

Methodology

1. A Community Health Summit was held January, 2012 to hear public health concerns and review state health data
2. Secondary data was collected from January to May 2012; sources include Maryland DHMH Vital Statistics, MD SHIP, Nielson/Clarista, County Health Ranking, U.S. Census Bureau, Centers for Disease Control, Healthy People 2020, Meritus Health
3. RFP was awarded to Strategy Solutions, LLC as technical consultant May 2012
4. 819 people in Washington County participated in a health needs survey conducted between July 20 and September 30, 2012:
Behavioral Risk Factor Surveillance Survey (BRFSS)
Sample Size=602
Community Survey (to reach underrepresented populations)
Sample Size=217
5. A provider focus group was conducted with Meritus Care Management staff April 18, 2012
6. Twenty-seven focused Hispanic interviews were conducted at the Hispanic Festival on September 16, 2012
7. Review of all data and prioritization of needs completed October 24, 2012

Access to Healthcare

- According to community survey respondents, insurance coverage, affordable health care, access to high quality affordable foods, access to dental care and transportation are the biggest barriers to accessing healthcare
- 22% of survey respondents rated their health status as fair or poor
- 15.5% of all respondents do not currently have a personal health care provider; most often cited reason for not having a provider is not having insurance or an inability to pay
- 13.1% of respondents reported not having health insurance, similar to the state estimate of 18.5%; most often cited reasons for not having is job loss and inability to pay premiums

- 18.1% indicated that they did not fill a prescription in the past 12 months due to cost
- 70%+ of respondents have had a routine check up within the past year
- About 20% of the population travels more than 10 miles to visit the doctor
- Only 57.8% of Washington County Medicaid recipients have accessed dental services within the past year, compared to 67.9% of all respondents
- Meritus Health had approximately 1,000 ED visits for dental conditions over the past year

Chronic Disease

- Community survey respondents indicated that obesity, high cholesterol, heart disease, cardiovascular disease and stroke and diabetes were the most serious chronic disease problems
- Survey showed that 72.6% Washington County adults are overweight or obese vs. National average of 63.5%
- Washington County's childhood obesity is slightly higher than the Maryland target rate of 11.3%
- Heart disease deaths were higher in Washington County than the state average and above the MD 2014 target
- Among the African American population in Washington County, there were increased rates of cancer deaths, diabetes related ER visits, and hypertension ER visits
- Almost half of 55-64 year olds and almost 2/3 of those age 65+ have been told that they have high blood pressure, and half have been told to reduce their cholesterol
- Incidence of diabetes increases with age, about 12% of 45-55 year olds and 23.1% of those 65+
- Washington County has a higher rate of diabetes mortality than the state average
- Cancer of the Esophagus, Colon, Rectum, Pancreas, Bronchus & Lung, Ovary, Kidney, and Lymph Nodes are more likely than other cancers to be found in stages 3 and 4
- African Americans are diagnosed with cancer more often in later stages 3 and 4

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Behavioral Health

- 31% of respondents indicated that their mental health was not good 1+ days in the last 30
- 15% of the respondents indicated that they are taking medicine or receiving treatment
- Washington County behavioral health ED visits were 17% higher than the state average
- About 5% respondents indicated that they needed mental health care and were unable to access it

Lifestyle Behaviors

- 30% of all respondents indicated that they have had no physical activity in the past 30 days
- Smoking rates were higher in Washington County compared to the state and nation
- Youth tobacco use is significantly higher in Washington County, over double the state rate and state and US targets
- Less than 10% of BRFSS respondents eats multiple servings of fruits, vegetables, or beans per day
- Although Washington County has no official food deserts, survey respondents indicated that access to healthy and affordable foods is a barrier

Healthy Mothers, Babies and Children

- High school graduation rates in Washington County compare favorably to state and national rates
- The rate of child maltreatment was higher in Washington County compared to the state
- The rate of kindergarten readiness in Washington county is significantly lower than the state target
- School-aged pregnancies are trending up significantly: 2011 1.09/week vs. 2012 2.06/week
- The 2011 Washington County teen birth rate was 38.1 per 1,000 up from 36 per 1,000 in 2010
- MD State average teen birth rate was 24.7 in 2011; W.C. is 35% higher than the state average
- The Family Planning Clinic reports a 41% increase in Washington County teen births in the first 10 months of 2012

Community Strengths

- Washington County Air Quality is better than the Maryland and national targets
- More than 88% of Washington County students graduate from high school four years after entering, exceeding the state and national average.
- HIV infection rates in Washington County are lower than the state and state target, and only about a third of BRFSS respondents have been tested for HIV

Infectious Disease

- Influenza vaccines were considerably lower for Washington County and the state compared to the Maryland 2014 target and HP 2020 goal
- Less than half the service area residents have received a seasonal flu vaccine, and the rate is lower (only about a third) for community survey respondents
- Only 66.3% Washington County residents over age 65 have had a pneumonia shot, compared to a Healthy People 2020 goal of 90%

Prioritization of Needs

Upon review and analysis of all data the following health needs have been identified and ranked in order of priority:

1. Obesity and physical inactivity*
2. Diabetes
3. Heart Disease and smoking*
4. Cancer
5. Mental health access and ED visits
6. Teen pregnancy

* Behaviors contributing to chronic disease and illness

