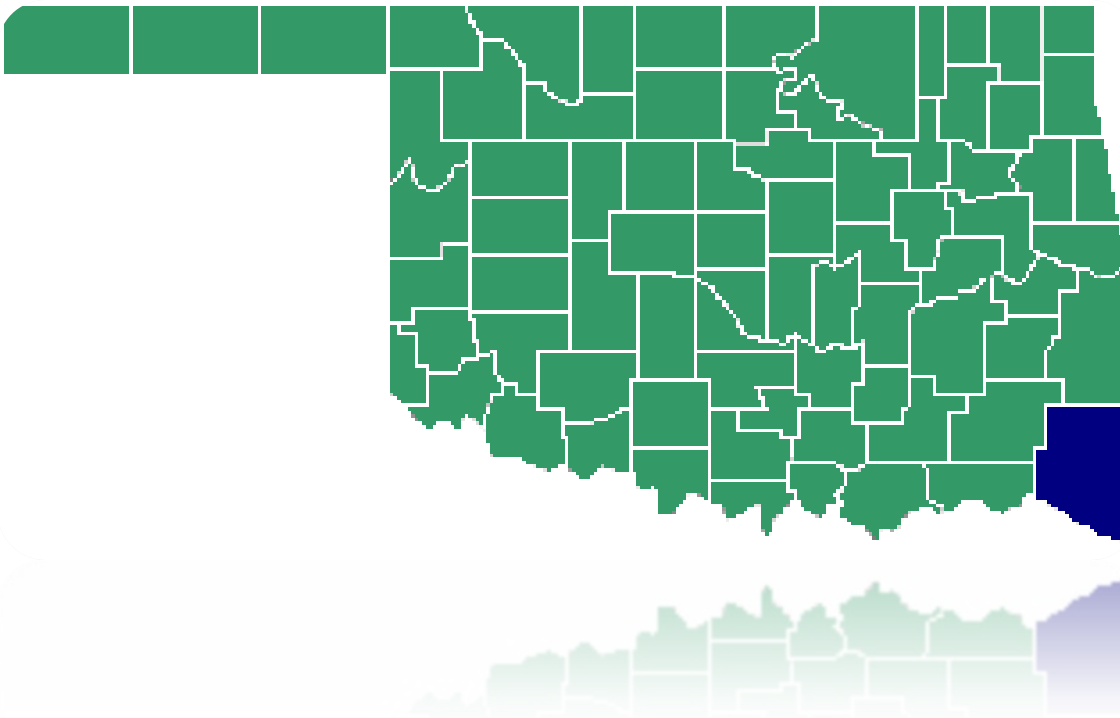


McCurtain County

COMMUNITY HEALTH STATUS ASSESSMENT

FALL 2014



McCurtain County Coalition *for* Change



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McCurtain County Demographics

People Facts¹

McCurtain County Oklahoma

Population 2010	33,151	3,751,357
Population 2000	34,402	3,450,654
Under 18-2013	25.6%	24.6%
65 years and over-2013	16.7%	14.3%
White-2013	67.8%	75.4%
Black-2013	8.7%	7.7%
American Indian & Alaska Native-2013	15.7%	9.0%
Asian-2013	0.5%	2.0%
Native Hawaiian & Pacific islander-2013	0.7%	0.2%
Hispanic or Lation-2013	5.1%	9.6%
High School Graduates-2008-12	81.1%	86.2%
Bachelor's Degree or Higher-2008-12	13.0%	23.2%
Home ownership Rate-2008-12	69.0%	67.5%
Median Household Income-2008-12	32,124	44,891
Persons Below Poverty level-2008-12	27.1%	16.6%

Geography¹

Land Area in Square Miles -2010	1,850.01	68,594.92
Persons Per Square Mile-2010	17.9	54.7



Access to Healthcare

Relevant Indicators	McCurtain County	McCurtain County	Oklahoma
Primary Care Provider serving Medicaid Patients	—	18 (2014) ³⁵	—

Access to care is the availability of primary providers, specialists, family medicine, internal medicine, pediatricians, and OB/GYN's to community members. Having access to medical services increases the likelihood that people will have routine check-ups and screenings. Communities that lack an adequate number of primary care providers usually have citizens who delay necessary care when they are sick causing conditions to become more severe and complicated.

Access to care was a top concern for citizens who responded to the Community Themes and Strengths Assessment.

Relevant Indicators	McCurtain County	McCurtain County	Oklahoma
Median Household Income	--	\$31,790 (2009-2013) ¹	\$45,339 (2008-2012) ¹
People Living Below Poverty	--	26.1% (2009-2013) ¹	16.9% (2009-2013) ¹
Children in Poverty	--	36.6% (2009-2013)	22.2% (2009-2013)
Individuals with Disabilities	1,146 (Cases December 2005) ⁴	1,592 (Cases December 2013) ⁴	88,991 (Cases December 2013) ⁴
Households with Cash Public Assistance Income	363 (Cases in December 2005) ⁴	277 (Cases in December 2013) ⁴	16,420 (Cases in December 2013) ⁴



Childhood Health

Relevant Indicators	McCurtain County	McCurtain County	Oklahoma
Teen Birth Rate (live birth --- ages 10-19)	33.1% (2003-07) ³	39.2% (2014) ³	22.9% (2014) ³
Child Abuse Rate (number of referrals)	177 (2009) ²⁸	428 (2013) ²⁸	31,531 (2013) ²⁸

The indicators for childhood health in McCurtain County are very concerning. Thousands of area children live in high risk families including households with at least one of the following: frequent conflict or domestic violence, single head of households, a substance abusing or mentally ill household member, and/or a teen parent.

All of these indicators can have significant adverse effects on children. Some of these affects include: anxiety, depression, impulsive behavior, and poor performance in school. Children who interface with these indicators are more likely to drop out of school, to become teen parents, and to use drugs and alcohol.

With 34% of children living in poverty McCurtain County is 10 percentage points above the state average. Approximately 4 of 5 of young children (82%) in McCurtain County completed their primary immunization series, ranking the county as the 10th best in the state.

Relevant Indicators	McCurtain County	McCurtain County	Oklahoma
Single parent households	12% (2010) ⁶	42% (2014) ⁶	33% (2014) ⁶
Children on Medicaid	29.9% (2005) ²⁹	28.9% (2013) ²⁹	27.8% (2013) ²⁹
Immunization current rate < 3	82.0% (2013) ²⁷	82.2% (2014) ²⁷	73.8% (2014) ²⁷
Children Eligible for Free or Reduced Lunches	—	77.49% (2013-14) ³⁰	62.1% (2013-14) ³⁰
Children in poverty	34% (2010) ⁶	32% (2010) ⁶	24% (2014) ⁶



Chronic Disease

Chronic Disease Indicators	McCurtain County	Oklahoma
Adults with Diabetes	10.5% (2013) ⁴	10% (2013) ⁴
HIV Prevalence per 100,000	56.9 (2013) ⁴	152.2 (2013) ⁴
Cancer Incidence <i>per 100,000</i>	192.7 (2013) ⁴	190.4 (2013) ⁴
Age Adjusted Death Rate due to Stroke <i>per 100,000</i>	39.4 (2006-2010) ⁴	53.1 (2006-2010) ⁴
Age Adjusted Death rate due to Coronary Heart Disease	59.7 <i>per 100,000</i> (2013) ⁴	58.8 <i>per 100,000</i> (2013) ⁴

Chronic disease is defined as a non-infectious condition that persists for more than three months. Examples include arthritis, COPD, cancer, diabetes, asthma, and HIV/AIDS. Heart disease, cancer and diabetes are among the leading causes of death in the United States and McCurtain County has high rates of these diseases. In the State of the State's Health Rankings (SSHR) McCurtain County scored F's in stroke, smoking, diabetes, obesity, and fruit and vegetable consumption all of which are contributing factors to high chronic disease rates. Of low-income adults in McCurtain County, 16.5% live more than 1 mile from a grocery store which decreases their access to fruits and vegetables. When surveyed, 86.4% of adults in McCurtain County report eating less than 5 servings of fruits and vegetables a day.

Relevant Indicators	McCurtain County	McCurtain County	Oklahoma
Age Adjusted Death Rate due to Diabetes	35.6 (2013) ⁴	6.4 (2011) ⁴	28 (2013) ⁴
Poor Physical Health Days	4.7 (2013) ⁴	2.5 (2013) ⁴	4.3 (2013) ⁴
Adults Who are Obese	33.3% (2013) ⁴	25% (2013) ⁴	32% (2013) ⁴
Adults Who Drink Excessively	9 (2013) ⁴	10 (2013) ⁴	13 (2013) ⁴



Domestic Violence

Domestic Violence	McCurtain County	McCurtain County	Oklahoma
Number of Deaths due to Domestic Violence	4.7 (2000-2002) ⁴	—	84 (2000-2002) ⁴
Children 0-17 in Foster Care per 1000 children	35 (2009) ²⁸	67 (2013) ²⁸	9,975 (2013) ²⁸
Arrests of Juveniles for Violent Crimes per 1000 children	12 (2008) ²⁸	4 (2012) ²⁸	546 (2012) ²⁸

Across the nation and the state of Oklahoma, unintentional and violence-related injuries are on the rise. Unintentional injuries account for the 5th leading cause of death in the United States and Oklahoma for 2002-2006. For persons ages 1 to 44 in Oklahoma, unintentional injuries are the leading cause of death.

This trend does not change much in McCurtain County. Unintentional injuries are the leading cause of death for ages 5 to 44 in McCurtain County. It is estimated that for every motor vehicle related death \$1.3 million in economic costs are incurred. For McCurtain County, which has an average of 15.8 motor vehicle-related deaths a year, the estimated economic costs are almost \$20.5 million a year. Violence-related injuries (homicide and suicide) in McCurtain County are ranked in the top 10 causes of death for persons from 15 to age 64 and suicide is the 7th leading cause of death for all ages.

Studies indicate that there is a strong correlation between alcohol consumption and the occurrence and severity of domestic violence. Also, victims of domestic violence are fifteen times more likely to abuse alcohol than those who have not experienced abuse. McCurtain County has both a high liquor store density and substance abuse rates, which likely contribute to increased domestic violence.

Child abuse is also more likely to occur in a house with domestic violence. Children who grow up in homes with domestic violence are fifteen times more likely to be physically or sexually abused in their homes.

Relevant Indicators	McCurtain County	Oklahoma
Adverse Childhood Experiences Score (ACE)	38.0 (2002-04) ²⁸	35.24 (2002-2004) ²⁸



Infant Mortality

Infant Mortality	McCurtain County	Oklahoma	United States
Infant Mortality (deaths per 1000)	7.8 (2002-06) ²	6.8 (2013) ¹⁵	6.15 (2010) ⁵
Infant Mortality African American	11.3 (2007) ¹⁵	14.6 (2008-2012) ¹⁵	11.7 (2010) ⁵

The number of infant deaths before the age of one in McCurtain County is concerning. Contributing factors include: high rates of teen mothers, high rates of babies born at low birth weights and lack of early prenatal care.

Infants whose mothers do not receive care in the first trimester are more likely to have a low birth weight and are at a higher risk for death than those infants whose mothers get care early on in the pregnancy. Mothers who see a physician early on in their pregnancy can correct un-healthy behaviors and identify potential problems, which could prevent damage to the developing fetus.

Little Dixie Community Action Agency received a Community Action Network Grant to work to improve the infant mortality rates in McCurtain County for the next 3 years.

Relevant Indicators	McCurtain County	McCurtain County	Oklahoma
Teen Birth Rate (live birth --- ages 10-19)	33.1% (2003-07) ³	39.2% (2014) ³	22.9% (2014) ³
Mother Who Receive Early Prenatal Care	84.6% (2003-07) ³	67.8 % (2014) ³	65.5% (2014) ³
Low Birth Rate Babies	8.2% (2003-07) ³	8.1% (2014) ³	8.4 % (2014) ³
Premature Babies (born before 37 weeks gestation)	56 (2010) ²	37 (2013) ²	5625 (2013) ²
Children living below Poverty Level	34% (2010) ⁶	32.0% (2014) ⁶	20% (2014) ⁶



Mental Health *and* Substance Health

Relevant Indicators	McCurtain County	McCurtain County	Oklahoma
Persons Receiving DMHSAS-funded Mental Health Services	261 (2005) ³²	337 (2010) ³²	54,804 (2010) ³²
Adults Who Drink Excessively	10% (2010) ⁶	9% (2014) ⁶	10% (2014) ⁶
Mental Health Providers	—	544:1 (2014) ⁴	426:1 (2014) ⁴

The number of people who are mentally ill in McCurtain County is steadily rising and in the last two years has increased nearly ten percent. Substance abuse indicators have also been on the rise in recent years. There are several factors that contribute to the poor mental health status and high rates of substance abuse in the area including poverty, family disruption (domestic violence and divorce) and high liquor store density.

Minimal treatment options for both severe mental illness and addiction issues are also a concern in the area. Currently, there is no inpatient treatment available for adults in the area and no psychiatrists that provide treatment in McCurtain County. There are also limited mental health facilities that provide care to the uninsured.

As a result of substance abuse, there were 74 alcohol related car crashes in McCurtain County in 2010.

Relevant Indicators	McCurtain County	McCurtain County	Oklahoma
Poor Mental Health Days	3.8 (2013) ⁴	4.0 (2013) ⁴	4.2 (2014) ⁶
Suicide Rate <i>per 100,000</i>	—	23.9 (2014) ²⁷	1263 (2012-13) ³¹
Alcohol Related Vehicular Citations/Convictions	189 (2008-09) ³¹	141 (2012-13) ³¹	8,115 (2012-13) ³¹
Liquor Store Density	0.6 (2010) ⁴	4.4 (2010) ⁴	4.4 (2010) ⁴



Obesity

Relevant Indicators	McCurtain County	McCurtain County	McCurtain County	Oklahoma	United States
Adults Who are Obese	33.4% (2005-2010)	34.1% (2013) ⁸	36% (2014) ⁶	32% (2014) ⁶	25% (2014) ⁶
Age Adjusted Death Rate Due to Diabetes	31.1% (2007) ⁹	31.5% (2008) ⁹	33.7% (2009) ⁹	26.9% (2009) ¹⁰	20.7% (2010) ⁸

McCurtain County is ranked 64th in Oklahoma for health factors and the steadily increasing obesity rate is of notable concern. McCurtain County also has high rates of medical complications directly related to obesity including diabetes, heart disease, and stroke. Limited physical activity and low intake of fruits and vegetables play a significant role in the increase in obesity as well as increased sedentary lifestyles, too much screen time, lack of healthy parental role models, limited availability of healthy food choices, poverty, and lack of easily accessible sidewalks.

1 in 3 adults are obese in McCurtain County tying it for the 4th highest rate in the state, which was 24% higher than the national rate. McCurtain County ranked among the bottom counties for teen fertility, adult dental visits, and fruit/vegetable consumption.

Relevant Indicators	McCurtain County	McCurtain County	Oklahoma
Adults Who are Sedentary	33.8% (2005-2010) ⁷	37% (2014) ⁶	31% (2014) ⁶
Food Environment Index	—	6.1 (2014) ⁶	7.1 (2014) ⁶
Grocery Store Density	—	3.29%/10,000 ⁸	1.9%/10,000 ⁸
Farmer's Market Density	—	2 sites (2014) ¹¹	—
Diabetes Prevalence	—	12.3% (2014) ⁸	10.1% (2014) ²
Recreation and Fitness Facilities	—	6 sites (2014) ¹¹	24.13 per 100,000 (2014) ¹¹



Physical Activity

Relevant Indicators	McCurtain County	McCurtain County	Oklahoma
Adults Who are Sedentary	33.8% (2005-2010) ⁷	37% (2014) ⁶	31% (2014) ⁶
Recreation and Fitness Centers	6 sites (2014) ¹¹	0 sites (2014) ⁶	—
Adults with no Leisure Time Activity	35.3% (2010) ³⁴	34.6% (2014) ³⁴	29.36% (2014) ³⁴

Sedentary lifestyles put people at an increased risk for obesity, heart disease, diabetes, colon cancer, and high blood pressure. Physical activity decreases these risks as well as improves mood and pro-motes healthy sleep patterns. A community’s physical environment can influence the availability of opportunity to participate in physical activity.

McCurtain County’s physical environment has improved dramatically in the last few years. In 2010, the county ranked 76th out of 77 counties, but in 2014, the county increased the ranking to 65th.

At the Forces of Change Assessment, citizens voiced concerns about the need for the parks to be revitalized. Attendees recommended increasing sidewalks so people can increase their outdoor activity by walking safely to work, shop and play.

The city of Idabel is currently constructing a new park. The community also expressed the need for more physical activity opportunities for adolescents and teens.



Tobacco Use

Tobacco Use rates	McCurtain County	McCurtain County	McCurtain County	Oklahoma	United States
Adults Who Smoke	25% (2010) ⁷	24% (2011) ⁷	23% (2014) ⁷	24% (2014) ⁶	14% (2014) ⁶
Students (who smoked in the last 30 days)	15.6% (2013) ¹³ 10 th Grade	18.9% (2013) ¹³ 11 th Grade	22.9% (2013) ¹³ 12 th Grade	—	—
Students (who smoked in the last 30 days)	16.1% (2013) ¹³ Hispanic	20.3% (2013) ¹³ White	18.2% (2013) ¹³ Native American	—	—

Tobacco affects the whole body causing physical and mental dependence as well as illness and disease. About one-third of Americans will die prematurely because of their tobacco dependence.

McCurtain County has dropped its smoking prevalence rate approximately 1 percentage point each year for the last 10 years. Currently the county is under the state prevalence rate, but still received a 'D' on the County Health Report Card.

Relevant Indicators	McCurtain County	McCurtain County	Oklahoma
Premature Date Rate	13,778 (2010) ⁸	13,097 (2014) ⁶	9,291 (2014) ⁶
Cancer Incidence per 100,000	—	510.2 (2013) ⁷	514.5 (2013) ⁷
Incorporated Cities or Towns with Clean Indoor Air Policies	5/7 (2010) ³³	7/7 (2014) ³³	133/519 (2014) ³³
Quit Attempts	—	51.15% (2014) ³⁴	60.06% (2014) ³⁴
School Districts with 24/7 No Tobacco Policies	12/15 (2010) ³³	15/15 (2014) ³³	377/531 (2014) ³³



Unintentional Injury

Relevant Indicators	McCurtain County	McCurtain County	Oklahoma County
Age Adjusted Death due to Unintentional Injuries <i>per 100,000</i>	90.2 (2006-10) ²¹	84.4 (2008-12) ²¹	58.7 (2008-12) ²¹
Age Adjusted Death Rate due to Motor Vehicle Crashes	—	43 (2008-12) ²¹	—
Adults Who Drink Excessively	10% (2010) ⁶	9% (2014) ⁶	10% (2014) ⁶

Unintentional injury is the 4th leading cause of death in Oklahoma, and the leading cause of death among individuals aged 5-44 years. In 2010, the most recent year that data are publicly available, injuries accounted for almost \$1.4 billion of Oklahoma’s hospital inpatient charges, or almost \$34,000 per discharge. This equates to more than 10% of total inpatient charges in 2010 and does not consider other related medical expenses or lost productivity.

In McCurtain County, unintentional injury is the 4th leading cause of death at 84.4 deaths per 100,000 population. The county rate is lower than the rate of 90.2 which was reported in the previous County Health Report. The current rate is higher than the state rate of 58.7 deaths per 100,000 population.

Motor-vehicle accidents account for 48% of McCurtain County’s unintentional injury deaths per 100,000 population, resulting in an estimated cost of \$93.7 million in 2011. This cost includes wage and productivity losses, medical expenses, administrative expenses, motor vehicle damage, and employers’ uninsured costs (\$1.42 million per death).

Violence-related deaths (suicide and homicide) are also leading causes of death in Oklahoma. McCurtain County’s homicide rate of 9.5 deaths per 100,000 population is 44% higher than the state rate of 6.6 deaths per 100,000 population, and the suicide rate of 24.1 deaths per 100,000 population is 45% higher than the state rate of 16.6 deaths per 100,000 population.



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