

2022



**District Health
Department #10**
Healthy People, Healthy Communities



MECOSTA Community Data

DHD#10 Chartbooks provide a brief overview 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. Information is collected about poverty, access to preventive care, promotion of healthy lifestyle and behavior, and creation and maintenance of healthy communities.



2022 Community Data Mecosta

The 2022 Chartbooks provide a health profile for Mecosta County. In certain sections, this information is compared to the overall health status of counties within District Health Department #10. The data includes 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. 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 has completed the Community Health Improvement Plan in 2017. The identified strategic issues included the following:

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

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

Table of Contents

Demographics	2
Birth Trends	3
Poverty Indicators	4
Economic Wellbeing	6
Leading Causes of Death & Years of Potential Life Lost	7
Cardiovascular Disease	8
Cancer Incidence	9
Sexual Health	10
Pregnancy & Birth Related Trends	11
Immunizations	12
Behavioral Risk Factor Survey	13
County Health Rankings	18
Conclusions	19

Demographics

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

Population

	Mecosta	Michigan
Total Population	39,714	10,077,331
Population per square mile	77.1	174.8
Persons under 5 years	4.9%	5.7%
Persons under 18 years	18.5%	21.5%
Persons 65 years and over	18.6%	17.7%
Disability, under age 65	13.4%	10.2%
Gender: Females	49.7%	50.7%

Income & Economy

	Mecosta	Michigan
Persons in poverty	13.6%	12.6%
Median household income	\$45,797	\$59,234
Per capita income	\$23,748	\$32,854
Unemployment	9.1%	9.9%

Race, Ethnicity, & Household Characteristics

	Mecosta	Michigan
White	92.9%	79.2%
Black	2.9%	14.1%
American Indian/Alaska Native	0.8%	0.7%
Asian	0.9%	3.4%
More than one race	2.4%	2.5%
Hispanic	2.4%	5.3%
Language other than English spoken at home	3.7%	9.7%
Persons per household	2.49	2.45
High school graduates	91.5%	91.3%
Bachelor's degree or higher	22.9%	30.0%

Sources

US Census Bureau:

- [Population, April 2020](#)
- [Age & race, April, 2020](#)
- [Language other than English, 2016-2020](#)
- [Disability, under 65, 2020](#)
- [Education based on persons age 25 and over, 2016-2020](#)
- [Female persons, April, 2020](#)
- [Persons per household, 2016-2020](#)
- [Median household income, 2016-2020](#)
- [Persons in poverty, April 2020](#)
- [Per capita income in past 12 months, 2016-2020](#)
- [Population per square mile, 2010](#)

Bureau of Labor Statistics:

- [Average unemployment percentage, 2020](#)

Births

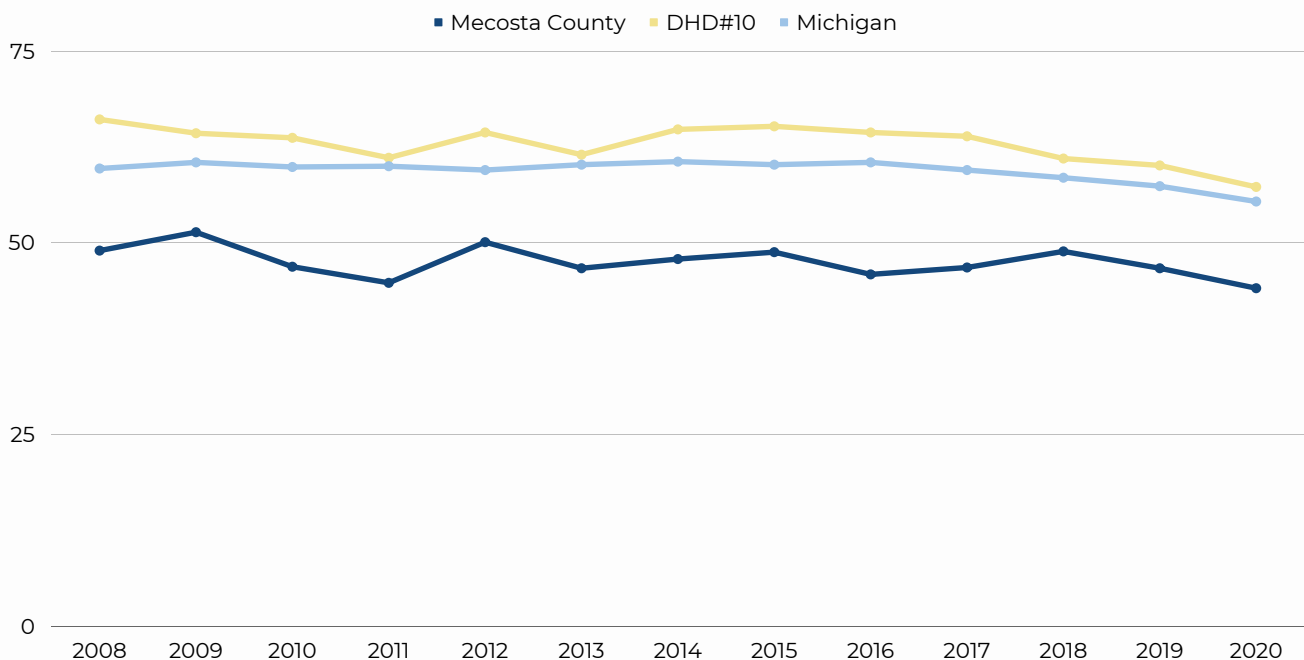
Birth numbers and rates represent growth within a community and offer insight into the future population trends. In this section, births are provided from 2007 to 2020.

Number of Live Births in Mecosta County, 2007-2020

Year	2007	2008	2009	2010	2011	2012	2013
Births	438	443	462	423	405	450	417

Year	2014	2015	2016	2017	2018	2019	2020
Births	427	432	407	414	435	410	387

Live Birth Rates per 1,000 Female in Mecosta County, DHD#10, Michigan, 2008-2020



Sources:

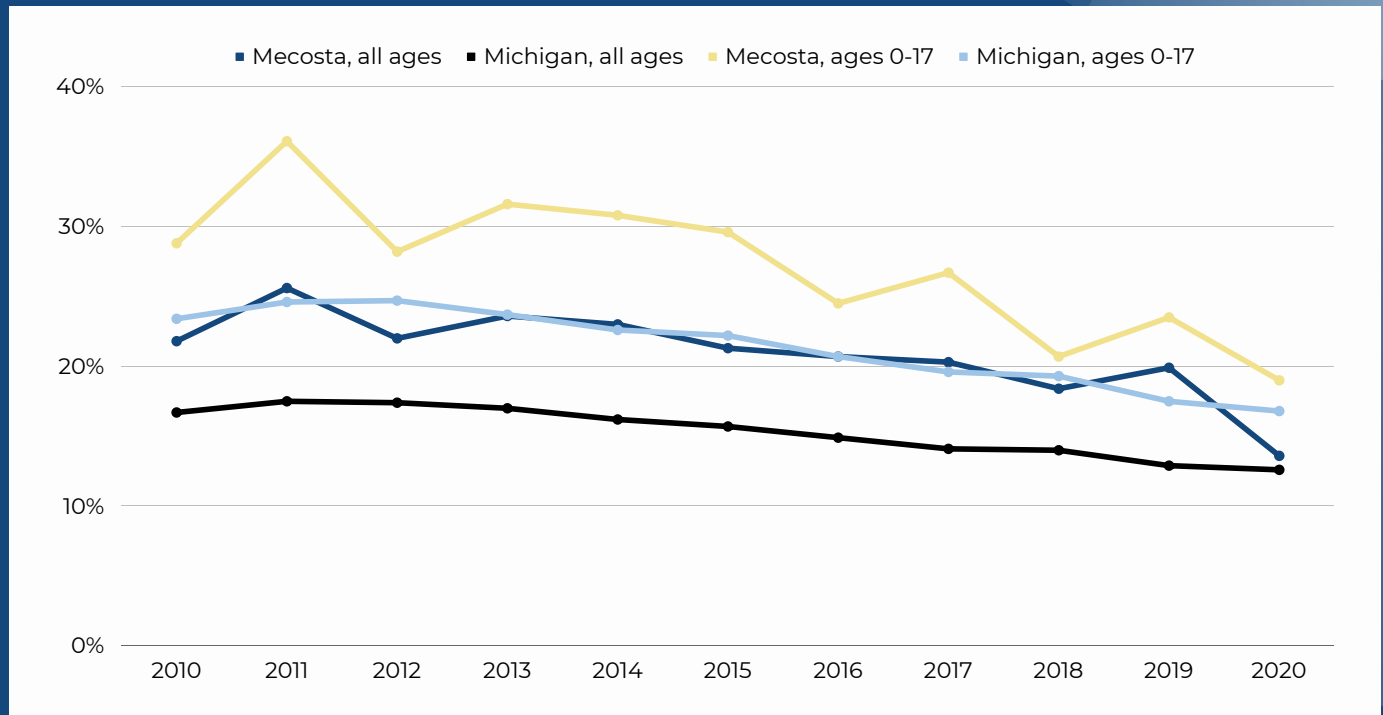
Michigan Department of Health and Human Services (MDHHS)

- [Live births by county, 2007-2020](#)
- [Live birth rates by county, 2008-2020](#)
- [Live births rates by health jurisdiction, 2008-2020](#)
- [Live births rates by state, 2008-2020](#)

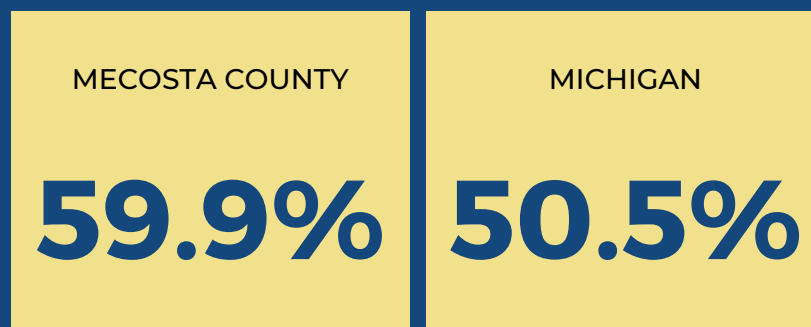
Poverty & Poverty Indicators

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 Mecosta County and Michigan, 2010-2020



% of Students Eligible for Free or Reduced Lunch, 2020



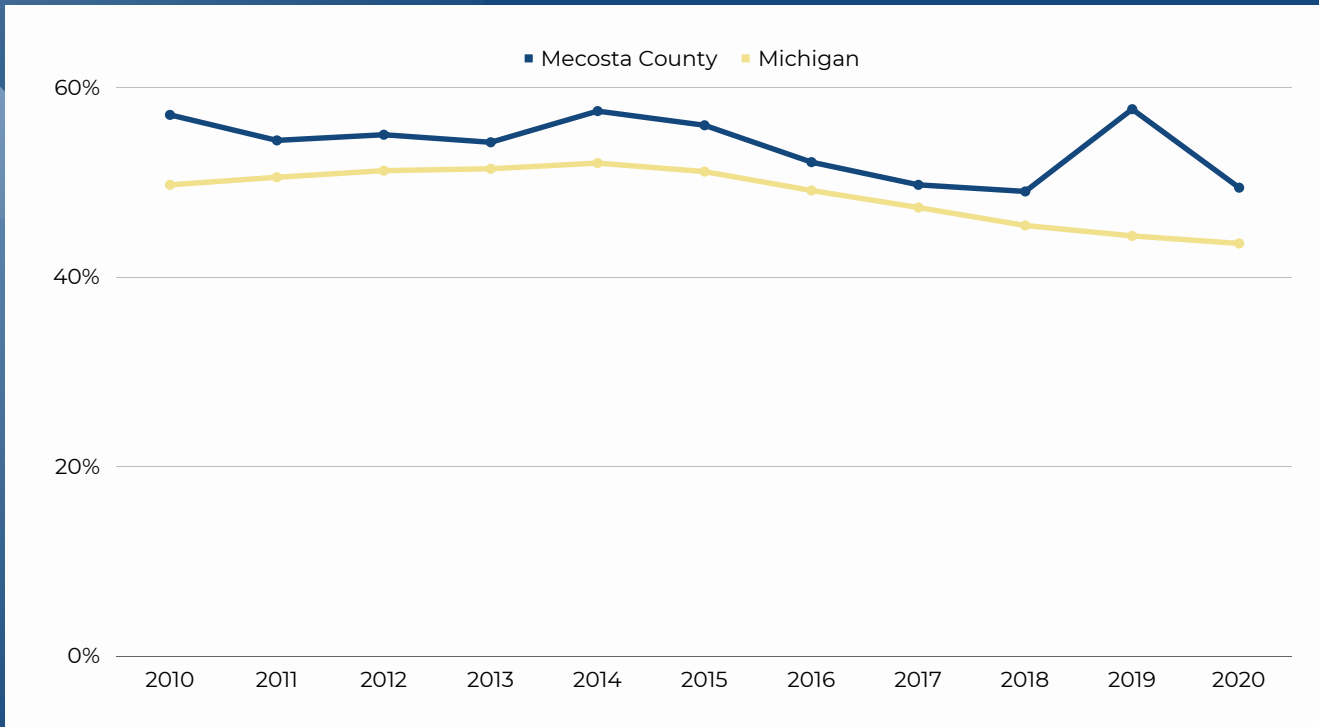
Sources:

Michigan League for Public Policy

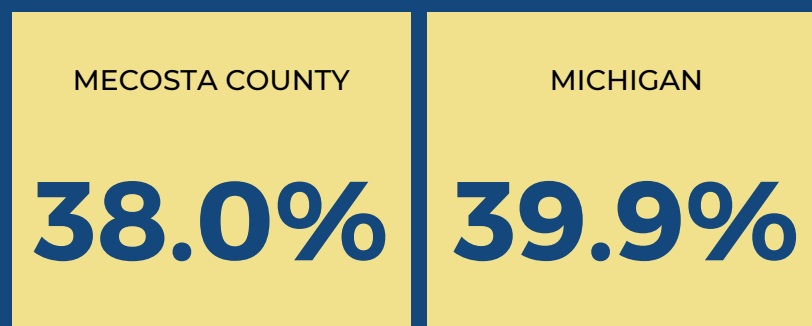
- [Poverty, 0-17 years, by county & state 2010-2020](#)
- [Poverty, all ages, by county & state, 2010-2020](#)
- [Percentage of student eligible for free/reduced lunch, 2020](#)

Poverty & Poverty Indicators

Percentage of Children (0-4) Who Receive Women, Infant, and Children (WIC) Benefits in Mecosta County and Michigan, 2010-2020



% of Live Births Paid by Medicaid, 2020



Sources:

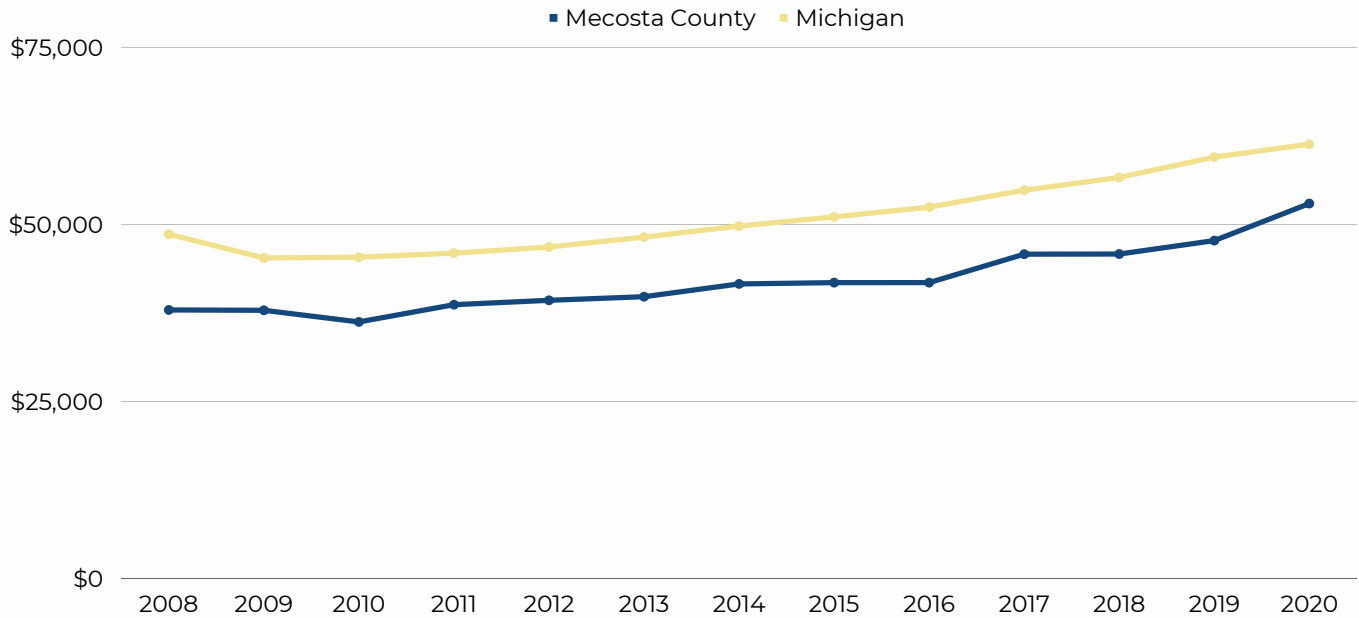
Michigan League for Public Policy

- [Children \(0-4\) who Receive WIC Benefits by County & State, 2010-2020](#)
- [Percentage of Live Births Paid by Medicaid by County & State, 2020](#)

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.

Median Household Income in Mecosta County and Michigan, 2008-2020



		Percentage of Adults who are Unemployed		Percentage of Children (0-5) with All Parents in the Labor Force	
		Mecosta County	Michigan	Mecosta County	Michigan
		2018 5.0%	4.1%	60.2%	66.4%
		2020 9.1%	9.9%	60.1%	67.1%

Sources:

Michigan League for Public Policy

- [Median Household Income by County & State, 2008-2020](#)
- [Percentage of Adults who are Unemployed, 2018 & 2020](#)
- [Percentage of Children \(0-5\) with All Parents in the Labor Force, 2018 & 2020](#)

Leading Causes of Death

Age-adjusted Mortality Rates per 100,000, 2020; *Too small to calculate

	Mecosta	DHD#10	Michigan
Heart Disease	218.8	192.4	206.0
Cancer	200.9	180.9	158.8
COVID-19	*	43.0	86.5
Unintentional Injury	49.6	69.7	56.2
Stroke	65.5	54.0	44.8
Chronic Lower Respiratory	65.2	63.5	42.4
Alzheimer's Disease	48.1	46.9	37.0
Diabetes	*	23.9	26.3
Kidney Disease	*	9.5	14.8
Pneumonia/Influenza	*	9.9	14.4

Years of Potential Life Lost

Rates per 100,000 under 75 years of age, 2020; *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.

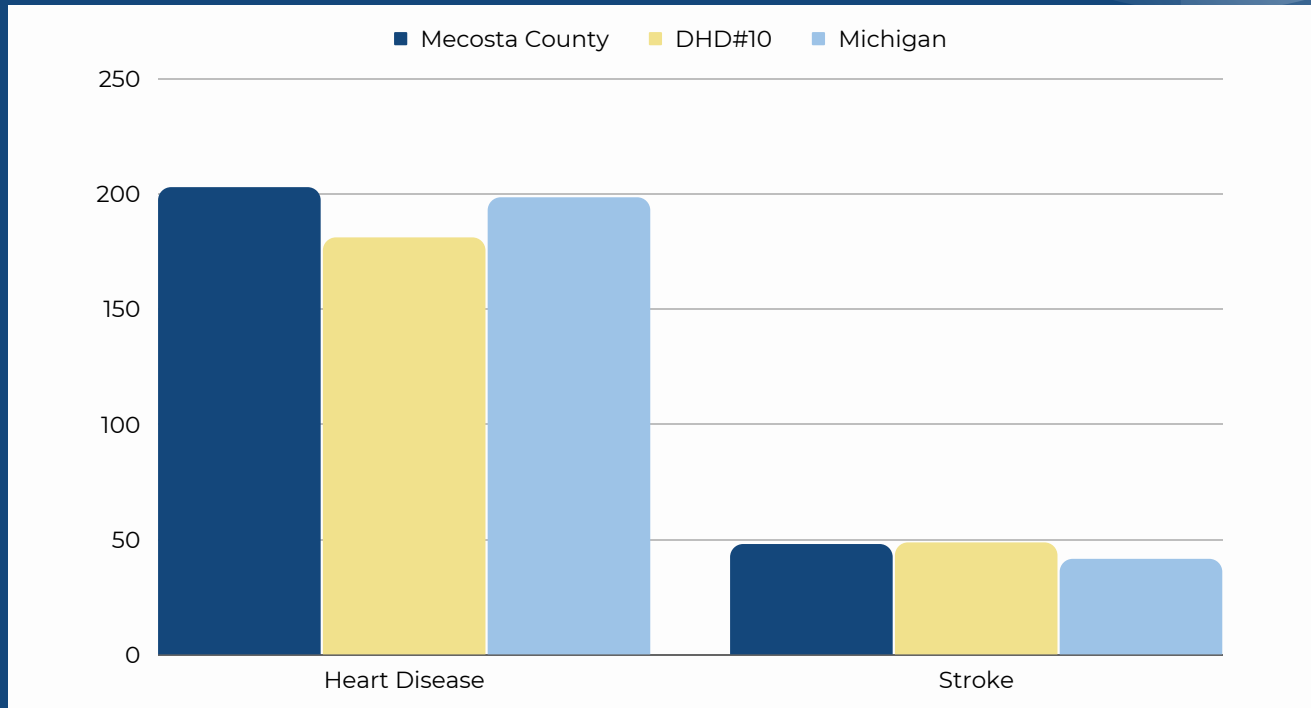
	Mecosta	DHD#10	Michigan
Cancer	1,798.4	1,855.9	1,495.9
Heart Disease	1,432.2	1,447.2	1,443.0
Unintentional Injury	834.4	1,715.7	1,438.3
COVID-19	*	310.2	567.9
Suicide	*	530.3	430.0
Homicide	0	*	352.5
Birth-related Conditions	*	*	291.3
Chronic Liver Disease	*	279.2	281.8
Drug-induced Death	*	848.3	977.0
Injury by Firearms	*	359.8	509.0
Alcohol-induced Death	*	469.5	322.0

Sources: MDHHS

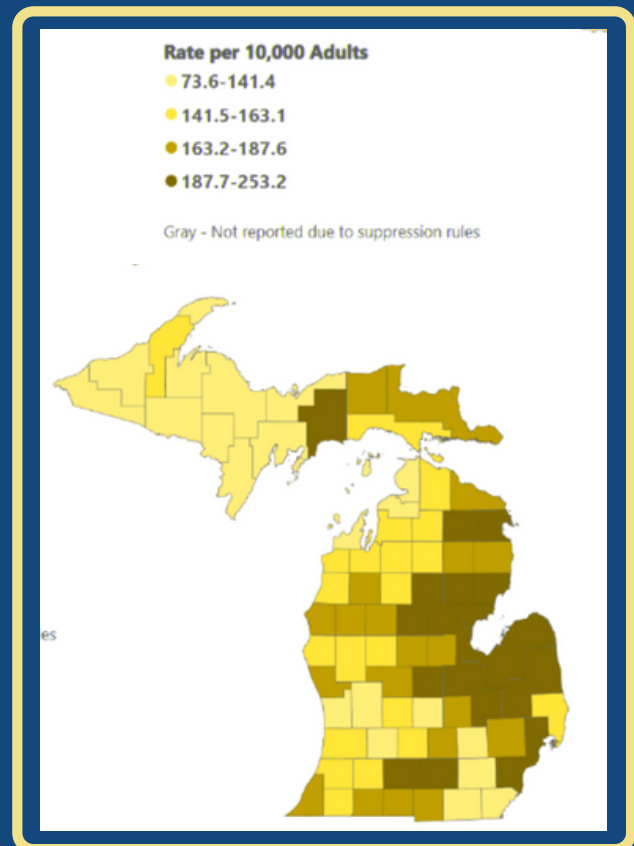
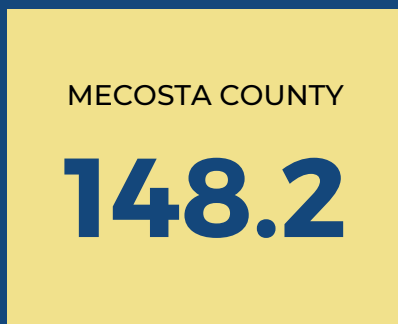
- [Leading Causes of Death, 2020](#)
- [Years of Potential Life Lost, 2020](#)

Cardiovascular Disease

Age-adjusted Mortality Rates for Cardiovascular Disease by Category, 2018-2020



Cardiovascular Disease Hospitalization
2016-2019, rates per 10,000

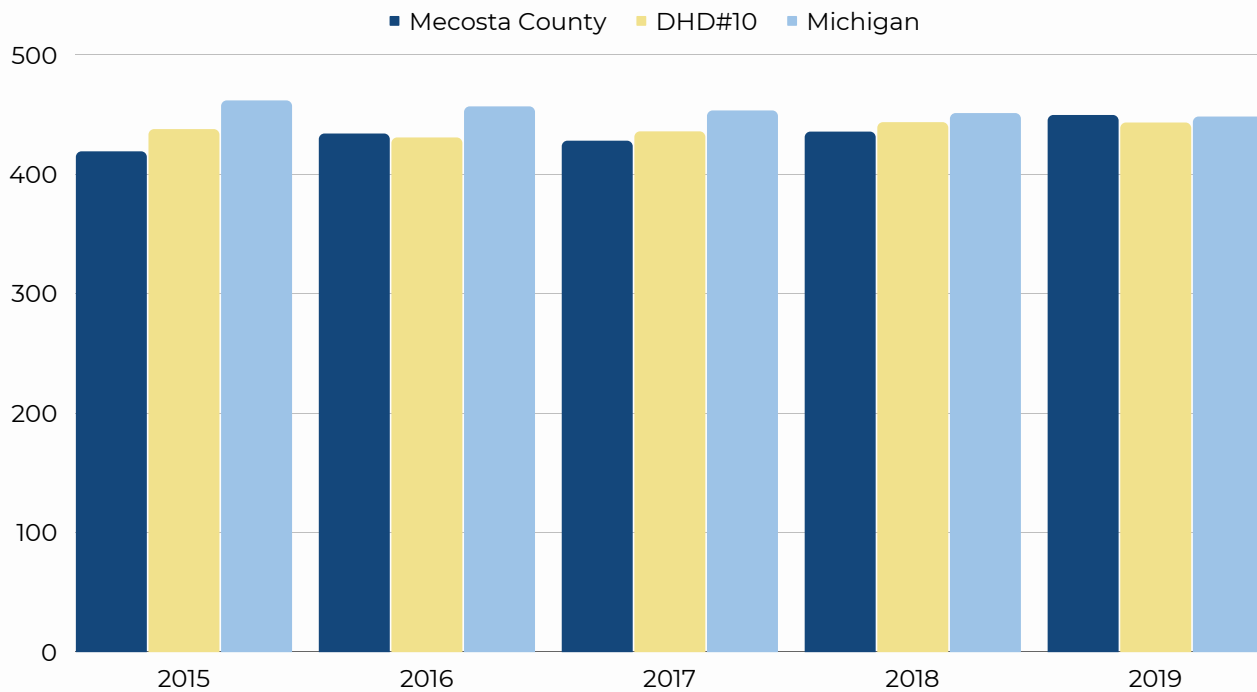


Sources: MDHHS

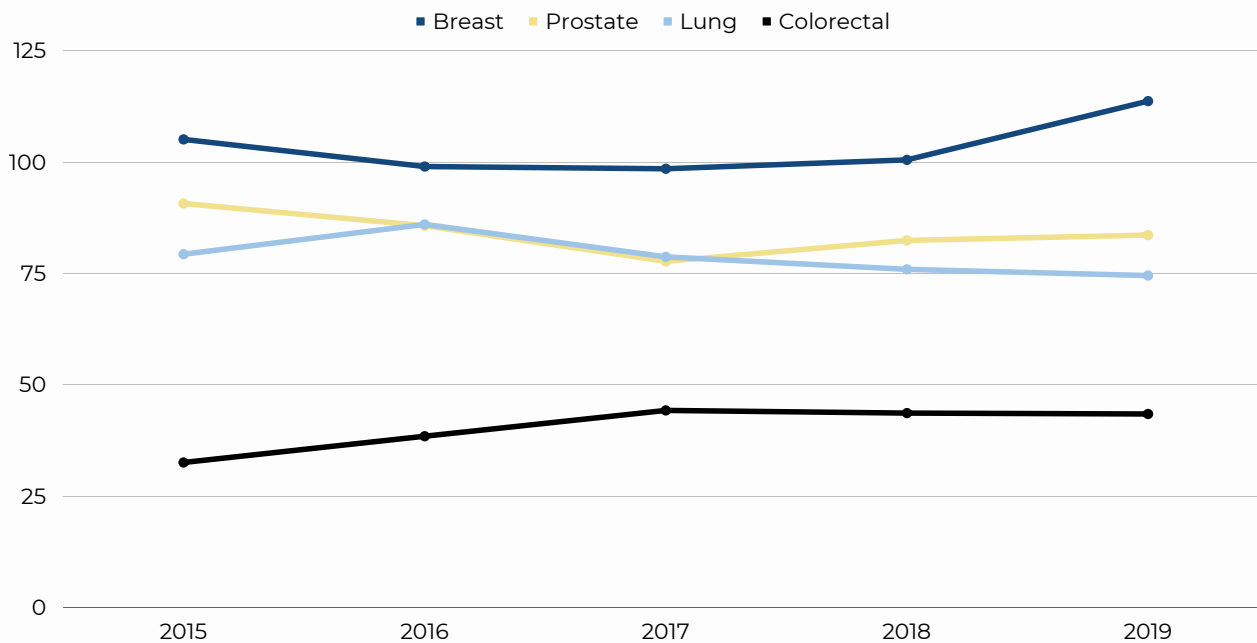
- [Mortality Trends by Type, County, Health District, State, 2018-2020](#)
- [Cardiovascular Hospitalization Rates, 2016-2019](#)

Cancer Incidence

Five-year Average Age-adjusted Rates for Invasive Cancer Incidence per 100,000, 2015-2019



Five-year Average Age-adjusted Rates for Invasive Cancer Incidence by Location per 100,000, Mecosta County, 2015-2019

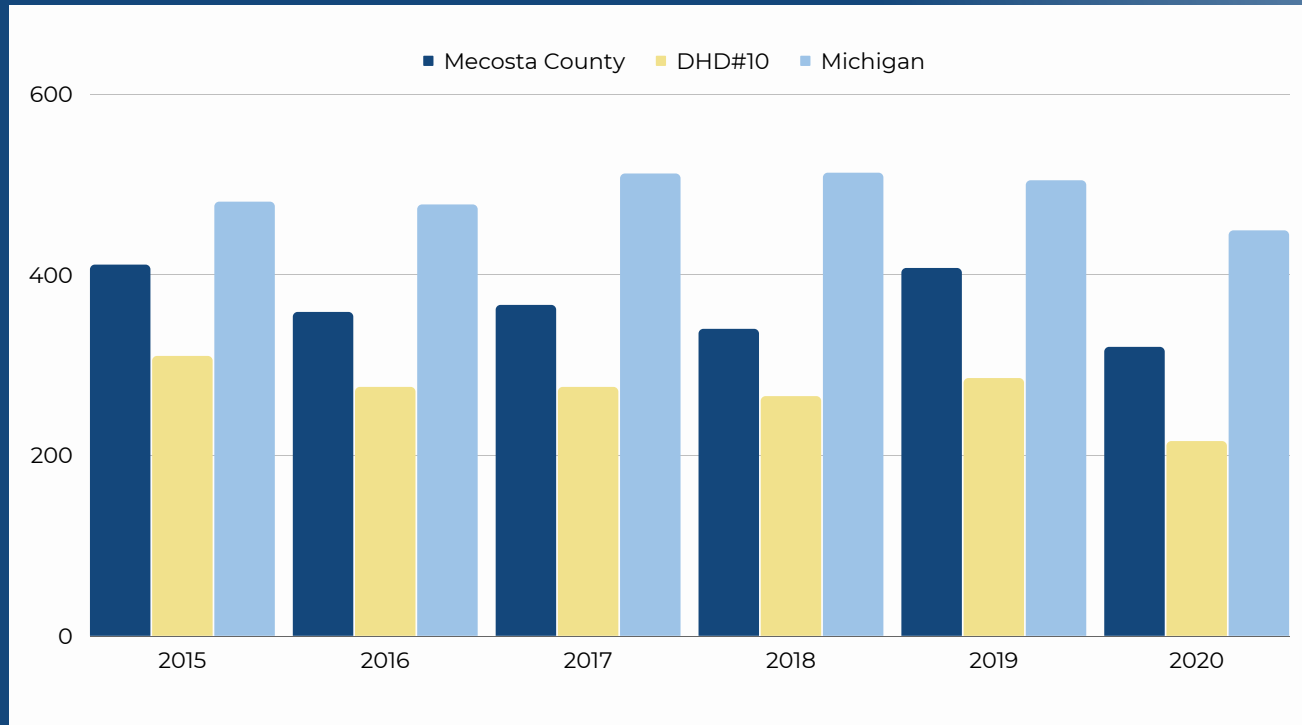


Sources: MDHHS

- [Five-year Average Age-adjusted Invasive Cancer Incidence per 100,000, 2015-19](#)
- [Five-year Average Age-adjusted Invasive Cancer Incidence by Location per 100,000, Mecosta County, 2015-2019](#)

Sexual Health

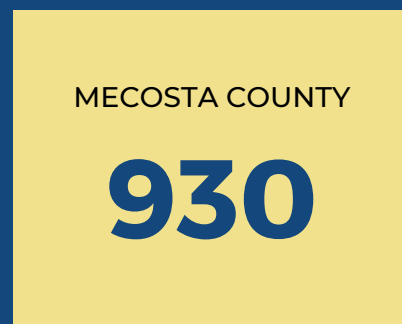
Rate of Chlamydia Cases for all age and sex, per 100,000, 2015-2020



of Gonorrhea Cases, 2020



of Women younger than 20
in Need of Publicly Funded
Contraceptive Services &
Supplies, 2016



of new HIV Cases, 2020



of individuals living with
HIV, 2020



Sources: MDHHS

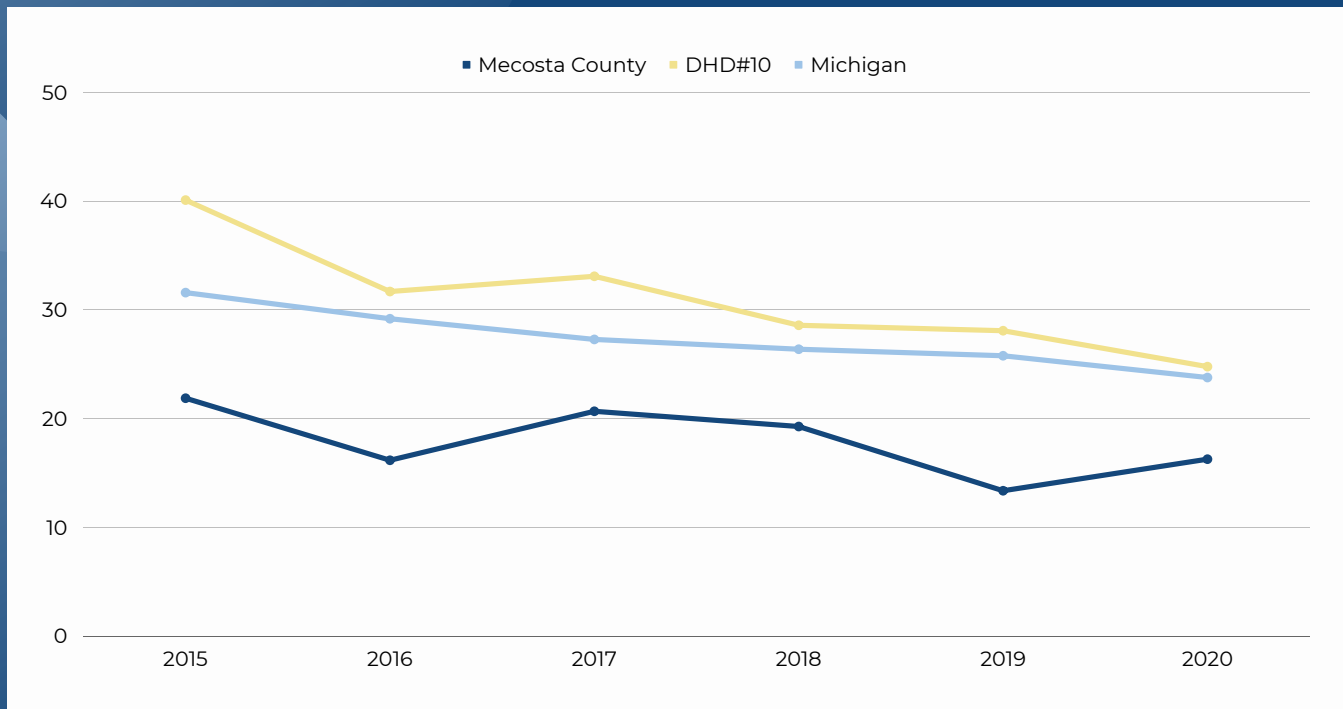
- [Five-year Average Rate of Chlamydia Cases per 100,000, 2015-2020](#)
- [Number of Gonorrhea Cases, 2020](#)
- [Number of HIV Cases, 2020](#)

Guttmacher Data Center

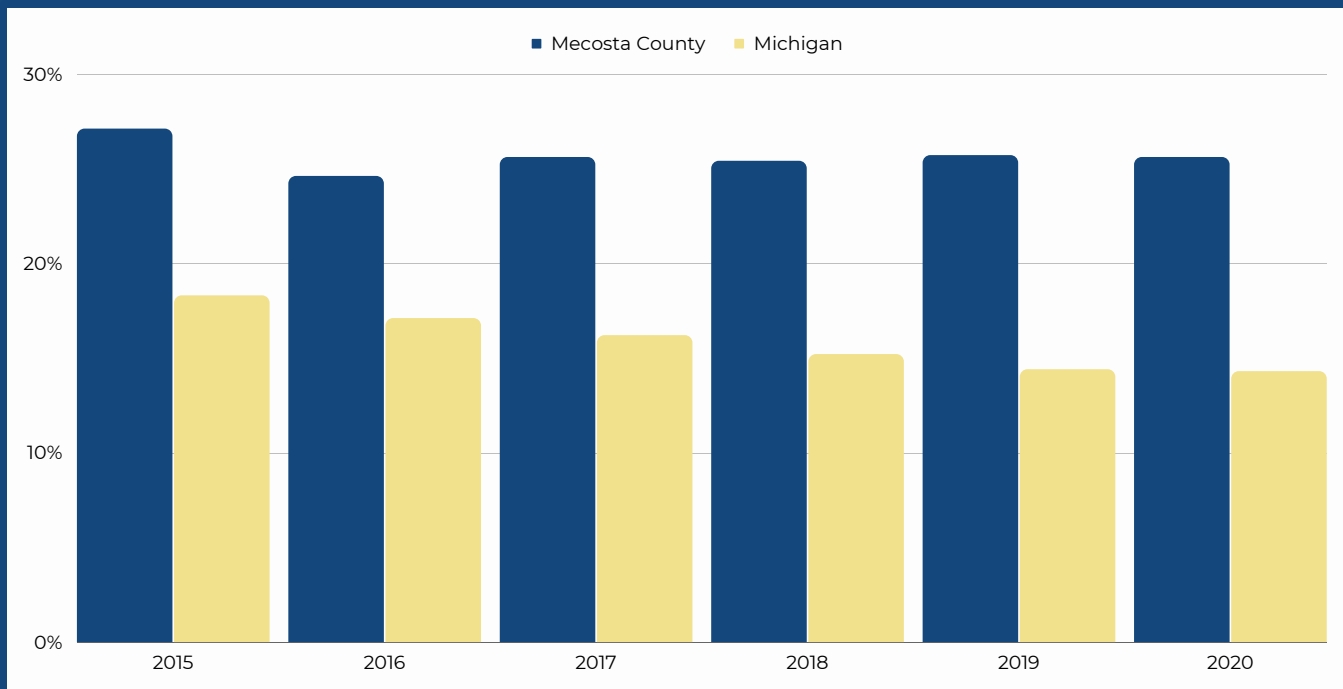
- [Number of Women in Need of Publicly Funded Contraceptive Services & Supplies, 2016](#)

Pregnancy & Birth-Related Trends

Teen (15-19 years of age) Pregnancy Rate per 1,000, 2015-2020



Percentage of Mothers Who Smoked During Pregnancy, 2015-2020



Sources: MDHHS

- [Teen \(15-19 years of age\) Pregnancy Rate per 1,000, 2015-2020](#)

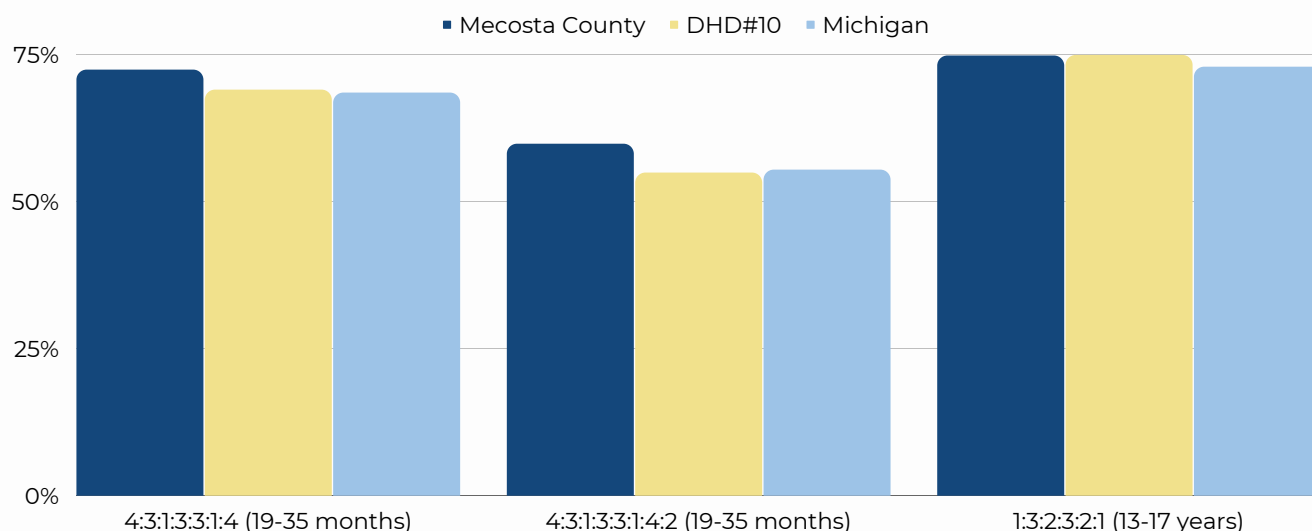
Michigan League of Public Policy

- [Percentage of Mothers Who Smoked During Pregnancy, 2015-2020](#)

Immunization

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.

Percent of Children that received CDC Recommended Childhood Immunizations, 2020-2022



Immunization 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), Mecosta County vs. Michigan, 2020-22

	Mecosta County	Michigan
Male	48.3%	43.1%
Female	47.1%	45.1%

Sources:

[Michigan Care Improvement Registry](https://www.dhd10.org)

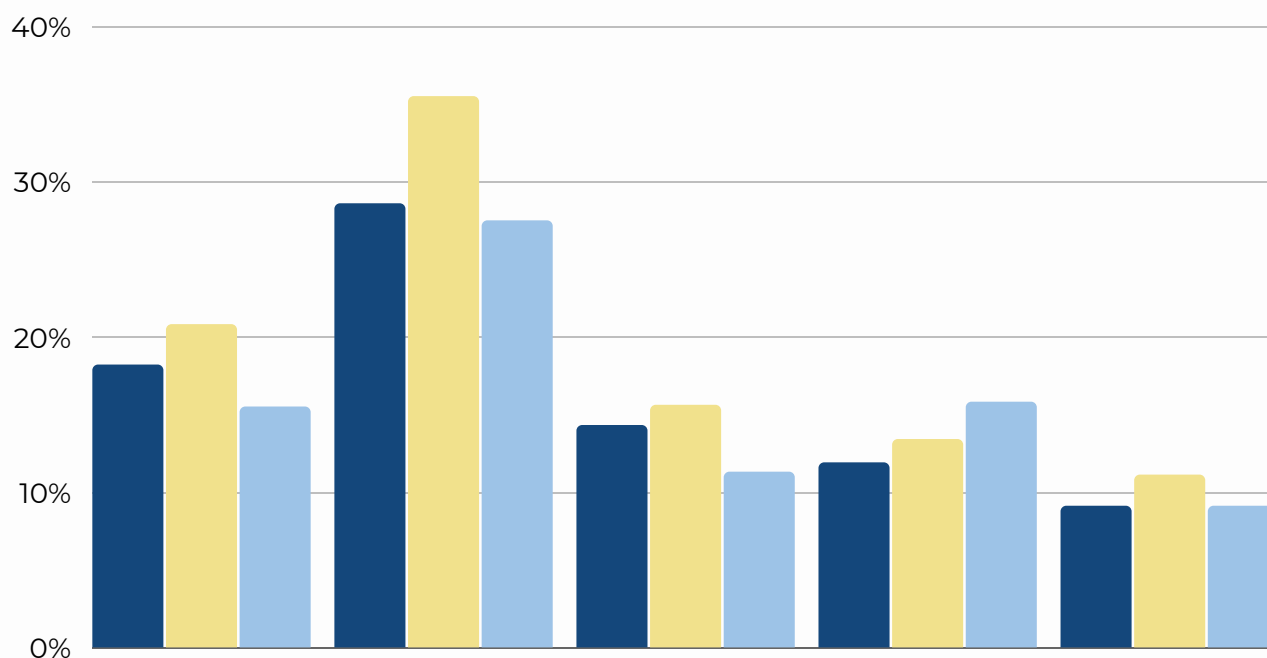
Behavioral Risk Factors

In previous years, DHD#10 hired an independent research and evaluation firm to conduct a regional Behavioral Risk Factor Survey (BRFSS) 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 BRFSS.

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 (2020) [can be accessed here](#).

Self-Reported Health Status Indicators

■ Mecosta County ■ DHD#10 ■ Michigan



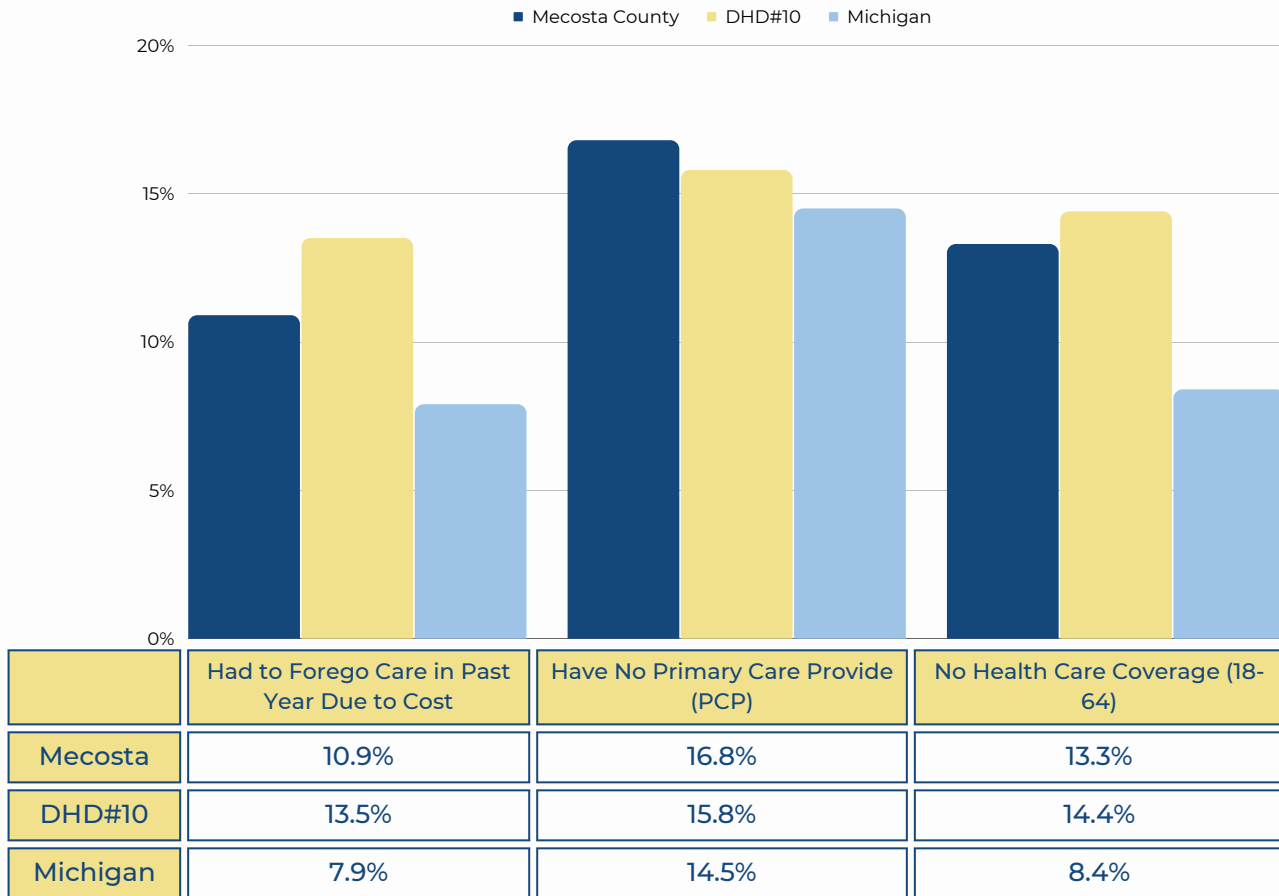
	Fair/Poor General Health Status	Disability	Poor Physical Health (14+ Days)	Poor Mental Health (14+Days)	Activity Limitation (14+ Days)
Mecosta	18.2%	28.6%	14.3%	11.9%	9.1%
DHD#10	20.8%	35.5%	15.6%	13.4%	11.1%
Michigan	15.5%	27.5%	11.3%	15.8%	9.1%

Sources:

Michigan Department of Health & Human Services

- [Michigan Behavioral Risk Factor Surveillance System, 2020](#)

BRFSS: Access to Healthcare



Health Care Provider

Number of Residents per Health	Care Provider (2020)	
	Mecosta County	Michigan
Primary Care Physician	1,970:1	1,280:1
Dentist	1,980:1	1,340:1
Mental Health Provider*	780:1	370:1

*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:

Michigan Department of Health & Human Services

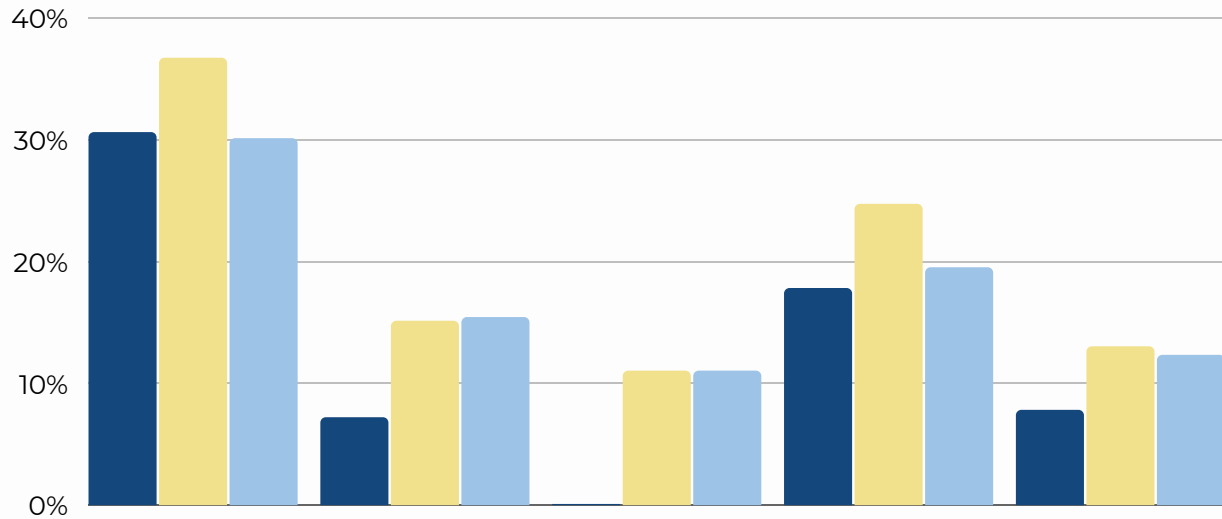
- [Michigan Behavioral Risk Factor Surveillance System, 2020](#)

County Health Rankings

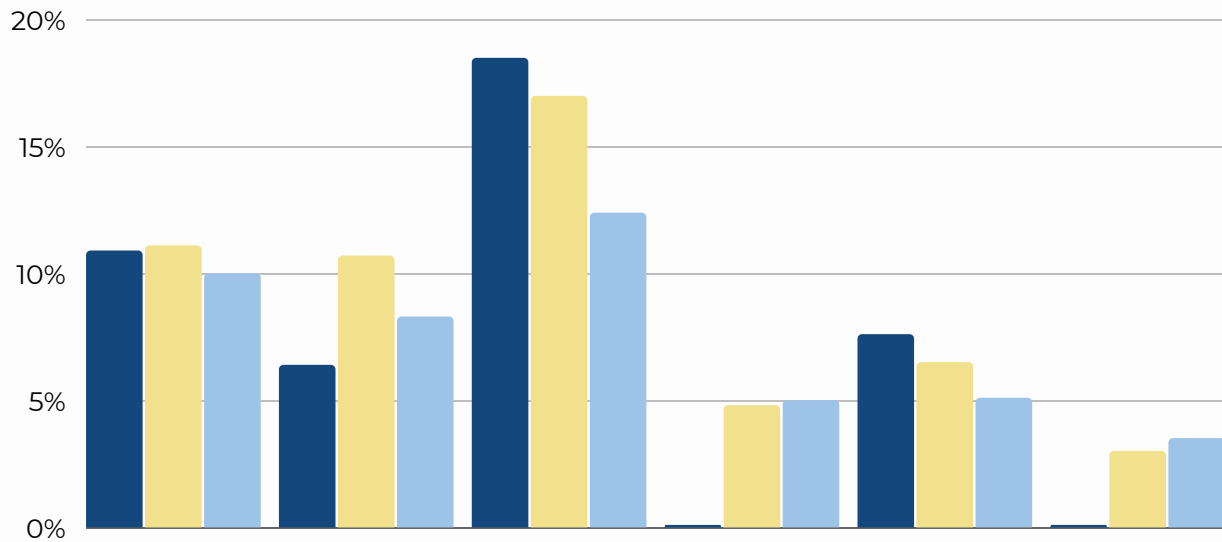
- [County vs. State Rankings, 2020](#)

BRFSS: Chronic Conditions

■ Mecosta County ■ DHD#10 ■ Michigan



	Arthritis	Lifetime Asthma	Current Asthma	Depression	Diabetes
Mecosta	30.6%	7.2%	*	17.8%	7.8%
DHD#10	36.7%	15.1%	11.0%	24.7%	13.0%
Michigan	30.1%	15.4%	11.0%	19.5%	12.3%



	Any Cardiovascular Disease	COPD (Chronic Obstructive Pulmonary Disease)	Cancer, All types	Angina	Heart Attack	Stroke
Mecosta	10.9%	6.4%	18.5%	*	7.6%	*
DHD#10	11.1%	10.7%	17.0%	4.8%	6.5%	3.0%
Michigan	10.0%	8.3%	12.4%	5.0%	5.1%	3.5%

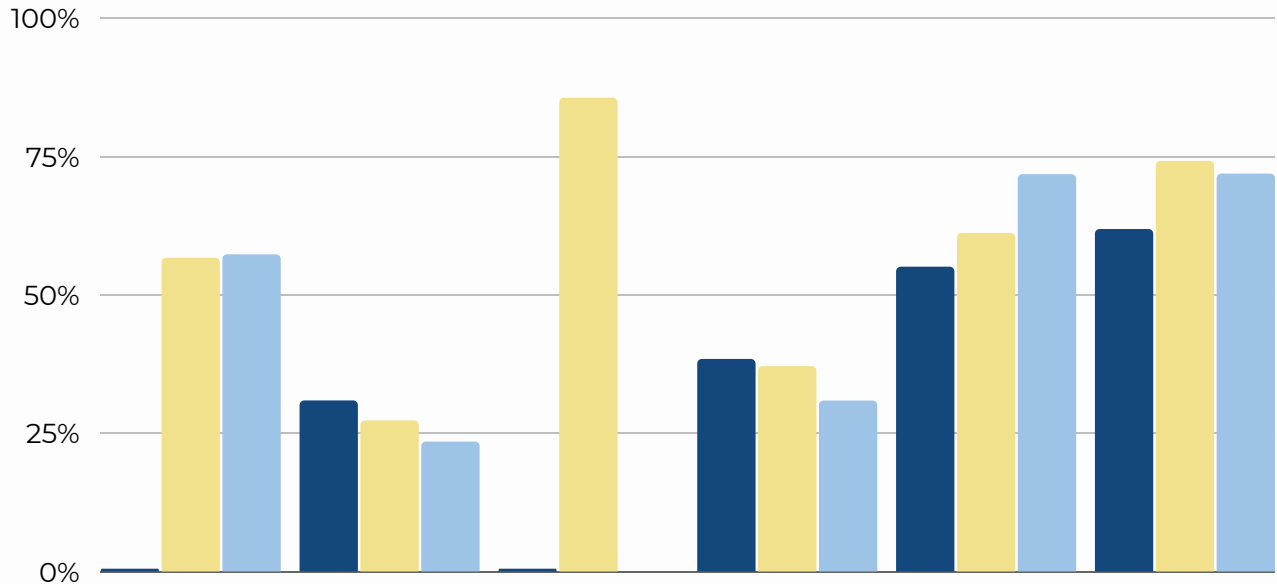
Sources:

Michigan Department of Health & Human Services

- [Michigan Behavioral Risk Factor Surveillance System, 2020](#)

BRFSS: Clinical Preventative Practices

■ Mecosta County ■ DHD#10 ■ Michigan



	Ever had PSA Test (males, 50+ only)	No routine checkup in past year	Have had cholesterol checked	No dental visit in past year	Had flu vaccine in past year (65+ only)	Had pneumonia vaccine (65+ only)
Mecosta	*	30.8%	*	38.3%	55.0%	61.8%
DHD#10	56.6%	27.2%	85.4%	37.0%	61.1%	74.1%
Michigan	57.2%	23.4%	*	30.8%	71.7%	71.8%

Preventative Practices in Michigan, 2020

Ever had sigmoidoscopy or colonoscopy (50+ only)

79.4%

Had sigmoidoscopy or colonoscopy in past 5 years (50+ only)

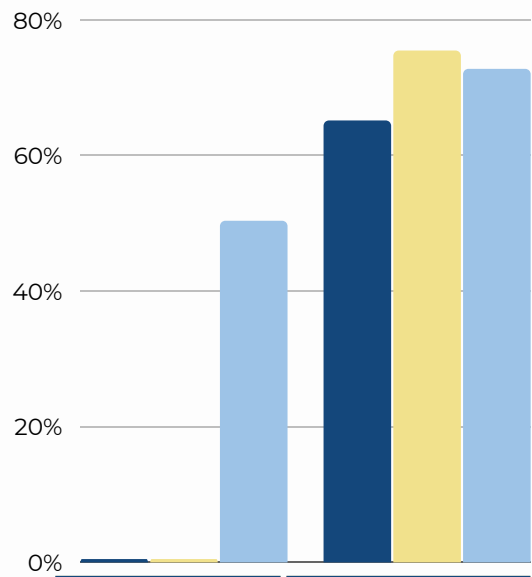
55.6%

Ever had pap test

89.3%

Had appropriately timed pap test

68.7%



Had mammogram in past year (females, 40+ only)	Had mammogram in past 2 years (females, 40+ only)
*	65.1%
*	75.4%
50.3%	72.7%

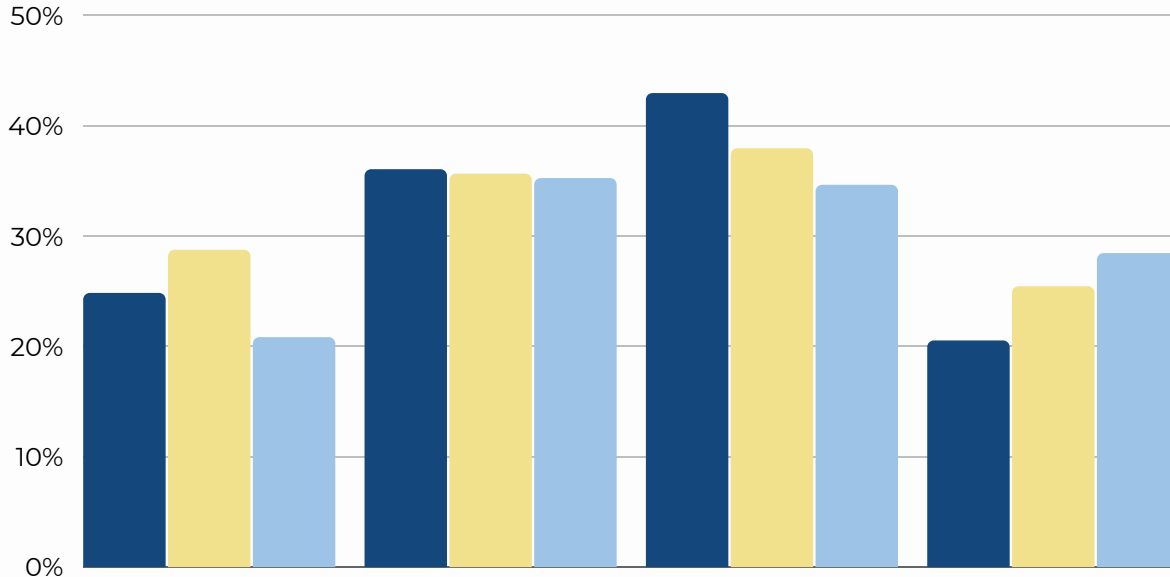
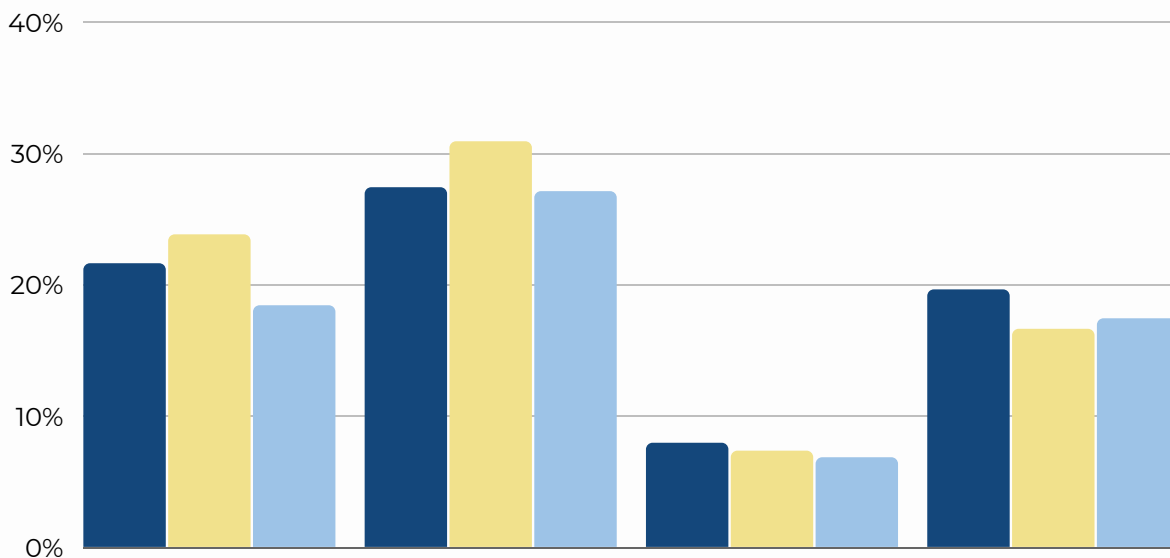
Sources:

Michigan Department of Health & Human Services

- Michigan Behavioral Risk Factor Surveillance System, 2020

BRFS: Risk Behaviors

■ Mecosta County ■ DHD#10 ■ Michigan



Sources:

Michigan Department of Health & Human Services

- [Michigan Behavioral Risk Factor Surveillance System, 2020](#)

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 (2020) [can be accessed here](#).

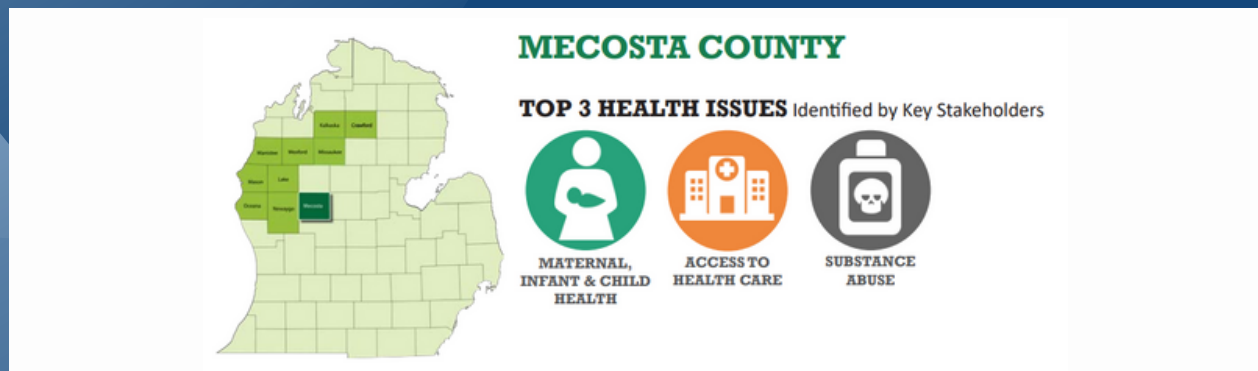
Mecosta County Health Ranking (2020)			Ranking (out of 83 counties)
Health Outcomes			24
Represents how healthy a county is, using factors of how long people live and how healthy they feel while they are alive (quality of life)	Length of Life	Premature death	16
	Quality of Life	Poor or fair health; poor physical health days; poor mental health days; low birth weight	53
Health Factors			63
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	67
	Clinical Care	Uninsured; ratios of physicians, dentists and mental health providers to population; preventable hospital stays; diabetic monitoring; mammography screening	45
	Social and Economic Factors	Education; unemployment; poverty; children in single-parent households; social associations; violent crime; injury deaths	53
	Physical Environment	Air pollution; drinking water violations; severe housing problems; driving alone to work and long commute	63

Sources:

County Health Rankings

- [County vs. State Rankings, 2020](#)

Conclusions: Community Health Improvement Plan



Maternal, Infant & Child Health Strategy Progress	
Develop and implement healthy eating and physical activity initiatives for youth	
Increase membership in the Big Rapids Health Coalition to involve diverse sectors in the County	
Increase utilization of the www.livewell4health.org website	
Access to Health Care Strategy Progress	
Increase access to healthcare for the under-insured	
Implement healthcare education programs	
Substance Use Disorder Strategy Progress	
Increase prevention and education programs	
Implement sticker shock campaign to reduce underage access to alcohol in retail outlets in Mecosta County	
Provide alcohol retailer education on laws forbidding alcohol sales to minors	
Provide TIPS training to on-premise and off-premise alcohol retailers	
Conduct Prescription Drug Take Back Day events	

Sources:

District Health Department #10

- [Community Health Improvement Plan Progress Report, 2019](#)



Thank You!

We appreciate you taking the time to read about the health status of Mecosta County within District Health Department #10's ten-county jurisdiction. If you have any questions, please feel free to reach out via email at info@dhd10.org.

Additional Information

District Health Department #10:
<https://www.dhd10.org>

North Michigan CHIR MiThrive:
<https://northernmichiganchir.org/mithrive/>

Michigan Department of Health and Human Services:
<https://www.michigan.gov/mdhhs>

Community Health Ranking:
<https://www.countyhealthrankings.org>

Behavioral Risk Factor Survey:
<https://www.cdc.gov/brfss>

Michigan League for Public Policy:
<https://mlpp.org>