



# COMMUNITY HEALTH NEEDS ASSESSMENT REPORT 2019



DOING WHAT'S BEST.®

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## Executive Summary

Macomb County residents have better access to healthy food, enjoy a lower crime rate and use their seatbelts more than the average Michigan resident.

But among lifestyle habits, more than half of Macomb residents smoke or have smoked, one-quarter don't exercise, one-fifth are binge drinkers, and in general they have fewer social connections than the average Michigander.

In terms of race, Macomb County's population is far more white (77.8% vs. 60%) and far less Hispanic (2.7% vs. 18.4%) than the United States population.

The leading causes of death in Macomb County and their ranking mirrors national mortality, with heart disease and cancer leading the Top 10 list. Among cancer deaths, the leading cause overall was lung cancer, followed by colon/rectal and breast cancer. Women are better at getting cancer screenings (mammogram and Pap test) than men (PSA).

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.

From 2015-2017 in Macomb, there were 963 drug overdose deaths, with 37 deaths per 100,000 population. In comparison, the average deaths/100,000 ratio in Michigan counties was 24 and ranged from 9-39.

In 2016 in Macomb, there were 2,992 cases of chlamydia diagnosed, resulting in a rate of 346 cases per 100,000 residents. The range per Michigan county is 58-800.4 cases per 100,000 residents, with an average rate of 462.9 diagnoses per county.

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## About McLaren Macomb

In January 2012, Mount Clemens Regional Medical Center became McLaren Macomb, a 288-bed acute care hospital located in Mount Clemens, Mich. The hospital has more than 400 physicians and nearly 2,000 employees, making it one of Macomb County's top employers.

McLaren Macomb provides a full range of services, including cancer and cardiovascular care. As Macomb County's first verified trauma center, the hospital operates the busiest emergency department in Macomb County and is also an accredited chest pain center.

McLaren Macomb is a subsidiary of McLaren Health Care.

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## About Our Service Area: Macomb County (2017 figures, except where noted)

Located in Southeast Michigan, Macomb County is 483.7 square miles that includes urban clusters, industry and commerce, natural features and agricultural tracts.

The county is home to more than 18,000 businesses, including sectors such as advanced manufacturing, automotive, defense, health care, retail, agriculture, food processing and more.

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## Age Distribution

The younger age groups are forecast to decline from 2019 to 2024, but the 55-64 years group is expected to grow by 0.1 percentage points and the 65+ age group is expected to grow by 2.5 percentage points.

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## 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 Macomb County, the average daily density of fine particulate matter in micrograms per cubic meter was 11 in 2014, and is getting better, according to County Health Rankings & Roadmaps, a Robert Wood Johnson program. Overall in Michigan counties, the average daily density was 8.4, with a range from 5.7-12.9.

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## Education

Among Macomb residents 25+ years of age, 30.9% have attained a high school diploma compared with 27.3% of the U.S. population. In Macomb, 10.1% have some high school or less than a high school diploma compared with 12.7% of the national population. Among the same age group, 24.5% in Macomb have earned a bachelor's degree or higher compared with 31% of the U.S. population, while 34.5% in Macomb have an associate degree or some college education compared with 29% of the national population.

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## Healthy Food

The food environment index for Macomb County was 8 for 2015-2016 (in a range from zero [worst] to 10 [best]), with 5% of the population having limited access to healthy foods (low income and do not live close to a grocery store) and 13% 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.

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## Household Demographics

In 2017, there were 346,457 households, of which 60.3% were married couples living together, 16.8% had a female head of household with no husband present, and 15.9% were non-families. The average household size was 2.5.

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## Income/Employment

The average household income is \$85,001, compared with the U.S. average income of \$89,646.

In terms of income distribution, the percentage of households in Macomb with income of \$25,000 or less, 7.6%, and income of \$15,000-\$25,000, 8.6%, is lower than the national average of 10.5% and 9.1%, respectively. The percentage of households in Macomb with income of \$25,000-over \$100,000 is higher than the national average by 0.5-1.3 percentage points.

In terms of poverty, 7.6% 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 441,491, 4.3% of Macomb residents, or 18,931 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 in the state from 3.3-10.8%.

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## Population

Macomb has 875,937 residents in 2019, a count that is forecast to grow to 893,689 citizens in 2024. These population numbers represent a 2% growth rate, compared with a 3.6% growth rate predicted for the U.S. population.

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## Race/Ethnicity

In terms of race, Macomb County's demographics are far more white (77.8% vs. 60%) and far less Hispanic (2.7% vs. 18.4%) than the U.S. population. Its black non-Hispanic population (12.6%) is about the same proportion as that of the U.S. (12.4%).

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## Severe Housing Problems

Of households in Macomb County, 15% have at least one of four problems: overcrowding (2%), high housing costs (13%), lack of kitchen facilities/lack of plumbing facilities (1%). The percentage of such housing in Michigan overall ranges from 10-22%, with an average of 16%.

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## Sex Distribution

Females predominate in the county, with a female population of 449,307 and a male population of 426,630 in 2019. The number of females is forecast to grow to 458,081 in 2024 (a 2% increase), compared to 435,608 males (growth of 2.1%). The growth rate for the female population of childbearing age (15-44 years) is forecast to grow at a rate only one-tenth that of the female population overall, or 0.2%, from 162,826 in 2019 to 163,137 in 2024.

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## 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 Macomb, there were 497 social associations per 10,000 population in 2016, for an association rate of 5.7. 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).

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## Violent Crime

The average number of annual violent crimes was 2,527 in 2014 and 2016 in Macomb, resulting in 293 reported violent crime offenses per 100,000 population. This is compared with an average crime rate (number of reported violent crime offenses per 100,000 population) of 443 for the same years per county in Michigan and a per-county crime rate range of 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

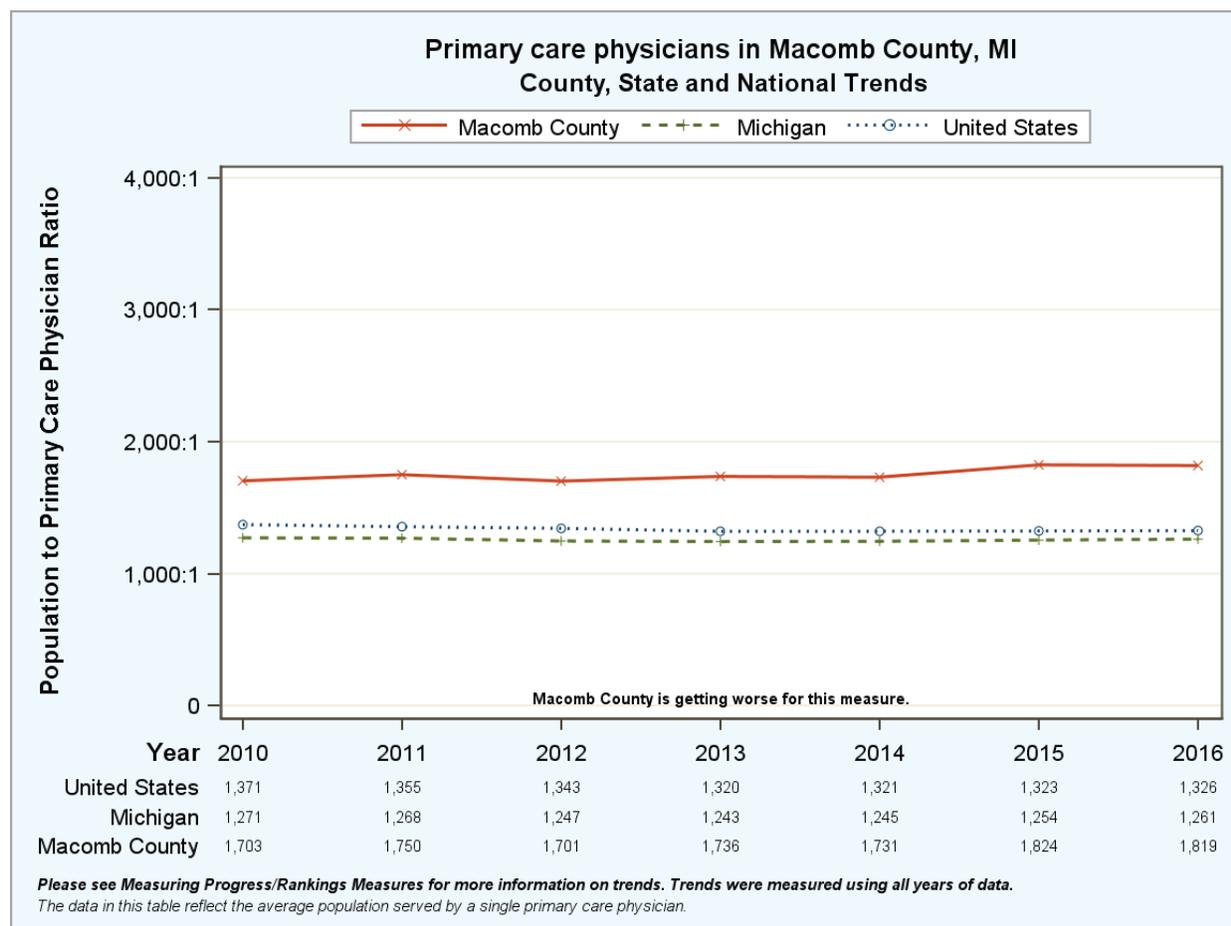
In Macomb County, 12.7% of 2,028 residents say they have no personal health care provider, and 13.3% of 2,031 in the county say they had no access to health care in the past 12 months due to cost. This compares with 15.2% of 29,255 Michigan residents with no personal health care provider, and 13.3% of 29,351 Michigan respondents with no access to health care in the past year due to cost.

Perhaps in part due to having no personal health care provider, 26.8% of 2,017 Macomb residents and 27.7% of 29,101 Michigan residents report they had no routine medical checkup in the past year, according to the 2014-16 Michigan Behavioral Risk Factor Survey, issued on December 12, 2017.

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. For 2014, the first year of the cited BRFS, there was 1 PCP for every 1,240 Michigan residents overall, according to County Health Rankings & Roadmaps. In 2014 in Macomb County, there were 498 PCPs, or one for every 1,730 residents. The per-county range in the state is one doctor for every 570-11,340 residents.

The situation is changing. In 2015 in Macomb County, there were 474 PCPs, or one for every 1,820 residents; and in 2016, there were 477 PCPs, or one for every 2,850 residents.



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

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## Leading Causes of Death

The leading causes of death in Macomb County and their ranking mirrors national mortality information, and include:

Rank	Cause	No. national deaths	No. Macomb deaths
1	Heart disease	635,260	2,559
2	Cancer	598,038	1,906
3	Accidents	161,374	616
4	Chronic lower resp. diseases	154,596	500
5	stroke	142,142	401
6	Alzheimer's disease	116,103	369
7	Diabetes	80,058	297
8	Flu/Pneumonia	51,537	165
9	Kidney disease	50,046	131
10	Suicide	44,965	123

When accounting for sex, males overall are more likely than women to die of unintentional injuries (419 men vs. 197 women) and suicide (95 men vs. 28 women). Women, on the other hand, are more likely than men to die of stroke (237 women vs. 164 men) and Alzheimer's disease (239 women vs. 130 men).

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).

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## Chronic Conditions

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

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

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

# ASSESSMENT

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## Heart Disease

Heart-related disease and stroke are the No. 1 and No. 5 causes of death, respectively, for residents of Macomb County, accounting for 2,559 (heart disease) and 401 (stroke) deaths in 2016.

In Macomb, 9.3% of 2,017 adult respondents say they've been told by a doctor that they had a heart attack, coronary heart disease or a stroke, according to the BRFSS. This is compared to 9.7% of 29,155 Michigan residents who report in the same survey they've been diagnosed with one of the same group of conditions.

In the same survey, 5.4% of Macomb residents say they've been told by a doctor they have angina or coronary heart disease, compared with 5% of 29,211 Michigan residents who've been diagnosed with angina or coronary heart disease.

In addition, 4.8% of Macomb respondents say they've been told by a doctor they've had a heart attack or myocardial infarction. This compares with 4.9% of 29,271 Michigan respondents who've also been diagnosed with a heart attack or myocardial infarction.

Respondents in Macomb and throughout Michigan also show similarities in the percentage who've been diagnosed with stroke. In Macomb, 3.6% of 2,028 respondents say they've been diagnosed with a stroke, while throughout Michigan, 3.4% of 29,335 surveyed say the same.

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## Cancer

The No. 2 cause of death among Macomb adults was cancer in 2016, attributable for 1,906 fatalities, although we see a lower incidence of respondents who've ever been told by a doctor they have cancer than in the Michigan population overall on the BRFSS.

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.

Survey results show 11.1% of 2,031 Macomb residents report having been told they have cancer, compared with 12.3% of 29,312 Michigan respondents.

Among 627 Macomb women 40 years and older, 72% say they've had a mammogram within the past two years, compared with 74.9% of 8,272 Michigan women.

The disparity is larger regarding cervical cancer screening. In Macomb, 69.7% of 533 women surveyed report having had a Pap test within the past three years. This compares with 73.7% of 7,598 Michigan women.

Macomb men 50 years and older were better at getting a Prostate-Specific antigen test within the past year than males overall in Michigan, but neither group came close to getting their cancer screening vs. women. Among 338 Macomb men, 51.2% say they've had a PSA test within the past year, compared with 43.4% of 5,107 men in Michigan.

The proportion of Macomb and Michigan residents 50 years and older who've had either a fecal occult blood test within the past year, a sigmoidoscopy within the past five years, or a colonoscopy within the past 10 years is about equal.

In Macomb, 73.3% of 904 adults 50 years and older say they've had colorectal cancer screening, while 71% of 17,511 Michigan residents report having had the same screening.

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## Accidents

Accidents are the No. 3 cause of death in Macomb, accounting for 66 deaths.

In the category of unintentional injuries, people of both sexes between 25-44 years of age accounted for the preponderance of transport deaths (24), which include watercraft and motor vehicle fatalities, followed in rank by the next older and younger age brackets (45-64 years of age, 19 deaths; 15-24 years of age, 11 deaths.) People in two age groups, those who are 45-64 years of age and those 25-44 years of age accounted for the great majority of deaths by poisoning (93 and 85, respectively, or a total 178 of 202 deaths).

Those 65 and older are more like to die of a fall (93%) than any other age bracket.

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## Lower Respiratory Diseases

Also possibly thwarting would-be exercisers may be those with chronic lower respiratory diseases, the No. 4 killer in Macomb.

Among 2,029 county residents, 15.4% have ever been told by a doctor they have asthma and 10.2% of 2,019 residents still have it. In comparison, 15.8% of 29,316 Michigan residents have ever been told they have asthma and 10.7% of 29,179 state residents still have it.

For COPD, emphysema and chronic bronchitis, 9.7% of 2,026 Macomb residents say they've ever been told they have one of the three, and 8.5% of 29,273 Michiganders say the same.

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## Alzheimer's Disease

Alzheimer's disease is the No. 6 cause of death.

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## Diabetes

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

Among Macomb respondents to the BRFSS, 10.6% of 2,034 people report they've been told they have diabetes, compared with 10.8% of 29,371 Michigan residents. Their responses to questions such as weight, BMI and exercise may offer clues regarding why.

Regarding weight, among 1,913 Macomb residents, 31% say they are of a healthy weight, according to body mass index, while 34.5% report being overweight and 32.2% say they're obese. This compares with 31.9% of 27,483 Michiganders who say they're at a healthy weight, 35% reporting being overweight, and 31.4% saying they're obese.

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.

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## Flu & Pneumonia

Influenza and pneumonia are the eighth highest cause of death among Macomb residents, and accounted for 165 fatalities in 2016.

Among 673 Macomb adults age 65 and older, 54.8% say they've had the flu vaccine in the past year and among 657 county adults age 65 and older, 73.3% say they've ever had the pneumonia vaccine, according to the BRFSS. This compares with 57.1% of 9,292 Michigan adults in the same age range who've been vaccinated against the flu in the past year and 71.3% of 9,045 Michiganders 65 and over who've ever been vaccinated against pneumonia.

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.

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## Kidney Disease

Kidney disease is the ninth leading cause of death among Macomb residents, accounting for 131 deaths in 2016.

BRFSS survey results show 3.2% of 2,028 county residents have been told by a doctor they have kidney disease, compared to 3.5% of 29,308 Michigan residents who say the same.

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## Suicide

Suicide, the No. 10 highest killer in Macomb, is on the rise nationwide.

In the U.S. overall, suicide is also the No. 10 killer, 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.

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## Access to Care

In Macomb, 13.3% of 2,031 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 Macomb, 10.8% of 1,311 residents surveyed report they have no medical insurance. This is slightly lower than statewide responses, where 11.5% of 19,318 Michiganders surveyed say they have no insurance.

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## Arthritis

Among 2,022 Macomb residents, 32.7% have been told by a doctor they have some form of arthritis, including rheumatoid arthritis, gout, lupus or fibromyalgia. Among 29,258 Michiganders, 31.1% say the same.

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## Disability

Among 1,989 county residents, 25.1% 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 as requiring the use of special equipment such as a cane, wheelchair, special bed or special telephone due to a health problem.

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## Drug Overdose

On the rise nationwide are drug overdose deaths, which are a leading contributor to premature death and are largely preventable. 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 Macomb, there were 963 drug overdose deaths, with 37 deaths per 100,000 population. In comparison, the average mortality rate in Michigan (deaths/100,000 population) was 24 and ranged from 9-39.

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## HIV & Sexually Transmitted Diseases

Among 1,190 county residents, 39.9% say they've been tested for HIV, compared with 41% of 17,737 Michigan residents.

Among other sexually transmitted diseases, chlamydia is the most common bacterial STI in North America and is one of the major causes of tubal infertility, ectopic pregnancy, pelvic inflammatory disease, and chronic pelvic pain, according to County Health Rankings & Roadmaps. In 2016 in Macomb, there were 2,992 cases of chlamydia diagnosed, resulting in a rate of 346 cases per 100,000 residents. The range per Michigan county is 58-800.4 cases per 100,000 residents, with an average rate of 462.9 diagnoses per county.

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## Lifestyle

Among lifestyle habits, more than half of Macomb residents smoke or have smoked, one-quarter don't exercise, and one-fifth are binge drinkers, but almost 90% use their seatbelt.

Of 1,977 Macomb residents on the BRFSS, 23.5% are current smokers, 28.2% formerly smoked, and 48.3% never smoked. Among 23,551 Michigan residents, 20.8% are current smokers, 26.2% are quitters and 53% never smoked.

Among 1,958 county residents, 58% have had any alcohol in the past month, 7.1% are heavy drinkers and 20% are binge drinkers. This compares with 57% of 28,361 Michigan residents who had any alcohol in the past month, 6.7% who are heavy drinkers 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.

Seatbelt use among Macomb and Michigan residents is at nearly an identical rate, with 89% of 1,929 county residents buckling up and 88.9% of state residents doing the same.

In response to a question on exercise, 25.2% of 1,991 Macomb County residents and 24.9% of 28,861 Michiganders report they took part in no leisure time activity, including running, calisthenics, golf, gardening, or walking during the past month.

Of 2,012 county residents, 9.5% of them report being physically limited on at least 14 days in the past month, compared with 9.2% of 29,159 Michigan residents. Limiting physical activity may be poor physical or mental health and is further defined as keeping respondents from their usual activities such as self-care, work and recreation.

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## Physical & Mental Health

On the BRFSS, 19.2% of 2,034 Macomb adults say their general health is fair or poor, while 17.5% of 29,376 Michigan adults say the same about their well-being.

Similar percentages of Macomb (16.4% of 2,016 respondents) and Michigan (16.3% of 29,169 people surveyed) residents report poor physical health on at least 14 days in the past month.

When it comes to mental health, 15.6% of 2,018 Macomb residents report poor mental health, compared with 16.2% of 29,194 Michigan residents, a less than 1 percentage point difference.

Similarly, their rates of depression are also very close. Among 2,024 Macomb residents, 19.5% report having been diagnosed with depression while 20.7% of 29,289 state residents report the same.

In the survey, depression is defined by ever having been told by a doctor that one has a depressive disorder including depression, major depression, dysthymia or minor depression.

In 2018, there were 1,511 mental health providers in Macomb, resulting in a ratio of 1 MHP for every 580 residents, according to County Health Rankings & Roadmaps. The average ratio in Michigan is 1 MHP per 400 residents, with a range from 200-4,260 residents per MHP in counties throughout the state.

## SOURCES

[American Psychological Association](#)

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

[Macomb County](#)

[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 MACOMB IMPLEMENTATION PLAN

According to the data available for Macomb County, the top health issues for overall population groups were identified as heart disease, cancer, chronic lower respiratory diseases, stroke and other neurological conditions and unintentional injuries/trauma.

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

## High Blood Pressure/Heart Disease

- Community presentations
- Blood pressure screenings at community fairs
- Education at community health fairs
- Health fitness assessments
- Presentation on hospital cardiac capabilities to local first responders

## Diabetes

- Free quarterly diabetes support group
- Community presentations at community events
- Education on risk factors and prevention practices at health fairs and community events
- Medical Nutrition Therapy offered to patients diagnosed with diabetes
- Free monthly seminar for diabetic and at-risk patients as part of cardiac rehabilitation clinic

## Cancer

- Free community screenings for skin cancer
- Free cancer screening and prevention education provided at health fairs and community events
- Free mammograms for indigent women
- CT lung screening program
- Smoking cessation classes
- Road to Recovery – transportation for cancer patients
- Support groups, including:
  - Sisters of Support (breast cancer)
  - Kids Kicking Cancer (martial arts therapy and training for children with cancer and their siblings)
  - Healing Arts (art therapy for cancer patients)
- Participation in Relay for Life, sponsored by the American Cancer Society

## Trauma

- Education programs for the following:
  - Fall prevention
  - Gun safety
  - Alcohol and marijuana impairment simulation
  - Car-fit for elderly drivers
  - Bike safety
  - Water safety
  - Trampoline safety
  - Injury prevention
  - Distracted driving (including use of a distracted driving simulator)
- Bike Helmet Fit screenings
- Bike Helmet donations – over 300 helmets distributed to community members
- Stop the Bleed education for bystanders in traumatic situations
- Presentation on hospital trauma capabilities to local first responders

## Obesity

- Medical Nutrition Therapy offered with a registered dietitian
- Surgical weight loss options
- Non-surgical weight loss options
- Free wellness and cooking demonstrations for hospital patients and visitors
- Education on healthy eating practices at health fairs and diabetes
- Community presentations at local events

## Neurological conditions

- Free epilepsy seminars to increased-risk population
- Free community seminars on stroke symptoms, treatment and preventive measures
- Education on stroke symptoms and risk factors at health fairs and community seminars
- Community and guest presentations on local cable regarding epilepsy and stroke
- Presentation on hospital stroke capabilities to local first responders

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## Indigent Health Care

For the past 25 years, McLaren Macomb's Medical Outreach Clinic (MOC) has been providing free medical services to the uninsured or under-insured population of Macomb County.

The MOC is a 40-foot vehicle designed to transport medical staff and equipment to provide primary care services. The MOC serves as a medical office on wheels with two exam rooms, a reception and charting area, restroom and counseling area.

It is staffed with medical students, at least one resident physician, an attending physician, a medical assistant, project coordinator and driver. Currently, the MOC travels to two different sites in Macomb County.

Hundreds of patients are treated for acute illness, chronic disease management, offered preventive care and provided medical counseling as well as free prescription coverage.

When diagnostic testing is needed, patients are sent to McLaren Macomb. Fees for basic diagnostic testing are usually waived for patients who meet poverty guidelines and do not have health insurance. If a serious health crisis is diagnosed, the MOC staff works with surgeons and other specialists, who sometimes donate their services, to help patients.

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## Continued Efforts for Patient Care

McLaren Macomb will continue to offer the above programming with expanded outreach efforts to inform the community of the programs available. In addition, as heart disease is the number one cause of death in Michigan, McLaren Macomb offers a broader range of heart disease prevention programs, which high blood pressure is a symptom and/or risk factor. These programs include:

- Preventive cardiology exercise programs
- Free peripheral arterial disease testing
- Participation in community fit events, including free or minimal-fee ECG testing for young athletes for idiopathic cardiomyopathy
- Health fitness assessments
- Bi-monthly heart failure support group

In addition, community seminars and educational materials are distributed throughout Macomb County through In Good Health, a quarterly McLaren Macomb publication, the Living Better Club, social media and via several community partners.

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## Macomb County Health Department Services

The Macomb County Health Department has three locations throughout the county and offers a wide range of services to the community. Below is a directory listing of locations and services offered.

### Children's Special Health Care Services

(586) 466-6855

### Communicable Disease Surveillance

(586) 783-8190

### My Community Dental Center

(877) 313-6232

### Family Planning

(586) 469-5491

### Healthy Communities

(586) 466-6800

### Hearing and Vision Screening

(586) 412-5945

### HIV Counseling and Testing

(586) 465-8434

**Immunizations**

Mt. Clemens (586) 469-5372  
St. Clair Shores (586) 466-6800  
Warren (586) 465-8537

**Maternal Child Health Nursing Community Health Nursing**

Mt. Clemens (586) 469-5520  
Warren (586) 465-8090

**Nurse-Family Partnership**

(586) 466-6975

**Sexually Transmitted Diseases**

(586) 465-9217

**School Immunization Program**

(586) 466-6840

**Tuberculosis Control**

(586) 469-5421

**Women, Infants & Children Supplemental Nutrition Program (WIC program)**

(586) 469-5471

**Federally Qualified Health Center (FQHC) in Macomb County:**

New Haven Medical Center 57737 Gratiot, New Haven 48048

Other Health Services:

**Macomb Community Mental Health Crisis Center**

The Crisis Center location is confidential. The center provides 24-hour crisis counseling, information & referral and disaster response to callers facing any situation. It also provides access to the MCCMH system for hearing impaired persons. Call 586-307-9100 V/TDD/Collect

**McLaren Macomb Medical Outreach Clinic (MOC)**

586-493-3640

[www.mclaren.org/macomb](http://www.mclaren.org/macomb)



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