

# HEALTH EQUITY REPORT

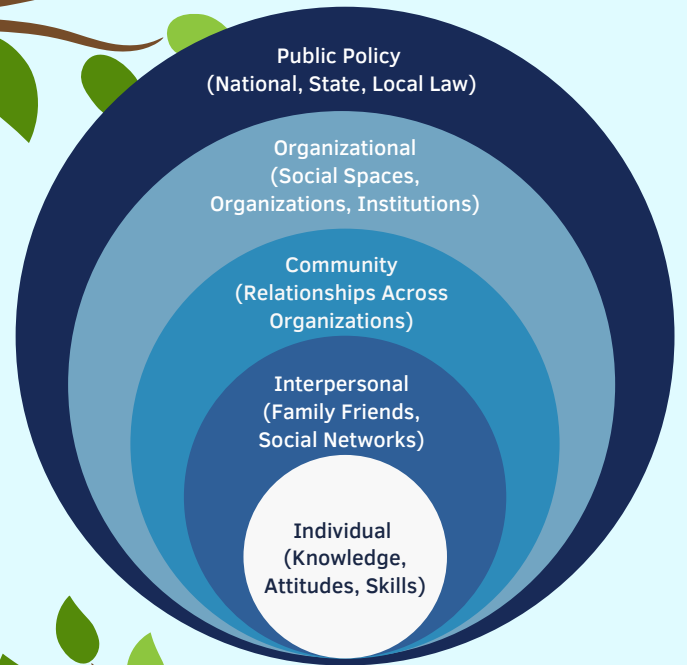


**Our Vision**  
**Healthy people in a healthy St. Joseph County**  
 Data-driven | Evidence-based | Community-centered

## Health Equity Report 2022

The St. Joseph County Department of Health works to promote physical and mental health and facilitate the prevention of disease, injury and disability for all St. Joseph County residents. To guide this work, the Department of Health has embraced a data-driven, evidence-based, and community-centered focus on health equity. Over the past two years the Health Equity, Epidemiology, and Data (HEED) Unit has worked to define the burden of disease in SJC, understand how social and structural factors impact health in the county, and include community input to create a healthier county.

The Health Equity report shares evidence-based practices at multiple levels of society for how to make a difference in health for St. Joseph County.

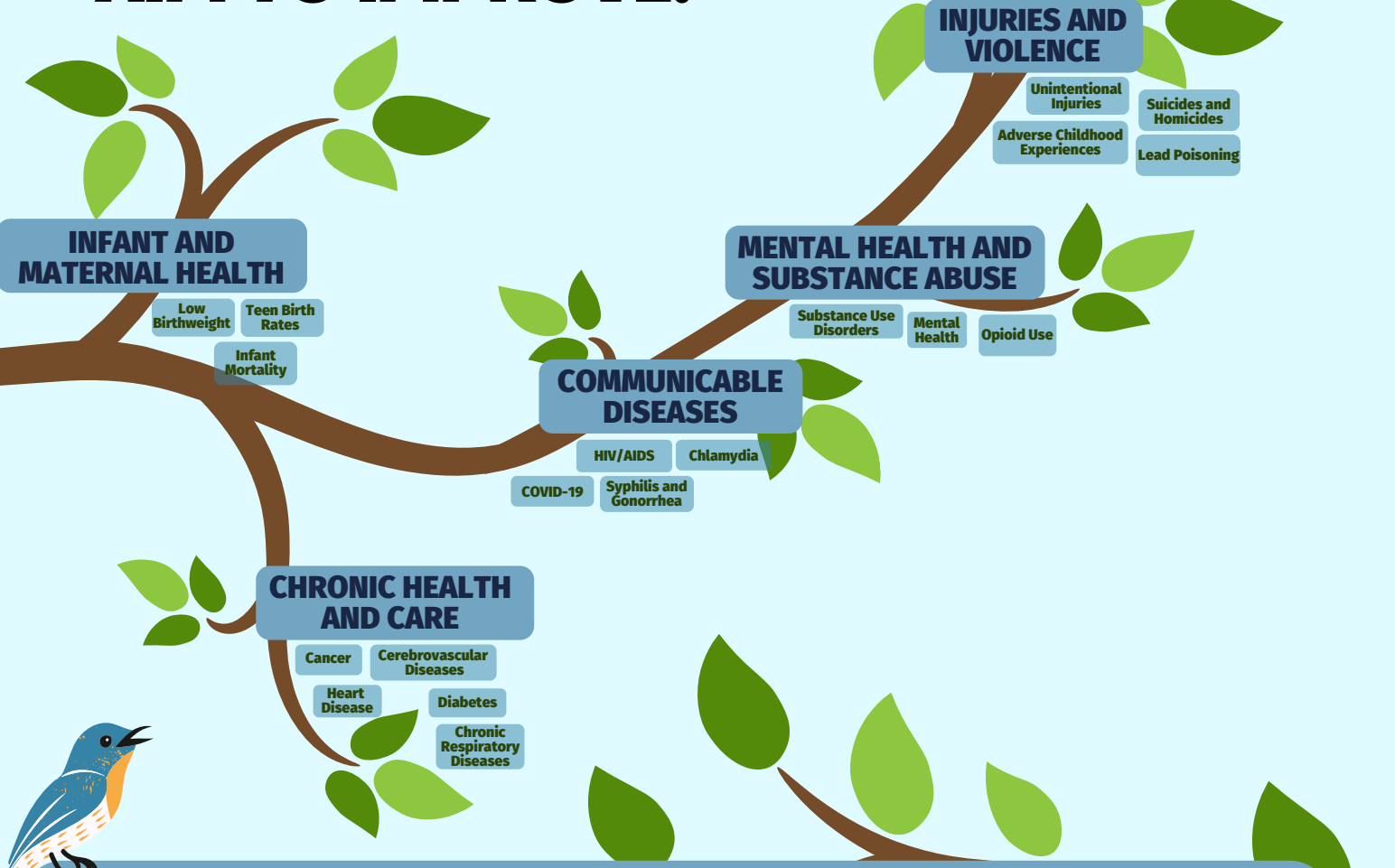


Health equity is achieved when we eliminate the social and structural factors that prevent individuals from achieving health and wellbeing. In health equity, all residents have equal opportunity for optimum health. Health equity reflects principles of nondiscrimination and equality. Health equity is inherently multi-sectoral. Achieving health equity in the county requires shared vision and values. It also requires consideration and inclusion of various systematically disadvantaged groups and seeks to remedy historic and present inequities through collective community action.

This initial health equity report by the St. Joseph County Department of Health seeks to:

- Use data-driven approaches to document health outcomes and identify health disparities
- Examine the relationships between health disparities, social determinants of health, and systems of power
- Outline policies, practices, and programs in which the department, community organizations, and residents can engage to reduce and eliminate health disparities

## HEALTH OUTCOMES WE AIM TO IMPROVE:



### Key Recommendations:

- Implement interventions at multiple levels to achieve greater impact on health
- Enhance systems for data collection, sharing, evaluation, and analysis
- Develop and implement interventions to address root causes of health outcomes



6.5% of the population of SJC is foreign-born



71 religious groups



Median age is 36.6 years



15.2% of the county residents have a disability

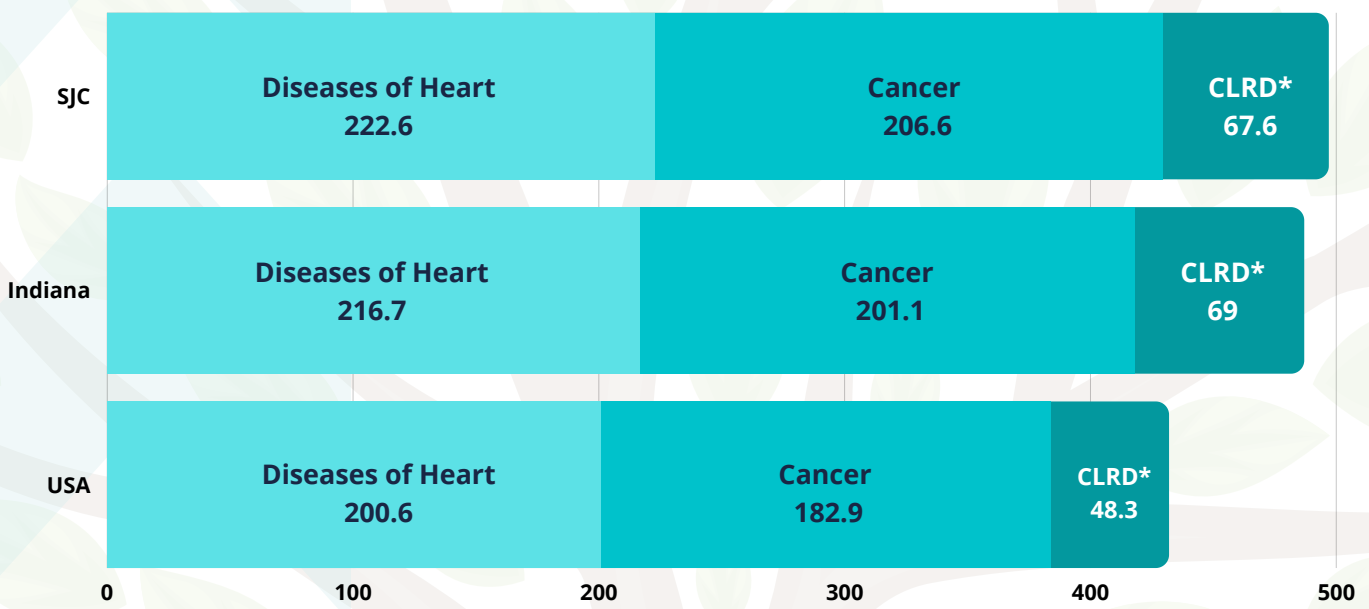


Various races and ethnicities

## Health Outcomes

Health outcomes range from wellbeing to sickness and death. Different root causes lead to different health outcomes and can influence life expectancy. Some of the health outcomes include heart disease, cancer, asthma, and mental illness. You will see 19 health outcomes in our full report.

### 3 Leading Cause of Death in SJC (2018 and 2019)



Rate / 100,000 People

\*CLRD = Chronic Lower Respiratory Diseases. CLRD result from airflow blockage and breathing related problems. Examples of CLRD include chronic obstructive pulmonary disease, asthma, emphysema, and chronic bronchitis.

Data Source: CDC WONDER 2018-2019

In the leading causes of death, SJC has slightly higher rates for the top two diseases than the state and the country. While CLRD is the third leading cause of death in Indiana and SJC, it is the fourth leading cause in the United States. The third leading cause for the United States is accidents and injuries inclusive of drug overdoses.

## Root Causes

Social determinants of health refers to the conditions and environments in which people are born, live, learn, play, work, age, and die that shape health outcomes. The examples in this report of health outcomes and their associated root causes are not an all-encompassing explanation of each health outcome but are meant to provide insight and context into the multifactorial origins of morbidity and mortality.

## Systems of Power

The intrapersonal, interpersonal, institutional, and systemic mechanisms that shape the distribution of resources in society are known as systems of power. These systems act across social domains like law, governance, and culture. They are rooted in historic and current policies, practices, and programs.

## Improving Health Outcomes

Evidence-based approaches show that adopting policies, programs, and practices that support better social and economic conditions across the individual, relationship, organizational, community, and policy levels can positively influence health outcomes.

**Education**



**Food Systems**



**Neighborhood and Built Environment**



**Economic Stability**



**Community and Social Context**



**Healthcare System**



This report was created by the Health Equity, Epidemiology, and Data (HEED) Unit of the St. Joseph County Department of Health.

For access to the full report, click [here](#).