

2020



Lenawee County

Community Health Assessment

Examining the health of Lenawee County

Released August 2021

Foreword

Dear Community Member:

The Lenawee Health Network is pleased to present to you the 2020 Lenawee County Community Health Assessment. The data contained in this report will be invaluable to community agencies and businesses as they prioritize the needs and incorporate action plans into their strategy to improve the health of our community.

This report is based upon data obtained from responses to written surveys that were conducted in October through December 2020. The surveys focused on two age groups:

- Adults ages 19 and over
- Children ages 0 to 11 (with parents providing responses for this age group)

This report also includes results from the 2020 Lenawee County middle school and high school survey, Michigan Profile for Healthy Youth (MiPHY).

We wish to thank all of the community members who responded to the surveys and for school districts in Lenawee County for supporting the process of the youth MiPHY survey. This report would not be possible without this level of participation.

The last comprehensive community assessment of this kind was conducted in 2017. To address the need for an updated study and evaluate our progress, ProMedica Charles and Virginia Hickman Hospital funded the assessment. The Lenawee Community Mental Health Authority contributed funds raised by the E-Race Stigma 5k event to the assessment. Lenawee Health Network provided input to the content of the assessment tool. (The membership of the network is listed in the acknowledgements). In order to maintain complete objectivity throughout the survey process, the network engaged the expert services of the Hospital Council of NW Ohio to administer the survey and compile the results. The Lenawee Health Network (LHN) uses this data for their strategic focus. LHN represents health in the community as part of Lenawee's community collaborative structure (see next page).

We encourage you to use this report in your planning process and to collaborate with other community agencies to address the identified issues in order to improve the health of our community.

Sincerely,



Julie Yaroch, DO
President
ProMedica Charles & Virginia Hickman Hospital



Frank Nagle, MBA
Director of Community Impact, Michigan
Chairperson, Lenawee Health Network
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Acknowledgements

Member Organizations of the Lenawee Health Network (LHN):

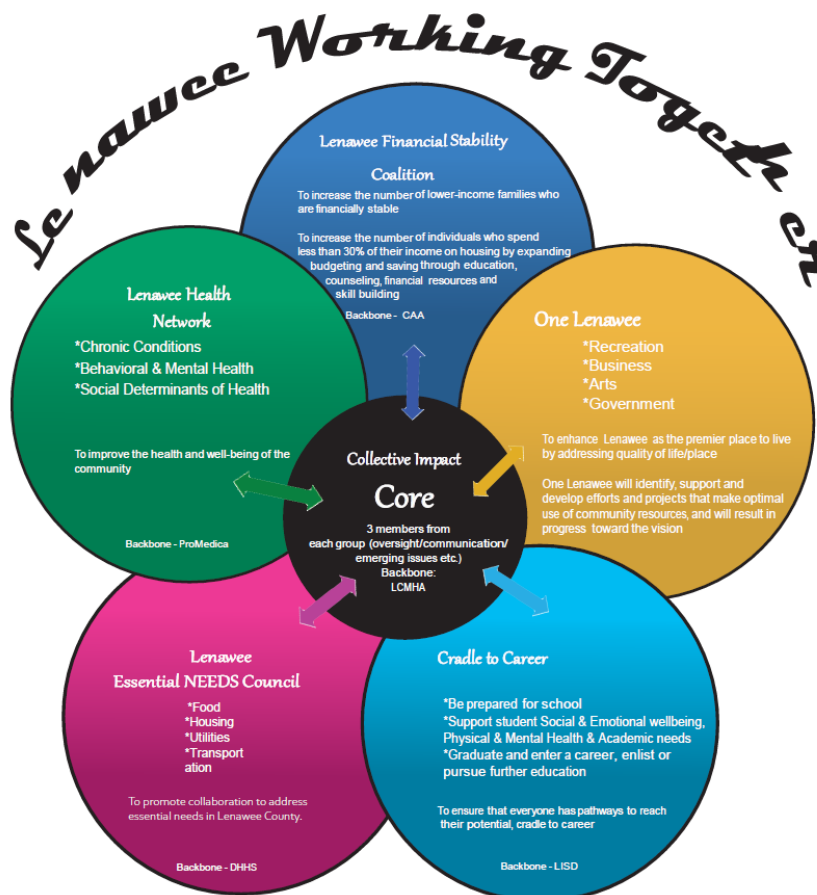
Adrian Farmers Market
 Community Action Agency
 disAbility Connections Inc.
 Goodwill Industries of SE Michigan
 Hospice of Lenawee
 Lenawee Community Foundation
 Lenawee County Health Department
 Lenawee Department on Aging
 Lenawee Intermediate School District
 McCullough Vargas & Associates Inc.
 Michigan Opioid Collaborative
 One Lenawee
 Region 2 Area Agency on Aging
 United Way of Monroe/Lenawee Counties

Catholic Charities of Jackson, Hillsdale & Lenawee Counties
 Cradle to Career
 Family Medical Center of Michigan
 Head Start, Adrian Public Schools
 Inter-Connections Drop In Center
 Lenawee County Department of Veterans Affairs
 Lenawee Community Mental Health Authority
 Lenawee Department of Health and Human Services
 Lenawee Substance Abuse Prevention Coalition
 MHP Salud
 MSU-Extension
 ProMedica Charles and Virginia Hickman Hospital
 The Care Pregnancy Center of Lenawee
 YMCA of Lenawee County

Participating Schools in the MiPHY survey

Addison Middle School
 Adrian Middle and High Schools
 Blissfield Middle School
 Clinton Middle and High Schools
 Hudson Middle and High Schools
 Madison Middle and High Schools

Morenci Middle School
 Onsted Middle and High Schools
 Sand Creek Middle and High Schools
 Tecumseh Middle and High Schools



COMMUNITY COLLABORATIVE MEETINGS
 1ST FRIDAY OF EVERY MONTH

Project Management, Secondary Data, Data Collection, and Report Development Hospital Council of Northwest Ohio

The Hospital Council of Northwest Ohio (HCNO) is a 501(c)3 non-profit regional hospital association located in Toledo, Ohio. They facilitate community health needs assessments and planning processes in 40+ counties in Ohio, Michigan, and Oregon. Since 2004, they have used a process that can be replicated in any county that allows for comparisons from county to county, within the region, the state, and the nation. HCNO works with coalitions in each county to ensure a collaborative approach to community health improvement that includes multiple key stakeholders, such as those listed above. All HCNO project staff have their master's degree in public health, with emphasis on epidemiology and health education.

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The 2020 Lenawee County Health Assessment is available on the following websites:

Hospital Council of Northwest Ohio

<http://www.hcno.org/community-services/community-health-assessments/>

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Executive Summary

This executive summary provides an overview of health-related data for Lenawee County adults (ages 19 and older) and children (ages 0 through 11) who participated in a county-wide health assessment survey from October through December 2020. The findings are based on self-administered surveys using a structured questionnaire. The questions were modeled after the survey instruments used by the Centers for Disease Control and Prevention for their national and state Behavioral Risk Factor Surveillance System (BRFSS) and the National Survey of Children's Health (NSCH) which was developed by the Child and Adolescent Health Measurement Initiative. The Hospital Council of Northwest Ohio (HCNO) collected the data, guided the health assessment process, and integrated sources of primary and secondary data into the final report.

Primary Data Collection Methods

DESIGN

This community health assessment was cross-sectional in nature and included a written survey of adults and parents within Lenawee County. From the beginning, community leaders were actively engaged in the planning process and helped define the content, scope, and sequence of the study. Active engagement of community members throughout the planning process is regarded as an important step in completing a valid needs assessment.

INSTRUMENT DEVELOPMENT

Two survey instruments were designed, and pilot tested for this study: one for adults and one for parents of children ages 0 through 11. As a first step in the design process, health education researchers from the University of Toledo and staff members from HCNO met to discuss potential sources of valid and reliable survey items that would be appropriate for assessing the health status and health needs of adults and children. The investigators decided to derive the majority of the adult survey items from the BRFSS and the majority of the survey items for the parents of children 0 through 11 from the NSCH. This decision was based on being able to compare local data with state and national data.

The project coordinator from the Hospital Council of Northwest Ohio conducted a series of meetings with the planning committee from Lenawee County. During these meetings, HCNO and the planning committee reviewed and discussed banks of potential survey questions from the BRFSS and NSCH surveys. Based on input from the committee, the project coordinator composed drafts of surveys containing 115 items for the adult survey and 77 items for the children's survey.

SAMPLING | Adult Survey

The sampling frame for the adult survey consisted of adults ages 19 and over living in Lenawee County. There were 75,137 persons ages 19 and over living in Lenawee County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with a corresponding margin of error of 6% (i.e., we can be 95% sure that the "true" population responses are within a 6% margin of error of the survey findings). A sample size of at least 266 adults was needed to ensure this level of confidence. The random sample of mailing addresses of adults from Lenawee County was obtained from Melissa Data Corporation in Rancho Santa Margarita, California.

SAMPLING | Child Survey

The sampling frame for the child survey consisted of children ages 0 through 11 residing in Lenawee County. Using U.S. Census Bureau data, it was determined that 14,592 children ages 0 through 11 resided in Lenawee County. The investigators conducted a power analysis to determine what sample size was needed to ensure a 95% confidence level with corresponding confidence interval of 6% (i.e., we can be 95% sure that the "true" population responses are within a 6% margin of error). The sample size required to generalize to children aged 0 through 11 was 224. The random sample of mailing addresses of parents from Lenawee County was obtained from Melissa Data Corporation in Rancho Santa Margarita, California.

PROCEDURE | Adult Survey

Prior to mailing the survey to adults, the project team mailed an advance letter to 2,000 adults in Lenawee County. This advance letter was personalized; printed on Lenawee Health Network stationery; and signed by Julie Yaroach, President of ProMedica Charles and Virginia Hickman Hospital and Martha Hall, Health Officer of Lenawee County Health Department. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents' confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Four weeks following the advance letter, the project team implemented a mailing process to maximize the survey return rate. The mailing included a personalized hand-signed cover letter describing the purpose of the study, a questionnaire, a self-addressed stamped return envelope, and a \$2 incentive. Surveys returned as undeliverable were not replaced with another potential respondent.

The response rate for the mailing was 17% ($n=330$; $CI=\pm 5.38$). This return rate and sample size means that the responses in the health assessment should be representative of the entire county.

PROCEDURE | Adolescent Survey (MiPHY)

The Michigan Profile for Healthy Youth (MiPHY) is an online student health survey offered by the Michigan Departments of Education and Health and Human Services. Youth in grades 7, 9, and 11 in Michigan School districts were used as the sampling frame for the youth survey. The results of the survey reflect student responses from the middle schools and high schools that voluntarily participated in Lenawee County and may not be representative of all middle schools or high schools in Lenawee County.

PROCEDURE | Child Survey

Prior to mailing the survey to parents of 0 through 11-year-olds, the project team mailed an advance letter to 5,000 parents in Lenawee County. This advance letter was personalized; printed on Health Partners of Lenawee County stationery; and signed by Julie Yaroach, President of ProMedica Charles and Virginia Hickman Hospital and Martha Hall, Health Officer of Lenawee County Health Department. The letter introduced the county health assessment project and informed the readers that they may be randomly selected to receive the survey. The letter also explained that the respondents' confidentiality would be protected and encouraged the readers to complete and return the survey promptly if they were selected.

Four weeks following the advance letter, the project team implemented a mailing process to maximize the survey return rate. The mailing included a personalized hand-signed cover letter describing the purpose of the study, a questionnaire, a self-addressed stamped return envelope, and a \$2 incentive. Surveys returned as undeliverable were not replaced with another potential respondent. The response rate was 7% ($n=202$; $CI=\pm 6.85$).

DATA ANALYSIS

Individual responses were anonymous. Only group data was available. All data was analyzed by health education researchers at the University of Toledo using SPSS 24.0. Crosstabs were used to calculate descriptive statistics for the data presented in this report. To be representative of Lenawee County, the adult data collected was weighted by age, gender, race, and income using 2019 Census data. Multiple weightings were created based on this information to account for different types of analyses. For more information on how the weightings were created and applied, see Appendix III.

LIMITATIONS

As with all county assessments, it is important to consider the findings in light of all possible limitations. First, the Lenawee County adult assessment had a high response rate. However, if any important differences existed between the respondents and the non-respondents regarding the questions asked, this would represent a threat to the external validity of the results (the generalizability of the results to the population of Lenawee County). If there were little to no differences between respondents and non-respondents, then this would not be a limitation.

Furthermore, while the survey was mailed to random households in Lenawee County, those responding to the survey were more likely to be older. For example, only 11 respondents were under the age of 30. While weightings are applied during calculations to help account for this sort of variation, it still presents a potential limitation (to the extent that the responses from these 11 individuals might be substantively different from the majority of Lenawee County residents under the age of 30). Since there were only 11 respondents that were under the age of 30, all data points pertaining to that specific data category are not displayed in the trends graphs.

It is important to note that although several questions were asked using the same wording as the Centers for Disease Control and Prevention (CDC) questionnaires and the NSCH questionnaire, the adult and parent data collection method differed. The CDC adult data and NSCH child data were collected using a set of questions from the total question bank, and adults were asked the questions over the telephone rather than via mail survey.

This survey asked parents questions regarding their young children. Should enough parents have felt compelled to respond in a socially desirable manner which is inconsistent with reality, this would represent a threat to the internal validity of the results.

Lastly, caution should be used when interpreting subgroup results, as the margin of error for any subgroup is higher than that of the overall survey.

COVID-19

Data collection occurred during the COVID-19 pandemic. It is important to consider the pandemic when reviewing the report due to the influence the pandemic may have on changes with the health status of the community.

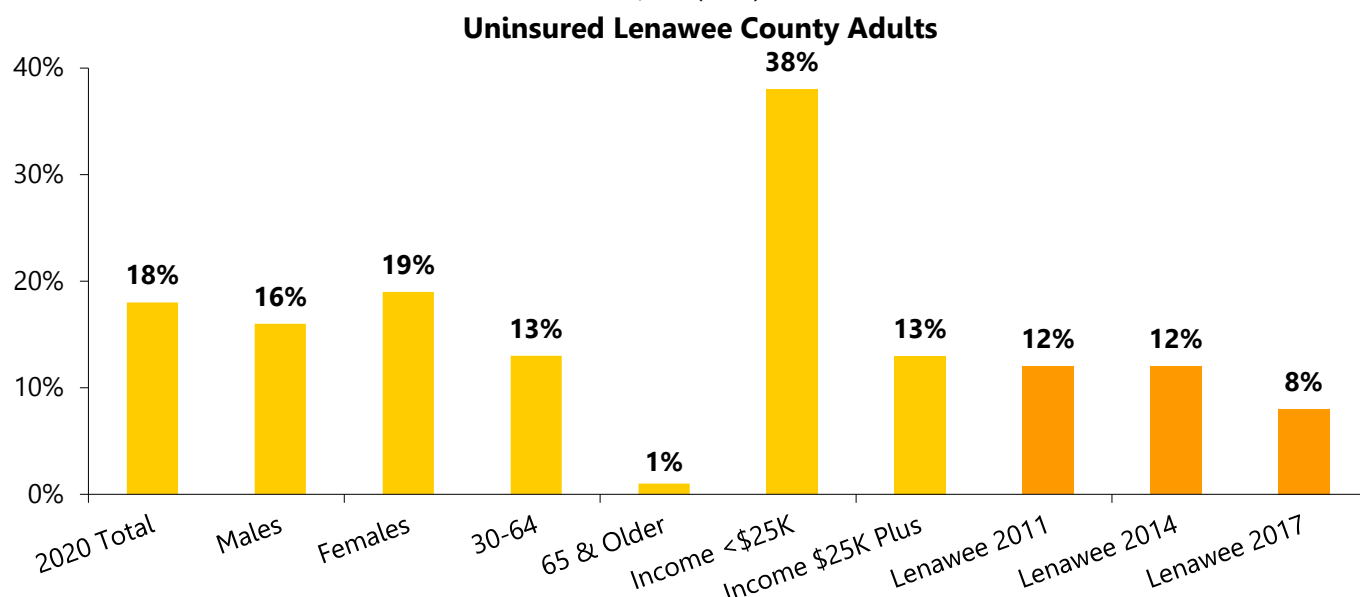
Secondary Data Collection Methods

HCNO collected secondary data from multiple sites, including county-level data, whenever possible. HCNO utilized sites such as the Behavioral Risk Factor Surveillance System (BRFSS), numerous CDC sites, U.S. Census data, Healthy People 2030, among other national and local sources. All primary data collected in this report is from the 2020 Lenawee County Community Health Assessment (CHA). All other data is cited accordingly.

Data Summary | Health Care Access

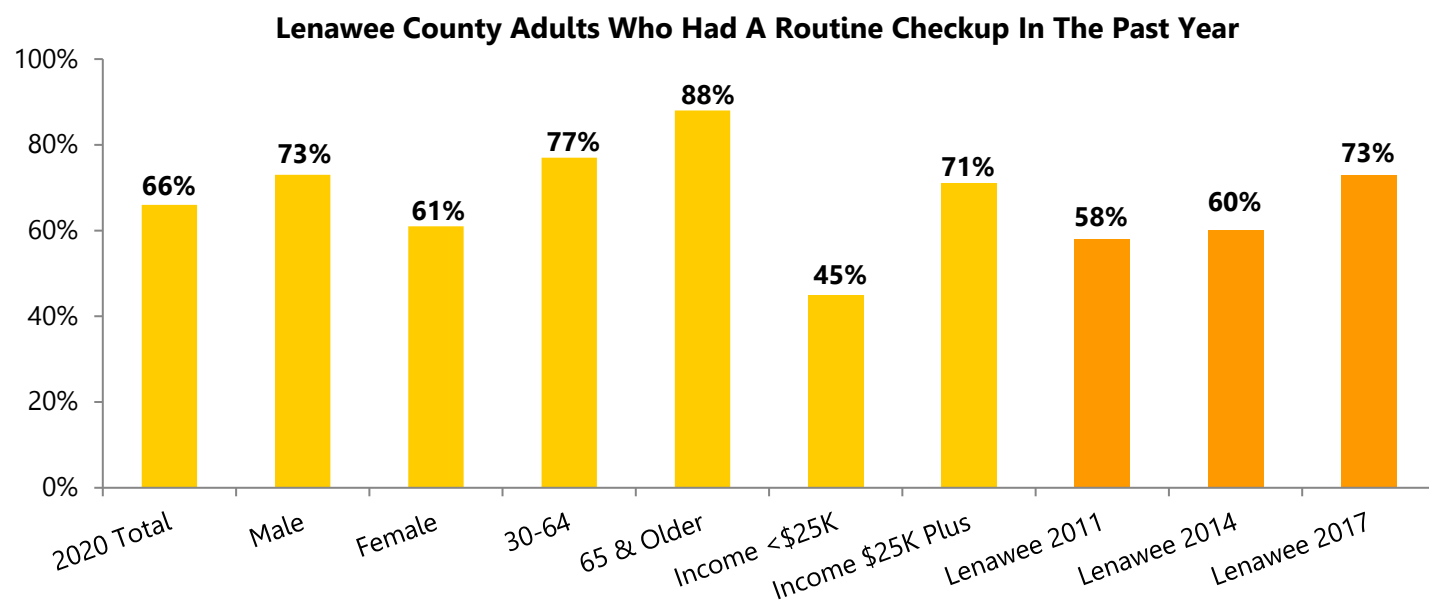
HEALTH CARE COVERAGE

Eighteen percent (18%) of Lenawee County adults were without health care coverage. Those most likely to be uninsured were those with an income level under \$25,000 (38%).



ACCESS AND UTILIZATION

Sixty-six percent (66%) of Lenawee County adults visited a doctor for a routine checkup in the past year. Eighty-nine percent (89%) of adults indicated they had at least one person they thought of as their personal doctor or health care provider.



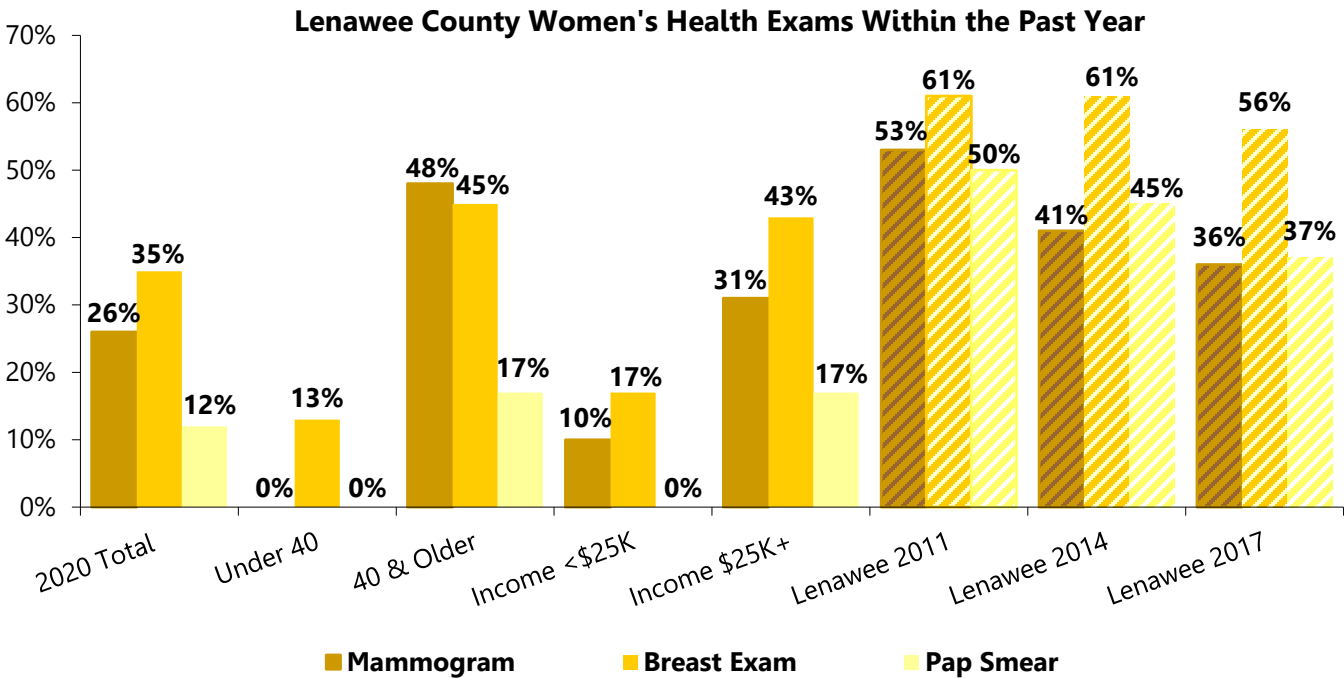
Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

PREVENTIVE MEDICINE

Sixty-five (65%) of Lenawee County adults had a flu vaccine during the past year. Three-quarters (75%) of adults ages 65 and older had a pneumonia vaccination at some time in their life.

WOMEN'S HEALTH

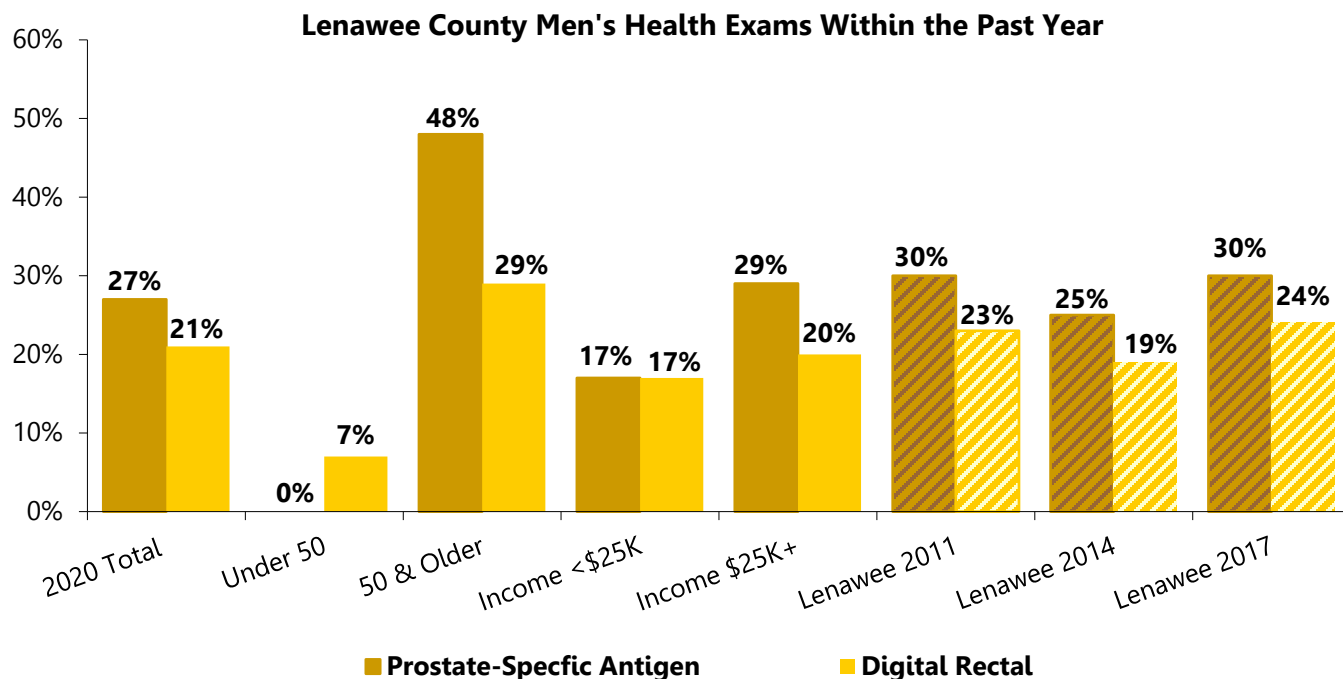
Forty-eight percent (48%) of women ages 40 and over had a mammogram in the past year. Thirty-five percent (35%) of women had a clinical breast exam within the past year. Seventy percent (70%) of women ages 21-65 had a Pap smear in the past three years. Forty-six percent (46%) of women were obese, 35% had high blood cholesterol, 23% had high blood pressure, and 17% were identified as smokers, all known risk factors for cardiovascular diseases.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

MEN'S HEALTH

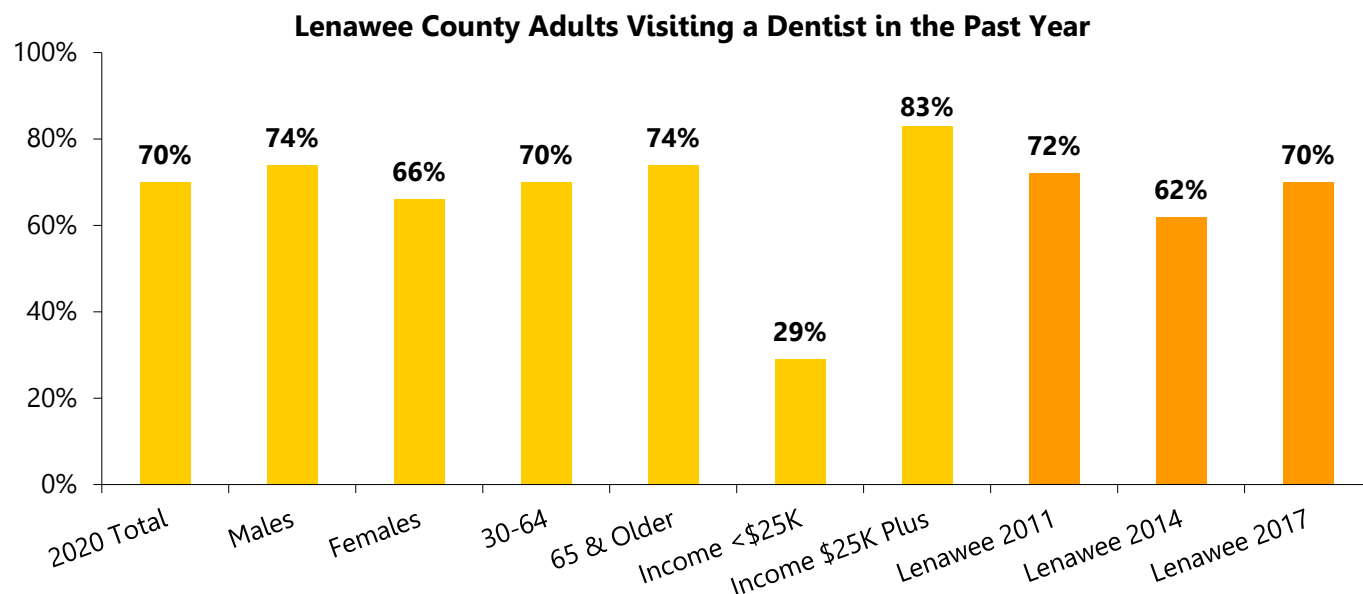
Nearly half (48%) of Lenawee County males age 50 and over had a PSA test in that past year. Nearly half (44%) of men had high blood cholesterol, 33% had been diagnosed with high blood pressure, and 14% were identified as smokers, which, along with obesity (33%), are known risk factors for cardiovascular diseases.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ORAL HEALTH

Seventy percent (70%) of Lenawee County adults visited a dentist or dental clinic in the past year. Twenty-six percent (26%) of adults did not see a dentist in the past year due to cost.

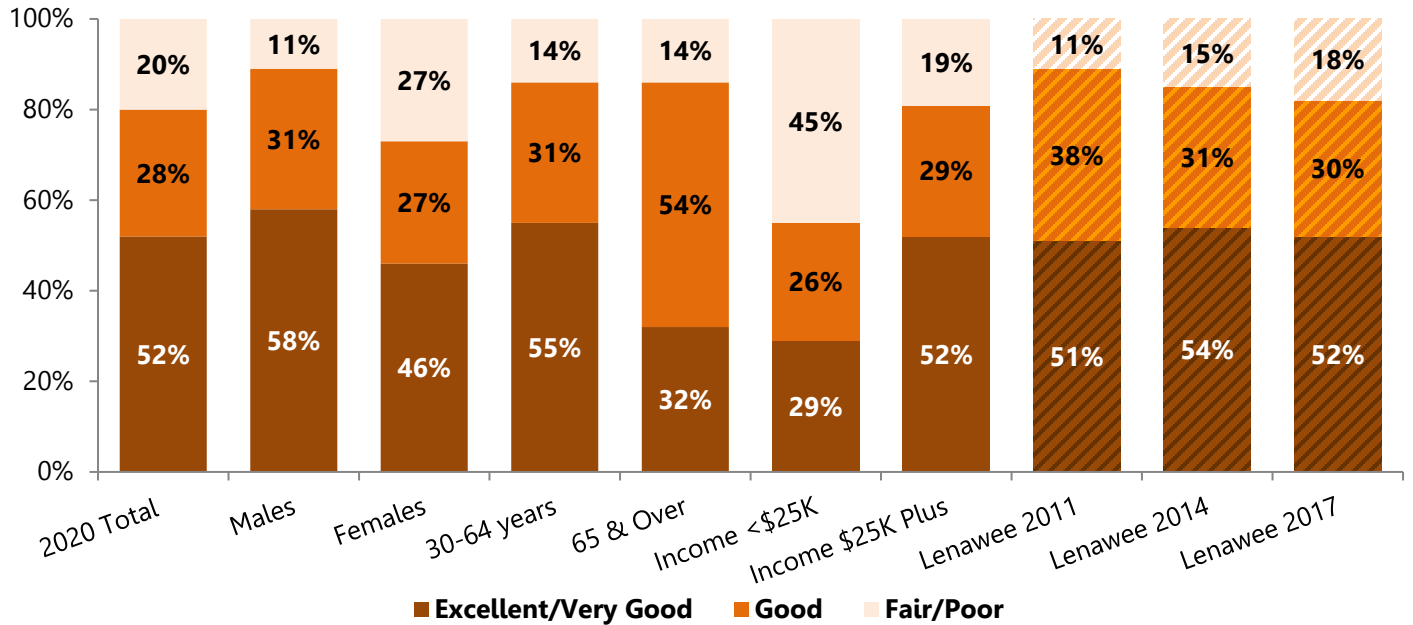


Data Summary | Health Behaviors

HEALTH STATUS PERCEPTIONS

Over half (52%) of Lenawee County adults rated their health status as excellent or very good. Conversely, 20% of adults described their health as fair or poor, increasing to 45% of those with incomes less than \$25,000.

Lenawee County Adult Health Perceptions*



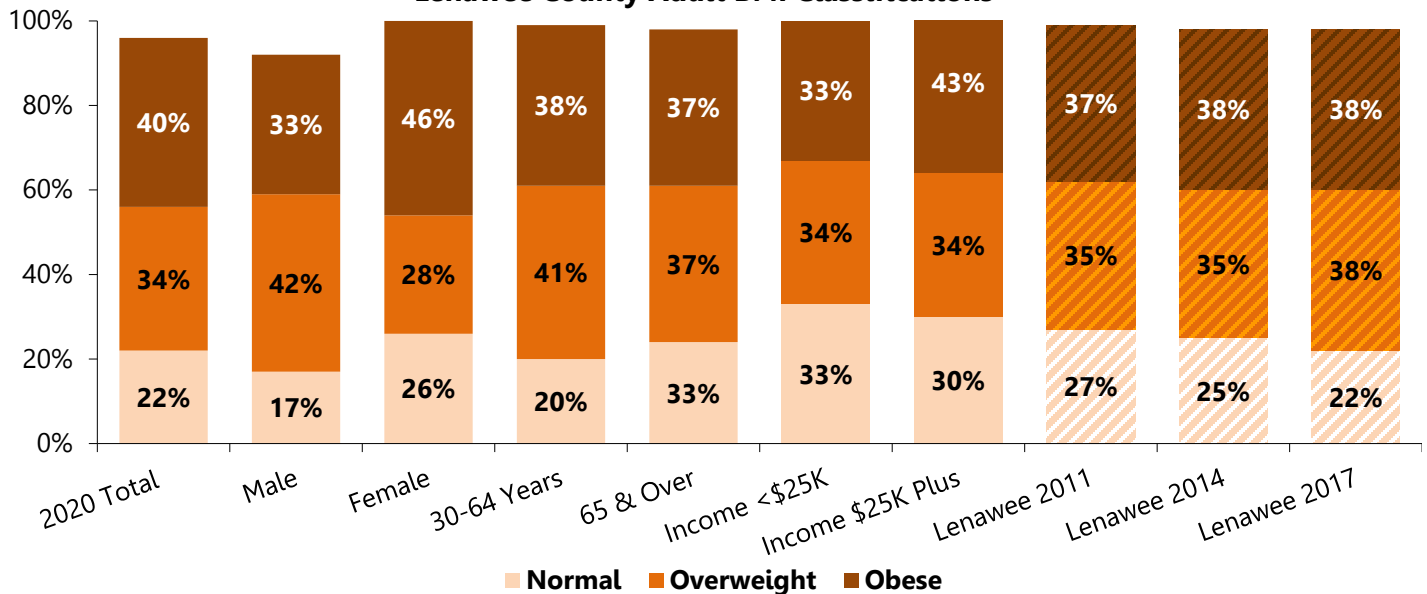
*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT WEIGHT STATUS

Seventy-four percent (74%) of Lenawee County adults were overweight or obese based on body mass index (BMI). Almost one-fourth (24%) of adults did not participate in any physical activity in the past week, including 2% who were unable to exercise.

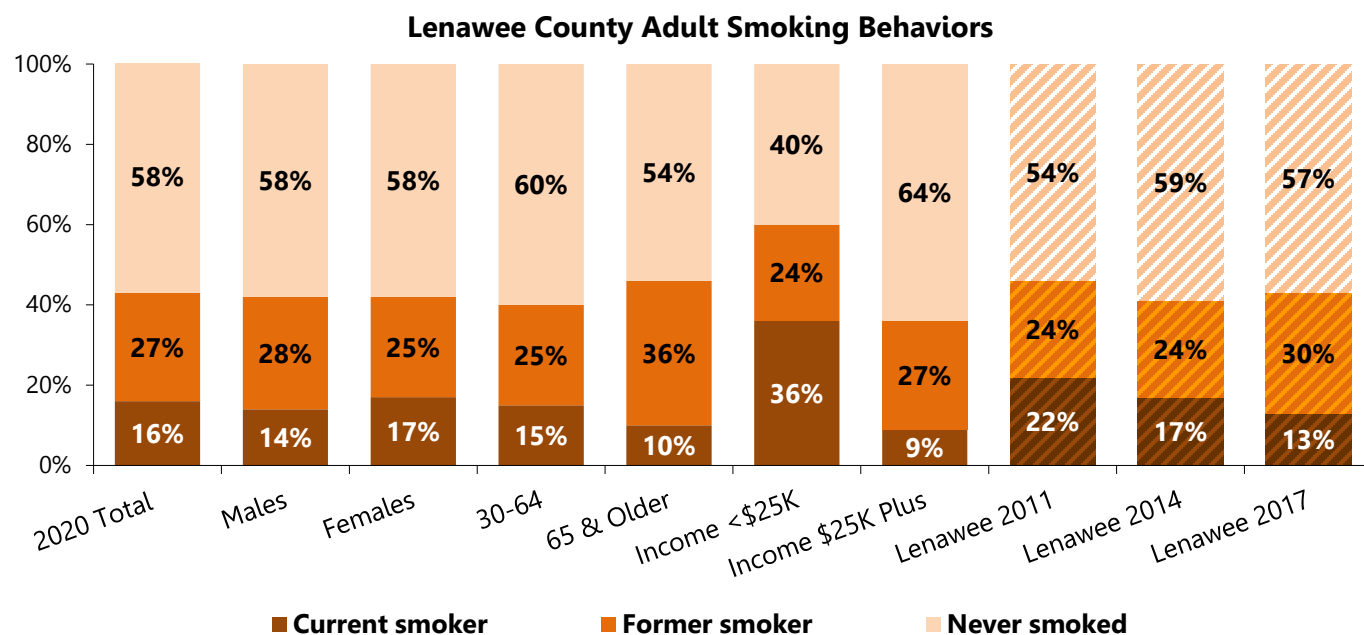
Lenawee County Adult BMI Classifications*



*Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight

ADULT TOBACCO USE

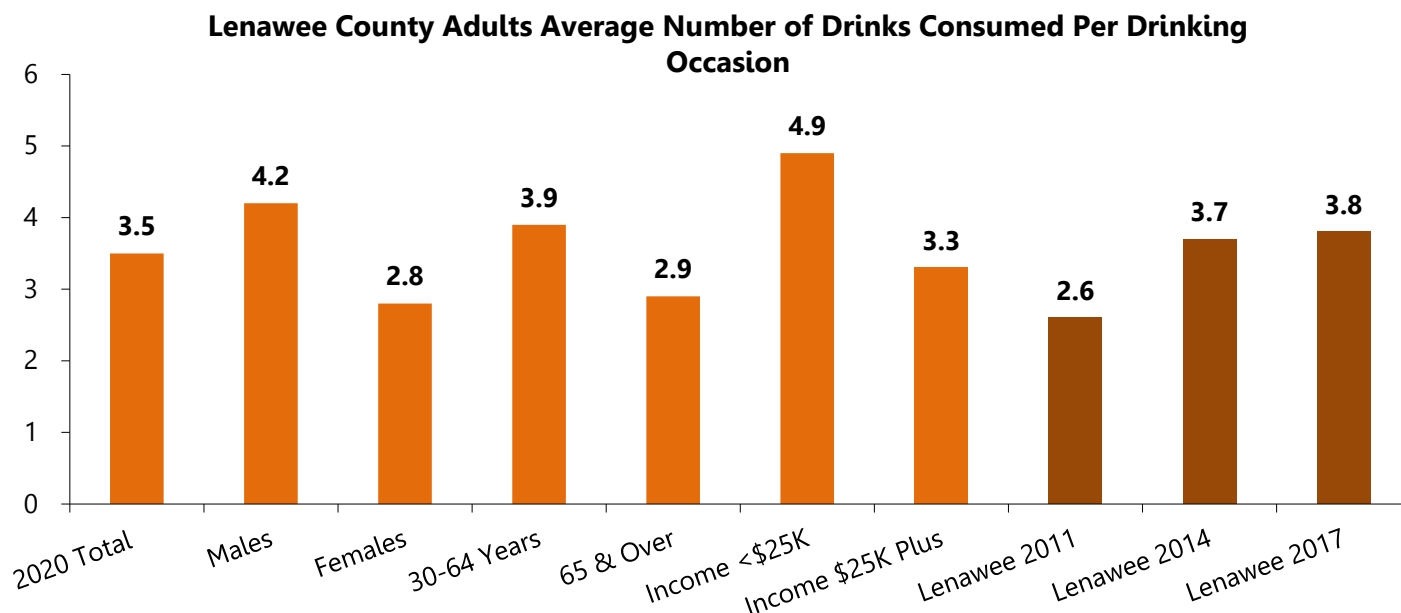
Sixteen percent (16%) of Lenawee County adults were current smokers and 27% were considered former smokers. Seven percent (7%) of adults were current electronic vapor product users.



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT ALCOHOL CONSUMPTION

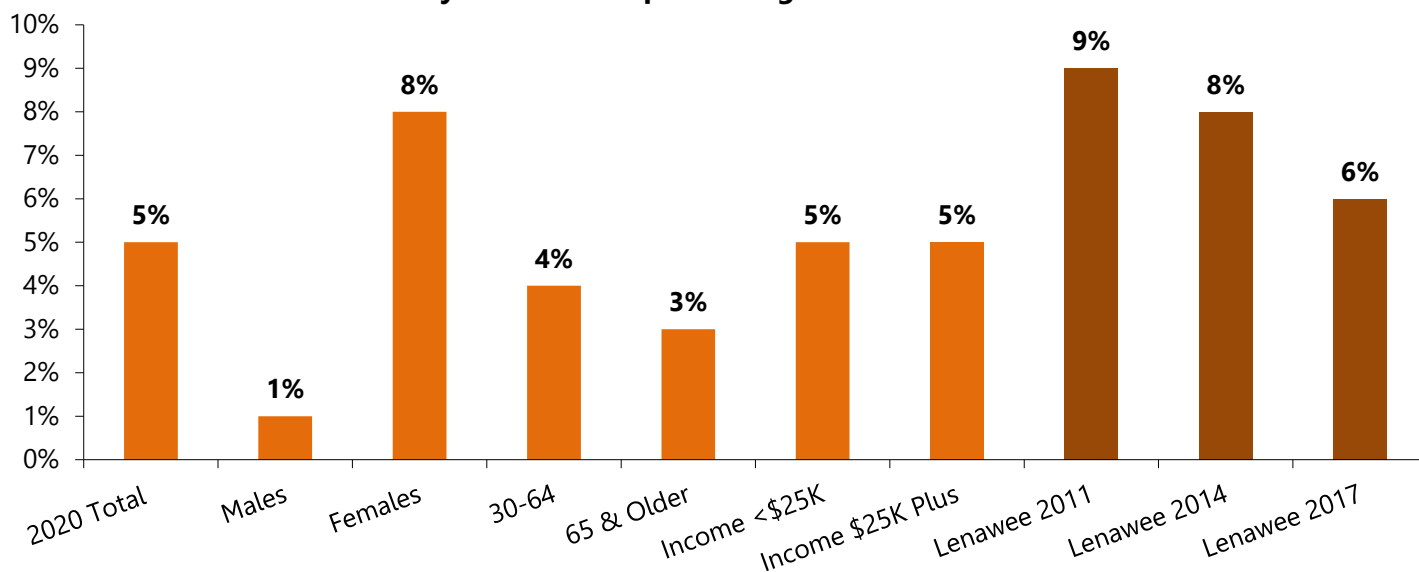
Almost half (48%) of Lenawee County adults had at least one alcoholic drink in the past month and would be considered current drinkers. Sixteen percent (16%) of all adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on an occasion in the last month and would be considered binge drinkers.



ADULT DRUG USE

Twelve percent (12%) of Lenawee County adults had used recreational marijuana or hashish during the past 6 months. Five percent (5%) of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.

Lenawee County Adult Prescription Drug Misuse in the Past Six Months

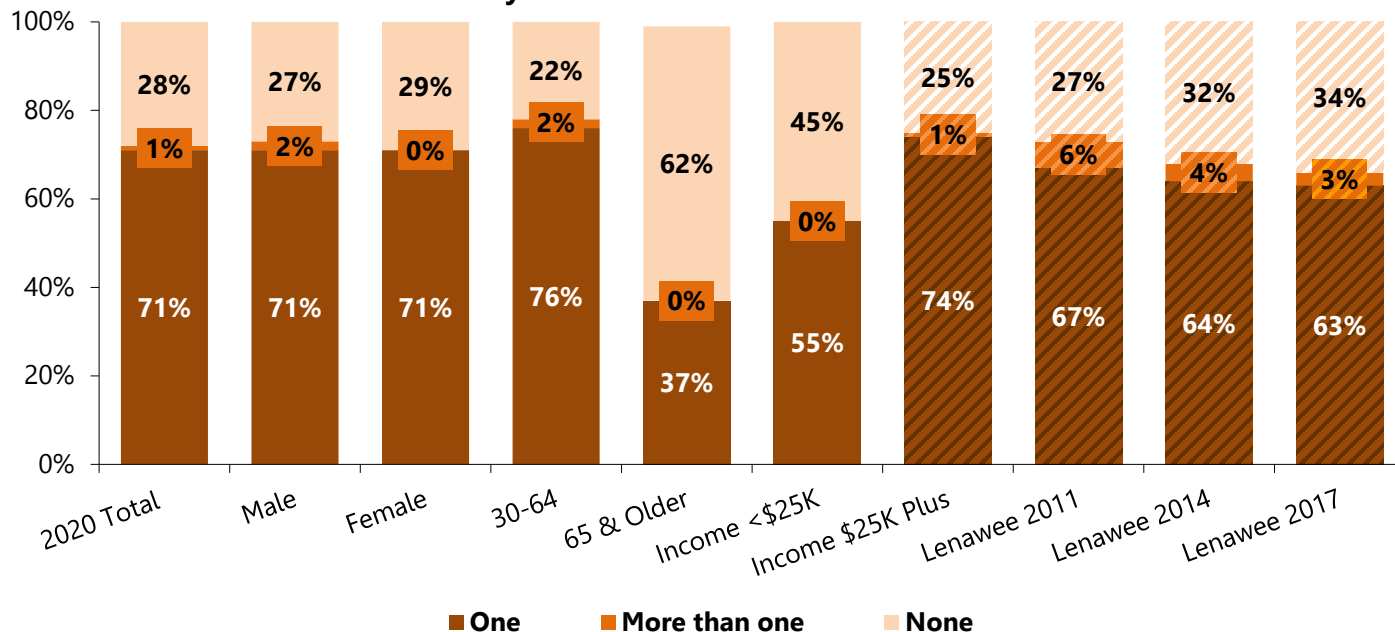


Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ADULT SEXUAL BEHAVIOR

Seventy-one percent (71%) of Lenawee County adults had sexual intercourse in the past year. One percent (1%) of adults had more than one sexual partner in the past year.

Lenawee County Number of Sexual Partners in the Past Year*



**Percentages may not equal 100% as some respondents answered, "don't know"*

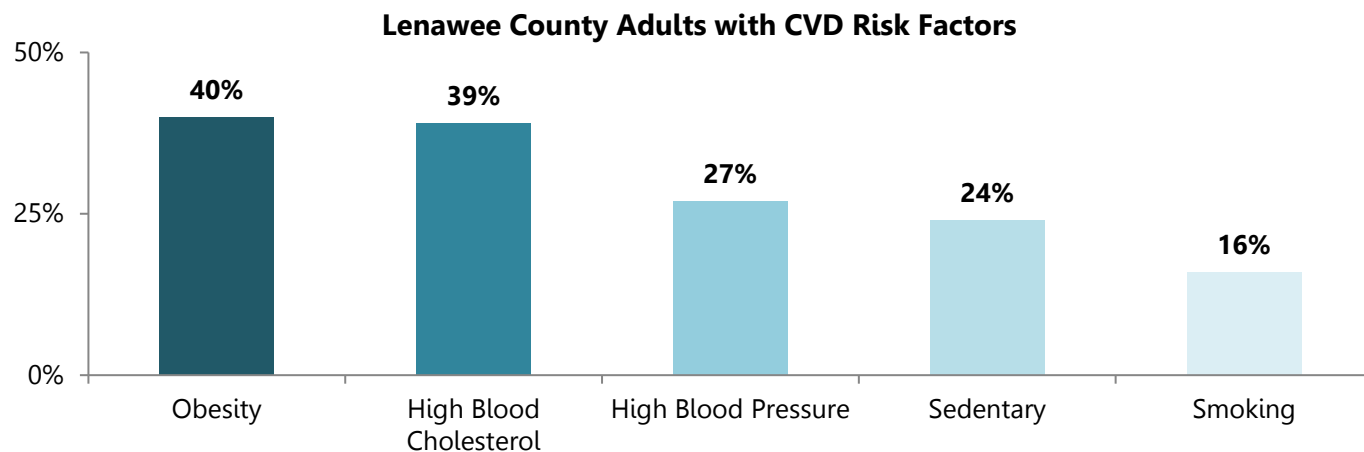
ADULT MENTAL HEALTH

Four percent (4%) of Lenawee County adults considered attempting suicide. Thirty-four percent (34%) of adult reported they or a family member were diagnosed with, or treated for, anxiety or emotional problems.

Data Summary | Chronic Disease

CARDIOVASCULAR HEALTH

More than one-fourth (27%) of adults had high blood pressure and 39% had high blood cholesterol. Four percent (4%) of adults survived a heart attack and 3% survived a stroke.

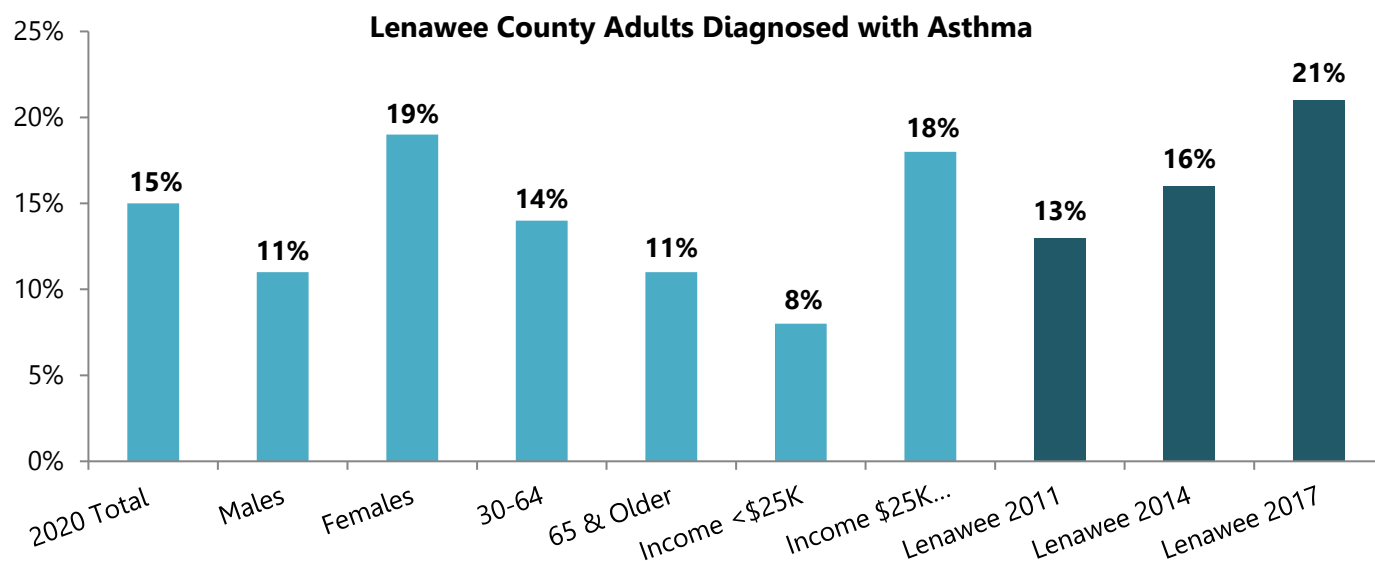


CANCER

Eleven percent (11%) of Lenawee County adults were diagnosed with cancer at some point in their lives, increasing to 32% of those over the age of 65.

ASTHMA

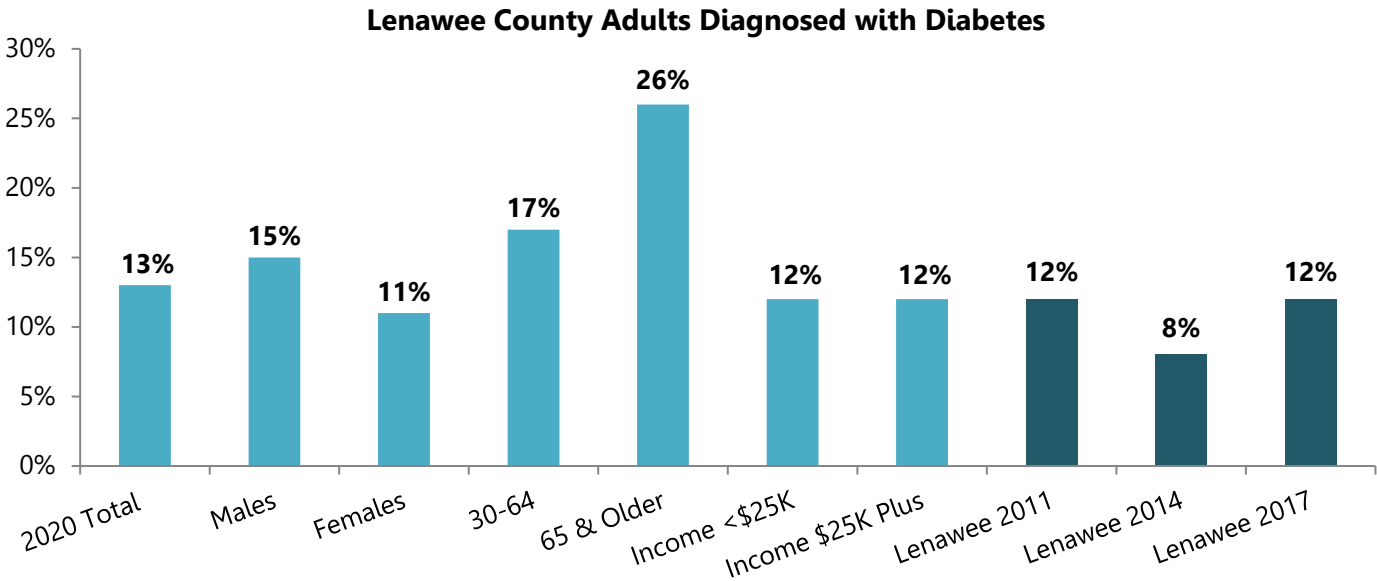
Fifteen percent (15%) of adults had been diagnosed with asthma.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

DIABETES

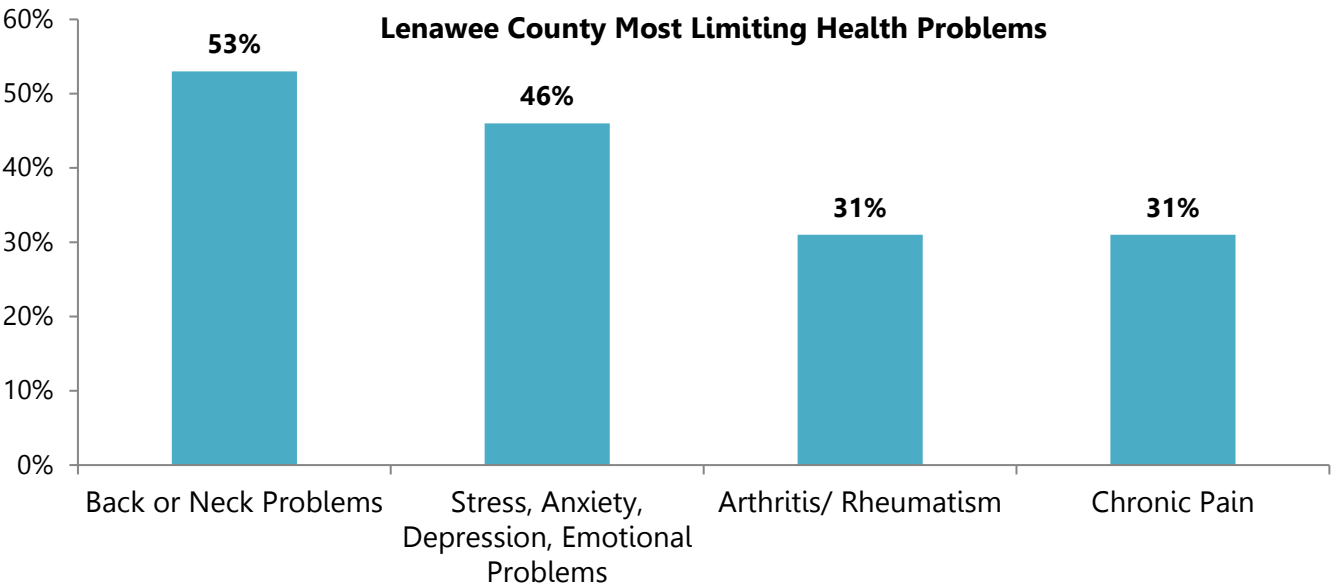
Thirteen percent (13%) of Lenawee County adults had been diagnosed with diabetes. Three percent (3%) of adults had been diagnosed with pre-diabetes or borderline diabetes.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

QUALITY OF LIFE

In 2020, the most limiting health problems for Lenawee adults were back or neck problems (53%); stress, depression, anxiety, or emotional problems (46%); and arthritis/rheumatism, chronic pain (31%).

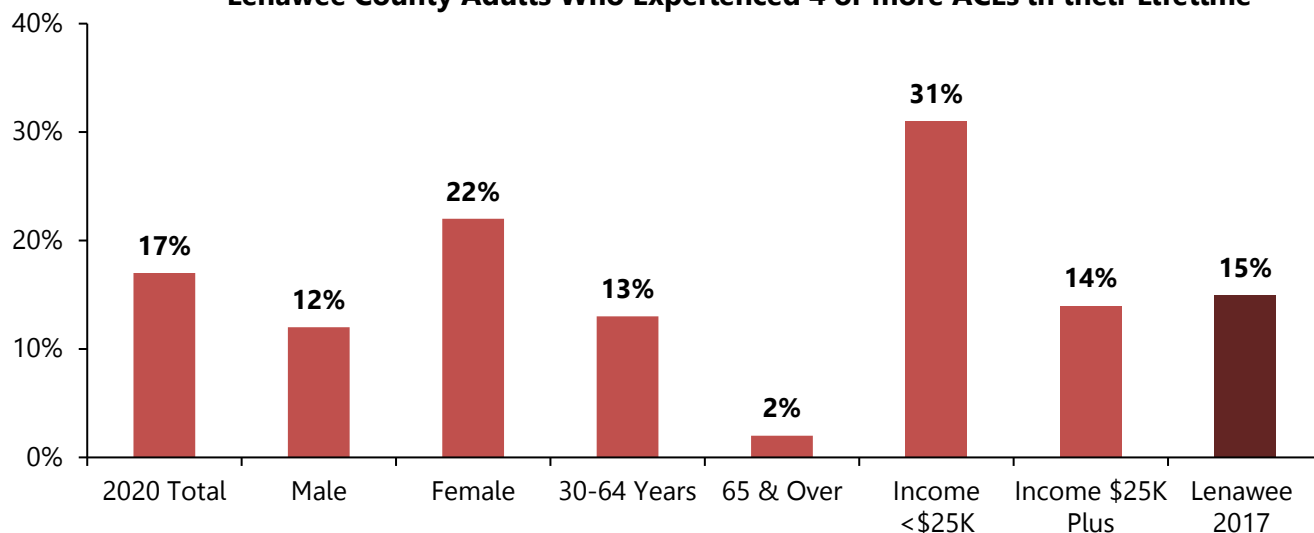


Data Summary | Social Conditions

ADULT SOCIAL DETERMINANTS OF HEALTH

In the past month, 7% of Lenawee County adults reported needing help meeting general daily needs such as food, clothes, shelter, or paying for utility bills. About one-in-seven (17%) adults experienced four or more adverse childhood experiences (ACEs).

Lenawee County Adults Who Experienced 4 or more ACEs in their Lifetime



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

ENVIRONMENTAL HEALTH

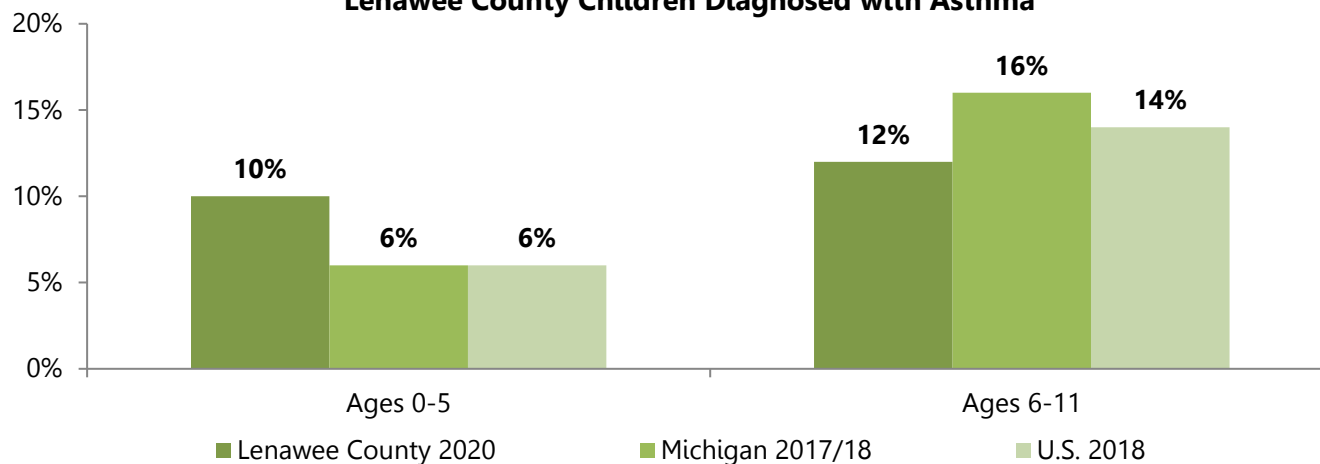
Lenawee County adults indicated that insects (10%), mold, and bed bugs (7%) threatened their health in the past year.

Data Summary | Child Health

HEALTH AND FUNCTIONAL STATUS

Ninety-eight percent (98%) of Lenawee County parents rated their child's health as excellent (67%) or very good (31%). Twenty percent (20%) of children were classified as obese by body mass index (BMI) calculations.

Lenawee County Children Diagnosed with Asthma

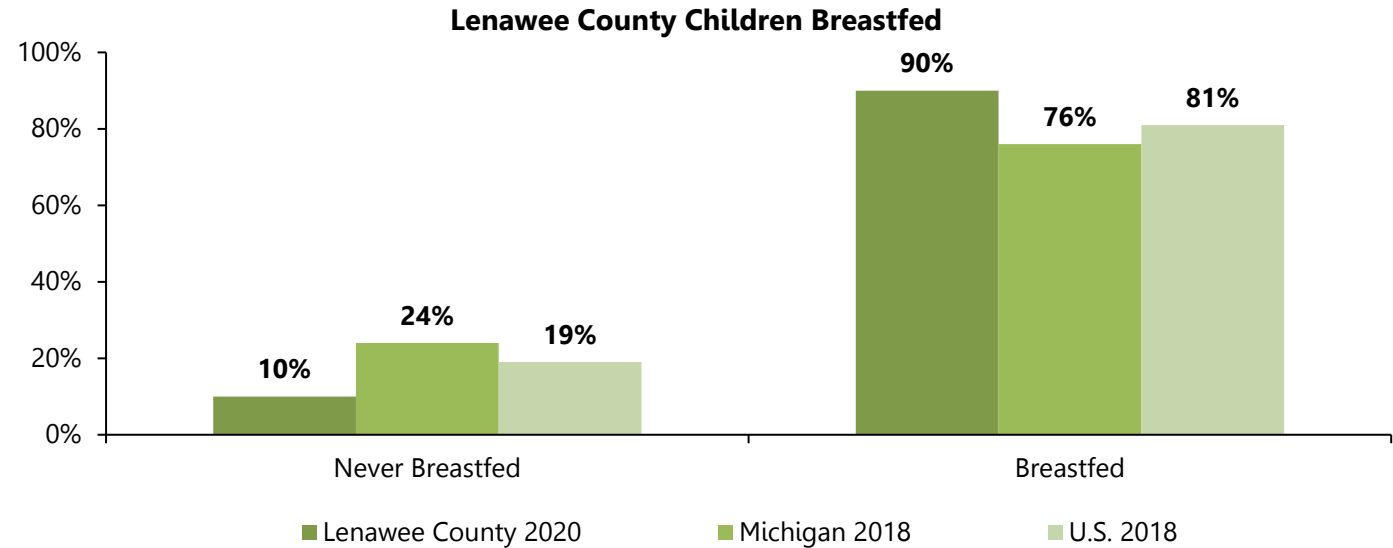


HEALTH CARE ACCESS

Eighty-three percent (83%) of children had one or more people they thought of as their child’s personal doctor or nurse. Sixteen percent (16%) of parents reported their child did not get all of the prescription medications they needed in the past year. Ninety-five percent (95%) of children had visited their health care provider for preventive care in the past year.

EARLY CHILDHOOD (0-5 YEARS OLD)

The following information was reported by parents of 0-5 year olds. Eighty-six percent (86%) of mothers got prenatal care within the first three months during their last pregnancy. Nineteen percent (19%) of mothers received WIC services during their last pregnancy. Eighty-five percent (85%) of parents put their child to sleep on his/her back. Twelve percent (12%) of mothers never breastfed their child.

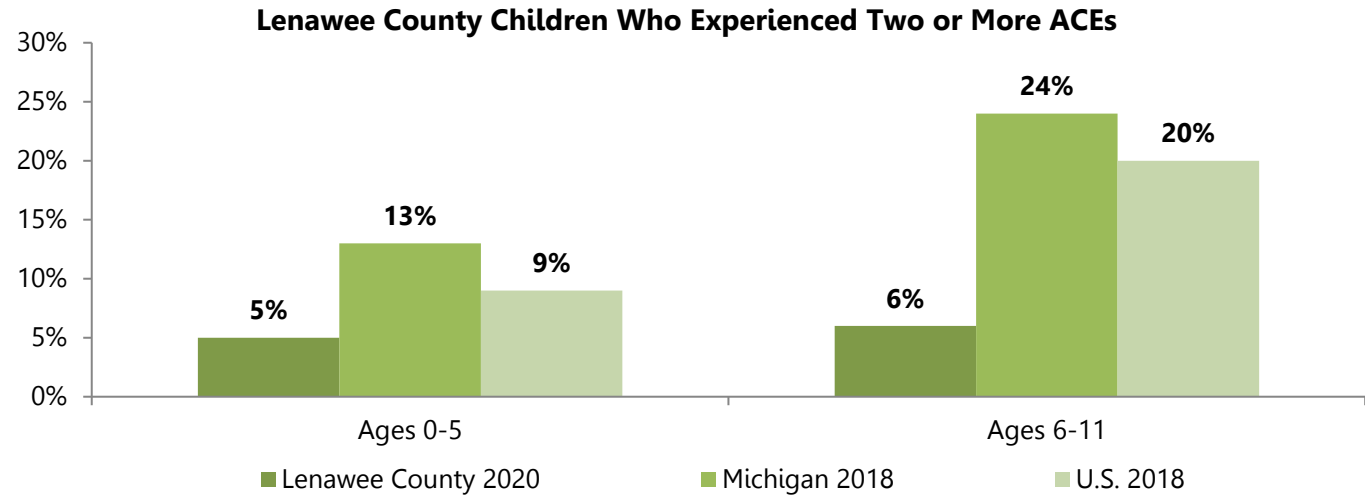


MIDDLE CHILDHOOD (6-11 YEARS OLD)

The following information was reported by Lenawee County parents of 6-11-year old’s. Eighty-one percent (81%) of children participated in extracurricular activities at some point in the past year. Thirty-eight percent (38%) of parents reported their child was bullied at some point in time in the past year.

FAMILY AND COMMUNITY CHARACTERISTICS

Nearly half (49%) of parents reported that every family member who lived in their household ate a meal together every day of the week. Sixty-two percent (62%) of children never attended a religious service in the past month. Five percent (5%) of children experienced one or more ACEs in their lifetime, increasing to 33% of those with incomes less than \$25,000.



PARENT HEALTH

Sixty-five percent (65%) of parents rated their health as excellent or very good, decreasing to 60% of parents with children 0-5 years old. In the past year, 34% of parents missed work due to their child’s illness or injuries.

Adult Trend Summary

Adult Variables	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Health Status						
Rated general health as excellent or very good	51%	54%	52%	52%	48%	51%
Rated general health as fair or poor	11%	15%	18%	19%	19%	18%
Rated their mental health as not good on four or more days (in the past month)	22%	26%	28%	28%	27%	24%
Average number of days that mental health was not good (in the past month)	N/A	3.7	4.7	4.4	4.4*	4.0*
Rated their physical health as not good on four or more days (in the past month)	23%	22%	25%	19%	25%	23%
Average number of days that physical health was not good (in the past month)	N/A	3.6	4.4	2.8	4.3*	3.8*
Health Care Coverage, Access, and Utilization						
Uninsured	12%	12%	8%	18%	9%	11%
Had one or more persons they thought of as their personal health care provider	83%	83%	85%	89%	85%	77%
Visited a doctor for a routine checkup (in the past year)	58%	60%	73%	66%	80%	78%
Diabetes and Asthma						
Ever been told by a doctor they have diabetes (not pregnancy-related)	12%	8%	12%	13%	11%	11%
Had been diagnosed with pre-diabetes or borderline diabetes	9%	4%	6%	3%	2%	2%
Had been diagnosed with asthma	13%	16%	21%	15%	16%	15%

N/A – Not Available

*2017 BRFSS Data compiled by 2020 County Health Rankings

Adult Variables	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Cardiovascular Health						
Ever diagnosed with angina or coronary heart disease	N/A	N/A	6%	4%	5%	4%
Ever diagnosed with a heart attack or myocardial infarction	6%	3%	7%	4%	5%	4%
Ever diagnosed with a stroke	3%	2%	4%	2%	4%	3%
Had been told they had high blood pressure	28%	33%	37%	27%	35%	32%
Had been told their blood cholesterol was high	36%	35%	40%	39%	35%	33%
Had their blood cholesterol checked within the last five years	81%	80%	84%	84%	91%	87%
Weight Status						
Overweight	35%	35%	38%	34%	34%	35%
Obese	37%	38%	38%	40%	36%	32%
Alcohol Consumption						
Current drinker (had at least one drink of alcohol within the past month)	60%	48%	58%	48%	57%	54%
Binge drinker (males having five or more drinks on one occasion, females having four or more drinks on one occasion)	22%	20%	17%	16%	18%	17%
Tobacco Use						
Current smoker (smoked on some or all days)	22%	17%	13%	16%	19%	16%
Former smoker (smoked 100 cigarettes in lifetime and now do not smoke)	24%	24%	30%	27%	27%	25%
Tried to quit smoking (on at least one day in the past year)	49%	49%	57%	35%	N/A	N/A
Current e-cigarette user (vaped on some or all days)	N/A	N/A	N/A	7%	5%**	4%**
Drug Use						
Used recreational marijuana or hashish in the past six months	6%	7%	3%	12%	N/A	N/A
Misused prescription drugs in the past six months	9%	8%	6%	5%	N/A	N/A
Used other recreational drugs in the past six months	0%	<1%	5%	N/A	N/A	N/A

N/A – Not Available

*2018 BRFSS

**2017 BRFSS Data

Adult Variables	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Sexual Behavior						
Had more than one sexual partner in past year	6%	4%	3%	1%	N/A	N/A
Preventive Medicine						
Had a pneumonia vaccination (age 65 and over)	N/A	60%	81%	75%	73%	73%
Had a flu vaccine in the past year (age 65 and over)	71%	71%	76%	78%	61%	64%
Ever had a shingles or zoster vaccine	N/A	N/A	18%	25%	27%*	29%*
Had a mammogram within the past two years (ages 40 and over)	81%	79%	71%	63%	73%*	72%*
Had a clinical breast exam in the past two years (ages 40 and older)	78%	79%	67%	60%	N/A	N/A
Had a pap test in the past three years	N/A	77%	67%	70%	84%#*	80%#*
Had a PSA test within the past two years (age 40 & over)	N/A	N/A	60%	55%	34%*	33%*
Had a digital rectal exam in the past year	23%	19%	24%	21%	N/A	N/A
Had a sigmoidoscopy/colonoscopy in the past 5 years (age 50 & over)	57%	59%	65%	63%	79%~	80%~
Quality of Life						
Limited in some way because of physical, mental, or emotional problem	26%	22%	23%	N/A	N/A	N/A
Mental Health						
Felt sad or hopeless for two or more weeks in a row in the past year	9%	9%	11%	N/A	N/A	N/A
Seriously considered attempting suicide in the past year	4%	6%	3%	4%	N/A	N/A
Attempted suicide in the past year	<1%	1%	1%	0%	N/A	N/A
Oral Health						
Adults who have visited the dentist in the past year	72%	62%	70%	70%	71%*	68%*

N/A – Not Available

*2018 BRFSS

#BRFSS for both Michigan and U.S. reports for women ages 21-65

~BRFSS reports colonoscopy in the past 10 years for ages 50-75 and sigmoidoscopy in the past 5 years for ages 50-75

Youth Trend Summary

Youth Variables	Lenawee County 2015/16 MiPHY (7 th Grade)	Lenawee County 2019/20 MiPHY (7 th Grade)	Lenawee County 2015/16 MiPHY (9 th -11 th Grade)	Lenawee County 2019/20 MiPHY (9 th -11 th Grade)	Michigan YRBS 2019 (9 th -12 th)	U.S. YRBS 2019 (9 th -12 th)
Weight Status						
Obese	16%	18%	18%	19%	15%	16%
Overweight	17%	15%	19%	17%	16%	16%
Described themselves as slightly or very overweight	30%	30%	32%	34%	32%	32%
Trying to lose weight	50%	47%	49%	51%	46%	48%
Nutrition						
Ate 5 or more servings of fruits and vegetables per day (during the past 7 days)	33%	27%	23%	21%	N/A	N/A
Drank a can, bottle, or glass of soda or pop one or more times per day (during the past 7 days)	22%	19%	15%	21%	14%	15%
Did not eat breakfast (in the past 7 days)	9%	11%	11%	17%	19%	17%
Had breakfast every day (in the past 7 days)	43%	38%	35%	27%	29%	33%
Physical Activity						
Physically active at least 60 minutes per day on 5 or more days (in the past 7 days)	64%	55%	61%	57%	45%	46%
Watched 3 or more hours of TV per day (on an average school day)	28%	22%	22%	21%	19%	20%
Played video or computer games or used a computer for something that is not school work on 3 or more hours per day (on an average school day)	32%	46%	31%	50%	42%	46%
Attended physical education (PE) classes on one or more days (in an average week when in school)	N/A	82%	N/A	45%	31%	52%
Attended physical education (PE) classes daily (in an average week when in school)	N/A	N/A	N/A	37%	24%	26%

N/A – Not Available

Youth Variables	Lenawee County 2015/16 MiPHY (7 th Grade)	Lenawee County 2019/20 MiPHY (7 th Grade)	Lenawee County 2016/15 MiPHY (9 th and 11 th Grade)	Lenawee County 2019/20 MiPHY (9 th -11 th Grade)	Michigan YRBS 2019 (9 th -12 th)	U.S. YRBS 2019 (9 th -12 th)
Physical Activity (continued)						
Youth who play on any sports team	69%	65%	66%	67%	N/A	57%
Had one or more concussions from playing a sport or being physically active (in the past 12 months)	N/A	18%	N/A	15%	14%	15%
Tobacco Use						
Ever tried cigarette smoking (even one or two puffs)	N/A	N/A	21%	24%	21%	24%
First tried cigarette smoking before the age of 13 (even one or two puffs)	N/A	N/A	7%	9%	7%	8%
First tried cigarette smoking before the age of 11 (even one or two puffs)	N/A	4%	N/A	N/A	N/A	N/A
Currently smoked cigarettes (during the past 30 days)	5%	<1%	9%	4%	5%	6%
Currently frequently smoked cigarettes (on 20 or more days during the past 30 days)	1%	0%	2%	<1%	1%	1%
Tried to quit all tobacco products during the past 12 months (of current smokers)	N/A	N/A	N/A	58%	53%	48%
Used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products (during the past 30 days)	N/A	1%	N/A	2%	3%	4%
Smoked cigars, cigarillos, or little cigars (during the past 30 days)	N/A	<1%	N/A	3%	5%	6%
Used an electronic vapor product (during the past 30 days)	N/A	7%	N/A	22%	21%	33%
Usually got their own electronic vapor products by buying them in a store (among students who used electronic vapor products recently)	N/A	2%	N/A	5%	10%	8%
Ever told by a doctor or nurse they had asthma	60%	22%	47%	25%	24%	22%
Alcohol Consumption						
Ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)	N/A	N/A	45%	42%	N/A	N/A
Had their first drink of alcohol before the age of 13 (other than a few sips)	N/A	N/A	N/A	13%	14%	15%

N/A – Not Available

Youth Variables	Lenawee County 2015/16 MiPHY (7 th Grade)	Lenawee County 2019/20 MiPHY (7 th Grade)	Lenawee County 2015/16 MiPHY (9 th and 11 th Grade)	Lenawee County 2019/20 MiPHY (9 th -11 th Grade)	Michigan YRBS 2019 (9 th -12 th)	U.S. YRBS 2019 (9 th -12 th)
Alcohol Consumption (continued)						
Had their first drink of alcohol before the age of 11 (other than a few sips)	N/A	6%	N/A	N/A	N/A	N/A
Current drinker (at least one drink of alcohol during the past 30 days)	8%	2%	21%	14%	25%	29%
Binge drinker (drank 4 or more drinks of alcohol in a row [for females] or 5 or more drinks of alcohol in a row [for males] within a couple hours during the past 30 days)	4%	1%	12%	10%	11%	14%
Usually got the alcohol the drank by someone giving it to them (of current drinkers)	38%	17%	43%	41%	40%	41%
Rode in a car or other vehicle driven by someone who had been drinking alcohol (one or more times during the past 30 days)	25%	22%	11%	11%	15%	17%
Drove a car or other vehicle when they had been drinking alcohol (one or more times during the past 30 days)	N/A	N/A	4%	2%	4%	5%
Drug Use						
Ever used marijuana (one or more times during their life)	N/A	N/A	31%	28%	38%	37%
Tried marijuana for the first time before age 13 years	N/A	N/A	N/A	6%	5%	6%
Tried marijuana for the first time before age 11 years	N/A	3%	N/A	N/A	N/A	N/A
Currently used marijuana (one or more times during the past 30 days)	5%	4%	17%	15%	22%	22%
Ever used synthetic marijuana (one or more times during their life)	N/A	8%	N/A	9%	8%	7%
Ever used cocaine (any form of cocaine, such as powder, crack or freebase, one or more times during their life)	8%	8%	N/A	N/A	3%	4%
Currently used cocaine (any form of cocaine, such as powder, crack or freebase, one or more times during the past 30 days)	N/A	3%	N/A	<1%	N/A	N/A
Ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)	N/A	3%	N/A	N/A	8%	6%

N/A – Not Available

Youth Variables	Lenawee County 2015/16 MiPHY (7 th Grade)	Lenawee County 2019/20 MiPHY (7 th Grade)	Lenawee County 2015/16 MiPHY (9 th and 11 th Grade)	Lenawee County 2019/20 MiPHY (9 th -11 th Grade)	Michigan YRBS 2019 (9 th -12 th)	U.S. YRBS 2019 (9 th -12 th)
Drug Use (Continued)						
Currently used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during the past 30 days)	5%	N/A	2%	3%	N/A	N/A
Ever used heroin (one or more times during their life)	N/A	N/A	N/A	N/A	2%	2%
Currently used heroin (one or more times during the past 30 days)	N/A	N/A	N/A	<1%	N/A	N/A
Ever used methamphetamines (one or more times during their life)	N/A	8%	31%	N/A	3%	2%
Currently used methamphetamines (one or more times during the past 30 days)	N/A	N/A	N/A	<1%	N/A	N/A
Ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)	N/A	9%	N/A	N/A	2%	2%
Currently took steroids without a doctor's prescription (pills or shots, one or more times during the past 30 days)	N/A	N/A	17%	<1%	N/A	N/A
Ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)	N/A	8%	N/A	N/A	2%	2%
Currently injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during the past 30 days)	N/A	N/A	N/A	<1%	N/A	N/A
Were offered, sold, or given an illegal drug on school property (during the past 12 months)	6%	4%	15%	17%	25%	22%
Mental Health						
Felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities in the past 12 months)	28%	30%	37%	42%	36%	37%
Seriously considered attempting suicide (during the past 12 months)	N/A	N/A	N/A	24%	19%	19%
Ever seriously considered attempting suicide	23%	25%	21%	N/A	N/A	N/A

N/A – Not Available

Youth Variables	Lenawee County 2015/16 MiPHY (7 th Grade)	Lenawee County 2019/20 MiPHY (7 th Grade)	Lenawee County 2015/16 MiPHY (9 th and 11 th Grade)	Lenawee County 2019/20 MiPHY (9 th -11 th Grade)	Michigan YRBS 2019 (9 th -12 th)	U.S. YRBS 2019 (9 th -12 th)
Mental Health (continued)						
Made a plan to attempt suicide (in the past 12 months)	N/A	15%	17%	19%	15%	16%
Attempted suicide (in the past 12 months)	N/A	10%	9%	14%	8%	9%
Suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the past 12 months)	N/A	4%	N/A	3%	3%	3%
Bullying						
Bullied on school property (in past year)	44%	35%	25%	31%	21%	20%
Electronically bullied (in past year)	23%	20%	19%	21%	18%	16%
Safety						
Texted or emailed while driving a car or other vehicle (on at least 1 day during the past 30 days)	N/A	N/A	55%	31%	39%	39%
Bullying						
Bullied on school property (in past year)	44%	35%	25%	31%	21%	20%
Electronically bullied (in past year)	23%	20%	19%	21%	18%	16%
Danger and Violence						
Carried a weapon (in the past 30 days)	43%	N/A	20%	18%	14%	13%
Ever carried a weapon (such as a gun, knife, or club in their lifetime)	N/A	31%	N/A	N/A	N/A	N/A
Carried a weapon on school property (in the past 30 days)	4%	N/A	4%	3%	3%	3%
Ever carried a weapon on school property (such as a gun knife, or club in their lifetime)	N/A	2%	N/A	N/A	N/A	N/A
Threatened or injured with a weapon on school property (in the past 12 months)	N/A	N/A	7%	10%	7%	7%
Did not go to school because they felt unsafe (at school or on their way to or from school in the past 30 days)	14%	13%	7%	8%	9%	9%
Were in a physical fight (one or more times during the past 12 months)	44%	N/A	17%	20%	20%	22%

N/A – Not Available

Youth Variables	Lenawee County 2015/16 MiPHY (7 th Grade)	Lenawee County 2019/20 MiPHY (7 th Grade)	Lenawee County 2015/16 MiPHY (9 th and 11 th Grade)	Lenawee County 2019/20 MiPHY (9 th -11 th Grade)	Michigan YRBS 2019 (9 th -12 th)	U.S. YRBS 2019 (9 th -12 th)
Danger and Violence (Continued)						
Ever in a physical fight (one or more times in their lifetime)	N/A	37%	N/A	N/A	N/A	N/A
Were in a physical fight on school property (one or more times during the past 12 months)	24%	N/A	9%	8%	7%	8%
Ever in a physical fight on school property (one or more times during the past 12 months)	N/A	20%	N/A	N/A	N/A	N/A
Ever in a physical fight (one or more times in their lifetime)	N/A	37%	N/A	N/A	N/A	N/A
Relationship Violence						
Experienced physical dating violence (physically hurt on purpose by someone they were dating or going out with during the past 12 months)	N/A	N/A	N/A	12%	7%	8%
Experienced sexual dating violence (forced to do sexual things they did not want to do by someone they were dating or going out with in the past 12 months)	N/A	N/A	N/A	14%	12%	8%
Sexual Behavior						
Ever had sexual intercourse	7%	4%	34%	26%	40%	38%
Had sexual intercourse for the first time before age 13 years	N/A	N/A	3%	4%	3%	3%
Had sexual intercourse for the first time before age 11 years	N/A	<1%	N/A	N/A	N/A	N/A
Had sexual intercourse with four or more persons during their life	N/A	N/A	8%	6%	7%	9%
Had sexual intercourse with three or more persons during their life	N/A	1%	N/A	N/A	N/A	N/A
Used a condom during last sexual intercourse (of sexually active youth)	N/A	36%	59%	58%*	55%	54%
Used birth control pills during last sexual intercourse (of sexually active youth)	N/A	N/A	N/A	19%*	27%	23%
Drank alcohol or used drugs before last sexual intercourse (of sexually active youth)	N/A	16%	N/A	22%*	22%	21%
Ever physically forced to have sexual intercourse (when they did not to)	N/A	N/A	N/A	9%	10%	7%

*2019/20 MiPHY data for 9th and 11th grade specifies within the past three months.

N/A – Not Available

Child Trend Summary

Child Variables	Lenawee County 2011 Ages 0-5	Lenawee County 2017 Ages 0-5	Lenawee County 2020 Ages 0-5	Michigan 2018 Ages 0-5	U.S. 2018 Ages 0-5	Lenawee County 2011 Ages 6-11	Lenawee County 2017 Ages 6-11	Lenawee County 2020 Ages 6-11	Michigan 2018 Ages 6-11	U.S. 2018 Ages 6-11
Health and Functional Status										
Rated health as excellent or very good	97%	98%	98%	92%	93%	98%	93%	98%	85%	90%
Diagnosed with autism	1%	0%	0%	2%*¤	2%*¤	3%	5%	2%	4%*	4%*
Diagnosed with asthma	17%	12%	10%	6%*€	6%	18%	13%	12%	16%*€	14%
Diagnosed with ADHD/ADD	3%	0%	2%	1%*¤€	1%*¤	9%	17%	9%	11%*€	11%*
Diagnosed with OCD	N/A	N/A	0%	N/A	N/A	N/A	N/A	1%	N/A	N/A
Diagnosed with behavioral or conduct problems	2%	0%	2%	3%*¤€	5%¤	7%	8%	5%	7%*€	11%
Diagnosed with epilepsy or a seizure disorder	0%	0%	3%	N/A	<1%*	2%	1%	0%	N/A	1%
Diagnosed with a brain injury, concussion, or head injury	0%	0%	0%	N/A	1%*	2%	2%	1%	N/A	3%
Diagnosed with depression	1%	0%	0%	2%*¤€	<1%*¤	2%	1%	2%	3%*€	3%
Diagnosed with anxiety problems	1%	2%	2%	4%*¤€	2%*¤	4%	8%	11%	9%*€	9%
Diagnosed with genetic or inherited condition	N/A	N/A	0%	N/A	N/A	N/A	N/A	2%	N/A	N/A
Diagnosed with developmental delay	6%	2%	2%	8%*¤€	7%¤	7%	8%	5%	6%*€	8%
Diagnosed with learning disability	4%	2%	0%	3%*¤€	2%*¤	6%	8%	5%	7%*€	8%
Diagnosed with intellectual disability or mental retardation	N/A	N/A	0%	N/A	N/A	N/A	N/A	1%	N/A	N/A
Diagnosed with speech or language disorder	N/A	N/A	8%	8%*¤€	10%¤	N/A	N/A	10%	8%*€	11%
Diagnosed with diabetes	0%	0%	0%	N/A	<1%*€	1%	0%	1%	N/A	<1%*€
Did not engage in any physical activity during the past week	2%	3%	1%‡	N/A	N/A	3%	2%	1%‡	N/A	6%

*Please interpret with caution: estimate has a 95% confidence interval width exceeding 20 percentage points or 1.2 times the estimate and may not be reliable.

N/A – Not Available

¤ Ages 3-5

‡ Ages 0-11

€ NSCH 2017/2018 Data

Child Variables	Lenawee County 2011 Ages 0-5	Lenawee County 2017 Ages 0-5	Lenawee County 2020 Ages 0-5	Michigan 2018 Ages 0-5	U.S. 2018 Ages 0-5	Lenawee County 2011 Ages 6-11	Lenawee County 2017 Ages 6-11	Lenawee County 2020 Ages 6-11	Michigan 2018 Ages 6-11	U.S. 2018 Ages 6-11
Healthcare Access										
Dental care visit (in the past year)	59%	57%	53%	55%‡	63%‡	93%	92%	96%	90%	91%
Had public insurance	23%	22%	13%	31%	33%	14%	19%	10%	29%	33%
Received all the medical care they needed	86%	96%	93%	N/A	98%	88%	93%	93%	N/A	96%
Been to doctor for preventive care (in the past year)	94%	98%	97%	81%	79%	81%	95%	94%	69%	69%
Had a personal doctor or nurse	83%	78%	79%	66%*	73%	87%	88%	85%	69%	72%
Child received treatment or counseling from a mental health professional in the past year	N/A	5%	2%	5%*✶	3%✶	N/A	14%	8%	15%	10%
Early Childhood (Ages 0-5)										
Never breastfed their child	28%	14%	12%	24%	19%	N/A	N/A	N/A	N/A	N/A
Parent or family members read to child every day (in the past week)	34%	32%	57%	39%	36%	N/A	N/A	N/A	N/A	N/A
Middle Childhood (Ages 6-11)										
Child participated in one or more activities	N/A	N/A	N/A	N/A	N/A	87%	86%	81%	78%	80%
Child did not miss any days of school because of illness or injury	N/A	N/A	N/A	N/A	N/A	18%	25%	14%	23%	28%

* Please interpret with caution: estimate has a 95% confidence interval width exceeding 20 percentage points or 1.2 times the estimate and may not be reliable.

N/A – Not Available

‡ Ages 1-5

✶ Ages 3-5

Child Variables	Lenawee County 2011 Ages 0-5	Lenawee County 2017 Ages 0-5	Lenawee County 2020 Ages 0-5	Michigan 2018 Ages 0-5	U.S. 2018 Ages 0-5	Lenawee County 2011 Ages 6-11	Lenawee County 2017 Ages 6-11	Lenawee County 2020 Ages 6-11	Michigan 2018 Ages 6-11	U.S. 2018 Ages 6-11
Family and Community Characteristics										
Family eats a meal together every day of the week	47%	44%	60%	60%	54%	36%	40%	44%	42%	46%
Child never attends religious services	45%	51%	74%	N/A	N/A	37%	49%	57%	N/A	N/A
Two or more adverse childhood experiences (ACEs)	N/A	7%	5%	13%	9%	N/A	8%	6%	24%	20%
Parent Health										
Mother's mental or emotional health is fair/poor	7%	7%	20%	11%	4%	5%	6%	9%	12%	7%
Father's mental or emotional health is fair/poor	2%	0%	N/A	8%	3%	1%	3%	N/A	7%	4%

N/A – Not Available

Health Care Access: Health Care Coverage

Key Findings

In 2020, 18% of Lenawee County adults were without health care coverage. Those most likely to be uninsured were those with an income level under \$25,000 (38%).

Health Care Coverage

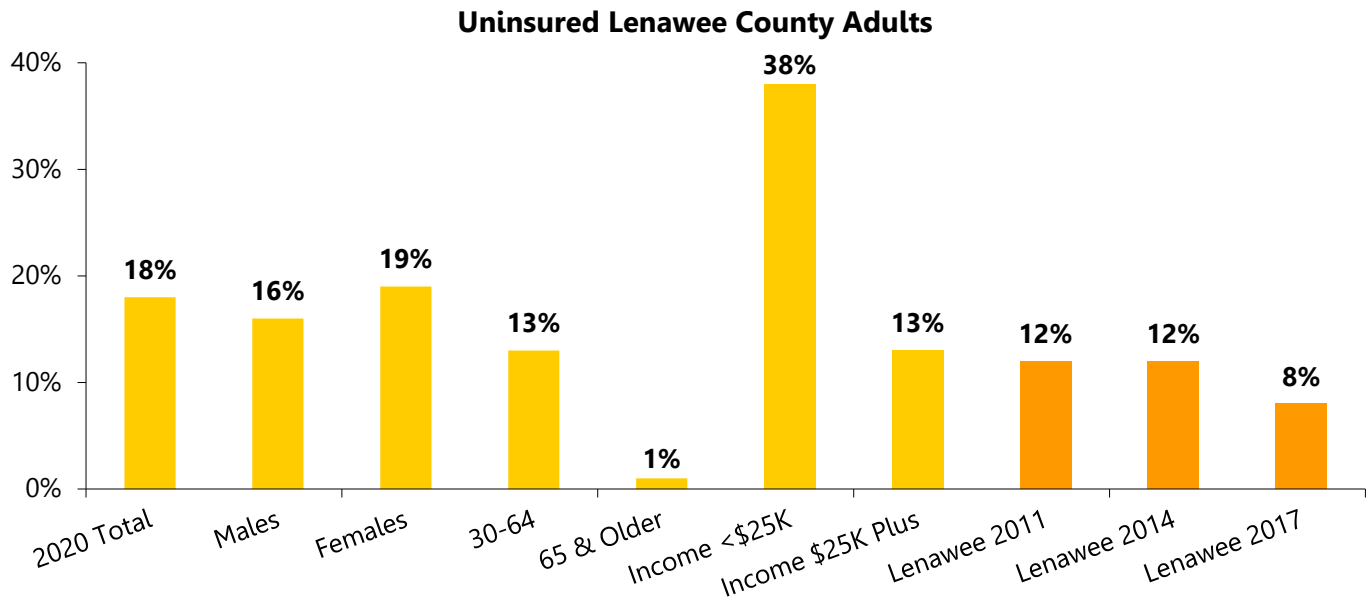
- In 2020, 82% of Lenawee County adults had health care coverage, leaving 18% uninsured.
- Adults used the following types of health coverage: employer (47%); Medicare (22%); someone else's employer (15%); self-paid plan (5%); Medicaid or medical assistance (4%); multiple, including private sources (3%); military or VA (2%); multiple, including government sources (1%); and health Insurance Marketplace (<1%).
- The main reasons uninsured adults gave for being without health care coverage were:
 1. Cost, such as high co-pays, premiums, and high deductibles with Health Savings Account (41%)
 2. They lost their job or changed employers (24%)
 3. Spouse or parent lost job or changed employers (23%)
 4. Became ineligible (13%)
 5. Employer does not/stopped offering coverage (13%)

Note: percentages may not equal 100% because respondents could select more than one reason

- Lenawee County adult health care coverage included the following: medical (97%), prescription coverage (95%), immunizations (85%), preventive health (82%), Lenawee County Physicians (80%), dental (79%), outpatient therapy (74%), vision/eyeglasses (70%), mental health (64%), durable medical equipment (56%), alcohol and drug treatment (43%), home care (30%), hospice (28%), skilled nursing/assisted living (28%), and transportation (19%).
- Lenawee County adults had the following issues regarding their health care coverage: cost (high co-pays, premiums, deductibles, etc.) (34%); opted out of certain coverage because they could not afford it (8%); service is not deemed medically necessary (6%); working with their insurance company (4%); they could not understand their insurance plan (4%); service is no longer covered (2%); opted out of certain coverage because they did not need it (2%); limited visits (2%); provider is no longer covered (1%); and pre-existing conditions (<1%).
- Fifteen percent (15%) of adults did not get prescriptions from their doctor filled in the past year.
- Of those who did not get their prescriptions filled, they gave the following reasons: cost (50%), no prescriptions to be filled (29%), no insurance (21%), they did not think they needed it (19%), there was no generic equivalent (17%), they stretched their prescription by taking less than prescribed (4%), side effects (4%), they were taking too many medications (2%), and fear of addiction (2%).

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Uninsured	12%	12%	8%	18%	9%	11%

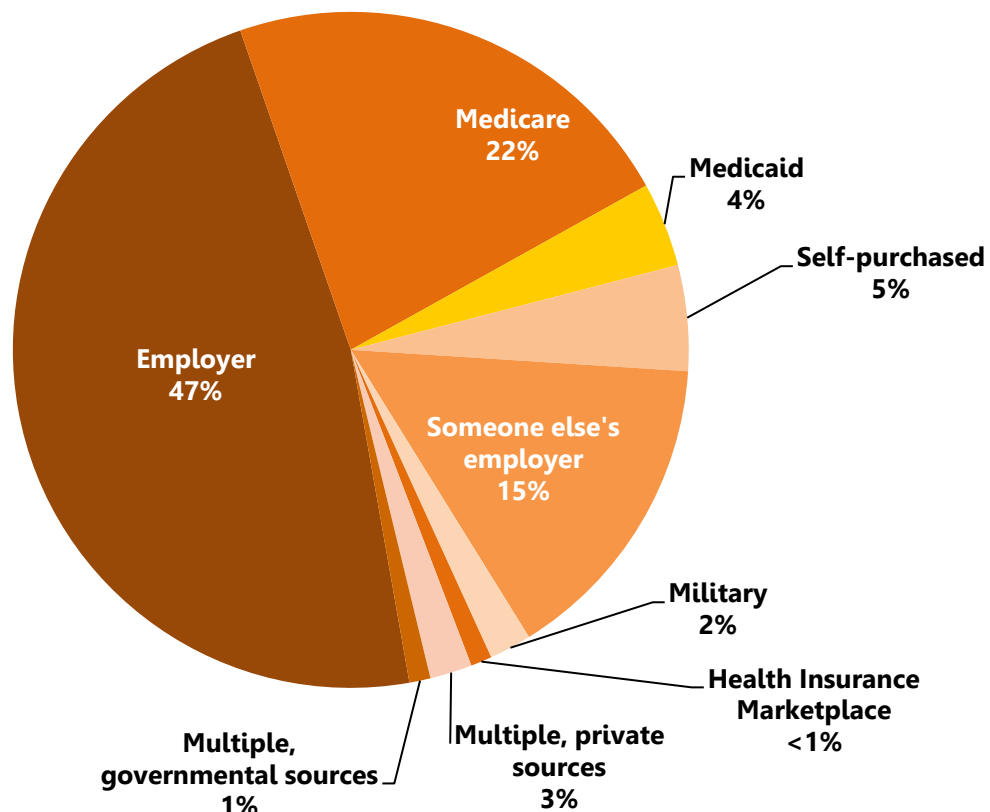
The following graph shows the percentage of Lenawee County adults who were uninsured. An example of how to interpret the information in the graph includes: 18% of all Lenawee County adults were uninsured, including 38% of those with incomes less than \$25,000 and 19% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following pie chart identifies sources of health care coverage for Lenawee County adults.

Source of Health Coverage for Lenawee County Adults



The following chart shows what was included in Lenawee County adults' insurance coverage.

Health Coverage Includes:	Yes	No	Don't Know
Alcohol and Drug Treatment	43%	3%	54%
Dental	79%	17%	4%
Durable Medical Equipment	56%	4%	40%
Home Care	30%	4%	66%
Hospice	28%	3%	69%
Immunizations	85%	3%	12%
Lenawee County Physicians	80%	5%	15%
Medical	97%	1%	2%
Mental Health	64%	4%	32%
Outpatient therapy	74%	2%	24%
Prescription Coverage	95%	3%	2%
Preventive Health	82%	2%	16%
Skilled Nursing/Assisted Living	28%	5%	67%
Transportation	19%	13%	68%
Vision/eyeglasses	70%	20%	10%

Healthy People 2030 Access to Health Services (AHS)

Objective	Lenawee County 2020	Michigan 2018	U.S. 2018	Healthy People 2030 Target
AHS-01: Increase the proportion of people with health insurance	44% age 18-24 56% age 25-34 94% age 35-44 82% age 45-54 85% age 55-64	87% age 18-24 87% age 25-34 91% age 35-44 93% age 45-54 95% age 55-64	83% age 18-24 81% age 25-34 83% age 35-44 87% age 45-54 91% age 55-64	92%

Note: U.S. baseline is age-adjusted to the 2000 population standard

(Sources: Healthy People 2030 Objectives, 2018 BRFSS, 2020 Lenawee County Community Health Assessment)

Health Care Access: Access and Utilization

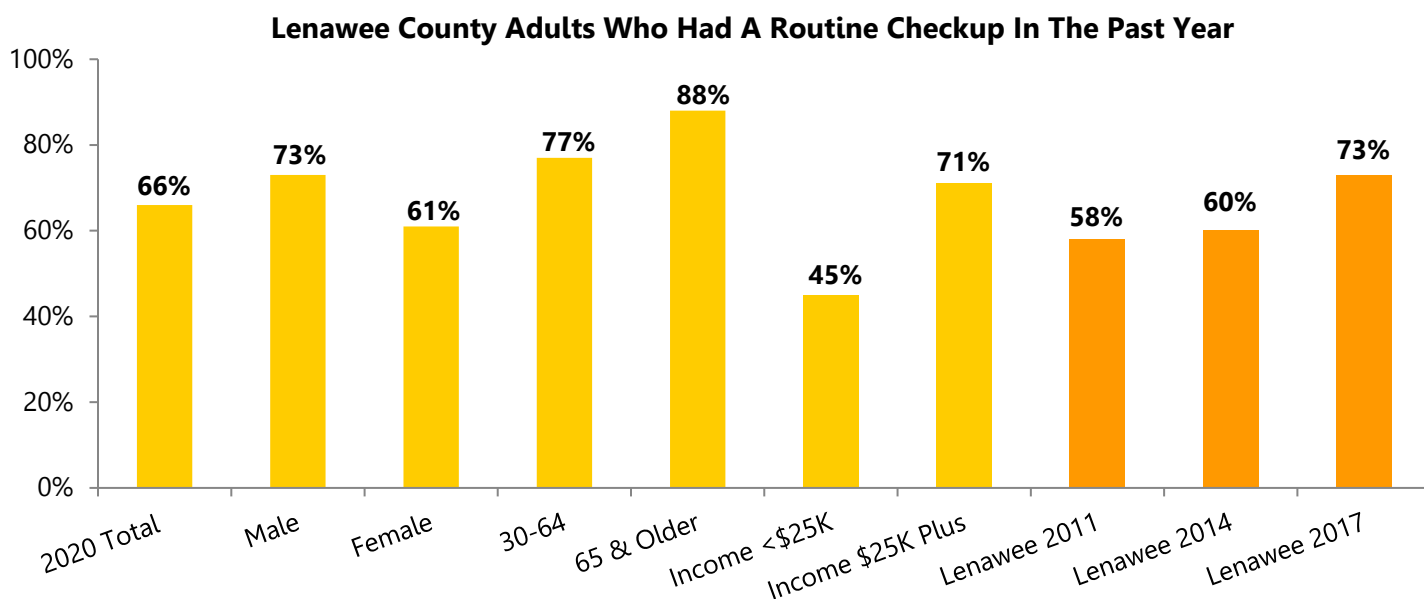
Key Findings

In 2020, 66% of Lenawee County adults visited a doctor for a routine checkup in the past year. Eighty-nine percent (89%) of adults indicated they had at least one person they thought of as their personal doctor or health care provider.

Access and Utilization

- Sixty-six percent (66%) of Lenawee County adults visited a doctor for a routine checkup in the past year, increasing to 88% of those ages 65 and older.
- Adults with health care coverage were more likely to have visited a doctor for a routine checkup in the past year (74%), compared to 25% of those without health care coverage.
- Eighty-nine percent (89%) of adults indicated they had at least one person they thought of as their personal doctor or health care provider, decreasing to 30% of those without health care coverage.
- Lenawee County adults had the following problems when they needed health care in the past year: health care plan did not allow them to see doctors in Lenawee County (8%), too busy to get the health care they needed (6%), did not have transportation (6%), too embarrassed to seek help (5%), could not find a doctor they were comfortable with (5%), could not get appointments when they wanted them (5%), did not have enough money to pay for health care (3%), did not have insurance (3%), had to change doctors because of their health care plan (2%), could not find a doctor to take them as a patient (2%), and other problems (6%).

The following graph shows the percentage of Lenawee County adults who had a routine check-up in the past year. An example of how to interpret the information includes: 66% of all Lenawee County adults had a routine check-up in the past year, including 88% of those 65 and older and 73% of males.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Had one or more persons they thought of as their personal health care provider	83%	83%	85%	89%	85%	77%
Visited a doctor for a routine checkup (in the past year)	58%	60%	73%	66%	80%	78%

- More than half (51%) of adults went outside of Lenawee County for the following health care services in the past year: specialty care (24%); primary care (21%); dental services (18%); dermatological care (9%); female health services (6%); cardiac care (5%); orthopedic care (5%); mental health care/counseling services (5%); pediatric care (5%); obstetrics/ gynecology (3%); podiatry care (3%); pediatric therapies (3%); ear, nose, and throat care (3%); cancer care (2%); bariatric care (1%); skilled nursing rehabilitation (<1%); and other services (7%).
- Adults went outside of Lenawee County for health care services for the following reasons: service not available locally (14%), better quality program (13%), had bad experience locally (10%), insurance restrictions (10%), did not like the local program (10%), used to live there (9%), word of mouth (5%), wait list too long (3%), work there (2%), hours not convenient (1%), confidentiality/anonymity (<1%), and other reasons (7%).
- Adults went outside of Lenawee County for mental health services for the following reasons: service not available locally (5%), better quality program (3%), insurance restrictions (3%), wait list too long (2%), had bad experience locally (1%), did not like the local program (1%), used to live there (1%), hours not convenient (1%), confidentiality/anonymity (<1%), work there (<1%), and other reasons (1%).
- The following might prevent Lenawee County adults from seeing a doctor if they were sick, injured, or needed some kind of health care: cost/no insurance (28%), worried they might find something wrong (11%), difficult to get an appointment (10%), frightened doctor/health care provider would not take their insurance (8%), frightened of the procedure or doctor/health care provider (7%), difficult to find/no transportation (5%), inconvenient hours (4%), could not get time off work (4%), could not find childcare (4%), do not trust or believe doctors/health care providers (3%), and some other reason (3%).
- Adults usually visited the following places when they were sick or needed advice about their health: a doctor/health care provider's office (79%), urgent care center (4%), Internet (4%), a public health clinic or community health center (2%), a hospital emergency room (2%), family and friends (2%), Veterans Affairs (VA) (1%), chiropractor (1%), alternative therapies (1%), telemedicine (<1%), and some other kind of place (3%).

Lenawee County adults accessed the following services through telemedicine:

Telemedicine Services	Yes, and accessed this service	Yes, and would use this service again	No, and have not accessed this service	No, but would be interested in this service
Health care provider ordered prescription via phone call or online	15%	20%	54%	11%
Telemedicine for medical care	11%	14%	60%	15%
Health care provider gave a diagnosis via phone call or online	11%	12%	63%	14%
Telemedicine for mental or emotional care (e.g., Telepsychiatry)	5%	3%	76%	16%
Other type of care	4%	2%	81%	13%

Availability of Services

- Lenawee County adults gave the following reasons for not using a program or service to help with depression, anxiety, or emotional problems: other priorities (10%), could not afford to go (9%), did not feel the services they had received were good (7%), did not know how to find a program (5%), co-pay/deductible was too high (4%), did not could not get to the office or clinic (3%), transportation (3%), stigma of seeking mental health services (2%), fear (1%), had not thought of it (1%), and other reasons (2%). Sixty-four percent (64%) of adults did not need a program or service to help with depression, anxiety, or emotional problems.

Lenawee County Adults Able to Access Assistance Programs/Services

Type of Program	Yes, and have found one	Yes, and have not found one	No, and have not looked	No, and have not needed
Alcohol abuse	1%	1%	19%	79%
Assist in care for the disabled (either in-home or out-of-home)	1%	<1%	19%	79%
Assist in care for the elderly (either in-home or out-of-home)	2%	1%	19%	78%
Cancer support group/counseling	<1%	<1%	20%	79%
Daycare for an elderly or disabled adult	1%	1%	20%	78%
Depression, anxiety, or some mental health problem	14%	3%	24%	59%
Detoxification for opiates/heroin	<1%	<1%	19%	80%
Disability	1%	3%	20%	76%
Disabled adult program	<1%	<1%	19%	80%
Drug abuse	3%	<1%	17%	80%
End-of-life care or Hospice care	3%	<1%	19%	78%
Family planning	3%	<1%	21%	76%
Gambling abuse	0%	<1%	19%	81%
Marital or family problems	1%	1%	21%	77%
Tobacco cessation	<1%	<1%	21%	78%
Weight problem	1%	3%	27%	69%

Health Care Access: Preventive Medicine

Key Findings

In 2020, 65% of Lenawee County adults had a flu vaccine during the past year. Three-quarters (75%) of adults ages 65 and older had a pneumonia vaccination at some time in their life.

Preventive Medicine

- Sixty-five percent (65%) of Lenawee County adults had a flu vaccine during the past year, increasing to 78% of those ages 65 and older.
- Over one-third (36%) of adults had a pneumonia vaccine in their life, increasing to 75% of those ages 65 and over.
- Lenawee County adults had the following vaccines: measles, mumps and rubella (MMR) in their lifetime (80%); tetanus, diphtheria and pertussis (including Tdap) in the past 10 years (80%); chicken pox in their lifetime (61%); hepatitis B in their lifetime (44%); hepatitis A in their lifetime (42%); haemophilus influenzae or influenza type B (Hib) vaccine in their lifetime (40%); human papillomavirus (HPV) vaccine in their lifetime (27%); zoster (shingles) vaccine in their lifetime (25%); and meningococcal vaccine in their lifetime (24%).

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Had a pneumonia vaccination (age 65 and over)	N/A	60%	81%	75%	73%	73%
Had a flu vaccine in the past year (age 65 and over)	71%	71%	76%	78%	61%	64%
Ever had a shingles or zoster vaccine	N/A	13%	18%	25%	27%*	29%*

*2018 BRFSS

N/A – Not Available

Preventive Health Screenings and Exams

- Over half (56%) of adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past five years.
- In the past year, 48% of Lenawee County women ages 40 and over had a mammogram.
- Nearly half (48%) of men ages 50 and over had a PSA test in the past year.
- See the Women and Men's Health Sections for further prostate, mammogram, clinical breast exam, and Pap smear screening test information for Lenawee County adults.
- Lenawee County adults reported they were at risk for the following based on family history: high blood pressure (47%), cancer (41%), diabetes (38%), heart disease (34%), high blood cholesterol (26%), mental illness (24%), Alzheimer's disease (20%), alcohol addiction (19%), drug addiction (9%), suicide (4%), other addictions (e.g., gambling, sex) (3%), and unexplained sudden death (1%).

- Sixty-three percent (63%) of adults ages 50 and over had a colonoscopy in the past five years. Fifty-six percent (56%) of adults ages 50 and over had a stool test, 16% had a CT colonoscopy, and 10% had a flexible sigmoidoscopy within the past five years.

Lenawee County Adults Ages 50 and Over Colon Cancer Screenings

	Stool Test	Colonoscopy	Flexible Sigmoidoscopy	CT Colonoscopy (Virtual Colonoscopy)
Tested this year	34%	17%	4%	5%
Tested within the last 2 years	11%	14%	N/A	2%
Tested within the last 3 years	5%	11%	1%	2%
Tested within the last 5 years	6%	21%	5%	7%
Tested within the last 10 years	5%	13%	7%	7%
Tested 10 or more years ago	5%	8%	4%	1%
Never tested	27%	14%	62%	59%
Don't know/not sure	7%	2%	17%	17%

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Employee Wellness

- Lenawee County adults reported having access to the following wellness programs through their or their spouse's employer: free/discounted gym membership (17%), health risk assessment (14%), gift cards or cash for participation in wellness program (12%), on-site health screenings (10%), on-site fitness facility (10%), free/discounted weight loss program (Weight Watchers) (9%), healthier food options in vending machines or cafeteria (7%), lower insurance premiums for participation in wellness program (7%), free/discounted smoking cessation program (7%), on-site health education classes (4%), lower insurance premiums for positive changes in health status (3%), gift cards or cash for positive changes in health status (3%), and other (3%).

**Lenawee County Adults Having Discussed Healthcare Topics
With Their Healthcare Professional in the Past 12 Months**

Healthcare Topics	Total 2014	Total 2017	Total 2020
Alcohol Use	9%	7%	10%
Alternative pain therapy	N/A	N/A	7%
Bone density	N/A	16%	13%
Depression, anxiety, or emotional problems	19%	24%	33%
Domestic violence	2%	3%	4%
E-cigarettes/vaping	N/A	N/A	11%
Falls	N/A	14%	12%
Family history	17%	36%	40%
Family planning	N/A	8%	9%
Firearm safety	N/A	3%	4%
Genetic testing	N/A	N/A	5%
Illicit drug abuse	4%	3%	8%
Immunizations	26%	44%	38%
Injury prevention such as safety belt use, helmet use & smoke detectors	7%	9%	10%
PSA test	N/A	N/A	10%
Safe use of opiate-based pain medication	N/A	10%	7%
Safe use of prescription pain medication	N/A	22%	20%
Self-testicular exams	N/A	8%	7%
Sexually transmitted diseases (STDs)	8%	7%	5%
Substance abuse treatment options	N/A	1%	5%
Tobacco use	N/A	12%	18%
Weight control including diet and physical activity	N/A	43%	36%

N/A-Not available

Health Care Access: Women's Health

Key Findings

Almost half (48%) of women ages 40 and over had a mammogram in the past year. Thirty-five percent (35%) of women had a clinical breast exam within the past year. Fifty-nine (59%) of women ages 21-65 had a Pap smear in the past three years. Forty-six percent (46%) of women were obese, 35% had high blood cholesterol, 23% had high blood pressure, and 17% were identified as smokers, all known risk factors for cardiovascular diseases.

Women's Health Screenings

- Almost half (48%) of women had a mammogram at some time in their life, and twenty-six percent (26%) had this screening in the past year.
- Forty-eight percent (48%) of women ages 40 and over had a mammogram in the past year, and 63% had one in the past two years.
- Almost three-fourths (74%) of Lenawee County women had a clinical breast exam at some time in their life, and 35% had one within the past year. Sixty percent (60%) of women ages 40 and over had a clinical breast exam in the past two years.
- Eighty-eight percent (88%) of women ages 21-65 had a Pap smear test at some time in their life, and 26% reported having had the exam in the past year. Seventy percent (70%) of women ages 21-65 had a Pap smear in the past three years.

Lenawee County Female Leading Causes of Death 2016–2018

Total Female Deaths: 1,633

1. Heart Diseases (27% of all deaths)
2. Cancers (20%)
3. Alzheimer's Disease (9%)
4. Chronic Lower Respiratory Diseases (8%)
5. Stroke (5%)

(Source: MDHHS 2016-2018)

Michigan Female Leading Causes of Death 2016–2018

Total Female Deaths: 144,785

1. Heart Diseases (25% of all deaths)
2. Cancers (21%)
3. Alzheimer's Disease (6%)
4. Chronic Lower Respiratory Diseases (6%)
5. Stroke (6%)

(Source: MDHHS 2016-2018)

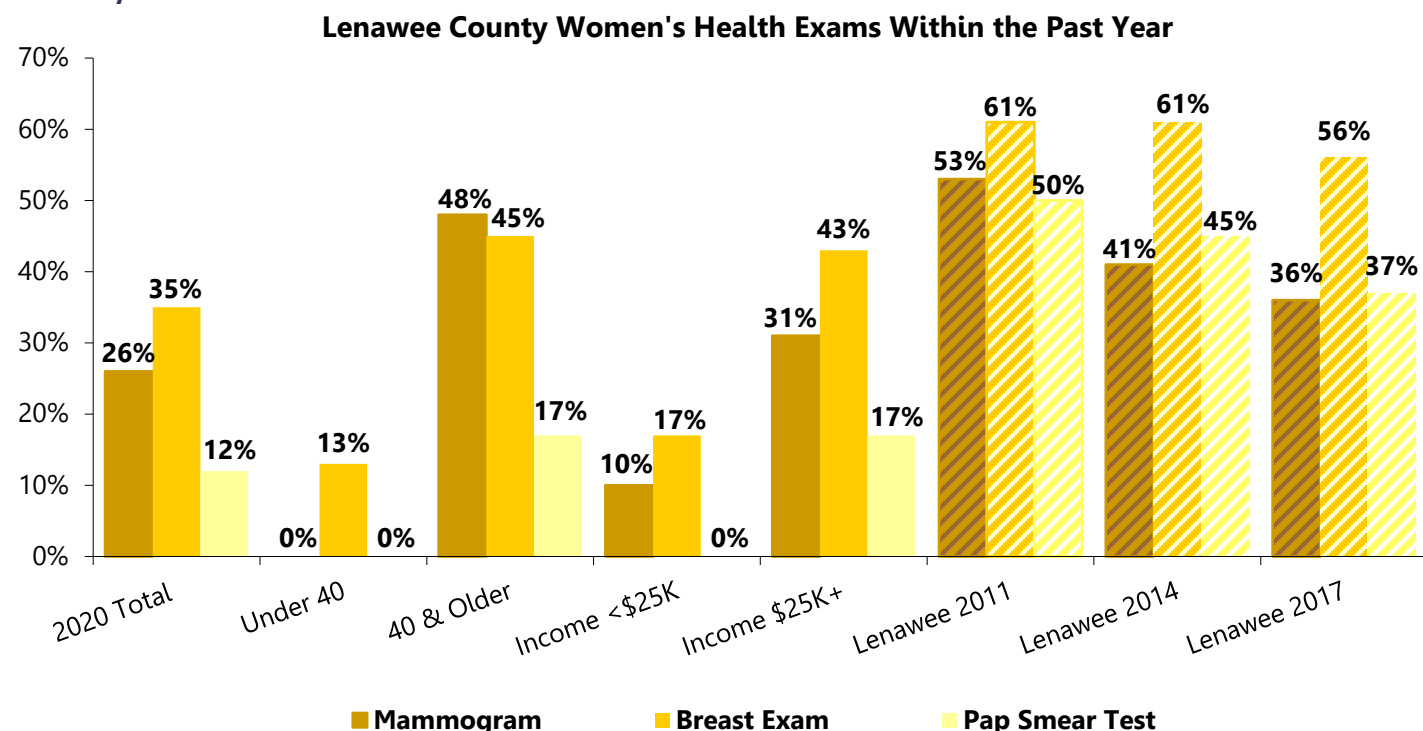
Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Had a mammogram within the past two years (ages 40 and over)	81%	79%	71%	63%	73%*	72%*
Had a Pap smear test in the past three years	N/A	77%	67%	70%#	84%*#	80%*#
Had a clinical breast exam in the past two years (ages 40 and older)	78%	79%	67%	60%	N/A	N/A

*2018 BRFSS Data

#BRFSS for both Michigan and U.S. reports for women ages 21-65

N/A – Not Available

The following graph shows the percentage of Lenawee County female adults that had various health exams in the past year. An example of how to interpret the information shown on the graph includes: 26% of Lenawee County females had a mammogram within the past year, 35% had a clinical breast exam, and 12% had a Pap smear test.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Women's Health Concerns

- Women used the following as their usual source of services for female health concerns: private gynecologist (40%), general or family physician (19%), health department clinic (6%), family planning clinic (5%), multiple places (4%), nurse practitioner/physician assistant (1%), community health center (1%), and some other place (1%). Almost one-fourth (24%) of women indicated they did not have a usual source of services for female health concerns.
- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. The 2020 health assessment has identified that:
 - 74% of women were overweight or obese (2018 BRFSS reports 64% for Michigan and 61% for U.S.)
 - 17% of all women were current smokers (2018 BRFSS reports 17% for Michigan and 14% for U.S.)
 - 11% had been diagnosed with diabetes (2018 BRFSS reports 11% for Michigan and 11% for U.S.)

Pregnancy

- Almost one-fourth (24%) of Lenawee County women were pregnant in the past five years.
- During their last pregnancy within the past five years, women: took a multi-vitamin with folic acid pre-pregnancy (57%), got prenatal care within the first three months (49%), experienced depression (during or after pregnancy) (41%), took a multi-vitamin with folic acid during pregnancy (38%), got a dental exam during pregnancy (38%), took folic acid during pregnancy (35%), received WIC services (32%), took folic acid pre-pregnancy (24%), used marijuana (19%), and smoked cigarettes or use other tobacco products (16%).

Health Care Access: Men's Health

Key Findings

Seventy percent (70%) of men ages 50 and over had a Prostate-Specific Antigen (PSA) test in their lifetime. Nearly half (44%) of men had high blood cholesterol, 33% had been diagnosed with high blood pressure, and 14% were identified as smokers, which, along with obesity (33%), are known risk factors for cardiovascular diseases.

Men's Health Screenings

- Forty percent (40%) of Lenawee County males had a Prostate-Specific Antigen (PSA) test at some time in their life, and 27% had one in the past year.
- Seventy percent (70%) of men ages 50 and over had a PSA test in their lifetime, and 48% had one in the past year.
- Half (50%) of men had a digital rectal exam in their lifetime, and 21% had one in the past year.
- Sixty-nine percent (69%) of males ages 40 and over had a PSA test at some point in their life, and 28% had one in the past year.

Men's Health Concerns

- Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. The 2020 health assessment identified:
 - 75% of men were overweight or obese (2018 BRFSS reports 71% for Michigan and 71% for U.S.)
 - 15% had been diagnosed with diabetes (2018 BRFSS reports 12% for Michigan and 12% for U.S.)
 - 14% of all men were current smokers (2018 BRFSS reports 21% for Michigan and 18% for U.S.)

Lenawee County Male Leading Causes of Death 2016–2018

Total Male Deaths: 1,560

1. Cancers (25% of all deaths)
2. Heart Disease (23%)
3. Chronic Lower Respiratory Diseases (8%)
4. Accidents, Unintentional Injuries (6%)
5. Diabetes (4%)
6. Alzheimer's Disease (4%)

(Source: MDHHS 2016–2018)

Michigan Male Leading Causes of Death 2016–2018

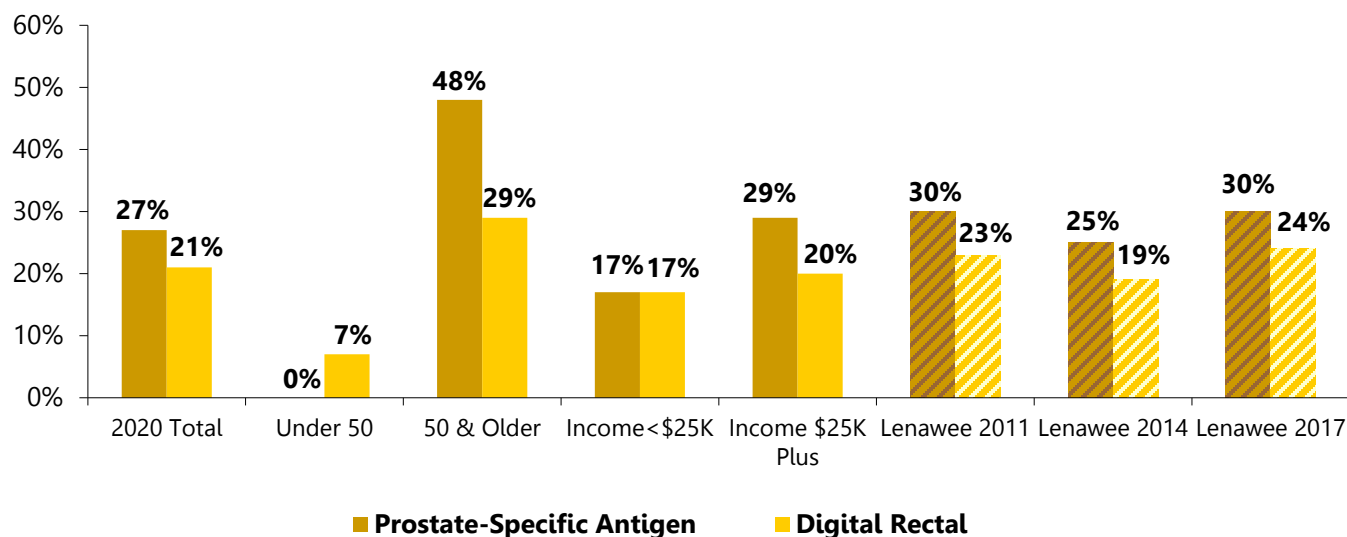
Total Male Deaths: 148,298

1. Heart Diseases (27% of all deaths)
2. Cancers (22%)
3. Accidents, Unintentional Injuries (7%)
4. Chronic Lower Respiratory Diseases (5%)
5. Stroke (4%)

(Source: MDHHS 2016–2018)

The following graph shows the percentage of Lenawee County male adults that had various exams in the past year. Examples of how to interpret the information shown on the graph include: 27% of Lenawee County males had a Prostate-Specific Antigen test in the past year, and 21% had a digital rectal exam.

Lenawee County Men's Health Exams Within the Past Year



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Health Care Access: Oral Health

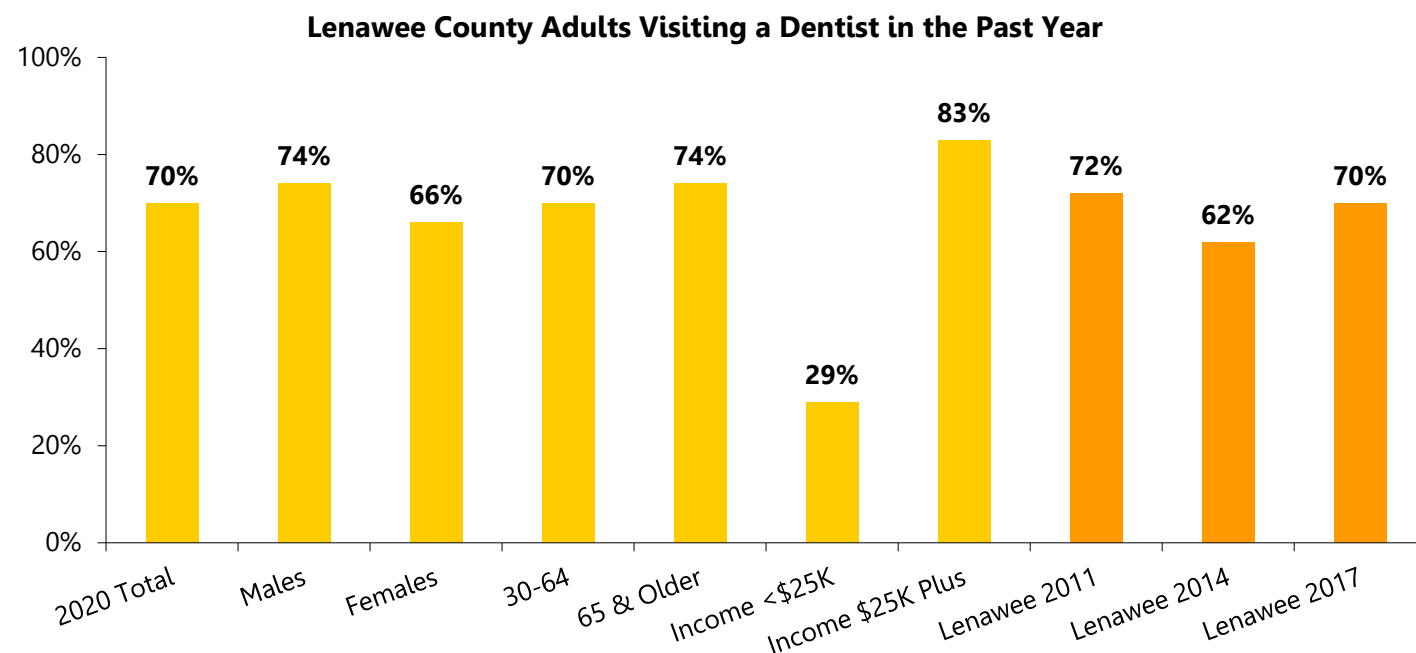
Key Findings

In 2020, 70% of Lenawee County adults visited a dentist or dental clinic in the past year. Twenty-six percent (26%) of adults did not see a dentist in the past year due to cost.

Oral Health

- Seventy percent (70%) of Lenawee County adults had visited a dentist or dental clinic in the past year, decreasing to 29% of those with incomes less than \$25,000.
- Eighty-five percent (85%) of Lenawee County adults with health insurance had been to the dentist in the past year, compared to 66% of those without health insurance.
- Lenawee County adults who did not visit a dentist in the past year gave the following reasons: cost (26%); had dentures (18%); had no reason to go/had not thought of it (13%); fear, apprehension, nervousness, pain, and dislike going (13%); cannot find a dentist that takes Medicaid (2%); did not have/know a dentist (1%); dentist did not accept their insurance (1%); and multiple reasons (15%).

The following graph provides information about the frequency of Lenawee County adult dental visits. An example of how to interpret the information includes: 70% of Lenawee County adults had been to the dentist in the past year, including 74% of males and 29% of those with incomes less than \$25,000.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Visited a dentist or a dental clinic (within the past year)	72%	62%	70%	70%	71%*	68%*

*2018 BRFSS Data

Oral Health	Within the Past Year	Within the Past 2 Years	Within the Past 5 Years	5 or More years	Never	Don't Know
Time Since Last Visit to Dentist/Dental Clinic						
Males	74%	9%	5%	10%	0%	2%
Females	66%	11%	11%	11%	0%	1%
Total	70%	11%	9%	10%	<1%	1%

Note: Totals may not equal 100% as some respondents answered, "Don't know".

Oral Health Basics

- Oral health affects our ability to speak, smile, eat, and show emotions. It also affects self-esteem, school performance, and attendance at work and school. Oral diseases—which range from cavities to gum disease to oral cancer—cause pain and disability for millions of Americans. They also cost taxpayers billions of dollars each year.
- Cavities (also called tooth decay) are one of the most common chronic diseases in the United States. By age 34, more than 80% of people have had at least one cavity. More than 40% of adults have felt pain in their mouth in the last year. The nation spends more than \$124 billion a year on costs related to dental care. On average, over 34 million school hours are lost and over \$45 billion is lost in productivity each year due to unplanned (emergency) dental care.
- Oral health has been linked with other chronic diseases, like diabetes and heart disease. It is also linked with risk behaviors like using tobacco and eating and drinking foods and beverages high in sugar.
- Public health strategies such as community water fluoridation and school dental sealant programs have been proven to save money and prevent cavities.

(Source: CDC, Division of Oral Health, Oral Health Conditions, Updated May 1, 2020)

Health Behaviors: Health Status Perceptions

Key Findings

In 2020, 52% of Lenawee County adults rated their health status as excellent or very good. Conversely, 20% of adults described their health as fair or poor, increasing to 45% of those with incomes less than \$25,000.

General Health Status

- Over half (52%) of Lenawee County adults rated their health as excellent or very good. Adults with higher incomes (52%) were most likely to rate their health as excellent or very good, compared to 29% of those with incomes less than \$25,000.
- One-fifth (20%) of adults rated their health as fair or poor.
- Lenawee County adults were most likely to rate their health as fair or poor if they:
 - Had an annual household income under \$25,000 (45%)
 - Had high blood cholesterol (26%)
 - Had high blood pressure (21%)

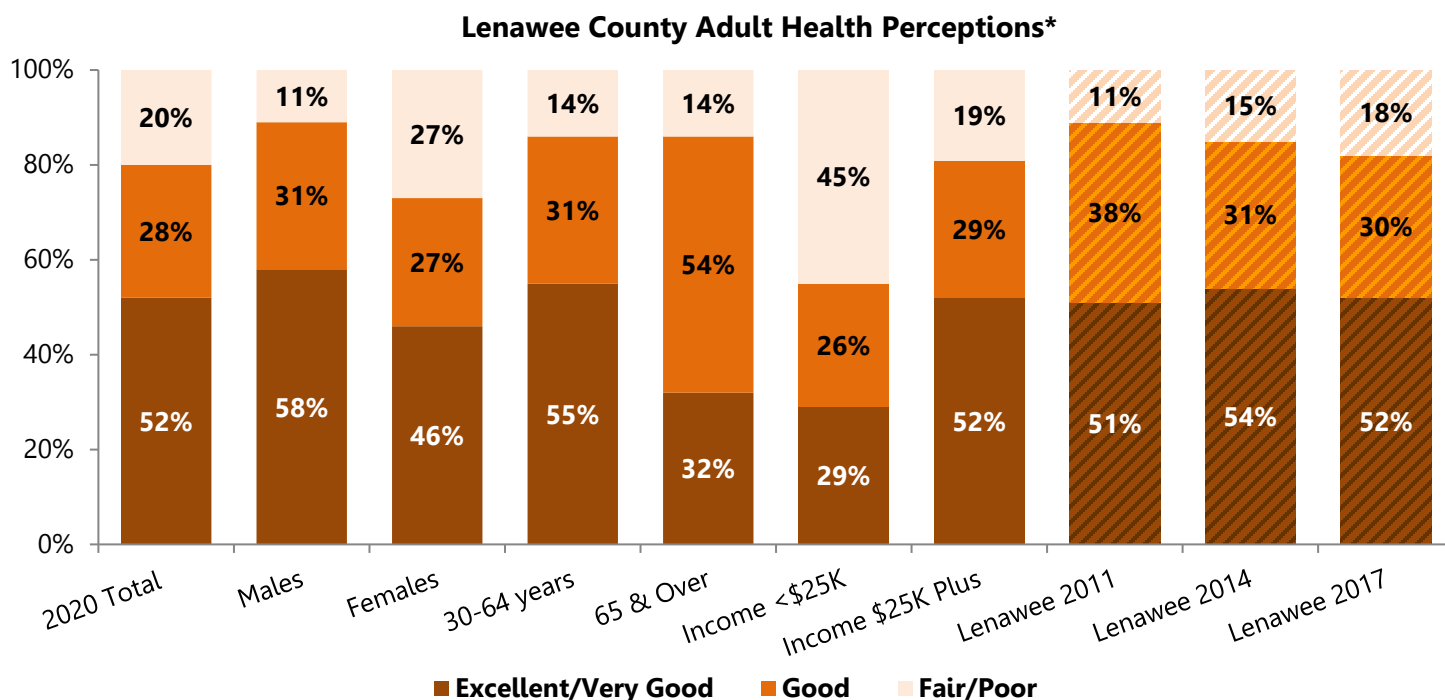
Physical Health Status

- Nineteen percent (19%) of Lenawee County adults rated their physical health as not good on four or more days in the previous month.
- Lenawee County adults reported their physical health as not good on an average of 2.8 days in the previous month.
- Lenawee County adults were most likely to rate their physical health as not good if they:
 - Had an annual household income less than \$25,000 (44%)
 - Were female (27%)
 - Were 65+ (16%)

Mental Health Status

- Twenty-eight percent (28%) of Lenawee County adults rated their mental health as not good on four or more days in the previous month.
- Lenawee County adults reported their mental health as not good on an average of 4.4 days in the previous month.
- Lenawee County adults were most likely to rate their mental health as not good if they:
 - Were female (38%)
 - Had an annual household income less than \$25,000 (33%)
 - Were 30-64 (21%)
- Over one-quarter (27%) of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation.

The following graph shows the percentage of Lenawee County adults who described their personal health status as excellent/very good, good, and fair/poor. An example of how to interpret the information includes: 52% of all Lenawee County adults, 58% of males, and 29% of those with incomes under \$25,000 rated their health as excellent or very good.



*Respondents were asked: "Would you say that in general your health is excellent, very good, good, fair or poor?"

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The table shows the percentage of adults with poor physical and mental health in the past 30 days.

Health Status	No Days	1-3 Days	4-5 Days	6-7 Days	8 or More Days
Physical Health Not Good in Past 30 Days*					
Males	74%	12%	3%	1%	5%
Females	51%	9%	5%	6%	17%
30-64 Years	62%	16%	2%	2%	10%
65 & Over	64%	9%	4%	2%	11%
Total	61%	10%	4%	3%	11%
Mental Health Not Good in Past 30 Days*					
Males	70%	11%	5%	1%	9%
Females	41%	6%	9%	1%	28%
30-64 Years	63%	7%	8%	1%	13%
65 & Over	73%	6%	2%	2%	9%
Total	53%	9%	8%	1%	19%

*Totals may not equal 100% as some respondents answered, "Don't know".

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Rated general health as excellent or very good	51%	54%	52%	52%	48%	51%
Rated general health as fair or poor	11%	15%	18%	20%	19%	18%
Rated physical health as not good on four or more days (in the past month)	23%	22%	25%	19%	25%	23%
Average number of days that physical health was not good (in the past month)	N/A	3.6	4.4	2.8	4.3*	3.8*
Rated mental health as not good on four or more days (in the past month)	22%	26%	28%	28%	27%	24%
Average number of days that mental health was not good (in the past month)	N/A	3.7	4.7	4.4	4.4*	4.0*

N/A – Not Available

*2017 BRFSS as compiled by 2020 County Health Rankings

Health Behaviors: Adult Weight Status

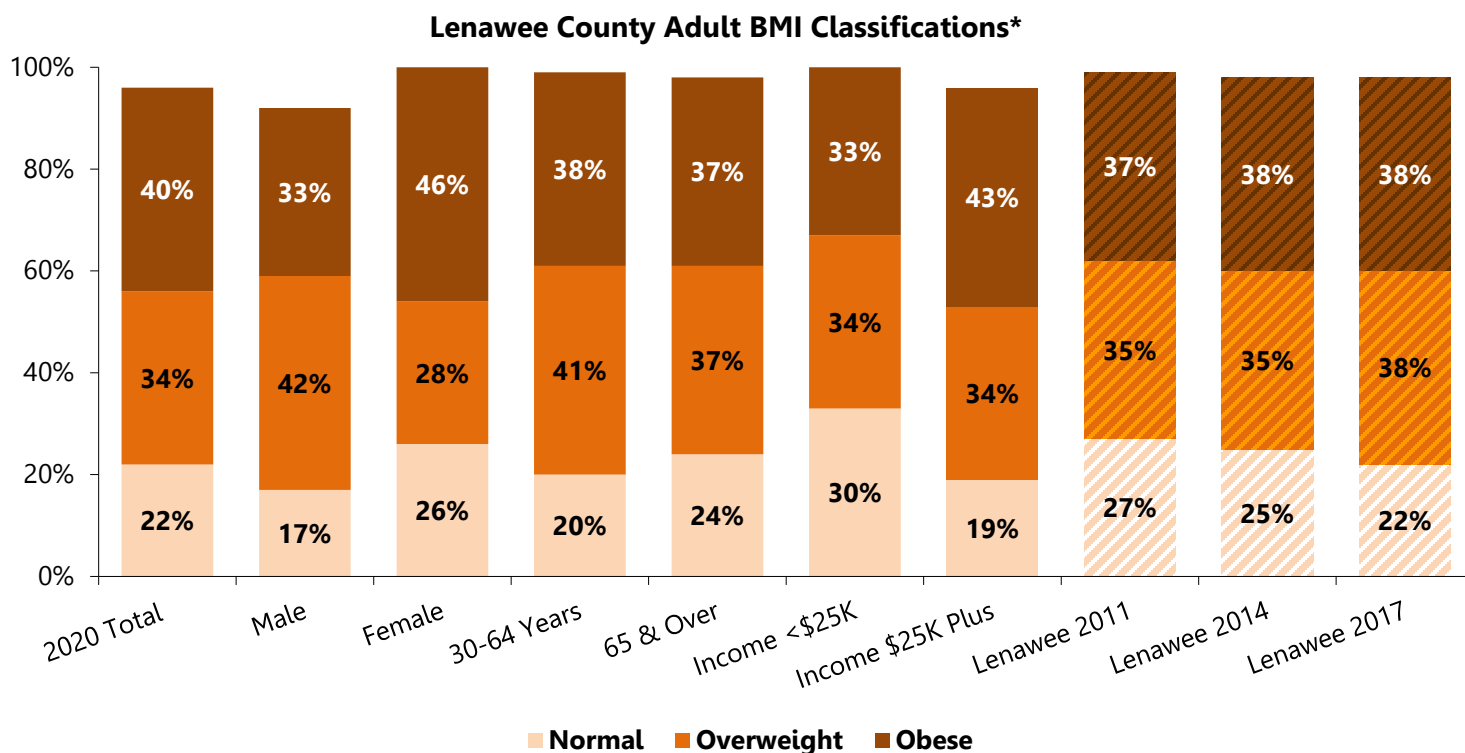
Key Findings

In 2020, 74% of Lenawee County adults were overweight or obese based on body mass index (BMI). Almost one-fourth (24%) of adults did not participate in any physical activity in the past week, including 2% who were unable to exercise.

Adult Weight Status

- Seventy-four percent (74%) of Lenawee County adults were either overweight (34%) or obese (40%) by body mass index (BMI). This puts them at elevated risk for developing a variety of diseases.
- More than two-fifths (41%) of adults were trying to lose weight, 31% were trying to maintain their current weight or keep from gaining weight, and 9% were trying to gain weight.
- Lenawee County adults did the following to lose weight or keep from gaining weight: drank more water (41%); ate less food, fewer calories, or foods low in fat (40%); exercised (36%); ate a low-carb diet (14%); used a weight loss program (3%); went without eating 24 or more hours (1%); took diet pills, powders, or liquids without a doctor's advice (1%); smoked cigarettes (1%); took prescribed medications (1%); bariatric surgery (1%); and participated in a prescribed dietary or fitness program (<1%).

The following graph shows the percentage of Lenawee County adults who were normal weight, overweight or obese by body mass index (BMI). An example of how to interpret the information includes: 22% of all adults were classified as normal weight, 34% were overweight, and 40% were obese.



*Percentages may not equal 100% due to the exclusion of data for those who were classified as underweight

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Overweight (25-29.9)	35%	35%	38%	34%	34%	35%
Obese (30-34.9)	37%	38%	38%	40%	36%	32%
Severely obese (35-39.9)	N/A	N/A	N/A	12%	N/A	N/A
Morbidly obese (40+)	N/A	N/A	N/A	8%	N/A	N/A

N/A – Not Available

Adult Physical Activity

- In Lenawee County, 59% of adults engaged in some type of physical activity or exercise for at least 30 minutes three or more days per week. Thirty-five percent (35%) of adults exercised five or more days per week. Almost one-fourth (24%) of adults did not participate in any physical activity in the past week, including 2% who were unable to exercise.
- Adults spent the most time doing the following physical activities in the past year: walking (33%), exercise through their occupation (5%), running/jogging (4%), strength training (3%), cycling (3%), exercise machines (2%), hiking (<1%), other (9%), and multiple types (35%). Seven percent (7%) of adults did not exercise in the past year, including 1% who were unable to do so.
- Reasons for not exercising included the following: time (31%); laziness (22%); too tired (21%); did not like to exercise (18%); weather (16%); pain or discomfort (11%); could not afford a gym membership (9%); no child care (7%); poorly maintained/no sidewalks (7%); no exercise partner (6%); transportation (5%); no gym available (4%); did not know what activities to do (4%); neighborhood safety (4%); no walking trails, biking trails, or parks (2%); and lack of opportunities for people with physical impairments or challenges (1%).
- Adults reported the following would help them use community parks, bike trails and walking paths more frequently: more available parks, bike trails, and walking paths (36%); improvements to existing parks, trails, and paths (30%); designated safe routes (23%); better promotion and advertising of existing parks, trails, and paths (19%); and more public events and programs involving parks, trails, and paths (18%).

Summary of the American Cancer Society (ACS) Guidelines on Nutrition and Physical Activity

- Achieve and maintain a healthy weight throughout life*
 - Be as lean as possible throughout life without being underweight.
 - Avoid excess weight gain at all ages. For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.
 - Get regular physical activity and limit intake of high calorie foods and drinks as keys to help maintain a healthy weight.
- Be physically active*
 - Get at least 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.
 - Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.
 - Doing some physical activity above usual activities, no matter what one's level of activity, can have many health benefits.
- Eat a healthy diet, with an emphasis on plant foods*
 - Choose foods and drinks in amounts that help you get to and maintain a healthy weight.
 - Eat a variety of vegetables and whole fruits
 - Choose whole grains instead of refined grain products.

(Source: American Cancer Society, Summary of the ACS Guidelines on Nutrition and Physical Activity, Updated on June 9, 2020)

Adult Nutrition

The table below indicates the number of servings of fruit, vegetables, sugar-sweetened beverages, and caffeinated beverages Lenawee County adults consumed daily.

	5 or more servings	3-4 servings	1-2 servings	0 servings
Fruit	1%	11%	78%	10%
Vegetables	2%	16%	74%	8%
Sugar-sweetened beverages	5%	7%	36%	52%
Caffeinated beverages	7%	19%	57%	17%

- Thirty-eight percent (38%) of adults ate between 1-to-2 servings of fruits **and/or** vegetables per day. Thirty-six percent (36%) ate 3-to-4 servings per day, and 21% ate 5 or more servings per day. Five percent (5%) of adults ate 0 servings of fruits **and/or** vegetables per day.
- Lenawee County adults reported they obtained their fresh fruits and vegetables from the following: large grocery store (such as Wal-Mart) (82%), local grocery store (38%), farmer's market (33%), grow their own/garden (28%), veggie mobile/mobile produce (2%), dollar general/dollar store (1%), food pantry (1%), group purchasing or community supported agriculture (1%), corner/convenience stores (<1%), and other (1%). One percent (1%) of adults reported they did not purchase fruits and vegetables.
- Adults reported the following barriers in consuming fruits and vegetables: too expensive (7%), did not like the taste (7%), did not know how to prepare them (4%), no access (2%), no variety (1%), and other reasons (5%). Eighty-one percent (81%) of adults reported no barriers in consuming fruits and vegetables.
- Lenawee County adults reported the following reasons they chose the types of food they ate: taste/enjoyment (64%), healthiness of food (44%), cost (44%), food they were used to (37%), ease of preparation/time (32%), what their family prefers (32%), availability (28%), nutritional content (25%), calorie content (15%), if it is genetically modified (8%), if it is organic (7%), artificial sweetener content (7%), if it is gluten free (5%), if it is lactose free (4%), other food sensitivities (4%), food availability at food pantry (3%), limitations due to dental issues (2%), health care provider's advice (2%), and other reasons (3%).
- Sixty-two percent (62%) of adults ate out in a restaurant or brought home take-out at least once in a typical week, 7% of whom did so for five or more meals.

Improving Fruit and Vegetable Access

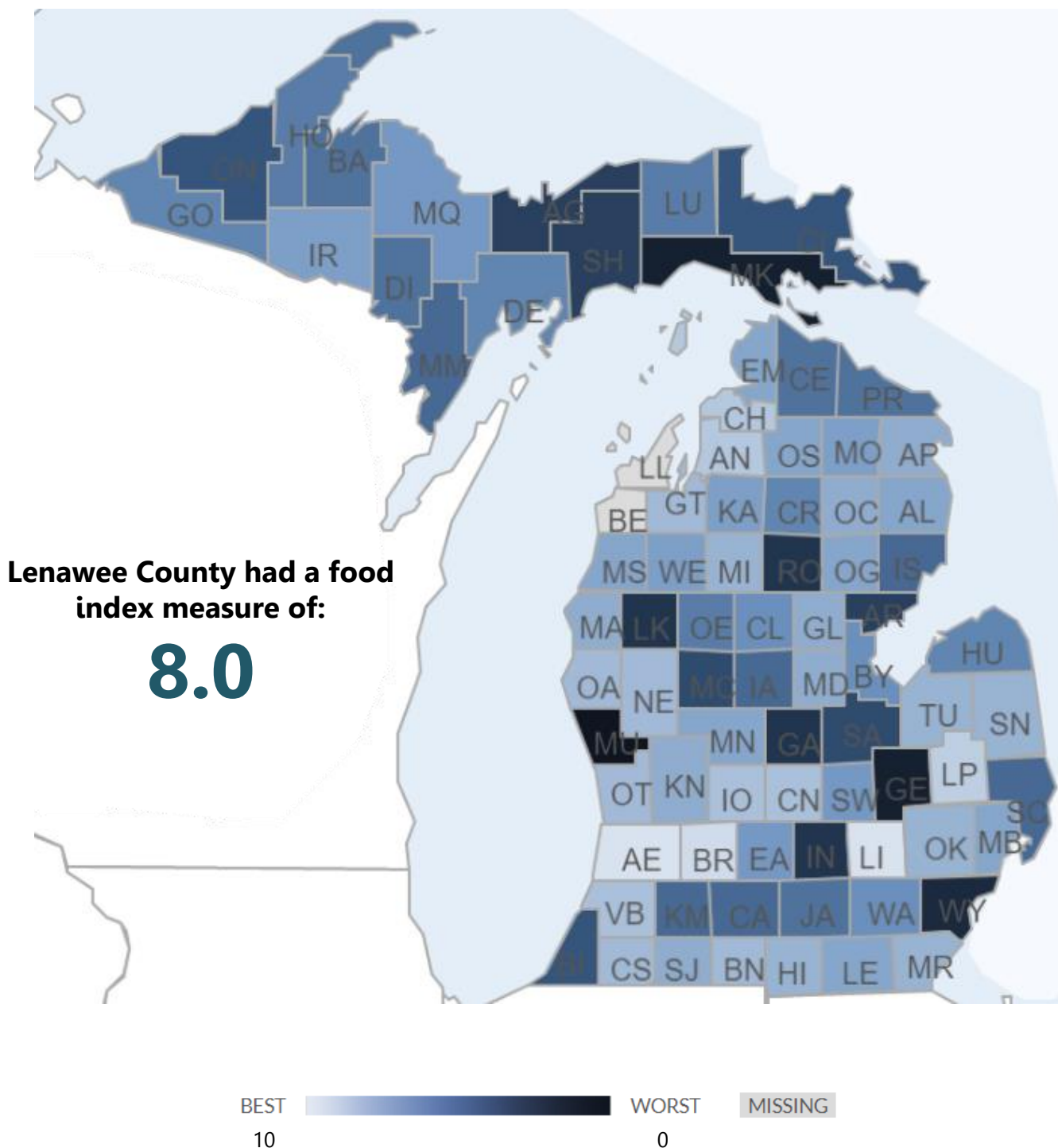
Poor diet quality is a leading risk factor associated with death and disability in the United States. Eating a diet rich in fruits and vegetables as part of an overall healthy diet can help protect against a number of serious and costly chronic diseases, including heart disease, type 2 diabetes, some cancers, and obesity. Fruits and vegetables also provide important vitamins and minerals that help the human body work as it should and fight off illness and disease.

- The 2015–2020 Dietary Guidelines for Americans recommends that adults consume 1.5–2 cups of fruits and 2–3 cups of vegetables per day.
- Despite these recommendations, recent data show low consumption. Only 1 in 10 US adults eat the recommended amount of fruits or vegetables each day.
- Income-related disparities exist, with 7% of adults who live at or below the poverty level meeting the daily vegetable recommendation, compared to 11.4% of adults with the highest household incomes.

(Source: CDC, State Indicator Report on Fruits and Vegetables, Updated June 2018)

The Food Environment Index measures the quality of the food environment in a county on a scale from 0 to 10 (zero being the worst value in the nation and 10 being the best). The two variables used to determine the measure are limited access to healthy foods (i.e., the percentage of the population who are low income and do not live close to a grocery store) & food insecurity (i.e., the percentage of the population who did not have access to a reliable source of food during the past year).

- The food environment index in Lenawee County is 8.0.
- The food environment index in Michigan is 7.1.



(Source: USDA Food Environment Atlas, as compiled by County Health Rankings 2020)

Health Behaviors: Adult Tobacco Use

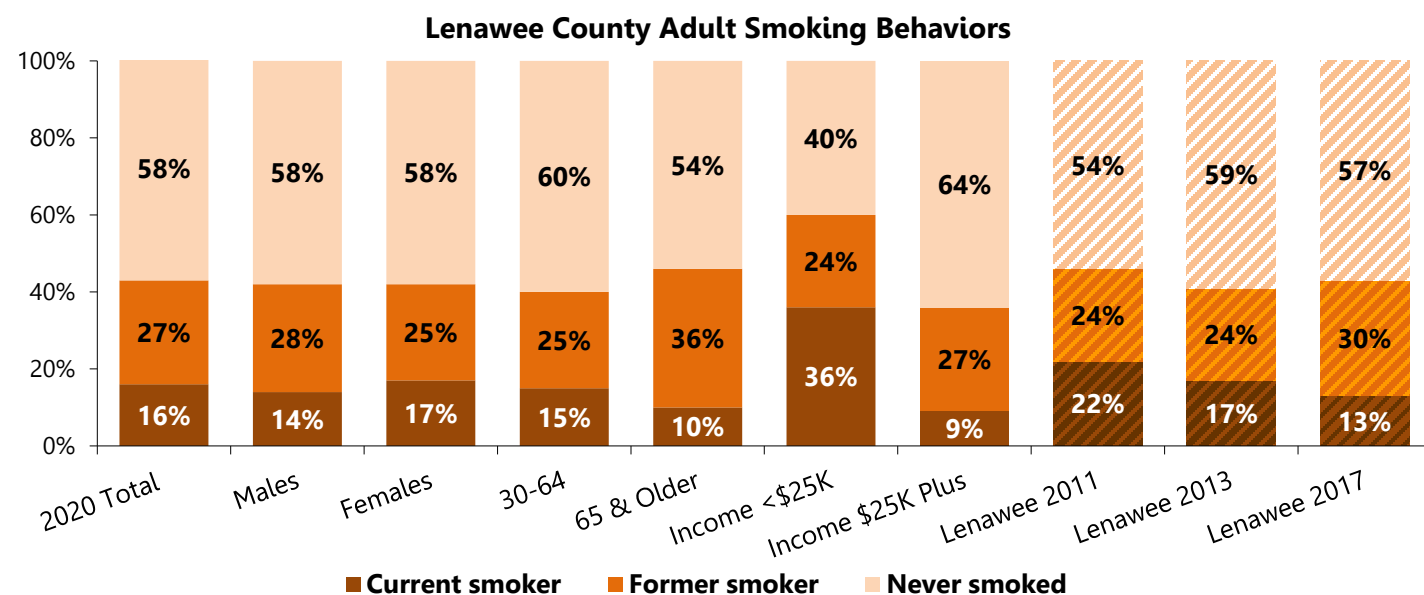
Key Findings

In 2020, 16% of Lenawee County adults were current smokers and 27% were considered former smokers. Seven percent (7%) of adults were current electronic vapor product users.

Adult Tobacco Use

- About one-in-six (16%) Lenawee County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoked some or all days).
- Over one-fourth (27%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke).
- Lenawee County adult smokers were more likely to have:
 - An annual income less than \$25,000 (36%)
 - Been divorced (15%)
- Thirty-five percent (35%) of current smokers responded that they had stopped smoking for at least one day in the past year because they were trying to quit smoking.
- Lenawee County adults used the following tobacco products in the past year: cigarettes (19%); e-cigarettes or other electronic vaping products (7%); cigars (4%); chewing tobacco, snuff or snus (4%); cigarillos (2%); little cigars (1%); and pipes (<1%).
- Lenawee County adults would support an ordinance to ban smoking in the following places: vehicle with a minor present (73%), multi-unit housing (58%), park or ball field (57%), college/university campuses (56%), and fairgrounds (56%).

The following graph shows the percentage of Lenawee County adults' cigarette smoking behaviors. An example of how to interpret the information includes: 16% of all Lenawee County adults were current smokers, 27% of all adults were former smokers, and 58% had never smoked.



**Respondents were asked: "Have you smoked at least 100 cigarettes in your entire life? If yes, do you now smoke cigarettes every day, some days or not at all?"*

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Adult Electronic Vapor Product Use

- Sixty-five percent (65%) of adults believed e-cigarette vapor was harmful to themselves, and 61% believed it was harmful to others. Six percent (6%) of adults did not believe e-cigarette vapor was harmful to anyone. Twenty-four percent (24%) of adults did not know if e-cigarette vapor was harmful.
- Adults who had used e-cigarettes/vapes in the past 12 months reported putting the following in them:
 - E-liquid or e-juice with nicotine (29%)
 - Marijuana or THC in the e-liquid (12%)

Adult Comparisons	Lenawee County 2011	Lenawee County 2013	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Current smoker (smoked on some or all days)	22%	17%	13%	16%	19%	16%
Former smoker (smoked 100 cigarettes in lifetime and now do not smoke)	24%	24%	30%	27%	27%	25%
Tried to quit smoking (on at least one day in the past year)	49%	49%	57%	35%	N/A	N/A

N/A – Not Available

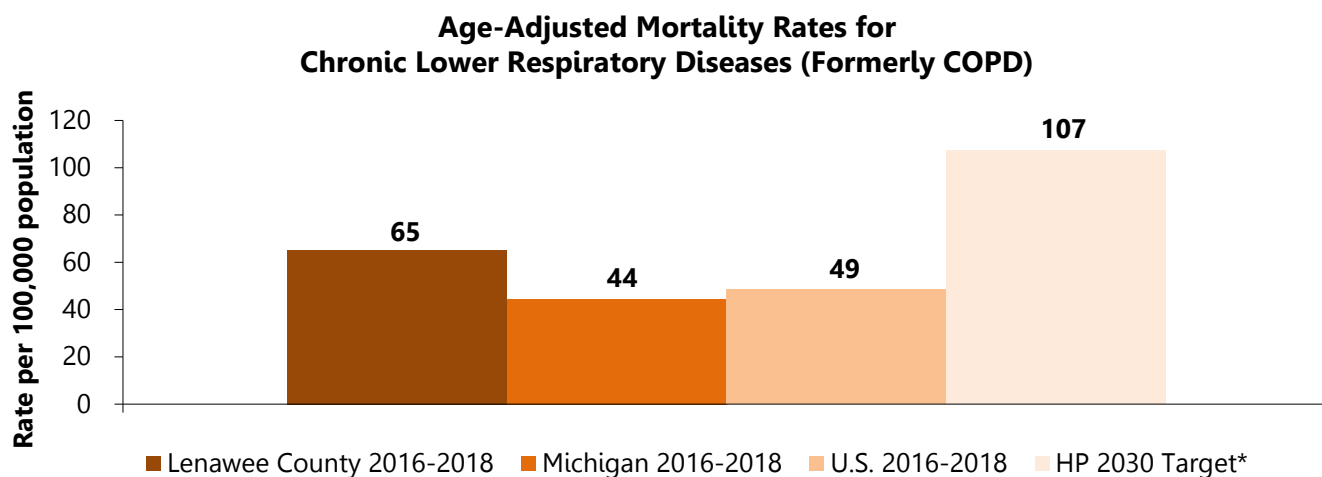
E-Cigarette Health Effects

- Most e-cigarettes contain nicotine, which has known health effects.**
 - Nicotine is highly addictive.
 - Nicotine is toxic to developing fetuses.
 - Nicotine can harm adolescent brain development, which continues into the early to mid-20s.
 - Nicotine is a health danger for pregnant women and their developing babies.
- Besides nicotine, e-cigarette aerosol can contain substances that harm the body.**
 - This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products.
- E-cigarettes can be less harmful than regular cigarettes- but that doesn't mean e-cigarettes are safe.**
 - E-cigarette aerosol generally contains fewer toxic chemicals than the deadly mix of 7,000 chemicals in smoke from regular cigarettes. However, e-cigarette aerosol is not harmless. It can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.
- E-cigarettes are not currently approved by the FDA as a quit smoking aid.**
 - The U.S. Preventive Services Task Force, a group of health experts that makes recommendations about preventive health care, has concluded that evidence is insufficient to recommend e-cigarettes for smoking cessation in adults, including pregnant adults.
 - However, e-cigarettes may help non-pregnant adults who smoke if used as a complete substitute for all cigarettes and other smoked tobacco products.

(Source: CDC, Smoking & Tobacco Use, About Electronic Cigarettes (E-Cigarettes), updated September 9, 2020)

The following graph shows the Lenawee County, Michigan, and U.S. age-adjusted mortality rates per 100,000 populations for chronic lower respiratory diseases (formerly COPD). The graph shows:

- The Lenawee County's age-adjusted mortality rate for chronic lower respiratory disease was higher than the Michigan and U.S. rate but lower than the Healthy People 2030 target objective.



**Healthy People 2020's target rate and the U.S. rate is for adults aged 45 years and older.
(Sources: MDHHS Mortality, CDC Wonder, 2016-2018, Healthy People 2030)*

Smoking and COPD

- Chronic obstructive pulmonary disease (COPD) refers to a group of diseases that cause airflow blockage and breathing-related problems. COPD includes emphysema, chronic bronchitis, and in some cases, asthma.
- COPD is usually caused by cigarette smoking. Smoking accounts for as many as 8 out of 10 COPD-related deaths nationwide. However, as many as 1 out of 4 Americans with COPD never smoked cigarettes.
- The best way to prevent COPD is to never start smoking, and if you do smoke, quit. Additionally, stay away from secondhand smoke, which is smoke from burning tobacco products, such as cigarettes, cigars, or pipes, as well as smoke that has been exhaled, or breathed out, by a person smoking.

(Source: CDC, Tips from Former Smokers, Chronic Obstructive Pulmonary Disease (COPD), March 23, 2020)

Health Behaviors: Adult Alcohol Consumption

Key Findings

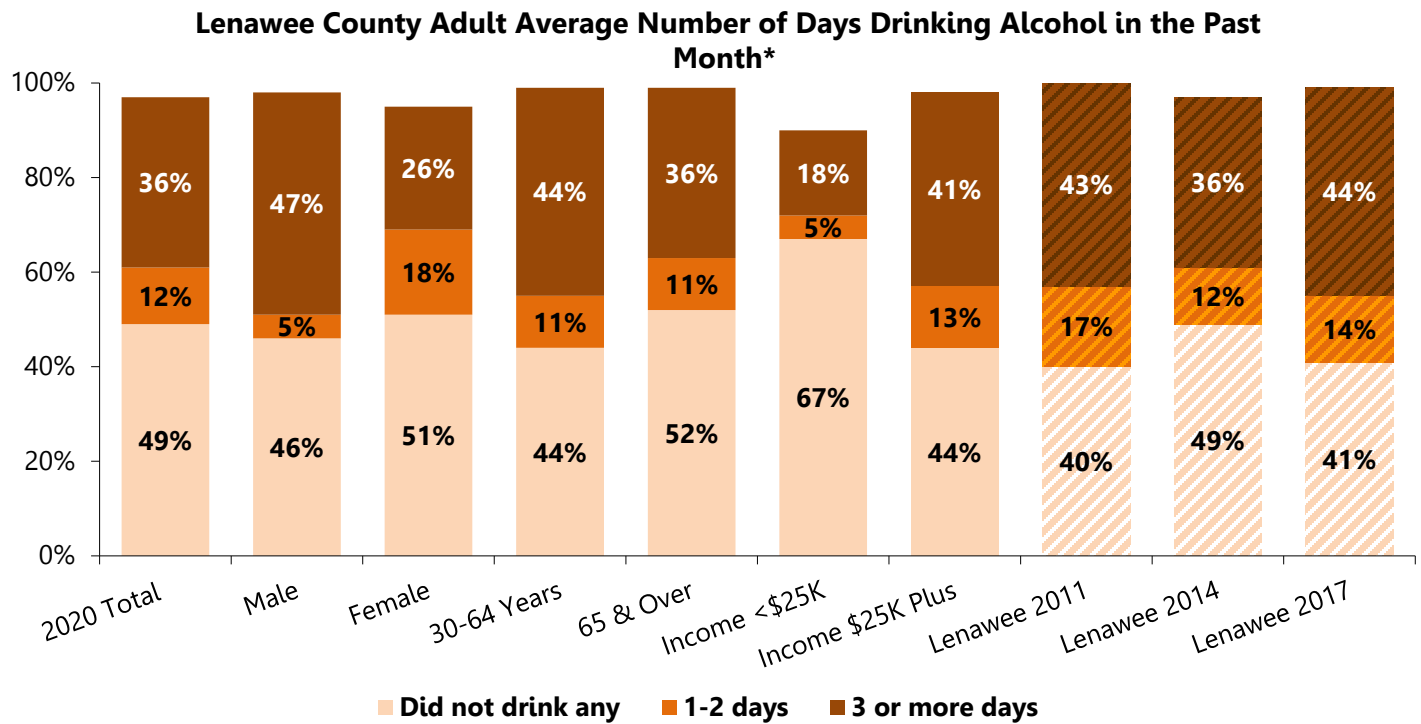
In 2020, 48% of Lenawee County adults had at least one alcoholic drink in the past month and would be considered current drinkers. Sixteen percent (16%) of all adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on an occasion in the last month and would be considered binge drinkers.

Adult Alcohol Consumption

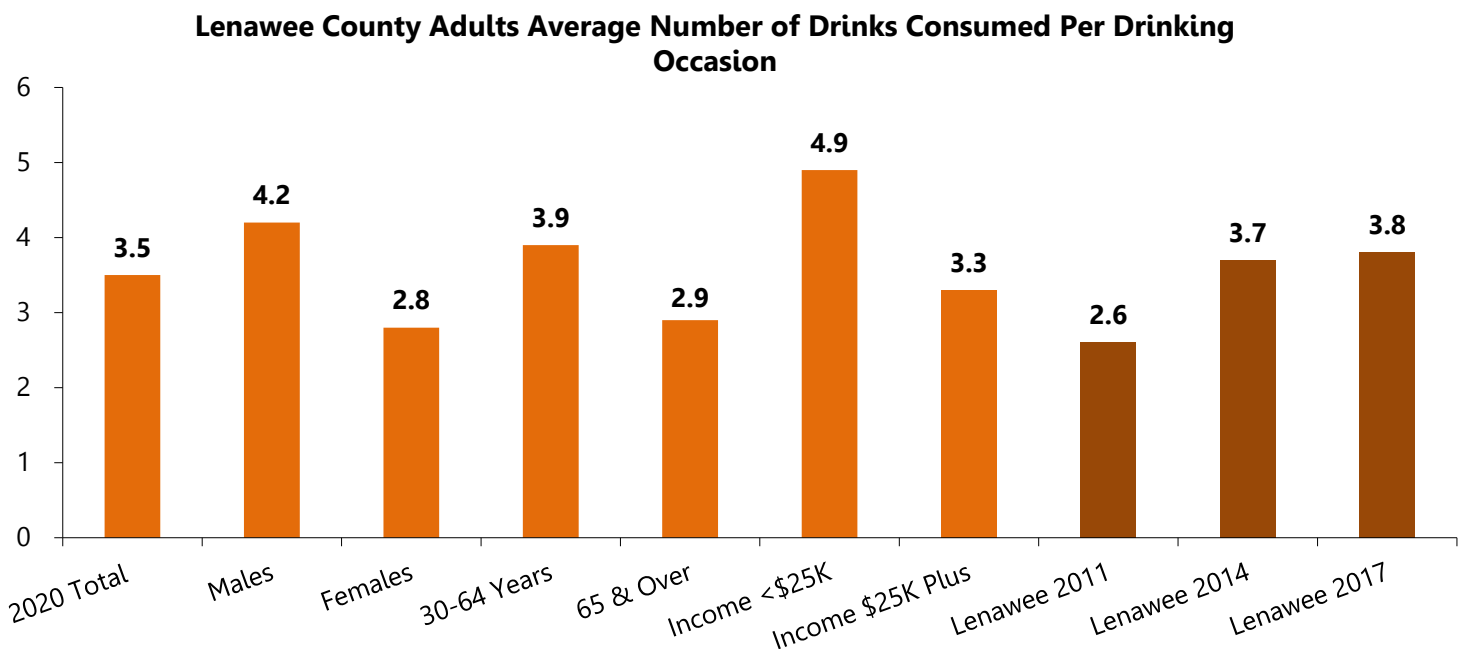
- Almost half (48%) of Lenawee County adults had at least one alcoholic drink in the past month, increasing to 54% those with incomes greater than \$25,000.
- Of those who drank, Lenawee County adults drank 3.5 drinks on average.
- Sixteen percent (16%) of Lenawee County adults reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) on an occasion in the last month and would be considered binge drinkers. Of those who drank in the past month, 36% had at least one episode of binge drinking.
- Lenawee County adults reported they or an immediate family member experienced the following in the past six months: drove a vehicle or other equipment after having any alcoholic beverages (9%), spent a lot of time drinking (7%), drank more than they expected (6%), continued to drink despite problems caused by drinking (4%), tried to quit or cut down but could not (3%), used prescription drugs while drinking (2%), gave up other activities to drink (1%), and drank to ease withdrawal symptoms (1%).

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Current drinker (had at least one drink of alcohol within the past month)	60%	48%	58%	48%	57%	54%
Binge drinker (males having five or more drinks on one occasion, females having four or more drinks on one occasion)	22%	20%	17%	16%	18%	17%

The following graphs show the percentage of Lenawee County adults consuming alcohol and the amount consumed on average in the past month. An example of how to interpret the information shown on the first graph includes: 49% of all adults did not drink alcohol in the past month, including 51% of females and 67% of those with incomes less than \$25,000.



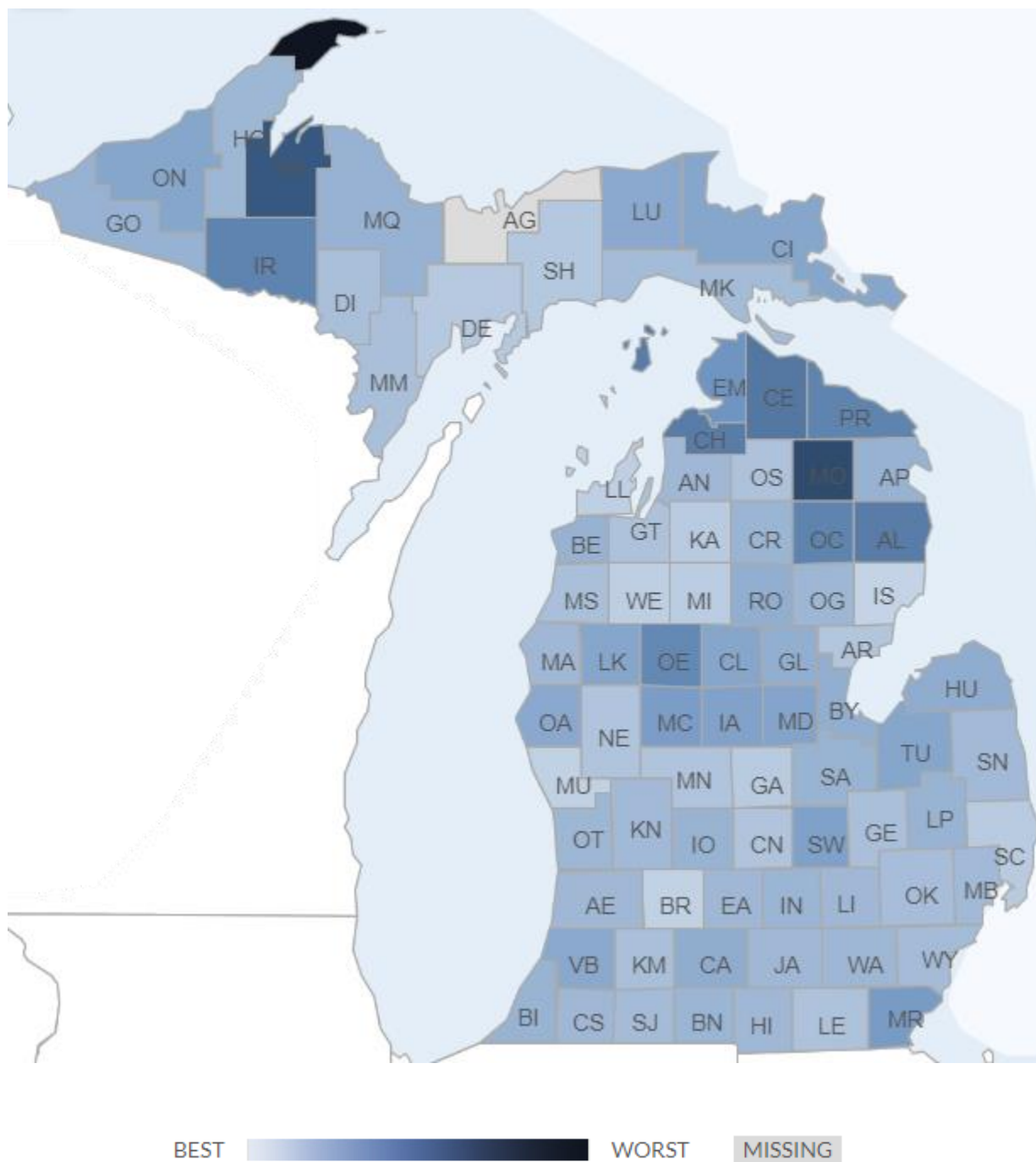
*Percentages may not equal 100% as some respondents answered, "Don't Know"



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Alcohol-Impaired Driving Deaths measures the relationship between alcohol and motor vehicle crash deaths. **Alcohol-Impaired Driving Deaths** is the percentage of motor vehicle crash deaths with alcohol involvement.

- The Alcohol-Impaired Driving Deaths in Lenawee County is 23%.
- The Alcohol-Impaired Driving Deaths in Michigan is 29%.



(Source: Fatality Analysis Reporting System, 2014-2018, as compiled by County Health Rankings, 2020)

Health Behaviors: Adult Drug Use

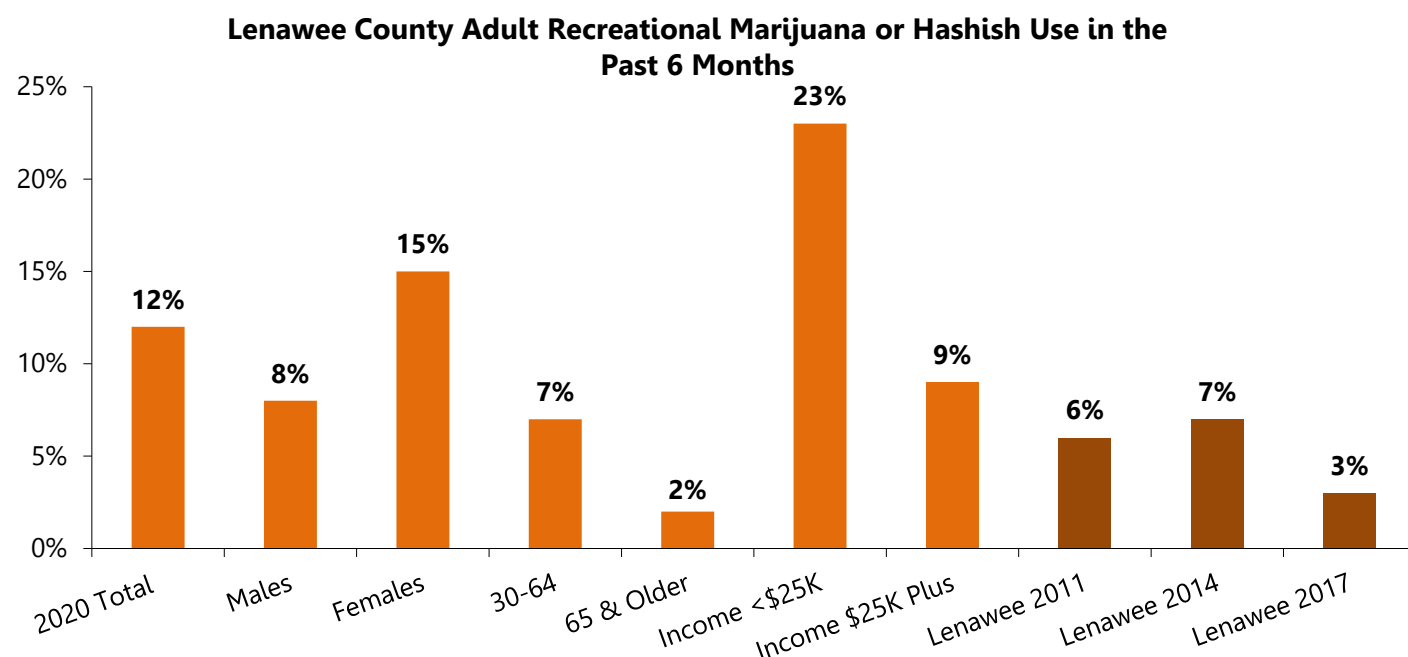
Key Findings

In 2020, 12% of Lenawee County adults had used recreational marijuana during the past 6 months. Five percent (5%) of adults had used medication not prescribed for them or took more than prescribed to feel good or high and/or more active or alert during the past 6 months.

Marijuana and Other Drug Use

- Twelve percent (12%) of Lenawee County adults had used recreational marijuana or hashish in the past 6 months, increasing to 23% of those with incomes less than \$25,000.
- Lenawee County adults used the following forms of marijuana in the past month:
 - Recreational marijuana (12%)
 - Marijuana for medicinal purposes (7%)
 - Marijuana that they, a family member, or a friend grew (7%)
 - Other products that have THC oil (6%)
- Lenawee County adults reported the following reasons for not seeking a program or service to help with a drug problem for themselves or a loved one: could not afford to go (2%), no openings (1%), had not thought of it (1%), stigma of seeking alcohol services (1%), could not get an office of clinic (<1%), insurance does not cover it (<1%), did not know how to find a program (<1%), fear (<1%), did not want to get in trouble (<1%), did not want to miss work (<1%), and other (4%).

The following graph shows adult recreational marijuana or hashish use in the past 6 months. An example of how to interpret the information in the graph includes: 12% of Lenawee County adults used recreational marijuana or hashish in the past 6 months, including 15% of females, and 8% of males.

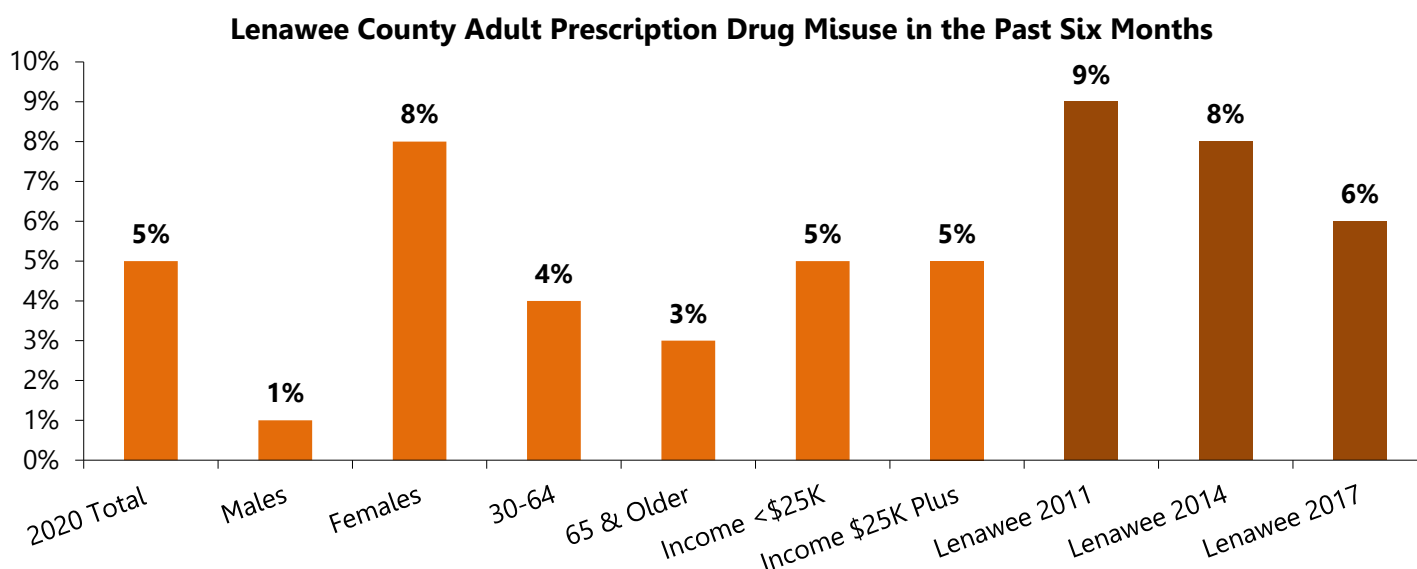


Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Prescription Drug Misuse

- In the past 6 months, 5% of adults had used drugs not prescribed for them or took more than prescribed to feel good, high, and/or more active or alert.
- Adults reported that themselves, an immediate family member, or someone in their household took the following medications not prescribed to them to feel good, high, and/or more active or alert during the past 6 months: Tramadol/Ultram (5%); Ritalin, Adderall, Concerta, or other ADHD medication (4%); Suboxone or Methadone (4%); Vicodin (3%); Codeine, Demerol, Morphine, Percocet, Dilaudid or Fentanyl (3%); OxyContin (3%); Neurontin (3%); Tranquilizers such as Valium or Xanax, sleeping pills, barbiturates, Seconal, Ativan, or Klonopin (2%); and steroids (2%).
- Lenawee County adults took the following over-the-counter drugs in a way not intended in the past 6 months: cough and cold medicine (15%), sleeping pills (10%), energy boosters (3%), weight loss or diet pills (1%), and motion sickness pills (1%).

The following graph shows Lenawee County adult prescription medication misuse in the past 6 months. An example of how to interpret the information includes: 5% of adults used misused medication in the past 6 months, including 8% of females, and 1% of males.



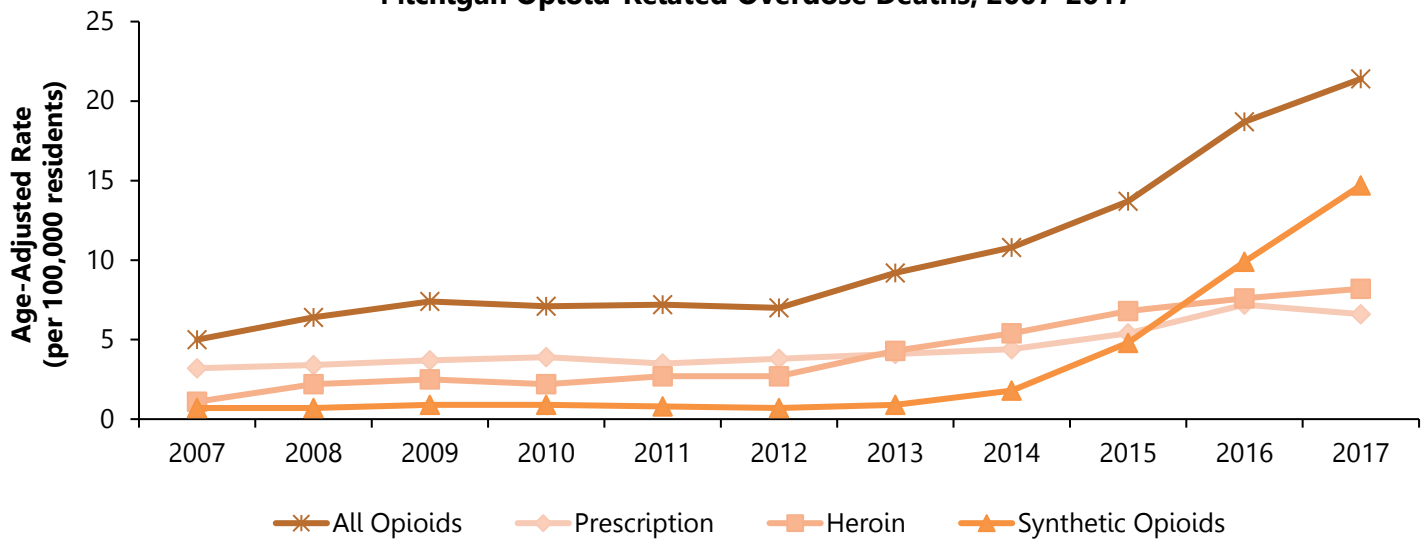
Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Used recreational marijuana or hashish in the past six months	6%	7%	3%	12%	N/A	N/A
Misused prescription drugs in the past six months	9%	8%	6%	5%	N/A	N/A

N/A – Not Available

The following graph shows the age-adjusted rate of opioid-related overdose deaths, by substance, in Michigan from 2007 to 2017. The graph shows that opioid-related overdose deaths have fluctuated over the 10-year period. However, overall opioid-related overdose deaths increased significantly from 2012 to 2017.

Michigan Opioid-Related Overdose Deaths, 2007-2017

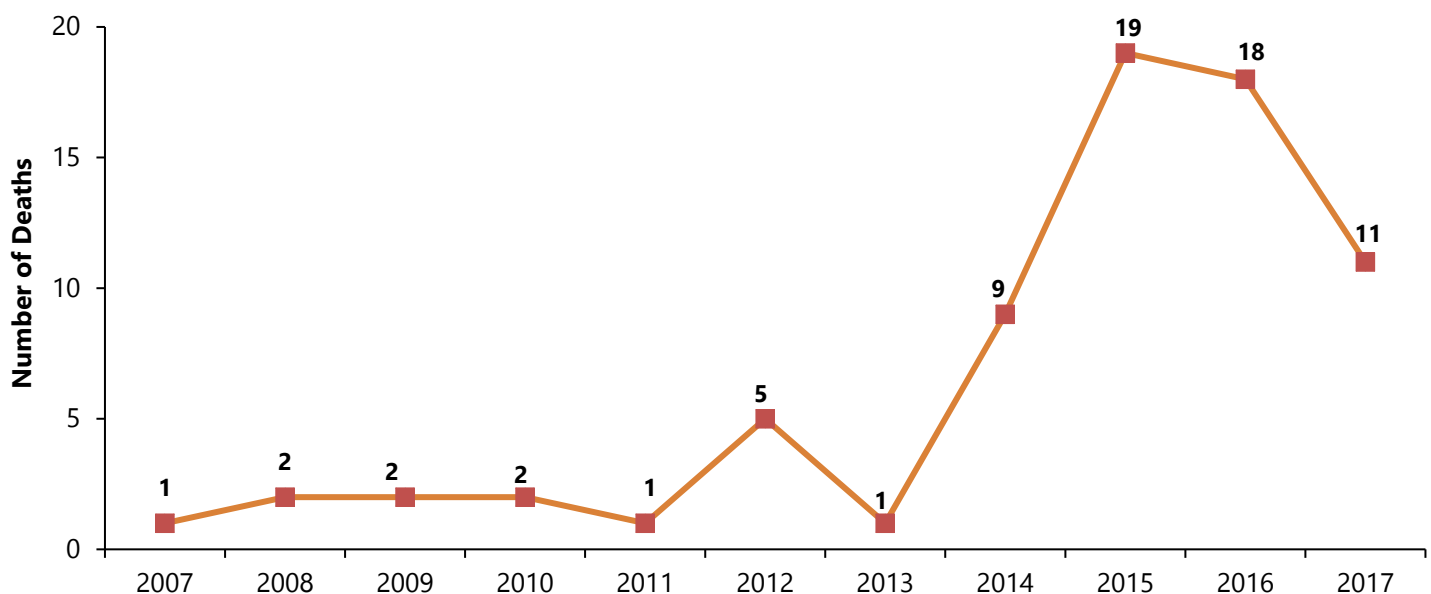


	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
All Opioids	5.0	6.4	7.4	7.1	7.2	7.0	9.2	10.8	13.7	18.7	21.4
Prescriptions	3.2	3.4	3.7	3.9	3.5	3.8	4.1	4.4	5.4	7.2	6.6
Heroin	1.1	2.2	2.5	2.2	2.7	2.7	4.3	5.4	6.8	7.6	8.2
Synthetic Opioids	0.7	0.7	0.9	0.9	0.8	0.7	0.9	1.8	4.8	9.9	14.7

(Source: Michigan Department of Health & Human Services, Age-adjusted Opioid Drug Overdoses Mortality Rates by Sex, Michigan Residents, Michigan Death Files 2000-2017)

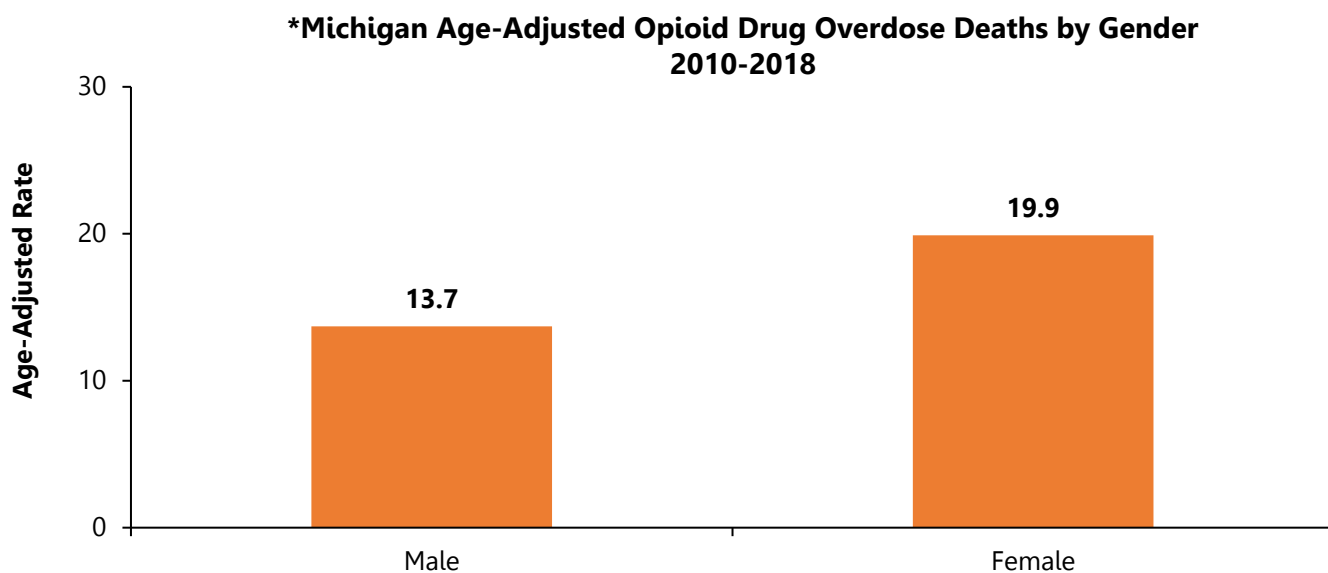
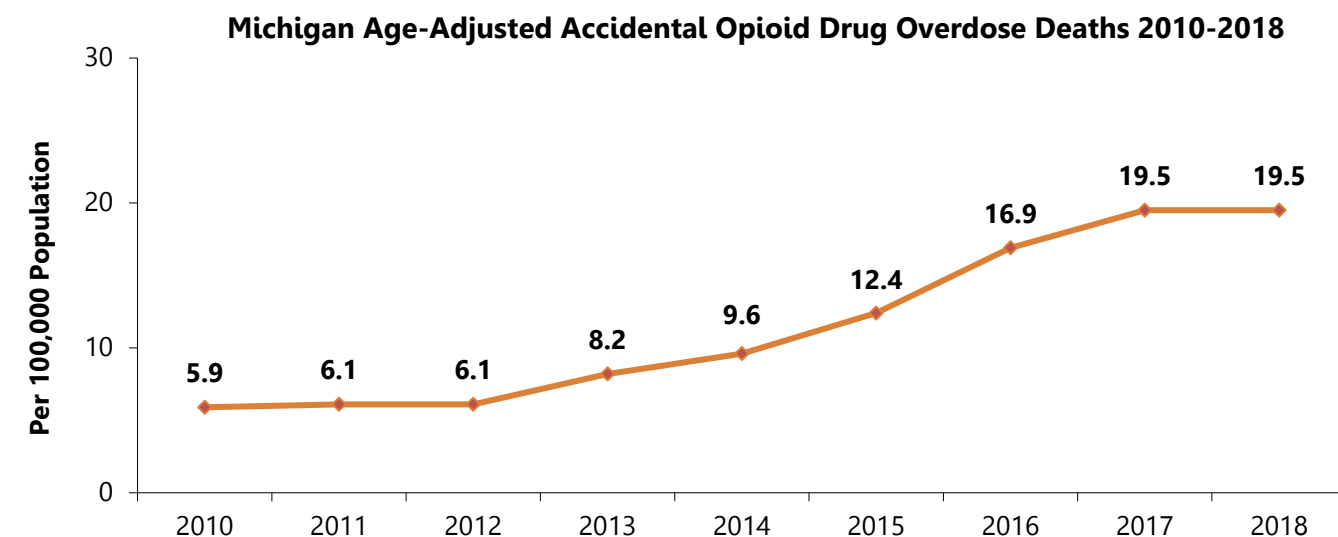
The following graph shows the number of opioid-related overdose deaths in Lenawee County from 2007 to 2017. From 2007 to 2017 there were 71 opioid-related overdose deaths in Lenawee County.

Lenawee County Opioid-Related Overdose Deaths, 2007-2017



(Source: Michigan Death Certificates, Division for Vital Records and Health Statistics/MDHHS, as compiled by The Substance Use Disorder Data Repository, 2007-2017)

The following graphs show the Michigan age-adjusted accidental opioid drug overdose deaths by year and by gender from 2010 to 2018.

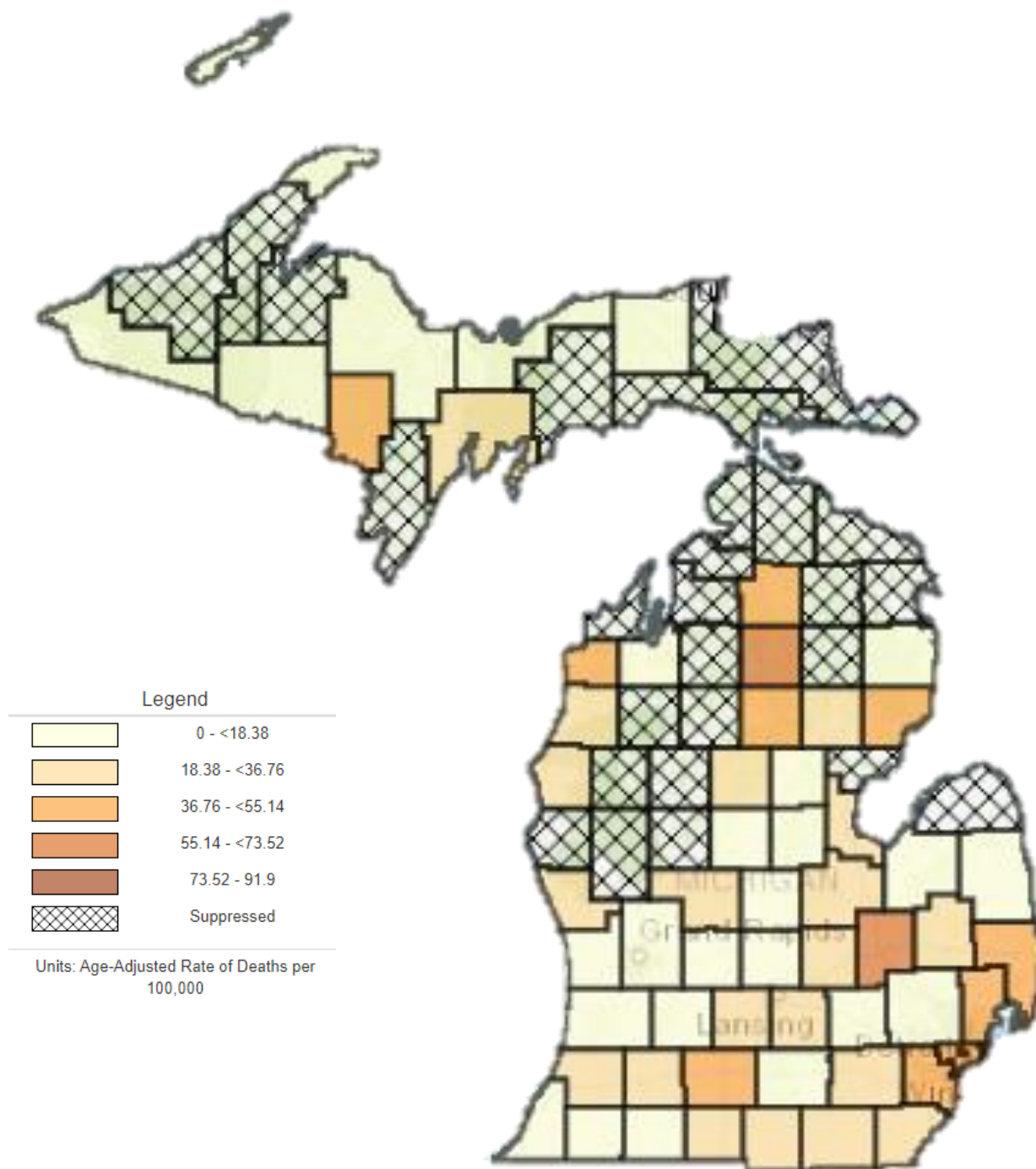


**Gender refers to biological sex*

(Source for graphs: MDHHS Death Files 2010-2018)

The following map illustrates the age-adjusted drug overdose death rate per 100,000 population, by county in 2018.

- The age adjusted drug overdose rate in 2018 was 30.6 deaths per 100,000 population in Lenawee County, which was higher than Michigan's age-adjusted rate of 26.8 per 100,000 population in 2018.



(Source: MDHHS Michigan Environmental Public Health Tracking, 2018)

Health Behaviors: Adult Sexual Behavior

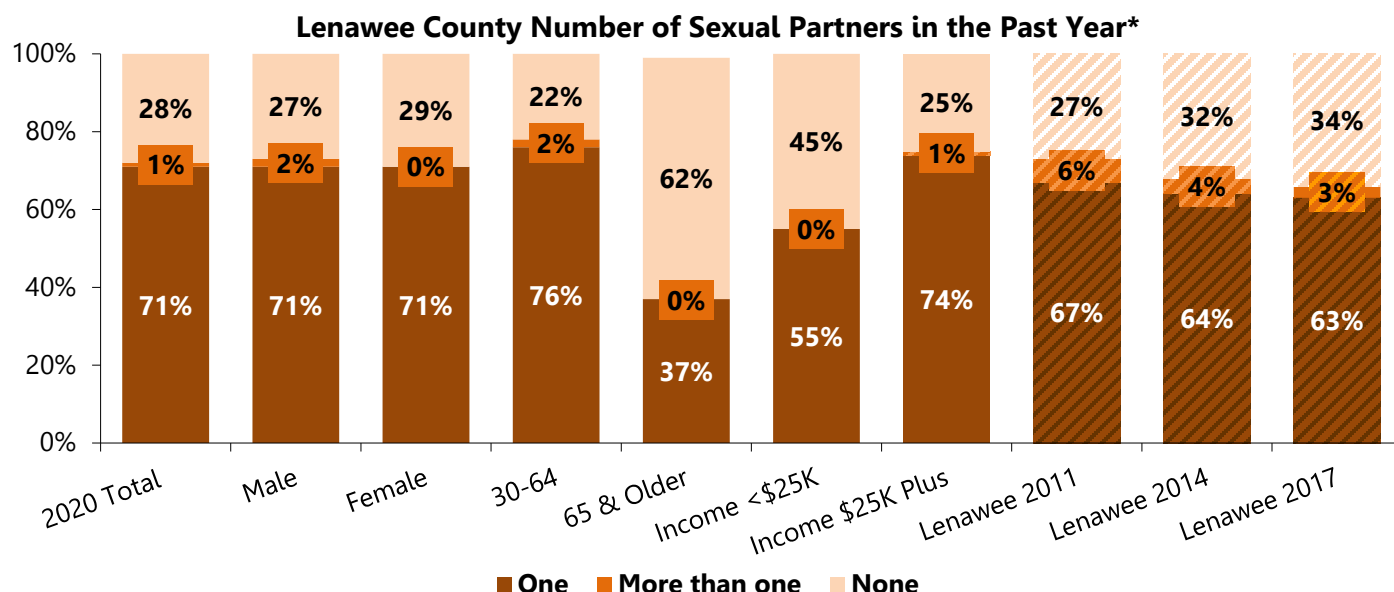
Key Findings

In 2020, 71% of Lenawee County adults had sexual intercourse. One percent (1%) of adults had more than one sexual partner in the past year.

Adult Sexual Behavior

- Seventy-one percent (71%) of Lenawee County adults had sexual intercourse in the past year. One percent (1%) of adults reported they had intercourse with more than one partner in the past year.
- Lenawee County adults used the following methods of birth control: vasectomy (29%); they or their partner were too old (16%); tubes tied (11%); hysterectomy (9%); condoms (9%); IUD (7%); ovaries or testicles removed (6%); infertility (5%); birth control pill (4%); rhythm method (4%); withdrawal (3%); gay or lesbian (<1%); shots (<1%); and contraceptive patch (<1%). Eight percent (8%) of adults reported they and their partner were trying to get pregnant. Nineteen percent (19%) of Lenawee County adults were not using any method of birth control.
- Lenawee adults reported the following situations applied to them:
 - Had sex without a condom in the past year (25%)
 - Following alcohol or other drug use, they engaged in sexual activity that they would not have done if sober (3%)
 - Had anal sex without a condom in the past year (3%)
 - Had sex with someone they did not know (3%)
 - Had been treated for a sexually transmitted disease (STD) in the past year (2%)
 - Had sexual activity with someone of the same gender (2%)
 - Had sex with someone they met on social media (2%)
 - Tested positive for Hepatitis C (2%)
 - Tested positive for HPV (1%)
 - Had four or more sexual partners in the past year (1%)
 - Injected any drug other than those prescribed in the past year (1%)
 - Had been forced to have sex (1%)
 - Knew someone involved in sex trafficking (<1%)
 - Tested positive for HIV (<1%)
- Seven percent (7%) of adults were forced or coerced to have any sexual activity when they did not want to in their lifetime.
- Lenawee County adults had been diagnosed with the following sexually transmitted diseases (STDs) in the past five years: genital herpes (6%), chlamydia (5%), human papilloma virus (HPV) (1%), gonorrhea (<1%), syphilis (<1%), hepatitis c (<1%), HIV/AIDS (<1%), and other STDs (1%).

The following graph shows the number of sexual partners that Lenawee County adults had in the past year. An example of how to interpret the information includes: 71% of all Lenawee County adults had one sexual partner in the past year, 1% had more than one partner, and 28% did not have a sexual partner.



**Percentages may not equal 100% as some respondents answered, "Don't Know"*

Respondents were asked: "During the past year, with how many different people have you had sexual intercourse?"

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Had more than one sexual partner in past year	6%	4%	3%	1%	N/A	N/A

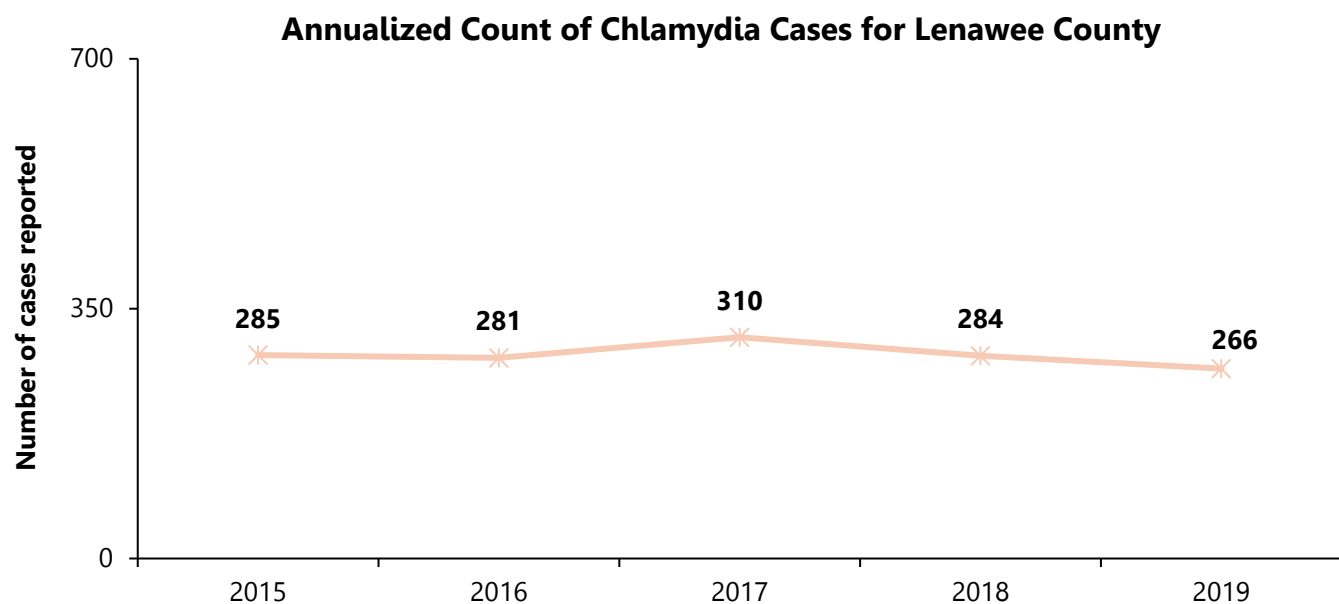
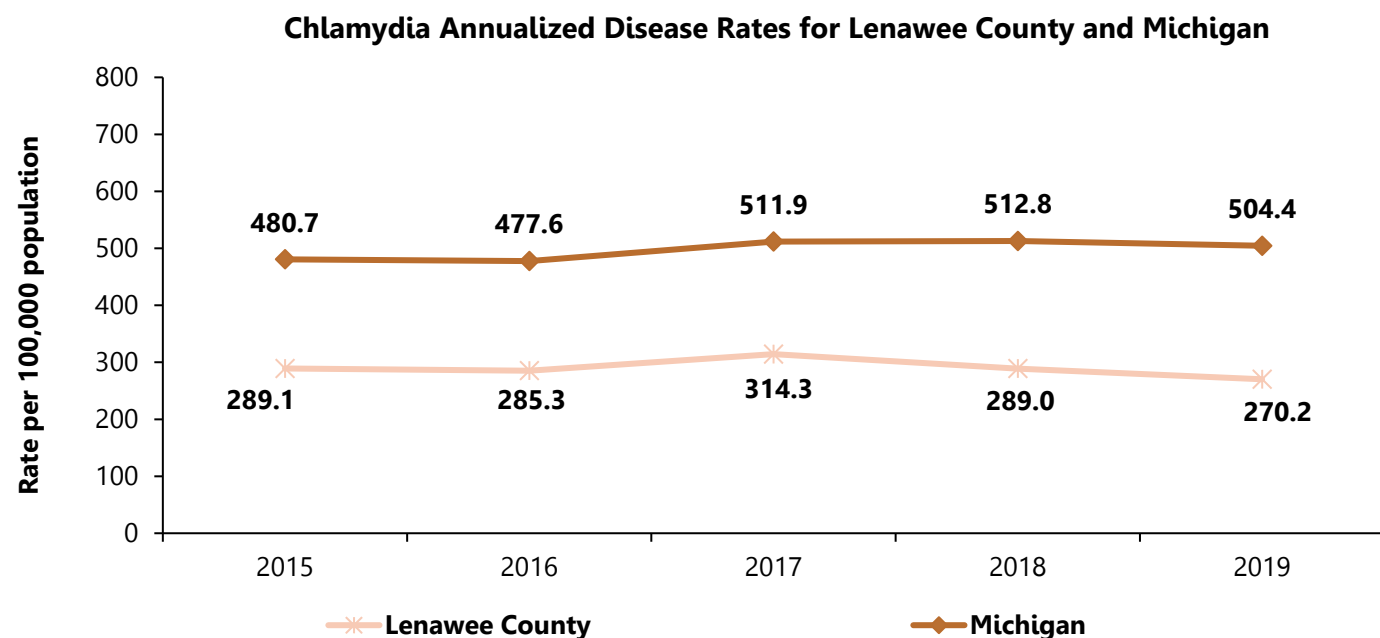
N/A – Not Available

Scope of the Problem: Sexual Violence

- 1 out of every 6 American women has been the victim of an attempted or completed rape in her lifetime (14.8% completed, 2.8% attempted).
- About 3% of American men—or 1 in 33—have experienced an attempted or completed rape in their lifetime.
- From 2009-2013, Child Protective Services agencies substantiated, or found strong evidence to indicate that, 63,000 children a year were victims of sexual abuse.
- A majority of child victims are 12-17. Of victims under the age of 18: 34% of victims of sexual assault and rape are under age 12, and 66% of victims of sexual assault and rape are age 12-17.
- Every 73 seconds another American is sexually assaulted.
- Number of people victimized each year:
 - 80,600 inmates were sexually assaulted or raped
 - 60,000 children were victims of "substantiated or indicated" sexual abuse
 - 433,648 Americans 12 and older were sexually assaulted or raped
 - 18,900 experienced unwanted sexual contact

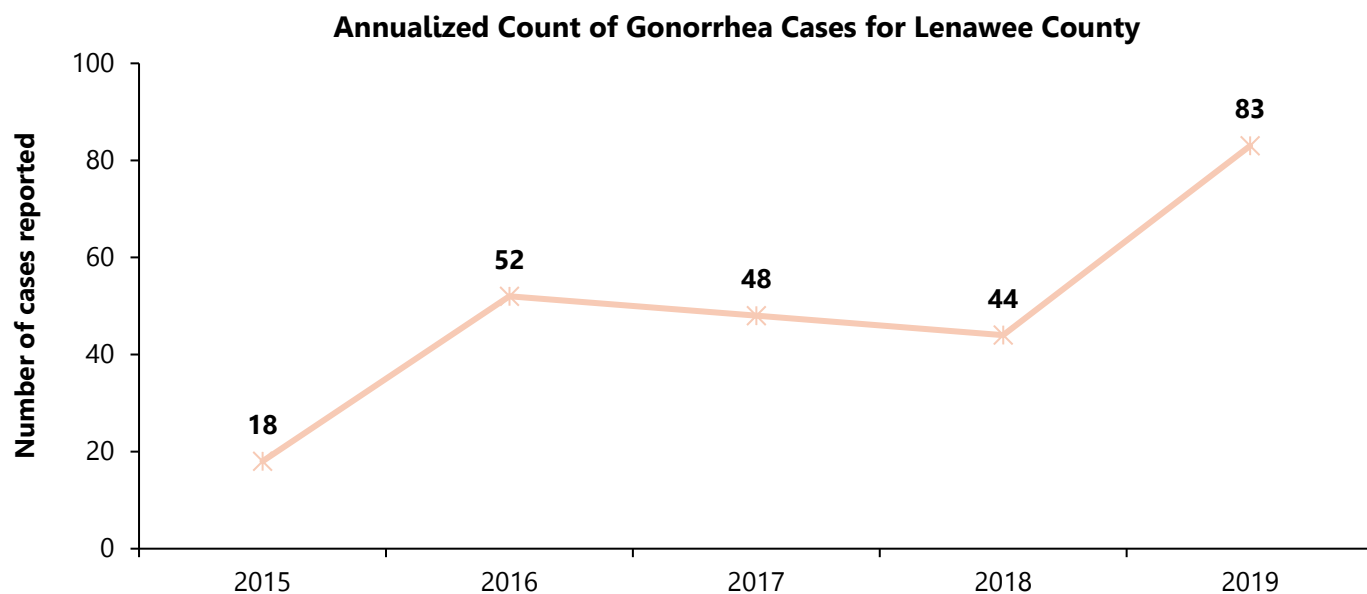
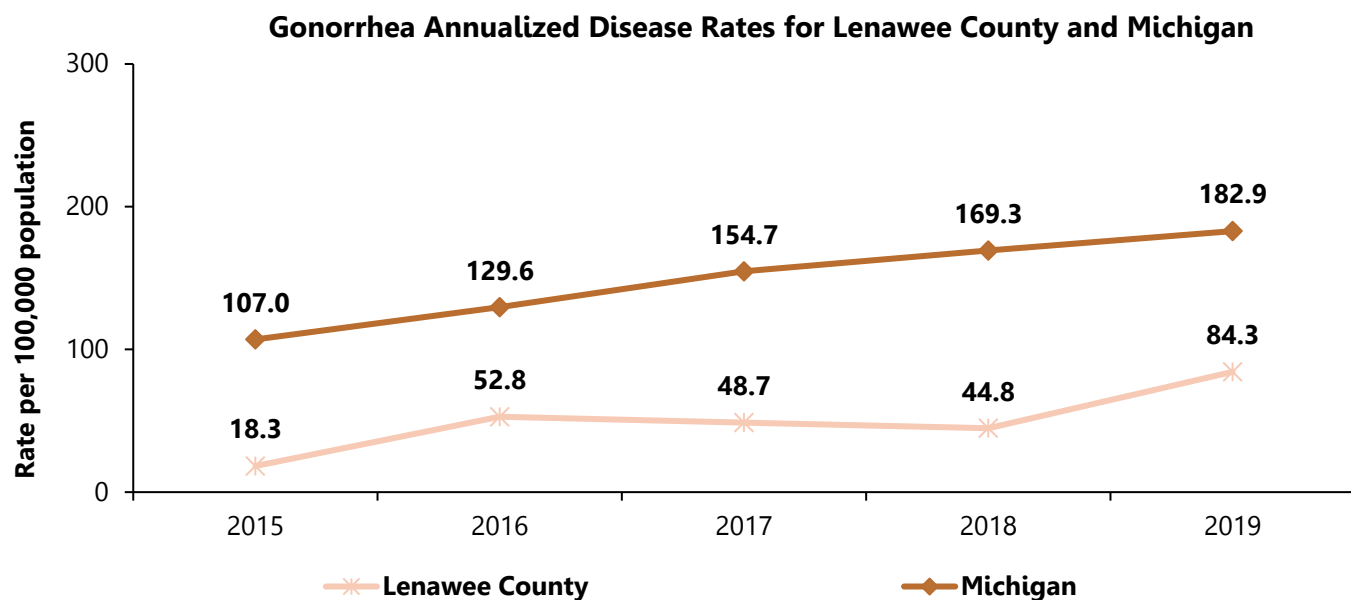
(Source: RAINN 25 years, Scope of the Problem: Statistics, 2020)

The following graphs show Lenawee County chlamydia disease rates per 100,000 population and the number of chlamydia disease cases.



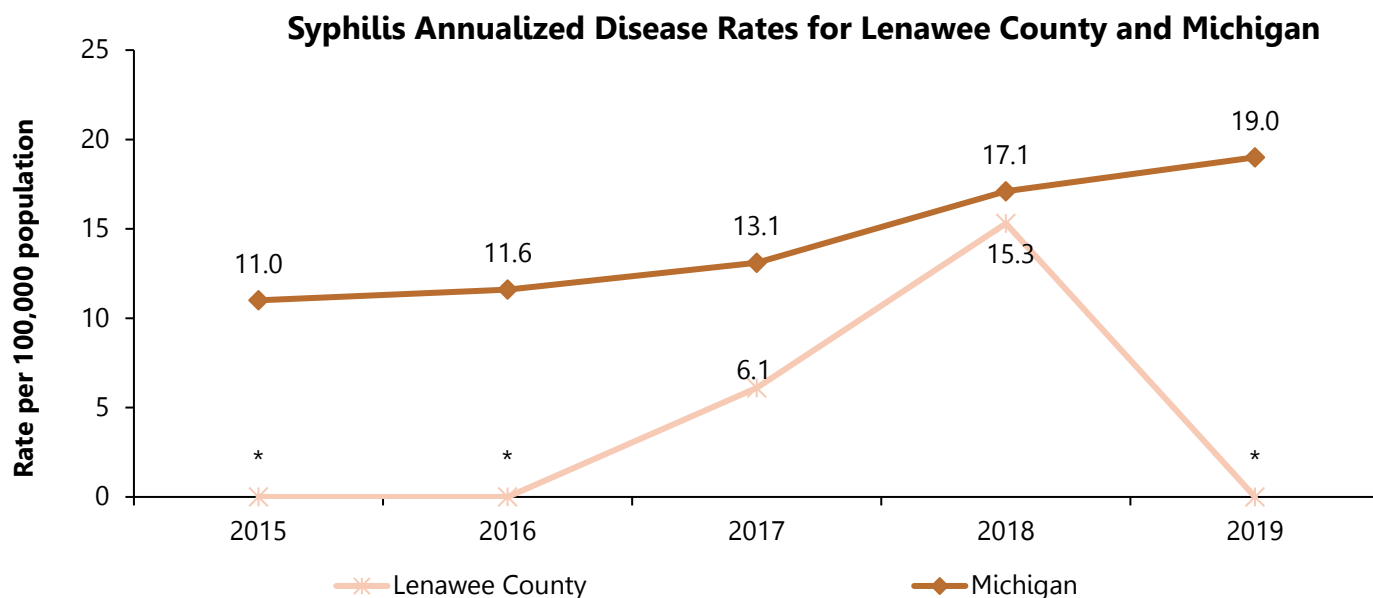
(Source: Michigan Disease Surveillance System, MDHHS, Sexually Transmitted Diseases, Data reported through 8/5/2020)

The following graphs show Lenawee County gonorrhea disease rates per 100,000 population and the number of gonorrhea disease cases.

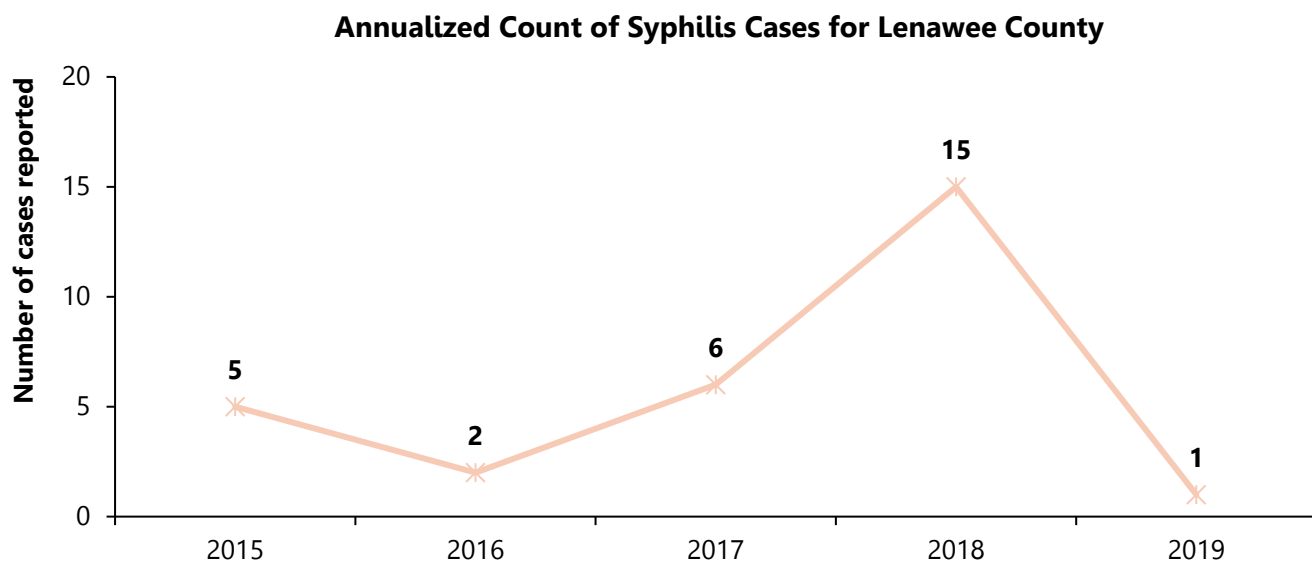


(Source: Michigan Disease Surveillance System, MDHHS, Sexually Transmitted Diseases, Data reported through 8/5/2020)

The following graphs show Lenawee County syphilis disease rates per 100,000 population and the number of syphilis disease cases.



*Indicates that data do not meet standards of reliability or precision.



(Source: Michigan Disease Surveillance System, MDHHS, Sexually Transmitted Diseases, Data reported through 8/5/2020)

Health Behaviors: Adult Mental Health

Key Findings

In 2020, 4% of Lenawee County adults considered attempting suicide. Thirty-four percent (34%) of adults reported they or a family member were diagnosed with, or treated for, anxiety or emotional problems.

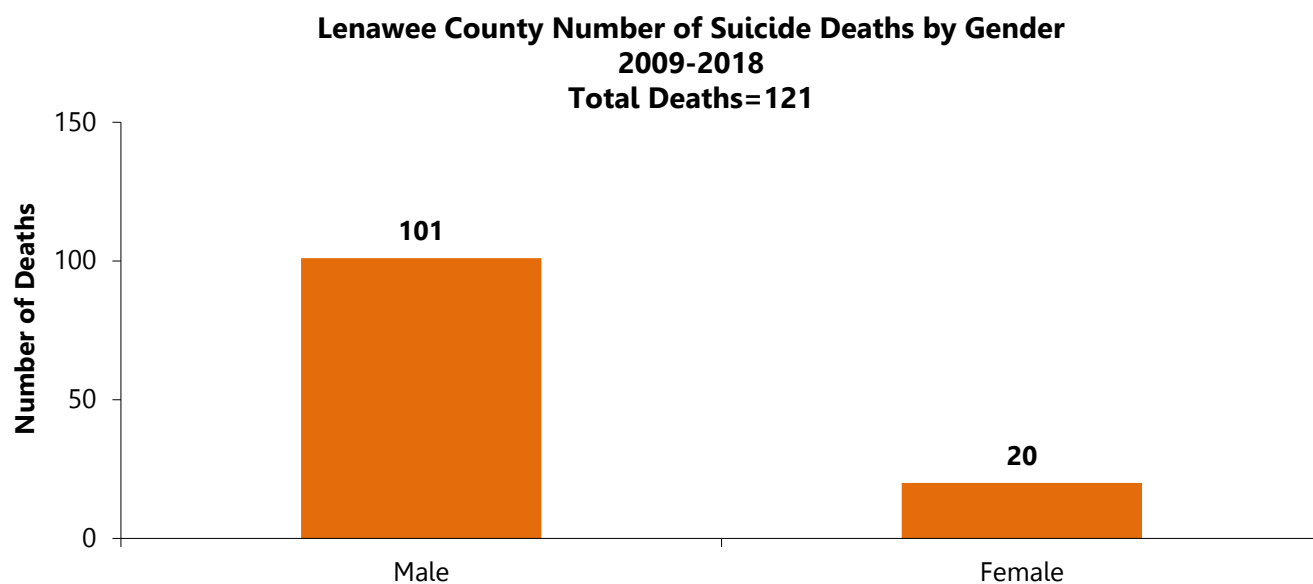
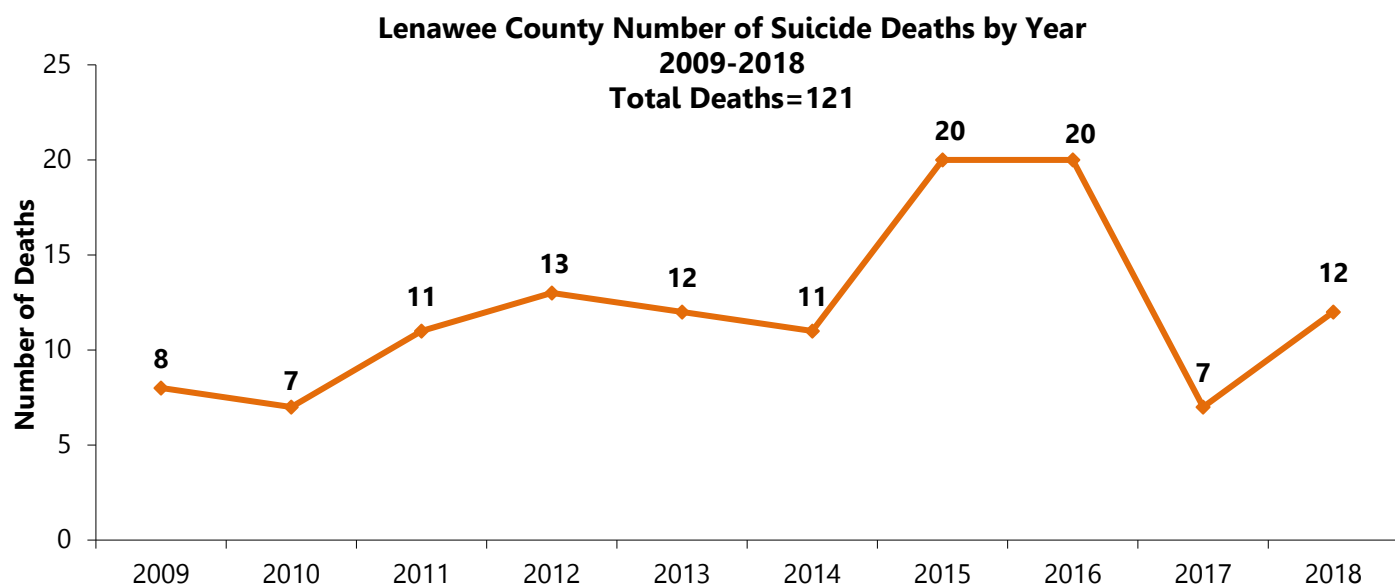
Adult Mental Health

- Lenawee County adults reported having a period of two or more weeks when they were feeling sad, blue or depressed and experienced the following: trouble sleeping or slept too much (27%), felt fatigued, no energy (25%), trouble thinking or concentrating (19%), woke up before they wanted (18%), lost interest in most things (18%), felt extremely restless or slowed down (12%), felt worthless or hopeless (8%), thought about death or suicide (7%), and weight/appetite change (6%).
- Four percent (4%) of Lenawee County adults seriously considered attempting suicide in the past year.
- Zero percent (0%) of adults attempted suicide in the past year.
- Lenawee County adults reported they or a family member were diagnosed with, or treated for, the following mental health issues in the past year: anxiety or emotional problems (34%), depression (28%), an anxiety disorder (28%), attention deficit disorder (ADD/ADHD) (14%), bipolar disorder (10%), post-traumatic stress disorder (PTSD) (6%), alcohol and illicit drug abuse (6%), autism spectrum (5%), developmental disability (3%), eating disorder (3%), psychotic disorder (3%), gambling problem (2%), other trauma (1%), life-adjustment disorder/issue (<1%), and some other mental health disorder (4%). Twenty-eight percent (28%) of adults indicated that they or a family member had taken medication for one or more mental health issues.
- Lenawee County adults reported the following caused them anxiety, stress, or depression: COVID-19 (37%), financial stress (35%), job stress (30%), current news/political environment (27%), poverty/no money (20%), raising/caring for children (20%), death of close family member or friend (17%), other stress at home (15%), marital/dating relationships (15%), fighting in the home (12%), social media (10%), chronic illness (9%), family member sick (8%), caring for a parent or others (4%), family member with a mental illness (4%), divorce/separation (3%), unemployment (2%), not having enough to eat (2%), sexual orientation/gender identity (2%), not feeling safe at home (2%), not feeling safe in the community (2%), and other (6%).
- Adults dealt with stress in the following ways: talked to someone they trust (58%), listened to music (44%), exercised (32%), ate more or less than normal (31%), engaged in prayer/meditation (30%), slept (30%), worked on a hobby (29%), worked (27%), drank alcohol (10%), used prescription drugs as prescribed (6%), smoked tobacco (4%), took it out on others (4%), called a professional (2%), and other ways (14%).

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Seriously considered attempting suicide in the past year	4%	6%	3%	4%	N/A	N/A
Attempted suicide in the past year	<1%	1%	1%	0%	N/A	N/A

N/A – Not Available

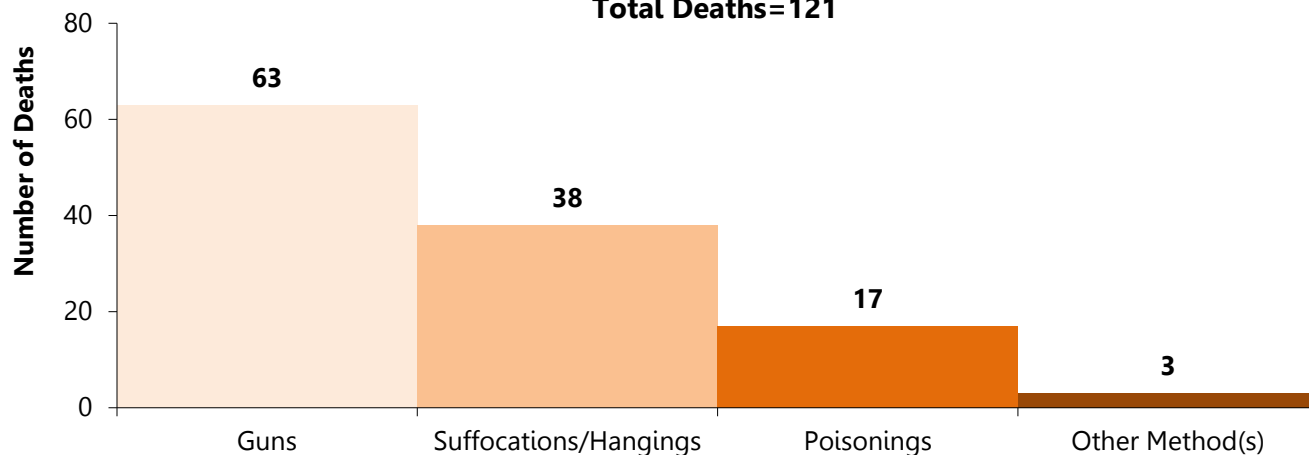
The graphs below show the Lenawee County suicide counts by year, by gender, and by mechanism between 2009 and 2018.



(Source: MDHHS, Michigan Mortality Characteristics, updated 1/30/2019)

The graphs below show the number of suicide deaths by mechanism Lenawee County from 2009 to 2018.

Lenawee County Number of Suicide Deaths by Mechanism 2009-2018 Total Deaths=121



(Source: MDHHS, Michigan Mortality Characteristics, updated 1/30/2019)

Suicide in the U.S.

Suicide is a large and growing public health problem.

- Suicide is the 10th leading cause of death in the United States.
- Suicide was responsible for more than 48,000 deaths in 2018, resulting in about one death every 11 minutes.
- In 2018, 10.7 million American adults seriously thought about suicide, 3.3 million made a plan, and 1.4 million attempted suicide.

Suicide affects all ages

- Suicide is a problem throughout the life span. It is the second leading cause of death for people 10 to 34 years of age, the fourth leading cause among people 35 to 54 years of age, and the eighth leading cause among people 55 to 64 years of age.

Some groups have higher rates of suicide than others.

- Suicide rates vary by race/ethnicity, age, and other population characteristics, with the highest rates across the life span occurring among non-Hispanic American Indian/Alaska Native and non-Hispanic White populations.
- Other Americans disproportionately impacted by suicide include Veterans and other military personnel and workers in certain occupational groups like construction and the arts, design, entertainment, sports, and media fields.

Suicide also affects the health of others and the community.

- In addition to the number of people who are injured or die, suicide also affects the health of others and the community. When people die by suicide, their family and friends can experience shock, anger, guilt, and depression. The economic toll of suicide on society is immense as well. Suicides and suicide attempts cost the nation almost \$70 billion per year in lifetime medical and work-loss costs alone.
- People who attempt suicide and survive may experience serious injuries, such as broken bones or brain injury. These injuries can have long-term effects on their health. People who survive suicide attempts may also experience depression and other mental health problems.
- Many other people are impacted by knowing someone who dies or by personally experiencing suicidal thoughts. When people die by suicide, their family and friends can experience shock, anger, guilt, and depression. Additionally, being a survivor or someone with lived experience increases one's risk of suicide.

(Source: CDC, Violence Prevention, Suicide Fast Facts, Updated on April 21, 2020)

Chronic Disease: Cardiovascular Health

Key Findings

More than one-fourth (27%) of adults had high blood pressure and 39% had high blood cholesterol. Four percent (4%) of adults survived a heart attack and 2% survived a stroke.

Heart Disease and Stroke

- Four percent (4%) of adults reported they had survived a heart attack or myocardial infarction, increasing to 14% of those over the age of 65.
- Two percent (2%) of adults reported they had survived a stroke, increasing to 6% of those over the age of 65.
- Four percent (4%) of adults reported they had angina or coronary heart disease, increasing to 11% of those over the age of 65.
- Two percent (2%) of adults reported they had congestive heart failure, increasing to 5% of those over the age of 65.
- Adults reported the following as symptoms of a heart attack: chest pain or discomfort (96%); shortness of breath (81%); pain or discomfort in the arms or shoulders (78%); feeling weak, lightheaded or faint (70%); pain or discomfort in the jaw, neck or back (64%); and sudden trouble seeing in one or both eyes (37%).
- Adults reported the following as symptoms of a stroke: sudden confusing or trouble speaking (92%); sudden numbness or weakness of face, arm, or leg, especially on one side (91%); sudden trouble walking, dizziness, or loss of balance (84%); sudden trouble seeing in one or both eyes (67%); severe headache with no known cause (60%); and sudden chest pain or discomfort (28%).

High Blood Pressure (Hypertension)

- More than one-fourth (27%) of adults had been diagnosed with high blood pressure.
- Lenawee County adults diagnosed with high blood pressure were more likely to have:
 - Been ages 65 years or older (53%)
 - Been classified as severely obese (35.0-39.9) by body mass index (43%)
 - Rated their overall health as fair or poor (27%)
- Six percent (6%) of adults were told they were pre-hypertensive/borderline high.

High Blood Cholesterol

- Thirty-nine percent (39%) of adults had been diagnosed with high blood cholesterol.
- Eighty-four percent (84%) of adults had their blood cholesterol checked within the past 5 years.
- Lenawee County adults with high blood cholesterol were more likely to have:
 - Been ages 65 years or older (60%)
 - Been classified as severely obese (35.0-39.9) by body mass index (59%)
 - Have rated their overall health as fair or poor (48%)

Lenawee County Leading Causes of Death, 2016-2018

Total Deaths: 3,193

1. Heart Disease (26% of all deaths)
2. Cancer (21%)
3. Chronic Lower Respiratory Diseases (8%)
4. Alzheimer's Disease (6%)
5. Accidents, Unintentional Injury (5%)

(Source: MDHHS Mortality Statistics, 2016-2018)

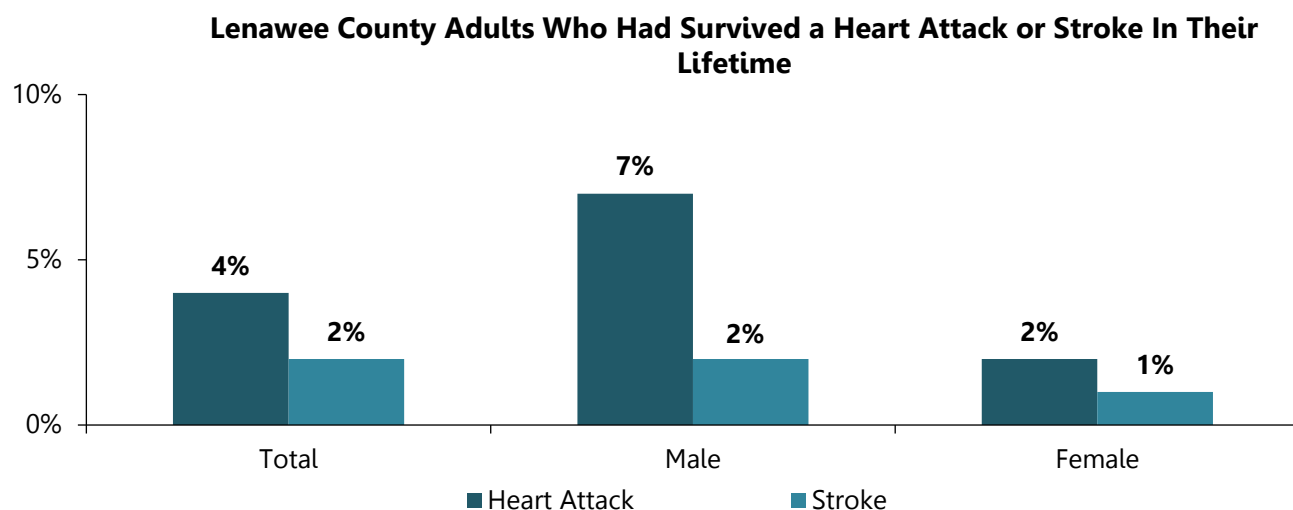
Michigan Leading Causes of Death, 2016-2018

Total Deaths: 293,094

1. Heart Diseases (26% of all deaths)
2. Cancer (21%)
3. Chronic Lower Respiratory Diseases (6%)
4. Accidents, Unintentional Injuries (6%)
5. Alzheimer's Disease (6%)

(Source: MDHHS Mortality Statistics, 2016-2018)

The following graph shows the percentage of Lenawee County adults who had survived a heart attack or stroke in their lifetime by gender. An example of how to interpret the information includes: 4% of Lenawee County adults survived a heart attack compared to 7% of males.



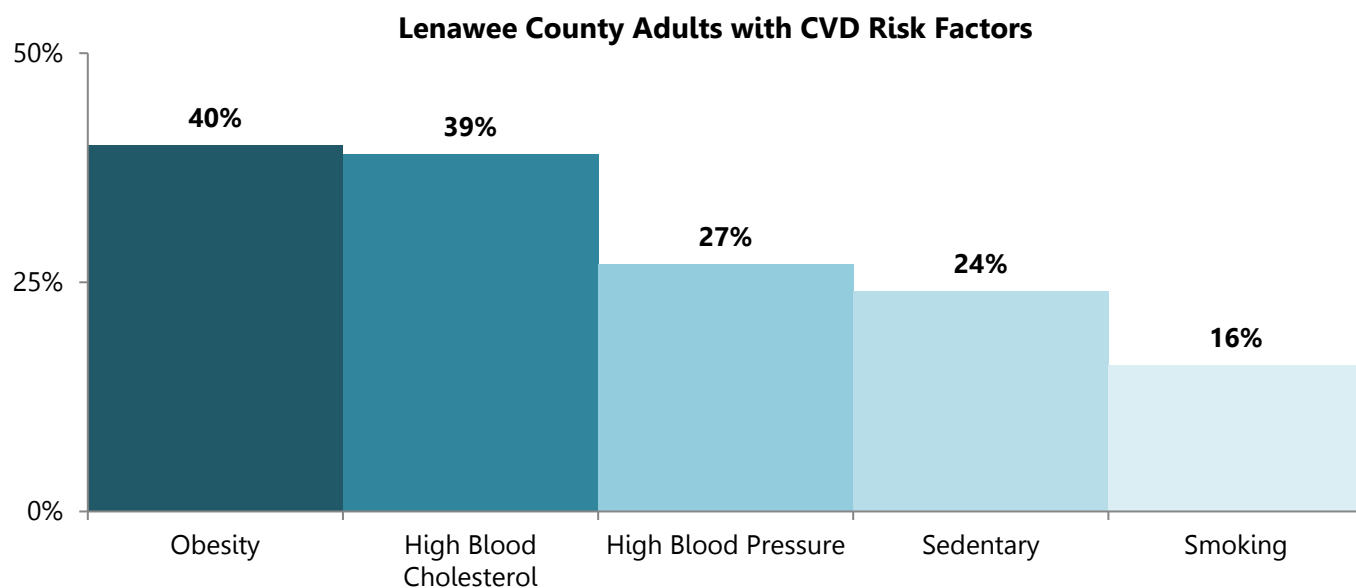
(Source: 2020 Lenawee County Health Assessment)

Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adult Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Ever diagnosed with angina or coronary heart disease	N/A	N/A	6%	4%	5%	4%
Ever diagnosed with a heart attack or myocardial infarction	6%	3%	7%	4%	5%	4%
Ever diagnosed with a stroke	3%	2%	4%	2%	4%	3%
Had been told they had high blood pressure	28%	33%	37%	27%	35%	32%
Had been told their blood cholesterol was high	36%	35%	40%	39%	35%	33%
Had their blood cholesterol checked within the last five years	81%	80%	84%	84%	91%	87%

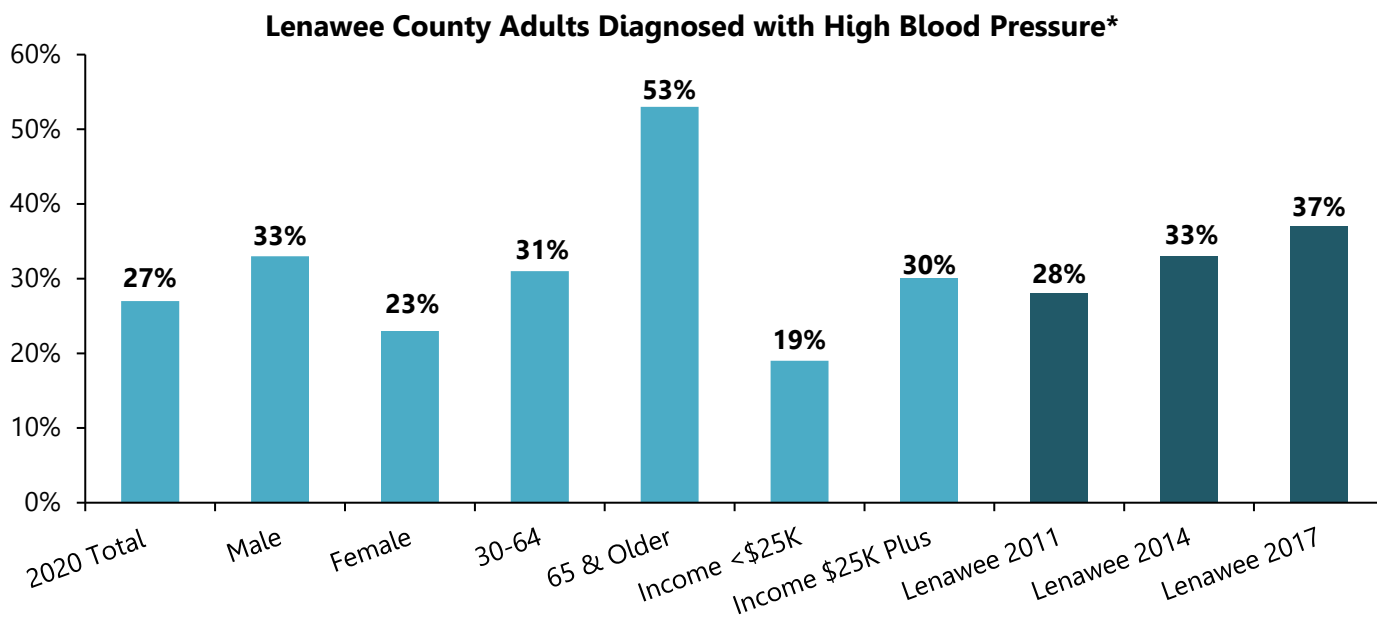
N/A-Not Available

The following graph demonstrates the percentage of Lenawee County adults who had major risk factors for developing cardiovascular disease (CVD).



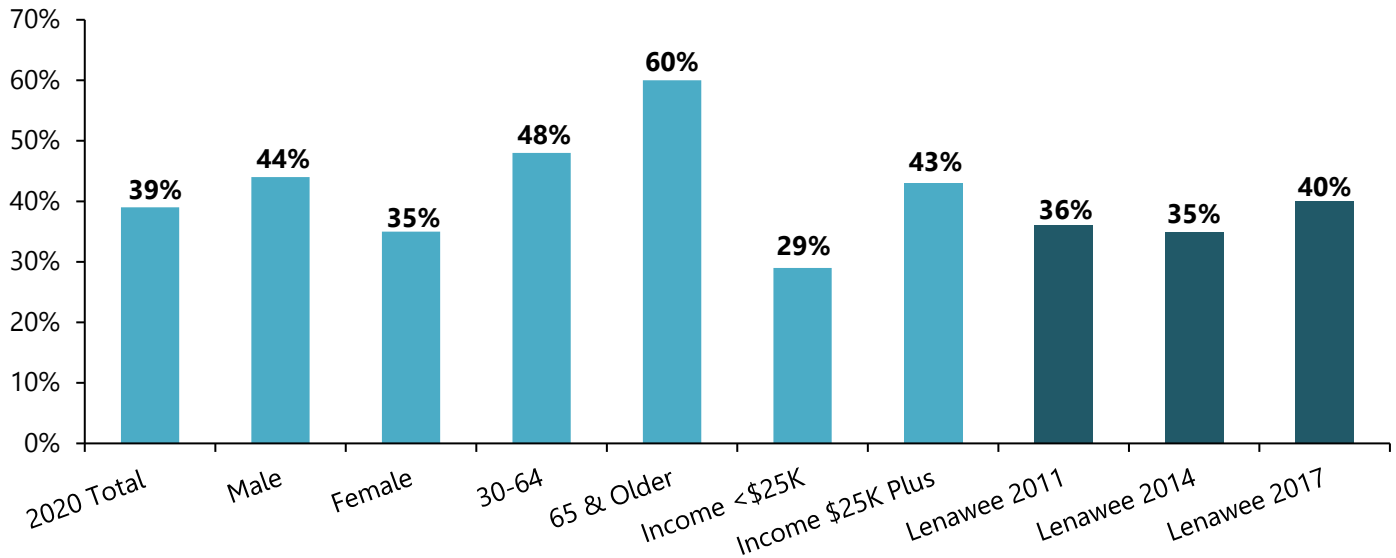
(Source: 2020 Lenawee County Health Assessment)

The following graphs shows the percentage of Lenawee County adults who have been diagnosed with high blood pressure and high blood cholesterol. An example of how to interpret the information on the first graph includes: 27% of all Lenawee County adults have been diagnosed with high blood pressure, including 33% of males and 53% of those ages 65 and older.



**Does not include respondents who indicated high blood pressure during pregnancy only.*

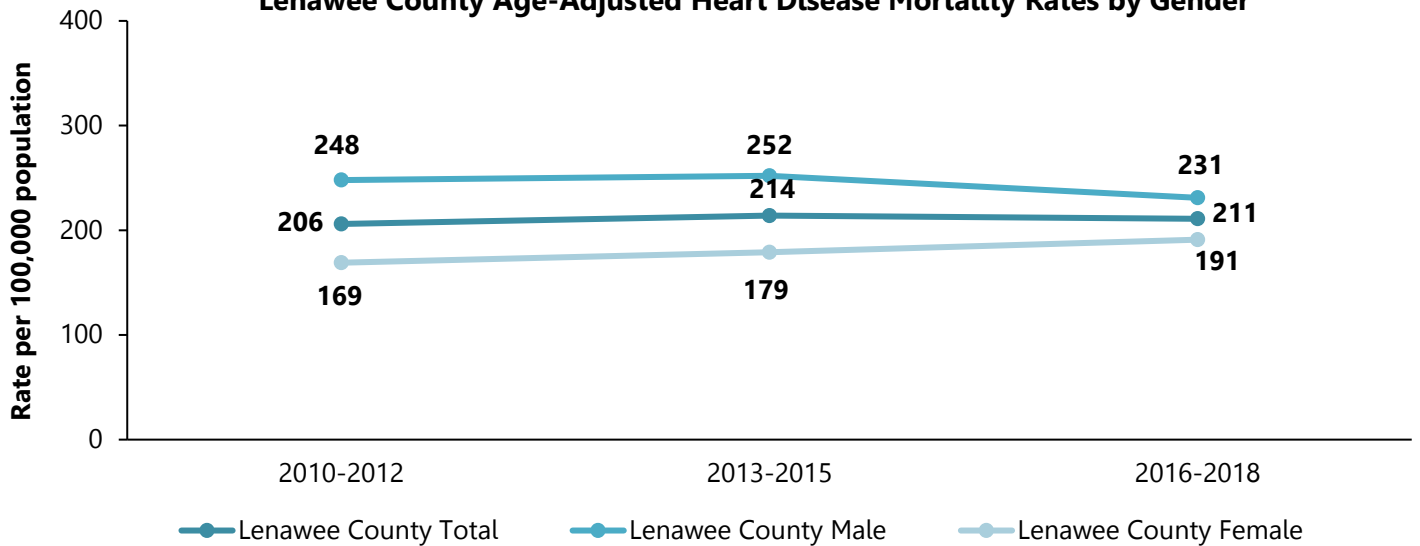
Lenawee County Adults Diagnosed with High Blood Cholesterol



Note for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

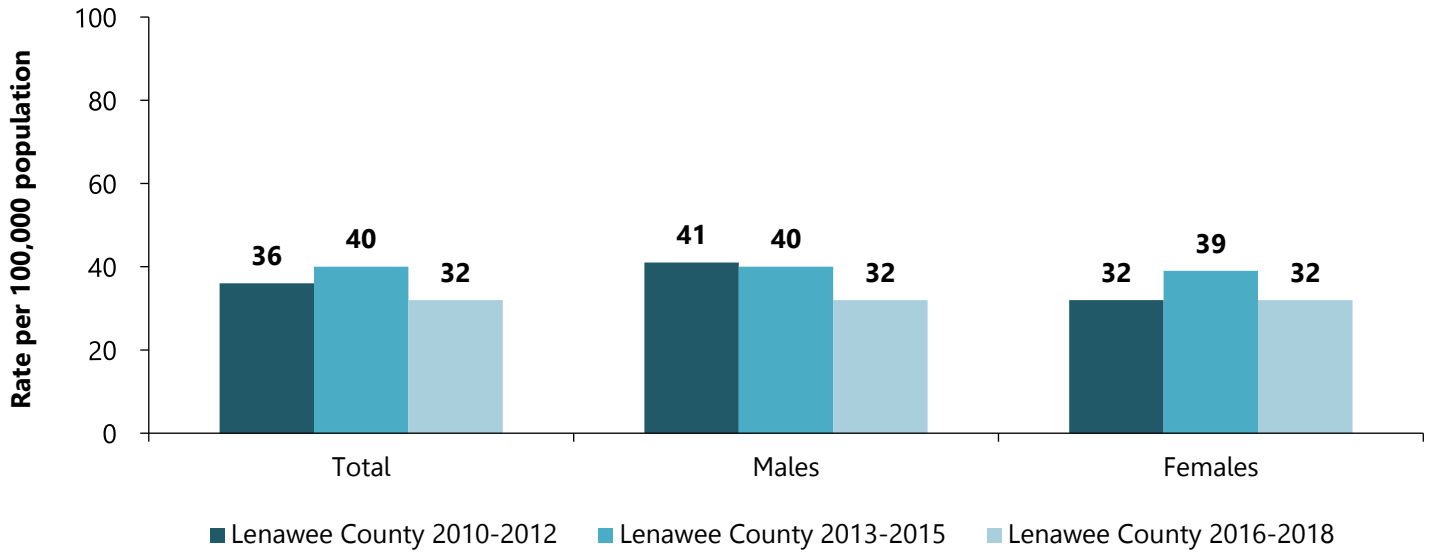
The following graphs show the age-adjusted mortality rates per 100,000 population for heart disease and stroke by gender.

Lenawee County Age-Adjusted Heart Disease Mortality Rates by Gender



(Source for graph: CDC Wonder, 2010-2018)

Lenawee County Age-Adjusted Stroke Mortality Rates by Gender

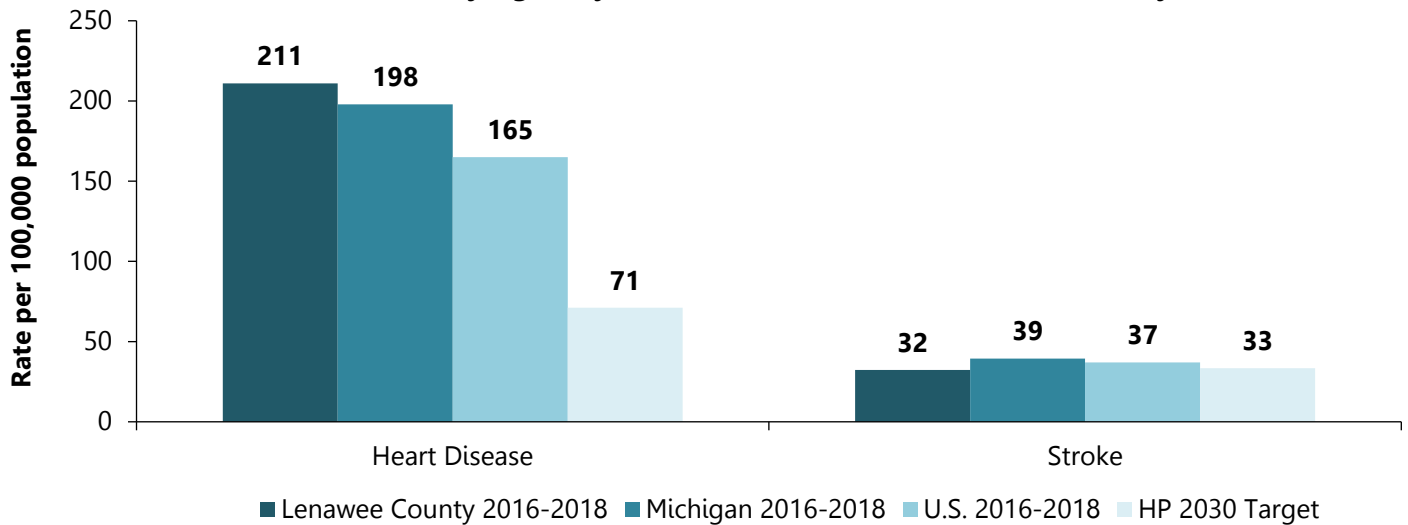


(Source for graphs: CDC Wonder, 2010-2018)

The following graph shows the age-adjusted mortality rates per 100,000 population for heart disease and stroke.

- When age differences are accounted for, the statistics indicate that the Lenawee County heart disease mortality rate was higher than the Michigan and U.S. rate and the Healthy People 2030 target objective.
- The Lenawee County age-adjusted stroke mortality rate was lower than the state and U.S. rate.

Lenawee County Age-Adjusted Heart Disease and Stroke Mortality Rates



(Source: MDHHS Mortality 2016-2018, CDC Wonder, 2016-2018, and Healthy People 2030)

Chronic Disease: Cancer

Key Findings

Eleven percent (11%) of Lenawee County adults were diagnosed with cancer at some point in their lives, increasing to 32% of those over the age of 65.

Cancer

- Eleven percent (11%) of Lenawee County adults were diagnosed with cancer at some point in their lives, increasing to 32% of those over the age of 65.
- Of those diagnosed with cancer, they reported the following types: other skin cancer (30%), breast cancer (21%), prostate cancer (11%), melanoma (9%), cervical cancer (9%), testicular cancer (2%), leukemia (blood) cancer (2%), lung cancer (2%), bladder cancer (2%), colon cancer (2%), endometrial cancer (2%), non-Hodgkin's lymphoma (2%), rectal cancer (2%), and other type of cancer (8%).

Lenawee County Incidence of Cancer, 2013-2017

All Types: 560 cases

- Breast: 84 cases (15%)
- Lung and Bronchus: 83 cases (15%)
- Prostate Gland: 63 cases (11%)
- Colorectal: 58 cases (10%)

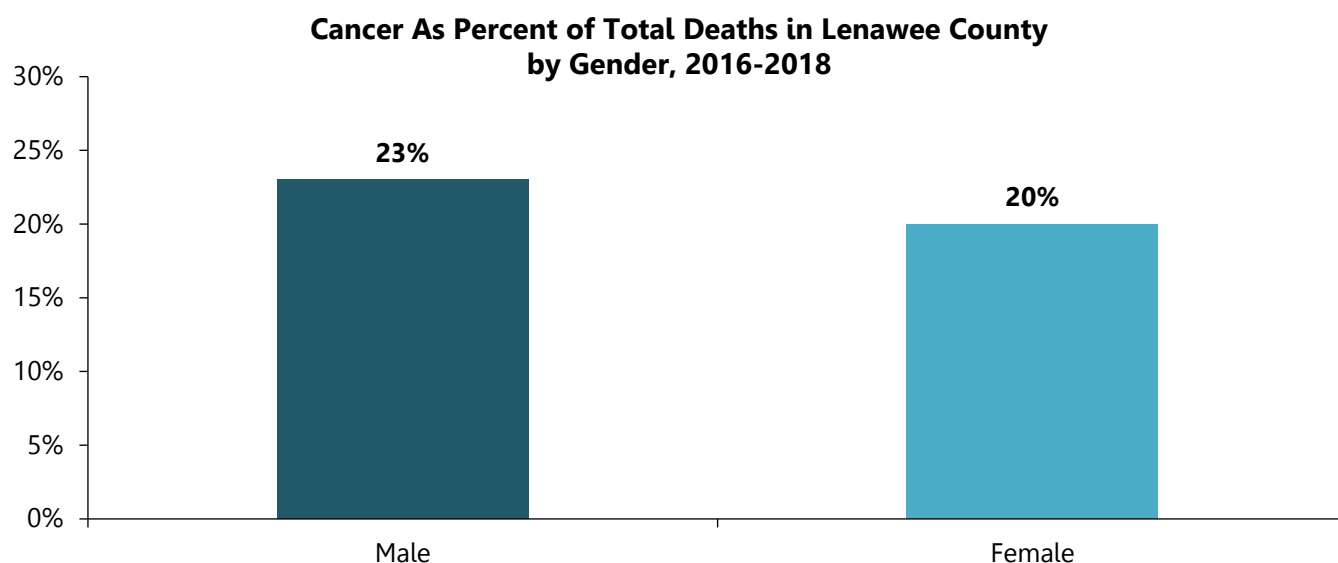
In 2016-2018, there were 681 cancer deaths in Lenawee County.

(Source: MDHHS Cancer Incidence and Mortality, 2013-2018)

Cancer Facts

- The Michigan Public Health Data Warehouse indicates that from 2016-2018, cancers caused 21% (681 of 3,193 total deaths) of all Lenawee County resident deaths *(Source: MDHHS Mortality, 2016-2018)*.
- The American Cancer Society states that about 606,520 Americans are expected to die of cancer in 2020, which translates to about 1,660 deaths per day. Cancer is the second leading cause of death in the U.S., exceeded only by heart disease *(Source: American Cancer Society, Facts & Figures 2020)*.

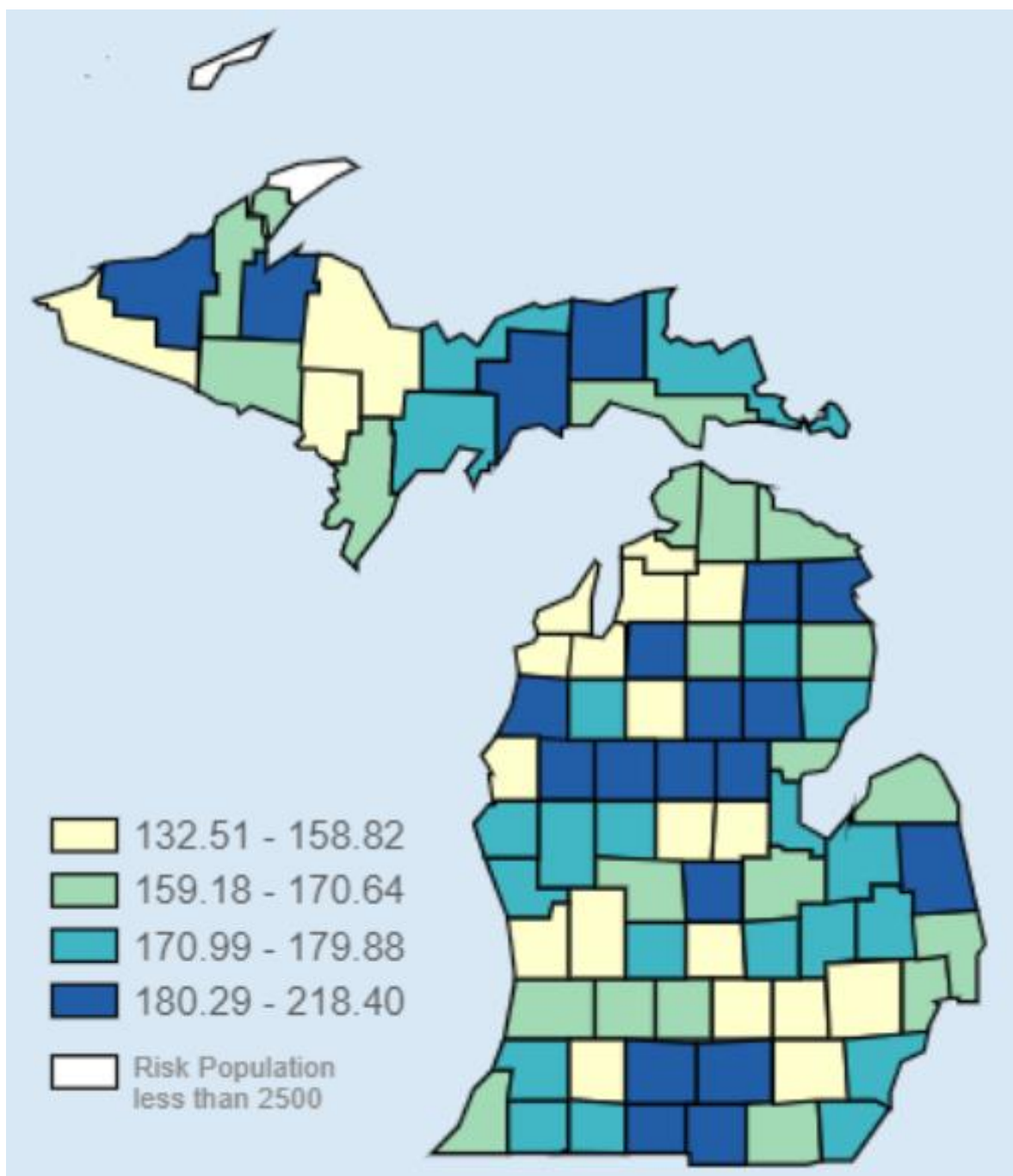
The following graph shows cancer as a percent of total deaths in Lenawee County by gender.



(Source: MDHHS Mortality, 2016-2018)

The following map illustrates the age-adjusted cancer mortality rate per 100,000 population, by county in from 2016-2018.

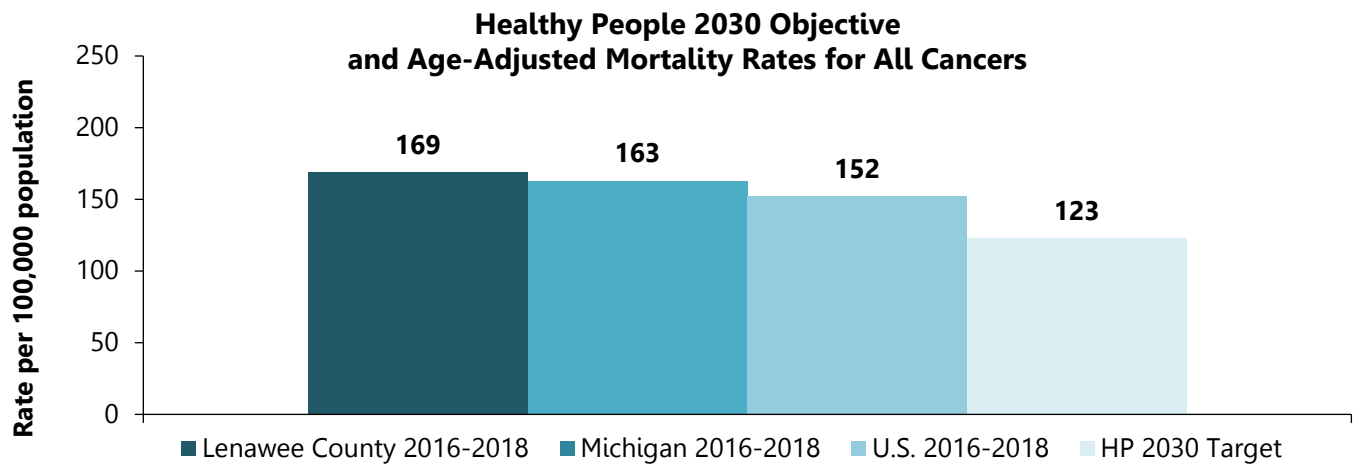
- The age-adjusted cancer mortality rate in Lenawee County was 168.9 per 100,000 population in 2016-2018, which was higher than Michigan's age adjusted cancer mortality rate of 163.0 in 2016-2018.



(Source: Michigan Cancer Surveillance Program, 2016-2018)

The following graph shows the Lenawee County, Michigan and U.S. age-adjusted mortality rates (per 100,000 population, 2000 standard) for all types of cancer in comparison to the Healthy People 2030 objective. The graph shows:

- The Lenawee County age-adjusted cancer mortality rate was higher than the Michigan and U.S. rate and the Healthy People 2030 target objective.

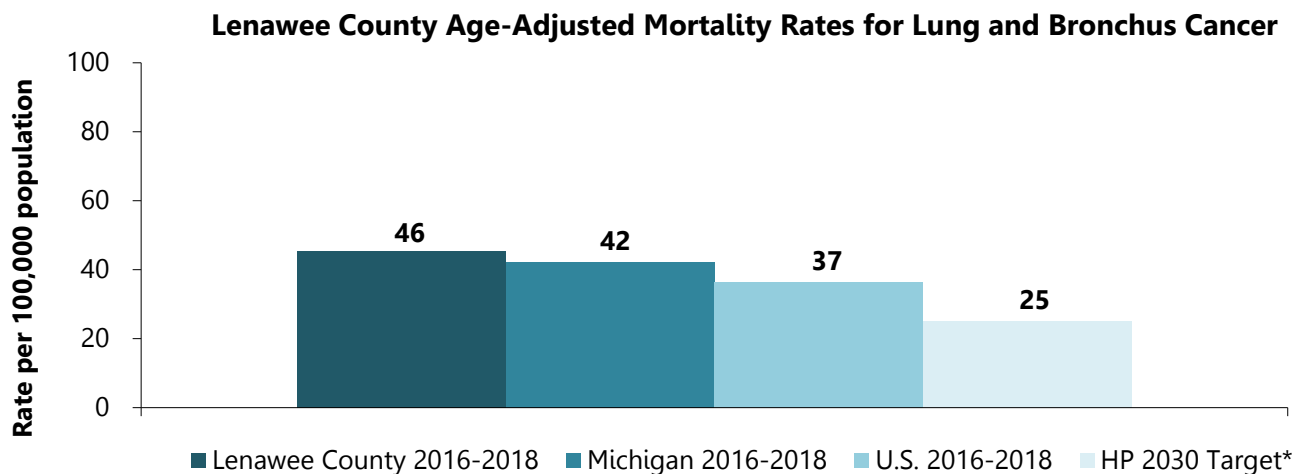


(Source: MDHHS, 2016-2018, CDC Wonder, 2016-2018, Healthy People 2030)

Lung Cancer

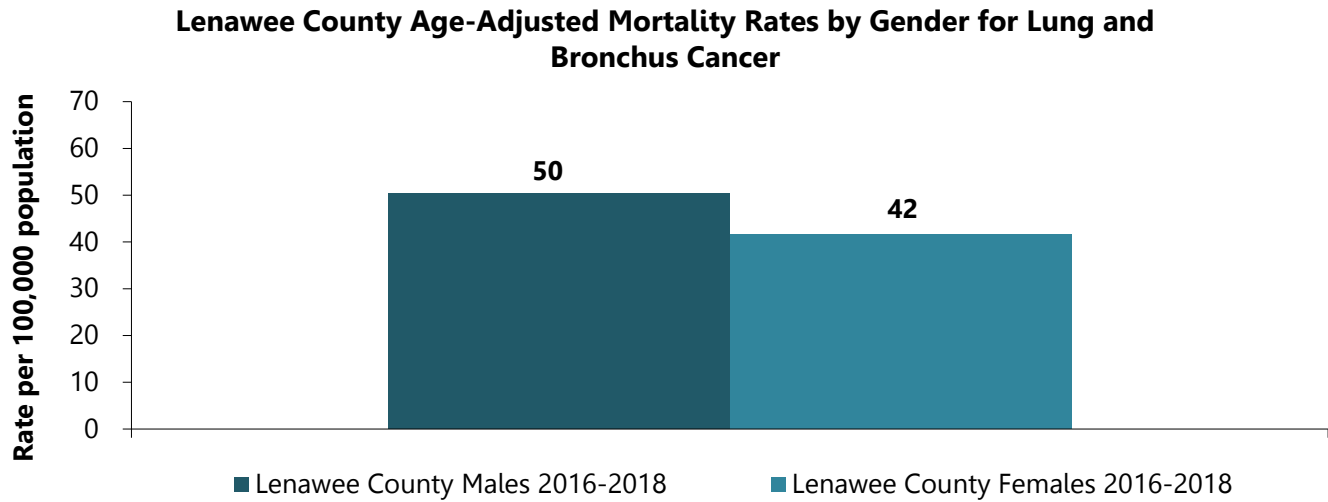
- About one-in-six (16%) Lenawee County adults were current smokers (those who indicated smoking at least 100 cigarettes in their lifetime and currently smoked some or all days).
- Over one-fourth (27%) of adults indicated that they were former smokers (smoked 100 cigarettes in their lifetime and now do not smoke).
- According to the American Cancer Society, smoking causes approximately 80% of lung cancer deaths in the U.S. Men and women who smoke are about 25 times more likely to develop lung cancer than nonsmokers *(Source: American Cancer Society, Facts & Figures 2020)*.

The following graph shows the Lenawee County, Michigan, and U.S. age-adjusted mortality rates per 100,000 populations for lung and bronchus cancer in comparison with the Healthy People 2030 objective.



**Healthy People 2030 Target data is for lung cancer only
(Sources: Michigan Cancer Surveillance Program 2016-2018, CDC Wonder 2016-2018, Healthy People 2030)*

The following graph shows the Lenawee County age-adjusted mortality rates per 100,000 populations for lung and bronchus cancer by gender.



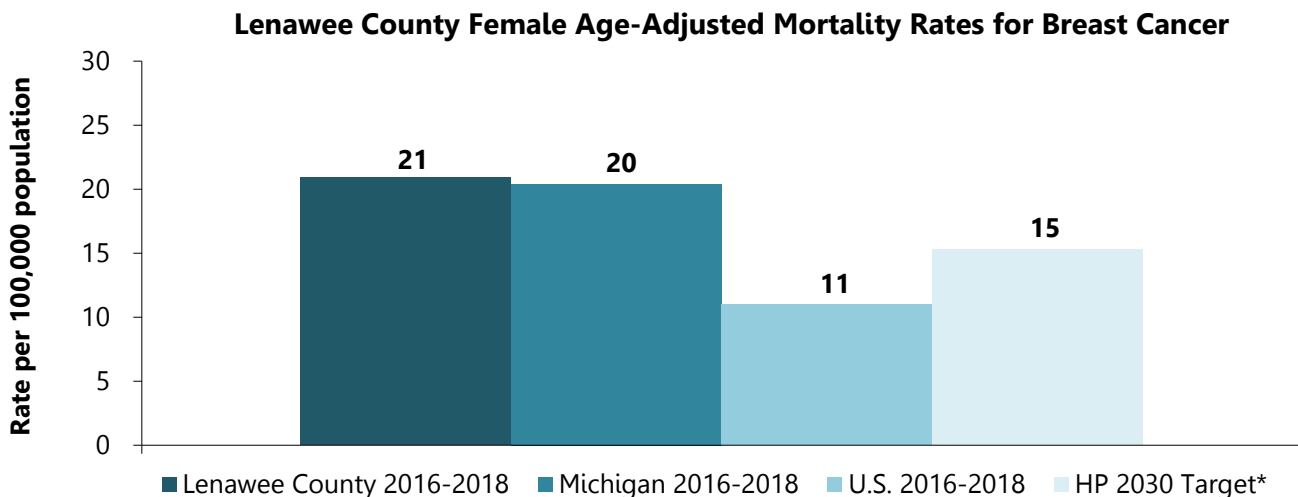
(Source: Michigan Cancer Surveillance Program 2016-2018)

Breast Cancer

- Over one-third (35%) of Lenawee County females reported having had a clinical breast examination in the past year.
- Almost half (48%) of Lenawee County females over the age of 40 had a mammogram in the past year.
- For women at average risk of breast cancer, recently updated American Cancer Society screening guidelines recommend that those 40 to 44 years of age have the option to begin annual mammography, those 45 to 54 should undergo annual mammography, and those 55 years of age and older may transition to biennial mammography or continue annual mammography. Women should continue mammography as long as overall health is good and life expectancy is 10 or more years. For some women at high risk of breast cancer, annual magnetic resonance imaging (MRI) is recommended in addition to mammography, typically starting at age 30

(Source: American Cancer Society, Facts & Figures 2020).

The following graph shows the Lenawee County, Michigan, and U.S. age-adjusted mortality rates per 100,000 populations for breast cancer in comparison with the Healthy People 2030 objective.

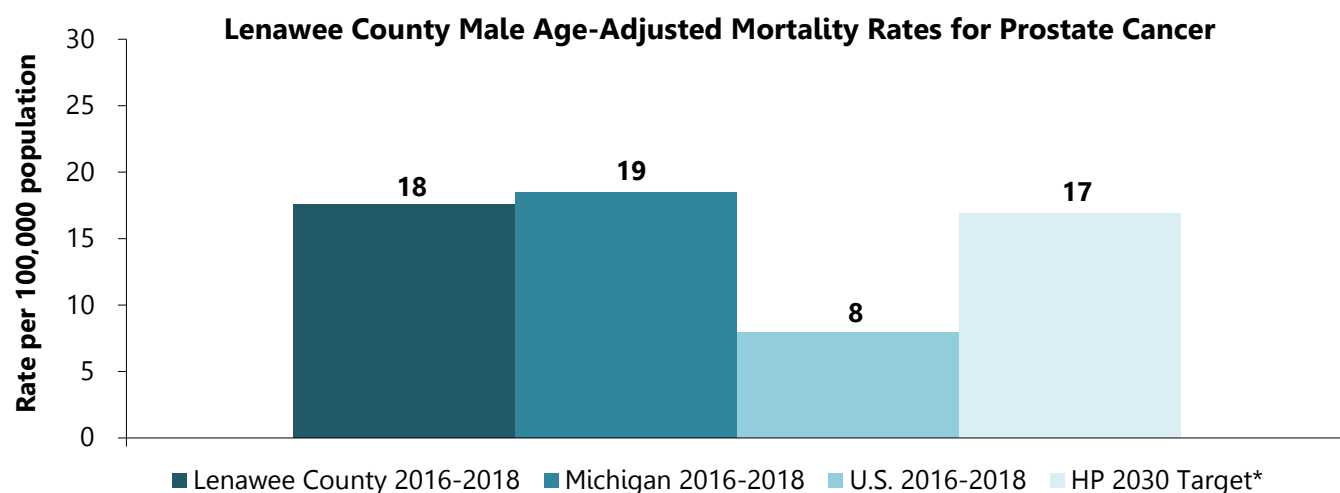


(Sources: Michigan Cancer Surveillance Program 2016-2018, CDC Wonder 2016-2018, Healthy People 2030)

Prostate Cancer

- Forty percent (40%) of Lenawee County males had a Prostate-Specific Antigen (PSA) test at some time in their life, and 27% had one in the past year.
- Seventy percent (70%) of males age 50 and over had a PSA test at some time in their life, and 48% had one in the past year.
- No organization presently endorses routine prostate cancer screening for men at average risk because of concerns about the high rate of overdiagnosis (detecting disease that would never have caused symptoms), along with the significant potential for serious side effects associated with prostate cancer treatment. The American Cancer Society recommends that beginning at age 50, men who are at average risk of prostate cancer and have a life expectancy of at least 10 years have a conversation with their health care provider about the benefits and limitations of PSA testing and make an informed decision about whether to be tested based on their personal values and preferences. Men at high risk of developing prostate cancer (black men or those with a close relative diagnosed with prostate cancer before the age of 65) should have this discussion beginning at age 45, and men at even higher risk (those with several close relatives diagnosed at an early age) should have this discussion beginning at age 40 *(Source: American Cancer Society, Facts & Figures 2020)*.

The following graph shows the Lenawee County, Michigan, and U.S. age-adjusted mortality rates per 100,000 populations for prostate cancer in comparison with the Healthy People 2030 objective.



(Sources: Michigan Cancer Surveillance Program 2016-2018, CDC Wonder 2016-2018. Healthy People 2030)

2020 Cancer Estimates

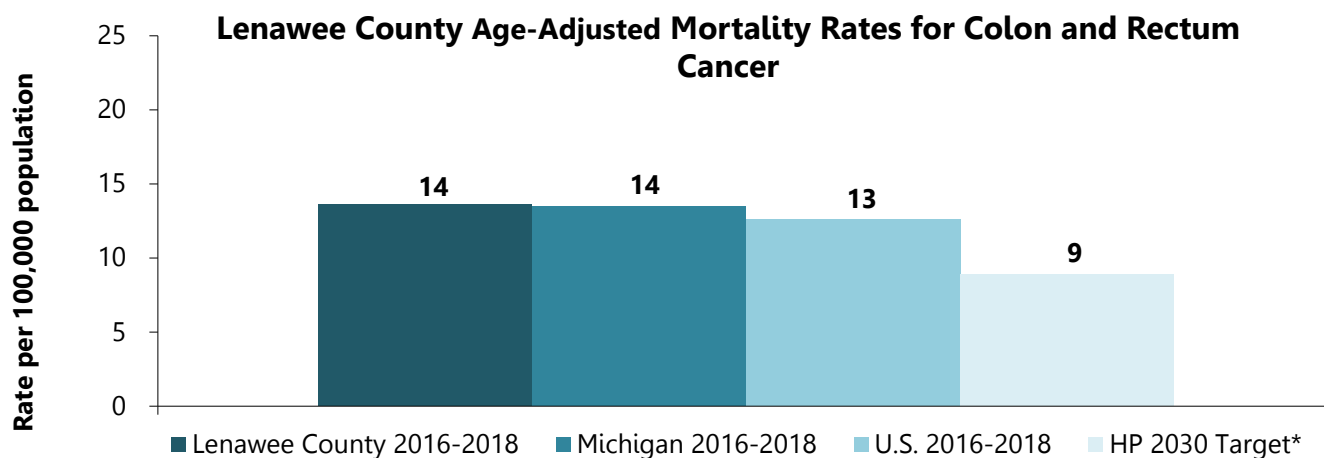
- In 2020, more than 1.8 million new cancer cases are expected to be diagnosed.
- An estimated 18% of cancer cases are attributable to the combined effects of excess body weight, alcohol consumption, physical inactivity, and an unhealthy diet.
- About 606,520 Americans are expected to die of cancer in 2020, which translates to about 1,660 deaths per day.
- Approximately 80% of lung cancer deaths in the U.S are attributed to smoking.
- In 2020, estimates predict that there will be 61,770 new cases of cancer and 21,000 cancer deaths in Michigan.
- Of the new cancer cases in Michigan, approximately
 - 8,800 will be from female breast cancer
 - 8,140 will be from lung and bronchus cancers
 - 6,820 will be from male prostate cancer
 - 4,620 will be from colon and rectum cancers
 - 3,290 will be from melanoma (skin) cancer

(Source: American Cancer Society, Facts and Figures 2020)

Colon and Rectum Cancers

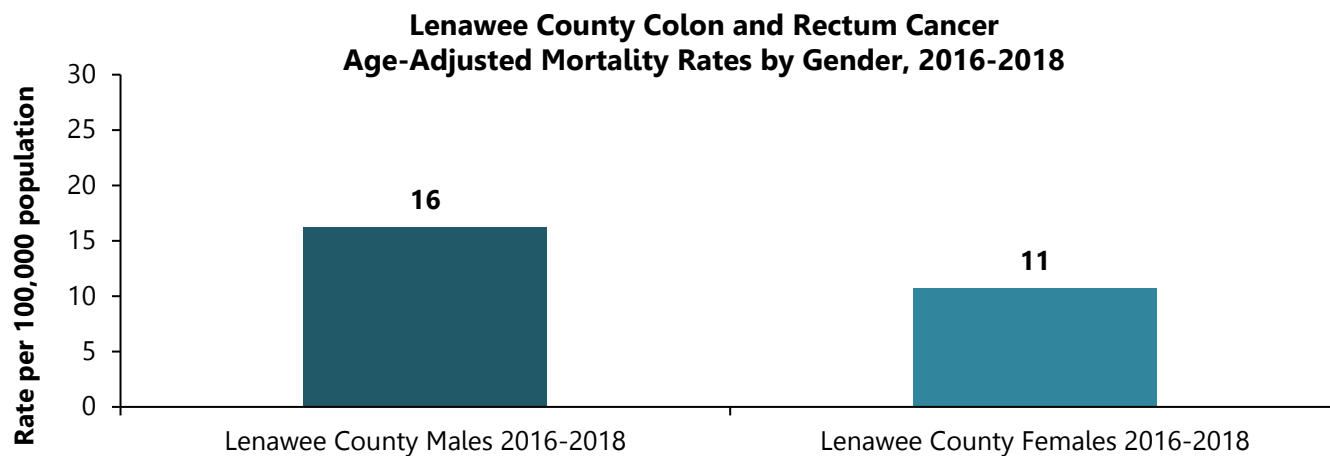
- Sixty-five percent (65%) of Lenawee County adults ages 50 and over had a colonoscopy or sigmoidoscopy in the past 5 years.
- Modifiable factors that increase colon and rectum cancer risk include obesity, physical inactivity, long-term smoking, high consumption of red or processed meat, low calcium intake, heavy alcohol consumption, and very low intake of fruits and vegetables and whole-grain fiber. Hereditary and medical factors that increase risk include a personal or family history of colorectal cancer and/or polyps, certain inherited genetic conditions, a personal history of chronic inflammatory bowel disease, and type 2 diabetes *(Source: American Cancer Society, Facts & Figures 2020).*

The following graphs show Lenawee County, Michigan, and U.S. age-adjusted mortality rates per 100,000 populations for colon, and rectum cancer in comparison with the Healthy People 2030 objective.



(Source: Michigan Cancer Surveillance Program 2016-2018, CDC Wonder 2016-2018, Healthy People 2030)

The following graph shows the Lenawee County age-adjusted mortality rates per 100,000 populations for colon and rectum cancer by gender.



(Source: Michigan Cancer Surveillance Program 2016-2018)

Lenawee County Incidence of Cancer, 2013-2017

Types of Cancer	Average Number of Cases Diagnosed	Age-Adjusted Incidence Rate	Average Number of Deaths	Age-Adjusted Mortality Rate
Lung	78	57.9	65	47.5
Breast	80	121.1	18	26.3
Prostate	63	96.8	13	24.4
Colon & Rectum	55	42.5	21	15.7

(Source: MDHHS Cancer Incidence and Mortality Trends, Updated May 20, 2020)

Cancer in Michigan

- Cancer is the second leading cause of death in Michigan, contributing to significant economic and social costs. In 2018, an estimated 56,590 people in Michigan were diagnosed with cancer and 21,380 were projected to die from cancer.
- Uninsured patients and those from minority populations are much more likely to be diagnosed with cancer at a later stage when treatment is more extensive, debilitating, and costly. And, since cancer is more prevalent among older adults, priority populations continue to be older, underserved minority populations.
- Common risk factors for cancer among Michigan adults include:
 - One-in-five (20%) Michigan adults report being a current smoker.
 - One-third (33%) of Michigan adults report being obese
 - Seven percent (7%) of Michigan adults report drinking more than two alcoholic drinks per day for men and more than one per day for women in the previous month.
- Cancer screening rates among Michigan adults occurred at the following rates:
 - Almost three-fourths (74%) of Michigan women over age 40 had a mammogram in the past two years.
 - Over two-thirds (70%) of Michigan adults age 50 years and older had appropriate colorectal cancer screening.
 - Seventy-three percent (73%) of Michigan women over the age of 18 had a Pap test in the past three years.
- Cancer does not affect all races equally; different races experience cancer differently, from diagnosis to treatment. For instance, of all racial and ethnic groups in the United States, African Americans have the highest death rate and shortest survival time for the majority of cancer types
- More than one-in-ten (11%) of Michigan residents report being a cancer survivor. Racial and ethnic differences exist among cancer survivors in Michigan:
 - White, non-Hispanic: 11.5%
 - Black, non-Hispanic: 6.6%
 - Hispanic: 5.4%
 - American Indian: 11.5%
 - Asian/Pacific Islander: 4.7%
 - Arab/Chaldean: 9.0%
 - Other/Multiracial: 11.3%
- Michigan residents, regardless of ethnicity, who reported being Black had the highest rate of new cases of cancer and the highest rate of deaths from cancer.

(Source: MDHHS, Cancer in Michigan: An Assessment of the Cancer Burden in Michigan, Updated November 2018))

Chronic Disease: Asthma

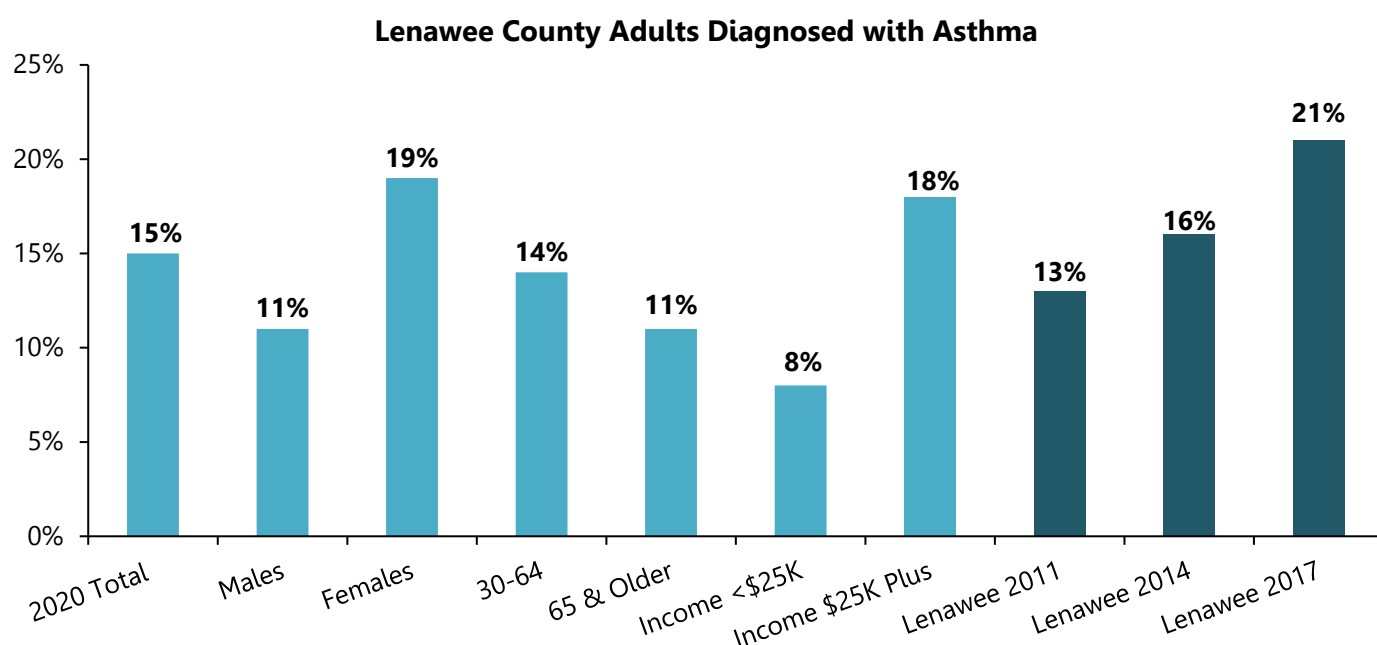
Key Findings

In 2020, 15% of Lenawee County adults had been diagnosed with asthma.

Asthma and Other Respiratory Disease

- Fifteen percent (15%) of Lenawee County adults had been diagnosed with asthma.

The following graph shows the percentage of Lenawee County adults who were diagnosed with asthma. An example of how to interpret the information includes: 15% of adults were diagnosed with asthma, including 19% of females and 11% of those ages 65 and older.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Had been diagnosed with asthma	13%	16%	21%	15%	16%	15%

Chronic Disease: Diabetes

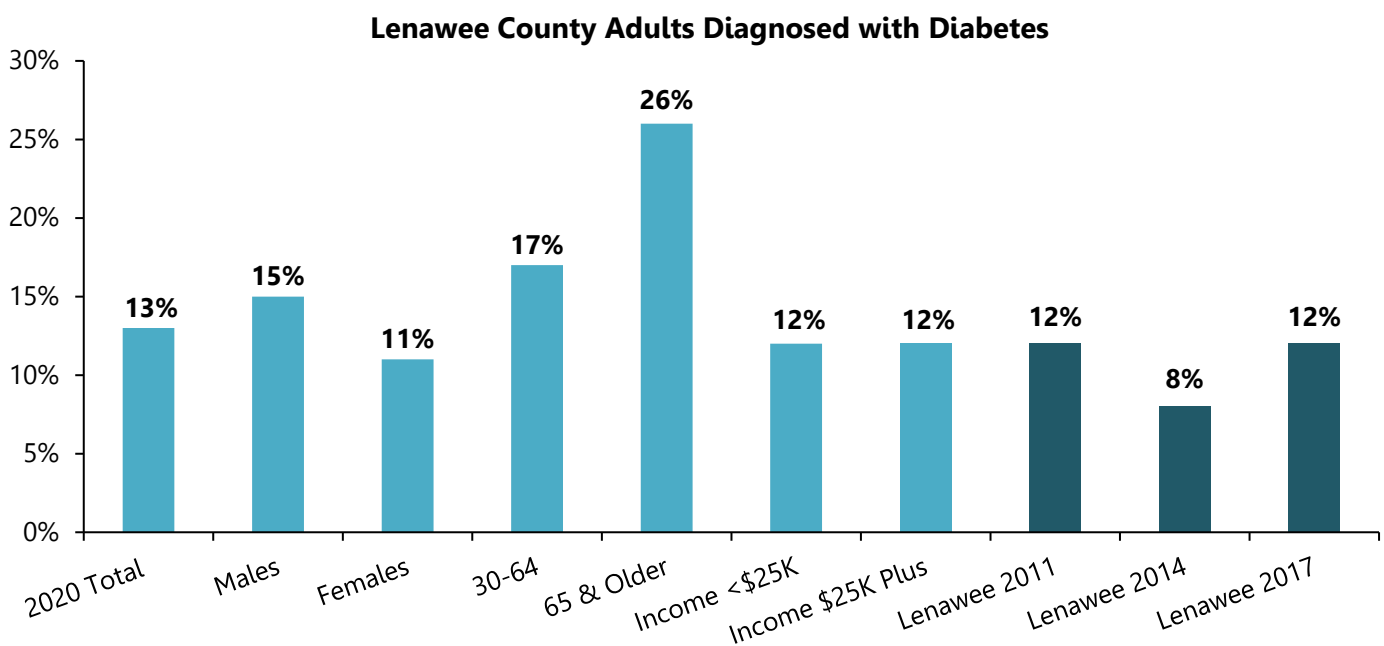
Key Findings

In 2020, 13% of Lenawee County adults had been diagnosed with diabetes. Three percent (3%) of adults had been diagnosed with pre-diabetes or borderline diabetes.

Diabetes

- Thirteen percent (13%) of Lenawee County adults had been diagnosed with diabetes, increasing to 26% of those over the age of 65.
- Three percent (3%) of adults had been diagnosed with pre-diabetes or borderline diabetes.
- The average age of diagnosis was 42.8 years old.
- Diabetics used the following to treat their diabetes: diet control (100%), checking blood sugar (100%), 6-month checkup with provider (100%), checking their feet (75%), diabetes pills (67%), annual vision exam (67%), checking A1C annually (50%), exercise (50%), insulin (50%), dental exam (25%).
- Ten percent (10%) of adults with diabetes rated their overall health as fair or poor.
- Lenawee County adults diagnosed with diabetes also had one or more of the following characteristics or conditions:
 - Been classified as obese or overweight (90%)
 - Been diagnosed with high blood pressure (79%)
 - Been diagnosed with high blood cholesterol (76%)

The following graph shows the percentage of Lenawee County adults who were diagnosed with diabetes. An example of how to interpret the information includes: 13% of adults were diagnosed with diabetes, including 15% of males and 26% of those ages 65 and older.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey

Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Ever been told by a doctor they have diabetes (not pregnancy-related)	12%	8%	12%	13%	11%	11%
Had been diagnosed with pre-diabetes or borderline diabetes	9%	4%	6%	3%	2%	2%

N/A – Not Available

Types of Diabetes

Diabetes is a chronic disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2 and gestational diabetes (diabetes while pregnant).

- **Type 1 diabetes** is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin. About 5-10% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, there is no cure for type 1 diabetes.
- **Type 2 diabetes** is when the body doesn't use insulin well and is unable to keep blood sugar at normal levels. About 90-95% of people with diabetes have Type 2. It develops over many years and is usually diagnosed in adults (though increasingly in children, teens, and young adults). Symptoms sometimes go unnoticed. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight if you're overweight, eating healthy food, and getting regular physical activity.
- **Gestational diabetes** develops in pregnant women who have never had diabetes. Babies born to women with gestational diabetes could be at higher risk for health complications. Gestational diabetes usually goes away after the baby is born but increases the mothers' risk for type 2 diabetes later in life. The baby is more likely to become obese as a child or teen, and more likely to develop type 2 diabetes later in life too.

(Source: CDC, About Diabetes, Updated: June 11, 2020)

Chronic Disease: Quality of Life

Key Findings

In 2020, the most limiting health problems for Lenawee adults were back or neck problems (53%); stress, depression, anxiety, or emotional problems (46%); and arthritis/rheumatism, chronic pain (31%).

Impairments and Health Problems

- Lenawee County adults needed help with the following because of an impairment or health problem: shopping (4%), household chores (3%), getting around for other purposes (3%), doing necessary business (2%), bathing (1%), eating (1%), getting around the house (<1%), and dressing (<1%).
- Among those who were limited in some way, the following most limiting problems or impairments were reported: back or neck problems (53%); stress, depression, anxiety, or emotional problems (46%); arthritis/rheumatism (31%); chronic pain (31%); sleep problems (26%); fitness level (15%); chronic illness (15%); walking problems (14%); lung/breathing problems (13%); mental health illness/disorder (11%); fractures, bone/joint injuries (9%); hearing problems (9%); eye/vision problems (7%); memory loss (7%); dental problems (5%); confusion (2%); learning disability (2%); developmental disability (2%); and other impairments/problems (10%).

Comparisons	Lenawee County 2011	Lenawee County 2014	Lenawee County 2017	Lenawee County 2020	Michigan 2019	U.S. 2019
Limited in some way because of a physical, mental, or emotional problem	26%	22%	23%	N/A	N/A	N/A

N/A – Not Available

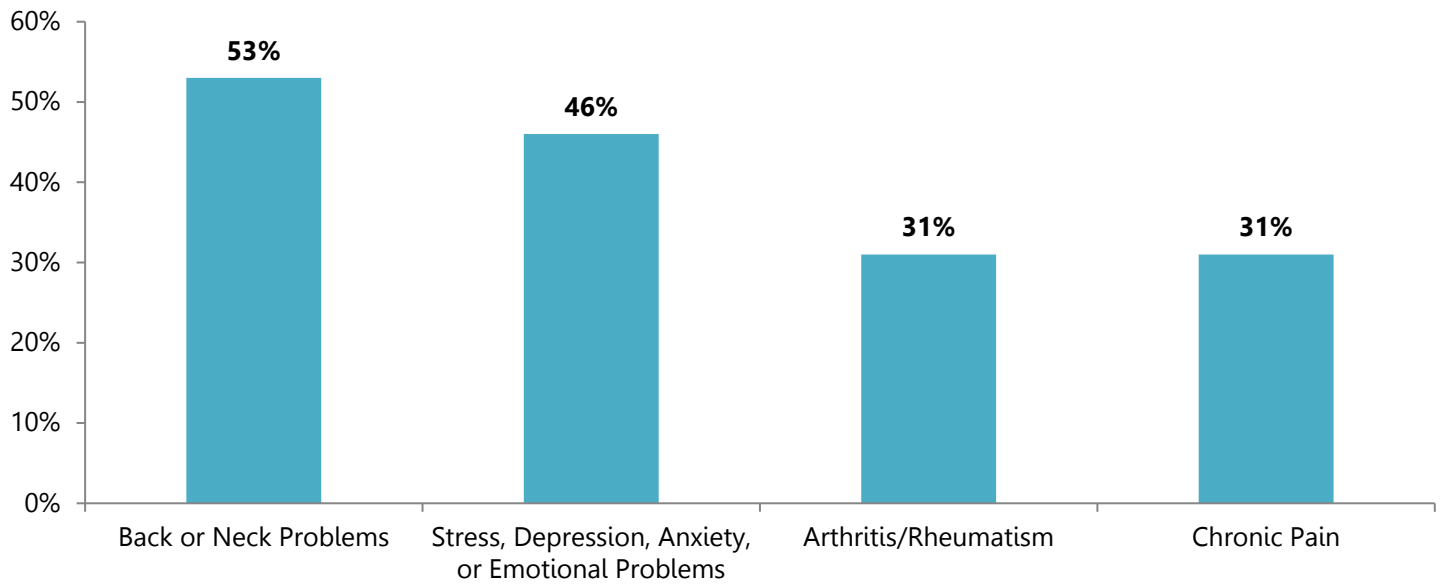
Healthy People 2030

Arthritis, Osteoporosis, and Chronic Back Conditions (AOCBC)

Objective	Lenawee County 2020	Healthy People 2030 Target
A-03: Reduce the proportion of adults with arthritis whose arthritis limits their work	31%	30%

(Sources: Healthy People 2030 Objectives, 2020 Lenawee County Community Health Assessment)

Lenawee County Adults' Most Limiting Health Problems



Social Conditions: Adult Social Determinants of Health

Key Findings

In the past month, 7% of Lenawee County adults reported needing help meeting general daily needs such as food, clothes, shelter, or paying for utility bills. About one-in-seven (17%) adults experienced four or more adverse childhood experiences (ACEs).

Healthy People 2030

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

One of Healthy People 2030's 5 overarching goals is specifically related to SDOH: "Create social, physical, and economic environments that promote attaining the full potential for health and well-being for all."

Healthy People 2030 has classified social determinants of health into five domains:

- Economic stability
- Education access and quality
- Social and community context
- Health care access and quality
- Neighborhood and built environment

Social Determinants of Health



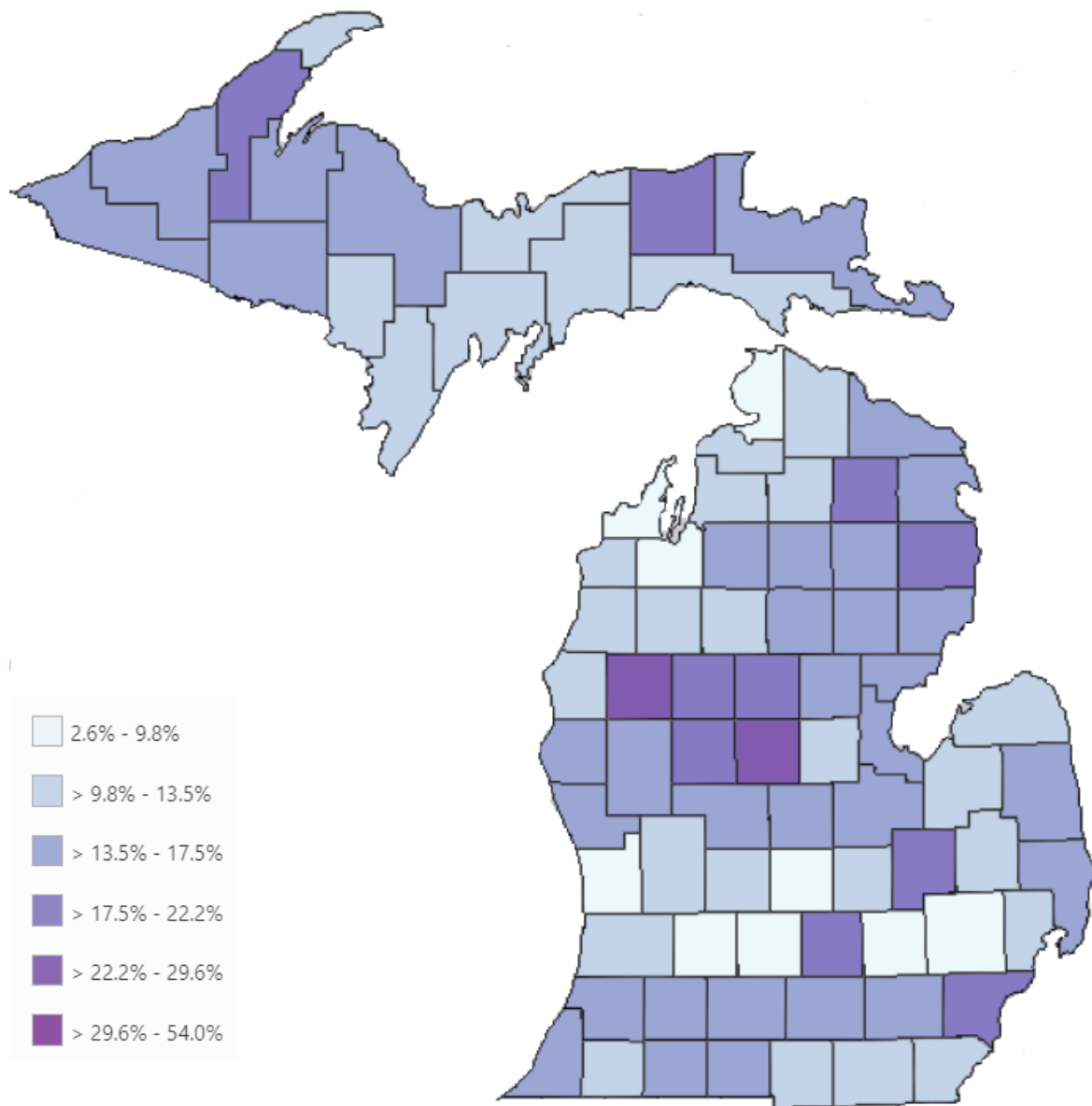
Economic Stability

- In the past month, 7% of Lenawee County adults reported needing help meeting general daily needs such as food, clothes, shelter, or paying for utility bills.
- Lenawee County adults experienced the following food insecurity issues during the past year: had to choose between paying bills and buying food (5%), went hungry/ate less to provide more food for their family (5%), loss of income led to food insecurity issues (3%), food assistance was cut (2%), worried food would run out (1%), and were hungry but did not eat because they did not have money for food (1%).
- Lenawee County adults or their loved ones received assistance for the following in the past year: mental illness issues (16%); food (14%); health care (12%); electric, gas, or water bills (7%); home repair (7%); Medicare (6%); utilities (5%); dental care (5%); free tax preparation (5%); employment (4%); acquiring disability benefits (4%); clothing (3%); prescription assistance (3%); transportation (2%); credit counseling (1%); diapers (1%); drug or alcohol addiction (1%); legal aid services (1%); rent/mortgage (1%); and septic/well repairs (<1%).
- The median household income in Lenawee County was \$53,865. The U.S. Census Bureau reports median income levels of \$59,584 for Michigan and \$65,712 for the U.S. (Source: U.S. Census Bureau, 2019 American Community Survey 1-year Estimates).
- The unemployment rate for Lenawee County was 7.7 as of August 2020 (Michigan Department of Technology, Management, & Budget).
- There were 43,971 housing units in Lenawee County. The owner-occupied housing unit rate was 66%. Rent in Lenawee County cost an average of \$760 per month (Source: U.S. Census Bureau, 2019 American Community Survey 1-year Estimates).

The map below shows the variation in poverty rates across Michigan during the 2013-17 period.

- The U.S. Census Bureau estimates that approximately 1,369,235 Michigan residents, or 14.0% of the population, were in poverty in 2018.
- In 2018, 10.4% of Lenawee County residents were in poverty.

Estimated Poverty Rates in Michigan by County (2018)



(Source: U.S. Census Bureau 2018 Small Area Income and Poverty Estimates (SAIPE))

Education

- Ninety percent (90%) of Lenawee County adults 25 years and over had a high school diploma or higher *(Source: U.S. Census Bureau, American Community Survey, 2019).*
- Fourteen percent (14%) of Lenawee County adults 25 years and over had at least a bachelor's degree *(Source: U.S. Census Bureau, American Community Survey, 2019).*

Health and Health Care

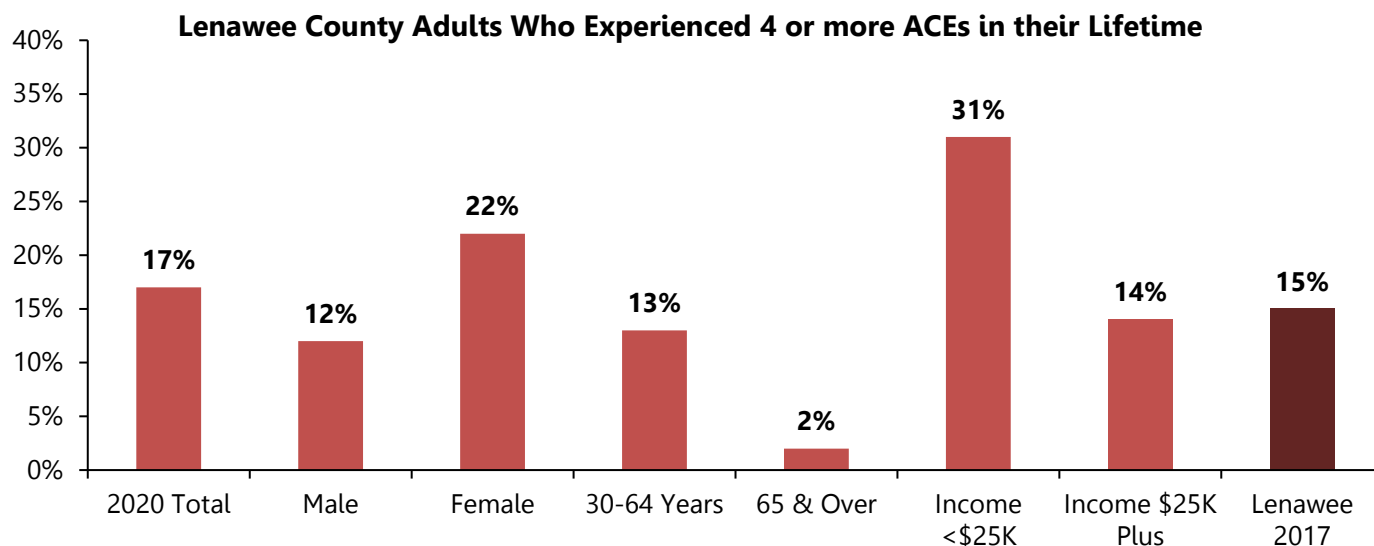
- In the past year, 18% of adults were uninsured.
- Sixty-six percent (66%) of Lenawee County adults visited a doctor for a routine checkup in the past year, increasing to 88% of those ages 65 and older.
- Eighty-nine percent (89%) of adults indicated they had at least one person they thought of as their personal doctor or health care provider, decreasing to 30% of those without health care coverage.
- See the Health Perceptions, Health Care Coverage, and Health Care Access sections for further health and health care information for Lenawee County adults.

Social and Community Context

- Lenawee County adults were threatened in the past year by the following: a child (1%) and someone else (1%).
- Lenawee County adults were abused in the past year by the following: another family member living in your household (1%), a child (1%), and a spouse or partner (<1%). Two percent (2%) of adults were abused by more than one person.
- Lenawee County adults who reported being abused were emotionally abused (100%) and verbally abused (100%).
- In the past year, Lenawee County adults felt they were treated the same as other races (45%), better than other races (20%), and worse than some races/better than others (2%).
- 2-1-1 is a non-emergency information referral telephone number. Fifty-six percent (56%) of adults had never heard of 2-1-1. Three percent (3%) of adults had called 2-1-1 and received information that assisted them. Two percent (2%) of adults had called 2-1-1 and received information, but it did not help them with their needs.

- Lenawee County adults experienced the following adverse childhood experiences (ACEs):
 - Lived with someone who was a problem drinker or alcoholic (28%)
 - Their parents became separated or were divorced (21%)
 - Lived with someone who was depressed, mentally ill, or suicidal (20%)
 - A parent or adult in their home swore at, insulted, or put them down (14%)
 - Their family did not look out for each other, feel close to each other, or support each other (11%)
 - Lived with someone who used illegal stress drugs, or who abused prescription medications (9%)
 - Their parents were not married (8%)
 - A parent or adult in their home hit, beat, kicked, or physically hurt them (8%)
 - Someone at least five years older than them or an adult touched them sexually (7%)
 - Lived with someone who served time or was sentenced to serve time in prison, jail or correctional facility (6%)
 - Their parents or adults in their home slapped, hit, kicked, punched, or beat each other up (5%)
 - Someone at least five years older than them or an adult tried to make them touch them sexually (4%)
 - They didn't have enough to eat, had to wear dirty clothing, and had no one to protect them (3%)
 - Someone at least five years older than them or an adult forced them to have sex (2%)
- Nearly one-in-seven (17%) of adults experienced four or more adverse childhood experiences (ACEs).

The following graph shows the percentage of Lenawee County adults who had experienced 4 or more adverse child experiences (ACEs) in their lifetime. An example of how to interpret the information on the graph includes: 17% of all adults had experienced 4 or more ACEs in their lifetime, including 31% of those with incomes less than \$25,000, and 22% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

Adverse Childhood Experiences (ACEs)

- **Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years).** For example:
 - experiencing violence, abuse, or neglect
 - witnessing violence in the home or community
 - having a family member attempt or die by suicide
- Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding such as growing up in a household with:
 - substance misuse
 - mental health problems
 - instability due to parental separation or household members being in jail or prison
- ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. ACEs can also negatively impact education and job opportunities. However, ACEs can be prevented.

(Source: CDC Violence Prevention, Fast Facts, Updated April 3, 2020)

The table below indicates correlations between those who experienced four or more ACEs in their lifetime and participating in risky behaviors, as well as other experiences. An example of how to interpret the information includes: 47% of those who experienced four or more ACEs were current smokers, compared to 12% of those who did not experience any ACEs.

Behaviors of Lenawee County Adults

Experienced four or more ACEs vs. Did Not Experience Any ACEs

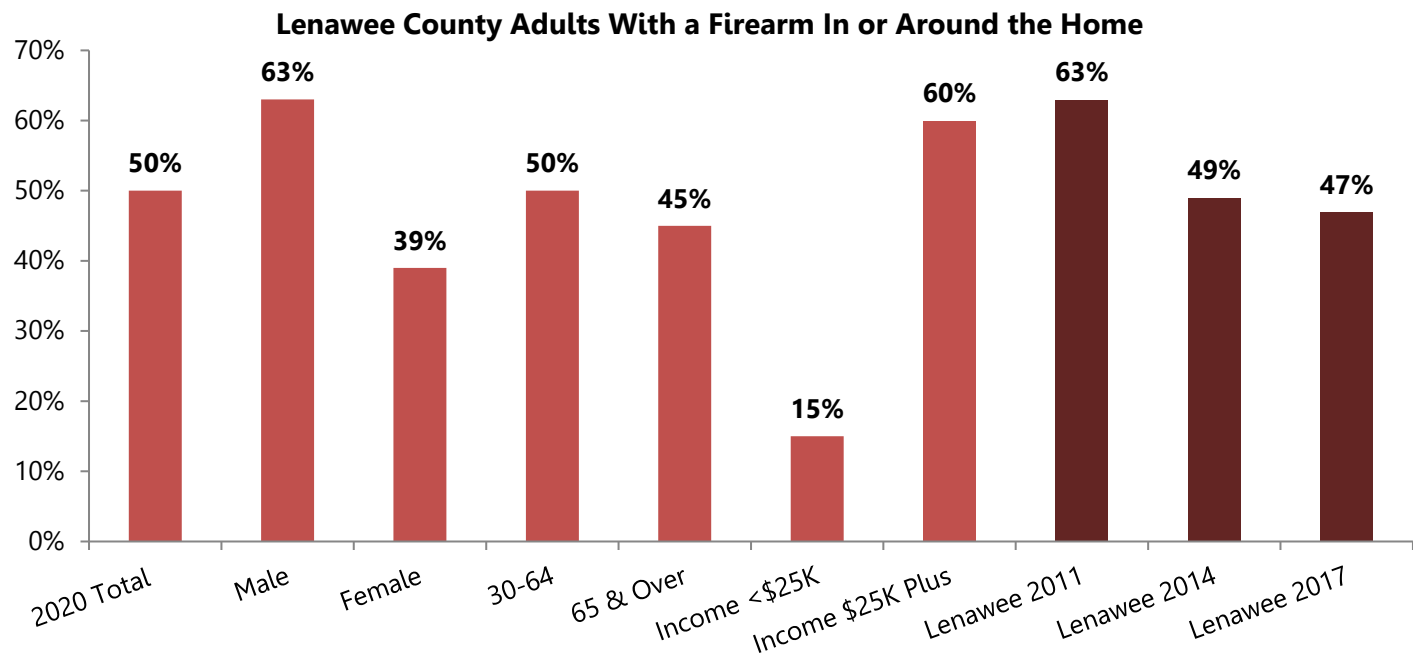
Adult Behaviors	Experienced four or more ACEs	Did Not Experience Any ACEs
Classified as overweight, obese, severely obese, morbidly obese by BMI	81%	69%
Had sexual intercourse with more than one person (in the past year)	75%	68%
Binge drinker (drank five or more drinks for males and four or more for females on an occasion in the past month)	50%	33%
Current smoker (currently smoke on some or all days)	47%	12%
Used recreational marijuana (in the past month)	24%	8%

"ACEs" indicate adults who self-reported having experienced four or more adverse childhood experiences in their lifetime.

Neighborhood and Built Environment

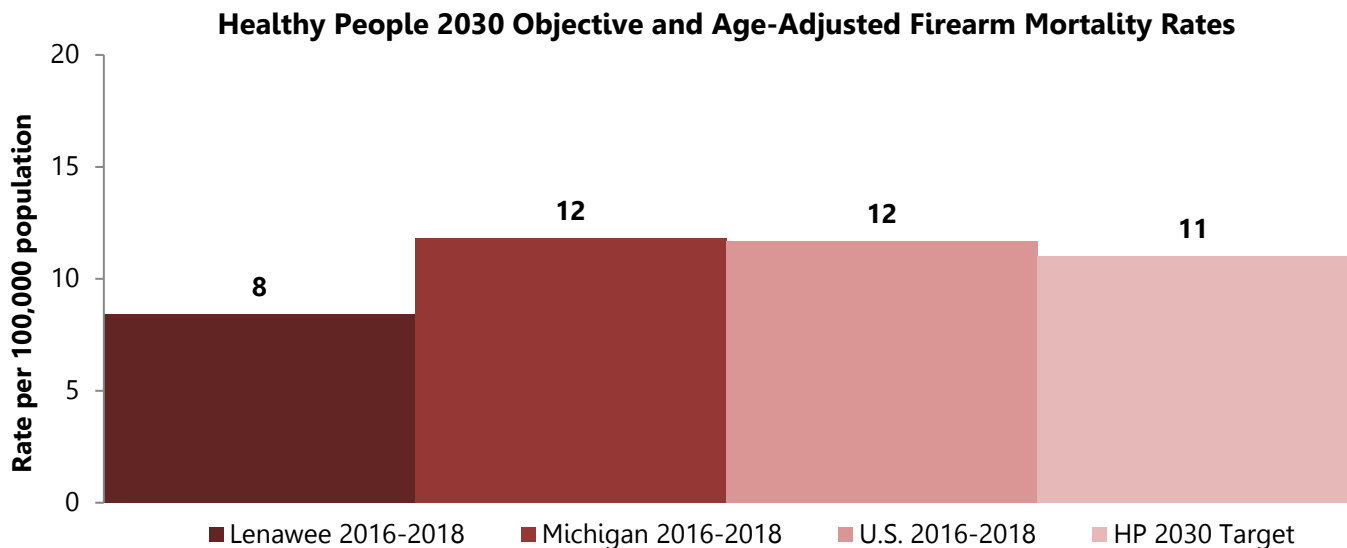
- Lenawee County adults reported doing the following while driving: talked on a hands-free cell phone (39%), eating (38%), talked on a hand-held cell phone (36%), texted (20%), used internet on cell phone (16%), drove without a seatbelt (8%), reading (6%), drove under the influence of alcohol (3%), drove under the influence of recreational drugs (1%), drove under the influence of prescription drugs (<1%), and other activities (1%).
- Eight percent (8%) of Lenawee County adults had the following transportation issues: other car issues/expenses (54%), could not afford gas (43%), did not feel safe to drive (41%), and no car (30%), no car insurance (27%), disabled (22%), cost of public or private transportation (22%), limited public transportation available or accessible (22%), no public transportation available or accessible (22%), and suspended/no driver's license (3%).
- Lenawee County residents reported the following concerns about their community: unemployment (80%); homelessness (35%); bullying (34%); drug abuse (33%); opiate/prescription drug abuse (33%); violence (32%); school funding (28%); distracted driving (27%); suicide prevention (26%); lack of affordable health care (24%); lack of affordable housing (24%); senior/elder care (23%); physical fitness (18%); discrimination based on race, ethnicity, or sexual orientation (18%); healthy eating (16%); DUI (16%); nutrition (15%); tobacco use (14%); traffic (13%); lack of affordable transportation (12%); underemployment (11%); teenage pregnancy (10%); disaster preparedness (10%); sexting (9%); and other (6%). Seventy-four percent (74%) of adults had more than one community concern.
- Half (50%) of Lenawee County adults kept a firearm in or around their home. Four percent (4%) of adults reported they were unlocked and loaded.

The following graph shows the percentage of Lenawee County adults that have a firearm in or around the home. An example of how to interpret the information shown on the graph includes: 50% of all Lenawee County adults have a firearm in or around the home, including 63% of males and 39% of females.



Note: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graph shows the Lenawee County, Michigan and U.S. age-adjusted mortality rates (per 100,000 population, 2000 standard) due to firearms in comparison to the Healthy People 2030 objective.



(Source: MDHHS Vital Statistics: Mortality, CDC Wonder 2016-2018, Healthy People 2030)

Victims of Gun Violence in America

- More than 114,000 people are shot in murders, assaults, suicides & suicide attempts, accidents, or by police intervention in America in an average year.
 - 37,603 people die from gun violence and 76,725 people survive gun injuries.
- Every day, an average of 313 people are shot in America. Of those 313 people, 103 people die and 210 are shot, but survive.
 - Of the 313 people who are shot every day, an average of 21 are children and teens.
 - Of the 103 people who die, 37 are murders, 63 are suicides, 1 is killed unintentionally, 1 is killed without a known intent, and 1 by legal intervention.
 - Of the 210 people who are shot but survive, 95 are from assault, 90 are shot accidentally, 12 are shot but the intent is unknown, 10 are suicide attempts, and 4 are legal interventions.
- Americans kill each other with guns 25 times the rate of other high-income countries.
- Most (90%) of guns used in crimes come from about 5% of gun dealers.
- Nearly all (97%) of Americans want expanded background checks.
- Gun violence is estimated to cost the American economy at least \$229 billion every year.

(Source: Brady Campaign and Brady Center to Prevent Gun Violence, 2019)

Veterans' Affairs

- Over one-third (37%) of Lenawee County adults reported that someone in their immediate family had served in the military in the past 10-20 years.
- As a result of military service during the past 10-20 years, the following have affected veterans' immediate family members: post-traumatic stress disorder (PTSD) (21%), access to mental health treatment (14%), major health problems due to injury (14%), substance/drug abuse/overdose (13%), access to substance/drug abuse treatment (12%), marital problems (9%), access to medical care at a VA facility (9%), access to medical care at a non-VA facility (9%), could not find/keep a job (7%), suicide attempt (6%), suicide completion (6%), housing issues (6%), had problems getting VA benefits (4%), and had problems getting information on VA eligibility and applying (2%).
- Approximately 5,890 residents, or 8% of the civilian population 18 years and over living in Lenawee County, are veterans *(Source: U.S. Census Bureau, American Community Survey, 2019)*.
- Ten percent (10%) of Lenawee County veterans ages 25 years and over had less than a high school diploma and 21% had at least a bachelor's degree *(Source: U.S. Census Bureau, American Community Survey, 2019)*.
- Twelve percent (12%) of Lenawee County veterans were living below the poverty level *(Source: U.S. Census Bureau, American Community Survey, 2019)*.

Social Conditions: Environmental Conditions

Key Findings

Lenawee County adults indicated that insects (10%), mold, and bed bugs (7%) threatened their health in the past year.

Environmental Health

- Lenawee County adults thought the following threatened their health in the past year:
 - Insects (10%)
 - Mold (7%)
 - Bed bugs (7%)
 - Air quality (4%)
 - Moisture issues (4%)
 - Unsafe water supply/wells (4%)
 - Rodents (3%)
 - Plumbing problems (3%)
 - Temperature regulation (3%)
 - Lice (2%)
 - Cockroaches (2%)
 - Agricultural chemicals (2%)
 - Sewage/wastewater problems (2%)
 - Chemicals found in household products (2%)
 - Radiation (1%)
 - Fracking (<1%)
 - Asbestos (<1%)
 - Lead paint (<1%)
 - Safety hazards (<1%)
 - Food safety/food borne illness (<1%)

Disaster Preparedness

- Lenawee County households had the following disaster preparedness supplies: cell phone with texting (83%), cell phone (81%), working smoke detector (79%), working flashlight and working batteries (78%), computer/tablet (74%), 3-day supply of nonperishable food for everyone in the household (54%), 3-day supply of prescription medication for each person who takes prescribed medicines (53%), working battery-operated radio and working batteries (40%), 3-day supply of water for everyone in the household (1 gallon of water per person per day) (40%), generator (34%), home land-line telephone (32%), communication plan (16%), a family disaster plan (11%), and disaster plan (10%).
- Lenawee County adults indicated the following as their main method or way of getting information from authorities in a large-scale disaster or emergency: Emergency Alert System (71%), television (67%), Internet (63%), radio (62%), friends/family (53%), Facebook (46%), neighbors (30%), newspaper (16%), other social media (9%), Twitter (7%), and other methods (4%).

Mold Prevention Tips

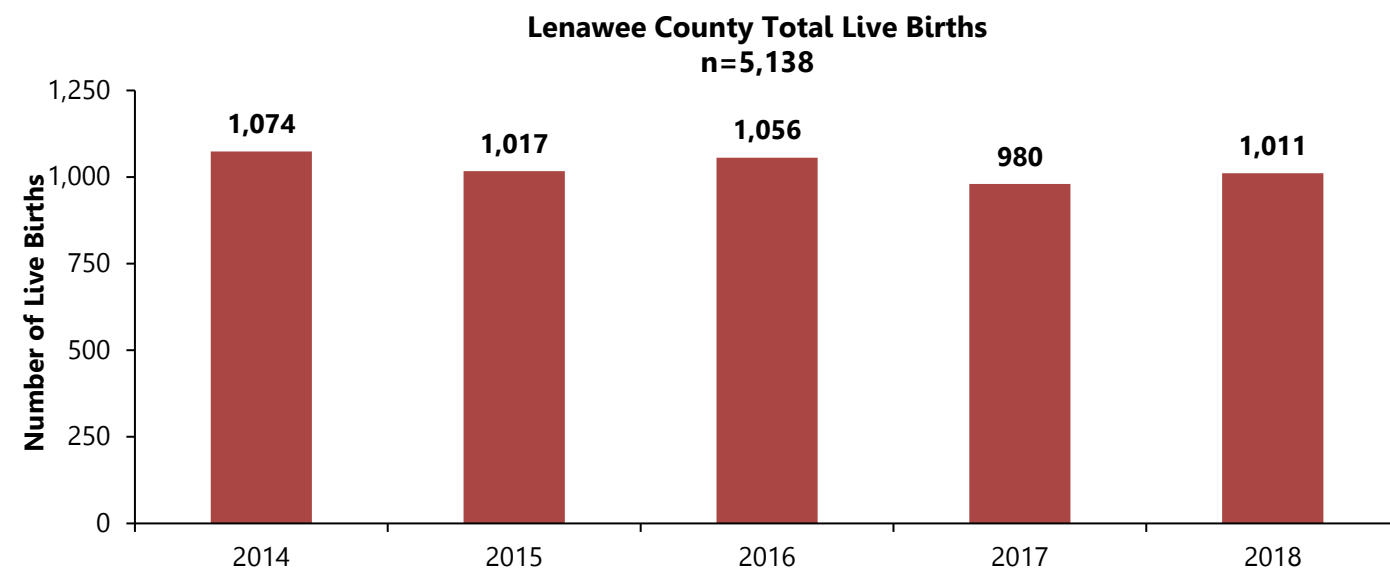
- Exposure to damp and moldy environments may cause a variety of health effects. Mold can cause nasal stuffiness, wheezing, eye irritation, or, in some cases, skin irritation.
- People with allergies may be more sensitive to molds. People with immune suppression or underlying lung disease are more susceptible to fungal infections. Individuals with chronic respiratory disease (e.g., chronic obstructive pulmonary disorder, asthma) may experience difficulty breathing. Individuals with immune suppression are at increased risk for infection from molds.
- In your home, you can control mold growth by:
 - Keep humidity levels as low as you can, between 30%-50%, all day long.
 - Be sure your home has enough ventilation. Use exhaust fans which vent outside your home in the kitchen and bathroom. Make sure your clothes dryer vents outside your home.
 - Fix any leaks in your home's roof, walls, or plumbing so mold does not have moisture to grow.
 - Use an air conditioner or a dehumidifier during humid months.
 - Consider not using carpet in rooms or areas like bathrooms or basements that may have a lot of moisture.

(Source: CDC, Facts about Mold and Dampness, Updated August 11, 2020)

Social Conditions: Maternal and Infant Health

Birth Data

Please note that the pregnancy outcomes data includes all births to women age 15-44.



(Source: MDHHS Division for Vital Records and Health Statistics; Birth Statistics, Updated September 10, 2020)

Michigan Infant and Maternal Mortality

Infant Outcomes: While improvements have been realized, Michigan women, infants, and their families continue to face deeply embedded systemic inequity, social biases, and related stressors that are closely associated with adverse health outcomes. More often, African American women and infants are experiencing disparate outcomes. Native American mothers, babies and families living in poverty are also faced with disparate outcomes, as the direct result of inequity.

- Michigan ranks 38th in infant mortality out of the 50 states and has a higher overall infant mortality rate than the Healthy People 2020 goal of 6.0 per 1,000 live births.
- In 2017, more than 760 babies in Michigan did not live to their first birthday.
- Michigan's infant mortality rate overall in 2017 (6.8 infant deaths per 1,000 live births) was higher than the nation's rate (5.8 infant deaths per 1,000 live births).
- In 2017, babies born to Black, non-Hispanic women were more than twice as likely to die before their first birthday than babies born to White, non-Hispanic women (14.0 and 5.0 per 1,000 live births, respectively).

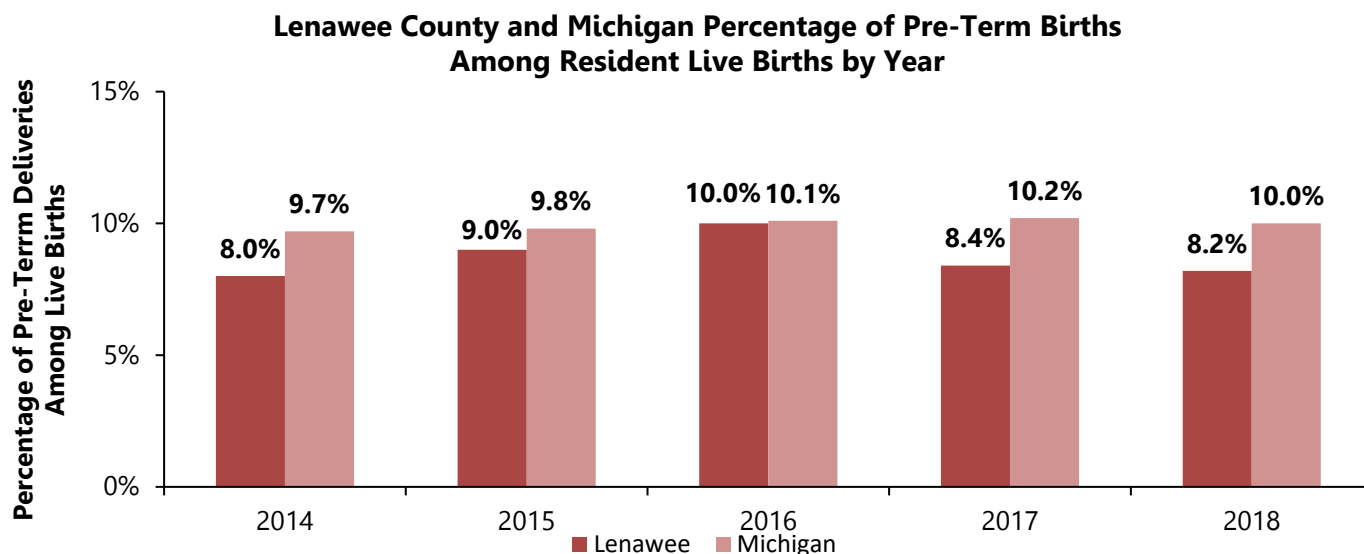
Maternal Outcomes: Even with ongoing efforts and some recent improvements, maternal deaths in Michigan continue. From 2011-2015, Michigan's pregnancy-related mortality rate was 11.6 maternal deaths per 100,000 live births. A recent review by the Michigan Maternal Mortality Surveillance (MMMS) Committee found that, of the pregnancy-related deaths, 44% were determined to be preventable. In Michigan and across the United States, even when controlling for age, socioeconomic status, and education, women of color face a higher risk of death from pregnancy complications.

- In 2015, approximately 90 women in Michigan died during pregnancy, at delivery, or within a year after the end of her pregnancy.
- From 2011-2015, 66 women died of pregnancy-related causes in Michigan. The leading cause of pregnancy-related deaths in Michigan is cardiomyopathy (21%), followed by infection/sepsis (14%). Additional causes of death include cardiovascular conditions, amniotic fluid embolism, cerebrovascular conditions, embolism, hypertension, and other medical conditions (often related to chronic diseases).
- From 2011-2015, Black, non-Hispanic women were three times more likely to die from pregnancy-related causes than White, non-Hispanic women (27.7 and 8.1 per 100,000 live births, respectively).

(Source: MDHHS 2020-2023 Mother Infant Health & Equity Improvement Plan, Updated December 20, 2019)

Pre-Term Births

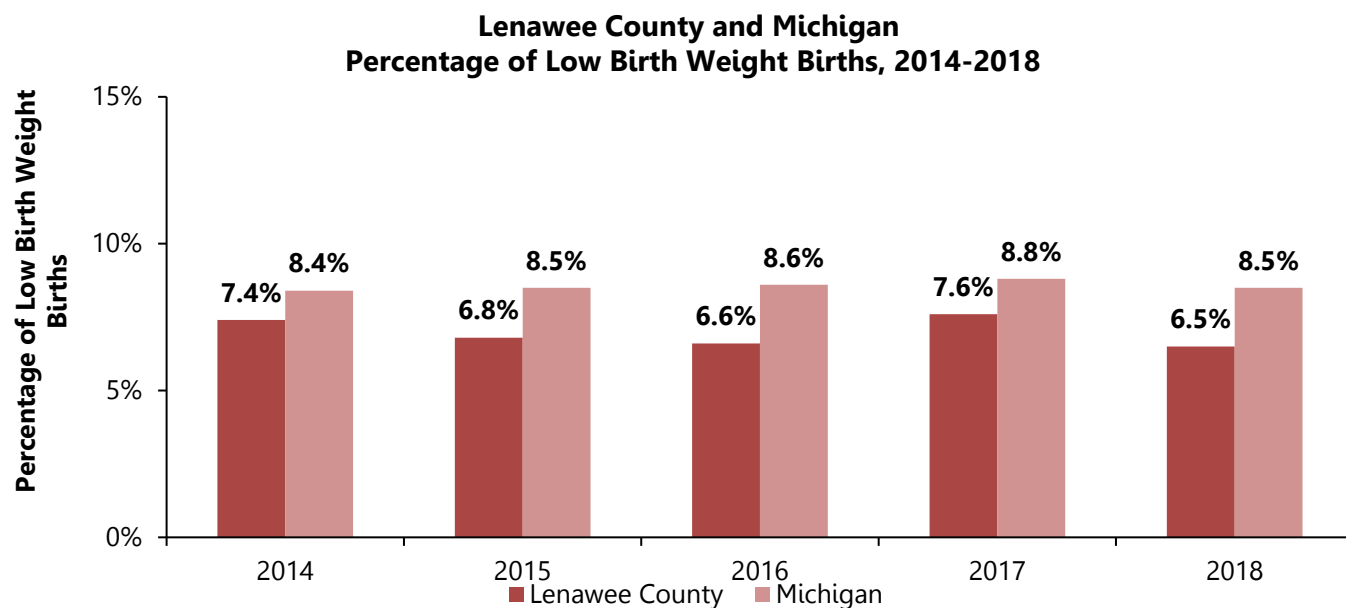
The following graph shows Lenawee County pre-term deliveries (<37 weeks) among live births by year.



*Note: birth data includes all births to adolescents and adults.
(Source: MiDHHS Division of Vital Records and Health Statistics: Birth Characteristics, Updated September 15, 2019)*

Low Birth Weight

The following graph shows the number of live births in Lenawee County and Michigan that were low birthweight by year. Low birth weight is defined as weighing less than 2,500 grams or 5 pounds, 8 ounces, but greater than 3 pounds, 4 ounces.

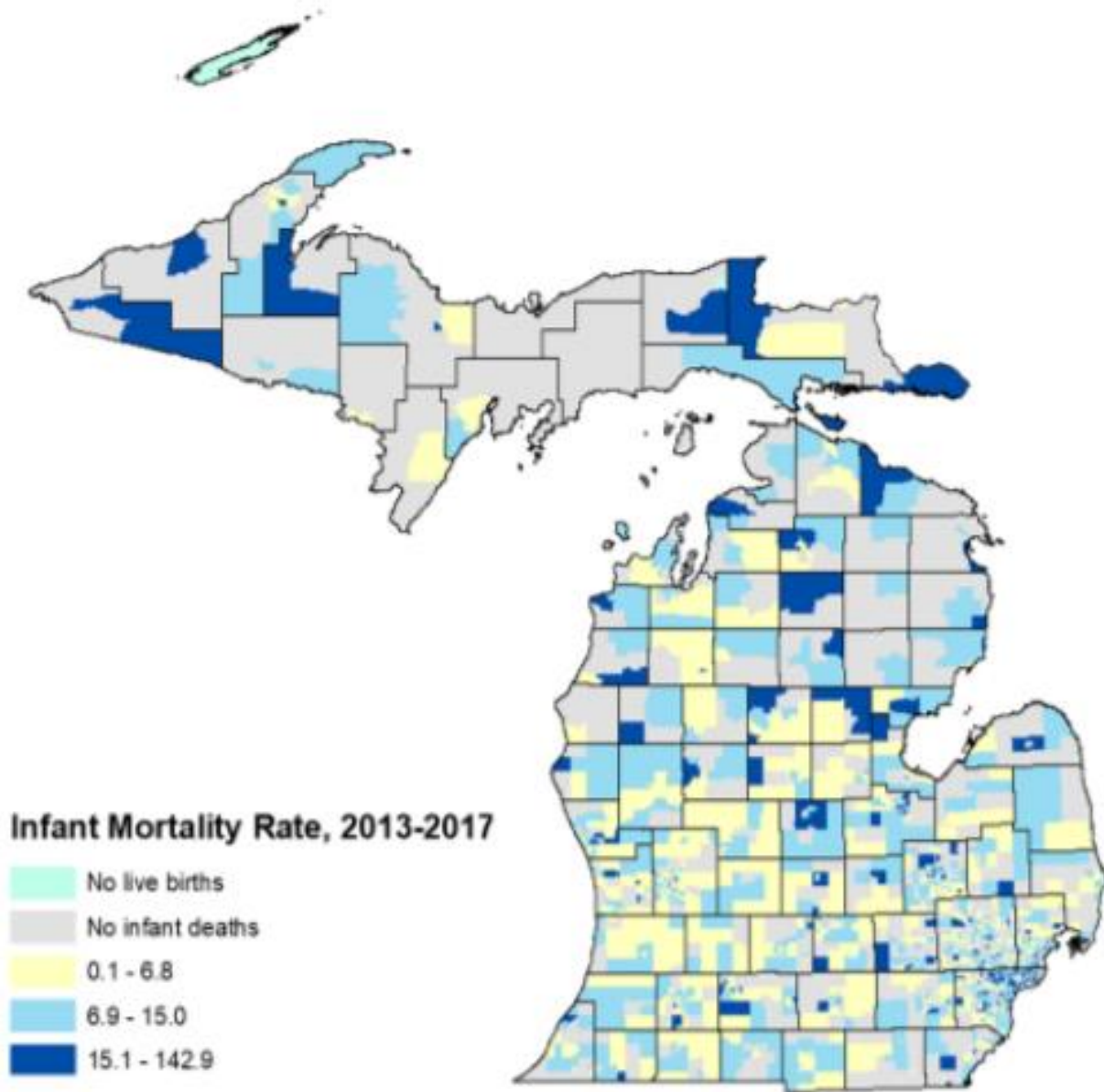


*Note: birth data includes all births to adolescents and adults.
(Source: MiDHHS Division of Vital Records and Health Statistics: Birth Characteristics, Updated September 15, 2019)*

The following map shows the Michigan 5-year average infant mortality rate, by county from 2013 to 2017.

- From 2014 to 2018, the Michigan infant mortality rate was 6.7 per 1,000 live births.
- The Lenawee County infant mortality rate from 2014 to 2018 was 5.8** per 1,000 live births.

Michigan Infant Mortality Average 5-Year Rate by Census Tract, 2013 to 2017



(Source: MDHHS 2020-2023 Mother Infant Health and Equity Improvement Plan, December 30, 2019)

Social Conditions: Parenting

Key Findings

In 2020, 74% of Lenawee County parents talked to their 12 to 17-year-old about their career plan.

Parenting

- Parents discussed the following topics with their 12 to 17-year-old in the past year:
 - Career plan (74%)
 - Dating and relationships (67%)
 - Social media issues (62%)
 - Negative effects of alcohol, tobacco, illegal drugs or misusing prescription drugs (61%)
 - Bullying (55%)
 - Weight status (eating habits, physical activity, and screen time) (53%)
 - Birth control/condom use/safer sex/STD prevention (52%)
 - School/legal consequences of using tobacco/alcohol/other drugs (50%)
 - Depression/anxiety/suicide (45%)
 - Body image (45%)
 - Abstinence/how to refuse sex (38%)
 - Volunteering (32%)
 - Refusal skills/peer pressure (32%)
 - Energy drinks (29%)

Youth Health: Weight, Nutrition and Physical Activity

The **Michigan Profile for Healthy Youth** (MiPHY) is an online student health survey offered by the Michigan Departments of Education and Health and Human Services. Youth in grades 7, 9, and 11 in Michigan school districts were used as the sampling frame for the youth survey. The results in this report reflect student survey responses from schools that voluntarily participated in Lenawee County and may not be representative of all middle and high school students in the county.

Key Findings

Almost one-fifth (18%) of middle school youth and 19% of high school youth were considered obese. Over one-quarter (27%) of middle school and 21% of high school youth reported they ate five or more servings of fruits and vegetables per day.

Middle School Youth (7th Grade): Weight, Nutrition and Physical Activity

Weight

- Eighteen percent (18%) of youth were obese (at or above the 95th percentile for BMI by age and sex), and 15% of youth were overweight (at or above the 85th percentile and below the 95th percentile for BMI by age and sex).
- Almost one-third (30%) of youth described themselves as slightly or very overweight.
- Almost half (47%) of all youth were trying to lose weight, increasing to 57% of Lenawee County female youth (compared to 38% of males).

Nutrition

- Over one-fourth (27%) Lenawee County youth ate five or more servings of fruits and vegetables per day.
- Nearly one-in-five (19%) youth drank a can, bottle, or glass of soda or pop one or more times per day during the past week.
- In the past week, 11% of youth reported they did not eat breakfast. Thirty-eight percent (38%) of youth had breakfast every day in the past week.
- Thirteen percent (13%) youth drank three or more glasses of milk per day in the past week.

Physical Activity

- Over half (55%) of youth participated in at least 60 minutes of physical activity on 5 or more days in the past week.
- Twenty-two percent (22%) of youth watched 3 or more hours per day of TV on an average school day.
- Forty-six percent (46%) of youth played video or computer games or used a computer for something that is not school work for 3 or more hours per day on an average school day.
- Eighty-two percent (82%) of youth attended physical education (PE) classes on one or more days in an average week when in school.
- Sixty-five percent (65%) of youth reported they played on any sports team.
- In the past year, 18% of youth had one or more concussions from playing a sport or being physically active.

High School Youth (9th and 11th Grade): Weight, Nutrition and Physical Activity

Weight

- Nineteen percent (19%) of youth were obese (at or above the 95th percentile for BMI by age and sex), and 17% of youth were overweight (at or above the 85th percentile and below the 95th percentile for BMI by age and sex).
- Over one-third (34%) of youth described themselves as slightly or very overweight.
- More than half (51%) of all youth were trying to lose weight, increasing to 62% of Lenawee County female youth (compared to 40% of males).

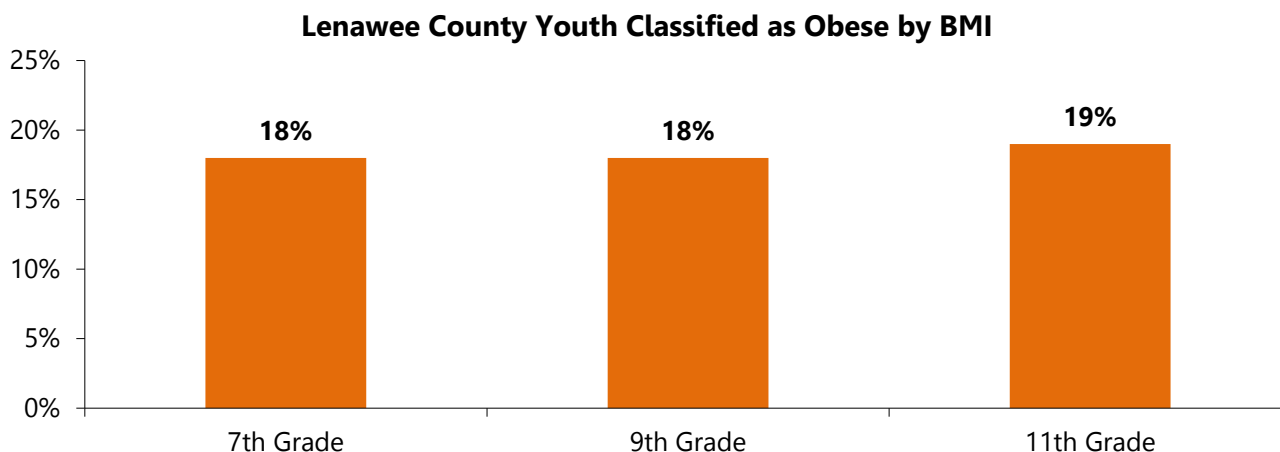
Nutrition

- More than one-fifth (21%) of Lenawee County youth ate five or more servings of fruits and vegetables per day.
- Twenty-one percent (21%) of youth drank a can, bottle, or glass of soda or pop one or more times per day during the past week.
- In the past week, 17% of youth reported they did not eat breakfast. Twenty-seven percent (27%) of youth had breakfast every day in the past week.
- Thirteen percent (13%) of youth drank three or more glasses of milk per day in the past week.

Physical Activity

- More than half (57%) of youth participated in at least 60 minutes of physical activity on 5 or more days in the past week.
- More than one-fifth (21%) of youth watched 3 or more hours per day of TV on an average school day.
- Half (50%) of youth played video or computer games or used a computer for something that is not school work for 3 or more hours per day on an average school day.
- Forty-five percent (45%) of youth attended physical education (PE) classes on one or more days in an average week when in school. More than one-third (37%) of youth attended PE classes daily in an average week when in school.
- Sixty-seven percent (67%) of youth reported they played on any sports team.
- In the past year, 15% of youth had one or more concussions from playing a sport or being physically active.

The following graph shows the percentage of Lenawee County youth who were classified as obese according to Body Mass Index (BMI) by age.



Youth Comparisons	Lenawee County 2015/16 MiPHY (7 th Grade)	Lenawee County 2019/20 MiPHY (7 th Grade)	Lenawee County 2015/16 MiPHY (9 th and 11 th Grade)	Lenawee County 2019/20 MiPHY (9 th and 11 th Grade)	Michigan YRBS 2019 (9 th -12 th)	U.S. YRBS 2019 (9 th -12 th)
Weight						
Obese	16%	18%	18%	19%	15%	16%
Overweight	17%	15%	19%	17%	16%	16%
Described themselves as slightly or very overweight	30%	30%	32%	34%	32%	32%
Tried to lose weight	50%	47%	49%	51%	46%	48%
Nutrition						
Ate 5 or more servings of fruits and vegetables per day (during the past 7 days)	33%	27%	23%	21%	N/A	N/A
Drank a can, bottle, or glass of soda or pop one or more times per day (during the past 7 days)	22%	19%	15%	21%	14%	15%
Did not eat breakfast (in the past 7 days)	9%	11%	11%	17%	19%	17%
Had breakfast every day (in the past 7 days)	43%	38%	35%	27%	29%	33%
Physical Activity						
Physically active at least 60 minutes per day on 5 or more days (in the past 7 days)	64%	55%	61%	57%	45%	46%
Watched 3 or more hours of TV per day (on an average school day)	28%	22%	22%	21%	19%	20%
Played video or computer games or used a computer for something that is not school work on 3 or more hours per day (on an average school day)	32%	46%	31%	50%	42%	46%
Attended physical education (PE) classes on one or more days (in an average week when in school)	N/A	82%	N/A	45%	31%	52%
Attended physical education (PE) classes daily (in an average week when in school)	N/A	N/A	N/A	37%	24%	26%
Youth who play on any sports team	69%	65%	66%	67%	N/A	57%
Had one or more concussions from playing a sport or being physically active (in the past 12 months)	N/A	18%	N/A	15%	14%	15%

N/A – Not Available

Youth Health: Tobacco Use

Key Findings

Seven percent (7%) of middle school youth had used an electronic vapor product in the past month, and 22% of high school youth had used an electronic vapor product in the past month.

Middle School Youth (7th Grade): Tobacco Use Behaviors

- Four percent (4%) of Lenawee County youth had tried cigarette smoking, even one or two puffs, before the age of 11. The average age of onset for smoking was 10.1 years old.
- Less than one percent (<1%) of youth had smoked cigarettes in the past 30 days, making them current smokers.
- One percent (1%) of youth had used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products in the past 30 days.
- Less than one percent (<1%) of youth reported they had smoked cigars, cigarillos, or little cigars in the past month.
- Seven percent (7%) of youth had used an electronic vapor product in the past month.
- Among Lenawee County youth who used an electronic vapor product recently, they reported they usually got their own **electronic vapor products** by doing the following:
 - Borrowed them from someone else (46%)
 - Gave someone else money to buy them (20%)
 - Some other way (20%)
 - A person 18 years' old or older gave it to them (12%)
 - Bought them in store or gas station (2%)
 - No one reported buying them on the internet
 - No one reported taking them from a store or another person

Physical Health

- Nearly one-fourth (22%) of youth had ever been told by a doctor or nurse that they had asthma.
- Almost three-fifths (58%) of youth had been told by a doctor or nurse that they had asthma and still have asthma (i.e., current asthma).

Social Norms: Tobacco Use

- When asked how many students they thought smoked one or more cigarettes a day, Lenawee County youth reported the following:

— Almost all [91-100%] (<1%)	— Some [11-30%] (8%)
— Most [71-90%] (<1%)	— Few [1-10%] (29%)
— Half or more [51-70%] (2%)	— None [0%] (57%)
— Half or less [31-50%] (4%)	

High School Youth (9th and 11th Grade): Tobacco Use Behaviors

- Nearly one-fourth (24%) of Lenawee County youth had ever tried cigarette smoking, even one or two puffs.
- Nine percent (9%) of youth had tried cigarette smoking, even one or two puffs, before the age of 13. The average age of onset for smoking was 12.4 years old.
- Four percent (4%) of youth had smoked cigarettes in the past 30 days, making them current smokers.
- Less than one percent (<1%) of youth had smoked cigarettes on school property in the past 30 days.

- Less than one percent (<1%) of youth were considered frequent smokers, having smoked cigarettes on 20 or more days in the past month.
- Of current smokers, 58% of youth had tried to quit all tobacco products in the past year.
- Among youth who smoked recently, they reported they usually got their own **cigarettes** by doing the following:
 - Borrowed or bummed them from someone else (23%)
 - Took them from a family member (23%)
 - Gave someone else money to buy them (19%)
 - A person 18 years' old or older gave it to them (15%)
 - Some other way (12%)
 - Bought them in store or gas station (4%)
 - Took them from a store (4%)
 - No one reported buying them from a vending machine
- Two percent (2%) of youth had used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products in the past 30 days. Less than one percent (<1%) reported having used tobacco, snuff, dip, snus, or dissolvable tobacco products on school property in the past month.
- Three percent (3%) of youth reported they had smoked cigars, cigarillos, or little cigars in the past month.
- Over one-fifth (22%) of youth had used an electronic vapor product in the past month.
- Among youth who used an electronic vapor product recently, they reported they usually got their own **electronic vapor products** by doing the following:
 - Borrowed them from someone else (40%)
 - Gave someone else money to buy them (23%)
 - A person 18 years' old or older gave it to them (17%)
 - Some other way (14%)
 - Bought them in store or gas station (5%)
 - Took them from a store or another person (1%)
 - No one reported buying them on the internet

Physical Health

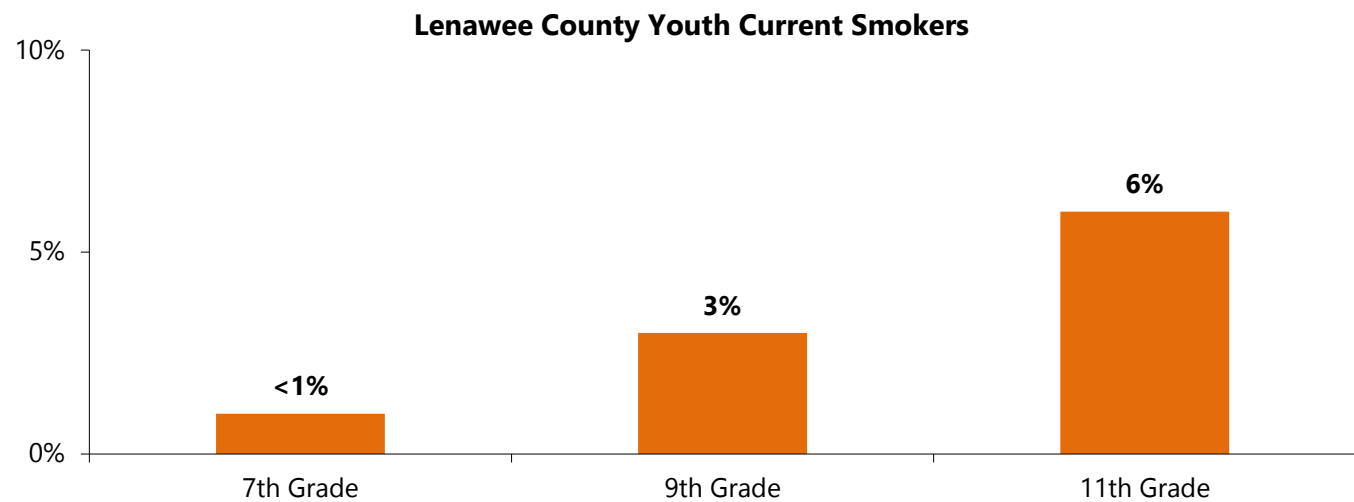
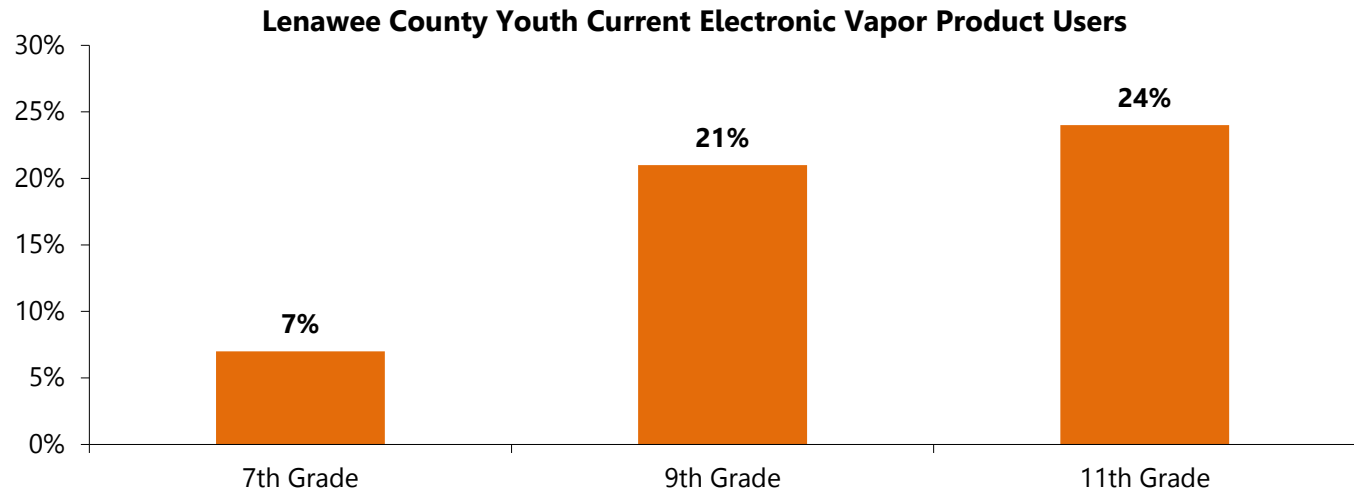
- One-fourth (25%) of youth had ever been told by a doctor or nurse that they had asthma.
- Over half (55%) of youth had been told by a doctor or nurse that they had asthma and still have asthma (i.e., current asthma).

Social Norms: Tobacco Use

- When asked how many students they thought smoked one or more cigarettes a day, Lenawee County youth reported the following:

— Almost all [91-100%] (1%)	— Some [11-30%] (19%)
— Most [71-90%] (1%)	— Few [1-10%] (29%)
— Half or more [51-70%] (6%)	— None [0%] (33%)
— Half or less [31-50%] (10%)	

The following graphs shows the percentage of Lenawee County youth who used an electronic vapor product and smoked cigarettes during the past 30 days.



Electronic Cigarettes

- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- E-cigarettes can be used to deliver marijuana and other drugs.
- The e-cigarette aerosol can contain harmful and potentially harmful substances, including:
 - Nicotine
 - Ultrafine particles that can be inhaled deep into the lungs
 - Flavoring such as diacetyl, a chemical linked to a serious lung disease
 - Volatile organic compounds
 - Cancer-causing chemicals
 - Heavy metals such as nickel, tin, and lead
- Nicotine exposure at a young age can harm adolescent brain development, which continues into the early to mid-20s.
- In the United States, youth are more likely than adults to use e-cigarettes.
 - In 2020, 3.6 million U.S. middle and high school students used e-cigarettes in the past 30 days, including 4.7% of middle school students and 19.6% of high school students.

(Source: Centers for Disease Control and Prevention; Electronic Cigarettes, Updated 9/9/2020)

Youth Comparisons	Lenawee County 2015/16 MiPHY (7 th Grade)	Lenawee County 2019/20 MiPHY (7 th Grade)	Lenawee County 2016/15 MiPHY (9 th and 11 th Grade)	Lenawee County 2019/20 MiPHY (9 th and 11 th Grade)	Michigan YRBS 2019 (9 th -12 th)	U.S. YRBS 2019 (9 th -12 th)
Ever tried cigarette smoking (even one or two puffs)	N/A	N/A	21%	24%	21%	24%
First tried cigarette smoking before the age of 13 (even one or two puffs)	N/A	N/A	7%	9%	7%	8%
First tried cigarette smoking before the age of 11 (even one or two puffs)	N/A	4%	N/A	N/A	N/A	N/A
Currently smoked cigarettes (during the past 30 days)	5%	<1%	9%	4%	5%	6%
Currently frequently smoked cigarettes (on 20 or more days during the past 30 days)	1%	0%	2%	<1%	1%	1%
Tried to quit all tobacco products during the past 12 months (of current smokers)	N/A	N/A	N/A	58%	53%	48%
Used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products (during the past 30 days)	N/A	1%	N/A	2%	3%	4%
Smoked cigars, cigarillos, or little cigars (during the past 30 days)	N/A	<1%	N/A	3%	5%	6%
Used an electronic vapor product (during the past 30 days)	N/A	7%	N/A	22%	21%	33%
Usually got their own electronic vapor products by buying them in a store (among students who used electronic vapor products recently)	N/A	2%	N/A	5%	10%	8%
Ever told by a doctor or nurse they had asthma	60%	22%	47%	25%	24%	22%

N/A-Not Available

Youth Health: Alcohol Consumption

Key Findings

Two percent (2%) of middle school youth had at least one drink in the past 30 days, defining them as a current drinker. One-in-seven (14%) high school youth were current drinkers.

Middle School Youth (7th Grade): Alcohol Use

- Two percent (2%) of youth had at least one drink in the past 30 days, making them current drinkers
- Of all youth, 6% had drunk alcohol for the first time before the age of 11. The average age of onset was 9.2 years old.
- One percent (1%) youth reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) in a row, within a couple of hours, in the past month and would be considered binge drinkers.
- One percent (1%) of youth reported they had gotten drunk for the first time before the age of 11. The average age of onset for being drunk for the first time was 11.0 years old.
- Lenawee County youth drinkers reported they got their alcohol from the following:
 - Took it from a family member (42%)
 - Gave someone else money to buy it (17%)
 - Someone gave it to them (17%)
 - Some other way (17%)
 - Bought it in a store or gas station (8%)
 - No one bought it at a restaurant, bar, or club
 - No one bought it at public event such as a concert or sporting event
 - No one reported taking it from a store
- Lenawee County youth drinkers reported they usually drank their alcohol in the following places: their home (50%), another person's home (42%), and a restaurant, bar, or club (8%). No one reported drinking their alcohol in a public place such as a park, beach, or parking lot; concert or sporting event; school property; or while riding in or driving a car or other vehicle.
- During the past month, 22% of all youth had ridden in a car or other vehicle driven by someone who had been drinking alcohol.
- Sixty-seven percent (67%) of youth reported their parents or other adults in their family had ever talked to them about what they expected them to do or not do when it came to alcohol and other drug use.

Social Norms: Alcohol Use

- When asked how many students they thought drank alcohol sometime in the past month, Lenawee County youth reported the following:

— Almost all [91-100%] (<1%)	— Some [11-30%] (11%)
— Most [71-90%] (1%)	— Few [1-10%] (28%)
— Half or more [51-70%] (3%)	— None [0%] (50%)
— Half or less [31-50%] (6%)	

High School Youth (9th and 11th Grade): Alcohol Use

- Over two-fifths (42%) of Lenawee County youth had at least one drink of alcohol in their life.
- Of all youth, 13% had drunk alcohol for the first time before the age of 13. The average age of onset was 12.8 years old.
- Fourteen percent (14%) of youth had at least one drink in the past 30 days, making them current drinkers.

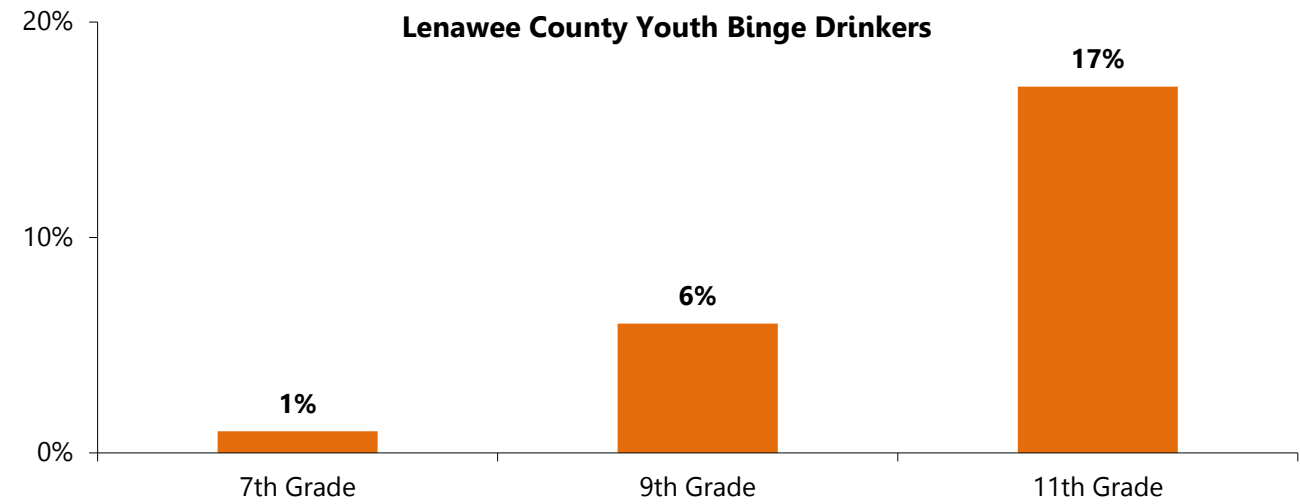
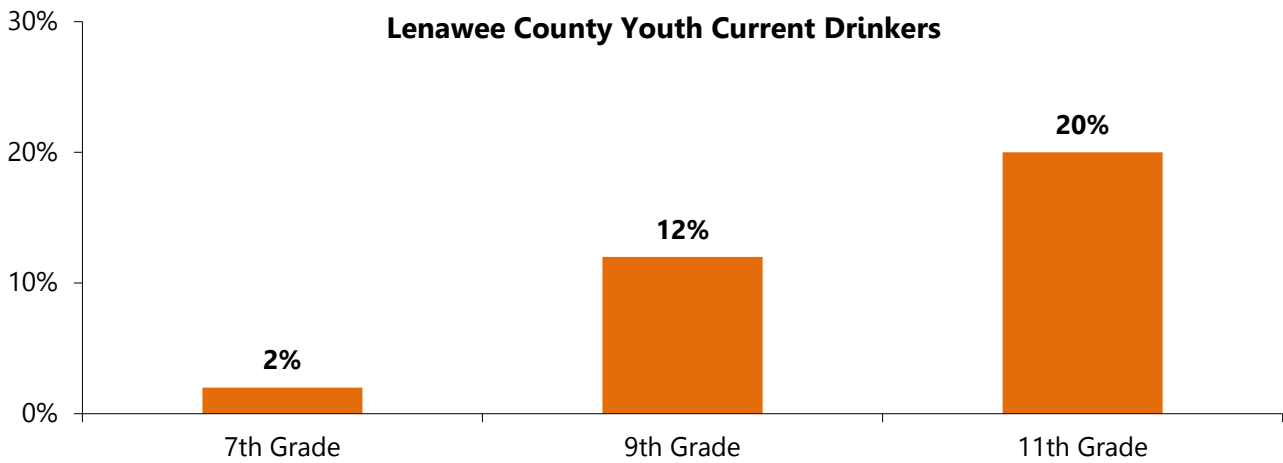
- One-in-ten (10%) youth reported they had five or more alcoholic drinks (for males) or four or more drinks (for females) in a row, within a couple of hours, in the past month and would be considered binge drinkers.
- One percent (1%) of youth reported they had at least one drink of alcohol on school property in the past month.
- Lenawee County youth drinkers reported they got their alcohol from the following:
 - Someone gave it to them (41%)
 - Took it from a family member (26%)
 - Some other way (16%)
 - Gave someone else money to buy it (15%)
 - Bought it at a store or gas station (2%)
 - No one reported taking it from a store
 - No one reported buying it at a restaurant, bar or club
 - No one reported buying it at a public event such as a concert or sporting event
- More than one-fifth (22%) of youth had been drunk in their lifetime. Four percent (4%) of youth reported they had gotten drunk for the first time before the age of 13. The average age of onset for being drunk for the first time was 13.8 years old.
- Lenawee County youth drinkers reported they usually drank their alcohol in the following places: their home (47%); another person's home (46%); a public place such as a park, beach or parking lot (2%); school property (2%); riding in or driving a car or other vehicle (1%); and at a restaurant, bar, or club (1%). No one reported drinking at a public event such as a concert or sporting event.
- During the past month, 11% of all youth had ridden in a car or other vehicle driven by someone who had been drinking alcohol.
- Two percent (2%) of youth had driven a car or other vehicle in the past month after they had been drinking alcohol.
- More than three-quarters (76%) of youth reported their parents or other adults in their family had ever talked to them about what they expected them to do or not do when it came to alcohol and other drug use.

Social Norms: Alcohol Use

- When asked how many students they thought drank alcohol sometime in the past month, Lenawee County youth reported the following:

— Almost all [91-100%] (3%)	— Some [11-30%] (20%)
— Most [71-90%] (8%)	— Few [1-10%] (13%)
— Half or more [51-70%] (18%)	— None [0%] (19%)
— Half or less [31-50%] (19%)	

The following graphs show the percentage of Lenawee County youth who were current drinkers (had at least one alcoholic drink in the past month) and binge drinkers (had five or more alcoholic drinks for males or four or more alcoholic drinks for females on an occasion in the past month).



Youth Comparisons	Lenawee County 2015/16 MiPHY (7 th Grade)	Lenawee County 2019/20 MiPHY (7 th Grade)	Lenawee County 2015/16 MiPHY (9 th and 11 th Grade)	Lenawee County 2019/20 MiPHY (9 th and 11 th Grade)	Michigan YRBS 2019 (9 th -12 th)	U.S. YRBS 2019 (9 th -12 th)
Ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)	N/A	N/A	45%	42%	N/A	N/A
Had their first drink of alcohol before the age of 13 (other than a few sips)	N/A	N/A	N/A	13%	14%	15%
Had their first drink of alcohol before the age of 11 (other than a few sips)	N/A	6%	N/A	N/A	N/A	N/A
Current drinker (at least one drink of alcohol during the past 30 days)	8%	2%	21%	14%	25%	29%
Binge drinker (drank 4 or more drinks of alcohol in a row [for females] or 5 or more drinks of alcohol in a row [for males] within a couple hours during the past 30 days)	4%	1%	12%	10%	11%	14%
Usually got the alcohol they drank by someone giving it to them (of current drinkers)	38%	17%	43%	41%	40%	41%
Rode in a car or other vehicle driven by someone who had been drinking alcohol (one or more times during the past 30 days)	25%	22%	11%	11%	15%	17%
Drove a car or other vehicle when they had been drinking alcohol (one or more times during the past 30 days)	N/A	N/A	4%	2%	4%	5%

N/A-Not Available

Youth Health: Drug Use

Key Findings

Three percent (3%) of middle school youth and 2% of high school youth had taken a prescription drug such as Ritalin, Adderall, or Xanax without a doctor's prescription in the past month.

Middle School Youth (7th Grade): Drug Use

- Four percent (4%) Lenawee County youth had used marijuana one or more times in the past 30 days.
- Three percent (3%) of youth tried marijuana before the age of 11. The average age of onset was 10.9 years old.
- Eight percent (8%) youth had ever used synthetic marijuana one or more times during their life.
- Less than one percent (<1%) of youth had used marijuana on school property in the past month.
- Three percent (3%) of youth had taken a prescription drug such as Ritalin, Adderall, or Xanax without a doctor's prescription during the past month.
- Two percent (2%) of youth had taken painkillers such as OxyContin, Codeine, Vicodin, or Percocet, without a doctor's prescription during the past month.
- Three percent (3%) of youth sniffed glue, or breathed the contents of spray cans, or inhaled any paints to get high during the past 30 days.
- Lenawee County youth used the following types of drugs in their **life**:
 - Steroids (9%)
 - Any form of cocaine (8%)
 - Methamphetamines (8%)
- Eight percent (8%) of youth had used a needle to inject any illegal drug into their body one or more times in their life.
- During the past 12 months, 4% of youth reported that someone had offered, sold, or given them an illegal drug on school property.

Social Norms: Marijuana and Other Drugs

- When asked how many students they thought used marijuana sometime in the past month, Lenawee County youth reported the following:
 - Almost all [91-100%] (2%)
 - Most [71-90%] (2%)
 - Half or more [51-70%] (4%)
 - Half or less [31-50%] (6%)
 - Some [11-30%] (8%)
 - Few [1-10%] (22%)
 - None [0%] (58%)
- When asked how many students they thought used an illegal drug (not including marijuana) in the past month, Lenawee County youth reported the following:
 - Almost all [91-100%] (<1%)
 - Most [71-90%] (<1%)
 - Half or more [51-70%] (2%)
 - Half or less [31-50%] (2%)
 - Some [11-30%] (6%)
 - Few [1-10%] (21%)
 - None [0%] (67%)

Youth Prescription (Rx) Drug Misuse

Prescription drug misuse has become a large public health problem, because misuse can lead to addiction, and even overdose deaths. For teens, it is a growing problem:

- After alcohol, marijuana, and tobacco, prescription drugs (taken nonmedically) are among the most commonly used drugs by 12th graders.
- Among youth ages 12 to 17, 4.9 percent reported past-year nonmedical use of prescription medications in the U.S.
- Multiple studies have revealed associations between prescription drug misuse and higher rates of cigarette smoking; heavy episodic drinking; and marijuana, cocaine, and other illicit drug use among U.S. adolescents and young adults.

(Source: National Institute on Drug Abuse, Misuse of Prescription Drugs Research Report, Updated June 2020)

High School Youth (9th and 11th Grade): Drug Use

- Fifteen percent (15%) Lenawee County youth had used marijuana one or more times in the past 30 days.
- Over one-quarter (28%) of youth had ever used marijuana.
- Six percent (6%) of youth tried marijuana before the age of 13. The average age of onset was 13.4 years old.
- Nine percent (9%) youth had ever used synthetic marijuana one or more times during their life.
- Two percent (2%) of youth had used marijuana on school property in the past month.
- Two percent (2%) of youth had taken a prescription drug such as Ritalin, Adderall, or Xanax without a doctor's prescription during the past month.
- Six percent (6%) of youth had taken painkillers such as OxyContin, Codeine, Vicodin, or Percocet, without a doctor's prescription during the past month.
- Lenawee County youth used the following types of drugs in the past **30 days**:
 - Prescription drug not prescribed, including painkillers (7%)
 - Sniffed glue, or breathed the contents of spray cans, or inhaled any paints to get high (3%)
 - Club drugs (1%)
 - Barbiturates without a doctor's prescription (<1%)
 - Any form of cocaine (<1%)
 - Heroin (<1%)
 - Methamphetamines (<1%)
 - Steroids (<1%)
- Less than one percent (<1%) of youth used a needle to inject any illegal drug into their body one or more times in the past 30 days.
- During the past 12 months, 17% of youth reported that someone had offered, sold, or given them an illegal drug on school property.

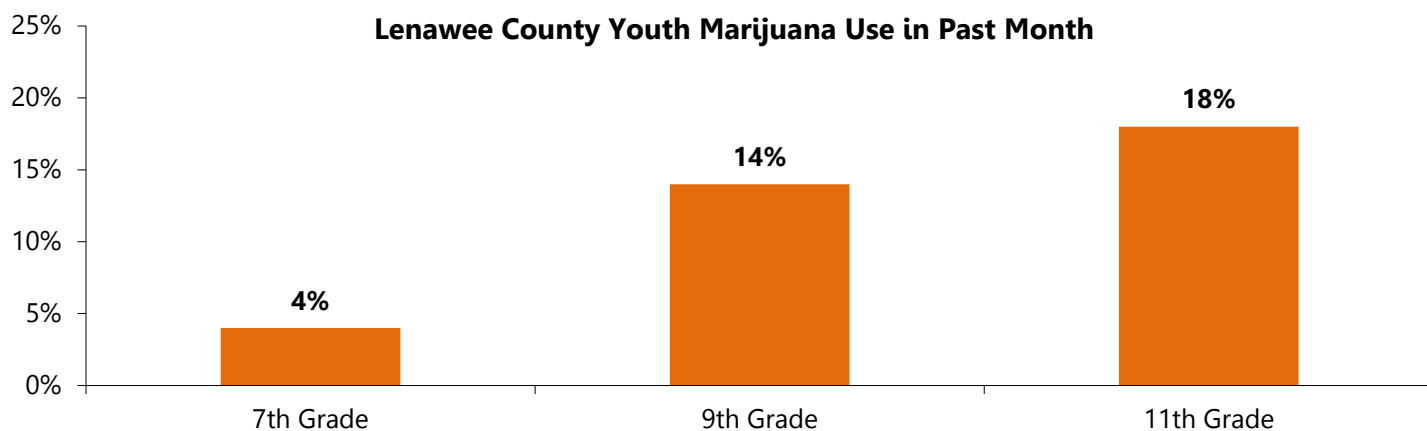
Social Norms: Marijuana and Other Drugs

- When asked how many students they thought used marijuana sometime in the past month, Lenawee County youth reported the following:

— Almost all [91-100%] (6%)	— Some [11-30%] (18%)
— Most [71-90%] (12%)	— Few [1-10%] (12%)
— Half or more [51-70%] (19%)	— None [0%] (20%)
— Half or less [31-50%] (14%)	
- When asked how many students they thought used an illegal drug (not including marijuana) in the past month, Lenawee County youth reported the following:

— Almost all [91-100%] (2%)	— Some [11-30%] (17%)
— Most [71-90%] (4%)	— Few [1-10%] (29%)
— Half or more [51-70%] (7%)	— None [0%] (30%)
— Half or less [31-50%] (11%)	

The following graph shows Lenawee County youth who used marijuana in the past month.



Youth Comparisons	Lenawee County 2015/16 MiPHY (7 th Grade)	Lenawee County 2019/20 MiPHY (7 th Grade)	Lenawee County 2015/16 MiPHY (9 th and 11 th Grade)	Lenawee County 2019/20 MiPHY (9 th and 11 th Grade)	Michigan YRBS 2019 (9 th -12 th)	U.S. YRBS 2019 (9 th -12 th)
Ever used marijuana (one or more times during their life)	N/A	N/A	31%	28%	38%	37%
Tried marijuana for the first time before age 13 years	N/A	N/A	N/A	6%	5%	6%
Tried marijuana for the first time before age 11 years	N/A	3%	N/A	N/A	N/A	N/A
Currently used marijuana (one or more times during the past 30 days)	5%	4%	17%	15%	22%	22%
Ever used synthetic marijuana (one or more times during their life)	N/A	8%	N/A	9%	8%	7%
Ever used cocaine (any form of cocaine, such as powder, crack or freebase, one or more times during their life)	8%	8%	N/A	N/A	3%	4%
Currently used cocaine (any form of cocaine, such as powder, crack or freebase, one or more times during the past 30 days)	N/A	N/A	N/A	<1%	N/A	N/A
Ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)	N/A	3%	N/A	N/A	8%	6%
Currently used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during the past 30 days)	5%	N/A	2%	3%	N/A	N/A
Ever used heroin (one or more times during their life)	N/A	N/A	N/A	N/A	2%	2%
Currently used heroin (one or more times during the past 30 days)	N/A	N/A	N/A	<1%	N/A	N/A
Ever used methamphetamines (one or more times during their life)	N/A	8%	N/A	N/A	3%	2%

Youth Comparisons	Lenawee County 2015/16 MiPHY (7 th Grade)	Lenawee County 2019/20 MiPHY (7 th Grade)	Lenawee County 2015/16 MiPHY (9 th and 11 th Grade)	Lenawee County 2019/20 MiPHY (9 th and 11 th Grade)	Michigan YRBS 2019 (9 th -12 th)	U.S. YRBS 2019 (9 th -12 th)
Currently used methamphetamines (one or more times during the past 30 days)	N/A	N/A	N/A	<1%	N/A	N/A
Ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)	N/A	9%	N/A	N/A	2%	2%
Currently took steroids with a doctor's prescription (pills or shots, one or more times during the past 30 days)	N/A	N/A	N/A	<1%	N/A	N/A
Ever injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during their life)	N/A	8%	N/A	N/A	2%	2%
Currently injected any illegal drug (used a needle to inject any illegal drug into their body, one or more times during the past 30 days)	N/A	N/A	N/A	<1%	N/A	N/A
Were offered, sold, or given an illegal drug on school property (during the past 12 months)	6%	4%	15%	17%	25%	22%

N/A-Not Available

Youth Health: Sexual Behavior

Key Findings

Four percent (4%) of middle school youth and 26% of high school youth reported they had ever had sexual intercourse. Six percent (6%) of high school youth had sexual intercourse with four or more people in their life.

Middle School Youth (7th Grade): Sexual Behavior

- Four percent (4%) of Lenawee County youth ever had sexual intercourse.
- Less than one percent (<1%) of youth had sexual intercourse for the first time before age 11 years old.
- Of sexually active youth, 28% of youth reported their first partner was three or more years older than them.
- Of sexually active youth, 16% drank alcohol or used drugs before their last sexual intercourse.
- More than one-third (36%) of sexually active youth used a condom during their last sexual intercourse.
- One percent (1%) of Lenawee County youth reported having had sexual intercourse with three or more people during their life.
- Three percent (3%) of youth had ever had same sex sexual contact.
- One-in-ten (10%) youth identified as gay, lesbian, or bisexual.

High School Youth (9th and 11th Grade): Sexual Behavior

- Twenty-six percent (26%) of Lenawee County youth ever had sexual intercourse.
- Four percent (4%) of youth had sexual intercourse for the first time before age 13 years old.
- Six percent (6%) of youth had sexual intercourse with four or more people during their life.
- Of youth who had sexual intercourse during the past 3 months:
 - 58% used a condom during their last sexual intercourse
 - 22% had sexual intercourse with one or more people
 - 22% drank alcohol or used drugs before their last sexual intercourse
 - 19% used birth control pills to prevent pregnancy before their last sexual intercourse
- Of sexually active youth, 20% of youth reported their first partner was three or more years older than them.
- Four percent (4%) of youth had ever been pregnant, or gotten someone pregnant.
- Nine percent (9%) youth had been physically forced to have sexual intercourse when they did not want to.
- Five percent (5%) of youth had ever had same sex sexual contact.
- Thirteen percent (13%) youth identified as gay, lesbian, or bisexual.

Youth Comparisons	Lenawee County 2015/16 MiPHY (7 th Grade)	Lenawee County 2019/20 MiPHY (7 th Grade)	Lenawee County 2015/16 MiPHY (9 th and 11 th Grade)	Lenawee County 2019/20 MiPHY (9 th and 11 th Grade)	Michigan YRBS 2019 (9 th -12 th)	U.S. YRBS 2019 (9 th -12 th)
Ever had sexual intercourse	7%	4%	34%	26%	40%	38%
Had sexual intercourse for the first time before age 13 years	N/A	N/A	3%	4%	3%	3%
Had sexual intercourse for the first time before age 11 years	N/A	<1%	N/A	N/A	N/A	N/A
Had sexual intercourse with four or more persons during their life	N/A	N/A	8%	6%	7%	9%
Had sexual intercourse with three or more persons during their life	N/A	1%	N/A	N/A	N/A	N/A
Used a condom during last sexual intercourse (of sexually active youth)	N/A	36%	59%	58%*	55%	54%
Used birth control pills during last sexual intercourse (of sexually active youth)	N/A	N/A	N/A	19%*	27%	23%
Drank alcohol or used drugs before last sexual intercourse (of sexually active youth)	N/A	16%	N/A	22%*	22%	21%
Ever physically forced to have sexual intercourse (when they did not to)	N/A	N/A	N/A	9%	10%	7%

*2019/20 MiPHY data for 9th and 11th grade specifies within the past three months.

N/A-Not Available

Sexual Risk Behavior

Many young people engage in sexual risk behaviors that can result in unintended health outcomes. For example, among U.S. high school students surveyed in 2017:

- Only 10% of sexually experienced students have ever been tested for HIV.
- 40% had ever had sexual intercourse.
- 30% had had sexual intercourse during the previous 3 months, and, of these
 - 46% did not use a condom the last time they had sex.
 - 14% did not use any method to prevent pregnancy.
 - 19% had drank alcohol or used drugs before last sexual intercourse.

Sexual risk behaviors place adolescents at risk for HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancy:

- Young people (aged 13-24) accounted for an estimated 21% of all new HIV diagnoses in the United States in 2016.
- Among young people (aged 13-24) diagnosed with HIV in 2014, 81% were gay and bisexual males.
- Half of the nearly 20 million new STDs reported each year are among young people, between the ages 15 to 24
- Nearly 210,000 babies were born to teen girls aged 15-19 years in 2016.

(Source: CDC, Adolescent and School Health, updated March 25, 2020)

Youth Health: Mental Health

Key Findings

Almost one-third (30%) of middle school youth and 42% of high school youth reported they felt so sad or hopeless for almost every day for two weeks or more in a row that they stopped doing some usual activities. Nearly one-fifth (19%) of high school youth reported they had made a plan about how they would attempt suicide, and 14% had attempted suicide in the past year.

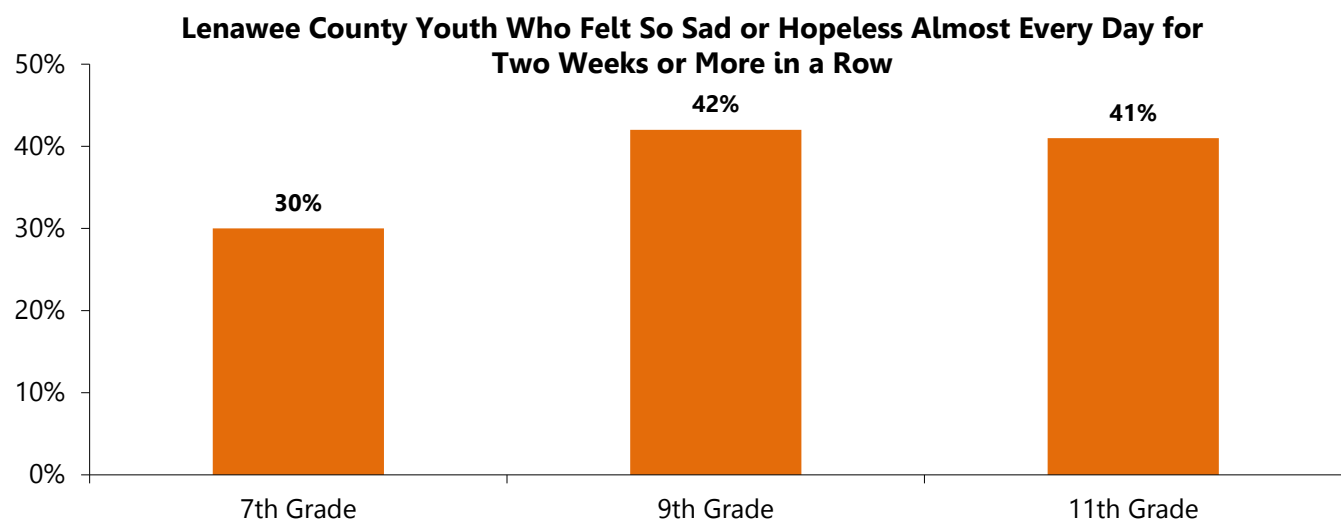
Middle School Youth (7th Grade): Mental Health

- Almost one-third (30%) of Lenawee County youth felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.
- One-fourth (25%) of youth reported they had seriously considered attempting suicide at some time in their life.
- Fifteen percent (15%) of youth made a plan about how they would attempt suicide in their lifetime.
- One-in-ten (10%) youth reported they had ever tried to kill themselves.
- Of those who attempted suicide, 4% resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

High School Youth (9th and 11th Grade): Mental Health

- Forty-two percent (42%) of Lenawee County youth felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.
- Almost one-quarter (24%) of youth reported they had seriously considered attempting suicide in the past 12 months.
- In the past year, 19% of youth made a plan about how they would attempt suicide.
- Fourteen percent (14%) of youth had attempted suicide in the past year.
- Of those who attempted suicide, 3% resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

The following graph show the percentage of Lenawee County youth who had felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.



Youth Comparisons	Lenawee County 2015/16 MiPHY (7 th Grade)	Lenawee County 2019/20 MiPHY (7 th Grade)	Lenawee County 2015/16 MiPHY (9 th and 11 th Grade)	Lenawee County 2019/20 MiPHY (9 th and 11 th Grade)	Michigan YRBS 2019 (9 th -12 th)	U.S. YRBS 2019 (9 th -12 th)
Felt sad or hopeless (almost every day for 2 weeks or more in a row so that they stopped doing some usual activities during the past 12 months)	28%	30%	37%	42%	36%	37%
Seriously considered attempting suicide (during the past 12 months)	N/A	N/A	N/A	24%	19%	19%
Ever seriously considered attempting suicide	23%	25%	21%	N/A	N/A	N/A
Made a plan about how they would attempt suicide (during the past 12 months)	N/A	15%	17%	19%	15%	16%
Attempted suicide (one or more times during the past 12 months)	N/A	10%	9%	14%	8%	9%
Suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the past 12 months)	N/A	4%	N/A	3%	3%	3%

N/A-Not Available

Youth Depression: Signs and Symptoms

- Occasionally being sad or feeling hopeless is a part of every child's life. However, some children feel sad or uninterested in things that they used to enjoy, or feel helpless or hopeless in situations where they could do something to address the situations. When children feel persistent sadness and hopelessness, they may be diagnosed with depression.
- Examples of behaviors often seen when children are depressed include
 - Feeling sad, hopeless, or irritable a lot of the time
 - Not wanting to do or enjoy doing fun things
 - Changes in eating patterns – eating a lot more or a lot less than usual
 - Changes in sleep patterns – sleeping a lot more or a lot less than normal
 - Changes in energy – being tired and sluggish or tense and restless a lot of the time
 - Having a hard time paying attention
 - Feeling worthless, useless, or guilty
 - Self-injury and self-destructive behavior
- Extreme depression can lead a child to think about suicide or plan for suicide. For youth ages 10-24 years, suicide is the leading form of death.
- Some children may not talk about helpless and hopeless thoughts, and they may not appear sad. Depression might also cause a child to make trouble or act unmotivated, so others might not notice that the child is depressed or may incorrectly label the child as a trouble-maker or lazy.

(Source: CDC, *Children's Mental Health: Anxiety and Depression*, March 30, 2020)

Youth Health: Safety, Bullying, Danger and Violence

Key Findings

Thirty-five percent (35%) of Lenawee County middle school youth had been bullied on school property in the past year. Thirty-one percent (31%) of high school youth texted or e-mailed while driving a car or other vehicle in the past month.

Middle School Youth (7th Grade): Bullying, Danger and Violence

Bullying

- Over one-third (35%) of youth had been bullied on school property in the past 12 months.
- One-fifth (20%) of youth reported they had been electronically bullied in the past year.
- Lenawee County youth experienced the following in the past 12 months:
 - Heard rumors or lies being spread about other students (82%)
 - Heard students get called mean names or get “put down” (77%)
 - Saw students get pushed, hit, or punched (62%)
 - Saw students left out of activities or games on purpose (61%)
 - Heard students threaten to hurt other students (53%)
 - Saw students wreck or damage other students’ things (52%)
 - Read e-mail or website messages that spread rumors about other students (25%)
 - Read e-mail or website messages that contained threats to other students (13%)

Danger and Violence

- More than one-third (37%) of youth had been involved in a physical fight in their life. Twenty percent (20%) youth had been involved in a physical fight on school property in their life.
- Thirty-one percent (31%) of youth carried a weapon (such as a gun, knife, or club) in their lifetime.
- Two percent (2%) of youth carried a weapon (such as a gun, knife, or club) on school property in their lifetime.
- Thirteen percent (13%) of youth did not go to school on one or more days because they did not feel safe at school or on their way to or from school in the past month.
- Thirty percent (30%) of youth reported two or more of the following things happened to them during their life: death of a parent or care giver, mental abuse, physical abuse, sexual abuse, saw violence in home or neighborhood, lived with a person who had mental illness or attempted suicide, lived with a person who was an alcoholic or used drugs, and lived with a person who went to jail or prison.

High School Youth (9th and 11th Grade): Safety, Bullying, Danger and Violence

Safety

- Almost one-third (31%) of Lenawee County youth texted or e-mailed while driving a car or other vehicle in the past month.

Bullying

- Thirty-one percent (31%) of youth had been bullied on school property in the past 12 months.
- One-fifth (21%) of youth reported they had been electronically bullied in the past year.
- Lenawee County youth experienced the following in the past 12 months:
 - Heard rumors or lies being spread about other students (80%)
 - Heard students get called mean names or get “put down” (72%)
 - Saw students left out of activities or games on purpose (55%)

- Heard students threaten to hurt other students (54%)
- Saw students get pushed, hit, or punched (51%)
- Saw students wreck or damage other students' things (44%)
- Read e-mail or website messages that spread rumors about other students (25%)
- Read e-mail or website messages that contained threats to other students (16%)

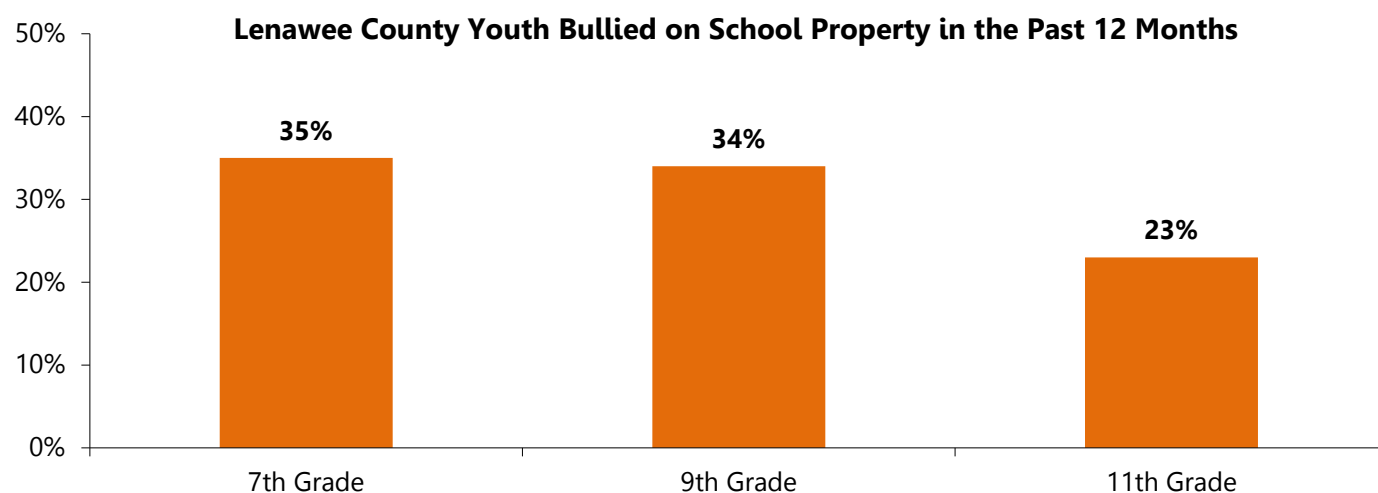
Danger and Violence

- In the past year, 20% of youth had been involved in a physical fight. Eight percent (8%) of youth had been involved in a physical fight on school property in the past year.
- Eighteen percent (18%) of youth carried a weapon (such as a gun, knife, or club) in the past 30 days.
- Three percent (3%) of youth carried a weapon (such as a gun, knife, or club) on school property in the past 30 days.
- Four percent (4%) of youth carried a gun in the past 30 days.
- Eight percent (8%) of youth did not go to school on one or more days because they did not feel safe at school or on their way to or from school in the past month.
- Ten percent (10%) youth were threatened or injured with a weapon (such as a gun, knife, or club) on school property in the past year.
- More than one-fifth (21%) of youth had property such as their car, clothing, or books stolen or deliberately damaged on school property.
- Thirty-nine percent (39%) of youth reported two or more of the following things happened to them during their life: death of a parent or care giver, mental abuse, physical abuse, sexual abuse, saw violence in home or neighborhood, lived with a person who had mental illness or attempted suicide, lived with a person who was an alcoholic or used drugs, and lived with a person who went to jail or prison.

Relationship Violence

- Twelve percent (12%) of youth were physically hurt on purpose by someone they were dating or going out with in the past year.
- In the past year, 14% of youth were forced to do sexual things they did not want to do by someone they were dating or going out with.

The following graph shows Lenawee County youth who were bullied on school property in the past 12 months.



Youth Comparisons	Lenawee County 2015/16 MiPHY (7 th Grade)	Lenawee County 2019/20 MiPHY (7 th Grade)	Lenawee County 2015/16 MiPHY (9 th and 11 th Grade)	Lenawee County 2019/20 MiPHY (9 th and 11 th Grade)	Michigan YRBS 2019 (9 th -12 th)	U.S. YRBS 2019 (9 th -12 th)
Safety						
Texted or emailed while driving a car or other vehicle (on at least 1 day during the past 30 days)	N/A	N/A	55%	31%	39%	39%
Bullying						
Bullied on school property (in the past 12 months)	44%	35%	25%	31%	21%	20%
Electronically bullied (in the past 12 months)	23%	20%	19%	21%	18%	16%
Danger and Violence						
Carried a weapon (such as a gun knife, or club on at least one day during the past 30 days)	43%	N/A	20%	18%	14%	13%
Ever carried a weapon (such as a gun, knife, or club in their lifetime)	N/A	31%	N/A	N/A	N/A	N/A
Carried a weapon on school property (such as a gun knife, or club on at least one day during the past 30 days)	4%	N/A	4%	3%	3%	3%
Ever carried a weapon on school property (such as a gun knife, or club in their lifetime)	N/A	2%	N/A	N/A	N/A	N/A
Did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the past 30 days)	14%	13%	7%	8%	9%	9%
Threatened or injured with a weapon on school property (such as a gun, knife, or club one or more times during the past 12 months)	N/A	N/A	7%	10%	7%	7%
Were in a physical fight (one or more times during the past 12 months)	44%	N/A	17%	20%	20%	22%
Ever in a physical fight (one or more times in their lifetime)	N/A	37%	N/A	N/A	N/A	N/A
Were in a physical fight on school property (one or more times during the past 12 months)	24%	N/A	9%	8%	7%	8%
Ever in a physical fight on school property (one or more times during the past 12 months)	N/A	20%	N/A	N/A	N/A	N/A
Relationship Violence						
Experienced physical dating violence (physically hurt on purpose by someone they were dating or going out with during the past 12 months)	N/A	N/A	N/A	12%	7%	8%
Experienced sexual dating violence (forced to do sexual things they did not want to do by someone they were dating or going out with in the past 12 months)	N/A	N/A	N/A	14%	12%	8%

N/A-Not Available

Youth Health: Community Domain

Key Findings

Half (50%) of middle school youth reported they knew an adult in their neighborhood they could talk to about something important. Over one-fifth (21%) of high school youth reported their neighbors notice when they are doing a good job and let them know.

Middle School Youth (7th Grade): Community Domain

Availability of Alcohol, Tobacco, and Other Drugs

- One-fifth (20%) of Lenawee County youth reported it was sort of easy or very easy to get cigarettes.
- More than one-quarter (28%) of youth reported it was sort of easy or very easy to get alcohol.
- Fifteen percent (15%) of youth reported it was sort of easy or very easy to get marijuana.

Perceived Safety

- Four percent (4%) of youth felt unsafe or very unsafe in their neighborhood.

Prosocial Involvement

- Half (50%) of youth knew an adult in their neighborhood they could talk to about something important.
- About one-fifth (21%) of youth reported their neighbors notice when they are doing a good job and let them know.
- Two-fifths (40%) of youth reported they knew people in their neighborhood who encourage them to do their best.
- Thirty-eight percent (38%) of youth knew people in their neighborhood who are proud when youth do something well.

High School Youth (9th and 11th Grade): Community Domain

Availability of Alcohol, Tobacco, and Other Drugs

- Forty-two percent (42%) of Lenawee County youth reported it was sort of easy or very easy to get cigarettes.
- Fifty-seven percent (57%) of youth reported it was sort of easy or very easy to get alcohol.
- Almost half (49%) of youth reported it was sort of easy or very easy to get marijuana.

Perceived Safety

- Five percent (5%) of youth felt unsafe or very unsafe in their neighborhood.

Prosocial Involvement

- Forty-seven percent (47%) of youth knew an adult in their neighborhood they could talk to about something important.
- Over one-fifth (21%) of youth reported their neighbors notice when they are doing a good job and let them know.

- More than one-third (35%) of youth reported they knew people in their neighborhood who encourage them to do their best.
- Thirty-four percent (34%) of youth knew people in their neighborhood who are proud when youth do something well.

Availability of Alcohol, Tobacco and Other Drugs

Lenawee County youth reported it was sort of easy or very easy to get....	7th Grade	9th Grade	11th Grade
Cigarettes	20%	41%	44%
Alcohol	28%	54%	63%
Marijuana	15%	47%	56%

Youth Health: Family Domain

Key Findings

Seventy-six percent (76%) of middle school youth and 58% of high school youth reported their parents noticed when they were doing a good job and let them know it.

Middle School Youth (7th Grade): Family Domain

Perception of Parental Disapproval of Alcohol, Tobacco, and Other Drugs

- Ninety-eight percent (98%) of Lenawee County youth reported their parents felt cigarette use was wrong or very wrong.
- Ninety-four percent (94%) of youth reported their parents felt marijuana use was wrong or very wrong.

Poor Family Management

- When asked about their family, Lenawee County youth reported the following:
 - People in their family had serious arguments (42%)
 - Their parents would not know if they came home on time (16%)
 - Their parents asked whether their homework was done (15%)

Rewards for Prosocial Involvement

- Seventy-six percent (76%) of youth reported their parents noticed when they were doing a good job and let them know it.
- Sixty-five percent (65%) of students said their parents tell them they are proud of them for something they have done.
- Almost all (92%) youth reported they enjoyed spending time with their mother. Eighty-four percent (84%) of youth reported they enjoyed spending time with their father.

Opportunities for Prosocial Involvement

- Fifty-eight percent (58%) of youth reported their parents included them in family decisions.
- Over four-fifths (82%) of youth could go ask their mom or dad for help with personal problems.
- Seventy-eight percent (78%) of youth reported their parents gave them lots of chances to do fun things with them.

High School Youth (9th and 11th Grade): Family Domain

Perception of Parental Disapproval of Alcohol, Tobacco, and Other Drugs

- Most (96%) of Lenawee County youth reported their parents felt cigarette use was wrong or very wrong.
- Eighty-eight percent (88%) of youth reported their parents felt marijuana use was wrong or very wrong.

Poor Family Management

- When asked about their family, Lenawee County youth reported the following:
 - People in their family had serious arguments (50%)
 - Their parents asked whether their homework was done (23%)
 - Their parents would not know if they came home on time (19%)

Rewards for Prosocial Involvement

- Fifty-eight percent (58%) of youth reported their parents noticed when they were doing a good job and let them know it.
- Over half (55%) of students said their parents tell them they are proud of them for something they have done.
- Eighty-five percent (85%) of youth reported they enjoyed spending time with their mother. Four-fifths (80%) of youth reported they enjoyed spending time with their father.

Opportunities for Prosocial Involvement

- Over half (55%) of youth reported their parents included them in family decisions.
- Almost three-quarters (74%) of youth could go ask their mom or dad for help with personal problems.
- Seventy percent (70%) of youth reported their parents gave them lots of chances to do fun things with them.

Youth Health: Individual and Peer Domain

Key Findings

Sixty-five percent (65%) of middle school youth and 67% of high school youth reported that having five or more drinks of alcohol once or twice each weekend to be a moderate or great risk.

Middle School Youth (7th Grade): Individual and Peer Domain

Attitudes Toward Danger and Violence

- Over three-fifths (63%) of youth reported that their friends would feel it was wrong or very wrong to be in a physical fight.

Perceived Risk from Alcohol, Tobacco and Other Drug Use

- Seventy-seven percent (77%) of youth reported that smoking one or more packs of cigarettes per day to be a moderate or great risk.
- Sixty-five percent (65%) reported that having five or more drinks of alcohol once or twice each weekend to be a moderate or great risk.

Perceived Norms and Beliefs about Alcohol, Tobacco, and Other Drug Use

- When asked how many of their friends had **smoked cigarettes** recently, Lenawee County youth reported that all (1%), most (<1%), some (9%), and none (89%) of their friends had smoked recently.
- When asked how many of their friends had been **drunk** recently, Lenawee County youth reported that all (2%), most (2%), some (8%), and none (89%) of their friends had been drunk recently.
- When asked how many of their friends had **used marijuana** recently, Lenawee County youth reported that all (2%), most (4%), some (11%), and none (82%) of their friends had used marijuana recently.

Interactions with Prosocial Peers

- In the past year, Lenawee County youth reported they had at least one best friend who:
 - Tried to do well in school (94%)
 - Participated in clubs, organizations, or activities at school (83%)
 - Made a commitment to say drug free (74%)
 - Liked school (74%)
 - Regularly attended religious services (65%)

High School Youth (9th and 11th Grade): Individual and Peer Domain

Attitudes Toward Danger and Violence

- Less than half (48%) of youth reported that their friends would feel it was wrong or very wrong to be in a physical fight.

Perceived Risk from Alcohol, Tobacco and Other Drug Use

- Four-fifths (80%) of youth reported that smoking one or more packs of cigarettes per day to be a moderate or great risk.
- Sixty-seven percent (67%) reported that having five or more drinks of alcohol once or twice each weekend to be a moderate or great risk.

Perceived Norms and Beliefs about Alcohol, Tobacco, and Other Drug Use

- When asked how many of their friends had **smoked cigarettes** recently, Lenawee County youth reported that all (4%), most (3%), some (19%), and none (74%) of their friends had smoked recently.
- When asked how many of their friends had been **drunk** recently, Lenawee County youth reported that all (5%), most (9%), some (38%), and none (48%) of their friends had been drunk recently.
- When asked how many of their friends had **used marijuana** recently, Lenawee County youth reported that all (8%), most (11%), some (36%), and none (45%) of their friends had used marijuana recently.

Interactions with Prosocial Peers

- In the past year, Lenawee County youth reported they had at least one best friend who:
 - Tried to do well in school (92%)
 - Participated in clubs, organizations, or activities at school (86%)
 - Made a commitment to stay drug free (71%)
 - Liked school (68%)
 - Regularly attended religious services (65%)

Youth Health: School Domain

Key Findings

Sixty-six percent (66%) of middle school youth and 54% of high school youth reported their teachers notice when they are doing a good job and let them know it.

Middle School Youth (7th Grade): School Domain

Perceived Safety

- Six percent (6%) of youth reported feeling unsafe or very unsafe at school.

Attitudes Towards Danger and Violence

- Eighty-five percent (85%) of youth reported that their friends would feel it was wrong or very wrong to carry a weapon to school.

Commitment to School

- One-fifth (20%) of youth reported they felt assigned school work was never or seldom meaningful and important.
- One-third (33%) reported their courses were slightly or very dull.
- Twenty-nine percent (29%) of youth thought learning in school was slightly or not at all important for later in life.
- In the past year, Lenawee County youth:
 - Often or always hated being at school (41%)
 - Never or seldom enjoyed being at school (27%)
 - Never or seldom tried to do their best work at school (7%)
- When at school, Lenawee County youth reported it was not at all or little true that they:
 - Help decide things like class activities or rules (82%)
 - Do things that make a difference (66%)
 - Do interesting activities (49%)

Opportunities for Prosocial Involvement

- Forty-five percent (45%) of youth reported they had a lot of chances to help decide things like class activities and rules at school.
- Almost four-fifths (79%) of youth reported they had a lot of chances to talk with a teacher one-on-one at school.
- Over two-fifths (41%) of youth reported their teachers asked them to work on special classroom projects at school.
- Nine-in-ten (90%) youth reported they had lots of chances to get involved in sports, clubs, and other school activities outside of class.
- Seventy-seven percent (77%) of youth reported they had a lot of chances to be a part of class discussions or activities.

Rewards for Prosocial Involvement

- Sixty-six percent (66%) of youth reported their teachers notice when they are doing a good job and let them know it.
- Two-fifths (40%) of youth reported their school let their parents know when they have done something well.
- Eighty-two percent (82%) of youth felt safe at school.
- Almost half (49%) of youth reported their teachers praise them when they work hard in school.

High School Youth (9th and 11th Grade): School Domain

Perceived Safety

- Seven percent (7%) of youth reported feeling unsafe or very unsafe at school.

Attitudes Towards Danger and Violence

- Seventy-nine percent (79%) of youth reported that their friends would feel it was wrong or very wrong to carry a weapon to school.

Commitment to School

- Thirty-seven percent (37%) of youth reported they felt assigned school work was never or seldom meaningful and important.
- Forty-two percent (42%) reported their courses were slightly or very dull.
- Over two-fifths (42%) of youth thought learning in school was slightly or not at all important for later in life.
- In the past year, Lenawee County youth:
 - Often or always hated being at school (49%)
 - Never or seldom enjoyed being at school (32%)
 - Never or seldom tried to do their best work at school (9%)
- When at school, Lenawee County youth reported it was not at all or little true that they:
 - Help decide things like class activities or rules (80%)
 - Do things that make a difference (71%)
 - Do interesting activities (59%)

Opportunities for Prosocial Involvement

- Over two-fifths (45%) of youth reported they had a lot of chances to help decide things like class activities and rules at school.
- Seventy-six percent (76%) of youth reported they had a lot of chances to talk with a teacher one-on-one at school.
- Nearly one-third (30%) of youth reported their teachers asked them to work on special classroom projects at school.
- Eighty-seven percent (87%) of youth reported they had lots of chances to get involved in sports, clubs, and other school activities outside of class.
- Nearly three-quarters (74%) of youth reported they had a lot of chances to be a part of class discussions or activities.

Rewards for Prosocial Involvement

- Over half (54%) of youth reported their teachers notice when they are doing a good job and let them know it.
- Over one-third (34%) of youth reported their school let their parents know when they have done something well.
- Seventy-two percent (72%) of youth felt safe at school.
- Forty-one percent (41%) of youth reported their teachers praise them when they work hard in school.

Child Health: Health and Functional Status

Key Findings

In 2020, 98% of Lenawee County parents rated their child's health as excellent (67%) or very good (31%). Twenty percent (20%) of children were classified as obese by body mass index (BMI) calculations. Ninety-two percent (92%) of parents reported their child was physically active for at least 60 minutes on three or more days per week.

General Health Status

- Ninety-eight percent (98%) of Lenawee County parents rated their child's health as excellent (67%) or very good (31%). Two percent (2%) of parents rated their child's health as fair or poor.
- Over one-third (36%) of parents reported their child had been tested for lead poisoning, and the results were within normal limits. Two percent (2%) reported the levels were elevated, but no medical follow-up was needed. Over half (55%) of parents had not had their child tested for lead poisoning, and 9% of parents did not know if their child had been tested for lead poisoning.

Weight Status and Nutrition

- Twenty percent (20%) of children were classified as obese by body mass index (BMI) calculations. Fifteen percent (15%) of children were classified as overweight, 62% were normal weight, and 3% were underweight.
- Ninety-two percent (92%) of parents reported their child was physically active for at least 60 minutes on three or more days per week. Seventy-two percent (72%) were physically active on five or more days, and 43% were physically active for at least 60 minutes every day per week. One percent (1%) reported not engaging in any physical activity in the past week, and 1% were unable to be physically active.
- On an average day of the week, Lenawee County children spent an average of 1.9 hours watching TV, 1.5 hours on a computer, 1.0 hour playing video games, and 0.7 hours playing games on a cellphone.
- Lenawee County children ate breakfast at the following frequencies in the past week: 1 to 2 days (1%), 3 to 4 days (3%), and 5 or more days (96%).
- Thirty-six percent (36%) of children consumed 5 or more servings of fruits **and/or** vegetables per day, 40% of children ate 3-4 servings, and 22% of children ate 1-2 servings. Two percent (2%) of children ate 0 servings of fruits and/or vegetables per day.

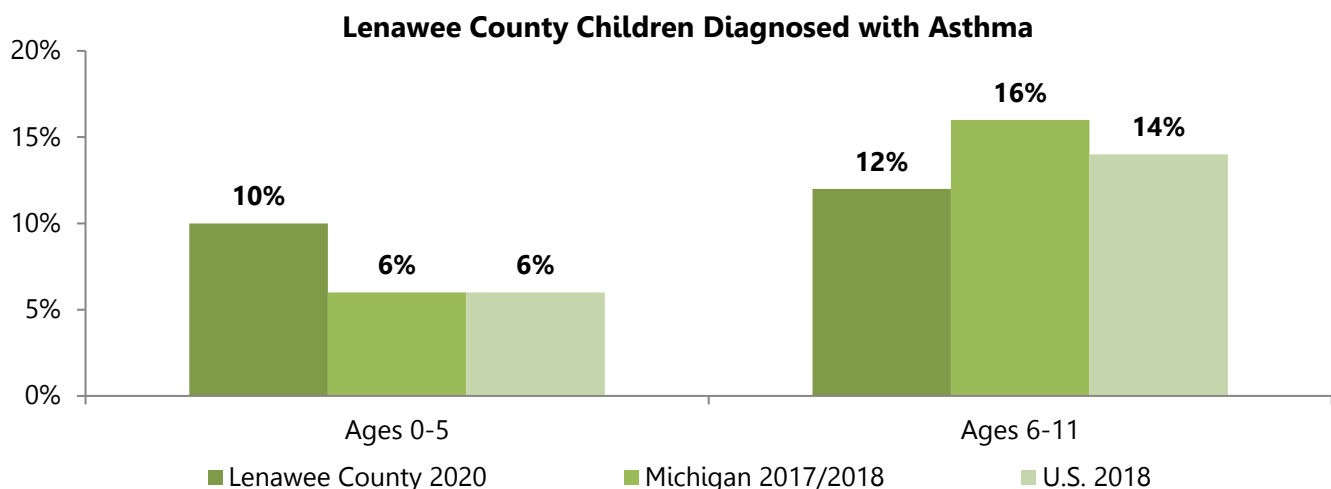
The table below indicates the number of servings Lenawee County children had of fruit, vegetables, sugar-sweetened beverages and caffeinated beverages per day.

	5 or more servings	3-4 servings	1-2 servings	0 servings
Fruits	5%	31%	62%	2%
Vegetables	2%	27%	66%	5%
Sugar-sweetened beverages	1%	5%	42%	52%
Caffeinated beverages	0%	1%	7%	92%

Health Conditions

- Twenty-three percent (23%) of Lenawee County parents thought that their child had difficulties with one or more of the following: emotions (18%), concentration (13%), behavior (5%), and being able to get along with people (2%).
- The above difficulties were being managed in the following ways: family and friends take care of it (66%), professional help (49%), and schools or day care (37%). Ten percent (10%) reported they do not need help.
- Ten percent (10%) of parents reported their child had an emotional, developmental, or behavioral problem that required treatment or counseling.
- A doctor, health professional, or health educator told Lenawee County parents their 0-11-year-old child had the following conditions:
 - Asthma (12%)
 - Speech and language delay (10%)
 - Anxiety problems (9%)
 - ADD/ADHD (7%)
 - Developmental delay (5%)
 - Behavioral/conduct problems (4%)
 - Learning disability (3%)
 - Overweight/obese (3%)
 - Genetic or inherited condition (2%)
 - Autism or Autism Spectrum Disorder (ASD) (2%)
 - Depression (2%)
 - Epilepsy/seizure disorder (2%)
 - Obsessive-compulsive disorder (1%)
 - Diabetes (1%)
 - Brain injury, concussion or head injury (1%)
 - Intellectual disability or mental retardation (1%)
- Over one-third (36%) of Lenawee County children ages 0-11 had one or more health conditions.
- Four percent (4%) of Lenawee County parents whose child had been diagnosed with autism/Autism Spectrum Disorder or a developmental delay received therapy services to meet their child's developmental needs, such as early intervention, occupational therapy, or behavioral therapy.
- Parents reported their child had the following allergies: environmental allergies (17%), animal allergies (7%), other food allergies (2%), milk (2%), red dye (2%), peanuts (2%), and eggs (1%), and other (2%). Of parents who had children with allergies, 2% had an Epi-pen.

The following graph shows the percent of Lenawee County, Michigan and U.S. children who had been diagnosed with asthma.



Asthma and Children

- Asthma is the most common chronic conditions among children, currently affecting an estimated 6.1 million children under 18 years, of which 3.5 million suffered from an asthma attack or episode in 2016.
- An asthma episode is a series of events that results in narrowed airways. These include swelling of the airway lining, tightening of the muscle around the airways, and increased secretion of mucus inside the airway. This narrowed airway causes difficulty breathing with the familiar “wheeze.”
- When a child has asthma, their lungs are extra sensitive to certain “triggers.” Each child reacts differently to the factors that may trigger asthma, including:
 - Excitement/stress
 - Indoor and outdoor air pollutants
 - Exposure to cold air or sudden temperature change
 - Allergic reactions to allergens such as pollen, dust, or mold
 - Respiratory infections and colds
 - Cigarette smoke
- Secondhand smoke can cause serious harm to children. An estimated 400,000 to one million children with asthma have their condition worsened due to secondhand smoke.
- Asthma can be life-threatening if not properly managed. In 2016, 169 children under 15 years old died from asthma.
- Asthma is the third leading cause of hospitalization among children under the age of 15.
- Asthma is one of the leading causes of school absenteeism. In 2013, asthma accounted for 13.8 million lost school days in school-aged children with an asthma episode in the previous year.

(Source: American Lung Association, Asthma & Children Fact Sheet, Updated October 23, 2020)

Child 0-5 Comparisons	Lenawee County 2011 Ages 0-5	Lenawee County 2017 Ages 0-5	Lenawee County 2020 Ages 0-5	Michigan 2018 Ages 0-5	U.S. 2018 Ages 0-5
Rated health as excellent or very good	97%	98%	98%	92%	93%
Diagnosed with autism	1%	0%	0%	2%* [⌘]	2%* [⌘]
Diagnosed with asthma	17%	12%	10%	6%* [€]	6%
Diagnosed with ADHD/ADD	3%	0%	2%	1%* ^{⌘€}	1%* [⌘]
Diagnosed with OCD	N/A	N/A	0%	N/A	N/A
Diagnosed with behavioral or conduct problems	2%	0%	2%	3%* ^{⌘€}	5% [⌘]
Diagnosed with epilepsy or a seizure disorder	0%	0%	3%	N/A	<1%* [⌘]
Diagnosed with a brain injury, concussion, or head injury	0%	0%	0%	N/A	1%* [⌘]
Diagnosed with depression	1%	0%	0%	2%* ^{⌘€}	<1%* [⌘]
Diagnosed with anxiety problems	1%	2%	2%	4%* ^{⌘€}	2%* [⌘]
Diagnosed with genetic or inherited condition	N/A	N/A	0%	N/A	N/A
Diagnosed with developmental delay	6%	2%	2%	8%* ^{⌘€}	7% [⌘]
Diagnosed with learning disability	4%	2%	0%	3%* ^{⌘€}	2%* [⌘]
Diagnosed with intellectual disability or mental retardation	N/A	N/A	0%	N/A	N/A
Diagnosed with speech or language disorder	N/A	N/A	8%	8%* ^{⌘€}	10% [⌘]
Diagnosed with diabetes	0%	0%	0%	N/A	<1%* [€]
Did not engage in any physical activity during the past week	2%	3%	1% [¥]	N/A	N/A

*Please interpret with caution: estimate has a 95% confidence interval width exceeding 20 percentage points or 1.2 times the estimate and may not be reliable.

N/A – Not Available

[⌘] Ages 3-5

[¥] Ages 0-11

[€] NSCH 2017/2018 Data

Child 6-11 Comparisons	Lenawee County 2011 Ages 6-11	Lenawee County 2017 Ages 6-11	Lenawee County 2020 Ages 6-11	Michigan 2018 Ages 6-11	U.S. 2018 Ages 6-11
Rated health as excellent or very good	98%	93%	98%	85%	90%
Diagnosed with autism	3%	5%	2%	4%*	4%*
Diagnosed with asthma	18%	13%	12%	16%*€	14%
Diagnosed with ADHD/ADD	9%	17%	9%	11%*€	11%*
Diagnosed with OCD	N/A	N/A	1%	N/A	N/A
Diagnosed with behavioral or conduct problems	7%	8%	5%	7%*€	11%
Diagnosed with epilepsy or a seizure disorder	2%	1%	0%	N/A	1%
Diagnosed with a brain injury, concussion, or head injury	2%	2%	1%	N/A	3%
Diagnosed with depression	2%	1%	2%	3%*€	3%
Diagnosed with anxiety problems	4%	8%	11%	9%*€	9%
Diagnosed with genetic or inherited condition	N/A	N/A	2%	N/A	N/A
Diagnosed with developmental delay	7%	8%	5%	6%*€	8%
Diagnosed with learning disability	6%	8%	5%	7%*€	8%
Diagnosed with intellectual disability or mental retardation	N/A	N/A	1%	N/A	N/A
Diagnosed with speech or language disorder	N/A	N/A	10%	8%*€	11%
Diagnosed with diabetes	1%	0%	1%	N/A	<1%*€
Did not engage in any physical activity during the past week	3%	2%	1% ¥	N/A	6%

N/A – Not Available

¥ Ages 0-11

€ NSCH 2017/2018 Data

*Please interpret with caution: estimate has a 95% confidence interval width exceeding 20 percentage points or 1.2 times the estimate and may not be reliable.

Child Health: Health Care Access

Key Findings

In 2020, 83% of children had one or more people they think of as their child's personal doctor or nurse. Sixteen percent (16%) of parents reported their child did not get all of the prescription medications they needed in the past year. Ninety-five percent (95%) of children had visited their health care provider for preventive care in the past year.

Health Insurance

- Lenawee County children were covered by the following types of health insurance: parent's employer (79%); Medicaid, Buckeye, Paramount, Molina, United, Care Source, or State Children's Health Insurance Program (S-CHIP) (12%); insurance purchased directly from an insurance company (2%); TRICARE or other military health care (1%); The Insurance Marketplace/Exchange (1%); and multiple including private (5%).
- Parents reported their child's health insurance covered the following: immunizations (100%); doctor visits (100%); prescription coverage (100%); hospital stays (99%); well visits (98%); dental (97%); vision (92%); mental health (82%); and therapies (speech, occupational therapy, physical therapy, etc.) (79%).

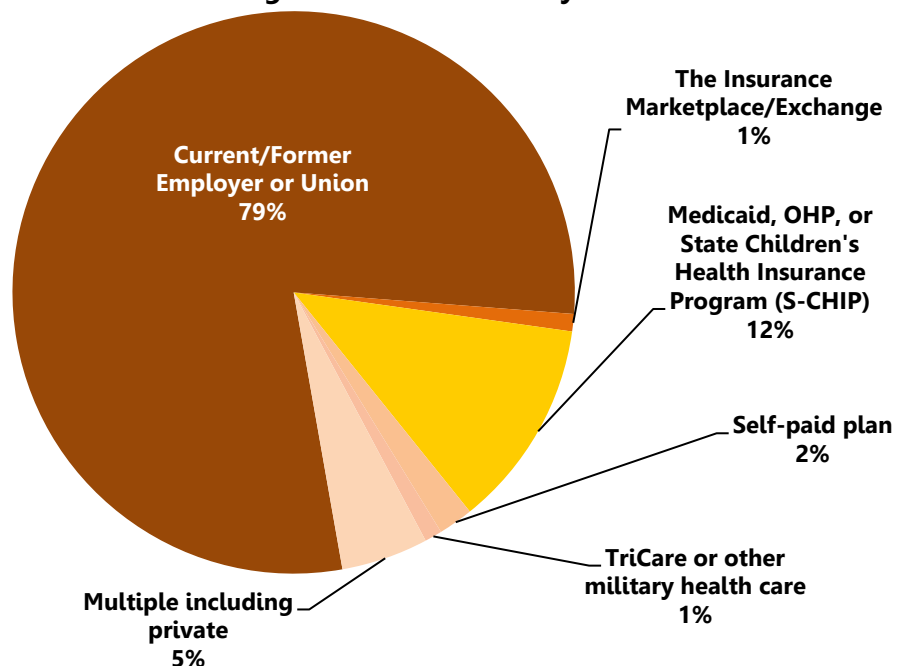
2018 National Survey of Children's Health

- Thirty-one percent (31%) of Michigan 0-5-year old's and 29% of Michigan 6-11-year olds had public insurance.
- Eighty-one percent (81%) of Michigan 0-5-year old's and 69% of Michigan 6-11-year olds had been to the doctor for preventive care in the past year.

(Source: National Survey of Children's Health, 2018)

The following pie chart shows the sources of Lenawee County children's health care coverage.

Source of Health Coverage for Lenawee County Children



Medical Home

- Eighty-three percent (83%) of parents reported they had one or more people they think of as their child's personal doctor or nurse, decreasing to 79% of those 0-5 years old.
- Ninety-five percent (95%) of children had visited their health care provider for preventive care in the past year, decreasing to 91% of those with incomes less than \$25,000.
- In 2020, 100% of Lenawee County parents reported that their child had one particular place they usually went if they were sick or needed advice about their health. They reported the following places: a doctor's office (85%), Family Medical Center (4%), an urgent care center (2%), and clinic or health center (1%). Eight percent (8%) of parents reported multiple places including a doctor's office.
- Lenawee County parents looked for the following specialists for their child: ear, nose, and throat (ENT) doctor (24%); pediatric ophthalmologist (21%); psychiatrist/mental health provider (9%); allergist (8%); dermatologist (6%); neurologist (4%); cardiologist (heart doctor) (4%); endocrinologist (diabetes doctor) (2%); developmental pediatrician (1%); pulmonologist (lung doctor) (1%); and other specialist (6%).

Access and Utilization

- Eighty-three percent (83%) of Lenawee County children received all the routine preventive dental care they needed in the past year.
- Eighty-two percent (82%) of children had been to the dentist in the past year.
- Six percent (6%) of parents reported their child received mental health treatment or counseling in the past 12 months, decreasing to 2% of those 0-5 years old.
- Almost one-fourth (21%) of parents indicated their child did not get all the dental care they needed for the following reasons: inconvenient times/could not get an appointment (2%), treatment is ongoing (2%), cost (1%), no referral (1%), no insurance (1%), dissatisfaction with dentist (1%), did not know where to go for treatment (1%), child refused to go (1%), and other reasons (4%).
- Seven percent (7%) of children did not get all of the medical care they needed in the past year. They reported the following reasons: cost (21%), vaccine shortage (14%), too long of a wait for an appointment (14%), dissatisfaction with doctor (14%), treatment is ongoing (7%), no convenient times/could not get appointment (7%), not available in area/transportation (7%), no insurance (7%), dissatisfaction with office staff (7%), health plan problems (7%), could not find doctor that accepts child's insurance (7%), did not know where to go for treatment (7%), and other reasons (57%).
- Sixteen percent (16%) of parents reported their child did not get all of the prescription medications they needed in the past year for the following reasons: their child was not prescribed medication (87%), cost (1%), no insurance (1%), no convenient times/could not get an appointment (1%), dissatisfaction with doctor (1%), and other reasons (2%).
- Seventeen percent (17%) of parents reported their child needed the following special services in the past year for the following reasons: counseling (5%); speech therapy (4%); other services (2%); psychiatry (1%); physical therapy (1%); and special education (1%).
- Ninety percent (90%) of Lenawee County children received all of their recommended vaccinations.
- Ten percent (10%) of children did not get all of their recommended vaccinations for the following reasons: child had received some, but not all, recommended vaccinations (37%); parents chose to not vaccinate their child (32%); religious or cultural beliefs (21%); alternate vaccination schedule used (16%); vaccine not available at child's doctor's office (16%); fear of negative effects (5%); and other reasons (16%).

Child 0-5 Comparisons	Lenawee County 2011 Ages 0-5	Lenawee County 2017 Ages 0-5	Lenawee County 2020 Ages 0-5	Michigan 2018 Ages 0-5	U.S. 2018 Ages 0-5
Dental care visit (in the past year)	59%	57%	53%	55% [‡]	63% [‡]
Had public insurance	23%	22%	13%	31%	33%
Received all the medical care they needed	86%	96%	93%	N/A	98%
Been to doctor for preventive care (in the past year)	94%	98%	97%	81%	79%
Had a personal doctor or nurse	83%	78%	79%	66% [*]	73%
Child received treatment or counseling from a mental health professional in the past year	N/A	5%	2%	5% ^{*‡}	3% [‡]

N/A – Not Available

[‡] Ages 1-5

[‡] Ages 3-5

^{*} Please interpret with caution: estimate has a 95% confidence interval width exceeding 20 percentage points or 1.2 times the estimate and may not be reliable.

Child 6-11 Comparisons	Lenawee County 2011 Ages 6-11	Lenawee County 2017 Ages 6-11	Lenawee County 2020 Ages 6-11	Michigan 2018 Ages 6-11	U.S. 2018 Ages 6-11
Dental care visit (in the past year)	93%	92%	96%	90%	91%
Had public insurance	14%	19%	10%	29%	33%
Received all the medical care they needed	88%	93%	93%	N/A	96%
Been to doctor for preventive care (in the past year)	81%	95%	94%	69%	69%
Had a personal doctor or nurse	87%	88%	85%	69%	72%
Child received treatment or counseling from a mental health professional in the past year	N/A	14%	8%	15%	10%

N/A – Not Available

Child Health: Early Childhood (Ages 0-5)

Key Findings

The following information was reported by parents of 0-5 year olds. Eighty-six percent (86%) of mothers got prenatal care within the first three months during their last pregnancy. Nineteen percent (19%) of mothers received WIC services during their last pregnancy. Eighty-five percent (85%) of parents put their child to sleep on his/her back. Twelve percent (12%) of mothers never breastfed their child.

Early Childhood

The following information was reported by parents of 0-5 years olds.

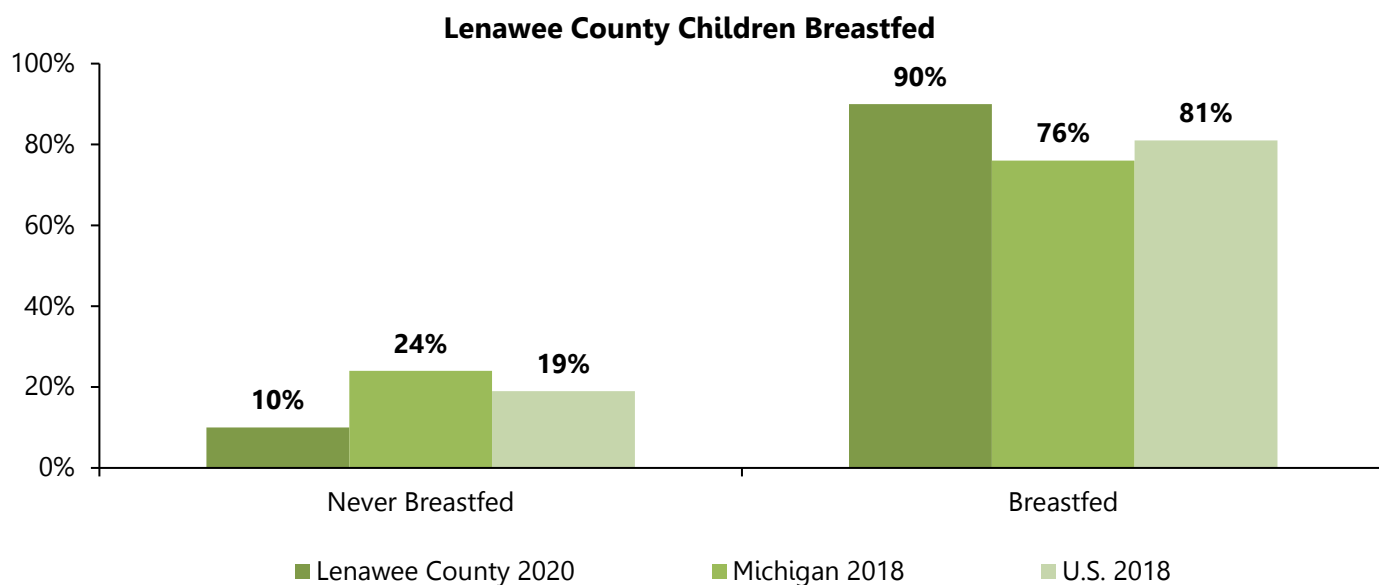
- Lenawee County parents reported that they or another family member read to their child at the following frequencies: one to three days per week (20%), four to six days per week (21%), and every day (57%). Two percent (2%) of parents reported that they or another family member did not read to their child.
- When asked how parents put their child to sleep as an infant, 85% said on their back, 6% said in bed with themselves or another person, 5% said on their side, and 5% said on their stomach.
- Children were put to sleep in the following places: crib/bassinette without bumper, blankets, or stuffed animals (90%); pack n' play (51%); swing (38%); in bed with parent or another person (34%); car seat (23%); crib/bassinette with bumper, blankets, or stuffed animals (12%); floor (8%); and a couch/chair (7%).
- During their last pregnancy within the past 5 years, mothers did the following: received prenatal care with the first three months (86%), took a prenatal vitamin with folic acid during pregnancy (83%), took a multi-vitamin with folic acid pre-pregnancy (67%), received a dental exam (44%), took folic during pregnancy (34%), took folic acid pre-pregnancy (22%), received WIC services (19%), experienced depression during or after pregnancy (16%), looked for options for an unwanted pregnancy (2%), and smoked cigarettes or other tobacco products (2%).
- Eight percent (8%) of parents were concerned that their child may not be developing similarly to other children his or her age.
- Lenawee County parents reported their child regularly attended the following: nursery school, pre-school or kindergarten (31%); child care outside of their home provided by a relative other than a parent/guardian (31%); child care in their home provided by a relative other than a parent/guardian (29%); child care center (22%); elementary school (18%); family-based child care outside of home (14%); child care in their home provided by a baby sitter (7%); and Head Start or Early Start program (5%).
- Lenawee County parents reported the following influenced their childcare decisions: trust in staff (71%), location/environment/facilities (69%), cost (60%), childcare facility is licensed (60%), hours of operation (52%), kids-to-teacher ratio (49%), flexibility of days/hours (43%), Quality Star ratings (40%), before and after school transportation (12%), and Early Head Start availability (9%).

Breastfeeding

- Mothers breastfed their child less than three months (13%), four to six months (16%), seven to nine months (10%), ten months to year (16%), more than one year (28%), still breastfeeding (7%), and never breastfed (12%).

Child 0-5 Comparisons	Lenawee County 2011 Ages 0-5	Lenawee County 2017 Ages 0-5	Lenawee County 2020 Ages 0-5	Michigan 2018 Ages 0-5	U.S. 2018 Ages 0-5
Never breastfed their child	28%	14%	12%	24%	19%
Parent or family members read to child every day (in the past week)	34%	32%	57%	39%	36%

The following graph shows the percent of infants who had been breastfed in Lenawee County, Michigan, and U.S.



(Sources: 2018 National Survey of Children's Health & 2020 Lenawee County Health Assessment)

Infant Safe Sleep: A Priority in Michigan

- Sleep related infant death is a leading cause of death among infants less than one year. The CDC SUID Case Registry states that there were 1,136 sleep-related infant deaths between 2010 and 2017 in Michigan, which is a rate of 12.5 deaths per 10,000 live births.
- Ninety-nine (99) babies died of sleep related causes in 2017 per Vital Records data. It is estimated that 14 babies can be saved in 2023 by reducing the sleep related infant death rate from 8.9 to 7.6 per 10,000 live births.
- Deaths of infants due to unsafe sleeping environments and practices are preventable. The potential to impact the infant mortality rate in Michigan by reducing the number of sleep-related deaths is significant. If all sleep-related deaths in Michigan were eliminated, the infant mortality rate would reduce by almost 19%, saving nearly 150 infant lives per year. Fathers, other caregivers, and the broader community are important to engage in efforts around promoting safe sleep environments.

(Source: MDHHS 2020-2023 Mother Infant Health & Equity Improvement Plan, Updated December 20, 2019)

Child Health: Middle Childhood (Ages 6-11)

Key Findings

The following information was reported by Lenawee County parents of 6-11-year old's. Eighty-one percent (81%) of children participated in extracurricular activities at some point in the past year. Thirty-eight percent (38%) of parents reported their child was bullied at some point in time in the past year.

Middle Childhood

The following information was reported by Lenawee County parents of 6-11 year old's.

- Children in Lenawee County were enrolled in the following types of schools: public (87%), home-schooled (7%), private (6%), and charter (including digital academics) (1%).
- Seventy-six percent (76%) of Lenawee County parents definitely agreed their child was safe at school. Twenty-one percent (21%) somewhat agreed, 2% somewhat disagreed, and 1% definitely disagreed.
- Parents reported their child had missed at least one day of school in the past year due to the following: being ill or injured (14%) and being bullied (1%).
- Parents reported their child missed school because of illness or injury at the following frequencies: one day (15%), two days (24%), and three or more days (22%). Forty percent (40%) of parents reported their child missed zero days of school because of illness or injury.
- Eighty-one percent (81%) of children participated in the following extracurricular activities in the past year: a sports team or sports lessons (65%); any other organized activities or lessons, such as music, dance, language, or other arts (36%); a club or organization after school or on weekends (26%); any type of volunteer work (20%); and any paid work (9%). Nineteen percent (19%) of parents reported their child did not participate in any extracurricular activities in the past year.
- Reasons for not participating in extracurricular activities include: child had no interest (12%), programs not available (12%), parent was too busy (5%), could not afford it (4%), transportation (3%), child was too busy (2%), and other reasons (12%).
- Lenawee County parents discussed the following topics with their 6-11 year old child in the past year: screen time (82%); bullying/violence (71%); eating habits (71%); cyber/Internet safety (63%); body image (58%); alcohol (54%); gun safety (54%); cultural sensitivity (47%); negative effects of tobacco (45%); negative effects of alcohol (42%); marijuana and other drugs (39%); tobacco (38%); respect for gender identity/sexual orientation (37%); negative effects of marijuana and other drugs (29%); e-cigarette or other electronic vaping products (29%); dating and relationships (27%); refusal skills (26%); depression/suicide (24%); negative effects of heroin/opiates (20%); misuse of prescription drugs (18%); abstinence and how to refuse sex (18%); condoms/safe sex/std prevention (8%); and birth control (7%).
- Nearly one-fourth (24%) of parents of 6-11 year olds reported their child had a social media or virtual network account. Of those children who had an account, their parents reported the following: they had their child's password (88%), they knew all the people in their child's "friends" (76%), their child's account was checked private (67%), their child had problems as a result of a social media account or virtual network account (3%), and 6% of parents reported they did not know.
- Parents reported that when their child was not in school, they read at the following frequencies: almost every day (53%), a few times a week (25%), a few times a month (12%), a few times a year (2%), almost never because their child has no interest (6%), and almost never because their child cannot read (2%).
- Lenawee County children spent the following amount of time unsupervised after school on the average school day: no unsupervised time (83%), less than one hour (9%), one to two hours (8%), and three to four hours (1%).

- Thirty-eight percent (38%) of parents reported their child was bullied in the past year. The following types of bullying were reported:
 - 25% were verbally bullied (teased, taunted or called harmful names)
 - 7% were indirectly bullied (spread mean rumors about them or kept out of a “group”)
 - 6% were physically bullied (they were hit, kicked, punched or people took their belongings)
 - 2% were cyber bullied (teased, taunted or threatened by e-mail or cell phone)
- Four percent (4%) of parents reported they did not know if their child was bullied.
- Half (50%) of parents reported that they thought the topic of the reproductive system should be covered with their child when they were in grades 6-8. Twenty-seven percent (27%) thought it should be covered when their child was in grades 3-5, and 5% preferred grades 9-12. One percent (1%) thought it should never be discussed.
- Forty-seven percent (47%) of parents reported that they thought the topic of abstinence and refusal skills should be covered with their child when they were in grades 6-8. Thirteen percent (13%) thought it should be covered in grades 3-5, and 13% preferred grades 9-12. One percent (1%) thought it should never be discussed.
- Forty-six percent (46%) of parents reported that they thought the topic of birth control and the use of condoms should be covered with their child when they were in grades 6-8. Almost one-third (32%) thought it should be covered in grades 9-12. Five percent (5%) thought it should never be discussed.
- Children 6-11 years old were more likely than children 0-5 years old to have:
 - Gone to the dentist in the past year (96% compared to 53% of 0-5).
 - ADD or ADHD (9% compared to 2% of 0-5).
 - A personal doctor or nurse (85% compared to 79% of 0-5).

Child 6-11 Comparisons	Lenawee County 2011 Ages 6-11	Lenawee County 2017 Ages 6-11	Lenawee County 2020 Ages 6-11	Michigan 2018 Ages 6-11	U.S. 2018 Ages 6-11
Child participated in one or more activities	87%	86%	81%	78%	80%
Child did not miss any days of school because of illness or injury	18%	25%	14%	23%	28%

How can we stop bullying before it starts?

- Promote family environments that support healthy development through:
 - Early childhood home visitation services.
 - Parenting skill and family relationship programs.
- Provide quality education early in life by enriching preschool education with family engagement.
- Strengthen youth’s skills by implementing universal school-based programs.
- Connect youth to caring adults and activities through mentoring programs and after-school programs.
- Create protective community environments by:
 - Modifying the physical and social environment.
 - Reducing exposure to community-level risks.
 - Providing street outreach and community norm change.
- Intervene to lessen harms and prevent future risk by:
 - Providing treatment to lessen the harms of violence exposures.
 - Providing treatment to prevent problem behavior and further involvement in violence.
 - Creating hospital-community partnerships.

(Source: CDC, Violence Prevention: Bullying, Updated October 21, 2020)

Child Health: Family and Community Characteristics

Key Findings

In 2020, 49% of parents reported that every family member who lived in their household ate a meal together every day of the week. Sixty-two percent (62%) of children never attended a religious service in the past month. Five percent (5%) of children experienced two or more ACEs in their lifetime, increasing to 33% of those with incomes less than \$25,000.

2018 National Survey of Children's Health

- Sixty percent (60%) of Michigan and 54% of U.S. parents of 0-5 year olds reported their family ate a meal together every night of the week.
- Twenty-four percent (24%) of Michigan and 20% of U.S. 6-11 year olds experienced 2 or more adverse childhood experiences (ACEs) in their lifetime.

(Source: National Survey of Children's Health, 2018)

Family Functioning

- Eleven percent (11%) of Lenawee County parents had experienced at least one issue related to food insecurity in the past year. They experienced the following: worried food might run out (6%), had to choose between paying bills and buying food (5%), their food assistance was cut (3%), loss of income led to food insecurity issues (3%), went hungry/ate less to provide more food for their family (3%), and did not eat because they did not have enough money for food (1%).
- Almost half (49%) of parents reported that every family member who lived in their household ate a meal together every day of the week. Families ate a meal together an average of 5.5 days per week.
- Twenty-one percent (21%) of parents reported their child attended religious service one to three time per month, and 17% reported four or more times per month. Sixty-two percent (62%) reported their child never attended a religious service.
- Parents reported their child got the following amounts of sleep on an average weeknight: 8 hours or less (22%), 9 hours (35%), 10 hours (25%), and 11 hours or more (18%).
- Parents used the following forms of discipline with their child: take away privileges (80%), time out (52%), grounding (35%), yell (28%), spanking (15%), wash mouth out (2%), and other (13%). Five percent (5%) of parents reported their child had not been disciplined.
- Parents were very concerned about the following: how child copes with stress (10%); having enough time for their child (9%); cell phone and technology use (8%); Internet use (8%); child's anxiety (7%); child's academic achievement (5%); child's self-esteem (5%); learning difficulties (4%); relationship with child (2%); bullied by classmates (2%); getting along with others (2%); violence in home, school, or neighborhood (2%); substance abuse (2%); child's depression (1%); risky behaviors (1%); child crawling/walking/running (1%); child talking (1%); and eating disorder (1%).

Safety Characteristics

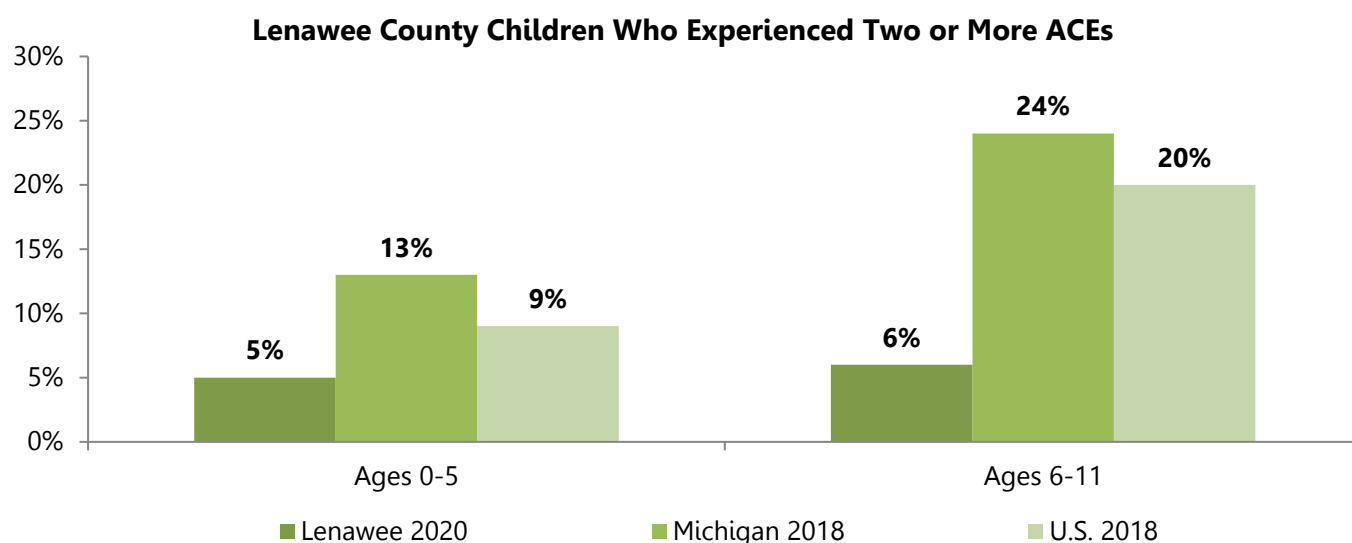
- Eighty-one percent (81%) of Lenawee County parents definitely agreed their child was safe in their neighborhood. Eighteen percent (18%) somewhat agreed, and 1% somewhat disagreed.
- Parents reported having the following safety items in their home: working smoke alarm/detector (97%), carbon monoxide detector (79%), fire extinguisher (72%), gun lock/safe (56%), Poison Control number by the phone (31%), and medication safe (19%). Two percent (2%) had none of these safety items in their home.
- Parents had the following rules about smoking in their home or car: no one is allowed to smoke/vape in their car at any time (74%), smoking/vaping is not allowed in their home when children are present (8%), smoking is allowed anywhere inside their home (3%), and smoking/vaping is allowed, but only in certain rooms of the house (2%).

- Thirty-nine percent (39%) of parents reported their child up to age five who met weight and/or height limits always rode in a car seat when a passenger in a car, and 6% reported their child never rode in a car seat when a passenger in a car.
- Almost one-third percent (31%) of parents reported their child who weighs less than 80 pounds and is under 4'9" always rode in a booster seat, as compared to 13% who never rode in a booster seat.
- Over half (55%) of parents whose child was old enough and/or tall enough to not be in a booster seat reported their child always wore a seatbelt, and 5% reported their child never wore a seat belt.

Neighborhood and Community Characteristics

- Parents reported the following sources of information about current health issues in their community: doctor/health care provider (63%), school notification system (47%), websites (44%), health department (30%), local newspaper (22%), neighbor/friend (22%), local radio station (16%), cable channel announcements (6%), church bulletin (2%), 2-1-1 (2%), and other sources (10%).
- Lenawee County parents reported their child had experienced the following adverse childhood experiences (ACEs):
 - Parent or guardian divorced or separated (14%)
 - Parent or guardian sworn at, insulted, or put them down (5%)
 - Parent or guardian served time in jail (4%)
 - Lived with anyone who was mentally ill, suicidal, or severely depressed (3%)
 - Lived with anyone who had a problem with alcohol or drugs (3%)
 - Felt their family did not look out for each other, felt close to each other, or supported each other (2%)
 - Parent or guardian hit, beat, kicked, or physically hurt them (1%)
 - Saw or heard any parents or adults slap, hit, kick, or punch one another in the home (1%)
 - Victim of violence or witnessed violence in neighborhood (1%)
 - Treated or judged unfairly because of his or her race/ethnic group (1%)
- Five percent (5%) of Lenawee County children experienced two or more ACEs in their lifetime, increasing to 33% of those with incomes less than \$25,000.

The following graph shows the percent of Lenawee County, Michigan, and U.S. children who experienced two or more ACEs in their lifetime.



Child 0-5 Comparisons	Lenawee County 2011 Ages 0-5	Lenawee County 2017 Ages 0-5	Lenawee County 2020 Ages 0-5	Michigan 2018 Ages 0-5	U.S. 2018 Ages 0-5
Family eats a meal together every day of the week	47%	44%	60%	60%	54%
Child never attends religious services	45%	51%	74%	N/A	N/A
Two or more adverse childhood experiences (ACEs)	N/A	7%	5%	13%	9%

N/A – Not Available

Child 6-11 Comparisons	Lenawee County 2011 Ages 6-11	Lenawee County 2017 Ages 6-11	Lenawee County 2020 Ages 6-11	Michigan 2018 Ages 6-11	U.S. 2018 Ages 6-11
Family eats a meal together every day of the week	36%	40%	44%	42%	46%
Child never attends religious services	37%	49%	57%	N/A	N/A
Two or more adverse childhood experiences (ACEs)	N/A	8%	6%	24%	20%

N/A – Not Available

Do Your Children Get Enough Sleep?

The amount of sleep you need changes as you age. Below are the recommended hours of sleep per day by age group:

Age Group	Recommended Hours of Sleep per Day
Newborn (0-3 Months)	14-17 Hours
Infant (4-12 Months)	12-16 Hours per 24 Hours (including naps)
Toddler (1-2 Years)	11-14 Hours per 24 Hours (including naps)
Preschool (3-5 Years)	10-13 Hours per 24 Hours (including naps)
School Age (6-12 Years)	9-12 Hours per 24 Hours

Sleep is critical to prevent type 2 diabetes, obesity, poor mental health, injuries, and attention or behavior problems.

Tips for good sleep:

- Set bed and wake-up times at the same time each day, including weekends
- Avoid large meals and caffeine before bedtime
- Have a bedtime routine
- Make sure kids are active during the day so they can fall asleep at night
- Remove electronic devices from the bedroom
- Model good sleep behaviors for kids

(Source: CDC, National Center for Chronic Disease Prevention and Health Promotion, Do Your Children Get Enough Sleep? Updated March 2, 2020)

Child Health: Parent Health

Key Findings

In 2020, 65% of parents rated their health as excellent or very good, decreasing to 60% of parents with children 0-5 years old. In the past year, 34% of parents missed work due to their child's illness or injuries.

Parent Health

- Those filling out the survey had the following relationship to the child: mother (73%), father (26%), and grandparent (1%).
- Sixty-five percent (65%) of parents rated their physical health as excellent or very good, decreasing to 60% of parents with children 0-5 years old. Thirty percent (30%) of parents rated their health as good, and 5% of parents rated their health as fair or poor.
- Eight percent (8%) of mothers and 9% of fathers of 0-5 years old rated their physical health as fair or poor. Two percent (2%) of mothers and 5% of fathers of 6-11 years old rated their physical health as fair or poor.
- Fifty-nine percent (59%) of parents rated their mental and emotional health as excellent or very good, decreasing to 33% of parents with incomes less than \$25,000. Thirty-two percent (32%) rated their mental and emotional health as good, and 10% of parents rated their mental and emotional health as fair or poor.
- Twenty percent (20%) of mothers of 0-5 years old rated their mental and emotional health as fair or poor. Nine percent (9%) of mothers of 6-11 years old rated their mental or emotional health as fair or poor.
- Seven percent (7%) of parents reported that they or someone in their family had to quit a job, not take a job, or greatly change their job because of problems with child care for their child, increasing to 25% of those with incomes less than \$25,000.
- In the past year, 34% of parents missed work due to their child's illnesses or injuries. Twenty-nine percent (29%) missed work due to their child's medical appointments, 21% missed work due to school closures due to COVID-19, 7% missed work due to lack of or unreliable child care, 4% missed work due to their child's chronic illness, and 2% missed work due to their child's behavioral/emotional problems.
- Parents reported the following challenges they face in regards to the day-to-day demands of parenthood/raising children: demands of multiple children (42%), working long hours (20%), financial challenges (14%), mental health (11%), managing child's behavior (9%), loss of freedom (7%), child has special needs (5%), being a single parent (5%), lack of parental support (5%), difficulty with lifestyle changes (4%), unemployment (4%), affordable housing (2%), post-partum depression (1%), and lack of transportation (1%). Thirty-nine percent (39%) of parents reported no challenges associated with parenting.
- Eighty-six percent (86%) of parents reported having health care coverage.

Child 0-5 Comparisons	Lenawee County 2011 Ages 0-5	Lenawee County 2017 Ages 0-5	Lenawee County 2020 Ages 0-5	Michigan 2018 Ages 0-5	U.S. 2018 Ages 0-5
Mother's mental or emotional health is fair/poor	7%	7%	20%	11%	4%
Father's mental or emotional health is fair/poor	2%	0%	N/A	8%	3%

N/A – Not Available

Child 6-11 Comparisons	Lenawee County 2011 Ages 6-11	Lenawee County 2017 Ages 6-11	Lenawee County 2020 Ages 6-11	Michigan 2018 Ages 6-11	U.S. 2018 Ages 6-11
Mother's mental or emotional health is fair/poor	5%	6%	9%	12%	7%
Father's mental or emotional health is fair/poor	1%	3%	N/A	7%	4%

N/A – Not Available

Appendix I: Health Assessment Information Sources

Source	Data Used	Website
American Cancer Society	<ul style="list-style-type: none"> 2020 Cancer Facts, Figures, and Estimates 	www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2020/cancer-facts-and-figures-2020.pdf
	<ul style="list-style-type: none"> Guidelines for Diet and Physical Activity 	https://www.cancer.org/healthy/eat-healthy-get-active/acs-guidelines-nutrition-physical-activity-cancer-prevention/guidelines.html
American Lung Association	<ul style="list-style-type: none"> Asthma and Children 	www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/learn-about-asthma/asthma-children-facts-sheet.html
Behavioral Risk Factor Surveillance System (BRFSS), National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health, Centers for Disease Control and Prevention (CDC)	<ul style="list-style-type: none"> 2017-2019 Adult Michigan and U.S. Correlating Statistics 	www.cdc.gov/brfss/index.html
Brady Campaign to Prevent Gun Violence	<ul style="list-style-type: none"> Victims of Gun Violence 	https://brady-static.s3.amazonaws.com/Download/5YearGunDeathsInjuriesStats.pdf
CDC, Adolescent and School Health	<ul style="list-style-type: none"> Sexual Risk Behaviors 	https://www.cdc.gov/healthyyouth/sexualbehaviors/index.htm
CDC, Children's Mental Health	<ul style="list-style-type: none"> Youth Depression: Signs and Symptoms 	https://www.cdc.gov/childrensmentalhealth/depression.html
CDC, Diabetes	<ul style="list-style-type: none"> Types of Diabetes 	https://www.cdc.gov/diabetes/basics/diabetes.html
CDC, Mold	<ul style="list-style-type: none"> Mold Prevention Tips 	https://www.cdc.gov/mold/faqs.htm
CDC, National Center for Chronic Disease Prevention and Health Promotion	<ul style="list-style-type: none"> Do Your Children Get Enough Sleep? 	https://www.cdc.gov/chronicdisease/resources/infographic/children-sleep.htm
CDC, Oral Health	<ul style="list-style-type: none"> Oral Health Basics 	https://www.cdc.gov/oralhealth/conditions/index.html
CDC, Smoking and COPD	<ul style="list-style-type: none"> Smoking and COPD 	www.cdc.gov/tobacco/campaign/tips/diseases/copd.html
CDC, Smoking and Tobacco Use	<ul style="list-style-type: none"> E-Cigarette Health Effects 	https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html
	<ul style="list-style-type: none"> Electronic Cigarettes 	https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html

Source	Data Used	Website
CDC, State Indicator on Fruits and Vegetables	<ul style="list-style-type: none"> Improving Fruit and Vegetable Access 	https://www.cdc.gov/nutrition/downloads/fruits-vegetables/2018/2018-fruit-vegetable-report-508.pdf
CDC, Violence Prevention	<ul style="list-style-type: none"> Adverse Childhood Experiences 	https://www.cdc.gov/violenceprevention/aces/fastfact.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Facestudy%2Ffastfact.html
	<ul style="list-style-type: none"> Preventing Bullying 	https://www.cdc.gov/violenceprevention/pdf/yv/Bullying-factsheet_508.pdf
	<ul style="list-style-type: none"> Suicide in the U.S. 	https://www.cdc.gov/violenceprevention/suicide/fastfact.html
CDC Wonder, About Underlying Cause of Death	<ul style="list-style-type: none"> Some Lenawee County Age-Adjusted Mortality Rates, 2010-2018 U.S. Comparisons, 2016-2018 	wonder.cdc.gov/ucd-icd10.html
County Health Rankings	<ul style="list-style-type: none"> Alcohol-Impaired Driving Deaths Food Environment Index 2020 Lenawee County, Michigan, and U.S. County Health Indicators 	countyhealthrankings.org
Healthy People 2030: U.S. Department of Health & Human Services	<ul style="list-style-type: none"> All Healthy People 2030 Target Data Points 	https://health.gov/healthypeople/objectives-and-data/browse-objectives
	<ul style="list-style-type: none"> Social Determinants of Health 	https://health.gov/healthypeople/objectives-and-data/social-determinants-health
National Survey of Children's Health (NSCH), Data Resource Center for Child and Adolescent Health	<ul style="list-style-type: none"> 2017-2018 Child Michigan and U.S. Correlating Statistics 	www.childhealthdata.org/browse/survey
MDHHS Cancer in Michigan: An Assessment of the Cancer Burden in Michigan, 2018	<ul style="list-style-type: none"> Cancer in Michigan 	https://www.michigan.gov/documents/mdhhs/CancerBurdenReport2018_655949_7.pdf
MDHHS Cancer Statistics	<ul style="list-style-type: none"> Lenawee County Cancer Incidence, 2013-2017 Lenawee County Cancer Mortality, 2016-2018 	https://www.michigan.gov/mdhhs/0,5885,7-339-73970_2944_5323---,00.html
MDHHS Fatal Injuries	<ul style="list-style-type: none"> Lenawee County Suicide Deaths, 2009-2018 2010-2018 Lenawee County and Michigan Accidental Opioid Drug Overdose Deaths 	http://www.mdch.state.mi.us/OSR/Index.asp?Id=29

Source	Data Used	Website
MDHHS Infant Mortality	<ul style="list-style-type: none"> Lenawee County and Michigan Birth Statistics, Pre-Term Births, Low Birth Weight 	https://www.mdch.state.mi.us/pha/osr/chi/Indx/frame.html
MDHHS MiTracking	<ul style="list-style-type: none"> Michigan Environmental Public Health Tracking: Age Adjusted Cancer Mortality Map by County, 2016-2018 	https://mitracking.state.mi.us/?bookmark=79
MDHHS Mortality Trends	<ul style="list-style-type: none"> Lenawee County and Michigan Age-Adjusted Cancer Mortality Rates, 2016-2018 Lenawee County and Michigan Age-Adjusted Mortality Rates 2016-2018 Lenawee County and Michigan Leading Causes of Death 	https://www.mdch.state.mi.us/pha/osr/CHI/CRI/frame.asp
MDHHS Mother Infant Health & Equity Improvement Plan	<ul style="list-style-type: none"> Infant Safe Sleep: A Priority in Michigan 	https://www.michigan.gov/documents/infantmortality/FINAL_MIHEIP_665052_7.pdf
	<ul style="list-style-type: none"> Michigan Infant and Maternal Mortality 	
	<ul style="list-style-type: none"> Michigan Infant Mortality Average 5-Year Rate by Census Tract, 2013-2017 	
MDHHS Sexually Transmitted Disease Statistics	<ul style="list-style-type: none"> Chlamydia, Gonorrhea, and Syphilis Annualized Disease Rates for Lenawee County and Michigan, 2015-2019 	https://www.mdch.state.mi.us/pha/osr/chi/STD/frame.html
Michigan Bureau of Technology, Management, and Budget	<ul style="list-style-type: none"> Michigan Bureau of Labor Market Information and Strategic Initiatives: Employment and Unemployment Statistics 	https://milmi.org/datasearch/unemployment-by-county
Michigan Cancer Surveillance Program	<ul style="list-style-type: none"> Lenawee County and Michigan Age-Adjusted Cancer Mortality by Site, 2016-2018 	https://www.cancer-rates.info/mi/
Michigan Profile for Health Youth (MiPHY)	<ul style="list-style-type: none"> Lenawee County 2019/2020 7th, 9th, and 11th grade Indicators 	https://mdoe.state.mi.us/schoolhealthsurveys/ExternalReports/CountyReportGeneration.aspx

Source	Data Used	Website
National Institute on Drug Abuse	<ul style="list-style-type: none"> Youth Prescription Drug Misuse 	https://www.drugabuse.gov/publications/research-reports/misuse-prescription-drugs/what-scope-prescription-drug-misuse
United States Department of Commerce, Census Bureau, Bureau of Economic Analysis	<ul style="list-style-type: none"> American Community Survey 1-year estimate, 2019 	https://data.census.gov/cedsci/
	<ul style="list-style-type: none"> 2018 Small Area Income and Poverty Estimates (SAIPE) 	https://www.census.gov/programs-surveys/saipe.html
	<ul style="list-style-type: none"> 2019 Federal Poverty Thresholds 	https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html
	<ul style="list-style-type: none"> 2017 Poverty and Median Income Estimates 	https://www.census.gov/data/datasets/2017/demo/saipe/2017-state-and-county.html
Youth Risk Behavior Surveillance System (YRBSS), Centers for Disease Control and Prevention (CDC)	<ul style="list-style-type: none"> 2019 Youth U.S. Correlating Statistics 	https://nccd.cdc.gov/Youthonline/App/Default.aspx

Appendix II: Acronyms and Terms

AHS	Access to Health Services , Topic of Healthy People 2020 objectives
Adult	Defined as 19 years of age and older.
Age-Adjusted Mortality Rates	Death rate per 100,000 adjusted for the age distribution of the population.
Adult Binge Drinking	Consumption of five alcoholic beverages or more (for males) or four or more alcoholic beverages (for females) on one occasion.
AOCBC	A rthritis, O steoporosis, and C hronic B ack C onditions
BMI	B ody M ass I ndex is defined as the contrasting measurement/relationship of weight to height.
BRFSS	B ehavior R isk F actor S urveillance S ystem, an adult survey conducted by the CDC.
CDC	C enters for D isease C ontrol and P revention.
Current Smoker	Individual who has smoked at least 100 cigarettes in their lifetime and now smokes daily or on some days.
HCNO	H ospital C ouncil of N orthwest O hio
HDS	H eat D isease and S troke, Topic of Healthy People 2020 objectives
HP 2030	H ealthy P eople 2030 , a comprehensive set of health objectives published by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.
Health Indicator	A measure of the health of people in a community, such as cancer mortality rates, rates of obesity, or incidence of cigarette smoking.
High Blood Cholesterol	240 mg/dL and above
High Blood Pressure	Systolic ≥ 140 and Diastolic ≥ 90
IID	I mmunizations and I nfectious D iseases, Topic of Healthy People 2020 objectives
N/A	Data is not available.
ODH	M ichigan D epartment of H ealth
Race/Ethnicity	Census 2010: U.S. Census data consider race and Hispanic origin separately. Census 2010 adhered to the standards of the Office of Management and Budget (OMB), which define Hispanic or Latino as "a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race." Data are presented as "Hispanic or Latino" and "Not Hispanic or Latino." Census 2010 reported five race categories including: White, Black or African American, American Indian & Alaska Native, Asian, Native Hawaiian and Other Pacific Islander. Data reported, "White alone" or "Black alone", means the respondents reported only one race.
Weapon	Defined in the YRBS as "a weapon such as a gun, knife, or club"
Youth	Defined as 12 through 18 years of age
YPLL/65	Y ears of P otential L ife L ost before age 65. Indicator of premature death.
Youth BMI Classifications	Underweight is defined as BMI-for-age $\leq 5^{\text{th}}$ percentile Overweight is defined as BMI-for-age 85^{th} percentile to $< 95^{\text{th}}$ percentile. Obese is defined as $\geq 95^{\text{th}}$ percentile.
YRBS	Y outh R isk B ehavior S urvey, a youth survey conducted by the CDC

Appendix III: Methods for Weighting the 2020 Lenawee County Health Assessment Data

Data from sample surveys have the potential for bias if there are different rates of response for different segments of the population. In other words, some subgroups of the population may be more represented in the completed surveys than they are in the population from which those surveys are sampled. If a sample has 25% of its respondents being male and 75% being female, then the sample is biased towards the views of females (if females respond differently than males). This same phenomenon holds true for any possible characteristic that may alter how an individual responds to the survey items.

In some cases, the procedures of the survey methods may purposefully over-sample a segment of the population in order to gain an appropriate number of responses from that subgroup for appropriate data analysis when investigating them separately (this is often done for minority groups). Whether the over-sampling is done inadvertently or purposefully, the data needs to be weighted so that the proportioned characteristics of the sample accurately reflect the proportioned characteristics of the population. In the 2020 Lenawee County survey, a weighting was applied prior to the analysis that weighted the survey respondents to reflect the actual distribution of Lenawee County based on age, sex, race, and income.

Weightings were created for each category within sex (male, female), race (White, Non-White), Age (8 different age categories), and income (7 different income categories). The numerical value of the weight for each category was calculated by taking the percent of Lenawee County within the specific category and dividing that by the percent of the sample within that same specific category. Using sex as an example, the following represents the data from the 2020 Lenawee County Survey and the 2019 Census estimates.

2020 Lenawee Survey			2019 Census Estimate		Weight
<u>Sex</u>	<u>Number</u>	<u>Percent</u>	<u>Number</u>	<u>Percent</u>	
Male	184	56.09756	49,699	50.51687	0.900518
Female	144	43.90244	48,682	49.48313	1.127116

In this example, it shows that there was a larger portion of males in the sample compared to the actual portion in Lenawee County. The weighting for males was calculated by taking the percent of males in Lenawee County (based on Census information) (50.51687%) and dividing that by the percent found in the 2020 Lenawee County sample (56.09756%) [$50.51687/56.09756 =$ weighting of 0.900518 for males]. The same was done for females [$49.48313/43.90244\% =$ weighting of 1.127116 for females]. Thus, males' responses are weighted less by a factor of 0.900518 and females' responses weighted heavier by a factor of 1.127116.

This same thing was done for each of the 19 specific categories as described above. For example, a respondent who was female, White, in the age category 35-44, and with a household income in the \$50-\$75k category would have an individual weighting of 2.81166 [1.127116 (weight for females) \times 0.92653 (weight for White) \times 2.66968 (weight for age 35-44) \times 1.00850 (weight for income \$50-\$75k)]. Thus, each individual in the 2020 Lenawee County sample has their own individual weighting based on their combination of age, race, sex, and income. See next page for each specific weighting and the numbers from which they were calculated.

Multiple sets of weightings were created and used in the statistical software package (SPSS 24.0) when calculating frequencies. For analyses done for the entire sample and analyses done based on subgroups other than age, race, sex, or income – the weightings that were calculated based on the product of the four weighting variables (age, race, sex, income) for each individual. When analyses were done comparing groups within one of the four weighting variables (e.g., smoking status by race/ethnicity), that specific variable was not used in the weighting score that was applied in the software package. In the example smoking status by race, the weighting score that was applied during analysis included only age, sex, and income. Thus, a total of eight weighting scores for each individual were created and applied depending on the analysis conducted. The weight categories were as follows:

1. **Total weight** (product of 4 weights) – for all analyses that did not separate age, race, sex, or income.
2. **Weight without sex** (product of age, race, and income weights) – used when analyzing by sex.
3. **Weight without age** (product of sex, race, and income weights) – used when analyzing by age.
4. **Weight without race** (product of age, sex, and income weights) – used when analyzing by race.
5. **Weight without income** (product of age, race, and sex weights) – used when analyzing by income.
6. **Weight without sex or age** (product of race and income weights) – used when analyzing by sex and age.
7. **Weight without sex or race** (product of age and income weights) – used when analyzing by sex and race.
8. **Weight without sex or income** (product of age and race weights) – used when analyzing by sex and income.

Category	Lenawee Sample	%	Lenawee 2019 Census*	%	Weighting Value
Sex:					
Male	184	56.09756	49,699	50.51687	0.900518
Female	144	43.90244	48,682	49.48313	1.127116
Age:					
20 to 34 years	13	4.01235	17,684	23.63634	5.89090
35 to 44 years	19	5.86420	11,713	15.65553	2.66968
45 to 54 years	32	9.87654	13,156	17.58424	1.78040
55 to 59 years	33	10.18519	7,141	9.54462	0.93711
60 to 64 years	44	13.58025	7,073	9.45373	0.69614
65 to 74 years	110	33.95062	10,847	14.49804	0.42703
75 to 84 years	60	18.51852	5,126	6.85138	0.36997
85+ years	13	4.01235	2,077	2.77611	0.69189
Race:					
White	304	93.53846	85,263	86.66612	0.92653
Non-White	21	6.46154	13,118	13.33388	2.06358
Household Income:					
Less than \$25,000	45	15.41096	6,942	18.10547	1.17484
\$25,000 to \$34,999	48	16.43836	4,372	11.40264	0.69366
\$35,000 to \$49,999	48	16.43836	5,953	15.52605	0.94450
\$50,000 to \$74,999	59	20.20548	7,813	20.37713	1.00850
\$75,000 to \$99,999	34	11.64384	5,346	13.94293	1.19745
\$100,000 to \$149,999	37	12.67123	5,300	13.82296	1.09089
\$150,000 or more	21	7.19178	2,616	6.82281	0.94869

Note: The weighting ratios are calculated by taking the ratio of the proportion of the population of Lenawee County in each subcategory by the proportion of the sample in the Lenawee County survey for that same category.

* Lenawee County population figures taken from the 2019 Census estimates.

Appendix IV: Lenawee County Sample Demographic Profile*

Adult Variable	2020 Lenawee County Adult Survey Sample	Lenawee County Census 2019 (1-year estimate)	Michigan Census 2019 (1-year estimate)
Age			
20-29	3.3%	12.1%	13.7%
30-39	2.4%	12.2%	12.3%
40-49	7.9%	12.1%	11.7%
50-59	15.8%	13.7%	13.4%
60 plus	68.8%	26.7%	24.7%
Race/Ethnicity			
White	92.1%	94.1%	78.2%
Black or African American	0.3%	1.9%	13.7%
Hispanic Origin (may be of any race)	4.5%	8.2%	5.3%
Asian	0.3%	0.4%	3.3%
Other	2.4%	0.4%	1.1%
American Indian and Alaska Native	3.0%	0.3%	0.6%
Marital Status†			
Married Couple	63.6%	49.7%*	47.1%
Never been married/member of an unmarried couple	9.7%	30.5%*	33.8%
Divorced/Separated	15.1%	13.7%*	13.0%
Widowed	10.6%	6.2%*	6.1%
Education†			
Less than High School Diploma	3.6%	4.9%	8.7%
High School Diploma	32.1%	35.4%	29.1%
Some college/College graduate	63.3%	54.9%	62.3%
Income (Families)			
\$14,999 and less	5.1%	5.7%	5.7%
\$15,000 to \$24,999	8.5%	4.3%	5.5%
\$25,000 to \$49,999	29.0%	26.5%	19.2%
\$50,000 to \$74,999	17.9%	21.1%	19.1%
\$75,000 or more	27.9%	24.4%	50.5%

* The percent's reported are the actual percent within each category who responded to the survey. The data contained within the report however are based on weighted data (weighted by age, race, sex, and income). Percent's may not add to 100% due to missing data (non-responses).

† The Michigan and Lenawee County Census percentages are slightly different than the percent who responded to the survey. Marital status is calculated for those individuals 15 years and older. Education is calculated for those 25 years and older.

Appendix V: Demographics and Household Information

Lenawee County Population by Age Groups and Gender U.S. Census 2010

Age	Total	Males	Females
Lenawee County	99,892	50,458	49,434
0-4 years	5,689	2,958	2,731
1-4 years	4,619	2,398	2,221
< 1 year	1,070	560	610
1-2 years	2,216	1,142	1,074
3-4 years	2,403	1,256	1,147
5-9 years	6,227	3,182	3,045
5-6 years	2,413	1,228	1,185
7-9 years	3,814	1,954	1,860
10-14 years	6,785	3,458	3,327
10-12 years	4,065	2,116	1,949
13-14 years	2,720	1,342	1,378
12-18 years	10,163	5,326	4,837
15-19 years	7,676	4,088	3,588
15-17 years	4,427	2,370	2,057
18-19 years	3,249	1,718	1,531
20-24 years	6,217	3,324	2,893
25-29 years	5,391	2,935	2,456
30-34 years	5,645	3,016	2,629
35-39 years	6,248	3,240	3,008
40-44 years	6,737	3,513	3,224
45-49 years	7,428	3,787	3,681
50-54 years	7,773	3,989	3,784
55-59 years	7,189	3,557	3,632
60-64 years	6,267	3,100	3,167
65-69 years	4,605	2,212	2,393
70-74 years	3,242	1,541	1,701
75-79 years	2,592	1,094	1,498
80-84 years	2,175	840	1,335
85-89 years	1,331	459	872
90-94 years	502	140	362
95-99 years	116	23	93
100-104 years	15	2	13
105-109 years	1	0	1
110 years & over	1	0	1
Total 85 years and over	1,966	624	1,342
Total 65 years and over	14,580	6,311	8,269
Total 19 years and over	75,137	37,602	37,535

LENAWEE COUNTY PROFILE

(Source: U.S. Census Bureau, 2019)
2019 ACS 1-year estimates

General Demographic Characteristics

	Number	Percent (%)
Total Population		
2019 Total Population	98,451	100%
Largest City – Adrian		
2018 Total Population	20,640	100%
Population by Race/Ethnicity		
Total Population	98,451	100%
White	91,413	92.8%
African American	2,640	2.7%
Asian	284	0.3%
Hispanic or Latino (of any race)	7,784	7.9%
American Indian or Alaska Native	492	0.5%
Native Hawaiian and Pacific Islander	15	0.0%
Some other race	1,003	1.0%
Two or more races	2,627	2.7%
Population by Age		
Under 5 years	5,283	5.4%
5 to 19 years	18,577	18.8%
20 to 24 years	6,570	6.7%
25 to 44 years	22,881	23.3%
45 to 64 years	27,656	28.1%
65 years and more	17,507	17.8%
Median age (years)	41.7	N/A
Household by Type		
Total households	38,499	100%
Total families	24,874	64.6%
Households with children <18 years	10,059	26.1%
Married-couple family household	18,589	48.3%
Married-couple family household with children <18 years	6,537	17.0%
Female householder, no spouse present	4,073	10.6%
Female householder, no spouse present with children <18 years	2,512	6.5%
Nonfamily household (single person)	13,625	35.4%
Nonfamily household (single person) living alone	11,500	30.0%
Nonfamily household (single person) 65 years and >	5,232	13.6%
Households with one or more people <18 years	11,550	30.0%
Households with one or more people 60 years and >	17,286	44.9%
Average household size	2.42 people	N/A
Average family size	2.97 people	N/A

General Demographic Characteristics Continued

Housing Occupancy		
Median value of owner-occupied units	\$144,300	N/A
Median housing units with a mortgage	\$1,153	N/A
Median housing units without a mortgage	\$470	N/A
Median value of occupied units paying rent	\$760	N/A
Median rooms per total housing unit	6.1	N/A
Total occupied housing units	38,499	N/A
No telephone service available	210	0.5%
Lacking complete kitchen facilities	0	0.0%
Lacking complete plumbing facilities	0	0.0%

Selected Social Characteristics

School Enrollment		
Population 3 years and over enrolled in school	21,218	100%
Nursery & preschool	1,152	5.4%
Kindergarten	1,352	6.4%
Elementary School (Grades 1-8)	8,444	39.8%
High School (Grades 9-12)	5,477	25.8%
College or Graduate School	4,793	22.6%
Educational Attainment		
Population 25 years and over	69,088	100%
< 9 th grade education	1,742	2.5%
9 th to 12 th grade, no diploma	5,024	7.3%
High school graduate (includes equivalency)	24,438	35.4%
Some college, no degree	16,017	23.2%
Associate degree	7,167	10.4%
Bachelor's degree	9,466	13.7%
Graduate or professional degree	5,234	7.6%
Percent high school graduate or higher	N/A	90.2%
Percent Bachelor's degree or higher	N/A	21.3%
Marital Status – 2018 5-year estimates		
Population 15 years and over	81,323	100%
Never married	N/A	30.5%
Now married, excluding separated	N/A	49.7%
Separated	N/A	1.2%
Widowed	N/A	6.2%
Widowed females	N/A	9.4%
Divorced	N/A	12.5%
Divorced females	N/A	13.1%
Veteran Status		
Civilian population 18 years and over	77,920	100%
Veterans 18 years and over	5,890	7.6%

Selected Social Characteristics, Continued

<i>Disability Status of the Civilian Non-Institutionalized Population</i>		
Total civilian noninstitutionalized population	95,243	100%
Civilian with a disability	15,731	16.5%
Under 18 years	20,332	100%
Under 18 years with a disability	1,272	1.3%
18 to 64 years	56,015	100%
18 to 64 years with a disability	8,545	9.0%
65 Years and over	18,896	100%
65 Years and over with a disability	5,914	6.2%

Selected Economic Characteristics

<i>Employment Status</i>		
Population 16 years and over	80,215	100%
16 years and over in labor force	46,591	58.1%
16 years and over not in labor force	33,534	41.8%
Females 16 years and over	39,220	100%
Females 16 years and over in labor force	21,601	55.1%
Population living with own children <6 years	6,402	100%
All parents in family in labor force	3,990	76.4%
<i>Class of Worker</i>		
Civilian employed population 16 years and over	43,989	100%
Private wage and salary workers	36,336	82.6%
Government workers	5,229	11.9%
Self-employed workers in own not incorporated business	2,294	5.2%
Unpaid family workers	130	0.3%
<i>Occupations</i>		
Civilian employed population 16 years and over	43,989	100%
Management, business, science, and arts occupations	13,390	30.4%
Production, transportation, and material moving occupations	9,415	21.4%
Service occupations	9,319	21.2%
Sales and office occupations	7,194	16.4%
Natural resources, construction, and maintenance occupations	4,671	10.6%
<i>Leading Industries</i>		
Civilian employed population 16 years and over	43,989	100%
Manufacturing	9,914	22.5%
Educational services, and health care and social assistance	9,390	21.3%
Retail trade	4,985	11.3%
Arts, entertainment, and recreation, and accommodation and food services	4,437	10.1%
Professional, scientific, and management, and administrative and waste management services	3,114	7.1%
Construction	2,699	6.1%
Other services, except public administration	2,396	5.4%
Finance and insurance, and real estate and rental and leasing	1,735	3.9%
Public administration	1,701	3.9%
Transportation and warehousing, and utilities	1,255	2.9%
Agriculture, forestry, fishing and hunting, and mining	1,230	2.8%
Wholesale trade	614	1.4%
Information	519	1.2%

Selected Economic Characteristics, Continued

<i>Income</i>		
Total households	38,499	--
Less than \$10,000	2,516	6.5%
\$10,000 to \$14,999	1,022	2.7%
\$15,000 to \$24,999	3,231	8.4%
\$25,000 to \$34,999	4,913	11.8%
\$35,000 to \$49,999	6,231	16.2%
\$50,000 to \$74,999	7,849	20.4%
\$75,000 to \$99,999	4,582	11.9%
\$100,000 to \$149,999	5,230	13.6%
\$150,000 to \$199,999	1,481	3.8%
\$200,000 or more	1,444	3.8%
Median household income (dollars)	<i>\$53,865</i>	N/A
<i>Income</i>		
Families	24,874	--
Less than \$10,000	852	3.4%
\$10,000 to \$14,999	566	2.3%
\$15,000 to \$24,999	1,080	4.3%
\$25,000 to \$34,999	2,455	9.9%
\$35,000 to \$49,999	4,137	16.6%
\$50,000 to \$74,999	5,247	21.1%
\$75,000 to \$99,999	3,773	15.2%
\$100,000 to \$149,999	4,377	17.6%
\$150,000 to \$199,999	1,216	4.9%
\$200,000 or more	1,171	4.7%
Median family income (dollars)	<i>\$63,438</i>	N/A
Per capita income in 2018	<i>\$28,046</i>	N/A
<i>Poverty Status in 2019</i>		
Families	N/A	9.3%
Individuals	N/A	12.8%

Bureau of Economic Analysis (BEA) Per Capita Personal Income (PCPI) Figures

	Income	Rank of Michigan Counties
BEA Per Capita Personal Income 2014	\$34,264	42 nd of 83 counties
BEA Per Capita Personal Income 2015	\$36,287	42 nd of 83 counties
BEA Per Capita Personal Income 2016	\$36,934	44 th of 83 counties
BEA Per Capita Personal Income 2017	\$37,956	44 th of 83 counties
BEA Per Capita Personal Income 2018	\$39,600	46 th of 83 counties

(Source: Bureau of Economic Analysis, https://apps.bea.gov/iTable/index_regional.cfm)

Note: BEA PCPI figures are greater than Census figures for comparable years due to deductions for retirement, Medicaid, Medicare payments, and the value of food stamps, among other things

Poverty Rates, 2014-2018 5-year averages

Category	Lenawee County	Michigan
Population in poverty	12.2%	15.0%
< 125% FPL (%)	17.3%	19.4%
< 150% FPL (%)	21.5%	23.7%
< 200% FPL (%)	31.1%	32.7%
Population in poverty (2010)	14.4%	16.8%

(Source: U.S. Census Bureau 2018 5-year estimates, U.S. Census Bureau 2010 1-year estimate)

Employment Statistics

Category	Lenawee County	Michigan
Labor Force	46,078	4,878,000
Employed	42,979	4,479,000
Unemployed	3,099	399,000
Unemployment Rate* in September 2020	6.7	8.2
Unemployment Rate* in August 2020	7.6	8.9
Unemployment Rate* in September 2019	3.1	3.5

(Source: Michigan Department of Technology, Management, & Budget: Michigan Bureau of Labor Market Information and Strategic Initiatives, Employment and Unemployment Statistics - LAUS, December 2020, <https://milmi.org/DataSearch/LAUS>)

Estimated Poverty Status in 2017

Age Groups	Number	90% Confidence Interval	Percent	90% Confidence Interval
Lenawee County				
All ages in poverty	9,679	8,017 to 11,341	10.4%	8.6 to 12.2
Ages 0-17 in poverty	2,900	2,254 to 3,546	14.3%	11.1 to 17.5
Ages 5-17 in families in poverty	2,067	1,580 to 2,554	13.9%	10.6 to 17.2
Median household income	\$56,416	\$53,030 to \$59,802		
Michigan				
All ages in poverty	1,373,358	1,351,618 to 1,395,098	14.1%	13.9 to 14.3
Ages 0-17 in poverty	416,305	404,866 to 427,744	19.6%	19.1 to 20.1
Ages 5-17 in families in poverty	275,411	265,855 to 284,967	17.7%	17.1 to 18.3
Median household income	\$54,840	\$54,405 to \$55,275		
United States				
All ages in poverty	42,583,651	42,342,619 to 42,824,683	13.4%	13.3 to 13.5
Ages 0-17 in poverty	13,353,202	13,229,339 to 13,477,065	18.4%	18.2 to 18.6
Ages 5-17 in families in poverty	9,120,503	9,033,090 to 9,207,916	17.3%	17.1 to 17.5
Median household income	\$60,336	\$60,250 to \$60,422		

(Source: U.S. Census Bureau, 2017 Poverty and Median Income Estimates, <https://www.census.gov/data/datasets/2017/demo/saipe/2017-state-and-county.html>)

Federal Poverty Thresholds in 2019 by Size of Family and Number of Related Children Under 18 Years of Age

Size of Family Unit	No Children	One Child	Two Children	Three Children	Four Children	Five Children
1 Person <65 years	\$13,300					
1 Person 65 and >	\$12,261					
2 people Householder < 65 years	\$17,120	\$17,622				
2 People Householder 65 and >	\$15,453	\$17,555				
3 People	\$19,998	\$20,578	\$20,598			
4 People	\$26,370	\$26,801	\$25,926	\$26,017		
5 People	\$31,800	\$32,263	\$31,275	\$30,510	\$30,044	
6 People	\$36,576	\$36,721	\$35,965	\$35,239	\$34,161	\$33,522
7 People	\$42,085	\$42,348	\$41,442	\$40,811	\$39,635	\$38,262
8 People	\$47,069	\$47,485	\$46,630	\$45,881	\$44,818	\$43,470
9 People or >	\$56,621	\$56,895	\$56,139	\$55,503	\$54,460	\$53,025

(Source: U. S. Census Bureau, Poverty Thresholds 2019) <https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html>

Appendix VI: County Health Rankings

	Lenawee County 2020	Michigan 2020	U.S. 2020
Health Outcomes			
Premature death. Years of potential life lost before age 75 per 100,000 population (age-adjusted) (2016-2018)	6,900	7,600	6,900
Overall health. Percentage of adults reporting fair or poor health (age-adjusted) (2017)	14%	17%	17%
Physical health. Average number of physically unhealthy days reported in past 30 days (age-adjusted) (2017)	4.0	4.3	3.8
Mental health. Average number of mentally unhealthy days reported in past 30 days (age-adjusted) (2017)	4.2	4.4	4.0
Maternal and infant health. Percentage of live births with low birthweight (< 2500 grams) (2012-2018)	7%	8%	8%
Health Behaviors			
Tobacco. Percentage of adults who are current smokers (2017)	17%	19%	17%
Obesity. Percentage of adults that report a BMI of 30 or more (2016)	40%	32%	29%
Food environment. Index of factors that contribute to a healthy food environment, 0 (worst) to 10 (best) (2015 and 2017)	8.0	7.1	7.6
Physical inactivity. Percentage of adults aged 20 and over reporting no leisure-time physical activity (2016)	28%	23%	23%
Active living environment. Percentage of population with adequate access to locations for physical activity (2010 & 2019)	71%	85%	84%
Drug and alcohol abuse. Percentage of adults reporting binge or heavy drinking (2017)	20%	20%	19%
Drug and alcohol abuse and injury. Percentage of driving deaths with alcohol involvement (2014-2018)	23%	29%	28%
Infectious disease. Number of newly diagnosed chlamydia cases per 100,000 population (2017)	308.2	507.9	524.6
Sexual and reproductive health. Teen birth rate per 1,000 female population, ages 15-19 (2012-2018)	24	20	23

(Source: 2020 County Health Rankings for Lenawee County, Michigan, and U.S. data)

	Lenawee County 2020	Michigan 2020	U. S. 2020
Clinical Care			
Coverage and affordability. Percentage of population under age 65 without health insurance (2017)	6%	6%	10%
Access to health care/medical care. Ratio of population to primary care physicians (2017)	3,650:1	1,280:1	1,330:1
Access to dental care. Ratio of population to dentists (2018)	2,180:1	1,340:1	1,450:1
Access to behavioral health care. Ratio of population to mental health providers (2019)	440:1	370:1	400:1
Hospital utilization. Number of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees (2017)	3,525	5,203	4,535
Mammography screening. Percentage of female Medicare enrollees ages 65-74 that received an annual mammography screening (2017)	46%	44%	42%
Flu vaccinations. Percentage of fee-for-service (FFS) Medicare enrollees that had an annual flu vaccination (2017)	47%	46%	46%
Social and Economic Factors			
Education. Percentage of ninth-grade cohort that graduates in four years (2017-2018)	89%	81%	85%
Education. Percentage of adults ages 25-44 years with some post-secondary education (2014-2018)	60%	68%	66%
Employment, poverty, and income. Percentage of population ages 16 and older unemployed but seeking work (2018)	4.1%	4.1%	3.9%
Employment, poverty, and income. Percentage of children under age 18 in poverty (2018)	14%	19%	18%
Employment, poverty, and income. Ratio of household income at the 80th percentile to income at the 20th percentile (2014-2018)	3.9	4.7	4.9
Family and social support. Percentage of children that live in a household headed by single parent (2014-2018)	37%	34%	33%
Family and social support. Number of membership associations per 10,000 population (2017)	12.7	9.9	9.3
Violence. Number of reported violent crime offenses per 100,000 population (2014 & 2016)	189	443	386
Injury. Number of deaths due to injury per 100,000 population (2014-2018)	65	75	70

(Source: 2020 County Health Rankings for Lenawee County, Michigan, and U.S. data)

	Lenawee County 2020	Michigan 2020	U.S. 2020
Physical Environment			
Air, water, and toxic substances. Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5) (2014)	10.8	8.4	8.6
Air, water, and toxic substances. Indicator of the presence of health-related drinking water violations. Yes - indicates the presence of a violation, No - indicates no violation (2018)	Yes	N/A	N/A
Housing. Percentage of households with at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities (2012-2016)	13%	15%	18%
Transportation. Percentage of the workforce that drives alone to work (2014-2018)	83%	82%	76%
Transportation. Among workers who commute in their car alone, the percentage that commute more than 30 minutes (2014-2018)	39%	33%	36%

(Source: 2020 County Health Rankings for Lenawee County, Michigan, and U.S. data)

N/A – Not Available

Appendix VII: Community Stakeholder Perceptions

Lenawee County Community Event **Virtual release in June/July 2021**

What surprised you the most?

- Youth mental health data (2)
- Less substance abuse use despite COVID in 2020
- Percentage of high school students forced into sexual activity
- Birth control methods for adults
- Low number of health challenges despite economic and political participation
- Skin cancer rates
- Differences in rates for various populations
- Adult sexual behavior
- Youth marijuana use
- Uninsured adults
- Low percentage of adults seeing a dentist
- Decrease in those who tried to quit smoking
- Youth vaping rates
- Youth sexual behavior rates
- Percentage of mothers who do not breastfeed

What would you like to see covered in the report next time?

- Race/ethnicity
- Location within community
- How the data will be used by government and non-profit organizations
- Ethnic/racial identification breakdowns
- More mental health data
- More youth demographic information
- More breakdowns by income
- More data about children and youth eating habits

What will you or your organization do with this data?

- Focus on areas of need identified in data (5)
- Shape area plan of services that are offered (4)
- Strengthen programming (3)
- Seeing if there are gaps for resources needed in the community for older adults and people with disabilities
- Better understand the community needs in relation to prevention
- Look to Lenawee Health Network (LHN) to develop community goals

Based on the community health assessment, what health topics do you see as the most important? Please list 2 or more choices.

- Adult and youth substance abuse (i.e., drug, alcohol, smoking) (6)
- Adult and youth mental health (5)
- Adult obesity (5)
- Diabetes (2)
- Uninsured adults (2)
- Cardiovascular health
- Community/school safety
- Youth sexual behaviors

- Health disparities
- Social conditions
- Youth health
- Child health

Are there any groups or agencies you think would be valuable resources or partners to work towards the priority health issues?

- All About Adrian Coalition (2)
- Health Department
- ProMedica
- Family Medical Center
- Senior Centers
- Region 2 AAA
- MSU Extension
- Community Mental Health Authority of Adrian
- Hilltop Counseling
- Parkside Counseling
- Lenawee Substance Abuse Prevention Coalition
- Hickman Hospital
- Boys & Girls Club of Lenawee
- Habitat for Humanity
- Lenawee Health Network
- Chamber of Commerce
- Human Services Council

What are some barriers people may face regarding the issues identified?

- Money (5)
- Unemployment (2)
- Transportation (2)
- Insurance (2)
- Access to resources (2)
- Food deserts
- Residents not being involved in various boards decision making process
- Lack of personal motivation
- Schools do not take an active approach to addressing issues from report
- COVID-19 pandemic
- Not enough health care providers and specialists
- Lack of knowledge

In your opinion, what is the best way to communicate the information from the community health assessment to the rest of the public?

- Social media (i.e., Facebook, Instagram) (6)
- Newspaper (4)
- Radio (4)
- Schools (2)
- Email (2)
- Community events (2)
- Town Halls
- Collective Impact Core Specialists
- HR groups
- Churches

- Partner with local organizations
- Coalitions
- Flyers Stories/personal statements
- Direct mail