

SAGINAW COUNTY'S HEALTH REPORT CARD

Ranked among the least healthy counties in Michigan

- 76 out of 83 for health outcomes
- 1 in 5 people report poor general health
- Combined deaths from heart disease (600) and cancer (500) were nearly 3x more prevalent than COVID-19 (403) in 2020
- Health disparities prominently exist in minority populations: race, ethnicity, sex, socioeconomic

To become one of Michigan's Top 25 healthiest communities, we must apply a "COVID-like sense of urgency" to THREE Health Priority areas and measure our progress against these statistics:

HEALTH PRIORITY: MATERNAL & CHILD HEALTH

- **35%** births without early prenatal care
- **10%** babies born with low birth weight
- **34.2%** teen pregnancy rate
- **5** infant deaths per **1,000** live births Saginaw County
- **11.5** infant deaths per 1,000 live birth City of Saginaw
- Black infant mortality rate is **2.5x** higher than white
- **16.5%** obesity rate in 2-5 year-old toddlers

HEALTH PRIORITY: MENTAL HEALTH & SUBSTANCE USE

- **18%** self report poor mental health
- **22%** diagnosed with depression
- **19%** drink excessively
- **17%** teens use marijuana
- **50%** of adolescents nationally have mental health disorder
- **12.6** annual suicide deaths per 100,000
- **33.7** drug poisoning deaths per 100,000
- **27.95** opioid-related deaths per 100,000

HEALTH PRIORITY: OBESITY & CHRONIC DISEASE

- Only **24%** of Saginaw residents maintain a healthy weight
- **76%** are overweight (**33%**) or obese (**43%**)
- **22%** smoke
- **38%** high blood pressure, **77%** have taken medication for it
- **34%** high cholesterol
- **14%** diabetic
- **17%** asthma
- **11%** living with COPD, emphysema or chronic bronchitis
- **35%** arthritis
- **8%** suffered a heart attack
- **5%** experienced stroke
- **12%** cardiovascular disease
- **14%** cancer

SOCIAL DETERMINANTS OF HEALTH & OTHER FACTORS

- **27%** don't exercise
- **22%** get recommended exercise (150 min/week with strength training 2x/week)
- **22%** no regular check-ups
- **16%** no healthcare provider, yet under 9% are uninsured
- **44%** worry about running out of food
- **33%** children on food assistance
- **59%** K-12 students on free-reduced lunch
- **21%** adults live in poverty; **22%** of children
- **43%** ALICE households
- **72%** home ownership
- **90%** households with computer
- **84%** households with broadband internet
- **5%** language other than English spoken at home

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"

Sources: 2023 Saginaw County Community Health Assessment, saginawpublichealth.org, mihia.org, CDC.gov, countyhealthrankings.org, hhs.gov