WHAT is a Community Health Needs Assessment?

LOOK at the people's health of Ottawa County.

METHOD to find key health problems and resources.

TOOL to develop strategies to address health needs.

WAY for community engagement and collaboration.

Adverse Childhood Experiences (ACEs)
data were collected, indicating the number of ACEs impacts a person’s health later in life. Questions about abuse and household challenges include:

- Emotional, physical and sexual abuse
- Intimate partner violence
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member

53% of Ottawa County adults have at least ONE Adverse Childhood Experience

14% have FOUR or more

Other new items

- Weight control and receiving advice
- Understanding medical information
- Adult suicidal thinking and attempts
- Chronic pain and use of prescription pain medication
- Use of electronic vapor products (adults and youth)
- A special report focused on maternal and child health

HOW are Ottawa County data collected?

1,318 Surveyed Adults

489 Surveyed Under-served Adults

91 Surveyed Health Care Professionals

10 In-depth Interviews with Policymakers

+10 Secondary Data Sources (Federal, State & Local Reports)

ADVISORY COUNCIL:

Community Mental Health of Ottawa County
Community SPOKE
Greater Ottawa County United Way
Holland Hospital
North Ottawa Community Hospital
Ottawa County Department of Public Health
Spectrum Health Zeeland Community Hospital

This study produced three reports found at:

Behavioral Risk Factor Survey - www.miOttawa.org/2017BRFS
Maternal and Child Health Needs - www.miOttawa.org/2017MCHNA

Additional reports and previous years at www.miOttawa.org/HealthData
Key Findings

Ottawa County scored BETTER (or the same) as MI and the U.S. in 33 out of 34 key metrics.

GOOD NEWS!

- Ottawa County scored BETTER (or the same) as MI and the U.S. in key metrics.

NOT Good News!

- When we compare OURSELVES, 57% of the key metrics were WORSE than previous years.

Mental Health continues as a CRITICAL issue and is not improving.

- Top Four Concerns: Stigma with mental illness, Lack of programs/services, Lack of funding for services, Lack of psychiatrists/therapy

Access to Care is a case of those who have and those who have not.

- 4+10 under-served adults had trouble meeting health care needs in the past two years, and 8+10 skipped or stretched their medication to save on costs.

Negative Social Indicators affect a person’s overall health and the health care climate of the community. Social factors that put our health at risk include the lack of healthy foods and affordable housing, poverty of single mothers with children five years and younger, and adverse childhood experiences (ACEs). ACEs are traumatic events like abuse, neglect or family dysfunction. The number of ACEs impacts a person’s health later in life. They increase the risk for suicide attempts, heavy drinking, smoking, obesity, anxiety and depression.

Risk Behaviors remain an issue, such as the lack of exercise and the lack of consuming an adequate amount of fruits and vegetables each day.

- Consume less than five servings per day. Do NOT engage in physical activity.

Obesity and overweight are a growing problem and contribute to chronic conditions like heart disease and stroke.

- Ottawa County adults are NOT a healthy weight.

Substance Abuse, particularly opioid addiction, is an increasing problem and often comorbid with mental illness.

- Overdose deaths involved an opioid in Ottawa County.

Chronic Disease rates are relatively low compared to the state and nation. However, cancer and heart disease deaths are by far higher than other causes of death. In addition, Alzheimer’s Disease leads to death more often for Ottawa County residents.

Health Disparities persist within the Hispanic community, which contribute to differences in health outcomes. Income and education are also factors and found among several demographic groups.

- 85% of our health is NOT related to genes and biology

What do we do now?

Community members, organizations, schools, hospitals, businesses and funders must work together to develop and carry out the 2018 Community Health Improvement Plan (CHIP).

- Ottawa County created its first CHIP in 2015 found at www.miOttawa.org/2015CHIP. This new 2017 data will guide us in developing the 2018 CHIP for a healthier community.

Read full reports at www.miOttawa.org/HealthData.