The Honorable Secretary
Dr. Kara Odom Walker
Delaware Department of Health and Social Services (DHSS)
DELAWARE STATE HEALTH IMPROVEMENT PLAN

ANNUAL MEETING

OCTOBER 23, 2019

Kara Odom Walker, MD, MPH, MSHS
Cabinet Secretary
Department of Health and Social Services
OVERVIEW OF DELAWARE HEALTH TRENDS
Delaware’s Overall Health

- Progress made, but we rank 31st in America’s Health Rankings
- Sicker than average state
- Older and aging faster than other states
### America’s Health Rankings: Outcomes

<table>
<thead>
<tr>
<th>Measure</th>
<th>2018 Value</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drug Deaths</td>
<td>24.0 (deaths/100,000 pop)</td>
<td>42</td>
</tr>
<tr>
<td>Cancer Deaths</td>
<td>200.8 (deaths/100,000 pop)</td>
<td>36</td>
</tr>
<tr>
<td>Infant Mortality</td>
<td>8.4 (deaths/1,000 live births)</td>
<td>48</td>
</tr>
<tr>
<td>Diabetes</td>
<td>11.3% (% of adults)</td>
<td>36</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>34.9% (% of adults)</td>
<td>40</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>34.6% (% of adults)</td>
<td>35</td>
</tr>
<tr>
<td>Health Status</td>
<td>47.8% (% of adults report high health status)</td>
<td>38</td>
</tr>
</tbody>
</table>
CANCER

Cancer Incidence by Race, Delaware, 2001-2005 to 2011-2015

Source: Cancer Incidence and Mortality in Delaware, 2011-2015
Cancer Mortality by Race, Delaware, 2001-2005 to 2011-2015
Five-Year Infant Mortality Rates, 2001-2015

Source: Delaware Health and Social Services, Division of Public Health, Vital Statistics Data, 2001-2015 (See INFANT4 vital statistics)
CARDIOVASCULAR DISEASE
Prevalence of Delaware Adults Diagnosed with Hypertension, 2001-2017

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2001-2017
Five-Year Age-Adjusted Mortality Rate for Essential Hypertension and Hypertensive Renal Disease, Race-Sex, 2001-2017

*Rates per 100,000, adjusted to U.S. 2000 population.
Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware Health Statistics Center
QUALITY BENCHMARK FOR PERSISTENCE OF BETA-BLOCKER TREATMENT AFTER A HEART ATTACK — COMMERCIAL INSURANCE

Persistence of Beta-Blocker Treatment After a Heart Attack, Commercial Insurance, by Percentage of Population Baseline and Goals

- National average (2017) = 85.4
- Commercial HMO = 82.5
- Medicaid HMO = 78.5

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage of Population</th>
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<tbody>
<tr>
<td>2017</td>
<td>80.2</td>
</tr>
<tr>
<td>2019</td>
<td>82.5</td>
</tr>
<tr>
<td>2020</td>
<td>84.9</td>
</tr>
<tr>
<td>2021</td>
<td>87.2</td>
</tr>
<tr>
<td></td>
<td>Aspirational</td>
</tr>
<tr>
<td></td>
<td>91.9</td>
</tr>
</tbody>
</table>

*NCQA Quality Compass

**Delaware’s baseline is Highmark’s baseline rate, as Highmark was the only plan with commercial data available in NCQA’s Quality Compass for HEDIS 2018.
QUALITY BENCHMARK FOR PERSISTENCE OF BETA-BLOCKER TREATMENT AFTER A HEART ATTACK — MEDICAID

Persistence of Beta-Blocker Treatment After a Heart Attack, Medicaid, by Percentage of Population Baseline and Goals

*NCQA Quality Compass
**Delaware’s baseline is Highmark’s baseline rate, as Highmark was the only plan with Medicaid data available in NCQA’s Quality Compass for HEDIS 2018.
QUALITY BENCHMARK FOR STATIN THERAPY FOR PATIENTS WITH CARDIOVASCULAR DISEASE — COMMERCIAL INSURANCE

Statin Therapy for Patients with Cardiovascular Disease, Commercial Insurance, by Percentage of Population Baseline and Goals

- National average (2017) = 80.4
- Commercial HMO = 80.5
- Medicaid HMO = 76.1
- Aspirational = 82.1


*NCQA Quality Compass
**Delaware’s baseline was derived from the weighted average performance of Aetna, Cigna, Highmark, and UnitedHealthcare. Weights were HEDIS 2018 enrollment by plan.
QUALITY BENCHMARK FOR STATIN THERAPY FOR PATIENTS WITH CARDIOVASCULAR DISEASE — MEDICAID

Statin Therapy for Patients with Cardiovascular Disease, Medicaid, by Percentage of Population Baseline and Goals

*NCQA Quality Compass
**Delaware’s baseline is Highmark’s baseline rate, as Highmark was the only plan with Medicaid data available in NCQA’s Quality Compass for HEDIS 2018.
Prevalence of Delaware Adults Diagnosed with Diabetes, 1995-2018

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 1995-2018
QUALITY BENCHMARK FOR ADULT OBESITY

Adult Obesity by Percentage of Population Baseline and Goals

*Behavioral Risk Factor Surveillance System, CDC
Obesity Doubled Among Delaware Adults Between 1992 and 2007

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 1992-2011.
Obesity Among Delaware Adults:
2011 - 2018 Trend

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2011-2018.
Percentage of High School Youth Who Are Obese*, 2017

Source: Centers for Disease Control and Prevention (CDC), Youth Risk Behavior Survey (YRBS), 2017

*≥ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts
Percentage of High School Youth Who Are Obese*, 1999 -2017

Source: Centers for Disease Control and Prevention (CDC), Youth Risk Behavior Survey (YRBS), 2017

*≥ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts
## AMERICA’S HEALTH RANKINGS: NOTABLE RISK FACTORS

<table>
<thead>
<tr>
<th>Measure</th>
<th>2018 Value</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Inactivity</td>
<td>24.0 (deaths/100,000 pop)</td>
<td>42</td>
</tr>
<tr>
<td>Physical Inactivity Among Women</td>
<td>200.8 (deaths/100,000 pop)</td>
<td>36</td>
</tr>
<tr>
<td>Frequent Mental Distress</td>
<td>8.4 (deaths/1,000 live births)</td>
<td>48</td>
</tr>
<tr>
<td>Insufficient Sleep</td>
<td>11.3% (% of adults)</td>
<td>36</td>
</tr>
<tr>
<td>Missed School Days</td>
<td>34.9% (% of adults)</td>
<td>40</td>
</tr>
</tbody>
</table>
QUALITY BENCHMARK FOR HIGH SCHOOL STUDENTS WHO WERE PHYSICALLY ACTIVE

*Youth Risk Behavior Survey, CDC
**There is no benchmark for 2020 because there will be no data available to measure performance. The survey serving as the data source is administered by the federal government every other year.
Percentage of High School Youth Who Were Not Physically Active*, 2017

Source: Centers for Disease Control and Prevention (CDC), Youth Risk Behavior Survey (YRBS), 2017

*Not physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time,
Percentage of Adolescents, Ages 6 through 17, Who Are Physically Active* at Least 60 Minutes Per Day
Everyday, 2016-2017

Source: National Survey of Children’s Health (NSCH). Delaware sample size for stratification are small for race and ethnicity and estimates are unreliable.

*Parent’s report of child’s physical activity. During the past week, on how many days did this child exercise, play a sport, or participate in physical activity for at least 60 minutes (0 days; 1-3 days; 4-6 days; Everyday)
QUALITY BENCHMARK FOR TOBACCO USE

Tobacco Use by Percentage of Population
Baseline and Goals

National average (2017) = 17%

*Behavioral Risk Factor Surveillance System, CDC
Tobacco Use

Percent of Delaware Adults Reporting Any Tobacco Use. 2010-2017

CIGARETTE SMOKING IS NO LONGER THE BEST INDICATOR

- **Cigarettes**
  - 6.2%
- **Little Cigars, Cigarillos, Cigars**
  - 7.3%
- **e-Cigarettes**
  - 13.6%

**38%** of high school students reported **trying** e-cigarettes in 2017.

Source: Delaware Health & Social Services, Division of Public Health, Youth Risk Behavior Survey (YRBS), 1999-2017
Percentage of Delaware High School Students Currently Using Electronic Vapor Products,* 2017

*Including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJoy, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey

Source: Delaware Health & Social Services, Division of Public Health, Youth Risk Behavior Survey (YRBS), 1999-2017
Percentage of Delaware High School Students Who Currently Use Any Tobacco Products,* 2017

By Sex, Grade, and Race/Ethnicity

*On at least 1 day during the 30 days before the survey; includes cigarettes, cigars, little cigars, smokeless tobacco, and electronic devices or e-cigarettes.

Source: Delaware Health & Social Services, Division of Public Health, Youth Risk Behavior Survey (YRBS), 1999-2017
SOCIAL DETERMINANTS OF HEALTH
<table>
<thead>
<tr>
<th>Measure</th>
<th>2018 Value</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Violent Crime</td>
<td>45.3 offenses/100,000 pop</td>
<td>38</td>
</tr>
<tr>
<td>Disconnected Youth</td>
<td>14.3% of youth ages 16-24</td>
<td>41</td>
</tr>
<tr>
<td>Income inequality</td>
<td>0.481 (Gini Ratio)</td>
<td>41</td>
</tr>
<tr>
<td>Neighborhood Amenities</td>
<td>28.8% (% of children aged 0-17)</td>
<td>38</td>
</tr>
<tr>
<td>Supportive Neighborhoods</td>
<td>52.5% (% of children aged 0-17)</td>
<td>39</td>
</tr>
<tr>
<td>Underemployment Rate</td>
<td>9.7% (% of civilian workforce)</td>
<td>43</td>
</tr>
<tr>
<td>Unemployment Rate</td>
<td>4.8% (% of civilian workforce)</td>
<td>38</td>
</tr>
</tbody>
</table>
Racial wealth divide in Wilmington

High School Degree or Higher

- 81.2% Black
- 85.9% Asian
- 64.4% Latino
- 92.7% White

Over 35% of Latinos do not have at least a high school degree

Median Household Income

- $30,034 Black
- $32,976 Latino
- $60,772 White
- $70,461 Asian
WHY EDUCATION MATTERS

**Obesity**

- Percentage of adults over time.

**Education**

- Less than High School
- High School Grad
- Some College
- College Grad

Percentage of adults aged 25+
SDOH: HOUSING

Health Factors and Outcomes in Top and Bottom Performing Counties for Severe Housing Cost Burden

- Food Insecurity: 11% (Top), 15% (Bottom)
- Children in Poverty: 15% (Top), 22% (Bottom)
- Self-Rated Poor Health: 13% (Top), 19% (Bottom)

Severe Housing Cost Burden
- Top Performing (10%) Counties
- Bottom Performing (10%) Counties

countyhealthrankings.org
Shortage of Affordable Rental Homes in Delaware

27,522
OR
27%

$24,600

-17,114

$45,439

70%

- Renter households that are extremely low income
- Maximum income for 4-person extremely low income household (state level)
- Shortage of rental homes affordable and available for extremely low income renters
- Annual household income needed to afford a two-bedroom rental home at HUD's Fair Market Rent.
- Percent of extremely low income renter households with severe cost burden
Adapted by the author from Gibson et al. 2011, Sandel et al. 2018, Maqbool et al. 2015, and Braveman et al. 2011.
THANK YOU