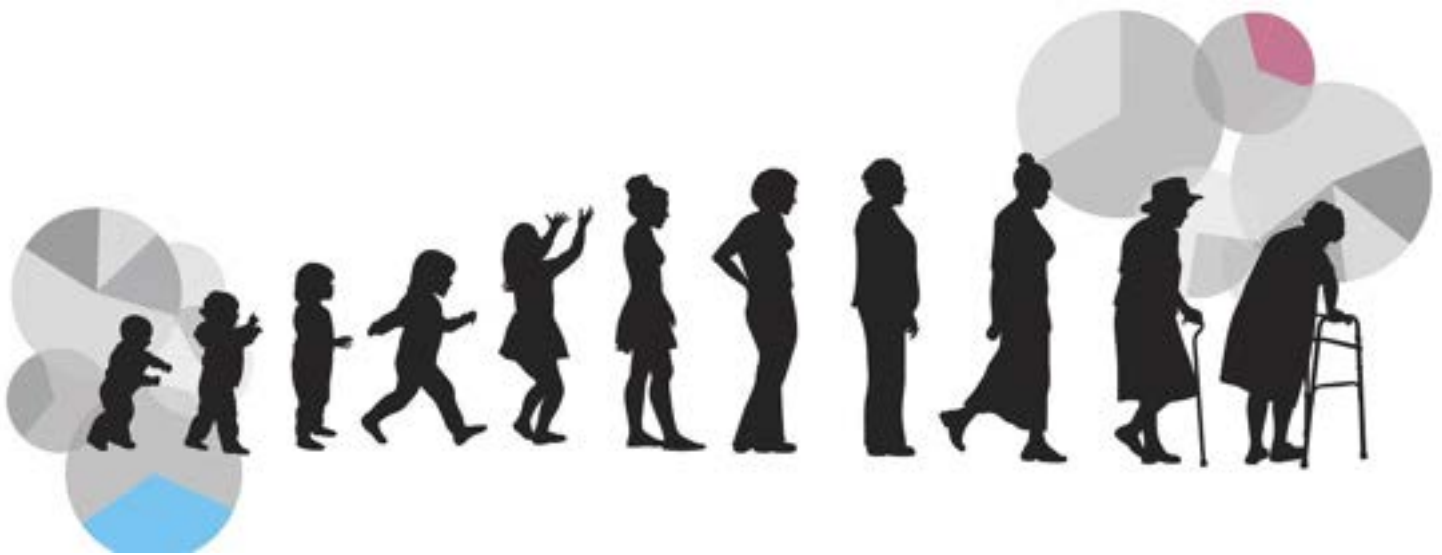


Williams County Health Department

Mortality Report: (2017–2021)

Williams County, Ohio



Prepared By:

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June 2023

Williams County Health Department



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Introduction to Williams County:

Williams County is a rural county located in the northwest corner of Ohio, approximately 60 miles from the nearest metropolitan areas of Toledo, Ohio, and Fort Wayne, Indiana. In 2020, there were 36,760 residents living within seven municipalities with 35% of the population residing in the two largest communities of Montpelier and Bryan.¹² In 2020, the median age in Williams County was 41.4 years.¹² The average life expectancy for residents in Williams County was 77.1 years in 2020.⁹ 49.5% of the population were males while 50.5% were females and race demographics are predominantly white with 95% of the population being white.¹² Minority groups included 1% Black or African American, <1% Asian, <1% American Indian and Alaska Native, and <1% Native Hawaiian or Pacific Islander.¹² 5% of the population identified themselves as Hispanic or Latino.¹²



Chronic and infectious diseases affect health and quality of life. More than two-thirds of all deaths are caused by one or more of five chronic diseases: heart disease, cancer, stroke, chronic obstructive pulmonary disease, and diabetes.² Cardiovascular disease is responsible for one in three deaths in the United States and heart disease and stroke are responsible for \$216 billion in healthcare system costs and \$147 billion in lost job productivity.⁷ According to the CDC, 90% of the nation's \$3.8 trillion per year healthcare costs can be attributed to people with chronic diseases and mental health conditions.⁷ It is estimated that a core group of communicable diseases, including HIV/AIDS, tuberculosis, malaria, and neglected infectious diseases, accounted for 6 percent of the total burden of disability-adjusted life years (DALYs) in all age groups and sexes in the Americas in 2017.¹¹

This report was developed to give a 5-year snapshot of deaths that occurred in Williams County from 2017 to 2021. The data focuses on death count and age-adjusted rates (per 100,000 population) of different demographic characteristics such as sex and age group for Williams County residents. Data for this report was collected using death certificate data collected by the Williams County Health Department, pulled from the Ohio Public Health Data Information Warehouse. Additional sources from the Centers for Disease Control and Prevention, and the U.S Census Bureau. Findings from this report can provide insight on the factors that are causing death within Williams County. Health promotion and preventative programs can be identified and can be used to target specific demographics to decrease future deaths. This data will be used to improve understanding about the health of Williams County and the health problems the population is facing.

Technical Notes:

Table 1: Cause of Death and ICD 10 Codes

ICD-10 Codes: ICD, International Classification of Diseases, is a system used by physicians to classify and code all diagnoses, symptoms, and procedures for medical claims processing (AMA, 2023). ICD-10 codes are commonly found on death certificates. ICD-10 codes were used in this report to determine causes of death in Williams County.

Causes (as presented in this report)	ICD-10 Codes	Technical Name	Notes
Cancer	C00-C97	Malignant neoplasms	
Heart Disease	I00-I09, I11, I13, I20-I51	Diseases of the heart	
Chronic Lower Respiratory Disease	J40-J47	Chronic Lower Respiratory Disease	Includes chronic obstructive pulmonary disease and asthma.
Unintentional Injury	V01-X59, Y85-86	Unintentional Injury	Includes (but not limited to) unintentional drug overdose, motor vehicle crash deaths, and falls.
Stroke	I60-I69	Cerebrovascular disease	
Alzheimer's Disease	G30, G309	Alzheimer's disease	
Diabetes	E10-E14	Diabetes mellitus	Includes both Type 1 and Type 2 diabetes deaths.
Influenza and Pneumonia	J09-J18	Influenza & Pneumonia	
Suicide	X60-X84, Y87.0	Intentional self-harm (suicide)	
Kidney Disease	N00-N07, N17-N19, N25-N27	Nephritis, Nephrotic Syndrome and Nephrosis	Specific disease of the kidneys
Parkinson's Disease	G20-G21	Parkinson's Disease	
COVID-19	U.071.	Coronavirus Disease 2019	
HIV	B20-B24	Human Immunodeficiency Virus (HIV) disease	

Mortality Rates (Rate per 100,000)

- Mortality rates include the number of deaths of residents of Williams County.
- Unless otherwise specified, rates presented in this report are age-adjusted to the U.S. 2000 Standard Population. Causes of death vary by age and age-adjustment allows comparison across populations with different underlying age distributions.

Data Sources for Williams County in this Report

- Ohio Public Health Information Warehouse (2022). Mortality. "These data were provided by the Ohio Department of Health. The Department specifically disclaims

Summary of Key Findings:

responsibility for any analyses, interpretations, or conclusions". Retrieved from: <https://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/Mortality>

Key findings of trends over time:

- From 2017 to 2021, there was a total of **2,278** Williams County resident deaths.
- Overall, deaths have been [increasing](#). Since 2017, deaths have increased by [15.4%](#)
- 2019 had the fewest deaths with 415 deaths, whereas 2021 had the highest number of deaths with 517 deaths.
- Deaths in Williams County increased from 2017 to 2018, decreased in 2019, then increased from 2019 to 2021.

Key findings for leading causes of death:

- In Williams County, **heart disease** was the leading cause of death with 490 deaths and an age-adjusted rate of 177.9 per 100,000 from 2017 to 2021.
- **Diabetes** mortality rate more than doubled from 2017 to 2018 from 22.2 to 59.9 deaths per 100,000. Diabetes is also the [fastest](#) growing leading cause of death among Williams County residents with a 175% increase in deaths from 2017 to 2021.
- Of the leading causes of death in Williams County, Cancer, Chronic Lower Respiratory Disease and Alzheimer's Disease have been [decreasing](#) since 2017.
- **Suicide** was the 10th leading cause of death with 34 deaths and an age-adjusted mortality rate of 18.2 per 100,000.
- The 3rd leading cause of death among Williams County residents was **COVID-19** with 137 deaths and an age-adjusted mortality rate of 50.2 per 100,000. COVID-19 deaths have been [increasing](#) since deaths first appeared in 2020.
- **Alzheimer's Disease** saw the most significant [decrease](#) in deaths in Williams County with a decrease of 54.2% since 2017.

Key findings in comparison to Ohio and the U.S:

- In 2018, **Williams County** had the [highest](#) age-adjusted mortality rate per 100,000 compared to Ohio and the U.S with 867.3 deaths per 100,000.
- From 2017 to 2021, Williams County has followed the [same](#) trends in mortality as Ohio and the U.S.
- Williams County had the highest [cancer](#) age-adjusted mortality rates compared to Ohio and the U.S with a rate of 175.3 per 100,000 from 2017 to 2021.

Key findings by sex:

- Overall, both **male** and **female** deaths have been [increasing](#) since 2017 with males having a 26.4% increase and females having a 3.1% increase in deaths.

Summary of Key Findings:

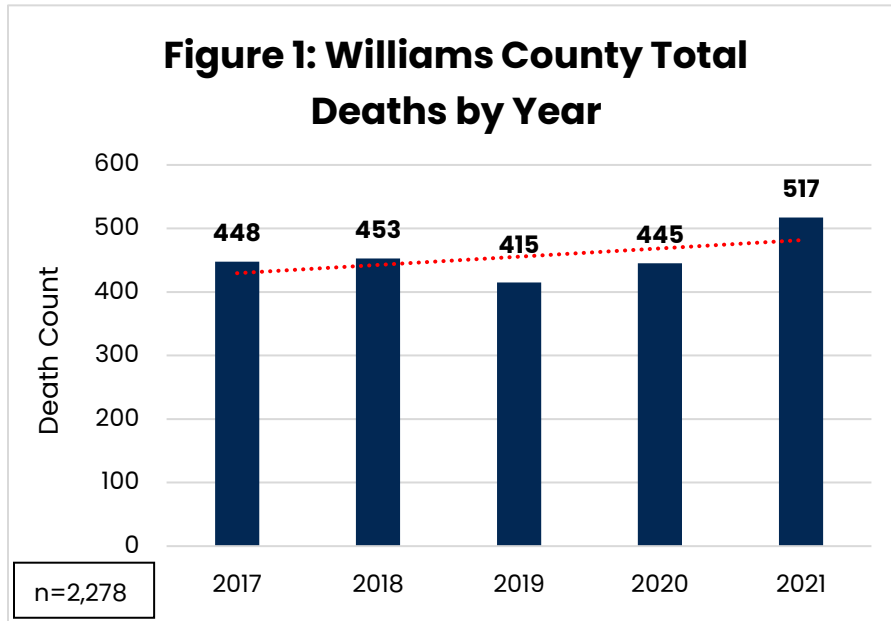
- From 2017 to 2021, **males** have had [higher](#) mortality rates compared to females.
- For males, [heart disease](#) was the leading cause of death with an age-adjusted mortality rate of 222.9 deaths per 100,000 from 2017 to 2021.
- **Males** nearly had [twice](#) as high of a mortality rate for [COVID-19](#) than females. Males had a COVID-19 mortality rate of 69.2 per 100,000 and females had 35.7 per 100,000.
- Among females, [cancer](#) was the leading cause of death with an age-adjusted mortality rate of 149.3 deaths per 100,000.
- **Females** had a [higher](#) mortality rate than males for [Alzheimer's Disease](#) from 2017 to 2021. Females had an age-adjusted mortality rate of 43.5 per 100,000 and males had an age-adjusted mortality rate of 36.2 per 100,000.

Key findings by age group:

- Overall, mortality rates among **older** individuals were [higher](#) than for younger individuals in Williams County from 2017 to 2021.
- **85 +** year olds had the [highest](#) age-adjusted mortality rates per 100,000 out of all age groups for every year from 2017 to 2021.
- Infants **<1 year** had the highest increase in mortality rates from 2017 to 2021 with an increase of [193.5%](#) since 2017.
- [Unintentional injuries](#) were the leading cause of death for all individuals **under 14** years old.
- Among **15–24-year-olds**, [suicide](#) was the leading cause of death with an age-adjusted mortality rate of 32 deaths per 100,000, and the 2nd leading cause of death for **25–34-year-olds** with 27.9 deaths per 100,000.
- For **85+** year olds, [heart disease](#) was the leading cause of death with an age-adjusted mortality rate of 4,302.9 per 100,000. This is over 2x higher than the 2nd leading cause of death for individuals age 85+, [cancer](#).

Williams County:

Total Deaths by Year

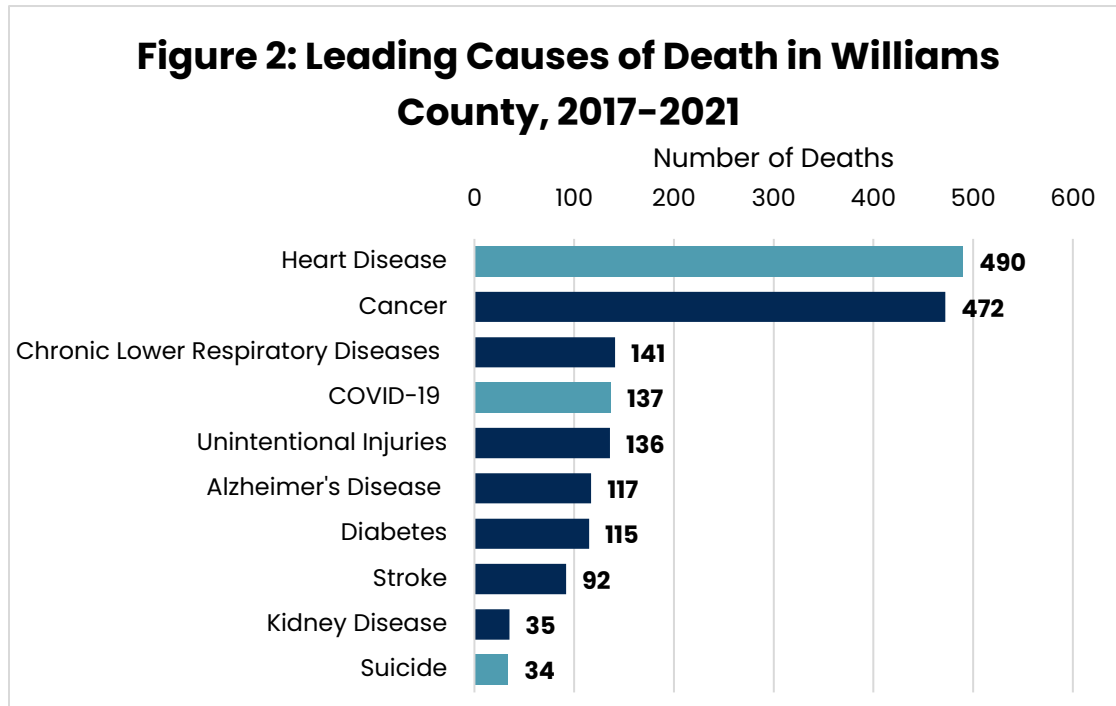


- From 2017 to 2021, there was a total of **2,278** deaths among Williams County residents.
- In **2021**, there were 517 deaths in Williams County, this is the *highest* number of deaths per year in the past five years.
- **2019** had the *fewest* number of deaths with 415 deaths and 35 fewer deaths compared to the previous year 2018.
- 2021 saw an increase of 72 deaths or a 16.2% increase in deaths compared to 2020.



- Overall, Williams County has experienced an *increase* in deaths from 2017 to 2021.
- Compared to 2017, 2021 had **15.4%** more deaths due to all causes.

Leading Causes of Death



Heart disease was the *leading* cause of death for residents in Williams County from 2017 to 2021 with 490 deaths. Williams County has the same leading cause of death as the U.S.²



Even though COVID-19 deaths did not appear until 2020, **COVID-19** was the fourth highest leading cause of death with 137 deaths.



Lastly, **Suicides** were the 10th leading cause of death among Williams County with 34 deaths.

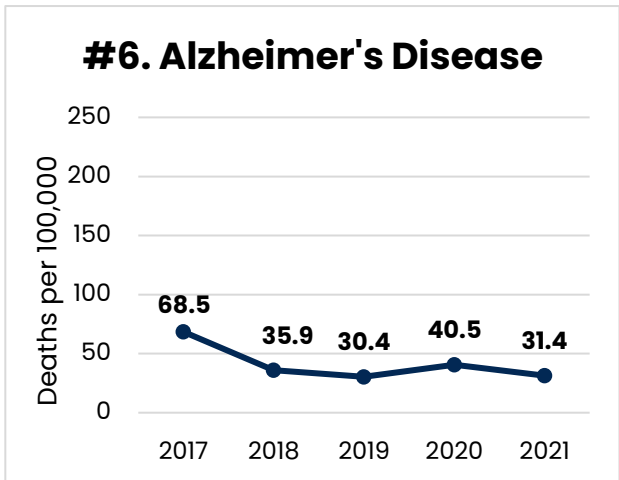
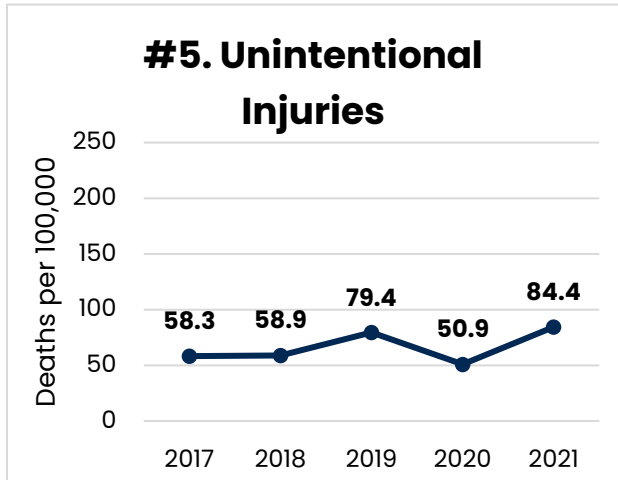
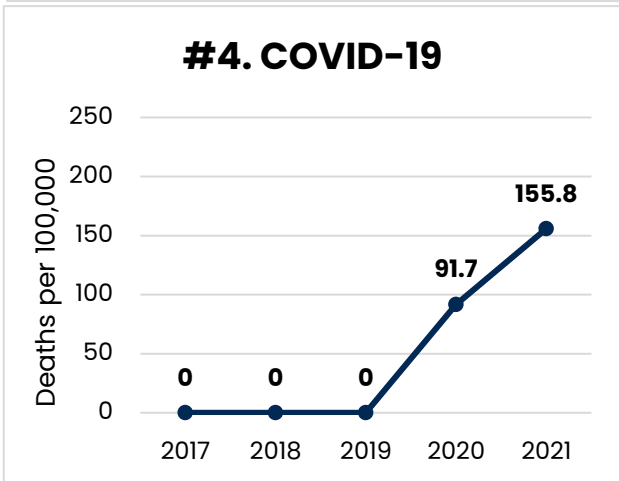
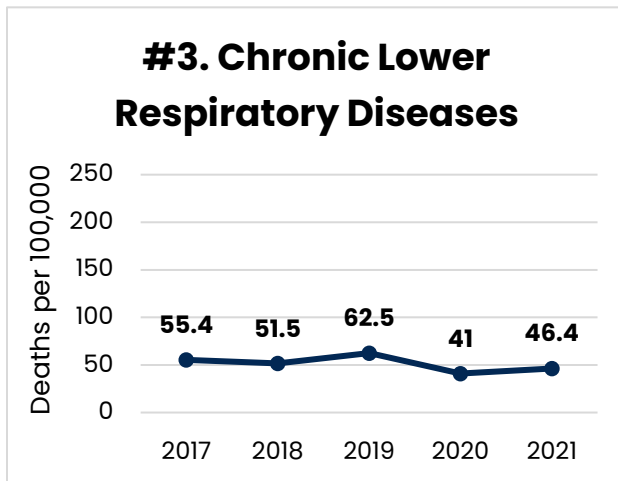
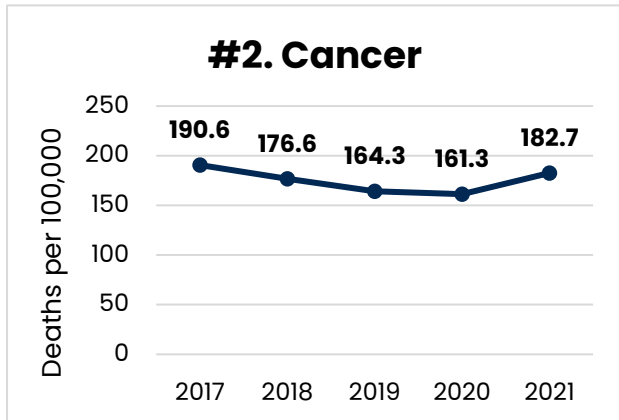
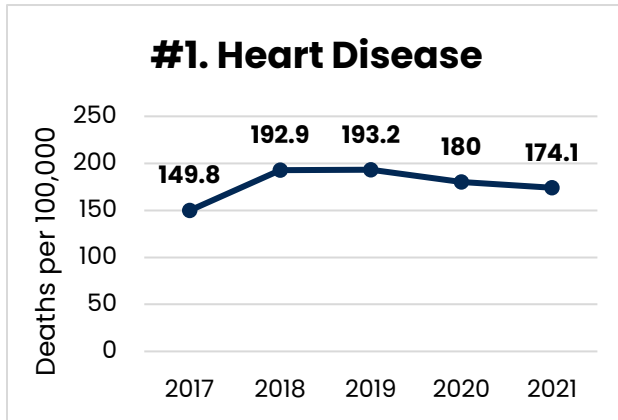
For additional information on leading causes of death in Williams County, 2017–2021, see table 2 in the appendix.

****Technical note:** Ranks are based on number of deaths assigned to a rankable cause, not crude or age adjusted rate comparisons, based on National Center for Health Statistics guidance.

Interpret ranks with caution because they are based on counts and not rates. When populations are small, ranks can be more sensitive to large variations.

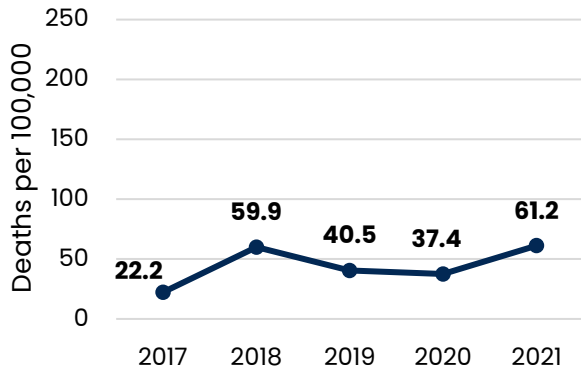
Williams County:

Figure 3: Top 10 Leading Causes of Death - Individual Graphs by Year:

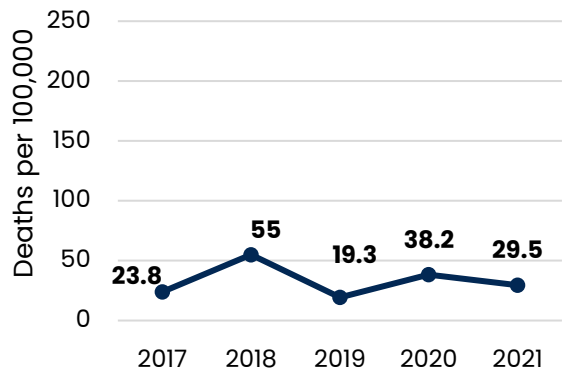


Rates are age-adjusted to the U.S. 2000 Standard Population.

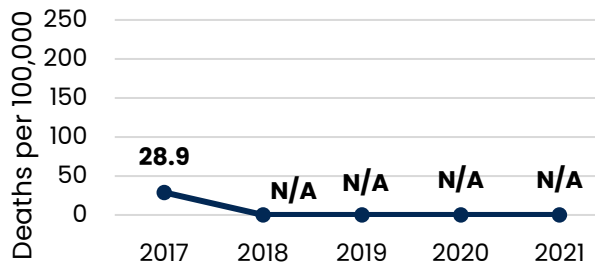
#7. Diabetes



#8. Stroke



#9. Kidney Disease



N/A: Rates have been suppressed for counts <10 or where population counts are not available; rates based on counts < 20 are considered unreliable.

10. Suicide deaths per year have been suppressed for counts <10 or where population counts are not available; rates based on counts < 20 are considered unreliable.

For death counts, see Table 3 in appendix.

Rates are age-adjusted to the U.S. 2000 Standard Population.



2017 had the highest mortality rate with 68.5 deaths per 100,000 for **Alzheimer's Disease**.

From 2017–2019, mortality rates were decreasing, in 2020, rates increased by 33.2%, then decreased in 2021.

Overall, Alzheimer's Disease has been *decreasing* among Willams County residents by 54.2% since 2017.



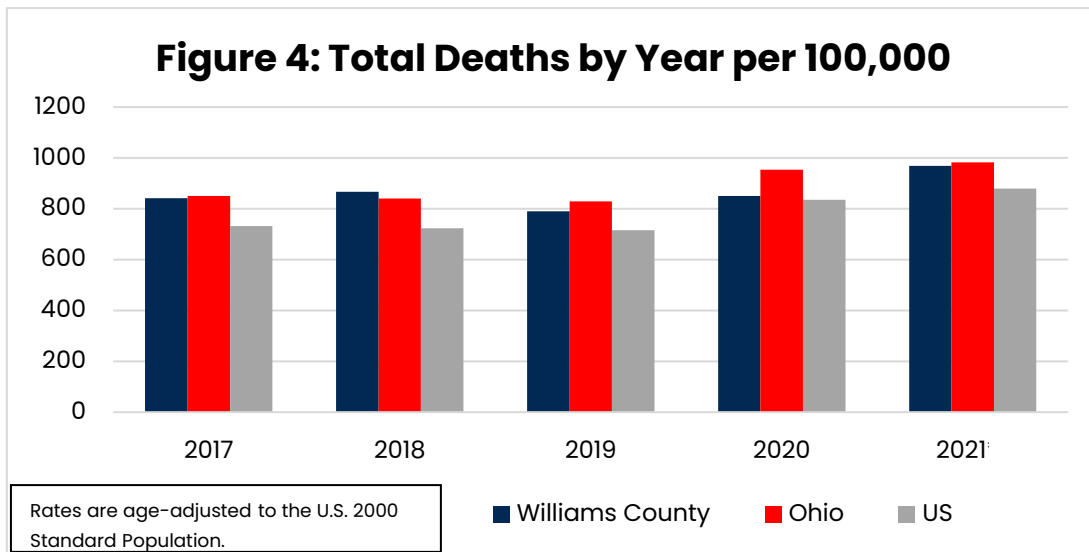
Diabetes mortality rate more than doubled from 2017 to 2018 from 22.2 to 59.9 deaths per 100,000.

Diabetes mortality rate decreased from 2018–2020, then increased in 2021.

Overall, deaths due to diabetes has been *increasing* among Williams County residents by 175.7% since 2017.

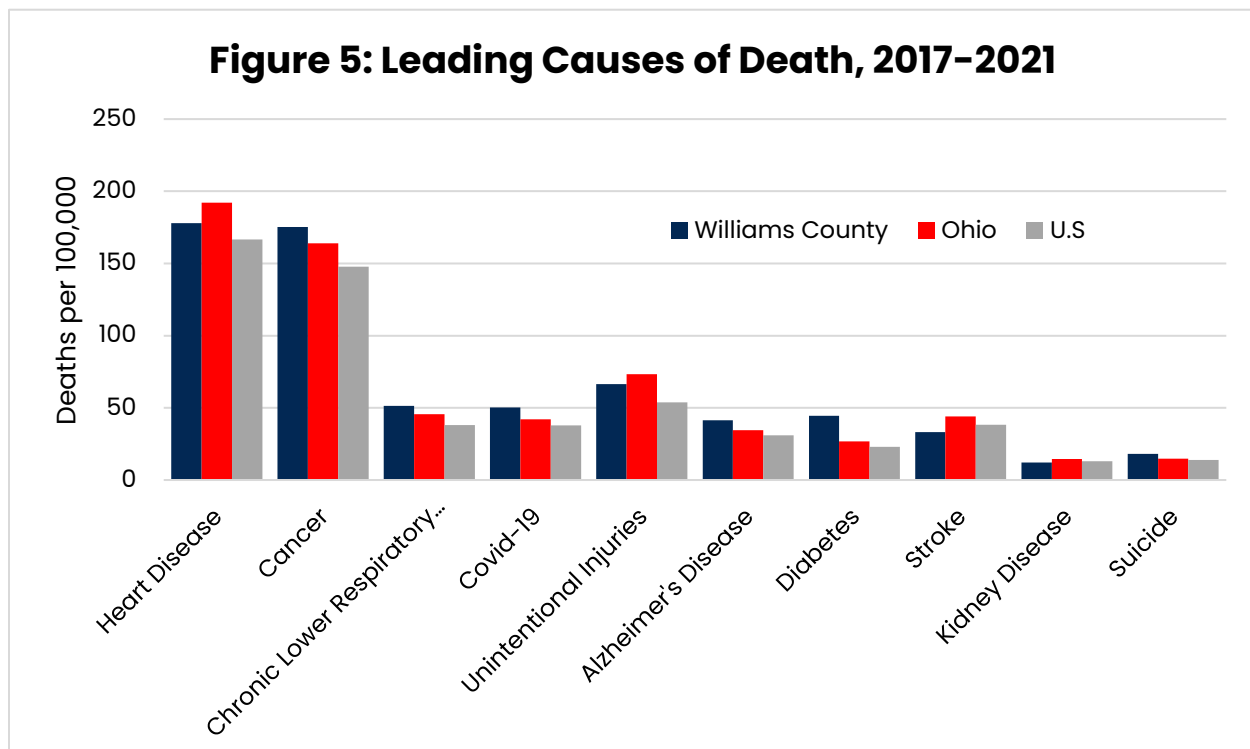
Williams County vs Ohio vs U.S:

Total Deaths by Year



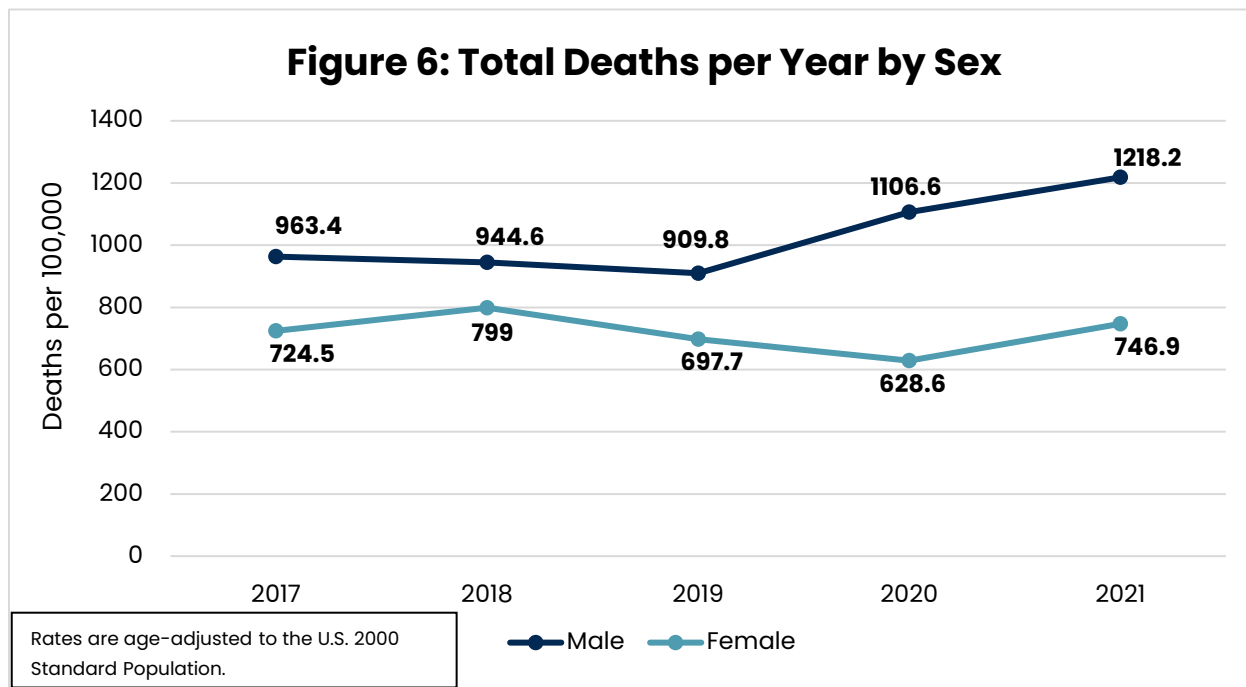
- In 2018, **Williams County** had the *highest* age-adjusted mortality per 100,000 compared to Ohio and the U.S. with 867.3 deaths per 100,000.
- Williams County age-adjusted mortality was *lowest* in 2019 with 789.6 deaths per 100,000.
- Williams County and Ohio's age-adjusted mortality was very similar in 2017 and 2021.
- From 2017 to 2021, Williams County deaths per 100,000 has been *higher* than the U.S.

Leading Causes of Death



Sex:

Total Deaths by Year

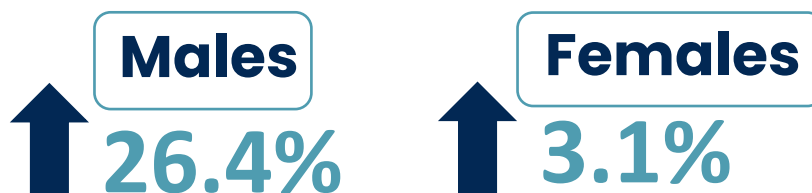


- **2020** had the *lowest* age-adjusted mortality rate for **females** with 628.6 deaths per 100,000.
- From 2018 to 2020, female deaths decreased, then increased in 2021.
- Female deaths have remained *constant* from 2017 to 2021.

- From 2017 to 2021, **males** had *higher* age-adjusted mortality rates per 100,000 than females.
- Male mortality rates decreased from 2017 to 2019, then increased from 2020 to 2021.
- Overall, male deaths have been *increasing* over time.

To see death counts each year by sex, see Table 4 in Appendix.

From 2017 to 2021, mortality rates

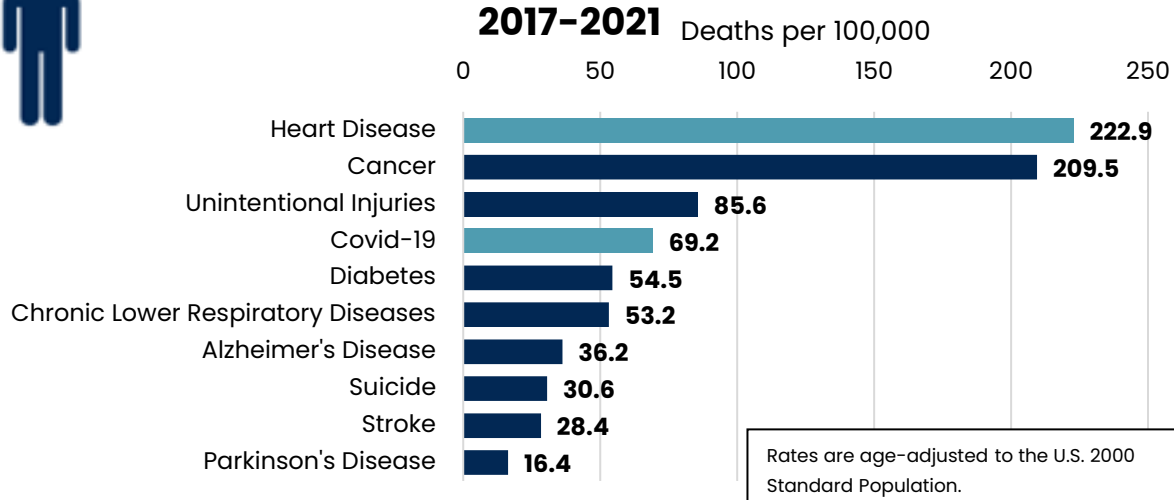


increased by 26.4% among males and 3.1% among females.

Leading Causes of Deaths



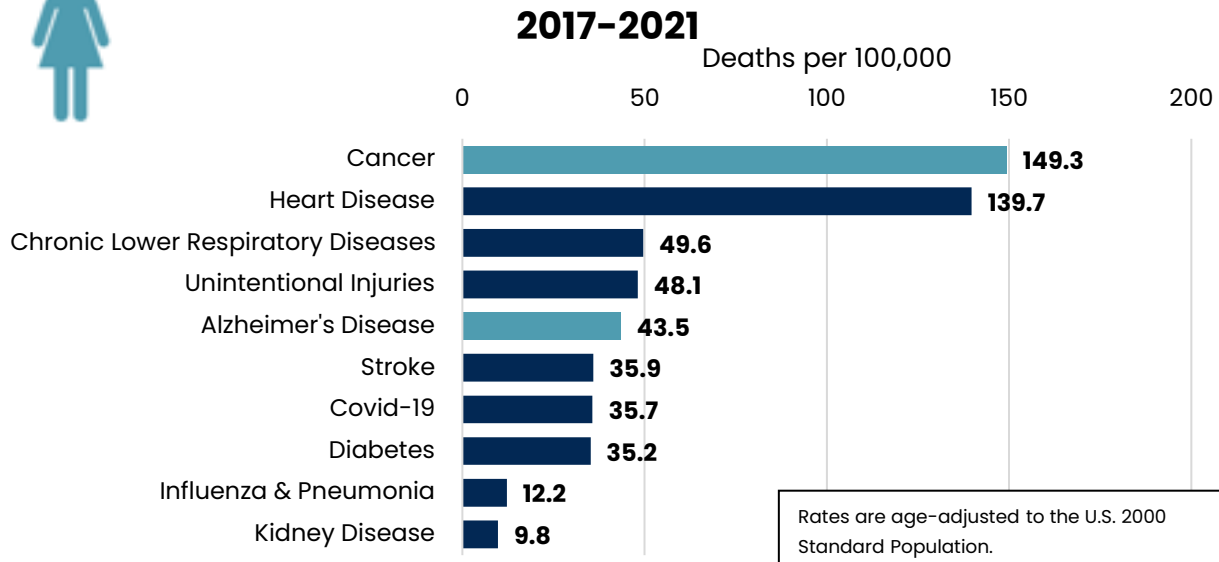
Figure 7: Leading Causes of Death for Males, 2017–2021



- **Heart disease** was the leading cause of death for males with an age-adjusted mortality rate of 222.9 deaths per 100,000.
- **COVID-19** mortality rates in males were nearly *twice* as high as females from 2017 to 2021. COVID-19 death counts by sex are found in Table 5 in the appendix.



Figure 8: Leading Causes of Death for Females, 2017–2021

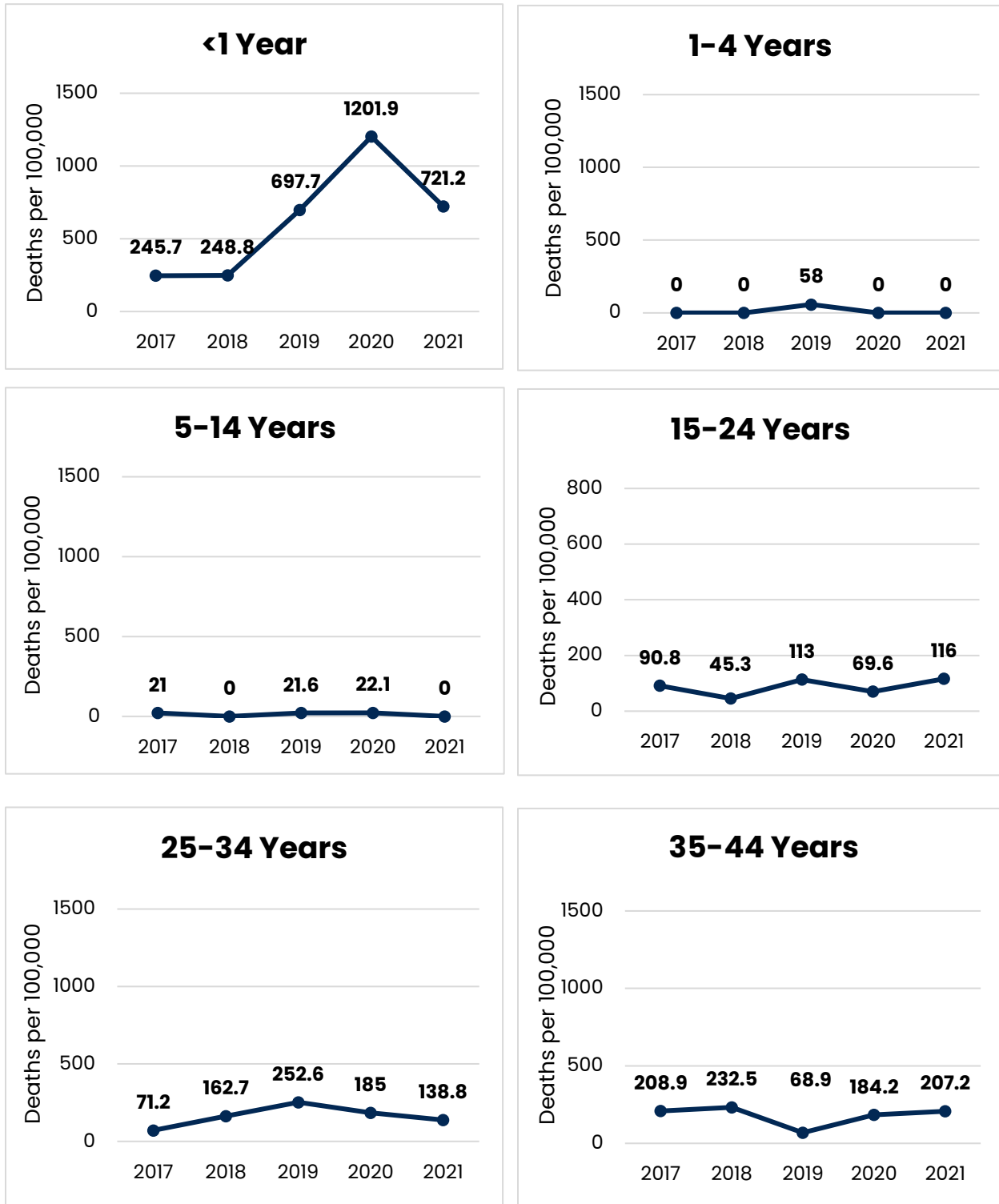


- **Cancer** was the leading cause of death for females with an age-adjusted mortality rate of 149.3 per 100,000.
- **Alzheimer's Disease** mortality rates were slightly *higher* in females than males from 2017 to 2021.

Age Group:

Total Deaths by Year

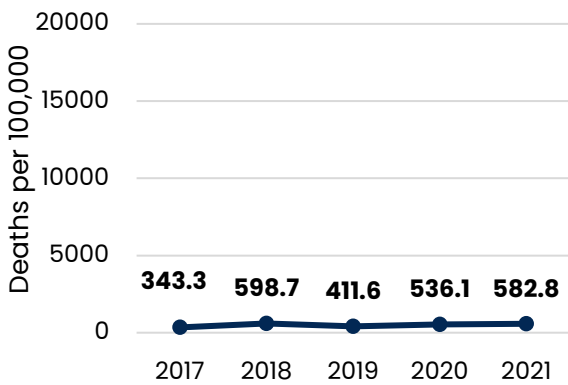
Figure 9: Total Deaths per Year (per 100,000) by Age Group:



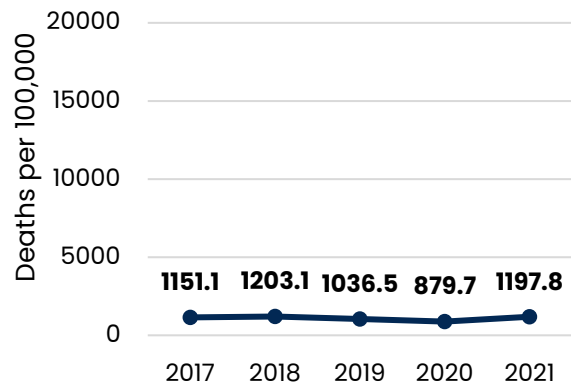
Rates are age-adjusted to the U.S. 2000 Standard Population.

Age Group:

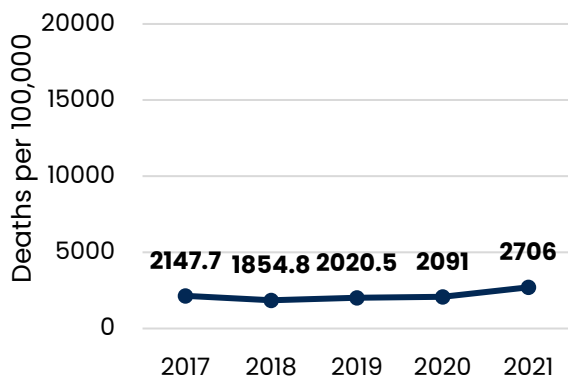
45-54 Years



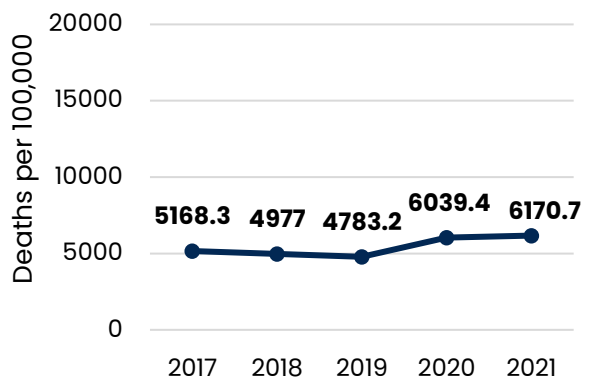
55-64 Years



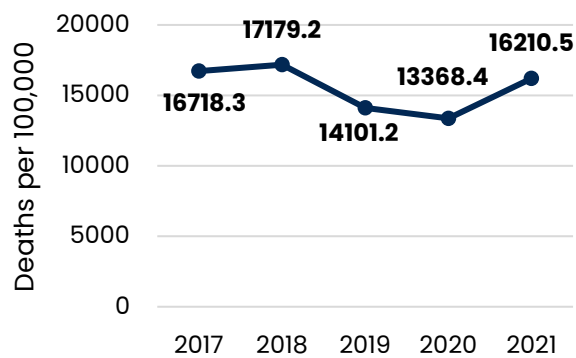
65-74 Years



75-84 Years



85+ Years



85+

year olds had the *highest* age-adjusted mortality rates per 100,000 for every year from 2017 to 2021.

Rates are age-adjusted to the U.S. 2000 Standard Population.

Age Group:

Table 1: Death (Count) by Age Group from 2017–2021

Age Group	2017	2018	2019	2020	2021
<1	*	*	3	5	3
1-4	0	0	*	0	0
5-14	*	0	*	*	0
15-24	4	*	5	3	5
25-34	3	7	11	8	6
35-44	9	10	3	8	9
45-54	16	27	18	23	25
55-64	63	66	56	47	64
65-74	80	70	79	85	110
75-84	109	108	107	138	141
85+	162	162	131	127	154

* Data suppressed due to low numbers

- Individuals **15-24** years saw increases and decreases every year from 2017 to 2021.
- **<1 year** old individuals saw the highest increase in death from 2017 to 2021 with 193.5% increase in deaths.
- **85+** years saw a 3% decrease in deaths from 2017 to 2021.
- From 2018 to 2019, **35-44-year-olds** saw a 70.4% decrease in deaths, whereas **25-34-year-olds** saw a 55.3% increase in deaths.
- **45-54-year-olds** saw an increase in mortality rates from 2019 to 2021.

Age Group:

Leading Causes of Death

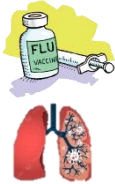


Unintentional Injuries were a leading cause of death for all individuals **under 44 years** old.

Assault (Homicides) were the 4th leading cause of death for individuals **<1 year** old from 2017 to 2021.



Suicide was the 2nd leading cause of death among **15–24-year-olds** with an age-adjusted mortality rate of 32 deaths per 100,000, and the 2nd leading cause of death for **25–34-year-olds** with 27.9 deaths per 100,000.



Among **34–44-year-olds**, **Influenza & Pneumonia** was the 5th leading cause of death with 9.2 deaths per 100,000.



Cancer was the leading cause of death for all individuals between the ages of **45–84**.



For **85+** year olds, **Heart Disease** was the leading cause of death with an age-adjusted mortality rate of 4,302.9 per 100,000. This is over 2 times higher than the 2nd leading cause of death for individuals age 85+, Cancer.

Parkinson's Disease was the 10th leading cause of death among individuals aged **85+** with 253.1 deaths per 100,000.

*Additional data can be found in **Table 6** in the Appendix: Charts and data section in this report.

How to Improve Health and Wellness in Williams County: (Individual Level)

Eat a heart-healthy diet



For additional information:

- MyPlate.gov
- Heart.org

The American Heart Association recommends (based on a 2,000 calorie diet):

Grains: 6 ounces (oz) per day. (1/2 cup cooked pasta)

Vegetables: 2 ½ cups per day. (1 cup raw vegetables or 2 cups leafy salad greens)

Fruits: 2 cups per day. (1 cup fruit, or ½ cup of 100% fruit juice)

Protein: 5 ½ oz. per day. (3 oz. cooked lean meat, poultry or fish)

Dairy: 3 cups per day. (1 cup milk or yogurt)

Daily exercise

Regular, daily physical activity can lower risk for heart disease and cancer.

- 150 minutes/week moderate aerobic exercise.
- 75 minutes/week vigorous aerobic activity
- Two or more days strength training.



For additional information:

- CDC.gov
- MayoClinic.org



Staying up to date on COVID-19 vaccinations

Benefits of COVID-19 vaccine:

- Safer way to build protection.
- Prevents serious illness, being hospitalized, dying. (CDC, 2022)

How to Improve Health and Wellness in Williams County: (Community Level)

Increase cancer screening awareness to the public

Cancer was the 2nd leading cause of death in Williams County and the #1 leading cause of death among females.

Cancer screenings can result in an:

- [increase in early-stage cancers found](#)
- [decrease late-stage cancers found](#)
- [decrease deaths from cancer](#) (NIH, 2022)



For additional information on screenings by age groups and sex:

- [Cancer.org](https://www.cancer.org)
- [HHS.gov](https://www.hhs.gov)

Increase access to healthcare for everyone

- Studies show that [having health insurance](#) is associated with [improved access to health services and better health monitoring](#) (Healthy People 2030)
- In Williams County, 7% of individuals did **not** have insurance, and 10% of households with income <\$25k were without insurance (2022 CHA).



Increase Green spaces & parks within Williams County

Among adults, residential green space has been associated with [reduced](#) risk of mortality from [cardiovascular diseases](#) (County Health Rankings, 2020).

To learn more about interventions in Williams County, visit the Community Health Improvement Plan on the WCHD website.



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<https://www.williamscountyhealth.org/wp-content/uploads/2014/08/2022-Williams-CHA-9-16-22-Final-1.pdf>

Appendix: Charts/Data:

Table 2: Leading Causes of Death in Williams County, 2017–2021

Rank	Cause of Death	Death Count	Rate per 100,000
#1	Heart Disease	490	177.9
#2	Cancer	472	175.3
#3	Chronic Lower Respiratory Diseases	141	51.3
#4	COVID-19	137	50.2
#5	Unintentional Injuries	136	66.4
#6	Alzheimer’s Disease	117	41.3
#7	Diabetes	115	44.4
#8	Stroke	92	33.1
#9	Kidney Disease	35	12.2
#10	Suicide	34	18.2

• Leading cause of death rank determined by death count.

Table 3: Leading Causes of Death (Count) by Year

Rank	Leading Cause of Death	2017	2018	2019	2020	2021
#1	Heart Disease	81	107	108	97	97
#2	Cancer	104	92	85	91	100
#3	Chronic Lower Respiratory Disease	30	28	35	22	26
#4	COVID-19	0	0	0	50	87
#5	Unintentional Injuries	23	24	32	22	35
#6	Alzheimer’s Disease	39	20	17	23	18
#7	Diabetes	12	31	22	20	30
#8	Stroke	14	31	11	20	16
#9	Kidney Disease	16	8	7	*	*
#10	Suicide	7	6	8	7	6

* Data suppressed due to low numbers

Appendix: Charts/Data:

Table 4: Death (Count) by Sex by Year, 2017–2021

Sex	2017	2018	2019	2020	2021
Male	218	211	204	251	280
Female	230	242	211	194	237

Table 5: Leading Causes of Death (Count) by Sex, 2017–2021

Rank	Male		Female	
	Cause	Count	Cause	Count
#1	Heart Disease	257	Cancer	224
#2	Cancer	248	Heart Disease	233
#3	Unintentional Injuries	82	Chronic Lower Respiratory Disease	76
#4	COVID-19	80	Unintentional Injuries	54
#5	Diabetes	63	Alzheimer's Disease	78
#6	Chronic Lower Respiratory Disease	65	Stroke	60
#7	Alzheimer's Disease	39	COVID-19	57
#8	Suicide	29	Diabetes	52
#9	Stroke	32	Influenza & Pneumonia	17
#10	Parkinson's Disease	18	Kidney Disease	17

- Rank order determined by rates per 100,000.

Appendix: Charts/Data:

Table 6: Leading Causes of Death by Age Group (per 100,000), 2017–2021

Rank	<1	1-4	5-14	15-24	25-34	35-44	45-54	55-64	65-74	75-84	85+
1	Certain Conditions originating in the prenatal period (193.1)	Unintentional Injuries (11.6)	Cancer (8.7)	Unintentional Injuries (45.7)	Unintentional Injuries (97.6)	Unintentional Injuries (64.7)	Cancer (126.6)	Cancer (343.8)	Cancer (609)	Cancer (1,244.8)	Heart Disease (4,302.9)
2	Congenital malformation ,deformations and chromosomal abnormalities (193.1)	--	Unintentional Injuries (4.3)	Suicide (32)	Suicide (27.9)	Heart Disease (18.5)	Heart Disease (76.8)	Heart Disease (207)	Heart Disease (419.7)	Heart Disease (1,118.5)	Cancer (1,898.3)
3	Unintentional Injuries (48.3)	--	--	Assault (Homicide) (4.6)	Heart Disease (13.9)	Cancer (9.2)	Unintentional Injuries (63.3)	Chronic Lower Respiratory Diseases (85)	Chronic Lower Respiratory Diseases (158.7)	Chronic Lower Respiratory Diseases (505.1)	Alzheimer's Disease (1,518.7)
4	Assault (Homicide) (48.3)	--	--	--	Septicemia (4.6)	Diabetes (9.2)	Diabetes (49.7)	COVID-19 (70.2)	COVID-19 (158.7)	COVID-19 (351.8)	Stroke (991.4)
5	Stroke (48.3)	--	--	--	Assault (Homicide) (*)	Influenza and Pneumonia (9.2)	Suicide (40.7)	Unintentional Injuries (51.8)	Diabetes (133.1)	Alzheimer's Disease (342.8)	COVID-19 (864.8)
6	--	--	--	--	--	Chronic Liver Disease (9.2)	COVID-19 (27.1)	Chronic Liver Disease (40.7)	Unintentional Injuries (61.4)	Diabetes (306.7)	Diabetes (675)

7	--	--	--	--	--	Suicide (4.6)	Essential (primary) hypertension and hypertensive renal disease (9)	Diabetes (37)	Septicemia (56.3)	Stroke (225.5)	Chronic Lower Respiratory Disease (611.7)
8	--	--	--	--	--	Stroke (4.6)	Influenza and Pneumonia (9)	Stroke (29.6)	Stroke (46.1)	Unintentional Injuries (180.4)	Unintentional Injuries (590.6)
9	--	--	--	--	--	COVID-19 (4.6)	Chronic Lower Respiratory Disease (9)	Septicemia (14.8)	Alzheimer's Disease (35.8)	Parkinson's Disease (117.3)	Kidney Disease (379.7)
10	--	--	--	--	--	Aortic Aneurism and Dissection (4.6)	Stroke (4.5)	Kidney Disease (14.8)	Parkinson's Disease (25.6)	Kidney Disease (81.2)	Parkinson's Disease (253.1)

- Rates are age-adjusted per 100,000 to the U.S. 2000 Standard Population.
- -- indicates blank data