

2016 MARIN COUNTY LOCAL SUPPLEMENT County Health Rankings Key Points

2016 Rank

Health Outcomes	1
Length of Life	1
Quality of Life	3
Health Factors	1
Health Behaviors	3
Clinical Care	1
Social & Economic Factors	2
Physical Environment	13

How healthy is your county?

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

Marin is ranked #1 among 57 California counties in the following indicators:

- ¹Low percent of adults reporting fair or poor health (age-adjusted)
- Low premature death rate
- Lowest percent of uninsured adults
- Lowest teen birth 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 2006-2015*.

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

When: Annually - 2016 Data Released on March 16, 2016.

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

County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program



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How does Marin compare to the other 57 counties ranked in California?

Top 5%

- Low prevalence of adult obesity
- Low rate of physical inactivity
- Low teen birth rate
- ¹Low percent of adults who smoke
- Low percent of uninsured adults
- High primary care physicians per capita
- High mental health provider per capita
- Low percent unemployment
- Low violent crime rate
- High percent of high school graduation

Top 10%

- ¹Low average number of mentally unhealthy days
- ¹Low number of physically unhealthy days
- High dentists per capita
- Low percent of children in poverty
- High percent with some college

Top 15%

- High food environment index
- Low percent of children in single-parent households
- Low average daily air pollution
- Low percent driving alone to work
- Low rate of preventable hospital stays

Top 25%

- High access to exercise opportunities
- Low levels of sexually transmitted infections
- High levels of mammography screening for Medicare enrollees

Top 25-50%

- Low rate of low birthweight infants
- High level of diabetic monitoring of Medicare enrollees
- High level of social association
- Low injury mortality rate
- Low rate of severe housing problems
- ²Drug poisoning mortality rate (using data from 2012-2014)

Bottom 50%

- ¹Excessive drinking
- Alcohol impaired driving rate
- ²Drug poisoning mortality rate
- Percent of workers driving alone with a long commute
- Income inequality

¹ Data collected from Behavioral Risk Factor Surveillance System 2012-2014 and may vary from other local sources used in county health reports and factsheets.

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



The Rankings

The *Rankings* consider two main health outcomes: premature death and quality of life, and multiple factors that affect health including behavior, clinical care, the physical environment and social and economic factors. For the seventh year in a row, Marin ranks highest among counties in California. Marin residents can celebrate and take pride in this status. However, it is important to recognize not everyone in Marin enjoys high levels of wealth and health- and the income gap can cause poor health for people whose circumstances have made them more vulnerable.

Challenges

Income Inequality

Marin ranks very poorly in income inequality, down at number 54 of 57 counties. This measures the ratio between those with the highest incomes, above 80 percent of the median and the lowest incomes below 20 percent of the median. Having a substantial income gap among residents can cause poorer health for people than just poverty alone. In other words, the starker the contrasts are between rich and poor, the worse the poor fare when it comes to health.

Racial Segregation

New to the rankings this year in the additional measures section is racial segregation, where Marin also ranks poorly: 50th among the 56 counties measured looking at whites vs. non-whites and 32nd among 49 counties when looking at residential isolation of Caucasian vs. African Americans.

Racial segregation is not necessarily a driver of poor health, and there can be protective factors from strong neighborhood and cultural association. However racial segregation leads to disparities and socio-economic status, which can lead to poor health outcomes.

Gaps in Life Expectancy

When it comes to opportunities to live a long and healthy life, a few miles can make an enormous difference. We see a 15 year gap between life expectancy between Marin City and Ross, for example.

Solutions

Research shows that the environments in which we live, work, play and learn have an enormous impact on overall health. The goal is to work so that each Marin resident has access to opportunities to be healthy.

Marin Health and Human Services is working in certain communities to help improve life expectancy. For example, the [Nutrition Wellness Program](#) works with schools that have high obesity rates, which is known to drive heart disease and other conditions that lead to premature death. In Marin City, for example, HHS supports nutrition education, walk to school programs, school gardens, and marketing to attract health-conscious grocery stores.

“While there are signs of progress, we’re more vulnerable than these rankings suggest,” said Dr. Matt Willis, Public Health Officer. “There is much more to do to achieve health equity in Marin. We need to continue to bolster programs and policies that address poverty, jobs, housing, and education.”

Long term community investments are also a step in the right direction such as the Marin Health and Wellness Campus, which brings safety net and preventative services to the Canal. Created using funds from the Master Settlement Agreement (the historic settlement of a multi-state lawsuit against the tobacco industry), the Campus represents the County’s commitment to address Marin’s most pressing health needs.

Other community efforts working to alleviate poverty are [Rise Together](#), [Marin Promise](#), and [Marin Strong Start](#) - all focused on investing earlier in the lifespan and setting the foundation for future success for all Marin residents.