

Anne Arundel County Department of Health

Growing Wellness



MAY 2013

REPORT CARD OF COMMUNITY HEALTH INDICATORS

Laura Neuman
County Executive

Dr. Jinlene Chan
Acting Health Officer



County Executive's Message

I am pleased to present the Anne Arundel County Department of Health's 16th annual Report Card of Community Health Indicators. This report offers a comprehensive snapshot of our County's health status and identifies how our County is doing in relation to Healthy People 2020, a set of national health goals for all Americans. The Department uses this report to track its progress toward achieving these goals and other health priorities for our County.

The Department of Health works in a complex public health environment to support County residents in receiving physical, dental, behavioral, environmental and educational health services. In these challenging economic times and with a changing health care landscape, the services the Department provides are vital. The Department will serve as a leader and resource in the implementation of health care reform.

The future of public health in our County will require collaborative partnerships and strong initiatives that promote healthy lifestyles and provide high quality personal and environmental health services. The Department spearheaded the establishment of the Healthy Anne Arundel Coalition in 2011 to help strengthen public-private partnerships to improve the County's health. The Coalition's vision is "Healthy County, Healthy People."

I would like to thank Department of Health staff, our partner organizations and concerned individuals throughout the County for their commitment and service to promote the health and wellness of County residents. Together, we can grow wellness in Anne Arundel County.

Respectfully,

A handwritten signature in blue ink, appearing to read "Laura Neuman".

Laura Neuman
County Executive





Health Officer's Message

The proverb “cultivate the garden within” is appropriate to the work of the Department of Health and the County residents we serve. The Department’s vision is a vibrant County in which healthy people reside in healthy communities. Over the years, the Department has cultivated strong partnerships with government agencies, medical providers, educational institutions, community and faith-based groups, businesses, and individuals. The accomplishments of our Department depend on the relationships we cultivate and grow with our partners and the people we serve.

This report highlights the accomplishments we have made toward Healthy People 2020 goals in several areas, including diabetes mortality, infant mortality and colorectal cancer screening. The report also identifies areas for improvement. Mental health and substance abuse are of concern locally and nationwide. This year’s report features data on opioid overdoses and adolescent suicide deaths and attempts. The report also shows that the County needs to improve in the areas of adult cigarette smoking, low weight births and mammography screening. Our ongoing efforts to address health disparities, whether related to income, education, race, ethnicity or geography, will remain an area of focus.

I encourage all County residents to cultivate your gardens within by improving your personal health and wellness. Visit the Department’s website, www.ahealth.org, for recipes to promote good nutrition, tips for physical activity to get you moving, information about vaccines to prevent illness, preventive health services to help stay healthy, and other health information to help individuals and families lead healthier lives.

Through the efforts of the Department of Health, our partners and County residents, we can grow a healthier County with healthier people.

Warm regards,

A handwritten signature in black ink that reads "Jinlene Chan" with a stylized flourish underneath.

Jinlene Chan, M.D., M.P.H.
Acting Health Officer





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Demographics

2011 Census and Estimates	Anne Arundel	Maryland	United States
Population			
Total Population	544,403	5,839,572	311,587,816
Male	49.4%	48.4%	49.2%
Female	50.6%	51.6%	50.8%
Race, Ethnicity and Age			
White, non-Hispanic (NH)	71.9%	54.4%	63.4%
Black, NH	16.1%	30.0%	13.1%
Hispanic	6.4%	8.4%	16.7%
Asian, NH	3.6%	5.8%	5.0%
American Indian, NH	0.4%	0.5%	1.2%
Others	2.8%	2.6%	2.5%
Under 5 Years Old	6.4%	6.3%	6.5%
18 Years and Over	77.0%	76.9%	76.3%
65 Years and Over	12.1%	12.5%	13.3%
Median Age (Years)	38.6	38.0	37.3
Household and Economic Indicators			
Median Household Income	\$85,690	\$72,419	\$52,762
Families Below Poverty Level	3.7%	6.1%	10.5%
Individuals Below Poverty Level	5.5%	9.0%	14.3%
Unemployment Rate, December 2012*	5.9%	6.7%	7.6%
Uninsured	9.6%	13.0%	17.7%

Data Source: U.S. Census Bureau: State and County QuickFacts; 2011 American Community Survey 5-year Estimates and 1-year Estimates; United States Department of Labor; Bureau of Labor Statistics (*not seasonally adjusted preliminary unemployment rates); National BRFSS, CDC; Maryland BRFSS, DHMH.



Healthy People 2020

At the start of each decade, the U.S. Department of Health and Human Services provides a set of 10-year national objectives for improving health. The Healthy People 2020 goals help guide Anne Arundel County's ongoing efforts toward growing wellness. The County has already met some of the 2020 goals and continues to work toward achieving others.

Indicator	Anne Arundel (as of 2011)	National 2020 Goal	Met National 2020 Goal
Mortality (age-adjusted rates per 100,000 population)			
Coronary Heart Disease	176.1	100.8	No
Stroke	39.3	33.8	No
Diabetes	21.3	65.8	Yes
Unintentional Injuries	20.9	36.0	Yes
All Cancer	171.3*	160.6	No
Lung Cancer	61.9**	45.5	No
Female Breast Cancer	24.1**	20.6	No
Homicide	3.7	5.5	Yes
Suicide	9.4	10.2	Yes

*Rates based on data from 2009-2011.

**Rates based on data from 2005-2009.

Data Source: Maryland Vital Statistics Annual Reports, Vital Statistics Administration, Maryland DHMH; Cigarette Restitution Fund Program, Cancer Report 2012, Maryland DHMH; Healthy People 2020, U.S. DHHS.



Healthy People 2020

Indicator	Anne Arundel (as of 2011)	National 2020 Goal	Met National 2020 Goal
Maternal and Infant Health			
First Trimester Prenatal Care	71.5%	77.9%	No
Low Weight Births*	8.1%	7.8%	No
Infant Mortality Rate** (Per 1,000 Live Births)	5.1	6.0	Yes
Risk Factors			
Cigarette Smoking by Adults	22.9%	12.0%	No
Healthy Weight in Adults	36.9%	33.9%	Yes
Obesity in Adults	26.9%	30.5%	Yes
Health Access and Screening			
Mammography Screening in Past 2 Years (Ages 50+)	79.1% (as of 2010)	81.1%	No
Colorectal Cancer Screening (Ages 50+)	73.0% (as of 2010)	70.5%	Yes
Cholesterol Checked in Last 5 Years	96.3%	82.1%	Yes
Health Insurance	90.4%	100%	No

*Low birth weight is defined as <2,500 grams or approximately 5.5. pounds.

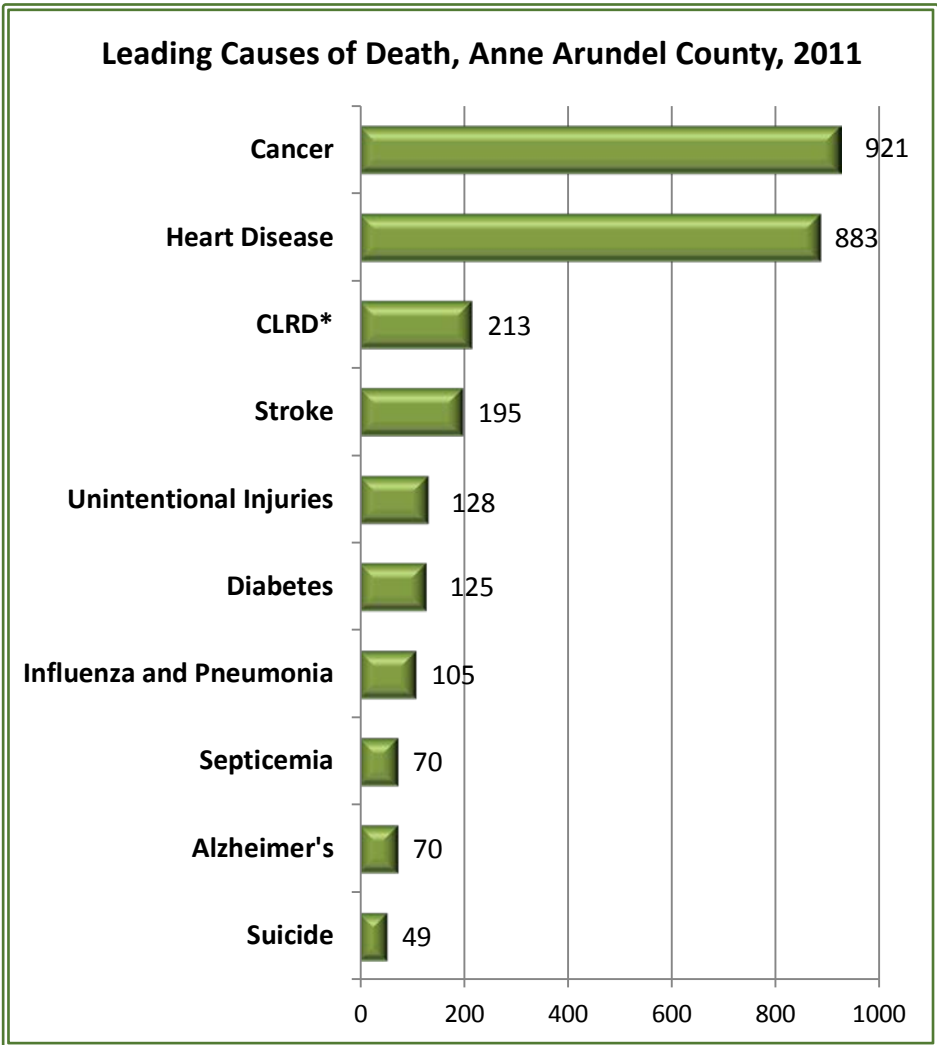
**Infant mortality measures deaths during the first year of life.

Data Source: Maryland Vital Statistics Annual Report, Vital Statistics Administration, Maryland DHMH; Maryland BRFSS; U.S. DHHS; Healthy People 2020, U.S. DHHS.



Leading Causes of Death

In 2011, 3,861 Anne Arundel County residents were reported to have died, and life expectancy was 79.6 years. There are many modifiable risk factors that contribute to the leading causes of death, including smoking, high blood pressure, overweight and obesity, physical inactivity, poor diet and excess alcohol consumption. Leading a healthy lifestyle can reduce the burden of long-term disability and premature death.



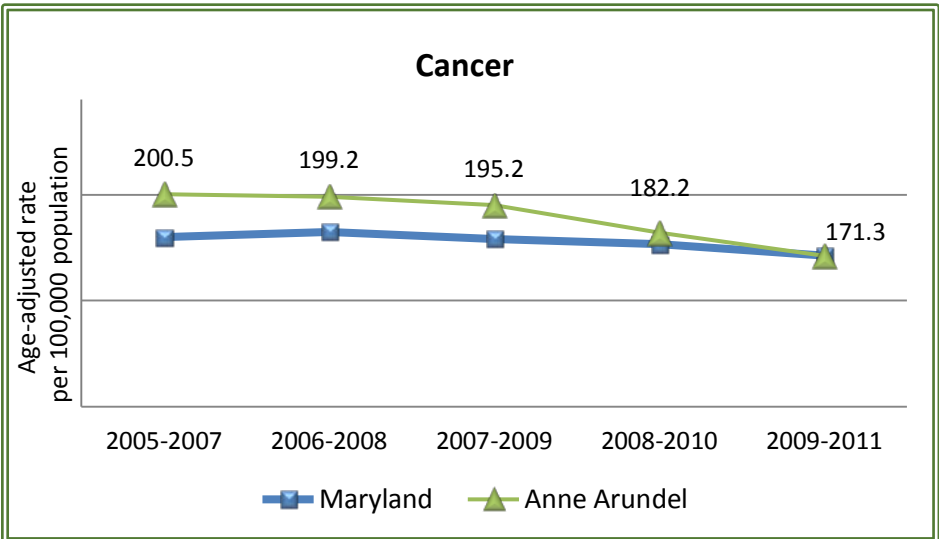
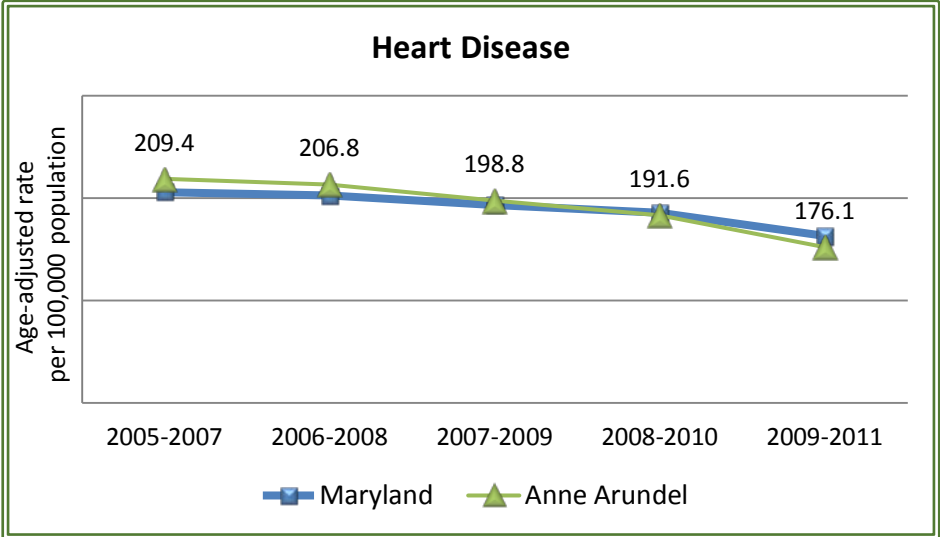
*Chronic lower respiratory diseases (CLRD) include both chronic obstructive pulmonary disease (COPD) and asthma.

Data Source: Maryland Vital Statistics Annual Report, Vital Statistics Administration, Maryland DHMH.



Mortality Trends

Age-Adjusted Mortality Rates, Anne Arundel County, 2005-2011

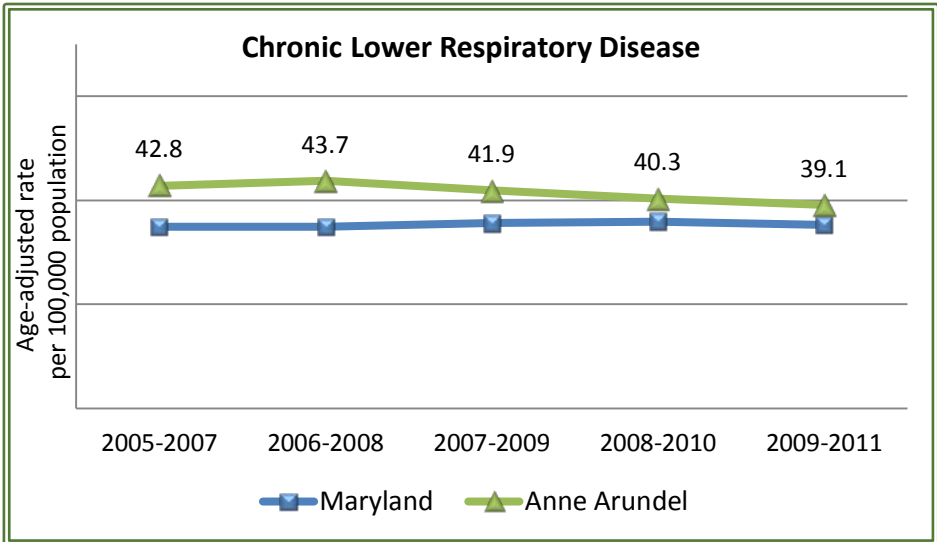
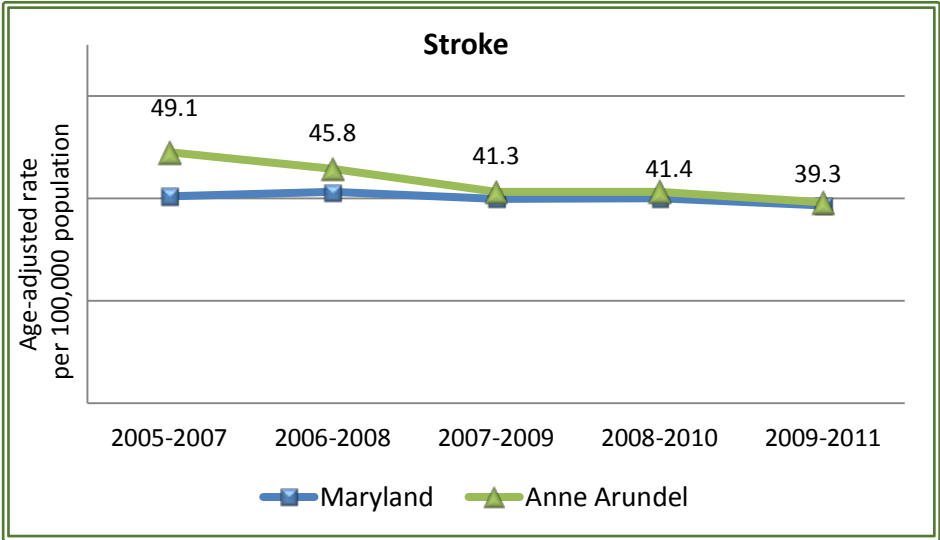


Data Source: Maryland Vital Statistics Annual Reports, Vital Statistics Administration, Maryland DHMH.



Mortality Trends

Age-Adjusted Mortality Rates, Anne Arundel County, 2005-2011

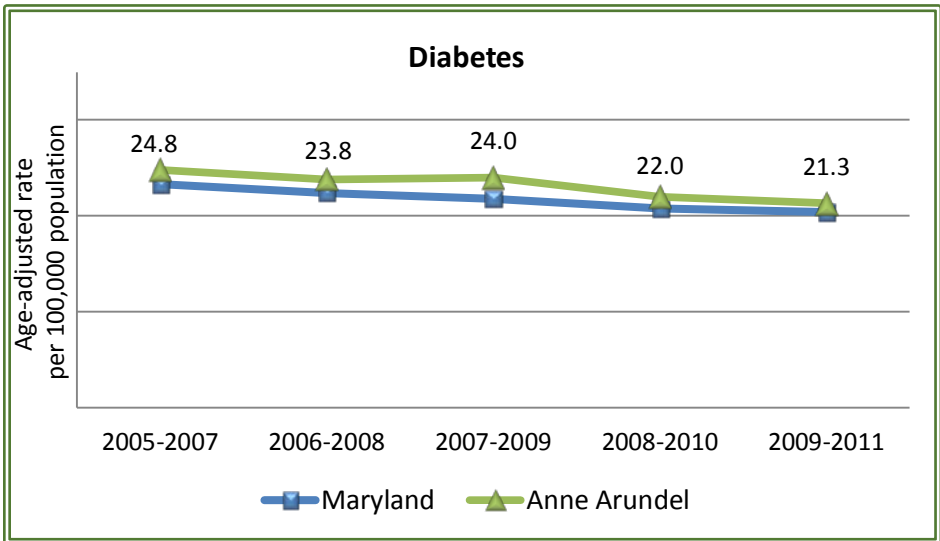
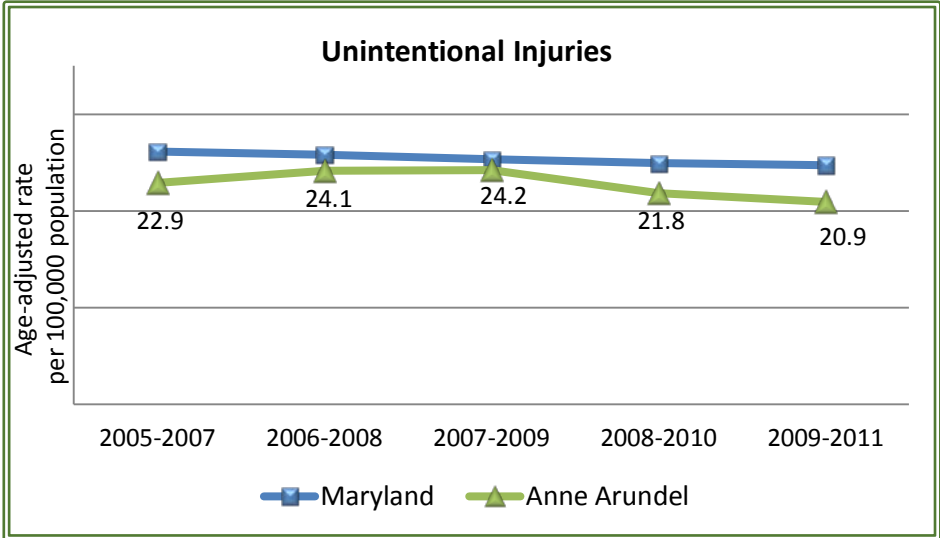


Data Source: Maryland Vital Statistics Annual Reports, Vital Statistics Administration, Maryland DHMH.



Mortality Trends

Age-Adjusted Mortality Rates, Anne Arundel County, 2005-2011



Data Source: Maryland Vital Statistics Annual Reports, Vital Statistics Administration, Maryland DHMH.



Cancer Incidence

Cancer Incidence Rates*, Anne Arundel County, 2005-2009

Cancer Type	County Case Count	Anne Arundel Rates	Maryland Rates	United States Rates
All Sites (Both Genders**)	12,211	472.5	450.8	472.2
Breast (Female)	1,737	121.7	123	121.9
Cervical (Female)	90	6.7	6.9	8.1
Colorectal (Both Genders**)	988	39.7	41.9	46.2
Colorectal (Male)	525	46.8	48.5	53.8
Colorectal (Female)	462	33.9	36.9	40.2
Lung/Bronchus (Both Genders**)	1,797	72.5	63.3	67.7
Lung/Bronchus (Male)	901	81.8	75.1	83.5
Lung/Bronchus (Female)	885	65.3	54.8	56.1
Melanoma (Both Genders**)	811	30.7	20.8	19.1
Prostate (Male)	1,878	148.5	155.1	151.4

*Age-adjusted rates per 100,000 population.

**Total also includes unknown gender cases.

Data Source: 2012 Cancer Report, Cigarette Restitution Fund Program Maryland DHMH; National Center for Health Statistics, CDC WONDER.



Cancer Mortality

Cancer Mortality Rates*, Anne Arundel County, 2005-2009

Cancer Type	County Death Count	Anne Arundel Rates	Maryland Rates	United States Rates
All Sites (Both Genders)	4,745	195.5	182.4	178.7
Breast (Female)	337	24.1	24.7	23.0
Cervical (Female)	25	1.8	2.3	2.4
Colorectal (Both Genders)	397	16.8	17.5	16.7
Colorectal (Male)	221	20.9	21.6	20.2
Colorectal (Female)	176	13.3	14.5	14.1
Lung/Bronchus** (Both Genders)	1507	61.9	51.1	50.6
Lung/Bronchus (Male)	806	75.4	64.6	65.7
Lung/Bronchus (Female)	701	51.9	41.5	39.7
Melanoma (Both Genders)	101	4.1	2.7	2.7
Prostate (Male)	212	24.1	25.5	23.6

*Age-adjusted rates per 100,000 population.

**Includes cancer of the trachea.

Data Source: Cancer Report 2012, Maryland DHMH; National Center for Health Statistics, CDC WONDER.



Infant Health Indicators

	2007	2008	2009	2010	2011
Number of Births (Mother's Race), Anne Arundel County					
Total	7,115	7,156	7,103	7,075	6,824
Whites	5,489	5,456	5,333	5,431	5,196
Blacks	1,226	1,270	1,332	1,280	1,232
Hispanic, Any Race	742	773	770	825	819
Percent of Low Birth Weight Infants (<2,500 grams or approximately 5.5 lbs)					
Anne Arundel	8.2%	9.2%	8.2%	8.2%	8.1%
Maryland	9.1%	9.3%	9.2%	8.8%	8.9%
United States	8.2%	8.2%	8.2%	8.2%	8.1%**
Percent of Women Receiving First Trimester Prenatal Care (First trimester includes the first 12 weeks of pregnancy)					
Anne Arundel	87.4%	89.2%	88.4%	70.4%*	71.5%*
Maryland	79.5%	80.2%	80.2%	69%*	67.7%*
United States	70.8%	71.0%	N/A	N/A	N/A
Births to Women 15-19 Years Old per 1,000 Women Ages 15-19					
Anne Arundel	27.8	28.9	27.8	25.8	22.3
Maryland	34.4	32.7	31.2	27.2	24.7
United States	41.5	40.2	37.9	34.2	31.3**

*2010 and 2011 data cannot be compared to previous years due to changes to the Maryland birth certificate.

**Preliminary data.

N/A=Not available.

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



Infant Mortality

Infant mortality measures deaths during the first year of life. In 2011, there were 35 infant deaths in Anne Arundel County, with an overall infant mortality rate of 5.1 per 1,000 live births. The Healthy People 2020 goal for infant mortality is no more than 6.0 deaths per 1,000 live births.

Although the County currently meets this goal overall, a significant disparity continues to exist between white and black infant mortality. In 2011, black infants had a mortality rate of 13.0, over three times higher than white infants.

	2007	2008	2009	2010	2011
Infant Mortality – All Races per 1,000 Live Births					
Anne Arundel	6.5	8.7	4.9	4.7	5.1
Maryland	8.0	8.0	7.2	6.7	6.7
United States	6.8	6.6	6.4	6.15	6.05*
Infant Mortality – Whites per 1,000 Live Births					
Anne Arundel	5.6	7.1	4.1	3.3	3.5
Maryland	4.6	5.2	4.1	4.1	4.0
United States	5.6	5.6	5.3	5.2	5.11*
Infant Mortality – Blacks per 1,000 Live Births					
Anne Arundel	9.8	17.3	9.0	10.9	13.0
Maryland	14.0	13.4	13.6	11.8	12.0
United States	13.2	12.7	12.6	11.6	11.42*

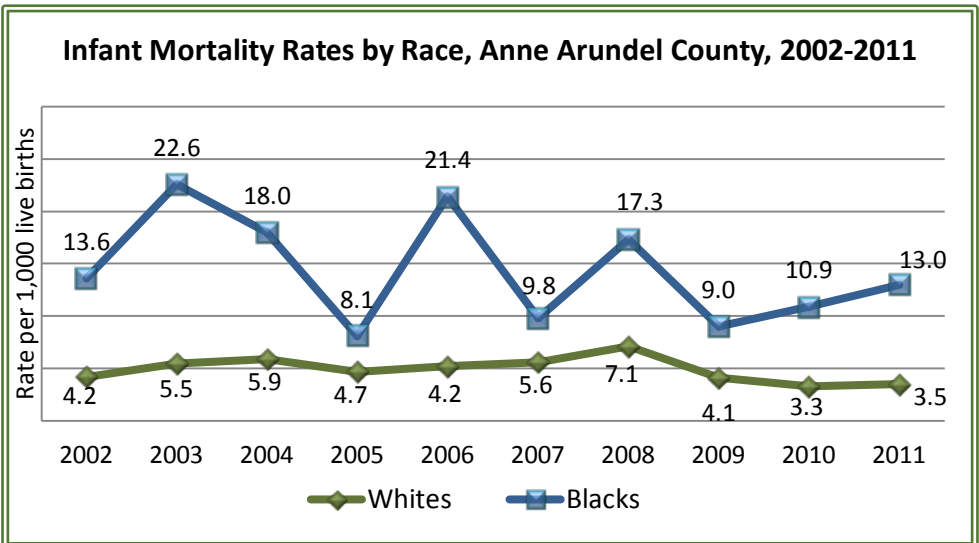
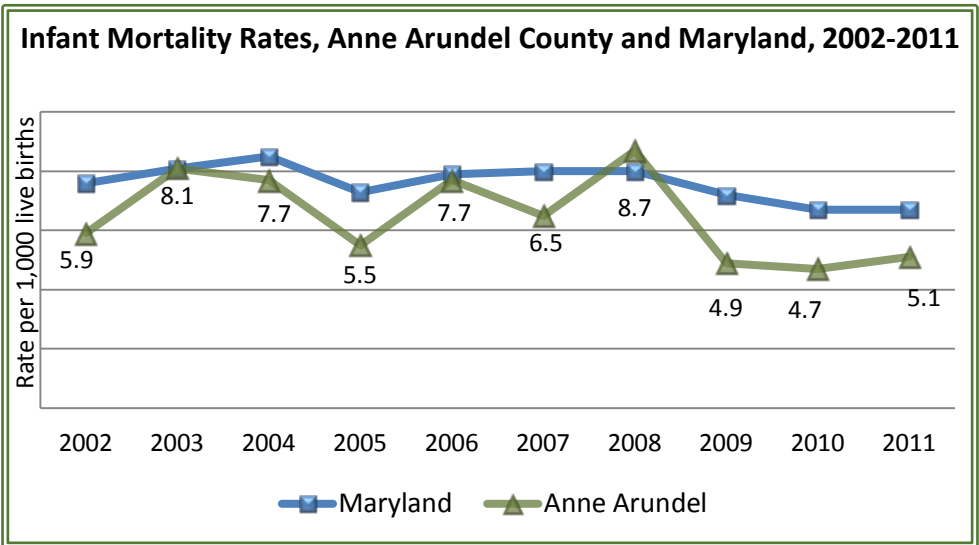
*Preliminary.

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



Infant Mortality

Premature births and issues such as smoking, substance abuse, poor nutrition and chronic health conditions impact pregnancy outcomes. Early and continuous prenatal care and education about healthy pregnancies and caring for a baby (e.g., immunizations, injury prevention, safe sleep position) may help improve the health and survival of infants. The County's 2011 infant mortality rate was higher than the 2010 rate.

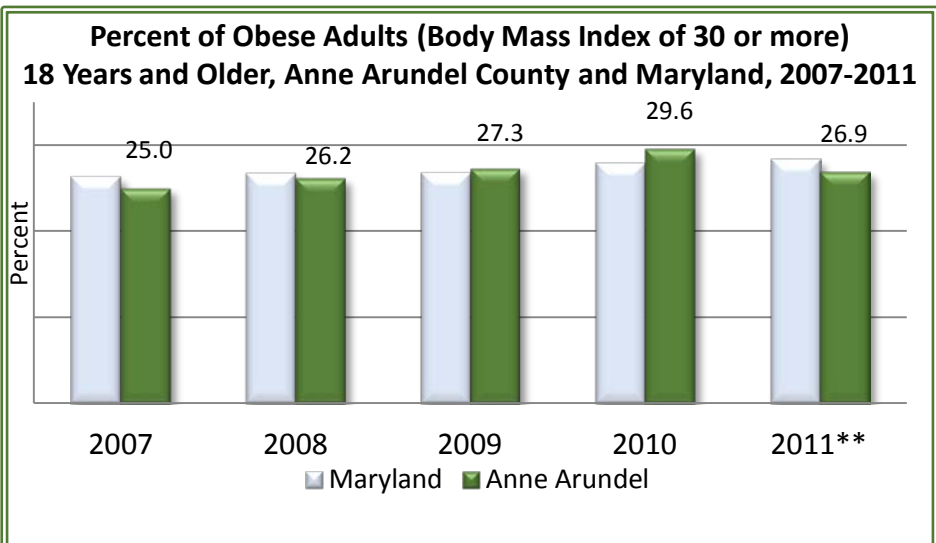
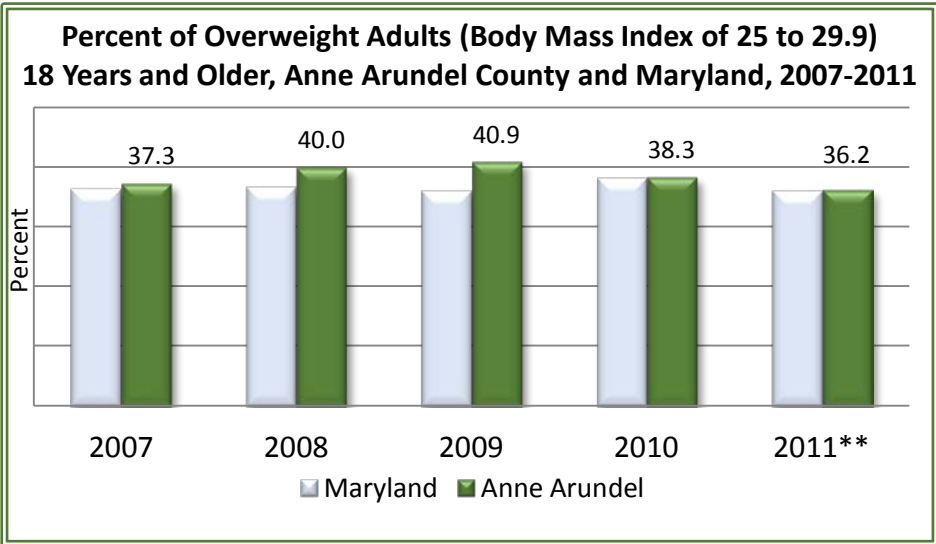


Data Source: Maryland Vital Statistics Annual Reports, Vital Statistics Administration, Maryland DHMH.



Overweight and Obesity

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



*BMI is measured as weight (pounds) multiplied by 703 divided by height (inches) squared.

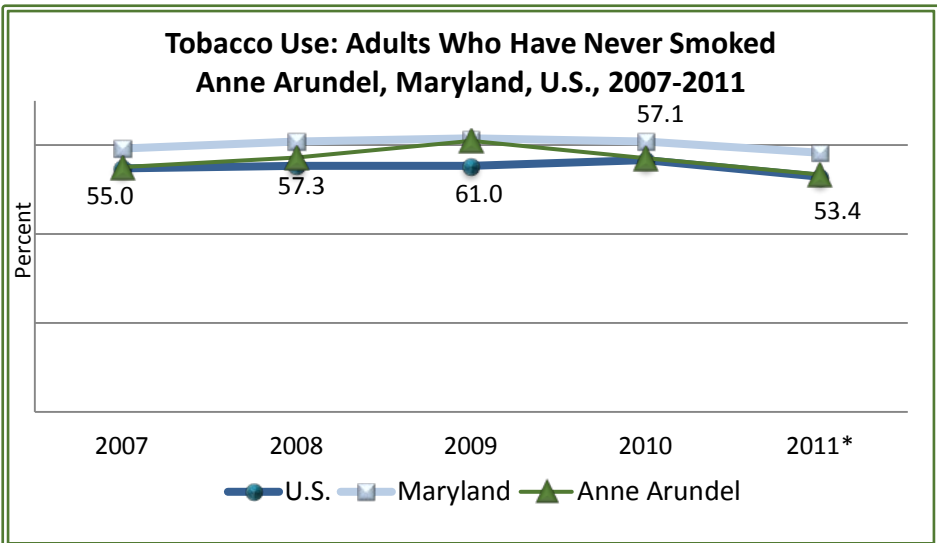
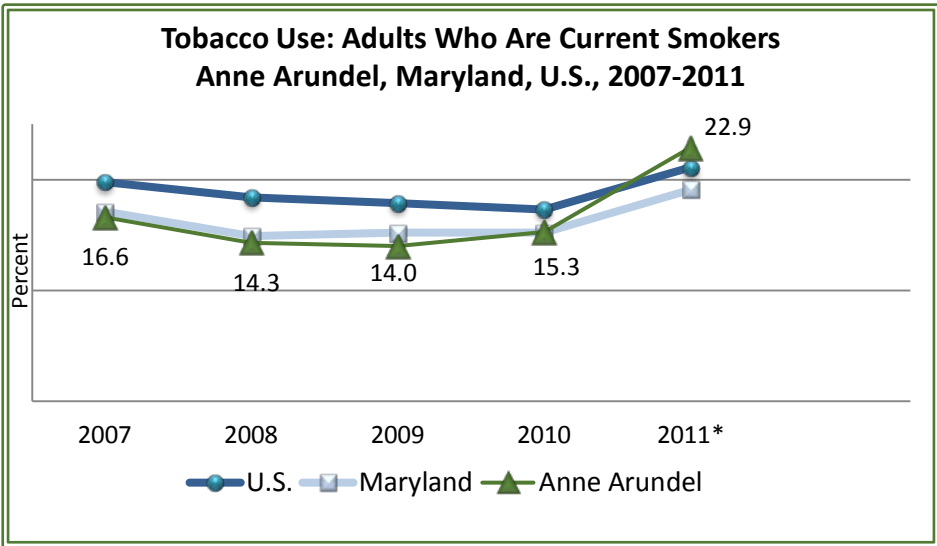
**2011 data cannot be compared with previous years' data due to changes in data collection methodology.

Data Source: National BRFSS, CDC; Maryland BRFSS.



Tobacco Use

Smoking is the leading risk factor for lung cancer, and it also increases the risk of other health problems, including chronic lower respiratory disease (e.g., COPD and asthma), respiratory infections, heart problems, premature birth and Sudden Infant Death Syndrome (SIDS). To meet the Healthy People 2020 goal, Anne Arundel County will need to reduce the percentage of current adult smokers from 22.9 to 12 percent.

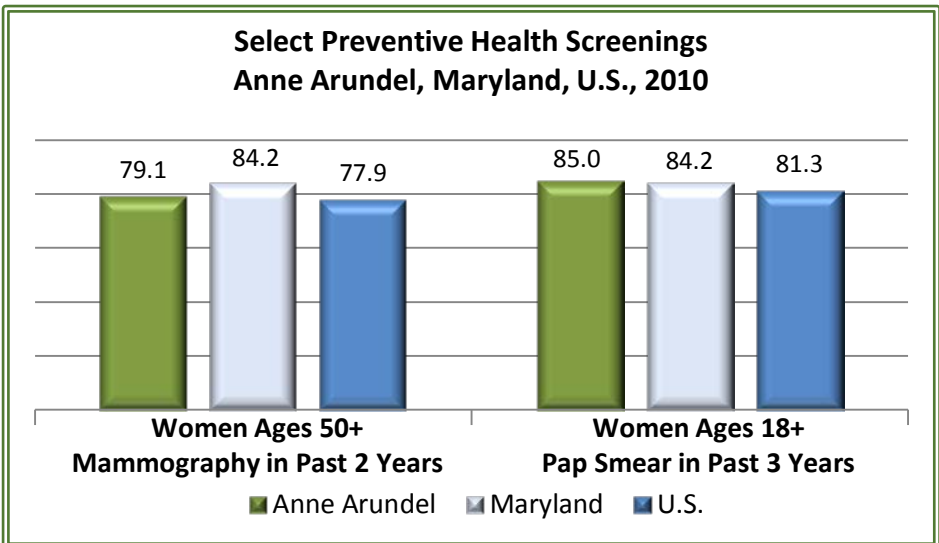
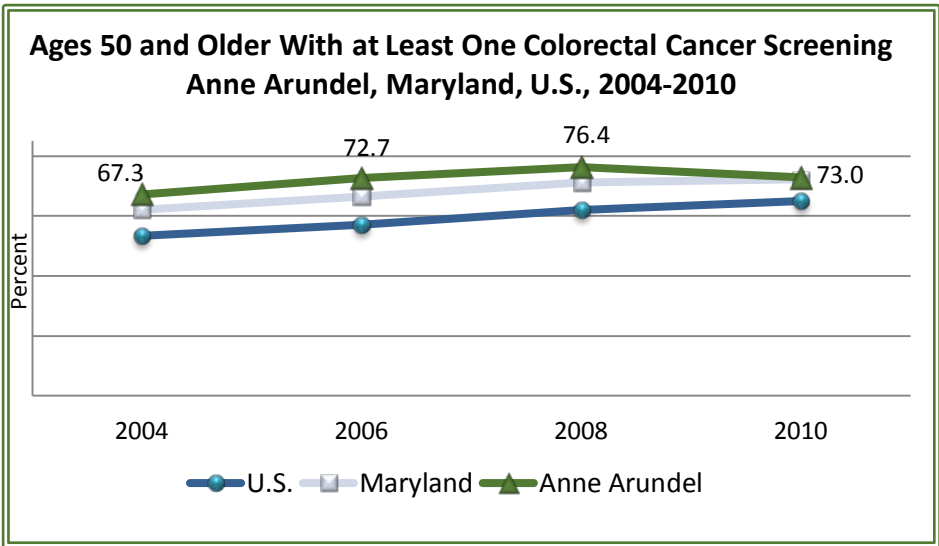


*2011 data cannot be compared with previous years' data due to changes in data collection methodology.
Data Source: National BRFSS, CDC; Maryland BRFSS.



Preventive Health Screening

Early detection greatly increases the opportunity for successful cancer treatment. Approximately 5 percent of men and women will develop colorectal cancer during their lifetimes; 1 in 8 women will develop breast cancer; and 1 in 147 women will develop cervical cancer. Recommendations to help prevent cancer include maintaining a healthy weight, being physically active, eating a healthy diet and limiting alcohol consumption.



Data Source: National BRFS, CDC; American Cancer Society.



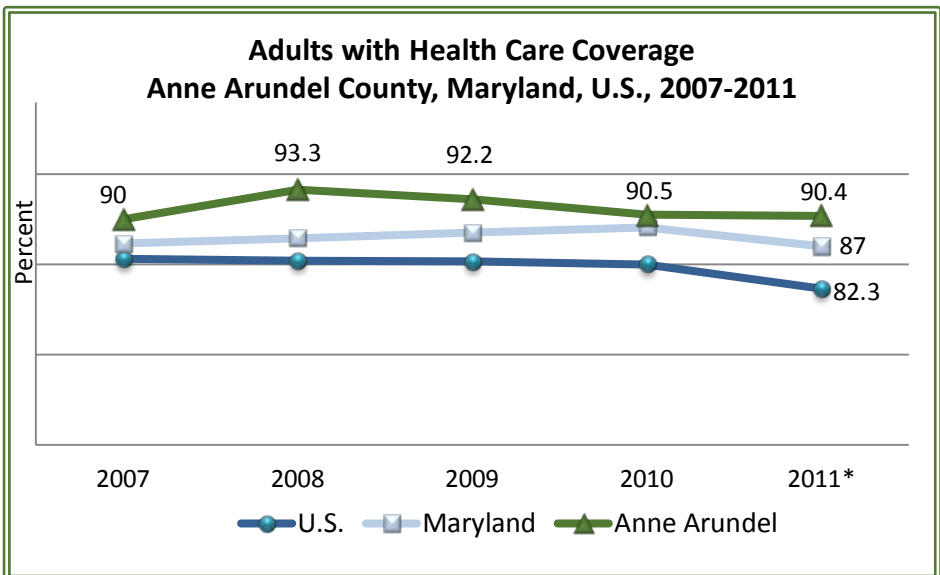
Health Care Insurance

Around 9.6 percent of County residents lacked any kind of health care insurance in 2011. This means there are approximately 52,000 residents in our community without health insurance, most of whom were ages 18-64.

Of the approximately 33,000 emergency department visits made in 2010 that were not covered through some form of insurance, approximately 61 percent were from residents of Glen Burnie, Brooklyn, Pasadena and Annapolis.

Lack of health insurance varies not only by age and geography, but also by gender, race and ethnicity. More men lack insurance than women (9.2 percent versus 7.2 percent). The white, non-Hispanic population has the best health insurance coverage, with only 5.9 percent lacking insurance. Ten percent of the Black population, 12.9 percent of the Asian population and 29.1 percent of the Hispanic population (any race) are estimated to lack insurance.

Improving access to health care insurance is essential to increasing health and wellness and reducing health disparities.



*2011 data cannot be compared with previous years' data due to changes in data collection methodology.
Data Source: National BRFSS, CDC; Maryland BRFSS, DHMH; 2009-2011 American Community Survey, 3-Year Estimates; Health Services Cost Review Commission



General Disease Reporting

Number of Selected Reportable Diseases In Anne Arundel County				
	2010	2011	2012*	5-Year Mean
Campylobacter	65	55	72	54
Salmonella	75	97	99	83
Vibrio	8	6	13	9
Legionellosis	10	13	11	10
<i>M. tuberculosis</i>	6	8	10	10
<i>M. marinum</i>	5	7	6	6
Hepatitis A	1	3	2	3
Hepatitis B**	93	80	75	101
Hepatitis C**	539	622	546	690
Meningitis, viral	41	42	56	46
Meningitis, meningococcal	1	0	0	1
Pertussis	10	17	37	19
Streptococcus Pneumonia, invasive	69	52	39	61
Chlamydia	1,359	1,674	1,439	1,410
Gonorrhea	289	213	230	241
Syphilis***	15	19	15	21
Lyme Disease	115	90	111	139
Rocky Mountain Spotted Fever	23	5	7	11
Animal Rabies	20	7	19	15
Outbreaks: Gastrointestinal	10	10	15	12
Outbreaks: Respiratory	3	5	1	3

*Provisional data.

**Includes both acute and chronic cases.

***Includes primary and secondary.

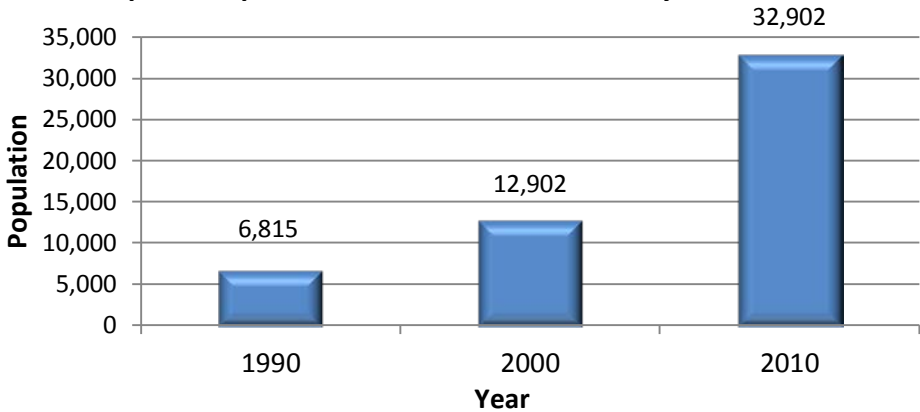
Data Source: Bureau of Disease Prevention and Management, Anne Arundel County Department of Health.



Hispanic/Latino Health

The Hispanic/Latino population in Anne Arundel County has more than doubled from 2000 to 2010. Hispanics/Latinos comprised 2.6 percent of the total population in 2000 and 6.1 percent in 2010. The median age for Hispanic/Latinos in Anne Arundel County is 26.4 years, compared to the median age of 36.9 years for all residents in Anne Arundel County.

Hispanic Population in Anne Arundel County, 2000-2010



Hispanics/Latinos have lower incomes, a higher percentage of families below poverty, and a higher percentage of individuals who are unemployed and uninsured.

Indicator	All Race/Ethnicity	Hispanic/Latino
Median household income (2006-2010)	\$83,456	\$65,229
Families below poverty (2006-2010)	3.3%	8.0%
Percent unemployed (2006-2010)	3.7%	4.8%
Uninsured (2008-2010)	8.4%	33.9%

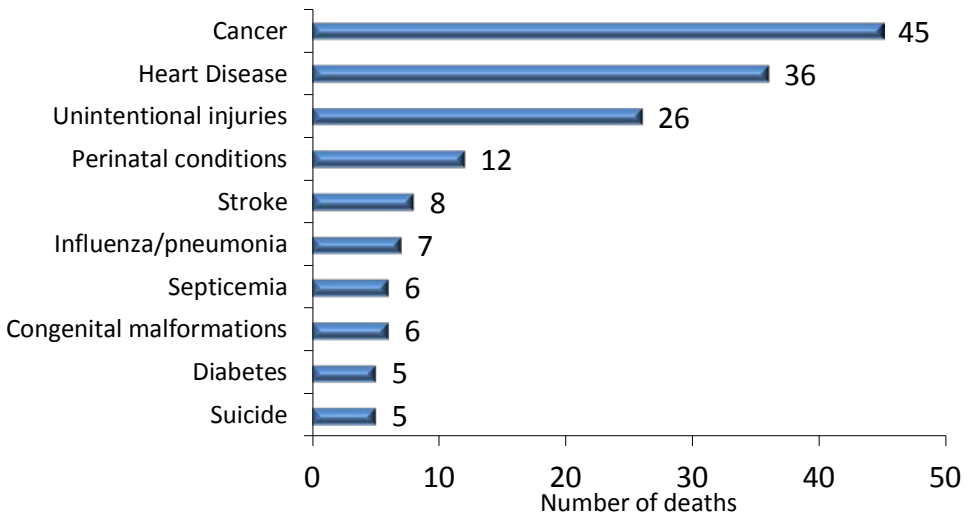
Data Source: U.S. Census American Community Survey Selected Population Tables, 2006-2010; 2008-2010 American Community Survey 3-Year Estimates (uninsured rate data); U.S. Census Bureau.



Hispanic/Latino Health

Cancer and heart disease, the leading causes of death for all County residents, are also the leading causes of death for Hispanics/Latinos in Anne Arundel County.

Leading Causes of Death for Hispanics in Anne Arundel County, 1999-2008



In 2012, a focus group was conducted with Hispanic/Latino community leaders to characterize the health issues and needs of the Hispanic/Latino community in Anne Arundel County.

Concerns identified by community leaders at the focus group included:

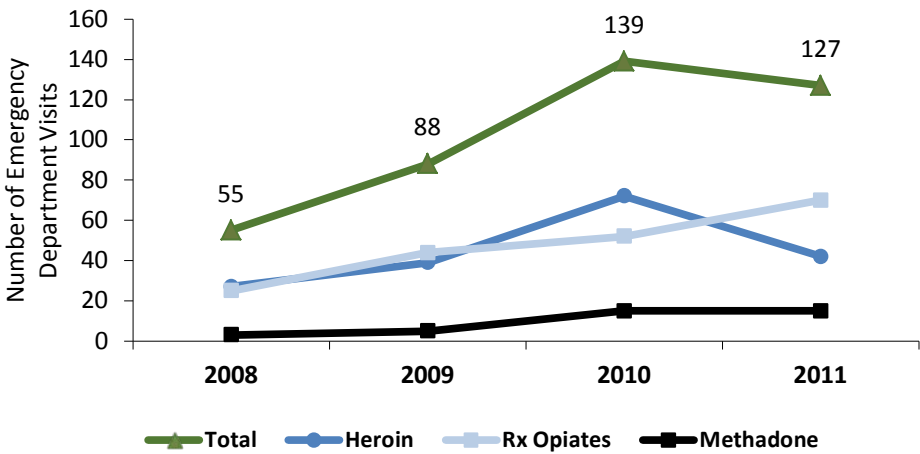
- Obesity, diabetes and mental health issues, including alcohol and drug abuse, are important health issues in the Hispanic community.
- Lack of insurance coverage and inability to pay are major barriers to accessing health care.
- Language and a lack of bilingual providers are also barriers to accessing health care.
- Mental health and the stigma surrounding mental health are affecting the health of the Hispanic community.
- There is a need to improve communication between stakeholders, including providers, organizations and churches.



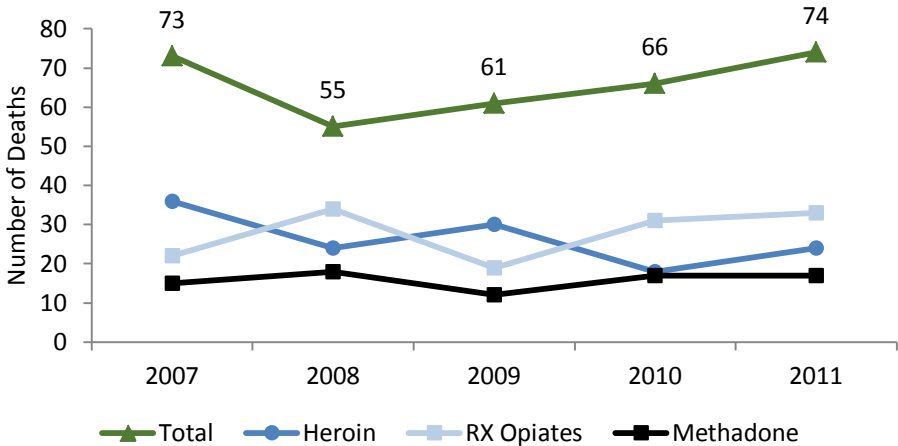
Opioid Overdose

Anne Arundel County has seen an increase in the number of deaths from all opioids. The number of emergency department visits due to overdoses of prescription opiates has increased, while the number of visits due to heroin has decreased. There is a continued need for substance abuse prevention and treatment services, especially for prescription opiates.

Opioid Overdose Emergency Department Visits by Type, Anne Arundel County, FY 2008-2011



Opioid Overdose Deaths by Type, Anne Arundel County, 2007-2011



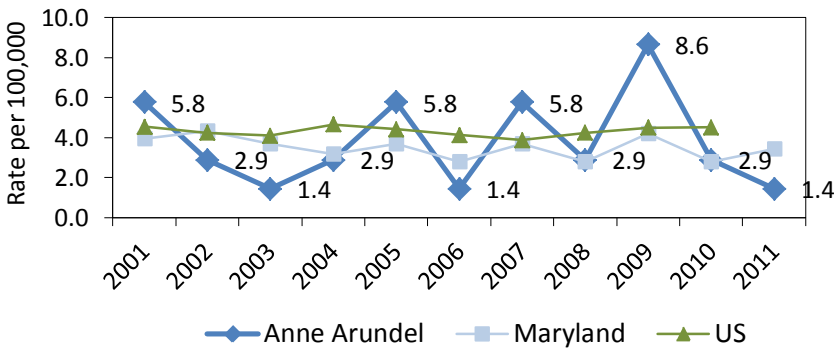
Data Source: Office of the Chief Medical Examiner, Maryland Department of Health and Mental Hygiene; Health Services Cost Review Commission.



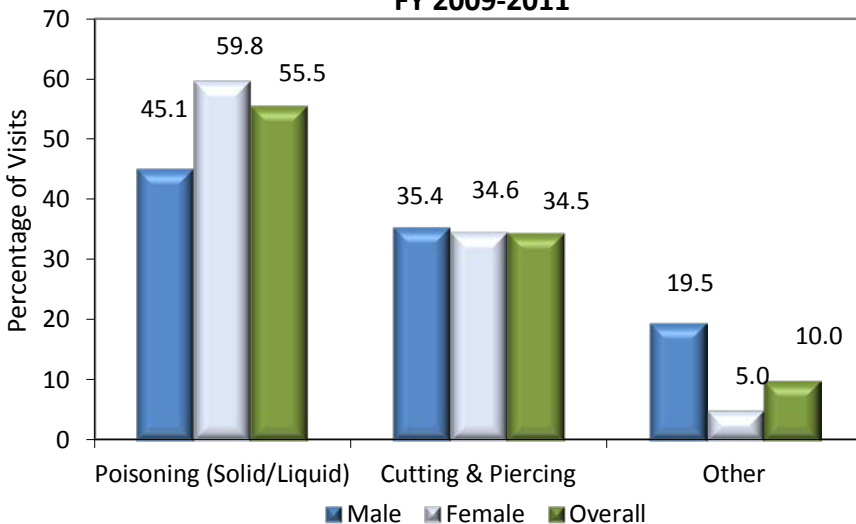
Adolescent Suicide

From 2009-2011, there were 5 suicide deaths among youth ages 10-17 and 4 among ages 18-19 in Anne Arundel County. Completed suicides do not provide a complete picture of the issue, as many suicide attempts or self-inflicted injuries result in severe injury or disability. There were 282 emergency room visits for self-injury among youth ages 10-17 from July 2008 through June 2011.

Rate* of Completed Suicides in Youths 10-19, Anne Arundel, Maryland, U.S., 2001-2011



Emergency Room Visits for Self-Injury Among Adolescents 10-17 in Anne Arundel County by Mechanism, FY 2009-2011



*Rate standardized to 2010 U.S. Census Population.

Data Source: Anne Arundel County Child Fatality Review, CDC National Vital Statistics System; Maryland Vital Statistics Annual Reports, Vital Statistics Administration, Maryland DHMH; Health Services Cost Review Commission.



Pediatric Obesity

Obesity among the pediatric population is of concern because it is predictive of obesity in adulthood and associated conditions, such as diabetes, joint problems and sleep apnea. Obesity in children is defined as a Body Mass Index (BMI) greater than the 95th percentile for age and sex. Overweight is defined as a BMI between the 85th and 95th percentile for age and sex. The Department of Health conducted active pediatric weight surveillance in primary care offices in 2002, 2006 and 2012.

There does not appear to be significant change in overall prevalence of obesity or overweight among County youth. However, there are differences in prevalence by region of the County, race and ethnicity, and sex, which may be helpful to guide interventions and resources.

Obesity and Overweight by Age Group, Sex, Region and Race/Ethnicity in Children Ages 0-19 Years, Anne Arundel County, 2012

Category	Obese	Obese or Overweight
Overall	15.9%	30.2%
Age Group (Years)		
< 2	12.3%	--
2-5	17.0%	31.5%
6-11	20.6%	36.2%
12-19	15.5%	30.8%
Sex		
Male	14.6%	29.5%
Female	17.4%	30.9%
Race and Ethnicity		
White, non-Hispanic	14.1%	28.6%
Black, non-Hispanic	19.4%	36.7%
Hispanic	21.6%	33.5%
County Region		
North	17.5%	33.1%
West	13.1%	28.2%
Central	16.4%	27.4%
South	19.3%	31.7%

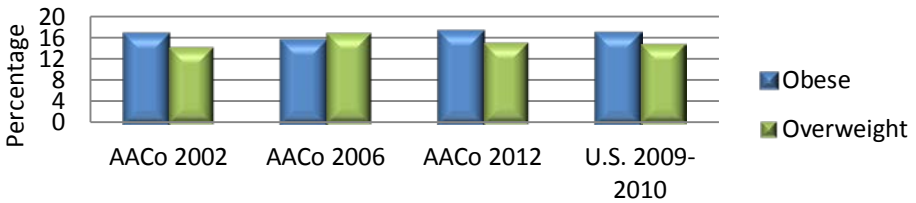
Data Source: Anne Arundel County Department of Health Provider-based Survey of Children and Adolescents, 2012.



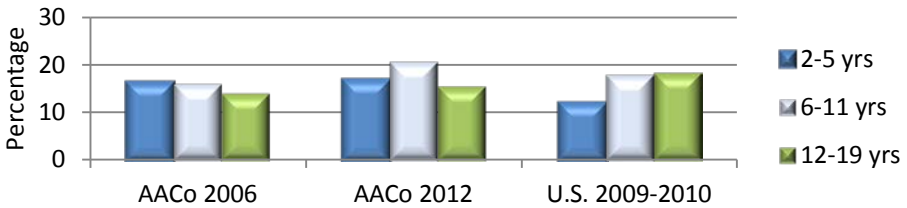
Pediatric Obesity

The following charts compare Anne Arundel County pediatric obesity data for children ages 2-19 years from 2002, 2006 and 2012 with the most recent (2009-2010) national data from the National Health and Nutrition Examination Survey (NHANES).

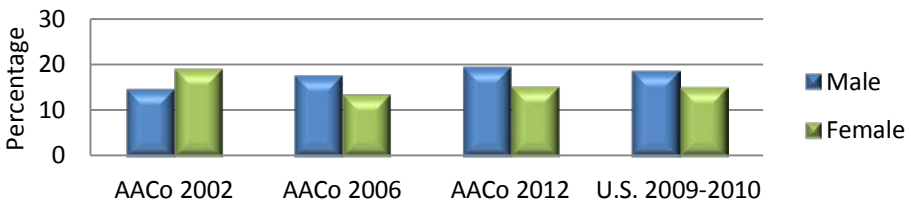
Obesity and Overweight in Children Ages 2-19 Years, Anne Arundel County, 2002-2012 and U.S., 2009-2010



Obesity by Age Group, Anne Arundel County, 2006-2012 and U.S., 2009-2010



Obesity by Sex, Anne Arundel County, 2002-2012 and U.S., 2009-2010



Data Source: Ogden CL, Carroll MD, Kit BK, Flegal KM. "Prevalence of Obesity and Trends in Body Mass Index Among U.S. Children and Adolescents, 1999-2010." JAMA. 2012;307(5); Anne Arundel County Pediatric Weight Survey, 2012.



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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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