

Healthy Carroll Vital Signs:

Measures of Community Health[©]

*A Publication of
The Partnership for a Healthier Carroll County, Inc.*

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May 10, 2006



Partnership for a
HEALTHIER
Carroll County

The Partnership

Our mission as a nonprofit organization is to advance healthy community strategies, to achieve the highest level of HEALTH possible in Carroll County, Maryland.

The Partnership was established in 1999 by community leaders who had a vision of a HEALTHIER community.

As a corporation, The Partnership strives to build the capacity of our community to improve both health and quality of life. Coalitions are formed with community partners, interagency networking and cooperation, and individual actions. Community health improvement is a cooperative effort that needs everyone's passions, gifts and talents. Health is different than health care. Health happens in communities. Each of us can make a difference!

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Introduction

Dear Partners and Friends,

For almost 10 years, you have worked in partnership toward a vision of a “healthier community.” Adults and young people, civic groups, public and private sector agencies, faith organizations, schools, neighborhoods, and so many more, have demonstrated the power of collaboration and cooperation.

You described your vision of a “healthier community” as:

- ◆ A true community, linked together by a central, coordinating hub that promotes:
 - Community values and connections
 - Partnership among organizations
 - Locally available, accessible, affordable, and integrated health education and services for all
 - Safe activities which enhance mind, body, and spirit
 - Empowerment of individual responsibility

In 1999, The Partnership, Inc. was formed to be the coordinating hub. We define “community” as the jurisdictional boundaries of Carroll County, and we subscribe to the World Health Organization’s broader definition of health which says: *Health is a state of complete physical, mental and social well-being...not merely the absence of disease or infirmity.*”

Our history of facilitating collaboration and cooperation is only a means to an end – not the end itself. Since the early days, you, the visionaries of The Partnership, have sought measurability and results. “How will we know when we *are* a healthier community?” has been our constant organizational challenge. These Healthy Carroll Vital Signs are the next step in our journey. They take the pulse of our community’s health status in the areas you identified as the most important and needing improvement, including:

- ◆ Substance Abuse
- ◆ Heart Health
- ◆ Mental Health
- ◆ Cancer
- ◆ Elder Health
- ◆ Interpersonal Violence
- ◆ Prevention & Wellness
- ◆ Access to Health Care
- ◆ Growth/Water Quality
- ◆ Positive Youth and Family Development

The Healthy Carroll Vital Signs are outcomes indicators, seeking to measure the well-being of our whole population – cross community accountability, if you will. Taking our “pulse” metaphorically means identifying how our health is improving.

Just as importantly, please note these vital signs *are not* performance measures regarding the clients of any agency, service, or program.

It is our hope that you will find many uses for this publication – perhaps in strategic planning, resource development, resource allocation, or in making

personal lifestyle choices. They should help you to know if you are moving in the right direction, to know when your actions are helping to create a strong, healthy people and community, and to have a common way of understanding how our “HEALTH” and quality of life, are changing over time.

This effort to establish Vital Signs is uniquely ours, although similar endeavors are components of nationwide “creating healthier communities” agendas. The Partnership is proud to bring you this document, developed by the knowledgeable and committed members of our community who accepted our invitation to participate in this very important work. (Note: the actual participants are listed on each indicator page.)

This document is unique because:

- ◆ Its measures are results based at a local, jurisdictional level.
- ◆ It does not track specific strategies, programs or funding streams.
- ◆ Improvement is measured over time.
- ◆ It will be updated yearly, and
- ◆ It will continually improve, based on feedback received.

So, please take the time to read and understand this very important composition. It will be maintained on our Web site at www.healthycarroll.org for your convenience.

As always, we sincerely thank you for all you do to make ours a healthier community!

Tricia Supik, Executive Director and CEO
May 10, 2006

Preface

This document is a preliminary draft of our community indicators report that will track specific data points, or indicators, annually for the next ten years. The indicators, data points, and sources included were selected by workgroups of local stakeholders and experts.

This is not a final publication. The Partnership expects some information and indicators to be adjusted as we hone in on the information that will help us to reach the results statements. Please read the document with this in mind: we welcome your comments and suggestions.

What populations are we concerned about?

The Partnership for a Healthier Carroll County is committed to improving the lives of all who live, work, play, and worship in Carroll County. The reality is that some populations are in greater need than others.

For the most part, *Vital Signs* addresses the entire population. Some areas, such as Mental Health and Access to Health Care, look at specific populations like those seeking public mental health services, youth, and those of specific economic status.

What condition of well-being do we want for these folks?

The results statements listed for each of the health areas are optimal conditions of well-being for which The Partnership and the community are striving. This includes access to quality, affordable, and timely medical services and treatment; positive behavior choices around nutrition and physical activity, and a safe community to live in.

How could we measure these conditions?

The indicators, or data points, listed below the results statements are ways to measure our progress toward the best health, lifestyle, and community conditions for which we strive.

What is an indicator?

Indicators are data points that provide objective, measurable information. To serve its purpose in accurately representing a concern of the community and in promoting and measuring program effectiveness, an indicator must meet certain core criteria. An indicator must be valid, based on fact, readily measured, accessible and affordable, consistent and reliable, and be capable of showing change over time. An indicator should focus on results from work being

done, not simply an activity or resources expended.

A good indicator will answer the following 3 questions:

1. Is the information provided understandable to the general public?
2. Can the data point stand alone as an indicator of that specific health area in Carroll County?
3. Is the source reliable and available on an annual basis?

Source: Mark Freidman, The Fiscal Policy Studies Institute

Who has a role to play in doing better?

Anyone who lives, works, worships, or plays in our community has a role. That includes everyone from individuals making personal lifestyle or healthy eating choices to the civic groups, faith organizations, law enforcement, and other community groups who promote healthy activities.

How are we doing on the most important issues?

Ours is a relatively healthy and safe community to live and work in compared to other counties in Maryland.

How are we doing...continued

Our school suspension rates are lower than the state, and more of our residents are meeting the Healthy People 2010 physical fitness goals than other counties.

A recent Community Strengths and Needs Assessment, conducted by The Partnership in conjunction with the Carroll County Local Management Board and other organizations, supports this conclusion. They found that residents reported being in good to excellent health.

At the same time, both this Vital Signs report and the Community Strengths and Needs Assessment point to specific areas of concern, including health insurance,

obesity, and youth injury from motor vehicle accidents.

Where do we go from here?

The first step is well under way. Developing *Healthy Carroll Vital Signs: Measures of Community Health*[®] brought together a diverse group of concerned community organizations and members to establish results statements and identify related indicators. This provided a baseline of information from which to work.

The next step is again, working with these groups of experts, to identify and set improvement targets for the chosen indicators. That is, where do we want the numbers to be over the next year, the next 5 years, and the next 10 years? This process will

involve looking at how the numbers have moved over the past few years and setting realistic goals for improvement.

The intended goal or outcome of this project is that community agencies and organizations will use *Vital Signs* in strategic planning, prioritizing individual and organizational efforts to help movement from the baseline to the targets, and to assist in grant development.

The process is far from over. This document is just the beginning of what we hope will be a reliable and resourceful way of tracking our progress toward our goal of being a healthier community.

Table of Contents

The Partnership	Inside Cover
Introduction	1
Preface	2
Table of Contents	4
Carroll County Demographics	5
Access to Health Care	6
Cancer	8
Heart Health	10
Interpersonal Violence	12
Mental Health	14
Positive Youth & Family Development	16
Prevention & Wellness	18
Rapid Growth	20
Substance Abuse	22
Water Quality & Supply	24
Resources	26
Acknowledgements	28
Invited Individuals	28

County Demographics

We define “community” as the whole jurisdiction of Carroll County, Maryland. Before looking at the results statements and indicators contained in this document, it is important to understand the community context. The population, the environment, the economy, and much more all play a role in our shared goal of being a “Healthier” Carroll County community.

To better understand that context, the demographics have been organized into five areas: geography, population, economics, business, and families.

Geography

Land Area	449 square miles
Persons per square mile (2000)	336
Agricultural Land Preservation: Farms (1996 – 2005)	407
Acres of Agricultural Land Preservation (1996 – 2005)	46,998

Source: US Census Bureau Quickfacts, MD DHR 2004 FACT PACT, and Carroll County Department of Economic Development

Population

Total Population Estimate (2004)	166,159
Projected Population 2010	179, 700

Race (2003)

White	156,144
African American	3,910
Native American	362
Asian/Pacific Islander	1,811
Hispanic	1,848

Age (2003)

0-9	20,899
10-19	25, 708
20-34	29, 110
35-54	53,371
55-64	16,398
65+	17,731

Source: US Census Bureau Quickfacts and MD DHR 2004 FACT PACT.

Economic

Per Capita Personal Income (2005)	31, 827
State Rank	7 th
Median Household Income	\$70,304
Persons in Poverty (all ages, 2000)	7,199
Persons in Poverty (Ages 0-17, 2000)	1,892
Unemployment Rate (2005)	3.7%
Average cost of a detached 4 bedroom home (2005)	\$240,234 - \$455,574

Source: US Census Bureau Quickfacts, MD DHR 2004 FACT PACT, and Carroll County Department of Economic Development

Business

Private nonfarm establishments with paid employees (2001)	4,119
Private nonfarm employment (2001)	44,518
Federal funds and grants (2002)	\$584,952
Percent of residents that commute 30 min. or more to work	72%
Percent of residents that commute out of county for work	62%

Source: US Census Bureau Quickfacts, MD DHR 2004 FACT PACT, and Carroll Commuter Survey (2001).

Family

Total number of households (2000)	40,904
Percent of married households (2000)	85%
Percent female headed households (2000)	11%
Percent male headed households (2000)	4%
Marriages in Carroll County (2003)	945
Divorces in Carroll County (2003)	443
Total number of children enrolled in Public Schools (2004-2005)	28,765

Source: 2005 Strengths & Needs Assessment Secondary Family Data Analysis, MD DHR, MD DHMH Vital Statistics, CCPS.

Access to Health Care

Result Statement: Residents of Carroll County have access to quality, affordable, and available primary health care, dental care, behavioral health care, hospitalization and pharmaceuticals.

Access to quality care is important to eliminate health disparities and increase the quality and years of healthy life for all residents in Carroll County. The three focus areas of access to health care indicators were determined by the group to be: preventive and primary care services, emergency services, and long-term care.

Preventive and primary care services have a substantial impact on many of the leading causes of disease and death. Improving access to appropriate preventive and primary care services requires addressing many barriers, including those that involve the patient, provider, and system of care. Patient barriers include lack of knowledge, lack of a usual source of primary care, and a lack of money to pay for services. The major health provider barrier is limited time. System barriers include the lack of resources and the lack of coverage for adequate services.

Indicators were selected for children's oral health, accessing free clinics, insured rates, medical transportation and prescription coverage.

Each year, emergency services are provided through Carroll Hospital Center's Emergency Department for the ill or injured. This care is provided to patients regardless of their socioeconomic status, age, or special need.

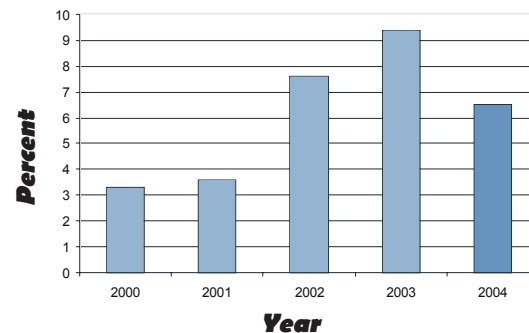
An indicator was selected for the number of emergency room visits.

People with physical or mental conditions that limit their capacity for self-care need

long-term care services. The goals of long term care are to improve or maintain existing functioning, or slow deterioration in functioning.

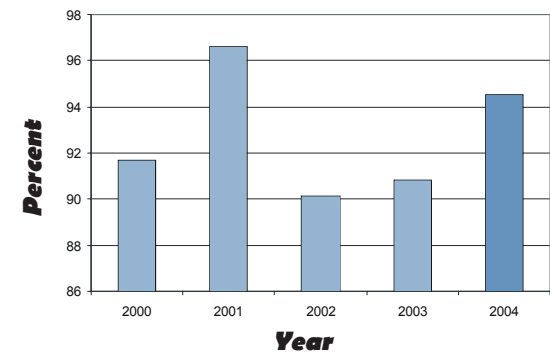
The Access to Health Care workgroup has an interest in the indicators selected for mental/behavioral health.

Percent of Residents Who Could Not Afford to See a Doctor in the Past Year



Source: Maryland Behavioral Risk Factor Surveillance System

Percent of Residents That Have Health Insurance



Source: Maryland Behavioral Risk Factor Surveillance System

Area	Indicator	Source	Data
Medical Visits	Percent of Carroll County residents that report having any kind of health insurance coverage.	Maryland Behavioral Risk Factor Surveillance System	94.5% (2004) 90.8% (2003)
	Carroll County residents who, at some point in the last 12 months, could not afford to see a doctor.	Maryland Behavioral Risk Factor Surveillance System	6.5% (2004) 9.4% (2003)
	Total number of Carroll County residents accessing Mission of Mercy and Access Carroll clinics for medical care.	Mission of Mercy and Access Carroll	Mission of Mercy 1,164 (2005) 1,510 (2004) Access Carroll 1,044 (July-November 2005)
	Percent of Carroll County residents admitted to Carroll Hospital Center coded as "self pay."	Carroll Hospital Center	6.5% (FY 2005*) <i>*5% of all patients in FY2005</i>
Public Transportation for Medical Care	Number of Carroll County riders transported for medical reasons.	Carroll Area Transit Systems	13,738 (2005)
Prescription Drug Enrollment	Number of Carroll County residents under age 65 enrolled in state prescription drug programs.	DHMH Pharmacy Assistance Program	278 (2005)
	Number of Carroll County residents enrolled in Medicare Prescription Drug Plans.	Medicare	13,594 (as of March 2006)
Dental Care	Number of Carroll County children enrolled in Maryland Children's Health Insurance Program (MCHIP) receiving dental care.	Department of Health and Mental Hygiene (DHMH) MCHIP	1,868 (as of 3/1/2006)

Participating Organizations: Access Carroll, Carroll Area Transit System, Carroll County Commissioners' Office, Carroll County Core Service Agency, Carroll County Department of Citizen Services, Carroll County Department of Planning, Carroll County Department of Social Services, Carroll County Grants Office, Carroll County Health Department, Carroll County Youth Service Bureau, Carroll Home Care & Carroll Hospice, Carroll Hospital Center, Catastrophic Health Planners, Inc., Emmanuel (Baust) United Church of Christ, Granite House, Human Services Programs of Carroll County, Mission of Mercy, The Shepherd's Staff, Springfield Hospital Center, United Hands of Carroll County, Inc., and Westminster Office of Housing.

Cancer

Result Statement: Illness, disability, and death caused by cancer in Carroll County will be reduced.

The physical, emotional, and financial burden of cancer is costly. According to the most recent available cancer statistics from the Maryland Cancer Registry, Carroll County has a higher incidence rate of all cancers than the state. But, our rate is still below neighboring Baltimore, Frederick, and Harford Counties.

Carroll County also has a lower mortality rate for all cancers than the state (see charts below). With this in mind, the results statement for cancer is to reduce the illness, disability, and death caused by cancer.

In this document, breast, colorectal, lung, and prostate cancer have been identified as the most prevalent cancers to report and track. While many other cancers such as cervical, oral, and skin can provide relevant information on the health and well-being of our community, these four were selected by the participating organizations, and are in line with the cancers the Carroll County Cancer Coalition works with.

The cancer areas included in this document have been broken into three indicator sections per cancer: screening,

incidence, and mortality, with the exception of lung cancer.

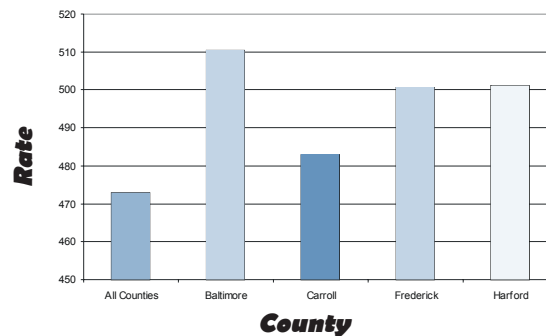
According to the Maryland Cancer Plan, current research has not proven chest X-ray or sputum cytology lead to reduced mortality for lung cancer. The screening indicators that are included from the Maryland Behavior Risk Factor Surveillance System (MD BRFSS) are in line with the state Cancer Plan's goals and objectives for screening goals.

It is important to note that this preliminary

publication does not break down cancer screening, incidence, and mortality by race. It is our hope that future publications will have this information to highlight any disproportionate minority health differences in cancer.

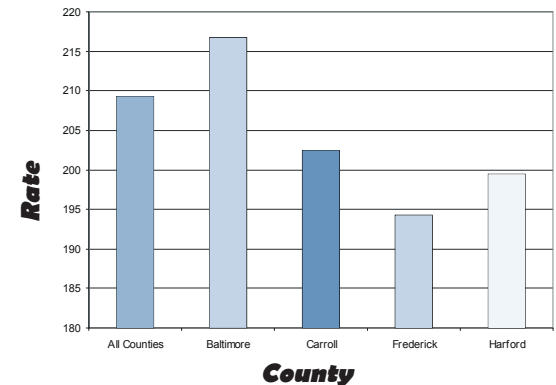
Other health areas related to Cancer that address prevention efforts in *Healthy Carroll Vital Signs* can be found in the Heart Health, Prevention & Wellness, and Substance Abuse sections.

Rates of Cancer, All Types 1998-2002



Source: Maryland Cancer Registry

Cancer Mortality Rates All Types, 1999-2002



Source: Maryland Cancer Registry

Area	Indicator	Source	Data
Overall Cancer	Total Cancer incidences rate (all sites) in Carroll County.	Maryland State Cancer Registry	483.1 per 100,000 residents (1998-2002)
	Total Cancer mortality rate (all sites) in Carroll County.	Maryland State Cancer Registry	202.5 per 100,000 residents (1998-2002)
Breast Cancer	Percent of women over age 40 that have had a mammogram within the past 2 years.	Maryland Behavioral Risk Factor Surveillance System.	86% (aggregate 2000, 2002, 2004)
	Breast cancer incidence rate in Carroll County.	Maryland State Cancer Registry	126.2 per 100,000 residents* (1998-2002) <i>*Females only</i>
	Breast cancer mortality rate in Carroll County.	Maryland State Cancer Registry	24.1 per 100,000 residents* (1999-2002) <i>*Females only</i>
Colorectal Cancer	Percent of men over age 50 who have had a sigmoidoscopy or colonoscopy in the past 5 years.	Maryland Behavioral Risk Factor Surveillance System.	92.1% (aggregate 2002, 2002, 2004)
	Colorectal cancer incidence rate in Carroll County.	Maryland State Cancer Registry	53.5 per 100,000 residents (1998-2002)
	Colorectal cancer mortality rate in Carroll County	Maryland State Cancer Registry	22.3 per 100,000 residents (1999-2002)
Lung Cancer	Lung cancer screening in Carroll County.	Not Available	There is currently no standard screening test for lung cancer.
	Lung cancer incidence rate in Carroll County.	Maryland State Cancer Registry	60.5 per 100,000 residents (1998-2002)
	Lung cancer mortality rate in Carroll County.	Maryland State Cancer Registry	56.2 per 100,000 residents (1999-2002)
Prostate Cancer	Percent of men over age 50 that have had a Digital Rectal Exam in the past 2 years.	Maryland Behavioral Risk Factor Surveillance System.	75.5% (aggregate 2001, 2002, 2004)
	Percent of men over age 50 who have had a PSA in the past 2 years.	Maryland Behavioral Risk Factor Surveillance System.	72.5% (aggregate 2001, 2002, 2004)
	Prostate cancer incidence rate in Carroll County.	Maryland State Cancer Registry	180.9 per 100,000 residents (1998-2002)
	Prostate cancer mortality rate in Carroll County.	Maryland State Cancer Registry 1999-2002	35.6 per 100,000 residents (1999-2002)

Participating Organizations: American Cancer Society, Carroll Hospital Center, and the Carroll County Health Department Cigarette Restitution Fund.

Heart Health

Result Statement: People across the lifespan have good cardiovascular health.

Heart disease is the number one cause of death for men and women in Carroll County, as it is in Maryland and the United States. Stroke is the number three cause of death, and a leading cause of disability. Cardiovascular health and quality of life can be improved with prevention, early detection and treatment.

Much progress has been made in the treatment of heart disease, but the largest impact will happen as individuals make heart-healthy lifestyle choices. The risk factors for heart disease which can be controlled are tobacco use, physical activity, healthy diet, being overweight, high blood pressure, high blood cholesterol, and diabetes. Management of these areas greatly improves heart health.

Heart health improvement efforts in Carroll County have focused on increasing physical activity, reducing tobacco use, screening for blood pressure and cholesterol, increasing awareness of early warning signs of heart attack and stroke, the importance of early access to the emergency response system, and increasing access to Automated External

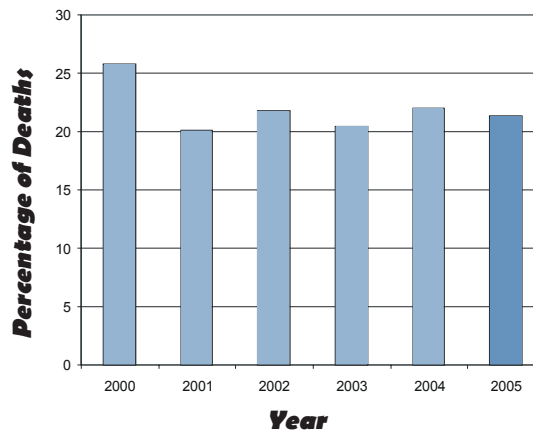
Defibrillators (AEDs) in the community.

Heart health improvement efforts must be addressed to youth as well as adults. Many of the risk factors for heart disease are showing up in children, and will lead to a generation developing heart disease at earlier ages. Fortunately, these trends can be reversed with individual and community-wide effort.

In addition to the indicators, more data and resources can be found at www.americanheart.org, the Web site for the American Heart Association.

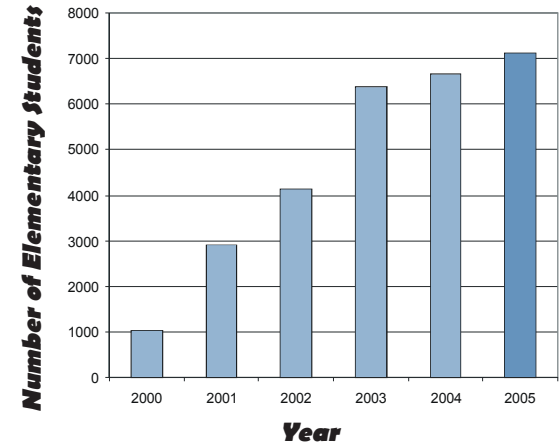
Other health areas related to Heart Health found in *Healthy Carroll Vital Signs* include Prevention & Wellness, and Substance Abuse.

Percentage of Heart-Related Deaths in Carroll County



Source: Carroll County Health Department

Project Aces Fitness Program Participants



Source: Carroll County Health Department

Area	Indicator	Source	Data
Physical Activity	Percent of Carroll County students who participate in the 2 week fitness program "Project ACES."	Carroll County Health Department	70% (2005) 65% (2004)
	Percent of Carroll County students participating in the 2 week fitness program "Project ACES" who meet the fitness goal of 60 minutes of activity per day.	Carroll County Health Department	94% (2005) 96%* (2004) <i>*30 min/day goal</i>
Cardiovascular Disease	Percent of deaths from Cardiovascular Disease in Carroll County.	Carroll County Health Department Epidemiologist	21.3% (2005) 22.0% (2004) 25.8% (2000)
	Percent of residents who have been told they have high blood pressure.	Maryland Behavioral Risk Factor Surveillance System	30% (2004) 24.1% (2003)
	Heart related primary diagnosis admissions to Carroll Hospital Center.	Carroll Hospital Center	1616 (2005) 1635 (2002)
Stroke	Percent of deaths from Stroke in Carroll County.	Carroll County Health Department Epidemiologist	6.9% (2005) 7.0% (2000)
Other	Number of facilities in Carroll County that have Automated External Defibrillators.	Maryland Institute for Emergency Medical Services Systems	21 (2005)
	Number of community cardiac arrest cases in Carroll County.	Maryland Institute for Emergency Medical Services Systems	40 (2004)

Participating Organizations: Carroll Hospital Center, Carroll County Health Department, Carroll County Public Schools, McDaniel College, Mid-Atlantic Cardiovascular Associates, Volunteer Citizens.

Interpersonal Violence

Result Statement: People across the lifespan are free from violence and its effects in their relationships.

Carroll County, for the most part, is a very safe place to reside. However, we still have issues of violence that are disturbing and unacceptable. These include homicide, suicide, physical abuse, neglect or sexual abuse, rape or attempted rape, physical assaults, and verbal or physical threats of violence. This report focuses on interpersonal violence, in other words, violence from one person on another.

The interpersonal violence indicator team chose to divide the indicators into child and adult categories. The youth indicators chosen focus on child abuse referrals and investigations, juvenile assaults, and weapons violations in Carroll County Schools. The adult indicators focused on domestic violence, aggravated assaults and rape, and abuse of vulnerable adults. Vulnerable adult abuse includes the elderly and mentally incapacitated adults.

The county murder rate is relatively small; therefore, the committee chose to focus on indicators of other types of violence, many of which could lead to the death of someone. Data is often difficult to find for this area as Carroll County data is sometimes combined with other counties

in regional reports.

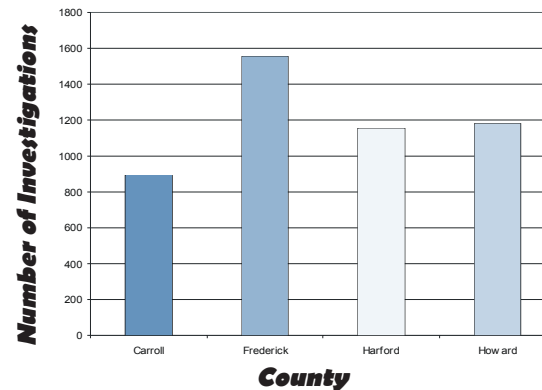
All research indicates that many interpersonal violence crimes go unreported, especially adult sexual assault and domestic violence, as there is no mandatory reporting. Therefore, the real numbers are often significantly lower than the actual events. As a result, we chose to focus on the number of reports and investigations as opposed to the

actual arrests or guilty verdicts, since many different factors can influence the disposition of cases.

Other health areas related to Interpersonal Violence found in *Healthy Carroll Vital Signs* include Mental Health, Substance Abuse, and Positive Youth & Family Development.

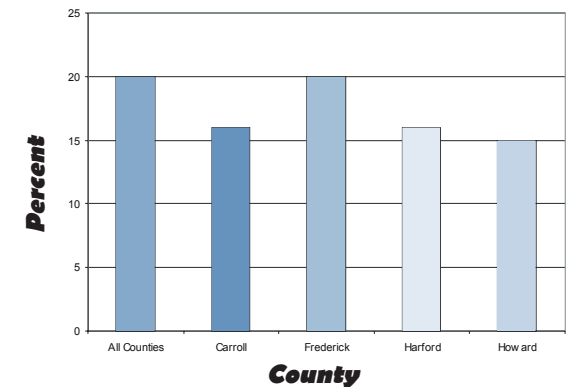
Total Child Protective Services Investigations

Neglect was most investigated complaint statewide, including Carroll County



Source: State of Maryland Department of Human Resources

Percent of Child Protective Services Investigations with an Indicated Filing



Source: State of Maryland Department of Human Resources

Area	Indicator	Source	Data
Violence Against Youth	Number of child abuse investigations and arrests in Carroll County.	Carroll County Sheriff's Office Annual Report	325 investigations, 51 arrests (2005) 72 investigations, 25 arrests (2004)
	Number of victims referred to child protective services in Carroll County for physical abuse, neglect, sexual abuse, mental injury abuse and neglect, including referrals from other agencies.	Department of Human Resources (DHR) and Carroll County Public Schools (CCPS) Annual Report	DHR: 893 (2005) 896 (2004) 925 (2003) CCPS: 726 (2004-2005 school year) 648 (2003-2004 school year) 660 (2002-2003 school year)
	Number of juvenile arrests in Carroll County for assault, including physical and sexual.	Carroll County Department of Juvenile Services	225 (2005*) <i>*Data for 2004 is not available</i> 240 (2003) 210 (2002)
	Number of weapons violations at Carroll County Public Schools.	Carroll County Public Schools Annual Student Services Report	17 (2004-2005 school year) 19 (2003-2004 school year) 12 (2002-2003 school year*) <i>* Data collection changed after this year from "Possession of a deadly or concealed weapon" and "Violation for possession of explosives" to current indicator which captures both.</i>
Violence Against Adults and Families	Number of cases filed with the court system in Carroll County for domestic violence and peace orders (combined circuit and district courts).	Carroll County District and Circuit Court and Carroll County Sheriff's Office Annual Report	District & Circuit Court: 819 (2005) 855 (2004) Sheriff's Office: 1142 (2005) 1241 (2004)
	Number of new clients seeking domestic violence services through Family and Children's Services of Carroll County.	Family and Children's Services of Carroll County	982 (2004) 1088 (2003)
	Number of aggravated assaults and forcible rapes in Carroll County.	Uniform Crime report, Maryland State Police	367 (2004) 363 (2003)
	Number of new clients served at Rape Crisis Intervention Services in Carroll County.	Rape Crisis Intervention Services in Carroll County	273 (2005) 272 (2004)
	Number of long-term care abuse cases investigated in Carroll County facilities including physical, sexual and verbal abuse, gross neglect and other abuses in both nursing homes and assisted living facilities.	Carroll County Bureau of Aging – Long Term Ombudsman Program	39 (2005*) 39 (2004*) <i>* Does not include resident to resident physical or sexual abuse due to coding changes between 2004 and 2005)</i>

Participating Organizations: Family and Children's Services, the Bureau of Aging, and the Behavioral Health and Addictions Advisory Council members.

Mental Health

Result Statement: Improve mental health across the life span and ensure access to appropriate, quality mental health services*.
*County public mental health services. Private Service data not available.

According to Healthy People 2010, Mental Health is a “state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people and the ability to adapt to change and cope with adversity”.

A mentally healthy community is identifiable by many factors including low suicide attempt rates; increased number of county residents whose insurance covers mental health services; an adequate number of outpatient, residential and crisis service providers for all ages, and a decrease in the stigma associated with mental illness and emotional disturbances.

The mental health partners who selected these indicators explored many others, including measuring the psychiatrist to client ratio and wait list time; however, those data points are not, to our knowledge, available at this time. The group also explored measuring recidivism, or a return to treatment, but felt that someone returning for more treatment was not necessarily a negative thing nor did it mean the previous treatment was

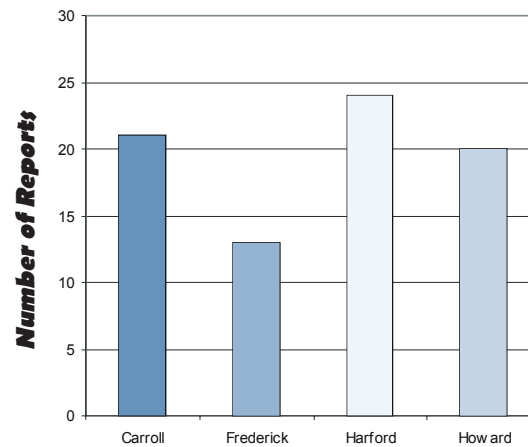
ineffective. Once again, this data is not consistently tracked or readily available.

Some recurring themes during the indicator selection process emerged anecdotally as issues. These included a limited number of psychiatrists, the wait time between discharge from hospital or jail before being able to be seen by a counselor, and the lack of quick intensive services for children in crisis, especially for those who can not remain in the home.

We chose to track behaviors that indicate how mental illness has an impact on the community; therefore we chose to look at people in jail with mental health diagnosis and students suspended from our public school system with behavior issues.

Other health areas related to Mental Health found in *Healthy Carroll Vital Signs* include Substance Abuse and Interpersonal Violence.

Reports of Intention to Harm Self (Suicide) in 2004



Source: Maryland Vital Statistics

Area	Indicator	Source	Data
Psychiatric Services Rendered	Number of public counseling and psychiatric services rendered, for youths and adults in Carroll County.	Carroll County Core Service Agency Crystal Report of APS Healthcare Data* <i>*Youth 17 years and under Seriously Emotionally Adult 18 years and over Seriously Mentally Ill</i>	Youth: 1171 (2005) 1216 (2004) 1114 (2003) 1052 (2002) Adult: 1408 (2005) 1416 (2004) 1751 (2003) 1650 (2002)
Youth Mental Health	Percent of students suspended from Carroll County Public Schools grades K through 12.	Carroll County Public Schools Student Services Annual Reports	4.2 % (2004-2005 school year) 5.1 % (2003-2004 school year) 4.5 % (2002-2003 school year)
	Number of Carroll County Public School interventions for suicidal thoughts.	Carroll County Public Schools Student Services Annual Reports	378 (2004-2005 school year) 443 (2003-2004 school year) 403 (2002-2003 school year)
Adult Mental Health	Number of adults in the Carroll County correctional facility identified and case managed by Keystone with diagnoses of major depressive disorders, bipolar disorders and psychotic disorders.	Carroll County Core Service Agency Crystal Report of APS Healthcare Data	124 (2005) 108 (2004)
	Percent of adults in the Carroll County correctional facility with identified mental health disorders that are re-arrested within one year or psychiatrically hospitalized.	Carroll County Core Service Agency Crystal Report of APS Healthcare Data	Re-arrested: 20% (2005) 9.2% (2004) Psychiatric hospitalization: 4% (2005) 3.7% (2004)

Participating Organizations: Granite House, Youth Services Bureau, Springfield Hospital, Carroll County Core Service Agency and the Behavioral Health and Addictions Advisory Council members.

Positive Youth & Family Development

Result Statement: Child well-being and family life is supported throughout the community.

Families and youth are the cornerstone of any healthy community. While governments or developers build houses or retail centers, it is the people who build the community. In fact, as one of the early leaders of the Healthier Communities movement, Tyler Norris, once said, “The choices we make at home, work, school, play, and worship determine most of what creates personal health and community vitality.”

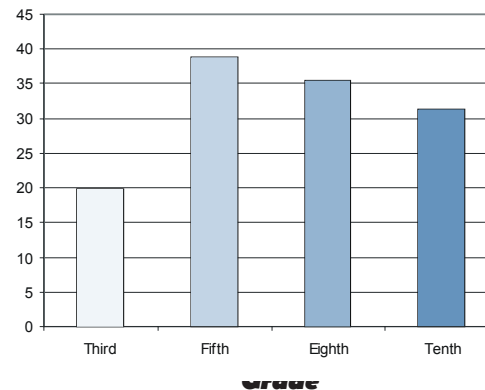
If the future of our community is to be strong, we need to assure that all young people grow up to be healthy, principled and caring adults, and contributing members of our society and economy. But we must also work to protect our most vulnerable community members – our children – as we strive to continue the proud tradition of our community as a great place to raise a family.

In Maryland, we are fortunate to have a Local Management Board in each of our 24 jurisdictions that have a well-coordinated effort addressing the needs of children and families. Under the leadership of the Governor’s Office for Children and the Local Management Boards, the Results for Child Well-Being

have been developed. They are outcome based indicators which fully meet our “Vital Signs” criteria. Other health areas related to Positive Youth & Family Development found in *Healthy*

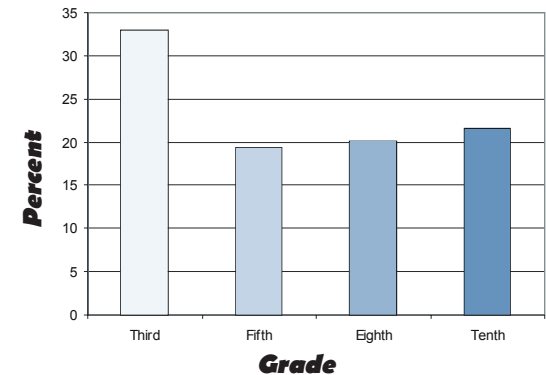
Carroll Vital Signs include Heart Health, Interpersonal Violence, Mental Health, Prevention & Wellness, and Substance Abuse.

Advanced Students on the 2005 Maryland School Assessment Reading Test



Source: Maryland State Report Card: Carroll County, Maryland State Department of Education

Advanced Students on the 2005 Maryland School Assessment Math Test



Source: Maryland State Report Card: Carroll County, Maryland State Department of Education

Area	Indicator	Source	Data
Babies Born Healthy	Percent of babies in Carroll County born to adolescents (15-19 years old).	Maryland Department of Health and Mental Hygiene Vital Statistics	19% (2003)
Healthy Children	Percent of Carroll County children fully immunized by age 2.	Maryland Department of Health and Mental Hygiene	Not Available
Children Enter School Ready to Learn	Percent of Carroll County kindergarten students who have reached on of three levels of readiness on the Work Sampling System Kindergarten Assessment: full readiness,	Children Entering School Ready to Learn Report, Maryland State Department of Education	Full: 60% (2005-2006) Approaching: 35% (2005-2006) Developing: 5% (2005-2006)
Children Successful In School	Percent of Carroll County public school students in 3rd, 5th, 8th, and 10th grades scoring proficient (prof.) or advanced (adv.) on the Maryland School Assessment in reading and math (MSA).	Maryland State Report Card: Carroll County, Maryland State Department of Education	3rd Grade (2005) Reading: 62.3% prof. 19.8% adv. Math: 53.7% prof. 32.9% adv. 5th Grade (2005) Reading: 44.8% prof. 39.8% adv. Math: 62.1% prof. 19.4% adv. 8th Grade (2005) Reading: 47.5% prof. 35.4% adv. Math: 41.8% prof. 20.1% adv. 10th Grade (2005) English 2: 40.0% prof. 31.4% adv. Geometry: 46.8% prof. 21.6% adv.
Children Completing School	Percent of Carroll County students who complete high school.	Maryland Report Card Maryland State Department of Education.	93%
Children Safe in Their Families and Communities	Information on children safe in their families and communities can be found in the Interpersonal Violence, Mental Health, and Substance Abuse areas.		
Stable and Economically Independent Families*	Homeless adults and children <i>*See Demographics section for more information.</i>	Maryland Department of Human Resources/Core Service Agency and Human Services Programs of Carroll County	376 adults and children (2004)

Participating Organizations: Incorporation of the state Results for Child Well-Being has been accomplished with the participation and approval of Dorothy Stoltz, Chairperson of the Carroll County Local Management Board, and Mary Scholz, Executive Director, on behalf of all the members of the Carroll Local Management Board.

Prevention & Wellness

Result Statement: Residents of Carroll County will have an improved health status in regard to physical activity, nutrition, tobacco use, and safety.

Prevention & Wellness means improving health outcomes for people in Carroll County, as measured by improvement in their lifestyles and behavior. Our way of life is an important factor in increasing rates of diabetes, cancer, heart disease, and other illnesses.

Many Prevention & Wellness activities in Carroll County seek to promote good health, prevent disease, and increase quality and years of healthy life through education and encouraging measurable changes in behavior and lifestyle.

To that end, the indicators under Prevention & Wellness incorporate data related to physical fitness, nutrition, smoking prevention, and safety that present an overall view of how the community is doing in terms of preventing chronic disease and making positive health behavior choices.

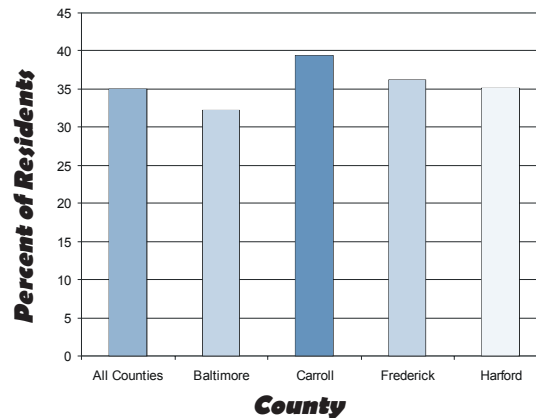
The four health areas of Prevention & Wellness were identified by the Prevention & Wellness Partners workgroup after data analysis and group discussion involving individuals from numerous organizations and agencies interested in chronic disease prevention and healthy lifestyles.

Please note that the terms “Prevention” and “Wellness” are broad terms that encompass many health areas other than the ones incorporated in this publication. Issues such as immunization, medical visits, and proximity to recreation areas also play a role in promoting a healthy lifestyle.

Other health areas related to Prevention & Wellness found in *Healthy Carroll Vital Signs* include Cancer, Heart Health, and Substance Abuse.

Physical Activity

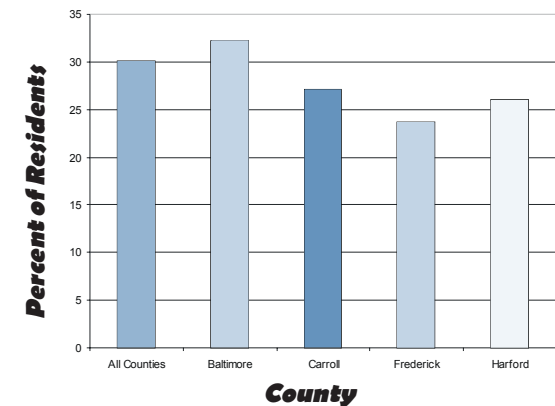
Moderate physical activity, 30 or more minutes per day, 5 or more days per week



Source: 2004 Maryland Behavioral Risk Surveillance System

Nutrition

Fruit and vegetable consumption 5 or more times per day



Source: 2004 Maryland Behavioral Risk Surveillance System

Area	Indicator	Source	Data
Physical Activity	Percent of adults in Carroll County who meet the <i>Healthy People 2010</i> goal of physical activity for 30 min or more at least 5 times per week.	Maryland Behavioral Risk Factor Surveillance System	39.4% (2004)
	Visits to Carroll County and municipal Parks and Recreation programs.	Carroll County Parks and Recreation Annual Report	1,222,306 (FY2003-2004)
Nutrition	Percent of adults in Carroll County who consume fruits and vegetables at least 5 times per day.	Maryland Behavioral Risk Factor Surveillance System	27.1% (2004)
	Percent of children in Carroll County who consume fruits and vegetables at least 5 times per day.	Maryland Youth Behavioral Risk Factor Surveillance System	Data currently being analyzed.
	Percent of adults in Carroll County who are obese (Body Mass Index of 30 and over).	Maryland Behavioral Risk Factor Surveillance System	18% (2004)
	Percent of adults in Carroll County who have ever been told they have diabetes by a physician.	Maryland Behavioral Risk Factor Surveillance System	6.4% (2004)
Smoking Prevention	Percent of Carroll County adults who smoke every day.	Maryland Behavioral Risk Factor Surveillance System	16.7% (2004)
	Percent of Carroll County 12 th graders who have smoked cigarettes in the past 30 days.	MD Adolescent Survey	22.7% (2004)
Safety	Deaths in Carroll County from motor vehicle accidents.	Maryland Highway Safety Office	Young Driver Involved: 3 (2004) Older Driver Involved: 5 (2004)
	Injury in Carroll County from motor vehicle accidents.	Maryland Highway Safety Office	Young Driver Involved: 305 (2004) Older Driver Involved: 132 (2004)

Participating Organizations: Carroll Chiropractic Sports Injury Center, Carroll Community College, Carroll County Health Department – Nursing, Carroll County Health Department – Health Education, Carroll County Health Department – WIC, Carroll County Public Schools, Carroll Hospital Center, Contours Express of Westminster, Freedom Fitness, Carroll Home Care & Carroll Hospice, Shaklee, Springfield Hospital Center, Volunteer Citizens, and Westminster City Parks and Recreation.

Rapid Growth

Result Statement: Carroll County will grow based upon a plan with community support which retains the heritage, quality of life and special places of the county.

Carroll County has seen extensive growth in its population over the last two decades. The beautiful landscape, excellent schools and community-oriented neighborhoods have made it a popular place to live. Yet, with growth has come many challenges to the overall quality of life. Issues with housing, water, traffic, and sprawl are some concerns of citizens.

Carroll County's Comprehensive Plan for growth is called "Pathways to Carroll's Future Landscape". The key goal is to develop a community-wide consensus of support for Carroll's future direction.

"Carroll County wants a future where new development helps to maintain the character and heritage of our community, where more jobs are available in the county that match the skills of the people who live here, where we can sustain our natural systems, and where the transportation system allows all people to get from one place to another safely and efficiently."

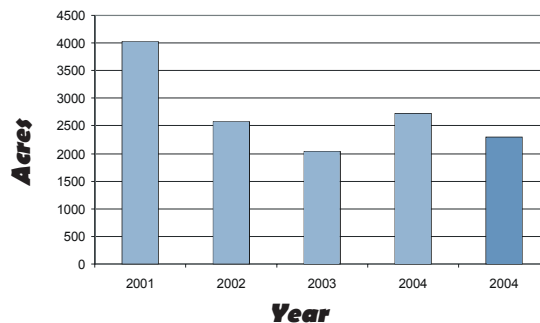
The public has been involved in all phases of the plan with community meetings, conferences, surveys and online participation. Residents are encouraged to regularly check the Web site,

www.carrollpathways.org, to participate and find out about meetings and surveys. Resources on the Web site include a housing study, Buildable Land Inventory Maps, and presentations on the five "pathways": Directing and Designing Growth, Taking Care of Business, Connecting with Our Heritage, Networking Transportation, and Housing the Workforce.

Related data can be found at the Carroll County Government Web site, ccgovernment.carr.org, under Public Works for traffic count studies, Department of Economic Development for a commuter survey, and the Partnership for a Healthier Carroll County's Community Strengths and Needs Assessment.

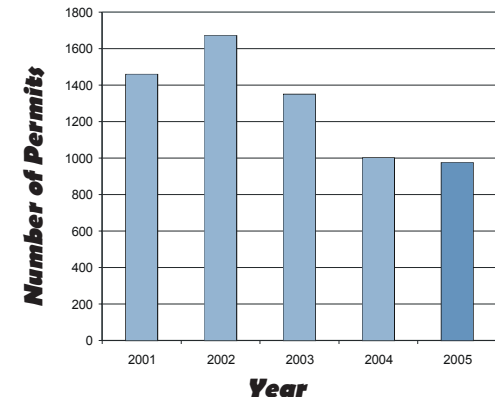
Number of Acres in Land Preservation

Carroll ranks 5th in the nation in land preservation



Source: Carroll County Department of Planning, Agricultural Land Preservation Program

Number of Residential Building Permits Issued



Source: Carroll County Bureau of Developmental Review

Area	Indicator	Source	Data
Population	Total population of Carroll County.	U.S. Census Bureau	150,897 (2000) 123,372 (1990)
Preservation	Number of new acres put in land preservation in Carroll County*. <i>*Carroll County ranks 5th in nation in land preservation.</i>	Carroll County Dept. of Planning - Agricultural Land Preservation Program	2289 (2005) 2727 (2004) 2041 (2003) 2576 (2002) 4029 (2001) Total: 46,998 (2005) Total: 24,598 (1996)
Recreation	Number of County operated trail miles.	Carroll County Recreation and Parks	38.9 miles (2005)
Development	Number of building permits issued in Carroll County (residential units).	Carroll County Bureau of Development Review	976 (2005) 997 (2004) 1346 (2003) 1674 (2002) 1461 (2001)
	Tons of total waste disposed.	Carroll County Bureau of Waste Management	167,864.21 tons (2004)
	Tons of total recycled waste.	Carroll County Bureau of Waste Management	61,690.76 tons * (2004) <i>*10% of total tonnage is residential</i>

Participating Organizations: Carroll County Agricultural Land Preservation Program, Carroll County Bureau of Development Review, Carroll County Bureau of Engineering, Carroll County Department of Planning, Carroll County Bureau of Waste Management, and the Carroll County Department of Recreation and Parks.

Substance Abuse

Result Statement: Residents of Carroll County, across the lifespan, are free of addiction and abuse of illegal and legal substances and their affects.

Substance abuse and its related problems impact the health and well-being of any community. It is recommended that programs focusing on reducing substance abuse in communities target their efforts to increase the following: treatment options, the number of middle schools and high schools that provide information about health risk behaviors, and abstinence from alcohol, drugs and cigarettes by pregnant women.

Funding for public Substance Abuse services have been level funded for four years in Carroll County, while increased costs have resulted in a decrease in services available. A full continuum of services to be developed in our county should include: 24-hour comprehensive screenings, a centrally located detoxification program for adults and youth, an increased number of prevention programs and outpatient treatment slots, long term treatment for adults and youth, and a residential continuum of care facility.

Currently, many people have to seek treatment outside of our county. This negatively impacts the support and

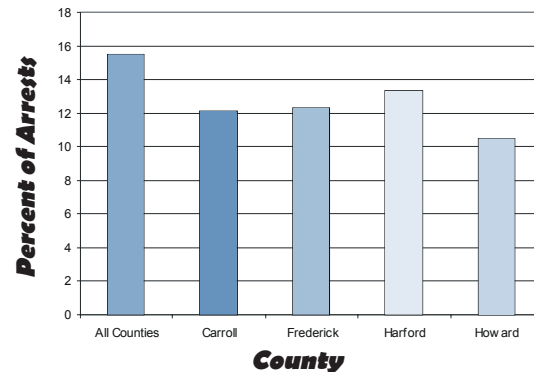
family involvement available to them and their community.

The indicators chosen review recent youth drug usage, drug related arrests and deaths, as well as treatment availability and usage in sample areas. The team that selected the indicators also explored measuring the number of people returning to treatment, but felt that more treatment was not necessarily a negative thing nor did it mean the previous treatment was ineffective. At

the same time, this data is not consistently tracked or readily available. The group also considered tracking the age of first use but the data is not available countywide.

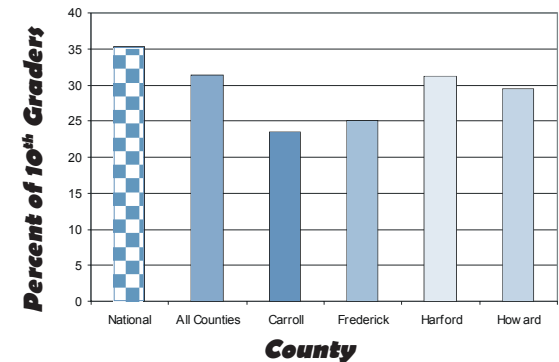
Other health areas related to Substance Abuse found in *Healthy Carroll Vital Signs* include Prevention & Wellness, Mental Health, Cancer, and Interpersonal Violence.

Percent of Total Arrests that are Drug Related (2003)



Source: Adapted by CESAR from data from the Uniform Crime Reporting Program, Central Records Division, Maryland State Police and US Census Records

Percent of 10th Grade Alcohol Use in the Past 30 Days



Source: 2004 Maryland Adolescent Survey

Area	Indicator	Source	Data
Youth Substance Use and Abuse	Percent of 6 th , 8 th , 10 th , and 12 th graders who in the last 30 days have a) drunk alcohol, b) used drugs other than alcohol or tobacco, and c) used cigarettes.	Maryland Adolescent Survey	<p>Drank alcohol</p> <p>6th Grade: 1.9% (2004) 1.9% (2002)</p> <p>8th Grade: 11% (2004) 12.4% (2002)</p> <p>10th Grade: 23.4% (2004) 35.3% (2002)</p> <p>12th Grade: 50.4% (2004) 46.2% (2002)</p> <p>Used drugs (excluding alcohol & tobacco)</p> <p>6th Grade: 0.9% (2004) 0.8% (2002)</p> <p>8th Grade: 11% (2004) 12.4% (2002)</p> <p>10th Grade: 11.8% (2004) 17.3% (2002)</p> <p>12th Grade: 21.5% (2004) 26.2% (2002)</p> <p>Used cigarettes</p> <p>6th Grade: 0.2% (2004) 0.5% (2002)</p> <p>8th Grade: 5.2% (2004) 7% (2002)</p> <p>10th Grade: 11.1% (2004) 15.1% (2002)</p> <p>12th Grade: 22.7% (2004) 27.5% (2002)</p>
	Number of drug related arrests for youth in Carroll County.	Carroll County Sheriff's Department and Department of Juvenile Services (DJS)	<p>Sheriff's Office: 13 (2005)</p> <p>11 (2004)</p> <p>DJS: 130 (2005*) <i>*Data for 2004 is not available</i></p> <p>136 (2003)</p> <p>179 (2002)</p>
	Number of drug induced youth deaths in Carroll County.	Carroll County Health Department Epidemiologist	25 (2004)
Adult and Youth Substance Use and Abuse	Number of emergency room primary and secondary drug and alcohol abuse related diagnoses under 18 and over 18 years of age*.	Carroll Hospital Center Emergency Room Data	<p>Under 18 Drug: 103 (2006 YTD) 159 (2005) 225 (2004)</p> <p>Under 18 Alcohol: 63 (2006 YTD) 90 (2005) 120 (2004)</p> <p>Total for Under 18: 106 (2006 YTD) 174 (2005) 207 (2004)</p> <p>18 and Over Drug: 1140 (2006 YTD) 1735 (2005) 1263 (2004)</p> <p>18 and Over Alcohol: 954 (2006 YTD) 1255 (2005) 1075 (2004)</p> <p>Total 18 and Over: 1141 (2006 YTD) 1720 (2005) 1506 (2004)</p>
	<i>* Patients may report alcohol and multiple drugs.</i>		
	Number of publicly funded substance abuse treatment slots.	Carroll County Health Department Junction FY2005 Narrative and Budget	<p>Outpatient Youth: 76 (FY2006) 88 (FY2005) 88 (FY2004)</p> <p>Outpatient Adult: 254 (FY2006) 187 (FY2005) 175 (FY2004)</p>
	Number of drug related arrests of adults in Carroll County	Carroll County Sheriff's Office Report	<p>102 (2005)</p> <p>125 (2004)</p>

Participating Organizations: Carroll County Health Department – Addictions, Junction, Inc. and the Carroll County Behavioral Health and Addictions Advisory Council members.

Water Quality

Result Statement: Carroll County has a safe and adequate water supply, both now and in the future.

Carroll County residents have identified adequate water supply and the safety of water for drinking and recreation as concerns in community assessments since the late 1990's. The concern has grown more urgent as the county has grown and during times of drought. Many towns have restricted growth due to limited water supply.

Carroll County has made significant progress in addressing these issues through the Master Plan for Water and Sewage, expansion of water supply facilities, growth management, and water resource management efforts. A process to assess and monitor the county's watersheds is in place for restoration and protection.

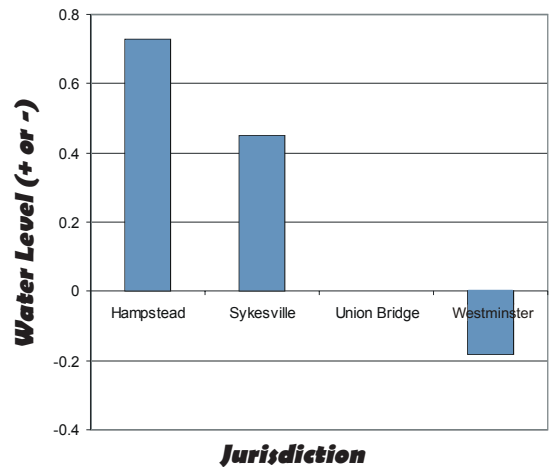
Public water supplies must meet state standards set by the Maryland Department of the Environment (MDE). Over 40% of Carroll County residents have private wells. Citizens must maintain private wells and septic systems to protect their water and others in the area. The Health Department provides publications online on well and septic maintenance.

Every citizen must take an active part in protecting resources with daily conservation habits. The Carroll County Bureau of Utilities offers water-saving devices at reduced cost or for free. Be cautious in using chemicals in household products, pesticides, and lawn care products, as all eventually end up in the water supply. Together we can make an impact in protecting and conserving valuable resources.

In addition to these indicators, information can be found online at www.mde.state.md.us on water conservation, fish consumption advisories, and a link to the Maryland Biological Stream Survey.

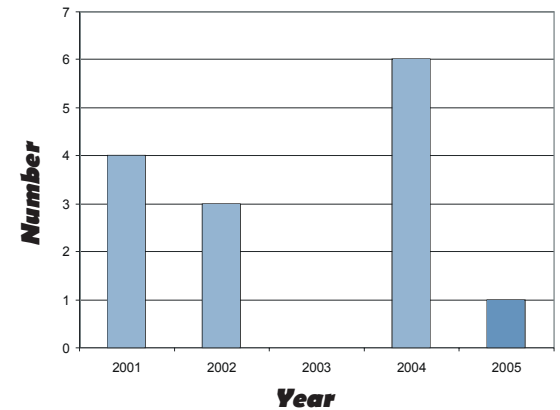
Other health areas related to Water Quality found in *Healthy Carroll Vital Signs* include Rapid Growth.

Well Water Level in Relation to Average Level in Carroll



Source: Carroll County Health Department

Number of Reported Fish Kills in Carroll



Source: Maryland Department of the Environment

Area	Indicator	Source	Data
Safety/Quality	Number of public sewage overflows in Carroll County per year reported to Carroll County Health Department.	Carroll County Health Department	10 (2005)
	Number of public notices per year of violations to the drinking water in Carroll County.	Carroll County Health Department - Maryland Department of the Environment	2 (2005)
Preservation	Cumulative stream miles assessed in Carroll County.	Carroll County Department of Planning-Office of Environmental Compliance	153 (2005)
Supply	Water levels for wells in Carroll County in relation to average level.	Carroll County Health Department and Carroll County Wastewater Treatment Plant	Hampstead: +.73 (2005) Sykesville: +.45 (2005) Union Bridge: 0 (2005) Westminster: -.18 (2005)
	Annual rainfall.	Carroll County Health Department and Carroll County Wastewater Treatment Plant	35.55 inches* (2005) *41.7 inches/year is average.
	Average water usage per household.	Carroll County Bureau of Accounting	179.91 gallons per day per household (2005)
Recreation	Number of fish kills reported in Carroll County.	Maryland Department of the Environment	1 (2005) 6 (2004) 0 (2003) 3 (2002) 4 (2001)

Participating Organizations: Carroll County Cooperative Extension, Carroll County Department of Planning Office of Environmental Compliance, Carroll County Department of Public Works Bureau of Utilities, Carroll County Health Department- Bureau of Environmental Health, Carroll County Master Gardeners Program, Maryland Department of the Environment, Prettyboy Watershed Alliance, and the Sierra Club.

Resources

Below is a list of data sources used in this document. Sources are also available on each of the health area indicator pages.

Access to Health Care

Access Carroll, Inc.
 Carroll Area Transit System
 Carroll Hospital Center
 Maryland Behavioral Risk Factor Surveillance System
 Maryland State Department of Health and Mental Hygiene Children's Insurance Program
 Maryland State Department of Health and Mental Hygiene Pharmacy Assistance Program
 Medicare
 Mission of Mercy

Cancer

Maryland Behavioral Risk factor Surveillance System
 Maryland State Cancer Registry

Heart Health

Carroll County Health Department
 Carroll County Health Department Epidemiologist
 Carroll Hospital Center
 Maryland Behavioral Risk Factor Surveillance System
 Maryland Institute for Emergency Medical Services Systems

Interpersonal Violence

Carroll County Bureau of Aging – Long Term Ombudsman Program
 Carroll County Department of Juvenile Services
 Carroll County District and Circuit Court
 Carroll County Public Schools Annual Report
 Carroll County Public Schools Student Services Annual Report
 Carroll County Sheriff's Office Annual Report
 Family and Children's Services of Carroll County
 Maryland State Department of Human Resources
 Maryland State Police Uniform Crime Report
 Rape Crisis Intervention Services of Carroll County

Mental Health

Carroll County Core Service Agency Crystal Report of APS Healthcare Data
 Carroll County Public Schools Student Services Annual Reports

Positive Youth and Family Development

Carroll County Core Service Agency
 Human Services Programs of Carroll County
 Maryland State Department of Education
 Children Entering School Ready to Learn Report

Maryland State Department of Education State Carroll County Report Card
 Maryland State Department of Health and Mental Hygiene Vital Statistics Report
 Maryland State Department of Human Resources

Prevention and Wellness

Carroll County Parks and Recreation Annual Report
 Maryland Adolescent Survey
 Maryland Behavioral Risk Factor Surveillance System
 Maryland Highway Safety Office
 Maryland Youth Behavioral Risk Factor Surveillance System

Rapid Growth

Carroll County Bureau of Developmental Review
 Carroll County Bureau of Waste Management
 Carroll County Department of Planning
 Agricultural Land Preservation Program
 Carroll County Recreation and Parks
 United States Census Bureau

Substance Abuse

Carroll County Department of Juvenile Services
Carroll County Health Department Epidemiologist
Carroll County Health Department Junction FY2005 Narrative and Budget

Carroll County Sheriff's Office Annual Report
Carroll Hospital Center Emergency Room Data
Maryland Adolescent Survey

Water Quality

Carroll County Bureau of Accounting
Carroll County Department of Planning – Office of Environmental Compliance
Carroll County Health Department
Carroll County Wastewater Treatment Plant
Maryland Department of the Environment

Other Community Indicator Projects:

Please see the following for examples of other “vital signs” and community indicator projects.

- Baltimore Neighborhood Indicator's Alliance www.bnia.org
- Boulder County Colorado Civic Forum www.bococivicforum.org
- Georgia State Community Indicators www.dca.state.ga.us/commind/default.asp
- Missoula County, Montana www.co.missoula.mt.us/measures/
- Orange County, California Indicators Report www.oc.ca.gov/eocommunity.asp
- Yampa Valley Partners Community Indicators www.yampavalleypartners.com/cip/index.html
- Lincoln County, Nebraska www.ci.lincoln.ne.us/city/plan/cpanrev/benchrpt/bench05.pdf
- Toronto Community Foundation www.tcf.ca/vital_signs/index.html
- CDC's Healthy People 2010 www.healthypeople.gov

Resources for Understanding Community Indicator Projects:

- Association of Community Health Improvement www.communityhlth.org
- Community Toolbox <http://ctb.ku.edu/tools>
- Community Health Status Indicators www.communityhealth.hrsa.gov
- Sustainable Communities Network www.sustainable.org/creating/indicators.html
- National Neighborhoods Indicators Project www.urban.org/nnip
- CDC's Healthy People 2010 www.healthypeople.gov
- The Fiscal Policy Studies Institute www.resultsaccountability.com

For specific health resources and services available in Carroll County, please visit www.HealthyCarroll.org. Click on “Statistics and Information” for links to data sources and the 2005 Community Strengths & Needs Assessment.

Acknowledgements

The Partnership for a Healthier Carroll County would like to gratefully acknowledge the numerous individuals, groups, businesses, agencies, and organizations that participated in many ways to create this document. It truly is a community-created project through and through. Without your contributions, it would simply be another resource book.

The Partnership would also like to acknowledge the efforts of the United Way of Central Maryland in starting a regional “indicators movement.” Their foundation of work in the Regional Community Agenda Setting Project helped pave the way for this local adaptation. The Partnership has agreed to represent Carroll County in this ongoing United Way endeavor.

The Executive Council expresses their appreciation for the leadership, commitment, and determination of the following Partnership and Health Department employees in making this publication possible: Dawn Eldridge, Becky Herman, Laura Rhodes, Barb Rodgers, Kim Spangler, Terry Stair, and Ann Walsh.

Invited Individuals

These individuals and organizations were invited to participate in Healthy Carroll Vital Signs.

Access to Health Care

Access Carroll
Carroll Area Transit System
County Commissioner’s Office
Carroll County Health Department
Carroll County Core Service Agency
Carroll County Department of Citizen Services
Carroll County Department of Planning
Carroll County Department of Social Services

Carroll County Grants Office
Carroll County Youth Service Bureau
Carroll Home Care & Carroll Hospice
Carroll Hospital Center
Catastrophic Health Planners, Inc.
Granite House
Human Services Programs of Carroll County
Maryland MedBank Office
Mission of Mercy
Shepherd’s Staff

Springfield Hospital Center
United Church of Christ
United Hands of Carroll County, Inc.
Volunteer Citizens
West End Place
Westminster Office of Housing

Cancer

American Cancer Society
American Cancer Society Carroll Leadership Council
Carroll County Cigarette Restitution Fund
Carroll Hospital Center

Heart Health

Carroll County EMS Services
Carroll County Health Department- Health Education Bureau
Carroll County Public Schools
Carroll County Recreation and Parks
Carroll Hospital Center
Carroll Transit System
Health and Safety Training for Everyone
McDaniel College
Mid-Atlantic Cardiovascular Associates
Westminster City Recreation and Parks
Volunteer Citizens

Interpersonal Violence, Mental Health, Substance Abuse

Carroll County Bureau of Aging
Carroll County Commissioners Office
Carroll County Community Foundation
Carroll County Core Service Agency
Carroll County Department of Juvenile Services
Carroll County Department of Social Services
Carroll County Detention Center
Carroll County Grants Office
Carroll County Health Department
Carroll County Judges

Carroll County Local Management Board
Carroll County Public Defender's Office
Carroll County Public Schools
Carroll County State's Attorney's Office
Carroll County Youth Service Bureau
Carroll Hospital Center (Behavioral Health)
Family and Children's Services
Granite House
Heroin Action Coalition
Human Services Programs of Carroll County
Junction, Inc.
Keystone
Maryland State Police
On Our Own of Carroll County
Prologue
Rape Crisis Intervention Services
Springfield Hospital Center
STEP
Support Opportunity Advocacy and Recovery of Carroll County
Villa Maria
Volunteer Citizens

Positive Youth & Family Development

Carroll County Local Management Board

Prevention and Wellness

American Cancer Society
American Cardiology
Carroll Chiropractic Sports Injury Center
Carroll Community College
Carroll County Health Department – Nursing
Carroll County Health Department – Health Education

Carroll County Health Department – WIC
Carroll Home Care & Carroll Hospice
Carroll County Public Schools
Carroll County YMCA
Carroll Hospital Center
Contours Express of Westminster
Freedom Fitness
Shaklee
Springfield Hospital Center
St. Joseph's Catholic Community
Volunteer Citizens
Westminster City Parks and Recreation

Rapid Growth

Carroll County Bureau of Development Review
Carroll County Bureau of Solid Waste
Carroll County Department of Planning
Carroll County Recreation and Parks

Water Supply/Quality

Carroll County Bureau of Accounting
Carroll County Bureau of Utilities, Water Conservation Program
Carroll County Cooperative Extension
Carroll County Health Department- Bureau of Environmental Health
Carroll County Master Gardeners
Carroll County Office of Environmental Compliance
Prettyboy Watershed Alliance
Sierra Club
Volunteer Citizens

"In medicine, vital signs refer to the pulse rate, temperature and respiratory rate of an individual; that is, those things considered necessary (i.e. vital) to sustain life...But those are minimum and hence limiting requirements. The word "vital" shares the same Latin root as vitality, which suggests the capacity not just to live, but to grow and develop in vigorous ways."

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Jim Kunz, Ph.D., Baltimore Neighborhood Indicators Alliance.*

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