Delaware's County Health Rankings

A PRESENTATION BY:

THE DELAWARE PUBLIC HEALTH INSTITUTE

Agenda

- Introductions
- Overview of the County Health Rankings & Roadmaps
- 2016 Delaware County Health Rankings
- Mental Health and Substance Abuse
- Where we live matters
- Call to Action
- Resources

Delaware Public Health Institute

Mission focuses on **enhancing population health** across Delaware by **collaborating** with organizations from multiple sectors to create a shared vision for community health

PHMC
a nonprofit institute for public health

UNIVERSITY of DELAWARE
College of Health Sciences

Programs

- What we do:
  - State Health Improvement Plan (SHIP)
  - County Health Rankings and Roadmaps (CHR)
  - Collect geographically specific data on population health
  - Provide population-based data to those interested in gaining a better understanding of the communities they serve and how to best meet their needs.
    - Delaware Household Health Survey
    - Training and technical assistance
    - Community Health Needs Assessments (SHIP)
    - Member requested data runs

DPHI's Role in the County Health Rankings and Roadmaps

- State team lead
  - Work with RWJR/University of Wisconsin to disseminate data
  - Convene groups to discuss plans to move forward (Roadmaps)
- Began working with CHR in 2014
  - Third consecutive year
  - 2015 – community coach
    - *What Works for Health*
- Why mental health and substance abuse?

85,000,000

23,500,000

2,500,000

6,080,000

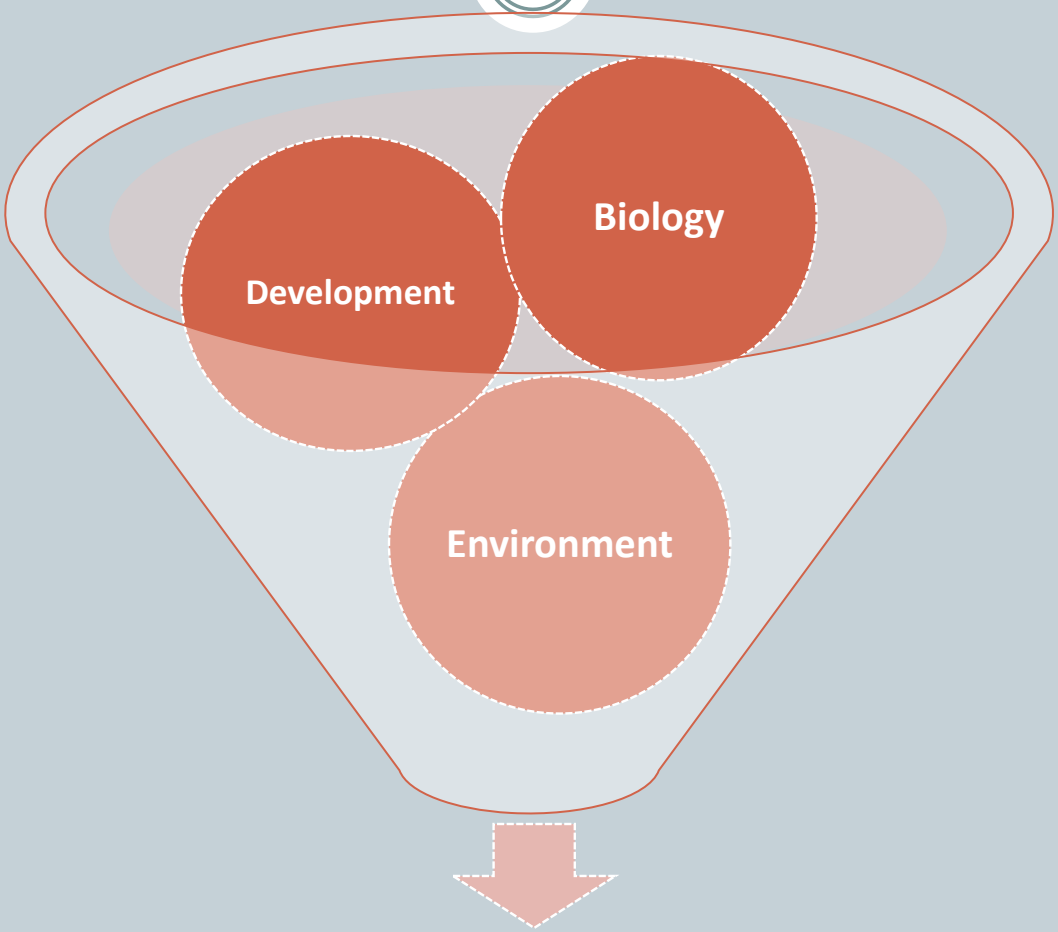
600,000,000,000

30

100

The United States has less than **five percent** of the world's population and we consume **two-thirds** of the world's illegal drugs and incarcerate almost a **quarter** of the world's prisoners, more than **eight of 10** of whom have some substance involvement. (APHA)

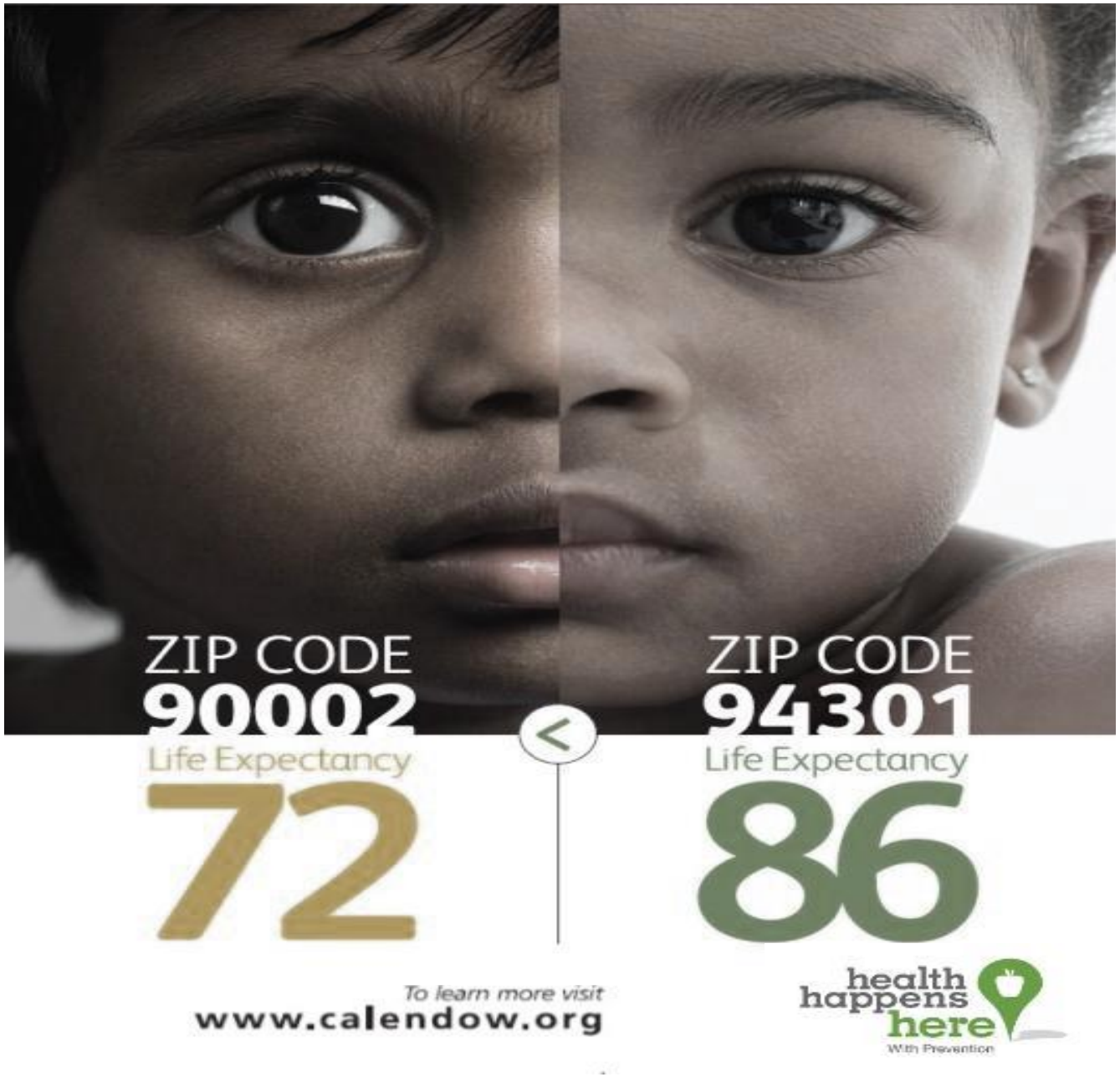
How?



Substance abuse and addiction

County Health Rankings and Roadmaps

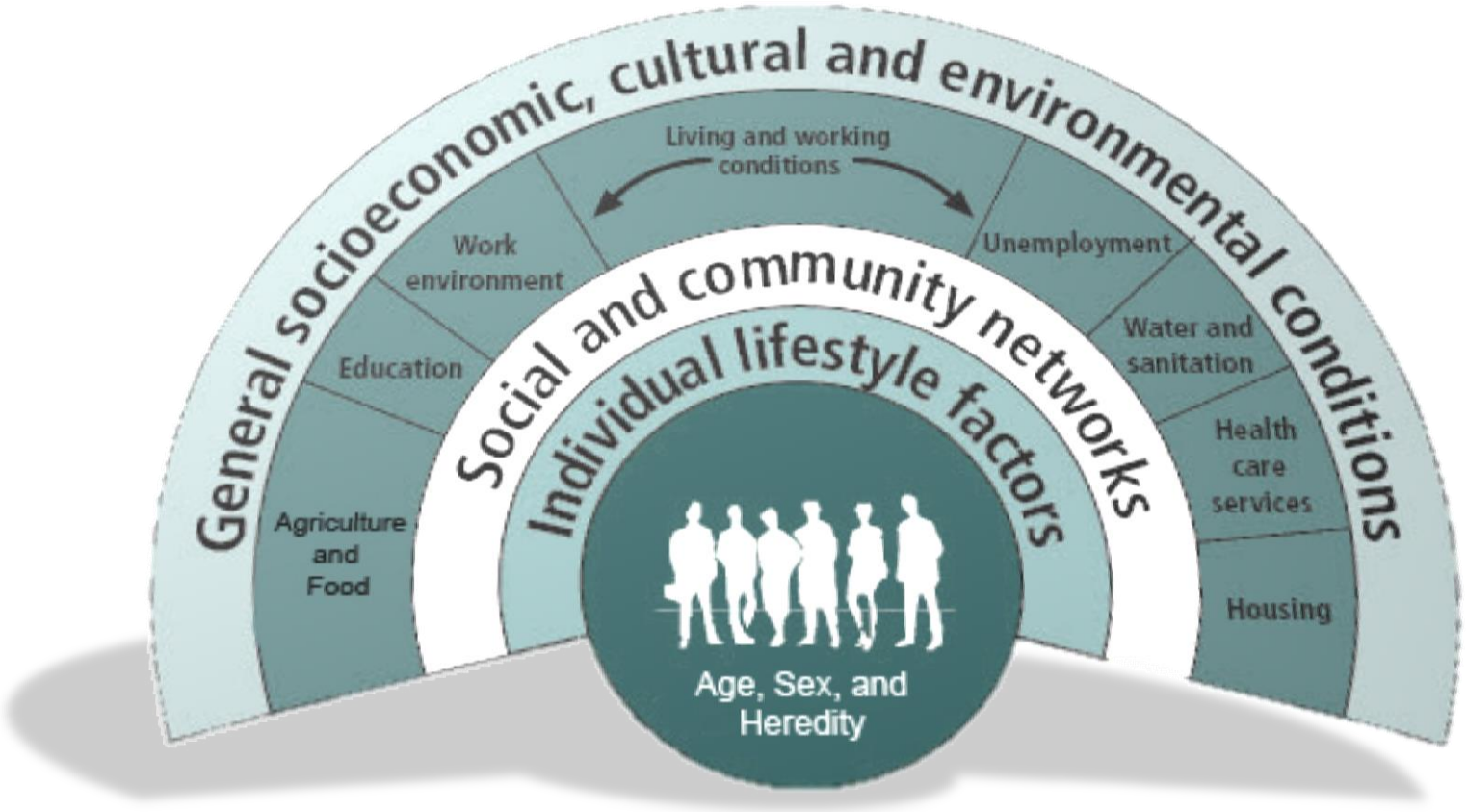
- RWJF and University of Wisconsin's Population Health Institute
  - Publically available data sources
    - BRFSS 2006-2015
    - National Center for Health Statistics 2005-2012
    - USDA Food Environment Atlas 2010-2012
    - HRSA Area Resource Files 2013-2014
    - American Community Survey 2009-2013
    - And many more…
- Where we live matters to our health



90002
is the Watts neighborhood in South LA

94301
is Palo Alto, CA

How where we live impacts our health



Neighborhood Factors

- Environmental Exposures
  - Pollutants
  - Proximity to industry
  - Traffic
  - Housing

Neighborhood Factors

- Food and Physical Activity
  - Access to parks and playgrounds
  - Walkability
  - Access to supermarkets
  - Fast food chains
  - Corner stores

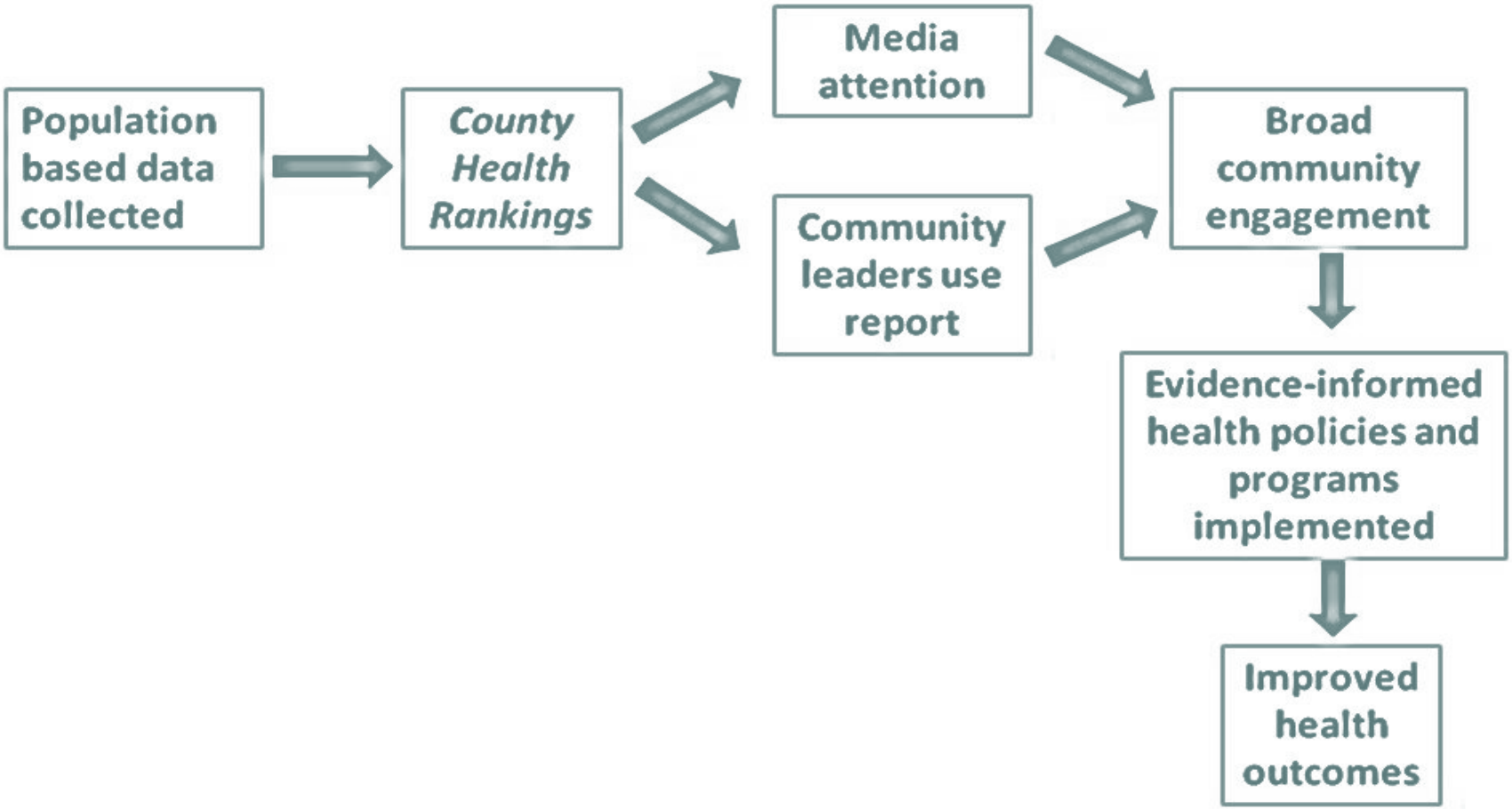
Neighborhood Factors

- Social Environment
  - Trust in neighbors
  - Feeling of belonging
  - Community engagement
  - Witnessing violence

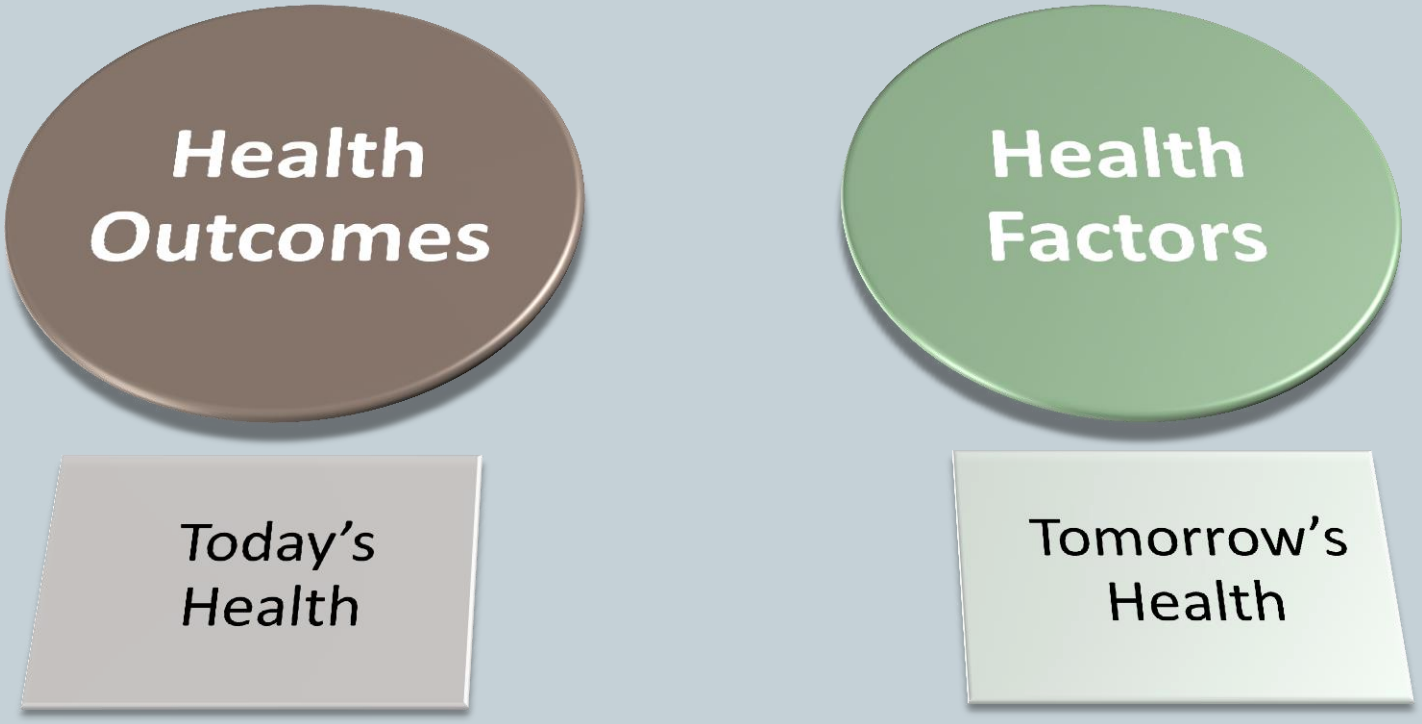
Neighborhood Factors

- Proximity to Resources
  - Public transit
  - Commute distance
  - Access to healthcare providers & emergency response time
  - Proximity to pharmacies

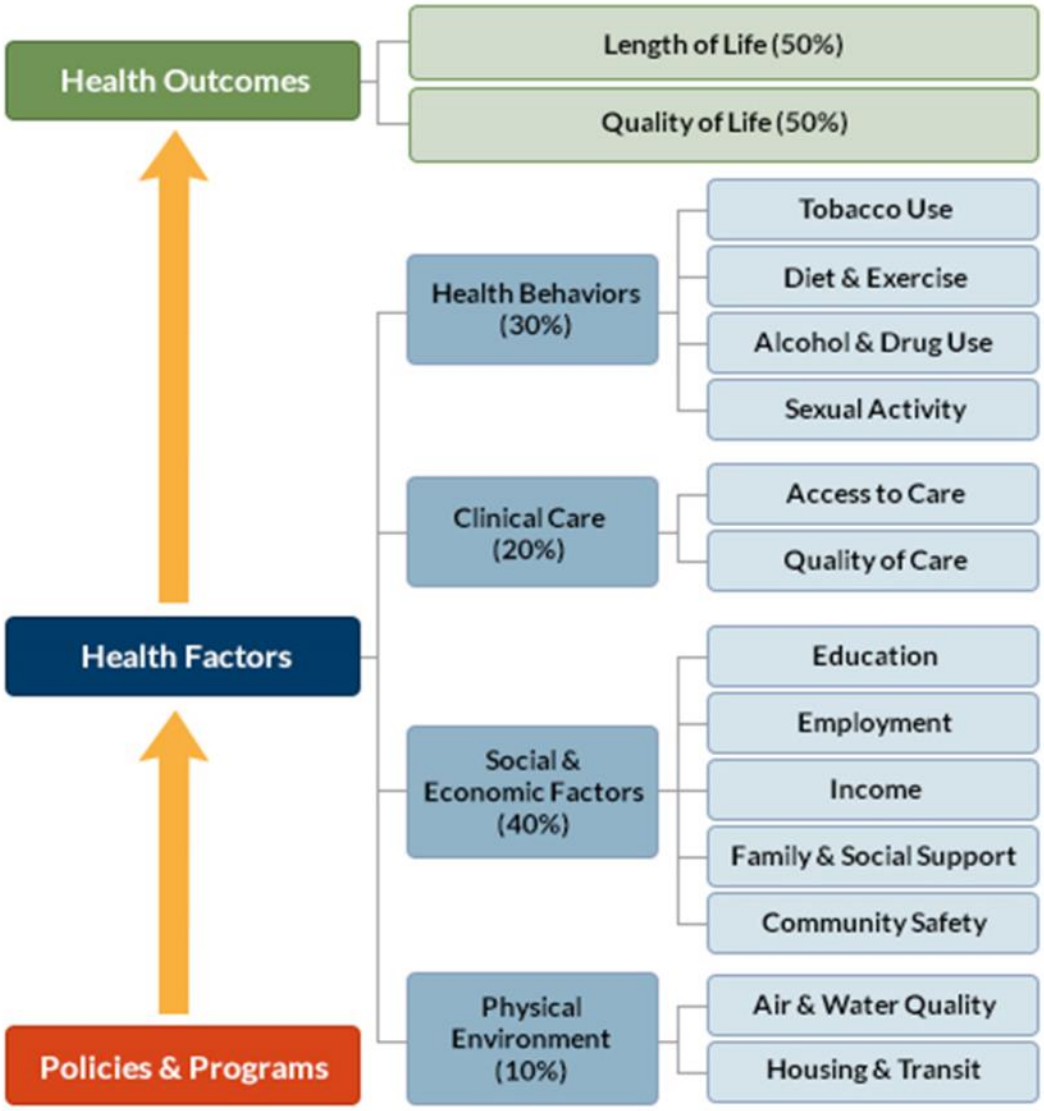
County Health Rankings Logic Model



County Health Rankings: 2 Rankings



HOW THEY FIT TOGETHER



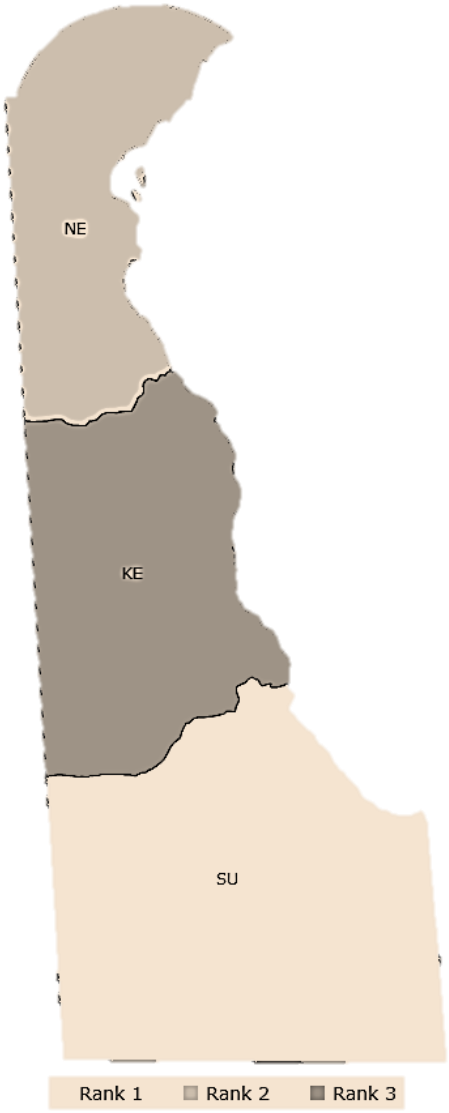
2016 Delaware Health Outcomes: County Rankings

Delaware ranks better than the US overall in years of potential life lost.

Kent ranks third in DE; also ranks worse than DE as a whole in several health outcomes.

New Castle County ranks second.

Sussex County ranks 1st.



Health Outcome Rankings

over the years

2011-2014

- New Castle
- Sussex
- Kent

2015-2016

- Sussex
- New Castle
- Kent

Delaware County Rankings:
Health Outcomes

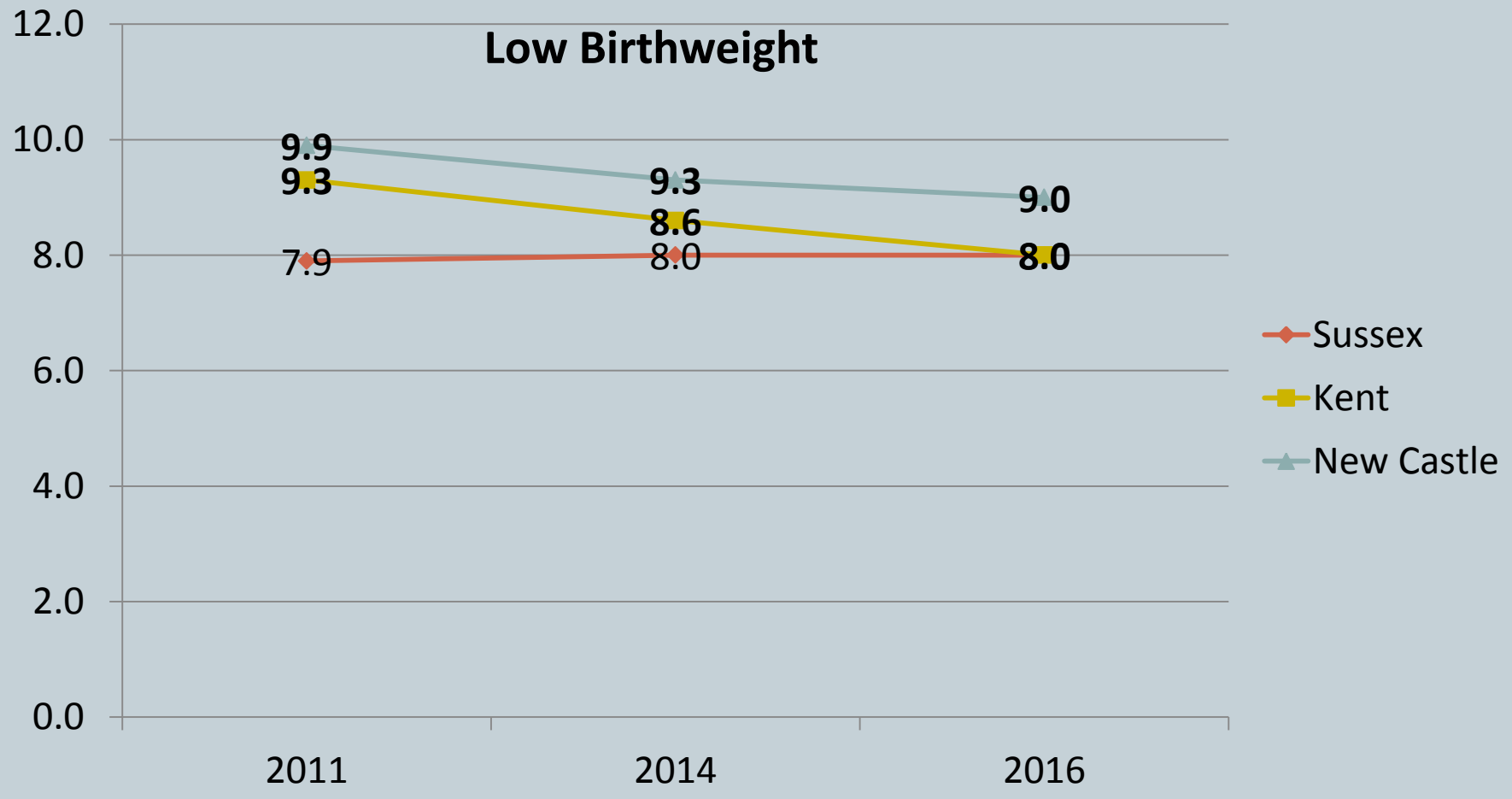
1. Quality of life
2. Length of Life
3. Premature Death
   - Sussex County

1. Poor or fair health
2. Poor physical health days
   - New Castle County

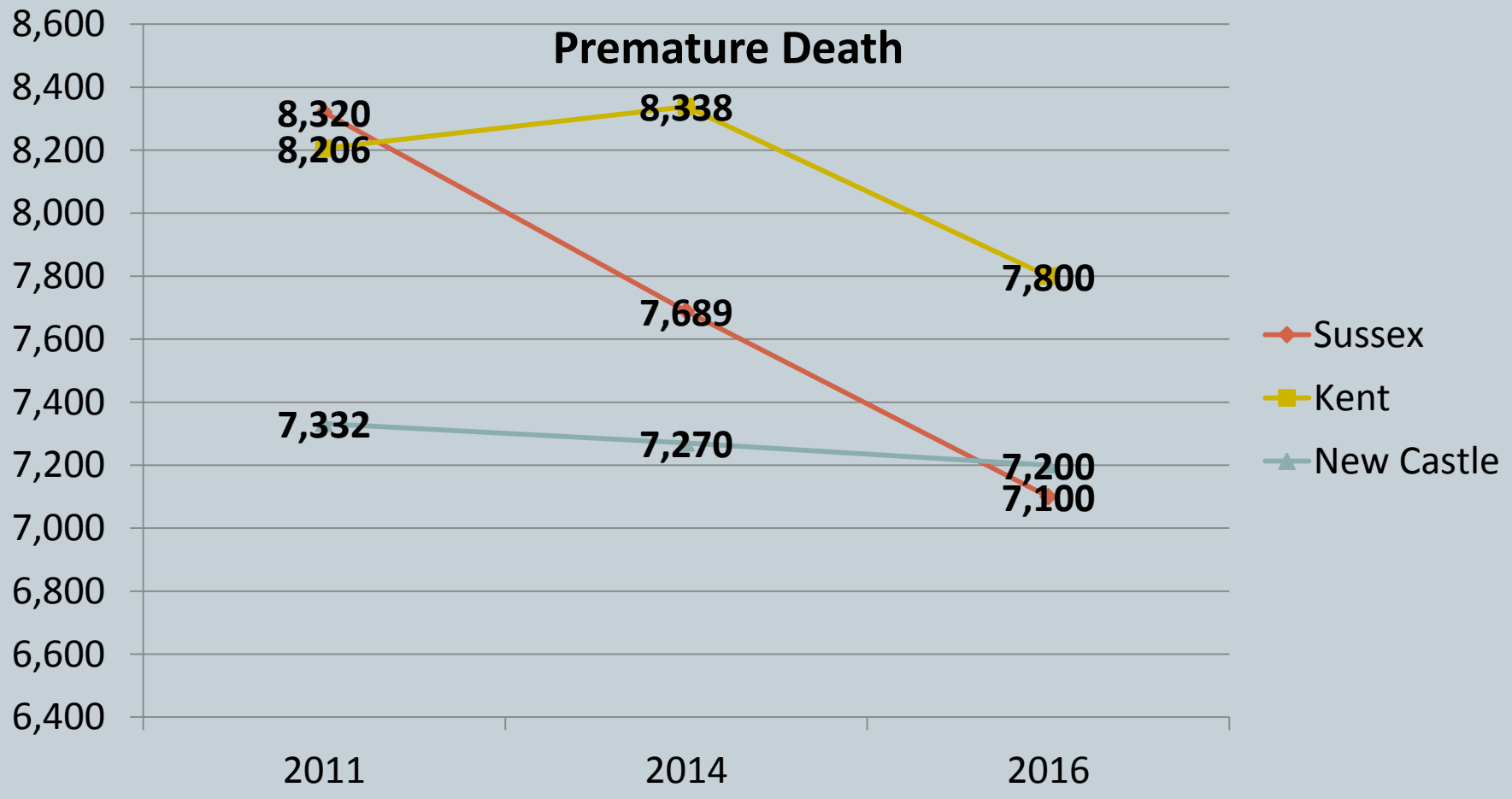
3. *Poor mental health days*
   - *Sussex and New Castle County*
4. *Low birthweight*
   - *Sussex and Kent County*

1. Sussex
2. New Castle
3. Kent

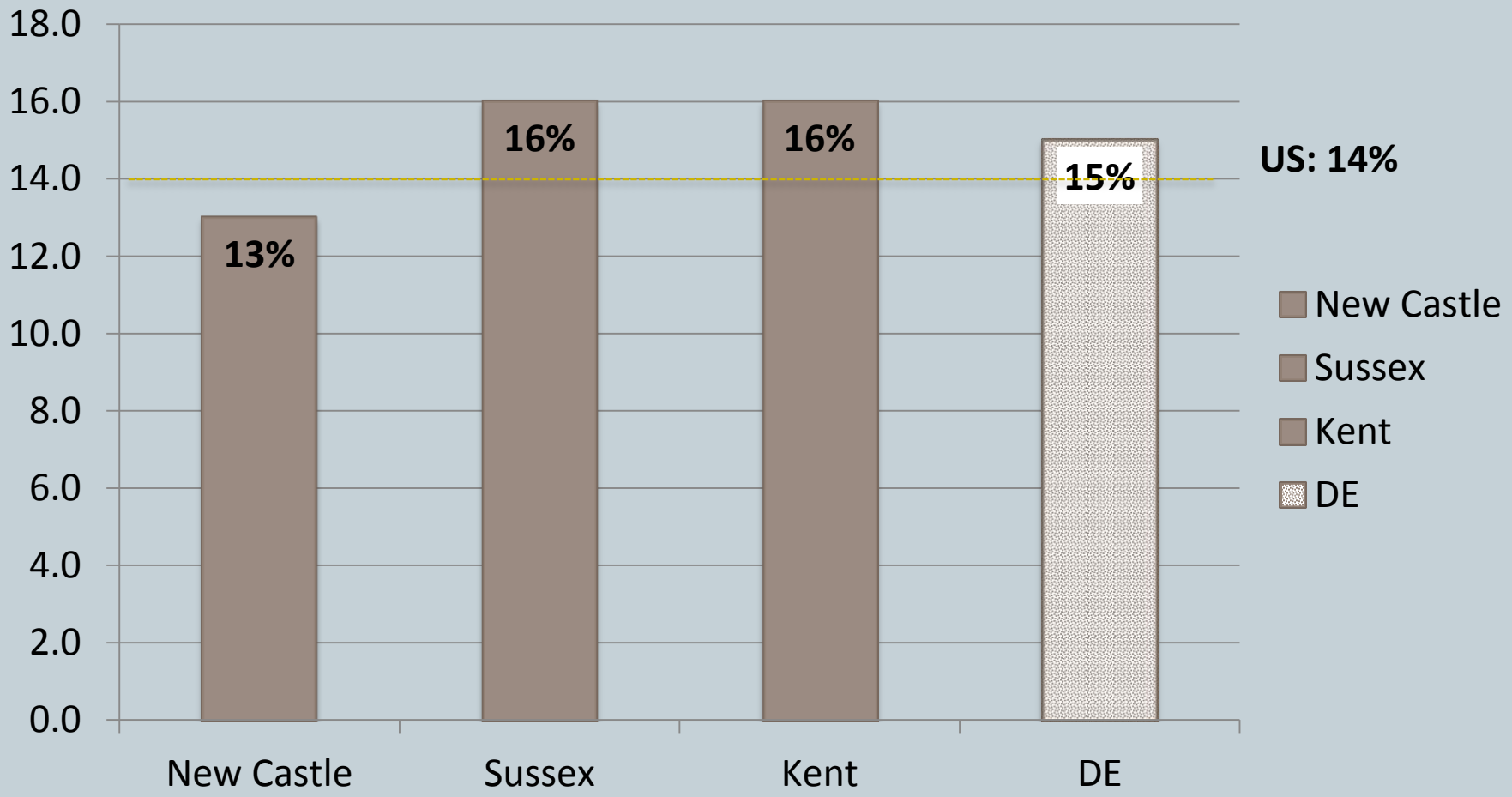
Outcome Trends: Quality of Life



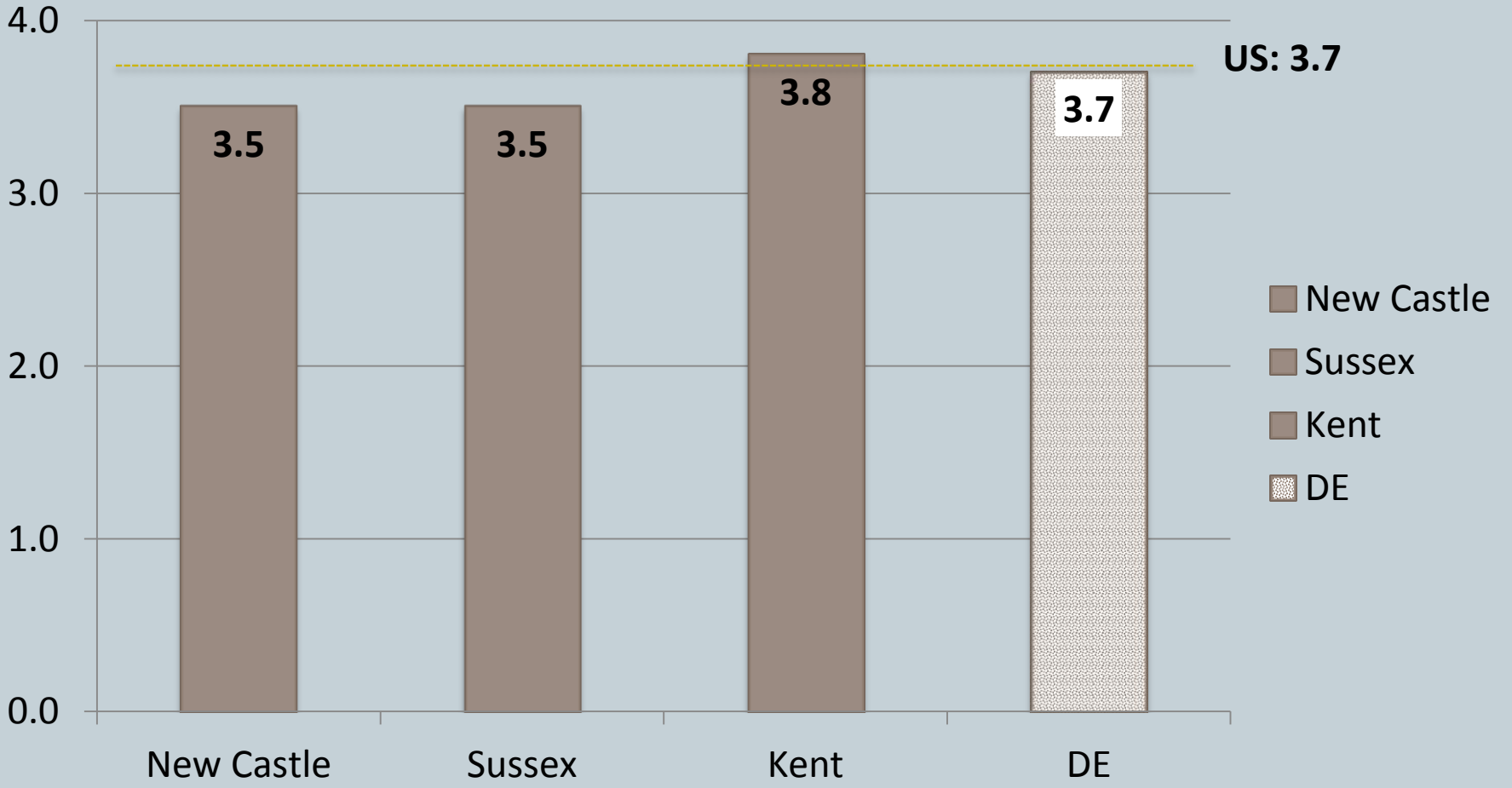
Outcome Trends: Length of Life



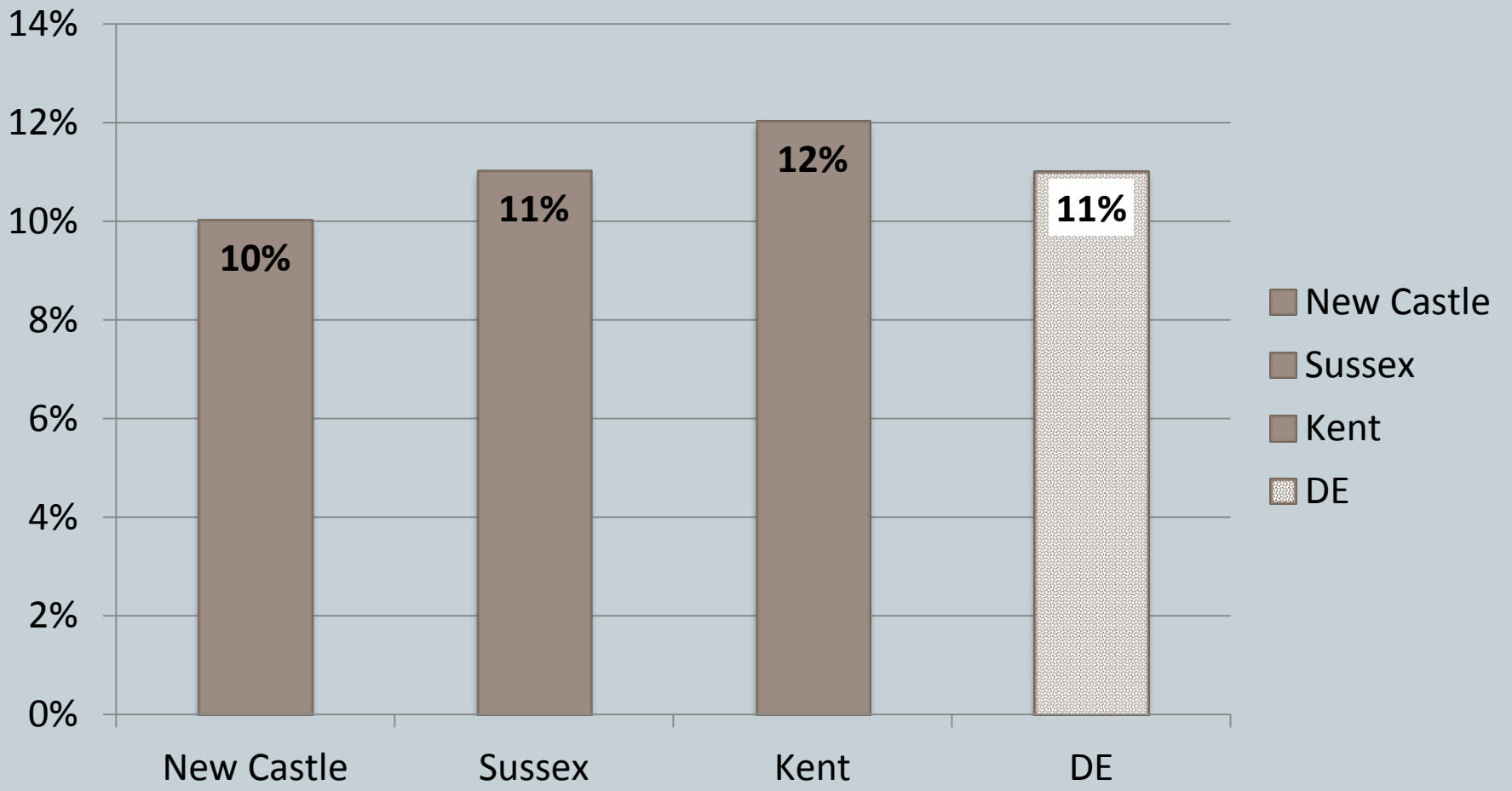
Fair or Poor Health



Poor Mental Health Days



Frequent Mental Distress



2016 Delaware Health Factors: County Rankings

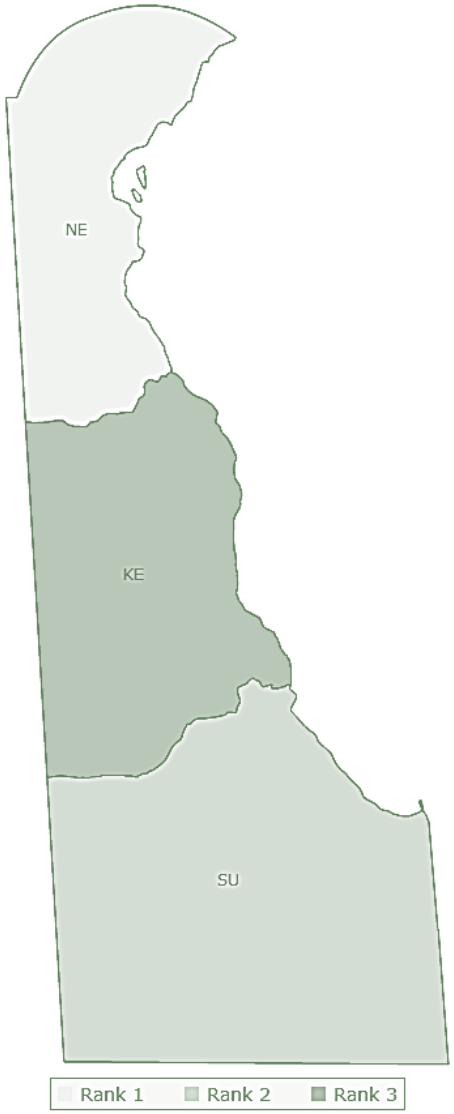
Delaware ranks better than the U.S. overall for a majority of health factors.

Within the state of Delaware,

Kent ranks third.

Sussex ranks second.

New Castle ranks 1st.



Health Factor Rankings

over the years

2011-2016

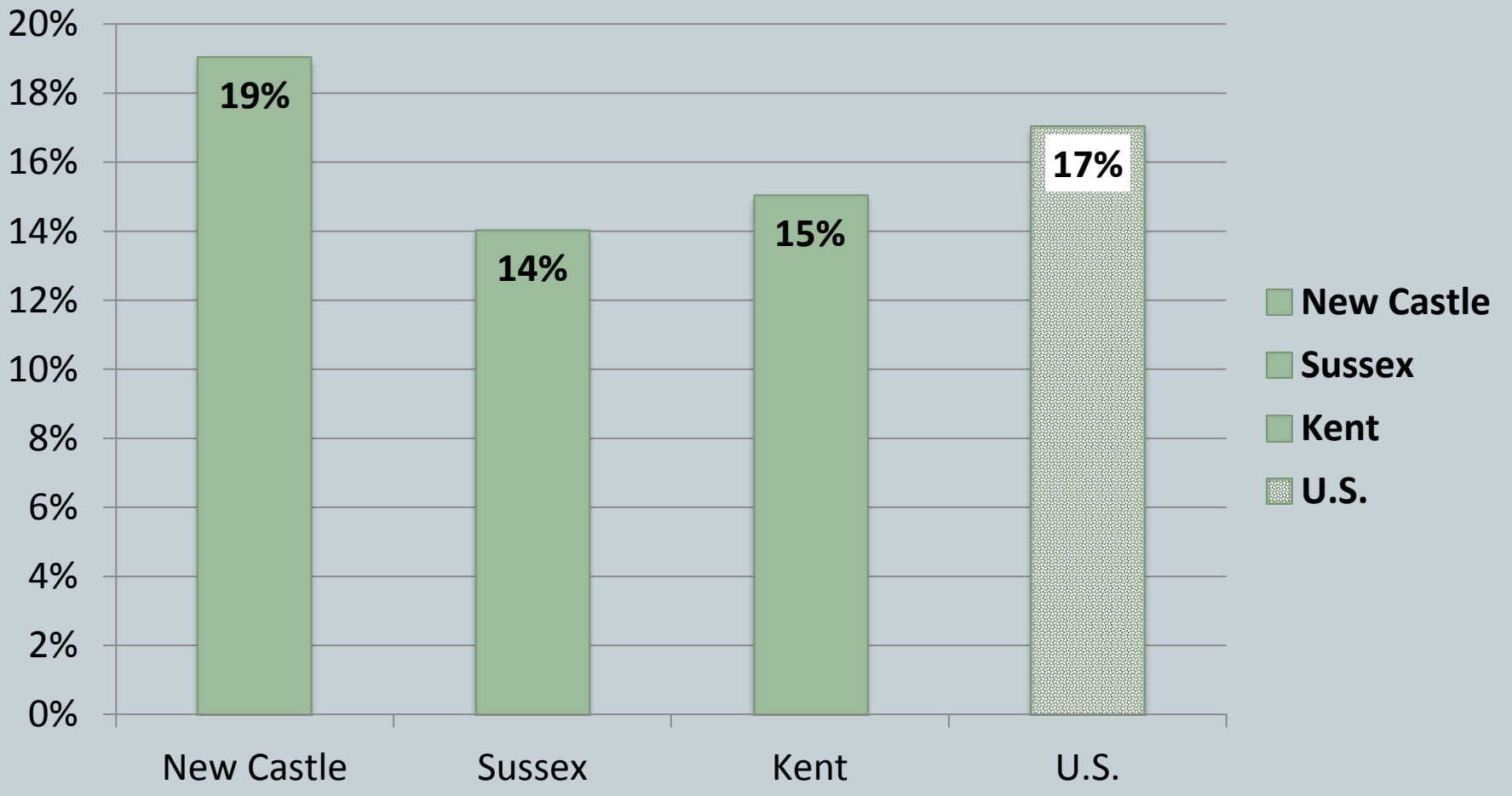
- New Castle
- Sussex
- Kent

Health Factors

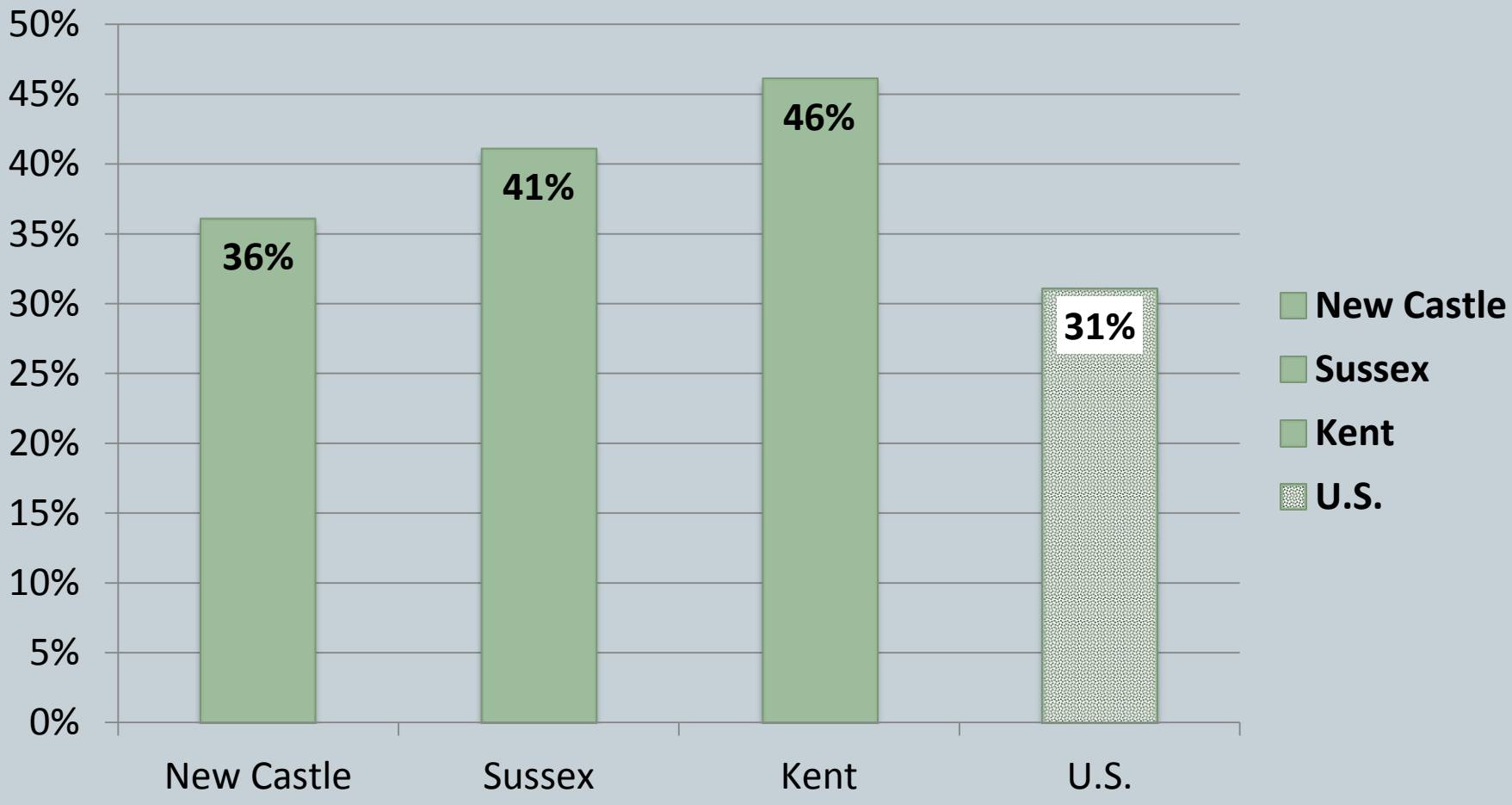
1. Health Behaviors
2. Clinical Care
3. Social & Economical Factors
4. Physical Environment

1. New Castle
2. Sussex
3. Kent

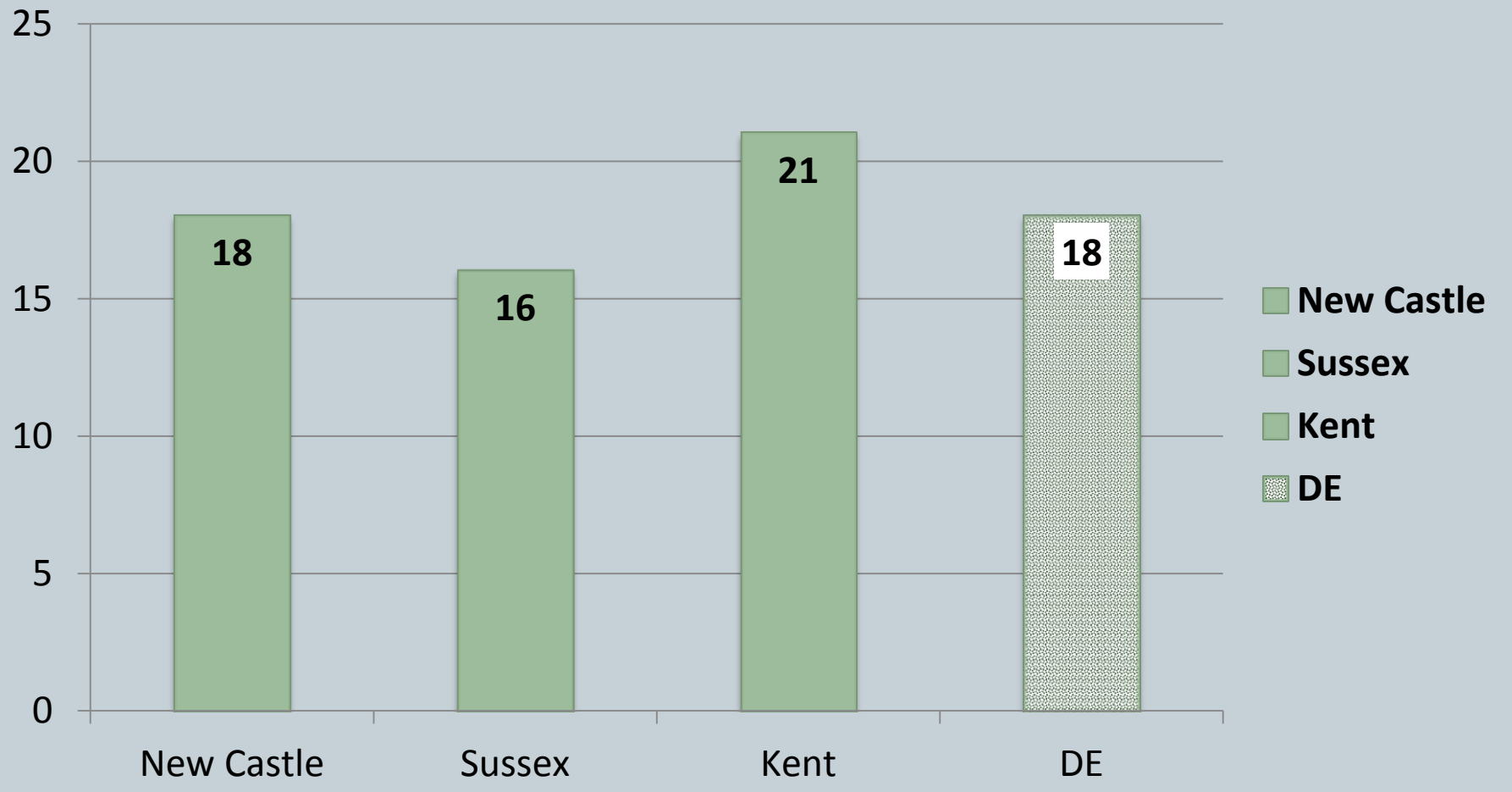
Excessive Drinking



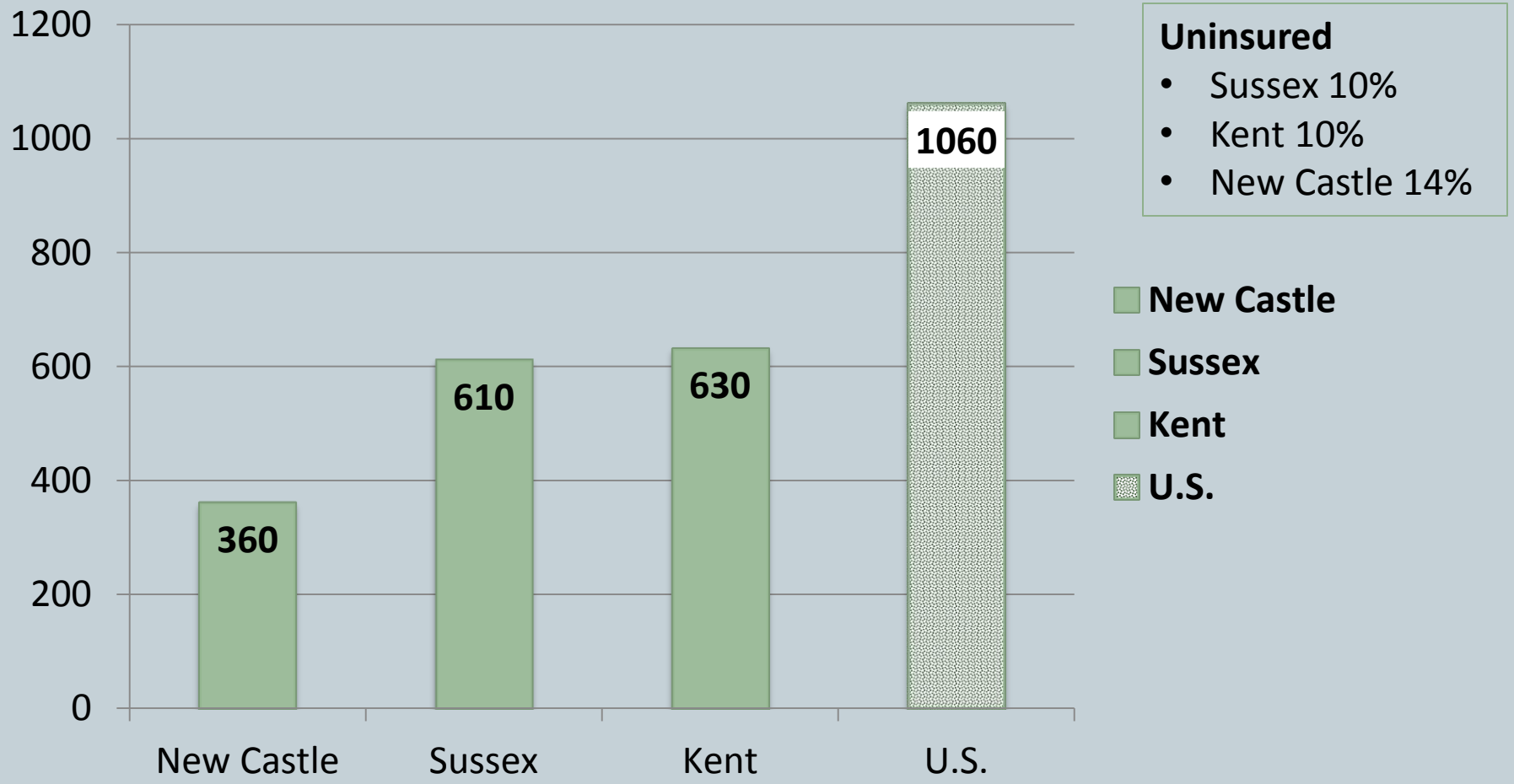
Alcohol Impaired Driving Deaths



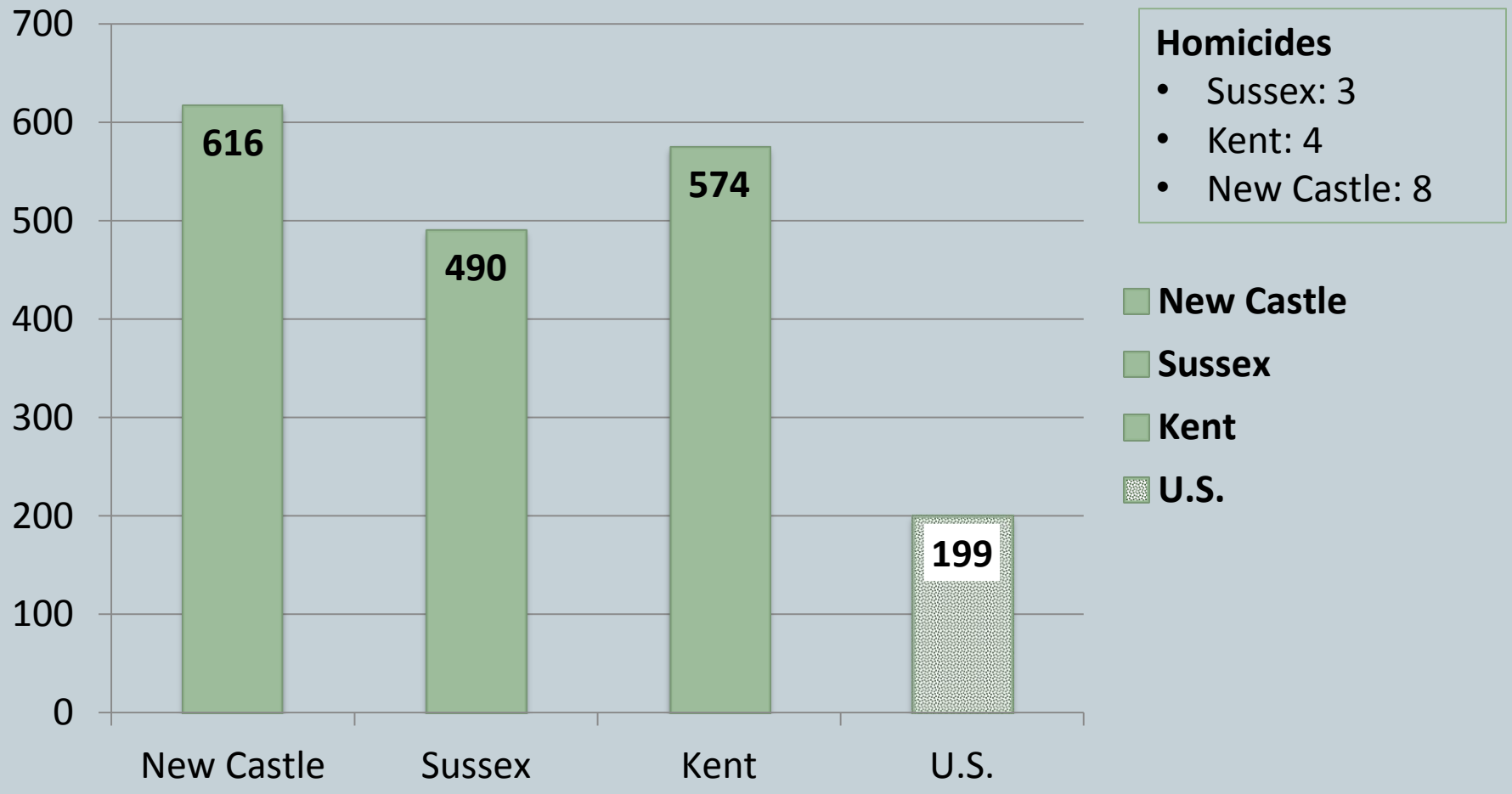
Drug Overdose Deaths



Mental Health Providers



Violent Crime



County Health Rankings: A Jumping-Off Point

- Use rankings to start the discussion
  - Simplify data
  - Good for comparing
- Counties each have strengths and weaknesses
- Combine with other data and first-hand experience
- Turn Data into Action

Data Sources

- County Health Rankings give us a statewide overview
  - BRFSS and other CHR data sources let us analyze county-level information
- Census, Vital Statistics and other sources give us a glimpse into communities within counties
- There are few areas in the country where you can access *local*, population health data similar to the data that exist at the county level

Community-Level Population Data

- National, State, and County-level data are a starting point
- Geographic and demographic communities have diverse needs
- Community-level data help us understand community needs

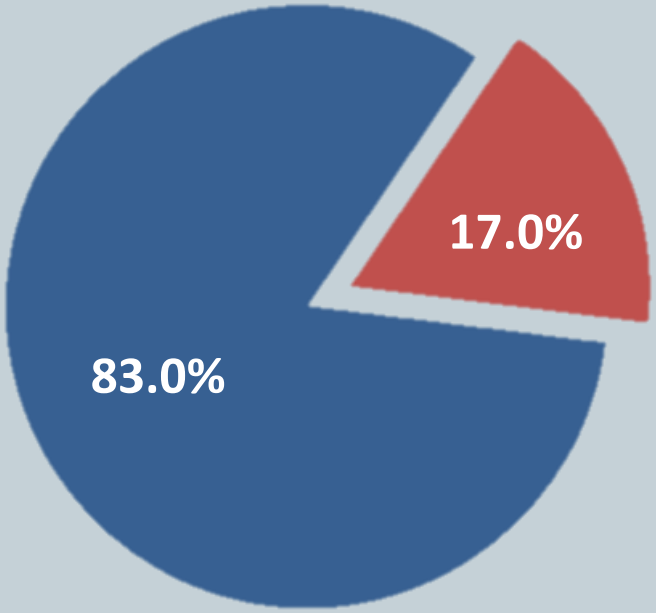
The 2015 Delaware Household Health Survey

- Modeled from the Southeastern Pennsylvania Household Health Survey
- Four regions: Sussex County, Kent County, The Greater Wilmington Area (GWA), and the Rest of New Castle County (RNCC).
- Interviews conducted by phone using random digit dial and cell phone technology in over 2,600 households
  - Last Birthday Method
  - 50% landline/ 50% cell phone
- Interviews conducted in English and Spanish; foreign-language proxy used, if needed.

Health and Well-Being Indicators

- Health status
- Chronic health conditions
- Routine screenings and exams
- Source and setting of care
- Barriers to care
- Health insurance/ the Marketplace
- Reproductive health
- Personal health behaviors
- Mental and behavioral health
- Social capital
- Food access, housing and neighborhood factors

Mental Health Conditions

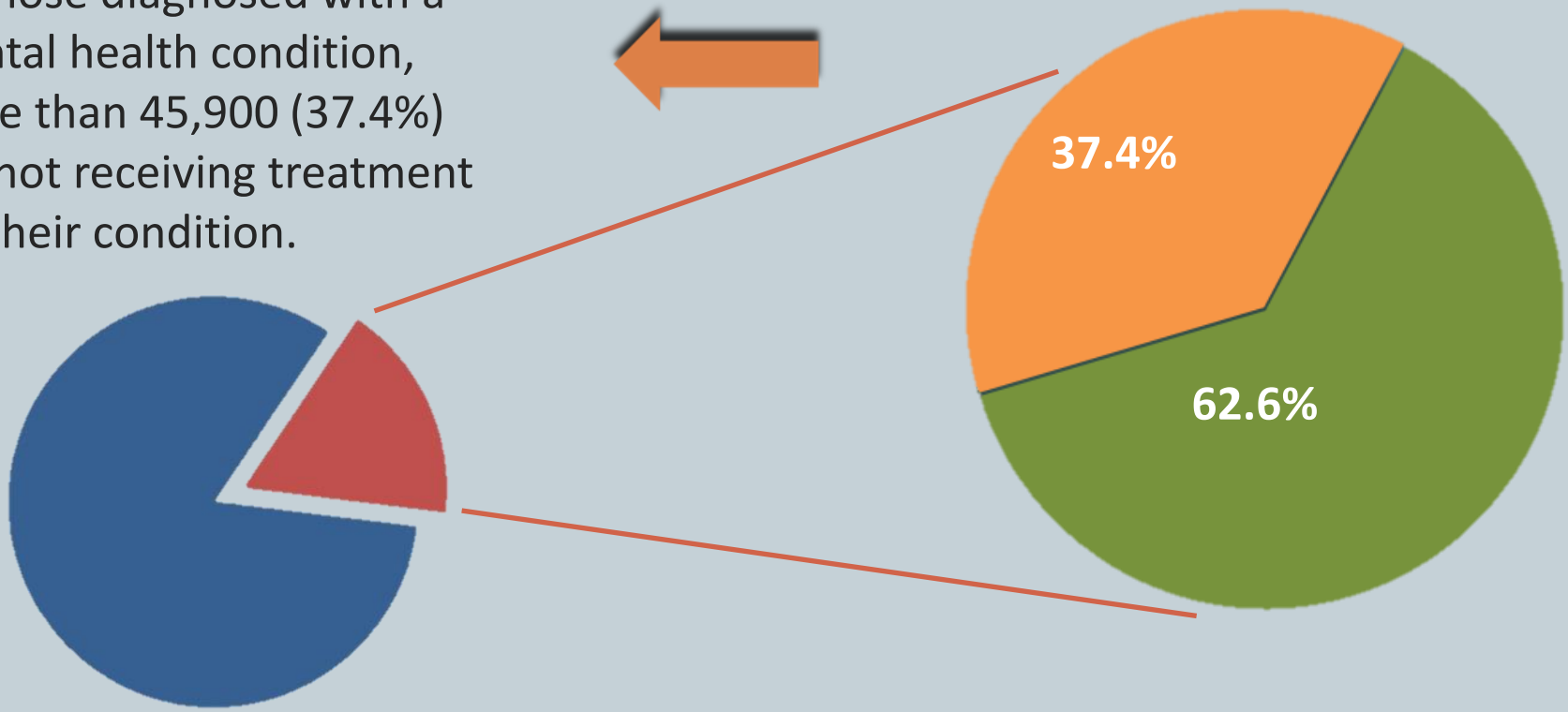


More than 123,300 (17%) adults in Delaware have been diagnosed with a mental health condition.

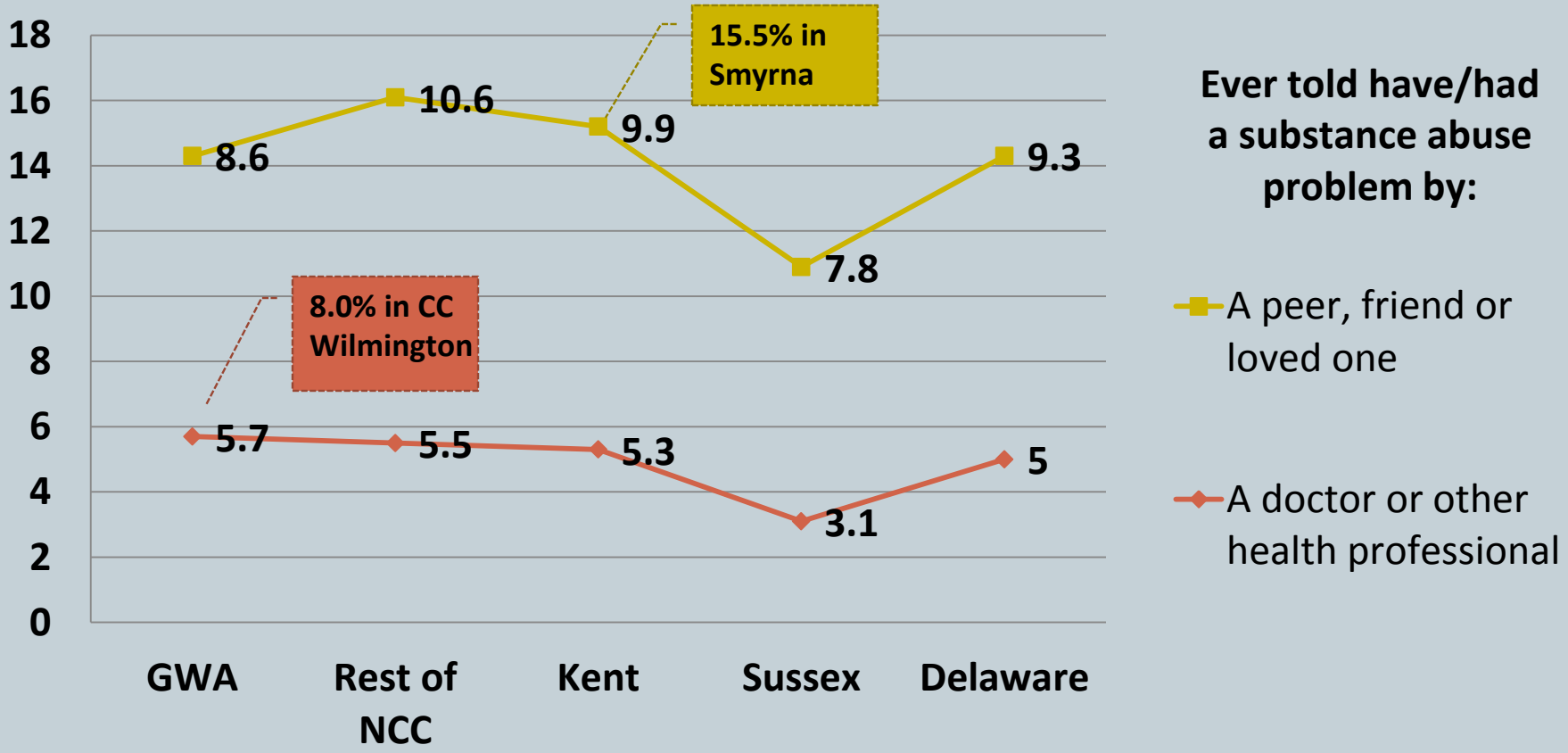
This includes depression, bipolar disorder and anxiety disorders, among others…

Mental Health Treatment

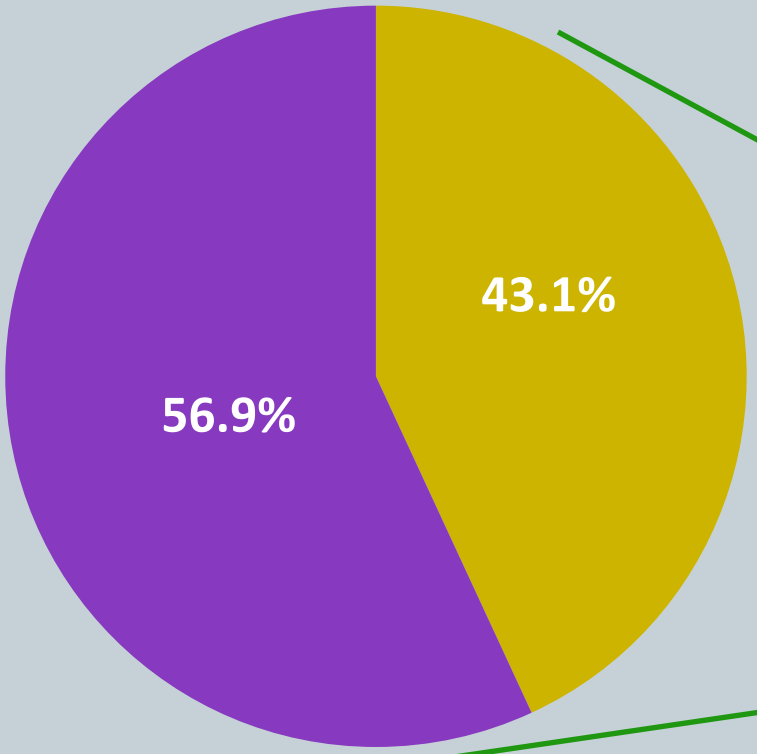
Of those diagnosed with a mental health condition, more than 45,900 (37.4%) are not receiving treatment for their condition.



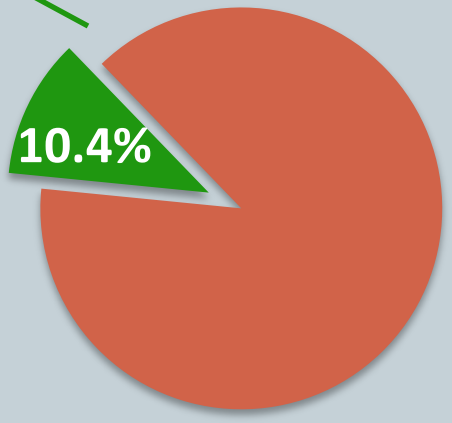
Substance Abuse



Substance Abuse Treatment



Of those who have been told they have a substance abuse problem, more than 32,400 (43.1%) have not received any form of treatment.

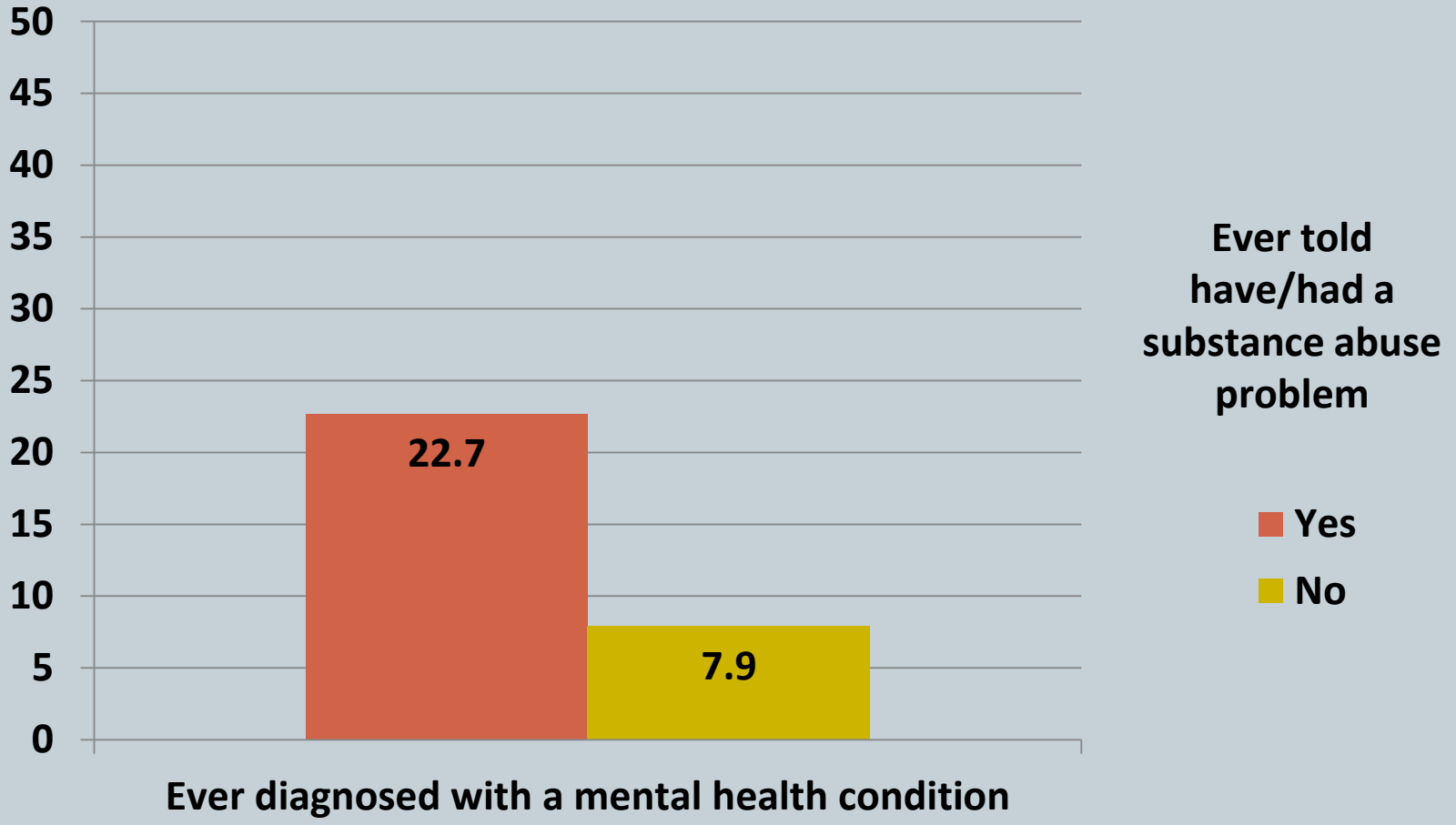


Why no treatment?

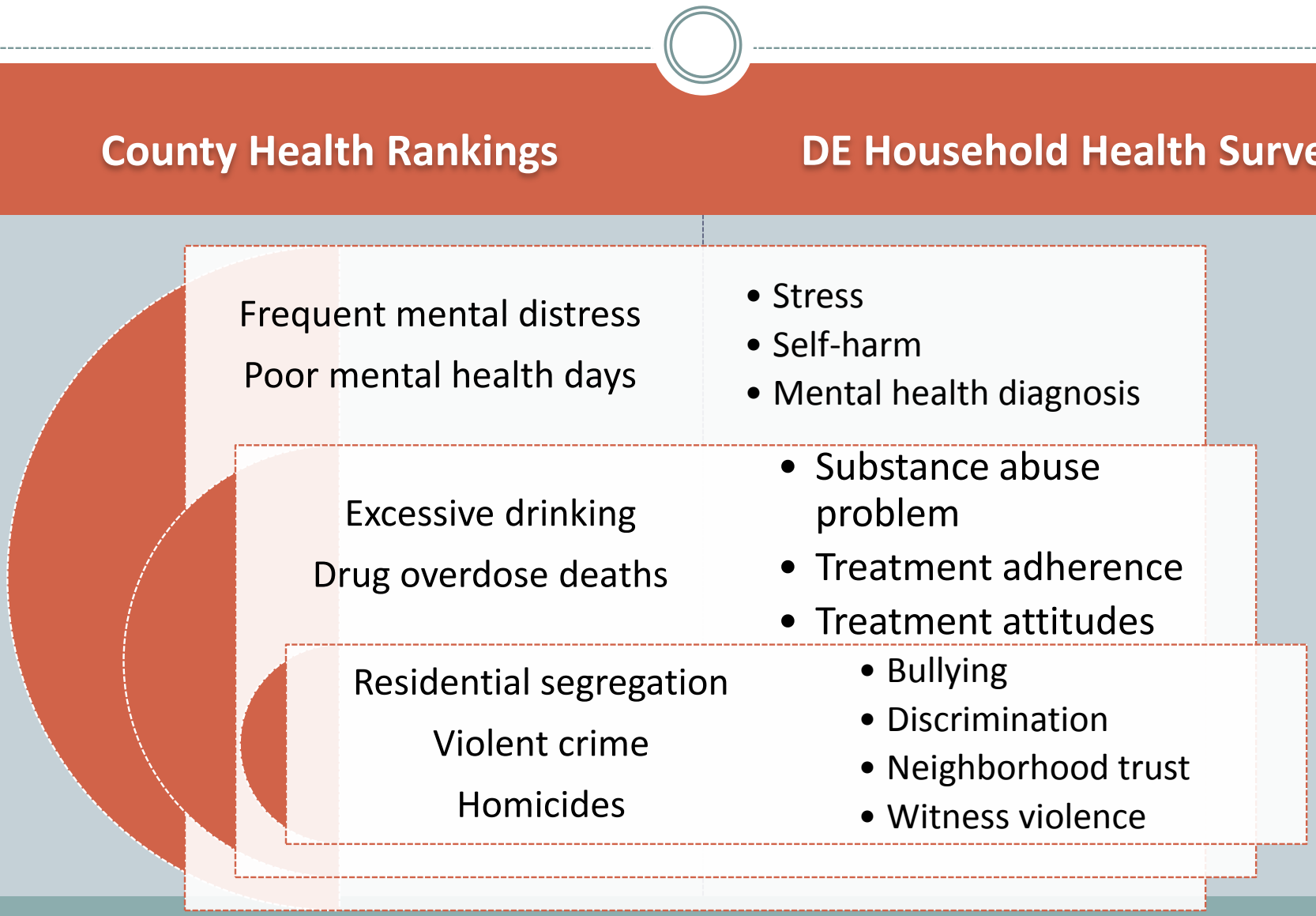
Top reasons why adults don't seek treatment for mental health disorders and substance abuse:

- **"I don't need treatment."**
  or, "Treatment is not necessary."
- **"I don't have a problem."**
  or, "It is no longer a problem."

Mental Health and Substance Abuse, 2015



Application



THANK YOU!

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Case Study

- Step 1: Determine a county of focus
- Step 2: Choose a target community (within your county)
- Step 3: Determine target population (within your subregion)
- Step 4: Recommend a policy or program based on your research
  - What Works for Health