

# 2014 Marin County Local Supplement: County Health Rankings Key Points

## How Healthy is your County?

For the fifth year in a row, Marin ranks #1 in California in both Health Outcomes and Health Factors.

Marin is ranked #1 among 56 California counties in the following nine indicators:

- ✓ Lowest premature death rate
- ✓ Lowest in adult obesity
- ✓ Lowest in physical inactivity
- ✓ Lowest teen birth rate
- ✓ Lowest percent of uninsured adults
- ✓ Lowest percent unemployment
- ✓ Lowest percent of children in poverty
- ✓ Lowest violent crime rate
- ✓ Highest high school graduation rate

### The County Health Rankings

**What:** State-by-state rankings of the health of each county in the United States, based on data collected nationwide from 2004-2013\*.

**Who:** The Robert Wood Johnson Foundation (RWJF) and The University of Wisconsin Population Health Institute (UWPHI)

**When:** Annually - 2014 Data Released on March 26<sup>th</sup>.

\*Data source details:  
<http://www.countyhealthrankings.org/ranking-methods/data-sources-and-measures>

## 2014 Rank

<b>Health Outcomes</b>	<b>1</b>
Length of Life	1
Quality of Life	9
<b>Health Factors</b>	<b>1</b>
Healthy Behaviors	1
Clinical Care	1
Social & Economic Factors	1
Physical Environment	6



# How does **Marin** compare to the other 56 counties ranked in California?

**TOP 5%**

- Low premature death rate
- Low prevalence of adult obesity
- Low rate of physical inactivity
- Low teen birth rate
- High food environment index
- Low percent of uninsured adults
- High primary care physicians per capita
- Low rate of preventable hospital stays
- Low percent unemployment
- Low percent of children in poverty
- Low violent crime rate
- High school graduation rate

**TOP 25%**

- <sup>1</sup>Low number of physically unhealthy days
- <sup>1</sup>High percent of adults with social support
- Low percent driving alone to work

**TOP 10%**

- <sup>1</sup>Low percent of adults reporting fair or poor health
- <sup>1</sup>Low average number of mentally unhealthy days
- High access to exercise opportunities
- High dentists per capita
- High mental health providers per capita
- High percent with some college

**TOP 15%**

- <sup>1</sup>Low percent of adults who smoke
- Low percent of children in single-parent households
- Low average daily air pollution

**TOP 25-50%**

- Low rate of low birthweight infants
- Low sexually transmitted infections (STI) rate
- Low alcohol-related driving deaths
- High mammographic screening of Medicare enrollees
- Low injury mortality rate
- Low exposure to drinking water violations
- Low rate of housing problems

**BOTTOM 50%**

- <sup>1</sup>Excessive drinking
- <sup>2</sup>Drug poisoning mortality rate
- Diabetic monitoring of Medicare enrollees
- Percent of workers with a long commute

<sup>1</sup>Data collected from Behavioral Risk Factor Surveillance System 2006-2012 (2005-2010 for social support indicator) and may vary from other local sources used in county health reports and factsheets.

<sup>2</sup>Drug poisoning deaths was an additional measure and did not contribute to the overall county health rankings.

# The Rankings

The *Rankings* consider multiple factors that affect people's health within four categories: healthy behavior, clinical care, physical environment, and social and economic factors. These include education, employment, access to healthy foods and a healthy environment, and access to clinical care. For the fifth year in a row, Marin ranks highest among counties in California. However, it is important to recognize not everyone in Marin enjoys high levels of wealth and health. The *Rankings* partly reflect the relationship between high socioeconomic status and health. Our success is also the result of years of effective partnership between public health advocates and community leaders to improve health.



*"There's plenty to celebrate here, but the rankings mask some real differences in health status between communities within Marin"*

## Successes

### *Physical Activity*

In Marin, residents benefit from decades of community-wide efforts to preserve open space, promote physical activity, and develop non-motorized transportation methods. A great example of this is WalkBikeMarin ([walkbikemarin.org](http://walkbikemarin.org)). This initiative, led by the Department of Public Works, formed when Marin County was one of four communities selected to receive a 25 million dollar federal grant through the Non-Motorized Transportation Pilot Program from 2006-2012. This funded a variety of projects and programs that furthered the county's bicycle and pedestrian network. Between 2007 and 2010, bicycling and walking rates in Marin increased by 68 percent and 24 percent.

Despite this success, in certain Marin schools 1 in 2 children are overweight or obese. Health and Human Services is partnering with these communities to increase access to healthy foods and promote physical activity. One strategy is to promote healthy food and beverage policies in schools and local governments. For more information visit Marin's Healthy Eating Active Living initiative [www.facebook.com/marinheal](http://www.facebook.com/marinheal) or contact [rsmith@marincounty.org](mailto:rsmith@marincounty.org).

## Challenges

### *Excessive Alcohol and Prescription Drugs*

For the 5th year in a row, Marin residents rank poorly for excessive alcohol use. Deaths from drug overdoses

were a new health indicator for the 2014 rankings, and Marin ranked below most California counties. Excessive alcohol and substance use have short and long term social and economic costs. Individuals drinking excessively or misusing prescription drugs are likely not reaching their full potential. Almost one in four (22%) adults report binge drinking in the past 30 days. Community coalitions in Novato, Twin Cities, San Rafael, Mill Valley, and West Marin are reducing youth and excessive adult drinking by strengthening enforcement of existing laws and policies such as the Social Host Ordinance. Other community-based strategies include limiting and restricting new retail outlets and alcohol licenses, and promoting responsible marketing and sales of alcohol.

Between 2004 and 2010, an average of 32 Marin residents died each year from drug overdose. Most deaths were from prescription drugs. Health and Human Services is convening more than 100 partners in a Prescription Drug Misuse and Abuse Prevention Initiative. This group is working to create a comprehensive plan to reduce prescription drug misuse and abuse in our community. Strategies include working with prescribers toward judicious prescription practices, promoting safe medication storage in homes, increased medication take-back sites, and creating a community where substance abuse is not the norm. To learn about these efforts, contact [klaw@marincounty.org](mailto:klaw@marincounty.org).