

# 2013 Marin County Local Supplement: County Health Rankings Key Points

## How Healthy is your County?

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

Marin is ranked #1 in California in the following eight indicators:

- ✓ Lowest Premature Death
- ✓ Lowest Teen Birth Rate
- ✓ Lowest in Adult Obesity
- ✓ Lowest Motor Vehicle Crash Death Rate
- ✓ Lowest Percentage of Uninsured Adults
- ✓ Lowest Unemployment
- ✓ Highest High School Graduation Rate
- ✓ Highest in Access to Recreational Facilities

### 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 2001-2010\*.

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

**When:** Annually - 2013 Data Released on March 20<sup>th</sup>.

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

## 2013 Rank

<b>Health Outcomes</b>	<b>1</b>
Mortality	1
Morbidity	9
<b>Health Factors</b>	<b>1</b>
Healthy Behaviors	1
Clinical Care	1
Physical Environment	1
Social & Economic Factors	1



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

## Marin County ranked in the top 5% in:

- Low premature death rate
- †Low percent of adults reporting fair or poor health (age-adjusted)
- †Low average number of mentally unhealthy days
- †Low prevalence of adult obesity
- Low motor vehicle crash rate
- Low teen birth rate
- Low percent of uninsured adults
- Low ratio of population to primary care physicians
- High school graduation
- Some College
- Low percent of unemployment
- Low percent of children in poverty
- †Low prevalence of physical inactivity
- Low violent crime rate
- \*\*Low frequency of unhealthy air due to levels of fine particulate matter
- \*\*Low exposure to unsafe drinking water
- High rate of recreational facilities per population

## Marin County ranked in the top 10% in:

- Low ratio of population to dentist
- †Low percent of adults who report smoking

## Marin County ranked in the top 15% in:

- Low rate of preventable hospital stays

## Marin County ranked in the top 25% in:

- †Low average number of physically unhealthy days
- High mammography screening rate
- †Low percent of adults without social/emotional support
- Low percent of children in single-parent households
- Low percent of low income population with limited access to healthy foods
- Low percent of fast food restaurants

## Marin County ranked in the top 25-50% in:

- Low birth weight
- Sexually Transmitted Infections (STI)
- Diabetic monitoring of Medicare patients

The STI rate is a measure of 2010 Chlamydia infections per 100,000 population and includes the San Quentin prison population. In 2010, 23% of the cases were from San Quentin<sup>1</sup>. It is unknown how exclusion of San Quentin cases would affect Marin's ranking.

## Marin County ranked in the bottom 25% in:

- †\*\*Excessive Drinking

†Data collected from Behavioral Risk Factor Surveillance System 2005-2011 and may vary from other local sources used in county health reports and factsheets due to statistical sampling methods.

\*\* New indicators for 2013.

## The Rankings

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



*"...it's important to recognize that not everyone in Marin enjoys high levels of wealth and health."*

### Successes

#### *Tobacco control*

Marin's success in tobacco control is the result of many years of community-wide effort to change social norms around tobacco use, with progressive ordinances championed by City Councils and the Board of Supervisors. In 2012 the Smoke-Free Marin Coalition, supported by Marin Health and Human Services, helped lead four more jurisdictions to pass policies to protect people against second hand smoke. A highlight for 2012 was the passage of San Rafael's 100% smoke-free multi-unit housing ordinance. Priorities for 2013 include cessation assistance through our behavioral health programs, removing tobacco out of pharmacies, and implementing recently adopted secondhand smoke policies.

### Challenges

#### *The challenges of excessive alcohol*

For the 4<sup>th</sup> year in a row, Marin residents continue to rank in the lowest 25<sup>th</sup> percentile in excessive alcohol intake. Despite county-wide efforts to change social norms around alcohol use and implement policies to make alcohol less available

in retail and social settings, alcohol abuse remains a serious public health problem. Community coalitions in Novato, Twin Cities and San Rafael, supported by the newly formed Marin Health and Human Services Prevention Hub, helped pass policies to prohibit alcohol sponsorship of school events and strengthen enforcement of existing alcohol laws. In 2012, a Marin coalition-led campaign resulted in the removal of advertising that glorified underage drinking from stores across the United States. County and community partnerships also continue to offer alcohol cessation resources for anyone seeking to control problem drinking. Sustained community-wide dialogue and action are needed to match the success of tobacco prevention efforts. To contact local coalitions working to limit excessive alcohol use:

Novato Blue Ribbon Coalition for Youth (NBRCY): <http://www.novatoblueribbon.org/>  
 Twin Cities Coalition for Healthy Youth (TCC4HY): <http://tcc4hy.org/about-the-coalition>  
 Alcohol Justice: <http://alcoholjustice.org/>  
 Healthy Novato Project: <http://healthynovato.org/>  
 San Rafael Community Coalition: [scichon@gmail.com](mailto:scichon@gmail.com)