

Community Health Needs Assessment

PREPARED BY



DEAR COMMUNITY PARTNERS

We all know that good health is essential for a productive and thriving community. Furthermore, we understand that conditions in the places where people live, learn, work and play affect a wide range of health risks and outcomes. These conditions are known as social determinants of health (SDOH). Our goal, as your local public health department, is to provide the necessary tools, information, and leadership to allow a broad and dynamic response to this issue. The information in this packet (booklet) is an important step towards including SDOH in our quest for better health. With our most recent Community Health Needs Assessment (CHNA) we can clearly see some of the issues that are suppressing our goal to be healthier. This CHNA is special because it reflects:

- **Multisector collaborations that support shared ownership of all phases of community health improvement, including assessment, planning, investment, implementation, and evaluation**
- **A definition of community that encompasses both a significant enough area to allow for population-wide interventions and measurable results, and includes a targeted focus to address disparities among subpopulations**
- **Evaluation to inform a continuous improvement process**
- **Use of the highest quality data pooled from, and shared among, diverse public and private sources**

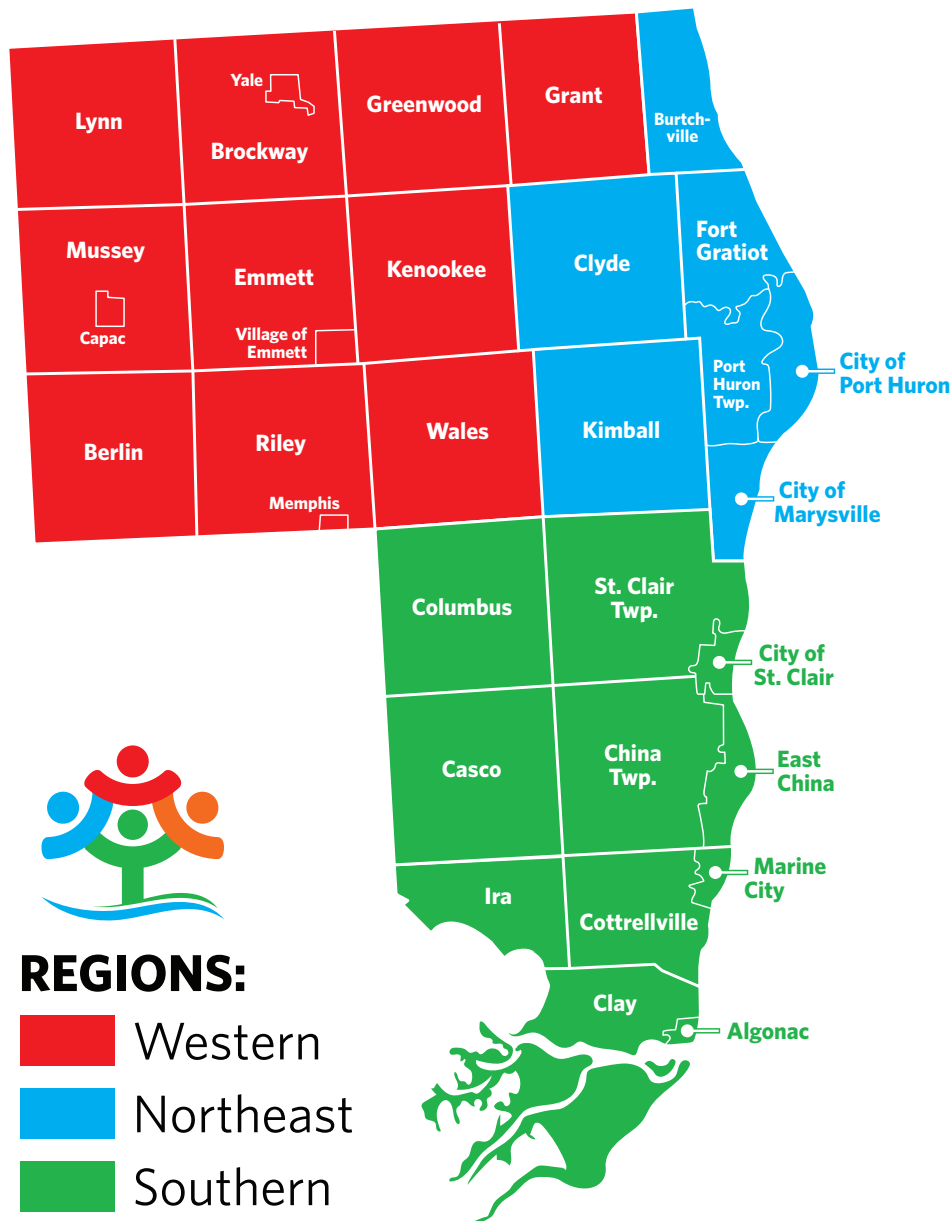
This CHNA gives us comprehensive information about the community's current health status, needs, and issues. This information will help develop a Community Health Improvement Plan (CHIP) by justifying how and where resources should be allocated to best meet community needs. A CHIP is a long-term, systematic effort to address public health problems based on the results of community health assessment activities and the community health improvement process. A plan is typically updated every three to five years.

Clearly, these issues will not be easy to tackle, but we also know that a collective and evidence-based response is our best hope for making progress. This is the home of our parents, our children and our friends. We applaud your willingness to critically review this information, and work with our coalition to make this community a healthier place to live.

Annette Mercatante, MD, MPH

Medical Health Officer
St. Clair County Health Department





1. Welcome
2. SCC Regions / Table of Contents
3. The Big Picture / Lifestyle Risk & Factors
4. Cancer
5. Diabetes
6. Lung Disease
7. Lung Disease
8. Heart Disease
9. Stroke
10. Mental Health
11. Mental Health - Chronic Pain
12. Childhood & Adolescence
13. Pregnancy & Infant
14. Community Partners (Back Cover)

W = Western Region | **NE** = Northeast Region | **S** = Southern Region

THE BIG PICTURE / LIFESTYLE & RISK FACTORS

THE BIG PICTURE

Most adults report overall health status as **"good"** or **"excellent"**



St. Clair County is regarded as a walkable and family-friendly community

Residents have life satisfaction and receive support



The violent crime and homicide rates are **much lower** than state and national rates

9 in 10 adults have health care coverage



8 in 10 adults have a primary care physician

Most adults get preventative care like routine check-ups



1 in 3 adults report **not** visiting a dentist

90% of adults report having enough food to eat

86% always have the type of food they want



Most do not get enough fruits, vegetables, or physical activity

LIFESTYLE & RISK FACTORS

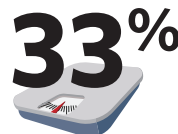


1 in 3 adults have high cholesterol

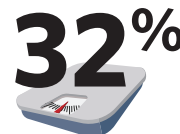
1 in 4 adults have high blood pressure



St. Clair County's obesity rate is **higher** than the state and national levels



OBESE



OVERWEIGHT

1 in 10 has problems learning about their health condition and require someone else to read medical materials to them

Substance abuse is considered to be a widespread issue in the community, for both licit (Rx) and illicit drugs (heroin/meth)



Almost **3 in 10** adults are current smokers, higher than state and national rates



Adult heavy drinking and binge drinking rates are both **higher** than state and national levels



Youth binge drinking rates are lower than national levels, but **higher** than state levels



CANCER

Incidence (2013-2015)

All Cancer (skin & non-skin)

SCC **8.3%** MI **12%**

Mortality (2011-2015)

deaths per 100,000 per year

SCC **179.6** MI **172.2**

Skin Cancer

Those with the highest rate of skin cancer:

- Aged 65+
- Have at least some college education



No regional differences:

NE: **3.4%** S: **3.7%** W: **3.8%**

All Other Cancers

Those with the highest rate of all other cancers:

- Aged 65+
- Women
- White



No regional differences:

NE: **5.6%** S: **5.5%** W: **3.8%**

Incidence Rates (2009-2013)

age adjusted per 100,000 per year

Male:

Prostate **137**
Lung/Bronchus **78.9**
Colon/Rectum **45.2**



Female:

Breast **123**
Lung/Bronchus **59.1**
Colon/Rectum **34.9**



RISK FACTORS:

SCC - almost **3 in 10** adults are current smokers



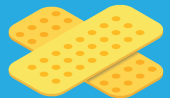
MI - **2 in 10** are current smokers



3 in 4 adolescents are **not** vaccinated for HPV (helps prevent cancer)

Self-Management:

> **30%** of skin cancer patients say skin cancer management services are **not** helpful



> **40%** of other cancer patients say cancer management services are **not** helpful

DIABETES

Incidence (2013-2015)

People who have ever been told they have diabetes



SCC **10%** MI **10.5%**

Mortality (2011-2015)

deaths per 100,000 per year

SCC **36.3** MI **23.3**

Those with the highest rates of diabetes:

- Age 45+
- Earn < \$35k
- Have less than a high school education



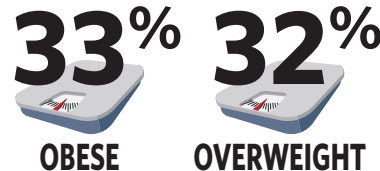
Self-Management:

< **20%** of those with diabetes believe there are **not** helpful community services for diabetes management



RISK FACTORS:

Overweight/Obesity



Those with the highest rates of being overweight:

- Earn > \$35k
- Have at least a high school diploma



Those with the highest rates of obesity:

- Earn < \$20k
- Have less than a high school education



Those in the Southern region are **more** likely to be overweight

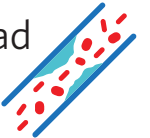
Those in the Western region are **less** likely to be overweight/obese

93% feel that fresh fruits and vegetables are easy to find in the community



High Cholesterol

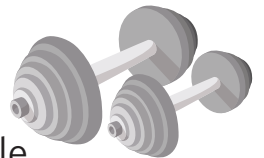
Almost **3 in 4** have ever had their cholesterol checked



36% have ever been told they have high cholesterol

Physical Condition

13.4% have poor physical condition



Almost **10%** of people have had their activity limited for two weeks or more



8 in 10 adults do engage in physical activity but almost **half** do not strengthen their muscles

High Blood Pressure

> **1 in 4** have ever been told they have high blood pressure



Of those > **1 in 3** are **not** taking medication for high blood pressure

LUNG DISEASE

Asthma

Those with the highest lifetime asthma rates:

- Women
- Live in the NE region
- Have less than a high school education



Adults who have ever been told they have asthma:

SCC 25% MI 15.9%

Self-Management

> 40% do **not** believe there are helpful community services for asthma management

COPD

Incidence (2013-2015)

Adults have chronic obstructive pulmonary disease (COPD):

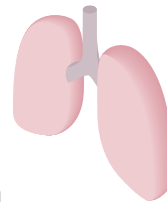
SCC 10% MI 8.4%

Mortality (2011-2015)
Chronic Lower Respiratory Disease
deaths per 100,000 per year

SCC 61.2 MI 45.8

Those with the highest COPD rates:

- Women age 55+
- Non-White
- Have less than a high school education
- Earn < \$20k
- Live in the NE region



\$20K

Self-Management

> 50% do **not** believe there are helpful community services for COPD management

Pneumonia/Flu

> 75% of SCC adults do **not** get the recommended pneumonia vaccines



> 80% of SCC adults do **not** get flu vaccines



Mortality (2011-2015)
deaths per 100,000 per year
SCC 14.3 MI 14.9

For both pneumonia and flu

LUNG DISEASE

RISK FACTORS:

Smoking



> **50%** of adults view cigarette smoking as a community problem

SCC - Almost **3 in 10** adults are current smokers



MI - **2 in 10** are current smokers

Those with the highest smoking rates:

- Earn < \$20k
- Aged 25-44
- Have a high school diploma or less



< **1 in 5** of those 18+ use non-cigarette tobacco products (such as cigars, e-cigarettes, smokeless tobacco)

Those living the Western region are less likely to smoke compared to those in the Northeast and Southern regions

Air Quality

The air in portions of SCC **exceeds** the federal standards for sulfur dioxide (SO²)



This is **1 of only 2** locations in Michigan where the SO² levels **exceed** the federal standards

HEART DISEASE

Incidence (2013-2015)

People who have ever been told they have a heart condition



SCC **7.4%** MI **10.1%**

Mortality (2011-2015)

deaths per 100,000 per year

SCC **230.8** MI **199.2**

Self-Management:

< **20%** of heart attack patients say heart attack management services are **not** helpful

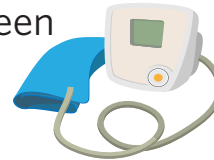


> **33%** of heart disease patients say heart management services are **not** helpful

RISK FACTORS:

High Blood Pressure

> **1 in 4** have ever been told they have high blood pressure



Of those > **1 in 3** are **not** taking medication for high blood pressure

High Cholesterol

Almost **3 in 4** have ever had their cholesterol checked



36% have ever been told they have high cholesterol

Those with the highest rates of high cholesterol:

- Earn < \$35k
- Have less than a high school education



Overweight/Obesity

33%
OBESE

32%
OVERWEIGHT

St. Clair County's obesity rate is **higher** than the state and national levels for both adults and children

Adults with higher education and incomes are **more** likely to be overweight but **not** obese



Health Behavior

> **8 in 10** adults participate in physical activity



Almost **50%** do **not** strengthen their muscles

STROKE

Incidence (2013-2015)

People who have ever been told they have a stroke



SCC **2.3%** MI **3.4%**

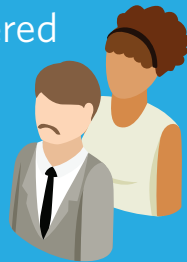
Mortality (2011-2015)

deaths per 100,000 per year

SCC **35.2** MI **37.4**

Self-Management:

40% of those who suffered from a stroke do **not** believe there are helpful community services for stroke management



RISK FACTORS:

High Blood Pressure

Those with the highest rates of high blood pressure:

- Earn < \$35k
- Aged 55+




No regional differences

High Cholesterol

Almost **3 in 4** have ever had their cholesterol checked



 **36%** have ever been told they have high cholesterol

Those with the highest rates of high cholesterol:

- Earn < \$35k
- Have less than a high school education



Overweight/Obesity

33% **32%**
OBESE OVERWEIGHT

Those in the Southern region are **more** likely to be overweight

VS.

Those in the Western region are **less** likely to be overweight/obese

Smoking

3 in 10 adults smoke cigarettes



MENTAL HEALTH

Incidence (2013-2015)

> **20%** of residents have mild to severe psychological distress



Mortality (2011-2015)

deaths per 100,000 per year

SCC 49.4 MI 39.6

Unintentional injuries
(including drug overdose)

SCC 14.2 MI 12.9

Intentional self-harm (suicide)

Social and Emotional Support:

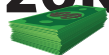
- **7%** rarely or never receive the social and emotional support that's needed
- **Those who don't receive emotional support at the highest rates:**

- Non-white
- Earn < \$35k
- Have less than a high school education



Those with the highest rates of mental distress:

- **\$20K** Earn < \$20k
- Non-white



Treatment

Only **1 in 3** with poor mental health currently take medication or receive treatment



Stigma

While **90%** of people feel that treatment can help with mental health problems, > **40%** believe that people are **not** generally sympathetic to those with mental illness



MENTAL HEALTH - CHRONIC PAIN

Chronic Pain

Almost **1 in 3** suffer from chronic pain



> **1 in 3** people say their pain is **not** managed well

Those with the highest rates of chronic pain:

- Women
- Earn < \$20k
- Report 14 or more days of activity limitation



Self-Management:

Almost **65%** believe there are **not** helpful community services for arthritis management



Only **5%** of patients believe their personal physician gives too many pills in one prescription



> **62%** of people believe prescription drug abuse is a problem

Those who believe prescription drug abuse is a problem:

Live in

NE: 71.9% **S: 55.7%** **W: 42.6%**

> **4 in 10** adults know someone who took prescription medication to get high



> **50%** are aged 18-29

2015 Opiate Stats

Opiate prescription scripts per 10,000 residents

SCC 10,329

MI 7,881

Opiate units per 10,000 residents

SCC 820,680

MI 596,981

CHILDHOOD & ADOLESCENCE

20% live in poverty, lower than state of Michigan

About **50%** children are insured by Medicaid/MiChild & receive WIC



2 in 5 students are eligible for free or reduced lunches

> **60%** of toddlers are not up to date with current ACIP immunization recommendations



> **30%** of children aged 2 are not fully immunized

SCC has a **higher** vaccine waiver rate than **85%** of other MI counties



Childhood Mortality

(2011-2015)

deaths per 100,000 per year

SCC 14.9 MI 15.3



< **Half** of children are tested for high lead levels

About **40%** of all homes in St. Clair County were built before 1950 and may contain lead



Children are considered to be:

20%
OBESE

17%
OVERWEIGHT

ADOLESCENCE



Rates of youth smoking either cigarettes or marijuana are lower than the state or nation

1 in 2 youth report inadequate physical activity



3 in 4 youth report inadequate consumption of fruits and vegetables



Teens are considered to be:

18%
OBESE

16.5%
OVERWEIGHT

Adolescent Mortality

(2011-2015)

deaths per 100,000 per year

SCC 41.2 MI 50.7

17.5% of 9th graders have had sexual intercourse

VS.

46.6% of 11th graders have had sexual intercourse

TEEN MENTAL HEALTH (2015-2016)
SCC MiPhy

38.1% report being depressed



26% report being bullied on school property

12.2% report being forced to do sexual things they did not want to

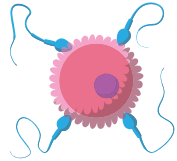


19.7% reported seriously considering suicide

PREGNANCY & INFANT

Pregnancy

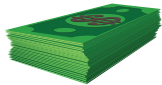
1 in 2 SCC women are unmarried at time of pregnancy



Almost 3 in 5 single female families with children live in poverty



50% of births are paid using Medicaid



Teen Births

SCC 7.6% MI 6.9%

15% of teen births are to teen mothers (aged 15-19) who have already given birth



Those who smoked while pregnant:

- SCC - **3 in 10**
- MI - **2 in 10**

Of those who were pregnant with Medicaid:

- Nearly **1 in 2** have a moderate to high risk rating for stress, depression, abuse, and violence



- **47%** have a moderate to high risk pregnancy history (unintentional pregnancies and/or short pregnancy spacing)

- Almost **50%** between the ages of 15-24 yrs live in a smoking household

- Almost **30%** specify a smoking risk



Infant

27 infants were born with Neonatal Abstinence Syndrome (NAS) out of 1,598 live births in 2014 - 16.9 per 1,000 live births

Of those who breastfed:

- **70%** breastfed at birth
- **20%** continued to six months of age



Mortality (2011-2015)

deaths per 100,000 per year

SCC 5.6 MI 6.8

17 Sudden Unexpected Infant Deaths (2010-2016)

Of those SUID:

- **53%** had smoking mothers
- **66%** were sleeping in an unsafe location



WE APPRECIATE OUR COMMUNITY PARTNERS



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