Community Health Assessment & Health Improvement Plan

Data

Priorities

Strategies
Project Support

Support for this project was provided by:

HOSPITALS
- Eaton Rapids Medical Center
- Hayes Green Beach Memorial Hospital
- McLaren Greater Lansing
- Sparrow Health System

LOCAL HEALTH DEPARTMENTS
- Barry-Eaton District Health Department
- Ingham County Health Department
- Mid-Michigan District Health Department
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• Data
• Focus Groups
• Photo Voice
• Surveys
• Input Walls
Guiding Principles

- Identify leading causes of sickness and death
- Focus on Root Causes
- Look at health disparities
- Use evidence-based strategies
The Five Conditions of Collective Impact Success*

Collective impact is more rigorous and specific than collaboration among organizations. There are five conditions that, together, lead to meaningful results from collective impact:

1. **Common Agenda:** All participants have a shared vision for change, including a common understanding of the problem and a joint approach to solving it through agreed upon actions.

2. **Backbone Organization:** Creating and managing collective impact requires a separate organization, with staff and specific skills, to serve as the backbone for the entire initiative and to coordinate participating organizations.

3. **Shared Measurement:** Collecting data and measuring results consistently across all participants ensures efforts remain aligned and participants hold each other accountable.

4. **Continuous Communication:** Consistent and open communication is needed across all the many players to build trust, assure mutual objectives and appreciate common motivation.

5. **Mutually Reinforcing Activities:** Participant activities must be differentiated while still being coordinated through a mutually reinforcing plan of action.

*Adapted from John Kania and Mark Kramer, Stanford Social Innovation Review, Winter 2011, Volume 9, Number 1.*
Healthy! Capital Counties Model for How Health Happens

Opportunity Measures
Evidence of power and wealth inequity resulting from historical legacy, laws & policies, and social programs

Social, Economic, and Environmental Factors
(Social Determinants of Health)
Factors that can constrain or support healthy living

Behaviors, Stress, and Physical Condition
Ways of living which protect from or contribute to health outcomes

Health Outcomes
Can be measured in terms of quality of life (illness/morbidity), or quantity of life (deaths/mortality)

Adapted from D. Bloss and R. Canady, Ingham County Social Justice and Health Equity Project, and R. Hofrichter, Tackling Health Inequities Through Public Health Practice, 2010
<table>
<thead>
<tr>
<th>DOMAIN</th>
<th>INDICATOR GROUP</th>
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<tbody>
<tr>
<td>Opportunity Measures</td>
<td>Income</td>
<td>Income Distribution</td>
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<tr>
<td>Social, Economic, and Environmental Factors</td>
<td>Social and Economic Factors</td>
<td>Income</td>
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<td>Quality of Primary Care</td>
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<td>Environmental Factors</td>
<td>Environmental Quality</td>
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<td>Built Environment</td>
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<td>Health Behaviors and Physical Condition</td>
<td>Obesity</td>
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<td>Tobacco Use</td>
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<td>Communicable Disease Prevention</td>
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<td>Stress</td>
<td>Mental Health</td>
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<td>Illness (Morbidity)</td>
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<td>Adult Health</td>
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<td>Deaths (Mortality)</td>
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<td>Maternal &amp; Child Health</td>
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<td>Chronic Disease</td>
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<td>Safety Policies and Practices</td>
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<tr>
<td>Gini (inequality)</td>
<td>.39</td>
<td>.41</td>
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<tr>
<td>County Health Ranking</td>
<td>#19</td>
<td>#6</td>
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</tbody>
</table>
Women and men play a vital role in society and neither one should be slighted for it. Equality is something that needs to be worked on diligently in today’s society.
speaking of health

Focus Group Participants:

“That is just something that I'm struggling with and I really want to get out of there so that I can try to save up some money to not live month to month, but I can't even save money because it's month to month and literally we pay the bills and the daycare and that's it, you're stuck.”

“But I don't have a car, I haven't been able to afford to buy one.”
Poverty

Legend
% of individuals at or below 200% of the federal poverty level
- 55.2%
- 51.7%
- 33.9%
- 29.8%
- 28.9%
- 23.0%
- 16.0%
Lead

Social, Economic, and Environmental Factors (Social Determinants of Health)
Factors that can constrain or support healthy living

Legend
Rate of Elevated Blood Lead Levels in Children <6 Years

- 5.6%
- 3.7%
- 2.5%
- 1.6%
- 1.3%
- 1.0%
- No Data
A healthy and "clean" living environment is good for your brain. - Damerius
Focus Group Participants:

“I got my son into school before 18 months with Early Head Start. So, now that I'm in the program with the school, you really see how important the schools are with early education and stuff.”

“You can't get a job because why? There is no job, because your education skills are lacking. Okay, you don't get the education you need, you cannot get a job. And most of us do not have that education that it takes, to get a job.”
Behaviors, Stress, and Physical Condition
Ways of living which protect from or contribute to health outcomes

Uninsured

Legend
Uninsured Adults 18-64 Years of Age (%)
- 15.8 - 17.6
- 14.0 - 15.7
- 12.0 - 13.9
- 10.5 - 11.9
- 8.7 - 10.4
- 7.0 - 8.6
hcc.photovoice2015 spend less money buy. In school vending machine unhealthy snacks cost of a healthy snack students spending what their budget $1.25. Like water should contain all day and would more likely option. -Erin

❤️ lauren_richardson11

hcc.photovoice2015 This picture is of a little boy looking down at a random ash tray of cigarettes on the ground. We can make a difference by letting people know that smoking around children is very harmful. Creating laws and putting up signs can help at least a few. #ilovemylungs -Harmonie
Speaking of health

Focus Group Participants:

“So we don’t eat healthy; and the always been running; from the house to the job, and if the kid has an activity. So you don’t have that time to cook at home and we go to a restaurant or to eat fast food. What do we eat in the fast food? They don’t give us small portions, they give us big portions.”

“Because now I’m obese and I wasn’t before...my doctor have told me to lose the weight, and I try for a day or two, and I do good and then when you get hungry I forget about it.”
Mortality

Legend

Rate of deaths due to cardiovascular disease

- 251.0 - 268.9
- 235.0 - 250.9
- 219.0 - 234.9
- 203.0 - 218.9
- 186.0 - 202.9
- 170.0 - 185.9
- 154.0 - 169.9
- 137.9 - 153.9

Health Outcomes
Can be measured in terms of quality of life (illness/morbidity), or quantity of life (deaths/mortality)
#sexualhealth

hcc.photovoice2015

Lansing

[Image of a poster with illustrations and text:]

HALF OF ALL SEXUALLY ACTIVE YOUNG PEOPLE WILL GET AN STD BEFORE THE AGE OF 25. MOST WILL NOT KNOW IT.

hcc.photovoice2015 You never know how your body is harming you until you start to see and feel bad changes. Having signs like this in schools allows students to stop and think about their choices, and going to get tested. More schools should have this type of support for students. - Erin
Focus Group Participants:

“Well my mom had kidney cancer, so that was something, dealing with her. She has blood pressure. My father had diabetes, I have asthma and arthritis, diabetes. So, I think is just constantly readjusting to your lifestyle, to whatever is happening. Either caring for somebody who has it, or caring for yourself, or trying to!”

“I have a lot of energy, but I also am tired a lot. I have scoliosis, spina bifida, degenerative disc disease, arthritis, fibromyalgia, PTSD, bipolar and depression and I just stopped at that point because I thought that would be enough.”
# Urban

## Social, Economic, and Environmental Factors

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Measure</th>
<th>Value</th>
<th>Graph</th>
<th>Comparison to State</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income</td>
<td>% of individuals at or below 200% federal poverty level</td>
<td>51.5%</td>
<td><img src="graph1" alt="Graph" /></td>
<td>▼</td>
</tr>
<tr>
<td>Education</td>
<td>% of adults 25 yrs old or older with a Bachelor's degree or higher</td>
<td>32.1%</td>
<td><img src="graph2" alt="Graph" /></td>
<td>▶</td>
</tr>
<tr>
<td>Social Connection &amp; Social Capital</td>
<td>% of eligible voters who voted in November 2014 election (mid-term election)</td>
<td>32.0%</td>
<td><img src="graph3" alt="Graph" /></td>
<td>▼</td>
</tr>
<tr>
<td>Community Safety</td>
<td>Rate of violent crimes (rate per 100,000 persons)</td>
<td>733.0</td>
<td><img src="graph4" alt="Graph" /></td>
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## Health Outcomes

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Measure</th>
<th>Value</th>
<th>Graph</th>
<th>Comparison to State</th>
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</thead>
<tbody>
<tr>
<td>Premature Death</td>
<td>Life Expectancy (years)</td>
<td>75.4</td>
<td><img src="graph5" alt="Graph" /></td>
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</tr>
<tr>
<td>Maternal &amp; Child Health</td>
<td>Infant Mortality (rate per 1,000 live births)</td>
<td>——</td>
<td><img src="graph6" alt="Graph" /></td>
<td>▼</td>
</tr>
<tr>
<td>Chronic Disease</td>
<td>Deaths due to cardiovascular disease (Age-Adjusted Death Rate per 100,000 persons)</td>
<td>245.6</td>
<td><img src="graph7" alt="Graph" /></td>
<td>▼</td>
</tr>
<tr>
<td>Safety Policies and Practices</td>
<td>Deaths due to accidental injury (Age-Adjusted Death Rate per 100,000 persons)</td>
<td>52.0</td>
<td><img src="graph8" alt="Graph" /></td>
<td>▼</td>
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</table>
### Mixed Suburban

#### Social, Economic, and Environmental Factors

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Measure</th>
<th>Value</th>
<th>Graph</th>
<th>Comparison to State</th>
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</thead>
<tbody>
<tr>
<td>Income</td>
<td>% of individuals at or below 200% federal poverty level</td>
<td>23.0%</td>
<td><img src="image1.png" alt="Graph Image" /></td>
<td><img src="image2.png" alt="Comparison Image" /></td>
</tr>
<tr>
<td>Education</td>
<td>% of adults 25 yrs old or older with a Bachelor's degree or higher</td>
<td>33.8%</td>
<td><img src="image3.png" alt="Graph Image" /></td>
<td><img src="image4.png" alt="Comparison Image" /></td>
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<tr>
<td>Social Connection &amp; Social Capital</td>
<td>% of eligible voters who voted in November 2014 election (mid-term election)</td>
<td>46.9%</td>
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<td><img src="image6.png" alt="Comparison Image" /></td>
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<tr>
<td>Community Safety</td>
<td>Rate of violent crimes (rate per 100,000 persons)</td>
<td>226.5</td>
<td><img src="image7.png" alt="Graph Image" /></td>
<td><img src="image8.png" alt="Comparison Image" /></td>
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#### Health Outcomes

<table>
<thead>
<tr>
<th>Category</th>
<th>Measure</th>
<th>Value</th>
<th>Graph</th>
<th>Comparison to State</th>
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</thead>
<tbody>
<tr>
<td>Premature Death</td>
<td>Life Expectancy (years)</td>
<td>79.3</td>
<td><img src="image9.png" alt="Graph Image" /></td>
<td><img src="image10.png" alt="Comparison Image" /></td>
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<tr>
<td>Maternal &amp; Child Health</td>
<td>Infant Mortality (rate per 1,000 live births)</td>
<td>—</td>
<td><img src="image11.png" alt="Graph Image" /></td>
<td><img src="image12.png" alt="Comparison Image" /></td>
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<tr>
<td>Chronic Disease</td>
<td>Deaths due to cardiovascular disease (Age-Adjusted Death Rate per 100,000 persons)</td>
<td>181.2</td>
<td><img src="image13.png" alt="Graph Image" /></td>
<td><img src="image14.png" alt="Comparison Image" /></td>
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<tr>
<td>Safety Policies and Practices</td>
<td>Deaths due to accidental injury (Age-Adjusted Death Rate per 100,000 persons)</td>
<td>27.0</td>
<td><img src="image15.png" alt="Graph Image" /></td>
<td><img src="image16.png" alt="Comparison Image" /></td>
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</table>
### Farms and Fields

#### Social, Economic, and Environmental Factors

<table>
<thead>
<tr>
<th>Indicator</th>
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<th>Value</th>
<th>Graph</th>
<th>Comparison to State</th>
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</thead>
<tbody>
<tr>
<td>Income</td>
<td>% of individuals at or below 200% federal poverty level</td>
<td>28.9%</td>
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<td>Education</td>
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<td>20.4%</td>
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<td>Social Connection &amp; Social Capital</td>
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<td>48.2%</td>
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<td><img src="comparison3" alt="Comparison" /></td>
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<td>Community Safety</td>
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<td>85.3</td>
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#### Health Outcomes

<table>
<thead>
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<th>Indicator</th>
<th>Measure</th>
<th>Value</th>
<th>Graph</th>
<th>Comparison to State</th>
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<td>78.7</td>
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<td>Infant Mortality (rate per 1,000 live births)</td>
<td></td>
<td><img src="graph6" alt="Graph" /></td>
<td><img src="comparison6" alt="Comparison" /></td>
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<tr>
<td>Chronic Disease</td>
<td>Deaths due to cardiovascular disease (Age-Adjusted Death Rate per 100,000 persons)</td>
<td>217.5</td>
<td><img src="graph7" alt="Graph" /></td>
<td><img src="comparison7" alt="Comparison" /></td>
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<tr>
<td>Safety Policies and Practices</td>
<td>Deaths due to accidental Injury (Age-Adjusted Death Rate per 100,000 persons)</td>
<td>41.4</td>
<td><img src="graph8" alt="Graph" /></td>
<td><img src="comparison8" alt="Comparison" /></td>
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Community Survey

What do you think are the three most important factors that define a “healthy community”?

<table>
<thead>
<tr>
<th>Region</th>
<th>Access to healthcare</th>
<th>Access to healthy and nutritious food</th>
<th>Good jobs and healthy economy</th>
<th>Healthy lifestyles</th>
<th>Low crime/safe neighborhoods</th>
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</thead>
<tbody>
<tr>
<td>Tri-county</td>
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<td>Clinton County, Michigan</td>
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<td>Eaton County, Michigan</td>
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<td>Ingham County, Michigan</td>
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N=406
In the county you live in, what do you think are the three most important health problems?
In the county you work in the most, what do you think are the three most important health problems? (number of responses)

- Mental health issues: 26
- Obesity: 26
- Chronic disease: 21
- Poor dietary habits: 19
- Tobacco use: 19
- Alcohol and drug issues: 18
- Lack of physical activity: 16
- Lack of access to health care: 9
- Poor access to healthy and nutritious food: 7
- Other: 7

Provider Survey
N=59
Community Survey

What do you feel are barriers to getting health care in the community in which you live? (Multiple responses allowed)

- Cost
- Fear or distrust of the health care system
- Prescription/Medication Cost
- Location of health care/no transportation
- Too much paperwork
- Doctors/Staff do not speak my language
- Other
- No Barriers

Charts show the percentage of responses from different counties in Michigan.
Indicate your level of agreement with the following statement:
Addressing social needs is as important as addressing medical needs
(1=Strongly Disagree, 5=Strongly Agree)

- Tri-county: 4.2
- Clinton County, Michigan: 4.1
- Eaton County, Michigan: 4.1
- Ingham County, Michigan: 4.3
Provider Survey

Indicate your level of agreement with the following statements (1=Strongly Disagree, 5=Strongly Agree)

- My patients frequently express health concerns caused by unmet social needs that are beyond my control as a physician
  - Level of Agreement: 3.9

- Besides my own staff and colleagues, I feel I have little to no support in helping my patients and their families lead healthier lives
  - Level of Agreement: 3.2

- My patients' unmet social needs often prevent me from providing quality care
  - Level of Agreement: 3.9

- Addressing patients' social needs is as important as addressing their medical conditions
  - Level of Agreement: 4.4

- My patients have access to the resources they need to stay healthy
  - Level of Agreement: 3.2
Major Findings

• The social conditions that promote health vary widely across the Capital Area
• This means people such as minorities, low-income and other vulnerable groups are often less healthy
• Chronic disease is the main killer everywhere
• Other health outcomes also vary geographically
• Substance abuse and mental health drive other health problems
• People still think of health care first, but also recognize the importance of social conditions
What to do?

• Prioritize Problems
• Develop Strategies

“Nature is the biggest part of our community. It provides us with many key elements of life. We need to invest in more places so many more generations can experience this.”

- Maya, Grand Ledge, Youth Photo Project
Prioritization

- October 21, 2015 Prioritization Exercise
- 68 Participants
- 24 Different issues identified
- Methodology
  - Criteria established
  - Include root causes
- Five priorities identified
Healthy! Capital Counties
a community approach to better health

- Access to Primary Healthcare Providers
- Access to Quality Healthcare
- Financial Stability
  includes poverty, living wage, income inequality, and other economic factors
- Mental Health
  includes stress, depression, access to services, safety
- Chronic Disease
  includes cardiovascular disease, diabetes, asthma, cancer, multiple chronic illnesses
Why This is Important

• Coming changes related to the Affordable Care Act mean opportunities for prevention
• There will be new funding for community-based prevention
• Hospitals and health plans need community partners to help hold down costs
• Grants will require collaborative assessments and plans
• The Capital Area will be well-positioned to compete
What can I do?

• Use the assessment! You can pull out a two page handout on a topic (such as poverty) or you can pull out a two page handout on a geographic area (one county).
  • Tell us about it!
• Consider addressing the priority health issues if you aren’t already. If you are, make sure to coordinate your efforts with others to maximize your impact. A great way to do this is through CAHA’s committees!
www.HealthyCapitalCounties.org