

2013 Health Data Book

Executive Summary

The 2013 Edition of the Ottawa County Health Data Book is comprised of nine chapters that contain a variety of health-related metrics. This data is used by county departments, community agencies, local officials, business owners, and citizens for completing grant applications in order to secure funding, to retain and/or attract new business, to improve bond ratings, and to incorporate into reports, studies, and presentations.

The information in the Health Data Book is displayed in tables, graphs, and, where appropriate, GIS-based maps. Most data can be compared by gender, age group, and year. Additionally, in order to compare health trends in Ottawa County with other counties and the State, the data are presented as a rate per population (e.g. prostate cancer cases per 100,000 or 10,000 or 1,000 people). This format ensures that Ottawa County's information can be accurately compared to other geographic areas that have different population sizes. Moreover, since Ottawa County's population has increased significantly over the last 30 years, presenting the data as a rate per population allows accurate comparisons to be made between current and historic health trends. For each health statistic, the most recent data available was used. In most instances, this was 2009.

For most health topics, two graphs are provided to depict the data. The first graph displays annual data for up to 30 years to show the long-term trend for a given health topic. The second graph displays the most recent linear trends in the data (typically 5-year and 10-year trends) which is useful for developing and reviewing the effectiveness of health programs and policies. In order to compare Ottawa County's health ranking with other entities, Ottawa County's health data is listed along with the same health data for the State of Michigan and the three counties that are geographically adjacent to Ottawa (i.e. Allegan, Kent, and Muskegon).

A summary of key findings from each chapter of the Health Data Book is provided below.

I. CAUSES OF DEATH

- The ten leading causes of death in Ottawa County are:

1) Cancer	6) Unintentional/Accidental
2) Heart Disease	7) Kidney Disease
3) Alzheimer's Disease	8) Pneumonia/Influenza
4) Stroke	9) Diabetes
5) Chronic Lower Respiratory Disease	10) Intentional Self-Harm/Suicide

Positive/Neutral Trends

- Over the last 30 years, Ottawa County has had the lowest overall death rate (i.e. deaths per 100,000 residents) compared to adjacent counties and the State of Michigan. In 2009, Ottawa County's death rate was nearly 20% lower than the State (631.8 deaths per 100,000 county residents compared to 788.6 statewide)
- Ottawa County's death rate from cancer has been consistently lower than the adjacent counties and the State over the last 20 years. In 2009, Ottawa County's cancer death rate was 15% lower than the State (156.1 deaths per 100,000 county residents compared to 184.8 statewide)
- Ottawa County's death rate from heart disease has been consistently lower than the adjacent counties and the State over the last 20 years. In 2009, Ottawa County's heart disease death rate was 32% lower than the State (146.6 deaths per 100,000 county residents compared to 216.4 statewide)

- Stroke deaths in Ottawa County decreased by nearly 45% during the last 10 years (61.2 deaths per 100,000 down to 33.9) compared to a 32% reduction statewide (61.7 deaths per 100,000 down to 41.7)
- Diabetes deaths in Ottawa County decreased by 30% during the last 10 years (15.6 deaths per 100,000 down to 10.9) compared to 4% statewide (26.5 deaths per 100,000 down to 25.3)
- Ottawa County's death rate from intentional self-harm/suicide has been consistently lower than the adjacent counties and the State over the last 24 years. In 2009, Ottawa County's death rate from intentional self-harm/suicide was 31% lower than the State (7.6 deaths per 100,000 county residents compared to 11.1 statewide)

Negative Trends

- Ottawa County's death rate from Alzheimer's Disease has been consistently higher than the statewide rate during the last 10 years. In 2009, Ottawa County's Alzheimer's Disease death rate was 49% higher than the State (34.6 deaths per 100,000 county residents compared to 23.2 statewide)
- Kidney disease deaths in Ottawa County increased by 45% during the last 10 years (7.9 deaths per 100,000 county residents up to 11.5) while deaths statewide the rate remained flat (15.3 deaths per 100,000 down to 15.2)

II. CANCER

- The four most common types of cancer diagnoses in Ottawa County are:
 - 1) Breast
 - 2) Prostate
 - 3) Colorectal
 - 4) Lung

These four cancers represent nearly 54% of all cancer diagnoses in the County (221.2 cases per 100,000 residents in 2009)

Positive/Neutral Trends

- Diagnosed cancer cases among males in Ottawa County have been consistently lower compared to the State over the last 25 years. In 2009, diagnosed cancer cases among males was nearly 15% lower than the State (475.7 cases per 100,000 county residents compared to 559.6 statewide)
- For much of the last 25 years, Ottawa County has had fewer diagnosed cases of lung cancer and fewer lung cancer deaths when compared to the adjacent counties and the State. In 2009, Ottawa County had 38% fewer diagnosed cases of lung cancer (40.9 cases per 100,000 county residents compared to 66.8 cases statewide) and 33% fewer lung cancer deaths when compared to the State (35.6 deaths per 100,000 county residents compared to 53.6 statewide)
- Lung cancer deaths in Ottawa County decreased by 15% during the last 10 years (42.0 deaths per 100,000 down to 35.6). Statewide, lung cancer deaths decreased by 5% during this same time period (56.5 deaths per 100,000 down to 53.6)
- Diagnosed breast cancer cases in Ottawa County among females age 75 and older decreased by nearly 17% during the last 10 years (481.2 cases per 100,000 down to 400.8 cases per 100,000). In contrast, the diagnosed rate of breast cancer cases increased in Ottawa County among females in the other age groups during the same time period

Negative Trends

- Diagnosed cancer cases among people under the age of 50 increased by 12% in Ottawa County during the last 10 years (78.5 cases per 100,000 county residents up to 88.0 cases) compared to a 20% increase statewide (81.0 cases per 100,000 up to 97.5)

III. PREVENTABLE HOSPITALIZATIONS

- The ten leading causes of preventable hospitalizations in Ottawa County are:
 - 1) Bacterial Pneumonia
 - 2) Congestive Heart Failure
 - 3) Kidney/Urinary Infections
 - 4) Cellulitis
 - 5) Chronic Obstructive Pulmonary
 - 6) Diabetes
 - 7) Asthma
 - 8) Grand Mal and Other Epileptic Conditions
 - 9) Dehydration
 - 10) Gastroenteritis

Positive/Neutral Trends

- Ottawa County's preventable hospitalization rate was 54% lower than the State in 2009 (123.1 hospitalizations per 10,000 residents compared to 268.2 statewide). Furthermore, Ottawa County has had the lowest rate of preventable hospitalizations when compared to the adjacent counties and the State over the last 17 years
- Cellulitis (bacterial infection of the skin) hospitalizations among people age 65 and older decreased by 16% in Ottawa County during the last 10 years (211.8 hospitalizations per 100,000 down to 176.7). The statewide hospitalization rate among people age 65 and older increased by 21% during the same time period (294.0 hospitalizations per 100,000 up to 356.0)
- Chronic obstructive pulmonary hospitalizations in Ottawa County decreased by 8% during the last 10 years (76.6 hospitalizations per 100,000 down to 70.3) while the statewide rate increased 15% during this same time period (217.6 hospitalizations per 100,000 up to 251.5)
- Asthma hospitalizations in Ottawa County declined by 39% during the last 10 years (73.6 hospitalizations per 100,000 down to 44.8) while the statewide rate increased by nearly 5% (154.9 hospitalizations per 100,000 up to 162.1)

Negative Trends

- Hospitalizations for bacterial pneumonia among people under the age of 18 increased by 22% in Ottawa County during the last 10 years (113.7 hospitalizations per 100,000 up to 139.2) while statewide there was a 9% decrease (199.2 hospitalizations per 100,000 down to 180.7)
- Congestive heart failure hospitalizations among people under the age of 45 increased by nearly 47% in Ottawa County during the last 10 years (4.9 hospitalizations per 100,000 up to 7.2) while statewide there was a 19% increase (24.3 hospitalizations per 100,000 up to 28.9)
- Diabetes hospitalizations among people under the age of 45 increased 10% in Ottawa County during the last 10 years (31.0 hospitalizations per 100,000 up to 34.2) and by 26% statewide (69.4 hospitalizations per 100,000 up to 87.8)
- Hospitalizations for grand mal and other epileptic conditions (seizures) increased by 170% in Ottawa County over the last 10 years (10.0 hospitalizations per 100,000 county residents up to 27.0). Statewide the increase was 194% (21.6 hospitalizations per 100,000 up to 63.5)

IV. MATERNAL AND CHILD MEASURES

Positive/Neutral Trends

- Ottawa County's teen pregnancy rate was 47% lower than the State in 2009 (27.0 pregnancies per 1,000 teen females compared to 51.5 statewide). Furthermore, the teen pregnancy rate in Ottawa County has been lower than the adjacent counties and the State throughout the last two decades
- During the last 10 years, pregnant women in Ottawa County who received an *Adequate* level of prenatal care increased by 10% (70.6% of all live births up to 77.7%). *Adequate* is defined as the highest level of prenatal care. Statewide, there was an 8% decrease in pregnant women who received an *Adequate* level of prenatal care during the same time period (74.5% of all live births down to 68.0%)
- Ottawa County has a lower percentage of low birth weight babies (under 5.5 pounds) when compared to the State throughout the last two decades. In 2009, Ottawa County had 23% fewer low birth weight babies when compared to the State (6.5% of all live births compared to 8.5% statewide)
- Ottawa County's birth rate declined by nearly 19% during the last 10 years (15.3 live births per 1,000 residents down to 12.4). Statewide, there was a 14% decline during the same time period (13.7 live births per 1,000 residents down to 11.8)
- Births by Cesarean delivery increased by 50% in Ottawa County during the last 10 years (20.4% of all live births up to 30.8%). Statewide, there was a 46% increase (21.9% of all live births up to 32.0%)
- Birth defects declined by 45% in Ottawa County during the last 10 years (644.6 cases per 10,000 live births down to 354.8). Statewide, there was a 29% decrease (959.9 cases per 10,000 live births down to 679.1)
- Heart & circulatory system birth defects in Ottawa County decreased by 23% during the last 10 years (144.2 cases per 10,000 live births down to 110.3). During this same time period, heart & circulatory system birth defects increased by nearly 2% statewide (183.4 cases per 10,000 live births up to 186.5)
- Integument (skin, hair, nails) system birth defects in Ottawa County decreased 33% during the last 10 years (16.4 cases per 10,000 live births down to 10.9). Statewide, integument system birth defects increased by 311% (22.8 cases per 10,000 live births up to 93.8)

Negative Trends

- Musculoskeletal system birth defects in Ottawa County increased nearly 12% during the last 10 years (66.6 cases per 10,000 live births up to 74.5). Statewide, there was a decrease of nearly 18% (154.2 cases per 10,000 live births down to 126.5)
- Genital & urinary system birth defects increased by 6% in Ottawa County during the last 10 years (106.8 cases per 10,000 live births up to 113.3). There was a 28% decrease statewide in genital & urinary system birth defects (140.8 cases per 10,000 live births down to 100.1)

V. COMMUNICABLE DISEASES

Positive/Neutral Trends

- Chickenpox cases in Ottawa County declined by 77% since 2002 (69.2 cases per 100,000 down to 16.0). Statewide, there was 68% decrease during the same time period (45.7 cases per 100,000 down to 14.7)
- Ottawa County's sexually transmitted infection rates for Chlamydia, Gonorrhea, and Syphilis have been lower than the statewide rate over the last decade. In 2011, Ottawa County's Chlamydia rate was 57% lower than the State (214.4 cases per 100,000 county residents compared to 506.9 statewide). The County's 2011 Gonorrhea rate was 81% lower (24.8 cases per 100,000 county residents compared to 132.3 statewide), and its Syphilis rate was 75% lower (1.6 cases per 100,000 county residents compared to 6.5 statewide)

Negative Trends

- Whooping cough cases increased by 642% (1.9 cases per 100,000 up to 14.1) in Ottawa County between 2006 and 2011. Cases statewide increased 150% during this same time period (4.2 cases per 100,000 up to 10.5)
- Campylobacter (food poisoning that is typically contracted by handling raw or undercooked poultry) cases in Ottawa County were nearly 50% higher than the State in 2011 (17.5 cases per 100,000 county residents compared to 11.7 statewide)
- Giardiasis (typically contracted by ingesting food or water that is tainted with human or animal waste) cases in Ottawa County were 89% higher than the State in 2011 (12.1 cases per 100,000 county residents compared to 6.4 statewide)

VI. BEHAVIORAL CONCERNS

Positive/Neutral Trends

- Nearly 60% of Ottawa County residents surveyed indicated that they have never smoked while the statewide rate is nearly 55%

Negative Trends

- Ottawa County's obesity rate has increased 35% since 1998 (17.1% of survey respondents up to 23.1%). Statewide, the obesity rate increased 29% during this same time period (23.9% of survey respondents up to 30.9%)
- The percent of Ottawa County residents who are not physically active has increased 20% since 1998 (16.8% of survey respondents up to 20.2%) while statewide there was a 3% increase during the same time period (23.5% of survey respondents up to 24.3%)
- The percent of Ottawa County residents who admit to binge drinking increased by nearly 37% over the last 8 years (13.3% of survey respondents up to 18.2%) while statewide there was a 6.7% decline during the same time period (17.8% of survey respondents down to 16.6%)

VII. ACCESS TO HEALTH CARE

Positive/Neutral Trends

- Nearly 91% of Ottawa County residents had health insurance coverage in 2011, with most (73%) being insured by private coverage. This rate is slightly higher when compared to the percent of residents statewide who had health insurance coverage in 2011 (88% statewide)
- The percent of children (age 18 and under) that are insured with MICHild insurance (a health care program that assists low income uninsured children of Michigan's working families) has increased by 120% in Ottawa County over the last 10 years (0.5% up to 1.1%)

Negative Trends

- While Ottawa County has consistently had a lower rate of uninsured residents when compared to the adjacent counties and the State, the percent of Ottawa County's population that is uninsured increased 26% since 2008 (7.3% up to 9.2%). Statewide, the percent of uninsured residents increase only 3% during this same time period (11.5% up to 11.8%)
- Among people under the age of 18 in Ottawa County, there has been a 66% increase in the uninsured population since 2008 (2.4% up to 4.0%). The statewide rate of uninsured people under the age of 18 decreased 21% (5.2% down to 4.1%). A similar pattern is evident among the population age 65 and over
- There are 49% fewer physicians in Ottawa County when compared to the State (135.0 physicians per 100,000 residents compared to 266.5 statewide). There are also 39% fewer primary care physicians in Ottawa County as compared to the State (67.7 physicians per 100,000 residents compared to 111.8 statewide)

VIII. PRESCRIPTION DRUGS

Negative Trends

- Prescriptions for Schedule 2 controlled substances increased by 70% in Ottawa County between 2007 and 2010 (276.9 prescriptions per 1,000 up to 472.0). The statewide prescription rate increased by nearly 75% during this same time period (315.5 prescriptions per 1,000 up to 550.8). *Schedule 2 controlled substances include prescribed medications that have a high potential for abuse and may lead to severe psychological or physical dependence*
- Prescriptions for Schedule 3 controlled substances increased by 52% in Ottawa County between 2007 and 2010 (366.3 prescriptions per 1,000 up to 556.9). The statewide prescription rate increased by 70% during this same time period (625.7 prescriptions per 1,000 up to 1,066.6). *Schedule 3 controlled substances include prescribed medications that have a potential for abuse and may lead to high psychological dependence or moderate/low physical dependence*

IX. HEALTH OUTCOMES

Positive/Neutral Trends

- Ottawa County is the second healthiest county in Michigan, behind Leelanau County, according to the 2012 National County Health Rankings. The ranking is based on the length and quality of a person's life
- Over the last two decades, males and females in Ottawa County have enjoyed a longer life expectancy than males and females in adjacent counties and the State
- As of 2009, males in Ottawa County had an average life expectancy of 79 years while females had an average life expectancy of 82.6 years