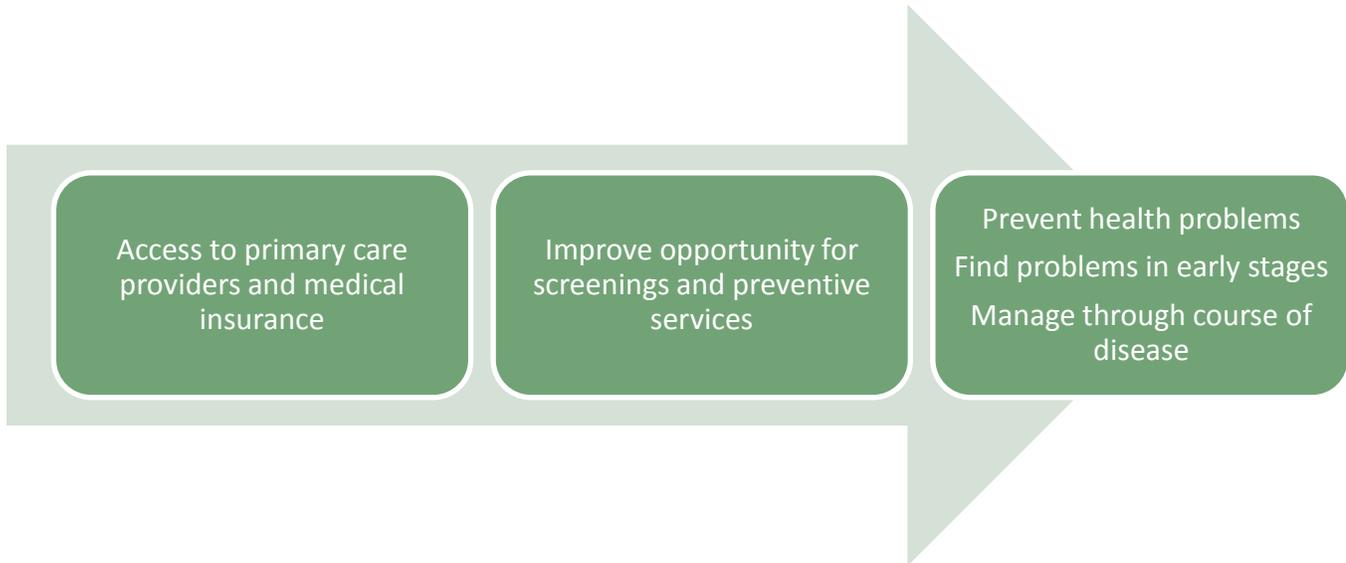


# ISSUE BRIEF: ACCESS TO HEALTH CARE

## Kalkaska County



<p><b>Health Professions Shortage Areas</b> Kalkaska 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 Kalkaska County is uninsured. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>
<p><b>Primary Care Providers</b> 21.3% of the adult population in Kalkaska County do not have a primary care provider. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>	<p><b>Dental Health Care</b> 35% of adults in Kalkaska County reported no dental visit in the past year. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>

	Kalkaska	Michigan
<b>Primary care physicians</b>	2,870:1	1,240:1
<b>Dentists</b>	3,480:1	1,450:1
<b>Mental health providers</b>	2,480:1	450:1

County Health Rankings, 2016

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.

<p style="text-align: center;"><b>“What Matters to You?” Community Survey Results</b> (n=178)</p>	<p style="text-align: center;"><b>What are the problems adults, older adults, and children in your family have in getting health care services?</b></p>
<p>#1 response by community members to most important factors needed for a healthy community: <b>Access to health care</b></p>	<ol style="list-style-type: none"> <li>1. High deductibles and/or co-pays (60.0%)</li> <li>2. Cannot afford medications (20.7%)</li> <li>3. Getting specialist care (20.0%)</li> <li>4. Existing medical debt (16.3%)</li> <li>5. Finding a doctor (11.9%)/No health insurance (11.9%)</li> </ol>

### Community Resources

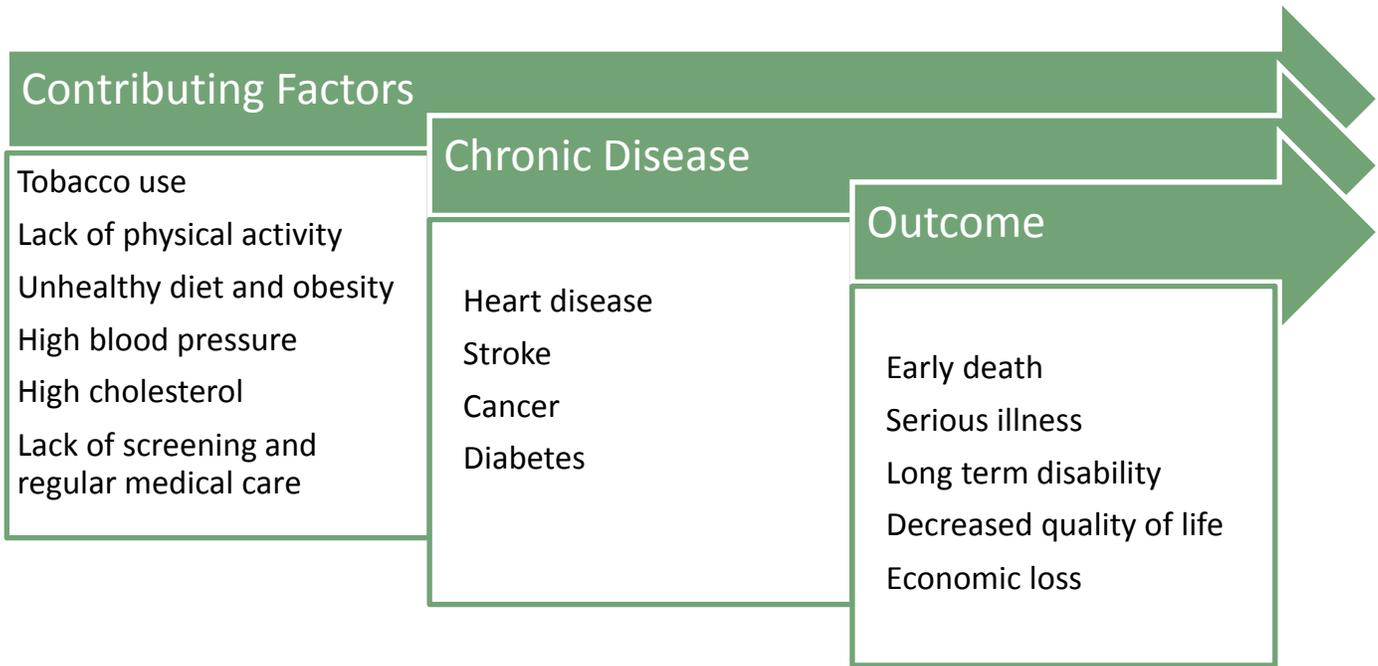
**Kalkaska Memorial Health Center (KMHC) is a township-owned, Michigan Critical Access Hospital managed by Munson Healthcare.**

- Services include outpatient surgery, rehabilitation services, a dialysis center, diagnostics, primary and specialty care, and 24-hour emergency care. KMHC offers a continuum of care for seniors including an assisted living facility, long-term and skilled care, and two unique Green House Homes.
- The KMHC Rural Health Clinic offers sliding scale fee with local access to primary care and specialty physicians including Cardiology, ENT, Gastroenterology, Orthopedics, Pediatrics, Pulmonology, and General Surgery. A Midwife Clinic in the RHC is offered two days per week and GYN clinic/surgery once a week.
- KMHC has sustained a Medication Assistance Program, helping patients access almost 1 million dollars of needed medications in 2014.
- KMHC also operates two adolescent health clinics supported by Michigan Department of Health and Human Services (MDHHS) grants. Teen Health in Kalkaska and Forest Area Schools provides primary care for 10-21 year olds, regardless of ability to pay. KMHC Teen Clinics provide transportation as needed for its patients.
- Transportation assistance is provided for dialysis patients and KMHC) has recently purchased its own 12 passenger van.

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

## Kalkaska 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	Kalkaska	DHD#10
High Blood Pressure	39.6%	33.4%
Arthritis	38.4%	31.3%
High Cholesterol	28.0%	32.2%
Lifetime Asthma	22.1%	16.0%
Current Asthma	16.3%	11.0%
Any Cardiovascular Disease	12.2%	10.2%
Diabetes	9.6%	10.2%
Heart Attack	7.5%	5.2%
Angina	6.8%	5.2%
COPD	6.7%	9.0%
Cancer, Non-Skin	5.0%	6.9%
Skin Cancer	3.5%	4.9%
Stroke	3.5%	3.0%
Tobacco Use	39.0%	29.1%

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

(n=178)

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

- Access to affordable healthy foods (42.1%)
- Access to physical activity opportunities (34.8%)

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

- Overweight and obesity (44.6%)
- Lack of physical activity (27.1%)
- Chronic diseases: heart disease, cancer, diabetes, COPD, stroke (19.8%)

### Community Conversations

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

A community conversation was held at the Kalkaska County Human Services Collaborative Body, using a group participation technique to identify ways that we can move toward a healthier community. Sixteen representatives from health and social service organizations and agencies identified the following chronic disease related objectives and strategies:

- Continuously focus on health and wellness
  - Increase preventive care
  - Proactive preventive education
  - Employee wellness programs with incentives
  - Worksite wellness based on individual business needs
  - Accessible recreational opportunities
  - Turn off phones- play as a family
  - Increased youth health programs
- Purposefully incorporate nutritional health
  - Increase access to affordable fruits and veggies
  - More fresh food access: Double Up Food Bucks
  - SNAP Education, food preparation, meal preparation

### Community Resources

#### Northern Michigan Diabetes Initiative: The

Northern Michigan Diabetes Initiative is a regional collaboration dedicated to prevention, early detection, and management of diabetes. The goal is a reduction in the prevalence of diabetes and improvement in the care of people with diabetes. This will be accomplished by engaging and providing local, regional, and national resources to develop and implement an improvement plan for the prevention and management of diabetes.

#### MiPCT: The Michigan Primary Care

Transformation Project (MiPCT) is a pilot program to demonstrate the value of a Patient Centered Medical Home model of care. Michigan was chosen as one of eight states to receive funding from the Center of Medicare and Medicaid services from Jan 2011-Dec 2014. The funding allows local doctors to utilize care coordinators to help manage complex patients. This project has been successful in reducing unnecessary ER visits and hospitalizations by helping patients to manage their care.

#### Northwest Michigan Chronic Disease

Prevention Coalition: The Tencon Health plan is funding District Health Department #10 to implement a comprehensive approach to chronic disease prevention and treatment guided by a cross-sector coalition with representatives from across 21 counties of Northwest Michigan.

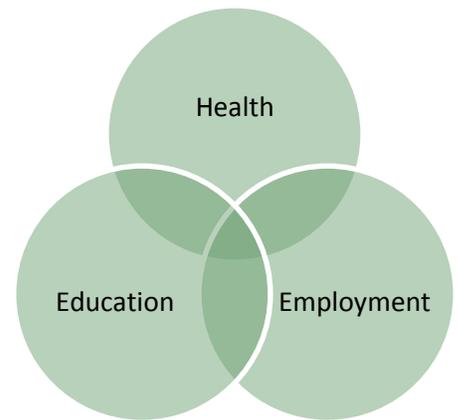
For more information, visit our website at [www.dhd10.org](http://www.dhd10.org) or contact Donna Norkoli at [dnorkoli@dhd10.org](mailto:dnorkoli@dhd10.org)

# ISSUE BRIEF: HEALTH DISPARITIES AND SOCIAL DETERMINANTS OF HEALTH

## Kalkaska 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.



	Kalkaska	Michigan	Source
Poverty: all ages, 2013	17.9%	17.0%	Michigan League for Public Policy
Poverty: ages 0-17, 2013	29.1%	23.7%	
Medicaid paid births, 2014	60.1%	42.8%	
Children eligible for free/reduced price lunch, 2014	57.3%	46.7%	
Unemployment, 2014	9.4%	7.3%	
Median household income, 2013	\$39,269	\$48,200	US Census Bureau, American Community Survey
Disability, under age 65, 2010-2014	11.9%	10.2%	
High school graduate, age 25+, 2010-2014	86.2%	89.3%	
Bachelor's degree or higher, age 25+, 2010-2014	13.0%	26.4%	

## What Matters to You? Community Survey

### What are the top three factors that define a healthy community?

- Access to health care 52.8%
- Access to affordable healthy foods 42.1%
- Adequate income 37.1%
- Access to physical activity opportunities 34.8%
- Clean environment 18.0%
- Affordable housing 18.0%
- High value on education 17.4%
- Good schools 13.5%
- Safe neighborhoods 12.4%

### Community Conversations

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

- Strategically implement education building blocks
  - Increase graduation rates
  - After school program
  - Educate early and often
  - Knowledge and career guidance
  - Budgeting courses
  - Increasing graduation rates
  - Parent engagement within schools
  - Health related education workshops
- Strategically recruit economic opportunity
  - Increase tax base
  - Increase economic opportunities
- Thoughtfully and open-mindedly consider infrastructure
  - Improved transportation system
  - Increase quality, affordable housing

### Community Resources

Kalkaska County Community Collaborative

Michigan Works

Kalkaska Schools

Pathways to Potential

KAIR Food Pantry

True North Community Services

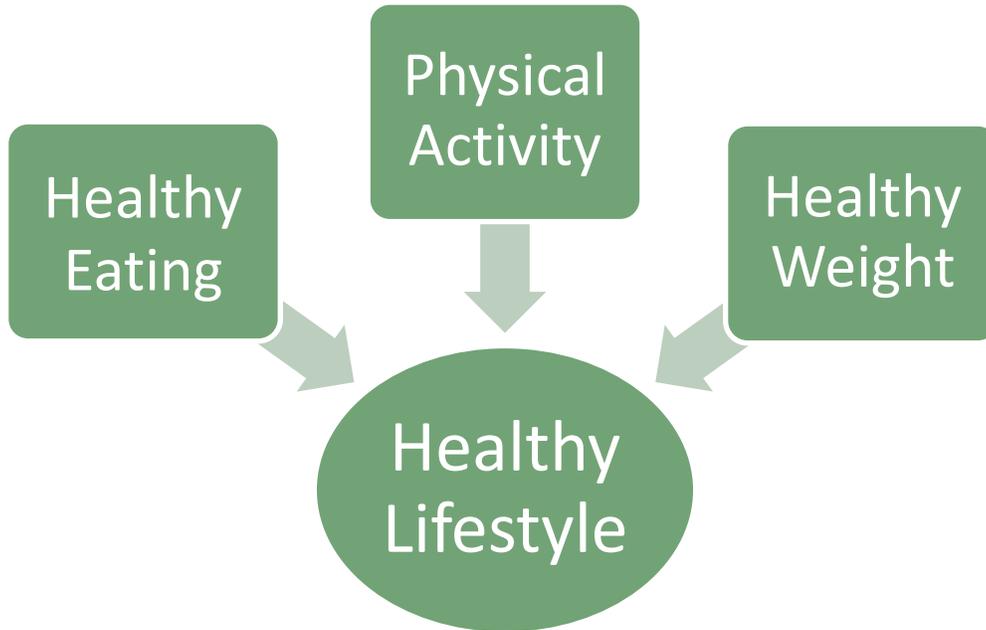
Chemical Bank Financial Education and Road to Home programs

Aging and Disability Resource Center

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

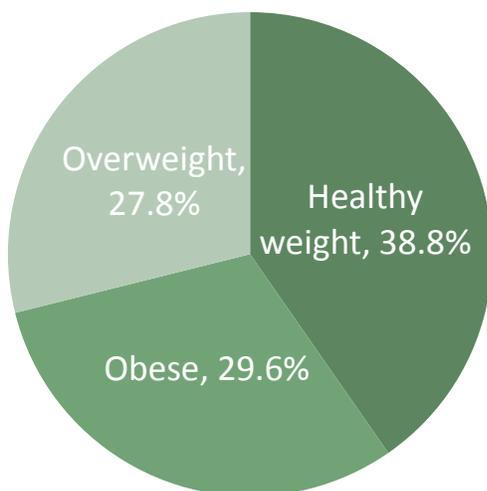
# ISSUE BRIEF: HEALTHY LIFESTYLE

## Kalkaska County



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

### Weight



	Kalkaska
No leisure time physical activity	21.3%
Inadequate fruit and vegetable consumption (<5 times/day)	82.4%
Sometimes/often don't have enough to eat	14.4%

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

(n=178)

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

- Access to affordable, healthy foods (42.1%)
- Access to physical activity opportunities (34.8%)

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

- Overweight and obesity (44.6%)
- Lack of physical activity (27.3%)
- Lack of access to affordable, healthy foods (18.1%)

### Community Conversation

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

#### Responses related to healthy lifestyle

Continuous focus on health and wellness

- Accessible recreational opportunities
- Turn off phones – play as a family

Purposefully incorporate nutritional health

- Increase access to affordable fruits and veggies
- More fresh food access: Double Up Food Bucks
- SNAP Education food preparation, meal preparation

### Community Resources

- MSU Extension provides nutrition education programming in schools and the community
- DHD #10 had SNAP –Ed funding in 2015/16 to work with Kalkaska Area Schools to implement coordinated school healthy programming, conduct the *Healthy School Action Tool* and purchase signage for the lunchrooms to promote healthy eating.
- DHD #10 is providing Cooking With Kids at summer meal sites
- Funding from the Northwest Michigan Chronic disease Prevention coalition was awarded to Live Well Kalkaska to promote the Kalkaska Farmers Market
- DHD #10 received funding from the Michigan Health Endowment fund to increase access to healthy food in Kalkaska County
- Live Well Kalkaska County Coalition

### Live Well Kalkaska

“How will Kalkaska County address obesity in the next 1-2 years?”

Responses related to obesity from Live Well Kalkaska members:

Healthy eating

- Education on affordability of healthy foods; nutrition
- Market list of local farms/produce
- Messaging: eat less sugar, choose foods wisely, drink more water
- Classes on cooking from scratch
- Special events at Farmers Market
- Community teaching kitchen
- Subsidize fruits/veggies

Physical activity

- Promote existing physical activity opportunities
- Calendar of active events
- Walking every day and be active message
- Positive results posted about being active
- Public access to gyms

Schools

- Join school wellness committee
- Take plan to school boards
- Messaging in school, class material
- Inform, inspire schools

Educate and promote health

- Community speakers at library re: health
- Help people with small goals for making changes
- Support group
- Worksite wellness programming
- Diabetes prevention program
- More awareness via media
- Community champions

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

## Kalkaska 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.

	Kalkaska	Michigan	Source
<b>Infant mortality:</b> Five year death rates per 1,000 live births	16.9	6.9	Michigan Department of Health and Human Services, 2012-2014
<b>Births with adequate prenatal care</b>	67.0%	67.5%	Michigan Department of Health and Human Services, 2012-2014
<b>Preterm births:</b> Infants born prior to 37 completed weeks of gestation	9.5%	12.3%	Michigan Department of Health and Human Services, 2014
<b>Maternal smoking:</b> Women who smoked while pregnant	36.3%	18.3%	Michigan Department of Health and Human Services, 2014
<b>Teen Pregnancy:</b> Rate per 1,000, MDHHS, 2012-14	42.4	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)	75.5%	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	27.8	14.7	Michigan League for Public Policy, 2014

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

(n=178)

Most important factors for a healthy community: <b>Low levels of child abuse 4.5%</b>	Most important health problems in your community: <b>Child abuse and neglect 11.9%</b>
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## Community Conversation

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

A Community Conversation was held at the Kalkaska County Human Services Collaborative Body, using a group participation technique to identify ways that we can move toward a healthier community. Sixteen representatives from health and social service organizations and agencies identified the following chronic disease related objectives and strategies:

Continuously focus on health and wellness:  
Increase immunization rates

## 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.

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

## Kalkaska 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

	Kalkaska County	DHD #10
Poor mental health days (14+ in past 30 days)	19.5%	12.1%
Inadequate social support	5.8%	6.9%
Very dissatisfied/dissatisfied with life	4.1%	6.0%
Severe psychological distress	3.1%	3.5%
Getting treatment/medication for mental health condition or emotional problem	17.5%	13.9%
District Health Department #10 Behavioral Factor Survey, 2015		
Fatal injuries: suicide, 2013	5	
Age adjusted per 100,000 (Michigan, 12.9/ 100,000)	*	
Michigan Department of Health and Human Services, 2009-2013		
Ratio of mental health providers (Michigan, 450:1)	2,480:1	
		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=178)

When asked about the top three health problems in Kalkaska County, 17.5% indicated mental health issues.

9.6% of respondents chose lack of access to mental health as one of the biggest problems for themselves or family.

### **Community Conversations**

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

A community conversation was held at the Kalkaska County Human Services Collaborative Body meeting, using a group participation technique to identify ways that we can move toward a healthier community. Sixteen representatives from health and social service organizations and agencies identified the following chronic disease related objectives and strategies:

- Thoughtfully and deliberately improve behavioral health
  - Access to mental health

### **Community Resources**

- Teen Health Corner in Kalkaska and Forest Area Schools provides primary care and mental health counseling (with Pine Rest counselors) for 10-21 year olds, regardless of ability to pay. Counseling is available at the Kalkaska clinic 3 days per week and 2 days per week at Forest Area School.
- Health and Healing Ministry Counseling and Consultation Services
- Catholic Human Services
- North Country Community Mental Health

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# ISSUE BRIEF: SUBSTANCE ABUSE

## Kalkaska County



### Substance Abuse

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

	Kalkaska County	DHD#10
Heavy drinking, adults (7.7% DHD #10)	9.2%	7.7%
Binge drinking, adults (16% DHD #10)	17.4%	16.0%
District Health Department #10 Behavioral Risk Factor Survey, 2015		
Binge drinking, past 30 days, 9 <sup>th</sup> and 11 <sup>th</sup> grade students	14.0%	
Marijuana use, past 30 days, 9 <sup>th</sup> and 11 <sup>th</sup> grade students	12.2%	
MiPHY, 2014		
Alcohol impaired driving deaths	23%	
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=178)

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

### Community Conversations

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

Sixteen community representatives at the Kalkaska County Human Services Collaborative Body meeting identified areas that related to substance abuse, including:

- Thoughtfully and deliberately improve behavioral health
  - Substance abuse prevention and reduction

#### “How will Kalkaska County address substance abuse in the next 1-2 years?”

10 community representatives at the Live Well Kalkaska meeting identified the following:

- Publicize Resources
  - Inventory resources
  - Engage others (schools, law enforcement, health centers)
  - Share information at the Collaborative Meetings
  - Publish a guide to services for distribution
  - Include a social media component
- Increase Services Available
  - Engage and support existing programs
  - Promote collaborative between programs
  - Build infrastructure to sustain partner organizations
  - Seek funding resources

### Community Resources

Kalkaska Memorial Health Center Teen Health Corner

Munson Alcohol and Drug Treatment

Addiction and Treatment Services

Michigan Tobacco Quit Line

Kalkaska Sheriff’s Department  
RX Drop Box

The “Fourth R” program for high school health class students addresses substance use and abuse

KMHC participates in regional and local collaboratives with District Health Dept. #10 with a task force to address substance abuse

# ISSUE BRIEF: TOBACCO USE

## Kalkaska 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.

	Kalkaska	DHD #10	Source
Current smoker – adults	39.0%	29.1%	DHD#10 Behavioral Risk Factor Survey, 2015
Tobacco use, 9 <sup>th</sup> and 11 <sup>th</sup> grade students who smoked in the past 30 days	16.7%		MiPHY 2015-16
Women who smoked while pregnant (Michigan 18.3%)	36.3%		Michigan Department of Health and Human Services, 2014
Incidence of cardiovascular disease	12.2%	10.2%	DHD#10 Behavioral Risk Factor Survey, 2015
Current Asthma	16.3%	11.0%	DHD#10 Behavioral Risk Factor Survey, 2015

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

(n=178)

Community members identified health problems in Kalkaska County, with 18% identifying tobacco and e-cigarette use as an issue.

19.8% of respondents identified chronic disease, including heart disease, COPD, cancer and stroke, as a top community health problem.

49.4% of respondents indicated that exposure to second-hand smoke is a problem in Kalkaska 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.

**KMHC Teen Health Clinic** conducts a tobacco prevention program (TNT) to all 6th graders in both Kalkaska and Forest Area Schools.