




**"How Healthy Are We ?"  
"What Would Help Most?"**

Sharon H Vitousek MD  
North Hawaii outcomes Project Director  
October 10, 2003




**How Healthy Are We?**



**Health**



*"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."*

The World Health Organization



**Five Mountains' Role**


Five Mountains Hawaii *facilitates* collaboration and learning to improve community health outcomes .



**North Hawaii Outcomes Project**

North Hawaii Outcomes Project *facilitates* efforts to improve the health and Quality of Life in North Hawaii by developing a useful health measurement and tracking system

[www.nhop.org](http://www.nhop.org)




Health Related Quality Life



**Multiple Influences on Health**

- *Environment*
  - Social & Economic
  - Education
  - Physical
- *Health Behaviors*
- *Protective factors*
  - Resilience
- *Access to Healthcare*
- *Genes*



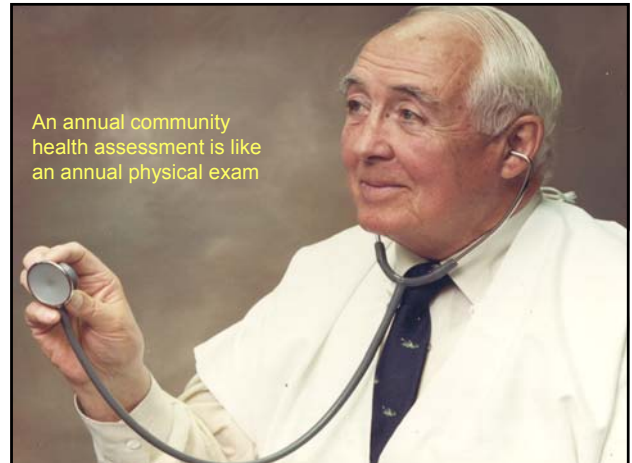

### Community Health Profile Data Sources

**Focus Groups**

- North Kohala
- Waimea
- Waikoloa
- Honokaa
- Pharmacists
- Behavioral Health
- Clergy
- Employers
- Community task forces
- Community Forum Breakout groups

**Secondary Data**

- US Census
- DOE
- DOH
  - Vital statistics
  - Surveys: HHS, BRFSS, YRBS
  - Primary care needs 2002
- Police records
- County Data Book
- Healthy People 2010
- US Dept Health Human Services
- [www.hawaiioutcomes.org](http://www.hawaiioutcomes.org)
- [www.howyourhealth.com](http://www.howyourhealth.com)

### 2000 Community Selected Priorities

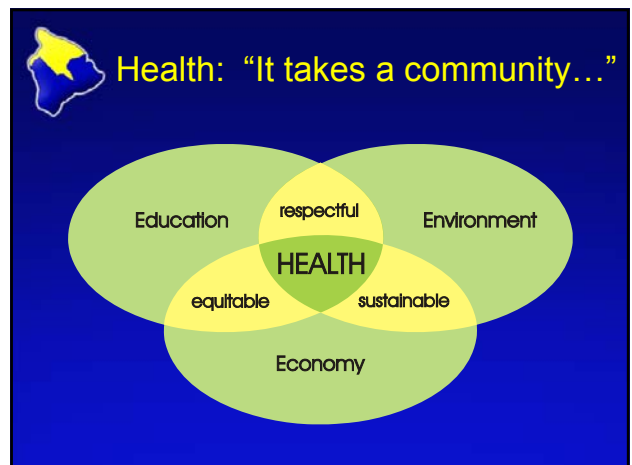
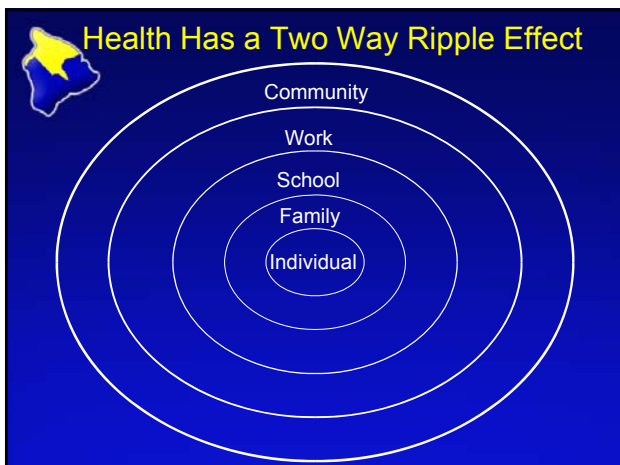
<p><b><u>Increase</u></b></p> <ul style="list-style-type: none"> <li>▲ Educational Attainment</li> <li>▲ Youth Activities</li> <li>▲ Qualified Workforce</li> </ul>	<p><b><u>Decrease</u></b></p> <ul style="list-style-type: none"> <li>▼ Substance Abuse</li> <li>▼ Child Abuse &amp; Family Violence</li> <li>▼ Teen Pregnancy</li> </ul>
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### 2001 Why does community matter?




Third Annual North Hawaii Community Forum – September 6, 2002





*North Hawaii's Hopes for a Healthy Community*


*A great place to live, with a great sense of community,  
A great place to work, play & raise a strong family,  
A great place to heal*



**Our Hopes...**  
*North Hawaii has*

*Healthy people making healthy choices:*

- Newborns, infants, and toddlers thrive;
- Children are safe, healthy and ready to succeed in school;
- Youth make healthy choices and become successful adults;
- Adults have meaningful work, family-sustaining incomes;
- Families live in safe and supportive communities; and
- Seniors are respected and integrated into community life.




**Community Fears...**

- "Losing what's special"
- Rising cost of living and making ends meet
- Balancing multiple jobs and family
- Affording a good education for children
- Rising crime associated with substance abuse
- Access to healthcare



**2001 Additional Priorities**

- ✓ Balancing economic growth and cultural preservation
- ✓ Increasing school- community collaboration
- ✓ Supporting successful aging
- ✓ Improving public transportation



**2002 North Hawaii Community Health Collaboration**

North Hawaii Community Hospital

Five Mountains Hawaii Outcomes Project

Kohala Center

Others, FSSWH, NHWCS

Community groups

Tutu's House


N H Schools

Department of Health

Hawaii Community College Chamber of Commerce


Community groups

Community




**2002**

- Guiding Principles
- What Economic measures?
- What Educational measures ?

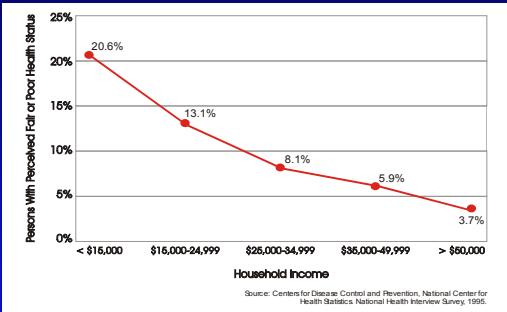


### North Hawaii Community Health Improvement Guiding Principles

- Broad definition of health
- Shared responsibility
- Realistic assessment of where we are now
- Engage those who care--be inclusive
- Learn from others
  - Inventory existing resources & assets
  - Look to science to find what works
  - Listen to community wisdom
- Measure progress




### As Personal Income Goes Up, Poor Health Status Goes down

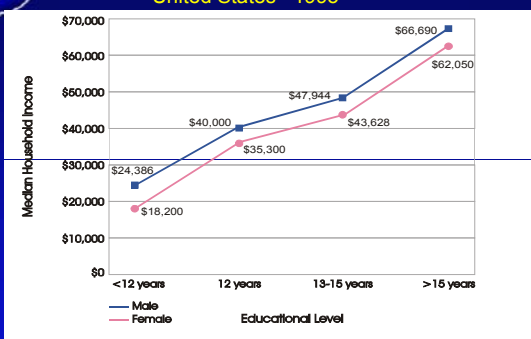


Household Income	Persons With Poor Health Status
< \$16,000	20.6%
\$16,000-24,999	13.1%
\$25,000-34,999	8.1%
\$35,000-49,999	5.9%
> \$50,000	3.7%

Source: US Census 1995




### As Education Goes up, Income Goes Up United States –1995

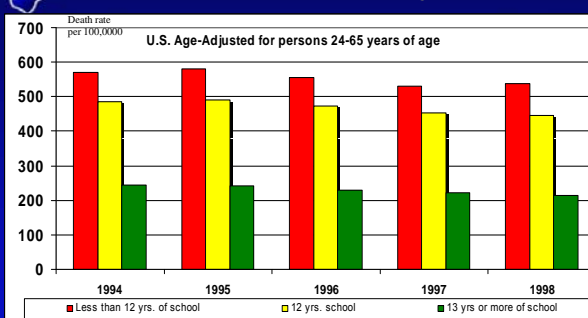


Educational Level	Male Median Household Income	Female Median Household Income
< 12 years	\$24,386	\$18,200
12 years	\$40,000	\$35,300
13-15 years	\$47,944	\$43,628
> 15 years	\$66,690	\$62,050

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey, 1995




### 13<sup>th</sup> Year of School Associated with Lower Mortality Rates



Year	Less than 12 yrs. of school	12 yrs. school	13 yrs or more of school
1994	~580	~480	~250
1995	~580	~480	~250
1996	~550	~470	~240
1997	~530	~450	~230
1998	~530	~440	~220

As education levels increase, death rates decrease

Source: [www.cdc.gov](http://www.cdc.gov), United States, 2000



### Early Educational Predictor of Adult “Success”

“...effective reading skills by grade four were one of the most potent predictors of successful adult adaptation among the high risk children in our study.”

Kauai Longitudinal Study

Source: Werner, Emmy E., Ph.D. "The Children of Kauai Resiliency and Recovery in Adolescence and Adulthood." *Journal of Adolescent Health*, 1992, 13:262-268



### 2002 Additional Priorities

- ✓ Early childhood education
- ✓ Measuring success

[www.hawaiioutcomes.org](http://www.hawaiioutcomes.org)



### North Hawaii Expected Timeline

Community Capacity  
Awareness  
Collaboration

New: Resources, \$\$  
Partnerships, Programs, Practices, Policies.

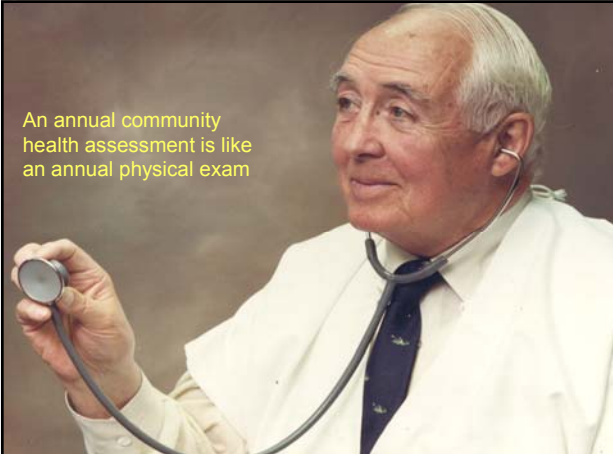
Improvement in Priorities,  
Decreased costs

2-5 years	5-10 years	10-20 years
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### North Hawaii Community Health Improvement

This is a marathon  
not a sprint.



An annual community health assessment is like an annual physical exam



### How Healthy Are We?

Population


- Demographics
- Priorities
- Health Status
  - Life course
  - Risk Factors
  - Protective Factors



### Who Are We?

Demographics


- Geographically
- Age
- Education
- Income
- Health Insurance
- Culture/Ethnicity



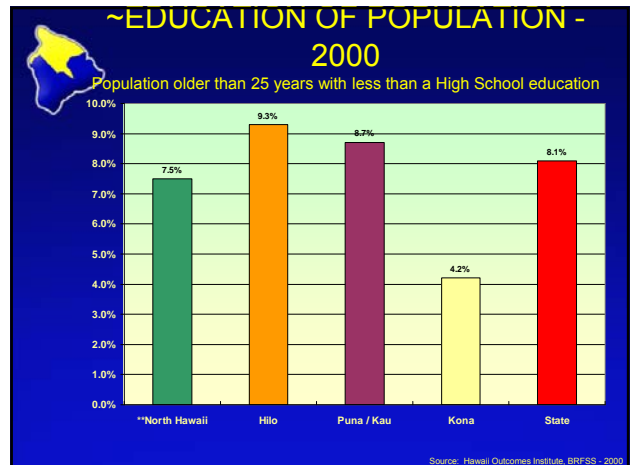
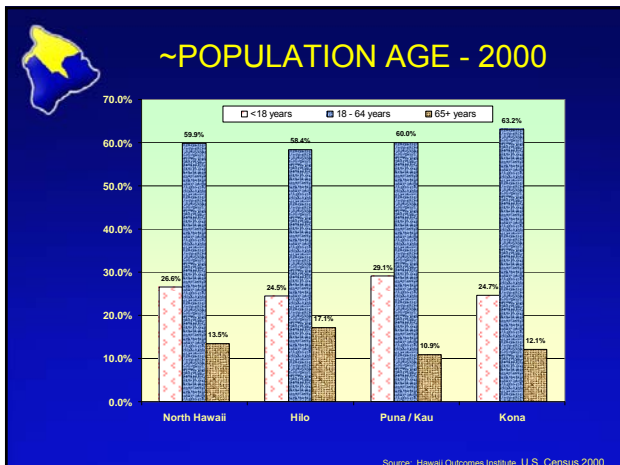
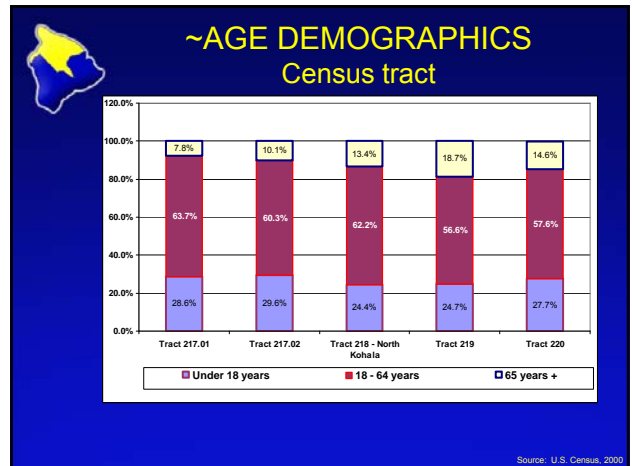
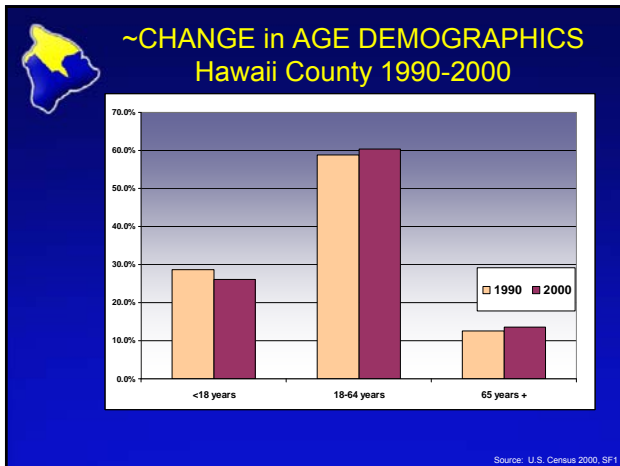
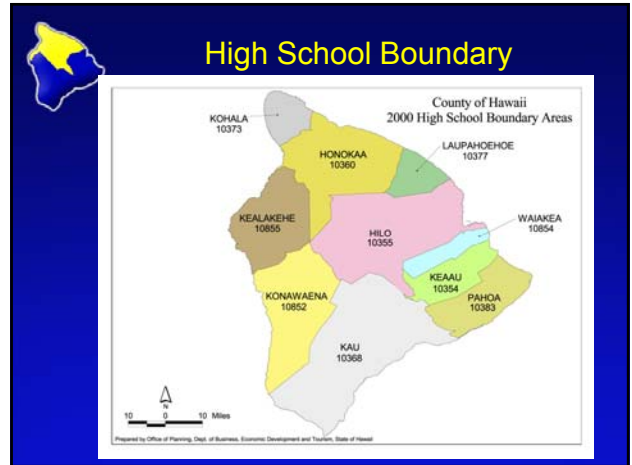
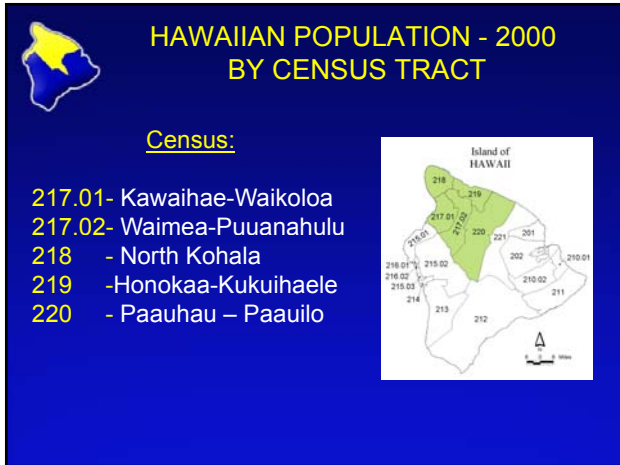
### North Hawaii

Zip:

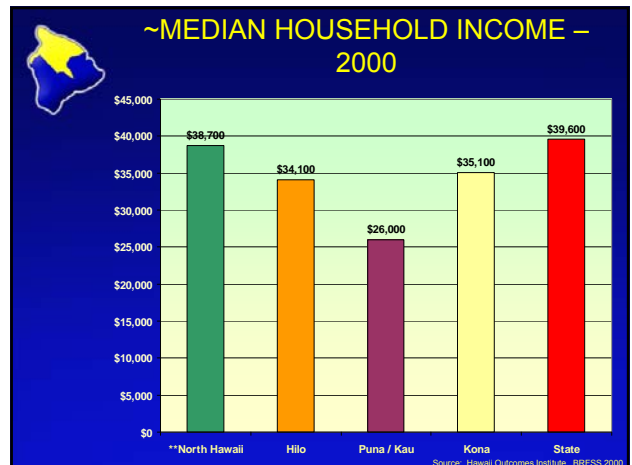
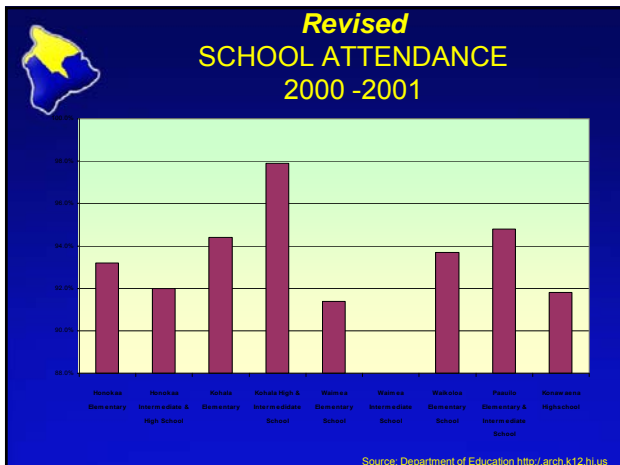
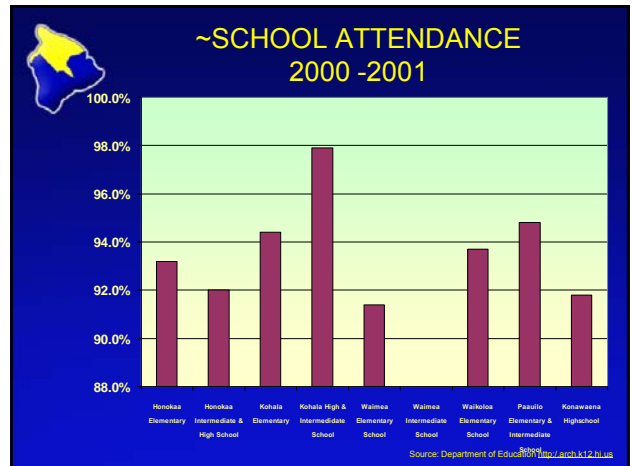
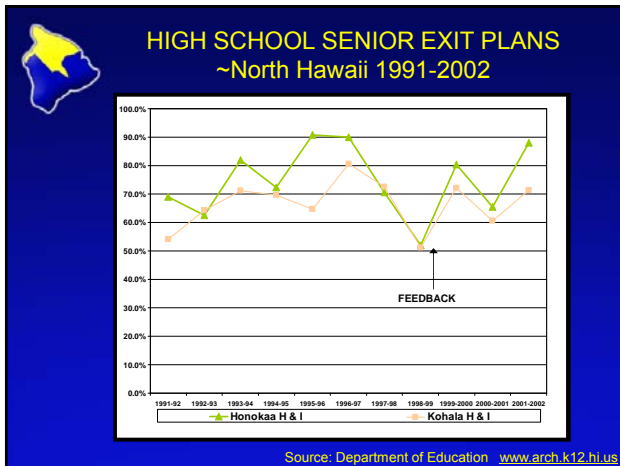
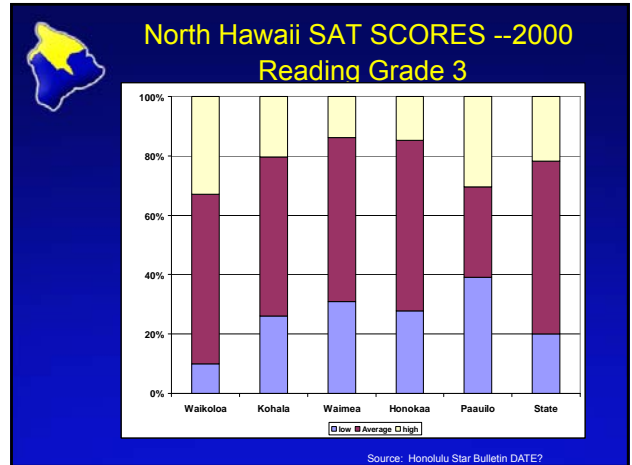
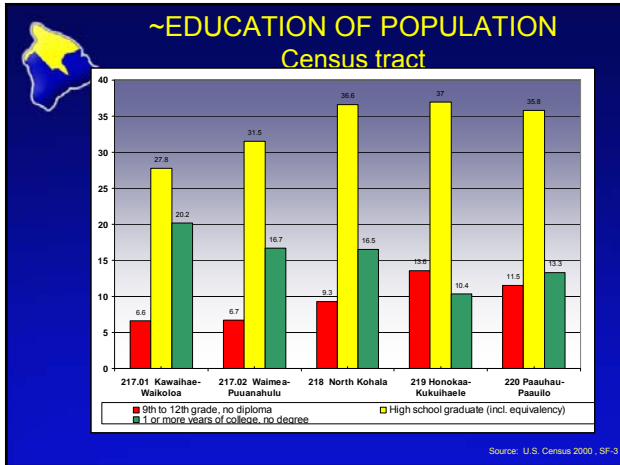
- 96719 -Hawi
- 96755 -Kapaau
- 96727 -Honokaa
- 96743 -Kamuela
- 96738 -Waikoloa
- 96776 -Paullilo

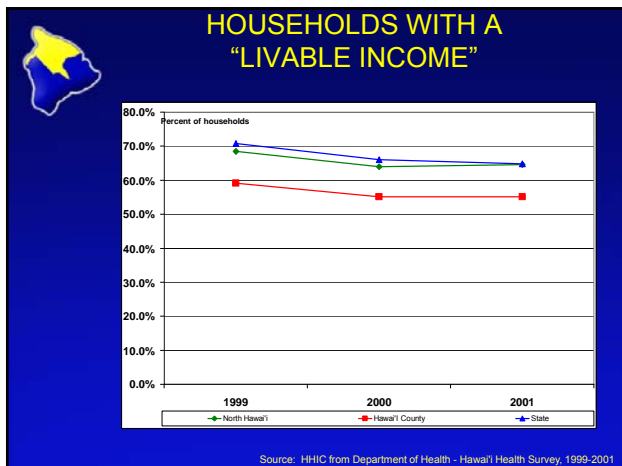
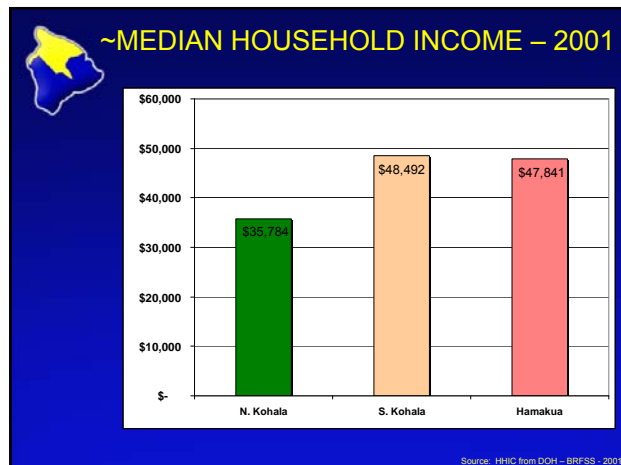
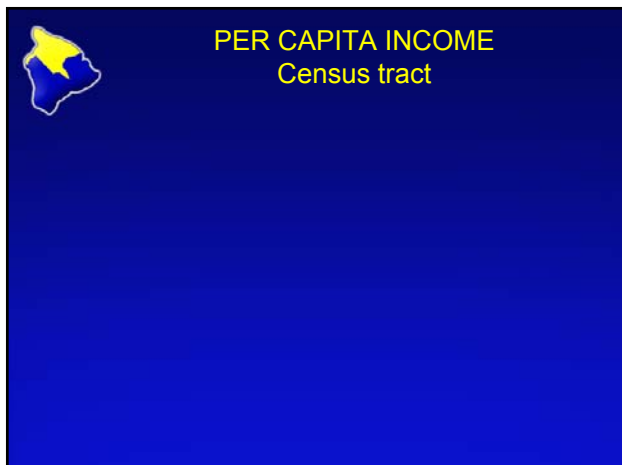


ZIP CODE  
TABULATION  
AREAS  
HAWAII  
COUNTY

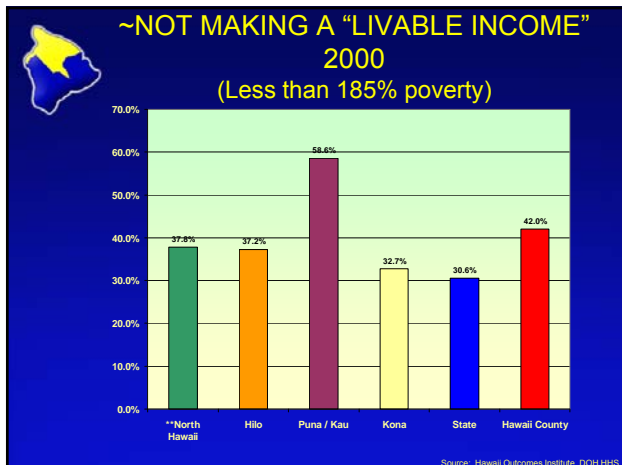


# Community Health Forum - 2003





More than two jobs-HOI

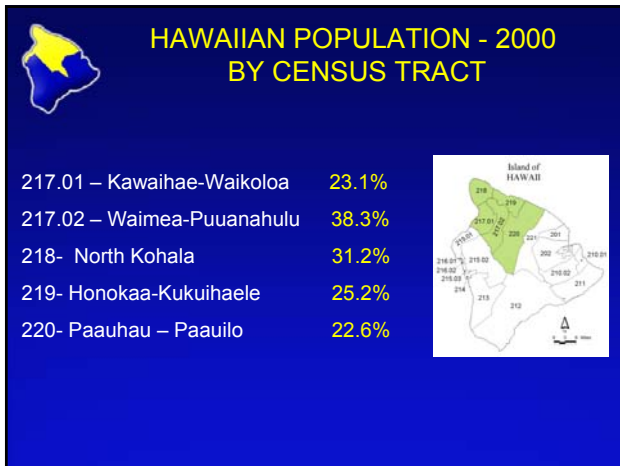
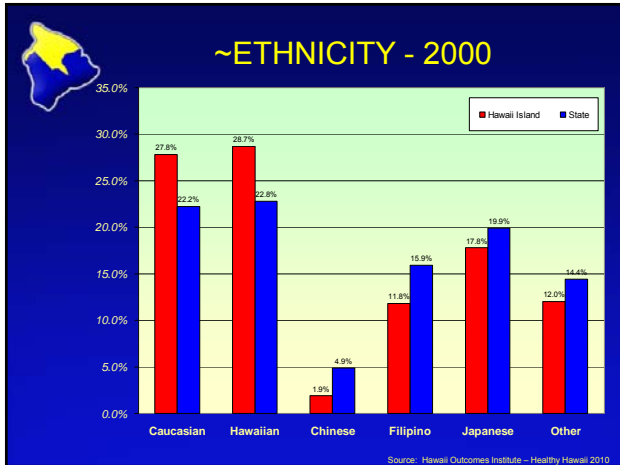


Uninsured

- ?HOI data



# Community Health Forum - 2003



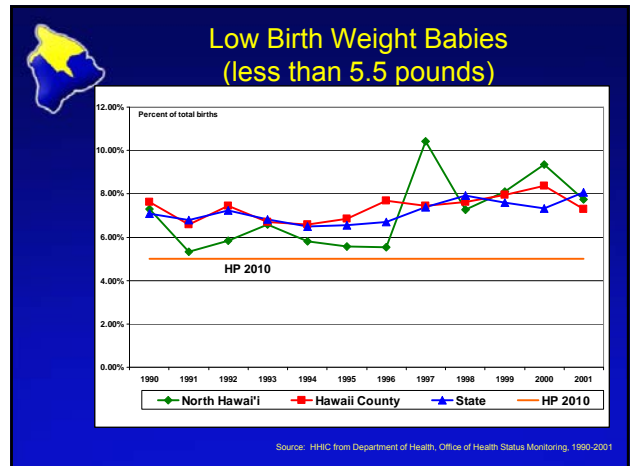
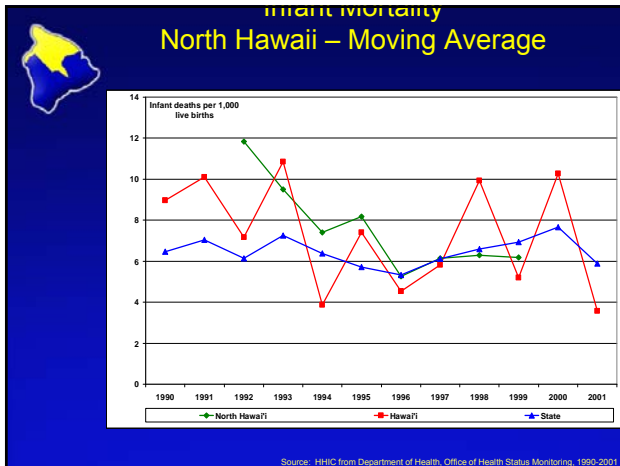
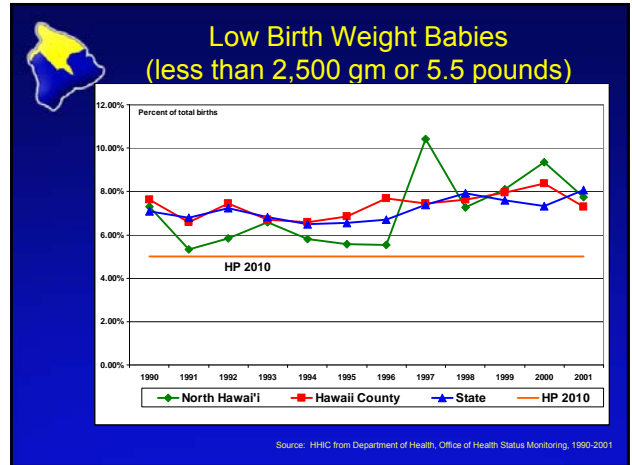
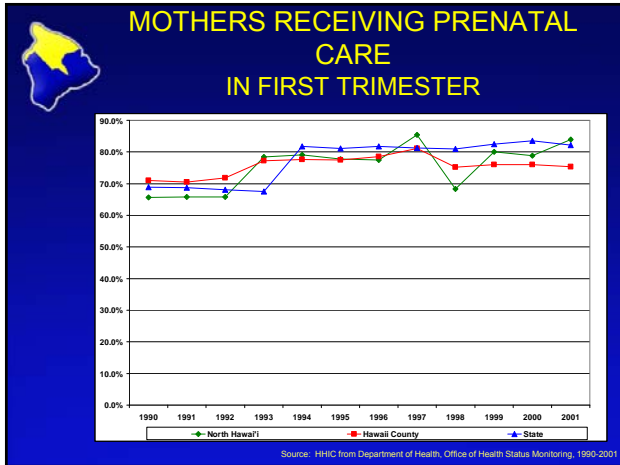
**North Hawaii Health Status Life Course Framework**

	Perinatal Infants	Children 1-5 & 5-12	Teens	Adults (Work force)	Seniors
Resources	+++				

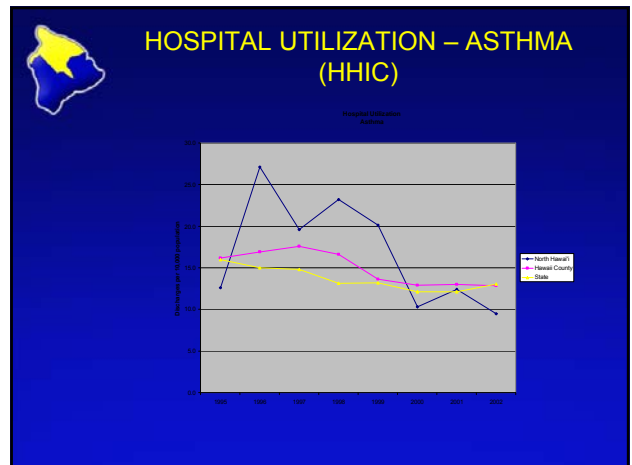
**New Families At Risk**  
 >20 years old, unmarried, first child

**PREGNANCY RATES- 15-17 YEARS**  
 (HHIC)

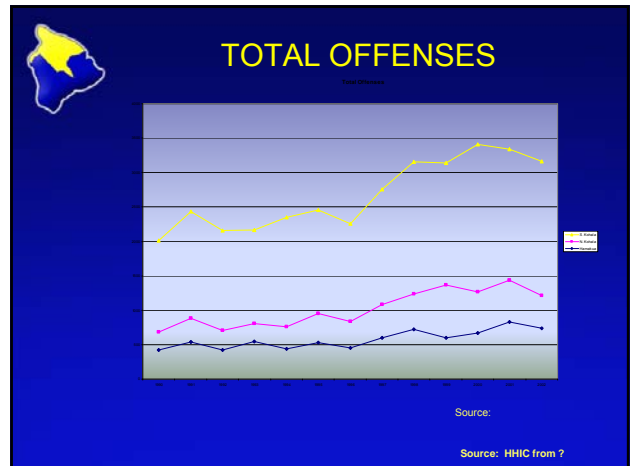
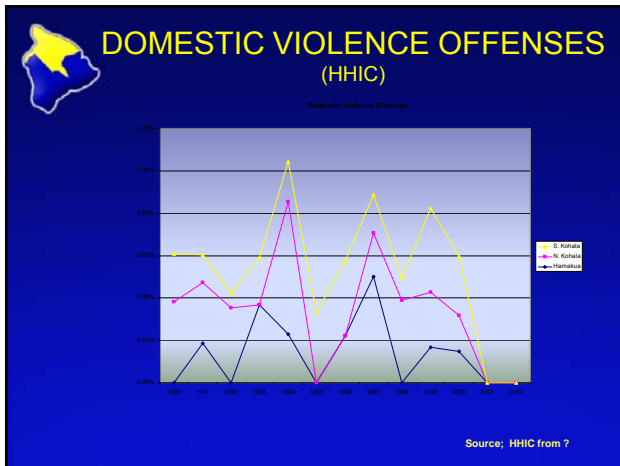
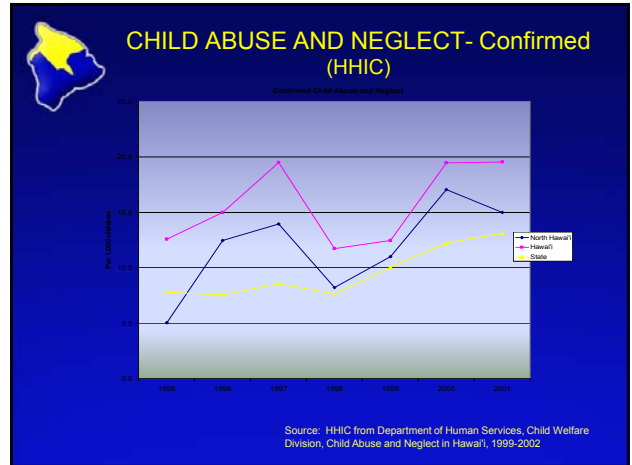
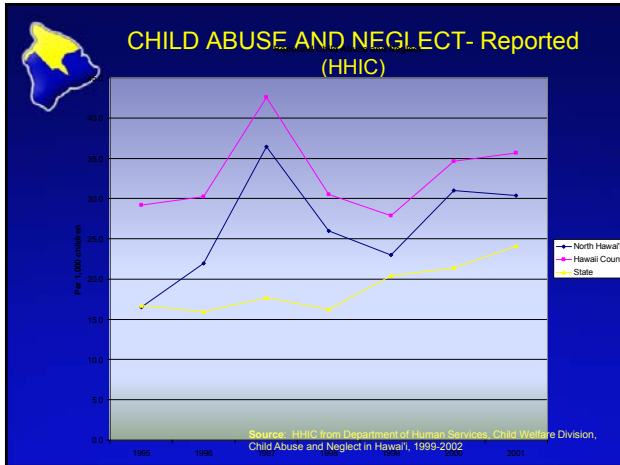
# Community Health Forum - 2003



- Child Health
- picture



# Community Health Forum - 2003

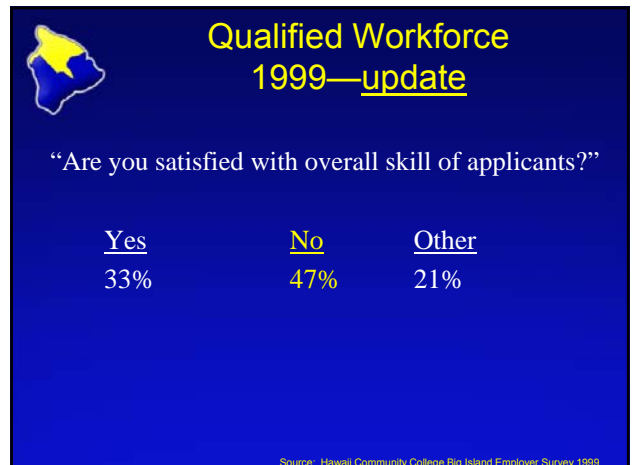
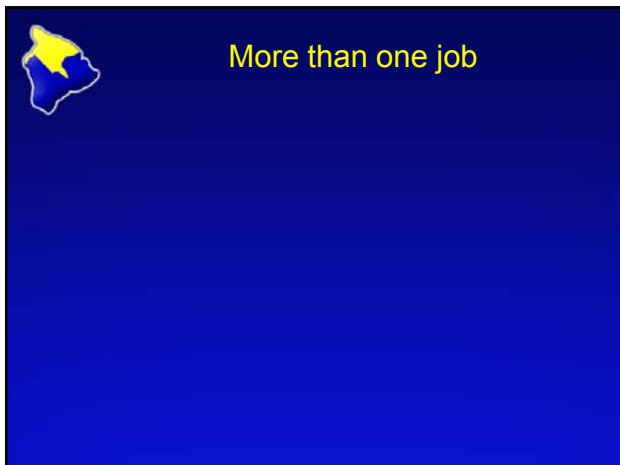
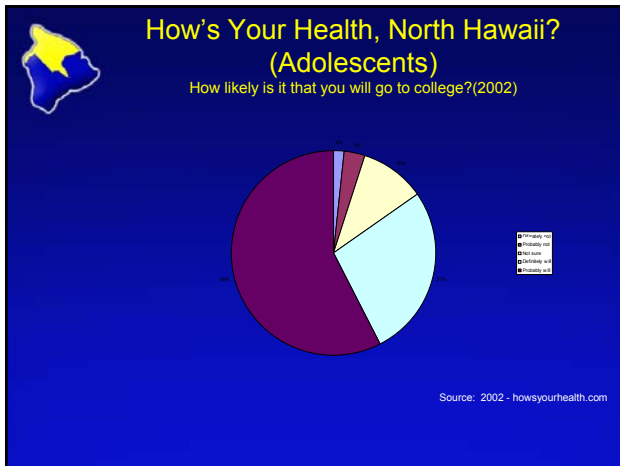
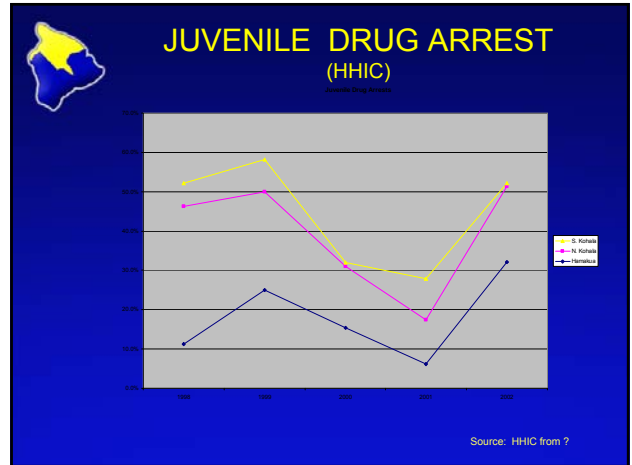
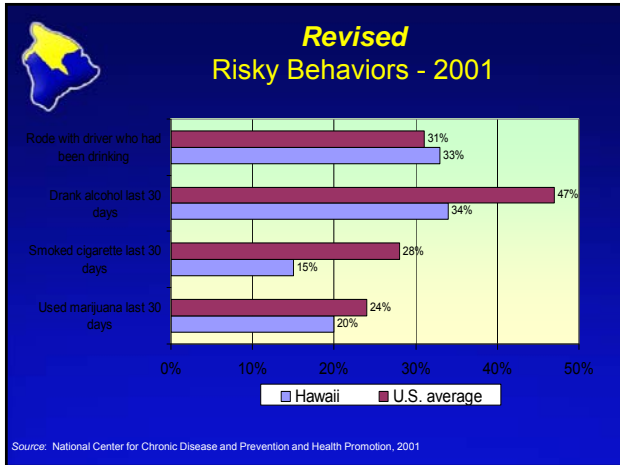


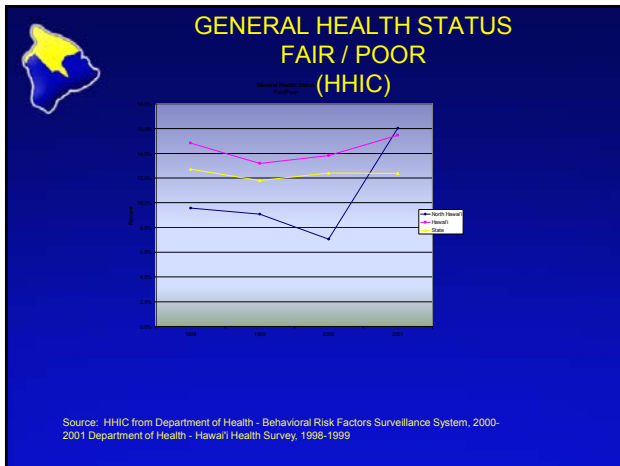
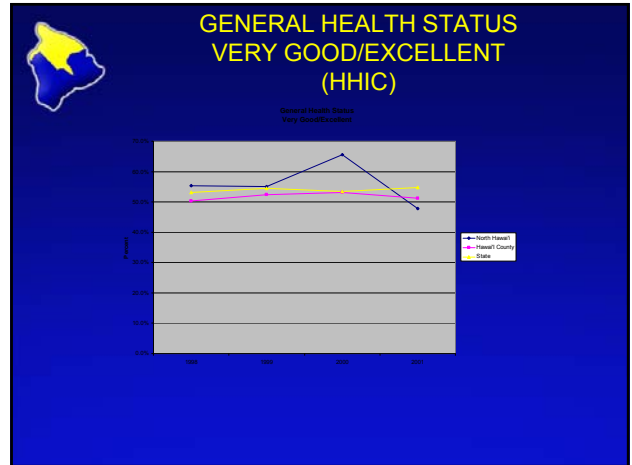
### North Hawaii Youth ? Adolescent Mental Health

- 33% Are you anxious, depressed blue most or all of the time?
- 19% Have you seen a counselor or psychologist in the past year?

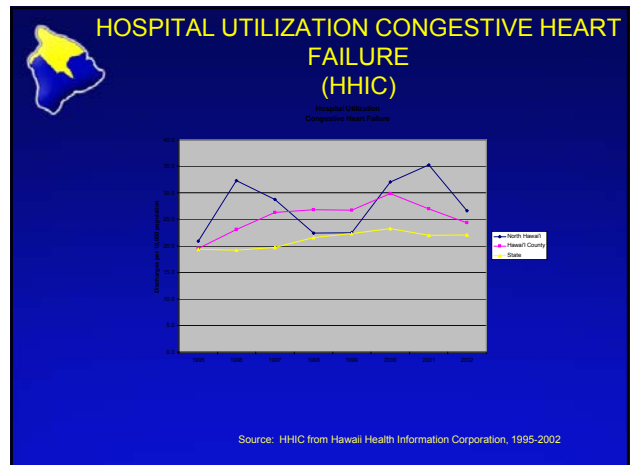
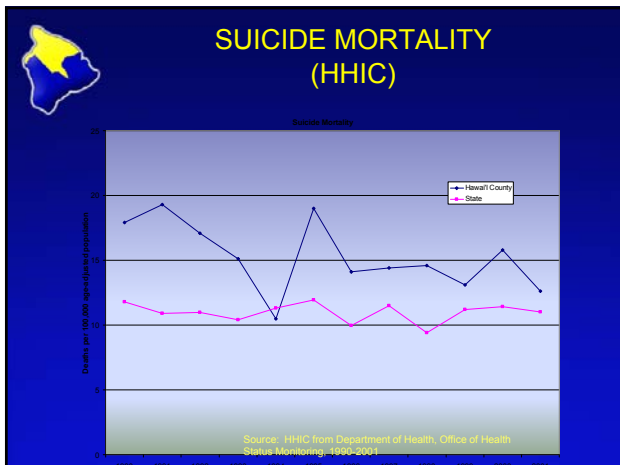
Source: How's Your Health North Hawaii www.howsyourhealth.com

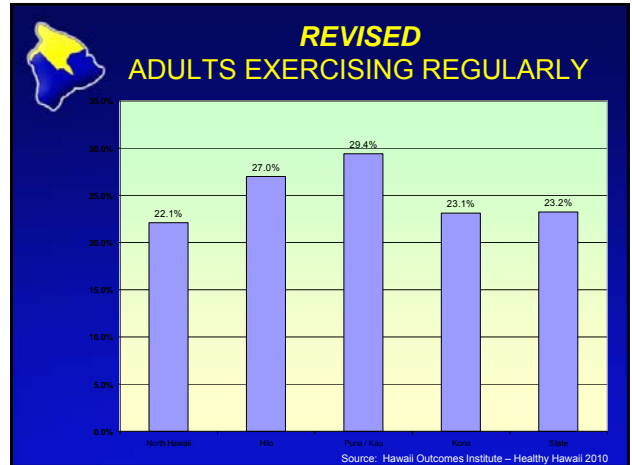
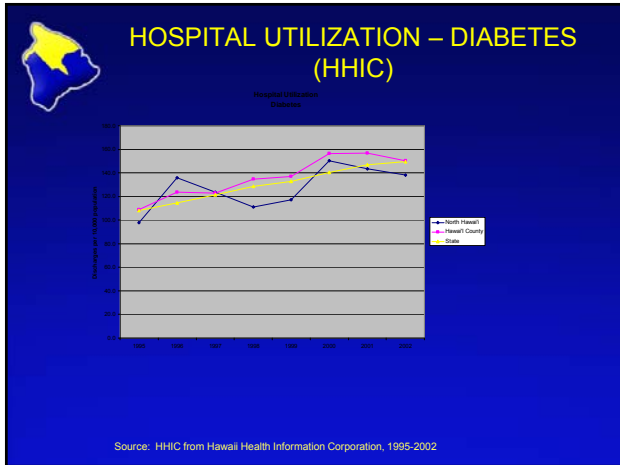




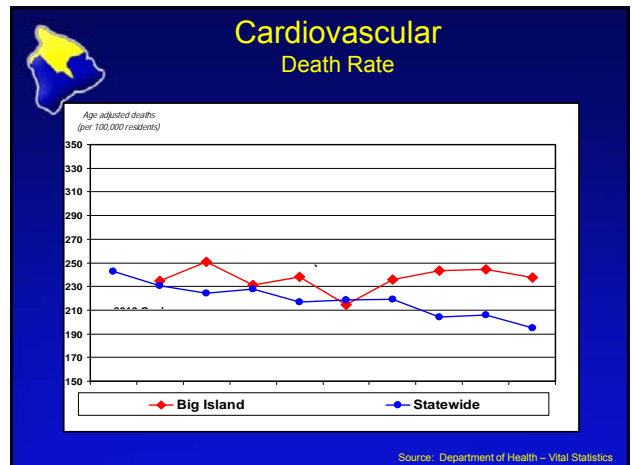
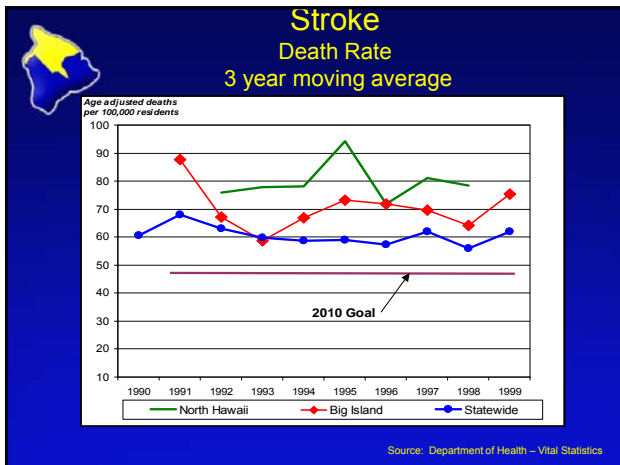


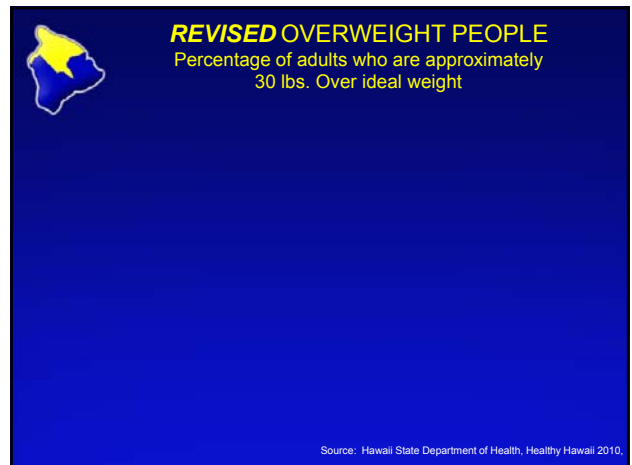
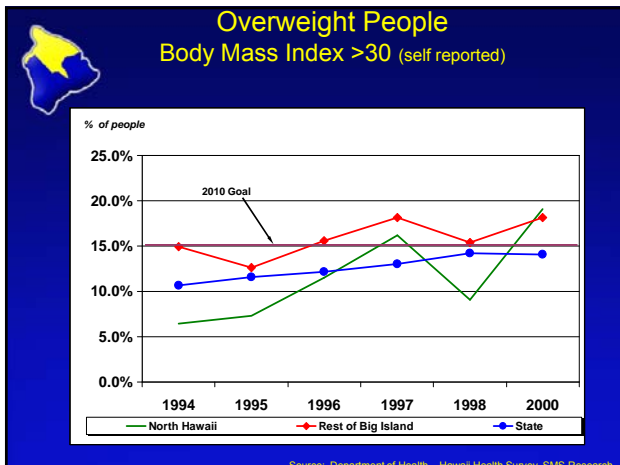
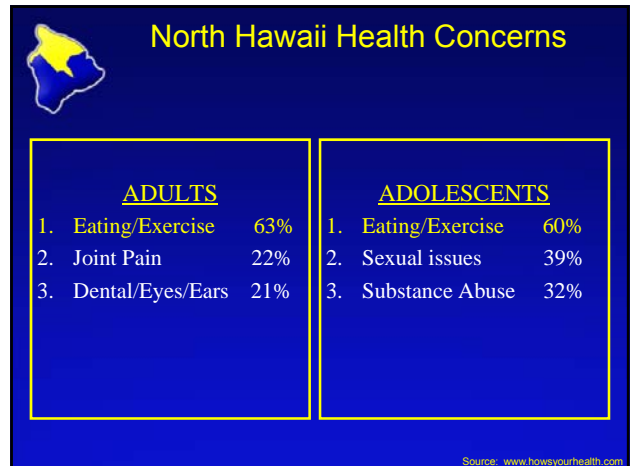
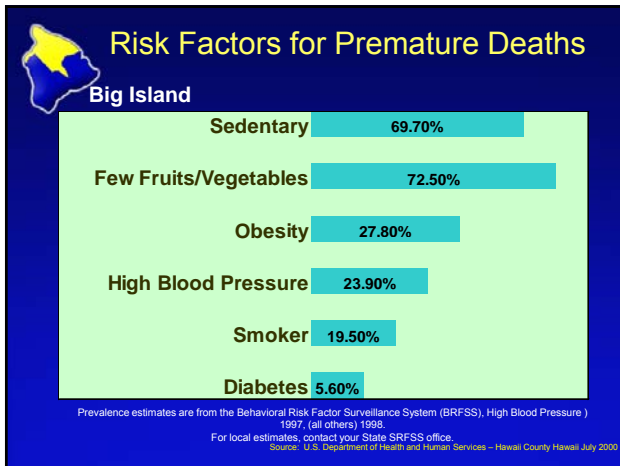
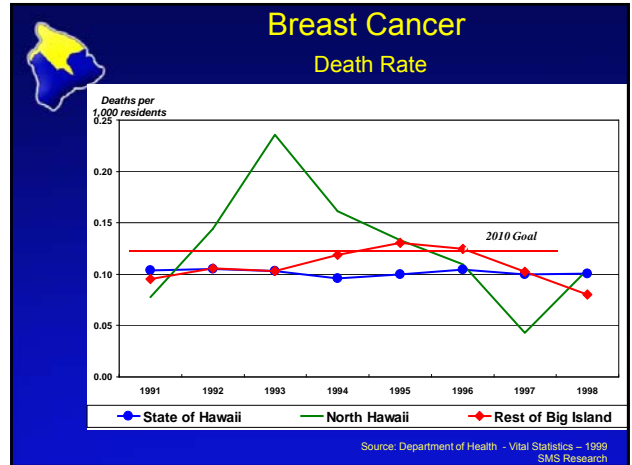
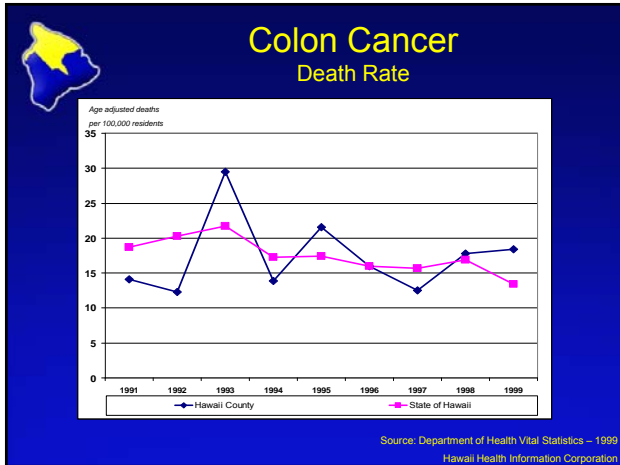
- ### How's Your Health, North Hawaii? Adult
- Do you currently feel you need help to improve your health?
  - In the past six months have you traveled out of North Hawaii to see a primary care doctor?
  - Which option would most help you improve your health?
  - Which option do you believe is most important to improve the health of the people of North Hawaii?
    - Better access to:
      - Doctors and health insurance
      - Healthy, inexpensive take-out food
      - Mental health counselors
      - Alcohol and drug treatment program
      - Academic help and support youth

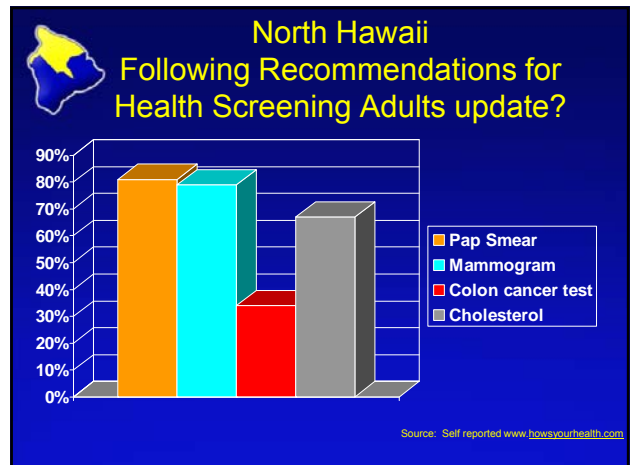
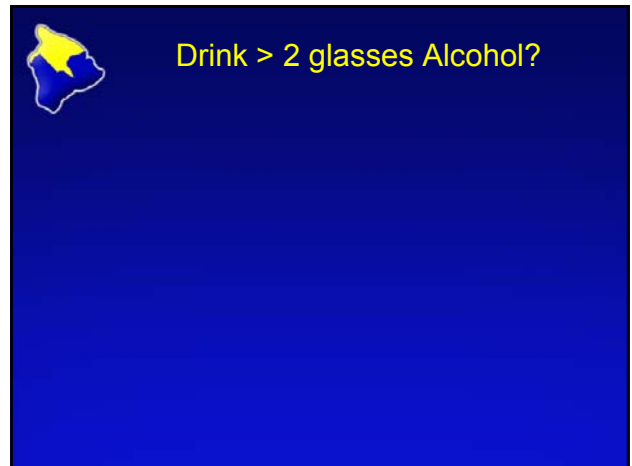
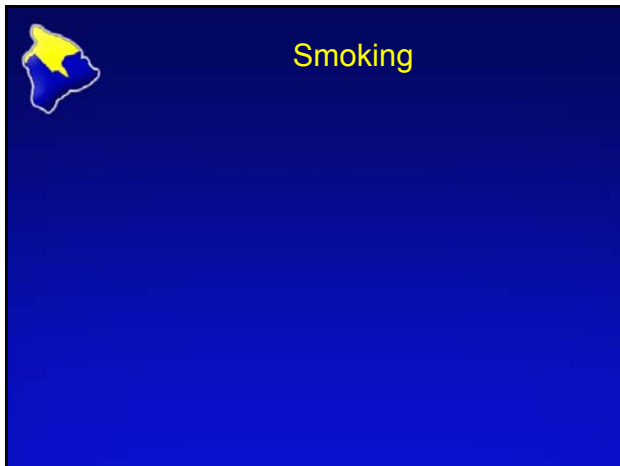
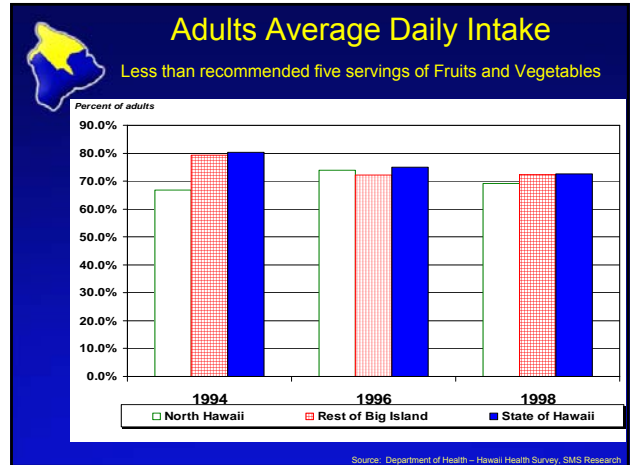
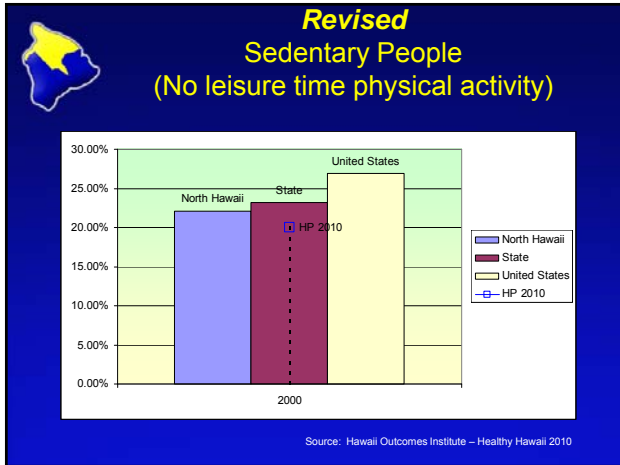





- ### Health Status Reality
- High death rates
    - Suicide
    - Motor Vehicle Accident
    - Stroke
    - Cardiac
  - Lifestyle
    - ✓ Sedentary
    - ✓ Smoking
  - Federally designated shortage area
    - Primary Care
    - Dental
    - Mental Health Providers













## Seniors



## How's Your Health, North Hawaii? Geriatric— get HYH data


- Feel isolated
- Traveled out of North Hawaii for primary care
- What would most help?



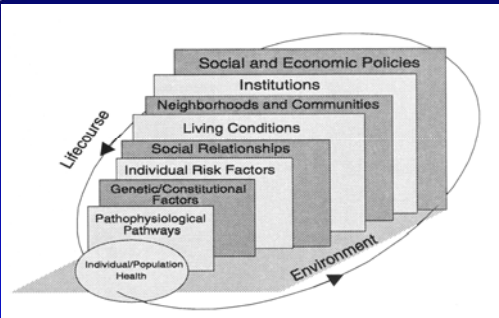
## North Hawaii Risk Factor

### Social


- Educational Attainment < Grade 13
- Household Income < “livable wage”
- Over Employment—multiple jobs
- Unemployment
- Under Insured & Uninsured
- Inadequate Access to Primary Care
  - Recommended Screening



## Multilevel Approach to Prevention



Source: Promoting Health – Intervention Strategies from Social & Behavioral Research, p. 43



## Protective Factors: “Control”

### The Whitehall Study

1960's - 17,530 Men British Civil Service

Mortality rates varied precisely with civil service ranking (All had access to free healthcare)

- 10 year- Mortality rates in low classification **3 times greater** than highest classification
- 25 year- Same

Source: Dr. Michael Marmot Director International Center for Health & Society, University College of London



## Rx

*Commitment*

*Control*


*Challenge*



What would help individual health?



More of this....



**Measuring Progress in North Hawaii**  
March 2000 - August 1, 2002

Community Capacity

<u>Meetings</u>	87
<u>Organizations</u>	62
<u>Attendees</u>	2,500

New Resources

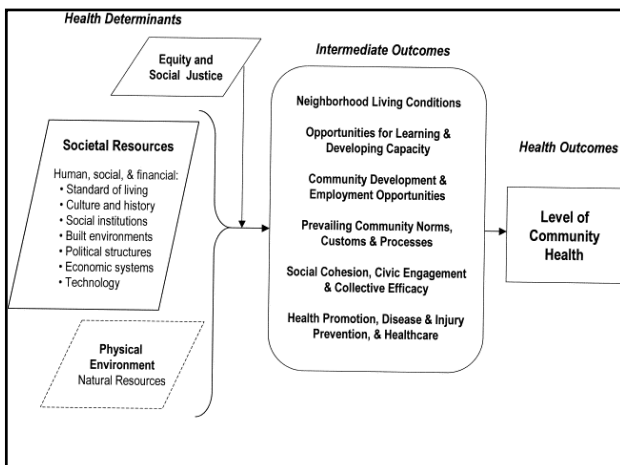

<u>Policies</u>	1
<u>Programs</u>	20
<u>Money</u>	\$ 1,480,500
<u>In-kind donations</u>	



**“Social Determinants of Health”**


- Social institutions
  - Economic & political systems
  - Cultural and religious institutions
  - Educational institutions
- Surroundings
  - Neighborhoods
  - Workplaces
  - Towns & cities
- Social Relationships
  - Social hierarchy & networks
  - Differential treatment of social groups

Source Am J Prev Med 2003 (24) 3S p.12

**Community Priorities: Reality**

Educational Attainment	→ Low
Qualified Workforce	→ Low
Youth Activities	→ “We need more”
Illegal Substance Use	→ High
Juvenile Arrests	→ Increasing
Teen Pregnancy	→ High
Teen Births	→ High
Child Abuse & Family Violence	→ High



**For More Information**

**North Hawaii Outcomes Project – 808-887-1945**  
or visit our website at [www.nhop.org](http://www.nhop.org)