Status of Health

June 2011
Status of Health Data

- State Generated Data - Vital Statistics
- Local Data
- U.S. Census Data
- Community Surveys and Focus Groups
- Behavioral Risk Factor Survey
- Youth Behavioral Risk Survey
- Maryland Adolescent Survey
- MHCC
- Maryland Youth Tobacco Survey
- Cancer Registry
### Garrett County Demographics

<table>
<thead>
<tr>
<th>Total Population</th>
<th>2000</th>
<th>29,846</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2009</td>
<td>29,555</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Gender</th>
<th>2000</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>14,601</td>
<td>(49.4%)</td>
</tr>
<tr>
<td>Females</td>
<td>14,954</td>
<td>(50.6%)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>2000</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>28,961</td>
<td>(98.0%)</td>
</tr>
<tr>
<td>Black or African American</td>
<td>296</td>
<td>(1.0%)</td>
</tr>
<tr>
<td>American Indian &amp; Alaska Native</td>
<td>24</td>
<td>(.1%)</td>
</tr>
<tr>
<td>Asian &amp; Other Pacific Islander</td>
<td>86</td>
<td>(.3%)</td>
</tr>
<tr>
<td>Hispanics</td>
<td>190</td>
<td>(.6%)</td>
</tr>
</tbody>
</table>

Source: Maryland Vital Statistics Administration
Demographics (cont.)

People of All Ages in Poverty (12.6%)

- Persons under 18 years of age (18.5%)
- Persons 65 years old and over (14.2%)

Median Household Income 2009 $42,320
Median Household Income 2009 (MD) $69,193

Sources: U.S. Census Bureau, Population Estimates Program
Population in Poverty

The percentage of persons living below poverty in the county increased from 13.3% in 2000 to 15% in 2008, with nearly 40% of the population having an income less than 185% of the federal poverty level (50% for children).

- 185% of poverty = $40,792 (family of 4)
- 133% of poverty = $14,404 (individual)
- 100% of poverty = $22,050 (family of 4)

Children under age 19 are eligible for Medicaid whose countable income is at or below 200% FPL – with premium 250% FPL

Pregnant women of any age, whose countable income is at or below 250% FPL are eligible for Medicaid

U. S. Census Bureau, Last Revised: Friday, 20-Jan-2010: http://quickfacts.census.gov/qfd/states/24/24023.html
Garrett County Population Age-group Projections

- 1970
- 1980
- 1990
- 2000
- 2007
- 2010
- 2020

Legend:
- 0-4
- 5-19
- 20-44
- 45-64
- 65+

Graph showing population projections for different age groups in Garrett County from 1970 to 2020.
Maternity and Child Health Data For Garrett County and Maryland
Comparison of County Birth Rates* with the Maryland State Average, 2009.

Comparison of County Birth Rates* with the Maryland State Average, 2004.

*Rates are shown on Table 15p.
Number of Garrett County Births

Average Number of Births
1990 – 1999 = 382
2000 – 2009 = 313
85% of all HFGC teens did not have a repeat birth within 2 years. 89% of HFGC teens that enrolled prenatally had babies of normal birth weight.
Percentage of Births to Women Receiving Late or No Prenatal Care

- MD
- Garrett
Comparison of Percentages of Low Birth Weight Birth* with the Maryland State Average, 2009.

*Percentages are shown on Table 21a.
Comparison of Percentages of Births to Unmarried Women* with the Maryland State Average, 2009.
Infant Mortality Rate
Per 1,000 Live Births

5 Deaths

2 Deaths

MD
Garrett
Mortality In Garrett County and Maryland
Comparison of County Age-adjusted Death Rates* for All Causes with the Maryland State Average, 2007-2009.

Average age-adjusted death rate per 100,000 population
- Rate significantly lower than Maryland average
- Rate not significantly different from Maryland average
- Rate significantly higher than Maryland average

Comparison of County Age-adjusted Death Rates* for All Causes with the Maryland State Average, 2002-2004.

Average age-adjusted death rate per 100,000 population
- Rate significantly lower than Maryland average
- Rate not significantly different from Maryland average
- Rate significantly higher than Maryland average
Comparison of County Age-adjusted Death Rate for All Causes for MD, 2007-2009

Source: Maryland Vital Statistics
Causes of Death, 2009
Garrett County

Causes

- Heart Disease: 31%
- Malignant Neoplasms: 23%
- Diabetes: 10%
- Alzheimers: 8%
- Cerebro Vascular: 4%
- Chron. Lower Resp. Disease: 4%
- Accidents: 4%
- Suicide: 3%
- Hypertension/Renal: 1%
- Septicemia: 1%
- Flu. -Pneumonia: 1%
- All Others: 1%

Garrett County
Age-adjusted Death Rates Per 100,000 Population
Diseases of the Heart – 2007-2009

Source: Maryland Vital Statistics / DHMH
Comparison of County Age-adjusted Death Rates* for Heart Disease with the Maryland State Average, 2007-2009.

Average age-adjusted death rate per 100,000 population
- Rate significantly lower than Maryland average
- Rate not significantly different from Maryland average
- Rate significantly higher than Maryland average

*Rates are shown on Table 50.
Comparison of County Age-adjusted Death Rates* for Cerebrovascular Diseases with the Maryland State Average, 2007-2009.

Comparison of County Age-adjusted Death Rates* for Cerebrovascular Diseases with the Maryland State Average, 2002-2004.

*Ratios are shown on Table 50.
Comparison of County Age-adjusted Death Rates* for Malignant Neoplasms with the Maryland State Average, 2007-2009.

Average age-adjusted death rate per 100,000 population
- Rate significantly lower than Maryland average
- Rate not significantly different from Maryland average
- Rate significantly higher than Maryland average

Comparison of County Age-adjusted Death Rates* for Malignant Neoplasms with the Maryland State Average, 2002-2004.

*Rates are shown on Table 60.
Age-adjusted Death Rates Per 100,000 Population
Malignant Neoplasms, 2007-2009

Source: Maryland Vital Statistics / DHMH
Maryland All Cancer Sites Incidence Rates by Geographical Area:
Comparison to U.S. Rate, 2003-2007

Legend
- Dark gray: >25% above U.S. rate
- Medium gray: 10-25% above U.S. rate
- Light gray: Between 10% below and 10% above U.S. rate
- Lighter gray: 10-25% below U.S. rate
- Lightest gray: >25% below U.S. rate

Rates are age-adjusted to the 2000 U.S. standard population and are per 100,000 population.

Maryland area-specific rates with 95% confidence intervals are presented in Appendix H.

U.S. all cancer sites incidence rate, 2003-2007: 461.6/100,000

Maryland all cancer sites incidence rate, 2003-2007: 458.9/100,000

Source: MD incidence rates from Maryland Cancer Registry, 2003-2007
U.S. (SEER 17) rate from SEER*Stat Software
Maryland Lung Cancer Incidence Rates by Geographical Area: Comparison to U.S. Rate, 2003-2007

Legend
- >25% above U.S. rate
- 10-25% above U.S. rate
- Between 10% below and 10% above U.S. rate
- 10-25% below U.S. rate
- >25% below U.S. rate

Rates are age-adjusted to the 2000 U.S. standard population and are per 100,000 population.

Maryland area-specific rates with 95% confidence intervals are presented in Appendix H.

Maryland lung cancer incidence rate, 2003-2007: 66.6/100,000

Source: MD incidence rates from Maryland Cancer Registry, 2003-2007
U.S. (SEER 17) rate from SEER*Stat Software
Maryland Colorectal Cancer Incidence Rates by Geographical Area: Comparison to U.S. Rate, 2003-2007

Legend
- Gray: >25% above U.S. rate
- Medium Gray: 10-25% above U.S. rate
- Light Gray: Between 10% below and 10% above U.S. rate
- Pale Gray: 10-25% below U.S. rate
- Lighter Gray: >25% below U.S. rate

Rates are age-adjusted to the 2000 U.S. standard population and are per 100,000 population.

Maryland area-specific rates with 95% confidence intervals are presented in Appendix H.

U.S. colorectal cancer incidence rate, 2003-2007: 47.9/100,000

Maryland colorectal cancer incidence rate, 2003-2007: 46.4/100,000

Source: MD incidence rates from Maryland Cancer Registry, 2003-2007
U.S. (SEER 17) rate from SEER Stat Software
Maryland Female Breast Cancer Incidence Rates by Geographical Area: Comparison to U.S. Rate, 2003-2007

Legend
- >25% above U.S. rate
- 10-25% above U.S. rate
- Between 10% below and 10% above U.S. rate
- 10-25% below U.S. rate
- >25% below U.S. rate

Rates are age-adjusted to the 2000 U.S. standard population and are per 100,000 population.

Maryland area-specific rates with 95% confidence intervals are presented in Appendix H.

U.S. female breast cancer incidence rate, 2003-2007: 122.9/100,000

Maryland female breast cancer incidence rate, 2003-2007: 122.4/100,000

Source: MD incidence rates from Maryland Cancer Registry, 2003-2007

U.S. (SEER 17) rate from SEER*Stat Software
Maryland Melanoma Incidence Rates by Geographical Area: Comparison to U.S. Rate, 2003-2007

Legend
- >25% above U.S. rate
- 10-25% above U.S. rate
- Between 10% below and 10% above U.S. rate
- 10-25% below U.S. rate
- >25% below U.S. rate

Rates are age-adjusted to the 2000 U.S. standard population and are per 100,000 population.

Maryland area-specific rates with 95% confidence intervals are presented in Appendix H.

U.S. melanoma incidence rate, 2003-2007: 20.1/100,000

Maryland melanoma incidence rate, 2003-2007: 20.1/100,000

Source: MD incidence rates from Maryland Cancer Registry, 2003-2007
U.S. (SEER 17) rate from SEER*Stat Software
Comparison of County Age-adjusted Death Rates* for Accidents with the Maryland State Average, 2007-2009.

Average age-adjusted death rate per 100,000 population
- Rate significantly lower than Maryland average
- Rate not significantly different from Maryland average
- Rate significantly higher than Maryland average

Comparison of County Age-adjusted Death Rates* for Accidents with the Maryland State Average, 2002-2004.

*Rates are shown on Table 50.
Injury-related ED Visits
Garrett County, 2008-2010

Source: Garrett County Memorial Hospital
2010 YRBS SURVEY DATA
What is the YRBS?

The Youth Risk Behavior Survey (YRBS) was developed by the Centers for Disease Control (CDC) as part of the national Youth Risk Behavior Surveillance System (YRBSS). The YRBSS was designed to:

1. Determine the prevalence of health risk behaviors
2. Assess whether health risk behaviors increase, decrease, or stay the same over time
3. Examine the co-occurrence of health risk behaviors
4. Provide comparable national, state, territorial, tribal, and local data
5. Provide comparable data among subpopulations of youth
6. Monitor progress toward achieving the Healthy People 2010 objectives and other program indicators
The Garrett County Drug Free Communities Coalition (DFCC) is the recipient of a 5-year Federal grant designed to implement county-wide strategies to address youth substance abuse in Garrett County, MD.

Data for **FOUR CORE MEASURES** of youth substance abuse is **REQUIRED** for continued funding.

2007 was the last year for the Maryland Adolescent Survey (MAS), which contained jurisdictional-level data for grades 6, 8, 10 and 12. *(ALL Garrett students in these grades were surveyed.)*

The Maryland Youth Risk Behavior Surveys (YRBS) administered in 2005, 2007 and 2009 do not report out on jurisdictional-level data. *(1,644 MD students were surveyed in 2009.)*

Members of the DFCC received permission from the GC Board of Education to administer the local YRBS to both Middle and High School students. *(ALL Garrett County students in Grades 6-12 were surveyed in March 2010)*
Local Administration of the YRBS

Acting on behalf of the Drug Free Communities Coalition, the Garrett County Health Department facilitated the administration of the YRBS to all Middle and High School youth in Garrett County in March 2010. The purpose of the YRBS is to monitor the following health-risk behaviors among youth:
1. Unintentional injuries and violence;
2. Tobacco use;
3. Alcohol and other drug use;
4. **Sexual behaviors that contribute to unintended pregnancies and sexually transmitted diseases**;
5. Unhealthy dietary behaviors; and
6. Physical inactivity.
Among the 65.6% of youth who had ridden a bicycle during the 12 months before the survey, **78.7%** had rarely or **never** worn a bicycle helmet. (Q#8)

- **US 2009:** 84.7%
- **MD 2009:** 83.8%

14.1% of high school and 9.4% of middle school youth had rarely or **never** wore a seat belt when **riding** in a car driven by someone else. (Q#9) *Difference by gender: 8.2% females vs. 20.0% males*

- **US 2009:** 9.7%
- **MD 2009:** 8.2%
## Cigarette Use

**DFCC CORE MEASURES**  
**Garrett County**

<table>
<thead>
<tr>
<th>MEASURE</th>
<th>8th Grade</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2004 MAS</td>
<td>2007 MAS</td>
<td>2010 YRBS</td>
</tr>
<tr>
<td>Past 30-Day Use (%)</td>
<td>10.4</td>
<td>12.7</td>
<td>7.1</td>
</tr>
<tr>
<td></td>
<td>22.0</td>
<td>19.0</td>
<td>31.2</td>
</tr>
<tr>
<td></td>
<td>23.8</td>
<td>30.4</td>
<td>30.3</td>
</tr>
<tr>
<td>Average Age of Onset (yrs.)</td>
<td>11.4</td>
<td>11.5</td>
<td>10.8</td>
</tr>
<tr>
<td></td>
<td>12.0</td>
<td>12.6</td>
<td>11.5</td>
</tr>
<tr>
<td></td>
<td>13.2</td>
<td>14.4</td>
<td>13.7</td>
</tr>
<tr>
<td>Perception of Risk (%)</td>
<td>82.4</td>
<td>78.1</td>
<td>89.1</td>
</tr>
<tr>
<td></td>
<td>65.8</td>
<td>69.0</td>
<td>71.4</td>
</tr>
<tr>
<td></td>
<td>66.0</td>
<td>62.0</td>
<td>68.0</td>
</tr>
<tr>
<td>Perception of Parental Disapproval (%)</td>
<td>98.5</td>
<td>93.4</td>
<td>93.6</td>
</tr>
<tr>
<td></td>
<td>86.3</td>
<td>93.0</td>
<td>82.7</td>
</tr>
<tr>
<td></td>
<td>82.7</td>
<td>86.6</td>
<td>88.2</td>
</tr>
</tbody>
</table>
Other Tobacco Use
2010 High School YRBS

- 19.6% of youth had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on at least 1 day during the past 30 days. (Q#33)
  - US 2009: 8.9%
  - MD 2009: 5.4%

Difference by gender: 7.7% females vs. 31.5% males

<table>
<thead>
<tr>
<th>Smokeless Tobacco - Past 30-Day Use</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td><strong>9th Grade</strong></td>
</tr>
<tr>
<td>Female</td>
</tr>
<tr>
<td>Male</td>
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</table>
# Alcohol Use

## DFCC CORE MEASURES

### Garrett County

<table>
<thead>
<tr>
<th>MEASURE</th>
<th>8th Grade</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Past 30-Day Use (%)</td>
<td>20.0</td>
<td>24.5</td>
<td>15.9</td>
</tr>
<tr>
<td>Average Age of Onset (yrs.)</td>
<td>11.8</td>
<td>11.9</td>
<td>11.1</td>
</tr>
<tr>
<td>Perception of Risk (%)</td>
<td>65.4</td>
<td>60.0</td>
<td>58.0</td>
</tr>
<tr>
<td>Perception of Parental Disapproval (%)</td>
<td>88.0</td>
<td>80.3</td>
<td>84.2</td>
</tr>
</tbody>
</table>
## Marijuana Use

### DFCC CORE MEASURES

**Garrett County**

<table>
<thead>
<tr>
<th>MEASURE</th>
<th>8&lt;sup&gt;th&lt;/sup&gt; Grade</th>
<th>10&lt;sup&gt;th&lt;/sup&gt; Grade</th>
<th>12&lt;sup&gt;th&lt;/sup&gt; Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Past 30-Day Use (%)</td>
<td>7.4</td>
<td>6.4</td>
<td>--</td>
</tr>
<tr>
<td>Average Age of Onset (yrs.)</td>
<td>11.7</td>
<td>12.1</td>
<td>11.4</td>
</tr>
<tr>
<td>Perception of Risk (%)</td>
<td>91.7</td>
<td>92.8</td>
<td>86.7</td>
</tr>
<tr>
<td>Perception of Parental Disapproval (%)</td>
<td>98.7</td>
<td>97.2</td>
<td>94.7</td>
</tr>
</tbody>
</table>
High School 30 Day Use

- Tobacco
- Alcohol
- Marijuana
- Rx Abuse
- Cocaine

Chart showing usage rates compared to Garrett, MD, and US averages.
13.7% **did not eat fruit** in the past 7 days. (Q#81).
- **US 2009:** 11.4%
- **MD 2009:** 15%

30.5% of youth **did not eat** a green **salad** in the past 7 days. (Q#82)
- **US 2009:** 36.6%
- **MD 2009:** 38.2%

32.6% of youth **drank a soda** or pop at least one time per day (not including diet soda or pop) in the past 7 days. (Q#86)
- **US 2009:** 29.2%
- **MD 2009:** 21.3%
50% of youth reported they were physically active at least 60 minutes less than five days per week. (Q#88)

- US 2009: 63%
- MD 2009: 61.2%

17% of youth reported they were not physically active at least 60 minutes any day in the past week. (Q#88)

- US 2009: 23.1%
- MD 2009: 18.5%
Md. Jurisdictional Comparisons – University of Wisconsin and RWJ

http://www.countyhealthrankings.org/maryland
MAPP PRIORITY AREAS

- **Fragile Systems**
  Strengthen and support those components of our public health system that are fragile because of funding, workforce capacity, demographic shifts, etc.

- **Healthy Lifestyles**
  Empower, educate, and motivate Garrett County residents to lead a healthy lifestyle and prevent harmful behaviors such as substance abuse and domestic violence.

- **Vulnerable Populations**
  Achieve and maintain optimal health and independence for vulnerable populations (aging, disabled, economically disadvantaged, mentally ill).

- **Environmental Health**
  Ensure healthy living and working conditions for Garrett county residents by protecting and increase in natural and built resources as our population grows.