Community Health Needs Assessment

PREPARED BY

ST. CLAIR COUNTY HEALTH DEPARTMENT
Our Community. Our Environment.
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

2016 CHNA found at www.scchealth.co | 1
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2. SCC Regions / Table of Contents
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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
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.

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.

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.

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.

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.

33% OBESO

32% OVERWEIGHT

2016 CHNA found at www.scchealth.co
### Cancer


All Cancer (skin & non-skin)

| Type       | Incidence Rate
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>SCC</td>
<td>8.3%</td>
</tr>
<tr>
<td>MI</td>
<td>12%</td>
</tr>
</tbody>
</table>

#### Mortality (2011-2015)

Deaths per 100,000 per year

<table>
<thead>
<tr>
<th>Type</th>
<th>Incidence Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>SCC</td>
<td>179.6</td>
</tr>
<tr>
<td>MI</td>
<td>172.2</td>
</tr>
</tbody>
</table>

### Skin Cancer

Those with the highest rate of skin cancer:

- Aged 65+
- Have at least some college education

No regional differences:

<table>
<thead>
<tr>
<th>Region</th>
<th>SCC Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>NE</td>
<td>3.4%</td>
</tr>
<tr>
<td>S</td>
<td>3.7%</td>
</tr>
<tr>
<td>W</td>
<td>3.8%</td>
</tr>
</tbody>
</table>

### 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

### All Other Cancers

Those with the highest rate of all other cancers:

- Aged 65+
- Women
- White

No regional differences:

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#### 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)
DIABETES

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

RISK FACTORS: Overweight/Obesity
33% OBSESE
32% OVERWEIGHT

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

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

Self-Management:
< 20% of those with diabetes believe there are not helpful community services for diabetes management

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

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

2016 CHNA found at www.scchealth.co | 5
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


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

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

Intentional self-harm (suicide)

6   |   St. Clair County Health Department
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 in 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

2016 CHNA found at www.scchealth.co
**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

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

$35K

Overweight/Obesity

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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

2016 CHNA found at www.scchealth.co
> 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:
- 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

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

Self-Management:

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

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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

2016 CHNA found at www.scchealth.co  |  11
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

< 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:

- OBESE: 20%
- OVERWEIGHT: 17%

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:

- OBESE: 18%
- OVERWEIGHT: 16.5%

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

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

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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

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

Those who smoked while pregnant:

• SCC - 3 in 10
• MI - 2 in 10

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

Teen Births

SCC 7.6%  MI 6.9%

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

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

Infant Deaths

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