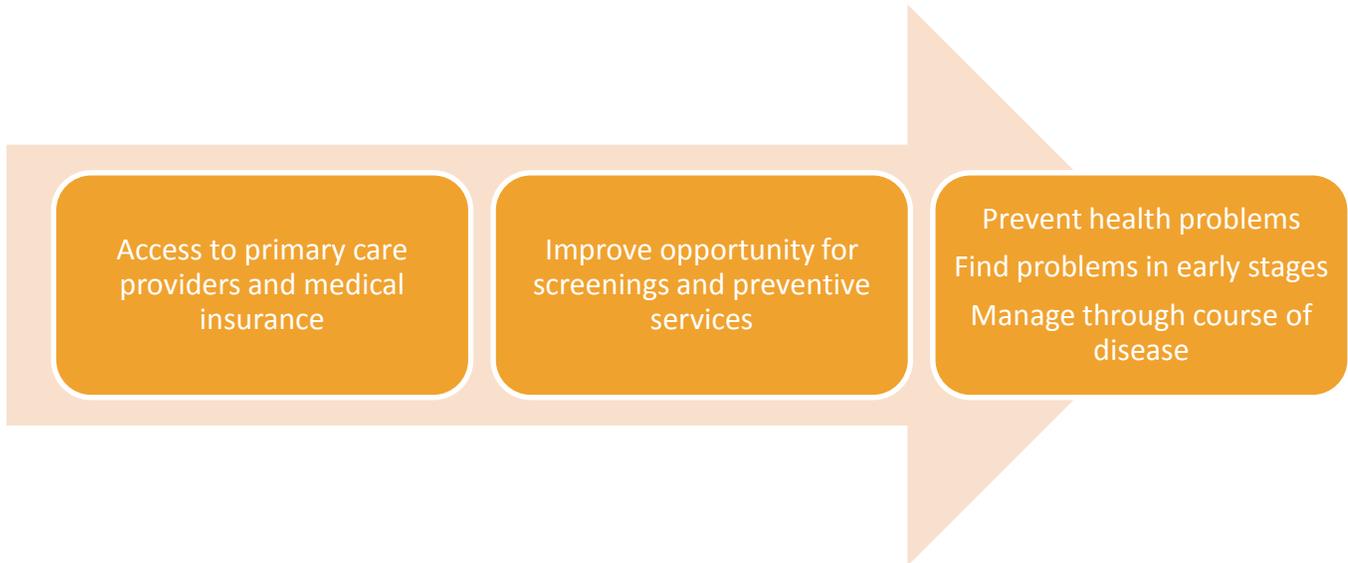


# ISSUE BRIEF: ACCESS TO HEALTH CARE

## Manistee County



<p><b>Health Professions Shortage Areas</b> Manistee County has a shortage in primary care, behavioral health, and dental health providers.</p>	<p><b>Health Insurance</b> 5.1% of the adult population under age 65 in Manistee County is uninsured. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>
<p><b>Primary Care Providers</b> 17.6% of the adult population in Manistee County does not have a primary care provider. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>	<p><b>Dental Health Care</b> 28.4% of adults in Manistee County reported no dental visit in the past year. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>

	Manistee	Michigan
<b>Primary care physicians</b>	1,750:1	1,240:1
<b>Dentists</b>	1,630:1	1,450:1
<b>Mental health providers</b>	1,020:1	450:1
		<small>County Health Rankings, 2016</small>

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 health care, including primary care, specialty care, behavioral health services, and dental care

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

- Health insurance has high deductibles/co-pays
- Cannot afford visit to doctor, dentist, clinic, and/or hospital
- Health insurance coverage is limited
- Finding a behavioral health provider
- Transportation issues

#### Major Barriers to Getting Health Care

- Access to affordable health care
- Access to holistic treatment options
- Lack of information on cost of health care services
- Coordination of resources among services/providers
- Ability to take time off work for appointment/care

### 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

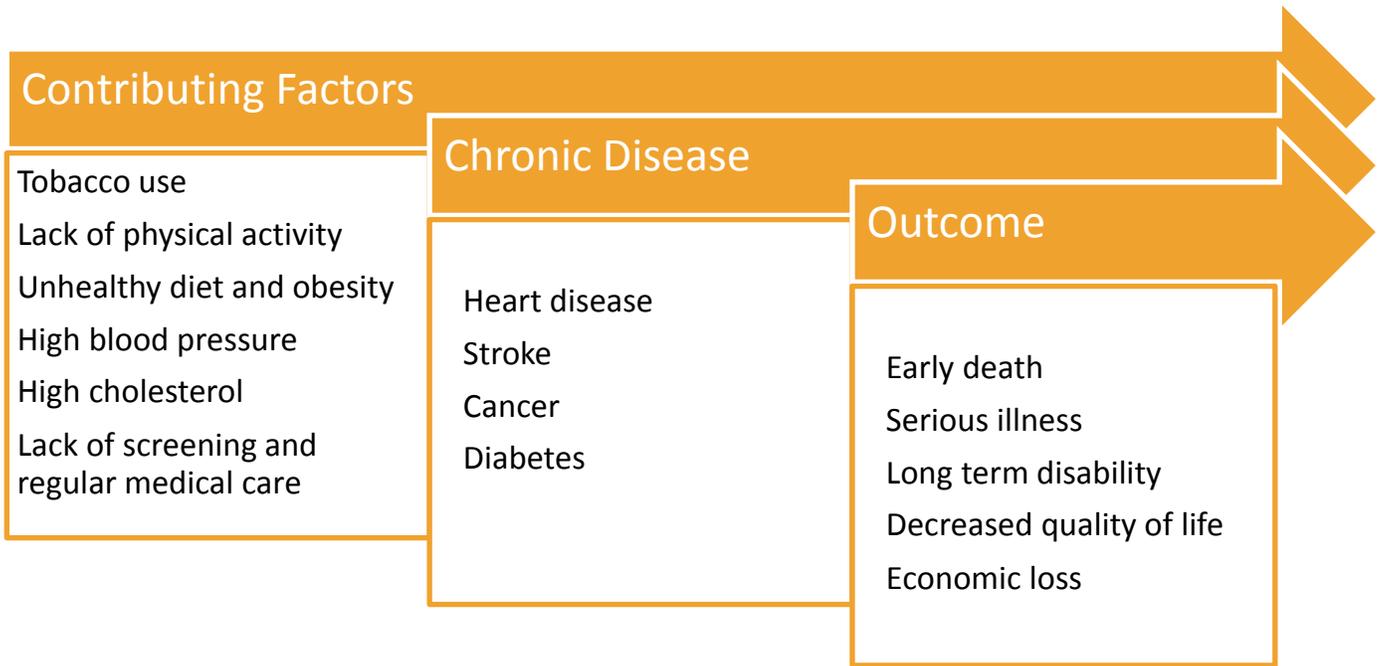
- Provide access to care for all
  - Weekend clinic hours
  - Mobile health care
  - Medical house calls
  - Improve public transportation; out of town and after hours
  - Increase access to all healthcare, substance abuse, medical, behavioral and dental
  - Expand mobile dental care to whole family 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

# ISSUE BRIEF: CHRONIC DISEASE

## Manistee County



**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	Manistee	DHD#10
High Blood Pressure	38.1%	33.4%
Arthritis	32.7%	31.3%
High Cholesterol	25.9%	32.2%
Lifetime Asthma	17.6%	16.0%
Current Asthma	12.8%	11.0%
Any Cardiovascular Disease	10.7%	10.2%
Diabetes	10.9%	10.2%
Heart Attack	7.0%	5.2%
COPD	9.7%	9.0%
Cancer, Non-Skin	7.8%	6.9%
Skin Cancer	6.9%	4.9%
Stroke	1.9%	3.0%
Tobacco Use	34.5%	29.1%

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

(n=165)

### 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.

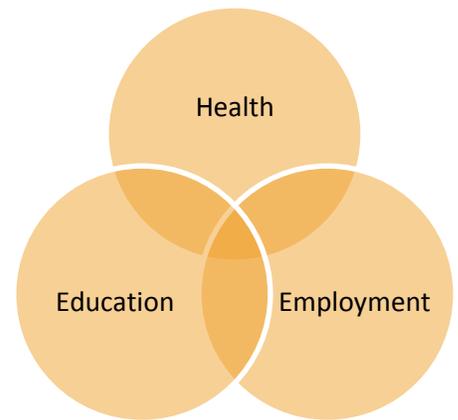
**West Shore Medical Center:** Chronic disease management programs

# ISSUE BRIEF: HEALTH DISPARITIES AND SOCIAL DETERMINANTS OF HEALTH

## Manistee 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.



	Manistee	Michigan	Source
Poverty: all ages, 2013	17.9%	17.0%	Michigan League for Public Policy
Poverty: ages 0-17, 2013	28.8%	23.7%	
Medicaid paid births, 2014	49.7%	42.8%	
Children eligible for free/reduced price lunch, 2014	52.8%	46.7%	
Unemployment, 2014	8.3%	7.3%	
Median household income, 2013	\$41,258	\$48,200	US Census Bureau, American Community Survey
Disability, under age 65, 2010-2014	13.2%	10.2%	
High school graduate, age 25+, 2010-2014	89.5%	89.3%	
Bachelor's degree or higher, age 25+, 2010-2014	19.4%	26.4%	

## What Matters to You? Community Survey (n=165)

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

### 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

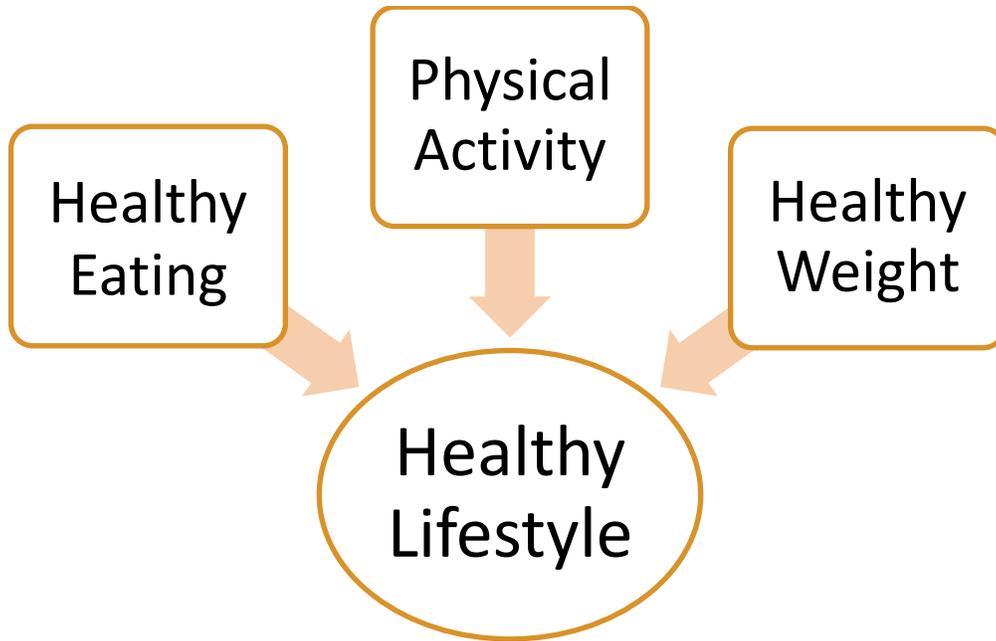
- Provide access to care for all
- Create a proactive culture of healthy lifestyles
- Reduce and prevent substance abuse
- Educate on values and create opportunities for physical activities, all seasons for all ages
- Improve education and affordability of good nutrition
- Improve community clinical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

### Community Resources

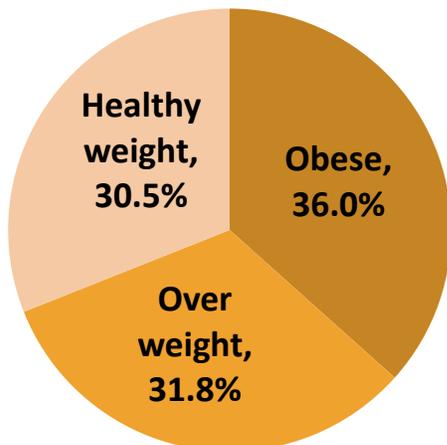
- Local Food Pantries
- Government Subsidized Food Programs
- Northwest Michigan Works
- Manistee Community Kitchen
- Salvation Army
- Manistee County Council on Aging
- Launch Manistee
- Manistee County Human Services Collaborative Body
- Love, Inc.
- True North
- United Way
- Manistee County Transportation
- 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

# ISSUE BRIEF: **HEALTHY LIFESTYLE**

## Manistee County



**An unhealthy lifestyle leads to heart disease, high blood pressure, diabetes, several types of cancer, obesity, complications during pregnancy, and early death.**



No leisure time physical activity	24.0%
Inadequate fruit and vegetable consumption (<5 times/day)	80.8%
Sometimes/often don't have enough to eat	15.5%
2015 DHD#10 Behavioral Risk Factor Survey Results	
Obese/overweight – youth	32.6%
Fruits and vegetables (5X/day) youth	17.8%
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

# 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.

Infant deaths		Preterm births		Teen pregnancy	
Unintended pregnancy	Vaccine-preventable diseases	Sexually transmitted infections	Child abuse and neglect		

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.

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

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

(n=165)

<p>Most important factors for a healthy community:</p> <p><b>Strong family life 16.7%</b></p> <p><b>Low levels of child abuse 9.9%</b></p>	<p>Most important health problems in your community:</p> <p><b>Unsafe home environment (child abuse and neglect and domestic violence) 17.6%</b></p> <p><b>Teen pregnancy 3.8%</b></p>
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## 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

## 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](mailto:dnorkoli@dhd10.org)

# 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

	Manistee County	DHD #10
Poor mental health days (14+ in past 30 days)	15.5%	12.1%
Inadequate social support	5.0%	6.9%
Very dissatisfied/dissatisfied with life	8.5%	6.0%
Severe psychological distress	3.2%	3.5%
Getting treatment/medication for mental health condition or emotional problem	14.0%	13.9%
District Health Department #10 Behavioral Factor Survey, 2015		
Fatal injuries: suicide, 2013	5	
Age adjusted per 100,000 (Michigan, 12.2/ 100,000)	22.8	
Michigan Department of Health and Human Services, 2009-2013		
Ratio of mental health providers (Michigan, 450:1)	1,020:1	
County Health Rankings, 2016		

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.

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

(n=165)

When asked about the top three health problems in Manistee County, 27.7% 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 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

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

	Manistee County	DHD#10
Heavy drinking, adults	5.5%	7.7%
Binge drinking, adults	13.8%	16.0%
District Health Department #10 Behavioral Factor Survey, 2015		
	Manistee County	Michigan
Alcohol impaired driving deaths	18%	30%
Drug overdose deaths	14/100,000	16/100,000
County Health Rankings, 2016		
Had at least one drink of alcohol in past 30 days – 9 <sup>th</sup> and 11 <sup>th</sup> grade students		16.8%
Ever been drunk – 9 <sup>th</sup> and 11 <sup>th</sup> grade students		27.8%
Used marijuana in past 30 days – 9 <sup>th</sup> and 11 <sup>th</sup> grade students		11.3%
Michigan Profile for Healthy Youth, 2015-2016		

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=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](http://www.dhd10.org) or contact Donna Norkoli at [dnorkoli@dhd10.org](mailto: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.

	Manistee	DHD #10	Source
Current smoker – adults	34.5%	29.1%	DHD#10 Behavioral Risk Factor Survey, 2015
Youth - Smoked cigarettes in past 30 days	8.1%		9 <sup>th</sup> and 11 <sup>th</sup> grade students; Michigan Profile for Healthy Youth, 2015-2016
Youth - E-cigarette use in past 30 days	16.2%		
Youth - Exposed to second-hand smoke/past 7 days	49.5%		
Women who smoked while pregnant	32.6%	18.3% (Michigan)	Michigan Department of Health and Human Services, 2014
Any cardiovascular disease	10.7%	10.2%	DHD#10 Behavioral Risk Factor Survey, 2015
Heart attack	7.0%	5.2%	
Current asthma	12.8%	11.0%	
Lifetime asthma	17.6%	16.0%	
COPD	9.7%	9.0%	
Lung cancer rates, per 100,000	80.9	69.1 (Michigan)	Michigan Department of Health and Human Services, 2008-2012

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

(n=165)

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.