Health Profile 2018

Manistee County

District Health Department #10

Healthy People, Healthy Communities

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Advancing public health performance

2018 Health Profile

Manistee County

The 2018 Chartbooks provide a snapshot of the health status of the District Health Department #10 jurisdiction. Information is presented by county and when available, comparisons are made to the jurisdiction, to Michigan, and to Healthy People 2020 Objectives.

Data include population, education, race, births and deaths, incidence of disease, injuries, and immunizations. Last year, a Behavioral Risk Factor Survey was conducted in the entire 10 county jurisdiction by an independent research and evaluation firm. This random telephone survey reached between 350 to 622 residents in each county for a total number of respondents of 4,699. A wide range of health behaviors were included:

- Health status indicators, such as perception of general health, satisfaction with life, weight (BMI), and levels of high blood pressure.
- Health risk behaviors, such as smoking, drinking, diet, and physical activity
- Clinical preventative measures, such as routine physical checkups, cancer screenings, oral health, and immunizations
- Chronic conditions, such as diabetes, asthma, and cancer

In addition, DHD#10 is completed the Community Health Improvement Plan in 2017. The identified strategic issues are:

- Access to Health Care
- Tobacco Use
- Substance Abuse
- Healthy Lifestyles
- Health Disparities
- Maternal, Infant & Child Health
- Mental Health
- Chronic Disease

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After the data are presented in this Chartbook, the last section will summarize some of the conclusions from the Behavioral Risk Factor Survey and examples of progress completed toward the CHIP goals.

If you have any questions or data requests, please e-mail data@dhd10.org

Demographics

Demographics serve as an important indicator which can be used to disaggregate data to gain more detailed on specific sub-populations (i.e. ethnicity, sex, education level, etc.) and better tailor public health interventions.

Population

	Manistee	Michigan
Total Population	24,528	9,962,311
Population per square mile	45.6	174.8
Persons under 5 years	4.2%	5.8%
Persons under 18 years	17.6%	22.1%
Persons 65 years and over	25.1%	16.2%
Disability, under age 65	12.4%	10.4%
Gender: Females	48.4%	50.8%

Income & Economy

	Manistee	Michigan
Persons in poverty	13.5%	15.0%
Median household income	$44,882	$50,803
Per capita income	$24,398	$27,549
Unemployment	7.3%	6.3%

Race, Ethnicity, & Household Characteristics

	Manistee	Michigan
White	86.5%	79.6%
Black	9.5%	14.2%
American Indian/Alaska Native	1.0%	0.7%
Asian	0.3%	3.1%
More than one race	2.8%	2.4%
Hispanic	2.7%	5.0%
Language other than English spoken at home	2.7%	9.3%
Persons per household	2.48	2.51
High school graduates	82.6%	89.9%
Bachelor's degree or higher	20.5%	27.4%

Sources

US Census Bureau:

- *Population, July 2017 estimate*
- *Age & race, July, 2016*
- *Education based on persons age 25 and over, 2012-16*
- *Female persons, July, 2016*
- *Persons per household, 2012-2016*
- *Median household income, July, 2016*
- *Persons in poverty, July 2016 estimate*
- *Per capita income in past 12 months, 2012-16*
- *Population per square mile, 2010*

Bureau of Labor Statistics:

- *Average unemployment percentage, 2016*

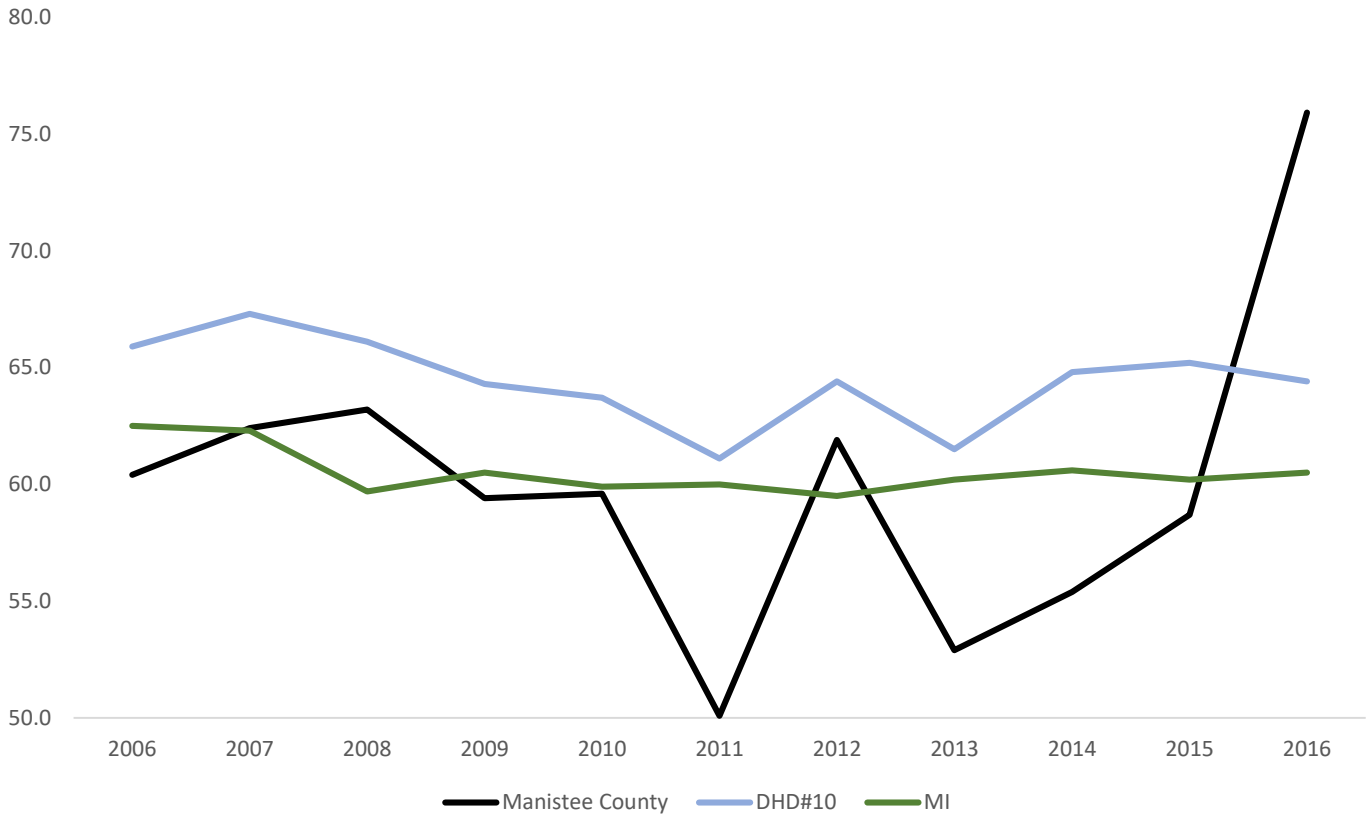
Births

Birth numbers and rates represent growth within a community and offer insight into the future population trends.

Number of Live Births in Manistee County, 2007-16

2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
226	223	201	198	164	204	173	181	193	245

Live Birth Rates per 1,000 Female in Manistee County, DHD#10, and MI, 2006-16

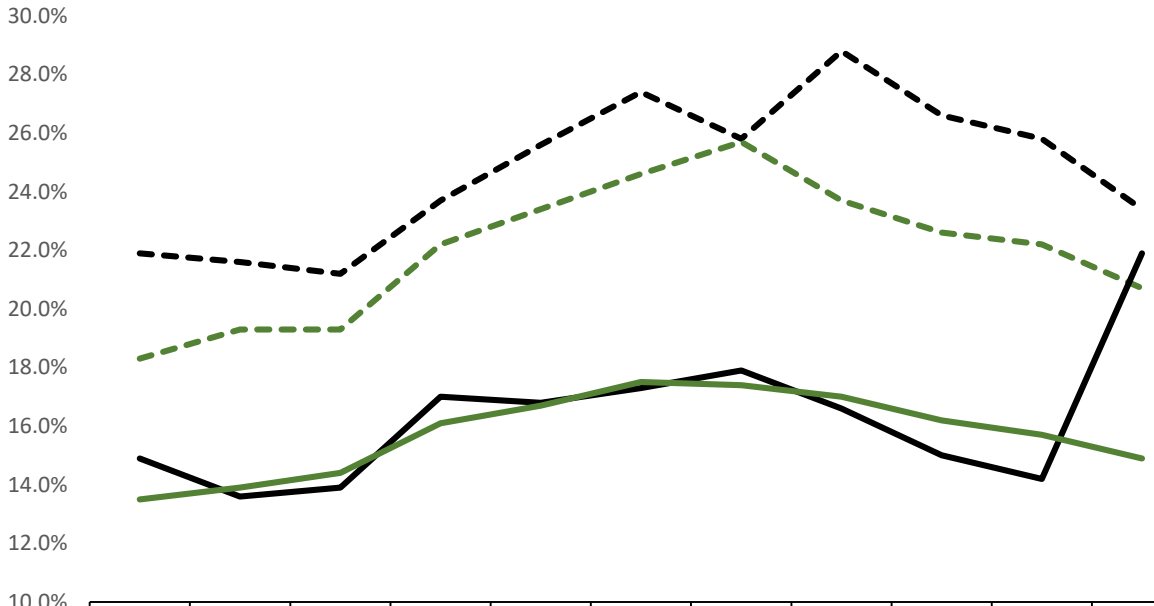


Sources:
MDHHS
Live births by county, 2006-16 ; Live birth rates by county, 2006-16 ; Live births rates by health jurisdiction, 2006-16 ; Live births rates by state, 2006-16

Poverty + Poverty Indicators

Poverty is strongly linked to negative health outcomes, keeping track of poverty levels and identifying significant change can suggest a positive or negative change within the community.

Percentage of Population (0-17 years and all ages) Living in Poverty in Manistee County and MI, 2006-16



	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Manistee - childred 0-17	21.9%	21.6%	21.2%	23.7%	25.6%	27.4%	25.8%	28.8%	26.6%	25.8%	23.4%
Michigan - children 0-17	18.3%	19.3%	19.3%	22.2%	23.4%	24.6%	25.7%	23.7%	22.6%	22.2%	20.7%
Manistee - all ages	14.9%	13.6%	13.9%	17.0%	16.8%	17.3%	17.9%	16.6%	15.0%	14.2%	21.90%
Michigan - all ages	13.5%	13.9%	14.4%	16.1%	16.7%	17.5%	17.4%	17.0%	16.2%	15.7%	14.9%

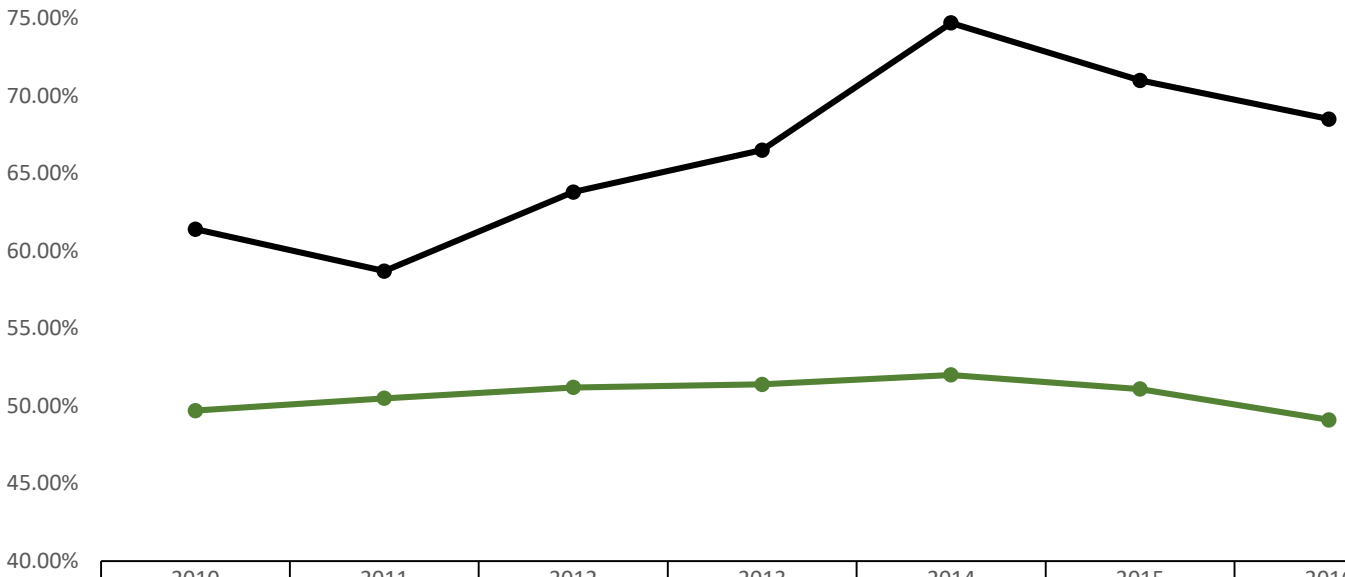
% of Students Eligible for Free or Reduced Lunch, 2016

Manistee County	Michigan
63.5%	45.8%

Sources:
Michigan League for Public Policy
Poverty, 0-17 years, by county & state 2006-16; *Poverty, all ages, by county & state, 2006-16*; *Percentage of student eligible for free/reduced lunch, 2016*

Poverty + Poverty Indicators

Percentage of Children (0-4) Who Receive Women, Infant, and Children (WIC) Benefits in Manistee County and MI, 2006-16



	2010	2011	2012	2013	2014	2015	2016
Manistee County	61.40%	58.70%	63.80%	66.50%	74.70%	71.00%	68.50%
Michigan	49.7%	50.5%	51.2%	51.4%	52.0%	51.1%	49.1%

% of Live Births Paid by Medicaid, 2015

Manistee County	Michigan
54.9%	45.5%

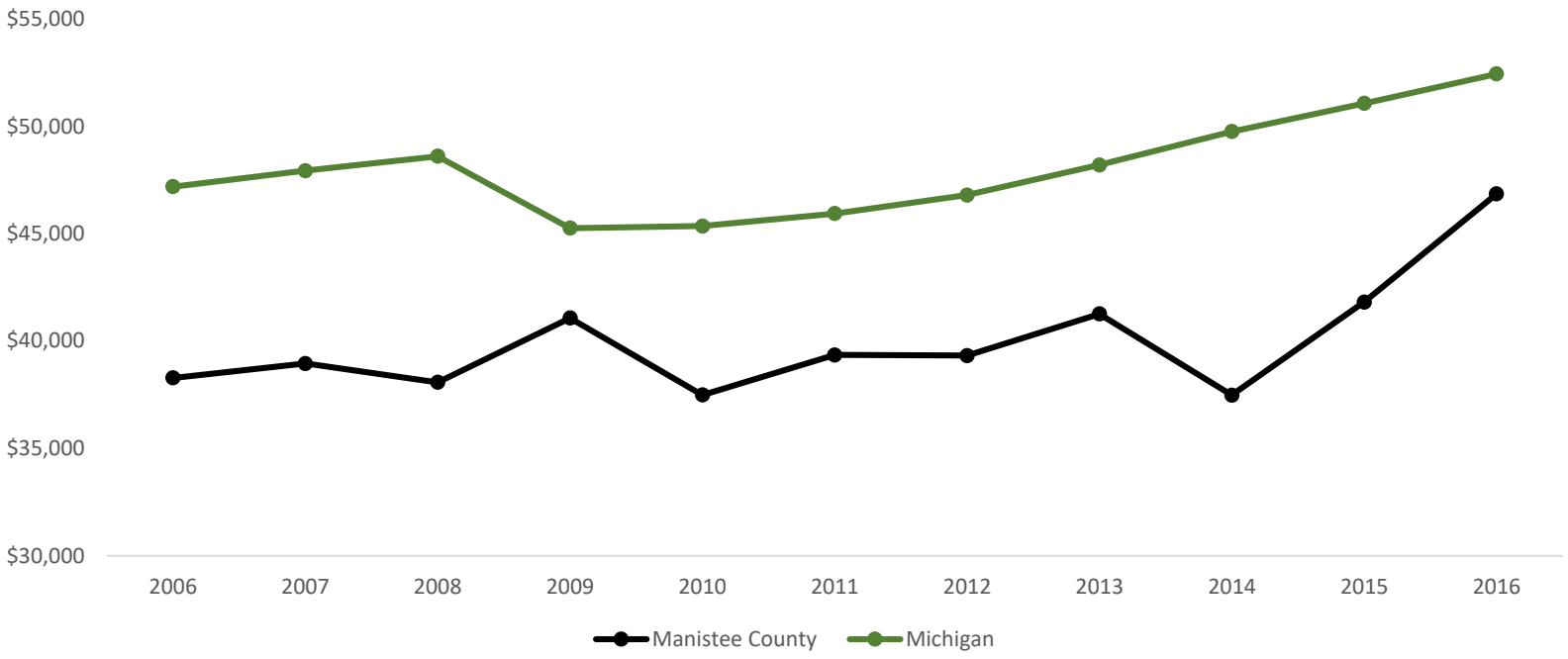
Sources:
Michigan League for Public Policy
Children (0-4) who Receive WIC Benefits by County & State, 2006-16;
Percentage of Live Births Paid by Medicaid by County & State, 2015

Economic Wellbeing

Economic wellbeing is a quick hint into the health of a community by providing indicators that focus on economic hardships. Studies have shown that those who live in poverty are at a higher risk for both acute and chronic diseases.

	Percentage of Adults who are Unemployed		Percentage of Children (0-5) with All Parents in the Labor Force	
	Manistee County	Michigan	Manistee County	Michigan
2010	12.7%	12.5%	66.8%	66.0%
2016	6.3%	4.9%	69.9%	66.4%

Median Household Income in Manistee County and MI, 2006-16



Sources:
Michigan League for Public Policy
Median Household Income by County & State, 2006-16; *Percentage of Adults who are Unemployed, 2010 & 2016*; *Percentage of Children (0-5) with All Parents in the Labor Force, 2010 & 2016*

Leading Causes of Death

*Rates per 100,000, 2016; *Too small to calculate*

	Manistee	DHD#10	Michigan
Heart Disease	176.8	181.9	200.8
Cancer	184.3	187.2	167.1
Chronic Lower Respiratory	45.8	75.1	44.7
Stroke	*	45.3	39.1
Accidents	*	49.1	50.8
Diabetes	*	17.1	21.5
Alzheimer's Disease	*	43.6	33.8
Suicide	*	18.5	13.4
Pneumonia/Influenza	*	10.8	13.7
Kidney Disease	*	12.3	14.5

Years of Potential Life Lost

*Rates per 100,000 under 75 years of age, 2016; *Too small to calculate*

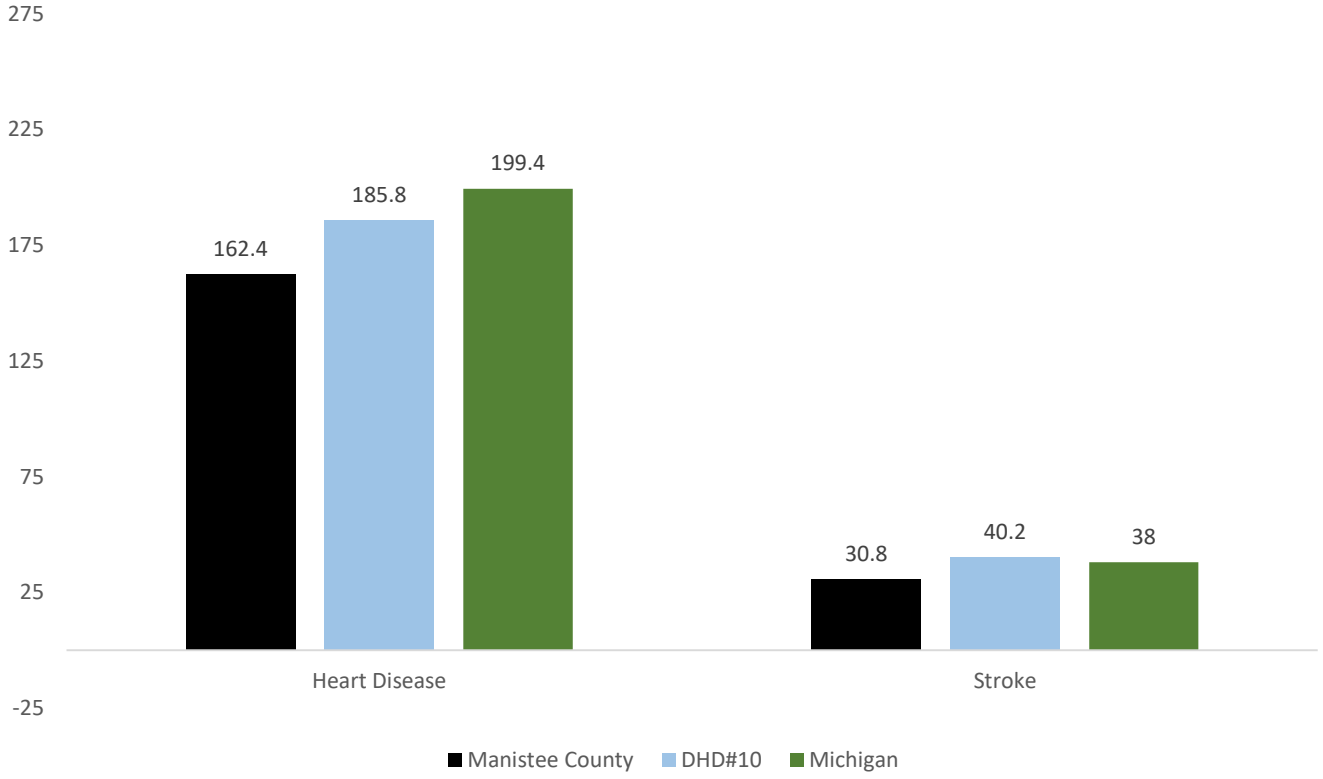
The number of years of potential life lost are rates calculated as the number of years between the age at death and 75 years of age for persons dying before their 75th year.

	Manistee	DHD#10	Michigan
Heart Disease	1,277.5	1,368.0	1,374.3
Cancer	2,075.9	1,861.0	1,604.7
Chronic Lower Respiratory	*	392.0	255.4
Homicide	*	*	280.3
Accidents	*	1,189.9	1,356.9
Diabetes	*	139.7	195.8
Pneumonia/Influenza	*	271.1	99.8
Suicide	*	542.2	427.3
Drug-induced	*	527.6	953.0
Alcohol-induced	*	354.5	205.6

Sources:
Michigan Department of Health & Human Services
Leading Causes of Death, 2016; Years of Potential Life Lost, 2016

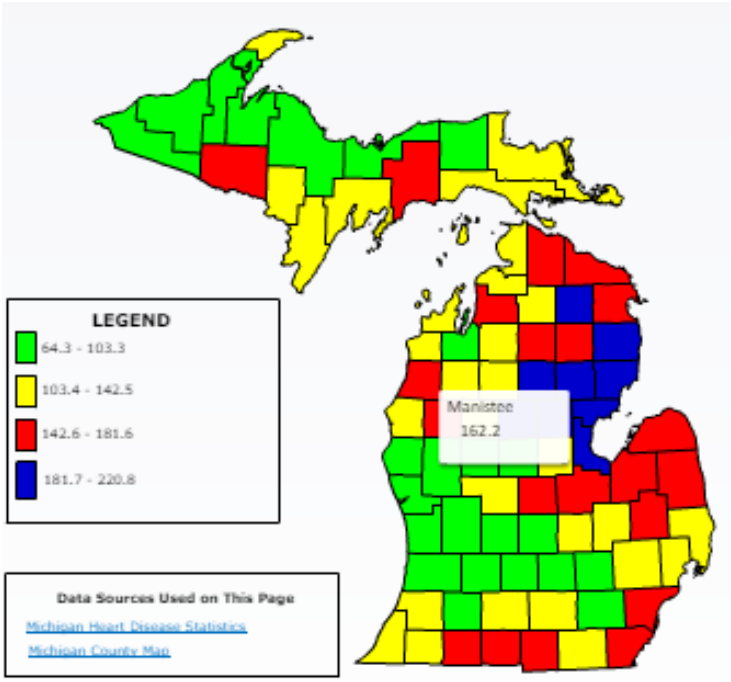
Cardiovascular Disease Snapshot

Cardiovascular age-adjusted mortality rates by type, 2014-16



Cardiovascular disease hospitalization rates per 10,000, 2014

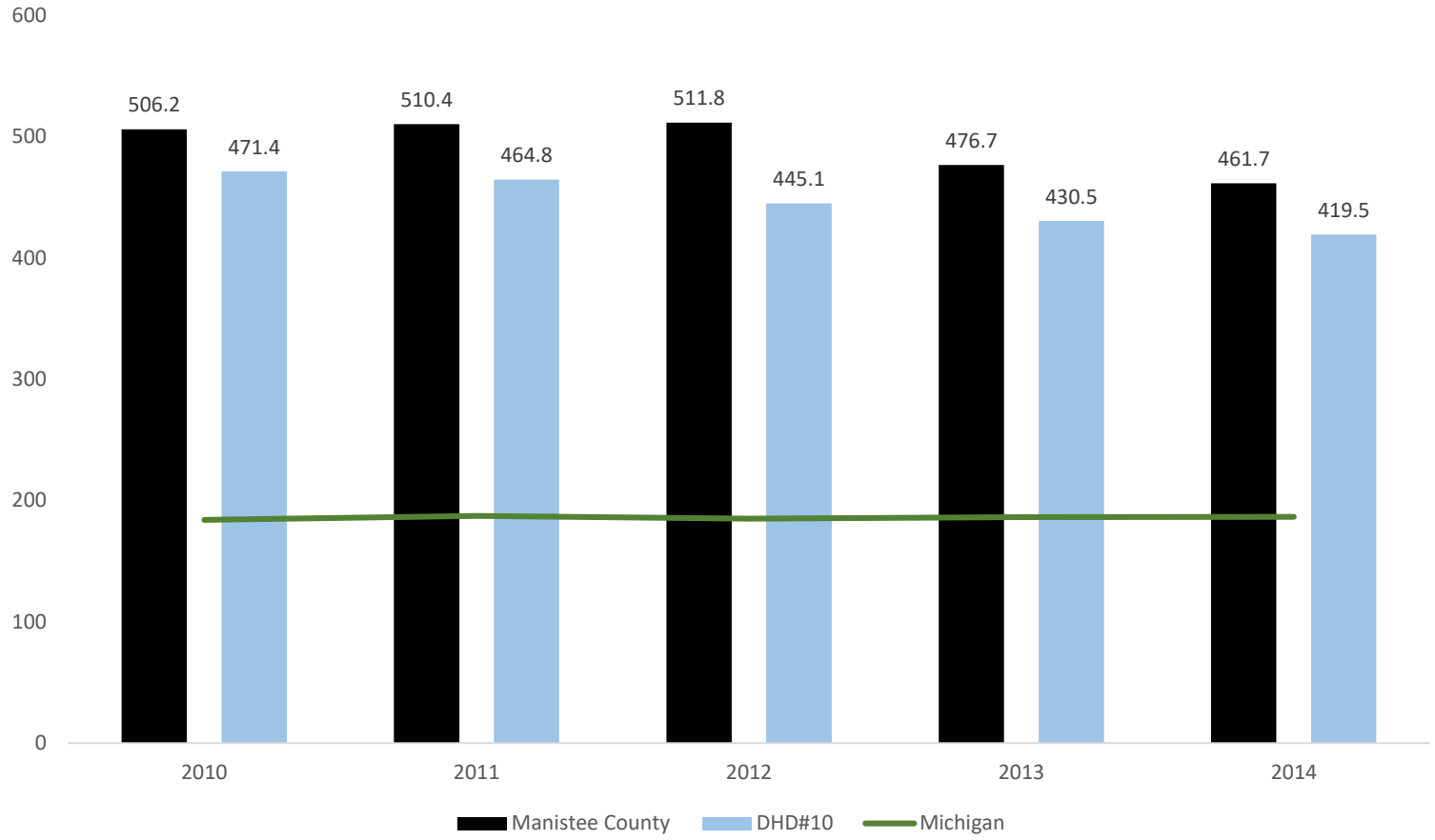
Manistee County	Michigan
162.2	121.2



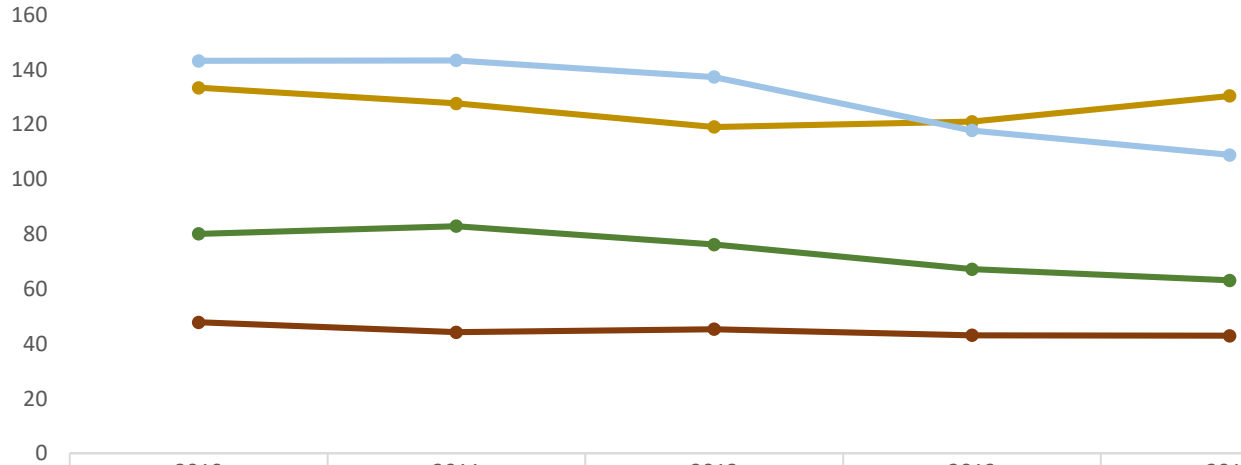
Sources:
Michigan Department of Health & Human Services
Mortality Trends by Type, County, Health District, State, 2014-16; Cardiovascular Hospitalization Rates, 2014;

Cancer Incidence

Five-year Average Age-adjusted Invasive Cancer Incidence per 100,000, 2010-14



Five-year Average Age-adjusted Invasive Cancer Incidence by Location per 100,000, Manistee County, 2010-14

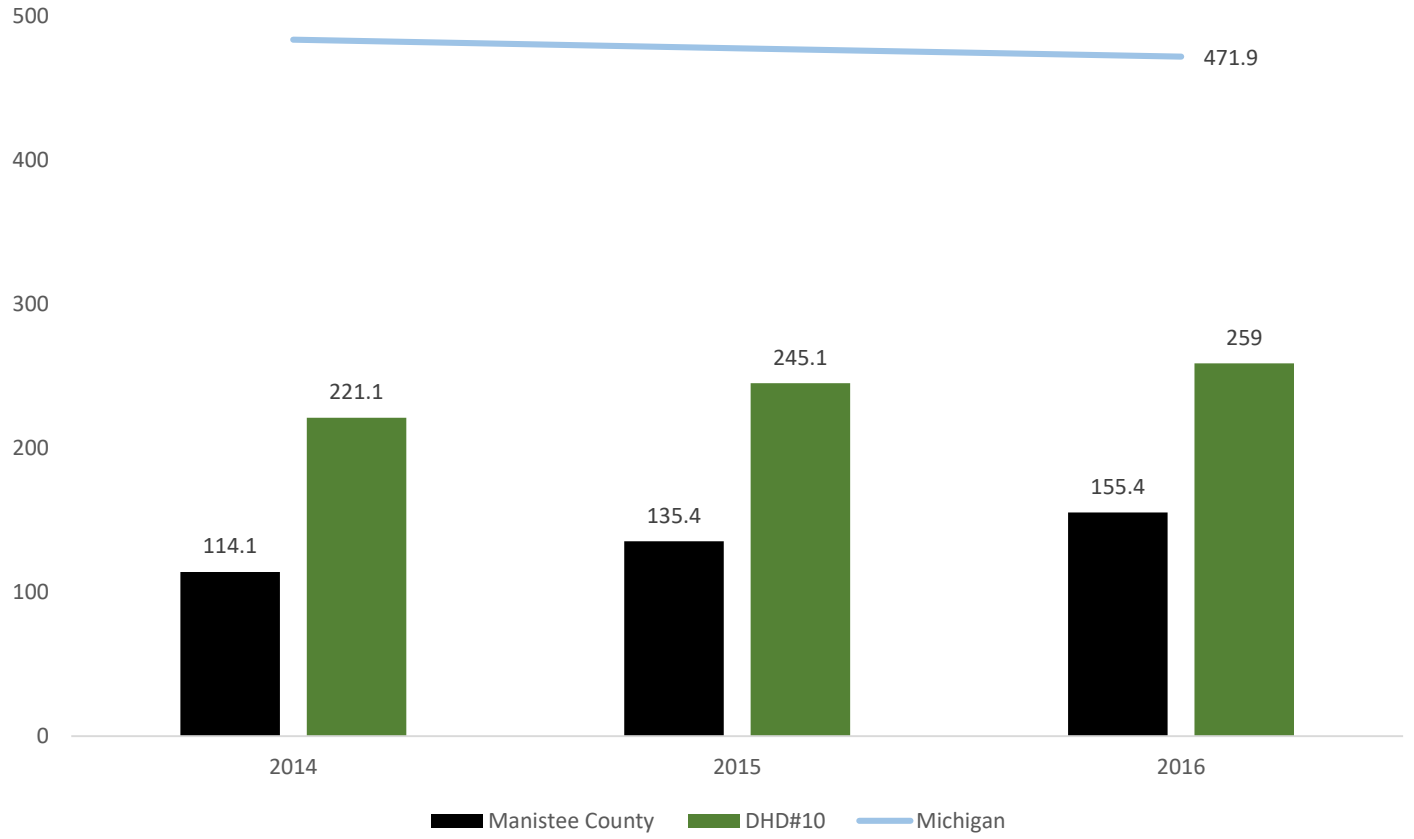


	2010	2011	2012	2013	2014
Breast	133.4	127.7	119.1	121	130.4
Colorectal	47.8	44.2	45.3	43.1	42.9
Lung	80.1	82.9	76.2	67.2	63.1
Prostate	143.2	143.4	137.3	117.8	108.9

Sources:
Michigan Department of Health & Human Services
Five-year Average Age-adjusted Invasive Cancer Incidence per 100,000, 2010-14;
Five-year Average Age-adjusted Invasive Cancer Incidence by Location per 100,000, Manistee County, 2010-14

Sexual Health

Five-year Average Rate of Chlamydia Cases per 100,000, 2014-16



of Gonorrhea Cases, 2017

Manistee County	DHD#10
2	67

of Women aged 13-44 in Need of Publicly Funded Contraceptive Services & Supplies, 2014

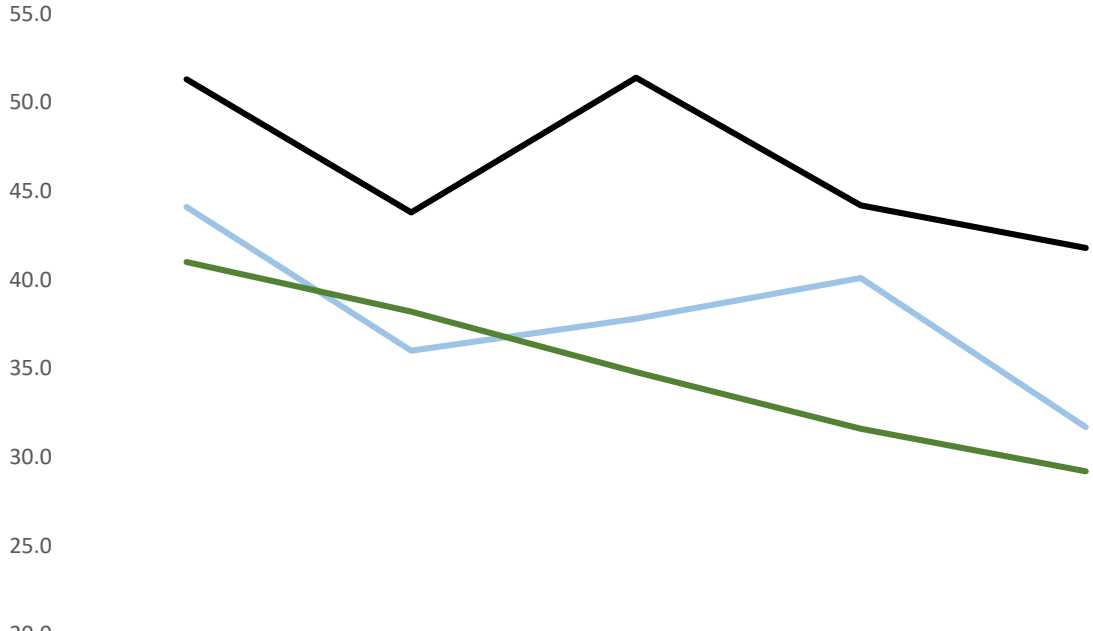
Manistee County

1,010

Sources:
Michigan Department of Health & Human Services
Five-year Average Rate of Chlamydia Cases per 100,000, 2014-16; Number of Gonorrhea Cases, 2017
Number of Women in Need of Publicly Funded Contraceptive Services & Supplies, 2014

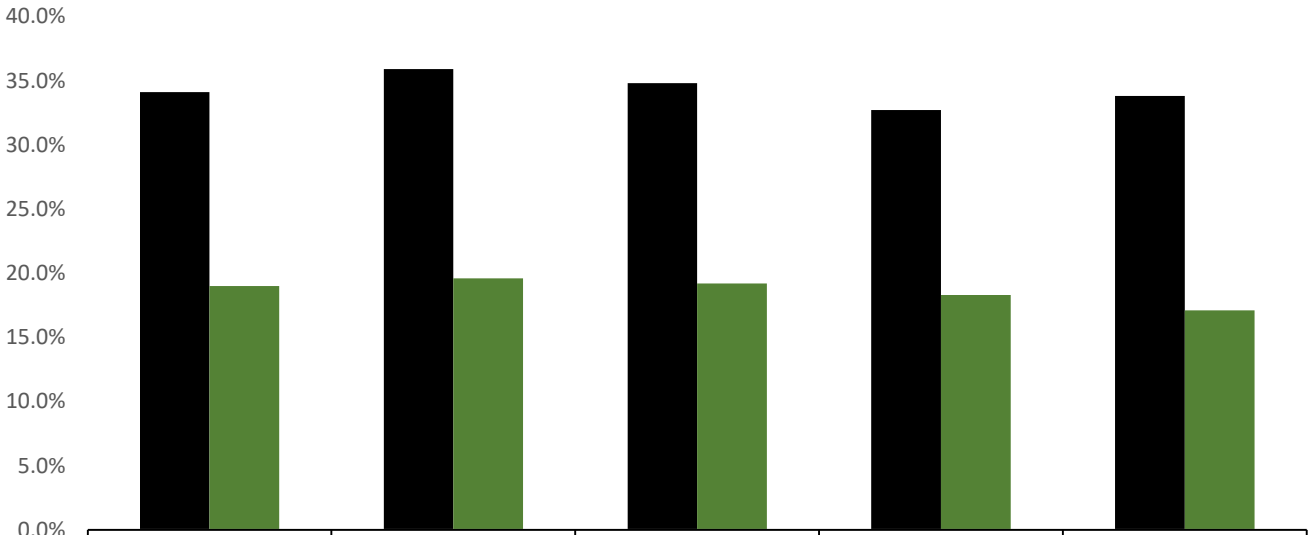
Pregnancy & Birth Related Trends

Teen (15-19 years of age) Pregnancy Rate per 1,000, 2012-16



	2012	2013	2014	2015	2016
Manistee County	51.3	43.8	51.4	44.2	41.8
DHD#10	44.1	36.0	37.8	40.1	31.7
Michigan	41.0	38.2	34.8	31.6	29.2

Percentage of Mothers Who Smoked During Pregnancy, 2012-16



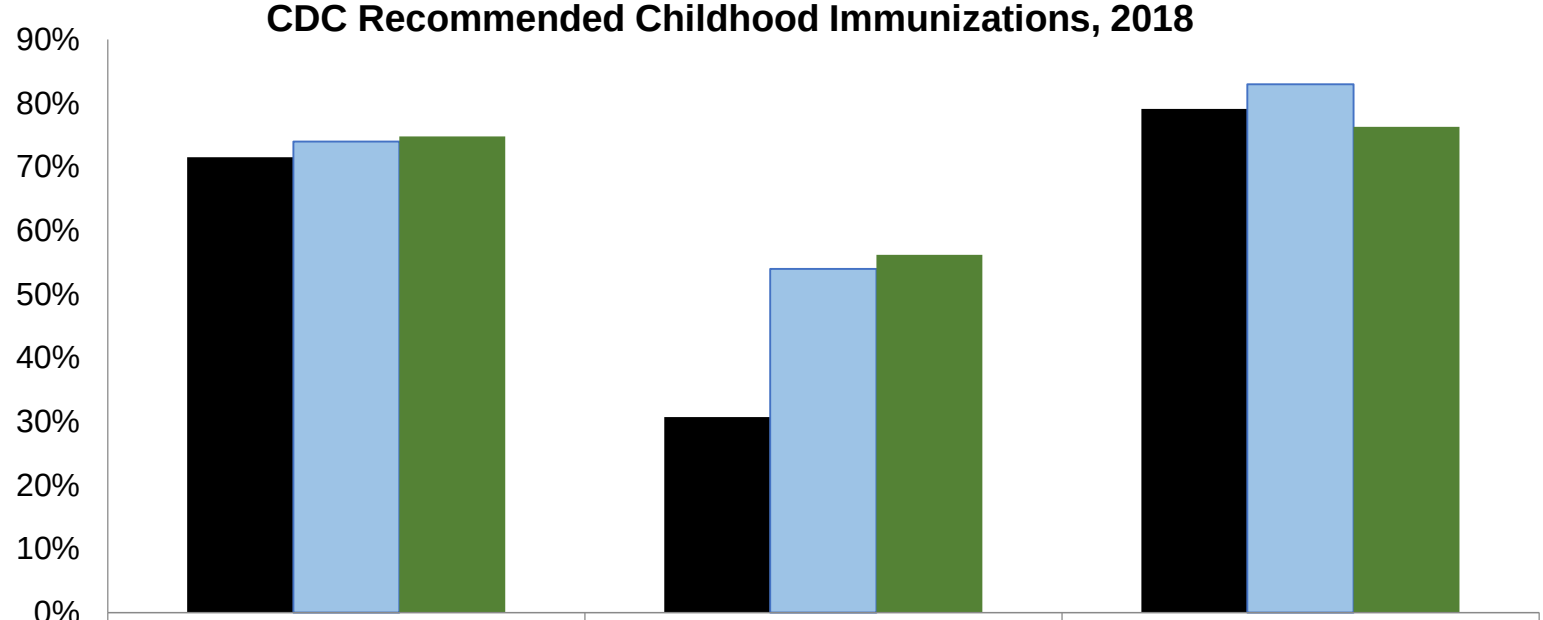
	2012	2013	2014	2015	2016
Manistee County	34.1%	35.9%	34.8%	32.7%	33.8%
Michigan	19.0%	19.6%	19.2%	18.3%	17.1%

Sources:
Michigan Department of Health & Human Services
Teen (15-19 years of age) Pregnancy Rate per 1,000, 2012-16;
Percentage of Mothers Who Smoked During Pregnancy, 2012-16

Immunization Snapshot

Immunization compliance is one of public health's greatest defenses against many communicable diseases. Our Immunization nurses work tirelessly providing education and vaccines from infants to the senior population.

CDC Recommended Childhood Immunizations, 2018

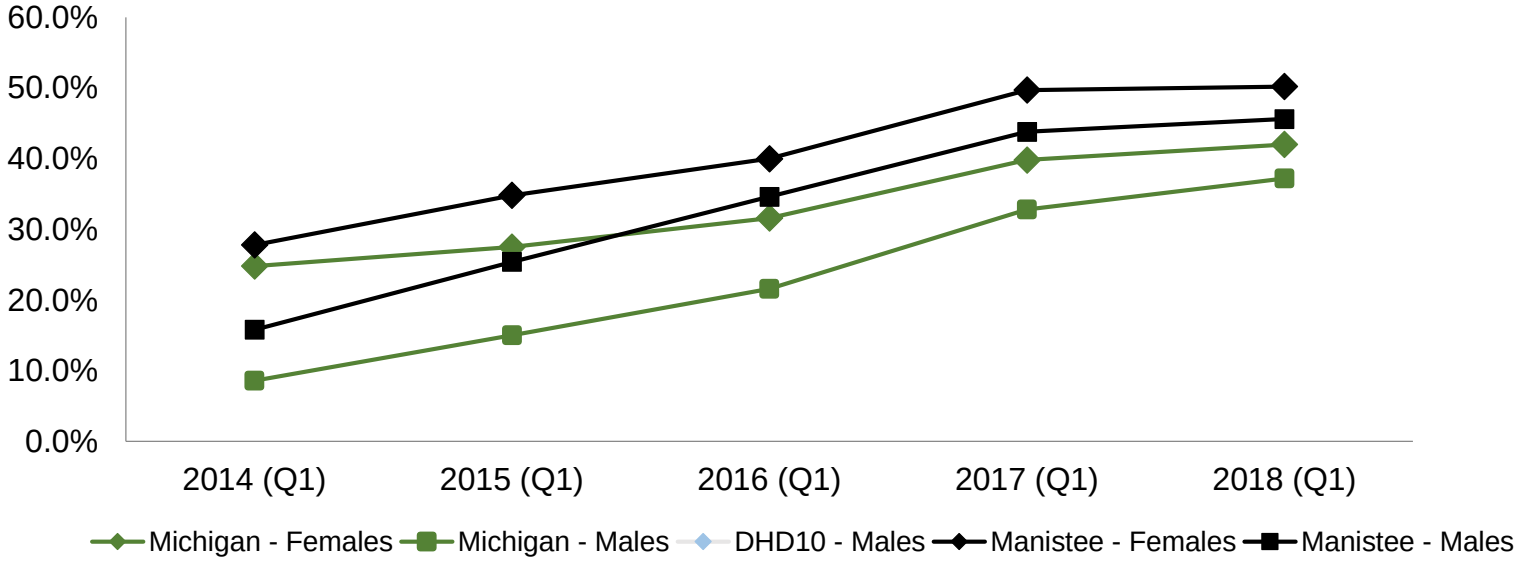


	4:3:1:3:3:1:4 (19-35 months)	4:3:1:3:3:1:4:2 (19-35 months)	1:3:2:3:2:1 (13-17 years)
Manistee	71.5%	30.7%	79.1%
DHD#10	74.0%	54.0%	83.0%
Michigan	74.8%	56.2%	76.3%

Immunizations Key

- 4:3:1:3:3:1:4 includes 4 doses of DTaP, 3 polio, 1 MMR, 3Hib, 3 Hepatitis B, 1 varicella, and 4 PCV7/13. This is the percent of 19-35-month-old children who have received these immunizations.
- 4:3:1:3:3:1:4:2 includes the above vaccines with the addition of 2 doses of Hepatitis A. This is the percent of 19-35-month-old children who have received these immunizations.
- 1:3:2:3:2:1 includes 1 Tdap, 3 IPV, 2 MMR, 3 HepB, 2 Varicella, and 1 Meningococcal. This is the percent of 13-17-year olds who have received these immunizations.

Percentage of HPV Vaccination Completion by Sex (13-17 Years of Age), Michigan vs. Manistee County



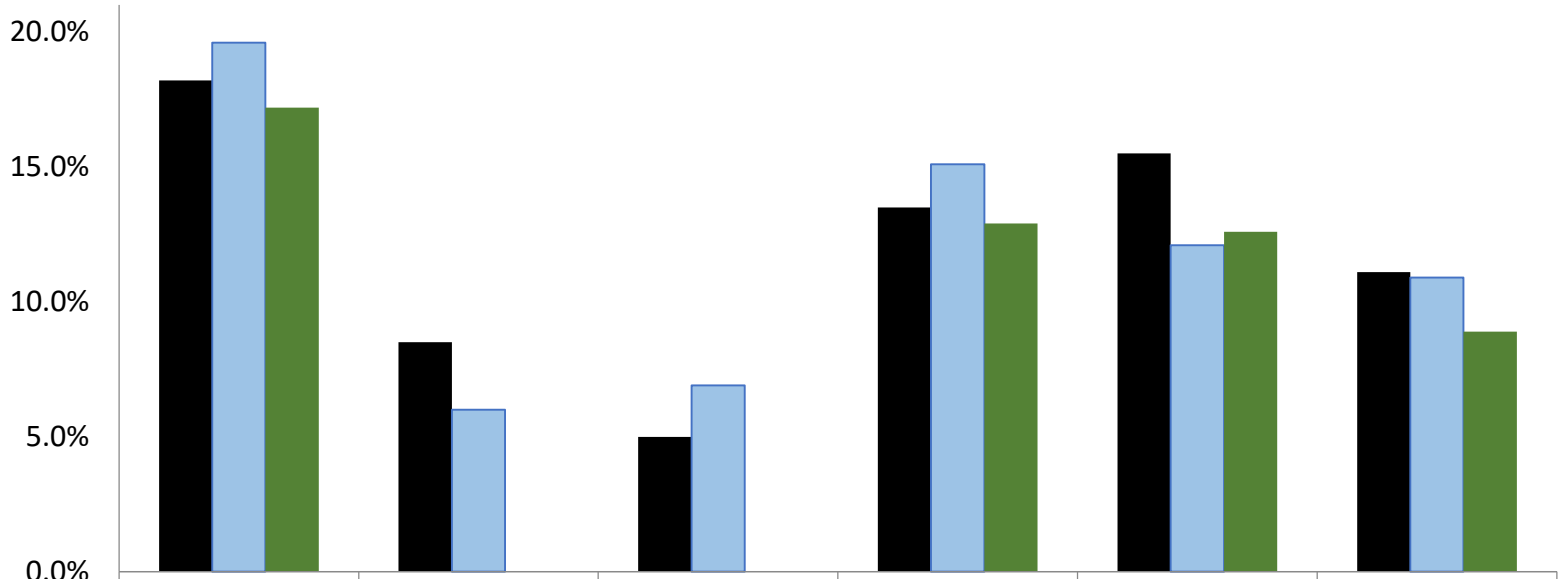
Sources:
Michigan Care Improvement Registry

Behavioral Risk Factor Survey Snapshot

In 2013, DHD#10 hired an independent research and evaluation firm to conduct a regional Behavioral Risk Factor Survey to bolster our survey response rates to increase validity and to obtain comprehensive and inclusive survey results. The following geographic areas will be presented: DHD#10 Region, County Level, & Michigan. There will be some data sets with no Michigan comparison – this is due to DHD#10 adding customized questions to the BRFS.

The Michigan Behavior Risk Factor Survey is completed annually through randomized telephone surveys for Michigan residents 18+. The most recent Michigan Behavioral Risk Factor Survey Annual Table (2016) can be accessed here.

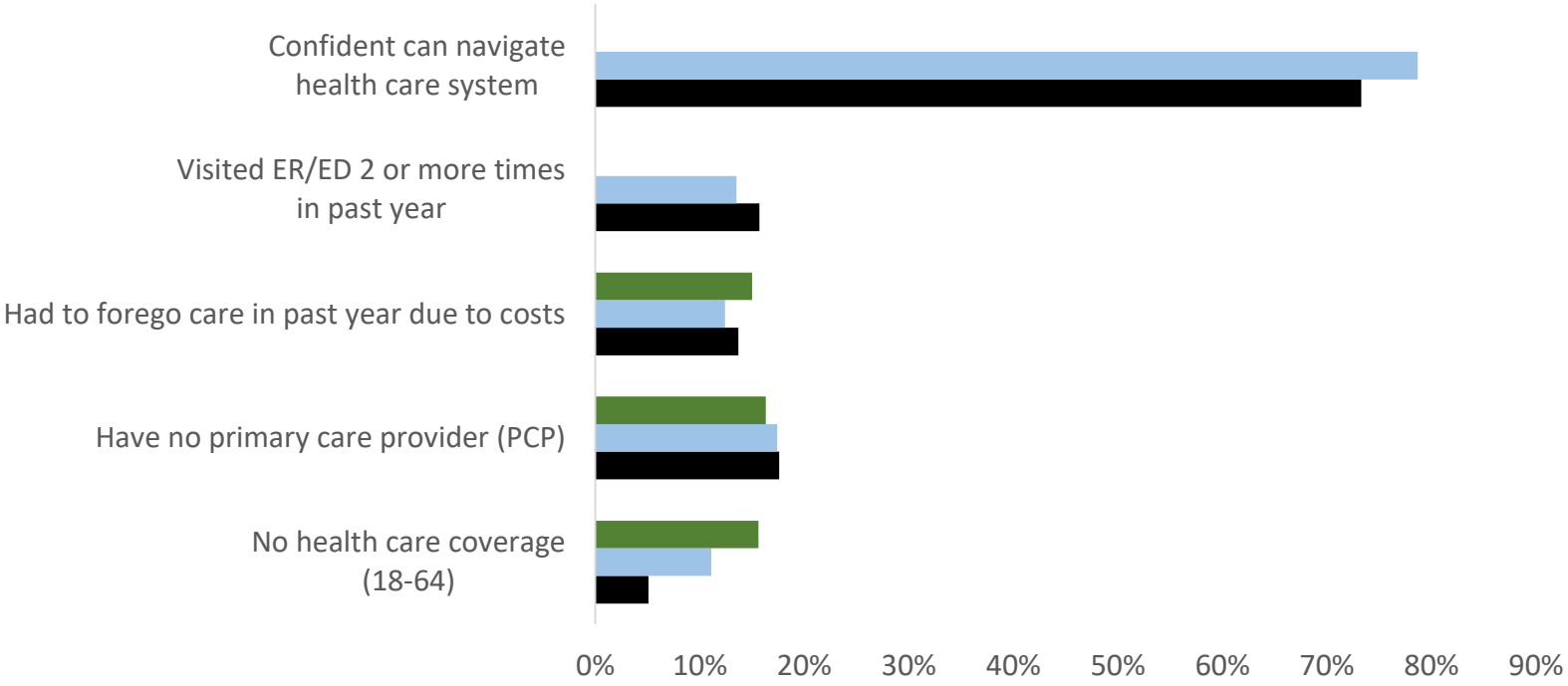
Self-Reported Health Status Indicators



	Fair/poor general health status	Very dissatisfied/dissatisfied with life	Rarely/never receive support	Poor physical health (14 days+)	Poor mental health (14 days+)	Activity limitation (14 days+)
Manistee	18.2%	8.5%	5.0%	13.5%	15.5%	11.1%
DHD#10	19.6%	6.0%	6.9%	15.1%	12.1%	10.9%
Michigan	17.2%			12.9%	12.6%	8.9%

Sources:
District Health Department #10
Behavioral Risk Factor Survey, 2014-2015 (County and District results)
Michigan Department of Health & Human Services
Michigan Behavioral Risk Factor Surveillance System, 2014;

Access to Healthcare



	No health care coverage (18-64)	Have no primary care provider (PCP)	Had to forego care in past year due to costs	Visited ER/ED 2 or more times in past year	Confident can navigate health care system
MI	15.6%	16.3%	15.0%		
DHD#10	11.1%	17.4%	12.4%	13.5%	78.7%
Manistee	5.1%	17.6%	13.7%	15.7%	73.3%

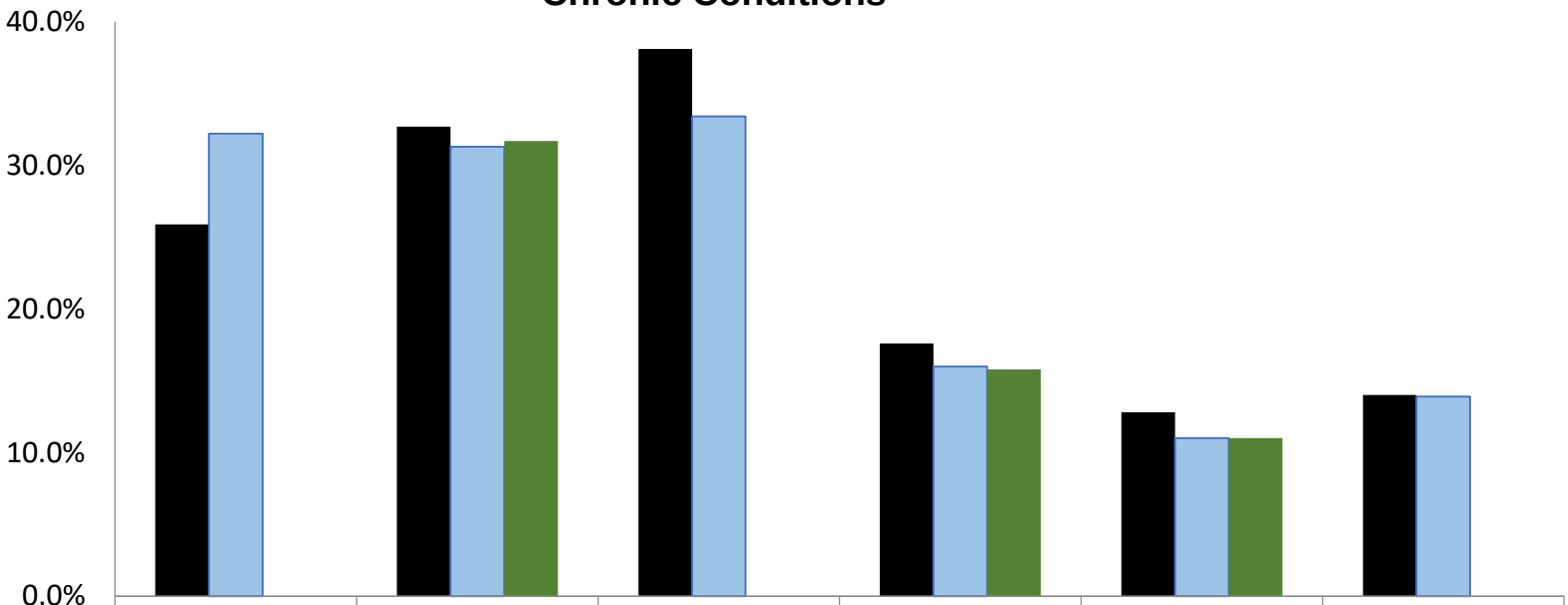
Provider Snapshot

Number of Residents per Health Care Provider (2014)		
	Manistee	**Michigan**
Primary Care Physician	**1,880:1**	**1,240:1**
Dentist	**1,630:1**	**1,420:1**
Mental Health Provider*	**940:1**	**460:1**

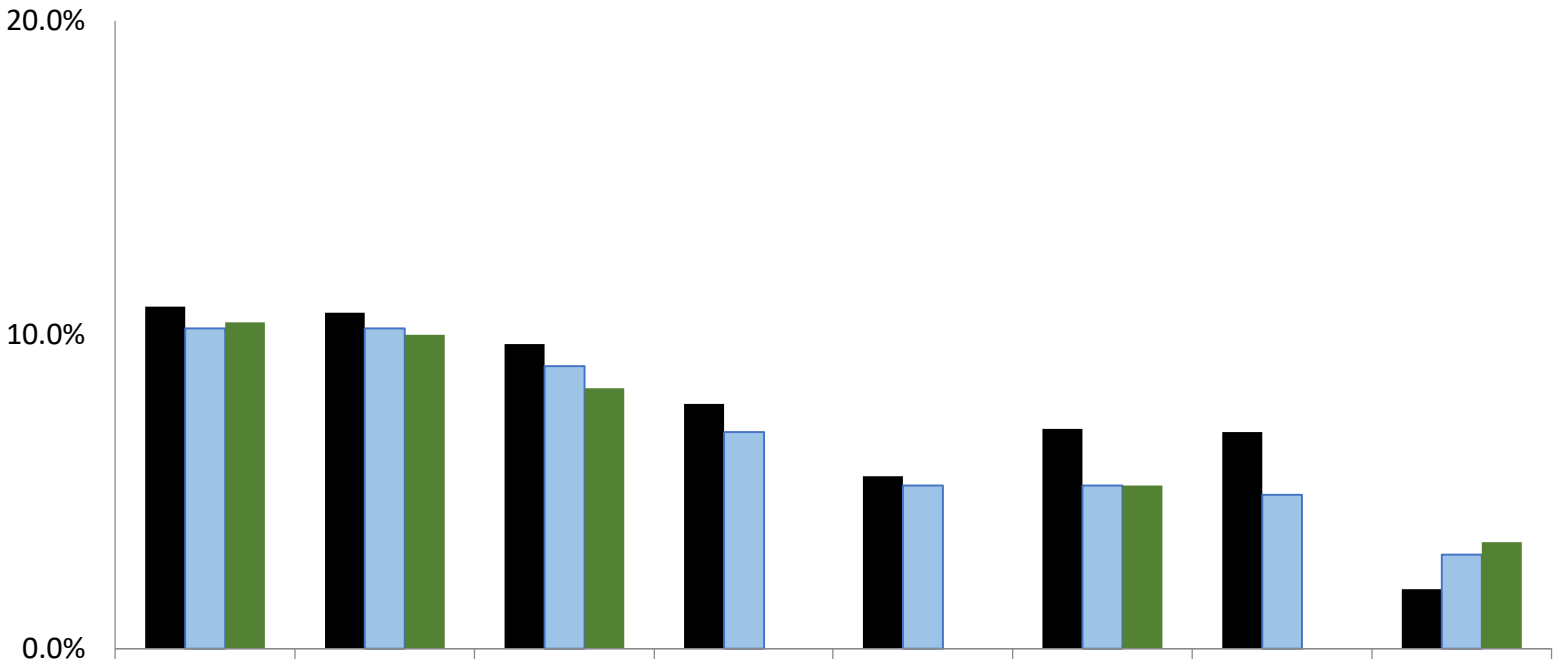
*Mental health providers include psychiatrists, clinical psychologists, clinical social workers, psychiatric nurse specialists, and marriage and family therapists who meet certain qualifications and certifications.

Sources:
District Health Department #10
Behavioral Risk Factor Survey, 2014-2015 (County and District results)
Michigan Department of Health & Human Services
Michigan Behavioral Risk Factor Surveillance System, 2014;
County Health Rankings
County vs. State Rankings, 2018

Chronic Conditions



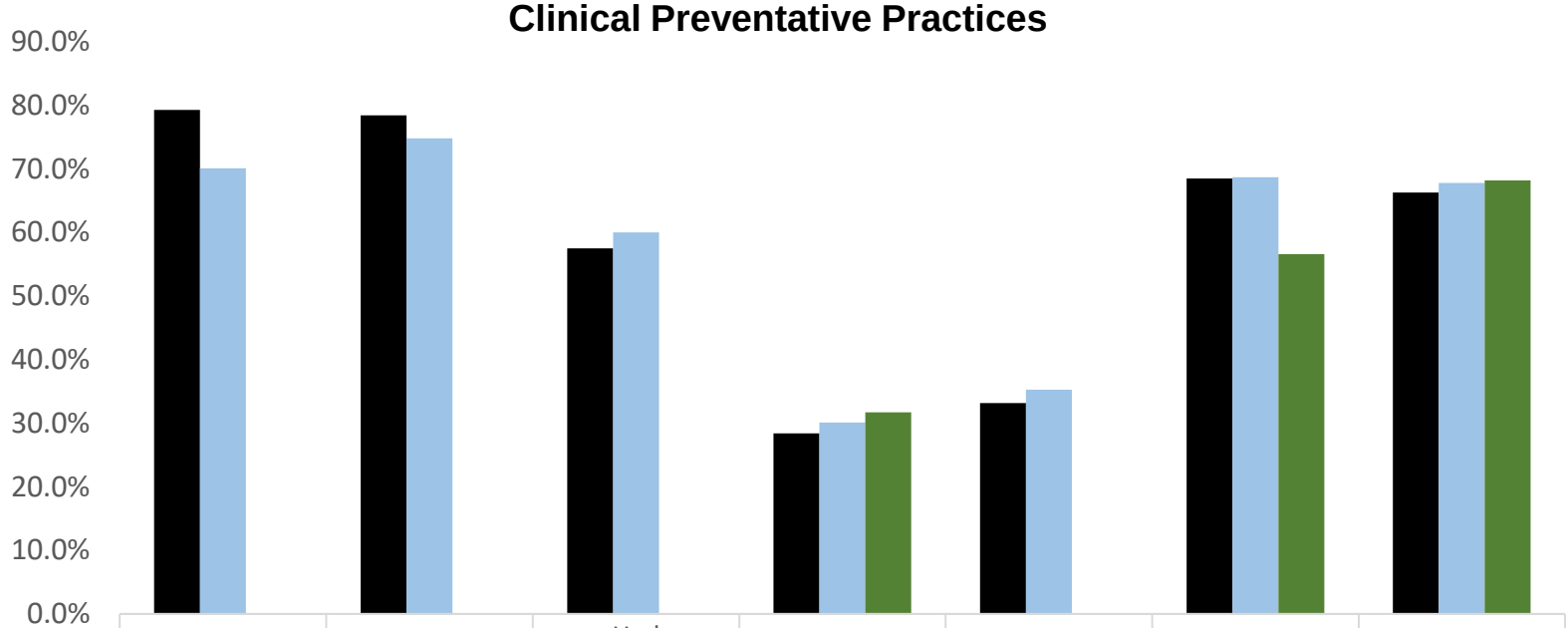
	High cholesterol	Arthritis	High blood pressure	Lifetime asthma	Current asthma	Mental/emotional problem
Manistee	25.9%	32.7%	38.1%	17.6%	12.8%	14.0%
DHD#10	32.2%	31.3%	33.4%	16.0%	11.0%	13.9%
Michigan		31.7%		15.8%	11.0%	



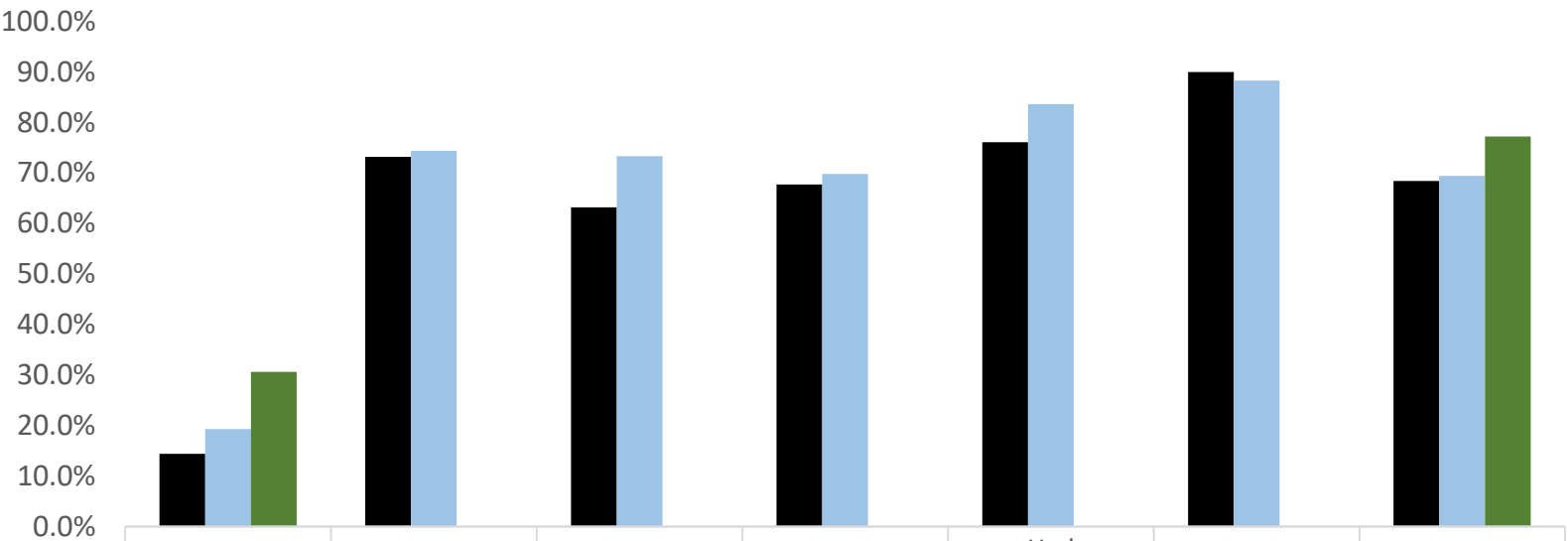
	Diabetes	Any cardio disease	Chronic Obstructive Pulmonary Disease	Cancer, non-skin	Angina	Heart attack	Skin cancer	Stroke
Manistee	10.9%	10.7%	9.7%	7.8%	5.5%	7.0%	6.9%	1.9%
DHD#10	10.2%	10.2%	9.0%	6.9%	5.2%	5.2%	4.9%	3.0%
Michigan	10.4%	10.0%	8.3%			5.2%		3.4%

Sources:
District Health Department #10
Behavioral Risk Factor Survey, 2014-2015 (County and District results)
Michigan Department of Health & Human Services
Michigan Behavioral Risk Factor Surveillance System, 2014;

Clinical Preventative Practices



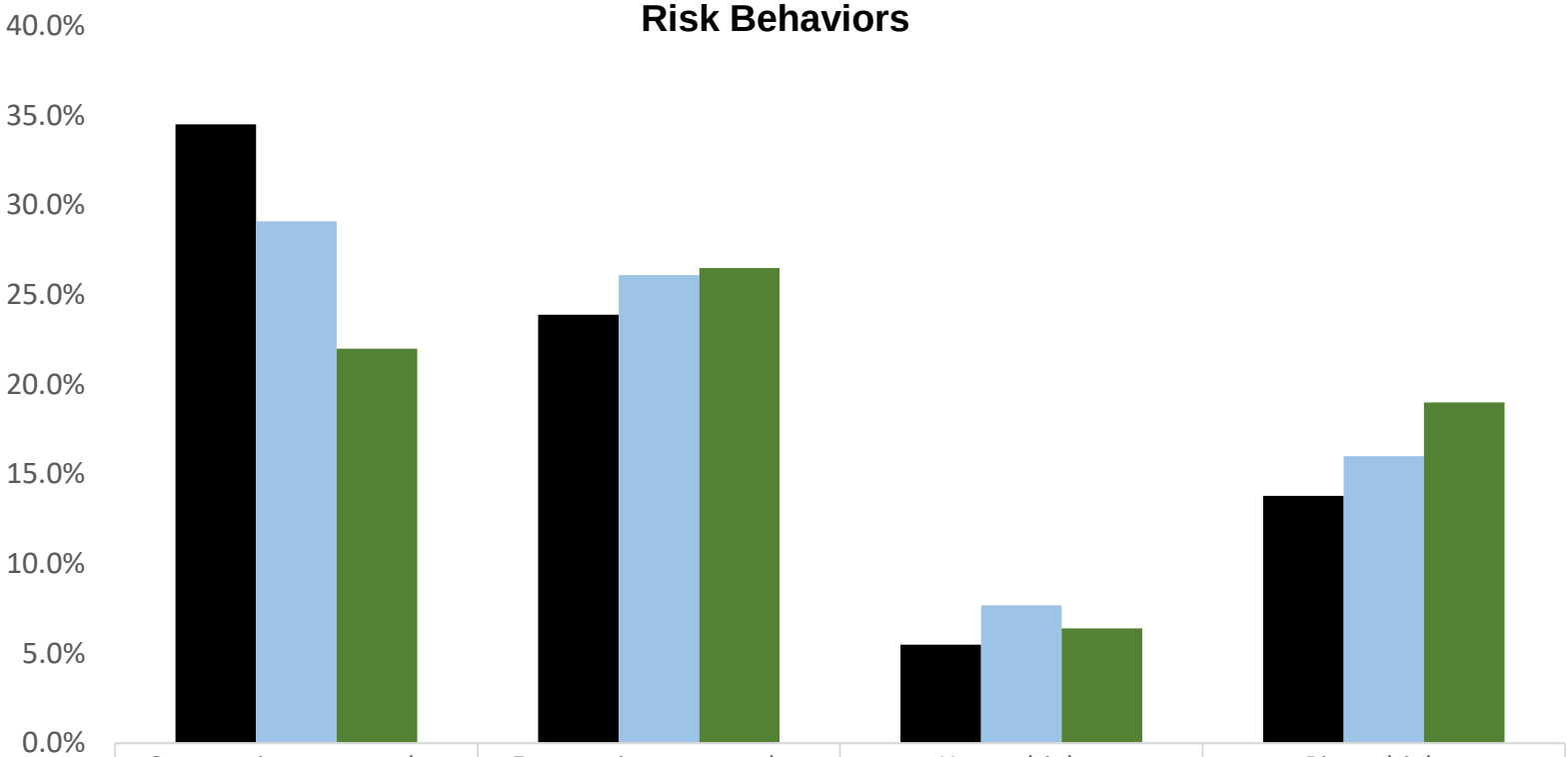
	Ever had PSA test (males, 50+ only)	Ever had sigmoidoscopy or colonoscopy (50+ only)	Had sigmoidoscopy or colonoscopy in past 5 years (50+ only)	No dental visit in past year	No teeth cleaning in past year	Had flu vaccine in past year (65+ only)	Had pneumonia vaccine (65+ only)
Manistee	79.3%	78.4%	57.5%	28.4%	33.2%	68.5%	66.3%
DHD#10	70.1%	74.8%	60.0%	30.1%	35.3%	68.7%	67.8%
Michigan				31.7%		56.6%	68.2%



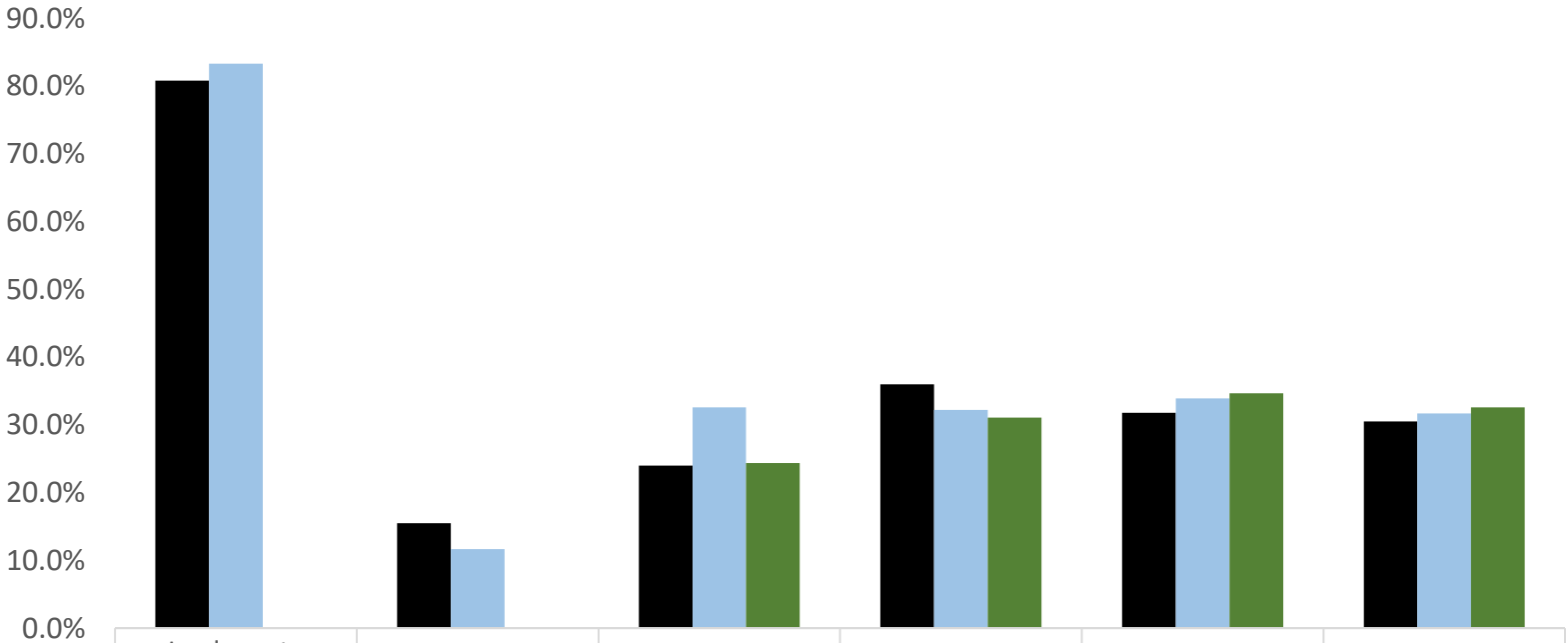
	No routine checkup in past year	Have had cholesterol checked	Take medication for HBP	Had mammogram in past year (females, 40+ only)	Had mammogram in past two years (females, 40+ only)	Ever had pap test	Had appropriately timed pap test
Manistee	14.4%	73.2%	63.2%	67.7%	76.1%	90.0%	68.4%
DHD#10	19.3%	74.4%	73.3%	69.8%	83.6%	88.3%	69.4%
Michigan	30.6%						77.2%

Sources:
District Health Department #10
Behavioral Risk Factor Survey, 2014-2015 (County and District results)
Michigan Department of Health & Human Services
Michigan Behavioral Risk Factor Surveillance System, 2014;

Risk Behaviors



	Current cigarette smoker	Former cigarette smoker	Heavy drinker	Binge drinker
Manistee	34.5%	23.9%	5.5%	13.8%
DHD#10	29.1%	26.1%	7.7%	16.0%
Michigan	22.0%	26.5%	6.4%	19.0%



	Inadequate fruit/vegetable consumption (< 5 times per day)	Sometimes/often don't have enough to eat	No leisure time physical activity	Obese	Overweight	Healthy weight
Manistee	80.8%	15.5%	24.0%	36.0%	31.8%	30.5%
DHD#10	83.3%	11.7%	32.6%	32.2%	33.9%	31.7%
Michigan			24.4%	31.1%	34.7%	32.6%

Sources:
District Health Department #10
Behavioral Risk Factor Survey, 2014-2015 (County and District results)
Michigan Department of Health & Human Services
Michigan Behavioral Risk Factor Surveillance System, 2014;

County Health Rankings

County Health Rankings is a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The County Health Rankings measure the health of nearly all counties in the nation and rank them within states. Below is an overall snapshot at the county level vs. all ranked counties (**83 in total**).

The most recent County Health Rankings (2019) can be accessed here.

Manistee County Health Ranking Snapshot (2018)			Ranking (out of 83 counties)
Health Outcomes			**32**
Represents how healthy a county is, using factors of how long people live and how healthy they feel while they are alive (quality of life)	**Length of Life**	Premature death	**32**
	Quality of Life	Poor or fair health; poor physical health days; poor mental health days; low birth weight	**28**
Health Factors			**60**
Represents what influences the health of a county	Health Behaviors	Smoking; obesity; food environment; physical activity; excessive drinking; alcohol impaired driving deaths; sexually transmitted infections; teen births	**36**
	Clinical Care	Uninsured; ratios of physicians, dentists and mental health providers to population; preventable hospital stays; diabetic monitoring; mammography screening	**34**
	Social and Economic Factors	Education; unemployment; poverty; children in single-parent households; social associations; violent crime; injury deaths	**77**
	Physical Environment	Air pollution; drinking water violations; severe housing problems; driving alone to work and long commute	**44**

Sources:
County Health Rankings
County vs. State Rankings, 2018

Conclusions:
Behavioral Risk Factor Survey

Behavioral Risk Factor Survey Findings

*The district-wide BRFS findings show both **strengths** and **opportunities** for improvement in the health status of our communities*

Strengths

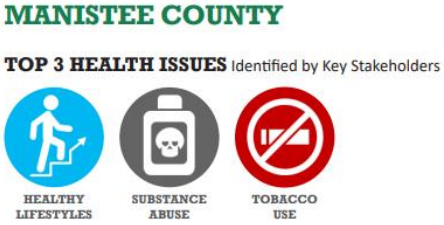
- Most enjoy good to excellent general health, physical health, and mental health
- Adequate social and emotional support
- Large majority have health care coverage and a primary care provider (PCP)
- Most have had no problems receiving needed medical care
- Binge drinking lower than Michigan and US
- Most buy fresh fruits/vegetables locally and feel fresh produce is readily available in their community
- Strong majority have routine physical checkups and health screening/tests, such as mammograms
- Vast majority receiving information on how to manage diabetes, heart attack, angina/CHD, COPD
- Majority of adults aged 65+ immunized against pneumonia and flu

Opportunities for Improvement

- DHD#10 area lags behind Michigan and/or US on most indicators measured
- One in five with fair to poor general health
- Physical health and activity limitation worse than MI
- Nearly one in three obese; one in three overweight but not obese
- Nearly three in ten are current smokers
- Prevalence of heavy drinking higher than MI/US
- Nearly one-third not engaging in leisure time physical activity
- Inadequate fruit/vegetable consumption
- Three in ten have not visited the dentist in past year
- One in three have hypertension
- One in ten have diabetes; one in five over age 55 have diabetes
- Higher prevalence than MI and/or US on chronic conditions such as asthma, heart attacks, heart disease, and cancer
- Nearly one-third have high cholesterol

Sources:
District Health Department #10
Behavioral Risk Factor Survey, 2014-2015 (County and District results)
Michigan Department of Health & Human Services
Michigan Behavioral Risk Factor Surveillance System, 2014;

Conclusions:
Community Health Improvement Plan



Healthy Lifestyles Strategy Progress	
Designate one or two members at each monthly meeting to write a news release to submit to the Manistee News Advocate	
Promote Live Well Manistee County events and activities on the Livewell4health.org website and Facebook page	
Support implementation of strategies included in the Munson Healthcare Obesity Prevention/Reduction Plan FY18- FY20	
Advocate for physical activity opportunities to be included in existing community events	
Substance Abuse Strategy Progress	
Implement the Communities That Care Mode	
Increase prescription drug disposal sites	
Tobacco Use Strategy Progress	
Educate the community and local government officials on the benefits of designating tobacco-free outdoor recreation area and playgrounds	
Partner with Centra Wellness to provide training in tobacco dependence treatment	
Promote the DHD #10 TTS services through distribution of tobacco cessation resources materials, displays of materials, promotion in social media, newsletter articles and community events	
Promote the Michigan Tobacco Quitline services through distribution of Quitline materials, displays of materials, promotion in social media, newsletter articles and community events	

Sources:
District Health Department #10
Community Health Improvement Plan Progress Report, 2018