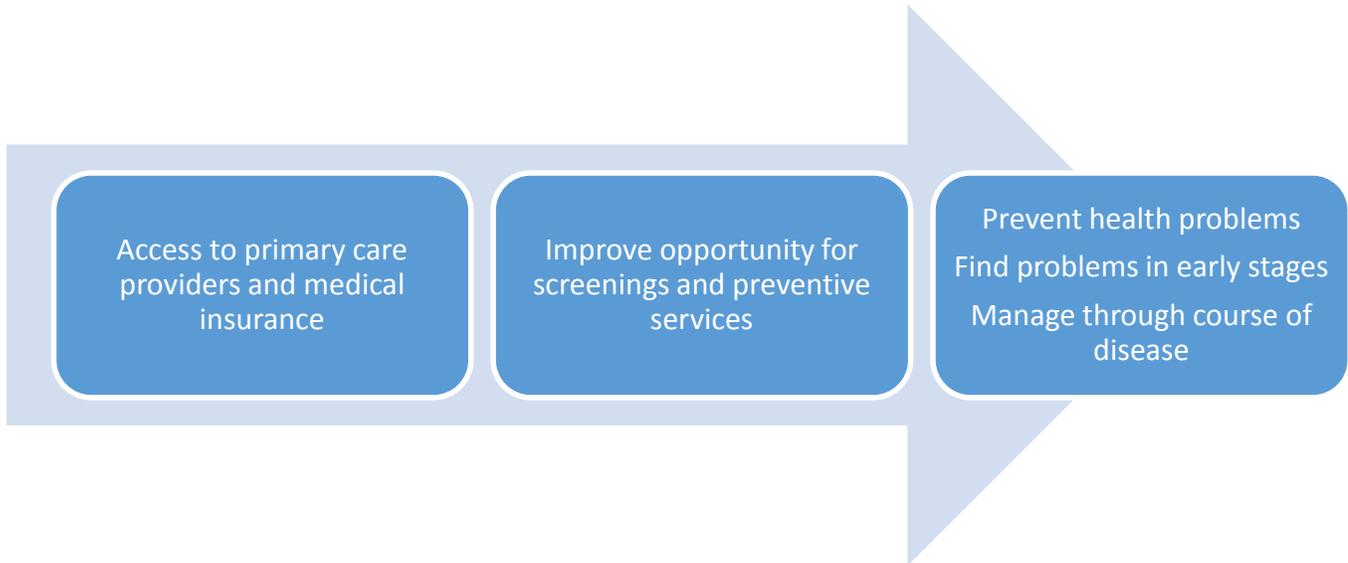


# ISSUE BRIEF: ACCESS TO HEALTH CARE

## Mecosta County



<p><b>Health Professions Shortage Areas</b> Mecosta County has a shortage in primary care, behavioral health, and dental health providers.</p>	<p><b>Health Insurance</b> 16.7% of the adult population under age 65 in Mecosta County is uninsured. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>
<p><b>Primary Care Providers</b> 15.8% of the adult population in Mecosta 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> 27.9% of adults in Mecosta County reported no dental visit in the past year. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>

	Mecosta	Michigan
<b>Primary care physicians</b>	1,870:1	1,240:1
<b>Dentists</b>	1,880:1	1,450:1
<b>Mental health providers</b>	790:1	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=131)

<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><b>Major Barriers to Getting Health Care</b></p> <ul style="list-style-type: none"> <li>Access to affordable health care</li> <li>Access to holistic treatment options</li> <li>Coordination of resources among services and providers</li> <li>Lack of information on cost of health care services</li> <li>Availability of transportation</li> <li>Ability to take time off work for appointment/care</li> </ul>
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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"> <li>Health insurance has high deductibles/co-pays</li> <li>Health insurance coverage is limited</li> <li>Health insurance does not cover dental services</li> <li>Difficult to set appointments</li> <li>Cannot afford visits to doctor, dentist, clinic, and/or hospital</li> </ul>	<ul style="list-style-type: none"> <li>Transportation issues</li> <li>Cannot afford visits to doctor, dentist, clinic, and/or hospital</li> <li>Health insurance has high deductibles/co-pays</li> <li>Health insurance coverage is limited</li> <li>Getting specialist care</li> </ul>	<ul style="list-style-type: none"> <li>Health insurance has high deductibles/co-pays</li> <li>Finding a behavioral health provider</li> <li>Health insurance does not cover dental services</li> <li>Transportation issues</li> <li>ER waiting time</li> <li>Getting specialist care</li> </ul>

### Community Conversation: Mecosta Osceola Human Services Collaborative Body

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

Responses related to access to care

- Expand affordable health care for all
  - Increase affordable access to dental and eye care
  - Access to health care for underinsured
  - Expanded health care access
  - Lifetime home health care for seniors
  - Recruit more medical professionals
  - Affordable dental care
  - Health care education programs

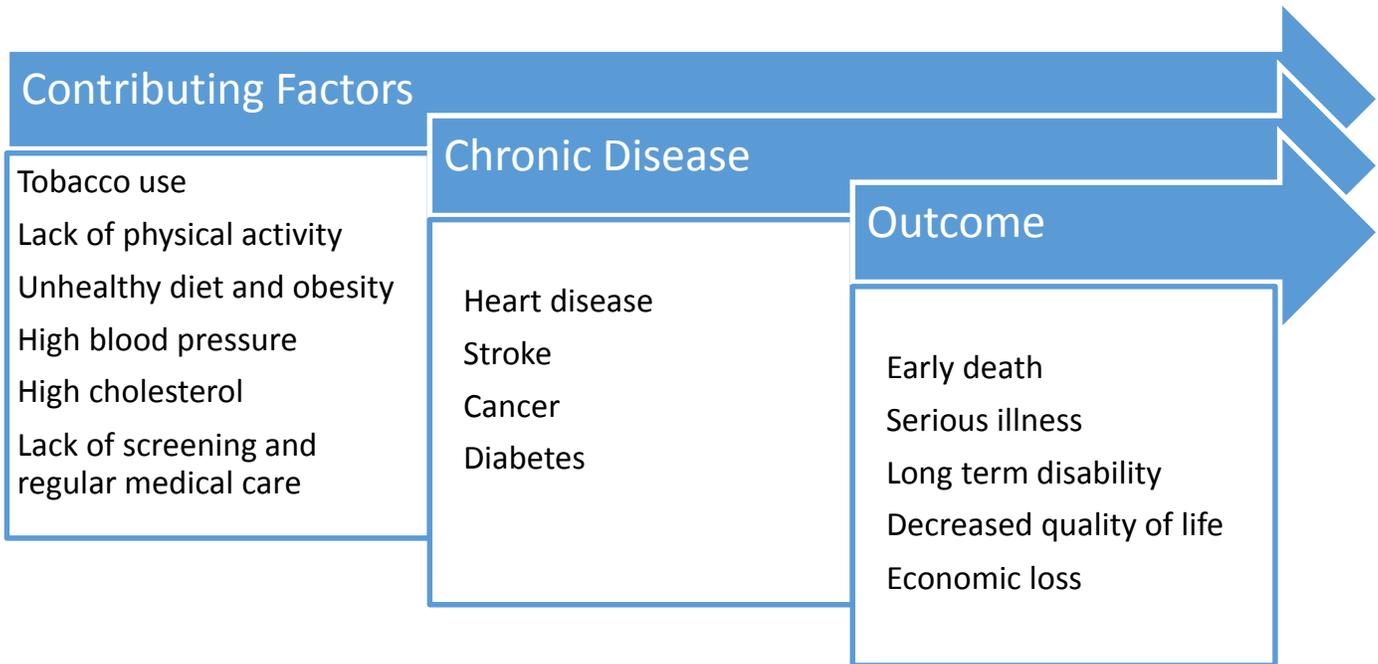
### Community Resources

- Spectrum Health Big Rapids
- District Health Department #10
- Hope House Free Medical Clinic and Pharmacy
- Susan P Wheatlake Cancer Center
- Ferris State University
  - Dental Clinic
  - Optometry clinic
  - Early childhood screening

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: CHRONIC DISEASE

## Mecosta 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	Mecosta	DHD#10
High Blood Pressure	25.4%	33.4%
Arthritis	25.6%	31.3%
High Cholesterol	30.9%	32.2%
Lifetime Asthma	18.1%	16.0%
Current Asthma	14.7%	11.0%
Any Cardiovascular Disease	6.7%	10.2%
Diabetes	7.3%	10.2%
Heart Attack	2.8%	5.2%
Angina	3.1%	5.2%
COPD	7.7%	9.0%
Cancer, Non-Skin	5.2%	6.9%
Skin Cancer	4.0%	4.9%
Stroke	2.8%	3.0%
Tobacco Use	31.6%	29.1%

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

(n=131)

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

- 58.0% Access to health care
- 32.8% Access to affordable healthy foods
- 21.4% Parks and recreation; access to physical activity
- 15.3% Healthy lifestyles

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

- 38.8% Overweight and obesity
- 31.0% Lack of access to health care
- 22.5% Chronic disease (heart disease, cancer, stroke)
- 21.7% Lack of physical activity

### Community Conversation:

#### Mecosta Osceola Human Services Collaborative Body

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

#### Responses related to chronic disease

- Increased access to healthy sustainable nutrition and recreation
  - Better access to healthy food options and education
  - More access to fresh fruits and vegetable
  - Community gardens
  - Grow a row
  - Sustain and maintain community recreation
  - Promotion of active lifestyle – integrating technology
  - Recreation areas
  - Friendship and social activities

### Community Resources

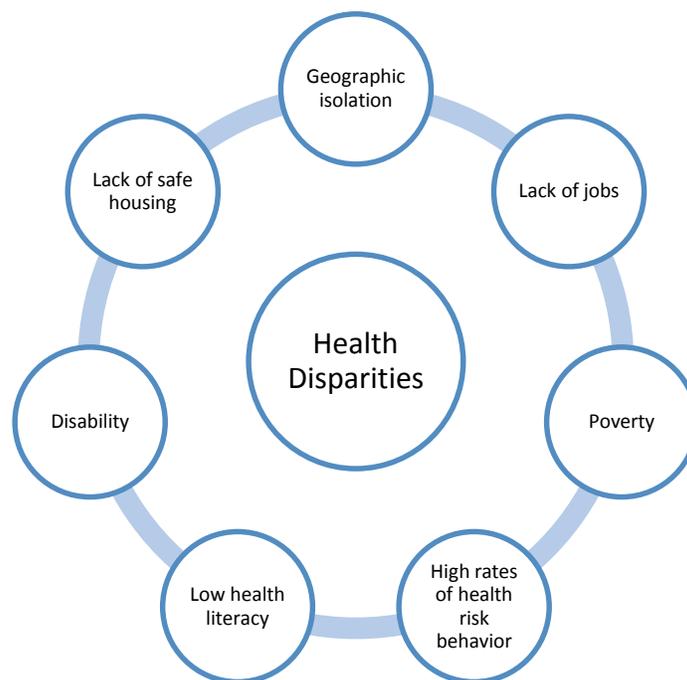
- Spectrum Health Big Rapids
- District Health Department #10 Chronic Disease Prevention Programs to reduce obesity, diabetes, heart disease and tobacco use.
- National Diabetes Prevention Program
- MSU Extension Programs to prevent and manage diabetes, nutrition education programming
- Big Rapids Health Coalition
- Susan P. Wheatlake Cancer Center
- Mecosta Free Cancer Screenings
- Weight Watchers
- TOPS
- 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.

# ISSUE BRIEF: HEALTH DISPARITIES AND SOCIAL DETERMINANTS OF HEALTH

## Mecosta 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.



	Mecosta	Michigan	Source
Poverty: all ages, 2013	23.6%	17.0%	Michigan League for Public Policy
Poverty: ages 0-17, 2013	31.6%	23.7%	
Medicaid paid births, 2014	45.4%	42.8%	
Children eligible for free/reduced price lunch, 2014	48.7%	46.7%	
Unemployment, 2014	7.8%	7.3%	
Median household income, 2013	\$39,764	\$48,200	
Disability, under age 65, 2010-2014	11.8%	10.2%	US Census Bureau, American Community Survey
High school graduate, age 25+, 2010-2014	89.6%	89.3%	
Bachelor's degree or higher, age 25+, 2010-2014	22.2%	26.4%	

## What Matters to You? Community Survey (n=131)

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?
58.0% Access to health care 42.8% Good jobs and healthy economy 32.8% Access to affordable, healthy food 30.5% Affordable housing 25.2% Safe neighborhoods 22.1% Good schools/high value on education	31.0% Lack of access to health care 30.2% Lack of affordable housing 27.9% Unsafe home environments

### Community Conversation:

#### Mecosta Osceola Human Services Collaborative Body

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

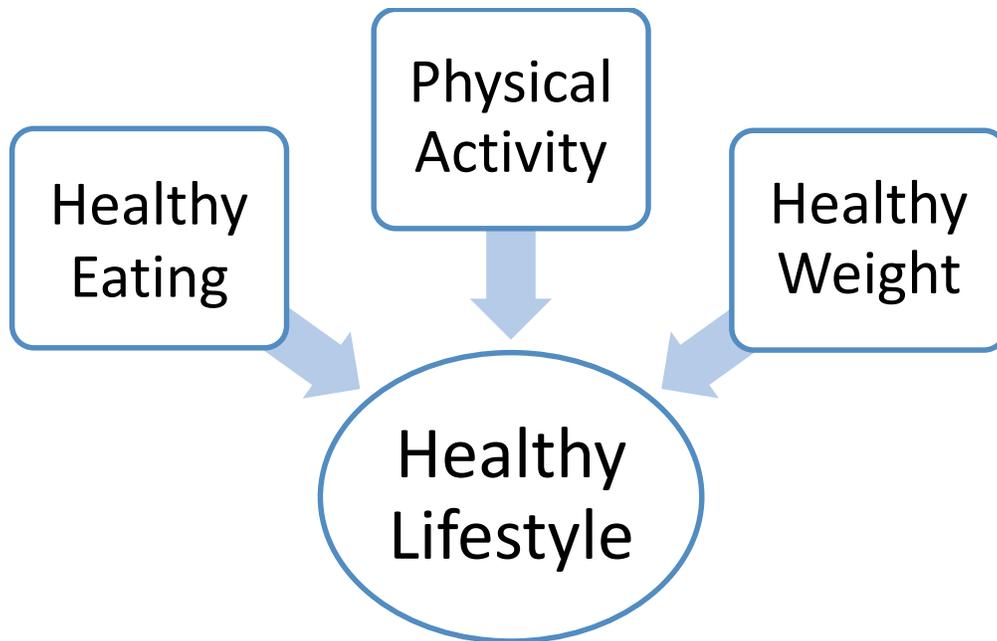
- Expand safe, affordable transportation to all
  - Safe affordable transportation
  - Affordable transportation to all appointments
  - Transportation assistance outside of Big Rapids
- Attract corporations for sustainable job growth
  - Another corporation to bring more revenue
  - Access to better paying jobs
  - Address economic disparity
- Develop safe affordable housing for all
  - Affordable housing for non-students
  - Affordable safe housing

### Community Resources

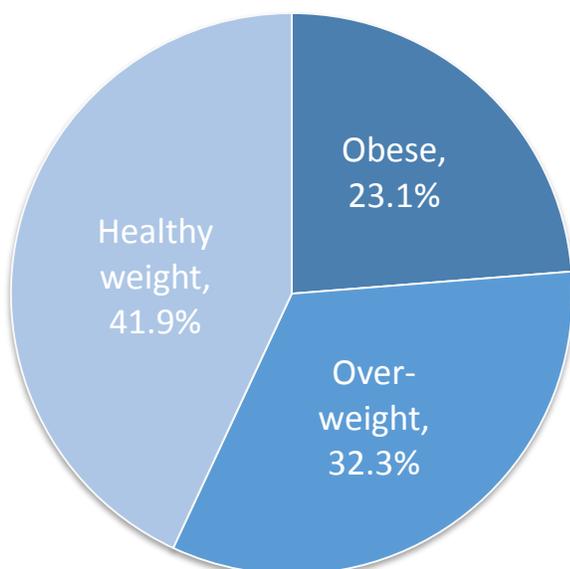
- Food Pantries
- Dial-a-Ride
- Habitat for Humanity
- Housing Commission
- Mecosta Osceola ISD Early Success
- Commission on Aging
- Department of Health and Human Services
- Mid-Michigan Community Action Agency
- MSU Extension
- Veteran Affairs Office
- District Health Dept. #10

# ISSUE BRIEF: HEALTHY LIFESTYLE

## Mecosta 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	42.5%
Inadequate fruit and vegetable consumption (<5 times/day)	89.4%
Sometimes/often don't have enough to eat	11.9%
2015 DHD#10 Behavioral Risk Factor Survey Results	

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

(n=131)

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

- Access to affordable, healthy foods (32.8%)
- Parks and recreation/ access to physical activity (21.4%)
- Healthy lifestyles (15.3%)

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

- Overweight and obesity (38.8%)
- Chronic disease (22.5%)
- Lack of physical activity (21.7%)

### Community Conversation: Mecosta Osceola Human Services Collaborative Body

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

Focus areas related to healthy lifestyle

- Increased access to healthy sustainable nutrition and recreation
  - Better access to healthy food options and education
  - More access to fresh fruits and vegetable
  - Community gardens
  - Grow a row
  - Sustain and maintain community recreation
  - Promotion of active lifestyle – integrating technology
  - Friendship and social activities for the community
  - Recreation areas

### Community Resources

- Mecosta County Youth and Family Center
- Community Gardens
- Big Rapids Middle School Youth Garden
- City of Big Rapids Parks and Recreation
- Mecosta Senior Center Programs
- MSU Extension Programs
- Farmers markets
- Big Rapids Public Schools
- Morley Stanwood Schools
- Chippewa Hills Schools
- Big Rapids Health Coalition
- DHD#10 Better Health Better Business program
- Live Well Website and Facebook
- City of Big Rapids Non-motorized transportation infrastructure – sidewalks and bike lanes
- Map of trails – River Walk and Rails to Trails



# ISSUE BRIEF: MATERNAL, INFANT AND CHILD HEALTH

## Mecosta 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.

	Mecosta	Michigan	Source
<b>Infant mortality:</b> Three year death rates per 1,000 live births	10.0	6.9	Michigan Department of Health and Human Services, 2012-2014
<b>Births with adequate prenatal care</b>	62.5%	67.5%	Michigan Department of Health and Human Services, 2012-2014
<b>Preterm births:</b> Infants born prior to 37 completed weeks of gestation	12.6%	12.3%	Michigan Department of Health and Human Services, 2014
<b>Maternal smoking:</b> Women who smoked while pregnant	22.5%	18.3%	Michigan Department of Health and Human Services, 2014
<b>Teen Pregnancy:</b> Rate per 1,000	25.5	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)	80.0%	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	29.5	14.7	Michigan League for Public Policy, 2014

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

(n=131)

Most important factors for a healthy community: <b>Strong family life 20.6%</b> <b>Low levels of child abuse 9.9%</b>	Most important health problems in your community: <b>Unsafe home environment (child abuse and neglect and domestic violence) 27.9%</b> <b>Teen pregnancy 2.3%</b>
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## Community Conversation: Mecosta Osceola Human Services Collaborative Body

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

- Make youth #1 priority
  - Build assets in youth
  - Increase quality child care
  - Youth healthy eating and exercise initiative
  - Expand anti-bullying and leadership programs

## 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.
- **Mecosta County Great Start Collaborative**

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

## Mecosta 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

	Mecosta County	DHD #10
Poor mental health days (14+ in past 30 days)	8.3%	12.1%
Inadequate social support	13.2%	6.9%
Very dissatisfied/dissatisfied with life	4.7%	6.0%
Severe psychological distress	2.3%	3.5%
Getting treatment/medication for mental health condition or emotional problem	12.7%	13.9%
<small>District Health Department #10 Behavioral Factor Survey, 2015</small>		
Fatal injuries: suicide, 2013	7	
Age adjusted per 100,000 (Michigan, 13.1/100,000)	16.2/100,000	
<small>Michigan Department of Health and Human Services, 2009-2013</small>		
Ratio of mental health providers (Michigan, 450:1)	790:1	
<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=131)

When asked about the top three health problems in Mecosta County, 28.7% 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: Mecosta Osceola Human Services Collaborative Body**

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

**Responses related to mental health include:**

Expand services for substance abuse and mental health clients and families

- Mental help with family counseling
- Increase access to mental health

### **Community Resources**

- Central Michigan Community Mental Health

# ISSUE BRIEF: SUBSTANCE USE DISORDERS

## Mecosta County



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

	Mecosta County	DHD#10
Heavy drinking, adults	7.0%	7.7%
Binge drinking, adults	18.9%	16.0%
District Health Department #10 Behavioral Factor Survey, 2015		
	Mecosta County	Michigan
Alcohol impaired driving deaths	32%	30%
Drug overdose deaths	9/100,000	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=131)

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

### **Community Conversation: Mecosta Osceola Human Services Collaborative Body**

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

- **Expand services for substance abuse and mental health clients and families**
  - **Addiction management**
  - **Reduce substance abuse**
  - **Address substance abuse and opiate abuse**

### **Community Resources**

- **Ten Sixteen**
- **Central Michigan Community Mental Health**
- **Mecosta Osceola Coalition to Reduce Underage Substance Abuse**

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

## Mecosta 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.

	Mecosta	DHD #10	Source
Current smoker – adults	31.6%	29.1%	DHD#10 Behavioral Risk Factor Survey, 2015
Women who smoked while pregnant (Michigan 18.3%)	22.5%		Michigan Department of Health and Human Services, 2014
Any cardiovascular disease	6.7%	10.2%	DHD#10 Behavioral Risk Factor Survey, 2015
Current asthma	14.7%	11.0%	DHD#10 Behavioral Risk Factor Survey, 2015
Lifetime asthma	18.1%	16.0%	DHD#10 Behavioral Risk Factor Survey, 2015
COPD	7.7%	9.0%	DHD#10 Behavioral Risk Factor Survey, 2015
Lung cancer rates, per 100,000 (Michigan 69.1)	64.4		Michigan Department of Health and Human Services, 2008-2012

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

(n=131)

Community members identified health problems in Mecosta County, with 22.5% identifying chronic disease, including heart disease, cancer and stroke, as a community health problem.

16.3% of respondents identified tobacco and e-cigarette use as a health problem in Mecosta County.

### Community Conversation: Mecosta Osceola Human Services Collaborative Body

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

#### Responses related to tobacco use

- **Expand services for substance abuse and mental health clients and families**
  - **Addiction management**
  - **Reduce substance abuse**

### 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 for tobacco cessation.
- **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](mailto:dnorkoli@dhd10.org)