

Western Maryland: Key Needs, Assets, and Challenges

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Demographic Profile of Western Maryland, 2013

Measure	Allegany	Carroll	Frederick	Garrett	Washington	Western Maryland	Maryland
100% Poverty	14.5%	5.3%	4.8%	12.5%	10.4%	7.6%	8.4%
200% Poverty	36.7%	14.3%	13.9%	33.3%	27.5%	20.4%	20.4%
Unemployment	7.8%	5.7%	5.7%	7.3%	8.0%	6.5%	6.6%
Uninsured	11.3%	8.4%	9.3%	13.1%	11.8%	10.0%	11.8%
Medicaid Enrollment Rate (per 1,000)	269.6	118.3	141.1	265.1	252.2	180.3	206.2
Medicaid Enrollment Number	19,824	19,825	34,063	7,923	37,723	119,358	1,222,317
Population (2013)	73,521	167,564	241,409	29,889	149,588	661,971	5,928,814

- Most all of the measures for Allegany, Garrett, and Washington are higher than the State (red).
- Western Maryland, as a whole, does not have measures higher than the State, despite the three counties that are driving up the measures.

Western Maryland's Improvement Areas for SHIP

- Western MD measures only displayed if performance is lower than the State and does not meet State goals.
- Red font indicates the measure is performing lower than the State.

Measure	Allegany	Carroll	Frederick	Garrett	Washington	Western Maryland	MD	Percent Comparison ²	State Goal
Reduce the % of youths using any kind of tobacco product (2013)	27.2	18.7	19.9	34.3	24.6	25.0	16.9	48% higher	22.3
Reduce emergency department visits related to mental health conditions (2013; rate per 100,000)	4279.0	3349.2	3798.1	6453.9	7336.8	4657.5	3379.2	38% higher	2652.6
Decrease fall-related deaths (2010-2012; rate per 100,000)	19.6	9.0	6.6	*	11.9	10.9	8.6	27% higher	6.9
Increase the % vaccinated annually for seasonal influenza (2011-2013)	36.1	41.0	41.7	33.8	38.4	39.7	53.1	25% lower	65.6
Reduce the % of adults who are current smokers (2011-2013)	24.3	19.7	17.9	22.1	21.0	20.1	16.3	23% higher	14.4
Reduce the suicide rate (2010-2012; rate per 100,000)	13.8	10.6	8.9	*	13.3	10.9	9.5	15% higher	9.1
Increase the proportion of children who receive blood lead screenings (2012)	82.2	50.5	52.0	64.7	57.0	58.3	66.4	12% lower	69.5
Increase the % of adolescents receiving an annual wellness checkup (2012)	47.0	45.4	48.5	40.3	47.4	46.7	52.6	11% lower	54.3
Reduce the % of children who are considered obese (2013)	13.6	9.6	10.0	15.6	11.8	12.1	11.0	10% lower	11.3
Increase the % of adults who are at a healthy weight (2011-2013)	31.2	33.1	39.5	38.5	31.5	34.9	35.9	3% lower	35.7
Reduce deaths from heart disease (2010-2012; rate per 100,000)	224.7	156.1	143.5	189.3	161.8	175.1	171.9	2% higher	173.4

Sources: Maryland Department of Health and Mental Hygiene.

1 Data Year varies depending on measure.

2 Percent comparison is the difference in percentage for Western Maryland compared to the State.

SHIP CATEGORY	SHIP MEASURE
HEALTHY BEGINNINGS	<ol style="list-style-type: none"> 1. Reduce infant deaths 2. Reduce the percent of low birth weight births 3. Reduce sudden unexpected infant deaths (SUIDs) 4. Reduce the teen birth rate 5. Increase the % of pregnancies starting care in the 1st trimester 6. Increase the proportion of children who receive blood lead screenings* 7. Increase the % entering kindergarten ready to learn 8. Increase the percent of students who graduate high school
HEALTHY LIVING	<ol style="list-style-type: none"> 9. Increase the % of adults who are physically active 10. Increase the % of adults who are at a healthy weight 11. Reduce the % of children who are considered obese 12. Reduce the % of adults who are current smokers 13. Reduce the % of youths using any kind of tobacco product 14. Decrease the rate of alcohol-impaired driving fatalities 15. Reduce new HIV infections among adults and adolescents 16. Reduce Chlamydia trachomatis infections 17. Increase life expectancy
HEALTHY COMMUNITIES	<ol style="list-style-type: none"> 18. Reduce child maltreatment 19. Reduce the suicide rate 20. Reduce domestic violence 21. Reduce the % of young children with high blood lead levels 22. Decrease fall-related deaths 23. Reduce pedestrian injuries on public roads 24. Reduce Salmonella infections transmitted through food 25. Reduce the number of unhealthy air days 26. Increase the number of affordable housing options
ACCESS TO HEALTHCARE	<ol style="list-style-type: none"> 27. Increase the proportion of persons with health insurance 28. Increase the % of adolescents receiving an annual wellness checkup 29. Increase the % of individuals receiving dental care 30. Reduce % of individuals unable to afford to see a doctor
QUALITY PREVENTATIVE CARE	<ol style="list-style-type: none"> 31. Reduce deaths from heart disease 32. Reduce the overall cancer death rate 33. Reduce diabetes-related emergency department visits 34. Reduce hypertension-related emergency department visits 35. Reduce drug-induced deaths 36. Reduce emergency department visits related to mental health conditions 37. Reduce emergency department visits for addictions-related conditions 38. Reduce the number of hospitalizations related to Alzheimer's disease 39. Increase the % of children with recommended vaccinations 40. Increase the % vaccinated annually for seasonal influenza 41. Reduce hospital emergency department visits for asthma

Sources: Maryland Department of Health and Mental Hygiene.

Western Maryland's Top 5 Challenge Areas for SHIP Health Measures

- 1) Reduce % of youths who use tobacco.
- 2) Reduce ED Visits related to mental health conditions.
- 3) Decrease fall-related deaths.
- 4) Increase the % vaccinated annually for seasonal influenza.
- 5) Reduce the % of adults who are current smokers.

Prevention Quality Indicators (PQI)

PQIs, developed by the Agency for Healthcare Research and Quality (AHRQ), are defined as:

“potential health care quality problem areas that need further investigation” and are “measure(s) of *primary care access* or outpatient services in a community by using patient data found in a typical hospital discharge abstract”.

List of PQIs

Diabetes, short-term complications

Diabetes, long-term complications

Chronic Obstructive Pulmonary Disease

Hypertension

Congestive Heart Failure

Dehydration

Bacterial Pneumonia

Urinary Infections

Angina without Procedure

Uncontrolled Diabetes

Adult Asthma

Lower Extremity

Amputations among Patients with Diabetes

Selected Prevention Quality Indicators (PQIs)* for Western Maryland, 2009-2013

Measure	Allegany	Carroll	Frederick	Garrett	Washington	Western Maryland	Maryland
Overall PQI	2,446.7	1,374.8	1,344.6	1,357.7	1,580.0	1,538.2	1,559.4
Acute PQI Composite	941.7	578.0	508.0	534.1	809.0	647.4	557.6
Chronic PQI Composite	1,505.4	796.8	836.7	823.6	771.0	890.9	1,002.0
Diabetes	76.8	41.0	40.6	46.6	47.8	47.0	58.3
Cardiovascular Diseases	221.2	126.1	124.2	140.5	118.6	135.8	150.3
COPD and Asthma	543.9	261.7	306.3	221.8	229.7	302.0	323.8

- Allegany County is driving the increase with all chronic PQI measures for Western Maryland.
- Washington County is driving the increase in the overall and acute PQI measures for Western Maryland.

*Observed rates are calculated using AHRQ PQI Methodology. Diabetes include diabetes with short term complications, diabetes with long term complications, uncontrolled diabetes, and lower extremity amputation among diabetes patients. Cardiovascular diseases include hypertension, heart failure, and angina pectoris. COPD and asthma include COPD in older adults and asthma in younger adults.

Source: Maryland Department of Health and Mental Hygiene, HSCRC inpatient data files 2009-2013.

Western Maryland's Recommended Priority Areas based on SHIP and PQI Measures

- **Smoking/Tobacco Use** – Western MD has higher rates of youth using tobacco products and percent of adults who are current smokers. In addition, tobacco products are related to chronic diseases.
- **Mental Health** – Western MD has significantly higher rates of ED visits related to mental health conditions. In addition, mental health illnesses are related to other medical conditions especially chronic diseases.
- **Chronic Diseases** – cardiovascular, diabetes, COPD, and asthma: Potentially preventable hospitalizations for all chronic diseases are much higher in Allegany County compared to the state.
- **Access to Primary Care** – Western MD has lower rates of annual wellness check-up. Also, rates of ED visits and hospitalizations for several avoidable diseases are much higher in Allegany County compared to the state.