

2005

Community Health Assessment Profile

St. Clair County



The St. Clair County Health Department would like to acknowledge the following organizations that provided financial support for this effort.



**Port Huron
Hospital**



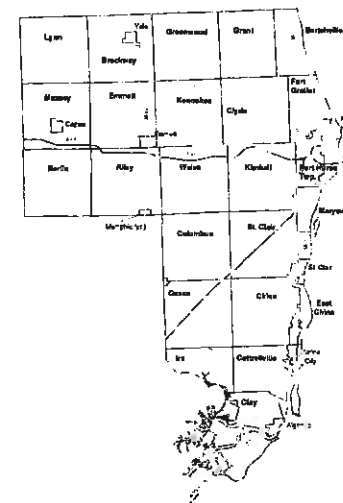
**ST. JOHN RIVER DISTRICT
HOSPITAL**

Further, the St. Clair County Health Department would like to acknowledge the following partners that provided in-kind support for this effort.

**Macomb County Health Department
Michigan State University Extension
St. Clair County Community Mental Health
St. Clair County Community Services Coordinating Body
St. Clair County Healthy Community Coalition
St. Clair County Smoke-free Team
St. Clair County United Way
Southeastern Michigan Health Association/Center for Population Health
Thumb Region Substance Abuse Coordinating Agency**

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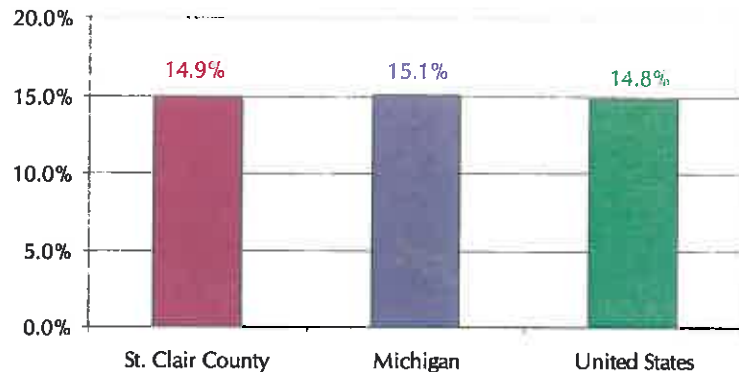
Measure: Perceived Health Status

WHY IS THIS INDICATOR IMPORTANT?

Good health is the most significant quality of life measure. Good health is a product of genetics as well as personal behaviors such as exercising and eating nutritiously. The level of good health in a community is a proxy for many things such as a clean environment, opportunities for recreation, appropriate nutrition and exercise. Lack of good health can often indicate poor nutrition and exercise habits or environmental conditions.

Good health, or lack thereof, is measured in several ways; *current health status* as well as *days of poor physical health* and *days of poor mental health*.

Percentage of Residents Reporting their Current Health Status as Fair or Poor, 2005



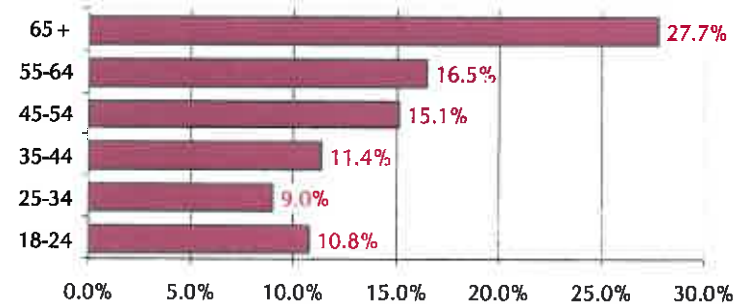
HOW ARE WE DOING?

Over 85% of St. Clair County residents report their health as excellent or good. However, nearly 15% of St. Clair County residents reported their general health as fair to poor in the month preceding the survey.

Overall, St. Clair County residents reporting fair or poor general health is equal to the statewide experience and slightly lower than the national average. While the percentage of fair and poor general health increases with age, it is also associated with lower levels of education and income.

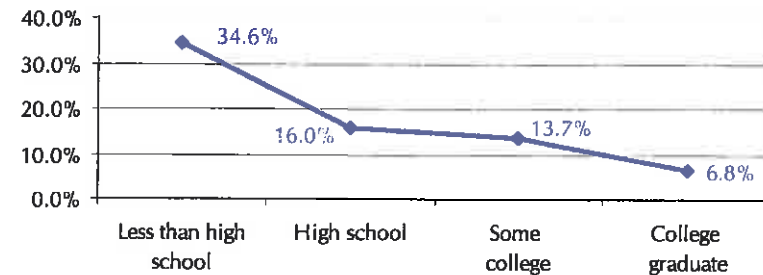
Persons ages 65 and older report nearly double the county average and nearly three times more fair or poor health days than those ages 25-34 years.

Percentage of St. Clair County Residents Reporting Fair or Poor Health by Age Group, 2005



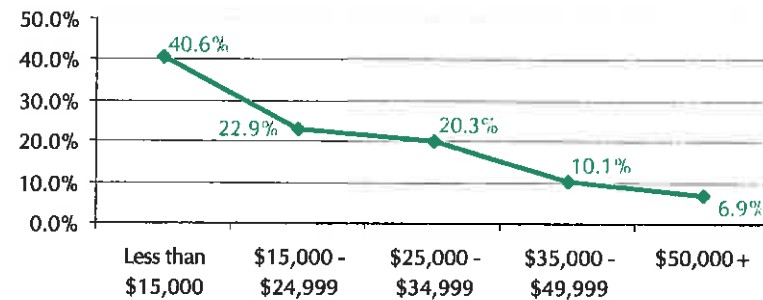
Persons with less than a high school education are five times more likely to report fair or poor health than persons with a college education.

Percentage of St. Clair County Residents Reporting Fair or Poor Health by Education, 2005



Likewise, persons with incomes of less than \$15,000 per year are nearly six times more likely to report fair or poor health than persons with incomes over \$50,000.

Percentage of St. Clair County Residents Reporting Fair or Poor Health by Income, 2005



Measure: Fair or Poor Physical Health

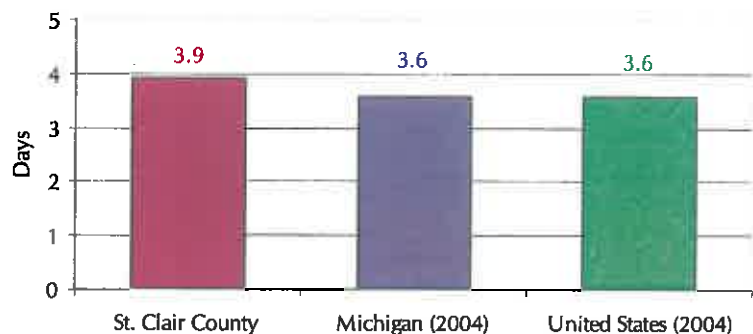
WHY IS THIS INDICATOR IMPORTANT?

Days of fair or poor physical health are a measure of the impact that acute or chronic illness has upon our population.

HOW ARE WE DOING?

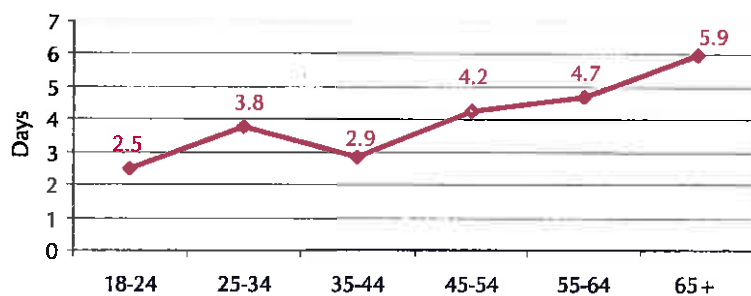
St. Clair County residents reported an average of 3.9 days of fair or poor health in the thirty days prior to the survey. This was higher than the state and national experience recorded in 2004.

Average Number of Days of Poor Physical Health in the Last Month, 2005



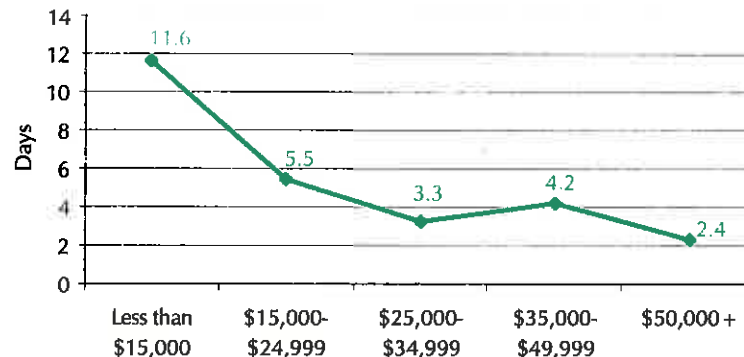
Within St. Clair County, the highest number of fair or poor physical health days were reported by persons age 65 and older. However, fair and poor physical health days were higher for persons ages 25-34 than persons ages 18-24 and ages 35-44.

Average Number of Days of Fair or Poor Physical Health in the Last Month by Age, St. Clair County Residents, 2005



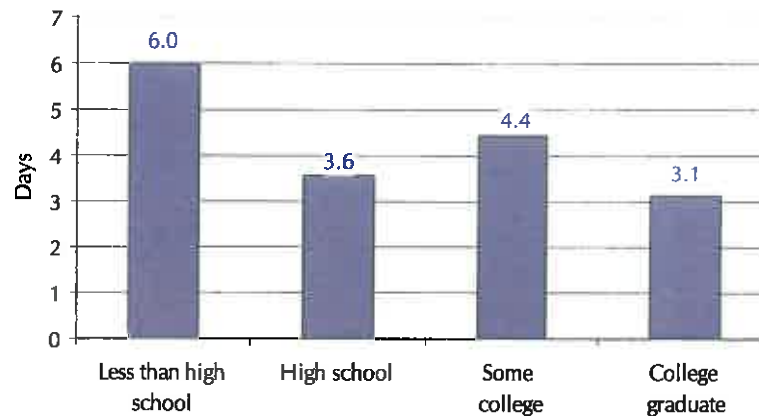
Income appears to be a strong predictor of fair or poor health days for St. Clair County residents. Persons with household income under \$15,000 report nearly five times more fair or poor health days than persons in households earning \$50,000+ per year.

Average Number of Days of Fair or Poor Physical Health in the Last Month by Income, St. Clair County Residents, 2005



Education also appears to be a strong predictor of fair or poor health days for St. Clair County residents. Persons with less than a high school education report nearly twice as many fair or poor health days than those with a college education.

Average Number of Days of Fair or Poor Physical Health in the Last Month by Education, St. Clair County Residents, 2005



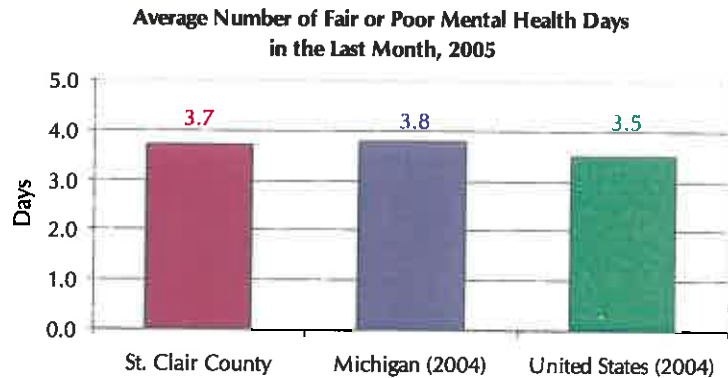
Measure: Fair or Poor Mental Health

WHY IS THIS INDICATOR IMPORTANT?

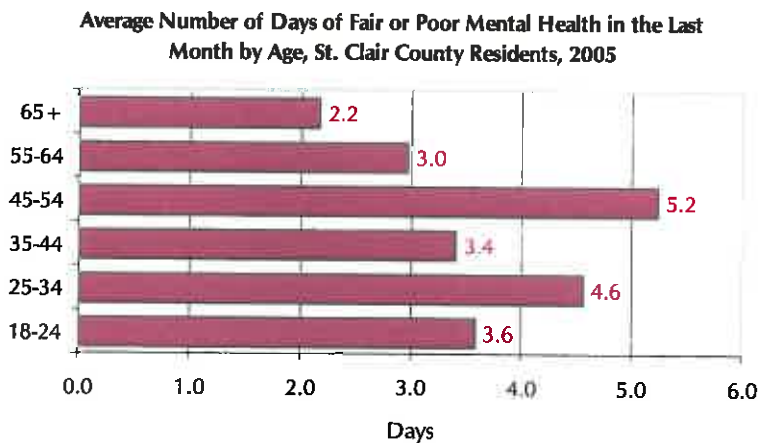
Stress, anxiety, depression and problems with emotions affect many residents of St. Clair County. Good mental health contributes to positive interactions within families, the workplace and the broader community.

HOW ARE WE DOING?

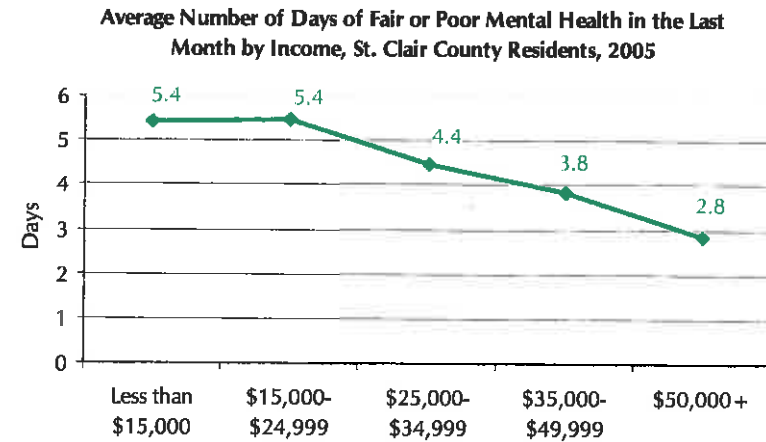
St. Clair County residents report the same average number of poor mental health days as residents of Michigan and the United States.



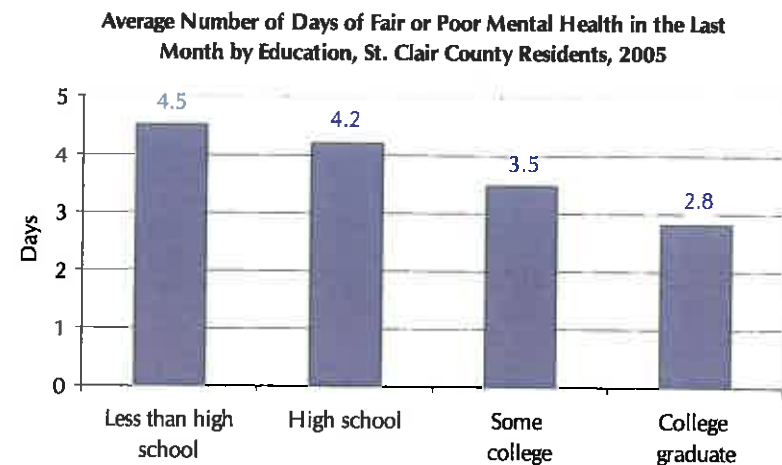
Within St. Clair County the highest number of poor mental health days is reported by persons ages 45-54. Persons ages 45-54 report over twice the average number of fair or poor mental health days than persons ages 65 and older.



Income is strongly associated with poor mental health days. Persons with household income less than \$15,000 per year (including the aged) report nearly twice as many fair or poor mental health days as persons with income over \$50,000.



Education, like income, is strongly associated with poor mental health days. Residents with less than a high school education report one and a half times the number of fair or poor mental health days than persons with a college degree.



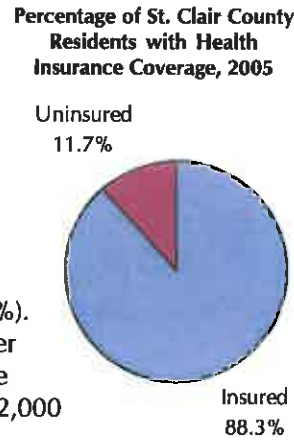
Measure: Health Insurance Coverage

WHY IS THIS INDICATOR IMPORTANT?

Health insurance coverage is a significant factor in accessing screening, prevention and treatment services. Residents without health insurance are more likely to delay seeking care and eventually seek care when a condition has worsened and is more difficult and expensive to treat.

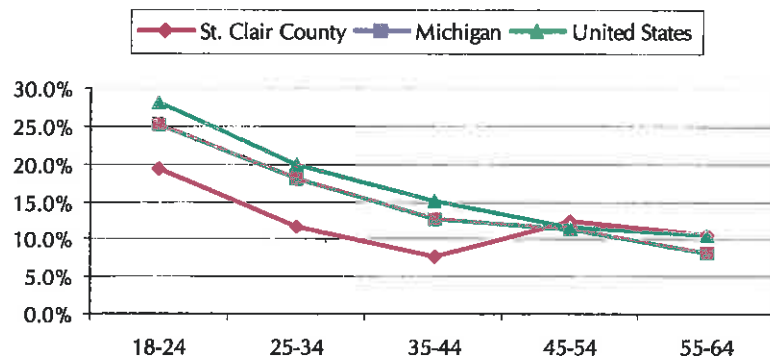
HOW ARE WE DOING?

On average, residents of St. Clair County (ages 18-64) reported a higher level of health insurance coverage (88.3%), compared to Michigan and the nation (85.5%). However, St. Clair County has a slightly greater number of uninsured residents ages 45-64 than Michigan or the United States as a whole. Altogether 11.7%, or over 12,000 adult residents of St. Clair County, were uninsured.



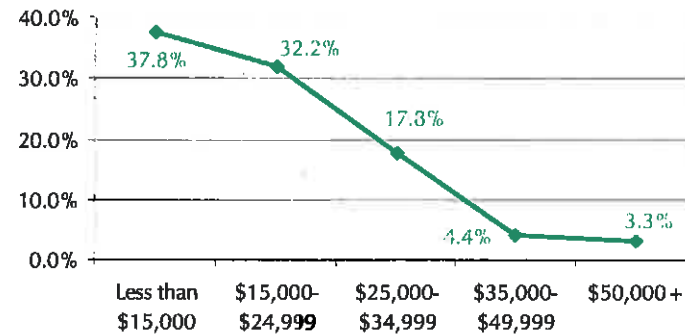
Health insurance coverage varies by age. Health insurance coverage increases with age, with nearly all residents ages 65 and older being covered by Medicare. Residents ages 18-24 are over twice as likely to be uninsured as residents ages 35-44. Health insurance is largely employer-based and persons ages 25 and older are more likely to be in the full-time workforce.

Percentage of Residents without Health Insurance Coverage among 18-64 Year-Olds, 2005



Income is a strong predictor of health insurance coverage. Households earning less than \$15,000 (37.8% uninsured) are 12 times more likely to have uninsured residents than households earning \$50,000 or more (3.3% uninsured).

Percentage of St. Clair County Residents without Health Insurance Coverage by Income, 2005



Measure: Dental Insurance Coverage

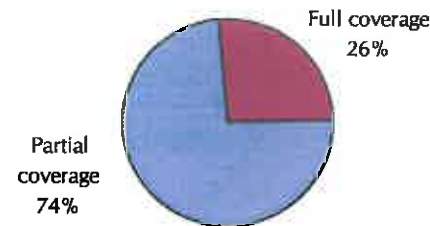
WHY IS THIS INDICATOR IMPORTANT?

Residents with dental insurance are more likely to seek preventative and restorative care than those without coverage. Regular dental check-ups maintain healthy teeth and detect gum disease. Gum (periodontal) disease can also be a warning sign of certain chronic diseases such as diabetes, cardiovascular disease and stroke.

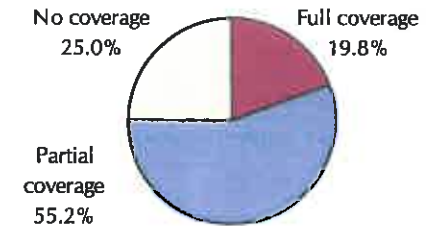
HOW ARE WE DOING?

In St. Clair County, 75% of the adult residents report having dental health insurance. For those who have dental insurance, 26% report having full coverage while 74% report having partial coverage. Twenty-five percent of residents, over 30,066 adults, report having no dental health insurance.

Type of Coverage Reported by St. Clair County Residents Who Have Dental Insurance, 2005



Type of Dental Insurance Coverage of St. Clair County Residents Who Go to the Dentist, 2005



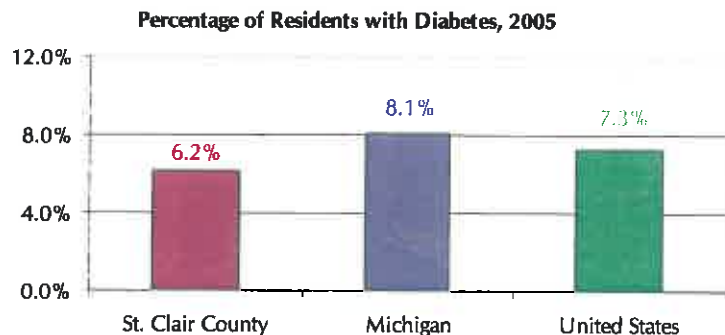
Measure: Chronic Disease – Diabetes

WHY IS THIS INDICATOR IMPORTANT?

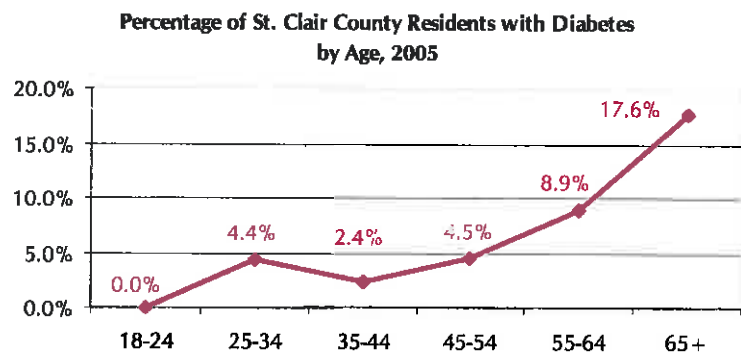
Type II diabetes (formerly known as “adult-onset diabetes”) has been increasing at an alarming rate among adults in the state and nation. Diabetes is a chronic disease associated with obesity, poor diet and lack of physical activity. Diabetes is also one of the most preventable and controllable chronic diseases. In 2005, diabetes was the sixth leading cause of death in St. Clair County.

HOW ARE WE DOING?

In St. Clair County 6.2% (10,600) of the residents report that they have been told they have diabetes by a doctor. The rate in St. Clair County is lower than the state and nation. However, many persons with diabetes do not know they are sick, with national and statewide research estimating that 25% of diabetes remains undiagnosed. Including these cases would increase the number of diabetics in St. Clair County to over 13,000 persons.

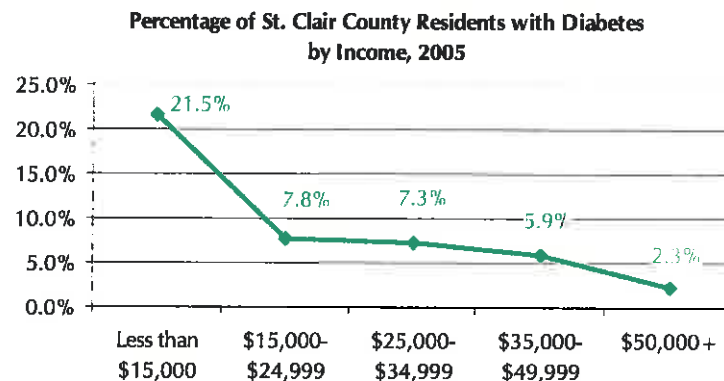


The risk of developing Type II diabetes increases with age, as the body loses its ability to create insulin. Persons ages 65 and older are four times more likely to

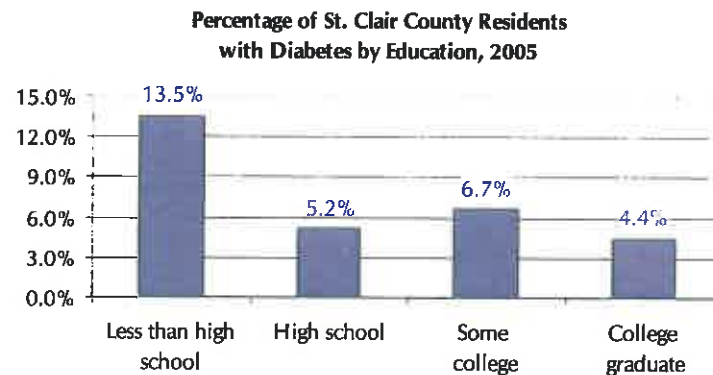


have been diagnosed with diabetes than persons ages 25-34. The responses in the 18-24 year-old age group were limited and therefore did not allow an estimate to be developed. Statewide, 1.3% of persons ages 18-24 are estimated to have been told they have Type II diabetes.

Diabetes varies by household income and education levels. Persons residing in households with incomes of less than \$15,000 a year are nearly ten times more likely to have been diagnosed with diabetes than persons living in households with incomes of \$50,000 +. However, persons residing in households with incomes between \$35,000-\$49,999 are over twice as likely to have been diagnosed with diabetes than those residing in households with incomes over \$50,000.



Persons with less than a high school education are three times more likely than a college graduate to have diabetes.



Measure: Chronic Disease – Hypertension

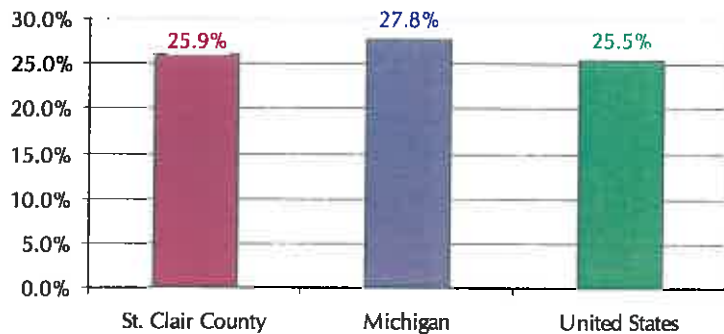
WHY IS THIS INDICATOR IMPORTANT?

Hypertension, or high blood pressure, can lead to a heart attack or stroke if not controlled. Hypertension can be controlled by diet, exercise or both, along with medications.

HOW ARE WE DOING?

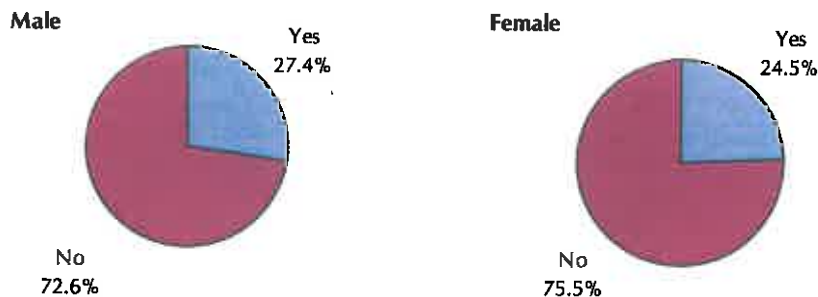
Over one-quarter of St. Clair County adults have been told by a health care professional that they have hypertension. St. Clair County residents' experience with hypertension is very similar to the state and nation.

Percentage of Residents with High Blood Pressure, 2005



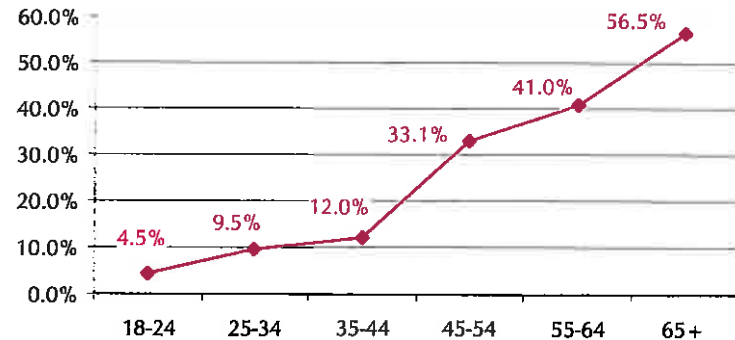
St. Clair County males are slightly more likely than females to be told they have high blood pressure.

Percentage of St. Clair County Residents Told That They Have High Blood Pressure by Gender, 2005



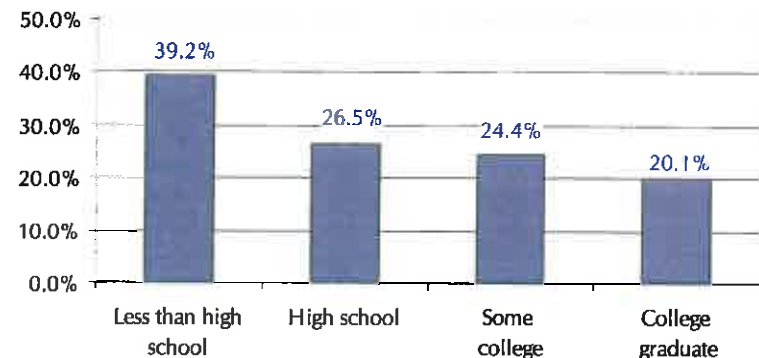
Hypertension increases with age. Over one-half of persons ages 65 and older have been told they have hypertension. Persons ages 65 and older are six times more likely to have high blood pressure than persons ages 25-34.

Percentage of St. Clair County Residents with High Blood Pressure by Age, 2005



High blood pressure also varies by education level. Persons with less than a high school education are twice as likely to have been told they have hypertension than college graduates.

Percentage of St. Clair County Residents with High Blood Pressure by Education, 2005



Measure: Chronic Disease – High Blood Cholesterol

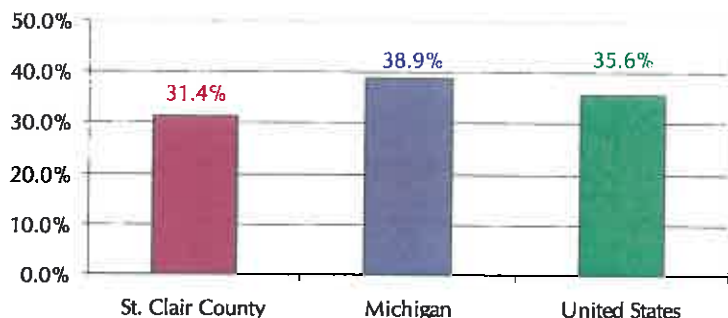
WHY IS THIS INDICATOR IMPORTANT?

Hypercholesterolemia, or high blood cholesterol, refers to too much cholesterol in the blood, which can lodge and build up on artery walls causing narrowing or clotting. Blocked arteries can cause angina (chest pain), heart attack and stroke.

HOW ARE WE DOING?

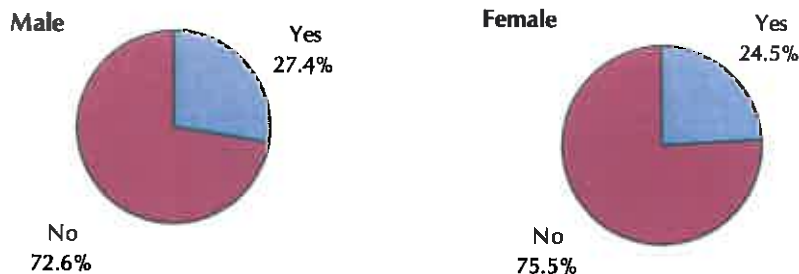
Nearly one out of every three adults reports having high cholesterol. St. Clair County residents report slightly lower rates of being told they have high cholesterol than the state and the nation.

Percentage of Residents with High Cholesterol, 2005



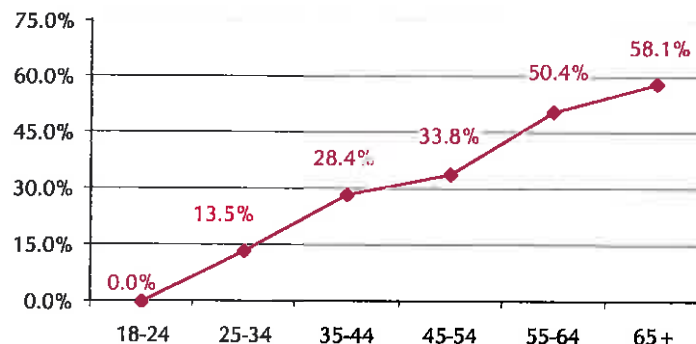
High blood cholesterol does not vary by gender in St. Clair County, with males (31.2%) and females (31.6%) reporting similar rates. Statewide during 2005, men (41.5%) were more likely to have been told they have high cholesterol than women (36.6%).

Percentage of St. Clair County Residents Told That They Have High Cholesterol by Gender, 2005



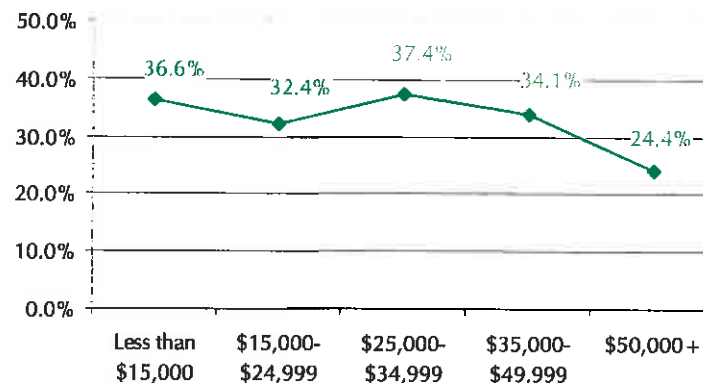
The prevalence of high cholesterol increases with age. Over 58% of adults ages 65 and older report having high cholesterol which is more than twice as many as persons ages 35-44.

Percentage of St. Clair County Residents with High Cholesterol by Age, 2005



High cholesterol varies somewhat by income. Households in the \$50,000+ income category report the lowest rate (24.4%) while households in the \$25,000-\$34,999 income range per year report the highest rate (37.4%).

Percentage of St. Clair County Residents with High Cholesterol by Income, 2005



Measure: Chronic Disease – Asthma

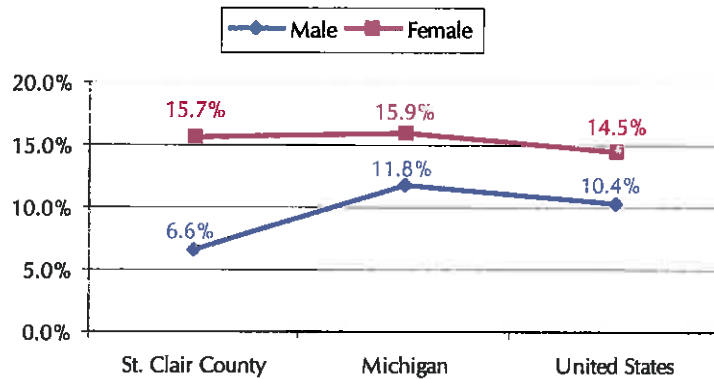
WHY IS THIS INDICATOR IMPORTANT?

Asthma is a disease of the lungs and one of the most common chronic diseases. It is characterized by difficulty breathing, wheezing, chest tightness and coughing. Asthma can be triggered by many factors such as environmental or household irritants, allergens or viral infections.

HOW ARE WE DOING?

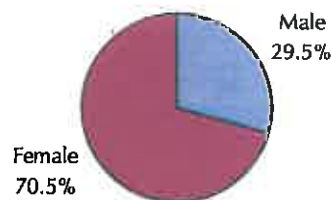
The overall rate of asthma in St. Clair County residents was reported at 11.3%, which is slightly lower than the state (13.5%) and the nation (13.4%).

Percentage of Residents With Asthma by Gender, 2005

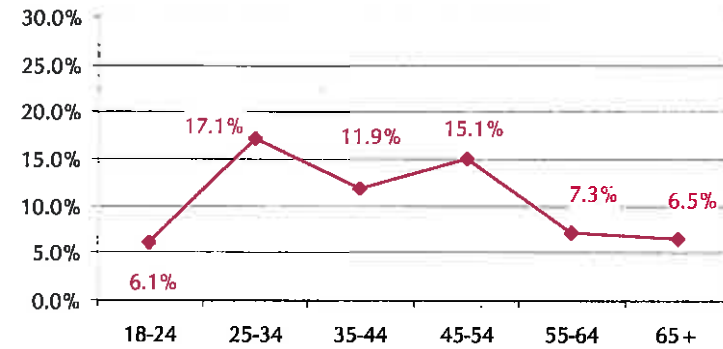


Female residents report asthma at rates comparable to the state and nation, while men report significantly lower rates than men in the state and the nation. Female residents were significantly more likely to have been diagnosed with asthma than their male counterparts.

Percentage of St. Clair County Residents with Asthma by Gender, 2005

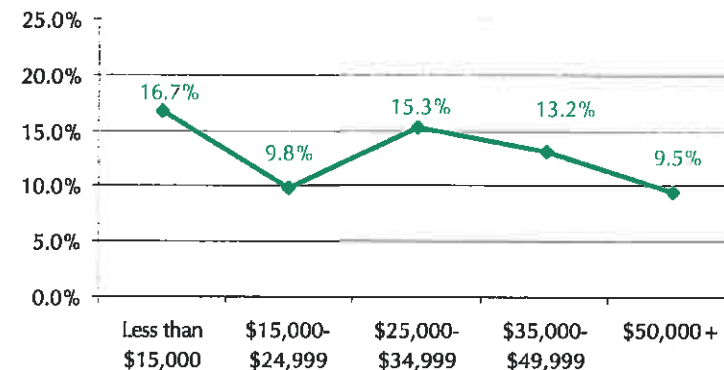


Percentage of St. Clair County Residents with Asthma by Age, 2005



Asthma appears to be at the highest levels between the ages of 25-54 and in households with incomes of less than \$15,000. Persons ages 18-24, and households with annual incomes between \$15,000-\$24,999 and \$50,000+ report the lowest rates of asthma.

Percentage of St. Clair County Residents With Asthma by Income, 2005



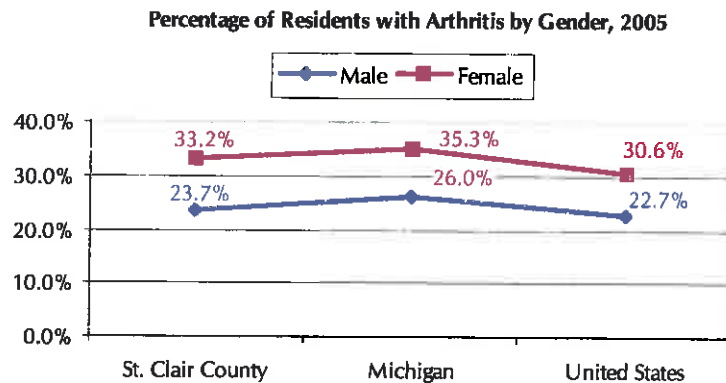
Measure: Chronic Disease – Arthritis

WHY IS THIS INDICATOR IMPORTANT?

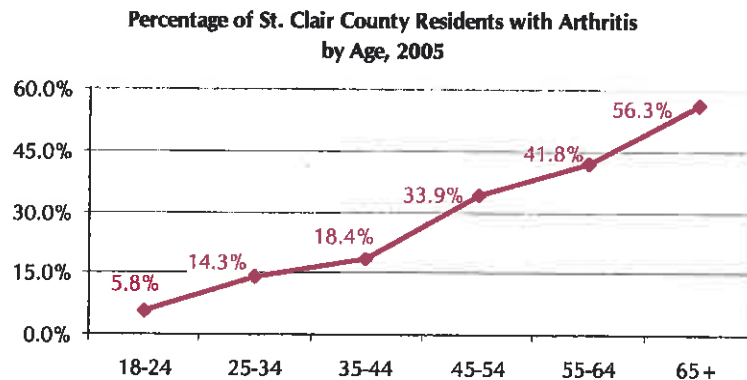
Nationwide, arthritis is the leading cause of disability second only to heart disease. There are over 100 types of arthritis causing pain, stiffness and sometimes swelling in or around joints. People that are overweight tend to report more arthritis, as well as people with limited physical activity.

HOW ARE WE DOING?

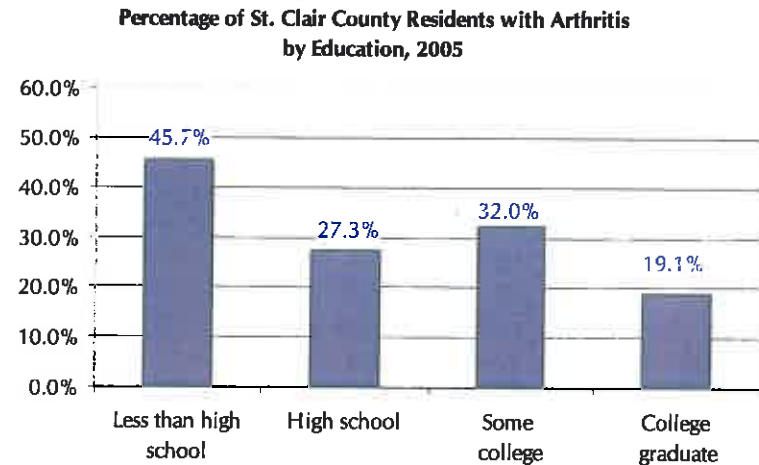
Overall, St. Clair County residents report arthritis at nearly the same level as in the state and nation, about three persons in ten. Females are more likely to report arthritis than males. Over one-third of female respondents (33.2%) reported having arthritis compared to about one-quarter of men (23.7%). This trend also exists on the state and national levels.



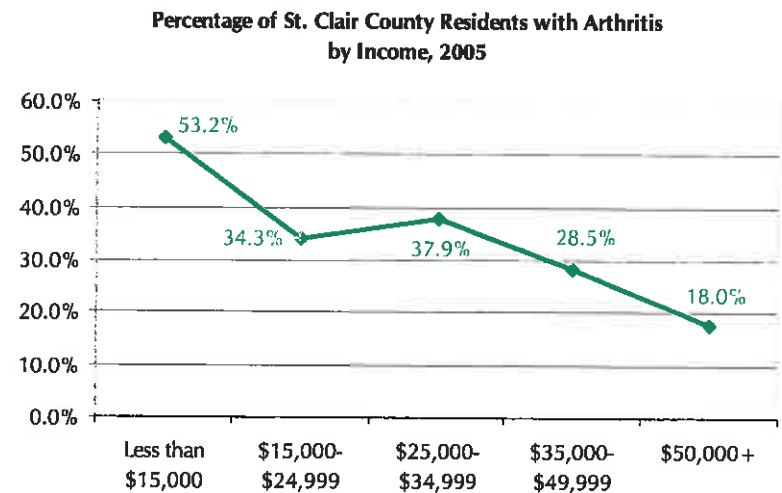
The chance of being diagnosed with arthritis increases with age. Over one-half of the persons in the 65 and older age group reported having arthritis.



Arthritis has a greater impact upon persons with less education and lower household income. Persons with less than a high school education are more than twice as likely as college graduates to report arthritis, while over half of persons in households with incomes of less than \$15,000 per year report arthritis.



Persons in households with incomes less than \$15,000 were three times more likely to report arthritis than those in households with incomes of \$50,000+.



Measure: Chronic Disease – Osteoporosis

WHY IS THIS INDICATOR IMPORTANT?

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue. Osteoporosis leads to increased bone fractures, especially in the wrist, hip and spine. Prevention is very important among populations at risk: women, older adults and those who have led sedentary lifestyles.

HOW ARE WE DOING?

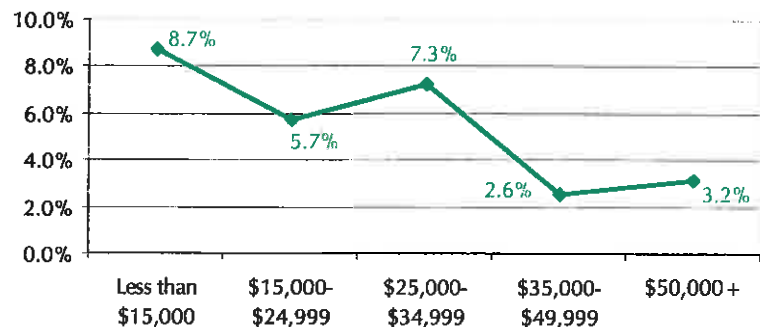
In St. Clair County, as elsewhere, women represented nearly 85% of all respondents diagnosed with osteoporosis. Nationally, it is estimated that over one-half of persons above age 50 are at risk for osteoporosis.

Percentage of St. Clair County Residents with Osteoporosis by Gender, 2005

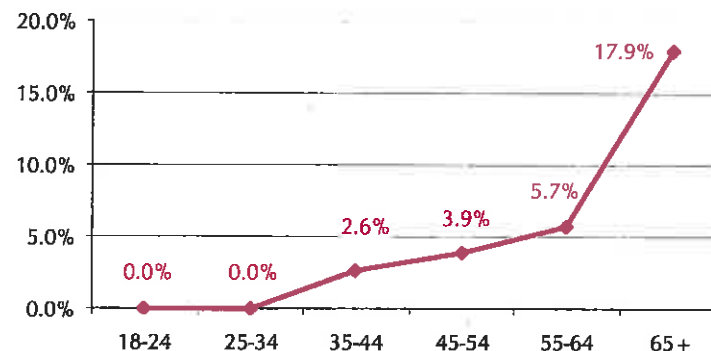


Osteoporosis is often associated with lack of proper nutrition and exercise, both of which are common challenges for persons with lower incomes. In St. Clair County, the lowest rates were reported in the \$35,000-\$49,999 and \$50,000+ household income categories and the highest rate in the less than \$15,000 category.

Percentage of St. Clair County Residents with Osteoporosis by Income, 2005



Percentage of St. Clair County Residents with Osteoporosis by Age, 2005

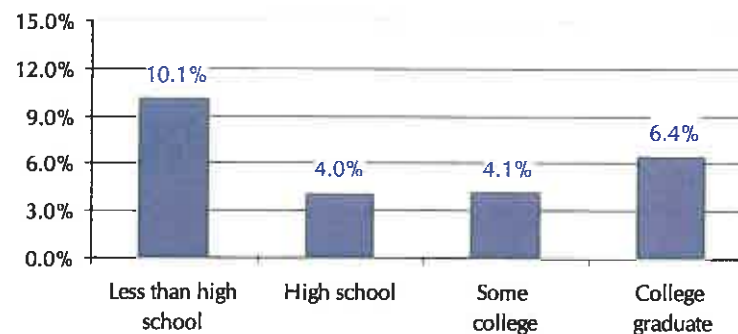


\$15,000 category. Persons in the less than \$15,000 category were nearly three times more likely to report osteoporosis than those in the \$50,000+ category.

Age is also a significant predictor, with osteoporosis diagnoses increasing significantly between the 55-64 and 65 and older age groups.

Education levels appear associated with osteoporosis. Persons in households with less than a high school education are twice as likely to report osteoporosis as high school graduates or persons with some college.

Percentage of St. Clair County Residents with Osteoporosis by Education, 2005



Measure: Obesity and Overweight

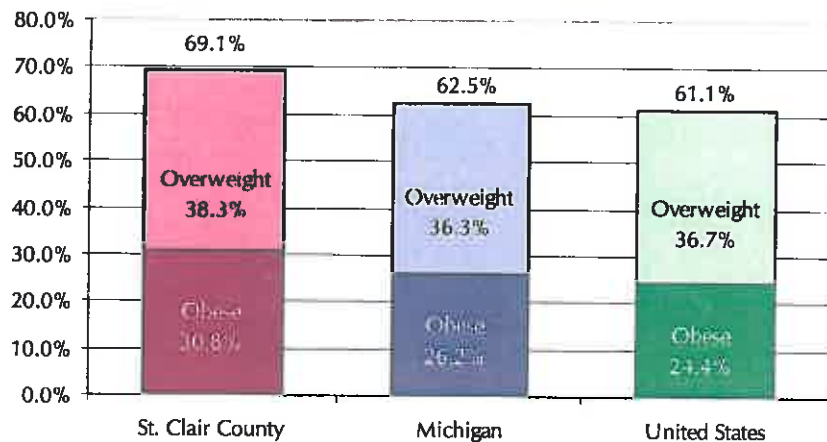
WHY IS THIS INDICATOR IMPORTANT?

Weight, both healthy and risk-related, is calculated using a formula known as Body Mass Index (BMI). BMI is a ratio between a person's height and weight. Persons are assigned into four categories: **underweight** (less than 18.5 BMI), **normal weight** (18.5-24.0 BMI), **overweight** (25.0-29.9 BMI) and **obese** (30.0+ BMI). Overweight and obese persons are at higher risk for hypertension, dyslipidemia, high LDL (bad) cholesterol, low HDL (good) cholesterol, Type II diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and some cancers (endometrial, breast, colon).

HOW ARE WE DOING?

In St. Clair County, residents are doing poorly on the measures of obesity and overweight, reporting rates higher than the state and nation. Only 30% of county residents are a normal weight. Three out of ten residents are obese, and an additional four of ten are overweight.

Percentage of Overweight or Obese Residents, 2005

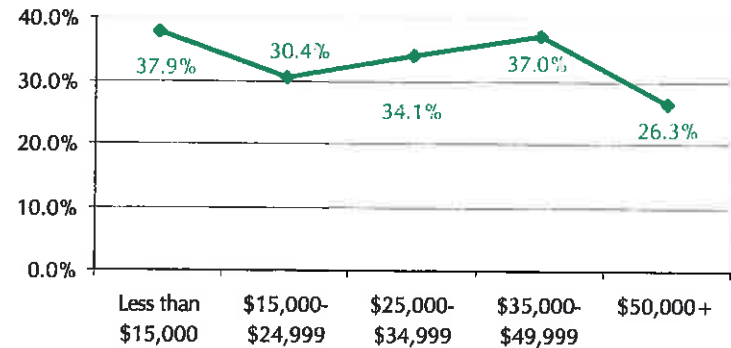


Obesity

More than one-third of St. Clair County residents report being obese. Obesity in St. Clair County affects men and women equally. Both groups report slightly over 30% obesity.

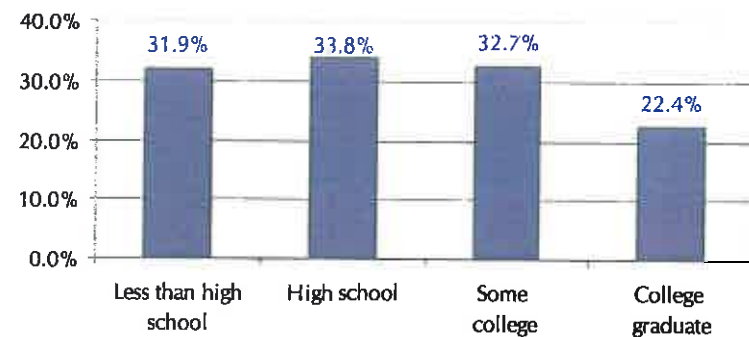
Household income and educational attainment categories show some variation. Persons in households with incomes of less than \$15,000 and \$35,000 - \$49,999 per year report the highest levels of obesity at 37% or more, while persons in households earning \$50,000+ report 26.3% obesity.

Percentage of St. Clair County Residents Who Are Obese by Income, 2005



The cut-off for an association between educational level and obesity is at college graduation with nearly 34% of high school graduates being obese compared to 22% of college graduates.

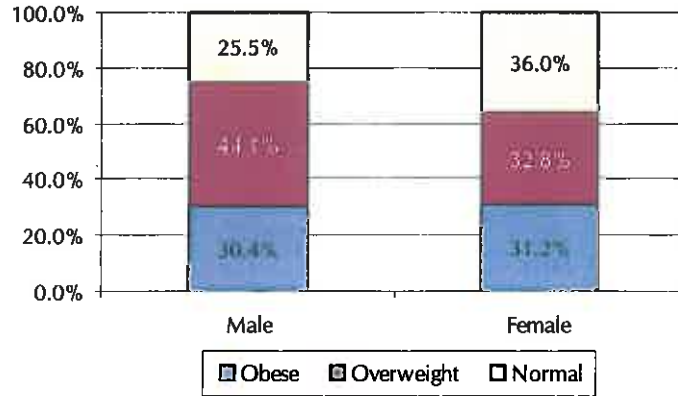
Percentage of St. Clair County Residents Who Are Obese by Education, 2005



Overweight

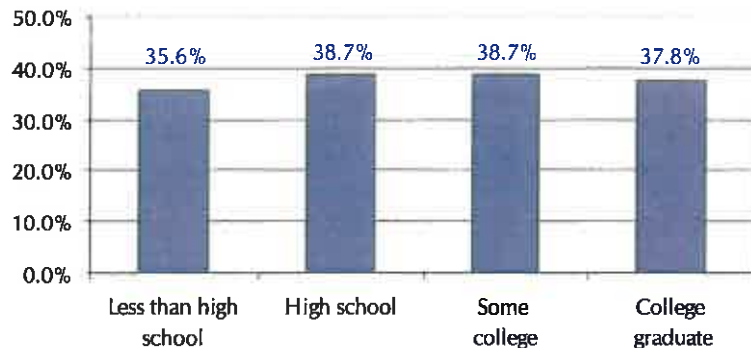
Overweight persons are at increased risk for the same health consequences as obese persons. The rate of overweight residents in St. Clair County, 38.3%, is about the same as the state and nation. Nearly one-half of all St. Clair County men are overweight and one-third of women are overweight.

Percentage of Obese, Overweight and Normal Weight, St. Clair County Residents by Gender, 2005

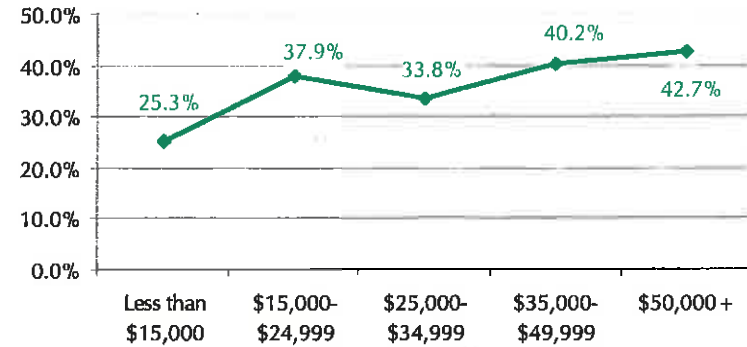


The rate of overweight residents appears to increase with education and income.

Percentage of St. Clair County Residents Who Are Overweight by Education, 2005



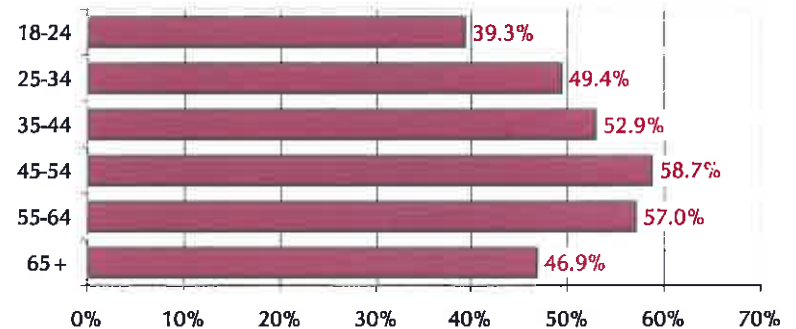
Percentage of St. Clair County Residents Who Are Overweight by Income, 2005



Trying to Lose Weight

Many residents, 51.3%, of St. Clair County are trying to lose weight. Over one-half of all residents ages 25-64 are trying to lose weight. Females are more likely (61.1%) to be trying to lose weight than men (41.0%). Nearly 66% of overweight persons indicated they are trying to lose weight while 78% of obese residents are trying to lose weight.

Percentage of St. Clair County Residents Trying to Lose Weight by Age, 2005



Underweight

Underweight persons tend to have poor stamina, weak immune systems and are at higher risk for heart disease, blood vessel disease and osteoporosis. A little over 1% of St. Clair County residents reported being underweight.

Measure: Fruit and Vegetable Consumption

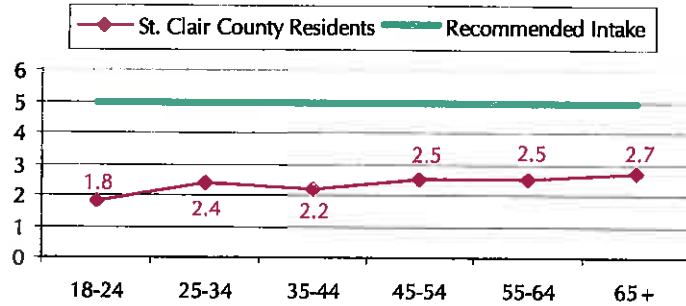
WHY IS THIS INDICATOR IMPORTANT?

Diets rich in fruits and vegetables provide essential nutrients that are important for sustaining good health. Most fruits and vegetables are a rich source of vitamins, minerals and fiber. In addition, they are low in fat and calories, and play a key role in maintaining a healthy weight.

HOW ARE WE DOING?

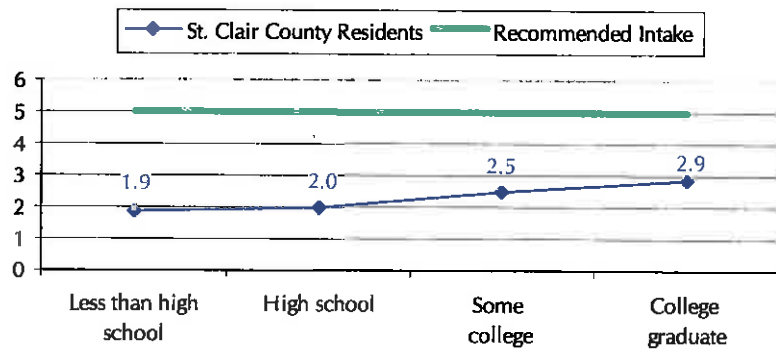
St. Clair County residents consume an average of 1.0 servings of fruit and 1.4 servings of vegetables per day. The Healthy People 2010 national recommended intake is a combined 5.0 servings of fruits and vegetables per day.

Average Number of Servings of Fruits or Vegetables Consumed per Day, St. Clair County Residents, 2005

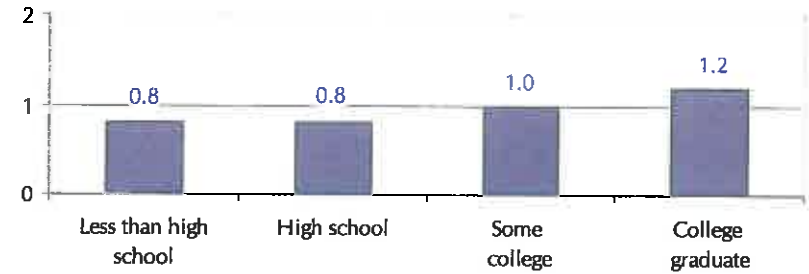


Consumption of fruits and vegetables in St. Clair County is highest among college graduates, 2.9 per day, compared to persons with less than a high school diploma at 1.9 per day.

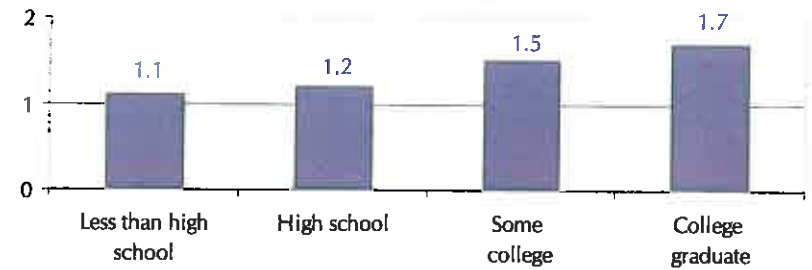
Average Number of Servings of Fruits or Vegetables Consumed per Day by Education, St. Clair County Residents, 2005



Average Number of Fruit Servings Consumed Each Day by Education, St. Clair County Residents, 2005

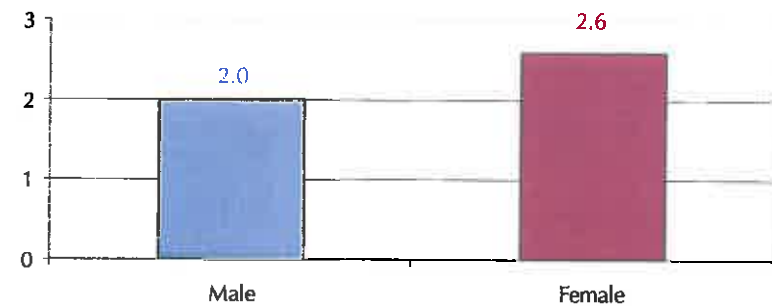


Average Number of Vegetable Servings Consumed Each Day by Education, St. Clair County Residents, 2005



Consumption of fruits and vegetables in St. Clair County does vary by gender, with women eating 2.6 servings per day, which is slightly more than half of the recommended amount. Men eat only 2.0 servings per day of fruits and vegetables on average.

Average Servings of Fruit or Vegetables per Day by Gender, St. Clair County Residents, 2005



Measure: Physical Activity

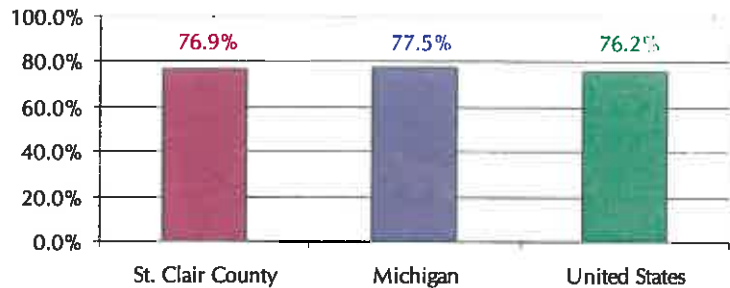
WHY IS THIS INDICATOR IMPORTANT?

Participation in regular physical activity is essential to sustaining good health. Regular exercise reduces the risk of chronic diseases such as colon cancer, diabetes, hypertension and cardiovascular disease. Physical activity helps maintain a healthy weight, muscle strength, bone mass and joint function.

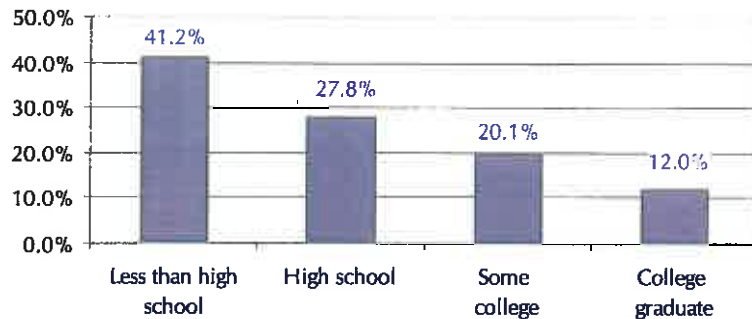
HOW ARE WE DOING?

Most St. Clair County residents report being involved in some leisure time physical activity in the month before the survey (at least 30 minutes of moderate activity on at least 5 days per week, or 20 minutes of vigorous activity at least 3 times per week). Nearly 77% of the residents engaged in some form of activity which is the same level as the state and the nation. However, nearly one quarter of the residents did not participate in leisure time physical activity.

Percentage of Residents Who Participate in Leisure Time Physical Activity, 2005



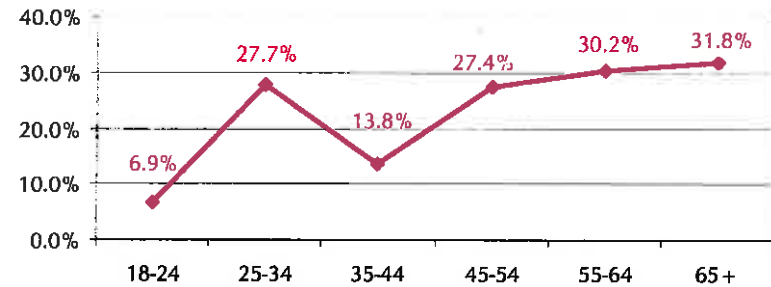
Percentage of St. Clair County Residents Who Did Not Participate in Any Physical Activity or Exercise in the Last Month Other Than Their Regular Jobs by Education, 2005



Level of educational attainment seems to be the strongest predictor of being physically inactive. Persons with less than a high school education are three times more likely not to exercise than persons with a college degree.

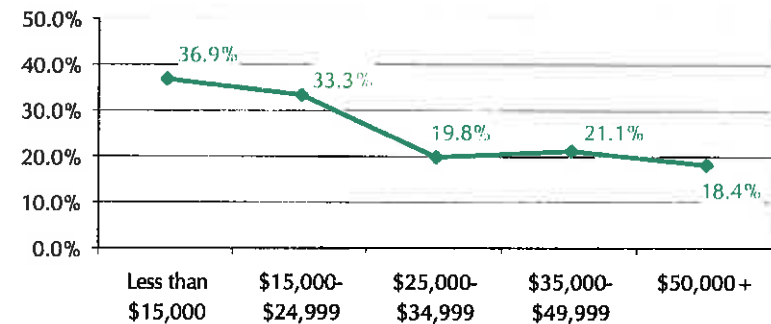
Age and income are also associated with lack of exercise. While the youngest age group, 18-24 years-old, report the lowest level of inactivity at 6.9%, the other age groups were all more than 27% inactive, with the exception of 35-44 year olds, of whom nearly 14% were inactive.

Percentage of St. Clair County Residents Who Did Not Participate in Any Physical Activity or Exercise in the Last Month Other Than Their Regular Jobs by Age, 2005



Income was also predictive of lack of physical activity, with persons in households earning less than \$15,000 being twice as inactive as those in households earning \$50,000 or more per year.

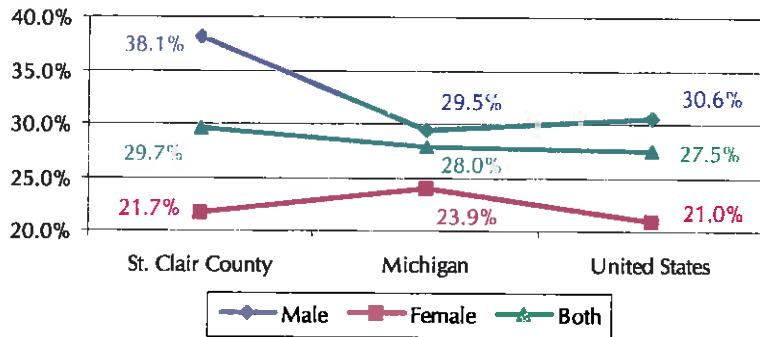
Percentage of St. Clair County Residents Who Did Not Participate in Any Physical Activity or Exercise in the Last Month Other Than Their Regular Jobs by Income, 2005



Vigorous physical activity is defined by the Centers for Disease Control and Prevention as activity that increases the heart rate and breathing. This is the level of activity commonly associated with such exercises as sustained or brisk walkings, jogging, cycling, swimming, playing tennis, basketball, raquetball, squash, or softball.

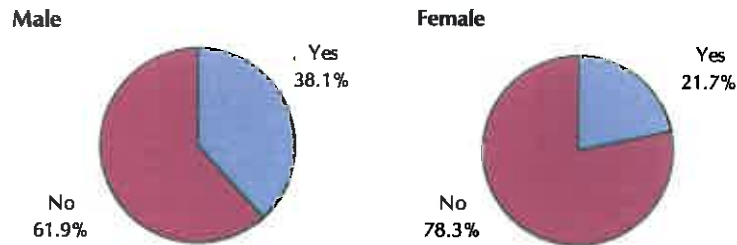
Less than one-third of St. Clair County residents reported engaging in vigorous physical activities, which is slightly higher than the state and national levels.

Percentage of Residents Participating in Vigorous Physical Activity for at Least 20 Minutes, Three Times a Week, by Gender, 2005

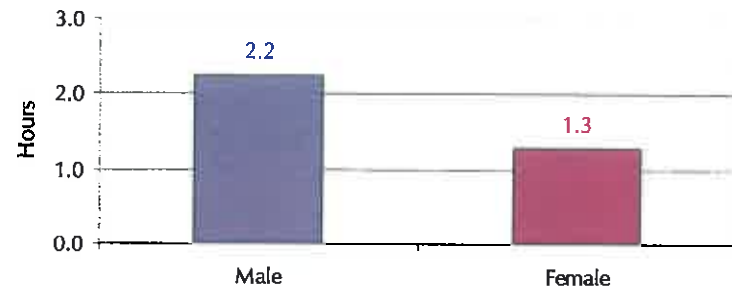


St. Clair County males reported significantly higher rates of vigorous physical activity than the county's females, as well as than their male counterparts in the state and nation. Males also spend more hours per week than females engaged in vigorous physical activities.

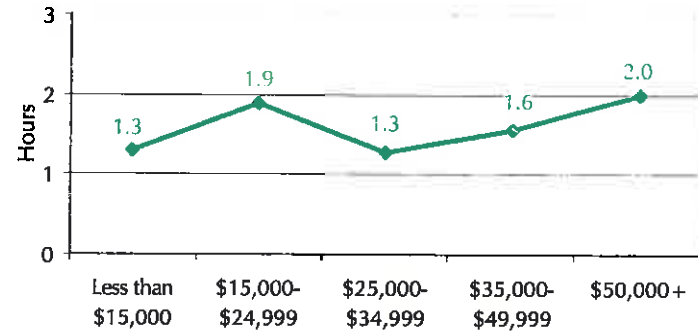
Percentage of St. Clair County Residents that Participate in Vigorous Physical Activity by Gender, 2005



Average Number of Hours per Week Spent Doing Vigorous Activities by Gender, St. Clair County Residents, 2005

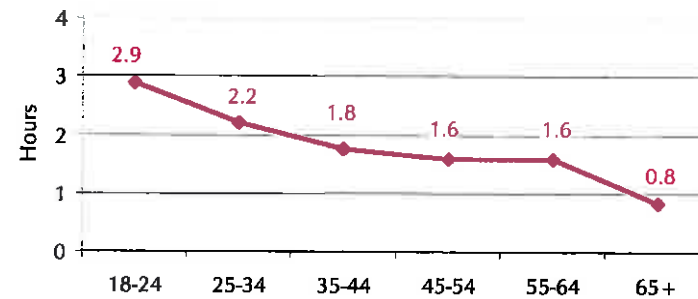


Average Number of Hours per Week Spent Doing Vigorous Activities by Income, St. Clair County Residents, 2005



While vigorous activity varies somewhat by income, age is a significant correlate. Persons ages 18-24 spend nearly three hours per week engaged in vigorous physical activities. The rate of physical activity decreases to about 48 minutes a week for persons ages 65 and older.

Average Number of Hours per Week Spent Doing Vigorous Activities by Age, St. Clair County Residents, 2005



Measure: Immunization – Ages 65 and Older

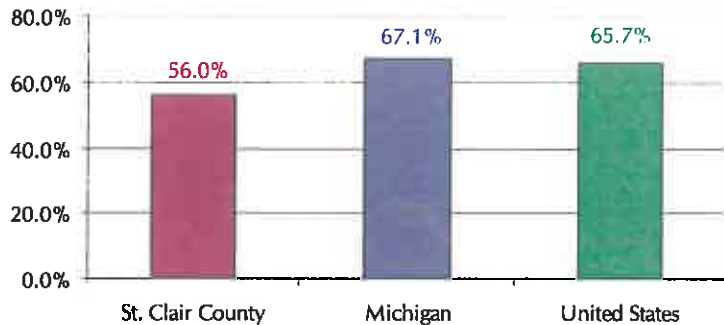
WHY IS THIS INDICATOR IMPORTANT?

Adults ages 65 and older are a high risk group for contracting influenza (flu) and pneumonia. Each of these diseases carries a significant risk for hospitalization and/or possibly death for older residents. Immunizations are a proven public health intervention that can protect from, and minimize the impact of, these diseases.

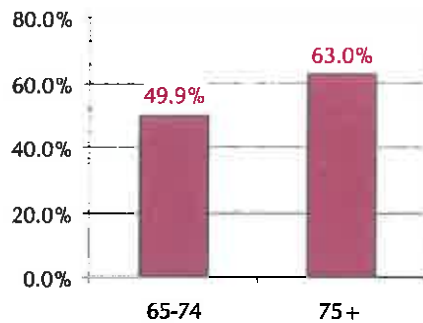
HOW ARE WE DOING?

St. Clair County residents ages 65 and older report a lower rate of receiving flu shots than the state and a significantly lower rate than the nation. While 56% did receive a flu shot during 2005, 44% of the residents ages 65 and older did not receive a flu shot.

Percentage of Residents Ages 65 Years and Older Who Have Received a Flu Shot in the Last 12 Months, 2005



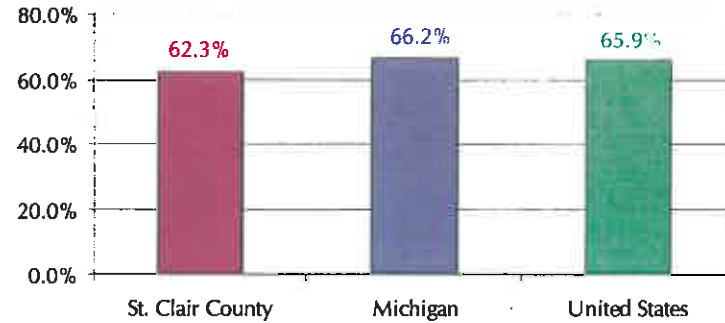
Percentage of St. Clair County Residents Ages 65 and Older Receiving a Flu Shot by Age Group, 2005



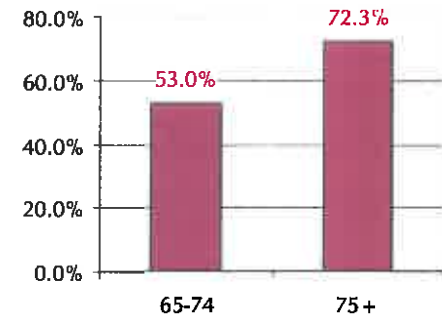
Persons ages 75 and older were much more likely (63.0%) to have received a flu shot than persons 65-74 (49.9%).

Two-thirds (62.3%) of St. Clair County residents ages 65 and older have received a pneumonia vaccination, which was very similar to the state and the nation.

Percentage of Residents Ages 65 Years and Older Who Have Ever Received a Pneumonia Vaccination, 2005



Percentage of St. Clair County Residents Ages 65 and Older Receiving a Pneumonia Vaccination by Age Group, 2005



Nearly three-quarters (72.3%) of adults ages 75 and older have received a pneumonia vaccine while over one-half (53%) of persons ages 65-74 have received a vaccine.

It appears that the rate of residents ages 65 and older receiving a flu shot varied only slightly by education or income level. The higher educational attainment and income categories had just slightly higher immunization rates. This may be due to nearly all groups ages 65 and older having Medicare coverage.

Measure: Tobacco Use

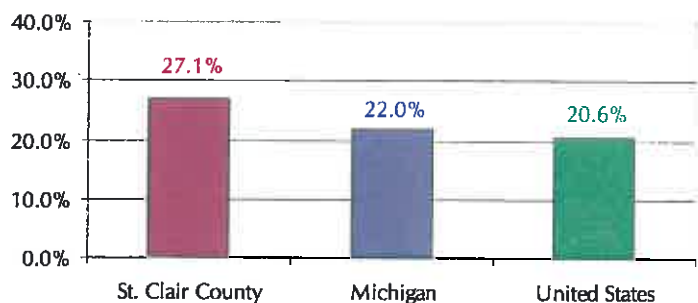
WHY IS THIS INDICATOR IMPORTANT?

Smoking is the leading preventable cause of death in our communities. It is estimated that smoking is responsible for 25% of all deaths. Smoking contributes to the development of many chronic diseases including cancers, heart disease and cardiovascular disease.

HOW ARE WE DOING?

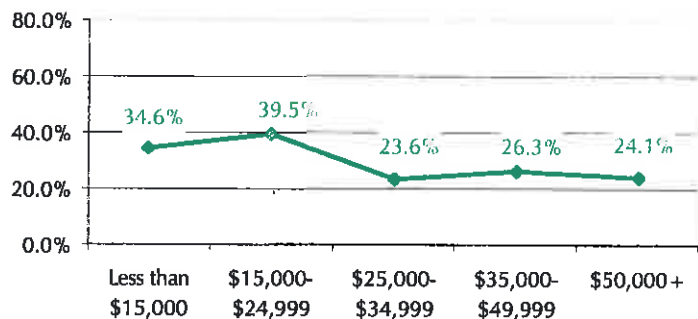
Over 27% of St. Clair County adults are current smokers. This is significantly higher than the percentage of adult smokers in the state and the nation.

Percentage of Adults Who Currently Smoke, 2005



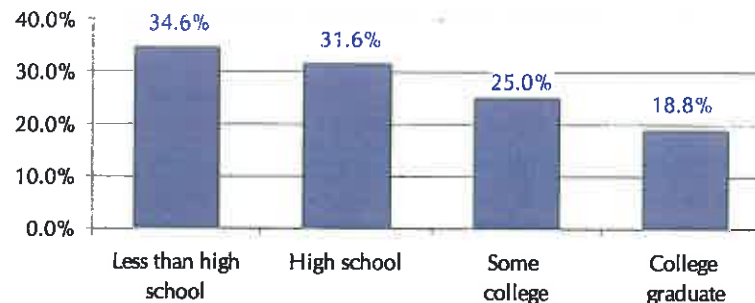
Smoking is associated with household income and education levels. Nearly 40% of persons with household income of \$15,000-\$24,999 smoke, compared to 24% of those with income over \$50,000.

Percentage of St. Clair County Adults Who Are Current Smokers by Income, 2005



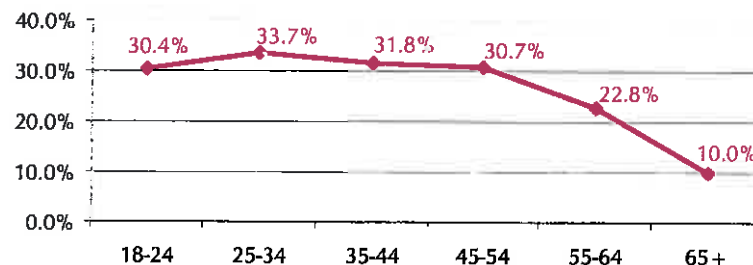
Persons with less than a high school education are nearly twice as likely to smoke as those who are college graduates.

Percentage of St. Clair County Adults Who Are Current Smokers by Education, 2005



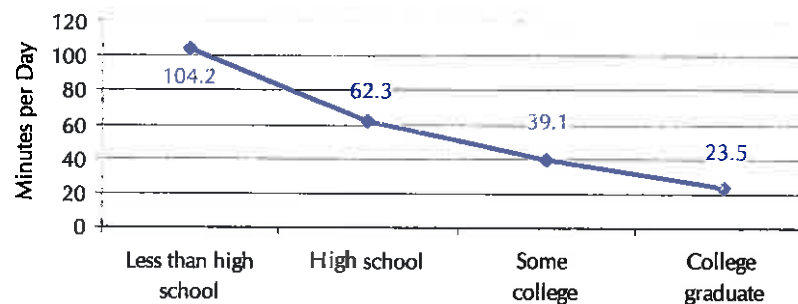
Smoking rates begin to decrease at ages 55-64 (22.8%) and fall to 10% of persons ages 65 and older.

Percentage of St. Clair County Adults Who Are Current Smokers by Age, 2005



St. Clair County residents reported they spent an average of 49.0 minutes each day exposed to second-hand smoke. Persons with less than a high school education were exposed to nearly two hours of second-hand smoke per day compared to 24 minutes of exposure reported by college graduates.

Daily Exposure to Second-hand Smoke among St. Clair County Residents by Education, 2005



Measure: Alcohol Consumption

WHY IS THIS INDICATOR IMPORTANT?

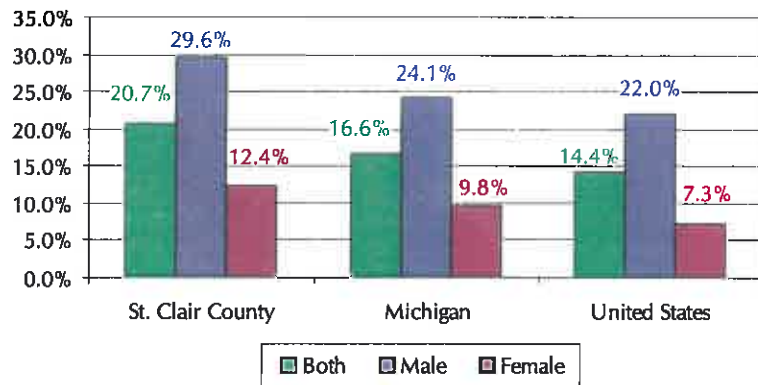
Binge drinking is consuming five or more drinks during one occasion. Excessive alcohol consumption has been associated with chronic diseases such as cirrhosis of the liver, hypertension, stroke, and some types of cancer, as well as increased risk of motor vehicle crashes, violence and suicide. In 2005, in St. Clair County, alcohol was associated with 39% of fatal motor vehicle accidents.

HOW ARE WE DOING?

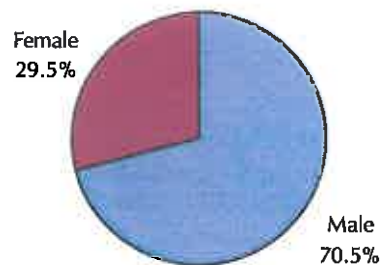
St. Clair County residents report a rate of binge drinking (20.7%) that was higher than the state and significantly higher than the nation. Males were two and one-half times more likely than females to report binge drinking. However, females in St. Clair County report significantly higher rates for binge drinking than the national rate.

Persons ages 18-24 report that they engaged in binge drinking episodes (five or more drinks) on five days during the past month. This rate was twice as high as the 45-54 age group and ten times higher than the 55-64 year age group.

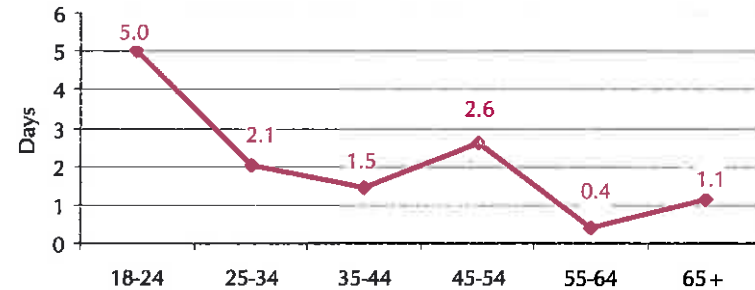
Percentage of Binge Drinkers by Gender, 2005



Percentage of Binge Drinkers in St. Clair County by Gender, 2005

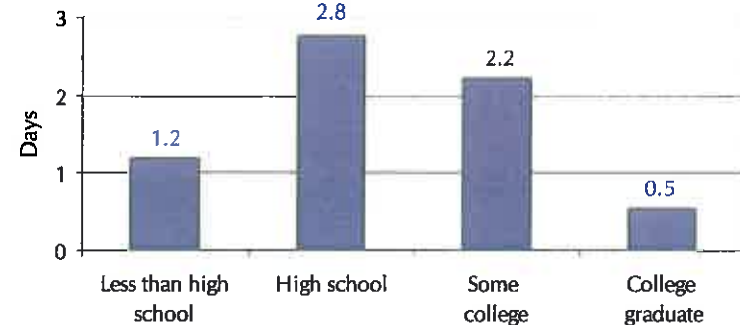


Average Number of Days of Binge Drinking in the Last Month by Age, St. Clair County Residents, 2005



High school graduates were six times more likely to binge drink than college graduates.

Average Number of Days of Binge Drinking in the Last Month by Education, St. Clair County Residents, 2005



Measure: Women's Health – Breast Cancer

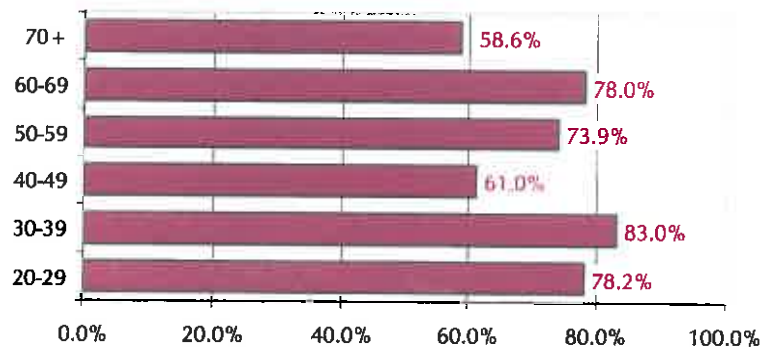
WHY IS THIS INDICATOR IMPORTANT?

Breast cancer is the second most frequent cancer among women and the second most frequent cause of death for women. Early detection of breast cancer relies on clinical breast exams and mammography.

HOW ARE WE DOING?

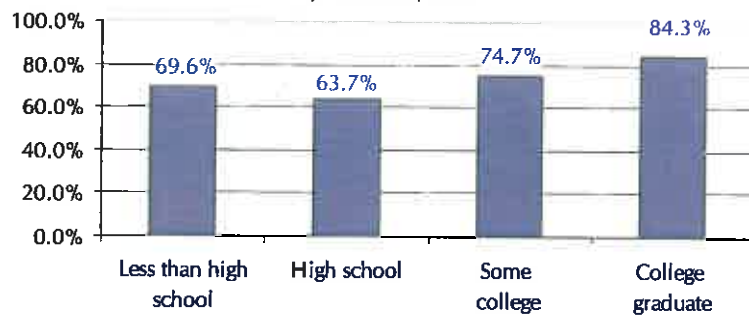
The American Cancer Society recommends that women between ages 20-39 should have a clinical breast exam (CBE) every three years while women ages 40 and older should receive a CBE every year. In St. Clair County, 72.5% of women overall reported a clinical breast exam within the appropriate age guidelines.

Percentage of Female St. Clair County Residents Who Have Had an Appropriately Timed Clinical Breast Exam by Age, in 2005



Women ages 30-39 had a significantly higher rate for CBE, possibly driven by women in this age group seeking a "baseline" CBE.

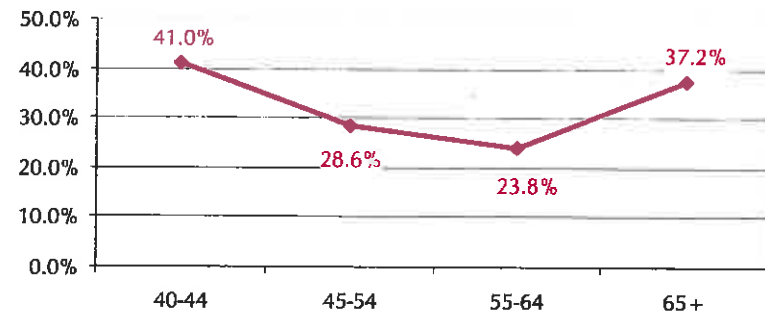
Percentage of Female St. Clair County Residents Ages 20 and Older Who Have Had a Clinical Breast Exam in the Last Three Years by Education, 2005



College graduates (84.3%) are more likely than other educational attainment groups to have appropriately-timed CBEs.

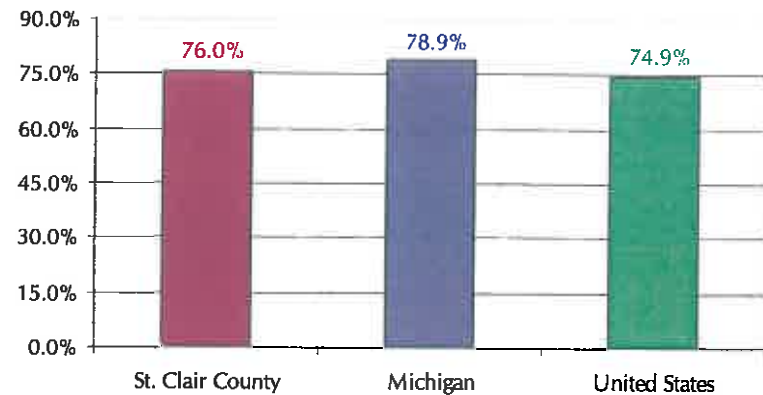
The percentage of women over 40 who have never had a CBE decreases with age through age 64 then increases.

Percentage of Female St. Clair County Residents Ages 40 and Older Who Have Never Had a Clinical Breast Exam by Age, 2005



Women over age 40 are recommended to receive an annual mammogram. Over three-quarters of St. Clair County females in this age group comply, although one-quarter does not. This trend is reflected in state and national data.

Percentage of Female Residents Ages 40 and Older Who Have Had a Mammogram within the Last Two Years, 2004-05



Measure: Women's Health – Cervical Cancer

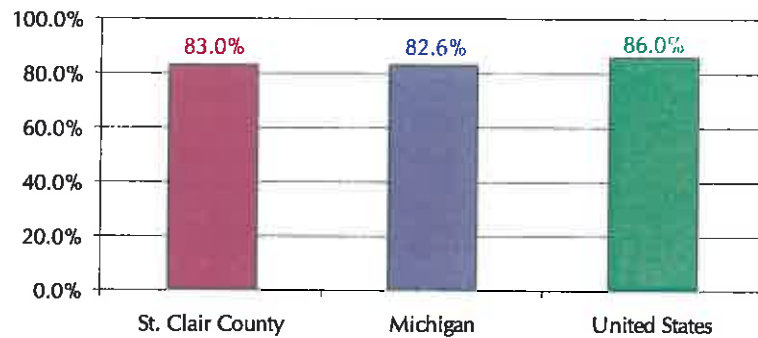
WHY IS THIS INDICATOR IMPORTANT?

According to the Michigan Department of Community Health, cervical cancer screening has helped reduce cervical cancer cases by 70%. A Pap test is a test for cancer of the cervix. Women should have a Pap test within three years of the onset of sexual activity or at age 21 and every three years thereafter.

HOW ARE WE DOING?

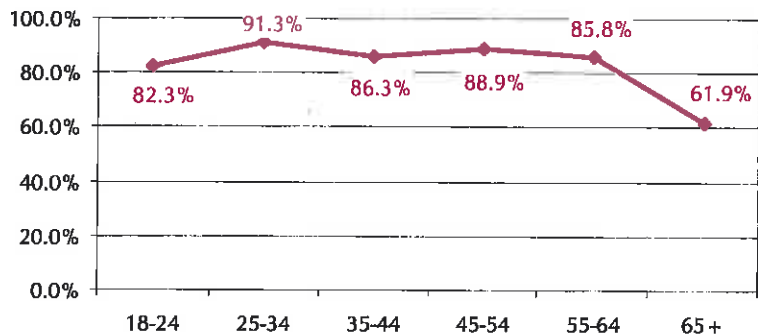
Over 83% of St. Clair County females report having a Pap test with the last three years. This rate is comparable to the state and the nation.

Percentage of Female Residents Who Have Had a Pap Test in the Last Three Years, 2005



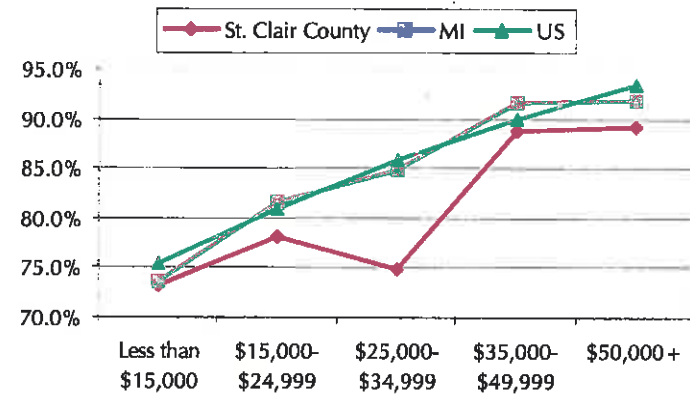
Women ages 25-34 were most likely to have received a Pap test (91.3%). However, the compliance rate for women under age 65 ranged from 83% to 91%.

Percentage of Female St. Clair County Residents Who Have Had a Pap Test in the Last Three Years by Age, 2004-05



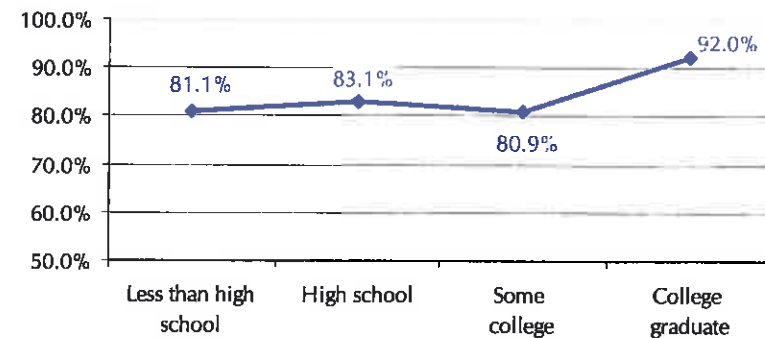
Household income is also a strong predictor of whether or not a woman receives Pap tests. Women in households with incomes over \$50,000 per year report the highest rate of receiving Pap tests (89.1%), while women in households with incomes less than \$15,000 had the lowest rate (73.2%). These trends are also true for the state and the nation.

Percentage of Female Residents Who Have Had a Pap Test in the Last Three Years by Income, 2004-05



College graduates report the highest level of receiving Pap tests within the last three years.

Percentage of Female St. Clair County Residents Who Have Had a Pap Test in the Past Three Years by Education, 2005



Measure: Colorectal Cancer Screening

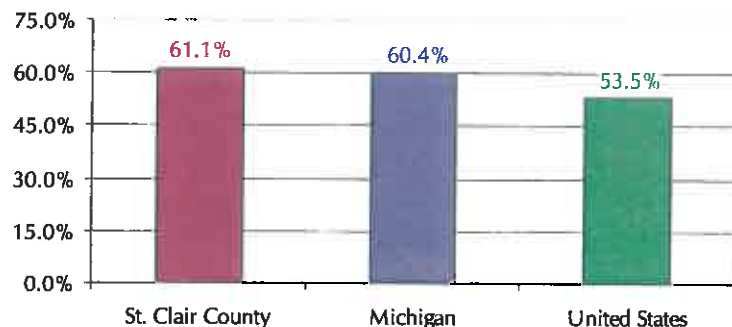
WHY IS THIS INDICATOR IMPORTANT?

Sigmoidoscopy and colonoscopy are medical procedures which can usually identify colorectal abnormalities at early stages. Cancers of the rectum and colon are the second leading cause of cancer deaths in the nation. The risk of colorectal cancer increases with age; 90% occur in persons ages 50 and older.

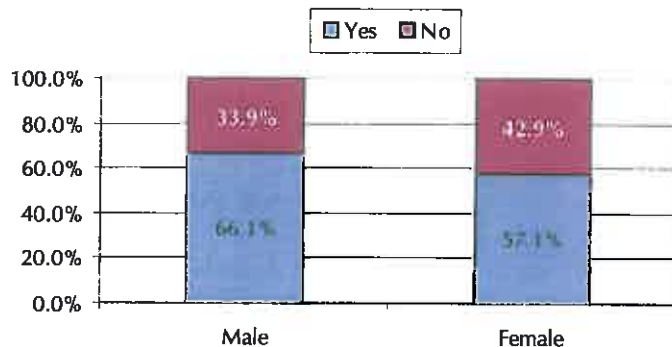
HOW ARE WE DOING?

Among St. Clair County adults ages 50 and older, over 61% have had a sigmoidoscopy or colonoscopy. This rate is comparable to the state and better than the nation. Men were more likely (66.1%) than women (57.1%) to have had the screening.

Percentage of Residents Ages 50 Years and Older Who Have Had a Sigmoidoscopy or Colonoscopy, 2004-05

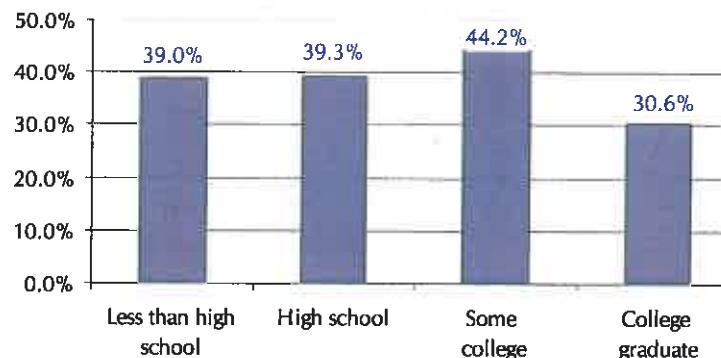


Percentage of St. Clair County Residents Who Have Had a Sigmoidoscopy or Colonoscopy by Gender, 2005



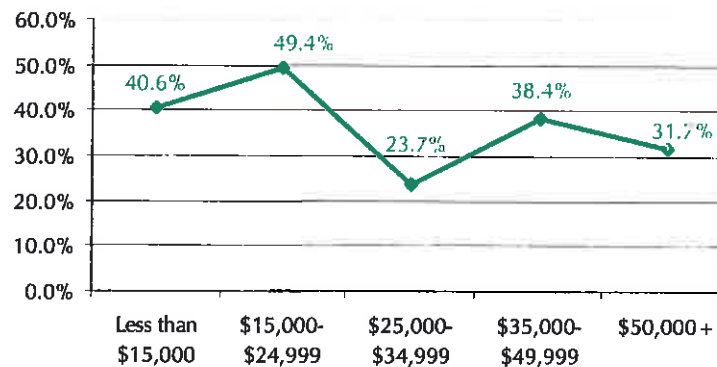
Educational attainment is moderately associated with colorectal cancer screening rates. College graduates appear to have the highest rate of this screening at 69.4%, while only 61% of persons with less than a high school education have been screened.

Percentage of St. Clair County Residents Who Have Never Had a Sigmoidoscopy or Colonoscopy by Education, 2005



Fewer persons in households with incomes less than \$15,000 have been screened (59.4%) than persons in households with incomes more than \$50,000 (68.3%).

Percentage of St. Clair County Residents Who Have Never Had a Sigmoidoscopy or Colonoscopy by Income, 2005



Measure: Prostate Cancer

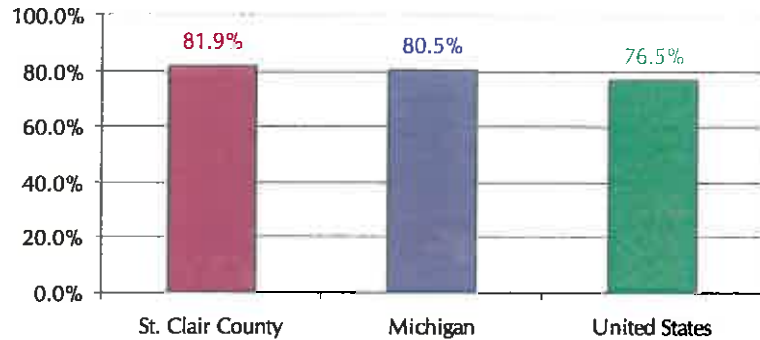
WHY IS THIS INDICATOR IMPORTANT?

The prostate is a small walnut-sized gland found only in men. Prostate cancer is the second leading cancer-related cause of death in men. The Prostate Specific Antigen (PSA) test measures the amount of this substance released by the prostate into the blood. It is recommended that men over 50 have an annual PSA and digital rectal exam of the prostate.

HOW ARE WE DOING?

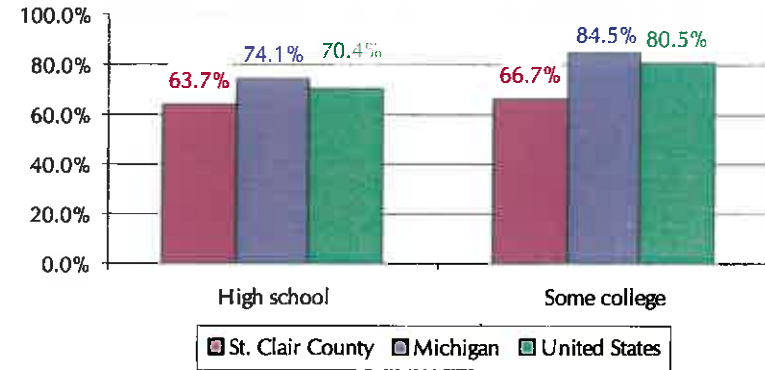
Nearly 82% of St. Clair County men over 50 report that they have had at least a baseline PSA test. This was slightly higher than the state and significantly higher than the nation.

Percentage of Male Residents Ages 50 and Older Who Have Had a Prostate Specific Antigen (PSA) Test, 2005



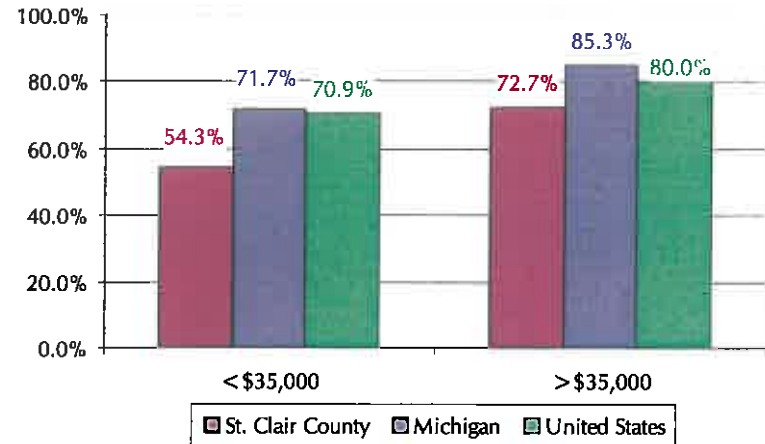
Socioeconomic factors do seem to be a factor in PSA testing rates. Men 65 and older in St. Clair County with some college education report a slightly higher rate than those with a high school education. However, St. Clair County male residents in both categories report lower rates than in the state and the nation.

Percentage of Male Residents Ages 50 and Older Who Have Had a Prostate Specific Antigen (PSA) Test by Education, 2005



Men ages 50 and older residing in households with incomes of less than \$35,000 are significantly less likely to have had a PSA test than their counterparts in the state and the nation. The rate of testing among those men ages 50 and older in households earning \$35,000 or more was lower in St. Clair County (72.7%) than in the state (85.3%) and the nation (80%).

Percentage of Male Residents Ages 50 and Older Who Had a Prostate Specific Antigen (PSA) Test by Income, 2005



Measure: Seat Belt Use

WHY IS THIS INDICATOR IMPORTANT?

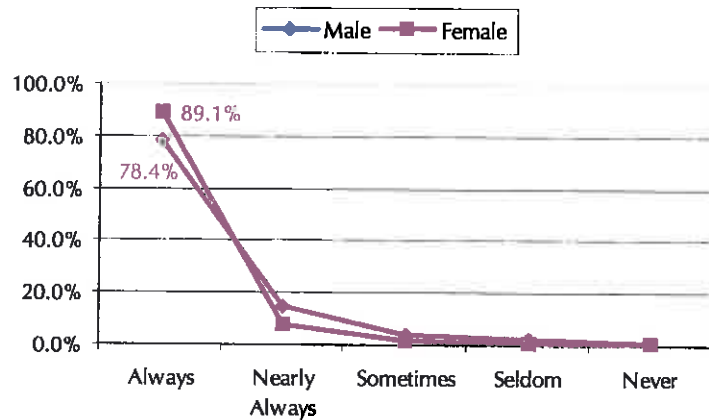
The leading cause of death from unintentional injury is motor vehicle crashes. Seat belt use can substantially reduce deaths and injury.

HOW ARE WE DOING?

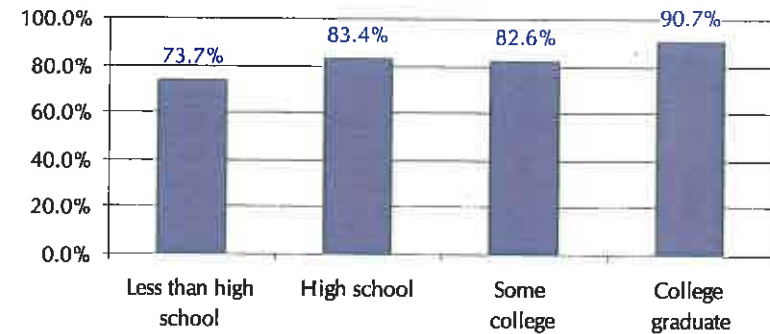
The percentage of St. Clair County residents who reported always wearing seat belts is 83.9%. Females are significantly more likely (89.1%) to wear seat belts than men (78.4%).

College graduates are much more likely (90.7%) to always wear a seat belt than persons with less than a high school education (73.7%).

Percentage of St. Clair County Residents Who Wear Seat Belts by Frequency and Gender, 2005

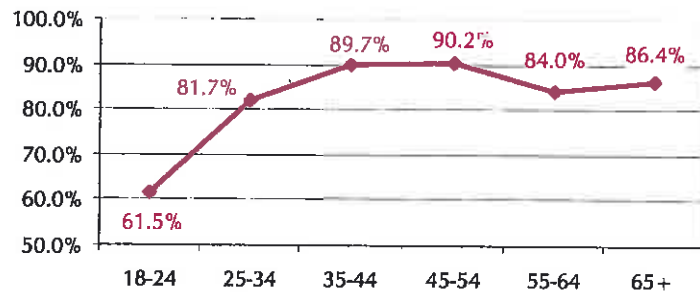


Percentage of St. Clair County Residents Who Always Wear a Seat Belt by Education, 2005



Always wearing a seat belt increases significantly with age. Persons ages 18-24 were significantly less likely to always wear seat belts compared to persons in any other age group.

Percentage of St. Clair County Residents Who Always Wear a Seat Belt When Driving or Riding in a Car by Age, 2005



Measure: HIV/AIDS

WHY IS THIS INDICATOR IMPORTANT?

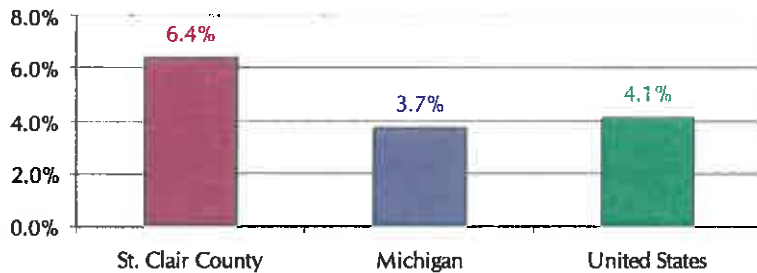
The Human Immunodeficiency Virus (HIV) kills the cells in the body that fight off infection and disease. HIV is spread through the blood, semen and vaginal fluids of an HIV-infected person. People can become infected with HIV when they have contact with these fluids. HIV can also be passed from a mother to a child when she is pregnant, delivers or nurses. The most common ways to spread HIV are unprotected sexual activity and needle-sharing.

HOW ARE WE DOING?

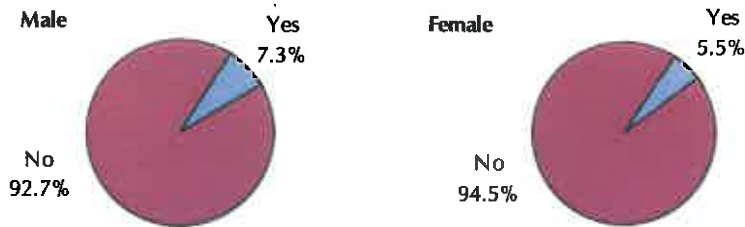
When asked what their chances of becoming infected with HIV were, 77.6% of St. Clair County residents indicated that they were not at all at risk, while 18.2% indicated that they were at low risk, and 4.1% indicated that they were at medium or high risk for infection.

However, when residents were asked about HIV risk behaviors, such as being treated for a sexually transmitted disease, giving or receiving money for intravenous drugs or sex, or engaging in anal sex without a condom over the last year, 6.4% of residents reported engaging in one or more of these risky behaviors.

Percentage of Residents Engaging in HIV-Risk Behaviors, 2005



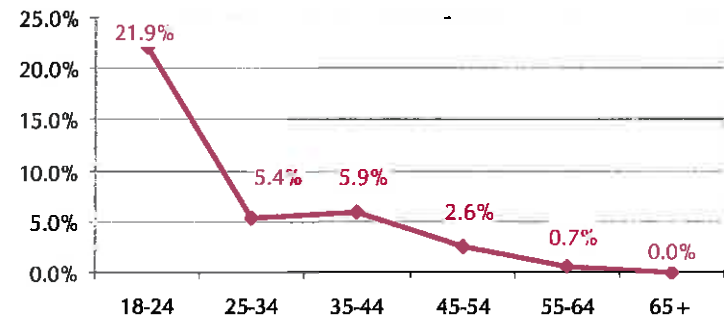
Percentage of St. Clair County Residents Who Have Engaged in HIV-Risk Behaviors by Gender, 2005



Men (7.3%) were slightly more likely than women (5.5%) to engage in risky behaviors. The St. Clair County rate for HIV-risk behaviors among males was higher than the state but about the same as the nation.

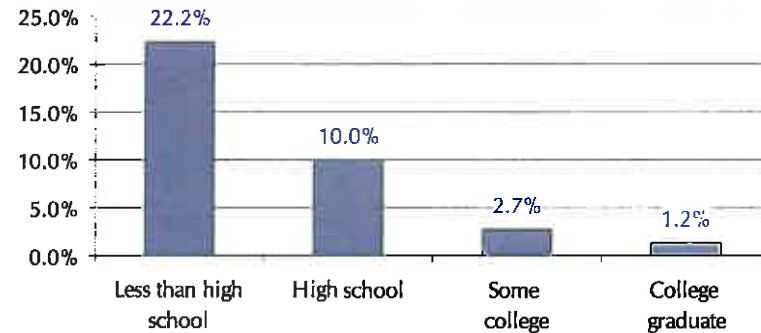
Age is a significant predictor of risky behavior with persons ages 18-24 being four times more likely to engage in HIV-risk behaviors than the persons ages 25-44, and 30 times more likely to engage in HIV-risk behaviors than persons ages 55-64.

Percentage of St. Clair County Residents Who Have Engaged in HIV-Risk Behaviors by Age, 2005



Among St. Clair County residents, persons with less than a high school education were 18 times more likely to engage in HIV-risk behaviors than college graduates.

Percentage of St. Clair County Residents Who Have Engaged in HIV-Risk Behaviors by Education, 2005



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- Michigan State Police
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Fatalities with Drinking Involvement by County
- St. Clair County Community Health Survey, 2005

INQUIRIES

Please direct questions or comments regarding information contained in this document to:

Susan Amato, Director of Health Education and Planning
St. Clair County Health Department
3415 28th Street
Port Huron, MI 48060

810.987.5300 ext 204 or samato@hd.stclaircounty.org

PREPARED BY

The Center for Population Health
Southeastern Michigan Health Association
Suite 200, 3011 West Grand Boulevard
Detroit, Michigan 48202

313.873.9302
313.873.9466 (fax)