

Holmes County

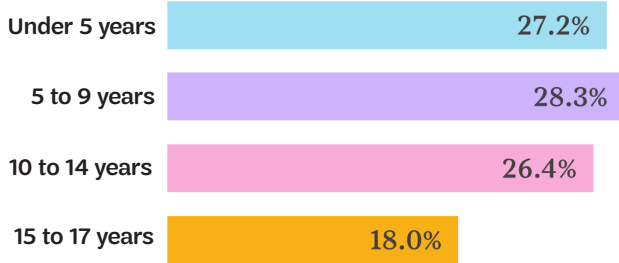


2025 | Ohio State of the Girl Fact Sheet

DEMOGRAPHICS

6,555 girls are under 18 years old in Holmes County

Percent of girls under 18, by age group



Race & ethnicity of girls	Holmes County	
	Number	Percent
American Indian	<10	<1%
Asian	<10	<1%
Black	<10	<1%
Hispanic	54	<1%
Native Hawaiian	<10	<1%
White	6,457	98.5%
Two or more races	93	1.4%
Some other race	<10	<1%

42.4% of girls under 18 have health insurance in Holmes County

13.7% of girls under 18 live below the federal poverty level in Holmes County

PHYSICAL WELLNESS

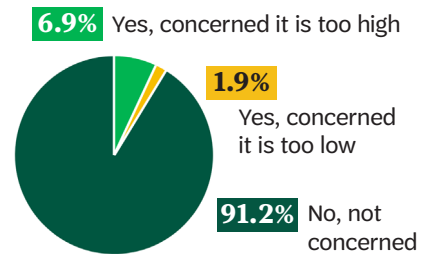
Number of days spent exercising
Girls 6 to 17 years old in Ohio



34.9%

of girls 6 to 17 years old are considered overweight or obese in Ohio based on their Body Mass Index.

Parent reported concern for their female child's weight

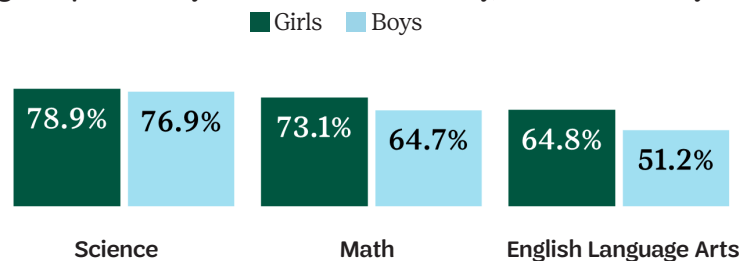


ACADEMIC WELLNESS

In 2023, in Holmes County...

90.4% of girls graduated high school
14.9% of girls were chronically absent from school

8th grade proficiency levels in Holmes County, 2023-24 school year



16.9% of women ages 29-35 with a Bachelor's degree in Holmes County declared a science or engineering degree

EMOTIONAL WELLNESS

1 in 2 Ohio high school girls felt sad or hopeless, in 2021

1 in 3 Ohio girls had difficulty in obtaining mental health treatment or counseling, in 2022

54% of Ohio children reported having a caring adult who they can talk to about their feelings all or most of the time, in 2022



DEEPER DIVE

When considering the intersection of girls' social, emotional, and physical health as well as academic success, three areas were identified where Ohio girls especially may need more support:

STEM interest bullying body image

S.T.E.M. INTEREST

Science, Technology, Engineering, and Mathematics

STEM and STEM-related careers among 25- to 39-year-old women

	2015		2022	
	Female	Male	Female	Male
National Average	38.7%	49.3%	41.1%	50.1%
Ohio Average	36.4%	46.5%	39.2%	47.0%

- The number of women in STEM careers has increased in recent years, although women continue to be underrepresented nationally and in Ohio.
- The key to increasing girls' interest in STEM careers is to provide early and consistent encouragement and education that counteracts negative stereotypes.

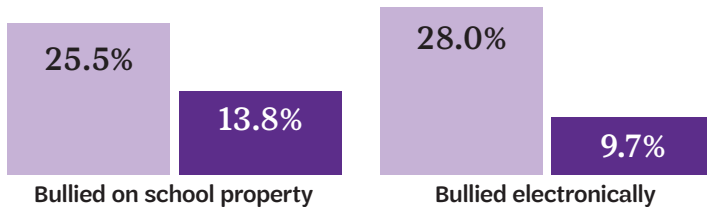
63%

of Girl Scouts in middle and high school, who did multiple STEM activities aspire to a career in STEM, compared to 43% among those who did not do STEM activities.

BULLYING

Ohio high school youth who experienced bullying, 2021

Girls Boys



- Girls in Ohio consistently report higher rates of bullying and cyberbullying than boys.
- Bullying has significant effects on physical health such as reduced sleep, increased stress hormones, and impaired brain functioning.
- Nationally, females were more likely than males to perceive that the bullying was related to their gender, sexual orientation, and appearance.

BODY IMAGE

- Nationally, many girls start to worry about their weight from the ages of 6 to 10, and by age 14, 60-70% of girls start to try to lose weight.
- Negative body image may be influenced by pressure from relatives and peers, exposure to unrealistic body expectations from traditional and social media, and engagement in social appearance comparisons.
- A national survey found that 57% of girls said that social media makes them want to change how they look.

A national survey found that...

66%

of girls said that how they feel about their body makes them feel less confident.

88%

of girls said that they are under pressure to be pretty.

Strategies to support a healthy body image in girls include:



Participating in sports



Partnering with a mentor



Improving digital literacy

Find the full Ohio State of the Girl Report and more information about this project at OhioGirlReport.org or scan the QR code



girl scouts
of ohio's heartland

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