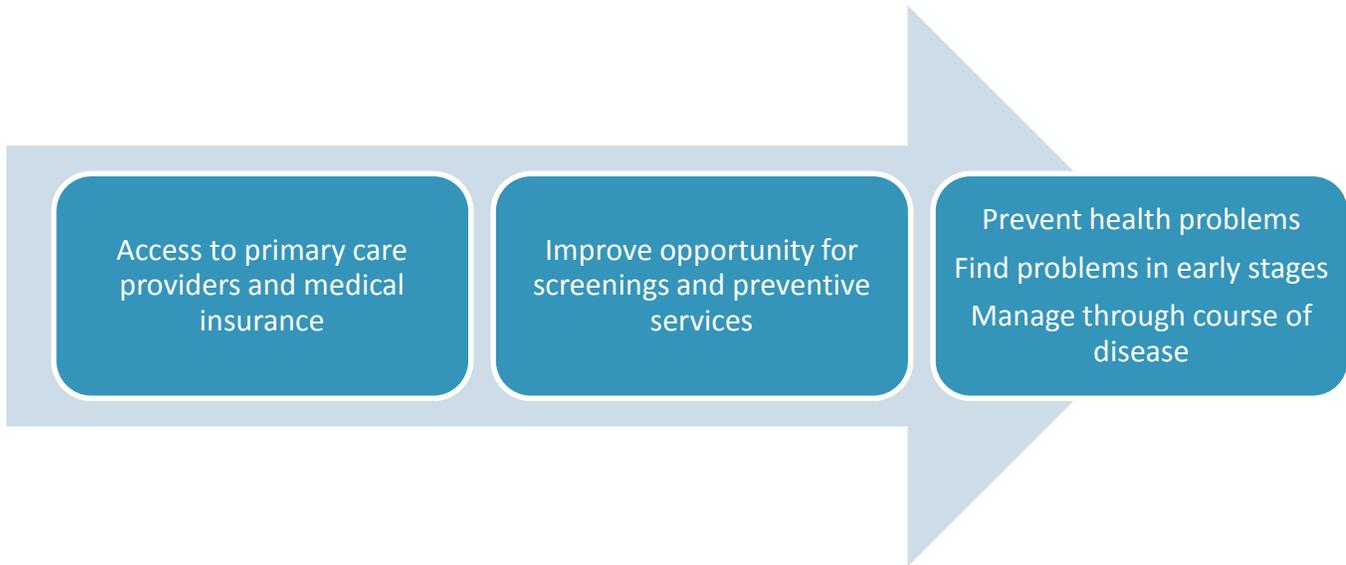


ISSUE BRIEF: ACCESS TO HEALTH CARE

Newaygo County



<p>Health Professions Shortage Areas Newaygo County has a shortage in primary care, behavioral health, and dental health providers.</p>	<p>Health Insurance 8.7% of the adult population under age 65 in Newaygo County is uninsured. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>
<p>Primary Care Providers 10.7% of the adult population in Newaygo County does not have a primary care provider. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>	<p>Dental Health Care 32.1% of adults in Newaygo County reported no dental visit in the past year. <small>District Health Department #10 Behavioral Risk Factor Survey, 2015</small></p>

	Newaygo	Michigan
Primary care physicians	2,290:1	1,240:1
Dentists	2,000:1	1,450:1
Mental health providers	680:1	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.

“What Matters to You?” Community Survey Results (n=104)

Most important factors needed for a healthy community

#1 response:

Access to health care, including primary care, specialty care, behavioral health services, and dental care

What are the problems adults, older adults, and children in your family have in getting health care services?

- Health insurance has high deductibles/co-pays
- Cannot afford visit to doctor, dentist, clinic, and/or hospital
- Health insurance coverage is limited
- Difficult to set appointments
- Finding a behavioral health provider
- Transportation issues
- Finding a dentist

Major Barriers to Getting Health Care

- Access to affordable health care
- Coordination of resources among services/providers
- Access to holistic treatment options
- Lack of information on cost of health care services
- Ability to take time off work for appointment/care

**Community Conversation:
Live Well Newaygo County**

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

Responses related to access to care

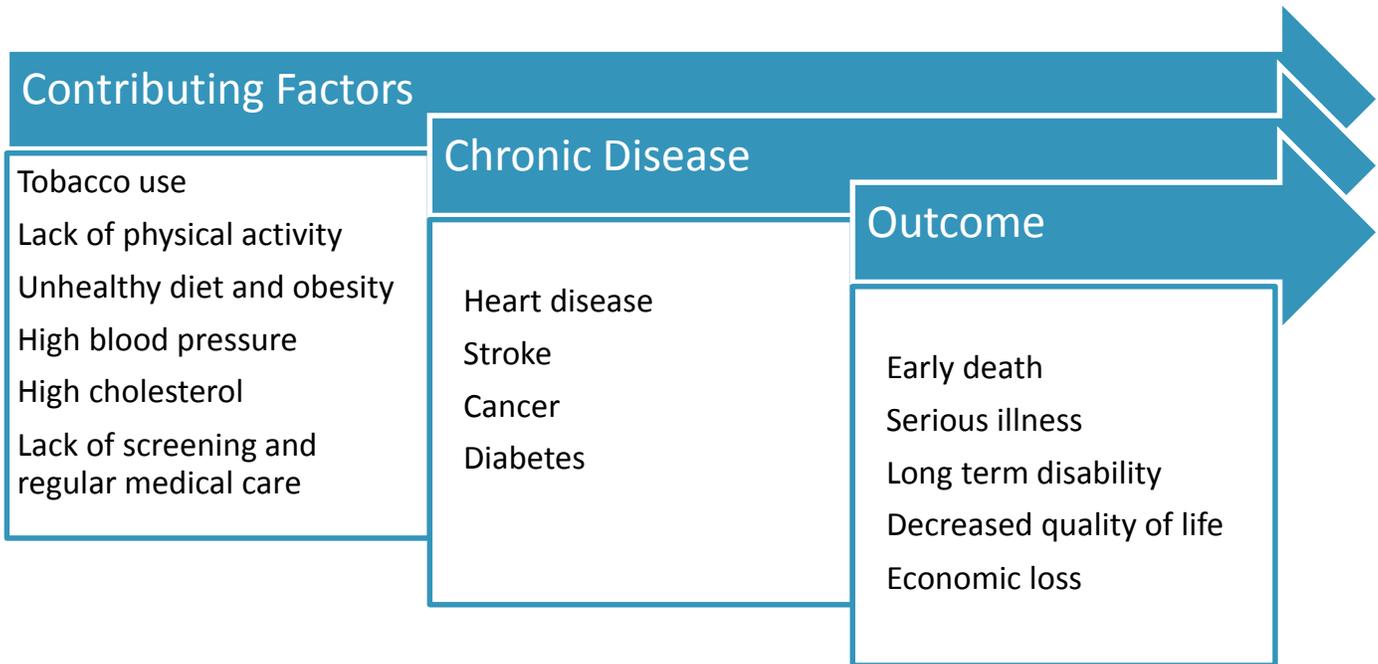
- Address primary care access and shortages
 - Address provider shortage
 - Enhance access to primary care

Community Resources

- Spectrum Health Gerber Memorial; services such as emergency care, prenatal care, orthopedics, OBGYN, ambulatory/emergency transport, in-home care, and oncology
- Affordable Care Act and the Healthy Michigan Plan has increased number of insured
- School-based adolescent health clinics
- District Health Department #10
- Family Health Care
- IHI Project – Spectrum Health and True North

ISSUE BRIEF: CHRONIC DISEASE

Newaygo 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	Newaygo	DHD#10
High Blood Pressure	33.5%	33.4%
High Cholesterol	31.5%	32.2%
Arthritis	28.9%	31.3%
Lifetime Asthma	15.0%	16.0%
Current Asthma	12.0%	11.0%
Diabetes	10.8%	10.2%
Any Cardiovascular Disease	9.3%	10.2%
Heart Attack	3.6%	5.2%
COPD	8.2%	9.0%
Cancer, Non-Skin	7.5%	6.9%
Skin Cancer	4.5%	4.9%
Stroke	5.5%	3.0%
Tobacco Use	26.0%	29.1%

“What Matters to You?” Community Survey Results

(n=104)

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

- 58.7% Access to health care
- 47.1% Access to affordable healthy foods
- 18.3% Healthy lifestyles
- 6.7% Parks and recreation; access to physical activity

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

- 52.0% Overweight and obesity
- 28.4% Lack of access to health care
- 24.5% Chronic disease (heart disease, cancer, stroke)
- 17.7% Lack of physical activity

Community Conversation: Live Well Newaygo County

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

Responses related to chronic disease

- Catalyzing improvements in community policy, systems, and environmental change
 - Incentivize healthy choices in workplaces
 - More effectively address determinants of health
 - General health education offerings and attainment
 - Make improvements in policies, systems and culture
 - Robust community population programs – health and wellness
- Create opportunities for healthy eating
 - Saturate community with healthy eating
 - Healthy food in hospital and schools
 - Making farmer markets user friendly
 - Farm to cafeteria system
 - Increase healthy food options and decrease cost
 - Get local foods to our schools
- Create opportunities for physical activity
 - Promote a culture of increased physical activity
 - Increase dog parks
 - Saturate community with exercise opportunities
 - Biking trail system

Community Resources

- National Diabetes Prevention Program
- MSU Extension
- True North
- Spectrum Health Gerber Memorial
- District Health Department #10
- Live Well Newaygo County
- Breathe Well Newaygo County
- Family Health Care
- Newaygo County Schools
- 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

Newaygo 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.



	Newaygo	Michigan	Source
Poverty: all ages, 2013	17.2%	17.0%	Michigan League for Public Policy
Poverty: ages 0-17, 2013	26.1%	23.7%	
Medicaid paid births, 2014	49.1%	42.8%	
Children eligible for free/reduced price lunch, 2014	59.3%	46.7%	
Unemployment, 2014	7.1%	7.3%	
Median household income, 2013	\$43,238	\$48,200	US Census Bureau, American Community Survey
Disability, under age 65, 2010-2014	13.3%	10.2%	
High school graduate, age 25+, 2010-2014	86.0%	89.3%	
Bachelor’s degree or higher, age 25+, 2010-2014	13.0%	26.4%	

What Matters to You? Community Survey (n=104)

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?
58.7% Access to health care 47.1% Access to affordable, healthy food 39.4% Good jobs and healthy economy 37.5% Good schools/high value on education 27.9% Strong family life	28.4% Lack of access to health care 20.6% Unsafe home environments 15.7% Lack of affordable housing

Community Conversation: Live Well Newaygo County

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

Responses related to health disparities

- Catalyzing improvements in community policy, systems, and environmental change
 - More effectively address determinants of health
 - Focus on aging population
 - Address poverty through job creating and increased education
- Decrease teen pregnancy
 - Reduce rate of teen pregnancy
 - Let’s talk about sex (teenage pregnancy)
- Address primary care access and shortages
 - Address provider shortage
 - Enhance access to primary care

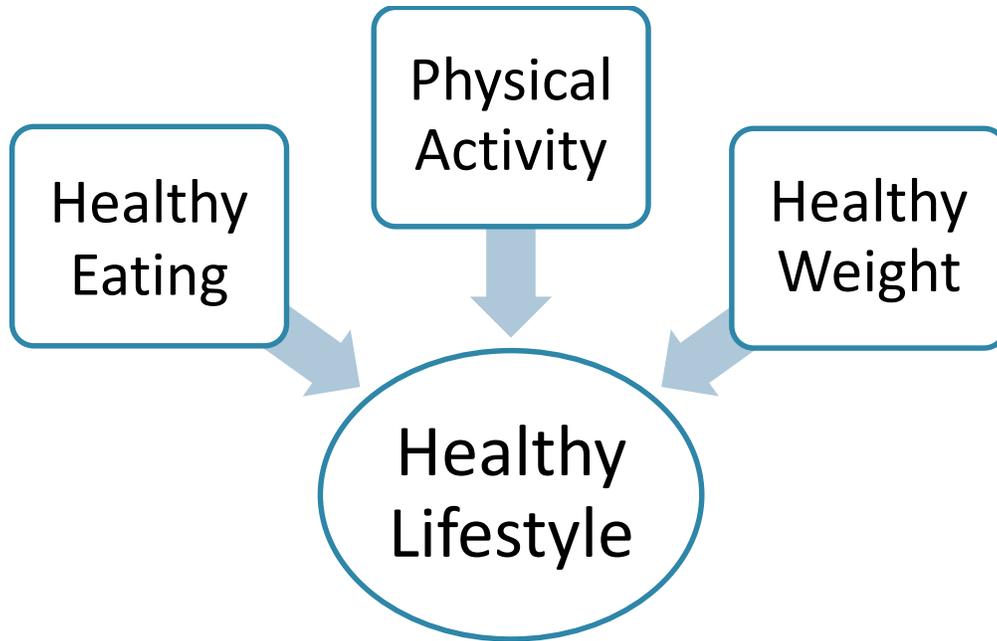
Community Resources

- NC3 Coalition
- Fremont Area Community Foundation
- True North
- Love, Inc.
- Department of Health and Human Services
- Five CAP
- Great Start Collaborative
- Newaygo County Commission on Aging
- Food pantries
- Habitat for Humanity
- United Way
- DHD #10

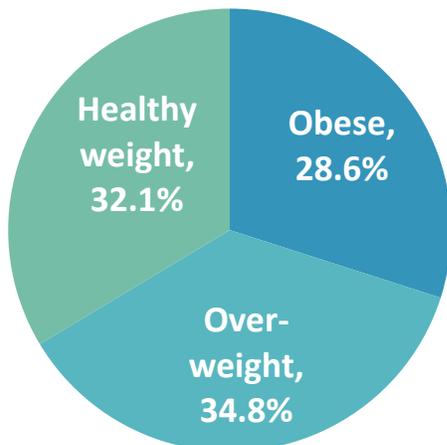
For more information, visit our website at www.dhd10.org or contact Donna Norkoli at dnorkoli@dhd10.org

ISSUE BRIEF: HEALTHY LIFESTYLE

Newaygo 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)	85.8%
Sometimes/often don't have enough to eat	9.3%
2015 DHD#10 Behavioral Risk Factor Survey Results	
Obese/overweight – youth	35.4%
Fruits and vegetables (5X/day) - youth	24.8%
Physically active for at least 60 minutes/day on five or more of past 7 days - youth	50.6%
Michigan Profile for Healthy Youth, 2015-2016	

“What Matters to You?” Community Survey Results

(n=104)

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

- Access to affordable, healthy foods (47.1%)
- Healthy lifestyles (18.3%)
- Parks and recreation/ access to physical activity (6.7%)

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

- Overweight and obesity (52.0%)
- Chronic disease (24.5%)
- Lack of physical activity (17.7%)

Community Conversation: Live Well Newaygo County

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

Focus areas related to healthy lifestyle

- Catalyzing improvements in community policy, systems, and environmental change
 - Incentivize healthy choices in workplaces
 - General health education offerings and attainment
 - Make improvements in policies, systems and culture
 - Robust community population programs – health and wellness
- Create opportunities for healthy eating
 - Saturate community with healthy eating
 - Healthy food in hospital and schools
 - Making farmer markets user friendly
 - Increase meals eaten around table
 - Farm to cafeteria system
 - Increase healthy food options and decrease cost
 - Get local foods to our schools
- Create opportunities for physical activity
 - Promote a culture of increased physical activity
 - Increase dog parks
 - Saturate community with exercise opportunities
 - Biking train system

Community Resources

- Live Well Newaygo County
- Spectrum Health Gerber Memorial
- Tamarac Center
- MSU Extension
- Great Start Collaborative
- Newaygo County Commission on Aging
- True North
- Newaygo County Schools
- District Health Department #10
- Building Healthy Communities Funding

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

ISSUE BRIEF: MATERNAL, INFANT AND CHILD HEALTH

Newaygo 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.

	Newaygo	Michigan	Source
Infant mortality: Three-year death rates per 1,000 live births	6.6	6.9	Michigan Department of Health and Human Services, 2012-2014
Births with adequate prenatal care	73.3%	67.5%	Michigan Department of Health and Human Services, 2012-2014
Preterm births: Infants born prior to 37 completed weeks of gestation	8.4%	12.3%	Michigan Department of Health and Human Services, 2014
Maternal smoking: Women who smoked while pregnant	25.5%	18.3%	Michigan Department of Health and Human Services, 2014
Teen Pregnancy: Rate per 1,000	35.4	38.3	Michigan Department of Health and Human Services, 2012-2014
Childhood immunization: Percent of children age 19-35 months who have received recommended immunizations (4 DtaP, 3 Polio, 1 MMR, 3 Hib, 3 HepB, 1 Varicella, 4 PCV)	75.9%	74.0%	Michigan Care Improvement Registry, December 2015
Child abuse and neglect: Rates for confirmed child abuse and neglect, per 1,000 children under age 18	25.9	14.7	Michigan League for Public Policy, 2014

“What Matters to You?” Community Survey Results

(n=104)

<p>Most important factors for a healthy community:</p> <p>Strong family life 27.9%</p> <p>Low levels of child abuse 7.7%</p>	<p>Most important health problems in your community:</p> <p>Unsafe home environment (child abuse and neglect and domestic violence) 20.6%</p> <p>Teen pregnancy 11.8%</p>
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Community Conversation: Live Well Newaygo County

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

Responses related to maternal, infant and child health

- Reduce rate of teen pregnancy

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.
- **Teen Pregnancy Prevention Initiative**
- **Great Start Collaborative**
- **Breast Feeding Coalition**
- **Breathe Well Newaygo County**

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

ISSUE BRIEF: MENTAL HEALTH

Newaygo 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

	Newaygo County	DHD #10
Poor mental health days (14+ in past 30 days)	8.7%	12.1%
Inadequate social support	6.3%	6.9%
Very dissatisfied/dissatisfied with life	5.6%	6.0%
Severe psychological distress	3.4%	3.5%
Getting treatment/medication for mental health condition or emotional problem	15.3%	13.9%
<small>District Health Department #10 Behavioral Factor Survey, 2015</small>		
Fatal injuries: suicide, 2013	8	
Age adjusted per 100,000 (Michigan, 13.1/ 100,000)	16.7	
<small>Michigan Department of Health and Human Services, 2013</small>		
Ratio of mental health providers (Michigan, 450:1)	680:1	
<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=104)

When asked about the top three health problems in Newaygo County, 28.4% 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: Newaygo County System of Care for Youth

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

Responses related to mental health include:

- Integrate behavioral, physical, social health and addiction systems
 - Mental health resources
 - Increase mental/psychological/social/spiritual support network
 - Integration of physical and behavioral health

Community Resources

- Newaygo County Community Mental Health
- School-based adolescent health centers

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

ISSUE BRIEF: SUBSTANCE ABUSE

Newaygo County



Substance Abuse

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

	Newaygo County	DHD#10
Heavy drinking, adults	7.3%	7.7%
Binge drinking, adults	13.8%	16.0%
District Health Department #10 Behavioral Factor Survey, 2015		
	Newaygo County	Michigan
Alcohol impaired driving deaths	36%	30%
Drug overdose deaths	9/100,000	16/100,000
County Health Rankings, 2016		
Had at least one drink of alcohol in past 30 days – 9 th and 11 th grade students		15.8%
Ever been drunk – 9 th and 11 th grade students		23.0%
Used marijuana in past 30 days – 9 th and 11 th grade students		13.1%
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=104)

**Substance abuse was ranked the
#2 community health problem in Newaygo County**

Community Conversation: Live Well Newaygo County

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

- Integrate behavioral, physical, social health and addiction systems
 - Address opioid, tobacco and alcohol addiction
 - Recovery options for addictions (in county)
 - Integrate health and human services
 - Integration of physical and behavioral health

Community Resources

- Headway Coalition
- Drug-Free Communities Support Program Grant
- NCRESA
- Newaygo County Community Mental Health
- Arbor Circle
- Adolescent School-based Clinics at White Cloud and Grant Schools

ISSUE BRIEF: TOBACCO USE

Newaygo 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.

	Newaygo	DHD #10	Source
Current smoker – adults	26.0%	29.1%	DHD#10 Behavioral Risk Factor Survey, 2015
Youth - Smoked cigarettes in past 30 days	8.2%		9 th and 11 th grade students; Michigan Profile for Healthy Youth, 2015-2016
Youth - E-cigarette use in past 30 days	12.5%		
Youth - Exposed to second-hand smoke/past 7 days	49.9%		
Women who smoked while pregnant (Michigan 18.3%)	25.5%		Michigan Department of Health and Human Services, 2014
Any cardiovascular disease	9.3%	10.2%	DHD#10 Behavioral Risk Factor Survey, 2015
Stroke	5.5%	3.0%	DHD#10 Behavioral Risk Factor Survey, 2015
Current asthma	12.0%	11.0%	DHD#10 Behavioral Risk Factor Survey, 2015
Lifetime asthma	15.0%	16.0%	DHD#10 Behavioral Risk Factor Survey, 2015
COPD	8.2%	9.0%	DHD#10 Behavioral Risk Factor Survey, 2015
Lung cancer rates, per 100,000 (Michigan 69.1)	66.2		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.

<p>“What Matters to You?” Community Survey Results (n=104)</p>	<p>Community Conversation: Live Well Newaygo County</p> <p>“What can we do in Newaygo County to move closer to our vision of a healthy community?” Responses related to tobacco use</p>
<p>Community members identified health problems in Newaygo County, with 24.5% identifying chronic disease, including heart disease, cancer and stroke, as a community health problem.</p> <p>13.7% of respondents identified tobacco and e-cigarette use as a health problem in Newaygo County.</p>	<ul style="list-style-type: none"> • Integrate behavioral, physical, social health and addiction systems <ul style="list-style-type: none"> ○ Address opioid, tobacco and alcohol addiction ○ Decrease tobacco/nicotine use

Community Resources

Affordable Care Act (ACA): The ACA includes tobacco cessation treatment as an essential service to be offered with all health insurance policies, substantially increasing access.

Tobacco Prevention and Control Funding: DHD#10 received funding from the Michigan Department of Health and Human Services to promote the Michigan Tobacco Quitline and provide training to healthcare providers regarding the 5 A’s of tobacco treatment.

Michigan Cancer Consortium Funding: DHD#10 received funding from the MCC to work with healthcare providers to increase referrals to tobacco cessation programs and has trained staff as Tobacco Treatment Specialists available for referrals.

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

Breathe Well Newaygo County

Spectrum Health Gerber Memorial: Trained Tobacco Treatment Specialist