

BWELL Saginaw

Saginaw County's Health Report Card

- **69th** out of **83** for health outcomes (diseases and conditions)
- **68th** out of **83** for health factors (sleep, activity, diet)

Among Saginaw County Adults:

- **41%** obese
- **22%** smoke
- **36%** high cholesterol
- **28%** not physically active
- **22%** excessive drinking
- **13%** diabetes
- **22%** depression
- **37%** high blood pressure
- **10%** babies born with low birth weight
- **9%** babies born preterm
- **39%** sleep less than 7 hours nightly

Among Saginaw County Children:

- **1** in **6** obese
- **1** in **3** overweight
- **60%** of overweight children have at least one risk factor for cardiovascular disease
- Overweight and obese children more likely to remain so as adults, impacting both physical and mental health

Other Saginaw Statistics:

- **9th** highest prevalence of HIV in Michigan
- **1** in every **278** African Americans in Saginaw is living with HIV
- **12.9** infant deaths per **1,000** live births in 2020 – highest in Michigan and 2x the state average
- **14.6** deaths per **100,000** from suicide

Saginaw's Self-Assessment from 2019:

- More than **21%** of Saginaw County residents describe their health status as "fair to poor"
- More than **16%** say their mental health "not good" for more than 14 days
- More than **15%** say their physical health "not good" for more than 14 days

Preventive Care

- **12%** adult fruit/vegetable consumption
- **48%** vaccinated for flu
- **61.05%** vaccinated for COVID-19 (of which **59.66%** are boosted)
- **79%** get annual check-ups
- **72%** mothers receiving early prenatal care
- **74%** mammogram in past 2 years
- **15%** uninsured

Improving Saginaw's Health "Grades" Matter!

There is a statistically significant relationship between health and:

- Academic achievement
- Work performance and productivity
- Life expectancy
- Quality of life
- Healthcare costs
- Community "resilience" – as measured by pandemic cases (**46,372 as of 4/4/2022**), deaths (**902 as of 4/4/2022**), disease severity, and hospitalization

Sources: Data collected from multiple sources on reporting platforms including saginawpublichealth.org, mihia.org, CDC.gov, countyhealthrankings.org