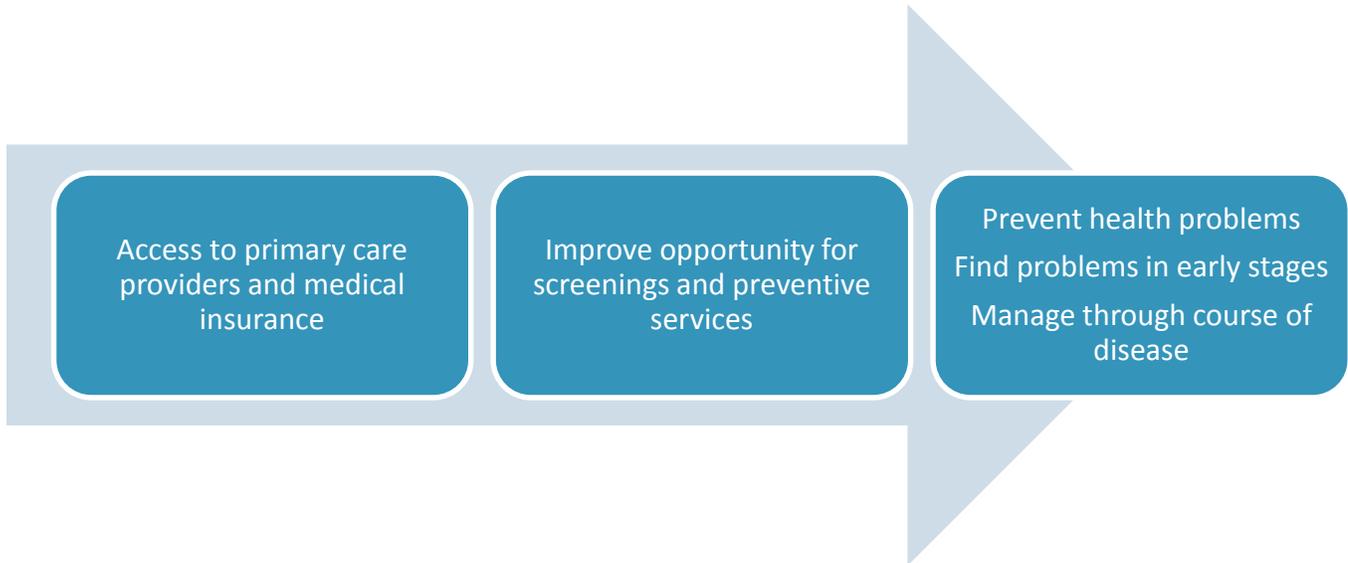


ISSUE BRIEF: ACCESS TO HEALTH CARE

Mason County



<p>Health Professions Shortage Areas Mason County has a shortage in primary care, behavioral health, and dental health providers.</p>	<p>Health Insurance 8.7% of the adult population under age 65 in Mason County is uninsured. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>
<p>Primary Care Providers 12.2% of the adult population in Mason County does not have a primary care provider. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>	<p>Dental Health Care 21.8% of adults in Mason County reported no dental visit in the past year. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>

	Mason	Michigan
Primary care physicians	1,140:1	1,240:1
Dentists	1,920:1	1,450:1
Mental health providers	340:1	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=117)

<p>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.</p> <p>When asked about the three most important problems in your community, access to care was ranked 3rd.</p>	<p>Major Barriers to Getting Health Care</p> <ul style="list-style-type: none"> Access to affordable health care Lack of information on cost of health care services Availability of transportation Coordination of resources among services and providers Access to holistic treatment options Ability to take time off work for appointment/care
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What are the problems adults, older adults, and children in your family have in getting health care services?

Adults	Older Adults	Children
<ul style="list-style-type: none"> Health insurance does not cover dental services Cannot afford visits to doctor, dentist, clinic, and/or hospital Health insurance has high deductibles/co-pays Health insurance coverage is limited Transportation issues 	<ul style="list-style-type: none"> Cannot afford visits to doctor, dentist, clinic, and/or hospital Health insurance does not cover dental services Transportation issues Health insurance has high deductibles/co-pays Health insurance coverage is limited 	<ul style="list-style-type: none"> Cannot afford visits to doctor, dentist, clinic, and/or hospital Health insurance does not cover dental services Finding a dentist Health insurance coverage is limited ER waiting time

Community Conversation

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

Responses related to access to care

- Increase affordable/accessible health care options
 - Improve access to affordable health care
 - Integrate health and wellness to where people already are (business/school)
 - School based health centers

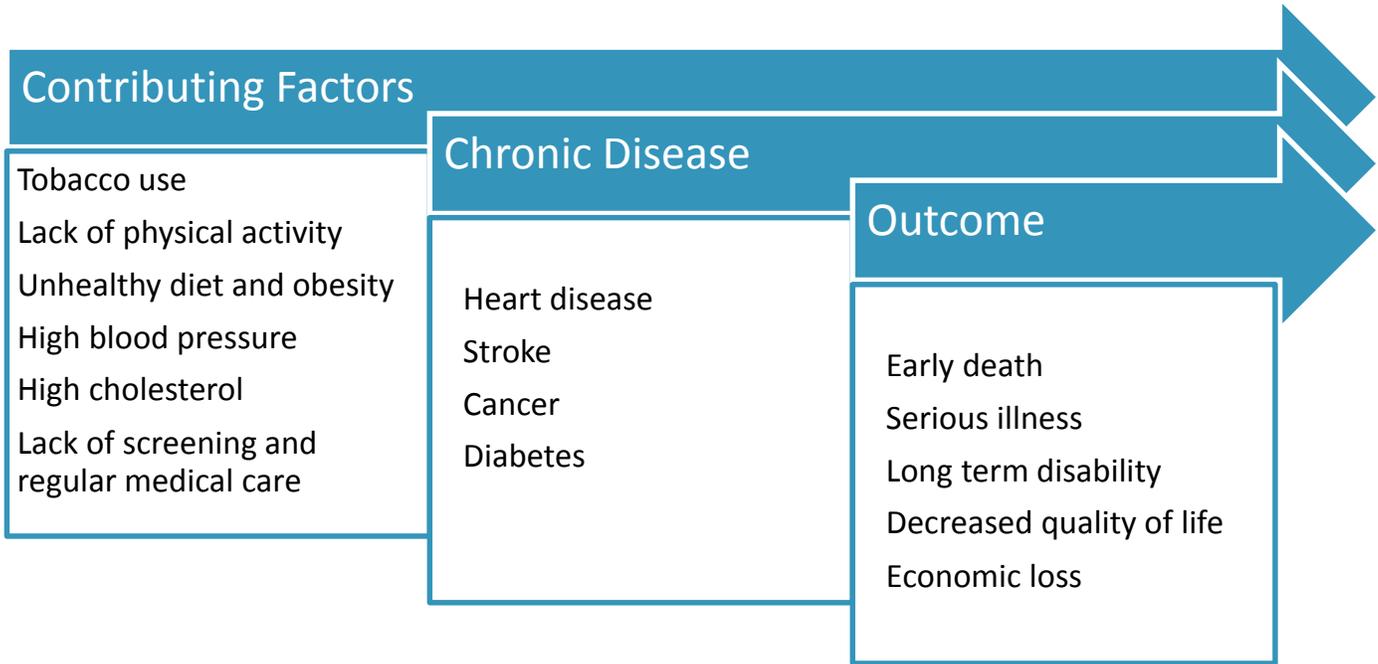
Community Resources

- Spectrum Health Ludington Hospital
- Spectrum Health Convenient Care Walk-in Clinic
- District Health Department #10
- Mercy Health Urgent Care
- The Healthy Michigan Plan has resulted in more residents with health insurance, and in more residents seeking medical and dental care
- Harbor Hospice

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

ISSUE BRIEF: CHRONIC DISEASE

Mason 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	Mason	DHD#10
High Blood Pressure	34.7%	33.4%
Arthritis	28.2%	31.3%
High Cholesterol	28.7%	32.2%
Lifetime Asthma	12.2%	16.0%
Current Asthma	8.3%	11.0%
Any Cardiovascular Disease	8.5%	10.2%
Diabetes	10.7%	10.2%
Heart Attack	3.7%	5.2%
Angina	4.5%	5.2%
COPD	6.0%	9.0%
Cancer, Non-Skin	6.9%	6.9%
Skin Cancer	7.0%	4.9%
Stroke	2.6%	3.0%
Tobacco Use	20.8%	29.1%

“What Matters to You?” Community Survey Results

(n=117)

What do you think are the top factors that define a healthy community, related to chronic disease?

- 60.7% Access to health care
- 40.2% Access to affordable healthy foods
- 16.2% Healthy lifestyles
- 9.4% Parks and recreation; access to physical activity

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

- 36.0% Lack of access to health care
- 31.6% Chronic disease (heart disease, cancer, stroke)
- 21.9% Overweight and obesity
- 9.7% Lack of physical activity

Community Conversation

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

Responses related to chronic disease

- Create an environment that supports healthy lifestyles
 - Food policy council
 - Increase non-motorized transportation – bike/walk
 - Access to healthy foods and activities
 - Activity programming for youth
 - Reduce tobacco use
 - Create more opportunities to be physically active through built environment
 - Family focused physical activities
 - Educate on behavior change
 - Providing resources to empower families (life skills development)

Community Resources

- Spectrum Health Ludington Fit Club Program
- Spectrum Health Ludington Win with Wellness
- Senior Life Committee
- District Health Dept. #10 Diabetes Prevention Program
- District Health Department #10 Tobacco Cessation Program with trained Tobacco Treatment Specialists
- 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.
- DHD #10 Live Well Campaign

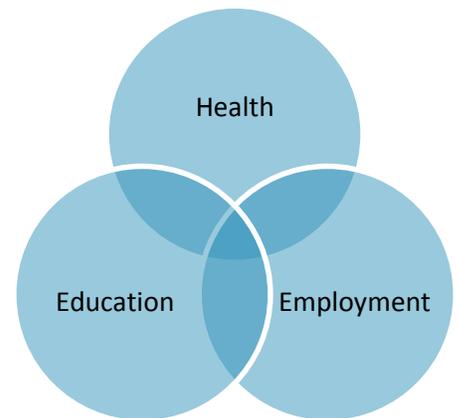
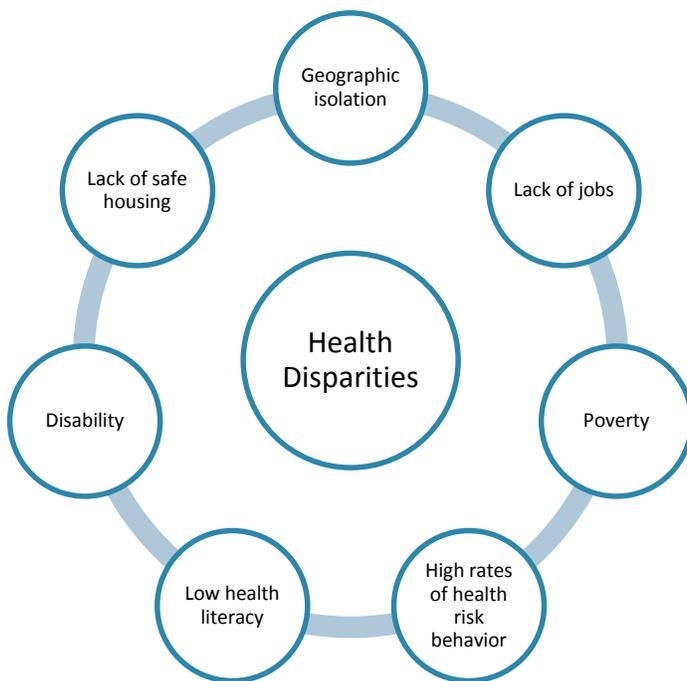
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ISSUE BRIEF: HEALTH DISPARITIES AND SOCIAL DETERMINANTS OF HEALTH

Mason 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.



	Mason	Michigan	Source
Poverty: all ages, 2013	15.7%	17.0%	Michigan League for Public Policy
Poverty: ages 0-17, 2013	26.8%	23.7%	
Medicaid paid births, 2014	47.1%	42.8%	
Children eligible for free/reduced price lunch, 2014	54.7%	46.7%	
Unemployment, 2014	7.3%	7.3%	
Median household income, 2013	\$40,438	\$48,200	US Census Bureau, American Community Survey
Disability, under age 65, 2010-2014	12.1%	10.2%	
High school graduate, age 25+, 2010-2014	90.7%	89.3%	
Bachelor's degree or higher, age 25+, 2010-2014	20.1%	26.4%	

What Matters to You? Community Survey (n=117)

What are the most important factors needed for a healthy community?	What are the three most important community health problems in the county you live in?
<ul style="list-style-type: none"> 60.7% Access to health care 43.6% Good jobs and healthy economy 41.0% Affordable housing 40.2% Access to affordable, healthy food 21.4% Safe neighborhoods 15.4% Good schools/high value on education 	<ul style="list-style-type: none"> 37.7% Lack of affordable housing 36.0% Lack of access to health care 15.8% Unsafe home environments

Community Conversation

“What can we do in Mason County to move closer to our vision of a healthy community?” Responses related to health disparities

- Increase access to affordable housing
 - More local foster care homes
 - Increase affordable/quality housing
 - Access to safe/affordable housing
 - More local foster care - homes/homeless
- Improve community education for adults and children
 - Education: teach the young
 - Provide interventions with young adults
 - Disability education and inclusion
 - Education: internet access, support – tutor, continue education
- Provide consistent employment education and training access
 - Increase access to education and training for employment
 - Remove barriers for people to be successfully employed
 - Increase jobs with livable wages
 - Improve economic development
- Improve access to public transportation
 - Transportation bus – countywide and out of county
 - Overcome transportation limits to our rural community

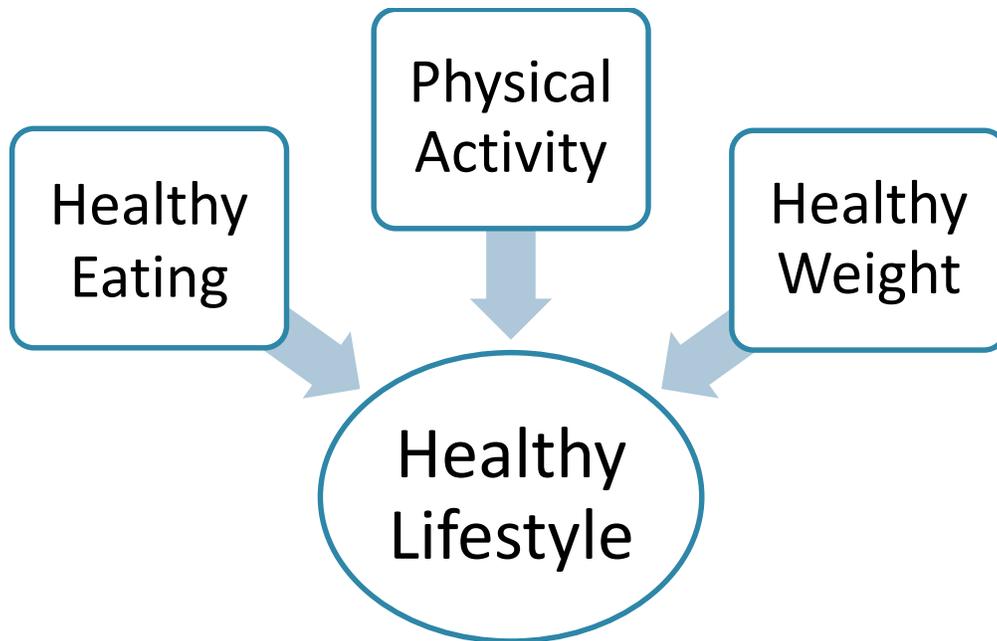
Community Resources

- C.O.V.E.
- Salvation Army
- True North
- District Health Dept. #10
- Food Pantries
- FiveCAP, Inc.
- Dept. of Health and Human Services
- HELP Ministries
- Catholic Charities West Michigan
- Habitat for Humanity
- Mason County United Way
- West Shore Educational Service District
- MI Works!
- West Shore Community College
- Meals on Wheels Senior Meals Program
- Disability Network West Michigan
- Great Start Collaborative
- Lakeshore Employer Resource Network
- Area Agency on Aging West Michigan
- WMCMH Community Employment Services
- Ludington Mass Transportation Dial-a-Ride
- Pennies From Heaven

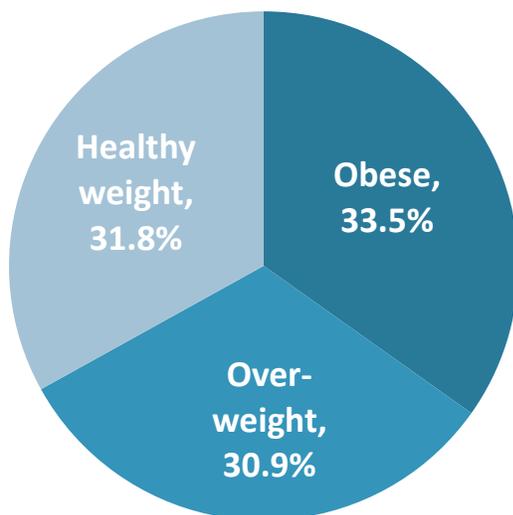
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ISSUE BRIEF: HEALTHY LIFESTYLE

Mason 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	35.5%
Inadequate fruit and vegetable consumption (<5 times/day)	84.8%
Sometimes/often don't have enough to eat	5.1%
2015 DHD#10 Behavioral Risk Factor Survey Results	

“What Matters to You?” Community Survey Results

(n=117)

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

- Access to affordable, healthy foods (40.2%)
- Parks and recreation/ access to physical activity (9.4%)
- Healthy lifestyles (16.2%)

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

- Chronic disease (31.6%)
- Overweight and obesity (21.9%)
- Lack of physical activity (9.7%)

Community Conversation

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

Focus areas related to healthy lifestyle

- Create an environment that supports healthy lifestyles
 - Food policy council
 - Increase non-motorized transportation – bike/walk
 - Access to healthy foods and activities
 - Activity programming for youth
 - Reduce tobacco use
 - Create more opportunities to be physically active through built environment
 - Family focused physical activities
 - Education on behavior change
 - Providing resources to empower families (life skills development)

Community Resources

- Spectrum Health Fit Club
- Spectrum Health Win with Wellness
- MSU Extension
- District Health Dept. #10 Live Well Campaign
- Mason County Senior Centers
- City of Ludington Parks and Recreation
- Mason County Schools
- Farmers markets
- Weight Watchers
- TOPS
- Lakeshore Employee Resource Network

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ISSUE BRIEF: MATERNAL, INFANT AND CHILD HEALTH

Mason 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.

	Mason	Michigan	Source
Infant mortality: three year death rates per 1,000 live births	Too small to calculate	6.9/1000	Michigan Department of Health and Human Services, 2012-2014
Births with adequate prenatal care	69.7%	67.5%	
Teen Pregnancy: Rate per 1,000	42.8/1000	38.3/1000	
Preterm births: Infants born prior to 37 completed weeks of gestation	10.3%	12.3%	Michigan Department of Health and Human Services, 2014
Maternal smoking: Women who smoked while pregnant	25.2%	18.3%	
Breast feeding initiated	66.1%	42.4%	
Child abuse and neglect: Rates for confirmed child abuse and neglect, per 1,000 children under age 18	28.5/1000	14.7/1000	Michigan League for Public Policy, 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)	79.6%	74.0%	Michigan Care Improvement Registry, December 2015

“What Matters to You?” Community Survey Results

(n=117)

Most important factors for a healthy community, related to maternal and child health: Strong family life 20.5% Low levels of child abuse 2.6%	Most important health problems in your community, related to maternal and child health: Unsafe home environment (child abuse and neglect and domestic violence) 15.8% Teen pregnancy 8.8%
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Community Conversation

“What can we do in Mason County to move closer to our vision of a healthy community?” Responses related to maternal, infant and child health

- Improve community education for adults and children
 - Education: teach the young
 - Provide interventions with young adults
- Create an environment that supports healthy lifestyles
 - Family focused physical activities
 - Providing resources to empower families (life skills development)

Community Resources

- **Sustaining Community-Based Immunization Project:** DHD#10 was awarded \$492,000 on behalf of the 6 local health department partners in the Northern Michigan Public Health Alliance (NMPHA). It is designed to increase immunization rates among children and older adults in MCIR Region 5 from 2015-18.
- **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.
- **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.
- **Great Start Collaborative**
- **FiveCAP**
- **Westshore ESD**

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ISSUE BRIEF: MENTAL HEALTH

Mason 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

	Mason County	DHD #10
Poor mental health days (14+ in past 30 days)	8.0%	12.1%
Inadequate social support	4.4%	6.9%
Very dissatisfied/dissatisfied with life	3.6%	6.0%
Severe psychological distress	1.8%	3.5%
Getting treatment/medication for mental health condition or emotional problem	11.9%	13.9%
<small>District Health Department #10 Behavioral Factor Survey, 2015</small>		
Fatal injuries: suicide, 2013	6	
Age adjusted per 100,000 (Michigan, 13.1/ 100,000)	21.0/100,000	
<small>Michigan Department of Health and Human Services, 2013</small>		
Ratio of mental health providers (Michigan, 450:1)	340:1	
<small>County Health Rankings, 2016</small>		

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=117)

When asked about the top three health problems in Mason County, 31.6% 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 Conversation

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

Responses related to mental health include:

Improve behavioral health and substance abuse treatment through early intervention and trauma informed community approach

- Mental health services/treatment/prevention
- Earlier behavioral health intervention
- Trauma informed community
- Mental health matters

Community Resources

West Michigan Community Mental Health

ISSUE BRIEF: SUBSTANCE USE DISORDERS

Mason County



Substance Use Disorders

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

	Mason County	DHD#10
Heavy drinking, adults	3.3%	7.7%
Binge drinking, adults	12.6%	16.0%
District Health Department #10 Behavioral Factor Survey, 2015		
	Mason County	Michigan
Alcohol impaired driving deaths	17%	30%
Drug overdose deaths	Unreliable or missing data	16/100,000
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=117)

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

Community Conversation

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

- **Improve behavioral health and substance abuse treatment through early intervention and trauma informed community approach**
 - **Substance/alcohol abuse prevention/treatment**
 - **Substance abuse rehab programs**
 - **Trauma informed community**
 - **Reduction of substance use/abuse**

Community Resources

Mason County Substance Abuse Prevention Coalition

West Michigan Community Mental Health

ISSUE BRIEF: TOBACCO USE

Mason 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.

	Mason	DHD #10	Source
Current smoker – adults	20.8%	29.1%	DHD#10 Behavioral Risk Factor Survey, 2015
Women who smoked while pregnant (Michigan 18.3%)	25.2%		Michigan Department of Health and Human Services, 2014
Any cardiovascular disease	8.5%	10.2%	DHD#10 Behavioral Risk Factor Survey, 2015
Heart attack	3.7%	5.2%	
Current asthma	8.3%	11.0%	
Lifetime asthma	12.2%	16.0%	
COPD	6.0%	9.0%	
Lung cancer rates, per 100,000 (Michigan 69.1)	65.4		Michigan Department of Health and Human Services, 2008-2012

“What Matters to You?” Community Survey Results

(n=117)

Community members identified health problems in Mason County, with 31.6% identifying chronic disease, including heart disease, cancer and stroke, as a community health problem.

10.5% of respondents identified tobacco and e-cigarette use as a health problem in Mason County.

Community Conversation

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

Responses related to tobacco use

- Create an environment that supports healthy lifestyles
- Reduce tobacco use

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: DHD #10 receives funding from TENCON to coordinate a Chronic Disease Coordinating Network. A Tobacco Cessation Community Clinical Linkages Task Force is forming to increase tobacco cessation resources and referrals to those resources.

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