

### **Healthy! Capital Counties 2018**

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Barry-Eaton District Health Department

**CAHA Whole Person Care Series:** 

**Social Determinants of Health** 

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# Acknowledgments

Support for this project was provided by:

### **Hospitals:**

- Eaton Rapids Medical Center
- Hayes Green Beach Memorial Hospital
- McLaren Greater Lansing
- Sparrow Health Systems

### Local Health Departments:

- Barry-Eaton District Health Department
- Ingham County Health Department
- Mid-Michigan District Health Department



# **Healthy! Capital Counties 2018**

A **Community Health (Needs) Assessment and Improvement Plan** is a systematic process involving the community to identify and analyze community health needs and assets, prioritize those needs, and implement a plan to address significant unmet needs.

### Two Major Components:

- Assessment of the current state of community health in Clinton, Eaton, and Ingham counties
- Identification of regional community health priorities





## **Health Improvement Cycle**



## What went into the 2018 Assessment?

#### • Quantitative Data (the numbers)

- 35 indicator measures
- New this cycle: trend data
- Presented both by measure and by geography

#### • Qualitative Data (the stories)

- Youth PhotoVoice project
- Focus groups
- Asset Mapping
  - Prioritized asset groups at the February Stakeholder Meeting
  - Behavioral Health Assets and Food Systems
     Assets were mapped

### Community Input

- 3 Stakeholder meetings
- Community Survey
- Health Care Provider Survey

#### Outreach

- Online Facebook quizzes
- Coalition updates
- Publication
- Prioritization

### **Healthy! Capital Counties Model for How Health Happens**

### **OPPORTUNITY MEASURES**

Evidence of power and wealth inequity resulting from historical legacy, laws & policies, and social programs

### SOCIAL, ECONOMIC, AND ENVIRONMENTAL FACTORS

Factors that can constrain or support healthy living

### BEHAVIORS, STRESS, AND PHYSICAL CONDITION

Ways of living in which from or contribute to health outcomes

### **HEALTH OUTCOMES**

Can be measured in terms of quality of life (illness/morbidity), or quantity of life (deaths/mortality)

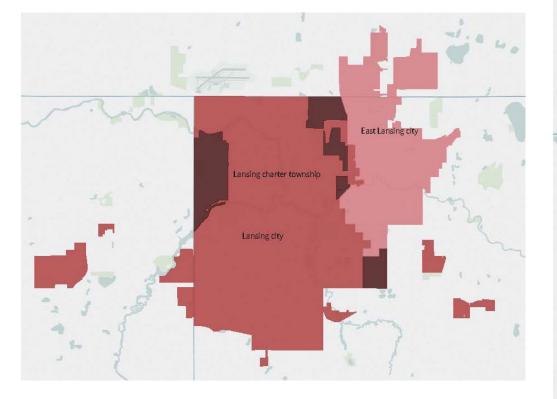
Adapted from D. Bloss and R. Canady, Ingham County Social Justice and Health Equity Project, and R. Hofrichter, *Tackling Health Inequities Through Public Health Practice, 2010* 

## 2018 Health Indicators

- This is a lot of data!
  - 35 measures
  - Point in time charts
  - Trend graphs
  - Age or racial/ethnic breakout charts
  - 97 pages of the report

DOMAIN	INDICATOR GROUP	INDICATOR	MEASURES										
OPPORTUNITY MEASURES	Income	Income Distribution	Gini coefficient of income inequality										
SOCIAL, ECONOMIC,	Social & Economic	Income	Percent of households below ALICE threshold										
& ENVIRONMENTAL FACTORS	Factors	Education	Percent of adults ≥ 25 years old with a Bachelor's degree or higher										
		Social Connection & Social Capital	Percent of adolescents who know adults in the neighborhood they could talk to about something important	MiPHY									
		Community Safety	Rate of violent crimes										
		Affordable Housing	Percent of households who spend more than 30% of their income on housing Rate of ambulatory-care sensitive (ACS) or preventable hospitalization										
		Quality of Primary Care											
	Environmental Factors	Environmental Quality (Indoor)	Rate of elevated blood lead levels among children < 6 years old										
		Environmental Quality (Outdoor)	Projected number of extreme heat days										
		Built Environment	Percent of the population living in a food desert	USDA									
BEHAVIORS, STRESS, & PHYSICAL CONDITION	Health Behaviors & Physical	Obesity	Percent of adults who are obese										
	Condition		Percent of adolescents who are obese										
		Tobacco Use	Percent of adults who currently smoke										
			Percent of adolescents who smoked cigarettes during the past 30 days										
		Alcohol Use	Percent of adults who binge drank during the past 30 days										
			Percent of adolescents who binge drank during the past 30 days										
		Substance Abuse	Per resident rate of opioid prescriptions filled	CDC									
			Percent of adolescents who took any painkillers not prescribed to them during the past $30\mathrm{days}$										
		Physical Activity	Percent of adults who participated in leisure time physical activity	BRFS									
			Percent of adolescents who were physically active for $\geq$ 60 minutes per day on five or more of the past seven days	MiPHY									
		Nutrition	Percent of adults who consume $\geq$ 5 servings of fruits and vegetables per day	BRFS									
			Percent of adolescents who consume $\geq$ 5 servings of fruits and vegetables per day	MiPHY									
	Clinical Care	Access to Care	Percent of adults with no primary care provider	BRFS									
			Percent of adults 18-64 years old with no health insurance	ACS									
		Communicable Disease Prevention	Percent of non-medical immunization waivers granted	MCIR									
	Stress	Mental Health	Percent of adults with poor mental health										
			Percent of adolescents with symptoms of depression in past year										
HEALTH	Health Outcome	Child Health	Rate of preventable asthma hospitalization among youths < 18 years old										
OUTCOMES	Illness (Morbidity)	Chronic Disease	Rate of preventable diabetes hospitalization										
		Communicable Disease	Rate of chlamydia cases										
		Adult Health	Rate of preventable congestive heart failure hospitalization among adults $\geq 65$ years old										
	Deaths (Mortality)	Overall Mortality	Life expectancy										
		Maternal & Child Health	Rate of infant mortality	MDHHS									
		Chronic Disease	Rate of deaths due to cardiovascular disease	MDHHS									
		Safety Policies and Practices	Rate of deaths due to accidental injury	MDHHS									

## Geographic Groupings



East Lansing City

Lansing Charter Township

Essex Twp Greenbush Twp Duplain Twp Lebanon Twp St. Johns City Dallas Twp **Bengal Twp** Ovid Twp Bingham Twp Farms & Fields Ionia Countryside Suburbs Westphalia Twp Riley Twp OliveTwp Victor Twp Inner Suburbs Small Cities **DeWitt City** Bath Charter Twp Urban Watertown Charter Twp NE Eagle Twp DeWitt Charter Twp East Lansing City Grand Ledge City Lansing Charter Twp Williamstown Twp Roxand Twp Delta Charter Twp Sunfield Twp Locke Twp Aeridian Charter Twp Oneida Charter Twp Lansing City Williamston City Potterville city Windsor Charter Twp Chester Twp Alaiedon Twp Wheatfield Twp Leroy Twp Vermontville Twp Delhi Charter Twp Benton Twp Mason City Eaton Rapids Twp Charlotte City Aurelius Twp **Kalamo** Twp Ingham Twp White Oak Twp Carmel Twp Eaton Twp Vevay Twp Eaton Rapids City Stockbridge Twp Bellevue Twp Walton Twp Hamlin Twp Leslie Twp Bunker Hill Twp Leslie City Brookfield Twp Olivet City **Onondaga** Twp

Lansing City

# **Key Findings**

Social conditions that promote health and health outcomes vary across the region. Adults with health insurance

This means people such as minorities, low-income, and other vulnerable groups are often less healthy.

Chronic disease is the main killer everywhere.



Substance abuse and mental health drive other health problems

#### Capital Area is WORSE Adult Obesity Adult Smoking Adolescent Mental Health

Capital Area is BETTER Access to Primary Care Preventable Hospitalizations



# **Key Findings**

Comparision: In comparison to statewide or Tri-county data, a significant negative difference was found.

Disparity: The data indicated racial, ethnic, gender, or age disparities within a geographic area.

Trend: Data for this indicator were trending in a negative direction (at least three data points in the same direction).

2 or more: The data met the criteria for two or more of the above indicators (disparity, comparison, trend).

Tri-county	Income Distribution	Income	Education	🔥 Social Connection & Social Capital	Community Safety	Affordable Housing	Quality of Primary Care	Environmental Quality (Indoor)	Environmental Quality (Outdoor)	Built Environment	Obesity (adult)	<b>H</b> Obesity (adolescent)	Tobacco Use (adult)	Tobacco Use (adolescent)	Alcohol Use (adult)	Alcohol Use (adolescent)	Substance Abuse (adult)	Substance Abuse (adolescent)	<ul> <li>Physical Activity (adult)</li> </ul>	H Physical Activity (adolescent)	Nutrition (adult)	Nutrition (adolescent)	Access to Care (adults with no provider)	Access to Care (uninsured adults)	Communicable Disease Prevention	K Mental Health (adult)	Mental Health (adolescent)	Child Health (asthma hospitalizations)	Chronic Disease (diabetes)	Communicable Disease (chlamydia)	Adult Health (congestive heart failure)	Mortality	Maternal & Child Health	Chronic Disease (cardiovascular deaths)	Safety Policies and Practices	KE	ſ	Comparison
Clinton County				≠	2		ы				-	≠				≠		¥				1				¥	I			2			Ы			Ź		Disparity
Eaton County				≠	2						IJ	≠				≠		≠	1	≠		-				≠	Ы		≠							7		Trend
Ingham County				≠	Q		≠				<u>L</u>	¥	≠			≠			Ļ	≠	≠		1				≠						≠			1		2 or more
Farms & Fields											1												1															
Countryside Suburbs	2																																					
Inner Suburbs																																						
Small Cities																																						
Urban (overall)																																						
East Lansing City																																						
Lansing Charter Township																																						
Lansing City																									4													

# Healthy! Capital Counties



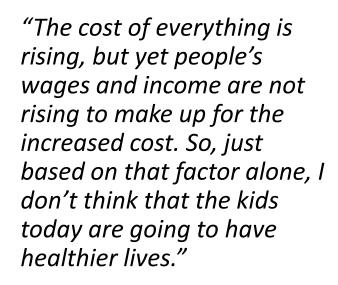
Lansing Community College, West Campus 11/5/2018

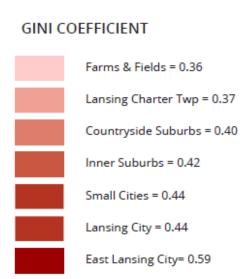
### **2019-2021 Healthy Capital Counties Health Priorities**

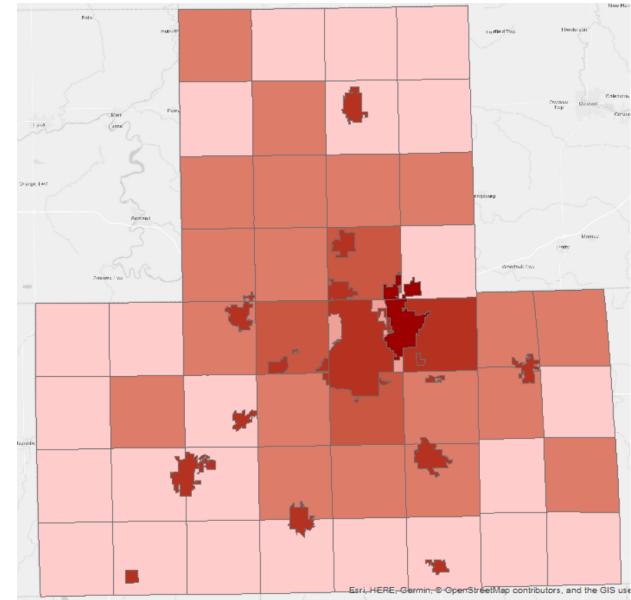
- Financial Stability and Economic Mobility
- Health Care Access and Quality
- Behavioral Health
- Obesity
- Chronic Disease

### **Financial Stability and Economic Mobility Findings**

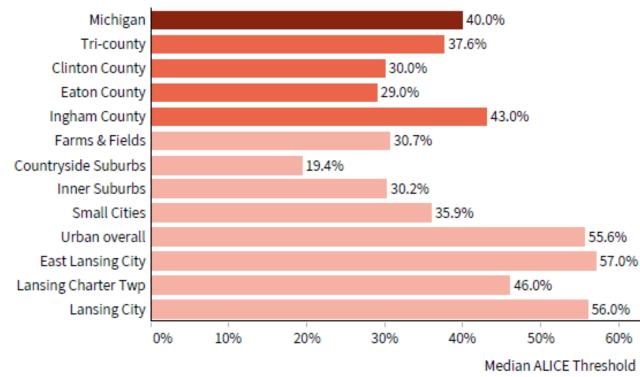
- Gini coefficient measures income inequality
- Measures closer to 0 indicate that household incomes are more equal, measures closer to 1 mean fewer households hold more of the wealth



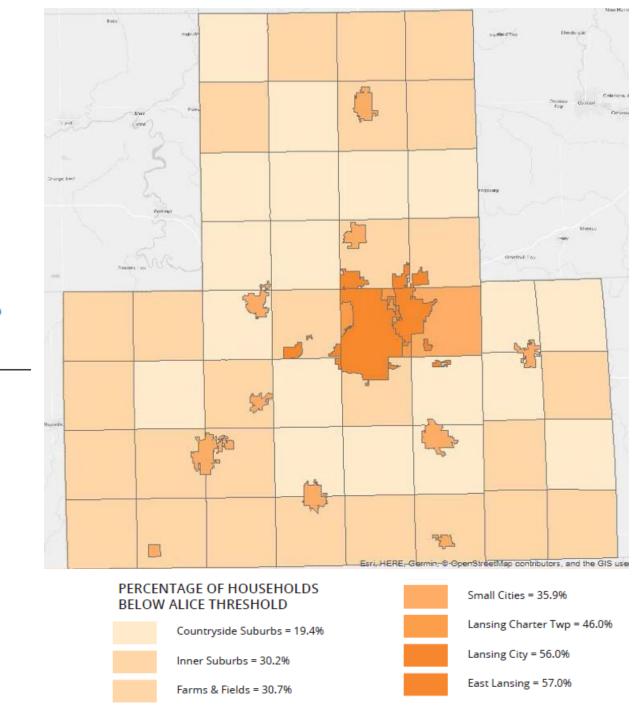


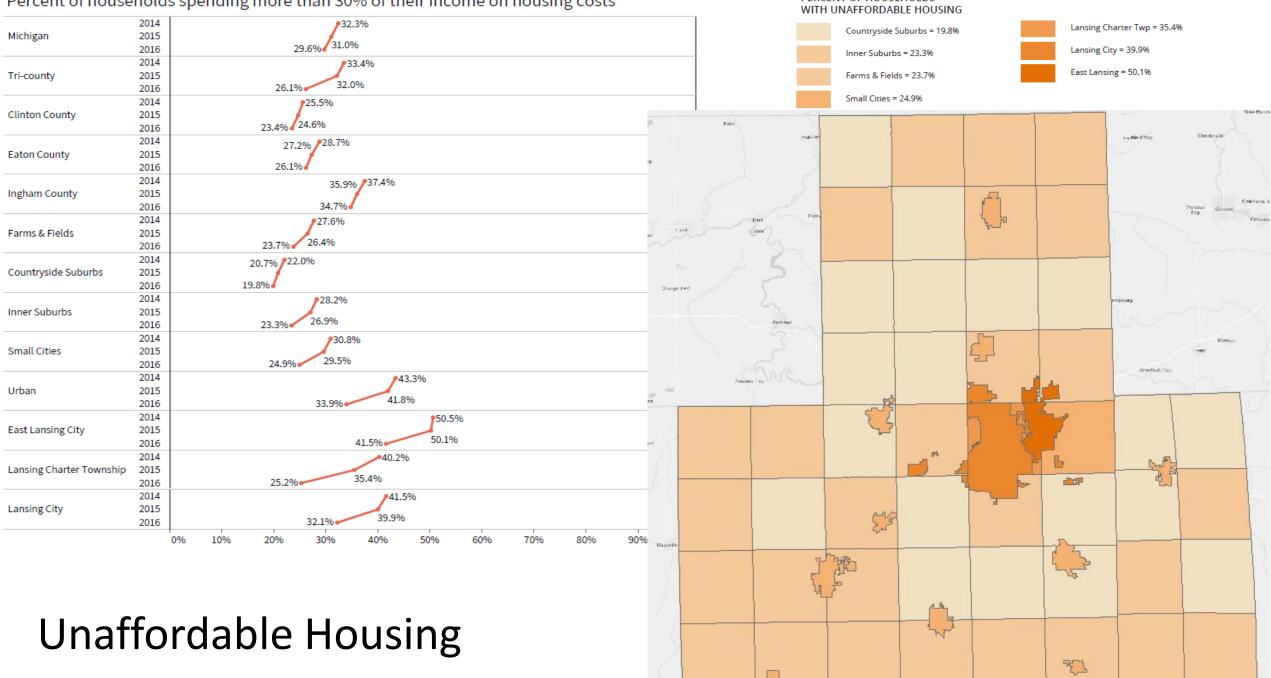


#### Percent of households below ALICE Threshold\*



- ALICE stands for Asset Limited, Income Constrained, and Employed
- Households above the Federal Poverty Level, but below the basic cost of living





Percent of households spending more than 30% of their income on housing costs

PERCENT OF HOUSEHOLDS

Esri, HERE, Germin, @-OpenStreetMap contributors, and the GIS use

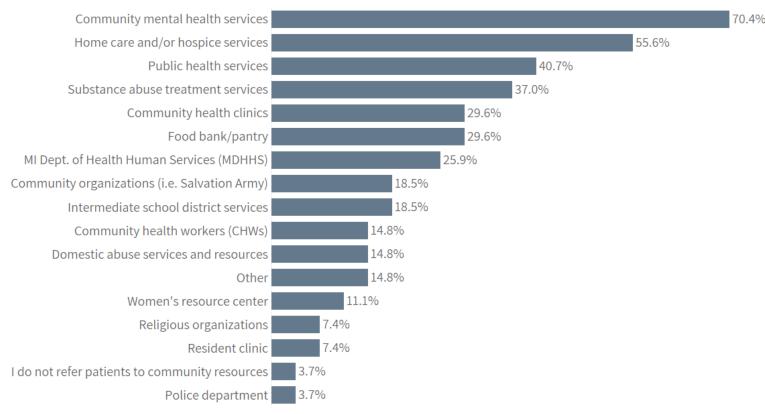
# **Community Survey Results**

- 451 participants
- What defines a healthy community?
  - Affordable health care
  - Access to health care
  - Same for all 3 counties
- What are the top health issues?
  - Alcohol and drug issues top in all 3 counties
  - Mental health issues was 2<sup>nd</sup> in all 3 counties
  - Obesity also showed up in the top 6 for all
- Cost of care was the most common hurdle to obtaining care
- Almost 2/3 of respondents said that <u>addressing social needs was as important as addressing</u> <u>medical needs</u>
- Most agreed that they have the resources they need to stay healthy, but less Eaton County
  residents strongly agreed with this statement
- Almost 3/4 agreed they could afford to access resources; proportion was higher in Clinton County

- What defines a healthy community?
  - Access to health care
  - Healthy lifestyle
  - Access to healthy nutritional food
- What negatively affects patients' health?
  - Lack of access to mental health services
  - Patient's lack of motivation to make health-conscious decisions
  - Medications not being affordable
- Most doctors admitted that their patients express health concerns that are related to social needs that are not within their sphere of influence

# Health Care Provider Survey Results

To what, if any, community resources do you routinely refer patients to help address unmet needs?



## What Can I Do?

- Use the assessment!
  - Pull out a two page handout on a topic (such as poverty)
  - Pull out a two page handout on a geographic area (one county)
- Tell us about it!
- Consider addressing the priority health issues if you aren't already
  - If you are, make sure to coordinate your efforts with others to maximize your impact. A great way to do this is through CAHA's committees!
- Community Health Improvement Plan Contacts
  - Clinton County: Contact Marcus Cheatham (mcheatham@mmdhd.org), LeeAnna Vickery (vickery@ceicmh.org), Rex Hoyt (rhoyt@mmdhd.org)
  - Eaton County: Contact Anne Barna (abarna@bedhd.org)
  - Ingham County: Contact Janine Sinno (Jsinno@ingham.org)

## How to connect with the project:

- Online: <u>www.HealthyCapitalCounties.org</u>
- Facebook: @HealthyCapitalCounties
- Email list: contact Anne Barna <u>abarna@bedhd.org</u> to be added



