HOWARD COUNTY
HEALTH DEPARTMENT

COMMUNITY HEALTH INDICATORS REPORT CARD

2019

Health Officer's Message

One of the fundamental goals of the Howard County Health Department is to promote habits that contribute to good health. Our primary focus areas of Healthy Aging, Healthy Weight, Behavioral Health and Access to Care endeavor to improve health outcomes and reduce health disparities throughout Howard County. We strive to make a positive and lasting impact in the lives of those we serve.

This report helps us to remain focused on our mission to promote, preserve, and protect the health of all in Howard County by monitoring our progress toward specific health-related goals. With the collective contributions of a dedicated public health team, we continue our commitment to effectively meet the needs of our community.

Maura J. Rossman, M.D.
Health Officer

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DEMOGRAPHICS

2018 Estimates	Howard	Maryland	U.S.
Population			
Total Population	323,196	6,042,718	327,167,434
% change April 2010 -July 2018	12.6%	4.7%	6.0%
Female	51.1%	51.5%	50.8%
Foreign born persons*	20.8%	14.9%	13.4%
Race, Age and Ethnicity			
White	56.6%	58.8%	76.5%
Black	20.0%	30.9%	13.4%
Asian	19.1%	6.7%	5.9%
Hispanic, any race	7.1%	10.4%	18.3%
Under 5 years old	5.9%	6.0%	6.1%
Under 18 years	24.4%	22.2%	22.4%
65 years and over	13.8%	15.4%	16.0%
Median Age*	38.7	38.5	37.8
Household, Economic and Education Indicators			
Median Household Income^	$111,576	$80,711	$60,336
All ages in poverty^	5.9%	9.4%	13.4%
Children (<18) in poverty^	6.4%	12.4%	18.4%
Unemployment Rate (2018)**	3.0%	3.9%	3.9%
Uninsured (Ages 18-64)	3.9%	6.9%	10.0%
Bachelor's degree or higher	61.2%	39.0%	30.9%

Total Medicare Hospital/Medical Enrollment, Howard County, August 2019: 47,543
Maryland Medicaid MCO Enrollment, Howard County, August 2019: 38,551

Data Source: U.S. Census Bureau; Centers for Medicare & Medicaid Services; Maryland Medicaid eHealth Statistics, MDH.
*2013-17; ^Small Area Income and Poverty Estimates (SAIPE), U.S. Census Bureau. **Bureau of Labor Statistics (annual average).

LEADING CAUSES OF DEATH

In 2017, 1,655 Howard County residents died. The most common causes of death were cancer, heart disease and stroke.

Many of the associated risk factors are modifiable. Reductions in smoking, high blood pressure, overweight, obesity, physical inactivity, high dietary salt and high sugar consumption can lead to reductions in long-term disability and premature death.

Compared to 2007, in 2017:

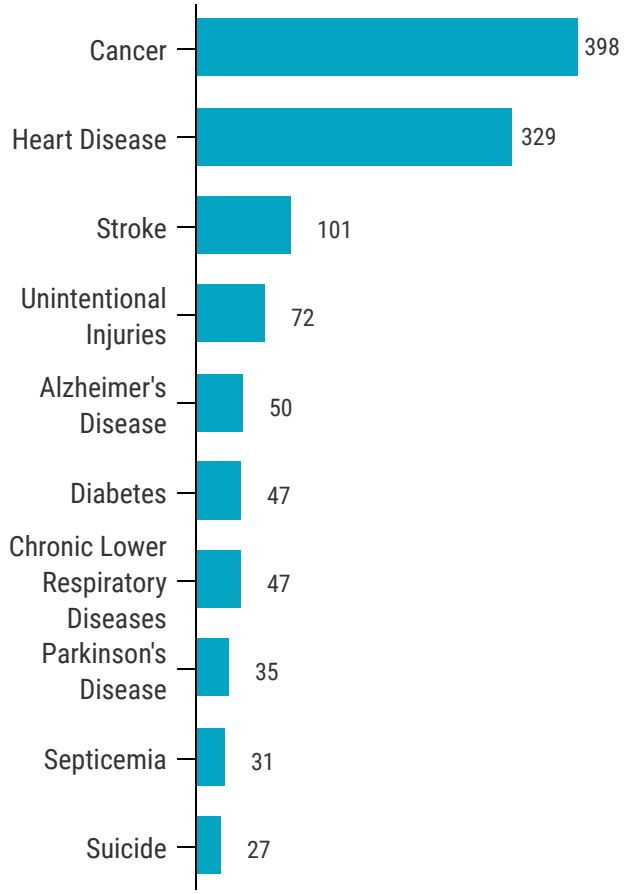
- Deaths from all causes increased by a count of 287
- Death rates* decreased by 23% (679.7 vs 525.0)
- Influenza, Pneumonia and Nephritis are no longer in top 10 leading causes of death
- Parkinson's disease now ranks in top 10
- Suicide deaths increased 50%

Non-Motor Vehicle Accident Deaths

▲ **2.7X increase**

54% of non-motor vehicle accident deaths in 2017 were due to falls (29/54)

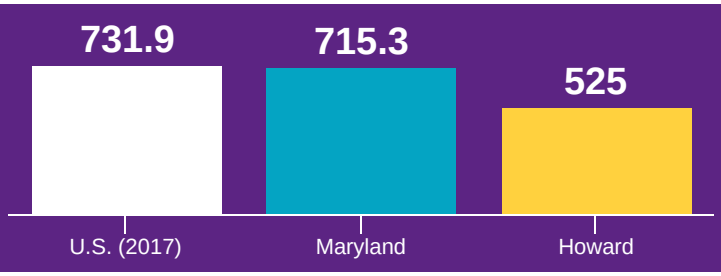
Leading Causes of Death, Howard County, 2017



1,655
Total deaths from all causes

Death Rate* for All Causes

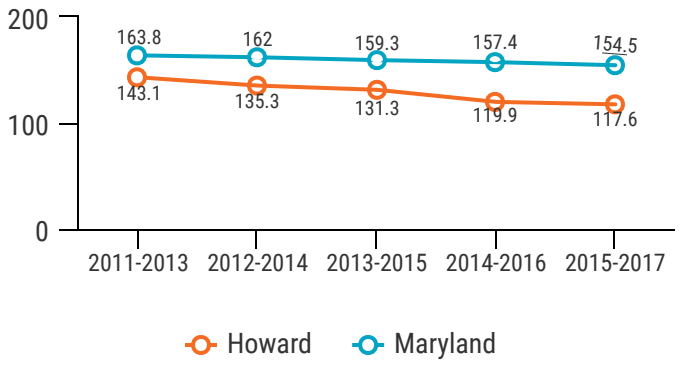
2015-2017



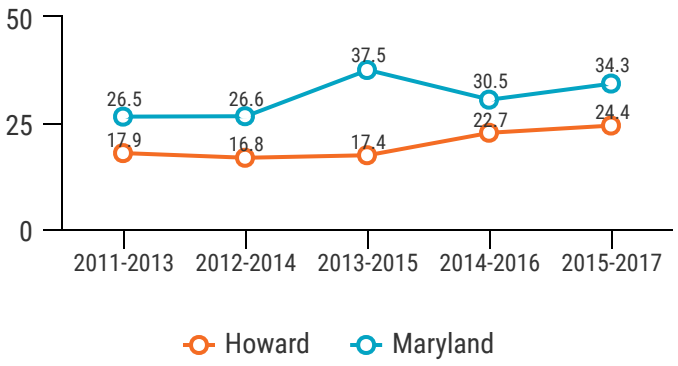
Data Source: Maryland Vital Statistics Administration; National Center for Health Statistics Report, Vol. 68, Number 9, June 2019.
* 3-year average age-adjusted rates per 100,000 population.

MORTALITY RATE* TRENDS

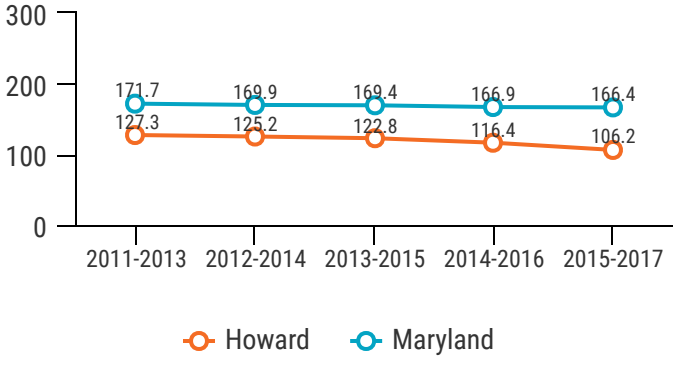
Cancer



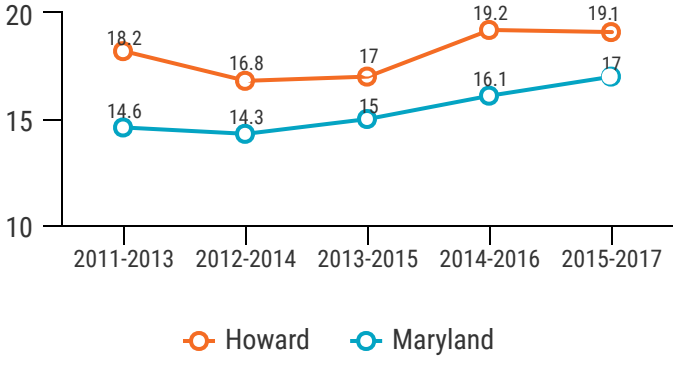
Unintentional Injuries



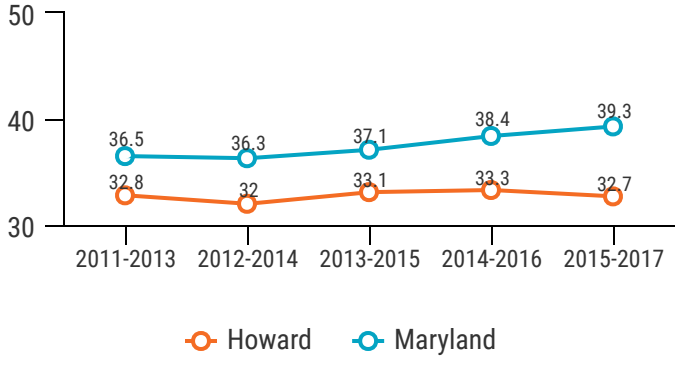
Heart Disease



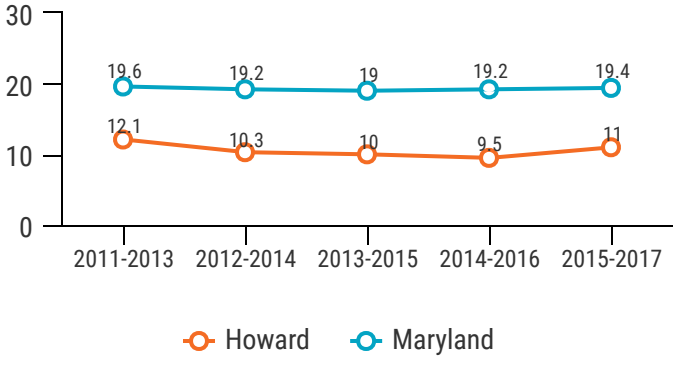
Alzheimer's Disease



Stroke



Diabetes



Data Source: Maryland Vital Statistics Administration.

* 3-year average age-adjusted rates per 100,000 population.

PREVENTIVE HEALTH SCREENING

Cancer Cases and Deaths, Howard County, 2012-2016 (Annual Averages)

620
Howard County men will be diagnosed with cancer each year

184
Howard County men will die from cancer each year

698
Howard County women will be diagnosed with cancer each year

184
Howard County women will die from cancer each year

1,318
Howard County residents will be diagnosed with cancer each year

368
Howard County residents will die from cancer each year

Cancer Screening*, 2016

These 4 cancer types account for 40% of all new cancer cases

83.3%
women age 50+ had a mammogram in the past 2 years to screen for Breast cancer

70.4%
women had a Pap test in past 3 years to screen for Cervical cancer

73.3%
age 50+ ever had a sigmoidoscopy or colonoscopy to screen for Colorectal cancer

53.4%
men age 40+ ever had a PSA test to screen for Prostate cancer

Data Source: State Cancer Profiles, CDC, NCHS (annual averages). *Age-adjusted rates from Maryland BRFSS accessed 17July2019.

INFANT HEALTH INDICATORS

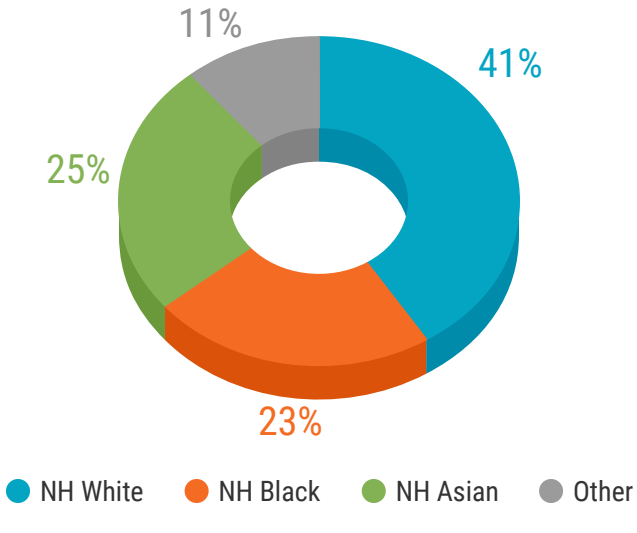
Overall from 2010 to 2017, the number of births to Howard County mothers has increased by 4.65%. The number of births among white mothers has declined, but has increased among black, Asian, and Hispanic mothers.

Infant mortality rates are highest among black mothers. With the increase in births among Asian mothers, there has also been an increase in preterm births and infant deaths.

Early prenatal care and education are critical components for healthy pregnancy outcomes.

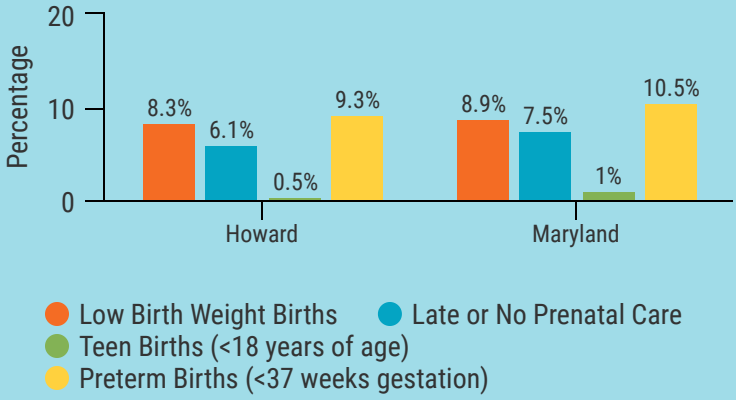
3,533
Total Births (2017)

Births by Mother's Race and Ethnicity, 2017



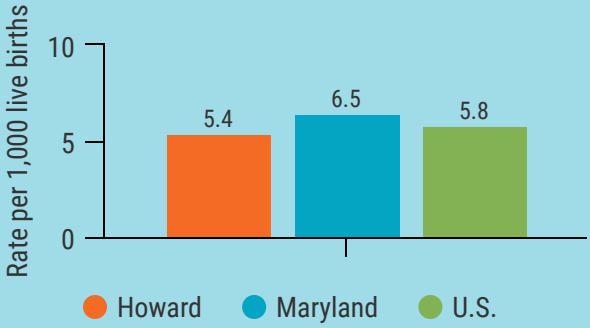
Hispanic Mothers, any race (10.8%)

Selected Indicators, Howard, 2017

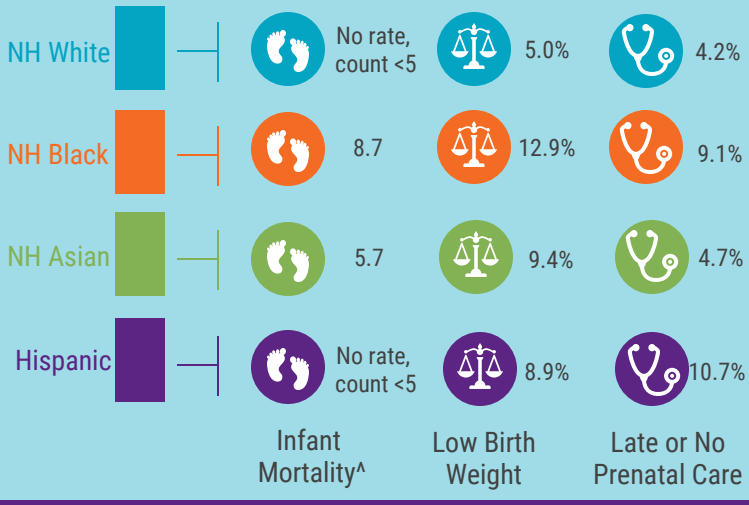


Low Birth Weight Births
Late or No Prenatal Care
Teen Births (<18 years of age)
Preterm Births (<37 weeks gestation)

Infant Mortality Rates, 2017



Racial Disparities, Howard County, 2017



Data Source: Maryland Vital Statistics Administration; Centers for Disease Control and Prevention (CDC).
NH: Non-Hispanic; Low birth weight (<2500 grams); Late Prenatal Care refers to care beginning in the 3rd trimester; ^Rate per 1,000 live births.

CANCER INCIDENCE

Rates of newly diagnosed cancers are relatively stable in Howard County and Maryland, and falling in the U.S. On average, 1,318 new cases of cancer are diagnosed each year in Howard County.

Female breast and prostate cancer are responsible for almost one-third of newly diagnosed cancers. On average each year in Howard County, 247 women are diagnosed with breast cancer, and 168 men with prostate cancer.

Melanoma incidence rates are increasing in the U.S. Pancreatic incidence rates are increasing in Maryland.

Cancer Incidence Rates* for Selected Sites Howard County, 2012-2016

Cancer Type	Average County Case Count	Howard Rates	Maryland Rates	U.S. Rates
All Sites (Both Genders)	1,318	403.7 ●	450.5 ●	448.0 ▼
Breast (Female)	247	137.0 ●	131.5 ●	125.2 ●
Cervical (Female)	8	5.0 ●	6.4 ●	7.6 ●
Colorectal (Both Genders)	102	32.4 ●	36.4 ●	38.7 ▼
Colorectal (Male)	51	35.2 ●	40.7 ●	44.4 ▼
Colorectal (Female)	51	30.2 ●	33.0 ●	33.9 ▼
Liver (Both Genders)	22	6.4 ●	8.6 ●	8.3 ●
Lung/Bronchus (Both Genders)	123	40.2 ●	56.4 ▼	59.2 ▼
Lung/Bronchus (Male)	60	42.9 ●	63.7 ▼	69.1 ▼
Lung/Bronchus (Female)	63	38.3 ●	51.1 ▼	51.7 ▼
Melanoma (Both Genders)	79	24.2 ●	23.0 ●	21.8 ▲
Pancreas (Both Genders)	38	12.3 ●	13.2 ▲	12.8 ●
Prostate (Male)	168	99.0 ●	122.1 ●	104.1 ●

Trend Key ▼ FALLING ● STABLE ▲ RISING

Data Source: State Cancer Profiles, CDC, NCHS. *Age-adjusted rates per 100,000 population

CANCER MORTALITY

Cancer death rates have declined in Howard County, Maryland, and the U.S. Between 2012-2016, Howard County had an average of 368 residents die annually from cancer.

Lung cancer is the most common cause of cancer death and the most preventable. On average each year, 78 people die from lung cancer in Howard County.

Death rates from liver cancer and pancreatic cancer are rising in the U.S.

Cancer Mortality Rates* for Selected Sites Howard County, 2012-2016

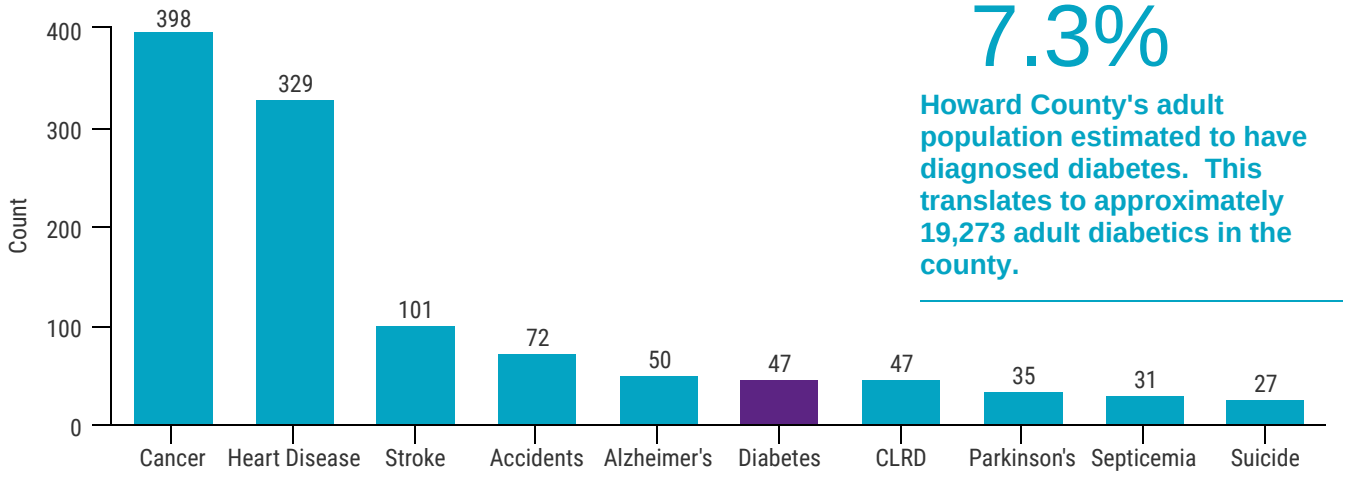
Cancer Type	Average County Case Count	Howard Rates	Maryland Rates	U.S. Rates
All Sites (Both Genders)	368	123.5 ▼	160.3 ▼	161.0 ▼
Breast (Female)	30	17.0 ▼	22.1 ▼	20.6 ▼
Cervical (Female)	Not Available	Not Available	1.9 ▼	2.3 ▼
Colorectal (Both Genders)	31	10.3 ▼	14.1 ▼	14.2 ▼
Colorectal (Male)	15	11.4 ▼	16.9 ▼	16.9 ▼
Colorectal (Female)	16	9.3 ▼	11.9 ●	11.9 ▼
Liver (Both Genders)	16	5.1 ●	6.5 ●	6.5 ▲
Lung/Bronchus (Both Genders)	78	26.6 ▼	40.3 ▼	41.9 ▼
Lung/Bronchus (Male)	38	29.5 ▼	48.5 ▼	51.6 ▼
Lung/Bronchus (Female)	40	24.6 ▼	34.2 ▼	34.4 ▼
Melanoma (Both Genders)	5	1.5 ▼	2.2 ▼	2.5 ▼
Pancreas (Both Genders)	27	9.2 ●	11.5 ●	11.0 ▲
Prostate (Male)	21	18.9 ▼	20.2 ●	19.2 ●

Trend Key ▼ FALLING ● STABLE ▲ RISING

Data Source: State Cancer Profiles, CDC, NCHS. *Age-adjusted rates per 100,000 population

DIABETES

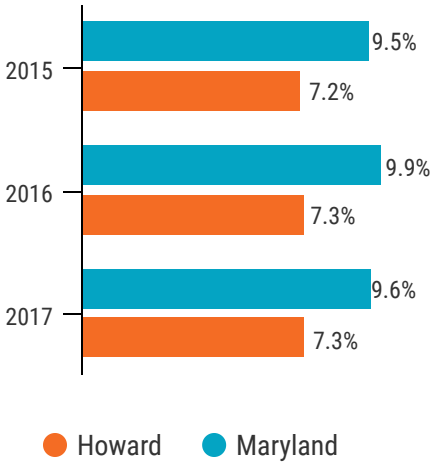
Leading Causes of Death, Howard County, 2017



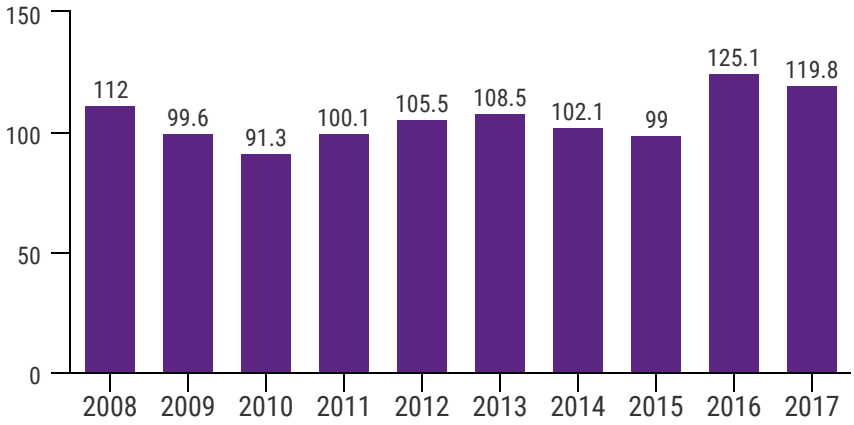
7.3%

Howard County's adult population estimated to have diagnosed diabetes. This translates to approximately 19,273 adult diabetics in the county.

Doctor Diagnosed Diabetes^
Howard and Maryland, 2015-2017



Diabetes Emergency Department Visit Rates
Age-adjusted Rate* per 100,000 population, Howard County



Racial disparity

Diabetes Diagnoses

BLACKS (13.7%) **2.4X** WHITES (5.8%)

CLRD = Chronic Lower Respiratory Diseases

Data Source: Maryland Vital Statistics Administration; Maryland BRFSS accessed 29July2019; Maryland State Health Improvement Process (SHIP).
* 3-year average age-adjusted rates per 100,000 population. ^Excludes women told only during pregnancy (age-adjusted rates).

WEIGHT, NUTRITION & EXERCISE

Healthy weight, nutrition and exercise are important factors in preventing many chronic diseases such as heart disease, diabetes, and some cancers.

Almost 2 in 3 persons is either overweight or obese.

Dietary habits have not improved and more than 40% can't find time to exercise.

OVERWEIGHT

1 in 3 is overweight.

36%

OBESE

1 in 4 is obese.

27%

FRUIT

1 in 9 eat fruit three times or more per day.

11%

VEGETABLES

1 in 11 eat vegetables three times or more per day.

9%

SODA

1 in 12 drink regular soda daily.

8%

ANY EXERCISE

7 in 10 reported exercising in the past week.

73%

OUTSIDE EXERCISE

More than half got exercise outdoors.

56%

TIME

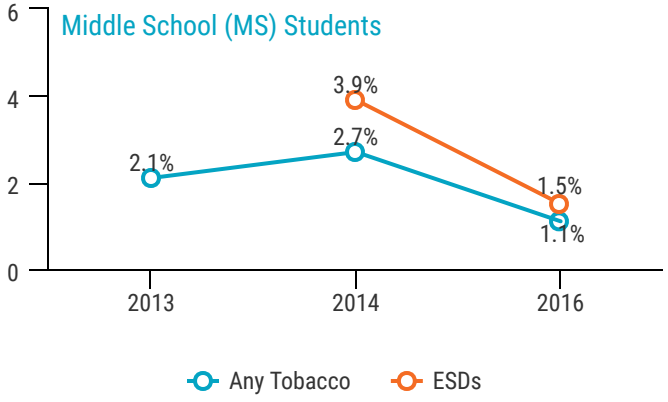
Time was the most common reason for not exercising.

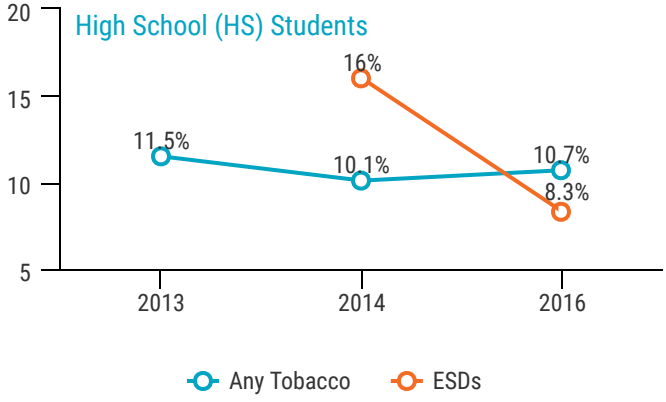
42%

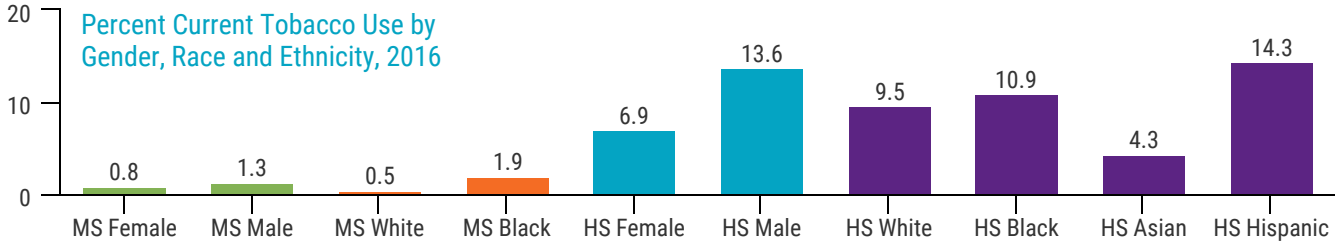
Data Source: Howard County Health Assessment Survey.

TOBACCO & E-CIGARETTE USE

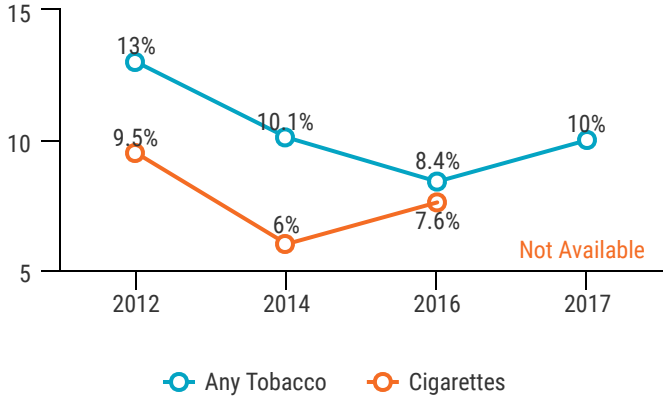
Percent Current Use of Tobacco/ESDs



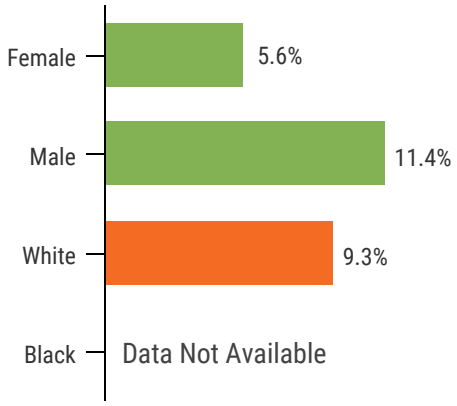




Percent Current Use of Tobacco by Adults (excludes ESDs)



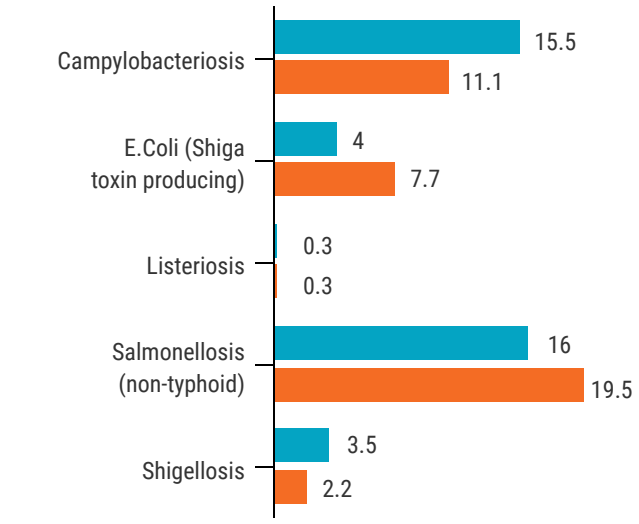
Percent Current Tobacco Use by Adults by Gender and Race, 2016

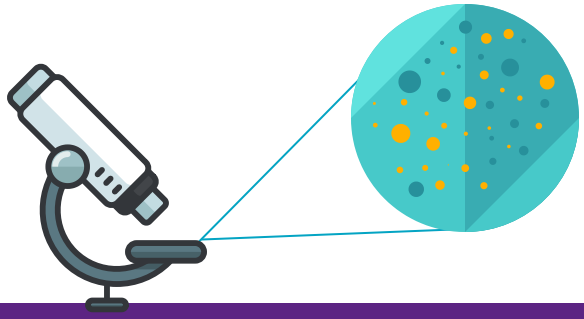


Data Source: Maryland Youth Risk Behavior Survey/Youth Tobacco Survey, Maryland Department of Health; Maryland BRFSS, Maryland Department of Health. ESDs: Electronic Smoking Devices

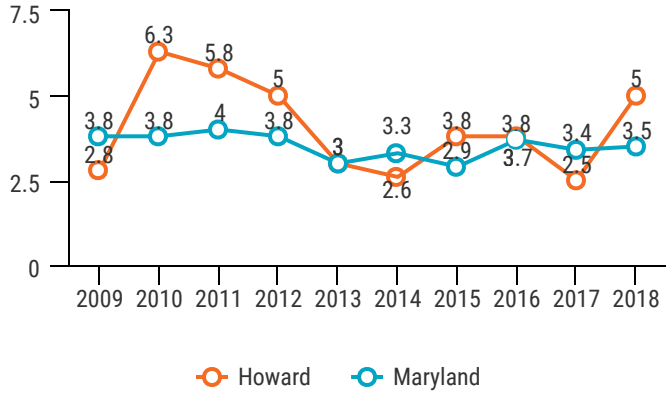
INFECTIOUS DISEASE REPORTING

Reported Case Rates of Selected Foodborne Illness per 100,000 population, 2018

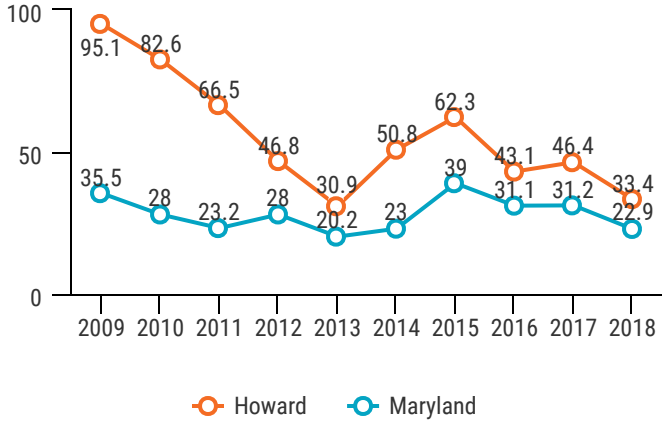




Tuberculosis Reported Case Rates per 100,000 population



Lyme Disease Reported Case* Rates per 100,000 population



*Note: Case definition changes occurred in 1996, 2008, 2011, 2017.

2018 Totals

Goal: Maintain zero human rabies cases in Howard County.

14
Animal Rabies

4.3
Animal Rabies Case Rate per 100,000 population

704
Number of cases investigated (reported incidents of human exposure to animals)

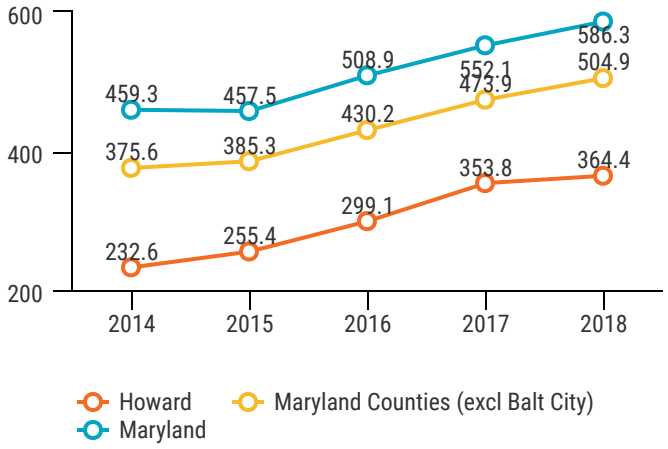
396
Number of animals vaccinated at Health Department sponsored clinics

Data Source: Infectious Diseases Bureau, Maryland Department of Health; Howard County Health Department.

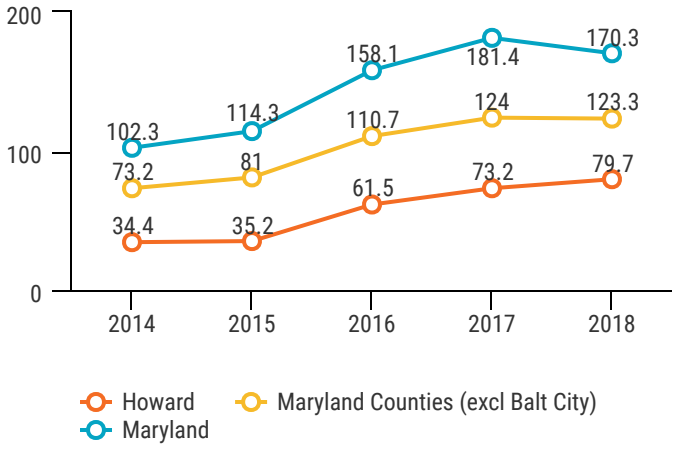
SEXUALLY TRANSMITTED INFECTIONS

Rates of Chlamydia and Gonorrhea continue to increase in Howard County. HIV disproportionately affects blacks and females.

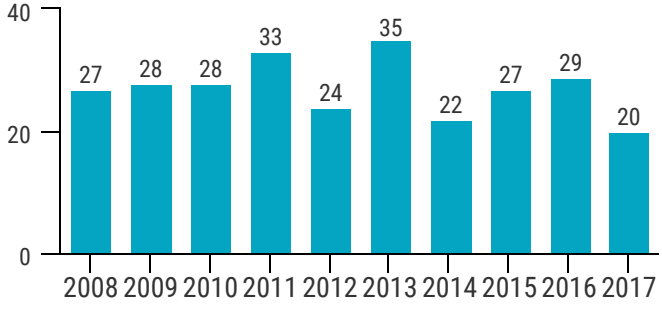
Chlamydia Reported Case Rates per 100,000 population



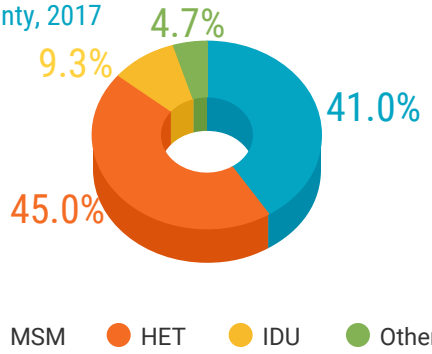
Gonorrhea Reported Case Rates per 100,000 population



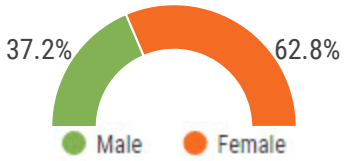
New HIV DIAGNOSES BY YEAR (Ages 13+)
Howard County, 2008-2017

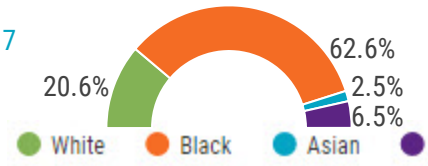


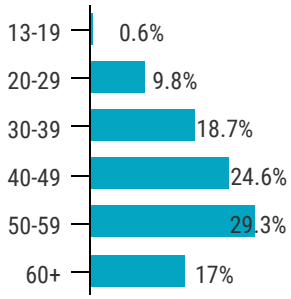
Exposure Category* for Living HIV Cases
Howard County, 2017



Living Cases by Sex at Birth, Race/Ethnicity and Age







20
New HIV Diagnoses, 2017

642
Living HIV/AIDS Cases, 2017

Data Source: Infectious Diseases Bureau, Maryland Department of Health.
* MSM: Male-to-male Sexual Contact; HET: Heterosexual Contact; IDU: Injection Drug Use; Other: includes No identified risk.

YOUTH SUICIDE

Suicide was the leading cause of death for youth ages 15-19 in Howard County between 2014 and 2017. Research suggests gender disparities in rates of suicide and suicidal ideation. While females are more likely to consider suicide, males are more likely to die by suicide.

1 in 5 middle school students seriously considered attempting suicide

20%

1 in 7 high school students made a plan about how they would attempt suicide

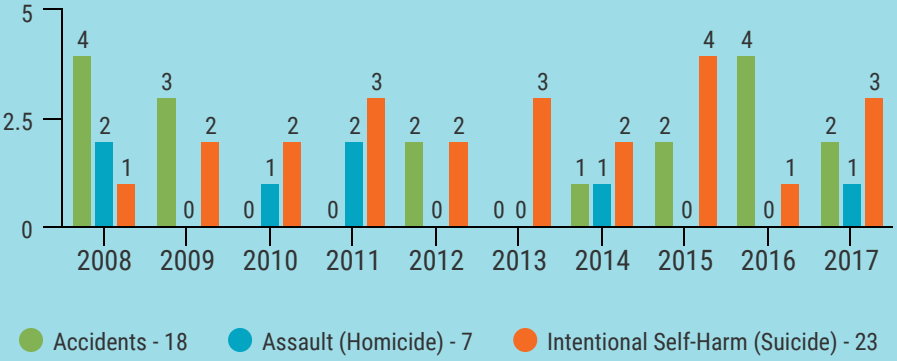
13.8%

Hopelessness

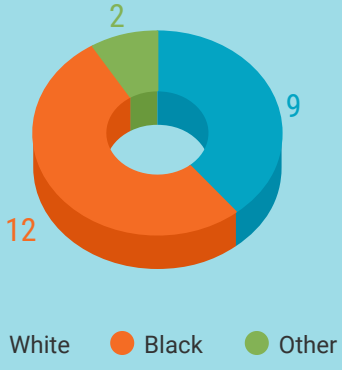
1 in 4

High school students experienced sad or hopeless feelings*

Deaths Among Adolescents Ages 10-19 Years by Cause of Death, Howard County



Suicide Deaths by Race, Ages 10-19 Howard County, 2008-2017



Black youth account for

52% Suicide deaths in 10-year period

vs

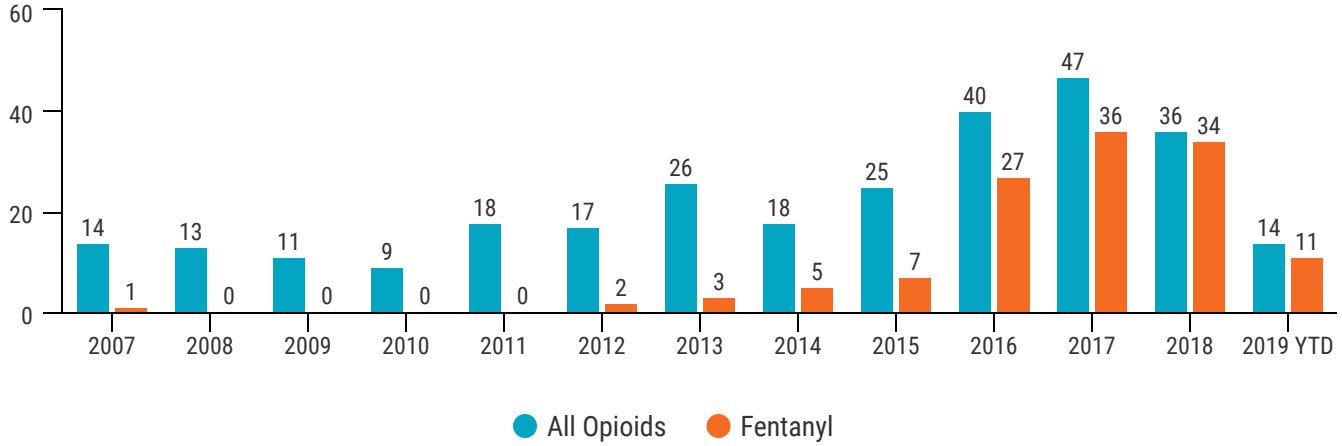
23% Population ages 10-19

Data Source: 2016 Maryland Youth Risk Behavior Survey, Maryland Department of Health; Maryland Vital Statistics Administration.
*almost every day for >=2 weeks and stopped doing usual activities: 26.4%.

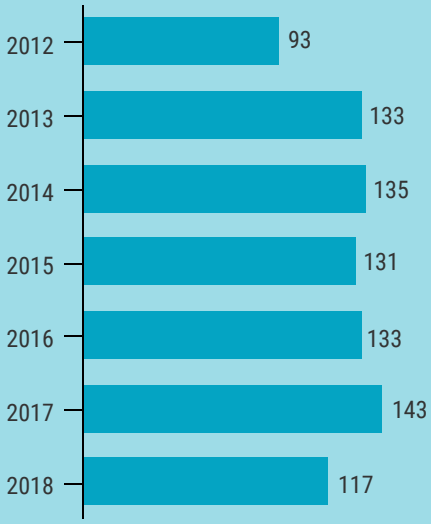
OPIOID OVERDOSES

After a steady rise in opioid-related overdose deaths in Howard County, the rate of opioid-related overdose deaths appears to have slowed. Increased access to naloxone (opioid overdose reversal drug), safer prescribing practices, access to treatment, education, and risk reduction outreach activities have improved outcomes, ultimately saving lives. Response to the crisis continues.

Number of Opioid-related Intoxication Deaths, Howard County, 2007-2018 and YTD 2019 through June



Number of Opioid-related Overdose Hospital Events*



Non-fatal Overdoses

Fatal Overdoses

Opioid Response Program (ORP) Activities
Howard County Health Department

	FY18	FY19
ORP Trainings	106	192
ORP People Trained	1478	2278
# Provided Naloxone	1034	1577

Data Source: Maryland Vital Statistics Administration; CRISP Reporting Services; Howard County Health Department.
*Preliminary data, HSCRC Casemix data includes inpatient discharges and outpatient hospital visits at MD acute care hospitals with an overdose ICD9/10 code in any diagnosis position; intentionality listed as unintentional or undetermined, CRISP Reporting Services.

COMMUNITY SNAPSHOT

LIFE EXPECTANCY*
83.5 years

INFANT MORTALITY*
5.4 deaths/1,000 births

ACCESS TO HEALTH SERVICES**
96.4% with coverage

HIGH BLOOD PRESSURE**
24.5% hypertensive

DIABETES**
7.3% diabetic

OVERWEIGHT^
36% overweight

OBESITY^
27% obese

STROKE*
32.7 deaths per 100,000

ANY TOBACCO USE (ADULTS)**
10% tobacco use

ALCOHOL USE**
6.0% chronic drinking

CANCER*
117.6 deaths per 100,000

DEPRESSION (DR DIAGNOSED)**
14.3% of adults

SAD OR HOPELESS FEELINGS
26.4% of HS students

SUICIDE*
8.0 deaths per 100,000

LOW BIRTHWEIGHT*
8.3% of births

PRETERM BIRTHS*
9.3% of births

Most recent data available.

Data Source: *Maryland Vital Statistics Administration, 2017; ^Howard County Health Assessment Survey; **Maryland BRFSS 2016-17, accessed 9Oct19; Maryland YRBS, 2016.

MOVING FORWARD: 2020 GOALS

Healthy People 2020 objectives were developed as a guide to measure improvement in the health of all Americans. One of it's four goals is to "Promote quality of life, healthy development, and health behaviors across all life stages".

Frequent review and comparison to the objectives allow communities to celebrate areas of strength but also to identify opportunities for improvement.

	HP 2020 Goal
HAVE HEALTH CARE COVERAGE** (HC: 96.4%)	100%
CANCER MORTALITY* (HC: 117.6 per 100,000)	161.4
HEART DISEASE MORTALITY* (HC: 106.2 per 100,000)	103.4
STROKE MORTALITY* (HC: 32.7 per 100,000)	34.8
UNINTENTIONAL INJURY MORTALITY* (HC: 24.4 per 100,000)	36.4
DIABETES MORTALITY* (HC: 11.0 per 100,000)	66.6
ADULT OBESITY^ (HC: 27%)	30.5%
ADULT CIGARETTE SMOKING** (HC: 7.6%)	12%
INFANT MORTALITY* (HC: 5.4 per 1,000 live births)	6.0
LOW BIRTH WEIGHT BIRTHS* (HC: 8.3%)	7.8%
EARLY PRENATAL CARE* (HC: 72.5%)	77.9%

Upcoming:

Healthy People 2030

Fifth Edition. HealthyPeople.gov

Met or Exceeded the Healthy People 2020 Goal

*Most recent data available.

Data Source: *Maryland Vital Statistics Administration; ^Howard County Health Assessment Survey; **Maryland Behavioral Risk Factor Surveillance System; HealthyPeople.gov.

HOWARD COUNTY
HEALTH DEPARTMENT

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