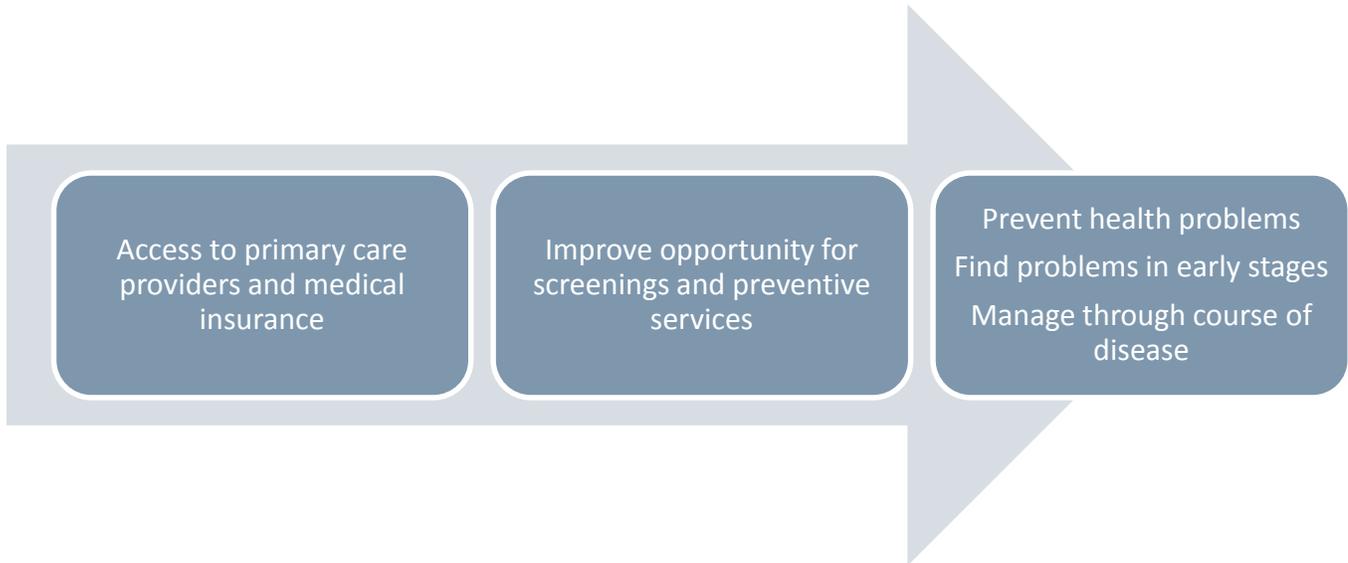


# ISSUE BRIEF: ACCESS TO HEALTH CARE

## Oceana County



<p><b>Health Professions Shortage Areas</b> Oceana County has a shortage in primary care, behavioral health, and dental health providers.</p>	<p><b>Health Insurance</b> 8.3% of the adult population under age 65 in Oceana County is uninsured. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>
<p><b>Primary Care Providers</b> 12.1% of the adult population in Oceana 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> 29.3% of adults in Oceana County reported no dental visit in the past year. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>

	Oceana	Michigan
<b>Primary care physicians</b>	1,870:1	1,240:1
<b>Dentists</b>	3,750:1	1,450:1
<b>Mental health providers</b>	3,280:1	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=75)

<p><b>Most important factors needed for a healthy community</b>  <b>#1 response:</b>  <b>Access to health care, including primary care, specialty care, behavioral health services, and dental care</b></p>	
<p><b>What are the problems adults, older adults, and children in your family have in getting health care services?</b></p> <ul style="list-style-type: none"> <li>• Health insurance has high deductibles/co-pays</li> <li>• Cannot afford visit to doctor, dentist, clinic, and/or hospital</li> <li>• Health insurance coverage is limited</li> <li>• Health insurance does not cover dental services</li> <li>• Finding a dentist</li> </ul>	<p style="text-align: center;"><b>Major Barriers to Getting Health Care</b></p> <ul style="list-style-type: none"> <li>• Access to affordable health care</li> <li>• Lack of information on cost of health care services</li> <li>• Ability to take time off work for appointment/care</li> <li>• Coordination of resources among services/providers</li> <li>• Availability of transportation</li> </ul>

### Community Conversation: Oceana County System of Care for Youth

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

*Responses related to access to care*

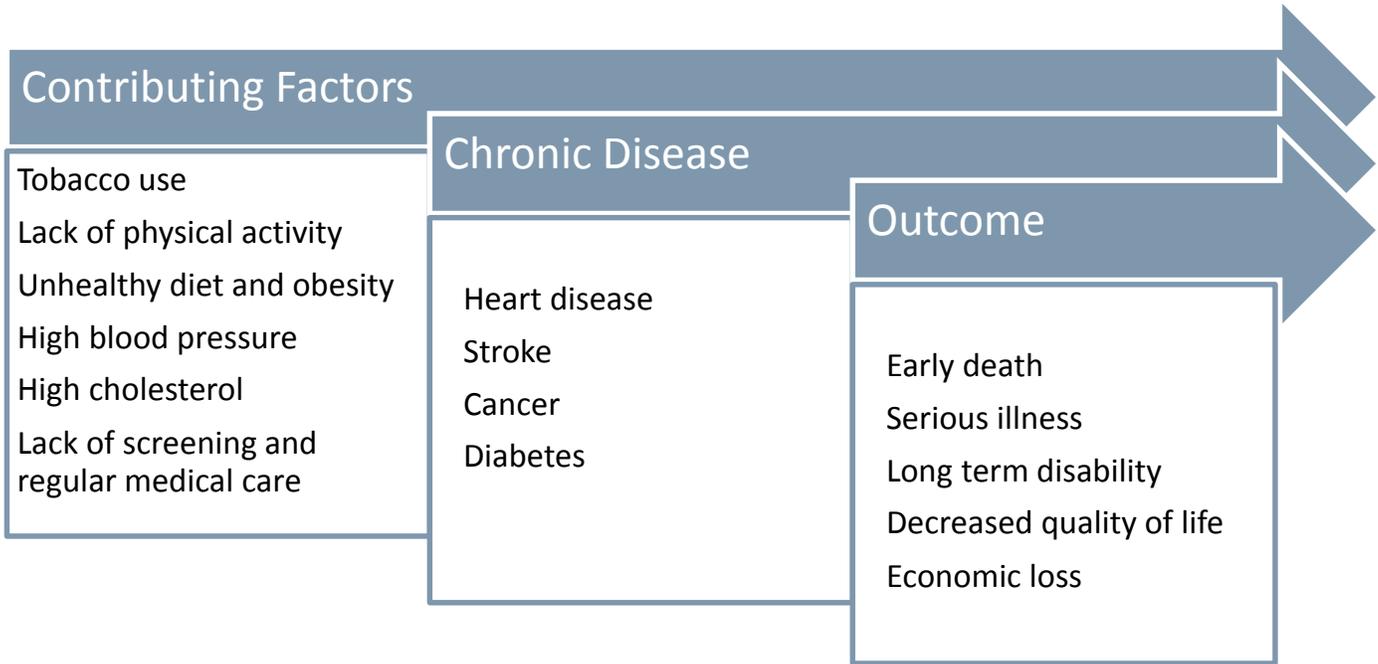
- Develop and promote mind and body wellness
  - Enhance mental health services: substance abuse, reduce isolation
  - Access to mental health
- Increase transportation options to community resources
  - Mobile health community services
  - Public transportation
  - Increased transportation
  - Access to dental health

### Community Resources

- Enrollment in health coverage under the Healthy Michigan Program, the Healthcare.gov Marketplace, Medicare, and Mercy Health’s Financial Assistance Program has increased access to care for low-income populations
- *Wheels of Mercy* Mobile Medical Units
- Mercy Health Pathways to Better Health and Pathways to Healthy Pregnancy programs
- Mercy Health’s Pharmaceutical Assistance program
- Northwest Michigan Health Services
- Spectrum Health Family Medicine
- District Health Department #10
- Lion’s Club Vision and Hearing Services program
- Shelby Adolescent Health Center
- Michigan Community Dental Clinic

# ISSUE BRIEF: CHRONIC DISEASE

## Oceana 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	Oceana	DHD#10
High Blood Pressure	36.3%	33.4%
Arthritis	28.8%	31.3%
High Cholesterol	35.8%	32.2%
Lifetime Asthma	11.4%	16.0%
Current Asthma	7.6%	11.0%
Any Cardiovascular Disease	9.9%	10.2%
Diabetes	14.8%	10.2%
Heart Attack	5.5%	5.2%
COPD	8.6%	9.0%
Cancer, Non-Skin	7.9%	6.9%
Skin Cancer	5.5%	4.9%
Stroke	1.8%	3.0%
Tobacco Use	21.5%	29.1%

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

(n=75)

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

- 57.3% Access to health care
- 38.7% Access to affordable healthy foods
- 13.3% Healthy lifestyles
- 12.0% Parks and recreation; access to physical activity

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

- 42.7% Overweight and obesity
- 26.7% Chronic disease (heart disease, cancer, stroke)
- 25.3% Lack of access to health care
- 17.3% Lack of physical activity

### Community Conversation: Oceana County System of Care for Youth

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

##### Responses related to chronic disease

- Collaborate to unite resources for community
- Develop and promote mind and body wellness
- Enhance the wellbeing of families
- Increase transportation options to community resources
- Create activity for healthy lifestyles

### Community Resources

- Oceana County Health Disparities Reduction Coalition
- Healthy Families of Oceana County Coalition
- 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.
- Diabetes Prevention Program

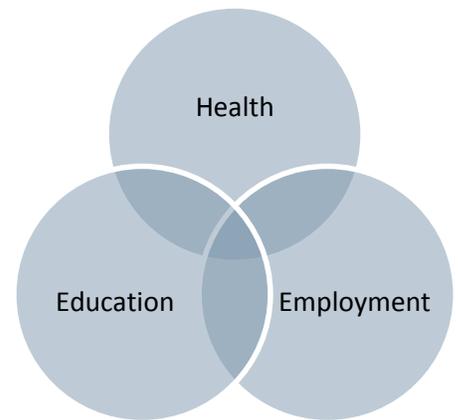
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# ISSUE BRIEF: HEALTH DISPARITIES AND SOCIAL DETERMINANTS OF HEALTH

## Oceana 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.



	Oceana	Michigan	Source
Poverty: all ages, 2013	18.3%	17.0%	Michigan League for Public Policy
Poverty: ages 0-17, 2013	30.9%	23.7%	
Medicaid paid births, 2014	66.6%	42.8%	
Children eligible for free/reduced price lunch, 2014	72.2%	46.7%	
Unemployment, 2014	9.8%	7.3%	
Median household income, 2013	\$43,134	\$48,200	US Census Bureau, American Community Survey
Disability, under age 65, 2010-2014	13.6%	10.2%	
High school graduate, age 25+, 2010-2014	84.8%	89.3%	
Bachelor's degree or higher, age 25+, 2010-2014	16.1%	26.4%	

## What Matters to You? Community Survey (n=75)

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?
57.3% Access to health care 38.7% Access to affordable, healthy food 37.3% Good jobs and healthy economy 32.0% Good schools/high value on education 32.0% Affordable housing	25.3% Lack of access to health care 21.3% Unsafe home environments 17.3% Lack of physical activity 16.0% Lack of affordable housing

### Community Conversation:

#### Oceana County System of Care for Youth

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

#### Responses related to health disparities

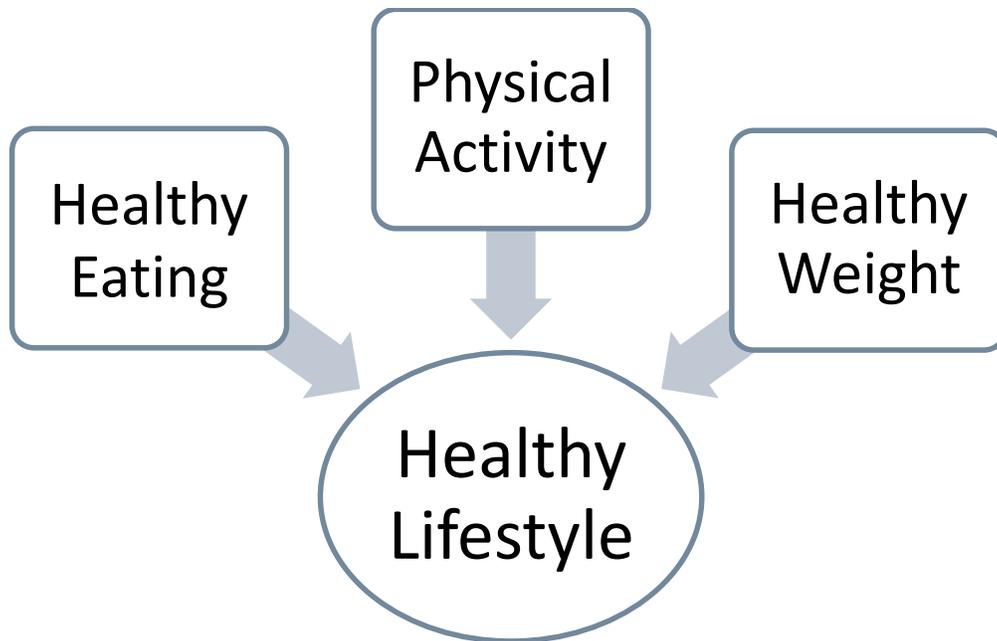
- Increase transportation options to community resources
  - Mobile health community services
  - Public transportation
  - Increase transportation
  - Access to dental health
- Connect community to housing resources and advocate growth
  - Affordable housing – More!
  - Housing as a health issue
  - Address homelessness
- Create employment opportunities for all abilities and increase workforce readiness
  - Increase local employment opportunities
  - Adult literacy capacity increased
- Enhance the wellbeing of families
  - Parenting classes in English and Spanish

### Community Resources

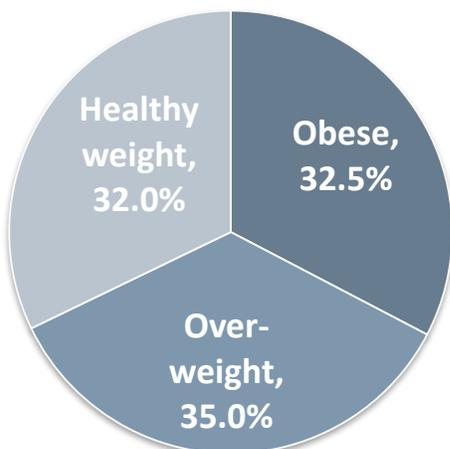
- Oceana County Health Disparities Reduction Coalition
- Food Assistance Outreach Program
- Oceana County System of Care for Youth
- Food Pantries
- Salvation Army
- True North Community Services
- District Health Department #10
- Habitat for Humanity
- Love, Inc.
- Disability Network
- West Shore Educational Service District
- Early Childhood Education Program
- Michigan Works!
- Oceana College Access Network
- Oceana County Council on Aging
- Department of Health and Human Services

# ISSUE BRIEF: HEALTHY LIFESTYLE

## Oceana 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	43.9%
Inadequate fruit and vegetable consumption (<5 times/day)	85.5%
Sometimes/often don't have enough to eat	7.5%
2015 DHD#10 Behavioral Risk Factor Survey Results	
Obese/overweight – youth	41.6%
Fruits and vegetables (5X/day) youth	23.6%
Michigan Profile for Healthy Youth, 2015-2016	

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

(n=75)

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

- Access to affordable, healthy foods (38.7%)
- Healthy lifestyles (13.3%)
- Parks and recreation/ access to physical activity (12.0%)

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

- Overweight and obesity (42.7%)
- Chronic disease (26.7%)
- Lack of physical activity (17.3%)

## Community Resources

### Community Conversation:

### Oceana County System of Care for Youth

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

Focus areas related to healthy lifestyle

- Create activity for healthy lifestyles
  - Promote existing opportunities for an active lifestyle
  - Build a dog park
- Develop and promote mind and body wellness
  - Wellness services – whole person
- Build opportunities to connect community to resources
  - Build relationships through community events
  - Consistent resource fairs
  - Offer creative “disguised” education to all
  - Incentivize meeting healthy goals (free groceries, tax cut)

- Healthy Families of Oceana County
- Walkerville Thrives
- Oceana County Health Disparities Reduction Coalition
- MSU Extension implements nutrition education in the community, including Cooking Matters classes which are free to the public.
- DHD#10 is working with Shelby Schools and Walkerville Schools to implement Coordinated School Health and improve the environment for nutrition and physical activity.
- DHD#10 is partnering with worksites to promote healthy lifestyles among employees and to offer the Learning Kitchen nutrition education program.
- Spectrum Health is working in Hart Schools and Pentwater Schools to implement the Fit Club Program
- Project Fresh collaboration with Rennhack Orchard Market
- DHD #10 implemented Cooking with Kids at Shelby Schools’ Summer Meal Site
- Lakeside Comprehensive Wellness

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: MATERNAL, INFANT AND CHILD HEALTH

## Oceana 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.

	Oceana	Michigan	Source
<b>Infant mortality:</b> Five year death rates per 1,000 live births	13.3	6.9	Michigan Department of Health and Human Services, 2012-2014
<b>Births with adequate prenatal care</b>	58.9%	67.5%	Michigan Department of Health and Human Services, 2012-2014
<b>Preterm births:</b> Infants born prior to 37 completed weeks of gestation	14.0%	12.3%	Michigan Department of Health and Human Services, 2014
<b>Maternal smoking:</b> Women who smoked while pregnant	23.7%	18.3%	Michigan Department of Health and Human Services, 2014
<b>Teen Pregnancy:</b> Rate per 1,000	50.9	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)	69.9%	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	24.5	14.7	Michigan League for Public Policy, 2014

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

(n=75)

Most important factors for a healthy community:

**Strong family life 29.3%**  
**Low levels of child abuse 10.7%**

Most important health problems in your community:

**Unsafe home environment (child abuse and neglect and domestic violence) 21.3%**  
**Teen pregnancy 9.3%**

## Community Conversation: Oceana County System of Care for Youth

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

- Enhance the wellbeing of families
  - Mentoring families
  - Family strengthening resources
  - Positive communication between parents and teens
  - Connecting and educating families with healthy foods
  - Parenting classes in English and Spanish

## 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**

# ISSUE BRIEF: MENTAL HEALTH

## Oceana 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

	Oceana County	DHD #10
Poor mental health days (14+ in past 30 days)	8.0%	12.1%
Inadequate social support	6.5%	6.9%
Very dissatisfied/dissatisfied with life	4.2%	6.0%
Severe psychological distress	2.2%	3.5%
Getting treatment/medication for mental health condition or emotional problem	14.2%	13.9%
District Health Department #10 Behavioral Factor Survey, 2015		
Fatal injuries: suicide, 2013	4	
Age adjusted per 100,000 (Michigan, 12.2/ 100,000)	Too small to calculate	
Michigan Department of Health and Human Services, 2009-2013		
Ratio of mental health providers (Michigan, 450:1)	3,280:1	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=75)

When asked about the top three health problems in Oceana County, 29.3% 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: Oceana County System of Care for Youth**

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

**Responses related to mental health include:**

- Develop and promote mind and body wellness
  - Enhance mental health services: substance abuse, reduce isolation
  - Access to mental health
  - Wellness services – whole person

### **Community Resources**

- West Michigan Community Mental Health
- Shelby Adolescent Wellness Center

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# ISSUE BRIEF: SUBSTANCE ABUSE

## Oceana 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

	Oceana County	DHD#10
Heavy drinking, adults	3.6%	7.7%
Binge drinking, adults	9.5%	16.0%
District Health Department #10 Behavioral Factor Survey, 2015		
	Oceana County	Michigan
Alcohol impaired driving deaths	30%	30%
Drug overdose deaths	18/100,000	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		15.9%
Ever been drunk – 9 <sup>th</sup> and 11 <sup>th</sup> grade students		20.1%
Used marijuana in past 30 days – 9 <sup>th</sup> and 11 <sup>th</sup> grade students		10.3%
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=75)

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

### **Community Conversation: Live Well Oceana**

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

- **Develop and promote mind and body wellness**
  - **Target substance abuse**
  - **Enhance mental health services: substance abuse, reduce isolation**

### **Community Resources**

- **Oceana County Substance Abuse Prevention Coalition**
- **Choices West Counseling Services**
- **Fountain Hill Center**
- **Services of Hope**
- **West Michigan Community Mental Health**

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# ISSUE BRIEF: TOBACCO USE

## Oceana 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.

	Oceana	DHD #10	Source
Current smoker – adults	21.5%	29.1%	DHD#10 Behavioral Risk Factor Survey, 2015
Youth - Smoked cigarettes in past 30 days	5.3%		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	8.7%		
Youth - Exposed to second-hand smoke/past 7 days	37.9%		
Women who smoked while pregnant (Michigan 18.3%)	23.7%		Michigan Department of Health and Human Services, 2014
Any cardiovascular disease	9.9%	10.2%	DHD#10 Behavioral Risk Factor Survey, 2015
Heart attack	5.5%	5.2%	DHD#10 Behavioral Risk Factor Survey, 2015
Current asthma	7.6%	11.0%	DHD#10 Behavioral Risk Factor Survey, 2015
Lifetime asthma	11.4%	16.0%	DHD#10 Behavioral Risk Factor Survey, 2015
COPD	8.6%	9.0%	DHD#10 Behavioral Risk Factor Survey, 2015
Lung cancer rates, per 100,000	56.5	69.1	Michigan Department of Health and Human Services, 2008-2012

- 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.

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

(n=75)

Community members identified health problems in Oceana County, with 26.7% identifying chronic disease, including heart disease, cancer and stroke, as a community health problem.

12.0% of respondents identified tobacco and e-cigarette use as a health problem in Oceana County.

### 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.
- **Northwest Michigan Health Services:** provides tobacco cessation counseling

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