

Washington County Adult Health

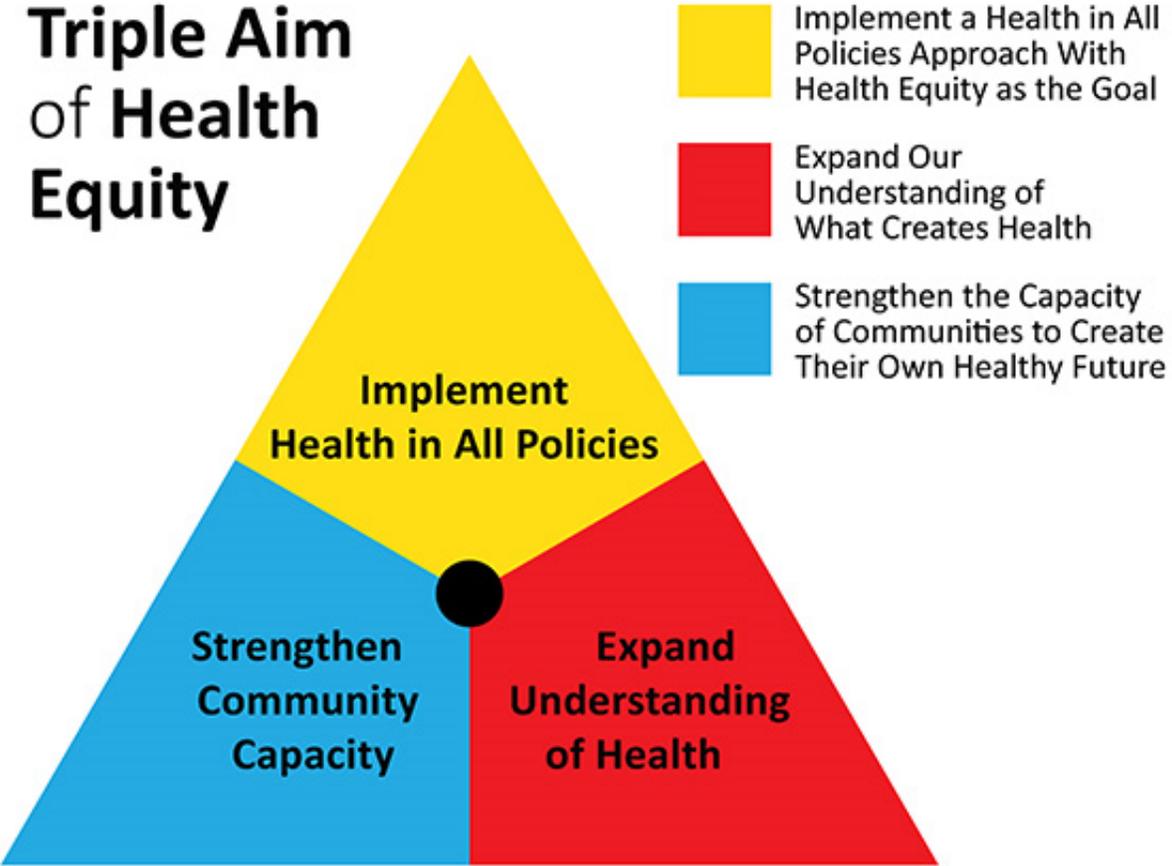
Select findings from 2014 Metro SHAPE



Lakeview Health and Wellness Advisory
September 12, 2016

Pursuing the Triple Aim of Health Equity

Triple Aim of Health Equity



Examples of data use



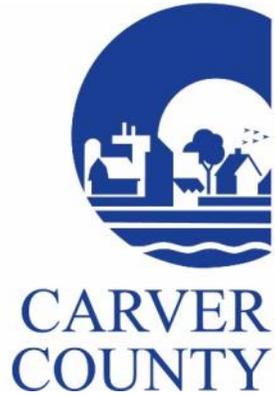
- Community Health Assessment
- Coordination with Center for Community Health
- Strategic Planning
- SHIP baseline data
- Health in All Policies

Outline

- Metro SHAPE project overview
 - Metro-wide by county
 - Washington County Targeted low-income Survey
- Select findings and program highlights
 - Overall health status
 - Obesity, Nutrition, Physical Activity
 - Tobacco
 - Social and economic factors
- Wrap-up and discussion

METRO SHAPE PROJECT OVERVIEW

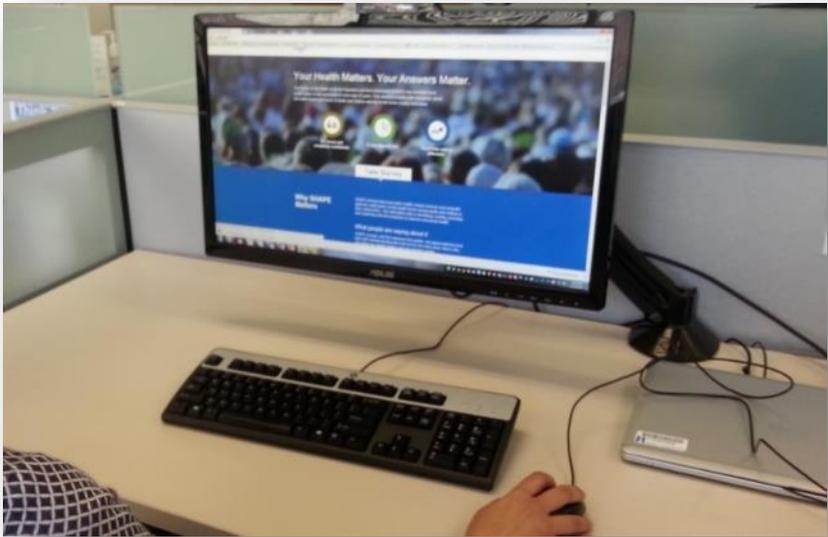
Metro SHAPE 2014 collaboration



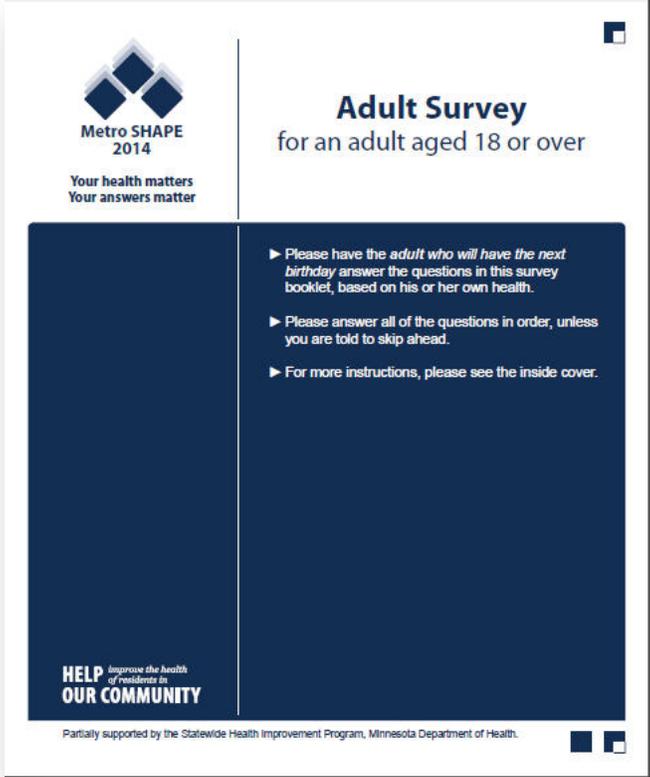
Metro SHAPE 2014 survey domains and topics

<p>Overall health</p> <ul style="list-style-type: none">▪ General health, health related quality of life (HRQOL)▪ Chronic disease and conditions▪ Mental health▪ Limitations and disabilities	<p>Access to health care</p> <ul style="list-style-type: none">▪ Health insurance coverage▪ Usual places and source of care▪ Unmet health care need▪ Preventive care & risk behavior screening▪ Dental coverage and care, prescription use
<p>Healthy lifestyles & behaviors</p> <ul style="list-style-type: none">▪ Diet, nutrition, beverage intake▪ Physical activity and exercise▪ Screen time▪ Cigarette, other tobacco use, ETS▪ Alcohol use	<p>Social-environmental factors</p> <ul style="list-style-type: none">▪ Community connectedness, social support, neighborhood cohesion▪ Neighborhood safety▪ Discrimination experience▪ Economic distress▪ Sexual orientation and gender identity

Methods and Timeline



On-line with Qualtrics-based survey



Paper version by mail

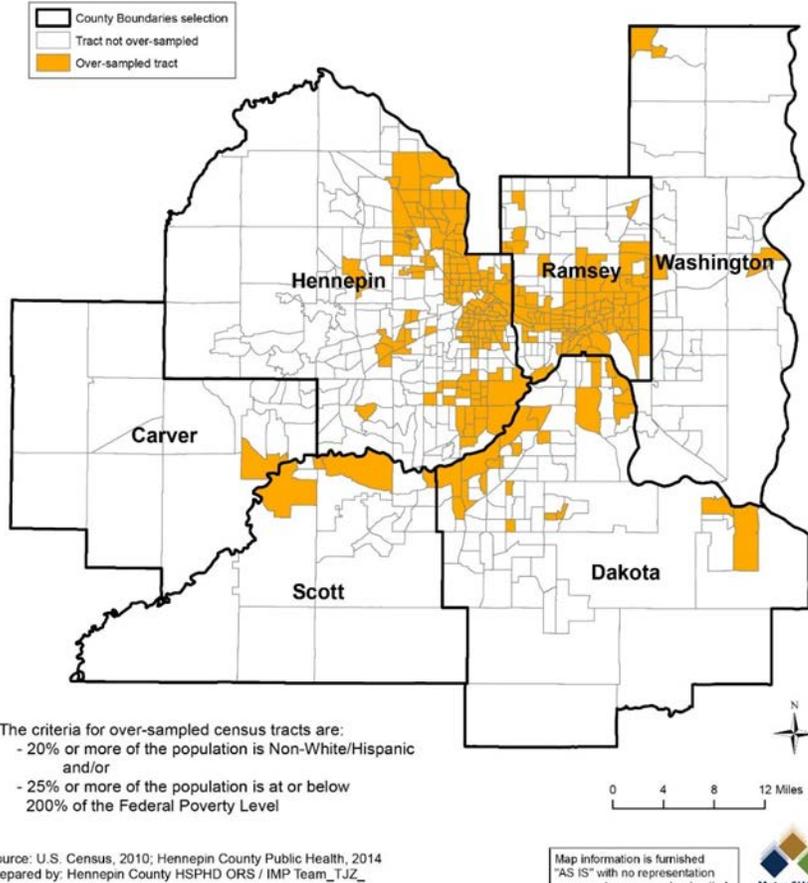
Survey Response

Metro SHAPE 2014



Metro SHAPE 2014

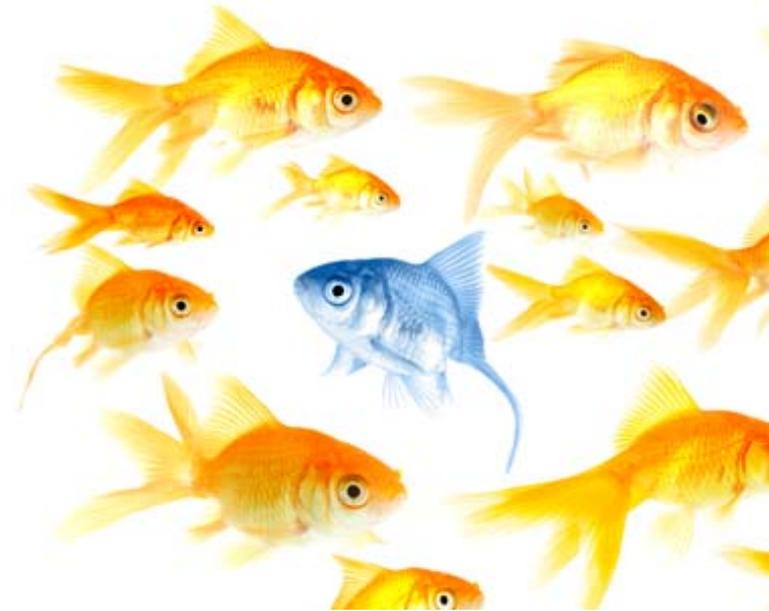
of respondents aged 25 and older in final dataset



Participating metro county	Sample in final dataset
Carver	608
Dakota	530
Hennepin	8,578
Ramsey	1154
Scott	546
Washington	612
Total	12,028

Metro SHAPE considerations and limitations

- Response rate and non-response bias
- Adults age 25 and older
- Association vs causation
- Trending over time
- Language
- Sample size
- Recall bias



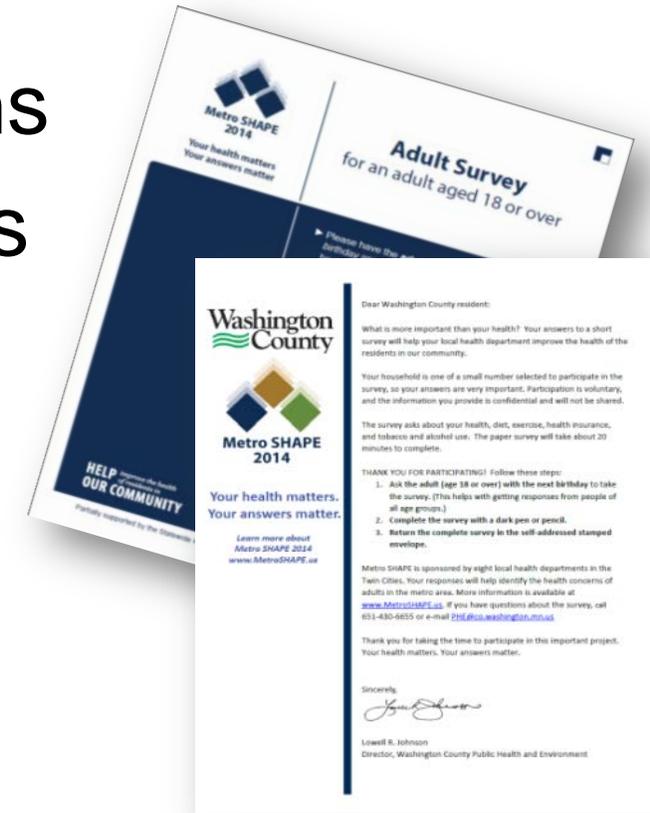
Washington County SHAPE survey results

We look really healthy on average!



Washington County: targeted survey rationale

- Random sample reaches healthier populations
- Focus: understanding local health differences
- Increase engagement with residents that experience disparities
- Build upon existing work
- One-time SHIP supplemental funding



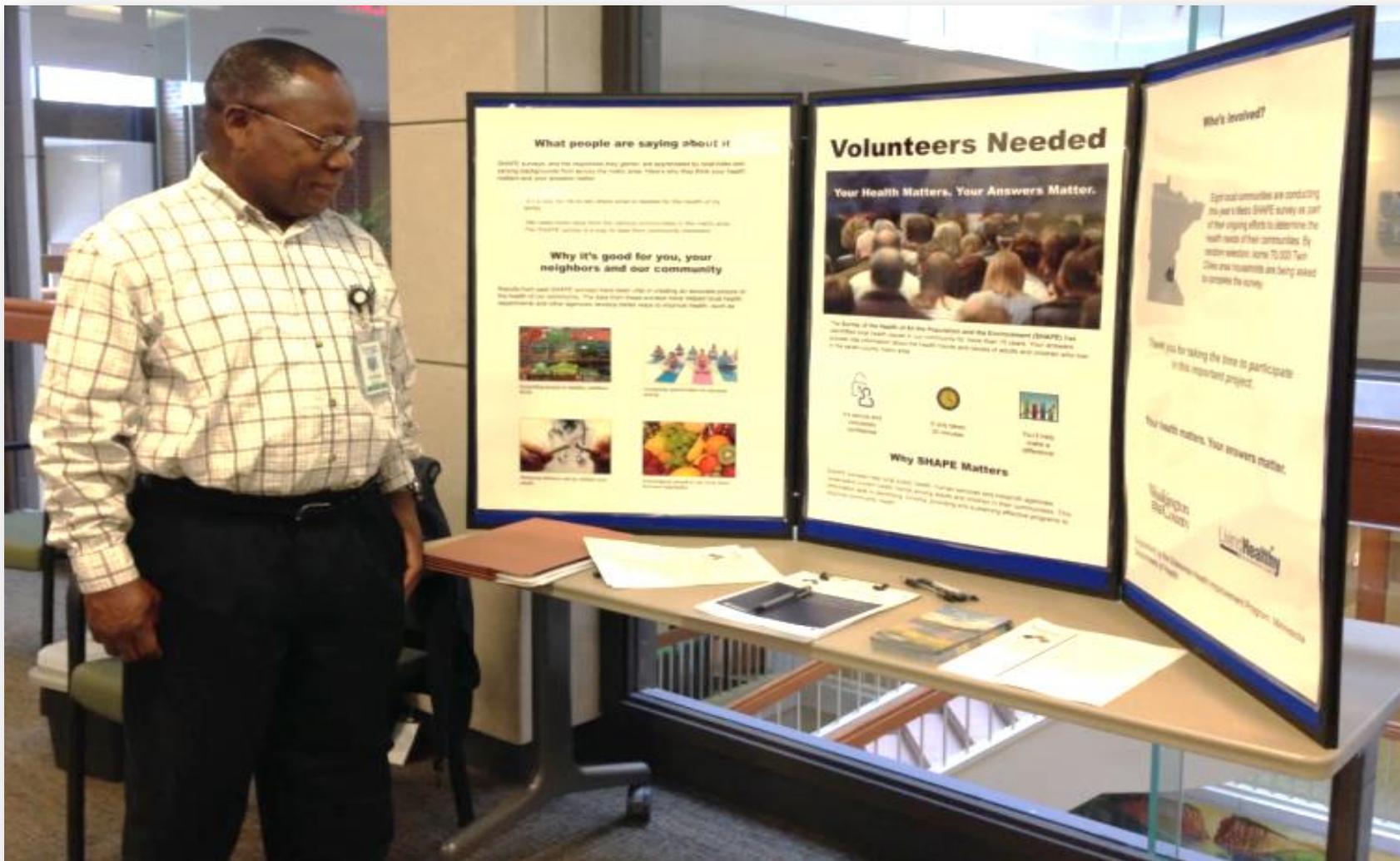
Methodology

Identify desired response groups

- Customers of County Services
 - Community Services
 - Workforce Center
 - Housing and Redevelopment Authority
 - Family Health Nursing Clients
 - Women, Infant, and Children clinic (WIC)
- Food Shelves
- Faith-based communities



Face-to-face surveying

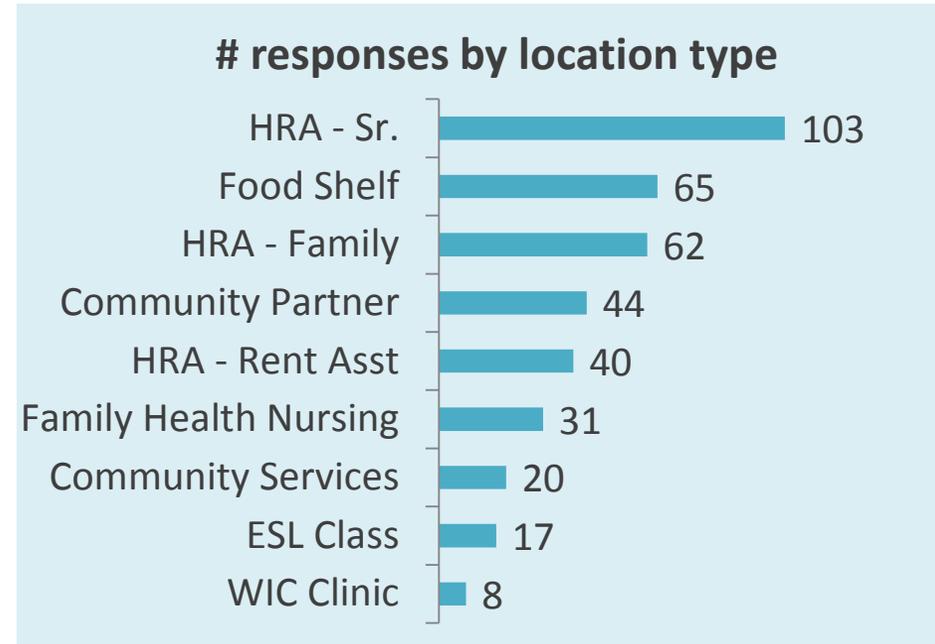
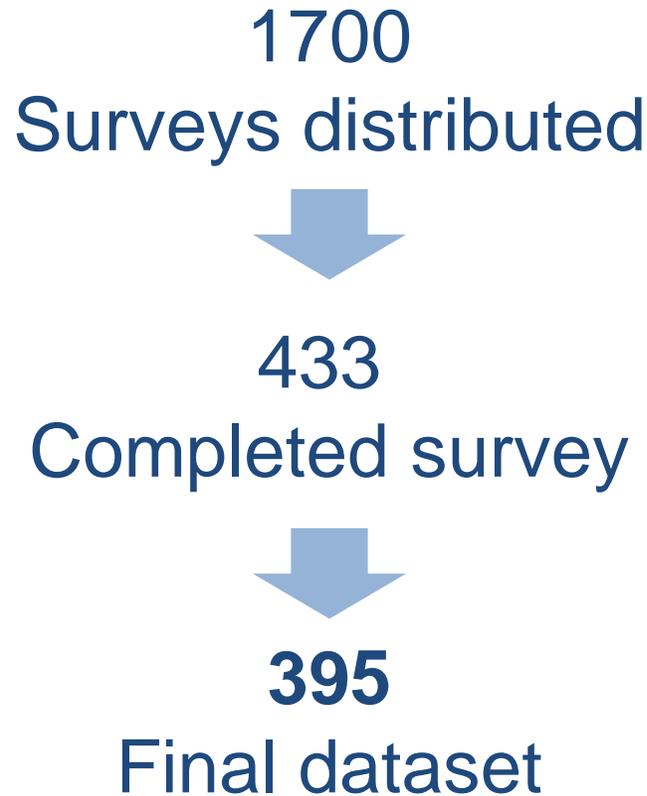


Some of what we heard

- *“I work full time overnight as a Wal-Mart supervisor. It’s very stressful.”*
- *“I’ve worked at a nursing home for 23 years. My insurance co-pay is \$45. That’s why I haven’t gone in for my blood pressure medication.” (180/100)*
- *“ I have three children with autism. We are in an apartment. I need a house.”*

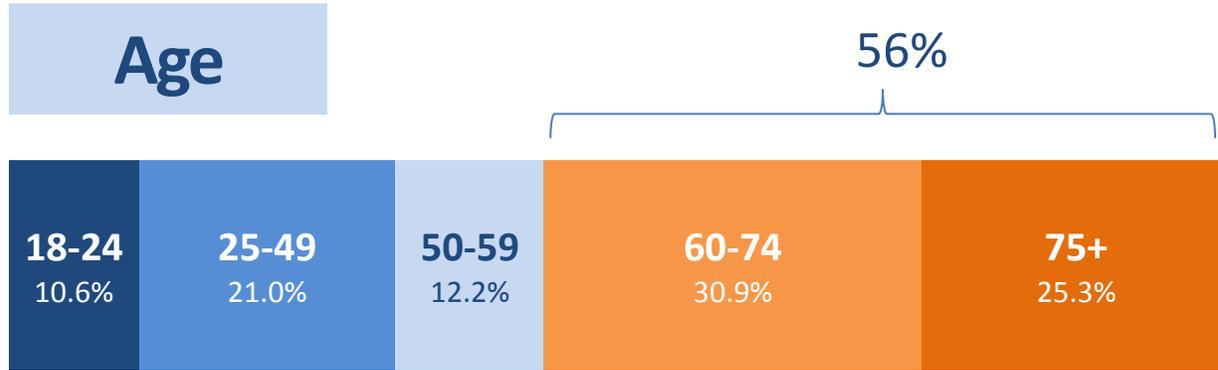
Survey Response: 25.4%

Washington County Targeted SHAPE

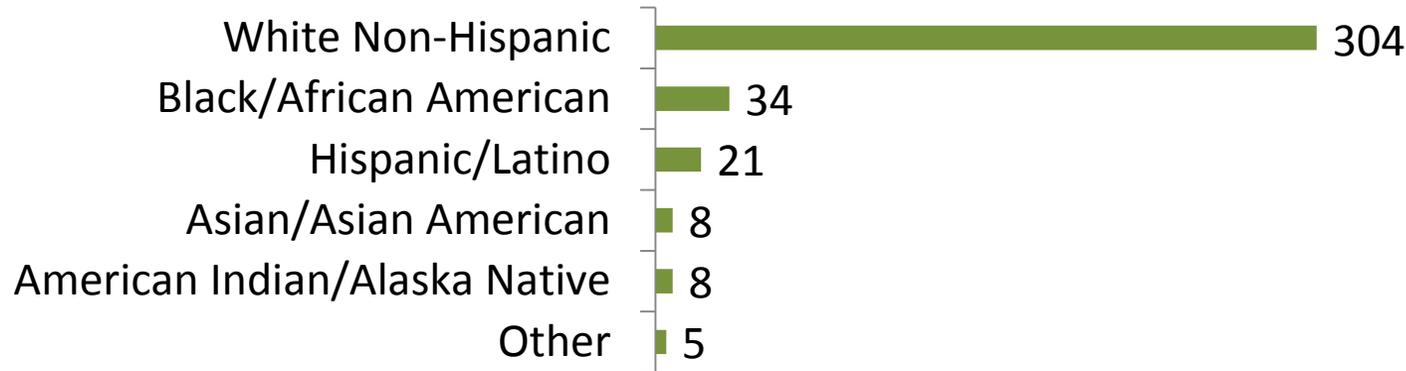


Who we reached

Respondents aged 18 and older (n=380)



Race

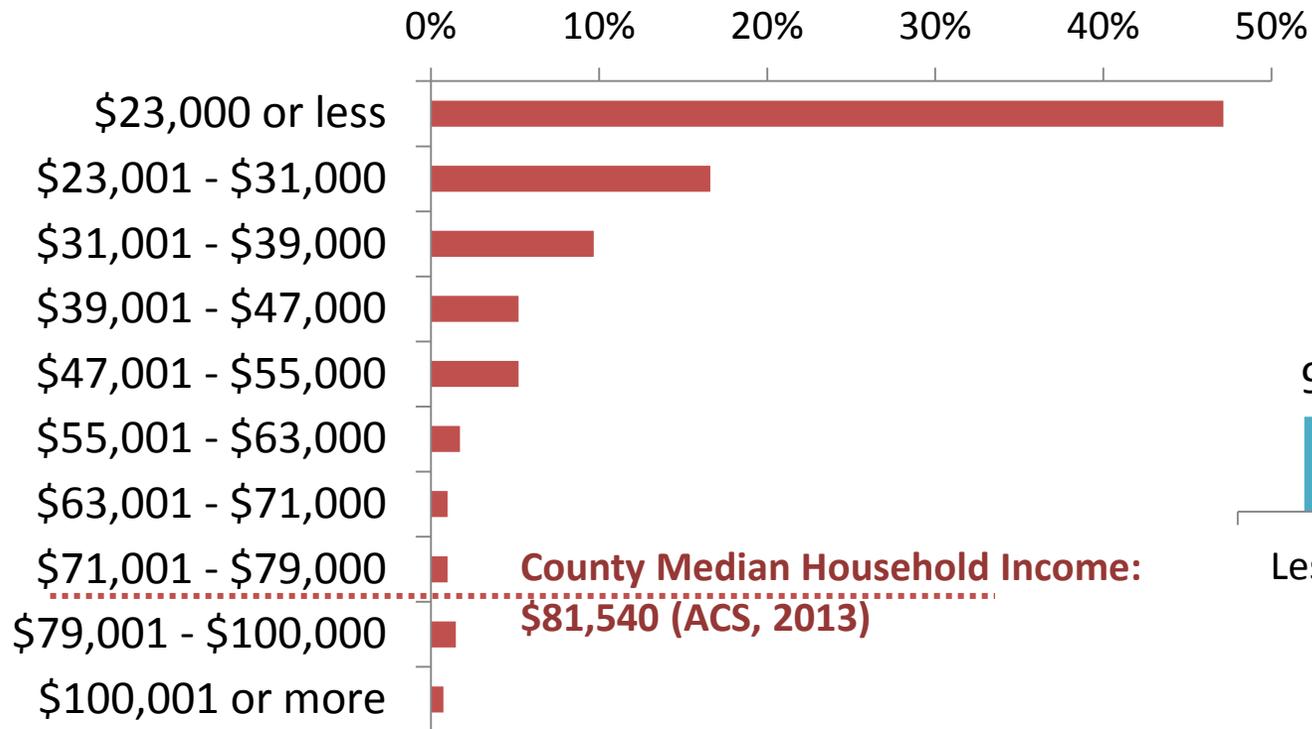


- Gender
 - Female: 77% (304)
 - Male 23% (90)
- Ethnicity
 - Hispanic/Latino: 21
 - Somali: 1
 - Hmong: 6
- Non-US Born 24 (6.3%)

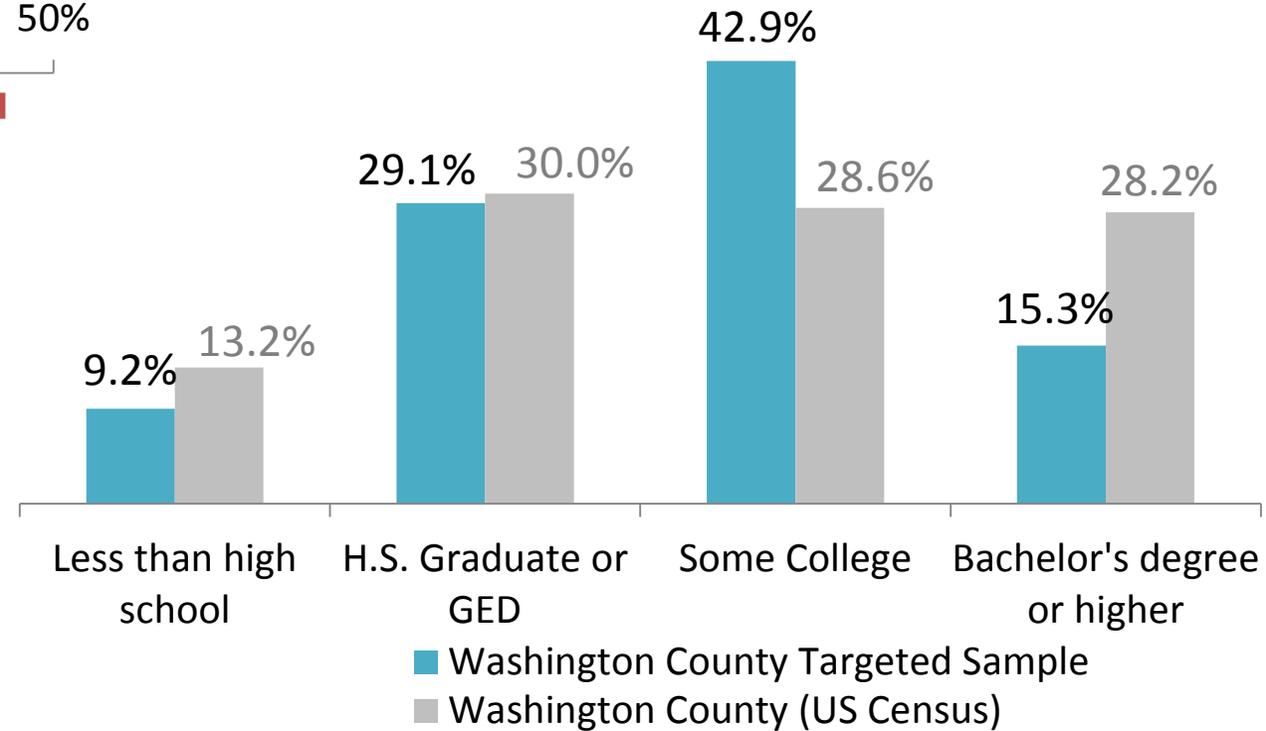
Who we reached

Respondents aged 18 and older (n=380)

Household Income



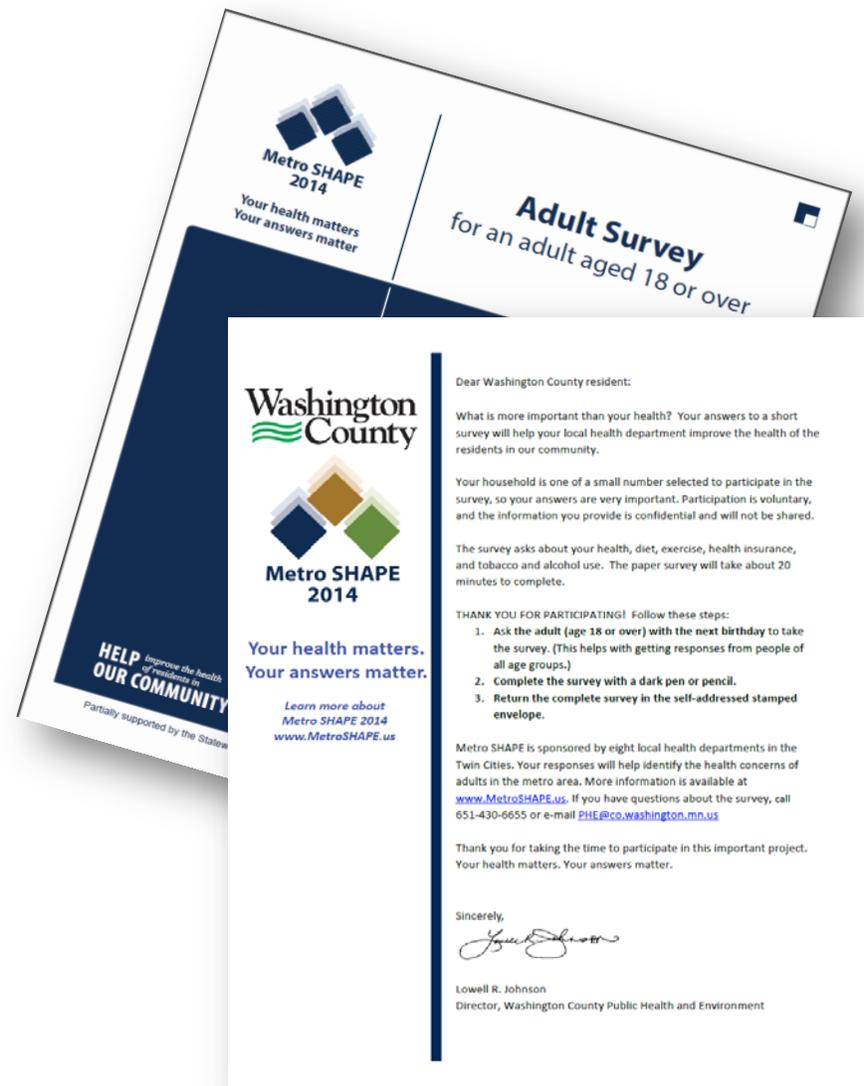
Education



Limitations and challenges

- Not able to weight results
- Skewed toward older population
- Difficult to repeat
- Planning follow-up interventions
- Utilizing the findings

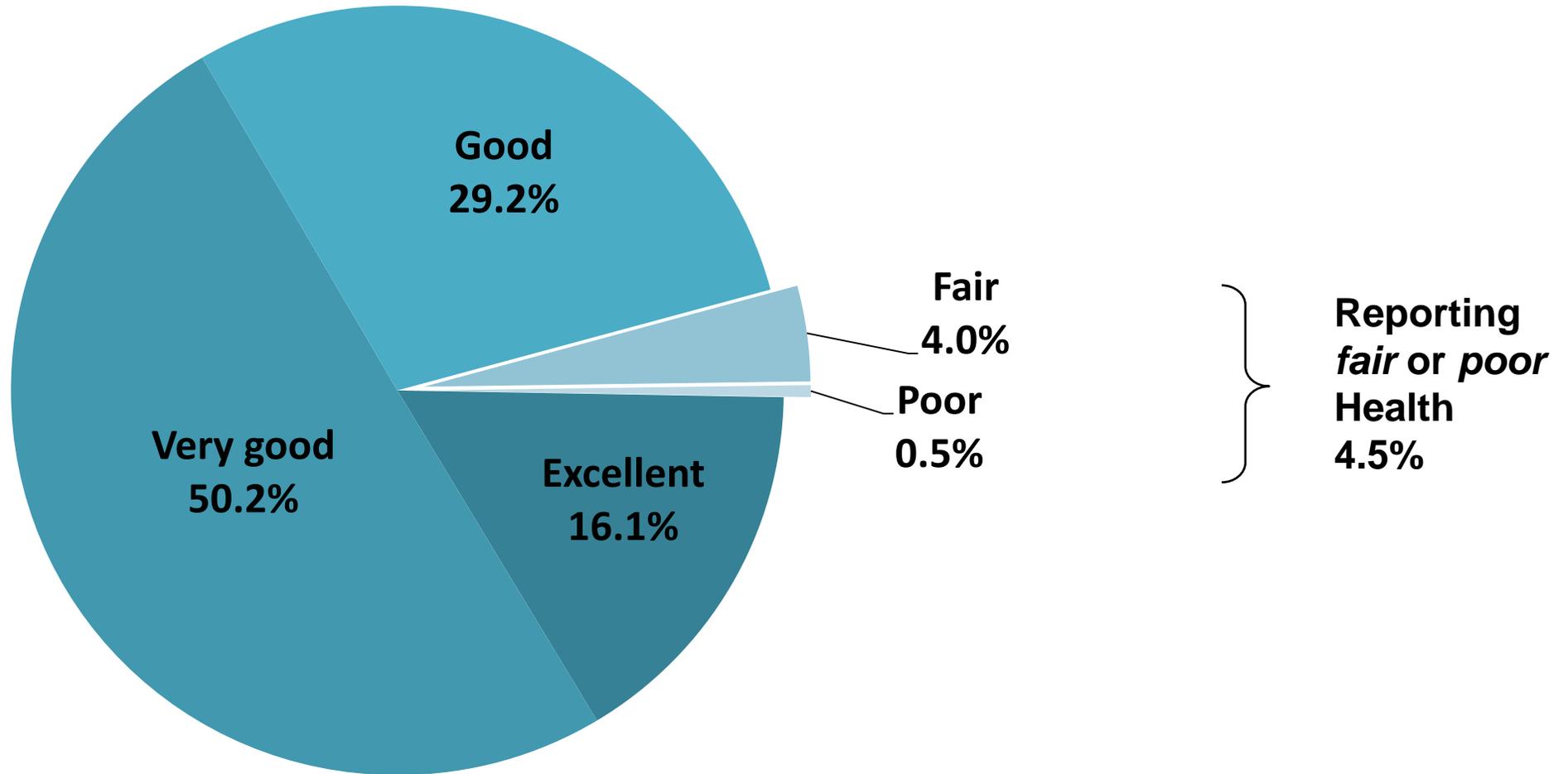
Metro SHAPE 2014 Selected Findings



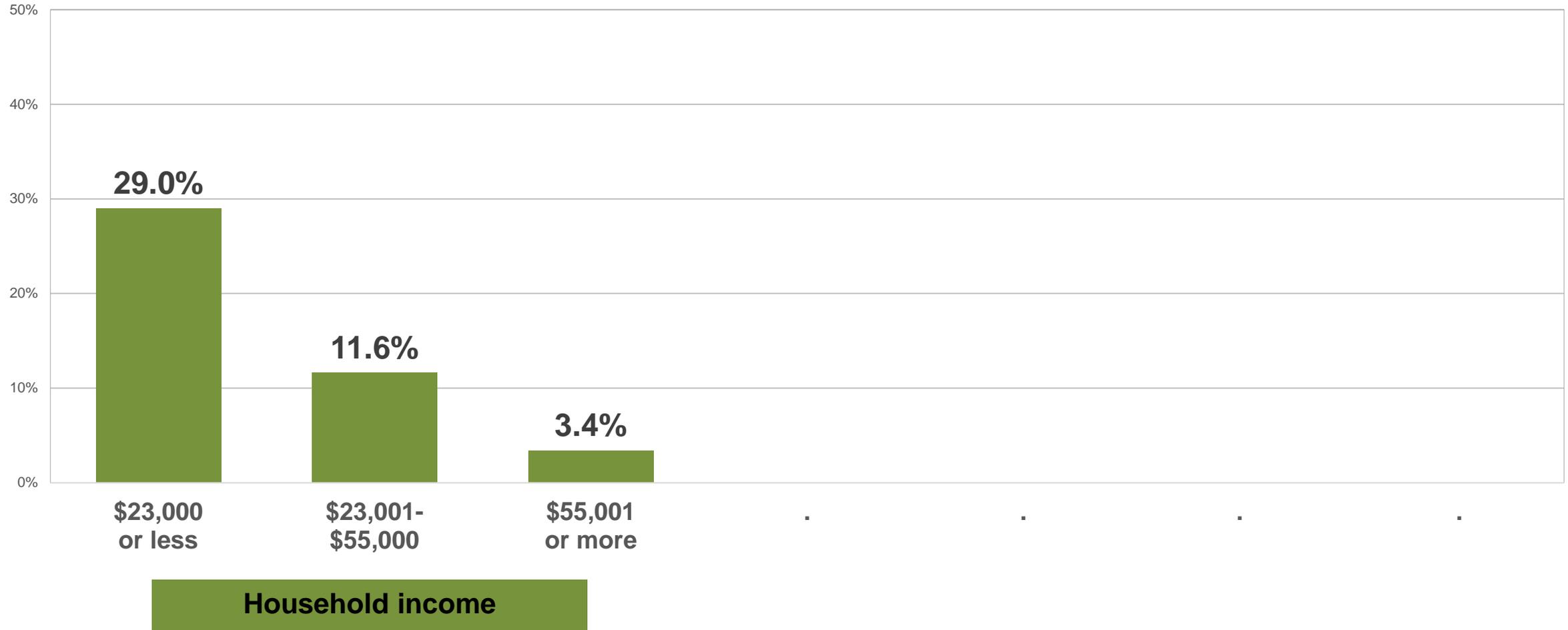
2014 Washington County and Metro Region SHAPE Data

Reporting *fair or poor* health

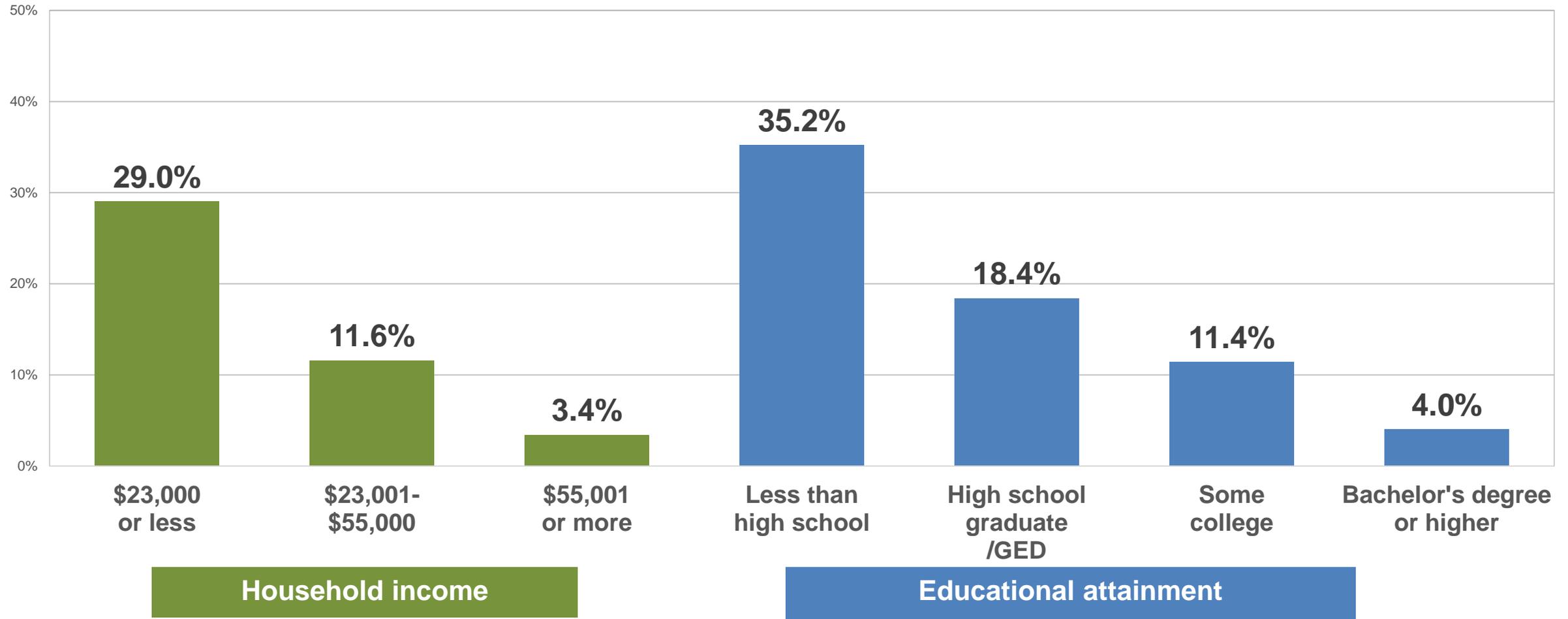
Q: In general, would you say your health is...?



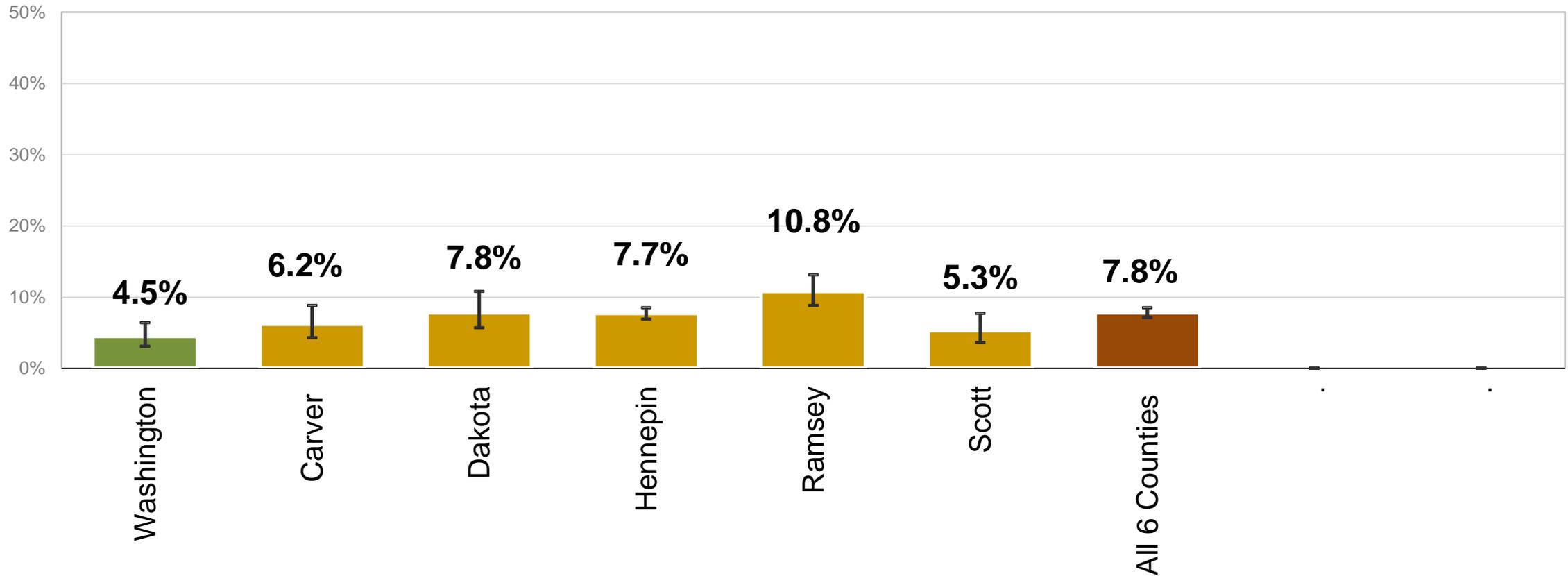
% reporting *poor* or *fair* health by income and education



% reporting *poor* or *fair* health by income and education

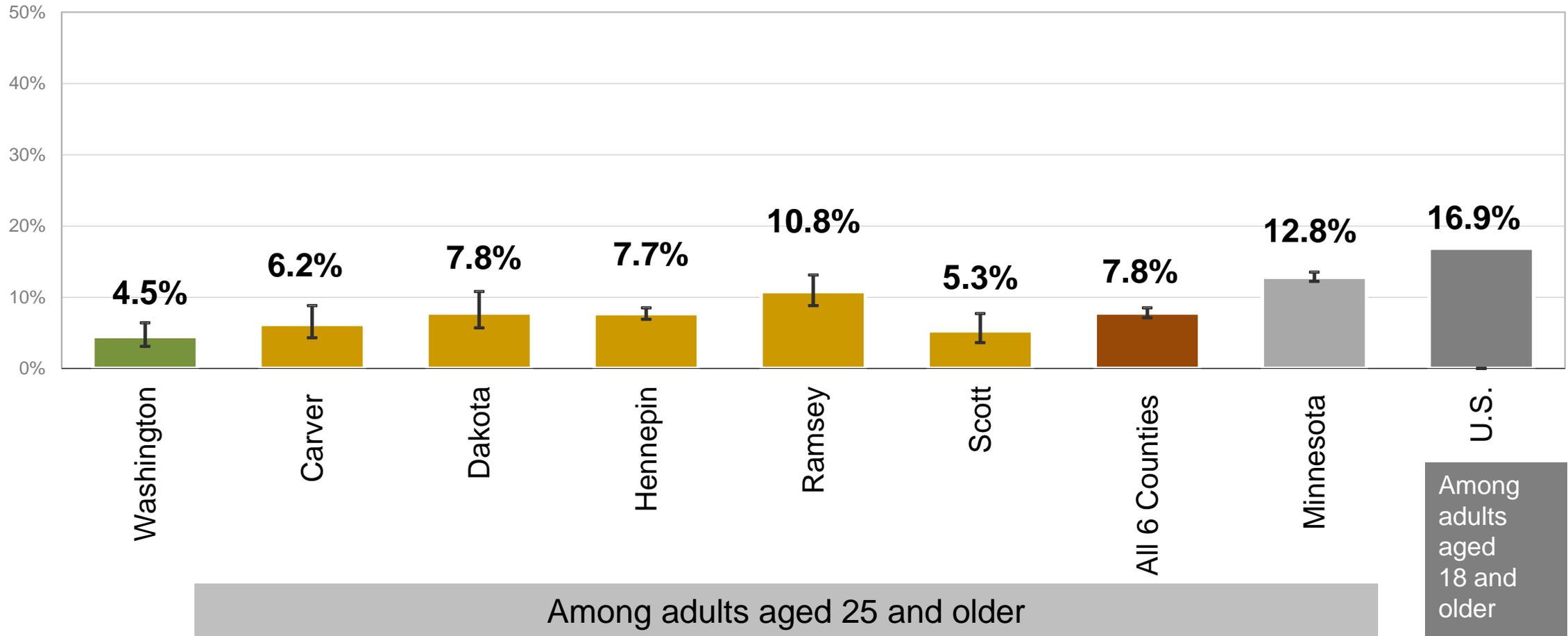


% reporting *poor* or *fair* health – how do we compare?



Among adults aged 25 and older

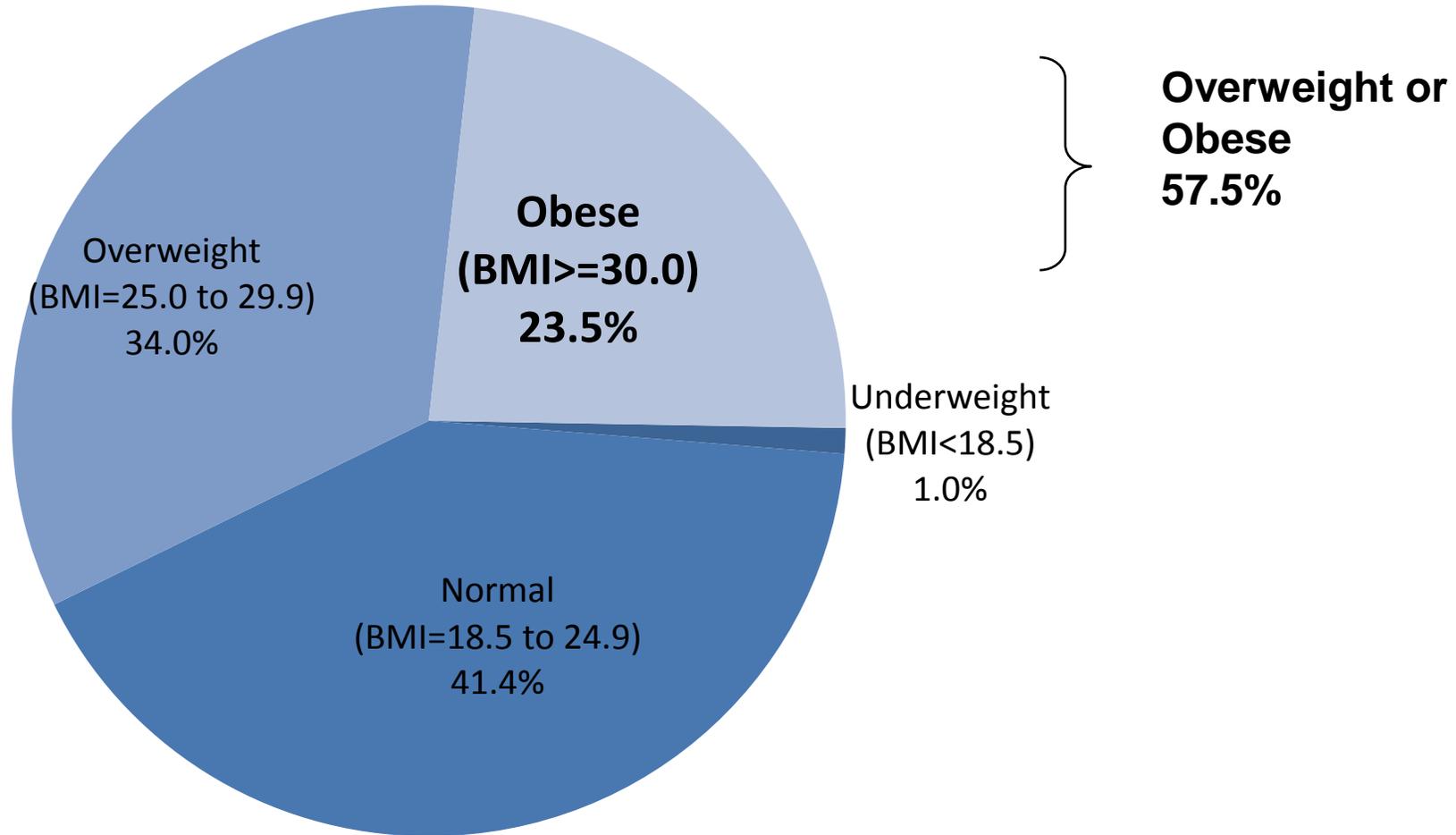
% reporting *poor* or *fair* health – how do we compare?



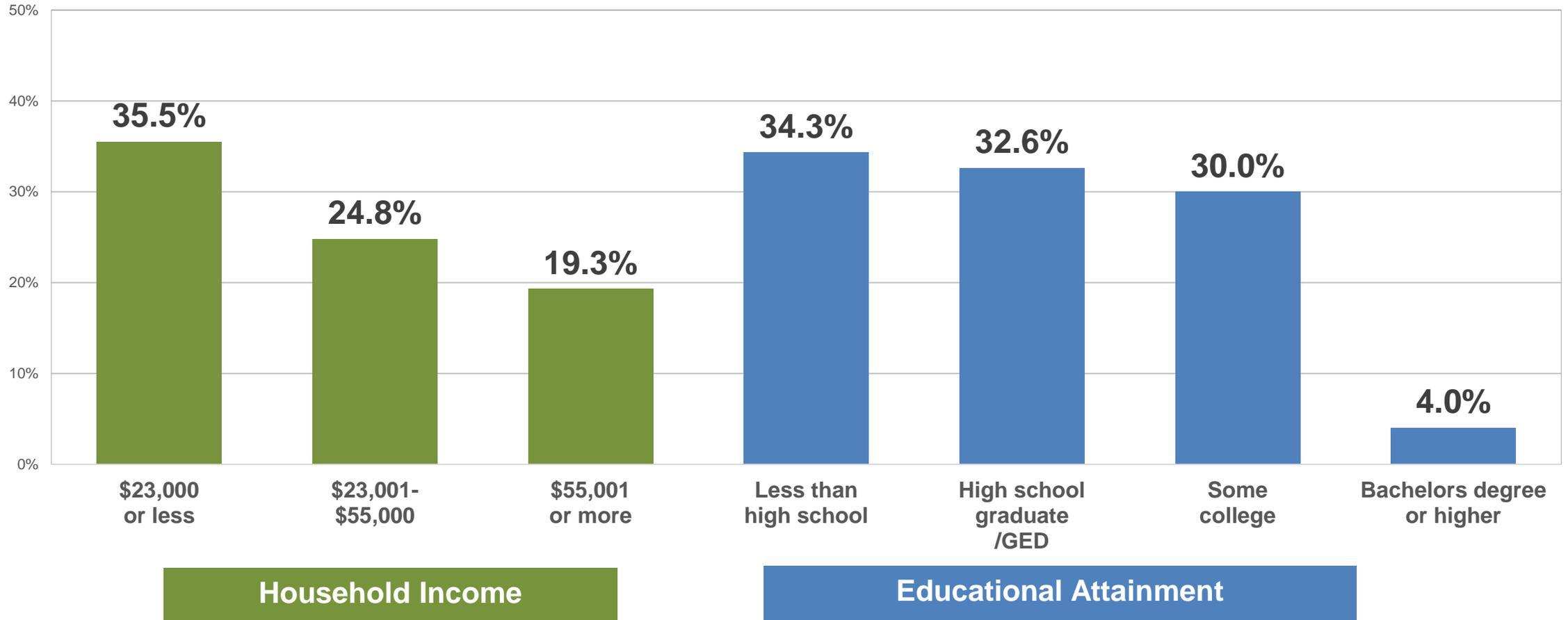
2014 Washington County and Metro Region SHAPE Data

Obesity

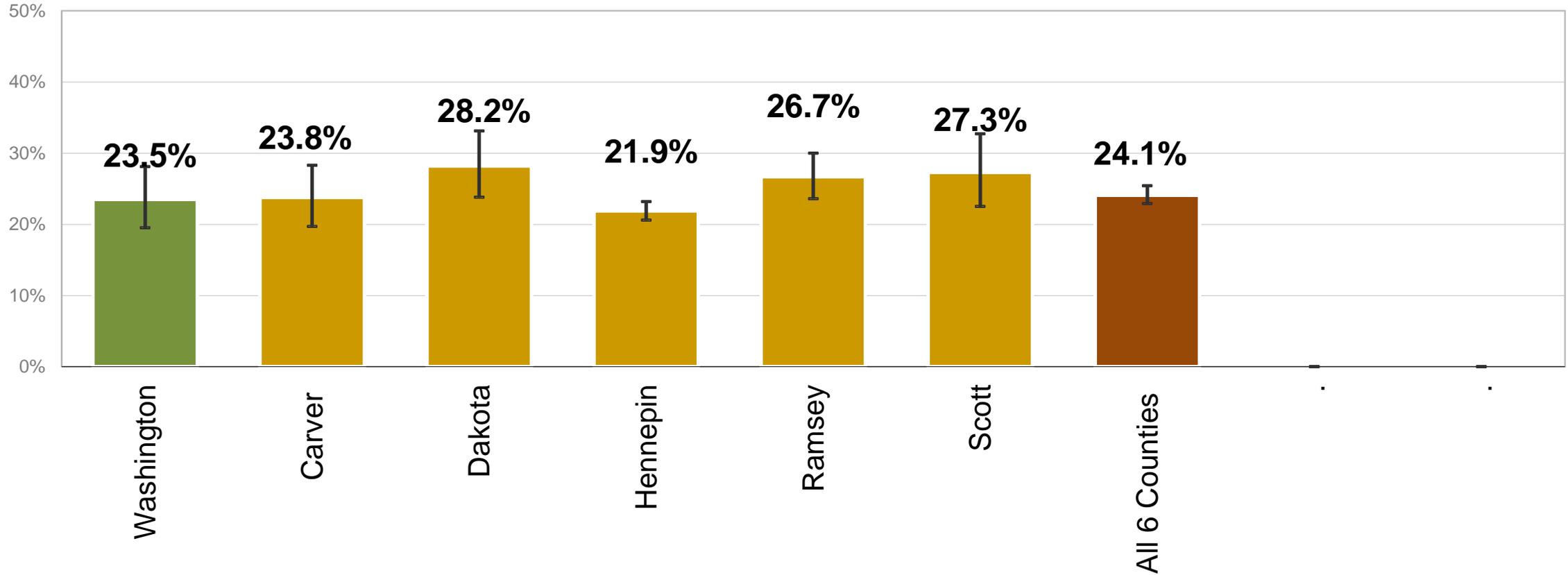
Weight status by Body Mass Index (BMI)



% being obese by income and education

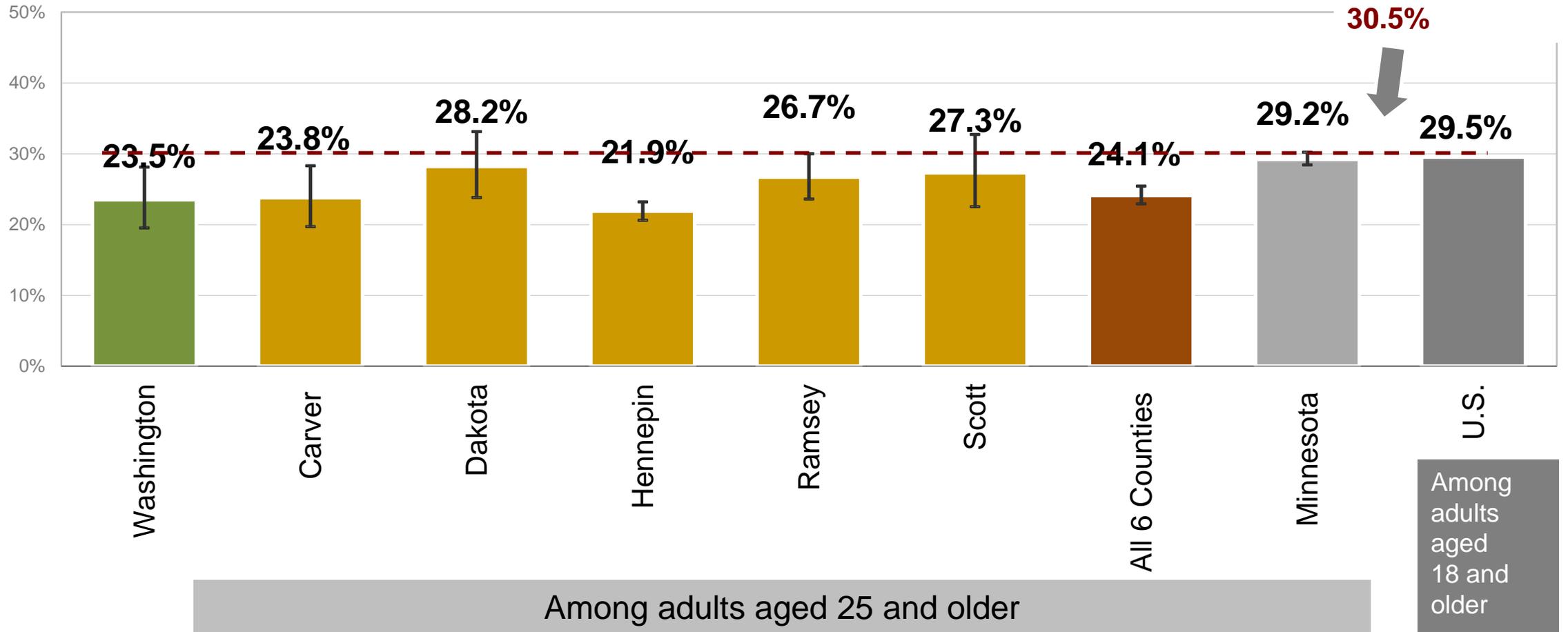


% being obese – how do we compare?



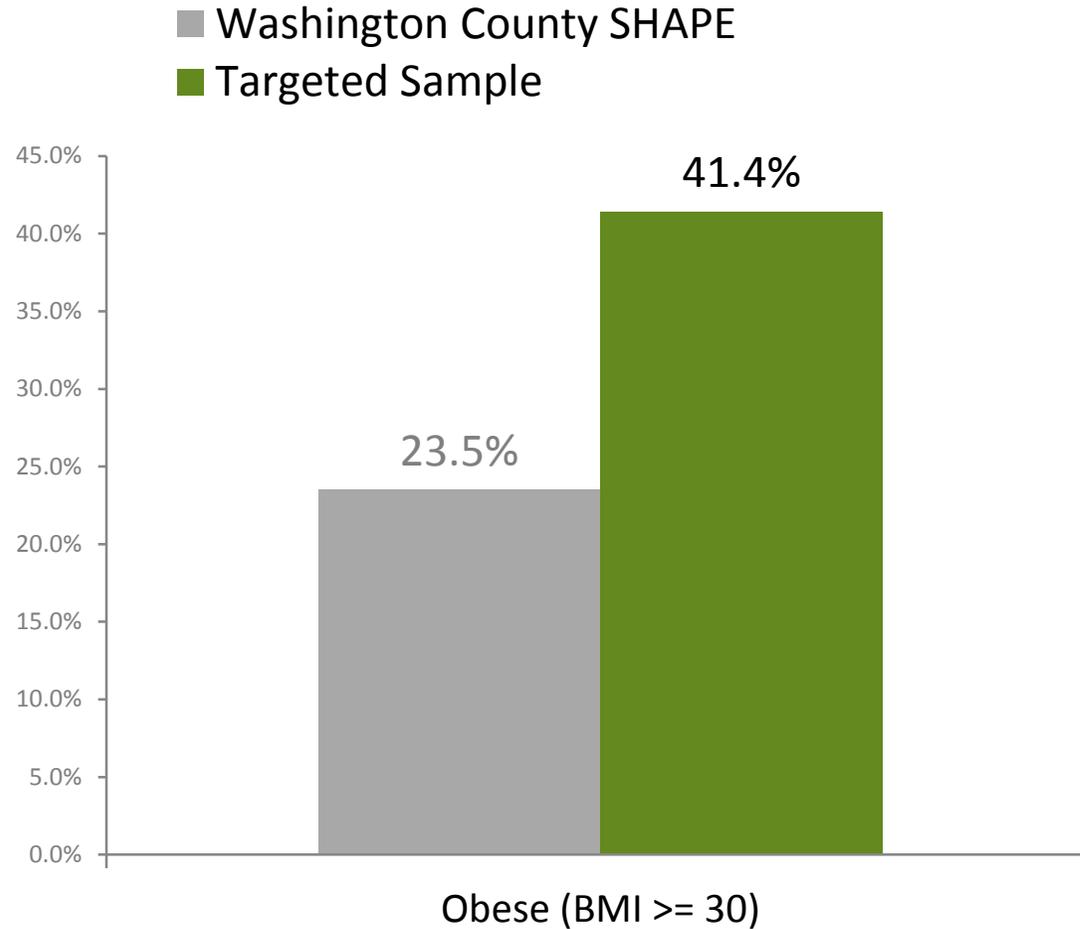
Among adults aged 25 and older

% being obese – how do we compare?



Washington County Targeted Survey

% being obese

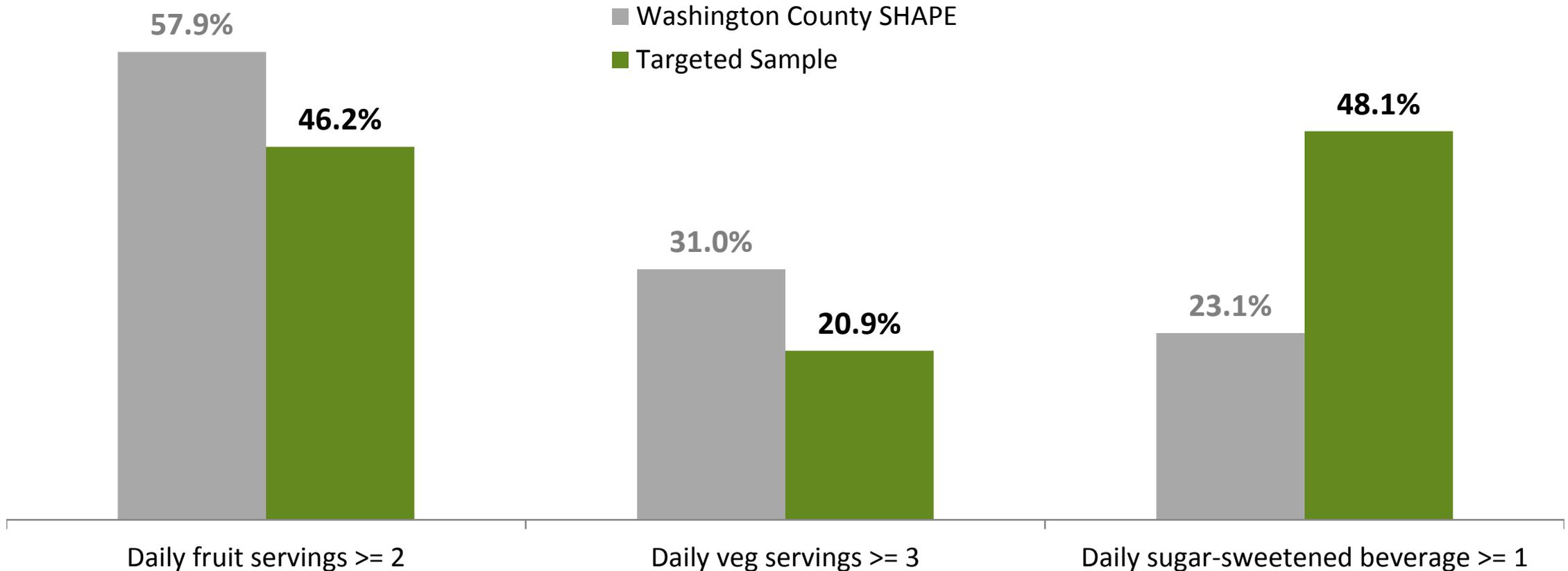


2014 Washington County and Metro Region SHAPE Data

Diet and beverage intake

Washington County Targeted Survey

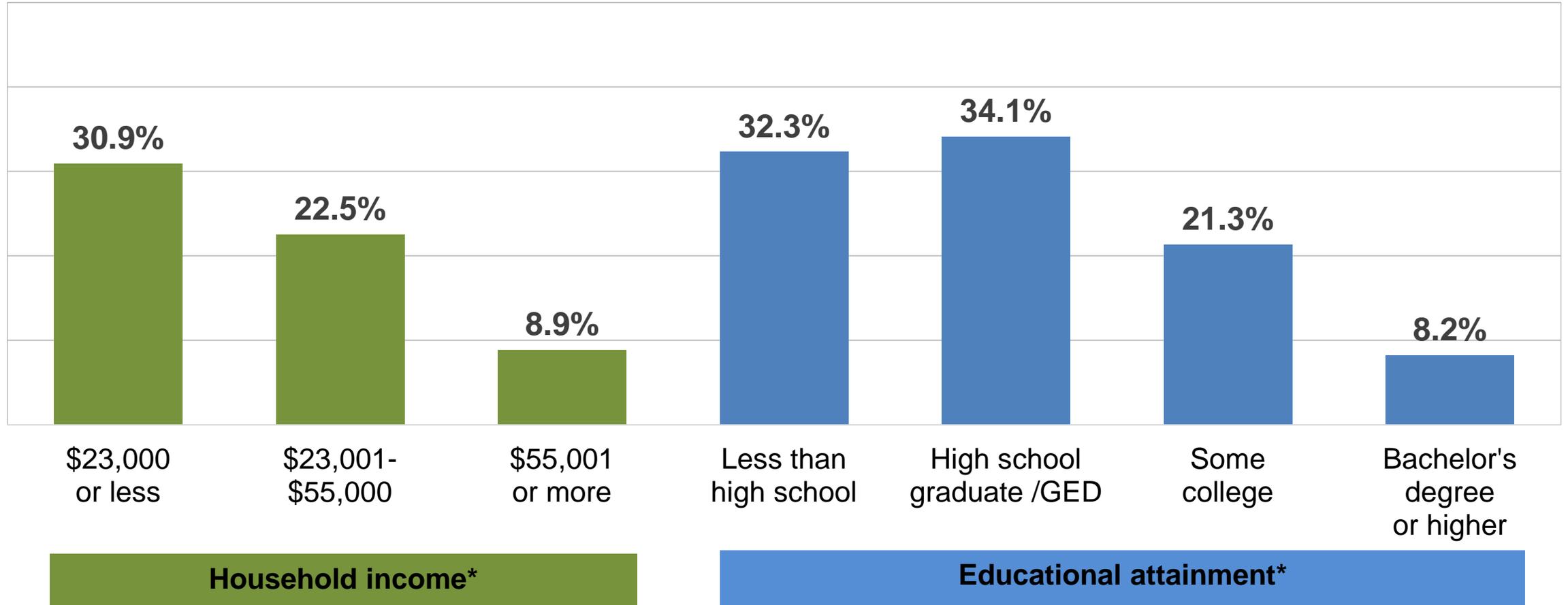
Diet and beverage intake



2014 Washington County and Metro Region SHAPE Data

No leisure time physical activity

% no leisure time physical activity by income and education

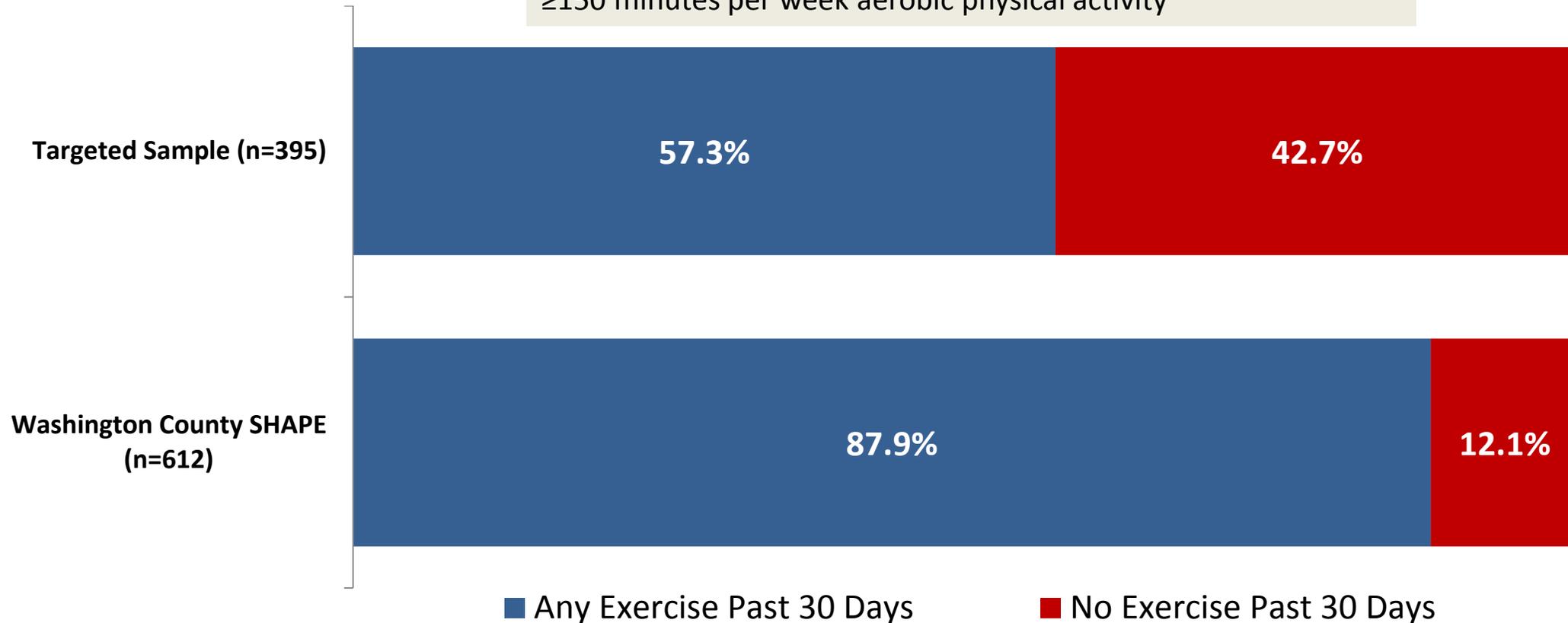


* Differences in rates across groups within the same demographic characteristic is statistically significant @ $p < 0.05$.

Washington County Targeted Survey

No leisure time physical activity

CDC Recommended Minimum:
≥150 minutes per week aerobic physical activity

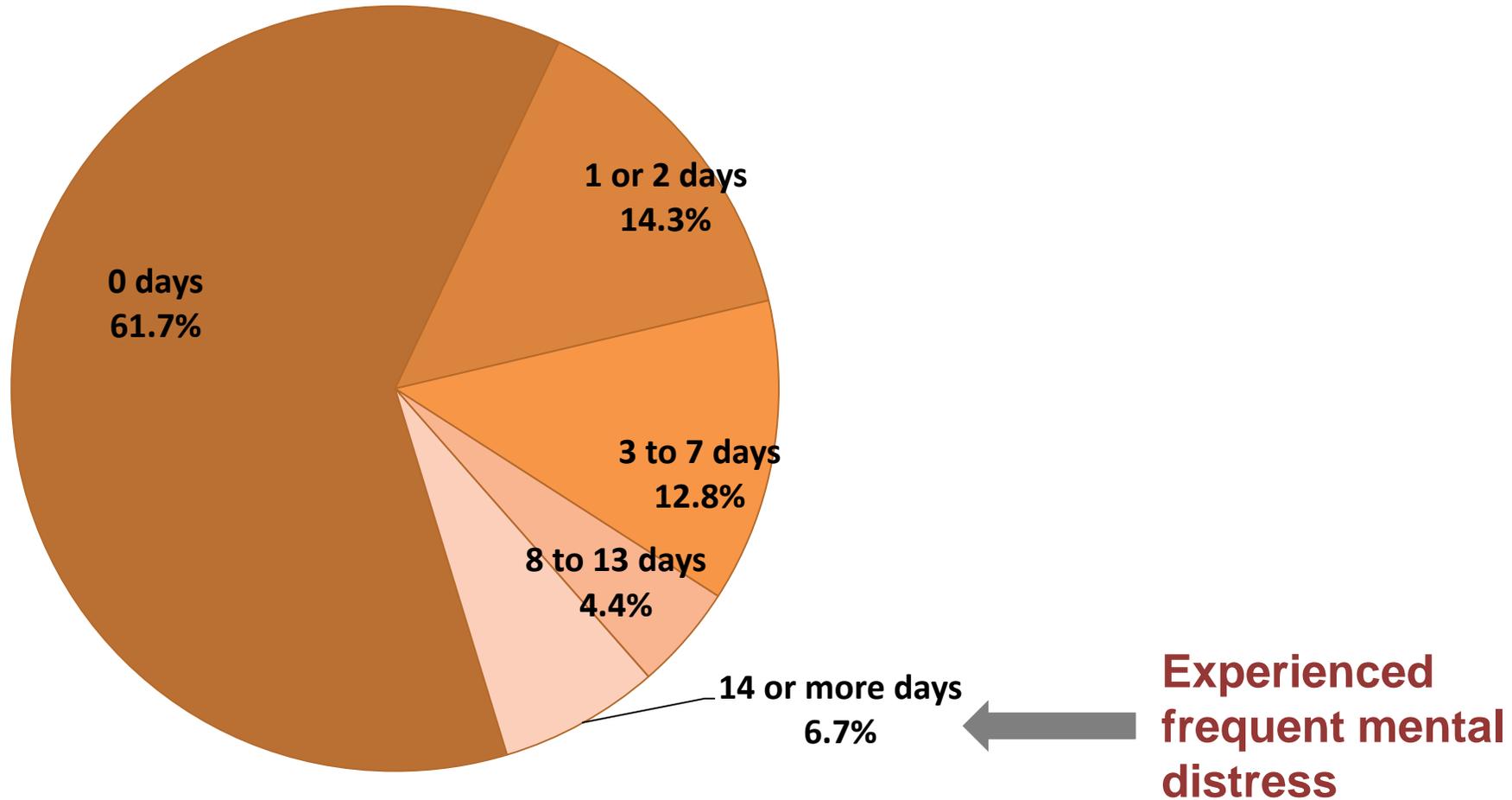


2014 Washington County and Metro Region SHAPE Data

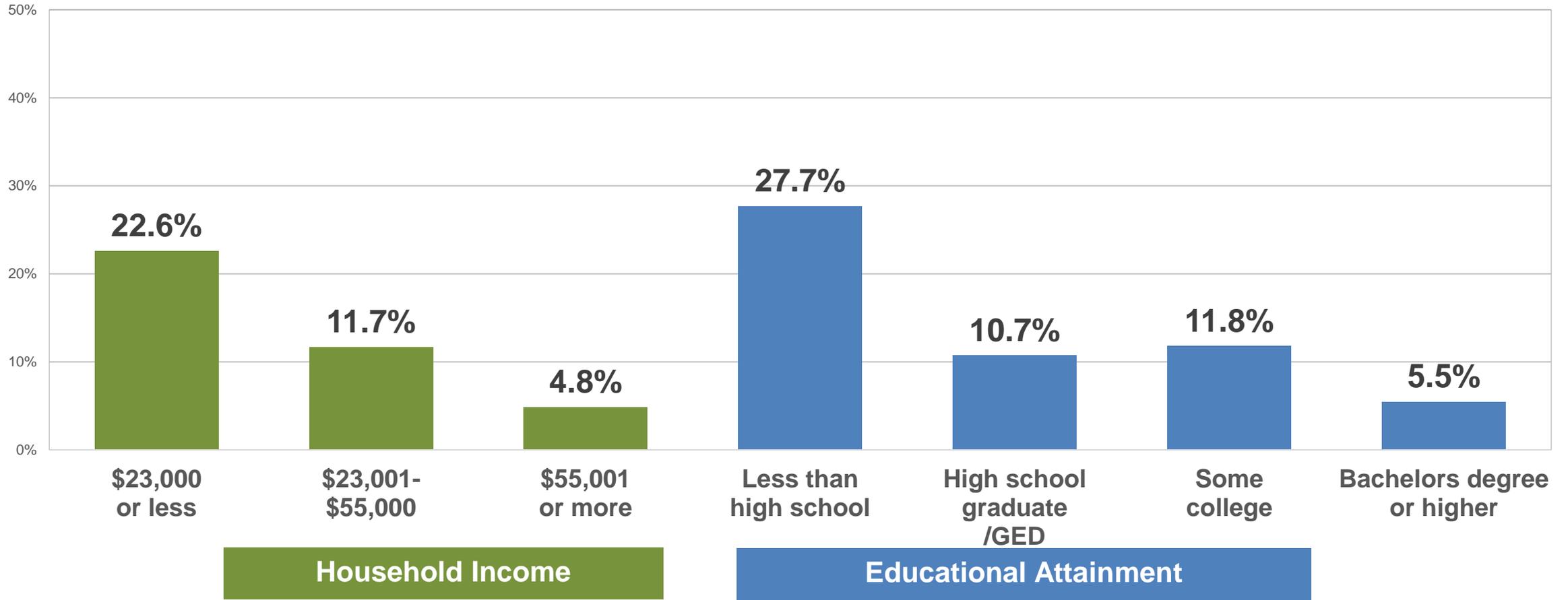
Mental Health

Q: Frequent mental distress

Thinking about your mental health, which includes stress, depression, and problems with emotions, how many days during the past 30 days was your mental health not good?



% experienced frequent mental distress by income and education



% ever diagnosed with depression or anxiety

Indicator	County total	<200% FPL	≥200% FPL
Ever had depression	20.8%	31.9%	19.2%
Ever had anxiety	19.4%	30.4%	17.8%

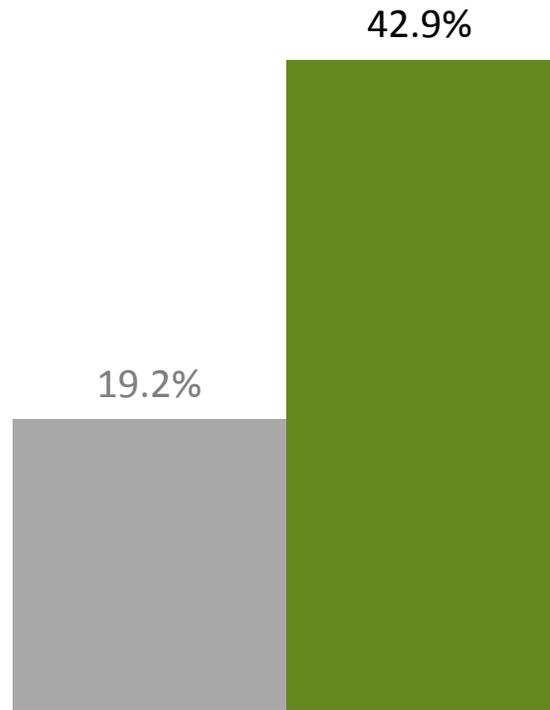


Washington County Targeted Survey

% ever diagnosed with depression or anxiety

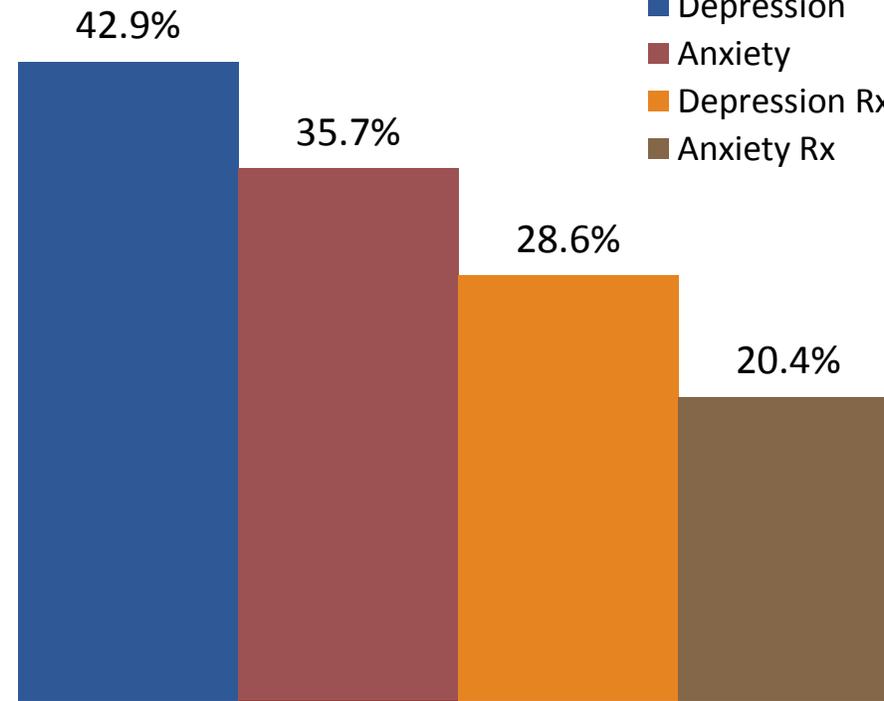
Ever diagnosed with depression

■ Washington County SHAPE
■ Targeted Sample



Ever told you have...
Been given Rx for...

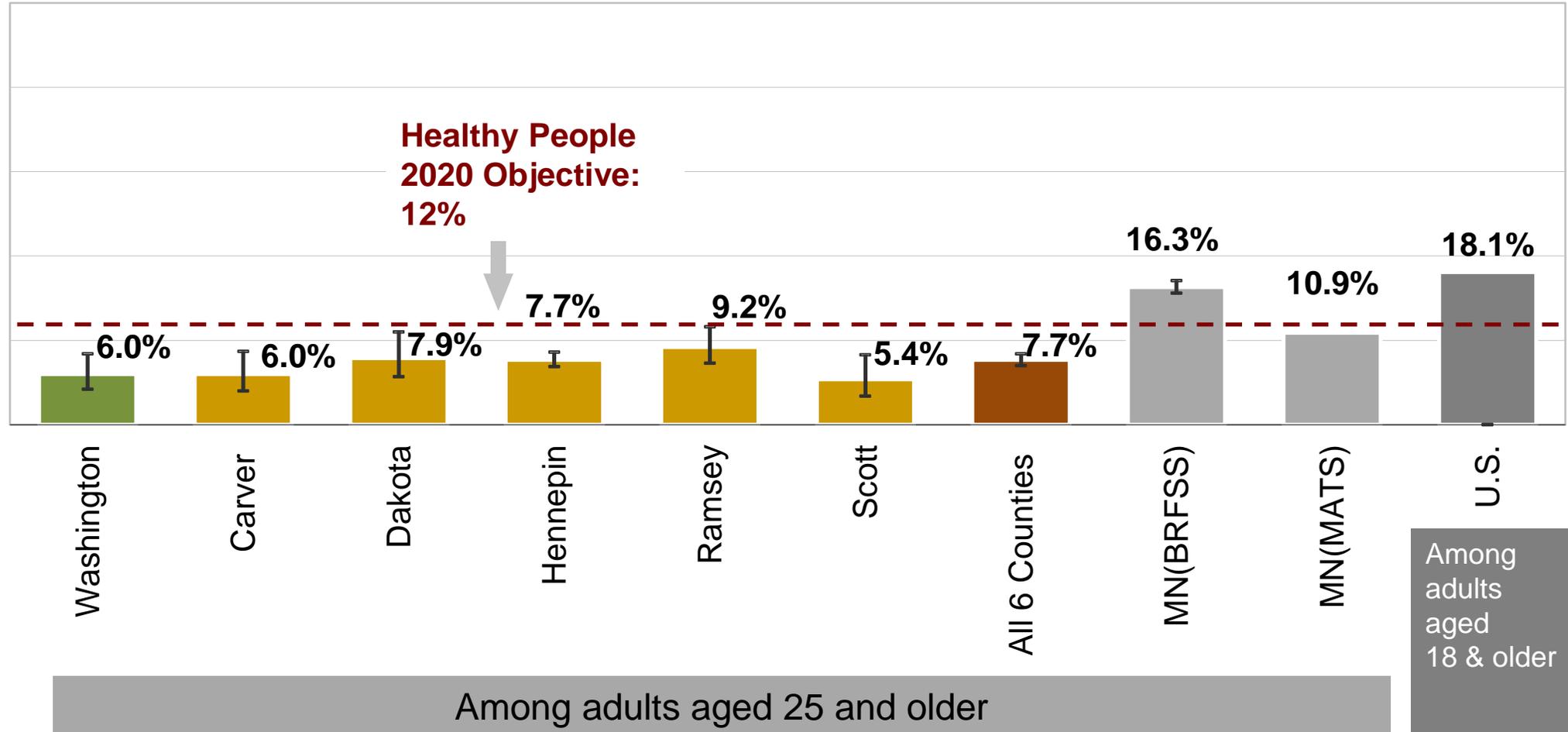
■ Depression
■ Anxiety
■ Depression Rx
■ Anxiety Rx



2014 Washington County and Metro Region SHAPE Data

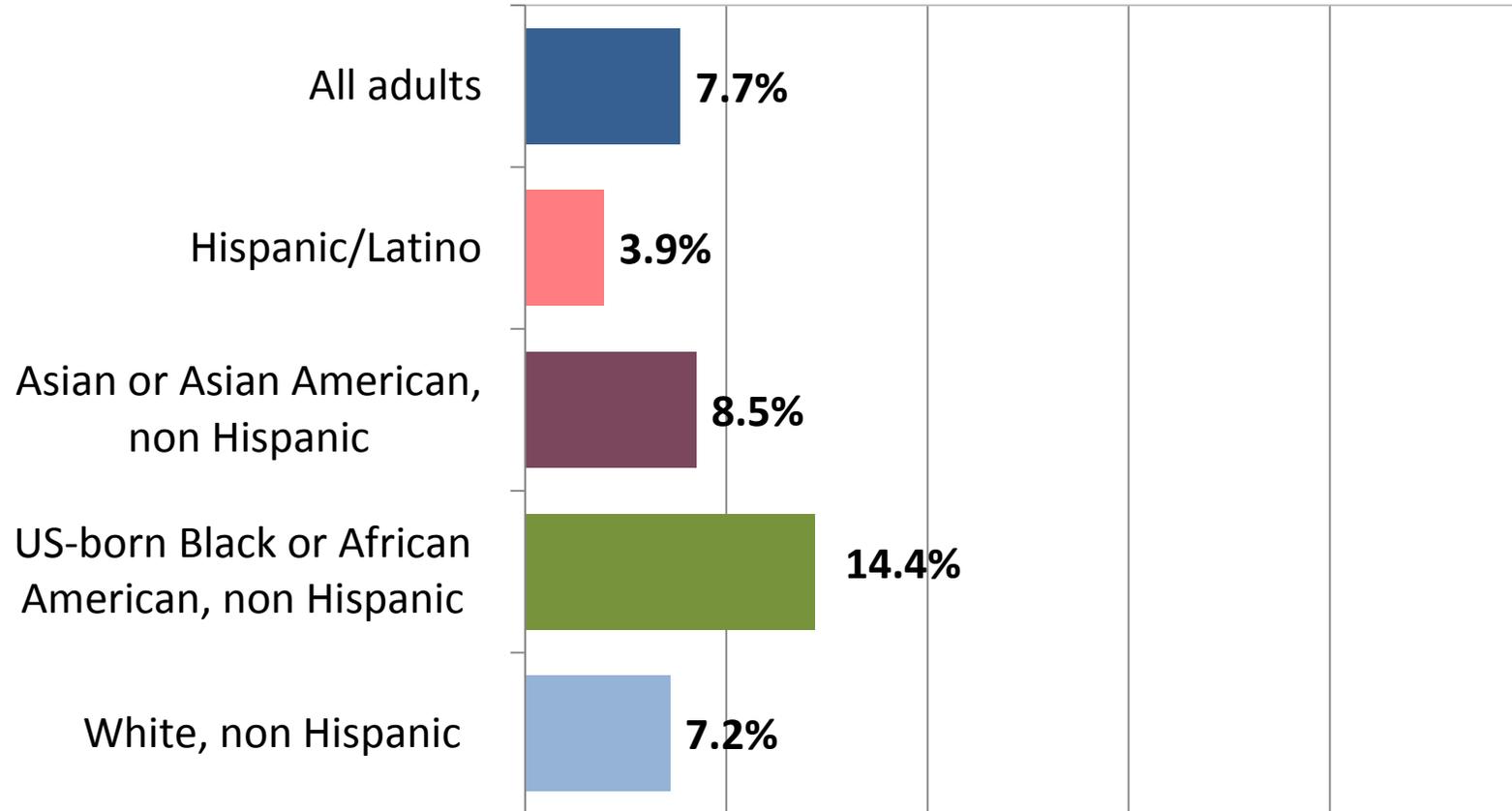
Tobacco and Environmental Tobacco Smoke (ETS)

% currently smoking – how do we compare?



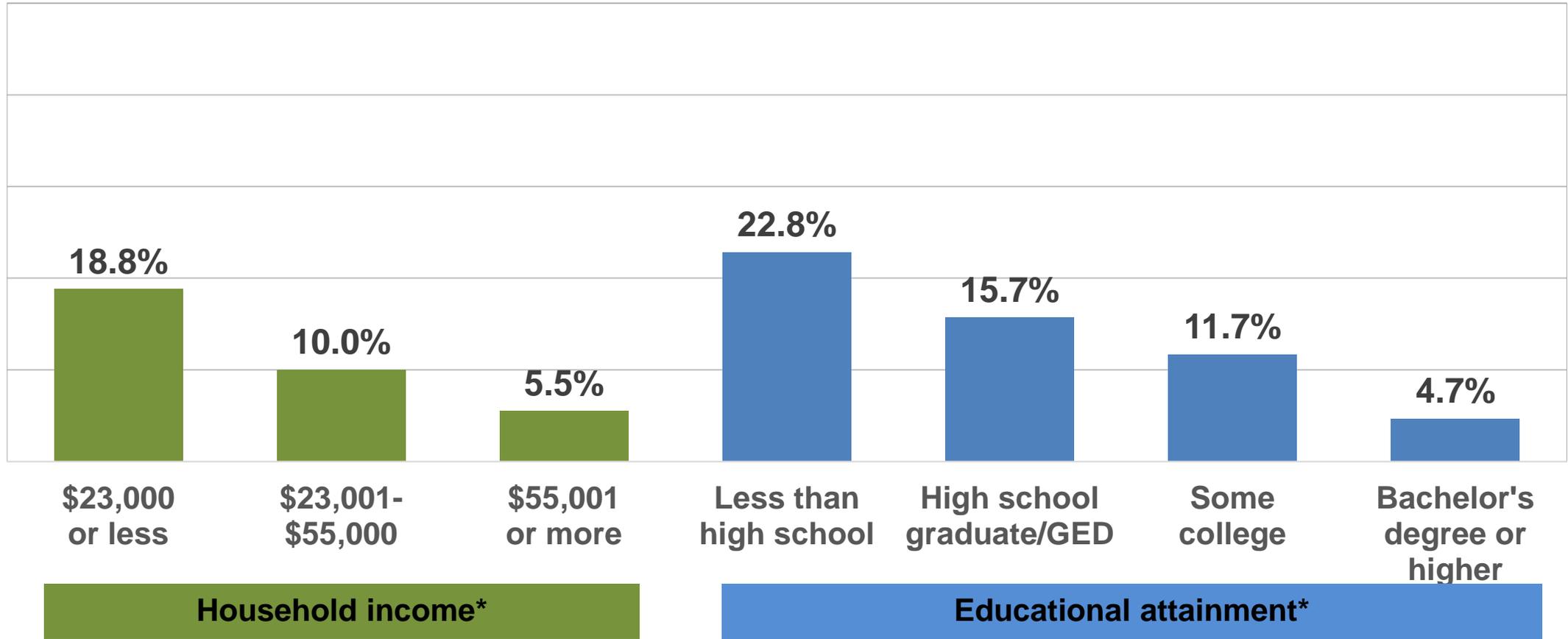
Sources: Metro SHAPE 2014 for counties, and BRFSS 2014 for Minnesota and U.S.
 MATS 2014 data is unweighted.
 Note: Vertical line represents 95% confidence intervals.

% currently smoking by selected race/ethnicity*



* Variations in rates across groups is statistically significant @ $p < 0.05$.

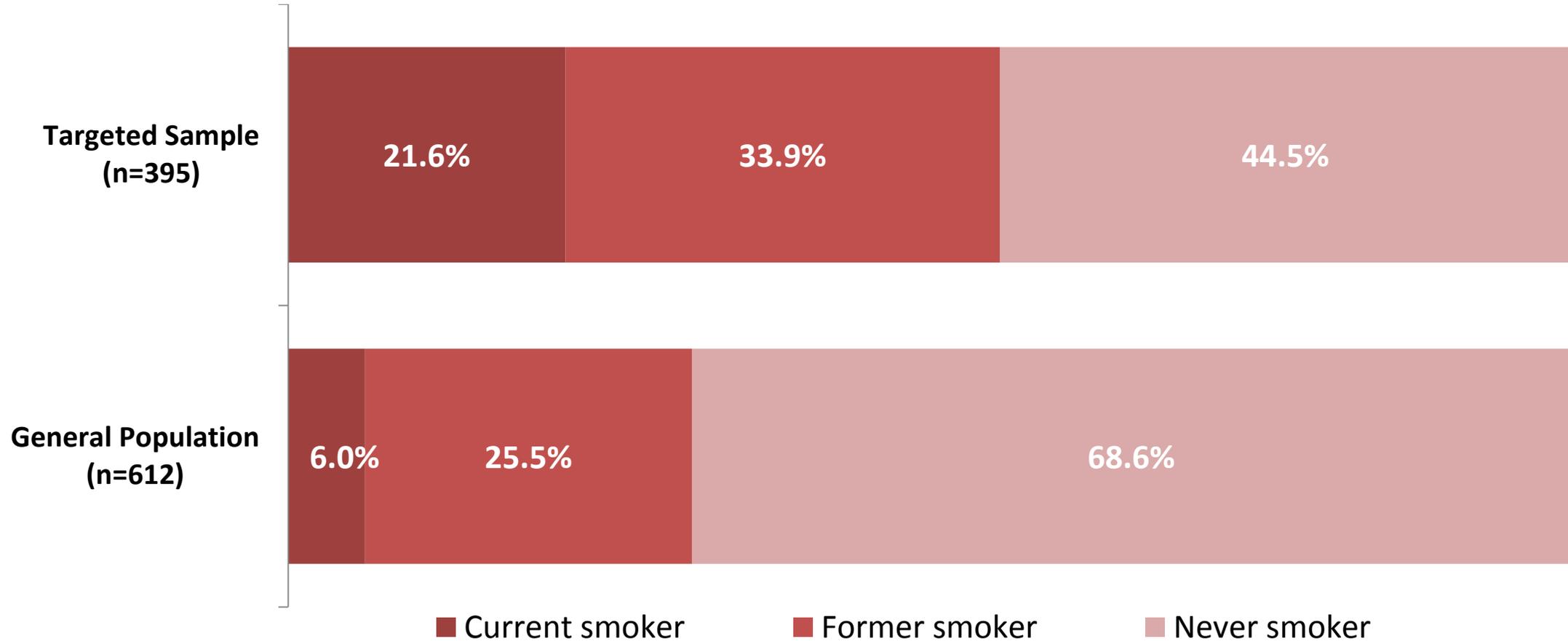
% currently smoking by income and education



* Variations in rates across groups within the same demographic characteristic is statistically significant @ $p < 0.05$.

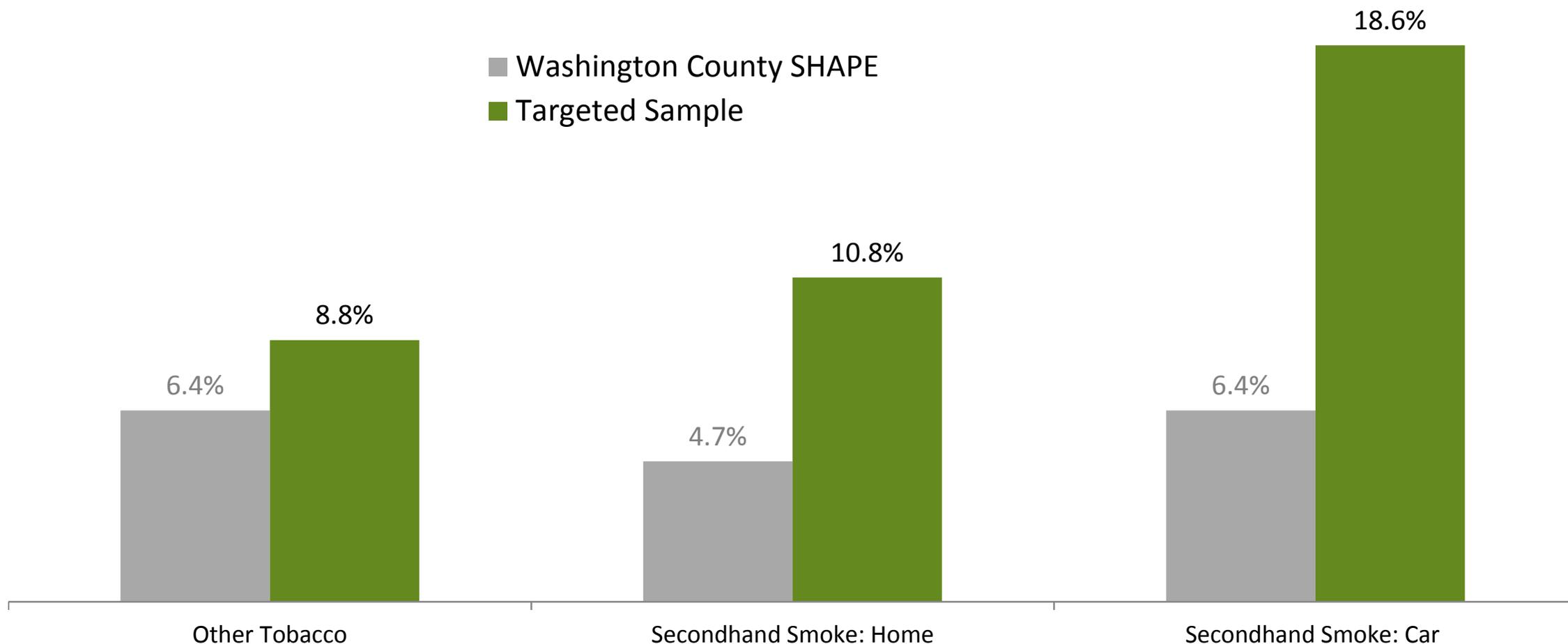
Washington County Targeted Survey

Smoking status



Other Tobacco & Environmental Tobacco Smoke

Past year use of other tobacco, Secondhand smoke exposure past 7 days (n = 377)



2014 Washington County SHAPE Data

Access to Health:

Insurance coverage and usual source of care

Health coverage and usual source of care

Measure/ indicator	County total	<200% FPL	≥200% FPL
Currently Uninsured	9.1%	13.4%	9.3%
Uninsured sometime in past 12 months	9.0%	27.3%	12.5%
No dental coverage	17.2%	37.4%	18.7%
No personal doctor or provider	17.8%	25.3%	19.6%

2014 Washington County SHAPE Data

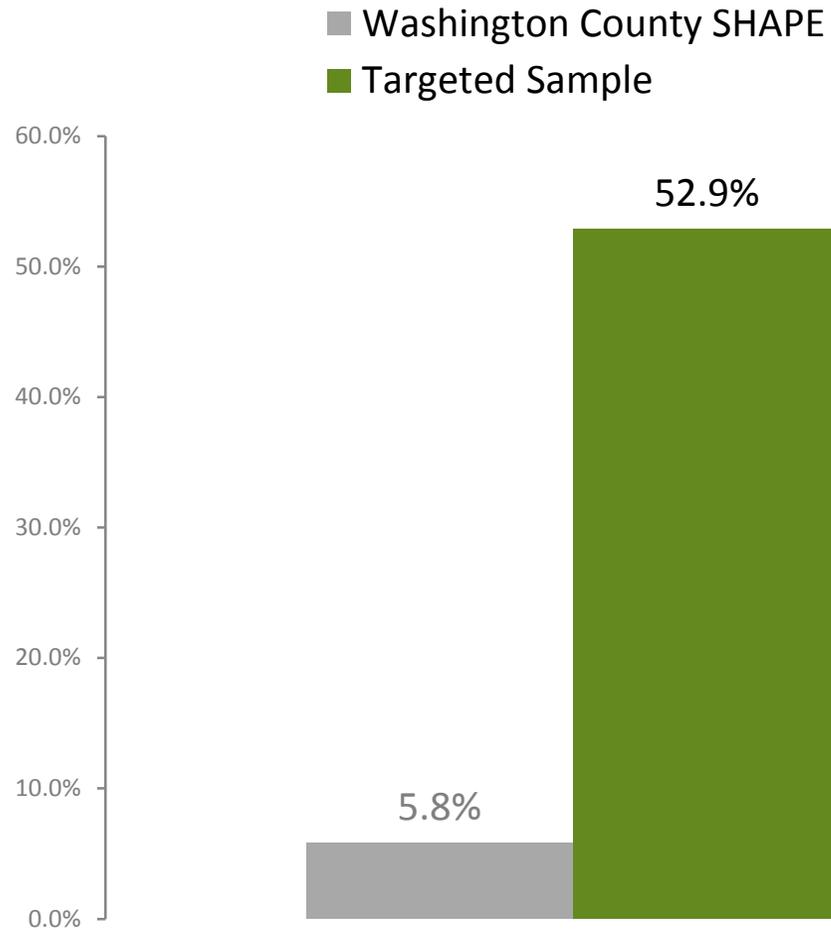
Social and Economic Factors

Experiencing economic distress

Indicator	County total	<200% FPL	≥200% FPL
Food insecurity	5.8%	41.5%	4.0%
Housing insecurity	3.2%	20.2%	2.8%
Residential instability	2.3%	7.4%	3.9%
Difficulty in paying insurance premium/copay	18.4%	38.2%	17.5%
Prescription insecurity	5.6%	25.4%	7.9%

Washington County Targeted Survey

Food insecurity

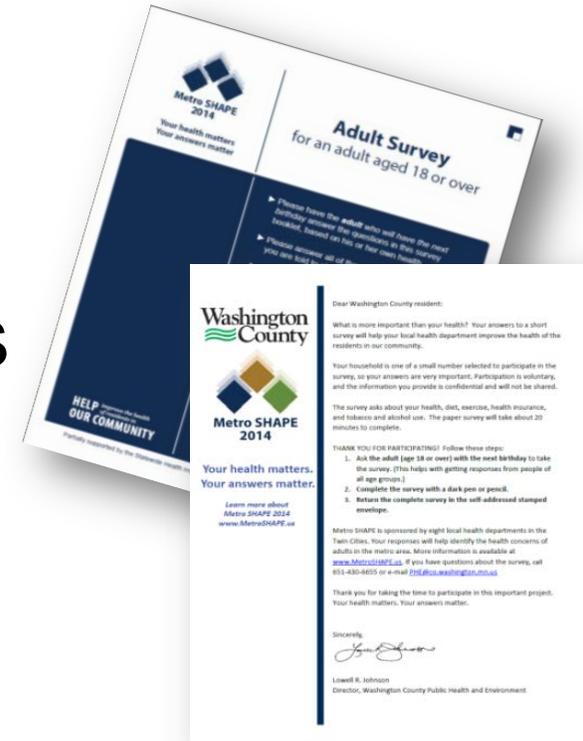


Wrap-up

CONCLUSIONS AND DISCUSSION

General conclusions

- Washington County among healthiest in state
- Disparities are hidden behind healthy averages
- There is still work to do, especially:
 - Medical and dental service access for low SES
 - Supports for tobacco-free living
 - Health equity for food and physical activity access
- Room for collaboration to improve “population health surveillance” between health care and PH



Implications to Community Health Priorities, Work

Focused Conversation

- What charts or numbers stand out to you?
- Which of the responses were as you expected? Which surprised you?
- What new insights do you have? What questions did this raise?
- How do we want to use these results? What will we do differently in our daily work with this knowledge?

Thank you!

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Planner

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