

Describing Health Equity in Marin

A Data Challenge

The “Tyranny of the Mean”: Life Expectancy by County

Rank (top)	Name	Life Expectancy	Lower	Upper
Females				
1	Marin, California	85.02	84.46	85.56
2	Montgomery, Maryland	84.87	84.53	85.19
3	Collier, Florida	84.62	84.09	85.1
4	Santa Clara, California	84.54	84.29	84.8
5	Fairfax County, Virginia	84.52	84.19	84.84
6	San Francisco, California	84.38		
7	Gunnison, Colorado	84.33		
8	Pitkin, Colorado	84.33		
9	San Mateo, California	84.3		
10	Bergen, New Jersey	84.26		

Rank (top)	Name	Life Expectancy	Lower	Upper
Males				
1	Fairfax County, Virginia	81.7	81.32	82.02
2	Gunnison, Colorado	81.65	80.39	82.84
3	Pitkin, Colorado	81.65	80.39	82.84
4	Montgomery, Maryland	81.57	81.23	81.91
5	Marin, California	81.44	80.91	82.01
6	Douglas, Colorado	81.41	80.77	82.01
7	Eagle Colorado	81.01	79.83	82.18
8	Loudon, Virginia	81	80.37	81.65
9	Santa Clara, California	80.98	80.69	81.25
10	Teton, Wyoming	80.93	79.85	81.84

Source: Wang et al. *Population Health Metrics* 2013, 11:8

<http://www.pophealthmetrics.com/content/11/1/8> Accessed 3/32/2014

County Health Rankings: Marin Ranks Highest in California

Marin County ranked in the top 5% in:

- Premature death rate
 - Adults self reported health
 - Mentally unhealthy days
 - Adult obesity
 - Teen birth rate
 - Uninsured adults
 - Primary care physicians per capita
 - High school graduation
 - Unemployment
 - Children in poverty
 - Physical activity
 - Violent crime rate
- High food environment index
- Low rate of preventable hospital stays
 - Low violent crime rate

Ranked in the top 25% in:

- Low number of physically unhealthy days
- Adults without social/emotional support
- Low percent driving alone to work

Ranked in the top 10% in:

- Low percent of adults reporting fair or poor health
- Low average number of mentally unhealthy days
- High access to exercise opportunities
- High dentists per capita
- High mental health providers per capita
- High percent with some college

Ranked in the top 15% in:

- Low percent of adults who smoke
- Low percent of children in single-parent households
- Low average daily air pollution



County Health
Rankings & Roadmaps
A Healthier Nation, County by County



Marin County ranked in the bottom 50% in:

- ¹Excessive Drinking
- ²Drug poisoning mortality rate
- Income Inequality

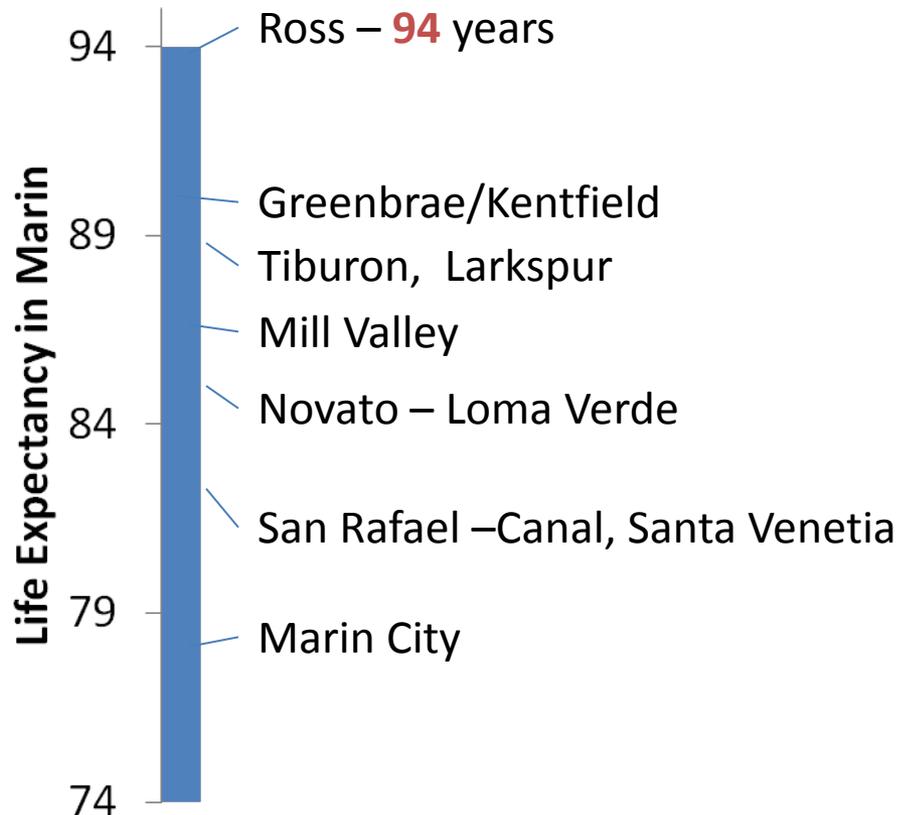
¹ Data collected from Behavioral Risk Factor Surveillance System 2006-2012 (2005-2010 for social support indicator) and may vary from other local sources used in county health reports and factsheets.

² Drug poisoning deaths was an additional measure and did not contribute to the overall county health rankings.



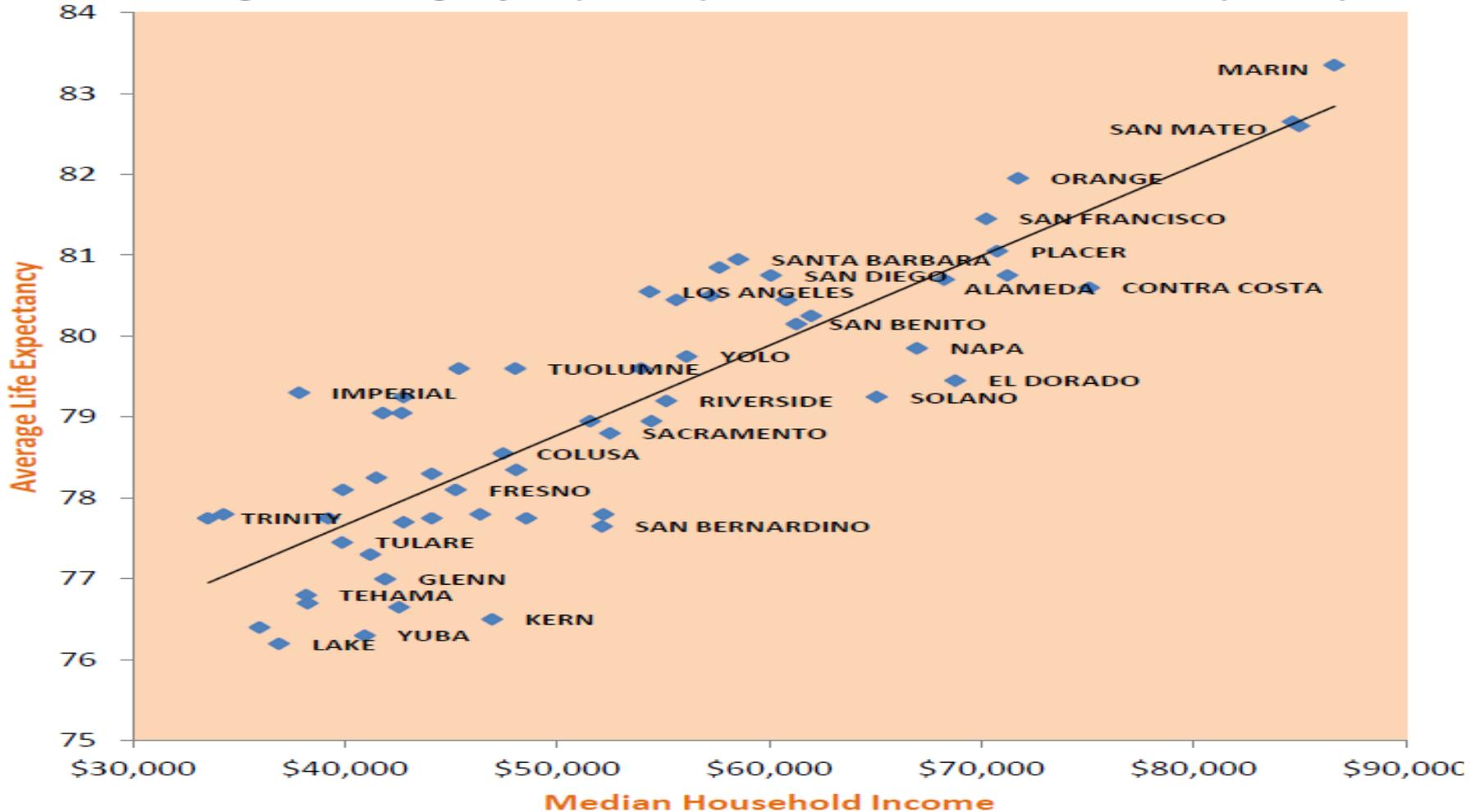
Wide Disparities in Life Expectancy

17 year Difference Between Communities



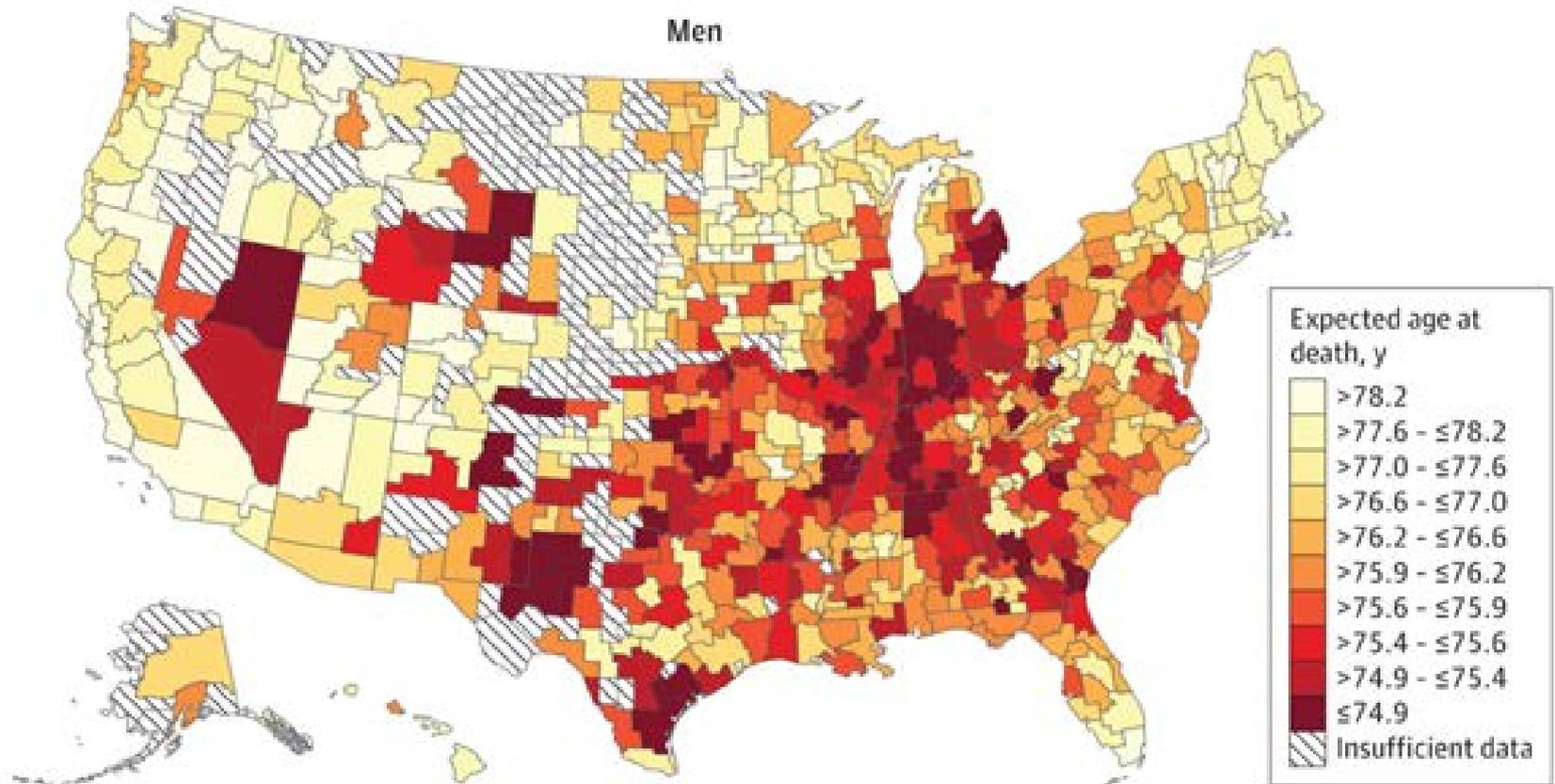
Life expectancy and income: California counties

Fig 1.2 Average Life Expectancy vs. Median Household Income by County



Life expectancy of 40-year-olds with household incomes **below \$28,000**, adjusted for race

A Life expectancy for bottom income quartile



<http://jama.jamanetwork.com/article.aspx?articleid=2513561>

Criteria for Choosing Equity Metric

- Describes important inequity
- Understandable to community and stakeholders
- Standardized
 - Comparable across time and geography
 - Validated
- Available by specific groups and place (stratifiable)
- Can be influenced by system improvement
- High proxy value
 - Improvement would reflect widespread co-benefits and impact
- Collected and tracked by existing infrastructure
 - Measured routinely

Preventable Heart Disease Drives Marin's Gap in Life Expectancy

Census Tracts with Shortest Life Expectancy

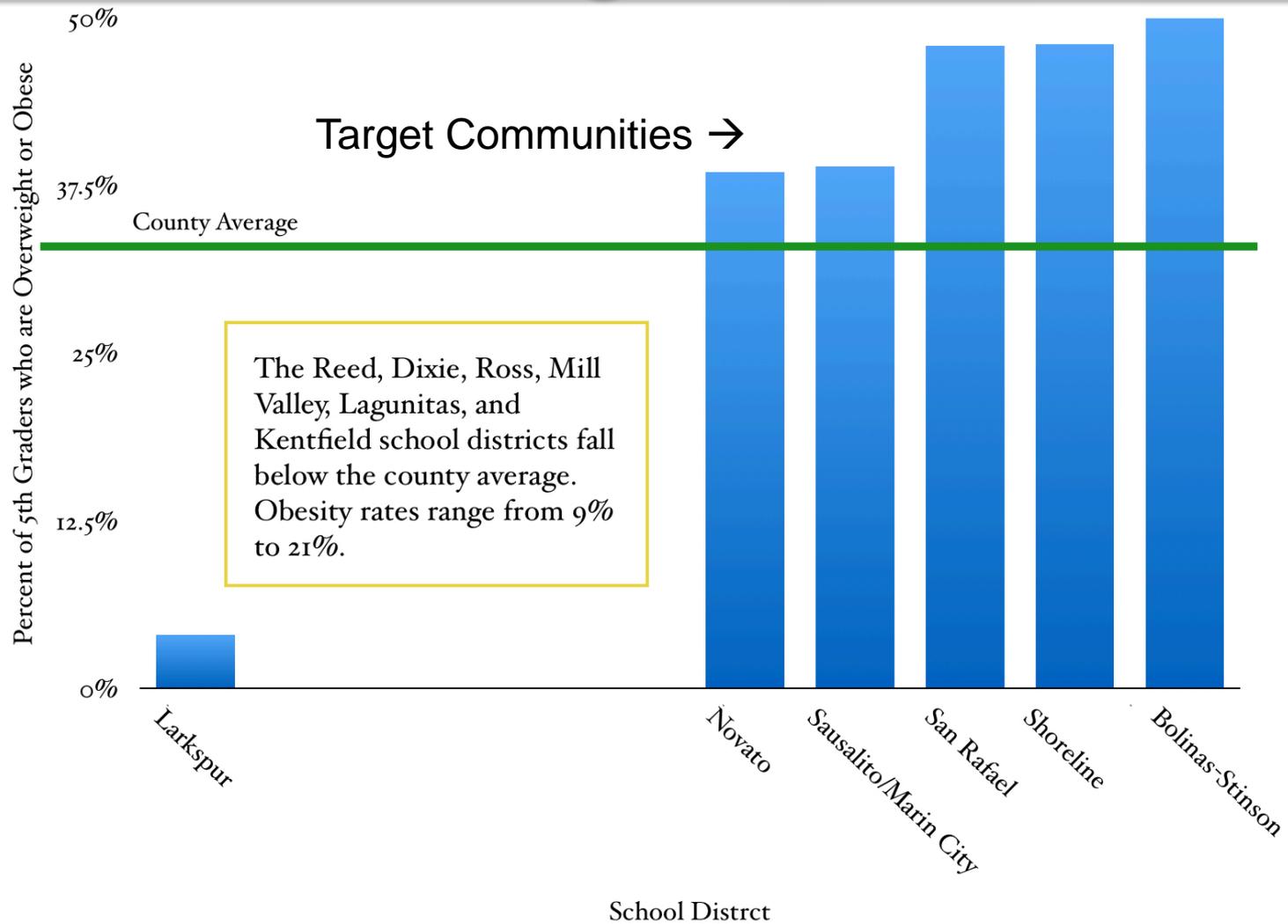
Rank	Cause of Death	Death Rate per 100,000
1	HEART DISEASE	269.26
2	CANCER	217.15

Census Tracts with Greatest Life Expectancy

Rank	Cause of Death	Death Rate per 100,000
1	CANCER	185.73
2	HEART DISEASE	163.15

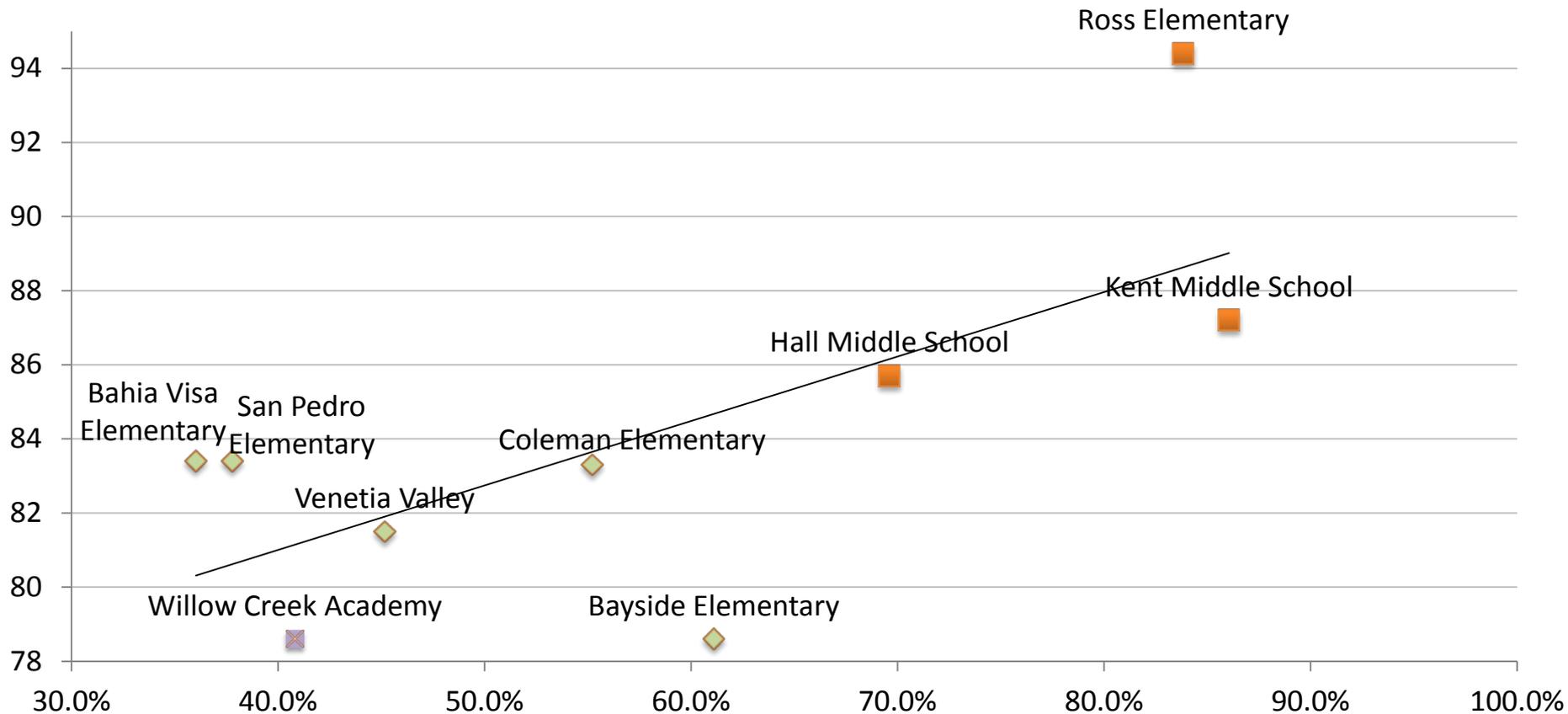
- Heart Disease mortality is 40% higher in communities with shortest life expectancy.

Marin 5th Graders who are Overweight or Obese

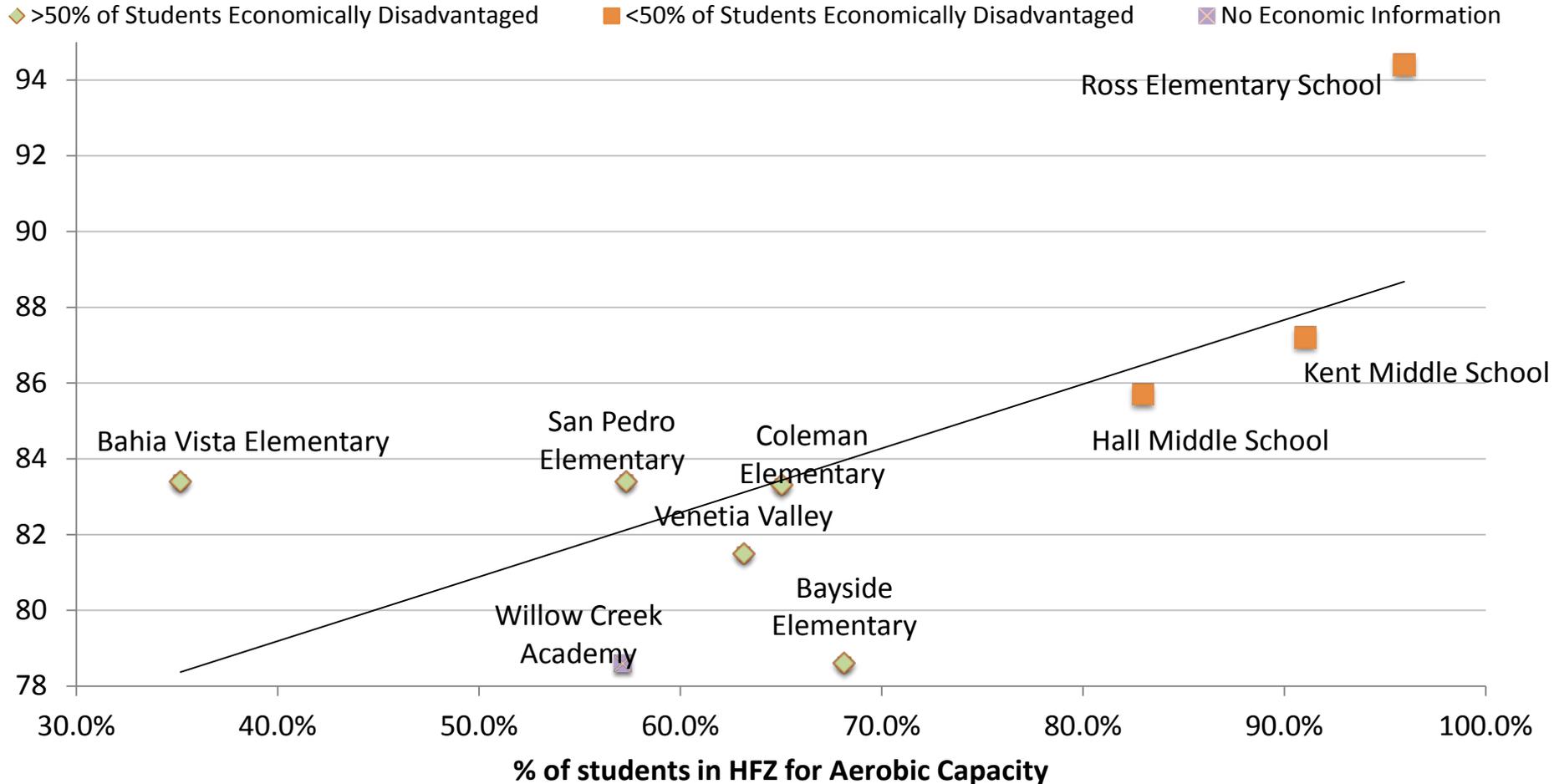


Obesity at 5th Grade and Life Expectancy by Community

◆ >50% of Students Economically Disadvantaged ■ <50% of Students Economically Disadvantaged ▣ No Economic Information



Fitness at 5th Grade and Life Expectancy by Community



HEALTH EQUITY GOAL: CHILDHOOD OBESITY

- In five target school districts:
 - Reduce the proportion of children who are overweight or obese by 10% by 2020
 - Increase fresh fruit and vegetable consumption by 10% by 2018
 - Increase the proportion of children in the healthy fitness zone by 10% by 2018

Drivers of Disparities in Life Expectancy: Cardiovascular Disease

INEQUITABLE
HEALTH
OUTCOMES

Cardiovascular disease
40% higher in areas with
low Life Expectancy

Reduce OBESITY by 10%

STRATEGIC
DIRECTIONS

Increase F/V by 10%
(HEALTHY EATING)

Increase Physical Activity
by 10%
(ACTIVE LIVING)

EVIDENCE
BASED
STRATEGIES

Healthy food
Options in
Schools

Healthy
Retail

Standardized Care
for Community
Environments

Physical Activity in
School

Community
Programs to
Increase PA

COLLECTIVE
IMPACT
(PROGRAMS)

Conscious
Kitchen
(MLK, Willow
Creek)

Nutrition
Standards/
Vending

Grocery Store
(Marin City)

Park Prescriptions

???

Manzanita Rec
Center, Rocky
Graham Park

School
Garden Pilots

School
Nutrition
Wellness

Health and
Wellness
Center

Ball Field
Joint Use

GGNRA
Access

HEAL

MARIN COUNTYWIDE
HEALTHY EATING ACTIVE LIVING



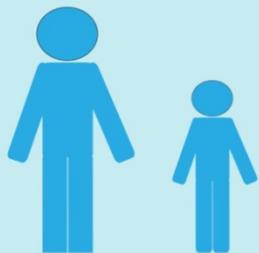
Thank You

Extras

NOT ALL COMMUNITIES HAVE THE SAME CHANCE TO BE HEALTHY

ROSS FACT SHEET

Total Population: 2415



93.8% White
 0.2% African-American
 3.9% Hispanic or Latino
 2% Asian/Pacific Islander
 .8% Other
 (One race - hispanic and/or latino calculated as a percent of total population)

People under the age of 18: 30.3%
 People over the age of 65: 17.1%

Approximately 10.7% of Ross Residents live below 200% of the federal poverty level



*Ross's Median Household Income: \$114,750
 *Low Income range: \$66,894-114,332
 *County of Marin Median Household Income: \$90,962

US Census, 2010 & American Fact Finder, 2012



0% Obesity Rate

54.5% Overweight Rate

94.4 - Life Expectancy

(Human Impact Partners, 2012)



16.3% of 7th Graders are overweight or obese

(Human Impact Partner, 2012)

ED visits for asthma in children in Marin County

*151 - African American
 *37.2 -Hispanic/Latino
 *27.0 White

(Calculated per 10,000 people, OSHPD, 2010)

MARIN CITY FACT SHEET

Total Population (census tract 1290): 2666*



38.9% White
 38.1% African-American
 13.7% Hispanic or Latino
 11.6% Asian/Pacific Islander
 4.5% Other
 (One race - hispanic and/or latino calculated as a percent of total population)

People under the age of 18: 23.7%
 People over the age of 65: 9.4%

Approximately 39% of Marin City Residents live below 200% of the federal poverty level



*Marin City's Median Household Income: \$37,857
 *Low income range: \$5,629-\$31,205
 *County of Marin Median Household Income: \$90,962

US Census, 2010 & American Fact Finder, 2012 - *Tract 1290 does not include all of Marin City



14.9% Obesity Rate

60.9% Overweight Rate

78.6 - Life Expectancy

(Human Impact Partners, 2012)



50% of 7th Graders are overweight or obese

(Human Impact Partner, 2012)

ED visits for asthma in children in Marin County

*151 - African American
 *37.2 -Hispanic/Latino
 *27.0 White

(Calculated per 10,000 people, OSHPD, 2010)

Strategies to Achieve Vision: Childhood Obesity and Fitness

- SNAP-Ed
 - Very low income residents—Canal and Marin City Census Tracts, and schools with $\geq 50\%$ enrolled in free and reduced lunch program
- Parent and youth/community education
- Media and social marketing
- Healthy Retail
 - Soda, Tobacco
 - Establishing a grocery store in Marin City

Strategies to Achieve Vision: The Example of Marin City, 2014

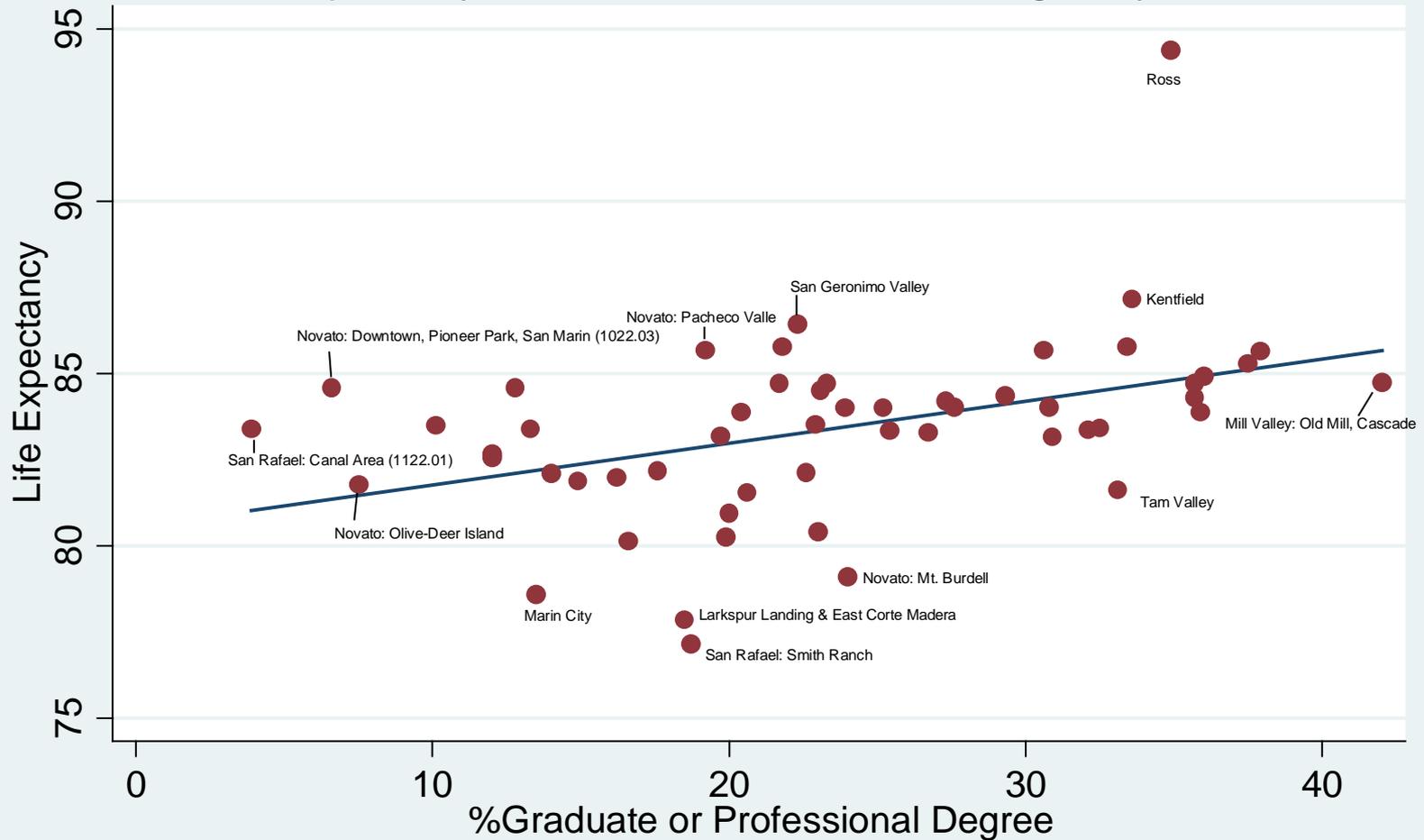
- **Marin City Community Service District Wellness Policy**
 - Smoke-Free buildings and nutritional standards for food and drink
- **Marin City CX3 Survey**
 - Assessing food accessibility, quality and community priorities
- **Betty Times Ball Field renovation and Joint Use Agreement**
 - Installation of a turf field for shared school and community use
- **Marin City Wellness Clinic pursuing Patient Centered Medical Home status**
 - Rewards for effective preventive primary care services and open access
- **Rocky Graham Park Plan**
 - \$5 Million mixed use community park with fitness stations and field
- **Capital Campaign to redevelop the Manzanita Recreation Center**
- **Multi Unit Housing Smoking Ordinance in public housing**
- **Marin City CVS Tobacco-free**
- **Conscious Kitchen School Lunch program**
- **Nutrition Education in after school programs**
- **Hydration stations added in schools and public housing**

Education Level Predicts Cause of Death in Marin

Highest Education Level Completed	#1 Cause of Death	#2 Cause of Death
8th Grade or Less	Heart Disease	Cancer
Less than High School Graduation	Heart Disease	Cancer
High School Graduation	Heart Disease	Cancer
Some college credit /Associate Degree	Cancer	Heart Disease
BA/BS Degree	Cancer	Heart Disease
MA/MS Degree	Cancer	Heart Disease
Doctorate/Professional Degree	Cancer	Heart Disease

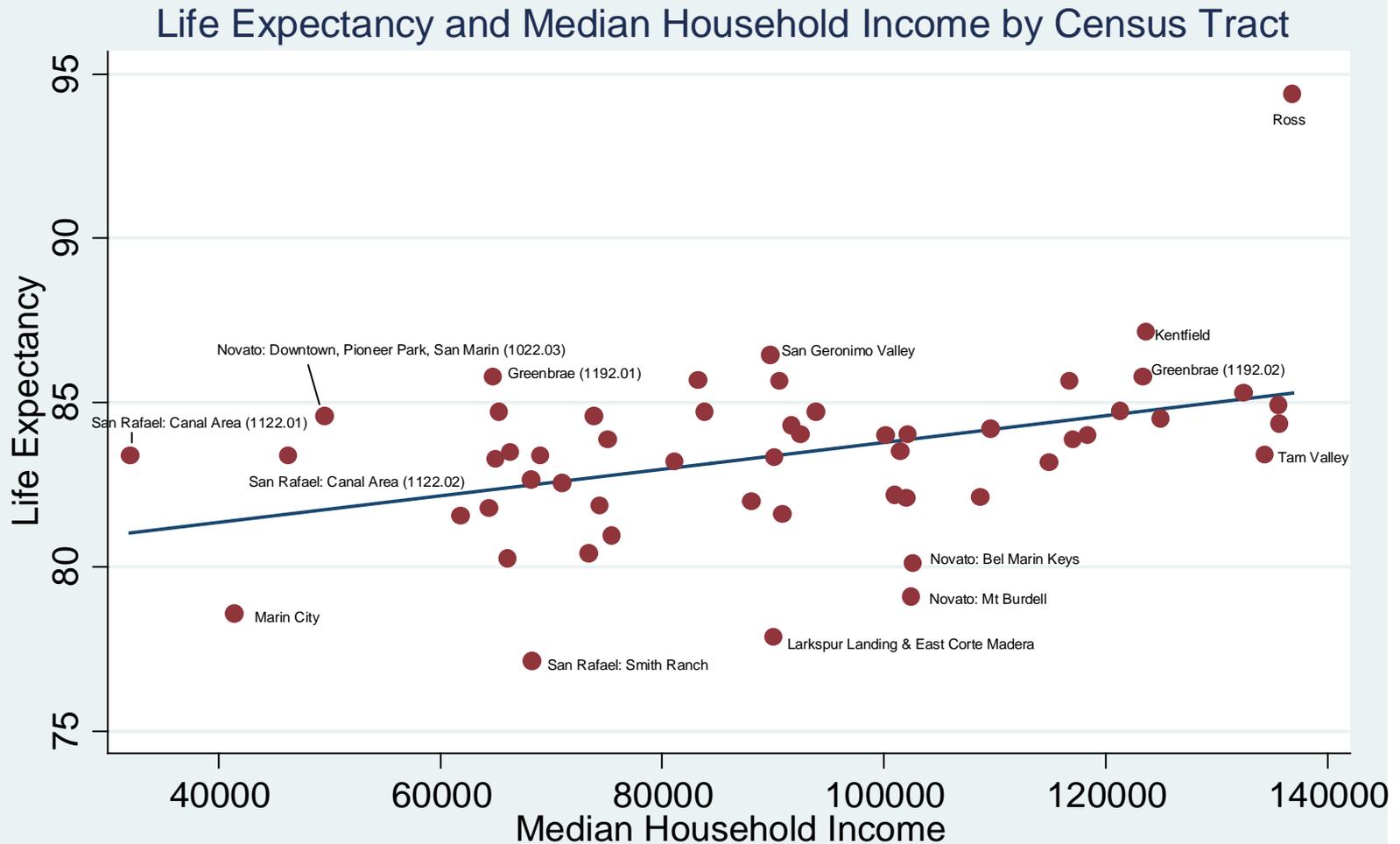
Lower Education, Shorter Life

Life Expectancy and %Graduate/Professional Degree by Census Tract



— Fitted values • Life Expectancy Estimate

Lower Income, Shorter Life



— Fitted values • Life Expectancy Estimate