**ISSUE BRIEF: ACCESS TO HEALTH CARE**
Lake County

**Health Professions Shortage Areas**
Lake County has a shortage in primary care, behavioral health, and dental health providers.

<table>
<thead>
<tr>
<th>Health Insurance</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.1% of the adult population under age 65 in Lake County is uninsured.</td>
</tr>
<tr>
<td>District Health Department #10 Behavioral Risk Factor Survey, 2015</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Primary Care Providers</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.7% of the adult population in Lake County does not have a primary care provider.</td>
</tr>
<tr>
<td>District Health Department #10 Behavioral Risk Factor Survey, 2015</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dental Health Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>45.5% of adults in Lake County reported no dental visit in the past year.</td>
</tr>
<tr>
<td>District Health Department #10 Behavioral Risk Factor Survey, 2015</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Primary care physicians</th>
<th>Lake</th>
<th>Michigan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dentists</td>
<td>1,420:1</td>
<td>1,450:1</td>
</tr>
<tr>
<td>Mental health providers</td>
<td>1,890:1</td>
<td>450:1</td>
</tr>
<tr>
<td>County Health Rankings, 2016</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Regular and reliable access to health services can prevent disease and disability, detect and treat illnesses or other health conditions, reduce medical costs, increase quality of life, reduce the likelihood of premature death, and increase life expectancy.
“What Matters to You?” Community Survey Results

(n=128)

Access to health care, including primary care, specialty care, behavioral health services, and dental care was the #1 response of the community members when identifying the most important factors needed for a healthy community.

When asked about the three most important problems in your community, access to care was ranked 4th.

---

Major Barriers to Getting Health Care

- Access to affordable health care
- Availability of transportation
- Lack of information on cost of health care services
- Lack of information on area health care resources
- Coordination of resources among services and providers

---

What are the problems adults, older adults, and children in your family have in getting health care services?

<table>
<thead>
<tr>
<th>Adults</th>
<th>Older Adults</th>
<th>Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Health insurance does not cover dental services</td>
<td>• Transportation issues</td>
<td>• Finding a behavioral health provider</td>
</tr>
<tr>
<td>• Health insurance coverage is limited</td>
<td>• Health insurance has high deductibles/co-pays</td>
<td>• Health insurance does not cover dental services</td>
</tr>
<tr>
<td>• Transportation issues</td>
<td>• ER waiting time</td>
<td>• ER waiting time</td>
</tr>
<tr>
<td>• Cannot afford visits to doctor, dentist, clinic, and/or hospital</td>
<td>• Cannot afford visits to doctor, dentist, clinic, and/or hospital</td>
<td>• Cannot afford visits to doctor, dentist, clinic, and/or hospital</td>
</tr>
<tr>
<td>• Finding a dentist</td>
<td>• Health insurance coverage is limited</td>
<td>• Finding a dentist</td>
</tr>
</tbody>
</table>

Community Conversation:
Lake County Roundtable
“What can we do in Lake County to move closer to our vision of a healthy community?”

Responses related to access to care

- Increase access for existing and mobile preventive health services
  - Access to health care
  - Need for pediatric doctor
  - Preventive health programs and services
  - Health equity
  - Mobile clinics
  - Substance abuse prevention and treatment

Community Resources

- Family Health Care
- District Health Department #10
- Spectrum Health Reed City
- Spectrum Health Ludington
- Susan P. Wheatlake Cancer Center
- Baldwin Child and Adolescent Health Center
more information, visit our website at www.dhd10.org or contact Donna Norkoli at dnorkoli@dhd10.org
ISSUE BRIEF: CHRONIC DISEASE
Lake County

Contributing Factors
- Tobacco use
- Lack of physical activity
- Unhealthy diet and obesity
- High blood pressure
- High cholesterol
- Lack of screening and regular medical care

Chronic Disease
- Heart disease
- Stroke
- Cancer
- Diabetes

Outcome
- Early death
- Serious illness
- Long term disability
- Decreased quality of life
- Economic loss

7 of the top 10 causes of death are chronic disease related.
About half the adults in the US have one or more chronic conditions.
Risk of chronic disease can be prevented or reduced through lifestyle changes.

Behavioral Risk Factor Survey Results - 2015

<table>
<thead>
<tr>
<th>Condition</th>
<th>Lake</th>
<th>DHD#10</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>41.6%</td>
<td>33.4%</td>
</tr>
<tr>
<td>Arthritis</td>
<td>39.3%</td>
<td>31.3%</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>42.9%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Lifetime Asthma</td>
<td>17.5%</td>
<td>16.0%</td>
</tr>
<tr>
<td>Current Asthma</td>
<td>13.1%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Any Cardiovascular Disease</td>
<td>13.7%</td>
<td>10.2%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>14.0%</td>
<td>10.2%</td>
</tr>
<tr>
<td>Heart Attack</td>
<td>9.2%</td>
<td>5.2%</td>
</tr>
<tr>
<td>Angina</td>
<td>6.4%</td>
<td>5.2%</td>
</tr>
<tr>
<td>COPD</td>
<td>16.3%</td>
<td>9.0%</td>
</tr>
<tr>
<td>Cancer, Non-Skin</td>
<td>6.9%</td>
<td>6.9%</td>
</tr>
<tr>
<td>Skin Cancer</td>
<td>3.6%</td>
<td>4.9%</td>
</tr>
<tr>
<td>Stroke</td>
<td>3.9%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Tobacco Use</td>
<td>39.1%</td>
<td>29.1%</td>
</tr>
</tbody>
</table>
“What Matters to You?” Community Survey Results
(n=128)

<table>
<thead>
<tr>
<th>What do you think are the top factors that define a healthy community, related to chronic disease?</th>
<th>What do you think are the top health problems in Lake County, related to chronic disease?</th>
</tr>
</thead>
<tbody>
<tr>
<td>56.5% Access to health care</td>
<td>35.8% Overweight and obesity</td>
</tr>
<tr>
<td>40.3% Access to affordable healthy foods</td>
<td>28.3% Lack of access to health care</td>
</tr>
<tr>
<td>15.3% Healthy lifestyles</td>
<td>19.2% Chronic disease (heart disease, cancer, stroke)</td>
</tr>
<tr>
<td>17.7% Parks and recreation; access to physical activity</td>
<td>18.3% Lack of physical activity</td>
</tr>
</tbody>
</table>

Community Conversation: Lake County Roundtable

“What can we do in Lake County to move closer to our vision of a healthy community?”

Responses related to chronic disease

- Increase community health education
  - Education; food prep; closer training options
  - Food and nutrition education
  - Cooking classes for families and youth
  - Community home economics classes open to all income levels
  - Increase number of women who breastfeed
  - Personal health accountability
  - Education on healthy lifestyle
- Increase access for existing and mobile preventive health services
  - Access to health care
  - Need for pediatric doctor
  - Preventive health programs and services
  - Mobile clinics
- Create opportunities for physical activity
  - YMCA for all ages
  - Gym (at school, affordable to community)
  - Youth activities
  - Fitness center
  - Guided trail walks
- Provide access to affordable, fresh, healthy food
  - Bigger, more frequent farmers markets
  - Community market fruit and vegetables
  - Community garden
  - Access to affordable and healthy foods

Community Resources

- Northwest Michigan Chronic Disease Prevention Coalition: The Tencon Health plan is funding District Health Department #10 to implement a comprehensive approach to chronic disease prevention and treatment guided by a cross-sector coalition with representatives from across 21 counties of Northwest Michigan.
- Diabetes Prevention Program
- Spectrum Health Win with Wellness

For more information, visit our website at [www.dhd10.org](http://www.dhd10.org) or contact Donna Norkoli at dnorkoli@dhd10.org
ISSUE BRIEF: HEALTH DISPARITIES AND SOCIAL DETERMINANTS OF HEALTH
Lake County

Health disparities are differences in health outcomes across subgroups of the population. They are often related to determinants of health: social, economic, or environmental disadvantages.

<table>
<thead>
<tr>
<th>Health Disparities</th>
<th>Lake</th>
<th>Michigan</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Geographic isolation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lack of safe housing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disability</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poverty</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low health literacy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>High rates of health risk behavior</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Poverty:**
- All ages, 2013: 31.0% (Lake), 17.0% (Michigan)
- Ages 0-17, 2013: 52.2% (Lake), 23.7% (Michigan)

**Medicaid paid births, 2014:**
- 70.1% (Lake), 42.8% (Michigan)

**Children eligible for free/reduced price lunch, 2014:**
- 92.3% (Lake), 46.7% (Michigan)

**Unemployment, 2014:**
- 11.0% (Lake), 7.3% (Michigan)

**Median household income, 2013:**
- $30,656 (Lake), $48,200 (Michigan)

**Disability, under age 65, 2010-2014:**
- 21.8% (Lake), 10.2% (Michigan)

**High school graduate, age 25+, 2010-2014:**
- 82.3% (Lake), 89.3% (Michigan)

**Bachelor’s degree or higher, age 25+, 2010-2014:**
- 9.2% (Lake), 26.4% (Michigan)

**Source:**
- Michigan League for Public Policy
- US Census Bureau, American Community Survey
Community Conversation:
Lake County Roundtable
“What can we do in Lake County to move closer to our vision of a healthy community?” Responses related to health disparities

- Increase access for existing and mobile preventive health services
  - Access to health care
  - Health equity
  - Mobile clinics
- Create opportunities for physical activity
  - YMCA for all ages
  - Youth activities
  - Fitness center
  - Guided trail walks
- Provide access to affordable, fresh, healthy food
  - Bigger, more frequent farmers markets
  - Community market; fruit and vegetable
  - Community garden (sell produce to support youth activities)
  - Access to affordable and healthy food
- Improve culture and climate to increase job growth
  - Jobs - employment to meet basic needs
  - Job growth and training
  - Change culture and climate related to employment
- Create opportunities for expanded transportation
  - Transportation needs (after hours)
  - Transportation (on demand)
- Build safe, affordable 24 hour childcare network
  - Child care (extended hours and infant care)
- Working together in unity to create a healthy and active community
  - Community involvement; culture of healthy people
  - More organized activities for youth (positive guidance)
  - Increased community involvement and support

Community Resources

Local Food Pantries
Government Subsidized Food Programs
Baldwin Housing Commission
True North
Yates Dial-a-Ride
Michigan Works
Five Cap, Inc.
Habitat for Humanity
LOVE, INC.
Salvation Army
Lake County Council on Aging
<table>
<thead>
<tr>
<th>What are the most important factors needed for a healthy community?</th>
<th>What are the three most important community health problems in the county you live in?</th>
</tr>
</thead>
<tbody>
<tr>
<td>28.3%  Lack of access to health care</td>
<td>56.5%  Access to health care</td>
</tr>
<tr>
<td>20.8%  Unsafe home environments</td>
<td>40.3%  Access to affordable, healthy food</td>
</tr>
<tr>
<td>15.8%  Lack of affordable housing</td>
<td>37.9%  Good jobs and healthy economy</td>
</tr>
<tr>
<td></td>
<td>29.0%  Good schools/high value on education</td>
</tr>
<tr>
<td></td>
<td>25.8%  Affordable housing</td>
</tr>
</tbody>
</table>

For more information, visit our website at [www.dhd10.org](http://www.dhd10.org) or contact Donna Norkoli at dnorkoli@dhd10.org
An unhealthy lifestyle leads to heart disease, high blood pressure, diabetes, several types of cancer, obesity, complications during pregnancy, and early death.

<table>
<thead>
<tr>
<th>2015 DHD#10 Behavioral Risk Factor Survey Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>No leisure time physical activity</td>
</tr>
<tr>
<td>Inadequate fruit and vegetable consumption (≤5 times/day)</td>
</tr>
<tr>
<td>Sometimes/often don’t have enough to eat</td>
</tr>
</tbody>
</table>
**“What Matters to You?” Community Survey Results**

(n=128)

Related to healthy lifestyle, these are the most important factors identified for a healthy community:

- Access to affordable, healthy foods (40.3%)
- Parks and recreation/ access to physical activity (17.7%)
- Healthy lifestyles (15.3%)

The most important health problems identified in the community, related to healthy lifestyle:

- Overweight and obesity (35.8%)
- Chronic disease (19.2%)
- Lack of physical activity (18.3%)

---

**Community Conversation:**

*Lake County Roundtable*

“What can we do in Lake County to move closer to our vision of a healthy community?”

Focus areas related to healthy lifestyle

- Increase community health education
  - Education; food prep; training options
  - Food and nutrition education
  - Cooking classes for family and youth
  - Community home economics classes open to all income levels
  - Personal health accountability
  - Education on healthy lifestyle
- Create opportunities for physical activity
  - YMCA for all ages
  - Gym (at school, affordable to community)
  - Youth activities
  - Fitness center
  - Guided trail walks
- Provide access to affordable, fresh, healthy food
  - Bigger, more frequent farmers markets
  - Community market; fruit and vegetable
  - Community garden
  - Access to affordable and healthy food

---

**Community Resources**

- Local Farmers Market
- MSU Extension
- Lake County Food Policy Council
- North Country Trail Pere Marquette Rails to Trails
- Indoor walking areas
- Hollister Senior Center
- Community Family Youth Park
- District Health Department #10
- DHD#10 Better Business, Better Health
- SNAP-Ed Nutrition education programs
- Spectrum Health Win with Wellness
- Spectrum Health Fit Club in schools
- True North After School Program

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For more information, visit our website at [www.dhd10.org](http://www.dhd10.org) or contact Donna Norkoli at dnorkoli@dhd10.org
ISSUE BRIEF: MATERNAL, INFANT AND CHILD HEALTH
Lake County

Maternal, Infant, and Child Health

Despite major advances in medical care, critical threats to maternal, infant, and child health still exist.

<table>
<thead>
<tr>
<th></th>
<th>Lake County</th>
<th>Michigan</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant deaths</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Preterm births</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teen pregnancy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unintended pregnancy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vaccine-preventable</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sexually transmitted</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child abuse and neglect</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Factors that have been linked to maternal, infant, and child health outcomes include race and ethnicity, age, income level, educational attainment, medical insurance coverage, access to medical care, pre-pregnancy health, and general health status.

- **Infant mortality**: Five year death rates per 1,000 live births
  - Lake: Too small to calculate
  - Michigan: 6.9
  - Source: Michigan Department of Health and Human Services, 2012-2014

- **Births with adequate prenatal care**
  - Lake: 56.7%
  - Michigan: 67.5%
  - Source: Michigan Department of Health and Human Services, 2012-2014

- **Preterm births**: Infants born prior to 37 completed weeks of gestation
  - Lake: 9.2%
  - Michigan: 12.3%
  - Source: Michigan Department of Health and Human Services, 2014

- **Maternal smoking**: Women who smoked while pregnant
  - Lake: 37.9%
  - Michigan: 18.3%
  - Source: Michigan Department of Health and Human Services, 2014

- **Teen Pregnancy**: Rate per 1,000
  - Lake: 53.5
  - Michigan: 38.3
  - Source: Michigan Department of Health and Human Services, 2012-2014

- **Childhood immunization**: Percent of children age 19-35 months who have received recommended immunizations (4 DtaP, 3 Polio, 1 MMR, 3 Hib, 3 HepB, 1 Varicella, 4 PCV)
  - Lake: 76.2%
  - Michigan: 74.0%
  - Source: Michigan Care Improvement Registry, December 2015

- **Child abuse and neglect**: Rates for confirmed child abuse and neglect, per 1,000 children under age 18
  - Lake: 68.6
  - Michigan: 14.7
  - Source: Michigan League for Public Policy, 2014
Community Resources

- Lake County Great Start Collaborative
- Five Cap Head Start
- District Health Department #10
- **DHD#10 WIC/MIHP Quality Improvement Project**: This project is being implemented across the 25 counties of the Northern Michigan Public Health Alliance. The purpose of the project is to partner with WIC to increase enrollment in the Maternal Infant Health Program.
- **DHD#10 Tobacco Prevention and Control Project**: DHD #10 was awarded funding from MDHHS to increase number of calls from pregnant women to the Michigan Tobacco Quitline. Staff is working to distribute Quitline materials and provide trainings on the 5 A’s of tobacco cessation to healthcare providers.
- **Sustaining Community-Based Immunization Project**: DHD#10 was awarded $492,000 on behalf of 6 local health department partners in the Northern Michigan Public Health Alliance. It is designed to increase immunization rates among children and older adults in MCIR Region 5 from 2015-18.

For more information, visit our website at [www.dhd10.org](http://www.dhd10.org) or contact Donna Norkoli at dnorkoli@dhd10.org

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**Community Conversation: Lake County Roundtable**

“What can we do in Lake County to move closer to our vision of a healthy community?”

Responses related to maternal, infant and child health

- Increase community education
  - Increase number of women who breastfeed
- Increase access for existing and mobile preventive health services
  - Need for pediatric doctor
- Build safe, affordable 24 hour childcare network
  - Child care (extended hours and infant care)

---

**“What Matters to You?” Community Survey Results**

(n=128)

<table>
<thead>
<tr>
<th>Most important factors for a healthy community:</th>
<th>Most important health problems in your community:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strong family life 25.0%</td>
<td>Unsafe home environment (child abuse and neglect and domestic violence) 20.8%</td>
</tr>
<tr>
<td>Low levels of child abuse 12.1%</td>
<td>Teen pregnancy 13.3%</td>
</tr>
</tbody>
</table>

---

<table>
<thead>
<tr>
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</tr>
<tr>
<td>Low levels of child abuse 12.1%</td>
<td>Teen pregnancy 13.3%</td>
</tr>
</tbody>
</table>
**Mental Illness**

Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

**Impact on Health**

Mental illnesses are strongly associated with the risk, occurrence, management, progression, and outcome of serious chronic diseases and conditions. Diseases and conditions impacted include diabetes, hypertension, stroke, heart disease, and cancer.

**Treatment**

**Without treatment:**
- Unnecessary disability
- Substance abuse
- Homelessness
- Inappropriate incarceration
- Suicide and wasted lives

**With treatment:**
- Significant reduction of symptoms
- Decrease negative health and social impact
- Increase independence and achievement
- Live longer, healthier lives

The best treatments for serious mental illnesses today are highly effective. Most individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports.
### Lake County vs DHD #10

<table>
<thead>
<tr>
<th>Health Issue</th>
<th>Lake County (%)</th>
<th>DHD #10 (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor mental health days (14+ in past 30 days)</td>
<td>12.8%</td>
<td>12.1%</td>
</tr>
<tr>
<td>Inadequate social support</td>
<td>10.2%</td>
<td>6.9%</td>
</tr>
<tr>
<td>Very dissatisfied/dissatisfied with life</td>
<td>6.7%</td>
<td>6.0%</td>
</tr>
<tr>
<td>Severe psychological distress</td>
<td>3.2%</td>
<td>3.5%</td>
</tr>
<tr>
<td>Getting treatment/medication for mental health condition or emotional problem</td>
<td>16.4%</td>
<td>13.9%</td>
</tr>
</tbody>
</table>

#### District Health Department #10 Behavioral Factor Survey, 2015

<table>
<thead>
<tr>
<th>Health Issue</th>
<th>Lake County (%)</th>
<th>DHD #10 (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatal injuries: suicide, 2013</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Age adjusted per 100,000 (Michigan, 12.9/100,000)</td>
<td>Too small</td>
<td>to calculate</td>
</tr>
</tbody>
</table>

#### Michigan Department of Health and Human Services, 2009-2013

<table>
<thead>
<tr>
<th>Health Issue</th>
<th>Lake County (%)</th>
<th>DHD #10 (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ratio of mental health providers (Michigan, 450:1)</td>
<td>1,890:1</td>
<td></td>
</tr>
</tbody>
</table>

### "What Matters to You?" Community Survey Results

(n=128)

When asked about the top three health problems in Lake County, 22.5% indicated mental health issues.

When asked about the problems adults, older adults, and children in the family are having in getting health care services, responses included:
- Finding a behavioral health provider
- Health insurance does not cover behavioral health services

### Community Resources

- West Michigan Community Mental Health
- Baldwin Child and Adolescent Health Center

For more information, visit our website at [www.dhd10.org](http://www.dhd10.org) or contact Donna Norkoli at dnorkoli@dhd10.org
# Substance Abuse

## Types of Substance Abuse
- Binge drinking
- Excessive drinking
- Underage drinking
- Drinking while pregnant
- Inappropriate use of prescription and over-the-counter drugs
- Any use of illicit drugs

## Effect on Social Conditions
- Family disruptions
- Financial problems
- Lost productivity
- Failure in school
- Domestic violence
- Child abuse
- Crime

## Negative Health Outcomes
- Cardiovascular conditions
- Pregnancy complications
- HIV/AIDS/STIs
- Domestic violence
- Child abuse and neglect
- Motor vehicle crashes
- Homicide/Suicide

## Lake County vs. DHD#10

<table>
<thead>
<tr>
<th></th>
<th>Lake County</th>
<th>DHD#10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy drinking, adults</td>
<td>3.5%</td>
<td>7.7%</td>
</tr>
<tr>
<td>Binge drinking, adults</td>
<td>9.3%</td>
<td>16.0%</td>
</tr>
</tbody>
</table>

*District Health Department #10 Behavioral Factor Survey, 2015*

<table>
<thead>
<tr>
<th></th>
<th>Lake County</th>
<th>Michigan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol impaired driving deaths</td>
<td>25%</td>
<td>30%</td>
</tr>
<tr>
<td>Drug overdose deaths</td>
<td>Unreliable or missing data</td>
<td></td>
</tr>
</tbody>
</table>

*County Health Rankings, 2016*

Excessive alcohol use is a leading cause of preventable death. Prescription drug abuse is the nation’s fastest growing drug problem. Marijuana use and prescription drug abuse among youth is on the rise.
“What Matters to You?” Community Survey Results
(n=128)

Substance abuse was ranked the #1 community health problem in Lake County

Community Conversation:
Lake County Roundtable

“What can we do in Lake County to move closer to our vision of a healthy community?”
Responses related to substance abuse

- Increase community health education
  - Drug and smoking awareness and prevention
- Increase access for existing and mobile preventive health services
  - Substance abuse prevention and treatment

Community Resources

- DHD #10 was awarded a Drug Free Communities Support Program Grant from SAMHSA in October 2015. This will be a five year project to reduce alcohol use and marijuana use among youth in Lake County.
- Some of the initiatives funded in this project include:
  - Training for the “Say it Straight” Program to be implemented by the Juvenile Court.
  - Life Skills Curriculum in the Baldwin Schools
  - Strengthening Families
  - Prevention ads on TV and billboards
  - Making it Cool to be Kind Program – changing the culture and climate between schools and community

For more information, visit our website at www.dhd10.org or contact Donna Norkoli at dnorkoli@dhd10.org
Tobacco use is the single most preventable cause of disease, disability, and death in the US, yet...

More deaths are caused by tobacco use that all deaths from HIV, illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders, COMBINED.

The epidemic of smoking-caused disease ranks among the greatest public health catastrophes of the century, while...

The decline of smoking due to tobacco control is one of the greatest public health successes.

However, after 40 years of steadily declining smoking rates, the decline has stalled.

- Tobacco use poses a heavy burden on individuals, families, communities, the economy and the medical care system.
- Health risks beyond smoking cigarettes include risks from secondhand smoke, third hand smoke, smoking during pregnancy, E-cigarettes, and smokeless tobacco.
- Tobacco use is a major risk factor for the top two leading causes of death: heart disease and cancer.

<table>
<thead>
<tr>
<th></th>
<th>Lake</th>
<th>DHD #10</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current smoker – adults</td>
<td>39.1%</td>
<td>29.1%</td>
<td>DHD#10 Behavioral Risk Factor Survey, 2015</td>
</tr>
<tr>
<td>Women who smoked while pregnant (Michigan 18.3%)</td>
<td>37.9%</td>
<td></td>
<td>Michigan Department of Health and Human Services, 2014</td>
</tr>
<tr>
<td>Any cardiovascular disease</td>
<td>13.7%</td>
<td>10.2%</td>
<td>DHD#10 Behavioral Risk Factor Survey, 2015</td>
</tr>
<tr>
<td>Heart attack</td>
<td>9.2%</td>
<td>5.2%</td>
<td>DHD#10 Behavioral Risk Factor Survey, 2015</td>
</tr>
<tr>
<td>Current asthma</td>
<td>13.1%</td>
<td>11.0%</td>
<td>DHD#10 Behavioral Risk Factor Survey, 2015</td>
</tr>
<tr>
<td>Lifetime asthma</td>
<td>17.5%</td>
<td>16.0%</td>
<td>DHD#10 Behavioral Risk Factor Survey, 2015</td>
</tr>
<tr>
<td>COPD</td>
<td>16.3%</td>
<td>9.0%</td>
<td>DHD#10 Behavioral Risk Factor Survey, 2015</td>
</tr>
<tr>
<td>Lung cancer rates, per 100,000</td>
<td>80.9</td>
<td>69.1</td>
<td>Michigan Department of Health and Human Services, 2008-2012</td>
</tr>
</tbody>
</table>
“What Matters to You?” Community Survey Results  
(n=128)

Community members identified health problems in Lake County, with 19.2% identifying chronic disease, including heart disease, cancer and stroke, as a community health problem.  
11.7% of respondents identified tobacco and e-cigarette use as a health problem in Lake County.

Community Conversation: Lake County Roundtable

“What can we do in Lake County to move closer to our vision of a healthy community?”

Responses related to tobacco use

- Drug and smoking awareness and prevention

Community Resources

Affordable Care Act (ACA): The ACA includes tobacco cessation treatment as an essential service to be offered with all health insurance policies, substantially increasing access.

Tobacco Prevention and Control Funding: DHD#10 received funding from the Michigan Department of Health and Human Services to promote the Michigan Tobacco Quitline and provide training to healthcare providers regarding the 5 A’s of tobacco treatment.

Michigan Cancer Consortium Funding: DHD#10 received funding from the MCC to work with healthcare providers to increase referrals to tobacco cessation programs and has trained staff as Tobacco Treatment Specialists available for referrals.

Northwest Michigan Chronic Disease Prevention Coalition: Developed a Tobacco Treatment Community Clinical Linkages to increase referrals to tobacco use treatment services.

For more information, visit our website at www.dhd10.org or contact Donna Norkoli at dnorkoli@dhd10.org