

Washtenaw County Health Improvement Plan ~ Objectives for 2005

After analyzing the most recent HIP survey data (2000), HIP's Community Health Committee identified three critical health issues affecting Washtenaw County residents across the lifespan. These became two "focus areas" for further study and community action:
Increase Physical Activity and Healthy Eating and Reduce Tobacco Use.

Healthy Kids

Goal I: Reduce preventable chronic and communicable disease rates

- ✓ **Objective A:** Reduce annual episodes of asthma or asthma attacks to 2.0 for children who have been diagnosed with asthma.
- ✓ **Objective B:** *Reduce emergency room and urgent care visits due to serious complications of asthma to ___ per 100,000 children.*
- ✓ **Objective C:** Reduce annual incidence of chlamydia in persons 0-19 years to 500.4 per 100,000.
- ✓ **Objective D:** Increase proportion of children (19-35 months) who are fully immunized to 90%.
 - ✓ **Objective E:** Decrease the proportion of overweight children and adolescents (ages 6 to 17 years) to 10%.
NEW!
 - ✓ **Objective F:** Increase the proportion of adolescents (ages 12-17) who engage in moderate physical activity for at least 30 minutes on 5+ of the previous 7 days to 75%.
NEW!

Goal II: Improve perinatal health in order to maximize normal physical, psychosocial and cognitive development of infants

- ✓ **Objective A:** Reduce infant mortality rate to no more than 8.0 per 1,000 live births in African Americans.
- ✓ **Objective B:** Reduce low birth weight (<2500 gms) to no more than 6.8% of live births for African Americans and other groups with excess rates.

Goal III: Reduce teen birth rates

- ✓ **Objective A:** Reduce pregnancies among females 15-19 years to no more than 52.2 per 1,000 of the age-specific population.

Goal IV: Reduce interpersonal intentional injury rate

- ✓ **Objective A:** Reduce the rate of substantiated child abuse to 134 per 100,000 children less than 18 years old.
- ✓ **Objective B:** *Reduce emergency room and urgent care visits due to child battering and maltreatment to ___ per 100,000 children.*

Goal V: Reduce alcohol, tobacco, and illicit drug use

- ✓ **Objective A:** Decrease cigarette use during past month to 5% for 8th graders, 15% for 10th graders and 19% for 12th graders.
- ✓ **Objective B:** Decrease alcohol use during past month to 18% for 8th graders, 33% for 10th graders and 38% for 12th graders.
- ✓ **Objective C:** Decrease marijuana use during past month to 0% for 8th graders, 13% for 10th graders, and 17% for 12th graders.
- ✓ **Objective D:** Decrease inhalant use during past month to 1% for 8th graders, 0% for 10th graders, and 0% for 12th graders.

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Healthy Adults

Goal VI: Reduce preventable chronic disease incidence and mortality rates in Washtenaw County residents

- ✓ **Objective A:** Decrease the years of potential life lost due to diabetes mellitus and related conditions in African American males to 489.6 and females to 116.1 per 100,000 persons.
- ✓ **Objective B:** Increase the proportion of adults at a healthy weight to 55%.
- ✓ **Objective C:** Decrease the years of potential life lost due to cerebrovascular conditions in African American males to 183.6 and females to 174.6 per 100,000 persons less than 65 years.
- ✓ **Objective D:** Reduce cigarette smoking to a prevalence of 15% of the population.
- ✓ **Objective E:** Increase the proportion of persons 18-39 years who have had their cholesterol checked in the last five years to 75%.
- ✓ **Objective F:** Decrease years of potential life lost due to breast cancer to 97.9 per 100,000 persons less than 65 years.
- ✓ **Objective G:** Increase the proportion of women 40 years and older who have had appropriate mammography screening to 80%.
- ✓ **Objective H:** Increase the proportion of men aged 50 years and older who have had a digital rectal exam during the past year to 40%.
- ✓ **Objective I:** *Increase the proportion of men aged 50 and older who have had a PSA test within the past year to ___%.*
- ✓ **Objective J:** Decrease the years of potential life lost due to ischemic heart disease in African Americans to 428.4 per 100,000 persons less than 65 years.

NEW!

- ✓ **Objective K:** Increase the proportion of persons who engage in at least 30 minutes of moderate physical activity on 5 or more days per week to 50% of the population.
- ✓ **Objective L:** Reduce the proportion of persons who identify having any asthma episodes during the past year to 6%.

Goal VII: Reduce abusive patterns of alcohol and other drug use among adults

- ✓ **Objective A:** Reduce the proportion of adults who report binge drinking in the past 30 days to 18%.
- ✓ **Objective B:** Reduce adult illicit drug use to 5.1% of adults.

Goal VIII: Reduce preventable infectious disease incidence and mortality rates

- ✓ **Objective A:** Decrease chlamydia rate in persons 20 years or older to 221.8 per 100,000.
- ✓ **Objective B:** Confine annual rate of new HIV cases to 13.52 per 100,000.

Goal IX: Improve mental health of County residents

- ✓ **Objective A:** Reduce the proportion of persons reporting 10 or more days of poor mental health per month to 7%.
- ✓ **Objective B:** Increase the proportion of persons with severe, persistent mental disorders who use community-based support and treatment programs to 73% with schizophrenia, 45% with bi-polar disorder, 22% with major depression.

Goal X: Increase access to quality medical and dental care.

- ✓ **Objective A:** Reduce the proportion of the "working poor" (annual income of \$10,000-\$20,000) who do not have health insurance to 14%.

*Items in italics do not currently have surveillance systems or baseline data.
For more information see the HIP website via <http://publichealth.ewashtenaw.org>
Updated 6/03*

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- ✓ **Objective B:** Reduce the proportion of people who identify not having a routine dental visit during the past year to 21%.

Healthy Environment

Goal XI: Reduce human exposure to critical environmental pollutants

- ✓ **Objective A:** Increase to at least 25% the proportion of homes in which homeowners/occupants have tested for radon.
- ✓ **Objective B:** Reduce air emissions to 111 tons per year (baseline data: 118 tons per year).
- ✓ **Objective C:** Increase the proportion of Type II, non-community water supplies which comply with Environmental Protection Agency (EPA) standards to 95%.

Goal XII: Reduce human exposure to critical environmental problems

- ✓ **Objective A:** Increase the amount of recyclable materials recovered from County residents to 29%.
- ✓ **Objective B:** Reduce the number of County sites listed as contaminated on the Michigan Department of Environmental Quality list to 55.
- ✓ **Objective C:** Decrease loads of runoff contaminants (pounds of pollutants) to levels identified as "not impairing designated uses."

Goal XIII: Reduce the negative effects of environmental hazards on human health

- ✓ **Objective A:** Examine frequency and distribution of asthma throughout Washtenaw County and their association with environmental circumstances.
- ✓ **Objective B:** Establish a plan to identify links between the environment and other diseases.

Safe Communities

Goal XIV: Reduce interpersonal intentional injury rates

- ✓ **Objective A:** Reduce the homicide rate of African American males to 26.1 per 100,000.
- ✓ **Objective B:** Reduce the occurrence of sexual assaults (rapes) to 108 per 100,000 females ages 12 and older.
- ✓ **Objective C:** Reduce the occurrence of domestic violence to 319.3 per 100,000.
- ✓ **Objective D:** Reduce the rate of substantiated child abuse to 134 per 100,000 children less than 18 years old.
- ✓ **Objective E:** Reduce emergency room and urgent care visits due to child battering and maltreatment to ___ per 100,000 children.
- ✓ **Objective F:** *Reduce emergency room and urgent care visits due to rape to ___ per 100,000.*

Goal XV: Reduce abusive patterns of alcohol and other drug use among adults.

- ✓ **Objective A:** Reduce the incidence of self-reported drinking and driving to 3.5% of persons over 18.
- ✓ **Objective B:** Reduce the number of arrests related to driving under the influence to 447.4 per 100,000 population.
- ✓ **Objective C:** Reduce adult illicit drug use to 5.1% of adults.