



Community Health Snapshot

Healthcare Initiative Consortium

Vision
2030

THE FUTURE IS OURS TO SEE

Definition and Purpose

- The Healthcare Initiative Consortium is a group of healthcare leaders gathering Hall County data on some of the top health indicators. This group is working toward community health improvement on the local level using meaningful and specific data as well as ongoing communication.

Members

- Group includes representatives from physician practices (The Longstreet Clinic), NGMC & NGPG Primary Care Clinic at the Hall County Health Department, Brenau University and Good News Clinics.
- The work of this group dovetails with Vision 2030 and the Greater Hall Chamber of Commerce's Healthcare Committee.

Data: Four Entities

- Health Smart – those who participated in health screenings at Chamber Health Expo
- NGPG Primary Care Clinic at the Hall County Health Department
- The Longstreet Clinic – Adult Primary Care Practices
- Good News Clinics – free clinic for the uninsured

- Data on Adult Patients 18 and older, seen in calendar year 2011

Data Elements

- **BMI** – Body Mass Index based on height and weight ratio
- **Cholesterol** – total cholesterol
- **A1C** (Risk of Diabetes) – blood sugar levels
- **Hypertension** – blood pressure

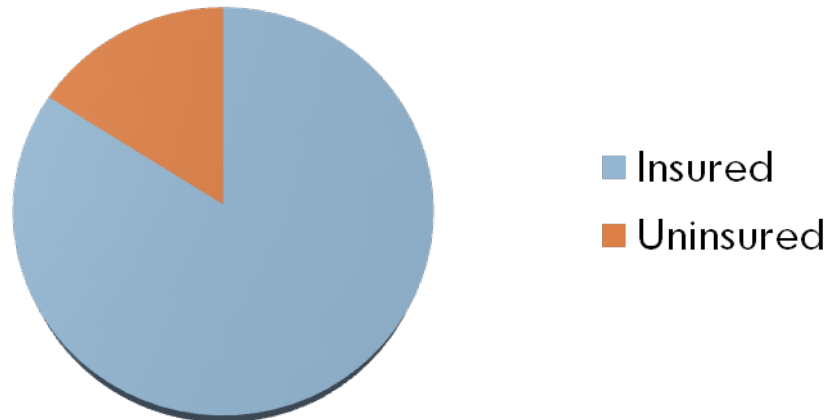
Basics of the Data

- Total Number of Patients in the Sample: 21,808
- Mean age: 49
 - 18 – 30: 15.6%
 - 30 – 55: 48.5%
 - 55 - 70: 25.6%
 - 70 & Older: 10.3%

Basics of the Data

Insured Vs. Uninsured

- Total Insured: 84%
- Total Uninsured: 16%



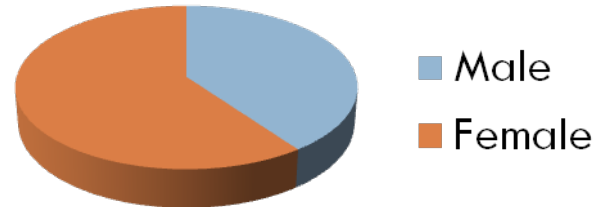
This is a sample of data from the above entities and is not reflective of the actual uninsured rate.

According to the U.S. Census, Hall County has a higher proportion of uninsured than that of the state and U.S. The percentage of uninsured in Hall County is **21.5% as compared to 19.4% in Georgia, 15.2% in the nation.**

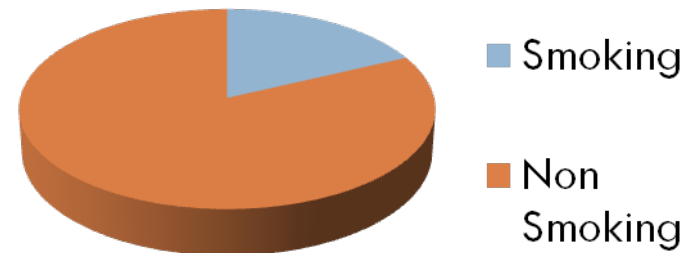
***A new interactive resource called *Mapping Georgia's Uninsured* shows Hall County's uninsured rate as high as 27%.**

Basics of the Data

- Male: 40%
- Female: 60%



- Self-Reported Smoking:
Current Smokers: 18%
Non Smokers: 82%



* Self reported information is often under reported.

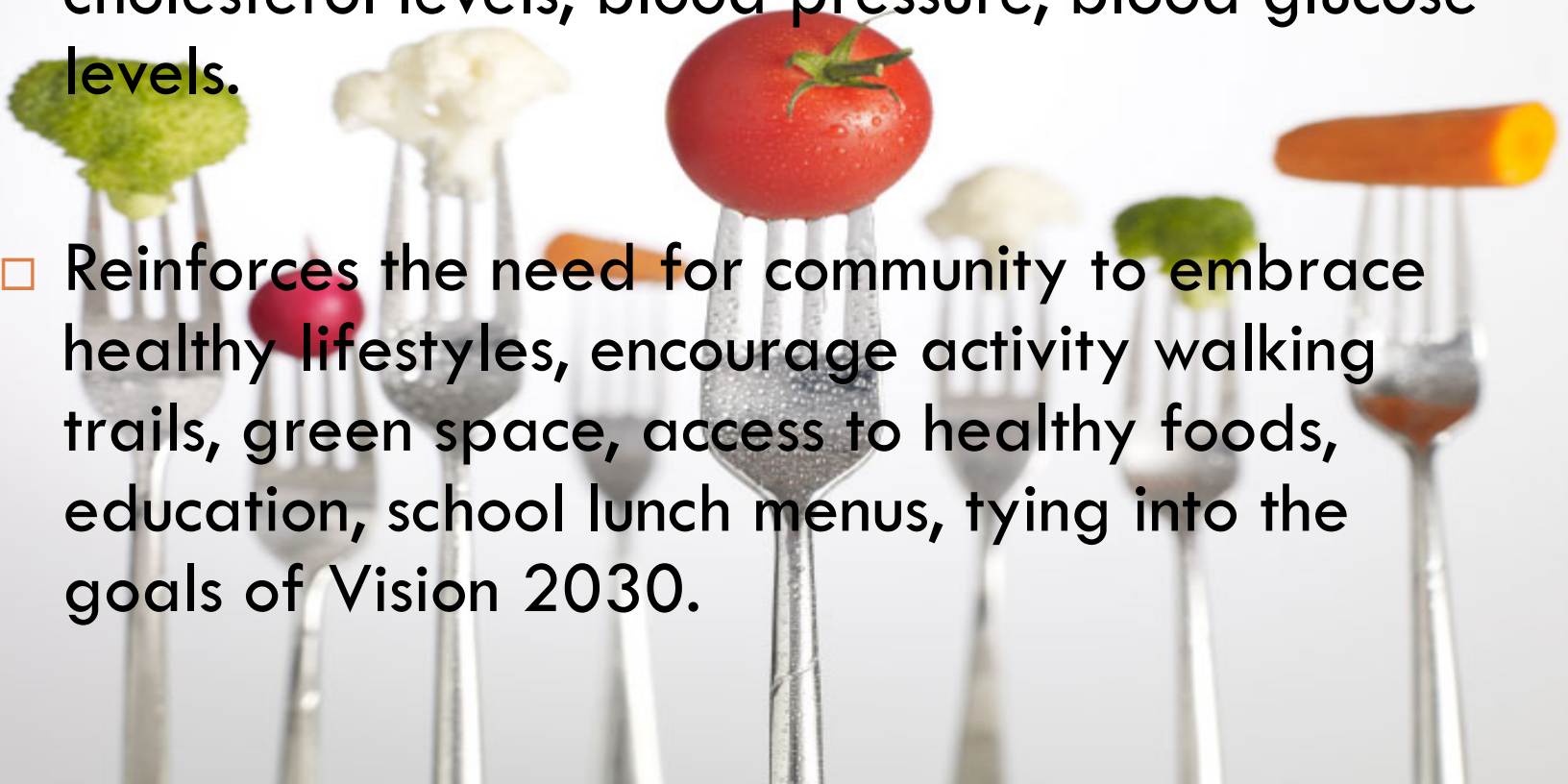
Significant Findings: Obesity

- **Obesity** is associated with a number of serious health concerns, including diabetes, cardiovascular disease, hypertension, sleep apnea, some cancers and osteoarthritis, resulting in an elevated risk of disability and mortality. There is also growing information on links between obesity and dementia, sexual dysfunction and depression.
- Only 26% of the insured population and 20.5% of the uninsured population have healthy BMI (39% of insured population and 50% of uninsured population are not only overweight, but obese.)
- **Regardless of insurance status, between 75 & 80% of this sample is overweight or obese, which is worse than state and national data.** (Georgia data show 64.8% of adults were overweight, with a Body Mass Index of 25 or greater. Nationally, more than one-third of U.S. adults (35.7%) are obese.)



Obesity

- Weight loss (healthy eating and exercise) impacts cholesterol levels, blood pressure, blood glucose levels.
- Reinforces the need for community to embrace healthy lifestyles, encourage activity walking trails, green space, access to healthy foods, education, school lunch menus, tying into the goals of Vision 2030.



Diabetes

- **14.1% of insured** patients have blood sugars indicating they are at risk of developing diabetes.
- **28.1% of insured** patients have blood sugars that indicate they are already diabetic.
- **14.4% of uninsured** patients have blood sugars indicating they are at risk of developing diabetes.
- **50.8% of uninsured** patients have blood sugars that indicate they are already diabetic.

Diabetes

- Patients can avoid going from prediabetic state to diabetic state if they address obesity and increase healthy food and lifestyle. Blood sugar levels can return to normal and by doing so, long term health consequences of diabetes can be avoided or delayed:
 - Vision Loss
 - Kidney damage
 - Amputation
 - Cardiovascular disease

Diabetes

- “Scientists have shown that prediabetics who changed their diet and exercised regularly lowered their risk of the disease by 58%.”

- *Archives of Internal Medicine*

Blood Pressure

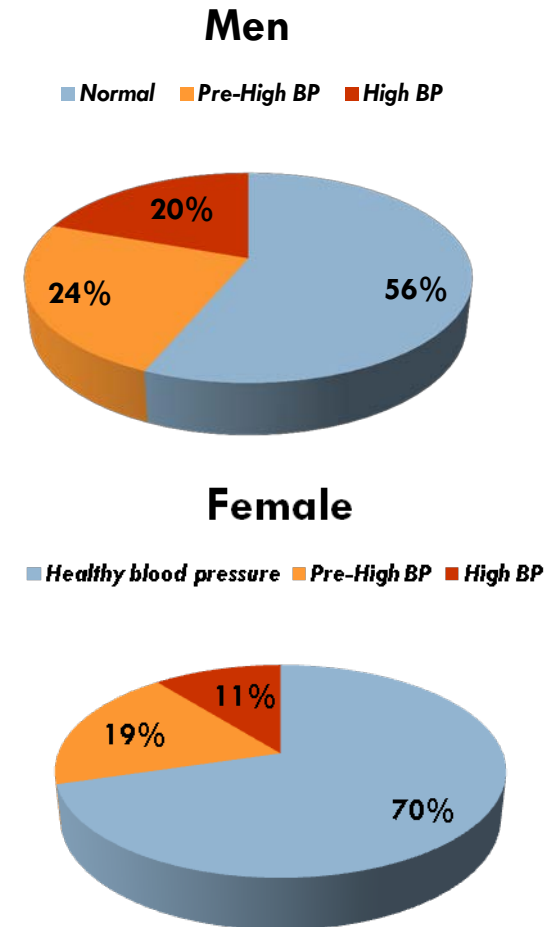
- High blood pressure is dangerous because it makes the heart work too hard. It also makes the walls of the arteries hard.
- High blood pressure increases the risk for heart disease and stroke, the first- and third-leading causes of death for Americans.
- High blood pressure can also cause other problems, such as heart failure, kidney disease, and blindness.



High Blood Pressure

- Higher incidence of hypertension in men
- Only 56% men in the study vs. 70% of females had a normal blood pressure

	Male	Female
Healthy blood pressure	56.4	70.4
Pre-Hypertension	24.1	18.8
Hypertension	19.5	10.8



Cholesterol

- The data shows that people who are insured have healthier cholesterol and better managed blood pressure and blood sugars.
- 18.7% of the insured population have elevated cholesterol; 23% of uninsured have elevated cholesterol
- Socioeconomic factors have an impact on health

Socioeconomic Factors in Health



It is well documented that many factors combine to affect the health of individuals and communities. Whether people are healthy or not is determined by their circumstances and their environment, according to the World Health Organization. To a large extent, factors such as where we live, the state of our environment, genetics, our income and education level, our relationships with friends and family all have considerable impacts on health.

Determinants of Health

The determinants of health include:

- social and economic environment
- physical environment
- a person's individual characteristics and behaviors

Determinants of Health

Additional factors that relate include

- education
- culture
- income
- social status
- employment
- working conditions
- social support networks
- genetics
- access to care
- gender



Determinants of Health

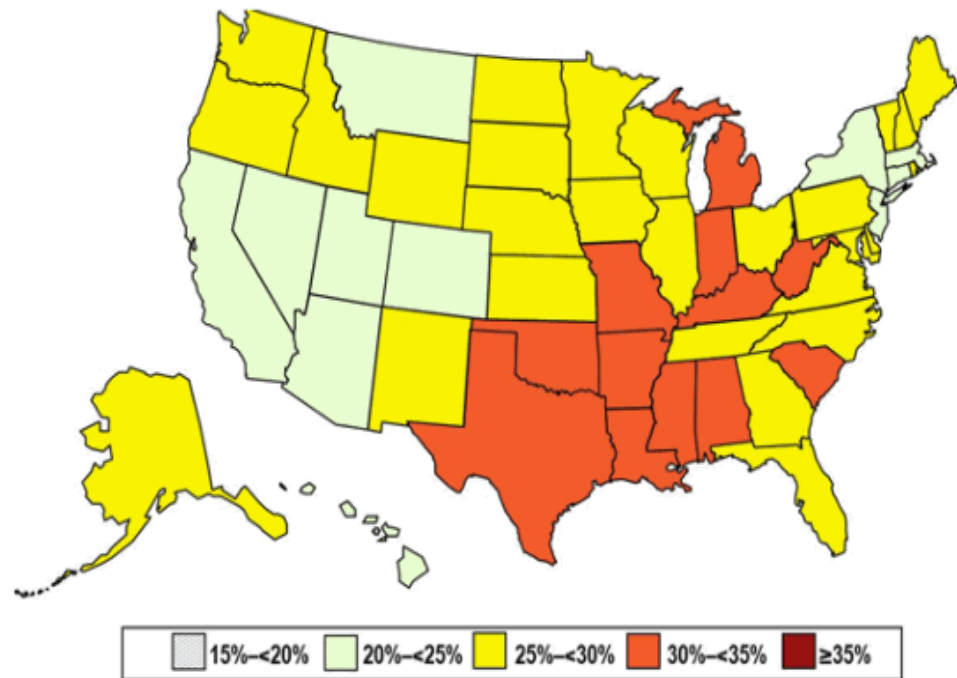
- ❑ If community members have adequate education, employment, income, a safe environment and supportive social networks, they will have the capacity to make healthy behavior choices and be more likely to have access to health services. Therefore, the community must consider the social determinants of health as part of preventative care.



Conclusions

- Our community, like many across the county, has an obesity issue. This leads to high incidence of hypertension, cholesterol and diabetic risk.

Prevalence of Self-Reported Obesity Among U.S. Adults
BRFSS, 2011



What Can We Do?

- Encouraging healthy lifestyles
- Increase access to healthcare
- Ties into Vision 2030

“Gainesville-Hall County is a model for providing high-quality, affordable healthcare to its residents. An important part of this initiative is an innovative set of wellness programs, which involves residents in managing their own health.” - A Vision 2030 Goal

Next Phase

- Begin gathering data for 2012 Snapshot
- Continue to track our progress toward Vision 2030 Goals
- Gather more data from healthcare providers in the market
- Look at data based on race
- Provide a pediatric snapshot

Questions?

- For more information about this data:

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