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

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

- **Primary Care Providers**
  17.6% of the adult population in Manistee County does not have a primary care provider.

- **Dental Health Care**
  28.4% of adults in Manistee County reported no dental visit in the past year.

- **Health Insurance**
  5.1% of the adult population under age 65 in Manistee County is uninsured.

<table>
<thead>
<tr>
<th>Health Professions</th>
<th>Manistee</th>
<th>Michigan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary care physicians</td>
<td>1,750:1</td>
<td>1,240:1</td>
</tr>
<tr>
<td>Dentists</td>
<td>1,630:1</td>
<td>1,450:1</td>
</tr>
<tr>
<td>Mental health providers</td>
<td>1,020:1</td>
<td>450:1</td>
</tr>
</tbody>
</table>

*County Health Rankings, 2016*

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=165)

Most important factors needed for a healthy community

#1 response:
Access to healthcare, including primary care, specialty care, behavioral health services, and dental care

<p>| What are the problems adults, older adults, and children in your family have in getting health care services? |</p>
<table>
<thead>
<tr>
<th>Major Barriers to Getting Health Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Health insurance has high deductibles/co-pays</td>
</tr>
<tr>
<td>• Cannot afford visit to doctor, dentist, clinic, and/or hospital</td>
</tr>
<tr>
<td>• Health insurance coverage is limited</td>
</tr>
<tr>
<td>• Finding a behavioral health provider</td>
</tr>
<tr>
<td>• Transportation issues</td>
</tr>
<tr>
<td>• Access to affordable health care</td>
</tr>
<tr>
<td>• Access to holistic treatment options</td>
</tr>
<tr>
<td>• Lack of information on cost of health care services</td>
</tr>
<tr>
<td>• Coordination of resources among services/providers</td>
</tr>
<tr>
<td>• Ability to take time off work for appointment/care</td>
</tr>
</tbody>
</table>

Community Conversation: Live Well Manistee

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

Responses related to access to care

- Provide access to care for all
  - Weekend clinic hours
  - Mobile health care
  - Medical house calls
  - Improve public transportation; out of town and after hours
  - Increase access to all healthcare, substance abuse, medical, behavioral and dental
  - Expand mobile dental care to whole family at schools
  - Better support to improve life from safety net
  - Prisoners, homeless, seniors, mentally challenged and illiteracy
  - Reach people where they are at about resources
  - Reach those without technology or literacy

- Improve community clinical linkages/connections
  - Evaluate resources and entities
  - Improve community/clinical linkages, e.g. referral for local services
  - 2-1-1
  - Improve diabetes education
  - Health education on healthy eating and exercise

Community Resources

- Northern Michigan Health Coalition
- West Shore Medical Center
- Northwest Michigan Health Services
- Little River Band of Ottawa Indians Health Services
- District Health Department #10
- Medical Care Facility
- Area Agency on Aging
- Green Acres

For more information, visit our website at www.dhd10.org or contact Donna Norkoli at dnorkoli@dhd10.org
ISSUE BRIEF: CHRONIC DISEASE
Manistee 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>Manistee %</th>
<th>DHD#10 %</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>38.1%</td>
<td>33.4%</td>
</tr>
<tr>
<td>Arthritis</td>
<td>32.7%</td>
<td>31.3%</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>25.9%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Lifetime Asthma</td>
<td>17.6%</td>
<td>16.0%</td>
</tr>
<tr>
<td>Current Asthma</td>
<td>12.8%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Any Cardiovascular Disease</td>
<td>10.7%</td>
<td>10.2%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>10.9%</td>
<td>10.2%</td>
</tr>
<tr>
<td>Heart Attack</td>
<td>7.0%</td>
<td>5.2%</td>
</tr>
<tr>
<td>COPD</td>
<td>9.7%</td>
<td>9.0%</td>
</tr>
<tr>
<td>Cancer, Non-Skin</td>
<td>7.8%</td>
<td>6.9%</td>
</tr>
<tr>
<td>Skin Cancer</td>
<td>6.9%</td>
<td>4.9%</td>
</tr>
<tr>
<td>Stroke</td>
<td>1.9%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Tobacco Use</td>
<td>34.5%</td>
<td>29.1%</td>
</tr>
</tbody>
</table>
What do you think are the top factors that define a healthy community, related to chronic disease?

- 65.4% Access to health care
- 37.0% Access to affordable healthy foods
- 18.5% Healthy lifestyles
- 14.2% Parks and recreation; access to physical activity

What do you think are the top health problems in Manistee County, related to chronic disease?

- 41.5% Overweight and obesity
- 33.3% Chronic disease (heart disease, cancer, stroke)
- 23.9% Lack of access to health care
- 15.7% Lack of physical activity

Community Conversation: Live Well Manistee

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

Responses related to chronic disease

- Provide access to care for all
- Create a proactive culture of healthy lifestyles
- Educate on values and create opportunities for physical activities, all seasons for all ages
- Improve education and affordability of good nutrition
- Improve community clinical linkages/connections

Community Resources

Northern Michigan Diabetes Initiative: The Northern Michigan Diabetes Initiative is a regional collaboration dedicated to prevention, early detection, and management of diabetes. The goal is a reduction in the prevalence of diabetes and improvement in the care of people with diabetes. This will be accomplished by engaging and providing local, regional, and national resources to develop and implement an improvement plan for the prevention and management of diabetes.

MiPCT: The Michigan Primary Care Transformation Project (MiPCT) is a pilot program to demonstrate the value of a Patient Centered Medical Home model of care. Michigan was chosen as one of eight states to receive funding from the Center of Medicare and Medicaid services from Jan 2011-Dec 2014. The funding allows local doctors to utilize care coordinators to help manage complex patients. This project has been successful in reducing unnecessary ER visits and hospitalizations by helping patients to manage their care.

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.

West Shore Medical Center: Chronic disease management programs

For more information, visit our website at www.dhd10.org or contact Donna Norkoli at dnorkoli@dhd10.org
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>Metric</th>
<th>Manistee</th>
<th>Michigan</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poverty: all ages, 2013</td>
<td>17.9%</td>
<td>17.0%</td>
<td>Michigan League for Public Policy</td>
</tr>
<tr>
<td>Poverty: ages 0-17, 2013</td>
<td>28.8%</td>
<td>23.7%</td>
<td></td>
</tr>
<tr>
<td>Medicaid paid births, 2014</td>
<td>49.7%</td>
<td>42.8%</td>
<td></td>
</tr>
<tr>
<td>Children eligible for free/reduced price lunch, 2014</td>
<td>52.8%</td>
<td>46.7%</td>
<td></td>
</tr>
<tr>
<td>Unemployment, 2014</td>
<td>8.3%</td>
<td>7.3%</td>
<td></td>
</tr>
<tr>
<td>Median household income, 2013</td>
<td>$41,258</td>
<td>$48,200</td>
<td>US Census Bureau, American Community Survey</td>
</tr>
<tr>
<td>Disability, under age 65, 2010-2014</td>
<td>13.2%</td>
<td>10.2%</td>
<td></td>
</tr>
<tr>
<td>High school graduate, age 25+, 2010-2014</td>
<td>89.5%</td>
<td>89.3%</td>
<td></td>
</tr>
<tr>
<td>Bachelor’s degree or higher, age 25+, 2010-2014</td>
<td>19.4%</td>
<td>26.4%</td>
<td></td>
</tr>
</tbody>
</table>
**What Matters to You? Community Survey**  (n=165)

<table>
<thead>
<tr>
<th>What are the most important factors needed for a healthy community?</th>
<th>What are the most important community health problems in the county you live in?</th>
</tr>
</thead>
<tbody>
<tr>
<td>65.4%  Access to health care</td>
<td>23.9%  Lack of access to health care</td>
</tr>
<tr>
<td>42.6%  Good jobs and healthy economy</td>
<td>17.6%  Unsafe home environments</td>
</tr>
<tr>
<td>37.0%  Access to affordable, healthy food</td>
<td>15.7%  Lack of physical activity</td>
</tr>
<tr>
<td>23.5%  Good schools/high value on education</td>
<td>13.2%  Lack of affordable housing</td>
</tr>
<tr>
<td>21.0%  Affordable housing</td>
<td></td>
</tr>
</tbody>
</table>

**Community Conversation: Live Well Manistee**

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

**Responses related to health disparities**

- Provide access to care for all
- Create a proactive culture of healthy lifestyles
- Reduce and prevent substance abuse
- Educate on values and create opportunities for physical activities, all seasons for all ages
- Improve education and affordability of good nutrition
- Improve community clinical linkages/connections
- Develop and nurture a skilled workforce
- Improve access to mental health options
- Improve policy and advocacy

**Community Resources**

- Local Food Pantries
- Government Subsidized Food Programs
- Northwest Michigan Works
- Manistee Community Kitchen
- Salvation Army
- Manistee County Council on Aging
- Launch Manistee
- Manistee County Human Services Collaborative Body
- Love, Inc.
- True North
- United Way
- Manistee County Transportation
- MSU Extension
- National Association of Physically Handicapped
- Northwest Michigan Community Action Agency
- Benzie Area Christian Neighbors
- Parents, Families and Friends of Lesbians and Gays
- Project Read Northwest
- Homeless Prevention Workgroup
- Staircase Youth Services
- Goodwill Veteran Homeless Prevention
- West Shore Community College
- Department of Health and Human Services

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>Behavior</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>No leisure time physical activity</td>
<td>24.0%</td>
</tr>
<tr>
<td>Inadequate fruit and vegetable consumption (&lt;5 times/day)</td>
<td>80.8%</td>
</tr>
<tr>
<td>Sometimes/often don’t have enough to eat</td>
<td>15.5%</td>
</tr>
<tr>
<td>2015 DHD#10 Behavioral Risk Factor Survey Results</td>
<td></td>
</tr>
<tr>
<td>Obese/overweight – youth</td>
<td>32.6%</td>
</tr>
<tr>
<td>Fruits and vegetables (5X/day) youth</td>
<td>17.8%</td>
</tr>
</tbody>
</table>

Michigan Profile for Healthy Youth, 2015-2016
“What Matters to You?” Community Survey Results  
(n=165)

Related to healthy lifestyle, these are the most important factors identified for a healthy community:
- Access to affordable, healthy foods (37.0%)
- Healthy lifestyles (18.5%)
- Parks and recreation/ access to physical activity (14.2%)

The most important health problems identified in the community, related to healthy lifestyle:
- Overweight and obesity (41.5%)
- Chronic disease (33.3%)
- Lack of physical activity (15.7%)

Community Conversation:  
Live Well Manistee  
“What can we do in Manistee County to move closer to our vision of a healthy community?”  
Focus areas related to healthy lifestyle
- Create a proactive culture of healthy lifestyles
  - Define a healthy community
  - Educate on healthy lifestyles
  - Promote healthy lifestyles with families
  - Good nutrition and physical activity becomes the norm
  - Communicate the directive of a healthy community
  - More education on preventive care
  - All new parents support
- Educate on values and create opportunities for physical activities, all seasons for all ages
  - More active time in school
  - Build a foundation – start young
  - Encourage physical activity
  - Non-motorized transportation (walking and biking)
  - Map fitness venues
  - Increase leisure time physical activity at work, home, and school
- Improve education and affordability of good nutrition
  - Better fresh food affordability/accessibility
  - Access to fruits and vegetables
  - Educate on healthy food choices
  - Teach healthy nutrition cooking classes
  - Expand nutrition education

Community Resources
- Live Well Manistee County is working to increase physical activity, healthy eating and tobacco-free lifestyles in Manistee County
- MSU Extension implements nutrition education in the community, including Cooking Matters classes which are free to the public.
- DHD#10 is working with Manistee Area Public Schools to implement Coordinated School Health and improve the environment for nutrition and physical activity.
- The City of Manistee is working to improve walkability and bikeability in the city.
- DHD#10 is partnering with worksites to promote healthy lifestyles among employees and to offer the Learning Kitchen nutrition education program.
- DHD #10 and the Manistee Community Foundation received funding to increase access to healthy foods and have partnered with Live Well Manistee County to award funding to community organizations for projects to increase healthy eating.
- West Shore Medical Health Connection
- Manistee Recreation Association
- Manistee Community Kitchen
- Manistee County Schools
- Northwest Michigan Food and Farming Network

For more information, visit our website at www.dhd10.org or contact Donna Norkoli at dnorkoli@dhd10.org
ISSUE BRIEF: MATERNAL, INFANT AND CHILD HEALTH
Manistee 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>Infant deaths</th>
<th>Preterm births</th>
<th>Teen pregnancy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unintended pregnancy</td>
<td>Vaccine-preventable diseases</td>
<td>Sexually transmitted infections</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.

<table>
<thead>
<tr>
<th></th>
<th>Manistee</th>
<th>Michigan</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Infant mortality</strong>: Five year death rates per 1,000 live births</td>
<td>Too small to calculate</td>
<td>6.9</td>
<td>Michigan Department of Health and Human Services, 2012-2014</td>
</tr>
<tr>
<td><strong>Births with adequate prenatal care</strong></td>
<td>68.3%</td>
<td>67.5%</td>
<td>Michigan Department of Health and Human Services, 2012-2014</td>
</tr>
<tr>
<td><strong>Preterm births</strong>: Infants born prior to 37 completed weeks of gestation</td>
<td>10.5%</td>
<td>12.3%</td>
<td>Michigan Department of Health and Human Services, 2014</td>
</tr>
<tr>
<td><strong>Maternal smoking</strong>: Women who smoked while pregnant</td>
<td>32.6%</td>
<td>18.3%</td>
<td>Michigan Department of Health and Human Services, 2014</td>
</tr>
<tr>
<td><strong>Teen Pregnancy</strong>: Rate per 1,000</td>
<td>46.5</td>
<td>38.3</td>
<td>Michigan Department of Health and Human Services, 2012-2014</td>
</tr>
<tr>
<td><strong>Childhood immunization</strong>: 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)</td>
<td>72.0%</td>
<td>74.0%</td>
<td>Michigan Care Improvement Registry, December 2015</td>
</tr>
<tr>
<td><strong>Child abuse and neglect</strong>: Rates for confirmed child abuse and neglect, per 1,000 children under age 18</td>
<td>10.0</td>
<td>14.7</td>
<td>Michigan League for Public Policy, 2014</td>
</tr>
</tbody>
</table>
Community Resources

- District Health Department #10
- FiveCAP
- Great Start Collaborative
- Lighthouse Pregnancy center
- Little River Band of Ottawa Indians Family Services
- Manistee County Child Advocacy Center
- Early Childhood Collaboration

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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<table>
<thead>
<tr>
<th>“What Matters to You?” Community Survey Results (n=165)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Most important factors for a healthy community:</td>
</tr>
<tr>
<td>- Strong family life 16.7%</td>
</tr>
<tr>
<td>- Low levels of child abuse 9.9%</td>
</tr>
<tr>
<td>Most important health problems in your community:</td>
</tr>
<tr>
<td>- Unsafe home environment (child abuse and neglect and domestic violence) 17.6%</td>
</tr>
<tr>
<td>- Teen pregnancy 3.8%</td>
</tr>
</tbody>
</table>

Community Conversation: Live Well Manistee

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

Responses related to maternal, infant and child health

- Promote healthy lifestyles with families
- All new parents support

---

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

Responses related to maternal, infant and child health

- Promote healthy lifestyles with families
- All new parents support

Community Resources

- District Health Department #10
- FiveCAP
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- Manistee County Child Advocacy Center
- Early Childhood Collaboration

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ISSUE BRIEF: MENTAL HEALTH
Manistee County

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

<table>
<thead>
<tr>
<th>Manistee County</th>
<th>DHD #10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor mental health days (14+ in past 30 days)</td>
<td>15.5%</td>
</tr>
<tr>
<td>Inadequate social support</td>
<td>5.0%</td>
</tr>
<tr>
<td>Very dissatisfied/dissatisfied with life</td>
<td>8.5%</td>
</tr>
<tr>
<td>Severe psychological distress</td>
<td>3.2%</td>
</tr>
<tr>
<td>Getting treatment/medication for mental health condition or emotional problem</td>
<td>14.0%</td>
</tr>
</tbody>
</table>

District Health Department #10 Behavioral Factor Survey, 2015

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatal injuries: suicide, 2013</td>
<td>5</td>
</tr>
<tr>
<td>Age adjusted per 100,000 (Michigan, 12.2/100,000)</td>
<td>22.8</td>
</tr>
</tbody>
</table>

Michigan Department of Health and Human Services, 2009-2013

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ratio of mental health providers (Michigan, 450:1)</td>
<td>1,020:1</td>
</tr>
</tbody>
</table>

County Health Rankings, 2016
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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The best treatments for serious mental illnesses today are highly effective. Most individual have significant reduction of symptoms and improved quality of life with a combination of pharmacological and psychosocial treatments and supports.

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**“What Matters to You?” Community Survey Results**  
(n=165)

<table>
<thead>
<tr>
<th>When asked about the top three health problems in Manistee County, 27.7% indicated mental health issues.</th>
</tr>
</thead>
</table>

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

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**Community Conversations: Live Well Manistee**

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

Responses related to mental health include:
- Improve access to mental health options
- Access to care including mental health across payers/geography
- Increase access to mental health services for all populations

---

**Community Resources**

- Centra Wellness
ISSUE BRIEF: SUBSTANCE ABUSE
Manistee County

Substance Abuse

<table>
<thead>
<tr>
<th>Types of Substance Abuse</th>
<th>Effect on Social Conditions</th>
<th>Negative Health Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Binge drinking</td>
<td>Family disruptions</td>
<td>Cardiovascular conditions</td>
</tr>
<tr>
<td>Excessive drinking</td>
<td>Financial problems</td>
<td>Pregnancy complications</td>
</tr>
<tr>
<td>Underage drinking</td>
<td>Lost productivity</td>
<td>HIV/AIDS/ STIs</td>
</tr>
<tr>
<td>Drinking while pregnant</td>
<td>Failure in school</td>
<td>Domestic violence</td>
</tr>
<tr>
<td>Inappropriate use of prescription and over-the-counter drugs</td>
<td>Domestic violence</td>
<td>Child abuse and neglect</td>
</tr>
<tr>
<td>Any use of illicit drugs</td>
<td>Child abuse</td>
<td>Motor vehicle crashes</td>
</tr>
<tr>
<td></td>
<td>Crime</td>
<td>Homicide/Suicide</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Types of Substance Abuse</th>
<th>DHD#10</th>
<th>Manistee County</th>
<th>County Health Rankings, 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy drinking, adults</td>
<td>5.5%</td>
<td>7.7%</td>
<td></td>
</tr>
<tr>
<td>Binge drinking, adults</td>
<td>13.8%</td>
<td>16.0%</td>
<td></td>
</tr>
<tr>
<td>Alcohol impaired driving deaths</td>
<td>18%</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>Drug overdose deaths</td>
<td>14/100,000</td>
<td>16/100,000</td>
<td></td>
</tr>
</tbody>
</table>

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=165)

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

Community Conversation:
Live Well Manistee

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

Responses related to substance abuse

- Reduce and prevent substance abuse
  - Reduce smoking and substance use
  - Substance use prevention
  - Pain management
  - Better support and aftercare for substance abuse

Community Resources

- SEA Manistee Substance Abuse Workgroup
- Centra Wellness
- Little River Band of Ottawa Indians
- Northern Michigan Recovery Residences
- Networks Northwest Prisoner Reentry
- West Shore Medical Center

For more information, visit our website at www.dhd10.org or contact Donna Norkoli at dnorkoli@dhd10.org
**ISSUE BRIEF: TOBACCO USE**  
**Manistee County**

Tobacco use is the single most preventable cause of disease, disability, and death in the US, yet...

More deaths are caused by tobacco use than 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>Health Outcome</th>
<th>Manistee</th>
<th>DHD #10</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current smoker – adults</td>
<td>34.5%</td>
<td>29.1%</td>
<td>DHD#10 Behavioral Risk Factor Survey, 2015</td>
</tr>
<tr>
<td>Youth - Smoked cigarettes in past 30 days</td>
<td>8.1%</td>
<td></td>
<td>9th and 11th grade students; Michigan Profile for Healthy Youth, 2015-2016</td>
</tr>
<tr>
<td>Youth - E-cigarette use in past 30 days</td>
<td>16.2%</td>
<td></td>
<td></td>
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<tr>
<td>Youth - Exposed to second-hand smoke/past 7 days</td>
<td>49.5%</td>
<td></td>
<td>Michigan Department of Health and Human Services, 2014</td>
</tr>
<tr>
<td>Women who smoked while pregnant</td>
<td>32.6%</td>
<td>18.3% (Michigan)</td>
<td></td>
</tr>
<tr>
<td>Any cardiovascular disease</td>
<td>10.7%</td>
<td>10.2%</td>
<td>DHD#10 Behavioral Risk Factor Survey, 2015</td>
</tr>
<tr>
<td>Heart attack</td>
<td>7.0%</td>
<td>5.2%</td>
<td></td>
</tr>
<tr>
<td>Current asthma</td>
<td>12.8%</td>
<td>11.0%</td>
<td></td>
</tr>
<tr>
<td>Lifetime asthma</td>
<td>17.6%</td>
<td>16.0%</td>
<td></td>
</tr>
<tr>
<td>COPD</td>
<td>9.7%</td>
<td>9.0%</td>
<td></td>
</tr>
<tr>
<td>Lung cancer rates, per 100,000</td>
<td>80.9</td>
<td>69.1 (Michigan)</td>
<td>Michigan Department of Health and Human Services, 2008-2012</td>
</tr>
</tbody>
</table>
Community members identified health problems in Manistee County, with 33.3% identifying chronic disease, including heart disease, cancer and stroke, as a community health problem.  
15.7% of respondents identified tobacco and e-cigarette use as a health problem in Manistee County.

Community Conversation: Live Well Manistee

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

Responses related to tobacco use

- Reduce smoking and substance use
- Decrease tobacco use for all ages
- Smoking prevention programs

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 receives 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 receives 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.

**Live Well Manistee County:** The strategic plan for the coalition includes a goal to Inspire tobacco-free lifestyles. Objectives are related to reducing the percentage of pregnant women who smoke and reducing the percentage of adults who use tobacco. Collaboration among coalition members has resulted in distribution of Welcome Baby Packets with information on tobacco cessation for pregnant women and new mothers and a partnership with the City of Manistee to adopt a tobacco-free outdoor playgrounds resolution.

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