

Lenawee County

Community Health Status Assessment

2014



Examining the Health
of Lenawee County

FOREWORD

Dear Community Member:

The Lenawee Health Network is pleased to present to you the 2014 Lenawee County Community Health Needs Assessment. The data contained in this report will be invaluable to community agencies and businesses as they prioritize the needs and incorporate action plans into their strategy to improve the health of our community.

This report is based upon data obtained from responses to written surveys that were conducted in October through December 2014. The surveys focused on adults ages 19 and over.

This report also includes results from the 2014 Lenawee County middle school and high school survey, Michigan Profile for Healthy Youth (MiPHY).

We wish to thank all of the community members who responded to the surveys and for school districts in Lenawee County for supporting the process of the youth MiPHY survey. This report would not be possible without this level of participation.

The last comprehensive community assessment of this kind was conducted in 2011. To address the need for an updated study and evaluate our progress, ProMedica Bixby Hospital funded the assessment. The Lenawee Health Network provided input to the content of the assessment tool. (The membership of the network is listed in the acknowledgements). In order to maintain complete objectivity throughout the survey process, the network engaged the expert services of the Hospital Council of NW Ohio to administer the survey and compile the results. The Lenawee Health Network (LHN) uses this data for their strategic focus. LHN represents health in the community as part of Lenawee's community collaborative structure (see next page).

We encourage you to use this report in your planning process and to collaborate with other community agencies to address the identified issues in order to improve the health of our community.

Sincerely,



Timothy J. Jakacki
President
ProMedica Bixby Hospital
ProMedica Herrick Hospital



Anne Barton
Chairperson Lenawee Health Network
Director, Quality Resources
ProMedica Bixby and Herrick Hospitals

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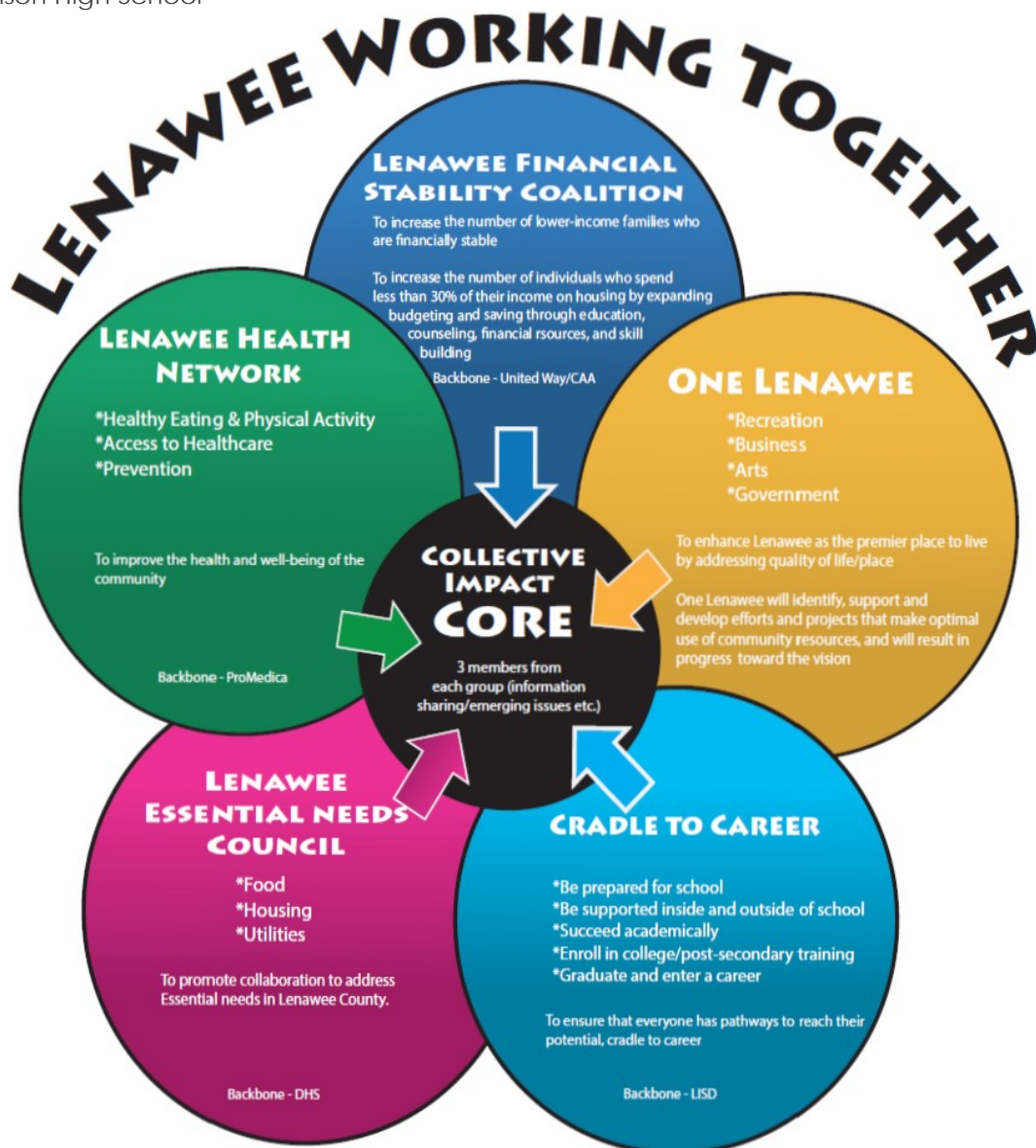
Adrian Farmer's Market
 Adrian Public Schools (Head Start)
 American Cancer Society
 Boys & Girls Club
 Catholic Charities
 Community Action Agency
 Family Counseling and Children's Services
 Family Medical Center
 Goodwill Industries
 Hope Community Center
 Interconnections Drop In Center
 Lenawee Community Foundation
 Lenawee Community Mental Health Authority
 Lenawee County Health Department
 Lenawee Department on Aging

Lenawee Great Start
 Lenawee Department of Human Services
 Lenawee Intermediate School District
 Lenawee Substance Abuse Coalition
 Lenawee United Way
 McCullough, Vargas & Associates
 MSU Extension
 One Lenawee
 ProMedica Bixby Hospital
 ProMedica Herrick Hospital
 Siena Heights
 The Centre
 The Salvation Army
 YMCA of Lenawee

Participating Schools in the MiPHY survey:

Blissfield Middle and High Schools
 Clinton High School
 Hudson High School
 Madison High School

Onsted Middle and High Schools
 Sand Creek Middle and High Schools
 Tecumseh Middle and High Schools



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EXECUTIVE SUMMARY

This executive summary provides an overview of health-related data for Lenawee County adults (19 years of age and older) who participated in a county-wide health assessment survey during fall 2014. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention for their national and state Behavioral Risk Factor Surveillance System (BRFSS). The Hospital Council of Northwest Ohio collected the data, guided the health assessment process and integrated sources of primary and secondary data into the final report.

Primary Data Collection Methods

DESIGN

This community health assessment was cross-sectional in nature and included a written survey of adults, adolescents, and parents within Lenawee County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

INSTRUMENT DEVELOPMENT

One survey instrument was designed and pilot tested for this study. As a first step in the design process, health education researchers from the University of Toledo and staff members from the Hospital Council of NW Ohio met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adults and adolescents. The investigators decided to derive the majority of the adult survey items from the BRFSS. This decision was based on being able to compare local data with state and national data.

The Project Coordinator from the Hospital Council of NW Ohio conducted a series of meetings with the planning committee from Lenawee County. During these meetings, banks of potential survey questions from the BRFSS survey were reviewed and discussed. Based on input from the Lenawee County planning committee, the Project Coordinator composed a draft survey containing 117 items. The drafts were reviewed and approved by health education researchers at the University of Toledo.

SAMPLING | *Adult Survey*

Adults ages 19 and over living in Lenawee County were used as the sampling frame for the adult survey. Since U.S. Census Bureau age categories do not correspond exactly to this age parameter, the investigators calculated the population of those 18 years and over living in Lenawee County. There were 76,764 persons ages 18 and over living in Lenawee County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 5% (i.e., we can be 95% sure that the "true" population responses are within a 5% margin of error of the survey findings.) A sample size of at least 383 adults was needed to ensure this level of confidence. A random sample of mailing addresses of adults from Lenawee County was obtained from Allegra Print & Imaging in Louisville, KY.

PROCEDURE | Adult Survey

Prior to mailing the survey to adults, an advance letter was mailed to 1,200 adults in Lenawee County. This advance letter was personalized, printed on Lenawee Health Network stationery and was signed by Timothy Jakacki, President, ProMedica Bixby Hospital & ProMedica Herrick Hospital, and Patsy Bourgeois, Health Officer, Lenawee County Health Department. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents' confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Three weeks following the advance letter, a three-wave mailing procedure was implemented to maximize the survey return rate. The initial mailing included a personalized hand signed cover letter (on Lenawee Health Network stationery) describing the purpose of the study; a questionnaire printed on colored paper; a self-addressed stamped return envelope; and a \$2 incentive. Approximately three weeks after the first mailing, a second wave mailing included another personalized cover letter encouraging them to reply, another copy of the questionnaire on colored paper, and another reply envelope. A third wave postcard was sent three weeks after the second wave mailing. Surveys returned as undeliverable were not replaced with another potential respondent.

The response rate for the mailing was 39% (n=443: CI=±4.64). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

DATA ANALYSIS

Individual responses were anonymous and confidential. Only group data are available. All data was analyzed by health education researchers at the University of Toledo using SPSS 17.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Lenawee County, the adult data collected were weighted by age, gender, race, and income using 2010 census data. Multiple weightings were created based on this information to account for different types of analyses. For more information on how the weightings were created and applied, see Appendix iii.

LIMITATIONS

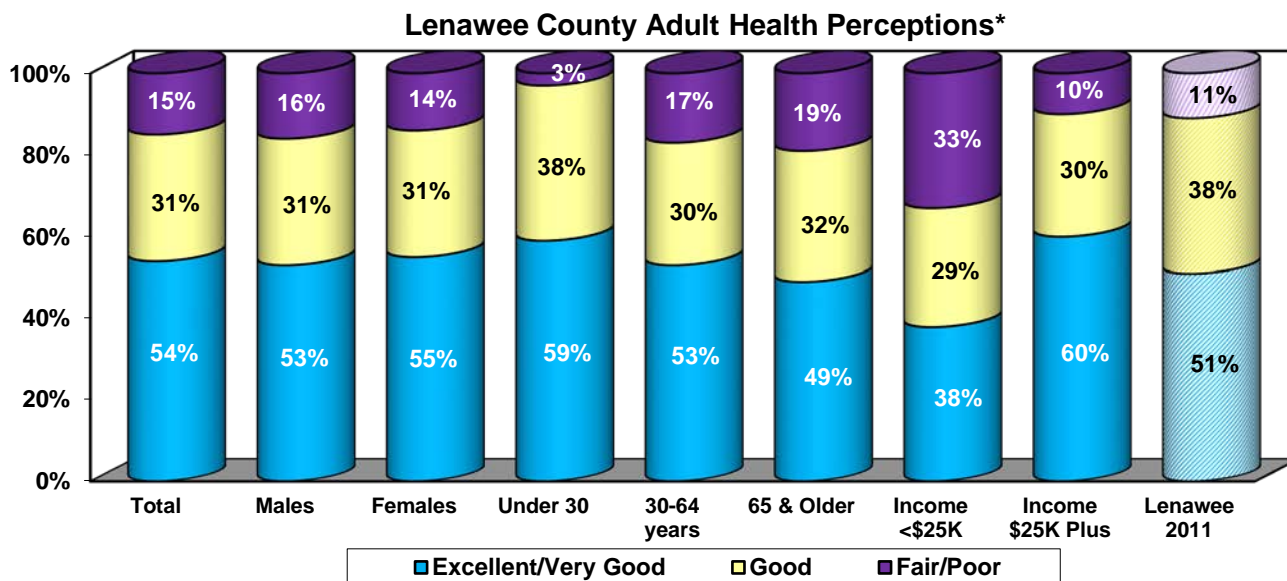
As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Lenawee County adult assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Lenawee County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

Second, it is important to note that, although several questions were asked using the same wording as the CDC questionnaires and the NSCH questionnaire, the adult and parent data collection method differed. CDC adult data were collected using a set of questions from the total question bank and adults were asked the questions over the telephone rather than as a mail survey.

Data Summary

HEALTH PERCEPTIONS

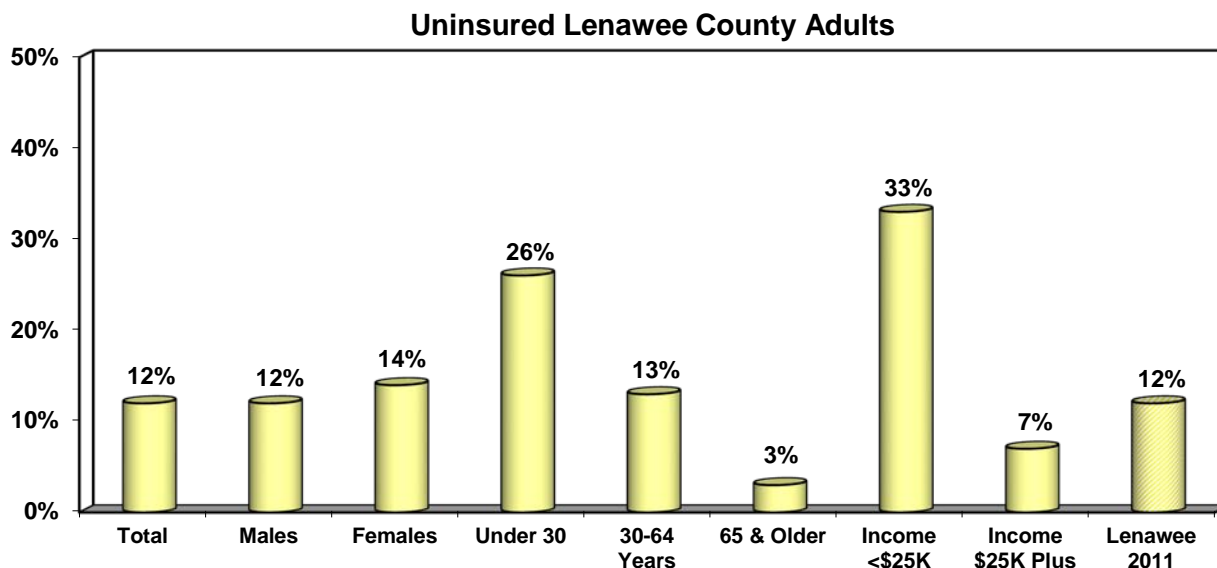
In 2014, over half (54%) of the Lenawee County adults rated their health status as excellent or very good. Conversely, 15% of adults, increasing to 19% of those over the age of 65, described their health as fair or poor.



*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

HEALTH CARE COVERAGE

The 2014 Health Assessment data have identified that 12% of Lenawee County adults were without health care coverage. Those most likely to be uninsured were adults under age 30 and those with an income level under \$25,000. In Lenawee County, 17.1% of residents live below the poverty level (Source: U.S. Census, American Community Survey 1 Year Estimate, 2013).



HEALTH CARE ACCESS

The 2014 Health Assessment project identified that 60% of Lenawee County adults had visited a doctor for a routine checkup in the past year. 61% of adults went outside of Lenawee County for health care services in the past year.

CARDIOVASCULAR HEALTH

Heart disease (25%) and stroke (4%) accounted for 29% of all Lenawee County adult deaths in 2012 (Source: MDCH, Vital Statistics). The 2014 Lenawee County Health Assessment found that 3% of adults had survived a heart attack and 2% had survived a stroke at some time in their life. One-third (33%) of Lenawee County adults had been diagnosed with high blood pressure, 35% had high blood cholesterol, 38% were obese, and 17% were smokers, four known risk factors for heart disease and stroke.

Lenawee County Leading Types of Death 2012

Total Deaths: 942

1. Heart Disease (25% of all deaths)
2. Cancers (24%)
3. Chronic Lower Respiratory Diseases (8%)
4. Stroke (4%)
5. Accidents, Unintentional Injuries (5%)

(Source: MDCH, Vital Statistics, updated 3-3-14)

CANCER

In 2014, 10% of Lenawee County adults had been diagnosed with cancer at some time in their life. Michigan Department of Community Health statistics indicate that from 2008-2012, a total of 1,067 Lenawee County residents died from cancer, the second leading cause of death in the county. The American Cancer Society advises that not using tobacco products, maintaining a healthy weight, adopting a physically active lifestyle, eating more fruits and vegetables, limiting alcoholic beverages and early detection may reduce overall cancer deaths.

Lenawee County Incidence of Cancer, 2011

All Types: 517 cases

- Prostate: 84 cases (16%)
- Lung and Bronchus: 76 cases (15%)
- Breast: 71 cases (14%)
- Colon and Rectum: 45 cases (9%)

In 2012, there were 228 cancer deaths in Lenawee County.

(Source: Michigan Community Health Information – Cancer)

DIABETES

In 2014, 8% of Lenawee County adults had been diagnosed with diabetes.

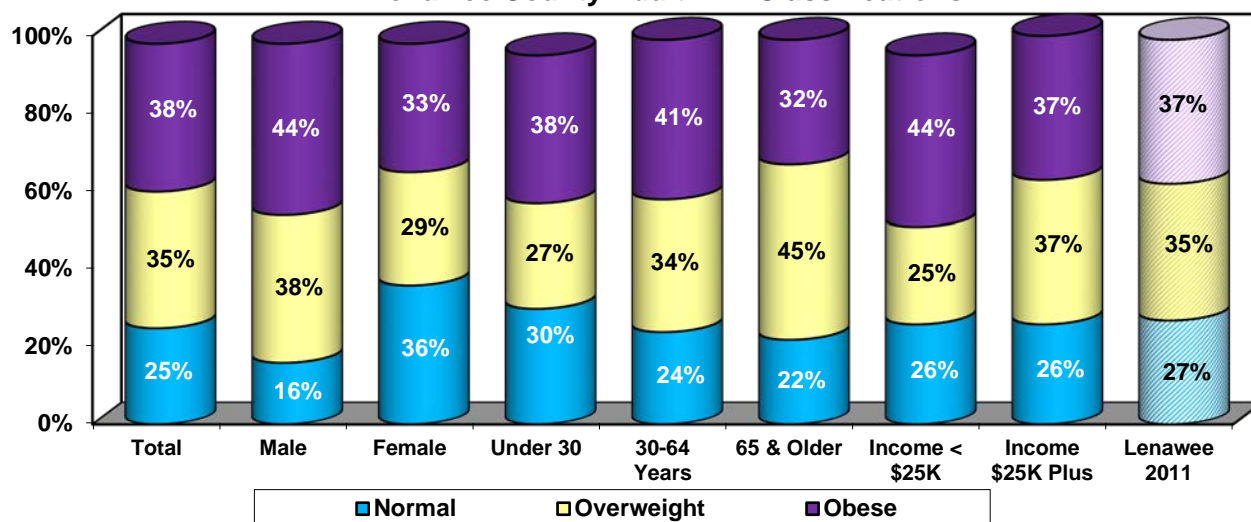
ASTHMA

In 2014, 16% of Lenawee County adults had been diagnosed with asthma.

ADULT WEIGHT STATUS

The 2014 Health Assessment identified that 73% of Lenawee County adults were overweight or obese based on Body Mass Index (BMI). The 2013 BRFSS indicates that 32% of Michigan and 29% of U.S. adults were obese by BMI. More than one-third (38%) of Lenawee County adults were obese. More than two-fifths (43%) of adults were trying to lose weight.

Lenawee County Adult BMI Classifications

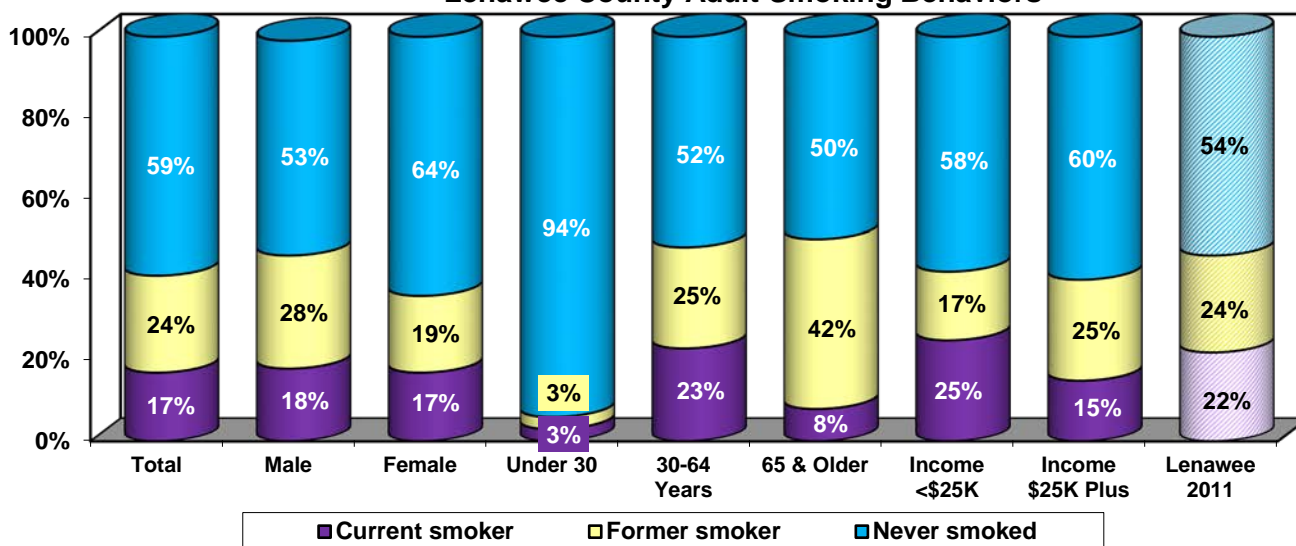


(Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight)

ADULT TOBACCO USE

In 2014, 17% of Lenawee County adults were current smokers and 24% were considered former smokers. In 2014, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, tobacco use is responsible for almost 6 million premature deaths, 80% of which are in low-and middle-income countries, and by 2030, this number is expected to increase to 8 million (Source: Cancer Facts & Figures, American Cancer Society, 2014).

Lenawee County Adult Smoking Behaviors

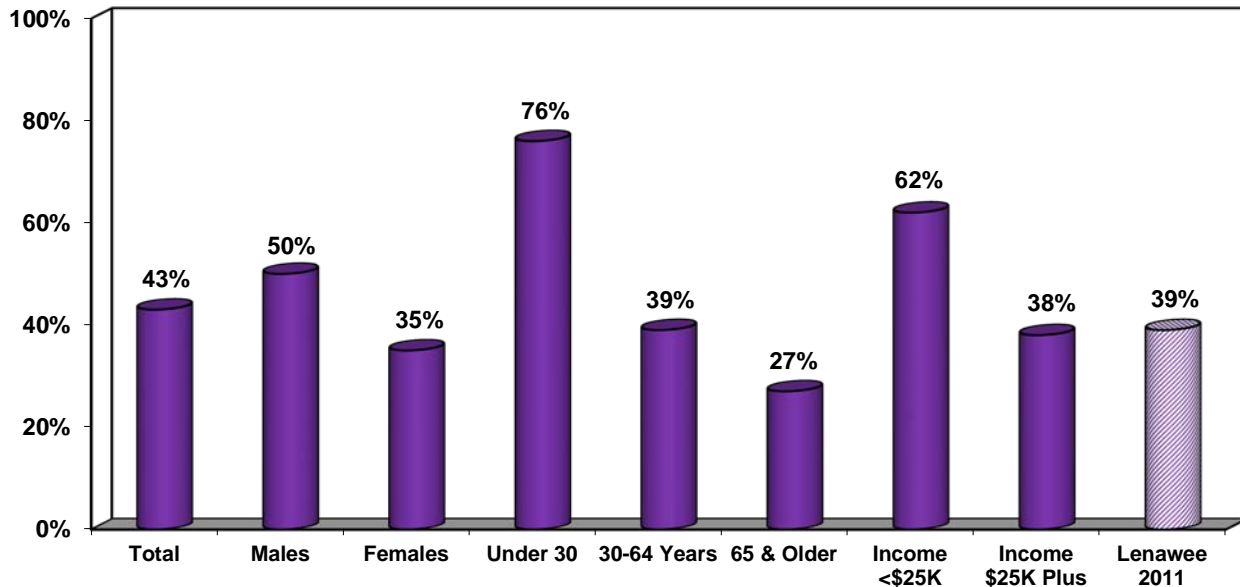


Respondents were asked:
 "Have you smoked at least 100 cigarettes in your entire life?
 If yes, do you now smoke cigarettes every day, some days or not at all?"

ADULT ALCOHOL CONSUMPTION

In 2014, the Health Assessment indicated that 15% of Lenawee County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 43% of adults who drank had 5 or more drinks (for males) or 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Eleven percent of adults drove after having 3 or more drinks.

Lenawee County Adult Drinkers Who Binge Drank in Past Month*

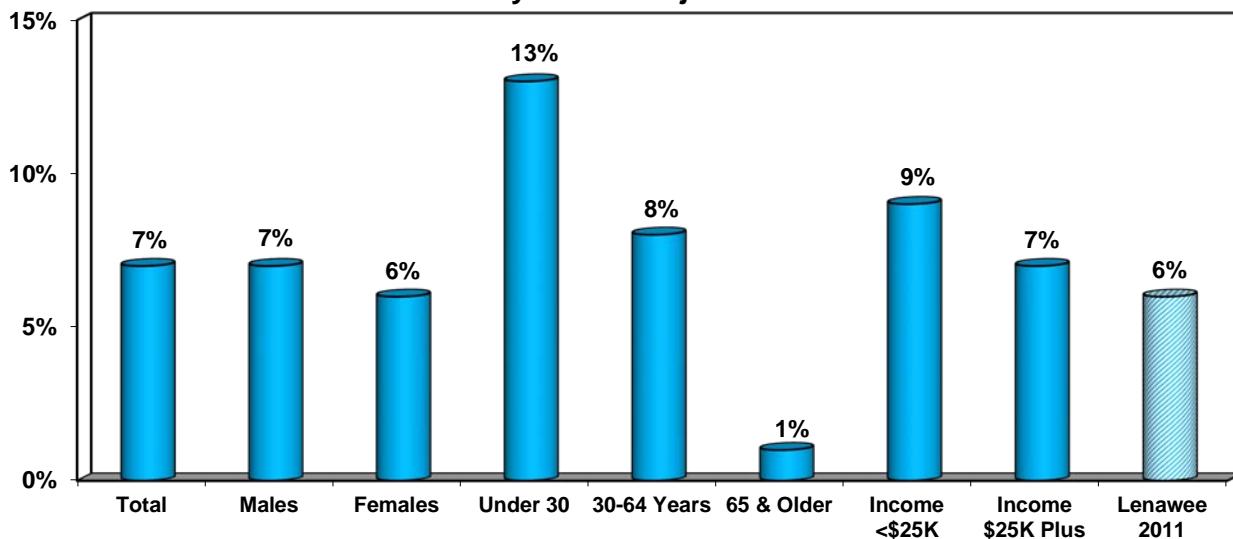


**Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks (for males) or four or more drinks (for females) on an occasion. Adults must have reported drinking five or more drinks (for males) or four or more drinks (for females) on an occasion at least once in the previous month.*

ADULT MARIJUANA AND OTHER DRUG USE

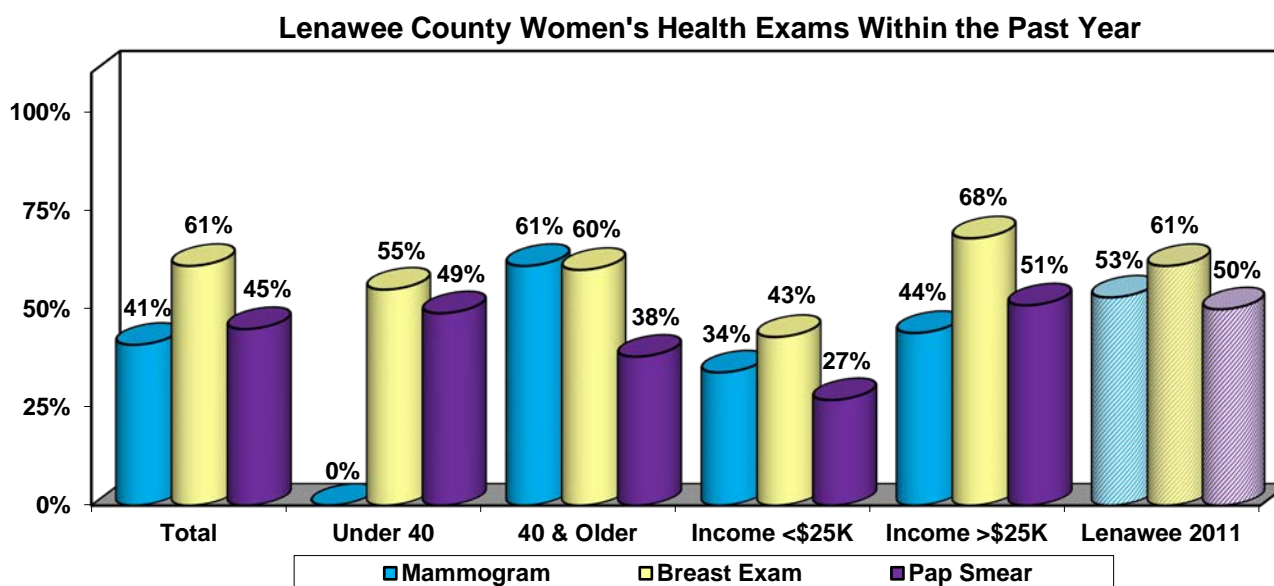
In 2014, 7% of Lenawee County adults had used marijuana during the past 6 months. 8% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.

Lenawee County Adult Marijuana Use in Past 6 Months



WOMEN'S HEALTH

In 2014, more than three-fifths (61%) of Lenawee County women over the age of 40 reported having a mammogram in the past year. 61% of Lenawee County women ages 19 and over had a clinical breast exam and 45% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 2% of women survived a heart attack and 2% survived a stroke at some time in their life. More than one-quarter (29%) had high blood pressure, 32% had high blood cholesterol, 33% were obese, and 17% were identified as smokers, known risk factors for cardiovascular diseases.



MEN'S HEALTH

In 2014, 48% of Lenawee County males over the age of 50 had a Prostate-Specific Antigen (PSA) test. Major cardiovascular diseases (heart disease and stroke) accounted for 28% and cancers accounted for 26% of all male deaths in Lenawee County in 2012. The Health Assessment determined that 4% of men survived a heart attack and 3% survived a stroke at some time in their life. More than one-third (36%) of men had been diagnosed with high blood pressure, 38% had high blood cholesterol, and 18% were identified as smokers, which, along with obesity (44%), are known risk factors for cardiovascular diseases.

PREVENTIVE MEDICINE AND HEALTH SCREENINGS

Three-fifths (60%) of adults ages 65 and older had a pneumonia vaccination at some time in their life. More than half (59%) of adults ages 50 and older had a colonoscopy/sigmoidoscopy within the past 5 years.

ADULT SEXUAL BEHAVIOR AND PREGNANCY OUTCOMES

In 2014, over two-thirds (68%) of Lenawee County adults had sexual intercourse. Four percent of adults had more than one partner. Prevalence estimates suggest that young people aged 15-24 years acquire half of all new STDs and that 1 in 4 sexually active adolescent females have an STD, such as chlamydia or human papillomavirus (HPV) (Source: CDC, *STDs in Adolescents and Young Adults, 2014 STD Surveillance*).

QUALITY OF LIFE

In 2014, 22% of Lenawee County adults were limited in some way because of a physical, mental or emotional problem.

SOCIAL CONTEXT

In 2014, 2% of Lenawee County adults were threatened, and 2% were abused in the past year. 49% of adults kept a firearm in or around their home.

MENTAL HEALTH AND SUICIDE

In 2014, 6% of Lenawee County adults considered attempting suicide. 81% of adults received the social and emotional support they needed from family.

ORAL HEALTH

The 2014, more than three-fifths (62%) of Lenawee County adults had visited a dentist or dental clinic in the past year. The 2012 BRFSS reported that 67% of U.S. adults and 68% of Michigan adults had visited a dentist or dental clinic in the previous twelve months.

PARENTING

The 2014 Health Assessment project identified that 83% of parents discussed dating and relationships with their 12-to-17 year-old in the past year. More than three-fourths (78%) of parents had taken their child to the dentist in the past year.

Adult | TREND SUMMARY

TREND SUMMARY

Adult Variables	Lenawee County 2011	Lenawee County 2014	Progress	Michigan 2013	U.S. 2013
Rated health as excellent or very good	51%	54%	↑	51%	52%
Rated general health as fair or poor	11%	15%	↑	18%	17%
Rated their mental health as not good on four or more days	22%	26%	↑	N/A	N/A
Average days that physical health not good in past month	N/A	3.6	--	3.6*	3.7**
Average days that mental health not good in past month	N/A	3.7	--	3.7*	3.5**
Uninsured	12%	12%	↔	14%	17%
Has been diagnosed with diabetes	12%	8%	↓	11%	11%
Has been diagnosed with asthma	13%	16%	↑	17%	14%
Had a heart attack	6%	3%	↓	5%	4%
Had a stroke	3%	2%	↓	4%	3%
Has been diagnosed with high blood pressure	28%	33%	↑	35%	31%
Has been diagnosed with high blood cholesterol	36%	35%	↓	41%	38%
Had blood cholesterol checked within the past 5 years	81%	80%	↓	79%	76%
Had at least one alcoholic beverage in past month	60%	48%	↓	57%	55%
Binged in past month (5 or more drinks in a couple of hours on an occasion)	22%	20%	↓	19%	17%
Current smoker (currently smoke some or all days)	22%	17%	↓	21%	19%
Former smoker (smoked 100 cigarettes in lifetime & now do not smoke)	24%	24%	↔	27%	25%
Tried to quit smoking	49%	49%	↔	N/A	N/A
Adults who used marijuana in the past 6 months	6%	7%	↑	N/A	N/A
Adults who misused prescription drugs in the past 6 months	9%	8%	↓	N/A	N/A
Adults who used other recreational drugs in the past 6 months	0%	<1%	↑	N/A	N/A
Had a pneumonia vaccine in lifetime (age 65 and older)	N/A	60%	--	69%	70%
Had a flu vaccine in the past year (ages 65 and over)	71%	71%	↔	57%	63%
Had a clinical breast exam in the past two years (age 40 and older)	78%	79%	↑	80%**	77%**
Had a mammogram in the past two years (age 40 and older)	81%	79%	↓	77%*	74%*
Had a pap smear in the past three years	N/A	77%	--	80%*	78%*

N/A- not available

*2012 BRFSS Data

** 2010 BFRSS Data

Adult Variables	Lenawee County 2011	Lenawee County 2014	Progress	Michigan 2013	U.S. 2013
Overweight	35%	35%	↔	35%	35%
Obese	37%	38%	↑	32%	29%
Limited in some way because of physical, mental or emotional problem	26%	22%	↓	23%	20%
Considered attempting suicide in the past year	4%	6%	↑	N/A	N/A
Adults who have visited the dentist in the past year	72%	62%	↓	68%*	67%*

N/A- not available

*2012 BRFSS Data

** 2010 BFRSS Data

Adult | HEALTH STATUS PERCEPTIONS

Key Findings

In 2014, over half (54%) of the Lenawee County adults rated their health status as excellent or very good. Conversely, 15% of adults, increasing to 19% of those over the age of 65, described their health as fair or poor.

Adults Who Rated General Health Status Excellent or Very Good

- Lenawee County 54% (2014)
- Michigan 51% (2013)
- U.S. 52% (2013)

(Source: BRFSS 2013 for Michigan and U.S.)

General Health Status

- In 2014, more than half (54%) of Lenawee County adults rated their health as excellent or very good. Lenawee County adults with higher incomes (60%) were most likely to rate their health as excellent or very good, compared to 38% of those with incomes less than \$25,000.
- 15% of adults rated their health as fair or poor. The 2013 BRFSS has identified that 18% of Michigan and 17% of U.S. adults self-reported their health as fair or poor.
- Lenawee County adults were most likely to rate their health as fair or poor if they:
 - Were divorced (40%)
 - Had been diagnosed with diabetes (36%)
 - Had an annual household income under \$25,000 (33%)
 - Had high blood pressure (27%) or high blood cholesterol (25%)
 - Were 65 years of age or older (19%)

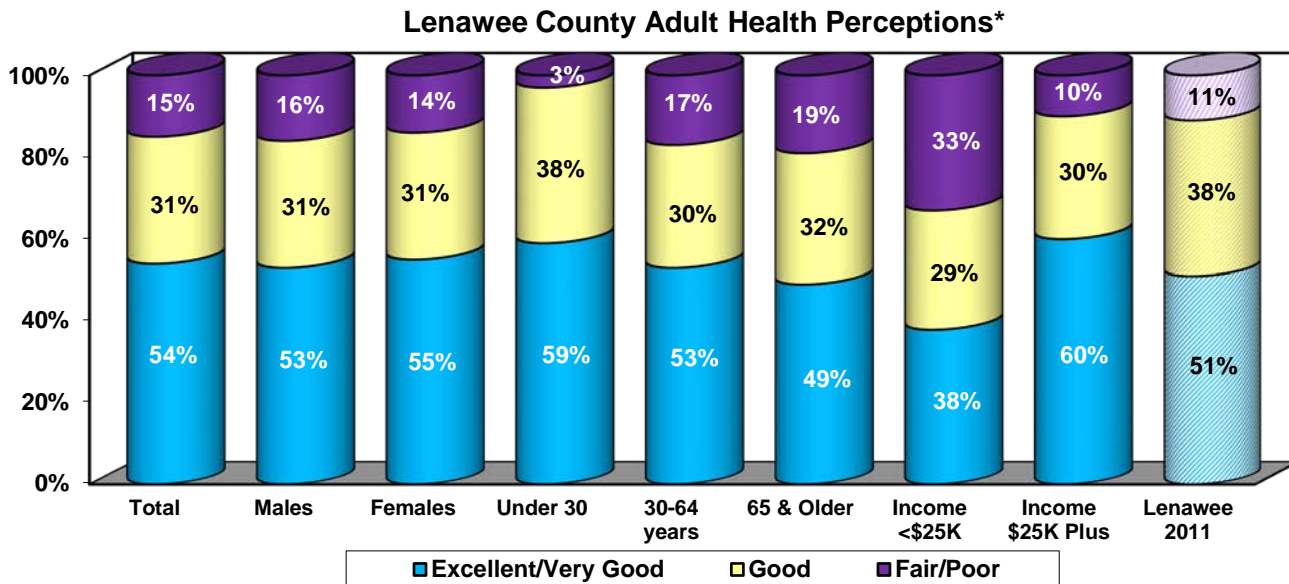
Physical Health Status

- In 2014, 22% of Lenawee County adults rated their physical health as not good on four or more days in the previous month.
- Lenawee County adults reported their physical health as not good on an average of 3.6 days in the previous month. Michigan and U.S. adults reported their physical health as not good on an average of 3.6 days and 3.7 days, respectively, in the previous month (Source: 2010 BRFSS).
- Lenawee County adults were most likely to rate their physical health as not good if they:
 - Had an annual household income under \$25,000 (35%)
 - Were ages 30-64 (25%)

Mental Health Status

- In 2014, 26% of Lenawee County adults rated their mental health as not good on four or more days in the previous month.
- Lenawee County adults reported their mental health as not good on an average of 3.7 days in the previous month. Michigan and U.S. adults reported their mental health as not good on an average of 3.7 days and 3.5 days, respectively, in the previous month (Source: 2010 BRFSS).
- Lenawee County adults were most likely to rate their mental health as not good if they:
 - Had an annual household income under \$25,000 (37%)
 - Were female (30%)

The following graph shows the percentage of Lenawee County adults who described their personal health status as excellent/very good, good, and fair/poor. Examples of how to interpret the information includes: 54% of all Lenawee County adults, 59% of those under age 30, and 49% of those ages 65 and older rated their health as excellent or very good. The table shows the percentage of adults with poor physical and mental health in the past 30 days.



*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
Physical Health Not Good in Past 30 Days*					
Males	66%	9%	8%	2%	9%
Females	61%	10%	7%	3%	15%
Total	63%	9%	7%	2%	12%
Mental Health Not Good in Past 30 Days*					
Males	66%	7%	6%	1%	15%
Females	57%	10%	9%	<1%	19%
Total	63%	8%	7%	1%	16%

*Totals may not equal 100% as some respondents answered "Don't know/Not sure".

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Rated health as excellent or very good	51%	54%	51%	52%
Rated health as fair or poor	11%	15%	18%	17%
Rated their mental health as not good on four or more days in the previous month	22%	26%	N/A	N/A
Average days that physical health not good in past month	N/A	3.6	3.6*	3.7*
Average days that mental health not good in past month	N/A	3.7	3.7*	3.5*

N/A – Not available

*2010 BRFSS data

Adult | HEALTH CARE COVERAGE

Key Findings

The 2014 Health Assessment data have identified that 12% of Lenawee County adults were without health care coverage. Those most likely to be uninsured were adults under age 30 and those with an income level under \$25,000. In Lenawee County, 17.1% of residents live below the poverty level. (Source: U.S. Census, American Community Survey 1 Year Estimate, 2013)

General Health Coverage

- In 2014, 88% Lenawee County adults had health care coverage, leaving 12% who were uninsured. The 2012 BRFSS reports uninsured prevalence rates for Michigan (14%) and the U.S. (17%).
- In the past year, 12% of adults were uninsured, increasing to 26% of those under the age of 30 and 33% of those with incomes less than \$25,000.
- 10% of adults with children did not have healthcare coverage, compared to 14% of those who did not have children living in their household.
- The following types of health care coverage were used: employer (38%), someone else's employer (18%), multiple-including private sources (13%), Medicare (12%), Medicaid or medical assistance (5%), multiple-including government sources (4%), self-paid plan (3%), Health Insurance Marketplace (2%), military, CHAMPUS, TriCare, or VA (1%), and other (2%).

12% of Lenawee County adults were uninsured.

- Lenawee County adult health care coverage include the following: medical (99%), prescription coverage (94%), immunizations (78%), dental (74%), county physicians (73%), preventive care (72%), their spouse/partner (69%), outpatient therapy (68%), vision (68%), mental health (66%), their children (56%), alcohol and drug treatment (40%), home care (31%), skilled nursing (28%), hospice (27%), and long-term care (26%).
- The top reasons uninsured adults gave for being without health care coverage were:
 - They lost their job or changed employers (39%)
 - They could not afford to pay the insurance premiums (32%)
 - They could not afford to pay the exchange premiums (19%)
 - Their spouse or parent lost their job or changed employers (13%)
 - They lost Medicaid eligibility (12%)

(Percentages do not equal 100% because respondents could select more than one reason)

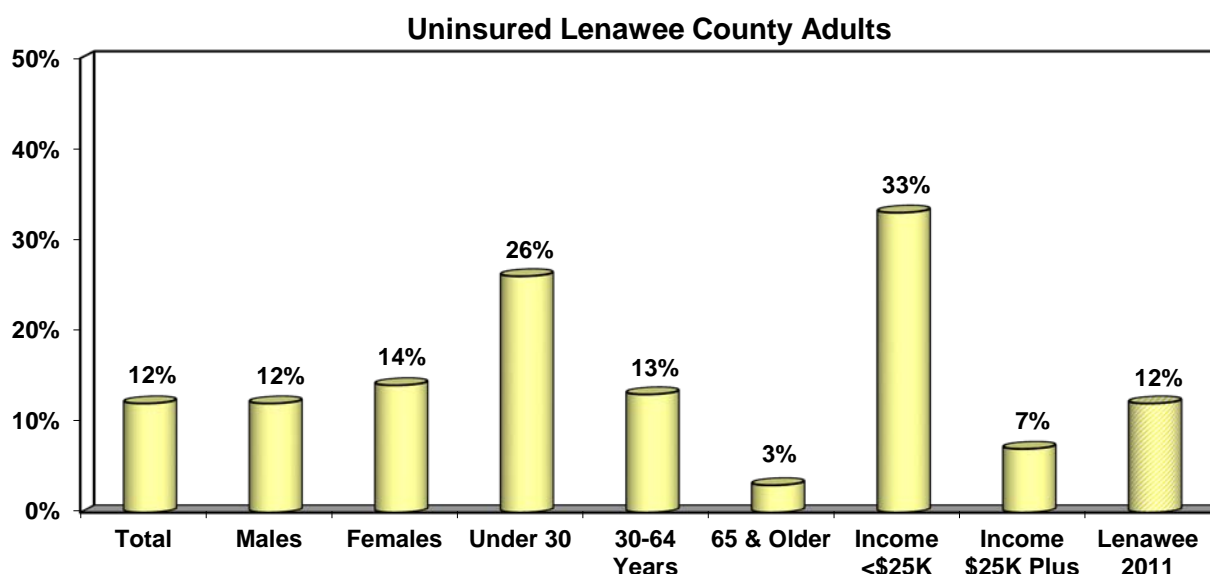
Lenawee County Medicaid Health Plan Enrollees		
	Residents Enrolled in Medicaid	Health Plans of Enrollees
Lenawee County June 2014	13,299	Meridian Health Plan of Michigan & United Healthcare Community Plan, Inc.
Lenawee County July 2014	13,732	Meridian Health Plan of Michigan & United Healthcare Community Plan, Inc.

(Source: Michigan Department of Community Health, Medicaid Health Plan Enrollees, 2014, from: http://www.michigan.gov/documents/mdch/JE02072014_462792_7.pdf)

33% of Lenawee County adults with incomes less than \$25,000 were uninsured.

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Uninsured	12%	12%	14%	17%

The following graph shows the percentages of Lenawee County adults who were uninsured by demographic characteristics. Examples of how to interpret the information in the graph includes: 12% of all Lenawee County adults were uninsured, 33% of adults with an income less than \$25,000 reported being uninsured and 26% of those under age 30 lacked health care coverage.

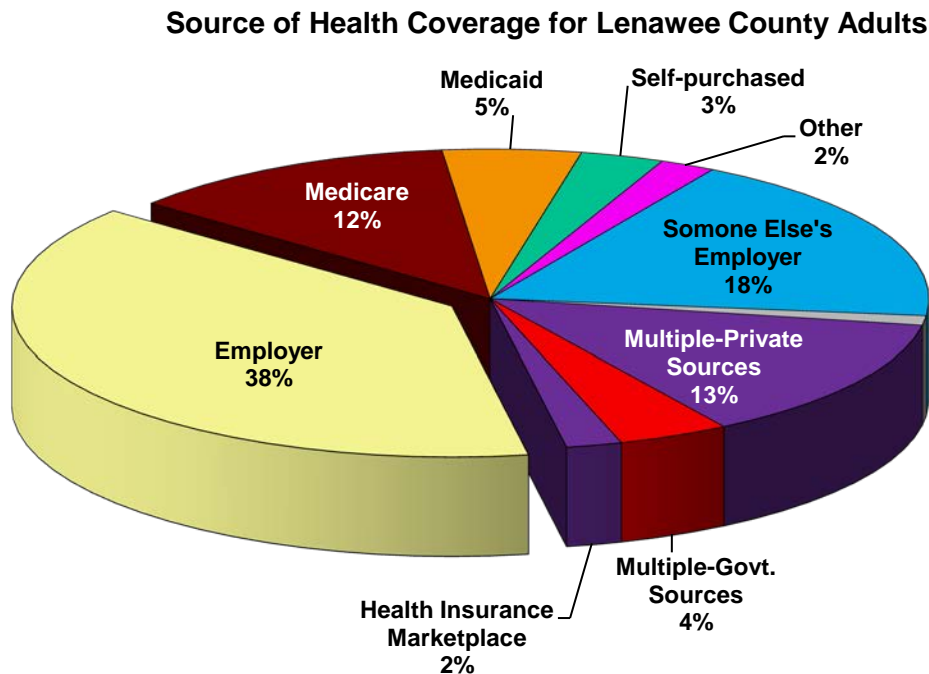


Health Insurance Coverage in the U.S.

- In the first 3 months of 2013, 46 million persons of all ages (15%) were uninsured, 57.4 million (19%) had been uninsured for at least part of the year, and 34.5 million (11%) had been uninsured for more than a year.
- Among adults aged 19-25, 8.2 million (27%) were uninsured in the first three months of 2013.
- From 2012 to 2013 there was no significant change in the percentage of persons uninsured.
- Among persons under age 65, 31% of Hispanic, 20% of non-Hispanic black, 13% of non-Hispanic white, and 13% of non-Hispanic Asian persons were uninsured.
- In the first 3 months of 2013, among persons under age 65, 17% were uninsured, 24% had public health plan coverage, and 60% had private health insurance coverage.
- An estimated 23% of persons with private health insurance were in a family with a flexible spending account (FSA) for medical expenses.

(Source: CDC, Health Insurance Coverage: Early Release of Estimates From the National Health Interview Survey, January-March 2013, from: <http://www.cdc.gov/nchs/data/nhis/earlyrelease/insur201309.pdf>)

The pie chart shows sources of Lenawee County adults' health care coverage.



The following chart shows what is included in Lenawee County adults' insurance coverage.

Health Coverage Includes:	Yes	No	Don't Know
Medical	99%	0%	1%
Prescription Coverage	94%	2%	4%
Immunizations	78%	6%	16%
Dental	74%	22%	4%
County Physicians	73%	6%	21%
Preventive Health	72%	5%	23%
Their Spouse	69%	22%	9%
Outpatient Therapy	68%	4%	28%
Vision	68%	27%	5%
Mental Health	66%	6%	28%
Their Children	56%	35%	9%
Alcohol and Drug Treatment	40%	7%	53%
Home Care	31%	11%	58%
Skilled Nursing	28%	11%	61%
Hospice	27%	8%	65%
Long-term Care	26%	17%	57%

Healthy People 2020

Access to Health Services

Objective	Lenawee County 2014	Michigan 2013	U.S. 2013	Healthy People 2020 Target
AHS-1.1: Persons under age of 65 years with health care insurance	79% age 20-24 79% age 25-34 87% age 35-44 84% age 45-54 90% age 55-64	78% age 18-24 75% age 25-34 82% age 35-44 85% age 45-54 91% age 55-64	76% age 18-24 74% age 25-34 80% age 35-44 84% age 45-54 87% age 55-64	100%

*U.S. baseline is age-adjusted to the 2000 population standard
 (Sources: Healthy People 2020 Objectives, 2013 BRFSS, 2014 Lenawee County Health Assessment)

Adult | HEALTH CARE ACCESS AND UTILIZATION

Key Findings

The 2014 Health Assessment project identified that 60% of Lenawee County adults had visited a doctor for a routine checkup in the past year. 61% of adults went outside of Lenawee County for health care services in the past year.

Health Care Access

- Three-fifths (60%) of Lenawee County adults visited a doctor for a routine checkup in the past year, increasing to 87% of those over the age of 65.
- More than half (56%) of Lenawee County adults reported they had one person they thought of as their personal doctor or healthcare provider. 27% of adults had more than one person they thought of as their personal healthcare provider, and 17% did not have one at all.
- The following might prevent Lenawee County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: cost (41%), hours not convenient (13%), difficult to get an appointment (13%), doctor would not take their insurance (11%), worried they might find something wrong (8%), could not get time off work (8%), frightened of the procedure or doctor (4%), do not trust or believe doctors (4%), difficult to find/no transportation (2%), and some other reason (6%).
- Lenawee County adults had the following problems when they needed health care in the past year: did not have enough money to pay for health care (7%), could not get appointments when they wanted them (7%), did not have insurance (6%), could not find a doctor they were comfortable with (5%), could not find a doctor to take them as a patient (4%), too busy to get the healthcare they needed (4%), healthcare plan did not allow them to see doctors in Lenawee County (3%), had to change doctors because of their healthcare plan (2%), too embarrassed to seek help (1%), did not have child care (1%), did not get health services because they were concerned about their confidentiality (<1%), did not get health services because of discrimination (<1%), did not have transportation (<1%), and other problems that prevented them from getting health care (3%).
- 61% of adults went outside of Lenawee County for the following health care services in the past year: specialty care (27%), primary care (23%), dental services (21%), obstetrics/gynecology/NICU (11%), orthopedic care (7%), cardiac care (6%), pediatric care (5%), cancer care (4%), mental health care (3%), pediatric therapies (1%), developmental disability services (<1%), addiction services (<1%), and other services (6%).
- Adults went outside of Lenawee County for mental health services for the following reasons: better quality program (5%), word of mouth (3%), used to live there (3%), did not like the local program (2%), insurance restrictions (2%), confidentiality/anonymity (2%), work there (2%), and wait list too long (1%).

Lenawee County Health Care Statistics

- In 2013, Lenawee County was ranked 19th of 83 Counties in Michigan for Health Outcomes Rank.
- In 2013, 18,023 (18%) of Lenawee County residents were enrolled in Medicaid.
- In 2013, 8,929 (9%) of Lenawee County residents were uninsured.

(Source: Michigan Department of Community Health, from: <http://www.mohec.org/>)

- Adults usually visited the following places for health care services: doctor's office (57%), Internet (6%), hospital emergency room (2%), urgent care center (2%), public health clinic or community health department (2%), chiropractor (<1%), and some other kind of place (2%). 22% of adults reported multiple places, and 6% had no usual place for health care services.
- Lenawee County adults had the following issues regarding their healthcare coverage: deductibles were too high (33%), premiums were too high (29%), co-pays were too high (29%), opted out of certain coverage because they could not afford it (9%), high HSA account deductible (6%), could not understand their insurance plan (5%), service not deemed medically necessary (3%), working with their insurance company (3%), provider is no longer covered (3%), service is no longer covered (3%), opted out of certain coverage because they did not need it (2%), limited visits (2%), and pre-existing conditions (1%).
- Lenawee County adults had the following transportation issues when they needed health services: could not afford gas (5%), no car (3%), no driver's license (2%), disabled (1%), no car insurance (1%), car did not work (1%), and other car issues/expenses (2%).
- More than one-in-five (22%) adults did not get their prescriptions from their doctor filled in the past year, increasing to 57% of those who were uninsured.
- Of those who did not get their prescriptions filled, they gave the following reasons: they could not afford the out of pocket expense (49%), they did not think they needed it (27%), there was no generic equivalent (20%), they did not have insurance (18%), their co-pays were too high (17%), they stretched their current prescription by taking less than prescribed (14%), side effects (9%), their deductibles were too high (4%), they had a high HSA account deductible (2%), they opted out of prescription coverage because they could not afford it (2%), transportation (2%), their premiums were too high (1%), and they were taking too many medications (1%).

Availability of Services

- 15% of Lenawee County adults have looked for a program to assist in care for the elderly (either in-home or out-of-home) for either themselves or a loved one. Of those who looked, 41% looked for in-home care, 20% looked for an assisted living program, 17% looked for out-of-home placement, 12% looked for day care, and 10% looked for respite or overnight care.
- Lenawee County adults reported they had looked for the following programs for themselves or a loved one: depression, anxiety or mental health (15%), marital/family problems (10%), and disability (9%).
- Reasons for not using a program or service to help with depression, anxiety, or emotional problems included: could not afford to go (7%), had not thought of it (6%), co-pay/deductible was too high (4%), fear (4%), other priorities (3%), stigma of seeking mental health services (3%), did not know how to find a program (3%), did not feel the services they had received were good (2%), could not get to the office or clinic (<1%), transportation (<1%), and other reasons (3%). 69% of adults indicated this type of program was not needed.

Lenawee County Adults Able to Access Assistance Programs/Services

Types of Programs (% of all adults who looked for the programs)	Lenawee County adults who have looked but have <u>NOT</u> found a specific program	Lenawee County adults who have looked and have found a specific program
Depression or Anxiety (15% of all adults looked)	32%	68%
Marital/Family Problems (10% of all adults looked)	38%	62%
Disability (9% of all adults looked)	40%	60%

Health Care Access and Utilization among Young Adults Aged 19-25

- From January through September 2011, 78% of women aged 19–25 had a usual place for health care compared with 63% of men in the same age group.
- Among adults aged 19–25, those with public health coverage were more likely to have had an emergency room visit in the past 12 months than those with private coverage or the uninsured.
- In 2011, 58% of Hispanic persons aged 19–25 had a usual place for health care. This was significantly less than non-Hispanic white (75%) and non-Hispanic black (68%) persons.
- In the first 9 months of 2011, adults aged 19–25 who were poor (67%) and those who were near poor (63%) were less likely than those who were not poor (76%) to have had a usual place for health care.
- 28% of uninsured adults aged 19–25 delayed or did not get needed medical care due to cost compared with 8% of those with private health insurance and 10% of those with public coverage.

(Source: CDC, *Health Care Access and Utilization among Young Adults Aged 19-25, 2012*, http://www.cdc.gov/nchs/data/nhis/earlyrelease/Young_Adults_Health_Access_052012)

Health Care Access among Employed and Unemployed Adults

- In 2009–2010, 48% of unemployed adults ages 18–64 years had health insurance compared with 81% of employed adults.
- The unemployed were less likely to receive needed prescriptions due to cost than the employed in all insurance categories.
- Unemployed adults in 2009–2010 were more likely to have fair or poor health than employed adults across all categories of insurance coverage.

(Source: CDC, *Access to Health Care, 2012*, http://www.cdc.gov/nchs/fastats/access_to_health_care.htm)

Adult | CARDIOVASCULAR HEALTH

Key Findings

The 2014 Lenawee County Health Assessment found that 3% of adults had survived a heart attack and 2% had survived a stroke at some time in their life. One-third (33%) of Lenawee County adults had been diagnosed with high blood pressure, 35% had high blood cholesterol, 38% were obese, and 17% were smokers, four known risk factors for heart disease and stroke. Heart disease (25%) and stroke (4%) accounted for 29% of all Lenawee County adult deaths in 2012 (Source: MDCH, Vital Statistics).

Heart Disease and Stroke

- In 2014, 3% of Lenawee County adults reported they had survived a heart attack or myocardial infarction, increasing to 11% of those over the age of 65.
- 5% of Michigan and 4% of U.S. adults reported they had survived a heart attack or myocardial infarction in 2013 (Source: 2013 BRFSS).
- 2% of Lenawee County adults reported they had survived a stroke, increasing to 8% of those over the age of 65.
- 4% of Michigan and 3% of U.S. adults reported having survived a stroke in 2013 (Source: 2013 BRFSS).
- 4% of adults reported they had angina or coronary heart disease, increasing to 12% of those over the age of 65.
- 5% of Michigan and 4% of U.S. adults reported having had angina or coronary heart disease in 2013 (Source: 2013 BRFSS).
- Adults reported the following as symptoms of a heart attack: chest pain or discomfort (94%), pain or discomfort in the arms or shoulders (86%), shortness of breath (82%), pain or discomfort in the jaw, neck or back (68%), feeling weak, lightheaded or faint (60%), and sudden trouble seeing in one or both eyes (35%).
- Adults reported the following as symptoms of a stroke: sudden numbness or weakness of face, arm or leg, especially on one side (91%), sudden confusing or trouble speaking (90%), sudden trouble walking, dizziness or loss of balance (83%), sudden trouble seeing in one or both eyes (69%), severe headache with no known cause (61%), and sudden chest pain or discomfort (27%).

Lenawee County Leading Types of Death 2012

Total Deaths: 942

1. Heart Disease (25% of all deaths)
2. Cancers (24%)
3. Chronic Lower Respiratory Diseases (8%)
4. Stroke (4%)
5. Accidents, Unintentional Injuries (5%)

(Source: MDCH, Vital Statistics, updated 3-3-14)

Michigan Leading Types of Death 2012

Total Deaths: 89,917

1. Heart Disease (26% of all deaths)
2. Cancers (23%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (5%)
5. Accidents, Unintentional Injuries (4%)

(Source: MDCH, Vital Statistics, updated 3-3-14)

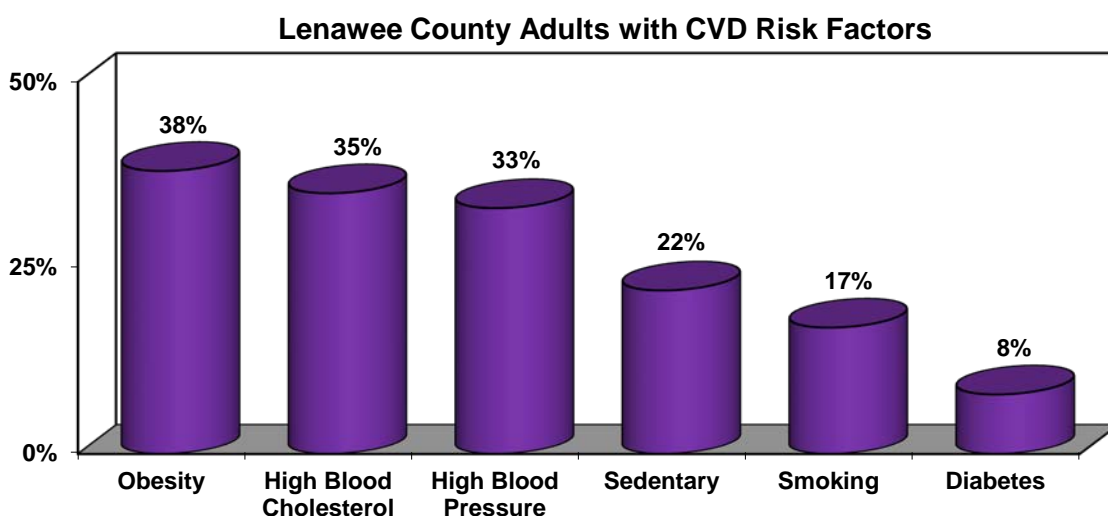
High Blood Pressure (Hypertension)

- One-third (33%) of adults had been diagnosed with high blood pressure. The 2013 BRFSS reports hypertension prevalence rates of 35% for Michigan and 31% for the U.S.
- 6% of adults were told they were pre-hypertensive/borderline high.
- 85% of adults had their blood pressure checked within the past year.
- Lenawee County adults diagnosed with high blood pressure were more likely to:
 - Have been age 65 years or older (64%)
 - Have rated their overall health as fair or poor (58%)
 - Have been classified as obese by Body Mass Index-BMI (45%)

High Blood Cholesterol

- More than one-third (35%) of adults had been diagnosed with high blood cholesterol. The 2013 BRFSS reported that 41% of Michigan adults and 38% of U.S. adults have been told they have high blood cholesterol.
- Four-fifths (80%) of adults had their blood cholesterol checked within the past 5 years. The 2013 BRFSS reported 79% of Michigan and 76% of U.S. adults had their blood cholesterol checked within the past 5 years.
- Lenawee County adults with high blood cholesterol were more likely to:
 - Have been age 65 years or older (63%)
 - Have rated their overall health as fair or poor (59%)
 - Have been classified as overweight or obese by Body Mass Index-BMI (40%)

The following graph demonstrates the percentage of Lenawee County adults who had major risk factors for developing cardiovascular disease (CVD).



Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Had angina	N/A	4%	5%	4%
Had a heart attack	6%	3%	5%	4%
Had a stroke	3%	2%	4%	3%
Had high blood pressure	28%	33%	35%	31%
Had high blood cholesterol	36%	35%	41%	38%
Had blood cholesterol checked within past 5 years	81%	80%	79%	76%

N/A – Not available

Stroke Warning Signs and Symptoms

F.A.S.T. is an easy way to remember the sudden signs and symptoms of a stroke. When you can spot the signs, you'll know quickly that you need to call 9-1-1 for help. This is important because the sooner a stroke victim gets to the hospital, the sooner they'll get treatment. Being prompt can make a remarkable difference in their recovery. F.A.S.T is:

- **Face Drooping:** Does one side of the face droop or is it numb? Ask the person to smile.
- **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty:** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **Time to call 911:** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Beyond F.A.S.T- Other Symptoms to Know

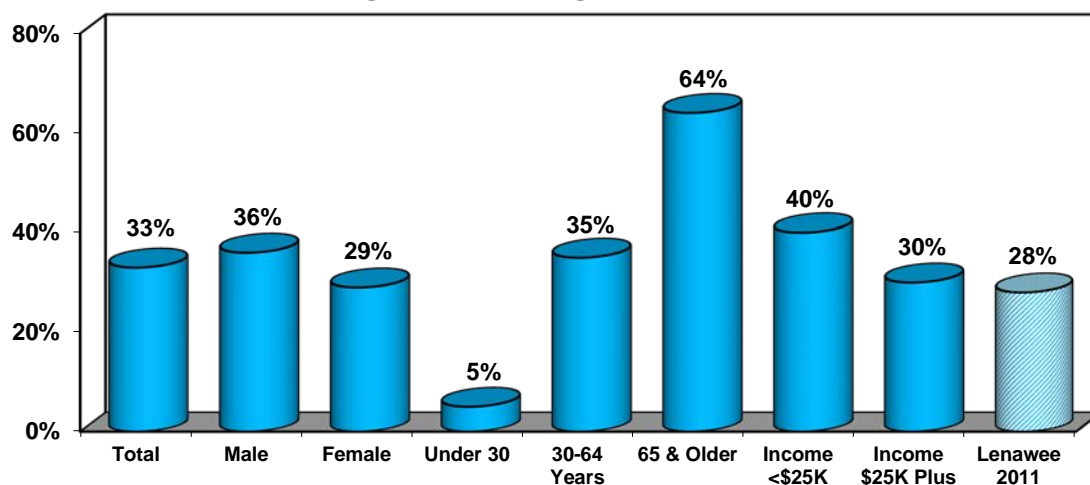
- Sudden confusion or trouble understanding
- Sudden numbness or weakness of the leg or arm
- Sudden severe headache with no known cause
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination



(Source: American Heart Association, Stroke Warning Signs and Symptoms, 2013, http://strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp)

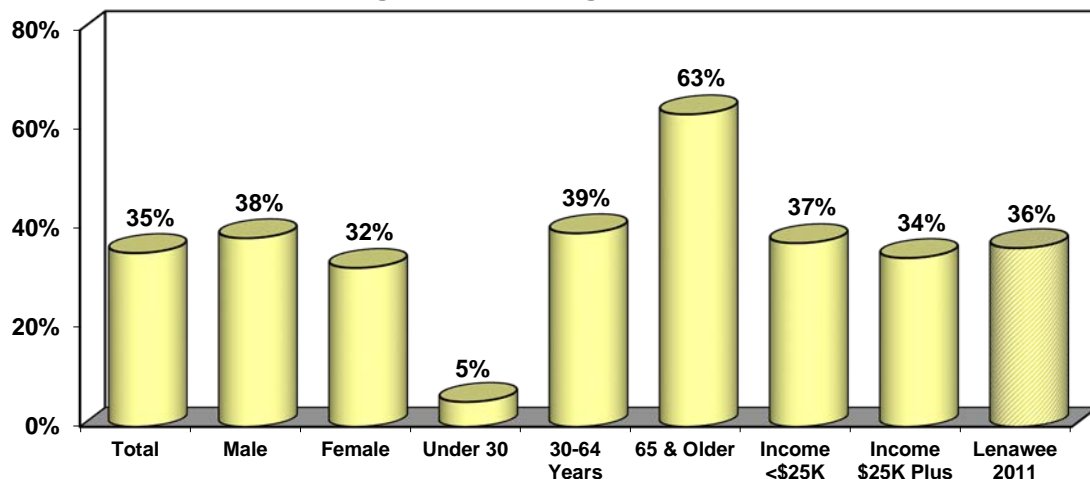
The following graphs show the number of Lenawee County adults who have been diagnosed with high blood pressure, high blood cholesterol and cardiovascular disease prevalence. Examples of how to interpret the information on the first graph includes: 33% of all Lenawee County adults have been diagnosed with high blood pressure, 36% of all Lenawee County males, 29% of all females, and 64% of those 65 years and older.

Diagnosed with High Blood Pressure*

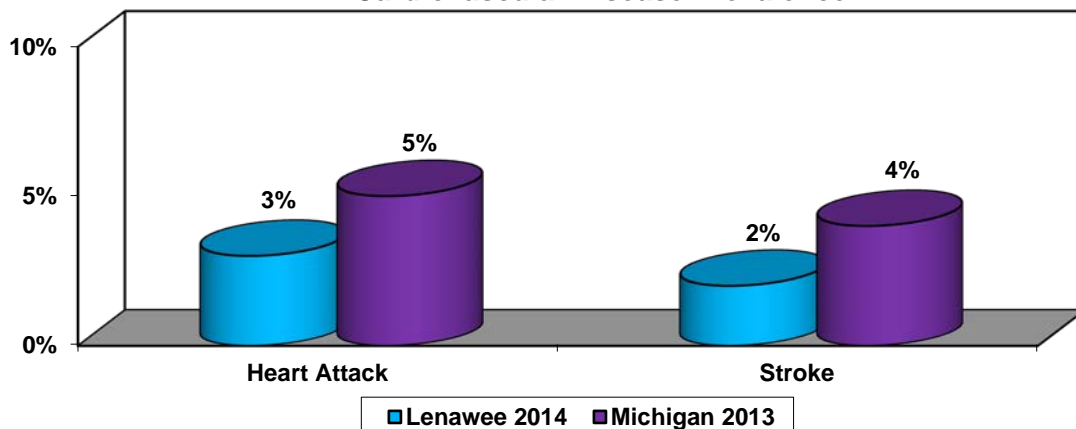


*Does not include respondents who indicated high blood pressure during pregnancy only.

Diagnosed with High Blood Cholesterol



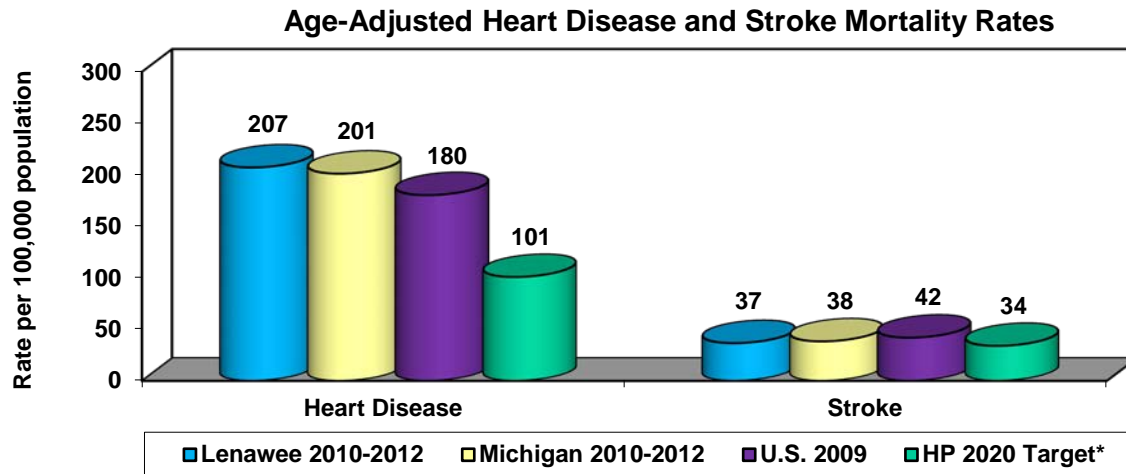
Cardiovascular Disease Prevalence



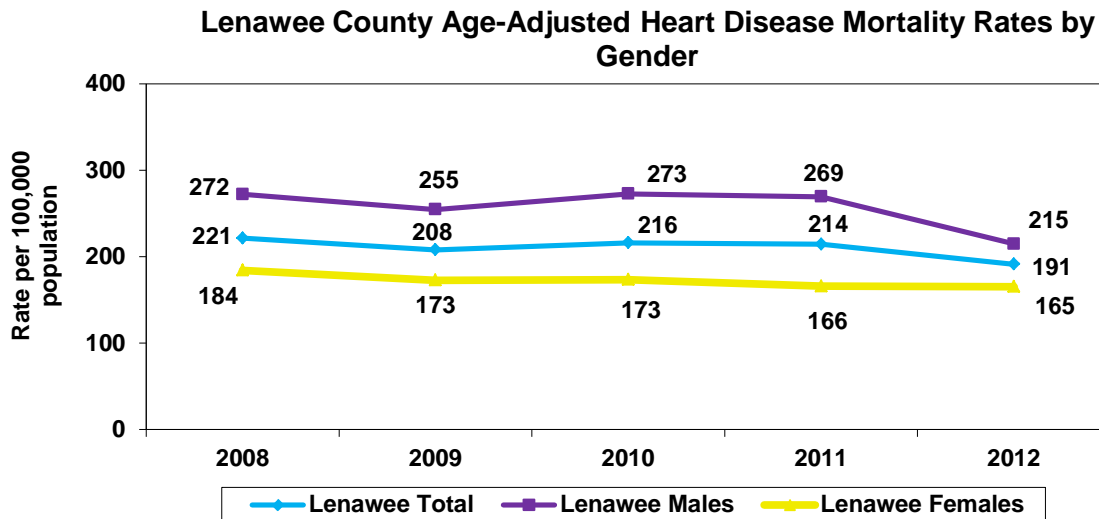
(Sources: 2014 Lenawee Health Assessment and 2013 BRFSS)

The following graphs show the age-adjusted mortality rates per 100,000 population for heart disease and stroke by gender.

- When age differences are accounted for, the statistics indicate that the 2010-2012 Lenawee County heart disease mortality rate was higher than the figure for the state, the U.S. figure and the Healthy People 2020 target.
- The Lenawee County age-adjusted stroke mortality rate for 2010-2012 was lower than the state and the U.S. figure, but higher Healthy People 2020 target objective.



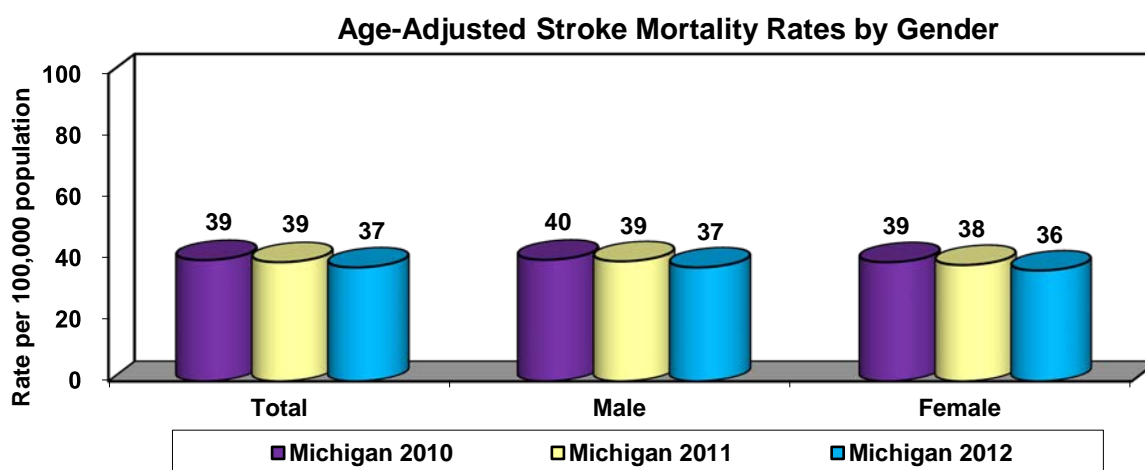
**The Healthy People 2020 Target objective for Coronary Heart Disease is reported for heart attack mortality.
(Sources: MDCH, Vital Statistics, updated 9-24-13, Healthy People 2020)*



(Source: MDCH, Vital Statistics, updated 9-24-13)

The following graph shows the age-adjusted mortality rates per 100,000 population for stroke by gender.

- Disparities exist for stroke mortality rates by gender in Michigan.
- The age-adjusted stroke mortality rate has decreased from 2010 to 2012.



(Source: MDCH, Vital Statistics, 2012)

Healthy People 2020 Objectives Heart Disease and Stroke

Objective	Lenawee Survey Population Baseline	U.S. Baseline*	Healthy People 2020 Target
HDS-5: Reduce proportion of adults with hypertension	33% (2014)	31% Adults age 18 and older (2011)	27%
HDS-6: Increase proportion of adults who had their blood cholesterol checked within the preceding 5 years	80% (2014)	76% Adults age 18 & older (2011)	82%
HDS-7: Decrease proportion of adults with high total blood cholesterol (TBC)	35% (2014)	38% Adults age 20 & older with TBC > 240 mg/dl (2011)	14%

*All U.S. figures age-adjusted to 2000 population standard.

(Sources: Healthy People 2020, 2013 BRFSS, 2014 Lenawee County Health Assessment)

Adult | CANCER

Key Findings

In 2014, 10% of Lenawee County adults had been diagnosed with cancer at some time in their life. Michigan Department of Community Health statistics indicate that from 2008-2012, a total of 1,067 Lenawee County residents died from cancer, the second leading cause of death in the county. The American Cancer Society advises that not using tobacco products, maintaining a healthy weight, adopting a physically active lifestyle, eating more fruits and vegetables, limiting alcoholic beverages and early detection may reduce overall cancer deaths.

Lenawee County Incidence of Cancer, 2011

All Types: 517 cases

- Prostate: 84 cases (16%)
- Lung and Bronchus: 76 cases (15%)
- Breast: 71 cases (14%)
- Colon and Rectum: 45 cases (9%)

In 2012, there were 228 cancer deaths in Lenawee County.

(Source: Michigan Community Health Information – Cancer)

Adult Cancers

- 10% of Lenawee County adults were diagnosed with cancer at some point in their lives, increasing to 22% of adults over the age of 65.

10% of Lenawee County adults had been diagnosed with cancer at some time in their life.

Cancer Facts

- The Michigan Department of Community Health (MDCH) vital statistics indicate that from 2008-2012, cancers caused 23% (1,067 of 4,630 total deaths) of all Lenawee County resident deaths. The largest percent (29%) of cancer deaths were from lung and bronchus cancer *(Source: MDCH Vital Statistics)*.
- The American Cancer Society reports that smoking tobacco is associated with cancers of the mouth, lips, nasal cavity (nose) and sinuses, larynx (voice box), pharynx (throat), and esophagus (swallowing tube). Also, smoking has been associated with cancers of the lung, colorectal, stomach, pancreas, kidney, bladder, uterine cervix, ovary (mucinous) and acute myeloid leukemia. The 2014 health assessment project has determined that 17% of Lenawee County adults were current smokers and many more were exposed to environmental tobacco smoke, also a cause of heart attacks and cancer.

A current smoker is defined as someone who has smoked over 100 cigarettes in their lifetime and currently smokes some or all days.

Lung Cancer

- The Michigan Department of Community Health reports that lung cancer was the second leading cause of male invasive cancer incidence from 2009-2011 in Lenawee County, with a per year average of 41 cases for males.
- In Lenawee County, 18% of male adults were current smokers and 37% of them had stopped smoking for one or more days in the past 12 months because they were trying to quit.

- The Michigan Department of Community Health reports that lung cancer was the second leading cause of female invasive cancer incidence from 2009-2011 in Lenawee County, with a per year average of 31 cases for females.
- Approximately 17% of female adults in the county were current smokers and 64% had stopped smoking for one or more days in the past 12 months because they were trying to quit.
- According to the American Cancer Society, smoking causes 87% of lung cancer deaths among men and 70% of lung cancer deaths among women in the U.S. The risk of developing lung cancer is about 23 times higher in male smokers and 13 times higher in female smokers, compared to lifelong nonsmokers (*Source: American Cancer Society, Facts & Figures 2014*).

18% of Lenawee County male adults and 17% of female adults were current smokers.

Breast Cancer

- In 2014, 61% of Lenawee County females reported having had a clinical breast examination in the past year.
- 61% of Lenawee County females over the age of 40 had a mammogram in the past year.
- The 5-year relative survival for women diagnosed with localized breast cancer (cancer that has not spread to lymph nodes or other locations outside the breast) is 99% (*Source: American Cancer Society, Facts & Figures 2014*).
- For women in their 20s and 30s, a clinical breast exam should be done at least once every 3 years. Mammograms for women in their 20s and 30s are based upon increased risk (e.g., family history, past breast cancer) and physician recommendation. Otherwise, annual mammography is recommended beginning at age 40 (*Source: American Cancer Society, Facts & Figures 2014*).

More than three-fifths (61%) of Lenawee County females over the age of 40 had a mammogram in the past year.

Prostate Cancer

- In Lenawee County, prostate cancer was the leading cause of male invasive cancer incidence from 2009 to 2011, with an average of 71 cases per year.
- Incidence rates for prostate cancer are 60% higher in African Americans than in whites and they are twice as likely to die of prostate cancer. In addition, about 60% of prostate cancers occur in men over the age of 65, and 97% occur in men 50 and older. Other risk factors include strong familial predisposition, diet high in processed meat or dairy foods, and obesity. African American men and Caribbean men of African descent have the highest documented prostate cancer incidence rates in the world (*Source: American Cancer Society, Facts & Figures 2014*).

Colon and Rectum Cancer

- The American Cancer Society recognizes any cancer involving the esophagus, stomach, small intestine, colon, rectum, anus (anal canal & anorectum), liver, gallbladder or pancreas as a digestive cancer.
- In Lenawee County, colorectal cancer was the third leading cause of male and female invasive cancer incidence from 2009 to 2011, with a per year average of 26 new invasive cancer cases for females and 24 for males.
- The American Cancer Society reports several risk factors for colorectal cancer including: age; personal or family history of colorectal cancer, polyps, or inflammatory bowel disease; obesity; physical inactivity; a diet high in red or processed meat; alcohol use; long-term smoking; and possibly very low intake of fruits and vegetables.
- In 2014, 75% of Lenawee County adults over the age of 50 reported having been screened for colorectal cancers at some time in their life and 59% had been screened in the past 5 years. In the U.S., 90% of colon cancers occur in individuals over the age of 50. Because of this, the American Cancer Society suggests that every person over the age of 50 have regular colon cancer screenings.

2014 Cancer Estimations

- In 2014, about 1,665,540 new cancer cases are expected to be diagnosed.
- The World Cancer Research Fund estimates that about one-quarter to one-third of the new cancer cases expected to occur in the U.S. in 2014 will be related to overweight or obesity, physical inactivity, and poor nutrition, and thus could be prevented.
- About 585,720 Americans are expected to die of cancer in 2014.
- In 2014, about 176,000 cancer deaths will be caused by tobacco use.
- In Michigan, 58,610 new cases of cancer are expected, and 20,800 cancer deaths are expected.
- The Michigan female new breast cancer cases are expected to be 7,660.
- About 8,090 (14%) of all new cancer cases in Michigan are expected to be from lung & bronchus cancers.
- About 4,570 (8%) of all new cancer cases in Michigan are expected to be from colon & rectum cancers.
- The Michigan male, new prostate cancer cases are expected to be 8,740 (15%).

(Source: American Cancer Society, Facts and Figures 2014,
<http://www.cancer.org/acs/groups/content/@research/documents/webcontent/acspc-042151.pdf>)

Lenawee County Number of Cancer Cases 2002-2011

Year	All Sites	Breast	Colon & Rectum	Lung	Prostate
2002	465	70	46	67	106
2003	508	63	43	75	84
2004	516	60	52	64	87
2005	524	64	56	78	85
2006	353	40	33	59	45
2007	546	77	48	79	64
2008	474	61	42	75	61
2009	512	68	56	76	69
2010	490	67	48	63	60
2011	517	71	45	76	84

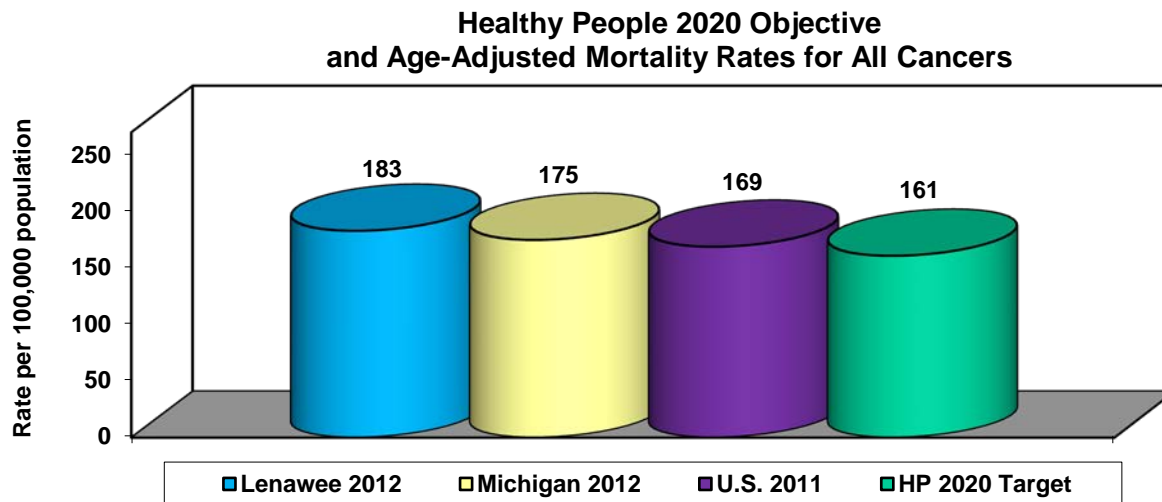
Lenawee County Number of Cancer Deaths 2002-2011

Year	All Sites	Breast	Colon & Rectum	Lung	Prostate
2002	195	16	12	50	11
2003	213	13	24	61	16
2004	202	15	13	65	7
2005	195	16	15	47	14
2006	230	11	19	78	9
2007	228	15	20	73	10
2008	205	17	25	58	12
2009	208	20	13	66	11
2010	203	9	22	49	16
2011	223	6	17	73	9

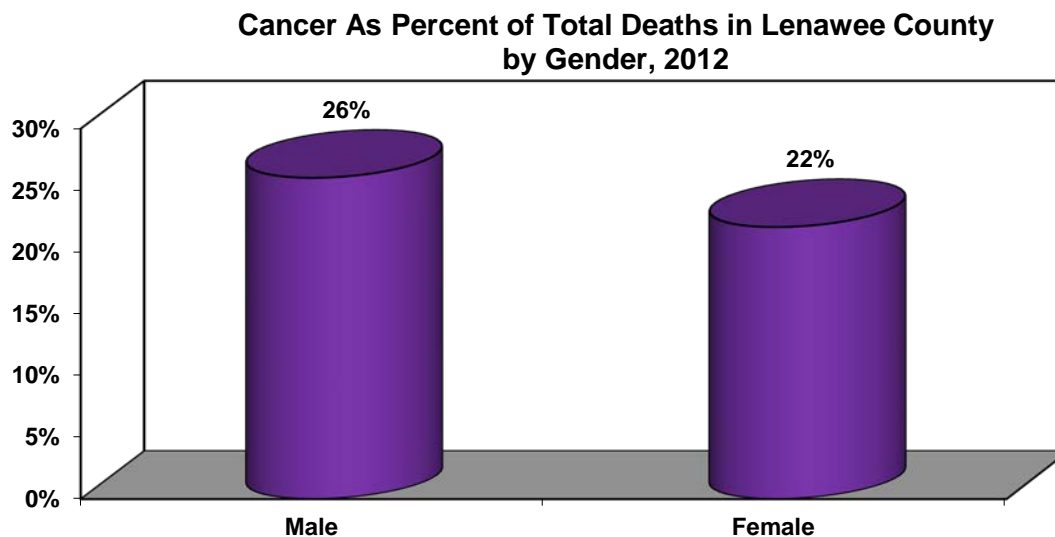
(Source for tables: MDCH, Cancer Statistics updated 4-11-14)

The following graphs show the Lenawee County, Michigan and U.S. age-adjusted mortality rates (per 100,000 population, 2000 standard) for all types of cancer in comparison to the Healthy People 2020 objective and cancer as a percentage of total deaths by gender. The graph indicates:

- When age differences are accounted for, Lenawee County had a higher cancer mortality rate than Michigan, the U.S., and the Healthy People 2020 target objective.
- The percentage of Lenawee County males who died from all cancers is higher than the percentage of Lenawee County females who died from all cancers.



(Source: MDCH, Vital Statistics, updated 3-3-14; Healthy People 2020)



(Source: MDCH, Vital Statistics, updated 3-3-14)

Adult | DIABETES

Key Findings

In 2014, 8% of Lenawee County adults had been diagnosed with diabetes.

Diabetes

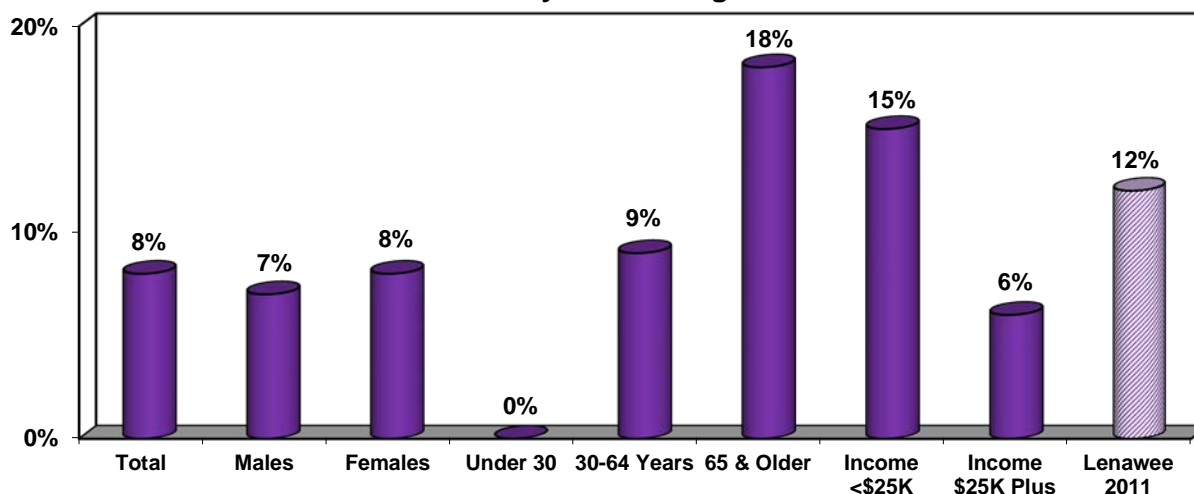
- The 2014 health assessment project has identified that 8% of Lenawee County adults had been diagnosed with diabetes, increasing to 18% of those over the age of 65. The 2013 BRFSS reports a prevalence of 11% for both Michigan and the U.S.
- 4% of adults had been diagnosed with pre-diabetes.
- The average age of diagnosis was 51.7 years old.
- Adults with diabetes were using the following to treat their diabetes: diabetes pills (73%), checking blood sugar (70%), diet control (68%), checking A1c (60%), exercise (49%), insulin (30%), taking a class (16%), and nothing (8%).
- More than one-third (36%) of adults with diabetes rated their health as fair or poor.
- Lenawee County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
 - 91% were obese or overweight
 - 89% had been diagnosed with high blood pressure
 - 79% had been diagnosed with high blood cholesterol

Diabetes Statistics in America

- In 2012, 29.1 million Americans, or 9.3% of the population had diabetes.
- Of the 29.1 million, 21.0 million were diagnosed, and 8.1 million were undiagnosed.
- Another 86 million Americans age 20 and older had pre-diabetes.
- Recent estimates project that as many as one in three American adults will have diabetes in 2050 unless drastic steps are taken to stop diabetes.
- Two out of three people with diabetes die from heart disease or stroke.
- Diabetes is the leading cause of kidney failure and new cases of blindness among adults.
- The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the U.S. is \$245 billion.

(Source: American Diabetes Association, *Statistics about Diabetes & Are You at Risk for Type 2 Diabetes*, 2014, from: <http://www.diabetes.org/diabetes-basics/statistics/> & <http://www.diabetes.org/newsroom/press-releases/2014/are-you-at-risk-for-type-2-diabetes.html>)

Lenawee County Adults Diagnosed with Diabetes



DIABETES

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Diagnosed with diabetes	12%	8%	11%	11%

Diabetes Symptoms

Many people with type 2 diabetes never show any signs, but some people do show symptoms caused by high blood sugar. The most common symptoms of type 2 diabetes are:

TYPE 1 DIABETES

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

TYPE 2 DIABETES

- Any of the type 1 symptoms
- Blurred vision
- Tingling/numbness in hands or feet
- Recurring skin, gum, or bladder infections
- Cuts/bruises that are slow to heal
- Frequent infections

(Source: American Diabetes Association, *Diabetes Basics, Symptoms*, <http://www.diabetes.org/diabetes-basics/symptoms/>)

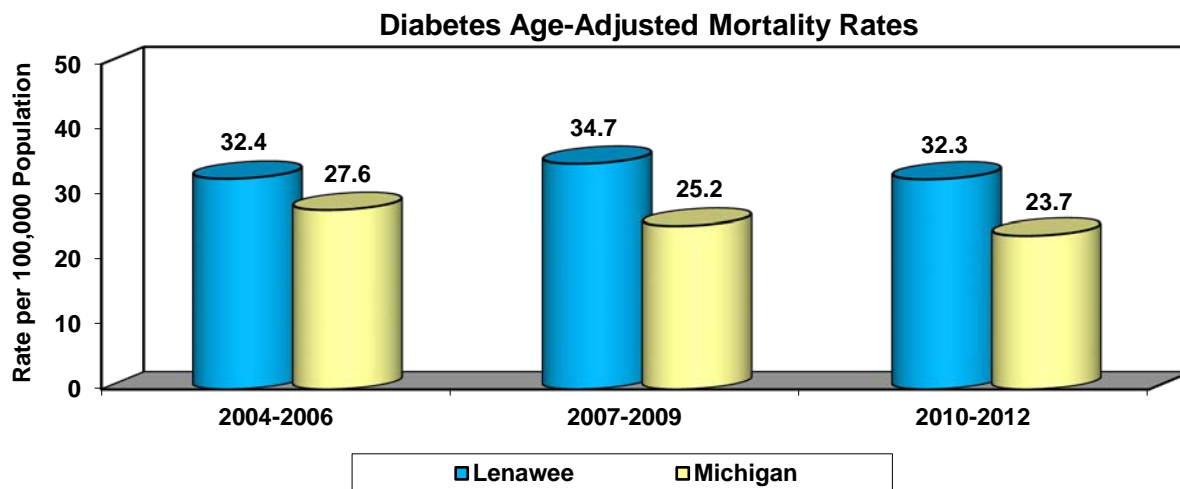
Who is at Greater Risk for Type 2 Diabetes

- People with impaired glucose tolerance (IGT) and/or impaired fasting glucose (IFG)
- People over age 45
- People with a family history of diabetes
- People who are overweight or obese
- People who do not exercise regularly
- People with low HDL cholesterol or high triglycerides, high blood pressure
- Certain racial and ethnic groups (e.g. Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, and American Indians and Alaska Natives)
- Women who had gestational diabetes, or who have had a baby weighing 9 pounds or more at birth

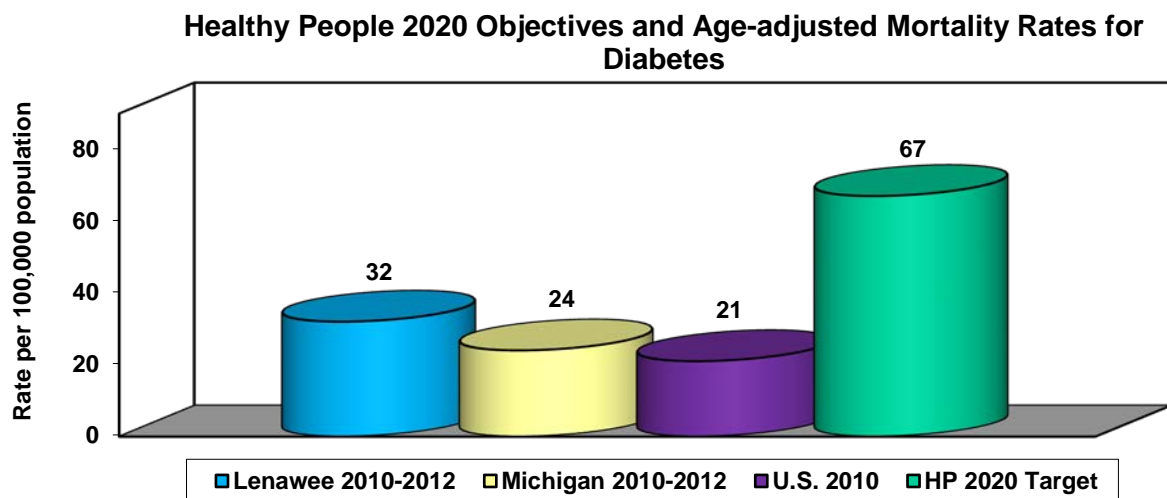
(Source: American Diabetes Association, *Diabetes Basics, Your Risk: Who is at Greater Risk for Type 2 Diabetes*, <http://www.diabetes.org/diabetes-basics/prevention/risk-factors>)

The following graphs show age-adjusted mortality rates from diabetes for Lenawee County and Michigan residents with comparison to the Healthy People 2020 target objective.

- Lenawee County's age-adjusted diabetes mortality rate fluctuated from 2004 to 2012.
- From 2010 to 2012, the Lenawee County age-adjusted diabetes mortality rate was higher than the state and national rate, but less than the Healthy People 2020 target objective.



(Source: MDCH, Vital Statistics, updated 3-12-14)



(Source: MDCH, Vital Statistics, updated 3-12-14 and Healthy People 2020, CDC)

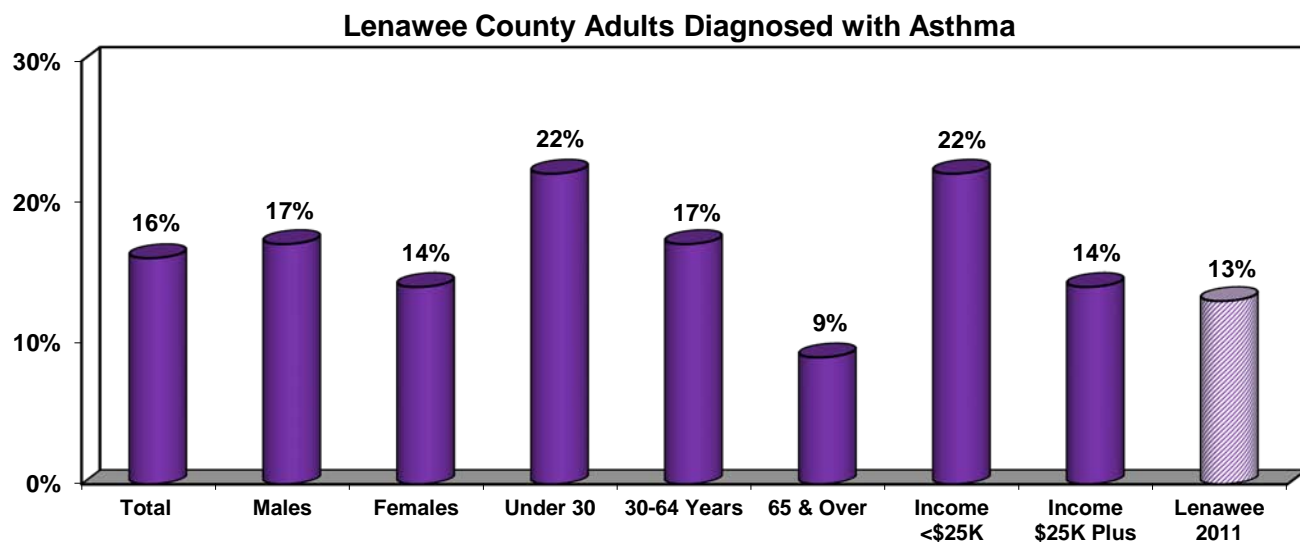
Adult | ASTHMA AND OTHER RESPIRATORY DISEASES

Key Findings

According to the Lenawee County survey data, 16% of adults had been diagnosed with asthma.

Asthma and Other Respiratory Diseases

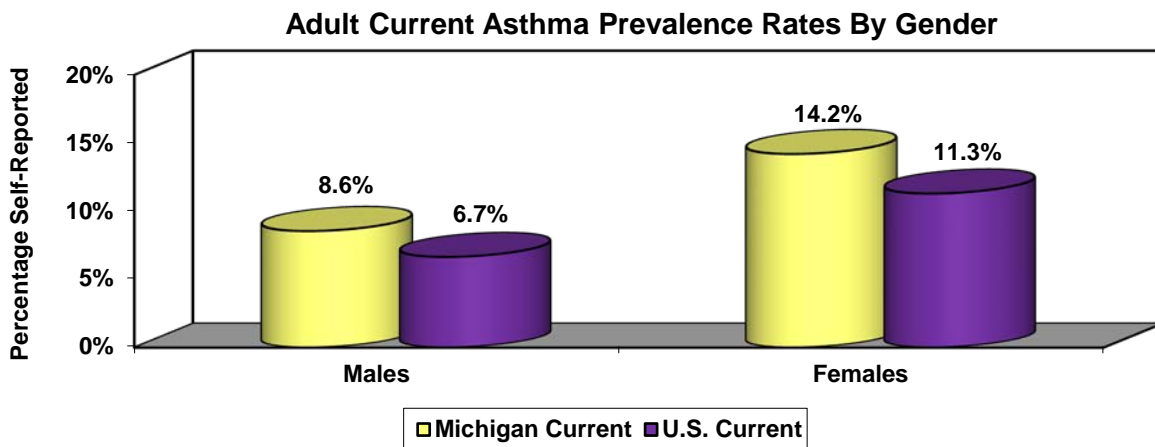
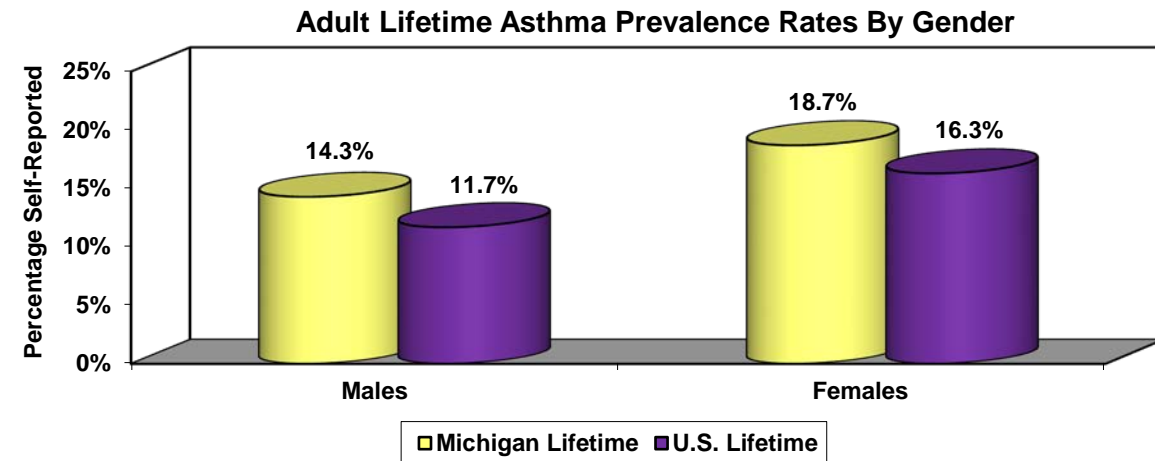
- In 2014, 16% of Lenawee County adults had been diagnosed with asthma, increasing to 22% of those under the age of 30 and those with incomes less than \$25,000.
- 17% of Michigan and 14% of U.S. adults have ever been diagnosed with asthma (Source: 2013 BRFSS).
- There are several important factors that may trigger an asthma attack. Some of these triggers are secondhand smoke, dust mites, outdoor air pollution, cockroach allergens, pets, mold, smoke from burning wood or grass, infections linked to the flu, colds, and respiratory viruses (Source: CDC, 2012).
- Chronic lower respiratory disease (CLRD) was the 3rd leading cause of death in Lenawee County and in Michigan, in 2010 (Source: MDCH, Vital Statistics).



Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Had been diagnosed with asthma	13%	16%	17%	14%

The following graphs demonstrate the lifetime and current prevalence rates of asthma by gender for Michigan and U.S. residents.

ASTHMA



(Source for graphs: 2013 BRFSS)

Asthma Statistics

- The number of people with asthma continues to grow. One in 12 people (about 25 million, or 8% of the U.S. population) had asthma in 2009, compared with 1 in 14 (about 20 million, or 7%) in 2001.
- From 2008–2010, the prevalence of asthma was higher among children than adults.
- The prevalence of asthma was higher among multiple-race, black, and American Indian or Alaska Native persons than white persons from 2008-2010.
- Asthma costs the U.S. about \$3,300 per person with asthma each year from 2002 to 2007 in medical expenses, missed school and work days, and early deaths.
- Asthma was linked to 3,447 deaths (about 9 per day) in 2007.
- More than half (53%) of people with asthma had an asthma attack in 2008.

(Source: American Academy of Allergy, Asthma, and Immunology, Asthma Statistics 2013, from: <http://www.aaaai.org/about-the-aaaai/newsroom/asthma-statistics.aspx>)

What Causes an Asthma Attack?

- **Tobacco Smoke:** People should never smoke near you, in your home, in your car, or wherever you may spend a lot of time if you have asthma. Tobacco smoke is unhealthy for everyone, especially people with asthma. If you have asthma and you smoke, quit smoking.
- **Dust Mites:** If you have asthma, dust mites can trigger an asthma attack. To prevent attacks, use mattress covers and pillowcase covers to make a barrier between dust mites and yourself. Do not use down-filled pillows, quilts, or comforters. Remove stuffed animals and clutter from your bedroom.
- **Outdoor Air Pollution:** This pollution can come from factories, automobiles, and other sources. Pay attention to air quality forecasts to plan activities when air pollution levels will be low.
- **Cockroach Allergens:** Get rid of cockroaches in your home by removing as many water and food sources as you can. Cockroaches are often found where food is eaten and crumbs are left behind. Cockroaches and their droppings can trigger an asthma attack, so vacuum or sweep areas that might attract cockroaches at least every 2 to 3 days.
- **Pets:** Furry pets can trigger an asthma attack. If you think a furry pet may be causing attacks, you may want to find the pet another home. If you can't or don't want to find a new home for a pet, keep it out of the person with asthma's bedroom.
- **Mold:** Breathing in mold can trigger an asthma attack. Get rid of mold in your home to help control your attacks. Humidity, the amount of moisture in the air, can make mold grow. An air conditioner or dehumidifier will help keep the humidity level low.
- **Smoke from Burning Wood or Grass:** Smoke from burning wood or other plants is made up of a mix of harmful gases and small particles. Breathing in too much of this smoke can cause an asthma attack. If you can, avoid burning wood in your home.
- **Other Triggers:** Infections linked to influenza (flu), colds, and respiratory syncytial virus (RSV) can trigger an asthma attack. Sinus infections, allergies, breathing in some chemicals, and acid reflux can also trigger attacks. Physical exercise, some medicines, bad weather, breathing in cold air, some foods, and fragrances can also trigger an asthma attack.

(Source: Centers for Disease Control, *Vital Signs, Asthma*, updated November 21, 2013, <http://www.cdc.gov/asthma/faqs.htm>)

Adult | WEIGHT STATUS

Key Findings

The 2014 Health Assessment identified that 73% of Lenawee County adults were overweight or obese based on Body Mass Index (BMI). The 2013 BRFSS indicates that 32% of Michigan and 29% of U.S. adults were obese by BMI. More than one-third (38%) of Lenawee County adults were obese. More than two-fifths (43%) of adults were trying to lose weight.

Adult Weight Status

- In 2014, the health assessment indicated that nearly three-fourths (73%) of Lenawee County adults were either overweight (35%) or obese (38%) by Body Mass Index (BMI). This puts them at elevated risk for developing a variety of diseases.
- More than two-fifths (43%) of adults were trying to lose weight, 34% were trying to maintain their current weight or keep from gaining weight, and 2% were trying to gain weight.
- Lenawee County adults did the following to lose weight or keep from gaining weight: ate less food, fewer calories, or foods low in fat (50%), exercised (45%), ate a low-carb diet (11%), used a weight loss program (3%), smoked cigarettes (3%), took diet pills, powders or liquids without a doctor's advice (3%), took prescribed medications (3%), went without eating 24 or more hours (2%), participated in a prescribed dietary or fitness program (1%), took laxatives (1%), bariatric surgery (<1%), and vomited after eating (<1%).

38% of Lenawee County adults are obese.

Physical Activity

- In Lenawee County, 58% of adults were engaging in some type of physical activity or exercise for at least 30 minutes 3 or more days per week. 32% of adults were exercising 5 or more days per week. Nearly one-fourth (22%) of adults were not participating in any physical activity in the past week, including 5% who were unable to exercise.
- Lenawee County adults participated in the following exercises or physical activities during the past year: walking (34%), running/jogging (6%), exercise machines (3%), cycling (2%), strength training (2%), group exercise classes (<1%), videos at home (<1%), swimming (<1%), and other types of exercises (6%). 32% of adults participated in multiple types of exercise.
- Reasons for not exercising included: time (24%), too tired (22%), laziness (18%), pain/discomfort (14%), weather (11%), chose not to exercise (10%), could not afford a gym membership (6%), did not know what activity to do (2%), no sidewalks (2%), no gym available (2%), no walking/biking trails (1%), no childcare (1%), safety (1%), doctor advised them not to exercise (1%), and other reasons (4%).

Defining the Terms

- Obesity: An excessively high amount of body fat compared to lean body mass.
- Body Mass Index (BMI): The contrasting measurement/ relationship of weight to height. CDC uses this measurement to determine overweight and obesity.
- Underweight: Adults with a BMI less than 18.5.
- Normal: Adults with a BMI of 18.5 to 24.9.
- Overweight: Adults with a BMI of 25 to 29.9.
- Obese: Adults with a BMI of 30 or greater.

(Source: CDC, *Adult Obesity Facts*,
<http://www.cdc.gov/obesity/adult/defining.html>)

WEIGHT STATUS

- The CDC recommends that adults participate in moderate exercise for at least 2 hours and 30 minutes every week or vigorous exercise for at least 1 hour and 15 minutes every week. Whether participating in moderate or vigorous exercise, CDC also recommends muscle-strengthening activities that work all major muscle groups on 2 or more days per week (Source: CDC, *Physical Activity for Everyone*).

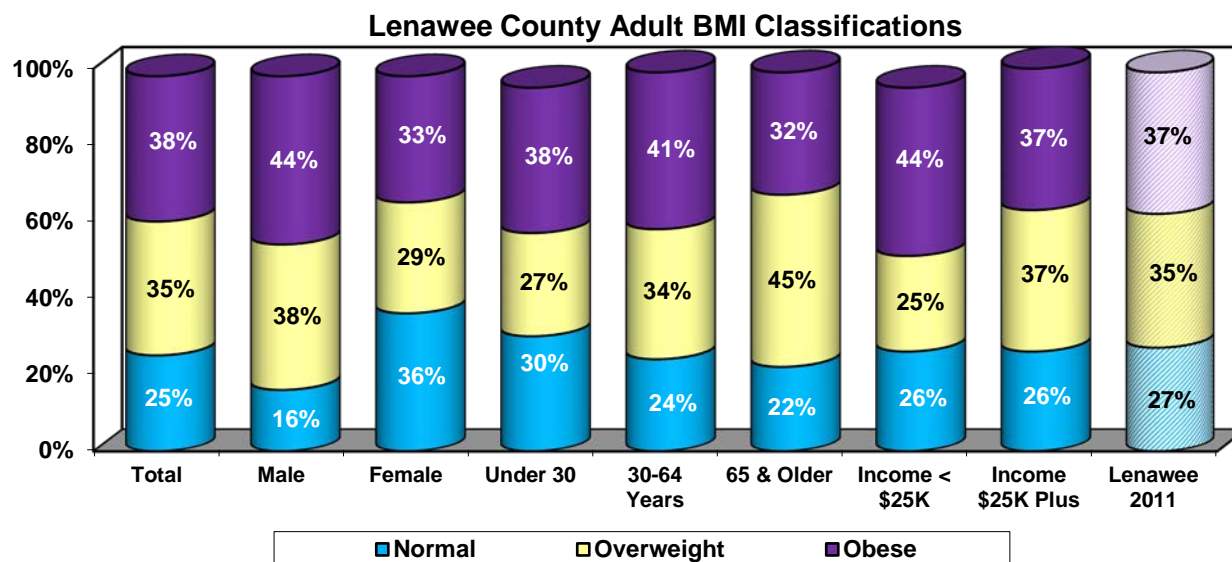
More than two-fifths (43%) of Lenawee County adults were trying to lose weight.

Nutrition

- In 2014, 7% of adults were eating 5 or more servings of fruits and vegetables per day. 88% were eating between 1 and 4 servings per day. The American Cancer Society recommends that adults eat at least 2 ½ cups of fruits and vegetables per day to reduce the risk of cancer and to maintain good health. The 2009 BRFSS reported that only 23% of Michigan and U.S. adults were eating the recommended number of servings of fruits and vegetables.
- Lenawee County adults reported the following reasons they chose the types of food they ate: taste (68%), cost (57%), enjoyment (54%), ease of preparation (50%), availability (48%), healthiness of food (48%), time (32%), what their spouse prefers (32%), food they were used to (28%), calorie content (25%), what their child prefers (17%), if the food is organic (12%), if the food is genetically modified (10%), health care provider's advice (4%), and other (2%).
- Lenawee County adults purchased their fruit and vegetables from the following places: large grocery store (75%), farmer's market (42%), local grocery store (38%), grow their own/garden (38%), restaurants (6%), food pantry (2%), corner/convenience store (2%), group purchasing community supported agriculture (1%), consumer supported agriculture (1%), veggie mobile (<1%), and other places (3%).
- Adults reported the following barriers to consuming fruits and vegetables: too expensive (16%), did not like the taste (8%), did not know how to prepare (2%), no variety (2%), transportation (1%), did not take EBT (<1%), and other barriers (4%).
- 64% of adults read food labels or considered nutritional content when choosing the foods they ate.
- Adults ate out in a restaurant or brought home take-out food an average of 2.7 times per week.
- Lenawee County adults had access to a wellness program through their employer or spouse's employer with the following features: health risk assessment (9%), free/discounted gym membership (8%), lower insurance premiums for participation in wellness program (6%), on-site fitness facility (5%), on-site health screenings (4%), free/discounted weight loss program (4%), free/discounted smoking cessation program (4%), gift cards or cash for participation in wellness program (3%), healthier food options in vending machines or cafeteria (3%), lower insurance premiums for positive changes in health status (3%), gift cards or cash for positive changes in health status (1%), on-site health education classes (1%), and other (3%).
- 33% of Lenawee County adults did not have access to any wellness programs, and 12% had access to more than one wellness program.

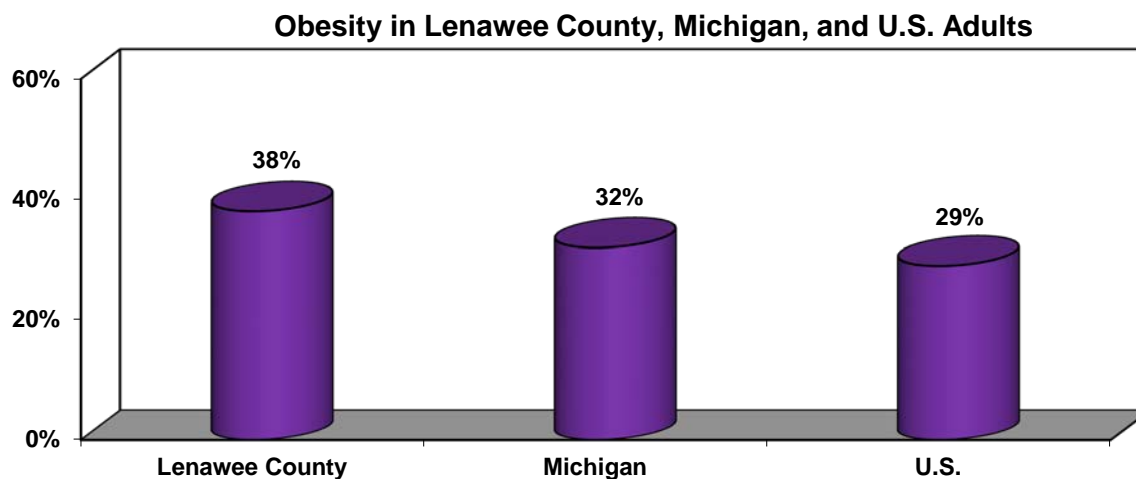
Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Obese	37%	38%	32%	29%
Overweight	35%	35%	35%	35%

The following graphs show the percentage of Lenawee County adults who are overweight or obese by Body Mass Index (BMI). Examples of how to interpret the information include: 25% of all Lenawee County adults were classified as normal weight, 35% were overweight, and 38% were obese.



(Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight)

The following graph shows the percentage of Lenawee County adults who are obese compared to Michigan and U.S.



(Source: 2014 Lenawee County Health Assessment and 2013BRFSS)

Obesity Facts

- More than one-third of U.S. adults (35%) are obese.
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.
- The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008 U.S. dollars; the medical costs for people who are obese were \$1,429 higher than those of normal weight.
- Non-Hispanic blacks have the highest age-adjusted rates of obesity (48%) followed by Hispanics (43%), non-Hispanic whites (33%), and non-Hispanic Asians (11%).

(Source: CDC, Adult Obesity Facts, updated March 28, 2014, <http://www.cdc.gov/obesity/data/adult.html>)

Adult | TOBACCO USE

Key Findings

In 2014, 17% of Lenawee County adults were current smokers and 24% were considered former smokers. In 2014, the American Cancer Society (ACS) stated that tobacco use was the most preventable cause of death worldwide, and is responsible for the deaths of approximately half of long-term users. Each year, tobacco use is responsible for almost 6 million premature deaths, 80% of which are in low-and middle-income countries, and by 2030, this number is expected to increase to 8 million. (Source: Cancer Facts & Figures, American Cancer Society, 2014)

In 2014, 17% of Lenawee County adults were current smokers.

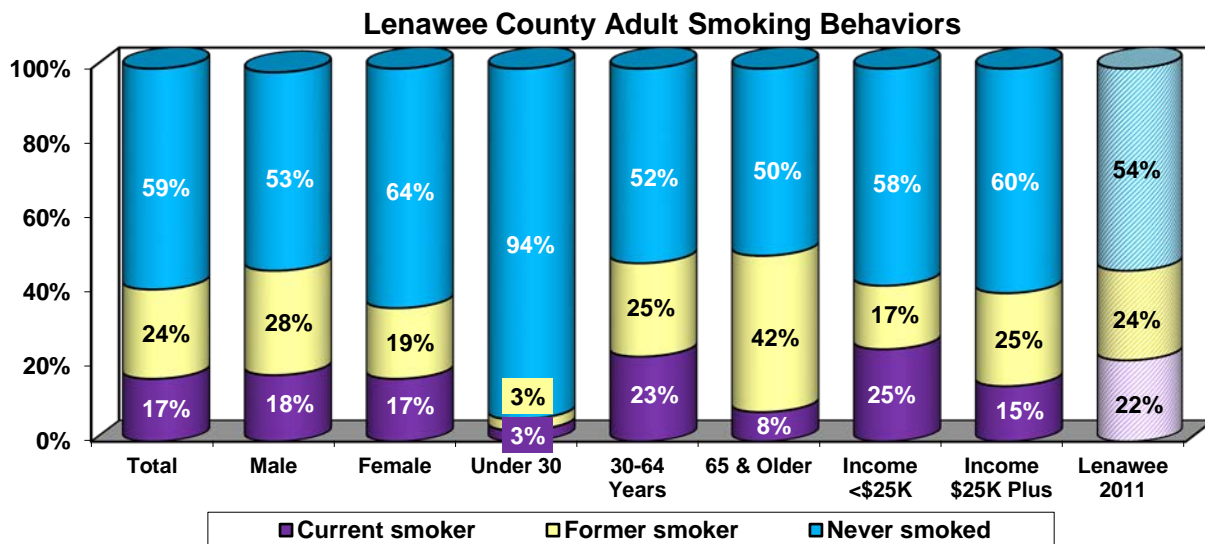
Adult Tobacco Use Behaviors

- The 2014 health assessment identified that one-in-six (17%) Lenawee County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoke some or all days). The 2013 BRFSS reported current smoker prevalence rates of 21% for Michigan and 19% for the U.S.
- Nearly one-quarter (24%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke). The 2012 BRFSS reported former smoker prevalence rates of 25% for both Michigan and the U.S.
- Lenawee County adult smokers were more likely to:
 - Have rated their overall health as poor (67%)
 - Have been divorced (30%)
 - Have incomes less than \$25,000 (25%)
 - Have been ages 30-64 (23%)
- Lenawee County adults used the following tobacco products in the past year: cigarettes (21%), e-cigarettes (7%), cigars (7%), roll-your-own (5%), chewing tobacco (4%), Black and Milds (3%), little cigars (3%), swishers (2%), cigarillos (1%), pipes (1%), hookah (1%), snuff (1%), and snus (<1%).
- 49% of current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.
- 15% of Lenawee County adults reported that someone had smoked cigarettes, cigars or pipes inside their home in the past month, increasing to 56% of current smokers.
- 19% of Lenawee County adults reported that someone had smoked cigarettes, cigars or pipes inside their car in the past month, increasing to 76% of current smokers.

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Current smoker	22%	17%	22%	19%
Former smoker	24%	24%	27%	25%
Tried to quit smoking	49%	49%	N/A	N/A

N/A – Not available

The following graph shows the percentage of Lenawee County adults who used tobacco. Examples of how to interpret the information includes: 17% of all Lenawee County adults were current smokers, 24% of all adults were former smokers, and 59% had never smoked.



Respondents were asked: "Have you smoked at least 100 cigarettes in your entire life?
 If yes, do you now smoke cigarettes every day, some days or not at all?"

49% of current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.

Smoke-Free Living: Benefits & Milestones

According to the American Heart Association and the U.S. Surgeon General, this is how your body starts to recover:

- In your first 20 minutes after quitting: your blood pressure and heart rate recover from the cigarette-induced spike.
- After 12 hours of smoke-free living: the carbon monoxide levels in your blood return to normal.
- After two weeks to three months of smoke-free living: your circulation and lung function begin to improve.
- After one to nine months of smoke-free living: clear and deeper breathing gradually returns as coughing and shortness of breath diminishes; you regain the ability to cough productively instead of hacking, which cleans your lungs and reduce your risk of infection.
- One year after quitting smoking, a person's risk of coronary heart disease is reduced by 50 percent.
- Five to 15 years after quitting smoking, a person's risk of stroke is similar to that of a nonsmoker.
- After 10 years of smoke-free living, your lung cancer death rate is about half that of a person who has continued to smoke. The risk of other cancers, such as throat, mouth, esophagus, bladder, cervix and pancreas decreases too.

(Source: AHA, Smoke-free Living: Benefits & Milestones, 2012, from:
http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoke-free-Living-Benefits-Milestones_UCM_322711_Article.jsp)

TOBACCO USE

Electronic Cigarettes Facts

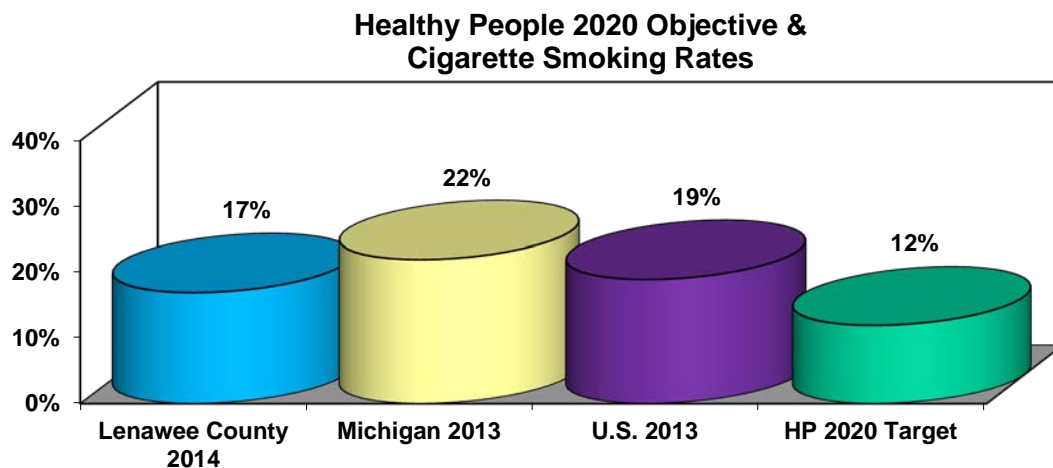
- Electronic cigarettes (e-cigarettes) are a type of electronic smoking device, resembling cigarettes. They can also look like pipes, pens, or USB memory sticks.
- E-cigarettes cost approximately \$30-60, and refill cartridges cost \$7-\$10. More recently, disposable e-cigarettes that “last up to two packs” are being sold for under \$10 in local and national convenience stores.
- Cartridges generally contain 10-20 mg of nicotine. However, as e-cigarettes are unregulated by the Food and Drug Administration (FDA), their contents and the level of these contents can be highly variable.
- Ever use of e-cigarettes is highest among current cigarette smoking adults in the U.S. and increased from 9.8% in 2010 to 21.2% in 2011 to 32% in 2012.
- Early studies by the FDA found varying levels of nicotine and other potentially harmful ingredients, including cancer-causing substances and di-ethylene glycol, which is found in anti-freeze. However, these substances were found at much lower levels than in traditional cigarettes.
- The awareness and use of electronic cigarettes are increasing. In 2011, 6 of 10 U.S. adults were aware of electronic cigarettes with 21% of smokers having ever used an electronic cigarette.
- Nicotine is found in both inhaled and exhaled vapor of electronic cigarettes. Studies have also found heavy metals, silicates, and cancer-causing compounds in exhaled e-cigarette vapor.

(Source: Philadelphia Department of Public Health, “Electronic Cigarette Fact sheet,” published February 2014, from: http://www.smokefreephilly.org/smokfree_philly/assets/File/Electronic%20Cigarette%20Fact%20Sheet_2_27_14.pdf & Legacy for Health, Tobacco Fact Sheet, May 2014, from: <http://www.legacyforhealth.org/content/download/582/6926/file/LEG-FactSheet-eCigarettes-JUNE2013.pdf>)

24% of Lenawee County adults indicated that they were former smokers.

The following graph shows Lenawee County, Michigan, and U.S. adult cigarette smoking rates. The BRFSS rates shown for Michigan and the U.S. were for adults 18 years and older. This graph shows:

- Lenawee County adult cigarette smoking rate was lower than the Michigan and U.S. rates, and higher than the Healthy People 2020 Goal.

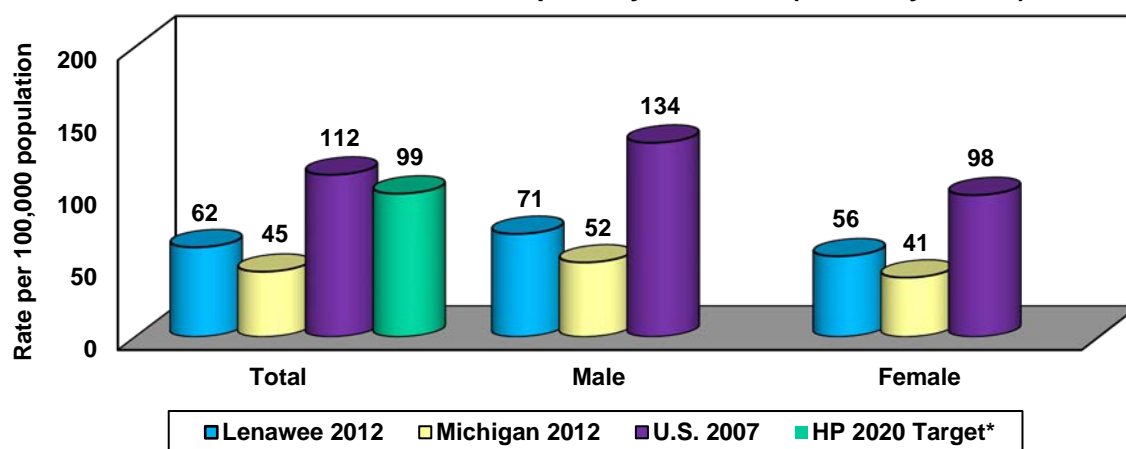


(Source: 2014 Lenawee County Health Assessment, 2013 BRFSS and Healthy People 2020)

The following graphs show Lenawee County, Michigan, and U.S. age-adjusted mortality rates per 100,000 population for chronic lower respiratory diseases (formerly COPD) in comparison with the Healthy People 2020 objective and the percentage of Lenawee County and Michigan mothers who smoked during pregnancy. These graphs show:

- In 2012, Lenawee County's age-adjusted mortality rate for Chronic Lower Respiratory Disease was higher than the Michigan rate, but lower than the U.S. rate and the Healthy People 2020 target objective.
- The 2012 male age-adjusted mortality rate for Chronic Lower Respiratory Disease was higher than the female rate during the same time period.
- In 2012, the percentage of mothers who smoked during pregnancy in Lenawee County was slightly higher than the Michigan rate.

**Age-Adjusted Mortality Rates for
Chronic Lower Respiratory Diseases (Formerly COPD)**

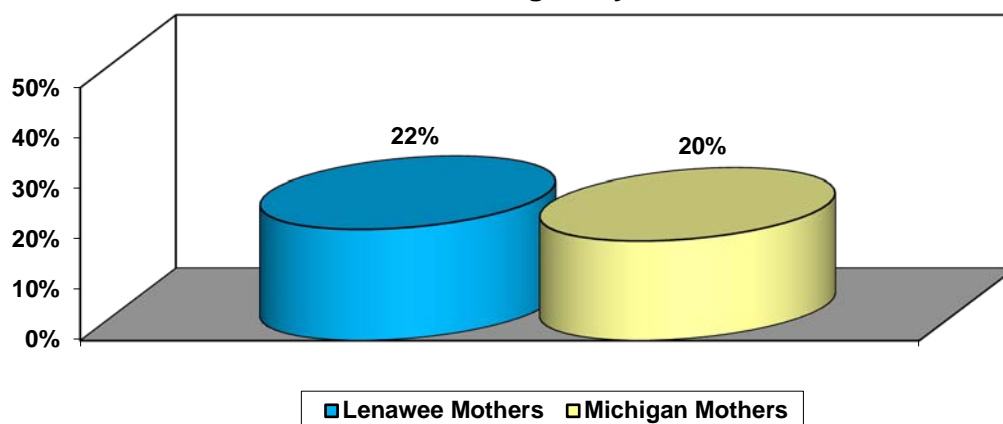


* Healthy People 2020's target rate and the U.S. rate are for adults aged 45 years and older.

**HP2020 does not report different goals by gender.

(Source: MDCH, Vital Statistics and Healthy People 2020)

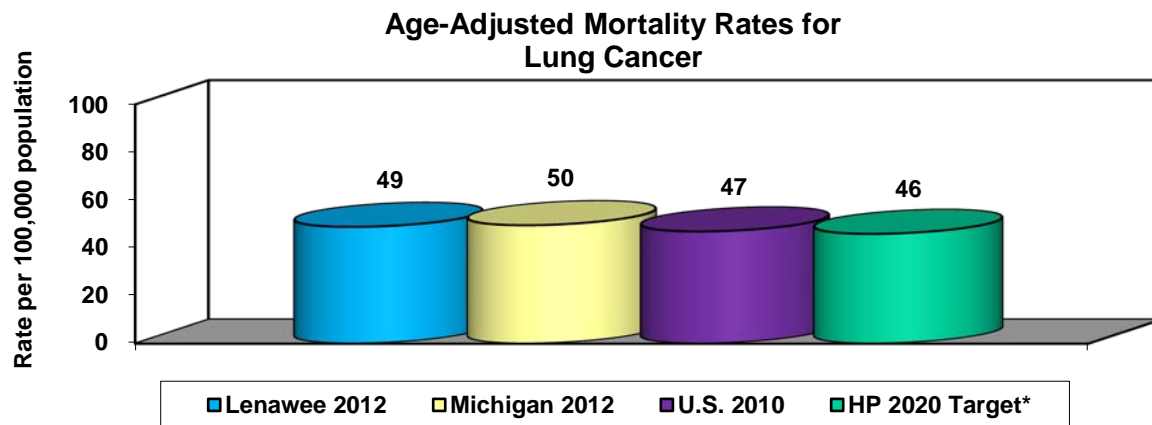
**Lenawee County and Michigan Births to Mothers Who Smoked During
Pregnancy, 2012**



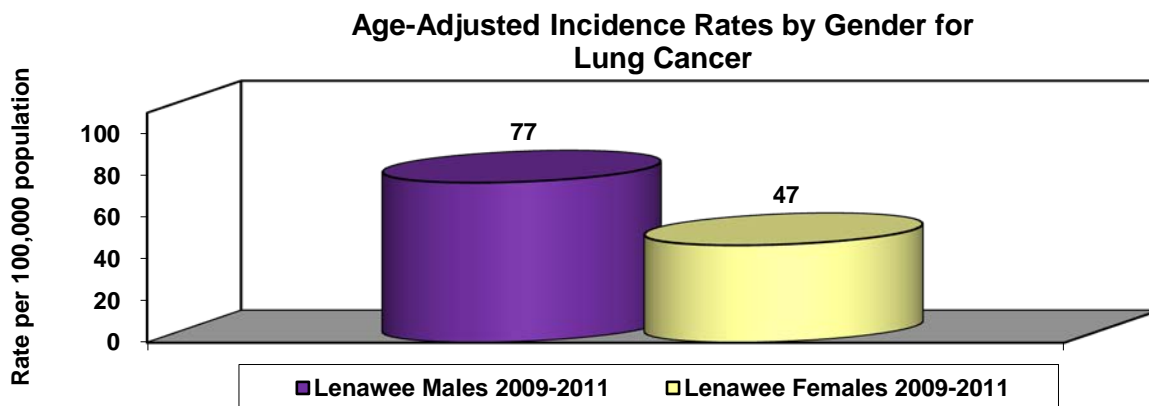
(Source: MDCH, Vital Statistics, 2012)

The following graphs show Lenawee County, Michigan, and U.S. age-adjusted mortality rates per 100,000 population for lung cancers in comparison with the Healthy People 2020 objective and Lenawee County incidence rates by gender. These graphs show:

- In 2012, the Lenawee County age-adjusted mortality rate for lung cancer was lower than the state rate, but higher than the national and Healthy People 2020 target objective.
- Disparities existed by gender for Lenawee County lung cancer age-adjusted incidence rates from 2009-2011.



(Source: Healthy People 2020, MDCH, updated 4-11-14)



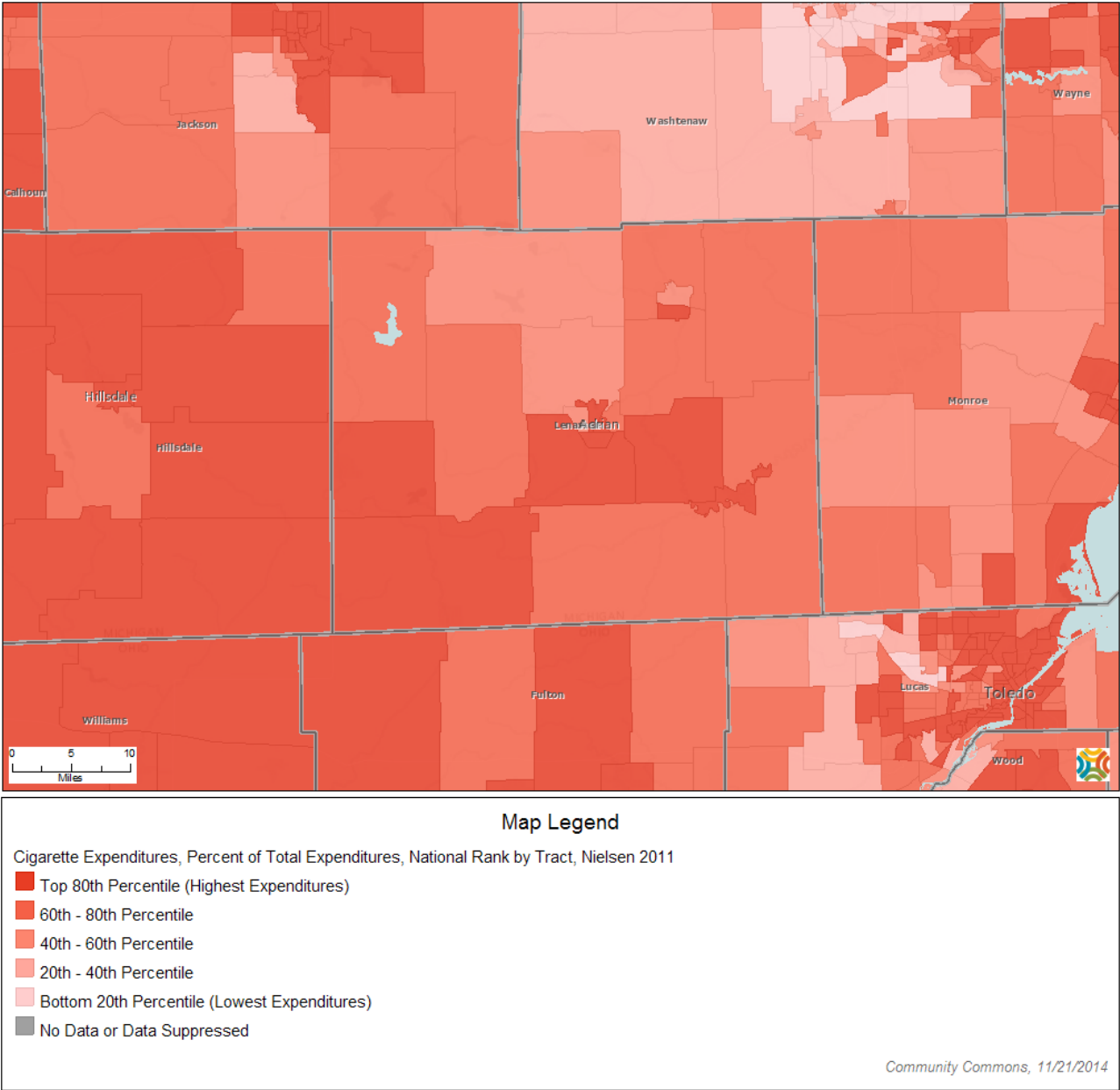
(Source: MDCH Information updated 4-11-14)

U.S. Adult Smoking Facts

- The percentage of American adults who smoke decreased from (21%) in 2005 to (18%) in 2012.
- About 1 in 5 (42.1 million) adults still smoke cigarettes.
- Cigarette smoking is the leading cause of preventable death in the United States, accounting for more than 480,000 deaths, or one of every five deaths, each year.
- More men (about 21%) than women (about 16%) smoke.
- More than 16 million Americans suffer from a disease caused by smoking.
- Adults living below poverty level (28%) are more likely to smoke than adults living at or above poverty level (17%).
- Smoking rates are higher among people with a lower education level.

(Source: CDC, Adult Cigarette Smoking in the United States: Current Estimates, February 14, 2014, from: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/)

Cigarette Expenditures, Percent of Total Expenditures, National Rank by Tract, Nielsen 2011



Adult | ALCOHOL CONSUMPTION

Key Findings

In 2014, the Health Assessment indicated that 15% of Lenawee County adults were considered frequent drinkers (drank an average of three or more days per week, per CDC guidelines). 43% of adults who drank had five or more drinks (for males) or 4 or more drinks (for females) on one occasion (binge drinking) in the past month. Eleven percent of adults drove after having 3 or more drinks.

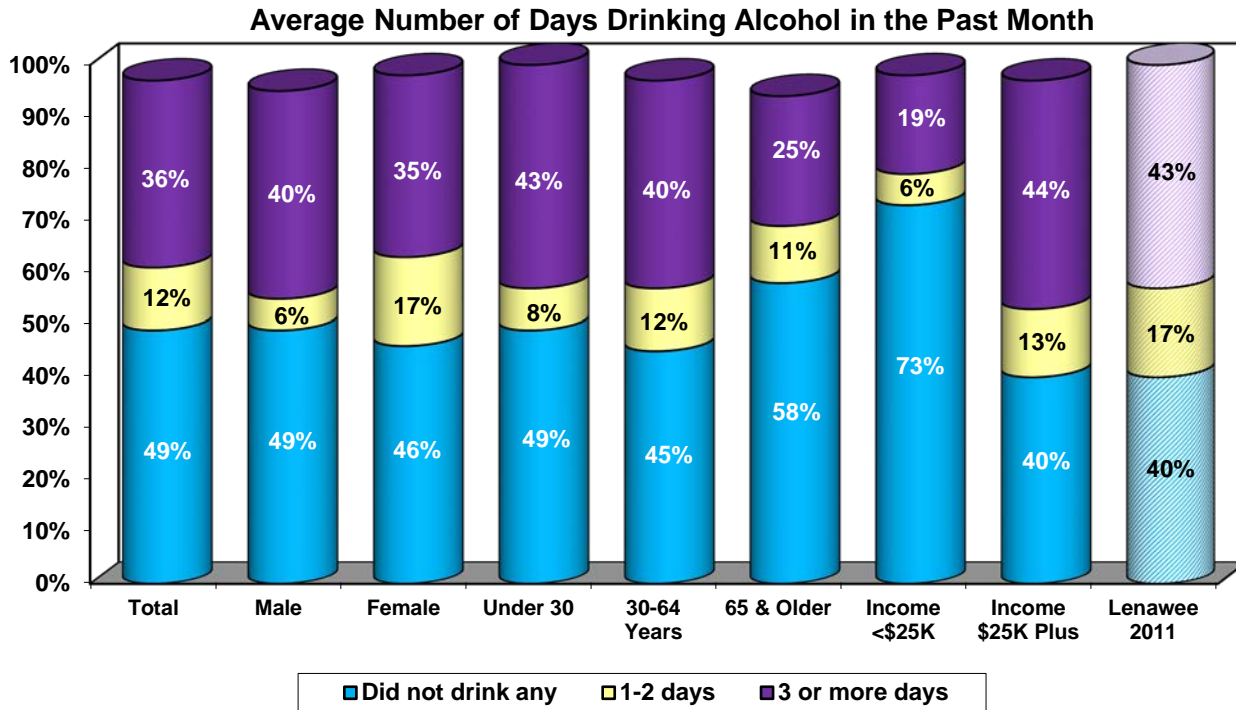
48% of Lenawee County adults had at least one alcoholic drink in the past month.

Adult Alcohol Consumption

- In 2014, 48% of the Lenawee County adults had at least one alcoholic drink in the past month, increasing to 57% of those with incomes more than \$25,000. The 2013 BRFSS reported current drinker prevalence rates of 57% for Michigan and 55% for the U.S.
- Approximately one-in-seven (15%) adults were considered frequent drinkers (drank on an average of three or more days per week).
- Of those who drank, Lenawee County adults drank 3.7 drinks on average, increasing to 7.3 drinks for those with incomes less than \$25,000.
- One-fifth (20%) of Lenawee County adults were considered binge drinkers. The 2013 BRFSS reported binge drinking rates of 19% for Michigan and 17% for the U.S.
- 43% of current drinkers reported they had five or more alcoholic drinks (for males) or 4 or more drinks (for females) on an occasion in the last month and would be considered binge drinkers by definition.
- 11% of adults reported driving after having 3 or more drinks, increasing to 18% of those over the age of 65.
- 4% of Lenawee County adults reported that as a result of drinking, they or a family member repeatedly failed to fulfill obligations at work or at home, placed themselves or a family member in dangerous situations, or experienced legal problems.
- Lenawee County adults approved of youth doing the following: parents allowing or giving alcohol to minors in their home (6%), drinking alcohol (4%), riding in a vehicle with someone who had been drinking (1%), binge drinking (1%), consuming alcohol and driving a child (1%), other adults giving alcohol to minors (<1%), and drinking alcohol and driving (<1%).

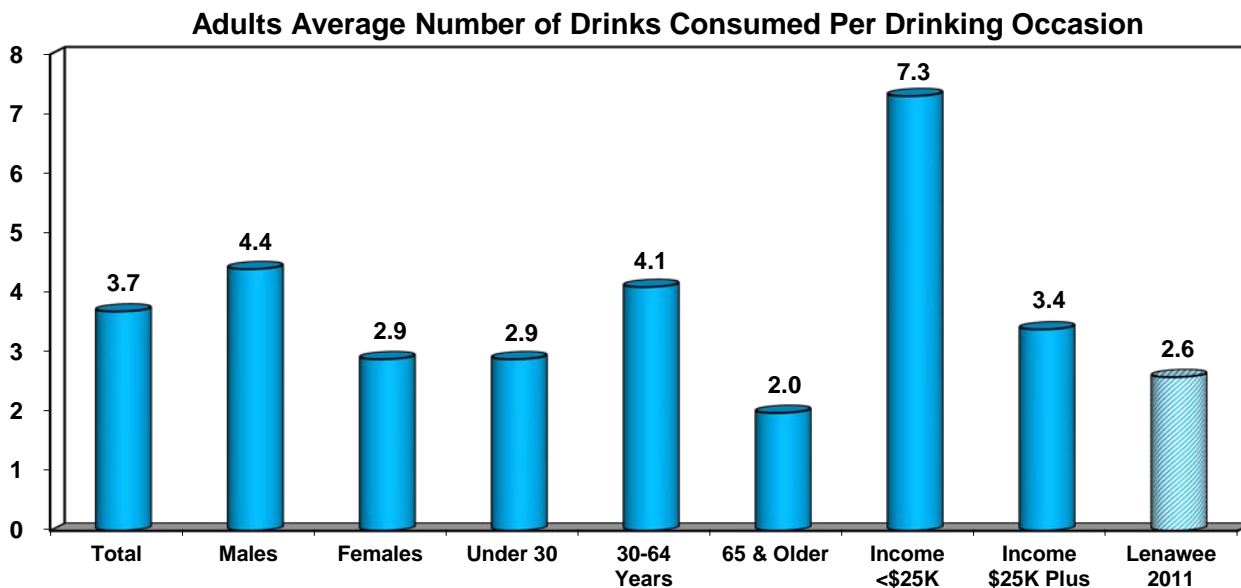
Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Drank alcohol at least once in past month	60%	48%	57%	55%
Binge drinker (drank 5 or more drinks for males and 4 or more for females on an occasion)	22%	20%	19%	17%

The following graphs show the percentage of Lenawee County adults consuming alcohol and the amount consumed on average. Examples of how to interpret the information shown on the first graph includes: 49% of all Lenawee County adults did not drink alcohol, 49% of Lenawee County males did not drink, and 46% of adult females reported they did not drink.



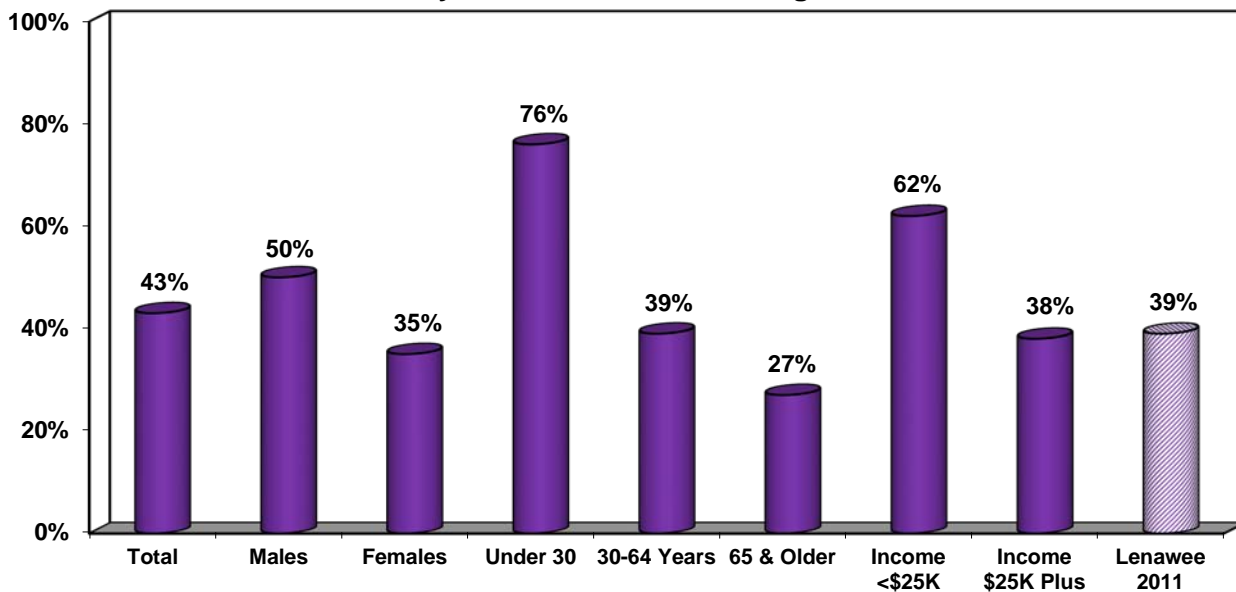
Percentages may not equal 100% as some respondents answered "don't know"

15% of Lenawee County adults were considered frequent drinkers (drank on an average of three or more days per week).



The following graphs show the percentage of Lenawee County drinkers who binge drank in the past month and a comparison of Lenawee County binge drinkers with Michigan and U.S.

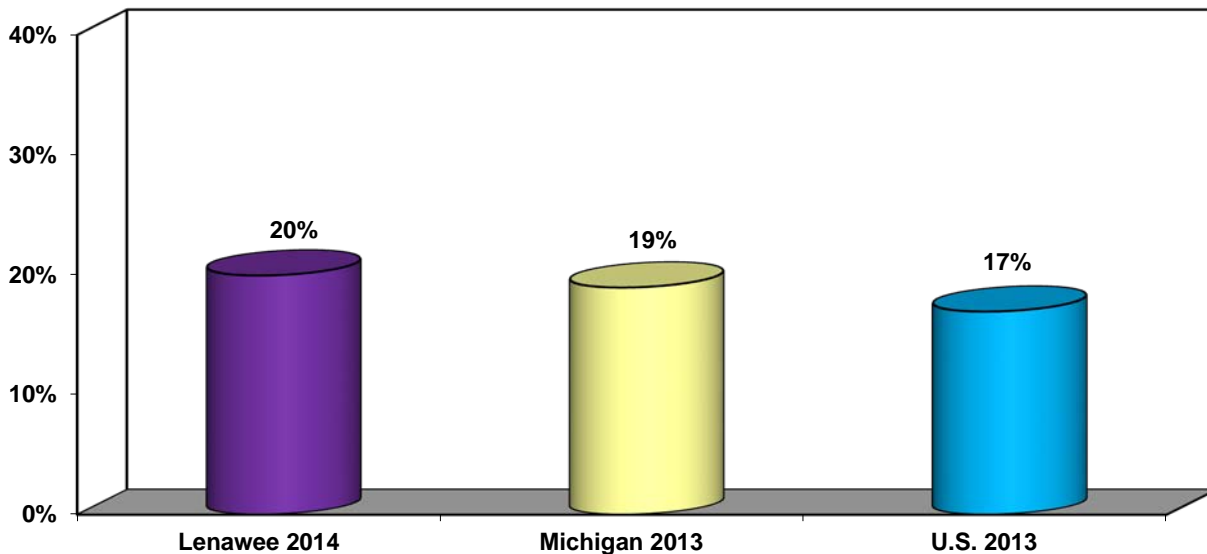
Lenawee County Adult Drinkers Who Binge Drank in Past Month*



**Based on adults who have drunk alcohol in the past month. Binge drinking is defined as having five or more drinks (for males) or four or more drinks (for females) on an occasion. Adults must have reported drinking five or more drinks (for males) or four or more drinks (for females) on an occasion at least once in the previous month.*

11% of Lenawee County adults reported driving after having 3 or more drinks.

Adult Binge Drinkers*



**Based on all adults. Binge drinking is defined as males having five or more drinks on an occasion, females having four or more drinks on one occasion.*

(Source: 2013 BRFSS, 2014 Lenawee County Health Assessment)

The following table shows the city of Adrian, Lenawee County, and Michigan motor vehicle accident statistics. The table shows:

- 36% of all fatal crashes in Lenawee County were alcohol-related compared to 32% in Michigan.

	City of Adrian 2013	Lenawee County 2013	Michigan 2013
Total Crashes	551	2,443	289,061
Alcohol-Related Total Crashes	23	114	9,828
Fatal Crashes	0	11	881
Alcohol-Related Fatal Crashes	0	4	284
Alcohol Impaired Drivers in Crashes	23	114	9,828
Injury Crashes	119	483	51,949
Alcohol-Related Injury Crashes	14	58	3,765
Property Damage Only	432	1,949	236,231
Alcohol-Related Property Damage Only	9	52	5,806
Deaths	0	14	951
Alcohol-Related Deaths	0	6	284
Total Non-Fatal Injuries	177	719	71,031
Alcohol-Related Injuries	18	80	5,242

(Source: Michigan Office of Highway Safety Planning Crash Reports, 2013 Traffic Crash Facts)

Impaired Driving

- Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. This amounts to one death every 48 minutes.
- The annual cost of alcohol-related crashes totals more than \$51 billion.
- In 2010, 10,228 people were killed in alcohol-impaired driving crashes, accounting for nearly one-third (31%) of all traffic-related deaths in the United States.
- Of the 1,210 traffic deaths among children ages 0 to 14 years in 2010, 211 (17%) involved an alcohol-impaired driver.
- In 2010, over 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics.

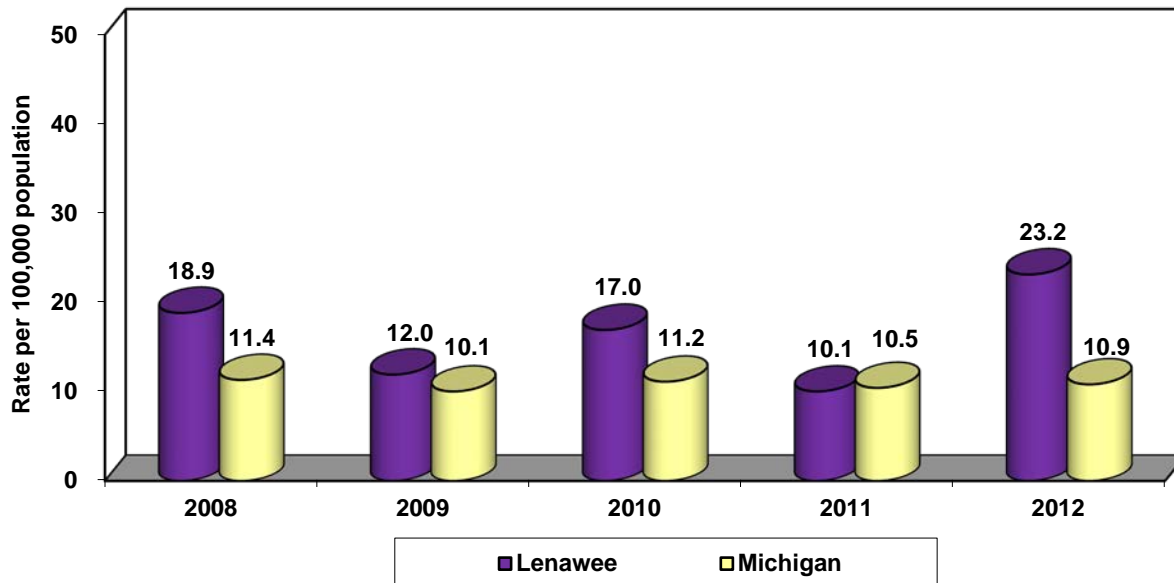
(Source: CDC, Injury Prevention & Control: Motor Vehicle Safety, April 17, 2013,
http://www.cdc.gov/motorvehiclesafety/impaired_driving/impaired-driv_factsheet.html)

Motor Vehicle Accidents

The following graphs show Lenawee County and Michigan age-adjusted motor vehicle accident mortality rates per 100,000 population and the number of Lenawee County deaths due to motor vehicle accidents. The graphs show:

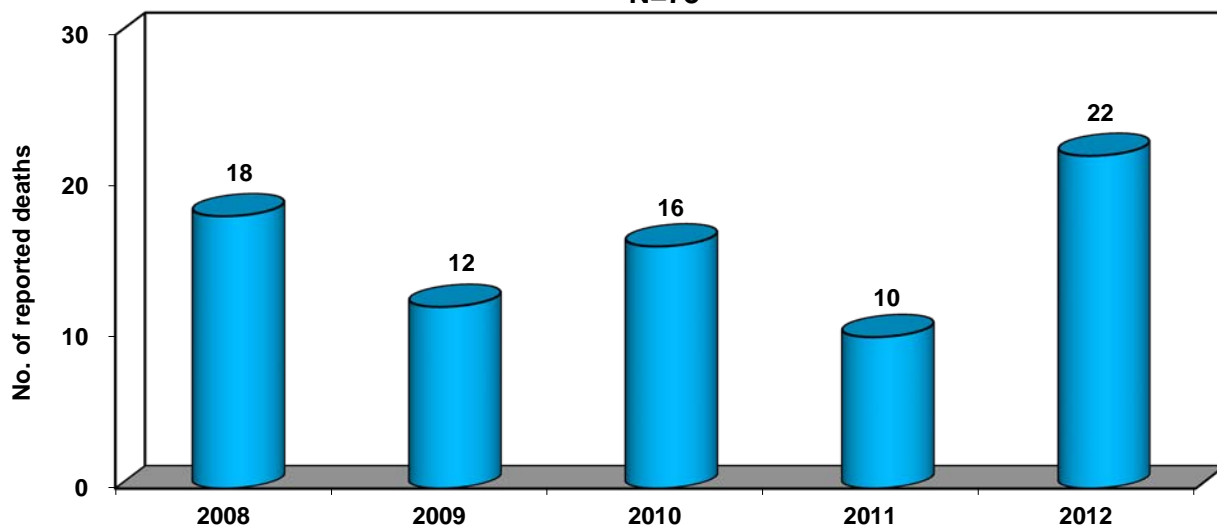
- From 2008-2012, the Lenawee County motor vehicle age-adjusted mortality rate fluctuated, and was usually above the Michigan rate.
- Lenawee County residents who were 45-65 years old experienced the highest number of deaths in 2012.

**Lenawee County and Michigan, Transport Fatality Rate
All Ages, Both Sexes, 2008-2012**



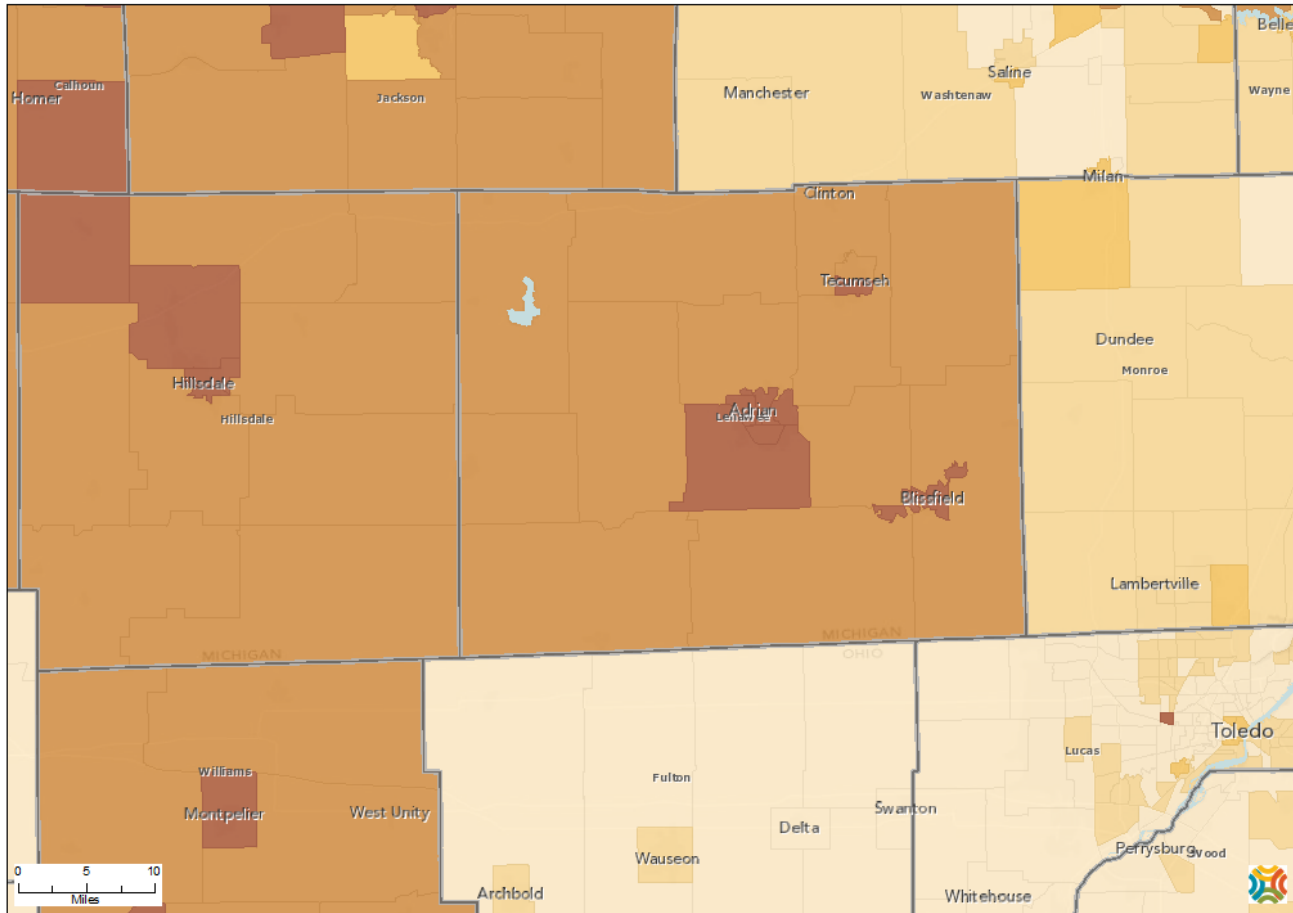
(Source: MDCH, Vital Statistics updated 4-4-2014)

**Lenawee County Number of Motor Vehicle Deaths
from 2008-2012
N=78**



(Source: Michigan Office of Highway Safety Planning, Updated 2014)

Alcoholic Beverage Expenditures, Percent of Total Expenditures, National Rank by Tract, Nielsen 2011



Map Legend

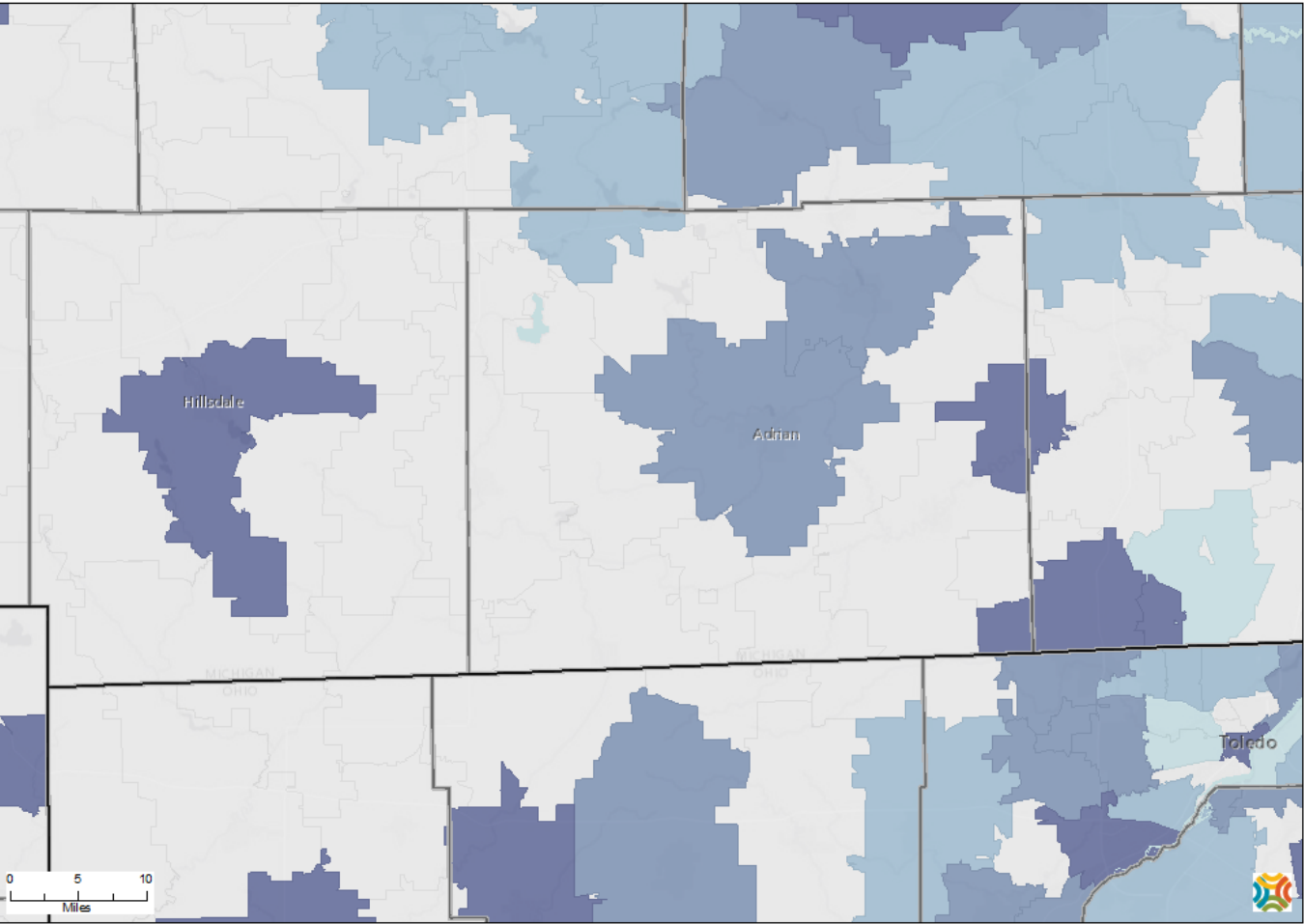
Alcoholic Beverage Expenditures, Percent of Total Expenditures, National Rank by Tract, Nielsen 2011

- Top 80th Percentile (Highest Expenditures)
- 60th - 80th Percentile
- 40th - 60th Percentile
- 20th - 40th Percentile
- Bottom 20th Percentile (Lowest Expenditures)
- No Data or Data Suppressed

Community Commons, 9/26/2014

ALCOHOL CONSUMPTION

Beer, Wine and Liquor Stores, Rate (Per 100,000 Pop.) by Zip Code Tabulation Area (ZCTA),
County Business Patterns (CBP), U.S. Census Bureau 2012



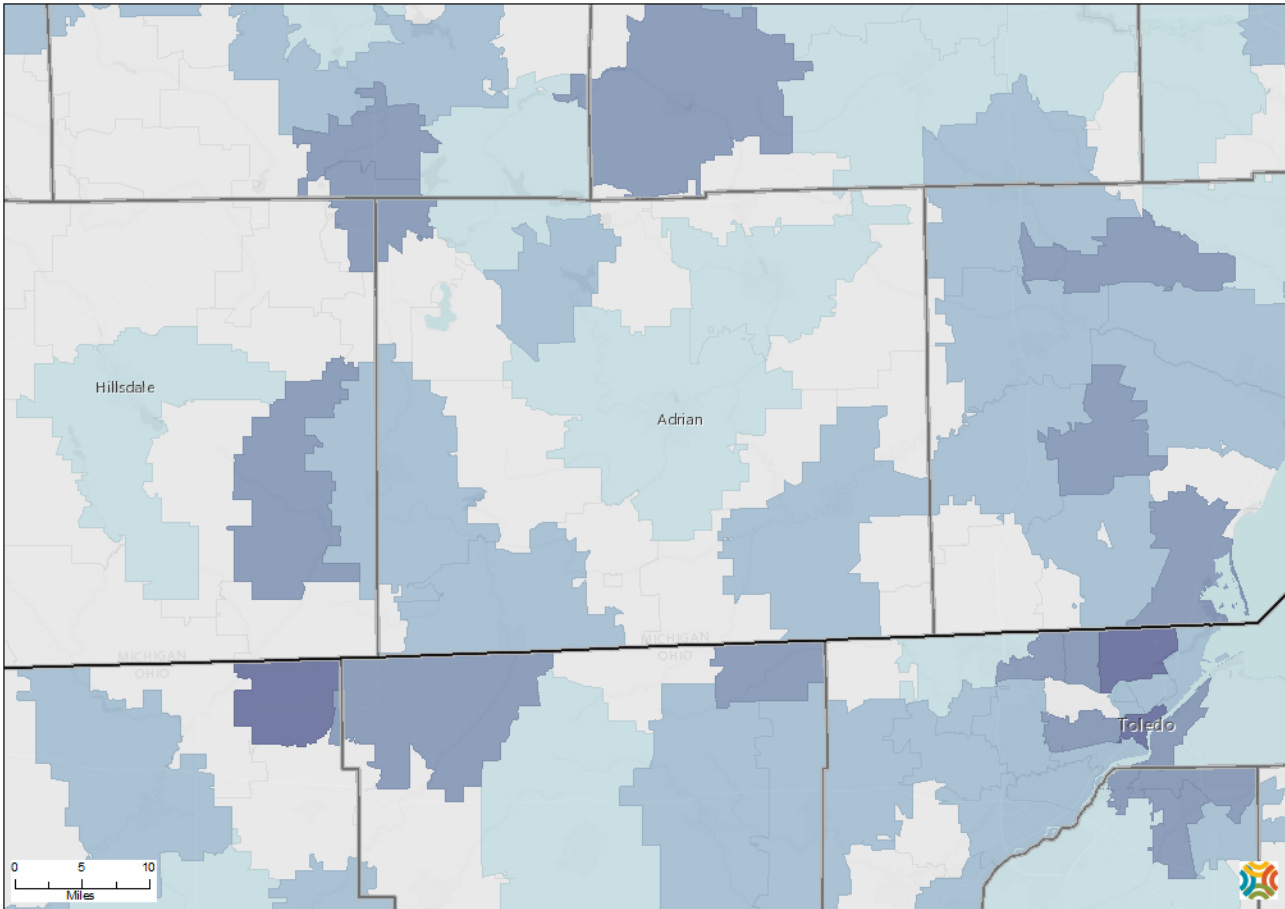
Map Legend

Beer, Wine and Liquor Stores, Rate (Per 100,000 Pop.) by ZCTA, CBP 2012

- Over 18.0
- 12.1 - 18.0
- 6.1 - 12.0
- Under 6.1
- No Establishments or No Data

Community Commons, 1/26/2015

Bars and Drinking Establishments, Rate (Per 100,000 Pop.) by Zip Code Tabulation Area (ZCTA), County Business Patterns (CBP), U.S. Census Bureau 2012



Map Legend

Bars and Drinking Establishments, Rate (Per 100,000 Pop.) by ZCTA, CBP 2012

- Over 80.0
- 30.1 - 80.0
- 10.1 - 30.0
- Under 10.1
- No Establishments or No Data

Community Commons, 1/26/2015

ALCOHOL CONSUMPTION

Adult | DRUG USE

Key Findings

In 2014, 7% of Lenawee County adults had used marijuana during the past 6 months. 8% of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.

Adult Drug Use

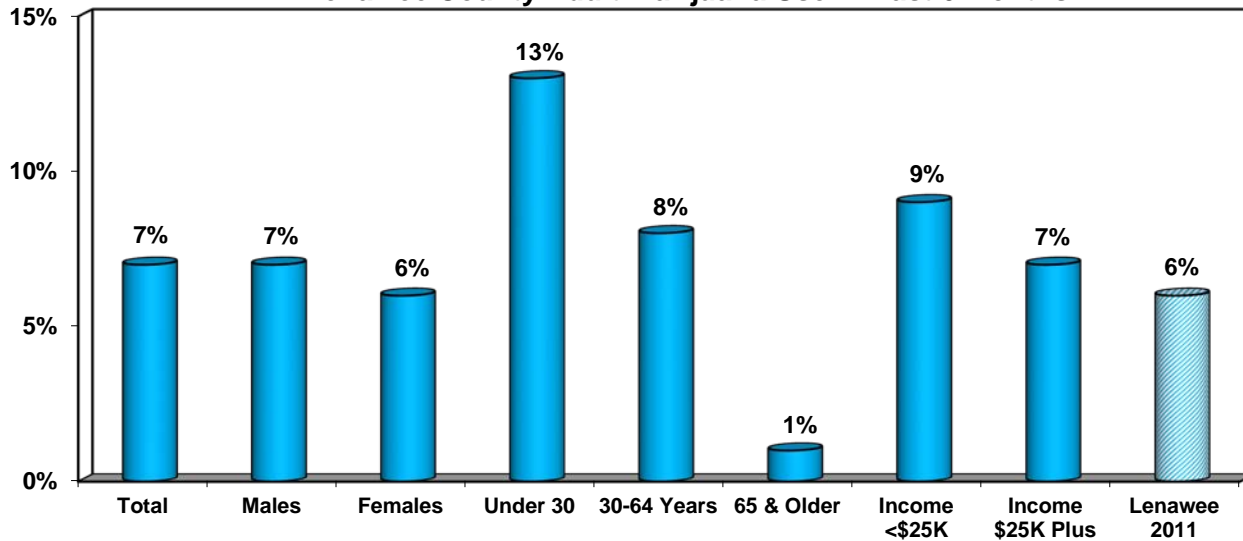
- 7% of Lenawee County adults had used marijuana in the past 6 months, increasing to 13% of those under the age of 30.
- <1% of Lenawee County adults reported using other recreational drugs such as cocaine, synthetic marijuana/K2, heroin, LSD, inhalants, Ecstasy, bath salts, and methamphetamines.
- When asked about their frequency of marijuana and other recreational drug use in the past six months, 39% of Lenawee County adults who used drugs did so almost every day, and 24% did so less than once a month.
- 8% of adults had used medications not prescribed for them or they took more than prescribed to feel good or high and/or more active or alert during the past 6 months, increasing to 14% of those with incomes less than \$25,000.
- When asked about their frequency of medication misuse in the past six months, 30% of Lenawee County adults who used these drugs did so almost every day, and 40% did so less than once a month.
- Lenawee County adults took the following over-the-counter drugs in a way not intended in the past six months: cough and cold medicine (14%), sleeping pills (4%), weight loss or diet pills (2%), motion sickness pills (1%), and energy boosters (1%).

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Adults who used marijuana in the past 6 months	6%	7%	N/A	N/A
Adults who used other recreational drugs in the past 6 months	0%	<1%	N/A	N/A
Adults who misused prescription drugs in the past 6 months	9%	8%	N/A	N/A

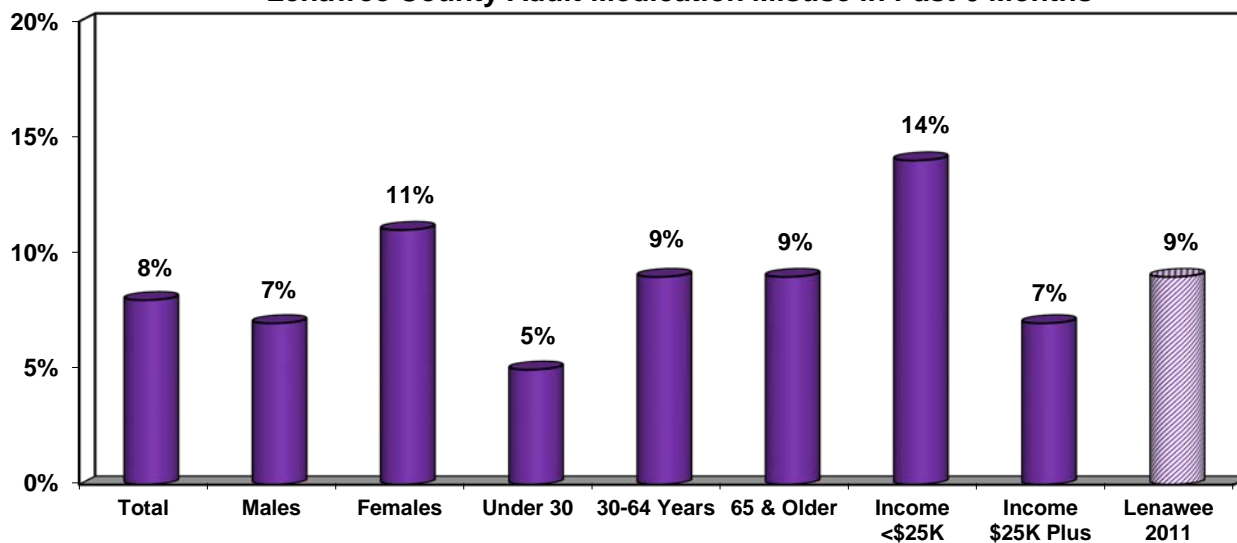
N/A – Not available

The following graphs are data from the 2014 Lenawee County Health Assessment indicating adult marijuana use in the past six months and medication misuse in the past six months. Examples of how to interpret the information includes: 7% of all Lenawee County adults used marijuana in the past six months, 13% of adults under the age of 30 were current users, and 9% of adults with incomes less than \$25,000 were current users.

Lenawee County Adult Marijuana Use in Past 6 Months



Lenawee County Adult Medication Misuse in Past 6 Months



Abuse of Prescription (Rx) Drugs

- Young adults (age 18 to 25) are the biggest abusers of prescription (Rx) opioid pain relievers, ADHD, stimulants, and anti-anxiety drugs.
- Reasons for abusing these drugs include: getting high, relieving pain, studying better, dealing with problems, losing weight, feeling better, increasing alertness, and having a good time with friends.
- In 2010, almost 3,000 young adults died from prescription drug (mainly opioid) overdoses. This was a 250% increase from 1999.
- Among young adults, for every death due to Rx drug overdose, there were 17 treatment admissions and 66 emergency room visits.

(Source: National Institute on Drug Abuse, *Abuse of Prescription (Rx) Drugs Affects Young Adults Most*, June 2013, from: <http://www.drugabuse.gov/related-topics/trends-statistics/infographics/abuse-prescription-rx-drugs-affects-young-adults-most>)

Bath Salts

- “Bath salt” stimulant products are sold in powder form in small plastic or foil packages of 200 and 500 milligrams under various brand names. Mephedrone is a fine white, off-white, or slightly yellow-colored powder. It can also be found in tablet and capsule form. MDPV is a fine white or off-white powder.
- “Bath salts” are usually ingested by sniffing/snorting. They can also be taken orally, smoked, or put into a solution and injected into veins.
- People who abuse these substances have reported agitation, insomnia, irritability, dizziness, depression, paranoia, delusions, suicidal thoughts, seizures, and panic attacks. Users have also reported effects including impaired perception of reality, reduced motor control, and decreased ability to think clearly.
- Cathinone derivatives act as central nervous system stimulants causing rapid heart rate (which may lead to heart attacks and strokes), chest pains, nosebleeds, sweating, nausea, and vomiting.

(Source: U.S. Department of Justice : *DEA Briefs & Background, Drug Fact Sheets*, June 2012, from: <http://www.justice.gov/dea/druginfo/factsheets.shtml>)

Adult | WOMEN'S HEALTH

Key Findings

In 2014, more than three-fifths (61%) of Lenawee County women over the age of 40 reported having a mammogram in the past year. 61% of Lenawee County women ages 19 and over had a clinical breast exam and 45% had a Pap smear to detect cancer of the cervix in the past year. The Health Assessment determined that 2% of women survived a heart attack and 2% survived a stroke at some time in their life. More than one-quarter (29%) had high blood pressure, 32% had high blood cholesterol, 33% were obese, and 17% were identified as smokers, known risk factors for cardiovascular diseases.

Women's Health Screenings

- In 2014, 64% of women had a mammogram at some time and two-fifths (41%) had this screening in the past year.
- About three-fifths (61%) of women ages 40 and over had a mammogram in the past year and 79% had one in the past two years. The 2012 BRFSS reported that 74% of women 40 and over in the U.S. and 77% in Michigan, had a mammogram in the past two years.
- Most (95%) Lenawee County women have had a clinical breast exam at some time in their life and 61% had one within the past year. Nearly four-fifths (79%) of women ages 40 and over had a clinical breast exam in the past two years. The 2010 BRFSS reported that 77% of women 40 and over in the U.S. and 80% in Michigan, had a clinical breast exam in the past two years.
- This assessment has identified that 94% of Lenawee County women have had a Pap smear and 45% reported having had the exam in the past year. 77% of women had a pap smear in the past three years. The 2012 BRFSS indicated that 78% of U.S. and 80% of Michigan women had a pap smear in the past three years.

Pregnancy

- 24% of Lenawee County women had been pregnant in the past 5 years.
- During their last pregnancy, Lenawee County women: got a prenatal appointment in the first 3 months (49%), took a multi-vitamin (45%), took folic acid during pregnancy (28%), took folic acid pre-pregnancy (15%), used marijuana (11%), had an abortion (4%), experienced perinatal depression (2%), and smoked cigarettes (2%).

Women's Health Concerns

- Women used the following as their usual source of services for female health concerns: private gynecologist (42%), general or family physician (29%), nurse practitioner/physician's assistant (2%), family planning clinic (2%), health department clinic (2%), community health center (2%), midwife (1%), and some other place (<1%). 9% indicated they did not have a usual source of services for female health concerns.

Lenawee County Female Leading Types of Death, 2012

1. Heart Diseases (27% of all deaths)
2. Cancer (22%)
3. Chronic Lower Respiratory Diseases (9%)
4. Alzheimer's Disease (5%)
5. Unintentional Injuries (4%) (tie)
Diabetes (4%) (tie)

(Source: MDCH, updated 3-3-14)

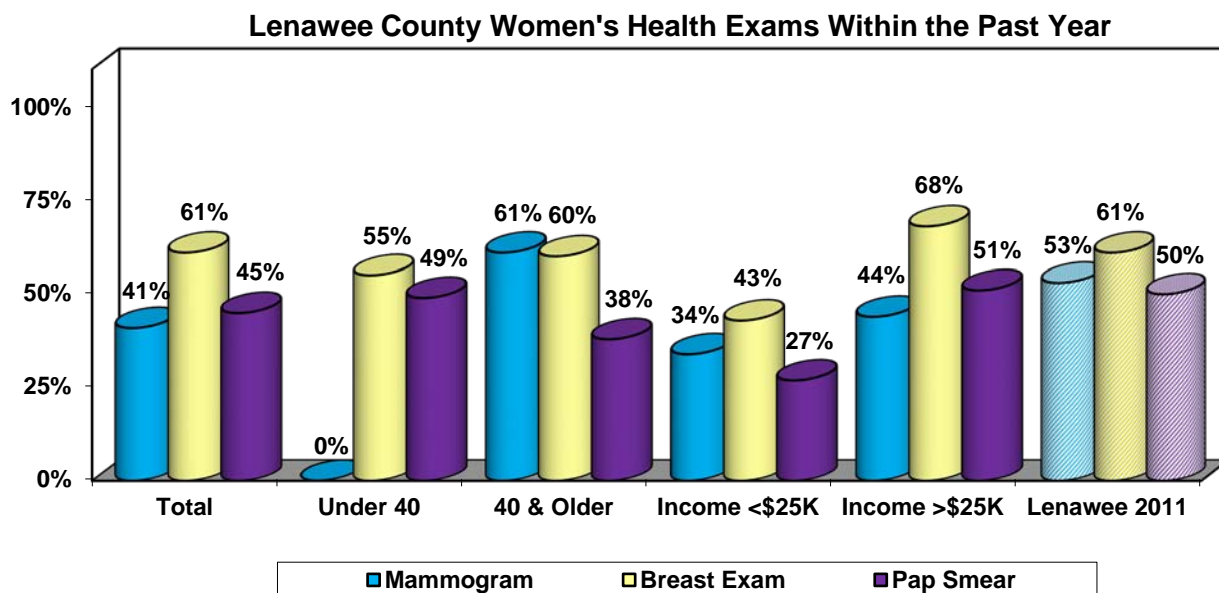
Michigan Female Leading Types of Death, 2012

1. Heart Diseases (25% of all deaths)
2. Cancer (22%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (6%)
5. Alzheimer's Disease (5%)

(Source: MDCH, updated 3-3-14)

- Women who have gone through menopause did the following as treatment: visited a doctor (30%), hormone replacement therapy (18%), naturopathic remedies (9%), pelvic floor rehab (2%), and other treatments (6%).
- In 2012, major cardiovascular diseases (heart disease and stroke) accounted for 31% of all female deaths in Lenawee County (*Source: MDCH, Vital Statistics*).
- In 2014, the health assessment determined that 2% of women had survived a heart attack and 2% had survived a stroke at some time in their life.
- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Lenawee County the 2014 Health Assessment has identified that:
 - 65% were overweight or obese (61% Michigan, 58% U.S., 2013 BRFSS)
 - 32% were diagnosed with high blood cholesterol (38% Michigan, 37% U.S., 2013 BRFSS)
 - 29% were diagnosed with high blood pressure (32% Michigan, 30% U.S. 2013 BRFSS)
 - 17% of all women were current smokers (18% Michigan, 17% U.S., 2013 BRFSS)
 - 8% had been diagnosed with diabetes (11% Michigan, 12% U.S., 2013 BRFSS)

The following graph shows the percentage of Lenawee County female adults that had various health exams in the past year. Examples of how to interpret the information shown on the graph includes: 41% of Lenawee County females had a mammogram within the past year, 61% had a clinical breast exam, and 45% had a Pap smear.



Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Had a clinical breast exam in the past two years (age 40 & over)	78%	79%	80%*	77%*
Had a mammogram in the past two years (age 40 & over)	81%	79%	77%**	74%**
Had a pap smear in the past three years	N/A	77%	80%**	78%**

N/A – Not available

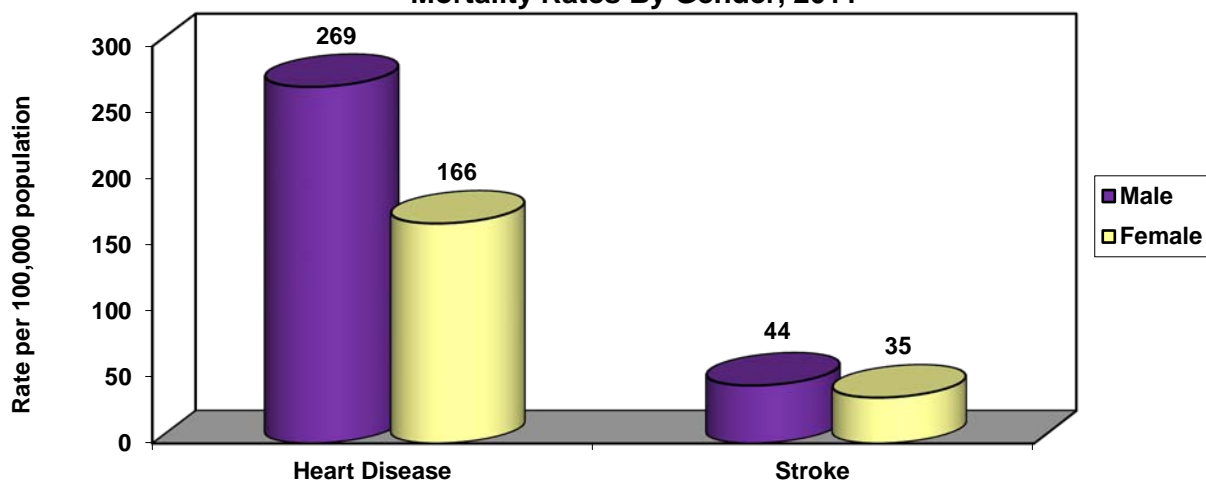
*2010 BRFSS Data

**2012 BRFSS Data

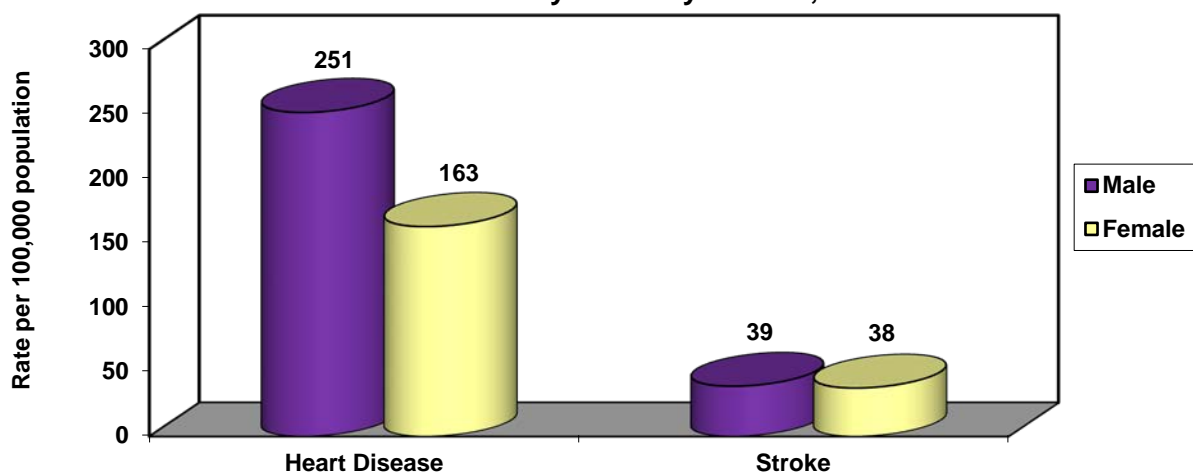
The following graphs show the Lenawee County and Michigan age-adjusted mortality rates per 100,000 population for cardiovascular diseases. The graphs show:

- In 2011, the Lenawee County and Michigan female age-adjusted mortality rate was lower than the male rate for both heart disease and stroke.
- The Lenawee County female heart disease mortality rate was higher than the Michigan female rate in 2011.

Lenawee County Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2011



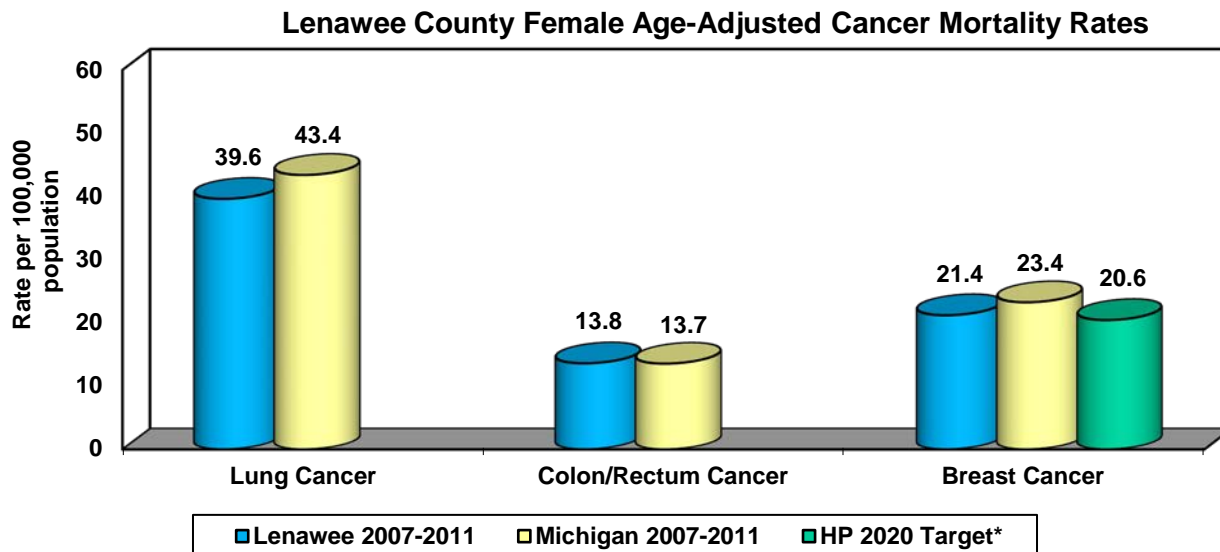
Michigan Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2011



(Source for graphs: MDCH, Vital Statistics, updated 3-3-14)

The following graph shows the Lenawee County age-adjusted cancer mortality rates per 100,000 population for women with comparison to Healthy People 2020 objectives when available. The graph shows:

- From 2007-2011, the Lenawee County age-adjusted mortality rate for female lung cancer was less than the Michigan rate.
- From 2007-2011, the Lenawee County age-adjusted breast cancer mortality rate was less than the Michigan rate but higher than the Healthy People 2020 target objective.



**Note: Healthy People 2020 target rates are not gender specific; Healthy People 2020 Targets may not be available for all diseases.*

(Source: Michigan Cancer Surveillance Program, updated 5-13-14, and Healthy People 2020)

Binge Drinking: A Serious, Under Recognized Problem among Women and Girls

- Binge drinking for women is defined as consuming 4 or more alcohol drinks (beer, wine, or liquor) on an occasion.
- Binge drinking is a dangerous behavior but is not widely recognized as a women's health problem.
- Drinking too much results in about 23,000 deaths in women and girls each year.
- Binge drinking increases the chances of breast cancer, heart disease, sexually transmitted diseases, unintended pregnancy, and many other health problems.
- If women binge drink while pregnant, they risk exposing their developing baby to high levels of alcohol, increasing the chances the baby will be harmed by the mother's alcohol use.
- Drinking during pregnancy can lead to sudden infant death syndrome and fetal alcohol spectrum disorders.
- About 1 in 8 women aged 18 years and older and 1 in 5 high school girls binge drink. Women who binge drink do so frequently – about 3 times a month – and have about 6 drinks per binge.

(Source: Centers for Disease Control and Prevention, Binge Drinking, January 2013, <http://www.cdc.gov/vitalsigns/BingeDrinkingFemale/index.html>)

Human Papilloma Virus (HPV and Vaccine)

- Approximately 79 million Americans are infected with human papillomavirus (HPV), an approximately 14 million people will become newly infected each year.
- Some HPV types can cause cervical, vaginal, and vulvar cancer among women, penile cancer among men, and anal and some oropharyngeal cancers among both men and women.
- Other HPV types can cause genital warts among both sexes. Each year in the United States an estimated 27,000 new cancers attributable to HPV occur, 17,600 among females (of which 10,400 are cervical cancer) and 9,300 among males (of which 7,200 are oropharyngeal cancers).
- There are, however, two HPV vaccines available (Gardasil® and Cervarix®) which protect against the types of HPV infection that cause most cervical cancers (HPV types 16 and 18). Both vaccines should be given as a three-shot series. Clinical trials and post-licensure monitoring data show that both vaccines are safe.
- CDC recommends HPV vaccination for the prevention of HPV infections responsible for most types of cervical cancer.

(Source: Centers for Disease Control and Prevention, Vaccine Safety, Human Papillomavirus (HPV) Vaccine, updated August 18, 2014, from <http://www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html>)

Breast Cancer in Young Women

- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.
- About 11% of all new cases of breast cancer in the United States are found in women younger than 45 years of age.
- In 2010, 206,966 women and 2,039 men in the United States were diagnosed with breast cancer. 40,996 women and 439 men in the United States died from breast cancer.
- Some young women are at a higher risk for getting breast cancer at an early age compared with other women their age. If you are a woman under age 45, you may have a higher risk if:
 - You have close relatives (parents, siblings, or children) who were diagnosed with breast or ovarian cancer when they were younger than 45, especially if more than one relative was diagnosed or if a male relative had breast cancer.
 - You have changes in certain breast cancer genes (BRCA1 and BRCA2), or have close relatives with these changes.
 - You were treated with radiation therapy to the breast or chest during childhood or early adulthood.
 - You have been told that you have dense breasts on a mammogram.
 - You have had breast cancer or certain other breast health problems such as lobular carcinoma *in situ* (LCIS), ductal carcinoma *in situ* (DCIS), atypical ductal hyperplasia, or atypical lobular hyperplasia.
- You can help lower your risk of breast cancer in the following ways:
 - Get screened for breast cancer regularly.
 - Know how your breasts normally look and feel.
 - Keep a healthy weight.
 - Exercise regularly (at least four hours a week).
 - Breastfeed your babies, if possible.
 - If you plan to have children after 30, talk to your doctor about your cancer risk.
 - Talk to your doctor if you have a family history of breast or ovarian cancer or other risk factors.

(Source: CDC, Breast Cancer, March 13, 2014, http://www.cdc.gov/cancer/breast/young_women/)

Adult | MEN'S HEALTH

Key Findings

In 2014, 48% of Lenawee County males over the age of 50 had a Prostate-Specific Antigen (PSA) test. Major cardiovascular diseases (heart disease and stroke) accounted for 28% and cancer accounted for 26% of all male deaths in Lenawee County in 2012. The Health Assessment determined that 4% of men survived a heart attack and 3% survived a stroke at some time in their life. More than one-third (36%) of men had been diagnosed with high blood pressure, 38% had high blood cholesterol, and 18% were identified as smokers, which, along with obesity (44%), are known risk factors for cardiovascular diseases.

Men's Health Screenings and Concerns

- More than two-fifths (42%) of Lenawee County males had a Prostate-Specific Antigen (PSA) test at some time in their life and 25% had one in the past year.
- 57% of men had a digital rectal exam in their lifetime and 19% had one in the past year.
- 78% of males age 50 and over had a PSA test at some time in their life, and 48% had one in the past year.
- In 2012, major cardiovascular diseases (heart disease and stroke) accounted for 28% of all male deaths in Lenawee County (Source: MDCH, Vital Statistics).
- In 2014, the health assessment determined that 4% of men had survived a heart attack and 3% had survived a stroke at some time in their life.

25% of Lenawee County males had a PSA test in the past year.

- Major risk factors for cardiovascular diseases include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Lenawee County the 2014 health assessment has identified that:
 - 82% were overweight or obese (71% Michigan, 71% U.S., 2013 BRFSS)
 - 38% were diagnosed with high blood cholesterol (44% Michigan, 40% U.S., 2013 BRFSS)
 - 36% were diagnosed with high blood pressure (37% Michigan, 34% U.S., 2013 BRFSS)
 - 18% of all men were current smokers (25% Michigan, 22% U.S., 2013 BRFSS)
 - 7% had been diagnosed with diabetes (11% Michigan, 10% U.S., 2013 BRFSS)
- In 2012, cancer was the leading cause of death for Lenawee County males (n=121 male resident deaths). Cancer was the second leading cause of death for Michigan males (n=10,706 male resident deaths) (Source: MDCH, Vital Statistics).

Lenawee County Male Leading Types of Death, 2012

1. Cancer (26% of all deaths)
2. Heart Diseases (24%)
3. Chronic Lower Respiratory Diseases (8%)
4. Accidents, Unintentional Injuries (6%)
5. Diabetes Mellitus (5%)

(Source: MDCH, updated 3-3-14)

Michigan Male Leading Types of Death, 2012

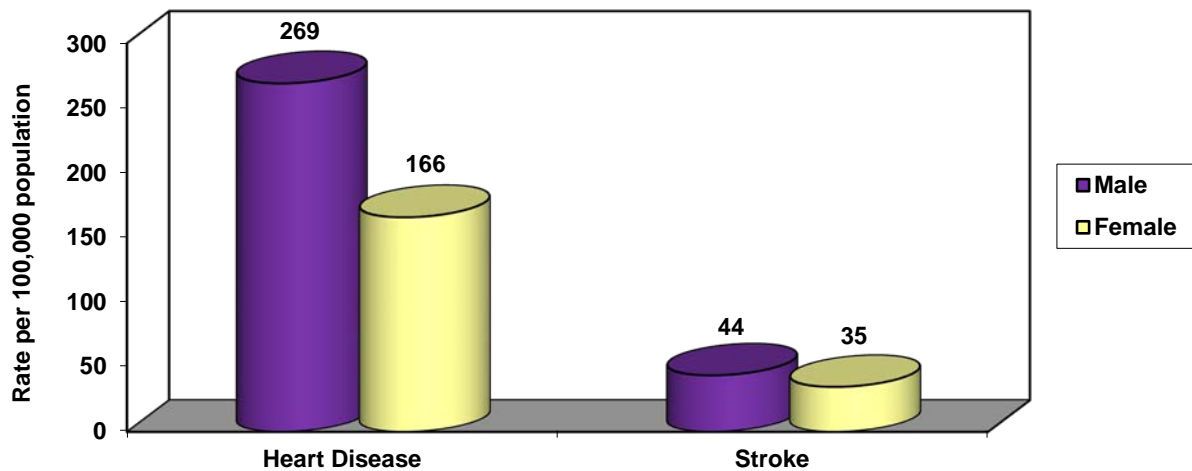
1. Heart Diseases (27% of all deaths)
2. Cancer (24%)
3. Chronic Lower Respiratory Diseases (6%)
4. Accidents, Unintentional Injuries (5%)
5. Stroke (4%)

(Source: MDCH, updated 3-3-14)

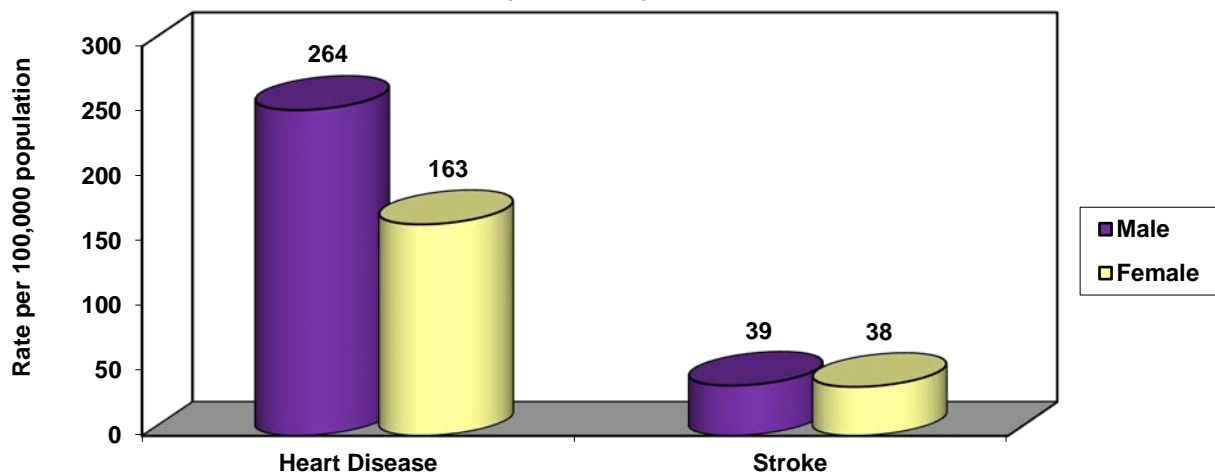
The following graphs show the Lenawee County and Michigan age-adjusted mortality rates per 100,000 population for cardiovascular diseases by gender. The graphs show:

- In 2011, the Lenawee County and Michigan male age-adjusted mortality rates were higher than the female rates for both heart disease and stroke.
- The Lenawee County male age-adjusted heart disease and stroke mortality rates were higher than the Michigan male rates.

Lenawee County Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2011



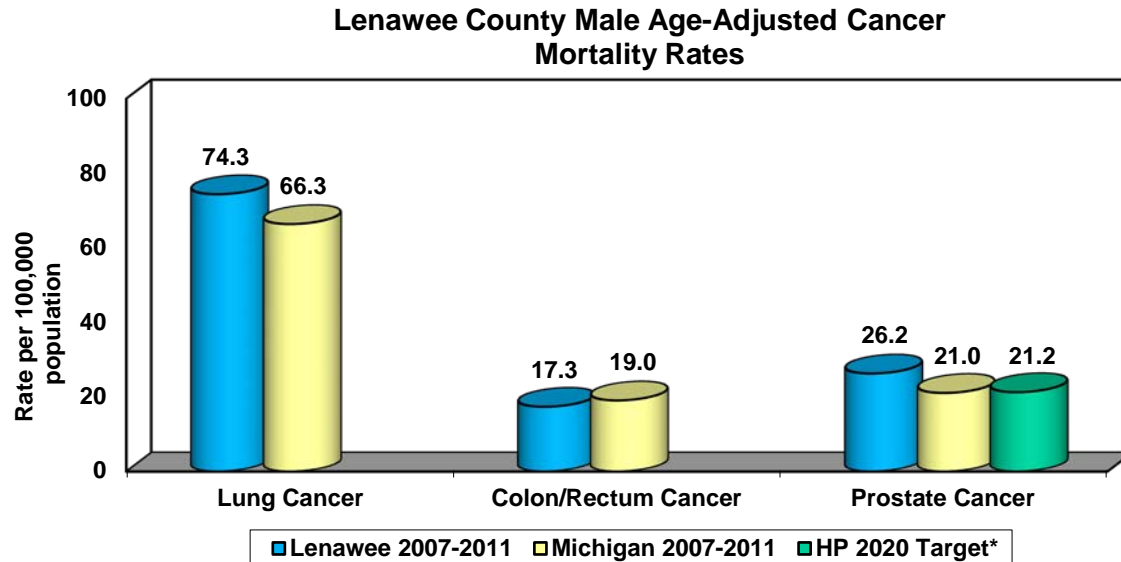
Michigan Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2011



(Source for graphs: MDCH, Vital Statistics, updated 3-3-14)

The following graph shows the Lenawee County age-adjusted cancer mortality rates per 100,000 population for men with comparison to Healthy People 2020 objective. The graph shows:

- From 2007-2011, the Lenawee County age-adjusted mortality rate for male lung cancer was higher than the Michigan rate.
- The age-adjusted prostate cancer mortality rate in Lenawee County for 2007-2011 was higher than the Michigan rate and the Healthy People 2020 objective.



**Note: the Healthy People 2020 target rates are not gender specific.
(Source: Michigan Cancer Surveillance Program, updated 5-13-14, and Healthy People 2020)*

Men's Health Data

- Approximately 13% of adult males aged 18 years or older reported fair or poor health.
- 22% of adult males in the U.S. currently smoke.
- Of the adult males in the U.S., 31% had 5 or more drinks in 1 day at least once in the past year.
- Only 52% of adult males in the U.S. met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity.
- 34% of men 20 years and over are obese.
- There are 19% of males under the age of 65 without health care coverage.
- The leading causes of death for males in the United States are heart disease, cancer and accidents (unintentional injuries).

(Source: CDC, National Center for Health Statistics, Men's Health, Fast Stats, 1/11/2013 from http://www.cdc.gov/nchs/fastats/mens_health.htm)

Cancer and Men

- Every year, cancer claims the lives of nearly 300,000 men in America.
- More men in the U.S. die from lung cancer than any other type of cancer. The most important thing you can do to prevent lung cancer is not to start smoking, or to quit if you smoke.
- Smoking causes cancers of the esophagus, larynx (voice box), mouth, throat, kidney, bladder, pancreas, stomach, and acute myeloid leukemia.
- In men, the following cancers are associated with being overweight: colorectal cancer, esophageal cancer (a type of cancer of the tube that connects your throat to your stomach), and cancer of the kidney and pancreas.
- Prostate cancer is the most common cancer in men in the U.S., not counting skin cancer. It is the second most common cause of cancer death in men. While all men are at risk for prostate cancer, some factors increase risk. These include:
 - older age
 - family history of prostate cancer
 - being African American
- Colorectal cancer is the third leading cause of cancer deaths in America men. Screening tests can find precancerous polyps so they can be removed before they turn into cancer. Everyone should be tested for colorectal cancer regularly, starting at age 50.

(Source: Center for Disease Control and Prevention, National Cancer Institute, June 18, 2012, <http://www.cdc.gov/features/cancerandmen/>)

Heart Health and Stroke Facts for Men

- Heart disease is the leading cause of death for men in the United States, killing 307,225 men in 2009—that's 1 in every 4 male deaths.
- Heart disease is the **leading cause** of death for men of most racial/ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.
- About 8.5% of all white men, 7.9% of black men, and 6.3% of Mexican American men have coronary heart disease.
- Half of the men who die suddenly of coronary heart disease have **no previous symptoms**. Even if you have no symptoms, you may still be at risk for heart disease.
- Between 70% and 89% of sudden cardiac events occur in men
- High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. About half of Americans (49%) have at least one of these three risk factors. Several other medical conditions and lifestyle choices can also put people at higher risk for heart disease, including:
 - Diabetes
 - Physical inactivity
 - Excessive Alcohol Use
 - Poor diet
 - Overweight and obesity

(Source: CDC, Men and Heart Disease Fact Sheet, updated 10-18-12, from: http://www.cdc.gov/dhdp/data_statistics/fact_sheets/fs_men_heart.htm)

Adult | PREVENTIVE MEDICINE AND HEALTH SCREENINGS

Key Findings

Three-fifths (60%) of adults ages 65 and older had a pneumonia vaccination at some time in their life. More than half (59%) of adults ages 50 and older had a colonoscopy/sigmoidoscopy within the past 5 years.

Preventive Medicine

- Almost half (49%) of Lenawee County adults had a flu vaccine during the past 12 months.
- Of those who had a flu vaccine, 98% had the shot and 2% had the nasal spray.
- 71% of Lenawee County adults ages 65 and older had a flu vaccine in the past 12 months. The 2013 BRFSS reported that 57% of Michigan and 63% of U.S. adults ages 65 and older had a flu vaccine in the past year.
- More than one-fourth (29%) of adults have had a pneumonia shot in their life, increasing to 60% of those ages 65 and older. The 2013 BRFSS reported that 69% of Michigan and 70% of U.S. adults ages 65 and older had a pneumonia shot in their life.
- Lenawee County adults have had the following vaccines: tetanus booster (including Tdap) in the past 10 years (49%), pneumonia vaccine in their lifetime (29%), Zoster (shingles) vaccine in their lifetime (13%), pertussis vaccine in the past 10 years (11%), and human papillomavirus vaccine in their lifetime (5%).

Reasons Some Adults Still Need Vaccines

Some adults incorrectly assume that the vaccines they received as children will protect them for the rest of their lives. Generally this is true, except that:

- Some adults were never vaccinated as children.
- Newer vaccines were not available when some adults were children.
- Immunity can begin to fade over time.
- As we age, we become more susceptible to serious disease caused by common infections (such as flu and pneumococcus).

(Source: CDC, Immunization Schedules, updated 9-18, 2014, <http://www.cdc.gov/vaccines/schedules/easy-to-read/adult.html>)

Preventive Health Screenings and Exams

- More than half (59%) of adults ages 50 and older had a colonoscopy or sigmoidoscopy in the past 5 years.
- In the past year, 61% of Lenawee County women ages 40 and older have had a mammogram.
- In the past year, 48% of Lenawee County men ages 50 and older have had a PSA test.
- Adults reported they were at risk for the following based on family history: high blood pressure (51%), diabetes (45%), heart disease (45%), cancer (40%), high blood cholesterol (32%), Alzheimer's disease (17%), alcohol addiction (16%), mental illness (13%), drug addiction (3%), and unexplained sudden death (3%).
- See the Women and Men's Health Sections for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Lenawee County adults.

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Had a pneumonia vaccination (ages 65 and older)	N/A	60%	69%	70%
Had a flu vaccine in the past year (ages 65 and older)	71%	71%	57%	63%

N/A – Not available

Lenawee County Adults Having Discussed Healthcare Topics With Their Healthcare Professional in the Past 12 Months

HEALTHCARE TOPICS	Total 2014
Physical Activity or Exercise	42%
Weight, Dieting or Eating Habits	37%
Self-Breast or Self-Testicular Exam	29%
Immunizations	26%
Depression, Anxiety, or Emotional Problems	19%
Significance of Family History	17%
Quitting Smoking	9%
Alcohol Use	9%
Alternative Pain Therapy	8%
Sexual Practices Including Family Planning, STDs, AIDS, & Condom Use	8%
Injury Prevention Such As Safety Belt Use & Helmet Use	7%
Alcohol Use When Taking Prescription Drugs	7%
Ways to Prepare for a Healthy Pregnancy and Baby	4%
Illicit Drug Abuse	4%
Domestic Violence	2%

Lenawee County Adult Health Screening Results

GENERAL SCREENING RESULTS	Total Sample
Diagnosed with High Blood Cholesterol	35%
Diagnosed with High Blood Pressure	33%
Diagnosed with Diabetes	8%
Diagnosed with a Heart Attack	3%
Diagnosed with a Stroke	2%

(Percentages based on all Lenawee County adults surveyed)

Healthy People 2020 Pneumonia Vaccination

Objective	Lenawee County 2014	Michigan 2013	U.S. 2013	Healthy People 2020 Target
IID-13.1: Increase the percentage of non-institutionalized high-risk adults aged 65 years and older who are vaccinated against pneumococcal disease	60%	69%	70%	90%

*U.S. baseline is age-adjusted to the 2000 population standard
(Sources: Healthy People 2020 Objectives, 2013 BRFSS, 2014 Lenawee County Health Assessment)

Who Should Get a Yearly Flu Shot?

The following groups are recommended to get a yearly flu vaccine:

- All persons aged 6 months and older should be vaccinated annually.
- When vaccine supply is limited, vaccination efforts should focus on delivering vaccination to persons who:
 - Are aged 6 months through 4 years.
 - Are aged 50 years and older.
 - Have chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, neurologic, hematologic, or metabolic disorders (including diabetes mellitus).
 - Are or will be pregnant during the influenza season.
 - Are American Indians/Alaska Natives.
 - Are morbidly obese (body-mass index is 40 or greater).
 - Are health-care personnel.
 - Are household contacts and caregivers of children aged younger than 5 years and adults aged 50 years and older, with particular emphasis on vaccinating contacts of children aged younger than 6 months.
 - Are household contacts and caregivers of persons with medical conditions that put them at higher risk for severe complications from influenza.

(Source: CDC, Seasonal Influenza (Flu), Who Should Get Vaccinated Against Influenza, Updated in 2011, from: <http://www.cdc.gov/flu/protect/whoshouldvax.htm>)

Environmental Health

- Lenawee County adults indicated the following as their main method or way of getting information from authorities in a large-scale disaster or emergency: television (12%), Lenawee County Emergency Alert System (6%), radio (5%), internet (5%), social media (2%), friends/family (<1%), newspaper (<1%), and other methods (<1%). 68% reported multiple methods.
- Lenawee County households had the following disaster preparedness supplies: working flashlight and working batteries (85%), cell phone (84%), cell phone with texting (80%), 3-day supply of nonperishable food for everyone in the household (57%), 3-day supply of prescription medication for each person who takes prescribed medicines (53%), working battery-operated radio and working batteries (50%), home land-line telephone (50%), generator (43%), 3-day supply of water for everyone in the household (1 gallon of water per person per day) (41%), communication plan (22%), and a disaster plan (9%).
- Lenawee County adults thought the following threatened their health in the past year:

○ Insects (17%)	○ Radon (2%)
○ Mold (8%)	○ Safety hazards (1%)
○ Rodents (7%)	○ Cockroaches (1%)
○ Temperature regulation (6%)	○ Sewage/waste water problems (1%)
○ Unsafe water supply/wells (4%)	○ Bed bugs (1%)
○ Chemicals found in products (4%)	○ Fracking (1%)
○ Plumbing problems (3%)	○ Lice (<1%)
○ Lead paint (2%)	○ General living conditions (<1%)
○ Asbestos (2%)	

Adult | SEXUAL BEHAVIOR AND PREGNANCY OUTCOMES

Key Findings

In 2014, over two-thirds (68%) of Lenawee County adults had sexual intercourse. Four percent of adults had more than one partner. Prevalence estimates suggest that young people aged 15-24 years acquire half of all new STDs and that 1 in 4 sexually active adolescent females have an STD, such as chlamydia or human papillomavirus (HPV) (Source: CDC, STDs in Adolescents and Young Adults, 2014 STD Surveillance).

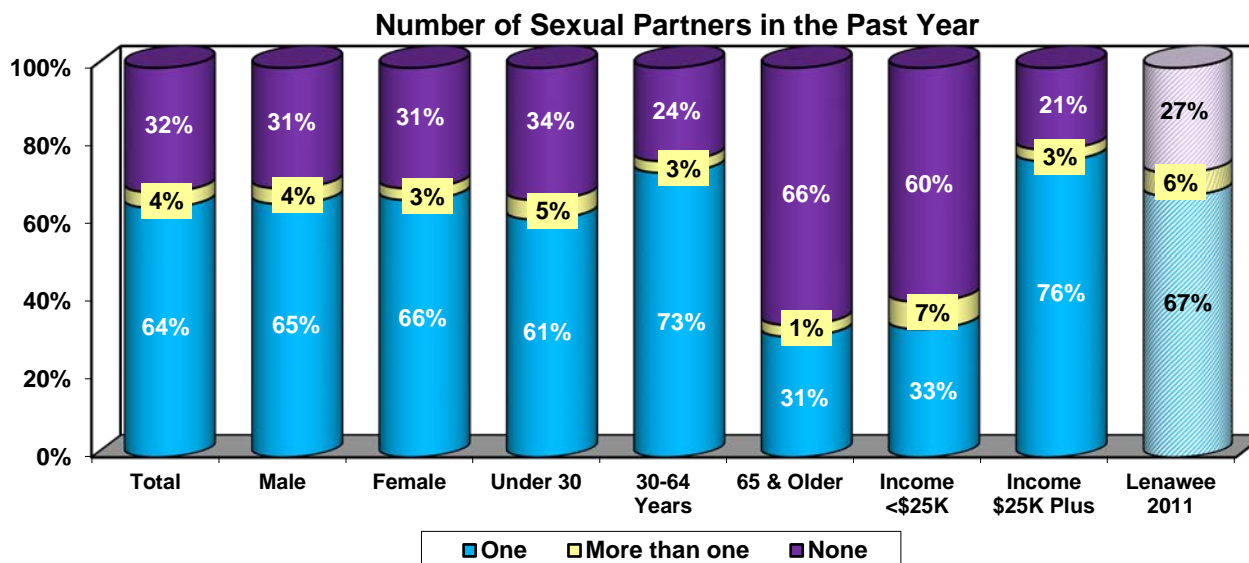
Adult Sexual Behavior

- Over two-thirds (68%) of Lenawee County adults had sexual intercourse in the past year.
- 4% of adults reported they had intercourse with more than one partner in the past year, increasing to 5% of those under the age of 30 and 7% of those with incomes less than \$25,000.
- Lenawee County adults used the following methods of birth control: vasectomy (25%), they or their partner were too old (19%), birth control pill (14%), tubes tied (13%), hysterectomy (13%), condoms (8%), withdrawal (5%), IUD (3%), shots (3%), rhythm method (2%), abstinence (2%), emergency contraception (1%), and contraceptive implants (<1%).
- 14% of Lenawee County adults were not using any method of birth control.
- Lenawee County adults did not use birth control for the following reasons:
 - They or their partner had a hysterectomy/vasectomy/tubes tied (38%)
 - They or their partner were too old (18%)
 - They wanted to get pregnant (8%)
 - They did not think they or their partner could get pregnant (5%)
 - They did not want to use birth control (4%)
 - They or their partner did not like birth control/fear of side effects (2%)
 - They or their partner were currently breastfeeding (2%)
 - They did not care if they or their partner got pregnant (2%)
 - They or their partner had just had a baby (2%)
 - They had a problem getting birth control when they needed it (1%)
 - No regular partner (1%)
 - They or their partner were currently pregnant (1%)
 - They had a same-sex partner (1%)
- Lenawee County adults have been diagnosed with the following STDs in the past 5 years: HPV (2%), genital herpes (2%), and chlamydia (1%).
- 6% of adults were forced to have sexual activity when they did not want to, increasing to 10% of females and those with incomes less than \$25,000.

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Had more than one sexual partner in past year	6%	4%	N/A	N/A

N/A – Not available

The following graph shows the sexual activity of Lenawee County adults. Examples of how to interpret the information in the graph include: 64% of all Lenawee County adults had one sexual partner in the last 12 months and 4% had more than one, and 65% of males had one partner in the past year.



Respondents were asked: "During the past 12 months, with how many different people have you had sexual intercourse?"

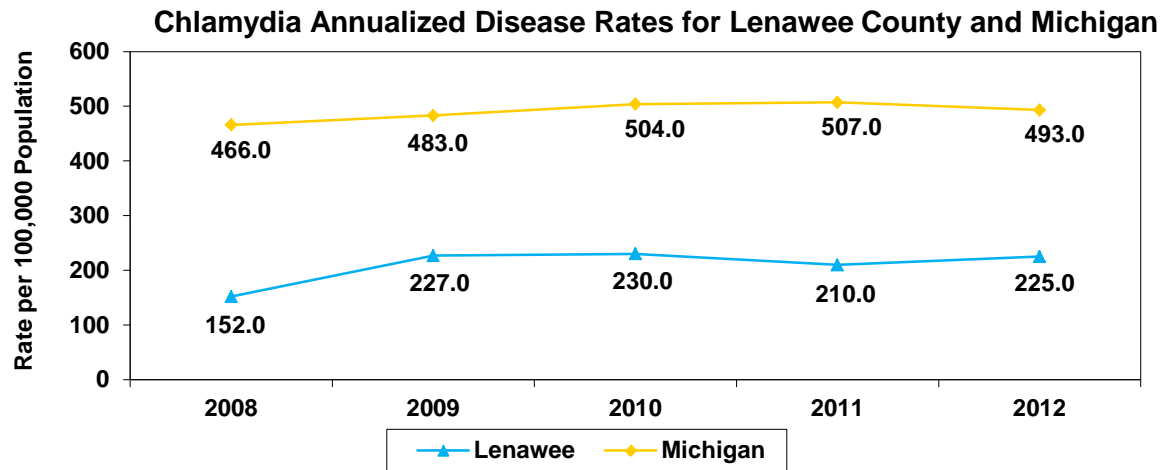
HIV in the United States

- More than 1.1 million people in the United States are living with HIV infection, and almost 1 in 5 (18.1%) are unaware of their infection.
- By race, blacks/African Americans face the most severe burden of HIV.
- The estimated incidence of HIV has remained stable overall in recent years, at about 50,000 new HIV infections per year.
- In 2011, an estimated 49,273 people were diagnosed with HIV infection in the United States. In that same year, an estimated 32,052 people were diagnosed with AIDS. Since the epidemic began, an estimated 1,155,792 people in the United States have been diagnosed with AIDS
- An estimated 15,529 people with an AIDS diagnosis died in 2010, and approximately 636,000 people in the United States with an AIDS diagnosis have died since the epidemic.

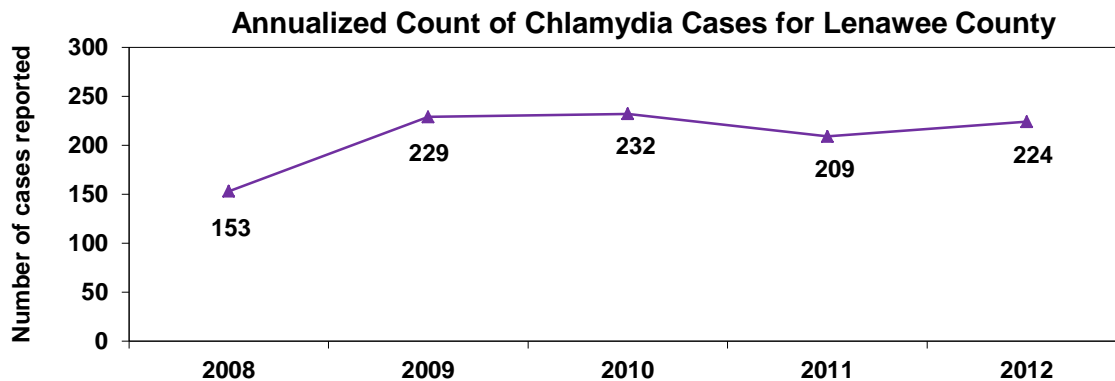
(Source: CDC, *HIV in the United States: At a Glance*, 4/23/13, from: <http://www.cdc.gov/hiv/statistics/basics/ata glance.html>)

The following graphs show Lenawee County chlamydia disease rates per 100,000 population. The graphs show:

- Lenawee County chlamydia rates fluctuated from 2008 to 2012, but increased overall. Lenawee County rates remained below the Michigan rates.
- In 2012, the U.S. rate for new chlamydia cases was 456.7 per 100,000 population. (Source: CDC, *Reported STDs in the U.S., 2014*)



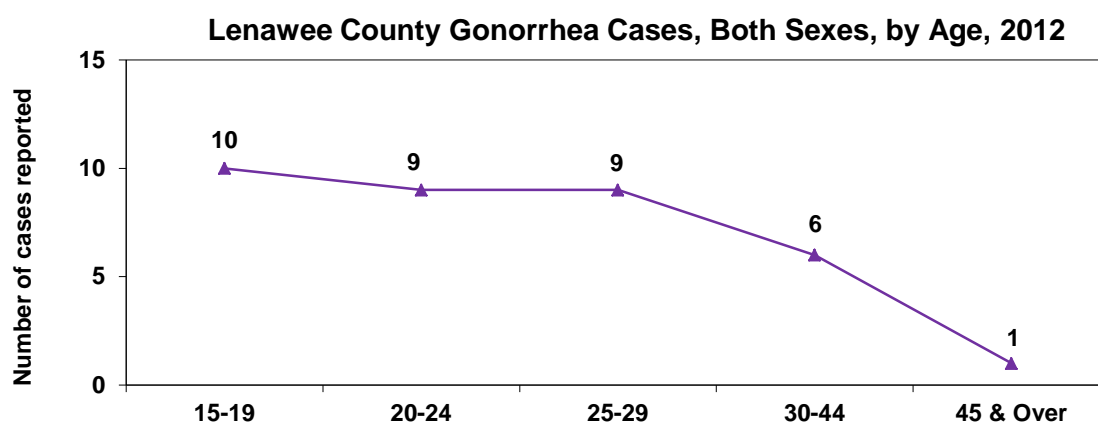
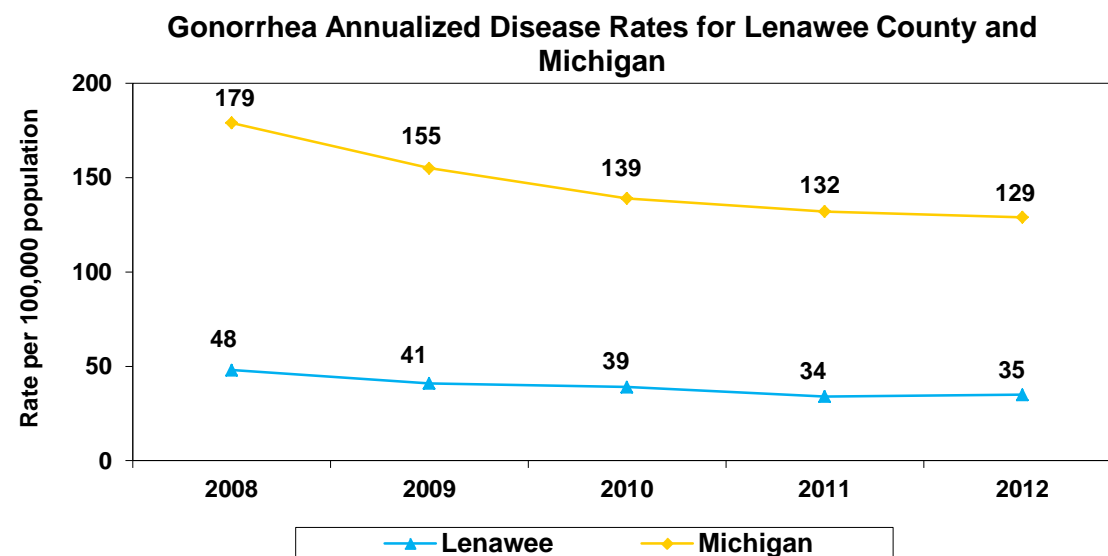
(Source for graph: Michigan Sexually Transmitted Diseases, Updated 6-24-2013)



(Source for graph: Michigan Sexually Transmitted Diseases, Updated 6-24-2013)

The following graphs show Lenawee County gonorrhea disease rates per 100,000 population. The graphs show:

- The Lenawee County gonorrhea rate fluctuated from 2008 to 2012, but decreased overall.
- The Michigan gonorrhea rate decreased from 2008 to 2012.
- In 2012, the U.S. rate for new gonorrhea cases for the total population was 107.5 per 100,000 population (Source: CDC, *Reported STDs in the U.S., 2014*).
- The Healthy People 2020 Objective for gonorrhea is 257 new female and 198 new male cases per 100,000 population.

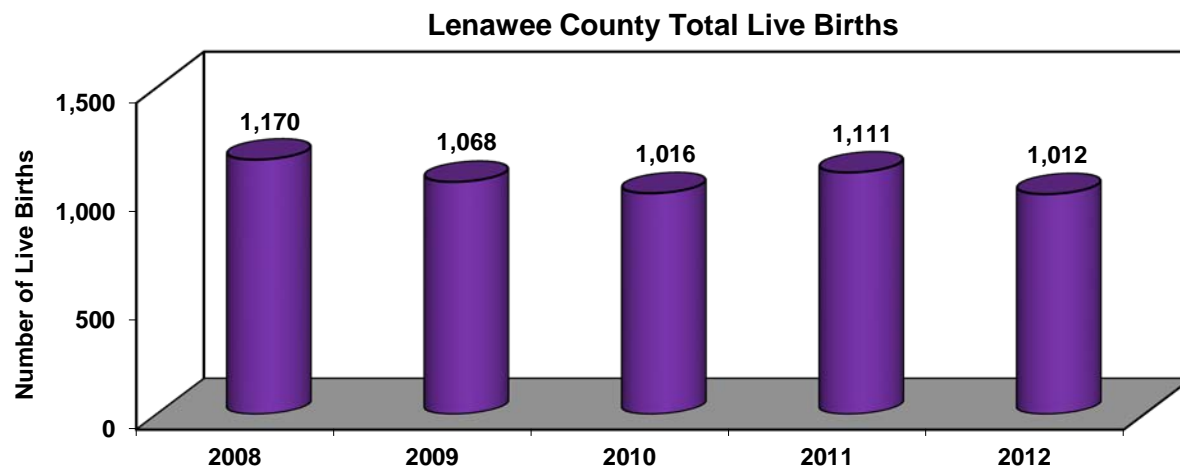
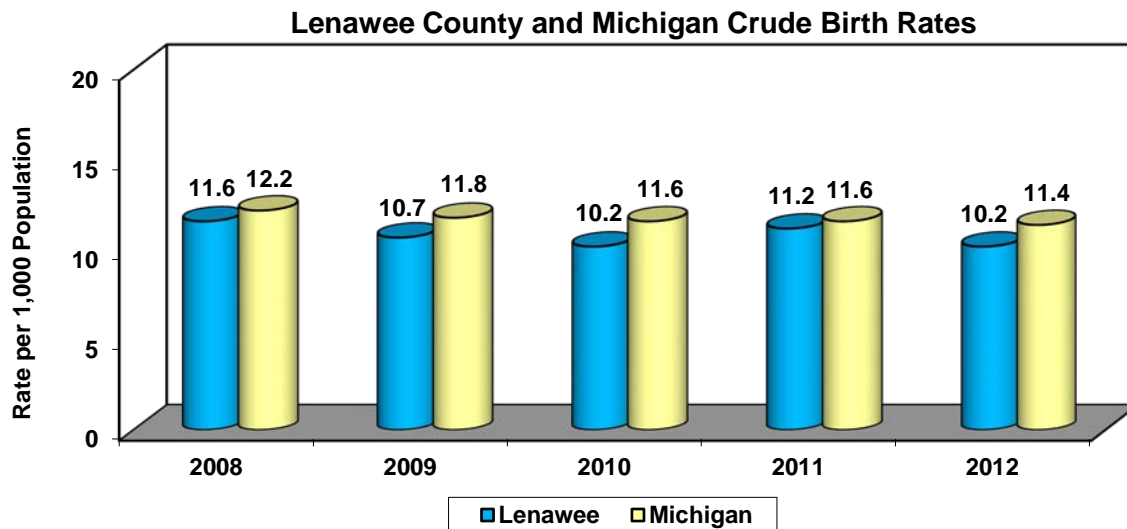


(Source for graphs: Michigan Sexually Transmitted Diseases, Updated 6-24-2013)

Pregnancy Outcomes

**Please note that the pregnancy outcomes data includes all births to adults and adolescents.*

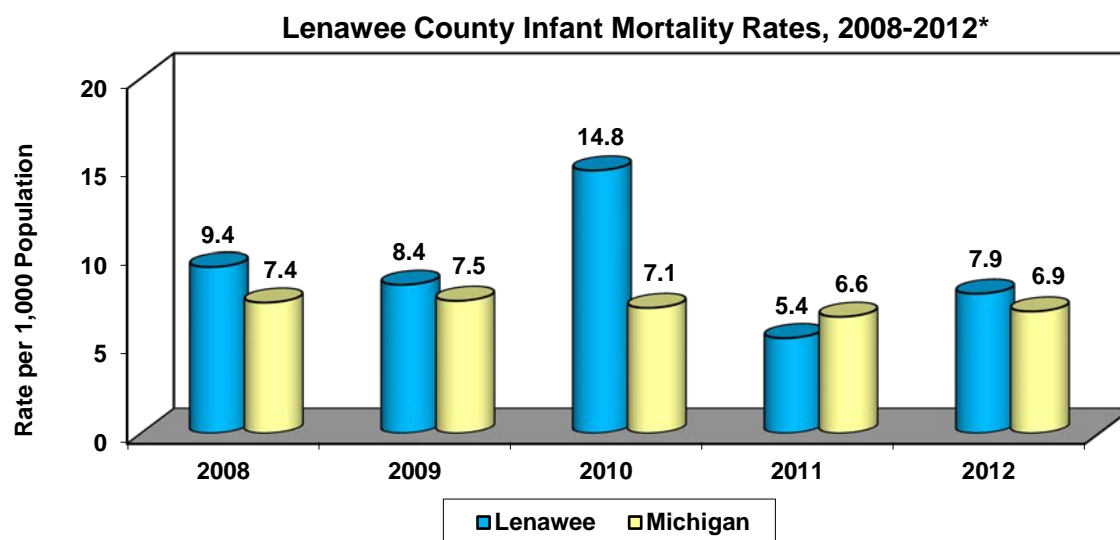
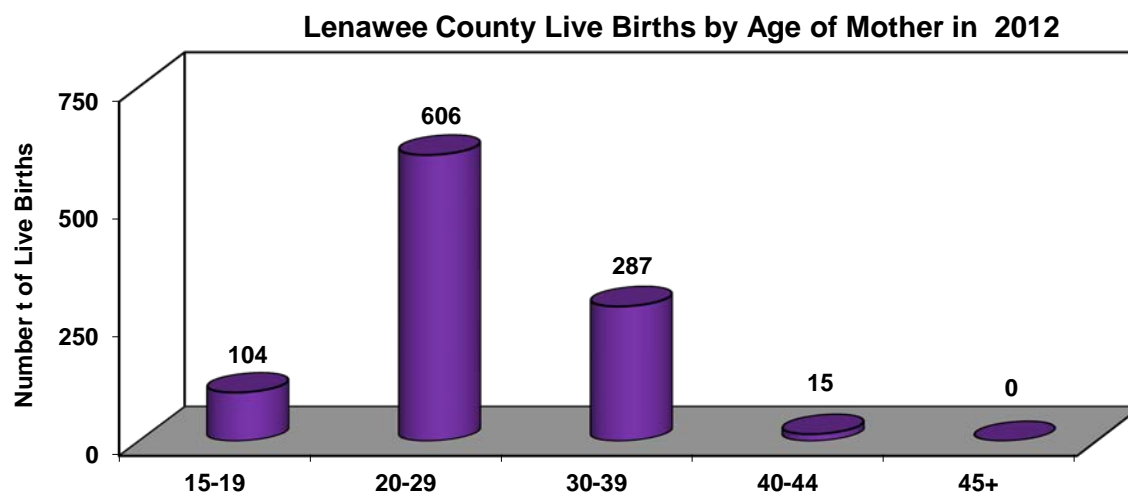
- In 2011, the U.S. fertility rate was 63.2 per 1,000 women ages 15-44 (Source: CDC, *Births and Natality*, 2013).
- From 2008-2012, there was an average of 1,075 live births per year in Lenawee County.



(Source for graphs: Michigan Department of Community Health, *Nativity and Pregnancy*, Updated 6-24-2013)

The following graphs show Lenawee County total number of live births by age of the mother and Lenawee County and infant mortality rates. The graphs show:

- In 2012, there were a total of 1,012 live births in Lenawee County.
- In 2012, the Lenawee County infant mortality rate was higher than the state rate.



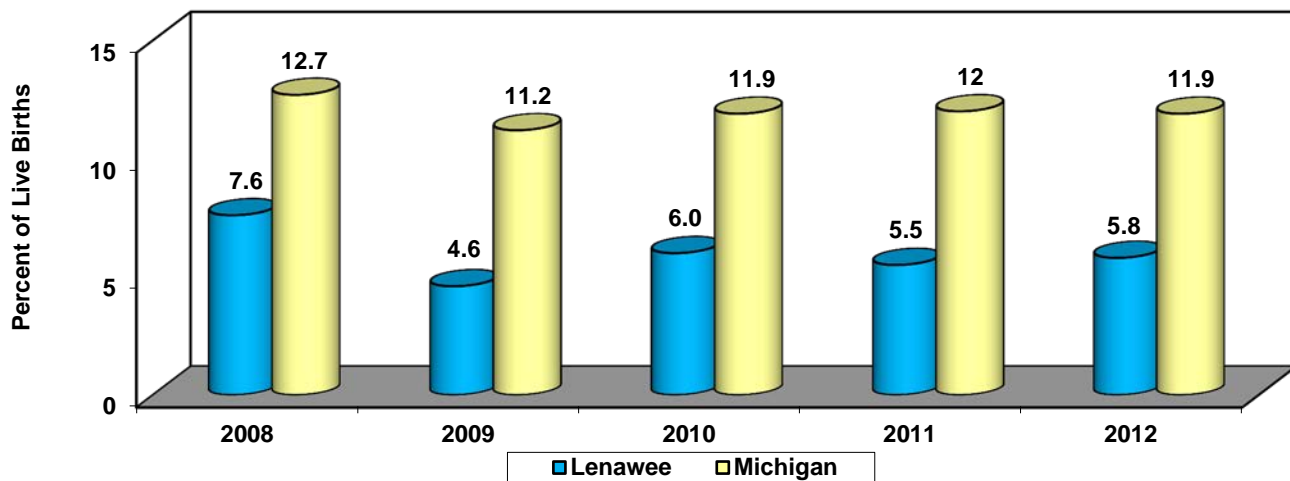
*Infant deaths are defined as deaths occurring to individuals less than 1 year of age. The infant death rate is the number of resident infant deaths divided by total resident live births X 1,000.

(Source for graphs: Michigan Department of Community Health, Natality and Pregnancy, Updated 3-3-2014)

The following graphs show Lenawee County and Michigan percentage of births with first trimester prenatal care and low birth weight rates. The graphs show:

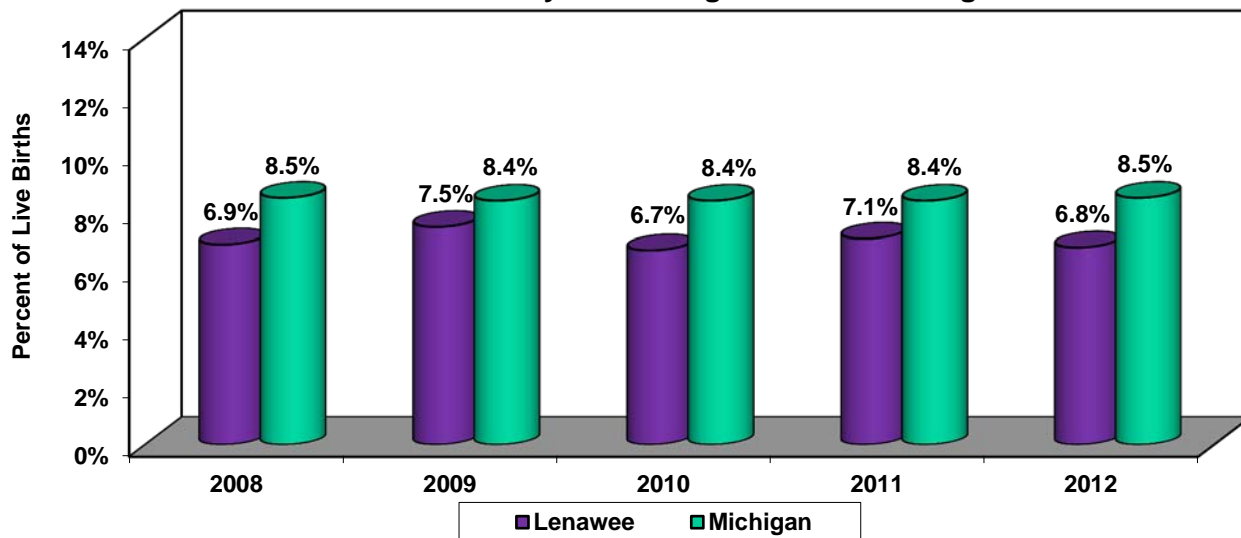
- From 2008-2012, Lenawee County abortion rates decreased fluctuated, but remained well below the Michigan rates for the same period.
- In 2011, 8.1% of all U.S. live births were low birth weight births (Source: CDC, Birthweight and Gestation, 2013).

Abortion Rates by Lenawee County and Michigan, 2008-2012*



*Abortion rates are calculated for females ages 15-44.

Lenawee County and Michigan Low Birth Weight Births**



**Low Birth Weight is defined as weighing less than 2,500 grams or 5 pounds, 8 ounces.
(Source for graphs: Michigan Department of Community Health, Natality and Pregnancy, Updated 3-3-2014)

Adult | QUALITY OF LIFE

Key Findings

In 2014, 22% of Lenawee County adults were limited in some way because of a physical, mental or emotional problem.

Impairments and Health Problems

- In 2014, nearly one-fourth (22%) of Lenawee County adults were limited in some way because of a physical, mental or emotional problem (23% Michigan and 20% for the U.S., 2013 BRFSS), increasing to 33% of those with incomes less than \$25,000.
- Among those who were limited in some way, the following most limiting problems or impairments were reported: back or neck problems (47%), arthritis (43%), walking problems (27%), stress, depression, anxiety, or emotional problems (18%), high blood pressure (16%), fractures, bone/joint injuries (16%), lung/breathing problems (14%), eye/vision problems (13%), diabetes (10%), hearing problems (8%), heart problems (7%), tobacco dependency (7%), cancer (7%), mental health illness/disorder (3%), other mental health issues (3%), alcohol dependency (2%), stroke-related problems (1%), a developmental disability (1%), and a learning disability (1%).
- Lenawee County adults needed help with the following because of an impairment or health problem: household chores (15%), shopping (9%), doing necessary business (5%), getting around for other purposes (5%), bathing (3%), and dressing (1%).
- Lenawee County adults would have a problem getting the following if they needed it today: someone to help them pay for medical expenses (12%), someone to loan them \$50 (9%), someone to help if they were sick in bed (9%), someone to take them to the doctor (7%), someone to talk to about their problems (7%), someone to accompany them to their doctor appointments (6%), back-up child care (4%), and someone to explain directions from their doctor (3%).

The Impact of Arthritis

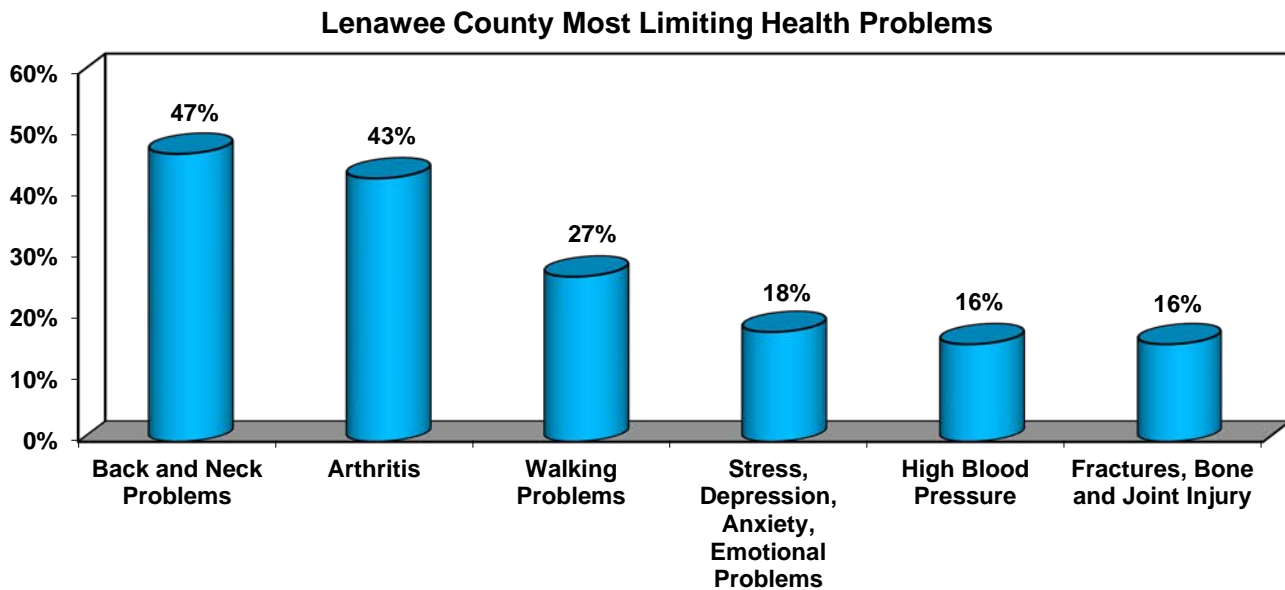
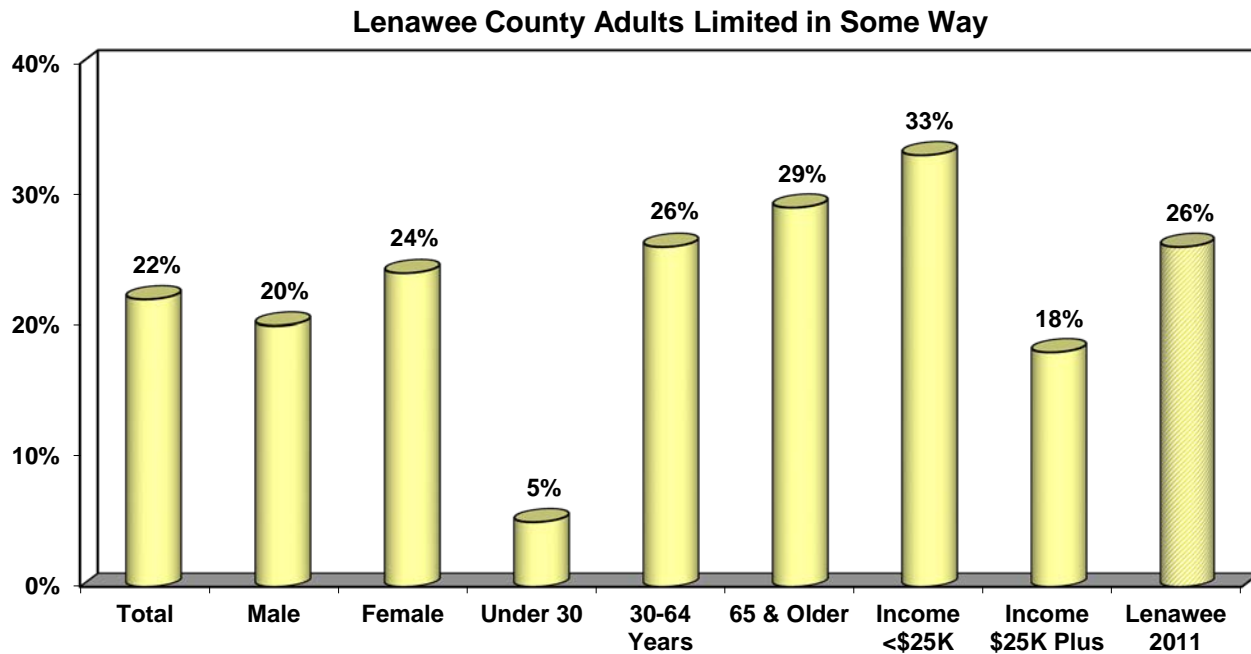
- Arthritis is the most frequent cause of disability among adults in the United States, with osteoarthritis (OA) being the most common type.
- 67 million (25%) adults aged 18 years or older will have doctor-diagnosed arthritis by the year 2030.
- Data indicates that lack of exercise and age are marked risk factors for developing arthritis.
- Arthritis is a co-morbidity of diabetes, heart disease, high cholesterol, high blood pressure and obesity.
- Anxiety and depression can develop in people with diagnosed arthritis. Health care providers should screen all people with arthritis, for both anxiety and depression.

(Source: CDC, Arthritis Data and Statistics, 2011, http://www.cdc.gov/arthritis/data_statistics.htm & Murphy, LB. 2012. "Anxiety and depression among US adults with arthritis: Prevalence and correlates," <http://www.ncbi.nlm.nih.gov/pubmed/22550055>)

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Limited in some way because of a physical, mental, or emotional problem	26%	22%	23%	20%

QUALITY OF LIFE

The following graphs show the percentage of Lenawee County adults that were limited in some way and the most limiting health problems. Examples of how to interpret the information shown on the graph includes: 22% of Lenawee County adults are limited in some way, 20% of males, and 29% of those 65 and older.



Healthy People 2020

Arthritis

Objective	Lenawee County 2014	Healthy People 2020 Target
AOCBC-2: Reduce the proportion of adults with doctor-diagnosed arthritis who experience a limitation in activity due to arthritis or joint symptoms	43%	36%

(Sources: Health People 2020 Objectives, 2014 Lenawee County Health Assessment)

Physical Activity among Adults with Disabilities

- More than 21 million adults in the United States have a disability.
- These are adults with difficulty walking or climbing stairs, hearing, seeing, or concentrating, remembering, or making decisions.
- Adults with disabilities are three times more likely to have heart disease, stroke, diabetes, or cancer than adults without disabilities.
- Aerobic physical activity can help reduce the impact of these chronic diseases, yet nearly half of all adults with disabilities get no leisure time aerobic physical activity.
- Adults with disabilities were 82% more likely to be physically active if their doctor recommended it. However, only 44% of adults with disabilities who visited a doctor in the past year received a physical activity recommendation from their doctor.
- Doctors and other health professionals should recommend physical activity, based on the 2008 Physical Activity Guidelines, to their patients with disabilities.
- Adults with disabilities should consider the following when engaging in physical activity:
 - Engage in the amount and types of physical activity that are right for them.
 - Find opportunities to increase regular physical activity in ways that meet their needs and abilities.
 - Start slowly based on their abilities and fitness level.
 - Avoid being physically inactive.
 - Know that most aerobic physical activity may need to be modified, adapted or may need additional assistance or equipment.

(Source: CDC, *Increasing Physical Activity among Adults with Disabilities*, 2014, <http://www.cdc.gov/ncbddd/disabilityandhealth/pa.html>)

Adult | SOCIAL CONTEXT AND SAFETY

Key Findings

In 2014, 2% of Lenawee County adults were threatened, and 2% were abused in the past year. 49% of adults kept a firearm in or around their home.

2% of Lenawee County adults were threatened, and 2% were abused in the past year.

Social Context

- 2% of Lenawee County adults were threatened to be abused in the past year. They were threatened by the following: someone outside their home (25%), a spouse or partner (25%), a child (25%), a parent (8%), and someone else (33%).
- 2% of Lenawee County adults were abused in the past year. They were abused by the following: a spouse or partner (33%), someone outside their home (17%), a child (17%), a parent (8%), and someone else (33%).
- Adults who were abused were abused in the following ways: verbally (75%), emotionally (69%), through electronic methods (39%), financially (17%), and physically (15%).
- In the past month, 12% of adults needed help meeting their general daily needs, such as food, clothing, shelter or paying utility bills, increasing to 29% of those with incomes less than \$25,000.
- Lenawee County adults received assistance for the following in the past year: food (11%), mental illness issues (9%), utilities (7%), healthcare (7%), employment (6%), prescription assistance (5%), home repair (5%), rent/mortgage (4%), free tax preparation (4%), credit counseling (2%), alcohol or other substance dependency (2%), transportation (2%), legal aid services (1%), clothing (1%), unplanned pregnancy (1%), affordable childcare (1%), homelessness (<1%), abuse or neglect issues (<1%), post-incarceration transition issues (<1%), and emergency shelter (<1%).
- 5% of Lenawee County adults have called 2-1-1, a non-emergency referral number, for assistance, increasing to 10% of those with incomes less than \$25,000.
- Adults indicated they cash checks or purchase money orders at the following places: bank (56%), credit union (27%), grocery store (2%), check-cashing business (<1%), and other places (1%). 14% reported multiple places.

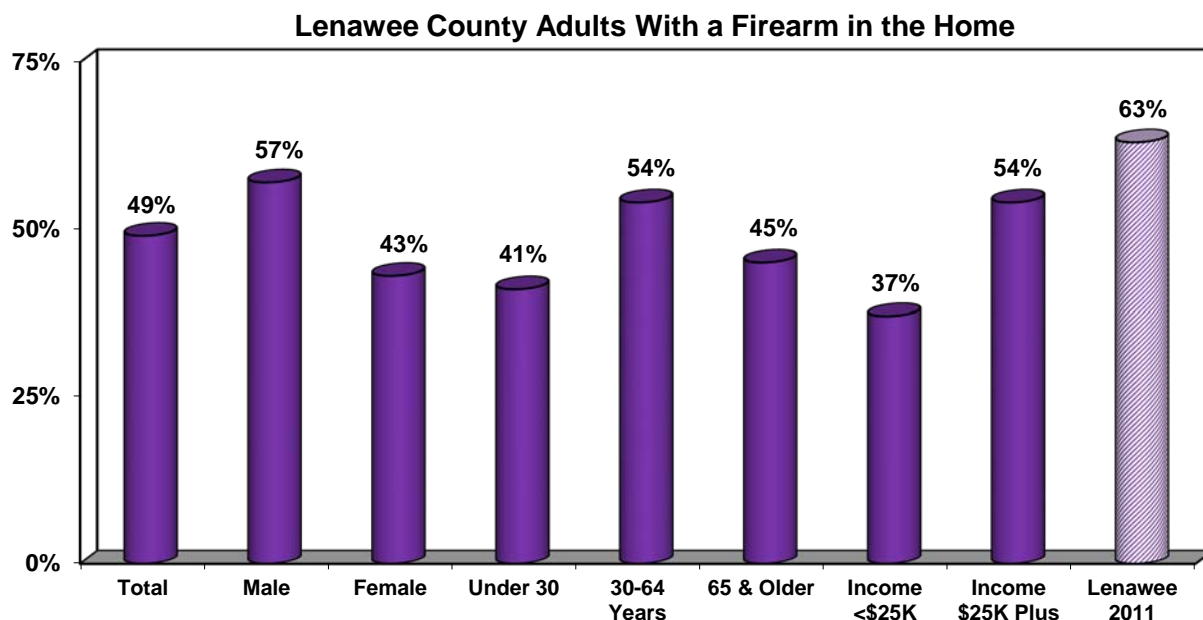
Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Firearms kept in or around their home	63%	49%	N/A	N/A

N/A – Not available

Safety

- Nearly half (49%) of Lenawee County adults kept a firearm in or around their home. 5% of adults reported they were unlocked and loaded.
- Lenawee County residents reported the following concerns about their community: unemployment (53%), distracted driving (40%), drug use (39%), bullying (33%), lack of affordable healthcare (32%), school funding (31%), DUI (30%), underemployment (29%), senior/elder care (25%), violence (24%), homelessness (24%), physical fitness (23%), healthy eating (22%), teenage pregnancy (22%), opiate/prescription drug abuse (22%), nutrition (20%), lack of affordable housing (18%), suicide prevention (15%), tobacco use (15%), traffic (12%), sexting (12%), disaster preparedness (11%), lack of affordable transportation (10%), speed (10%), discrimination based on race, ethnicity or sexual orientation (10%), cooking (8%), chronic disease prevention (7%), bicycle safety (5%), seat belt or restraint usage (4%), and falls (4%).

The following graph shows the percentage of Lenawee County adults that had a firearm in the home. Examples of how to interpret the information shown on the first graph include: 49% of all Lenawee County adults kept a firearm in their home, 57% of males, and 54% of those ages 30-64 kept a firearm in their home.



Victims of Gun Violence in America

- More than 100,000 people are shot in murders, assaults, suicides and suicide attempts, accidents or by police intervention in America in an average year.
 - 31,537 people die from gun violence and 71,386 people survive gun injuries.
- Every day, an average of 282 people are shot in America. Of those 282 people, 86 people die and 196 are wounded, but survive.
 - Of the 282 people who are shot every day, an average of 50 are children and teens.
 - Of the 86 people who die, 32 are murdered, 51 are suicides, 2 die accidentally and 1 from unknown intent.
 - Of the 196 people who are shot but survive, 140 are from assault, 43 are shot accidentally, 10 are suicide attempts, 2 are police interventions and 1 with an unknown intent.

(Source: Brady Campaign to Prevent Gun Violence, "There Are Too Many Victims of Gun Violence" fact sheet, retrieved from: <http://www.bradiycampaign.org/sites/default/files/GunDeathandInjuryStatSheet3YearAverageFINAL.pdf>)

Distracted Driving

- Distracted driving is driving while doing another activity that takes your attention away from driving. Distracted driving can increase the chance of a motor vehicle crash.
- Each day, more than 9 people are killed and more than 1,060 people are injured in crashes that were reported to involve a distracted driver.
- In 2011, 3,331 people were killed in crashes involving a distracted driver. An additional 387,000 people were injured in motor vehicle crashes involving a distracted driver in 2011
- 69% of drivers in the U.S. ages 18-64 reported that they had talked on their cell phone while driving, and 31% reported that they had read or sent text messages or email messages while driving at least once within the last 30 days.
- Nearly half of all U.S. high school students aged 16 years or older text or email while driving.

(Source: CDC, *Distracted Driving*, updated May 23, 2013, http://www.cdc.gov/motorvehiclesafety/distracted_driving/index.html)

Adult | MENTAL HEALTH AND SUICIDE

Key Findings

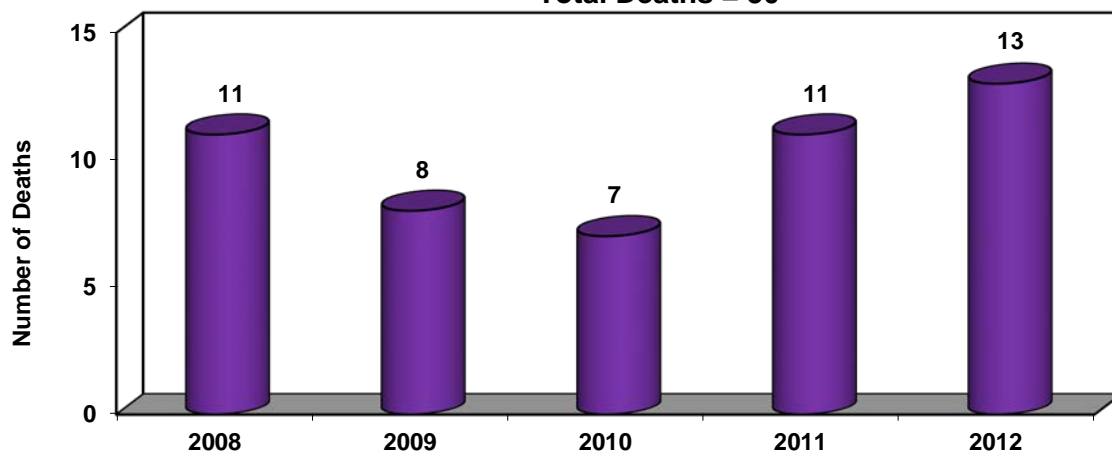
In 2014, 6% of Lenawee County adults considered attempting suicide. 81% of adults received the social and emotional support they needed from family.

Adult Mental Health

- 6% of Lenawee County adults considered attempting suicide in the past year.
- One percent (1%) of adults reported attempting suicide in the past year.
- Lenawee County adults reported having a period of two or more weeks when they were feeling sad, blue or depressed and experienced the following: felt fatigued, no energy (24%), trouble sleeping or slept too much (22%), woke up before they wanted (16%), trouble thinking or concentrating (15%), lost interest in most things (11%), felt extremely restless or slowed down (10%), felt worthless or hopeless (9%), weight/appetite change (7%), thought about death or suicide (5%), and attempted suicide (<1%).
- Lenawee County adults received the social and emotional support they needed from the following: family (81%), friends (67%), church (28%), neighbors (9%), a professional (7%), Internet (6%), community (4%), self-help group (2%), and other (3%).
- Lenawee County adults reported they or a family member were diagnosed with or treated for the following mental health issues: depression (44%), an anxiety disorder (34%), attention deficit disorder (ADD/ADHD) (20%), bipolar (15%), illicit drug abuse (10%), developmental disability (7%), a psychotic disorder (7%), post-traumatic stress disorder (PTSD) (6%), life-adjustment disorder/issue (3%), and some other mental health disorder (7%). 33% indicated they or a family member had taken medication for one or more mental health issues.

**Lenawee County Number of Suicide Deaths
2008-2012**

Total Deaths = 50



(Source: MDCH, Vital Statistics)

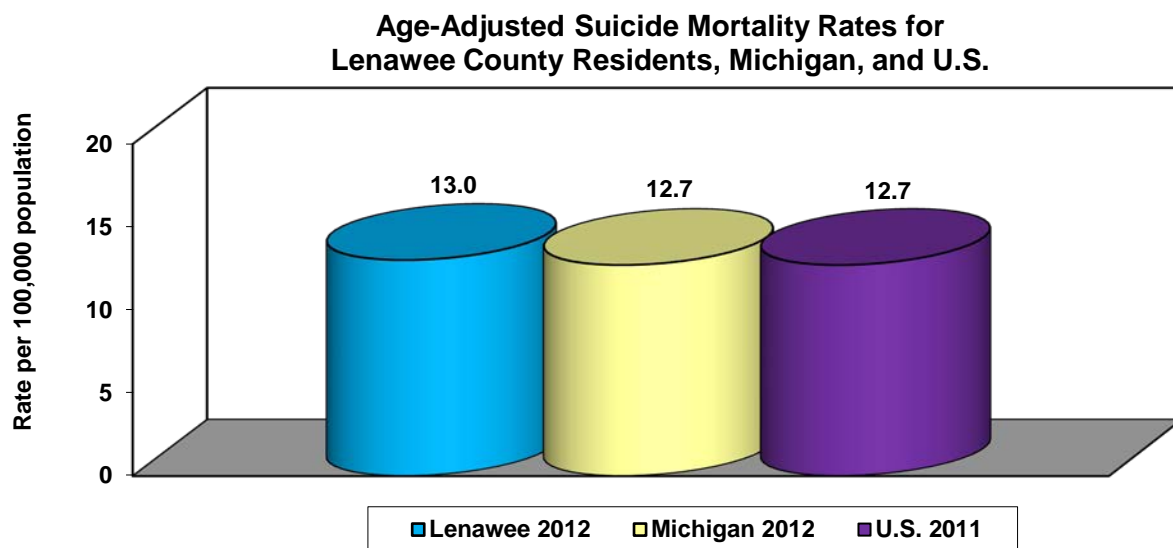
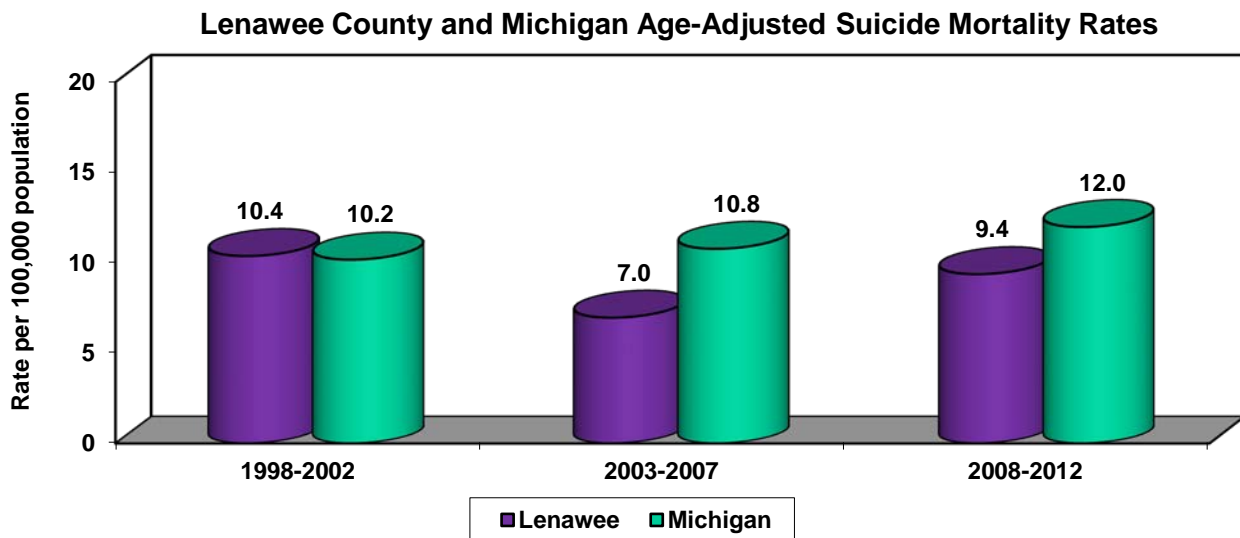
Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Considered attempting suicide	4%	6%	N/A	N/A

N/A – Not available

MENTAL HEALTH

The following graphs show the Michigan and Lenawee County age-adjusted suicide mortality rates per 100,000 population. The graphs show:

- The Lenawee County age-adjusted suicide mortality rate fluctuated from year to year, and was less than the Michigan rate from 2008 to 2012.
- The 2012 Lenawee County age-adjusted suicide rate was slightly higher than the state and national average.
- In 2012 there were 13 suicide deaths in Lenawee County.



(Source: MDCH, Vital Statistics, Statewide Fatal Injuries, updated 4-4-14, and CDC, Fast Stats, updated 7-14-14)

Warning Signs for Suicide

More than 90 percent of people who kill themselves are suffering from one or more psychiatric disorders, in particular:

- Major depression
- Bipolar depression
- Schizophrenia
- Drug abuse & dependence
- Alcohol abuse & dependence
- Post-Traumatic Stress Disorder (PTSD)
- Eating disorders
- Personality disorders

The core symptoms of major depression are a “down” or depressed mood most of the day or a loss of interest or pleasure in activities that were previously enjoyed for at least two weeks, as well as:

- Changes in sleeping patterns
- Change in appetite or weight
- Intense anxiety, agitation, restlessness
- Fatigue or loss of energy
- Decreased concentration, indecisiveness, or poorer memory
- Feelings of hopelessness, worthlessness, self-reproach or excessive or inappropriate guilt
- Recurrent thoughts of suicide

Prevention: Take it Seriously

Fifty to 75% of all suicides give some warning of their intentions to a friend or family member.

Recognize the *Imminent Dangers*:

- Threatening to hurt or kill oneself
- Talking or writing about death, dying, or suicide
- Looking for ways to kill oneself (weapons, pills, or other means)
- Has made plans or preparations for a potentially serious attempt

(Source: American Foundation for Suicide Prevention, *When You Fear Someone May Take Their Life*, <https://www.afsp.org/>)

Adult | ORAL HEALTH

Key Findings

The 2014 more than three-fifths (62%) of Lenawee County adults had visited a dentist or dental clinic in the past year. The 2012 BRFSS reported that 67% of U.S. adults and 68% of Michigan adults had visited a dentist or dental clinic in the previous twelve months.

Access to Dental Care

- In the past year, 62% of Lenawee County adults had visited a dentist or dental clinic, decreasing to 37% of adults with annual household incomes less than \$25,000.
- The 2012 BRFSS reported that 68% of Michigan adults and 67% of U.S. adults had visited a dentist or dental clinic in the previous twelve months.
- More than two-thirds (71%) of Lenawee County adults with dental insurance have been to the dentist in the past year, compared to 51% of those without dental insurance.
- When asked the main reason for not visiting a dentist in the last year, 44% said cost, 24% said fear, apprehension, nervousness, pain, and dislike going, 20% had no oral health problems, 11% did not have/know a dentist, 10% had other priorities, 9% said their dentist did not accept their medical coverage, 5% could not find a dentist who took Medicaid, 3% had not thought of it, 1% could not find a dentist who treats special needs clients, 1% could not get to the office, and 1% could not get in to the office/clinic.

Lenawee County Dental Care Resources – 2013

- General dentists - 49
- Specialty dentists - 2
- Healthy Kids dentists - 78
- Number of dentists who treat Medicaid patients - 5

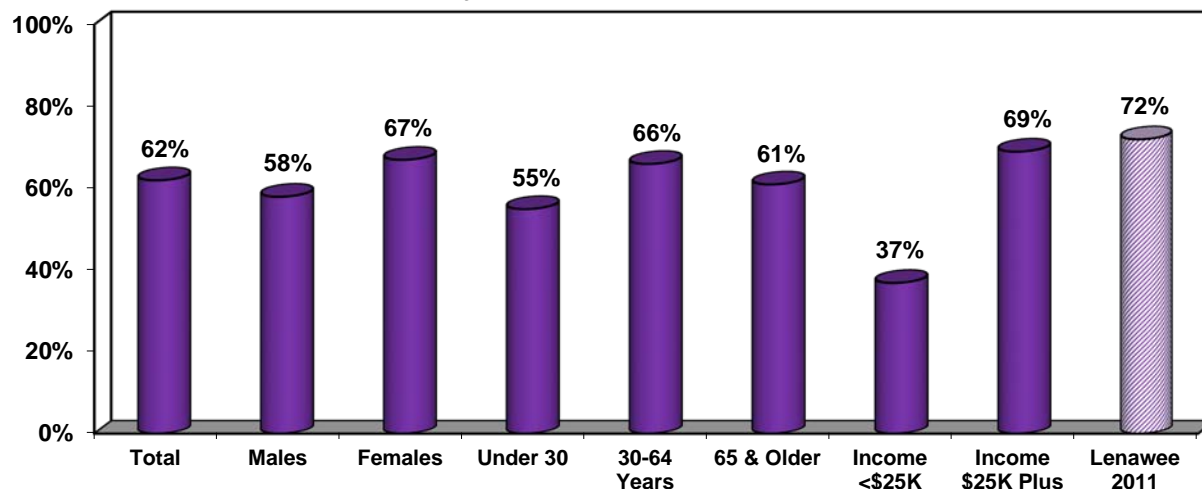
(Source: Michigan Oral Health Coalition, 2013)

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Michigan 2013	U.S. 2013
Adults who have visited the dentist in the past year	72%	62%	68%*	67%*

* 2012 BFRSS Data

The following graph provides information about the frequency of Lenawee County adult dental visits. Examples of how to interpret the information on the graph includes: 62% of all Lenawee County adults had been to the dentist in the past year, 55% of those under the age of 30, and 37% of those with incomes less than \$25,000.

Lenawee County Adults Who Visited a Dentist in the Past Year



Adult | PARENTING

Key Findings

The 2014 Health Assessment project identified that 83% of parents discussed dating and relationships with their 12-to-17 year-old in the past year. More than three-fourths (78%) of parents had taken their child to the dentist in the past year.

Parenting

- 78% of Lenawee County parents said that their child had been to the dentist within the past year.
- Reasons for not taking their child to the dentist included: child was not old enough (13%), cost (7%), and could not find a dentist who took their insurance (1%).
- Parents discussed the following topics with their 12-to-17 year-olds in the past year:
 - Dating and relationships (83%)
 - Eating habits (75%)
 - Physical activity (73%)
 - Bullying (68%)
 - Screen-time (64%)
 - Body image (64%)
 - Social media issues (62%)
 - Negative effects of marijuana and other drugs (62%)
 - Negative effects of alcohol (56%)
 - Abstinence/how to refuse sex (55%)
 - Negative effects of tobacco (51%)
 - School/legal consequences of using tobacco/alcohol/other drugs (48%)
 - Refusal skills/peer pressure (43%)
 - Weight status (40%)
 - Energy drinks (38%)
 - Condom use/safer sex/STD prevention (35%)
 - Birth control (35%)
 - Anxiety/depression/suicide (35%)
 - Negative effects of misusing prescription medication (27%)

How to Talk to your Teen about Safe Sex

- Talk calmly and honestly about safe sex.
- Practice talking about safe sex with another adult before approaching your adolescent.
- Listen to your adolescent and answer his/her questions honestly.
- Topics that are appropriate for a safe sex discussion may include: STDs and prevention, peer pressure to have sex, birth control, different forms of sexuality, and date rape.

(Source: American Academy of Pediatrics (AAP), Safer Sex Guidelines, <http://www.ipch.org/DiseaseHealthInfo/HealthLibrary/adolescent/safesex.html>)

Appendix I | LENAWEE COUNTY

HEALTH ASSESSMENT

INFORMATION SOURCES

Source	Data Used	Website
American Academy of Allergy	<ul style="list-style-type: none"> Asthma and Immunology 	www.aaaai.org/about-the-aaaai/newsroom/asthma-statistics.aspx
American Academy of Pediatrics (AAP)	<ul style="list-style-type: none"> Safer Sex Guidelines 	www.ipch.org/DiseaseHealthInfo/HealthLibrary/adolescent/safesex.html
American Cancer Society, Cancer Facts and Figures 2014. Atlanta: ACS, 2014	<ul style="list-style-type: none"> 2014 Cancer Facts, Figures, and Estimates Nutrition Recommendations 	www.cancer.org
American Diabetes Association	<ul style="list-style-type: none"> Type 1 and 2 Diabetes Risk Factors for Diabetes Diabetes Statistics in America 	www.diabetes.org
American Foundation for Suicide Prevention	<ul style="list-style-type: none"> Warning Signs for Suicide 	www.afsp.org
American Heart Association, 2013	<ul style="list-style-type: none"> Stroke Warning Signs and Symptoms Smoke-free Living: Benefits & Milestones 	www.heart.org/HEARTORG
Arthritis at a Glance, 2012, Centers for Disease Control & Prevention, <i>Morbidity and Mortality Weekly Report</i> 2010; 59(39):999-1003 & 59(39):1261-1265	<ul style="list-style-type: none"> Arthritis Statistics 	www.cdc.gov/chronicdisease/resources/publications/AAG/arthritis.htm
Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Promotion, Behavioral Surveillance Branch, Centers for Disease Control	<ul style="list-style-type: none"> 2009 - 2013 Adult Michigan and U.S. Correlating Statistics 	www.cdc.gov
Brady Campaign to Prevent Gun Violence	<ul style="list-style-type: none"> Victims of Gun Violence 	www.bradycampaign.org/sites/default/files/GunDeathandInjuryStatement3YearAverageFINAL.pdf

APPENDIX I

Source	Data Used	Website
Center for Disease Control and Prevention (CDC)	<ul style="list-style-type: none"> Adult Vaccinations Asthma Attacks Binge Drinking Among Women Breast Cancer in Young Women Cancer and Men Distracted Driving Impact of Arthritis Health Care Access Among the Employed and Unemployed Health Care Access and Utilization Health Insurance Coverage HIV in the U.S. Heart Health and Stroke Facts Impaired Driving Men's Health Data Obesity Facts Physical Activity among Adults with Disabilities Tips for Parents Yearly Flu Shots 	www.cdc.gov
CDC, Arthritis	<ul style="list-style-type: none"> Key Public Health Messages 	www.cdc.gov/arthritis/basics/key.htm
CDC, National Center for Health Statistics	<ul style="list-style-type: none"> Leading Causes of Death in U.S. Men's Health U.S. Female Fertility Rate U.S. Births to Unwed Mothers U.S. Low Birth Weight, Live Births 	www.cdc.gov/nchs/facts
CDC, Physical Activity for Everyone	<ul style="list-style-type: none"> Physical Activity Recommendations 	www.cdc.gov/physicalactivity/everyone/guidelines/adults.html
CDC, Sexually Transmitted Diseases Surveillance, 2014	<ul style="list-style-type: none"> U.S. Chlamydia and Gonorrhea Rates STD's in Adolescents and Young Adults U.S. STD Surveillance Profile 	www.cdc.gov/std/stats
CDC, Vaccine Safety, Human Papillomavirus (HPV)	<ul style="list-style-type: none"> Human Papillomavirus 	www.cdc.gov/vaccinesafety/vaccines/HPV/Index.html
Community Commons	<ul style="list-style-type: none"> Cigarette Expenditures Alcohol Beverage Expenditures Beer, Wine and Liquor Stores Bars and Drinking Establishments 	www.communitycommons.org

Source	Data Used	Website
Healthy People 2020: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> All Healthy People 2020 Target Data Points Some U.S. Baseline Statistics Predictors of Access to Health Care 	www.healthypeople.gov/2020/topicsobjectives2020
Legacy for Health	<ul style="list-style-type: none"> Tobacco Fact Sheet 	www.legacyforhealth.org/content/download/582/6926/file/LEG-FactSheet-eCigarettes-JUNE2013.pdf
National Institute on Drug Abuse	<ul style="list-style-type: none"> Abuse of Prescription Drugs 	www.drugabuse.gov
National Vital Statistics Report	<ul style="list-style-type: none"> Live Birth Data 	www.cdc.gov/nchs/data/nvsr/nvsr61/nvsr61_01.pdf#table01
Michigan Community Health Information	<ul style="list-style-type: none"> Incidence of Cancer 	www.michigan.gov/mdch/0,4612,7-132-2944_5326---,00.html
Michigan Department of Community Health	<ul style="list-style-type: none"> Medicaid Health Plan Enrollees 	www.michigan.gov/documents/mdch/JE02072014_462792_7.pdf
Michigan Oral Health Coalition	<ul style="list-style-type: none"> Lenawee County Dental Care Resources 	www.mohc.org
Michigan Cancer Surveillance Program	<ul style="list-style-type: none"> Age-Adjusted Cancer Mortality Rates 	www.michigan.gov/mdch/0,4612,7-132-2945_5221-16586--,00.html
Michigan Department of Community Health	<ul style="list-style-type: none"> Age-Adjusted Mortality Rates for Diabetes Age-Adjusted Mortality Rates for Motor Vehicle Accidents Heart Disease and Stroke Mortality Rates Incidence of Cancer Lenawee County and Michigan Mortality Statistics Lenawee County and Michigan Birth Statistics Lenawee County and Michigan Leading Causes of Death Motor Vehicle Deaths Natality and Pregnancy Sexually Transmitted Diseases 	www.michigan.gov/mdch

APPENDIX I

Source	Data Used	Website
Michigan Office of Highway Safety Planning Crash Reports	<ul style="list-style-type: none"> 2013 Traffic Crash Facts 	http://michigan.gov/msp/0,4643,7-123-64773---,00.html
Philadelphia Department of Public Health	<ul style="list-style-type: none"> Electronic Cigarette Fact Sheet 	www.smokefreephilly.org/smokfree_philly/assets/File/Electronic%20Cigarette%20Fact%20Sheet_2_27_14.pdf
The Partnership at Drugfree.org, Parents 360, 2012	<ul style="list-style-type: none"> Synthetic Drugs: Bath Salts, K2/Spice A guide for parents and other influencers 	www.drugfree.org
U. S. Department of Commerce, Census Bureau; Bureau of Economic Analysis	<ul style="list-style-type: none"> American Community Survey 1 year estimate, 2013 Michigan and Lenawee County 2013 Census Demographic Information Michigan and U.S. Health Insurance Sources Small Area Income and Poverty Estimates Federal Poverty Thresholds 	www.census.gov
Western Michigan University	<ul style="list-style-type: none"> Facts About Suicide 	www.wmich.edu/suicideprevention/basics/facts

Appendix II | LENAWEE COUNTY ACRONYMS AND TERMS

AHS	A ccess to H ealth S ervices (topic area for Healthy People 2020)
Adult	Defined as 19 years of age and older.
Age-Adjusted Mortality Rates	Death rate per 100,000 adjusted for the age distribution of the population.
Binge drinking	Consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
BMI	Body Mass Index is defined as the contrasting measurement/relationship of weight to height.
BRFSS	Behavior Risk Factor Surveillance System, an adult survey conducted by the CDC.
CDC	Centers for Disease Control and Prevention.
CVD	C ardio v ascular D isease
Current Smoker	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
CY	Calendar Year
FY	Fiscal Year
HCNO	H ospital C ouncil of N orthwest O hio
HDS	H eart D isease and S troke (topic area for Healthy People 2020)
HP 2020	Healthy People 2020, a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
Health Indicator	A measure of the health of people in a community, such as cancer mortality rates, rates of obesity, or incidence of cigarette smoking.
High Blood Cholesterol	240 mg/dL and above
High Blood Pressure	Systolic ≥ 140 and Diastolic ≥ 90
IID	I mmunization and I nfectious D iseases (topic area for Healthy People 2020)
MDCH	Michigan Department of Community Health
N/A	Data is not available.

Race/Ethnicity

Census 2010: U.S. Census data consider race and Hispanic origin separately. Census 2010 adhered to the standards of the Office of Management and Budget (OMB), which define Hispanic or Latino as “a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race.” Data are presented as “Hispanic or Latino” and “Not Hispanic or Latino.” Census 2010 reported five race categories including: White, Black or African American, American Indian & Alaska Native, Asian, Native Hawaiian and Other Pacific Islander. Data reported, “White alone” or “Black alone”, means the respondents reported only one race.

APPENDIX II

Appendix III | METHODS FOR WEIGHTING THE 2014 LENAWEE COUNTY ASSESSMENT DATA

Data from sample surveys have the potential for bias if there are different rates of response for different segments of the population. In other words, some subgroups of the population may be more represented in the completed surveys than they are in the population from which those surveys are sampled. If a sample has 25% of its respondents being male and 75% being female, then the sample is biased towards the views of females (if females respond differently than males). This same phenomenon holds true for any possible characteristic that may alter how an individual responds to the survey items.

In some cases, the procedures of the survey methods may purposefully over-sample a segment of the population in order to gain an appropriate number of responses from that subgroup for appropriate data analysis when investigating them separately (this is often done for minority groups). Whether the over-sampling is done inadvertently or purposefully, the data needs to be weighted so that the proportioned characteristics of the sample accurately reflect the proportioned characteristics of the population. In the 2014 Lenawee County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Lenawee County based on age, sex, race, and income.

Weightings were created for each category within sex (male, female), race (White, Non-White), Age (9 different age categories), and income (7 different income categories). The numerical value of the weight for each category was calculated by taking the percent of Lenawee County within the specific category and dividing that by the percent of the sample within that same specific category. Using sex as an example, the following represents the data from the 2014 Lenawee County Survey and the 2010 Census.

<u>2014 Lenawee Survey</u>			<u>2010 Census</u>		<u>Weight</u>
<u>Sex</u>	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	173	40.139211	50,320	50.3814654	1.255168
Female	258	59.860789	49,558	49.6185346	0.828899

In this example, it shows that there was a slightly larger portion of females in the sample compared to the actual portion in Lenawee County. The weighting for males was calculated by taking the percent of males in Lenawee County (based on Census information) (50.38146539%) and dividing that by the percent found in the 2014 Lenawee County sample (40.139211%) [$50.38146539 / 40.139211 =$ weighting of 1.255168 for males]. The same was done for females [$49.61853461 / 59.860789 =$ weighting of 0.828898776 for females]. Thus males' responses are weighted heavier by a factor of 1.255168 and females' responses weighted less by a factor of 0.828898776.

This same thing was done for each of the 20 specific categories as described above. For example, a respondent who was female, White, in the age category 35-44, and with a household income in the \$50-\$75k category would have an individual weighting of 1.1995359 [0.828899 (weight for females) x 0.948527 (weight for White) x 1.257410 (weight for age 35-44) x 1.213347 (weight for income \$50-\$75k)]. Thus, each individual in the 2014 Lenawee County sample has their own individual weighting based on their combination of age, race, sex, and income. See next page for each specific weighting and the numbers from which they were calculated.

Multiple sets of weightings were created and used in the statistical software package (SPSS 21.0) when calculating frequencies. For analyses done for the entire sample and analyses done based on subgroups other than age, race, sex, or income – the weightings that were calculated based on the product of the four weighting variables (age, race, sex, income) for each individual. When analyses were done comparing groups within one of the four weighting variables (e.g., smoking status by race/ethnicity), that specific variable was not used in the weighting score that was applied in the software package. In the example smoking status by race, the weighting score that was applied during analysis included only age, sex, and income. Thus a total of eight weighting scores for each individual were created and applied depending on the analysis conducted. The weight categories were as follows:

- 1) **Total weight** (product of 4 weights) – for all analyses that did not separate age, race, sex, or income.
- 2) **Weight without sex** (product of age, race, and income weights) – used when analyzing by sex.
- 3) **Weight without age** (product of sex, race, and income weights) – used when analyzing by age.
- 4) **Weight without race** (product of age, sex, and income weights) – used when analyzing by race.
- 5) **Weight without income** (product of age, race, and sex weights) – used when analyzing by income.
- 6) **Weight without sex or age** (product of race and income weights) – used when analyzing by sex and age.
- 7) **Weight without sex or race** (product of age and income weights) – used when analyzing by sex and race.
- 8) **Weight without sex or income** (product of age and race weights) – used when analyzing by sex and income.

Category	Lenawee Sample	%	2010 Census *	%		Weighting Value
Sex:						
Male	173	40.139211	50,320	50.381465		1.255168
Female	258	59.860789	49,558	49.618535		0.828899
Age:						
20-24	21	4.941176	6,366	8.6565135		1.751913
25-34	35	8.235294	10,950	14.889856		1.808054
35-44	59	13.882353	12,837	17.455806		1.257410
45-54	76	17.882353	15,305	20.811803		1.163818
55-59	48	11.294118	7,140	9.709002		0.859651
60-64	55	12.941176	6,251	8.500136		0.656829
65-74	87	20.470588	7,923	10.773729		0.526303
75-84	44	10.352941	4,861	6.610008		0.638467
85+	0	NA	1,907	2.593147		NA
Race:						
White	407	92.290249	87,433	87.539799		0.948527
Non-White	34	7.709751	12,445	12.460201		1.616161
Household Income						
Less than \$10,000	31	6.919643	2,354	6.262137		0.904980
\$10k-\$15k	19	4.241071	2,412	6.416429		1.512927
\$15k-\$25k	51	11.383929	4,442	11.816658		1.038012
\$25k-\$35k	44	9.821429	3,963	10.542417		1.073410
\$35k-\$50	57	12.723214	6,126	16.296454		1.280844
\$50k-\$75k	79	17.633929	8,043	21.396079		1.213347
\$75k or more	113	25.223214	10,251	27.269825		1.081140
<p>Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Lenawee County in each subcategory by the proportion of the sample in the Lenawee County survey for that same category.</p> <p>* Lenawee County population figures taken from the 2010 Census.</p>						

Appendix IV | LENAWEE COUNTY

SAMPLE DEMOGRAPHIC

PROFILE*

APPENDIX IV

Variable	2014 Survey Sample	Lenawee County Census 2013 (1 year estimate)	Michigan Census 2013
Age			
20-29	14.1%	12.3%	13.3%
30-39	17.6%	11.6%	11.5%
40-49	16.9%	13.5%	13.4%
50-59	20.2%	14.8%	14.9%
60 plus	26.1%	22.8%	21.2%
Race/Ethnicity			
White	92.3%	92.4%	79.1%
Black or African American	0.5%	3.5%	13.9%
American Indian and Alaska Native	1.2%	0.3%	0.5%
Asian	0.4%	0.3%	2.7%
Other	4.5%	1.1%	1.0%
Hispanic Origin (may be of any race)	7.6%	7.7%	4.7%
Marital Status†			
Married Couple	68.6%	48.4%	47.6%
Never been married/member of an unmarried couple	18.1%	28.9%	32.9%
Divorced/Separated	7.2%	16.3%	13.3%
Widowed	4.5%	6.4%	6.2%
Education†			
Less than High School Diploma	3.6%	9.7%	10.6%
High School Diploma	24.9%	37.3%	29.7%
Some college/ College graduate	70.2%	53.0%	59.7%
Income (Families)			
\$14,999 and less	10.7%	7.8%	9.0%
\$15,000 to \$24,999	9.5%	7.8%	8.0%
\$25,000 to \$49,999	23.3%	27.4%	23.5%
\$50,000 to \$74,999	19.0%	23.6%	20.4%
\$75,000 or more	27.1%	33.4%	39.1%

* The percents reported are the actual percent within each category who responded to the survey. The data contained within the report however are based on weighted data (weighted by age, race, sex, and income). Percents may not add to 100% due to missing data (non-responses).

† The Michigan and Lenawee County Census percentages are slightly different than the percent who responded to the survey. Marital status is calculated for those individuals 15 years and older. Education is calculated for those 25 years and older.

Appendix V | DEMOGRAPHICS AND HOUSEHOLD INFORMATION

Lenawee County Population by Age Groups and Gender
U.S. Census 2010

Age	Total	Males	Females
Lenawee County	99,892	50,458	49,434
0-4 years	5,689	2,958	2,731
1-4 years	4,619	2,398	2,221
< 1 year	1,070	560	510
1-2 years	2,216	1,142	1,074
3-4 years	2,403	1,256	1,147
5-9 years	6,227	3,182	3,045
5-6 years	2,413	1,228	1,185
7-9 years	3,814	1,954	1,860
10-14 years	6,785	3,458	3,327
10-12 years	4,065	2,116	1,949
13-14 years	2,720	1,342	1,378
12-18 years	10,163	5,326	4,837
15-19 years	7,676	4,088	3,588
15-17 years	4,427	2,370	2,057
18-19 years	3,249	1,718	1,531
20-24 years	6,217	3,324	2,893
25-29 years	5,391	2,935	2,456
30-34 years	5,645	3,016	2,629
35-39 years	6,248	3,240	3,008
40-44 years	6,737	3,513	3,224
45-49 years	7,468	3,787	3,681
50-54 years	7,773	3,989	3,784
55-59 years	7,189	3,557	3,632
60-64 years	6,267	3,100	3,167
65-69 years	4,605	2,212	2,393
70-74 years	3,242	1,541	1,701
75-79 years	2,592	1,094	1,498
80-84 years	2,175	840	1,335
85-89 years	1,331	459	872
90-94 years	502	140	362
95-99 years	116	23	93
100-104 years	15	2	13
105-109 years	1	0	1
110 years & over	1	0	1
Total 85 years and over	1,966	624	1,342
Total 65 years and over	14,580	6,311	8,269
Total 19 years and over	75,137	37,602	37,535

LENAWEE COUNTY PROFILE

General Demographic Characteristics (Source: U.S. Census Bureau, Census 2013)

2013 ACS 1-year estimates

Total Population

2013 Total Population	99,188
2000 Total Population	98,890

Largest City-Adrian

2013 Total Population	20,939	100%
2000 Total Population	21,574	100%

Population By Race/Ethnicity

Total Population	99,188	100%
White Alone	91,691	92.4%
Hispanic or Latino (of any race)	7,631	7.7%
African American	3,438	3.5%
American Indian and Alaska Native	255	0.3%
Asian	280	0.3%
Two or more races	2,244	2.3%
Other	1,116	1.1%

Population By Age 2010

Under 5 years	5,689	5.7%
5 to 17 years	17,439	17.5%
18 to 24 years	9,466	9.5%
25 to 44 years	24,021	24.0%
45 to 64 years	28,697	28.7%
65 years and more	14,580	14.6%
Median age (years)	40.0	

Household By Type

Total Households	37,270	100%
Family Households (families)	24,001	64.4%
With own children <18 years	9,745	26.1%
Married-Couple Family Households	18,735	50.3%
With own children <18 years	6,598	17.7%
Female Householder, No Husband Present	3,970	10.7%
With own children <18 years	2,485	6.7%
Non-family Households	13,269	35.6%
Householder living alone	11,040	29.6%
Householder 65 years and >	4,406	11.8%
Households With Individuals < 18 years	10,991	29.5%
Households With Individuals 65 years and >	10,763	28.9%

APPENDIX V

General Demographic Characteristics, Continued
(Source: U.S. Census Bureau, Census 2013)

2013 ACS 1-year estimates

Median Value of Owner-Occupied Units	\$108,900
Median Monthly Owner Costs (With Mortgage)	\$1,139
Median Monthly Owner Costs (Not Mortgaged)	\$393
Median Gross Rent for Renter-Occupied Units	\$752
Median Rooms Per Housing Unit	6.2
Total Housing Units	43,294
No Telephone Service	1,325
Lacking Complete Kitchen Facilities	304
Lacking Complete Plumbing Facilities	23

Selected Social Characteristics
(Source: U.S. Census Bureau, Census 2013)

2013 ACS 1-year estimates

School Enrollment

Population 3 Years and Over Enrolled In School	24,030	100%
Nursery & Preschool	1,615	6.7%
Kindergarten	1,052	4.4%
Elementary School (Grades 1-8)	9,648	40.1%
High School (Grades 9-12)	5,547	23.1%
College or Graduate School	6,168	25.7%

Educational Attainment

Population 25 Years and Over	67,430	100%
< 9 th Grade Education	1,933	2.9%
9 th to 12 th Grade, No Diploma	4,588	6.8%
High School Graduate (Includes Equivalency)	25,123	37.3%
Some College, No Degree	16,966	25.2%
Associate Degree	5,082	7.5%
Bachelor's Degree	9,200	13.6%
Graduate Or Professional Degree	4,538	6.7%

Percent High School Graduate or Higher	*(X)	90.3%
Percent Bachelor's Degree or Higher	*(X)	20.4%

*(X) – Not available

Marital Status

Population 15 Years and Over	81,195	100%
Never Married	23,426	28.9%
Now Married, Excluding Separated	39,296	48.4%
Separated	1,395	1.7%
Widowed	5,274	6.5%
Female	3,823	9.5%
Divorced	11,804	14.5%
Female	6,559	16.3%

Selected Economic Characteristics
(Source: U.S. Census Bureau, Census 2013)

2013 ACS 1-year estimate

Grandparents As Caregivers

Grandparent Living in Household with 1 or more own grandchildren <18 years	1,378	100%
Grandparent Responsible for Grandchildren	649	47.1%

Veteran Status

Civilian Veterans 18 years and over	7,292	9.4%
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Disability Status of the Civilian Non-institutionalized Population

Total Civilian Noninstitutionalized Population	96,101	100%
With a Disability	14,137	14.7%
Under 18 years	21,770	100%
With a Disability	1,377	6.3%
18 to 64 years	59,113	100%
With a Disability	7,190	12.2%
65 Years and Over	15,218	100%
With a Disability	5,570	36.6%

Employment Status

Population 16 Years and Over	79,632	100%
In Labor Force	48,157	60.5%
Not In Labor Force	31,475	39.5%
Females 16 Years and Over	39,427	100%
In Labor Force	22,743	57.7%

Population Living With Own Children <6 Years	6,735	100%
All Parents In Family In Labor Force	11,166	79.5%

Selected Economic Characteristics, Continued
(Source: U.S. Census Bureau, Census 2013)

2013 ACS 1-year estimate

Occupations

Employed Civilian Population 16 Years and Over	43,845	100%
Production, Transportation, and Material Moving Occupations	8,748	20.0%
Management, business, science, and art occupations	10,760	24.5%
Sales and Office Occupations	11,569	26.4%
Service Occupations	8,462	19.3%
Natural Resources, Construction, and Maintenance Occupations	4,306	9.8%

Leading Industries

Employed Civilian Population 16 Years and Over	43,845	100%
Manufacturing	8,767	20.0%
Educational, health and social services	11,350	25.9%
Trade (retail and wholesale)	5,833	13.5%
Arts, entertainment, recreation, accommodation, and food services	3,502	8.0%
Professional, scientific, management, administrative, and waste management services	3,243	7.4%
Transportation and warehousing, and utilities	1,853	4.2%
Finance, insurance, real estate and rental and leasing	2,201	5.0%
Other services (except public administration)	1,064	2.4%
Construction	2,337	5.3%
Public administration	1,961	4.2%
Information	583	1.3%
Agriculture, forestry, fishing and hunting, and mining	1,151	2.6%

Class of Worker

Employed Civilian Population 16 Years and Over	43,845	100%
Private Wage and Salary Workers	35,729	81.5%
Government Workers	5,653	12.9%
Self-Employed Workers in Own Not Incorporated Business	2,384	5.4%
Unpaid Family Workers	79	0.2%

Median Earnings

Male, Full-time, Year-Round Workers	\$41,466
Female, Full-time, Year-Round Workers	\$31,198

Selected Economic Characteristics, Continued
(Source: U.S. Census Bureau, Census 2013)

2013 ACS 1-year estimate

Income In 2013

Households	37,270	100%
< \$10,000	1,940	5.2%
\$10,000 to \$14,999	2,310	6.2%
\$15,000 to \$24,999	4,509	12.1%
\$25,000 to \$34,999	4,385	11.8%
\$35,000 to \$49,999	7,126	19.1%
\$50,000 to \$74,999	7,724	20.7%
\$75,000 to \$99,999	4,778	12.8%
\$100,000 to \$149,999	3,434	9.2%
\$150,000 to \$199,999	550	1.5%
\$200,000 or more	514	1.4%

Median Household Income **\$45,938**

Income In 2013

Families	24,001	100%
< \$10,000	1,219	5.1%
\$10,000 to \$14,999	1,878	7.8%
\$15,000 to \$24,999	1,878	7.8%
\$25,000 to \$34,999	2,111	8.8%
\$35,000 to \$49,999	4,460	18.6%
\$50,000 to \$74,999	5,658	23.6%
\$75,000 to \$99,999	3,782	15.8%
\$100,000 to \$149,999	3,239	13.5%
\$150,000 to \$199,999	559	2.3%
\$200,000 or more	449	1.9%

Median Household Income (families) **\$58,381**

Per Capita Income In 2013 **\$22,269**

Poverty Status In 2013

	Number Below Poverty Level	% Below Poverty Level
Families	*(X)	11.8%
Individuals	*(X)	17.1%
*(X) – Not available		

APPENDIX V

Selected Economic Characteristics, Continued
(Source: U.S. Bureau of Economic Analysis)

Bureau of Economic Analysis (BEA) Per Capita Personal Income Figures

	Income	Rank of Michigan Counties
BEA Per Capita Personal Income 2013	\$34,408	36 th of 83 counties
BEA Per Capita Personal Income 2012	\$33,695	38 th of 83 counties
BEA Per Capita Personal Income 2011	\$32,522	41 st of 83 counties
BEA Per Capita Personal Income 2010	\$30,857	42 nd of 83 counties
BEA Per Capita Personal Income 2001	\$26,410	28 th of 83 counties
BEA Per Capita Personal Income 2000	\$26,247	26 th of 83 counties

(BEA PCPI figures are greater than Census figures for comparable years due to deductions for retirement, Medicaid, Medicare payments, and the value of food stamps, among other things)

Employment Statistics

Category	Lenawee	Michigan
Labor Force	44,918	4,736,000
Employed	42,087	4,419,000
Unemployed	2,831	317,000
Unemployment Rate* in September 2014	6.3	6.7
Unemployment Rate* in August 2014	6.3	6.7
Unemployment Rate* in September 2013	8.0	8.2

**Rate equals unemployment divided by labor force.*

(Source: Michigan Labor Market, September 2014, <http://www.milmi.org/>)

Estimated Poverty Status in 2012

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
Lenawee County				
All ages in poverty	12,587	10,710 to 14,464	13.4%	11.4 to 15.4
Ages 0-17 in poverty	4,137	3,358 to 4,916	19.1%	15.5 to 22.7
Ages 5-17 in families in poverty	2,805	2,262 to 3,348	17.4%	14.0 to 20.8
Median household income	\$48,427	45,967 to 50,887		
Michigan				
All ages in poverty	1,677,776	1,655,746 to 1,699,806	17.4%	15.8 to 16.0
Ages 0-17 in poverty	549,131	537,317 to 560,945	24.7%	24.2 to 25.2
Ages 5-17 in families in poverty	376,004	365,861 to 386,147	22.7%	22.1 to 23.3
Median household income	\$46,793	46,465 to 47,121		
United States				
All ages in poverty	48,760,123	48,528,543 to 48,991,703	15.9%	15.8 to 16.0
Ages 0-17 in poverty	16,396,863	16,275,868 to 16,517,858	22.6%	22.4 to 22.8
Ages 5-17 in families in poverty	11,086,537	10,995,403 to 11,177,671	21.0%	20.8 to 21.2
Median household income	\$51,371	51,318 to 51,424		

(Source: U.S. Census Bureau, Small Area Income and Poverty Estimates, <http://www.census.gov/did/www/saipe/data/interactive/#>)

Federal Poverty Thresholds in 2013 by Size of Family and Number of Related Children Under 18 Years of Age

Size of Family Unit	No Children	One Child	Two Children	Three Children	Four Children	Five Children
1 Person <65 years	\$12,119					
1 Person 65 and >	\$11,173					
2 people Householder < 65 years	\$15,600	\$16,057				
2 People Householder 65 and >	\$14,081	\$15,996				
3 People	\$18,222	\$18,751	\$18,769			
4 People	\$24,028	\$24,421	\$23,624	\$23,707		
5 People	\$28,977	\$29,398	\$28,498	\$27,801	\$27,376	
6 People	\$33,329	\$33,461	\$32,771	\$32,110	\$31,128	\$30,545
7 People	\$38,349	\$38,588	\$37,763	\$37,187	\$36,115	\$34,865
8 People	\$42,890	\$43,269	\$42,490	\$41,807	\$40,839	\$39,610
9 People or >	\$51,594	\$51,844	\$51,154	\$50,575	\$49,625	\$48,317

(Source: U. S. Census Bureau, Poverty Thresholds 2013, <http://www.census.gov/hhes/www/poverty/data/threshld/index.html>)

Appendix VI | YOUTH MiPHY SUMMARY

The Michigan Profile for Healthy Youth (MiPHY) was completed by 7, 9 and 11th grade students in Michigan. The results in this report reflect student survey responses from high schools that voluntarily participated in your county and may not be representative of all high school students in the county.

MiPHY Variables	Lenawee County Middle Schools 2013-2014	Lenawee County High Schools 2013-2014	Michigan YRBS 2013
Weight Status and Nutrition			
Obese	13%	16%	13%
Overweight	19%	15%	16%
Described themselves as slightly or very overweight	29%	32%	29%
Trying to lose weight	48%	46%	45%
Went without eating for 24 hours or more	13%	12%	13%
Took diet pills, powders, or liquids without a doctor's advice	3%	5%	6%
Vomited or took laxatives	3%	4%	5%
Ate 5 or more servings per day of fruits and vegetables in the past week	30%	23%	N/A
Drank three or more glasses of milk per day during the past week	20%	16%	N/A
Drank pop or soda one or more times per day during the past week	24%	22%	20%
Ate breakfast every day during the past week	45%	38%	37%
Did not eat breakfast in the past week	9%	11%	13%
Physical Activity			
Physically active at least 60 minutes per day on 5 or more days in past week	29%	27%	50%
Youth who play on any sports team	69%	63%	N/A
Watched TV 3 or more hours per day	24%	24%	27%
Played video ore computer games or use a computer, not for school work for 3 or more hours per day on average school day	31%	30%	34%
Alcohol and Other Drugs			
Ever drank alcohol	N/A	48%	60%
Drank alcohol in during the past month	6%	23%	28%
Had 5 or more drinks of alcohol in a row, that is, within a couple of hours, during the past month (of all youth)	2%	14%	17%
Rode with someone who was drinking	26%	12%	20%
Drank and drove (of youth drivers)	N/A	4%	6%
Obtained the alcohol they drank by someone giving it to them	42%	44%	33%
Ever tried marijuana	N/A	28%	33%
Used marijuana in the past month	3%	16%	18%
Ever used cocaine	5%	N/A	4%
Ever used steroids	6%	N/A	3%
Used inhalants to get high during the past month	4%	2%	N/A
Took a prescription drug such as Ritalin, Adderall, or Xanax without a doctor's prescription during the past month	3%	5%	N/A
Took painkillers such as OxyContin, Codeine, Vidodin, or Percocet without a doctor's prescription during the past month	4%	8%	N/A
Ever been offered, sold, or given an illegal drug by someone on school property in the past year	7%	16%	24%

N/A – Not available

MiPHY Variables	Lenawee County Middle Schools 2013-2014	Lenawee County High Schools 2013-2014	Michigan YRBS 2013
Tobacco Use			
Ever smoked a cigarette	N/A	22%	36%
Smoked cigarettes during the past month	3%	8%	12%
Smoked cigarettes on 20 or more days during the past month (of all youth)	0%	3%	4%
Exposed to second hand smoke in the past week	41%	48%	N/A
Had been told they had asthma and still have asthma	60%	56%	N/A
Unintentional Injuries and Violence			
Carried a weapon in the past month	N/A	24%	16%
Carried a weapon on school property in the past month	N/A	7%	4%
Had been in a physical fight in the past year	N/A	17%	22%
Had been in a physical fight on school property in the past year	N/A	8%	7%
Threatened or injured with a weapon on school property in past year	11%	6%	7%
Had property stolen or deliberately damaged on school property in past year	30%	17%	N/A
Did not go to school because felt unsafe in the past month	10%	4%	7%
Electronically/cyber bullied in past year	18%	19%	19%
Bullied on school property in past year	40%	28%	25%
Never or rarely wore a seatbelt when riding in a car driven by someone else	5%	8%	7%
Texted or emailed while driving a car in the past month	N/A	57%	40%
Mental Health			
Youth who felt sad or hopeless almost every day for 2 or more weeks in a row	28%	32%	27%
Youth who had ever seriously considered attempting suicide	22%	18%	16%
Had ever made a plan to attempt suicide	16%	15%	15%
Youth who had ever tried to kill themselves	6%	N/A	N/A
Attempted suicide in the past year	N/A	8%	9%
Sexual Behavior			
Ever had sexual intercourse	7%	36%	38%
Used a condom at last intercourse (of youth who had sexual intercourse)	44%	N/A	61%
Had four or more sexual partners (of all youth)	N/A	8%	8%
Had sexual intercourse before age 13 (of all youth)	N/A	4%	3%
Individual and Peer Domain			
Youth who reported regular cigarette use to be a moderate or great risk	81%	83%	N/A
Youth who reported regular alcohol use to be a moderate or great risk	72%	70%	N/A
Youth who reported they thought none of their friends had smoked cigarettes recently	84%	54%	N/A
Youth who reported they thought none of their friends had been drunk recently	86%	44%	N/A
Youth who reported they thought none of their friends had used marijuana recently	82%	43%	N/A

N/A – Not available

MiPHY Variables	Lenawee County Middle Schools 2013-2014	Lenawee County High Schools 2013-2014	Michigan YRBS 2013
Family Domain			
Youth who reported their parents felt cigarette use to be wrong or very wrong	98%	95%	N/A
Youth who reported their parents felt marijuana use to be wrong or very wrong	98%	91%	N/A
Youth whose parents ask whether their homework is done	11%	25%	N/A
Youth who could ask their mom or dad for help with personal problems	82%	76%	N/A
School Domain			
Felt unsafe or very unsafe at school	5%	6%	N/A
Felt assigned school work was never or seldom meaningful and important	19%	35%	N/A
Youth who often or almost always hated being at school during the past year	38%	46%	N/A
Youth who never or seldom tried to do their best work at school during the past year	6%	12%	N/A
Youth who reported not at all or a little true that they do interesting activities at school	48%	63%	N/A
Youth who reported not at all or a little true that they make a difference at school	64%	74%	N/A
Had seen students get pushed, hit, or punched one or more times during the past year	65%	61%	N/A
Heard students get called mean names or get "put down" during the past year	86%	78%	N/A
Heard rumors or lies being spread about other students during the past year	87%	85%	N/A
Have seen students left out of activities or games on purpose during the past year	65%	54%	N/A
Heard students threaten to hurt other students during the past year	60%	64%	N/A
Have seen students wreck or damage other students' things during the past year	51%	47%	N/A
Have read email or website messages that spread rumors about other students during the past year	26%	35%	N/A
Have read email or website messages that contained threats to other students during the past year	16%	20%	N/A
Have lots of chances to get involved in sports, clubs, and other school activities outside of class	92%	90%	N/A
Teachers notice when they are doing a good job and let them know about it	66%	55%	N/A
Teachers praise them when they work hard in school	58%	45%	N/A
Community Domain			
Felt unsafe or very unsafe in their neighborhood	3%	4%	N/A
Youth who reported sort of easy or very easy to get cigarettes	29%	58%	N/A
Youth who reported sort of easy or very easy to get alcohol	35%	66%	N/A
Youth who reported sort of easy or very easy to get marijuana	15%	55%	N/A
Know adults in the neighborhood they could talk to about something important	57%	44%	N/A
Neighbors notice when they are doing a good job and let them know	28%	21%	N/A
Know people in their neighborhood who encourage them to do their best	45%	37%	N/A
Know people in their neighborhood who are proud when youth do something well	47%	39%	N/A

N/A – Not available