

Garrett County, Maryland 2025 Status of Health

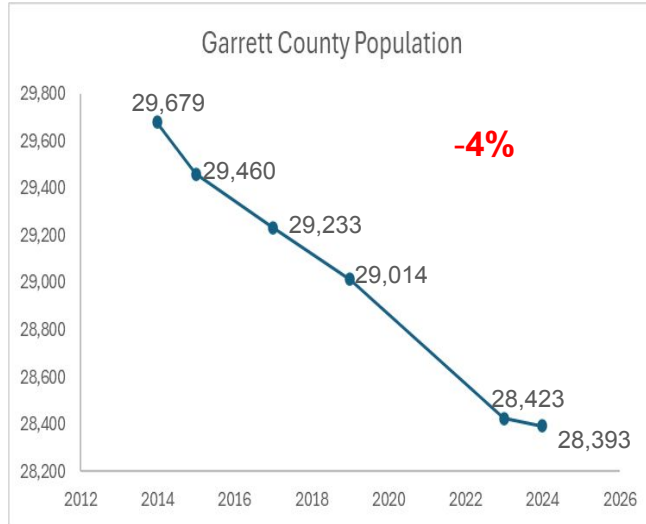


Presented to the Board of Health
By: Jennifer Hare, CPA, Health Officer
5/22/2025

Data Sources:

- o State Health Improvement Process, SHIP Rankings by Jurisdiction
- o Census Data
- o Vital Statistics for Garrett County and Maryland Behavioral Risk Factor Survey
- o Youth Risk Behavior Survey
- o Robert Wood Johnson County Health Rankings & Roadmaps
- o Hyperlocal data collected on mygarrettcountry.com
- o The Annie E. Casey Foundation

Demographics of Garrett County



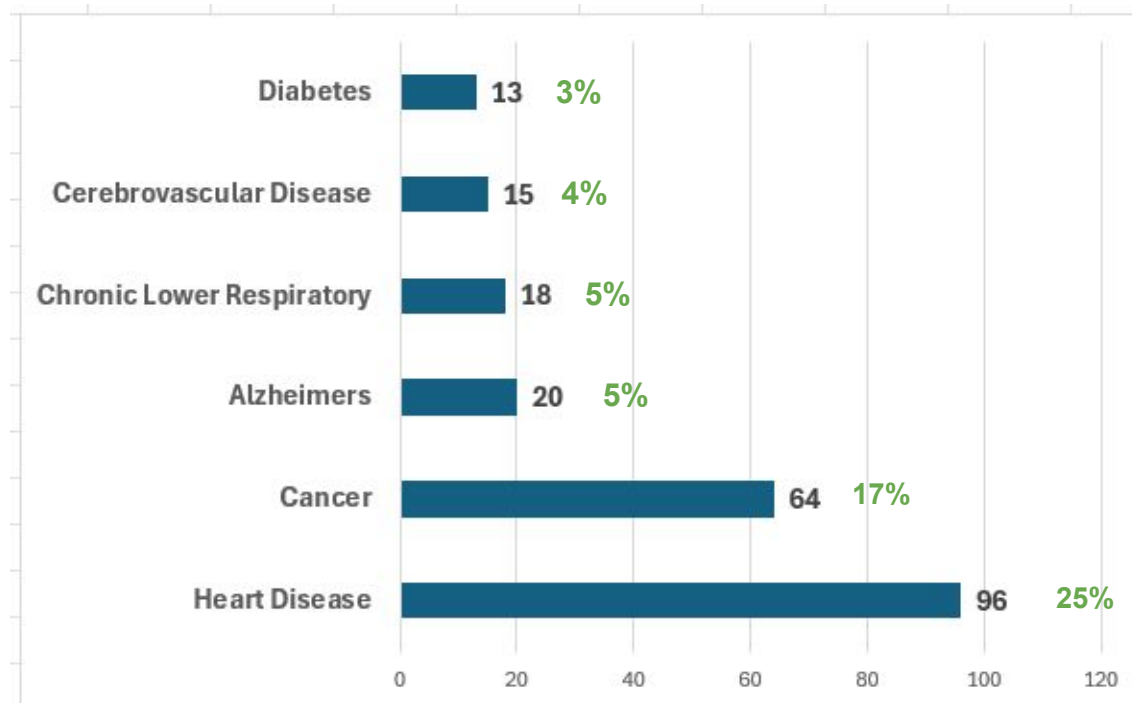
MD Vital Statistics 2022

2024	Garrett	Maryland	U.S.A.
Overall	28,393	6,263,220	340,110,988
Age Group			
Under 18 Years	22.0%	17.4%	21.7%
65 Years & Older	25.2%	17.3%	17.7%
Income, Benefits and Employment			
Median Household Income	69,031	101,652	78,538
SNAP Benefits	2,111	359,957	
Unemployed (Feb, 2025)	4.4%	3.0%	4.2%
Poverty			
Persons in Poverty	10.8%	9.5%	11.1%
Housing			
Housing Units	18,760	2,572,412	145,344,636
Owner occupied	81.0%	67.5%	65.0%

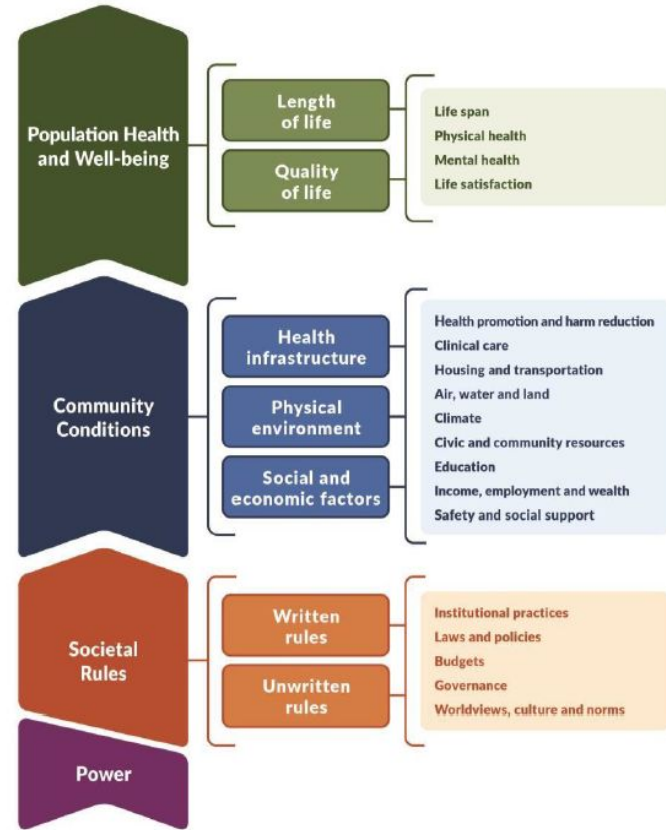
Vital Statistics: Deaths

In 2022, there were **379 deaths** among Garrett County residents.

Heart disease and cancer remain the leading causes of death.



The University of Wisconsin Population Health Institute Model of Health shows how the community conditions - where we live, learn, work, and play - affect our collective health and well-being.






University of Wisconsin Population Health Institute Model of Health © 2025




Health Factors

	Garrett, MD Remove Location	Allegany, MD Remove Location	Preston, WV Remove Location	Mineral, WV Remove Location	
Population Health and Well-being					
Length of life	Garrett, MD	Allegany, MD	Preston, WV	Mineral, WV	—
Life Expectancy	76.8	73.5	74.0	73.6	▼
Premature Age-Adjusted Mortality	390	560	510	540	▼
Child Mortality	60	60	70	70	▼
Infant Mortality		8			▼
Quality of life	Garrett, MD	Allegany, MD	Preston, WV	Mineral, WV	—
Frequent Physical Distress	13%	14%	17%	15%	▼
Diabetes Prevalence	10%	12%	13%	12%	▼
HIV Prevalence	64	301	127	82	▼
Adult Obesity	37%	37%	41%	43%	▼
Frequent Mental Distress	18%	19%	23%	22%	▼
Suicides	16	15	24	19	▼
Feelings of Loneliness	37%	37%	33%	32%	▼

Community Conditions

Health infrastructure		Garrett, MD	Allegany, MD	Preston, WV	Mineral, WV	
Limited Access to Healthy Foods		4%	10%	10%	6%	✓
Food Insecurity		16%	17%	13%	12%	✓
Insufficient Sleep		38%	43%	40%	39%	✓
Teen Births		17	21	20	23	✓
Sexually Transmitted Infections		115.5	291.4	64.4	182.5	✓
Excessive Drinking		19%	19%	18%	18%	✓
Alcohol-Impaired Driving Deaths		31%	21%	44%	9%	✓
Drug Overdose Deaths		26	59	36	44	✓
Adult Smoking		17%	16%	23%	20%	✓
Physical Inactivity		26%	25%	33%	29%	✓
Uninsured Adults		9%	7%	10%	7%	✓
Uninsured Children		5%	4%	3%	2%	✓
Other Primary Care Providers		490:1	430:1	1,000:1	1,280:1	✓

Community Conditions

Physical environment	Garrett, MD	Allegany, MD	Preston, WV	Mineral, WV
Severe Housing Problems	11%	12%	9%	8%
Driving Alone to Work	77%	79%	76%	80%
Long Commute - Driving Alone	30%	20%	48%	29%
Air Pollution: Particulate Matter 	4.6	6.3	6.3	6.1
Drinking Water Violations	No	Yes	Yes	Yes
Broadband Access	83%	84%	84%	89%
Library Access	3	<1	1	1
Social and economic factors	Garrett, MD	Allegany, MD	Preston, WV	Mineral, WV
Some College	55%	53%	45%	54%
High School Completion	90%	90%	86%	93%
Unemployment 	2.3%	2.8%	3.9%	4.1%
Income Inequality	4.3	4.8	4.5	5.0
Children in Poverty 	15%	22%	22%	17%
Injury Deaths	88	112	102	111
Social Associations	12.9	16.2	7.9	13.0
Child Care Cost Burden	29%	33%	37%	33%

Community Conditions

Demographics	Garrett, MD	Allegany, MD	Preston, WV	Mineral, WV	
% Below 18 Years of Age	17.4%	17.9%	18.1%	19.9%	
% 65 and Older	25.2%	21.4%	21.1%	23.1%	
% Female	50.1%	47.6%	47.1%	50.2%	
% American Indian or Alaska Native	0.3%	0.3%	0.3%	0.3%	
% Asian	0.5%	1.2%	0.4%	0.6%	
% Hispanic	1.5%	2.1%	1.9%	1.3%	
% Native Hawaiian or Other Pacific Islander	0.0%	0.1%	0.0%	0.0%	
% Non-Hispanic Black	1.1%	7.7%	1.7%	2.7%	
% Non-Hispanic White	95.6%	86.3%	94.7%	93.3%	
% Disability: Functional Limitations	28%	31%	39%	35%	
% Not Proficient in English	0%	0%	0%	0%	
Children in Single-Parent Households	19%	24%	22%	21%	
% Rural	84.2%	35.0%	100.0%	69.2%	
Population	28,423	67,273	34,099	26,867	

Note: Blank values reflect unreliable or missing data.

Community Conditions - GCDHS

28 CPS open cases

Alternative Response 12 (all of these happen to be neglect this month)

Investigative Response 16 (of these, 8 are neglect; 5 are physical abuse; 3 are sexual abuse)

Out of Home Placement (foster care)

24 children in care

3 are in kinship placements

1 in group home placement

3 in residential treatment center placement

4 in Semi-Independent Living placement (these are older youth 18-21 years old)

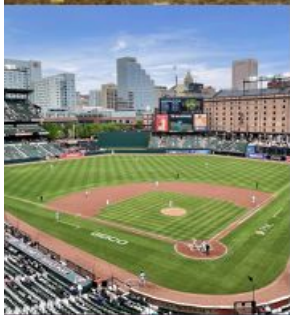
33 families are receiving In-Home family services (family preservation)

37 adults are receiving Social Services to Adults

25 adults are receiving In-Home Aide Services



State Health Improvement Plan: 5 Health Priority Areas



Chronic Disease



Access to Care





Women's Health

























Violence



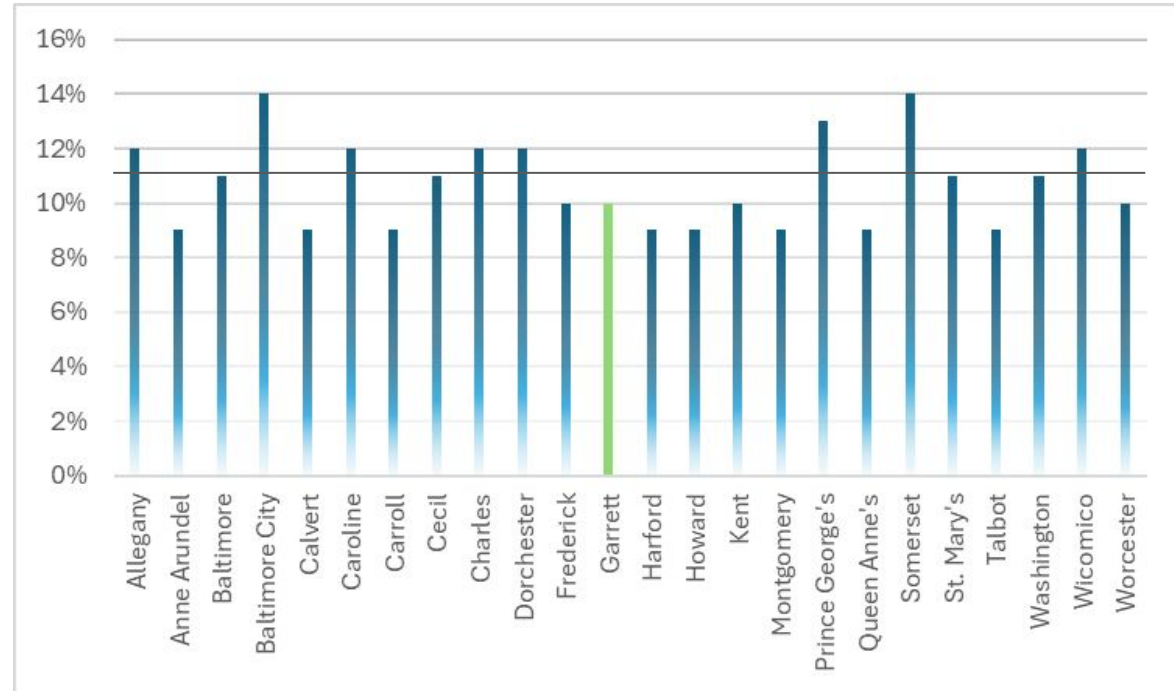
Behavioral Health

-  Improving
-  Worsening
-  Increase
-  Decrease

CHRONIC DISEASE				
Metric Name	Garrett	5-Year Trend	Maryland	5-Year Trend
Adult Reporting No Physical Activity	25.3%		22.7%	
Colorectal Cancer Screening	69.1%		71.8%	
ACCESS TO CARE				
Persons with a Usual Primary Care Provider	94.1%		89.0%	
Uninsurance Rate	6.0%		6.2%	
WOMEN'S HEALTH				
Babies with Low Birth Weight	8.9%		8.7%	
Breast Cancer Screening	89.7%		83.2%	
Prenatal Care in First Trimester	79.6%		69.8%	
BEHAVIORAL HEALTH				
Affordable Housing	34.2%		34.3%	
Mental Health-Related ED Visits	10,309.4 / 10,000		4,277 / 100,000	
Number of Youth SUD Treatment Providers	2		238	
Students Feeling Sad or Hopeless	34.7%		36.3%	

Chronic Disease: Diabetes Prevalence

Maryland	11%
Allegany	12%
Anne Arundel	9%
Baltimore	11%
Baltimore City	14%
Calvert	9%
Caroline	12%
Carroll	9%
Cecil	11%
Charles	12%
Dorchester	12%
Frederick	10%
Garrett	10%
Harford	9%
Howard	9%
Kent	10%
Montgomery	9%
Prince George's	13%
Queen Anne's	9%
Somerset	14%
St. Mary's	11%
Talbot	9%
Washington	11%
Wicomico	12%
Worcester	10%

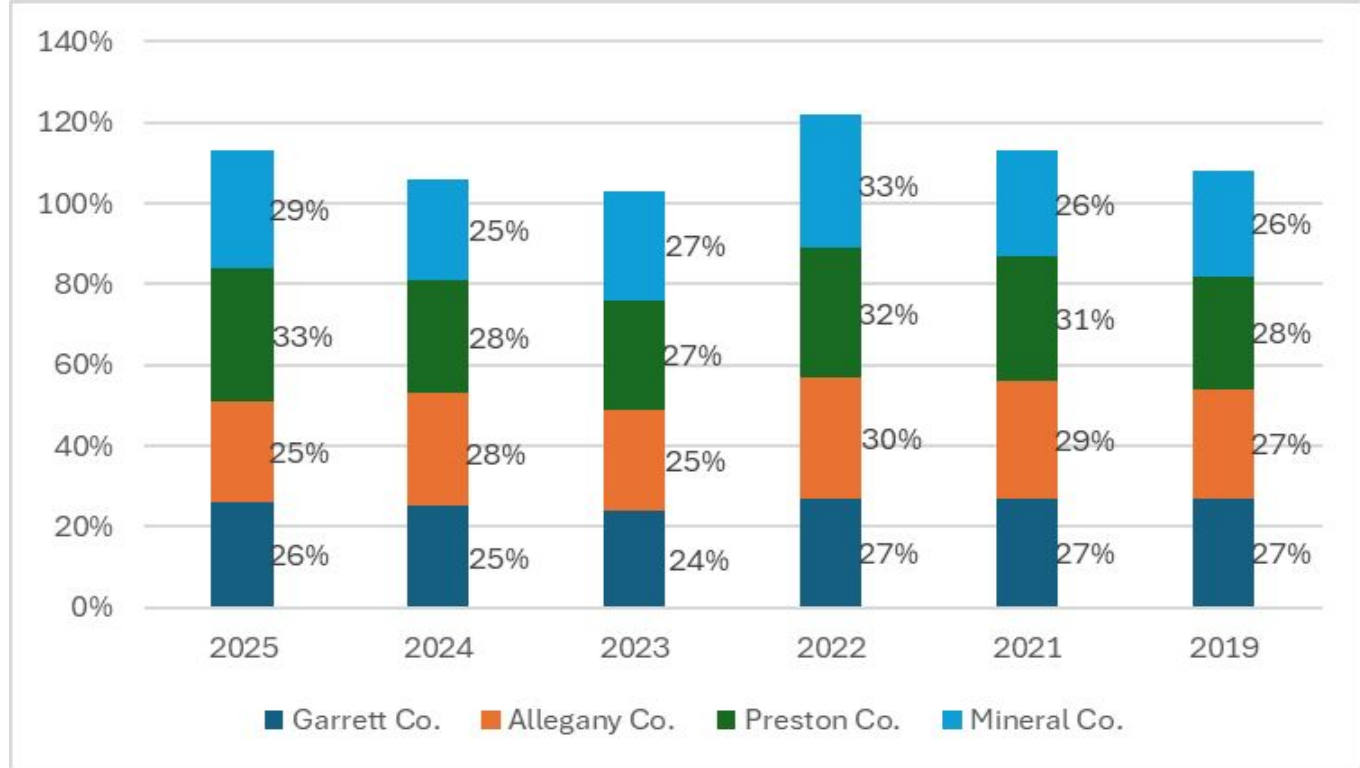


County Rankings & Roadmaps

Maryland

Chronic Disease: Physical Inactivity

Percentage of adults age 18 and over reporting **no** physical activity outside of work



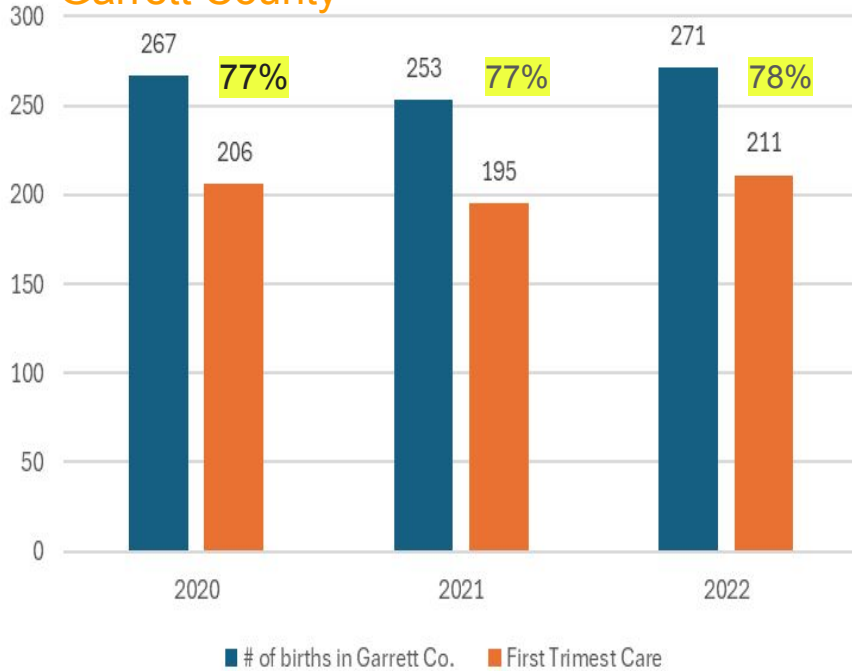
County Health Rankings & Roadmaps

Chronic Disease - Adult Obesity

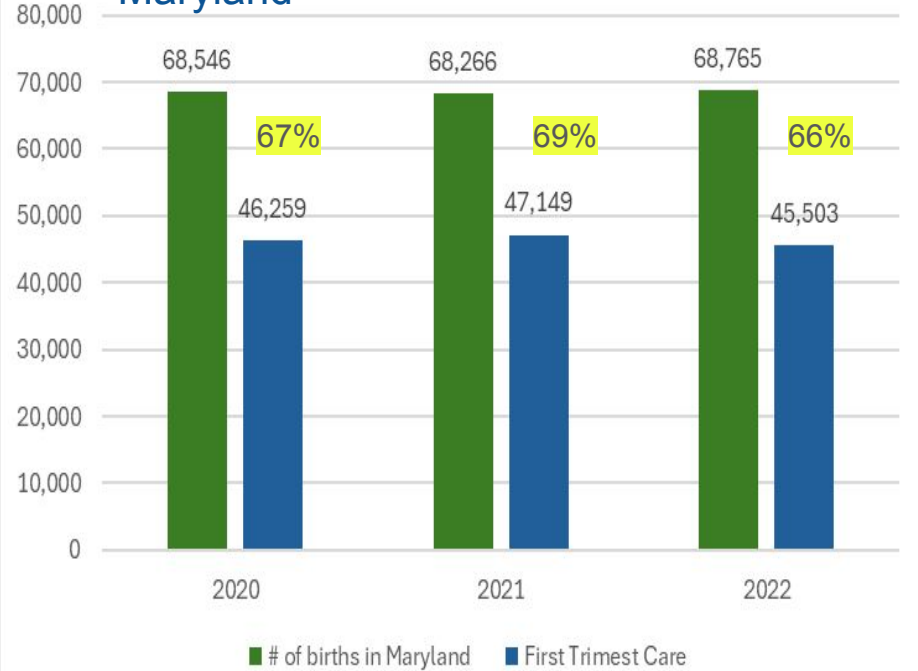


Access to Care: Births - Prenatal Care

Garrett County

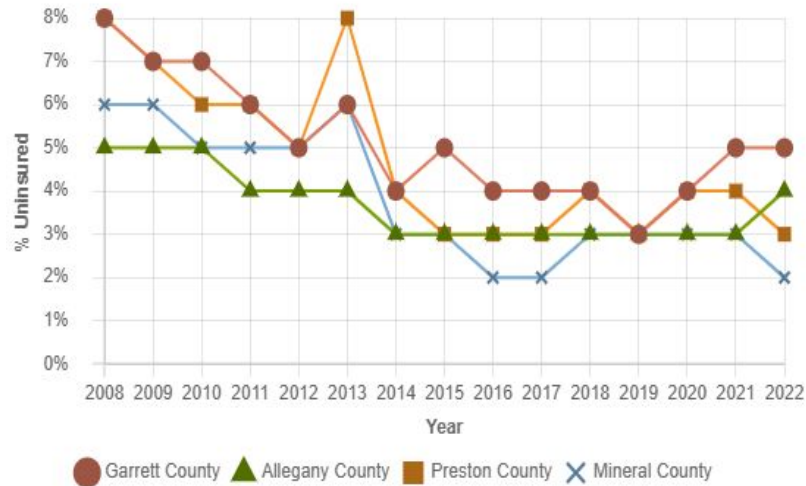


Maryland

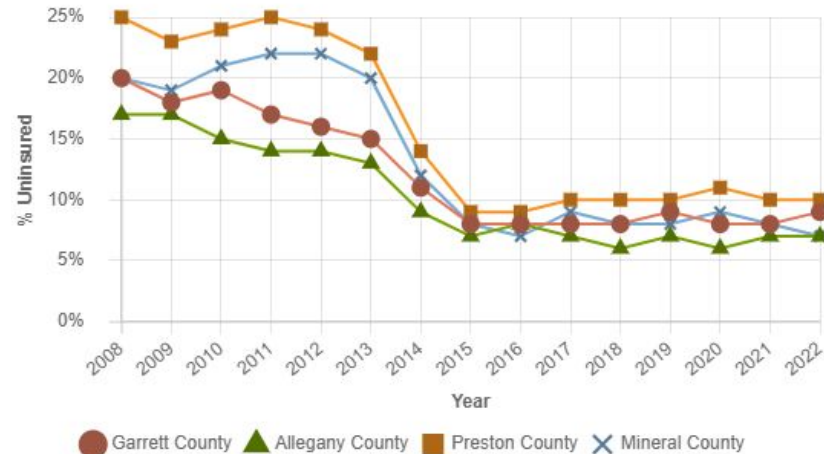


Access to Care: UNINSURED

Uninsured Children in Garrett County, MD



Uninsured Adults in Garrett County, MD



Access to Care: Ratio of population to primary care providers and providers other than physicians

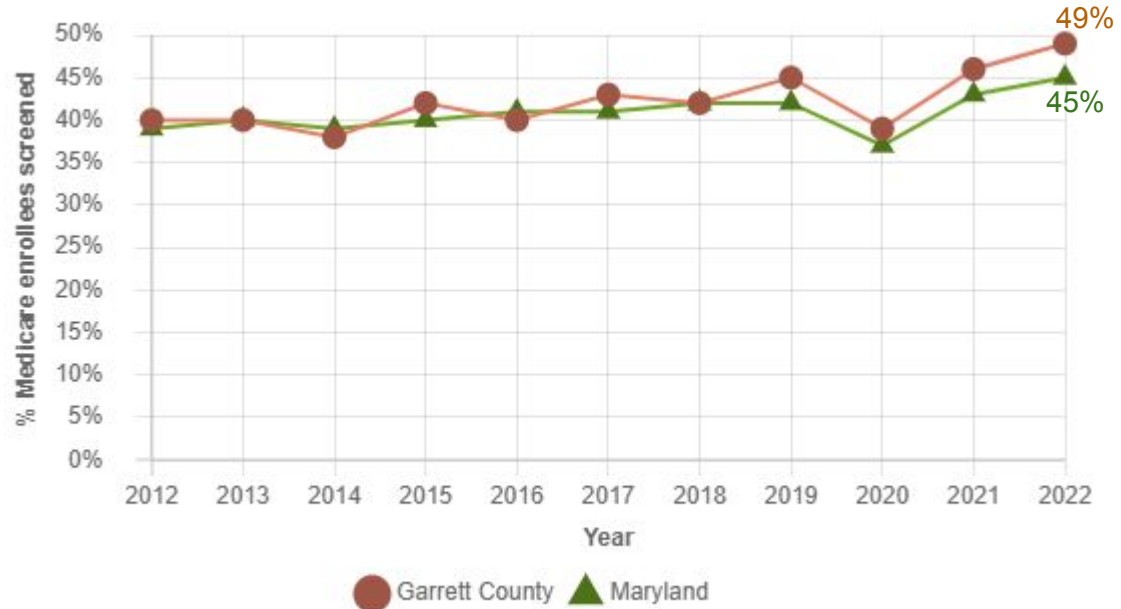
	Garrett Co.	Allegany Co.	Preston Co., WV	Mineral Co., WV
Primary Care Physicians	2,050:1	1,880:1	2,640:1	3,360:1
Primary Care Providers other than physicians	490:1	430:1	1,000:1	1,280:1
Population of Mental Health Provider	370:1	250:1	2620:1	1170:1



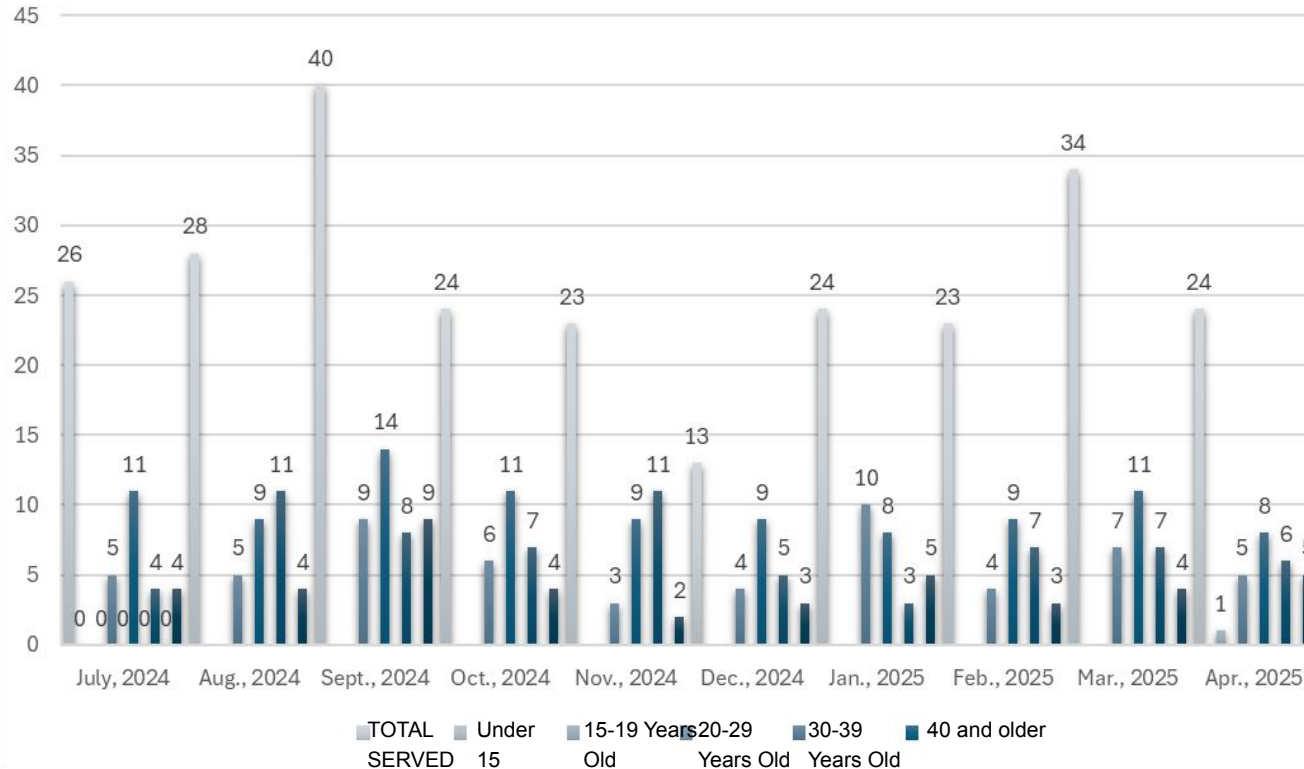
Women's Health: Mammography Screening

% Medicare enrollees screened

Year	Garrett County
2012	40%
2013	40%
2014	38%
2015	42%
2016	40%
2017	43%
2018	42%
2019	45%
2020	39%
2021	46%
2022	49%



Women's Health - Family Planning



GCHD Personal Health Family Planning Services

The program ensures access to a range of services such as contraception, STI prevention and treatment, cancer screening, and general reproductive health education



Women's Health

National Women's Health Month Week

Each May, beginning on **Mother's Day**, the U.S. Department of Health and Human Services' Office on Women's Health (OWH) leads the nation in celebrating **National Women's Health Week (NWHW)**. This year's observance runs from **May 12–18**, and it's all about encouraging women of all ages to make their physical, mental, and emotional health a priority.



8,527

women were served by the Maryland Breast and Cervical Cancer Program in FY24 for breast and cervical cancer, as well as an additional 455 patient navigation-only clients.

Women's Health - GC Early Care

Mothers enrolled prenatally in Healthy Families home visiting:

1. will receive health promotion and education during pregnancy on topics to promote a healthy pregnancy to include prevention of preterm labor, warning signs during pregnancy, nutrition, and babies born healthy
2. will be linked to a primary care provider to receive early and consistent prenatal care.
3. will be linked to medical insurance during and after pregnancy
4. will be screened for emotional wellness.
5. will receive Healthy Moms/Healthy Babies information.
6. will receive education on good oral hygiene to prevent preterm labor.
7. will be linked to nutritional resources (WIC, SNAP, food bank, ect.).
8. will receive education on substance free pregnancy.
9. Early Care Program makes contact with pregnant women throughout the county and offers education on healthy pregnancy and full- term delivery.

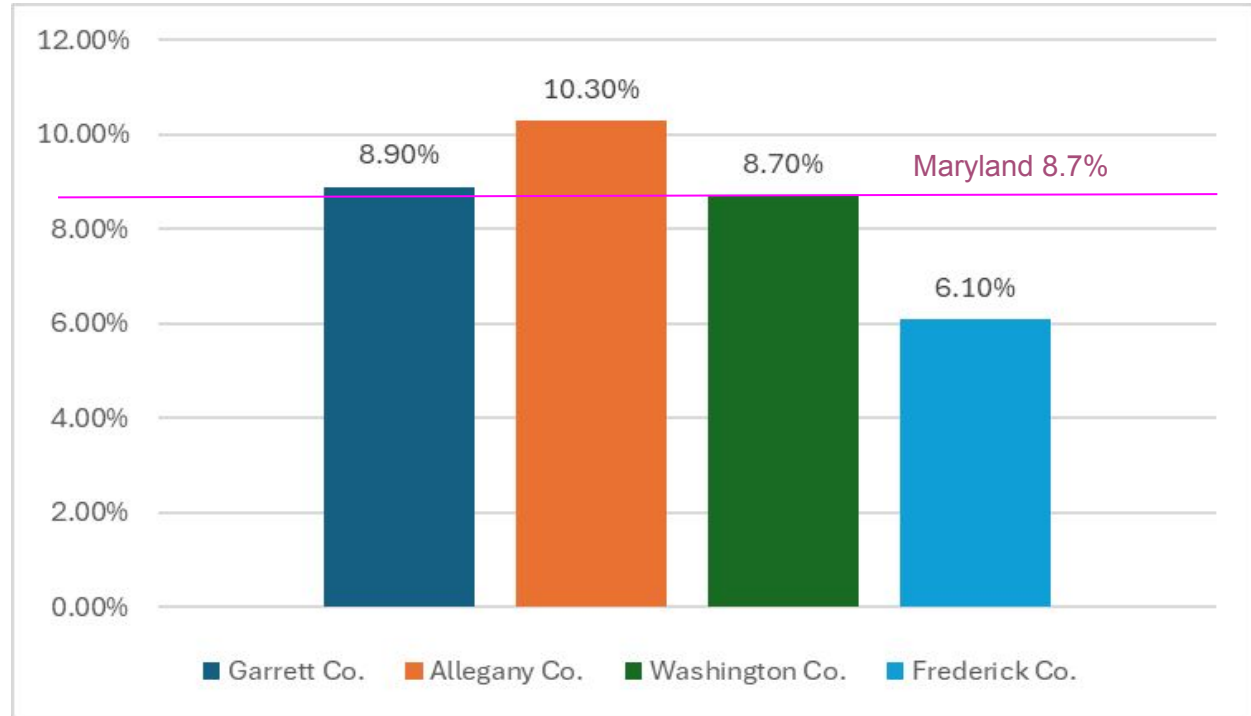
Women's Health - GC Early Care

Percent of
healthy birth
weights for
HFGC enrolled
mothers

Women's Health: Low Birth Weight Infants

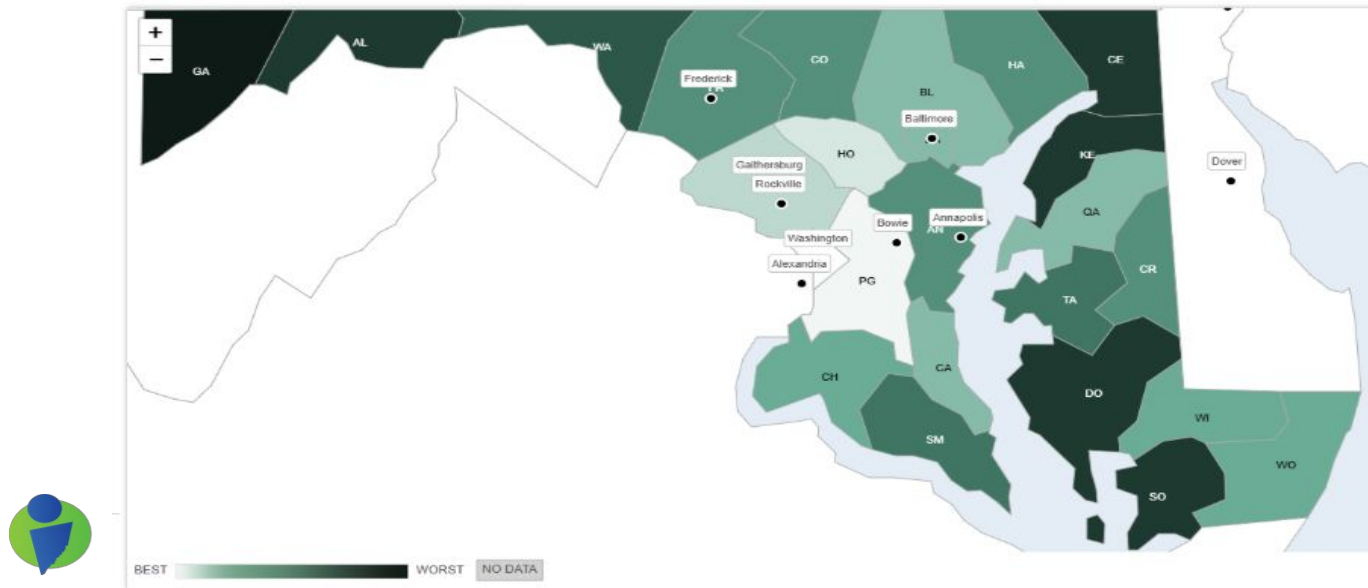


Infants weighing
less than 5.5 lbs.









Maryland Vital Records 2022

Violence: Suicides in Maryland



	Garrett Co.	Maryland	USA
Suicides per 100,000	16%	10%	12%

Violence: Youth Risk Behavior Survey

	Garrett Co.		Maryland	
Percentage of students who experienced physical dating violence (being physically hurt on purpose by someone they were dating or going out with [counting such things as being hit, slammed into something, or injured with an object or weapon] one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	14%		11.5%	
Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club, one or more times during the 12 months before the survey)	8.6%		8.8%	
Percentage of students who were bullied on school property (ever during the 12 months before the survey)	23.6%		14.2%	

YRBS 2022-23

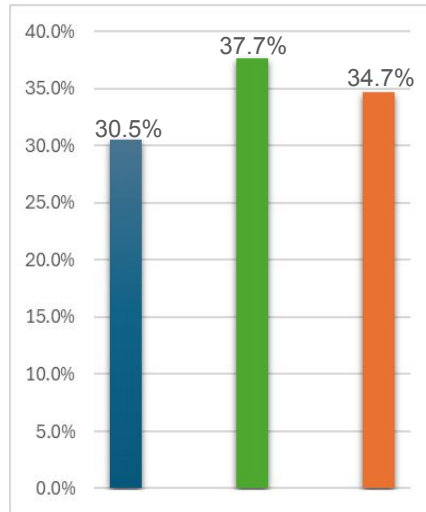
Behavioral Health

	Garrett County	Allegany County	Preston, WV	Mineral County
Mental Health Providers	370:1	250:1	2620:1	1170:1
Feelings of Loneliness	37%	37%	33%	32%
Drug Overdose Deaths per 100,000	26	59	36	44

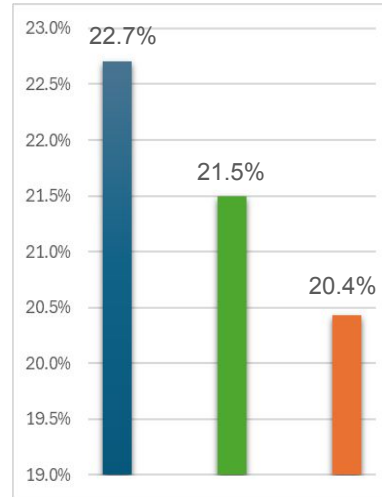
Behavioral Health: Mental Health and Suicide

● 2018
 ● 2021
 ● 2022

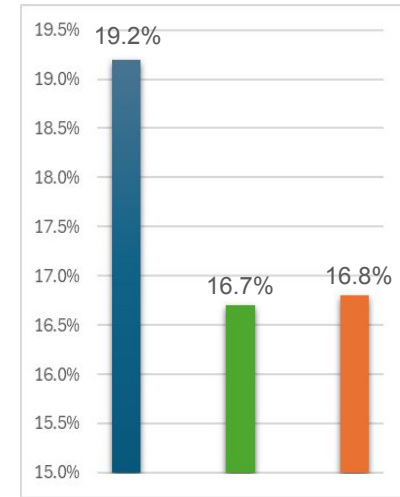
Self-Harm Risk Factors, Garrett County High Schools 2018-2022



Felt Sad or Hopeless Almost Every Day 2+ Weeks



Seriously Considered Attempting Suicide

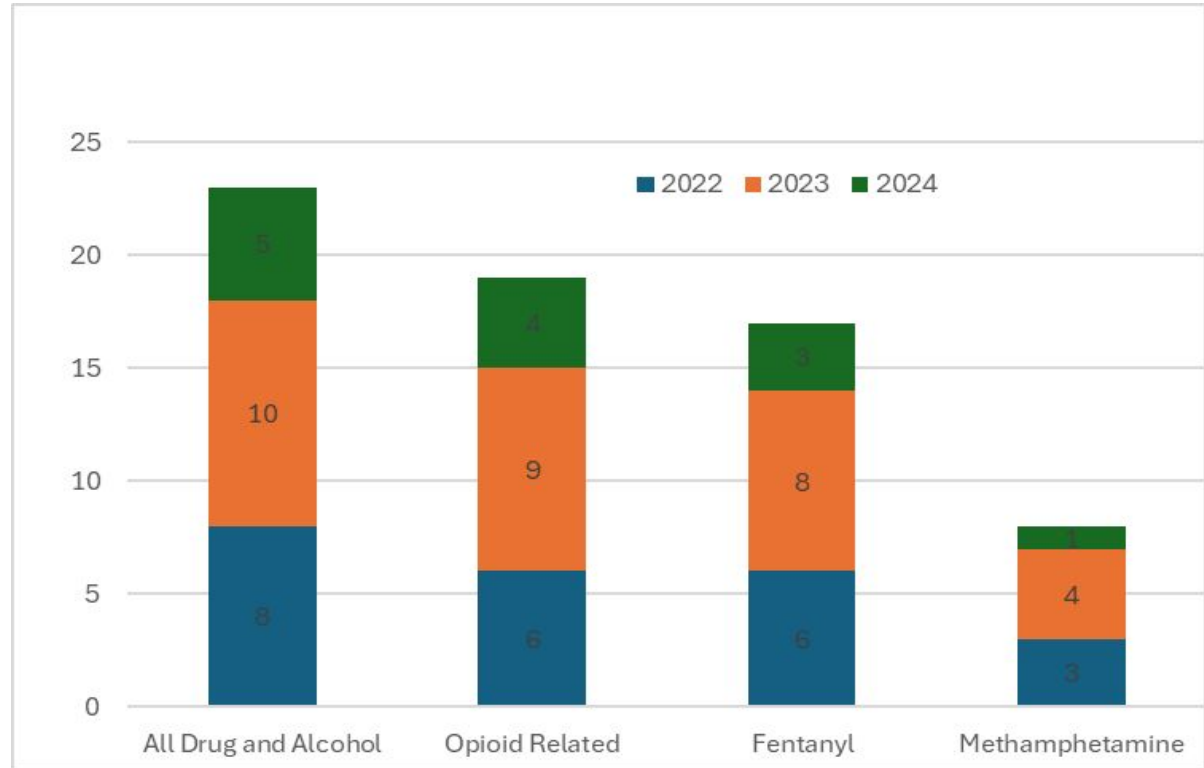


Made a Plan to Attempt Suicide

YRBS

Behavioral Health: Substance Use and Overdose

Overdose Deaths by Drug Type



2025 Priorities and Initiatives

- **Chronic Disease - Increase physical activity events to promote health**
- **Access to Care - Remote patient monitoring looking beyond methodical means of providing care and increase health insurance enrollment**
- **Women's Health - Increase women's health initiatives utilizing grants within the Health Department**
- **Violence - Utilizing grants pairing the Health Education Department with our Center for Behavioral Health to provide safety devices to their clients as well for suicidal ideations**
- **Behavioral Health - Support Behavioral Health needs across the life course**

Garrett County Planning Tool (MyGarrettCounty.com)

This platform actively tracks 1,211 local data points, with the utilization of 3,758+ planning partners and 224 action groups. It is the centralized hub for demonstrable collaboration concerning the health of our community.