



Garrett County, Maryland 2024 STATUS OF HEALTH

Presented to Garrett County Board of Health
By: Robert Stephens – Health Officer
5/23/2024



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 mygarrettcounty.com**



Demographics

Persons under 18 years of age:	Maryland 21.8%	Garrett County 17.6%
Persons 65 years old and over:	Maryland 16.9%	Garrett County 24.1%
Median Household Income:	Maryland \$98,461	Garrett County \$64,447
Persons in Poverty:	Maryland 9.6%	Garrett County 15.1%
Population Per Square Mile:	Maryland 636.1	Garrett County 44.4

Source: U.S. Census Bureau - Quickfacts

SHIP

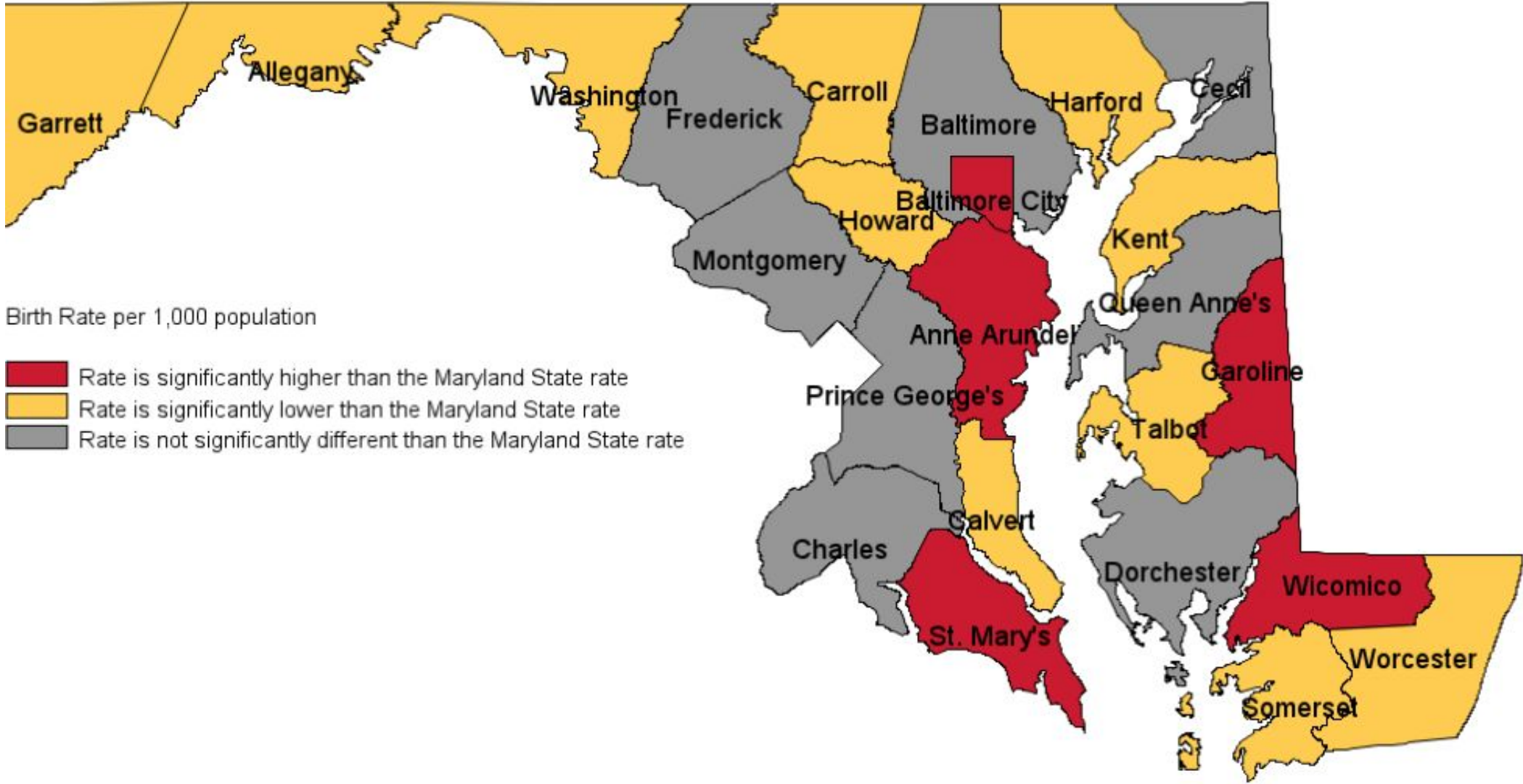
MD State Health Improvement Plan

New updates are coming and will be shared at future Health Planning Council meetings.



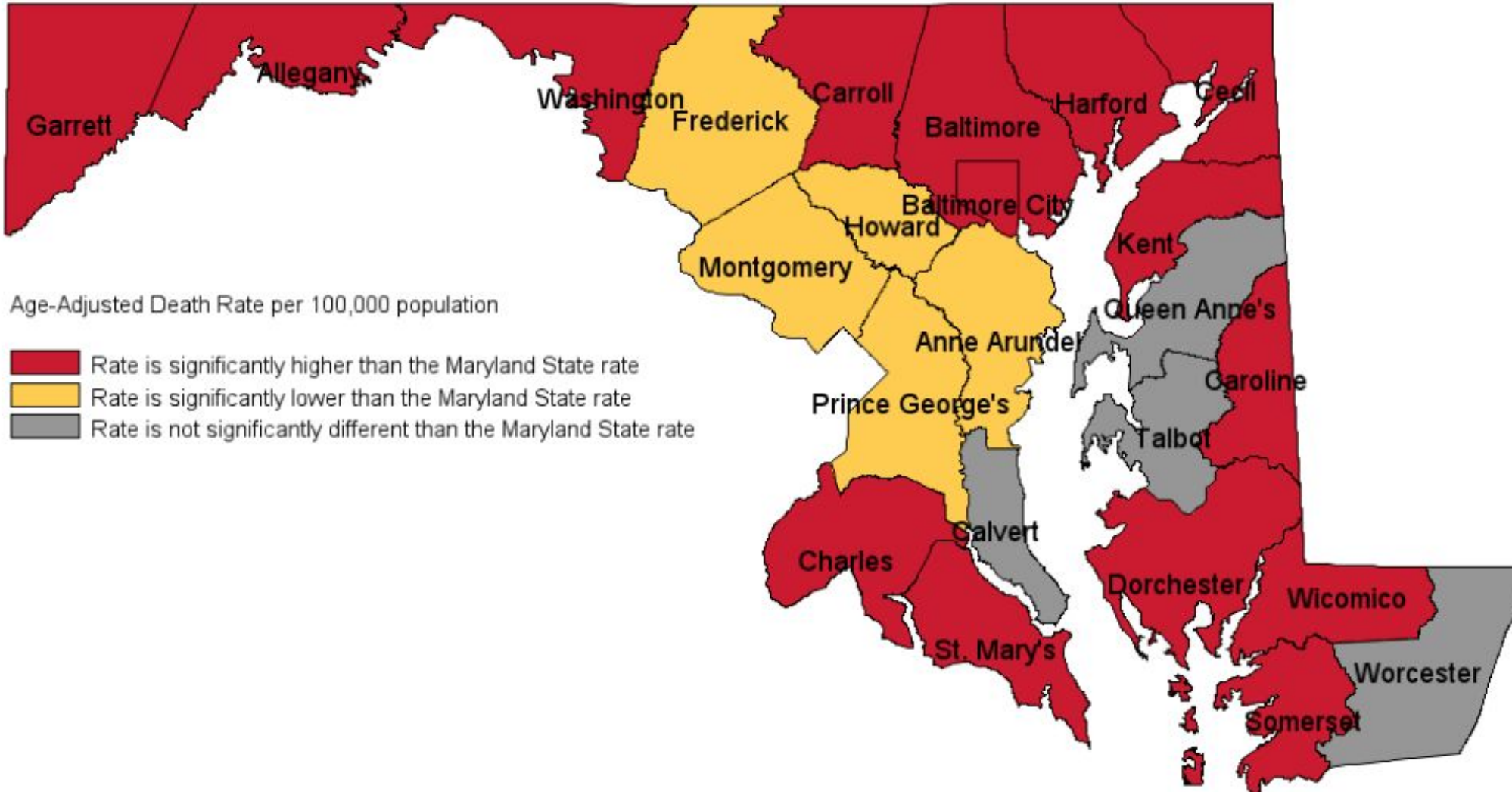
UPDATED FOR
2024

Comparison of Jurisdiction Birth Rates* with the Maryland State Rate, 2021



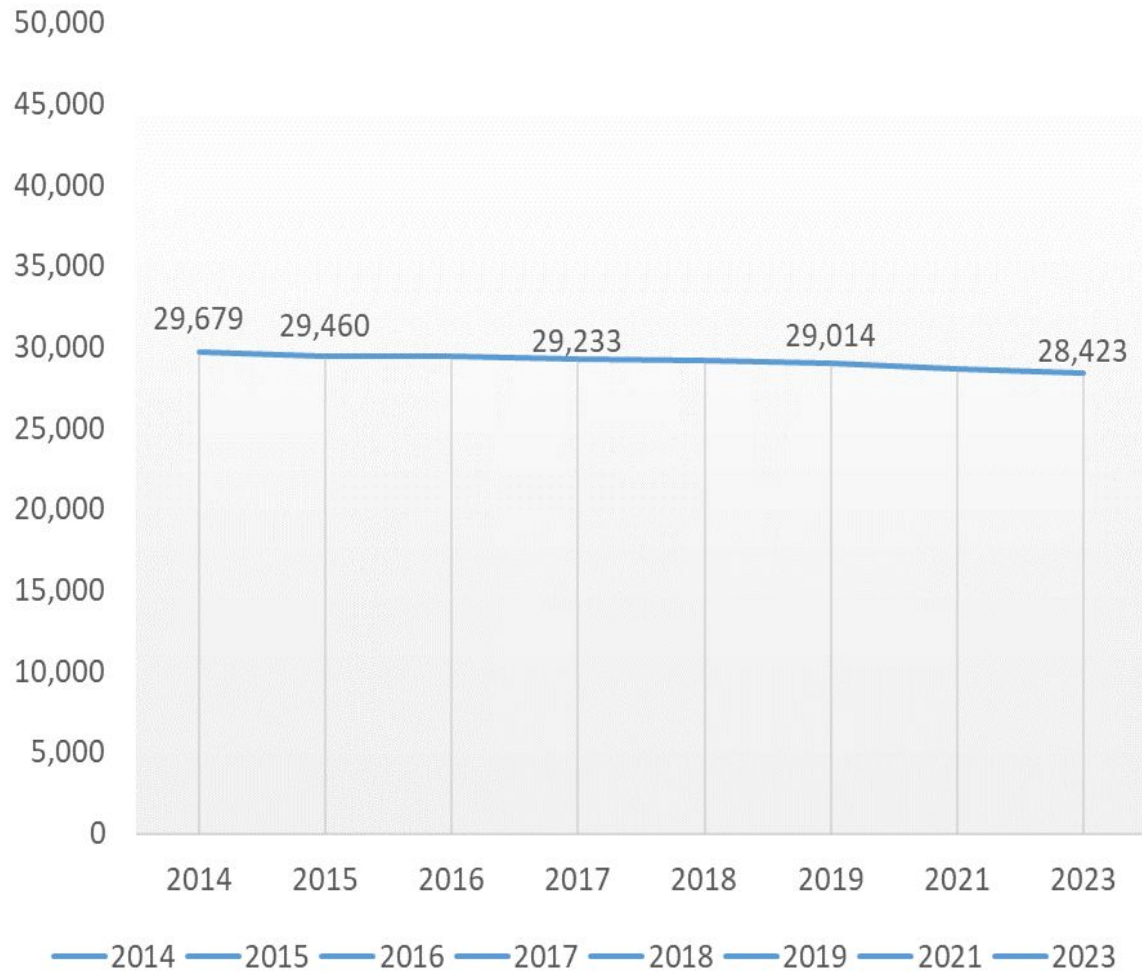
2021 Maryland Vital Statistics

Comparison of Jurisdiction Age-adjusted Death Rates* for All Causes with the Maryland State Rate, 2021

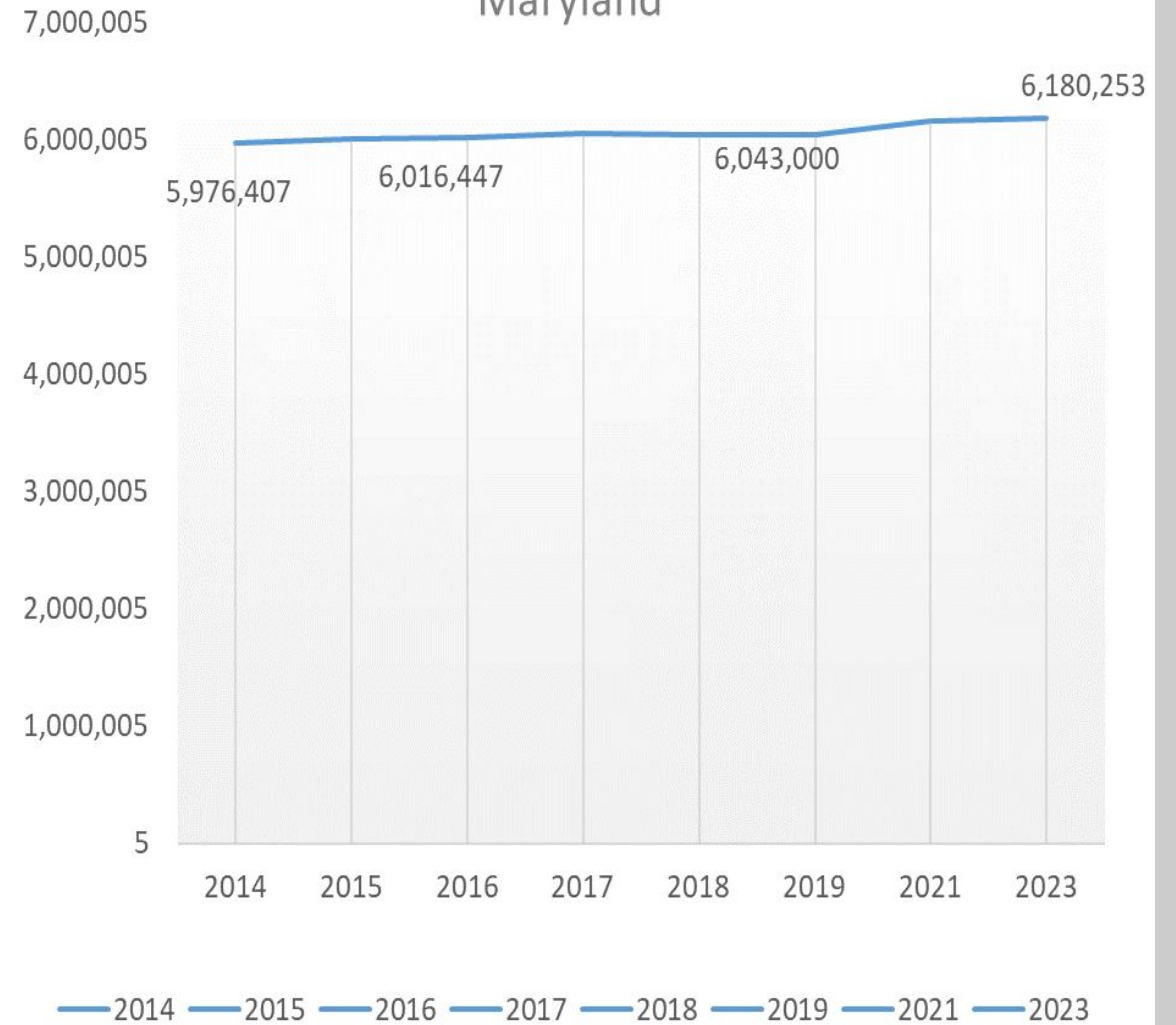


Population Decline

Garrett County

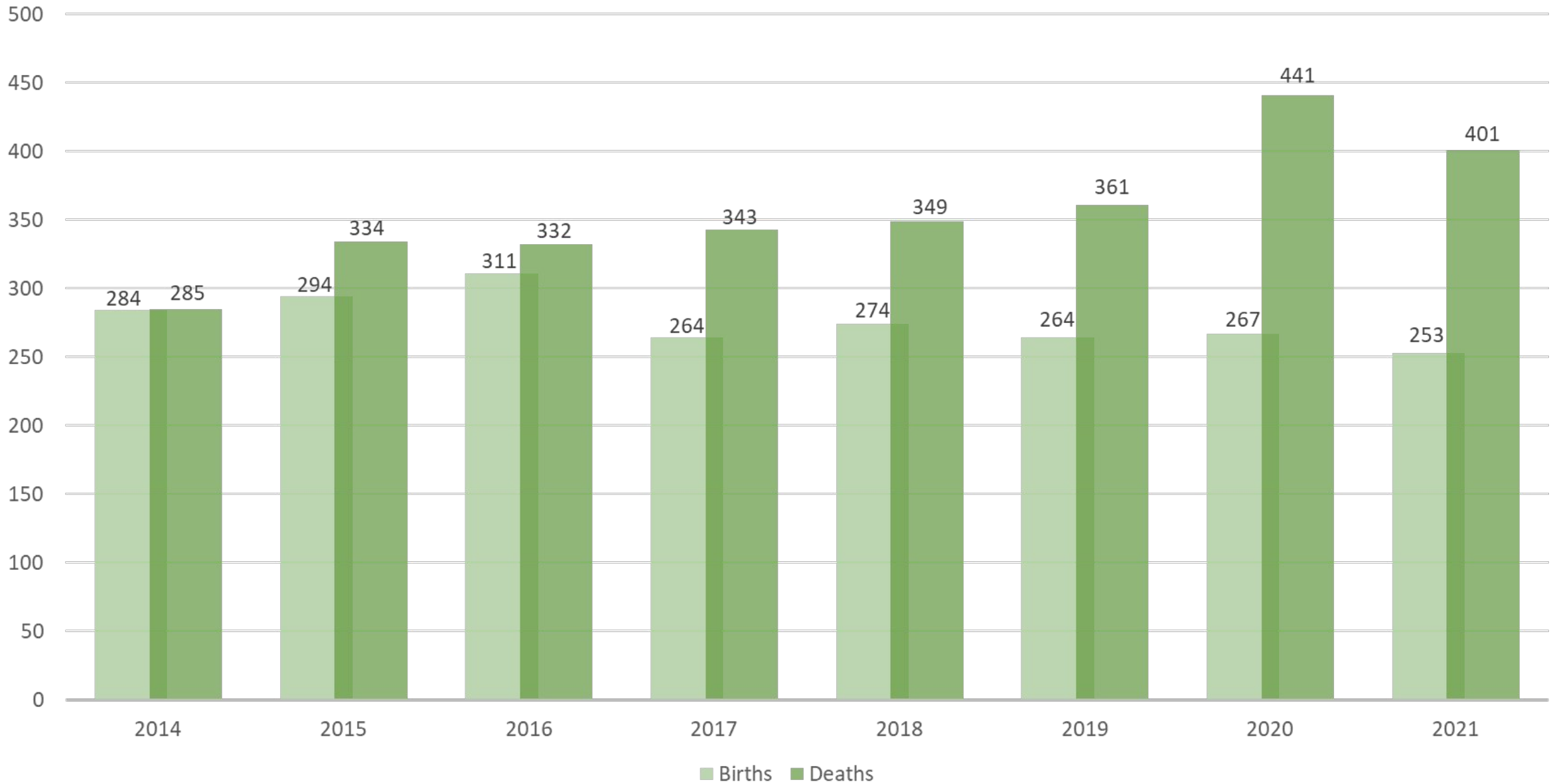


Maryland



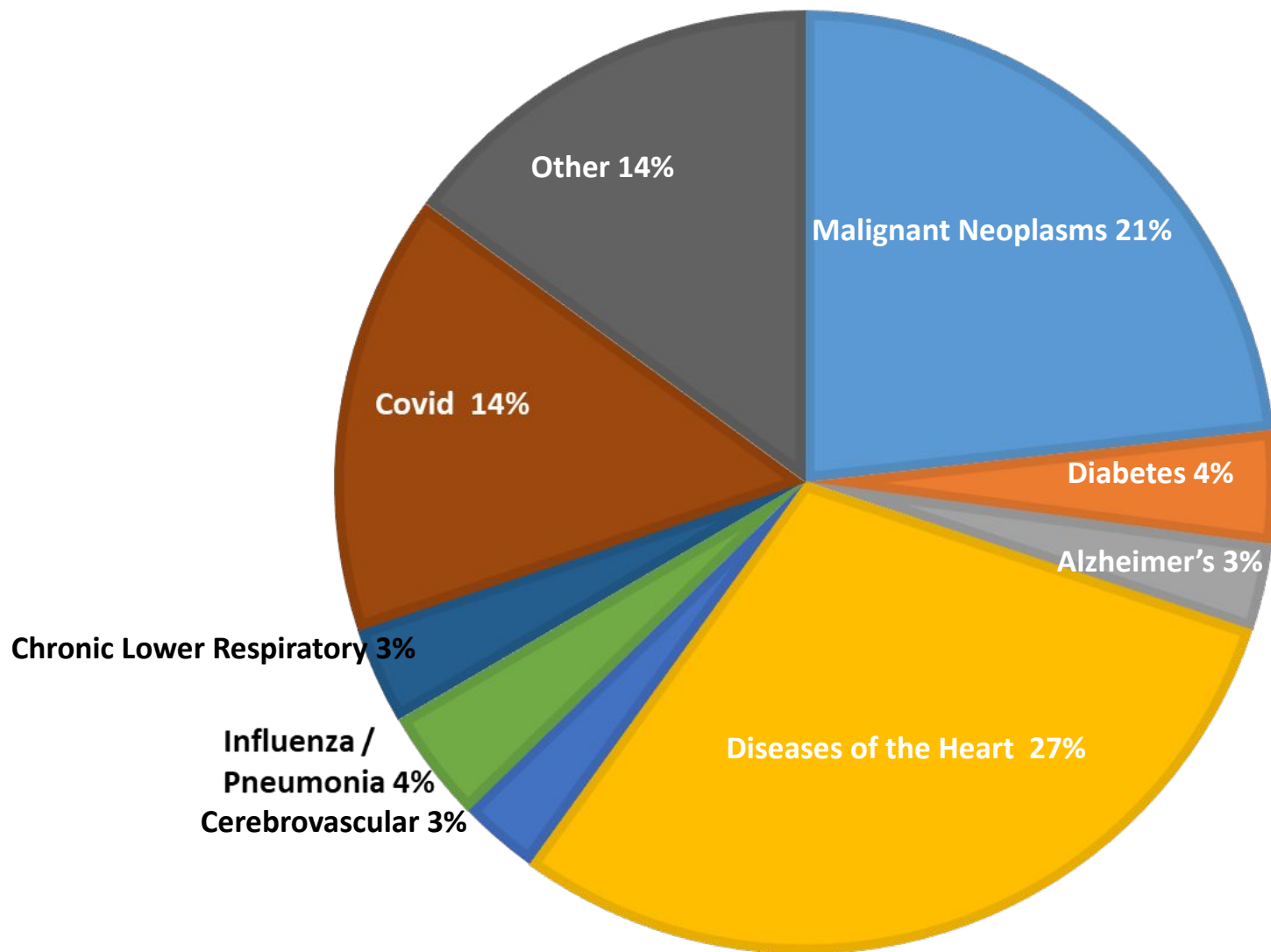
Source: U.S. Census, Garrett County Quick Facts, 2023

Births and Deaths in Garrett County

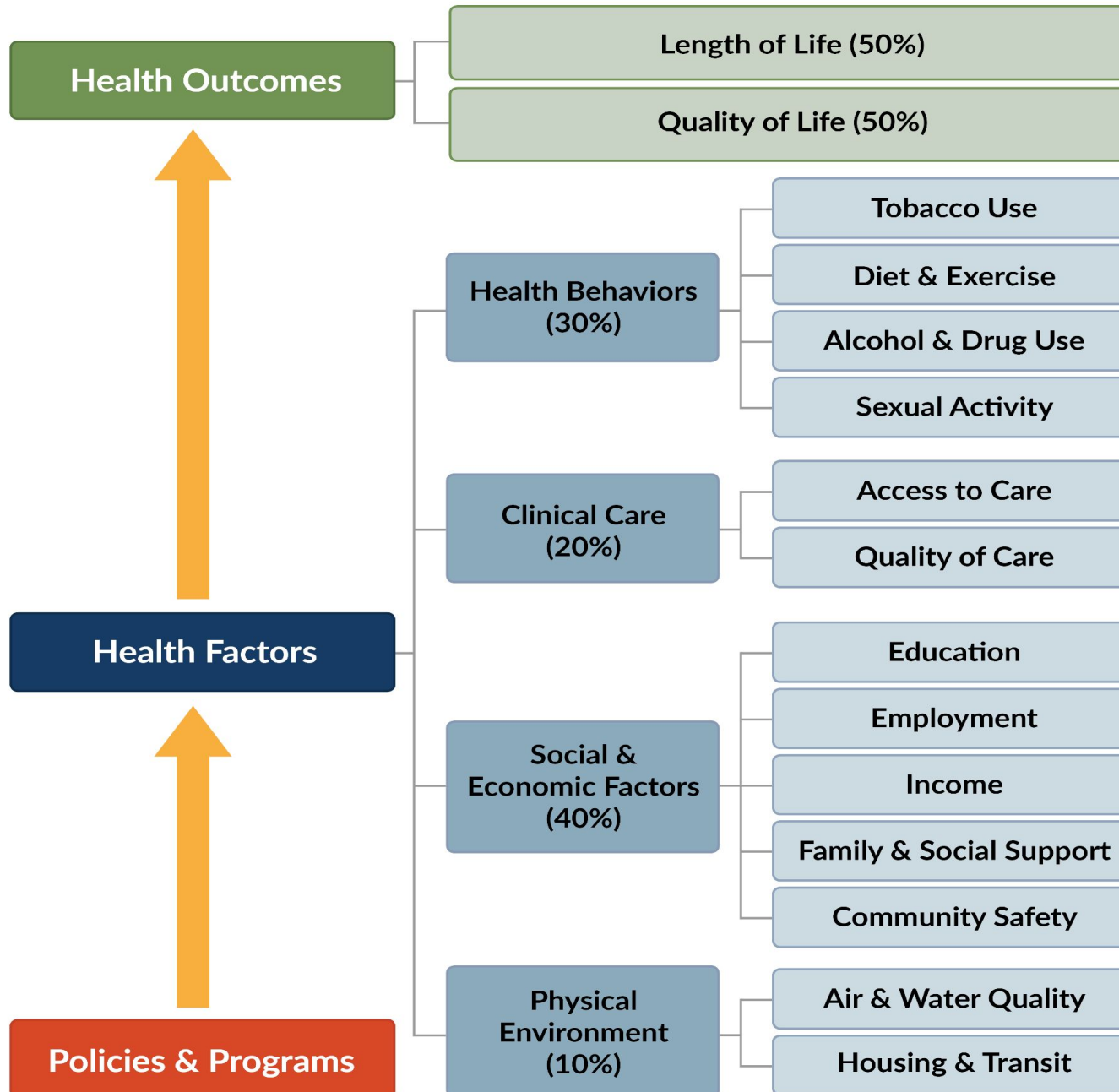


- Malignant Neoplasms
- Diabetes
- Alzheimers
- Diseases of the Heart
- Cerebrovascular
- Influenza/Pneumonia
- Chronic Lower Respiratory
- Covid
- Other

2022 CAUSES OF DEATH IN GARRETT COUNTY

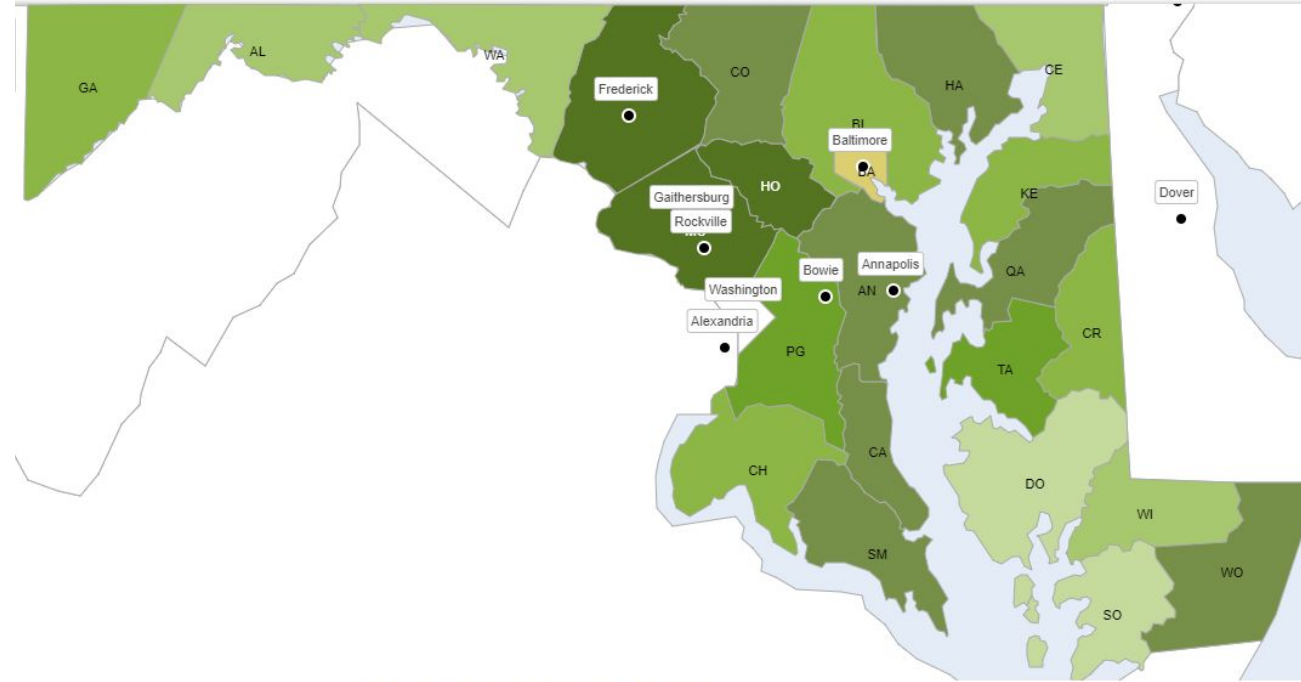


2022 Vital Statistics
Division of Vital Records



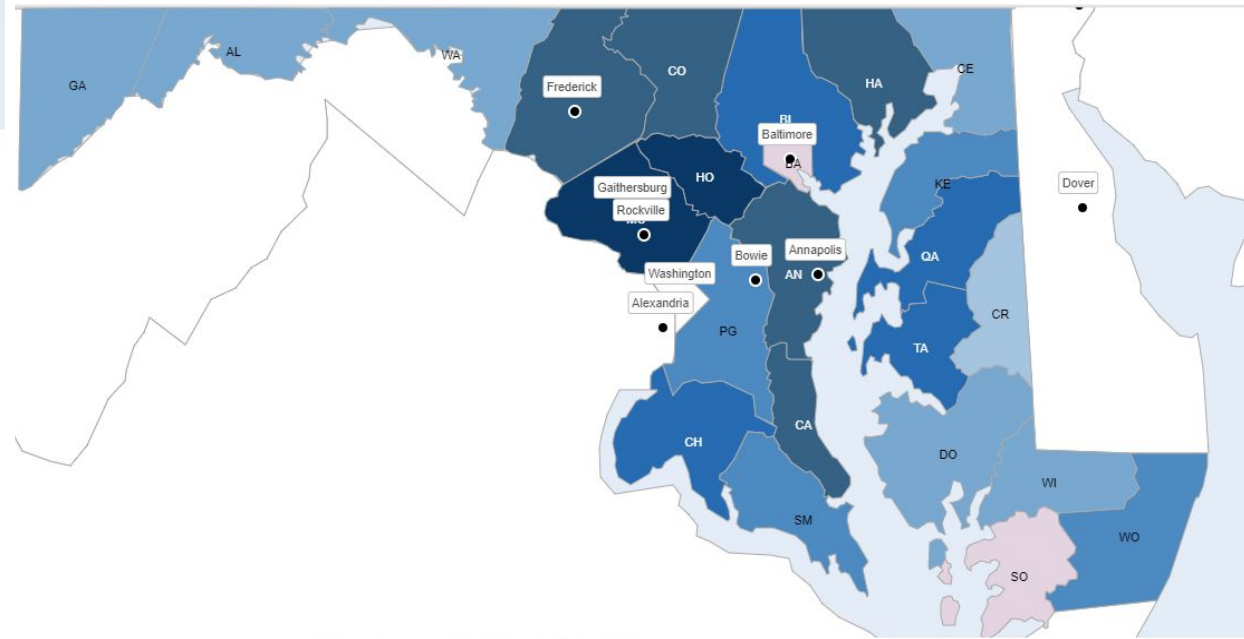
COUNTY HEALTH RANKINGS MODEL

Health Outcomes





OUTCOMES GROUP LEAST HEALTHY IN US HEALTHIEST IN US NOT GROUPED (NA)

Health Factors









FACTORS GROUP LEAST HEALTHY IN US HEALTHIEST IN US NOT GROUPED (NA)

Health Factors

Health Behaviors	Garrett, MD	Allegany, MD	Mineral, WV	Preston, WV
Adult Smoking	17%	20%	20%	22%
Adult Obesity	44%	42%	34%	43%
Food Environment Index	7.8	6.7	8.3	7.8
Physical Inactivity	25%	28%	25%	28%
Access to Exercise Opportunities	58%	67%	40%	45%
Excessive Drinking	15%	16%	13%	13%
Alcohol-Impaired Driving Deaths 	28%	21%	14%	48%
Sexually Transmitted Infections 			201.1	142.6
Teen Births	19	21	23	21

Clinical Care

Clinical Care	Garrett, MD	Allegany, MD	Mineral, WV	Preston, WV
Uninsured 	7%	6%	6%	8%
Primary Care Physicians 	2,050:1	1,880:1	3,360:1	2,640:1
Dentists 	2,040:1	1,290:1	2,980:1	3,800:1
Mental Health Providers	440:1	250:1	1,170:1	4,270:1
Preventable Hospital Stays 	2,133	2,768	2,722	3,055
Mammography Screening 	46%	45%	51%	42%
Flu Vaccinations 	37%	43%	38%	42%

HEALTH FACTORS



Comparison of Garrett, Allegany, Preston and Mineral Counties


Note: Blank values reflect unreliable or missing data

HEALTH FACTORS

Comparison of Garrett, Allegany, Preston, and Mineral Counties

County Health Rankings & Roadmaps
 A Robert Wood Johnson Foundation Program

Social & Economic Factors	Garrett, MD	Allegany, MD	Mineral, WV	Preston, WV
High School Completion	91%	91%	94%	87%
Some College	56%	55%	57%	47%
Unemployment 	3.5%	4.0%	3.8%	4.0%
Children in Poverty 	20%	20%	22%	18%
Income Inequality	4.3	4.8	4.5	4.6
Children in Single-Parent Households	20%	24%	25%	23%
Social Associations	13.2	17.1	13.0	7.0
Injury Deaths	83	113	100	103

Physical Environment	Garrett, MD	Allegany, MD	Mineral, WV	Preston, WV
Air Pollution - Particulate Matter 	5.6	7.2	7.0	6.9
Drinking Water Violations	No	No	Yes	Yes
Severe Housing Problems	11%	13%	7%	9%
Driving Alone to Work	78%	81%	80%	76%
Long Commute - Driving Alone	31%	22%	31%	49%

HEALTH OUTCOMES

Comparison of Garrett, Allegany, Preston and Mineral Counties

	Garrett, MD Remove Location <input type="button" value="x"/>	Allegany, MD Remove Location <input type="button" value="x"/>	Mineral, WV Remove Location <input type="button" value="x"/>	Preston, WV Remove Location <input type="button" value="x"/>
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Health Outcomes

Length of Life	Garrett, MD	Allegany, MD	Mineral, WV	Preston, WV
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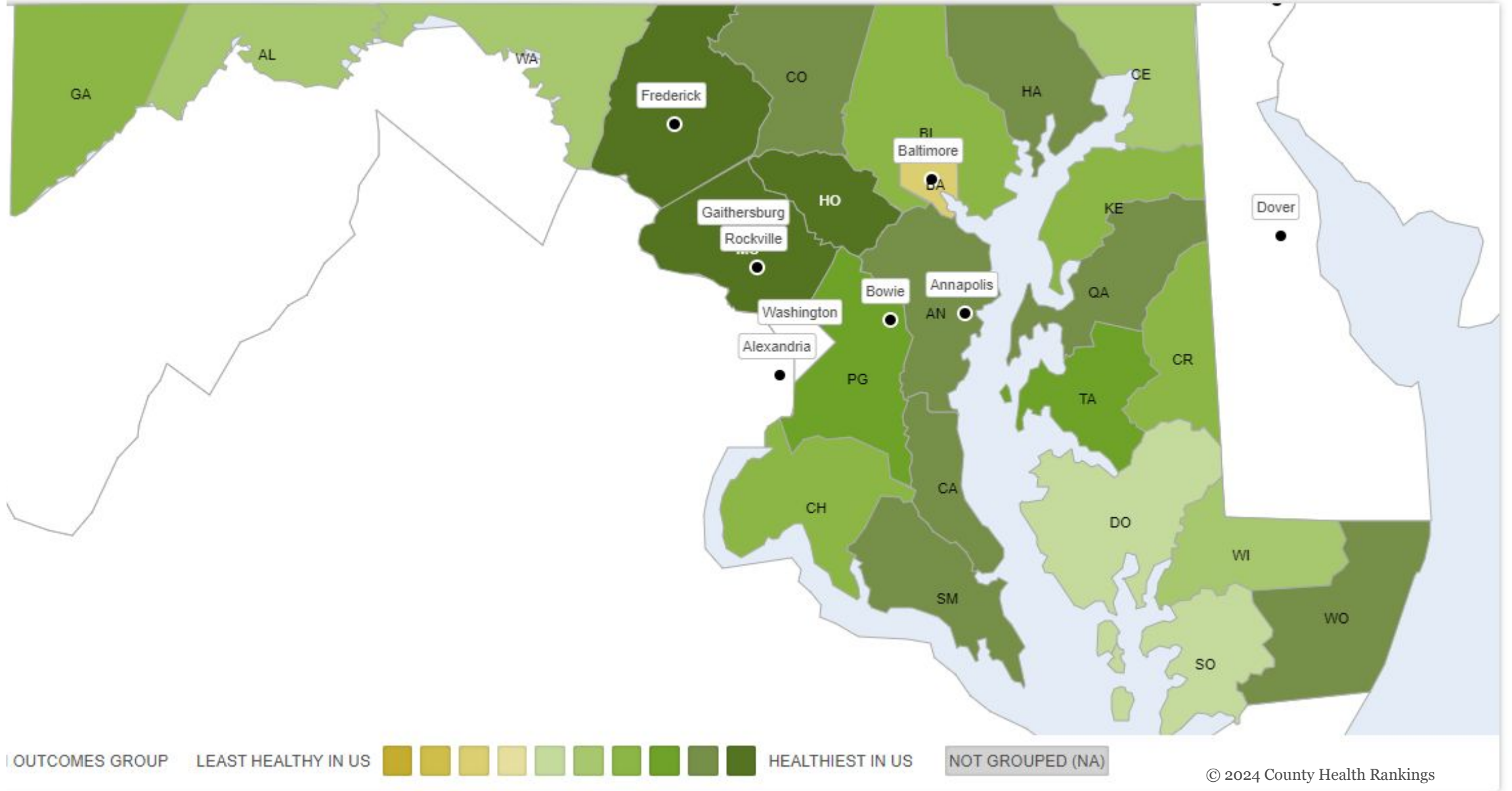
Premature Death <input type="button" value="📈"/>	8,800	10,600	9,600	10,800
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Quality of Life	Garrett, MD	Allegany, MD	Mineral, WV	Preston, WV
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Poor or Fair Health	16%	17%	18%	20%
Poor Physical Health Days	3.8	3.8	4.4	4.4
Poor Mental Health Days	5.4	5.6	6.1	6.0
Low Birthweight	8%	9%	9%	10%

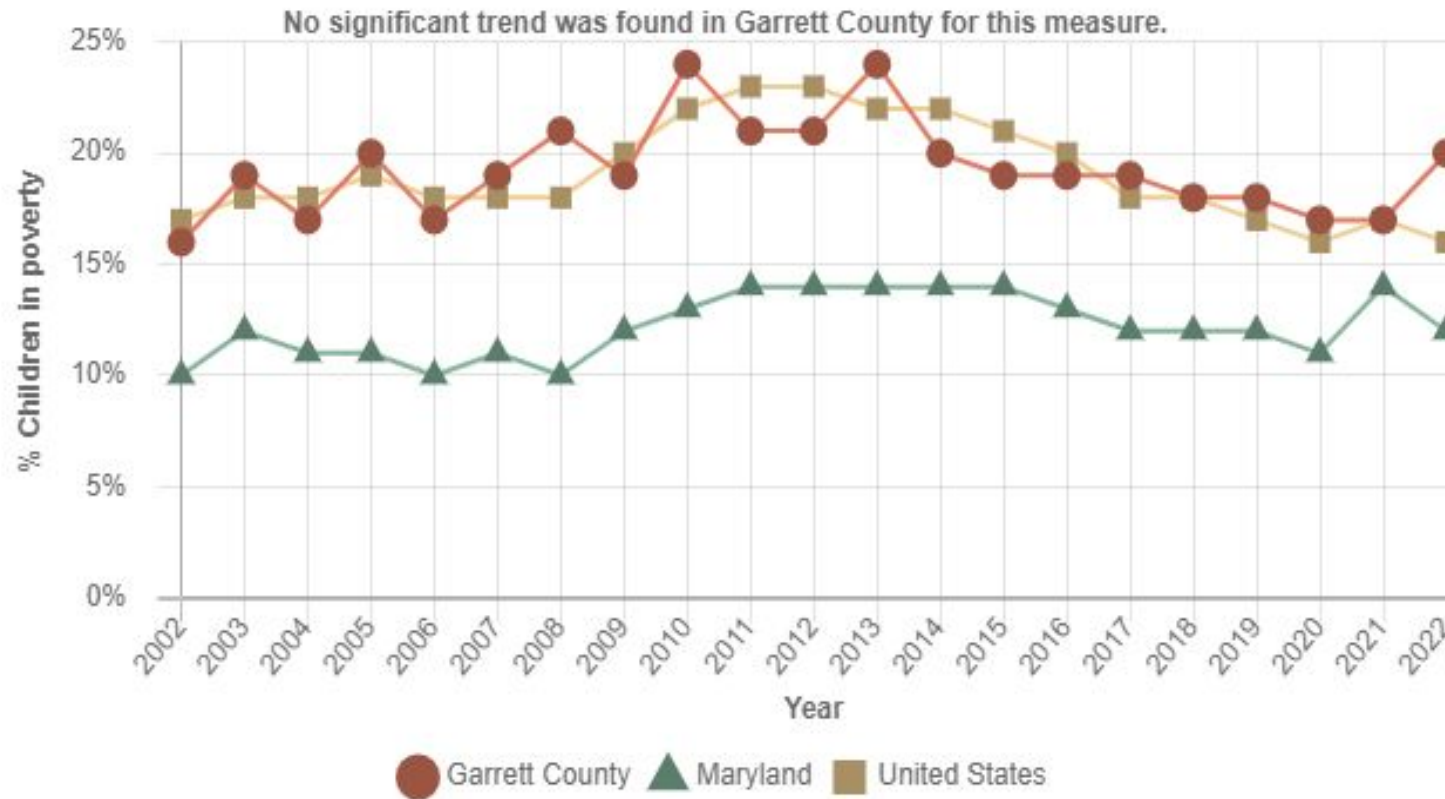
**County Health
Rankings & Roadmaps**
A Robert Wood Johnson Foundation Program

HEALTH OUTCOMES



UPDATED FOR
2024

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

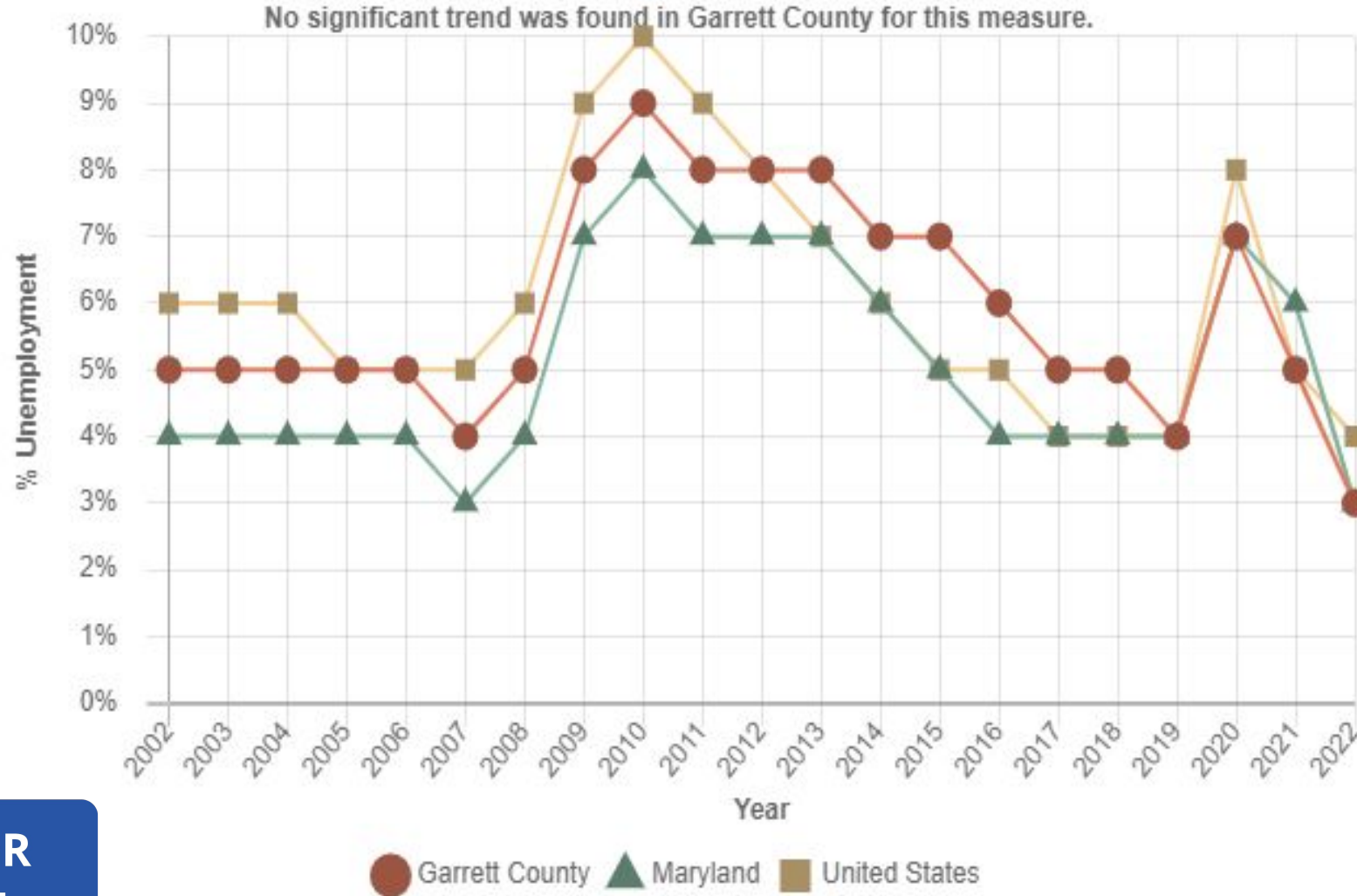


Click on the circle, triangle or square above to show corresponding data points on the county, state and national level.

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.

Source:
County Health Rankings and Roadmaps

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



Click on the circle, triangle or square above to show corresponding data points on the county, state and national level.

Source:
County Health Rankings and Roadmaps

UPDATED FOR
2024

State Health Improvement Process

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

Including 39 measures and 5 focus areas

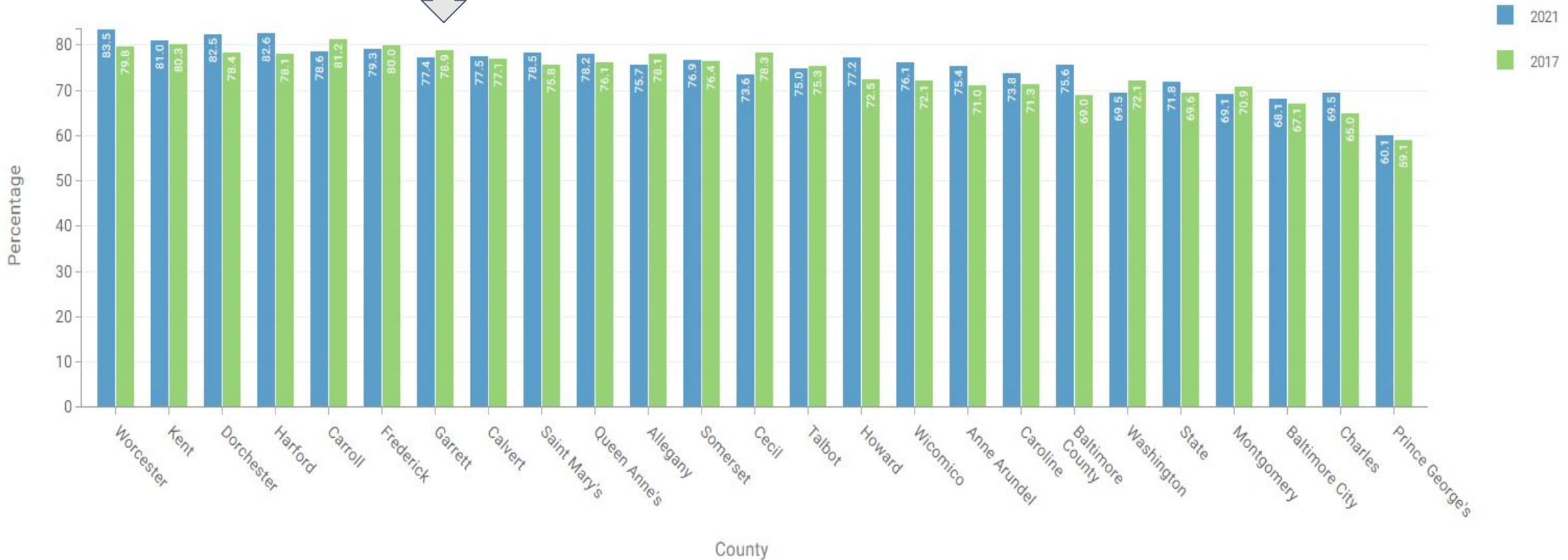
Focus Areas:

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

UPDATED FOR
2024

MD SHIP Early Prenatal Care

2017 vs. 2021 Comparison - County-Level Data - All Races/Ethnicities



Edit

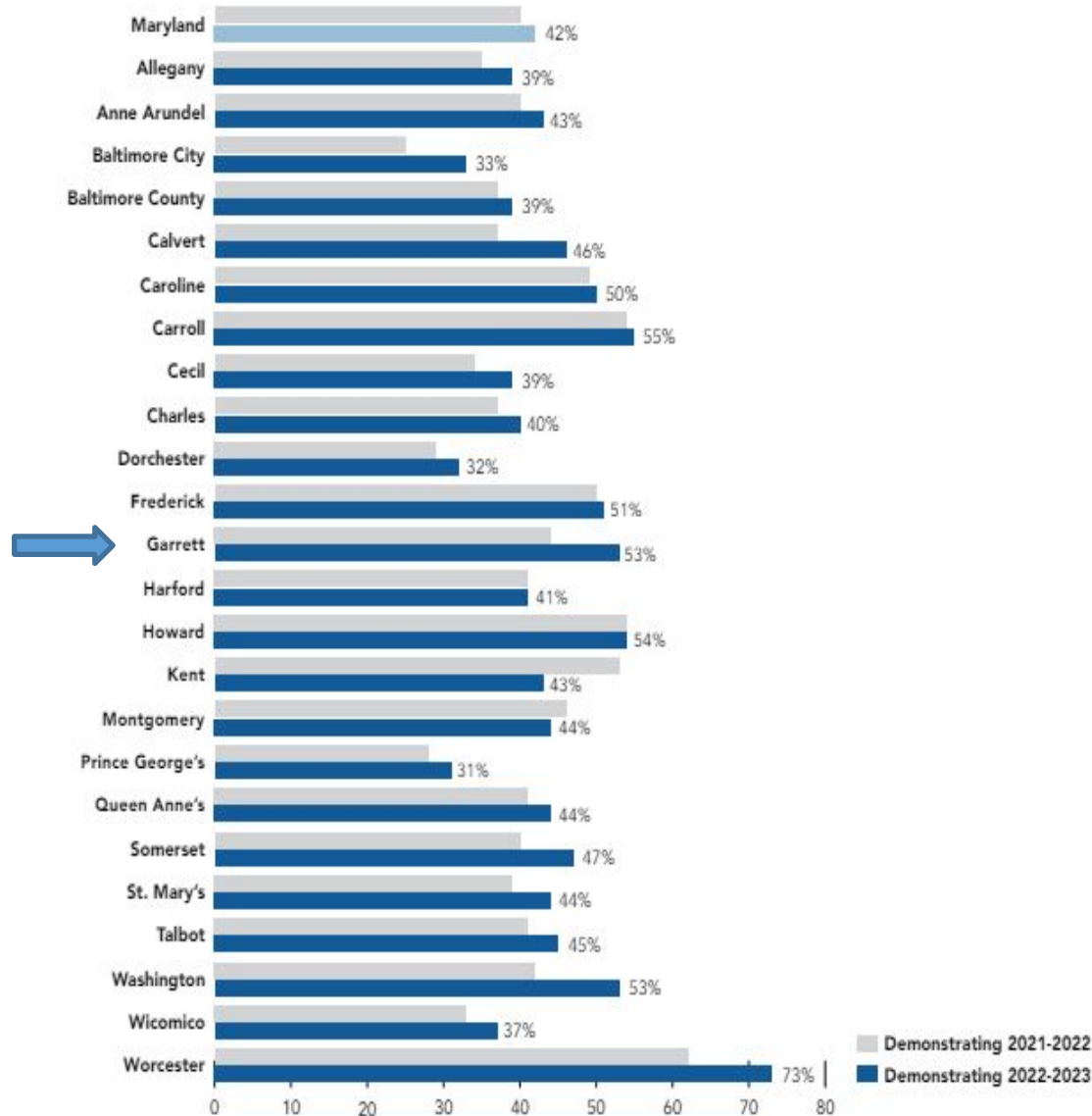
2021
2017



Methodology: <https://health.maryland.gov/pophealth/Documents/SHIP/SHIP%20Lite%20Data%20Details/Early%20Prenatal%20Care.pdf> Click and drag to pan the chart

SCHOOL READINESS

Readiness by Jurisdiction



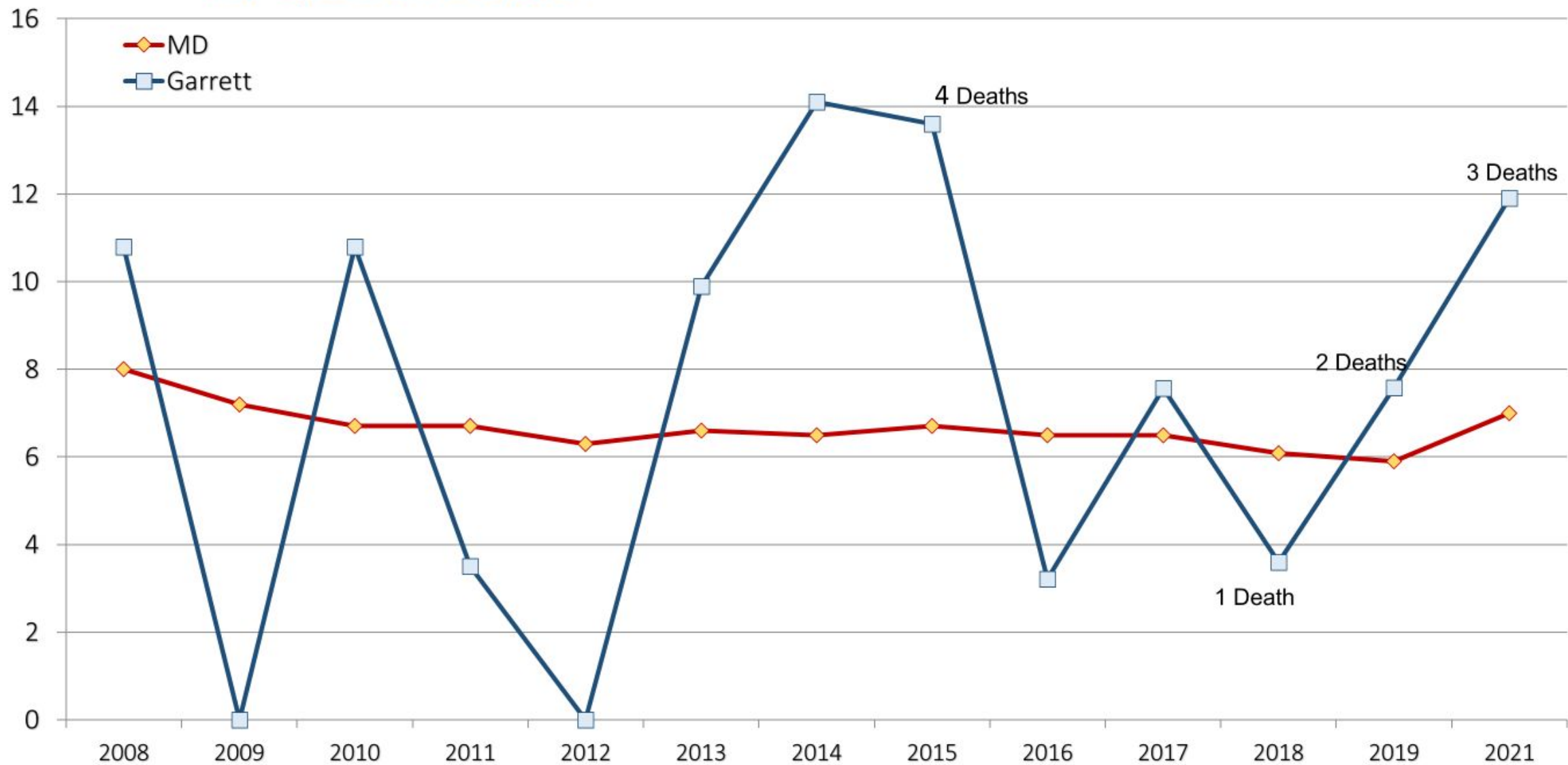
This year, the KRA data indicate that students across the state received the highest average scores in physical well-being and motor development and social foundations, and the lowest average scores in language and literacy and mathematics.

READINESS BY JURISDICTION

The 2022–2023 KRA data show the following:

- 20 jurisdictions reported higher readiness scores than in 2021–2022.
- 9 jurisdictions, serving over 28,000 kindergarteners, reported scores at or below the state average.
- Washington and Worcester counties demonstrated the largest gains, increasing 11 percentage points over the prior year.

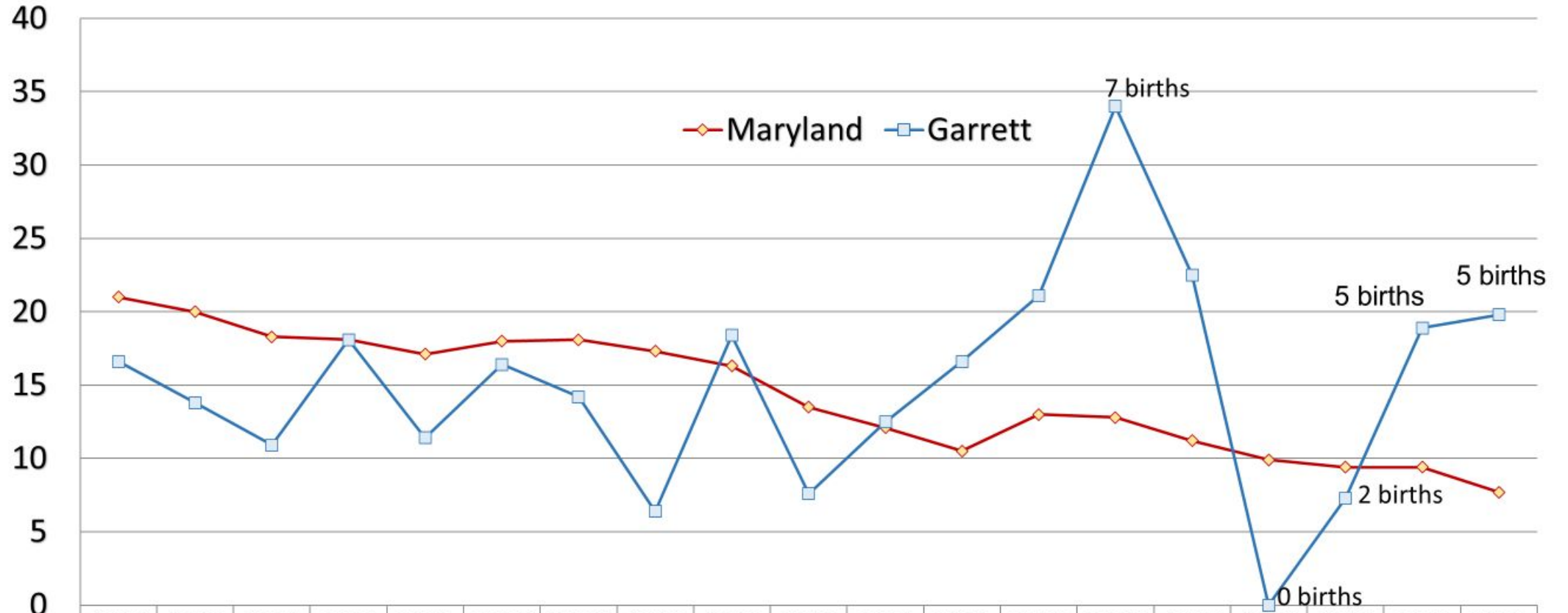
Infant Mortality Rate Per 1,000 Live Births



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

Births to Adolescents, All Races

Rates per 1,000 Females, Ages 15-17

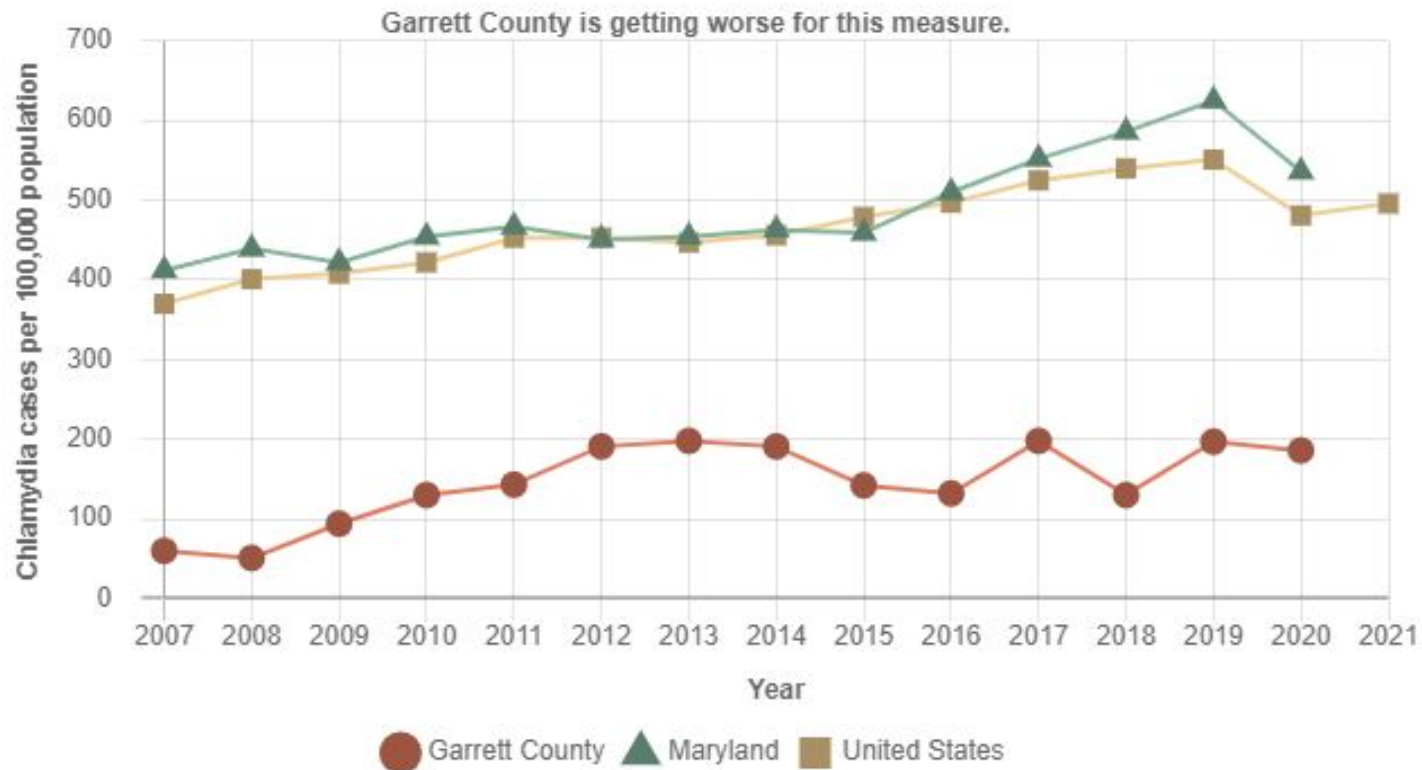


	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2014	2015	2016	2017	2018	2019	2021
—◆— Maryland	21	20	18.3	18.1	17.1	18	18.1	17.3	16.3	13.5	12.1	10.5	13	12.8	11.2	9.9	9.4	9.4	7.7
—□— Garrett	16.6	13.8	10.9	18.1	11.4	16.4	14.2	6.4	18.4	7.6	12.5	16.6	21.1	34	22.5	0	7.3	18.9	19.8

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

UPDATED FOR
2024

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



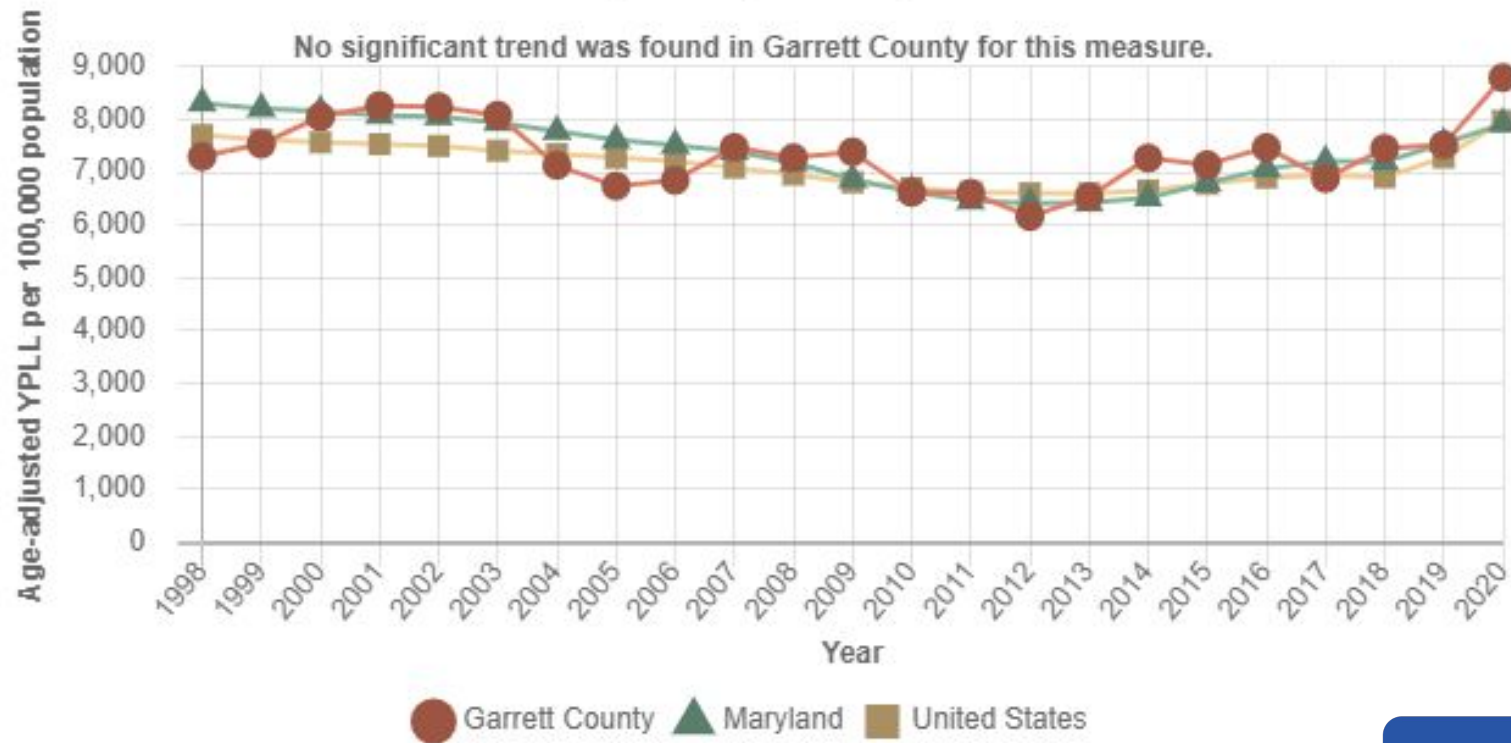
Click on the circle, triangle or square above to show corresponding data points on the county, state and national level.

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

Source:
County Health Rankings and Roadmaps

Premature Death in Garrett County, MD

Years of Potential Life Lost (YPLL): county, state and national trends



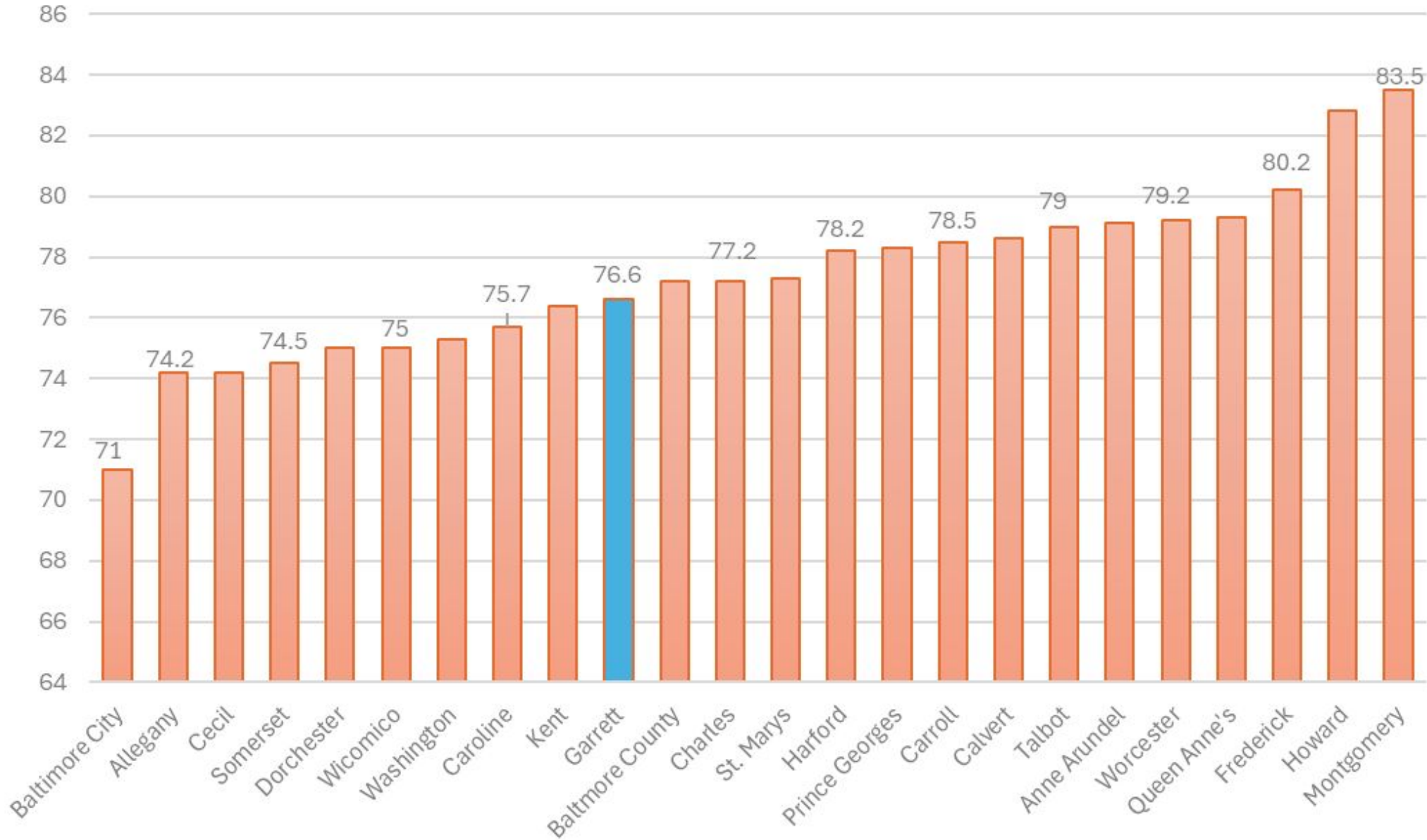
Click on the circle, triangle or square above to show corresponding data points on the county, state and national level.

Notes:
 Methods used for population estimates changed with data years 2004-2006 and again with data years 2019-2021. Use caution when comparing across years.
 Each year represents a 3-year average around the middle year (e.g. 2015 is the middle year of 2014-2016).



Source:
 County Health Rankings and Roadmaps

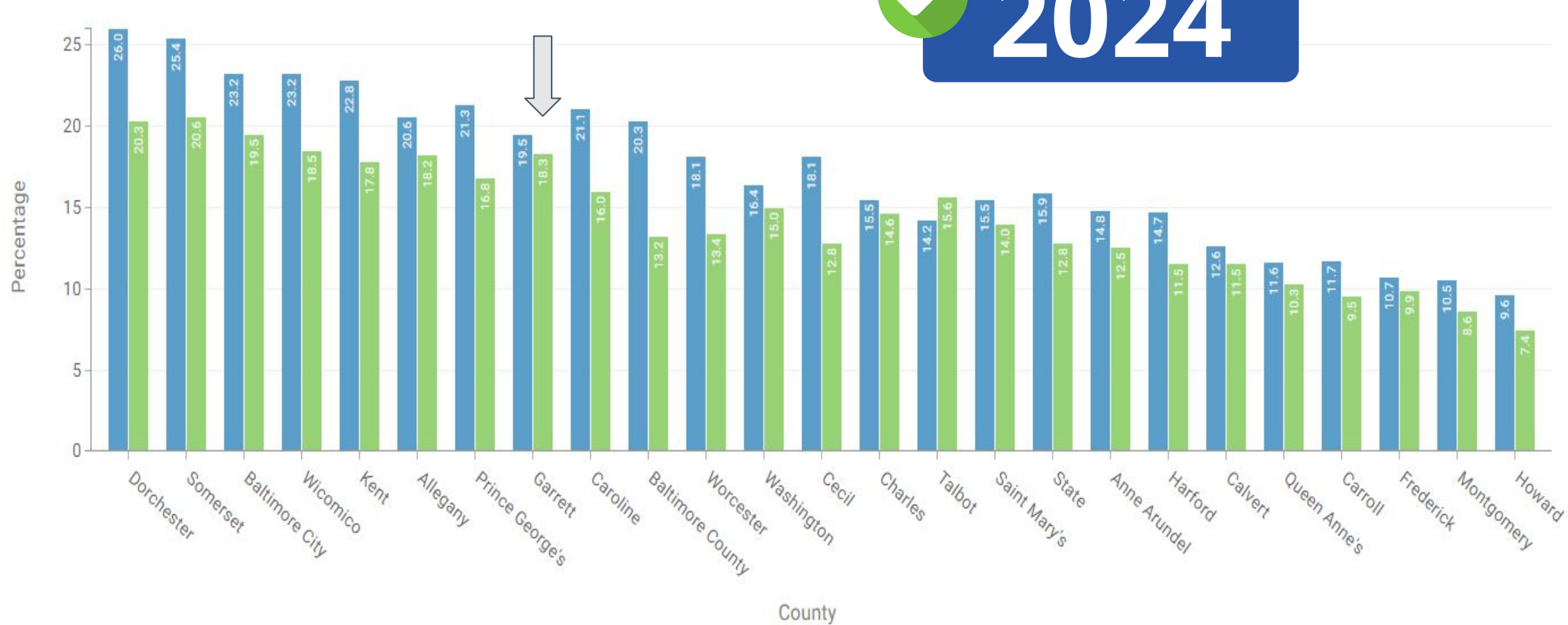
LIFE EXPECTANCY



MD SHIP Adolescent Obesity

2018 vs. 2021 Comparison - County Level Data - All Races/Ethnicities

✓ **UPDATED FOR 2024**



Edit

2021
2018



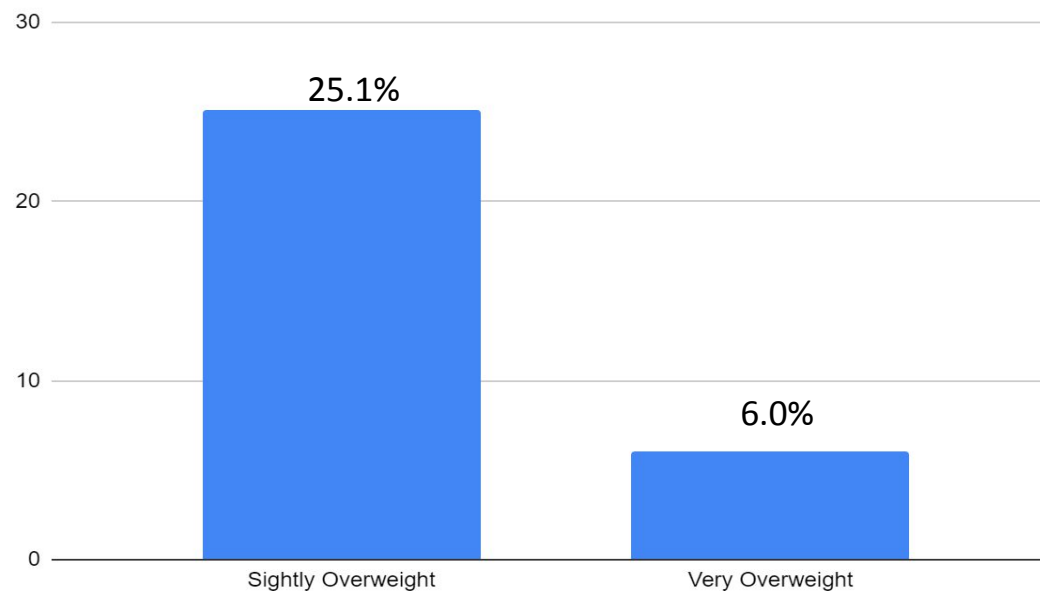
Click and drag to pan the chart

Methodology: <https://health.maryland.gov/pophealth/Documents/SHIP/SHIP%20Lite%20Data%20Details/Adolescents%20who%20have%20Obesity.pdf>

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.

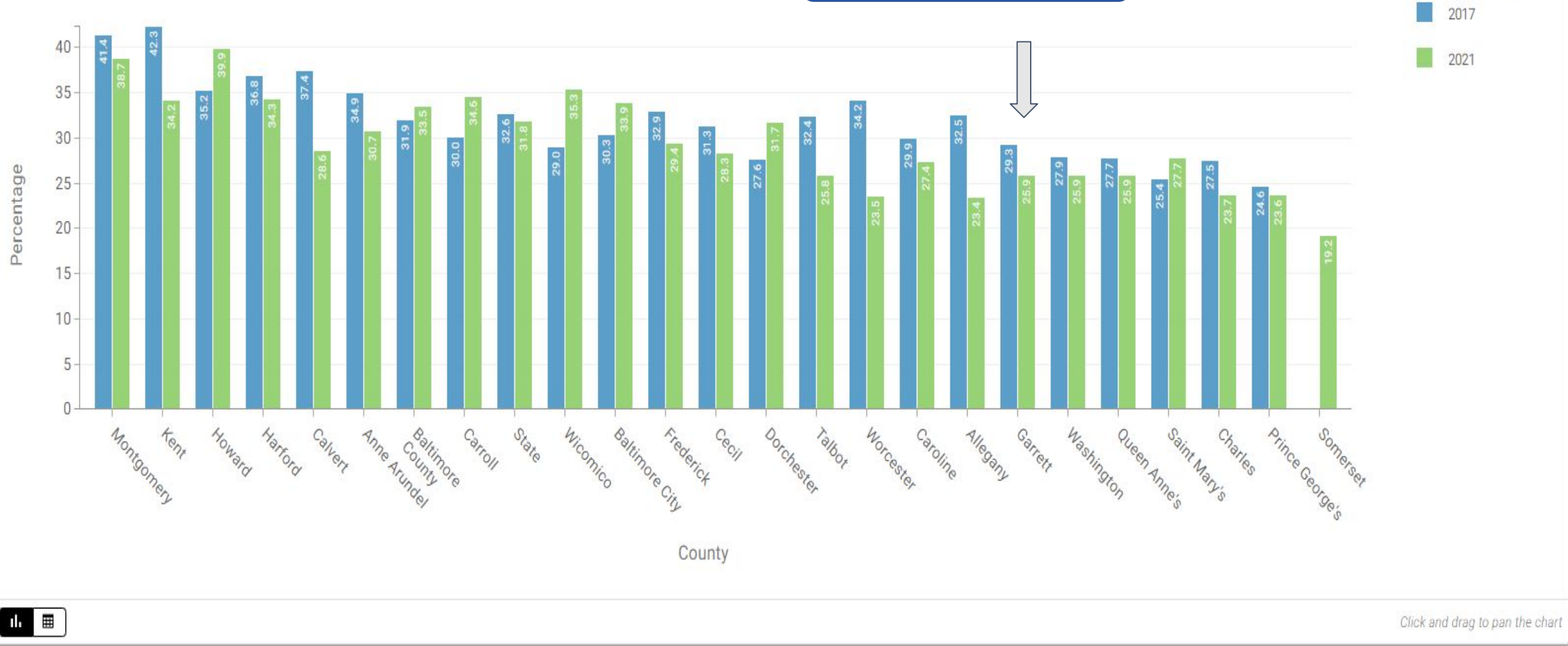
2021 GARRETT COUNTY YRBS



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2024

MD SHIP Adults Who Are NOT Overweight Or Obese

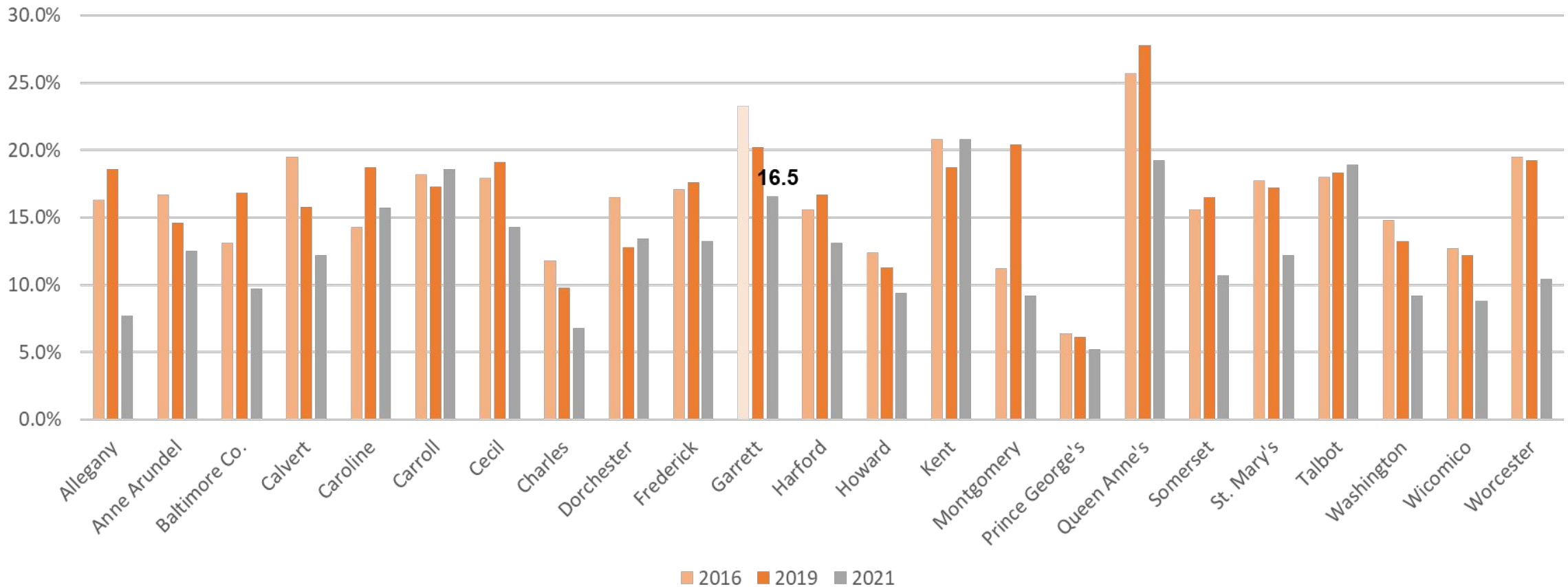
2017 vs. 2021 - County-Level Data - All Races/Ethnicities



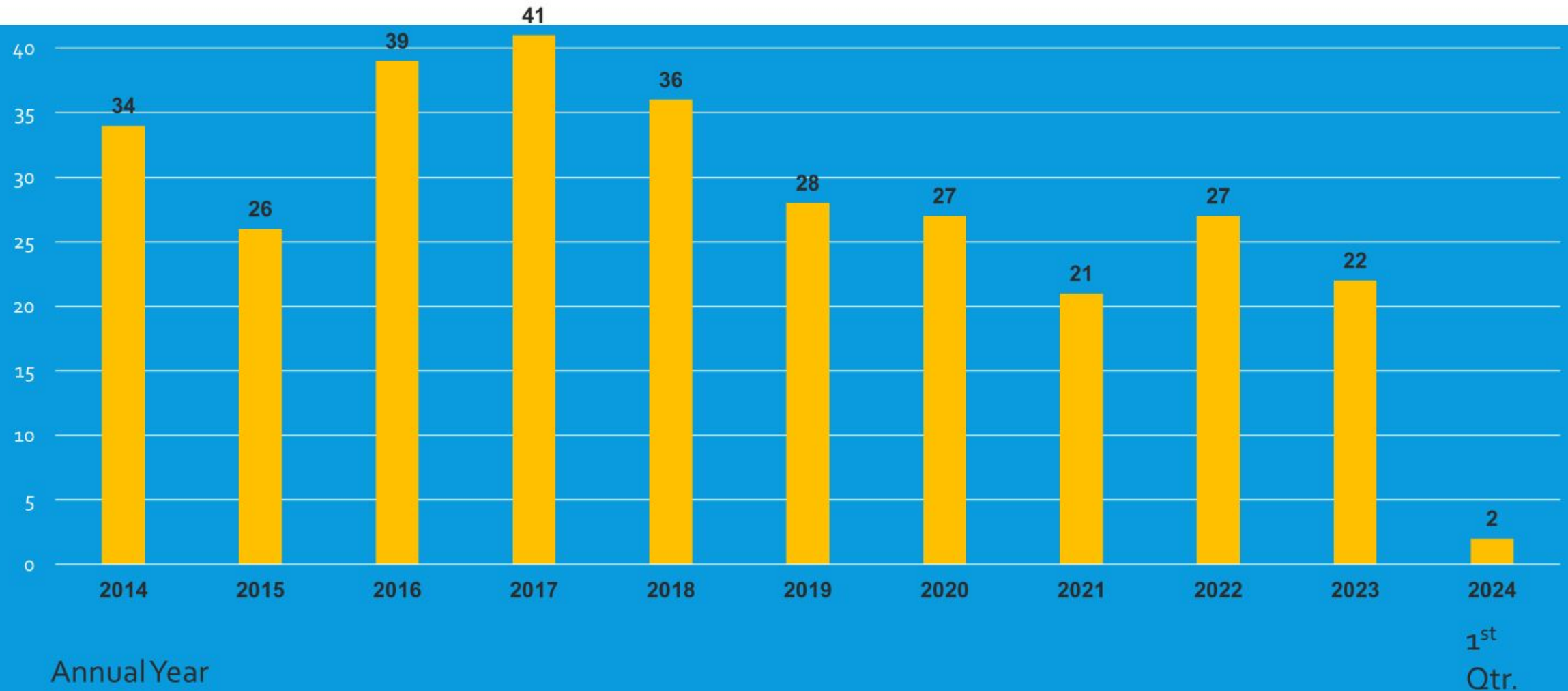
Methodology: <https://health.maryland.gov/pophealth/Documents/SHIP/SHIP%20Lite%20Data%20Details/Adults%20who%20are%20Not%20Overweight%20or%20Obese.pdf>

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 – 2016- 13%
 2019- 20.2%
 2021 – 14.4%



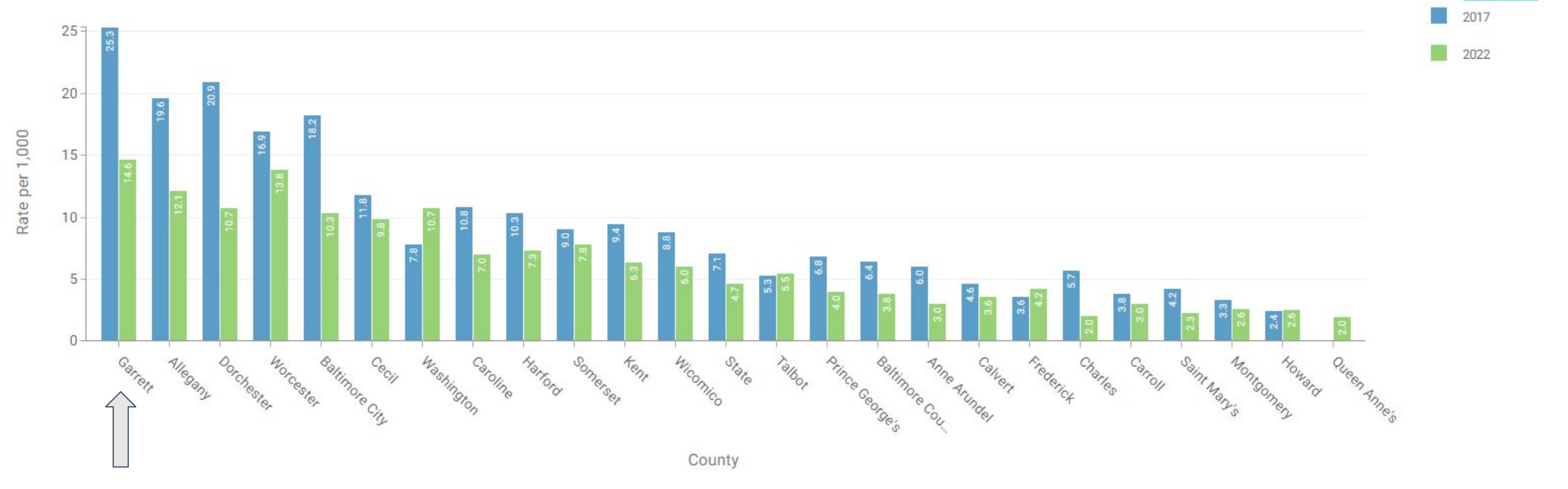
SUBSTANCE EXPOSED NEWBORNS (SEN) DELIVERED AT GRMC OR COLLECTED IN FP/OB OFFICES (INCLUDES WV PATIENTS).



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2024

MD SHIP Child Maltreatment

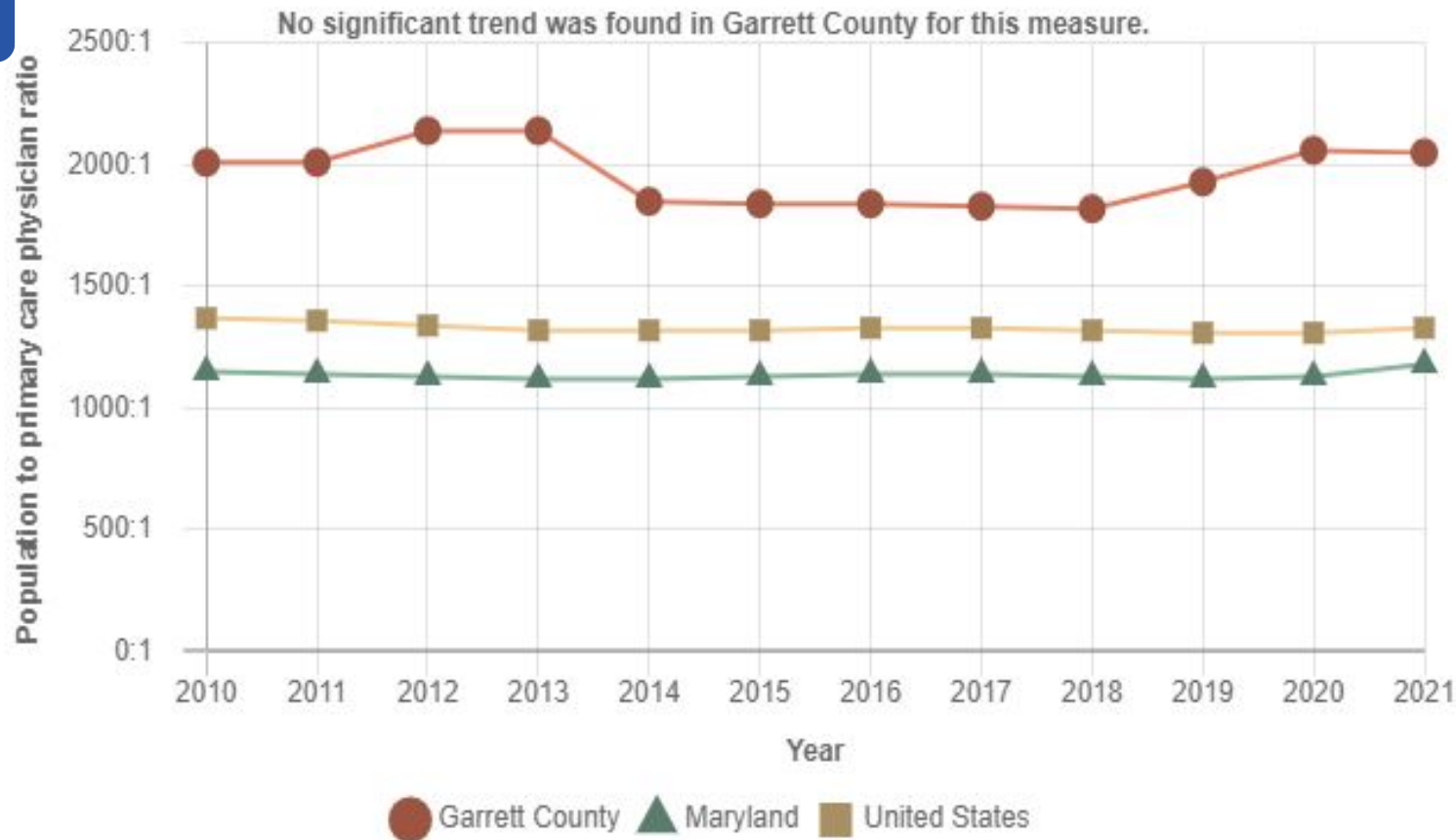
2017 vs. 2022 Comparison - County Level Data - All Races/Ethnicities



Methodology: <https://health.maryland.gov/pophealth/Documents/SHIP/SHIP%20Lite%20Data%20Details/Child%20Maltreatment%20Rate.pdf>

UPDATED FOR
2024

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



Click on the circle, triangle or square above to show corresponding data points on the county, state and national level.

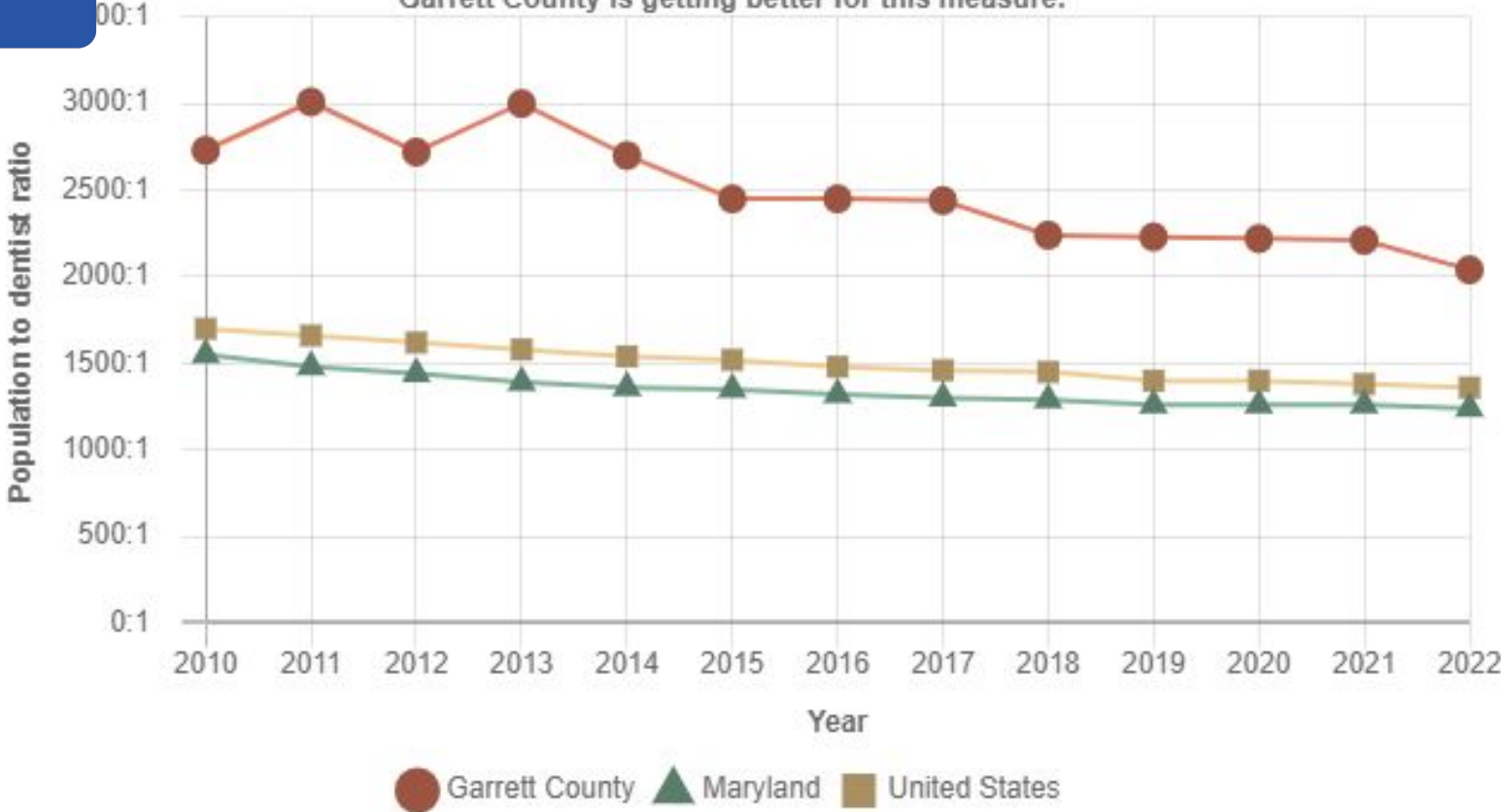
Notes:
The data in this table reflect the average population served by a single primary care physician.

Source:
County Health Rankings and Roadmaps

UPDATED FOR
2024

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

Garrett County is getting better for this measure.

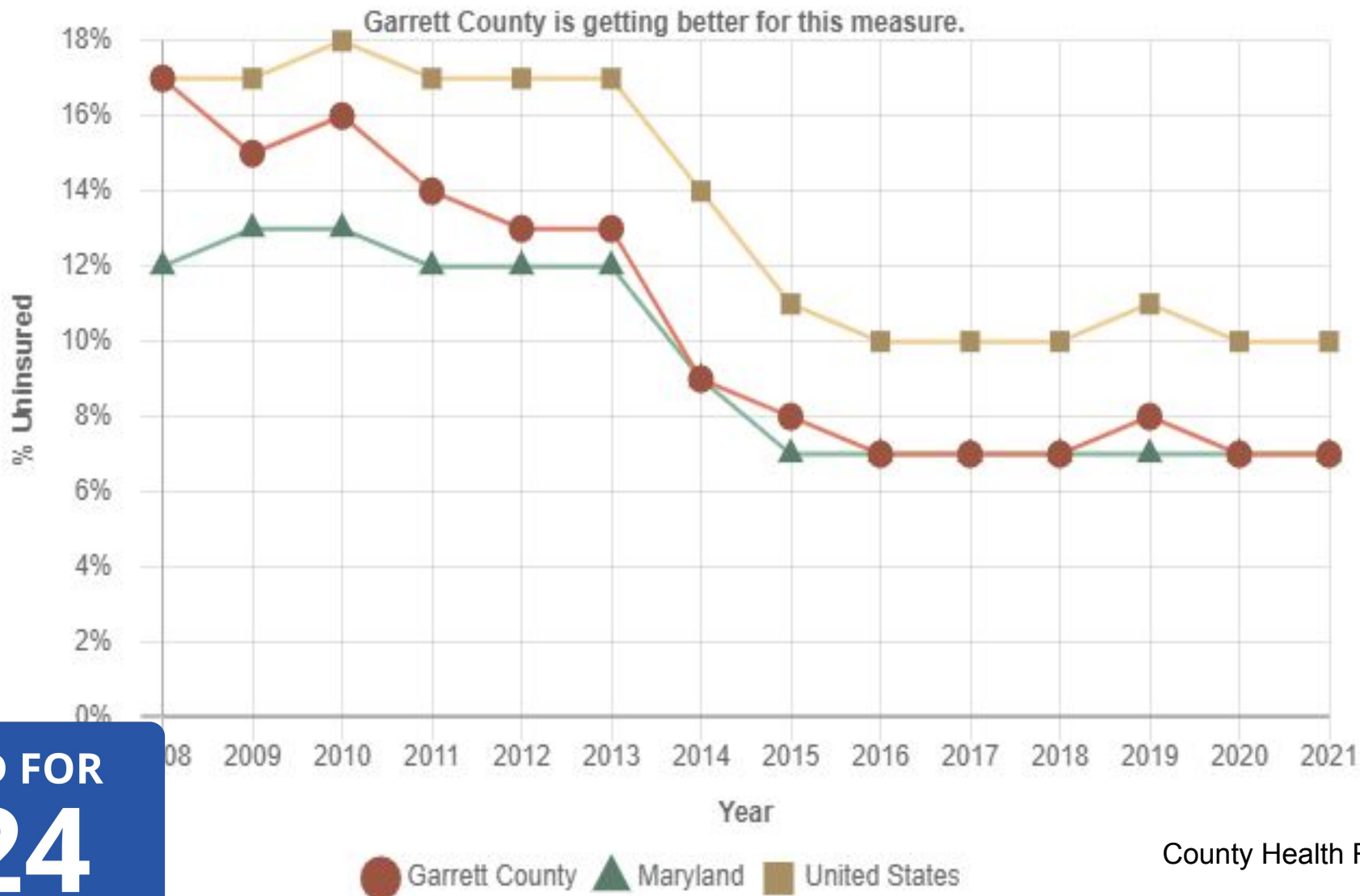


Click on the circle, triangle or square above to show corresponding data points on the county, state and national level.

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

Source:
County Health Rankings and Roadmaps

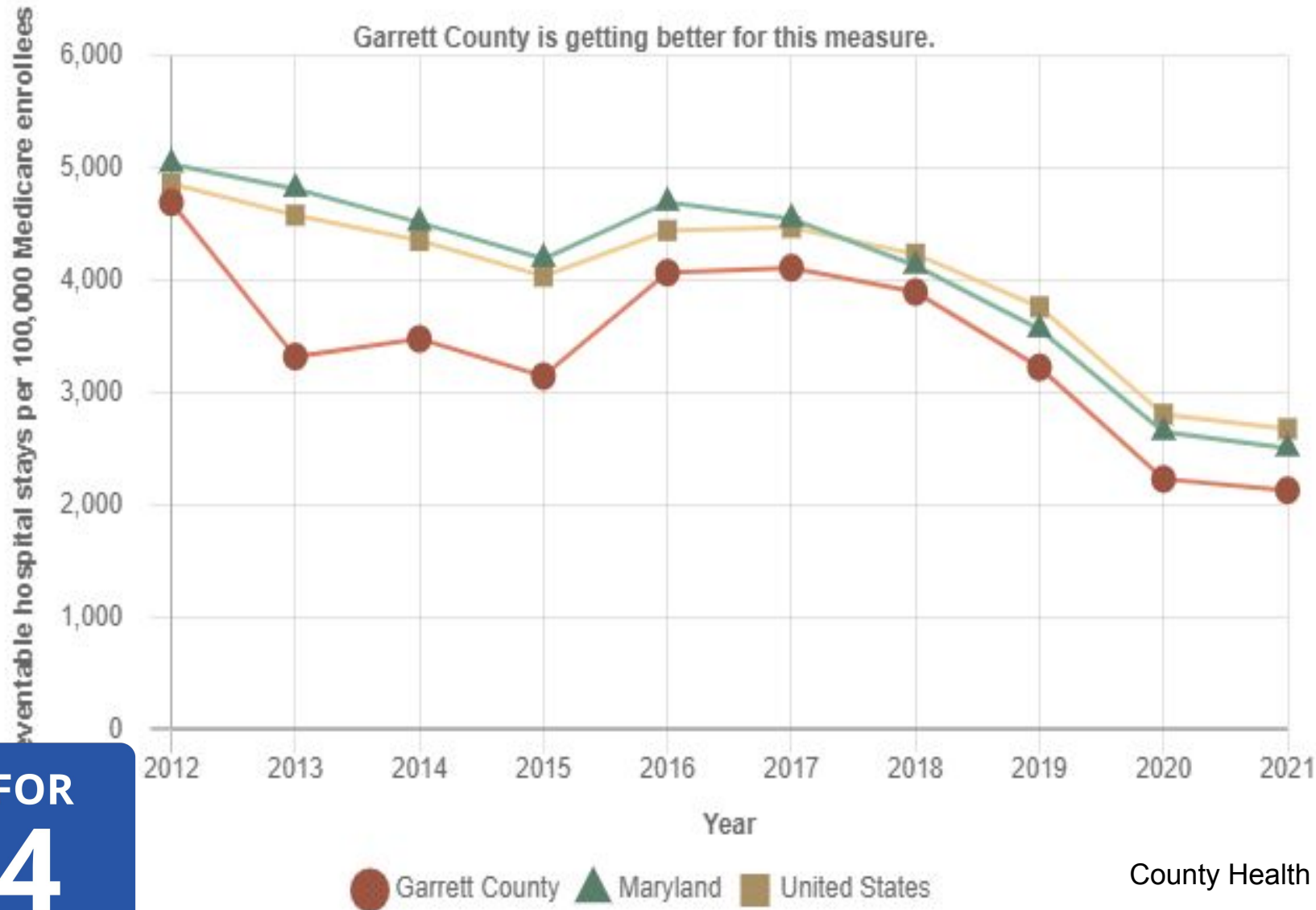
Uninsured in Garrett County, MD County, state and national trends



Source:
County Health Rankings and Roadmaps

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Preventable Hospital Stays in Garrett County, MD County, state and national trends



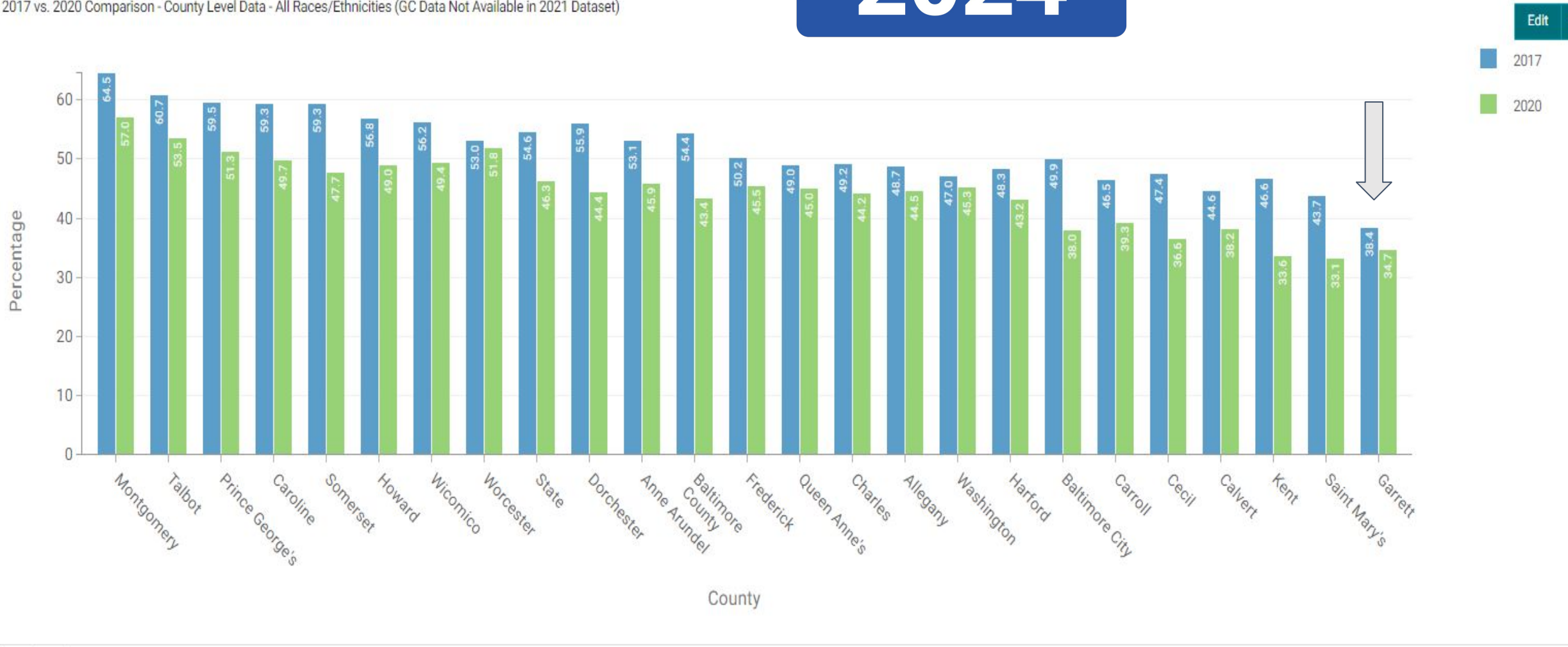
Source:
County Health Rankings and Roadmaps

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2024

UPDATED FOR
2024

MD SHIP Adolescent Well Child Checks

2017 vs. 2020 Comparison - County Level Data - All Races/Ethnicities (GC Data Not Available in 2021 Dataset)



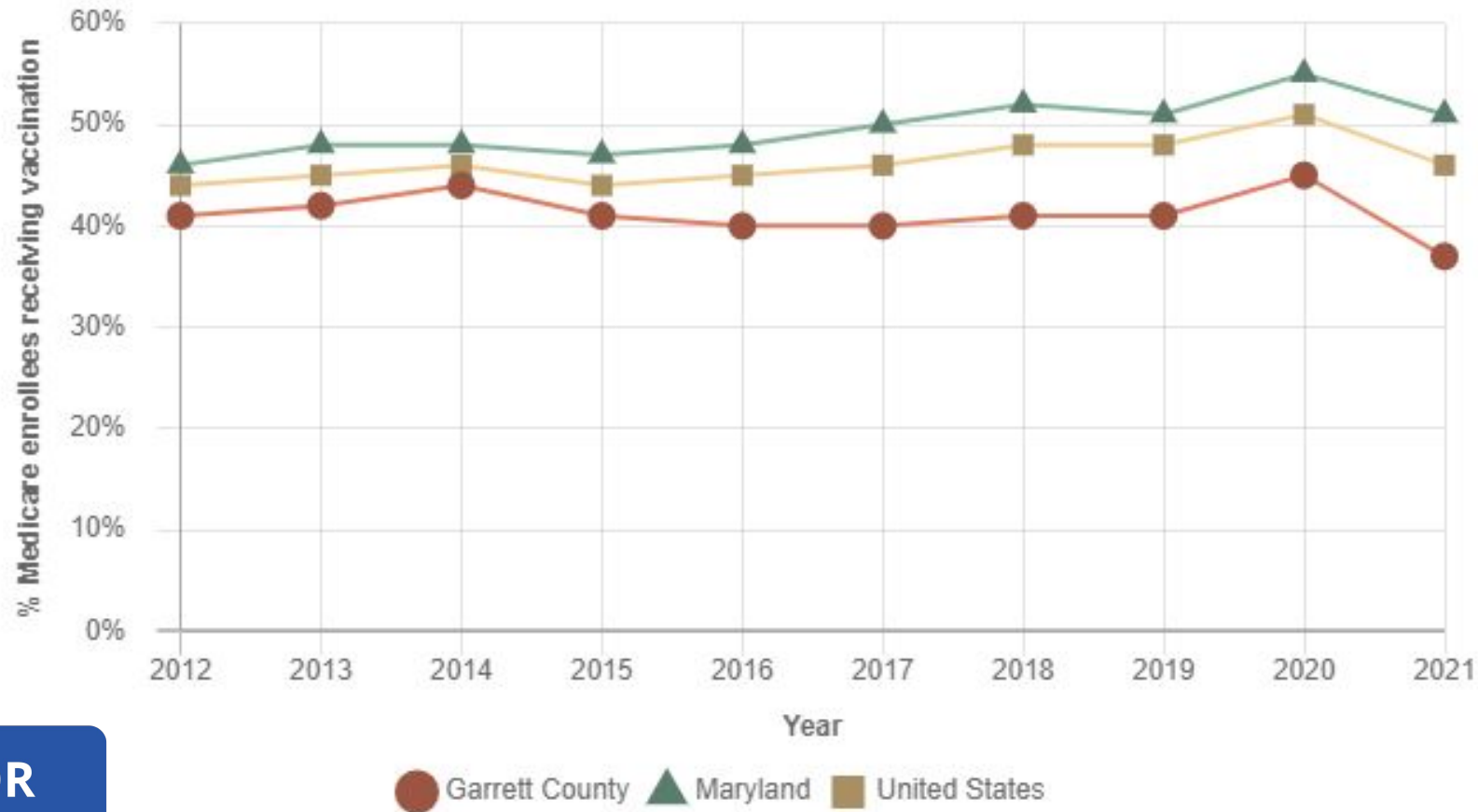
Edit

2017
2020

Methodology: <https://health.maryland.gov/pophealth/Documents/SHIP/SHIP%20Lite%20Data%20Details/Adolescents%20who%20received%20a%20Wellness%20Checkup%20in%20the%20Last%20Year.pdf>

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.



Click on the circle, triangle or square above to show corresponding data points on the county, state and national level.

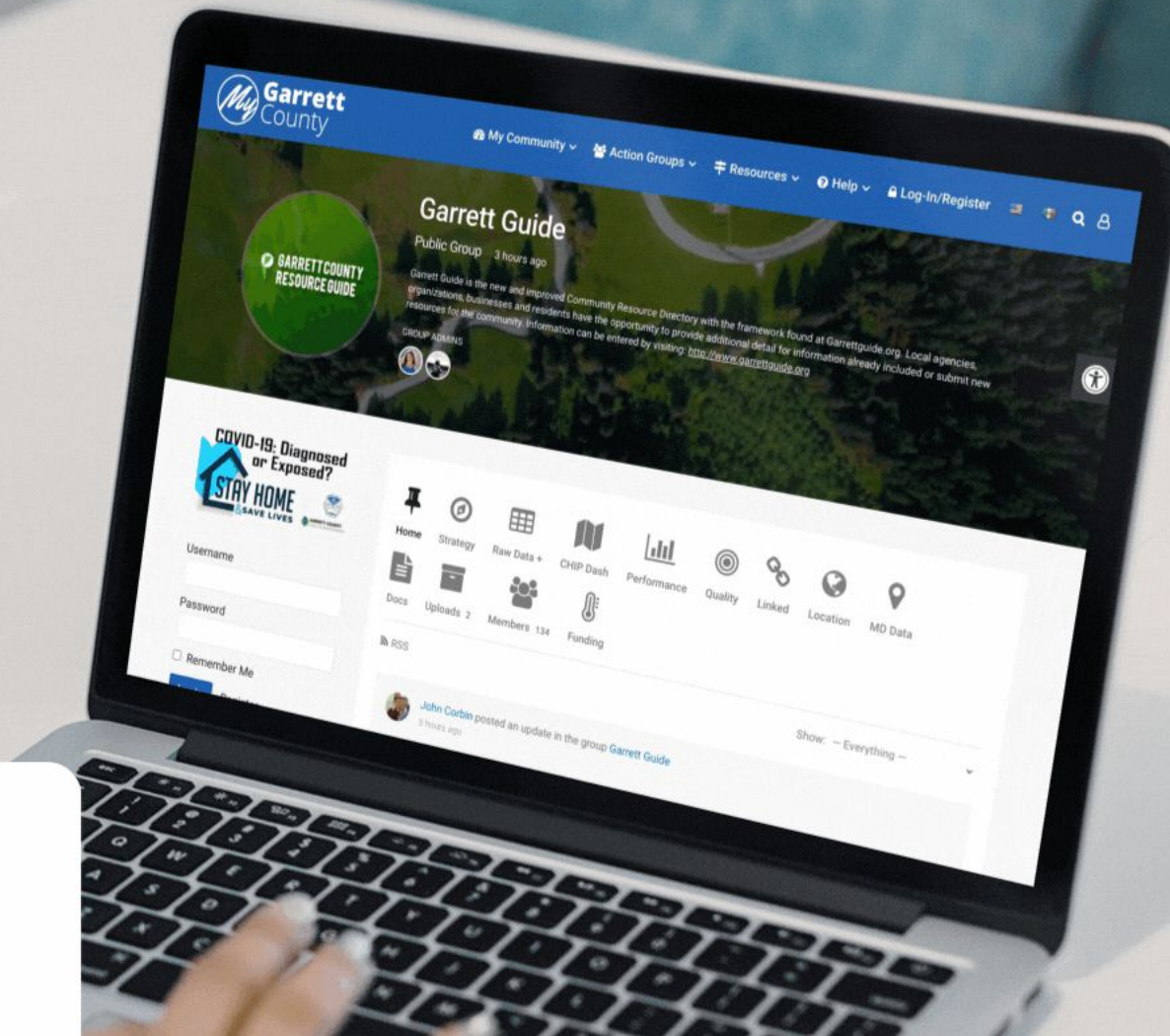
Source:
County Health Rankings and Roadmaps



2024

Priorities and Initiatives

- **Chronic Diseases, focusing on risk factors-nutrition, physical activity and tobacco**
- **Access to Care & Linkages to Community Resources**
- **Expansion of behavioral health services and supports through community partnerships**
- **Family Structure with emphasis on maternal, child and adolescent health and reducing child maltreatment**



2,129,246

Resources Accessed (Lifetime)
367.4% Increase (Since CV-19)



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2024



Garrett County Health Department

English

Garrett County Planning Tool

DATA INSIGHT

B: FOOD AND NUTRITION SECURITY

Community Story

To reduce the risk for chronic diseases and improve health, we are working together in Garrett County to help people get the recommended amounts of healthy foods like vegetables, fruits, and whole grains with the aim of getting essential nutrients like calcium and potassium.

Many strategies and interventions to help people choose healthy foods are underway and can help reduce the risk of chronic diseases and improve their overall health. People who eat too

Take Action

Leading Systems Change

Health Strategist, Shelley Argabrite and her team at the Garrett County Health Department are leading the charge to create infrastructure in the form of a nonprofit with a multisector board which will aid in the ease of resource coordination to address food and nutrition security in Garrett County. Partners from the University of Maryland Extension, Garrett Growers, and Garrett County Government are integral partners in the

for Event Name	
Estimated	\$500.00
Total	\$500.00
Estimated	\$200.00
Total	\$200.00
Balloons	
Paper supplies	
Total	
Publicity	
Graphics work	
Photocopying/Printing	
Postage	
Total	
Miscellaneous	
Telephone	
Transportation	
Stationery	
Fax service	
Total	

Data

New Insights Launched

Bridging the CHA & CHIP Gap

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2024



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2024

Food

GarrettCountyFood.com

Multiple Food Security Programs Launched to
Address Hunger and Provide Additional Help





GC IN MOTION
GARRETT COUNTY, MARYLAND

+



RETURNING SUMMER 2024!



GOGARRETTCOUNTY.COM



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