



Public Health
Prevent. Promote. Protect.

**Harford County
Health Department**



The Health of Harford County

Presentation to the Board of Health

May 19, 2015

Susan Kelly, Health Officer



**PUBLIC HEALTH ACCREDITATION BOARD
ACCREDITATION COMMITTEE**

**Harford County Health Department
Bel Air, Maryland**

*Accredited March 4, 2015
for five years*

*Meeting the national standards of
public health department performance*

Kaye Bender
Kaye Bender
President
Chief Executive Officer

F. Douglas Scutchfield
F. Douglas Scutchfield
Chair,
Accreditation Committee

Welcome

**Harford
County
Health
Department**

**Nationally Accredited
on March 4, 2015
Public Health
Accreditation Board**



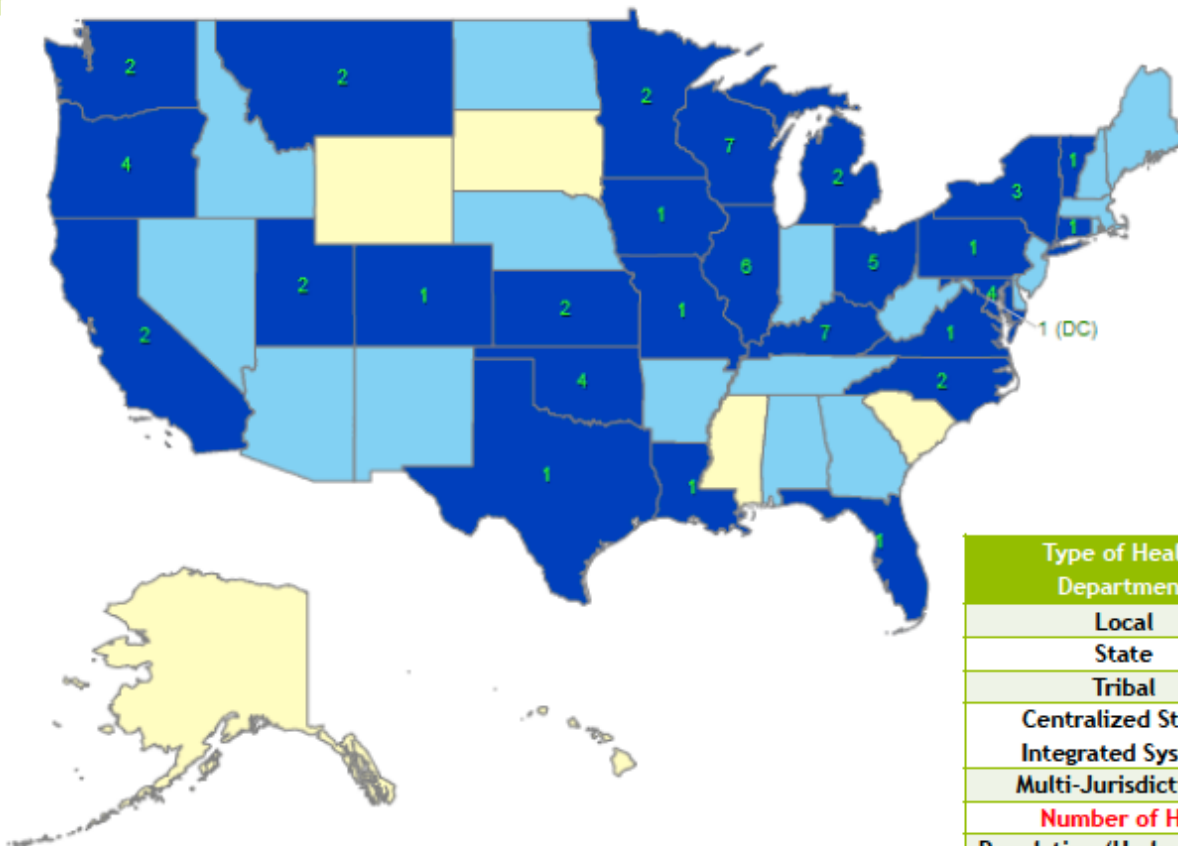
*Meeting the national
standards of public
health department
performance.*



PHABulous!

Only 67 of over 3,000 local and state health departments in the country have attained national accreditation status, to date

Accreditation Activity as of March 5, 2015



Type of Health Department	Accredited	In Process	Total in e-PHAB
Local	59	159	218
State	8	21	29
Tribal	.	2	2
Centralized States Integrated System ¹	.	67	67
Multi-Jurisdictional	.	4	4
Number of HDs	67	253	320
Population (Unduplicated)	112,626,448	100,615,346	213,241,794

¹Single accreditation for multiple health departments

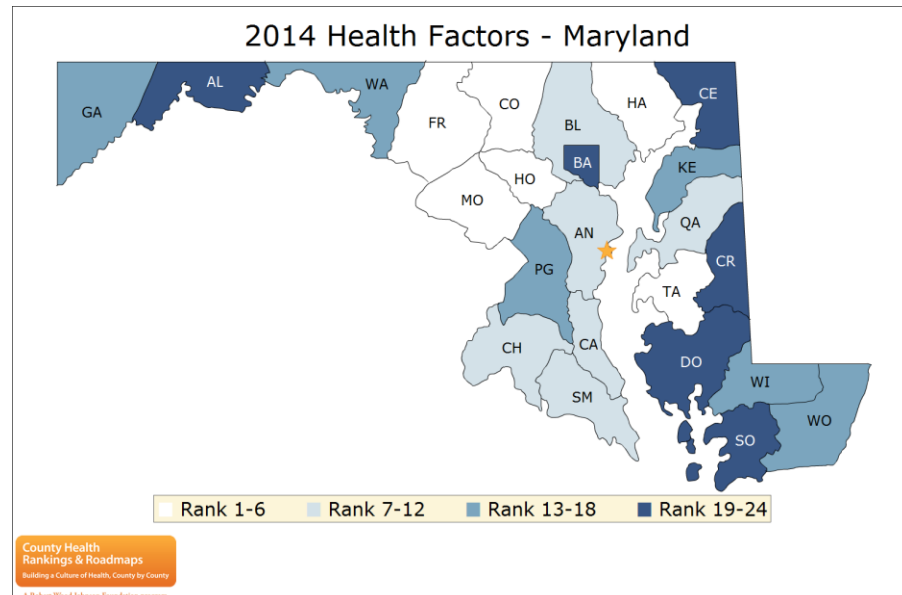
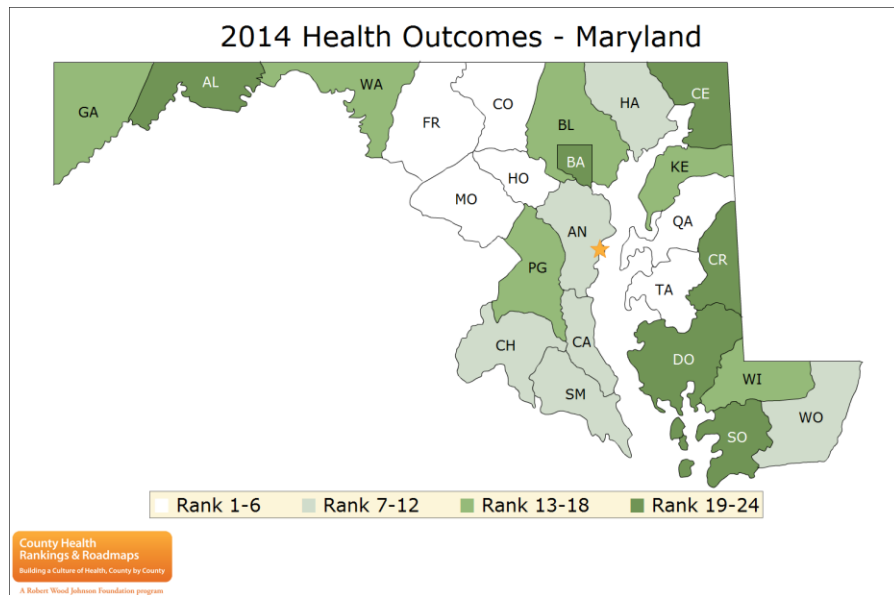


How healthy are Harford County residents?

How Healthy is Harford County?

In 2015, Harford County ranked 10th of 24 in Maryland health outcomes.

In 2015, Harford County ranked 6th of 24 in Maryland health factors.



County Health
Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program



Findings from the 2015 Maryland SHIP (State Health Improvement Process) Data

Healthy Beginnings

Healthy Living

Healthy Communities

Access to Health Care

Quality Preventive Care

Source: www.dhmf.maryland.gov/ship/



Although Harford County ranks better than the State average in:

- Infant mortality & low birth weight rates
- Teen birth rates
- Early prenatal care
- Uninsured E.D. visits
- E.D. visit rates for diabetes, hypertension and asthma
- Pedestrian injury rate on public roads
- And many other health indicators



Harford County still ranks worse than the State in 15 of 39 SHIP measures in 2015

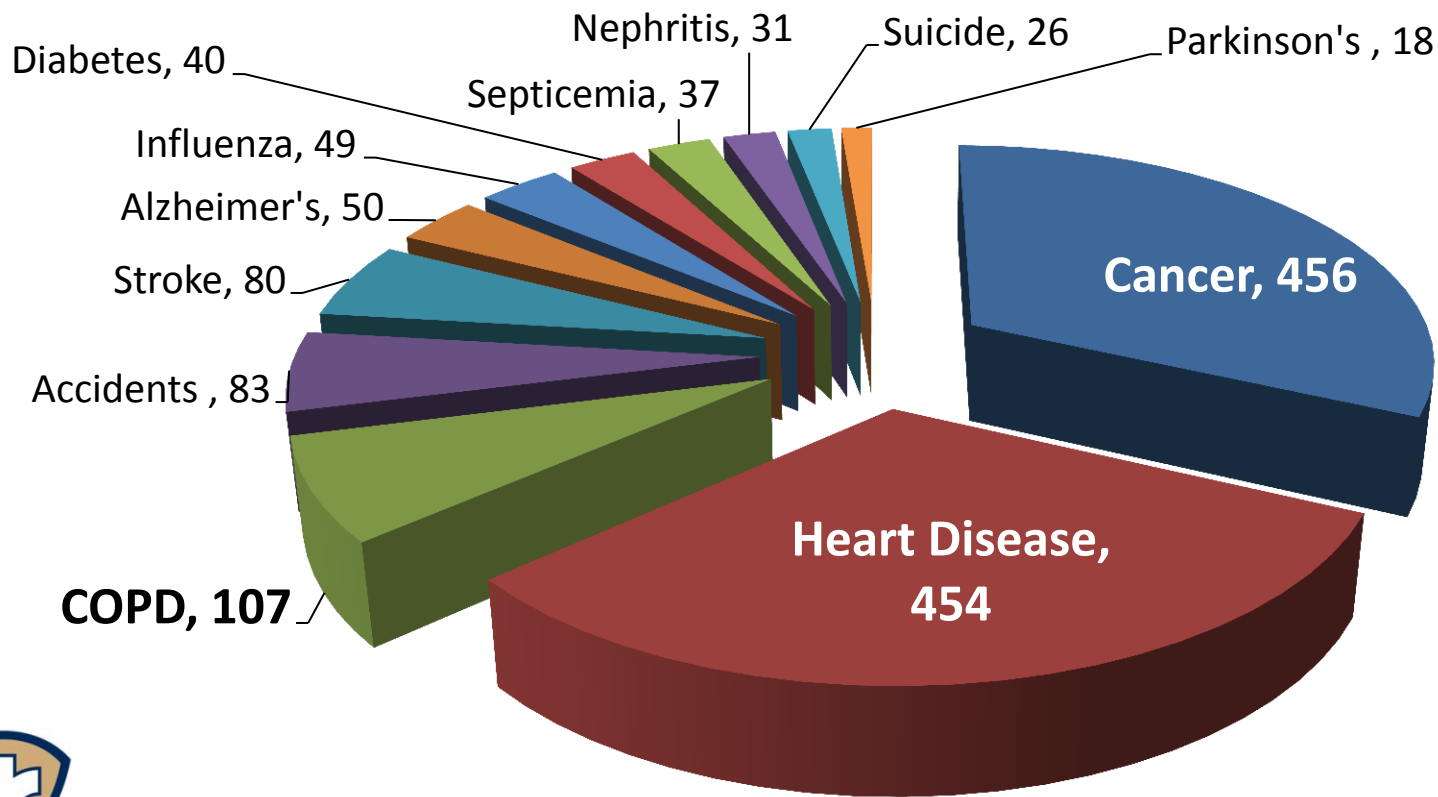
Measure	MD	Harford
Cancer death rate (per 100,000)	163.8	167.9
Suicide death rate (per 100,000)	9.0	10.7
Drug-induced death rate (per 100,000)	13.3	17.9
Fall-related death rate (per 100,000)	8.4	9.9
Adults who are a healthy weight (%)	35.8	35.3
Adults who currently smoke (%)	16.4	16.9
Adolescents who use tobacco products (%)	16.9	20.2
Increased physical activity (% who are active > 150 min/week)	48	46.4
Child maltreatment (per 1,000 < age 18)	9.2	10.2



Harford County still ranks worse than the State in 15 of 39 SHIP measures in 2015 (continued)

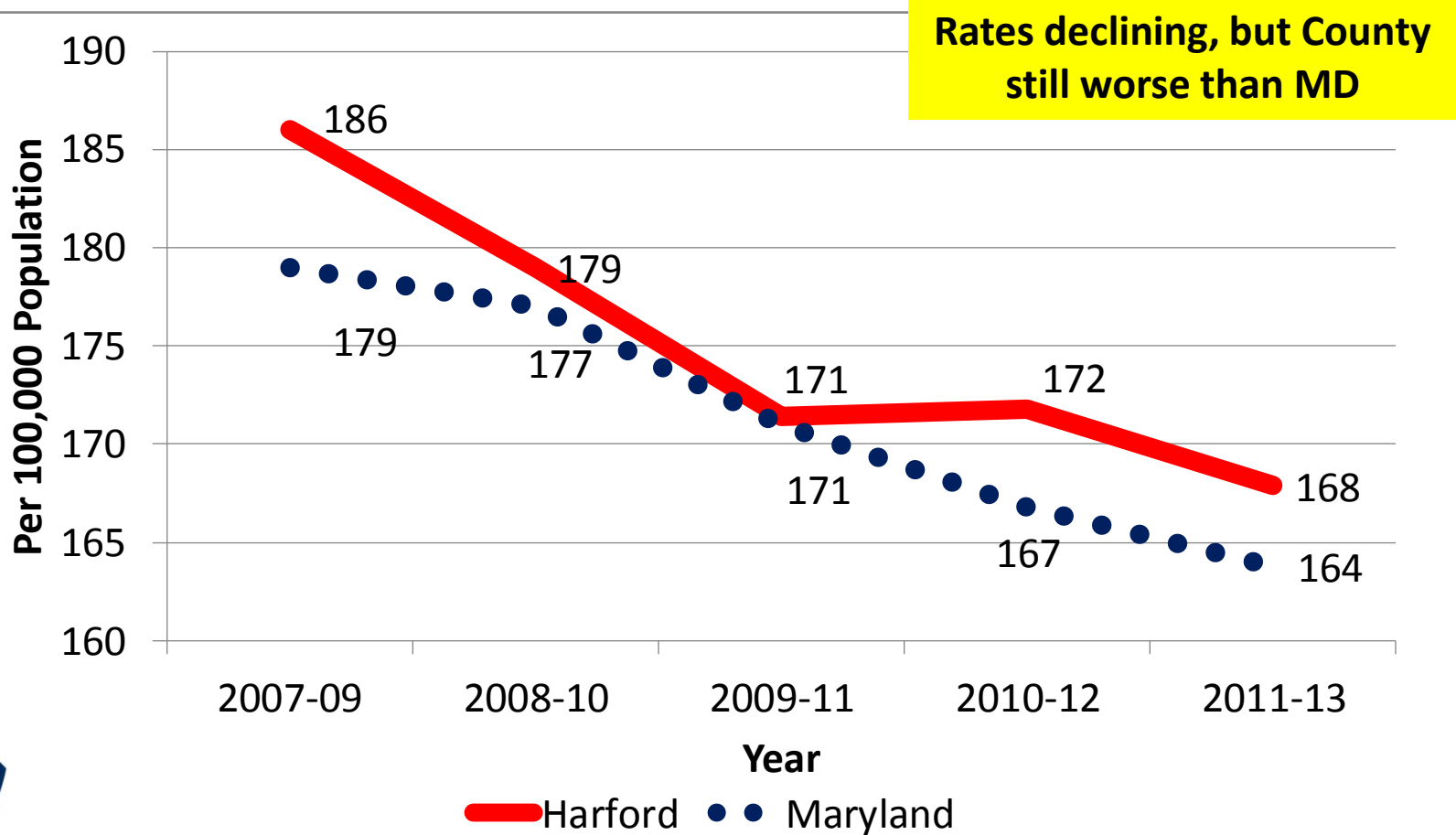
Measure	MD	Harford
Adolescents with wellness checkup in the last year (% aged 13-20 years enrolled in Medicaid)	54.7	50.9
Children receiving dental care in the last year (% aged 0-20 years enrolled in Medicaid)	63.3	59.9
E.D. visit rate for dental care (per 100,000)	809	852.7
Children receiving blood lead screening (% aged 12-15 months enrolled in Medicaid)	66.2	57.9
Affordable housing (% affordable housing units sold)	53.1	40.1
Life expectancy (years)	79.6	79.5

Cancer, Heart Disease & Chronic Obstructive Pulmonary Disease are the Leading Causes of Death in Harford County



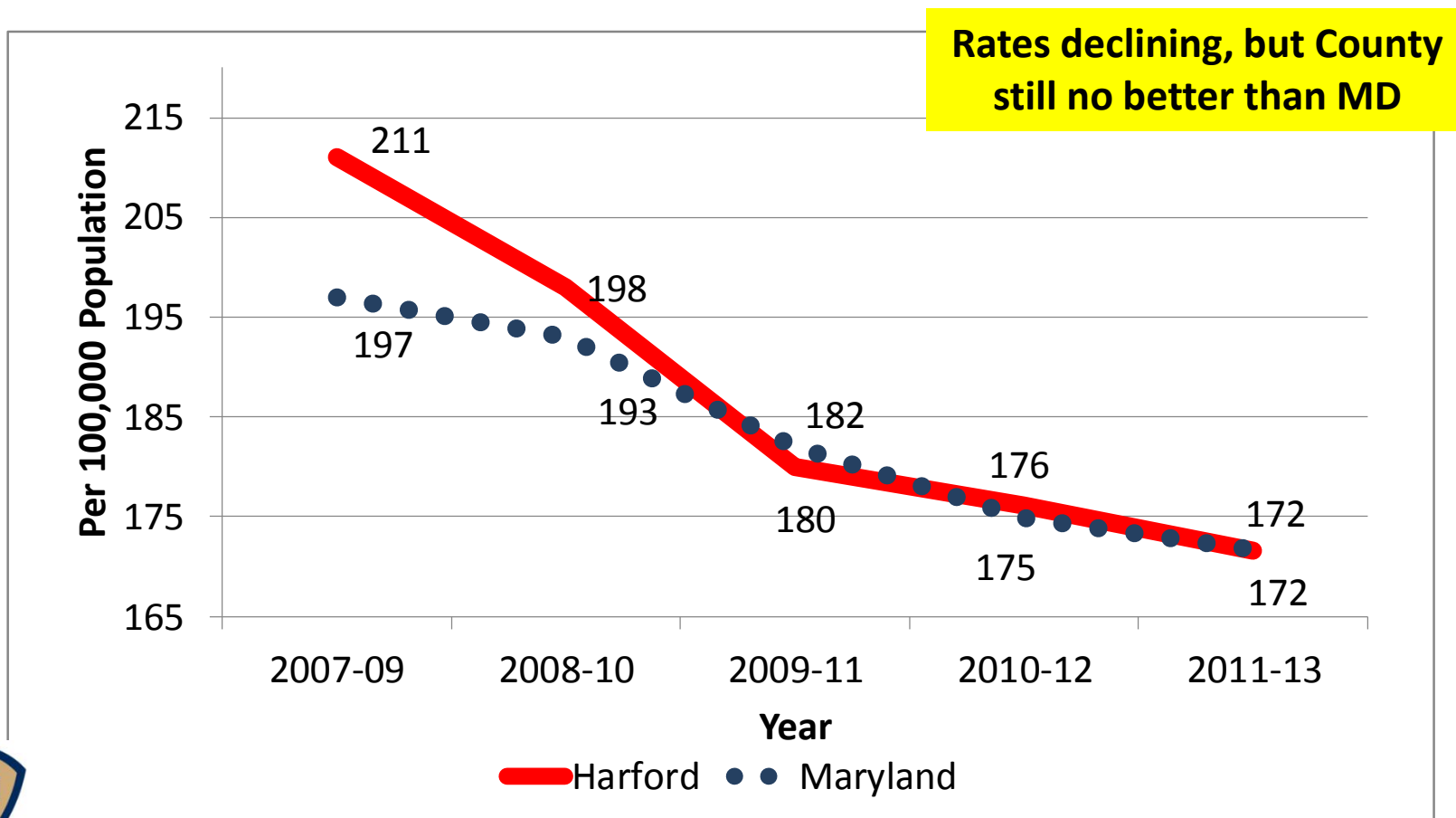
Cancer Mortality Rates

Maryland & Harford County, 2007-13



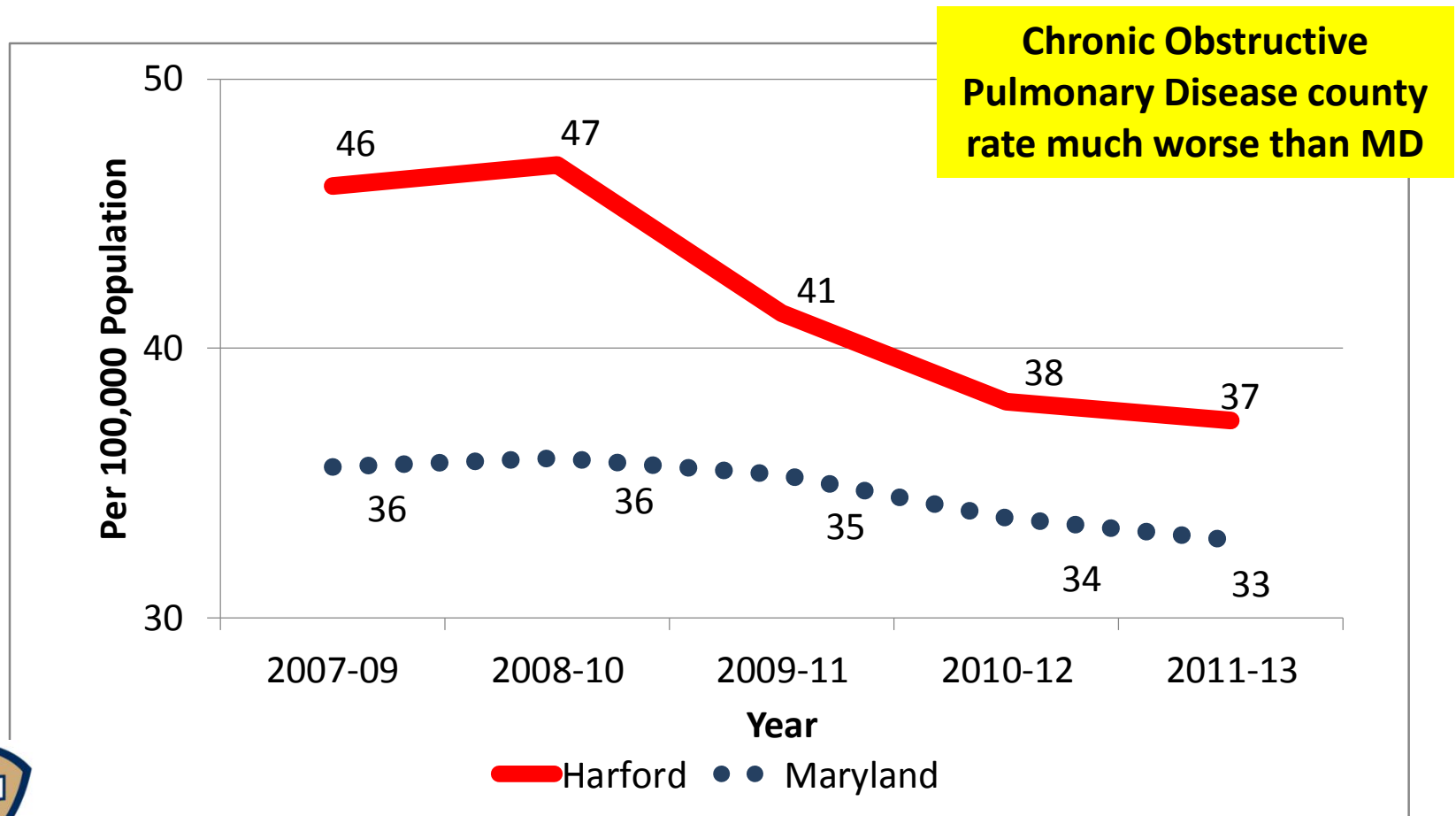
Heart Disease Mortality Rates

Maryland & Harford County, 2007-13



COPD Mortality Rates

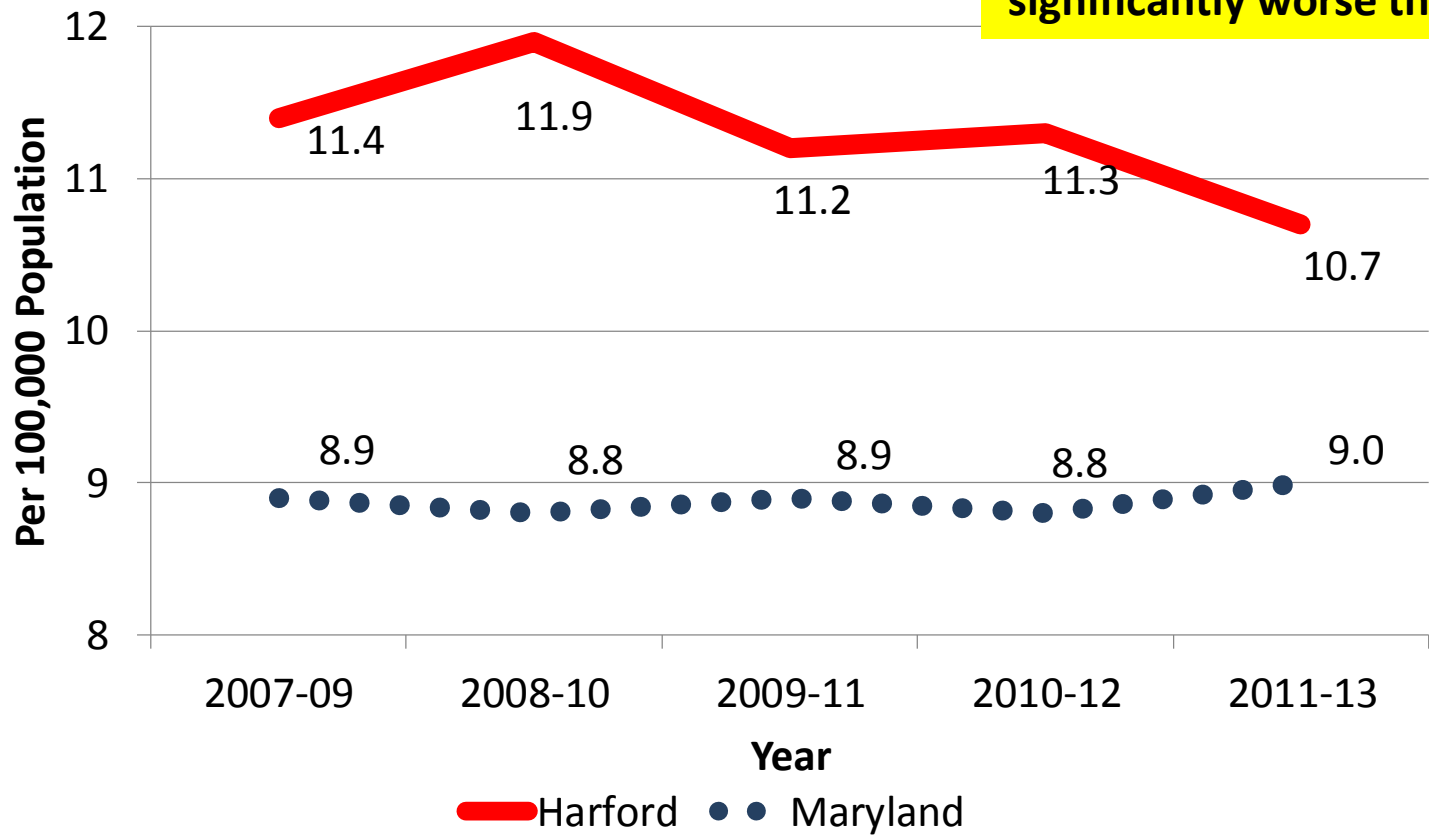
Maryland & Harford County, 2007-13



Suicide Mortality Rates

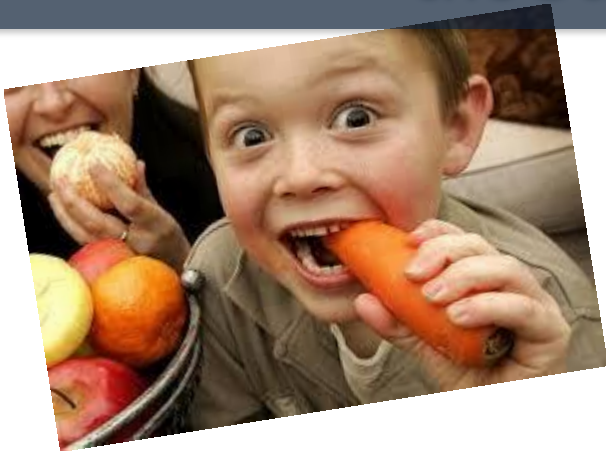
Maryland & Harford County, 2007-13

**But County rates are
significantly worse than MD**



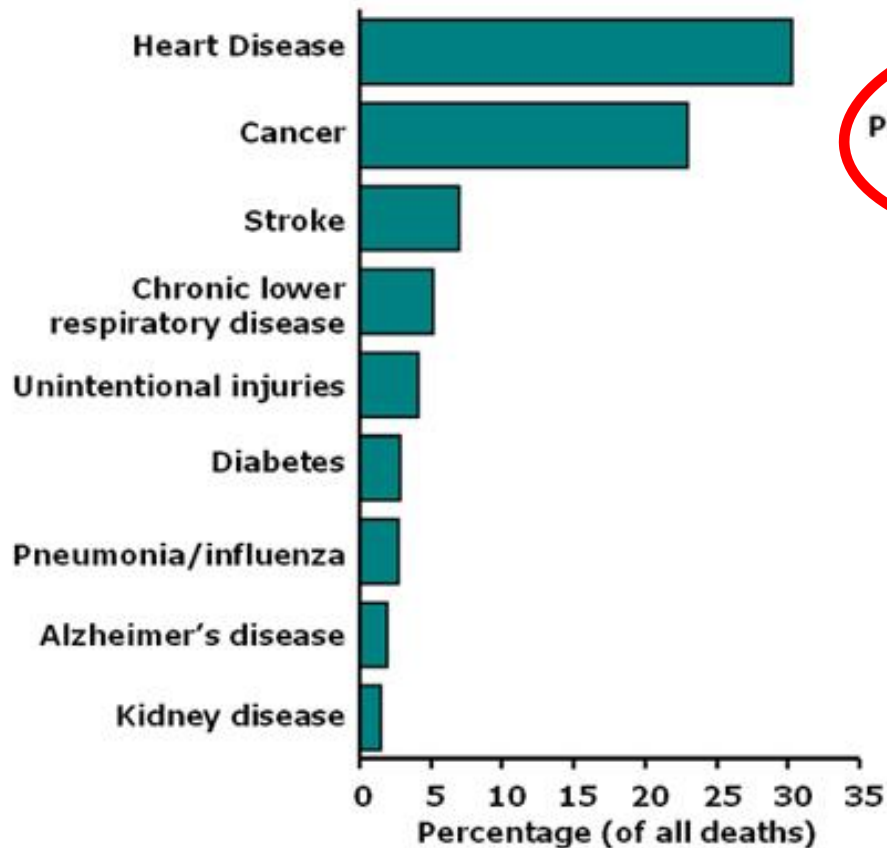


But what's the real story behind health?
What are the actual underlying causes of
disease and death?

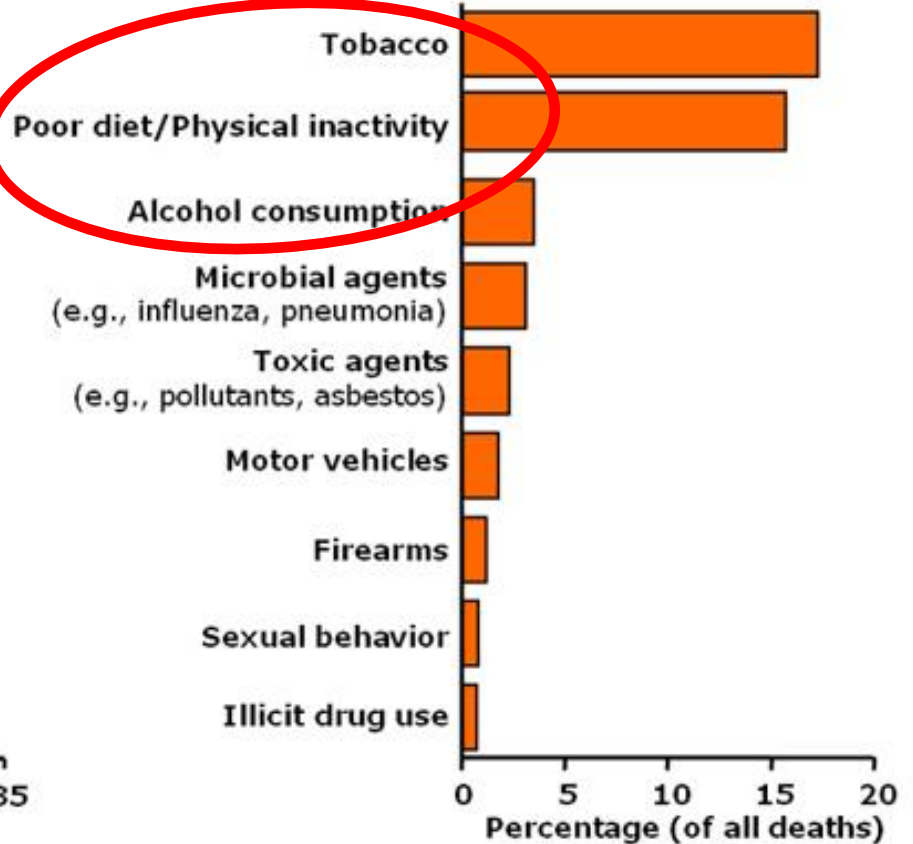


Tobacco, Obesity & Alcohol are the Leading Actual Underlying Causes of Death

Leading Causes of Death*
United States, 2000



Actual Causes of Death†
United States, 2000

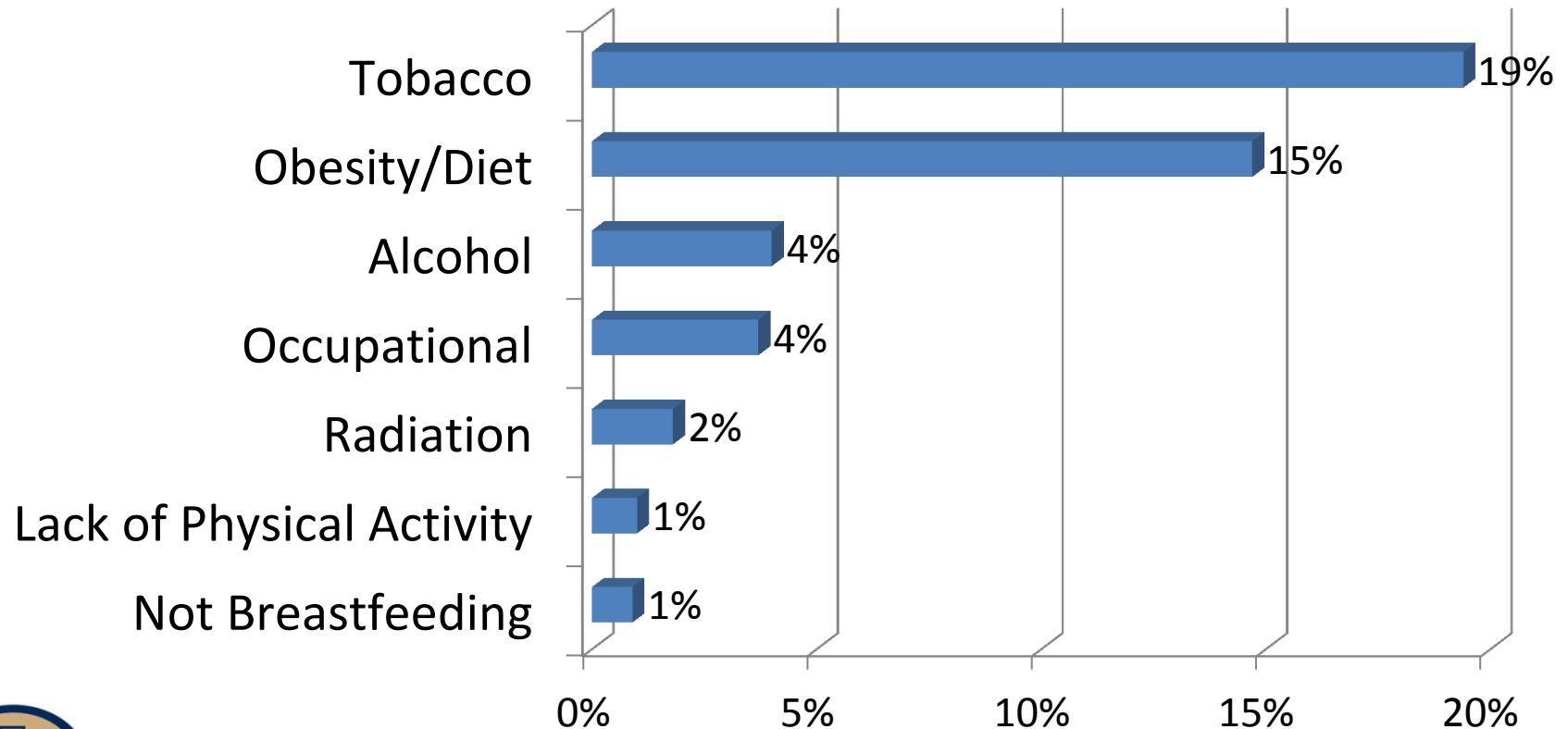


* Miniño AM, Arias E, Kochanek KD, Murphy SL, Smith BL. Deaths: final data for 2000. National Vital Statistics Reports 2002; 50(15):1-120.

† Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States, 2000. JAMA. 2004;291(10):1238-1246. 16

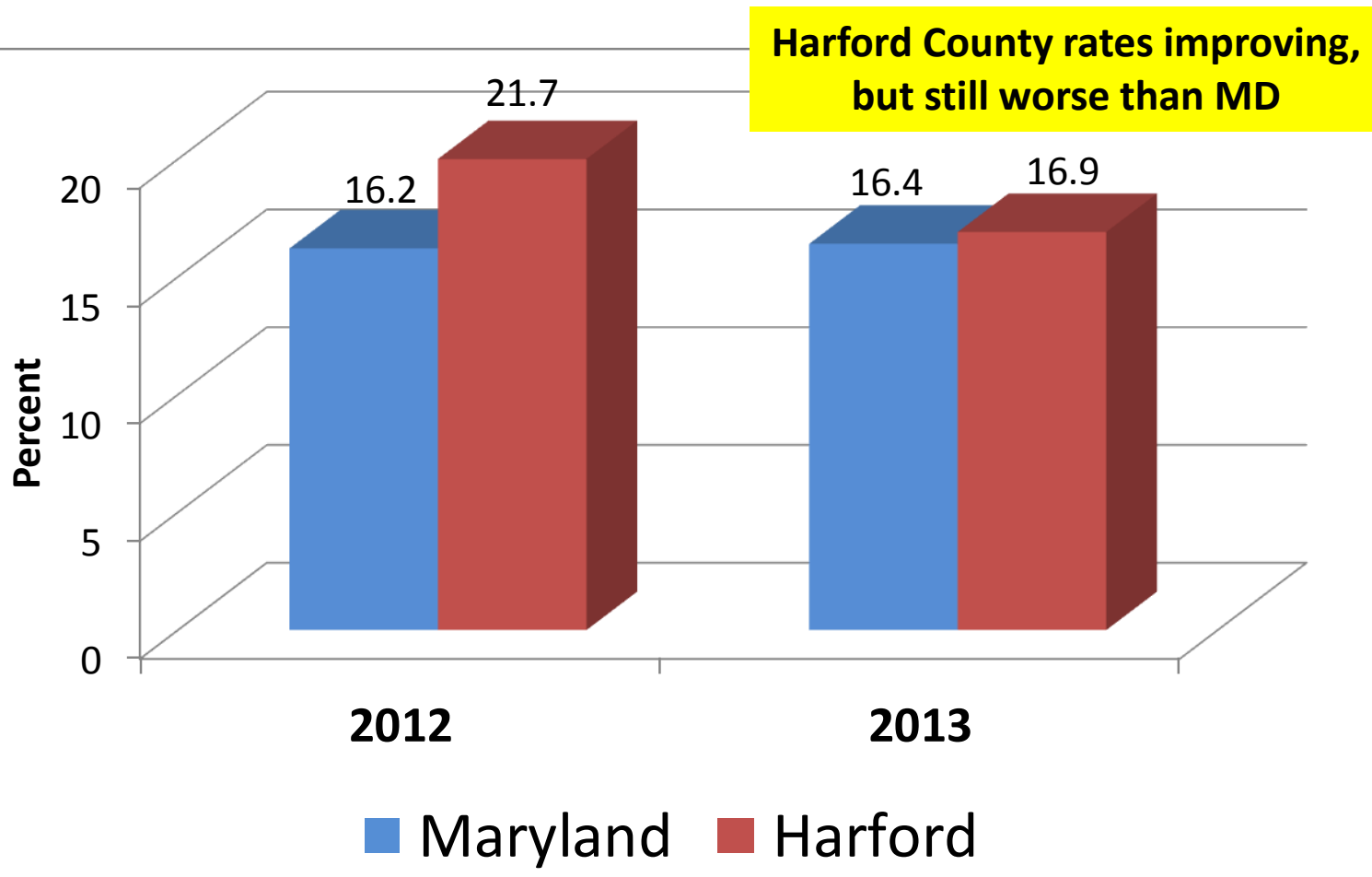
Over 40% of cancers are preventable, caused by lifestyle behaviors

Attributable Exposure Risk for Cancer



Adult Cigarette Use, 2012 & 2013

Maryland & Harford County

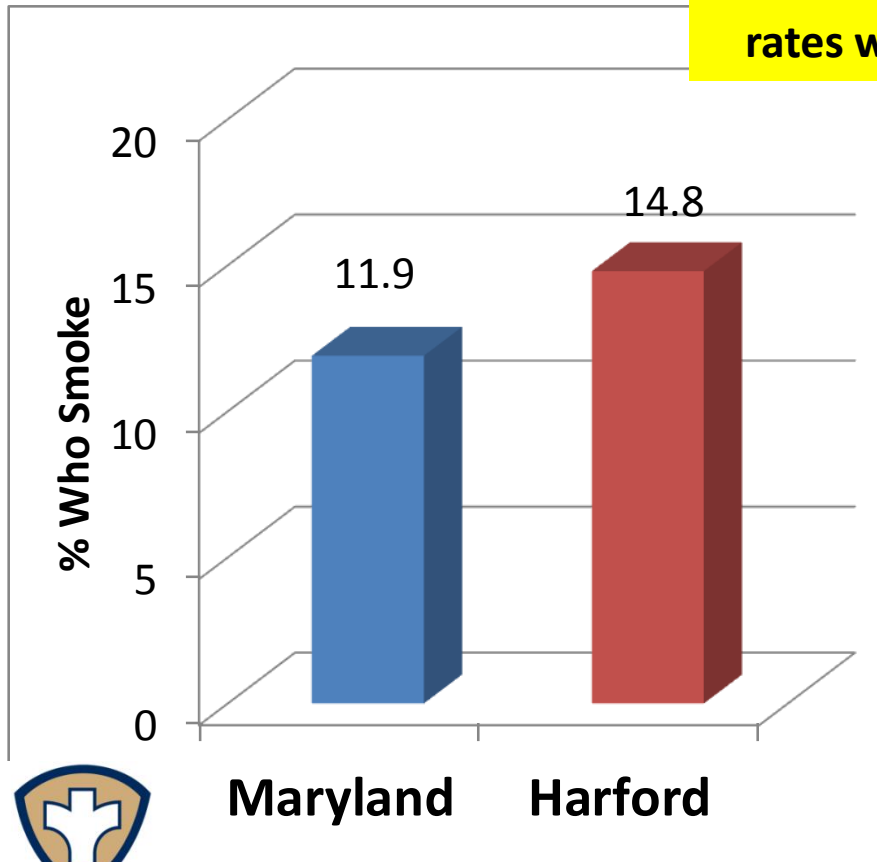


Teen Tobacco Use, 2013

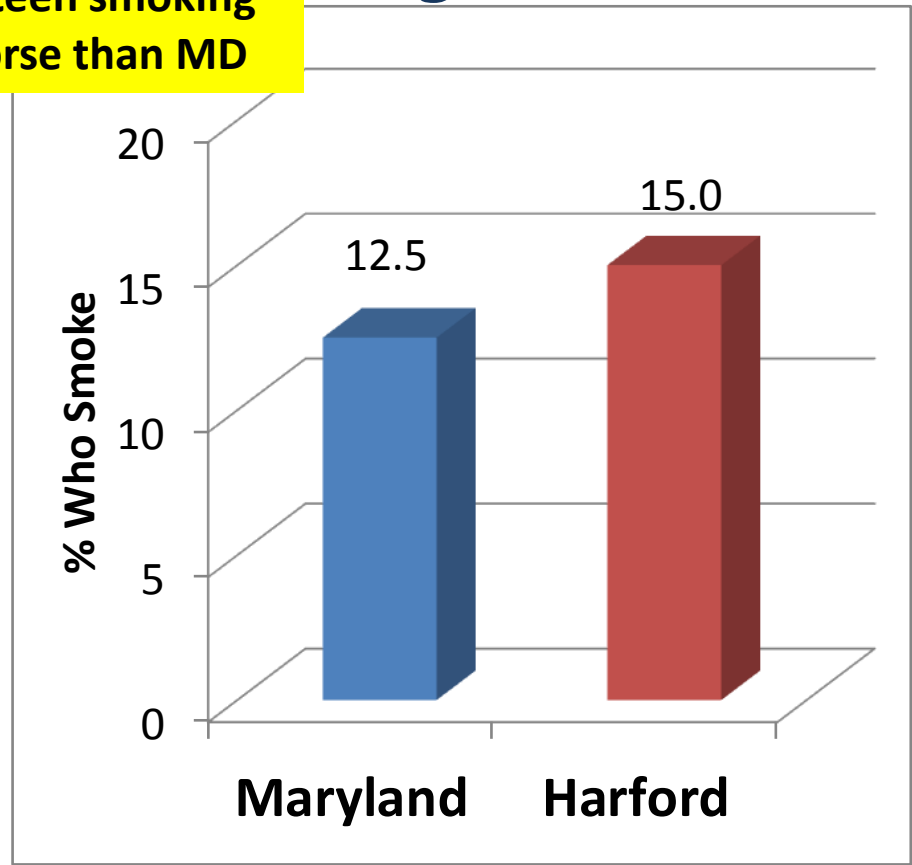
Maryland & Harford County

Cigarettes

Harford teen smoking
rates worse than MD



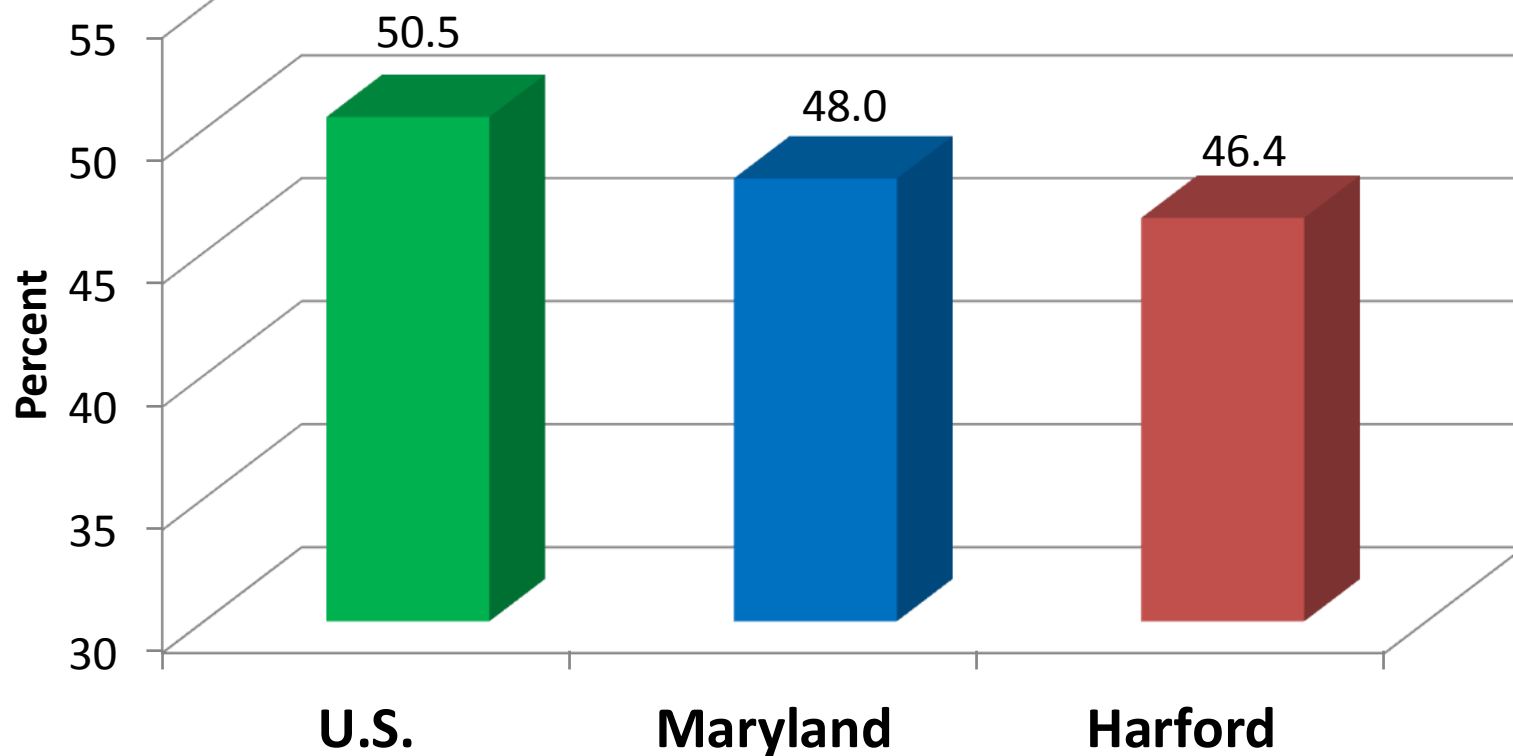
Cigars



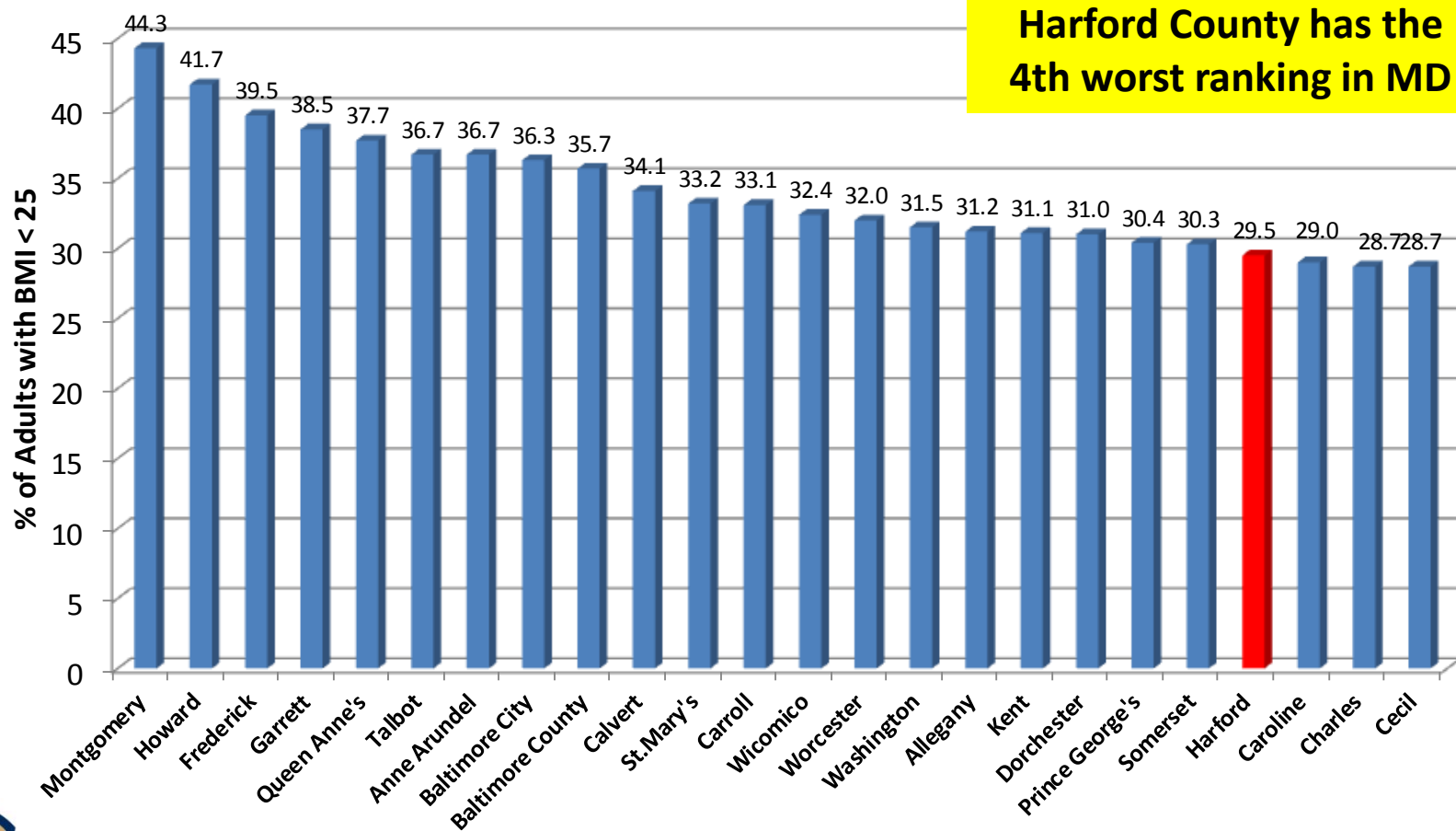
Adult Physical Activity, 2013

Maryland & Harford County

**County rates worse
than MD and US**



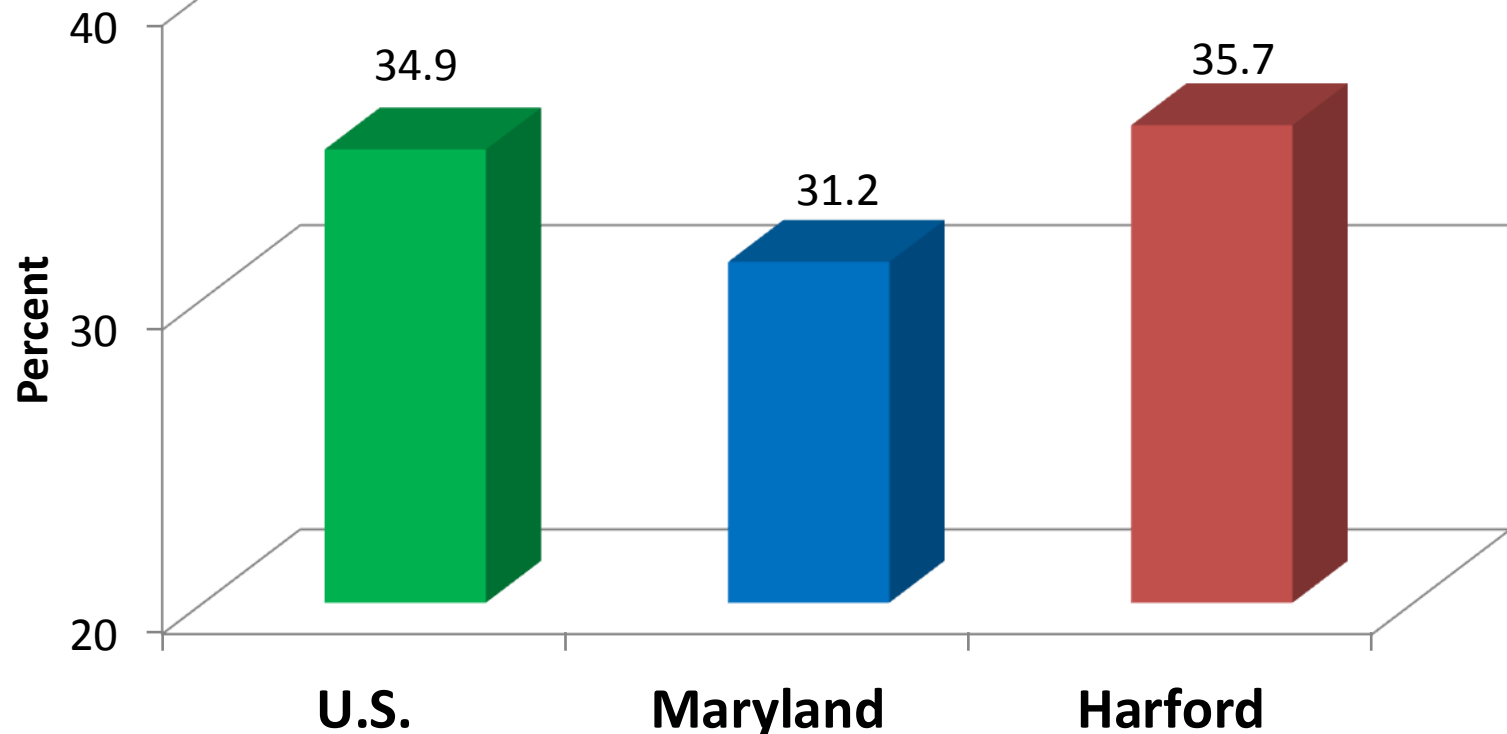
% of Adults at a Healthy Weight By Maryland Jurisdiction, 2011-13



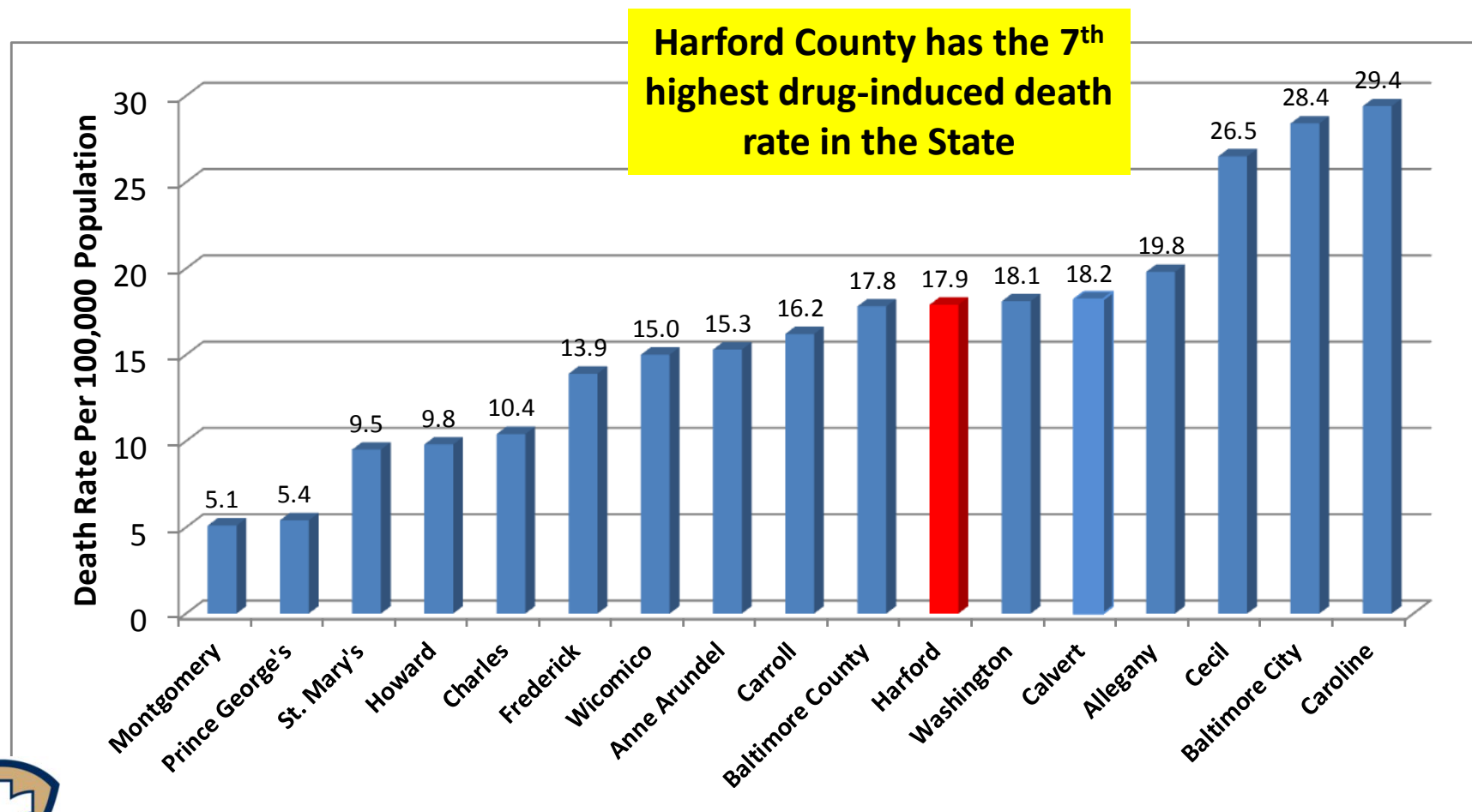
Teenage Alcohol Use, 2013

U.S., Maryland & Harford County

**Harford County
worse than MD & U.S.**

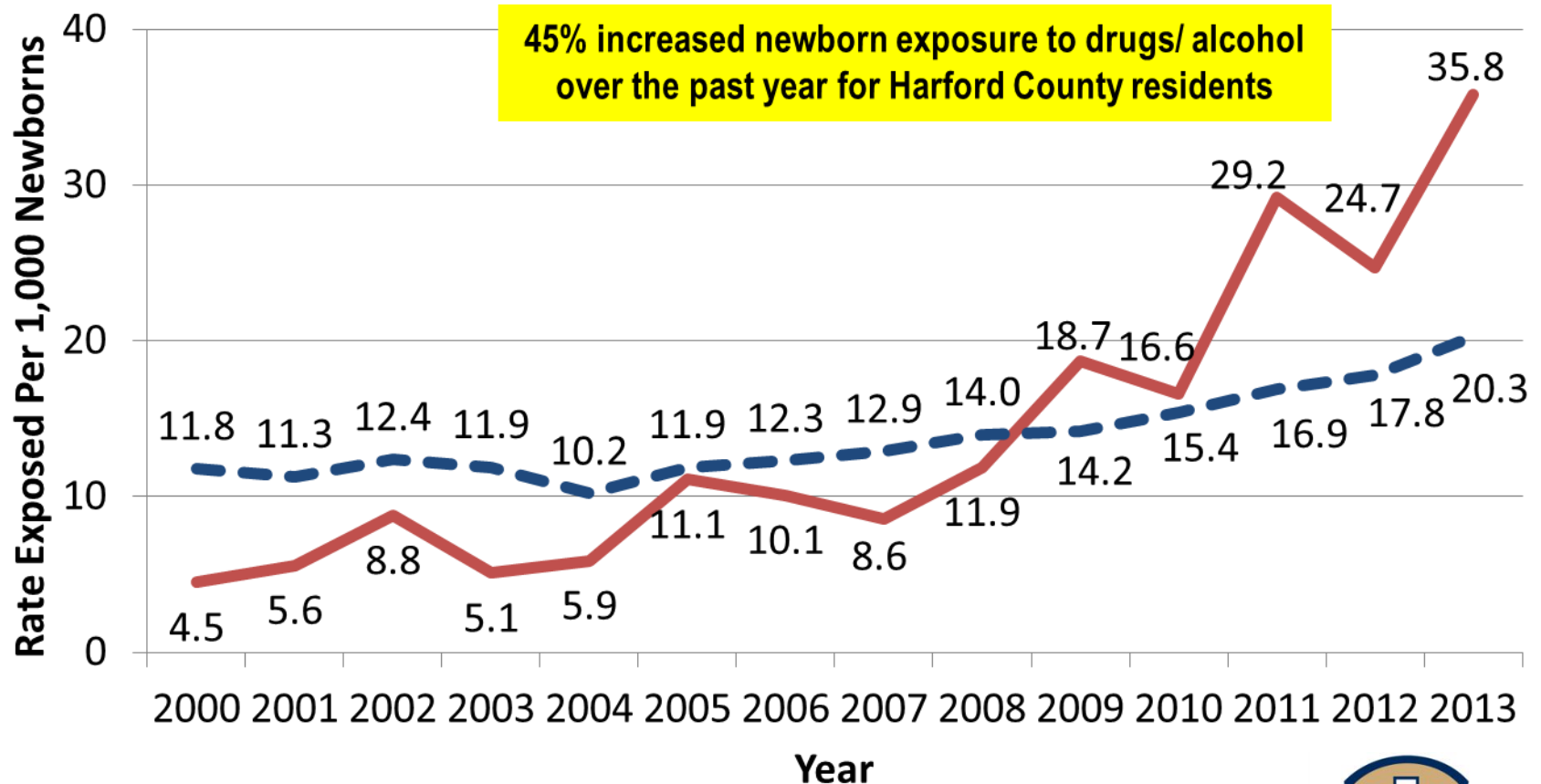


Drug-Induced Death Rate by Place of Residence, Maryland, 2011-2013



Newborns Exposed to Maternal Drugs/Alcohol

Harford County & Maryland 2000-2013



NOTE: ICD Codes used 760.70, 760.71.
760.72, 760.73, 760.75, 760.77, 779.5

— Harford County — Maryland

* 2013 DATA IS PRELIMINARY – Data compiled by DHMH. Chart prepared by HCHD.

Source: HSCRC Hospital Data, 2000-13, Maryland resident births only.



Public Health
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Harford County
Health Department

In Summary

The Leading Causes of Death

Cancer, heart disease and COPD are the leading causes of death in Harford County.

More than Just Treatment

Fighting these deadly chronic diseases isn't just about treatment.

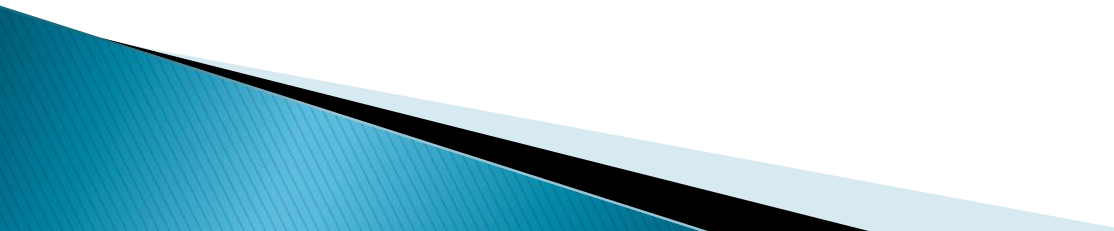
Prevention is Key

Over 40% of cancers and other chronic diseases are due to lifestyle behaviors – like healthy eating, active living, not smoking and drinking – and can be prevented.

Engage Community-Based Organizations

Engaging many partners, including public health and community-based organizations, is one of the best strategies for improving the community's health.

May is Skin Cancer Awareness Month

- Skin cancer is the most common form of cancer in the United States.
 - It is one of the most preventable cancers.
- 

Risk Factors

- ❑ A lighter natural skin color
- ❑ Blue or green eyes
- ❑ Blond or red hair
- ❑ A personal history of skin cancer
- ❑ Family history of skin cancer
- ❑ A history of sunburns, especially early in life
- ❑ Skin that burns, freckles, reddens easily or becomes painful in the sun
- ❑ Certain types and a large number of moles
- ❑ Exposure to Ultraviolet (UV) radiation (most preventable)



Symptoms of Skin Cancer

- ❑ Any change on your skin, especially in the size or color of a mole, growth, or spot, or a new growth (even if it has no color)
- ❑ Scaliness, roughness, oozing, bleeding or a change in the way an area of skin looks
- ❑ A sore that doesn't heal
- ❑ The spread of pigmentation (color) beyond its border, such as dark coloring that spreads past the edge of a mole or mark
- ❑ A change in sensation, such as itchiness, tenderness or pain

Type of Skin Cancer

Melanoma (deadliest)– frequently develops in a mole or suddenly appears as a new dark spot on the skin.

The ABCDEs of Detecting Melanoma

A

Asymmetry

B

Border

C

Color

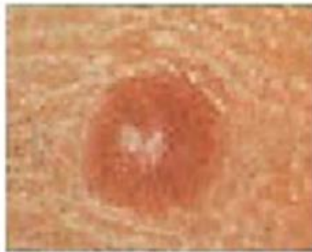
D

Diameter

E

Evolving

NORMAL



Symmetrical



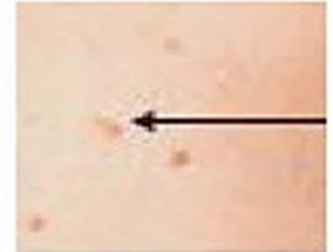
Borders Are Even



One Color



Smaller Than 1/4 Inch



Ordinary Mole

MELANOMA



Asymmetrical



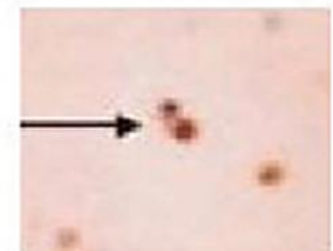
Borders Are Uneven



Multiple Colors



Larger Than 1/4 Inch



Changing in Size, Shape and Color

Steps to Prevention



- ❑ Apply sunscreen to all skin that will not be covered by clothing, even on cloudy days.
- ❑ Use 1 ounce of sunscreen, about the size of your palm. Thoroughly rub it into the skin. Don't forget the top of your feet, your neck, ears and the top of your head.
- ❑ Reapply every two hours, or after swimming or sweating.
- ❑ Use a broad-spectrum, water-resistant sunscreen (SPF 30 or higher) that protects against both UVA & UVB rays.
- ❑ Sun rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.

Steps to Prevention continued...

- ❑ When going outside, wear a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses.
- ❑ Use extra caution near water, sand or snow. They reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn.
- ❑ If you want to look tan, consider using a self-tanning product, but continue to use sunscreen with it.
- ❑ UV light from tanning beds can cause wrinkling and age spots and can lead to cancer.
- ❑ Checking your skin and knowing your moles are key to detecting skin cancer in its earliest, most treatable stages.

Skin Cancer Statistics

- ❑ 1 in 5 Americans will develop skin cancer in their lifetime.
- ❑ 1 person dies of melanoma every hour.
- ❑ About 73,870 new melanomas will be diagnosed in 2015.
- ❑ About 9,940 people are expected to die of melanoma in 2015.
- ❑ 59% increase in the risk of melanoma in those who have been exposed to UV radiation from indoor tanning.
- ❑ Yearly, more than 400,000 cases of skin cancer may be related to indoor tanning in the United States.



For more information

Visit the Harford County Health Department skin cancer page:
<http://harfordcountyhealth.com/skin-cancer-awareness/>



The screenshot shows the Harford County Health Department website. The header includes the department's logo and name, along with the tagline "Healthy People in a Healthy Environment". The main content area is titled "Skin Cancer Awareness" and features a photograph of a family on a beach. To the right of the photo, text states that skin cancer is the most common form of cancer in the US, with basal cell and squamous cell carcinomas and melanoma being the most common types. It also mentions that about 65-90% of melanomas are caused by exposure to ultraviolet (UV) light. Below this, a "Risks" section lists factors like childhood sunburn, fair skin, and freckles. A "Prevention" section advises avoiding tanning devices and limiting sun exposure between 10 AM and 4 PM. On the right side of the page, there are sections for a translator, a search bar, and social media links.

Harford County Health Department
Public Health
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Healthy People in a Healthy Environment

Home About Us Services Downloads Resources Contact Us Data and Reports

Skin Cancer Awareness

Skin cancer is the most common form of cancer in the US. The most common types of skin cancer are basal cell and squamous cell carcinomas and melanoma. About 65-90% of melanomas are caused by exposure to ultraviolet (UV) light.

Risks: People with a history of childhood sunburn, certain types of moles, fair skin, freckles, red or blond hair, and a personal or family history of skin cancers have an increased risk for melanoma and other skin cancer. The number of people with melanoma, particularly among women, has been increasing for several years according to the National Cancer Institute and is the most common cancer in Maryland.

Prevention: Reduce your risk for melanoma and other skin cancers by avoiding tanning devices, such as tanning booths and tanning lamps. Limit your sun exposure, especially between the hours of 10AM-4PM.

TRANSLATOR:
SEARCH THE WEBSITE:
FOLLOW US:
Public Health

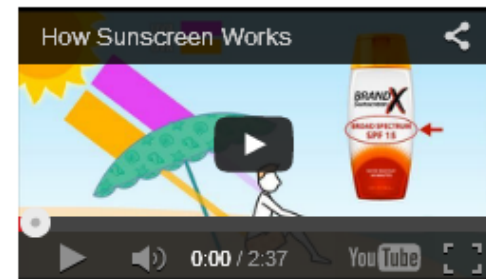
Know before you go: Check the UV Index in your location!



- **WEAR SUNSCREEN** with a minimum SPF of 30 and reapply every two hours after swimming or sweating.
- **Wear sun protective clothing, and sunglasses.**
- **Seek shade of umbrellas, trees and awnings.**

Warning Signs of Cancerous Moles:

- Asymmetrical
- Uneven borders
- Variety of colors
- Larger than 1/4 inch
- Change in size, shape, color or elevation



Additional Resources

Environmental Protection Agency Website:
[Sun Safety For Kids, Parents and Educators,](#)
[SunWise Survivor Game, see if you're up to the Challenge!](#)
Center For Disease Control and Prevention Website:

Lyme Disease

CDC Press Release – August 19, 2013

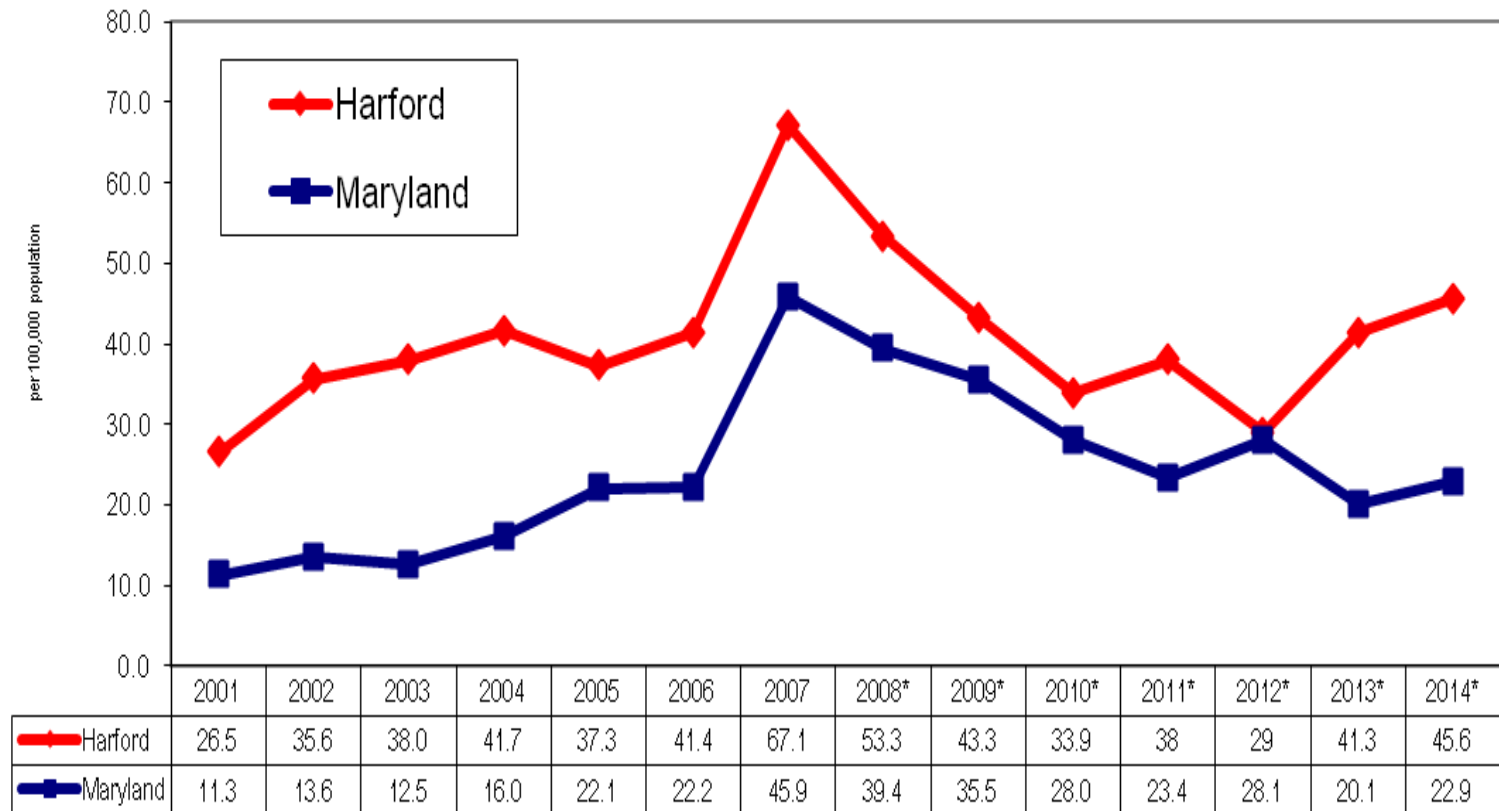
- ❑ 30,000 cases of Lyme disease reported each year
- ❑ 300,000 Americans diagnosed each year
- ❑ Number of cases diagnosed is 10 times higher than cases reported



Lyme Disease Incidence 2001 - 2014⁺

Harford County Maryland per 100,000 population

2014⁺ - provisional May 2015



* Confirmed + Probable


Symptoms of Lyme Disease

Early symptoms appear 3 to 32 days after the bite of an infected tick which was attached for at **least 24 hours**. **Early symptoms include the following:**

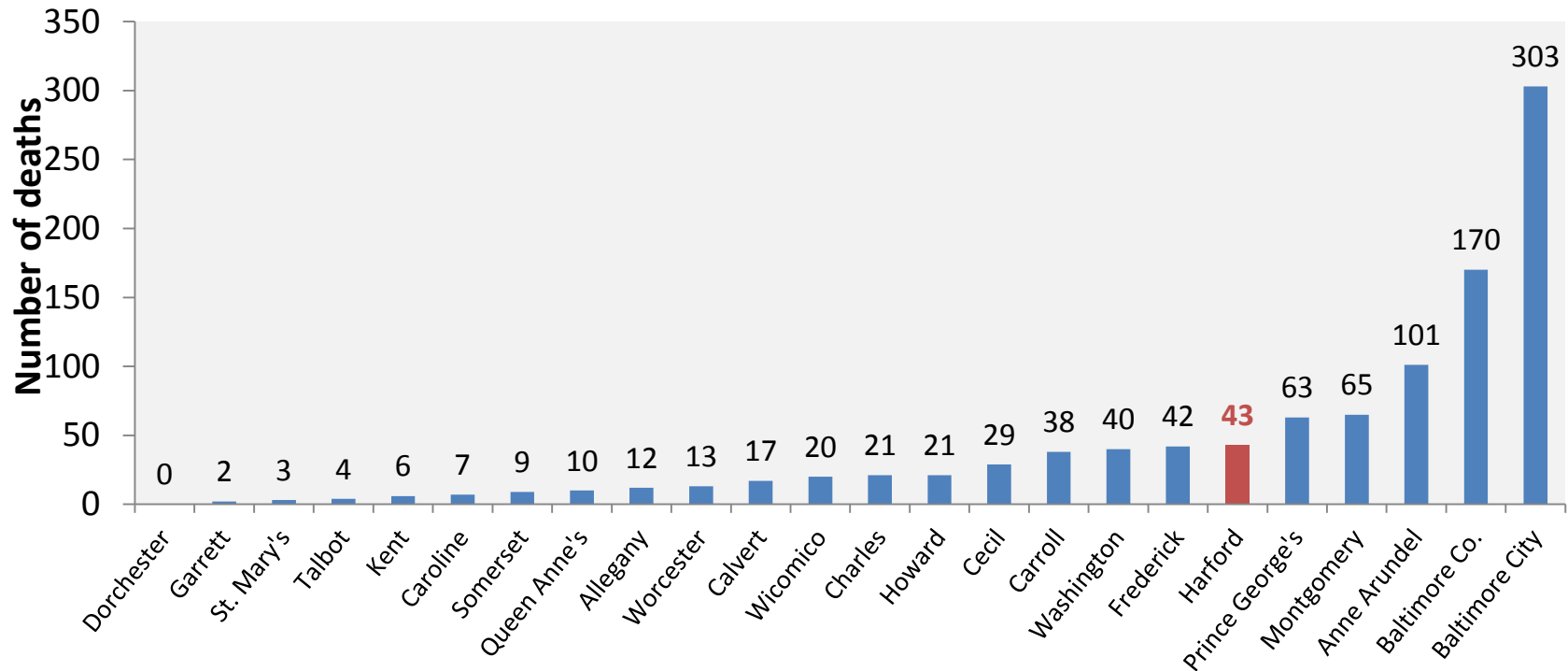
- ❑ Chills
- ❑ Fever
- ❑ Headache
- ❑ Stiff neck
- ❑ Swollen lymph nodes
- ❑ Joint pain – 60% of cases
- ❑ Bull's eye rash (Erythema migrans) 80% of confirmed or probable cases



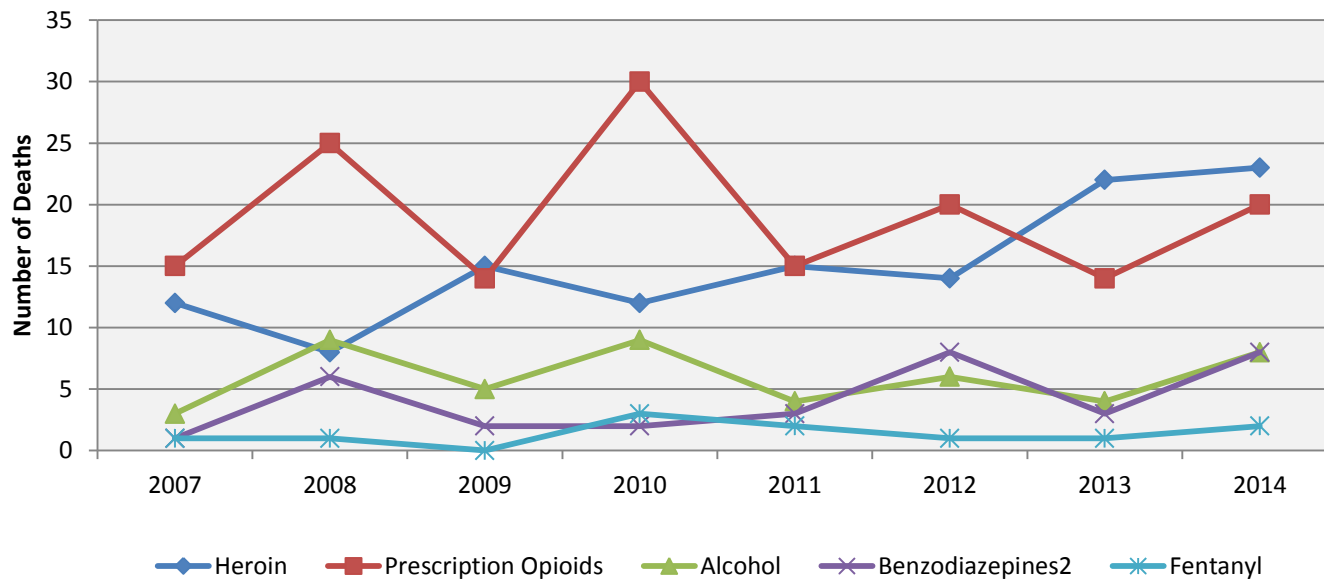
Lyme Disease Prevention

- ❑ Permethrin treated (protective) clothing. Available in spray bottle. Becoming more available (Sawyer™).
 - ❑ 20–30% Deet on exposed skin (e.g., Deep Woods Off™). Use according to directions.
 - ❑ Routine tick checks (look very closely). Use magnifying glass and good lighting.
 - ❑ Avoid tick habitat in woods and at home. Create buffers from tick habitat around your home.
 - ❑ Prompt/proper removal of attached ticks.
- 

Total Number of Intoxication Deaths Occurring in Maryland by Place of Occurrence, 2014



Drug and Alcohol-Related Intoxication Deaths by Selected Substances¹, Harford County 2007 – 2014



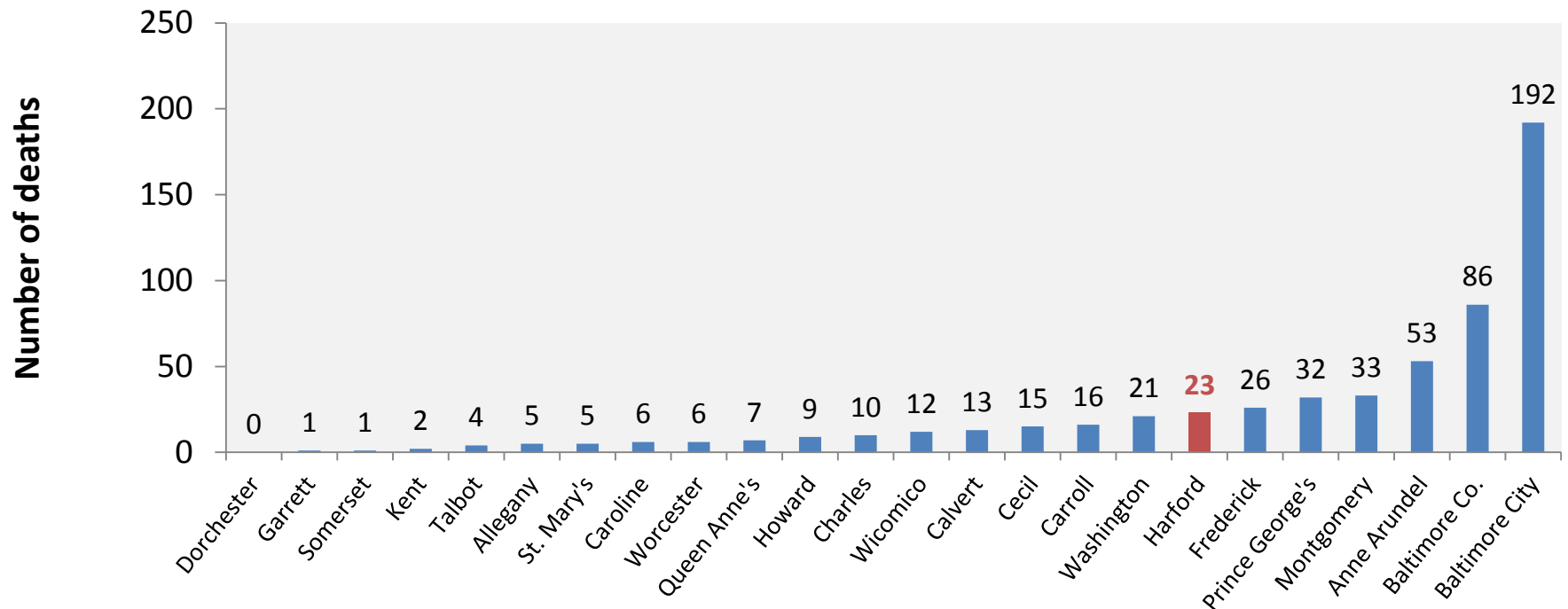
Substance	2007	2008	2009	2010	2011	2012	2013	2014
Heroin	12	8	15	12	15	14	22	23
Prescription Opioids	15	25	14	30	15	20	14	20
Alcohol	3	9	5	9	4	6	4	8
Benzodiazepines2	1	6	2	2	3	8	3	8
Fentanyl	1	1	0	3	2	1	1	2

¹ Since an intoxication death may involve more than one substance, counts of deaths related to specific substances do not sum to the total number of deaths.

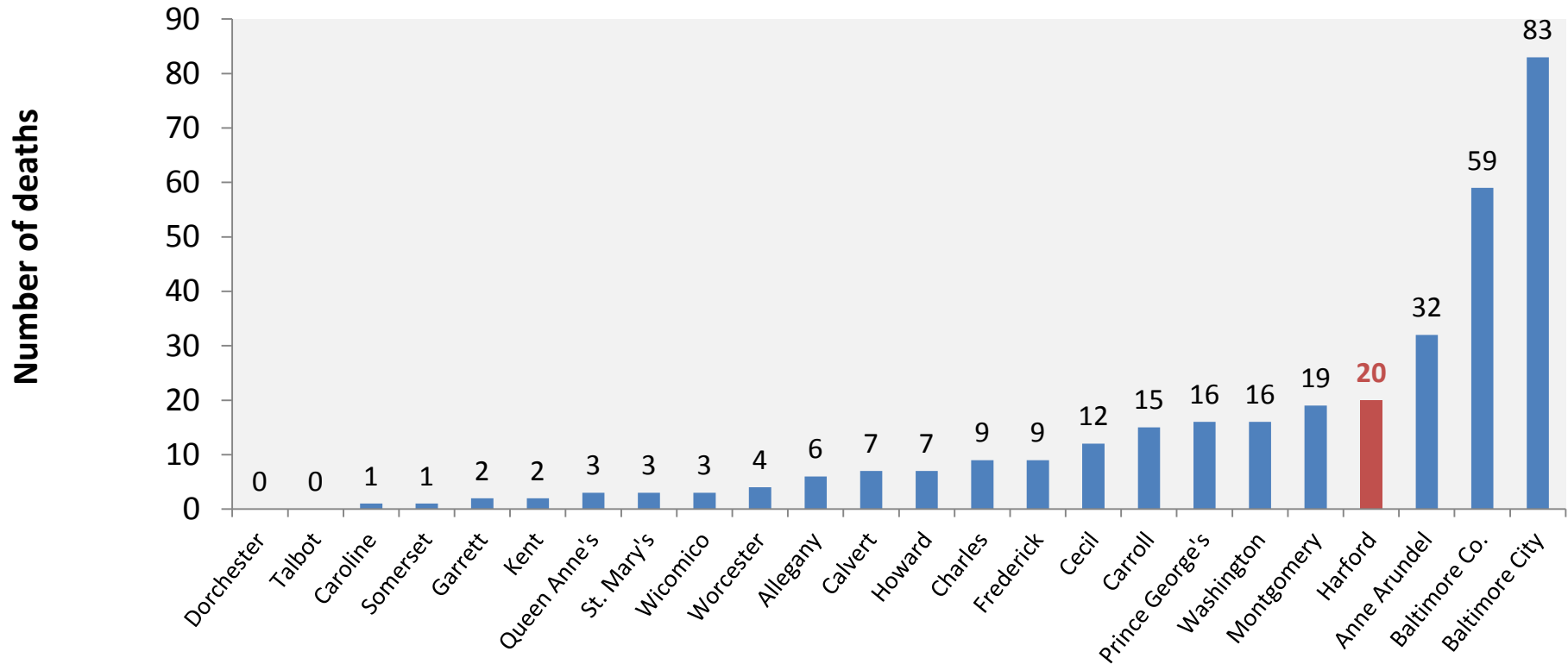
² Includes deaths caused by benzodiazepines and related drugs with similar sedative effects.

SOURCE: DHMH, Vital Statistics Admin

Number of Heroin-Related Deaths Occurring in Maryland by Place of Occurrence, 2014




Number of Prescription Opioid-Related Deaths Occurring in Maryland by Place of Occurrence, 2014



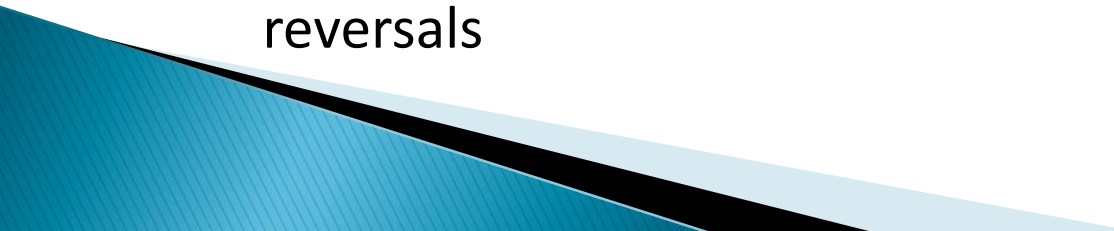
What Are We Doing ?

Treatment and Support: outpatient treatment, psychiatric services, and support services

- ❑ **Traditional** Outpatient Substance Use Disorder and Mental Health Treatment;
 - ❑ **Intensive Outpatient Treatment** for individuals with a substance use disorder that requires more outpatient intensive treatment (at least 9 hours per week);
 - ❑ **Support Services** such as Peer Recovery Program, State Care Coordination, Maryland RecoveryNet, Continuing Care
- 

Opiate Specific Treatment Initiatives

Medication Assisted Treatment:

- ☐ MATT – Methadone Treatment
 - ☐ Suboxone Detox and Maintenance
 - ☐ Vivitrol Treatment
 - ☐ Naloxone – Overdose Prevention and Response Program – since inception (September) there have been 20 Overdose reversals
- 

Education and Outreach

Overdose Prevention and Response Program:

- ❑ Naloxone Certification and Training Program
- ❑ Opioid Overdose Fatality Review Team
- ❑ Peers in Community:
 - Reaching out to overdose survivors
 - Meeting with patients in hospital
 - Taking clients to meetings

**Opiate
Safety
Education**



Just In Case



Naloxone Reversals

May 2014 – May 15, 2015

▶ May 2015	= 1
▶ April 2015	= 1
▶ March 2015	= 3
▶ February 2015	= 1
▶ January 2015	= 4
▶ December 2014	= 2
▶ November 2014	= 2
▶ October 2014	= 3
▶ September 2014	= 3
▶ August 2014	= 0
▶ July 2014	= 0
▶ June 2014	= 0
▶ May 2014	<u>= 0</u>
▶ TOTAL	20



Questions or Comments?



For more information, please visit us at

www.harfordcountyhealth.com