Pennsylvania’s County Health Rankings Forum

County Health Rankings & Roadmaps
Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

PHMC’s Center for Data Innovation
Agenda

- About us
- Why where we live matters
- About the County Health Rankings & Roadmaps
- 2014 Pennsylvania County Health Rankings
- Zooming in to the neighborhood level
- Developing Roadmaps
- Call to Action
About PHMC

- Public Health Management Corporation is a non-profit public health institute offering a diverse mix of programs and services. For more: www.phmc.org.

- Addictions Services
- Health Promotion, Injury Prevention
- Criminal Justice Treatment Initiatives
- Early Intervention Service for Infants and Toddlers
- HIV/AIDS Prevention
- Nurse Managed Care
- Services to Homeless
- The Research & Evaluation Group (REG) and the Center for Data Innovation (CDI)
PHMC’s Center for Data Innovation

What we do:
- Deliver data-driven results to improve the well-being of communities
- Help health service providers, policy makers, and communities target and measure their programs and initiatives

- Large-scale population surveys
- Training and technical assistance
- GIS mapping
- Community and population needs assessments
- Capacity building assessments
- Instrument and form development
- Proposal development and writing
- Database development
- Technical and policy reports
PHMC’s Role in the County Health Rankings and Roadmaps

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

- Began working with CHR in 2009
  - Held several events in Harrisburg and provided testimony to the legislature

- Why Philadelphia?
  - Philadelphia is consistently the lowest-ranked county in the state
How where we live impacts our health
How where we live impacts our health
How where we live impacts our health

Social and community networks
Individual lifestyle factors
Age, Sex, and Heredity
How where we live impacts our health
How where we live impacts our health
90002 is the Watts neighborhood in South LA

94301 is Palo Alto, CA

ZIP CODE 90002 Life Expectancy 72

ZIP CODE 94301 Life Expectancy 86

To learn more visit www.caleadsnow.org

health happens here
With Prevention
Neighborhood Factors

- Environmental Exposures
  - Pollutants
  - Proximity to industry
  - Traffic
  - Agriculture
  - Housing
Neighborhood Factors

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

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

- Proximity to Resources
  - Public transit
  - Commute distance
  - Access to healthcare providers
    - Emergency response time
  - Proximity to pharmacies
County Health Rankings and Roadmaps

- Rankings
  - RWJF and University of Wisconsin’s Population Health Institute
  - Since 2009
  - Publicly available data sources
    - BRFSS 2006-2012
    - National Center for Health Statistics 2005-2011
    - USDA Food Environment Atlas 2010-2011
    - HRSA Area Resource Files 2011-2012
    - American Community Survey 2008-2011
    - And many more...
County Health Rankings and Roadmaps

- Roadmaps
  - Action Center
  - What works for health
  - Community Grants
  - Culture of Health Prize
County Health Rankings Logic Model

Population based data collected → County Health Rankings

County Health Rankings → Media attention

Media attention → Community leaders use report

Community leaders use report → Broad community engagement

Broad community engagement → Evidence-informed health policies and programs implemented

Evidence-informed health policies and programs implemented → Improved health outcomes
County Health Rankings: 2 Rankings

Health Outcomes

Today’s Health

Health Factors

Tomorrow’s Health
Top-Ranked Counties in Pennsylvania: Health Outcomes

1. Union
2. Chester
3. Centre
4. Cumberland
5. Montgomery
Lower-Ranked Counties in Pennsylvania: Health Outcomes

63. Sullivan
64. Greene
65. Fayette
66. Forest
67. Philadelphia
1. Union – 2.9 fair/poor mental health days per month

Pennsylvania average was 3.5
County Health Rankings: Health Outcomes

- 1. Union – 2.9 low mental health days per month
- 2. Chester – 9% in fair/poor health

Pennsylvania average was 14%
**County Health Rankings: Health Outcomes**

- 1. Union – 2.9 low mental health days per month
- 2. Chester – 9% in fair/poor health
- 3. Centre – fewer premature deaths

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

Pennsylvania: 6,973 per 100,000
Centre County: 4,774 per 100,000
County Health Rankings: Health Outcomes

- 65. Fayette – 21% in fair or poor health

Pennsylvania average was 14% Chester County had 9%
**County Health Rankings**: Health Outcomes

- 65. Fayette – 21% in fair or poor health
- 66. Forest – 7.3 fair/poor mental health days per month

Pennsylvania average was 3.5
Union County had 2.9
**County Health Rankings: Health Outcomes**

- 65. Fayette – 21% in fair or poor health
- 66. Forest – 7.3 fair/poor mental health days per month
- 67. Philadelphia – far more premature deaths

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

- Pennsylvania: 6,973 per 100,000
- Centre County: 4,774 per 100,000
- Philadelphia: 10,492 per 100,000
Top-Ranked Counties in Pennsylvania: Health Factors

1. Chester
2. Montgomery
3. Centre
4. Cumberland
5. Bucks
Lower-Ranked Counties in Pennsylvania: Health Factors

63. Greene
64. Cameron
65. Forest
66. Fayette
67. Philadelphia
County Health Rankings: Health Factors

1. Chester – 13% of adults smoke cigarettes

Pennsylvania average was 20%
County Health Rankings: Health Factors

- 1. Chester – 13% of adults smoke cigarettes
- 2. Montgomery – lower teen birth rate

Montgomery: 14 per 1,000 (tied with Chester)
Pennsylvania: 29 per 1,000


County Health Rankings: Health Factors

- 1. Chester – 13% of adults smoke cigarettes
- 2. Montgomery – lower teen birth rate
- 3. Centre – 6.3% of babies born at low birth weight

Pennsylvania: 8.3%
65. Forest – half of all driving deaths are alcohol-impaired

35% Statewide
County Health Rankings: Health Factors

- 65. Forest – half of all driving deaths are alcohol-impaired
- 66. Fayette – 35% of adults are obese

Pennsylvania: 29%
County Health Rankings: Health Factors

- 65. Forest – half of all driving deaths are alcohol-impaired
- 66. Fayette – 35% of adults are obese
- 67. Philadelphia – Chlamydia rate is more than 3X PA rate

Philadelphia: 1,332 per 100,000
Pennsylvania: 415 per 100,000
Factors and Outcomes Together
Top-Ranked Counties in Pennsylvania

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

**Factors**
1. Chester
2. Montgomery
3. Centre
4. Cumberland
5. Bucks
Lower-Ranked Counties in Pennsylvania

Outcomes
63. Sullivan
64. Greene
65. Fayette
66. Forest
67. Philadelphia

Factors
63. Greene
64. Cameron
65. Forest
66. Fayette
67. Philadelphia
County Health Rankings: A Jumping-Off Point

- Lower-ranked counties have strengths and higher ranked counties have weaknesses.
- In top-ranked Chester County, rankings were lower for some physical environment factors, like driving alone to work and long commutes.
- Philadelphia, ranked at the bottom of the state overall, was number one in the state for clean drinking water.
Data Sources

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

- National/State Level Data Sources:
  - US Census
  - NHIS
  - BRFSS
  - Healthy People 2020
  - County Health Rankings
  - And many more...
Community-Level Population Data

- National, State, and County-level data are a starting point
- Geographic and demographic communities have diverse needs
- Community-level data helps us understand community need
The Community Health Data Base (CHDB)

- The CHDB provides **population-based data** to health and human service organizations, government agencies, and academic institutions interested in gaining a better understanding of the communities they service and how to best meet their needs.

- The CHDB **collects primary data** through its biennial Southeastern Pennsylvania Household Health Survey and provides access to secondary data sets such as the U.S. Census and Pennsylvania Vital Statistics.
The Southeastern PA Household Health Survey

- **Geographic reach:** Bucks, Chester, Delaware, Montgomery and Philadelphia Counties

- Interviews conducted by phone using random digit dial and cell phone technology, in **over 10,000 households**
  - 3,000 additional interviews about selected child conducted with child proxy
  - Over sample of 60+ and 75+
  - Total sample size: **about 13,000 adults and children**

- Interviews conducted in English and Spanish; foreign-language proxy used, if needed
## Defining Your Community

### Geographically, by:
- Neighborhood
- Census Tract Clusters
- Zip Code Clusters
- Planning Analysis Sections
- Health Districts
- Suburban Townships
- County
- Region
- And more...

### Demographically, by:
- Age
- Gender
- Ethnic/racial groups
- Sexual identity
- Employment status
- Educational attainment
- Religious affiliation
- Poverty status
- And more...
Health and Well-Being Indicators

- Health status
- Chronic health conditions
- Routine screenings and exams
- Source and setting of care
- Barriers to care
- Health insurance
- Personal health behaviors
- Mental and behavioral health
- Social capital
- Food access, housing and neighborhood factors
- Supplement for older adults (60+)
- Supplement for children (0-17)
Examples from the Household Health Survey

- As previously mentioned, county-level data are important, but do **NOT** tell the whole story...
Percentage of Uninsured Adults (18-64) by Planning Analysis Sections, Philadelphia County, 2012

18.5% in Philadelphia County
Health Factors: Physical Activity

- In Montgomery County, there is variation among physical inactivity across the County.
- For example:
  - In **Southeast Montgomery County**, 7.7% of adults (18+) exercise less than once a week or not at all.
  - However, in **Northeast Montgomery County**, the percentage of adults (18+) who exercise less than once a week or not at all is nearly three times as high—20.0% of adults.

Note: Exercise is defined as lasting for at least 30 minutes at a time.
Source: 2012 Southeastern Pennsylvania Household Health Survey.
Health Factors: Smoking

- Variations of smoking rates vary significantly across Berks County.
- For example:
  - In East Berks County, 10.4% of adults currently smoke.
  - This percentage is **doubled** in West Berks County with 20.5% of adults who smoke.

Source: 2012 Southeastern Pennsylvania Household Health Survey.
Where we live matters to our health

There are great disparities in health based on where we live

Health is more than health care; many factors contribute to health

We’re all in this together; it takes all of us working together to improve the health of a community

You can find data and practical help at www.countyhealthrankings.org
**Roadmap Resources: What Works for Health**

- Provides examples of evidence-informed policies, programs, and system changes
- Strategies organized by health factor
- Includes evidence ratings
- Tutorial online

http://www.countyhealthrankings.org/roadmaps/what-works-for-health
Roadmap Resources: Action Center

- Action step guides
  - Outer circle
  - Provides key activities, tools, resources, and additional reading

- Community member guides
  - Inner circle
  - Guide for different types of people to involve
  - Potential roles each plays in improving the health of communities

http://www.countyhealthrankings.org/roadmaps/action-center
Applying County Health Rankings and Roadmaps

- Break into groups of four to five.
- As a group, review the example of the *Roadmap* project or initiative provided and discuss the following:
  - Who were the key players?
  - What did they do?
  - How did they get funding?
  - What was the impact?
  - How were *County Health Rankings* utilized?
- Please use the next 15 minutes to discuss your example and prepare answers to these questions.
Applying County Health Rankings and Roadmaps

Consider:

- Who were the key players?
- What did they do?
- How did they get funding?
- What was the impact?
- How were *County Health Rankings* utilized?
1) The Power of Relationships: Rapid Response to a Youth Suicide Cluster
2) Building a Business Case for Better Health: Allen, County, OH
3) Connecting the Dots in Fulton County, GA: Working Together to Save Lives
4) Mason County, WA: Building a Roadmap to Better Health by Investing in Education
Call to Action

- **Roadmaps to Health Community Grants**
  - Support two-year state and local efforts that address social and economic factors that impact community health
  - Build on the *County Health Rankings* model
  - Two rounds of grants have been awarded to date

- **RWJF Culture of Health Prize**
  - Awarded annually to honor outstanding community efforts and partnerships that are helping people live healthier lives
  - Goal of raising awareness and inspiring locally-driven change
  - Call for applications will be released in June
Call to Action

• Next steps
  ○ **Follow-up survey:** who is interested?
  ○ **Convening additional meetings**
    ▪ Bring in representative from *CHR/Roadmaps*

• In the meantime...
  ○ Explore the *County Health Rankings* and *Roadmaps* online
  ○ Talk to your colleagues and partners about ideas for working at the county-level
  ○ Utilize the *CHDB* and the *SEPA Household Health Survey*!
Questions?

Thank you!

Rose Malinowski Weingartner (rosemw@phmc.org)
Sarah Ingerman (singerman@phmc.org)

Visit our website at www.CHDBdata.org.