



COMMUNITY HEALTH NEEDS ASSESSMENT REPORT 2019



DOING WHAT'S BEST.®

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Executive Summary

Lapeer residents are better educated than average, have better access to healthy food and experience a lower crime rate than average. More than 90% use their seatbelt.

Lapeer is less affected by the nationwide epidemic of drug overdose deaths, with 16 deaths per 100,000 population compared with an average mortality rate in Michigan counties of 24 (deaths/100,000 population).

Almost one-third of Lapeer residents don't have a routine yearly medical checkup. Slightly more than half of residents 65 and older get a yearly flu shot and about 60% have ever had the pneumonia vaccine.

Slightly more than one quarter don't exercise or participate in physical leisure activities. The proportion of residents who are obese, overweight and of normal weight are about evenly split. Almost one-quarter are binge drinkers.

Heart disease and cancer lead the Top 10 causes of death.

For cardiovascular disease-related deaths, the most prevalent cause was ischemic heart disease followed by the catchall "other heart disease," and cerebrovascular disease.

Among cancer deaths, the leading cause overall was lung cancer, followed by colon/rectal and breast cancers even though breast cancer was more prevalent than colon/rectal cancer.

Among women 40 years and older, 72.5% have had a mammogram within the past two years. Among women 18 years and older, 70.8% have had an appropriately timed Pap test.

For both sexes, 72.3% of adults 50 years and older have had a colorectal cancer screening at the appropriate time.

When it comes to unintentional injuries and suicide, men are more likely to die than women. For stroke and Alzheimer's disease, women are more likely to die than men.

About Lapeer Region

McLaren Lapeer Region is a 222-bed acute care facility located in Lapeer, Mich., with 215 physicians on staff and 850 employees. It is the primary provider of health care services to Lapeer County and the surrounding area. The hospital maintains a verified Level II trauma designation from the American College of Surgeons, making it the only verified trauma center in Michigan's Thumb region.

McLaren Lapeer Region offers a comprehensive range of specialties and services to meet the community's wellness, medical and surgical needs, along with an exceptional team of medical professionals who provide high-quality, expert care.

The hospital is the area leader in caring for patients with both acute and chronic kidney disease, with the area's only on-site dialysis facility.

McLaren Lapeer Region is a subsidiary of McLaren Health Care.

About Our Service Area: Lapeer County

The county has a total area of 663 square miles, of which 643 square miles are land and 20 square miles are water, according to the United States Census Bureau. Lapeer is one of the five counties that form the peninsula projecting into Lake Huron known as The Thumb.

Age Distribution

The 65+ age group is forecast to experience the greatest growth from 2019 to 2024, with a +2.6 percentage-point difference. In comparison, the age 35-54 group is forecast to decline 2.8 percentage points. The remainder of the adult age groups are forecast to grow or decline less than 1 percentage point each.

Air Quality

The relationship between elevated air pollution (especially fine particulate matter and ozone) and compromised health has been well documented. Negative consequences of ambient air pollution include decreased lung function, chronic bronchitis, asthma, and other adverse pulmonary effects.

In Lapeer County, the average daily density of fine particulate matter in micrograms per cubic meter was 10.3 in 2014, and is getting better, according to County Health Rankings & Roadmaps. Overall in Michigan counties, the average daily density was 8.4, with a range from 5.7-12.9.

Education

Among Lapeer residents 25+ years of age, 37.1% have attained a high school diploma compared with 27.3% of the U.S. population. In Lapeer, 10.5% have some high school or less than a high school diploma compared with 12.7% of the national population. Among the same age group, 17.8% in Lapeer have earned a bachelor's degree or higher compared with 31% of the U.S. population, while 34.6% in Lapeer have an associate's degree or some college education compared with 29% of the national population.

Healthy Food

The food environment index for Lapeer County was 8.6 for 2015-2016 (in a range from zero [worst] to 10 [best]), with 3% of the population having limited access to healthy foods (low income and do not live close to a grocery store) and 11% with food insecurity (no reliable source of food during the past year). The average for Michigan counties is 7.1, and ranges from 6.5-9.1.

Household Demographics

In 2000, there were 30,729 households, of which 38.3% included children under the age of 18, 65.7% were married couples living together, 8.1% had a female head of household with no husband present, and 22.3% were non-families. The average household size was 2.80 and the average family size was 3.19.

Income/Employment

In 2016, there were 1,639 employers and 18,318 residents were employed, according to the U.S. Census Bureau.

The average household income is \$73,468, compared with the national average household income of \$89,646.

In terms of income distribution, household income distribution in Lapeer is within 4.2 percentage points within lower income brackets compared with national income distribution. The exception is for the over \$100,000 income bracket, where the national income distribution is 7 percentage points higher (29.7 percent) than the county income distribution (22.7 percent).

In terms of poverty, 9.3% of households have income less than \$15,000, which is below the national poverty threshold (\$16,240) for a two-person household.

With a total labor force of 41,114, 5.4% of Lapeer residents, or 2,208 residents ages 16 and older and seeking work, are unemployed. This compares with a 4.6% unemployment rate in Michigan, and a per-county range from 3.3-10.8 percent.

Population

Lapeer County is the 21st most populous in Michigan, with 133 residents per square mile.

It has 83,023 residents in 2019, and lost population from 2010, when 83,197 residents called Lapeer home. However, the population is forecast to grow to 83,254 citizens in 2024. The population forecast from 2024 compared with 2019 represents a 0.3% growth rate, compared with a 3.6% growth rate predicted for the U.S. population in the same time period.

Race/Ethnicity

In terms of race, Lapeer County is mostly white (91.3 percent), while the U.S. population is 60% white. The next highest racial concentration in Lapeer is Hispanic (5.1 percent), compared with the U.S. population rate of 18.4% Hispanic. The black non-Hispanic population represents 1.2% of the population in Lapeer, compared with 12.4% of the national population.

Severe Housing Problems

Of households in Lapeer County, 14% have at least one of four problems: overcrowding (2 percent), high housing costs (12 percent), lack of kitchen facilities/lack of plumbing facilities (1 percent). The percentage of such housing in Michigan overall ranges from 10-22 percent, with an average of 16 percent.

Sex Distribution

Males predominate in the county, with a male population of 41,972 and a female population of 41,051 in 2019. The number of males is forecast to grow to 42,061 in 2024 (a 0.2% change), compared to 41,193 females (growth of 0.3 percent). The growth rate for the female population of childbearing age (15-44 years) is forecast to grow at a rate more than twice that of the female population overall, or 0.8 percent, from 13,662 in 2019 to 13,767 in 2024.

Social Associations

A lack of social associations, defined as family support, contact with others, and involvement in community life is associated with increased morbidity and early mortality. A 2001 study found that the magnitude of health risk associated with social isolation is similar to the risk of cigarette smoking.

In Lapeer, there were 83 social associations per 10,000 population in 2016, for an association rate of 9.4. The overall social association rate in Michigan was 9.9, with an association rate range of 4.5-21.2 for state counties. Top U.S. performers have a rate of 21.9 (90th percentile).

Violent Crime

The average number of annual violent crimes was 166 in 2014 and 2016 in Lapeer, compared with an average of 443 such offenses reported for the same years per county in Michigan and a per-county range from 78-1,016.

High levels of violent crime compromise physical safety and psychological well-being. High crime rates can also deter residents from pursuing healthy behaviors, such as exercising outdoors. Additionally, exposure to crime and violence has been shown to increase stress, which may exacerbate hypertension and other stress-related disorders and may contribute to obesity prevalence. Exposure to chronic stress also contributes to the increased prevalence of certain illnesses, such as upper respiratory illness, and asthma in neighborhoods with high levels of violence.

Primary Care

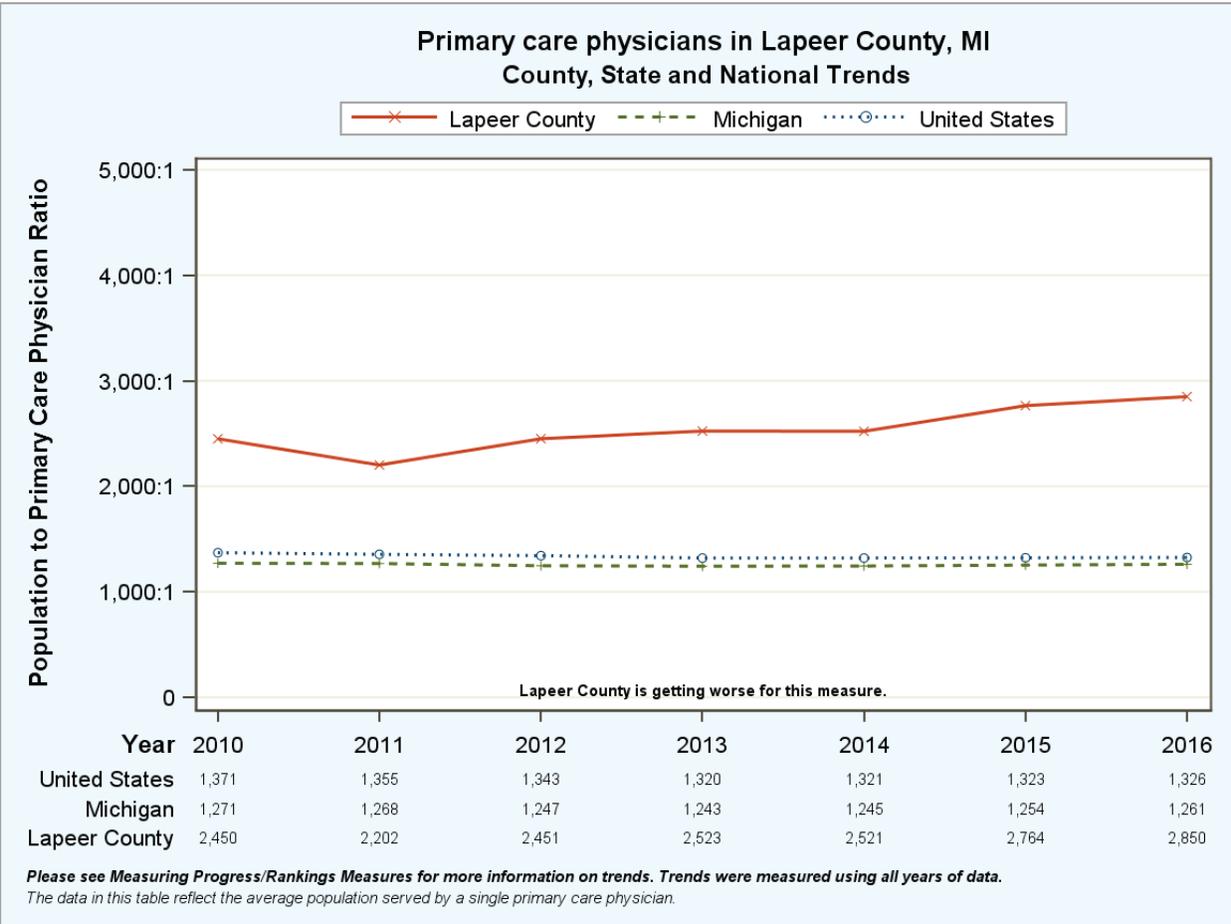
In Lapeer, 17.9% of 240 respondents say they have no personal health care provider, according to the 2014-2016 Michigan Behavioral Risk Factor Survey, issued on December 12, 2017. This is compared to 15.2% of 29,255 Michigan residents who report in the same survey they don't have a personal health care provider.

The Behavioral Risk Factor Survey is an annual, statewide telephone survey of Michigan adults aged 18 years and older. For the 2014-2016 survey, results were combined for all three years.

Possibly contributing to this issue may be a lack of enough primary care physicians in the county, a chronic shortage that's especially common in rural areas in Michigan.

In 2014 in Lapeer County, there were 35 PCPs, or one for every 2,520 residents. For 2014, the first year of the BRFS previously cited, there was 1 PCP for every 1,240 Michigan residents overall, according to County Health Rankings & Roadmaps, a Robert Wood Johnson program. The per-county range in the state is one doctor for every 570-11,340 residents.

The situation is worsening. In 2015 in Lapeer County, there were 32 PCPs, or one for every 2,760 residents; and in 2016, there were 31 PCPs, or one for every 2,850 residents.



University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2019.
www.countyhealthrankings.org.

Leading Causes of Death

The leading causes of death in Lapeer County and their rankings almost mirror national mortality information (influenza and pneumonia are No. 8 nationally and are No. 9 for Lapeer, while kidney disease is No. 9 nationally and No. 8 for Lapeer), and include:

Rank	Cause	No. national deaths	No. Lapeer deaths
1	Heart disease	635,260	225
2	Cancer	598,038	225
3	Accidents	161,374	34
4	Chronic lower respiratory diseases	154,596	68
5	Stroke	142,142	38
6	Alzheimer's disease	116,103	34
7	Diabetes	80,058	17
8	Kidney disease	50,046	28
9	Flu & pneumonia	51,537	27
10	Suicide	44,965	14

When it comes to unintentional injuries and suicide, men are more likely to die than women (23 men vs. 11 women). For stroke and Alzheimer's disease, women are more likely to die than men (24 women vs. 14 men died of stroke; 26 women vs. eight men died of Alzheimer's disease).

It should be noted that trauma is the No. 1 cause of death overall for people ages 1-46 in the U.S. In 2016 in Michigan, there were 2,445 deaths by trauma, resulting in a crude rate of 24.63 and an age-adjusted rate of 24.57 per 100,000 population.

Males were about three times as likely as females to die by trauma in 2016 in Michigan. Males accounted for 1,835 deaths (crude rate of 37.57 and age-adjusted rate of 37.57, both for 100,000 population), while females accounted for 609 deaths (crude rate 12.07 and age-adjusted rate of 11.95).

Chronic Conditions

More than half of all Michigan adults have at least one chronic condition.

In Lapeer County, many residents experience preventable hospitalizations for a wide variety of chronic conditions, including:

- Asthma
- COPD
- Diabetes
- Heart disease
- Hypertension
- Kidney disease

ASSESSMENT

NOTE: BRFSS data for Alzheimer's disease and stroke were suppressed due to a denominator < 50 and/or a relative standard error > 30%.

Cardiovascular Disease

Heart disease is the No. 1 cause of death in Lapeer County, with 225 deaths attributed to heart disease in 2016.

For cardiovascular disease-related deaths, the most prevalent cause was ischemic heart disease followed by the catchall "other heart disease," and cerebrovascular disease.

On the BRFSS, 8.5% of 238 county residents queried say they've been diagnosed with cardiovascular disease, a lower rate than the 9.7% of 29,155 Michigan residents who say the same.

Among 240 surveyed county residents, 4.4% say they've ever been told by a doctor they have angina or coronary heart disease, compared with 5% of 29,211 Michigan residents who say the same.

Cancer

Among cancer deaths, the leading identified cause overall was lung cancer, followed by colon/rectal and breast cancers even though breast cancer was more prevalent than colon/rectal cancer.

When it comes to cancer, it's the No. 2 cause of death in Lapeer, accounting for 225 deaths in 2016. On the BRFSS, 10.5% of 240 county residents say they've ever been diagnosed with cancer, a rate lower than the 12.3% of 29,312 Michiganders who say the same.

Of 81 Lapeer women surveyed 40 years and older, 72.5% report having had a mammogram within the past two years, while 74.9% of 8,272 Michigan women report having had the screening in the past two years.

Of 62 county women surveyed 18 years and older, 70.8% have had an appropriately timed Pap test, while 73.7% of 7,598 Michigan woman have had the cervical cancer screening at the appropriate time.

For both sexes, 72.3% of 141 Lapeer adults 50 years and older have had a colorectal cancer screening at the appropriate time, compared with 71% of 17,511 Michiganders.

In the BRFSS, colorectal cancer screenings include a fecal occult blood test within the past year, a sigmoidoscopy within the past five years or a colonoscopy within the past 10 years.

Accidents

Accidents (unintentional injuries) are the No. 3 cause of mortality, accounting for 34 deaths.

Currently, the U.S. is experiencing an epidemic of drug overdose deaths. Since 2000, the rate of drug overdose deaths has increased by 137% nationwide. Opioids contribute largely to drug overdose deaths; since 2000, there has been a 200% increase in deaths involving opioids (opioid pain relievers and heroin).

From 2015-2017 in Lapeer, there were 43 drug overdose deaths, with 16 deaths per 100,000 population. In comparison, the average mortality rate in Michigan (deaths/100,000 population) was 24 and ranged from 9-39 in state counties.

Lower Respiratory Diseases

Chronic lower respiratory diseases were the No. 4 cause of death in Lapeer.

On the BRFSS, 16.1% of 239 county residents have ever had asthma and 10.5% of 238 residents still have it, compared with 15.8% of 29,316 Michigan residents who've ever had the chronic lower respiratory disease and 10.7% of 29,179 residents who still have it.

For COPD, emphysema and chronic bronchitis, 8.3% of 241 Lapeer residents say they've ever been told they have one of the three, and 8.5% of 29,273 Michiganders say the same.

Stroke

Stroke is the No. 5 cause of death in Lapeer and accounts for 38 deaths.

Alzheimer's Disease

Alzheimer's disease is the No. 6 cause of death in Lapeer and accounts for 34 deaths.

Diabetes

Diabetes is the No. 7 cause of death among Lapeer residents.

Of 240 county residents surveyed, 11% say they've ever been diagnosed with diabetes, while 10.8% of 29,371 Michigan residents say the same.

Flu & Pneumonia

Influenza and pneumonia are the ninth leading cause of death among county residents, accounting for 27 deaths.

Of 67 survey respondents from the county, 59.5% have ever had the pneumonia vaccine and 52% have had a flu shot within the past year. In Michigan, among a similarly aged population, 71.3% of 9,045 respondents have ever had the pneumonia vaccine and 57.1% of 9,292 residents surveyed have had the flu vaccine in the past year.

Immunizations in recent years have become much more widely available, due in part to pharmacists becoming enabled to administer them and can be gotten readily and inexpensively not only in doctor's offices but also in pharmacies of big box stores such as Costco and in standalone pharmacies such as Walgreens and CVS.

Kidney Disease

Kidney disease is the eighth leading cause of death among Lapeer residents, accounting for 28 deaths.

Suicide

Even though county residents fare much better for diagnosed depression than Michiganders overall, it's possible the disease may be contributing to suicide being the No. 10 cause of mortality in the county, where it accounted for 14 deaths.

Suicide is on the rise nationwide.

In the U.S. overall, suicide is also the No. 10 cause of death, the second-leading cause of death among people ages 10-34 and the fourth leading cause of death among people ages 35-54, according to the American Psychological Association. Suicide has increased by about 1% per year from 2000-2006 and by about 2% per year from 2006-2016, according to the APA.

Access to Care

In Lapeer, 17.2% of 241 respondents to the BRFSS report they had no access to medical care in the past 12 months due to cost, compared with 13.3% of 29,351 Michigan residents.

In Lapeer, 12.1% of 168 residents surveyed report they have no medical insurance. This is slightly higher than statewide responses, where 11.5% of 19,318 Michiganders surveyed say they have no insurance.

The lack of a personal health care provider, reduced access due to cost and lack of insurance may provide some insight into why 32.7% of 238 Lapeer respondents who say they haven't had a routine checkup in the past year. This is higher than the 27.7% of 29,101 Michigan respondents who report not having had a checkup in the past year.

Arthritis

Among 239 county residents, 33.9% report they've ever been diagnosed with arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia, compared with 31.1% of 29,258 Michigan residents who report the same.

Disability

Among 236 county residents, 19.3% say they are disabled, compared with 25.6% of 28,501 Michigan residents. Disability is defined as being limited in any activities because of physical, mental, or emotional problems, or reported that they required use of special equipment (such as a cane, a wheelchair, a special bed, or a special telephone) due to a health problem.

HIV

HIV testing is also readily available, either through doctor's offices or county health departments. Among Lapeer residents, 34.8% of 160 respondents have been tested for their HIV status, compared with 41% of 17,737 Michigan residents surveyed.

Lifestyle

Among 236 Lapeer residents, 25.9% say they participated in no leisure time activity or exercises such as running, calisthenics, golf, gardening or walking during the past month. This compares with 24.9% of 28,861 Michigan residents who say the same.

Possibly related to lack of leisure time activity or exercise, 31.8% of 231 Lapeer residents report they're obese, according to their body mass index, 33.1% report being overweight, and 32.9% report they're a healthy weight, according to the BRFSS. This compares to 31.4% of 27,483 Michigan residents who say they're obese, 35% who say they're overweight and 31.9% who say they're a healthy weight.

On the BRFSS, BMI is defined as a person's weight in kilograms divided by their height in meters, squared. Healthy weight is defined as having a BMI greater than or equal to 18.5, but less than 25; overweight is greater than or equal to 25 but less than 30; and obesity is having a BMI equal to or greater than 30.

When it comes to smoking, 21% of 233 Lapeer residents report they are current smokers, 30.7% have quit smoking and 48.4% never smoked, compared with 20.8% of 28,551 Michigan residents who say they are current smokers, 26.2% who are former smokers and 53% who say they've never smoked.

Among 232 Lapeer residents, 57.3% report having had any alcohol in the past month and 22.8% say they are binge drinkers. This compares with 6.7% of 28,361 Michiganders who say they are heavy drinkers, 57% who say they've had any alcohol in the past month and 18.8% who are binge drinkers.

On the BRFSS, heavy drinking is defined as consuming an average of more than two alcoholic drinks per day for men or more than one per day for women in the previous month. Binge drinking is defined as consuming five or more drinks per occasion for men or four or more drinks per occasion for women at least once in the previous month.

In Lapeer, 90.4% of 231 respondents report using a seatbelt while driving or riding in a car, while in Michigan overall, 88.9% of 28,030 respondents report using a seatbelt.

Physical & Mental Health

Of 241 respondents to the BRFSS, 15.6% report being in fair or poor health overall, compared with 17.5% of 29,376 Michiganders. When it comes to their physical well-being specifically, 15.5% of Lapeer residents were in poor physical health on at least 14 days in the past month. In comparison, 16.3% of 29,169 Michigan residents voice a similar opinion. For mental status, 14.4% of 238 Lapeer residents say they were in poor mental health on at least 14 days in the past month, which includes stress, depression and problems with emotions. This compares to 16.2% of 29,194 Michigan residents who say the same.

There's a much wider disparity when it comes to diagnosed mental health, and Lapeer County residents are faring much better than their state counterparts overall. Of 241 Lapeer residents, 11.8% report they've been told by a doctor they have a depressive disorder including depression, major depression, dysthymia, or minor depression. This compares with 20.7% of 29,289 Michiganders who've been told the same.

Meanwhile, the proportion of Lapeer adults who report being limited in any activities due to physical, mental or emotional problems, or reported that they required use of special equipment such as a cane, wheelchair, special bed or telephone due to a health problem was 19.3% out of 236 respondents. This compares with 25.6% of 28,501 Michigan respondents.

This may be due to an aging population, among other factors, with 17.5% of Lapeer residents, and 17.2% of Michiganders being older than 65, according to the U.S. Census.

SOURCES

[American Psychological Association](#)

[County Health Rankings & Roadmaps, a Robert Wood Johnson program](#)

[National Trends](#)

[State of Michigan Health Risk Behavior Survey Report](#)

[State of Michigan Health Risk Behavior Survey Report – selected tables](#)

[State of Michigan Department of Health and Human Services](#)

[National Violent Death Reporting System](#)

[National Kidney Foundation of Michigan](#)

McLAREN LAPEER REGION IMPLEMENTATION PLAN

According to the data available for Lapeer County, the top health issues overall were identified as heart disease and cancer, with the leading cause overall was lung cancer. Other health issues include unintentional injuries/trauma, respiratory diseases and stroke, Alzheimer's disease, diabetes, kidney disease, flu and pneumonia and suicide.

Currently, McLaren Lapeer Region offers the following community programs for identified risk areas:

Cancer

- Free community screenings for skin cancer, lung cancer, prostate cancer, breast cancer, oral cancer and colorectal cancer
- CT lung screening program
- Road to Recovery – transportation for cancer patients
- Cancer support group
- Wig Room – support for patients dealing with hair loss, etc.
- Host Relay for Life at Karmanos Cancer Institute of Lapeer
- Free mammograms for participants of Empowered You women's event: uninsured and underinsured women are given a voucher for a free mammogram
- Cancer education provided at community events

Trauma

- Education programs for the following:
 - Injury prevention
 - Fall prevention
 - Car seat check
 - Suicide prevention
 - Distracted driving (including the use of distracted driving simulator)
 - Stop the bleed educations for bystanders in traumatic situations
 - Matter of Balance – 8-week class to prevent falls/trauma in elderly/anyone who has a fear of falling or has fallen in the past
- Trauma/injury prevention education provided at community events
- Sponsorship of New Day Foundation for Families Hope Shines Gala, all proceeds from the event support life-saving financial and emotional resources to cancer patients and families

Obesity

- Surgical weight loss options
- Non-surgical weight loss options
- Education on healthy eating practices at health fairs and community events
- Free community seminars
- Year-long sponsorship of Sunrise Kiwanis Club of Lapeer who provide healthy, well-balanced dinner for school-aged students who receive free or subsidized lunches at school as well as lunch and dinner for school-aged students in the summer months

Kidney disease

- Care for patients with both acute and chronic kidney disease, with the area's only on-site dialysis facility

Neurological conditions

- Education on stroke symptoms and risk factors at community events and community partners
- Stroke support group for former patients and caregivers

Pulmonology

- Respiratory home therapy – at home management of COPD
- Pulmonary education provided at community event

Flu and Pneumonia

- Education on handwashing and infection control provided internally, at community events and community partners
- Flu masks provided during peak-season
- Flu shots provided to all employees

Behavioral Health

- Suicide education provided internally and in-patient rooms
- Year-round sponsor of the Child Advocacy Center of Lapeer to reduce the trauma to children during the investigation and intervention of alleged sexual or severe physical abuse through advocacy, education, intervention, and treatment.
- Sponsor Families Against Narcotics community events to support education on the epidemic of prescription painkiller addiction and its potential to lead some to heroin use

Transitional Care Unit

- Education provided at community events on medical care and nursing services, physical rehabilitation and social services available onsite at McLaren Lapeer's TCU unit for patients who are not ready to go home but no longer need inpatient hospital care

Continued Efforts for Patient Care

McLaren Lapeer Region will continue to offer the above programming with expanded outreach efforts to inform the community of the programs available.

In addition, community seminars and educational materials are distributed through Lapeer County, *In Good Health*, a quarterly McLaren Lapeer publication, *Lapeer Good Life* a bi-yearly community magazine, social media and via several community partners.



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