



**HEALTH**  
IMPROVEMENT ORGANIZATION  
FOUNDED BY ALLEGIANCE HEALTH

# Community Health Assessment Report

Jackson County, Michigan

November 2012



## Health Improvement Organization (HIO)

The Health Improvement Organization Coordinating Council, founded by Allegiance Health, is a collaborative of community stakeholders committed to improving the health status of the community through an integrated health improvement infrastructure that addresses Jackson's priority health issues. The HIO Coordinating Council serves as the stakeholder planning committee for Allegiance's Board HIO Committee, Jackson County's Healthy Community initiative, the United Way of Jackson County's Community Solutions Team on Health, and the "Health Strand" of the Jackson 2020 initiative. The scope of our responsibility includes monitoring community level indicators, identifying specific health priorities and developing community action plans to address common goals.

In this model, community stakeholders work with public health experts to develop and complete a community health assessment for Jackson County. This assessment provides a data collection mechanism that better aligns efforts among community partners and creates a more strategic framework for local health improvement activities.

The Community Health Assessment process is designed to:

- Collect and analyze health information for Jackson County (and subpopulations within our county)
- Benchmark our health status against other communities, the state and nation
- Prioritize health issues within the community
- Create a system for disseminating data to community organizations and residents
- Initiate strategic planning to address these issues through collaborative activities
- Monitor impact of health initiatives on community health outcomes

The first HIO Community Health Assessment was completed in 2008 and led to the creation of our first HIO Community Action Plan, aimed to reduce obesity and smoking and improve emotional health among Jackson County residents. The results from this most recent assessment in 2011 are being used up to update our strategic plan for 2013-2020.

## Contributing Partners

AARP of Michigan	Jackson County Administration
Allegiance Health	Jackson County Youth Center
AstraZeneca HealthCare Foundation	Jackson Health Network
AWARE, Inc.	Jackson County Health Department
Community Action Agency	Jackson County Intermediate School District
CareLink	LifeWays
Catholic Charities of Jackson	Marriage Matters
Center for Family Health	Meridian Health Plan
Community Members	Michigan Purchasers Health Alliance
Fitness Council of Jackson	Partnership Park Downtown Neighborhood Association
Great Lakes Industry	United Way of Jackson County
Jackson Community College	YMCA of Jackson County
Jackson Community Foundation	YMCA Storer Camps

A special thank you to other organizations and community members that participated in planning, hosting and participating in focus groups, including:

Concord United Methodist Church  
Consumers Energy  
Focus Group Participants - 52  
Dr. Kevin Ford, Michigan State University  
St. Johns United Church of Christ  
Michigan Public Health Institute  
University of Michigan School of Public Health

## Acknowledgements

The Jackson County Health Assessment was conducted from May 2011 to July 2011 to gain a better understanding of the health status of residents in Jackson County. The Health Improvement Organization is a voluntary partnership of local organizations and agencies working to improve the health of the community.

Many thanks to our Health Improvement Organization Coordinating Council members for their time and energy in the development and analysis of the assessment, to the many community members and partners that participated in information collection and to Allegiance Health and the Jackson County Health Department for providing funding for this project.

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## Executive Summary

The Jackson County Community Health Assessment was conducted from May 2011 to July 2011 in order to get information on the health status of Jackson County. A total of 1150 Jackson County residents 18 and older responded to a 180 question survey asking about their health status, insurance coverage, personal health habits and health care experiences.

The HIO reviewed the data from the assessment and categorized the results into four topic areas:

- Behavioral Risk and Environment
- Health Literacy and Access
- Behavioral Health
- Physical Health and Health Care Experience

Using these results, the HIO Coordinating Council created an action plan detailing ways organizations, agencies and community members can address the main health issues to better the overall health of Jackson County residents. The results of the Community Health Assessment are a valuable resource because they will:

- Assist in development of long-range health goals for the community
- Guide in strategic planning and program development
- Unify efforts in allocation of community resources
- Strengthen grant proposals to fund current and future projects

### Areas of Concern

According to the Community Health Assessment and Michigan Profile for Healthy Youth:

- Only 12% of Jackson County residents understand the guidelines for physical activity and nutrition.
- Approximately 35% of residents within the City of Jackson reported smoking compared to 22% of Jackson County residents. Both of which are higher than the State of Michigan rate (2009) of 20%.
- The 2011-2012 Michigan Profile for Healthy Youth revealed that 45% of middle school and 30% of high school students in Jackson County have reporting being bullied on school property, a 7% and 8% increase respectively since 2009-2010.
- Only 54% would “definitely” seek help for a serious emotional health problem.
- Among Jackson County residents, 37% are classified as obese, which is higher than the State of Michigan rate of 32%. However, asked to describe their own weight only 22% of residents stated that they were “very overweight.”
- Among Jackson County residents, only 54% meet the guidelines for physical activity and 31% meet the guidelines for fruit and vegetable consumption.

### Contributing factors

From the Jackson County Community Health Assessment, the HIO Coordinating Council was able to identify some factors that could be contributing to these health problems:

- Lack of health insurance
- Difficulty accessing affordable health services
- Poor communication between health care providers and patient about health risks
- Inaccurate personal view of health risks
- Lack of social and emotional support

The HIO Coordinating Council will be looking at how these contributing factors can be changed in order to address the main health issues noted from the Community Health Assessment.



# Survey Methodology

## Sampling strategy

Similar to other state and national surveys of health behaviors, the method used for this survey was a random digit dial telephone survey of Jackson County residents. The sample was stratified by census tract, meaning the population was sampled evenly throughout all census tracts (with the prison census tract being omitted) in the county. Telephone numbers of Jackson County residents in each census tract were randomly dialed until the target number of surveys was completed for each tract.

## Data weighting

Similar to state and national survey results, the sample was then weighted to reflect the actual age, gender and race of the community based on Census data for Jackson County.

## Distribution of respondents

A total of 1,150 adults in Jackson County completed the telephone survey. Within Jackson County, 22% of respondents lived in the City of Jackson and the remaining 78% lived outside of the city. The state and national comparison data included in this report are drawn from the Behavioral Risk Factor Surveillance System (BRFSS) and Michigan Profile for Healthy Youth (MIPHY).

## Comparison Data

Where state and national comparisons are noted, data were obtained from equivalent state and national survey results with identical or very similar survey questions. Most state data were obtained from the most recent results of the Behavioral Risk Factor Surveillance System (BRFSS) for Michigan conducted by the Centers for Disease Control and Prevention.

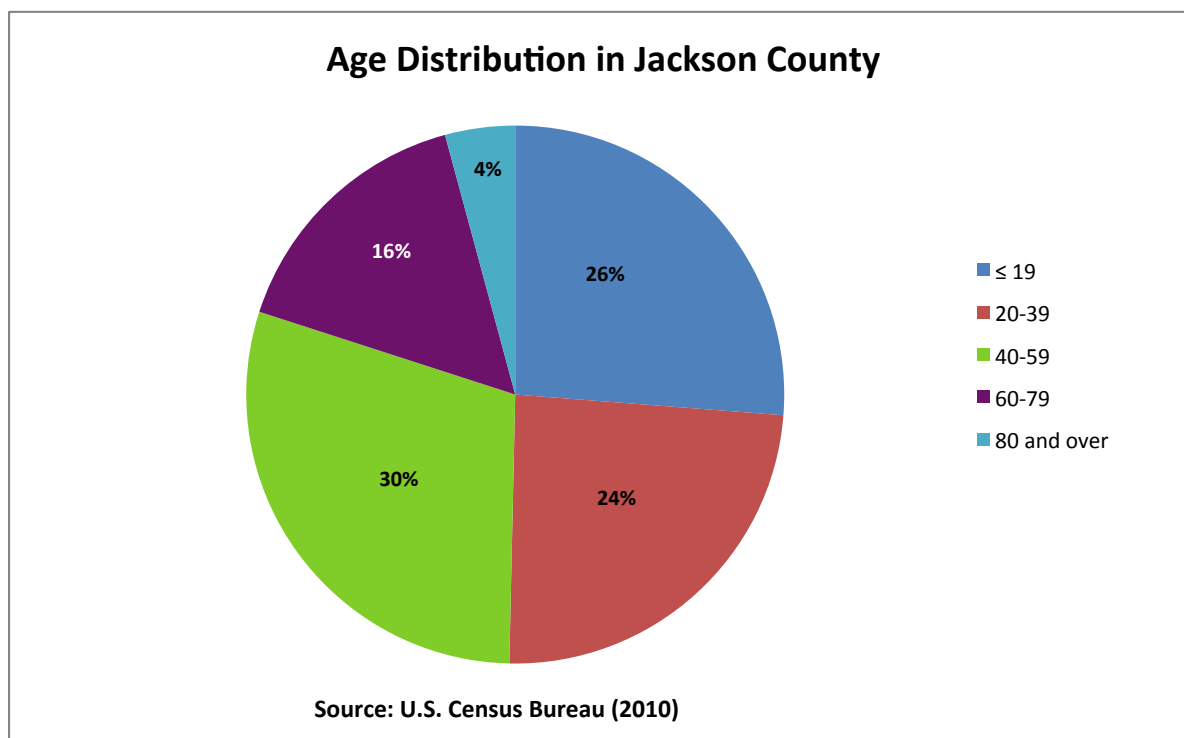
## Results by Area:

### Demographics

This section describes the characteristics of the participants in the Jackson County Community Health Assessment. The statistics provided in this section reflect the original survey sample. Because the sample was weighted on these variables to reflect the actual demographics of the community, the remainder of the report will describe information based on the weighted sample to better represent Jackson County. Data in this report is weighted by age, gender and race.

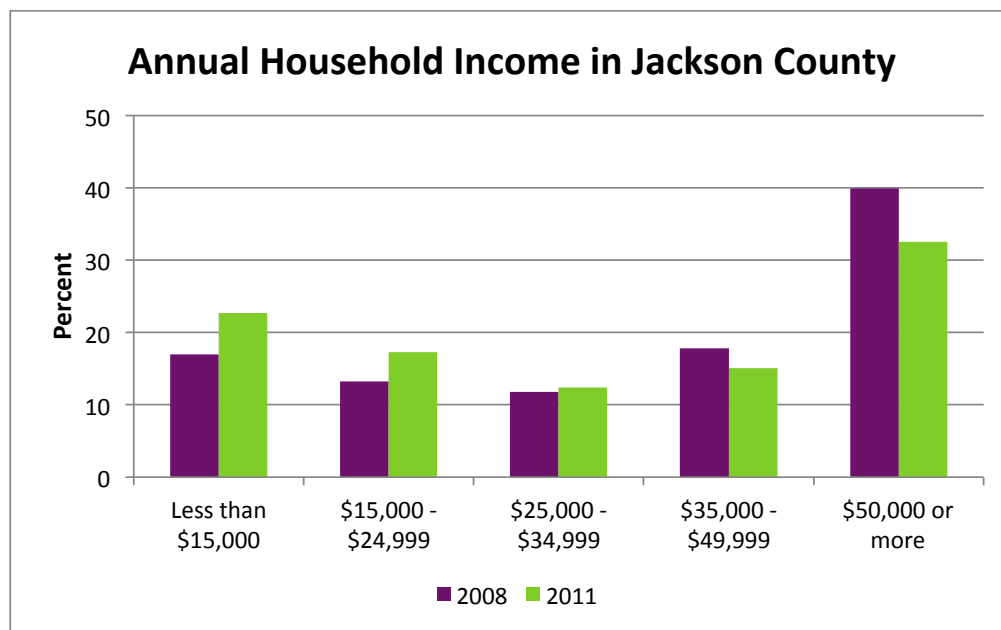
The 2011 Jackson County Community Health Assessment survey yielded a sample of 1,150 respondents. Of these, 824 (72%) were women and 327 (28%) were men. The sample was weighted to reflect the actual gender distribution of Jackson County adults at 49% female and 51% male.

The average age of the survey respondent was 58 years old. The data was weighted to reflect the actual age distribution of Jackson County adults with 13% of men and 9% of women under 35 yrs, 25% of men and 23% of women between 35 and 49 years, 33% of men and women between 50 and 64 years, and 29% of men and 34% of women 65 years and older.



Data collected on ethnic background was collected on each of the survey respondents. The majority of identified their race as white (89%) and 6% of the total sample reported being African American. Additional ethnicities reported by survey respondents included Hispanic or Latino (1%), American Indian or Alaskan Native (1%), Asian (0.2%), Native Hawaiian or other Pacific Islander (0.1%), and Other (1%). Data was weighted to reflect the actual racial distribution of Jackson County adults according to the 2010 Census Data with 87.7% as white, 7.9% as African American, 0.7% as Asian, 0.4% as American Indian or Alaska Native, and 0.8% as some other race.

The average income was between \$25,000 and \$35,000. Annual household income distribution ranged where 23% earned less than \$15,000, 17% earned \$15,000 to \$24,999, 12% earned \$25,000 to \$34,999, 15% earned \$35,000 to \$49,999, and 33% earned greater than \$50,000. From 2008 to 2011 households earning less than \$15,000 increased 6% and those earning \$15,000 to \$24,999 increased 4%. Additionally, households earning \$35,000 to \$49,999 decreased 3% and those earning greater than \$50,000 decreased 7%. These changes in annual household income are most likely the result of the recent economic recession and high unemployment rates.



The majority of adults were currently married (43%). Additionally, 17% had never been married, 3% were separated, 18% were divorced, and 20% were widowed at the time of the survey.

When asked about employment status, the most frequent response was retired (40%) and full-time (20%). Other responses included part-time (9%), self-employed (5%), homemaker (8%), and student (3%). Additionally, 6% reported unemployment and 14% stated that they were unable to work.

## Behavioral Risk and Environment

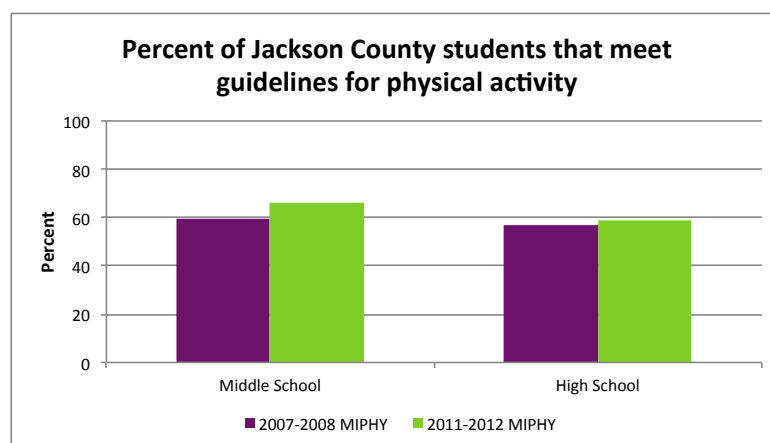
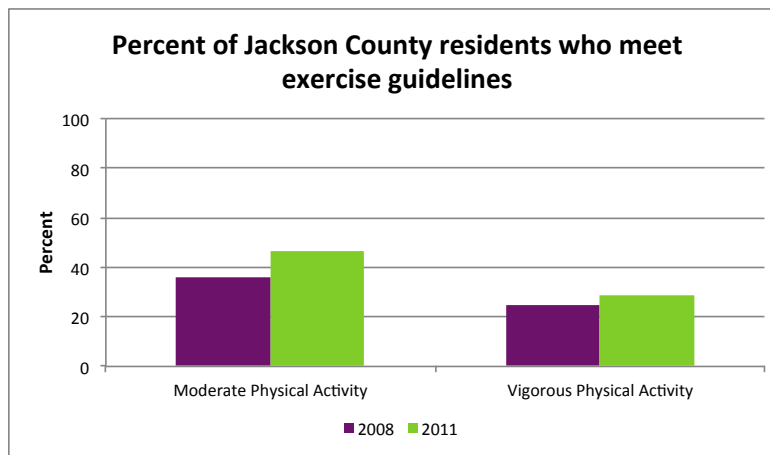
Personal health behaviors are directly related to chronic disease morbidity and mortality. This section discusses the personal health behaviors in Jackson County that may be putting residents at an increased risk for adverse health. Additionally, this section examines the environmental characteristics that can put individuals at an increased risk for poor health. Understanding these risk behaviors and environmental characteristics is important to adequately address the health needs of the community.

### Physical Activity

Participating in regular physical activity may protect against a host of chronic diseases. Recommendations of adequate exercise include being active either 30 minutes a day for 5 or more days a week of moderate exercise, or 20 minutes a day for 3 or more days a week of vigorous activity.

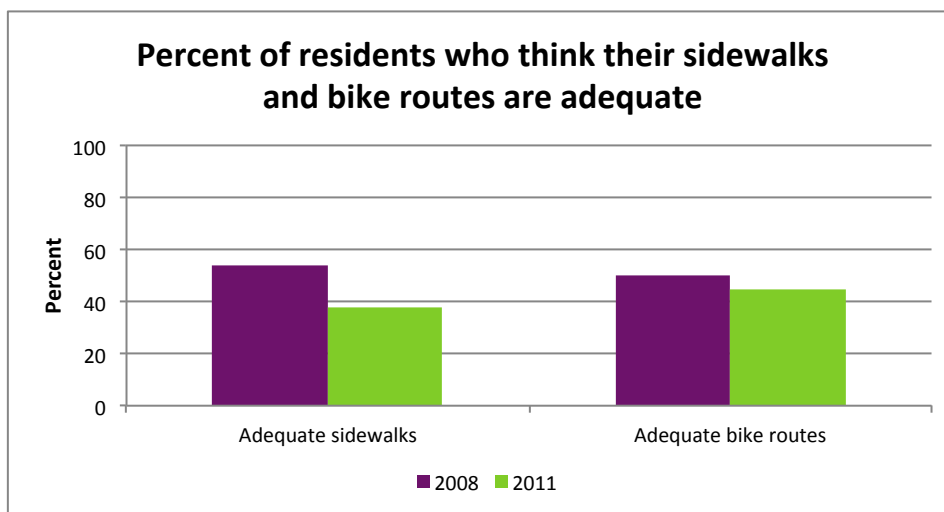
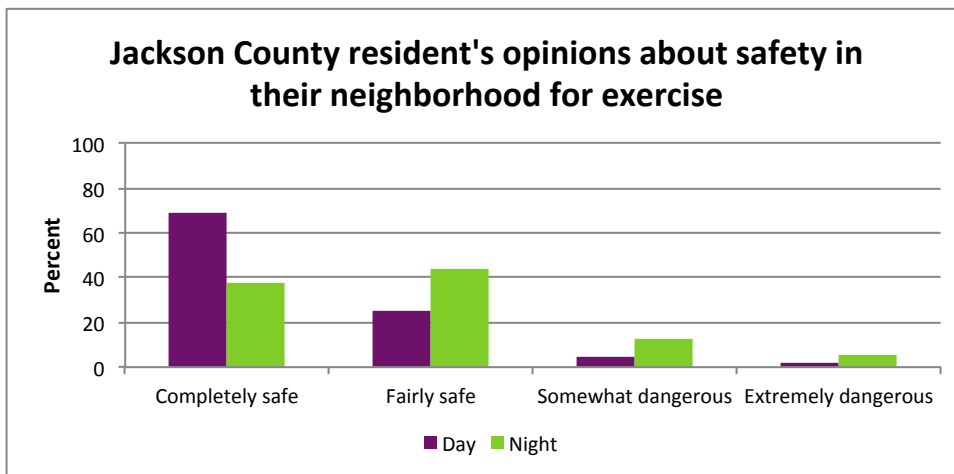
In 2008, only 36% of Jackson residents met the guidelines for moderate physical activity, which increased to 47% in 2011. Similarly, the number of Jackson residents that met the guidelines for vigorous physical activity increased from 25% in 2008 to 29% in 2011. However, it is important to note that in 2008 data collection was conducted during winter months (November – March) and 2011 data collection was conducted during summer months (May – July). Therefore the increases in those meeting the guidelines for physical activity could be the result of seasonality.

According to the 2007-2008 Michigan Profile for Healthy Youth (MIPHY), 60% of middle school and 57% of high school students in Jackson County met the guidelines for physical activity. However, for 2011-2012, 66% of middle school and 59% of high schools students met the guidelines, a 6% increase and 2% decrease respectively.



To better understand physical activity behaviors, respondents were asked about sedentary behaviors. On average, Jackson County residents report watching 3.4 hours of television each day. Additionally, respondents report spending an average of 1.5 hours per day on the computer outside of work time.

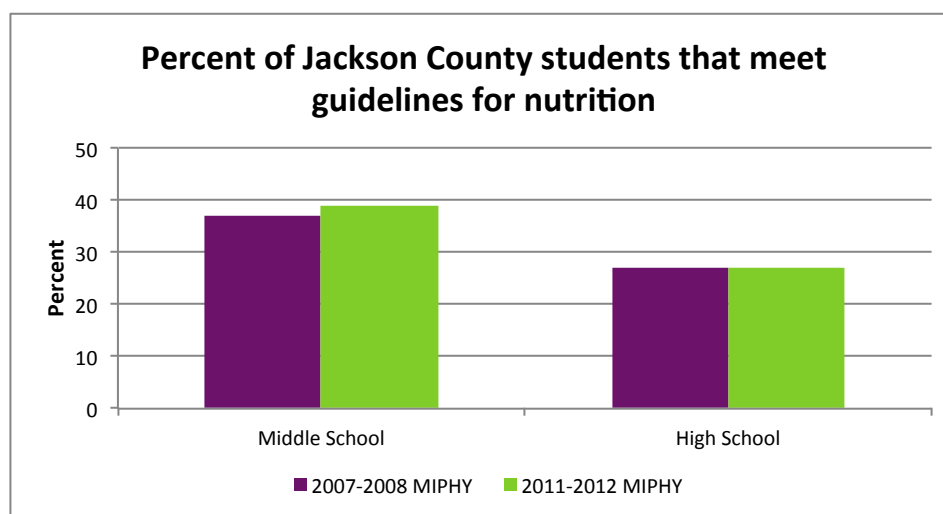
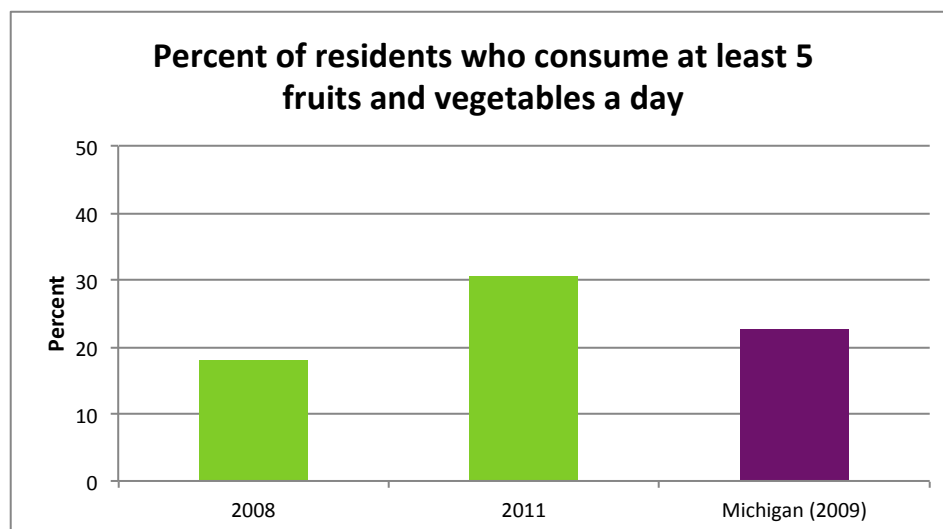
Approximately 10% of Jackson residents report some sort of difficulty finding a place to exercise, a 6% decrease since 2008. Potential barriers to exercise include perception of neighborhood safety and adequacy of sidewalks and bike routes. About 69% of residents feel their neighborhoods are completely safe during the day and about 38% at night. When asked about the adequacy of sidewalks and bike routes, approximately 38% report adequate sidewalks and 45% report adequate bike routes, a 16% and 5% decrease respectively since 2008.



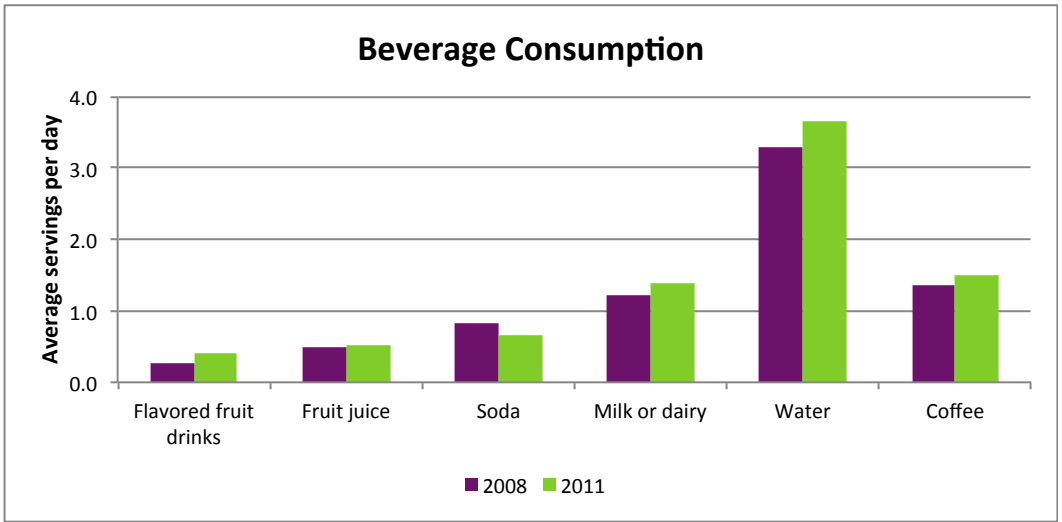
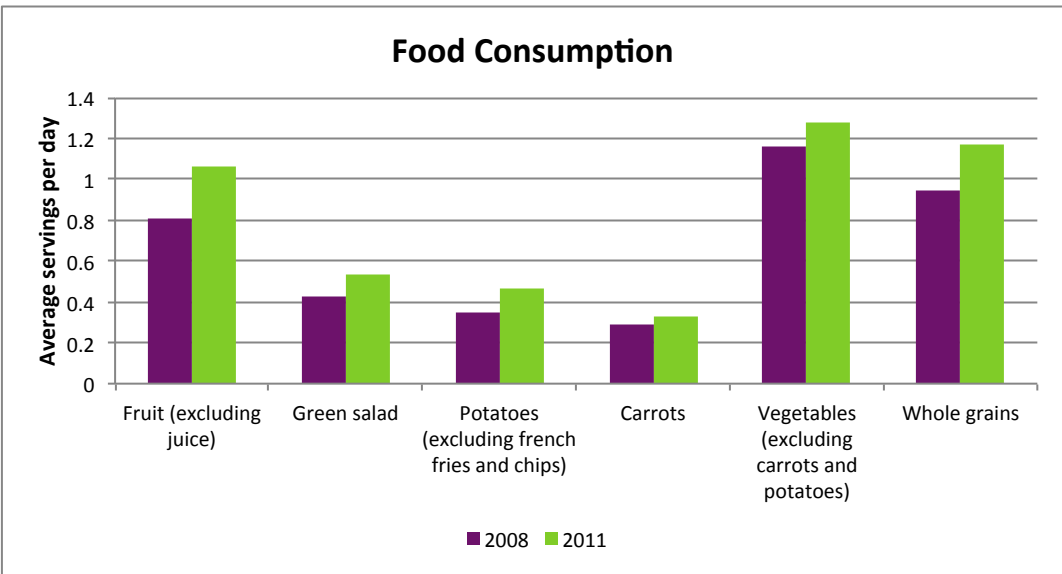
## Nutrition

The community health assessment also looked at nutrition related behaviors among residents. According to the assessment, 31% of residents are consuming the recommended 5 fruits and vegetables per day. This is higher than the State of Michigan (2009) rate where 23% are meeting this guideline. For Jackson County, this represents a 14% increase in those consuming the recommended 5 fruits and vegetable per day. However, it is important to note the seasonal difference between the 2008 and 2011 assessment. Since the 2011 health assessment was conducted during summer months (May – July), availability and access to fresh produce was greater which may contribute to the increase in those meeting this guideline.

According to the 2007-2008 Michigan Profile for Healthy Youth (MIPHY), 37% of middle school and 27% of high school students in Jackson County met the guidelines for nutrition. However, for 2011-2012, 39% of middle school and 27% of high schools students met the guidelines, representing a 2% increase and no change respectively.

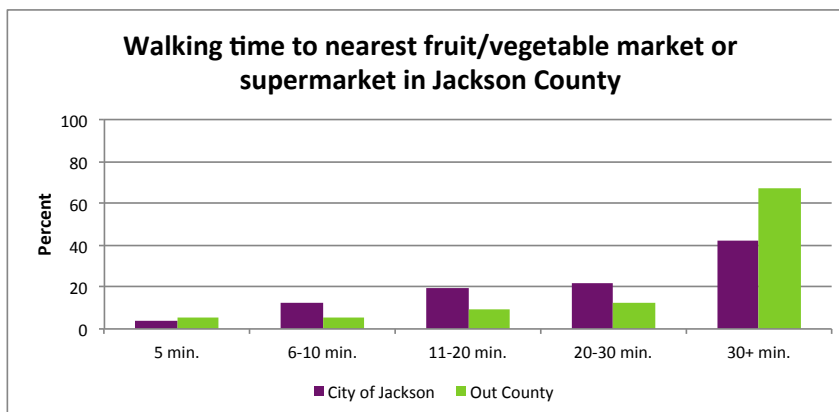
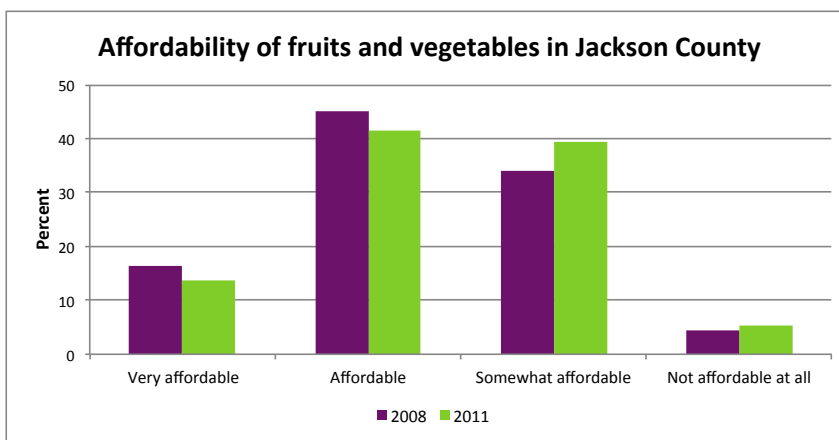


To gain a better understanding of the food and drink consumption behaviors of residents in the county, the health assessment asked questions related to specific foods and the number of times residents consumed these foods each day. Respondents report eating fruit 1.1 times each day and vegetables (other than carrots, potatoes, and salad) 1.2 times each day. Additionally, residents report eating whole grains 1.1 times per day. When examining beverage consumption patterns, residents report drinking water 3.7 times each day. Fruit drinks, commonly high in sugar and low in nutritional value, were reported to be consumed on average 0.5 times per day. Soda was reported to be consumed an average of 0.7 times per day.



About 82% of respondents report no difficulty at all accessing a grocery store that sells fruits and vegetables. When asked about the walking distance to the nearest convenience or small grocery store, 40% implied it would take 30 minutes or more to arrive at their destination. Walking distance to the nearest fruit and vegetable market or supermarket affected even more residents with 62% saying it would take 30 minutes or more to arrive at their destination. While ease of access to fresh produce is important, so is the affordability. Approximately, 42% of respondents feel that fruits and vegetables are affordable, 14% feel they are very affordable, and 5% of respondents feel they are not affordable at all.

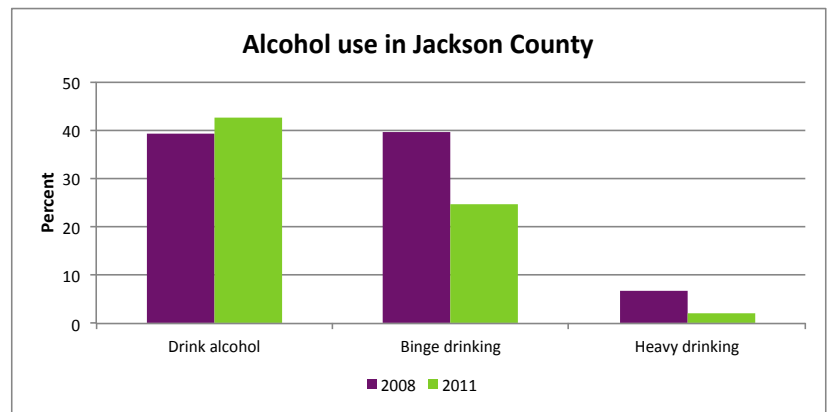
In addition to access, food information labels can affect food purchasing habits. Food information labels are used to convey nutritional content of specific products. Approximately 25% of Jackson County residents report that they always consider food information labels when purchasing foods, and an additional 36% report sometimes considering this information when making their food purchase.



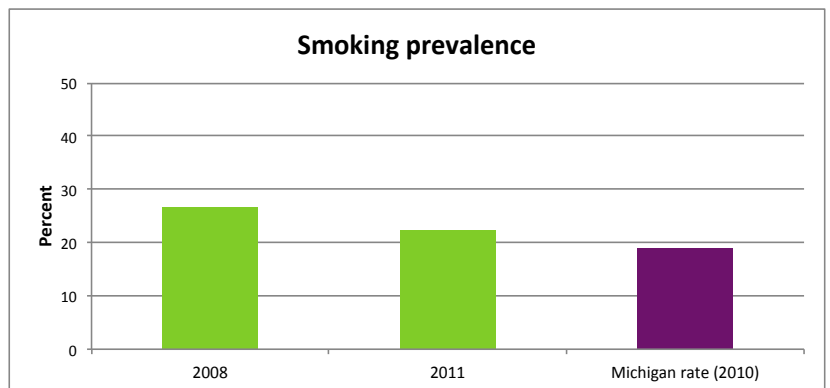


## Substance Use

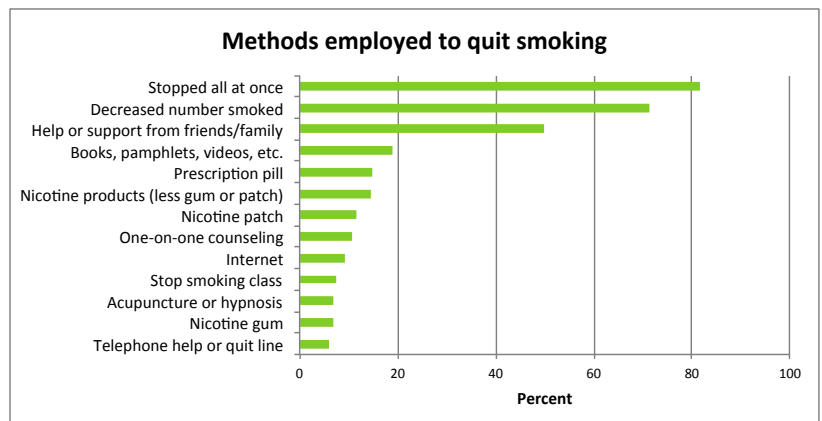
The Jackson County Health Assessment included a series of questions about alcohol use. Approximately 43% of respondents report using alcohol. Of the respondents who report using alcohol, 25% report binge drinking which includes at least one episode of 5 or more drinks at a time for men, and 4 or more drinks at a time for women within the past 30 days. The prevalence of binge drinking in the State of Michigan (2009) is 17%, which is 8% less than the prevalence rate for Jackson County. Additionally, 2% of respondents report being heavy drinkers (defined as drinking 60 times a month for men and 30 times a month for women).



Smoking prevalence was also assessed. Approximately 35% of city residents reported smoking compared to 22% of Jackson County residents. These rates are higher than the State of Michigan rate (2009), which is 20%. Of those that report smoking, an average of 21 cigarettes is smoked per day. According to the 2011-2012 Michigan Profile for Healthy Youth (MIPHY), approximately 15% of high school students have smoked cigarettes recently. When asked if smoke from other people's cigarettes (secondhand smoke) is harmful to you, approximately 98% of residents agreed.

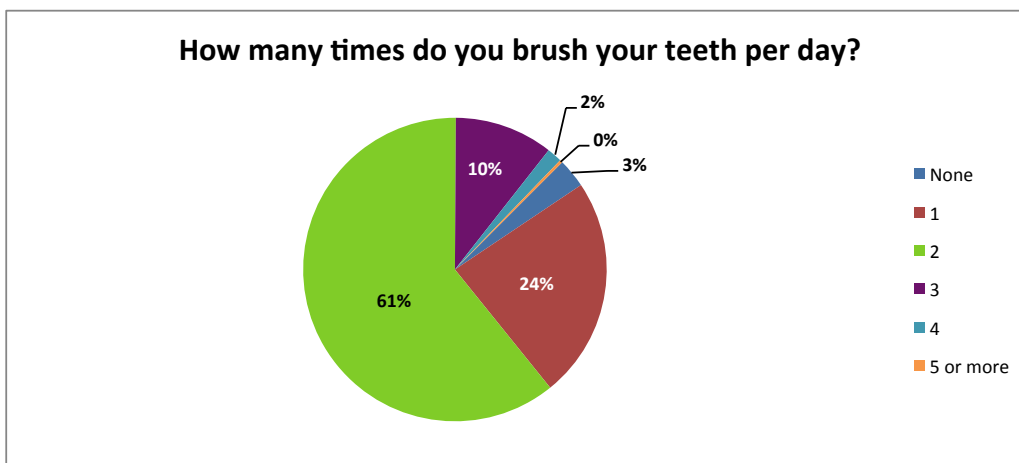
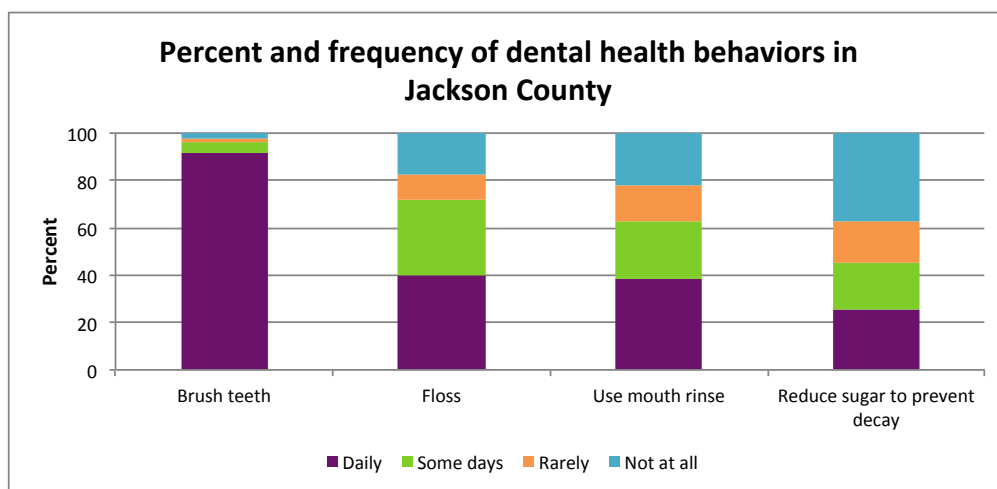


Among residents who do smoke in Jackson, 51% report stopping for one day or longer within the past 12 months in an attempt to quit smoking. In the State of Michigan, the percentage of those who have made quit attempts is higher at 62%. When trying to quit smoking, the most common methods reported were stopping all at once (82%), gradually decreasing the number of cigarettes smoked (71%), and help or support from friends or family (50%).



## Dental Health Behaviors

When asked about dental health behaviors, 91% of Jackson County residents report brushing their teeth on a daily basis. Only 40% of respondents report flossing on a daily basis and less than a third report flossing on some days of the week. When asked about mouth rinse, approximately 39% report daily use and 24% report use on some days. Additionally, 37% of residents do not reduce sugar intake to prevent tooth decay and 17% rarely reduce sugar intake.



## Health Literacy and Access

The U.S. Department of Health and Human Services describes health literacy as the ability to understand instructions on prescriptions, appointment slips, education materials, doctor's directions, consent forms and complex health systems. Health literacy requires not only literacy but the ability to listen, analyze and make decisions related to specific and personal health care outcomes. In addition to possessing health literacy skills, it is essential that residents be able to access the services available to them. Access includes not only transportation access, but also financial access and knowledge of services. These issues have been identified by the Jackson County Health Assessment as important due to their direct impact on health outcomes among Jackson residents.

In order to obtain information about health literacy, it is important to better understand where residents are obtaining their information. Among Jackson residents, when asked where they obtained their most recent health information responses included the internet (66%), health care provider (15%), brochures or pamphlets (3%), and books (3%).

### Decisional Influence

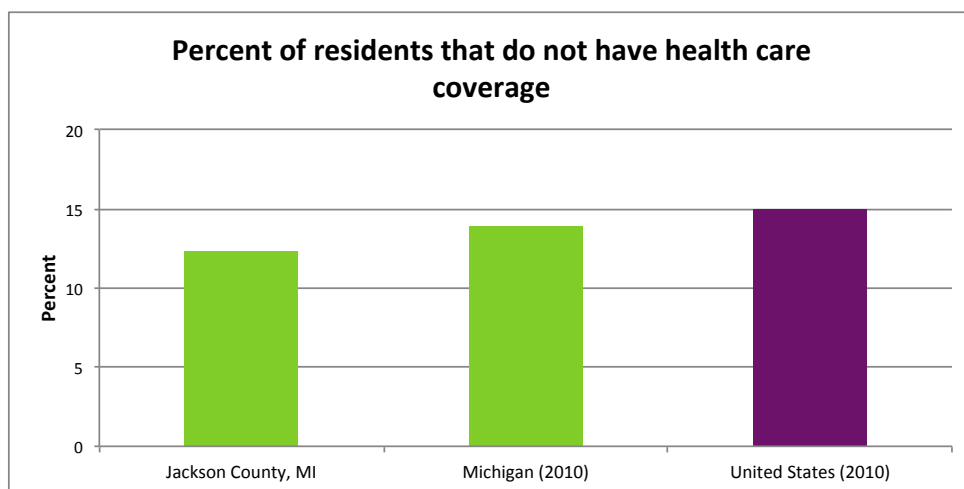
When people make decisions regarding their health, there are often a host of external influences that may affect their decisions. In addition to determining the sources from which people obtain information, it is also imperative to assess these influences. When survey respondents were asked who influences their health care decisions, the most frequently reported response was their health care provider (38%). Family members were also reported by 35% of respondents and friends were reported by 5% of respondents as having influence on health care decisions.

### Questions & Comprehension

Obtaining and understanding health information is a significant aspect of health literacy. When asked how often health care professionals allowed respondents to ask all of the health-related questions that they had, 66% replied always and 20% replied usually. Additionally, 72% of respondents indicated health care professionals always and 18% usually made sure that they understood everything needed to take care of their health.

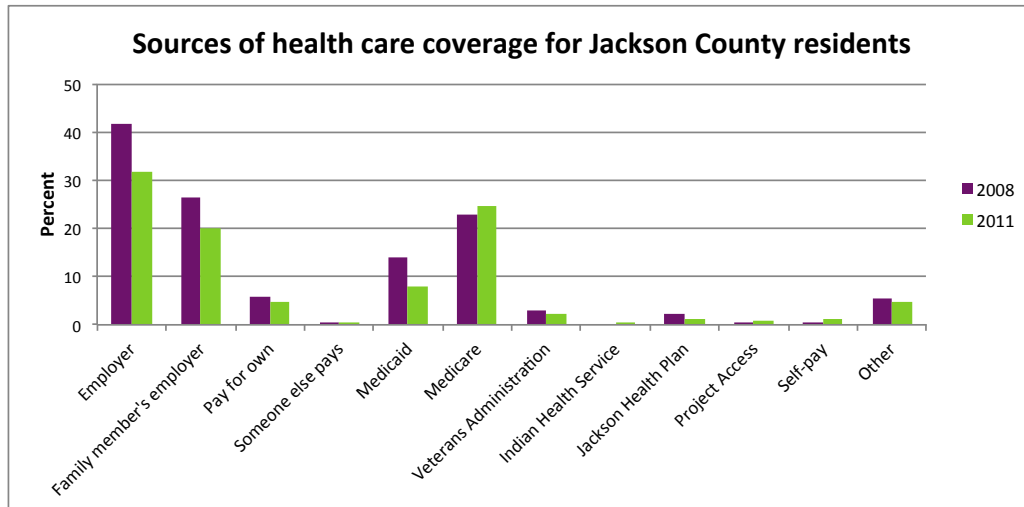
## Health Care Coverage

In order to better understand access to care, it is important to identify sources of health insurance among Jackson residents. Approximately 12% of residents report lacking health care coverage in Jackson County within the past year. According to the health assessment, approximately 32% of residents possess health care coverage are covered by their employer and an additional 20% are covered by the employer of a family member. Medicare (25%) and Medicaid (8%) account for over 30% of residents' health care coverage, 20% report paying for their own coverage, and only 1% report self-paying for their own coverage. Additional sources of coverage reported include Veterans Administration, Indian Health Service, Jackson Health Plan and Project Access.



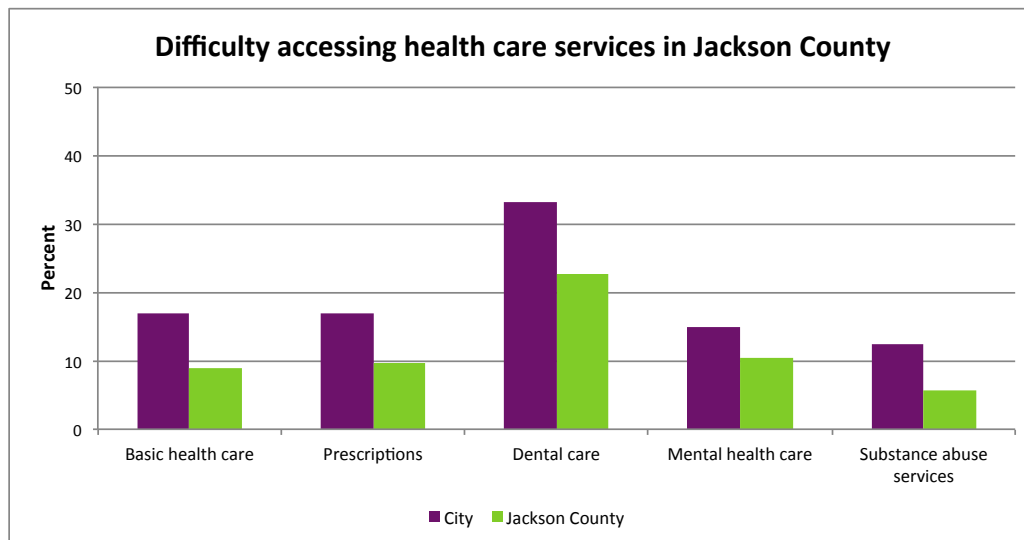
Among respondents who report no coverage at all, 48% report affordability as the main reason for lack of coverage. About 18% report unemployment and an additional 14% report health insurance is not available to them. Only 5% of respondents report that they chose not to receive health care coverage.

Often times, individuals who possess health care coverage will experience a termination of coverage for a variety of reasons. Among Jackson residents who have experienced this termination, 41% report change in employment status as the reason. Change in employer coverage (20%) and change in family status (24%) were also commonly reported causes for a cease in health care coverage. Change in eligibility for coverage among those who receive Medicaid, Medicare and Jackson Health Plan were also reported as reasons for termination.



## Barriers

Residents in Jackson County were asked about difficulty and barriers to receiving health care. The most commonly reported health care service residents reported difficulty accessing was dental care (23%). The dental care disparity widens within the City of Jackson with 33% indicating that they had difficulty accessing dental care. Residents also report difficulty accessing basic health care (9%), prescriptions (10%), behavioral health services (11%), and substance abuse services (6%).



Frequently, financial barriers are cited for preventing individuals for accessing care. Approximately 20% of residents reported inability to obtain prescriptions and 14% of residents reported inability to see a doctor in the past year due to cost. About one fourth of residents report an inability to access dental care due to cost. Additionally, 2% of residents could not access a doctor for a child and 5% of residents could not access dental care for a child due to cost. In addition to financial barriers, 5% of Jackson County residents report a time in the past year that they could not access health care due to the lack of transportation.

## Behavioral Health

Behavioral health is used to describe an individual's level of cognitive or emotional well-being. Maintaining a positive state of mind is known to enable a person to function effectively within society and improve physical health. Individuals who have good behavioral health are well-adjusted to society, are able to relate well to others, and feel satisfactory with their role in society. Breakdown of behavioral health can cause serious problems amongst individuals within their relationships, physical health and job.

### Diagnosis

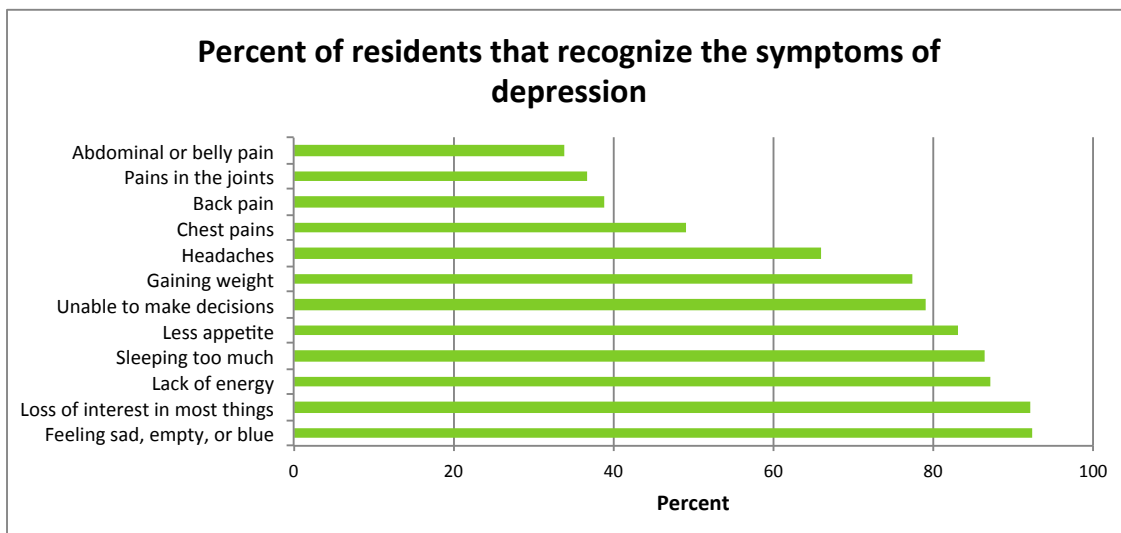
Jackson County residents were asked specific questions about behavioral health services and diagnosis. Among Jackson residents, approximately 17% report having had mental health problems within the past 12 months. Of those reporting mental health problems within the past 12 months, 78% sought help and 77% actually received help for this problem. The most prevalent disorders were depression (25%) and anxiety (17%).

### Treatment and Services

Respondents were also asked about treatment for a behavioral or emotional problem. About 18% of residents revealed they have taken medication or received treatment from a health professional for a mental health problem. When asked if treatment can help people with mental illness lead normal lives, 72% strongly agreed and 23% slightly agreed.

### Symptoms of poor behavioral health

Residents were also asked about the frequency of depressive feelings they have experienced within the past 30 days. Residents reported that their behavioral health was not good an average of 3.3 days and have felt worried, tense, or anxious for an average of 6.3 days. Additionally, a behavioral health condition or emotional problem kept respondents from doing their work or other usual activities for an average of 1.6 days. Residents also reported feeling very healthy and full of energy for an average of 19 days, approximately 63% of the time. Additionally, 30% of respondents relied that they have felt down, depressed or hopeless for an average of 1.5 days and 36% of respondents have had little interest or pleasure in doing things for an average of 2 days. When asked a series of questions concerning the symptoms of depression, only 66% of respondents recognized at least 7 symptoms of depression.



## Stigma and Social Support

Stigma and lack of social support have been identified as barriers related to poor mental health. It is important to address both of these issues when planning effective health programs.

In order to better understand the level of social support among Jackson residents, respondents were asked about their social and emotional support. Approximately 38% reported always and 36% reported usually receiving the social and emotional support they need. However, 7% reported rarely and 3% reported never receiving the social and emotional support that they need.

Stigma related to mental health may often inhibit the likelihood to seek treatment. In an effort to measure this, the health assessment asked Jackson residents about how embarrassed they would be to seek mental health services. An estimated 71% report no embarrassment at all and 21% report somewhat embarrassed. Only 7% report being embarrassed and 1% being extremely embarrassed. When asked if people are generally caring and sympathetic to people with mental illness, only 14% strongly agreed whereas the majority slightly agreed (43%) and slightly disagreed (29%).

Residents were also asked about their likelihood to seek treatment if they felt they had an emotional problem. The majority (54%) of respondents reported they would definitely seek help for a serious emotional problem and another 32% reported they would probably seek help.

## Bullying

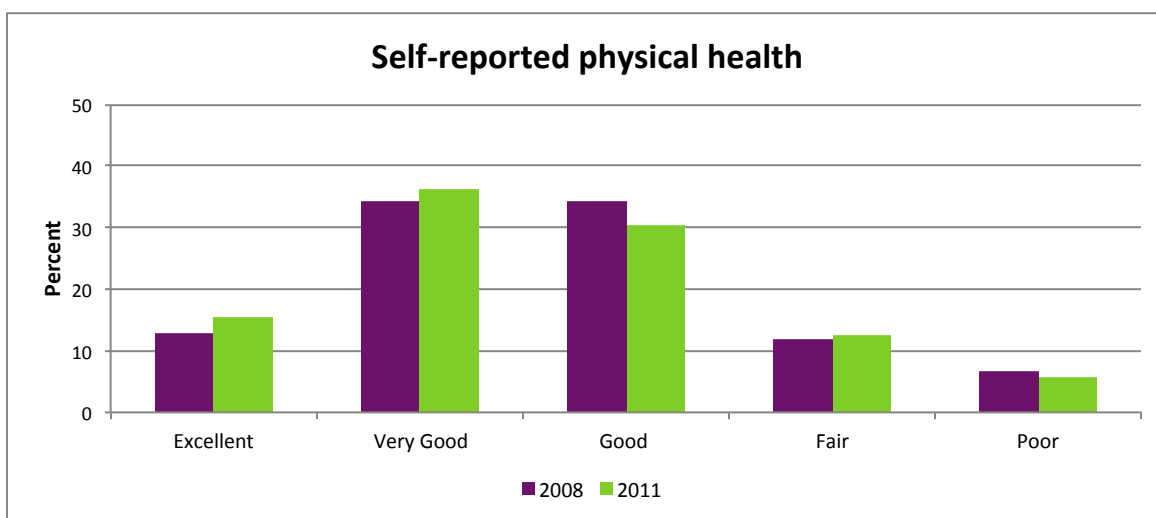
Bullying is defined as “unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance.” Victims of bullying may often lose sleep or feel sick, feel hopeless or helpless, may want to skip school, or even think about suicide. Bullying can affect individuals in many ways and have a major influence on the health of our youth. According to the 2009-2010 Michigan Profile for Healthy Youth (MIPHY), 38% of middle school and 22% of high school students in Jackson County have reported being bullied on school property. The 2011-2012 MIPHY revealed that 45% of middle school and 30% of high school students in Jackson County have reported being bullied on school property, a 7% and 8% increase respectively.

With the advent of social media and electronic communication, bullying can now take place online or electronically. Often referred to as electronic bullying or cyber bullying, this includes bullying through email, instant messaging, online content, or digital messages and images sent to a cell phone. According to the 2009-2010 MIPHY, 37% of middle school and 40% of high school students in Jackson County have read email or website messages that spread rumors about other students. Additionally, 27% of middle school and 27% of high school students have read email or website messages that contained threats to other students.

The 2011-2012 MIPHY revealed that 23% of middle school and 22% of high school students in Jackson County have reported being electronically bullied. According to the 2011-2012 MIPHY, 38% of middle school and 44% of high school students in Jackson County have read email or website messages that spread rumors about other students, a 1% and 4% increase respectively. Additionally, 27% of middle school and 30% of high school students have read email or website messages that contained threats to other students, representing no change and a 3% increase respectively.

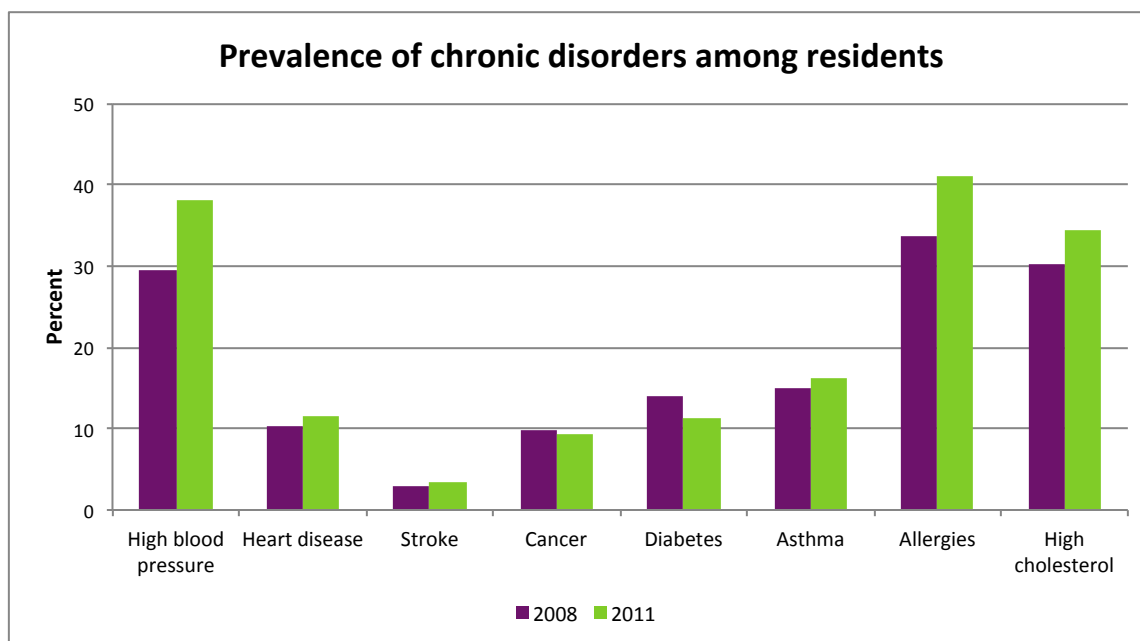
## Physical Health and Health Care Experience

Physical health refers specifically to the overall condition of the human body at a given time. Indicators of good physical health include, but are not limited to, absence of disease, optimal weight and optimal physical fitness. The state of an individual's physical health can be dramatically impacted by their health care experiences interacting with the health care system. It is known that a positive health care experience is inextricably linked to improved health outcomes among patients. For this reason, the Health Assessment gathered data directly assessing both the state of residents' physical health as well as their overall health care experience.



### Chronic Disease

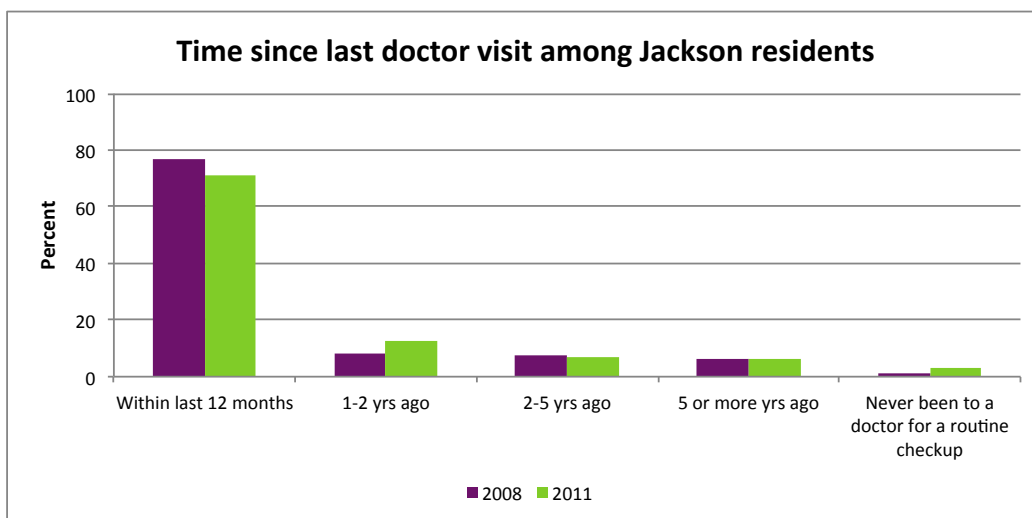
When Jackson County residents were asked about their health, over 81 percent report good health or better. The rates in Jackson County mirrored the rate of self-reported health at the state level as well. When asked about chronic disease conditions, the most commonly reported diagnosis among Jackson residents was allergies (41%). Others reported high blood pressure (38%), high cholesterol (34%), asthma (16%), heart disease (12%), and diabetes (11%).





## Preventative Services

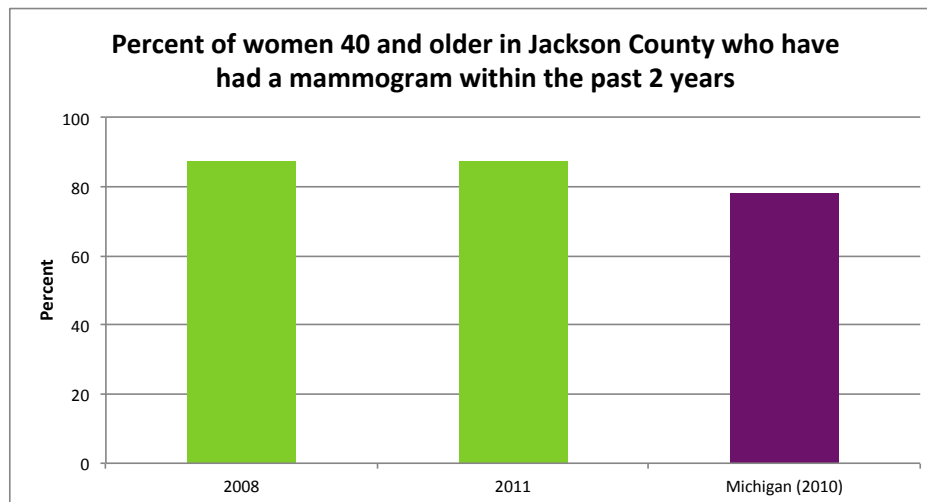
Preventative services have recently become much of the focus of many community health initiatives. These services provided by health providers allow people to identify risk factors and illnesses before they become threatening. Among Jackson County residents, over 70% have seen a doctor within the past 12 months. Among those that have not seen a doctor within the past year, 12% report the time between the last doctor visit as being between 1 and 2 years, and an additional 7% report between 2 and 5 years. Only 3% of residents have never had a checkup and 7% report that it has been greater than 5 years since their last checkup.



Understanding patient-provider interactions is important when developing health programs that focus on preventative services. Screening is one form of preventative services that the Jackson County Health Assessment paid special attention to. According to the assessment, 56% of respondents have been screened for diabetes. Of those with diabetes, 70% indicated that they have taken a course or class on how to manage their diabetes. When asked about cholesterol screening, 87% of respondents report ever having their blood cholesterol checked. Of those that have had a cholesterol screening, 73% report being screened within the past year and 14% within the past 2 years.

When seeking to prevent chronic disease, it is imperative to identify risk factors and indicators within a population. One indicator of chronic disease risk is blood pressure levels. Approximately 99% of respondents have ever had their blood pressure checked, where 95% have been checked within the past year.

Another form of preventative service recommended for women is a mammogram or clinical breast exam to detect the early signs of breast cancer. Among women 40 years old and greater in Jackson County, 92% report ever having a mammogram. Among those who have had a mammogram, 87% of Jackson County women report receiving them within the past two years compared to 78% of women with the State of Michigan that report receiving a mammogram within the past two years. Female respondents were also asked about receiving a Pap smear. Among female residents, 98% report ever having a Pap smear and 61% report having one within the past year.

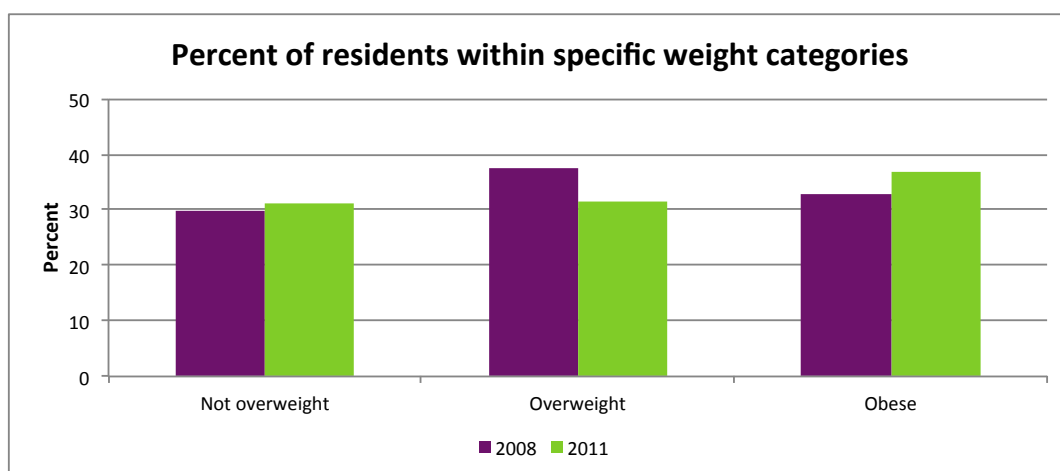
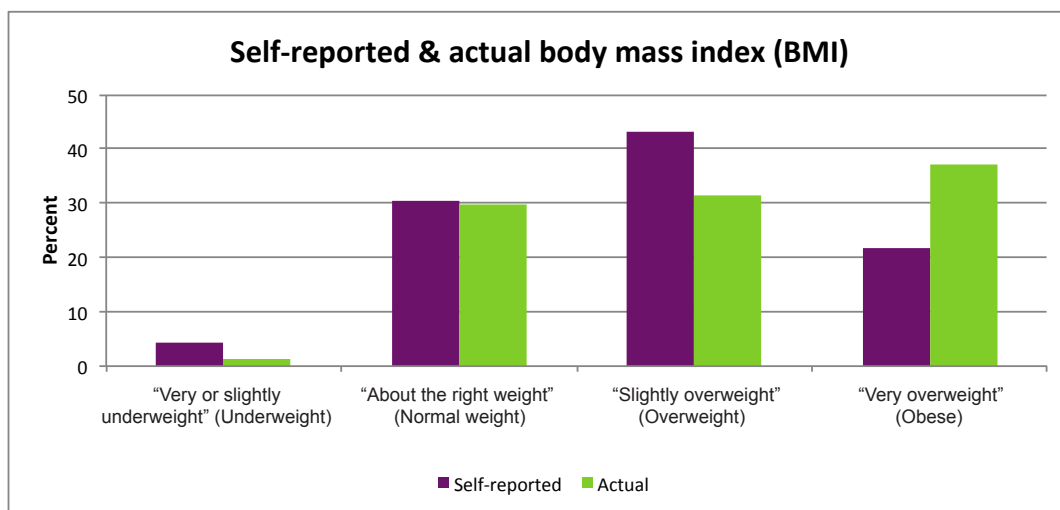


The Jackson County Health Assessment asked respondents who were 50 years or older about their colon screening behaviors. Among this population, 54% report ever having a blood stool test using a home kit. Among these, 46% report that their test was within the past year and 16% within the past two years. Additionally, 75% of residents report having a colonoscopy or sigmoidoscopy compared 71% of Michigan residents.

PSA testing is a method of screening for prostate cancer. Current recommendations suggest that men over 50 discuss the risks and benefits of this testing with their doctors. Among men 39 and over surveyed by the Jackson County Community Health Assessment, 44% report having discussed the risks and benefits with their doctor and 46% report having this screening within the past 12 months.

## Weight Status

The Jackson County Community Health Assessment was used to gain a better understanding of body weight and related perceptions. To do this, residents were asked to report their height and describe their weight, which was used to calculate actual body mass index (BMI). According to the results, 32% of residents are overweight and an additional 37% qualify as obese. Only 1% of residents are underweight and 30% are classified as having a normal weight. The obesity rate for Jackson County is greater than the State of Michigan rate where 32% are obese. Although 37% of Jackson County residents are obese, when asked to describe their weight only 22% stated that they were “very overweight.” An additional 43% identified themselves as “slightly overweight,” 31% as “about the right weight,” and 4% “very or slightly underweight.”

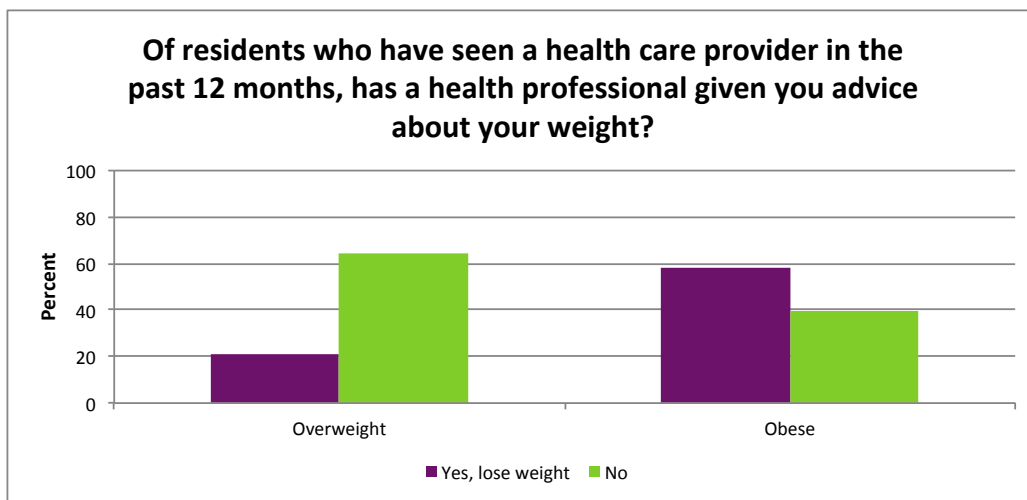


## Health Care Outside Jackson

Jackson County residents were also asked about times when they may have sought health care outside of Jackson. Approximately 30% reported seeking health care outside of the Jackson area. Among those, the most commonly reported reason was due to primary care or specialty reputation (17%). Residents also cited that specialty care was not available in their area (13%) and a special health condition that required an expert out of area as a reason for seeking health care outside of Jackson (13%). Additional reasons reported by Jackson County residents include surgical procedure (6%), primary care not covered by their insurance in area (5%), primary care not available in my area (4%), second opinion (3%), and specialty care not covered by their insurance in area (2%).

## Patient Provider Relationship

Jackson residents were specifically asked if they have a health care provider. Approximately 68% of Jackson residents report that they have only one and 19% report having more than one personal doctor or health care provider. When asked about advice from their health care provider related to body weight, 61% did not receive any advice. Among residents who have seen a health care provider in the past 12 months and categorized as overweight, only 21% were advised to lose weight and 64% received no advice about their weight. Additionally residents categorized as obese, 58% were advised to lose weight and 40% received no advice about their weight from a health professional. When asked about smoking related advice, 61% of smokers report being advised to quit smoking by their health care provider.



## Dental Services

Dental care is an important health care issue. The Jackson County Community Health Assessment asked residents about their dental care. According to the assessment, 68% of residents have visited a dentist within the past year for any reason, which is lower than the State of Michigan rate (73%). Among Jackson County respondents, an additional 10% report seeing a dentist within 2 years, 9% within the past 5 years, and 13% have not seen a dentist in 5 or more years. Residents were also asked specifically about receiving teeth cleaning. Among respondents, 64% report having their teeth cleaned by a dentist within the past year and an additional 9% has had this done within the past 2 years. Results from the assessment also revealed that 81% of residents report that all children living in their household under the age of 18 have seen a dentist. When asked about teeth extraction, 14% report having 6 or more teeth extracted due to tooth decay or gum disease.

## Emergency Care

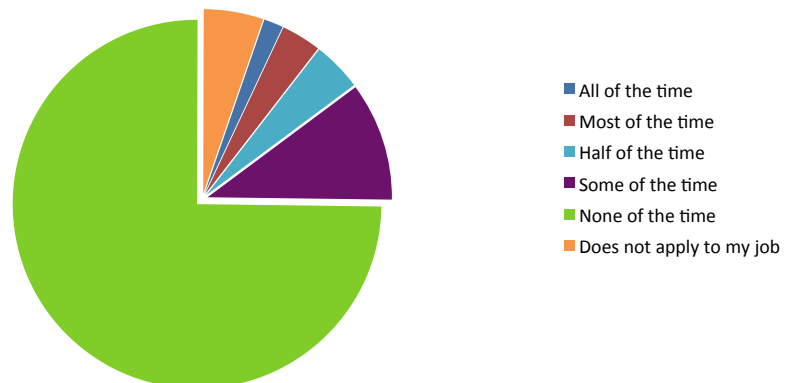
Assessing ER utilization and frequency is important when looking at the health status and needs of a community. Residents that live in the City of Jackson averaged 0.9 emergency room visits within the past 12 months. Among Jackson County, the average number of ER visits was 0.7 within the past 12 months. Residents reported visiting the ER within the past 12 months, 31% of the time for themselves and 49% of the time for their children's health. Of those that visited the ER for their children's health, residents of the City of Jackson averaged 2.4 visits within the past 12 months whereas all of Jackson County residents only averaged 1.5 visits.

## Workplace Productivity

Physical health is also important as it relates to employment. It is known that improving physical and mental health has a direct impact on absenteeism and worker productivity. Jackson residents reported missing an average of 7.1 days of work within the past year due to illness. Residents were also asked about the amount of time that physical and emotional problems made it difficult to do required work and 75% report "none of the time." Approximately 10% of residents reported that physical and emotional problems make it difficult to work "some of the time" and another 10% report impairment "half," "most," or "all of the time."

In an effort to increase physical activity and improve health, many companies have started to incorporate wellness programs into their workplace. However, only 22% of Jackson County residents report participating in a wellness program at work. When asked if their employer offers a quit smoking program or any other tobacco cessation services, only 39% of respondents noted such a program. Additionally, 40% of respondents indicated that their employer provides access to on-site fitness facilities, walking/running trails, basketball hoop, or open green space for exercise or relaxation and 48% have access to healthy foods in on-site cafeteria, snack shops, or vending machines.

**Amount of time physical or emotional problems made it difficult to do required work**



## Focus Group Feedback

From June – July 2012, the Health Improvement Organization conducted focus groups with five target populations: parents of school children, government workers, health care providers, churches and the general population (both city and rural). The results of these focus groups were utilized in identifying gaps and barriers within the community, while contributing to the development of new goals for the HIO Action Plan.

### Barriers

- Cost of healthy options/activities
- Ease of access to unhealthy options
- Unhealthy environment
- Safety concerns
- Lack of time
- Lack of access to services (including social services such as transportation)
- Lack of role models/parenting skills
- Lack of education about risks
- No obvious consequence for unhealthy behaviors

### Suggested improvements

- Better sidewalks
- Health education in school for young children
- Teaching kids about healthy interactions/relationships
- Encourage diversity
- Advertise healthy options
- Expansion of bike trails
- Smoke free policies (beaches, parks, campuses)
- Nutritional info for school lunches
- More education about risks
- Limit access to unhealthy options
- Workplace health
- Consistent messaging
- Improving skills among providers to communicate/empower patients
- Insurance coverage/incentives for healthy programs/activities

## Contact Us

The Jackson Community Health Assessment offers a variety of data regarding health status, disease and screening prevalence, access to care, mental health, health-promoting and health-adverse behaviors and access to a healthy environment. For more information on the Jackson County Community Health Assessment or to obtain additional data, please contact Allegiance Prevention and Community Health at (517) 780-7306.





# HEALTH

IMPROVEMENT ORGANIZATION

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