

Healthy Carroll Vital Signs™ DASHBOARD

Released May 2009



Priority health indicators from Healthy Carroll Vital Signs: Measures of Community Health™

POPULATION: CARROLL COUNTY, MARYLAND

TOTAL: **174,650** (2008 estimate) Ages 0-4: **6%** Ages 5-19: **23%** Ages 20-44: **31%** Ages 45-64: **28%** Ages 65+: **12%**

INDIVIDUAL BEHAVIORS / INJURIES	* Target	Most Recent Available Data
1. Physical Activity: Adults Who Exercise Regularly	30%	44.7% ●
2. Nutrition: Adults Who Eat Fruits & Vegetables at Least 5 Times a Day	50%	26.4% ●
3. Substance Abuse: 12th-graders Who Drank Alcohol in the Past 30 Days	<11%	44.2% ●
4. Tobacco: Adults Who Smoke Every Day	<26%	13.6% ●
5. Safety: Motor Vehicle Deaths	<10 per 100k	12 per 100k ☺
6. Safety: Motor Vehicle Injuries	<1k per 100k	736.9 per 100k ☺
7. Screening: Adults Age 50 and Over Screened for Colon Cancer	75%	63.4% ☺
8. Screening: Women Age 50 and Over Who Had Mammogram	90%	92% ☺
9. Immunization: Adults Over 50 Who Received Flu Vaccination	90%	42% ●
10. Youth and Families: Teen Pregnancies	<47 per 100k	21.2 per 100k ☺
11. Youth and Families: Children Ready for Kindergarten	75%	69% ☺
12. Youth and Families: Juvenile Arrests for Assault	Downward	181 per 100k ☺
13. Youth and Families: Child Fatalities Due to Injuries	20.8 per 100k	12.8 per 100k ☺
DISEASE / RISK FACTORS	* Target	Most Recent Available Data
14. Obesity: Adults	<16%	30.1% ●
15. Heart Disease: High Blood Pressure	<17%	23.2 ☺
16. Heart Disease Deaths	<167 per 100k	205.9 per 100k ●
17. Stroke Deaths	<49 per 100k	58.2 per 100k ☺
18. Cancer: Total Incidence	25% reduction	485.9 per 100k ●
19. Cancer Mortality	<159 per 100k	195.5 per 100k ☺
20. Diabetes: Adults	<2.6%	6.7% ●
21. Mental Health: Youth Interventions for Suicidal Thoughts	<2%	1.4% (394) ☺
HEALTH CARE	* Target	Most Recent Available Data
22. Health Insurance Coverage	100%	88.5% ●
23. Unable to Access Care During The Last 12 Months Because of Cost	<8%	10.5% ●
ENVIRONMENT	* Target	Most Recent Available Data
24. Percentage of Waste Recycled	38%	31.3% ☺
25. Water Supply: Average Daily Household Water Usage	91 gallons	157 gallons ☺

☺ - Data shows improvement (moving toward target) ● - Data moving away from target

This **Healthy Carroll Vital Signs DASHBOARD** is published annually. Data are for most recent year available as of April 2009.

* Most Targets are based on **Healthy People 2010** (see reverse side for more information).

Additional data information is available at www.HealthyCarroll.Org/healthycarrollvitalsigns.htm

INDIVIDUAL BEHAVIORS / INJURIES

1. Percentage of adults who exercise 30 minutes or more at least 5 times a week. Data Source: 2007 Maryland Behavioral Risk Factor Surveillance Survey. *Target Source: [Healthy People 2010 Objective 22-2](#).*

2. Data Source: 2007 Maryland Behavioral Risk Factor Surveillance Survey. *Target Source: [Healthy People 2010 Objective 19-6](#).*

3. Data Source: Maryland Adolescent Survey. *Target Source: [Healthy People 2010 Objective 26-10](#).*

4. Data Source: 2007 Maryland Behavioral Risk Factor Surveillance Survey. *Target Source: [Healthy People 2010 Objective 27-1](#).*

5. Data Source: Maryland Highway Safety Office. *Target Source: [Healthy People 2010 Objective 15-15](#).*

6. Data Source: Maryland Highway Safety Office. *Target Source: [Healthy People 2010 Objective 15-17](#).*

7. Percentage of adults age 50 and over who had a sigmoidoscopy or colonoscopy within the past 5 years. Data Source: 2007 Maryland Behavioral Risk Factor Surveillance Survey. *Target Source: [Healthy People 2010 Objective 3-5](#).*

8. Women aged 50-65 who had a mammogram in the past 2 years. Data Source: 2006 Maryland Behavioral Risk Factor Surveillance Survey. *Target Source: American Cancer Society 2015 Challenge Goals.*

9. Target for non-institutionalized adults aged 65 and older. Data Source: 2007 Maryland Behavioral Risk Factor Surveillance Survey. *Target Source: [Healthy People 2010 Objective 14-29a](#). Not a Healthy Carroll Vital Signs™ indicator.*

For more about [Healthy People 2010](#), visit www.HealthyPeople.gov

10. Percentage of pregnancies among females aged 15-19. Data Source: Maryland Vital Statistics. *Target Source: Maryland Health Improvement Plan 2000-2010.*

11. Percentage of kindergarten students assessed as fully ready for school. Data Source: Kindergarten Assessment, Maryland Department of Education. *Target Source: Maryland Results for Children.*

12. Juvenile arrests for physical or sexual assault. Data Source: Carroll County Department of Juvenile Services. *Target Source: [Healthy People 2010 Objective 15-38](#).*

13. Data Source: Maryland State Police Uniform Crime Report. *Target Source: [Healthy People 2010](#)*

DISEASE / RISK FACTORS

Objective 15-13.

14. Percentage of adults with a Body Mass Index (BMI) of 30 or more. Data Source: 2007 Maryland Behavioral Risk Factor Surveillance Survey. *Target Source: [Healthy People 2010 Objective 19-2](#).*

15. Percentage of adults who have been told by a doctor that they have high blood pressure. Data Source: 2007 Maryland Behavioral Risk Factor Surveillance Survey. *Target Source: [Healthy People 2010 Objective 12-9](#).*

16. Data Source: Maryland Vital Statistics. *Target Source: [Healthy People 2010 Objective 12-1](#).*

17. Data Source: Maryland Vital Statistics. *Target Source: [Healthy People 2010 Objective 12-7](#).*

18. Data Source: Maryland State Cancer Registry. Target: 25% reduction in age-adjusted rate of cancer incidence by 2015. *Target Source: American Cancer Society 2015 Challenge Goals.*

19. Data Source: Maryland Vital Statistics. *Target Source: [Healthy People 2010 Objective 3-1](#).*

20. Data Source: 2007 Maryland Behavioral Risk Factor Surveillance Survey. *Target Source: [Healthy People 2010 Objective 5-2](#).*

21. Data Source: 2007 Carroll County Public Schools Services Report. *Target Source: [Healthy People 2010 Objective 18-2](#).*

HEALTH CARE

22. Percentage of adults who have any kind of health insurance. Data Source: 2007 Maryland Behavioral Risk Factor Surveillance Survey. *Target Source: [Healthy People 2010 Objective 1-1](#).*

23. Data Source: 2007 Maryland Behavioral Risk Factor Surveillance Survey. *Target Source: [Healthy People 2010 Objective 1-6](#).*

ENVIRONMENT

24. Data Source: Carroll County Bureau of Waste Management. *Target Source: [Healthy People 2010 Objective 8-15](#).*

25. Data Source: Carroll County Health Department. *Target Source: [Healthy People 2010 Objective 8-7](#).*

Indicators in the [Healthy Carroll Vital Signs Dashboard](#) are excerpted from [Healthy Carroll Vital Signs: Measures of Community Health™](#), with one exception noted.

The Partnership for a Healthier Carroll County, Inc. is a not-for-profit community health organization supported by Carroll Hospital Center and Carroll County Health Department.