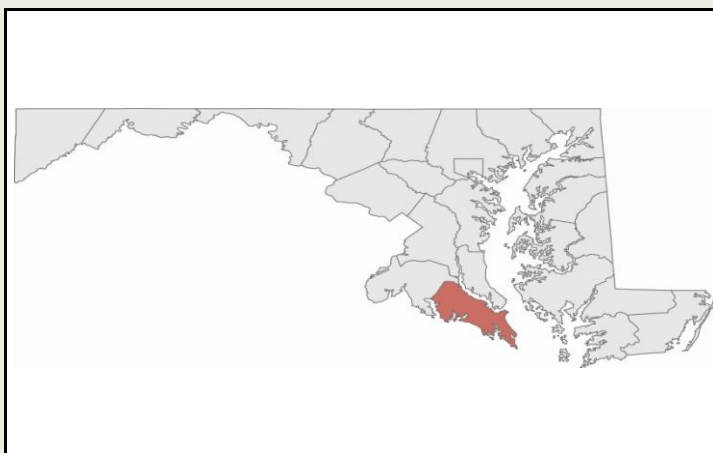


St. Mary's County

Demographics & Social Determinants of Health (2005-2009)

	St. Mary's County	Maryland		St. Mary's County	Maryland
Population			Household Income		
Total	100,140	5,637,418	% Earning \$0-\$24,999	13.2	15.3
Female	50,225	2,907,051	% Earning \$25,000-\$39,999	10.2	11.9
Male	49,915	2,730,367	% Earning \$40,000-\$59,999	14.8	16.1
% Race/Ethnicity:			% Earning \$60,000-\$74,999	11.3	10.4
White	80.2	60.9	% Earning \$75,000+	50.4	46.2
African American	14.0	28.8	Median Household Income	\$75,427	\$69,475
Asian	2.2	4.9	% Living in Poverty	7.3	8.0
Native American	0.4	0.3	Educational Attainment		
Pacific Islander	0.0	0.1	% with High School Education	88.3	87.5
2+ Races	2.4	2.0	% with Bachelor's Degree	16.9	19.6
Other	0.7	3.0			
Hispanic	2.7	6.6			
% of Population Aged:					
0 - 4	7.2	6.7			
5 - 9	7.3	6.4			
10 - 14	7.0	6.8			
15 - 17	4.5	4.3			
18 - 24	10.5	9.4			
25 - 44	28.8	28.1			
45 - 64	25.3	26.6			
65+	9.7	11.8			
Households					
Total	36,668	2,092,538			
% Families with Children	63.9	57.5			



St. Mary's County, Maryland



These county profiles were developed for Maryland and its local jurisdictions. The profiles give a picture of Maryland, focusing on social, demographic, and environmental factors that are thought to be important determinants of health. When looking at the data, some things to consider are the direction of change, the speed of change, and the size of the measure.

[Click here for more information about the data and measures.](#)

For more information about environmental public health tracking go to:

[The Environmental Public Health Tracking Site](#)

St. Mary's County

Major Health Indicators (2008)^a

	St. Mary's County	Maryland
Overall Health		
Life Expectancy at Birth	78.0	78.1
% With Activity Limitations	20.9	20.5
% With Fair or Poor Health	11.2	12.5
% Experiencing Unhealthy Days	22.6	22.2
All Cause Mortality **	815.6	780.8
Maternal/Child Health		
Infant Mortality Rate *	6.2	6.5
% Low Birth Weight (Singleton)	3.7	4.9
% Low Birth Weight (All)	5.9	6.7
% Very Low Birth Weight (Singleton)	1.1	1.0
% Very Low Birth Weight (All)	1.6	1.3
% Pre-Term Births	9.9	9.5
Teen Birth Rate *	20.7	25.9
% Mothers Smoking During Pregnancy	8.3	6.2
% Mothers with Late or No Prenatal Care	4.1	4.2
Communicable Disease		
Tuberculosis Incidence **	2.0	4.9
Chlamydia Rate **	320.7	437.9
Gonorrhea Rate **	60.0	118.3
Rate of HIV/AIDS Cases **	9.5	46.6
Number of HIV Deaths	2	431
Number of Septicemia Deaths	8	988

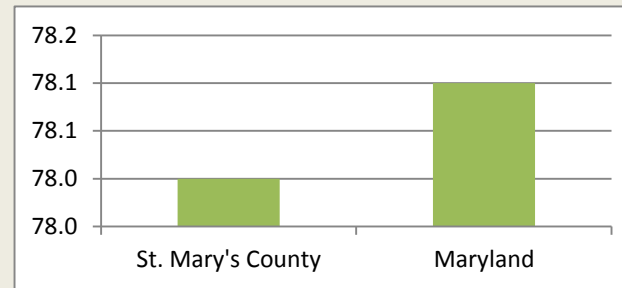


Fig. 1 Life Expectancy at Birth

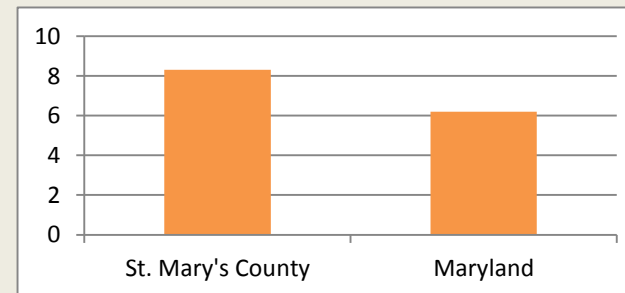


Fig. 2 Percent of Mothers Smoking During their Pregnancies



These are some of the most basic measures of health across the state. Many of these are also included in

[Maryland's State Health Improvement Process \(SHIP\)](#)

For more information about environmental public health tracking go to:

[The Environmental Public Health Tracking Site](#)

^a 2008 Data was used whenever available. Please refer to metadata for additional information.

* Rate per 1,000 Births

** Rate per 100,000 Residents

St. Mary's County

Health Outcomes/Risk Factors (2008)^a

	St. Mary's County	Maryland
Mental Health		
Number of Suicide Deaths	10	493
% with Anxiety Disorders	11.5	12.6
Substance Abuse		
Number of Alcohol-Induced Deaths	4	407
% Binge Drinkers	21.8	13.8
Environmental Health		
% Children Tested for Presence of Blood Lead	17.7	22.4
% Children With Lead Poisoning	0.3	0.7
Health Insurance		
% Without Health Insurance (Adults)	7.5	NA
% Without Health Insurance (Children)	3.1	NA
Unmet Medical Need		
% in Last Year that Could Not Afford to See a Doctor	10.9	10.4
Oral Health		
% That did not see a Dentist in the Last Year	20.8	28.6

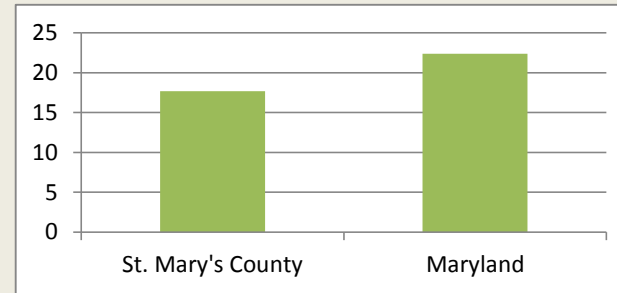


Fig. 3: Percent of children tested for elevated blood lead levels

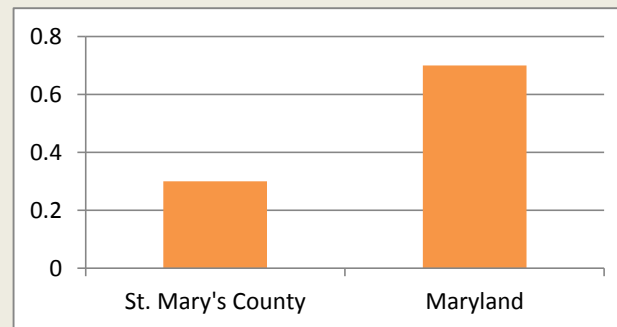


Fig. 4: Percent of tested children with elevated blood lead levels



These represent some important determinants of health, including mental health, substance abuse, and access to health services. Many of these are part of the [State Health Improvement Process \(SHIP\)](#)

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* Rate per 1,000 Births

** Rate per 100,000 Residents

St. Mary's County

Risk Factors (2008)^a

	St. Mary's County	Maryland
Unhealthy Weight		
% Overweight (Adults)	38.1	36.7
% Obese (Adults)	28.9	26.7
% Overweight (School-Age)	25.2	17.7
% Obese (School-Age)	33.3	22.3
Smokers		
% Adults that Smoke	22.3	14.9
% Middle Schoolers that Smoke	14.4	5.2
% High Schoolers that Smoke	9.5	7.0
Injury and Violence		
Number of Homicide Deaths	3	528
Number of Aggravated Assaults	247	20,571
Rate of Motor Vehicle Injury Hospitalizations **	78.8	109.8
Number of Motor Vehicle Deaths	17	643
Injury-Related ER Visits **	11,693	9,135
Injury-Related Hospitalizations **	806	1,068
Injury-Related Deaths **	63.0	63.0
Physical Inactivity and Built Environment		
% Adults Not Meeting CDC Recommendation for Activity	61.2	64.4
% With No Physical Activity	23.4	24.0
Access to Recreational Facilities **	11	12
% With Access to Healthy Foods	36.0	62.0

^a 2008 Data was used whenever available. Please refer to metadata for additional information.

** Rate per 100,000 Residents

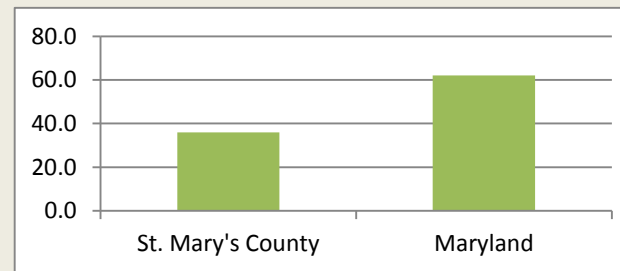


Fig. 5: Percent of population with access to healthy foods

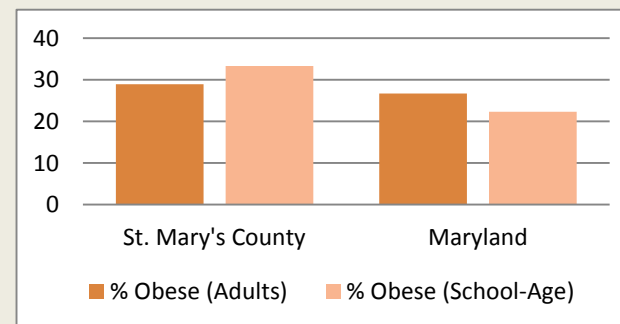


Fig. 6: Percent of children and adults that are obese



The indicators on this page might be thought of as related in some ways to the built environment. While other factors such as personal behaviors must also be considered, there are relationships between the built environment and some important health outcomes.

For more information about environmental public health tracking go to:

[The Environmental Public Health Tracking Site](#)

St. Mary's County

Health Outcomes (2008)^a

	St. Mary's County	Maryland
Built Environment, cont.		
<i>Percent Who Get to Work By:</i>		
Single Occupancy Vehicle	82.2	73.2
Active Transport (Walking, Biking)	2.2	2.8
Public Transportation	2.4	8.7
Chronic Disease		
Number of Colorectal Cancer Deaths	11	964
Number of Breast Cancer Deaths	11	840
Number of Heart Disease Deaths	167	11,217
Number of Stroke Deaths	35	2,250
% with Diabetes	8.8	8.7
Diabetes Deaths **	NA	22.4
% Children with Asthma	11.6	14.3
Number of Childhood Asthma Hospitalizations	14	1,318
% Adults with Asthma	15.6	14.3
Number of Adult Asthma Hospitalizations	28	3,746
Cancer Screening		
% Adult Women that have Received a Mammogram	62.3	64.2
% Testing for Colorectal Cancer in Past 2 Years	22.0	25.0

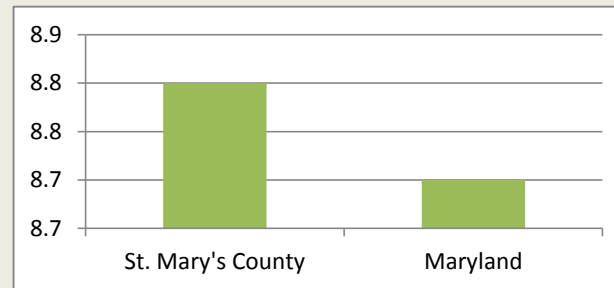


Fig. 7: Percent with Diabetes

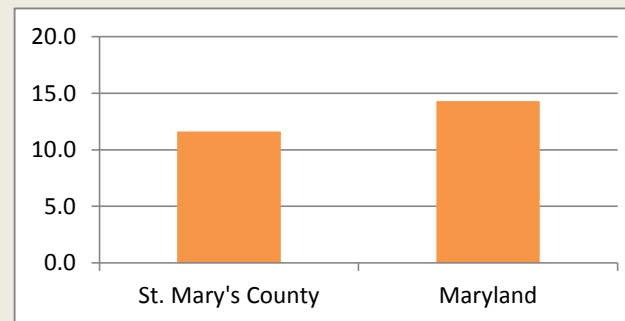


Fig. 8: Percent of children with asthma



Prevention and reduction of chronic diseases requires a combination of approaches, including improvements in screening, changes in personal behaviors, and changes in environmental conditions.

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^a 2008 Data was used whenever available. Please refer to metadata for additional information.

* Rate per 1,000 Births

** Rate per 100,000 Residents

St. Mary's County

Physical and Environmental Determinants (2008)^a

	St. Mary's County	Maryland
Immunizations		
Average % of Kindergarten Students Immunized	99.8	99.3
% Adults Receiving Flu Shots	34.8	38.5
% Adults Receiving Pneumonia Shots	22.6	24.7
Environmental Exposure		
Ozone Days	3	16
Particulate Matter Days	0	4
Water Quality- Arsenic †	13.9	NA
Water Quality- Nitrates ‡	NA	NA
Water Quality- Trihalomethane †	NA	NA
Water Quality- Haloecetic Acids †	NA	NA

^a 2008 Data was used whenever available. Please refer to metadata for additional information.

† Parts per Billion

‡ Parts per Million

Funding for this county indicators project was made possible by cooperative agreement award 5U38EH000194-05 from the Centers for Disease Control and Prevention to the Maryland Department of Health and Mental Hygiene. The computed indicators and interpretation of the various measures do not necessarily reflect the official policies of the CDC or the Department of Health and Human Services, nor does any reference to trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



Some connections between the environment and health are well known, such as that between asthma and air pollution. However, air pollution has also been shown to affect overall death rates. Data and information collected by public health agencies is being used by researchers to increase our understanding of these complicated relationships and design cost-effective prevention strategies.

For more information about environmental public health tracking go to:

[The Environmental Public Health Tracking Site](#)