

2017 Behavioral Risk Factor Survey, Ottawa County, MI

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Executive
Summary



Background



Methodology



Findings &
Implications

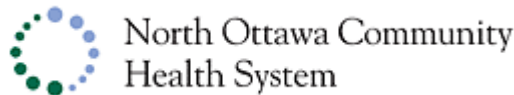
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INTRODUCTION

Financial Contributors

The following community organizations are responsible for primary funding of the 2017 Ottawa County Behavioral Risk Factor Survey:



Additional funding for the Ottawa County Behavioral Risk Factor Survey was provided by:



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Background and Objectives

- VIP Research and Evaluation was contracted by the Community Health Needs Assessment (CHNA) team of Ottawa County to conduct a Behavioral Risk Factor Survey (BRFS) as part of their larger community-wide health needs assessment in Ottawa County.
- The Patient Protection and Affordable Care Act (PPACA) passed by Congress in March of 2010 set forth additional requirements that hospitals must meet in order to maintain their status as a 501(c)(3) Charitable Hospital Organization. One of the main requirements states that a hospital must conduct a community health needs assessment (CHNA) and must adopt an implementation strategy to meet the community health needs identified through the assessment. The law further states that the assessment must take into account input from persons who represent the broad interests of the community, including those with special knowledge of, or expertise in, public health.
- In response to the PPACA requirements, organizations serving both the health needs and broader needs of Ottawa County communities began meeting to discuss how the community could collectively meet the requirement of a CHNA. Currently these partners comprise a task force consisting of Ottawa County Department of Public Health, Community Mental Health of Ottawa County, Holland Hospital, North Ottawa Community Health System, Spectrum Health Zeeland Community Hospital, and the Greater Ottawa County United Way.



Background and Objectives (Continued)

- Information collected from this research will be utilized in the Community Health Needs Assessment for the three hospitals in Ottawa County and in the Health section of the broader United Way Community Assessment.
- The overall objective of the BRFSS is to obtain information from Ottawa County residents about a wide range of behaviors that affect their health. More specific objectives include measuring each of the following:
 - ❖ Physical health status indicators, such as perception of general health, disability, chronic pain, and weight (BMI)
 - ❖ Mental health status indicators, such as mental health status, psychological distress, anxiety disorder, depressive disorder, and suicide
 - ❖ Health risk behaviors, such as smoking and tobacco use, drinking, diet, and physical activity
 - ❖ Clinical preventative measures, such as routine physical checkups, oral health, and immunizations
 - ❖ Chronic conditions, such as diabetes, asthma, and cancer, and their management



Background and Objectives (Continued)

- The information collected will be used to:
 - ❖ Prioritize health issues and develop strategic plans
 - ❖ Monitor the effectiveness of intervention measures
 - ❖ Examine the achievement of prevention program goals
 - ❖ Support appropriate public health policy
 - ❖ Educate the public about disease prevention through dissemination of information



Methodology

- A Behavioral Risk Factor Survey was conducted among 1,318 Ottawa County adults (age 18+) via telephone. The response rate was 38%.
- Disproportionate stratified random sampling (DSS) was used to ensure results could be generalized to the population of Ottawa County. DSS utilizes both listed and unlisted landline sample, allowing everyone with a landline telephone the chance of being selected to participate.
- In addition to landline telephone numbers, the design also targeted cell phone users. Of the 1,318 completed surveys:
 - ❖ 613 are cell phone completes (46.5%), and 705 are landline phone completes (53.5%)
 - ❖ 466 are cell-phone-only households (35.4%)
 - ❖ 170 are landline-only households (12.9%), and
 - ❖ 682 have both cell and landline numbers (51.7%)
- For landline numbers, households were selected to participate subsequent to determining that the number was that of an Ottawa County residence. Vacation homes, group homes, institutions, and businesses were excluded.



Methodology (Continued)

- Respondents were screened to ensure they were at least 18 years of age and resided in Ottawa County, or resided in one of four zip codes that overlap with Ottawa County and neighboring counties (49404, 49423, 49448, 49456) that are considered to be service areas by health care and health-related organizations.
- In households with more than one adult, interviewers randomly selected one adult to participate based on which adult had the nearest birthday. In these cases, every attempt was made to speak with the randomly chosen adult; interviewers were instructed to not simply interview the person who answered the phone or wanted to complete the interview.
- Spanish-speaking interviewers were used where Spanish translation/interpretation was needed.
- The 1,318 households represent 1.4% of the 96,283 households in Ottawa County according to the 2016 U.S. Census estimate.
- The margin of error for the entire sample of 1,318, at a 95% confidence level, is +/- 2.7%. This calculation is based on a population of roughly 213,331 Ottawa County residents 18 years or older, according to the 2016 U.S. Census estimate.



Methodology (Continued)

- Unless noted, consistent with the Michigan BRFs, respondents who refused to answer a question or did not know the answer to a specific question were excluded from analysis. Thus, the base sizes vary throughout the report.
- Data weighting is an important statistical process that was used to remove bias from the BRFs sample. The formula consists of both design weighting and iterative proportional fitting, also known as “raking” weighting. The purposes of weighting the data are to:
 - ❖ Correct for differences in the probability of selection due to non-response and non-coverage errors
 - ❖ Adjust variables of age, gender, race/ethnicity, marital status, education, home ownership, and region to ensure the proportions in the sample match the proportions in the population of Ottawa County adults
 - ❖ Allow the generalization of findings to the entire Ottawa County adult population
- The formula used for the final weight is: Design Weight X Raking Adjustment



Methodology (Continued)

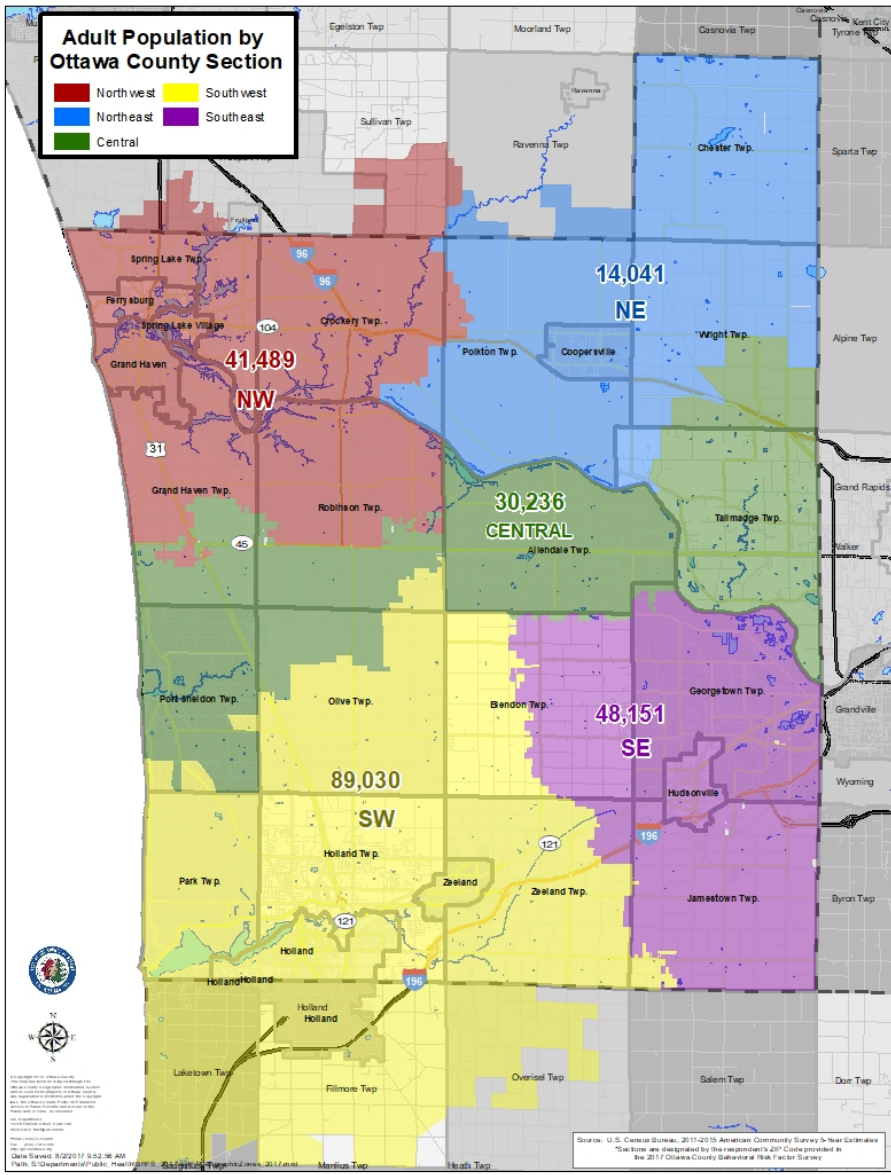
- Adverse Childhood Experiences (ACEs) data were collected using the BRFSS 11-item version. The 11 items measure the following adverse groups and subgroups:
 - ❖ Abuse:
 - Emotional abuse
 - Physical abuse
 - Sexual abuse
 - ❖ Household challenges:
 - Intimate Partner Violence
 - Household Substance Abuse
 - Household Mental Illness
 - Parental Separation or Divorce
 - Incarcerated Household Member
- Five of the 11 questions have “yes” or “no” response categories and the remaining 6 questions have “never,” “once,” or “more than once” response categories. Respondents scored either “0” for each “no” and a “1” for each “yes,” and they scored either a “0” for each “never” and a “1” for each “once” or “more than once.” Their total ACEs score was computed by adding the sum of the scores across the 11 items. The total ACEs scores were segmented into three groups according to the number of adverse childhood experiences they had: none, 1 to 3, and 4 or more.



Methodology (Continued)

- It should be noted that if the respondent said “don’t know” or refused to answer any of the ACEs items then they were not included in the ACEs analyses by groups. This decision was made because the CHNA team and the researchers believe that coding “don’t know” or “refused” answers as zero and then including them in one of the three groups could possibly create an inaccurate picture of the extent to which adverse childhood experiences exist in the population of Ottawa County residents. As an example, if someone refused to answer all 11 ACE questions, rather than coding them as a none (zero), it was determined best to exclude them from the analyses.

GIS Section Map



Section Name	Community Area	ZIP Codes*
Northwest Section	Crockery Ferrysburg Grand Haven Spring Lake & surrounding areas	49409, 49415, 49417, 49456*, 49448*
Northeast Section	Coopersville Chester Lamont Wright & surrounding areas	49318, 49403, 49404*, 49430, 49451
Central Section	Allendale Port Sheldon Tallmadge & surrounding areas	49401, 49435, 49460, 49534, 49544
Southwest Section	Holland Olive Park Zeeland & surrounding areas	49423*, 49424, 49464
Southeast Section	Georgetown Hudsonville Jamestown & surrounding areas	49315, 49418, 49427, 49428

*Indicates a ZIP code where all respondents were included, even though the ZIP code extends beyond the border of Ottawa County.

EXECUTIVE SUMMARY



Executive Summary

- In general, Ottawa County adults are physically and emotionally healthier than adults throughout Michigan or across the United States; they fare better on almost all of the key metrics.
- That said, of the 35 key metrics measured, 21 were worse (60.0%) than previous years; in fact, 9 of the 12 (75.0%) chronic conditions were more prevalent this iteration.
- Nearly nine in ten (87.4%) area adults report their health as good or better, while 12.6% report their health as fair or poor. One in ten (10.0%) are considered to have poor physical health (14 or more days per month).
 - ❖ Although both of these measures are better than MI and the U.S., they are up from both 2011 and 2014
- Fewer than one in ten (8.8%) are considered to have poor mental health (14 or more days per month).
 - ❖ Similarly, this measure is better than MI and the U.S., but up from both 2011 and 2014
- One in five (20.9%) adults are disabled, in the sense that they are limited in their activities because of physical, mental or emotional problems or have health problems that require them to use special equipment (e.g., wheelchair, cane).
 - ❖ This proportion is better than the state and down slightly from 2011



Executive Summary (Continued)

- More than eight in ten (83.8%) Ottawa County adults are considered to be psychologically well/healthy per the Kessler 6 questionnaire that was part of the BRFSS instrument this year.
 - ❖ Still, 13.6% are classified as having mild to moderate psychological distress and 2.5% have severe psychological distress
- Further, 15.0% of area adults report having been told they have anxiety disorder while **17.1% report having been told they have depression.**
 - ❖ The proportion of those having depression in Ottawa County is slightly lower than MI or the U.S. and it is down from the last time it was measured in 2011
 - ❖ The proportion of those having anxiety has remained roughly the same since 2011
 - ❖ Despite the fact that two-thirds of adults with anxiety or depression feel very or extremely confident they can manage their conditions well, **more than one-third say that area programs and services do not help them manage their condition well**
- One in twenty (5.0%) adults has thought about committing suicide in the past year, and of these one in five (20.0%) have actually attempted suicide in the past year.



Executive Summary (Continued)

- Even though there are low proportions of adults with poor mental health or severe psychological distress, one area of opportunity for local health professionals is to formulate a plan to address the fact that sizeable proportions of people with mental health challenges do not take medication or receive treatment for their condition.
 - ❖ For example, the proportion of adults who currently take medication or receive treatment for a mental health condition or emotional problem is 49.5% among those with mild to moderate psychological distress and 75.6% among those with severe psychological distress
 - ❖ Further, **only half (51.0%) of adults who have poor mental health currently take medication or receive treatment for their mental health**
 - ❖ The good news is that these proportions have improved greatly from 2014
- It is surprising that so few people engage in treatment or medication for mental health conditions considering that nearly all adults (90.0%), regardless of mental health status, believe treatment can help people with mental illness lead normal lives.
 - ❖ Reluctance to seek treatment or take medication might result from a perceived stigma attached to the label of mental illness
 - **More than one-third (35.6%) of all adults do not view people as “caring and sympathetic to people with mental illness”**



Executive Summary (Continued)

- Three in ten (29.9%) adults in Ottawa County are considered to be obese per their BMI, while an additional 33.3% are overweight (but not obese).
 - ❖ The rate of obesity has increased from 2014 and is no longer better than the U.S. rate
 - ❖ Respondents consider obesity to be the top health issue in Ottawa County
- Moreover, people who are obese tend to see themselves in a better light; **only 35.5% see themselves as very overweight**, while 54.1% feel they are slightly overweight and 10.3% say they are at about the right weight.
- Although more than eight in ten (83.2%) obese adults are trying to lose weight or not gain additional weight, many are pursuing this goal without the advice from health care professionals
 - ❖ Only half (49.5%) of obese adults in Ottawa County report having received advice on their weight from a health care professional
- The prevalence estimates of all chronic conditions measured are lower than state and national estimates, **with the exception of skin cancer which is higher than both MI and the U.S.**



Executive Summary (Continued)

- Specifically with regard to diabetes, one in ten (9.8%) area adults report having it, **a rate up from 2011 and 2014.**
 - ❖ And of those who don't have diabetes, and additional 10.9% report having pre-, or borderline, diabetes
- The majority of adults with chronic conditions are confident they can do all the things necessary to manage their condition.
 - ❖ That said, there is clearly an opportunity for improvement with existing programs and services designed to help residents manage their chronic conditions. For example, below is the proportion of adults who feel the existing programs and services do not help them manage their condition well:
 - Stroke (56.1%)
 - COPD (53.7%)
 - Angina/CHD (49.2%)
 - Asthma (45.4%)
 - Arthritis (40.1%)
 - Skin cancer (36.5%)
 - Diabetes (33.4%)



Executive Summary (Continued)

- One in four (24.1%) area adults has chronic pain, and a **similar proportion (27.8%) report that their pain is not managed well.**
 - ❖ There are myriad barriers to treating the pain, but cost and having multiple chronic conditions are at the top
- Among adults aged 18-64, 90.8% currently have health care coverage.
 - ❖ Of those currently with coverage, 5.2% say there was a time in the past year when they were not covered
 - ❖ Over half (58.8%) have coverage through a plan at work or through a union
- Among all adults, 7.4% had to forego a needed doctor visit in the past year due to cost.
 - ❖ Moreover, in the past year, 7.5% delayed seeking medical care because of the general cost of care, while 7.4% delayed seeking medical care because of the cost of co-pays and/or deductibles
 - ❖ **Additionally, 8.0% report they were not able to take their medication as prescribed due to cost**
- One in four (24.5%) Ottawa County adults have visited an Urgent Care Center in the past year and 20.0% have visited the Emergency Room.



Executive Summary (Continued)

- While a large majority (84.4%) are at least somewhat confident they can navigate the health care system, 15.6% are not confident. Almost all adults are at least moderately confident they can complete medical forms and almost always understand their condition and any communication from their provider.
 - ❖ Those who lack confidence or have trouble understanding their situation tend to be the youngest adults (18-24) and/or have low incomes
- Three-fourths of adults (76.6%) participate in some form of leisure time physical activity, such as running, calisthenics, walking, golfing, or gardening.
 - ❖ On the other hand, only four in ten adults participate in physical activities to strengthen their muscles
- The prevalence of cigarette smoking among Ottawa County adults is 17.6%, down slightly from 2014.
 - ❖ The overall proportion of homes where at least one person smokes inside the home is low (6.9%); however, this proportion rises to 19.5% for current smokers
- The prevalence of other tobacco use (5.6%) and vaping (6.1%) is also low.
- Three in ten (29.7%) adults have taken prescription pain medication and 7.0% have done so within the past month.
 - ❖ Very few say they know anyone who abuses prescription drugs or amphetamines



Executive Summary (Continued)

- Half (51.0%) of Ottawa County adults are considered non-drinkers of alcohol, meaning they consumed no alcohol in the past month. Additionally, 43.3% are light to moderate drinkers and 5.7% are heavy drinkers.
 - ❖ 14.1% of adults are binge drinkers, meaning they have consumed at least 4 (if female) or 5 (if male) drinks on at least one occasion in the past month
 - ❖ Rates for heavy drinking and binge drinking are now better than both MI and the U.S. and lower than they were in 2011 and 2014
- Fewer than one in five (17.6%) adults consume an adequate amount (five or more times) of fruits and vegetables per day.
 - ❖ On average, 31.5% of adults consume less than one serving of fruit per day and 21.4% consume less than one serving of vegetables per day
- More than nine in ten adults report that they:
 - ❖ Always have enough food to eat (92.2%)
 - ❖ Haven't had to cut the size of meals, or skip meals, because of lack of money (92.4%)
 - ❖ Think it's easy to find fresh fruits/vegetables in their community/neighborhood (97.0%)
 - ❖ Those who have experienced problems accessing needed dental care say **lack of insurance** and the **inability to afford treatment** are the main barriers



Executive Summary (Continued)

- Nearly nine in ten adults (87.6%) have a medical home (have a personal care provider) and 5.1% have more than one.
 - ❖ Eight in ten (81.3%) adults have visited a doctor for a routine checkup within the past year
 - ❖ Almost all adults with children living at home say their children have visited their doctor for a routine checkup within the past year
- Although the vast majority of adults (93.5%) have had no problem obtaining needed dental care, **almost one in five adults (18.4%) have not visited a dentist in the past year.**
- Seven in ten (70.8%) adults aged 65 or older have had a flu shot within the past year and a similar proportion (72.9%) have had a pneumonia vaccine at some point in their life.



Executive Summary (Continued)

- Although Ottawa County adults, in general, experience fewer adverse childhood experiences compared to adults across Michigan or the U.S., **the prevalence of mental illness in the household and the prevalence of living with someone who had been incarcerated are greater in Ottawa County than in Michigan or across the U.S.**
 - ❖ Three in ten (29.6%) Ottawa County adults have experienced emotional abuse. Roughly one in five have had divorced or separated parents and a similar proportion lived with someone who was a substance abuser
 - ❖ **Over half (53.3%) of Ottawa County adults have experienced at least one adverse childhood event, and 14.0% have experienced four or more**
 - ❖ There is a direct and linear relationship between the number of ACEs one experiences and negative outcomes later in life



Executive Summary (Continued)

- There is also a direct relationship between health outcomes and both education and income. Positive outcomes are more prevalent among adults with higher levels of education and adults from households with higher income levels, while negative outcomes are more prevalent among those with less education and lower incomes. Examples of this disparity include:
 - ❖ General health status
 - ❖ Physical health, disability, and chronic pain
 - ❖ Mental health, psychological distress, and having anxiety or depression
 - ❖ Chronic diseases such as diabetes , COPD, or any cardiovascular disease
 - ❖ Health risk behaviors such as fruit and vegetable consumption, smoking, physical activity, muscle strengthening activity
 - ❖ Preventive practices such as visiting a dentist and being vaccinated against the flu or pneumonia
 - ❖ Health care access such as having a primary care provider, having health insurance, lack of access to care and medication due to cost, or being health literate
 - ❖ Food insufficiency
- The link between both education and income and positive health outcomes goes beyond the direct relationship. Those occupying the very bottom groups, for example no high school diploma and/or household income less than \$20K (or living below the poverty line), are most likely to experience the worst health outcomes.



Executive Summary (Continued)

- There is also a direct relationship between health outcomes and age. In many cases, negative outcomes are more often associated with **younger** adult age groups, for example:
 - ❖ Poor mental health, having psychological distress, anxiety, or depression
 - ❖ No health care coverage and having no personal care provider
 - ❖ Risk behaviors such as smoking cigarettes and binge drinking
 - ❖ Food insufficiency
 - ❖ No routine physical checkup

- In other cases, negative outcomes are more associated with **older** adult groups, such as:
 - ❖ Fair or poor general health status, poor physical health, and activity limitation
 - ❖ Having chronic diseases like diabetes, arthritis, cancer, cardiovascular disease, and COPD
 - ❖ Having chronic pain
 - ❖ Lack of muscle strengthening activities



Executive Summary (Continued)

- There are links between health outcomes and gender. For example:
 - ❖ Men are more likely than women to:
 - Engage in risk behaviors such as smoking, binge drinking, eating fewer fruits and vegetables
 - Resist preventive practices such as visiting a dentist or having a routine physical exam
 - Lack health insurance or a personal health care provider
 - ❖ Women are more likely than men to:
 - Be obese or be at a healthy weight
 - Have poor physical health
 - Have poor mental health, psychological distress, anxiety, or depression
 - Have chronic conditions such as asthma, arthritis, and chronic pain
 - Not engage in muscle strengthening activities

- There are also links between race and outcomes. Non-Whites are more likely than Whites to:
 - ❖ Engage in risk behaviors such as smoking, binge drinking, and eating fewer fruits/vegetables
 - ❖ Not engage in preventive practices such as visiting a dentist or having a routine physical exam
 - ❖ Lack health insurance or a personal health care provider
 - ❖ Experience psychological distress



Executive Summary (Continued)

- Adults living in the southeast section of Ottawa County fared better than adults in other sections on the following measures:
 - ❖ General health status
 - ❖ Activity limitation
 - ❖ Health risk behaviors such as fruit and vegetable consumption, being physically active, smoking, heavy drinking, and binge drinking
 - ❖ Preventive practices such as visiting a dentist or having a routine physical exam
- The northeast section of the county demonstrates an odd mix where adults fare best on nine of the major outcomes (e.g., vaccinations, five of the chronic conditions) and fare worst on an additional nine major outcomes (e.g., obesity, having no insurance, heavy drinking).



Comparison of BRFs Measures Between Ottawa County, Michigan, and the United States

	Health Status Indicators		
	Ottawa County	Michigan	United States
General Health Fair/Poor	● 12.6%	17.7%	16.4%
Poor Physical Health (14+ days)	● 10.0%	13.0%	--
Poor Mental Health (14+ days)	● 8.8%	11.9%	--
Activity Limitation (14+ days)	● 7.6%	8.8%	--
Disability	● 20.9%	25.1%	--
Obese	29.9%	31.2%	29.9%
Overweight	● 33.3%	34.9%	35.3%
Healthy Weight	● 35.9%	32.4%	32.9%
No Health Care Coverage (18-64)	● 9.2%	12.0%	12.3%
No Personal Health Care Provider	● 12.4%	14.8%	21.6%
No Health Care Access Due to Cost	● 7.4%	12.7%	12.0%

	Risk Behavior Indicators		
	Ottawa County	Michigan	United States
No Leisure Time Physical Activity	● 23.4%	25.5%	--
Adequate Fruit and Vegetable Consumption (5 or more/day)	● 17.6%	14.9%	--
Consumes Fruits <1 time/day	● 31.5%	39.7%	39.7%
Consumes Vegetables <1 time/day	● 21.4%	24.7%	22.1%
Current Cigarette Smoking	17.6%	20.7%	17.1%
Former Cigarette Smoking	● 19.5%	26.7%	25.3%
Binge Drinking	● 14.1%	18.5%	16.9%
Heavy Drinking	● 5.7%	6.5%	6.5%

- = Ottawa County is best
- = Ottawa County is worst

Sources: Preliminary Estimates for Risk Factor and Health Indicators, State of Michigan, Selected Tables, Michigan BRFs, 2015
Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2016



Comparison of BRFs Measures Between Ottawa County, Michigan, and the United States (Continued)

	Clinical Preventive Practices				Chronic Conditions		
	Ottawa County	Michigan	United States		Ottawa County	Michigan	United States
No Routine Checkup in Past Year	● 18.7%	28.0%	29.1%	Arthritis	● 19.4%	30.0%	25.8%
No Dental Visit in Past Year	● 18.4%	--	33.6%	Depression	● 17.1%	19.7%	17.4%
Had Flu Vaccine in Past Year (65+ Only)	● 70.8%	57.7%	58.6%	Lifetime Asthma	● 12.7%	15.7%	14.0%
Ever Had Pneumonia Vaccine (65+ Only)	72.9%	72.8%	73.4%	Diabetes	● 9.8%	10.7%	10.8%
				Current Asthma	● 8.7%	10.2%	9.3%
				Skin Cancer	● 6.3%	6.1%	5.9%
				Other Cancer	● 4.8%	7.0%	6.7%
				COPD	● 4.0%	7.7%	6.3%
				Heart Attack	● 3.7%	4.7%	4.4%
				Angina/CHD	● 3.3%	4.6%	4.1%
				Stroke	● 1.7%	3.3%	3.1%

● = Ottawa County is best

● = Ottawa County is worst

Sources: Preliminary Estimates for Risk Factor and Health Indicators, State of Michigan, Selected Tables, Michigan BRFs, 2015
Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2016



Comparison of Ottawa County BRFs Measures From 2011, 2014, and 2017

	Health Status Indicators				Risk Behavior Indicators				
	2011	2014	2017		2011	2014	2017		
★ General Health Fair/Poor	9.9%	10.5%	12.6%	●	★ No Leisure Time Physical Activity	12.7%	20.5%	23.4%	●
Poor Physical Health (14+ days)	8.1%	6.1%	10.0%	●	★ Adequate Fruit and Vegetable Consumption (5 or more/day)	--	29.50%	17.6%	●
Poor Mental Health (14+ days)	8.6%	8.6%	8.8%	●	Consumes Fruits <1 time/day	--	20.6%	31.5%	●
Activity Limitation (14+ days)	5.1%	5.7%	7.6%	●	Consumes Vegetables <1 time/day	--	17.1%	21.4%	●
Disability	22.2%	--	20.9%	●	Current Cigarette Smoking	17.2%	18.6%	17.6%	●
Obese	25.8%	23.9%	29.9%	●	Former Cigarette Smoking	24.5%	22.6%	19.5%	●
Overweight	36.7%	35.3%	33.3%	●	Binge Drinking	20.3%	19.3%	14.1%	●
★ Healthy Weight	36.3%	37.7%	35.9%	●	Heavy Drinking	7.5%	6.5%	5.7%	●
No Health Care Coverage (18-64)	12.6%	9.3%	9.2%	●					
No Personal Health Care Provider	12.0%	11.4%	12.4%	●					
No Health Care Access Due to Cost	--	9.8%	7.4%	●					
★ Confidence in Navigating the Health Care System	--	81.3%	84.4%	●					
★ Medication/Treatment for Mild to Severe Psychological Distress	--	25.8%	53.5%	●					

● = better/improved

● = worse

★ = indicates an outcome measure for the 2015 Ottawa County Community Health Improvement Plan



Comparison of Ottawa County BRFs Measures From 2011, 2014, and 2017

	Clinical Preventive Practices				Chronic Conditions		
	2011	2014	2017		2011	2014	2017
No Routine Checkup in Past Year	26.2%	19.9%	18.7% ●	Arthritis	23.2%	18.3%	19.4% ●
No Dental Visit in Past Year	21.6%	21.2%	18.4% ●	Depression	18.8%	--	17.1% ●
Had Flu Vaccine in Past Year (65+ Only)	67.9%	72.1%	70.8% ●	Anxiety	14.8%	--	15.0% ●
Ever Had Pneumonia Vaccine (65+ Only)	70.9%	66.9%	72.9% ●	Lifetime Asthma	13.5%	11.9%	12.7% ●
				Diabetes	7.3%	7.8%	9.8% ●
				Current Asthma	8.4%	6.5%	8.7% ●
				Skin Cancer	7.3%	4.7%	6.3% ●
				Other Cancer	5.3%	5.4%	4.8% ●
				COPD	--	3.0%	4.0% ●
				Heart Attack	2.1%	2.1%	3.7% ●
				Angina/CHD	3.0%	2.9%	3.3% ●
				Stroke	1.2%	2.1%	1.7% ●

● = better/improved

● = worse

★ = indicates an outcome measure for the 2015 Ottawa County Community Health Improvement Plan

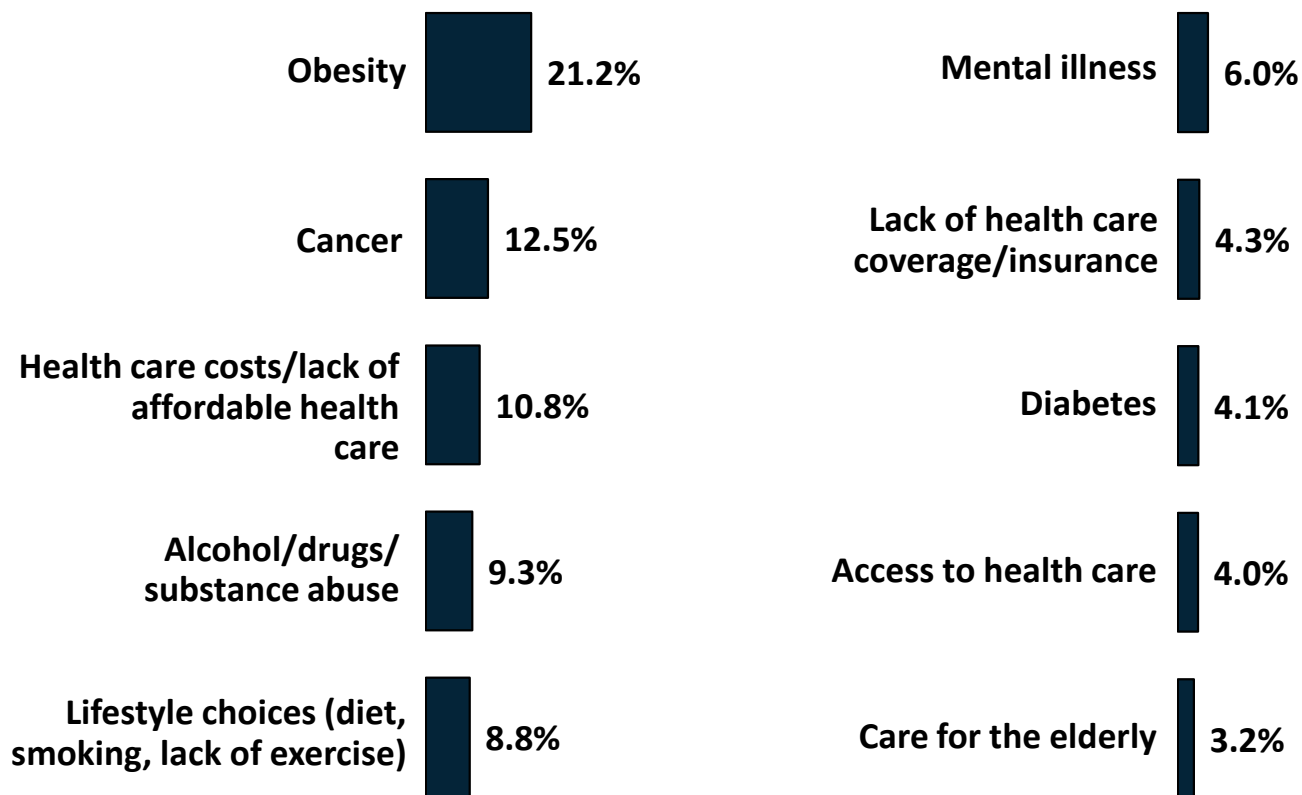
DETAILED FINDINGS

Perception of Community Problems



Top 10 Most Important Health Problems in the Community Today

- Adults perceive the top health problem in Ottawa County to be obesity, followed by cancer, health care costs, substance abuse, and lifestyle choices such as lack of exercise, smoking, and diet.



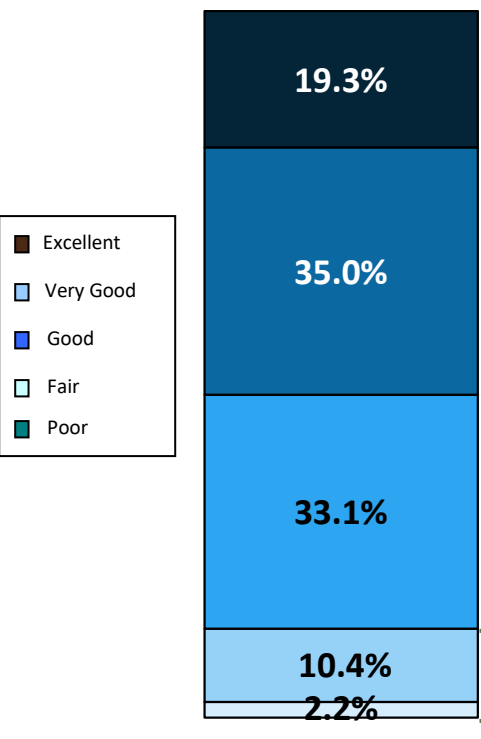
Health Status Indicators



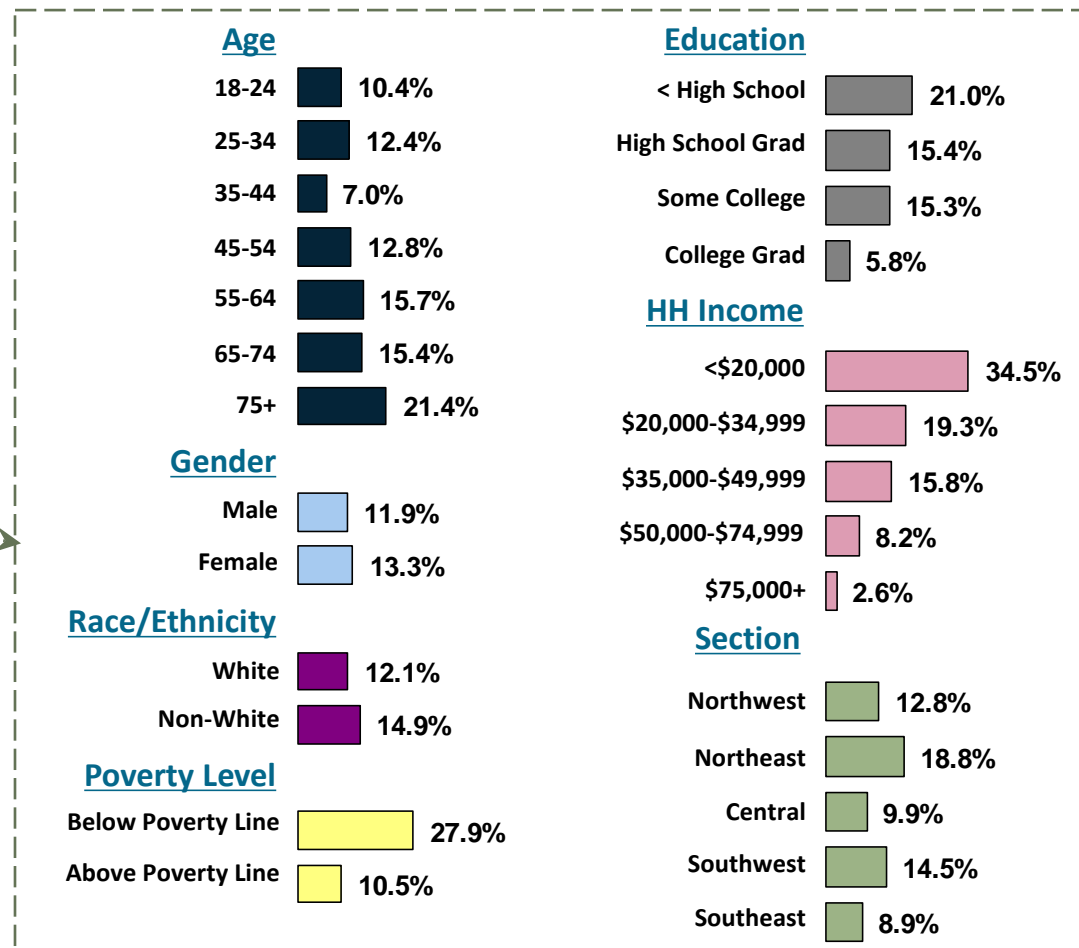
General Health Status

- Although over half of Ottawa County adults report very good or excellent health, 12.6% report fair or poor health.
 - ❖ The proportion of adults who perceive their health as fair or poor is inversely related to level of education and household income. People living below the poverty line are more likely to report fair or poor health than those above the poverty line.

Perception of General Health (Total Sample)



Health Fair or Poor by Demographics

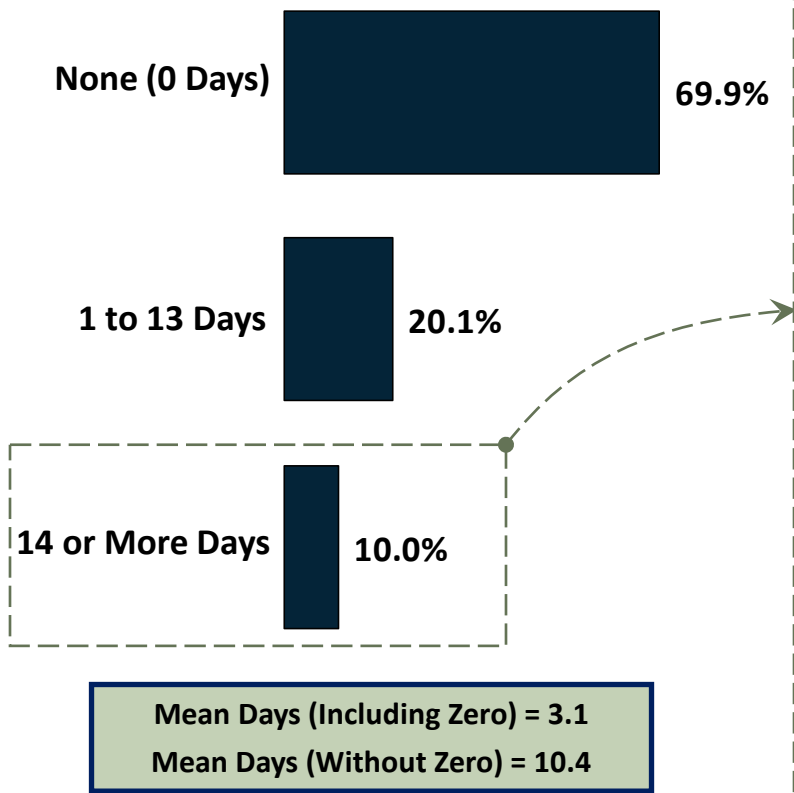




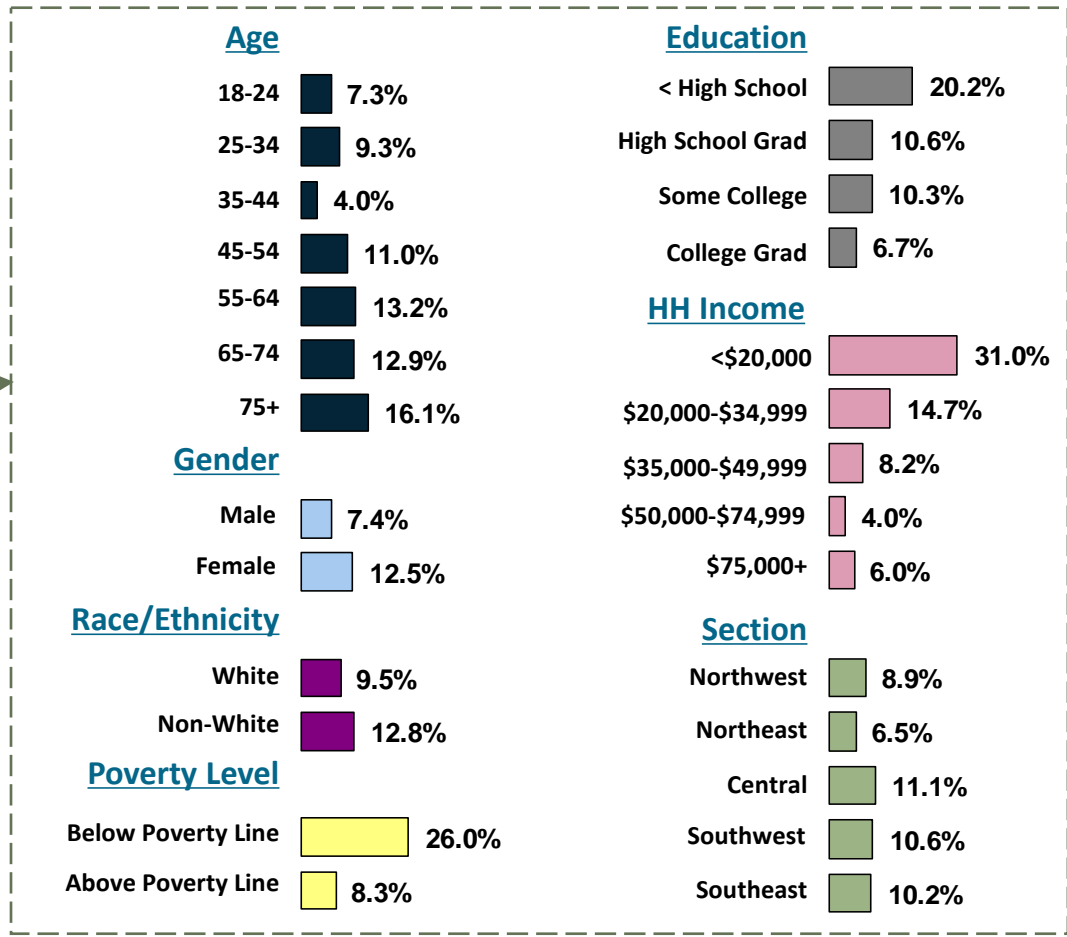
Physical Health Status

- One in ten (10.0%) Ottawa County adults have poor physical health.
 - ❖ The prevalence of poor physical health is directly related to age and inversely related to education and income.
 - ❖ Further, women and non-Whites experience poor physical health slightly more than men and Whites, respectively.

Number of Days Physical Health Was Not Good in Past 30 Days



Poor Physical Health* by Demographics



*14 or more days of poor physical health, which includes physical illness and injury, during the past 30 days.

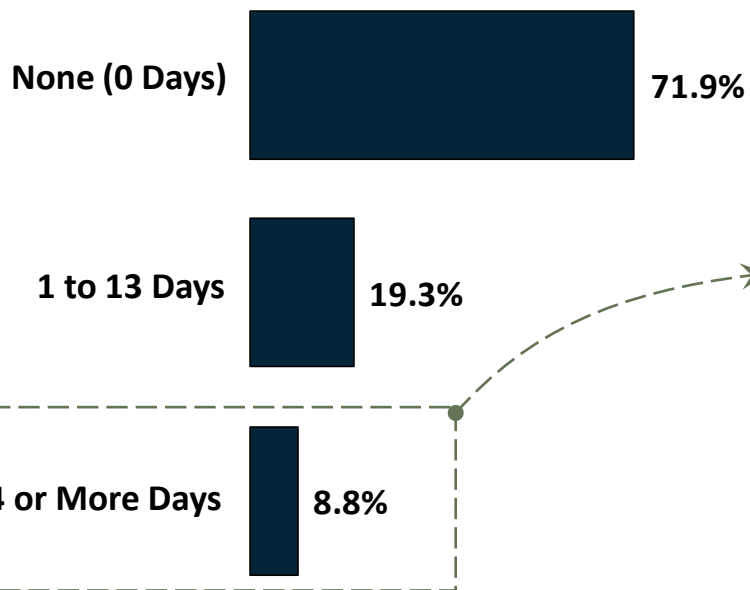
Q2.1: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good? (n=1,307)



Mental Health Status

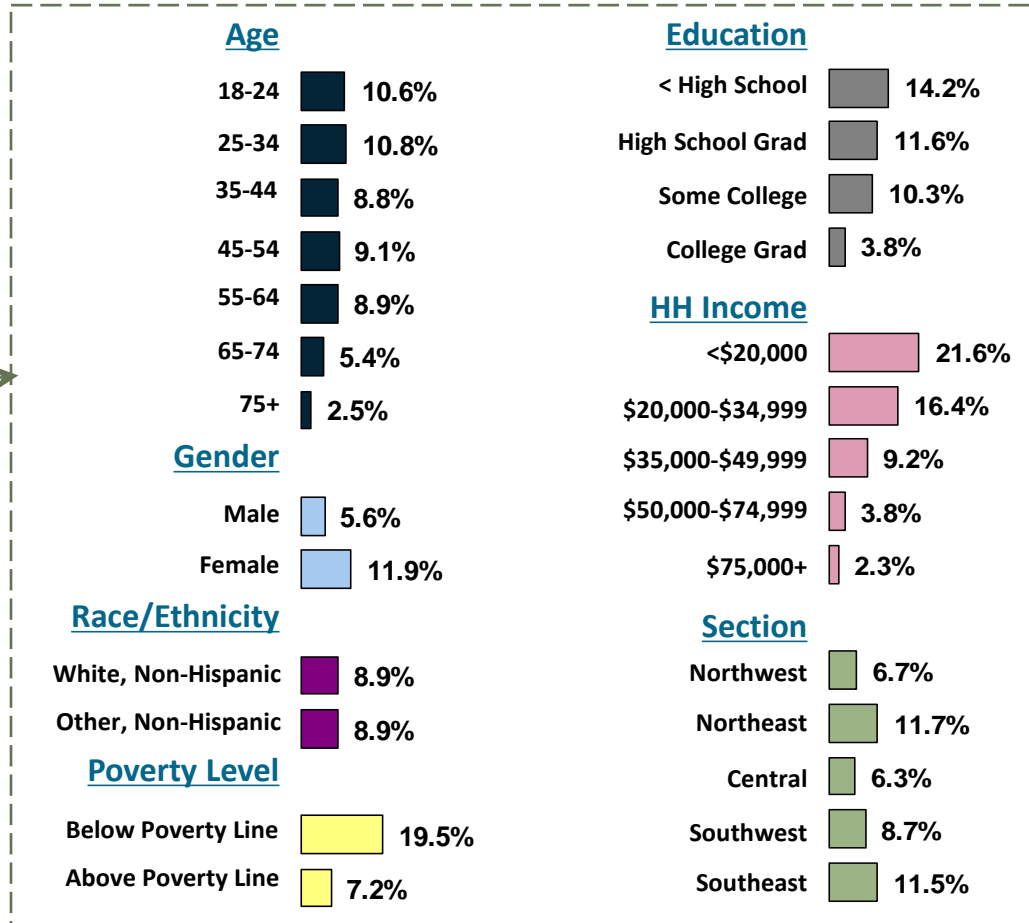
- Roughly one in eleven (8.8%) area adults have poor mental health.
 - ❖ The prevalence of poor mental health is inversely related to education and income.
 - ❖ Poor mental health is higher among women and young adults (18-34) than men and older adults, respectively.

Number of Days Mental Health Was Not Good in Past 30 Days



Mean Days (Including Zero) = 2.9
 Mean Days (Without Zero) = 10.3

Poor Mental Health* by Demographics



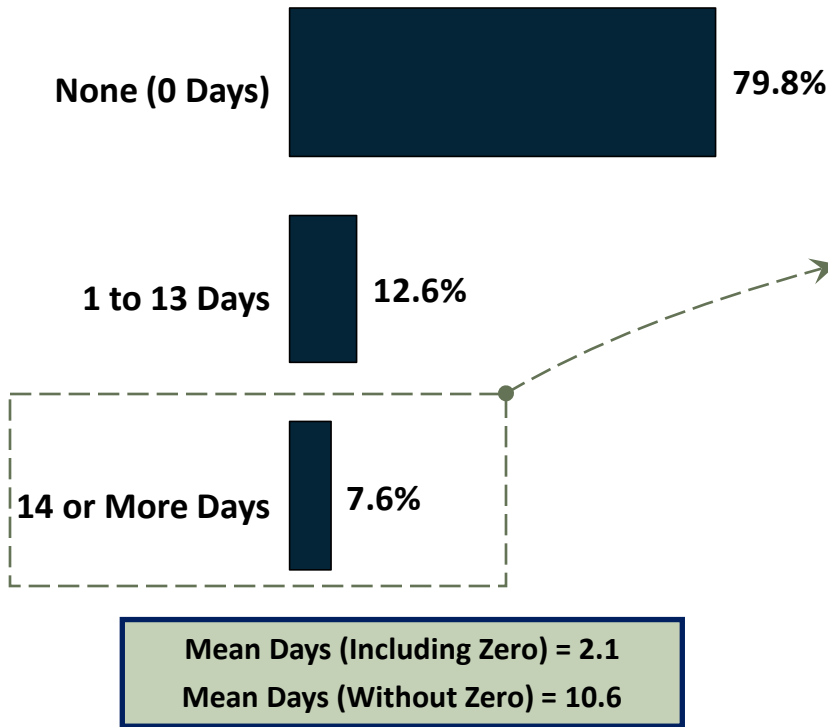
*14 or more days of poor mental health, which includes stress, depression, and problems with emotions, during the past 30 days.



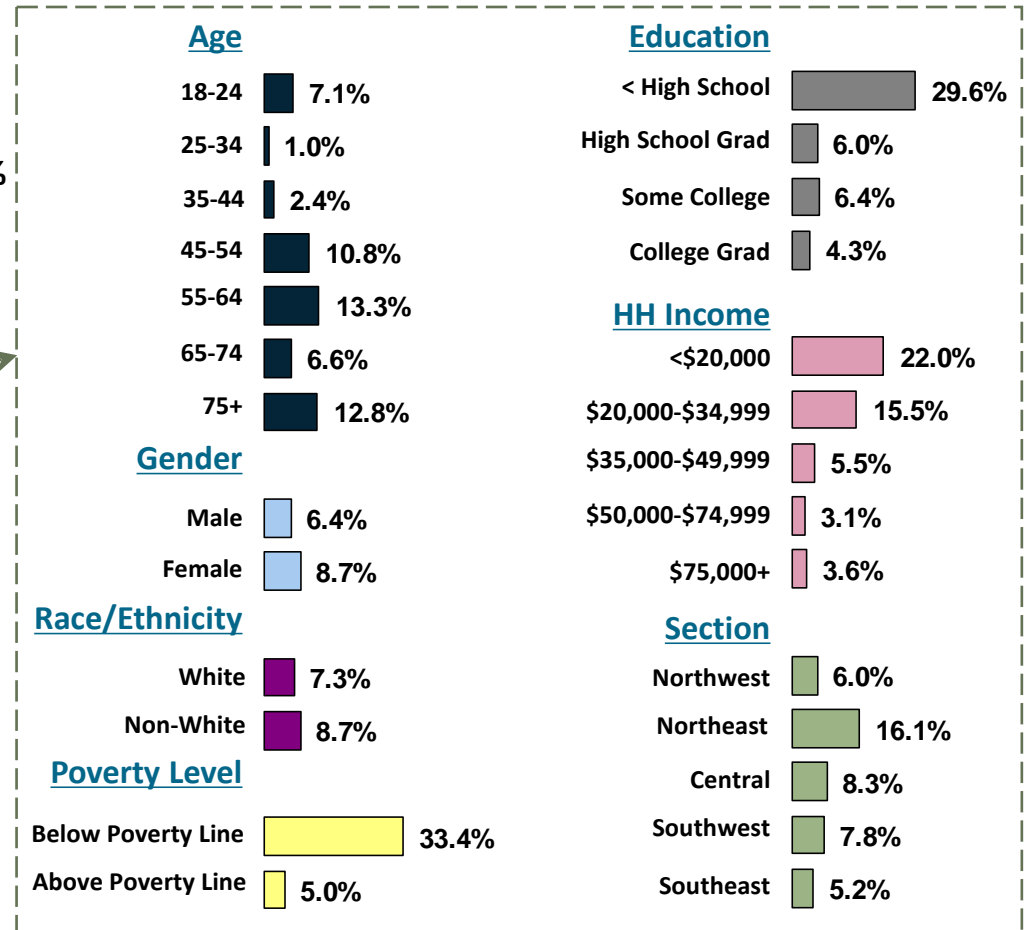
Activity Limitation

- Overall, 7.6% of area adults are prevented from doing their usual activities (e.g., self-care, work, recreation).
 - ❖ The largest proportions of adults who experience activity limitation are found among the poorest adults and among those with less than a high school education.

Activity Limitation During Past 30 Days



Activity Limitation* by Demographics



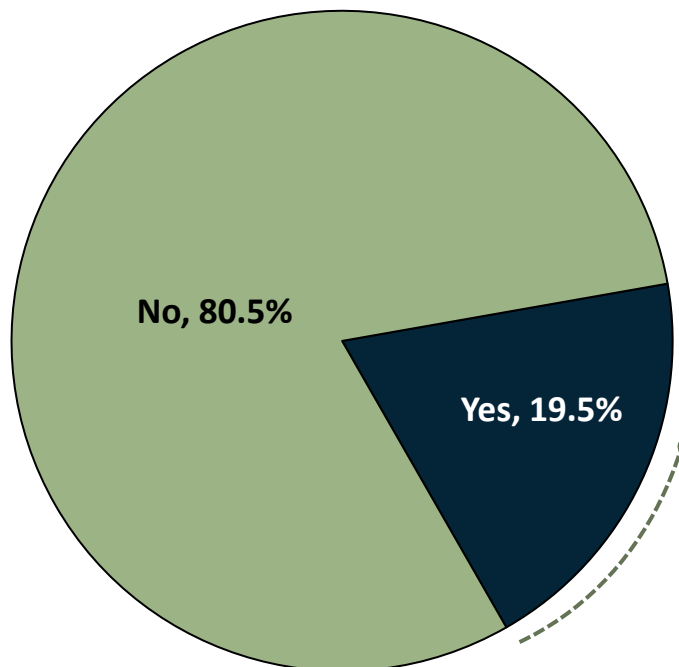
*14 or more days in the past 30 days in which either poor physical health or poor mental health kept respondents from doing their usual activities, such as self-care, work, and recreation.



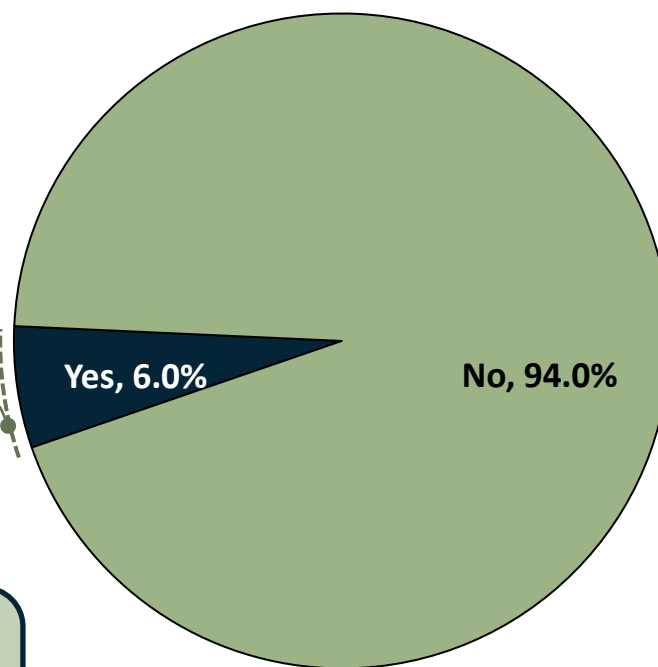
Disability

- One in five (19.5%) area adults are limited in one or more activities because of a physical, mental, or emotional problem, while 6.0% have a health problem that requires the use of special equipment.
 - ❖ Persons who experience either limited activity or require special equipment are considered to be **disabled**, and this designation applies to one in five adults in Ottawa County.

Limited Due to Physical, Mental, or Emotional Problems



Have Health Problem Requiring Use of Special Equipment



OR

Disabled

20.9%



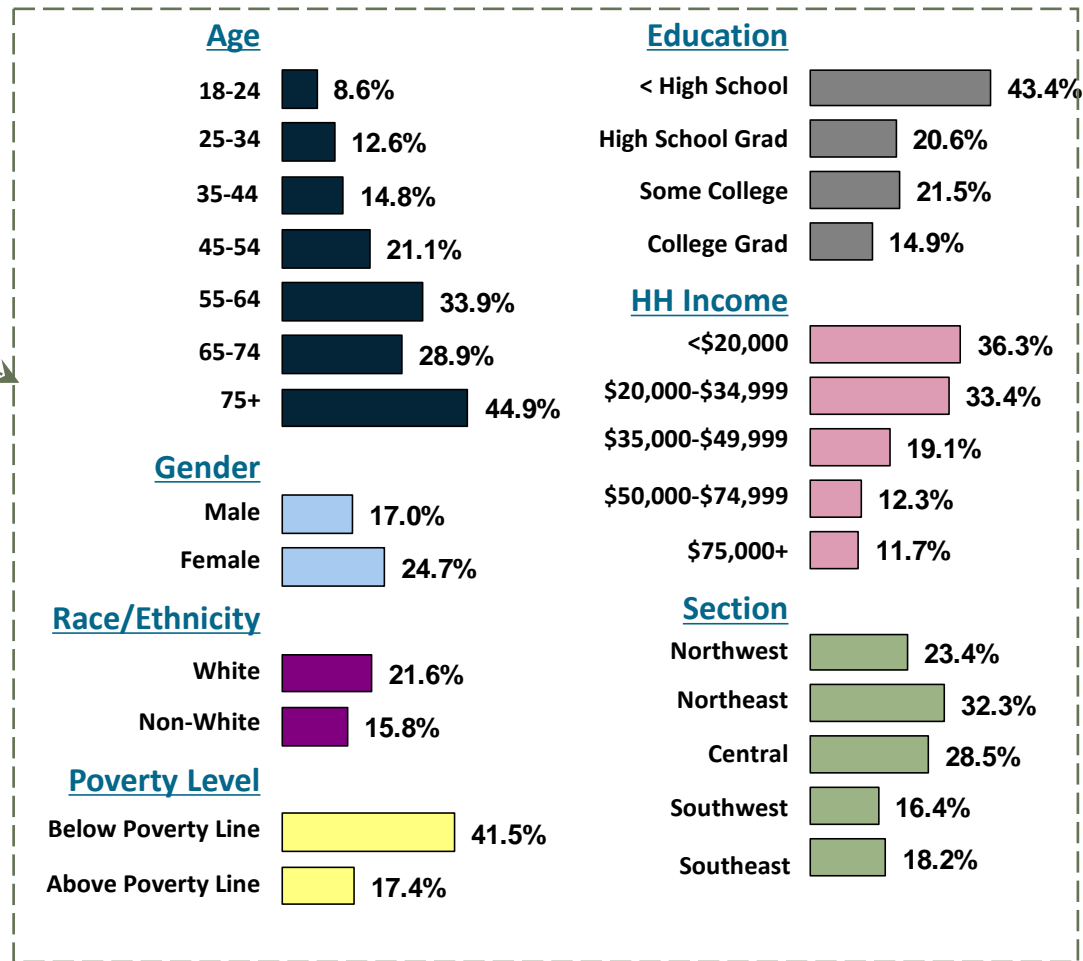
Disability (Continued)

- The likelihood of being disabled is directly related to age.
- Women are more likely to be disabled than men, and Whites are more likely to be disabled than non-Whites.
- Additionally, disability is more common among those with less than a high school diploma, with the lowest incomes, and/or living in the northeast or central sections of the county.

Disabled* (Total Sample)

20.9%

Disabled by Demographics



* The proportion of adults who reported being limited in any activities because of physical, mental, or emotional problems, or reported that they required use of special equipment (such as a cane, a wheelchair, a special bed, or a special telephone) due to a health problem (n=1,312)



Psychological Distress

- More than eight in ten (83.8%) Ottawa County adults are considered to be mentally healthy according to the Kessler 6 Psychological Distress Questionnaire.*
 - ❖ Conversely, 13.6% experience mild to moderate psychological distress and 2.5% are severely distressed.

	<i>During the Past 30 Days, About How Often Did You....</i>					
<i>Frequency of Feeling</i>	Feel Nervous (n=1,307)	Feel Hopeless (n=1,305)	Feel Restless or Fidgety (n=1,307)	Feel So Depressed That Nothing Could Cheer You Up (n=1,307)	Feel That Everything Is An Effort (n=1,301)	Feel Worthless (n=1,305)
None of the time	53.6%	83.4%	56.2%	83.6%	64.1%	86.9%
A Little	27.4%	9.9%	22.5%	10.0%	19.1%	7.7%
Some of the time	13.7%	4.3%	13.4%	4.9%	10.7%	4.3%
Most of the time	3.5%	1.1%	3.6%	1.0%	2.6%	0.8%
All of the time	1.7%	1.3%	4.2%	0.5%	3.6%	0.2%

Mentally Healthy (Well) = 83.8%

Mild to Moderate Psychological Distress = 13.6%

Severe Psychological Distress = 2.5%

*Calculated from responses to Q. 18.1- 18.6, where none of the time = 1, a little = 2, some of the time = 3, most of the time = 4, and all of the time = 5. Responses were summed across all six questions with total scores representing the above categories: mentally well (6-11), mild to moderate psychological distress (12-19), and severe psychological distress (20+).



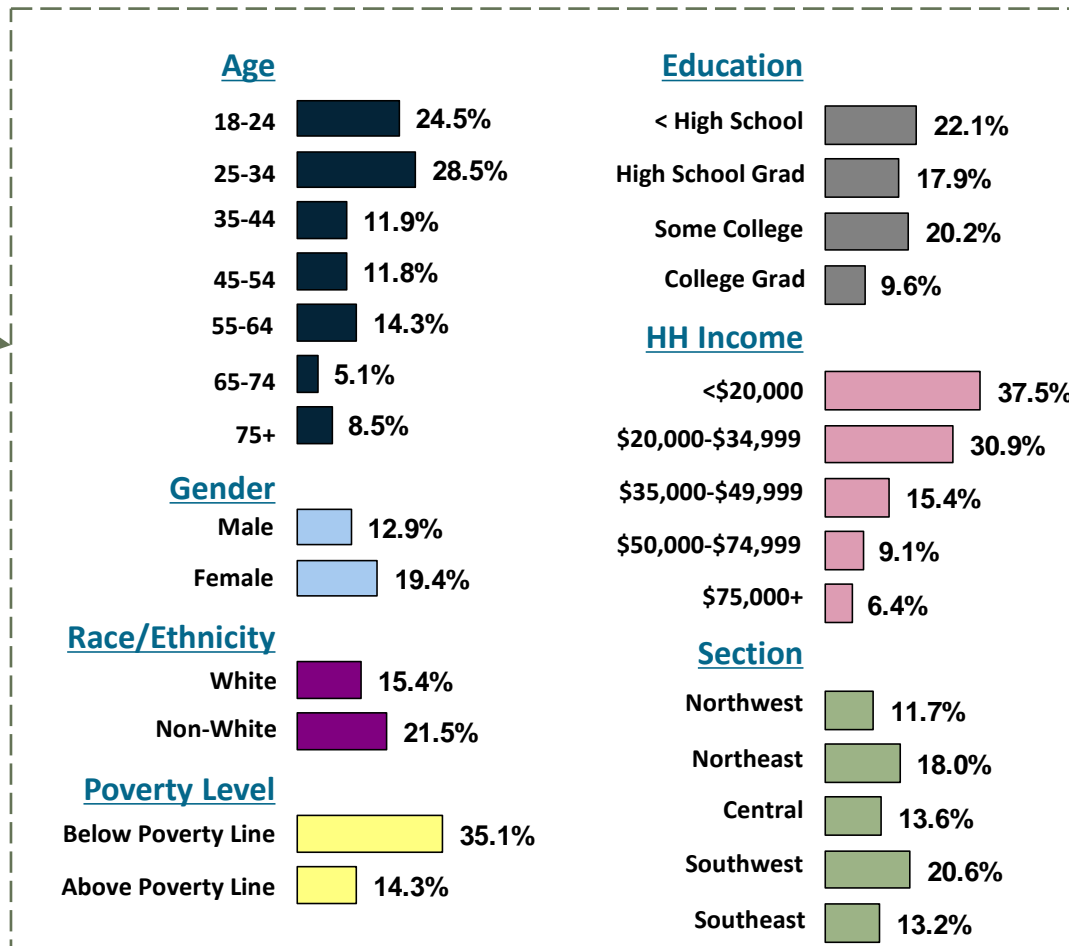
Psychological Distress (Continued)

- Among Ottawa County adults, the groups most likely to be considered to have mild to severe psychological distress include those who: are younger (< age 35), are non-White, have less than a college degree, and have household incomes less than \$35K. To this last point, one glaring difference is between those who live below the poverty line (35.1%) and those who live above it (14.3%).

Mild to Severe Psychological Distress* (Total Sample)



Mild to Severe Psychological Distress by Demographics



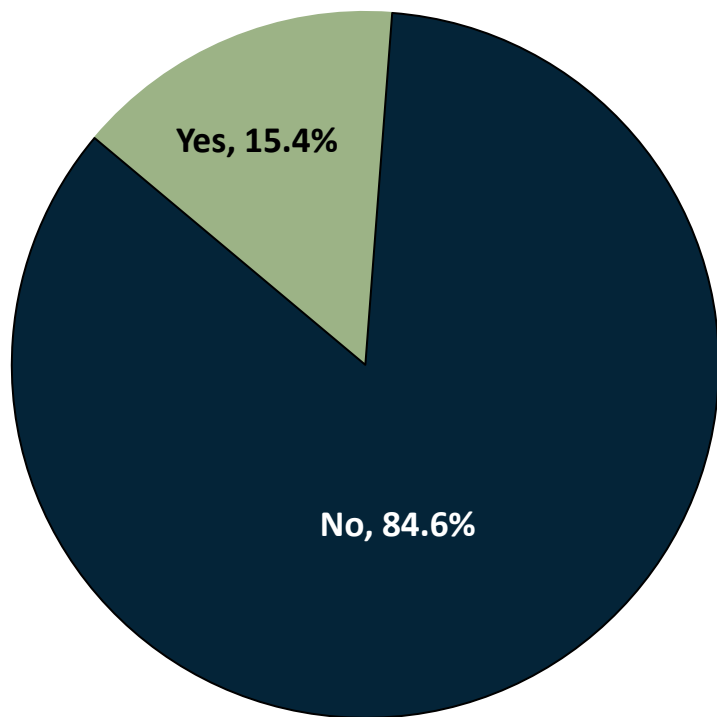
*Calculated from responses to Q. 18.1- 18.6 where respondents scored 12 or more across the six items on the Kessler 6 scale. (n=1,294)



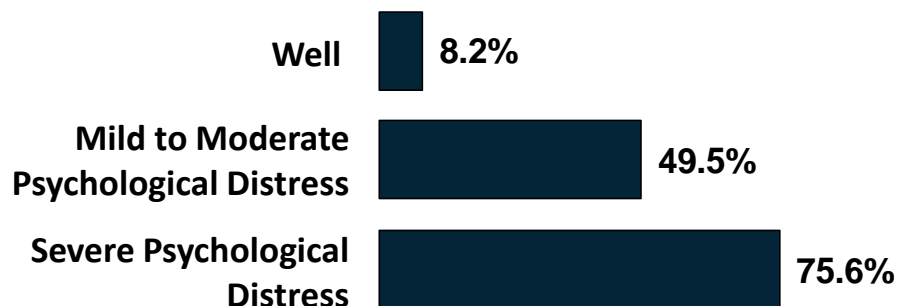
Medication and Treatment for Psychological Distress

- Of all Ottawa County adults, 15.4% currently take medication or receive treatment for a mental health condition or emotional problem.
 - ❖ However, many of those who could benefit the most from medication/treatment are not getting it: only half (49.5%) of those classified as having “mild to moderate psychological distress” and 51.0% of those classified as having “poor mental health” currently take medication and/or receive treatment for their mental health issues.

Taking Medication or Receiving Treatment for Mental Health Condition or Emotional Problem



Percent Taking Medication/Receiving Treatment by Psychological Distress Category



Percent Taking Medication/Receiving Treatment by “Poor Mental Health” Classification



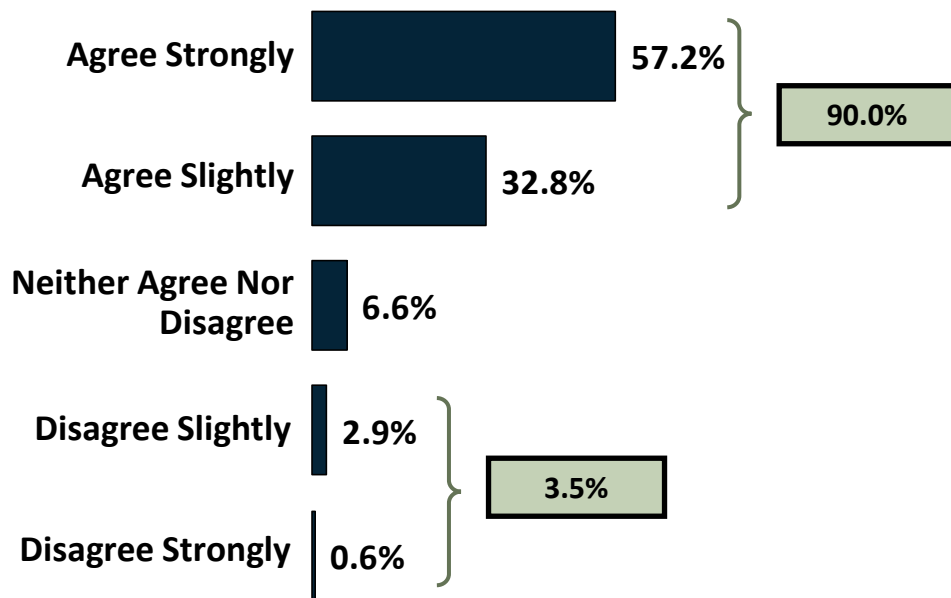


Perceptions of Mental Health Treatment and Mental Illness

- Even though nine in ten (90.0%) Ottawa County adults believe treatment can help people with mental illness lead normal lives, just half (52.8%) think people are generally caring and sympathetic to people with mental illness, and this drops to 13.9% among those with severe psychological distress.

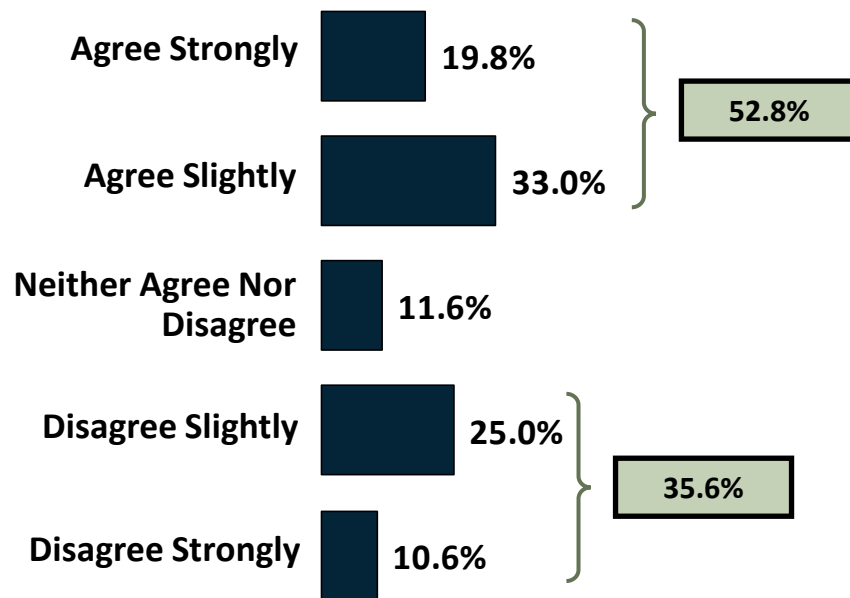
❖ This continued stigma could be the reason more people don't seek treatment even though they could benefit from it.

"Treatment Can Help People With Mental Illness Lead Normal Lives"



Agree by Psychological Distress Category
 Well (90.0%)
 Mild to Moderate (91.1%)
 Severe (83.4%)

"People Are Generally Caring and Sympathetic to People With Mental Illness"



Agree by Psychological Distress Category
 Well (56.1%)
 Mild to Moderate (41.0%)
 Severe (13.9%)

18.8 What is your level of agreement with the following statement? "Treatment can help people with mental illness lead normal lives." Do you – agree slightly or strongly, or disagree slightly or strongly? (n=1,291)

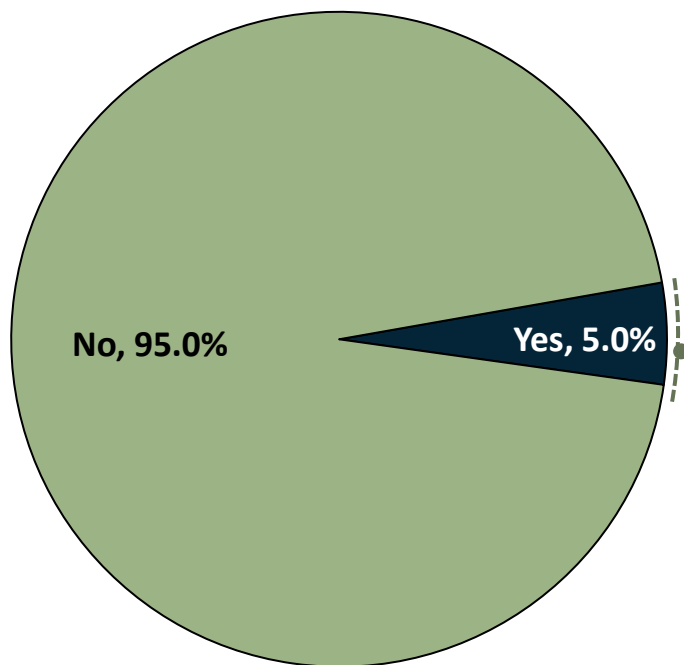
18.9 What is your level of agreement with the following statement? "People are generally caring and sympathetic to people with mental illness." Do you – agree slightly or strongly, or disagree slightly or strongly? (n=1,294)



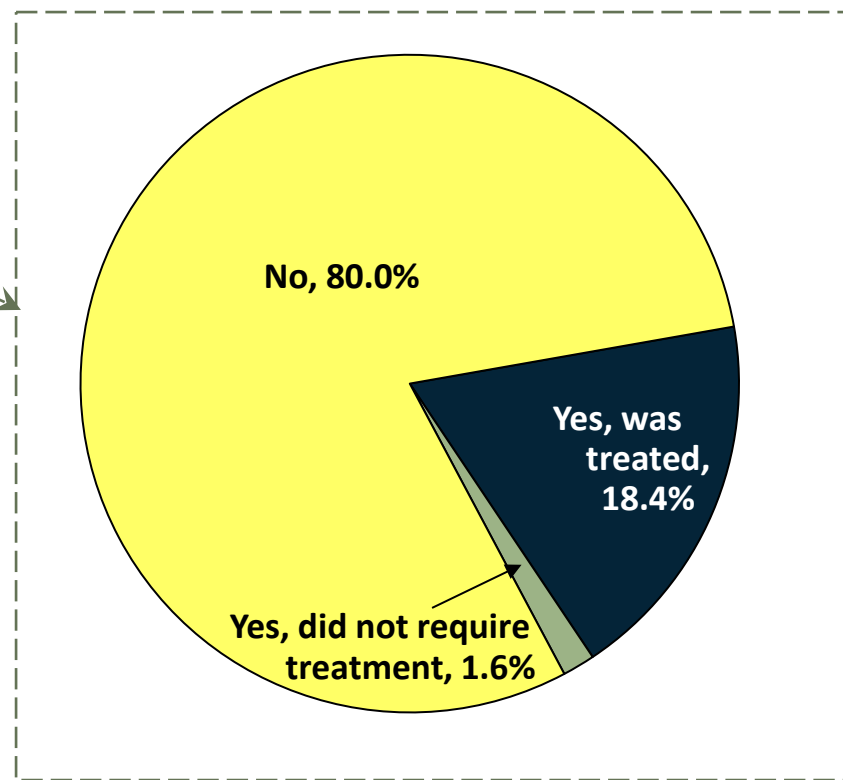
Suicide

- One in twenty (5.0%) area adults has thought about committing suicide in the past year.
 - ❖ Of these, one in five actually attempted suicide in the past year.

Thought of Taking Own Life in Past 12 Months



**Attempted Suicide in Past 12 Months
(Among Those Who Thought About Suicide)**



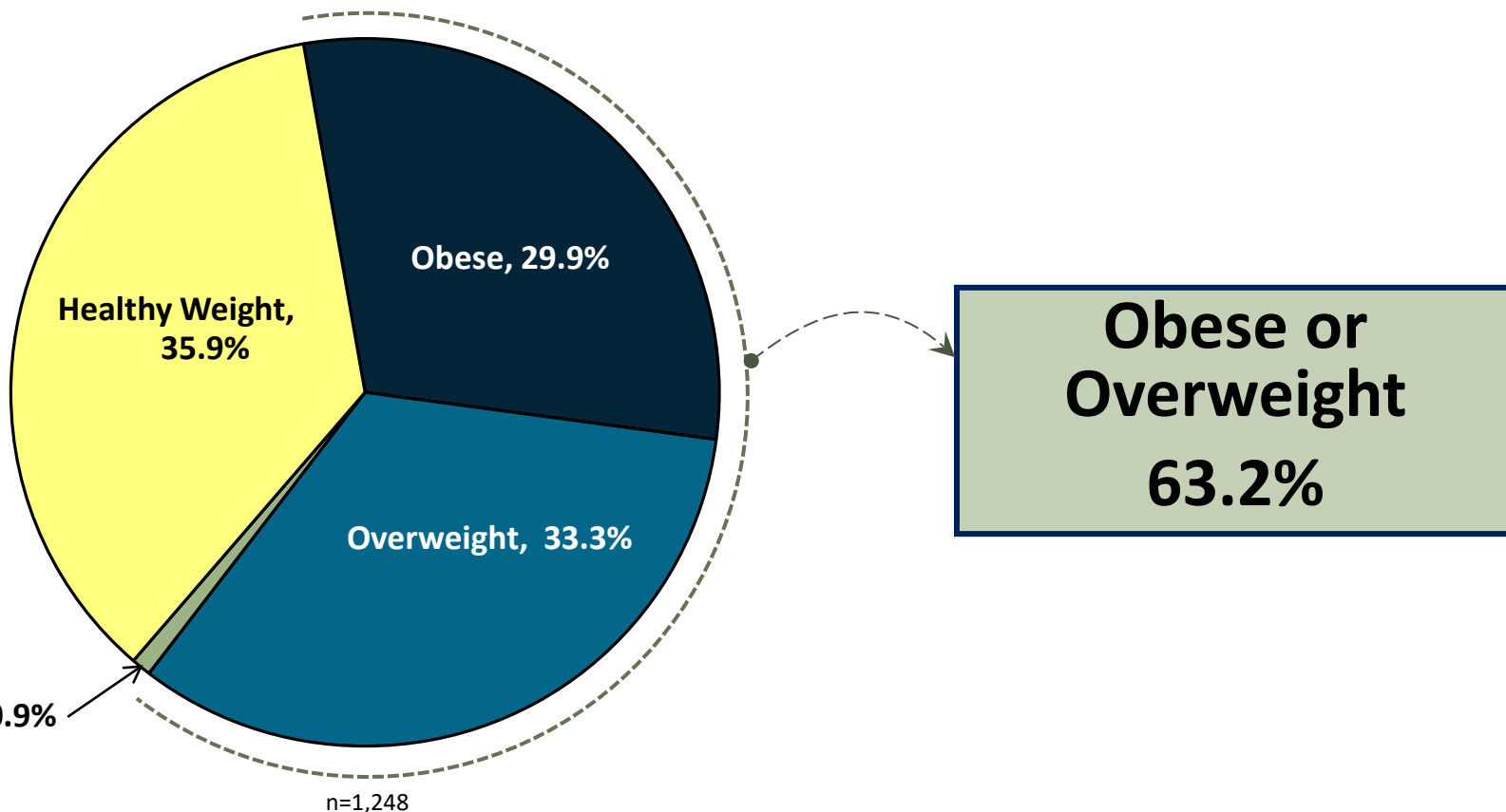
Q20.1: Has there been a time in the past 12 months when you thought of taking your own life? (n=1,265)

Q20.2: During the past 12 months, did you attempt to commit suicide (take your own life)? Would you say... (n=43)



Weight Status

- More than six in ten (63.2%) Ottawa County adults are considered to be either overweight or obese per their BMI. More than one-third (35.9%) are at a healthy weight.



Obese = among all adults, the proportion of respondents whose BMI was greater than or equal to 30.0.
Overweight = among all adults, the proportion of respondents whose BMI was greater than or equal to 25.0, but less than 30.0.
Healthy weight = among all adults, the proportion of respondents whose BMI was greater than or equal to 18.5 but less than 25.0.
Underweight = among all adults, the proportion of respondents whose BMI was less than 18.5



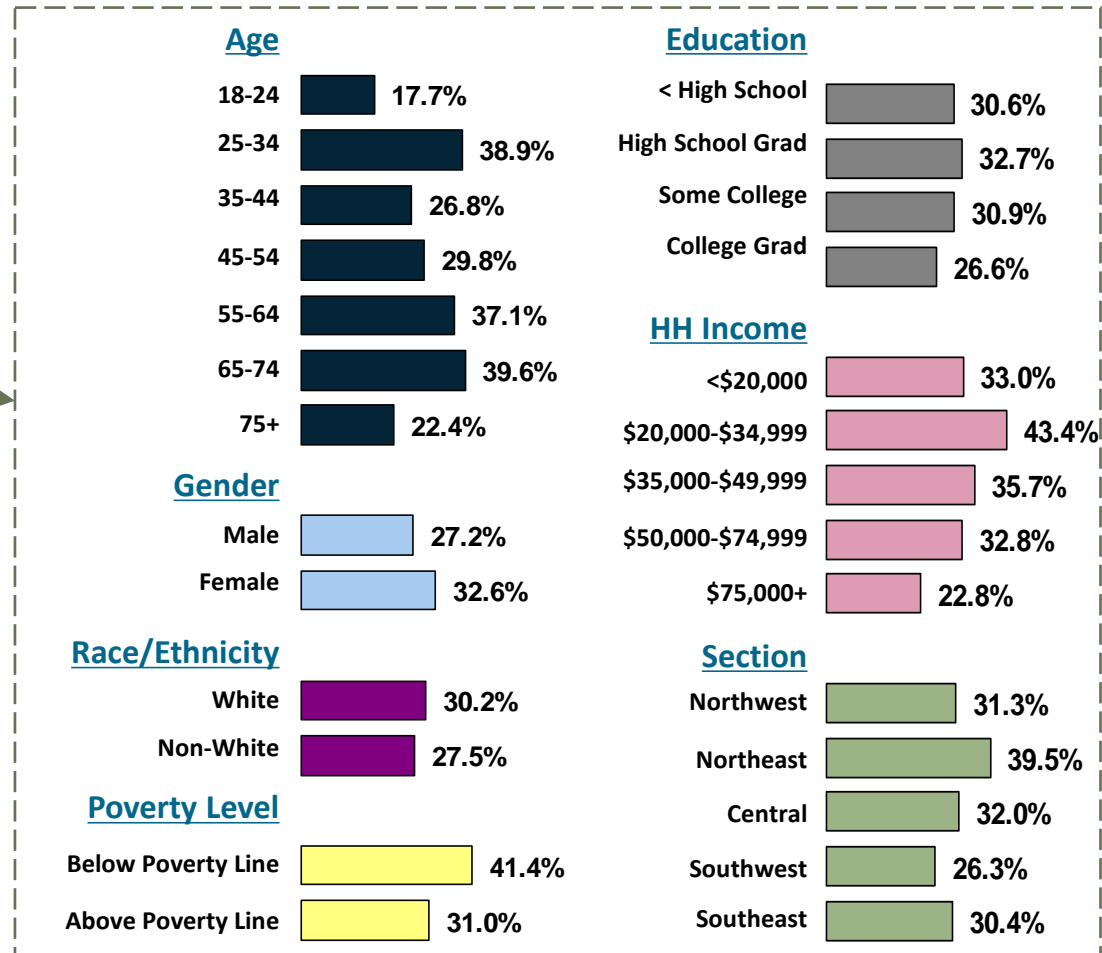
Obesity

- Three in ten (29.9%) area adults are obese per their BMI, and it's fairly universal among demographics.
 - ❖ That said, obesity is slightly more common in women than in men and more common in those below the poverty line than in those above it.
 - ❖ It's less common among those with a college degree and/or with the highest incomes.

Obese* (Total Sample)



Obese by Demographics



*Among all adults, the proportion of respondents whose BMI was greater than or equal to 30.0.



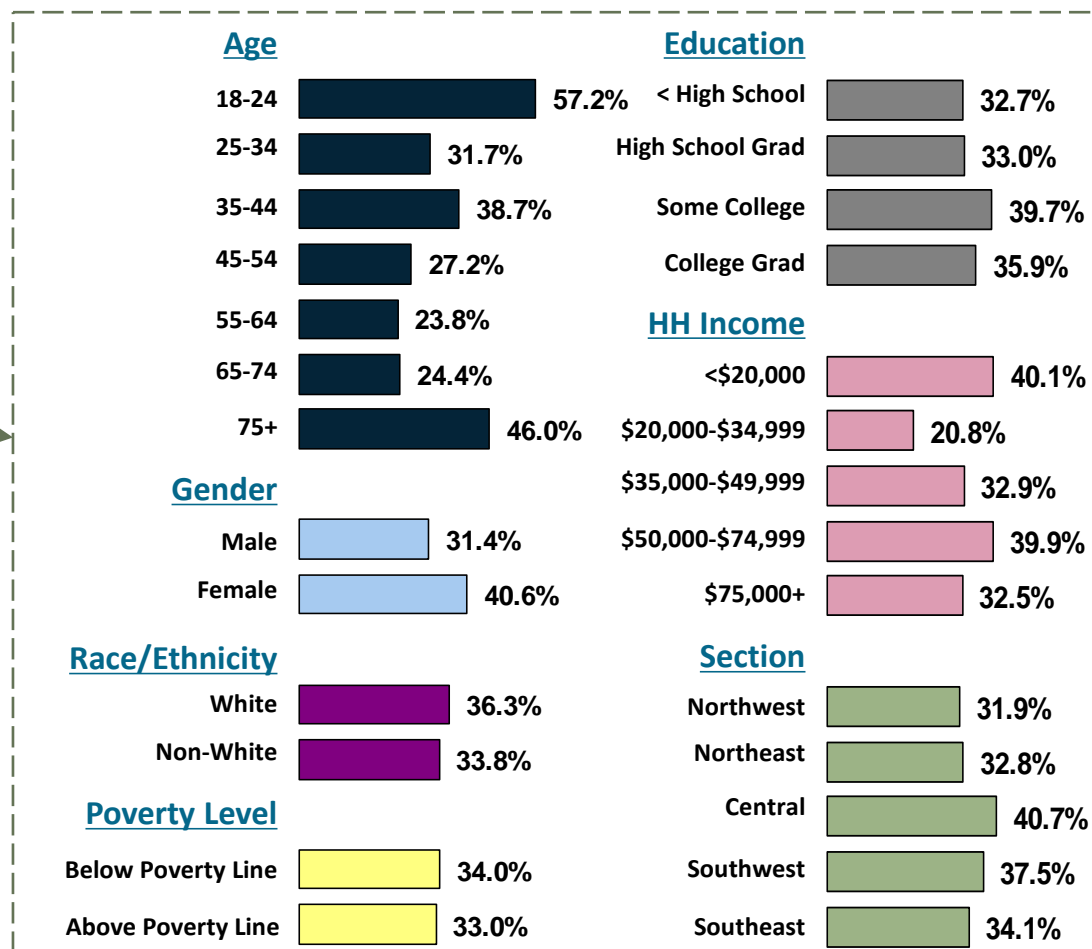
Healthy Weight

- More than one-third (35.9%) of Ottawa County adults are at a healthy weight per their BMI.
 - ❖ More women are at a healthy weight compared to men, and the youngest (18-24) and oldest (75+) adults are more often at a healthy weight compared to adults age 25-74.
 - ❖ More adults in the central section of the county are at a healthy weight compared to adults living elsewhere in the county.

Healthy Weight* (Total Sample)

35.9%

Healthy Weight by Demographics



*Among all adults, the proportion of respondents whose BMI was greater than or equal to 18.5 but less than 25.0.

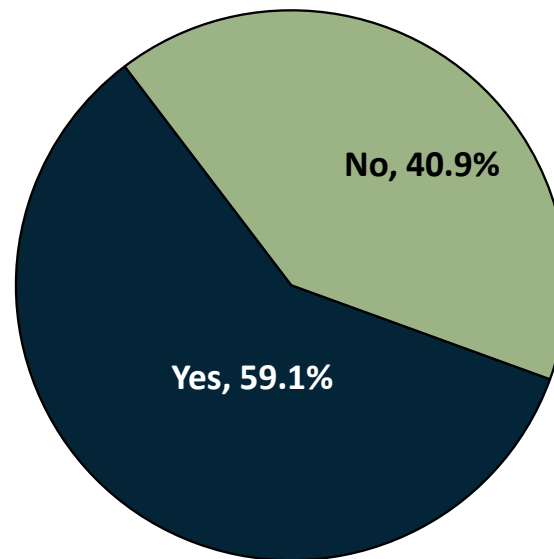
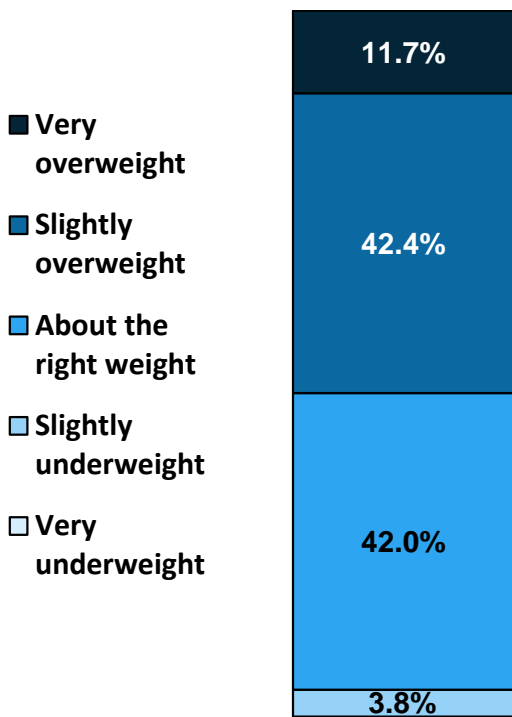


Weight Control

- Four in ten adults (42.0%) see themselves at about the right weight, while an equal proportion of adults think they are slightly overweight and 11.7% report being very overweight.
- Six in ten (59.1%) adults are currently trying to lose or maintain their current weight.

Self-Described Weight Status

Currently Trying to Lose or Maintain Weight



Very Underweight, 0.1%

Q11.2: How would you describe your weight? (n=1,303)

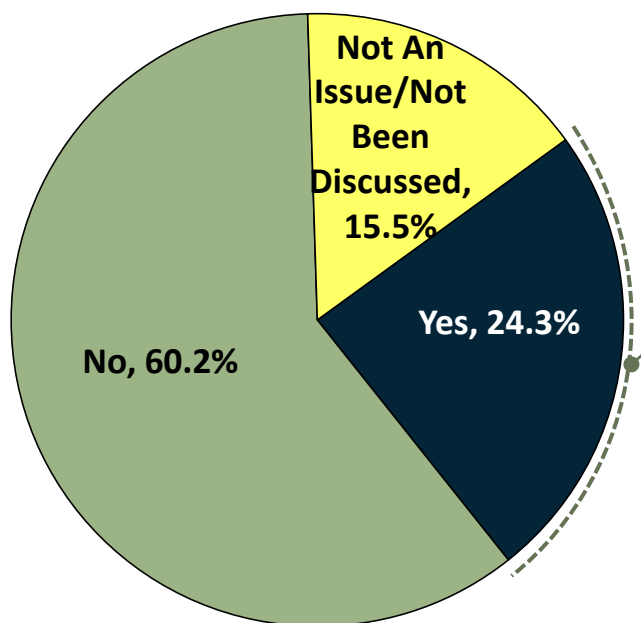
Q11.1: Are you currently trying to lose weight or keep from gaining more weight? (n=1,302)



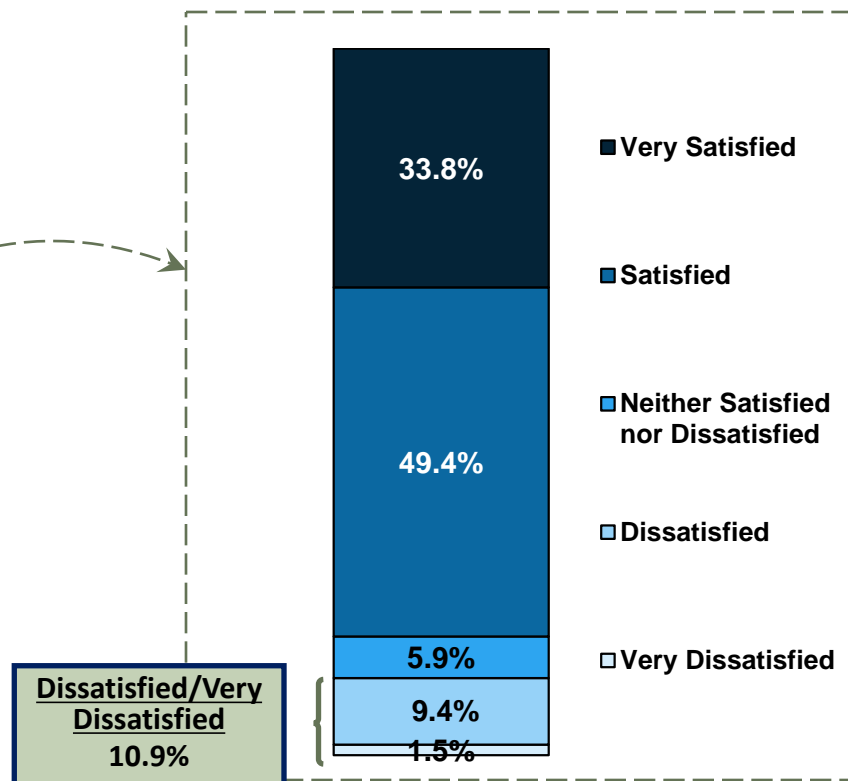
Weight Control (Continued)

- One in four adults has received advice from a healthcare professional regarding their weight.
 - ❖ Of these, the vast majority (83.2%) are satisfied with that advice.

Received Advice Regarding Weight from Health Professional



Satisfaction with Advice Regarding Weight



Q11.3: Has a doctor, nurse, or other health professional given you advice about your weight? (n=1,307)

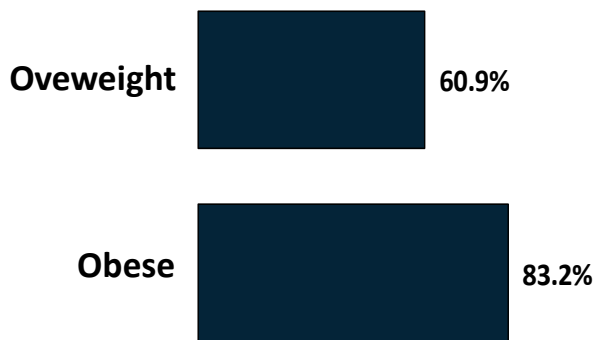
Q11.4: How satisfied were you with that advice? (n=332)



Weight Control (Continued)

- In light of the fact that nearly two-thirds of adults in Ottawa County are either overweight or obese per this BRFSS, it is surprising that many are not receiving advice from health care professionals regarding their weight.
- Further, many of those overweight or obese see themselves in a slightly better image; for example, 54.1% of those considered obese per their BMI see themselves as only slightly overweight, and 39.6% of those who are overweight view themselves as about the right weight.

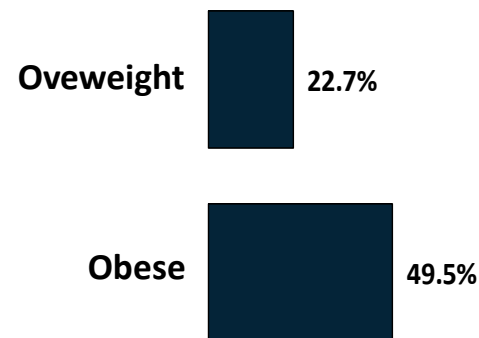
Trying to Lose/Maintain Weight by BMI Category “Overweight” or “Obese”



Self-Described Weight Status by BMI Category “Overweight” or “Obese”

Self-Described Weight	BMI Category	
	Overweight (n=424)	Obese (n=397)
Underweight	0.6%	0.1%
About the right weight	39.6%	10.3%
Slightly Overweight	57.0%	54.1%
Very Overweight	2.9%	35.5%

Received Advice Regarding Weight from Health Professional by BMI Category “Overweight” or “Obese”



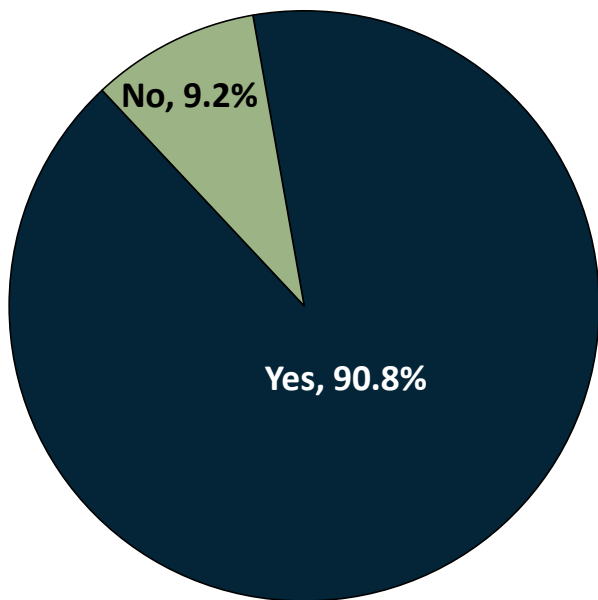
Health Care Access



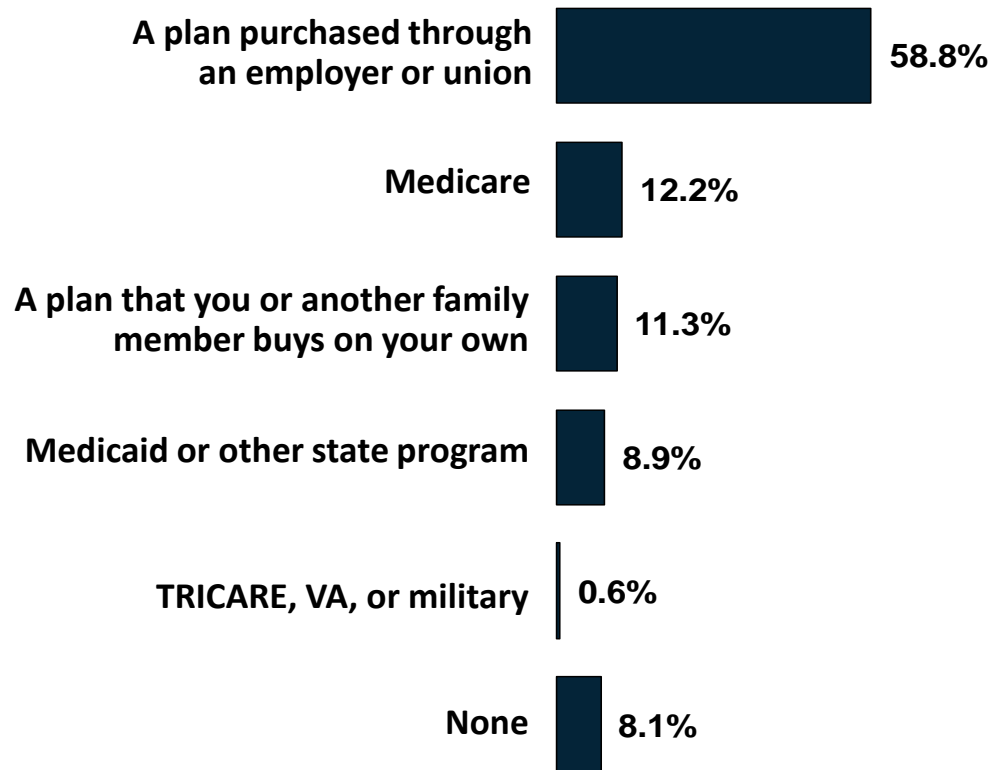
Health Care Coverage

- More than nine in ten (90.8%) adults under age 65 have health care coverage.
- The most widespread primary source of health coverage for all adults, by far, is a plan purchased through an employer or union.
- Slightly more than one in ten (11.3%) purchase health coverage on their own.

Currently Have Health Coverage (Among Adults 18-64)



Primary Source of Health Coverage (Total Sample)



Q3.1: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services? (n=904)

Q3.2: What is the primary source of your health coverage? Is it....? (n=1,304)



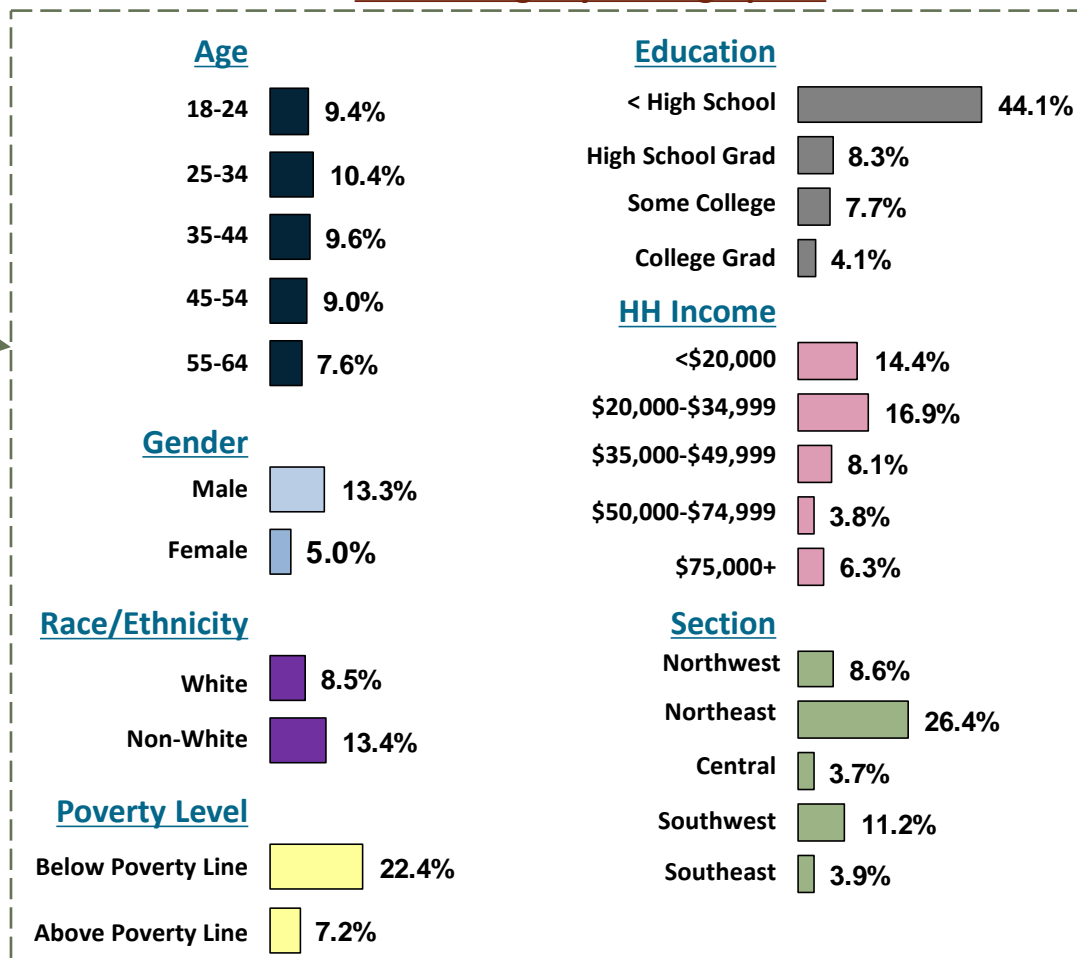
Lack of Health Care Coverage

- Adults most likely to lack health care coverage come from groups that are male, are non-White, have lower incomes (<\$35K), have less than a high school diploma, and live in the northeast section of the county.

No Health Care Coverage* (Among Adults 18-64)

9.2%

No Coverage by Demographics



*Among adults aged 18-64, the proportion who reported having no health care coverage, including health insurance, prepaid plans such as HMOs, or government plans, such as Medicare.

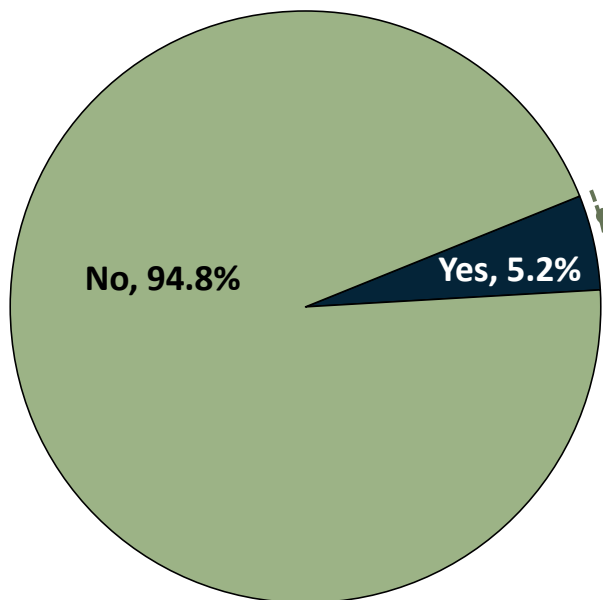


Lack of Health Care Coverage (Continued)

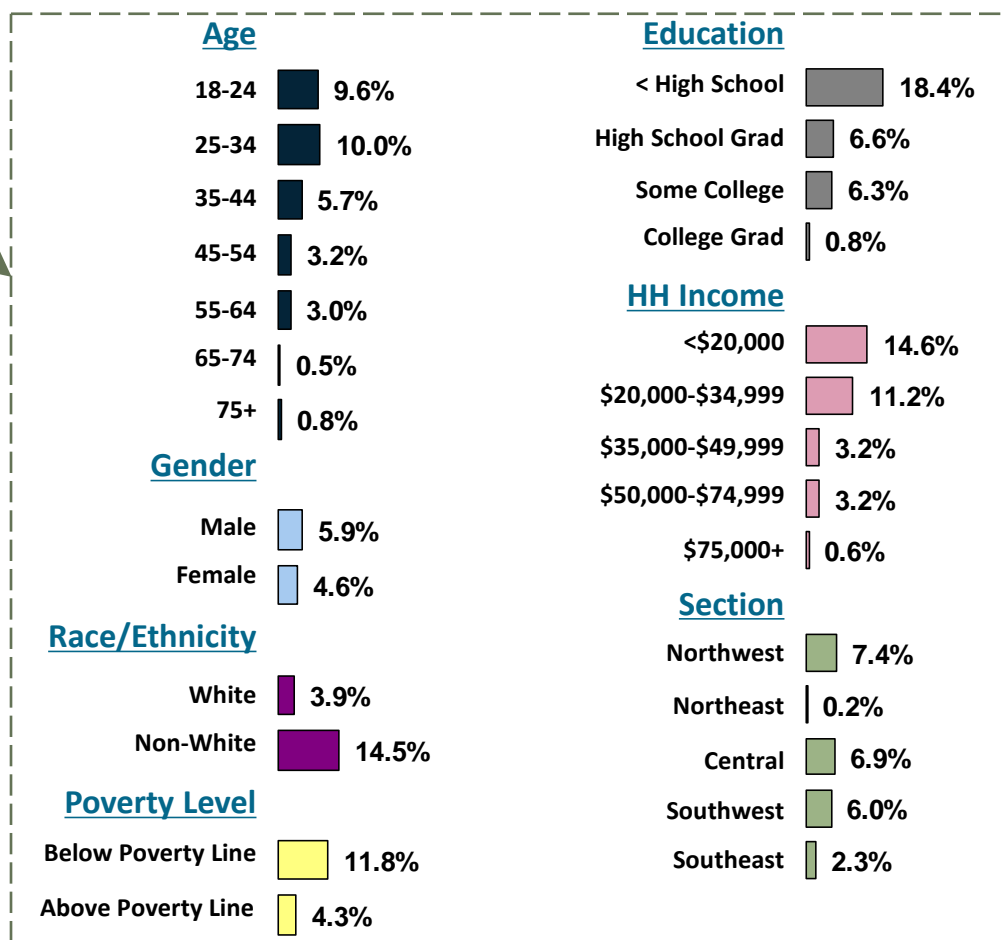
➤ Among those currently insured, one in twenty (5.2%) Ottawa County adults have gone without health care coverage in the past year.

❖ Those most impacted tend to be younger (<35), non-White, lacking a high school diploma, and/or in low income households.

Any Time Without Health Insurance in Past 12 Months (Among Those Currently Insured)



Any Time Without Health Insurance in Past 12 Months by Demographics

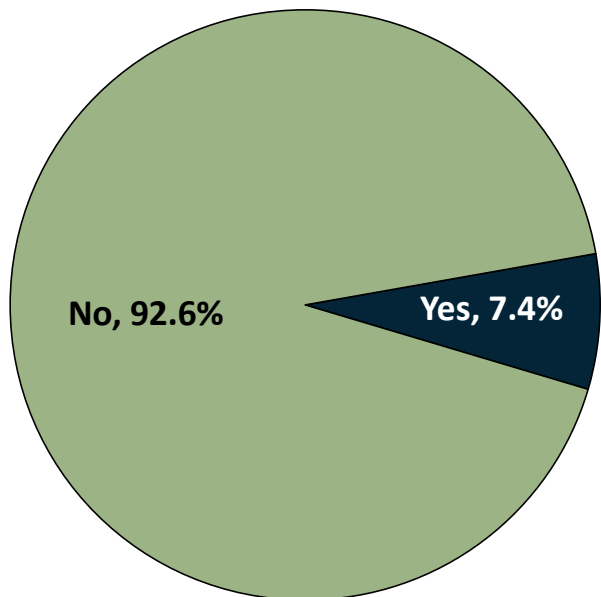




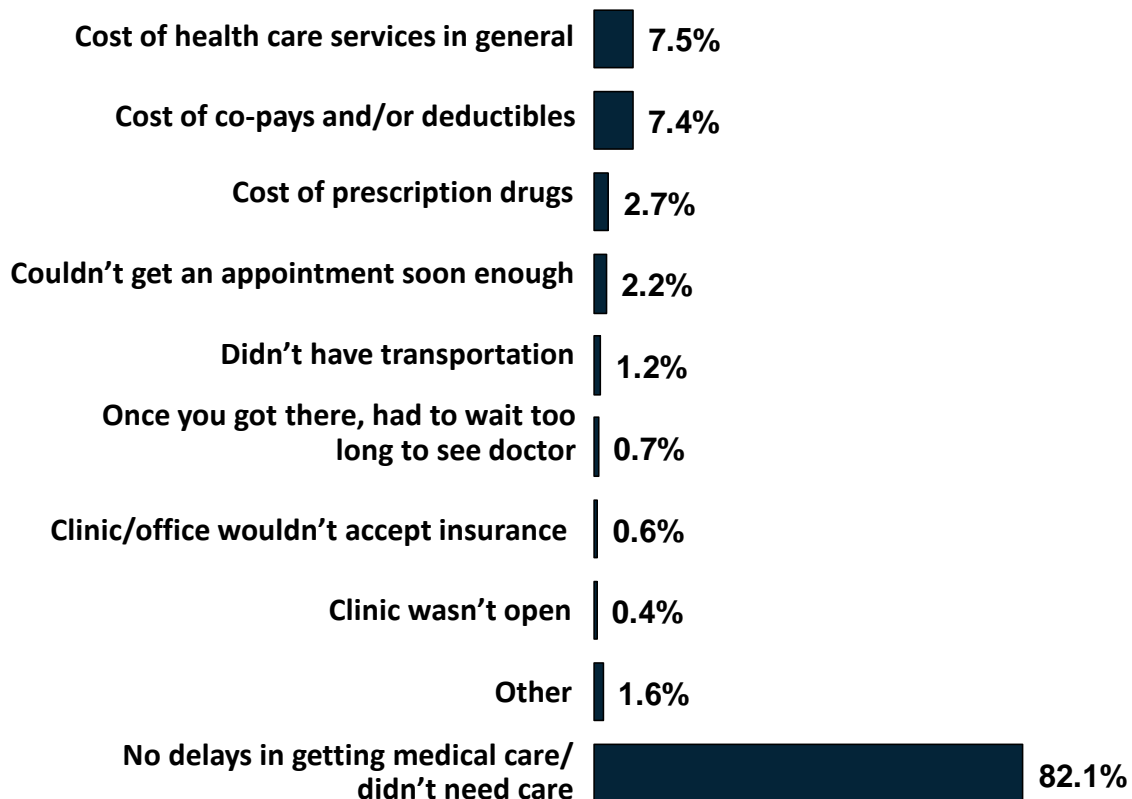
Problems Receiving Health Care

- Among all Ottawa County adults, 7.4% have foregone health care in the past year due to cost.
 - ❖ Equal proportions have delayed medical care over the past year because of general health care costs and because of out-of-pocket expenses such as co-pays and deductibles.

Could Not Receive Needed Medical Care in Past 12 Months Due to Cost



Reasons for Delays in Getting Needed Medical Care



Q3.5: Was there a time in the past 12 months that you needed to see a doctor but could not because of cost? (n=1,318)

Q3.6: There are many reasons why people delay getting needed medical care. Have you delayed getting needed medical care for any of the following reasons in the past 12 months? (n=1,309)



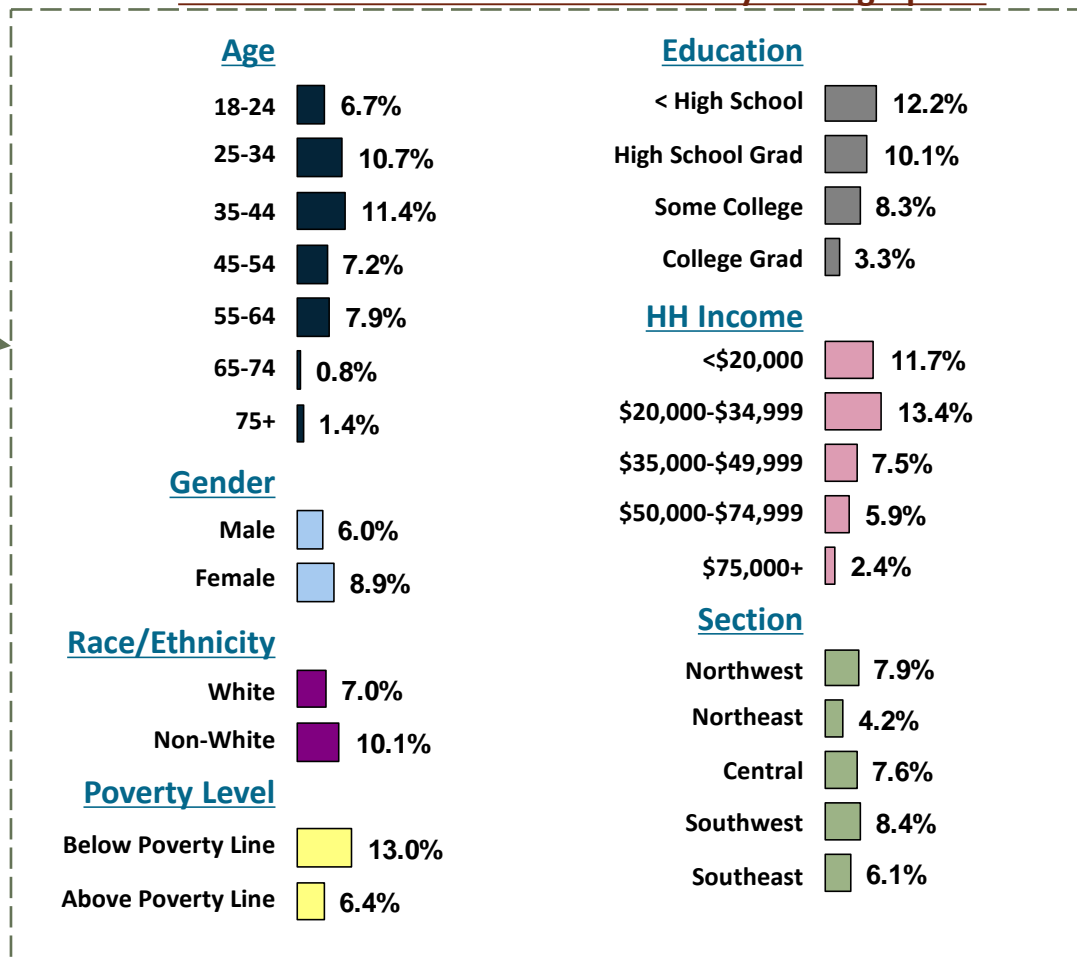
Problems Receiving Health Care (Continued)

- The barrier of health care costs prevents certain subpopulations from seeking needed medical care more than others. For example, costs are more likely to be a barrier for: younger adults (25-44), non-Whites, those with less than a college education, and those with low incomes or below the poverty line.

No Health Care Access During Past 12 Months Due to Cost* (Total Sample)

7.4%

No Health Care Access Due to Cost by Demographics



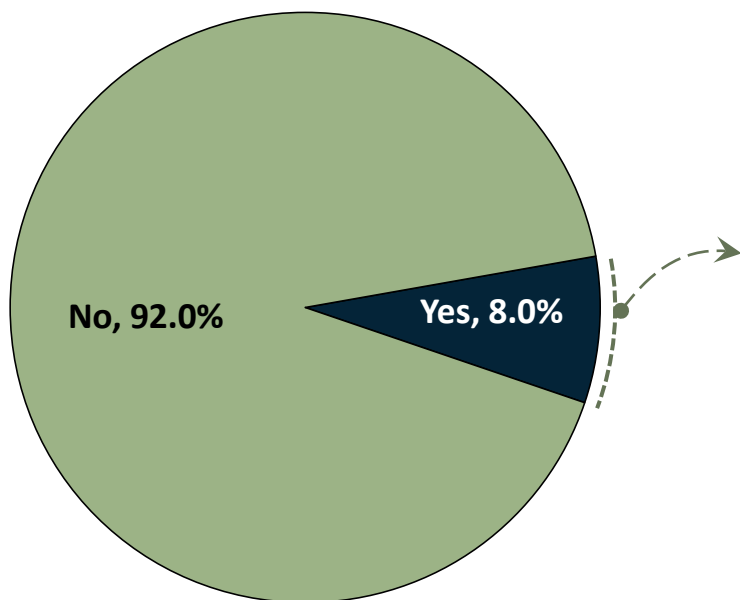
*Among all adults, the proportion who reported that in the past 12 months, they could not see a doctor when they needed to due to the cost.



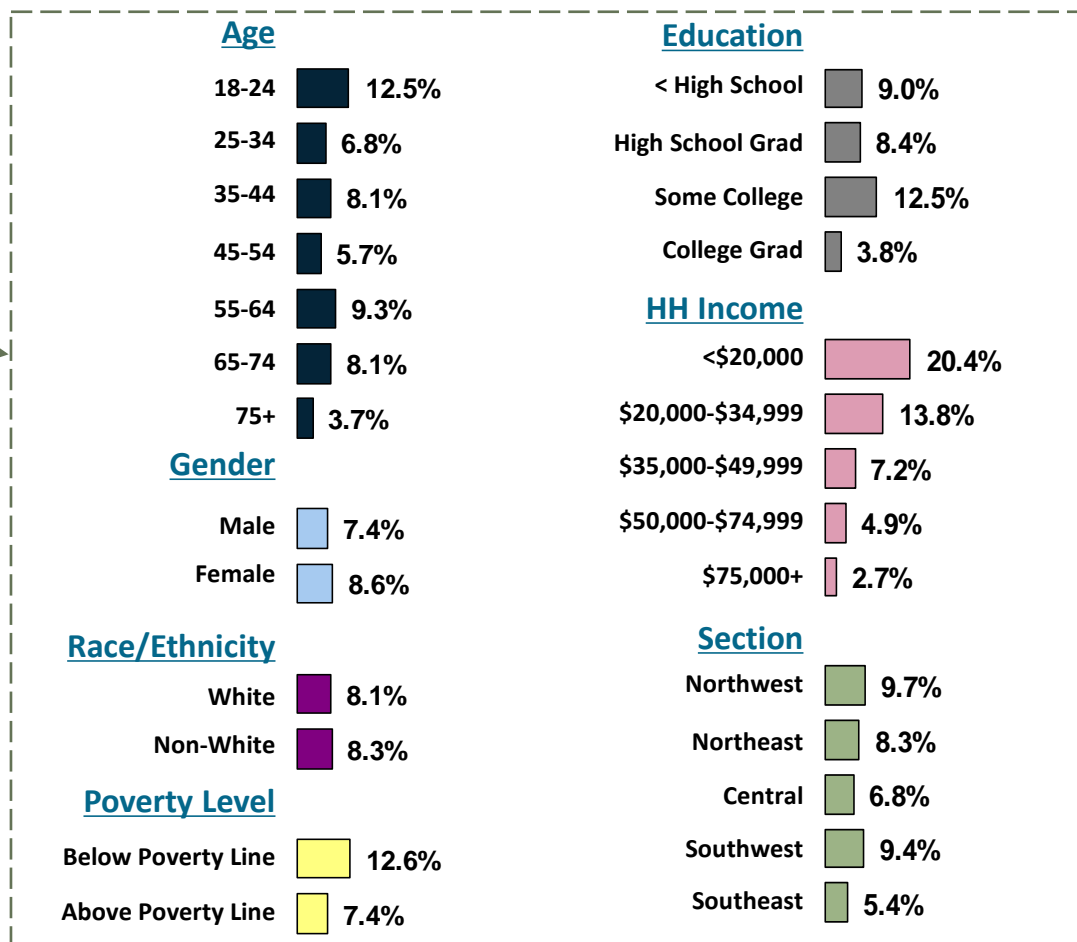
Problems Affording Medication

- Among all Ottawa County adults who take medication, 8.0% did not take their medication as prescribed due to costs.
 - ❖ Prescription costs tend to impact the youngest adults (18-24) and those with the lowest incomes.

In Past 12 Months, Did Not Take Medication Due to Cost (Among Those Who Took Medication)



Did Not Take Medication Due to Cost by Demographics



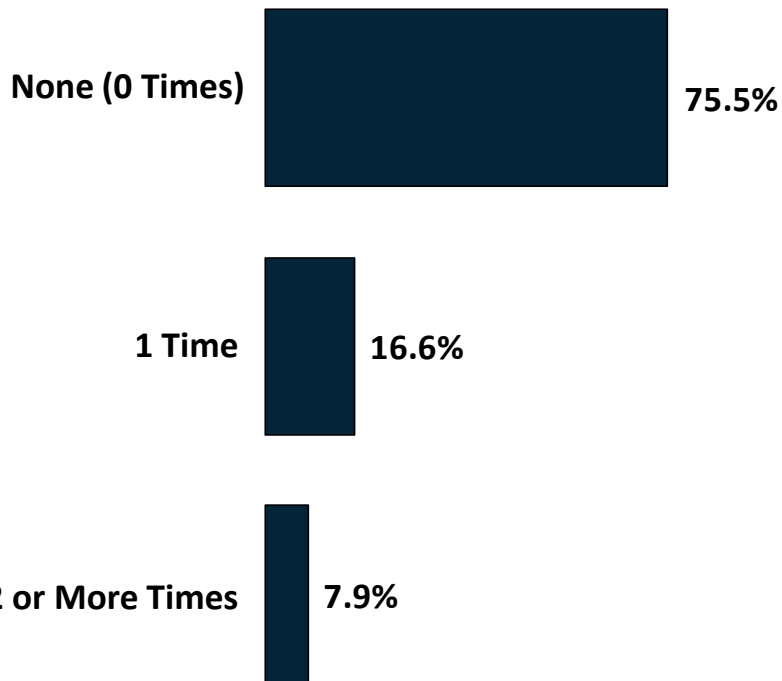
Q3.10: Was there a time in the past 12 months when you did not take your medication as prescribed, such as skipping doses or splitting pills, in order to save on costs? Do not include over the counter (OTC) medication. (n=1,186)



Use of Urgent Care and ER/ED

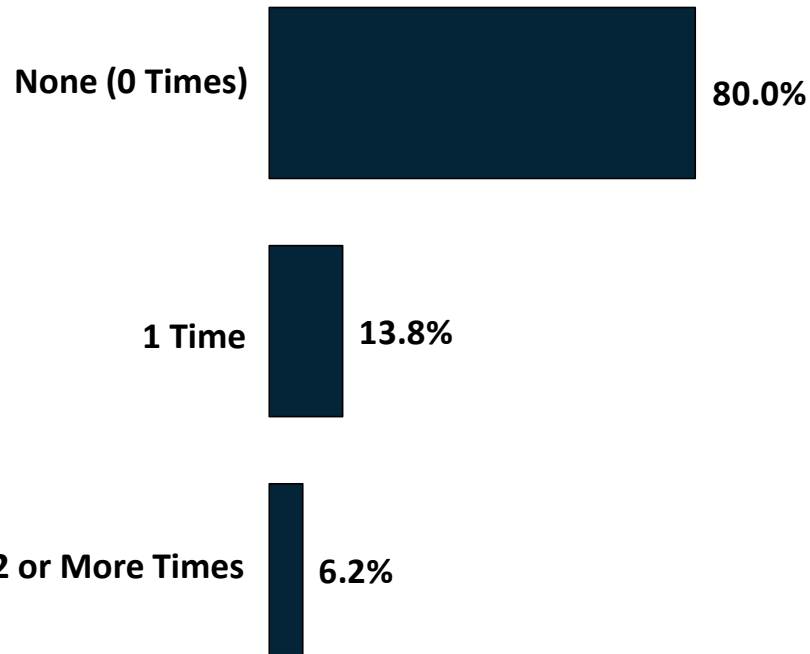
- Among Ottawa County adults, 24.5% and 20.0% have visited an Urgent Care Center and the Emergency Room, respectively, in the past 12 months
 - ❖ Both of these proportions are up slightly from 2014.

Number of Times Visited Urgent Care Center in Past 12 Months



Mean Days (Including Zero) = 0.4
Mean Days (Without Zero) = 1.6

Number of Times Visited ED/ER in Past 12 Months



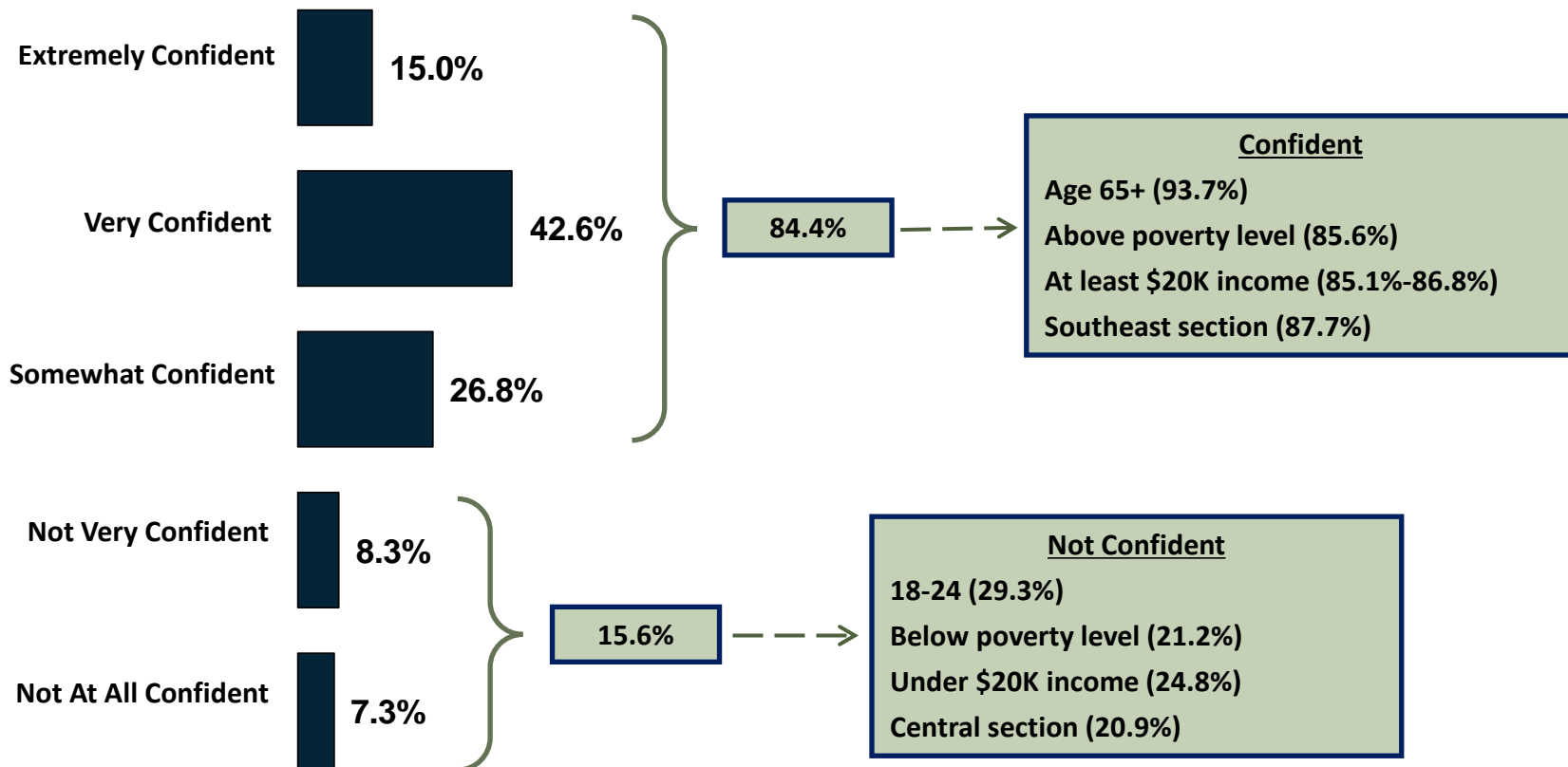
Mean Days (Including Zero) = 0.4
Mean Days (Without Zero) = 1.8

Q3.8: How many time have you been to an Urgent Care Center in the past 12 months? (n=1,315)
Q3.9: How many time have you been to an Emergency Department/Room in the past 12 months? (n=1,317)



Confidence In Navigating The Healthcare System

- A large majority (84.4%) of adults are at least somewhat confident they can successfully navigate the health care system; however, 15.6% are not very or not at all confident.
 - ❖ The most confident groups are those that are at least 65 years old, have incomes of \$20K or more, and/or live in the southeast section of the county. Conversely, those least confident are young adults under age 25, those with incomes under \$20K, and those living in the central section of the county.

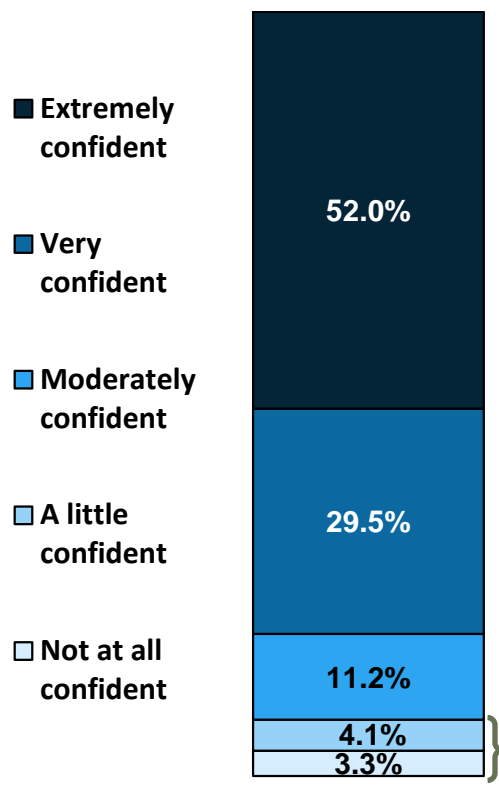




Health Literacy

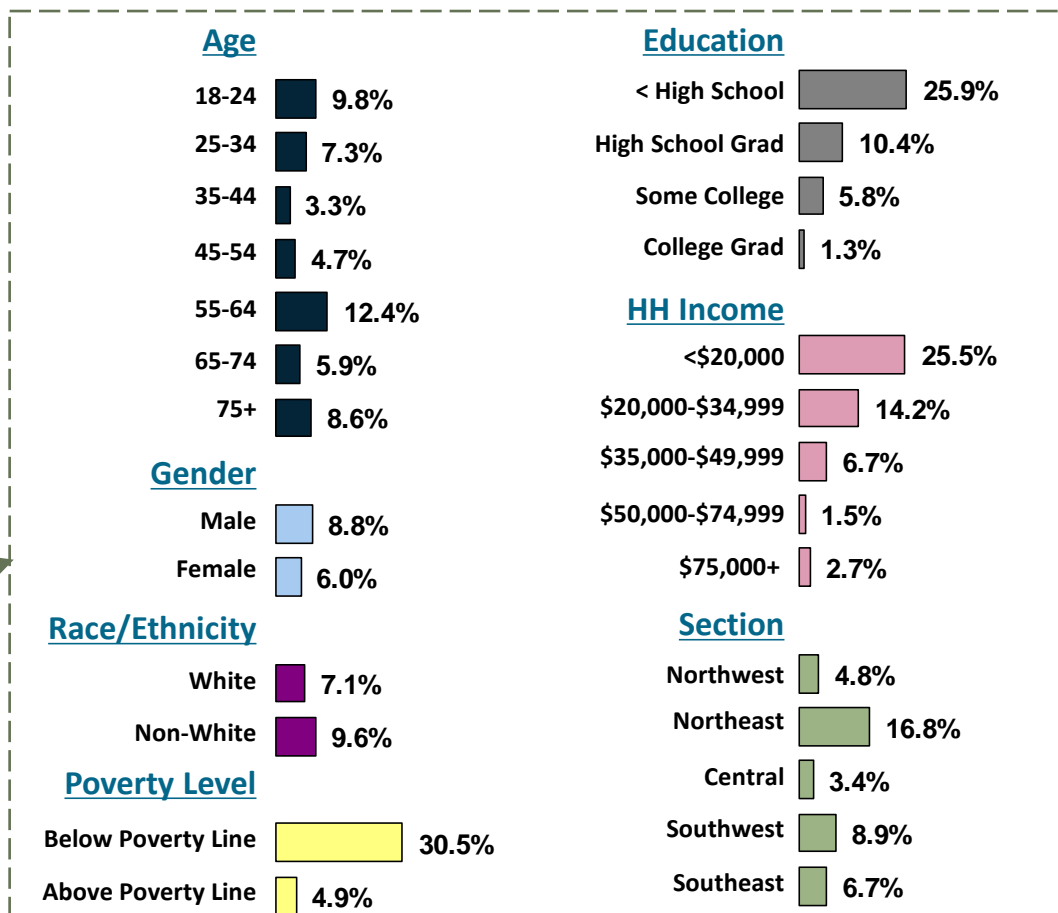
- Eight in ten (81.5%) Ottawa County adults are highly confident in completing medical forms.
 - ❖ Those who are least confident have lower incomes (under \$35K), lack a high school diploma, and/ live in the northeast section of the county.

Level of Confidence in Filling out Medical Forms



**Not at all/
a little**
7.4%

Low Confidence in Filling out Medical Forms by Demographics

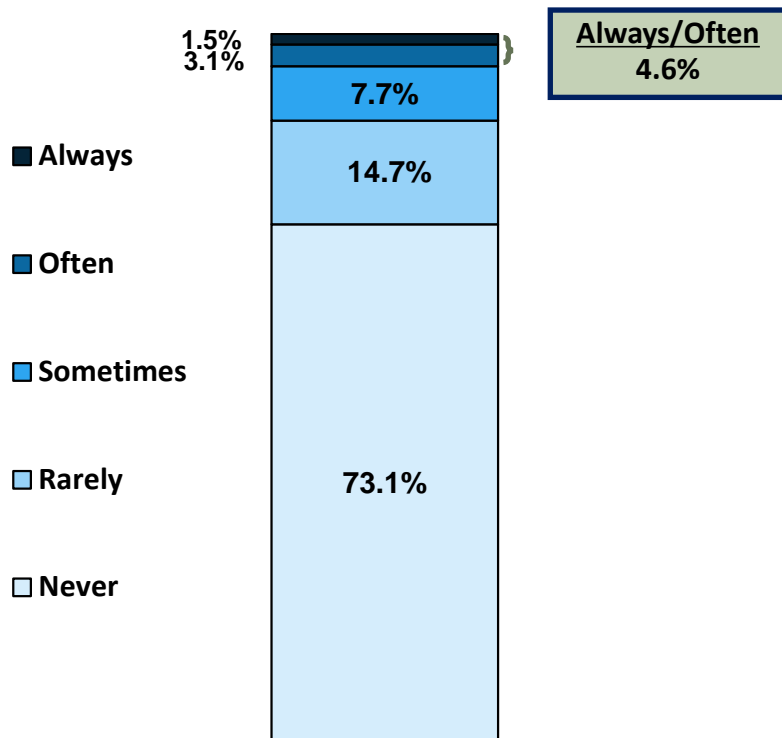




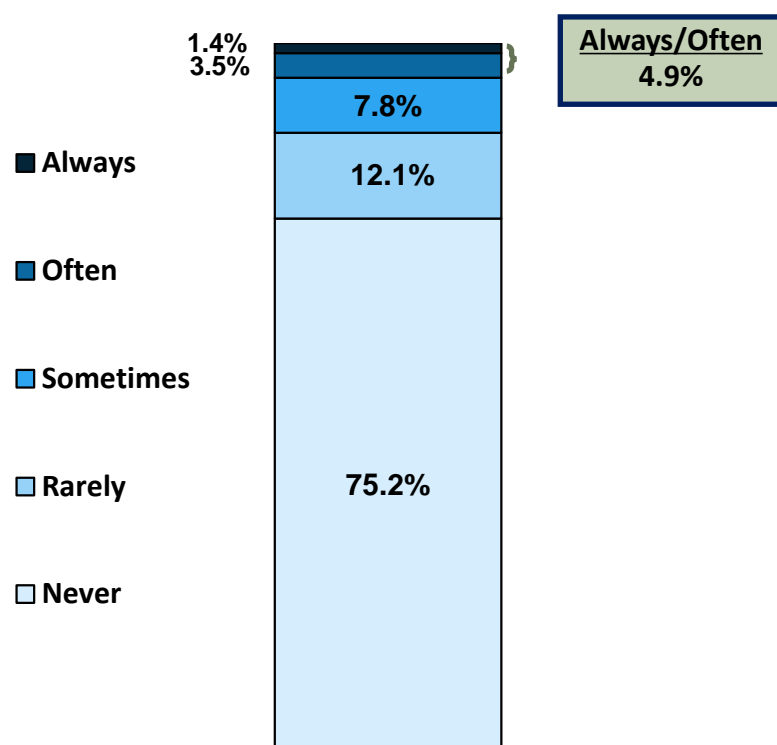
Health Literacy (Continued)

- The vast majority of Ottawa County adults rarely or never have problems either (1) learning about their health condition because of difficulty understanding written information, or (2) understanding written or verbal information provided by their health care provider.
 - ❖ Still, more than one in ten area adults do have these issues at least some of the time.

Frequency of Problems Learning About Health Condition



Frequency of Difficulty Understanding Written/Verbal Information from Provider



Q7.2: How often do you have problems learning about your health condition because of difficulty in understanding written information? Would you say... (n=1,312)
 Q7.3: How often do you have difficulty understanding written or verbal information your health care provider (doctor, nurse, nurse practitioner) gives you? (n=1,313)

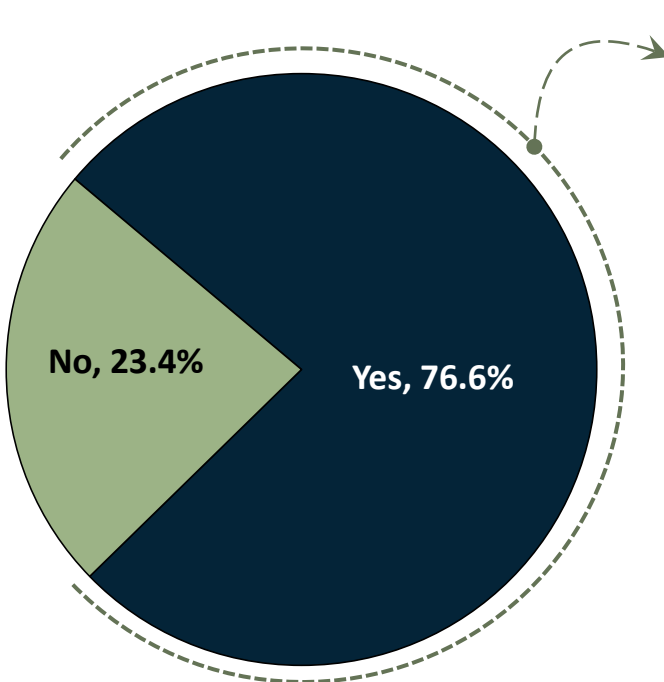
Risk Behavior Indicators



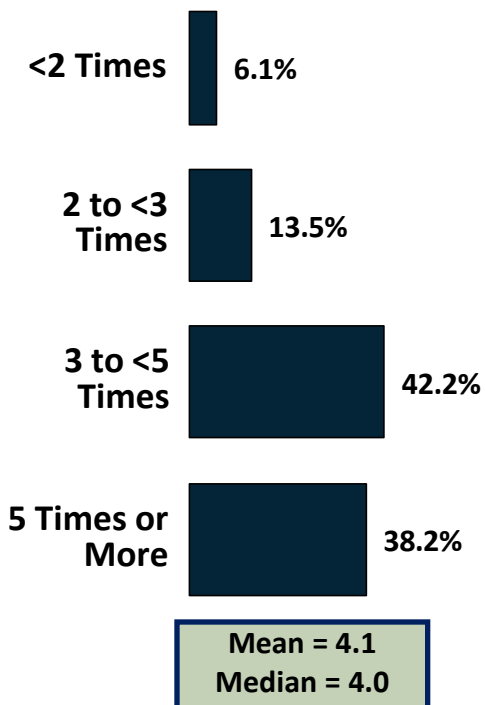
Physical Activity

- More than three-fourths (76.6%) of adults participate in leisure time physical activity outside of their job.
 - ❖ Of those who do, eight in ten (80.4%) participate at least three times per week. Almost six in ten (57.6%) participate for less than four hours per week, while 23.4% participate for six hours or more .

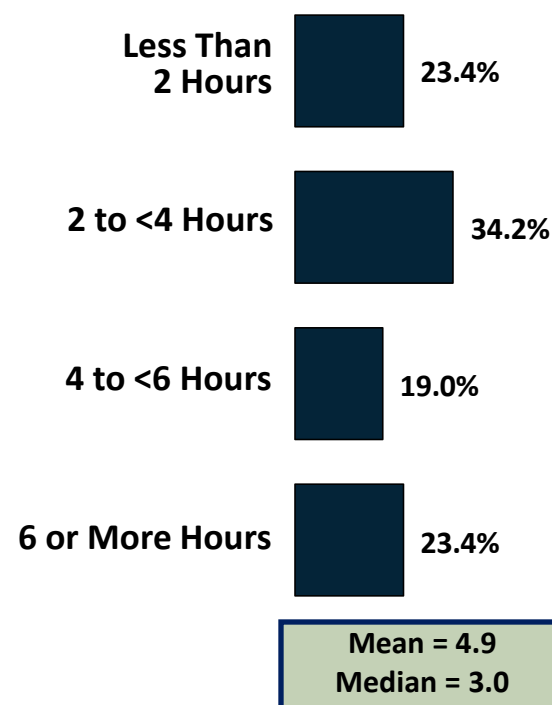
Participation in Leisure Time Physical Activity/Exercise



Number of Times Performed Physical Activity Per Week (Among Those Who Participate)



Number of Hours Performed Physical Activity Per Week (Among Those Who Participate)



Q14.1: During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise? (n=1,312)

Q14.2: (If yes) How many times per week or per month did you take part in physical activity during the past month? (n=955)

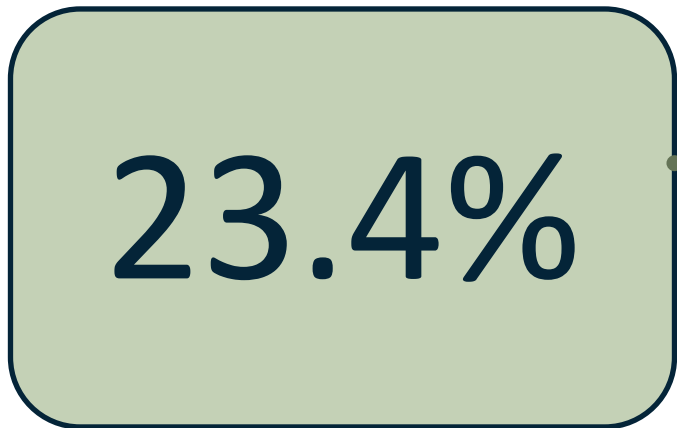
Q14.3: And when you took part in physical activity, for how many minutes or hours did you usually keep at it? (n=944)



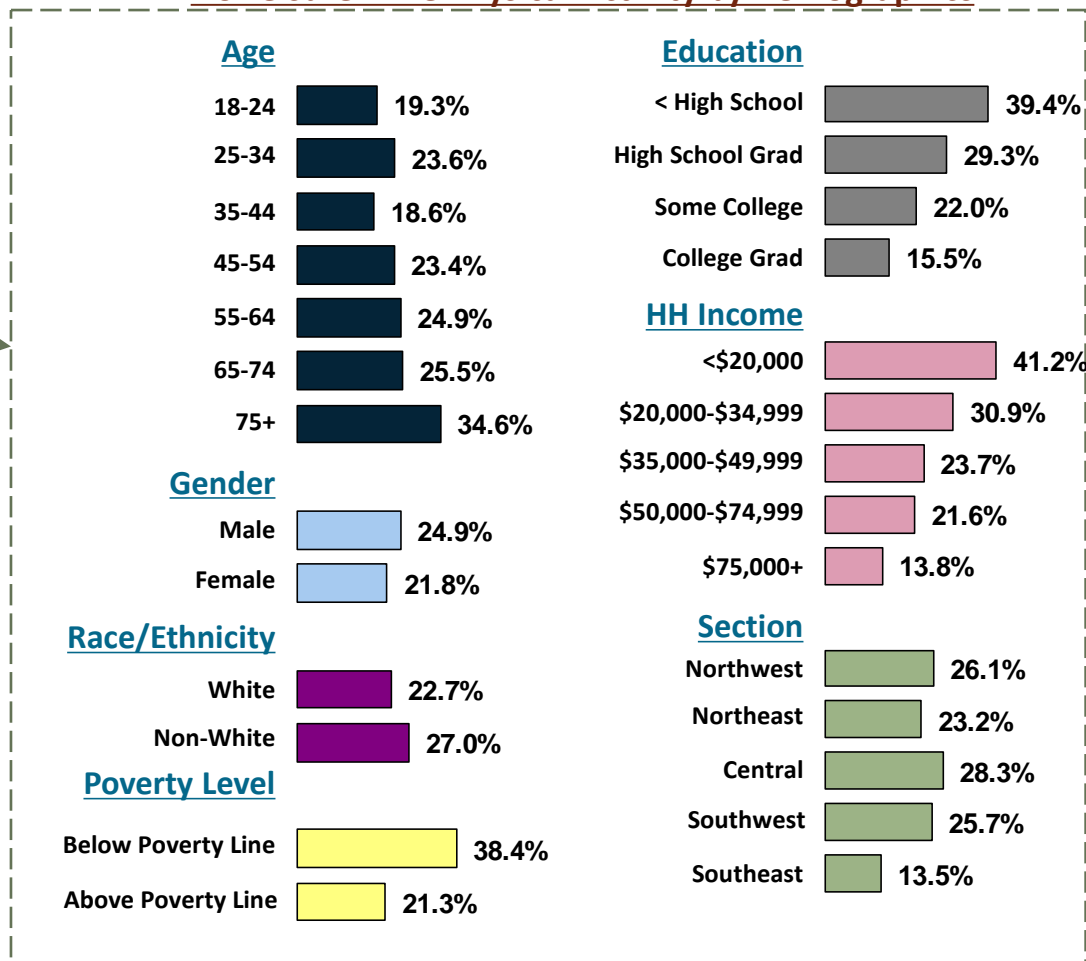
Physical Activity (Continued)

- Physical activity is directly related to income and education; those with higher incomes and/or higher levels of education tend to be more active than those with less.
 - ❖ Adults in the southeast section of Ottawa County are more active than those in other sections.

No Leisure Time Physical Activity* (Total Sample)



No Leisure Time Physical Activity by Demographics



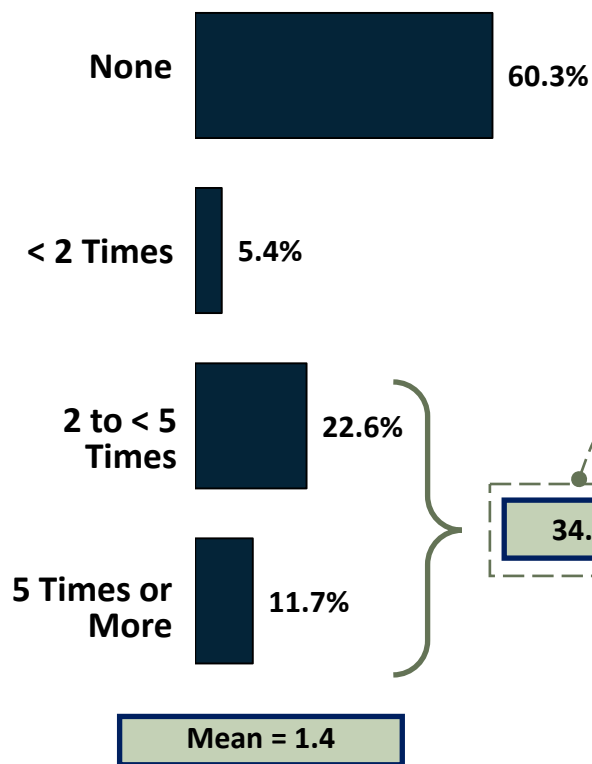
*Among all adults, the proportion who reported not participating in any leisure-time physical activities or exercises, such as running, calisthenics, golf, gardening, or walking, during the past month.



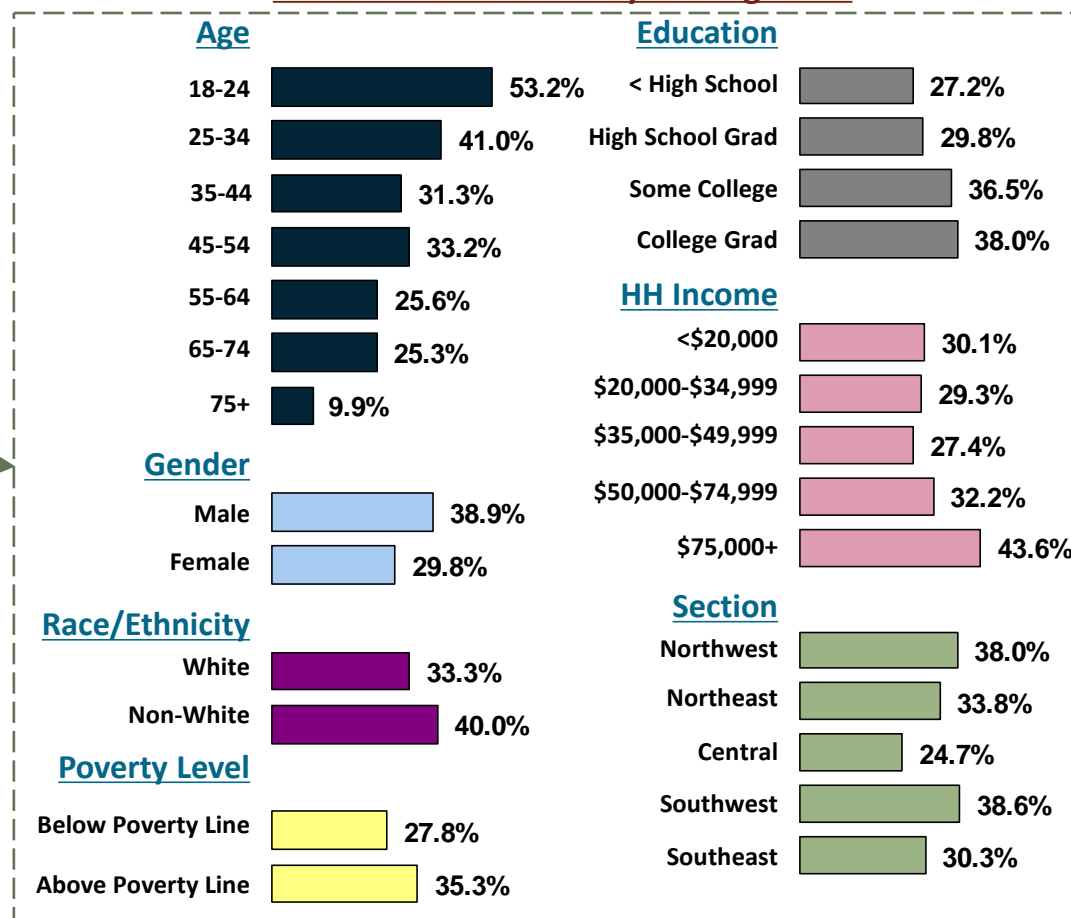
Muscle Strengthening Activities

- Among Ottawa County adults, six in ten (60.3%) engage in no muscle strengthening activities, while 34.3% perform muscle-strengthening activities at least twice a week.
 - ❖ The latter group is more likely to be younger (under 35), male, college educated, and/or from high income households (\$75K+).

Number of Times Performed Physical Activities to Strengthen Muscles Per Week in Past Month



Performed Muscle Strengthening Activities At Least 2x Per Week by Demographics



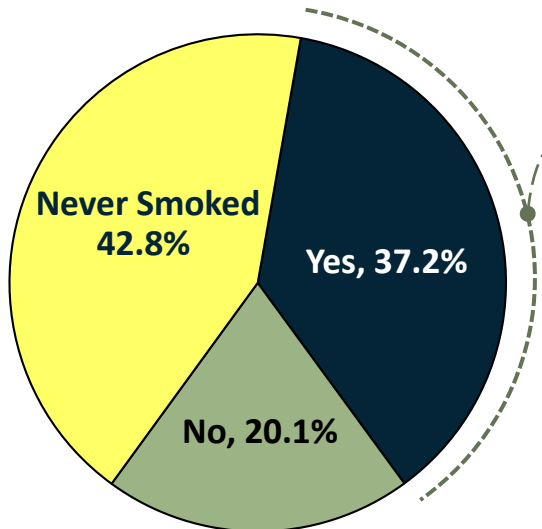
Q14.4: During the past month, how many times per week, or per month, did you do physical activities or exercises to STRENGTHEN your muscles? DO NOT count aerobic activities like walking, running, or bicycling. Count activities using your own body weight like yoga, sit-ups or push-ups and those using weight machines, free weights, or elastic bands. (n=1,299)



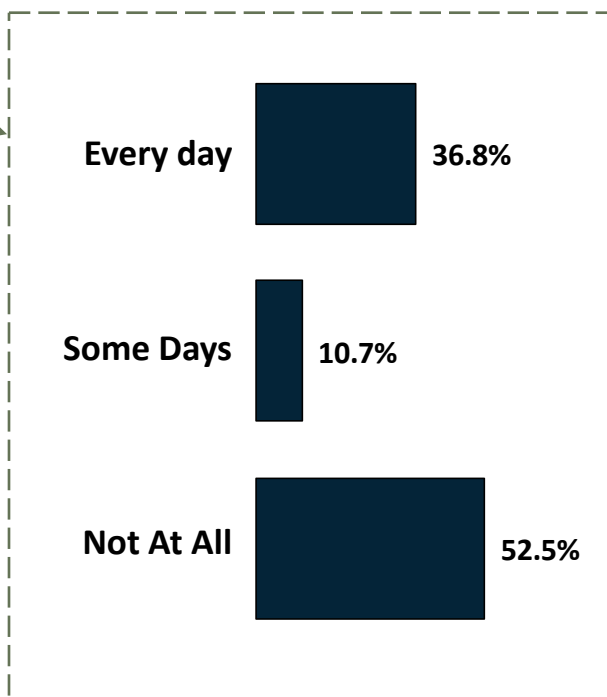
Cigarette Smoking

- More than one-third (37.2%) of Ottawa County adults have smoked at least 100 cigarettes in their lifetime. Of these, 36.8% currently smoke every day and 10.7% smoke some days.
 - ❖ Using 100 cigarettes as the minimum to be classified as a current or former smoker, 17.6% of Ottawa County adults are considered to be current smokers, 19.5% are former smokers, and 62.9% of adults never smoked.

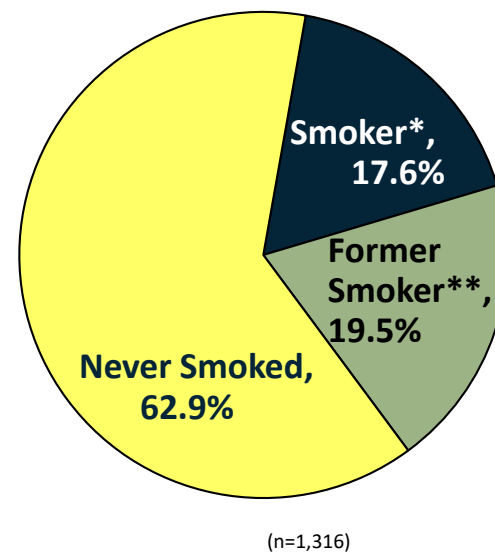
Smoked 100 Cigarettes in Lifetime



**Frequency of Current Use
(Among Those Who Smoked at Least 100 Cigarettes in Their Lifetime)**



Smoking Status



Q8.1: Have you smoked at least 100 cigarettes in your entire life? (n=1,317)
 Q8.2: Do you now smoke cigarettes everyday, some days, or not at all? (n=503)

*Among all adults, the proportion who reported that they had ever smoked at least 100 cigarettes (5 packs) in their life and that they smoke cigarettes now, either every day or on some days.

**Among all adults, the proportion who reported that they had ever smoked at least 100 cigarettes (5 packs) in their life but they do not smoke now.



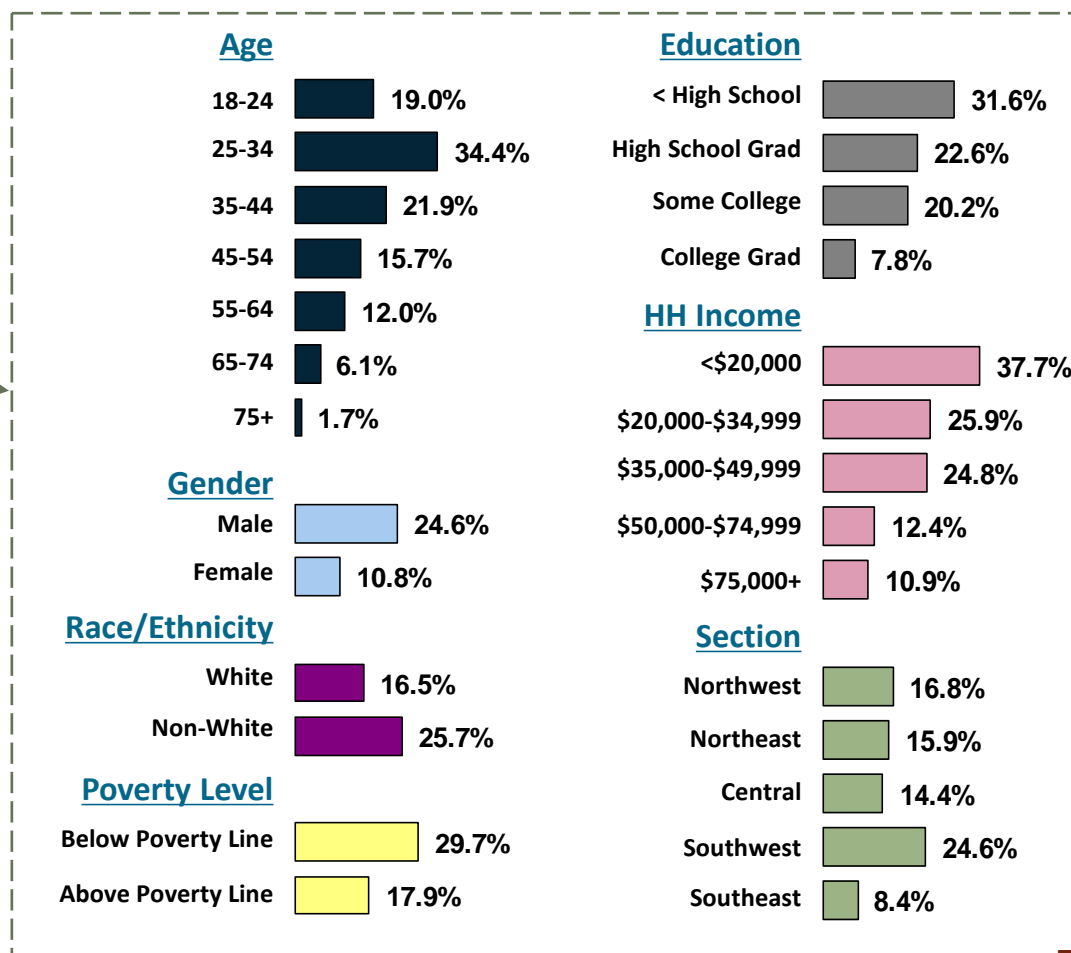
Cigarette Smoking (Continued)

- Cigarette smoking is inversely related to age, education, and income; younger adults (25-34), those with less education, and those with lower incomes are more likely to smoke than others.
 - ❖ Men and non-Whites are more likely to smoke than women and Whites, respectively.

Current Cigarette Smoking* (Total Sample)

17.6%

Current Cigarette Smoking by Demographics



*Among all adults, the proportion who reported that they had ever smoked at least 100 cigarettes (5 packs) in their life and that they smoke cigarettes now, either every day or on some days.



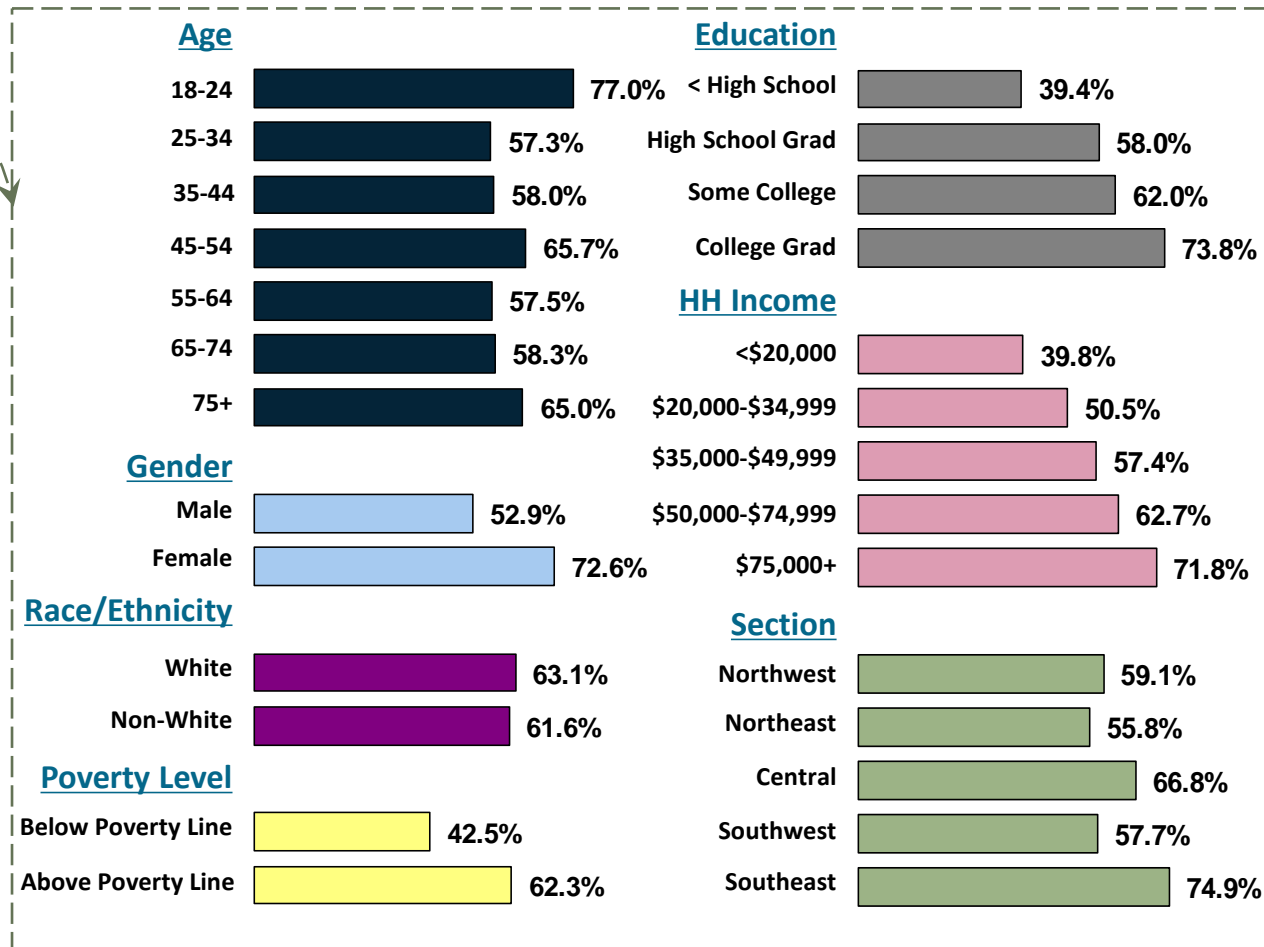
Cigarette Smoking (Continued)

- On the other hand, adults least likely to have ever smoked are women, are young (18-24), are college graduates, have high incomes, and/or live in the southeast section of the county.

Never Smoked Cigarettes* (Total Sample)

62.9%

Never Smoked Cigarettes by Demographics



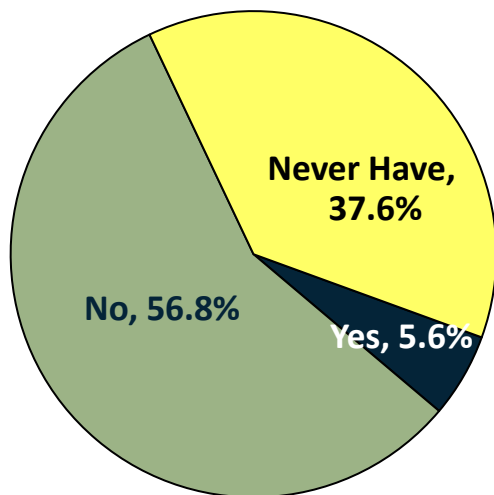
*Among all adults, the proportion who reported that they had had never smoked at all, or had never smoked at least 100 cigarettes (5 packs) in their life.



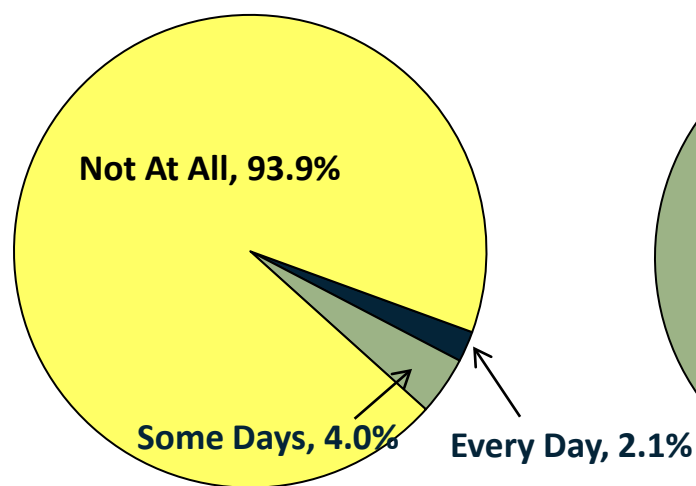
Other Tobacco Usage

- Small proportions of area adults currently use tobacco products other than cigarettes (5.6%), currently use e-cigarettes (6.1%), and/or have used vaping devices for products other than tobacco or nicotine (7.2%).

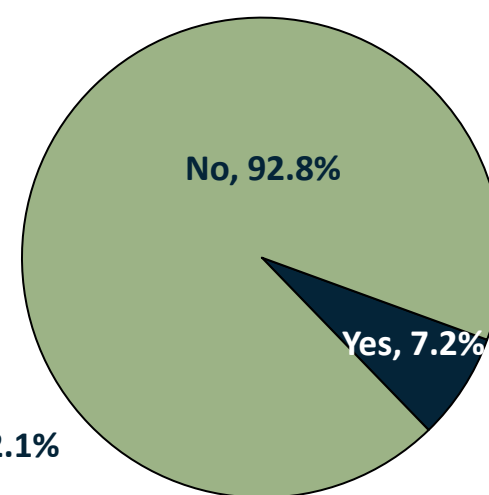
Use Tobacco Products Other Than Cigarettes



Current Use of e-Cigarettes or Other Electronic Vaping Products



Ever Used e-Cigarettes or Other Electronic Vaping Devices for Product Other Than Tobacco/Nicotine



Q8.3: Do you currently use any tobacco products other than cigarettes, such as chew, snuff, cigars, pipes, bidis, kreteks, or any other tobacco product? (n=1,317)

Q8.7: Do you now use e-cigarettes or other electronic "vaping" products every day, some days, or not at all? (n=1,1315)

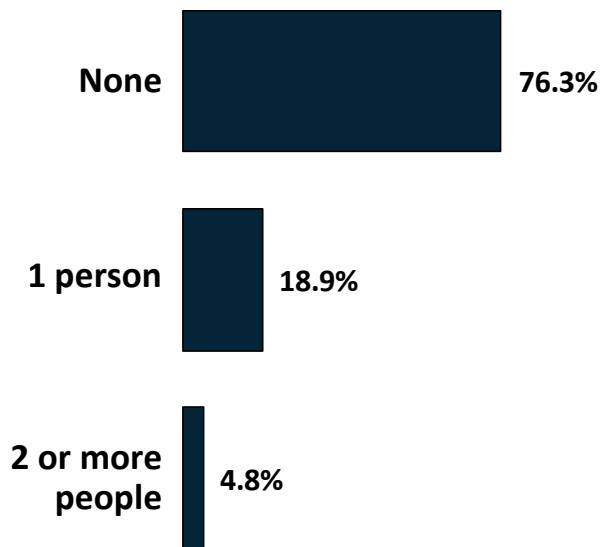
Q8.8: Have you ever used e-cigarettes or other electronic "vaping" devices for a product other than tobacco or nicotine? (n=1,315)



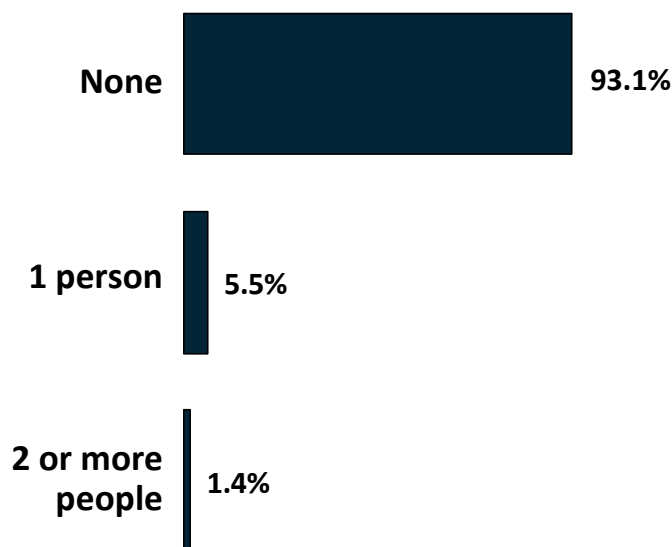
Secondhand Smoke

- Almost one-fourth (23.7%) of adults report that at least one person in their household smokes.
 - ❖ A small proportion of area adults report smoking inside the home.

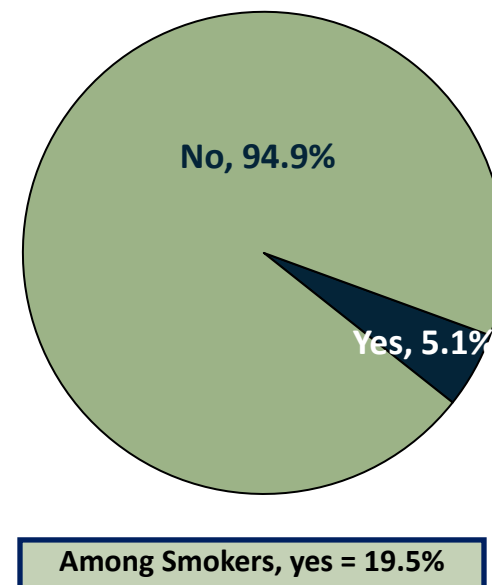
Number of People in Household Who Smoke



Number of People in Household Who Smoke Inside the Home



Anyone Besides Self Smoked Cigarettes, Cigars, or Pipes Inside Home in Past 7 Days



Q8.4: How many people that live with you smoke cigarettes, cigars, little cigars, pipes, water pipes, hookah, or any other tobacco products? (n=1,316)

Q8.5: Not counting decks, porches, or detached garages, how many of these people smoke cigarettes, cigars, little cigars, pipes, water pipes, hookah, or any other tobacco product inside your home? (n=1,316)

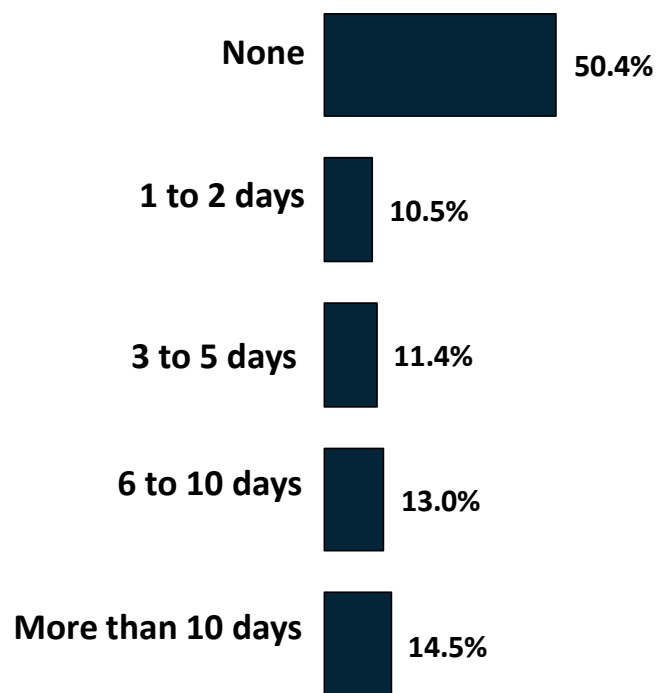
Q8.6: Next I am going to ask you about exposure to smoke from other people's cigarettes, cigars or pipes. Please do not include yourself. In the past seven days, did anyone smoke cigarettes, cigars, or pipes anywhere inside your home? (n=1,317)



Alcohol Consumption

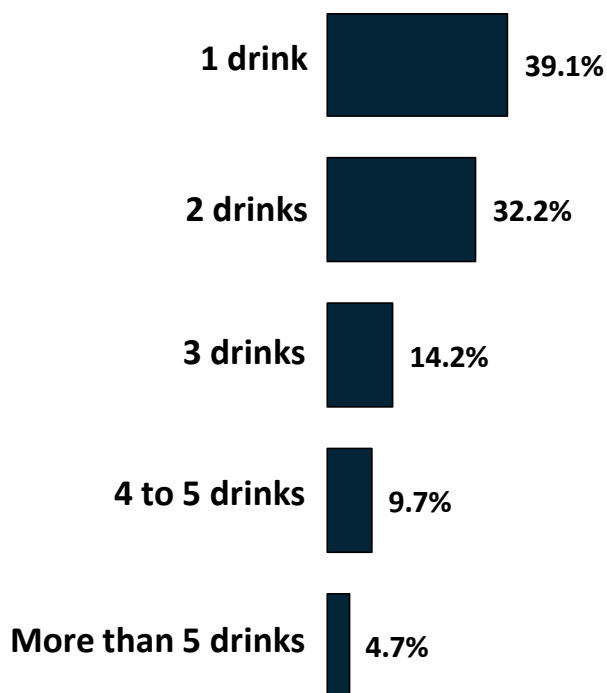
- With regard to alcohol consumption, half of Ottawa County adults are non-drinkers, and slightly more than four in ten (43.3%) are considered to be light to moderate drinkers. Heavy drinkers comprise 5.7% of Ottawa County adults, meaning they consume an average of more than seven (if female) or fourteen drinks (if male) per week.

Number of Days Drank Alcohol in Past 30 Days



Mean (All) = 4.7
Mean (Drinkers) = 9.5

Average Number of Drinks When Drinking



Mean = 2.3

Drinking Status

Non Drinker	51.0%
Light/Moderate Drinker	43.3%
Heavy Drinker	5.7%

Q17.1: During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor? (n=1,294)

Q17.2: One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average? (n=601)



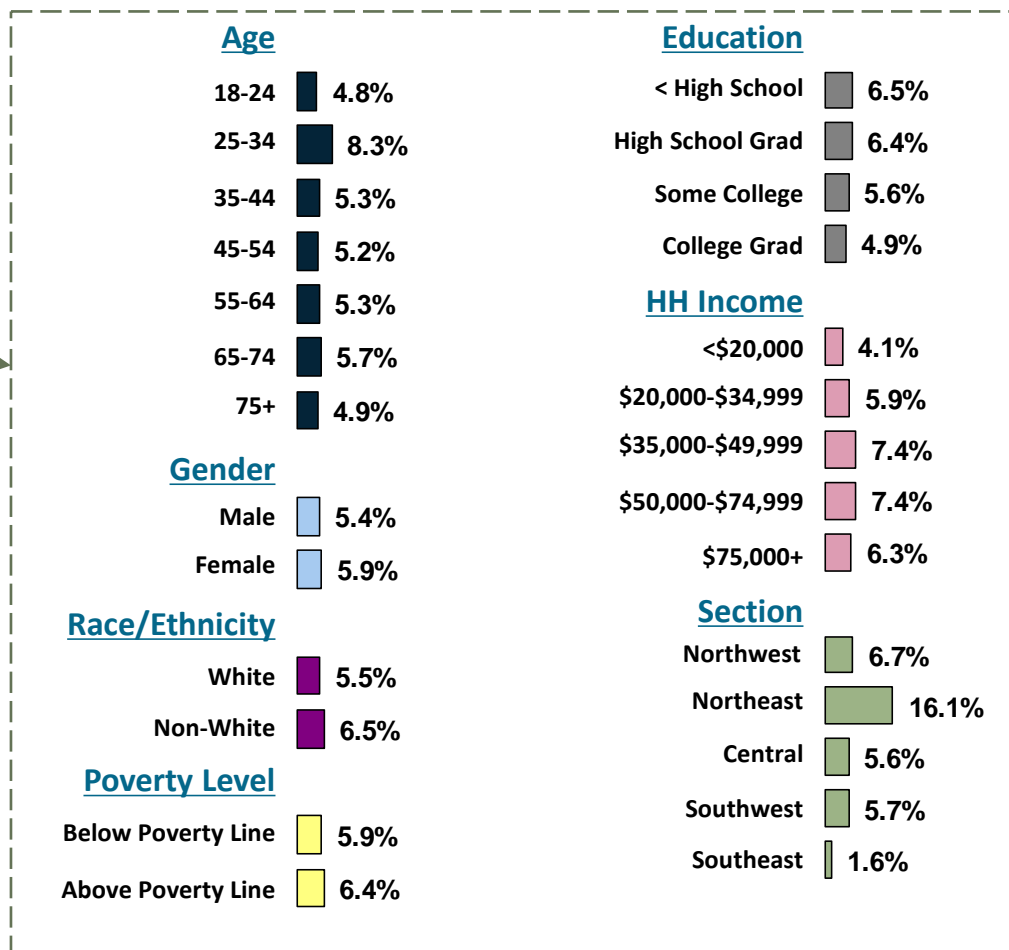
Alcohol Consumption (Continued)

- Adults age 25-34 are more likely to engage in heavy drinking than other age groups. The largest proportions of heavy drinkers are found in the northeast section of Ottawa County.

Heavy Drinking* (Total Sample)

5.7%

Heavy Drinking by Demographics



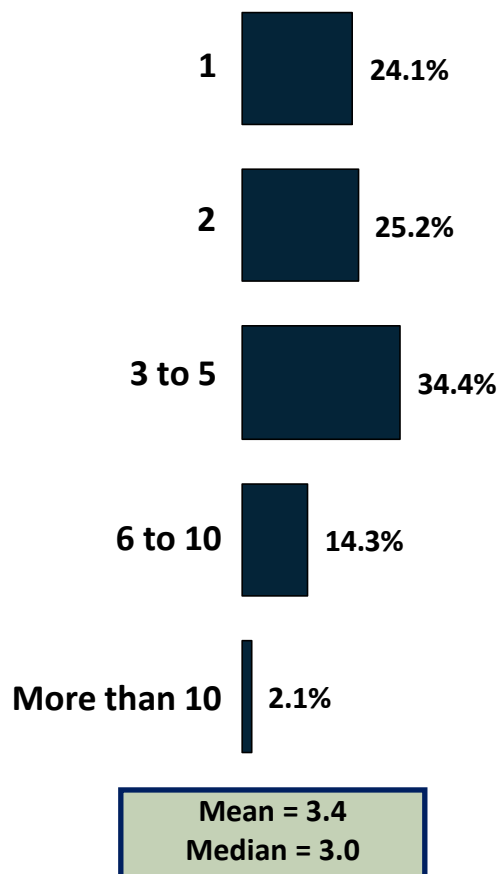
*Among all adults, the proportion who reported consuming an average of more than two alcoholic drinks per day for men and one per day for women in the previous month.



Alcohol Consumption (Continued)

- Among Ottawa County adults who drink alcohol, half (49.3%) have at most consumed one to two drinks on any occasion in the past 30 days, while 16.4% have consumed six or more drinks.

Largest Number of Drinks Consumed on One Occasion in Past 30 Days (Among Drinkers)

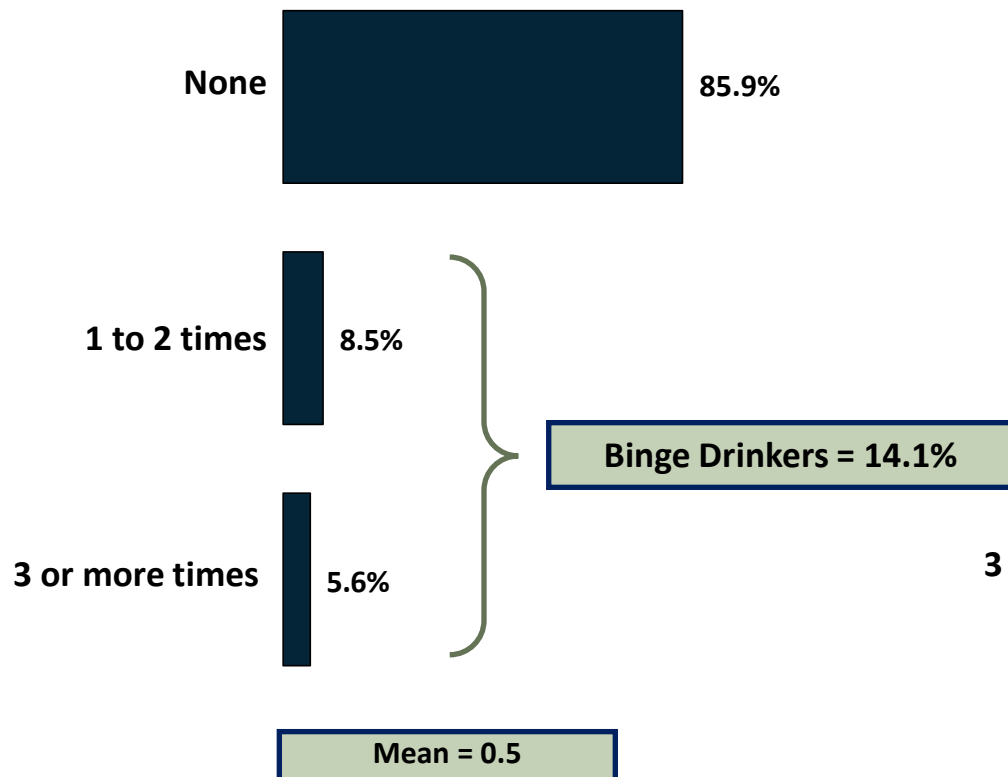




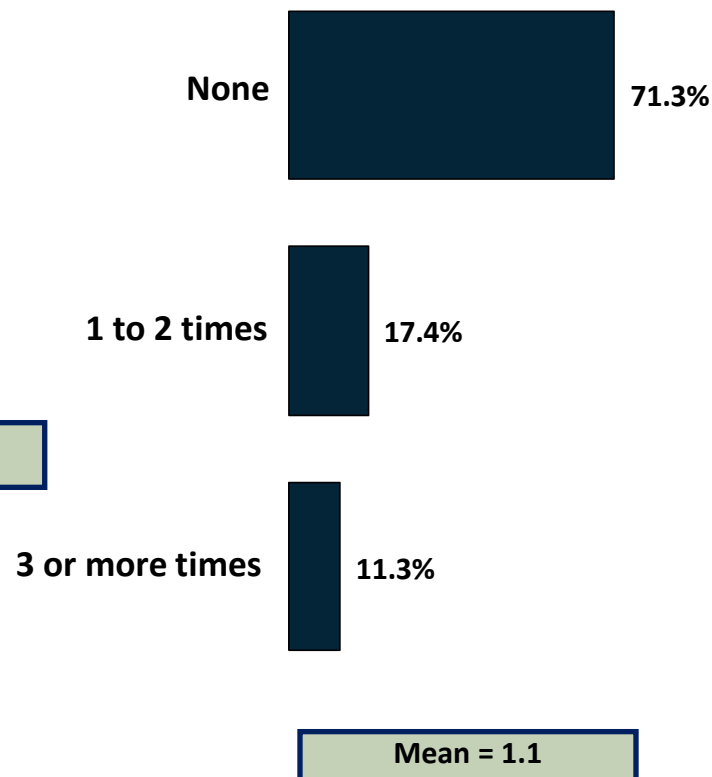
Binge Drinking

- Among all adults, 14.1% have engaged in binge drinking in the past 30 days. Among those who drink, this proportion rises to 28.7%.

Number of Times Consumed 5 or More (Men)/4 or More (Women) Drinks on an Occasion in Past 30 Days (All Adults)



Number of Times Consumed 5 or More (Men)/4 or More (Women) Drinks on an Occasion in Past 30 Days (Drinkers)





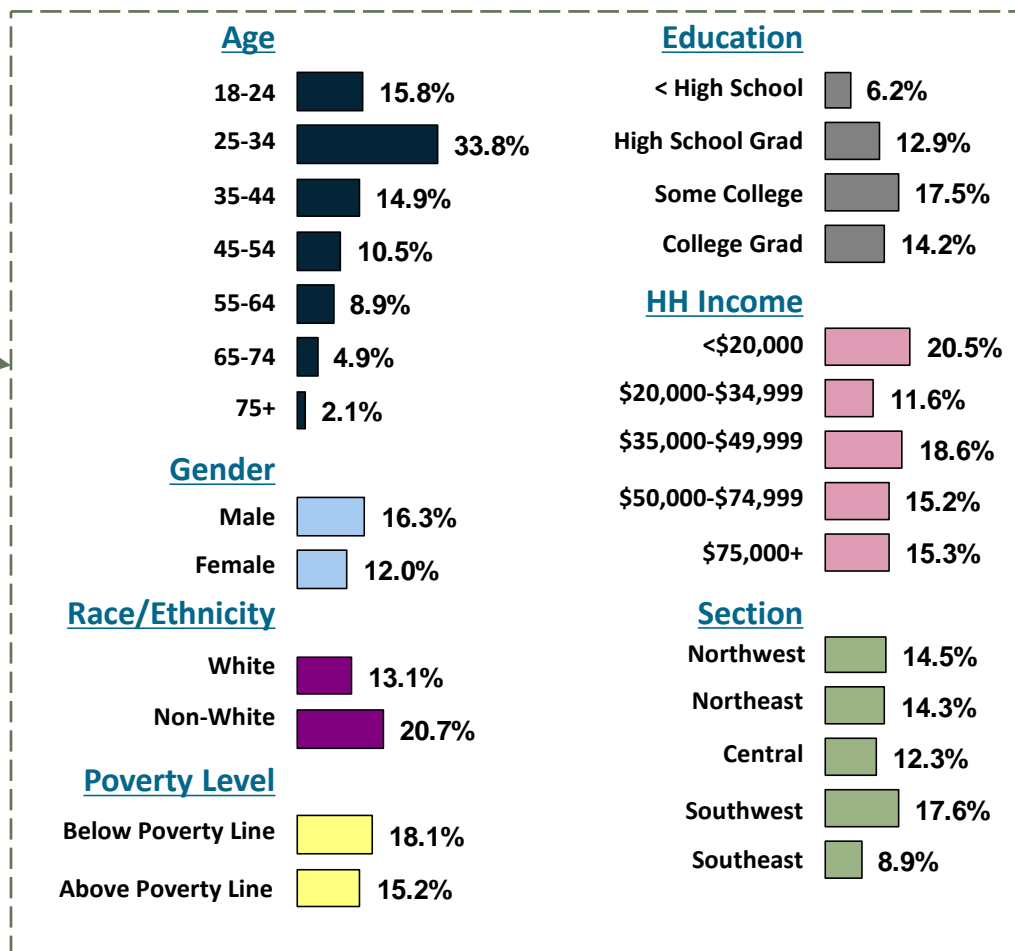
Binge Drinking (Continued)

- The prevalence of binge drinking is highest, by far, among adults age 25-34. It is also higher among men than women and higher among non-Whites compared to Whites.

Binge Drinking* (Total Sample)

14.1%

Binge Drinking by Demographics



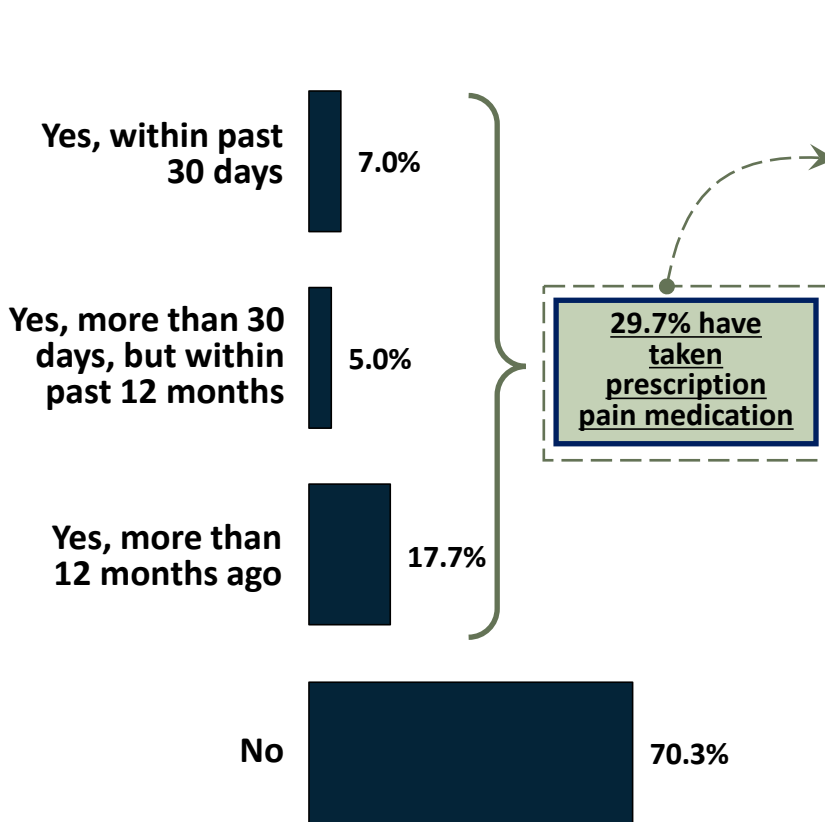
*Among all adults, the proportion who reported consuming five or more drinks per occasion (for men) or four or more drinks per occasion (for women) at least once in the previous month.



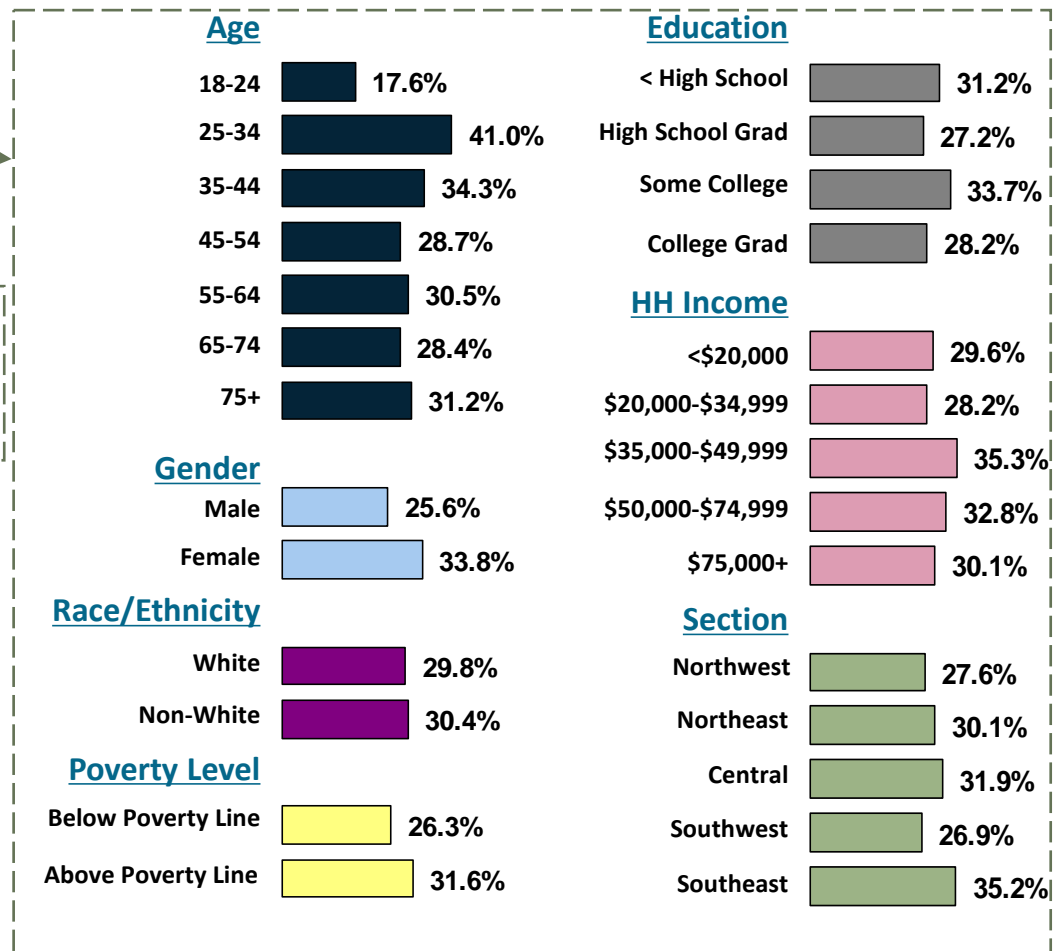
Prescription Drug Use

- Three in ten (29.7%) Ottawa County adults has taken prescription pain medication at some point.
 - ❖ Women are more likely than men to have used prescription pain medication.
 - ❖ Prescription drug use is least common among the youngest adults (18-24).

Have Taken Prescription Pain Medication



Have Taken Prescription Pain Medication by Demographics

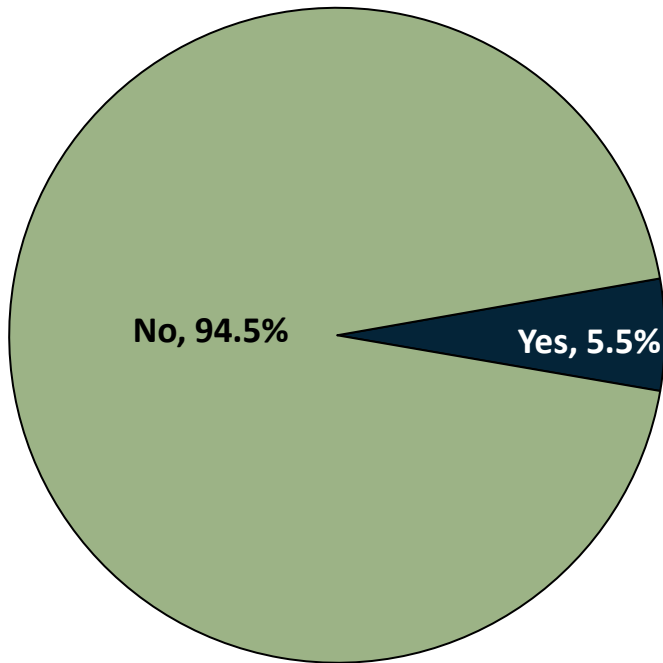




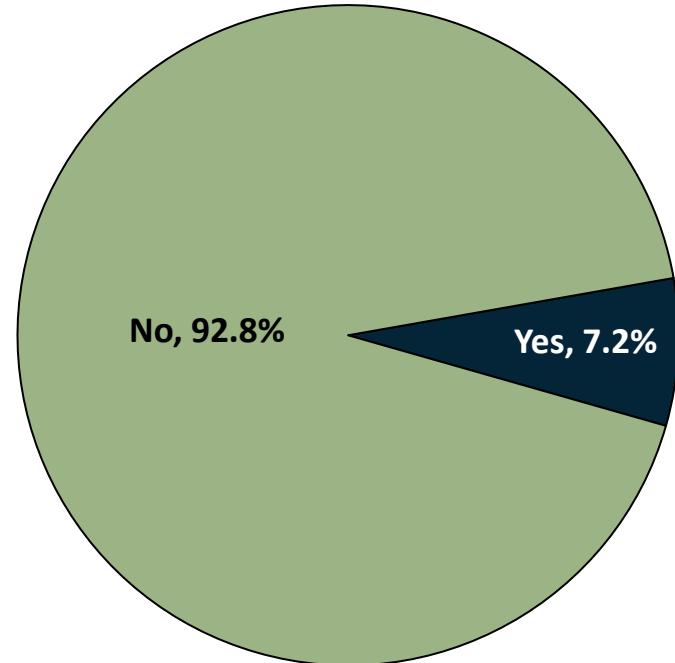
Prescription Drug Abuse

- Very few Ottawa County adults say they know anyone who takes pain medication, stimulants, or amphetamines that are not prescribed to them.

Know Anyone Who Currently Takes Pain Medication That Is Not Prescribed to Them



Know Anyone Who Currently Takes Stimulants or Amphetamines That Are Not Prescribed to Them



Q6.2: Do you know anyone who currently takes pain medication that is not prescribed to them? (n=1,313)

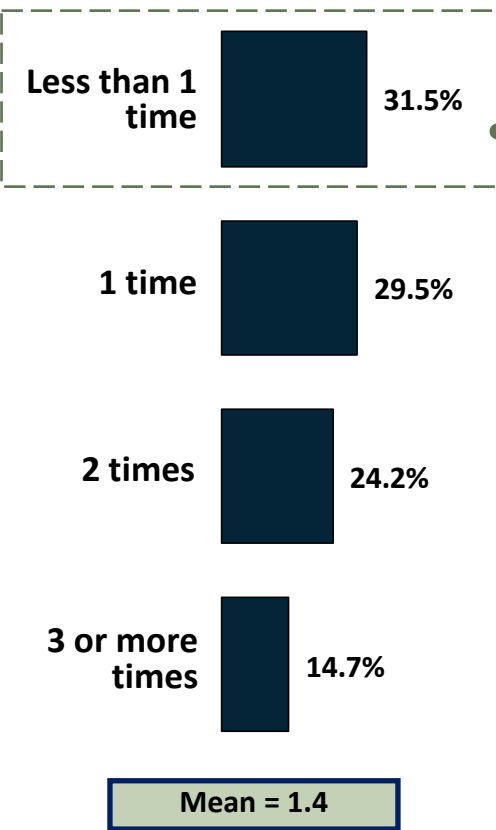
Q6.3: Do you know anyone who currently takes stimulants or amphetamines, such as Ritalin, Adderall, Dexadrine, or Concerta, that is not prescribed to them? (n=1,311)



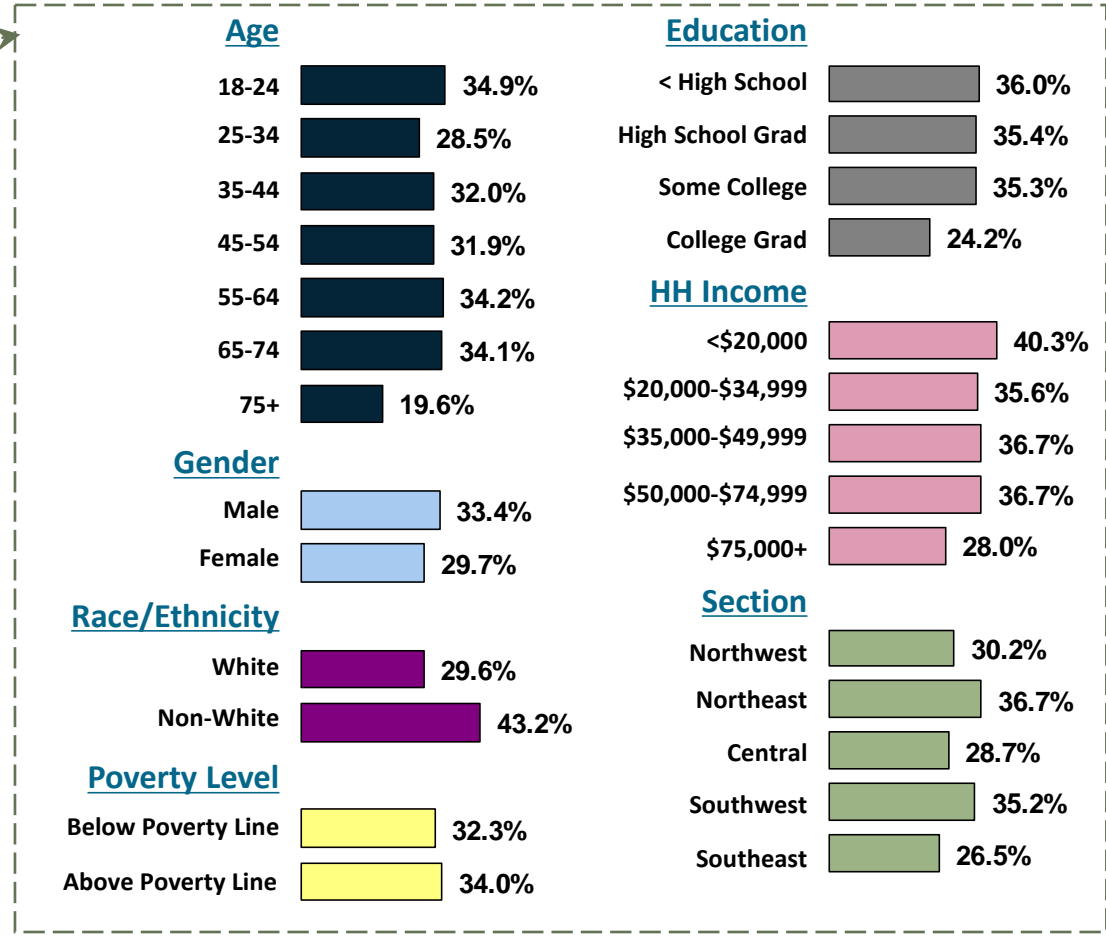
Fruit Consumption

- Three in ten (31.5%) adults consume less than one serving of fruit per day; four in ten among non-Whites.
 - ❖ Adults less likely to fall into this group are the oldest (75+), those with college degrees, and those with the highest incomes (\$75K+).

Number of Times Consumed Fruit/Fruit Juice Per Day



Consumed Fruits <1 Time Per Day by Demographics



Q12.1: During the past month, how many times per day, week, or month did you eat fruit or drink 100% PURE fruit juices? Do not include fruit flavored drinks with added sugar or fruit juice you made at home and added sugar to. Only include 100% juice. (n=1,305)



Vegetable Consumption

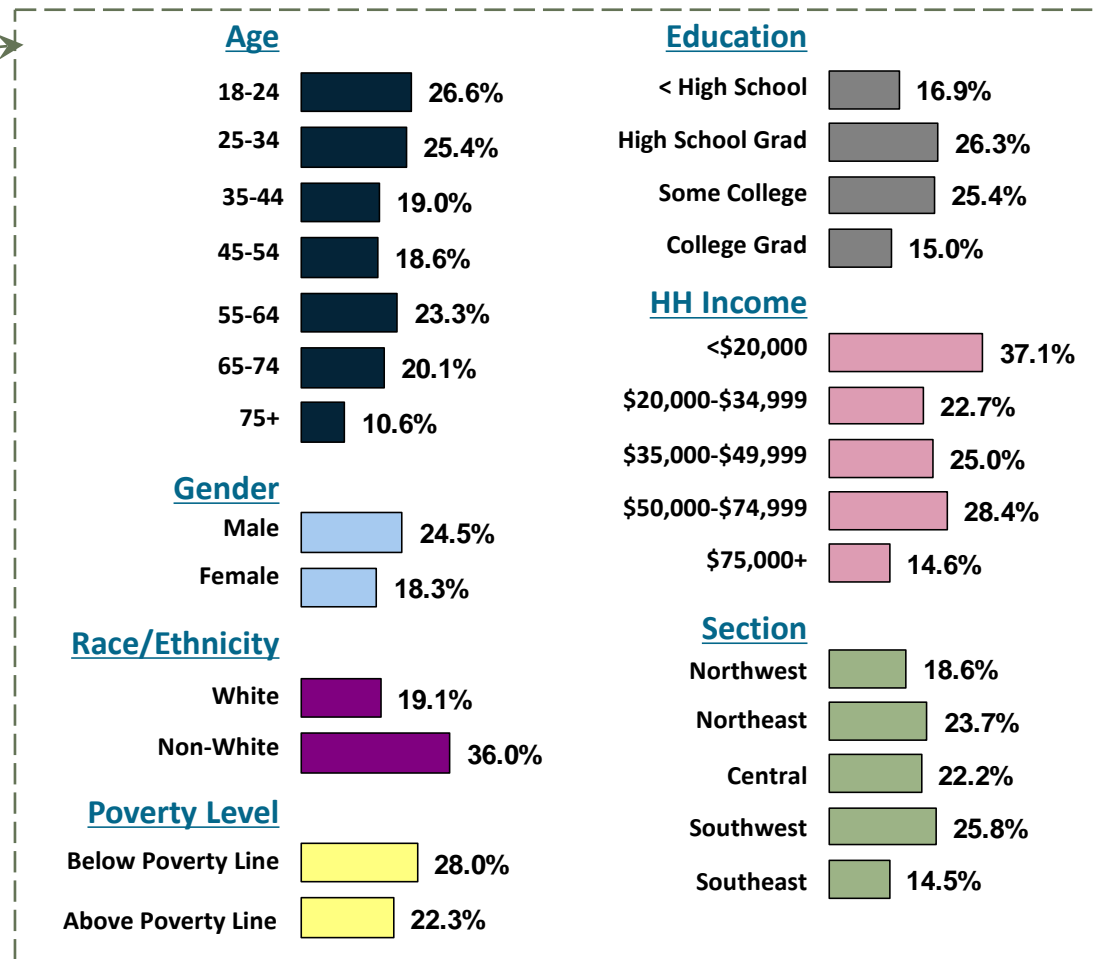
- One in five (21.4%) adults consume less than one serving of vegetables per day; one-third among non-Whites.
 - ❖ Non-whites and those in the lowest income group are least likely to consume vegetables.

Consumed Vegetables <1 Time Per Day by Demographics

Number of Times Consumed Vegetables Per Day



Mean = 1.5



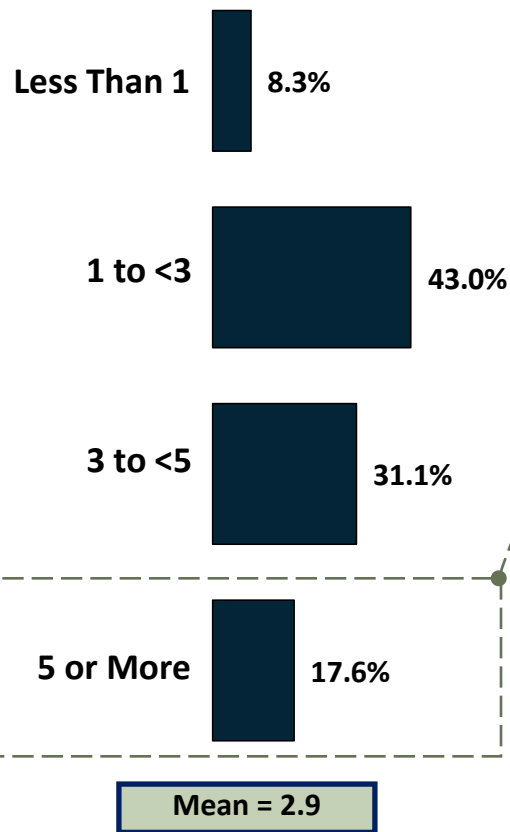
Q12.2: During the past month, how many times per day, week, or month did you eat vegetables, for example broccoli, sweet potatoes, carrots, tomatoes, V-8 juice, corn, cooked or fresh leafy greens including romaine, chard, collard greens, or spinach? (n=1,308)



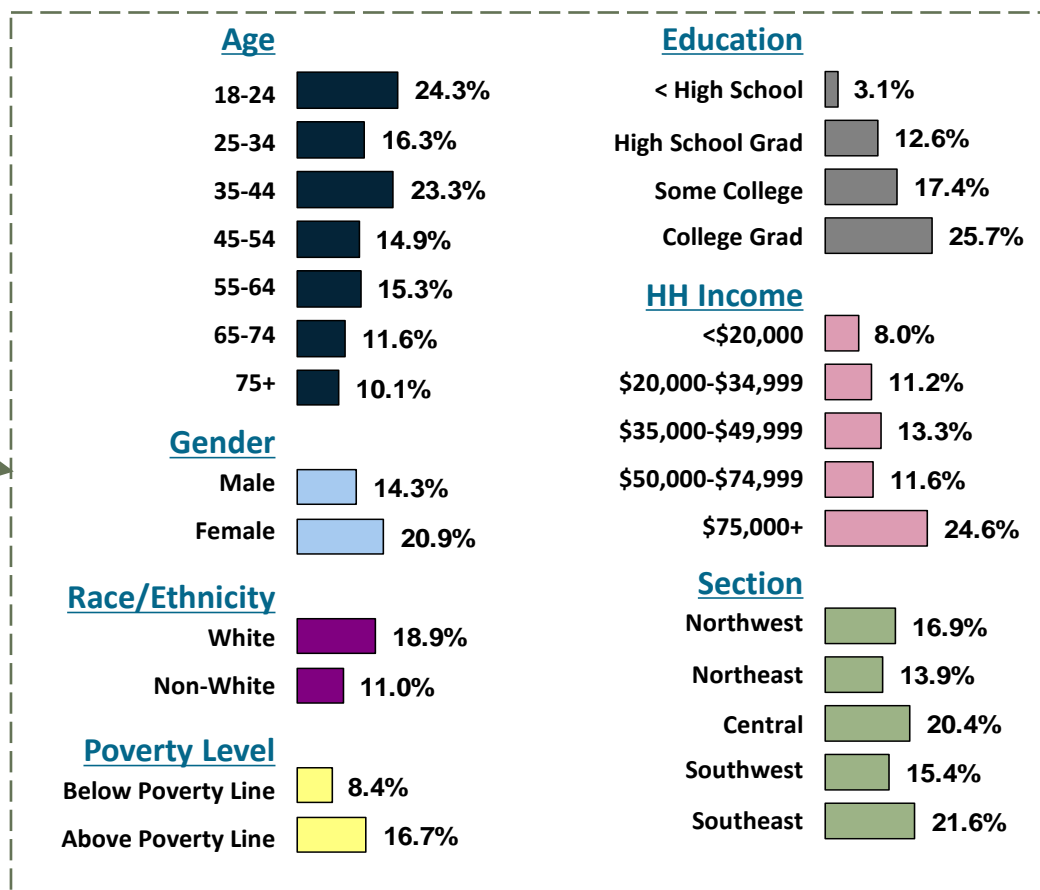
Fruit and Vegetable Consumption

- Fewer than one in five (17.6%) adults consume adequate amounts of fruits and vegetables per day, which is defined as five or more servings per day.
 - ❖ Adults with college degrees and/or with annual incomes of \$75K or more are most likely to consume adequate amounts of fruits and vegetables; still, only one-fourth of those groups do so.

Fruit and Vegetable Consumption Per Day



Adequate Consumption (5x Per Day) by Demographics

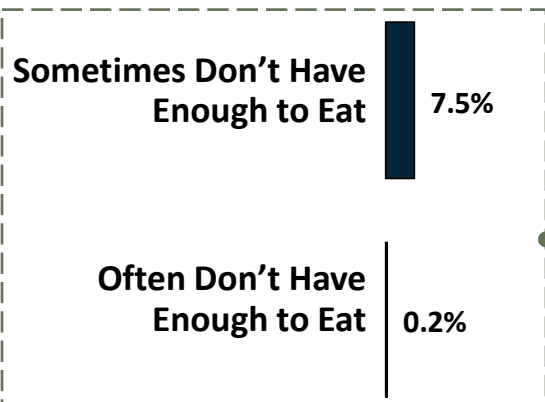




Food Sufficiency

- Just under 8% of area adults report they sometimes or often don't have enough food to eat and an equal proportion say they've had to cut the size of meals or skip meals due to lack of money.
 - ❖ Not surprisingly, those who are more likely to experience food insufficiency have the lowest incomes.

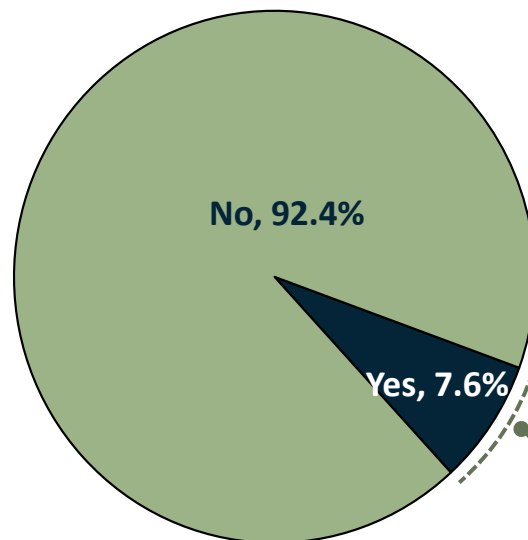
Food Sufficiency



Most Likely

- Age 18-24 – 14.5%
- Non-White – 17.1%
- Below poverty level – 28.3%
- Less than \$20K income – 34.4%

Ever Cut Size of Meals/Skipped Meals Due to Lack of Money to Buy Food



Most Likely

- Less than high school diploma – 22.7%
- Below poverty level – 30.7%
- Less than \$20K income – 24.7%

Q13.1: Which of the following statements best describes the food eaten in your household within the last 12 months? Would you say that you... (n=1,316)

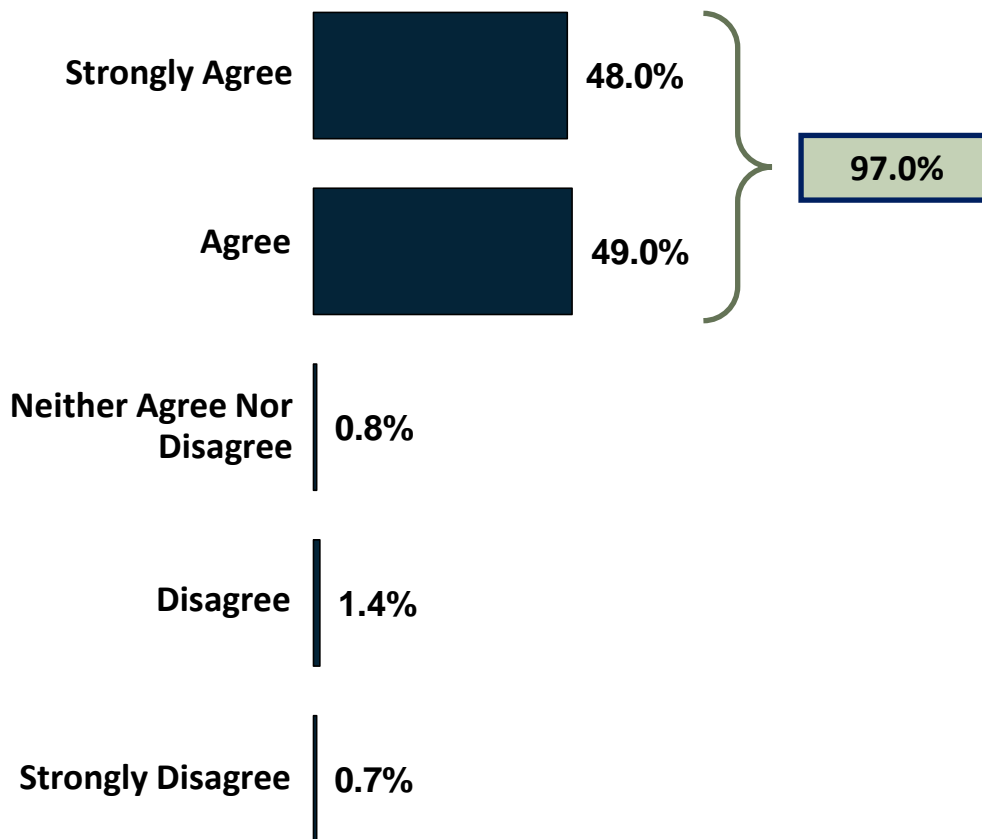
Q13.2: In the past 12 months, did you or others in your household ever cut the size of your meals or skip meals because there wasn't enough money for food? (n=1,315)



Availability of Fruits and Vegetables

➤ Nearly all (97.0%) report that fruits and vegetables are easy to find in their community or neighborhood.

“It is easy to find fresh fruits and vegetables within your community or neighborhood.”



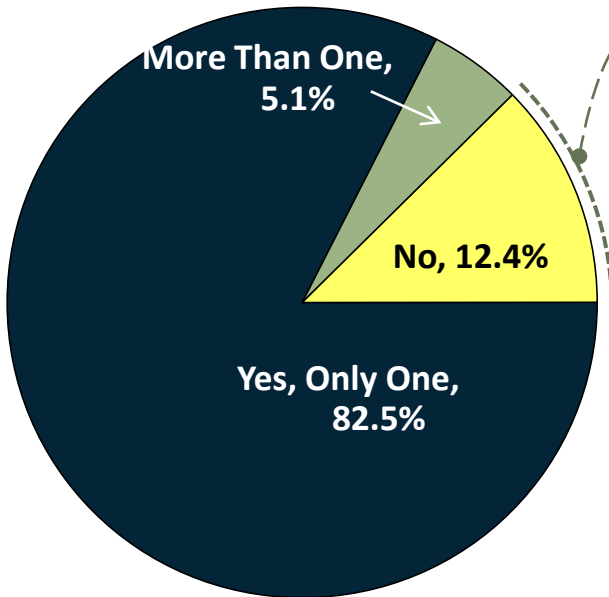
Clinical Preventive Practices



Personal Health Care Provider

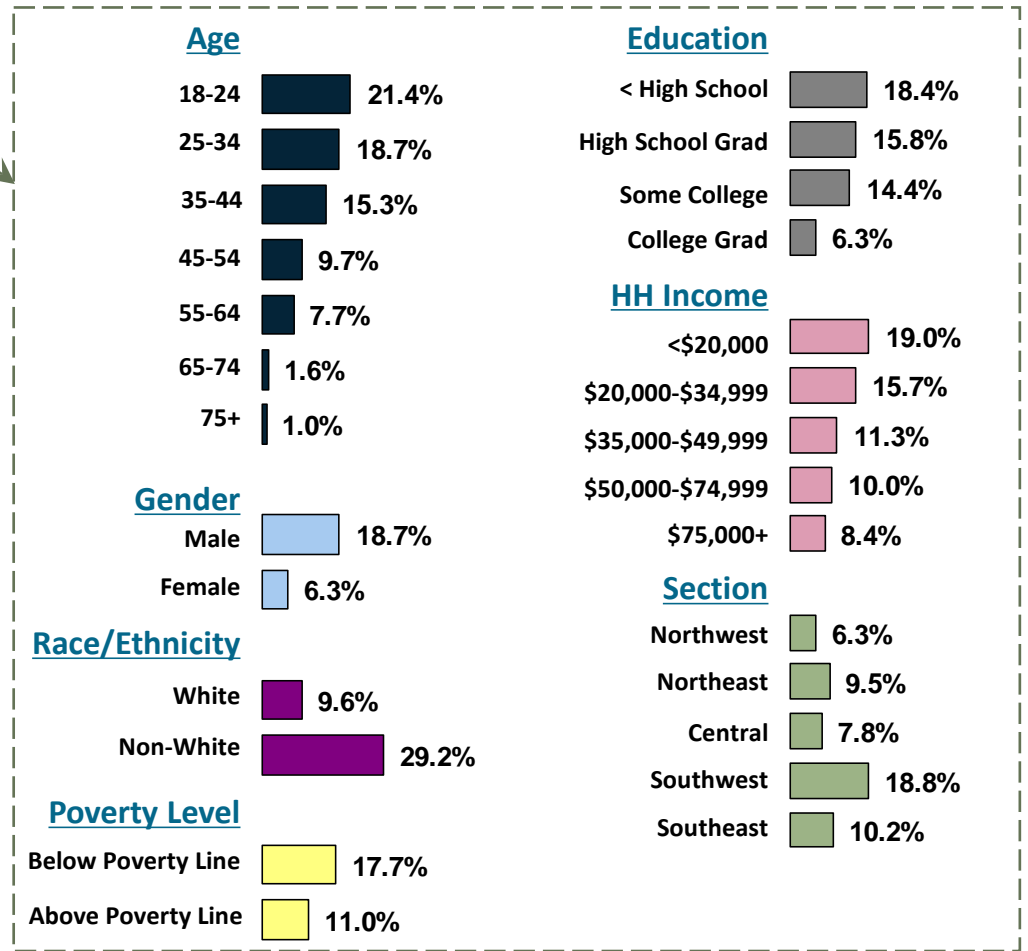
- Nearly nine in ten adults (87.6%) have a personal health care provider.
 - ❖ Those who don't tend to be represented by groups that are younger (< age 35), are male, are non-White, have lower incomes, have less than a high school diploma, and live in the southwest section of the county.

Currently Have Personal Doctor/Health Care Provider



87.6% have a medical home

No Provider by Demographics

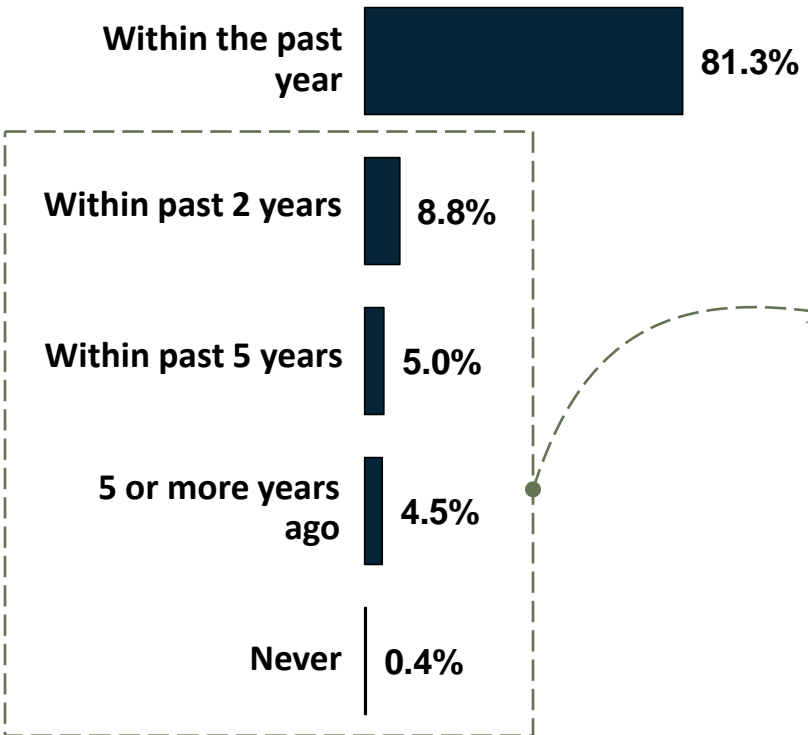




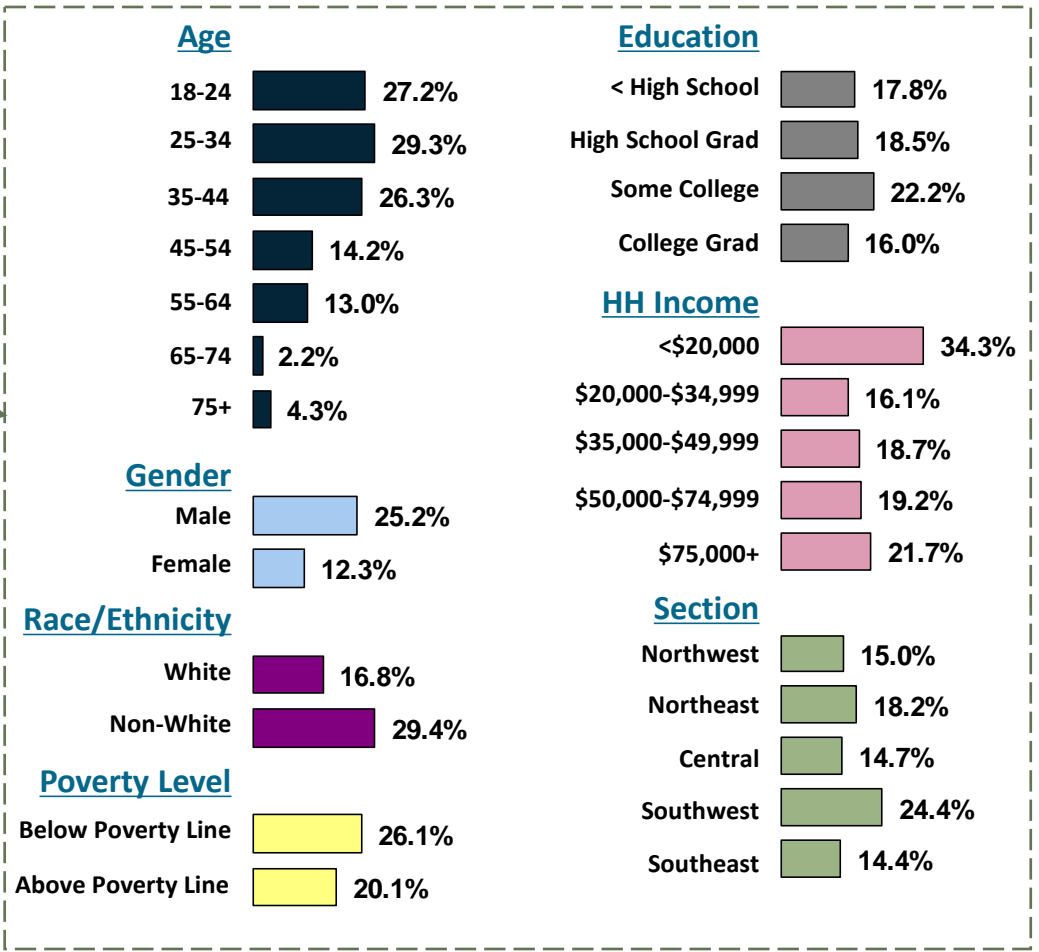
Routine Physical Checkup

- Eight in ten adults (81.3%) have had a routine checkup within the past year.
 - ❖ Those who haven't tend to be represented by groups that are younger (< age 45), are male, are non-White, have lower incomes, and live in the southwest section of the county.

Last Time Visited Doctor for Routine Checkup



No Checkup In Past Year by Demographics



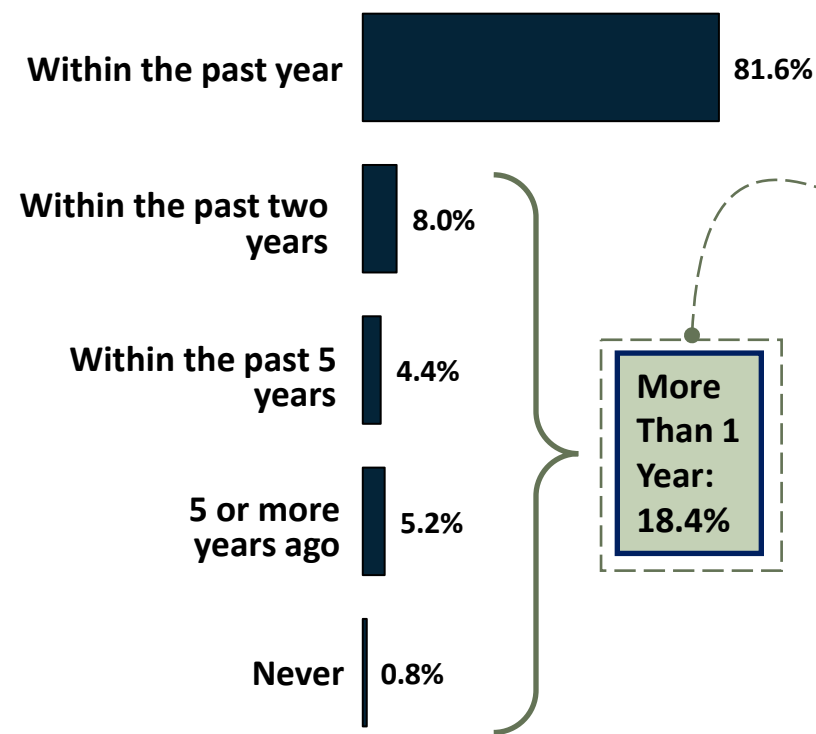
Q3.7: About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition. (n=1,314)



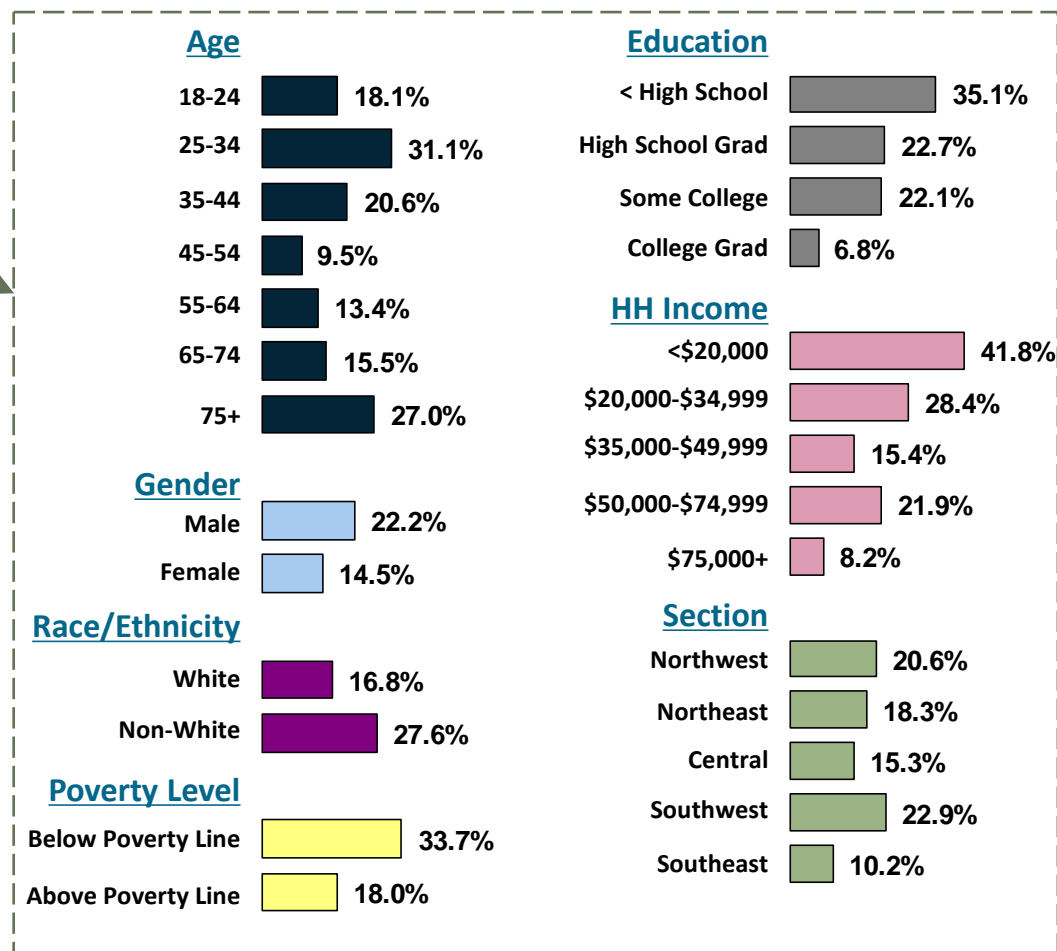
Oral Health

- Almost one in five adults (18.4%) have not visited a dentist in the past year, and these people tend to come from groups that are male, non-White, without a high school diploma, and from lower income households.

When Last Visited Dentist for Any Reason



No Dental Visit in Past Year by Demographics

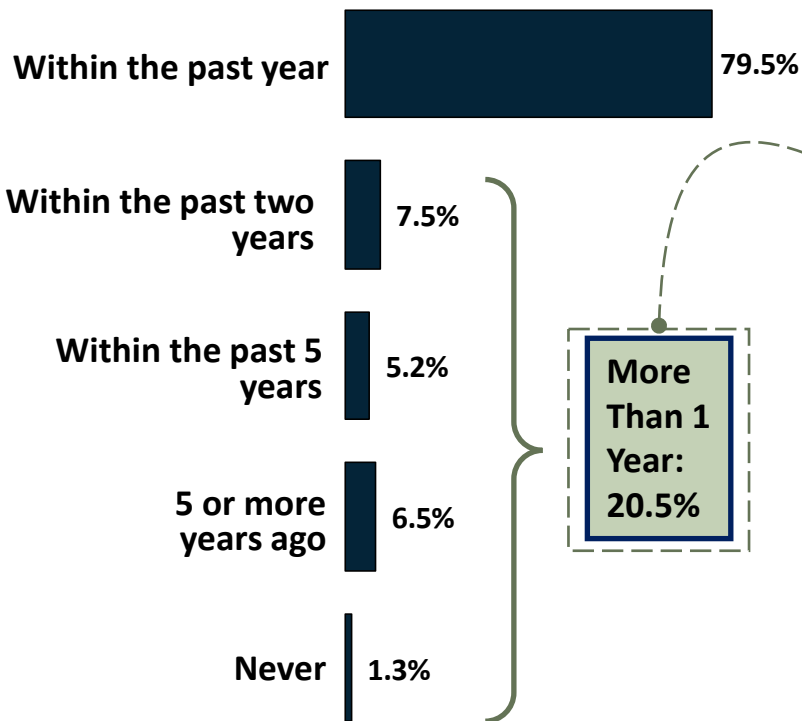




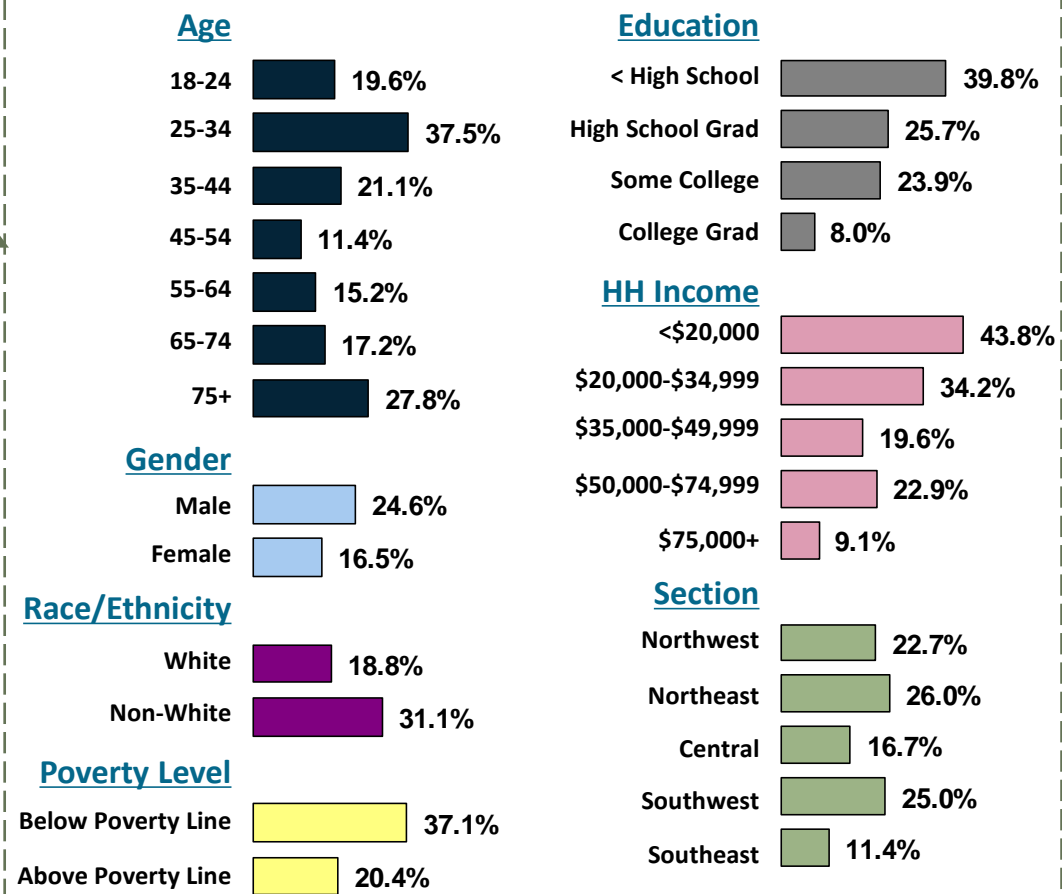
Oral Health (Continued)

- Similarly, one in five (20.5%) adults have not had a teeth cleaning in the past year, and these people tend to come from groups that are male, non-White, without a high school diploma, and from lower income households.

When Last Visited Dentist for Teeth Cleaning



No Teeth Cleaning in Past Year by Demographics

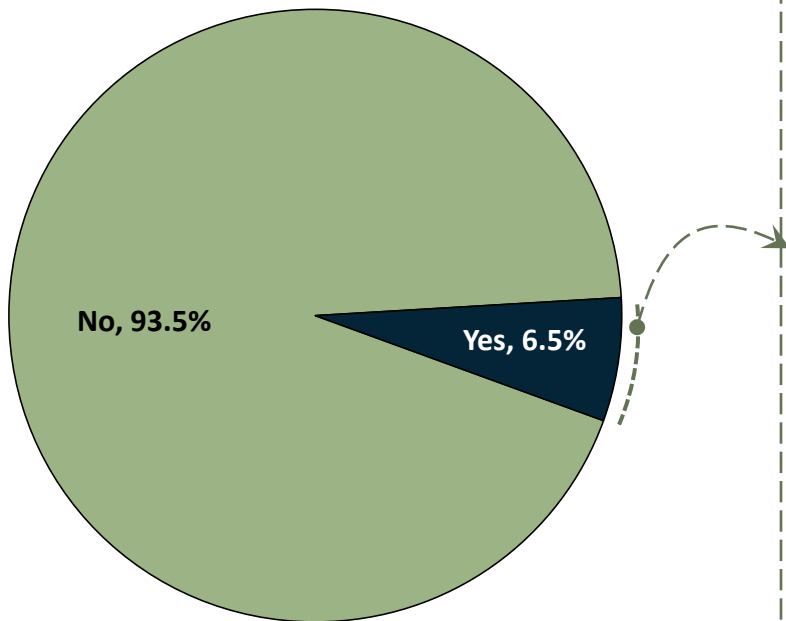




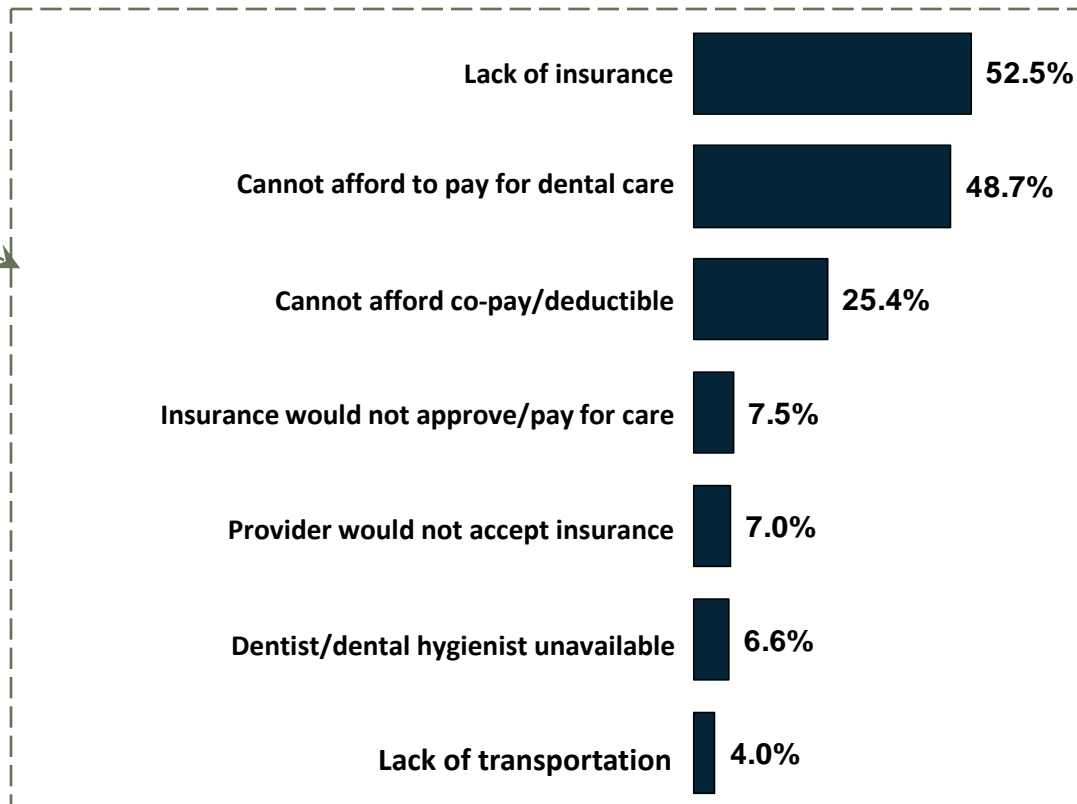
Barriers to Dental Care

- A small proportion (6.5%) of adults had problems getting needed dental care in the past year.
 - ❖ Those who have had problems cite lack of insurance and an inability to pay for services as the top barriers to receiving dental care.

Problems Getting Needed Dental Care



Reasons for Difficulty in Getting Dental Care (Among Those Who Reported Problems Getting Care)



Q19.3: In the past 12 months, have you had problems getting needed dental care? (n=1,304)

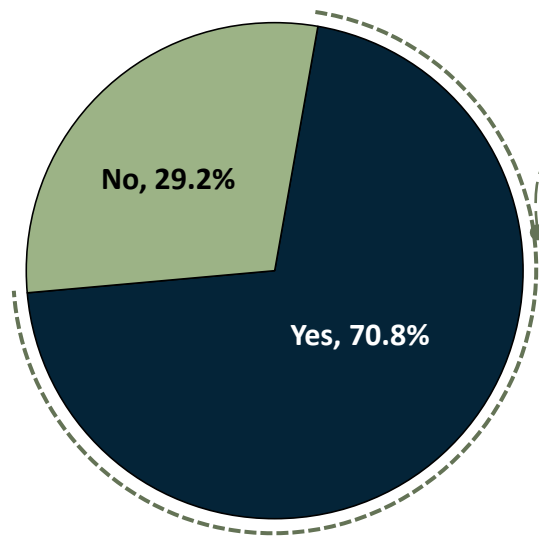
Q19.4: Please provide the reason(s) for the difficulty in getting dental care. (Multiple responses allowed) (n=76)



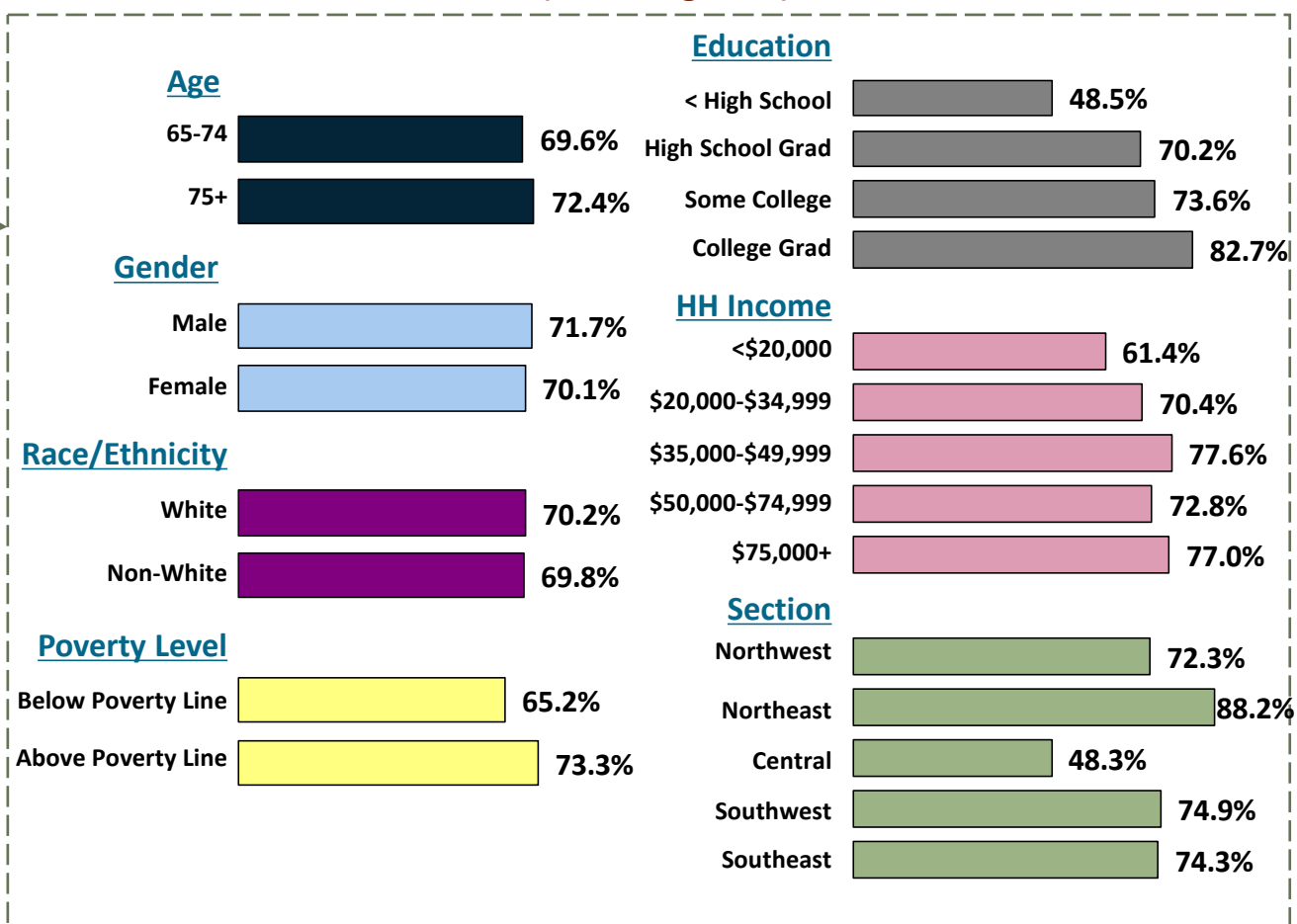
Flu Vaccination

- Seven in ten (70.8%) Ottawa County adults age 65 or older have had a seasonal flu shot within the past year.
 - ❖ Among this age group, being vaccinated against the flu is directly related to level of education and income.
 - ❖ Adults with less than a high school education and/or living in the central section are most at risk.

Had Flu Vaccine in Past 12 Months (Adults Age 65+)



Had Flu Vaccine in Past 12 Months by Demographics (Adults Age 65+)

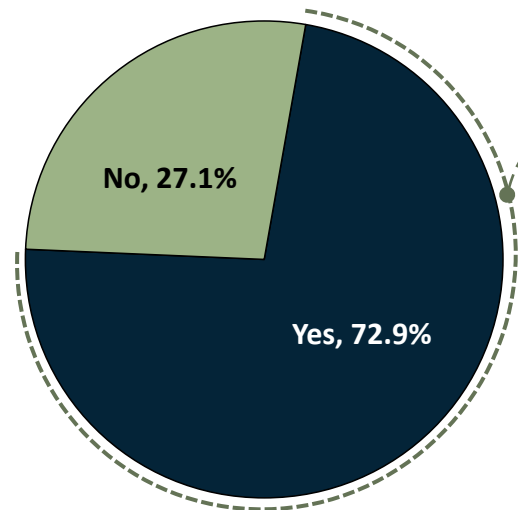




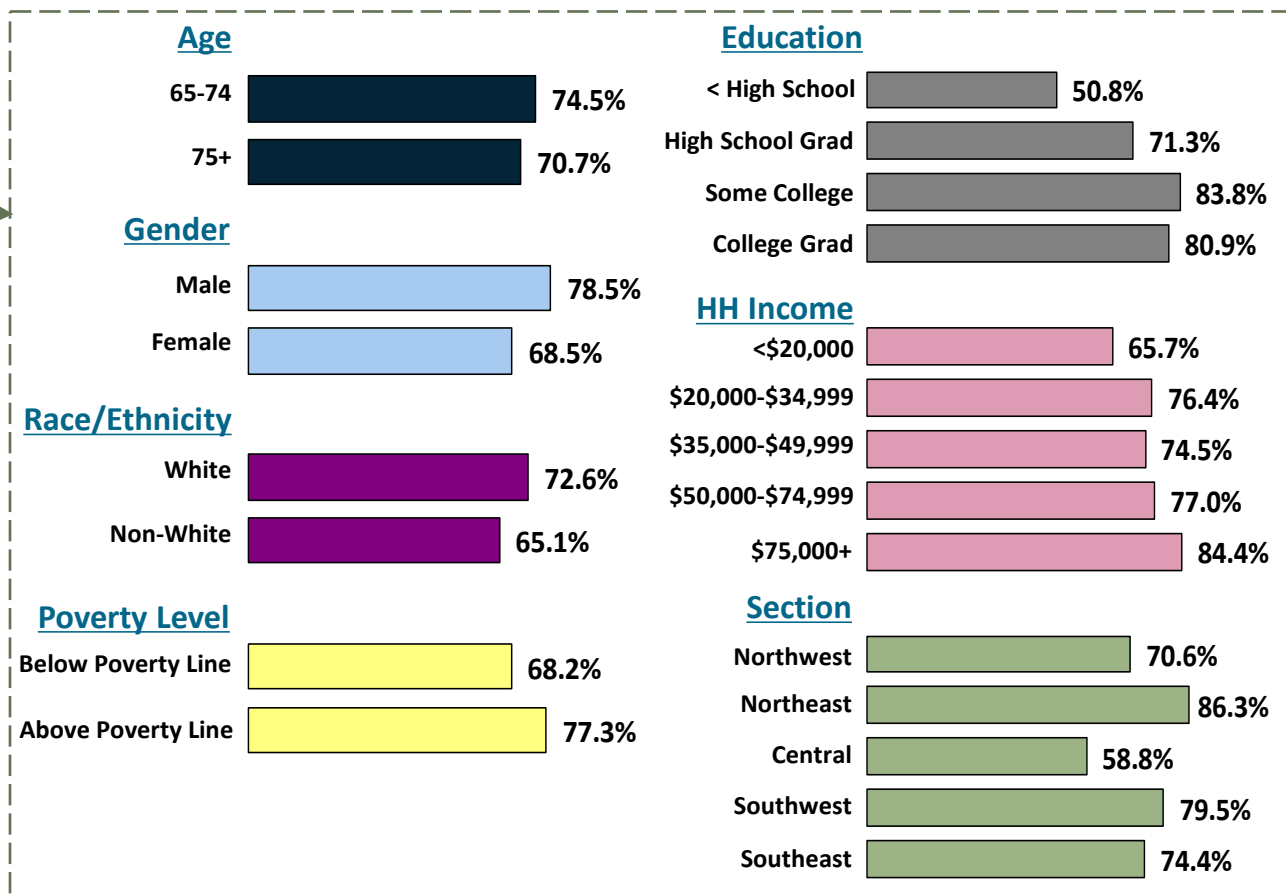
Pneumonia Vaccination

- Similarly, slightly more than seven in ten (72.9%) Ottawa County adults aged 65 or older have been vaccinated against pneumonia.
 - ❖ Those most vulnerable have less education and/or live in the central section of the county.

Ever Had Pneumonia Vaccine (Adults Age 65+)



Had Pneumonia Vaccine by Demographics (Adults Age 65+)



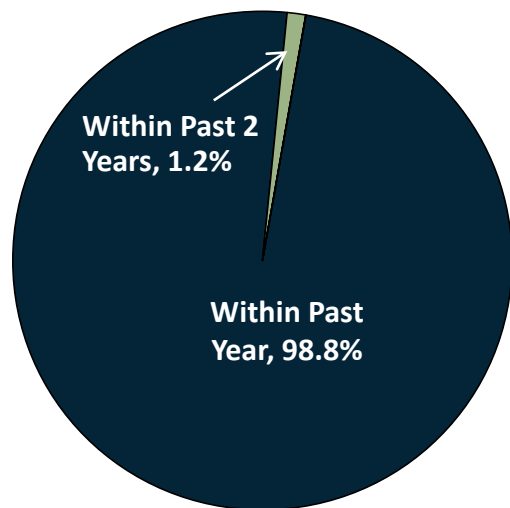
Q16.2: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot? (n=388)



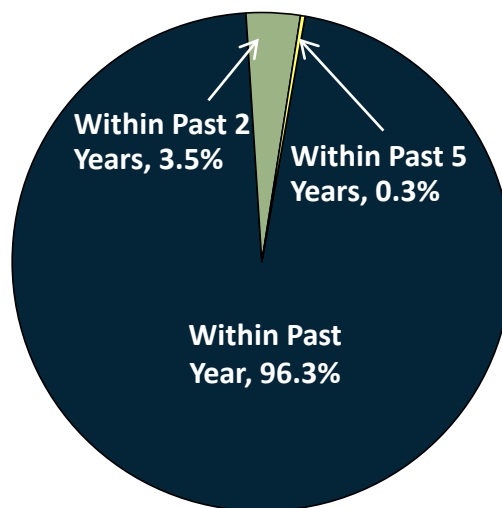
Last Routine Checkup for Children

- Almost all children under age 18 have visited a health care provider in the past year for a routine checkup or physical/well-being exam.

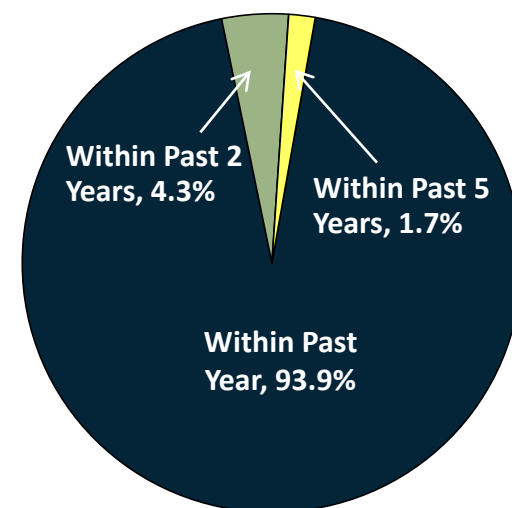
Children Ages 0 - 5



Children Ages 6 - 11



Children Ages 12 - 17



Q10.5: How many children less than 18 years of age live in your household? (n=1,316)

Q10.6: What are the ages of this child/these children? (n=344)

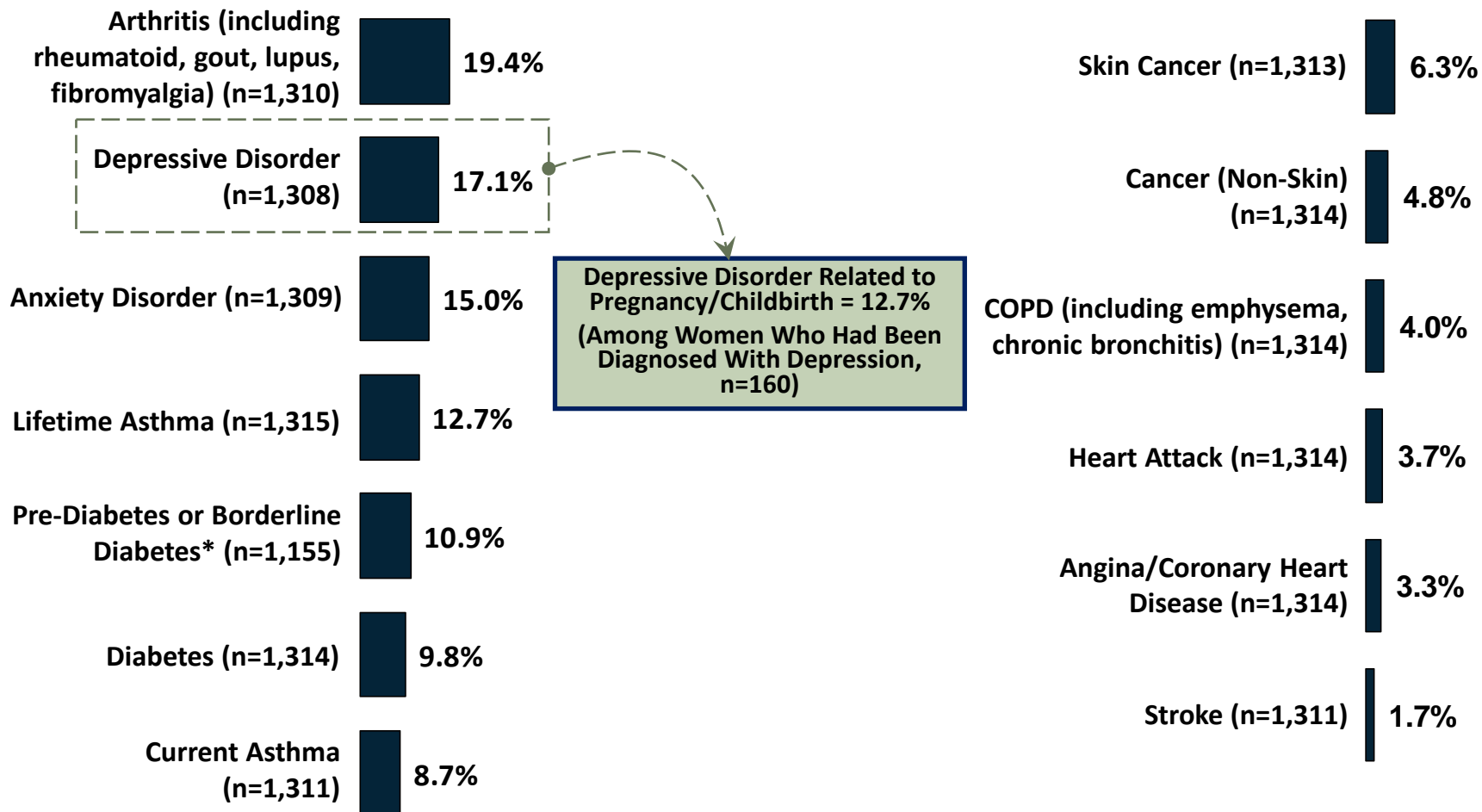
Q10.7: About how long has it been since [CHILD/AGE] last visited a doctor (healthcare provider) for a routine checkup? A routine checkup is a general physical exam [or well child exam], not an exam for a specific injury, illness, or condition [or only for participating in sports]. (n=338)

Chronic Conditions



Prevalence of Chronic Health Conditions

- Arthritis, depression, and anxiety are the most prevalent chronic conditions among adults in Ottawa County, followed by diabetes and asthma. Prevalence of heart related problems remains low.
 - ❖ One in ten (9.8%) adults have been told they have diabetes and an additional 10.9% have pre-diabetes.



Q4.1-Q4.13: Has a doctor, nurse, or other health professional EVER told you that you had...
 Q4.2: Do you still have asthma?
 Q4.14: Was this [depressive disorder] following the birth of a child or related to pregnancy?

*Base=those who don't currently have diabetes.

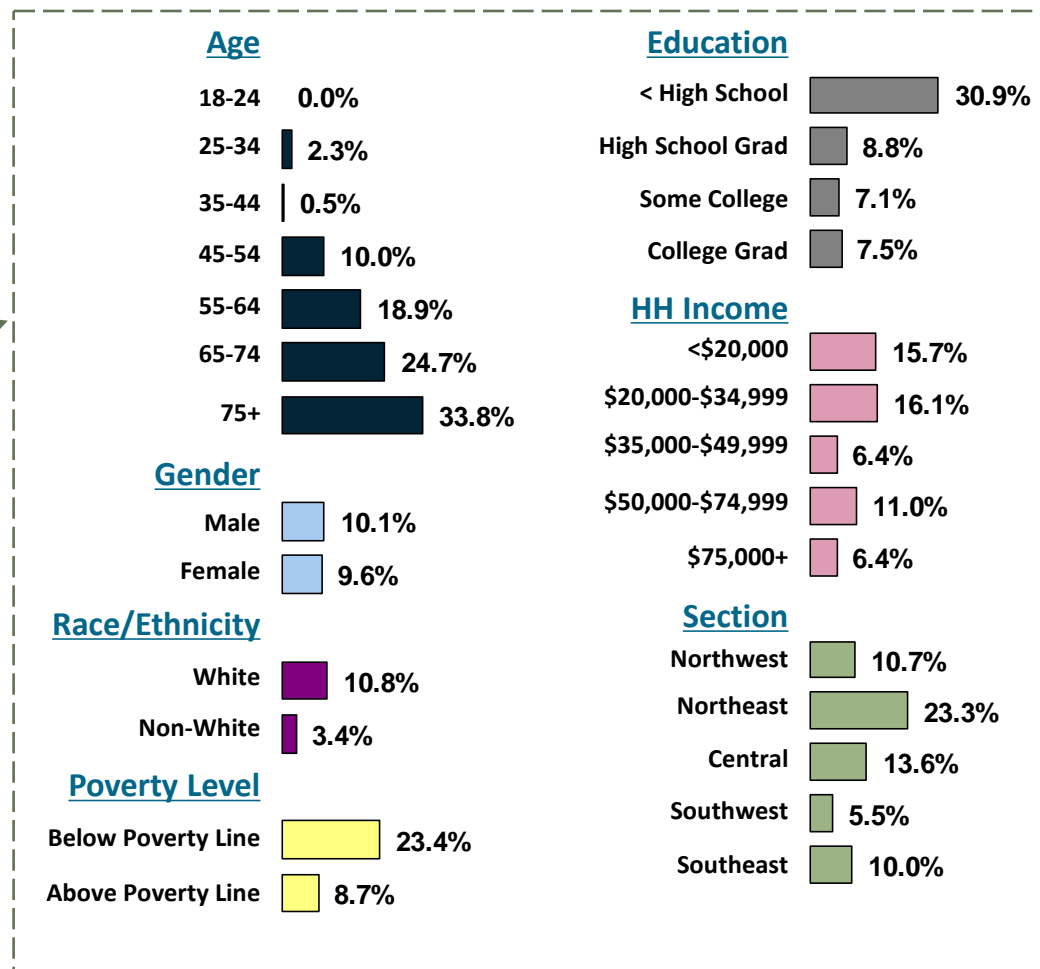
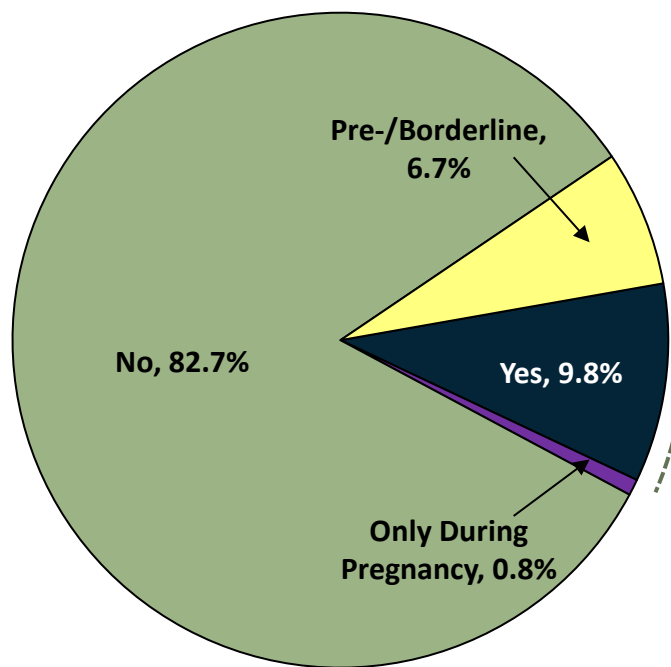


Prevalence of Diabetes

- One in ten area adults has been told by a health care professional that they have diabetes.
 - ❖ The prevalence of diabetes is greater for older adults (55+), Whites, those with incomes less than \$35K, those with less than a high school diploma, and those in the northeast section.

Ever Told Have Diabetes

Told Have Diabetes by Demographics

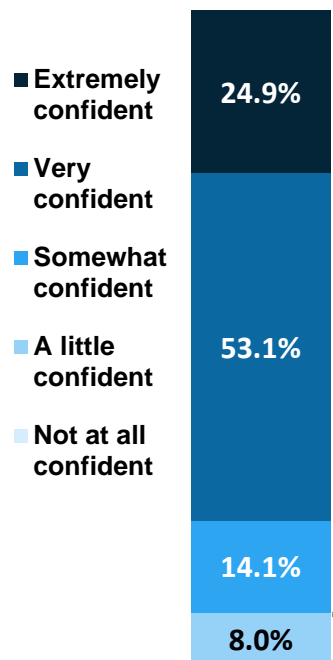




Diabetes Management

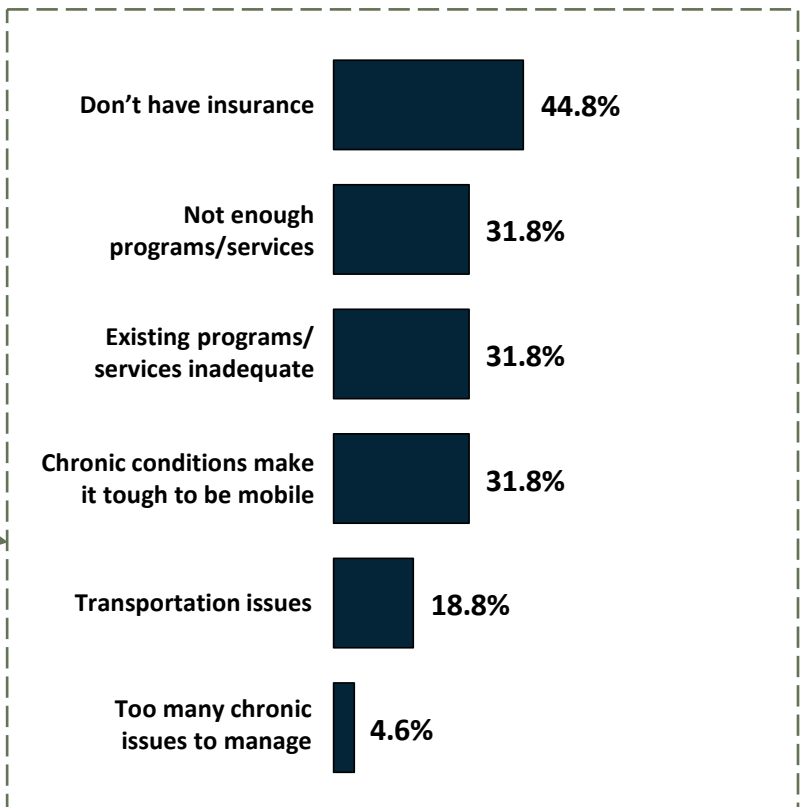
- Almost eight in ten (78.0%) adults with diabetes are very or extremely confident in managing their condition despite the fact that only one-third (32.6%) say that area programs and services help them manage their diabetes very or extremely well.
 - ❖ The few who are less than confident cite lack of, or inadequate, programs and services and the fact that they don't have insurance as the reasons for their lack of confidence.

Level of Confidence in Managing Diabetes

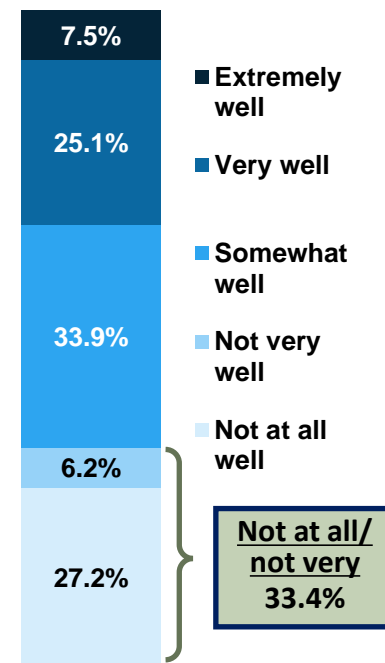


**Not at all/
a little
8.0%**

Reasons for Lack of Confidence



How Well Existing Programs/Services Help with Management



**Not at all/
not very
33.4%**

*Caution: small base size

Q5.1: Having an illness often means doing different tasks and activities to manage your condition. How confident are you that you can do all the things necessary to manage your diabetes? Would you say you are... (n=157)

Q5.2: (If not at all confident or a little confident:) Why do you say you are [rating from above] that you can do all the things necessary to manage your diabetes? (n=4*)

Q5.3: How well do you feel the existing programs and services in the community help you in managing your diabetes? Would you say... (n=144)



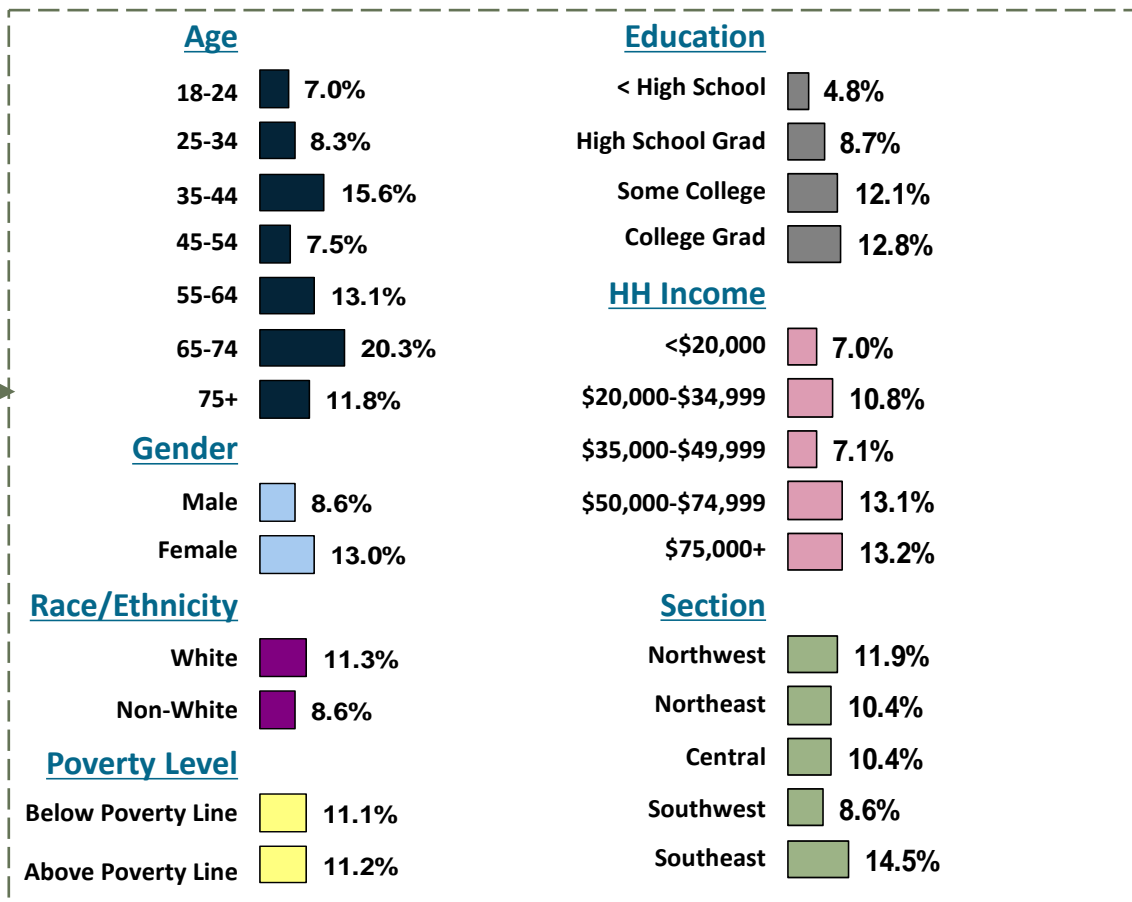
Prevalence of Pre-Diabetes/Borderline Diabetes

- One in ten area adults has been told by a health care professional that they have pre- or borderline diabetes.
 - ❖ The prevalence of pre-diabetes is greater for older adults, females, Whites, those with incomes of \$50K or more, and those living in the southeast section of the county.

Ever Told Have Pre-Diabetes/Borderline Diabetes* (Total Sample)

10.9%

Told Have Pre-Diabetes/Borderline Diabetes by Demographics



*Among all adults, the proportion who reported ever being told by a health care professional that they had pre-diabetes or borderline diabetes



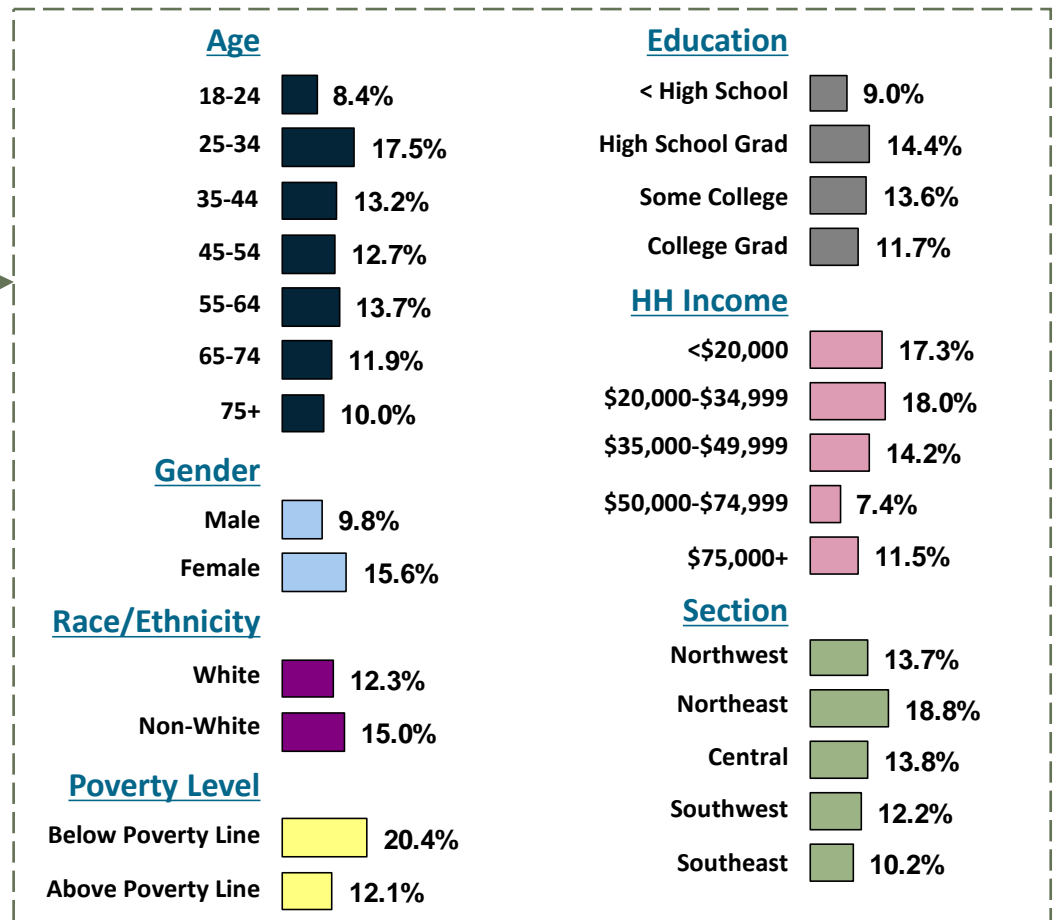
Lifetime Asthma

- Roughly one in eight area adults has been told by a health care professional at some point in their life that they had asthma.
 - ❖ The prevalence of lifetime asthma is greater for women, those with incomes less than \$35K, and those in the northeast section.

Lifetime Asthma Prevalence* (Total Sample)

12.7%

Lifetime Asthma by Demographics



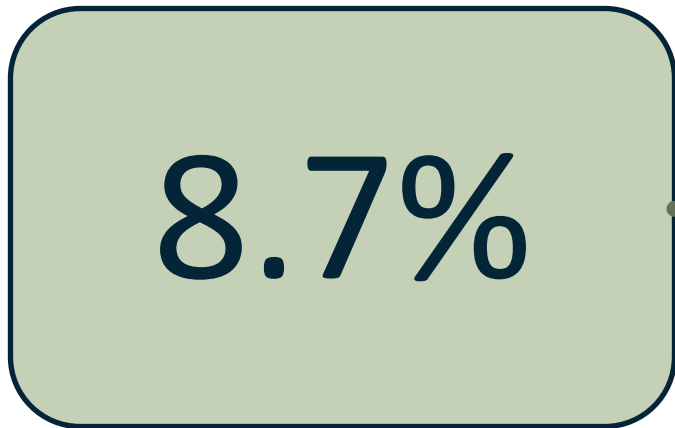
*Among all adults, the proportion who reported that they were ever told by a doctor, nurse, or other health care professional that they had asthma



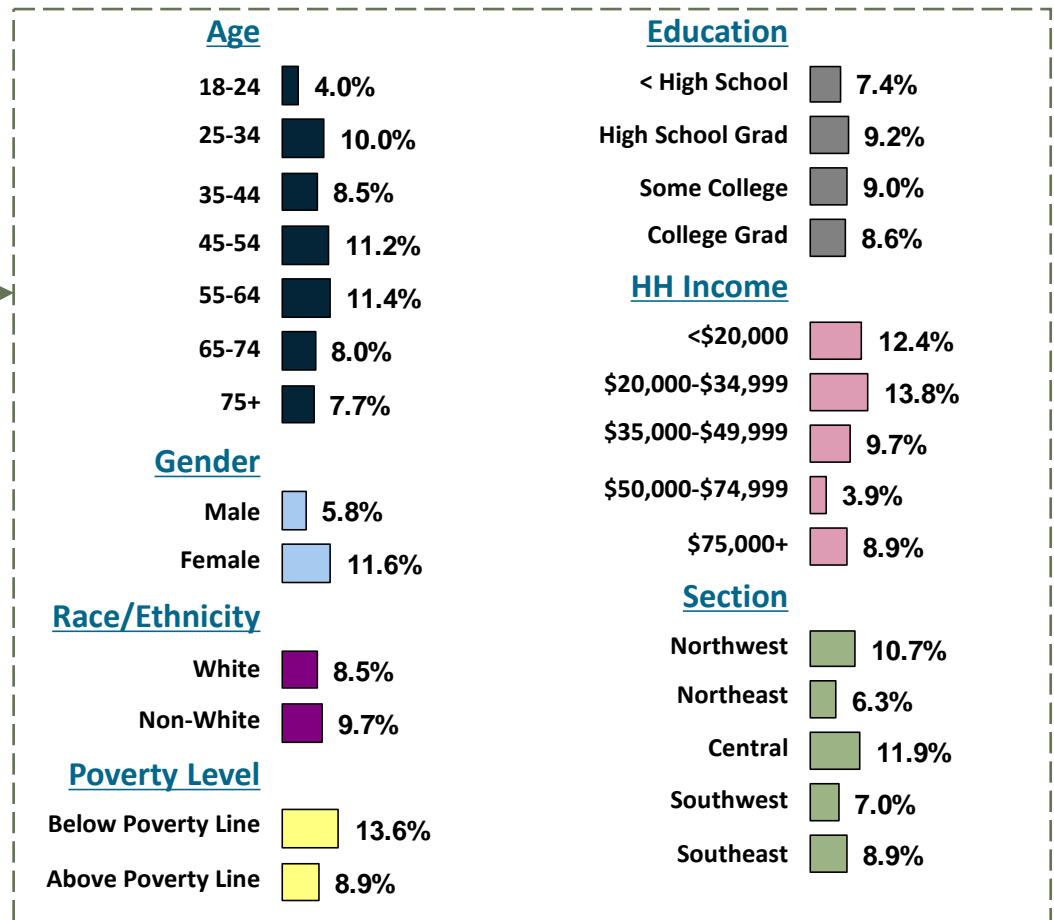
Current Asthma

- Roughly one in eleven area adults currently has asthma.
 - ❖ Like lifetime asthma, the prevalence of those who currently have asthma is greater for women and those with incomes less than \$35K. Those in the Central and Northwest sections have higher rates of current asthma than those in other sections.

Current Asthma Prevalence* (Total Sample)



Current Asthma by Demographics



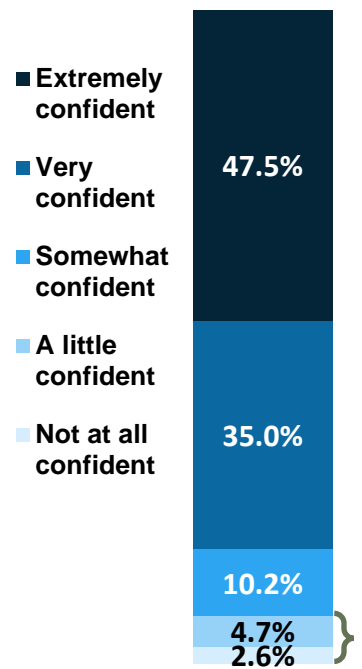
*Among all adults, the proportion who reported that they still had asthma



Asthma Management

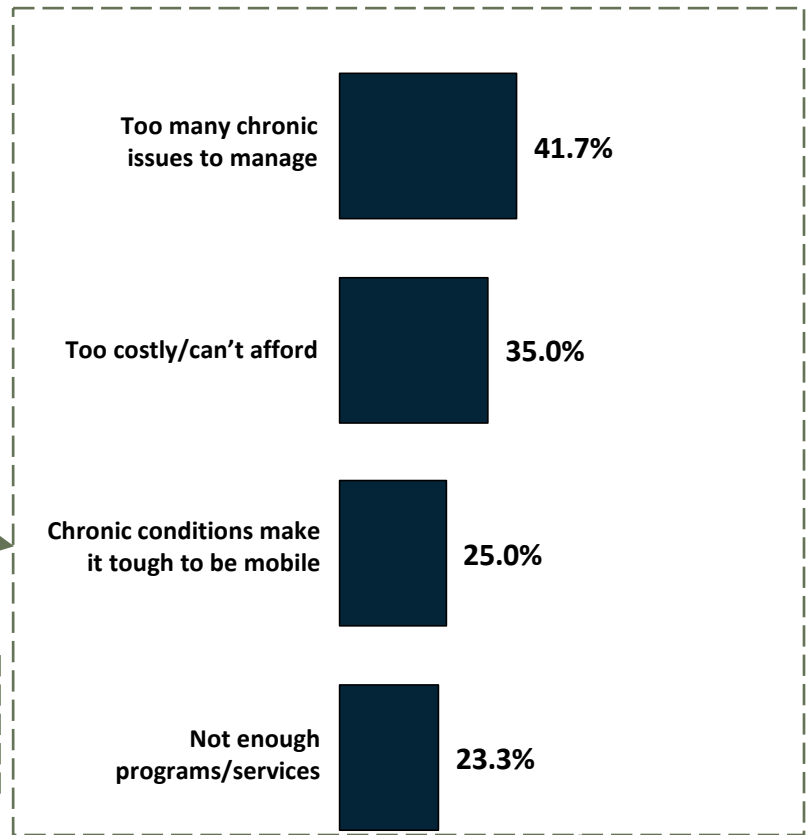
- More than eight in ten (82.5%) adults with asthma are very or extremely confident in managing their condition despite the fact that almost half (45.4%) say area programs and services do not help them manage their asthma well.
 - ❖ For the few who are less than confident, barriers to confidence include the number of chronic issues they have and cost.

Level of Confidence in Managing Asthma

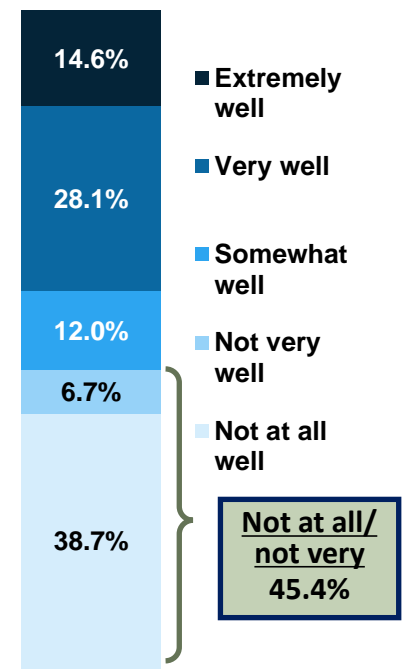


**Not at all/
a little
7.3%**

Reasons for Lack of Confidence



How Well Existing Programs/Services Help with Management



**Not at all/
not very
45.4%**

*Caution: small base size

Q5.1: Having an illness often means doing different tasks and activities to manage your condition. How confident are you that you can do all the things necessary to manage your asthma? Would you say you are... (n=130)

Q5.2: (If not at all confident or a little confident:) Why do you say you are [rating from above] that you can do all the things necessary to manage your asthma? (n=7*)

Q5.3: How well do you feel the existing programs and services in the community help you in managing your asthma? Would you say... (n=123)



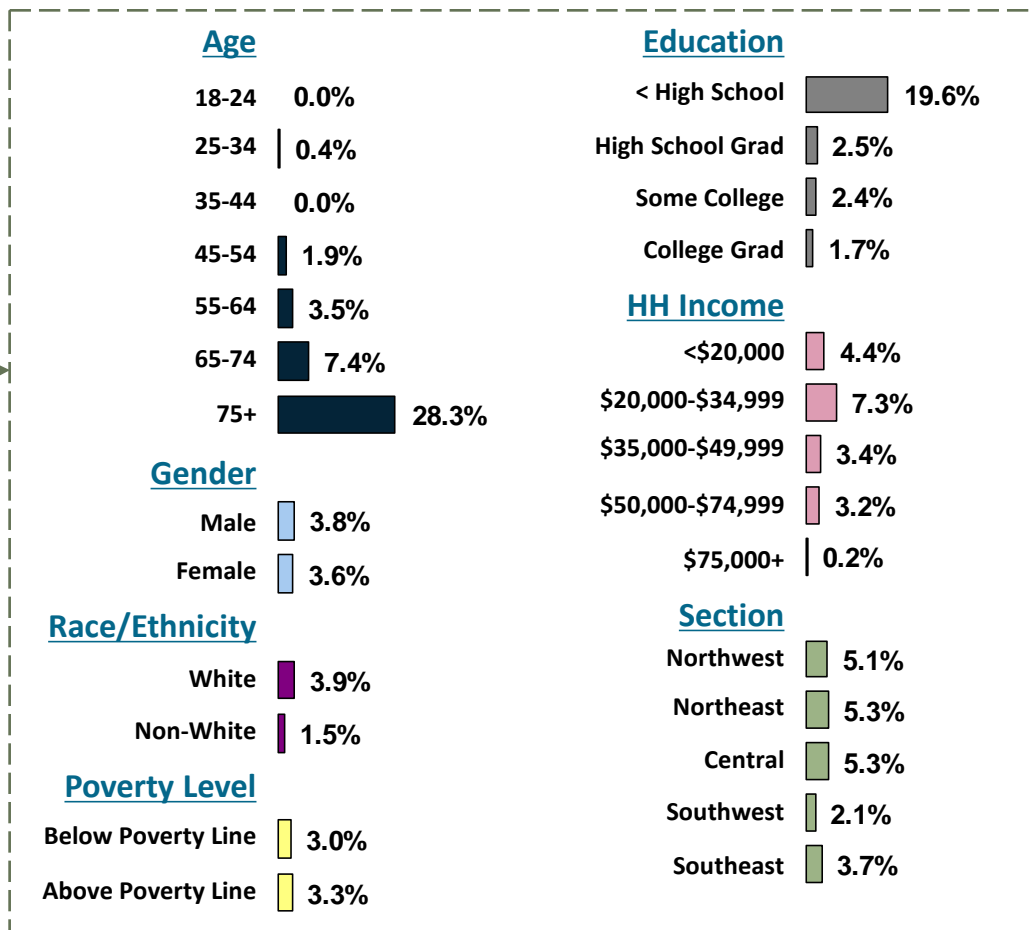
Prevalence of Heart Attacks

- The prevalence of having a heart attack is low (3.7%) but most likely to occur among the oldest adults (75+).
 - ❖ Adults with less than a high school diploma are more than five times as likely to have a heart attack than those with more education.

Ever Told Had Heart Attack* (Total Sample)

3.7%

Told Had Heart Attack by Demographics



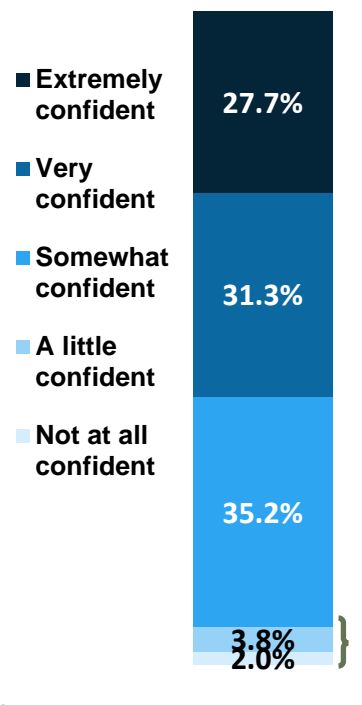
*Among all adults, the proportion who had ever been told by a doctor that they had a heart attack or myocardial infarction



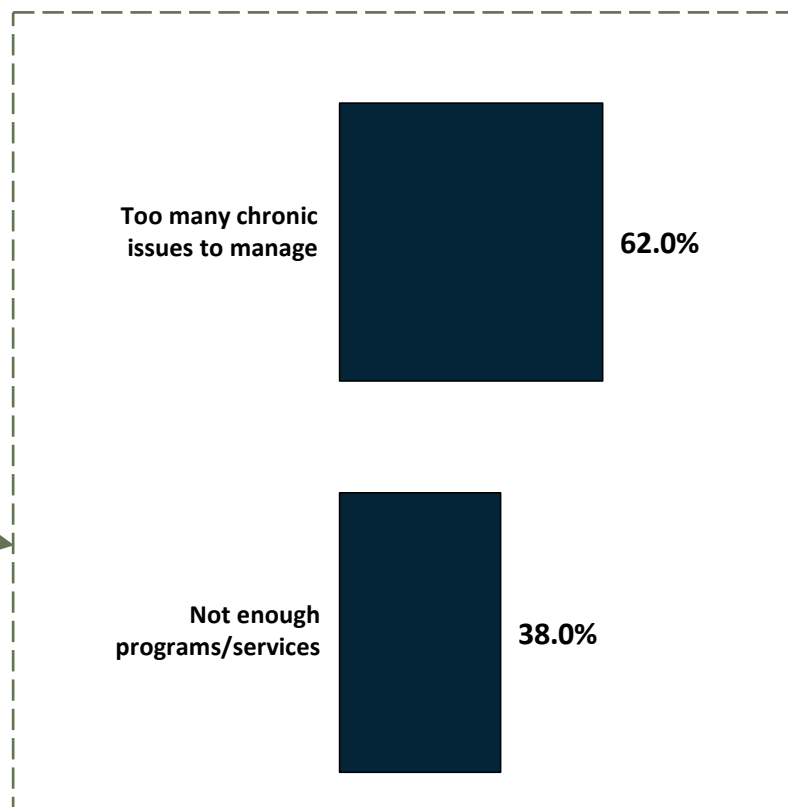
Heart Attack Management

- Six in ten (59.0%) adults who have had a heart attack are very or extremely confident in managing their condition despite the fact that only 37.7% say area programs and services help them manage their condition very or extremely well.
 - ❖ The few who are less than confident cite their multiple chronic conditions and lack of programs and services to help them manage their condition well.

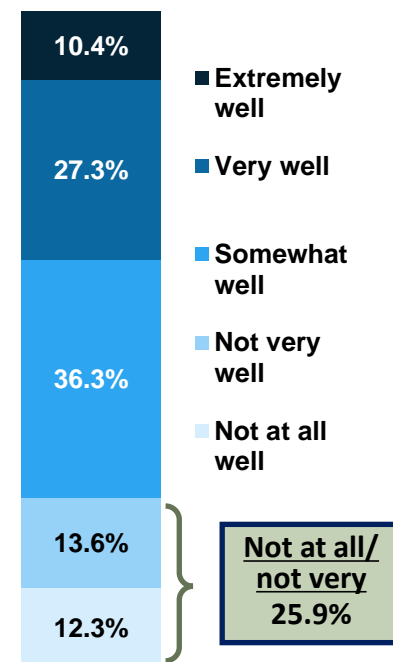
Level of Confidence in Managing Heart Attack



Reasons for Lack of Confidence



How Well Existing Programs/Services Help with Management



*Caution: small base size

Q5.1: Having an illness often means doing different tasks and activities to manage your condition. How confident are you that you can do all the things necessary to manage your heart attack? Would you say you are... (n=58)

Q5.2: (If not at all confident or a little confident:) Why do you say you are [rating from above] that you can do all the things necessary to manage your heart attack? (n=3*)

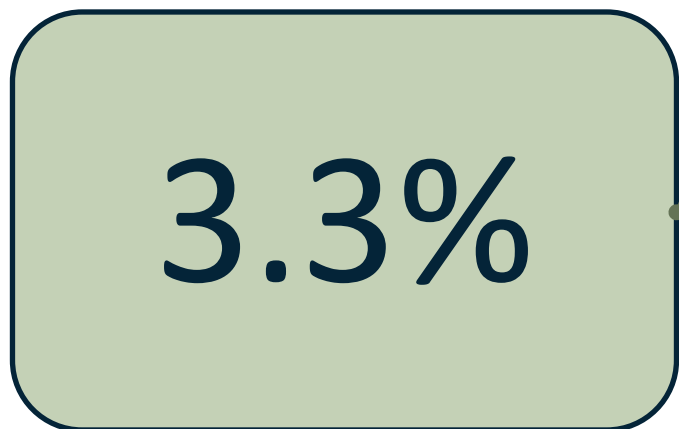
Q5.3: How well do you feel the existing programs and services in the community help you in managing your heart attack? Would you say... (n=53)



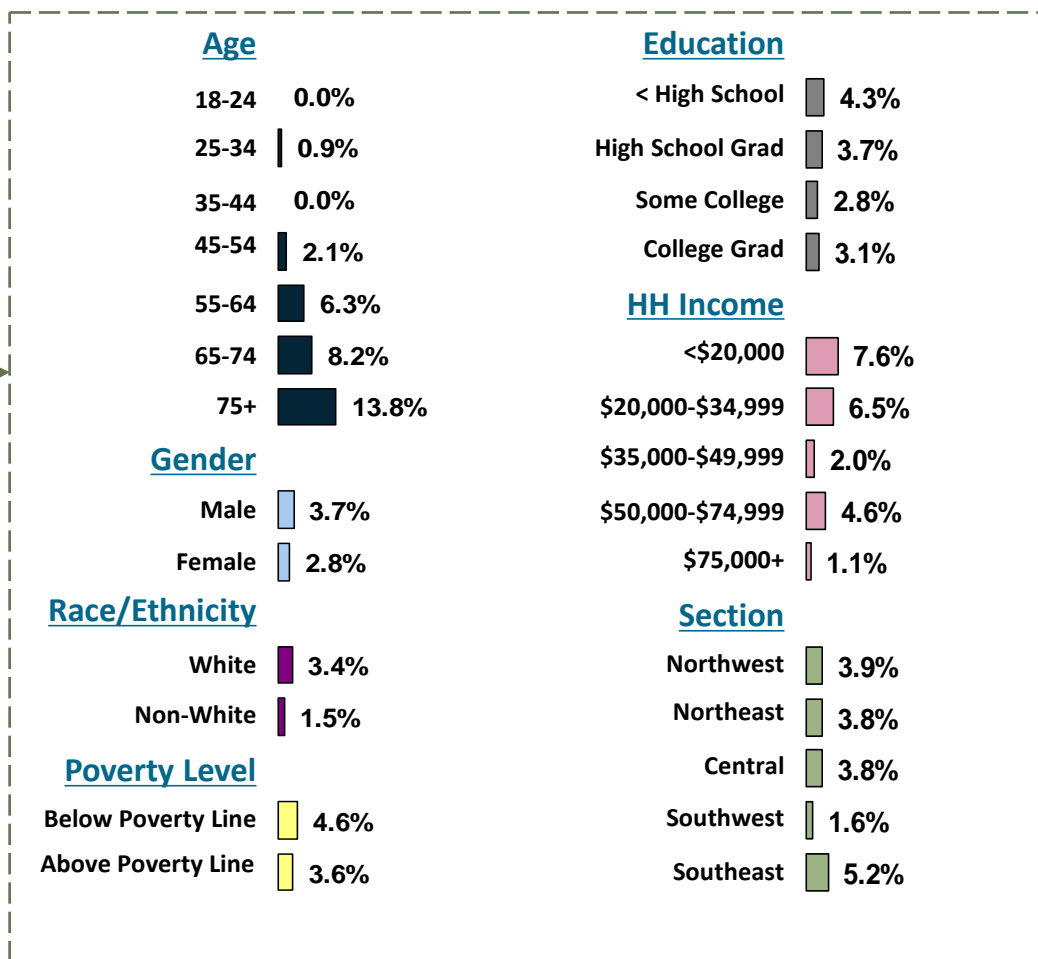
Prevalence of Angina/Coronary Heart Disease

- The prevalence of angina or CHD is also low (3.3%) but most likely to occur among the oldest adults (55+) and those with the lowest incomes (<\$35K).

Ever Told Have Angina/Coronary Heart Disease* (Total Sample)



Told Have Angina/Coronary Heart Disease by Demographics



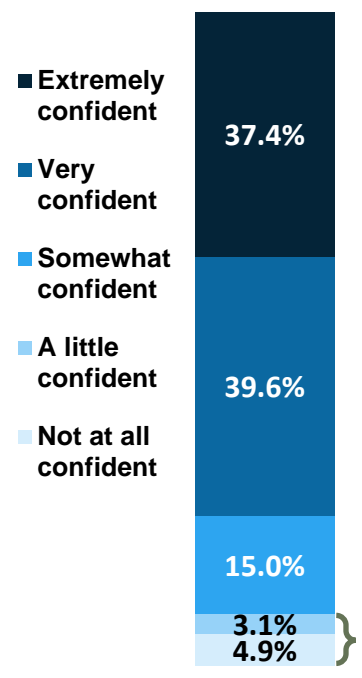
*Among all adults, the proportion who had ever been told by a doctor that they had angina or coronary heart disease



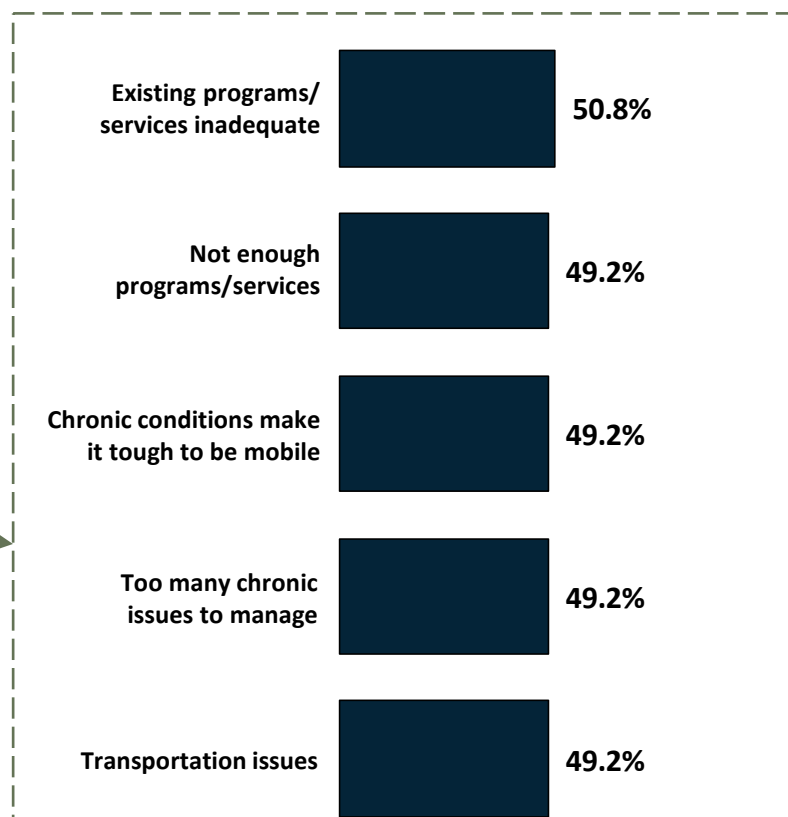
Angina/CHD Management

- More than three-fourths (77.0%) of area adults with angina/CHD are very or extremely confident in managing their condition despite the fact that almost half (46.4%) say area programs and services do not help them manage their condition well at all.
 - ❖ The couple who are less than confident cite lack of, or inadequate, programs and services, their multiple chronic conditions, and transportation as barriers to feeling confident.

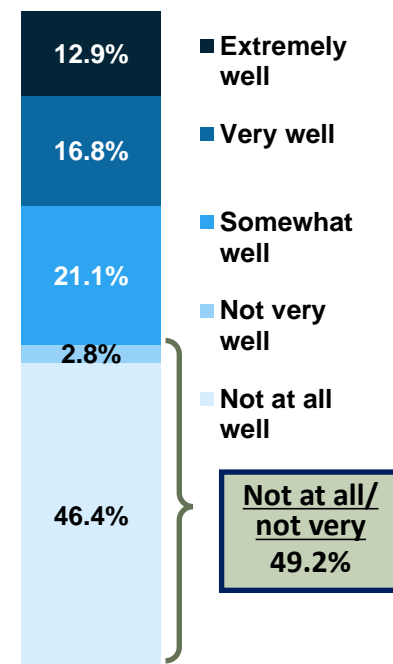
Level of Confidence in Managing Angina/CHD



Reasons for Lack of Confidence



How Well Existing Programs/Services Help with Management



*Caution: small base size

Q5.1: Having an illness often means doing different tasks and activities to manage your condition. How confident are you that you can do all the things necessary to manage your angina/CHD? Would you say you are... (n=62)

Q5.2: (If not at all confident or a little confident:) Why do you say you are [rating from above] that you can do all the things necessary to manage your angina/CHD? (n=2*)

Q5.3: How well do you feel the existing programs and services in the community help you in managing your angina/CHD? Would you say... (n=57)



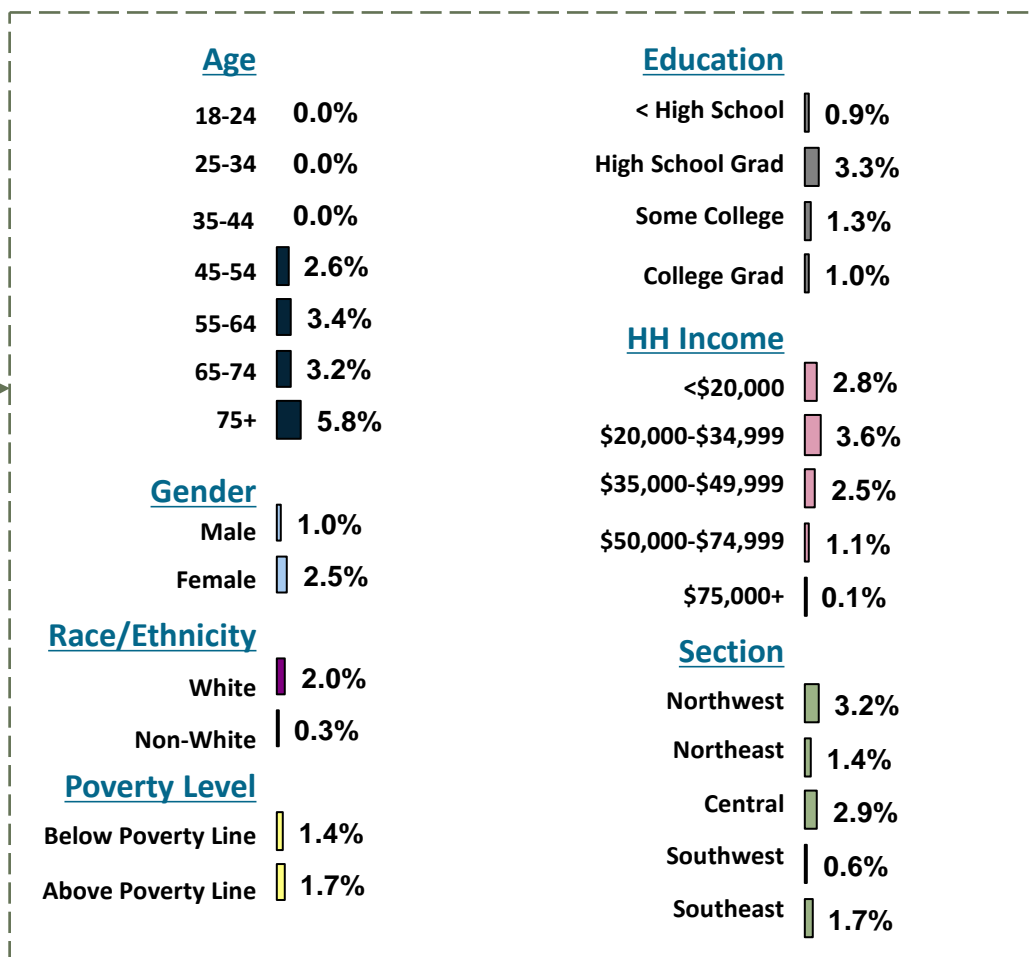
Prevalence of Stroke

- Few Ottawa County adults have had a stroke.
- The highest prevalence of stroke can be found in the highest age and lowest income groups.

Ever Told Had a Stroke* (Total Sample)

1.7%

Told Had Stroke by Demographics



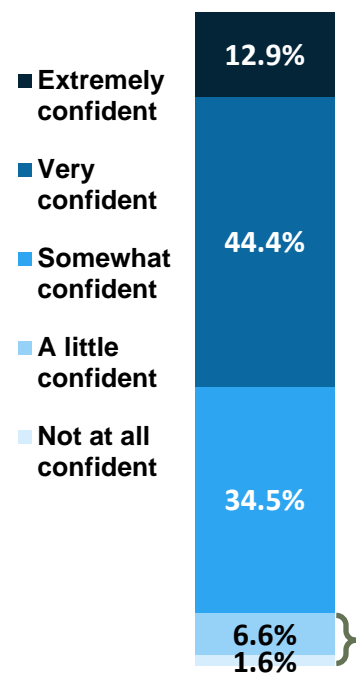
*Among all adults, the proportion who had ever been told by a doctor that they had a stroke



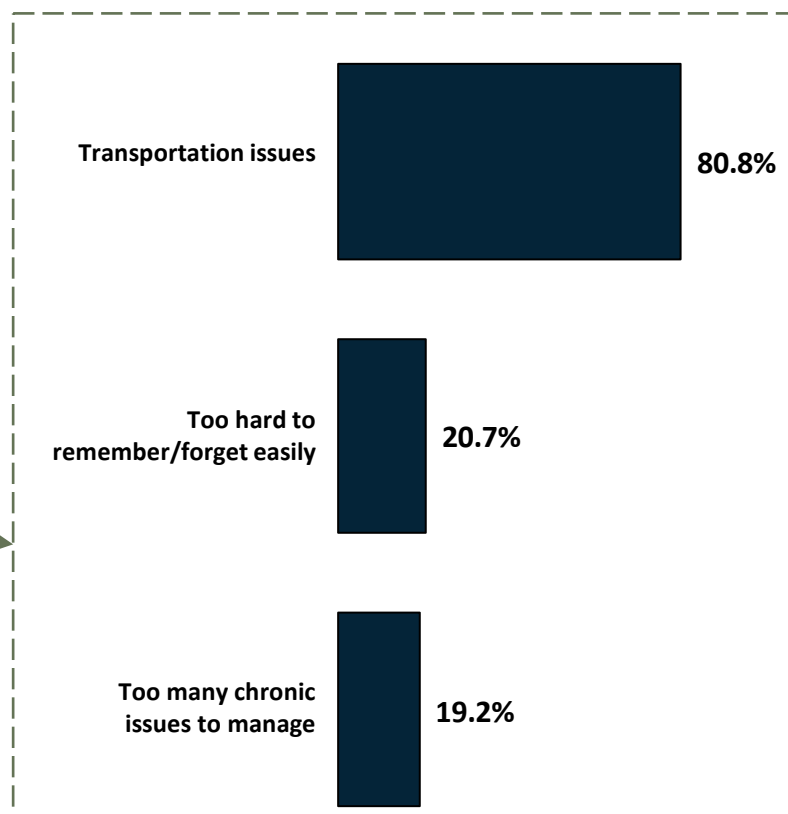
Stroke Management

- Almost six in ten (57.3%) area adults who have had a stroke are very or extremely confident in managing their condition despite the fact that a similar proportion (56.1%) say that area programs and services do not help them manage their condition well.
 - ❖ The few who are less than confident cite transportation most often as a barrier to feeling confident.

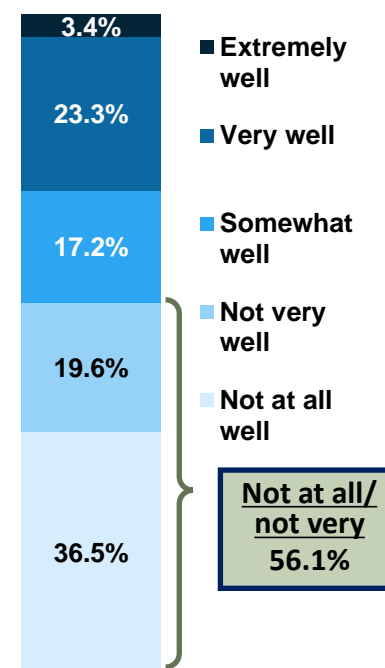
Level of Confidence in Managing Stroke



Reasons for Lack of Confidence



How Well Existing Programs/Services Help with Management



*Caution: small base size

Q5.1: Having an illness often means doing different tasks and activities to manage your condition. How confident are you that you can do all the things necessary to manage your stroke? Would you say you are... (n=39)

Q5.2: (If not at all confident or a little confident:) Why do you say you are [rating from above] that you can do all the things necessary to manage your stroke? (n=3*)

Q5.3: How well do you feel the existing programs and services in the community help you in managing your stroke? Would you say... (n=35)



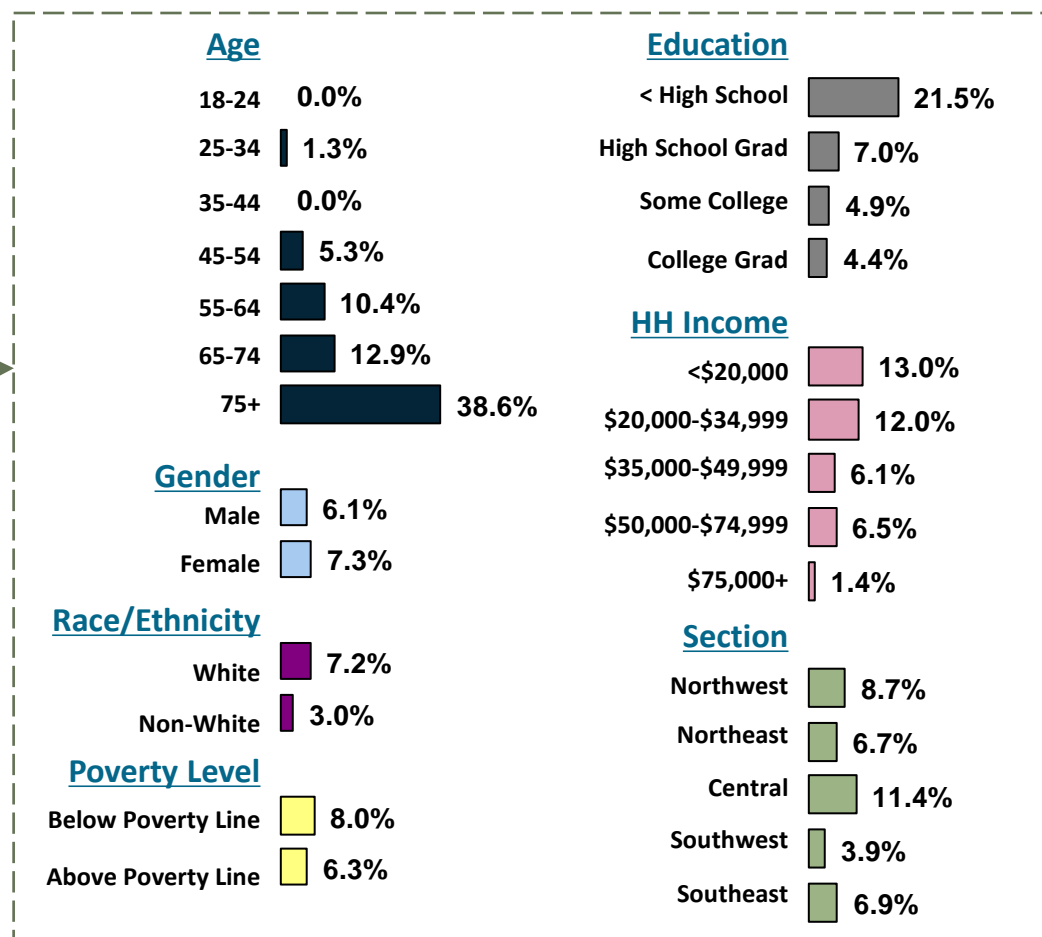
Prevalence of Any Cardiovascular Disease

- One in fifteen (6.7%) Ottawa County adults have had a heart attack, angina/CHD, or stroke.
- The highest prevalence of cardiovascular disease can be found in the highest age group (75+), the lowest education group, and the lowest income groups.

Ever Told Had Heart Attack, Angina, or Stroke* (Total Sample)

6.7%

Told Had Heart Attack, Angina, or Stroke by Demographics



*Among all adults, the proportion who had ever been told by a doctor that they had a heart attack, angina, or stroke (n=1,311)



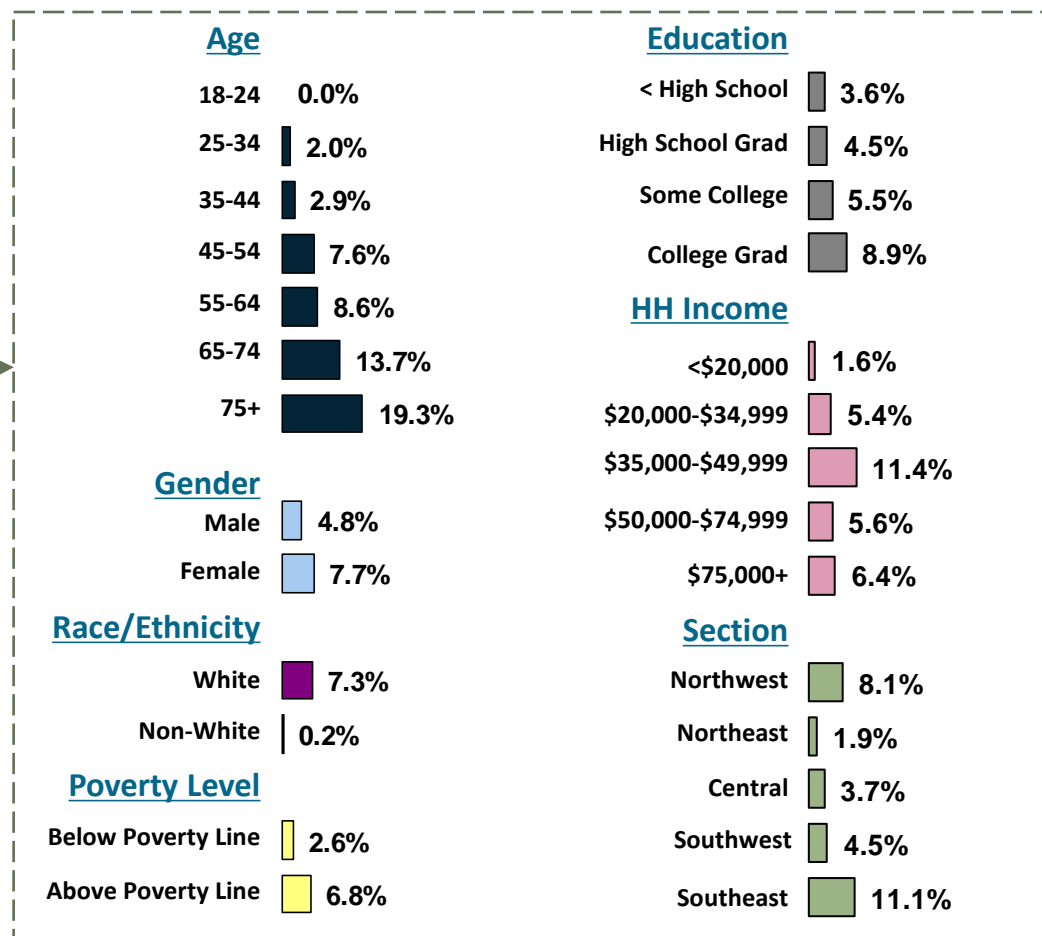
Prevalence of Skin Cancer

- One in sixteen (6.3%) Ottawa County adults has skin cancer.
 - ❖ The prevalence of skin cancer is higher among the oldest groups (65+), those with the most education, and those living in the southeast section of the county.

Ever Told Have Skin Cancer* (Total Sample)

6.3%

Told Have Skin Cancer by Demographics



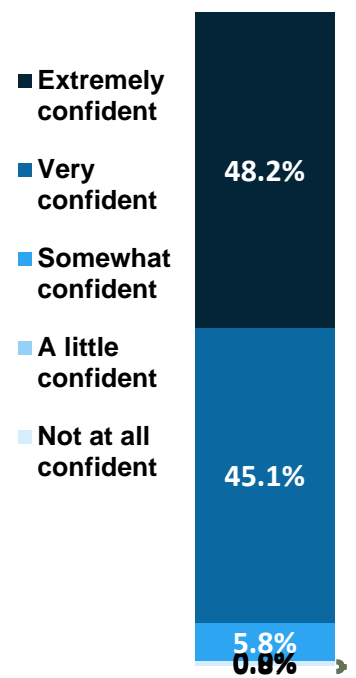
*Among all adults, the proportion who reported that they were ever told by a doctor that they have skin cancer



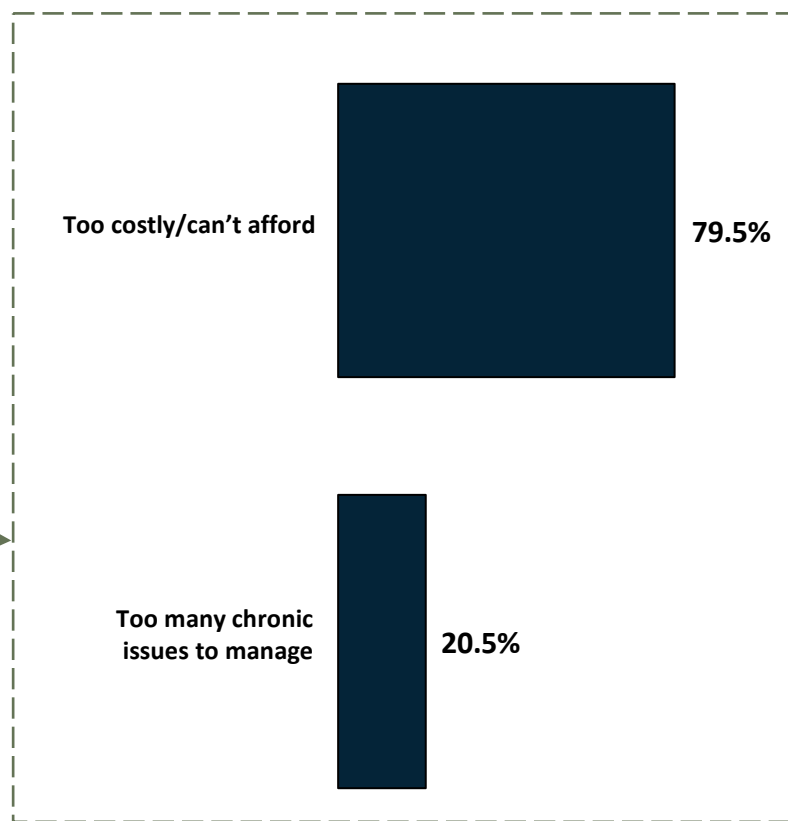
Skin Cancer Management

- Almost all (93.3%) area adults with skin cancer are very or extremely confident in managing their condition despite the fact that more than one-third (36.5%) say area programs and services do not help them manage their condition well.
 - ❖ The couple who are less than confident cite cost as the major barrier to their confidence.

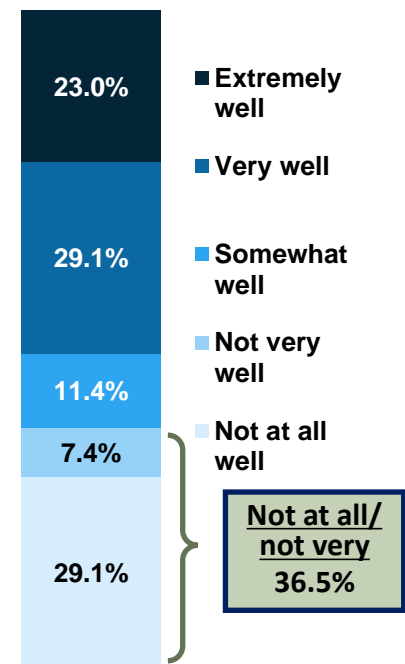
Level of Confidence in Managing Skin Cancer



Reasons for Lack of Confidence



How Well Existing Programs/Services Help with Management



*Caution: small base size

Q5.1: Having an illness often means doing different tasks and activities to manage your condition. How confident are you that you can do all the things necessary to manage your skin cancer? Would you say you are... (n=120)

Q5.2: (If not at all confident or a little confident:) Why do you say you are [rating from above] that you can do all the things necessary to manage your skin cancer? (n=2*)

Q5.3: How well do you feel the existing programs and services in the community help you in managing your skin cancer? Would you say... (n=111)



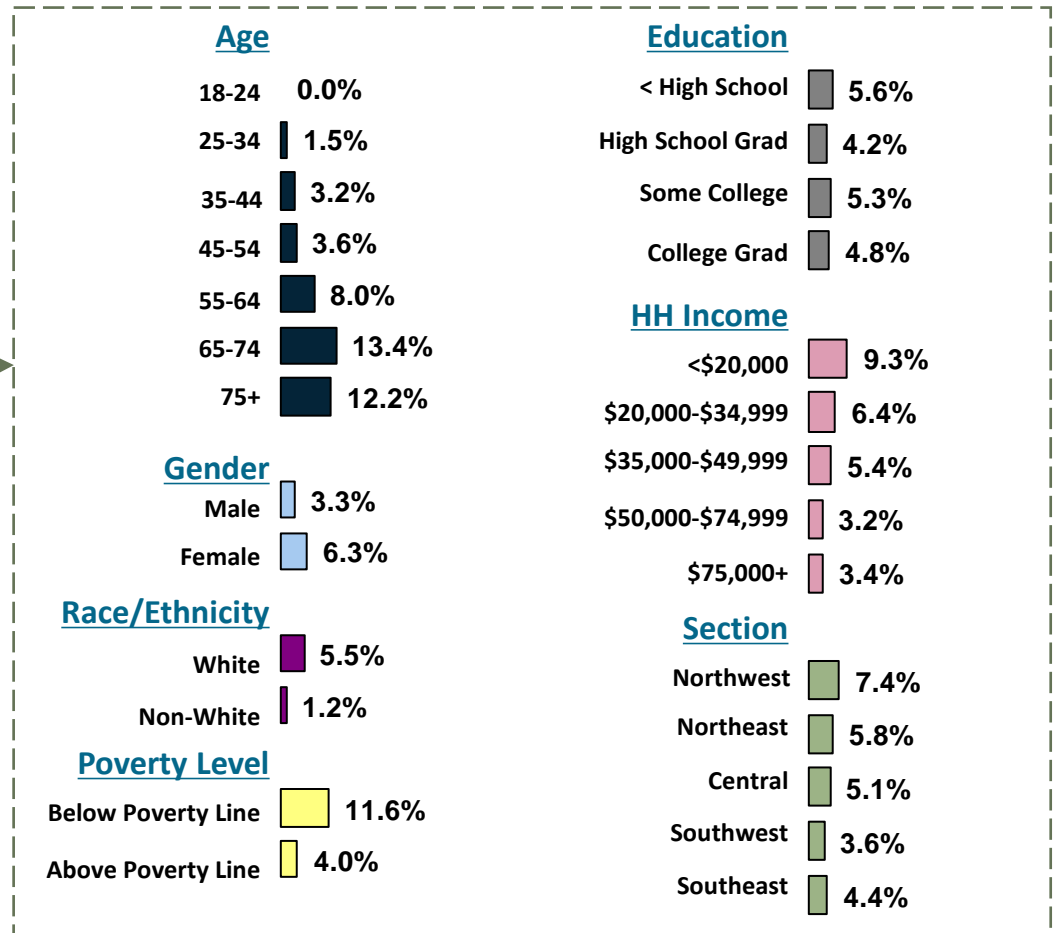
Prevalence of Other Cancer (Non-Skin)

- One in twenty (4.8%) Ottawa County adults has other forms of cancer.
 - ❖ This proportion rises dramatically with age, especially beginning around age 55.
 - ❖ The prevalence drops with higher incomes.

Ever Told Have Cancer (Other Than Skin)* (Total Sample)

4.8%

Told Have Cancer by Demographics



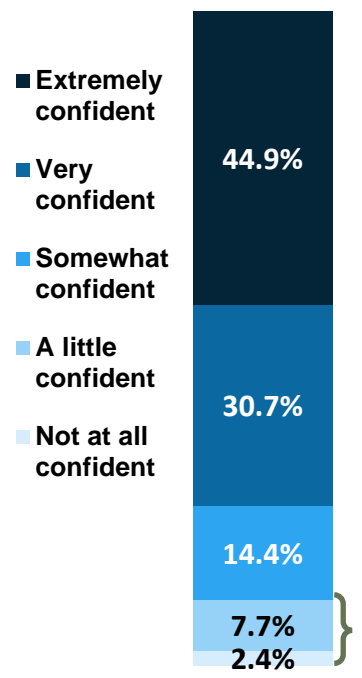
*Among all adults, the proportion who reported that they were ever told by a doctor that they have cancer (other than skin)



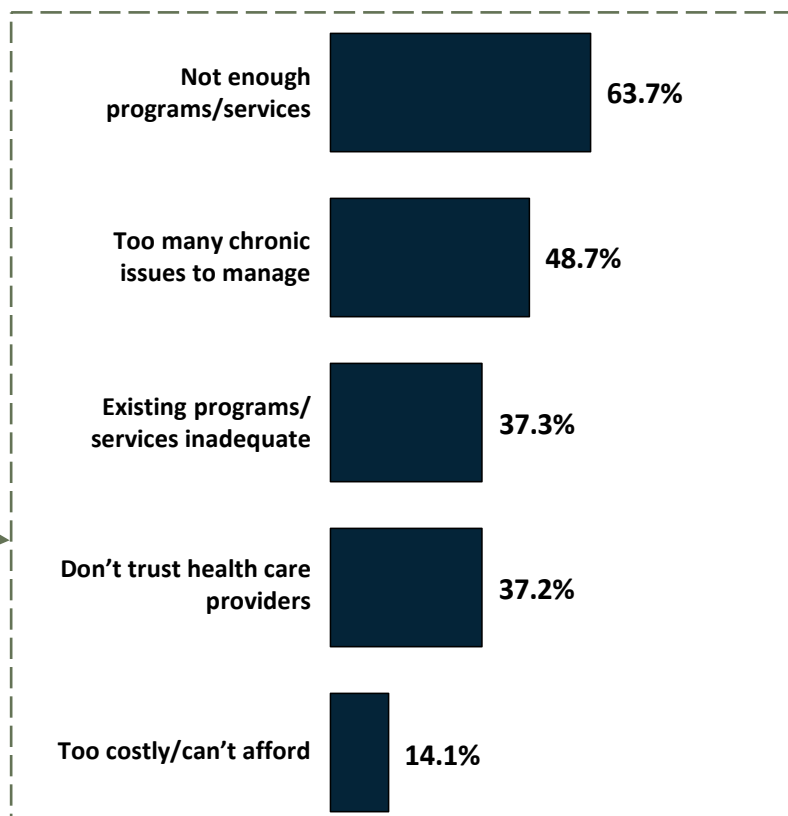
Other Cancer Management

- Three-fourths (75.6%) of area adults with cancer (non-skin) are very or extremely confident in managing their condition and the majority feel that existing programs and services are highly effective in helping them manage their condition well.
 - ❖ The few who are less than confident cite lack of, or inadequate, programs and services, their multiple chronic conditions, a lack of trust, and cost as barriers to feeling confident.

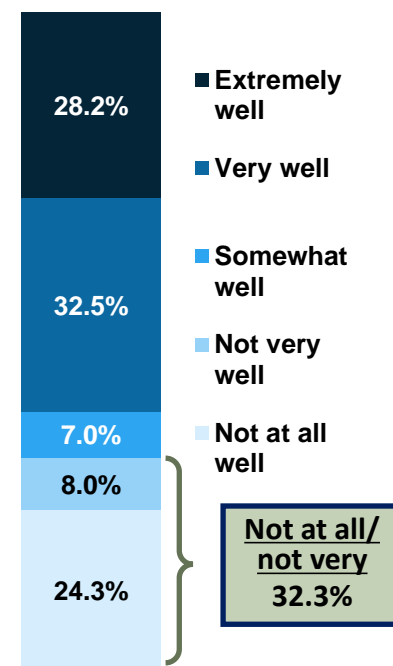
Level of Confidence in Managing Other Cancer



Reasons for Lack of Confidence



How Well Existing Programs/Services Help with Management



*Caution: small base size

Q5.1: Having an illness often means doing different tasks and activities to manage your condition. How confident are you that you can do all the things necessary to manage your cancer? Would you say you are... (n=97)

Q5.2: (If not at all confident or a little confident:) Why do you say you are [rating from above] that you can do all the things necessary to manage your cancer? (n=5*)

Q5.3: How well do you feel the existing programs and services in the community help you in managing your cancer? Would you say... (n=91)



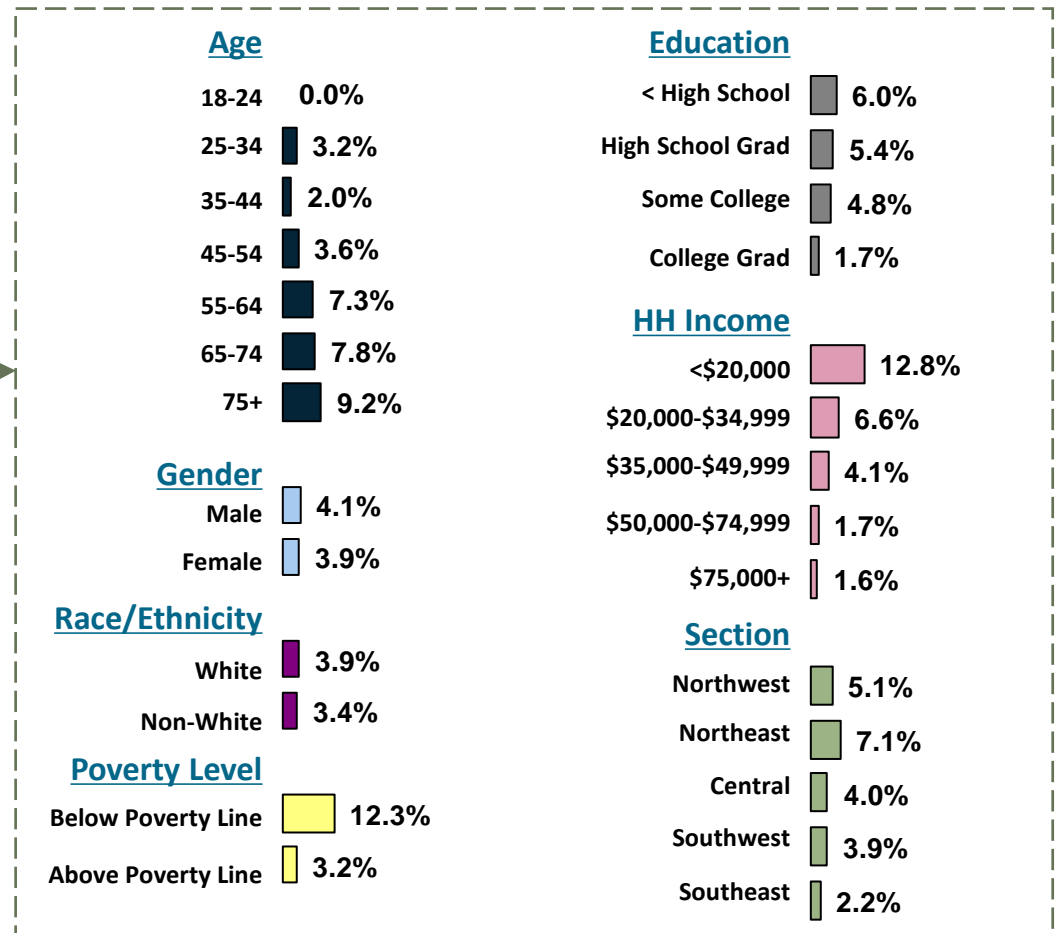
Prevalence of COPD

- A small proportion (4.0%) of Ottawa County adults have chronic obstructive pulmonary disease (COPD).
 - ❖ The disease is more common in adults who are older (55+) and/or have low incomes.

Ever Told Have COPD* (Total Sample)

4.0%

Told Have COPD by Demographics



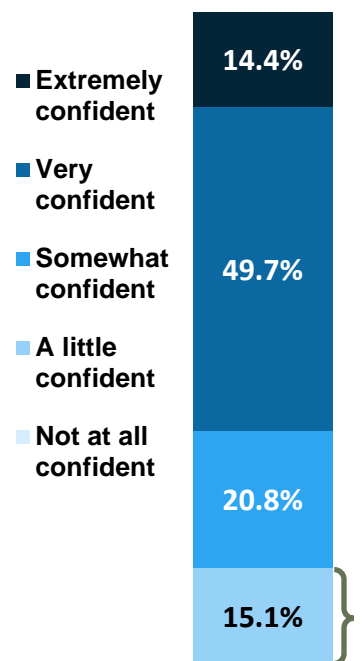
*Among all adults, the proportion who reported that they were ever told by a doctor that they have chronic obstructive pulmonary disease (COPD), emphysema, or chronic bronchitis



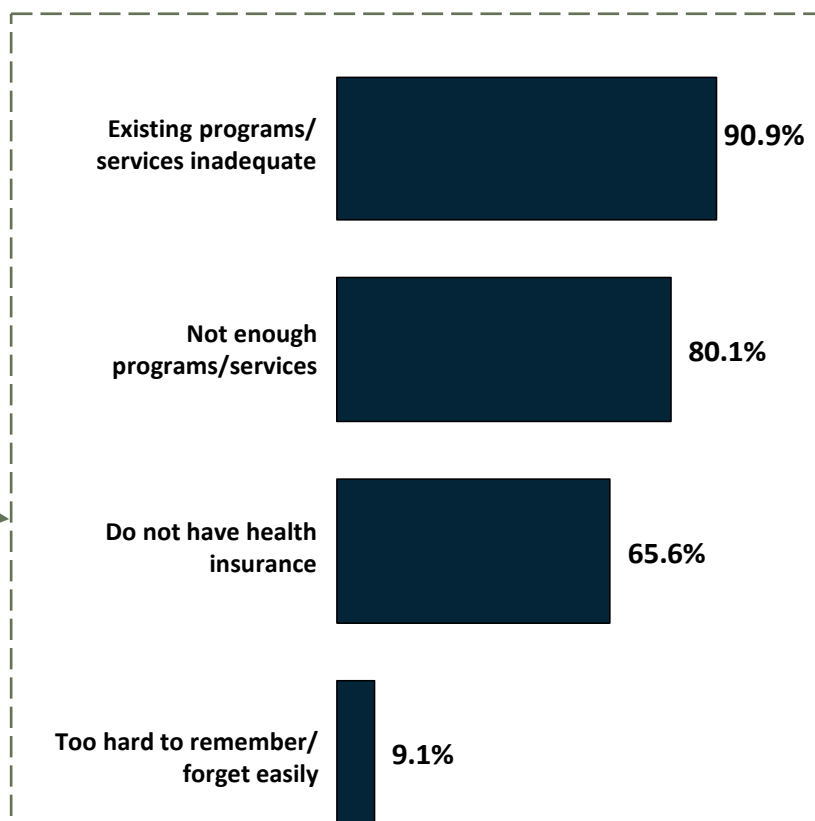
COPD Management

- More than six in ten (64.1%) adults with COPD are very or extremely confident in managing their condition despite the fact that over half (53.7%) say area programs and services do not help them manage their COPD well.
 - ❖ Among the few who are less than confident, lack of, or inadequate, programs and services and lack of health insurance are cited as barriers to their confidence.

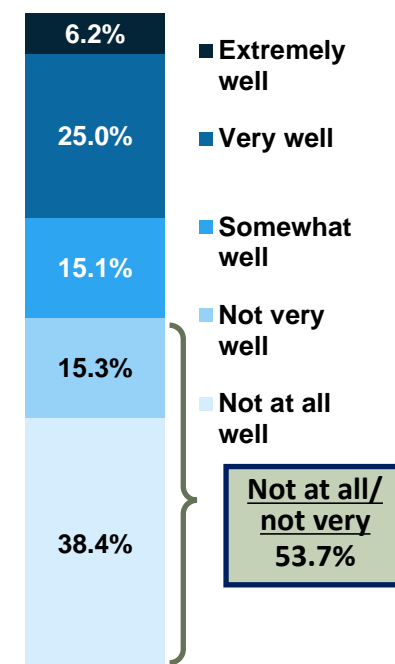
Level of Confidence in Managing COPD



Reasons for Lack of Confidence



How Well Existing Programs/Services Help with Management



*Caution: small base size

Q5.1: Having an illness often means doing different tasks and activities to manage your condition. How confident are you that you can do all the things necessary to manage your COPD? Would you say you are... (n=77)

Q5.2: (If not at all confident or a little confident:) Why do you say you are [rating from above] that you can do all the things necessary to manage your COPD? (n=4*)

Q5.3: How well do you feel the existing programs and services in the community help you in managing your COPD? Would you say... (n=72)



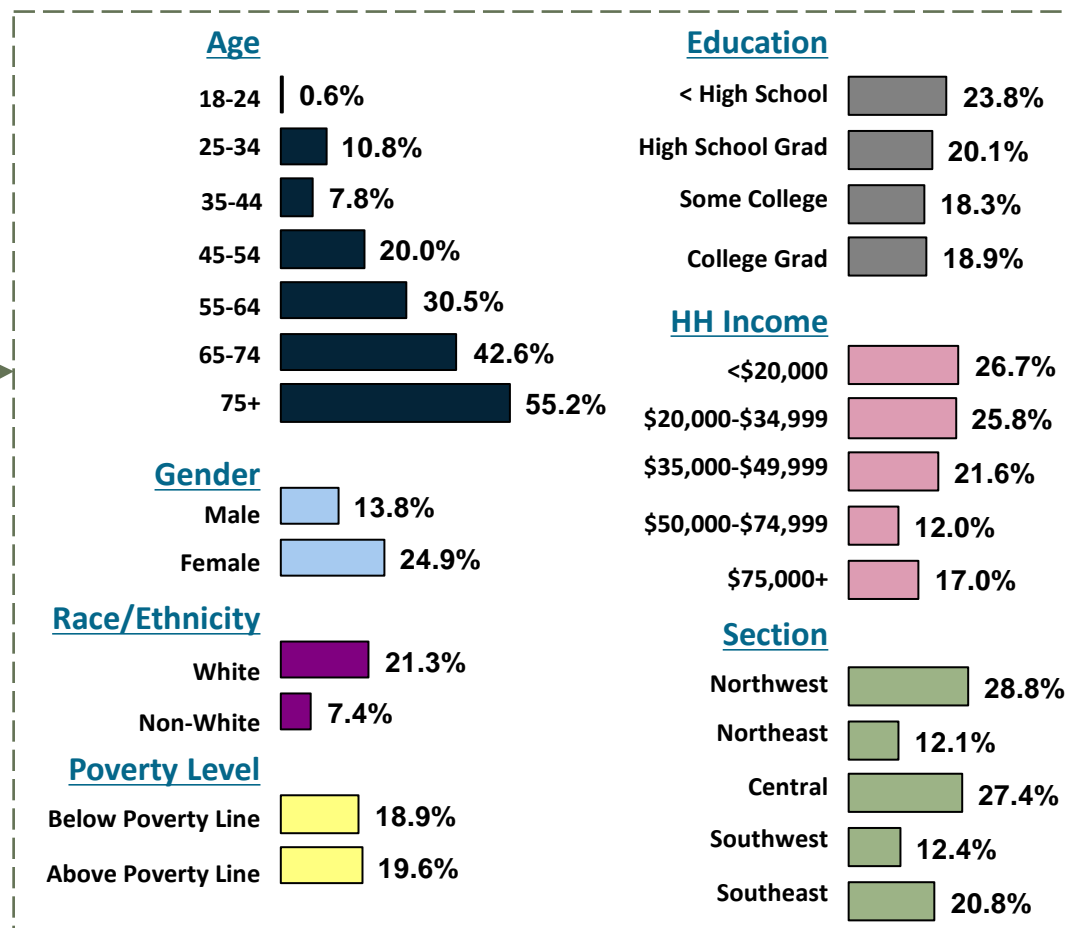
Prevalence of Arthritis

- One in five (19.0%) area adults have arthritis, and this is largely a condition that comes with age.
 - ❖ The disease is also more common in women than men, more common in Whites compared to non-Whites, and more common among adults with incomes below \$50K compared to adults with higher incomes.
 - ❖ Arthritis is less common in the northeast and southwest sections of Ottawa County.

Ever Told Have Arthritis* (Total Sample)

19.4%

Told Have Arthritis by Demographics



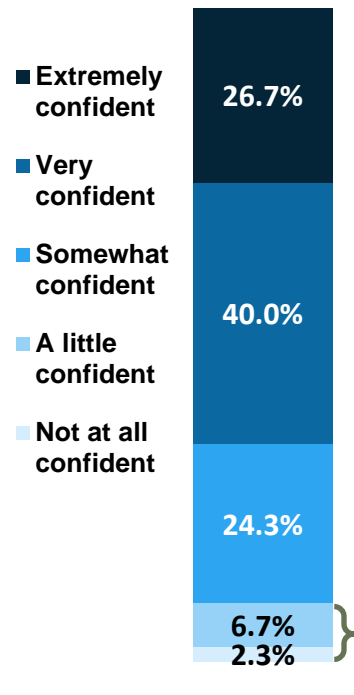
*Among all adults, the proportion who reported ever being told by a health care professional that they had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia



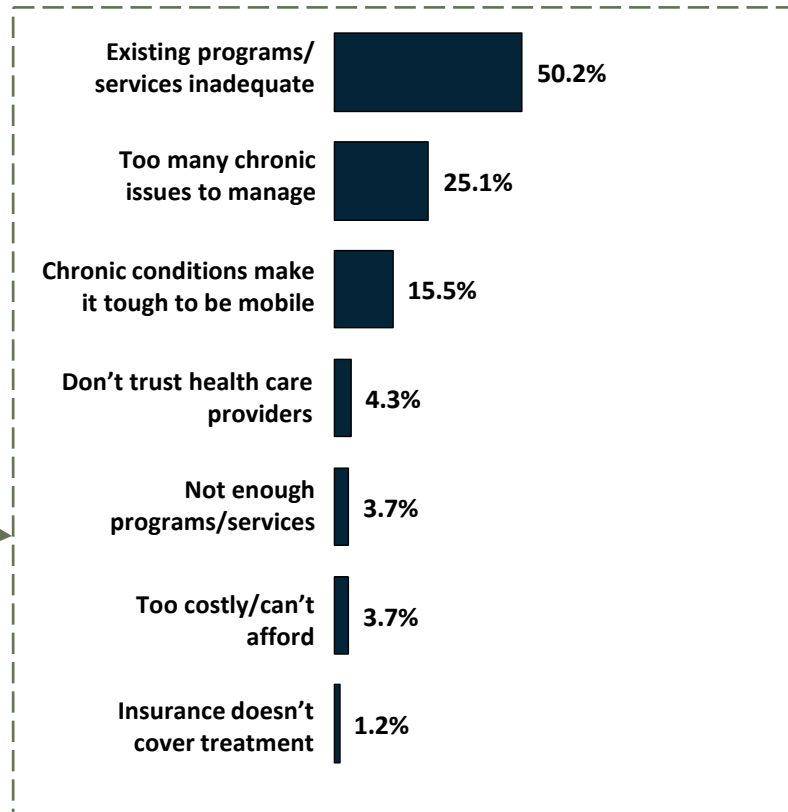
Arthritis Management

- Two-thirds (66.7%) of area adults with arthritis are very or extremely confident in managing their condition although they are split as to how well existing area programs and services help them manage their condition.
 - ❖ Those who are less than confident mainly cite lack of, or inadequate, programs and services and their multiple chronic conditions as barriers to feeling confident.

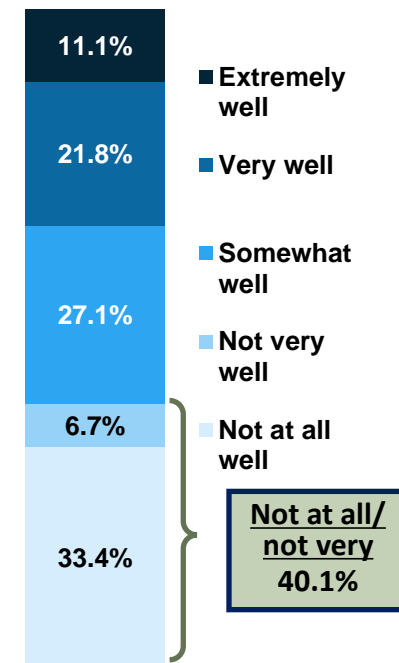
Level of Confidence in Managing Arthritis



Reasons for Lack of Confidence



How Well Existing Programs/Services Help with Management



*Caution: small base size

Q5.1: Having an illness often means doing different tasks and activities to manage your condition. How confident are you that you can do all the things necessary to manage your arthritis? Would you say you are... (n=379)

Q5.2: (If not at all confident or a little confident:) Why do you say you are [rating from above] that you can do all the things necessary to manage your arthritis? (n=22*)

Q5.3: How well do you feel the existing programs and services in the community help you in managing your arthritis? Would you say... (n=341)



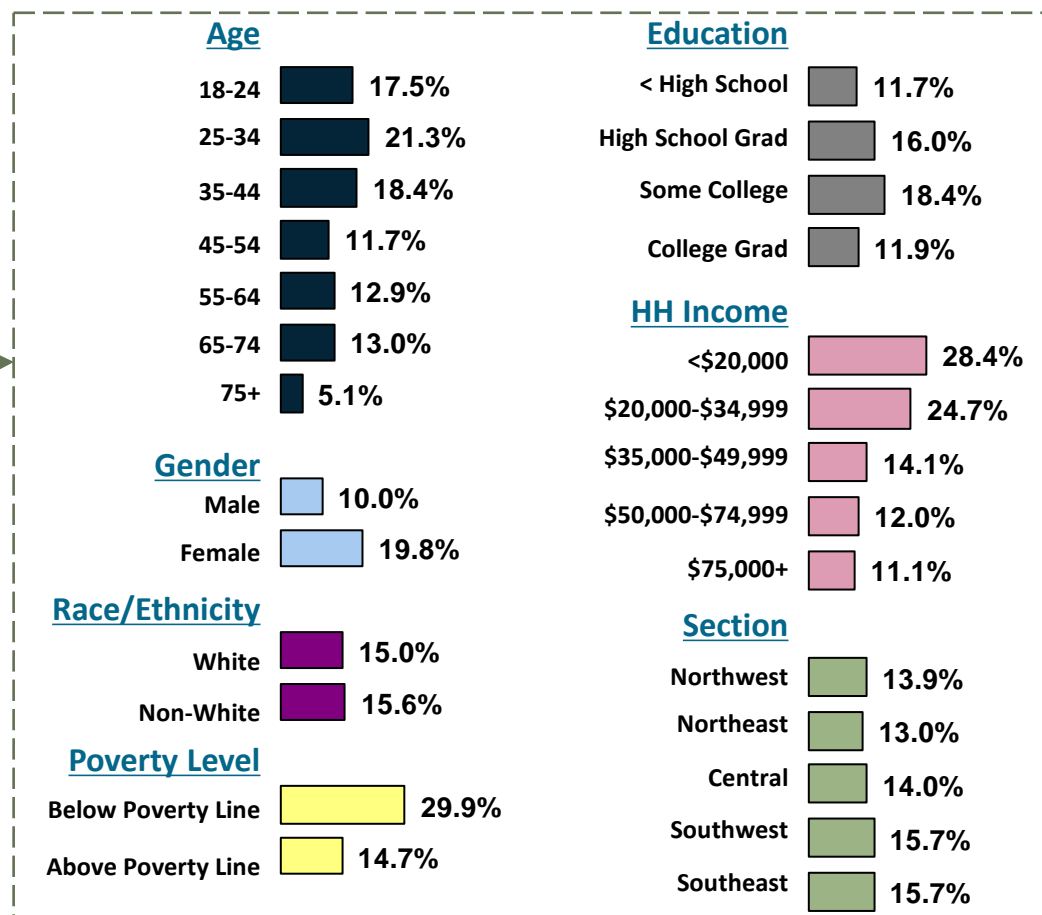
Prevalence of Anxiety Disorder

- Roughly one in seven (15.0%) Ottawa County adults has an anxiety disorder.
 - ❖ The disease is more common in adults who are younger (under 45), are female, and/or have low incomes.

Ever Told Have Anxiety Disorder* (Total Sample)

15.0%

Told Have Anxiety Disorder by Demographics



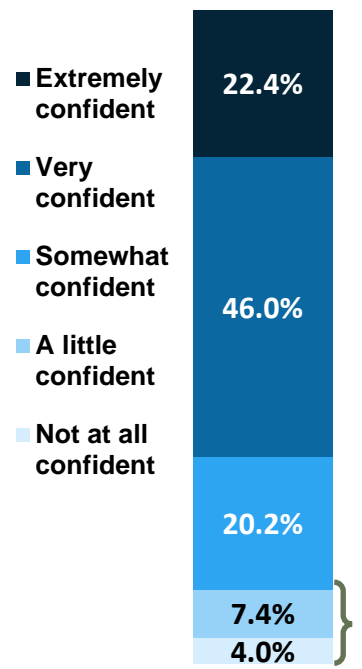
*Among all adults, the proportion who reported ever being told by a health care professional that they had an anxiety disorder (including acute stress disorder, anxiety, generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, phobia, posttraumatic stress disorder, or social anxiety disorder)



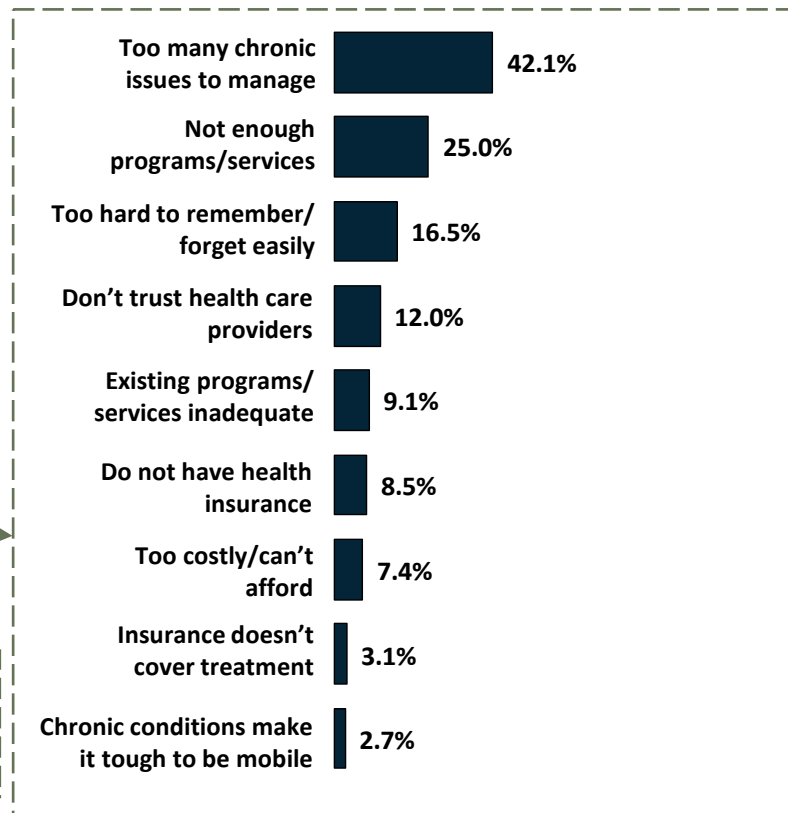
Anxiety Disorder Management

- Two-thirds (68.4%) of area adults with anxiety are very or extremely confident in managing their condition, although they are split as to how well area programs and services help them manage their condition.
 - ❖ Those who are less than confident cite myriad reasons, including their multiple chronic conditions, the lack of or inadequacy of existing programs and services, forgetfulness, a lack of trust in health care providers, and insurance or cost barriers.

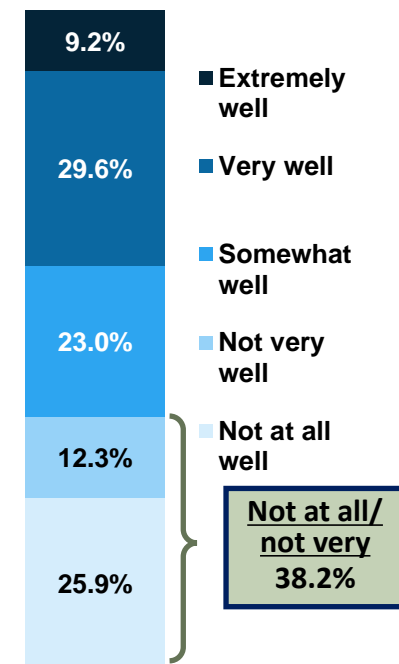
Level of Confidence in Managing Anxiety



Reasons for Lack of Confidence



How Well Existing Programs/Services Help with Management



*Caution: small base size

Q5.1: Having an illness often means doing different tasks and activities to manage your condition. How confident are you that you can do all the things necessary to manage your anxiety? Would you say you are... (n=184)

Q5.2: (If not at all confident or a little confident:) Why do you say you are [rating from above] that you can do all the things necessary to manage your anxiety? (n=13*)

Q5.3: How well do you feel the existing programs and services in the community help you in managing your anxiety? Would you say... (n=169)



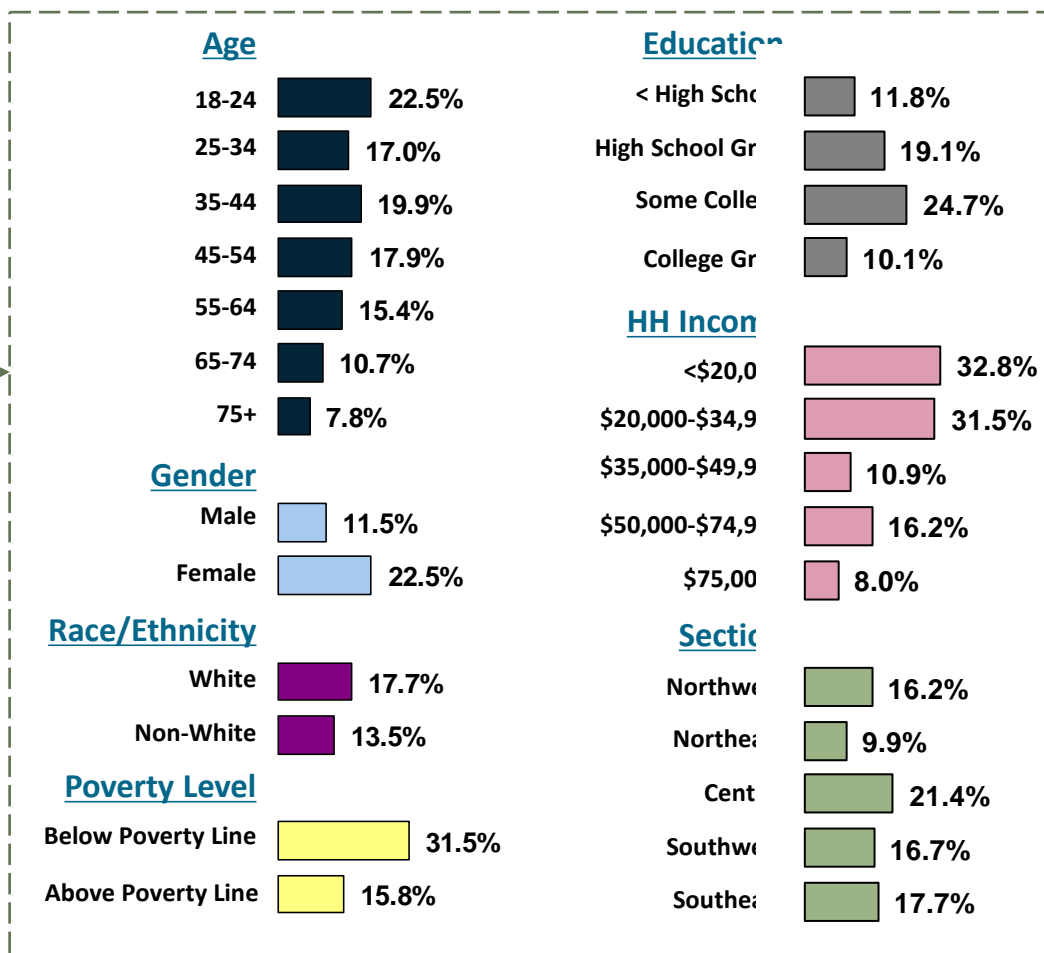
Prevalence of Depressive Disorder

- Roughly one in six (17.1%) Ottawa County adults has a depressive disorder.
 - ❖ Similar to anxiety, the disease is more common in adults who are younger (under 45), are female, and/or have low incomes.

Ever Told Have Depressive Disorder* (Total Sample)

17.1%

Told Have Depressive Disorder by Demographics



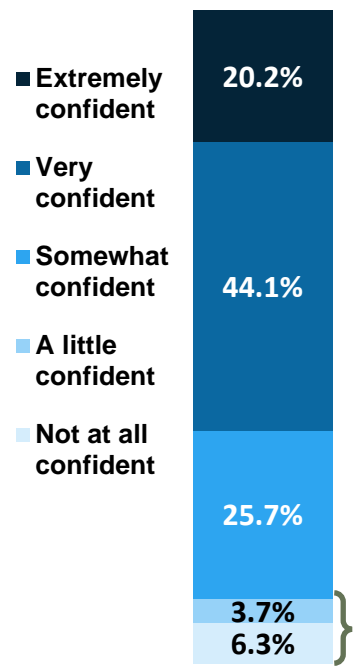
*Among all adults, the proportion who reported ever being told by a health care professional that they had a depressive disorder (including depression, major depression, dysthymia, or minor depression)



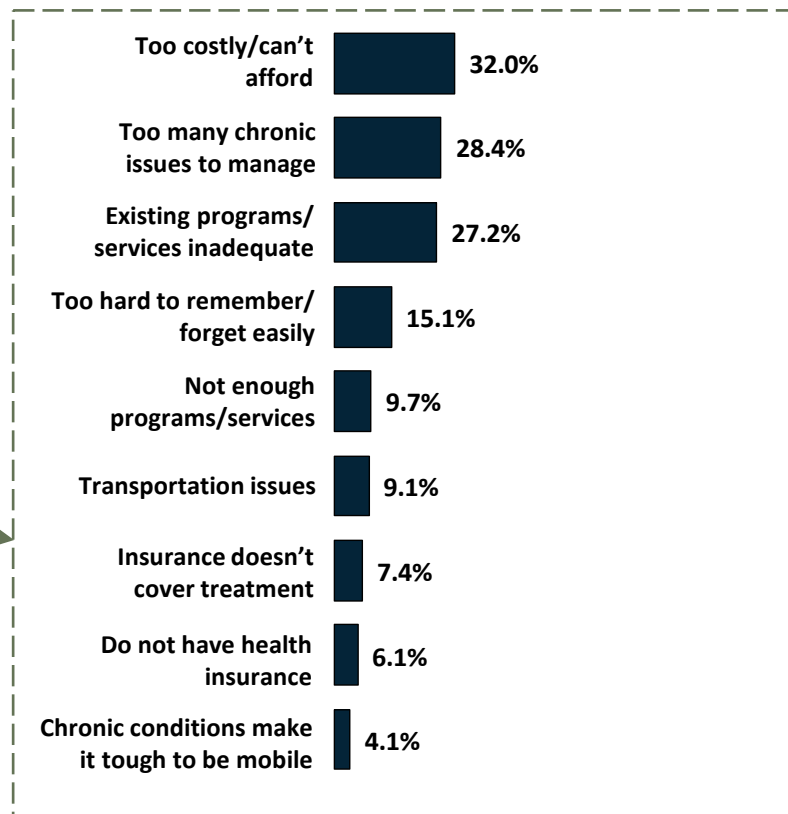
Depressive Disorder Management

- Almost two-thirds (64.3%) of area adults with depression are very or extremely confident in managing their condition, although they are split as to how well area programs and services help them manage their condition.
 - ❖ Those who are less than confident cite myriad reasons, including cost or insurance barriers, their multiple chronic conditions, the lack of or inadequacy of existing programs and services, forgetfulness, and transportation issues.

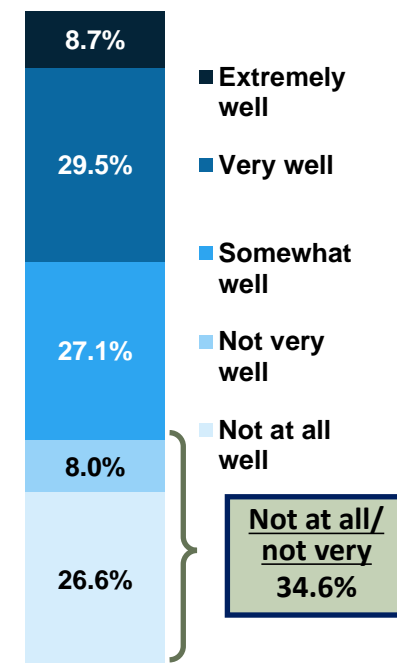
Level of Confidence in Managing Depression



Reasons for Lack of Confidence



How Well Existing Programs/Services Help with Management



Q5.1: Having an illness often means doing different tasks and activities to manage your condition. How confident are you that you can do all the things necessary to manage your depression? Would you say you are... (n=218)

Q5.2: (If not at all confident or a little confident:) Why do you say you are [rating from above] that you can do all the things necessary to manage your depression? (n=18*)

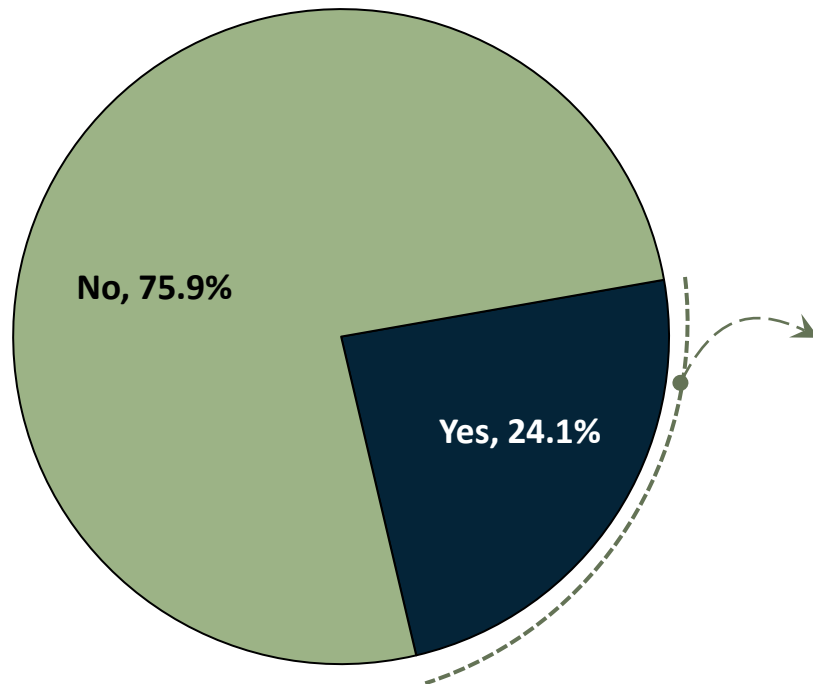
Q5.3: How well do you feel the existing programs and services in the community help you in managing your depression? Would you say... (n=199)



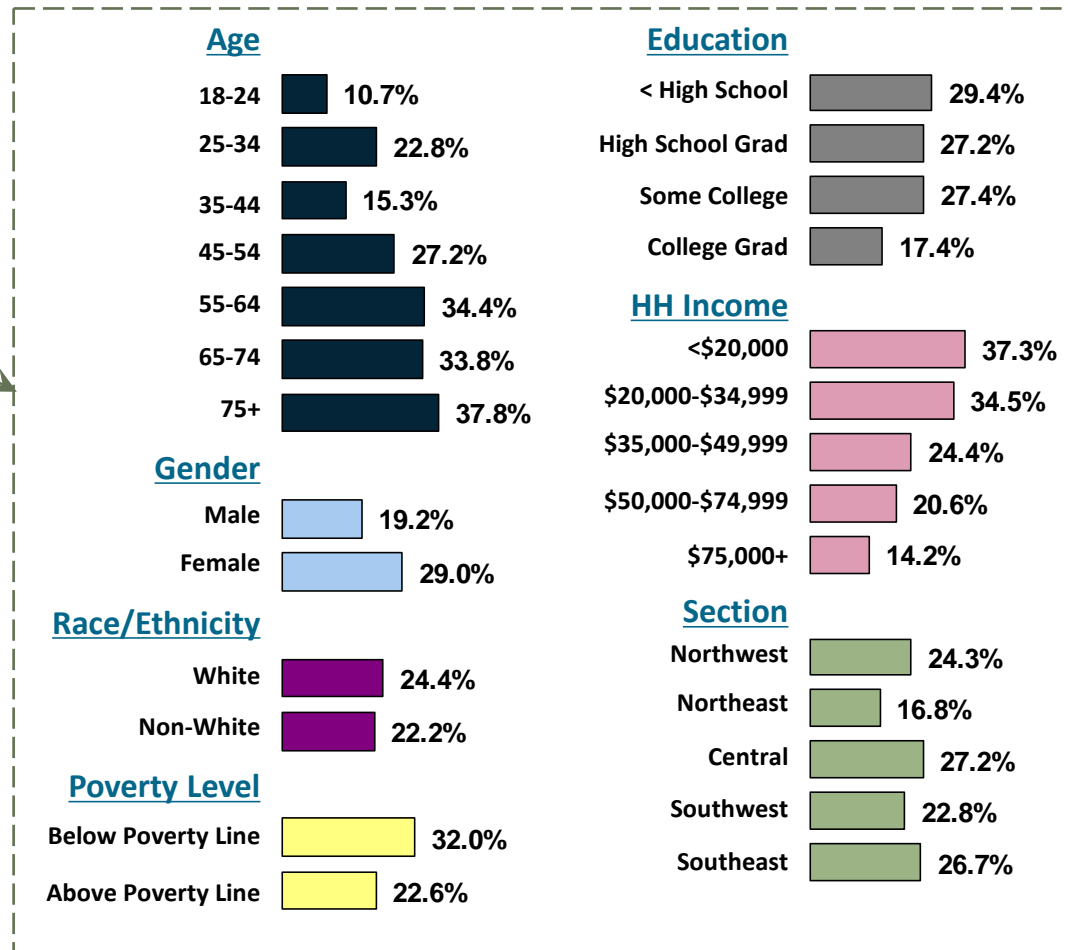
Chronic Pain

- One-fourth (24.1%) of Ottawa County adults suffer from chronic pain.
 - ❖ Chronic pain is more common among women, those age 55 or older, and those who have incomes less than \$35K.
 - ❖ Conversely, it is less common among adults age 18-24, those with college degrees, and those with the highest incomes.

Suffer from Chronic Pain



Suffer from Chronic Pain by Demographics

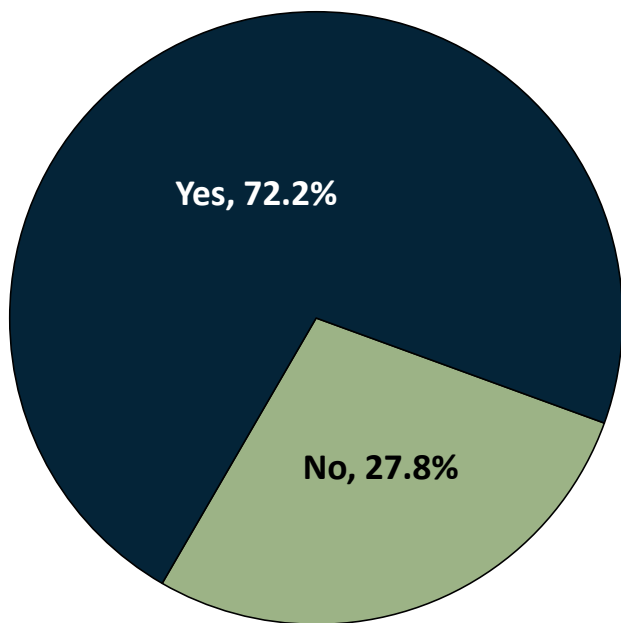




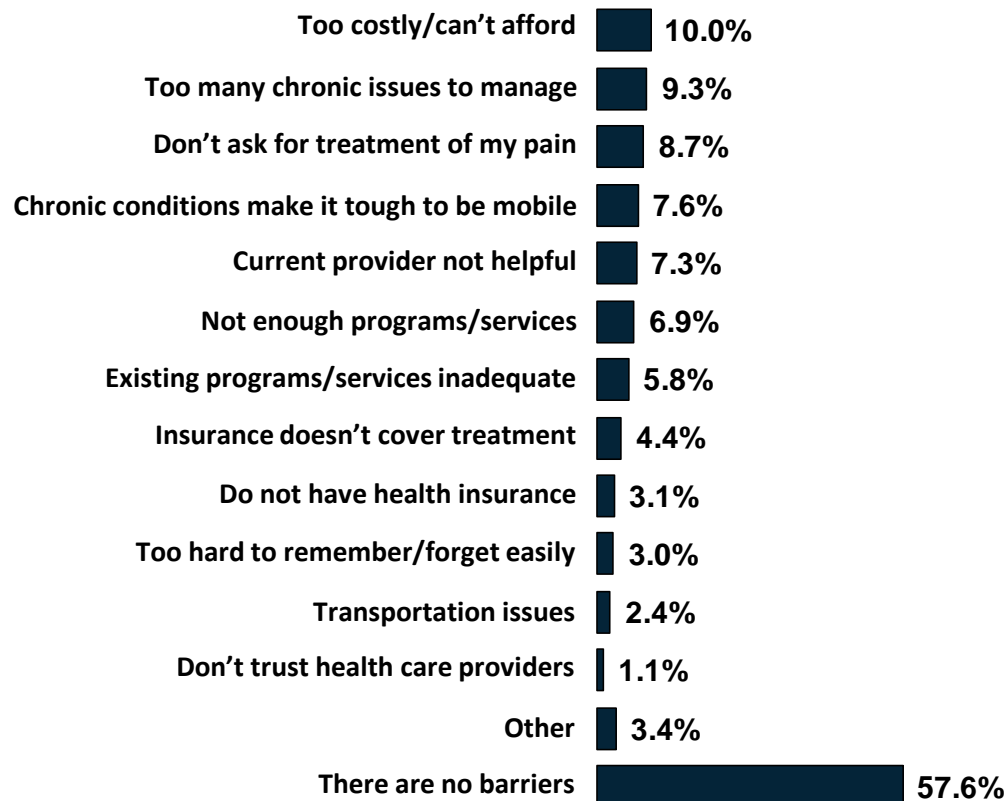
Chronic Pain Management

- More than one-fourth (27.8%) of Ottawa County adults who suffer from chronic pain say their pain is not well managed.
- More than four in ten (42.4%) of those with chronic pain report myriad barriers to treating their pain, including cost, multiple chronic issues, lack of programs that could help them deal with the pain better, and insurance issues.

Pain is Well Managed



Barriers to Treating Pain



Q6.5: Do you feel your pain is well managed? (n=368)

Q6.6: What are some of the barriers to treating your pain? (n=365)

Adverse Childhood Experiences



Adverse Childhood Experiences (All 11 Items)

ACE Questions	Percent of Adults With Each ACE in Ottawa County
How often did a parent or adult in your home ever swear at you, insult you, or put you down? (n=1,158)	29.6%
Before age 18, how often did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? Do not include spanking. Would you say... (n=1,158)	14.6%
How often did anyone at least five years older than you or an adult, ever touch you sexually? (n=1,158)	7.0%
How often did anyone at least five years older than you or an adult, try to make you touch them sexually? (n=1,158)	5.3%
How often did anyone at least five years older than you or an adult, force you to have sex? (n=1,158)	3.4%
Were your parents separated or divorced? (n=1,158)	22.0%
Did you live with anyone who was a problem drinker or alcoholic? (n=1,158)	16.0%
Did you live with anyone who used illegal street drugs or abused prescription medication? (n=1,158)	8.1%
Did you live with anyone who was depressed, mentally ill, or suicidal? (n=1,158)	17.5%
How often did your parents or adults in your home ever slap, hit, kick, punch, or beat each other up? (n=1,158)	12.8%
Did you live with anyone who served time, or was sentenced to serve time, in prison, jail, or other correctional facility? (n=1,158)	7.9%

ABUSE

HOUSEHOLD CHALLENGES



Adverse Childhood Experiences

- Although Ottawa County adults, in general, experience fewer adverse childhood events compared to adults across Michigan or the U.S., the prevalence of mental illness in the household or living with someone who had been incarcerated is greater in Ottawa County than in Michigan or across the U.S.
- Three in ten (29.6%) Ottawa County adults have experienced emotional abuse and roughly one in five have had divorced or separated parents and/or lived with someone who was a substance abuser.

ACE Questions	Percent of People With Each ACE		
	Ottawa County	Michigan	United States
How often did a parent or adult in your home ever swear at you, insult you, or put you down? (n=1,208)	29.6%	35.3%	35.0%
Before age 18, how often did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? Do not include spanking. Would you say... (n=1,215)	14.6%	17.2%	15.9%
How often did anyone at least five years older than you or an adult, ever touch you sexually, try to make you touch them sexually, or force you to have sex? (n=1,205)	7.5%	10.7%	10.9%
Were your parents separated or divorced? (n=1,223)	22.0%	26.6%	22.8%
Did you live with anyone who was a problem drinker or alcoholic, or who used illegal street drugs or abused prescription medication? (n=1,223)	19.4%	27.2%	25.1%
Did you live with anyone who was depressed, mentally ill, or suicidal? (n=1,230)	17.5%	15.9%	16.0%
How often did your parents or adults in your home ever slap, hit, kick, punch, or beat each other up? (n=1,214)	12.8%	16.3%	14.9%
Did you live with anyone who served time, or was sentenced to serve time, in prison, jail, or other correctional facility? (n=1,227)	7.9%	7.8%	5.7%

ABUSE

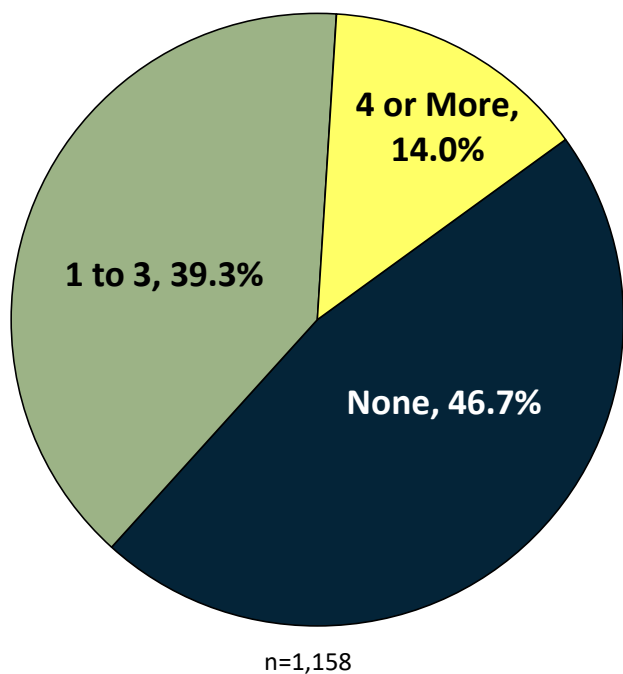
HOUSEHOLD CHALLENGES



Adverse Childhood Experiences (Continued)

- Over half (53.3%) of Ottawa County adults have experienced at least one adverse childhood event, and 14.0% have experienced four or more.
- There is a direct and linear relationship between the number of ACEs one experiences and negative outcomes later in life.

Number of Adverse Childhood Events



	Number of ACEs		
	None	1-3	4 or More
Health status fair/poor	9.8%	12.3%	18.8%
Poor physical health	6.0%	9.6%	13.3%
Poor mental health	4.3%	6.2%	27.1%
Disability	14.8%	18.4%	40.7%
Anxiety	6.0%	15.6%	42.3%
Depression	7.3%	17.8%	48.5%
Suffer from chronic pain	18.5%	19.7%	48.9%
Current smoker	9.8%	22.8%	32.6%
Heavy drinker	3.2%	5.2%	10.8%
Binge drinker	8.8%	15.3%	29.2%
Obesity	26.3%	29.3%	41.2%
Mild to severe mental illness (Kessler 6)	5.4%	20.6%	39.5%
Suicide attempt in past year (among those who thought of taking their own life)	0.0%	4.3%	50.3%



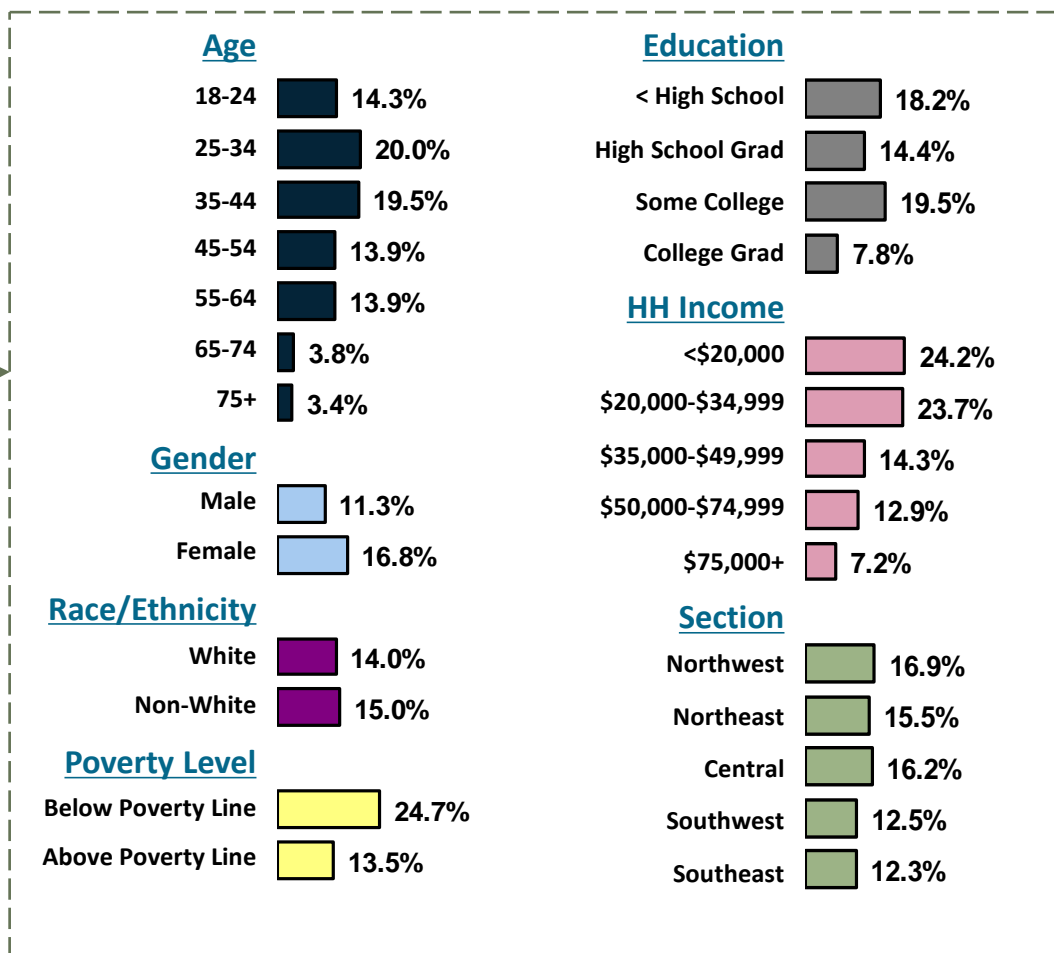
Prevalence of 4+ ACEs

- The proportion of Ottawa County adults with 4 or more ACEs (14.0%) is similar to MI (15.2%) and U.S. (14.3%) adults.
 - ❖ Reporting 4+ ACEs is more common among females, those with low incomes, and/or those without college degrees.

4 or More Adverse Childhood Experiences* (Total Sample)

14.0%

4 or More ACEs by Demographics



*Among all adults, the proportion who reported ever experiencing four or more of the eleven adverse childhood experiences by age 18.

APPENDIX

Respondent Profile

Gender, Age, Race/Ethnicity and Section of Residence

	TOTAL	A. Northwest	B. Northeast	C. Central	D. Southwest	D. Southeast
Gender	(n=1318)	(n=410)	(n=96)	(n=160)	(n=446)	(n=206)
Male	49.5%	46.8%	69.6%	39.6%	55.8%	41.1%
Female	50.5%	53.2%	30.4%	60.4%	44.2%	58.9%
Age	(n=1307)	(n=407)	(n=95)	(n=158)	(n=443)	(n=204)
18 to 24	18.3%	9.7%	20.2%	16.5%	26.3%	11.9%
25 to 34	15.2%	12.2%	17.8%	7.9%	21.3%	10.8%
35 to 44	15.2%	14.1%	18.5%	13.3%	16.0%	15.0%
45 to 54	20.0%	19.1%	8.1%	30.7%	16.8%	23.0%
55 to 64	15.4%	20.6%	18.6%	14.8%	10.9%	18.4%
65 to 74	9.0%	14.1%	10.1%	8.1%	5.5%	11.0%
75 or Older	7.0%	10.3%	6.5%	8.8%	3.3%	9.7%
Race/Ethnicity	(n=1307)	(n=408)	(n=94)	(n=159)	(n=441)	(n=205)
White, non-Hispanic	85.9%	95.9%	95.7%	92.6%	70.0%	98.2%
Other, non-Hispanic	5.8%	1.8%	2.6%	5.6%	11.5%	0.0%
Hispanic	8.3%	2.2%	1.8%	1.7%	18.5%	1.8%
Section of Ottawa County	(n=1318)	(n=410)	(n=96)	(n=160)	(n=446)	(n=206)
Northwest	18.5%	100%				
Northeast	6.8%		100%			
Central	14.8%			100%		
Southwest	38.6%				100%	
Southeast	21.4%					100%

Marital Status and Number of Household Members

	TOTAL	A. Northwest	B. Northeast	C. Central	D. Southwest	D. Southeast
Marital Status	(n=1313)	(n=406)	(n=96)	(n=159)	(n=446)	(n=206)
Married	57.7%	63.2%	57.3%	68.7%	43.1%	72.1%
Divorced	7.3%	8.8%	8.3%	4.6%	8.9%	4.6%
Widowed	3.3%	4.5%	3.3%	2.9%	1.8%	5.0%
Separated	0.7%	0.3%	0.4%	0.5%	1.4%	0.0%
Never married	29.3%	21.2%	30.8%	22.0%	42.9%	16.1%
A member of an unmarried couple	1.7%	1.9%	0.0%	1.3%	1.8%	2.2%
Number of Children Less Than Age 18 At Home	(n=1316)	(n=410)	(n=96)	(n=159)	(n=446)	(n=205)
None	64.8%	70.3%	57.2%	70.2%	61.0%	65.5%
One	11.5%	9.4%	7.6%	11.0%	14.6%	9.2%
Two	13.7%	10.0%	25.3%	9.0%	14.7%	14.8%
Three or more	10.0%	10.3%	9.9%	9.8%	9.7%	10.5%
Number of Adults and Children in Household	(n=1316)	(n=410)	(n=96)	(n=159)	(n=446)	(n=205)
One	9.5%	8.2%	6.1%	6.5%	12.3%	8.4%
Two	31.8%	38.4%	30.3%	28.8%	29.1%	33.5%
Three	20.2%	20.5%	18.0%	19.5%	21.9%	17.8%
Four	17.7%	16.1%	13.5%	23.5%	15.7%	19.9%
Five	11.2%	11.2%	5.7%	14.4%	10.3%	12.3%
More than five	9.7%	5.6%	26.4%	7.2%	10.6%	8.8%

Education and Employment Status

	TOTAL	A. Northwest	B. Northeast	C. Central	D. Southwest	D. Southeast
Education	(n=1313)	(n=408)	(n=95)	(n=159)	(n=445)	(n=206)
Never attended school, or only Kindergarten	0.7%	0.0%	11.0%	0.0%	0.0%	0.0%
Grades 1-8 (Elementary)	3.0%	2.0%	5.8%	4.7%	4.1%	0.0%
Grades 9-11 (Some high school)	5.0%	4.5%	6.5%	3.2%	7.1%	2.2%
Grade 12 or GED (High school graduate)	27.9%	26.6%	39.9%	24.6%	28.9%	25.6%
College 1 year to 3 years (Some college)	29.8%	30.3%	23.3%	30.5%	33.1%	24.8%
College 4 years or more (College graduate)	33.6%	36.6%	13.5%	36.9%	26.7%	47.4%
Employment Status	(n=1315)	(n=410)	(n=95)	(n=160)	(n=445)	(n=205)
Employed for wages	60.4%	48.1%	60.8%	60.1%	66.4%	60.4%
Self-employed	5.4%	6.4%	0.0%	6.7%	6.0%	4.3%
Out of work for a year or more	1.0%	1.4%	0.0%	2.0%	1.1%	0.3%
Out of work for less than a year	1.7%	1.4%	0.0%	2.2%	2.2%	1.3%
A homemaker	5.4%	7.1%	1.9%	5.6%	4.2%	6.8%
A student	2.7%	4.0%	4.0%	2.0%	3.7%	0.0%
Retired	18.1%	25.3%	31.4%	16.5%	10.2%	22.8%
Unable to work	5.3%	6.4%	1.9%	4.8%	6.3%	3.9%

Household Income, Poverty Status, Home Ownership, and Military Service

	TOTAL	A. Northwest	B. Northeast	C. Central	D. Southwest	D. Southeast
Household Income	(n=1009)	(n=321)	(n=72)	(n=127)	(n=334)	(n=155)
Less than \$10,000	2.9%	1.3%	2.7%	3.7%	4.7%	0.3%
\$10,000 to less than \$15,000	3.7%	3.4%	1.2%	1.3%	5.2%	3.5%
\$15,000 to less than \$20,000	3.2%	3.3%	3.0%	6.2%	3.0%	1.5%
\$20,000 to less than \$25,000	6.1%	5.9%	4.3%	4.1%	6.6%	7.3%
\$25,000 to less than \$35,000	15.5%	20.6%	25.5%	10.7%	16.9%	8.3%
\$35,000 to less than \$50,000	15.2%	13.1%	26.3%	8.1%	15.7%	17.2%
\$50,000 to less than \$75,000	20.1%	16.3%	17.8%	25.6%	22.5%	16.4%
\$75,000 or more	33.4%	36.1%	19.2%	40.3%	25.4%	45.5%
Poverty Status	(n=1009)	(n=321)	(n=72)	(n=127)	(n=334)	(n=155)
Income under poverty line	11.1%	8.5%	23.6%	9.2%	14.4%	4.7%
Income over poverty line	88.9%	91.5%	76.4%	90.8%	85.6%	95.3%
Home Ownership	(n=1311)	(n=409)	(n=96)	(n=158)	(n=442)	(n=206)
Own	73.7%	80.3%	70.0%	74.5%	63.4%	87.1%
Rent	21.8%	14.3%	25.1%	22.5%	29.8%	12.2%
Other Arrangement	4.5%	5.4%	4.9%	3.0%	6.7%	0.8%
Military Service	(n=1318)	(n=410)	(n=96)	(n=160)	(n=446)	(n=206)
Served	7.0%	12.1%	6.2%	4.0%	6.3%	6.2%
Did not serve	93.0%	87.9%	93.8%	96.0%	93.7%	93.8%