

Kalkaska County
2015 COMMUNITY HEALTH ASSESSMENT AT-A-GLANCE

Community Health Status Assessment

Indicator		Michigan	DHD#10	Kalkaska County
Access to Care	Ratio: Primary care physicians	1,240:1		2,870:1
	Ratio: Dentists	1,450:1		3,480:1
	Had to forego care in past year due to costs		12.4%	15.5%
Chronic Disease	High blood pressure		33.4%	39.6%
	Lung cancer incidence	69.1/100,000		76.7/100,000
	Colorectal cancer incidence	42.5/100,000		47.4/100,000
	Cardiovascular disease incidence	10.2%		12.2%
	Adult asthma		11.0%	16.3%
	Teen asthma incidence			52.2%
Health Disparities	Median household income	\$48,200		\$39,269
	High school graduate	89.3%		86.2%
	College degree	26.4%		13.0%
Healthy Lifestyles	Adult overweight and obesity		66.1%	57.4%
	Teen overweight and obesity			37.9%
	Met recommended physical activity guidelines (teens)			56.1%
	Adequate fruit and vegetable consumption (teens)			29.8%

Maternal /Child	Smoked during pregnancy	18.3%		36.3%
	Teen pregnancy	38.3/1,000		42.4/1,000
Mental Health	Poor mental health in past 14 days		12.1%	19.5%
	Ratio: Mental health providers	450:1		2,480:1
Substance Abuse	Heavy drinker		7.7%	9.2%
	Binge drinking		16.0%	17.4%
	Binge drinking in past 30 days - teens			14.0%
	Marijuana use in past 30 days - teens			12.2%
Tobacco	Smoking - adults		29.1%	39.0%
	Cigarette use in past 30 days - teens			16.7%
	Exposed to second-hand smoke in past 7 days (teens)			62.0%

Sources: District Health Department #10, US Census Bureau, Michigan Department of Health and Human Services, Michigan Profile for Healthy Youth, County Health Rankings.

Key Surveys Results

QUESTION	Kalkaska County Health Survey n=178
What are the top three factors that define a “healthy community”?	<ol style="list-style-type: none"> 1. Access to health care 2. Access to affordable healthy foods 3. Adequate income 4. Access to physical activity opportunities 5. Strong family life
What are the top three health problems in Kalkaska County?	<ol style="list-style-type: none"> 1. Substance abuse issues 2. Overweight and obesity 3. Lack of physical activity 4. Affordable housing 5. Chronic diseases (heart disease, cancer, diabetes, COPD, stroke)

WHAT MATTERS TO YOU? COMMUNITY SURVEY	
QUESTION	Kalkaska County Health Survey n=178
What are the problems that you and/or your family are having in getting health care services?	<ol style="list-style-type: none"> 1. High deductibles and/or co-pays 2. Cannot afford medications 3. Getting specialist care 4. Existing medical debt 5. Finding a doctor/ No health insurance

Community Conversations

Focus question	Kalkaska Community Collaborative
What can we do in Kalkaska County to move closer to our vision of a healthy community?	<ol style="list-style-type: none"> 1. Continuously focus on health and wellness 2. Strategically implement education building blocks 3. Mindfully engage community 4. Purposefully incorporate nutritional health 5. Thoughtfully and deliberately improve behavioral health 6. Strategically recruit economic opportunity 7. Thoughtfully and open-mindedly consider infrastructure 8. Continuously create incentives for active participation
Focus question	Live Well Kalkaska County
How will Kalkaska County address obesity and substance abuse in the next 1-2 years?	<ol style="list-style-type: none"> 1. Obesity <ol style="list-style-type: none"> a. Healthy eating b. Physical activity c. Schools d. Educate and promote health 2. Substance abuse <ol style="list-style-type: none"> a. Publicize resources b. Increase services available