

Healthy Kent 2010



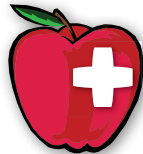
About Healthy Kent

Vision

Through the leadership of Healthy Kent 2010, Kent County will be the healthiest county in the nation.

Mission

Healthy Kent 2010 will improve the health and well-being of Kent County residents through inclusive collaboration, education, awareness, advocacy and data-driven decisions.



Community Health through Community Action

The health of a community is the shared responsibility of its members. Everyone has a role to play in building a healthier, more vibrant community and no one person, organization, or sector can do this alone. Healthy Kent began in 1993 to provide an arena where individuals and organizations can work together to identify health problems affecting our community and to seek solutions.

By fostering collaboration, Healthy Kent 2010 helps our community identify common concerns, take concrete steps to solve problems, and sustain a long-term, community-wide vision – the actions necessary to create a healthier community.

Healthy Kent 2010's reputation of neutrality and trust makes it a go-to place for health information. This community-based public health model seeks to improve health policies, programs, and services by focusing on community needs while working with health professionals and public and community health agencies. This reflects a shift from just providing services in a community to using active partnerships to build a community's capacity to address its own health problems.

How Do We Know It's Working?

The goal of the 2009 Community Health Indicator Report is to provide an overview of key health indicators for Kent County and to encourage dialogue about actions that can be taken to improve the community's health. There is a need for relevant data that communities can use to assess and monitor local health and to guide program and policy development.

In this report, Healthy Kent is using a variety of "health indicators" to help assess the health of Kent County. They are meant to raise public awareness, inspire citizens to get involved in the community, and motivate organizations, institutions and business to take action toward a better quality of life.

Since its inception, Healthy Kent has modeled itself after the national Healthy People initiative, a detailed national agenda for promoting health and preventing disease, disability, and premature mortality (see www.health.gov/healthypeople). The indicators are organized using the Leading Health Indicators from Healthy People 2010 which identify 10 key public health concerns. Healthy Kent 2010 added an 11th indicator, Infant Mortality, because it is a strong indication of a community's overall wellbeing. The Healthy People agenda is based on two overarching goals: (1) to increase the quality and number of years of healthy life and (2) to eliminate health disparities. Healthy Kent tailors the national plan to local needs and fosters community collaboration focused on health promotion and disease prevention.

Each indicator is an important health issue by itself but together, these indicators help us understand that there are many factors that matter to the health of individuals and communities.

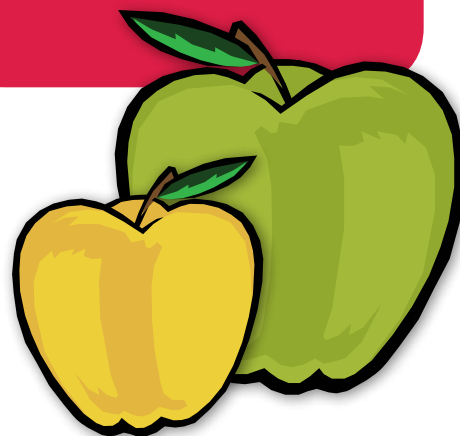
This report tracks indicators over time. It compares Kent County to Michigan and the nation. The report also benchmarks the most recent data to data collected in 2002. It is intended to be the basis for generalized statements about whether health in Kent County is improving, declining, or staying the same.

Future Direction

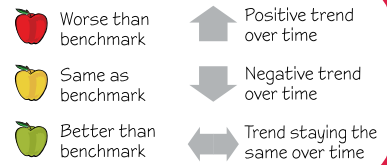
To realize the vision of Healthy Kent to be the healthiest county in the nation, we need to be able to compare Kent County with a set of "peer" counties, identified on the basis of population size, composition, and density. We will be benchmarking our overall performance against these comparable counties.

With the 2009 indicators as a starting point, we propose to enhance the data and improve the process. Healthy Kent 2010 aims to link community programs to outcomes and share the data with agencies in the community.

We hope this report will help demonstrate the need for data and encourage exploration of ways to produce the data. We hope it will stimulate further analysis and action to advance health promotion and disease prevention in Kent County.



Dashboard

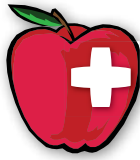


CATEGORY	INDICATOR	KENT COUNTY BENCHMARK*	KENT COUNTY	MICHIGAN	GOAL**
Physical Activity	Percentage of adults who report engaging regularly in moderate physical activity	31.6%			50%
Overweight & Obesity	Percentage of adults who report being obese (BMI ≥30)	19.6%			15%
Tobacco Use	Percentage of adults who report being current smokers	19.8%			12%
Substance Abuse	Percentage of adults who report binge drinking of alcoholic beverages	17.1%			6%
Responsible Sexual Behavior	Pregnancy rate among females under 20 years (per 1,000)	61.2			43
Mental Health	Suicide rate (per 100,000)	9.3			4.8
Injury & Violence	Rate of reported domestic violence offenses (per 10,000)	70.4			33
Environmental Quality	Percentage of children aged 1-2 years with lead poisoning (≥10.0 µg/dL)	4.2%			0%
Immunizations	Percentage of fully immunized toddlers, aged 19-35 months (4:3:1:3:3:1:4)	67% (2004)			80%
Access to Care	Percentage of persons aged 18-64 years who report having no health care insurance coverage	12.8%			0%
Infant Health	Infant mortality rate (Deaths per 1,000 live births)	8.4 TOTAL AA = 18.9 W = 6.8 H = 10.7			4.5

*Benchmark is from 2002 unless otherwise indicated.

**Goal is HP2010 goal.

AA = African American, W = White, H = Hispanic.



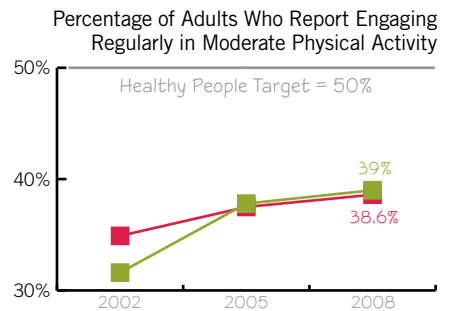
A Closer Look at the Indicators

KEY ■ = Kent County
■ = Michigan

1 Physical Activity

Regular physical activity throughout life is important for maintaining a healthy body, enhancing psychological well-being and preventing premature death.

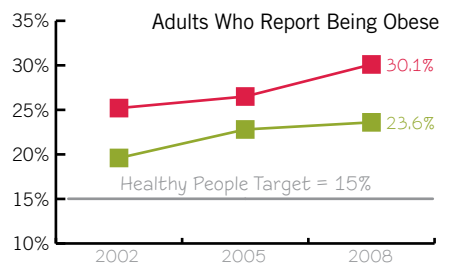
The highest risk of death and disability is found among those who do no regular physical activity. Research has shown that engaging in any amount of physical activity is preferable to none. There has been a steady improvement in those who report engaging in regular physical activity for both Kent County and Michigan.



2 Overweight & Obesity

Overweight and Obesity have tremendous consequences on our community's health and economy.

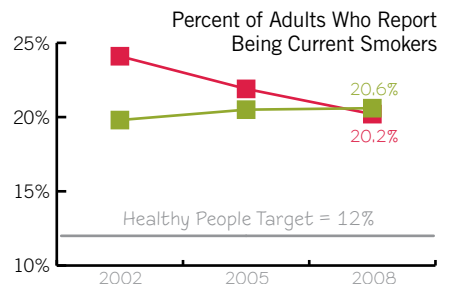
Both are linked to a number of chronic diseases, including coronary heart disease, stroke, diabetes, and some cancers. Obesity rates among all groups in society have increased markedly due to unhealthy options when it comes to diet and physical activity. Communities need healthy options which are easy, affordable, and available for all. Since 2002, Kent County and Michigan have seen a continuous increase in the number of persons who report being obese.



3 Tobacco Use

Cigarette smoking is the single most preventable cause of disease, disability and death. More deaths are caused each year by tobacco use than by all deaths from HIV, illegal drug use, alcohol use,

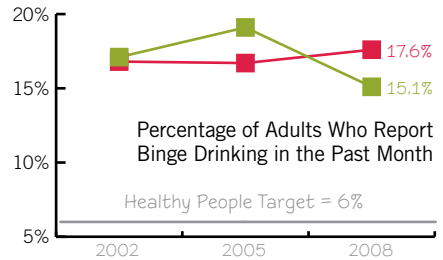
motor vehicle injuries, suicides, and murders combined. In Kent County the percent of adults who report smoking has stayed about the same since 2002, however there has been a steady decline in Michigan.



KEY ■ = Kent County
■ = Michigan

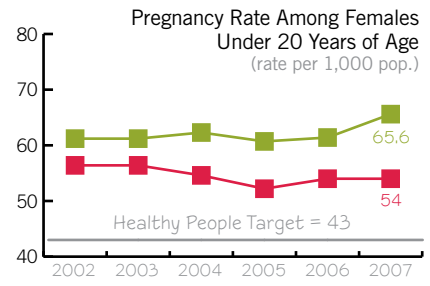
4 Substance Abuse

Substance abuse has a major impact on individuals, families, and communities. The effects of substance abuse are cumulative, contributing to costly social, physical, mental, and public health problems. Binge drinking is reported for this category and refers to the heavy consumption of alcohol over a short period of time. Kent County has seen a decline in binge drinking since 2005; however there has been a slight increase in Michigan.



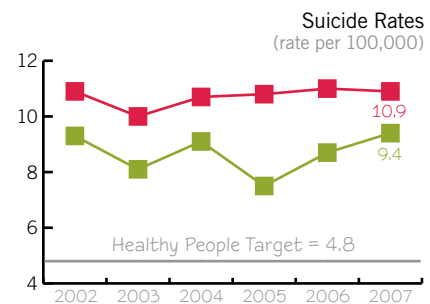
5 Responsible Sexual Behavior

A large number of pregnancies to females under 20 years of age are unintended, almost eight in 10. Teenage mothers are less likely to be married and more likely to live in poverty, have decreased educational achievement, greater welfare dependency, and an increased potential for child abuse and neglect. While the rate has been remaining steady in Michigan, the rate in Kent County has been increasing. This may suggest that more public health programming should be aimed toward pregnancy prevention and planning.



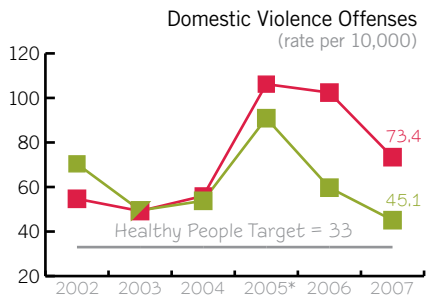
6 Mental Health

Mental Health is how we think, feel and act as we cope with life. It is essential to a person's overall health. During a given year, approximately 20% of the US population is affected by mental illness with depression being the most common disorder. The social stigma attached to mental illness and mental health's continued lack of parity with physical health, contributes to people not seeking help. Suicide is one tragic consequence of undiagnosed, untreated, or under-treated mental illness. In Kent County and Michigan there has been little change in the rates of suicide. Kent County has an average of 52 deaths by suicide per year, that's one per week.



7 Injury and Violence

Domestic or intimate partner violence may be one of the most widespread health problems and yet one of the least reported. Although both men and women can be abused, most victims are women. Children in homes where there is domestic violence are more likely to be abused and/or neglected. The pervasive problem of domestic violence takes everyone in the community to make it stop. In both Kent County and Michigan there has been a continuing decline in the rate of domestic violence offenses, with Kent County nearing the Healthy People target.

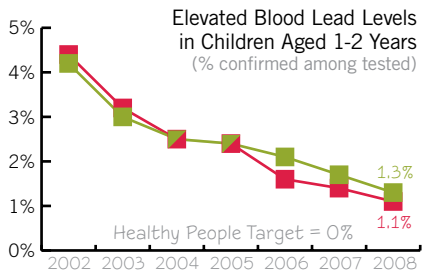


*Number of Victims for Kent County (Number of offenses for Kent County not available for 2005)

KEY ■ = Kent County
■ = Michigan

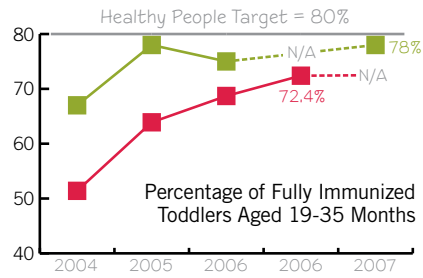
8 Environmental Quality

Children under the age of 6 are especially vulnerable to lead poisoning, which can severely affect mental and physical development. For this category, elevated blood lead levels in children ages 1-2 years old is being measured. Lead-based paint and lead-contaminated dust in older buildings are the most common sources of lead poisoning in children. Due to the outstanding efforts of the "Get the Lead Out" initiative, Kent County has seen the percentage of kids with high blood lead levels decreasing every year.



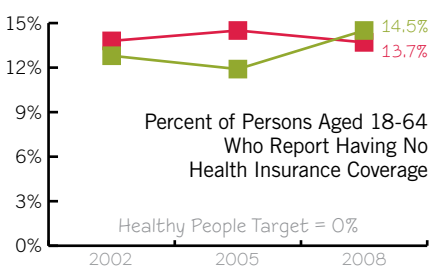
9 Immunizations

Vaccines are among the greatest public health achievements of the 20th century. Vaccines have reduced or eliminated many infectious diseases that once routinely killed or harmed many infants, children, and adults. In Kent County, the percent of toddlers ages 19-35 months fully immunized is at 78% just a few points from the target of 80%.



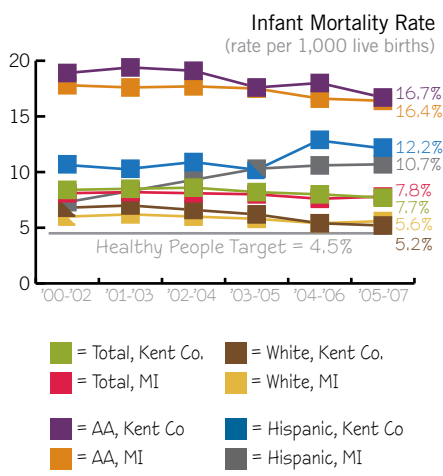
10 Access to Quality Health Care

Strong predictors of access to quality health care include having health insurance, a higher income level, and a regular primary care provider. Uninsured people are less likely as people with health insurance to have a primary care provider; to have received preventive care, such as mammograms; or to have had any recent medical visits. Evidence suggests that lack of insurance over an extended period significantly increases the risk of premature death. With the poor economy in MI, persons who report having no health insurance coverage in Kent County has been increasing.



11 Infant Mortality

Infant Mortality (IM) Rate is the measure at which babies die before their first birthday. It is considered to be the indicator that accurately measures the health of an entire community. IM is complex and multifaceted. The leading causes of IM - prematurity, low birth weight, SIDS - are influenced by social determinants of health such as, lack of prenatal care, domestic violence, substance abuse, poverty, unintended pregnancies, poor nutrition, racism, and stress. For some groups in Kent County and MI, there have been improvements in IM rates. For African Americans and Caucasians (White), the trends are moving in a positive direction. However, the Hispanic rate is worse than the 2002 benchmark and the trend has been moving in a negative direction. Also note the disparity between the death rates of African American and Hispanic babies to the White rate. The rates are 3 to 2.5 times greater respectively.



Acknowledgments

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An electronic copy of this report is available at www.healthykent.org.

Data Sources

CATEGORY	INDICATOR	HP 2010 OBJECTIVE & HP 2010 DATA SOURCE	DATA SOURCE FOR 2008 HEALTHY KENT REPORT
Physical Activity	The percentage of adults who report engaging regularly in moderate physical activity	(Similar Objective) 22-2 Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day, <i>National Health Interview Survey (NHIS), CDC, NCHS</i>	2006-2008 Behavioral Risk Factor Surveillance System (BRFSS) from Michigan Department of Community Health (MDCH)-3 year average
Overweight & Obesity	Adults who report being obese (BMI ≥ 30)	19-2 Reduce the proportion of adults who are obese, <i>National Health and Nutrition Examination Survey (NHANES), CDC, NCHS</i>	2006-2008 Behavioral Risk Factor Surveillance System (BRFSS) from Michigan Department of Community Health (MDCH)-3 year average
Tobacco Use	Percent of adults who report being current smokers	27.1a Reduce tobacco use by adults - Cigarette smoking, <i>National Health Interview Survey (NHIS), CDC, NCHS</i>	2006-2008 Behavioral Risk Factor Surveillance System (BRFSS) from Michigan Department of Community Health (MDCH)-3 year average
Substance Abuse	The percentage of adults who report binge drinking (5 or more drinks in one sitting for men or 4 or more drinks in one sitting for women) in the past month	26-11c Binge drinking in the past month - Adults (aged 18 years and over), <i>National Household Survey on Drug Use and Health (NSDUH), SAMHSA</i>	2006-2008 Behavioral Risk Factor Surveillance System (BRFSS) from Michigan Department of Community Health (MDCH)-3 year average
Responsible Sexual Behavior	Pregnancy rate among females under 20 years (Pregnancy is defined as the sum of live births, abortions and estimated miscarriages amongst the teen population.)	9.7 Reduce pregnancies among adolescent females, <i>Abortion Provider Survey, The Alan Guttmacher Institute, National Vital Statistics System (NVSS), CDC, NCHS; National Survey of Family Growth (NSFG), CDC, NCHS; Abortion Surveillance Data, CDC, NCCDPHP (aged 15-17 years)</i>	Division for Vital Records & Health Statistics, Michigan Department of Community Health, Teen pregnancy rates are per 1,000 females ages 15-19
Mental Health	Suicide Rates	18-01 Suicide (age adjusted per 1000 standard population)	Michigan Vital Statistics
Injury & Violence	Rate of reported Domestic Violence Offenses	(Similar Objective) 15-34 Reduce the rate of physical assault by current or former intimate partners (age 12 years or older), <i>National Crime Victimization Survey (NCVS), U.S. Department of Justice, Bureau of Justice Statistics</i>	Michigan State Police, Uniform Crime Report
Environmental Quality	Lead poisoning in children ages 1-2yrs old. (≥ 10.0 $\mu\text{g}/\text{dL}$)	8-11 Eliminate elevated blood lead levels in children	Kent County and Michigan Childhood Lead Poisoning Prevention Program (CLPPP)
Immunizations	Percent of fully immunized toddlers, ages 19-35 months (4:3:1:3:3:1:4)	14-24a Fully immunized young children and adolescents - Children aged 19-35 months, <i>National Immunization Survey (NIS), CDC, NCIIRD, NCHS</i>	Kids Count
Access to Care	Percent of persons aged 18-64 years who report having no health care insurance coverage	(Similar Objective) 1-1 Percent of persons with Health Insurance, <i>HNIS</i>	BRFSS: Michigan and Kent Co.
Infant Health	Infant Mortality Rate (Deaths/1,000 live births)	16-01c All Infant deaths (within 1 year (per 1,000 live births), <i>National Vital Statistics System Mortality and Natality (NVSS-M, NVSS-N), CDC, NCHS</i>	Michigan Vital Statistics

DNA = Data have not been analyzed. DNC = Data are not collected. DSU = Data are statistically unreliable

