HNC 2030 – Potential Clinical Care Indicators

I am a representative of:_____

On your own: Please rank these indicators by importance to you and your community with "1" being the most important.

Ranking (1-9)	Indicator	Definition
	Uninsured	Percentage of population under age 65 without health insurance
	Early prenatal care	Percent of women who receive early prenatal care
	Routine checkup	Percent of adults who had a routine checkup in the past year
	Primary care physicians	Ratio of population to primary care physicians
	Mental health ED visits	Rate of substance abuse and mental health-related visits to emergency departments (per 100,000 population)
	Vaccinations	Percentage of vaccination coverage among children enrolled in kindergarten
	Heart disease mortality	Age-adjusted rate of heart disease deaths (per 100,000 population)
	Suicide deaths	Age-adjusted suicide death rates (per 100,000 population)
	School nurse ratio	Ratio of registered nurses who are employed to provide school nursing services to students
Missing indicators – Are there important indicators that you think are missing from this list?		

Small group discussion: Discuss these indicators and decide on the TOP 3 priority Clinical Care indicators from this list. Write the indicator names in the spaces below.

1. _____

2. _____

3. _____

Indicator	More Information	Year	NC Data	US Data
Uninsured	Percentage of population under age 65 without health insurance	2016	12.2%	10.1%
Early prenatal care	Early prenatal care, which is care started in the 1st trimester (1-3 months)	2016	69.0%	77.1%
Routine checkup	A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.	2017	75.0%	73.8%
Primary care physicians	Primary care physicians include practicing non-federal physicians (M.D.'s and D.O.'s) under age 75 specializing in general practice medicine, family medicine, internal medicine, and pediatrics. The ratio represents the number of individuals served by one physician in a county, if the population was equally distributed across physicians.	2015	1,420:1	1,320:1
Mental health ED visits	Rates are calculated using the number of emergency department discharges with a diagnosis of mental health or substance abuse disorder and 2016 population estimates from the US Census Population Estimates Program	2017	1697.8	Not Available
Vaccinations	Estimated vaccination coverage among children enrolled in kindergarten, from the School Vaccination Assessment Program	2017-18	97.0%	81.3%-99.4%
Heart disease mortality	Age-adjusted rate of heart disease deaths (per 100,000 population)	2017	159.8	165.0
Suicide deaths	Death rate per 100,000 population	2017	14.3	14.0
School nurse ratio	Federally recommended ratio: 1 nurse per 750 students	2016-17	1:1,072	Not Available

Aspects of Clinical Care:

- **Access to Care -** Access to affordable, quality health care is important to physical, social, and mental health. Health insurance helps individuals and families access needed primary care, specialists, and emergency care, but does not ensure access on its own—it is also necessary for providers to offer affordable care, be available to treat patients, and be in relatively close proximity to patients.
- **Quality of Care -** High quality health care is timely, safe, effective, and affordable–the right care for the right person at the right time. High quality care in inpatient and outpatient settings can help protect and improve health and reduce the likelihood of receiving unnecessary or inappropriate care.

HNC 2030 – Potential Health Behaviors Indicators

I am a representative of:_____

On your own: Please rank these indicators by importance to you and your community with "1" being the most important.

Ranking (1-12)	Indicator	Definition
	Youth tobacco use	Percentage of high school students reporting current use of any tobacco product
	Physical activity	Percentage of adults meeting CDC Aerobic Recommendations
	Illicit drug use	Percent of people aged 12 or older who used illicit drugs in the past month.
	Smoking during pregnancy	Percentage of women who smoke during pregnancy
	Adult smoking	Percentage of adults who are current smokers
	Teen birth rate	Rate of births to females age 15-19 (per 1,000 population)
	Excessive drinking	Percentage of adults reporting binge or heavy drinking
	Breastfeeding	Percentage of infants who were exclusively breastfed through 6 months
	Deaths due to falls	Age-adjusted rate of unintentional falls deaths (per 100,000 population)
	HIV diagnosis	Rate of new HIV infection diagnoses (per 100,000 population)
	Unintended pregnancy	Percentage of pregnancies that are unintended
	Sugar-sweetened beverage consumption	Percent of adults who consumed sugar-sweetened beverages one or more times per day.
Missing indicators – Are there important indicators that you think are missing from this list?		

Small group discussion: Discuss these indicators and decide on the TOP 3 priority Health Behaviors indicators from this list. Write the indicator names in the spaces below.

1. _____

2. _____

3. _____

Indicator Name	More	Year	NC Data	US Data
Youth tobacco use	Includes e-cigarettes, cigarettes, cigars, smokeless tobacco, pipes, & hookah	2017	28.8%	19.6%
Physical activity	At least 150 minutes per week of moderate physical activity, or 75 minutes per week of vigorous physical activity	2017	49.2%	50.6%
Illicit drug use	There are 10 categories of illicit drugs: marijuana, cocaine (including crack), heroin, hallucinogens, inhalants, and methamphetamine, as well as the misuse of prescription pain relievers, tranquilizers, stimulants, and sedatives.	2016-2017	9.8%	10.9%
Smoking during pregnancy	Percentage of women who smoke during pregnancy	2017	8.7%	6.9%
Adult smoking	Derived from questions: Have you smoked at least 100 cigarettes in your life? & Do you now smoke cigarettes every day, some days, or not at all?	2016	17.20%	17.10%
Teen birth rate	Rate of births to females age 15-19 (per 1,000 population)	2013-2017	26.2 births	18.8 (2017)
Excessive drinking	Binge drinkers: MALES having five or more drinks on one occasion and FEMALES having four or more drinks on one occasion; Heavy drinkers: MALES having more than two drinks per day and FEMALES having more than one drink per day.	2017	17%	18%
Breastfeeding	Exclusive breastfeeding is defined as ONLY breast milk (no solids, water, or other liquids); the duration of exclusive breastfeeding is estimated by the two survey questions about age, including the age of the child when he/she was first fed formula, and the age of the child when he/she was first fed anything other than breast milk or formula (including water).	2015	27.0%	24.9%
Deaths due to falls	Falls are a leading cause of unintentional injury deaths. More than 75% of falls occur in adults age 65+.	2017	11.2 falls	9.4 falls
HIV diagnosis	Rate of new HIV infection diagnoses (per 100,000 population)	2017	12.8 new diagnoses	11.8 new diagnoses
Unintended pregnancy	Unintended pregnancies are defined as those that were mistimed or unwanted at the time of conception.	2016	32.2%	34.2%
Sugar-sweetened beverage consumption	Sugar-sweetened beverages included in the survey are regular soda, fruit drinks, sweet tea, and sports or energy drinks.	2013	40.3%	29.1%

Aspects of Health Behaviors:

- **Alcohol and Drug Use -** When consumed in excess, alcohol is harmful to the health and well-being of those that drink as well as their families, friends, and communities. Prescription drug misuse and illicit drug use also have substantial health, economic, and social consequences.
- **Diet and Exercise -** The environments where we live, learn, work, and play affect our access to healthy food and opportunities for physical activity which, along with genetic factors and personal choices, shape our health and our risk of being overweight and obese.
- **Sexual Activity -** Sexually transmitted infections and unplanned pregnancies, often the result of risky sexual behavior, have lasting effects on health and well-being, especially for adolescents.
- **Tobacco Use -** Tobacco use is the leading cause of preventable death in the United States. It affects not only those who choose to use tobacco, but also people who live and work around tobacco.
- **Other**

County Health Rankings & Roadmaps

HNC 2030 – Potential Social & Economic Factors Indicators

I am a representative of:_____

On your own: Please rank these indicators by importance to you and your community with "1" being the most important.

Ranking (1-12)	Indicator	Definition
	Families below 200% FPL	Percent of families living below 200% Federal Poverty Level
	Adverse Childhood Experiences	Percent of children with two or more adverse childhood experiences
	Unemployment	Percent of population age 16 and older unemployed but seeking work
	High school graduation	Percent of ninth-grade cohort that graduates in four years
	Fourth grade reading proficiency	Reading achievement levels of fourth grade North Carolina public school students
	Disconnected youth	Percent of teens and young adults ages 16-24 who are neither working nor in school
	Income inequality	Ratio of household income at the 80th percentile to income at the 20th percentile
	Residential segregation	Index of dissimilarity where higher values indicate greater residential segregation between black and white county residents
	Incarceration rate	Rate of incarceration in North Carolina prisons (per 100,000 residents)
	Violent crime rate	Number of reported violent crime offenses per 100,000 population
	Suspension from school	Number of out-of-school short-term and long-term suspensions in educational facilities for all grades
	Children investigated for abuse or neglect	Rate of children who are reported to Child Protective Services for suspected maltreatment
Missing indicators – Are there important indicators that you think are missing from this list?		

Small group discussion: Discuss these indicators and decide on the TOP 3 priority Social & Economic Factors indicators from this list. Write the indicator names in the spaces below.

1. _____

2. _____

3. _____

Indicator	More Information	Year	NC Data	US Data
Families below 200% FPL	In 2017, a 200% poverty threshold for a family of two adults and two children was $49,716	2017	33%	27%
Adverse Childhood Experiences	ACEs include: hard to get by on income; parent/guardian divorced or separated; parent/guardian died; parent/guardian served time in jail; saw or heard violence in the home; victim/witness of neighborhood violence; lived with anyone mentally ill, suicidal, or depressed; lived with anyone with alcohol or drug problem; often treated or judged unfairly due to race/ethnicity	2016-17	23.6%	20.5%
Unemployment	Percent of population age 16 and older unemployed but seeking work	2016	5.1%	4.9%
High school graduation	Percent of ninth-grade cohort that graduates in four years	2017-18	86.4%	84.0%
Fourth grade reading proficiency	Fourth grade public school students' reading achievement levels, as measured by the National Assessment of Educational Progress (NAEP) reading test.	2017	39%	35%
Disconnected youth	Measure of how young people are faring with transition to adulthood. "Disconnected" refers to being cut off from institutions where they would develop knowledge, skills, maturity, & sense of purpose	2016	11.6%	11.7%
Income inequality	If income inequality of a county was 4.5, it would mean that the top 20% household income was 4.5 times higher than the lowest 20% household income.	2012-16	4.8	5.0
Residential segregation	The residential segregation index ranges from 0 (complete integration) to 100 (complete segregation); data for black-white segregation	2012-16	45	Metro areas 40-81 (2010-2014)
Incarceration rate	Rate based on jurisdictional population with sentences greater than one year	2015	639	698
Violent crime rate	Number of reported violent crime offenses per 100,000 population. Violent crimes are defined as murder and nonnegligent manslaughter, rape, robbery, and aggravated assault.	2012-14	342	380
Suspension from school	An out-of-school suspension is an instance in which a child is temporarily removed from his/her regular school for at least half a day (but less than the remainder of the school year) for disciplinary purposes to another setting (e.g. home, behavior center).	2013-14	7%	5%
Children investigated for abuse or neglect	Rate of children who are reported to Child Protective Services for suspected maltreatment.	2016	5.6%	4.7% (2013-17)

Aspects of Social & Economic Factors:

- **Community Safety -** Injuries through accidents or violence are the third leading cause of death in the United States, and the leading cause for those between the ages of one and 44.
- **Education -** Better educated individuals live longer, healthier lives than those with less education, and their children are more likely to thrive.
- **Employment -** Employment provides income and, often, benefits that can support healthy lifestyle choices. Unemployment and under employment limit these choices, and negatively affect both quality of life and health overall.
- **Family and Social Support -** People with greater social support, less isolation, and greater interpersonal trust live longer and healthier lives than those who are socially isolated.
- **Income -** Income provides economic resources that shape choices about housing, education, child care, food, medical care, and more. Wealth, the accumulation of savings and assets, helps cushion and protect us in times of economic distress. As income and wealth increase or decrease, so does health.

On your own: Please rank these indicators by importance to you and your community with "1" being the most important.

Ranking (1-8)	Indicator	Definition
	Housing cost burden	Percent of households spending 30% or more of household income on housing costs
	Housing quality problems	Percentage of households with at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities
	Food environment index	Index of factors that contribute to a healthy food environment, 0 (worst) to 10 (best) and equally weights two indicators of the food environment (see information below)
	Access to locations for physical activity	Percentage of population with adequate access to locations for physical activity. Locations for physical activity are defined as parks or recreational facilities
	Air pollution	Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5)
	Community water safety	Increase the percentage of the population being served by community water systems (CWS) with no maximum contaminant level violations (among persons on CWS)
	Access to public transportation	Transit Connectivity Index (0-100): the number of bus routes and train stations within walking distance for households in a given neighborhood, scaled by the frequency of service
	Asthma-related ED visits for children	Rate of North Carolina hospital discharges with a primary diagnosis of asthma per 100,000, ages 0-14
Missing indicators – Are there important indicators that you think are missing from this list?		

Small group discussion: Discuss these indicators and decide on the TOP 3 priority Physical Environment indicators from this list. Write the indicator names in the spaces below.

1. _____

2. _____

3. _____

Indicator	More Information	Year	NC Data	US Data
Housing cost burden	Includes rental and owner-occupied houses	2011-15	32%	35.81% (2017)
Housing quality problems	Severe overcrowding is defined as more than 1.5 persons per room. Severe cost burden is defined as monthly housing costs (including utilities) that exceed 50% of monthly income.	2010-14	17%	19%
Food environment index	Two indicators included in the index: 1) **Limited access to healthy foods** estimates the percentage of the population that is low income and does not live close to a grocery store. Living close to a grocery store is defined differently in rural and nonrural areas; in rural areas, it means living less than 10 miles from a grocery store whereas in nonrural areas, it means less than 1 mile. "Low income" is defined as having an annual family income of less than or equal to 200 percent of the federal poverty threshold for the family size. 2) **Food insecurity** estimates the percentage of the population who did not have access to a reliable source of food during the past year. A two-stage fixed effects model was created using information from the Community Population Survey, Bureau of Labor Statistics, and American Community Survey.	2015	6.4	8.6 (90th percentile)
Access to locations for physical activity	Parks include local, state, and national parks. Individuals who: reside in a census block within a half mile of a park or; in urban census blocks: reside within one mile of a recreational facility or; in rural census blocks: reside within three miles of a recreational facility; are considered to have adequate access for opportunities for physical activity.	2016	76%	83%
Air pollution	This is a modeled rate based on data collected by 10 monitoring sites across NC.	2012	9.1	8.7
Community water safety	Community water systems (CWS) are public water systems that supply water to the same population year-round. This does not include small water systems, such as those that serve only restaurants, campgrounds, a school, a hospital, or an office building, or private well water. A maximum contaminant level is the highest level of a contaminant that is allowed in drinking water.	2016	96.3%	91%
Access to public transportation	The TCI is an index from 0-100 that is scaled by the number of transit trips the average household in a block group can access by walking each week. It measures how connected the average household member is to the availability of a transit ride. It is derived by examining the proximity of all transit routes, and the area covered by each route at different distances.	2018	In NC, range from 0-2.7 (out of 100)	NC: 0.9 In US, range from 0.2 – 23.2 (out of 100)
Asthma-related ED visits for children	This data includes data includes only NC residents served in NC hospitals, regardless of insurance status.	2014	144.6	142.9 (2012)

Aspects of Physical Environment:

- **Air and Water Quality -** Clean air and safe water are prerequisites for health. Poor air or water quality can be particularly detrimental to vulnerable populations such as the very young, the elderly, and those with chronic health conditions.
- **Housing and Transit -** The housing options and transit systems that shape our communities' built environment affect where we live and how we get from place to place. The choices we make about housing and transportation, and the opportunities underlying these choices, also affect our health.

County Health Rankings & Roadmaps

HNC 2030 – Potential Health Outcome Indicators

On your own: Please place an "X" next to the 3 TOP INDICATORS from this list. You may also add health outcome indicators that are important to you and your community that are missing from this list.

Place "X" on Top 3	Indicator	Definition	Year	NC Data	US Data
	Infant mortality	Number of all infant deaths (within 1 year), per 1,000 live births	2016	7 per 1,000 live births	5.8 per 1,000 live births
	Low birthweight	% of babies born with birthweight <2,500 grams	2018	9.2%	8.2%
	Life expectancy	Life expectancy (years) at birth - average	2015-2017	78 years	79 years (2016)
	Poor or fair health	Percentage of adults reporting fair or poor health (age-adjusted)	2016	18%	16%
	Frequent mental distress	Percentage of adults reporting 14 or more days of poor mental health per month	2018	12.7%	12.0%
	HIV prevalence	Number of persons aged 13 years and older living with a diagnosis of human immunodeficiency virus (HIV) infection per 100,000 population	2015	355	55-677
	All cancer mortality	Deaths from all cancers per 100,000 population	2015-2017	164.1	163.5 (2011-2015)
	Diabetes prevalence	Percentage of adults who reported being told by a health professional that they have diabetes (excludes prediabetes and gestational diabetes)	2018	11.4%	10.5%
	Adult obesity	Percentage of adults that report a BMI of 30 or more	2017	30%	28%
	Children - Overweight or Obese	Children ages 10-17 who are overweight or obese	2016-2017	30.7%	31.2% (2016)
Missing indicators – Are there important indicators that you think are missing from this list?					

Which of the following statements related to life expectancy resonates most for you?

Place "X" on best statement	Statements related to life expectancy
	In North Carolina, premature deaths of people under age 75 lead to 7,300 years of life lost for every 100,000 people. Depending on the county, this ranged from 4,500 to 12,100 years of life lost for every 100,000 people.
	In North Carolina, on average, 370 out of every 100,000 people under the age of 75 died between 2014-2016. Depending on the county, this ranged from 240 to 560 out of every 100,000 people.
	In North Carolina, a baby born in 2017 can expect to live to 78 years old on average. Depending on the county, this ranged from 73 to 82 years.