



# Garrett County, Maryland 2023 STATUS OF HEALTH

Presented to Garrett County Board of Health  
By: Robert Stephens – Health Officer  
5/25/2023



Robert Wood Johnson  
Foundation

**CULTURE  
OF HEALTH  
PRIZE**  
2017 WINNER

# DATA SOURCES

- State Health Improvement Process, SHIP Rankings by Jurisdiction
- Census Data
- Vital Statistics for Garrett County and Maryland Behavioral Risk Factor Survey
- Youth Risk Behavior Survey
- Robert Wood Johnson County Health Rankings & Roadmaps
- Hyperlocal data collected on [mygarrettcountry.com](https://mygarrettcountry.com)



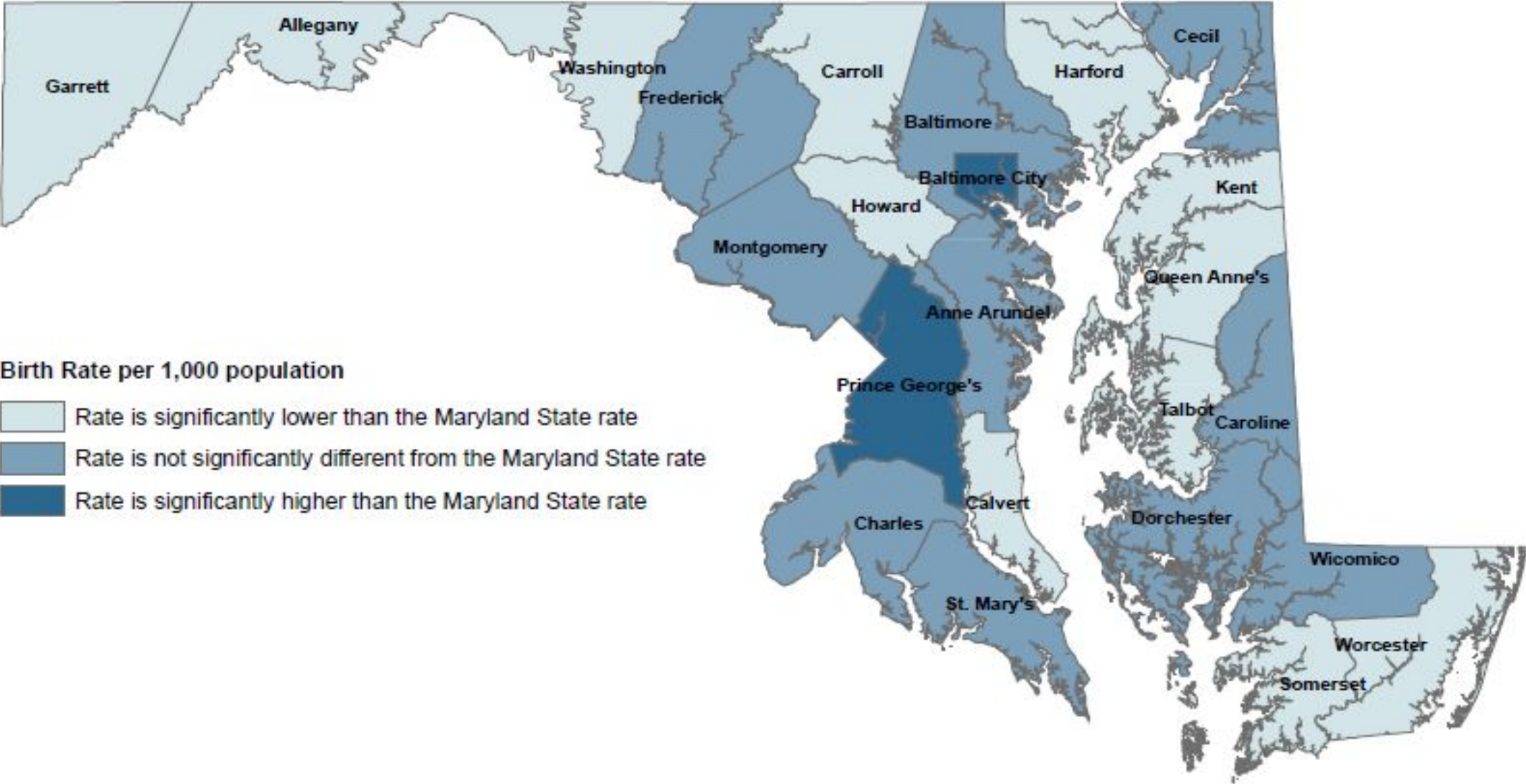


# Demographics

<b>Persons under 18 years of age:</b>	<b>Maryland 22.1%</b>	<b>Garrett County 18.2%</b>
<b>Persons 65 years old and over:</b>	<b>Maryland 16.3%</b>	<b>Garrett County 23.4%</b>
<b>Median Household Income:</b>	<b>Maryland \$91,431</b>	<b>Garrett County \$58,011</b>
<b>Persons in Poverty:</b>	<b>Maryland 10.3%</b>	<b>Garrett County 11%</b>
<b>Population Per Square Mile:</b>	<b>Maryland 636.1</b>	<b>Garrett County 44.4</b>

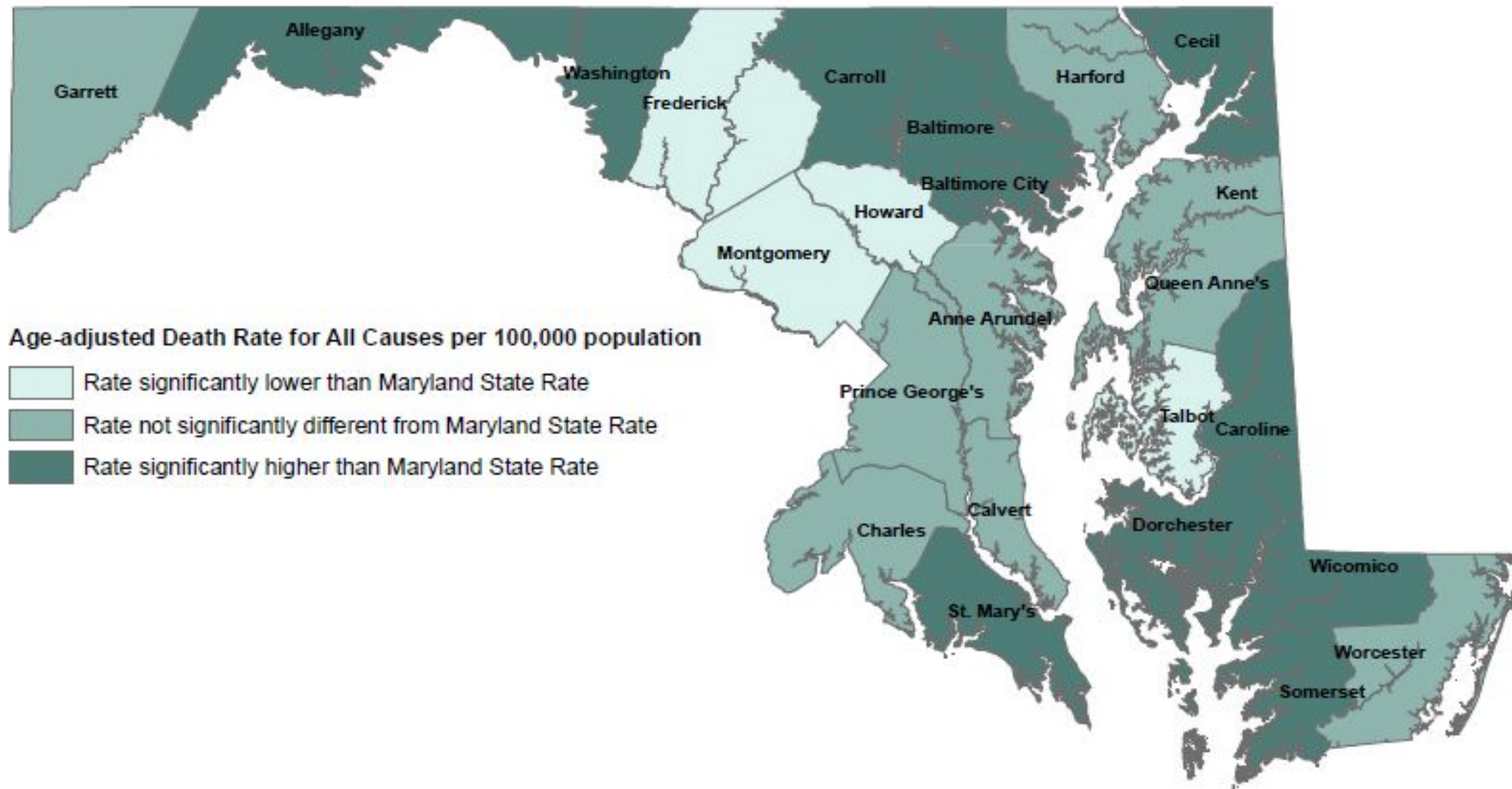
Source: U.S. Census Bureau - Quickfacts

# Comparison of Jurisdiction Birth Rates\* with the Maryland State Rate, 2019



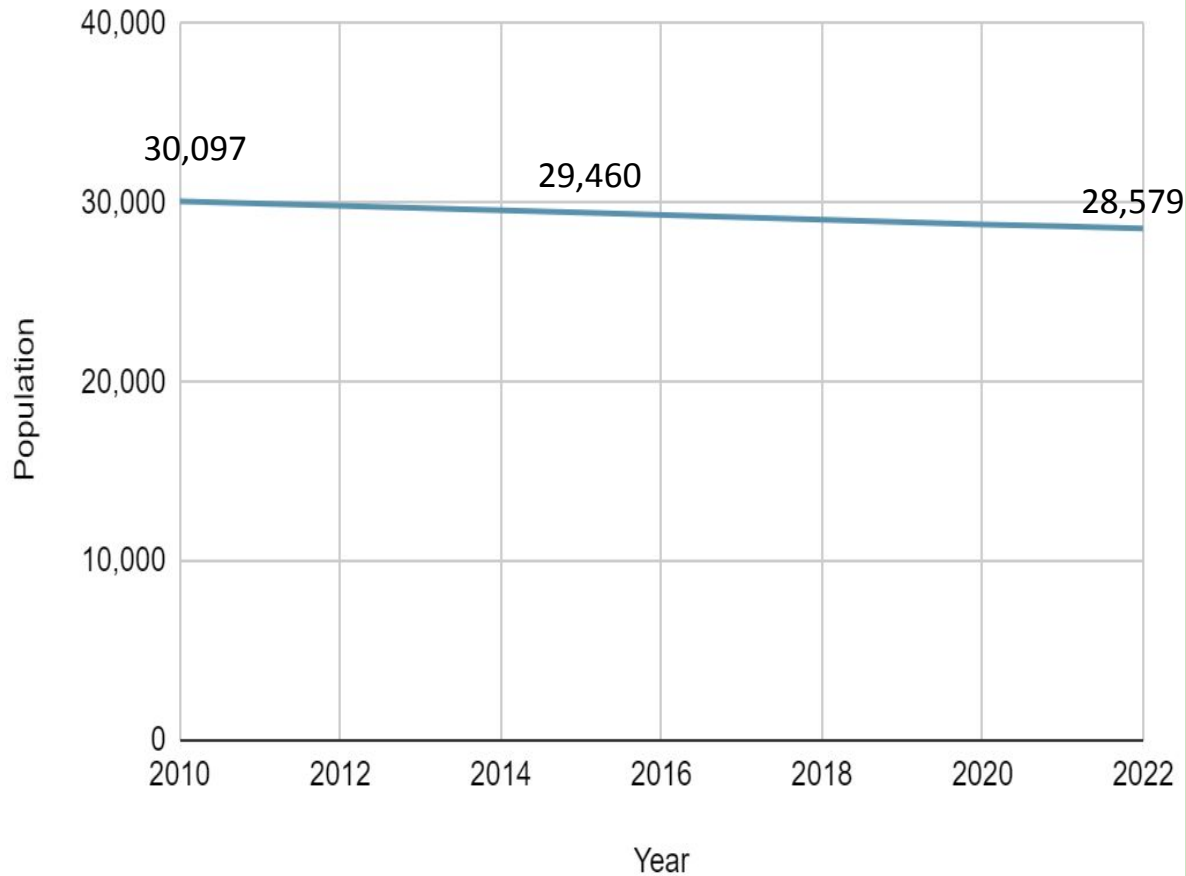


# Comparison of Jurisdiction Age-adjusted Death Rates\* for All Causes with the Maryland State Rate, 2017-2019

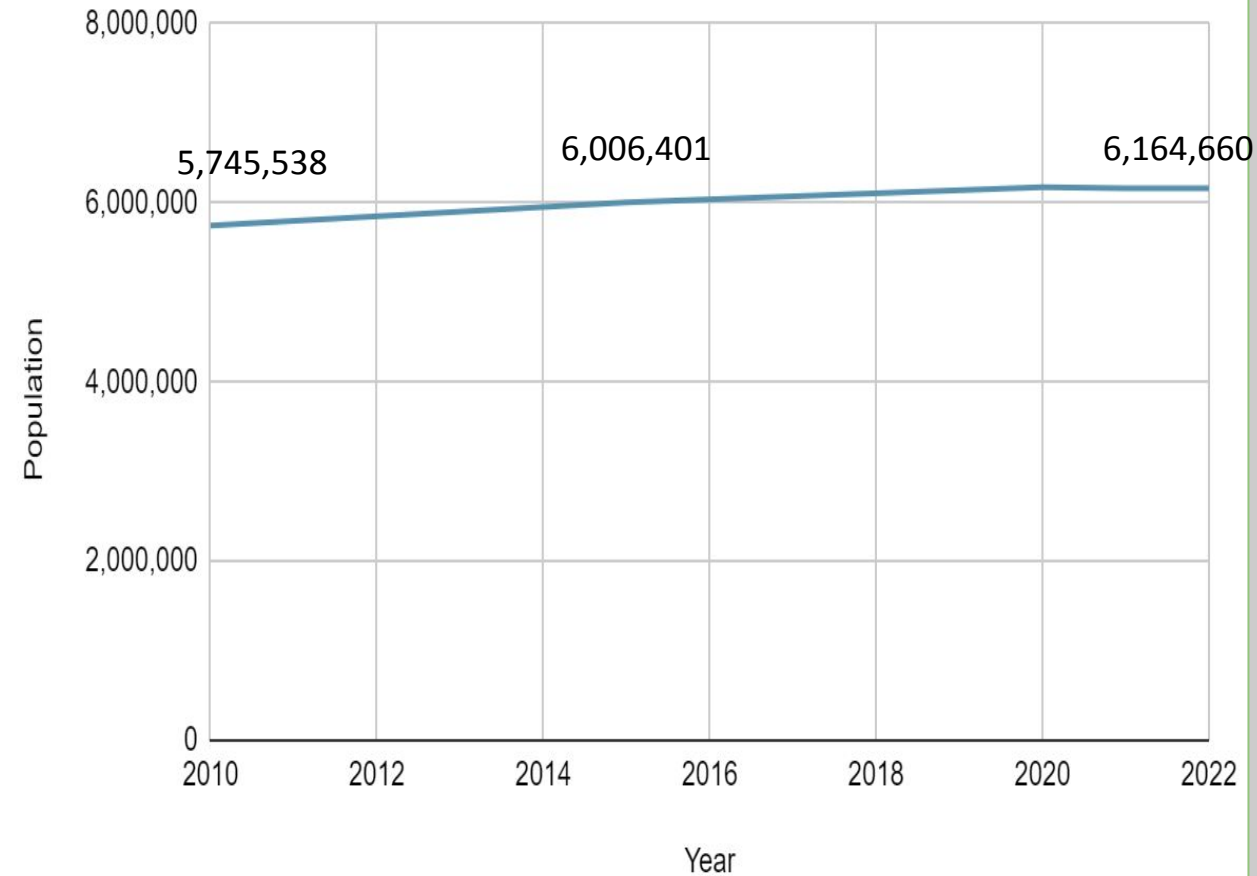


# Population Decline

## Garrett County

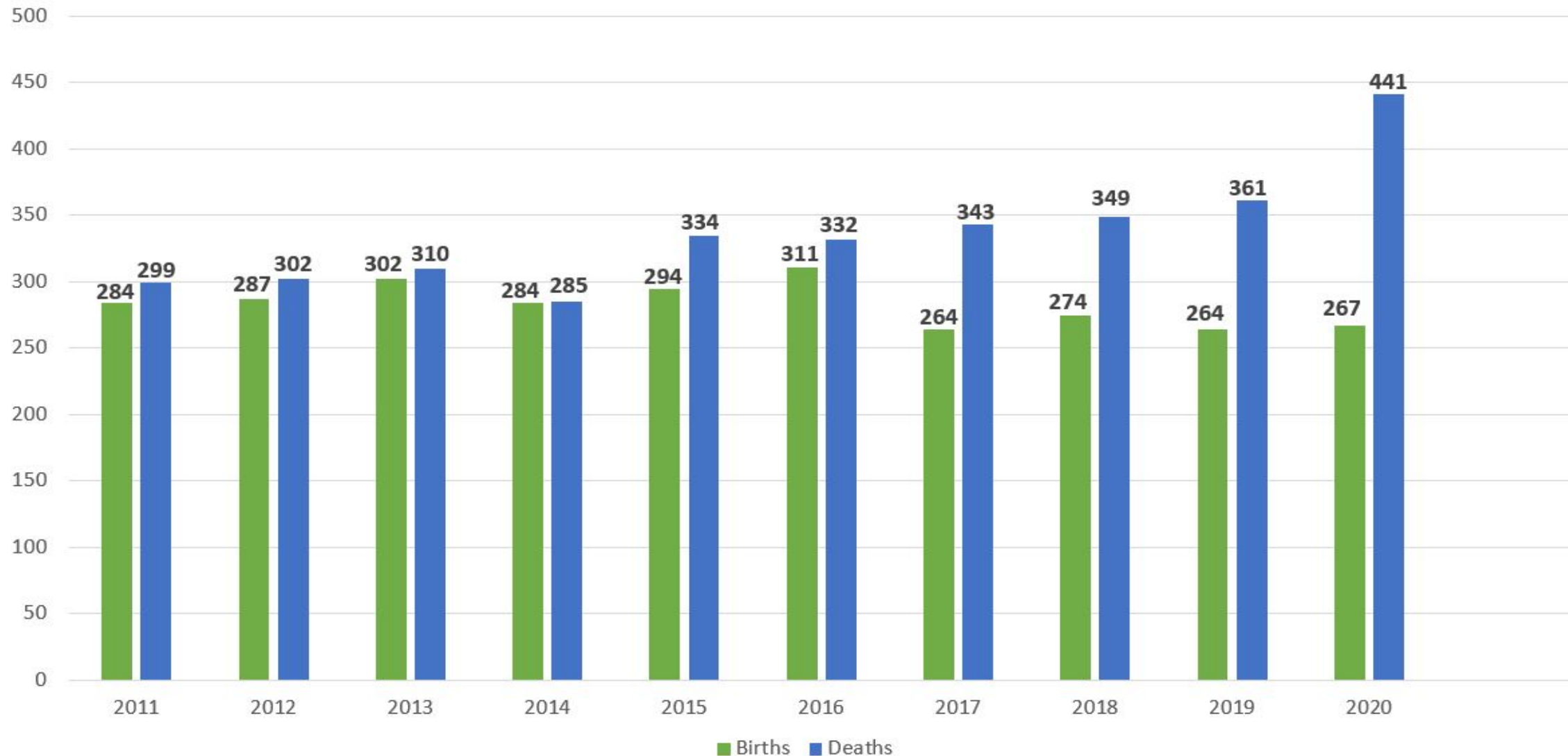


## Maryland

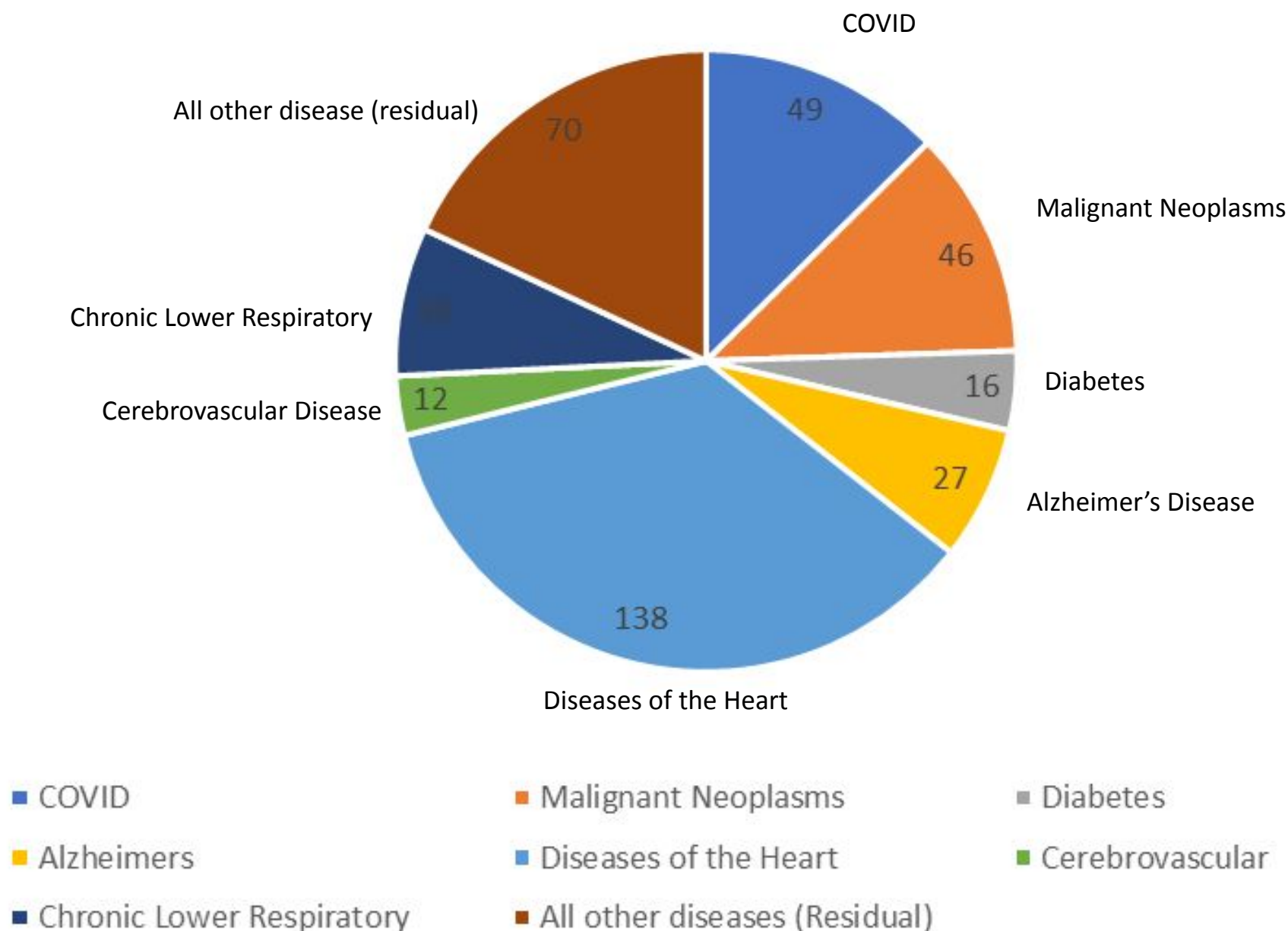


Source: U.S. Census, Garrett County Quick Facts, 2022

## Births and Deaths in Garrett County

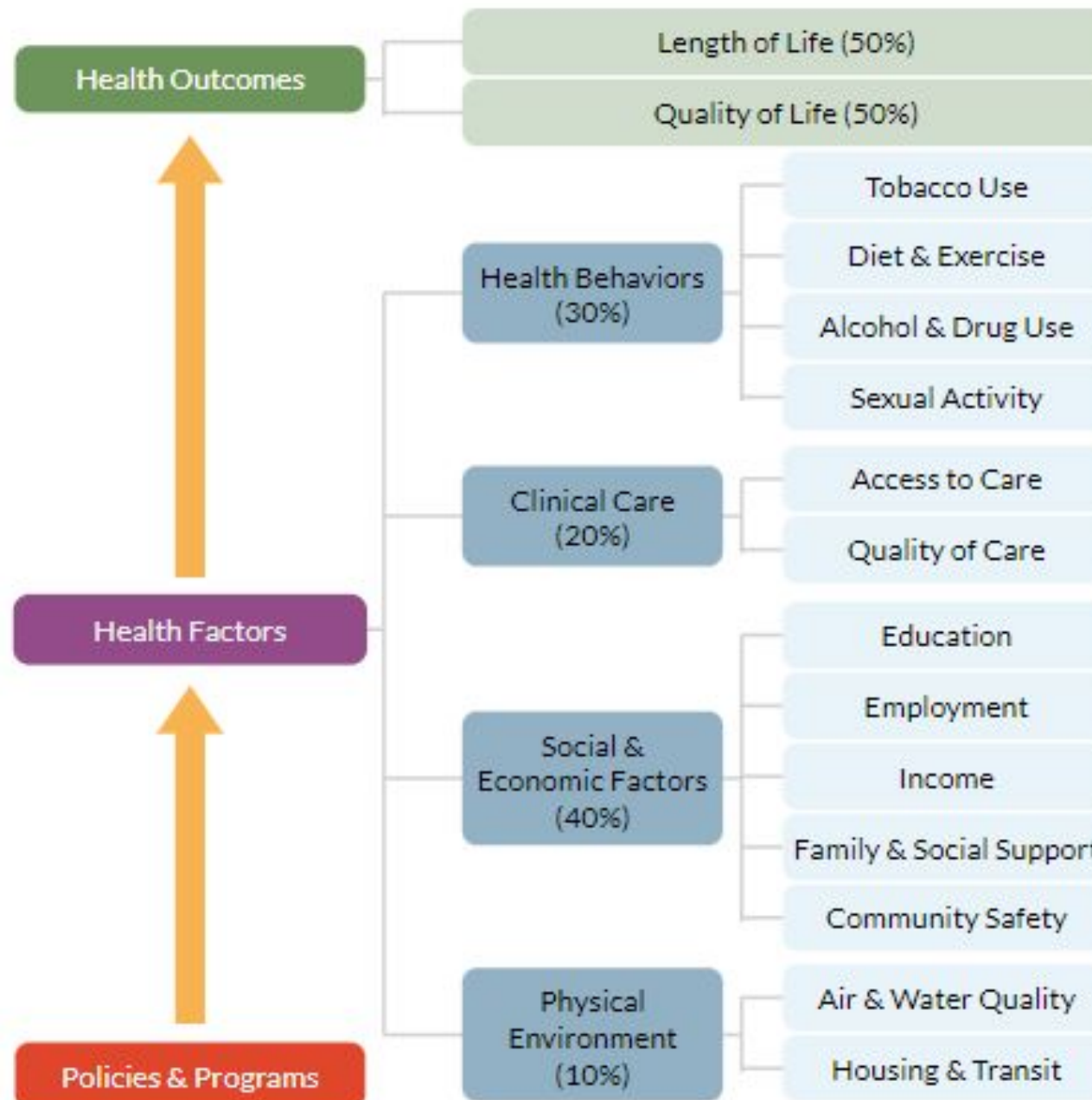


## 2020 CAUSES OF DEATH IN GARRETT COUNTY





# COUNTY HEALTH RANKINGS MODEL




County Health Rankings model © 2014 UWPHI



<https://www.countyhealthrankings.org/>

# GARRETT COUNTY HEALTH RANKINGS 2022








Note: Blank values reflect unreliable or missing data

County Health  
Rankings & Roadmaps  
A Robert Wood Johnson Foundation Program

Health Outcomes				
Length of Life		Garrett (GA) County	Maryland	United States
Premature Death		7,500	7,500	7,300
Quality of Life		Garrett (GA) County	Maryland	United States
Poor or Fair Health		13%	11%	12%
Poor Physical Health Days		3.2	2.5	3.0
Poor Mental Health Days		4.9	4.1	4.4
Low Birthweight		8%	9%	8%
Additional Health Outcomes (not included in overall ranking)				

Health Factors				
Health Behaviors		Garrett (GA) County	Maryland	United States
Adult Smoking		18%	11%	16%
Adult Obesity		33%	31%	32%
Food Environment Index		7.7	8.7	7.0
Physical Inactivity		24%	21%	22%
Access to Exercise Opportunities		53%	92%	84%
Excessive Drinking		18%	15%	19%
Alcohol-Impaired Driving Deaths		31%	28%	27%
Sexually Transmitted Infections		186.1	535.9	481.3
Teen Births		21	15	19







## Comparison of Garrett, Allegany Preston and Tucker Counties

		Garrett, MD 	Allegany, MD 	Preston, WV 	Tucker, WV 
Health Outcomes					
Length of Life					
Premature Death		7,500	9,500	9,300	9,600
Quality of Life					
Poor or Fair Health		13%	15%	19%	18%
Poor Physical Health Days		3.2	3.3	4.3	4.2
Poor Mental Health Days		4.9	4.9	5.4	5.7
Low Birthweight		8%	9%	10%	9%
Health Factors					
Health Behaviors					
Adult Smoking		18%	19%	24%	23%
Adult Obesity		33%	36%	41%	38%
Food Environment Index		7.7	6.7	7.5	8.4
Physical Inactivity		24%	25%	27%	28%
Access to Exercise Opportunities		53%	69%	39%	99%
Excessive Drinking		18%	16%	15%	15%
Alcohol-Impaired Driving Deaths		31%	48%	56%	0%
Sexually Transmitted Infections		186.1	332.3	170.5	117.0
Teen Births		21	23	24	28











# GARRETT COUNTY HEALTH RANKINGS 2022

Note: Blank values reflect unreliable or missing data



Clinical Care		Garrett (GA) County	Maryland
Uninsured		7%	7%
Primary Care Physicians		2,060:1	1,130:1
Dentists		2,210:1	1,260:1
Mental Health Providers		570:1	310:1
Preventable Hospital Stays		2,233	2,653
Mammography Screening		39%	37%
Flu Vaccinations		45%	55%

## Additional Clinical Care (not included in overall ranking)


Social & Economic Factors		Garrett (GA) County	Maryland
High School Completion		90%	91%
Some College		56%	71%
Unemployment		5.2%	5.8%
Children in Poverty		17%	14%
Income Inequality		4.1	4.5
Children in Single-Parent Households		21%	26%
Social Associations		12.8	8.9
Injury Deaths		86	88

Clinical Care		Garrett, MD	Allegany, MD	Preston, WV	Tucker, WV
Uninsured		7%	5%	9%	11%
Primary Care Physicians		2,060:1	1,950:1	2,380:1	1,700:1
Dentists		2,210:1	1,350:1	3,820:1	1,670:1
Mental Health Providers		570:1	270:1	4,290:1	830:1
Preventable Hospital Stays		2,233	2,731	3,322	2,769
Mammography Screening		39%	41%	37%	39%
Flu Vaccinations		45%	50%	46%	26%

## Comparison of Garrett, Allegany, Preston, and Tucker Counties

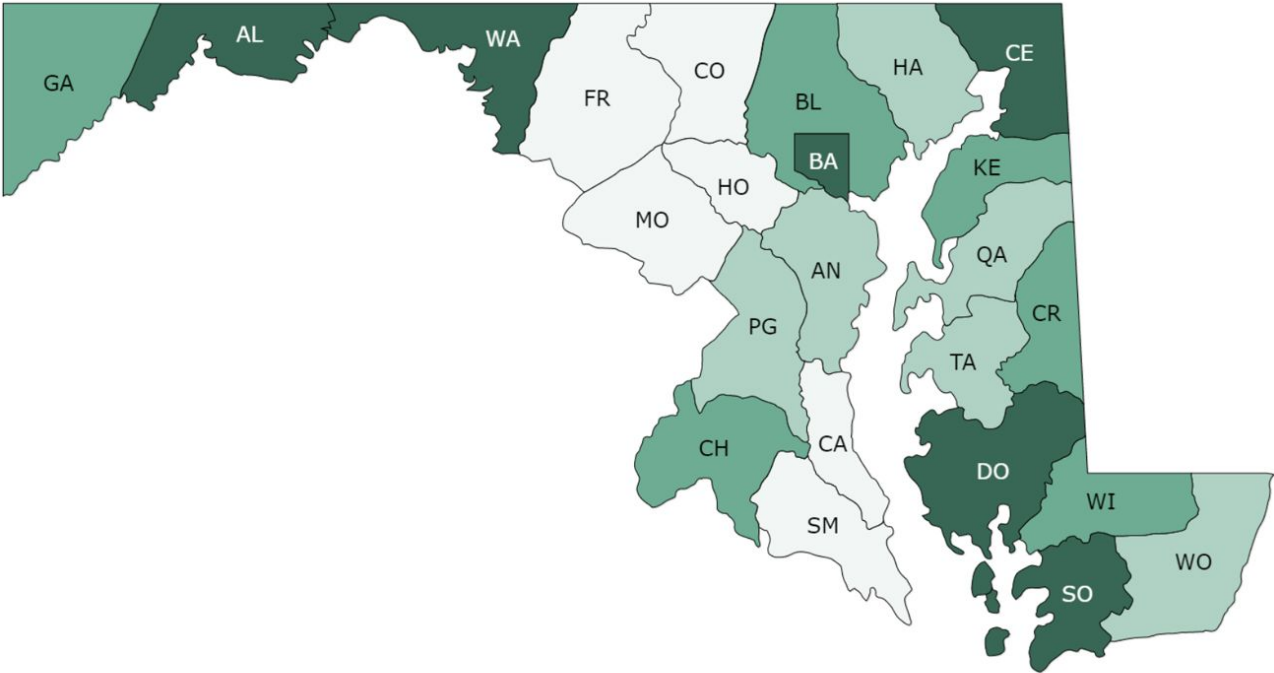
Social & Economic Factors		Garrett, MD	Allegany, MD	Preston, WV	Tucker, WV
High School Completion		90%	90%	87%	88%
Some College		56%	54%	47%	51%
Unemployment		5.2%	6.4%	4.5%	5.4%
Children in Poverty		17%	22%	20%	21%
Income Inequality		4.1	4.6	4.8	4.3
Children in Single-Parent Households		21%	26%	22%	31%
Social Associations		12.8	17.3	6.6	5.9
Injury Deaths		86	114	92	104

# 2022 GARRETT COUNTY HEALTH RANKINGS

Physical Environment		Garrett (GA) County	Maryland	United States
Air Pollution - Particulate Matter		5.6	7.4	7.4
Drinking Water Violations		No		
Severe Housing Problems		12%	16%	17%
Driving Alone to Work		80%	70%	73%
Long Commute - Driving Alone		30%	50%	37%

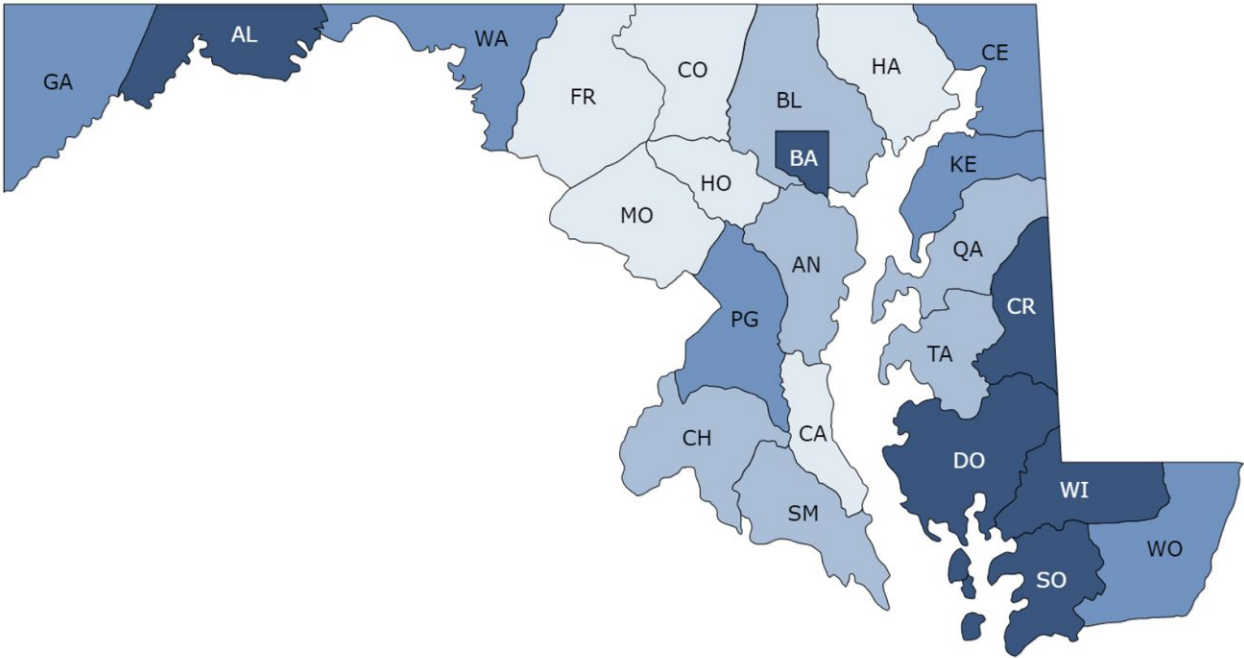


# Health Outcomes



Health Outcome Ranks   1 to 6   7 to 12   13 to 18   19 to 24

# Health Factors



Health Factor Ranks   1 to 6   7 to 12   13 to 18   19 to 24

## 2022 County Health Rankings for the 24 Ranked Counties in Maryland

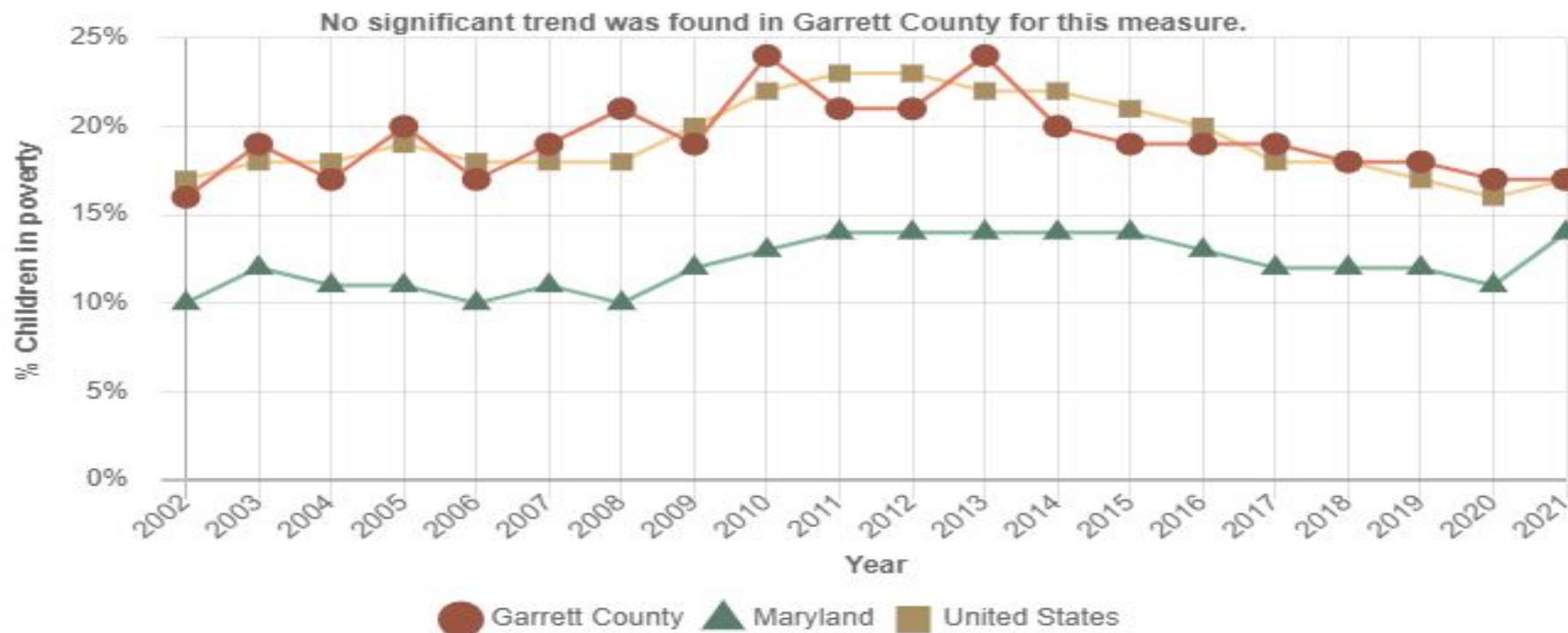
County	Health Outcomes	Health Factors
Allegany	21	19
Anne Arundel	7	7
Baltimore	14	11
Baltimore City	24	24
Calvert	5	6
Caroline	17	20
Carroll	4	3
Cecil	18	15

County	Health Outcomes	Health Factors
Charles	13	13
Dorchester	23	22
Frederick	3	4
Garrett	15	14
Harford	10	5
Howard	2	1
Kent	16	12
Montgomery	1	2

County	Health Outcomes	Health Factors
Prince George's	12	17
Queen Anne's	6	9
Somerset	22	23
St. Mary's	8	10
Talbot	11	8
Washington	20	16
Wicomico	19	21
Worcester	9	18

For more information on how these ranks are calculated, view the technical notes at the end of this report and visit [www.countyhealthrankings.org](http://www.countyhealthrankings.org)

## Children in Poverty in Garrett County, MD County, state and national trends

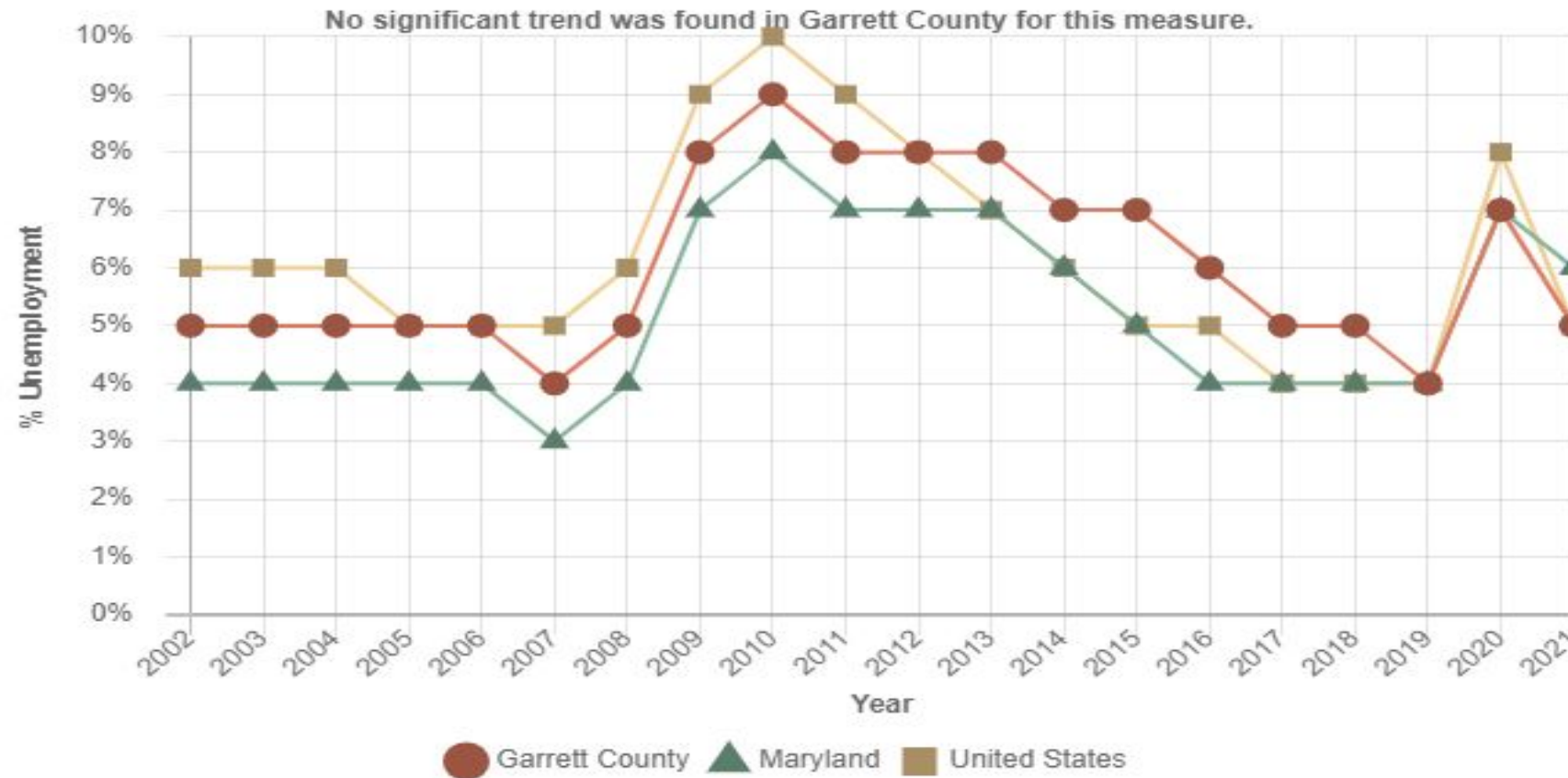


### Notes:

Prior to 2005, Children in poverty was based on the Current Population Survey; beginning in 2005, it was based on the American Community Survey.



## Unemployment in Garrett County, MD County, state and national trends



# State Health Improvement Process

*SHIP provides a framework for continual progress toward a healthier community.*






Including 39 measures and 5 focus areas

## Focus Areas:

- Healthy Beginnings
- Healthy Living
- Healthy Communities
- Access to Health Care
- Quality Preventive Care



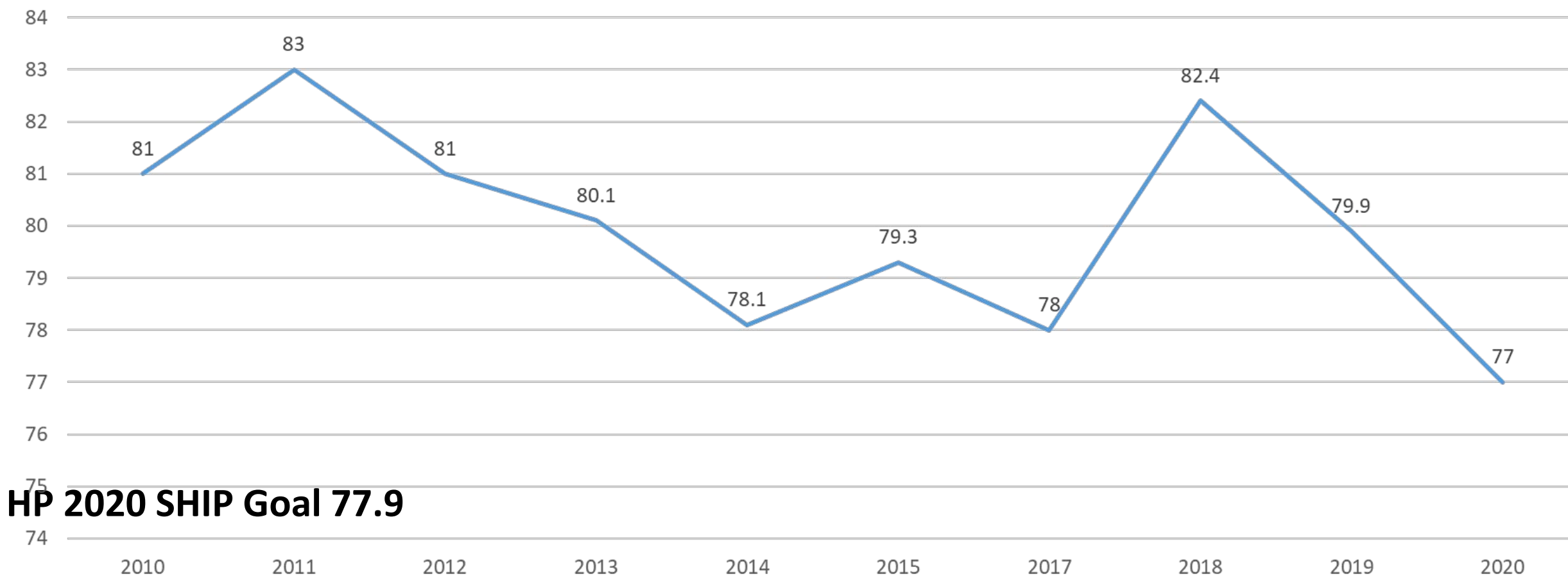
# Healthy Beginnings

	Meets or Exceeds State Goal	Needs Improvement
6 Measures	Early Prenatal Care 	Children Receiving Blood Lead Screening
	Students Entering Kindergarten Ready To Learn 	Babies with low birth weight 
	High School Graduation Rate 	Teen Birth Rate 



# Mothers Who Received Prenatal Care

2020 Garrett County



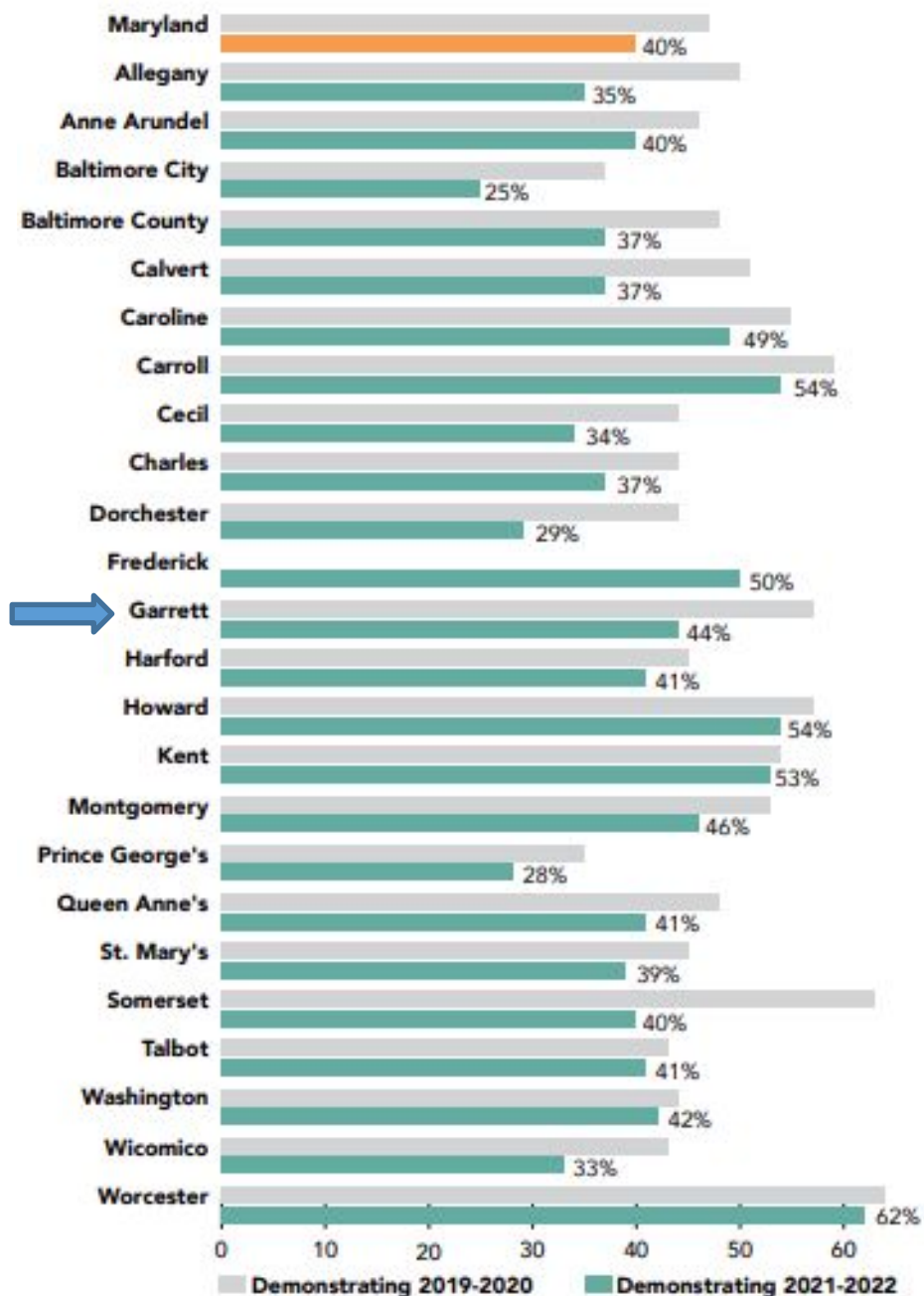
# SCHOOL READINESS

This year, children across the state received the highest average scores in physical well-being and motor development and social foundations. This is consistent with scale scores from the previous KRA administration in 2019–2020.

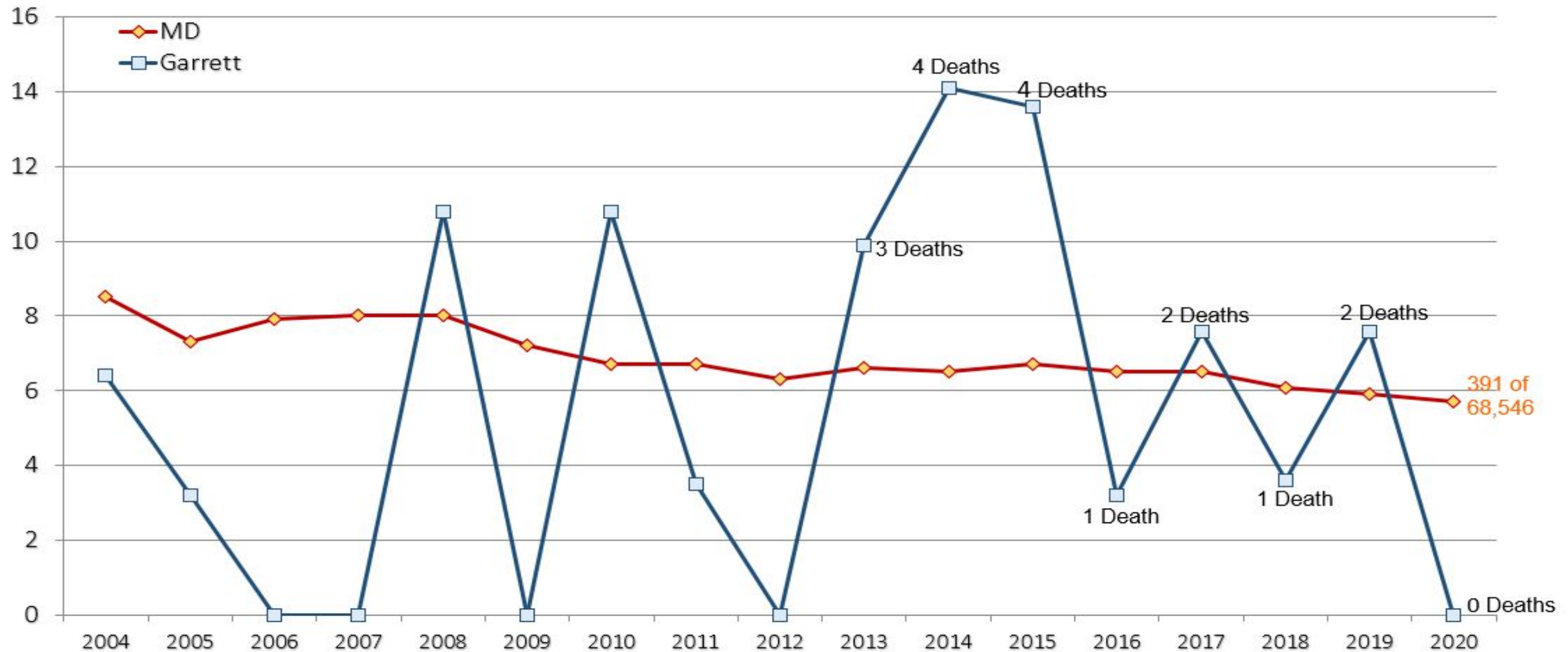
## READINESS BY JURISDICTION

The 2021–2022 KRA data show:

- All 24 jurisdictions reported lower demonstrating readiness scores than in 2019–2020.
- Ten jurisdictions, representing over 29,000 kindergarteners, scored below the statewide average for demonstrating readiness.
- Howard, Kent, Talbot, Washington, and Worcester Counties demonstrated a decline in overall readiness of 5% or less, the smallest declines statewide.

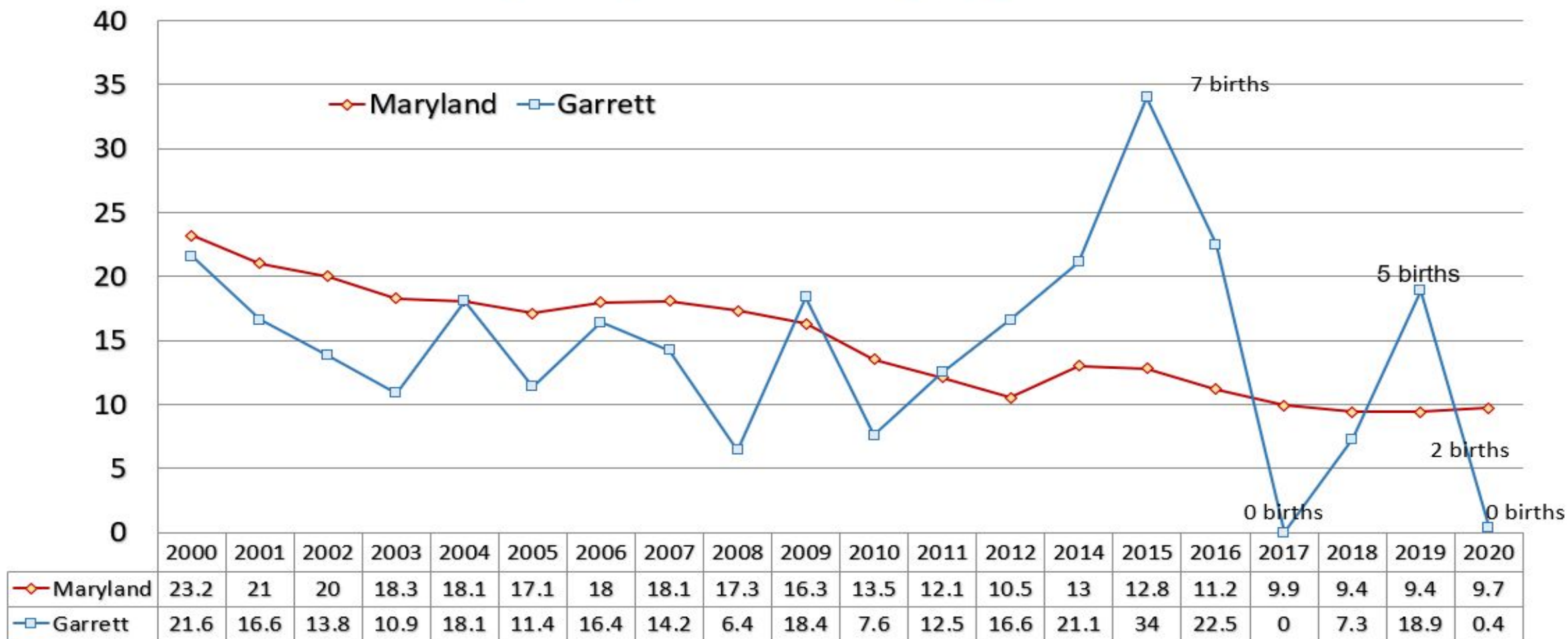


# Infant Mortality Rate Per 1,000 Live Births



Source: Maryland Vital Statistics Administration  
<https://health.maryland.gov/vsa>






# Births to Adolescents, All Races Rates per 1,000 Females, Ages 15-17



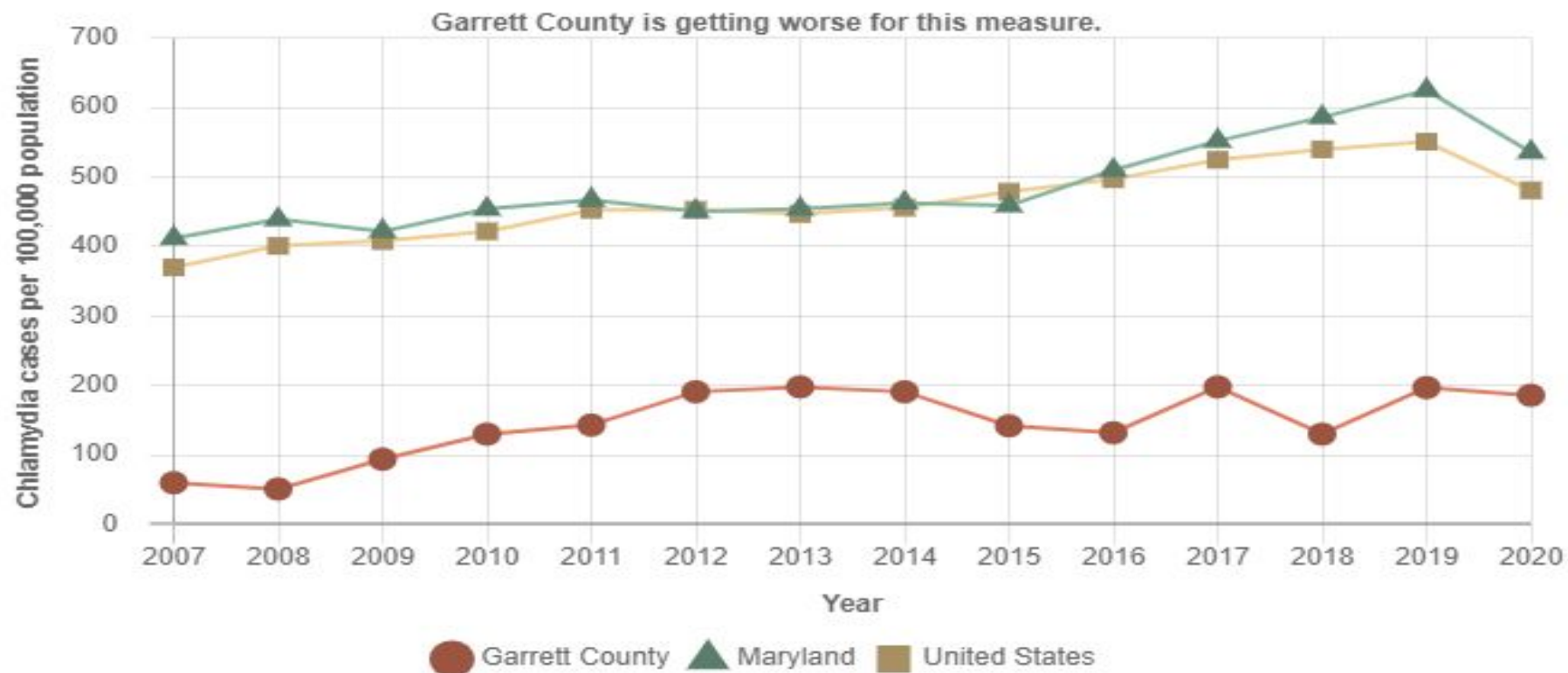
Source: Maryland Vital Statistics Administration  
<https://health.maryland.gov/vsa>



# Healthy Living

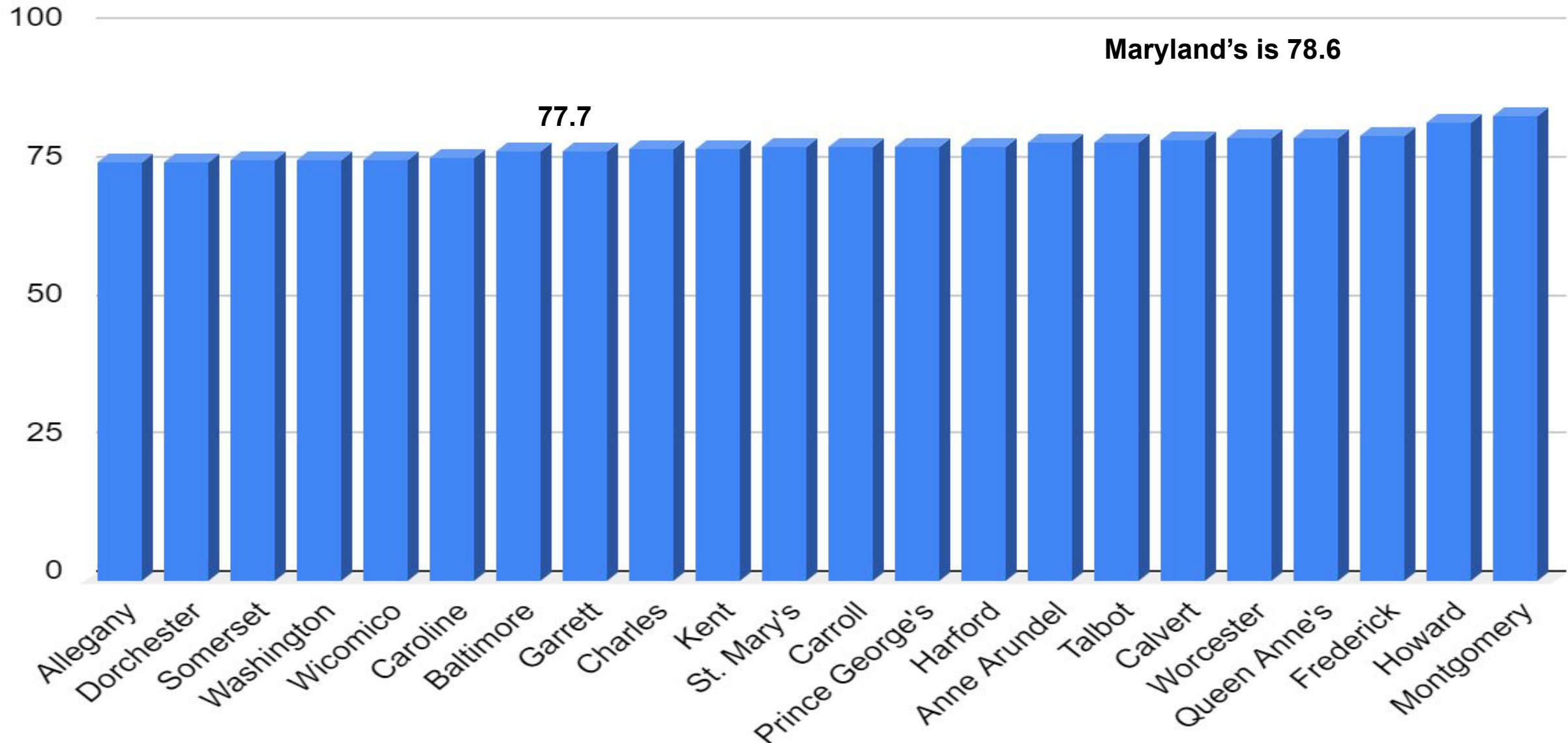
	Meets or Exceeds State Goal	Needs Improvement
8 Measures	HIV Incidence Rate	Life Expectancy
	Chlamydia Infection Rate	Increase Physical Activity 
		Adolescents Who Use Tobacco Products 
		Adults Who Currently Smoke 
		Adults Who Are At A Healthy Weight 
		Children & Adolescents Who Are Obese 

## Sexually Transmitted Infections in Garrett County, MD County, state and national trends



Notes:  
Sexually transmitted infections should only be compared across states with caution.

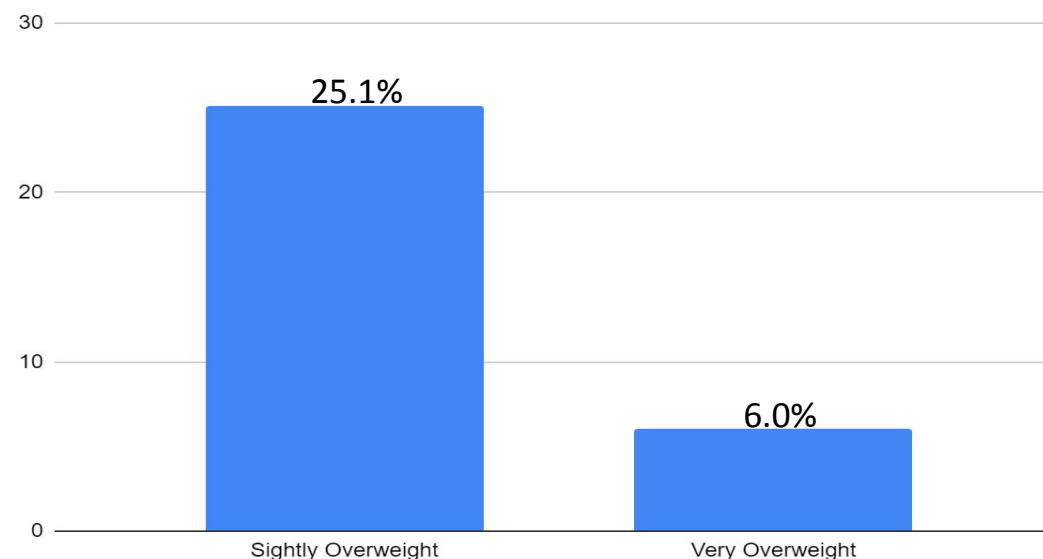
## LIFE EXPECTANCY - 2019



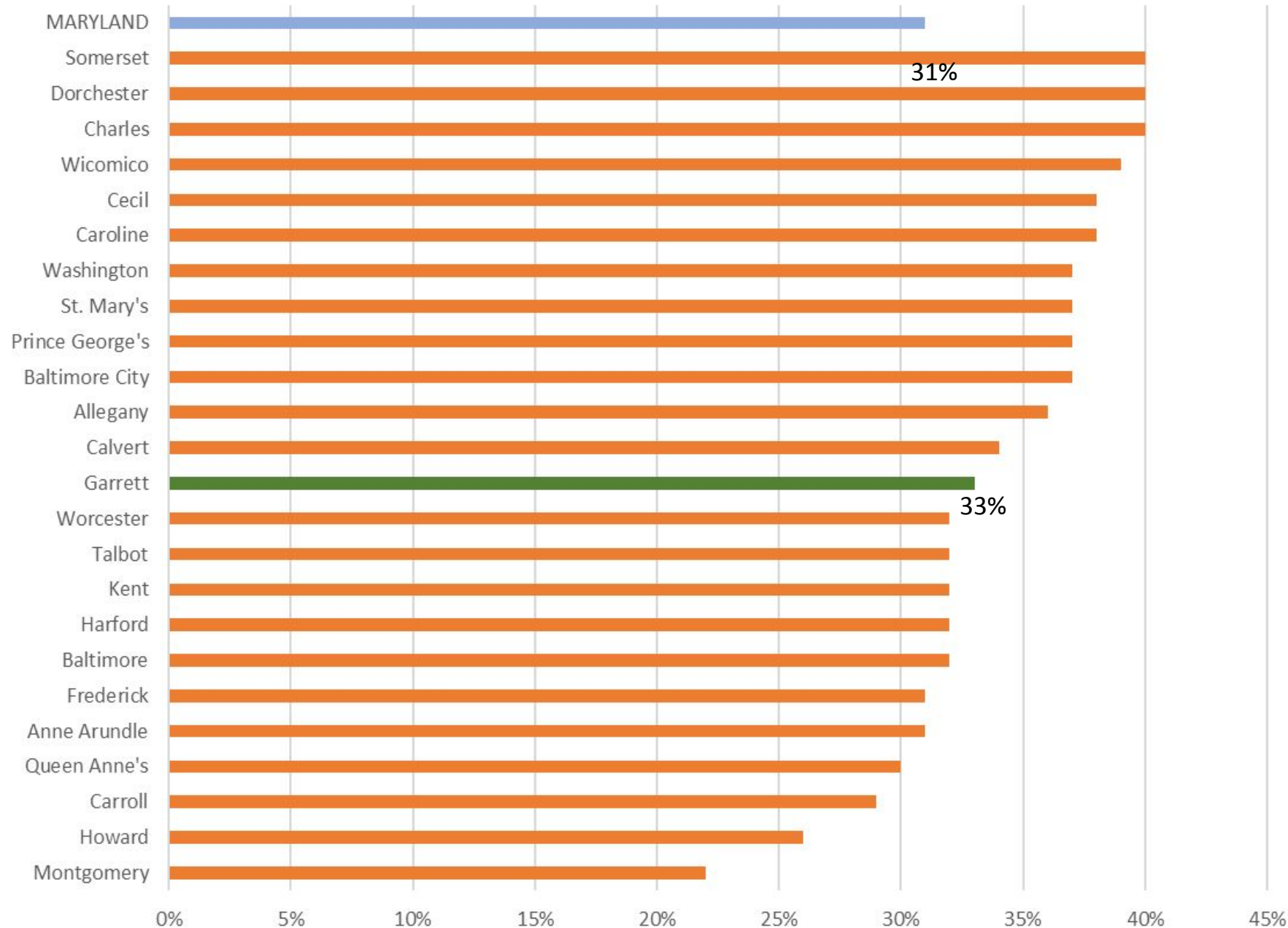
**In the past, YRBS reported: Percentage of students who were obese (> 95th percentile for body mass index, by age and sex)**

**It is now reported as: How do you describe your weight. The options are Very Underweight, Slightly Underweight, About the Right Weight, Slightly Overweight, Very Overweight.**

2021 GARRETT COUNTY YRBS





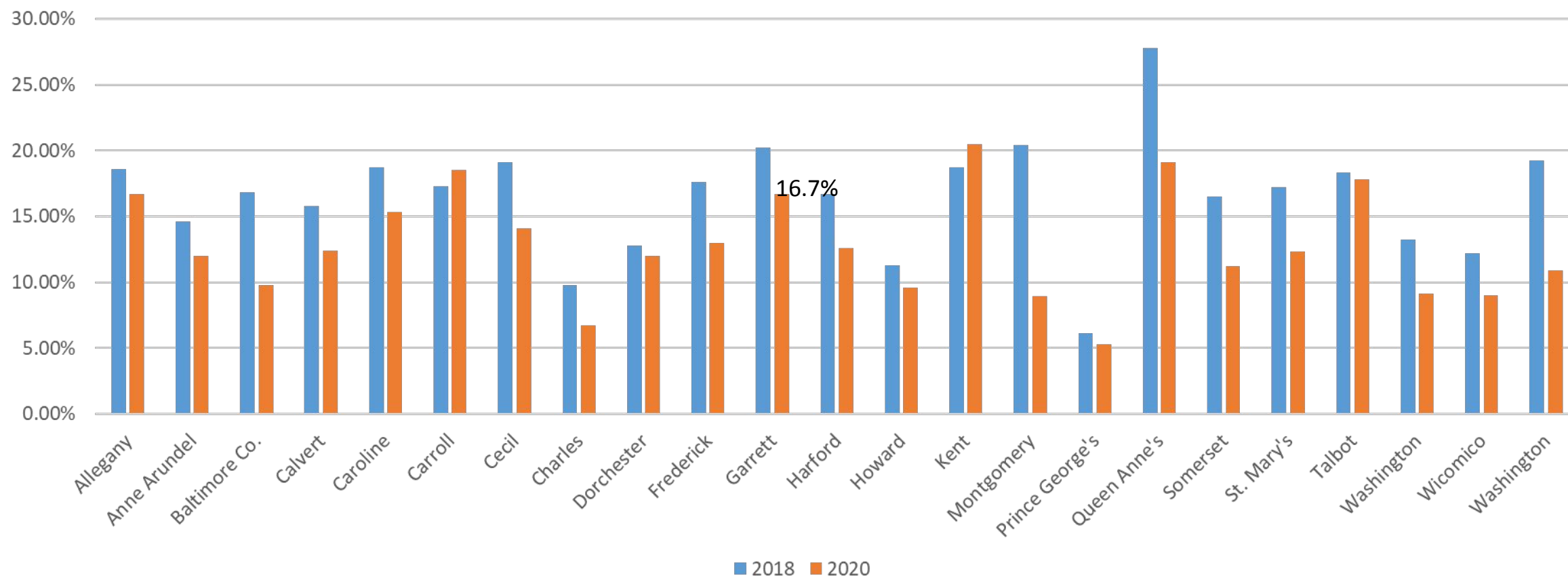


# Adult Obesity 2021

RWJ County Health Ranking  
and Roadmaps

# Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days

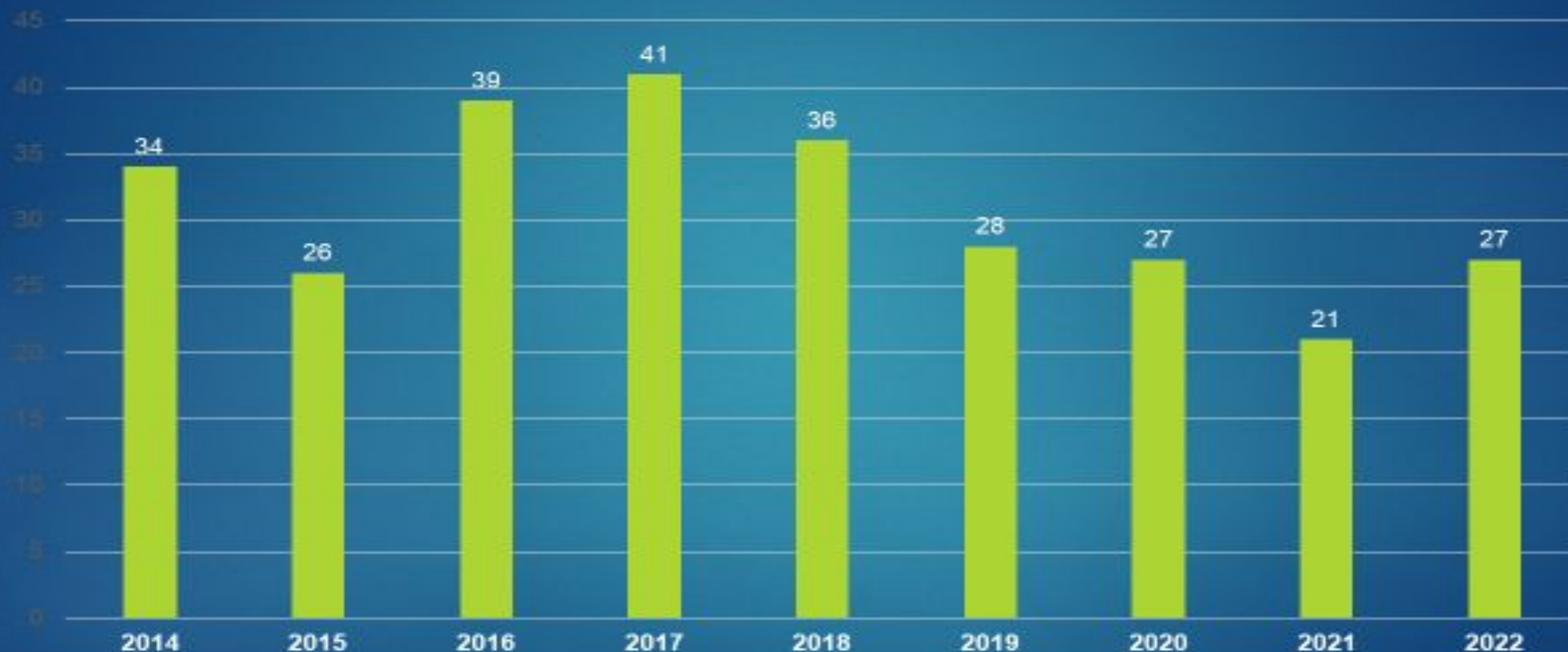
MD – 2018 – 20.2%  
 2020 – 9.8%



# Overdose Deaths by Calendar Year


By Year	Total OD Deaths	Rx Opiate	Fentanyl	Heroin	Any Opiate	No Opiates
2012	0	0	0	0	0	0
2013	6	2	0	1	2	4
2014	2	2	0	1	2	0
2015	5	4	0	4	4	1
2016	1	0	0	0	0	1
2017	8	4	0	1	5	3
2018	3	2	2	1	3	0
2019	10	1	6	1	7	3
2020	8	1	5	1	5	0
2021	6	0	6	1	6	0
2022	6	0	5	0	5	1
<b>Total</b>	<b>54</b>	<b>16</b>	<b>24</b>	<b>11</b>	<b>39</b>	<b>13</b>
Average: 2012- 2022	5.4	1.6	2.4	1.1	3.9	1.3
<b>2023*</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

## Substance Exposed Newborns (SEN) delivered at GRMC or Collected in FP/OB Offices (Includes WV patients) by Fiscal Year.





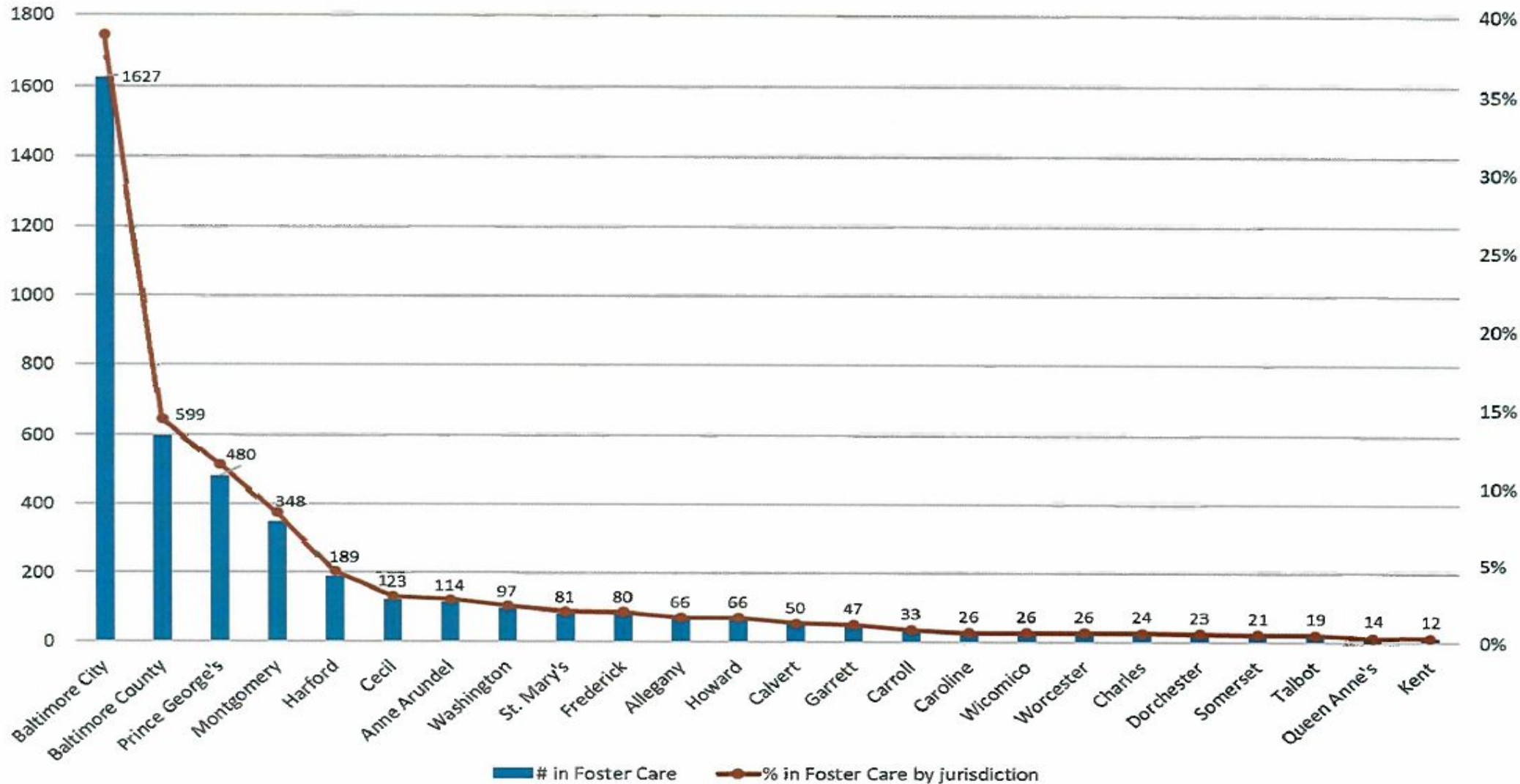
# Healthy Communities

	Meets or Exceeds State Goal	Needs Improvement
4 Measures	Pedestrian Injury Rate On Public Roads	Children Maltreatment Rate 
	Affordable Housing	
	Domestic Violence	

# in Foster Care




## Foster Care population count/percentages as of May 16 2022

% in Foster Care  
by jurisdiction



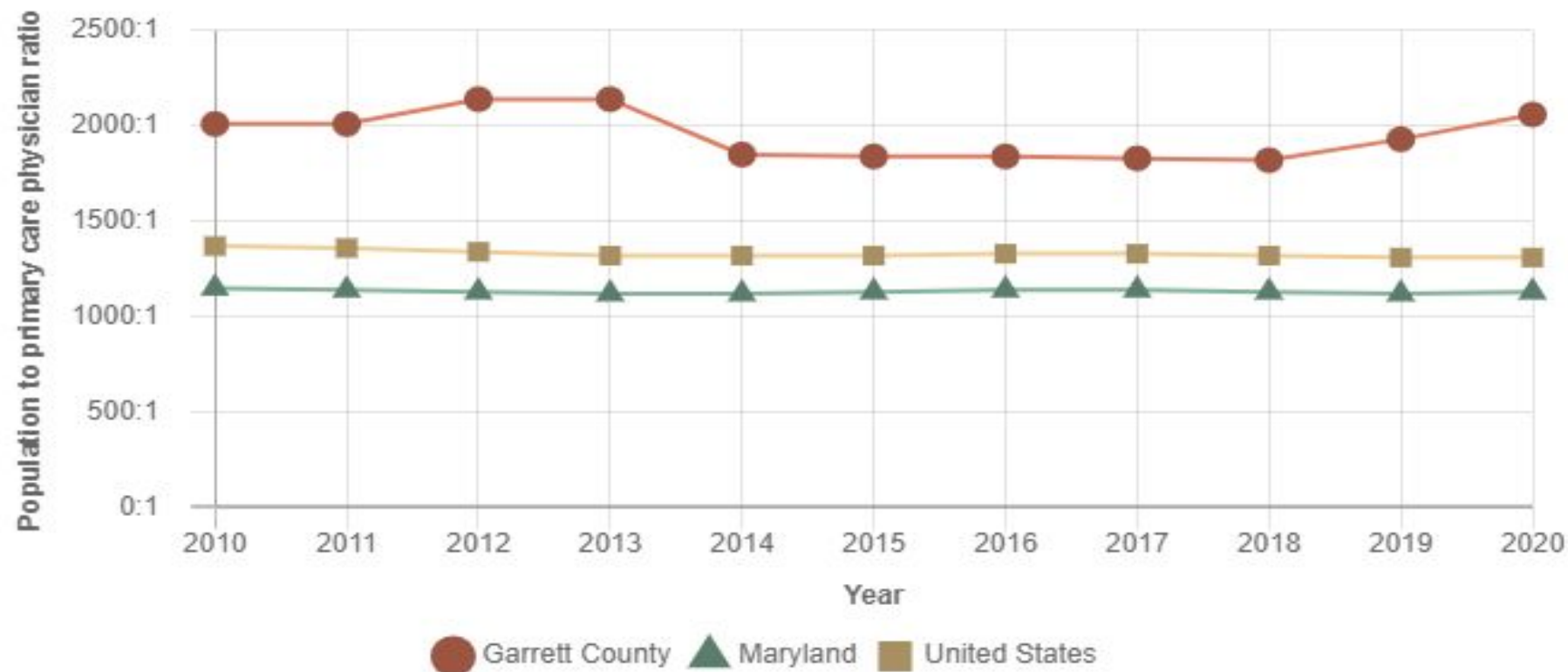
Source: FC Milestone as of 5/16/2022

# Access To Care

	Meets or Exceeds State Goal	Needs Improvement
4 Measures	Uninsured ED Visits	
	Children Receiving Dental Care in The Last Year 	<b>*WORST IN THE STATE*</b> <b>Adolescents Who Received A Wellness Checkup In The Last Year</b> 
	Persons With A Usual Care Provider 	

## Primary Care Physicians in Garrett County, MD County, state and national trends

The long term trend in Garrett County is getting better for this measure. However, in recent years the trend has worsened.



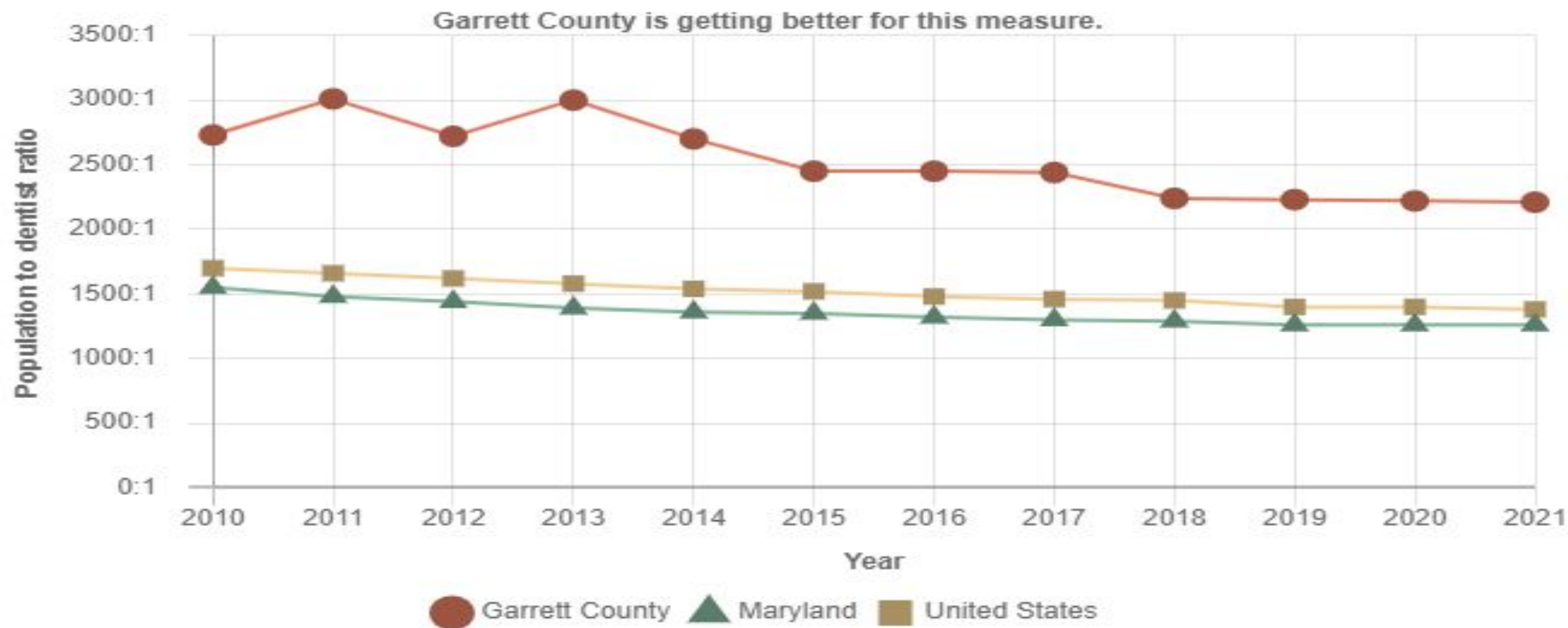
### Notes:

The data in this table reflect the average population served by a single primary care physician.

County Health Rankings  
and Roadmaps



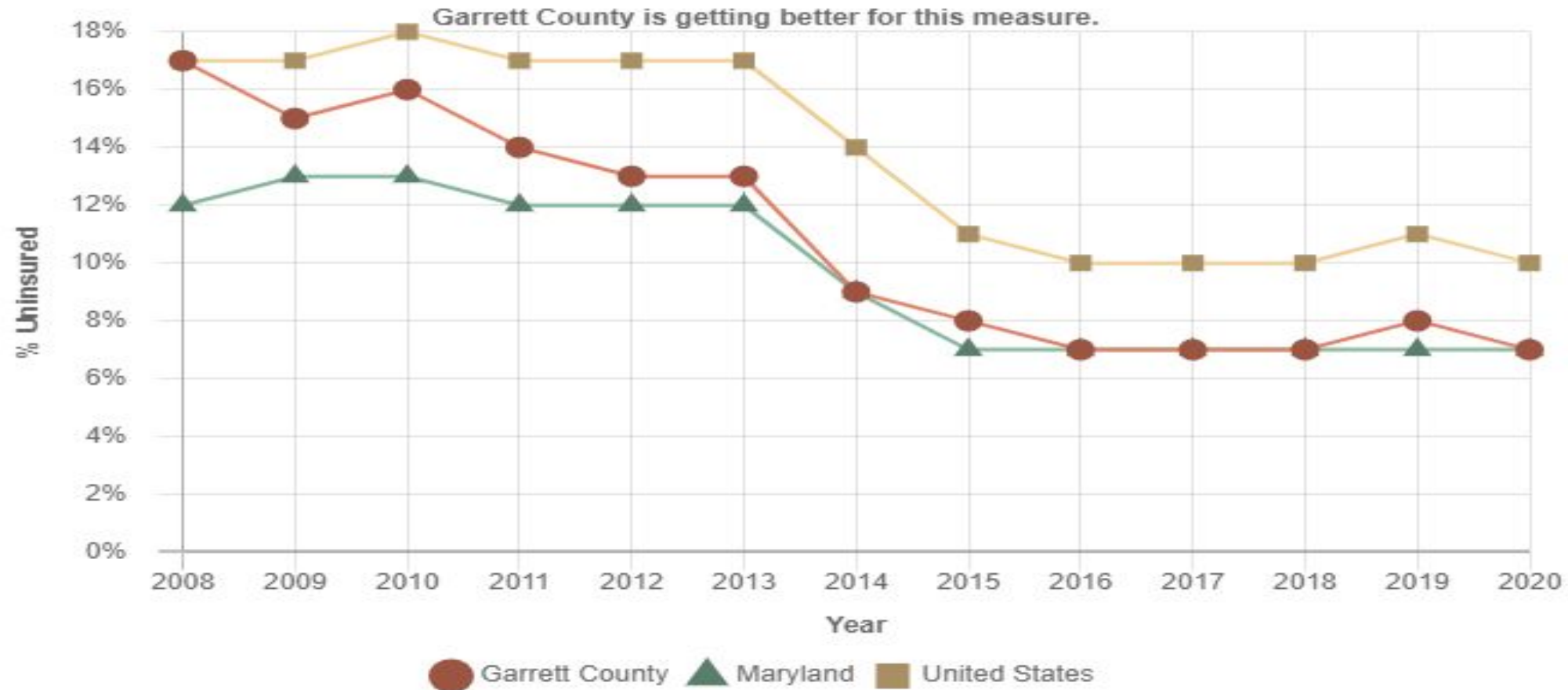
## Dentists in Garrett County, MD County, state and national trends



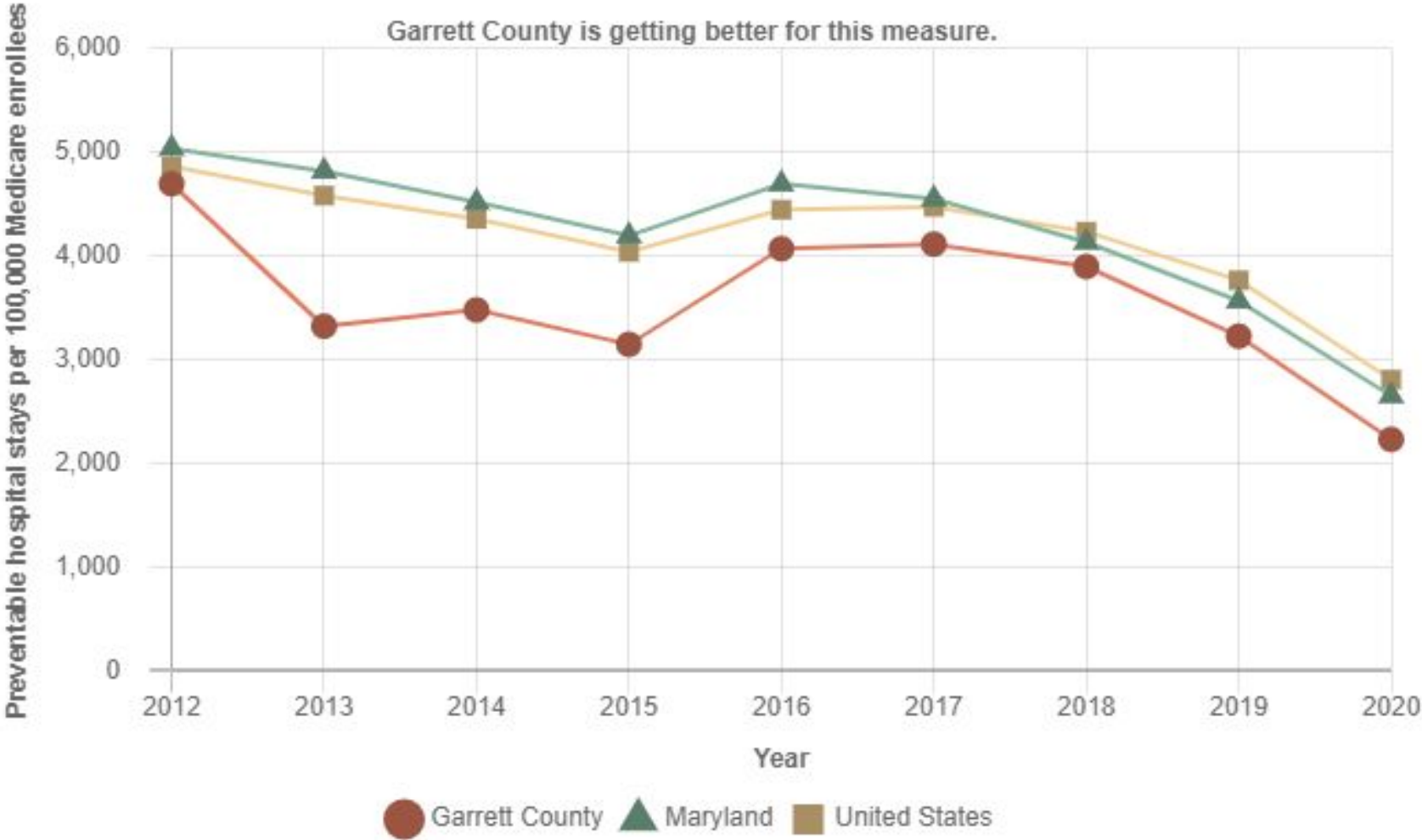
### Notes:

The data in this table reflect the average population served by a single dentist.






## Uninsured in Garrett County, MD County, state and national trends



# Preventable hospital stays in Garrett County, MD County, state and national trends



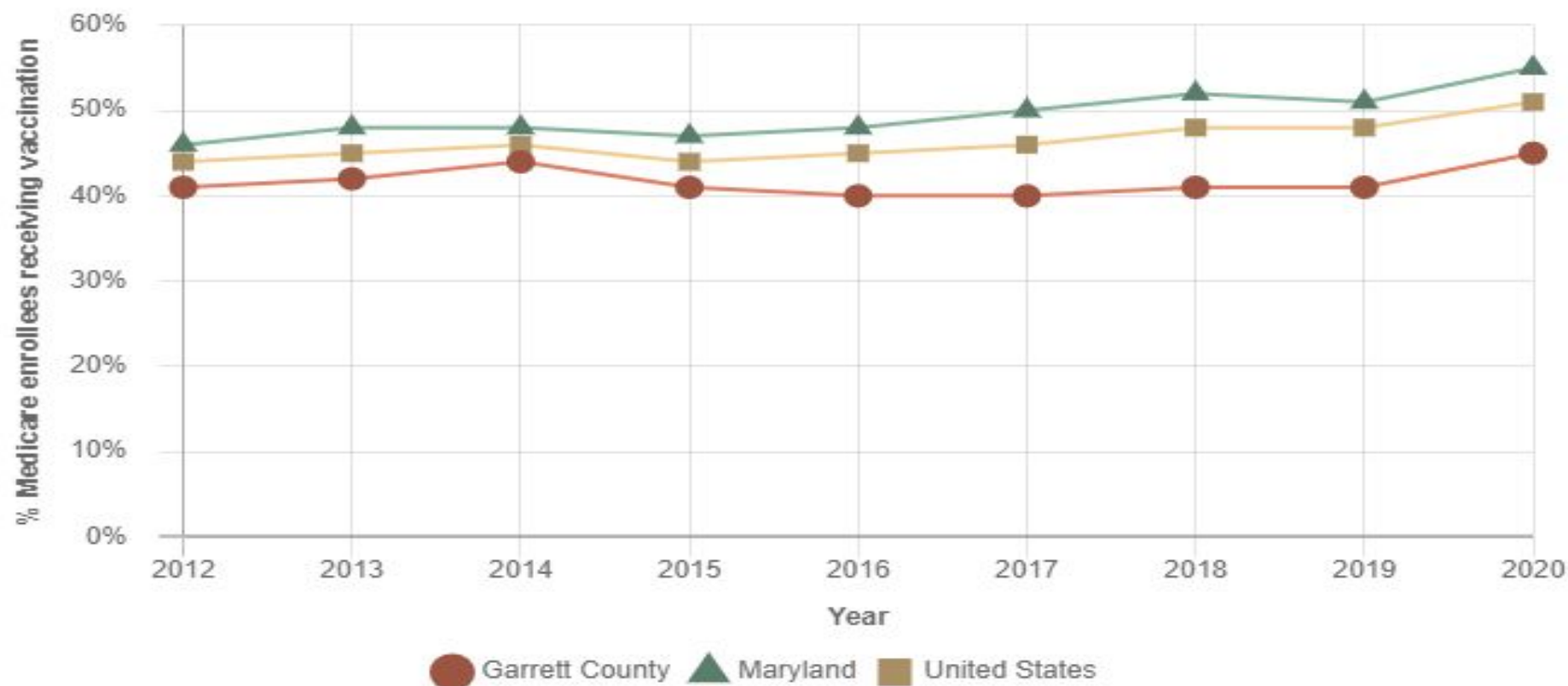
# Quality Preventive Care

	Meets or Exceeds State Goal	Needs Improvement
10 Measures	*4th Best In The State* Age-Adjusted Mortality Rate From Cancer	Hospitalization Rate Related to Alzheimer's or other dementias 
	ED Visit Rates Due to: I. Hypertension (3 <sup>rd</sup> Best in State) II. Addiction Related Condition 	ED Visit Rates Due to: I. Mental Health Conditions II. Asthma III. Heart Disease IV. Diabetes 
	ED Visit Rate Due to Dental Care 	Annual Seasonal Flu Vaccinations 



## Flu Vaccinations in Garrett County, MD County, state and national trends

Although no significant trend was found in Garrett County for this measure, please note state and national trends.







# Action!

## Child & Adolescent Wellness Workgroup

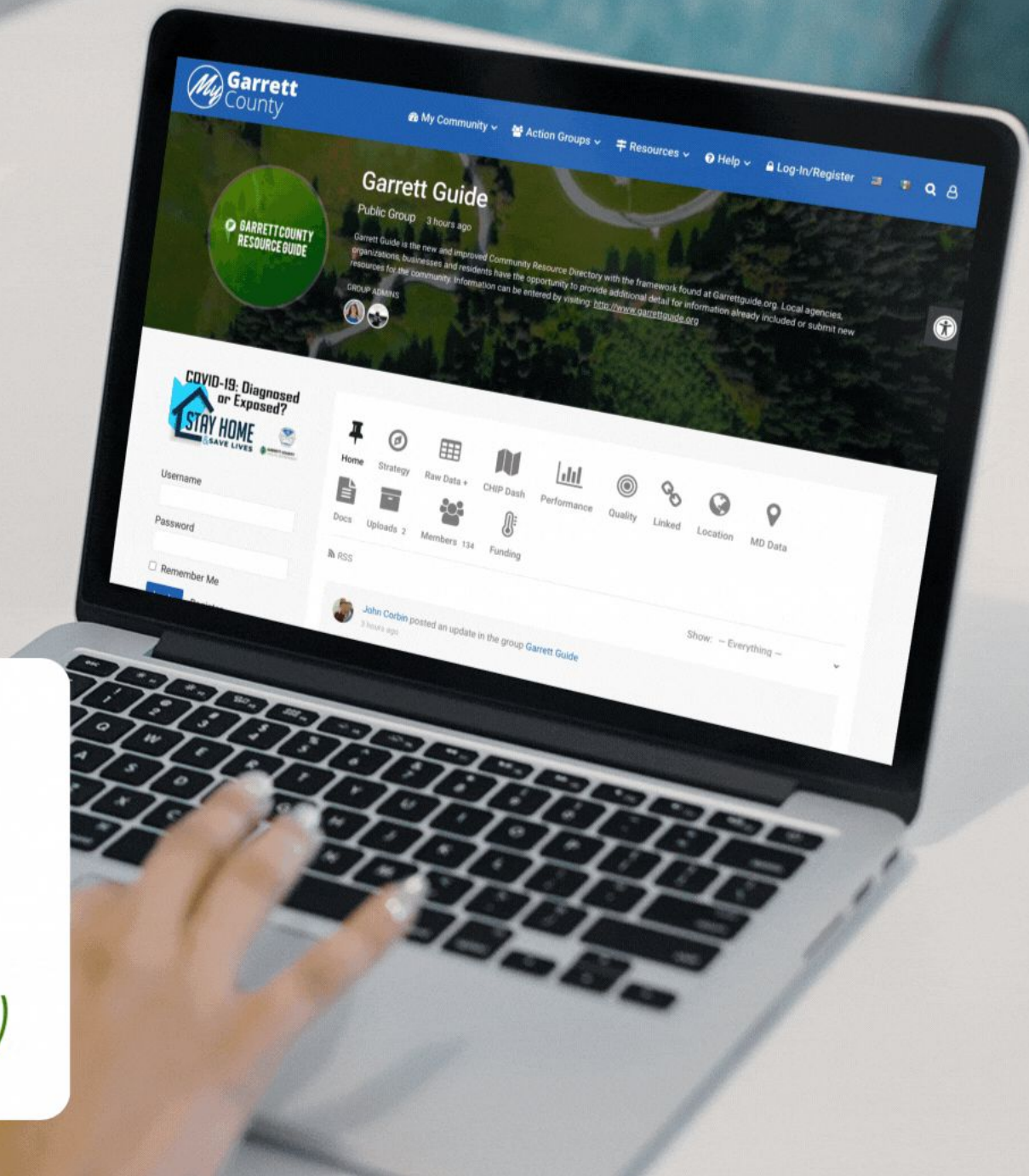
Implemented it's 3rd Annual Mental Health  
Month Campaign in May 2023



# 1,801,311

Resources Accessed (Lifetime)

*352.863% Increase (Since CV-19)*

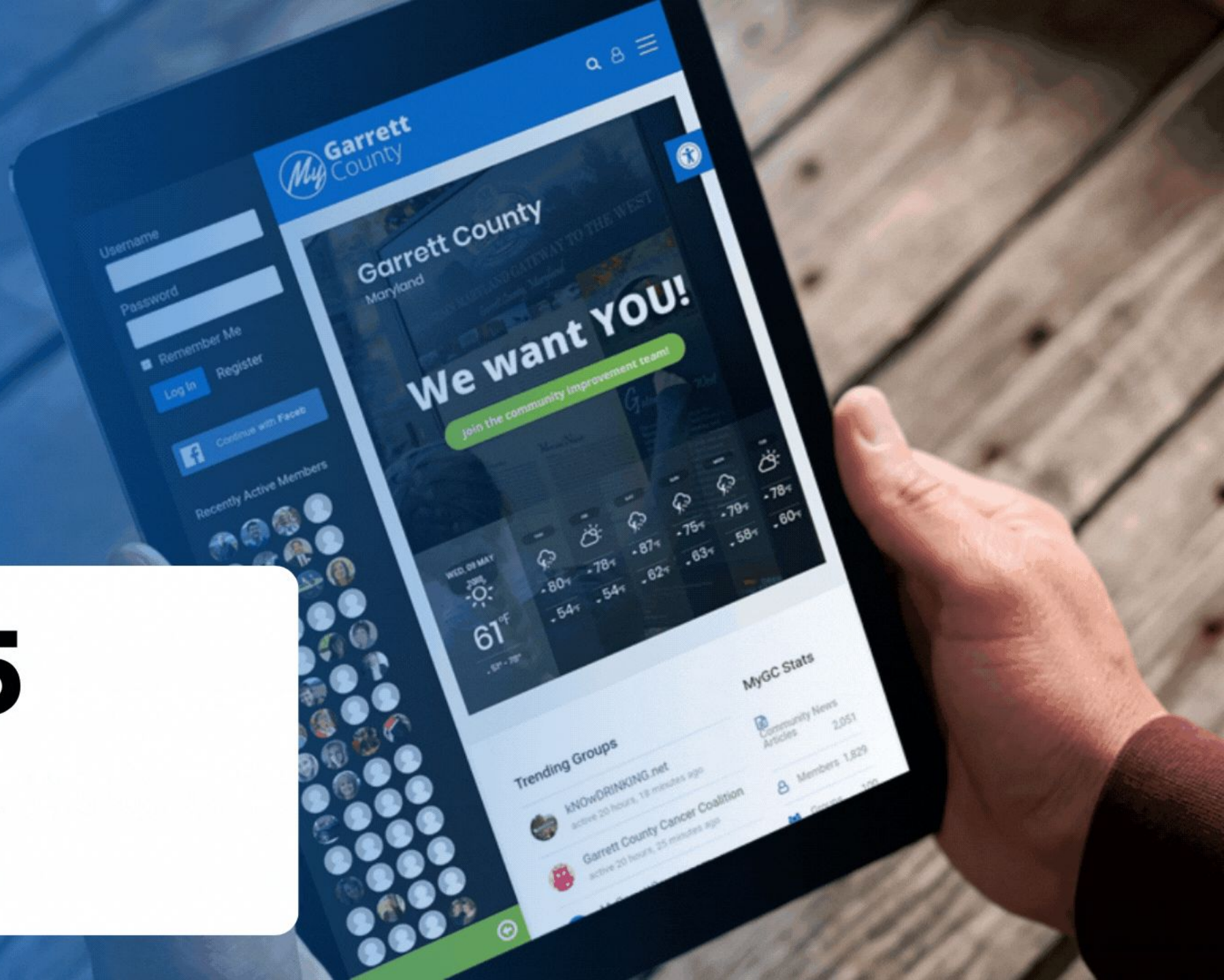




# 730,765

Pageviews (Lifetime)

*67.7113% Increase*

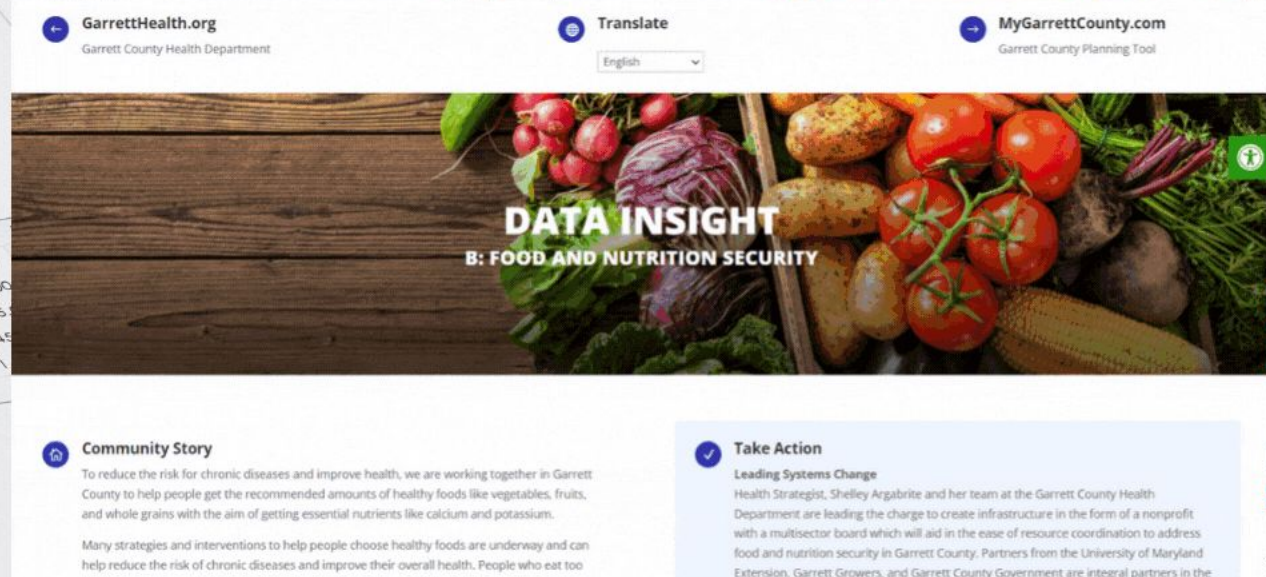




# Data

New Insights Launched CY2023

*Bridging the CHA & CHIP Gap*







***GC IN MOTION***

GARRETT COUNTY, MARYLAND

+



***RETURNING SUMMER 2023!***



**GOGARRETTCOUNTY.COM**



# Priorities for 2023

- Prevent local incidence of communicable diseases
- Chronic Disease, focusing on risk factors-nutrition, physical Activity and tobacco
- Access to Care & Linkages to Community Resources
- Behavioral Health: Mental Health & Substance Use
- Family Structure with emphasis on maternal, child and adolescent health
- Social Determinants of health, specifically economic inequities and poverty