













Progress Report on Washtenaw County Health Objectives for the Year 2020

This report is an update on progress toward health improvement objectives for the year 2020 that were established in 2007 by the Health Improvement Plan of Washtenaw County. These targets focus community partner efforts and provide an avenue for measuring progress. Health objectives fall into six priority health areas selected by HIP Partners: Obesity, Access to Care, Substance Abuse, Mental Health, Infectious Disease and Perinatal Health (as well as Other). For more information and to join the Health Improvement Plan effort, please visit <http://hip.ewashtenaw.org>.

Key:  Objective met  Moving in the right direction  Moving in the wrong direction  No change, unclear trend

Progress	Objective	2005 Baseline	Most Current Data	2020 Target	Data Source
Obesity					
HEALTHY KIDS					
	Increase the proportion of children 10-17 years who attain at least 60 minutes of physical activity five days per week	58%	54% (2015)	80%	Washtenaw County Health Improvement Plan Survey (HIP Survey)
	Increase consumption of five or more servings of fruits and vegetables per day in children 6-17 years	13%	10% (2015)	28%	HIP Survey
	Decrease the overweight rate in low income preschool children	29%	21% (2015)	20%	Washtenaw County WIC
HEALTHY ADULTS					
	Increase the proportion of adults who consume five or more servings of fruits and vegetables per day	25%	22% (2010)	33%	HIP Survey
	Increase the proportion of adults who attain at least 30 minutes of moderate activity five days per week OR 20 minutes of vigorous activity three days per week	49%	47% (2015)	62%	HIP Survey
	Increase the proportion of adults with a disability who participate in any physical activity for exercise during the past month	59%	64% (2015)	79%	HIP Survey
	Decrease the proportion of adults who are overweight from 50% to 40%	50%	56% (2015)	40%	HIP Survey
	Decrease the prevalence of diabetes in African American adults	22%	11% (2015)	9%	HIP Survey
HEALTHY OLDER ADULTS					
	Decrease the proportion of adults 50 years and older who have diabetes	18%	18% (2015)	12%	HIP Survey
	Increase the proportion of adults 65 years and older who attain at least 30 minutes of moderate activity three days per week	45%	83% (2015)	60%	HIP Survey
HEALTHY COMMUNITIES					
	Increase the proportion of residents with pedestrian sidewalks, paths, or trails in or near their neighborhood	78%	81% (2015)	86%	HIP Survey
	Increase the proportion of residents using alternative modes of transportation (not driving alone) on their journey to and from work	24%	27% (2014)	37%	United States Census Bureau

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Progress	Objective	2005 Baseline	Most Current Data	2020 Target	Data Source
Access to Care					
HEALTHY ADULTS					
	Increase rates of low-income residents with health insurance	84%	88% (2015)	100%	HIP Survey
	Increase rates of adults with dental insurance	76%	73%* (2014)	87%	HIP Survey & *MI BRFS (2014)
	Increase the proportion of women 50-64 years who get an annual mammogram	62%	65%* (2014)	68%	HIP Survey & *MI BRFS (2014)
Substance Abuse					
HEALTHY KIDS					
	Reduce the proportion of high school students who smoked cigarettes during the past month	5% (2011/12)	4% (2013/14)	2%	Michigan Profile for Healthy Youth (MiPHY)
	Reduce the proportion of high school students who had at least one drink of alcohol during the past month	17% (2011/12)	16% (2013/14)	10%	MiPHY
	Reduce the proportion of high school students who have used marijuana in the past month	17% (2011/12)	13% (2013/14)	8%	MiPHY
	Reduce the proportion of high school students who have ever taken prescription drug such as Oxycontin, Codeine, Percocet, Vicodin or Tylenol III without doctor's prescription <i>*2013-14 MiPHY question changed from "ever" to "in past 30 days." Objective still stated as "ever taken."</i>	n/a	4%* (2013/14)	2%	MiPHY
HEALTHY ADULTS					
	Decrease the proportion of adults who are current smokers	16%	15% (2015)	5%	HIP Survey
	Decrease the proportion of adults 18-29 years who binge drink	23%	27% (2015)	14%	HIP Survey
	Reduce illicit drug use in adults 18-29 years	15%	11% (2015)	7%	HIP Survey
	Reduce the annual arrest rate for adults related to driving under the influence of drugs or alcohol	362 per 100,000	258 per 100,000 (2014)	272 per 100,000	Michigan State Police
	Reduce the percent of self-reported drinking and driving among adults 18-34 years	12%	4% (2015)	5%	HIP Survey
HEALTHY COMMUNITIES					
	Increase the proportion of vendors who comply with laws restricting tobacco sales to minors	62%	57% (2015)	80%	Michigan Department of Health and Human Services (MDHHS)
	Advocate for a statewide law requiring all public spaces be smoke-free		State Law Signed in 2009		MDHHS

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Progress	Objective	2005 Baseline	Most Current Data	2020 Target	Data Source
Mental Health					
HEALTHY KIDS					
	Increase the proportion of high school students who could ask their mom or dad for help with personal problems	78% (2011/12)	80% (2013/14)	91%	MiPHY
	Reduce the proportion of middle school students who have ever had suicidal thoughts	16% (2011/12)	17% (2013/14)	7%	MiPHY
HEALTHY ADULTS					
	Increase the proportion of Asian American adults who have sufficient social support	73%	74% (2015)	91%	HIP Survey
	Decrease the proportion of Black adults with 15 or more poor mental health days per month	16%	11% (2015)	7%	HIP Survey
Perinatal Health					
HEALTHY KIDS					
	Increase the proportion of low-income females 18-49 years who initiate breastfeeding	47% (62%)*	82%* (Fall 2015)	75%	HIP Survey & *Washtenaw County WIC (2015)
	Decrease the mortality rate in Black infants	16 per 1,000	11 per 1,000 (2012-14)	5 per 1,000	MDHHS
	Decrease low birth weight rates in Black infants	11%	13% (2013)	3%	MDHHS
HEALTHY ADULTS					
	Decrease the proportion of Ypsilanti females 18-49 years who are current smokers	37%	16% (2015)	12%	HIP Survey
	Decrease the proportion of Black females 18-49 years who are overweight	62%	65% (2015)	40%	HIP Survey
	Decrease the proportion of females 18-49 years who have ten or more poor mental health days per month	14%	18% (2015)	7%	HIP Survey
Vaccine Preventable Diseases					
HEALTHY KIDS					
	Increase the proportion of females who have received the Human Papillomavirus (HPV) vaccine by age 16	0%	44% (2016)	75%	Michigan Care Improvement Registry
	Increase the annual influenza vaccination rate in children 6-59 months	65%	67% (2015)	90%	Michigan Care Improvement Registry
	Increase the proportion of children 19-35 months who are fully immunized	73%	80% (2015)	90%	Michigan Care Improvement Registry
HEALTHY ADULTS					
	Increase the annual influenza vaccination rate in adults 18 years and older	28%	48% (2015)	80%	HIP Survey
HEALTHY OLDER ADULTS					
	Increase the proportion of adults 65 years and older who have received at least one pneumococcal vaccination	58%	76% (2015)	90%	HIP Survey

Key: ✓ Objective met 👍 Moving in the right direction 🚫 Moving in the wrong direction ↔ No change, unclear trend

Progress	Objective	2005 Baseline	Most Current Data	2020 Target	Data Source
Additional Objectives					
↔	Decrease the incidence of Human Immunodeficiency Virus (HIV) infection in persons 13 years and older	10 per 100,000	10 per 100,000 (2014)	1 per 100,000	Washtenaw County Public Health
👍	Decrease the Chlamydia infection rate in Ypsilanti teenagers 15-19 years	3,345 per 100,000	3,263 per 100,000 (2015)	1,201 per 100,000	Michigan Disease Surveillance System
👍	Reduce the substantiated child abuse rate for children under 18 years	366 per 100,000	285 per 100,000 (2014)	275 per 100,000	MDHHS
🚫	Reduce the sexual assault rate in females 19 years or younger	242 per 100,000	489 per 100,000 (2014)	121 per 100,000	Michigan State Police
👍	Decrease the annual domestic violence victim rate for adults	611 per 100,000	570 per 100,000 (2014)	427 per 100,000	Michigan State Police
↔	Decrease the prevalence of asthma in children 2-17 years	19%	19% (2015)	10%	HIP Survey
👍	Reduce the annual rate of hospitalizations due to asthma in African American females	35 per 10,000	32 per 10,000 (2014)	10 per 10,000	MDHHS
👍	Reduce the annual rate of hospitalizations due to falls for persons 65 years and older	162 per 10,000	142 per 10,000 (2013)	130 per 10,000	MDHHS
👍	Reduce annual number of unhealthy air quality days due to fine particulate matter <i>*County Health Rankings no longer reports this data, investigating new method of tracking air quality</i>	10 (2010)	4 (2012)*	0	County Health Rankings
🚫	Reduce the annual number of unhealthy air quality days due to ozone <i>*County Health Rankings no longer reports this data, investigating new method of tracking air quality</i>	4 (2010)	6 (2012)*	0	County Health Rankings
👍	Increase food security in residents with fair or poor health	74%	84% (2015)	95%	HIP Survey

INFORMATION ABOUT DATA SOURCES:

- [County Health Rankings](#) – A collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The *Rankings*, based on the latest data publically available for each county, measure the overall health of each county in all 50 states on the multiple factors that influence health.
- [Health Improvement Plan of Washtenaw County Survey \(HIP Survey\)](#) – Collected every 5 years in Washtenaw, a landline telephone survey consisting of state Behavioral Risk Factor Survey as well as additional local questions.
- [Michigan Behavioral Risk Factor Surveillance Survey](#) – Telephone survey of adults collected on an ongoing basis statewide on health risk behaviors.
- [Michigan Care Improvement Registry \(MCIR\)](#) – A computerized immunization record for all adults and children in Michigan.
- [Michigan Department of Health & Human Services \(MDHHS\)](#) – The Department of Health & Human Services is responsible for public assistance, child and family welfare, and the collection of information on a range of health related issues. The data are provided at the state, county and community level.
- [Michigan Disease Surveillance System](#) – Web based communicable disease reporting system developed for the state.
- [Michigan Profile for Healthy Youth \(MiPHY\)](#) – Voluntary online student health survey for 7, 9, and 11 graders offered by the Michigan Departments of Education and Community Health to assess health risk behaviors.
- [Michigan State Police](#) – Crime statistics collected from participating law enforcement agencies throughout the state.
- [Washtenaw County Public Health](#) – Over 70 diseases are reportable to local public health; health statistics available online.
- [Washtenaw County WIC](#) – Biometric data collected on WIC clients.
- [United States Census Bureau](#) – National Census data collected every 10 years.