

# Measuring Success



**Report Card of Community Health Indicators  
Anne Arundel County Department of Health**

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**JOHN R. LEOPOLD**  
County Executive

**DOUGLAS L. HART**  
Acting Health Officer

May 2011

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# County Executive's Message

As your County Executive, I am pleased to present the Department of Health's 14th annual Report Card of Community Health Indicators. This report serves as an effective tool that measures our progress in assuring that Anne Arundel County thrives with many healthy communities where people live, work, study and play.

With this nation's continuing economic challenges, the need for affordable public health services has become more critical. I would like to thank the Department of Health staff for their hard work and commitment as they provide quality programs that address our County's diverse health needs.

My Administration's goal is to achieve success as we address the health challenges facing our community. Successful outcomes are attainable through our strong initiatives that promote healthy lifestyle practices, behavioral health resources and environmental health improvements throughout Anne Arundel County.

Respectfully,

John R. Leopold  
*County Executive*



# Health Officer's Message

Setting goals can help to measure success. At the beginning of each decade, the U.S. Department of Health and Human Services establishes the science based, 10-year national "Healthy People" goals for improving the health of all Americans. In Anne Arundel County, these goals are used to help measure County residents' progress toward attaining good health. This 2011 Report Card includes several references to the 2010 goals to show how Anne Arundel County compares to the standards established for the nation.

Over the past decade, Anne Arundel County has met the national goals in some areas, including reducing stroke, diabetes and breast cancer deaths. In other areas, including deaths from heart disease and smoking among adults, we made significant improvements but must continue to strive to meet our objectives.

As the Department focuses on attaining the Healthy People 2020 Goals, we understand that teamwork is important for success. Through strong community partnerships, the Department of Health's dedicated team remains committed to meeting the public health needs of Anne Arundel County.

Sincerely,

Douglas L. Hart  
*Acting Health Officer*



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# Demographics

2009 Estimates	Anne Arundel	Maryland	United States
<b>Population</b>			
Total Population	521,209	5,699,478	307,006,550
Male	49.6%	48.5%	49.3%
Female	50.4%	51.5%	50.7%
<b>Race, Ethnicity and Age</b>			
White, Not Hispanic (NH)	74.4%	56.8%	65.1%
Black, NH	15.4%	29.0%	12.3%
Hispanic	4.9%	7.2%	15.8%
Asian, NH	3.2%	5.2%	4.4%
American Indian, NH	0.3%	0.3%	0.8%
Other, NH	1.8%	1.5%	1.6%
Under 5 Years Old	6.6%	6.7%	6.9%
18 Years and Over	76.8%	76.3%	75.7%
65 Years and Over	11.7%	12.2%	12.9%
Median Age	38.0	37.7	36.8
<b>Household and Economic Indicators</b>			
Median Household Income	\$81,824	\$69,475	\$51,425
Families below poverty level	3.3%	5.5%	9.9%
Individuals below poverty level	5.2%	8.2%	13.5%
Unemployment Rate, Jan 2011*	6.5%	7.5%	9.8%
Uninsured (Ages 18-64)	8.8%	14.1%	16.9%

Data Source: 2009 Population Estimates, U.S. Census Bureau; American Community Survey, U.S. Census Bureau; Bureau of Labor Statistics, U.S. Department of Labor (\*not seasonally adjusted unemployment rates); National Behavioral Risk Factor Surveillance System (BRFSS), Centers for Disease Control and Prevention (CDC).

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## Healthy People Goals

At the start of each decade, the U.S. Department of Health and Human Services provides a set of science-based, 10-year national objectives for improving health in the U.S.

Healthy People 2010 provided goals for the last decade; in many areas, Anne Arundel County either met the goals or improved. The new 2020 goals will help measure and guide the County's continued health improvement successes.

Indicator	2010 Goal	Anne Arundel (as of 2009)	Met 2010 Goal	2020 Goal
<b>Mortality (age-adjusted rates per 100,000 population)</b>				
Coronary Heart Disease	162.0	198.8	No	100.8
Stroke	50.0	41.3	Yes	33.8
Diabetes	46.0	24.0	Yes	65.8
Unintentional Injuries	17.1	24.2	No	36.0
All Cancer	158.6	195.2	No	160.6
Lung Cancer	43.3	62.2	No	45.5
Female Breast Cancer	26.6	26.4	Yes	20.6
Homicide	2.8	4.0	No	5.5
Suicide	4.8	9.4	No	10.2

Data Source: Maryland Vital Statistics Annual Report, Division of Health Statistics, Maryland DHMH; Mid-Course Review, Healthy People 2010, U.S. DHHS; Healthy People 2020, U.S. DHHS.



## Healthy People Goals (cont.)

Indicator	2010 Goal	Anne Arundel (as of 2009)	Met 2010 Goal	2020 Goal
<b>Maternal and Infant Health</b>				
First Trimester Prenatal Care	90% of Births	88.4%	No	77.9%
Low Weight Births	5% of Births	8.2%	No	7.8%
Infant Mortality Rate (per 1,000 Live Births)	4.5	4.9	No	6.0
<b>Risk Factors</b>				
Cigarette Smoking by Adults	12%	14%	No	12%
Healthy Weight in Adults	60%	31.8%	No	33.9%
Obesity in Adults	15%	27.3%	No	30.6%
<b>Health Access and Screening</b>				
Mammography Screening in past 2 years	70% for age 40+	77.6% for age 40+	<b>Yes</b>	81.1% for age 50+
Colorectal cancer screening (age 50+)	50%	76.4%	<b>Yes</b>	70.5%
Cholesterol checked in last 5 years	80%	86%	<b>Yes</b>	82.1%
Health Insurance	100%	91.2%	No	100%

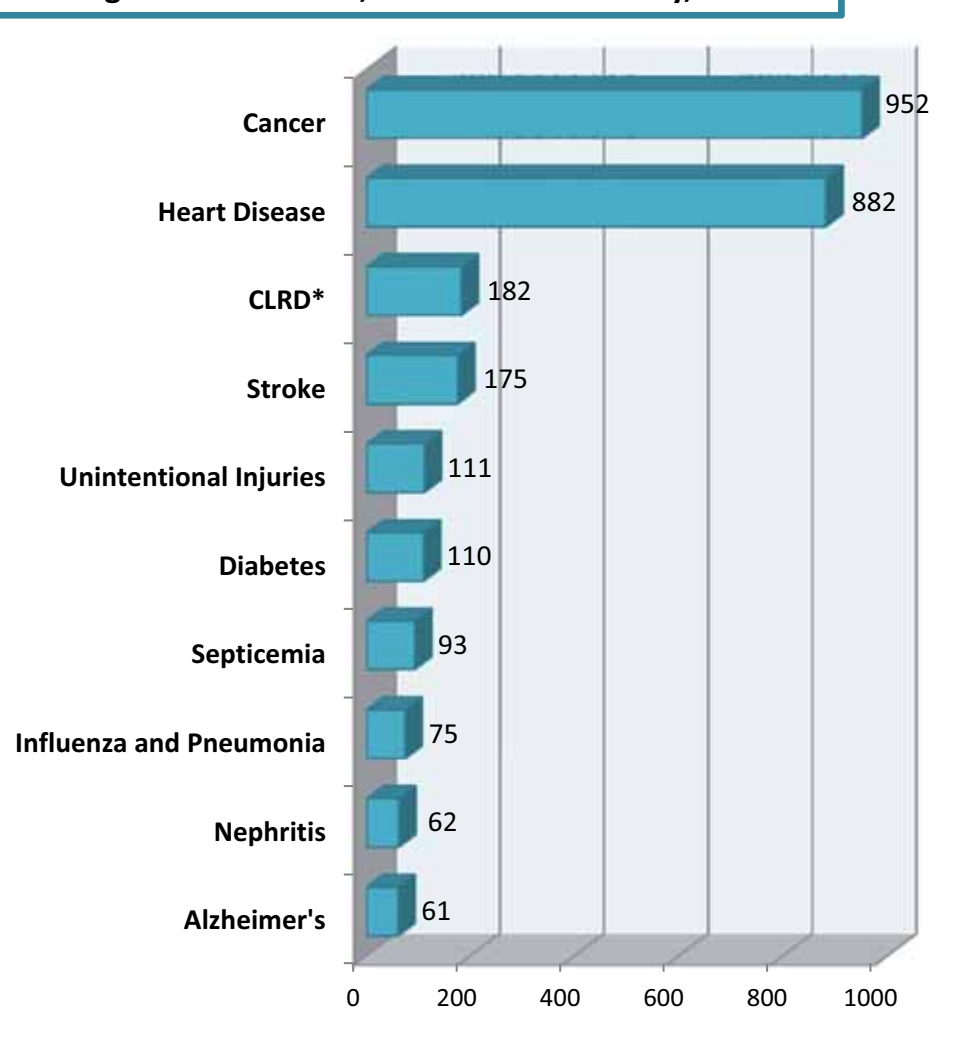
Data Source: Maryland Vital Statistics Annual Report, Division of Health Statistics, Maryland DHMH; National BRFSS, CDC; Mid-Course Review, Healthy People 2010, U.S. DHHS; Healthy People 2020, U.S. DHHS.



## Leading Causes of Death

Life expectancy in Anne Arundel County reached a high of 79.1 years in 2009. However, there are many modifiable risk factors that continue to contribute to the leading causes of death, including smoking, high blood pressure, overweight, obesity, physical inactivity, poor diet and excess alcohol consumption. Preventive health behaviors can reduce the burden of long-term disability and premature death.

**Leading Causes of Death, Anne Arundel County, 2009**



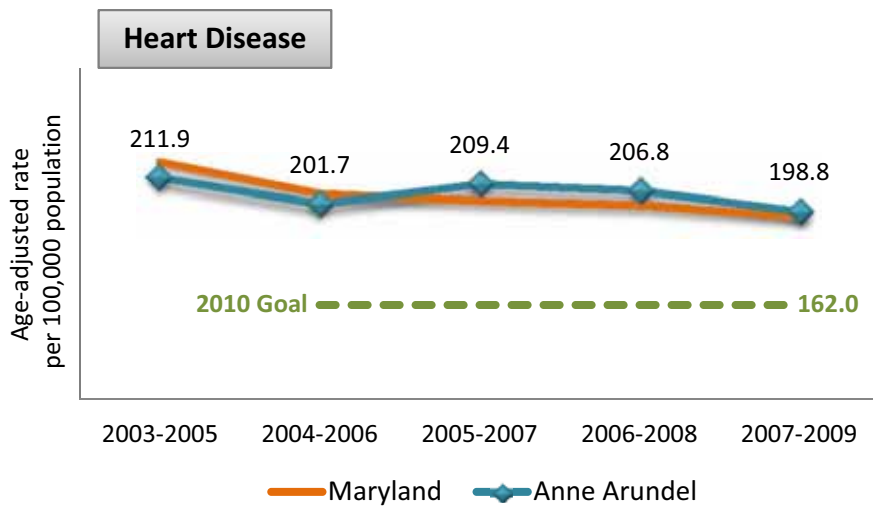
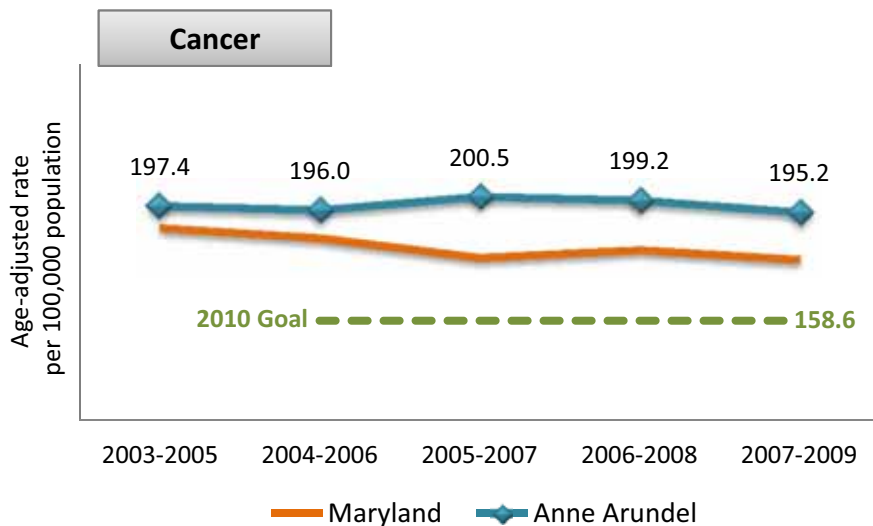
\*Chronic lower respiratory diseases (CLRD) include both chronic obstructive pulmonary disease and asthma.

Data Source: Death Certificate Data, Maryland Division of Health Statistics, Maryland DHMH.



# Mortality Trends

## Age-Adjusted Mortality Rates, Anne Arundel County, 2003-2009

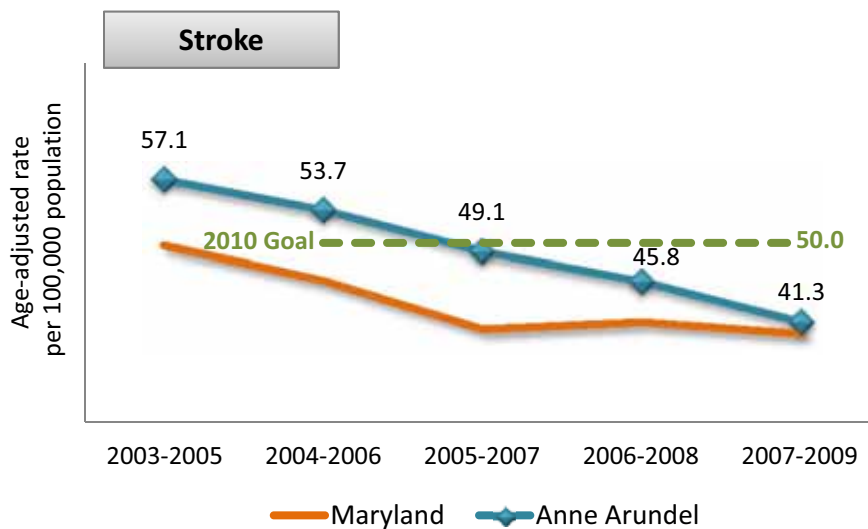
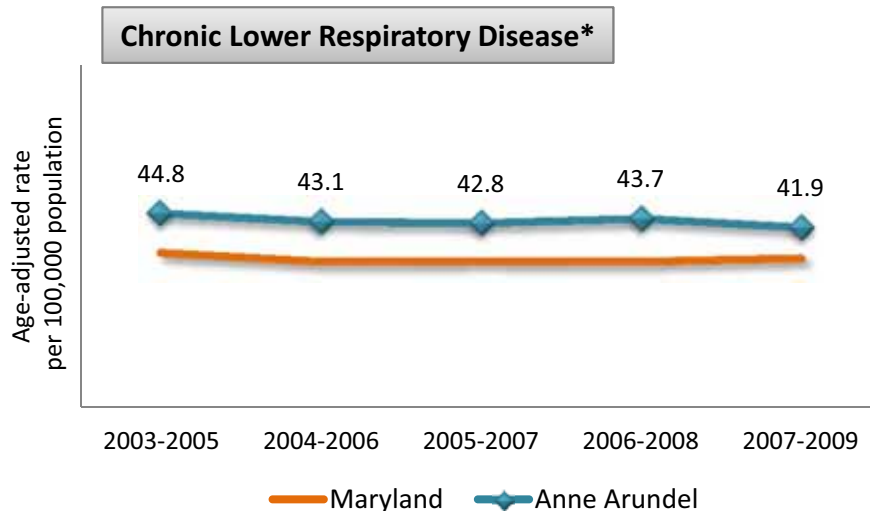


Data Source: Maryland Vital Statistics Annual Report, Division of Health Statistics, Maryland DHMH.



## Mortality Trends (cont.)

### Age-Adjusted Mortality Rates, Anne Arundel County, 2003-2009

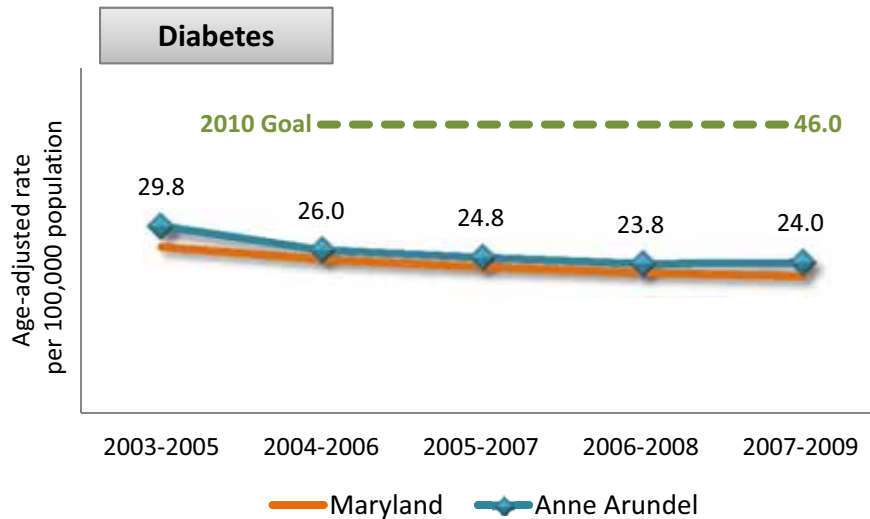
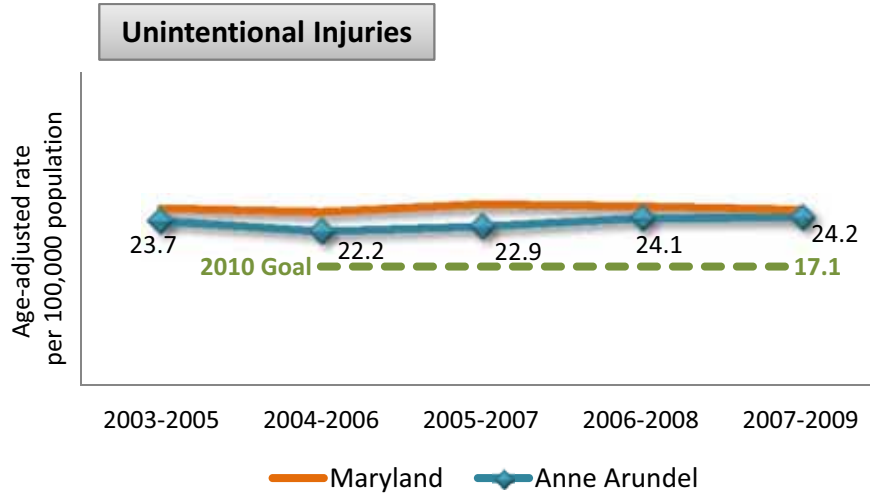


\* Data does not match with Healthy People Goals for comparison purposes.  
Data Source: Maryland Vital Statistics Annual Report, Division of Health Statistics, Maryland DHMH.



## Mortality Trends (cont.)

### Age-Adjusted Mortality Rates, Anne Arundel County, 2003-2009



Data Source: Maryland Vital Statistics Annual Report, Division of Health Statistics, Maryland DHMH.



## Cancer Incidence

### Cancer Incidence Rates\* Anne Arundel County, 2003-2007

Cancer Type	County Case Count	Anne Arundel Rates	Maryland Rates	United States Rates
All Sites (Both Genders**)	11,596	469.0	458.9	462.9
Breast (Female)	1,653	120.2	122.4	123.8
Cervical (Female)	89	6.7	7.6	8.2
Colorectal (Both Genders**)	1,048	44.2	46.4	49.1
Colorectal (Male)	567	53.6	53.7	59.2
Colorectal (Female)	480	36.9	40.9	43.7
Lung/Bronchus (Both Genders**)	1,706	72.0	66.6	63.1
Lung/Bronchus (Male)	875	82.9	80.0	86.9
Lung/Bronchus (Female)	823	63.3	57.0	55.9
Melanoma (Both Genders**)	741	29.3	20.1	19.6
Prostate (Male)	1,727	148.2	157.6	159.3

\*Age-adjusted rates per 100,000 population; \*\*Total also includes unknown gender cases.

Data Source: 2010 Cigarette Restitution Fund Program Cancer Report, Maryland DHMH.



## Cancer Mortality

### Cancer Mortality Rates\* Anne Arundel County, 2002-2006

Cancer Type	County Death Count	Anne Arundel Rates	Maryland Rates	United States Rates
All Sites (Both Genders)	4,645	203.7	193.0	186.7
Breast (Female)	350	26.4	26.8	24.5
Cervical (Female)	33	2.4	2.2	2.5
Colorectal (Both Genders)	437	19.5	19.3	18.2
Colorectal (Male)	241	25.0	23.2	21.9
Colorectal (Female)	196	15.5	16.4	15.4
Lung/Bronchus (Both Genders)	1,422	62.2	55.1	53.2
Lung/Bronchus (Male)	768	76.6	71.1	70.5
Lung/Bronchus (Female)	654	51.4	43.7	40.9
Melanoma (Both Genders)	98	4.3	2.8	2.7
Prostate (Male)	197	25.9	28.3	25.5

\*Age-adjusted rates per 100,000 population.

Data Source: 2009 Cigarette Restitution Fund Program Cancer Report, Maryland DHMH.





## Infant Health Indicators

	2005	2006	2007	2008	2009
<b>Number of Births (Mother's Race)</b>					
Total	6,751	7,102	7,115	7,156	7,103
Whites	5,280	5,529	5,489	5,456	5,333
Blacks	1,114	1,169	1,226	1,270	1,332
Hispanic, any race	534	698	742	773	770
<b>Percent of Low Birth Weight Infants*</b> Healthy People 2010 Goal: 5.0% of live births					
Anne Arundel	8.3%	9.1%	8.2%	9.2%	8.2%
Maryland	9.2%	9.4%	9.1%	9.3%	9.2%
United States	8.2%	8.3%	8.2%	8.2%	8.2%
<b>Percent of Women Receiving First Trimester Prenatal Care**</b> Healthy People 2010 Goal: 90% of live births					
Anne Arundel	90.4%	89.2%	87.4%	89.2%	88.4%
Maryland	81.3%	80.4%	79.5%	80.2%	80.2%
United States	83.8%	83.2%	70.8%	71.0%	NA
<b>Births to Women 15-19 years old per 1,000 women age 15-19</b>					
Anne Arundel	26.6	26.8	27.8	28.9	27.8
Maryland	31.8	33.6	34.4	32.7	31.2
United States	40.5	41.9	42.5	41.5	39.1

\*Defined as <2,500 grams (or approximately 5.5 lbs); \*\* First Trimester includes the first 12 weeks of pregnancy; NA: Not Available.

Data Source: Maryland Vital Statistics Reports, Division of Health Statistics, Maryland DHMH; National Center for Health Statistics, CDC.



## Infant Mortality

Infant mortality measures deaths during the first year of life. In 2009, there were 35 infant deaths in Anne Arundel County. A significant disparity continues to exist between white and black infant mortality.

	2005	2006	2007	2008	2009
<b>Infant Mortality – All Races per 1,000 live births</b>					
Healthy People 2010 Goal: 4.5 per 1,000 live births					
Anne Arundel	5.5	7.7	6.5	8.7	4.9
Maryland	7.3	7.9	8.0	8.0	7.2
United States	6.8	6.7	6.8	6.6*	6.4*
<b>Infant Mortality – Whites per 1,000 live births</b>					
Anne Arundel	4.7	5.2	5.6	7.1	4.1
Maryland	4.7	5.7	4.6	5.2	4.1
United States	5.7	5.6	5.7	5.5*	5.3*
<b>Infant Mortality – Blacks per 1,000 live births</b>					
Anne Arundel	8.1	21.4	9.8	17.3	9.0
Maryland	12.7	12.7	14.0	13.4	13.6
United States	13.7	13.3	12.9	12.7*	12.7*

\*Preliminary.

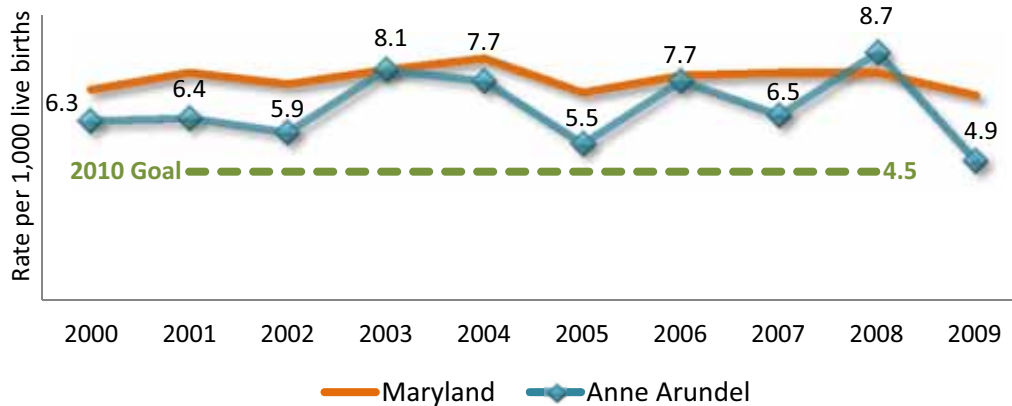
Data Source: Maryland Vital Statistics Reports, Division of Health Statistics, Maryland DHMH; National Center for Health Statistics, CDC.



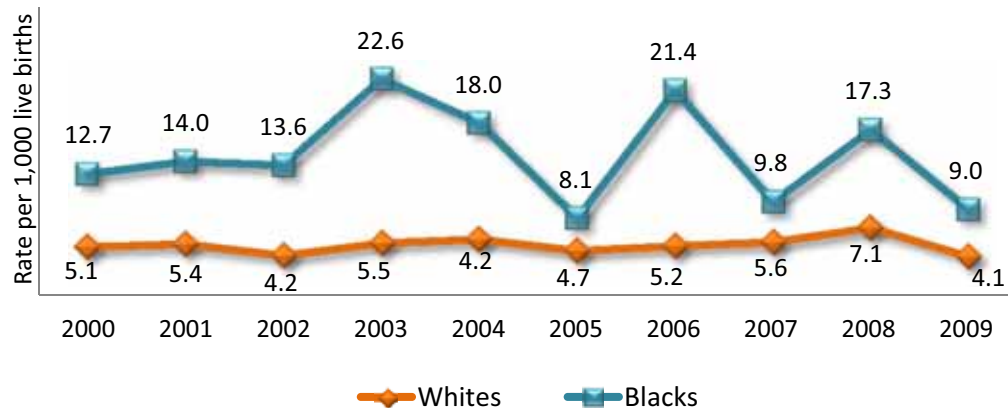
## Infant Mortality (cont.)

Issues such as smoking, substance abuse, poor nutrition and chronic health conditions impact pregnancy outcomes. Early prenatal care and education about how to have a healthy pregnancy and care for a baby (immunizations, injury prevention, safe sleep position) may help improve the health and survival of infants.

**Infant Mortality Rates, Anne Arundel County and Maryland, 2000-2009**



**Infant Mortality Rates by Race, Anne Arundel County, 2000-2009**



Data Source: Maryland Vital Statistics Reports, Division of Health Statistics, Maryland DHMH.

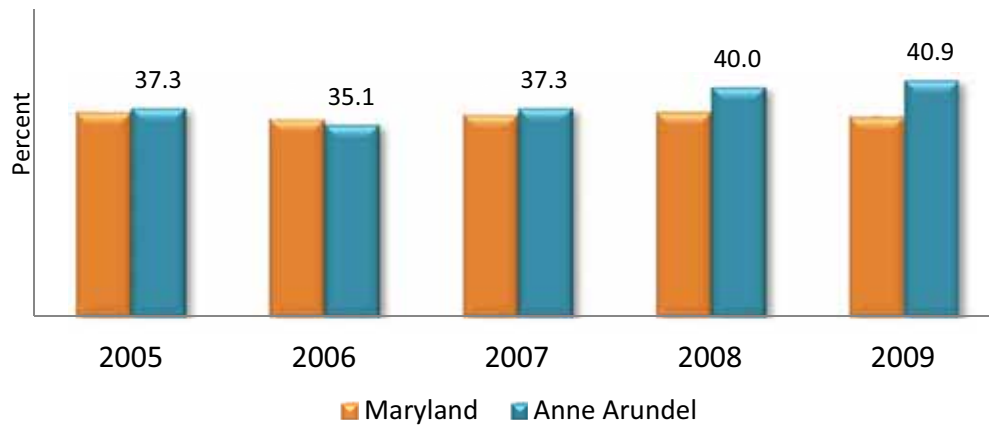
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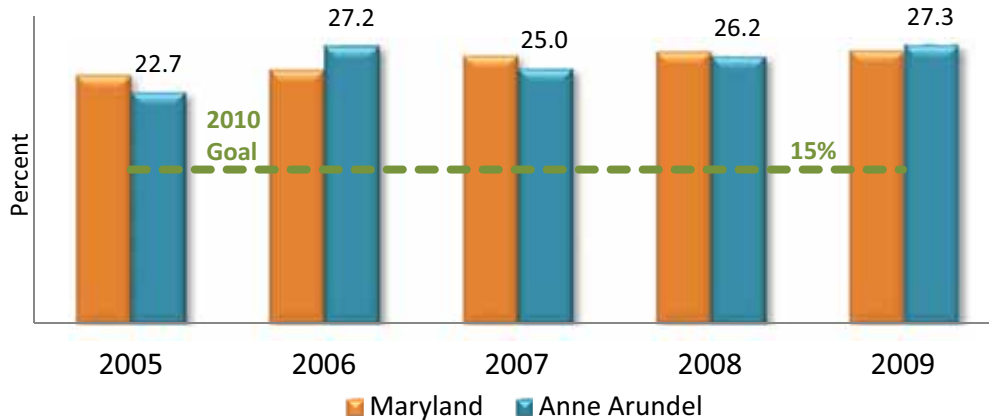
# Overweight and Obesity

There are many factors that play a role in weight including lifestyle, the built environment, genetics and certain diseases. Being obese increases the risk of diabetes, heart disease, cancer, stroke, high cholesterol, high blood pressure, sleep disorders and respiratory problems. Overweight and obesity are determined using weight and height to determine a BMI\*, or “body mass index” measure.

**Percent of Overweight Adults (Body Mass Index of 25 to 29.9)  
18 Years and Older, Anne Arundel County and Maryland, 2005-2009**



**Percent of Obese Adults (Body Mass Index of 30 or more)  
18 Years and Older, Anne Arundel County and Maryland, 2005-2009**



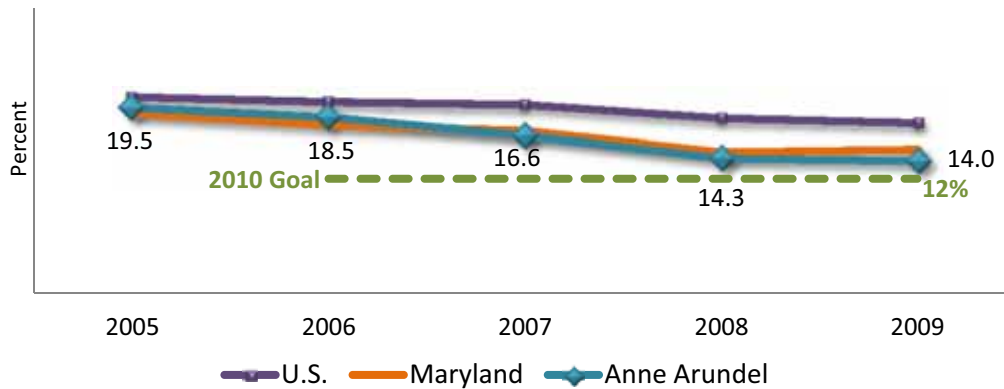
\* BMI is measured as weight (lbs) X 703 divided by height (in) squared.  
Data Source: National BRFSS, CDC.



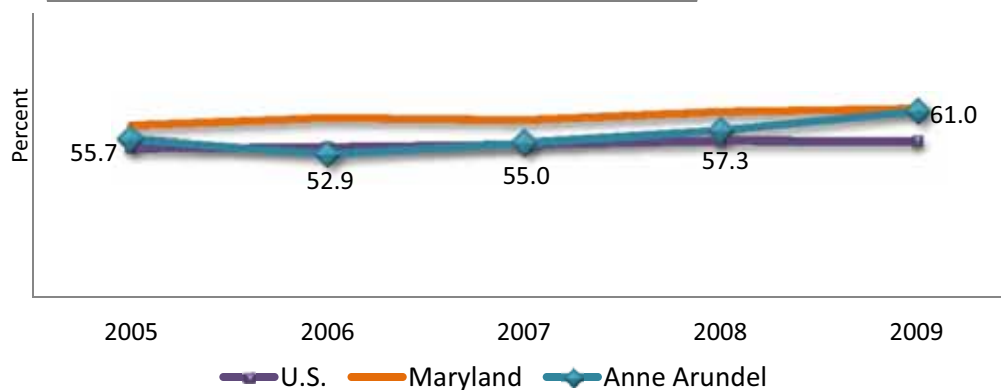
## Tobacco Use

The decrease of adult smokers in Anne Arundel County is encouraging and more adults are indicating they have never smoked. Smoking is the leading risk factor for lung cancer and it also increases the risk of other health problems, including chronic lower respiratory disease (like COPD and asthma), respiratory infections, heart problems, premature birth and Sudden Infant Death Syndrome (SIDS).

**Tobacco Use: Adults who are current smokers  
Anne Arundel, Maryland, U.S., 2005-2009**



**Tobacco Use: Adults who have never smoked  
Anne Arundel, Maryland, U.S., 2005-2009**



Data Source: National BRFSS, CDC.

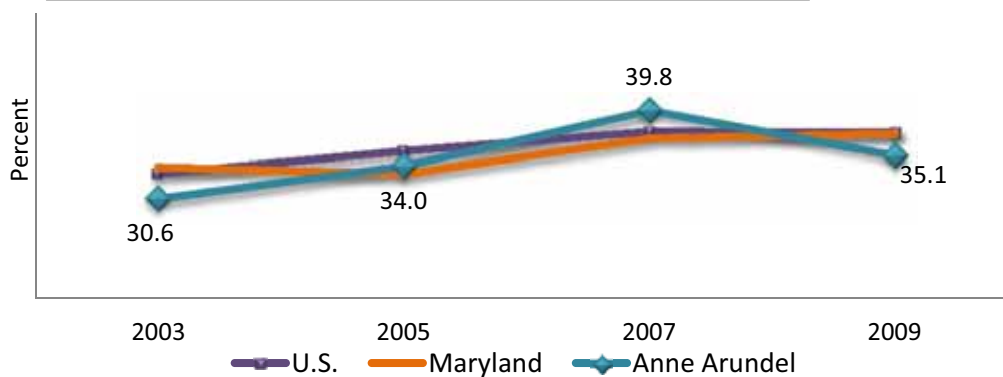


## Cholesterol and Blood Pressure

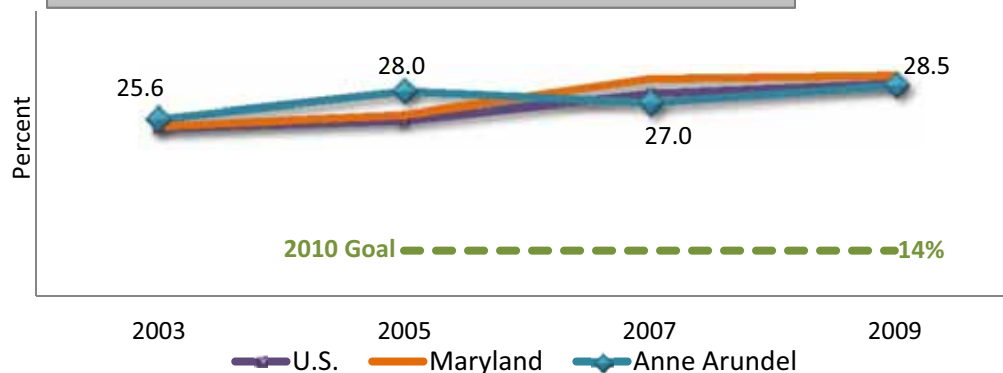
Heart disease is the second leading cause of death in Anne Arundel County. There are risk factors for heart disease that cannot be changed such as age and gender. Several risk factors can be modified through lifestyle changes or by taking medicine, including smoking, high cholesterol, high blood pressure, obesity, diabetes and lack of physical activity.

High cholesterol and blood pressure can cause damage to the heart and body for many years without noticeable symptoms. Screening is important to identify risk and develop a treatment plan.

**Adults Reporting High Cholesterol  
Anne Arundel County, Maryland and U.S., 2003-2009**



**Adults Reporting High Blood Pressure  
Anne Arundel County, Maryland and U.S., 2003-2009**



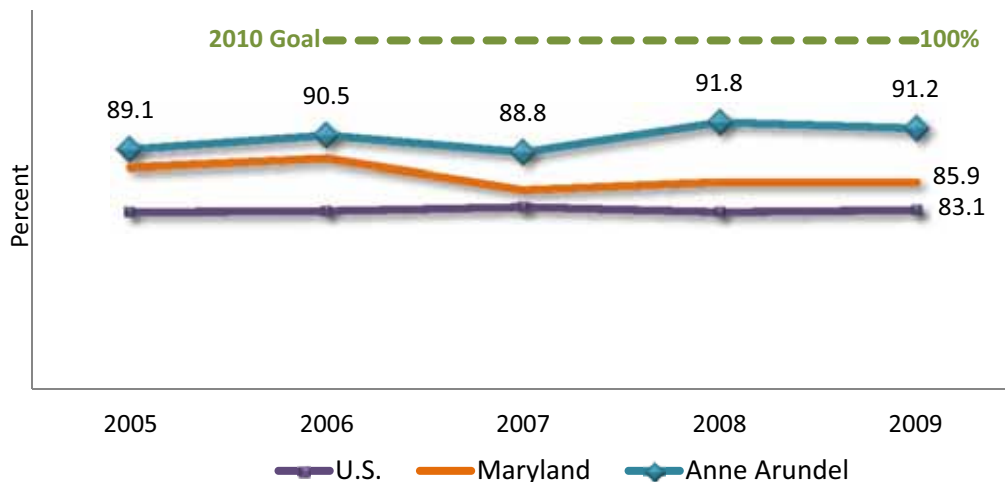
Data Source: National BRFSS, CDC; American Heart Association



## Health Care Coverage

Nearly 9 percent of Anne Arundel County adults between the ages of 18 and 64 reported lacking health care coverage in 2009. Improving access to affordable health care is essential to improving health and wellness and reducing health disparities. In Anne Arundel County, the percentage of adults without health insurance is lower than in Maryland and the United States. In 2009, approximately 30,000 Anne Arundel County adults were without health insurance.

**Adults Aged 18-64 With Health Care Coverage  
Anne Arundel County, Maryland, U.S., 2005-2009**



Data Source: National BRFSS, CDC.





## General Disease Reporting

Number of Selected Reportable Diseases In Anne Arundel County				
	2008	2009	2010*	5-Year Mean
Campylobacter	27	49	65	42
<i>E. coli</i> 0157:H7	10	7	4	5
Salmonella	81	62	75	77
Vibrio	4	6	8	6
Legionellosis	8	10	10	8
<i>M. tuberculosis</i>	18	4	6	11
<i>M. marinum</i>	6	5	5	7
Hepatitis A	5	6	1	4
Hepatitis B**	118	136	93	127
Hepatitis C**	852	869	548	772
Meningitis, viral	33	55	41	37
Meningitis, meningococcal	2	3	1	2
Pertussis	10	22	10	14
Streptococcus Pneumonia, invasive	74	72	69	68
Chlamydia	1380	1260	1247	1302
Gonorrhea	240	246	253	276
Syphilis***	45	30	25	33
Lyme Disease	185	202	115	169
Rocky Mountain Spotted Fever	10	10	25	14
Animal Rabies	9	19	20	16
Outbreaks: Gastrointestinal	11	13	10	12
Outbreaks: Respiratory	2	8	3	5

\*Provisional data; \*\*Includes both acute and chronic cases; \*\*\*Includes primary, secondary and early latent.

Data Source: Bureau of Disease Prevention and Management, Anne Arundel County Department of Health.

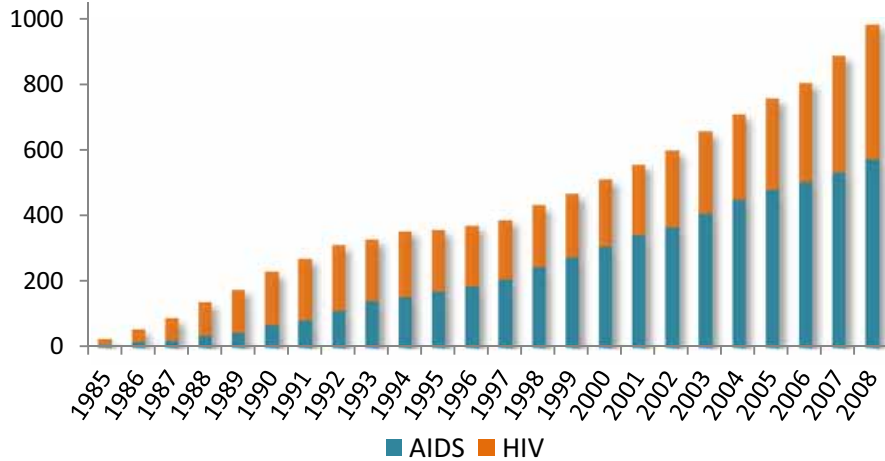
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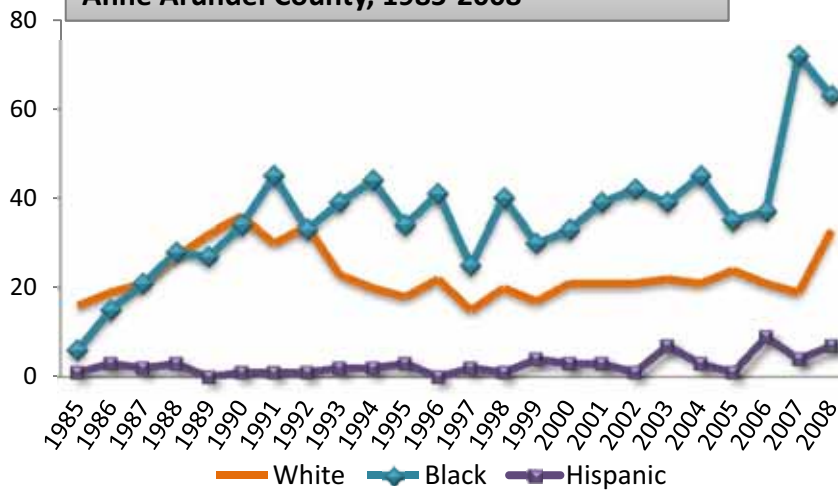
# HIV and AIDS

With the development of the National HIV/AIDS Strategy, the Anne Arundel County Department of Health continues to commit efforts toward reducing the number of people who become infected with HIV; increasing access to care and optimizing health outcomes for people living with HIV; and reducing HIV-related health disparities. While significant strides have been made to increase testing, challenges remain with reducing HIV transmission and offering greater support to the nearly 1,000 County residents living with HIV.

**Living HIV and AIDS Cases, Anne Arundel County, 1985-2008**



**New HIV Cases by Race and Ethnicity, Anne Arundel County, 1985-2008**

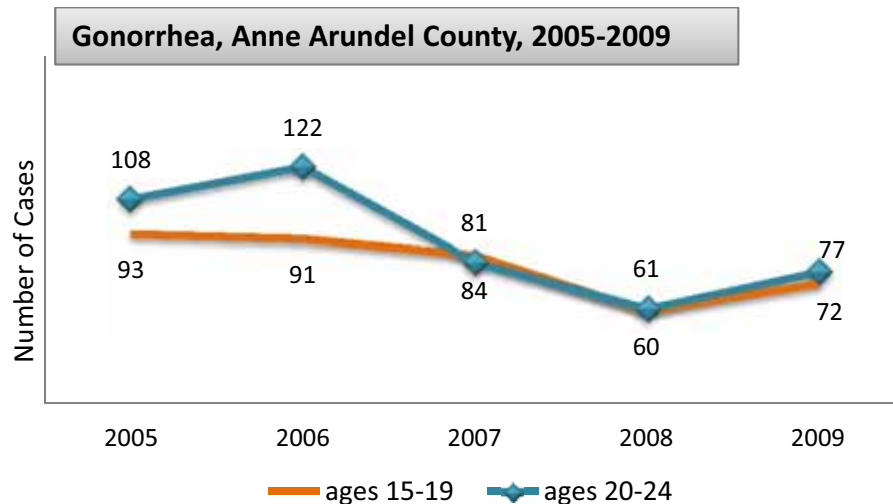
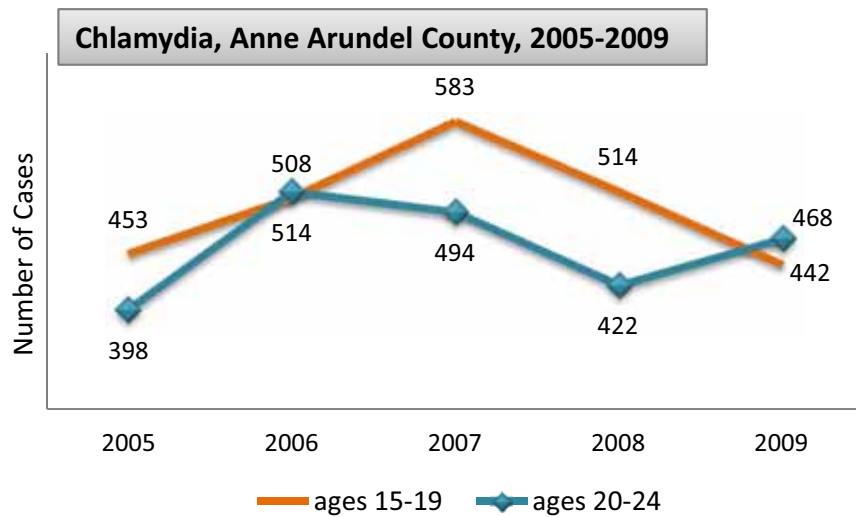


Data Source: Infectious Disease and Environmental Health Administration, Maryland DHMH.



## STDs and Young Adults

According to the CDC, adolescents and young adults have an increased risk for sexually transmitted diseases (STDs) compared to older adults. In Anne Arundel County, teens and young adults ages 15-24 account for over 70 percent of reported chlamydia infections and 55 percent of gonorrhea infections. Undetected and untreated STDs can lead to serious health consequences, including infertility and increased risk for other diseases such as HIV.



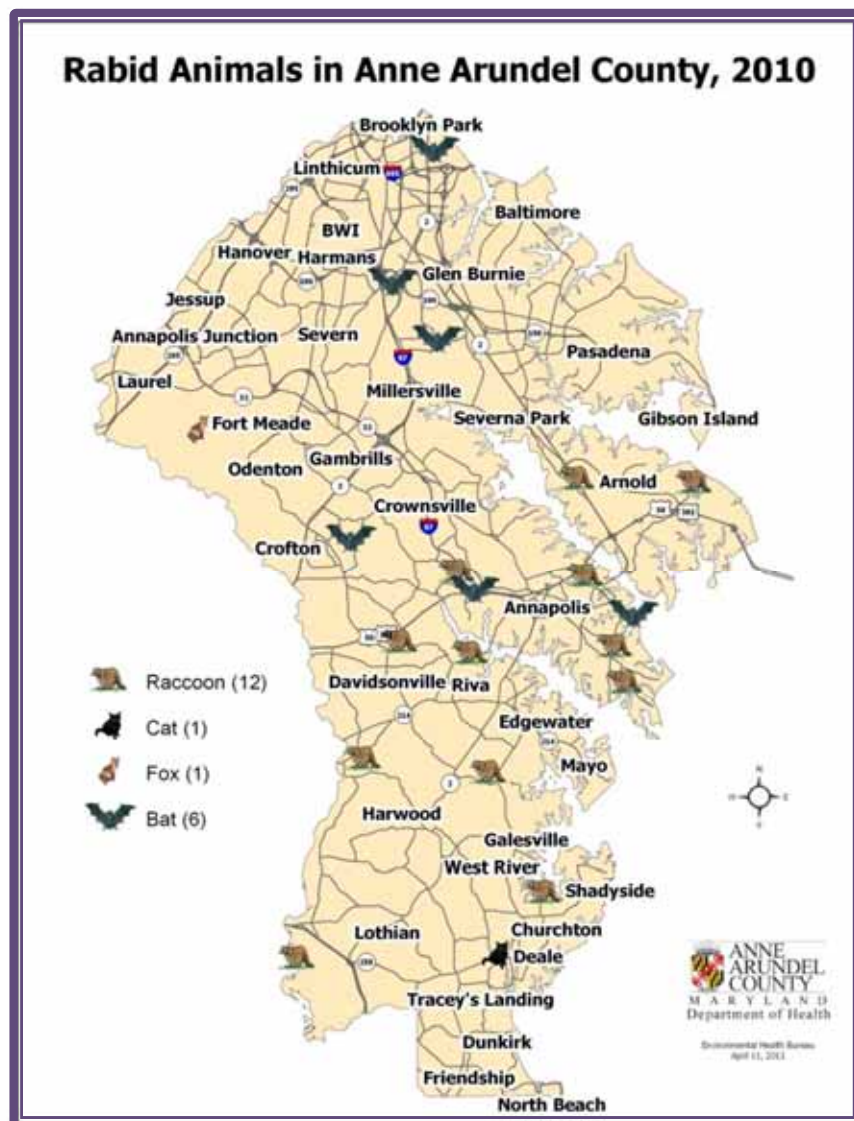
Data Source: Division of STD Prevention, National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, CDC; Infectious Disease and Environmental Health Administration, Maryland DHMH.



# Rabies

Rabies is a fatal viral infection spread through the saliva of infected animals. Every year over 1,000 County residents are screened after contact with animals to determine their risk for rabies, with approximately 100 needing treatment.

A successful oral rabies vaccine program for wild raccoons has helped reduce the number of reported rabid animals in Anne Arundel County since it began in 1998, from nearly 100 rabid animals to 20 in 2010.



Data Source: Environmental Health Bureau, Anne Arundel County Department of Health

# Contact Information

**Compiled in 2011 by:**

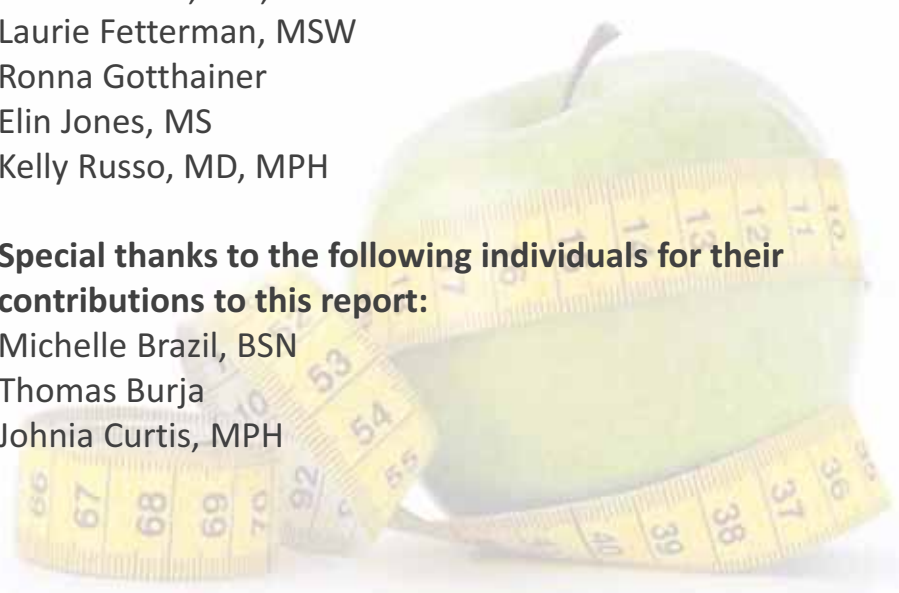
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The services and facilities of the Anne Arundel County Department of Health are available to all regardless of race, color, religion, political affiliation, national origin, age, sex, sexual orientation or disability.

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