

COUNTY HEALTH RANKINGS: Washtenaw County Findings



**WASHTENAW COUNTY
BOARD OF COMMISSIONERS
WORKING SESSION
MARCH 18, 2010**



County Health Rankings



- National study of the overall health of all counties in the United States
- Compares counties within each state on a variety of measures to create an overall ranking of **Health Outcomes** and **Health Factors**
- Conducted by the University of Wisconsin, through a Robert Wood Johnson Foundation grant

Categories



- **Health Outcomes**

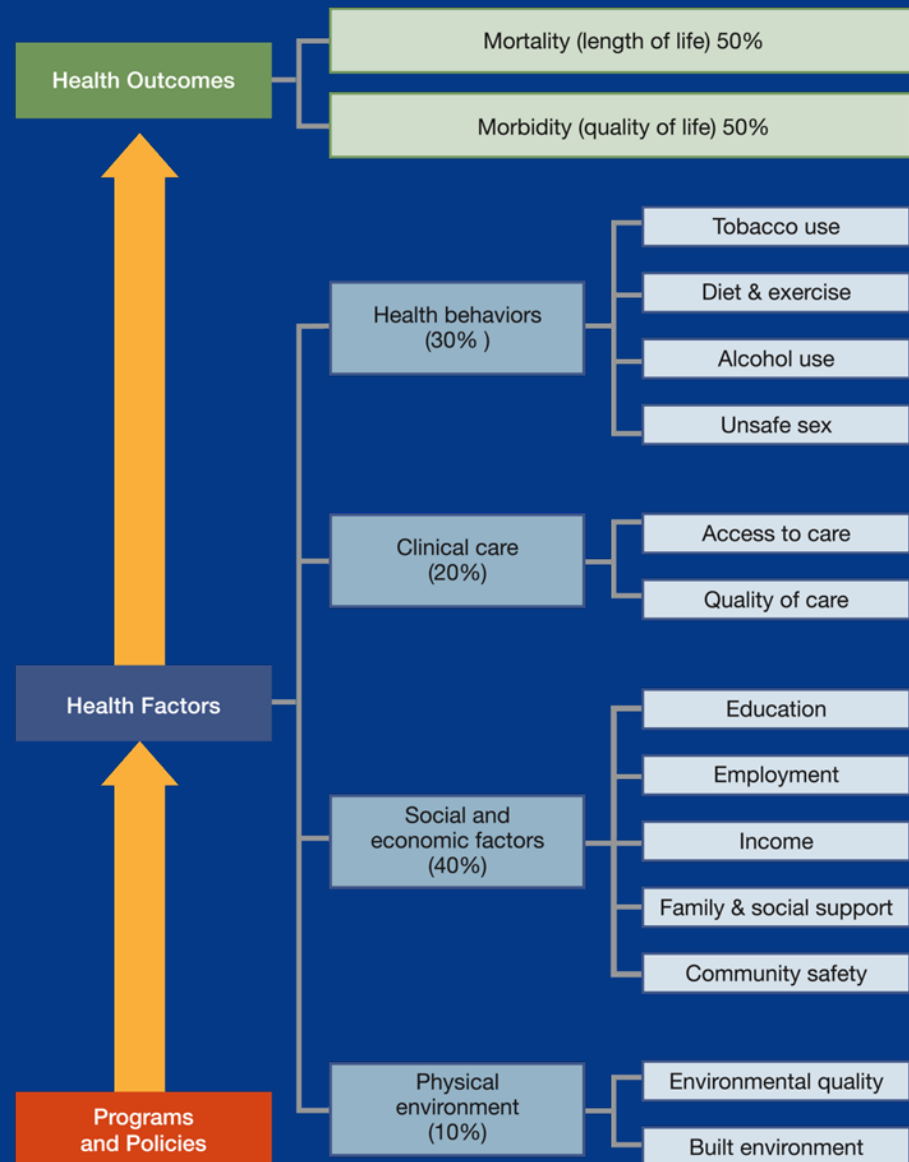
- Represent how healthy a county is
 - ✦ Morbidity
 - ✦ Mortality

- **Health Factors**

- Represent what influences the health of a county
 - ✦ Health Behaviors
 - ✦ Clinical Care
 - ✦ Social & Economic Factors
 - ✦ Physical Environment



The rankings are based on a model of population health that emphasizes the factors that can help make communities healthier places to **live, learn, work and play.**



Health Outcomes



Health Outcomes



Washtenaw County is ranked 7th best in the State for Health Outcomes

Represent how healthy a county is

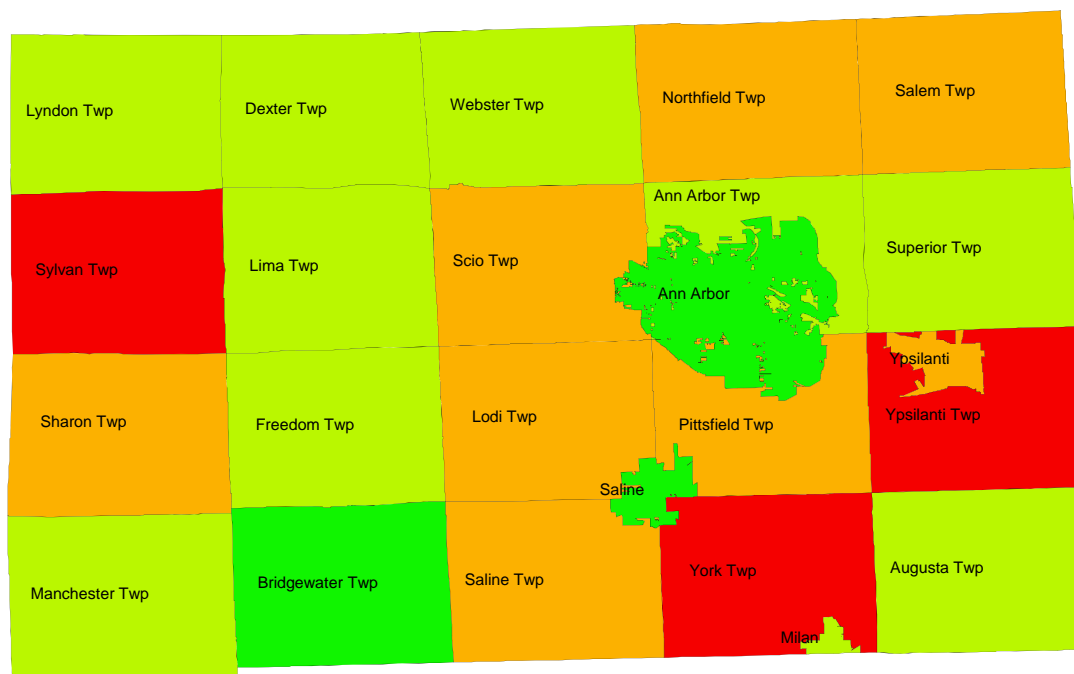
- Mortality (how long people live) – **Ranked 7th**
 - Premature death
- Morbidity (how healthy people feel while alive) – **Ranked 11th**
 - Health-related quality of life
 - Birth outcomes

Mortality

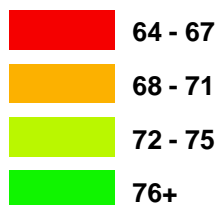


- Premature death
 - Measurement: Years of potential life lost prior to age 75, per 100,000 people
 - Range in Michigan (Min-Max): 4,259-11,990
 - Overall Average in Michigan: 7,390
 - Target Value: 5,497 (90th percentile)
 - Washtenaw: 5,150

Average Age of Death Washtenaw County Residents by Minor Civil Division, 2006



Average Age of Death



Source: Michigan Department of Community Health/Washtenaw County Public Health

Morbidity



- Health-Related Quality of Life
 - Poor or fair health
 - Poor physical health days
 - Poor mental health days
- Birth Outcomes
 - Low birth weight

Morbidity



- Health-Related Quality of Life: Poor or fair health
 - Measurement: Percent of adult respondents who rate their health “fair” or “poor” in response to the question, “In general, would you say that your health is excellent, very good, good, fair, or poor?”
 - Range in Michigan (Min-Max): 6%-27%
 - Overall Average in Michigan: 14%
 - Target Value: 11% (90th percentile)
 - Washtenaw: 10%

Morbidity



- Health-Related Quality of Life: Poor physical health days
 - Measurement: Average number of days adults responded, “Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?”
 - Range in Michigan (Min-Max): 2.5-6.6
 - Overall Average in Michigan: 3.6
 - Target Value: 2.9 (90th percentile)
 - Washtenaw: 2.6

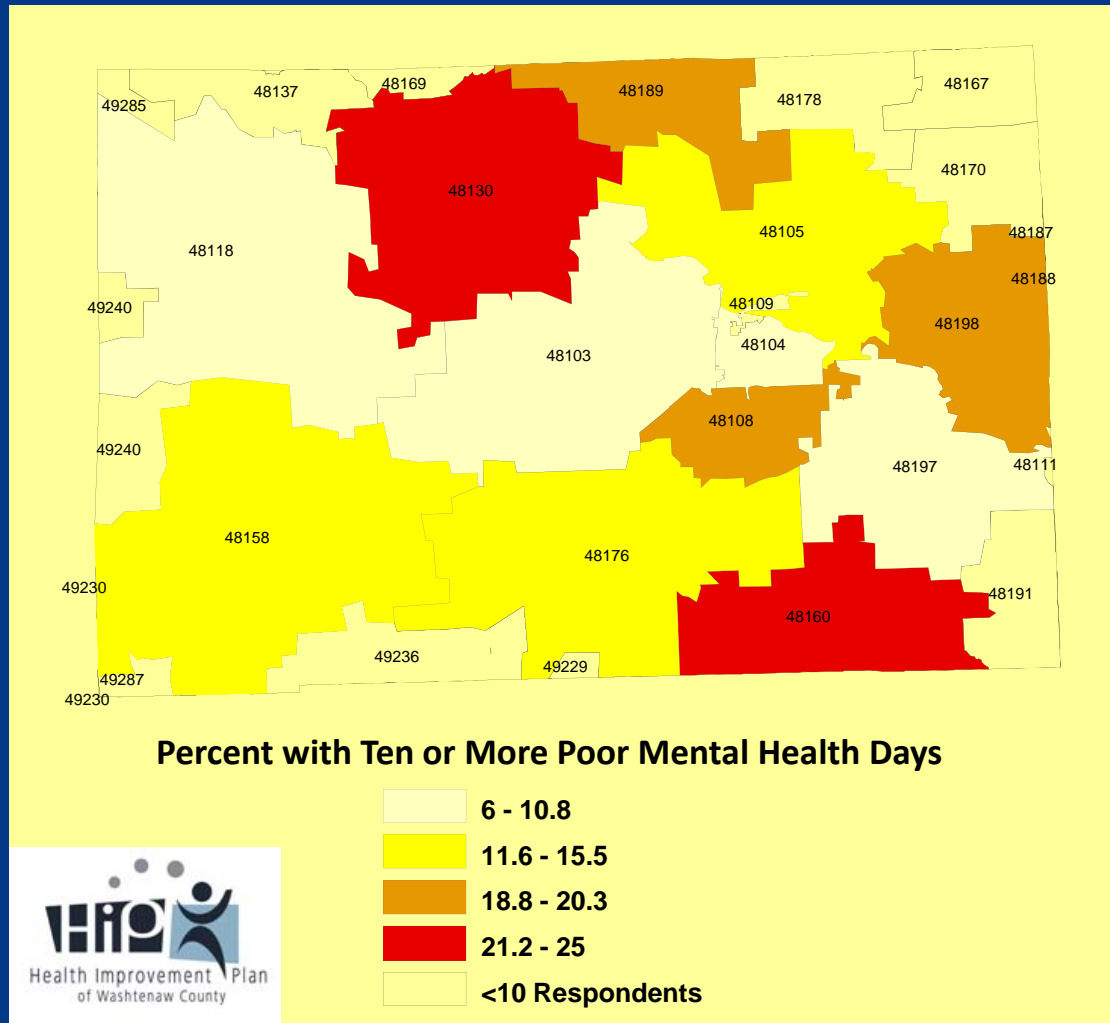
Morbidity



- Health-Related Quality of Life: Poor mental health days
 - Measurement: Average number of days adults responded, “Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”
 - Range in Michigan (Min-Max): 2.3-7.9
 - Overall Average in Michigan: 3.7
 - Target Value: 2.8 (90th percentile)
 - Washtenaw: 3.1

Proportion of Washtenaw County Residents Identifying Ten or More Days of “Poor Mental Health” During the Past Month

Washtenaw County, 2005



Morbidity



- Birth Outcomes: Low birth weight
 - Measurement: Percent of live births for which the infant weighed less than 2,500 grams (approximately 5 lbs., 8 oz.)
 - Range in Michigan (Min-Max): 3.9%-10.5%
 - Overall Average in Michigan: 3.7
 - Target Value: 5.8% (90th percentile)
 - Washtenaw: 7.3%

Health Factors



Health Factors



Washtenaw County is ranked 1st in the State for Health Factors

Represent what influences the health of a county

- **Health Behaviors – Ranked 1st**

- Tobacco Use
- Diet & Exercise
- Alcohol Use
- Unsafe Sex

- **Clinical Care – Ranked 5th**

- Access to Care
- Quality of Care

- **Social & Economic Factors – Ranked 3rd**

- Education
- Employment
- Income
- Family & Social Support
- Community Safety

- **Physical Environment – Ranked 61st**

- Environmental Quality
- Built Environment

Health Behaviors



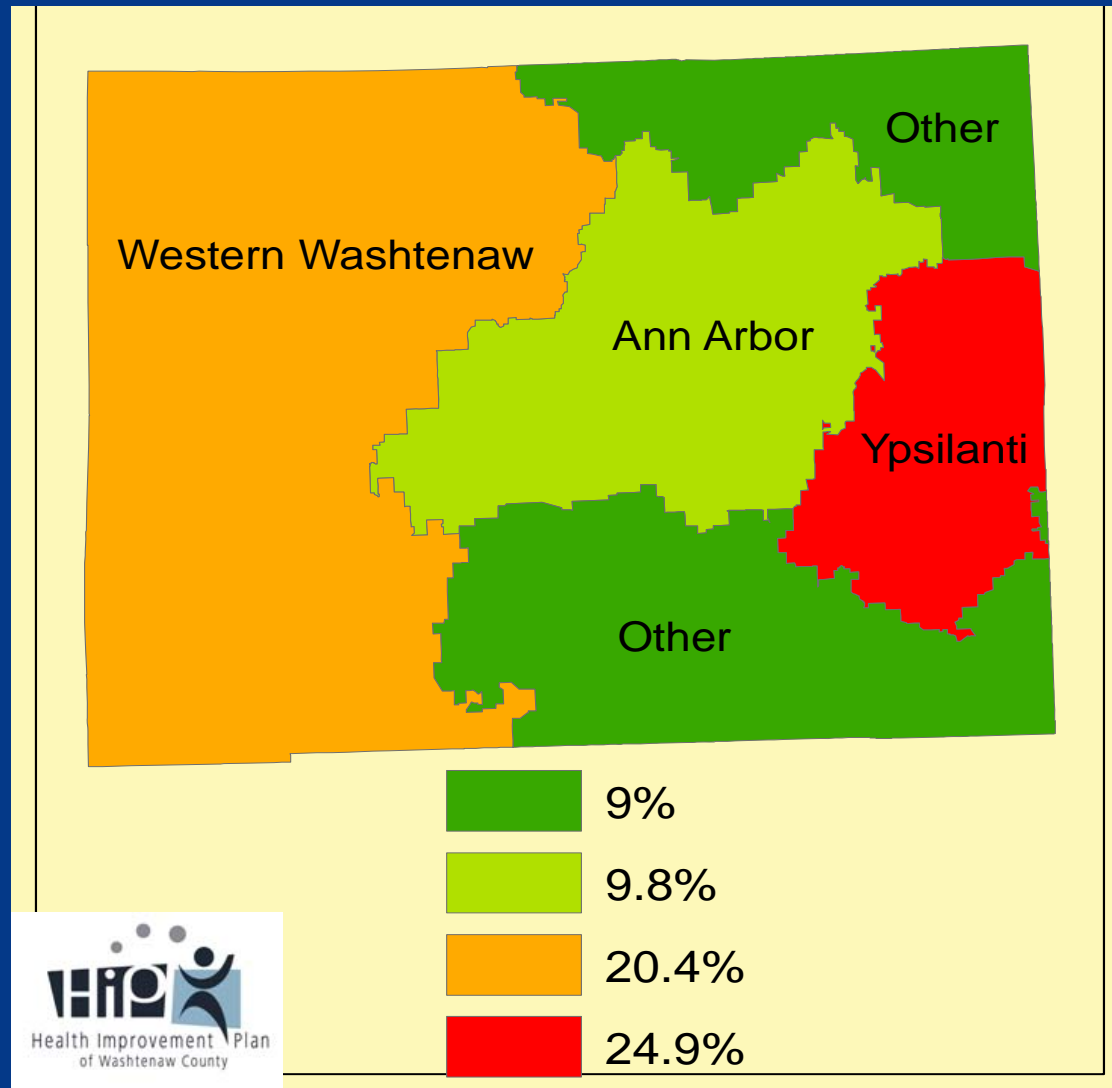
- Tobacco Use
 - adult smoking rate
- Diet & Exercise
 - adult obesity rate
- Alcohol Use
 - binge drinking
 - motor vehicle crash death rate
- Unsafe Sex
 - Chlamydia rate
 - teen birth rate

Health Behaviors



- Tobacco Use: Adult smoking rate
 - Measurement: Estimated percent of the adult population that currently smokes every day or “most days” and has smoked at least 100 cigarettes in their lifetime
 - Range in Michigan (Min-Max): 11%-36%
 - Overall Average in Michigan: 23%
 - Target Value: 18% (90th percentile)
 - Washtenaw: 13%

Percent of Adults Who Currently Smoke Washtenaw County Residents by Region, 2005

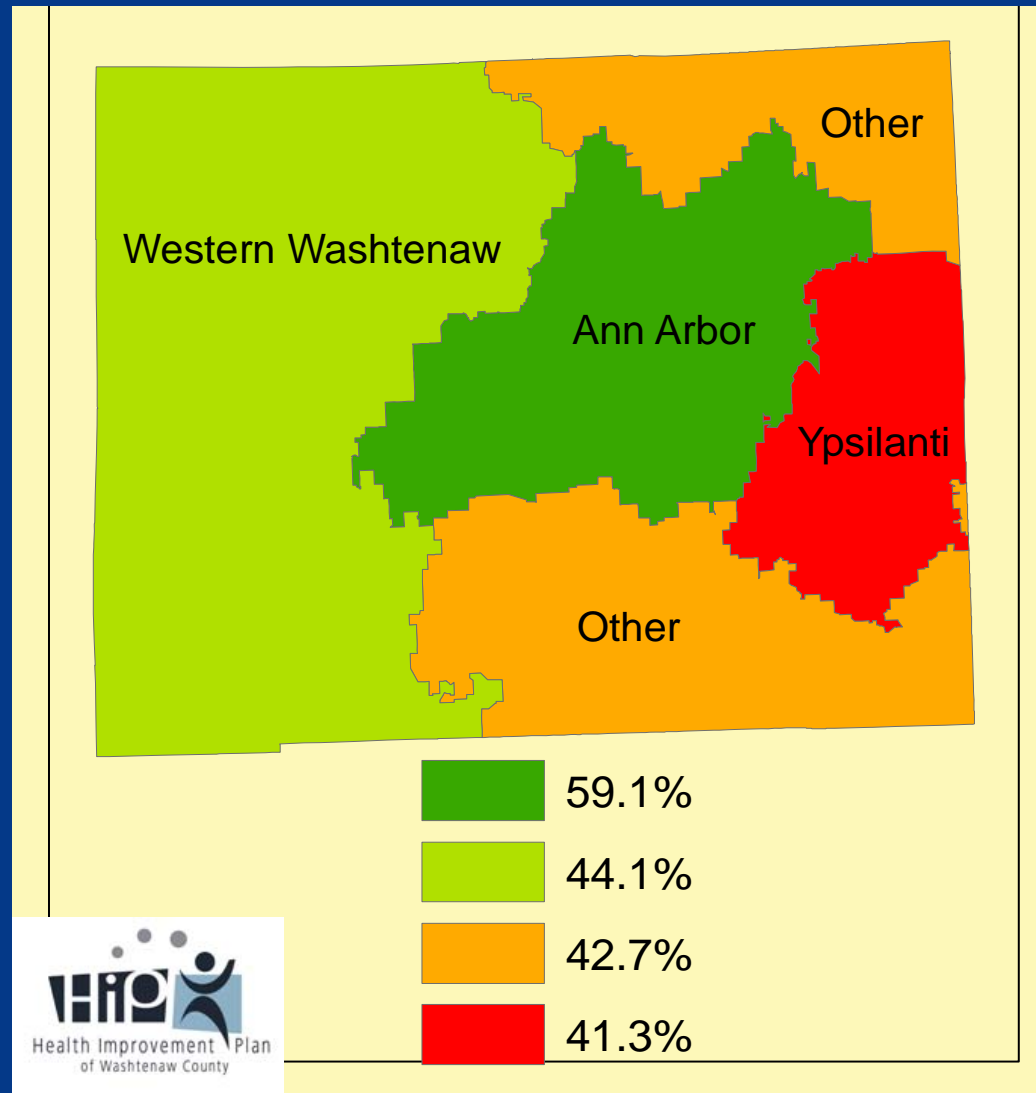


Health Behaviors

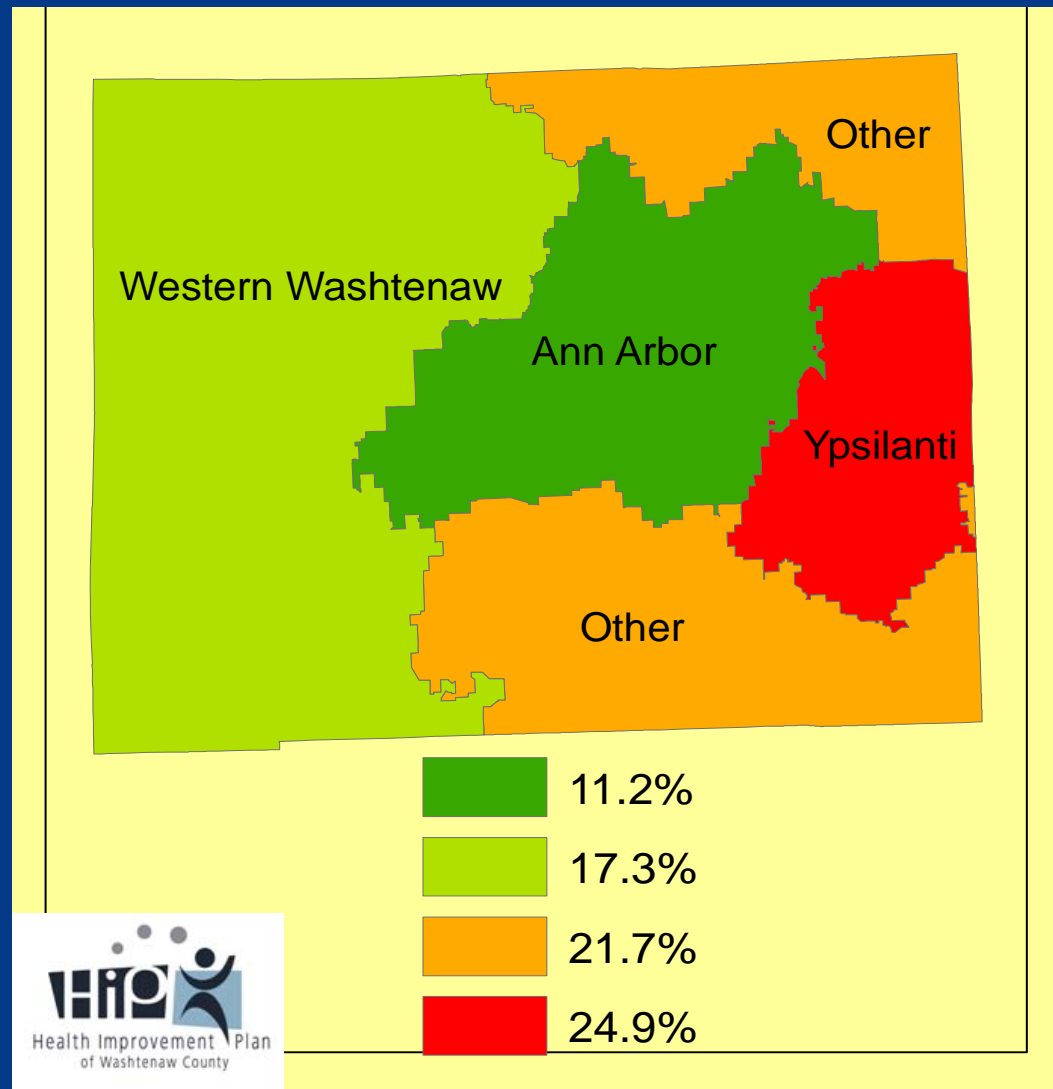


- Adult Obesity: Adult obesity rate
 - Measurement: Percent of the adult population (age 20 and older) that has a body mass index (BMI) greater than or equal to 30 kg/m²
 - Range in Michigan (Min-Max): 26%-34%
 - Overall Average in Michigan: 28%
 - Target Value: 28% (90th percentile)
 - Washtenaw: 27%

Percent of Adults Who Attain Recommended Physical Activity Levels Washtenaw County Residents by Region, 2005



Percent of Adults Who are Obese (BMI>29) Washtenaw County Residents by Region, 2005



Health Behaviors



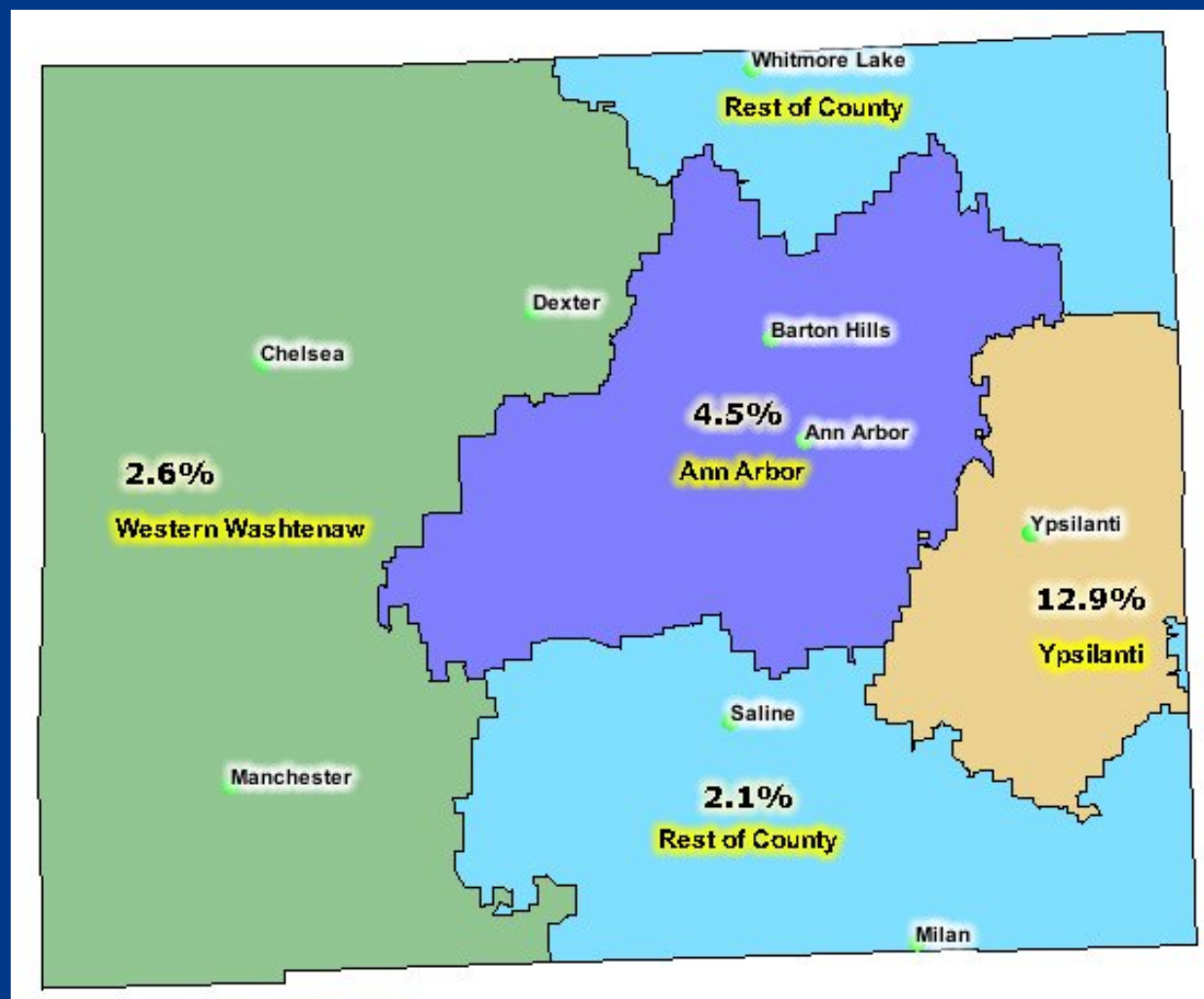
- Alcohol Use: Binge drinking
 - Measurement: Percent of the adult population that reports consuming more than 4 (women) or 5 (men) alcoholic beverages on a single occasion in the past 30 days
 - Range in Michigan (Min-Max): 8%-28%
 - Overall Average in Michigan: 18%
 - Target Value: 12% (90th percentile)
 - Washtenaw: 16%

Health Behaviors



- Alcohol Use: Motor vehicle crash death rate
 - Measurement: Crude mortality rate per 100,000 people due to on- or off-road accidents involving a motor vehicle
 - Range in Michigan (Min-Max): 8-34
 - Overall Average in Michigan: 13
 - Target Value: 12 (90th percentile)
 - Washtenaw: 8

Percent of Adults Who Claimed to Have Driven a Vehicle after Drinking Too Much Alcohol Within the Past Month Washtenaw County Residents, 2005



Health Behaviors



- Unsafe Sex: Chlamydia rate
 - Measurement: Number of new Chlamydia cases reported as a rate per 100,000 people
 - Range in Michigan (Min-Max): 28-709
 - Overall Average in Michigan: 370
 - Target Value: 50 (90th percentile)
 - Washtenaw: 300

Health Behaviors



- Unsafe Sex: Teen birth rate
 - Measurement: Number of births per 1,000 female population, ages 15-19
 - Range in Michigan (Min-Max): 14-66
 - Overall Average in Michigan: 36
 - Target Value: 21 (90th percentile)
 - Washtenaw: 14

Clinical Care



- Access to Care
 - Uninsured adults
 - Primary care provider rate
- Quality of Care
 - Preventable hospital stays
 - Diabetic screening
 - Hospice use

Clinical Care



- Access to Care: Uninsured adults
 - Measurement: Estimated percent of the adult population under age 65 that has no health insurance coverage
 - Range in Michigan (Min-Max): 9%-22%
 - Overall Average in Michigan: 12%
 - Target Value: 10% (90th percentile)
 - Washtenaw: 15%

Clinical Care



- Access to Care: Primary care provider rate
 - Measurement: Rate of practicing physicians specializing in general practice medicine, family medicine, internal medicine, pediatrics, and obstetrics/gynecology per 100,000 people
 - Range in Michigan (Min-Max): 8-283
 - Overall Average in Michigan: 113
 - Target Value: 152 (90th percentile)
 - Washtenaw: 283

Clinical Care



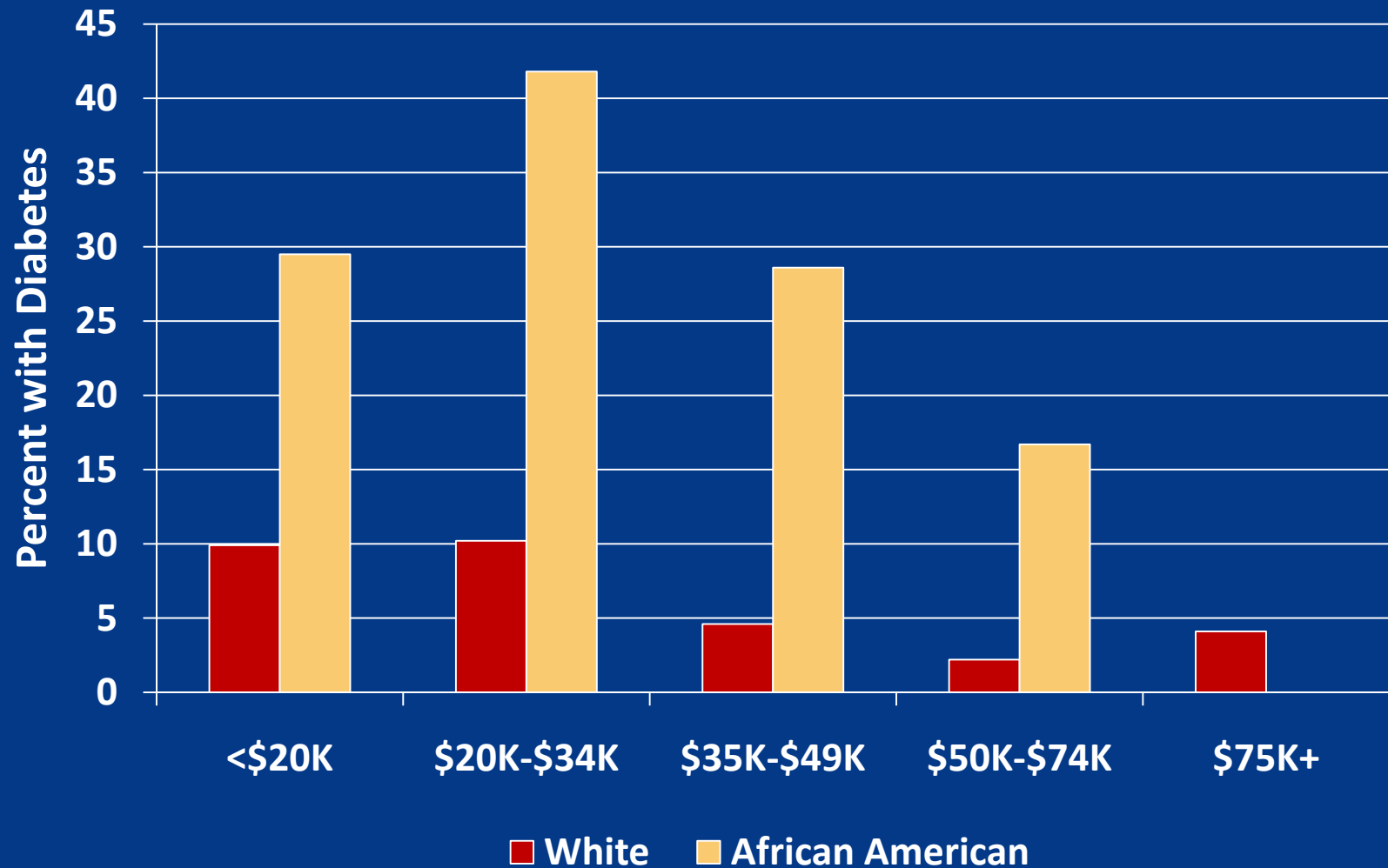
- Quality of Care: Preventable hospital stays
 - Measurement: Hospital discharge rate for ambulatory care-sensitive conditions per 1,000 Medicare enrollees
 - Range in Michigan (Min-Max): 31-115
 - Overall Average in Michigan: 76
 - Target Value: 50 (90th percentile)
 - Washtenaw: 72

Clinical Care



- Quality of Care: Diabetic screening
 - Measurement: Percent of diabetic Medicare patients whose blood sugar control was screened in the past year using a test of their glycated hemoglobin (HbA1c) levels
 - Range in Michigan (Min-Max): 64%-91%
 - Overall Average in Michigan: 82%
 - Target Value: 88% (90th percentile)
 - Washtenaw: 84%

Adults Diagnosed with Diabetes by Race and Income Washtenaw County Residents, 2005



Clinical Care



- Quality of Care: Hospice use
 - Measurement: Percent of chronically ill Medicare patients who enrolled in hospice care in the last six months of life
 - Range in Michigan (Min-Max): 7%-55%
 - Overall Average in Michigan: 38%
 - Target Value: 45% (90th percentile)
 - Washtenaw: 46%

Social & Economic Factors



- Education
 - High school graduation
 - College degrees
- Employment
 - Unemployment rate
- Income
 - Children in poverty
 - Income inequality
- Family & Social Support
 - Inadequate social support
 - Single parent households
- Community Safety
 - Violent crime rate

Social & Economic Factors



- Education: High school graduation
 - Measurement: Percent of a county's ninth-grade cohort in public schools that graduates from high school in four years
 - Range in Michigan (Min-Max): 60%-97%
 - Overall Average in Michigan: 72%
 - Target Value: 88% (90th percentile)
 - Washtenaw: 83%

Social & Economic Factors



- Education: College degrees
 - Measurement: Percent of the population age 25 and older with a four-year college degree or higher
 - Range in Michigan (Min-Max): 9%-51%
 - Overall Average in Michigan: 24%
 - Target Value: 30% (90th percentile)
 - Washtenaw: 51%

Social & Economic Factors



- Employment: Unemployment
 - Measurement: Percent of the civilian labor force, age 16 and older, that is unemployed but seeking work*
 - Range in Michigan (Min-Max): 6%-14%
 - Overall Average in Michigan: 8%
 - Target Value: 7% (90th percentile)
 - Washtenaw: 6%

*average rates from 2008

Social & Economic Factors



- Income: Children in poverty
 - Measurement: Percent of children under age 18 living below the Federal Poverty Line (FPL)*
 - Range in Michigan (Min-Max): 6%-35%
 - Overall Average in Michigan: 19%
 - Target Value: 11% (90th percentile)
 - Washtenaw: 10%

*average rates from 2007

Social & Economic Factors



- Income: Income inequality
 - Measurement: Represents the inequitable distribution of income in a community by household; values range between 0 and 100, with a value of 100 indicating that all income in a county is concentrated in one household, and a value of 0 indicating a completely equal distribution of income among households
 - Range in Michigan (Min-Max): 38-49
 - Overall Average in Michigan: 45
 - Target Value: 39 (90th percentile)
 - Washtenaw: 47

Social & Economic Factors



- Family & Social Support: Single-parent households
 - Measurement: Percent of all households run by a single parent (male or female householder with no spouse present) with one or more of their own children (< age 18) living at home
 - Range in Michigan (Min-Max): 5%-14%
 - Overall Average in Michigan: 10%
 - Target Value: 7% (90th percentile)
 - Washtenaw: 7%

Social & Economic Factors



- Community Safety: Violent crime rate
 - Measurement: Annual rate of offenses that involve face-to-face confrontation between the victim and the perpetrator, including homicide, forcible rape, robbery, and aggravated assault per 100,000 people
 - Range in Michigan (Min-Max): 66-1,232
 - Overall Average in Michigan: 550
 - Target Value: 128 (90th percentile)
 - Washtenaw: 325

Physical Environment



- Environmental Quality
 - Air pollution-particulate matter days
 - Air pollution-ozone days
- Built Environment
 - Access to healthy foods
 - Liquor store density

Physical Environment



- Environmental Quality: Air pollution - particulate matter days
 - Measurement: Annual number of days that air quality was unhealthy for sensitive populations due to fine particulate matter (FPM, $< 2.5 \mu\text{m}$ in diameter)
 - Range in Michigan (Min-Max): 0-23
 - Overall Average in Michigan: 3
 - Target Value: 0 (90th percentile)
 - Washtenaw: 10

Social & Economic Factors



- Family & Social Support: Inadequate social support
 - Measurement: Percent of the adult population that responds that they “never,” “rarely,” or “sometimes” get the support they need when asked the question, “How often do you get the social and emotional support you need?”
 - Range in Michigan (Min-Max): 8%-26%
 - Overall Average in Michigan: 19%
 - Target Value: 12% (90th percentile)
 - Washtenaw: 14%

Physical Environment



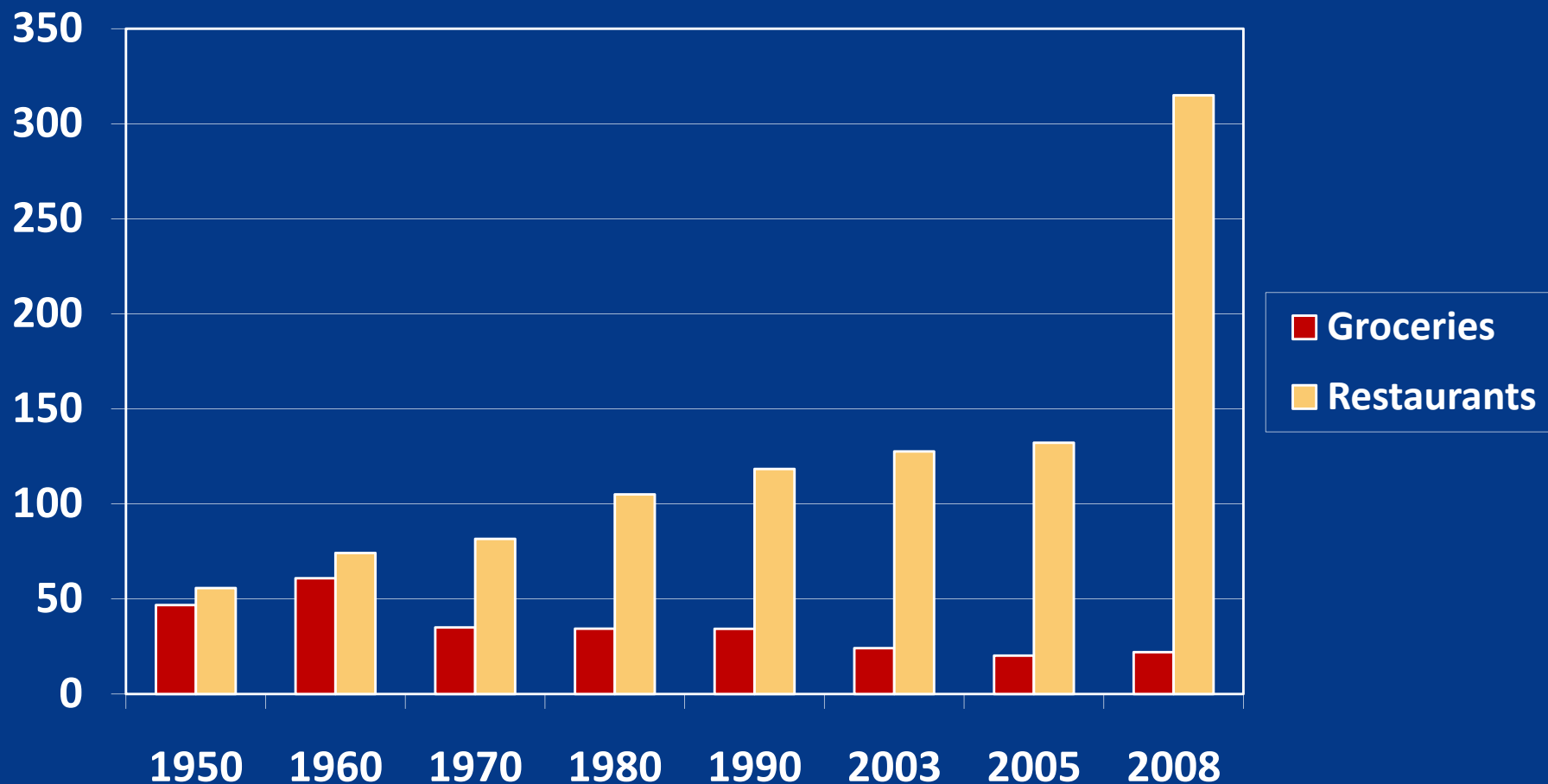
- Environmental Quality: Air pollution - ozone days
 - Measurement: Annual number of days that air quality was unhealthy for sensitive populations due to ozone levels
 - Range in Michigan (Min-Max): 0-24
 - Overall Average in Michigan: 4
 - Target Value: 0 (90th percentile)
 - Washtenaw: 4

Physical Environment



- Built Environment: Access to healthy foods
 - Measurement: Percent of zip codes in a county with a healthy food outlet, defined as a grocery store or produce stand/farmers' market
 - Range in Michigan (Min-Max): 14%-100%
 - Overall Average in Michigan: 51%
 - Target Value: 71% (90th percentile)
 - Washtenaw: 58%

Grocery Stores* and Restaurants** Per 100,000 Population Washtenaw County, 1950-2008***



*Grocery implies at least fresh vegetables and meat available.

**For 2008 Restaurants, includes any retail food establishment, including schools.

***1950-2005 data taken from phone books and internet; 2008 data taken from licenses granted by Michigan Department of Agriculture



Disparities reduce opportunities for health and well-being in Washtenaw County residents

Physical Environment



- Built Environment: Liquor store density
 - Measurement: Number of liquor stores per 10,000 people
 - Range in Michigan (Min-Max): 0.0-2.6
 - Overall Average in Michigan: 1.1
 - Target Value: 0.0 (90th percentile)
 - Washtenaw: 0.8

County Health Rankings



- Overall Washtenaw County fared well. But this study as well as other data shows there is still much to be done
- There are large differences in population health based geography, education, ethnicity, and income within Washtenaw County
- The Public Health Department has, and continues to look for partnering opportunities with others in the community to improve areas such as access to healthy foods, physical activity, control of environmental hazards, and other prevention-based programs geared toward healthy living

To view the study in its entirety, visit:



www.countyhealthrankings.org

Questions?

