

# OTTAWA COUNTY



## 2017 Community Health Needs Assessment

### WHAT is a Community Health Needs Assessment?

**LOOK** at the people's health of Ottawa County.  
**METHOD** to find key health problems and resources.  
**TOOL** to develop strategies to address health needs.  
**WAY** for community engagement and collaboration.



### Adverse Childhood Experiences (ACEs)

data were collected, indicating the number of ACEs impacts a person's health later in life. Questions about abuse and household challenges include:

- Emotional, physical and sexual abuse
- Intimate partner violence
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member

**53%** of Ottawa County adults have at least **ONE** Adverse Childhood Experience

**14%** have **FOUR** or more

### Other new items

- Weight control and receiving advice
- Understanding medical information
- Adult suicidal thinking and attempts
- Chronic pain and use of prescription pain medication
- Use of electronic vapor products (adults and youth)
- A special report focused on maternal and child health

### This study produced three reports found at:

Behavioral Risk Factor Survey - [www.miOttawa.org/2017BRFS](http://www.miOttawa.org/2017BRFS)  
Community Health Needs - [www.miOttawa.org/2017CHNAFullReport](http://www.miOttawa.org/2017CHNAFullReport)  
Maternal and Child Health Needs - [www.miOttawa.org/2017MCHNA](http://www.miOttawa.org/2017MCHNA)

Additional reports and previous years at [www.miOttawa.org/HealthData](http://www.miOttawa.org/HealthData)

### HOW are Ottawa County data collected?



**1,318**

Surveyed Adults



**489**

Surveyed  
Under-served  
Adults



**91**

Surveyed Health  
Care Professionals



**10**

In-depth Interviews  
with Policymakers

**+10**



Secondary Data Sources  
(Federal, State & Local Reports)

### ADVISORY COUNCIL:

Community Mental Health of Ottawa County  
Community SPOKE  
Greater Ottawa County United Way  
Holland Hospital  
North Ottawa Community Hospital  
Ottawa County Department of Public Health  
Spectrum Health Zeeland Community Hospital

# How Healthy is Ottawa County?



## GOOD NEWS!

Ottawa County scored **BETTER** (or the same) as MI and the U.S. in **33** out of **34** key metrics.



## NOT Good News!

When we compare **OURSELVES** **57%** of the key metrics were **WORSE** than previous years.

## Key Findings

**Mental Health** continues as a **CRITICAL** issue and is not improving.



### Top Four Concerns:

- Stigma with mental illness
- Lack of programs/services
- Lack of funding for services
- Lack of psychiatrists/therapy

**Obesity** and overweight are a growing problem and contribute to chronic conditions like heart disease and stroke. Ottawa County adults are **NOT** a healthy weight.



**Substance Abuse**, particularly opioid addiction, is an increasing problem and often comorbid with mental illness. **9 in 10** **Overdose deaths** involved an opioid in Ottawa County.



**Access to Care** is a case of those who have and those **who have not**.



**4 in 10** under-served adults had trouble meeting health care needs in the past two years, and **8 in 10** skipped or stretched their medication to save on costs.

**Risk Behaviors** remain an issue, such as the lack of exercise and the lack of consuming an adequate amount of fruits and vegetables each day. **Consume less than five** servings per day.



**1 in 4** Do **NOT** engage in physical activity.



**Chronic Disease** rates are relatively low compared to the state and nation. However, cancer and heart disease deaths are by far higher than other causes of death. In addition, **Alzheimer's Disease**



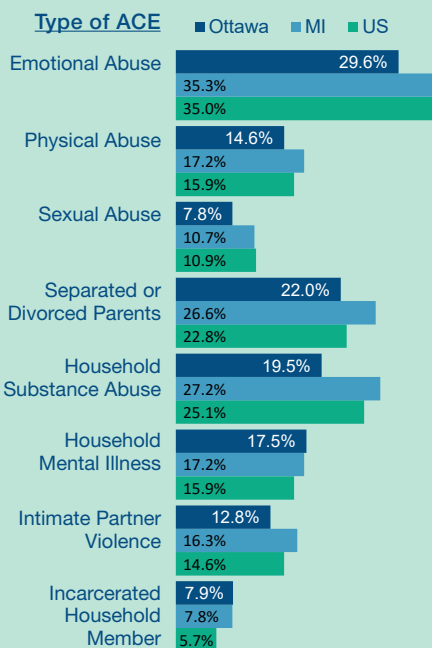
leads to death more often for Ottawa County residents.



**Negative Social Indicators** affect a person's overall health and the health care climate of the community. Social factors that **put our health at risk** include the lack of healthy foods and affordable housing, poverty of single mothers with children five years and younger, and adverse childhood experiences (ACEs). ACEs are traumatic events like abuse, neglect or family dysfunction. The number of ACEs impacts a person's health later in life. They increase the risk for suicide attempts, heavy drinking, smoking, obesity, anxiety and depression.



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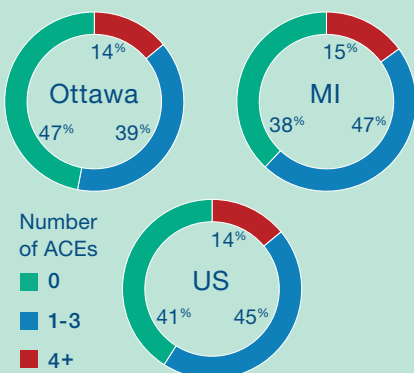
**Health Disparities** persist within the Hispanic community, which contribute to **differences in health outcomes**. Income and education are also factors and found among several demographic groups.



**85%** of our health is **NOT** related to genes and biology



**Biopsychosocial Approach**  
The most appropriate and effective way to address health and health care issues is from a whole person approach.



## What do we do now?

Community members, organizations, schools, hospitals, businesses and funders must work together to develop and carry out the 2018 Community Health Improvement Plan (CHIP). Ottawa County created its first CHIP in 2015 found at [www.miOttawa.org/2015CHIP](http://www.miOttawa.org/2015CHIP). This new 2017 data will guide us in developing the 2018 CHIP for a healthier community.

