Indiana State Health Assessment

March 2018
Data book for public comment
State Health Assessment

• A State Health Assessment (SHA) is the result of a collaborative, systematic process to collect, analyze, interpret and use data to inform communities, develop priorities, gather resources, and plan actions to improve the public’s health.

• The SHA is a comprehensive and actionable report on the health and well-being of Hoosiers.
How were the indicators in this report chosen?

• Data and trends of 50+ health indicators were reviewed (quantitative data)

• Over 50 local health department and hospital community needs assessments were reviewed to better understand population health challenges and priorities in all 92 counties

• More than 60 key informant interviews were conducted to get the perspectives of service providers across the state (qualitative data)
These 10 priority topics emerged from the review of community data and assessments, and key informant interviews:

- Access to care
- Mental health
- Obesity
- Substance use
- Nutrition/Physical Activity
- Diabetes
- Tobacco Use
- Heart Disease
- Cancer
- Maternal and Child Health
Health outcomes

Age-adjusted death rates (per 100,000 population)

<table>
<thead>
<tr>
<th>Year</th>
<th>Total deaths</th>
<th>White total deaths</th>
<th>Black total deaths</th>
<th>Hispanic total deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>852.22</td>
<td>812.91</td>
<td>953.15</td>
<td>496.63</td>
</tr>
<tr>
<td>2013</td>
<td>828.43</td>
<td>817.32</td>
<td>952.83</td>
<td>454.69</td>
</tr>
<tr>
<td>2014</td>
<td>820.35</td>
<td>811.41</td>
<td>932.57</td>
<td>473.51</td>
</tr>
<tr>
<td>2015</td>
<td>833.38</td>
<td>824.5</td>
<td>950.94</td>
<td>451.73</td>
</tr>
<tr>
<td>2016</td>
<td>835.31</td>
<td>823.94</td>
<td>980.49</td>
<td>441.2</td>
</tr>
</tbody>
</table>

Note: Race of 'Other' includes unknown race; 'Hispanic' ethnicity is also reported; Hispanics can be members of any race.

Social Determinants of Health

**Children in Poverty**
Indiana in 2017
- **20.0 %**
- **-11.5 % 4yr chg**
Source: County Health Rankings, Small Area Income and Poverty Estimates

**Median Household Income**
Indiana in 2017
- **$50,510**
- **8.8 % 4yr chg**
Source: County Health Rankings, Small Area Income and Poverty Estimates

**Uninsured Adults**
Indiana in 2017
- **17.0 %**
- **-16.3 % 4yr chg**
Source: County Health Rankings; Small Area Health Insurance Estimates

**Percent Population Covered by Complete Streets Policies**
Indiana in 2015
- **47.4 %**
Source: Indiana State Department of Health

**Unemployment Rate**
Indiana in 2017
- **4.8**
- **-46.7 % 4yr chg**
Source: County Health Rankings; Bureau of Labor Statistics

**Uninsured Children**
Indiana in 2017
- **7.0 %**
- **-23.1 % 4yr chg**
Source: County Health Rankings; Small Area Health Insurance Estimates
Which of these statements best describes the food situation in your household in the past 12 months?

- "Always afford to eat good nutritious meals"
- "Enough to eat but not always the kinds of food we should eat"
- "Sometimes or often we could not afford enough to eat"

National Survey of Children’s Health, 2016 data
Health care access in Indiana

Source: Indiana, BRFSS 2016

<table>
<thead>
<tr>
<th></th>
<th>Total Indiana</th>
<th>Hispanic</th>
<th>Black</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>'Do you have one person you think of as your personal doctor or health care provider?'</td>
<td>75.9</td>
<td>59.9</td>
<td>70.8</td>
<td>77.9</td>
</tr>
<tr>
<td>Have you had a routine check up in the past year?</td>
<td>67.2</td>
<td>52.1</td>
<td>71.4</td>
<td>68.1</td>
</tr>
<tr>
<td>Do you have health care coverage?</td>
<td>88.9</td>
<td>62.5</td>
<td>85.3</td>
<td>91.4</td>
</tr>
<tr>
<td>Was there a time in the past 12 months when you needed to see a doctor but couldn't because of cost?</td>
<td>12.6</td>
<td>24.1</td>
<td>17.8</td>
<td>11</td>
</tr>
</tbody>
</table>

HP2020 Goal

- Total Indiana: 100%
- Hispanic: 80%
- Black: 80%
- White: 80%
### Tobacco use

#### Smoking prevalence by subpopulations (2016 BRFSS)

<table>
<thead>
<tr>
<th>Category</th>
<th>Smoking prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Indiana</td>
<td>21.1</td>
</tr>
<tr>
<td>Hispanic</td>
<td>17.8</td>
</tr>
<tr>
<td>Black</td>
<td>23</td>
</tr>
<tr>
<td>High school education or less</td>
<td>29.5</td>
</tr>
<tr>
<td>Income &lt;$25K</td>
<td>33.1</td>
</tr>
<tr>
<td>Report poor mental health days*</td>
<td>37.5</td>
</tr>
<tr>
<td>Adults who identify as LGBT</td>
<td>31.6</td>
</tr>
</tbody>
</table>

**HP2020 Goal of 12%**

*poor mental health on 14 or more days in the past 30 days*
Nutrition and physical activity

• Indiana adults: (2015 BRFSS):
  – Consumed fruit less than 1 time a day: **42.8%**
  – Consumed vegetables less than 1 time a day: **26.7%**
  – Meet aerobic recommendations: **44.1%**
  – Meet both aerobic and muscle strengthening guidelines: **15.6**

• Indiana Adolescents (2015 YRBS):
  – 12.6% of high school students did not eat fruit
  – 13.9% of high school students ate fruit or drank 100% fruit juice 3 or more times per day
  – 7.3% of high school students did not eat vegetables
  – 9.8% of high school students ate vegetables 3 or more times per day
  – 25.3% of high school students were physically active at least 60 minutes per day every day (the national recommendation)
Obesity and overweight

Indiana adult and overweight, (2016 BRFSS)

<table>
<thead>
<tr>
<th></th>
<th>Obese Adults</th>
<th>Overweight Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Indiana Adults</td>
<td>32.5</td>
<td>34.7</td>
</tr>
<tr>
<td>Hispanic</td>
<td>26.8</td>
<td>41</td>
</tr>
<tr>
<td>Black</td>
<td>42.1</td>
<td>37.4</td>
</tr>
<tr>
<td>White</td>
<td>32.1</td>
<td>34.4</td>
</tr>
</tbody>
</table>

HP2020 goal: 30.5%
### Chronic disease outcomes, BRFSS 2016

<table>
<thead>
<tr>
<th>Health outcomes</th>
<th>Total</th>
<th>Hispanic</th>
<th>Black</th>
<th>White</th>
<th>Other</th>
<th>Multiracial</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage of adults aware of having heart disease</td>
<td>4.3</td>
<td>2.3</td>
<td>4.2</td>
<td>5.1</td>
<td>1.6</td>
<td>3</td>
</tr>
<tr>
<td>Percentage of adults aware of having diabetes</td>
<td>11.5</td>
<td>8.8</td>
<td>16.2</td>
<td>11.4</td>
<td>7.5</td>
<td>12.7</td>
</tr>
<tr>
<td>Percentage of adults who have ever had a stroke</td>
<td>4</td>
<td>2</td>
<td>5</td>
<td>3.9</td>
<td>2.5</td>
<td>6.5</td>
</tr>
</tbody>
</table>

Health outcomes: Total, Hispanic, Black, White, Other, Multiracial
Addressing the opioid epidemic

Figure 2. Number of drug overdose deaths involving opioid pain relievers and other drugs, Indiana residents, 1999-2015

Table 1. Drug overdose deaths: Demographic characteristics and intent, Indiana residents, 2015

<table>
<thead>
<tr>
<th>Gender</th>
<th>Number</th>
<th>Percent</th>
<th>Rate per 100,000 persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>460</td>
<td>37.2</td>
<td>14.2</td>
</tr>
<tr>
<td>Male</td>
<td>776</td>
<td>62.8</td>
<td>24.5</td>
</tr>
<tr>
<td>Age (in years)*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15-24</td>
<td>130</td>
<td>10.5</td>
<td>13.8</td>
</tr>
<tr>
<td>25-34</td>
<td>334</td>
<td>27.0</td>
<td>39.3</td>
</tr>
<tr>
<td>35-44</td>
<td>278</td>
<td>22.5</td>
<td>33.8</td>
</tr>
<tr>
<td>45-54</td>
<td>282</td>
<td>22.8</td>
<td>32.1</td>
</tr>
<tr>
<td>55 and older</td>
<td>209</td>
<td>16.9</td>
<td>11.5</td>
</tr>
<tr>
<td>Intent</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unintentional</td>
<td>1052</td>
<td>85.1</td>
<td>16.5</td>
</tr>
<tr>
<td>Suicide</td>
<td>85</td>
<td>6.9</td>
<td>1.3</td>
</tr>
<tr>
<td>Undetermined</td>
<td>97</td>
<td>7.8</td>
<td>1.5</td>
</tr>
</tbody>
</table>

*0-14 age group not included due to small numbers.

Non-Fatal Opioid Emergency Department Visits Per 100k
Indiana in 2015

45.0
N/A pct. chg.
Source: Indiana State Department of Health

Non-Fatal Heroin Overdose Hospitalizations Per 100k
Indiana in 2015

8.5
N/A pct. chg.
Source: Indiana State Department of Health
Health care access in Indiana

Location of birthing hospitals

Identifies 30 minutes service areas of Level three birthing hospitals. Level three facilities are the most equipped to care of at-risk babies.

Primary Care Physicians Per 100k
Indiana in 2017

67.0
4.4% 4yr chg

Source: County Health Rankings, Area Health Resource File/American Medical Association

Average Drive Time to Nearest Trauma Hospital (Minutes)
Indiana in 2015

46.3
N/A pct. chg.

Source: Indiana State Department of Health
Birth outcomes

**Infant mortality rate**

<table>
<thead>
<tr>
<th></th>
<th>Total Indiana</th>
<th>Hispanic</th>
<th>Black</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant mortality rate</td>
<td>7.5</td>
<td>9</td>
<td>14.4</td>
<td>6.4</td>
</tr>
</tbody>
</table>

**Birth outcomes**

<table>
<thead>
<tr>
<th></th>
<th>Total Indiana</th>
<th>Hispanic</th>
<th>Black</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very low birth weight</td>
<td>1.5</td>
<td>1.6</td>
<td>2.9</td>
<td>1.3</td>
</tr>
<tr>
<td>Low birthweight</td>
<td>8.2</td>
<td>7.3</td>
<td>12.5</td>
<td>7.6</td>
</tr>
<tr>
<td>Preterm birth</td>
<td>10</td>
<td>10</td>
<td>13.4</td>
<td>9.6</td>
</tr>
</tbody>
</table>

Source: Indiana State Department of Health; Epidemiology Resource Center, Data Analysis Team; Vital Records Division 2016 Annual Natality Report Table 32 [http://www.in.gov/dhp/reports/natality/2016/ctal22_t.htm](http://www.in.gov/dhp/reports/natality/2016/ctal22_t.htm)
Birth outcomes

### Health Behaviors

- **Prenatal care in the first trimester**
  - Total Indiana: 69.3
  - Hispanic: 57.5
  - Black: 58
  - White: 71.8

- **Breastfeeding at discharge**
  - Total Indiana: 80.5
  - Hispanic: 83.8
  - Black: 68.5
  - White: 82

- **Smoked during pregnancy**
  - Total Indiana: 13.5
  - Hispanic: 3.8
  - Black: 10.8
  - White: 14.6

### Infant mortality causes

- **Perinatal risks**: 48.1%
- **SUIDS**: 14.4%
- **Congenital malformations**: 12.7%
- **Accidents/Assualts**: 20.3%
- **all other**: 4.5%

Source: Indiana State Department of Health; Epidemiology Resource Center; Data Analysis Team; Vital Records Division
2016 Annual Natality Report Table 32 [http://www.in.gov/isdh/reports/natality/2016/tal22_t.htm](http://www.in.gov/isdh/reports/natality/2016/tal22_t.htm)
We want to hear from you:

Please take a few moments to provide feedback on the data to be included in Indiana’s State Health Assessment (SHA)

https://www.surveymonkey.com/r/NWVQMY5
Interested in learning more?

• For county level data on many of the indicators in this summary:
  Indiana Indicators: [IndianaIndicators.org](https://www.in.gov/isdh/26720.htm)
  Stats Explorer: [https://www.in.gov/isdh/26720.htm](https://www.in.gov/isdh/26720.htm)

• For more information or questions about the SHA or this process, please contact:
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  ebezy@isdh.in.gov