Population Health: CHNA Comparisons

A “report” on the population health needs of community and recommendations for actions to address them.

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| **Characteristic** | **New York County, NY** | **Holmes County, Ohio** | **Hamilton County, OH** | **Lancaster County, PA** | **Brown County, Ohio** | **US overall** |
| ***Lifestyle***: Smoking | 13.2% | 20.2% | 19.6 | 16.6% | 20.9% | 16.3 % |
| ***Lifestyle***: Physical Inactivity | 17.6% | 27.2% | 23.2 | 21.4 % | 35 | 23.1 % |
| ***Mortality***: Heart Disease Mortality | 161.09 | 190.80% | 173.23 | 155.99 per 100,000 | 194.89 | 175.48 per 100,000 |
| ***Mortality***: Cancer Mortality | 146.74 | 148.77% | 185.44 | 161.67 per 100,000 | 208.99 | 168.11 per 100,000 |
| ***Morbidity***: Physically Unhealthy Days | 3.5 | 3.8 | 3.7 | 3.5 per person per month | 4.0 | 3.6 |
| ***Child Health:*** Infant Mortality | 3.8 | 6.6 | 9.9 | 6.8 per 1,000 live births | 10.2 | 6.1 |
| ***Community Characteristics:*** Grocery Store Availability | 0.84 | 0.33 | 0.21 | 0.21 per 1000 | 0.16 | 0.21 |
| ***Quality of Care:*** Mammogram Screenings | 61% | 52% | 62 | 67% | 58% | 62 |
| ***Social Determinants:*** Median Household Income | 75,459 | $50,069 | 48,973 | 57,369 USD | 46,484 | 56,135 |
| ***Social Determinants:*** Poverty | 17.7 | 12.4% | 17.6 | 10.5 % | 15 | 15.6 |
| ***Social Determinants:*** Education | 83.0 | 22.2% | 68.8 | 53.3 % | 42.5 | 63.3 |
| ***Health Care Systems:*** Uninsured Population | 10.9 | 24.2% | 13.2 | 14.0 % | 14.3 | 16.8% |
| ***Health Care Systems:*** Primary Care Physicians | 137.0 | 32.2 | 104.2 | 74.6 per 100,000 | 29.4 | 75.6 |
| ***Choose 2 additional measures along with their values for the chosen county only (for Q2)*** |  | Adult Obesity Prevalence: 28.2% | Percentage of Adults with at Least a High School Diploma: 88.6 |  | HIV Prevalence 48.9 |  |

**Recommendation 1: Implementing Smoking Regulations**

**Issue:** Smoking rates are notably higher in some counties within the United States, such as Holmes County, Ohio, which has a higher smoking prevalence compared to the national average. Smoking during pregnancy can lead to reduced birth weight and increased infant mortality rates.

**Change** **Needed:** Statewide regulations should be enacted to raise cigarette taxes and promote the use of educational materials highlighting the adverse health effects of smoking. Like strategies employed in other countries, incorporating graphic images depicting the consequences of smoking on packaging could deter certain segments of the population from purchasing cigarettes.

**Recommendation 2: Investing in Education**

**Issue:** Counties with lower levels of education, like Hamilton County, Ohio, tend to have higher uninsured populations. Education is associated with improved health literacy, lower disease incidence, and the ability to make informed health decisions. Counties that have a higher education (NY = 83%, Holmes County = 68.8% versus overall US education level of 63%) have a lower percentage of uninsured population (10. 9% and 13.2 % versus the overall US rate of 16.8%). Counties with lower education levels had a greater percentage of uninsured population (Hamilton County OH had an education level of 22% and an uninsured rate of 24.2%, the highest uninsured among the counties we studied. Also, Obesity is correlated to lower income (less resources) and lower levels of education.

**Change Needed:** Health education regarding nutrition may be helpful for reducing adult obesity rates, specifically for Holmes County, as it has the worst education level among those of the listed counties. We would recommend health education at the school level, as well as county wide awareness programs. Nutrition checks and screenings can be implemented at regularly scheduled annual physicals. Education is associated with greater health literacy, lower incidences of disease and premature death and ability to make informed decisions about health. To attract more educators and improve education outcomes, salaries for teachers should be increased to align with other professions. This would contribute to a more educated population, potentially leading to lower rates of uninsured individuals and better overall health.

**Recommendation 3: Expanding Public Transportation**

**Issue:** New York County has a lower percentage of physically inactive adults compared to other counties and the national average, potentially due to the presence of an extensive public transportation system, like the Metro. We see how NY has the least physical inactivity percent (17.6%) vs other counties and the US (23.1%), potentially due to the presence of a public transportation system like the Metro.

**Changes** **Needed:** To encourage physical activity, reduce car dependency, and improve air quality, counties should consider investing in comprehensive public transportation systems. Expanding such systems can promote healthier lifestyles and reduce air pollution, benefiting overall community health.

**Recommendation 4: Enhancing Maternal Care Accessibility**

**Issue:** Hamilton County, Ohio, has one of the highest rates of infant mortality in the study. Improving maternal care accessibility is crucial for addressing this issue.

**Changes** **Needed:** To reduce infant mortality rates, investments should be made to increase access to maternal care services in Hamilton County. This includes establishing additional healthcare facilities, providing support for at-risk pregnant women, and ensuring affordable prenatal care options.

**Recommendation 5: Sexual and Reproductive Education Programs**

**Issue:** High rates of chlamydia infections in Hamilton County, Ohio, and New York County underscore the need for improved sexual and reproductive education.

**Change** **Needed:** Implementing comprehensive sexual and reproductive education programs in high schools can help reduce the incidence of sexually transmitted infections. These programs should cover topics such as safe sex practices, contraception options, and the importance of regular screenings and check-ups.

In summary, addressing these recommendations would involve enacting policy changes, investing in education and healthcare infrastructure, and promoting healthier lifestyle choices. These changes can have a positive impact on the health and well-being of populations in the studied counties, addressing disparities in health indicators and promoting overall community health.

References:

1. [City-to-County Finder: StatsAmerica](http://www.statsamerica.org/CityCountyFinder/)
2. [https://healthinappalachia.org/disparities-report/interactive-report/ Links to an external site.](https://healthinappalachia.org/disparities-report/interactive-report/)