

## Kalamazoo County Health Report Card

**“Health starts where we live,  
learn, work, and play.”**

Robert Wood Johnson Foundation, 2010



KALAMAZOO COUNTY GOVERNMENT

In the Pursuit of Extraordinary Governance

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Health starts where we live, learn, work, and play. From the physical environment, to economic characteristics, to social networks, these social determinants of health contribute to and shape an individual's well-being.

In addition to the community, an individual's health is developed over a lifetime, starting with the future mother's health prior to becoming pregnant and continuing through the pregnancy, then into that person's infancy, childhood, adolescence, and adulthood. Each stage has a unique impact on all of the subsequent stages, and these effects can be cumulative. Throughout life and at all stages, risk factors can be reduced and protective factors enhanced, to improve current and subsequent health and well-being.

The Kalamazoo County Health Report Card offers a glimpse into the health status of the residents of Kalamazoo County. It also shows where Kalamazoo County is making headway to become a healthier county and critical areas that still need improvement. The data look at eight community-level and 52 individual-level key health indicators across four stages of life: Healthy Beginnings, Healthy Childhood, Healthy Adolescence, Healthy Adulthood.

The health indicators presented in this report are not comprehensive, but were selected to give an overview of the health status for Kalamazoo County. A good health indicator is easily measureable and can be measured in different populations and in different areas.

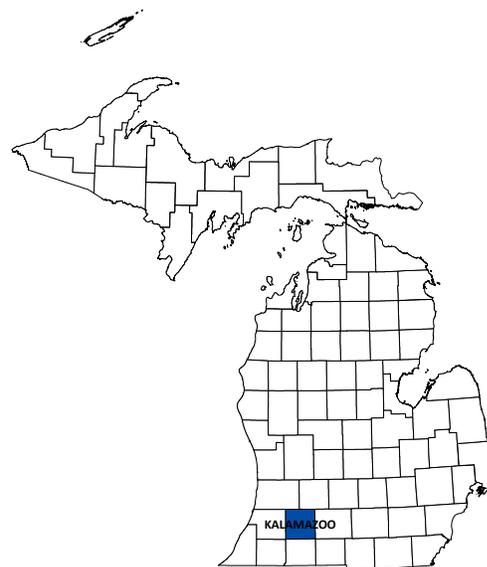
The purpose of this report is to give a snapshot of the health in Kalamazoo County as a whole. Data presented in this report reflect county-wide information only; for many indicators, there are differences within the county that are not represented here. Different neighborhoods, cities, and areas of the county may have different health challenges and health data.

The social determinants of health include economic stability, the neighborhood and physical environment, education, food, community and social context, and the health care system. While some of these determinants are difficult to measure, others have reliable metrics.

Kalamazoo County had a slightly higher overall rate of poverty than Michigan, but a lower rate of children living in poverty.

With respect to educational attainment, Kalamazoo County did better than Michigan with a higher proportion of residents obtaining their high school diploma.

The median household income is more than \$2,000 less in Kalamazoo County compared to Michigan. However, the median income does not reflect the cost of living and is problematic to compare across areas.



In Kalamazoo County...	Michigan
<b>18.3%</b> of the population <b>lived in poverty</b> <sup>1</sup>	<b>16.7%</b>
<b>20.7%</b> of children aged 0-17 <b>lived in poverty</b> <sup>1</sup>	<b>23.5%</b>
<b>52.7%</b> of households <b>spent more than 30% of their income on rent</b> <sup>1</sup>	<b>52.9%</b>
<b>6.0%</b> of the population over age 16 years were <b>unemployed</b> <sup>1</sup>	<b>6.0%</b>
<b>93.3%</b> of the population were <b>high school graduates or higher</b> <sup>1</sup>	<b>89.6%</b>
<b>91.3%</b> of the population had <b>health insurance</b> <sup>1</sup>	<b>90.4%</b>
<b>16.6%</b> of the population <b>received food stamp assistance</b> <sup>1</sup>	<b>16.7%</b>
The <b>median household income</b> was <b>\$47,476</b> <sup>1</sup>	<b>\$49,576</b>

Before an individual is born, their health is affected by their mother’s health and health behaviors. To set the stage for the healthiest life, the health of the mother is paramount.

Only 2/3 of Kalamazoo County’s pregnant women received adequate prenatal care, lower than the rate for Michigan and below the Healthy People (HP) 2020 goal.

More pregnant women smoke in Kalamazoo County than in Michigan overall, and both rates are significantly higher than the HP 2020 goal.



In Kalamazoo County...	Michigan	Healthy People 2020 Goal <sup>2</sup>
<b>66.8%</b> of women received <b>adequate prenatal care</b> <sup>3</sup>	<b>73.4%</b>	<b>77.6%</b>
<b>67.3%</b> of women received <b>prenatal care beginning in the first trimester</b> <sup>3</sup>	<b>73.0%</b>	<b>77.9%</b>
<b>20.7%</b> of women <b>smoked</b> during their pregnancy <sup>3</sup>	<b>18.3%</b>	<b>1.4%</b>
<b>9.6%</b> of babies were born <b>preterm</b> (before 37 weeks gestation) <sup>3</sup>	<b>10.5%</b>	<b>9.4%</b>
<b>7.5%</b> of babies were born <b>with a low birth weight</b> (less than 5 pounds, 9 ounces) <sup>3</sup>	<b>8.4%</b>	<b>7.8%</b>
<b>15.7%</b> of women experienced <b>post-partum depression</b> * <sup>4</sup>	<b>13.1%</b>	—

\*Data for Perinatal Region 8, which includes Kalamazoo County

Health in childhood continues the trends established in the perinatal period, and also introduces health behaviors to the list of factors affecting health. According to the Michigan League for Public Policy, Kalamazoo County was ranked of **47th** out of 82 counties in Michigan for overall child well-being<sup>5</sup>.

Kalamazoo County was successful at immunizing children aged 19-35 months, meeting the HP 2020 goal and at a higher rate than Michigan. The County ranked **10th** for immunization coverage and **19th** for immunization waivers.

Kalamazoo County and Michigan have similar rates of obesity in those aged 2-5; these rates are above the HP 2020 goal.

The infant mortality rate in Kalamazoo County is lower than Michigan but higher than the HP 2020 goal. There are differences in infant mortality rate by race, with the rate for black infants higher than for white infants.



In Kalamazoo County...	Michigan	Healthy People 2020 Goal <sup>2</sup>
<b>80.1%</b> of children aged 19-35 months were <b>up-to-date on immunizations</b> <sup>6</sup>	<b>75.0%</b>	<b>80.0%</b>
<b>13.4%</b> of WIC-enrolled children ages 2-5 were <b>obese</b> <sup>7</sup>	<b>13.7%</b>	<b>9.4%</b>
The <b>infant mortality rate</b> was <b>6.3</b> infant deaths per 1,000 live births <sup>8</sup>	<b>6.8</b>	<b>6.0</b>
<b>3.4%</b> of children tested had <b>elevated blood lead level</b> (greater than 5 µg/dL) <sup>9</sup>	<b>3.4%</b>	—
The <b>asthma hospitalization rate</b> for children under age 18 was <b>10.0</b> per 10,000 <sup>10</sup>	<b>13.5</b>	—

During adolescence, the cumulative factors of community and learned experiences continue to be expressed in health behaviors and found in health outcomes.

While childhood vaccination rates achieved the HP 2020 goal, the rate for HPV vaccination among adolescent females was below the HP 2020 goal, though better than Michigan overall.

Although children’s rates of obesity were higher than Michigan and the HP 2020 goal, the rates of obesity among Kalamazoo County adolescents were lower than both Michigan and the HP 2020 goal. The rate of physical activity was similar to Michigan and both were higher than the HP 2020 goal.

An area for improvement was attempted suicide rates. The Michigan Profile for Healthy Youth (MiPHY) asks high school students about their health behaviors and beliefs. In Kalamazoo County, the number of students who reported that they had attempted suicide was lower than in Michigan, but higher than the HP 2020 goal.

Another area for improvement was sexually transmitted diseases. Gonorrhea and chlamydia rates were two times higher than Michigan overall in this age group.



In Kalamazoo County...	Michigan	Healthy People 2020 Goal <sup>2</sup>
The <b>teen pregnancy rate</b> (ages 15-19) was <b>20.7</b> per 1,000 live births <sup>3</sup>	<b>21.4</b>	<b>36.2</b> (for ages 15-17) <b>104.6</b> (for ages 18-19)
<b>54.2%</b> of adolescent females age 13-17 had <b>received the HPV vaccine</b> <sup>6</sup>	<b>41.4%</b>	<b>80.0%</b>
<b>50.0%</b> of adolescent males age 13-17 had <b>received the HPV vaccine</b> <sup>6</sup>	<b>36.0</b>	—

In Kalamazoo County...	Michigan	Healthy People 2020 Goal <sup>2</sup>
<b>13.5%</b> of adolescents in middle and high school were obese <sup>11</sup>	<b>14.3%</b> <sup>12</sup>	<b>16.1%</b>
<b>45.7%</b> of adolescents got <b>adequate physical activity</b> <sup>11</sup>	<b>46.0%</b> <sup>12</sup>	<b>31.6%</b>
<b>26.4%</b> of adolescents <b>ate five or more servings of fruits and vegetables</b> in the past seven days <sup>11</sup>	—	—
<b>8.2%</b> of adolescents had <b>attempted suicide</b> <sup>11</sup>	<b>9.2%</b> <sup>12</sup>	<b>1.7%</b>
<b>16.8%</b> of adolescents had <b>considered suicide</b> in the past 12 months <sup>11</sup>	<b>17.3%</b> <sup>12</sup>	—
<b>30.7%</b> of adolescents experienced <b>depression</b> in the past 12 months <sup>11</sup>	<b>31.7%</b> <sup>12</sup>	—
<b>9.1%</b> of adolescents reported <b>binge drinking</b> during the past 30 days <sup>11</sup>	<b>12.5%</b> <sup>12</sup>	—
<b>16.6%</b> of adolescents had <b>used marijuana</b> during the past 30 days <sup>11</sup>	<b>19.3%</b> <sup>12</sup>	—
<b>16.1%</b> of adolescents have <b>used an electronic vapor product</b> in the past 30 days <sup>11</sup>	<b>23.0%</b> <sup>12</sup>	—
The <b>gonorrhea rate</b> was <b>734</b> per 100,000 population aged 15-19 <sup>13</sup>	<b>370</b>	—
The <b>chlamydia rate</b> was <b>3274</b> per 100,000 population aged 15-19 <sup>13</sup>	<b>1999</b>	—

In adulthood, individuals tend to continue the health behaviors that established themselves during their younger years. These adults are also contributing to the health and welfare of their community, in turn affecting others.

About one in nine adults reported poor physical health in the past month, slightly lower than Michigan. One in ten adults reported poor mental health in the same time period, again slightly lower than Michigan.

The flu vaccination rates for adults was higher than Michigan, but much lower than the HP 2020 goal. For adults over age 65, Kalamazoo County and Michigan were similar. For the pneumonia vaccine, Kalamazoo had a slightly higher rate than Michigan.

In contrast to adolescents, the rate of adequate physical activity among adults in Kalamazoo County was lower than the HP 2020 goal. Obesity rates were similar between Kalamazoo County and Michigan.

The suicide rate among those over 65 is higher than in Michigan.

Similar to the trends seen in adolescents, the gonorrhea and chlamydia rates are two times higher in Kalamazoo County adults than Michigan adults.



In Kalamazoo County...	Michigan	Healthy People 2020 Goal <sup>2</sup>
<b>11.3%</b> of adults reported <b>poor physical health</b> at least 14 days in the past month <sup>14</sup>	<b>12.8%</b>	—
<b>10.3%</b> of adults reported <b>poor mental health</b> at least 14 days in the past month <sup>14</sup>	<b>12.2%</b>	—
<b>18.5%</b> of adults <b>had ever been told they have depression</b> <sup>14</sup>	<b>20.5%</b>	—
<b>30.0%</b> of adults <b>received the flu vaccine</b> during the 2016-2017 flu season <sup>6</sup>	<b>24.9%</b>	<b>70.0%</b>
<b>32.1%</b> of adults were <b>obese</b> <sup>14</sup>	<b>31.1%</b>	—

In Kalamazoo County...	Michigan	Healthy People 2020 Goal <sup>2</sup>
<b>14.8%</b> of adults smoked <sup>14</sup>	<b>21.1%</b>	<b>12.0%</b>
<b>18.6%</b> of adults reported binge drinking <sup>14</sup>	<b>18.8%</b>	<b>24.4%</b>
<b>21.3%</b> of adults got adequate physical activity <sup>14</sup>	<b>19.5%</b>	<b>47.9%</b>
<b>83.8%</b> of adults ate five or more servings of fruits and vegetables <sup>14</sup>	<b>85.1%</b>	—
<b>30.7%</b> of adults had not had a routine check up in the past year <sup>14</sup>	<b>28.8%</b>	—
<b>70.6%</b> of adults had not had a dental visit in the past year <sup>15</sup>	<b>68.3%</b>	—
The preventable hospitalization rate for diabetes was <b>11.9</b> per 10,000 population age 18-44 <sup>16</sup>	<b>12.9</b>	—
The preventable hospitalization rate for diabetes was <b>18.3</b> per 10,000 population age 45-64 <sup>16</sup>	<b>17.3</b>	—
The heart disease mortality rate was <b>164.1</b> per 10,000 <sup>17</sup>	<b>195.5</b>	—
The gonorrhea rate was <b>321.2</b> per 100,000 population aged 20-64 <sup>13</sup>	<b>169.4</b>	—
The chlamydia rate was <b>995.1</b> per 100,000 population aged 20-64 <sup>13</sup>	<b>574.3</b>	—

In Kalamazoo County...	Michigan	Healthy People 2020 Goal
<b>76.9%</b> of adults over age 65 had <b>ever had the pneumonia vaccine</b> <sup>14</sup>	<b>70.2%</b>	—
<b>57.8%</b> of adults over age 65 <b>received the flu vaccine</b> during the 2016-2017 flu season <sup>14</sup>	<b>57.4%</b>	—
The <b>hospitalization rate for accidental falls</b> was <b>19.8</b> per 10,000 adults over age 65 <sup>18</sup>	<b>24.8</b>	—
<b>74.7%</b> of adults over age 65 <b>had been screened for colorectal cancer</b> <sup>14</sup>	<b>71.5%</b>	—
The <b>breast cancer incidence rate</b> was <b>290.8</b> per 10,000 for women aged 50 to 74 <sup>19</sup>	<b>312.1</b>	—
The <b>breast cancer incidence rate</b> was <b>374.7</b> per 10,000 for women over age 75 <sup>19</sup>	<b>400.8</b>	—
The <b>prostate cancer incidence rate</b> was <b>372.8</b> per 10,000 for men aged 50 to 74 <sup>19</sup>	<b>411.3</b>	—
The <b>prostate cancer incidence rate</b> was <b>478.2</b> per 10,000 for men over age 75 <sup>19</sup>	<b>502.5</b>	—
The <b>heart disease mortality rate</b> was <b>207.4</b> per 10,000 for adults aged 50 to 74 <sup>20</sup>	<b>263.7</b>	—
The <b>heart disease mortality rate</b> was <b>1999.8</b> per 10,000 for adults over age 75 <sup>20</sup>	<b>2362.5</b>	—
The rate of <b>suicide</b> was <b>18.9</b> per 100,000 adults over age 65 <sup>21</sup>	<b>13.5</b>	—

**Adequate Physical Activity:** those who reported that they do either moderate physical activities for at least 150 minutes per week, vigorous physical activities for at least 75 minutes per week, or an equivalent combination of moderate and vigorous physical activities and also participate in muscle strengthening activities on two or more days per week

**Binge Drinking:** those who reported consuming five or more drinks per occasion (for men) or 4 or more drinks per occasion (for women) at least once in the previous month

<sup>1</sup> United States Census Bureau, [American FactFinder](#)

<sup>2</sup> Office of Disease Prevention and Health Promotion, [Healthy People 2020 Topics and Objectives](#)

<sup>3</sup> Michigan Department of Health and Human Services, Division for Vital Records & Health Statistics, Geocoded Michigan Birth Certificate Registry [Community Birth Characteristics](#) (2013-2015)

<sup>4</sup> Michigan Department of Health and Human Services, [Pregnancy Risk Assessment Monitoring System](#) (2012-2014)

<sup>5</sup> Michigan League for Public Policy, [Kalamazoo 2017 Trends in Child Well-Being](#)

<sup>6</sup> Michigan Department of Health and Human Services, [County Quarterly Immunization Report Card: Kalamazoo](#) (as of November 11, 2017)

<sup>7</sup> Michigan Department of Health and Human Services, [Pediatric Nutrition Surveillance System 2016 County Report](#)

<sup>8</sup> Michigan Department of Health and Human Services, Division for Vital Records & Health Statistics, Geocoded Michigan Death Certificate Registries, Geocoded Michigan Birth Certificate Registries, [Infant Mortality](#) (2015)

<sup>9</sup> Michigan Department of Health and Human Services, Division of Environmental Health, Childhood Lead Poisoning Prevention Program, [2015 Data Report on Childhood Lead Testing and Elevated Blood Lead Levels: Michigan](#)

<sup>10</sup> Michigan Department of Health and Human Services, Division for Vital Records and Health Statistics, Michigan Resident Inpatient Files, using data from the Michigan Inpatient Database obtained with permission from the Michigan Health & Hospital Association Service Corporation, [Hospitalizations by Diagnosis](#) (2009-2014)

<sup>11</sup> Michigan Department of Education, [Michigan School Health Survey System](#) (2015-2016)

<sup>12</sup> Centers for Disease Control and Prevention, [High School Youth Risk Behavior Survey Data](#) (2015)

<sup>13</sup> Michigan Department of Health and Human Services, Michigan Disease Surveillance System (2016)

<sup>14</sup> Michigan Department of Health and Human Services, Bureau of Epidemiology and Population Health, Lifecourse Epidemiology and Genomics Division, [Behavioral Risk Factor Surveillance System](#) (2013-2015)

<sup>15</sup> Michigan Department of Health and Human Services, [Health Indicators and Risk Estimates by Community Health Assessment Regions & Local Health Departments](#) (2012-2014)

<sup>16</sup> Michigan Department of Health and Human Services, Division for Vital Records and Health Statistics, Michigan Resident Inpatient Files, using data from the Michigan Inpatient Database obtained with permission from the Michigan Health & Hospital Association Service Corporation, [Ambulatory Care Sensitive Hospitalizations](#) (2009-2014)

<sup>17</sup> Michigan Department of Health and Human Services, Division for Vital Records & Health Statistics, 2015 Michigan Death Certificate Registry, [Age-adjusted Mortality Rates](#) (2015)

<sup>18</sup> Michigan Department of Health and Human Services, Division for Vital Records and Health Statistics, Michigan Resident Inpatient Files, using data from the Michigan Inpatient Database obtained with permission from the Michigan Health & Hospital Association Service Corporation, [Hospitalizations for External Causes of Injury](#) (2009-2013)

<sup>19</sup> Michigan Department of Health and Human Services, Division for Vital Records & Health Statistics, Michigan Resident Cancer Incidence File, [Cancer Incidence 2013](#) (2011-2013)

<sup>20</sup> Michigan Department of Health and Human Services, Division for Vital Records & Health Statistics, Michigan Resident Death Files, [Mortality Trends](#) (2013-2015)

<sup>21</sup> Michigan Department of Health and Human Services, Division of Vital Records and Health Statistics, Michigan Resident Death Files, [Fatal Injuries](#) (2009-2014)