**ISSUE BRIEF: ACCESS TO HEALTH CARE**

**Mason County**

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

**Primary Care Providers**
12.2% of the adult population in Mason County does not have a primary care provider.

**Dental Health Care**
21.8% of adults in Mason County reported no dental visit in the past year.

**Health Insurance**
8.7% of the adult population under age 65 in Mason County is uninsured.

**Health Professions Shortage Areas**

<table>
<thead>
<tr>
<th>Health Professions Shortage Areas</th>
<th>Access to primary care providers and medical insurance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mason County</td>
<td>1,140:1</td>
</tr>
<tr>
<td>Dentists</td>
<td>1,920:1</td>
</tr>
<tr>
<td>Mental health providers</td>
<td>340:1</td>
</tr>
<tr>
<td>Michigan</td>
<td>1,240:1</td>
</tr>
<tr>
<td>1,450:1</td>
<td></td>
</tr>
<tr>
<td>450:1</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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)

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 3rd.

Major Barriers to Getting Health Care
- 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

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

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

**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

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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.

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**Behavioral Risk Factor Survey Results - 2015**

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>Mason</th>
<th>DHD#10</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>34.7%</td>
<td>33.4%</td>
</tr>
<tr>
<td>Arthritis</td>
<td>28.2%</td>
<td>31.3%</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>28.7%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Lifetime Asthma</td>
<td>12.2%</td>
<td>16.0%</td>
</tr>
<tr>
<td>Current Asthma</td>
<td>8.3%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Any Cardiovascular Disease</td>
<td>8.5%</td>
<td>10.2%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>10.7%</td>
<td>10.2%</td>
</tr>
<tr>
<td>Heart Attack</td>
<td>3.7%</td>
<td>5.2%</td>
</tr>
<tr>
<td>Angina</td>
<td>4.5%</td>
<td>5.2%</td>
</tr>
<tr>
<td>COPD</td>
<td>6.0%</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>7.0%</td>
<td>4.9%</td>
</tr>
<tr>
<td>Stroke</td>
<td>2.6%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Tobacco Use</td>
<td>20.8%</td>
<td>29.1%</td>
</tr>
</tbody>
</table>
**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

For more information, visit our website at [www.dhd10.org](http://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.

**Health Disparities**
- Geographic isolation
- Lack of safe housing
- Disability
- Low health literacy
- High rates of health risk behavior
- Lack of jobs

**Health**

**Education**

**Employment**

<table>
<thead>
<tr>
<th>Metric</th>
<th>Mason</th>
<th>Michigan</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poverty: all ages, 2013</td>
<td>15.7%</td>
<td>17.0%</td>
<td>Michigan League for Public Policy</td>
</tr>
<tr>
<td>Poverty: ages 0-17, 2013</td>
<td>26.8%</td>
<td>23.7%</td>
<td></td>
</tr>
<tr>
<td>Medicaid paid births, 2014</td>
<td>47.1%</td>
<td>42.8%</td>
<td></td>
</tr>
<tr>
<td>Children eligible for free/reduced price lunch, 2014</td>
<td>54.7%</td>
<td>46.7%</td>
<td></td>
</tr>
<tr>
<td>Unemployment, 2014</td>
<td>7.3%</td>
<td>7.3%</td>
<td></td>
</tr>
<tr>
<td>Median household income, 2013</td>
<td>$40,438</td>
<td>$48,200</td>
<td>US Census Bureau, American Community Survey</td>
</tr>
<tr>
<td>Disability, under age 65, 2010-2014</td>
<td>12.1%</td>
<td>10.2%</td>
<td></td>
</tr>
<tr>
<td>High school graduate, age 25+, 2010-2014</td>
<td>90.7%</td>
<td>89.3%</td>
<td></td>
</tr>
<tr>
<td>Bachelor's degree or higher, age 25+, 2010-2014</td>
<td>20.1%</td>
<td>26.4%</td>
<td></td>
</tr>
</tbody>
</table>
## What Matters to You? Community Survey (n=117)

### What are the most important factors needed for a healthy community?

- 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

### What are the three most important community health problems in the county you live in?

- 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

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>35.5%</td>
</tr>
<tr>
<td>Inadequate fruit and vegetable consumption (&lt;5 times/day)</td>
<td>84.8%</td>
</tr>
<tr>
<td>Sometimes/often don’t have enough to eat</td>
<td>5.1%</td>
</tr>
</tbody>
</table>

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

For more information, visit our website at www.dhd10.org or contact Donna Norkoli at dnorkoli@dhd10.org
### 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>Infant deaths</td>
<td>Preterm births</td>
<td>Teen pregnancy</td>
</tr>
<tr>
<td>Births with adequate prenatal care</td>
<td>69.7%</td>
<td>67.5%</td>
</tr>
<tr>
<td>Teen Pregnancy: Rate per 1,000</td>
<td>42.8/1000</td>
<td>38.3/1000</td>
</tr>
<tr>
<td>Preterm births: Infants born prior to 37 completed weeks of gestation</td>
<td>10.3%</td>
<td>12.3%</td>
</tr>
<tr>
<td>Maternal smoking: Women who smoked while pregnant</td>
<td>25.2%</td>
<td>18.3%</td>
</tr>
<tr>
<td>Breast feeding initiated</td>
<td>66.1%</td>
<td>42.4%</td>
</tr>
<tr>
<td>Child abuse and neglect: Rates for confirmed child abuse and neglect, per 1,000 children under age 18</td>
<td>28.5/1000</td>
<td>14.7/1000</td>
</tr>
<tr>
<td>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)</td>
<td>79.6%</td>
<td>74.0%</td>
</tr>
</tbody>
</table>

### Factors that have been linked to maternal, infant, and child health outcomes

- Race and ethnicity
- Age
- Income level
- Educational attainment
- Medical insurance coverage
- Access to medical care
- Pre-pregnancy health
- General health status

### Sources

- Infant mortality: Too small to calculate
- Births with adequate prenatal care: 69.7% (Michigan: 67.5%)
- Teen Pregnancy: 42.8/1000 (Michigan: 38.3/1000)
- Preterm births: 10.3% (Michigan: 12.3%)
- Maternal smoking: 25.2% (Michigan: 18.3%)
- Breast feeding initiated: 66.1% (Michigan: 42.4%)
- Child abuse and neglect: 28.5/1000 (Michigan: 14.7/1000)
- Childhood immunization: 79.6% (Michigan: 74.0%)
“What Matters to You?” Community Survey Results
(n=117)

<table>
<thead>
<tr>
<th>Most important factors for a healthy community, related to maternal and child health:</th>
<th>Most important health problems in your community, related to maternal and child health:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strong family life 20.5%</td>
<td>Unsafe home environment (child abuse and neglect and domestic violence) 15.8%</td>
</tr>
<tr>
<td>Low levels of child abuse 2.6%</td>
<td>Teen pregnancy 8.8%</td>
</tr>
</tbody>
</table>

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**

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

### Data

<table>
<thead>
<tr>
<th>Metric</th>
<th>Mason County</th>
<th>DHD #10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor mental health days (14+ in past 30 days)</td>
<td>8.0%</td>
<td>12.1%</td>
</tr>
<tr>
<td>Inadequate social support</td>
<td>4.4%</td>
<td>6.9%</td>
</tr>
<tr>
<td>Very dissatisfied/dissatisfied with life</td>
<td>3.6%</td>
<td>6.0%</td>
</tr>
<tr>
<td>Severe psychological distress</td>
<td>1.8%</td>
<td>3.5%</td>
</tr>
<tr>
<td>Getting treatment/medication for mental health condition or emotional problem</td>
<td>11.9%</td>
<td>13.9%</td>
</tr>
</tbody>
</table>

**Fatal injuries: suicide, 2013**
- District Health Department #10 Behavioral Factor Survey, 2015
- 6
- Age adjusted per 100,000 (Michigan, 13.1/100,000)
- 21.0/100,000

**Ratio of mental health providers**
- Michigan Department of Health and Human Services, 2013
- 340:1
- County Health Rankings, 2016
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.

---

<table>
<thead>
<tr>
<th>“What Matters to You?” Community Survey Results (n=117)</th>
</tr>
</thead>
<tbody>
<tr>
<td>When asked about the top three health problems in Mason County, 31.6% indicated mental health issues.</td>
</tr>
<tr>
<td>When asked about the problems adults, older adults, and children in the family are having in getting health care services, responses included</td>
</tr>
<tr>
<td>• Finding a behavioral health provider</td>
</tr>
<tr>
<td>• Health insurance does not cover behavioral health services</td>
</tr>
</tbody>
</table>

---

**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

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**Community Resources**

West Michigan Community Mental Health

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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: SUBSTANCE USE DISORDERS
Mason County

Substance Use Disorders

<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>Mason County</th>
<th>DHD#10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy drinking, adults</td>
<td>3.3%</td>
</tr>
<tr>
<td>Binge drinking, adults</td>
<td>12.6%</td>
</tr>
</tbody>
</table>

District Health Department #10 Behavioral Factor Survey, 2015

<table>
<thead>
<tr>
<th>Mason County</th>
<th>Michigan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol impaired driving deaths</td>
<td>17%</td>
</tr>
<tr>
<td>Drug overdose deaths</td>
<td>Unreliable or missing data</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=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

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

<table>
<thead>
<tr>
<th>Condition</th>
<th>Mason</th>
<th>DHD #10</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current smoker – adults</td>
<td>20.8%</td>
<td>29.1%</td>
<td>DHD#10 Behavioral Risk Factor Survey, 2015</td>
</tr>
<tr>
<td>Women who smoked while pregnant</td>
<td>25.2%</td>
<td></td>
<td>Michigan Department of Health and Human Services, 2014</td>
</tr>
<tr>
<td>(Michigan 18.3%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any cardiovascular disease</td>
<td>8.5%</td>
<td>10.2%</td>
<td>DHD#10 Behavioral Risk Factor Survey, 2015</td>
</tr>
<tr>
<td>Heart attack</td>
<td>3.7%</td>
<td>5.2%</td>
<td>DHD#10 Behavioral Risk Factor Survey, 2015</td>
</tr>
<tr>
<td>Current asthma</td>
<td>8.3%</td>
<td>11.0%</td>
<td>DHD#10 Behavioral Risk Factor Survey, 2015</td>
</tr>
<tr>
<td>Lifetime asthma</td>
<td>12.2%</td>
<td>16.0%</td>
<td>DHD#10 Behavioral Risk Factor Survey, 2015</td>
</tr>
<tr>
<td>COPD</td>
<td>6.0%</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>65.4</td>
<td></td>
<td>Michigan Department of Health and Human Services, 2008-2012</td>
</tr>
<tr>
<td>(Michigan 69.1)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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.

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=117)</th>
</tr>
</thead>
</table>

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.

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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 tobacco use

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

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