

# Pennsylvania's County Health Rankings Action Institute

May 3, 2016

County Health  
Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

# Agenda

- **Introductions**
- **Overview of the County Health Rankings & Roadmaps**
- **Where we live matters**
- **2016 Pennsylvania County Health Rankings**
- **Mental Health Discussion**
- **Call to action**
- **Resources**

# About PHMC

- *Public Health Management Corporation is a non-profit public health institute offering a diverse range of programs and services. For more, visit: [www.phmc.org](http://www.phmc.org).*
- **Addictions Services**
- **Health Promotion, Injury Prevention**
- **Criminal Justice Treatment Initiatives**
- **Early Intervention Service for Infants and Toddlers**
- **HIV/AIDS Prevention**
- **Nurse Managed Care**
- **Services to Homeless**
- **The Research & Evaluation Group, (REG)**
- ***Community Health Data Base, (CHDB)***

# PHMC's Community Health Data Base

- **What we do:**

- 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
  - Southeastern Pennsylvania Household Health Survey
  - Training and technical assistance
  - Community Health Needs Assessments
  - Member and affiliate requested data runs

# PHMC's Role in the County Health Rankings and Roadmaps

- **State team lead**

- Work with RWJF/University of Wisconsin to disseminate data
- Convene groups to discuss plans to move forward (Roadmaps)

- **Began working with CHR in 2009**

- Held several events in Harrisburg and provided testimony to the legislature

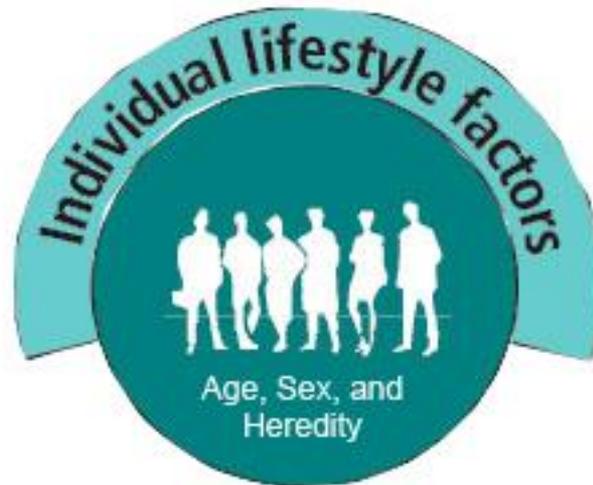
- **Why Philadelphia?**

- Philadelphia is consistently the lowest-ranked county in the state

# Where We Live Impacts Our Health



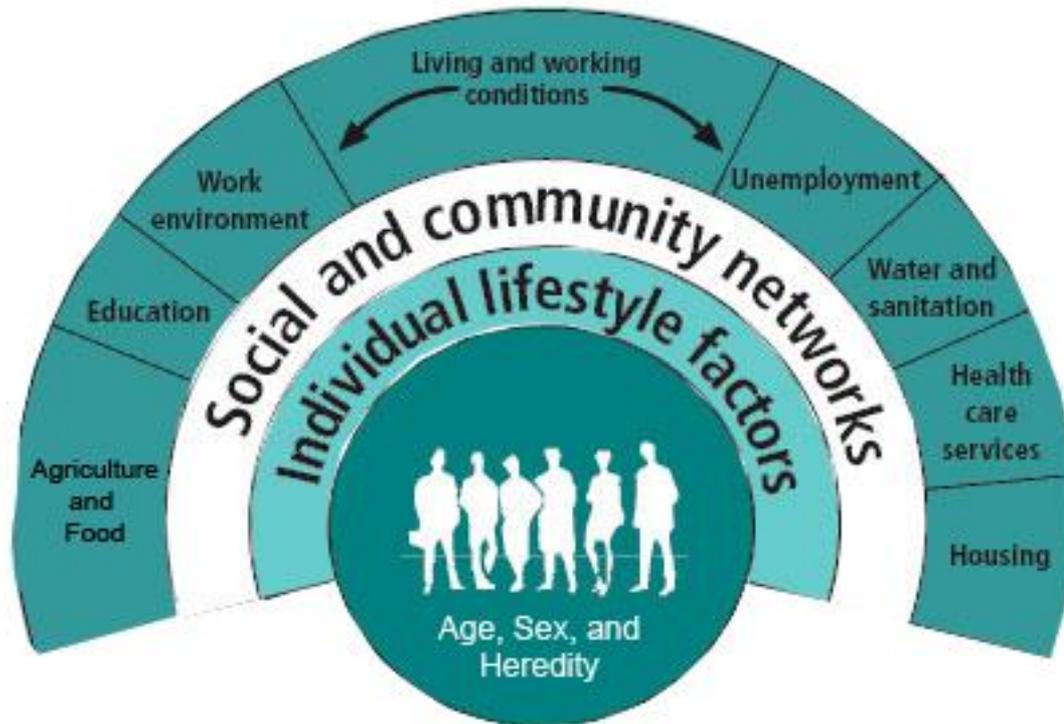
# Where We Live Impacts Our Health



# Where We Live Impacts Our Health



# Where We Live Impacts Our Health



# Where We Live Impacts Our Health





ZIP CODE  
**90002**

Life Expectancy

**72**

ZIP CODE  
**94301**

Life Expectancy

**86**



To learn more visit  
[www.calendow.org](http://www.calendow.org)



90002  
is the Watts  
neighborhood  
in South LA

94301  
is Palo Alto,  
CA

# 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

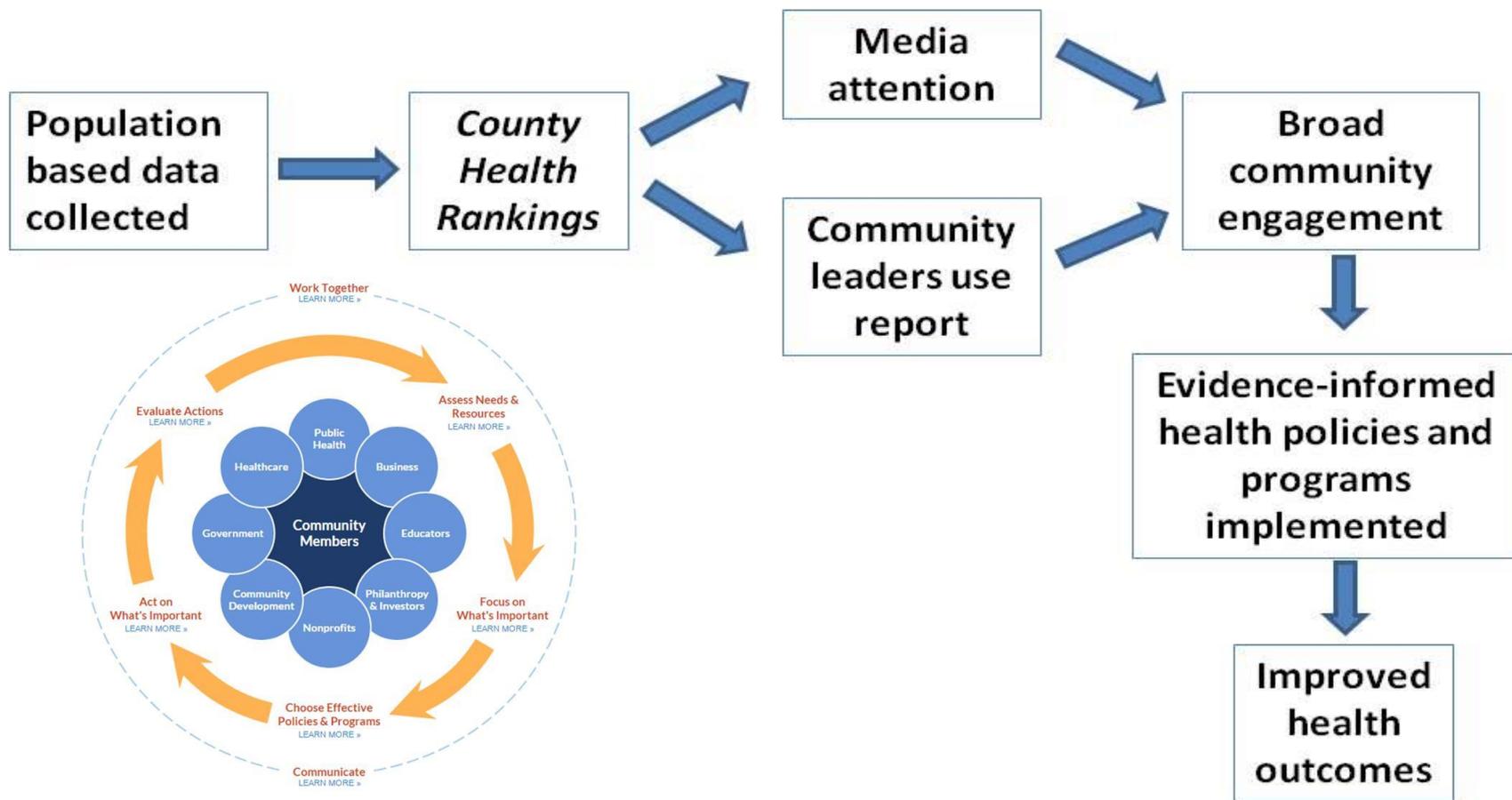
# Neighborhood Factors

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

# County Health Rankings and Roadmaps

- RWJF and University of Wisconsin's Population Health Institute
  - Since 2009
  - Publicly 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...

# County Health Rankings Logic Model



# County Health Rankings: 2 Rankings



**Health  
Outcomes**



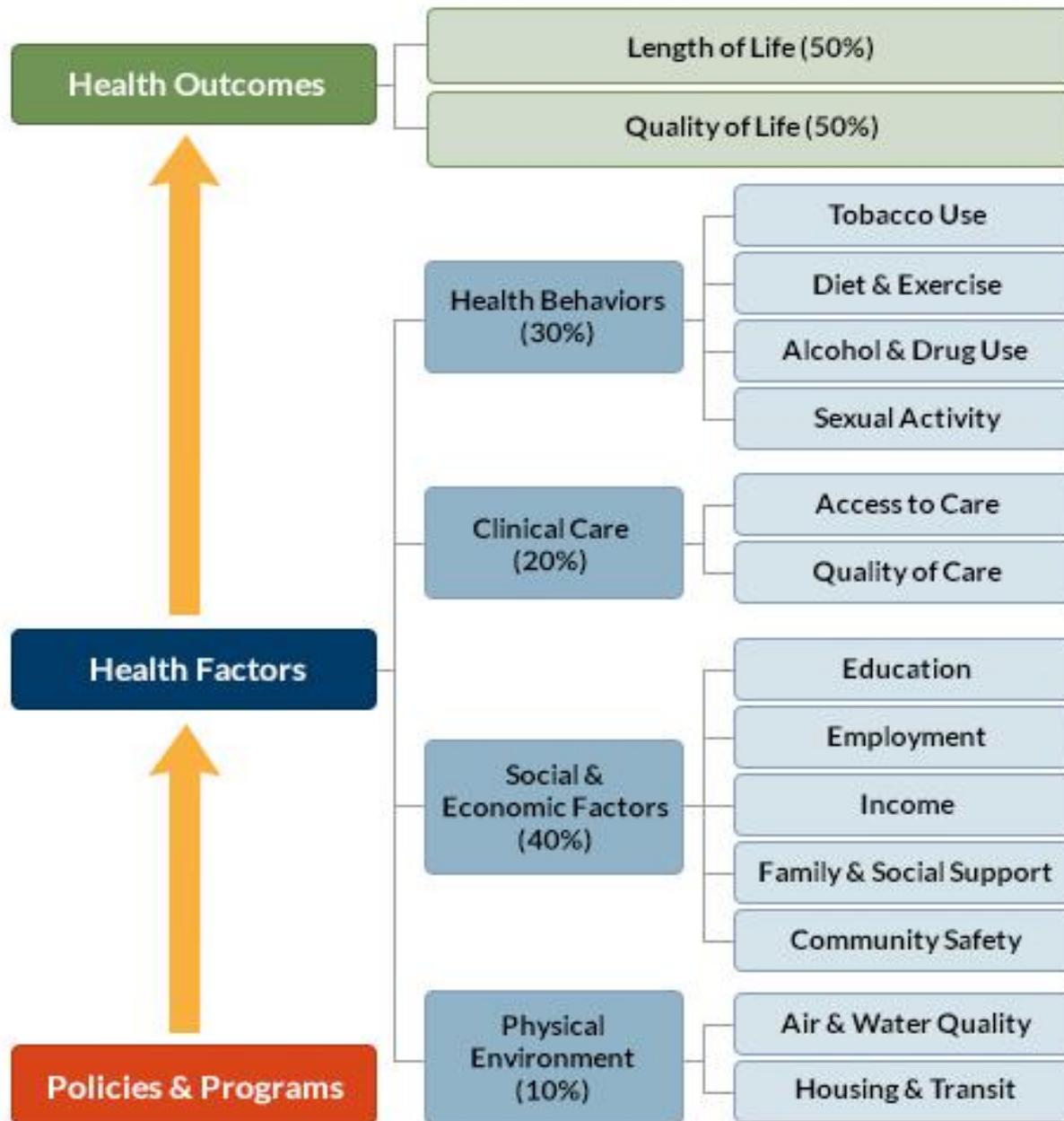
Today's  
Health



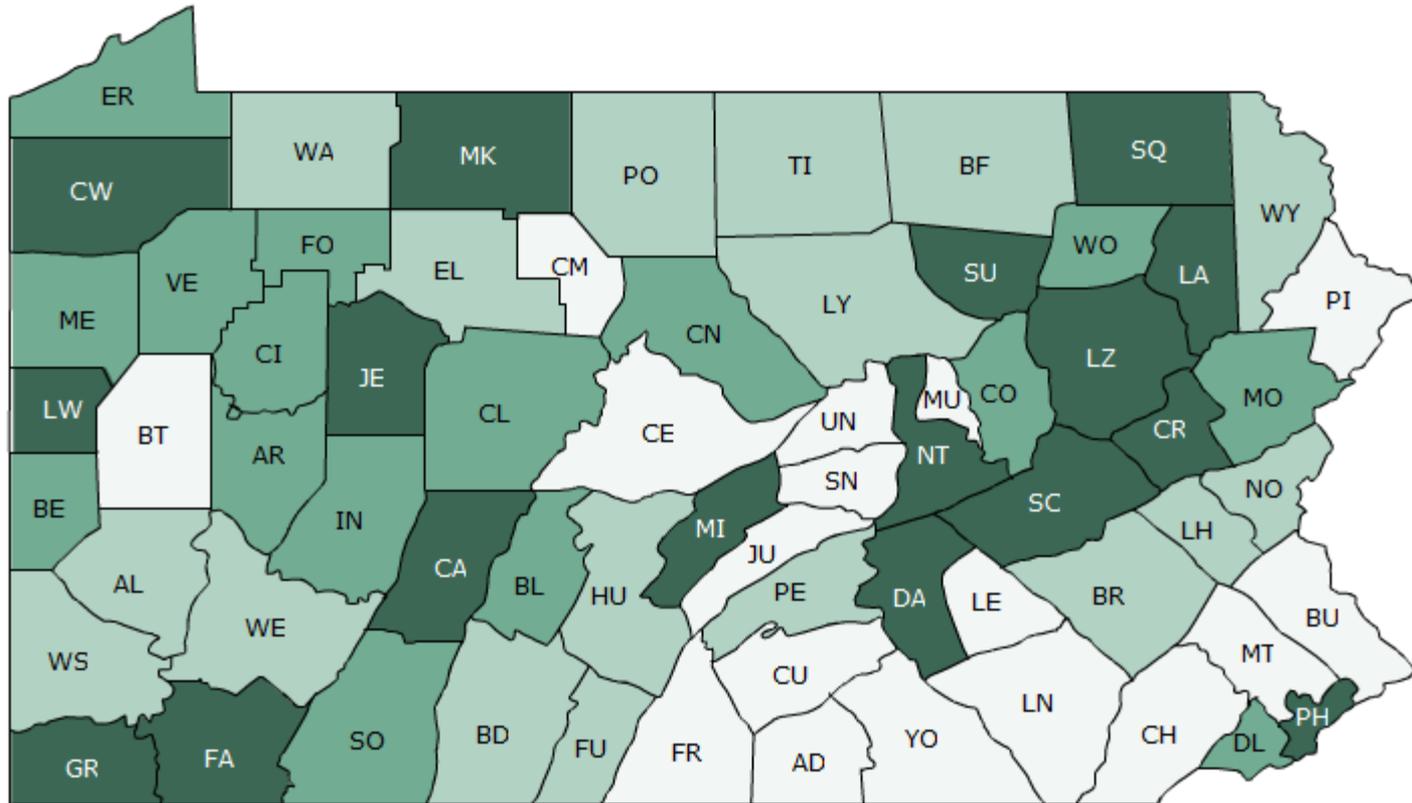
**Health  
Factors**



Tomorrow's  
Health



# 2016 Pennsylvania Health Outcomes: County Rankings



Rank 1-17   Rank 18-34   Rank 35-50   Rank 51-67

# Top-Ranked Counties in Pennsylvania: 2016 Health Outcomes

Health  
Outcomes  
are:

Length of Life

Quality of Life

1. Chester
2. Union
3. Montgomery
4. Centre
5. Cumberland

# *County Health Rankings: Health Outcomes*

- **3. Chester – Length of Life**

Years of Potential Life Lost Before Age 75  
per 100,000 population

Chester County: 4,800

Pennsylvania: 6,900

# *County Health Rankings: Health Outcomes*

- **1. Chester – Quality of Life**

**Chester: 11% fair or poor health days per month**  
**Pennsylvania: 16%**

# *County Health Rankings: Health Outcomes*

- **3. Montgomery – Quality of Life**
  - **2.9 poor physical health days per month**

Pennsylvania average: 3.8

# Lowest-Ranked Counties in Pennsylvania: 2016 Health Outcomes

63. Cambria

64. Luzerne

65. Sullivan

66. Fayette

67. Philadelphia

# *County Health Rankings: Health Outcomes*

## **Quality of Life**

- 65. Sullivan – 3.7 poor physical health days per month
- 66. Fayette –18% in fair or poor health

## **Length of Life**

- 67. Philadelphia – far more premature deaths

Age-adjusted Years of Potential Life Lost (YPLL) before age 75

Pennsylvania: 6,900 per 100,000

**Philadelphia: 9,900 per 100,000**



# Top-Ranked Counties in Pennsylvania: Health Factors

1. Montgomery
2. Chester
3. Bucks
4. Cumberland
5. Centre

# *County Health Rankings: Health Factors*

- **1. Montgomery – 16% of adults smoke cigarettes**

Pennsylvania: 29% smoke

# *County Health Rankings: Health Factors*

- **1. Montgomery – 15% of adults smoke cigarettes**
- **2. Chester – adult obesity – 24%**

Pennsylvania: 29% obesity

# *County Health Rankings:* Health Factors

- **1. Montgomery – 15% of adults smoke cigarettes**
- **2. Chester – adult obesity – 24%**
- **3. Bucks – births to teens - 11**

Pennsylvania: 27 births to teens

# Lowest-Ranked Counties in Pennsylvania: Health Factors

- 63. Potter
- 64. Greene
- 65. Forest
- 66. Fayette
- 67. Philadelphia

# *County Health Rankings: Health Factors*

- **65. Forest – two in five driving deaths (40%) are alcohol-impaired**

33% alcohol-impaired driving deaths Statewide

# *County Health Rankings: Health Factors*

- **65. Forest – two in five driving deaths (40%) are alcohol-impaired**
- **66. Fayette – 40 births to teens every year (vs. 11 in Bucks County)**

Pennsylvania: 27 births to teens

# *County Health Rankings: Health Factors*

- **65. Fayette – almost half of all driving deaths (45%) are alcohol-impaired**
- **66. Forest – 33% of adults are obese**
- **67. Philadelphia – Chlamydia rate is more than 3X PA rate**

Philadelphia: 1,265 per 100,000  
Pennsylvania: 409 per 100,000

# Top-Ranked Counties in Pennsylvania

## Outcomes

1. Chester
2. Union
3. Montgomery
4. Centre
5. Cumberland

## Factors

1. Montgomery
2. Chester
3. Bucks
4. Cumberland
5. Centre

# Lowest-Ranked Counties in Pennsylvania

## Outcomes

63. Cambria  
64. Luzerne  
65. Sullivan  
66. Fayette  
67. Philadelphia

## Health

63. Potter  
64. Greene  
65. Forest  
66. Fayette  
67. Philadelphia

# County Mental Health Rankings – Quality of Life

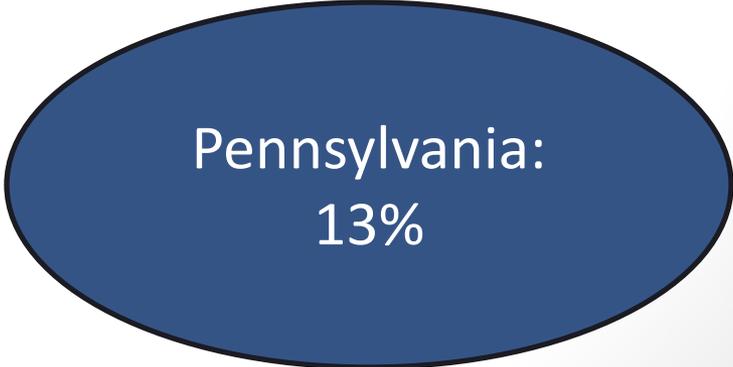
- **#1 Chester County: 3.4 poor mental health days per year**
- **#67 Philadelphia: 4.8 poor mental health days per year**



Pennsylvania  
4.1 average

# County Mental Health Rankings – Quality of Life

- **# 1 Montgomery, Chester, and Bucks Counties** – **10%** of adults report >14 poor mental health days.
- **#67 Philadelphia** – **15%** of adults report >14 poor mental health days.



Pennsylvania:  
13%

# County Health Rankings: A Jumping-Off Point

- **Lower-ranked counties have strengths**
- **Higher ranked counties have weaknesses**
  - In top-ranked Chester County, rankings are lower for some physical environment factors, like driving alone to work and long commutes
- **Philadelphia, ranked at the bottom of the state overall, is tied for number one in the state for clean drinking water**

# 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 helps us understand *community* needs

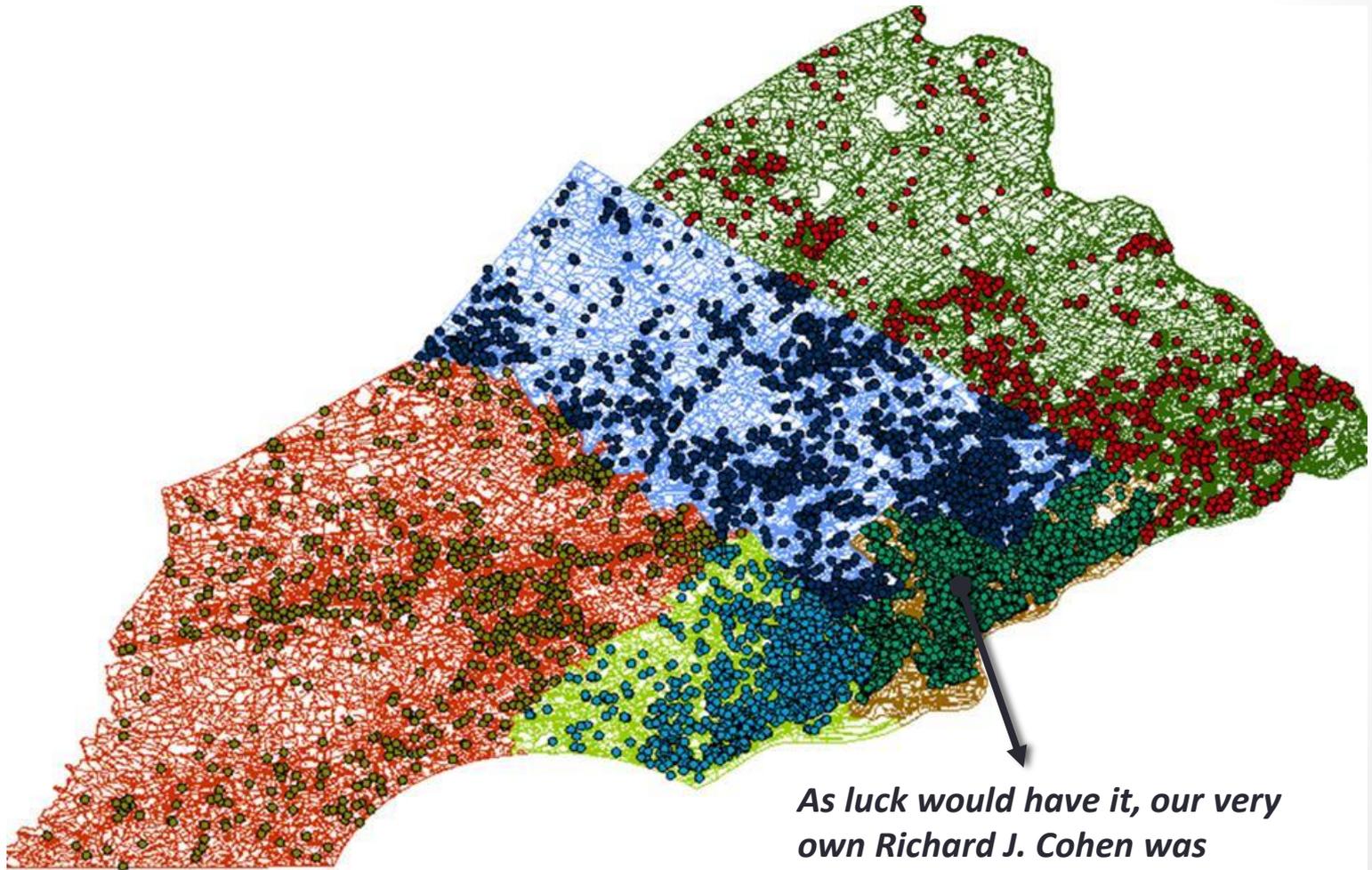
# The Community Health Data Base (CHDB)

- The CHDB provides local **population-based data** to health and human service organizations, government agencies, and academic institutions interested in gaining a better understanding of the communities they serve and how to best meet their needs
- The CHDB **collects primary data** through its biennial Southeastern Pennsylvania Household Health Survey and provides access to secondary data sets such as the U.S. Census and Pennsylvania Vital Statistics

# The Southeastern PA Household Health Survey

- **Geographic reach:** Bucks, Chester, Delaware, Montgomery and Philadelphia Counties
- Interviews conducted by phone using random digit dial and cell phone technology, in **over 10,000 households**
  - 3,300 additional interviews about selected child conducted with child proxy
  - Over sample of 60+ and 75+
  - Total sample size: **about 13,300 adults and children**
- Interviews conducted in **English and Spanish**; foreign-language proxy used, if needed

# Who was interviewed in 2015?



*As luck would have it, our very own Richard J. Cohen was interviewed at home in Philadelphia!*

# Examples from the Household Health Survey

As previously mentioned, **county-level data** are important...

But do **NOT** always tell the whole story...



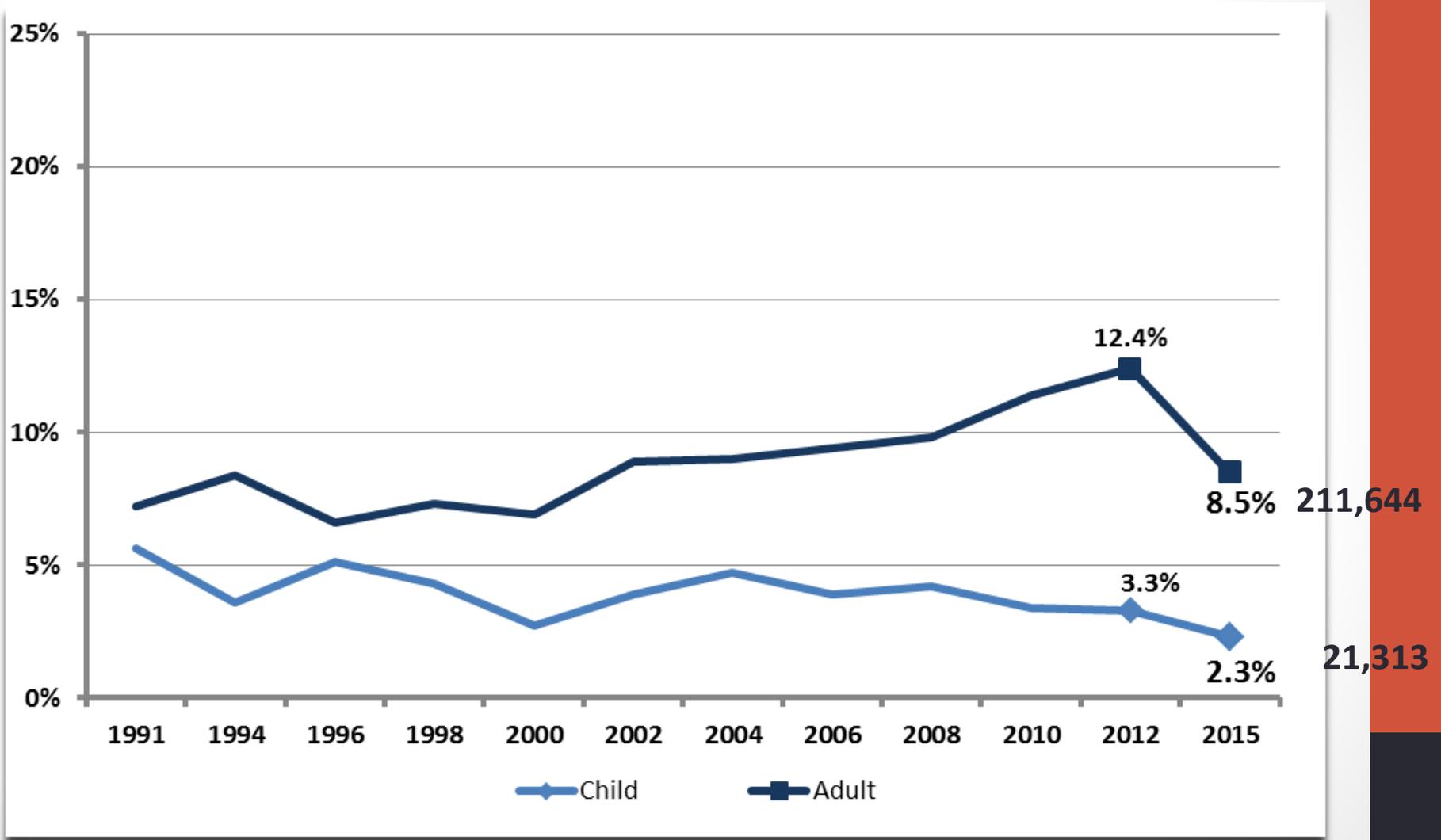
# Health and Well-Being Indicators

*May Vary within your Community*

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

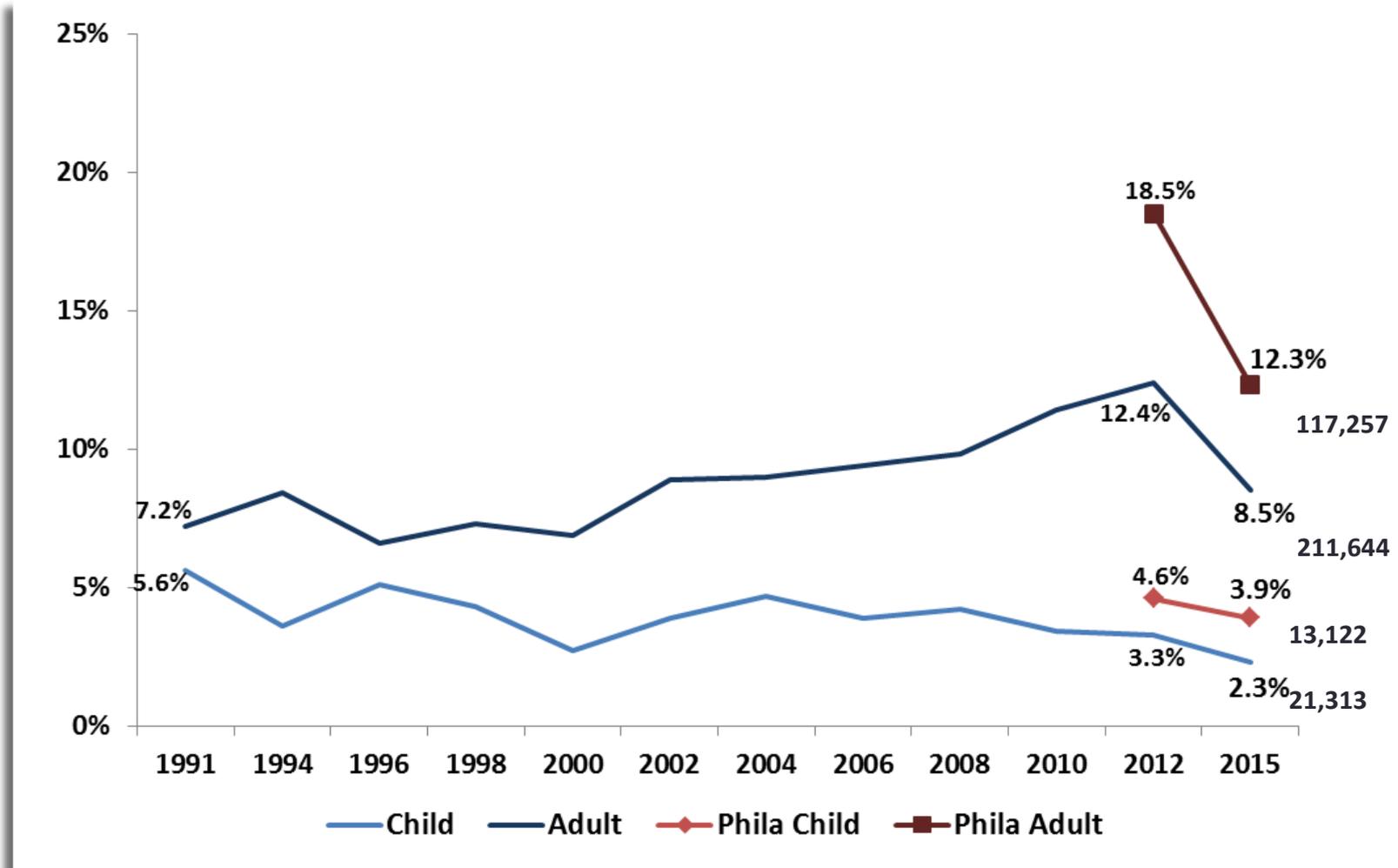


# Changes in the Percentage of Uninsured in SEPA Before & After the Affordable Care Act



Source: PHMC's Community Health Data Base, 1991-2014/2015 Southeastern Pennsylvania Household Health Surveys.

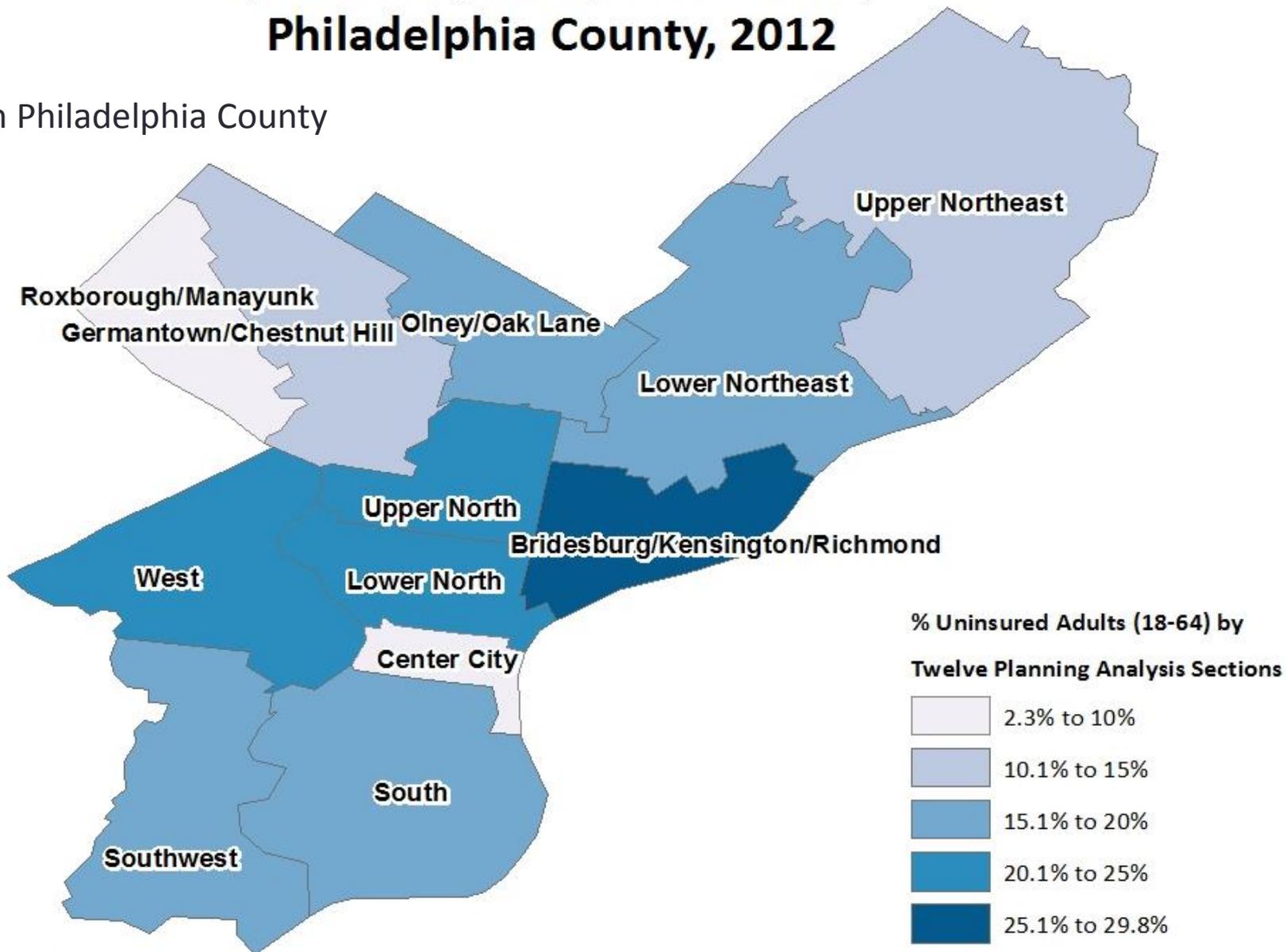
## Changes in the Percentage of Uninsured in Philadelphia and SEPA Before and After the Affordable Care Act



Source: PHMC's Community Health Data Base, 1991-2014/2015 Southeastern Pennsylvania Household Health Surveys.

# Percentage of Uninsured Adults (18-64) by Planning Analysis Sections, Philadelphia County, 2012

18.5% in Philadelphia County



# Characteristics of the Philadelphia uninsured by age, ethnicity, gender, and small geographic area

- **Younger adults** are more likely to lack health insurance than any other age group.
- **Latino adults** are more likely to be uninsured than their Black, Asian and White counterparts.
- **Males** are more likely than females to be uninsured.
- **In 2015, West Philadelphia** had the highest percentage of uninsured adults, followed by South & Lower NE Philadelphia



# Mental Illness Disparities Across Counties and Smaller Geographic Areas

- In **Montgomery County**, there is great variation in mental health across the County.
- For example:
  - In **Northern Montgomery County**, 12% of adults (18+) have been diagnosed with a mental illness.
  - However, in **Southeast Montgomery County**, the percentage of adults (18+) with a mental illness is nearly double - 21% - one in five adults.

## **Mental Health Treatment Disparities Across Small Geographic Areas**

**Across Delaware County, there is great disparity in the percentage of mentally ill who are NOT receiving treatment.**

- **In South Delaware County, only one in 11 adults with mental illness (9%) are NOT receiving treatment.**
- **In Northeast Delaware County, the majority of mentally ill adults (57%) are NOT receiving treatment.**

# Disparities in Depression Across Small Geographic Areas

Depression in adults age 60 and over also varies widely across different geographic subareas of Philadelphia.

- In, **Center City** only 9% of older adults show signs of depression.
- In **Lower North Philadelphia**, more than one in four older adults (26%) are depressed.

# Summary

- Where we live matters to our health.
- There are great disparities in health based on where we live.
- Health is more than health care; many factors contribute to health.
- We're all in this together; it takes all of us working together to improve the health of a community.

# Discussion: Mental Health

## Disparities in Mental Health treatment occur in both Philadelphia and the Suburban Counties

- Has anyone here addressed mental health issues in your community by working with other stakeholders?
- What source of information on mental health did you use?
- What issue(s) did you address?
- What were the results?
- Were there any lessons learned?

# County Health Rankings Projects



This community coalition works to prevent youth suicide, offers youth mentors, and has initiated suicide surveillance in hospitals.



*“increasing positive family and social connectedness while breaking down cycles of unhealthy and self-destructive behaviors”* Youth employed digital media storytelling to capture issues like bullying and methamphetamines.

# Call to Action

- Explore the ***County Health Rankings*** and ***Roadmaps*** online
- Talk to your colleagues and partners about ideas for working together at the county-level to address health disparities in communities
- Utilize the **CHDB** and the **2015 SEPA Household Health Survey!**
- You can find data and practical help at [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

# Resources

- ***Roadmaps to Health Community Grants***
  - Support two-year state and local efforts that address social and economic factors that impact community health
  - Build on the *County Health Rankings* model
  - Two rounds of grants have been awarded to date
- **RWJF Culture of Health Prize**
  - Awarded annually to honor outstanding community efforts and partnerships that are helping people live healthier lives
  - Goal of raising awareness and inspiring locally-driven change
  - Call for applications has been released on the [countyhealthrankings.org](http://countyhealthrankings.org) website.

# Questions?

## Thank you!

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Visit our website at:  
[www.CHDBdata.org](http://www.CHDBdata.org)