

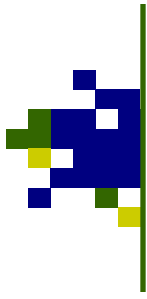
Community Health Assessment Report

Jackson County



Health Improvement Organization

2008 REPORT



Health Improvement Organization (HIO)

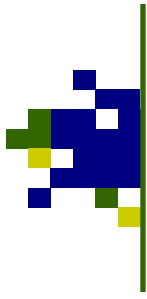
The Health Improvement Organization (HIO) Coordinating Council is the team of community stakeholders that supports the community health improvement function of the HIO charter. The scope of their responsibility includes monitoring community level indicators and identifying specific health issues and priorities to address within this collaborative community workgroup.

The HIO Coordinating Council represents a collaborative approach to community health improvement through the use of a community health assessment model. In this model, community stakeholders in health worked with experts from the University of Michigan's School of Public Health to develop and complete a community health assessment for Jackson County. This assessment provides a data collection mechanism that will better align efforts among community partners and create a more strategic framework for local health improvement activities.

In implementing this model, the team initiated a process with the following steps:

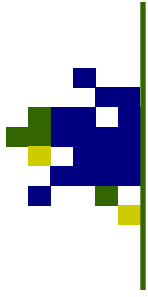
- Collect and analyze health information for our county (and subpopulations within our county)
- Benchmark our health status against other communities, the state, and nation
- Prioritize health issues within the community
- Create a system for disseminating this data to community organizations and residents
- Initiate strategic planning to address these issues through collaborative activities
- Monitor impact of health initiatives on community health outcomes

Next steps in this process include our Council using these priority health issues to develop a comprehensive health improvement plan for the community, including objectives and strategies; assisting community stakeholders in health in integration of community priorities into future strategic planning for their own organizations; and tracking of health indicators over time to assess impact.



Contributing Partners

Allegiance Health
Center for Family Health
Community Action Agency
Consumers Energy
DisAbility Connections
Faith Community Nursing
Fitness Council of Jackson
Health Plan of Michigan
Jackson County Administration
Jackson County Community Foundation
Jackson County Health Department
Jackson County Intermediate School District
Jackson Legacy Program
Jackson Public Schools
Jackson Substance Abuse Coalition
LifeWays
Michigan Prison ReEntry Initiative
United Way of Jackson
University of Michigan School of Public Health



ACKNOWLEDGEMENTS

The Jackson Community Health Assessment was conducted from November 2007 to March 2008 to gain a better understanding of the health status of residents in Jackson County. The Health Improvement Organization is a voluntary partnership of local organizations and agencies working to improve the health of the community.

Many thanks go to Allegiance Health, Jackson County Health Department, Jackson County Community Foundation, LifeWays, Health Plan of Michigan and other local health agencies that contributed to the funding of this project.

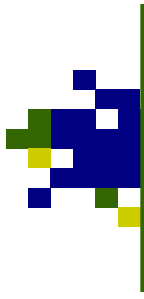
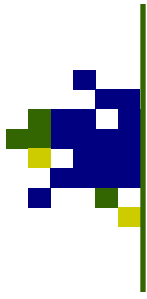


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Executive Summary

The Jackson Community Health Assessment was conducted from November 2007 to March 2008 in order to get information on the health status of Jackson County. Over 1,000 Jackson County residents 18 and older responded to a 180 question survey asking about their health status, insurance coverage, personal health habits, and health care experiences.

The HIO reviewed the data from the assessment and identified six main health issues specific to Jackson County. The HIO Coordinating Council will create a plan detailing ways organizations, agencies, and community members can address these six main health issues to better the health of Jackson County residents.

- Diabetes
- Heart disease
- Smoking
- Physical activity/nutrition/obesity
- Depression
- Stress

The results of the community health assessment are a valuable resource because they will assist in development of long-range health goals for the community; guide in strategic planning and program development; unify efforts in allocation of community resources, and strengthen grant proposals to fund current and future projects. Ultimately, the community health assessment will aid in bettering the health and well-being of Jackson County residents.

Diabetes

According to the Community Health Assessment:

- 14% of residents in Jackson County have diabetes; this means that the rate of diabetes in Jackson County is about 1 and a half times higher than that of the state
- Rate of deaths related to diabetes in Jackson County is much higher than in the State of Michigan overall
- More than half of the residents of Jackson County have not been screened for diabetes in the past year

Heart Disease

Heart disease is a serious health condition that can affect the flow of oxygen and nutrients to the body and can lead to impairment or death. Regular exercise, maintaining a healthy weight, having a low-fat diet, and not smoking can decrease the risk of developing heart disease.

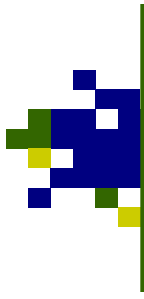
According to the community health assessment:

- One out of every 10 Jackson County residents has heart disease
- The rate of heart disease among Jackson County residents (10.3%) is more than twice as high as the rate of heart disease or chest pain in the overall State of Michigan (4.9%)
- The rate of hospitalization in Jackson due to heart attacks is much higher than in the State of Michigan overall

Stress

According to Jackson County's Community Health Assessment:

- More than 1 out of 4 Jackson County residents reported feeling nervous and stressed out in the past 30 days
- The percentage of Jackson County residents who report feeling nervous and stressed out in the past 30 days is much higher than that of the nation



Smoking

According to the results of the community health assessment:

- More than 1 in every 4 Jackson County residents is a smoker
- The rate of smoking in Jackson County is higher than the rate of smoking in the State of Michigan
- When the data is broken down into age groups, the highest number of smokers is between the ages of 18 and 34 (almost 1 in 2)
- The rate of smoking among pregnant women in Jackson County is also concerning. In another survey conducted by the Jackson County Prenatal Task Force, it was found that almost half of the women who deliver at Allegiance Health report smoking within 3 months prior to pregnancy
- Lung cancer deaths are much higher for Jackson County than for the State of Michigan
-

Physical Activity/Nutrition/Obesity

According to the Community Health Assessment:

- Only 1 out of 4 Jackson County residents get the amount of exercise recommended by national health experts
- The percentage of Jackson County residents that eat the recommended 5 fruits and vegetables a day (16%) is lower than the State's percentage of people eating 5 fruits and vegetables a day (21%)
- 7 out of 10 Jackson County residents are either overweight or obese
- The average Jackson County resident watches between 3 and 4 hours of TV per day. Instead of watching TV, part of this time could be spent exercising

Depression

According to the Community Health Assessment:

- About 1 in 7 Jackson County residents have had depression
- Depression was more common among Jackson County residents with other health problems like high blood pressure, high cholesterol, heart disease, stroke, cancer, diabetes, asthma, or allergies
- The suicide rate in Jackson County is much higher than the suicide rate of the State of Michigan

Contributors

From the Jackson County Community Health Assessment, the HIO CC was able to identify some factors that could be contributing to these health problems:

- Lack of health insurance
- Difficulty accessing affordable health services
- Poor communication between health care provider and patient about health risks
- Inaccurate personal view of health risks
- Lack of social support

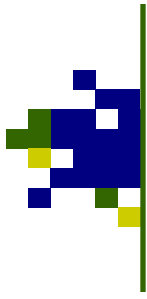
The HIO CC will be looking at how these contributing factors can be changed in order to address the main health issues noted from the community health assessment.

Strengths

From the assessment, the HIO CC was also able to identify factors that show that Jackson residents are ready to address some of the problems listed above.

For example, the majority (over 75%):

- Of adults have had their blood pressure checked and their cholesterol checked in the past 5 years
- Of respondents would be equally or more likely to go to a restaurant if it became entirely smoke-free
- Of those reporting mental health problems sought or received help for the problem
- Of respondents would not be embarrassed about receiving professional help for an emotional problem



Survey Methodology

Sampling strategy

Similar to other state and national surveys of health behaviors, the method used for this survey was a random digit dial telephone survey of Jackson County residents. The sample was stratified by census tract, meaning the population was sampled evenly throughout all census tracts in the County. Telephone numbers of Jackson County residents in each census tract were randomly dialed until the target number of surveys was completed for each tract.

Data weighting

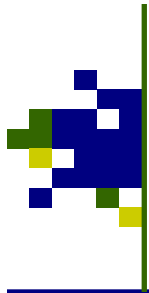
Similar to state and national survey results, the sample was then weighted to reflect the actual age, gender, and educational level of the community based on Census data for Jackson County.

Distribution of respondents

A total of 1033 adults in Jackson County completed the telephone survey. 38% of respondents lived in the City of Jackson, and the remaining 62% lived outside of the City within the County of Jackson. The distribution of survey respondents is depicted below, with each dot representing a survey respondent. The state and national comparison data included in this report are drawn from the Behavioral Risk Factor Surveillance System (BRFSS)

Comparison data

Where state and national comparisons are noted, data was obtained from equivalent state and national survey results with identical or very similar survey questions. Most state data was obtained from the most recent results of the CDC's Behavioral Risk Factor Surveillance System (BRFSS) for Michigan.



Respondent Characteristics

This section describes the characteristics of the participants in the Jackson County Community Health Assessment. The statistics provided in this section reflect the original survey sample. Because the sample was weighted on these variables to reflect the actual demographics of the community, the remainder of the report will describe information based on the weighted sample to better represent Jackson County. Data in this report is weighted by age, gender, and education level

The 2008 Jackson Community Health Assessment survey yielded a sample of approximately 1033 respondents. Of these, 289 (28%) were women and 721 (70%) were men. The sample was weighted to reflect the actual gender distribution of Jackson County adults at 49% female and 51% male.

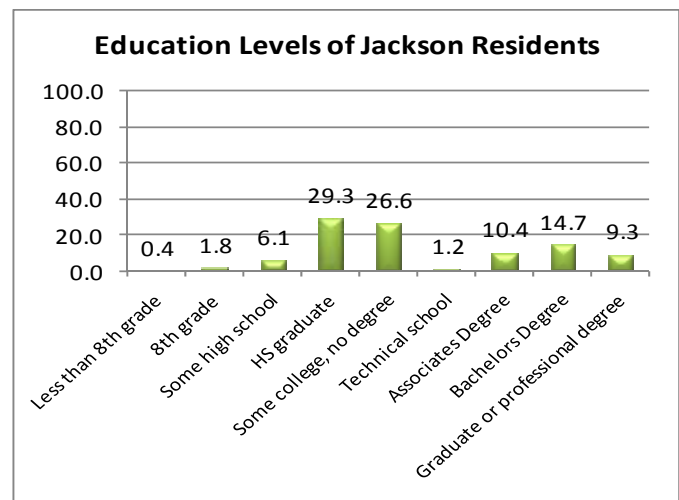
Age Categories

	Frequency	Percent
18-35 years	115	11.1
36-49 years	231	22.4
50-64 years	334	32.3
65+ years	330	31.9
Total	1010	97.8
Missing	23	2.2
Total	1033	100.0

The average age of the survey respondent was 56

years old. The data was weighted to reflect the actual age distribution of Jackson County adults with 13% of men and 9% of women under 35 years, 25% of men and 23% of women between 35 and 49 years, 33% of men and women between 50 and years, and 29% of men and 34% of women older 65 years and older.

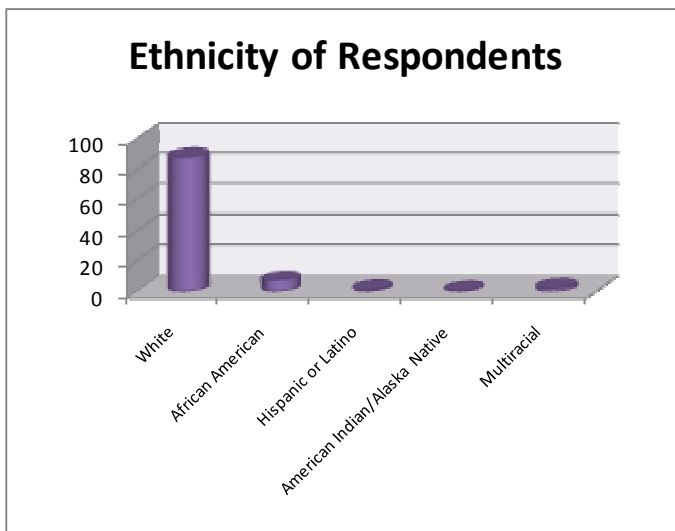
Survey respondents were also asked to report their education levels. The majority of respondents were High School Graduates (30.5%) The data was weighted to reflect the educational distribution of Jackson county according to the latest Census data, 8.3% have completed less than a high school diploma, 29.3% have a high school diploma, 26.6% have at least some college, 1.2% report attending technical school, 25.1% report either an associates or bachelors degree, and 9.3% having a graduate degree.





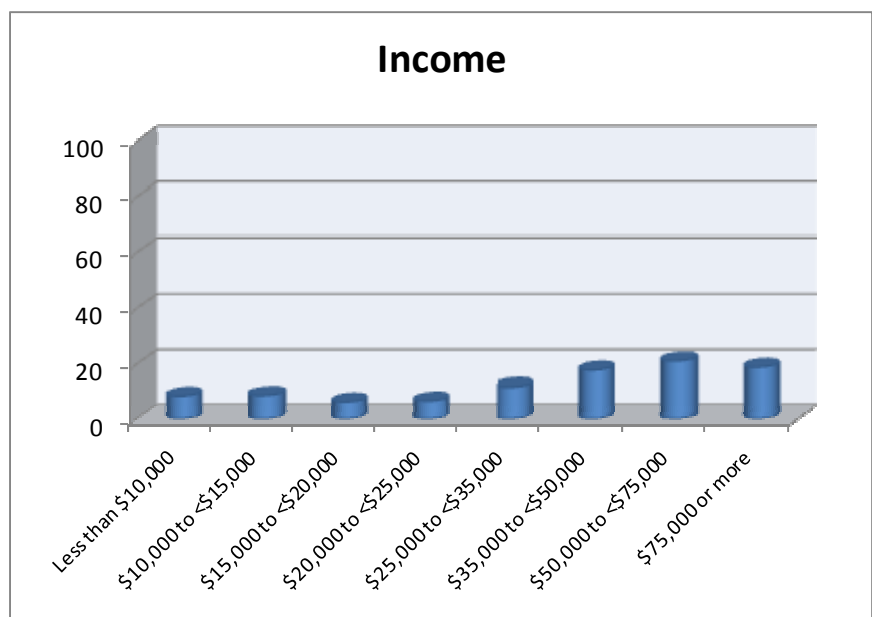
Demographics

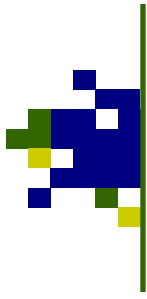
This section describes the demographic characteristics of the survey population based on the weighted data set. After weighting the sample for age, gender, and educational level based on Census data, the following breakdown of demographic characteristics was seen.



Data on ethnic background was collected on each of the survey respondents. The majority identified their race as white (87.7%), and 7.8% of the total sample reported being African American. Additional ethnicities reported by survey respondents included Hispanic or Latino (1.3%), American Indian or Alaskan Native (0.5%), and multiracial (2.2%).

The average income fell between \$25,000 and \$35,000. 17% of the sample reported earning less than \$15,000 while 13.2% earned between \$15,000 and \$25,000 annually. 11.8% of the sample reported earning between \$25,000 and \$35,000 and 17.8% reported earning between \$35,000 and \$50,000. 39.9% report earning greater than \$50,000 annually.





Respondent Characteristics

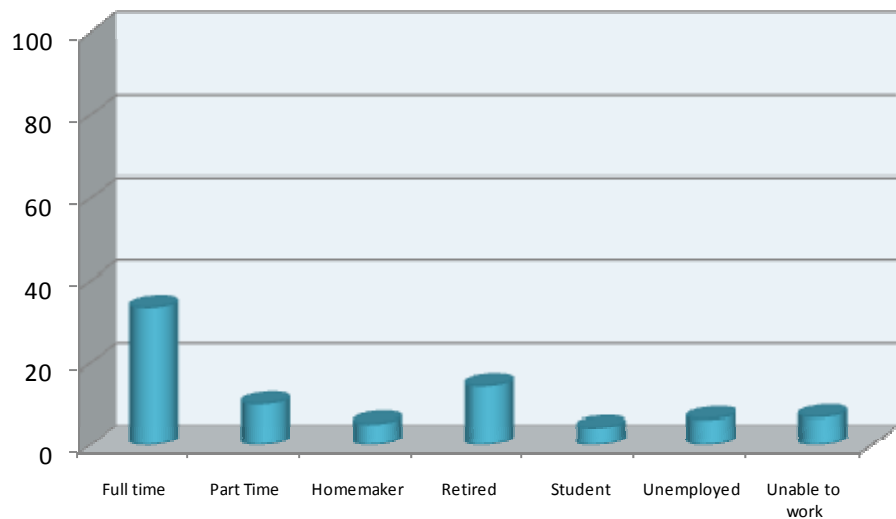
Marital Status

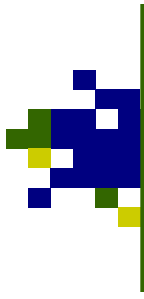


The majority of adults were currently married (53.8%). Additionally, 27.3% had never been married, 7.2% were widowed, 10.0% were divorced, and 1.7% were separated at the time of the survey.

When asked about employment status, the most frequent response was full-time (33.4%) or retired (14.7%). 10.2% of the sample report being employed part-time and 5.4% report being a home maker. Additionally, 6.5% report unemployment, and 4.5% stated they were unable to work.

Employment Status

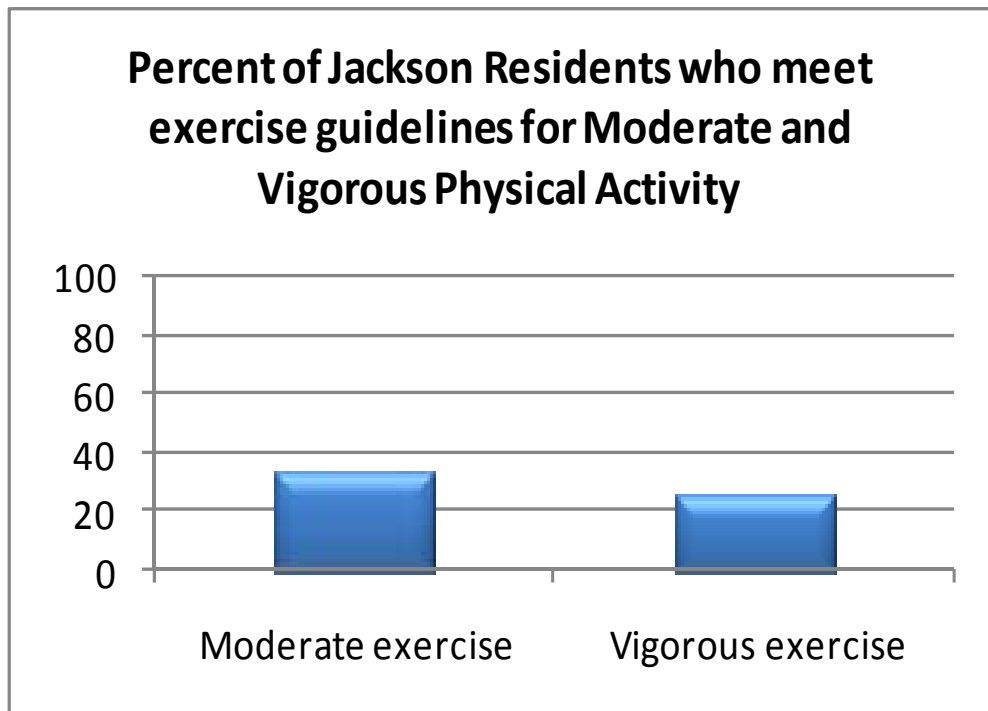




Behavioral Risk and Environment

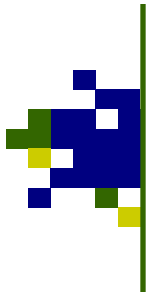
Personal health behaviors are directly related to chronic disease morbidity and mortality. This section discusses the personal health behaviors of residents in Jackson County that may be putting them at an increased risk for adverse health. Additionally, this section examines the environmental characteristics that can put individuals at an increased risk for poor health. Understanding these risk behaviors and environmental characteristics is important to adequately address the health needs of the community.

—Physical Activity—



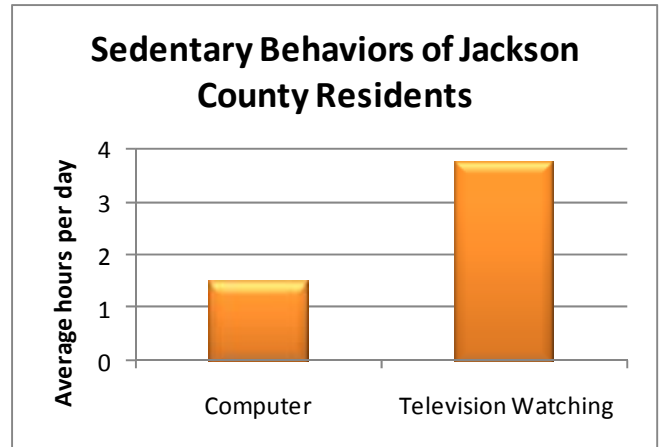
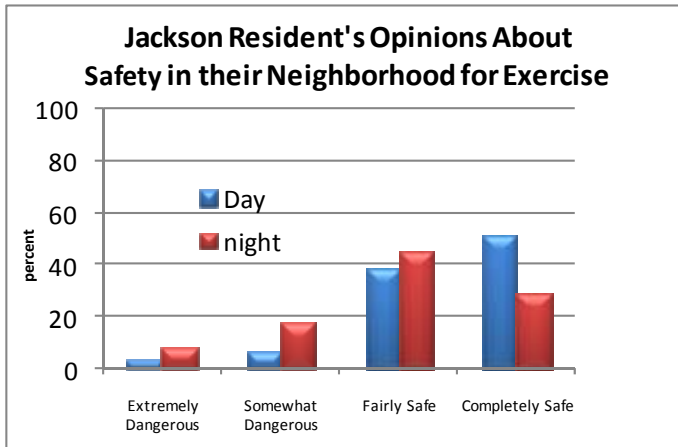
Participating in regular physical activity may protect against a host of chronic diseases. Recommendations of adequate exercise include either 30 minutes a day for 5 or more days a week of moderate exercise, or 20 minutes a day for 3 or more days a week of vigorous activity.

Only one third of Jackson residents are meeting these guidelines for moderate exercise, and one fourth of residents are meeting the recommendation for vigorous exercise. Certain census tracts reported lower levels of physical activity (shown by the darker shaded areas of the map).



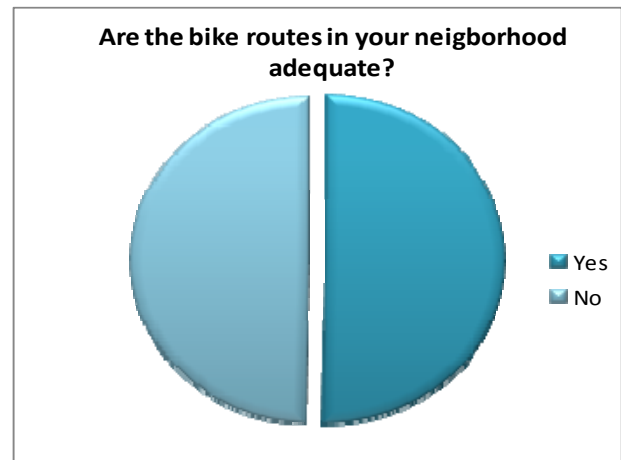
Behavioral Risk and Environment

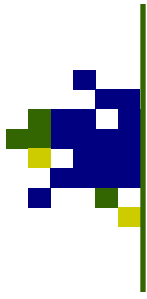
—Physical Activity, cont.—



To better understand physical activity behaviors, respondents were asked about sedentary behaviors. On average, Jackson County residents report watching 3.76 hours of television each day. Additionally, respondents report spending an average of 1.48 hours per day on the computer outside of work time.

Approximately 16% of Jackson residents report some sort of difficulty finding a place to exercise. Potential barriers to this include perception of neighborhood safety and adequacy of sidewalks and bike routes.. About 50% of residents feel their neighborhoods are completely safe during the day and about 30% at night. About half of respondents report adequate sidewalks and bike routes in their neighborhood.

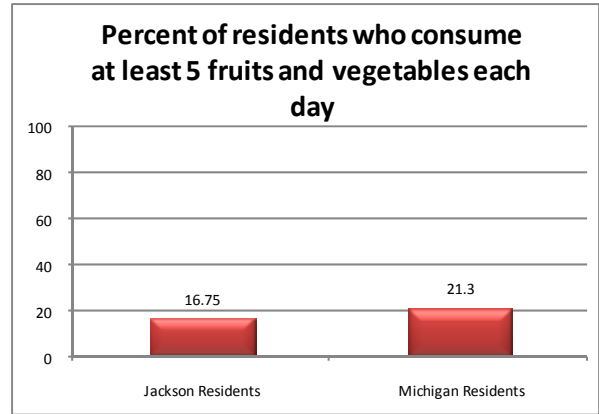




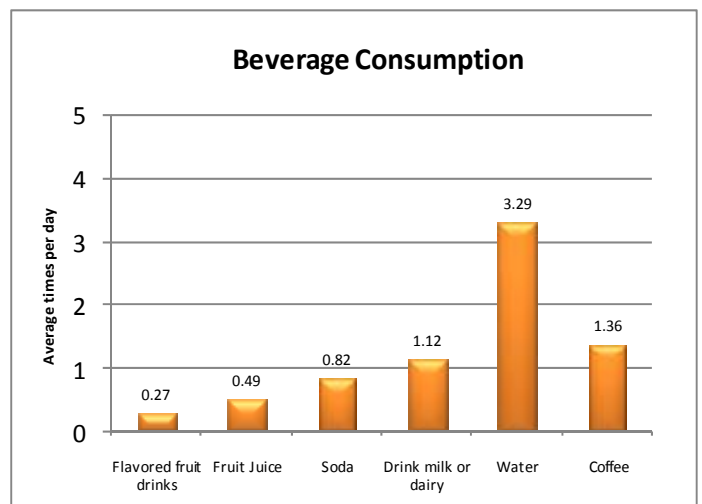
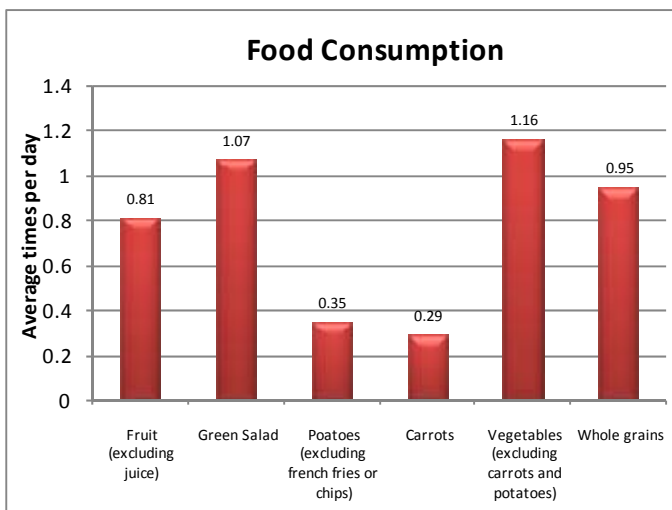
Behavioral Risk and Environment

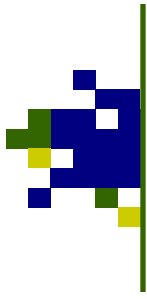
—Nutrition—

The health assessment also looked at nutrition related behaviors among residents. According to the assessment, only 16.8% of residents are consuming the recommended 5 fruits and vegetables each day. This is lower than the rate in the State of Michigan where 21.3% of residents are meeting this guideline.



To gain a better understanding of the food and drink consumption behaviors of residents in the County, the health assessment asked questions related to specific foods and the number of times residents consumed these foods each day. Respondents only report eating fruit less than 1 time each day and vegetables other than carrots and potatoes 1.16 times each day. Additionally, residents report eating whole grains less than one time per day. When examining beverage consumption patterns, residents report drinking water about 3 times each day. Fruit drinks, commonly high in sugar and low in nutritional density, were reported to be consumed on average .27 time per day by residents. Soda was reported to be consumed an average of 1 time per day.

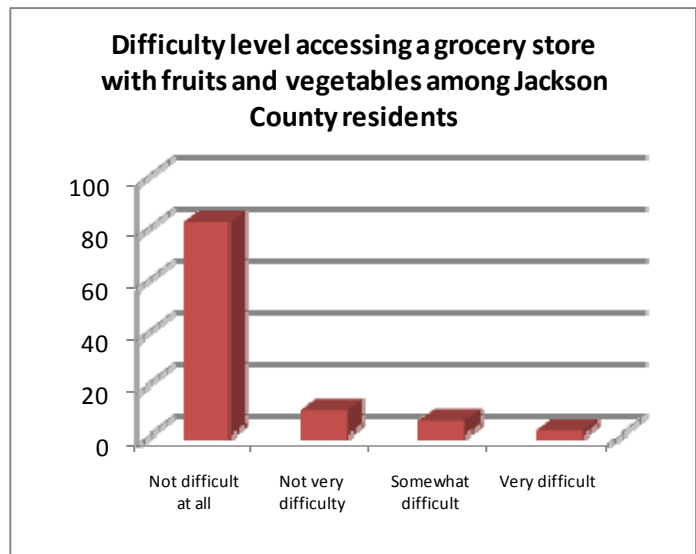
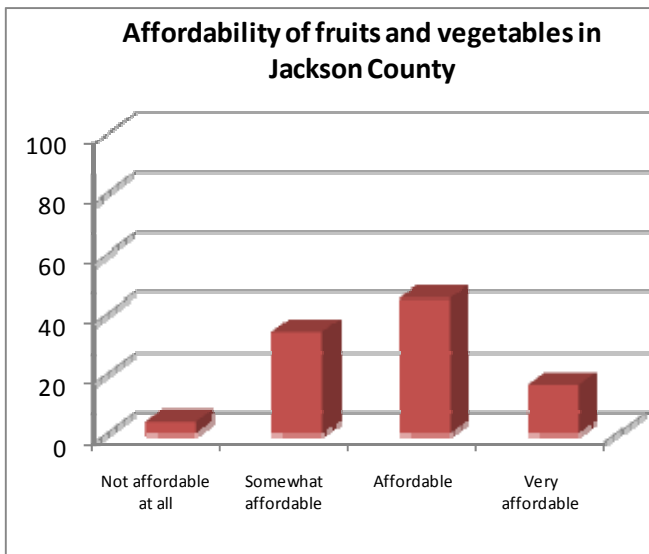




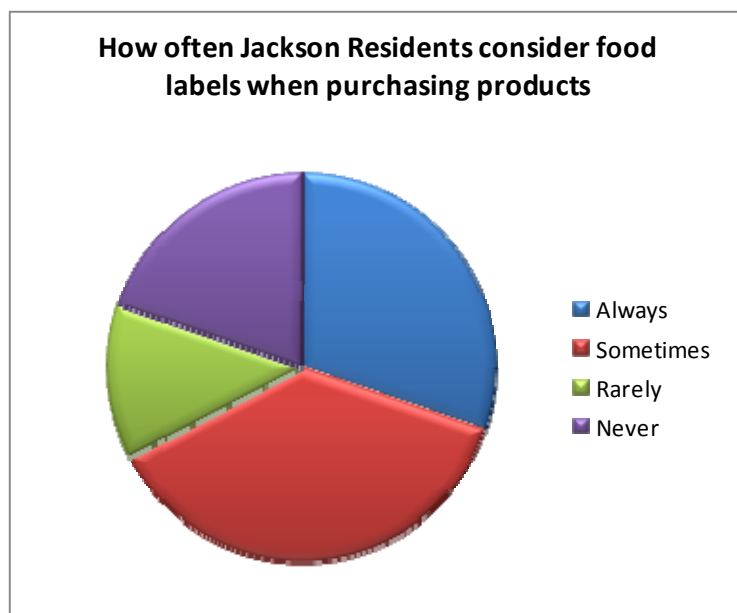
Behavioral Risk and Environment

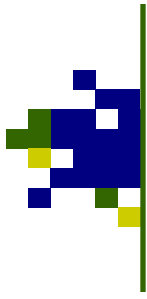
—Nutrition, cont.—

About 80% of respondents report no difficulty at all accessing a grocery store that sells fruits and vegetables; 45% of respondents feel that these foods are affordable and an additional 16% feel they are very affordable. Only about 5% of respondents feel that fruits and vegetables are not affordable at all.



In addition to access, a specific influence that has been targeted to affect food purchasing habits is food information labels that are used to convey information regarding the nutritional content of specific items. Almost one third of Jackson County residents report that they always consider food labels when purchasing foods, an additional 37% report sometimes considering this information when making their food purchase.





Behavioral Risk and Environment

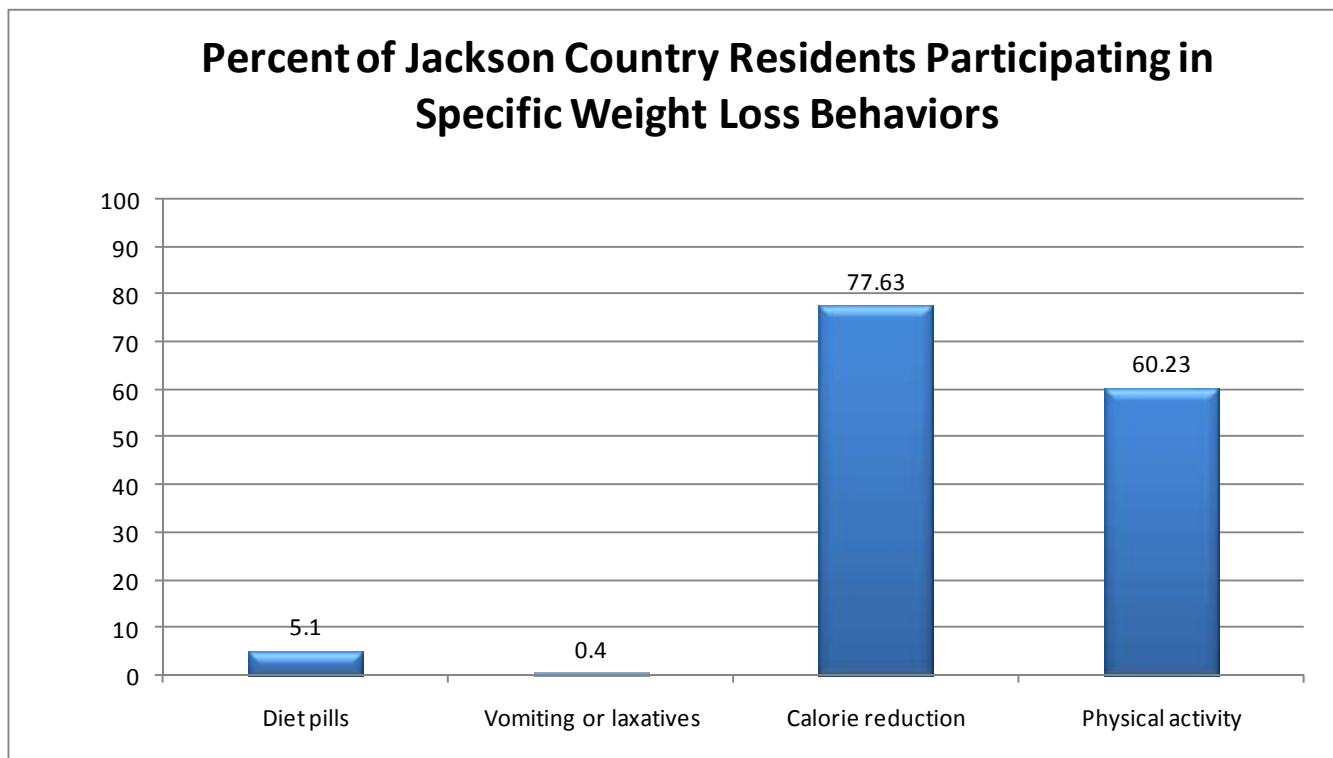
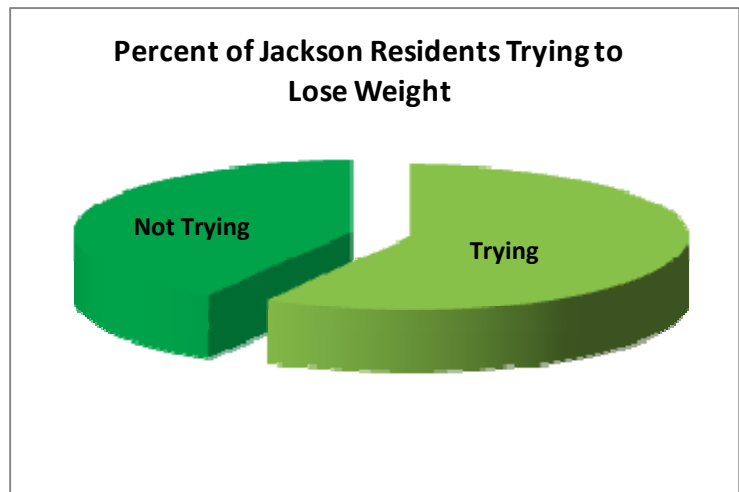
—Weight Loss—

(for actual overweight data see pg. 39)

According to the assessment, 58% of Jackson County residents are currently trying to lose or keep from gaining weight.

Respondents were asked about their specific weight loss behaviors and the most commonly reported method was calorie reduction (77.6%). About 60% of residents

report participating in physical activity to lose weight and only 6.1% of residents report using diet pills or powders not prescribed by a doctor. Less than 1/2% of respondents report using laxatives or vomiting to lose weight.



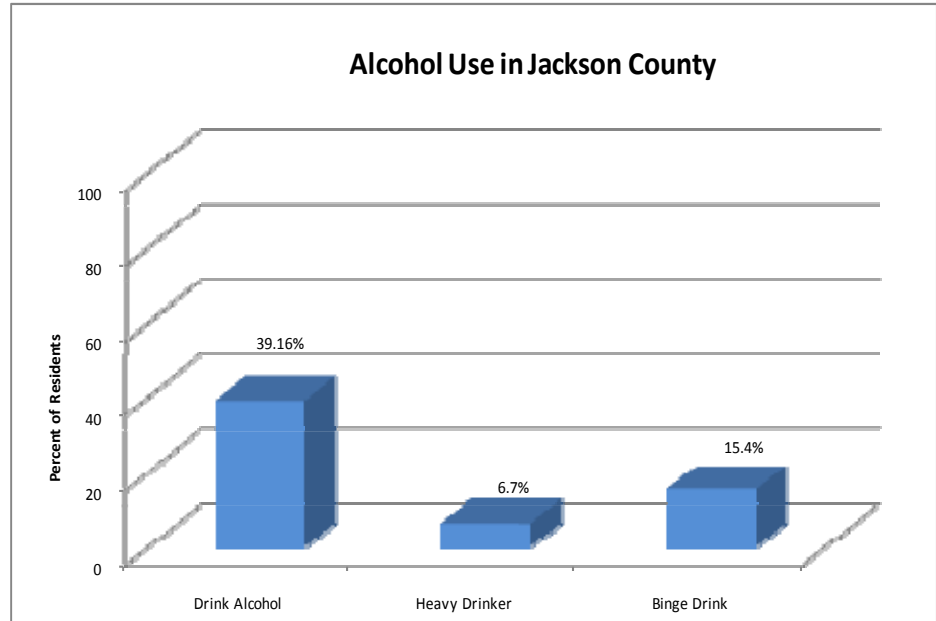


Behavioral Risk and Environment

—Substance Use—

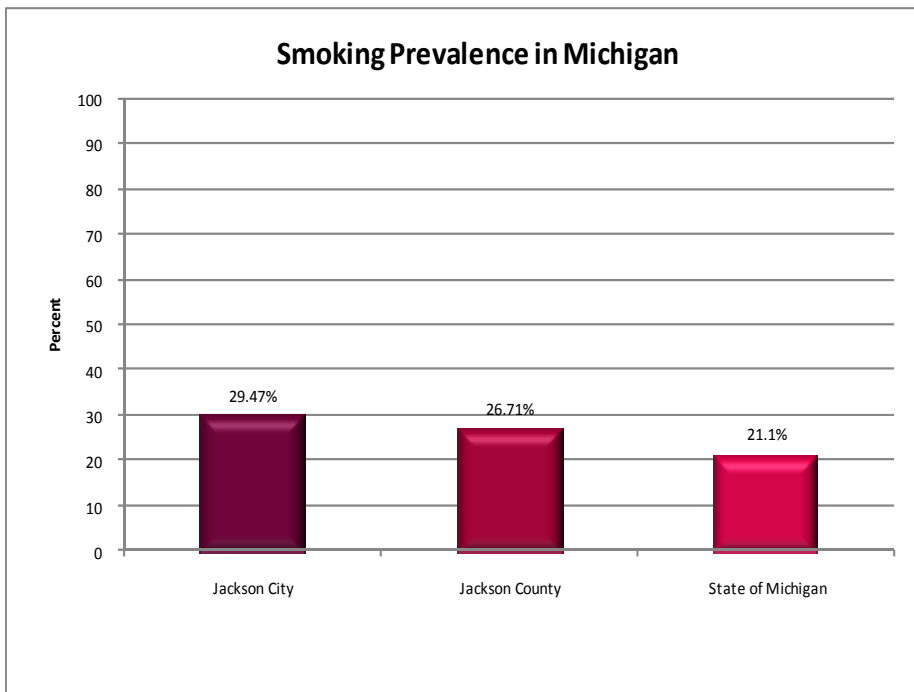
The Jackson County

Health Assessment included a series of questions about alcohol use. 39.2% of respondents report using alcohol. Of the respondents 15.4% report binge drinking with includes at least one episode of 5 or more drinks at a time within the past

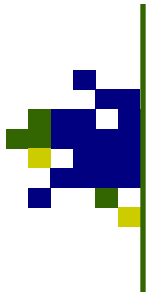


30 days. This is close to the prevalence of binge drinking reported in the state of Michigan which is 18.5%. Additionally, 6.7% of respondents report being heavy drinkers (defined as drinking 60 times a

month for men and 30 times a month for women).

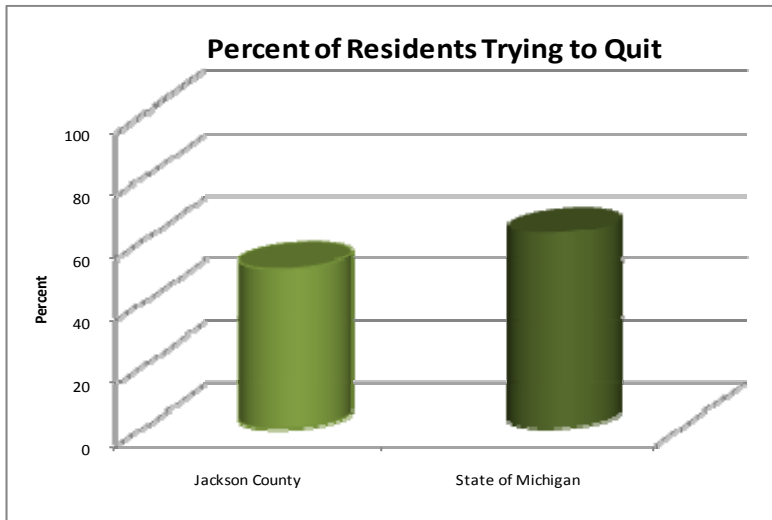


Smoking prevalence was also assessed. 29.5% of city residents reported smoking compared to 26.7% of county residents. These rates are higher than the State of Michigan rate which is 21.1%



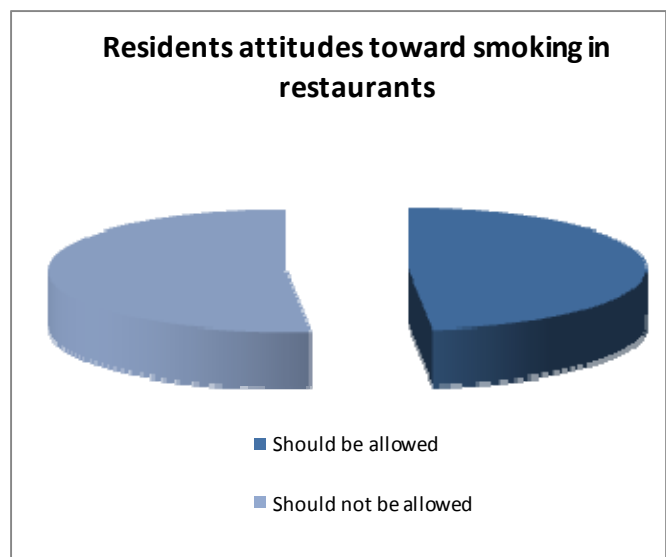
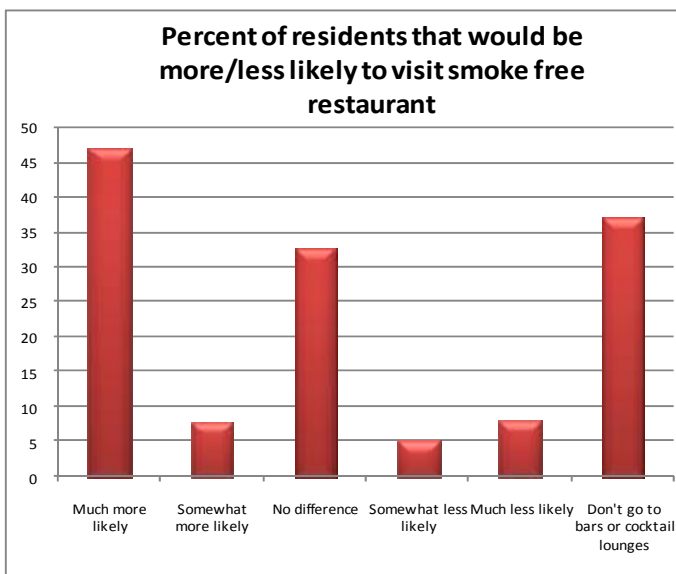
Behavioral Risk and Environment

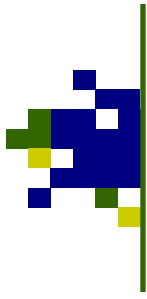
—Substance Use, cont.—



Among residents who do smoke in Jackson, 51.1% report stopping for one day or longer within the past 12 months in an attempt to quit smoking. In the state of Michigan, the percentage of those who have made quit attempts is higher at 62.2%.

Attitudes towards smoking were also asked during the health assessment. Almost one half of Jackson residents report being much more likely to visit a restaurant if it were smoke free compared to only 8% who report being much less likely to visit a restaurant if it were smoke free. According to the assessment, almost 3 out of 4 respondents are equally or more likely to visit a smoke-free restaurant. Additionally, about one half of respondents feel that smoking should either not be allowed, or only allowed in restricted areas of restaurants.



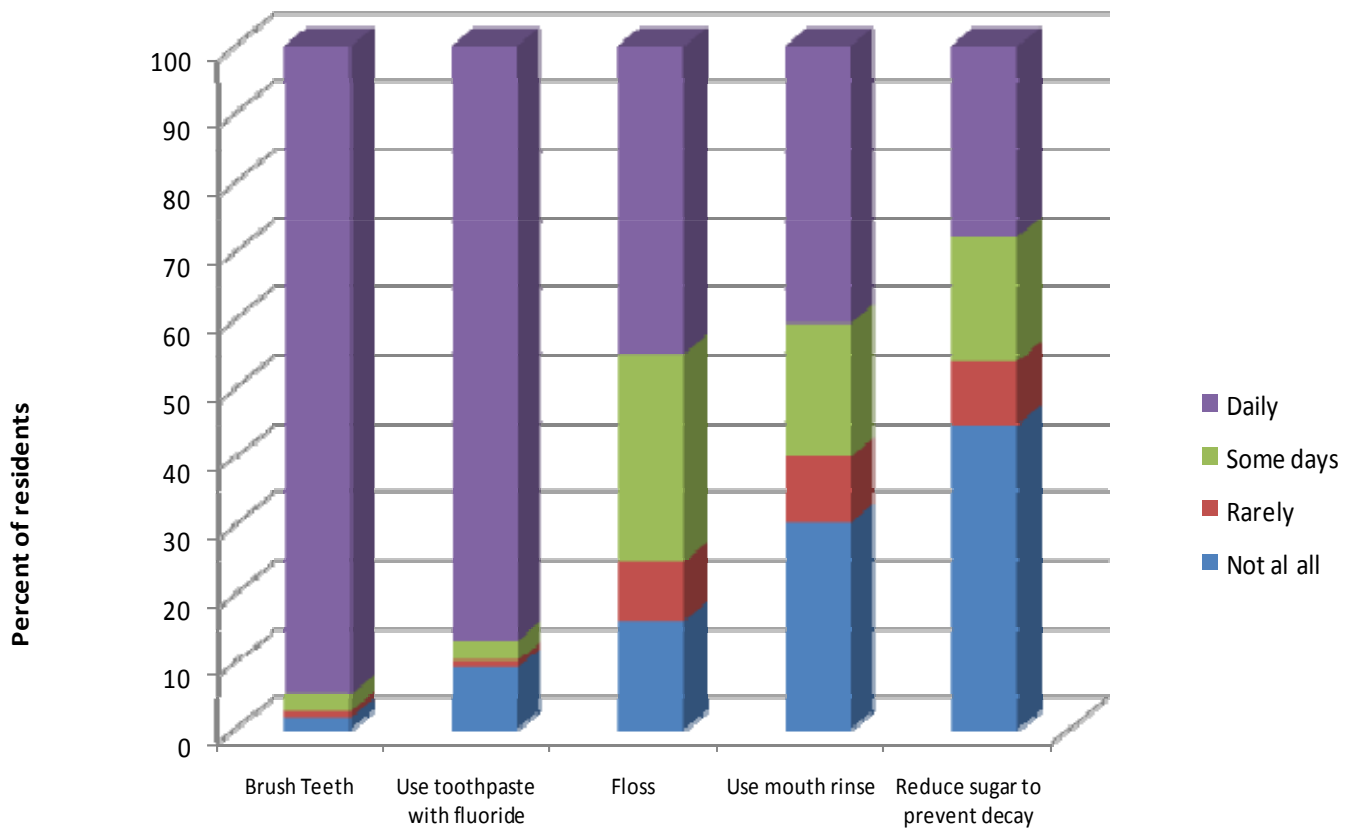


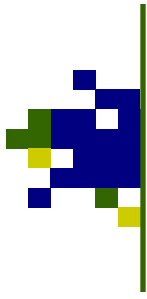
Behavioral Risk and Environment

—Dental Health Behaviors—

When asked about dental health behaviors, almost all of Jackson County residents report brushing their teeth and using toothpaste that contains fluoride on a daily basis. Only about one half of respondents report flossing on a daily basis and about one third report flossing on some days of the week. When asked about using mouth rinse, about 40% report daily use and 30% report use on some days. Additionally, 40% of residents do not reduce sugar intake to prevent tooth decay and 10% rarely reduce sugar intake.

Percent and frequency of dental health behaviors in Jackson County

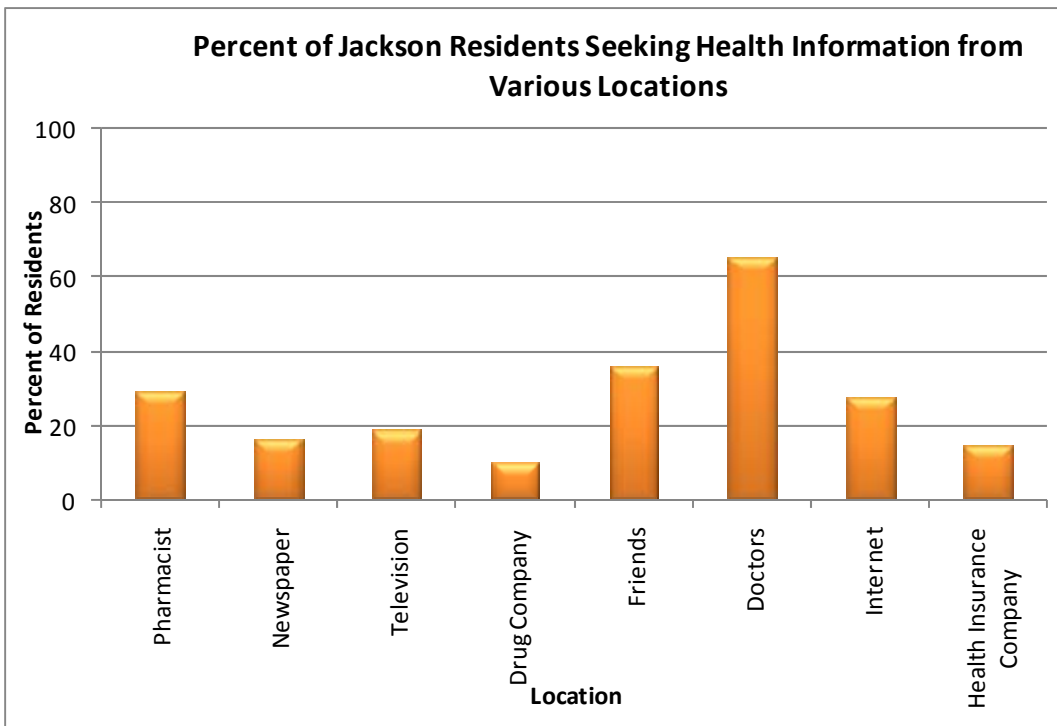




Health Literacy and Access

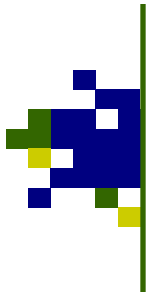
The US Dept. of Health and Human Services describes health literacy as the ability to understand instructions on prescriptions, appointment slips, educational materials, doctor’s directions, consent forms, and complex health systems. Possessing this skill requires not only literacy but the ability to listen, analyze, and make decisions related to specific and personal health care outcomes. In addition to possessing health literacy skills, it is critically important that residents be able to access the services available to them. Access includes not only transportation access, but also financial access and knowledge of services. These issues have been identified by the Jackson County Health Assessment as important due to their direct impact on health outcomes among Jackson residents.

—Information Sources—



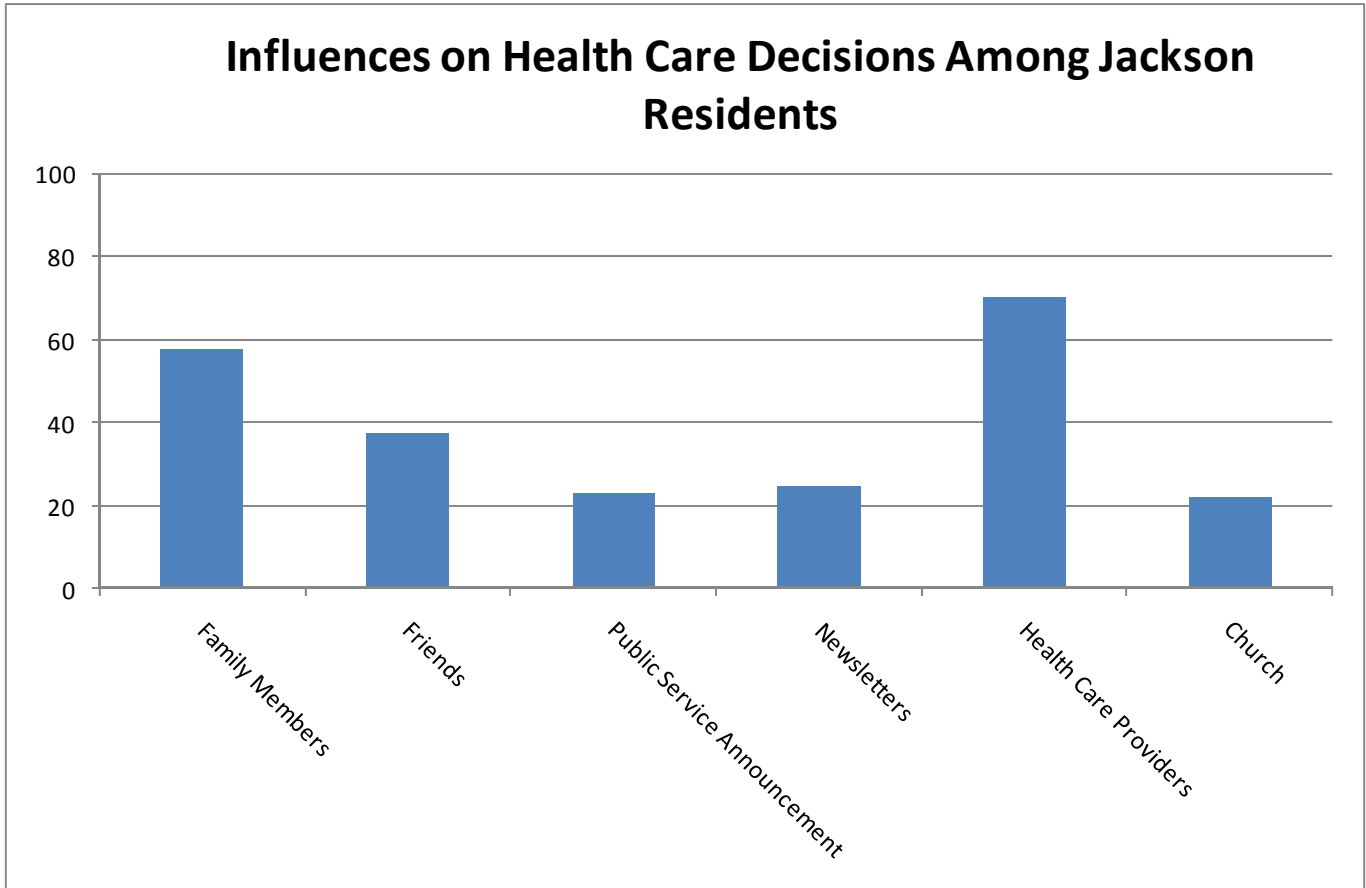
In order to obtain information about health literacy, it is important to better understand where residents are obtaining their information. Among Jackson residents, 65.2% report getting information from

their doctor. Additionally, 35% report obtaining information from their friends, 29% from their pharmacy, 27% from the internet, 18% from television, 16% from the newspaper, 14% from health insurance providers, and 9% from prescription drug companies.

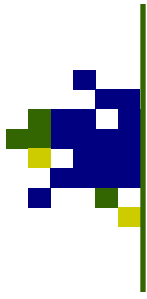


Health Literacy and Access

—Decisional Influence—



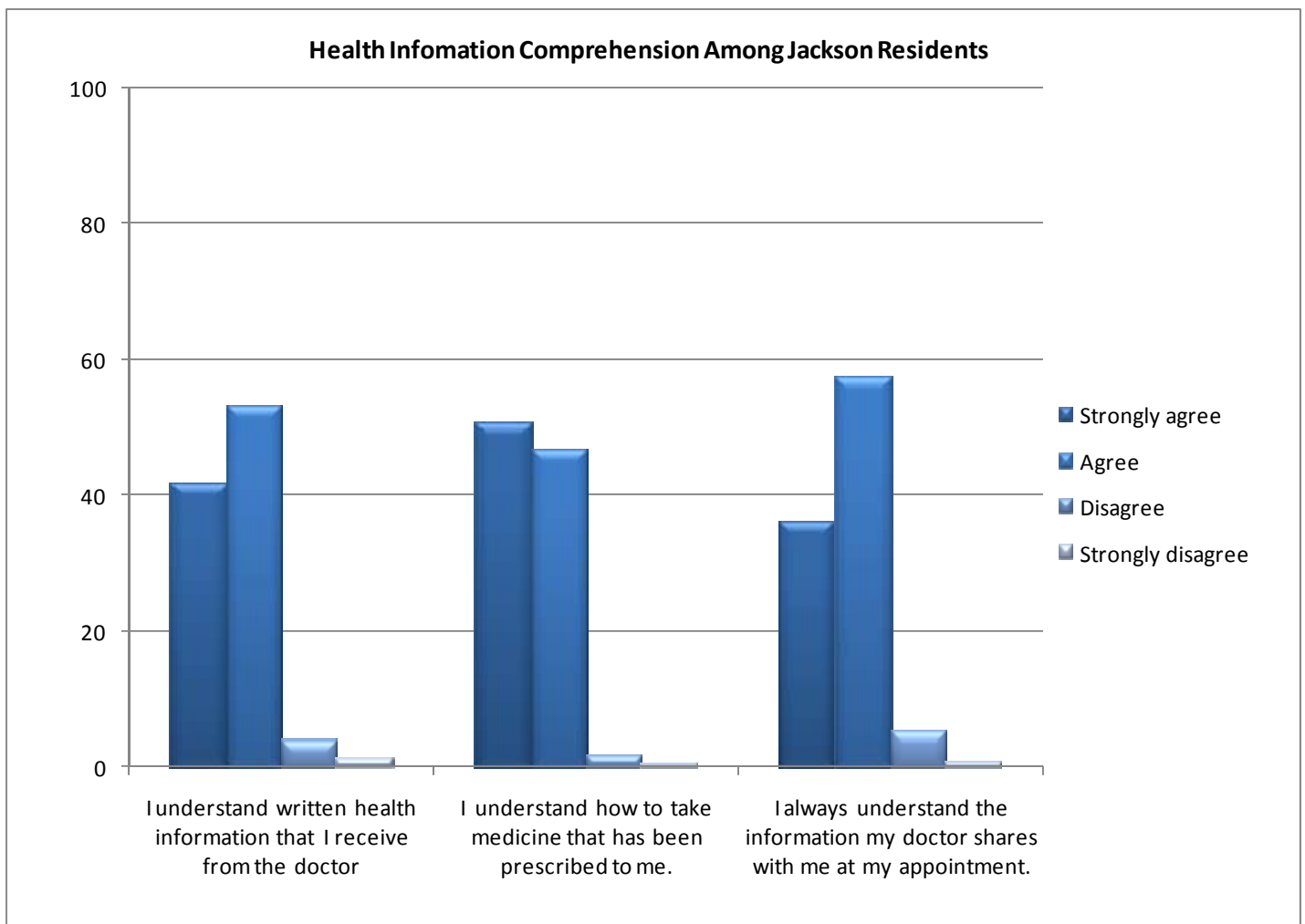
When people make decisions regarding their health, there are often a host of external influences that may affect their decisions. In addition to determining the source from which people obtain information, it is also important to assess these influences. When survey respondents were asked who influences their health care decisions, the most frequently reported response was health care providers (70%). Family members were also reported by 58% of respondents and friends were reported by 37% of respondents as having influenced individuals health care decisions.

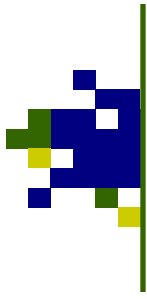


Health Literacy and Access

—Comprehension—

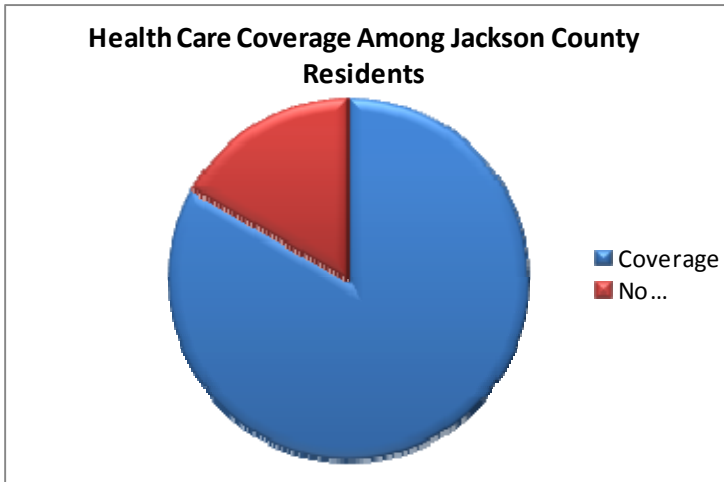
Understanding health information is an important aspect of health literacy. Survey respondents were also asked about their level of comprehension regarding health information they receive. The majority of respondents either agree or strongly agree that they understand information provided from their doctor including written and they understand how to take the medication that has been prescribed to them by their provider. Very few respondents report not understanding information in these areas.





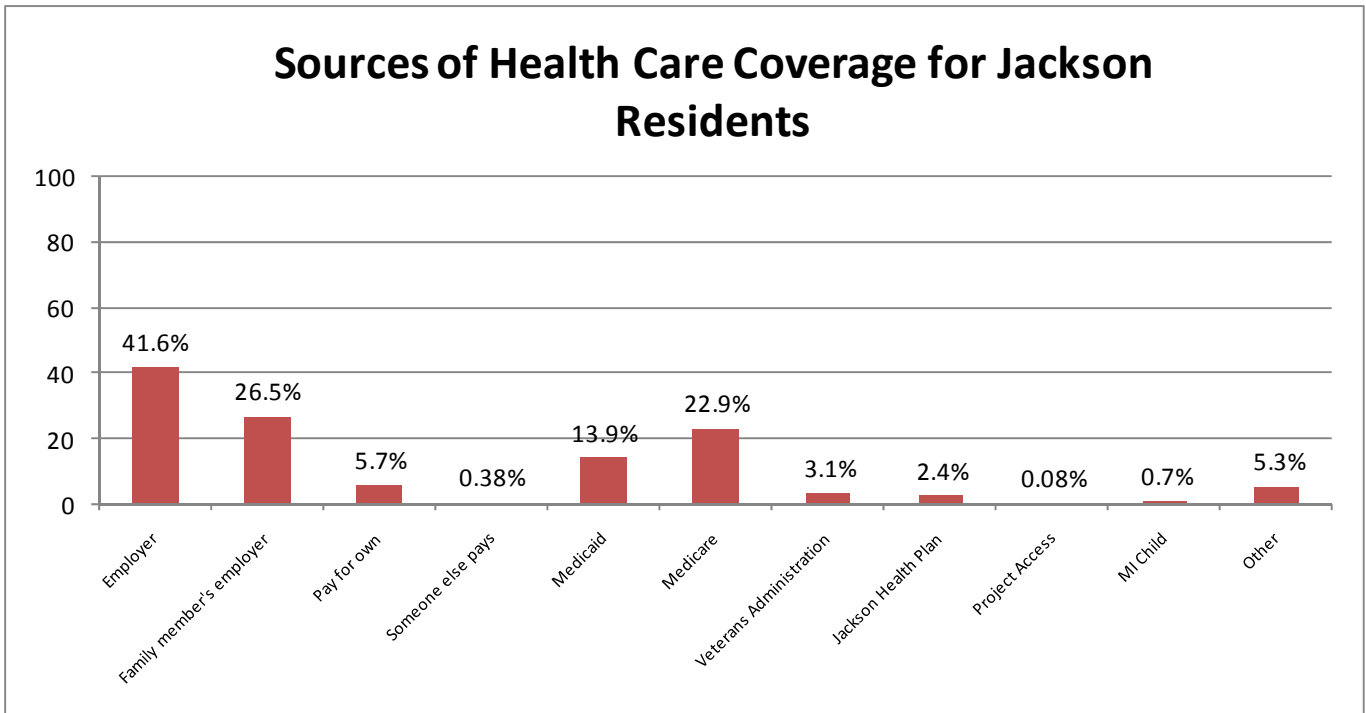
Health Literacy and Access

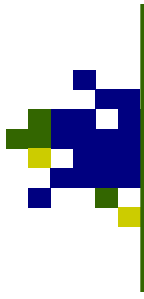
—Health Care Coverage—



In order to better understand access to care, it is important to identify sources of health care insurance among Jackson residents. Approximately 17% of residents report lacking health care coverage in Jackson County. According to the health assessment, approximately 41% of residents who possess

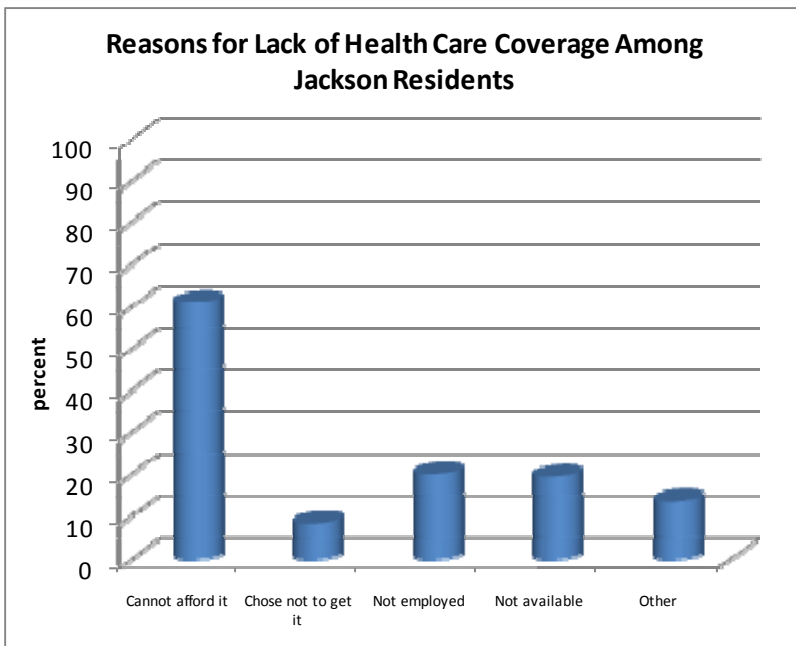
health care coverage are covered by their employer and an additional 27% are covered by the employer of a family member. Medicare and Medicaid account for an additional 37% of residents health care coverage and only 5.7% of residents report paying for their own coverage. Additional sources of coverage reported include MI Child, Jackson Health plan, Veterans Administration, and Project Access.





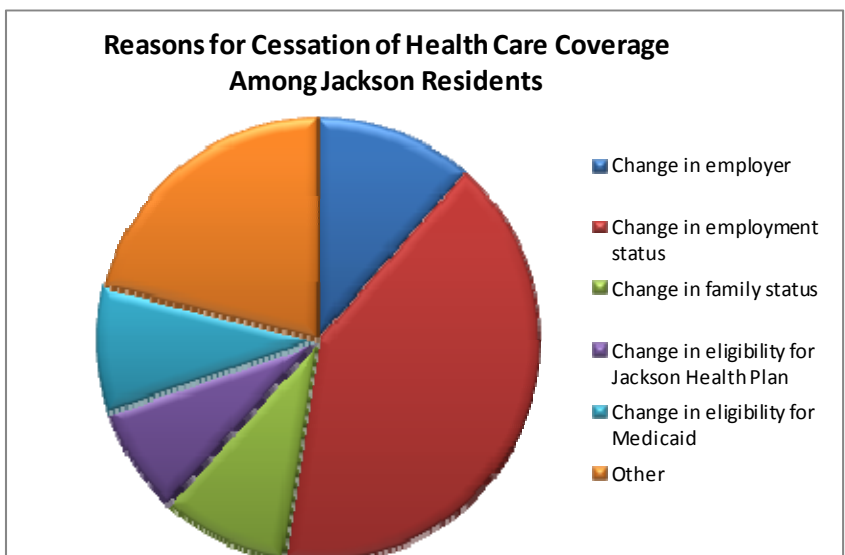
Health Literacy and Access

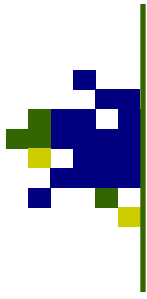
—Health Care Coverage—



Among respondents who report no coverage at all, close to 60% report affordability as the main reason for lack of coverage. About 20% report unemployment and an additional 20% report health insurance is not available to them. Only about 5% of respondents report that they chose not to receive health care coverage although no additional information was provided as to why.

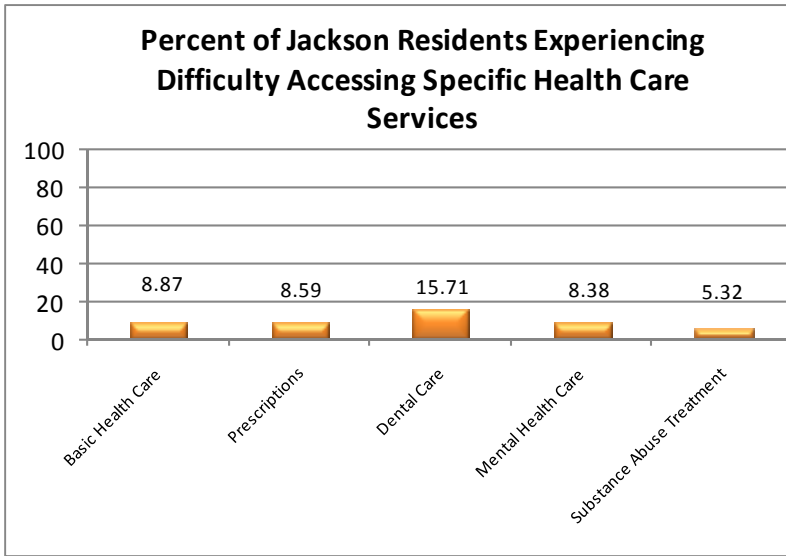
Often times, individuals who possess health care coverage will experience a termination of coverage for a variety of different reasons. Among Jackson residents who have experienced this termination 42% report change in employment status as the reason. Change in employer (11.8%) and change in family status (9.6%) were also commonly reported causes for a cease in health care coverage. Change in eligibility for coverage among those who receive Medicaid, Medicare, and Jackson Health Plan were also reported by residents as reasons for termination.





Health Literacy and Access

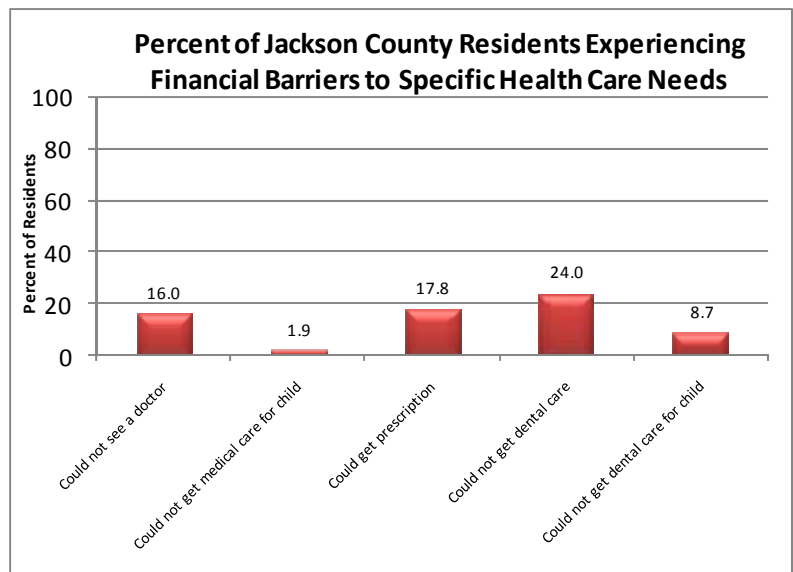
—Barriers—



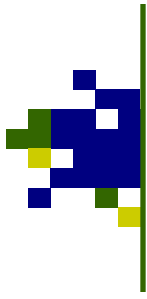
Residents in Jackson county were asked about difficulty and barriers to receiving health care. The most commonly reported health care service residents reported difficulty accessing was dental care (15.7% of adults report difficulty). Residents also report difficulty accessing basic health care (8.9%), prescriptions (8.6%), and mental health services

(8.4%). 5.3% of Jackson County residents report difficulty accessing substance abuse services.

Frequently, financial barriers are cited for preventing individuals from accessing care. 18% of residents reported inability to obtain prescriptions and 16% of residents reported inability to see a doctor in the past year due to cost. Almost one fourth of residents report inability to access dental care due to cost. Additionally, 1.9% of residents could not access a doctor for a child and 8.7% of residents could not access dental care for a their child due to cost. In addition to financial barriers, 7% of Jackson County residents report a time in the past year that they could not access health care due to lack of transportation



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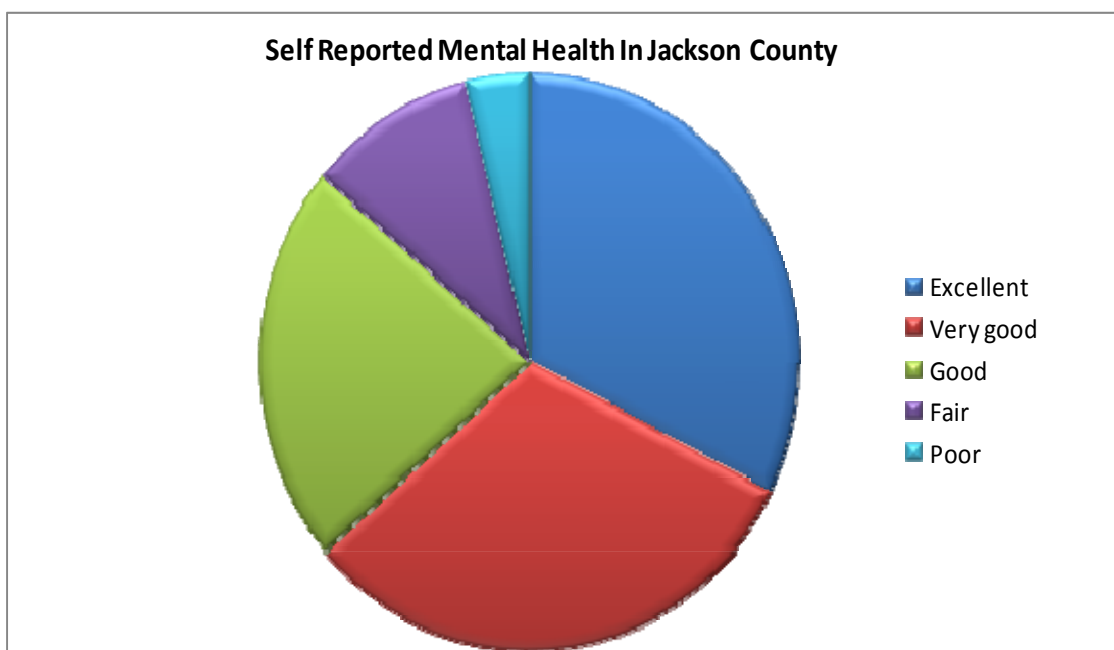
Mental Health

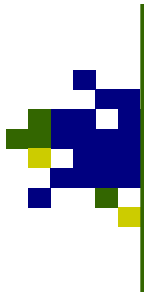
Mental health is used to describe an individual's level of cognitive or emotional well-being.

Maintaining a positive state of mind is known to enable a person to function effectively within society and improve physical health. Individuals who have good mental health are well-adjusted to society, are able to relate well to others, and feel satisfactory with their role in society. Breakdown of mental health can cause serious problems amongst individuals within their relationships, physical health, and job.

—Self-Report Mental Health—

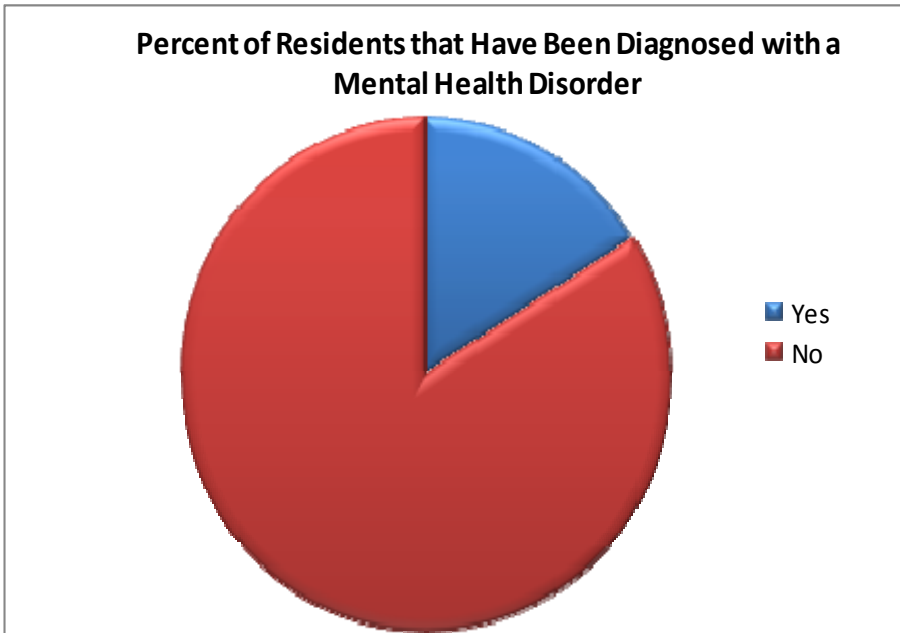
Often times, an individual's mental health may be directly affected by the circumstances in their lives. Understanding the mental health status of members of the community is important when addressing health disparities and working to improve health outcomes. The Jackson Community Health Assessment addressed mental health through a series of questions. When respondents were asked about their mental health, 32.5% of them reported it to be excellent. An additional 31.2% reported their mental health to be very good and 22.5% reported it to be good. 10.1% of residents report fair mental health and 3.8% reported poor mental health.



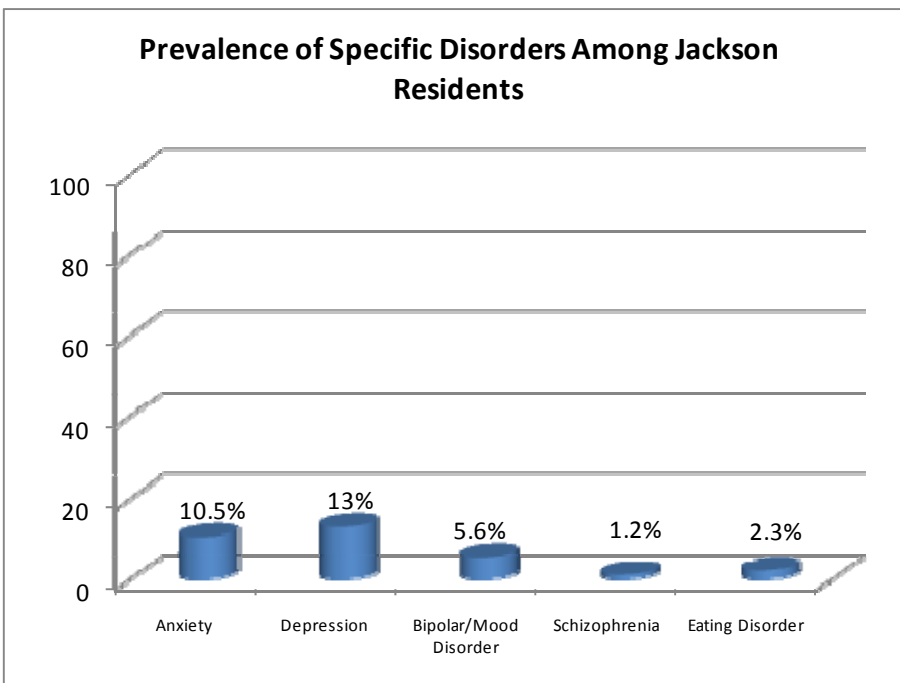


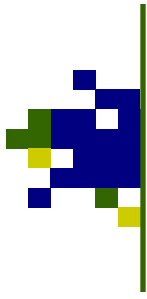
Mental Health

—Diagnosis—



Jackson County residents were asked specific questions about mental health services and diagnosis. Among Jackson residents, approximately 16% have been diagnosed by a mental health professional as having a mental or emotional disorder. The most prevalent disorder was depression (13%). 10.5% of respondents report having anxiety and 5.6% report a diagnosis of bipolar or mood disorders. Only 2.3% of respondents revealed being diagnosed with an eating disorder and an even smaller 1.2% reported schizophrenia.

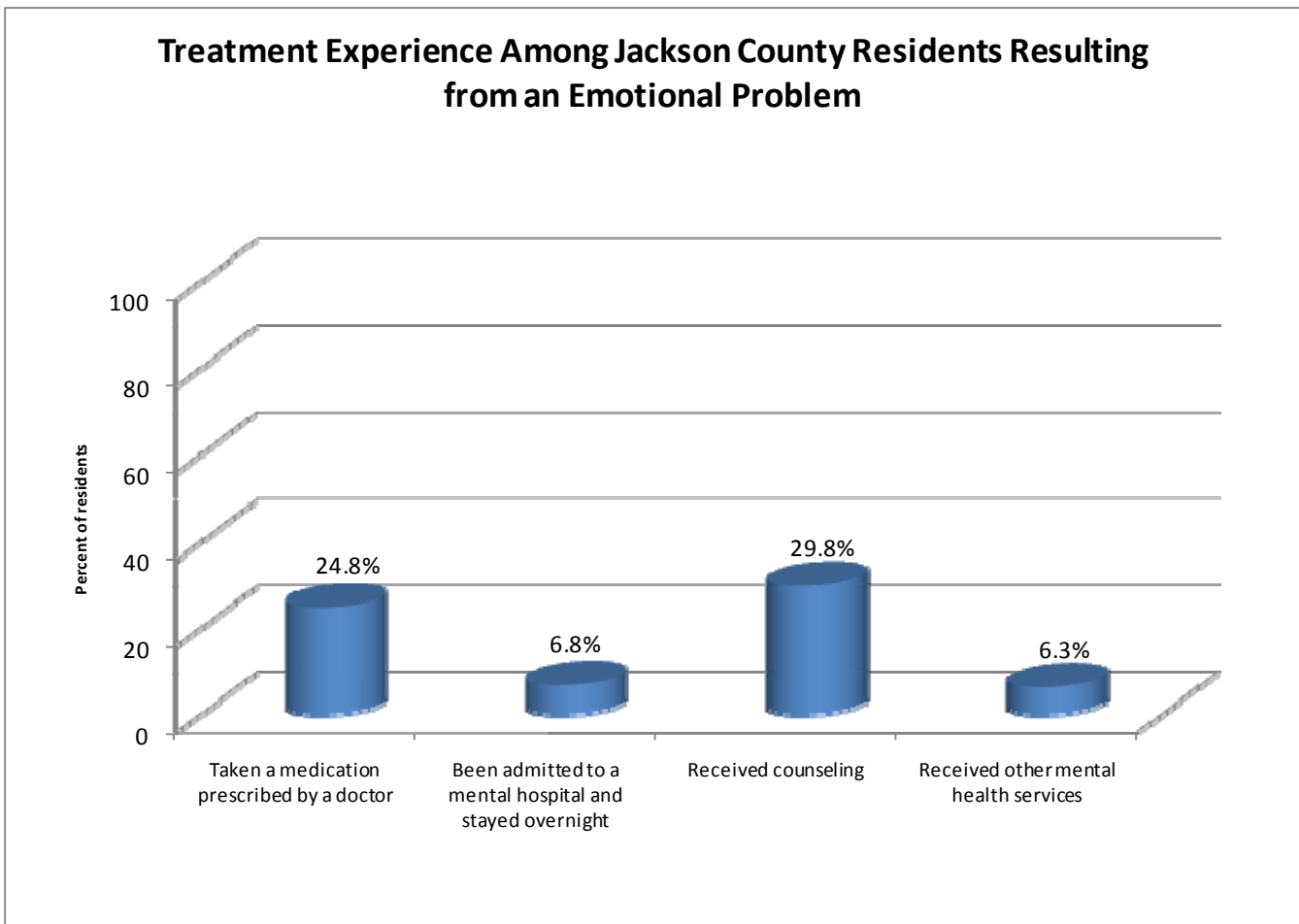


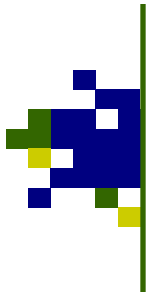


Mental Health

—Treatment & Services—

Respondents were also asked about treatment for a mental or emotional problem. About one fourth of residents revealed they have taken medication prescribed by a doctor because of mental health problem, 3 out of 10 respondents have received counseling for these problems. 6.8% of respondents report being admitted to a hospital or treatment center for an overnight stay because of a mental health problem and 6.3% have sought additional medical services.

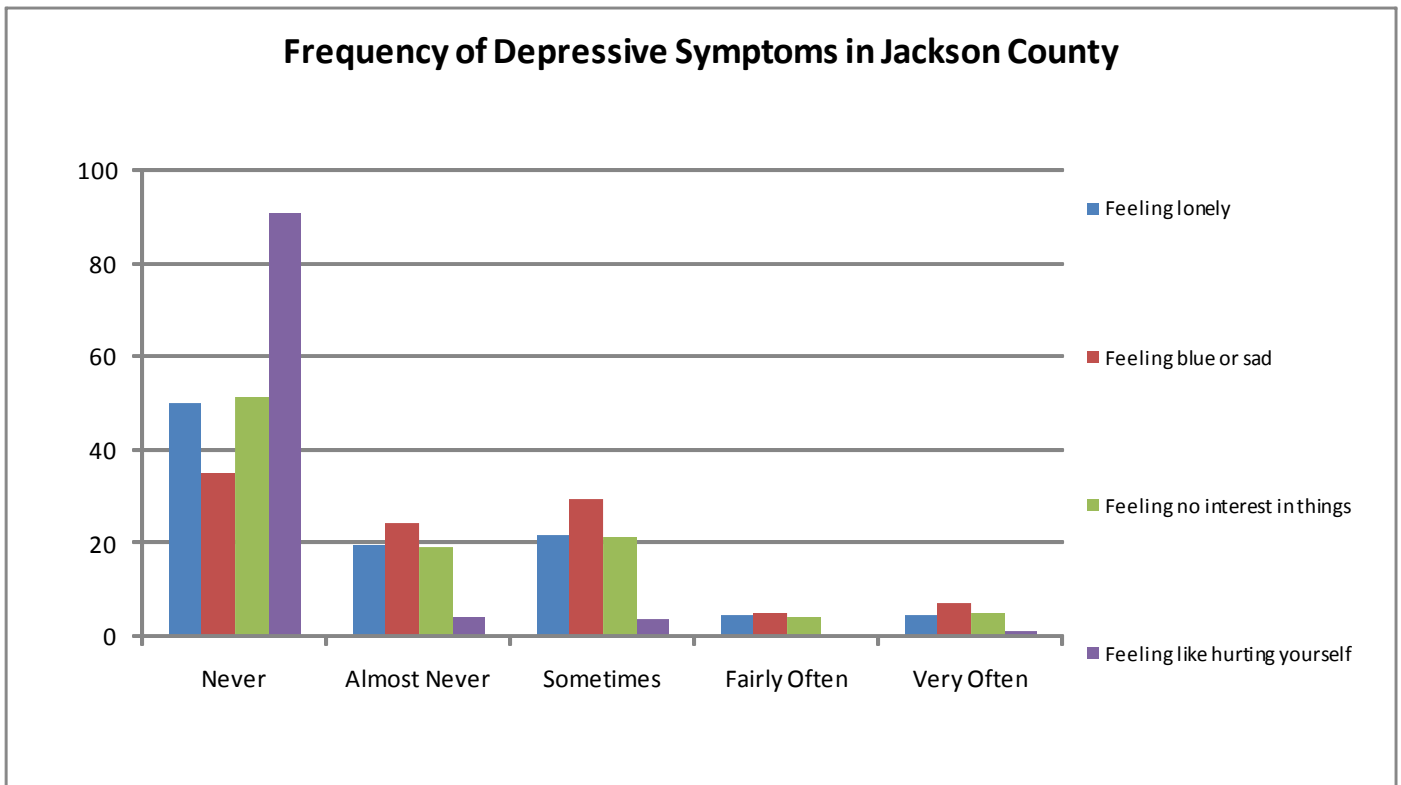




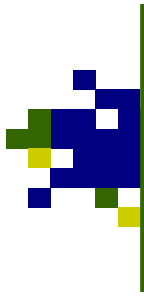
Mental Health

—Mental Health Symptoms—

Residents were also asked about the frequency of depressive feelings they have experienced within the past thirty days. About 8.5% of respondents report feeling lonely often or fairly often. Close to 30% of respondents report feeling blue or sad sometimes and close to 10% report these feelings often. Over 90% of residents have never felt like hurting themselves and close to 50% of residents have never felt lonely or disinterested within the past 30 days.



Anxiety was also measured in the Jackson County Health Assessment; more than 1 in 4 residents reported being nervous or stressed out. Additionally, over 10% of residents report having so many problems that they could not deal with them.

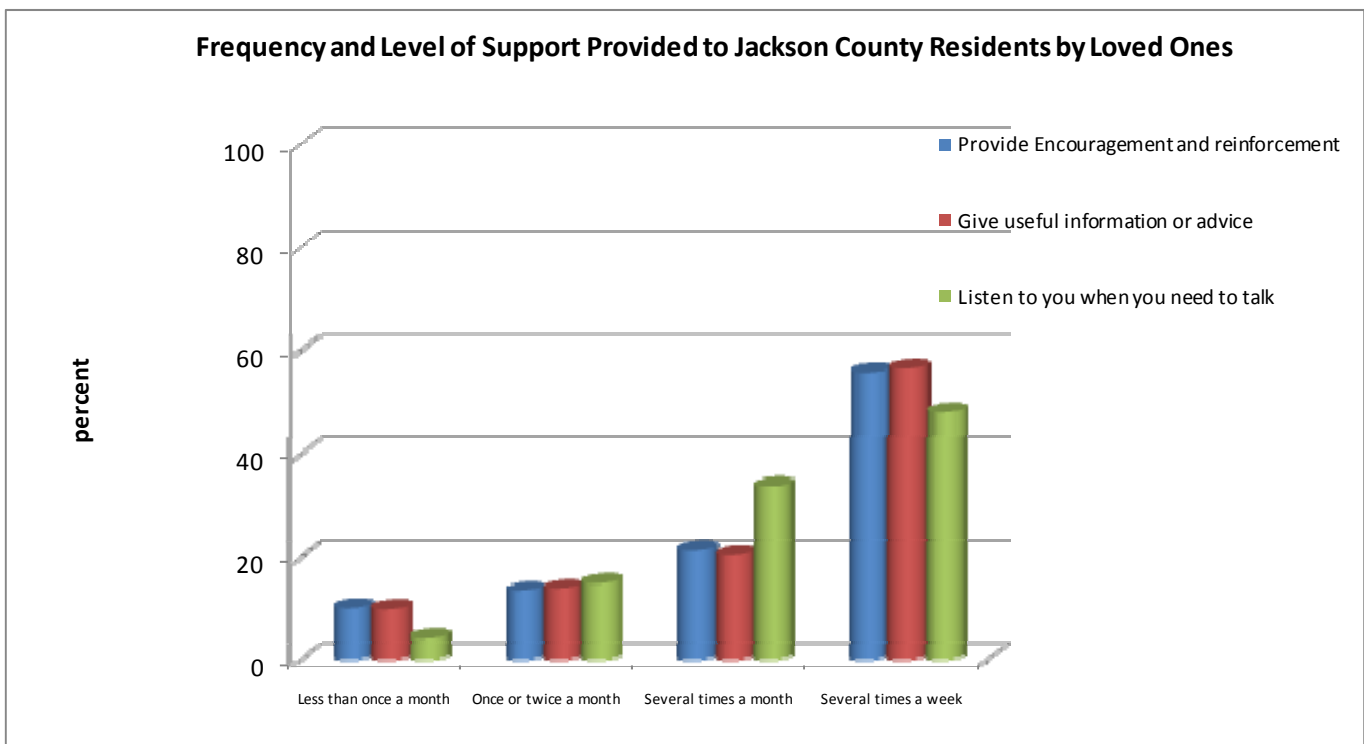


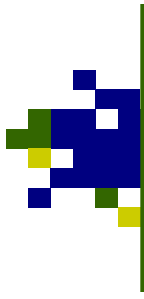
Mental Health

—Stigma & Social Support—

Stigma and social support have been identified as barriers and/or enabling factors related to mental health disorders. It is important to address both of these issues when planning effective health programs.

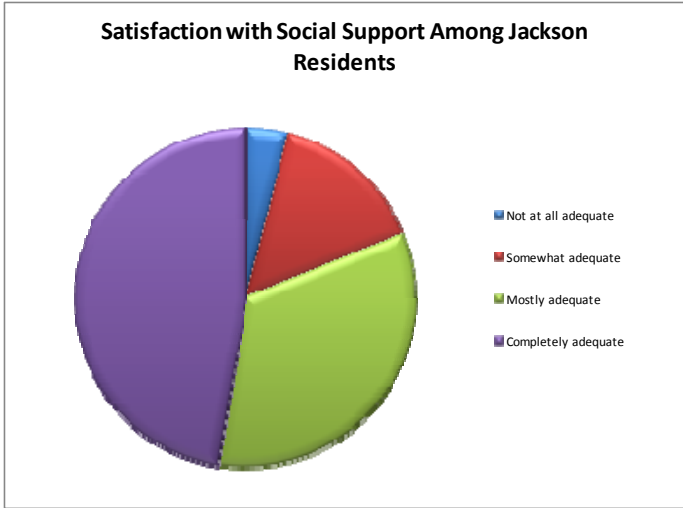
In order to better understand the level of social support among Jackson residents, respondents were asked about how often they were receiving specific forms of support from people in their lives. Almost one half of residents report receiving encouragement, reinforcement, useful information or advice and having a person to listen to them at least several times per week. While one third of respondents report having someone to listen to them several times a month, only about 20% report receiving encouragement or advice several times each month. Less than 5% of survey respondents have someone available to listen less than once a month and 10% are able to get encouragement or advice less than once per month.





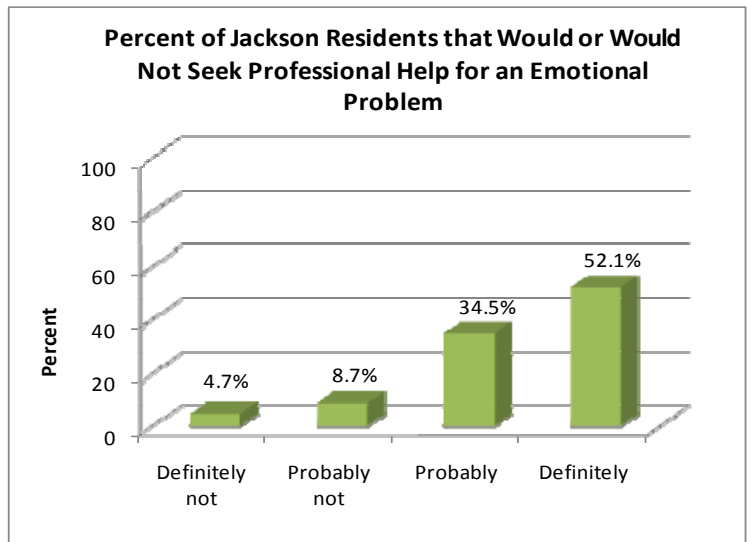
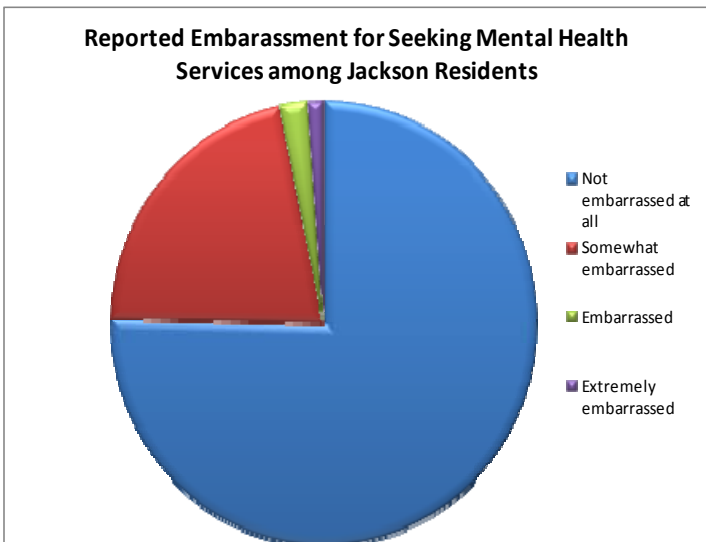
Mental Health

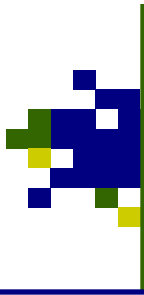
—Stigma & Social Support—



When respondents were asked how adequate their felt the emotional support they receive is, almost one half reported it was completely adequate. An additional one third reported their support was mostly adequate and 14.8% report somewhat adequate. Only about 4% revealed that their emotional support was not adequate at all.

Stigma related to mental health may often inhibit people’s likelihood to seek treatment. In an effort to measure this, the health assessment asked Jackson residents about how embarrassed they would be for seeking mental health services. Close to 75% reported no embarrassment at all and 21.4% reported only somewhat embarrassment. Only about 3% reported being embarrassed or extremely embarrassed. Residents were also asked about their likelihood to seek treatment if they felt they had an emotional problem. The majority (52.1%) of respondents reported they would definitely seek help for an emotional problem and another 34.5% reported they would probably seek help.

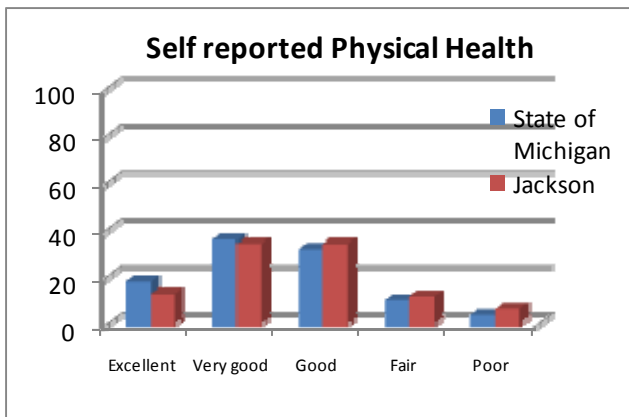




Physical Health and Health Care Experience

Physical health refers specifically to the overall condition of the human body at a given time. Indicators of good physical health include, but are not limited to, absence of disease, optimal weight, and optimal physical fitness. The state of an individual’s physical health can be dramatically impacted by their health care experience, that is, their attitudes, beliefs, and experiences interacting with the health care system. It is known that a positive health care experience is inextricably linked to improved health outcomes among patients. For this reason, the Health Assessment gather data directly assessing both the state of residents’ physical health as well as their overall health care experience.

—Chronic Disease—

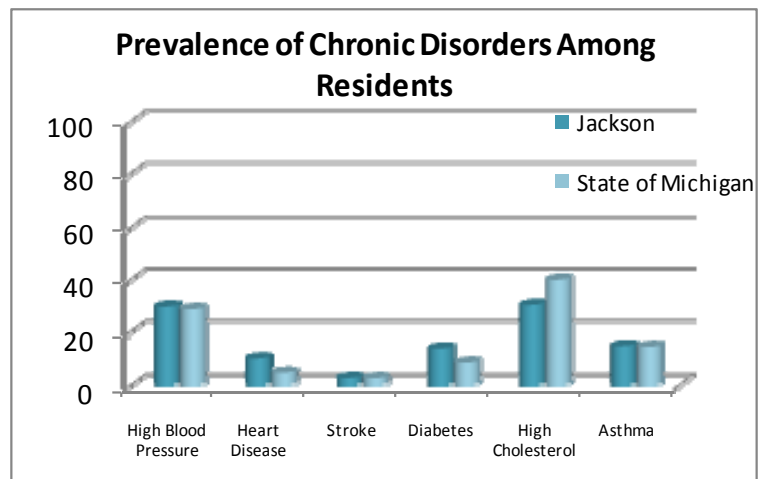


When Jackson County residents were asked about their health, over 80 percent report good health or better. The rates in Jackson mirrored the rates of self-reported health at the state level as well. When asked chronic conditions, the most commonly reported diagnosis among Jackson residents was allergies (33.7%). 30.2% of residents report

high cholesterol, 29.5% report high blood pressure, 15.1% report asthma, and 14.15% report diabetes.

These rates also the rates reported at the state level with the exception of diabetes and heart disease which were nearly twice as high in Jackson than the state of Michigan. In addition their own physical

health, Jackson residents are also affected by their family. 1 out of 4 respondents report having a family member that has a health condition that affects them. Of those, 43% report that the health condition of their family member affects them “a lot” and 35% report “some”.

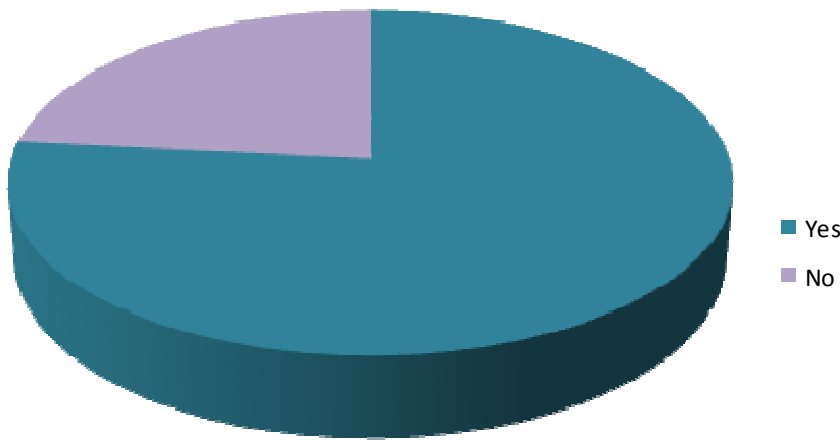




Physical Health and Health Care Experience

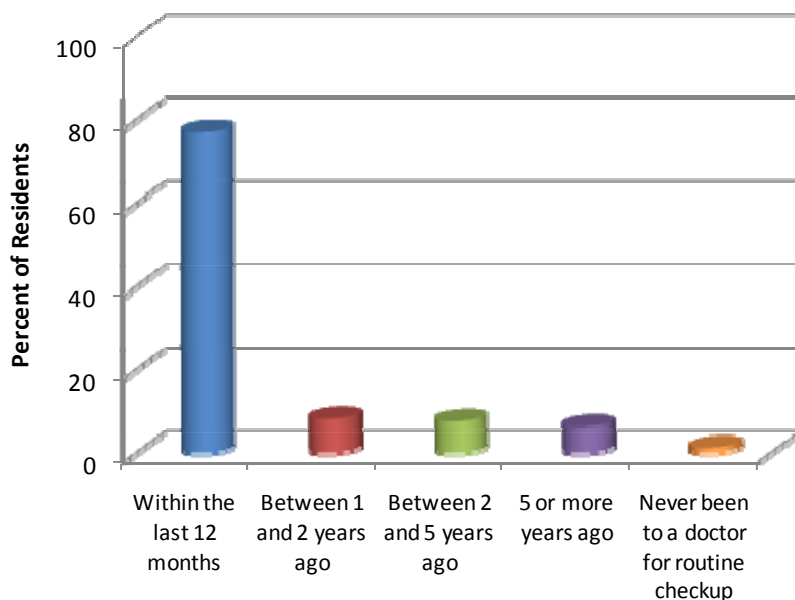
—Preventive Services—

Percent of Residents That Have Seen a Doctor Within the Past 12 Months

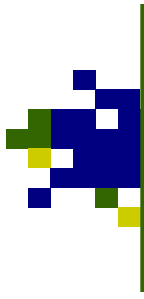


Preventive services have recently become much of the focus of many community health initiatives. These services provided by health providers allow people to identify risk factors and illnesses before they become threatening. Among Jackson residents, more than 75% have seen a doctor within the past 12 months.

Time Since Last Dr. Visit Among Jackson Residents

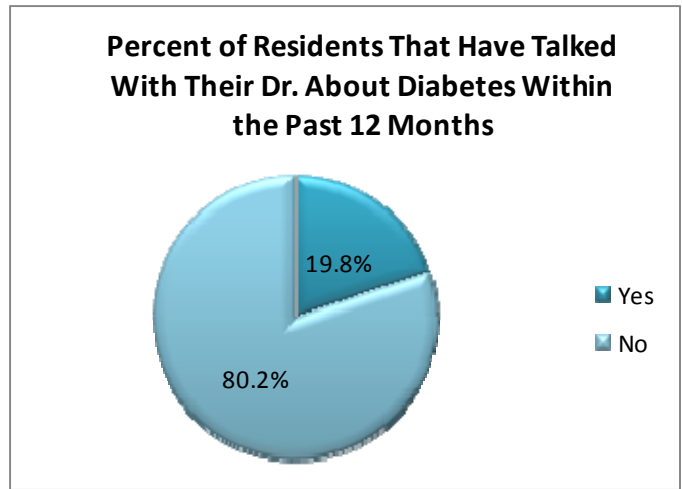
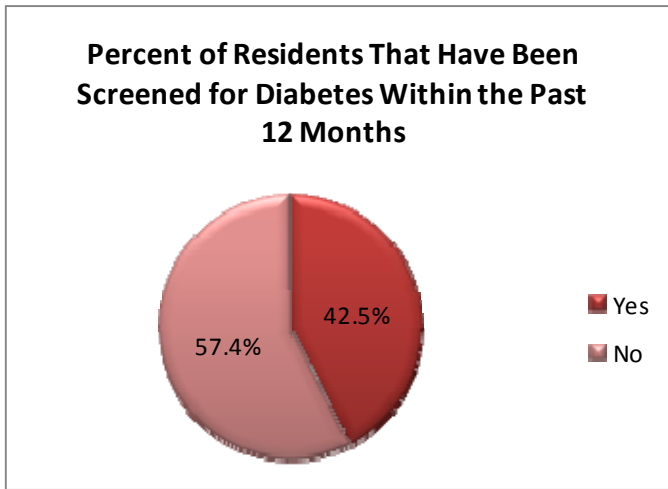


Within those that have not seen a doctor within the past year, 8% report the time between the last doctor visit as being between 1 and 2 years, and an additional 7.5% report between 2 and 5 years. Only 1.35% of residents have never had a check up and 6.2% report that is has been greater than 5 years since their last check up.

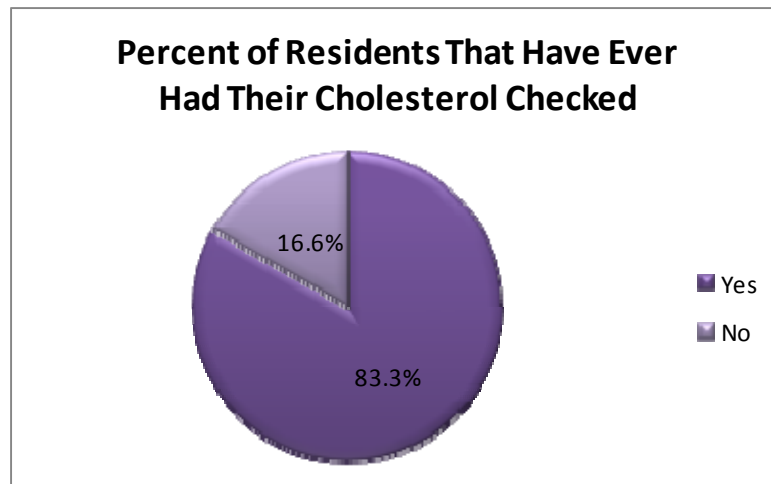


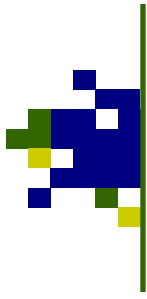
Physical Health and Health Care Experience

—Preventive Services—



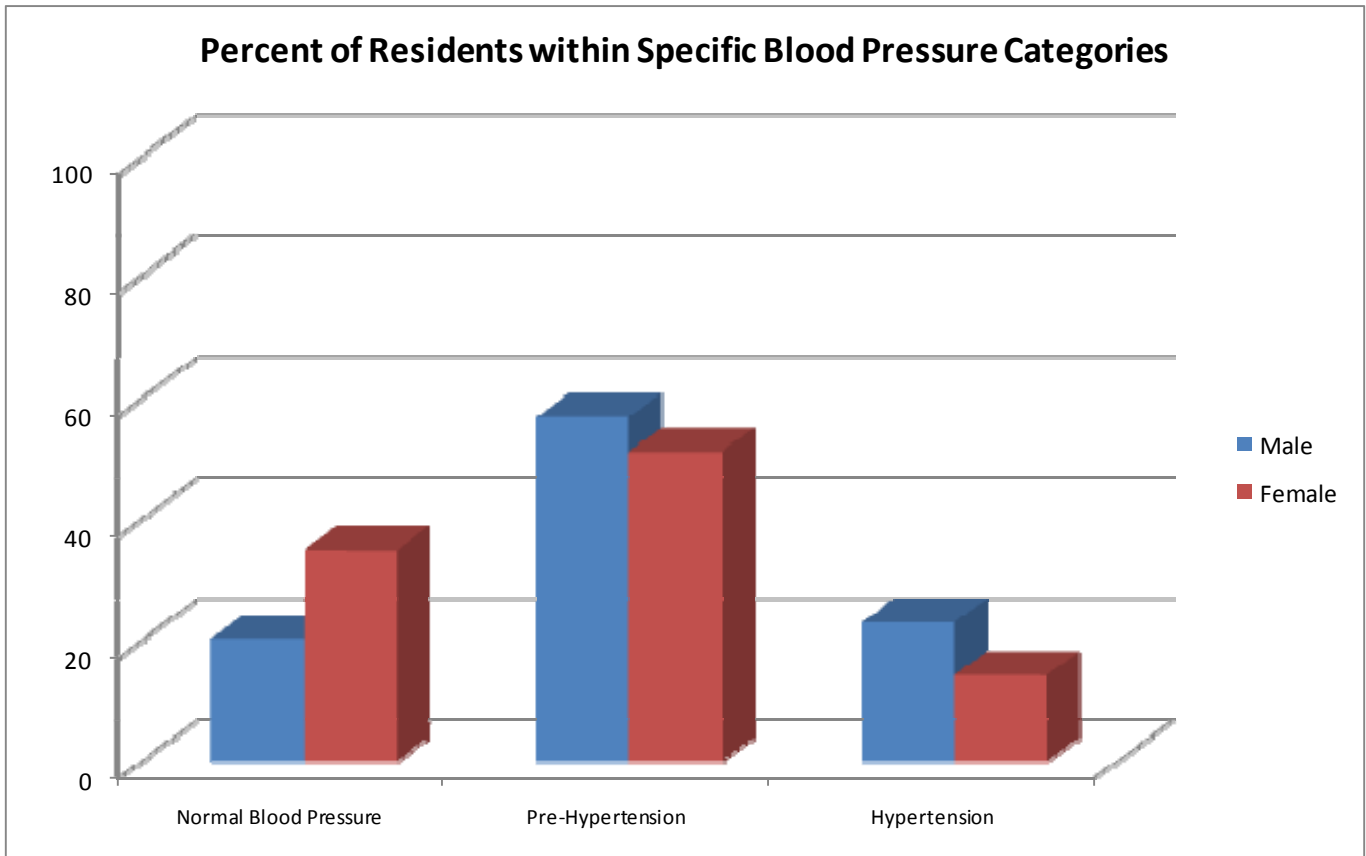
Understanding patient-provider interactions is important when developing health programs that focus on preventive services. Screening is one form of preventive services that the Jackson County Health Assessment paid special attention to. According to the assessment, 42.6% of respondents have been screened for diabetes. This is higher than the state rate of 39.5%. Less respondents however, report talking with their doctor about diabetes (19.8%). When asked about cholesterol screening, 83.3% of respondents report ever having their blood cholesterol checked.





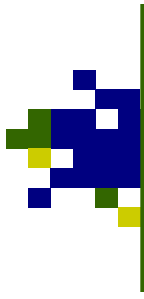
Physical Health and Health Care Experience

Preventive Services—Blood Pressure



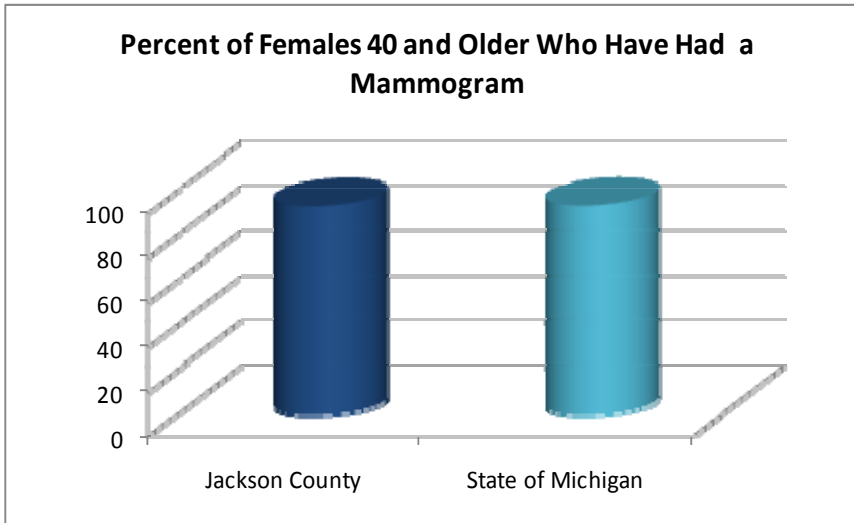
When seeking to prevent chronic disease, it is imperative to identify risk factors and indicators within a population. One indicator of chronic disease risk is blood pressure levels. 97.1% of Jackson residents report having had their blood pressure checked ever.

Among men in Jackson County, 23% are identified by the assessment as having high blood pressure (hypertensive) and an additional 56.8% are at risk for high blood pressure (pre-hypertensive). Among women, 14.2% were classified as having high blood pressure and 51% are at risk for high blood pressure.



Physical Health and Health Care Experience

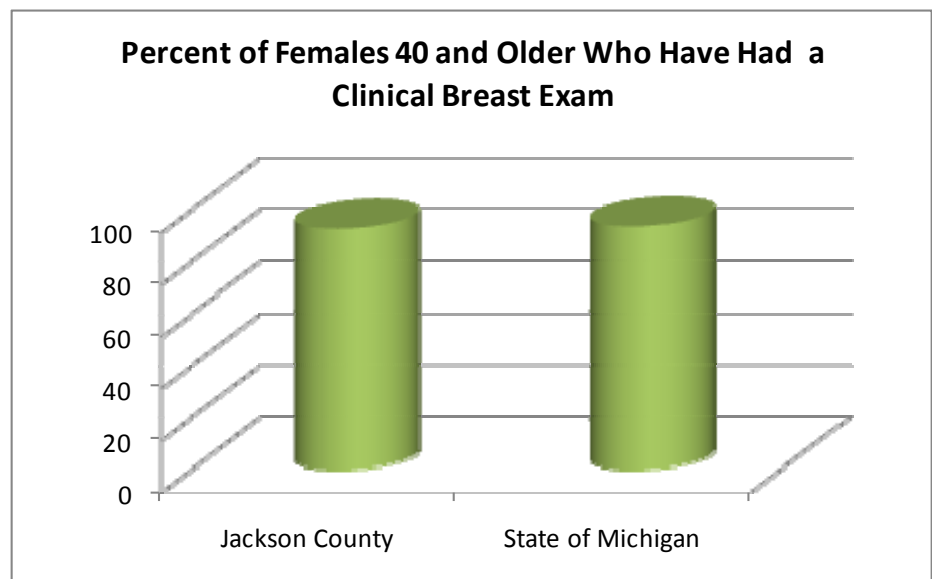
—Preventive Services—

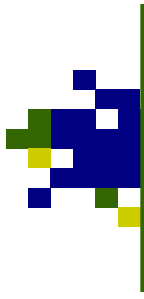


Another form of preventive service recommended for females is a mammogram or clinical breast exam to detect the early signs of breast cancer. Among females 40 years old and greater in Jackson County, 93.3% report having a mammogram compared the 93.6% reported at the

state level by the BRFSS. Among those who have had mammograms however, 76 of Jackson women report receiving them within the past year compared to 64.3% of women within the state of Michigan that report receiving mammograms within the past year. An additional screen for breast cancer is a clinical breast exam. Among Jackson women 40 and older, 92.7% of have had a clinical breast exam.

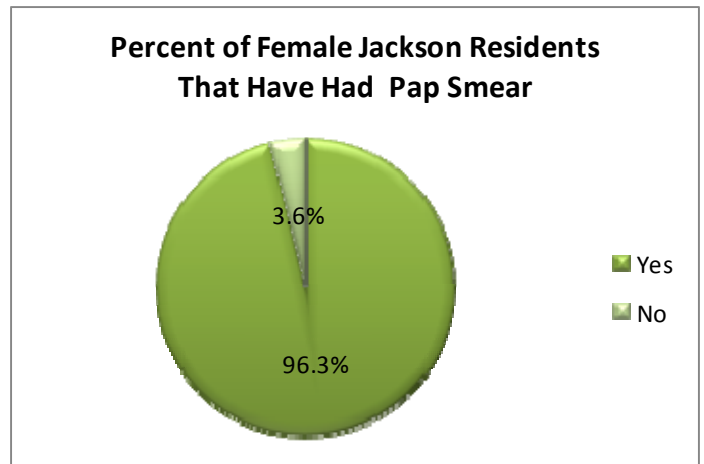
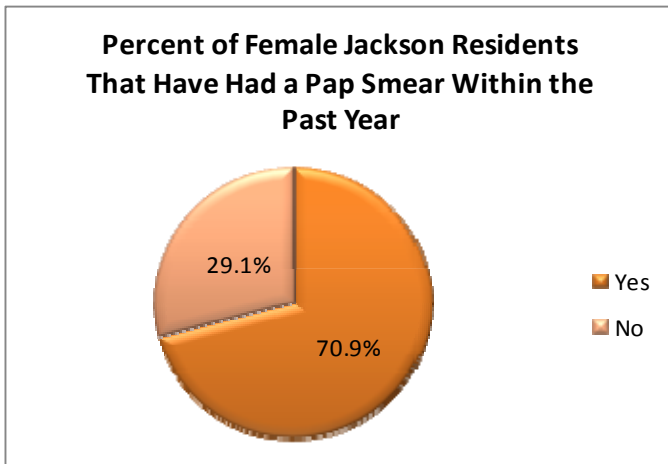
The rate reported at the state level for women receiving this is 93.6%. The majority of women in Jackson who report receiving this exam have done so in the past year (77.4%). An additional 13.1% of women report having one within the past two years.





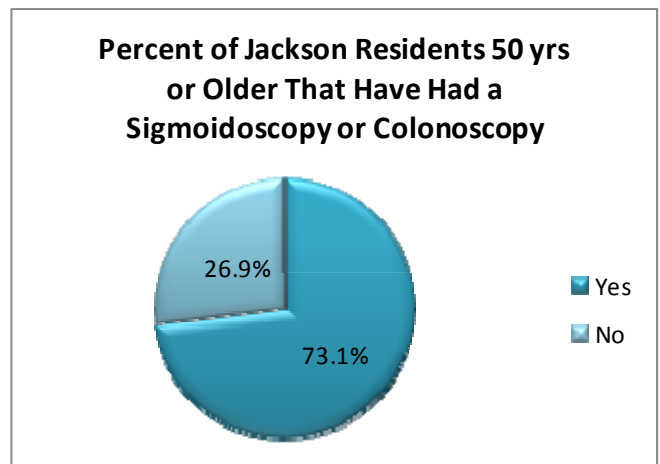
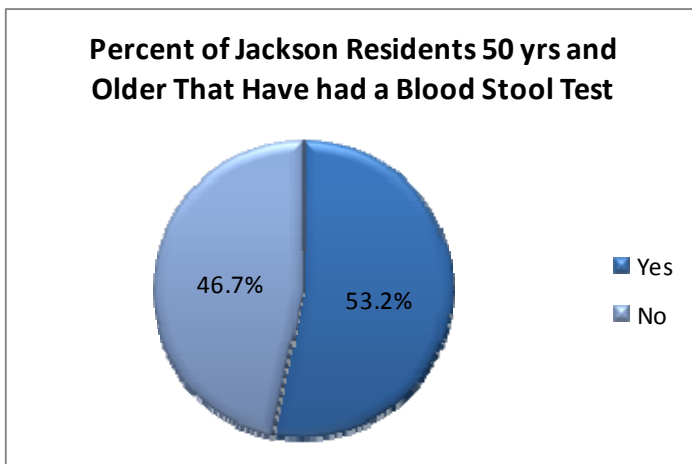
Physical Health and Health Care Experience

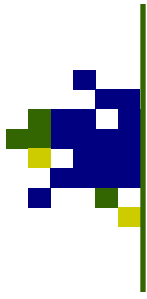
—Preventive Services—



Female respondents were asked about receiving a pap smear. Among female residents, 96.3% report ever having a pap smear and 70.9% report having one within the past year.

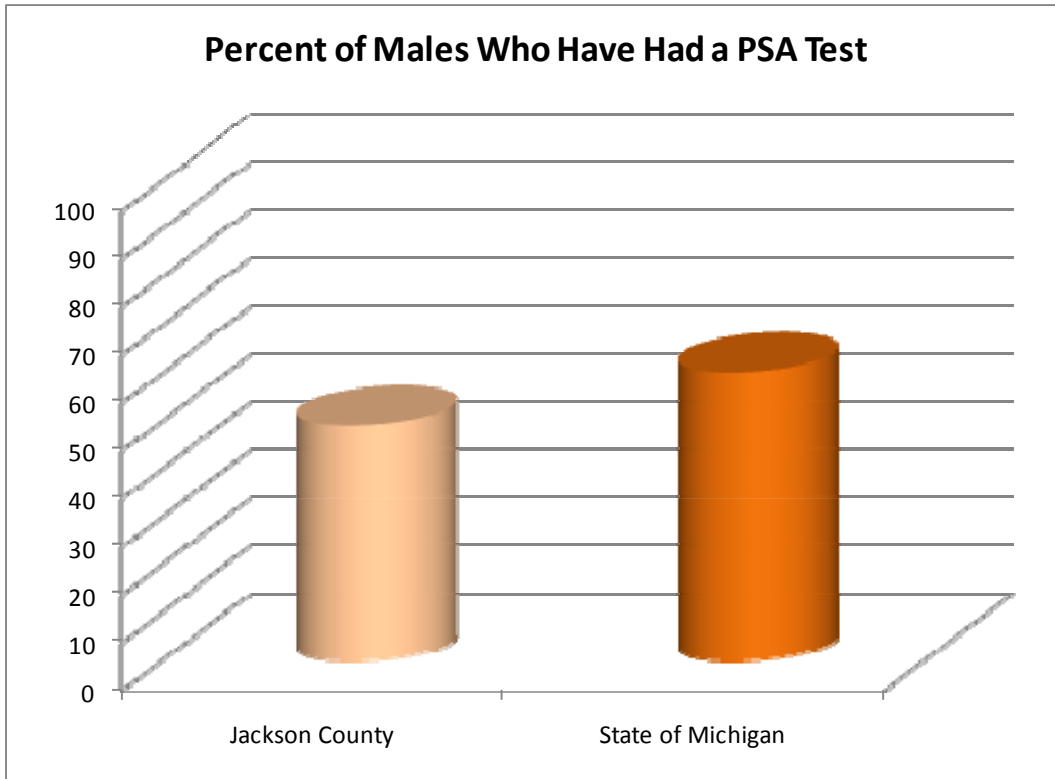
The Jackson County Health Assessment asked respondents who were 50 years or older about their colon screening behaviors. Among this population, 53.4% report ever having a blood stool test using a home kit. Among these, 48.6% report that their test was within the past year and 20% within the past 2 years. Additionally, 73.1% or residents report having a colonoscopy or sigmoidoscopy compared to the rate the state of Michigan reports which is 66.1%.





Physical Health and Health Care Experience

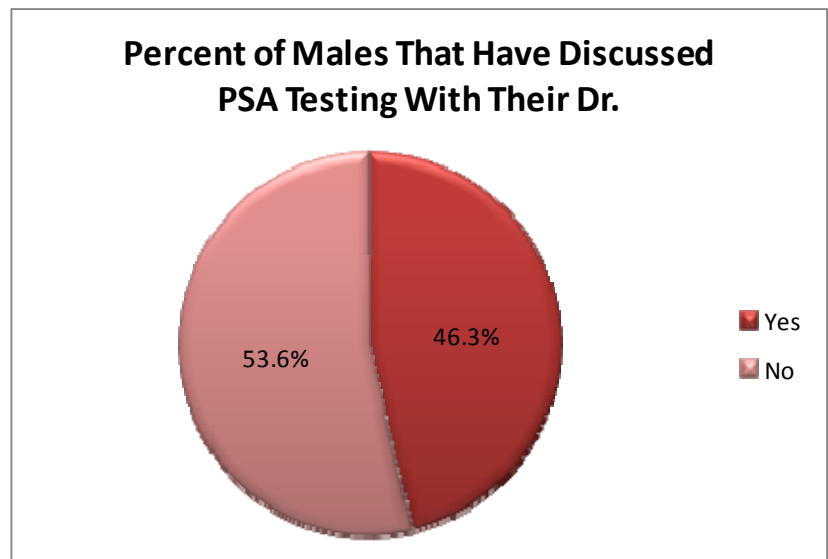
—Preventive Services—

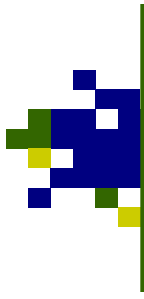


PSA testing is a method of screening for prostate cancer. Current recommendations suggest that men over 50 discuss the risks and benefits of this testing with their doctors.

Among men 39 and over surveyed by the Jackson County Health Assessment, 49.3 report having this test done. This is lower than the rate reported by the state of Michigan which is 60.4%.

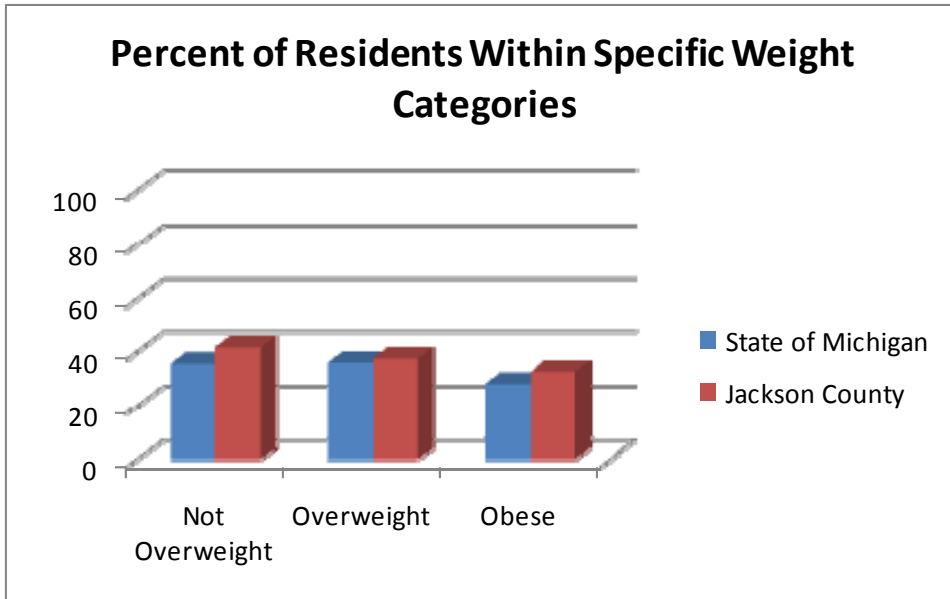
46.4% of men report that they have discussed the risks and benefits of PSA testing with their health care provider.





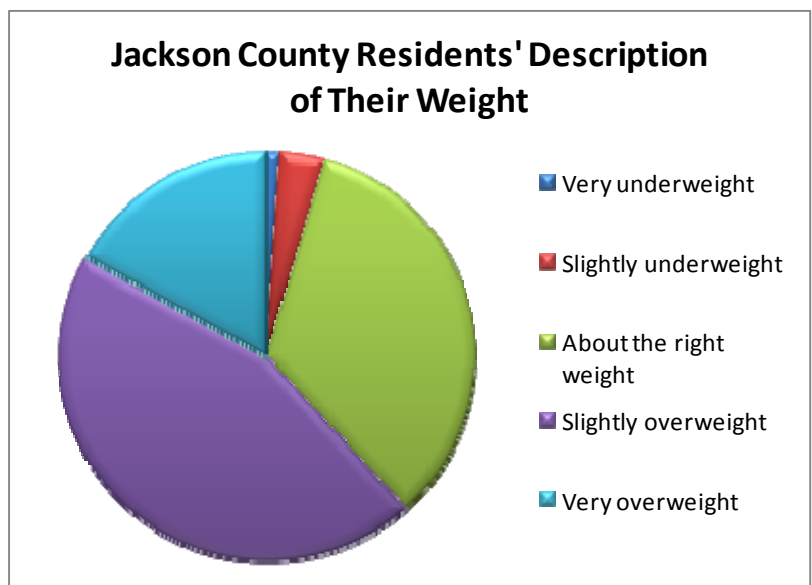
Physical Health and Health Care Experience

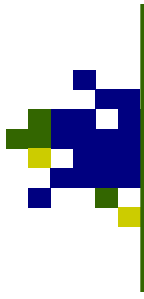
—Weight Status—



The Jackson County Health Assessment was used to gain a better understanding of body weight and related perceptions. To do this, residents were asked to report their weight and describe their weight. According to the results, 37.4% of residents are overweight and an additional 32.3% qualify as obese. Only 1.3% of residents are underweight and 18.6% are classified as having a normal weight. These obesity rates are higher than those reported at the state level where 36.1% of residents are overweight and 28.2% are obese. Although 32.3% of Jackson residents are obese, when asked to describe their weight, only about half as many (16.9%) stated that they were “very overweight”. An additional 44.7% of Jackson residents identified themselves as slightly overweight and 33.9% identified themselves as “about the right weight”. 4.5% of respondents reported being slightly or very underweight.

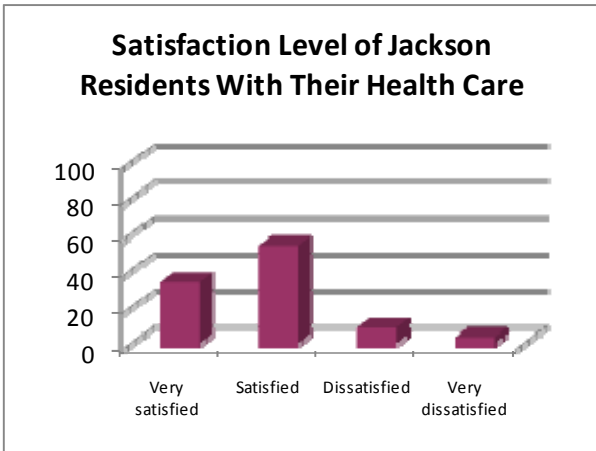
Additional 44.7% of Jackson residents identified themselves as slightly overweight and 33.9% identified themselves as “about the right weight”. 4.5% of respondents reported being slightly or very underweight.





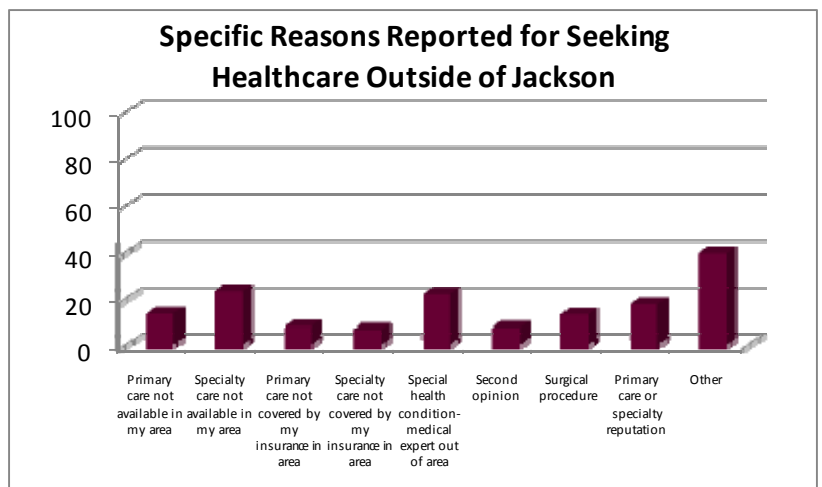
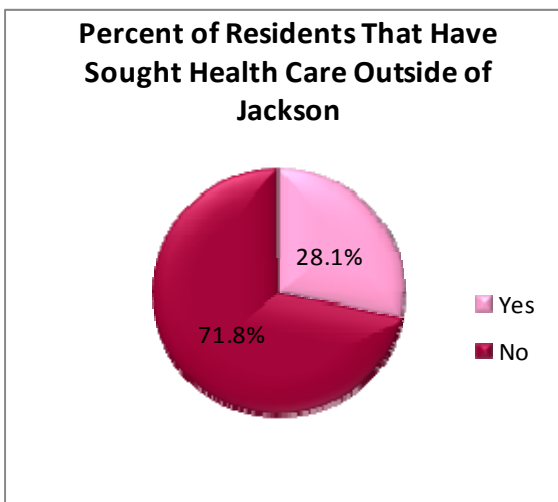
Physical Health and Health Care Experience

—Patient Provider Relationship—



In order to better understand citizens’ attitudes towards health care, it is important to determine their level of satisfaction. Jackson county residents were asked how satisfied they were with the health care they received. The majority of respondents reported some level of satisfaction with 53.9% stating they are satisfied and 33.5% reporting they are very satisfied.

Furthermore, Jackson residents were also asked about times when they may have sought health care outside of Jackson. 21.8% reported seeking health care outside of the Jackson area. Among those, the most commonly reported reason was to seek specialty care that was not available in the area (23.7%). Residents also cited a special health condition that required an expert out of the are as a top reason for seeking health care outside of Jackson (22.4%). Additional reasons reported by Jackson county residents include primary care reputation (17.8%), primary care not available (13.6%), surgical procedure (13.3%), primary care not covered by insurance (8.2%), and seeking a second opinion (7.6%).

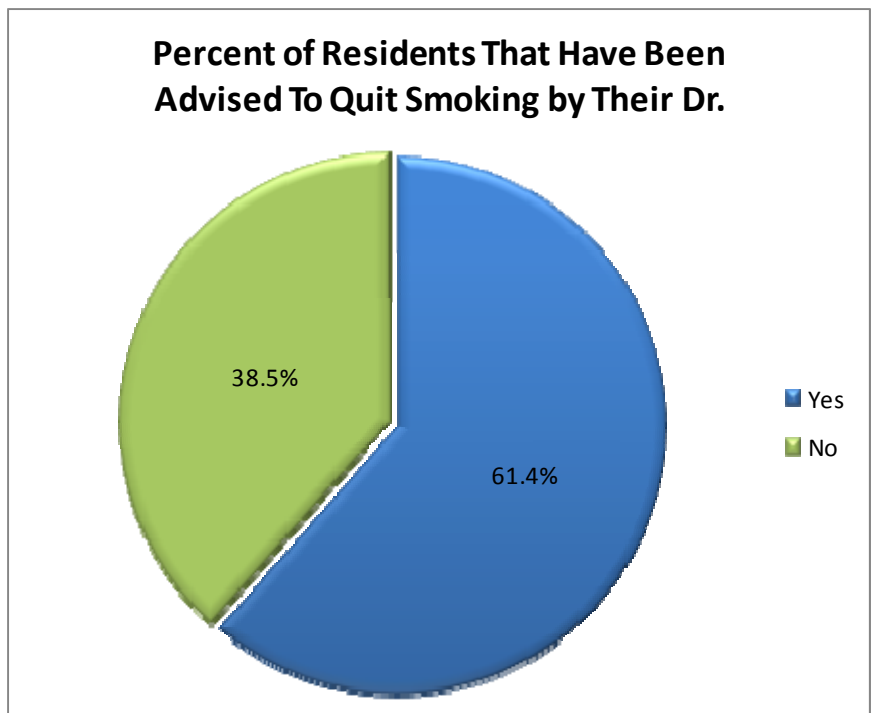
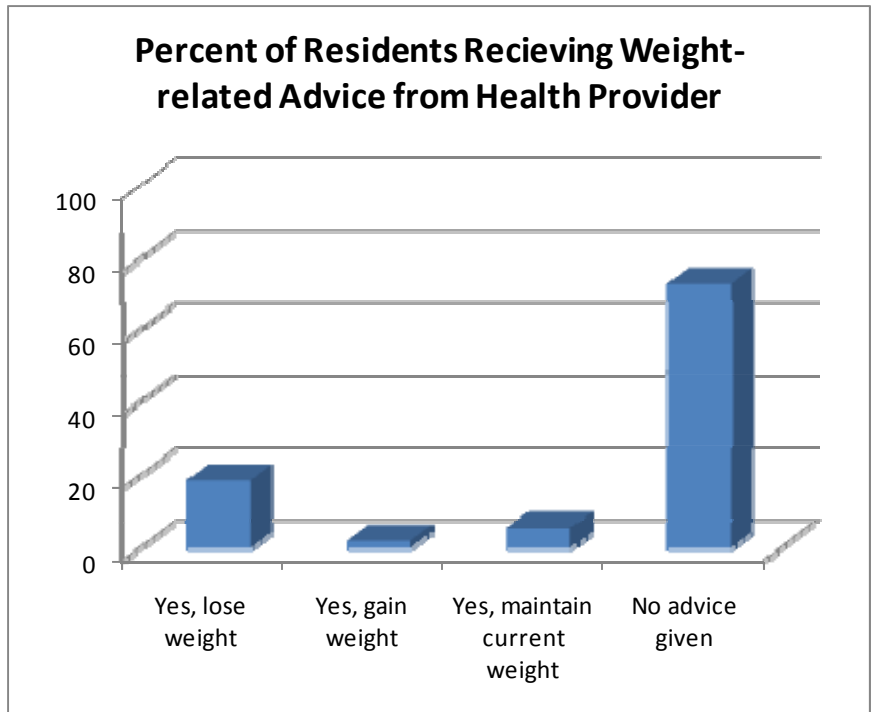


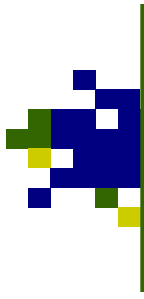


Physical Health and Health Care Experience

—Patient Provider Relationship—

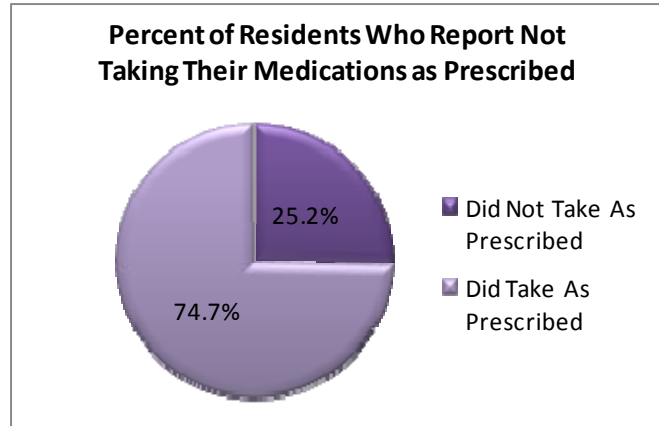
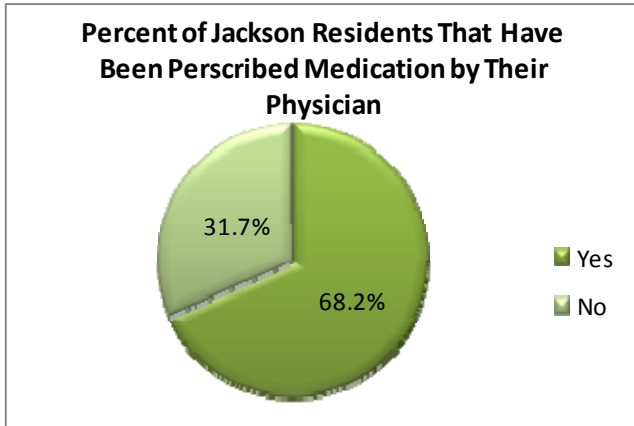
Jackson residents were specifically asked about advice they may have received from their health care provider. Over 67% of Jackson residents report that they have a personal doctor or health care provider. When asked about advice related to body weight, almost 3 out of 4 respondents reported not receiving any advice. Among those who have received weight-related advice, 18.8% were advised to lose weight, 2.1% were advised to gain weight, and 5.8% were advised to maintain their weight by their health care provider. When asked about smoking related advice, 61.5% of smokers report being advised to quit smoking by their health care provider whereas 38.5% did not report receiving such advice





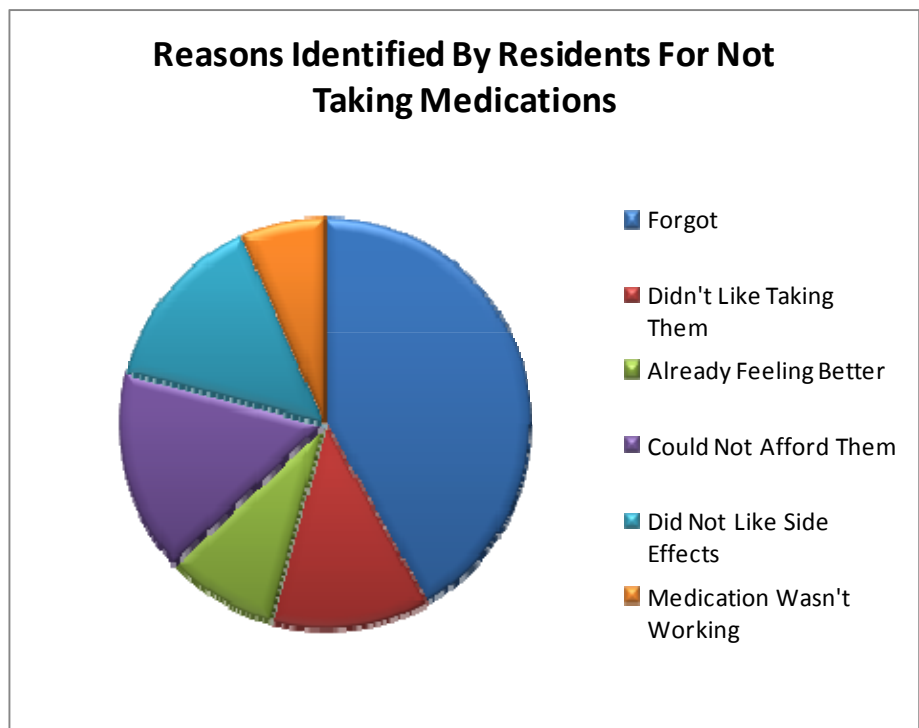
Physical Health and Health Care Experience

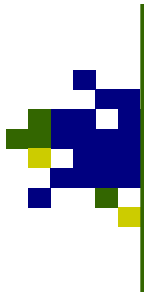
—Prescription Compliance —



It is important to know how many people within the county are taking prescription medication as well as their compliance with their health care providers orders. Within the last 12 months, 68.3% of residents in Jackson County have been prescribed medication by a health care provider within the last 12 months. Additionally, 25.6% of Jackson residents report that there was a time within the last 12 months that they did not take their

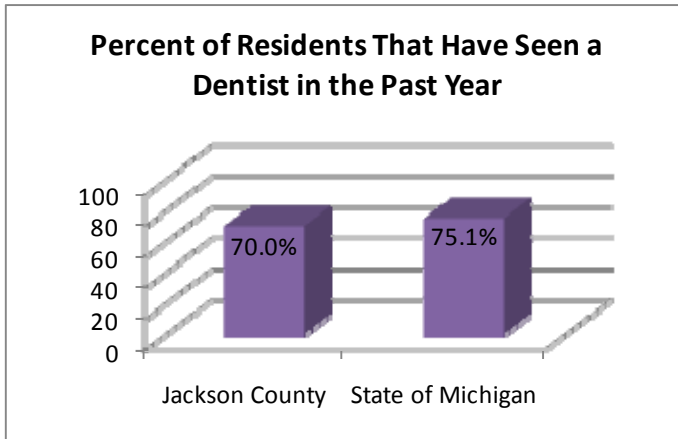
medication as prescribed. The main reason identified for not taking medications is the patient forgot (44.3%). Additionally, residents cite affordability (16.9%), side effects (15.2%), didn't like taking them (13.2%), already feeling better (9.3%), and medication wasn't working (9%) as reasons for not taking their medications.





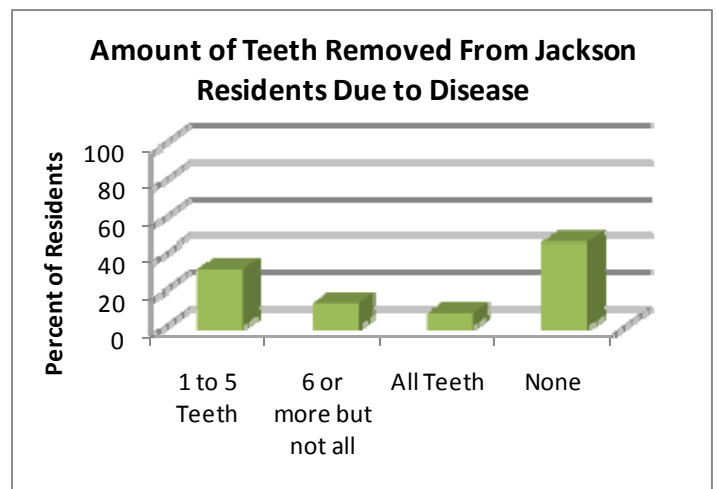
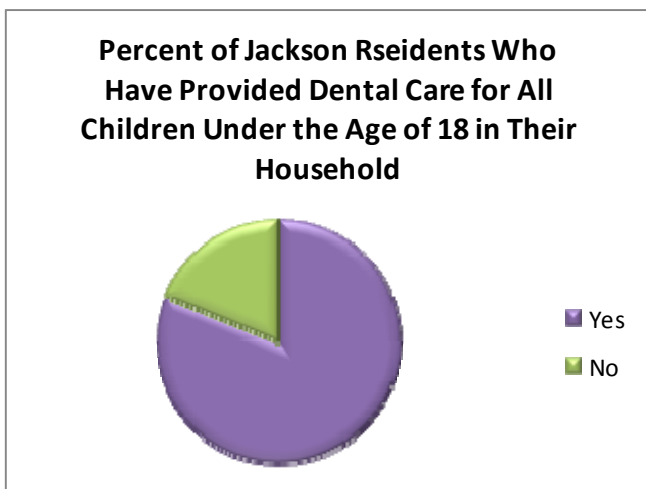
Physical Health and Health Care Experience

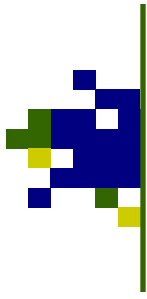
—Dental Services —



Dental care is an important health care issue. The Jackson Community Health Assessment asked residents about their dental care. According to the assessment, 70.1% of residents have visited a dentist within the past year for any reason. The rate reported by the State of Michigan is 75.1%.

Among Jackson County respondents, an additional 10.2% report seeing a dentist within two years and 9.0% within the past 5 years. Residents were also asked specifically about receiving teeth cleaning. Among respondents, 68% report having their teeth cleaned by a dentist within the past year, and additional 9.9% have had this done within the past 2 years. An analysis of the assessment revealed that those with difficulty accessing services were less likely to have had teeth cleaned in past year (30.3%) than those who did not have difficulty accessing dental care (75.1%). Results from the assessment also reveal that 81.3% of residents report that all children living in their household under the age of 18 have seen a dentist. When asked about teeth extraction, 13.6% report having 6 or more teeth extracted due to injury or disease compared to 15.8% which is the rate reported by the State of Michigan.





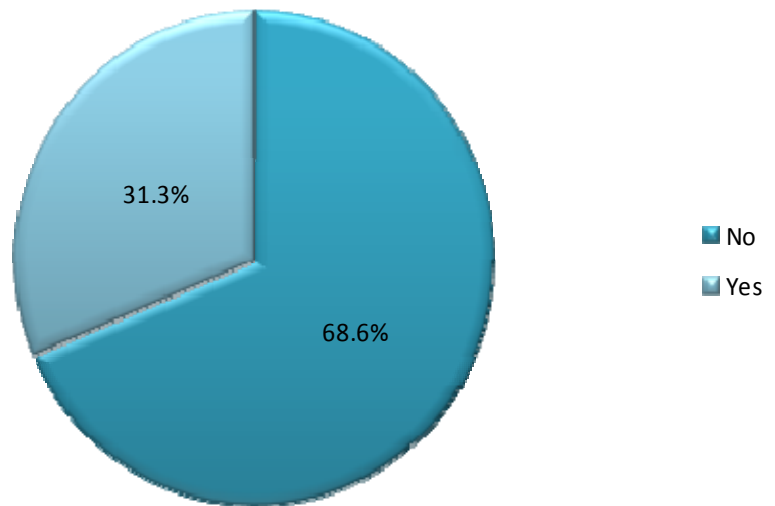
Physical Health and Health Care Experience

—Emergency Care —

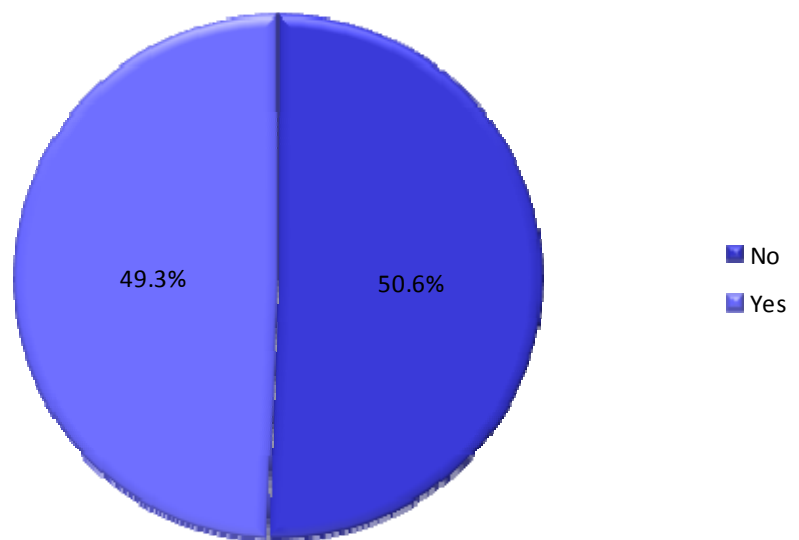
Assessing ER utilization and frequency is important when looking at the health status and needs of a community.

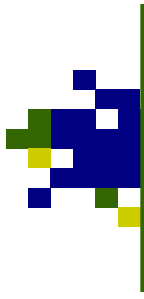
Residents that live in the City of Jackson City averaged .75 emergency room visits within the past 12 months. Amongst the entire county, the mean ER visits was .82. 31.3% of Jackson County residents report visiting an ER within the past 12 months for themselves. When asked about ER visits for children, 49.3% reported visiting the ER in the past 12 months for a child.

Percent of Residents That Have Visited an ER Within the Past 12 Months



Percent of Jackson Residents that Have Taken A Child to the ER in the Past 12 Months

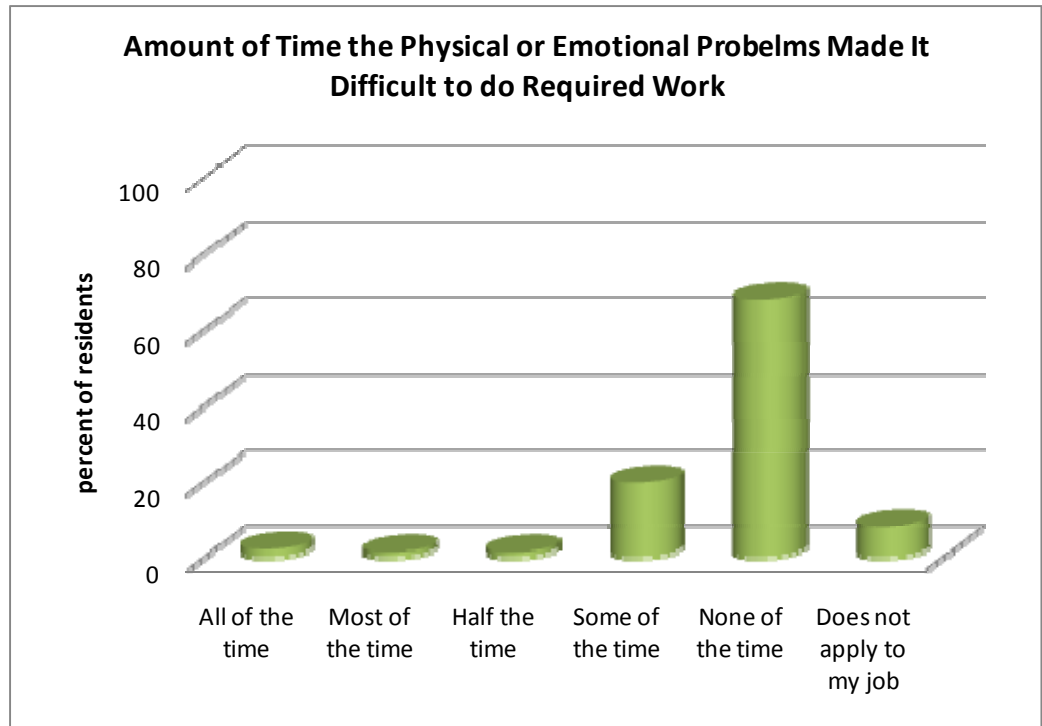




Physical Health and Health Care Experience

—Workplace Productivity—

Physical health is also important as it relates to employment. It is known that improving physical and mental health has a direct impact on absenteeism and worker productivity. Jackson residents report missing an average of 12.3 days of work within the past



year due to illness. Resident were also asked about the amount of time that physical and emotional problems made it difficult to do required work and 62.5% report “none of the time”. Almost 20 % of



residents report that physical and emotional problems make it difficult to work “some of the time” and another 5% report impairment “half,” “most” or “all of the time”

In an effort to increase physical activity and improve health, many companies have started to incorporate wellness programs into their operation. Unfortunately, only about 17% of residents in both

The Jackson Community Health Assessment offers a variety of data regarding health status, disease and screening prevalence, access to care, mental health, health-promoting and health-adverse behaviors, and access to health environment. For more information on the Jackson Community Health Assessment or to obtain additional data, please contact Allegiance Prevention and Community Health at 517-780-7306.

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**JACKSON COMMUNITY HEALTH
ASSESSMENT REPORT**

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