Today’s Agenda

Welcome

Study Findings

2015 CHIP Progress

2018 CHIP Launch 2.0
Background & Methods
What is a CHNA?

A community health needs assessment is a

- systematic examination of the health status indicators for Ottawa County
- used to identify key problems and assets
- to develop strategies to address our health needs and identified issues
- essential ingredients: community engagement and collaborative participation

Public Health Accreditation Board (PHAB)
What is a CHNA?

Our Opportunity

- **Work** together
- **Dig** deeper
- **Ensure** sustainability
- **Monitor** change over time
- **Target** limited resources

This study produced 3 reports

- 2017 Behavioral Risk Factor Survey, Ottawa County, MI
- 2017 Community Health Needs Assessment, Ottawa County, MI
- Ottawa County Maternal and Child Health Assessment

miOttawa.org/healthdata
### Who we heard from in 2017

<table>
<thead>
<tr>
<th>Primary Data Source</th>
<th>Data Collection Methodology</th>
<th>Target Audience</th>
<th>Number Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Key Stakeholders</td>
<td>In-depth Telephone Interviews</td>
<td>Hospital Directors, Clinic Executive Directors</td>
<td>10</td>
</tr>
<tr>
<td>Key Informants</td>
<td>Online Survey</td>
<td>Physicians, Nurses, Dentists, Pharmacists, Social Workers</td>
<td>91</td>
</tr>
<tr>
<td>Community Residents (Underserved)</td>
<td>Self-administered Survey (Paper)</td>
<td>Vulnerable and underserved sub-populations</td>
<td>489</td>
</tr>
<tr>
<td>Community Residents</td>
<td>Telephone Survey (BRFS)</td>
<td>Adults (18 years of age and older)</td>
<td>1,318</td>
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</table>

### Secondary Data Sources

<table>
<thead>
<tr>
<th>County Health Rankings</th>
<th>Michigan Vital Statistics</th>
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</thead>
<tbody>
<tr>
<td>Community Health Status Indicators</td>
<td>CDC Behavioral Risk Factor Survey (BRFS)</td>
</tr>
<tr>
<td>Ottawa County Youth Assessment Survey</td>
<td>Ottawa County Hospitals</td>
</tr>
<tr>
<td>Ottawa County Free Clinics</td>
<td>CDC Youth Risk Behavior Survey (YRBS)</td>
</tr>
<tr>
<td>U.S. Census Bureau</td>
<td>Kid’s Count USA</td>
</tr>
</tbody>
</table>
Data Collection Area

Adult Population by Ottawa County Section

- North East
- Southwest
- Northeast
- Southeast
- Central

Map showing population distribution with regions labeled as NW, NE, SW, and SE.
The Assessment Process

- Population data
- Key informant surveys
- YAS
- Key stakeholder interviews
- Rankings
- BRFS
- Underserved feedback

Synthesize the data

Household Survey

CHNA

Learn the data, tell the story…

COMMUNITY ASSESSMENT
Health Landscape
## Our health, our story

<table>
<thead>
<tr>
<th>2011</th>
<th>2014</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ottawa ranks #1 in MI</td>
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<td>Ottawa ranks #1 in MI</td>
</tr>
<tr>
<td>Economy is a concern</td>
<td>Economy still a concern</td>
<td>MI ranks 35 out of 50</td>
</tr>
<tr>
<td>Lack health insurance</td>
<td>More are insured</td>
<td></td>
</tr>
<tr>
<td>Impact of new ACA</td>
<td>Health care cost, complexity &amp; lack of coordination</td>
<td></td>
</tr>
<tr>
<td>Single female-headed families in poverty</td>
<td>Alzheimer’s disease</td>
<td></td>
</tr>
<tr>
<td>Alcohol use high</td>
<td>Alcohol use high</td>
<td></td>
</tr>
<tr>
<td>Obesity and ↓ F/V impact all groups</td>
<td>Obesity and ↓ F/V impact all groups</td>
<td></td>
</tr>
<tr>
<td>Health outcomes and income/education</td>
<td>Disparities persist</td>
<td></td>
</tr>
<tr>
<td>Mental health</td>
<td>Mental health &amp; suicide</td>
<td></td>
</tr>
</tbody>
</table>

- Ottawa ranks #1 in MI
- Economy is a concern
- Lack health insurance
- Impact of new ACA
- Single female-headed families in poverty
- Alcohol use high
- Obesity and ↓ F/V impact all groups
- Health outcomes and income/education
- Mental health
- Alzheimer’s disease
- Alcohol use high
- Obesity and ↓ F/V impact all groups
- Disparities persist
- Mental health & suicide
Our health, our story...

- With 3 hospitals, several low to no fee health clinics and hundreds of providers, health care is accessible to most
- Caring, giving and philanthropic with a strong collaborative spirit among people and organizations
- Community of faith with strong schools
- Solid economy and safe neighborhoods
- Offers outdoor spaces that invite activity

“In sum, Ottawa County possesses all of the social and community characteristics that distinguish a community as healthy.”

- Ottawa County CHNA
# How We Compare to Others

<table>
<thead>
<tr>
<th>Health Status Indicators</th>
<th>Ottawa</th>
<th>MI</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Health Fair/Poor</td>
<td>12.6%</td>
<td>17.7%</td>
<td>16.4%</td>
</tr>
<tr>
<td>Poor Physical Health (14+ days)</td>
<td>10.0%</td>
<td>13.0%</td>
<td>--</td>
</tr>
<tr>
<td>Poor Mental Health (14+ days)</td>
<td>8.8%</td>
<td>11.9%</td>
<td>--</td>
</tr>
<tr>
<td>Activity Limitation (14+ days)</td>
<td>7.6%</td>
<td>8.8%</td>
<td>--</td>
</tr>
<tr>
<td>Disability</td>
<td>20.9%</td>
<td>25.1%</td>
<td>--</td>
</tr>
<tr>
<td>Obese</td>
<td>29.9%</td>
<td>31.2%</td>
<td>29.9%</td>
</tr>
<tr>
<td>Overweight</td>
<td>33.3%</td>
<td>34.9%</td>
<td>35.3%</td>
</tr>
<tr>
<td>Healthy Weight</td>
<td>35.9%</td>
<td>32.4%</td>
<td>32.9%</td>
</tr>
<tr>
<td>No Health Care Coverage (18-64)</td>
<td>9.2%</td>
<td>12.0%</td>
<td>12.3%</td>
</tr>
<tr>
<td>No Personal Health Care Provider</td>
<td>12.4%</td>
<td>14.8%</td>
<td>21.6%</td>
</tr>
<tr>
<td>No Health Care Access Due to Cost</td>
<td>7.4%</td>
<td>12.7%</td>
<td>12.0%</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Risk Behavior Indicators</th>
<th>Ottawa</th>
<th>MI</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Leisure Time Physical Activity</td>
<td>23.4%</td>
<td>25.5%</td>
<td>--</td>
</tr>
<tr>
<td>Adequate Fruit and Vegetable Consumption (5 or more/day)</td>
<td>17.6%</td>
<td>14.9%</td>
<td>--</td>
</tr>
<tr>
<td>Consumes Fruits &lt;1 time/day</td>
<td>31.5%</td>
<td>39.7%</td>
<td>39.7%</td>
</tr>
<tr>
<td>Consumes Vegetables &lt;1 time/day</td>
<td>21.4%</td>
<td>24.7%</td>
<td>22.1%</td>
</tr>
<tr>
<td>Current Cigarette Smoking</td>
<td>17.6%</td>
<td>20.7%</td>
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</tr>
<tr>
<td>Former Cigarette Smoking</td>
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<tr>
<td>Binge Drinking</td>
<td>14.1%</td>
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Green circle = Ottawa County is best
Red circle = Ottawa County is worst
## How We Compare to Others

### Clinical Preventive Practices

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<th>MI</th>
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<tbody>
<tr>
<td>No Routine Checkup in Past Year</td>
<td>18.7%</td>
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<tr>
<td>No Dental Visit in Past Year</td>
<td>18.4%</td>
<td>--</td>
<td>33.6%</td>
</tr>
<tr>
<td>Had Flu Vaccine in Past Year (65+ Only)</td>
<td>70.8%</td>
<td>57.7%</td>
<td>58.6%</td>
</tr>
<tr>
<td>Ever Had Pneumonia Vaccine (65+ Only)</td>
<td>72.9%</td>
<td>72.8%</td>
<td>73.4%</td>
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</tbody>
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### Chronic Conditions

<table>
<thead>
<tr>
<th></th>
<th>Ottawa</th>
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<tbody>
<tr>
<td>Arthritis</td>
<td>19.4%</td>
<td>30.0%</td>
<td>25.8%</td>
</tr>
<tr>
<td>Depression</td>
<td>17.1%</td>
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<tr>
<td>Lifetime Asthma</td>
<td>12.7%</td>
<td>15.7%</td>
<td>14.0%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>9.8%</td>
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<tr>
<td>Current Asthma</td>
<td>8.7%</td>
<td>10.2%</td>
<td>9.3%</td>
</tr>
<tr>
<td>Skin Cancer</td>
<td>6.3%</td>
<td>6.1%</td>
<td>5.9%</td>
</tr>
<tr>
<td>Other Cancer</td>
<td>4.8%</td>
<td>7.0%</td>
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<tr>
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<td>7.4%</td>
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<tr>
<td>Confidence in Navigating the Health Care System</td>
<td>--</td>
<td>81.3%</td>
<td>84.4%</td>
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<tr>
<td>Medication/Treatment for Mild to Severe</td>
<td>--</td>
<td>25.8%</td>
<td>53.5%</td>
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## Risk Behavior Indicators

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- = better/improved
- = worse
### How We Compare to Ourselves

#### Clinical Preventive Practices

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#### Chronic Conditions

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<td>2.1%</td>
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</tbody>
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= better/improved

= worse

---

13 = better/improved

17 = worse

---

13 = better/improved

17 = worse

---

13 = better/improved

17 = worse
"The most important health problem in the community is:"

- Obesity: 1 in 5
- Cancer: 1 in 8
- Health care costs/lack of affordable health care: 1 in 9
- Alcohol/drugs/substance abuse: 1 in 11
- Lifestyle choices (diet, smoking, lack of exercise): 1 in 11
- Mental health: 1 in 16

Source: BRFS – Q1.1: What do you feel is the most important health problem in your community today? (n=1,221)
New to this CHNA

Adverse Childhood Experiences study
Maternal and Child Health Report
Adult suicidal thinking and attempts
Chronic pain & use of Rx pain meds
Vaping (adults and youth)
Food insufficiency
Health literacy
Weight control

11 questions
women 18-44
children 0-17
1 in 20
1 in 4
6% vs 14%
1 in 13
1 in 5
50% of “obese” received no advice
not confident
ACEs are adverse childhood experiences or traumatic events such as abuse, neglect or family dysfunction.

- The 1st ACE study was conducted with 17,000 adults between 1995-1997
- ACEs are common across all populations
- ACEs cluster
- ACEs have a dose-response relationship with many health, social & behavioral outcomes
- ACEs help us to understand how Ottawa County residents are impacted by things that happen in childhood
- ACEs can be prevented

<table>
<thead>
<tr>
<th>Ottawa County ACE Study</th>
<th>Ottawa</th>
<th>MI</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional abuse</td>
<td>29.6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical abuse</td>
<td>14.6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sexual abuse</td>
<td>7.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Separated or divorced parents</td>
<td>22.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Household substance abuse</td>
<td>19.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Household mental illness</td>
<td>17.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intimate partner violence</td>
<td>12.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Incarcerated household member</td>
<td>7.9%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
How Common are ACEs?

- **OTTAWA**
  - Zero: 47%
  - One to Three: 39%
  - Four or More: 14%

- **MICHIGAN**
  - Zero: 38%
  - One to Three: 47%
  - Four or More: 15%

- **UNITED STATES**
  - Zero: 41%
  - One to Three: 45%
  - Four or More: 14%

Legend:
- Green: ZERO
- Blue: ONE to THREE
- Red: FOUR or more
N=1,157. *Among adults, the proportion who reported ever experiencing four or more of the eleven adverse childhood experiences by age 18.
Impact of ACEs

Obesity 26%

Chronic pain
Disability
Smoker
Depression
Heavy drinker
Suicide attempt

0 ACEs 1-3 ACEs 4+ ACEs
Impact of ACEs

0 ACEs

1-3 ACEs

4+ ACEs

- Obesity
- Chronic pain 19%
- Disability
- Smoker
- Depression
- Heavy drinker
- Suicide attempt
Impact of ACEs

- Obesity
- Chronic pain
- **Disability 15%**
- Smoker
- Depression
- Heavy drinker
- Suicide attempt

<table>
<thead>
<tr>
<th>0 ACEs</th>
<th>1-3 ACEs</th>
<th>4+ ACEs</th>
</tr>
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<tbody>
<tr>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>15%</td>
<td>15%</td>
<td>41%</td>
</tr>
<tr>
<td>41%</td>
<td>41%</td>
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</tr>
</tbody>
</table>
Impact of ACEs

- Smoker: 10%
- Depression: 33%
- Heavy drinker
- Suicide attempt
- Disability
- Chronic pain
- Obesity

<table>
<thead>
<tr>
<th>0 ACEs</th>
<th>1-3 ACEs</th>
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Impact of ACEs

- Depression 7%
- Smoker
- Heavy drinker
- Suicide attempt
- Disability
- Chronic pain
- Obesity

- 0 ACEs
- 1-3 ACEs
- 4+ ACEs
Impact of ACEs

- Obesity
- Chronic pain
- Disability
- Smoker
- Depression
- Heavy drinker
- Suicide attempt

0 ACEs

1-3 ACEs

4+ ACEs

50%
Impact of ACEs

- 0 ACEs
  - Obesity: 26%
  - Chronic pain: 19%
  - Disability: 15%
  - Smoker: 10%
  - Depression: 7%
  - Heavy drinker: 3%
  - Suicide attempt: 0%

- 1-3 ACEs
  - Obesity: 19%
  - Chronic pain: 11%
  - Disability: 10%
  - Smoker: 10%
  - Depression: 3%
  - Heavy drinker: 1%
  - Suicide attempt: 0%

- 4+ ACEs
  - Obesity: 11%
  - Chronic pain: 11%
  - Disability: 5%
  - Smoker: 3%
  - Depression: 2%
  - Heavy drinker: 1%
  - Suicide attempt: 0%
ACEs affect our lives

“It is easier to build strong children than to repair broken men.”

Frederick Douglass
American abolitionist, author & orator
9 Key Findings

- Mental Health
- Substance Abuse
- Obesity
- Access to Care
- Chronic Diseases
- Health Disparities
- Specific Risk Behaviors
- Biopsychosocial Approach
- Negative Social & Economic Factors
Key Themes for Maternal & Child Health

Youth & Maternal Depression / Youth Suicide
Substance Abuse
Obesity
Access to Care
Hispanic Disparities
Specific Risk Behaviors
Access to Transportation
Lack of Consistent Developmental Screening
Value, Belief, & Priority of Personal Health
Mental health continues to be a critical issue with little change since 2011.

Indicate this is a top concern, mentioning 4 main themes:

1. lack of programs & services
2. lack of funding for services
3. lack of therapists/psychiatrists
4. stigma attached to mental illness

Psychological DISTRESS
- Well
- Mild to Moderate (13%)
- Severe (3%)

84%

**Mental Health**

16% mild to severe

**Age**
- 18-24: 24.5%
- 25-34: 28.5%
- 35-44: 11.9%
- 45-54: 11.8%
- 55-64: 14.3%
- 65-74: 5.1%
- 75+: 8.5%

**Gender**
- Male: 12.9%
- Female: 19.4%

**Race/Ethnicity**
- White: 15.4%
- Non-White: 21.5%

**Poverty Level**
- Below Poverty Line: 35.1%
- Above Poverty Line: 14.3%

**Education**
- < High School: 22.1%
- High School Grad: 17.9%
- Some College: 20.2%
- College Grad: 9.6%

**HH Income**
- <$20,000: 37.5%
- $20,000-$34,999: 30.9%
- $35,000-$49,999: 15.4%
- $50,000-$74,999: 9.1%
- $75,000+: 6.4%

**Section**
- Northwest: 11.7%
- Northeast: 18.0%
- Central: 13.6%
- Southwest: 20.6%
- Southeast: 13.2%
Many of those who could benefit the most from medication/treatment are not getting it.

If 90% of Ottawa adults agree that treatment can help people with mental illness lead normal lives, why are many not seeking treatment that would benefit them?

<table>
<thead>
<tr>
<th>Psychological Distress Category</th>
<th>Agree</th>
<th>Neither</th>
<th>Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Well</td>
<td>56%</td>
<td>11%</td>
<td>36%</td>
</tr>
<tr>
<td>Mild to Moderate</td>
<td>41%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Severe</td>
<td>14%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

STIGMA may prevent some people from seeking & receiving needed treatment.

“People are Generally Caring and Sympathetic to People with Mental Illness”
Thought of taking own life in past 12 months

- Adults: 5.0%
- Teens: 15.0%

Attempted taking own life in past 12 months

- Teens: 39.8%
- Adults: 20.0%

“We are finding that **suicides** among youth are occurring at younger ages.”

“In our schools, with the amount of suicides or attempted suicides in our area… *it’s just heartbreaking*. Schools are very, very worried.”

Taking one’s own life

13 to 16 years old

- 2008: 1
- 2009: 4
- 2010: 2
- 2011: 1
- 2012: 1
- 2013: 1
- 2014: 1
- 2015: 2
- 2016: 2
- 2017: 1

Source: BRFS – Q20.1: Has there been a time in the past 12 months when you thought of taking your own life? (n=1,265); Ottawa County Youth Assessment Survey, 2015. (n=4913); BRFS – Q20.2: During the past 12 months, did you attempt to commit suicide (take your own life)? Would you say... (n=43); Ottawa County Youth Assessment Survey, 2015. (n=736)
### Mental Health

#### Some critical concerns
- Experiencing **4+ ACEs** greatly increases reported mental illness & suicide attempts
- **Females** are disproportionately affected by mental health concerns
- **1 in 4** teens report depression in past year, higher than adults
- Self-reported mental health issues continue to increase among **adults and youth**

#### Some bright spots
- Adults who report receiving **treatment** for a mental health condition **improved** compared to 2014
- Community members report **progress** in addressing mental health
- Discussion of mental health across all surveyed groups may indicate **increasing awareness**
- Increase in **belief** that treatment helps people lead normal lives
Substance abuse, particularly opioid addiction, has become more concerning since 2011. It is often *co-morbid* with mental illness.

Identified as **second most concerning issue**, mentioning:

1. Rx & Illicit opioid addiction
2. Lack of treatment options
3. Increase in overdoses and deaths from opioids

"Substance use for us has caused an increase in child abuse and neglect."

9 in 10 of all overdose deaths in Ottawa involved an opioid.

**Adult alcohol use in Ottawa is now lower than MI & U.S.**

- Engaged in binge drinking in the past 30 days (among those who drink):
  - Adults: 29%
  - Teens: 52%
Substance Abuse

Substance use among **Ottawa County youth** has been going down.

**Things to note**

- Teen **vaping** is as prevalent as teen alcohol use
- Teen **perception of risk** for many substances headed in **wrong direction**
- Teen use of alcohol/cigarettes is **lower** than adults, but use of vapor products is **higher**

*“Overdoses are becoming commonplace in the ER… addiction is affecting teens through adults.”*
Obesity

A sizeable majority of adults are either overweight or obese and this proportion is higher than in both 2011 and 2014.

Obesity is mentioned by all groups as a top concern and increased in adults from 23.9% to 29.9%.

Obesity is fairly universal across all demographics. That said, obesity is...

- Slightly more common among women than men
- Slightly less common among college grads & highest incomes

“Obesity is at the core of multiple preventable chronic conditions. If we could reverse this trend we would, without doubt, lower the incidence of disease.”
Many overweight or obese adults & teens see themselves in a more favorable light.

### ADULTS

<table>
<thead>
<tr>
<th>BMI Category</th>
<th>Healthy Weight</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>8%</td>
<td>0.6%</td>
<td>0%</td>
</tr>
<tr>
<td>About the right weight</td>
<td>71%</td>
<td>40%</td>
<td>10%</td>
</tr>
<tr>
<td>Slightly Overweight</td>
<td>20%</td>
<td>57%</td>
<td>54%</td>
</tr>
<tr>
<td>Very Overweight</td>
<td>1%</td>
<td>3%</td>
<td>36%</td>
</tr>
</tbody>
</table>

### TEENS

<table>
<thead>
<tr>
<th>BMI Category</th>
<th>Healthy Weight</th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>21%</td>
<td>3%</td>
<td>1%</td>
</tr>
<tr>
<td>About the right weight</td>
<td>68%</td>
<td>39%</td>
<td>16%</td>
</tr>
<tr>
<td>Slightly Overweight</td>
<td>10.5%</td>
<td>54%</td>
<td>63%</td>
</tr>
<tr>
<td>Very Overweight</td>
<td>0.5%</td>
<td>4%</td>
<td>20%</td>
</tr>
</tbody>
</table>

Advice on Weight from a Health Care Professional

- Overweight 23%
- Obese 50%

Among teens considered obese per their BMI

- 21% of males vs. 8% of females think their weight is about right.

Source of teen data: 2015 Ottawa County Youth Assessment Survey
Access to Care

Can be summed up as a case of those who have and those who have not

Underserved residents report services most lacking are:

1. Affordable **mental health treatment** options
2. Assistance in finding economical health coverage and medication
3. Free or reduced-cost exercise and fitness options for all ages
4. Teaching low income families how to stretch food dollars & prepare healthy food

“For the issue of access, it’s **about cost**.

We have some programs that really support people, but it’s the numbers of people that need it… the need outweighs the resources.”

<table>
<thead>
<tr>
<th>Service</th>
<th>Ottawa</th>
<th>MI</th>
<th>US</th>
<th>US Avg</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Well-Child Physical</td>
<td>6.1%</td>
<td>5.7%</td>
<td>6.1%</td>
<td></td>
</tr>
<tr>
<td>No Adult Physical (past year)</td>
<td>18.7%</td>
<td>28.0%</td>
<td>34%</td>
<td></td>
</tr>
<tr>
<td>No Adult Dental (past year)</td>
<td>18.4%</td>
<td>33.6%</td>
<td></td>
<td>42%</td>
</tr>
</tbody>
</table>

29.1% among those earning < $20,000
Access to Care

85.7% of Key Informants believe access to care is a critical issue for some OC residents

1. Ottawa County consistently has fewer primary care providers than Michigan - 62.1 vs 80.6 per 100,000 people

2. Lack healthcare coverage - 9% vs 17%

3. Lack confidence navigating healthcare system - 16% vs 22%

4. Delayed medication due to cost - 8% vs 35%

5. Delayed health care due to cost - 7% vs 42%

6. Difficulty understanding medical information - 12% vs 33%
Chronic disease rates are relatively low, but some conditions merit watching.

19.4% 17.1% 15.0% 12.7% 10.9% 9.8% 8.7%

Arthritis (including rheumatoid, gout, lupus, fibromyalgia)  19.4%
Depressive Disorder  17.1%
Anxiety Disorder  15.0%
Lifetime Asthma  12.7%
Pre-Diabetes or Borderline Diabetes*  10.9%
Diabetes  9.8%
Current Asthma  8.7%

Skin Cancer  6.3%
Cancer (Non-Skin)  4.8%
COPD (including emphysema, chronic bronchitis)  4.0%
Heart Attack  3.7%
Angina/Coronary Heart Disease  3.3%
Stroke  1.7%

Plus
1 in 4 suffer from chronic pain
↑ deaths due to Alzheimer’s disease
Differences in health outcomes persist across several demographic groups.

“When we talk about community health needs we have to talk about disparities, because **that’s our story.**”

“In the overall picture, we’re a **healthy community**, but if we’re going to continue to improve, we need to **address the areas at risk.**”

---

1. There **continues** to be a direct relationship between health outcomes and both **education** and **income**

   - 4+ ACEs
   - General health status
   - Sometimes or often insufficient food
   - Fair/poor physical health, disability and chronic pain
   - Mental health, psychological distress, anxiety/depression
   - Health risk behaviors: nutrition, smoking, physical activity
   - Preventive health care: dentist or doctor visit, vaccination
   - Health care access: having a PCP, coverage, lack meds due to $$ and being health literate

---

2014 **Community Health Needs Assessment**

Those occupying the very **bottom** income and education groups are most likely to experience the **worst health outcomes**
Health Disparities

2. There is a relationship between health outcomes and **age**
   - Poor mental health, psychological distress, anxiety and depression, 4+ ACEs
   - Sometimes or often insufficient food
   - No health coverage, personal health provider or routine physical
   - Health risk behaviors: smoking & binge drinking

   **Younger**
   - Fair or poor health, poor physical health & activity limitation
   - Lack of muscle strengthening activities
   - Chronic diseases
   - Chronic pain

3. There is a relationship between health outcomes and **gender**
   - Poor mental health, psychological distress, anxiety and depression, 4+ ACEs
   - Chronic arthritis & chronic pain
   - Fair or poor physical health
   - Obesity & no muscle strengthening activities

   **Female**
   - Health risk behaviors: smoking, binge drinking, fewer fruits & vegetables
   - Resist preventive practices like visiting a dentist or doctor
   - No health coverage or personal health provider
Certain risk behaviors are not improving and remain issues worth addressing.

More than 8 in 10 adults and 2 in 3 youth consume fewer than 5 servings of fruits and vegetables per day.
Certain risk behaviors are not improving and remain issues worth addressing.

About 1 in 4 adults do no leisure time physical activity and 1 in 2 teens do not meet daily physical activity guidelines.
Addressing certain social indicators will improve the overall health and health care climate of the community.

Social factors putting our health at risk:

1. Lack of affordable housing
2. Lack of affordable healthy food & how to prepare it
3. Adverse childhood experiences
4. Poverty of single mothers with children under 5
5. Transportation continues to be a barrier for some

Some things to note

- Though comparatively lower than MI & U.S., confirmed reports of child abuse & neglect are increasing
- Preliminary analysis indicates that many 2017 teen measures headed in the wrong direction
- Decreasing teen births; increasing STD rates
- Although employment is high and poverty levels are relatively low, poverty and lack of education continue to adversely impact the health of Ottawa residents
- Infant mortality is similar to MI & U.S.
The most appropriate and effective way to address health and health care issues is from an integrated, whole person perspective.

"Health is a state of physical, mental and social well-being and not merely the absence of disease or infirmity."

- World Health Organization
What’s Next
“What motivated long-term change?”

- want to live longer: 27%
- want to feel better: 25%
- a health crisis: 20%
- my family: 18%

Source: 2015 UW Household Survey – Q32: In the past, what has caused you or motivated you to make long-term changes for improved health? Select all that apply.
Digging Deeper

“Most important health message?”

- **eating healthy**: 39%
- **exercise**: 35%
- **prevention & wellness**: 27%
- **my responsibility**: 23%

Source: 2015 UW Household Survey – Q33: When it comes to health, what message should all health related agencies promote? Multiple responses possible.
A Healthy Future

collaborate to maximize efforts

“Ottawa County is blessed to have a lot of resources and people behind them... making a lot of headway.”

“A multi-discipline approach is needed in view of limited professional and economic resources.”

“Having local community champions – like Jeff Elhart – helps to make struggles more real and accessible.”
Thank You!

For questions, contact:
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(616)494-5598 or mmansaray@miottawa.org

Advisory Council

Community Mental Health Ottawa County
Holland Hospital
North Ottawa Community Health System
SPECTRUM Health Zeeland Community Hospital
Greater Ottawa County United Way
United Way

Research Partner

VIP