



# Community Health Needs Assessment

**Adventist HealthCare White Oak Medical Center 2020 – 2022**

*Approved by Adventist HealthCare*

*Board of Trustees in October 2019*



**Adventist HealthCare**  
White Oak Medical Center

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# Section I: Introduction



# Letter from the President & CEO



Thank you for the opportunity to present the Adventist HealthCare 2020-2022 Community Health Needs Assessment (CHNA) report and findings. The assessment, which is done every three years, helps our organization identify the needs of our patients and local community members, and address those needs through collaborative partnerships and healthcare service offerings.

Adventist HealthCare is an integrated healthcare delivery network including four nationally accredited acute-care and specialty hospitals, behavioral health services, home health agencies, urgent care centers, primary care offices and imaging centers. Our role is to not only deliver high-quality care, but to contribute to societal well-being and equitable care throughout the Washington, D.C., metropolitan area.

For example, we will continue to focus on areas such as chronic disease prevention and management, behavioral health and maternal and child health. We will also look at the social determinants of health, such as homelessness and food insecurity.

Societal well-being is an important part of our Mission to extend God's care to the community we serve. Our community includes individuals and families who have access to resources like housing, transportation, education, employment and health care, which are important factors leading to good health and well-being. However, there are those in our community who face social and economic challenges—racial and social injustice, economic inequality, and lack of access to resources and services—that affect their quality of life and health outcomes. Paying attention to factors that affect health is imperative to improve care experience, improve quality, reduce costs and advance health equity for all.

Our Mission and values of respect and integrity call us to recognize the infinite worth of each individual and to be conscientious and trustworthy in everything we do. We demonstrate our commitment to equity and inclusion by acting with integrity, holding ourselves to the highest standards, and ensuring that everyone is treated respectfully and receives equitable healthcare.

I invite you to read more about the work we have done and our continued focus on delivering high-quality and compassionate care to the communities we serve.

A handwritten signature in black ink that reads "Terry Forde". The signature is written in a cursive, flowing style.

Terry Forde  
President & CEO

# Adventist HealthCare

## White Oak Medical Center Overview

### White Oak Medical Center

Adventist HealthCare White Oak Medical Center is a 180-bed acute-care facility located in Silver Spring, MD. The hospital first opened in 1907 in Takoma Park, MD, and was home to Montgomery County's first cardiac center, with hundreds of open-heart surgeries and thousands of heart catheterizations performed each year. Today, a new state-of-the-art hospital stands in Silver Spring, MD, which continues to provide high-quality cardiac, emergency, stroke, maternity, cancer, surgical and orthopedic care.

### Heart and Vascular Care

White Oak Medical Center has provided the Washington, D.C. region with cutting-edge heart and vascular procedures with skill and compassion for nearly 60 years. The first heart surgery in the region was performed at Washington Adventist Hospital in Takoma Park. The Takoma Park hospital celebrated the first of numerous cardiac procedures, including mitral valvuloplasty, a minimally invasive procedure that offers an alternative to traditional open-heart surgery.

Even today, our experienced heart and vascular teams deliver innovative, individualized treatment in every aspect of heart and vascular care, including life-saving heart and vascular emergency procedures, including open-heart and minimally invasive surgery; valve surgery (minimally invasive and traditional approaches); minimally invasive catheterization procedures; state-of-the art diagnostics and treatment; electrophysiology (EP); and cardiac rehabilitation services. The hospital's Accredited Chest Pain Center was the first in the Washington, D.C. region to attain the highest level of accreditation, which recognizes high-quality care and rapid, life-saving treatment given to chest pain patients.

Our patients have access to cutting-edge treatments, including therapies some of which were researched and developed by our own physicians. White Oak Medical Center is involved in world-class cardiology clinical research trials that range from arrhythmia treatments, to heart failure therapies, to therapies for the treatment of angina and heart attacks.

## Stroke Care

White Oak Medical Center is a designated Primary Stroke Center by The Maryland Institute of Emergency Medical Services. That means patients benefit from a multidisciplinary team including neurosurgeons, emergency department doctors, a stroke coordinator and nurses, as well as 24-hour neurology and imaging services to diagnose a stroke and plan treatment. The hospital also holds the highest recognition for excellence in stroke care – the Gold Plus Quality Achievement and Target: Stroke Honor Roll Elite Plus awards from the American Heart Association and American Stroke Association.

## Cancer Care

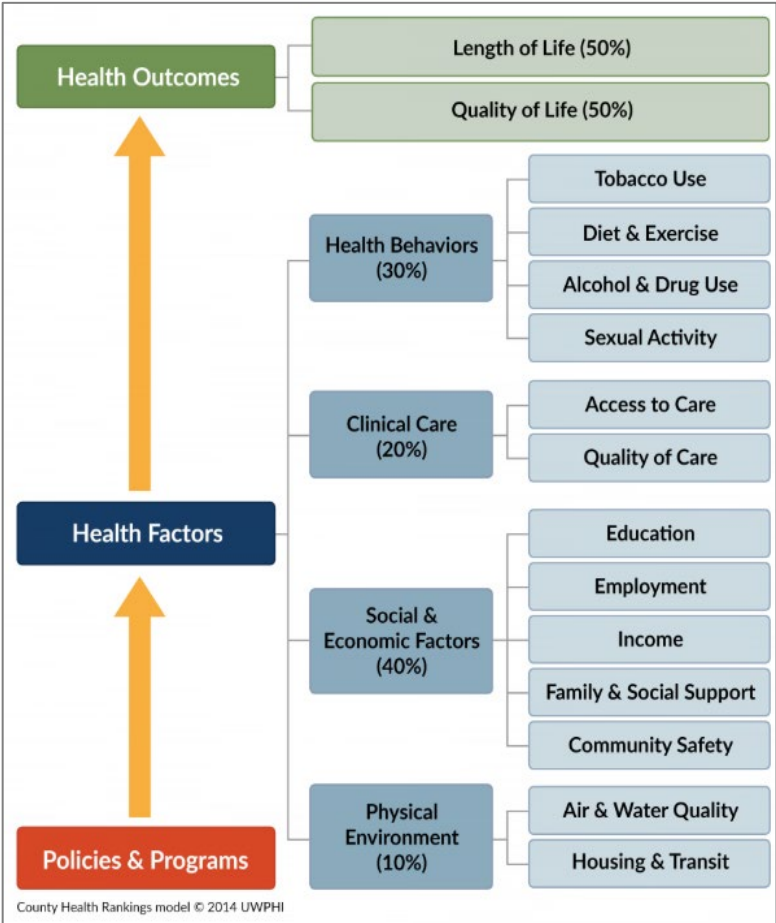
The oncology program at White Oak Medical Center, accredited by the American College of Surgeons' Commission on Cancer (COC), covers every aspect of cancer treatment, from prevention and early detection to post-treatment monitoring.

White Oak Medical Center's Cancer Program has received a three-year accreditation with commendation by the American College of Surgeons Commission on Cancer (COC). Only 30 percent of all hospitals in the U.S. are accredited, with only a minority receiving accreditation with commendation.

# Executive Summary

With increasing racial and ethnic diversity of residents in the greater Washington D.C. metropolitan area (including Montgomery and Prince George's counties), addressing the needs of a diverse community is an integral part of fulfilling Adventist HealthCare's mission. The Adventist HealthCare Population Health strategy aims to improve the patient experience of care, reduce the total cost of care, and advance health equity by coordinating health care and services for communities we serve. Disadvantaged populations--such as those experiencing poverty or homelessness, people of color, women, and others who have persistently experienced social disadvantage or discrimination--systematically experience worse health outcomes or greater health risks than more advantaged social groups (Braveman, 2006). Infant mortality is more than two times higher for Black women than for white women. Breast and prostate cancer mortality are higher for women and men of color, respectively. These disparities in health outcomes, which are widely proven to be avoidable and unjust, are very well documented.

Like many hospitals and healthcare systems across the nation, Adventist HealthCare works to bring the best quality of care and access to care to the populations we serve. However, our organization recognizes the importance of addressing the environment (housing and transportation, for example), health behaviors (nutrition, exercise, tobacco use) and socioeconomic factors (education, employment, income, support and safety systems) that affect health. The University of Wisconsin Population Health Institute Model (Figure 1) indicates that these factors contribute significantly to health outcomes (80%) such as one's quality of



**Figure 1.** County Health Rankings Model  
(Source: University of Wisconsin Population Health Institute)

life and life expectancy. While hospitals have significant control over clinical care (20%), using a collaborative approach to address a broader set of community needs is required to ensure that everyone has a fair and just opportunity to achieve the best health possible (the definition of health equity). Through a comprehensive needs assessment, Adventist HealthCare has collected information about population demographics, existing community assets, and gaps in resources to share with patients and community members, community partners, and staff and leaders. Together with our partners, we share responsibility for improving the health of the community and exploring new ways to deliver patient-centered and equitable care.

The 2020-2022 Adventist HealthCare Community Health Needs Assessment (CHNA) reports include information about community-identified needs in areas where Adventist HealthCare offers health care and related services to our community. Each hospital has a report that summarizes information about the health status and health needs of residents in their particular service area (primarily in Montgomery and Prince George's Counties) using reliable and public data sources as well as input from community members, leaders, and organizations. Key representatives of the community are included in the input: diverse county residents; partners in public health, public safety, housing, and education; and communities with limited access to care, programs, and resources such as people with disabilities or those experiencing poverty, hunger, or homelessness. The comprehensive information in this report helps our organization learn about community-based organizations and local assets, resource gaps, racial inequities, and health and healthcare needs that our community deems important. Our goal is to use this information to focus our healthcare strategy on population-based care, programs, and services that promote healthy communities over the next three years.

There has been a myriad of evidence showing that disparities exist in quality of care, access to care, clinical conditions, and health outcomes. Factors such as race and ethnicity, sex and gender identity, housing conditions, access to healthy food, and others can influence health and access to healthcare. Many respondents to our primary survey noted a lack of trust in and bias among healthcare providers, and they expressed the desire for culturally sensitive health care. The section titled "**Our Community**" describes the changing demographics of diverse populations residing in specific zip codes in our community service area. Besides race, ethnicity, and age, the section includes information about the educational attainment, household income, poverty level, insurance coverage, and access to care of residents, particularly highlighting those who face barriers to equitable healthcare.

The **Methodology** section describes the data collection and analysis approaches used to assess health, social, and other community needs. The section also describes how we gathered input from community members and leaders through community conversations, key informant interviews, and an online survey. In addition, we include a description of the process for prioritizing and selecting areas of focus for strategic community health improvement planning and implementation.



In the **Findings** section, the report describes two system-wide priority areas of focus identified from the assessment: (1) increasing access to care and (2) addressing social determinants of health. For each hospital-specific report, the themes that came up most often were related to chronic disease prevention and management, maternal and child health, behavioral health, and social determinants of health such as homelessness and food insecurity. The section includes the findings from the various data collection methods and presents detailed information by chronic or infectious disease, overall health and wellness (e.g., maternal and child health, behavioral health), and topics related to societal well-being (e.g., education, food access, housing, and transportation).

Finally, the section on **Evaluation** shares the programs and outcomes of the 2017-2019 CHNA implementation strategy, including changes over time (improving, worsening, or staying the same) and disparities among different populations. This final summary of the last three-year cycle provides background on the activities to address chronic disease (diabetes self-management), nutrition education (culturally appropriate diabetes and other disease and nutrition education), and food access (affordable and healthy food options).

# Section II: Our Community



# The Community We Serve

## Introduction – Our Community

White Oak Medical Center (WOMC) primarily services residents of Montgomery and Prince George’s Counties in Maryland. As a new hospital, WOMC has a redefined projected Community Benefit Service Area (CBSA) in comparison to its previous location in Takoma Park (while operating as Washington Adventist Hospital). The projected CBSA was determined taking several factors into account such as proximity (drive time and distance) of zip codes to acute care hospitals and providers, previous presence and market share within each zip code, and projected shift of presence and market share as a result of the relocation of the hospital to White Oak.

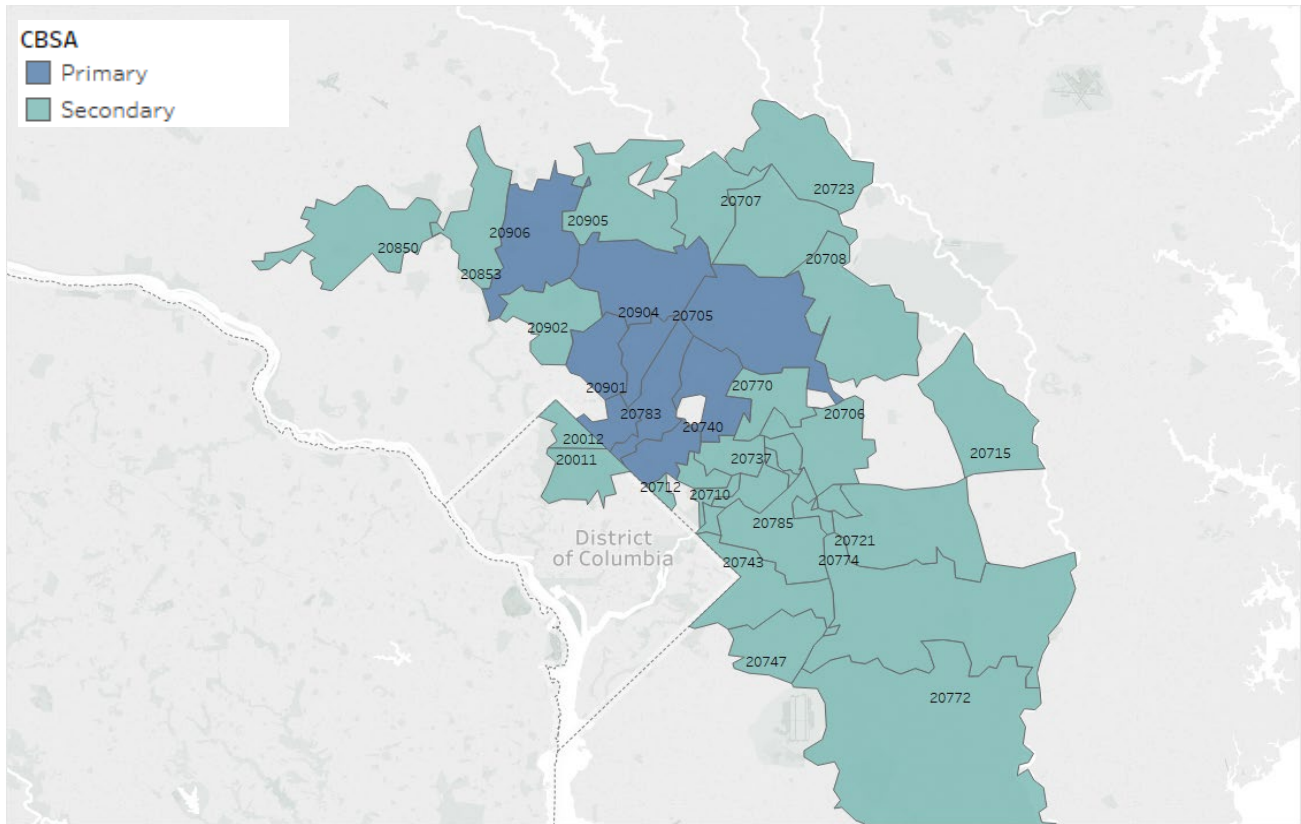
Approximately 85.0 percent of discharges come from our Total Service Area, which is considered Adventist HealthCare White Oak Medical Center’s Community Benefit Service Area (CBSA). Within that area, 60.0 percent of discharges account for the Primary Service Area (PSA) and include the following zip codes/cities:

20783 – Hyattsville, 20912 – Takoma Park, 20782 – Hyattsville, 20903 – Silver Spring, 20901 – Silver Spring, 20904 – Silver Spring, 20740 – College Park, 20906 – Silver Spring, 20705 – Beltsville, and 88888 – Homeless.

The remaining 25.0 percent of discharges account for our Secondary Service Area (SSA) which includes the following zip codes/cities:

20011 – Washington, 20737 – Riverdale, 20902 – Silver Spring, 20770 – Greenbelt, 20784 – Hyattsville, 20706 – Lanham, 20781 – Hyattsville, 20712 – Mount Rainier, 20785 – Hyattsville, 20012 – Washington, 20707 – Laurel, 20708 – Laurel, 20743 – Capitol Heights, 20774 – Upper Marlboro, 20747 – District Heights, 20710 – Bladensburg, 20905 – Silver Spring, 20721 – Bowie, 20772 – Upper Marlboro, 20866 – Burtonsville, 20715 – Bowie, 20850 – Rockville, 20853 – Rockville, 20723 – Laurel.

The map below depicts our projected primary and secondary service areas for Adventist HealthCare WOMC (Figure 1).



**Figure 1.** White Oak Medical Center’s Projected Primary and Secondary Service Areas

White Oak Medical Center’s CBSA includes roughly 1,113,728 individuals (Figure 2). Of those individuals the majority (47 percent) are Black followed by White (28.2 percent). Approximately a fifth of CBSA residents identify as Hispanic or Latino.

**White Oak Medical Center Community Benefit Service Area Demographics (2013 - 2017)**

Demographics	CBSA	
<i>Total Population*</i>	1,113,728	
	Number (N)	Percent (%)
<i>Total Population by Gender *</i>		
Male	538,653	48.4%
Female	575,075	51.6%
<i>Total Population by Race*</i>		
Asian	84,338	7.6%
Black	523,599	47.0%
Native American or Alaskan Native	3,832	0.3%
Native Hawaiian/Pacific Islander	549	0.05%
White	314,042	28.2%
Some Other Race	150,935	13.6%
Multiple Races	36,433	3.3%
<i>Total Population by Ethnicity*</i>		
Hispanic/Latino	240,182	21.6%
Male	127,488	53.1%
Female	112,694	47.0%
Not Hispanic or Latino	873,546	78.4%
<i>Hispanic Population by Race*</i>		
Asian	528	0.2%
Black	10,522	4.4%
Native American/Alaskan Native	1,703	0.7%
Native Hawaiian/Pacific Islander	31	0.01%
White	72,589	33.2%
Some Other Race	145,561	60.6%
Multiple Races	9,248	3.9%
<i>Non-Hispanic Population by Race*</i>		
Asian	83,810	9.6%
Black	513,077	58.7%
Native American or Alaskan Native	2,129	0.24%
Native Hawaiian/Pacific Islander	518	0.06%
White	241,453	27.6%
Some Other Race	5,374	0.62%
Multiple Races	27,185	3.1%
<i>Total Population by Age*</i>		
0 – 4	76,718	6.9%
5 – 17	179,428	16.1%
18 – 24	101,604	9.1%
25 – 34	169,662	15.2%
35 – 44	156,338	14.0%
45 – 54	154,680	13.9%
55 – 64	136,528	12.3%
65+	138,770	12.5%

<i>Educational Attainment**</i>			
Grade K - 8		31,545	5.3%
Grade 9 – 11		37,901	6.4%
High School Graduate		143,141	24.1%
Some College, No Degree		115,719	19.5%
Associates Degree		32,978	5.5%
Bachelor’s Degree		119,629	20.1%
Graduate Degree		102,001	17.1%
No Schooling Completed		11,892	2.0%
<b>Notes:</b>			
*Trinity Health Data Hub – Vital Statistics Report – WOMC CBSA			
**Buxton Data Software			

**Figure 2.** White Oak Medical Center Community Benefit Service Area Demographics  
 (Source: Trinity Health Data Hub & Buxton Analytics Software, 2019)

## Health Inequity

People of color, low-income individuals, and other disadvantaged populations disproportionately experience poor health outcomes.<sup>1</sup> The Centers for Disease Control and Prevention (CDC) reports that communities with predominantly minority groups continue to have lower socioeconomic status; these groups face greater barriers to health-care access, greater risks for disease, and greater burden of disease as compared to other populations.<sup>2</sup> For example, the infant mortality rate among African Americans is more than double that of Whites<sup>3,4</sup> and African American women regardless of their education and income level are three to four times more likely to die from preventable pregnancy-related complications than non-Hispanic White women.<sup>5</sup> Furthermore, there is evidence that racial/ethnic minority groups are less likely to receive needed medical procedures, more likely to receive less useful medical procedures, and experience an overall reduced quality of health care services.<sup>6</sup>

Due to the persistent health disparities that exist in the U.S., health care experts have called for efforts to address the root causes of health disparities, by addressing both the biological and social determinants of health as well as healthcare spending. Research shows that health disparities lead to unnecessary healthcare spending and that addressing the root causes of health disparities will help to reduce the cost of health care in this country. A national study found that eliminating health disparities for racial/ethnic minority groups would reduce medical care expenditures by about \$230 million and indirect costs associated with illness and premature death by more than \$1 trillion.<sup>7</sup> For health systems, reducing health disparities is not just the right thing to do; it can yield positive financial gains associated with improving quality of care and reducing health care costs for people who use health care services.

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<sup>1</sup> Edgoose, J., Davis, S., Atwell, K., Balajee, S. S., Bazemore, A., Bierman, A. S., and et.al. (2018). A guidebook to health equity curricular toolkit. Retrieved from [https://www.aafp.org/dam/AAFP/documents/patient\\_care/everyone\\_project/health-equity-toolkit/hops19-he-guidebook.pdf](https://www.aafp.org/dam/AAFP/documents/patient_care/everyone_project/health-equity-toolkit/hops19-he-guidebook.pdf)

<sup>2</sup> CDC. (2019). Surveillance of health status in minority communities--Racial and ethnic approaches to community health across the U.S. (REACH U.S.). Risk Factor Surveillance Survey, United States, 2009. Retrieved from <https://www.cdc.gov/nccdphp/dnpao/division-information/data-stats/index.htm>

<sup>3</sup> Centers for Disease Control and Prevention. (2019). Infant mortality. Retrieved from <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/infantmortality.htm>

<sup>4</sup> Penman-Aguilar, A., Bouye, K., Liburd, L., Office of Minority Health and Health Equity, and Office of the Director, CDC. (2016). Background and rationale. Retrieved from [https://www.cdc.gov/mmwr/volumes/65/su/su6501a2.htm?s\\_cid=su6501a2\\_w](https://www.cdc.gov/mmwr/volumes/65/su/su6501a2.htm?s_cid=su6501a2_w)

<sup>5</sup> Centers for Disease Control and Prevention. (2019). Pregnancy mortality surveillance system. Retrieved from <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-mortality-surveillance-system.htm>

<sup>6</sup> Institute of Medicine. (2003). Unequal treatment: Confronting racial and ethnic disparities in health care. National Academies Press.

<sup>7</sup> LaVeist, T. A., Gaskin, D., & Richard, P. (2011). Estimating the economic burden of racial health inequalities in the United States. *International Journal of Health Services*, 41, 231-238.

According to Robert Wood Johnson Foundation, health equity means that everyone has a fair and just opportunity to be as healthy as possible. Specifically: "This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care." This requires valuing everyone equally and working intentionally to combat the effects of bias and discrimination to eliminate health disparities. To the 2020-2022 CHNA survey question asking respondents the main reason why they thought they may have been treated unfairly when getting medical care, many noted bias among healthcare providers, and they expressed the desire for culturally sensitive health care.

Health inequities are differences in health outcomes that are systematic, avoidable, and unjust. In order to address health inequities, hospitals, physicians and other providers, and community partners must work collaboratively to identify and monitor community needs and barriers to accessing health care. The Institute for Healthcare Improvement (2016) suggests that organizations combine efforts to improve health equity with a plan to address multiple factors that affect health outcomes. In particular, they should find effective ways to care for the health of their communities in partnership with community organizations, and especially to eliminate barriers to accessing healthcare.



## Demographics & Population Trends<sup>8</sup>

In Maryland, the population demographics are rapidly changing, particularly among residents living in Montgomery and Prince George's Counties (Figure 3). Adventist HealthCare serves two of the most diverse communities in the United States, constantly undergoing economic, social and demographic shifts that result from an ever-changing, ever-growing population (Figure 4).

Montgomery County is the most populous jurisdiction in Maryland and has retained its status as the second largest jurisdiction in the Washington, D.C. metropolitan area.<sup>9</sup> From 1990 to 2017, Montgomery County's population grew 38 percent, increasing from 765,476 to 1,058,810 people.<sup>2</sup> The greatest population growth occurred inside the Capital Beltway (Interstate 495), which also includes Prince George's County. According to the Maryland-National Capital Park and Planning Commission (MNCPPC), the growth in Montgomery County was driven largely by births to residents and increasing international migration. At 32.6 percent, Montgomery County has a foreign-born population twice that of the state of Maryland. Prince George's County is the second-largest jurisdiction in Maryland with nearly one million residents.<sup>10</sup> The county has seen significant population growth increasing by nearly 50,000 residents or 5.7 percent from 2010 to 2017.<sup>11</sup>

Both Montgomery & Prince George's Counties are majority-minority counties meaning they are made up of less than 50 percent non-Hispanic Whites (Figure 3). The majority of residents (62.0 percent) in Prince George's County are Black, followed by Hispanic or Latino (19.1 percent). The majority of residents (43.4 percent) in Montgomery County are non-Hispanic White, followed by Black and Hispanic (19.9 percent each), and Asian (15.6 percent). The racial and ethnic diversity in the county has continued to increase with the increase in the overall population (Figures 5 and 6).

Regarding life expectancy, Montgomery County at 84.3 years is higher than that of Maryland (79.2 years) and Prince George's County (79.6 years) (Figure 7). In both counties, the life expectancy is slightly higher for Whites compared to Blacks.

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<sup>8</sup> U.S. Census Bureau. (2018). QuickFacts. Retrieved from <https://www.census.gov/quickfacts/fact/table/MD,montgomerycountymaryland/PST045218>

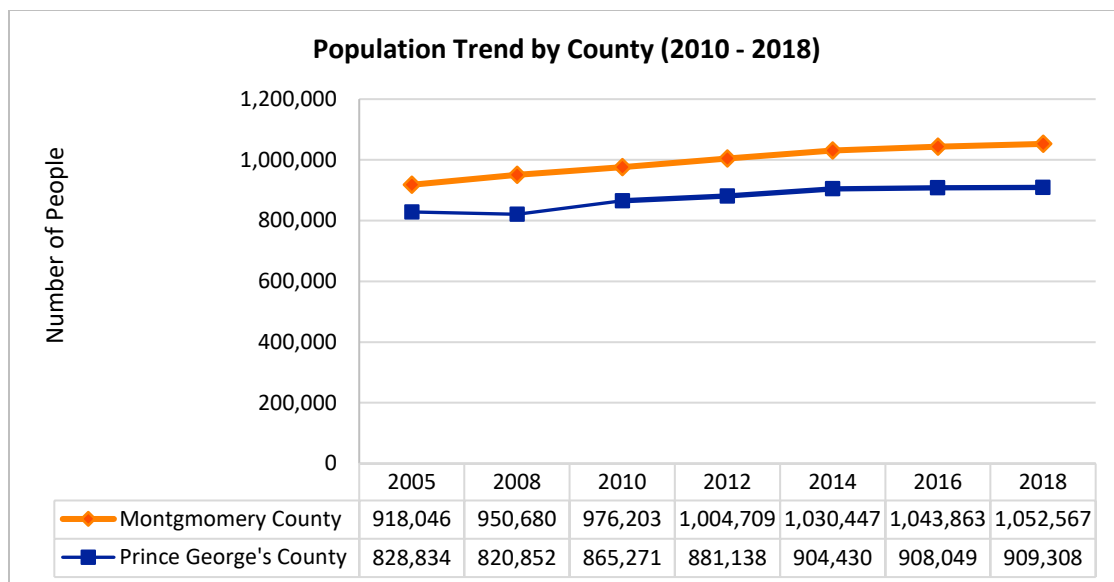
<sup>9</sup>The Maryland-National Capital Park and Planning Commission. (2019). Montgomery County Trends: A look at people, housing, and jobs since 1990. Retrieved from [https://montgomeryplanning.org/wp-content/uploads/2019/01/MP\\_TrendsReport\\_final.pdf](https://montgomeryplanning.org/wp-content/uploads/2019/01/MP_TrendsReport_final.pdf)

<sup>10</sup> U.S. Census Bureau. (2015). Maryland at a glance: Population. Retrieved from <http://msa.maryland.gov/msa/mdmanual/01glance/html/pop.html#county>

<sup>11</sup> Prince George's County, Maryland Health Department, Office of Assessment and Planning (2019). 2019 Prince George's County Community Health Assessment. Retrieved from [https://www.fortwashingtonmc.org/wp-content/uploads/2019/06/FINAL\\_-2019-Prince-Georges-CHNA.pdf](https://www.fortwashingtonmc.org/wp-content/uploads/2019/06/FINAL_-2019-Prince-Georges-CHNA.pdf)

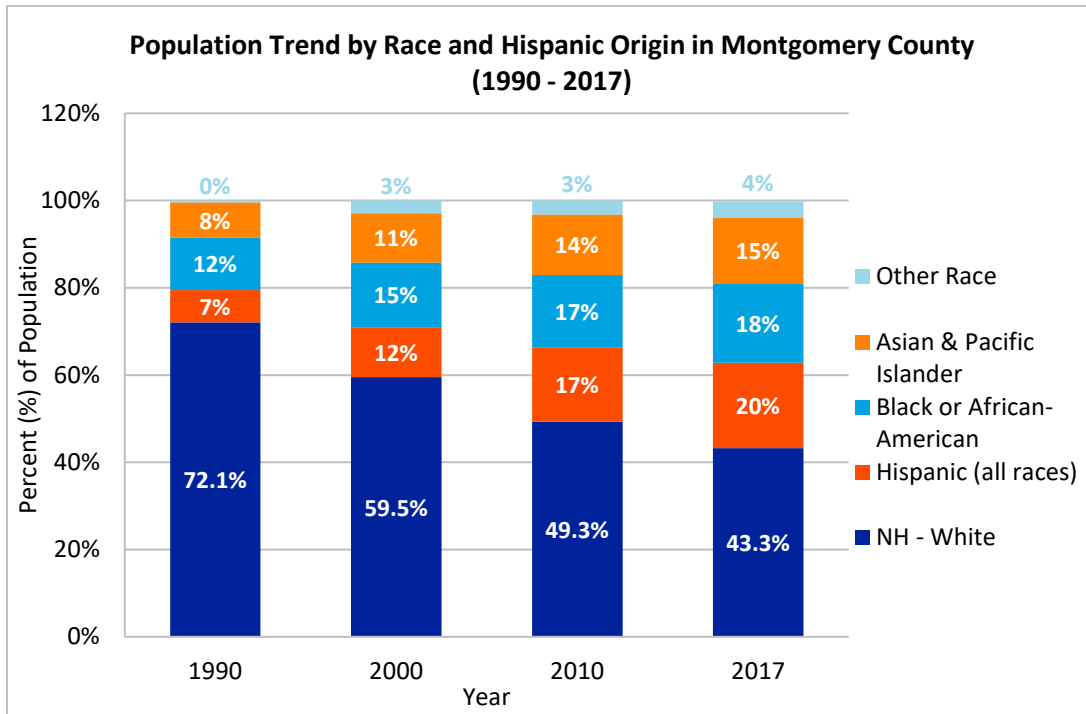
2018 Population Estimates by County			
	Maryland	Montgomery County	Prince George's County
<b>Total Population</b>	<b>6,042,718</b>	<b>1,052,567</b>	<b>909,308</b>
<b>Population by Race and Ethnicity, %</b>			
Asian	6.7%	15.6%	4.5%
Black/AA	30.9%	19.9%	64.4%
Hispanic/Latino	10.4%	19.9%	19.1%
Native HI/PI	0.1%	0.1%	0.2%
White	58.8%	60.2%	27.0%
White alone, Not Hispanic or Latino	50.5%	43.4%	12.5%
<b>Population by Age, %</b>			
Under 5 Years	6.0%	6.3%	6.5%
Under 18 Years	22.2%	23.2%	22.2%
65 Years and Older	15.4%	15.5%	13.3%
Median Household Income	\$78,916	\$103,178	\$78,607
<b>Population Characteristic</b>			
Veterans, 2013 - 2017	380,555	43,481	57,387
Foreign-born persons, % 2013 – 2017	14.9%	32.6%	21.9%
Persons in Poverty, %	9.0%	6.9%	8.3%
<b>Population by Educational Attainment, %</b>			
Population 25+ with High School Diploma, %	89.8%	91.1%	86.1%
Population 25+ with bachelor's degree or Above, %	39.0%	58.3%	31.9%

**Figure 3.** 2018 Population Estimates by Race and Ethnicity in Maryland, Montgomery, and Prince George's Counties  
(Sources: [U.S Census Bureau QuickFacts](#), 2018 & [American Community Survey](#), 2017)

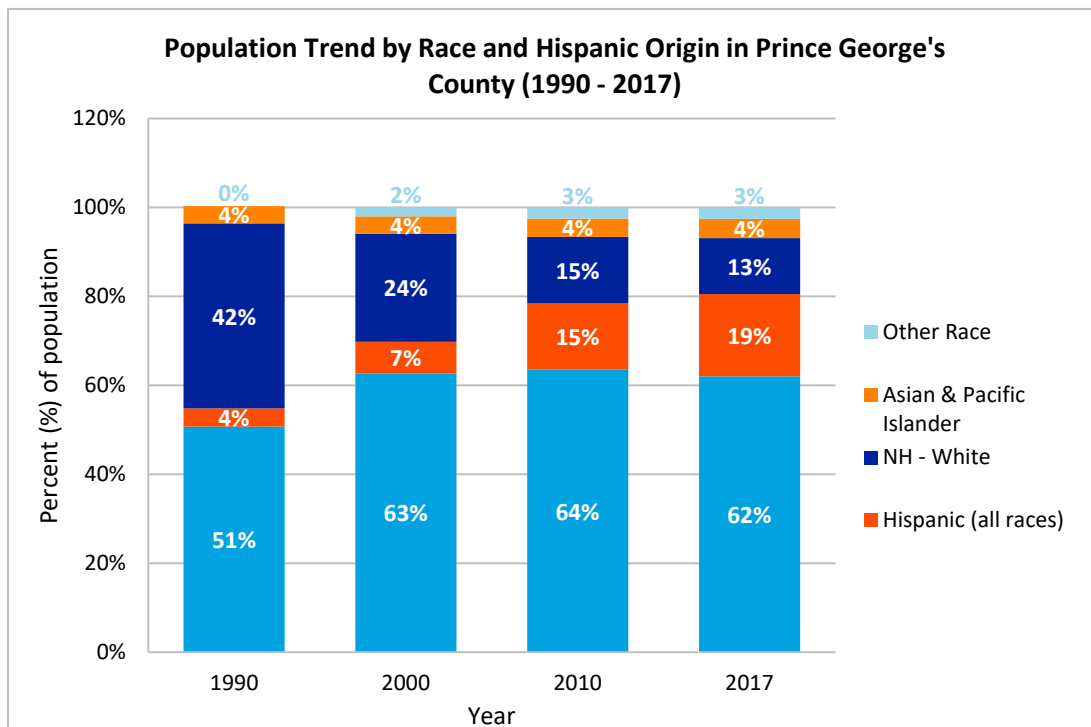


**Figure 4.** Population Trend by County 2010 – 2018

(Source: [American Community Survey – Population Total 1 – year Estimates, Tables B01003 and DP05](#), 2018)



**Figure 5.** Population Trend by Race and Ethnicity in Montgomery County, 1990 – 2017  
 (Source: [U.S. Census Bureau American Community Survey 1-year estimates, Table B03002](#) & [MNCPPC Report](#), 2019)



**Figure 6.** Population Trend by Race and Ethnicity in Prince George's County, 1990 – 2017  
 (Source: [U.S. Census Summary Table DP-1, 2010](#); [American Community Survey 1-year estimates, Table B03002, 2010 - 2017](#) & [MD State Data Center Historical Census](#), 1990)

Life Expectancy by County			
	Maryland	Montgomery County	Prince George's County
<b>Life Expectancy</b>			
Overall	79.2	84.3	79.6
<b>Race</b>			
White	79.7	83.6	79.4
Black	76.9	82.0	78.4

**Figure 7.** Life Expectancy in Montgomery County and Prince George's County, Maryland  
(Source: County Health Rankings & Roadmaps, 2015-2017)

### Aging Population: Change Over Time, 1990 – 2016<sup>12</sup>

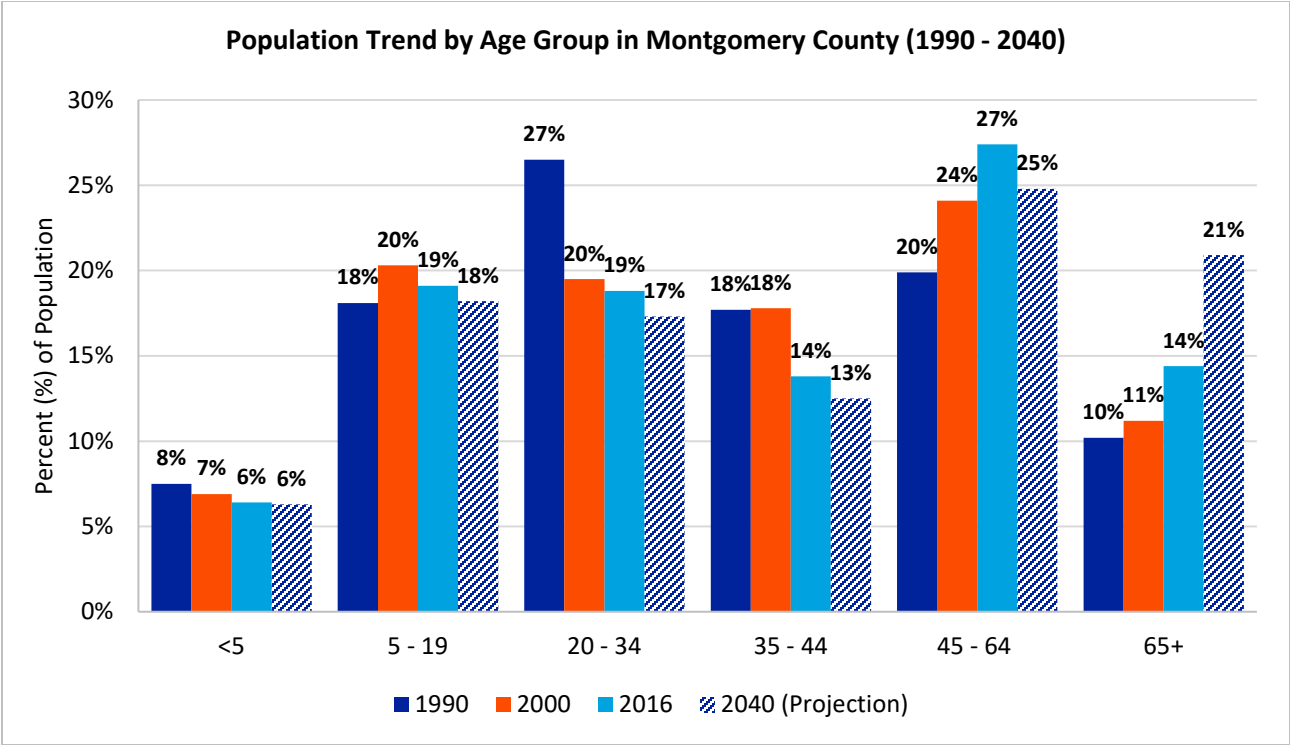
According to the Maryland-National Capital Park and Planning Commission (MNCPPC), there has been a noticeable population age shift in Montgomery County from 1990 to 2016, largely in part to the aging baby boomer generation born between 1946 and 1964 (Figure 8). From 1990-2016 the median age of residents in the county rose from 33.9 years to 39 years. Meanwhile, the percentage of young adults, 20 to 34 years, decreased by 7.7 percent and adults age 35 to 44 years decreased by 3.9 percent. Children under age 18 decreased marginally and are projected to remain steady.

According to data from the U.S. Census American Community Survey, there has also been a significant population age shift in Prince George's County from 1990 to 2016 (Figure 9). Similar to Montgomery County, the largest age group in 1990 was 20-34 years, compared to 45-64 years in 2016. The 35-44 age group has decreased 4.0 percent and children under age 18 decreased marginally and are projected to remain steady.

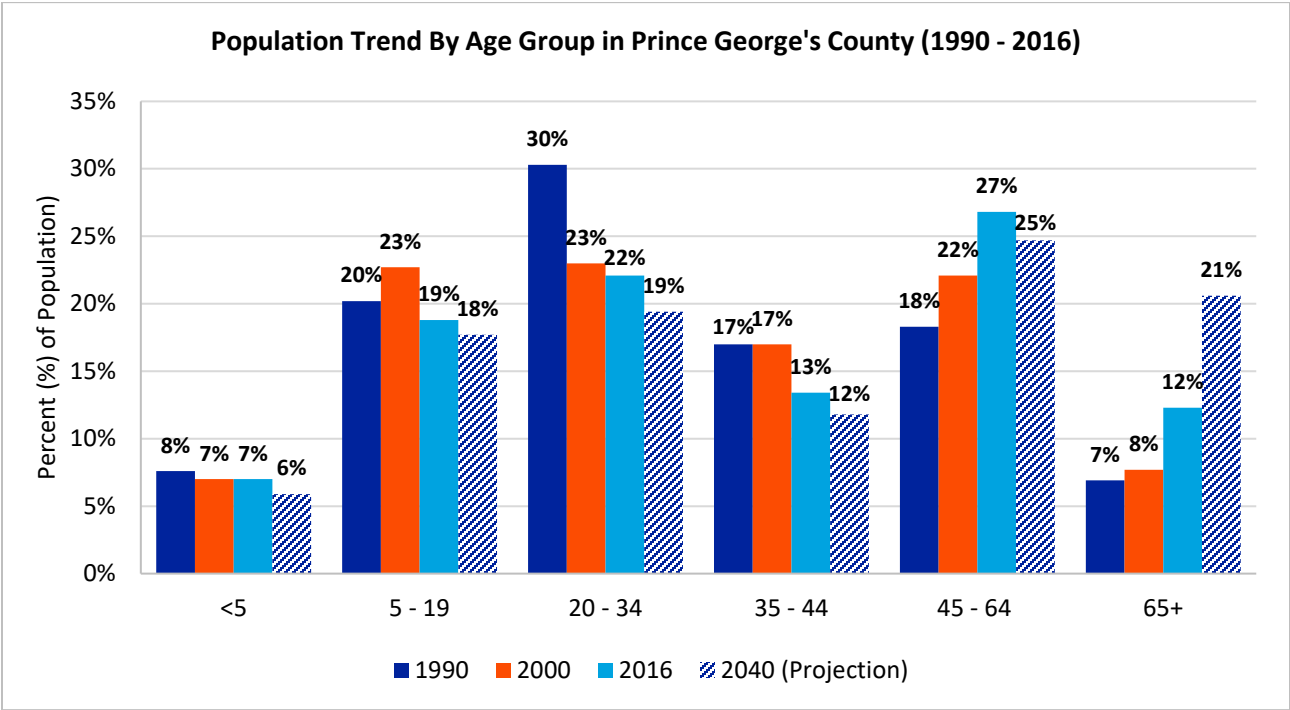
The fastest growing population, 65+, is projected to grow 7.0 percent in Montgomery and 9.0 percent in Prince George's, reaching 21.0 percent of the population in both counties by the year 2040.

The aging of the population will have a significant impact on the health and wellbeing of the community. There will be a larger demand for services such as healthcare and a smaller workforce to meet the demand.

<sup>12</sup> Maryland-National Capital Park and Planning Commission (MNCPPC). (2019). Montgomery County Trends: A look at people, housing, and jobs since 1990. Retrieved from [https://montgomeryplanning.org/wp-content/uploads/2019/01/MP\\_TrendsReport\\_final.pdf](https://montgomeryplanning.org/wp-content/uploads/2019/01/MP_TrendsReport_final.pdf)



**Figure 8.** Percent of Population by Age Group in Montgomery County  
 (Source: [U.S. Census American Community Survey 1-Year Estimates Table S0101](#), 2019)



**Figure 9.** Percent of Population by Age Group in Prince George's County  
 (Source: [U.S. Census American Community Survey 1-Year Estimates Table S0101](#), 2019)

## Foreign-born Population<sup>13</sup>

According to the U.S. Census Bureau, Maryland is one of the top ten destinations for foreign-born individuals with a significant amount residing in Montgomery County.<sup>14</sup> A foreign-born individual is anyone who was not a U.S. citizen or a U.S. national at birth. From 1980 to 2016, the population of foreign-born individuals living in Montgomery County increased from 12.0 percent to 33.0 percent. The majority of foreign-born residents who live in Montgomery County come from both Asia and Latin America, with the top five countries consisting of El Salvador, China, India, Korea, and Ethiopia (Figure 10). Of those individuals who are foreign-born and living in Montgomery County, 15.4 percent primarily speak English, 30.8 percent speak Spanish, 22.4 percent speak an Asian or Pacific Islander language and 21.4 percent speak an Indo-European language (Figure 11).

In Prince George's County, one out of every five residents or 22.6 percent are born outside the United States.<sup>15,16</sup> In 2017 alone, there were over 200,000 foreign-born residents in the county. The top five countries that contribute the most to the foreign-born population include: El Salvador, Nigeria, Guatemala, Mexico, and Jamaica (Figure 12). Of the foreign-born residents living in Prince George's County, one in five or 21.5 percent speak English as their primary language and 44 percent speak Spanish (Figure 13).

In the WOMC CBSA, nearly 15.0 percent of individuals aged 5+ are limited English Proficient (Figure 14). When compared to both counties and Maryland, WOMC's CBSA has the highest percentage overall of limited English proficient residents.

Due to the diversity in language spoken and English proficiency levels in the community, it is critical to provide interpreter and translation services to overcome language barriers for those accessing the healthcare, social service and education systems, among others.

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<sup>13</sup> Maryland-National Capital Park and Planning Commission (MNCPPC). (2019). Montgomery County Trends: A look at people, housing, and jobs since 1990. Retrieved from [https://montgomeryplanning.org/wp-content/uploads/2019/01/MP\\_TrendsReport\\_final.pdf](https://montgomeryplanning.org/wp-content/uploads/2019/01/MP_TrendsReport_final.pdf)

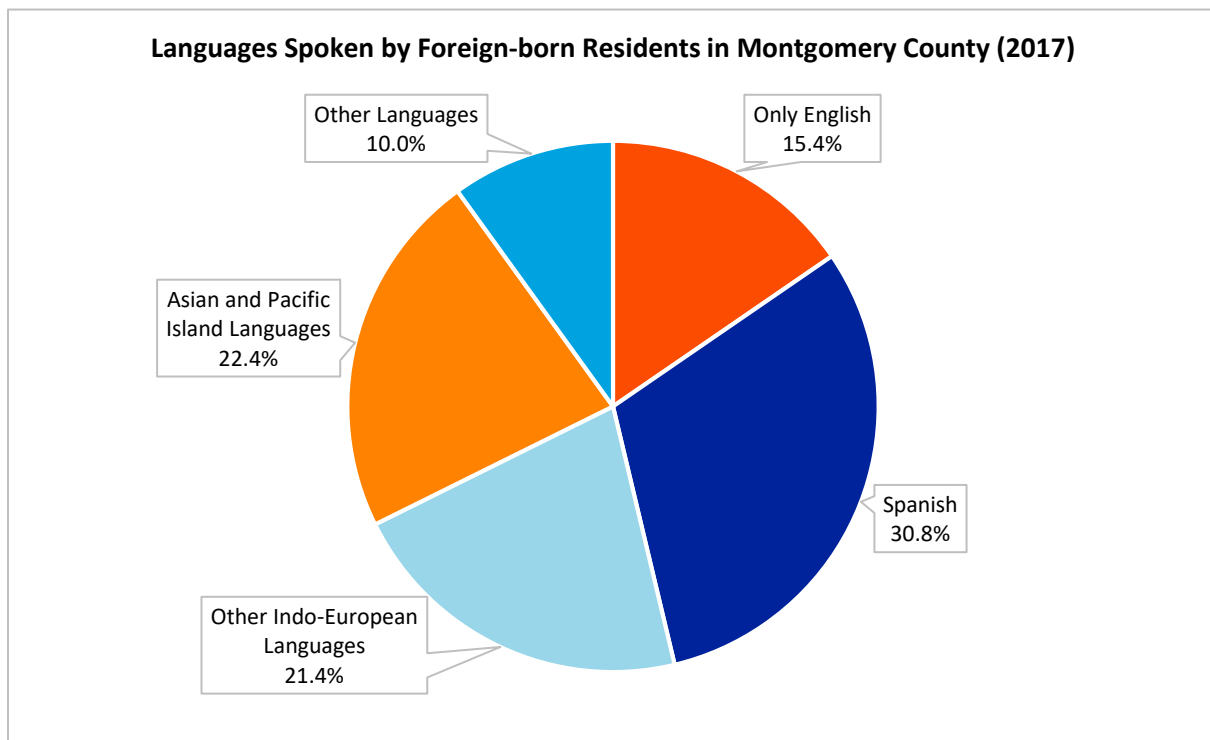
<sup>18</sup> U.S. Census Bureau. (2017). QuickFacts. Retrieved from <https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=CF>

<sup>15</sup> Prince George's County Health Department – Office of Assessment and Planning. (2019). Community Health Assessment. Retrieved from [https://www.fortwashingtonmc.org/wp-content/uploads/2019/06/FINAL\\_-2019-Prince-Georges-CHNA.pdf](https://www.fortwashingtonmc.org/wp-content/uploads/2019/06/FINAL_-2019-Prince-Georges-CHNA.pdf)

<sup>16</sup> U.S. Census Bureau, 2017 American Community Survey 1-year estimates, Table S0501

Top 10 Countries of Birth among Foreign-born Residents of Montgomery County, Maryland		
Country of Origin	Population (N)	Percent (%) Foreign-Born
El Salvador	47,792	13.9%
China	28,243	8.2%
India	24,306	7.1%
Korea	15,185	4.4%
Ethiopia	15,139	4.4%
Vietnam	12,384	3.6%
Honduras	11,234	3.3%
Peru	10,229	3.0%
Iran	7,947	2.3%
Guatemala	7,564	2.2%

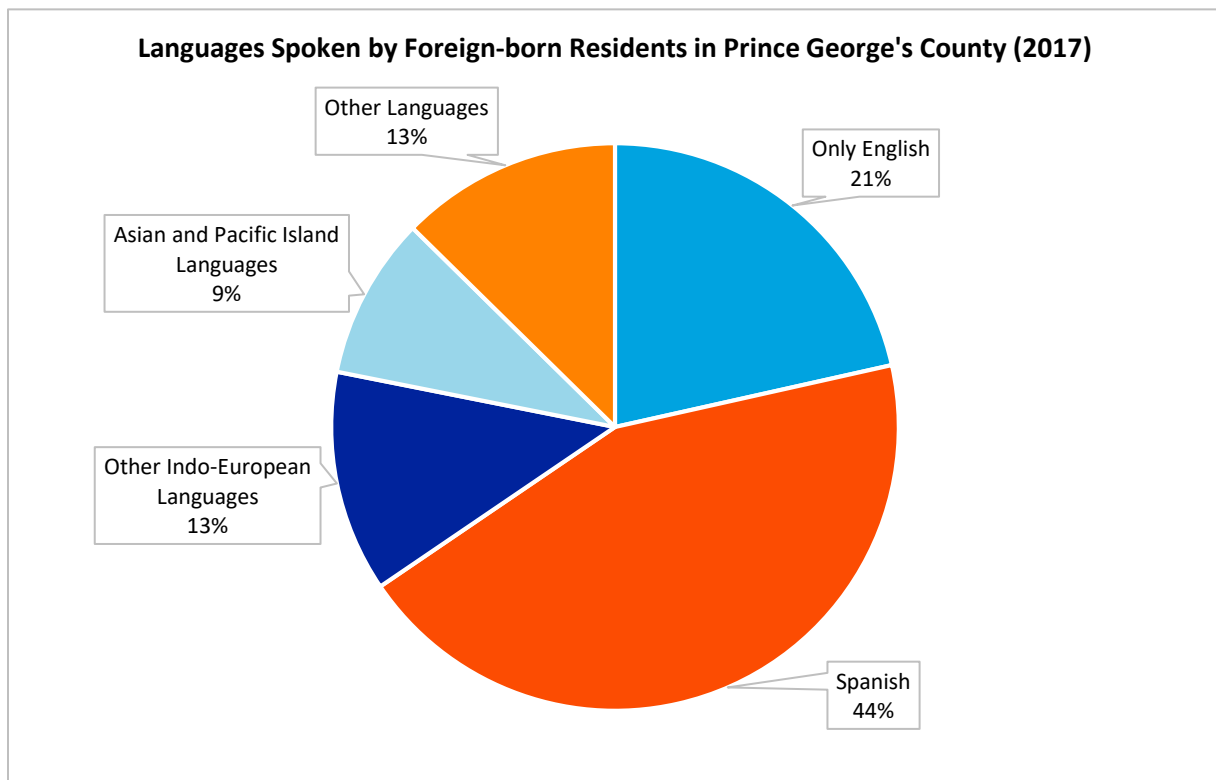
**Figure 10.** Top 10 Countries of Birth among Foreign-born Residents in Montgomery County, Maryland 2016  
 (Source: [Maryland National Capital Park and Planning Commission – Montgomery County Trends Report](#), 2019)



**Figure 11.** Languages Spoken by Foreign-born Residents in Montgomery County, 2017  
 (Source: [U.S Census Bureau American Community Survey 1-year estimates, Table B06007 & C16005](#), 2017)

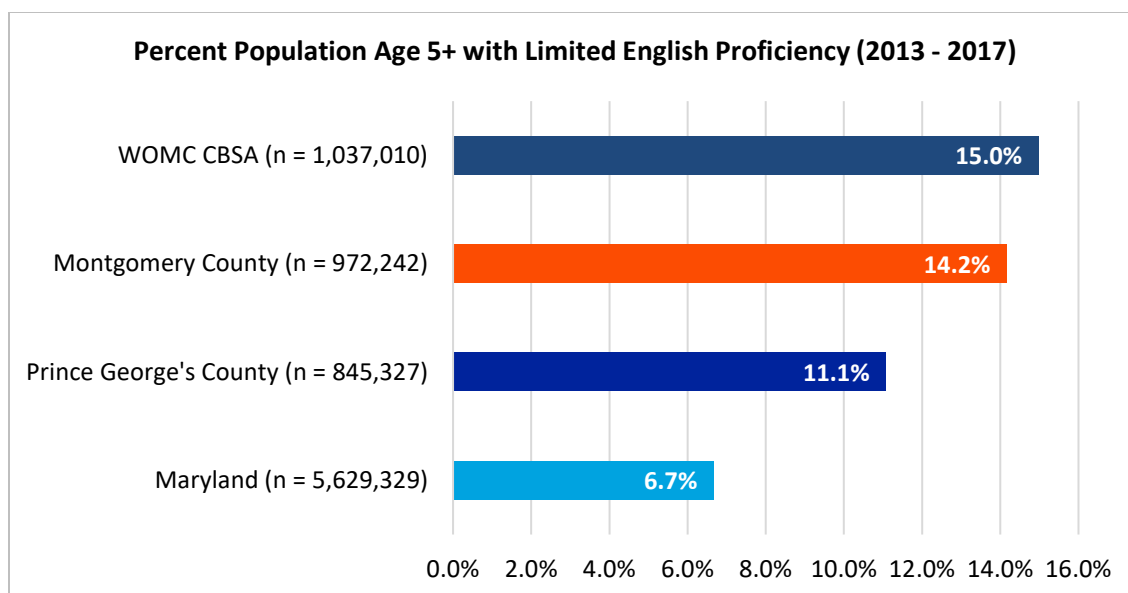
Top 10 Countries of Birth for Foreign-born Residents in Prince George's County, Maryland	
Country of Origin	Percent (%) Foreign-Born
El Salvador	22.0%
Nigeria	7.8%
Guatemala	7.3%
Mexico	6.1%
Jamaica	5.3%
Philippines	3.9%
Cameroon	3.5%
Honduras	3.4%
Sierra Leone	3.0%
India	2.5%

**Figure 12.** Top 10 Countries of Birth among Foreign-born Residents in Prince George's County, Maryland 2017  
 (Source: [Prince George's County, MHD, Office of Assessment and Planning – Community Health Assessment, 2019](#) & [American Community Survey 5-Year Estimates, Table B05006, 2013 – 2017](#))



**Figure 13.** Languages Spoken by Foreign-born Residents in Prince George's County, 2017  
 (Source: [U.S Census Bureau American Community Survey 1-year estimates, Table B06007 & C16005, 2017](#))





**Figure 14.** Percent of the Population Age 5+ with Limited English Proficiency, 2013 – 2017  
 (Source: [U.S. Census Bureau American Community Survey 5-Year Estimates](#), 2013 – 2017)

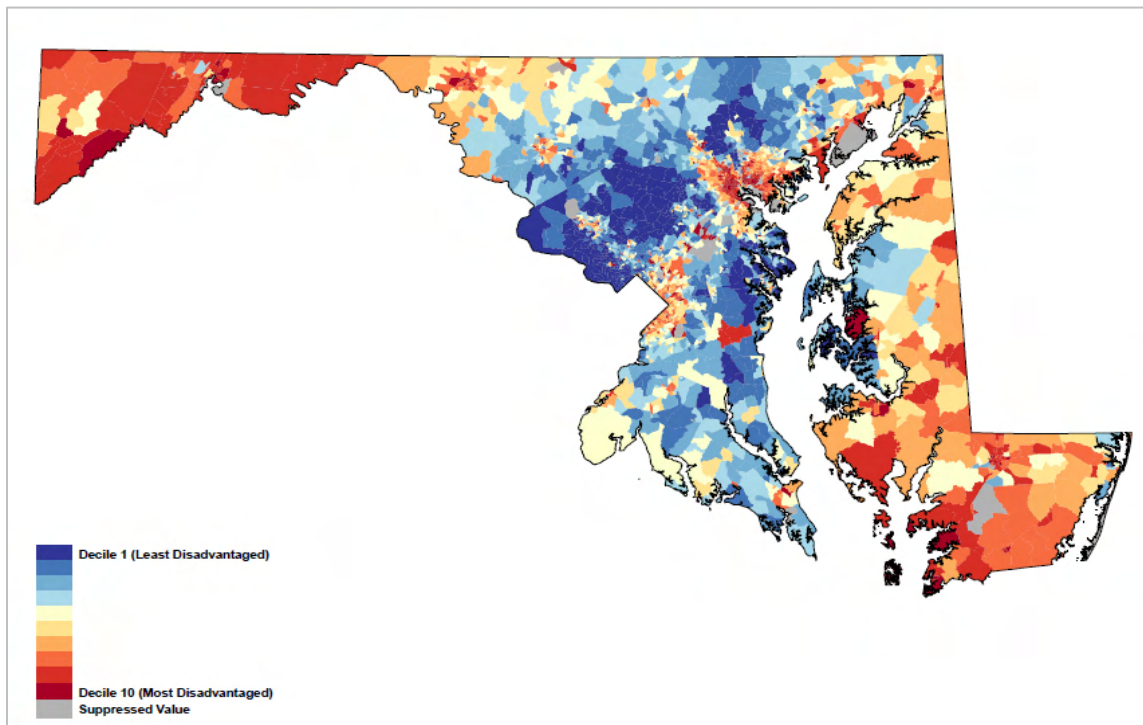
As racial and ethnic minority populations become increasingly predominant, concerns regarding health disparities grow – persistent and well-documented data indicate that racial and ethnic minorities still fall behind nonminority populations in many health outcome measures. These groups are less likely to receive preventive care to stay healthy and are more likely to suffer from serious illnesses, such as cancer and heart disease.

Additionally, racial and ethnic minorities often have challenges accessing quality healthcare, either because they lack health insurance or the communities in which they live are underserved by health professionals. As the proportion of racial and ethnic minority residents continue to grow, it will become even more important for the healthcare system to understand the unique characteristics of these populations to meet the health needs of the overall community. As a result, this report examines health status and outcomes among different racial and ethnic populations in Montgomery and Prince George’s Counties, with the goal of eliminating disparities, achieving health equity, and improving the health of all groups.

## Area Deprivation Index

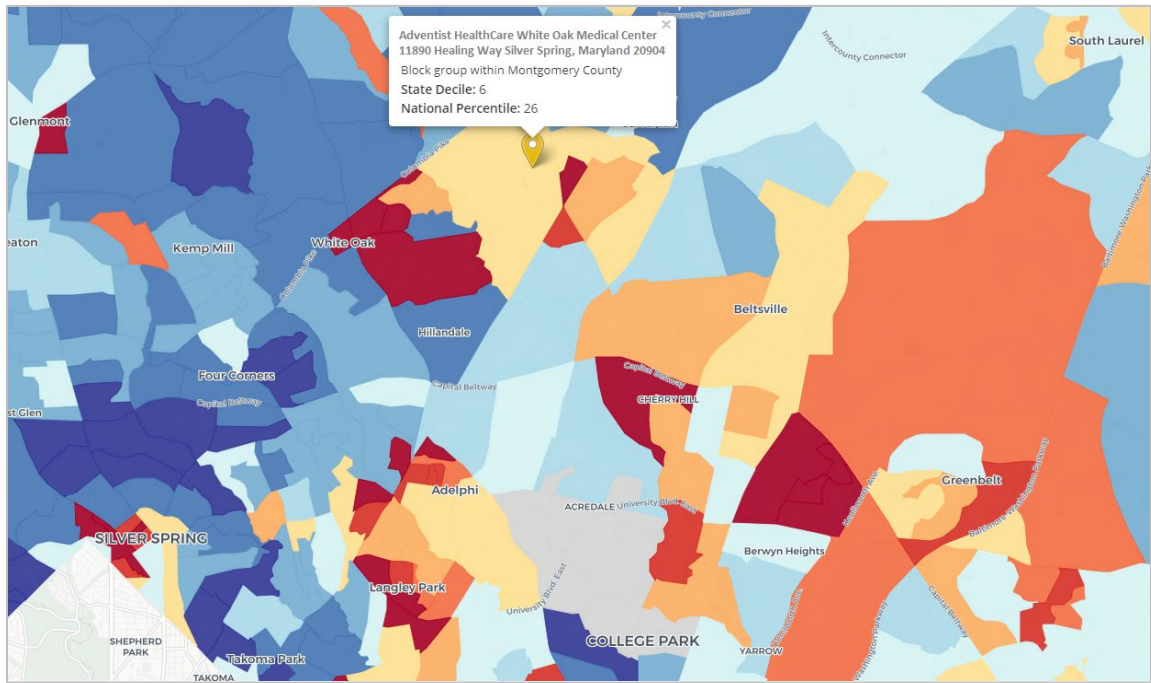
The Area Deprivation Index (ADI) uses data from the American Community Survey 5-Year Estimates (ACS) to represent a geographic area-based measure of the socioeconomic deprivation experienced by a census block group/neighborhood. The index includes factors of income, education, employment, and housing quality. The ADI is typically used to inform health delivery and policy, primarily for the most disadvantaged neighborhood groups. The index has a measurement scale of 1 (blue = least disadvantaged block group) to 10 (red = most disadvantaged block group).

When looking at the state of Maryland overall (Figure 15), there are variations of both least and most disadvantaged neighborhoods/census block groups. The WOMC CBSA (Figure 16), is similar to Maryland with some of the most disadvantaged neighborhoods/block groups adjacent to neighborhoods that are least disadvantaged. Examples of neighborhoods that rank anywhere between 7 to 10 on the ADI include: Paint Branch, White Oak, Fairview Estates, Northwest Park, Adelphi, Langley Park, and Briggs Chaney to name a few.



**Figure 15.** Maryland Area Deprivation Index (ADI) State Rankings, 2015

(Source: [University of Wisconsin School of Medicine and Public Health – Department of Medicine](#), 2015)



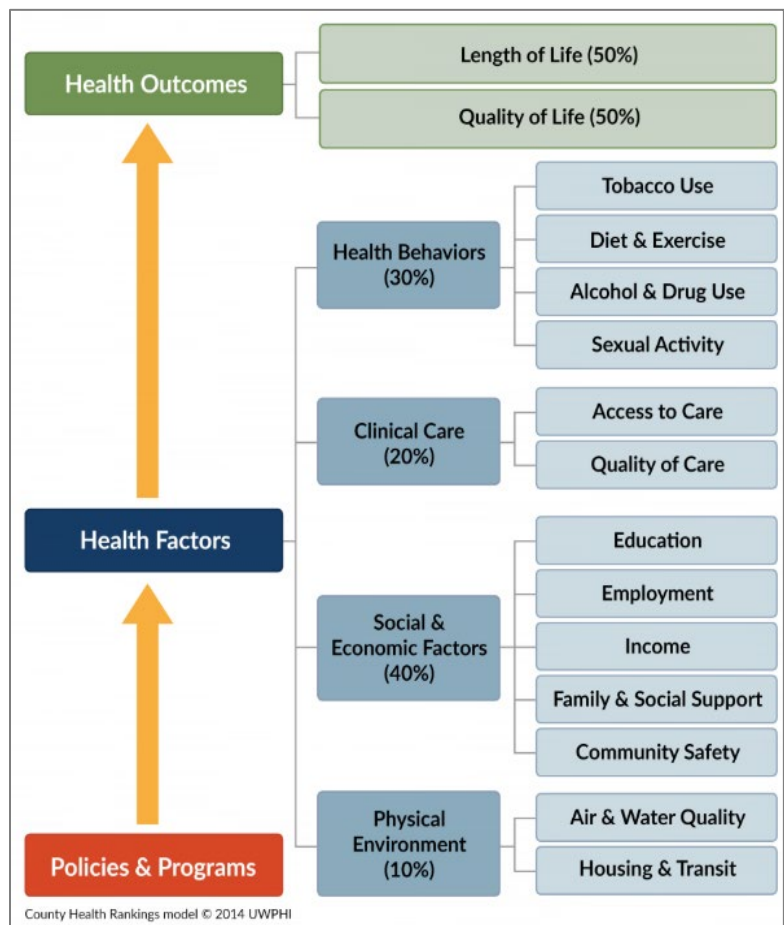
**Figure 16. Area Deprivation Index – Map of Neighborhoods/Block Groups Near WOMC**  
 (Source: [University of Wisconsin School of Medicine and Public Health – Department of Medicine](#), 2015)

## County Health Rankings and Roadmaps (2019)<sup>17</sup>

The County Health Rankings Model (Figure 17) illustrates the wide range of factors that influence how long and well we live. Socioeconomic factors such as income, education, and employment can influence the way we make decisions about our health and access healthcare related services. Although some people have access to essential elements for healthy living, many people do not have the same opportunities and are significantly limited in access.

The County Health Rankings and Roadmaps (CHR&R) provide a snapshot of how health is influenced by more than just clinical care and the physical environment - health behaviors as well as social and economic factors have a much greater impact on health. The goal is to achieve the highest level of health for all and close the gap between those with the best and worst health outcomes. The CHR&R measures vital health factors which include high school graduation rates, obesity, smoking, unemployment, access to healthy foods, quality of air and water, income inequality, and teen births. The CHR&R also measures health outcomes which include both length and quality of life.

The ranking scale listed below (Figure 18), provides a snapshot of how Montgomery and Prince George’s Counties compare to one another and the other 22 counties in Maryland. Based on the 2019 report, Montgomery County ranked number one for health outcomes overall and number two for health factors overall. In comparison, Prince George’s County was ranked 11<sup>th</sup> for health outcomes overall and 16<sup>th</sup> for health factors overall.



**Figure 17.** County Health Rankings Model

(Source: [County Health Rankings and Roadmaps – Building a Culture of Health County by County](#), 2019)

<sup>17</sup> County Health Rankings & Roadmaps. (2019). About County Health Rankings and Roadmaps. Retrieved from <https://www.countyhealthrankings.org/about-us>

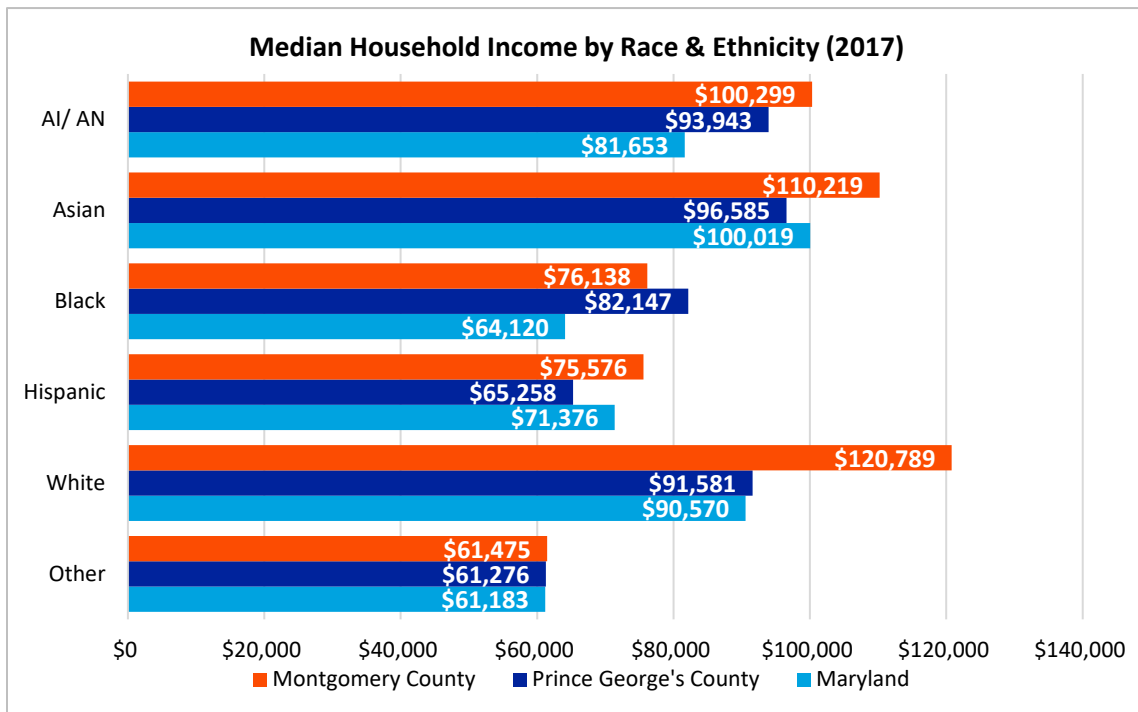
Maryland 2019 County Health Rankings			
Health Outcomes Overall		Health Factors Overall	
Rank	County	Rank	County
1	Montgomery	1	Howard
2	Howard	2	Montgomery
3	Fredrick	3	Carroll
4	Carroll	4	Fredrick
5	St. Mary's	5	Calvert
6	Calvert	6	Queen Anne's
7	Queen Anne's	7	Harford
8	Anne Arundel	8	Anne Arundel
9	Talbot	9	Talbot
10	Harford	10	Baltimore
11	Prince George's	11	St. Mary's
12	Charles	12	Charles
13	Baltimore	13	Garret
14	Kent	14	Kent
15	Garret	15	Washington
16	Worcester	16	Prince George's
17	Washington	17	Worcester
18	Cecil	18	Alleghany
19	Wicomico	19	Cecil
20	Alleghany	20	Wicomico
21	Caroline	21	Dorchester
22	Dorchester	22	Caroline
23	Somerset	23	Baltimore City
24	Baltimore City	24	Somerset

**Figure 18.** County Health Rankings in Maryland  
 (Source: [County Health Rankings – Health Outcomes and Factors Overall](#), 2019)

## Income and Poverty

The median household incomes in Montgomery and Prince George’s Counties are \$103,178 and \$78,607, respectively.<sup>18</sup> Comparatively, the 2017 median household income in Maryland is \$78,916, which is higher than the U.S. median of \$57,652. When broken down by race and ethnicity, significant income disparities exist. In Montgomery County, the median income of White and Asian households is over \$30,000 higher than that of Black and Hispanic households (Figure 19). In Prince George’s County, Asian and White households have the largest Median household income, followed by Black households and Hispanic households who have the largest income inequality.

Household income has a direct influence on a family’s ability to pay for necessities, including health insurance and healthcare services.



**Figure 19.** Median Household Income by Race and Ethnicity in Montgomery County, Prince George’s County, and Maryland, 2017

(Source: [United States Census Fact Finder](https://factfinder.census.gov), 2017)

<sup>18</sup> U.S. Census Bureau. (2017). Median household income in the past 12 months: 2017 American community survey 1-year estimates. Retrieved from <https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=CF>  
[http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS\\_15\\_1YR\\_B19013&prodType=table](http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_15_1YR_B19013&prodType=table)

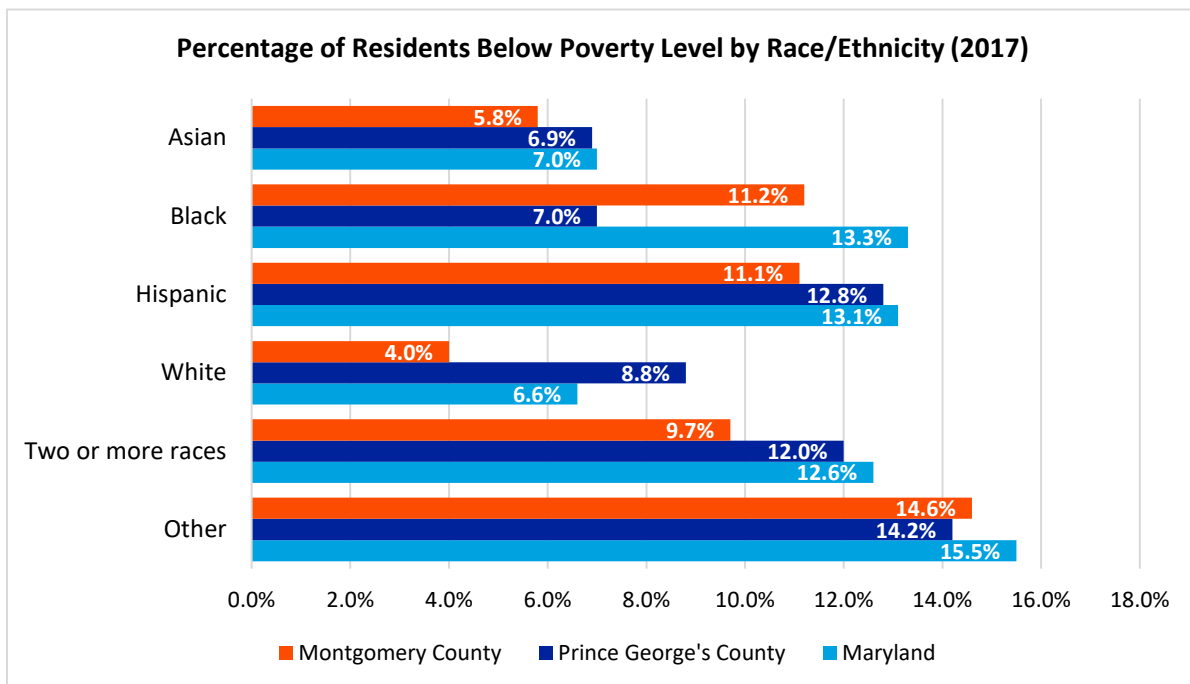
Among the zip codes located in WOMC's CBSA, the majority are below the county averages for median household income (indicated in red in Figure 20).

Adventist HealthCare White Oak Medical Center CBSA Median Household Income 2017		
Location	Zip Codes	Median Household Income
District of Columbia	20011	\$65,327
	20012	\$87,824
	<i>Overall</i>	\$77,649
Howard County	20723	\$109,230
	<i>Overall</i>	\$115,576
Montgomery County	20850	\$104,515
	20853	\$110,364
	20866	\$103,802
	20901	\$103,830
	20902	\$87,244
	20903	\$63,106
	20904	\$81,277
	20905	\$117,296
	20906	\$70,929
	20912	\$73,901
	<i>Overall</i>	\$103,178
Prince George's County	20705	\$82,351
	20706	\$74,700
	20707	\$78,183
	20708	\$68,673
	20710	\$43,456
	20712	\$51,592
	20715	\$110,750
	20721	\$123,923
	20722	\$72,283
	20737	\$61,286
	20740	\$63,369
	20743	\$60,942
	20747	\$60,583
	20770	\$69,601
	20774	\$95,560
	20781	\$74,241
	20782	\$65,622
	20783	\$63,366
	20784	\$64,969
	20785	\$67,056
<i>Overall</i>	\$78,607	

<b>Homeless</b>	88888	N/A
<b>Maryland</b>	<i>Overall</i>	\$78,916
Note: Green indicates the location's income is equal to or above the county value. Red indicates the location's income is below the county value (i.e. a potentially vulnerable population.)		

**Figure 20.** Median Household Income by Zip Code, 2017  
 (Source: [Median Household Income in the Past 12 Months 2017 ACS 5-Year Estimates](#))

The 2017 Federal Poverty Level for a family of four is \$24,600.<sup>19</sup> Montgomery County experienced a decrease in residents living below the federal poverty level from 7.5 percent in 2015 to 7.0 percent in 2017. In 2017, across all counties in Maryland, less residents were living below the poverty level (9.7 percent) than in 2015 (10.0 percent). Despite the slight decrease in poverty rates, a large income inequality gap persists. In Maryland, White individuals have the lowest percentage of residents living in poverty when compared to non-White individuals. In Prince George’s County White residents have a higher percentage of individuals living in poverty compared to Black and Asian residents who experience the lowest rates of poverty (Figure 21). In Montgomery County Black and Hispanic residents experience poverty at a rate nearly three times that of White residents (Figure 21).



**Figure 21.** Percentage of Residents in Poverty by Race/Ethnicity in Montgomery and Prince George’s Counties and Maryland, 2017  
 (Source: [U.S. Census Bureau – 2017 American Community Survey 1-Year Estimates, Table S1701](#), 2017)

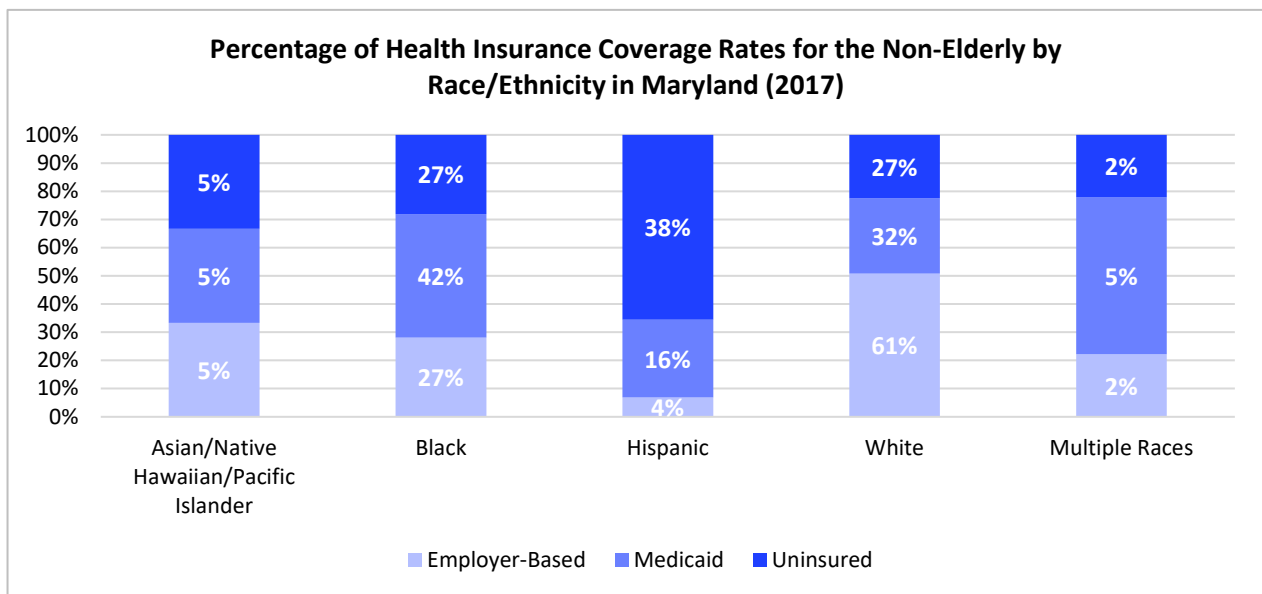
<sup>19</sup> Office of the Assistant Secretary for Planning and Evaluation. (2017). 2017 Poverty Guidelines. Retrieved from <https://aspe.hhs.gov/2017-poverty-guidelines>



## Access to Care & Health Insurance Coverage

AHRQ’s 2015 National Healthcare Disparities Report defines access to healthcare as the efficient and timely use of personal health services to obtain the best health outcomes. The report states that people of color—as well as people with low incomes—are more likely to be uninsured or have coverage through public programs. Overall, people of color tend to have more limited access to healthcare services—and the care they do receive is often of poor quality—which results in a multitude of healthcare complications.<sup>20</sup>

According to the Kaiser Family Foundation, approximately 7.0 percent of all Maryland residents under the age of 65 are uninsured. In 2017, 38 percent of Hispanics in Maryland were uninsured, which is higher than any other racial/ethnic group. Black individuals are most likely to be covered by Medicaid and White individuals are most likely to have health insurance coverage through an employer-based plan than any other racial or ethnic group (Figure 22). In WOMC’s CBSA, 22.5 percent of the population is receiving Medicaid which is higher than Montgomery and Prince George’s counties as well as Maryland.<sup>21</sup>



**Figure 22.** Health Insurance Coverage Rates of 0- to 64-Year Old’s by Race and Ethnicity in Maryland, 2017. (Source: [Kaiser Family Foundation](#), 2017)

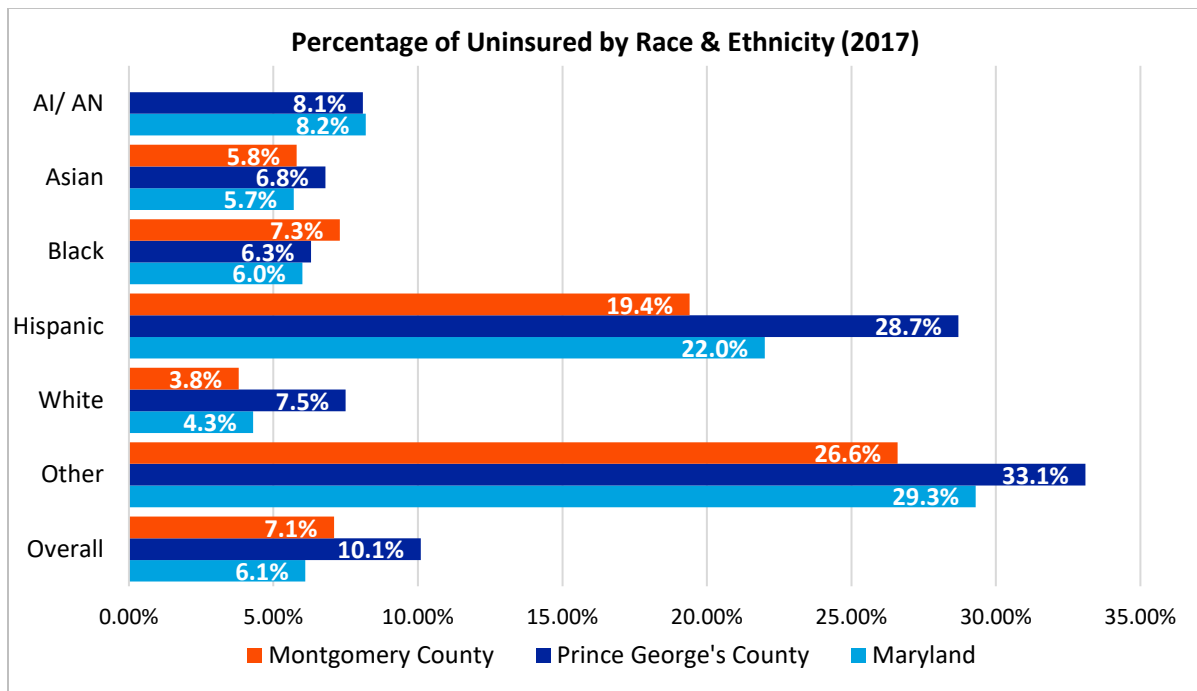
\*Note: Estimates are based on U.S. Census Bureau American Community Survey 2008 - 2017

<sup>20</sup> Agency for Healthcare Research and Quality. (2016). 2015 National healthcare quality and disparities report and 5<sup>th</sup> anniversary update on the national quality strategy. *AHRQ Pub, 16-0015*. Retrieved from <http://www.ahrq.gov/research/findings/nhqrdr/nhqr15/index.html>

<sup>21</sup> Trinity Health Data Hub. (2019). Vital Signs Report – WOMC CBSA. Retrieved from <https://trinityhealthdatahub.org/vital-signs-report/>

Despite Montgomery County’s relative wealth regarding income, education and support for public services, between 80,000 and 90,000 residents are uninsured.<sup>22</sup> More than 100,000 residents in Prince George’s County are uninsured.<sup>23</sup>

In Montgomery and Prince George’s Counties as well as in Maryland overall, Hispanics are significantly more likely to not have health insurance coverage compared to White and Black individuals (Figure 23).



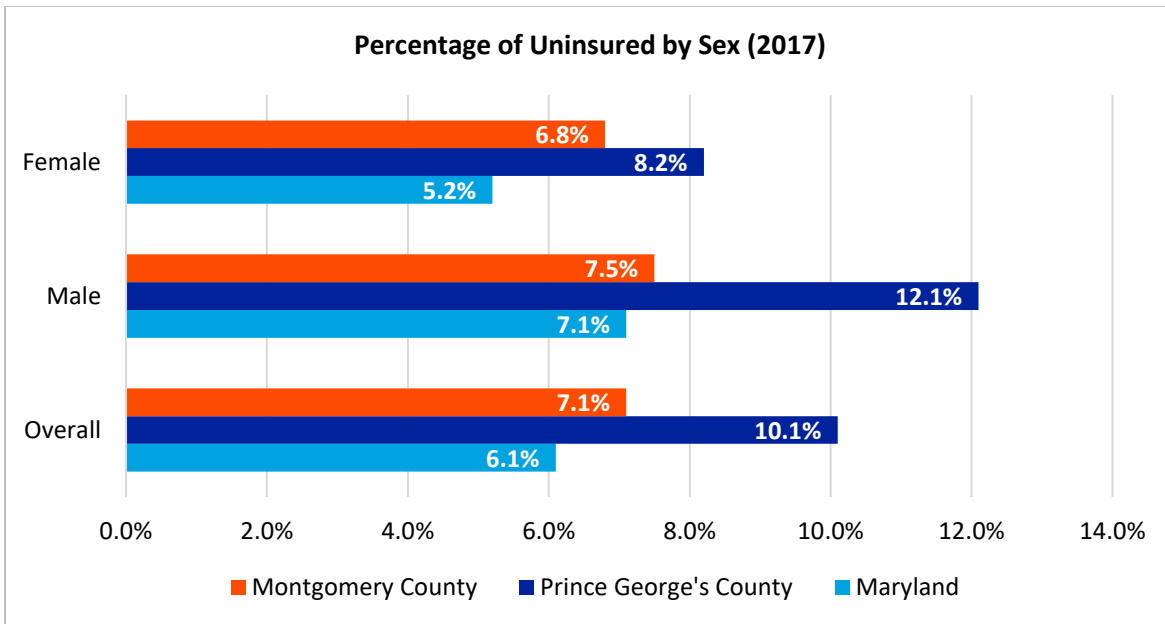
**Figure 23.** Percentage of Health Insurance Coverage by Race/Ethnicity in Montgomery and Prince George’s Counties, 2017

(Source: [U.S. Census Bureau-American Community Survey](https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=CF), 2017 1-year estimates)

In Montgomery and Prince George’s Counties, men are more likely to be uninsured than women (Figure 24). In Prince George’s County the gap is more pronounced with women being 30 percent more likely to be insured than men.

<sup>22</sup> U.S. Census Bureau. (2017). Selected characteristics of health insurance coverage in Montgomery County: 2017 American community survey 1-year estimates. Retrieved from <https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=CF>

<sup>23</sup> U.S. Census Bureau. (2017). Selected characteristics of health insurance coverage in Prince George’s county: 2017 American community survey 1-year estimates. Retrieved from <https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=CF>



**Figure 24.** Percentage of Health Insurance Coverage by Sex in Montgomery, Prince George’s Counties, and Maryland, 2017  
 (Source: [U.S. Census Bureau-American Community Survey](#), 2017 1-year estimates)

Within WOMC’s CBSA, 10.9 percent of residents are uninsured.<sup>24</sup> The majority of zip codes located within WOMC’s CBSA are below the county averages for percent uninsured (indicated in red in Figure 25).

White Oak Medical Center CBSA Percent Uninsured 2017		
Location	Zip Code	Percent Uninsured
District of Columbia	20011	8.70%
	20012	5.40%
	<i>Overall</i>	4.70%
Howard County	20723	8.60%
	<i>Overall</i>	4.80%
Montgomery County	20850	5.70%
	20853	9.60%
	20866	9.90%
	20901	11.90%
	20902	16.20%
	20903	25.20%
	20904	10.60%

<sup>24</sup> Trinity Health System (2019). County vitals sign report - Montgomery County and Prince George’s County, Maryland.

Retrieved from <https://cares.page.link/HoXh>

U.S. Census Bureau. (2017). Selected characteristics of health insurance coverage in Montgomery County: 2017 American community survey 1-year estimates. Retrieved from

[https://factfinder.census.gov/faces/nav/jsf/pages/community\\_facts.xhtml](https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml)

	20905	7.10%
	20906	14.00%
	20912	14.70%
	<i>Overall</i>	8.40%
<b>Prince George's County</b>	20705	11.80%
	20706	14.10%
	20707	9.70%
	20708	11.50%
	20710	18.20%
	20712	18.80%
	20715	5.00%
	20721	4.00%
	20722	20.10%
	20737	26.60%
	20740	9.20%
	20743	10.70%
	20747	8.40%
	20770	12.70%
	20774	6.40%
	20781	19.10%
	20782	19.00%
	20783	35.00%
	20784	17.50%
	20785	11.40%
	<i>Overall</i>	11.90%
<b>Homeless*</b>	88888	N/A
<b>Maryland</b>	<i>Overall</i>	7.30%
Note: <b>Green</b> indicates the location's uninsured percentage is below the county value. <b>Red</b> indicates the location's uninsured percentage is above the county value (i.e. more uninsured without the zip code location than the county overall.)		

**Figure 25.** Percent Uninsured by zip code, 2017

(Source: [Selected Characteristics of Health Insurance Coverage 2017 ACS 5-Year Estimates](#))

## Hospital Data

At WOMC (while operating as Washington Adventist Hospital in Takoma park) from 2016-2018, the top 10 diagnoses for all admissions stayed relatively consistent from year to year (Figure 26). Newborns (normal & neonate with other problems), vaginal delivery, cesarean delivery, septicemia and disseminated infection, and schizophrenia accounted for the top 5 admissions each year.

The top ten diagnosis codes for patients coming to the emergency room who were not subsequently admitted, also stayed relatively consistent from year to year. Alcohol abuse with intoxication, urinary tract infection, other chest pain, and headache were continually seen within the top 5 reasons for visiting the emergency room. Acute upper respiratory infection was in the top five for two of the three years (Figure 27).

For those patients who came to the emergency room and were subsequently admitted to the hospital, the top ten diagnoses included newborns (normal & neonate with other problems), vaginal and cesarean deliveries, septicemia & disseminated infections, schizophrenia, major depressive disorders & other/unspecified psychoses, and heart failure (Figure 28).

Among patients that were discharged from the hospital and were readmitted within 30 days, the top ten diagnoses were relatively consistent from year to year, with septicemia & disseminated infections, schizophrenia, and heart failure continually placing in the top three (Figure 29).

TOP 10 PRIMARY DIAGNOSIS FOR ALL ADMISSIONS TO WOMC (2016 - 2018)		
YEAR	RANK	APR DRG DIAGNOSIS
2016	1	Neonate birthweight >2499g, normal newborn or neonate w other problem
	2	Vaginal delivery
	3	Cesarean delivery
	4	Septicemia & disseminated infections
	5	Schizophrenia
	6	Major depressive disorders & other/unspecified psychoses
	7	Heart failure
	8	Bipolar disorders
	9	Chest pain
	10	Angina pectoris & coronary atherosclerosis
2017	1	Neonate birthweight >2499g, normal newborn or neonate w other problem
	2	Vaginal delivery
	3	Cesarean delivery
	4	Schizophrenia
	5	Septicemia & disseminated infections
	6	Major depressive disorders & other/unspecified psychoses
	7	Bipolar disorders
	8	Heart failure
	9	Kidney & urinary tract infections
	10	Pulmonary edema & respiratory failure
2018	1	Neonate birthweight >2499g, normal newborn or neonate w other problem
	2	Vaginal delivery
	3	Cesarean delivery
	4	Septicemia & disseminated infections
	5	Schizophrenia
	6	Major depressive disorders & other/unspecified psychoses
	7	Heart failure
	8	Pulmonary edema & respiratory failure
	9	Bipolar disorders
	10	Percutaneous cardiovascular procedures w/o AMI

**Figure 26.** Adventist HealthCare White Oak Medical Center Top 10 Primary Diagnoses for All Patients Admitted, 2016 – 2018

(Source: Adventist HealthCare Cerner EMR System, 2019)

TOP 10 PRIMARY DIAGNOSES FOR EMERGENCY ROOM PATIENTS THAT WERE NOT ADMITTED* (2016 - 2018)		
YEAR	RANK	DIAGNOSIS SHORT DESCRIPTION
2016	1	Alcohol abuse with intoxication
	2	Urinary tract infection
	3	Other chest pain
	4	Headache
	5	Chest pain
	6	Acute upper respiratory infection
	7	Low back pain
	8	Unspecified abdominal pain
	9	Epigastric pain
	10	Strain of muscle, fascia and tendon at neck level
2017	1	Alcohol abuse with intoxication
	2	Other chest pain
	3	Urinary tract infection
	4	Headache
	5	Acute upper respiratory infection
	6	Other chronic pain
	7	Chest pain
	8	Epigastric pain
	9	Low back pain
	10	Strain of muscle, fascia and tendon at neck level
2018	1	Alcohol abuse with intoxication
	2	Other chest pain
	3	Urinary tract infection, site not specified
	4	Headache
	5	Acute upper respiratory infection
	6	Chest pain
	7	Other chronic pain
	8	Low back pain
	9	Epigastric pain
	10	Acute bronchitis
<b>NOTE:</b> *Patients came to the Emergency Room but were not admitted to the hospital. If patients are not admitted to the hospital, they are not given an APR DRG code.		

**Figure 27.** Adventist HealthCare White Oak Medical Center Top 10 Primary Diagnosis for Non-Admitted Emergency Room Patients, 2016 – 2018  
(Source: Adventist HealthCare Cerner EMR System, 2019)

TOP 10 PRIMARY DIAGNOSES FOR PATIENTS ADMITTED FROM THE EMERGENCY ROOM (2016 – 2018)		
YEAR	RANK	APR DRG DIAGNOSIS
2016	1	Neonate birthweight >2499g, normal newborn or neonate with other problem
	2	Vaginal delivery
	3	Cesarean delivery
	4	Septicemia & disseminated infections
	5	Schizophrenia
	6	Major depressive disorders & other/unspecified psychoses
	7	Bipolar disorders
	8	Heart failure
	9	CVA & precerebral occlusion with infarct
	10	Pulmonary edema & respiratory failure
2017	1	Neonate birthweight >2499g, normal newborn or neonate w other problem
	2	Vaginal delivery
	3	Cesarean delivery
	4	Schizophrenia
	5	Septicemia & disseminated infections
	6	Major depressive disorders & other/unspecified psychoses
	7	Bipolar disorders
	8	Heart failure
	9	Pulmonary edema & respiratory failure
	10	Kidney & urinary tract infections
2018	1	Neonate birthweight >2499g, normal newborn or neonate w other problem
	2	Vaginal delivery
	3	Cesarean delivery
	4	Septicemia & disseminated infections
	5	Schizophrenia
	6	Major depressive disorders & other/unspecified psychoses
	7	Heart failure
	8	Pulmonary edema & respiratory failure
	9	Bipolar disorders
	10	Percutaneous cardiovascular procedures w/o AMI

**Figure 28.** Adventist HealthCare White Oak Medical Center Top 10 Primary Diagnoses for Patients who were Admitted from the Emergency Room, 2016 – 2018  
(Source: Adventist HealthCare Cerner EMR System, 2019)



TOP 10 READMISSION DIAGNOSES FOR WHITE OAK MEDICAL CENTER (2016 - 2018)		
YEAR	RANK	APR DRG DIAGNOSIS
2016	1	Septicemia & disseminated infections
	2	Schizophrenia
	3	Heart failure
	4	Major depressive disorders & other/unspecified psychoses
	5	Bipolar disorders
	6	Diabetes
	7	Cardiac arrhythmia & conduction disorders
	8	Chronic obstructive pulmonary disease
	9	Infectious & parasitic diseases including HIV w O.R. procedure
	10	Other vascular procedures
2017	1	Septicemia & disseminated infections
	2	Heart failure
	3	Schizophrenia
	4	Bipolar disorders
	5	Respiratory Failure
	6	Chronic obstructive pulmonary disease
	7	Major depressive disorders & other/unspecified psychoses
	8	Infectious & parasitic diseases including HIV with O.R. procedure
	9	Kidney & urinary tract infections
	10	Percutaneous Coronary Intervention W/O Ami
2018	1	Heart failure
	2	Septicemia & disseminated infections
	3	Schizophrenia
	4	Respiratory Failure
	5	Major depressive disorders & other/unspecified psychoses
	6	Alcohol abuse & dependence
	7	Kidney & urinary tract infections
	8	Bipolar disorders
	9	CVA & precerebral occlusion with infarct
	10**	Sickle cell anemia crisis
	11**	Diabetes
	12**	Chronic obstructive pulmonary disease

**Note:** \*\*All three of these diagnoses tied for 10<sup>th</sup> place because they had the same number of readmissions

**Figure 29.** Adventist HealthCare White Oak Medical Center Top 10 Readmission Diagnosis, 2016 – 2018  
(Source: [CRISP](#) and Adventist HealthCare Cerner EMR System, 2019)

# Section III: Methodology



# Data Collection

## Overview

In completing the Community Health Needs Assessment (CHNA) process, Adventist HealthCare strived to construct a complete picture of the needs and resources in the community. To do this, three strategies were utilized during the data collection and analysis process:

- **Collecting Input from the Community as well as from Reliable Secondary Sources**  
Secondary data sources provide a big picture perspective of the needs in a community. They can provide information on the magnitude of a need, whether the need has increased or decreased over time, and how it compares to other population groups or geographic locations. Secondary data helps to answer the question of *what* the need is. This information can be made richer with the addition of input directly from community members and key stakeholders. From this input additional details, insights, and personal perspectives that may otherwise have been missed can be accounted for.
- **Focusing on Social Determinants of Health as well as Physical and Mental Health Needs**  
Social determinants of health can begin to answer the question of *why*. By considering social determinants such as income, insurance status, and transportation, among others, additional insight can be obtained regarding underlying causes of health problems as well as barriers to addressing them.
- **Utilizing a Health Equity Lens**  
Significant disparities continue to persist in health and health care. As permitted by availability, data in this report is presented stratified by demographics such as race, ethnicity, sex, and age. By stratifying the data disparities that may have otherwise been masked in aggregate are brought to the forefront. By stratifying, the question of *who* is most in need can be better answered.

Through a clearer understanding of what the needs are, who is most affected, and what barriers they may face, a more strategic and targeted plan of action can be developed to address the needs in the community.

## Secondary Data Collection

Several sources of secondary data were utilized in completing this CHNA. Sources included but are not limited to: Healthy Montgomery, PGC Health Zone, the Maryland State Health Improvement Process, U.S. Census Bureau's American Community Survey, Maryland Behavioral Risk Factor Surveillance System, National Cancer Institute, Centers for Disease Control and Prevention, and Community Commons.

All secondary data is presented in a standard format. When possible:

- **Data is stratified by race, ethnicity, sex, and age** to highlight any disparities that may be present;
- **A time series is provided** to better understand how each indicator has changed over time, whether it is improving, worsening, or has plateaued; and
- **Relevant targets and benchmarks are included** to provide perspective on how each indicator on the local level compares to other geographic areas and/or established targets (e.g. Healthy People 2020 goals).

## Community Input

A key priority of this CHNA was to gather input from a diverse and representative sample of the community. Several strategies were employed to achieve this including partnering with the Local Health Improvement Coalition (Healthy Montgomery), conducting a community survey, and completing key informant interviews and community conversations.

### Partnership with Healthy Montgomery

Adventist HealthCare, in addition to the other Montgomery County hospitals, collaborates with Healthy Montgomery which serves as the Local health Improvement Coalition. Healthy Montgomery works to bring together the county government, hospital systems, minority health programs, advocacy groups, academic institutions, and other community-based stakeholders to achieve optimal health and well-being for all county residents. The group works to set a health priority agenda as well as an action plan to address the prioritized needs. In doing so, the group has established a core measure set for the top priority areas as well as a community health dashboard for the county. The dashboard encompasses indicators that span physical and mental health, health behaviors, and social determinants.

Adventist HealthCare contributes \$50,000 annually to support the infrastructure of Healthy Montgomery. In addition to providing financial support, representatives from Adventist HealthCare (AHC) play an active role through representation on multiple committees and planning groups including the Healthy Montgomery Steering Committee which sets the direction for the group.

In completing this CHNA, Adventist HealthCare utilized the Healthy Montgomery priority areas not only as a starting point for identifying the needs in the community but also as a factor for consideration when completing the prioritization process.

## Community Survey

The Community Health Needs Assessment Survey consisted of thirteen questions centered on health status, access to care, and perceived community health needs and strengths. Available in English and Spanish, the survey was disseminated through several avenues including at community events and programs, via email and listservs, social media, and through community partners and organizations. To encourage participation, three prizes were offered as incentive. All survey participants were provided with the option to enter the voluntary raffle upon completing the survey for a chance to win a \$300 Amazon gift card or one of two \$50 Visa gift cards. Identifying information collected in connection with the raffle entry was stored separately from, and not associated with survey responses to maintain confidentiality.

## Key Informant Interviews & Community Conversations

In complement to the data collected through the community survey, key informant interviews were conducted with community leaders and organizations that represent the interests of diverse and often hard to reach populations.

Stakeholders across Montgomery and Prince George's Counties were interviewed and included representatives from multiple sectors and populations such as:

- County Government
- Social Service & Advocacy Organizations
- Healthcare Foundations
- Health Care Practitioners & Clinics
- Fire and Rescue, Law Enforcement, and Crisis Intervention
- School & University Systems
- Behavioral Health
- Housing & Homelessness
- Food Security & Distribution
- Employment & Workforce Development
- Multiple Faith Communities & Denominations
- LGBTQ Communities
- People with Disabilities
- Minority and Immigrant Populations

To ensure consistency, a script was developed outlining the purpose of the interview, how the data would be used, and three primary questions to ask. Each interviewee was asked to identify what they believed to be the top issues impacting the health of the community; what strengths and resources are available in the community; and what services or resources they would like to see to address the health needs of their community.

In addition to the key informant interviews, Adventist HealthCare partnered with Manna Food Center to conduct community conversations at various community centers and schools. Similar to the community survey and key informant interviews, the community conversations centered around identifying community needs, existing resources, and desired services to address existing gaps.

## Public Comment

Adventist HealthCare welcomes feedback from the public on past and current Community Health Needs Assessments. A dedicated email address ([ourcommunity@adventisthealthcare.com](mailto:ourcommunity@adventisthealthcare.com)) is listed on the Adventist HealthCare website along with each hospital's report.

## Data Gaps & Limitations

Data gaps and limitations were present in both the secondary data collection as well as the community input collected.

When compiling and analyzing available secondary data, the following limitations persist:

- Data is often unavailable at the ZIP code or neighborhood level
- Race is often not differentiated in persons of Hispanic origin
- Varying data collection and analysis methodologies are utilized across databases
- While trend data is now more readily available, it is often unavailable or difficult to access historical data points stratified by race and ethnicity

A significant challenge when collecting input from community members is ensuring that a representative sample is being reached and that the voices of hard to reach populations are being heard. Surveys in particular tend to have overrepresentation of Whites, females, and individuals with higher income and education levels. While this cycle's survey results were more representative than in the previous Community Health Needs Assessment, the demographics were still skewed. To address this limitation, targeted key informant interviews and community conversations were conducted.

# Prioritization of Needs

## Process and Criteria Used

The prioritization of needs for this Community Health Needs Assessment cycle was completed on a system level. The initial prioritization was led by Adventist HealthCare's Community Benefit Steering Committee (CBSC). The purpose of the CBSC is to guide the community benefit work of Adventist HealthCare to fulfill our mission and improve the health and wellbeing of the community we serve. The CBSC is comprised of leaders from each of our hospital entities as well as from population health, mission integration and spiritual care, marketing, philanthropy, and finance.

To complete the prioritization process, the CBSC members were asked to evaluate each of the identified areas of need utilizing the following factors:

- **Incidence and Prevalence:** How big of a problem is the need in the community?
- **Presence and Magnitude of Disparities:** Are some populations disproportionately burdened?
- **Change over Time:** Has the need improved, worsened, or seen no change in recent years?
- **County Alignment:** Is the health area aligned with Montgomery and Prince George's County priority areas?
- **Community Support:** Based on the community input collected, is this a significant area of need?
- **Gaps and Resources in the Community:** Are there existing resources sufficiently addressing the need or are additional resources needed? Where specifically do the gaps lie?



- **Alignment with Adventist HealthCare Strategy:** Does this area align with an Adventist HealthCare strategy or area of focus?
- **Existing Adventist HealthCare Resources and Expertise:** Does Adventist HealthCare have expertise in this area? Are there existing resources that could be utilized to address this area of need?
- **Existing and Potential Partnerships:** Does Adventist HealthCare have relevant existing partnerships that can be leveraged or potential partnerships that can be developed?
- **Potential for Measurable and Achievable Outcomes:** Will it be possible to make an impact in this area? Are there relevant metrics that can be monitored and measured?

Based on these factors, CBSC members were asked to recommend which of the following would be an appropriate role for Adventist HealthCare to take in addressing the area of need:

- **Leader Role:** Adventist HealthCare is well positioned to take a leadership role in addressing this area.
- **Collaborator Role:** Adventist HealthCare will partner with other leading organizations to actively address this area.
- **Supporter Role:** While Adventist HealthCare recognizes the importance of this area of need on the wellbeing of our community, it is currently outside the scope of our strengths and resources to address directly. Adventist HealthCare will support the work of other organizations doing work in this area.

## Prioritized Needs

For the 2020 - 2022 Community Health Needs Assessment Cycle, Adventist HealthCare has prioritized addressing unmet needs of uninsured and underserved populations in the following areas:

ACCESS TO CARE	SOCIAL DETERMINANTS OF HEALTH
Behavioral Health Chronic Disease Maternal and Child Health Disability and Rehabilitation Services	Food Access Housing and Homelessness Education Transportation

Specific initiatives addressing each of these areas -- including Adventist HealthCare's role, partner organizations and evaluation plans -- will be detailed in each hospital's Implementation Strategy to be released in May of 2020.



# Section IV: Findings



# Section IV: Findings

## Part A: Community Input



# Community Survey

## Overview

In the spring of 2019 Adventist HealthCare conducted a thirteen question survey centered on health status, access to care, and perceived community health needs and strengths. A total of 1,957 community residents completed the survey. Additional information on the methodology for the survey data collection can be found in Section III of this report.

## Demographics of Survey Respondents

Of the 1,957 respondents, 655 (33.4 percent) live in the White Oak Medical Center (WOMC) community benefit service area. While the demographics of this cycle's survey respondents are more reflective of the community, there continues to be an overrepresentation of Whites, females and individuals with higher income and education levels.

- The majority of survey respondents identified as White (57.8 percent) followed by Black or African American (27.8 percent) (Figure 1).
- Thirteen percent of respondents identified as Hispanic or Latino (Figure 2).
- Approximately three times as many females responded to the survey as did males (Figure 3).
- Age groups of respondents were well distributed. Over age 65 accounted for the largest group while those aged 18-25 accounted for the smallest group (Figure 4).

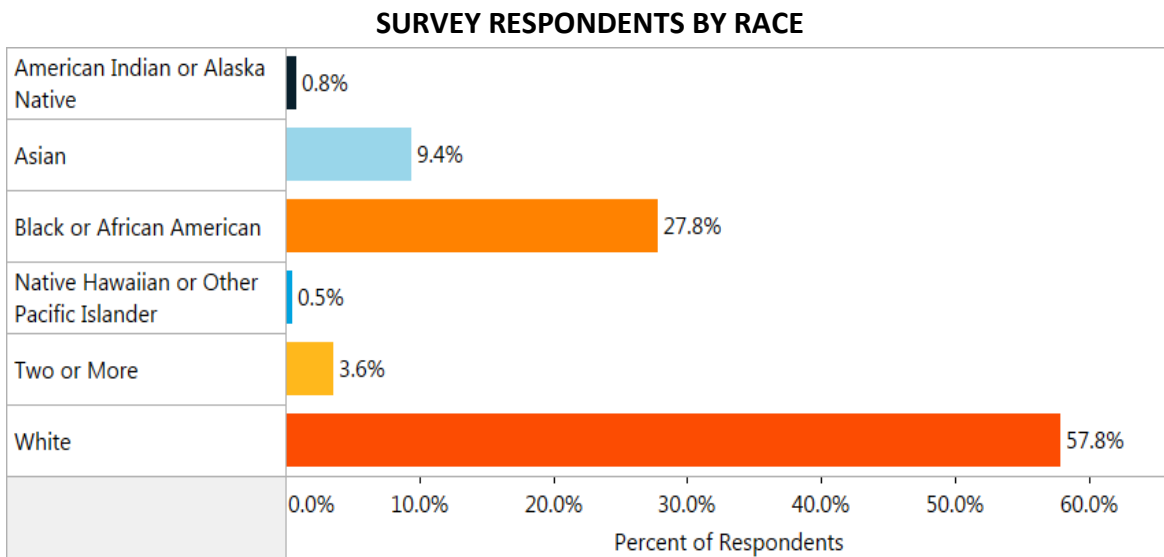


Figure 1. Survey Respondents by Race, 2019

### SURVEY RESPONDENTS BY ETHNICITY

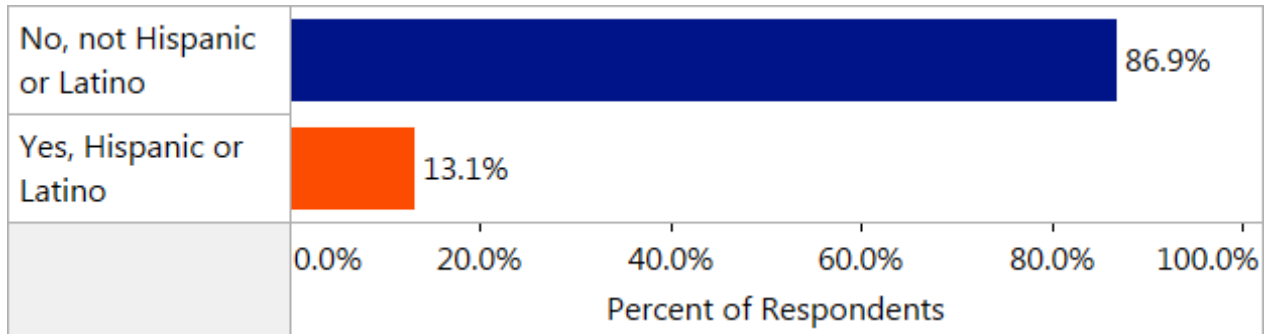


Figure 2. Survey Respondents by Ethnicity, 2019

### SURVEY RESPONDENTS BY GENDER

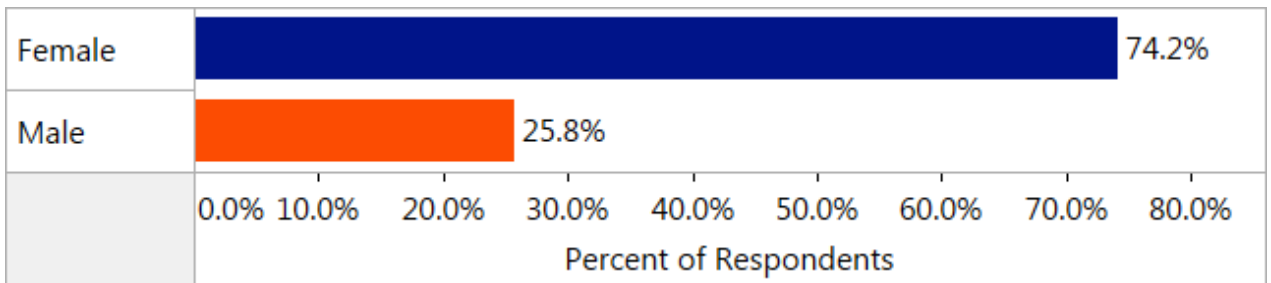


Figure 3. Survey Respondents by Gender, 2019

### SURVEY RESPONDENTS BY AGE

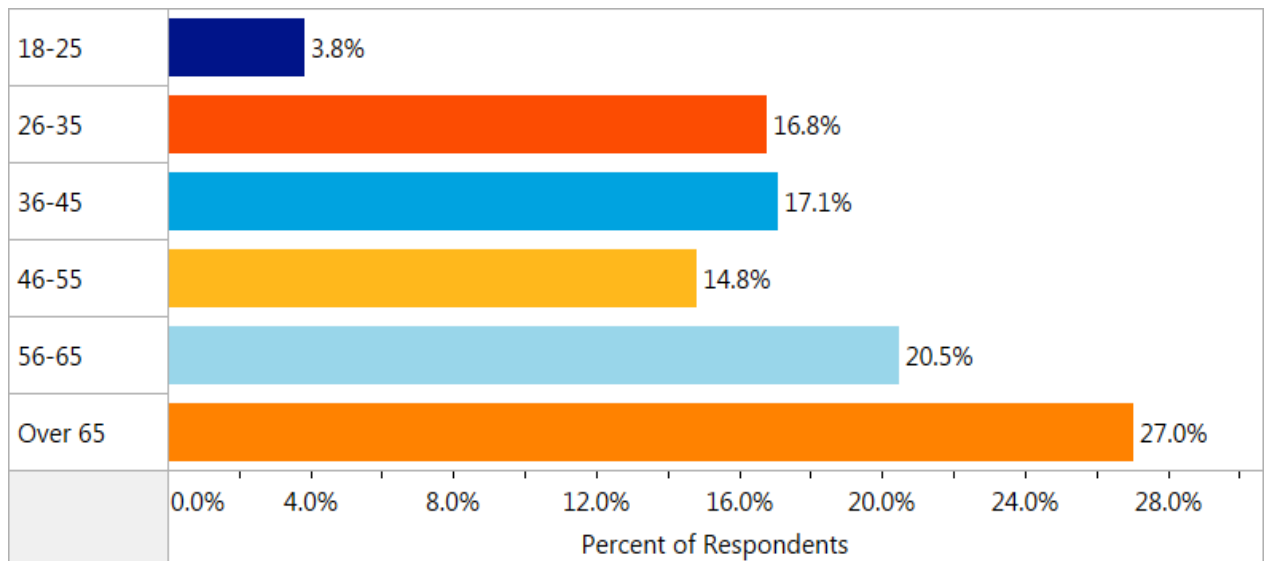
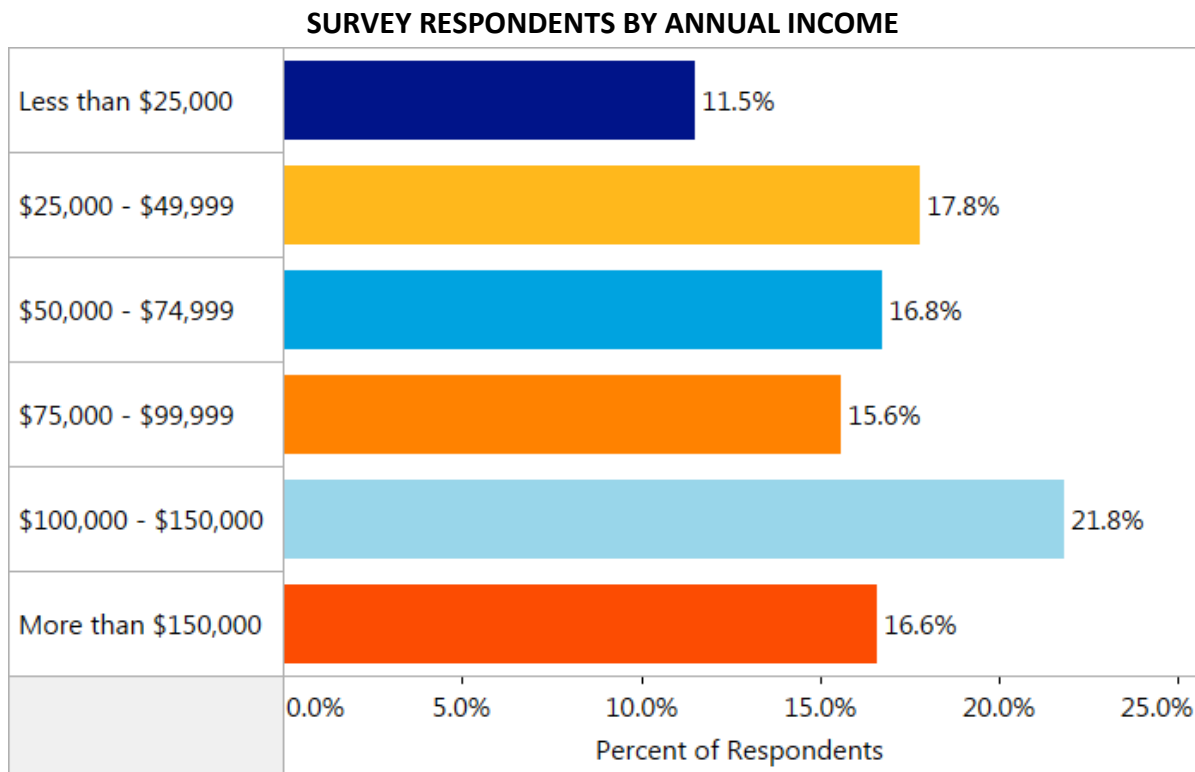


Figure 4. Survey Respondents by Age, 2019

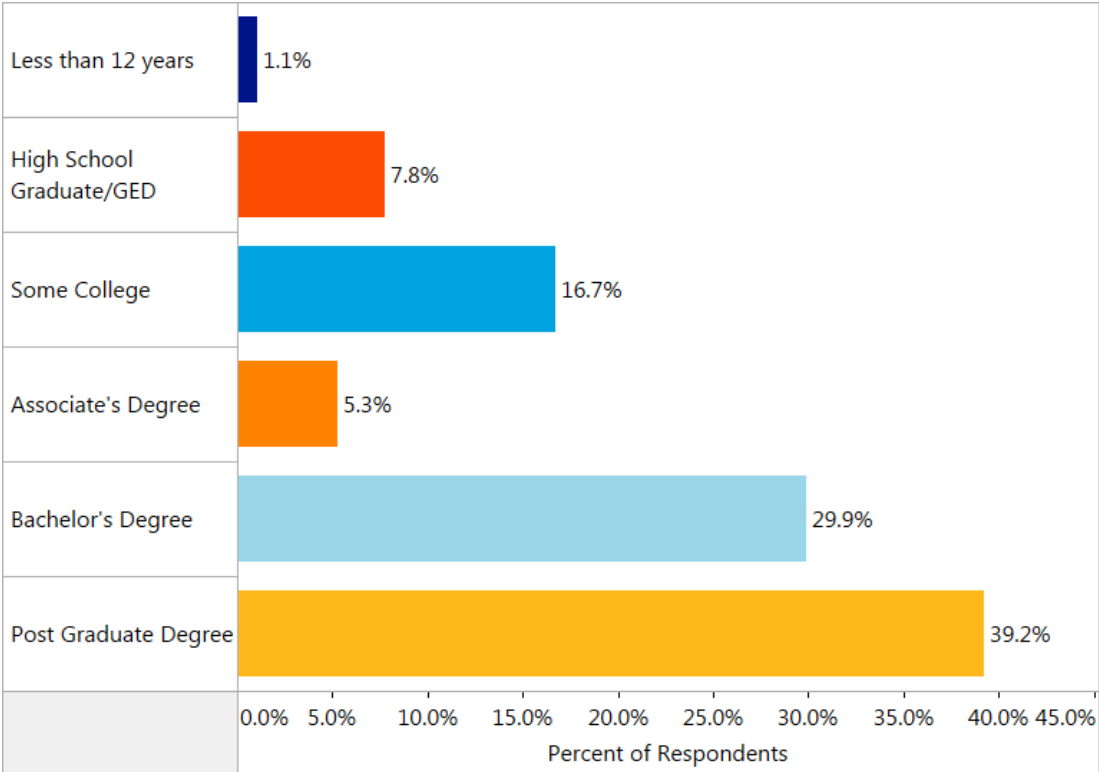
In terms of socioeconomic status, as measured by annual income and highest level of education, the participant pool was skewed more towards the upper range. However, compared to previous CHNA cycles, there is better representation of lower income households.

- Over half of the respondents have an annual income exceeding \$75,000 (Figure 5).
- Nearly 70.0 percent of respondents have a college degree, with 39.2 percent having also earned a post graduate degree (Figure 6).



**Figure 5.** Survey Respondents by Annual Income, 2019

**SURVEY RESPONDENTS BY HIGHEST LEVEL OF EDUCATION**

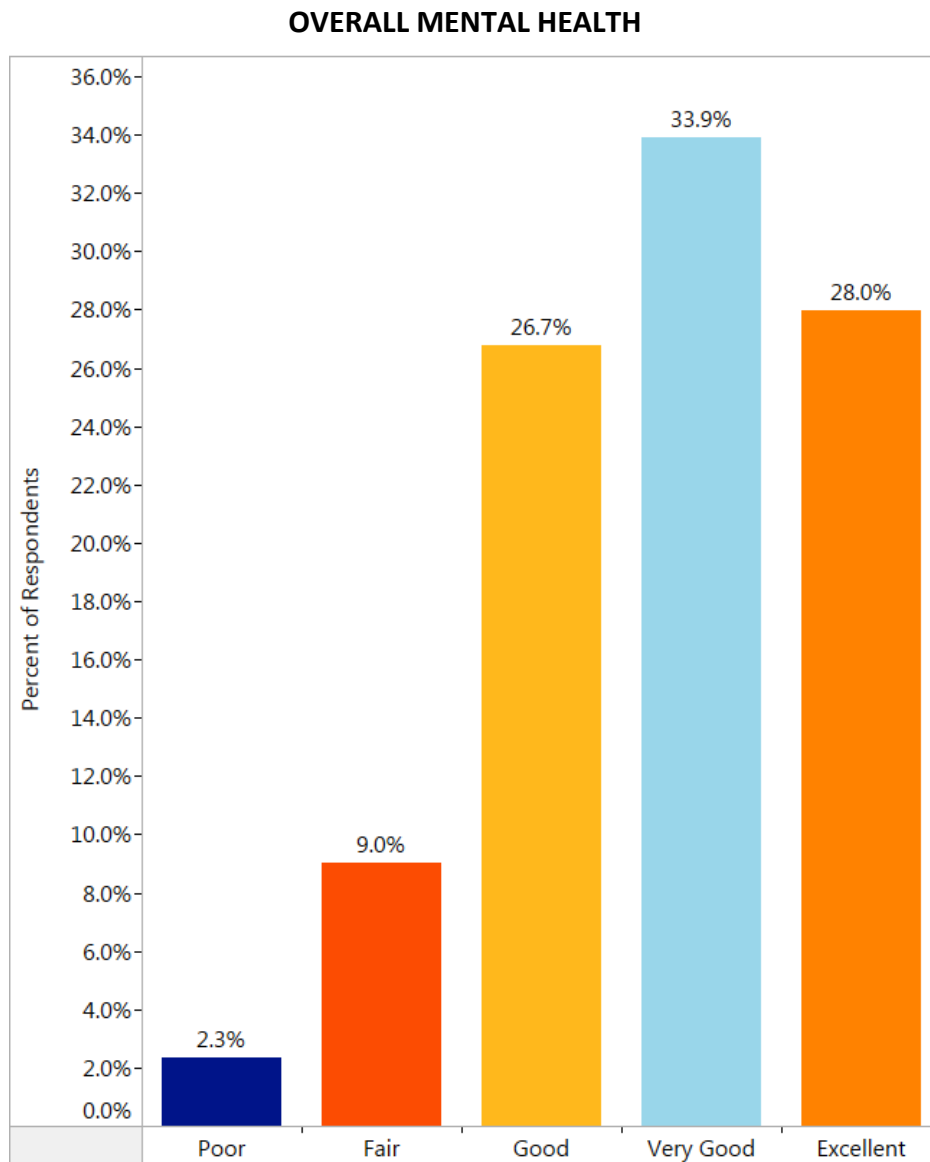


**Figure 6.** Survey Respondents by Highest Level of Education, 2019

## Survey Findings

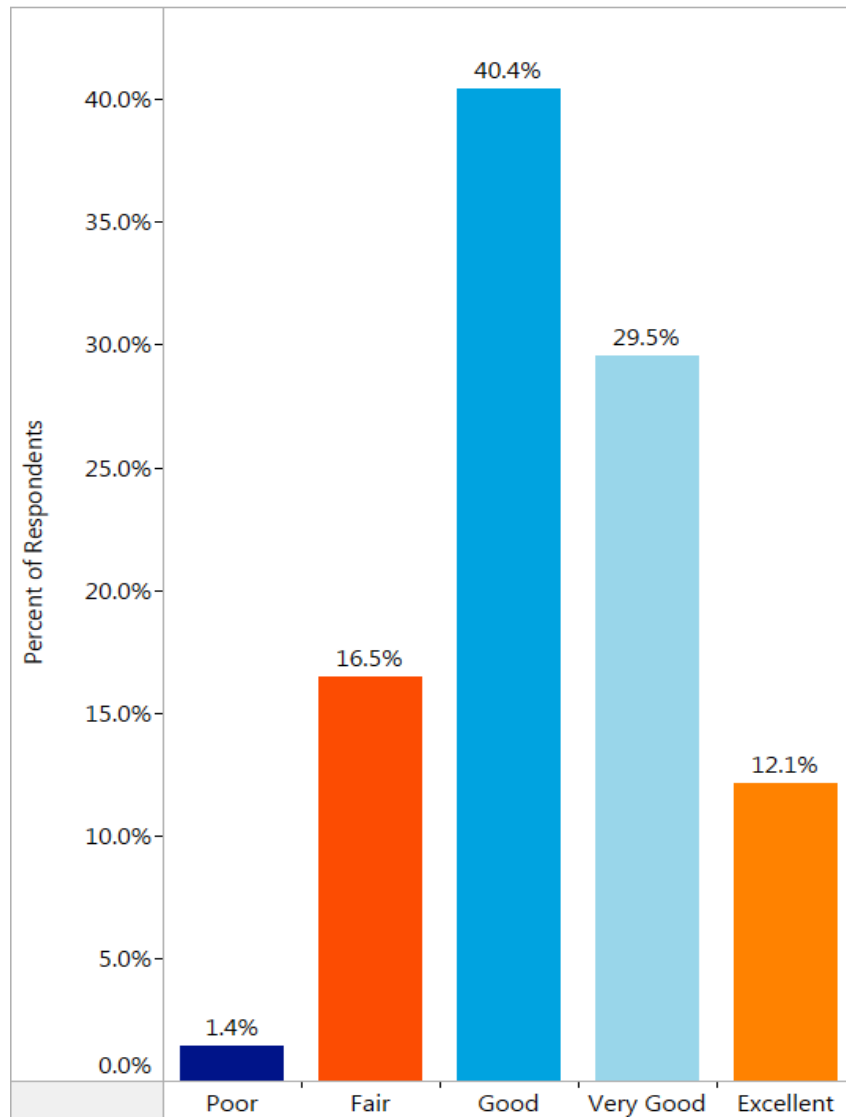
Participants were asked to rate their overall mental and physical health on a scale of poor to excellent.

- Approximately 60.0 percent of respondents rated their mental health as either very good or excellent (Figure 7).
- Most participants rated themselves to be in good (40.4 percent) or very good (29.5 percent) physical health (Figure 8).



**Figure 7.** Survey Respondents Self-Reported Overall Mental Health, 2019

### OVERALL PHYSICAL HEALTH



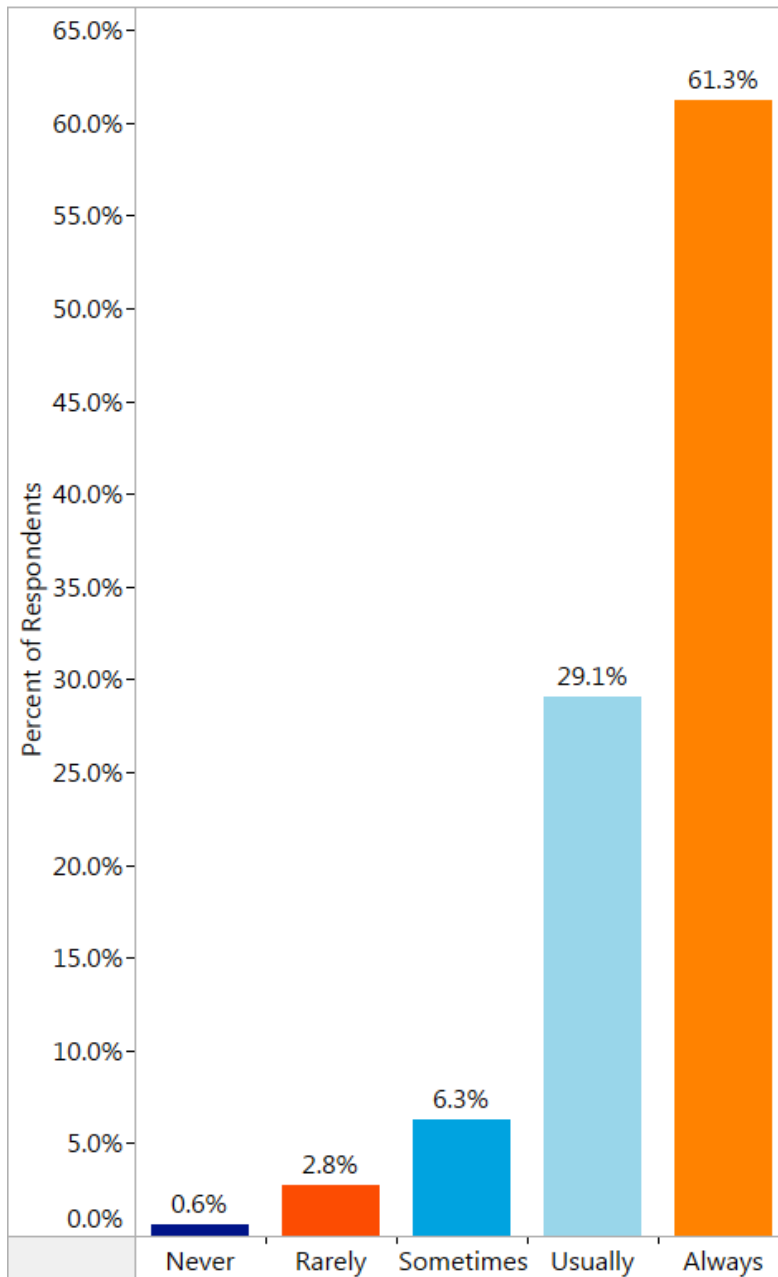
**Figure 8.** Survey Respondents Self-Reported Overall Physical Health, 2019

Survey participants were asked if they can visit a doctor (other than at a hospital or emergency room) when needed.

- 61.3 percent of respondents reported that they are always able to see their doctor when needed (Figure 9).
- Respondents unable to see a doctor when needed reported an inability to get an appointment quickly, busy work schedules, and inconvenient doctor’s office hours as the top three barriers (Table 1).



### ABILITY TO VISIT A DOCTOR WHEN NEEDED



**Figure 9.** Survey Respondents Self-Reported Ability to Visit a Doctor when Needed, 2019

Rank	Reasons for Not Being Able to Visit a Doctor when Needed	Number of Respondents
1	I cannot get an appointment quickly	98
2	I have a busy work schedule or am unable to take time off work	71
3	My doctor's office hours are not convenient	35
4	I am concerned that it would be too expensive	28
5	I do not have a regular doctor	21
6	I do not have health insurance	13
7	I cannot find a doctor that is accepting new patients	12
8	I do not have access to transportation	10
9	My doctor is too far away	10
10	I am unable to get childcare	10
11	<i>Write in Response:</i> I need care outside of business hours or weekends	9
12	I cannot find a doctor who accepts my insurance	5
13	<i>Write in Response:</i> I need a specialist	4
14	I cannot find a doctor that speaks my language	3

**Table 1.** Reasons for Not Being Able to Visit a Doctor when Needed, 2019

Participants were asked about their health maintenance and prevention practices. Participants were asked to indicate when they last had a physical checkup, dental exam, mammogram, pap smear, colonoscopy, and flu shot.

The results show that most respondents completed doctor visits and screenings within the recommended time frames. For example, within the prior year 84.8 percent of respondents had a physical exam, 76.5 percent had a dental exam, and 76.1 percent received a flu shot (Table 2).

How long has it been since you last?	Less than 6 months	6 months to 1 year	1 – 2 years	3 – 5 years	More than 5 years	Never	N/A
Visited a doctor for routine check-up or physical (n= 651)	55.3%	29.5%	9.5%	3.7%	0.92%	0.31%	0.77%
Had a dental exam (n= 650)	57.9%	18.6%	11.2%	5.9%	4.9%	0.46%	1.1%
Had a mammogram (Women Only) (n= 578)	23.5%	20.1%	12.3%	3.8%	2.9%	16.7%	20.4%
Had a pap test/pap smear (Women Only) (n= 575)	18.4%	23.7%	19.8%	8.4%	5.0%	3.5%	21.2%
Had a sigmoidoscopy or colonoscopy to test for colorectal cancer (n= 643)	6.4%	7.5%	13.8%	16.3%	9.8%	36.2%	10.0%
Had a flu shot (n= 650)	63.2%	12.9%	6.0%	2.2%	3.4%	10.8%	1.5%
Had cholesterol checked (n= 645)	51.0%	27.6%	10.5%	3.4%	1.1%	4.2%	2.2%
Had blood sugar or A1C checked (n= 639)	52.3%	24.3%	9.7%	3.3%	1.7%	4.7%	4.1%
Had blood pressure checked (n= 649)	79.8%	13.6%	3.9%	1.1%	0.5%	0.6%	0.6%
Had a prostate exam (Men Only) (n= 478)	10.1%	6.0%	5.5%	2.1%	2.3%	11.9%	62.2%

**Table 2.** Survey Respondents Health Prevention and Maintenance History, 2019

Participants were asked about behaviors that may impact their health.

- Most participants indicated that they do not use tobacco products, however 16.3 percent are exposed to second hand smoke (Table 3).
- Nearly a quarter of participants are consuming less than 2 servings of fruit per day (Table 3).
- Only half of respondents are exercising for at least 30 minutes per day (Table 3).

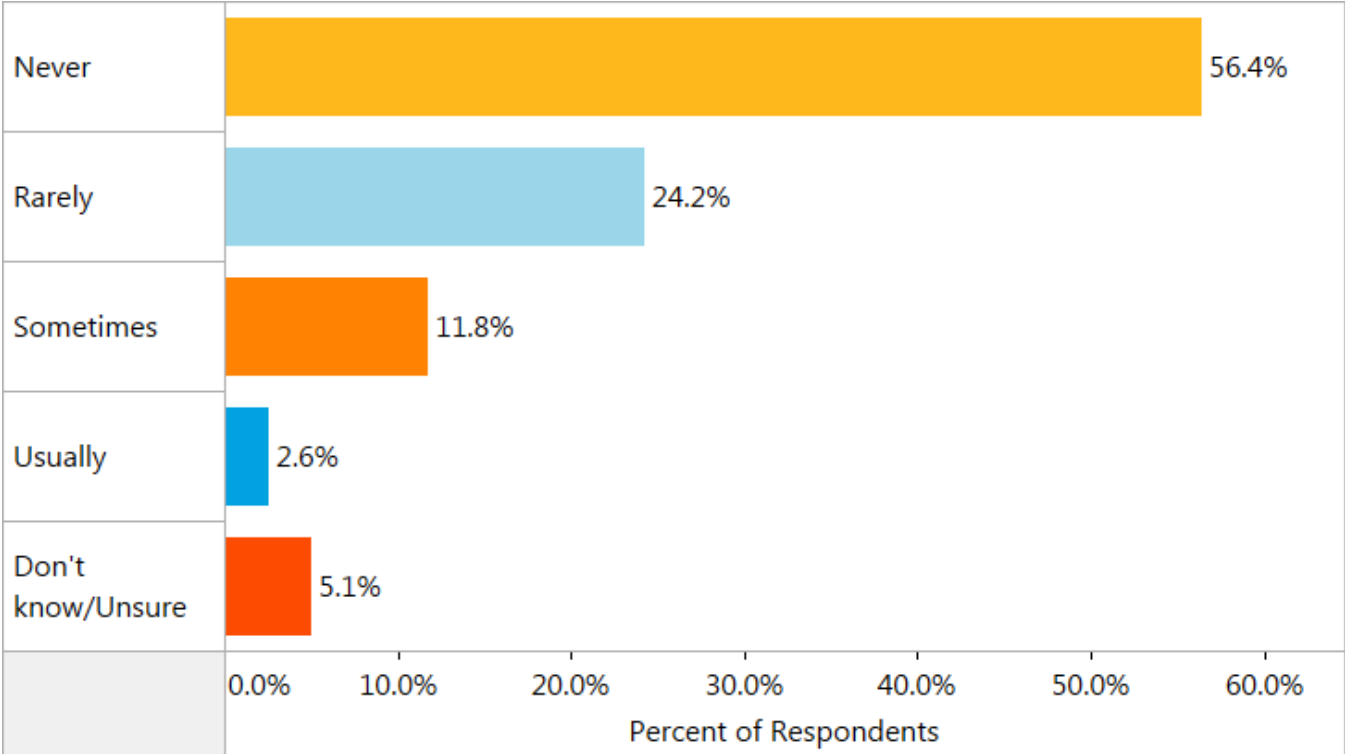
In the last 30 days, did you?	Yes	No	Don't Know/Not Sure
Chew tobacco or smoke cigarettes, cigar, or pipes (n= 653)	4.4%	94.2%	1.4%
Use e-cigarettes or vape pens (n= 649)	2.2%	97.0%	1.2%
Breathe second hand smoke (n= 649)	16.3%	74.9%	8.8%
Take drugs not prescribed to you (n= 647)	1.4%	96.8%	1.9%
Have more than 2 (women) or 3 (men) drinks on a single occasion (n= 649)	17.3%	81.5%	1.2%
Eat at least 2 servings of vegetables a day (n= 648)	75.3%	17.9%	6.8%
Eat at least 2 servings of fruit a day (n= 605)	71.6%	23.1%	5.3%
Exercise for 30 minutes or more a day (n= 652)	51.7%	44.8%	3.5%

**Table 3.** Survey Respondents Health Behavior, 2019

Participants were asked whether in the past five years, they have been treated unfairly when receiving medical care. 38.6 percent of respondents indicated that they had been treated unfairly when receiving care (Figure 10).

- Most respondents indicated that they were unsure why they received unfair treatment. For those respondents that indicated a reason, the top responses included age, race or skin color, and gender or gender identity (Table 4).
- Common write-in responses included the provider being rushed, insurance type or status, and weight (Table 5).

**IN THE LAST 5 YEARS, HAVE YOU BEEN TREATED UNFAIRLY WHEN GETTING MEDICAL CARE?**



**Figure 10.** Survey Respondents Self-Reported Being Treated Unfairly When Getting Medical Care, 2019

Rank	Self-reported Reasons for Being Treated Unfairly When Getting Medical Care	Number of Respondents
1	Don't know/Unsure	122
2	Other	61
3	Your age	26
4	Your race or skin color	24
5	Your gender or gender identity	18
6	You speak with an accent	11
7	English is not your native language	9
8	Your ancestry or national origin	7
9	Your sexual orientation	1

**Table 4.** Survey Respondents Reason for Being Treated Unfairly When Getting Medical Care, 2019

"Other" Reasons for Being Treated Unfairly When Getting Medical Care	Number of Responses
Provider was rushed	8
Insurance type or status (uninsured/underinsured)	7
Weight	6
Disability	2
Feeling inferior to and ignored by staff	2

**Table 5.** Survey Respondents "Other" Reason for Being Treated Unfairly When Getting Medical Care, 2019

# Emerging Themes

## Overview & Key Findings

In addition to the community survey, Adventist HealthCare conducted 35 key informant interviews with over 75 stakeholders and 4 community conversations with approximately 25 participants. Details on the methodology for each of these data collection strategies can be found in Section III of this report.

Survey participants, key informants and community conversation participants were all asked about the:

- top health needs and concerns affecting their community,
- strengths and resources in their community that contribute to wellbeing, and
- current gaps in resources or programming they would like to see filled to optimize the health of their community.

In response to the questions above, survey responses focused on the physical environment and wanting more community resources to provide free workout classes, low cost gyms, educational workshops on healthy eating habits, parenting workshops, and health screenings or wellness checks at main hubs of the community (Figure 11).



**Figure 11.** Community Survey Word Cloud for Community Needs and Gaps, 2019

Main points addressed during key informant interviews and community conversations centered on entering and exiting the healthcare system including the follow up after care, unintended utilization of healthcare services, behavioral health issues, unemployment and job security, physical health needs, and the growing senior population (Figure 12).

An additional recurring theme across all input received was the desire to see an increase in engagement of community members to counter experiences of isolation and stress (Figures 11 and 12).



**Figure 12.** Key Informant and Community Conversation Word Cloud for Community Needs, Strengths and Gaps, 2019




## Findings

### Physical Environment

Concerns with the physical environment were oriented to the safety of parks, sidewalks, litter or pollution, and the large number of fast food chains in the community.

Community members were concerned with the **condition and associated safety of their physical environment**. Some attributed the decline in their existing green spaces due to rapid development and construction in their neighborhoods. They also highlighted that parks should be upgraded and be accessible to all ages and physical abilities. Some had apprehensions about the safety of their parks which limited their desire to utilize them.

Many voiced issues around **poorly maintained sidewalks and roads** and that they desired “safer pedestrian walkways, raised crosswalks, and bike lanes.” There were also concerns surrounding **pedestrians being hit by cars** due to “not watching before crossing streets assuming cars will stop for them” and that others would like to see reductions in car use and to make “more car free zone for pedestrians.” Some voiced that increasing car-sharing programs or bike rental services would assist in transportation for those that can’t easily afford it and reduce dependency on personal cars or public transportation. Concerns surrounding safety weren’t siloed to community parks, but also to public and private transportation. One individual stated, “I have been in [metro] cars where I have felt that my personal safety or others’ could be at risk.”



*“I would like to take my child out to the park, but it is so un-kept with broken bottles everywhere that it is unfeasible to do so.”*

There were many complaints focused around **litter and pollution** within the community that were also tied to larger concerns about **climate change**. Some of these areas of pollution were due to large factories in their communities that they felt impacted the air quality and water contamination with one individual stating concerns of the “use of pesticides in agricultural areas that run off into our water supplies” while others stated that it was likely due to car exhaust.

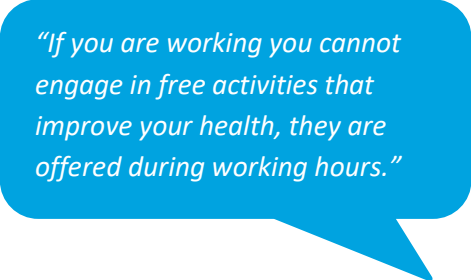
The other major area mentioned about the physical environment was the large **number of fast food options** and few areas of healthy quick food options. Others specified wanting more **access to healthy food options** and would highlight wanting farmer’s markets and healthier food stores to move into their local neighborhoods.

## Community Resource Hubs

Many community members discussed their desire to see community resource hubs that provide multiple services in one location. Desired services included health education classes, parenting resources, behavioral health screenings and treatment, physical health screenings, and treatments to address acute crisis.

Many community members voiced the desire for a distinct physical or online platform with multiple resources for various populations. The desire for this type of a resource was due to **difficulties navigating existing resources** in the community. One member specified wanting, “A service to help you find resources other than your insurance company.”

Some community members indicated that they desired **exercise and health education classes** that are free or low cost including “nutrition counselors and cooking classes to counteract [the] epidemic of obesity. Also teach people how to shop with in-store counselors and educators.” Others mentioned that health education courses should be focused on how to manage chronic illnesses like diabetes and should include “how to shop for healthy and culturally appropriate foods here.” Another area of interest for healthy eating behaviors was how to learn to garden and grow your own vegetables.



*“If you are working you cannot engage in free activities that improve your health, they are offered during working hours.”*

Other activities suggested to be provided by these resource centers were physical activity classes for all ages and physical abilities. There were concerns about the cost of these types of activities that might not be affordable to those with lower incomes.

**Health literacy** classes were also suggested including how to, “explain Medicare, vaccines, medical bills etc.” Some suggested having community health workers to provide these types of classes or information. They also desired for some level of **social services** to assist at these resource centers to provide information around paying for food and utilities. Some desired **behavioral health resources and coping mechanisms** like support groups, yoga, acupuncture, and meditation. One individual indicated the need for, “classes that focus on self-esteem for adults.”

Lastly, there was a desire for resources focused on new or single parents and youth. These resources included better **access to childcare for young children**, **parenting classes** to “educate parents on effective parenting”, “mom friendly fitness or rec centers for parents with young children that are more affordable”, and “access to **breastfeeding/postpartum supports** for mothers and families.” Other desires for the community involved more opportunities for **free or cost-effective activities for children**, including general recreational and educational afterschool programs.

## Barriers to Healthcare Access

One of the most frequently mentioned topics was navigating the healthcare system. There were many concerns and barriers mentioned about entering the healthcare system, knowledge about insurance and government benefit programs, and how to navigate exiting the healthcare system and accessing needed follow-up care. Barriers entering the healthcare system were centered around language needs, insurance status, cost of care, transportation, and lack of quality healthcare providers.

Community members voiced a desire for information on **how to interact with healthcare providers** to be more knowledgeable about resources that would be available to them based on their **eligibility for government benefits** around disability, Medicare, and Medicaid. They also desired guidance on how to have discussions around **medication management**.

Some community members also discussed exiting the healthcare system and follow-up care as being areas of concern. After being released from the hospital there is often a **lack of resources and social support** for the patient to receive the care they need. This lack of family structure or “*who walks the journey with you*” was mentioned by many community members who expressed a need for **more guidance from healthcare professionals** and greater collaboration with family members to coordinate care to adequately meet the physical and social needs of the patient.

*“When it comes to behavioral health calls, particularly for those with alcohol or substance abuse struggles, we are seeing the same people over and over. Unfortunately, we often don’t have anywhere else to take them other than the ER.” – EMS Personnel*

Language was often cited as a barrier to accessing healthcare, more specifically **lack of translation and interpreter services** to provide information and care in multiple languages.

**Cost of care** was often brought up in conversations, often influenced by insurance status, high costs of co-pays, or self-pay

*“Even though resources are out there, the problem remains that people or communities lack information due to factors like language barriers.”*

costs. Many community members felt that the health insurance they have is too expensive or

*“Unfortunately, many top ranked doctors and pediatricians do not take Medicaid.”*

that the insurance they can afford has limited benefits. Others felt that they received subpar care from medical providers based on their insurance status, particularly if they had Medicaid. Many felt that lower costs of healthcare or insurance

would encourage individuals to seek healthcare more frequently. Others also expressed a need for “*more community services for those who don’t have medical coverage*” to help increase the uptake of

services. Some of these conversations were focused on increasing preventative care and avoiding the reliance on emergency services.

**Transportation** challenges were another area of concern for some that could not afford public or private transportation. For those that frequently used public transportation, they discussed how it wasn't always reliable for arriving on time for appointments and that it was not always able to accommodate individuals with physical disabilities. For those with physical mobility constraints, there is also the extra challenge of getting out of their homes to get to the bus stop, medical taxi or other form of public transport.

A lack of **locally accessible quality providers and services** was also discussed. It was noted that many local providers had a long waitlist for services or that ideal providers weren't located locally. To meet the need of more locally available health services, many community members shared thoughts to mitigate this, which included having free health screening clinics, mobile healthcare vans, and health fairs for free medical and dental screening. Additional suggestions included home or community visits from doctors or telemedicine options if in-person healthcare visits weren't feasible or if patients were experiencing homelessness.

## Unintended Utilization of Services

**Many Emergency Medical Service (EMS) providers discussed a heavy reliance on 911 and EMS for non-medical emergencies.**

EMS providers indicated that many individuals would call 911 because they wanted to talk to someone due to **feelings of isolation**. At times individuals experiencing homelessness would call 911 services indicating suicidal ideation so that they could be transported to the hospital for a warm meal and housing. These services were also used by the elderly to be transported out of their homes due to **mobility limitations** preventing them from being able to leave the house without assistance. For the elderly, most of these calls occurred during off hours when their care nurse or aid was no longer in the home or the individual was back at their home after day care with no one there to help them with basic needs (i.e. showering, getting dressed, cooking, cleaning, etc.).

## Behavioral Health

**Behavioral health needs were mentioned frequently in the community survey responses and were mentioned during every key informant interview and community conversation. Discussions surrounding behavioral health focused on a lack of accessible mental health services, burnout and stress, substance use and abuse, and stigma around seeking out needed services.**

Community members indicated a significant need for behavioral health services in their community. There were concerns voiced about the **number of quality service providers** and an inadequate number

of beds in hospital settings to address mental health and substance abuse needs. Among the limited providers in the area, there are often long **waitlists** to receive care or services. Some specified that there was a “*lack of access to affordable mental health services*” and one individual also highlighted the need for “*more affordable therapists of color.*” For those with insurance coverage, co-pays and out of pocket costs were cited as a barrier, as were the number or duration of services that would be covered. For those without insurance, self-pay costs were cited as a significant barrier. These concerns were also often compounded with the **stigma** that still surrounds accessing behavioral health services.

An emerging area of need that was mentioned was for **behavioral health services for children and youth**. Stress, anxiety, and bullying were just some of the areas mentioned that are affecting children and coming on at younger ages.

**Burnout and stress** were noted for emergency service providers including police, paramedics, counselors, and crisis center workers. Even though these individuals provide services for others, they often have little support for themselves around the demands and stresses of their jobs. Some community members thought it would be beneficial to have therapists on staff for first responders to get support.

**Substance use and abuse** issues were discussed within the community with mention of alcohol, marijuana, opioids, and improper prescription medication usage as being prevalent. Marijuana was stated by some to be a gateway to higher level drugs, especially among those under 20 years of age. Alcoholism was also noted as being prevalent among community members. There were views that drug users were also overly reliant on Narcan where one individual linked it to being a “DD” or designated driver when it came to drug use.

## Physical Health

**Discussions surrounding physical health were focused around chronic disease, obesity, weight loss and sexual health.**

Desires for **guidance and assistance for weight loss** were discussed by many participants. Two individuals discussed the value of fitness trackers to help with their weight loss with one individual highlighting how this would help them independently work on their weight loss goals, “*I wish I could get a Fitbit at no cost, for at least some period of time, so that I could track some of my personal fitness markers*” while the other indicated that they wished a Fitbit could be used by his healthcare provider to track his physical achievements virtually.

For those that wanted to engage in more physical activity they discussed how having **childcare for parents** who go to the gym at community centers would be extremely helpful. Also, that if the community hosted exercise challenges such as local 5K or running events, it would encourage

community members to engage more in physical activity. These types of activities were believed to help combat obesity, especially for children.

Others also discussed how their community needed additional sexual health services. Most prominent were discussions surrounding needing **STI screening services** and additional **women's health resources**.

## Growing Senior Populations

**With the senior population rapidly growing, many community members mentioned the need for more services for this population, particularly around home care and transportation.**

For older adults it was indicated that there was a **need for care throughout the day** including after normal business hours (evenings and weekends) for those that attend day care centers as well as those with in-home care. Seniors may be financially strained or on a fixed income and therefore unable to afford additional assistance, or their insurance (or lack of insurance) does not cover sufficient in-home assistance.

*"More services [are needed] to assist seniors and disabled persons with handling day to day life."*

Others indicated that the lived reality for these individuals include **feelings of isolation** because of physical limitations not allowing them to leave their house freely. Many seniors don't have a family member (or adult child) that lives in the area because they often relocate as adults which may lead this population to feel that they have **no support system**. Some voiced that having the support from an animal as company may help with these feelings, but that many condos and apartments in the area don't always allow for it. Some voiced the need for more group activities and programming, there *"really needs to be something for the in between - 50's and 60's."*

## Community Engagement

**A lack of community involvement and sense of community was often mentioned.**

Many community members indicated that it was difficult to interact frequently and naturally with their neighbors. Many desired the notion of their community *"to become neighbors again"* which could be encouraged through community activities or events such as block parties, neighborhood walking clubs,

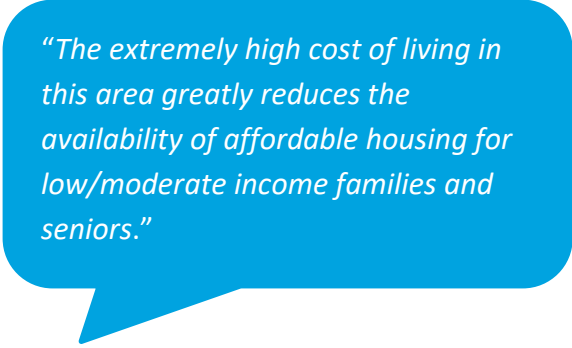
*"People are so stressed and busy, there's more tendency to go home after work & just stay there."*

outdoor games during the summer, and other ways to socialize and meet other community members. Others discussed that even when there are community events in their neighborhood, they often can't attend due to time and day of events, transportation issues, and inability to receive information.

## Housing

**Many community members commented on the high cost of living, lack of affordable housing, and prevalence of homelessness.**

Community members discussed the need for more **affordable housing options** including both rentals and homeownership. Efforts to increase affordable housing were thought to be able to reduce homelessness in their communities. Also, an increased availability of affordable housing near metro and town centers would allow for those employed to reduce their commute time to work.



*“The extremely high cost of living in this area greatly reduces the availability of affordable housing for low/moderate income families and seniors.”*

## Employment and the Job Market

**Specific needs surrounding job security and the job market were centered around challenges for those over age 55 to acquire a job, a lack of job availability for those with high level degrees, and barriers to obtaining unemployment benefits.**

Community members 55 and over felt that many employers would turn them away from a potential position due to their age. Veterans, undocumented individuals, and individuals that were previously incarcerated were also noted as having unique difficulties to **entering the workforce**.

Additional discussions centered on **needing a more diverse pool of local jobs** including those that do not require a degree or trained skillset, as well as those that would allow individuals to utilize their higher-level degrees. This is a unique region with high proportions of residents earning a post-graduate degree, however, there are not enough jobs available locally for these individuals. This often leads to feelings of stress, defeat and low self-confidence surrounding entering the job market. Those that have worked in job centers have noted that these individuals tend to not come to job centers for assistance and often have a difficult time presenting themselves to employers as they may seem desperate or overqualified for available positions due to their multiple or advanced degrees. The **negative effects of unemployment on mental health** were also discussed for lower-income individuals, particularly those who have families and children.

There were also concerns raised surrounding the ease of **acquiring unemployment**. There were suggestions made for a mandatory program for individuals who are unemployed to acquire information on job opportunities at the same location that unemployment is offered.

## Prejudice, Discrimination and Racism

**There is a distrust of the health care and school systems for certain populations such as undocumented individuals, people of color and LGBTQ individuals.**

Due to historic injustices and inequities that persist to this day, as well as the current political climate, certain populations are fearful, guarded, distrustful, and feel threatened and unsafe. These feelings stem from beliefs of *“intolerance of people of different faiths, ethnicities and sexuality”* which is why community members wanted more *“culturally sensitive health care.”* These feelings led one individual to state that, *“the hospital is a place to go to die, rather than live.”* Others highlighted they were concerned that they will get experimented on, that undocumented individuals will be reported to immigration services, healthcare workers do not want to help you get better, and providers have slow response times to provide care to minority populations.

Within the school environment, community members recommended there to be LGBTQ liaisons at different locations where anxiety may arise when students may need to disclose their sexual orientation. It was also stated that additional education and **resources are needed throughout the community to avoid biases** at healthcare centers, counseling centers, and career centers.

## Strengths and Resources in the Community

**There is a vast number of organizations working to improve the health and wellbeing of the community. Organizations are constantly collaborating and adapting to share resources and meet the needs of the community. Community members value many resources available to them including community centers, parks and recreation areas, faith communities, and walking and hiking trails.**

Community members often cited community centers, parks and recreation areas, and walking or hiking trails as valued resources in the community. It was discussed that the recreation department runs a lot of programs, *“but they cost money and don't fit with a working schedule with a long commute.”* Many also valued the healthy grocery stores, fitness centers and gyms, and hospitals or community clinics, but wanted more or larger ones in their community. *“Some hospitals offer classes but not at a time when the participants that need it most can participate.”* The other valued services were senior centers, public transportation, houses of worship, food banks, libraries, school services, and safe/well maintained parks.



# Section IV: Findings

## Part B: Secondary Data

### Chapter 1: Cancer

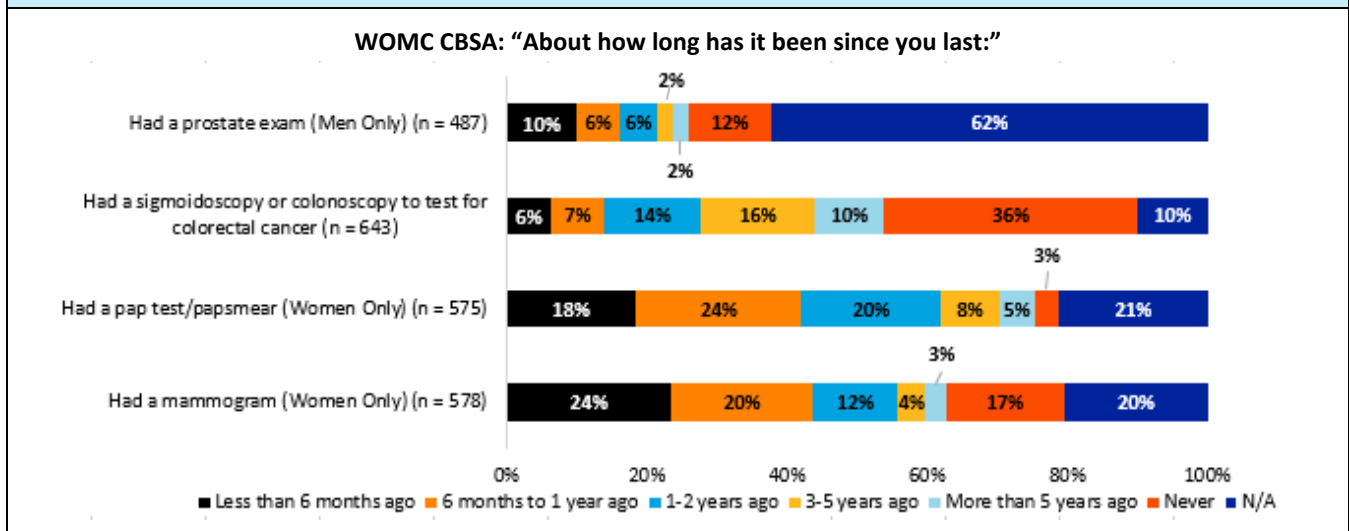
- 1.1: Breast Cancer
- 1.2: Lung Cancer
- 1.3: Colorectal Cancer
- 1.4: Prostate Cancer
- 1.5: Cervical Cancer
- 1.6: Skin Cancer
- 1.7: Oral Cancer
- 1.8: Thyroid Cancer

# Cancer

## KEY FINDINGS

Disparities & Indicators	Trend Over Time
<ul style="list-style-type: none"> <li>In both counties, <b>breast cancer screening</b> rates are lowest among the <b>Asian</b> population (19% less screenings than Hispanics in MC and 7% less screenings than the Black population in PGC)</li> <li><b>Breast cancer mortality</b> is 2X higher among the <b>Black/AA</b> population compared to Hispanics in PGC and almost 3X higher compared to Asian/PI in MC; <b>Black/AA</b> in both counties do not meet the HP 2020 target (20.7%); PGC overall does not meet the target</li> <li><b>Prostate incidence and mortality</b> rates are significantly higher among <b>Black/AA</b> in MC and PGC, neither meets the HP 2020 mortality target (21.8); the PGC overall rate does not meet the HP 2020 target for prostate mortality</li> <li>In PGC, males do not meet the HP 2020 target (39.9) for <b>colorectal cancer incidence</b>; for <b>colorectal cancer mortality</b>, PGC <b>Whites, Black/AA, males</b>, and PGC overall do not meet the HP 2020 target (14.5)</li> </ul>	<ul style="list-style-type: none"> <li>MC continues to have the lowest age-adjusted mortality rate due to cancer and meets the HP 2020 target (161.4)</li> <li>From 2008 – 2015, the age-adjusted mortality rate due to cancer decreased in MC and PGC</li> <li>The % of Medicare beneficiaries treated for cancer increased in PGC from 2014 (8.2%) to 2015 (8.4%)</li> <li>From 2012 – 2016, breast cancer screening rates for women 50+ decreased by 17% in MC and 25% in PGC</li> </ul>

## Community Perception<sup>1</sup>



<sup>1</sup> Adventist HealthCare (2019). Community Health Needs Assessment Primary Data Survey.

# Cancer

## Impact

Cancer is among the leading causes of death worldwide. In 2018, it was estimated that 1.7 million new cases of cancer would be diagnosed in the United States and over 600,000 people would die from the disease<sup>2</sup>. Cancer outcomes vary by different populations such as race/ethnicity, age, sex, socioeconomic status, health insurance status (uninsured/underinsured), and geographic area of residence. Preventable cancer deaths occur in individuals who do not receive effective cancer prevention, screening and treatment which is often time-sensitive<sup>3</sup>. The most significant cost of cancer is cancer treatment which has an estimated direct medical cost of \$80.2 billion dollars in the United States<sup>4</sup>. In Montgomery and Prince George's County Maryland, cancer mortality differs based on demographic groups (race/ethnicity, age, sex, etc.). In both counties, the groups most disproportionately affected by cancer include Black/African-American, White, males, and individuals over 85 years old<sup>5</sup>. By addressing the multifaceted barriers to healthcare, we can lessen the deaths due to cancer.

## Cancer at the State Level

- From 2011 to 2015, the largest decreases in incidence were seen in prostate, brain & other nervous system (ONS), and leukemia, while the largest increases in incidence were seen in melanoma of the skin, bladder, uterus, and liver & bile duct cancers (Figure 1).

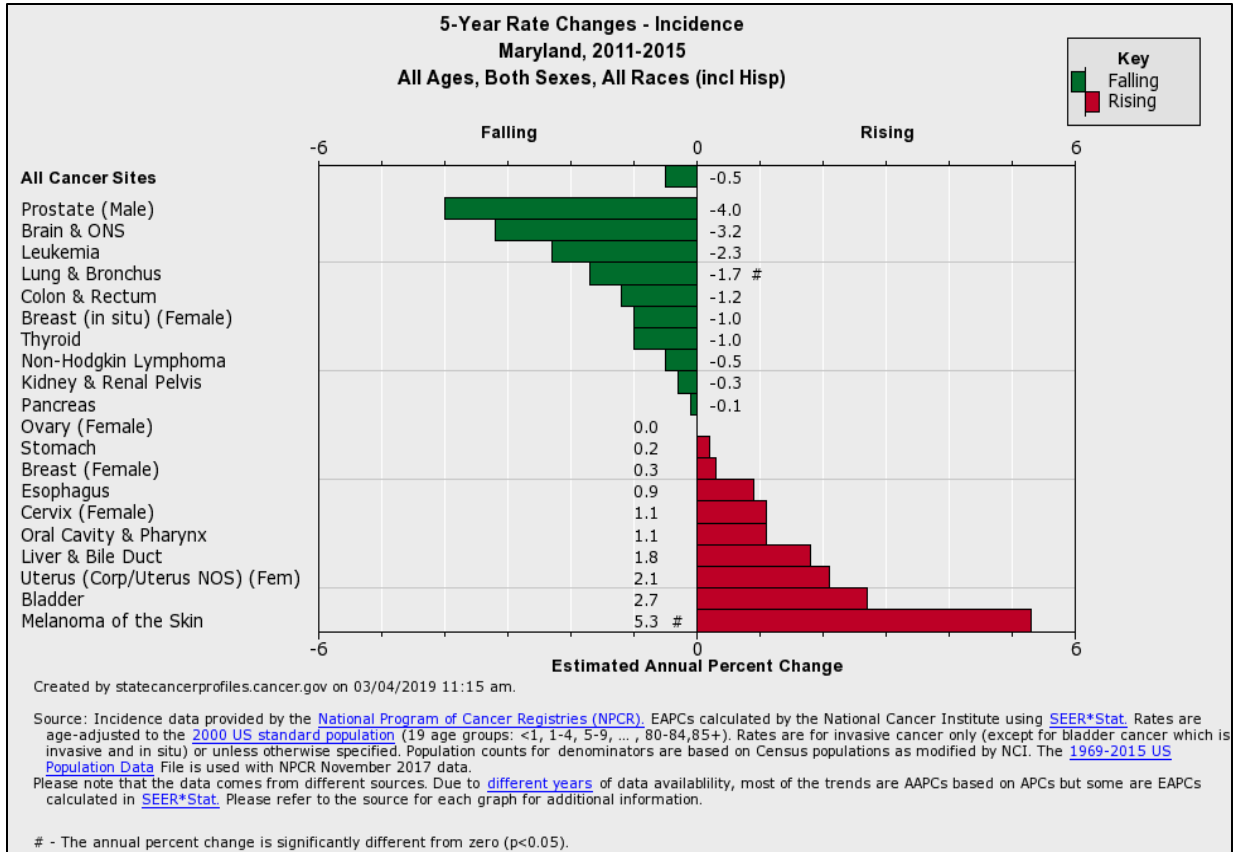
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<sup>2</sup> National Cancer Institute (2018). Cancer Statistics. Retrieved from <https://www.cancer.gov/about-cancer/understanding/statistics>

<sup>3</sup> Yabroff, K. R., Gansler, T., Wender, R. C., Cullen, K. J. and Brawley, O. W. (2019), Minimizing the burden of cancer in the United States: Goals for a high-performing health care system. *CA A Cancer J Clin*, 69: 166-183. doi:10.3322/caac.21556

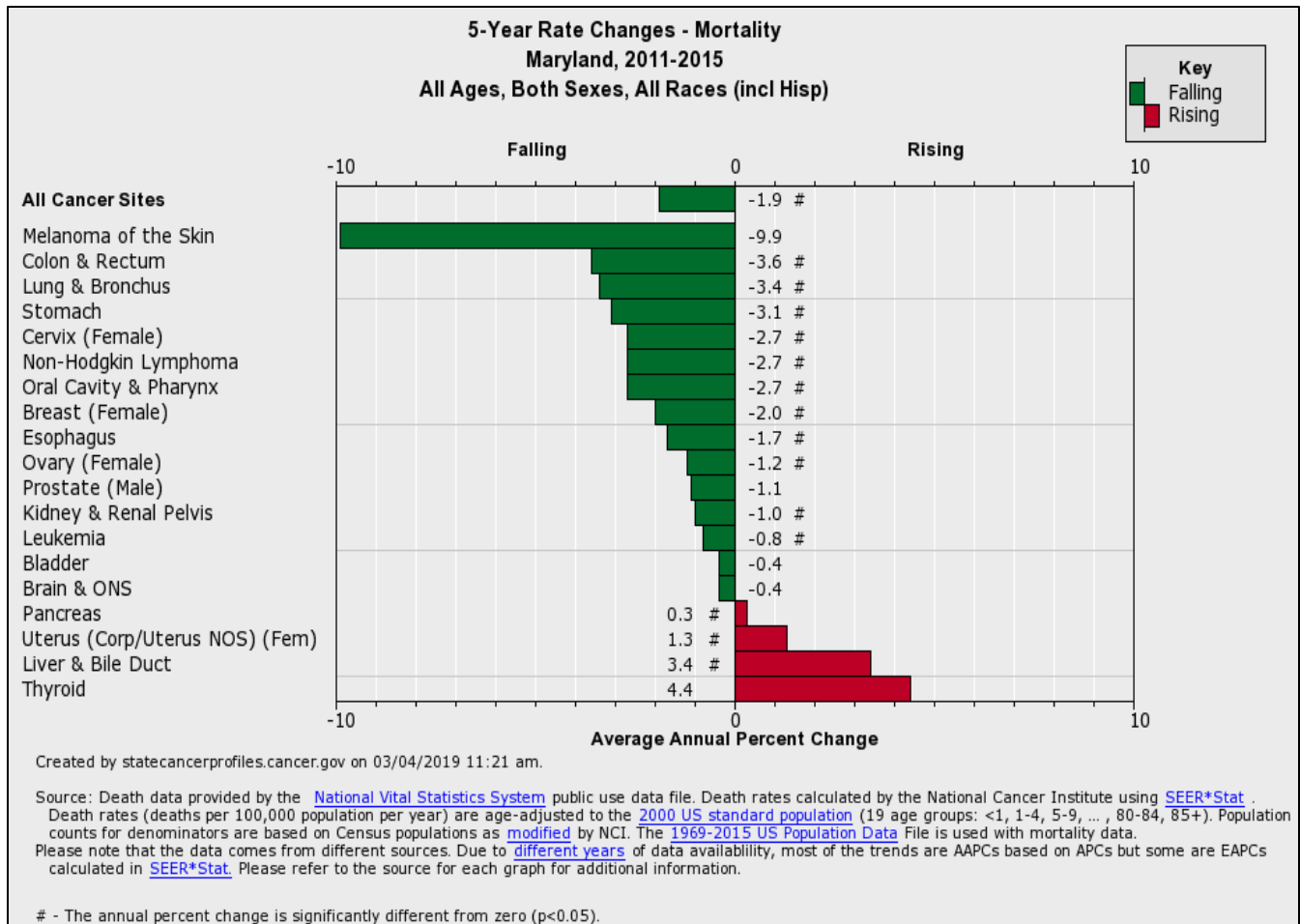
<sup>4</sup> American Cancer Society (2018). Economic Impact of Cancer. Retrieved from <https://www.cancer.org/cancer/cancer-basics/economic-impact-of-cancer.html>

<sup>5</sup> LiveStories Statistics (2019). Montgomery County and Prince George's County cancer death statistics. Retrieved from <https://www.livestories.com/statistics/maryland/montgomery-county-cancer-deaths-mortality>



**Figure 1. 5-year Rate Changes – Incidence Maryland, 2011 – 2015 All Ages, Both Sexes, All Races**  
(Source: [State Cancer Profiles](#), 2015)

- From 2011 to 2015, the state mortality rates for melanoma of the skin, colorectal, and lung cancers showed the greatest decreases (Figure 2).
- Mortality rates increased for thyroid, liver & bile duct, and uterine cancers in Maryland from 2011 to 2015 (Figure 2).



**Figure 2. 5-Year Changes – Mortality Maryland, 2011 – 2015 All Ages, Both Sexes, All Races**  
 (Source: [State Cancer Profiles](#), 2015)

- From 2012 to 2016, Maryland’s invasive cancer specific incidence rates (per 100,000) were lower than the national rate for the following cancers: lung and bronchus, colon and rectum, Non-Hodgkin lymphoma, kidney and renal pelvis (Table 1).
- The rates were similar for urinary and bladder, corpus and uterus, NOS, and thyroid cancers (Table 1).
- When compared to the nation, Maryland had higher rates of cancer for female breast, prostate, and melanomas of the skin (Table 1).

**Age-Adjusted Invasive Cancer Incidence Rates for the 10 Primary Sites with the Highest Rates within State- and Sex-Specific Categories**

State vs. National Rates: 2012-2016, Male and Female, Maryland *†			
Rates per 100,000 ‡			
	Site	State	U.S.
1	Female Breast	131.5	125.2
2	Prostate	122.1	104.1
3	Lung and Bronchus	56.4	59.2
4	Colon and Rectum	36.4	38.7
5	Corpus and Uterus, NOS	27.5	26.6
6	Melanomas of the Skin	23	21.8
7	Urinary Bladder	20.9	20.1
8	Non-Hodgkin Lymphoma	17.4	19.2
9	Thyroid	15	14.5
10	Kidney and Renal Pelvis	14.9	16.6

Notes:  
† Excludes basal and squamous cell carcinomas of the skin excluding occurrences on genital organs, and in situ cancers excluding urinary bladder  
‡ Age-adjusted rates to the 2000 U.S. standard population (19 age groups – Census P25-1130). Rates are suppressed and not ranked if the stratified population is below 50,000 or with case counts under 16.

**Table 1.** Age-Adjusted Invasive Cancer Incidence Rates for the 10 Primary Rates for the 10 Primary Sites with the Highest Rates within State and Sex Specific Categories  
(Source: [United States Cancer Statistics \(USCS\)](#), 2016)

- From 2012 to 2016, Maryland’s cancer specific mortality rates (per 100,000) for males and females were lower than the National rates for lung and bronchus, and Non-Hodgkin Lymphoma (Table 2).
- Rates were comparable between the state and U.S. for colon and rectum, ovary, and liver and intrahepatic bile duct (Table 2).
- Maryland had higher mortality rates than the U.S. for female breast, prostate, pancreas, and corpus and uterus, NOS (Table 2).

**Age-Adjusted Cancer Mortality rates for the 10 Primary Sites with the Highest Rates within State- and Sex-Specific Categories**

<b>State vs. National Rates: 2012–2016, Male and Female , Maryland * * Rates per 100,000 †</b>			
	<b>Site</b>	<b>State</b>	<b>U.S.</b>
<b>1</b>	Lung and Bronchus	40.3	41.9
<b>2</b>	Female Breast	22.1	20.6
<b>3</b>	Prostate	20.2	19.2
<b>4</b>	Colon and Rectum	14.1	14.2
<b>5</b>	Pancreas	11.5	11.0
<b>6</b>	Ovary	6.9	7.0
<b>7</b>	Liver and Intrahepatic Bile Duct	6.5	6.5
<b>8</b>	Leukemias	6.3	6.5
<b>9</b>	Corpus and Uterus, NOS	5.7	4.7
<b>10</b>	Non-Hodgkin Lymphoma	5.2	5.6

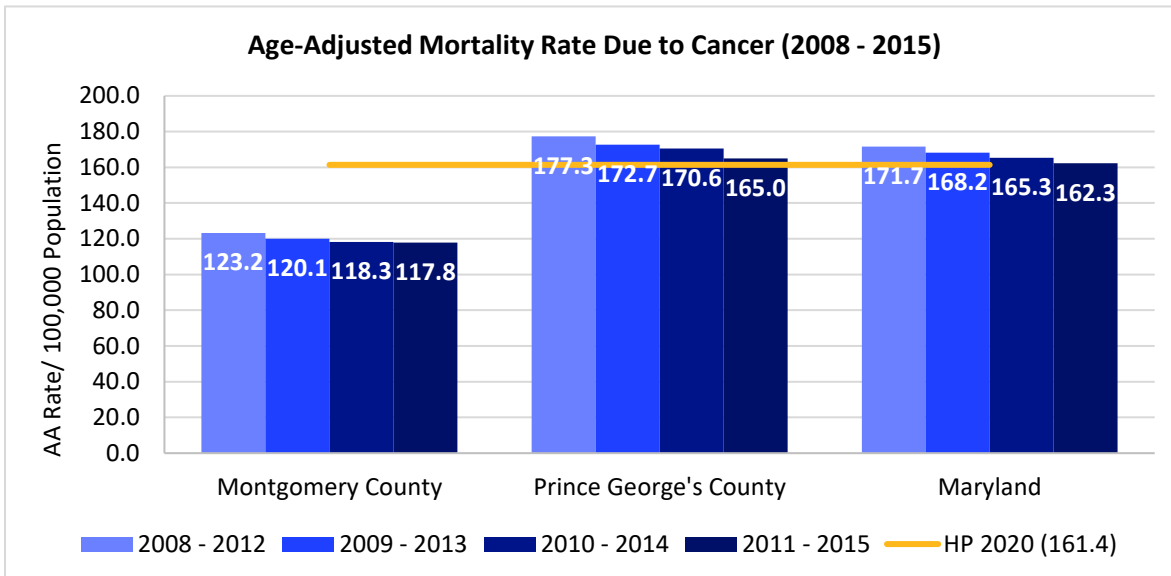
Notes:  
 \*Data are chosen from statewide and metropolitan area cancer registries that satisfy data quality requirements for all invasive cancer sites combined. Rates include approximately 99.0% of the U.S. population.  
 † Excludes basal and squamous cell carcinomas of the skin excluding occurrences on genital organs, and in situ cancers excluding urinary bladder

**Table 2.** Age-Adjusted Cancer Mortality rates for the 10 Primary Sites with the Highest Rates within State and Sex Specific Categories

(Source: [United States Cancer Statistics \(USCS\)](#), 2016)

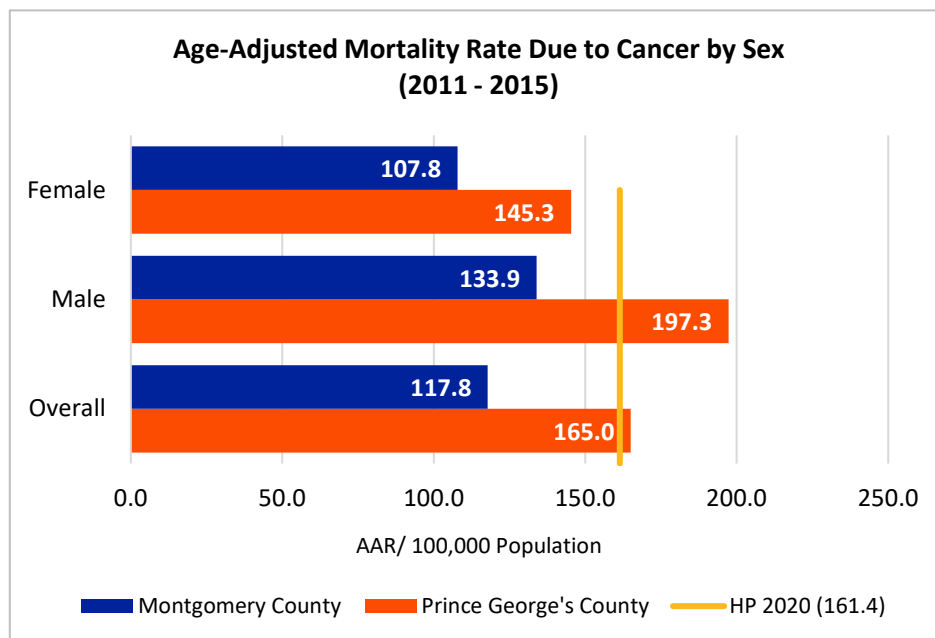
## **Cancer at the County Level**

- Since 2008, Montgomery County has met the HP 2020 targets for age-adjusted mortality rates due to cancer (Figure 3).
- The age-adjusted mortality rate has decreased overall for Prince George’s County. However, they did not meet the HP 2020 target (Figure 3).
- Overall, Maryland has not met the HP 2020 target (Figure 3).



**Figure 3.** Age-Adjusted Mortality Rate due to Cancer in Montgomery County, Prince George’s County, and Maryland, 2008 – 2015  
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

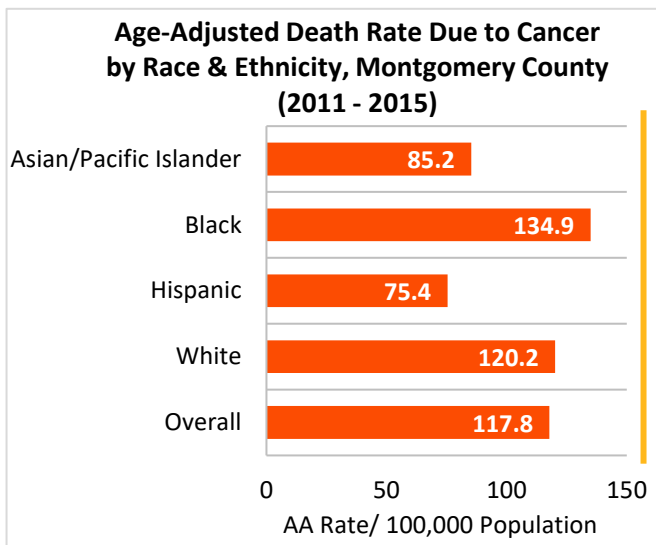
- For both Montgomery and Prince George’s County, males had a higher age-adjusted mortality rate as compared to women. Overall, Prince George’s County has higher age-adjusted mortality rates (Figure 4).



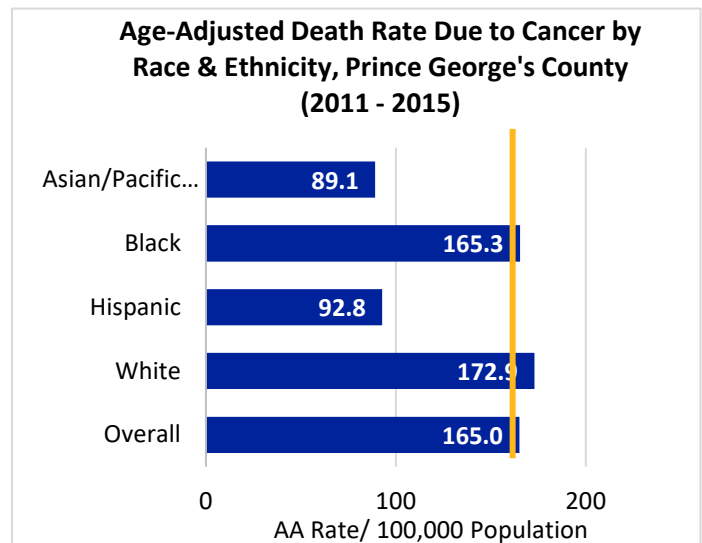
**Figure 4.** Age-Adjusted Mortality Rate due to Cancer by Sex in Montgomery County and Prince George’s County, 2011 – 2015  
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)



- Mortality rates due to Cancer in Montgomery County were highest among Blacks, followed by Whites, Asian/Pacific Islander, and then Hispanic (Figure 5).
- In Prince George’s County, the highest mortality rates due to Cancer are attributed to Whites, followed by Blacks, Hispanic, and then Asian/Pacific Islander (Figure 6).

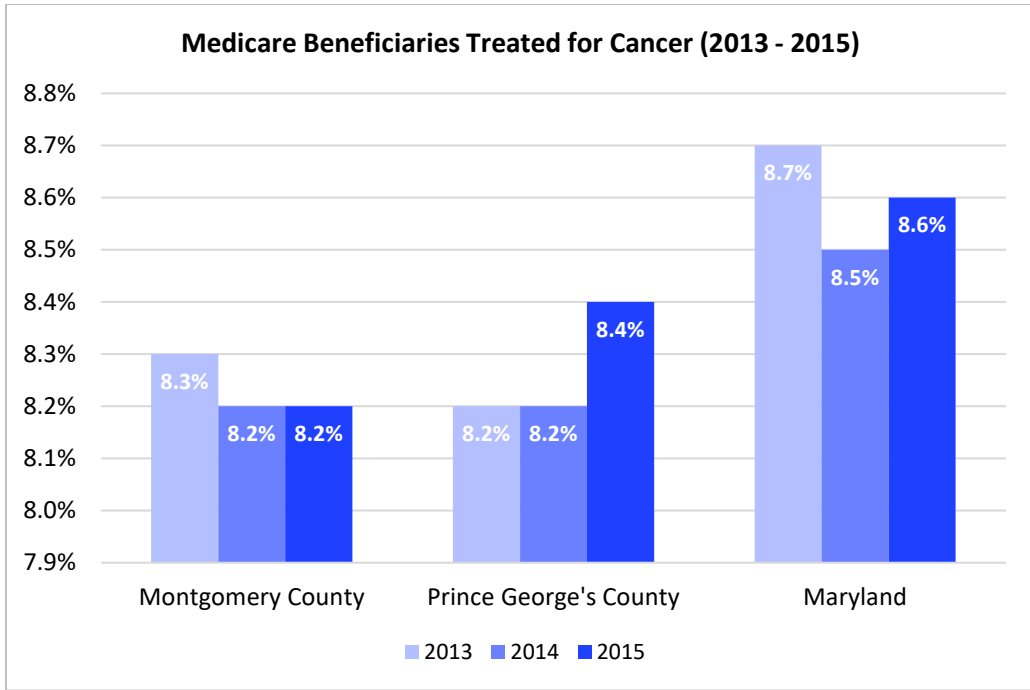


**Figure 5.** Age-Adjusted Mortality Rate due to Cancer by Race/Ethnicity in Montgomery County, 2011 – 2015  
(Source: [Healthy Montgomery](#), 2018)



**Figure 6.** Age-Adjusted Mortality Rate due to Cancer by Race/Ethnicity in Prince George’s County, 2011 – 2015  
(Source: [PGC Health Zone](#), 2018)

- Overall, the number of Medicare beneficiaries that were treated in Maryland decreased from 2013 to 2014, with a slight increase in 2015 (Figure 7).
- Prince George’s County had an increased trend of Medicare beneficiaries from 2014 to 2015 (Figure 7).
- When compared to Prince George’s County, Montgomery County demonstrated a decrease from 2013 to 2014. However, Montgomery County remained constant from 2014 to 2015 (Figure 7).

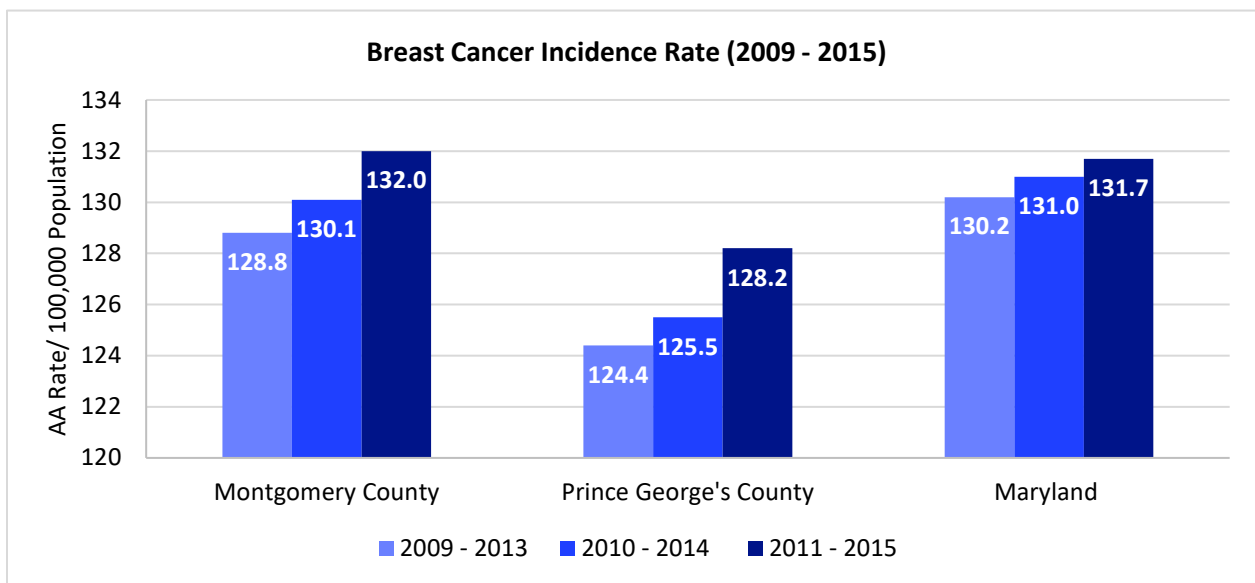


**Figure 7.** Percent of Medicare Beneficiaries that were Treated for Cancer in Montgomery County, Prince George's County, and Maryland, 2013 – 2015  
 (Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

# 1.1 Breast Cancer

## Incidence

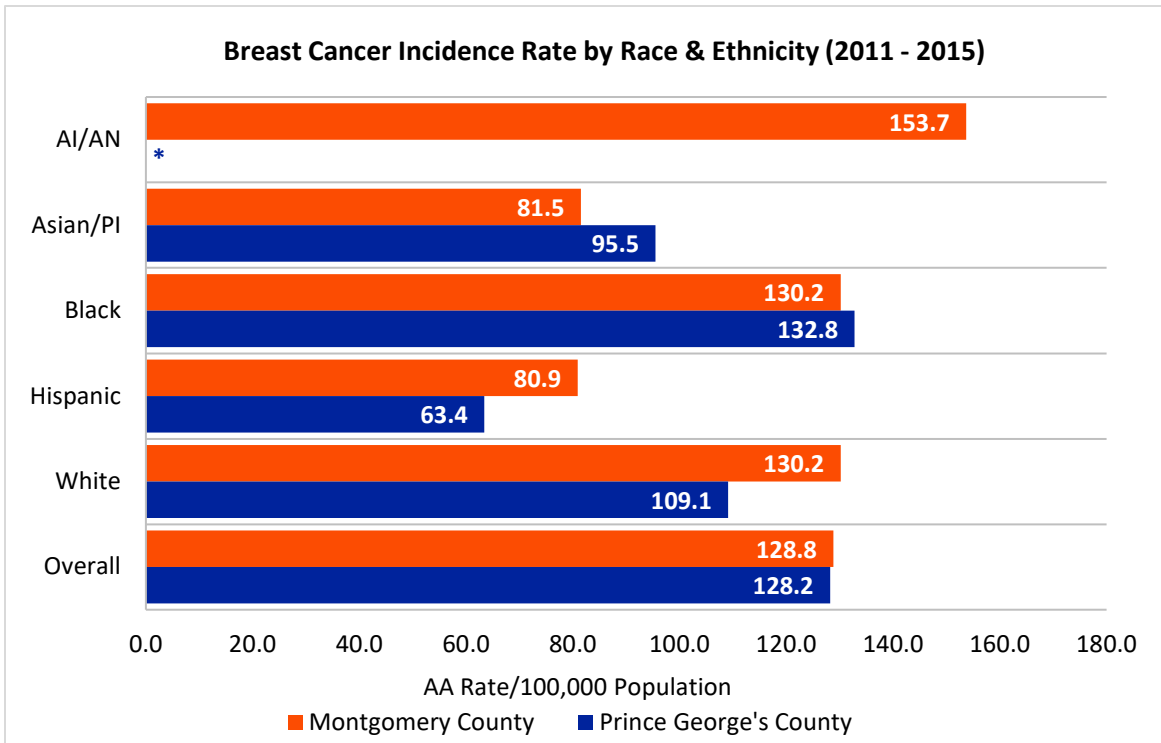
- From 2009 to 2015, Montgomery and Prince George’s County had an increased breast cancer incidence rate which was similar to Maryland overall (Figure 8).
- When compared to Montgomery County and Maryland, Prince George’s County has the lowest rates of breast cancer incidence (Figure 8).



**Figure 8.** Age-Adjusted Incidence Rate for Breast Cancer in Montgomery County, Prince George’s County, and Maryland, 2009 – 2015

(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

- When comparing incidence rate by race/ethnicity and county, Montgomery County has a slightly higher overall breast cancer incidence rate than Prince George’s County (Figure 9).
- In Montgomery County, the population subgroup with the highest incidence rate for breast cancer is American Indian/Alaska Native (Figure 9).
- In Prince George’s County, the group with the highest incidence rate is Black individuals followed by White individuals (Figure 9).



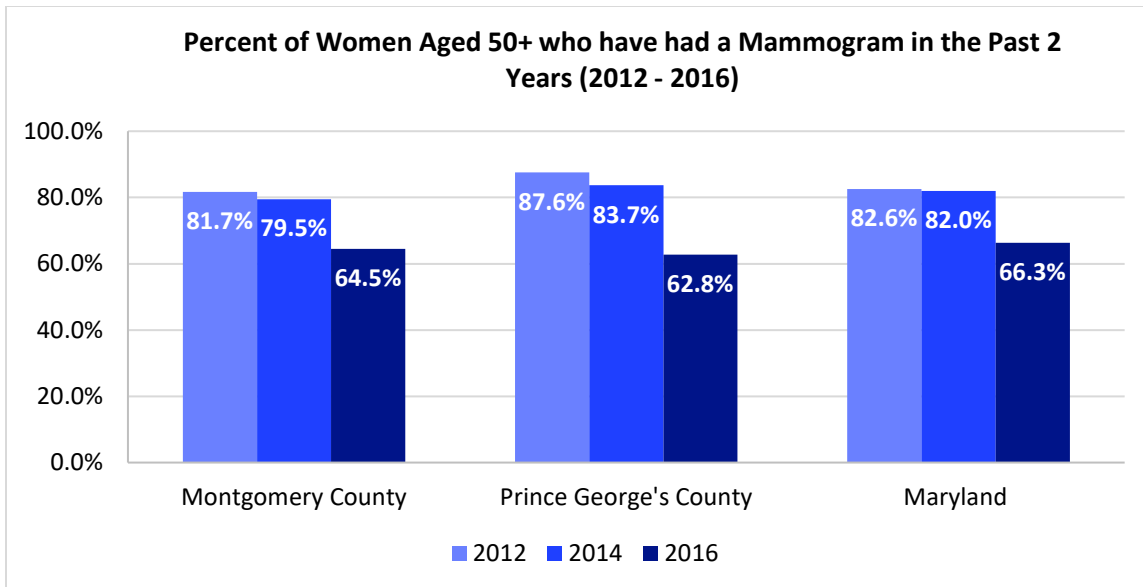
**Figure 9.** Age-Adjusted Incidence Rate for Breast Cancer by Race & Ethnicity in Montgomery & Prince George’s County, 2011 – 2015

\*Data not available/not applicable

(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

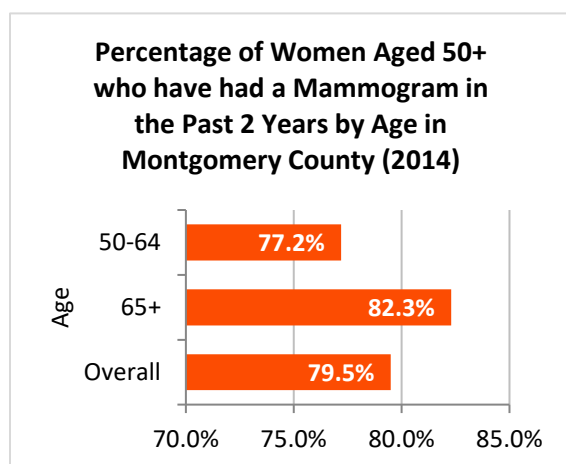
## Screening

- Since 2012, the total percentage of women aged 50 and over who had their recommended mammogram in the past two years decreased by 20 percent in both counties (Figure 10).
- Both Montgomery County and Prince George’s County had less breast cancer screenings than Maryland overall (Figure 10).

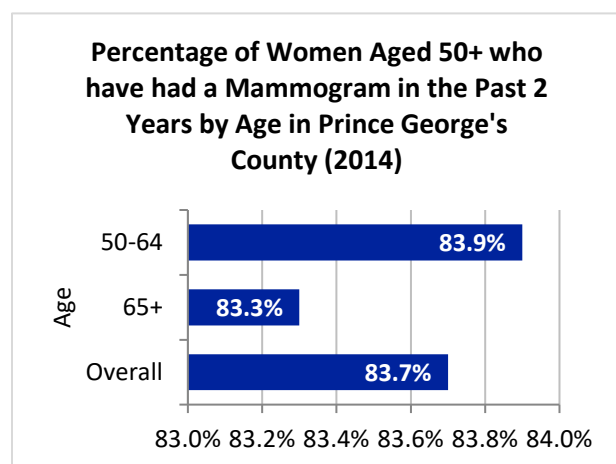


**Figure 10.** Percentage of Women aged 50 and over who have had a Mammogram in the Past Two Years in Montgomery and Prince George's Counties, 2012 – 2016  
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

- In Montgomery County, there was a greater percentage of 65+ year old women who received a mammogram as compared to ages 50–64. In Prince George's County, the percentages of individuals in both 65+ and 50–64-year old groups, were consistent with the overall rates, all being roughly 83–84.0 percent (Figures 11 and Figure 12).

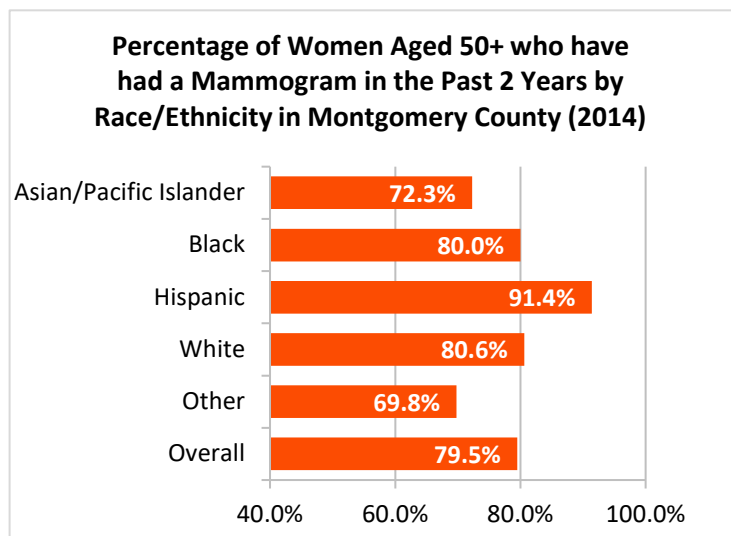


**Figure 11.** Percentage of Women aged 50 + who have had a Mammogram in the Past Two Years by Age in Montgomery County, 2014  
(Source: [Healthy Montgomery](#), 2014)

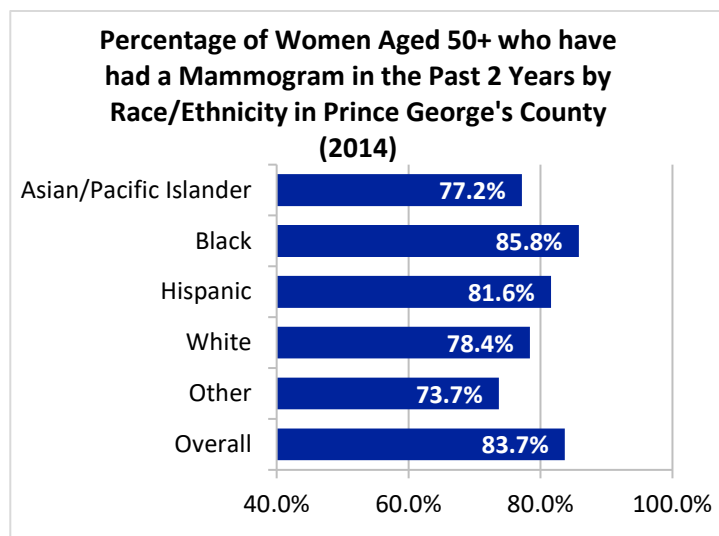


**Figure 12.** Percentage of Women aged 50+ who have had a Mammogram in the Past Two Years by Age in Prince George's County, 2014  
(Source: [PGC Health Zone](#), 2014)

- When evaluating mammography by race/ethnicity, in 2014, Montgomery County demonstrated the highest percentage group as Hispanic, followed by White and Black individuals (at about the same percentage), then Asian and then Other. For Prince George’s County, the highest percentage of mammography was demonstrated in Blacks, followed by Hispanics, then Whites, Asians, and then Other (Figures 13 and Figure 14).



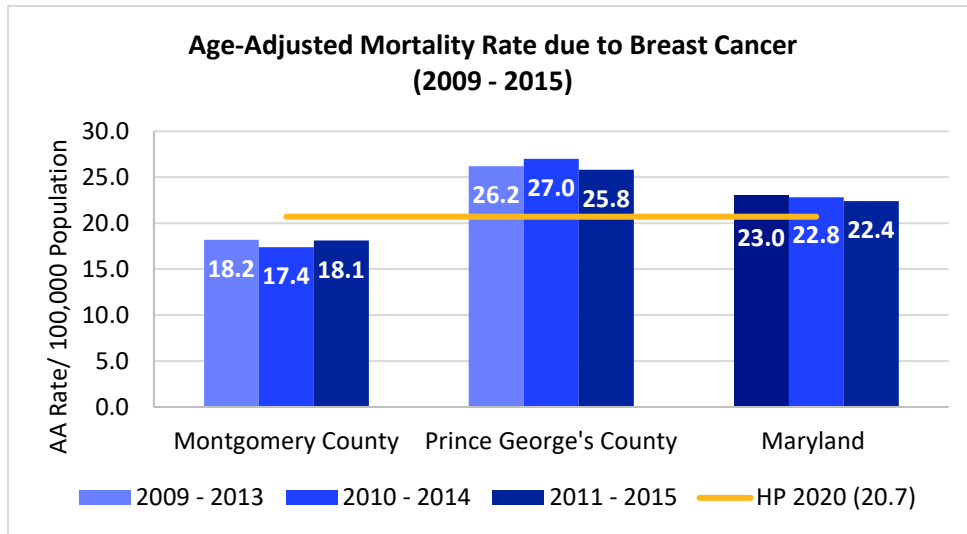
**Figure 13.** Percentage of Women aged 50 + who have had a Mammogram in the Past Two Years by Race/Ethnicity in Montgomery County, 2014  
(Source: [Healthy Montgomery](#), 2014)



**Figure 14.** Percentage of Women aged 50+ who have had a Mammogram in the Past Two Years by Race/Ethnicity in Prince George’s County, 2014  
(Source: [PGC Health Zone](#), 2014)

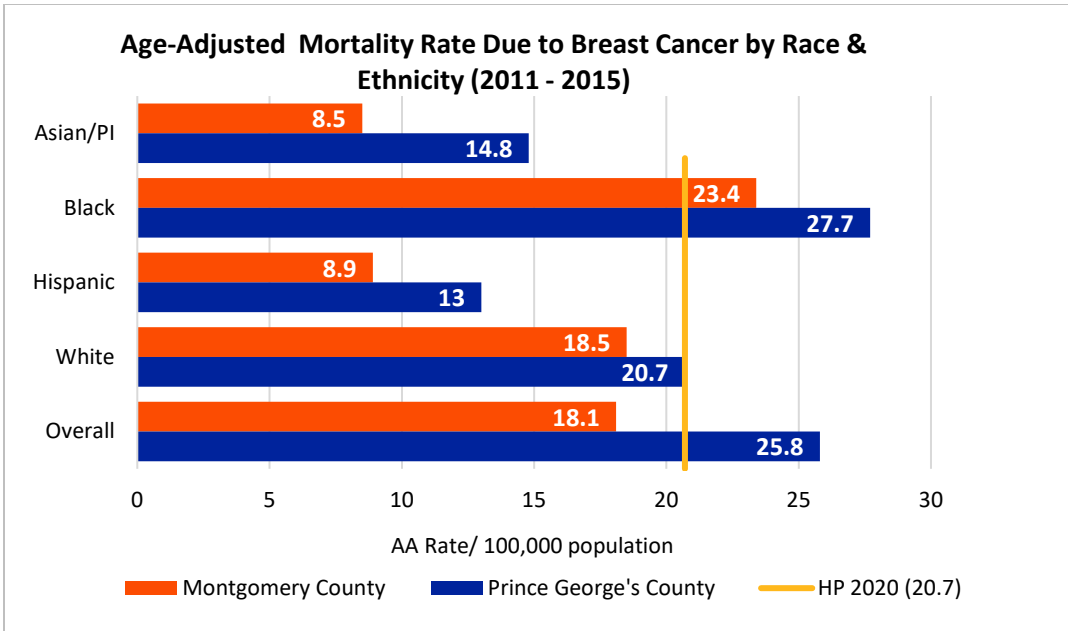
## Mortality

- From 2009 to 2015, Montgomery County met the HP 2020 Target. However, Prince George’s County and Maryland did not (Figure 15).
- In Prince George’s County, there was a slight decrease in mortality from 2011 to 2015 as compared to previous years (Figure 15).
- In Maryland, the mortality rate due to breast cancer has decreased by 0.4 from 2010 to 2015 (Figure 15).



**Figure 15.** Age-Adjusted Mortality Rate to Breast Cancer in Montgomery County, Prince George’s County, and Maryland, 2009 – 2015  
 (Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

- When comparing race and ethnicity data, Montgomery County overall met the HP 2020 mortality rate due to breast cancer target (Figure 16).
- In Montgomery County, all the population subgroups except for Black met the HP 2020 Target (Figure 16).
- For Blacks in Montgomery and Prince George’s County, the mortality rate is significantly higher than that of any other racial/ethnic group (Figure 16).
- In Prince George’s County, none of the subpopulations met the HP 2020 target (Figure 16).



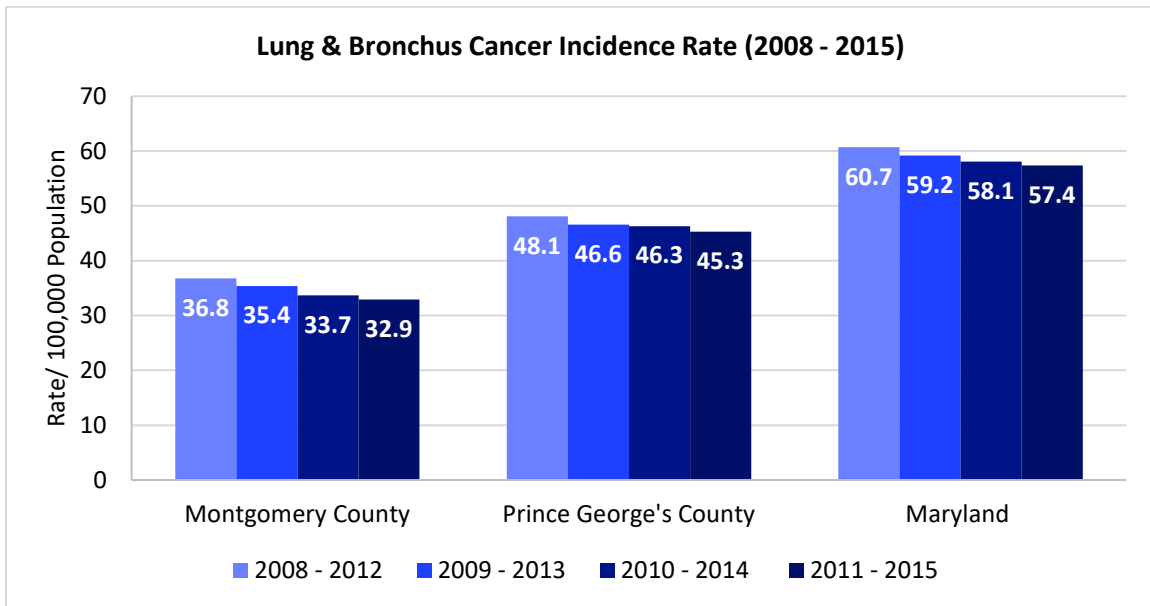
**Figure 16.** Age-Adjusted Mortality Rate by Race & Ethnicity in Montgomery & Prince George’s County, 2011 – 2015  
 (Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)



# 1.2 Lung Cancer

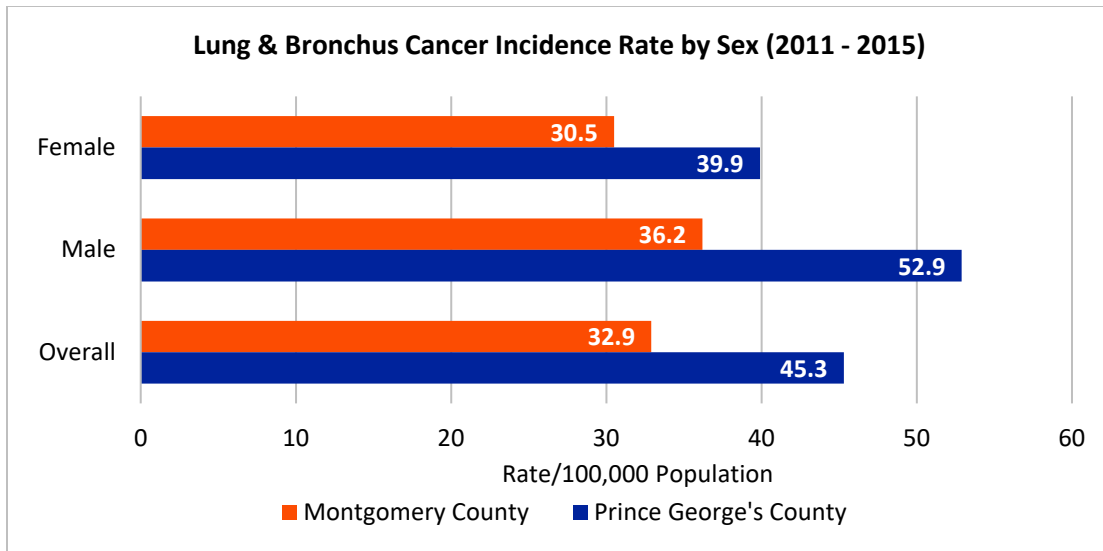
## Incidence

- From 2008 to 2015, the lung cancer incidence rates decreased in both counties and Maryland. Montgomery County has the lowest incidence rate followed by Prince George’s County and Maryland (Figure 18).



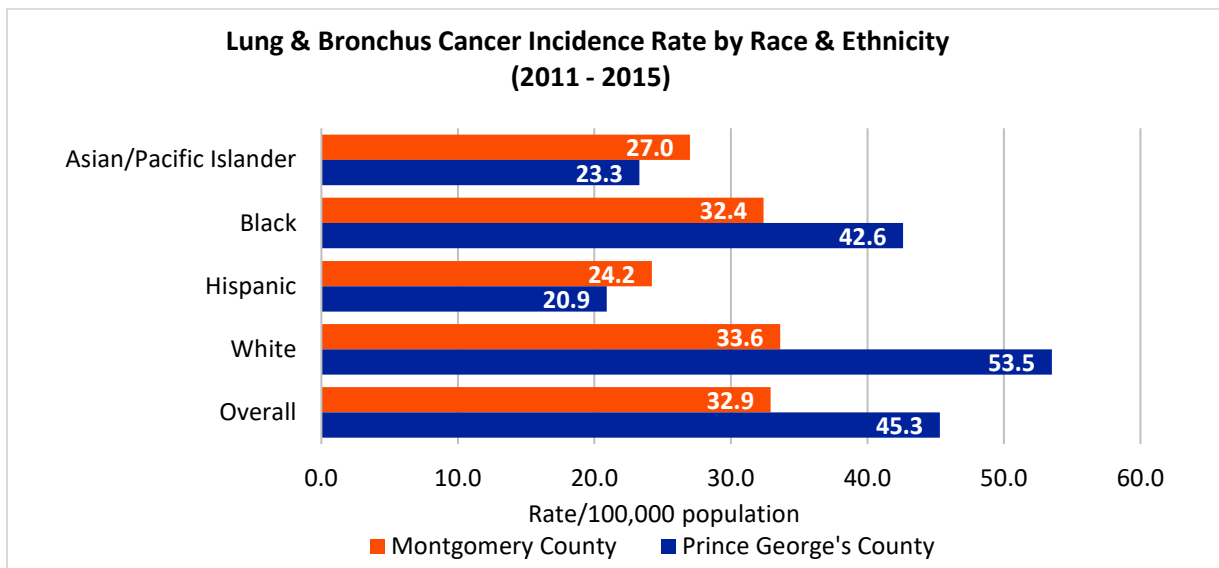
**Figure 18.** Age-Adjusted Incidence Rate for Lung and Bronchus Cancers in Montgomery County, Prince George’s County, and Maryland, 2008 – 2015  
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2015)

- When evaluating lung and bronchus cancer incidence rates by sex, Montgomery and Prince George’s County men had higher rates than women (Figure 19).
- Prince George’s County had a larger gap for lung and bronchus cancer incidence rates when compared to Montgomery County (Figure 19).



**Figure 19.** Age-Adjusted Incidence Rate for Lung and Bronchus Cancers by Sex in Montgomery and Prince George’s County, 2011 – 2015  
(Source: [Healthy Montgomery](#) & [Prince George’s County](#), 2018)

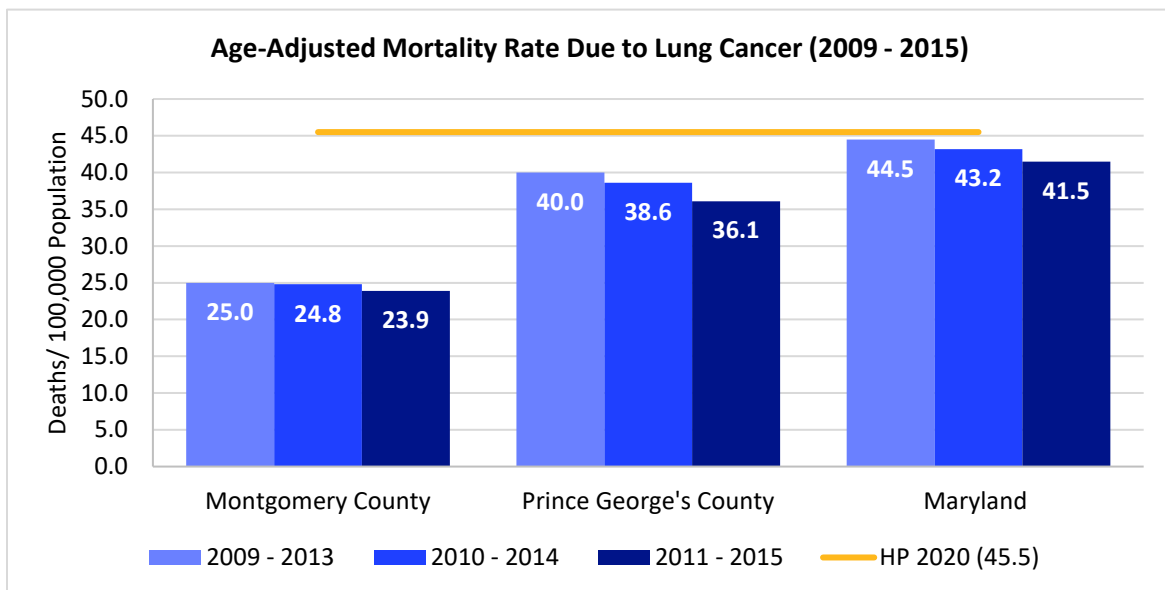
- In Montgomery and Prince George’s County, White followed by Black individuals had the highest incidence rate for lung and bronchus cancer from 2011 to 2015 (Figure 20).
- White individuals had a higher incidence rate than the overall average for Prince George’s County (Figure 20).



**Figure 20.** Age-Adjusted Incidence Rate for Lung and Bronchus Cancers by Race & Ethnicity, 2011 – 2015  
(Source: [Healthy Montgomery](#) & [Prince George’s County](#), 2018)

## Mortality

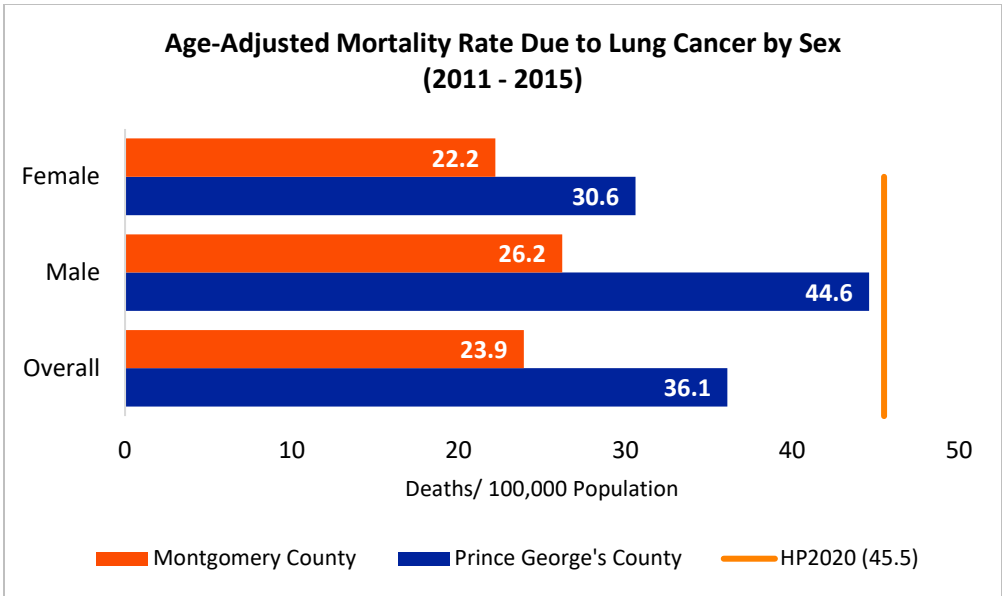
- From 2009 to 2015, the age-adjusted mortality rate due to lung cancer steadily decreased in both Montgomery and Prince George’s County and Maryland (Figure 21).
- When compared to Prince George’s County and Maryland, Montgomery County had significantly lower mortality rates due to lung cancer (Figure 21).



**Figure 21.** Age-Adjusted Mortality rate for Lung Cancers in Montgomery County, Prince George’s County, and Maryland, 2009 – 2015

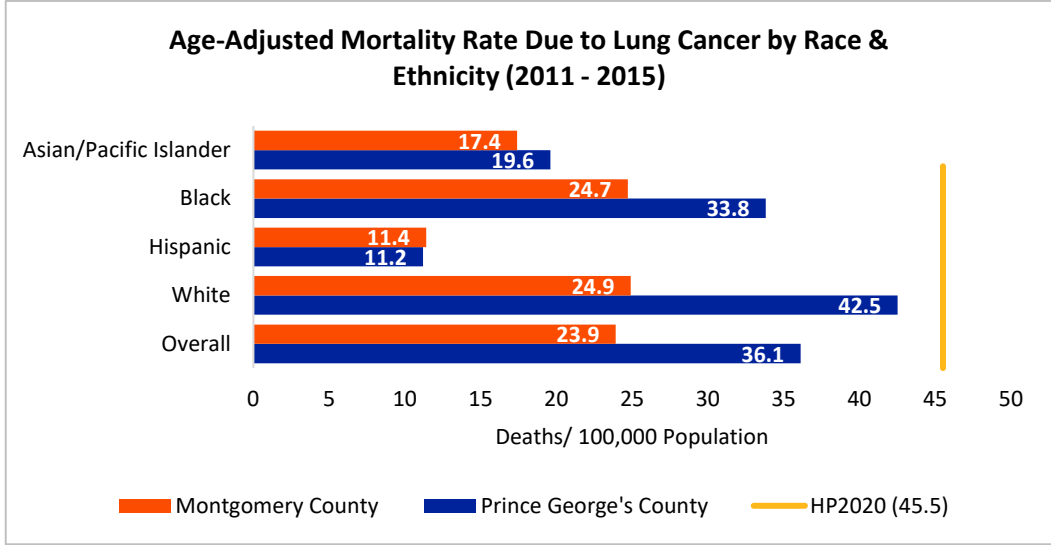
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

- From 2011 to 2015, both Montgomery and Prince George’s County met the HP 2020 goal for age-adjusted mortality rate due to lung cancer which is comparable to that of Maryland (Figure 22).
- Males in both counties and the state had a higher mortality rate when compared to women; however, Prince George’s County males had the highest mortality rate overall (Figure 22).



**Figure 22.** Age-Adjusted Mortality rate for Lung Cancers by Sex in Montgomery County, 2011 – 2015  
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

- Mortality rates due to lung cancer in both counties, when broken down by race/ethnicity, indicated that all categories surpassed the HP 2020 target (Figure 23).
- White individuals in both counties had the highest mortality rates followed by Black, Asian/Pacific Islander and then Hispanics (Figure 23).
- When comparing both counties by race and ethnicity, Prince George’s County’s White population had nearly 2X the mortality rate for lung cancer (Figure 23).

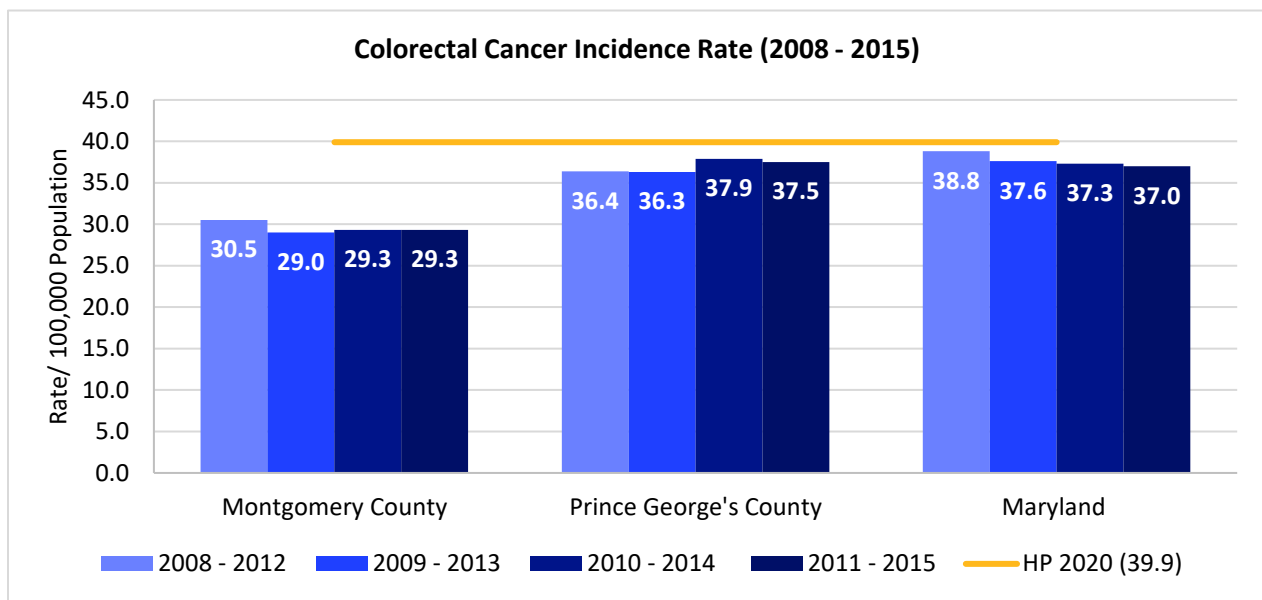


**Figure 23.** Age-Adjusted Mortality Rate for Lung Cancers per by Race/Ethnicity in Montgomery and Prince George’s County, 2011 – 2015  
(Source: [Healthy Montgomery](#), 2018)

# 1.3 Colorectal Cancer

## Incidence

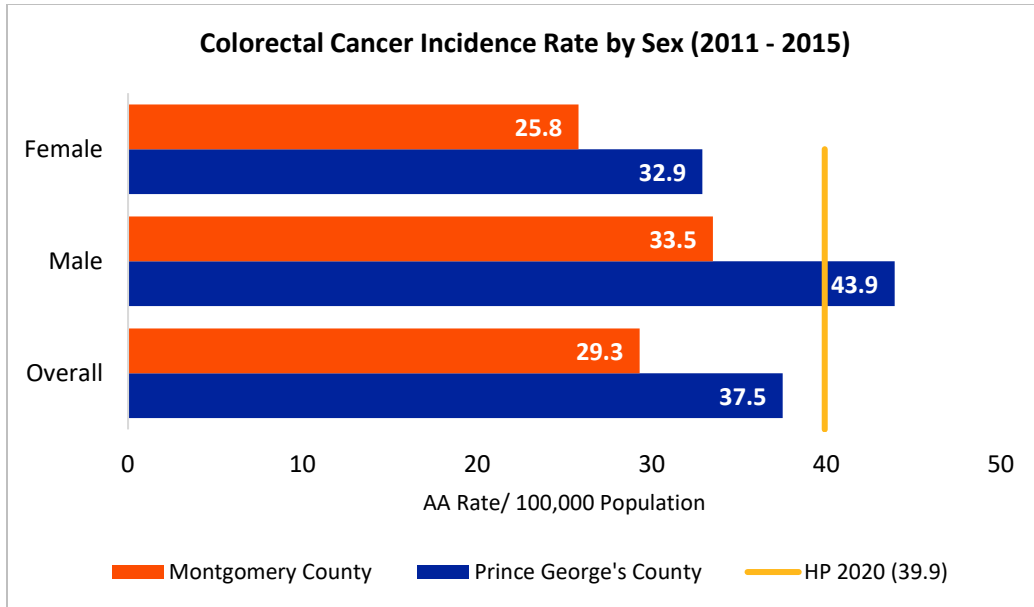
- Overall, colorectal cancer incidence rates in Maryland have declined since 2008 which is similar to Montgomery and Prince George’s County (Figure 24).
- Both counties and Maryland met the HP 2020 target (Figure 24).
- When comparing both counties, Montgomery County had the lowest incidence rates for colorectal cancer from 2008 to 2015 (Figure 24).



**Figure 24.** Age-Adjusted Incidence Rate for Colorectal Cancer in Montgomery County, Prince George’s County, and Maryland, 2008 – 2015

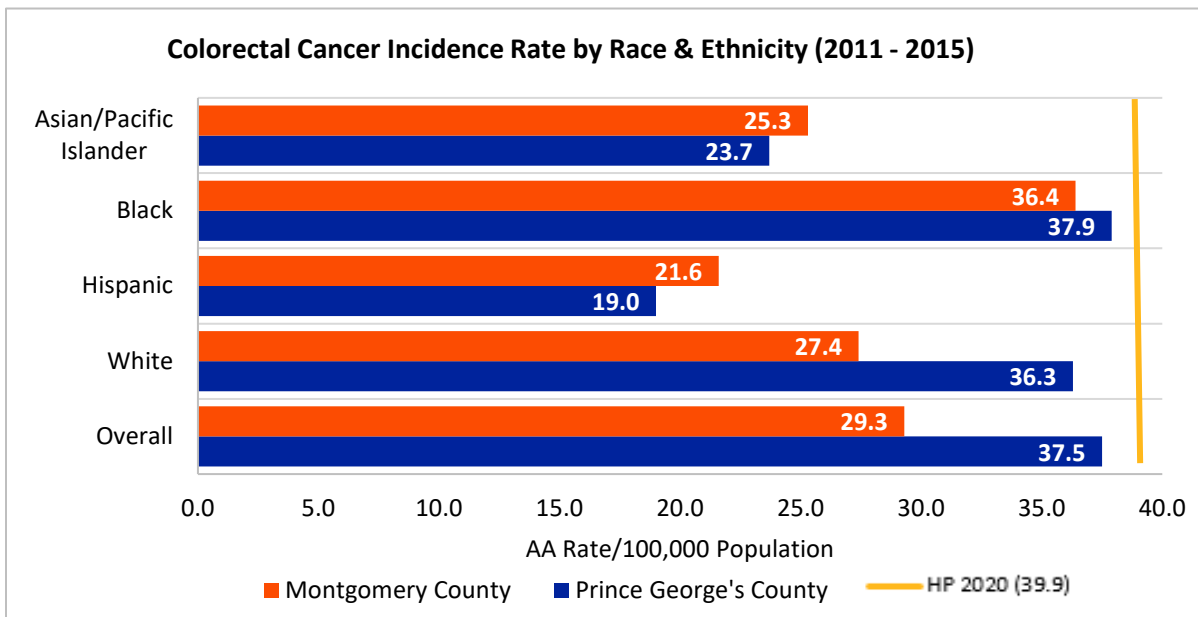
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

- When looking at incidence rates broken down by sex, males in both counties demonstrated higher incidence for colorectal cancer than females (Figure 25).
- Montgomery County rates met the HP 2020 target. However, in Prince George’s County, the HP 2020 target was met only for female and overall rates; the rate for males did not meet the target (Figure 25).



**Figure 25.** Colorectal Cancer Incidence Rate by Sex in Montgomery County, 2011 – 2015  
 (Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

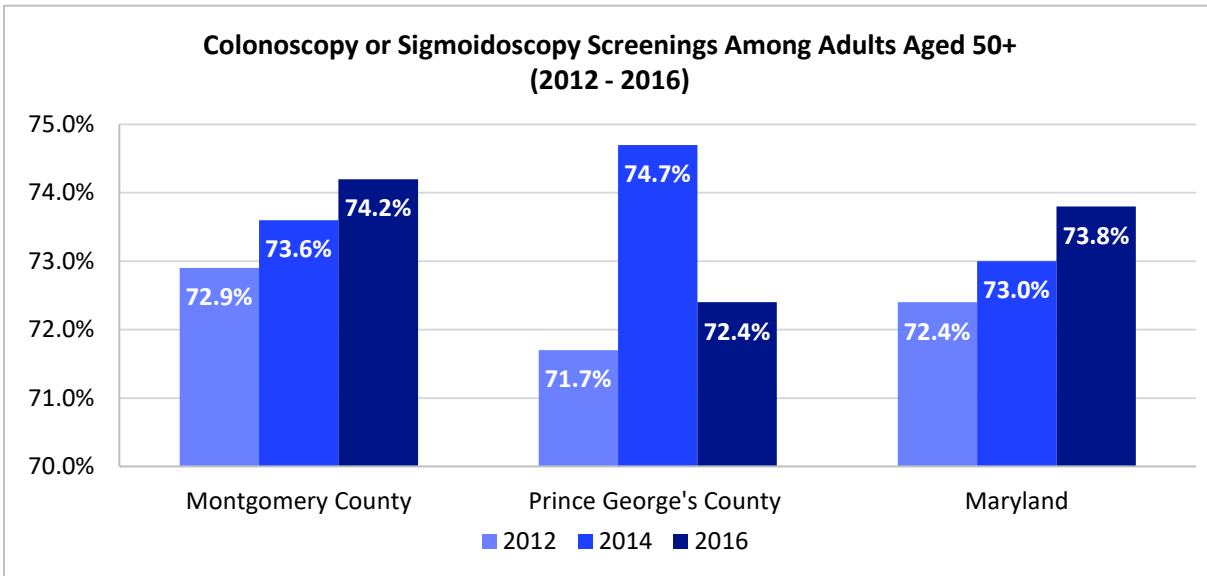
- When stratified by race/ethnicity, both counties met the HP 2020 target for colorectal cancer incidence rate (Figure 26).
- In both Montgomery and Prince George’s County, Black individuals had the highest incidence rates, followed by White, and Asian/Pacific Islander (Figure 26).



**Figure 26.** Colorectal Cancer Incidence Rate by Race/Ethnicity in Montgomery and Prince George’s County, 2011 – 2015  
 (Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

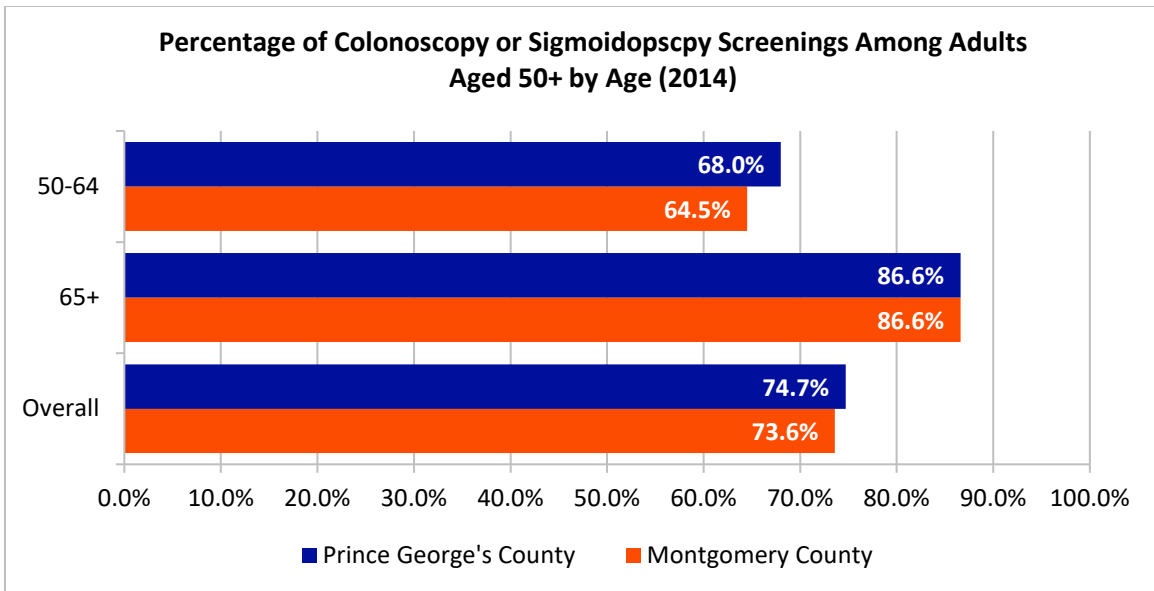
## Screening

- In Montgomery County, the percentage of adults aged 50 and over who ever had a sigmoidoscopy or colonoscopy exam increased by nearly 1.0 percent (Figure 27).
- In Prince George's county, the percentage of adults who were screened decreased by 2.3 percent from 2014 to 2016 (Figure 27).



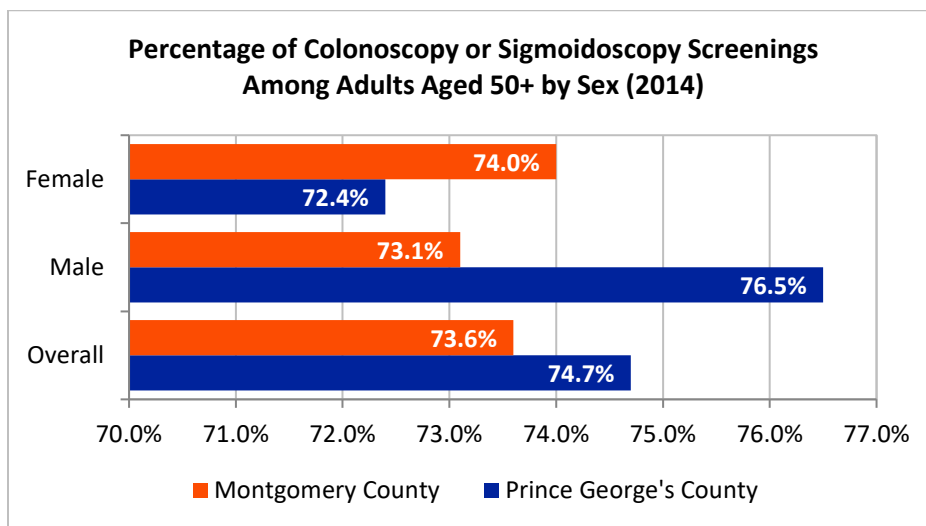
**Figure 27.** Percentage of Adults aged 50+ who have ever had a Sigmoidoscopy or Colonoscopy Screening in Montgomery and Prince George's Counties, 2012 – 2016  
(Source: [Healthy Montgomery](#), 2018)

- In both Montgomery and Prince George's County, adults aged 65+ contributed a larger percentage of colonoscopy or sigmoidoscopy screenings than their 50 to 64-year-old counterparts (Figure 28).
- In both counties, the 65+ groups had higher percentages of screening than the county overall (Figure 28).



**Figure 28.** Percentage of Adults aged 50+ who ever had a Sigmoidoscopy or Colonoscopy Screening in Montgomery and Prince George’s Counties by Age, 2014  
(Source: [Healthy Montgomery](#), 2018)

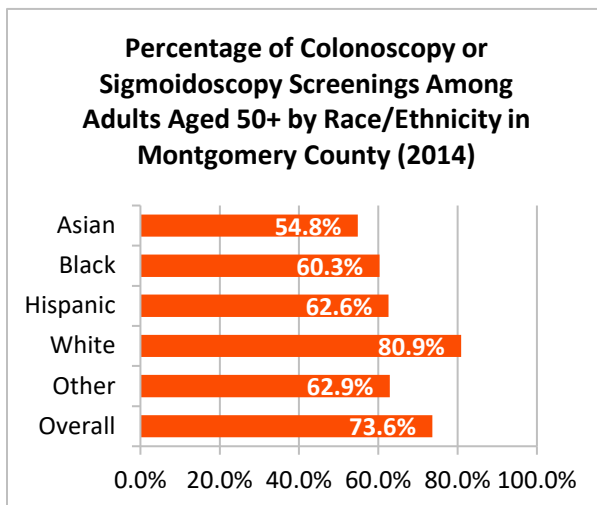
- In Montgomery and Prince George’s County, there was a higher percentage of females than males to receive the screening (Figure 29).
- For both counties, females had a higher percentage of screening than the overall percentage (Figure 29).



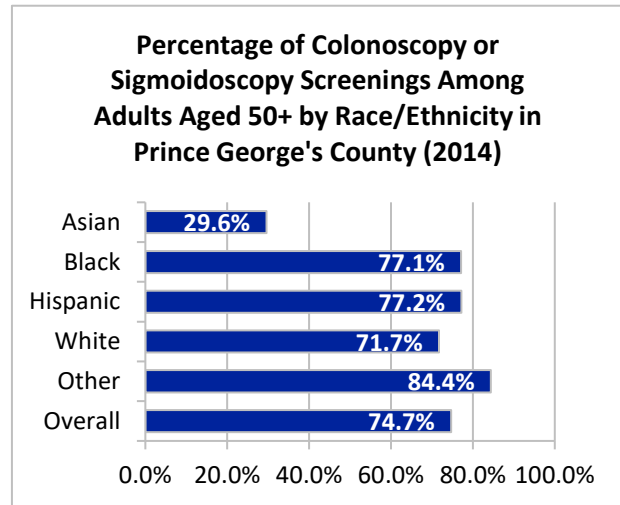
**Figure 29.** Percentage of Adults aged 50+ who ever had a Sigmoidoscopy or Colonoscopy Screening in Montgomery and Prince George’s Counties by Sex, 2014  
(Source: [Healthy Montgomery](#), 2018)



- When examining the screening percentages within each county based on race and ethnicity, Montgomery County showed higher percentages of screenings in White individuals as compared to other race and ethnicities, followed by Other, Hispanic, Black, and then Asian (Figure 30).
- In Prince George’s County, the Other category had the highest percentage, followed by Hispanic and Black at roughly the same percentage, then White and Asian (Figure 31).

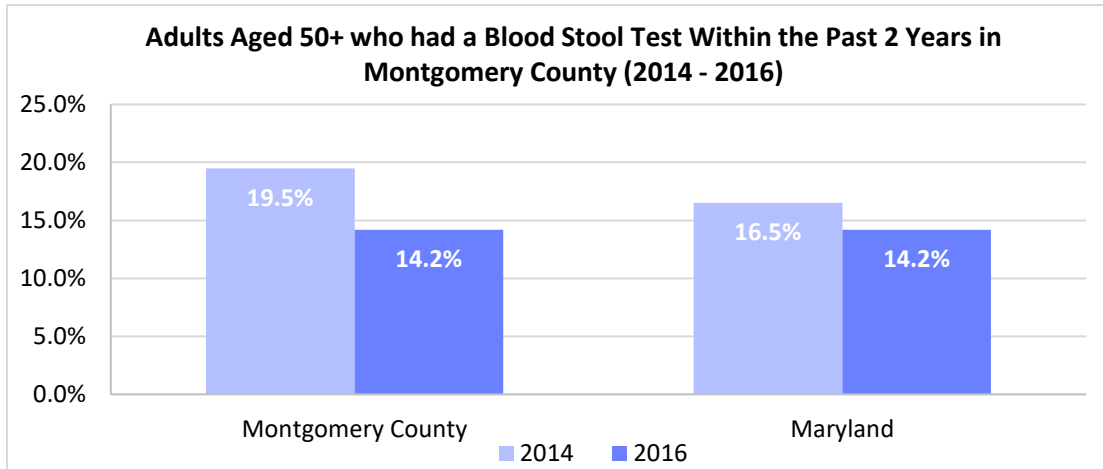


**Figure 30.** Percentage of Adults aged 50+ that ever had a Sigmoidoscopy or Colonoscopy Exam by Race/Ethnicity in Montgomery County, 2014 (Source: [Healthy Montgomery](#), 2018)



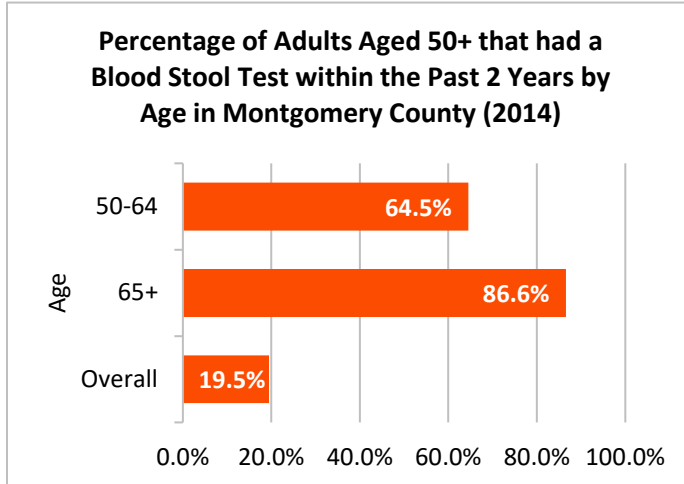
**Figure 31.** Percentage of Adults aged 50+ that ever had a Sigmoidoscopy or Colonoscopy Exam by Race/Ethnicity in Prince George’s County, 2014 (Source: [PGC Health Zone](#), 2018)

- In 2014, there was approximately a 5.0 percent decrease in adults aged 50 and over that ever had a blood stool test within the past two years in Montgomery County. In Maryland, the percentage remained the same (Figure 32).

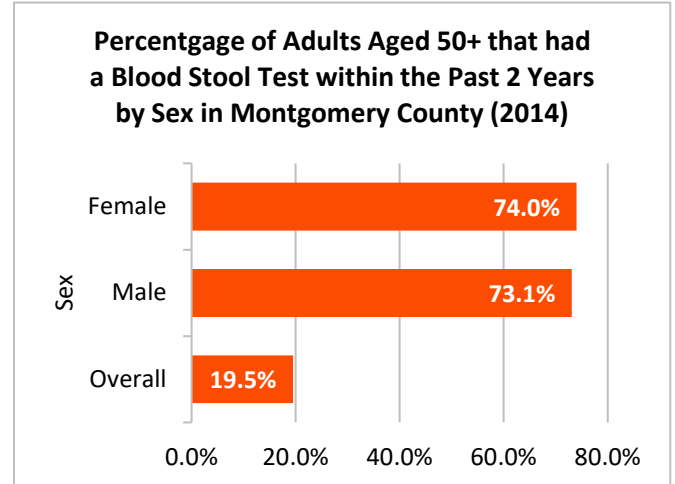


**Figure 32.** Percentage of Adults aged 50+ that have ever had a Blood Stool Test within the Past 2 Years in Montgomery County, 2014 - 2016  
(Source: [Healthy Montgomery](#), 2018)

- In Montgomery County, adults aged 65+ who had a blood stool test in the past two years comprised a larger percentage than their 50 to 64-year-old counterparts (Figure 33).
- The percentages of males versus females who had a blood stool test, within that 50 and over age group, does not differ much from one another with nearly a 1.0 percent difference (Figure 34).



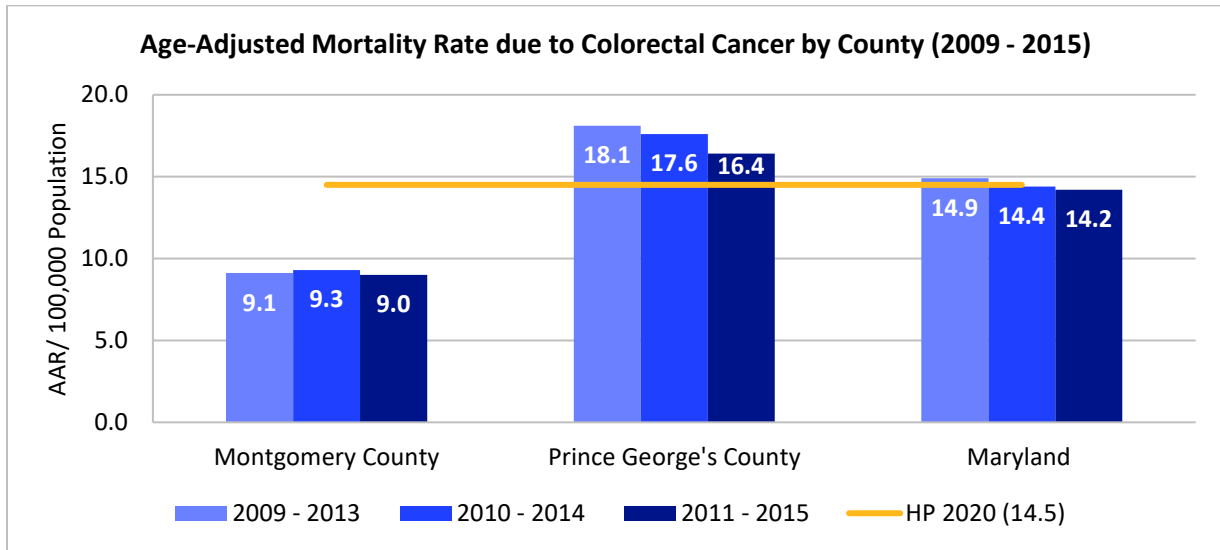
**Figure 33.** Percentage of Adults aged 50+ that have ever had a Blood Stool Test within the Past 2 Years by Age in Montgomery County, 2014  
(Source: [Healthy Montgomery](#), 2014)



**Figure 34.** Percentage of Adults aged 50+ that have ever had a Blood Stool Test within the Past 2 Years by Sex in Montgomery County, 2014  
(Source: [Healthy Montgomery](#), 2014)

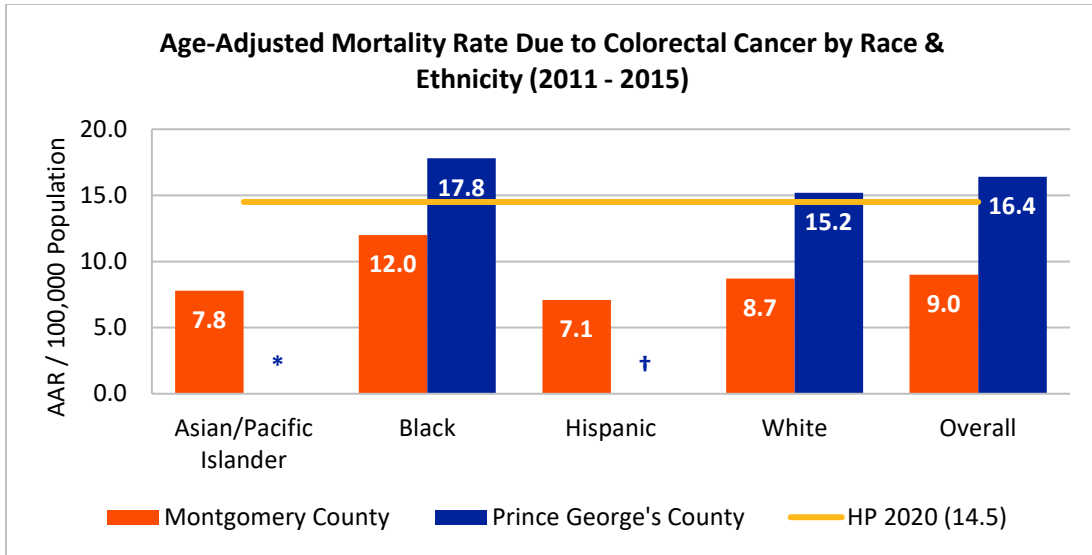
## Mortality

- Mortality rates due to colorectal cancer decreased in Maryland overall, with Maryland meeting the HP 2020 target for 2010 to 2014 and 2011 to 2015 (Figure 35).
- Montgomery County had the lowest mortality rate and meets the HP 2020 target. However, Prince George’s County did not meet the target and had the highest rates overall (Figure 35).



**Figure 35.** Age-Adjusted Mortality rate due to Colorectal Cancer in Montgomery County, Prince George’s County, and Maryland, 2009 – 2015  
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

- When examining mortality rates due to colorectal cancer by race and ethnicity, Black individuals in both counties had the highest mortality rates when compared to other racial groups (Figure 36).
- Montgomery County met the HP 2020 target for all subcategories of race and ethnicity. The lowest mortality rates were seen in Hispanics (Figure 36).
- For the data available in Prince George’s County, no category met the HP 2020 target (Figure 36).

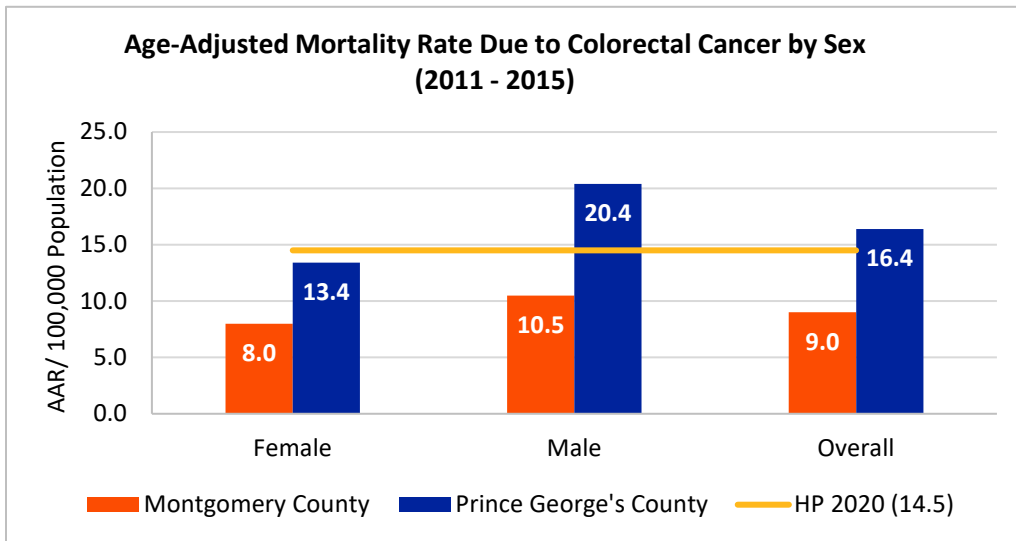


**Figure 36.** Age-Adjusted Mortality rate due to Colorectal Cancer by Race & Ethnicity in Montgomery and Prince George's County, 2011 – 2015

\*†Data not available/not applicable

(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

- In Montgomery County, both males and females met the HP 2020 target; however, males in Prince George's County had nearly 2X the age-adjusted mortality rate when compared to Montgomery County (Figure 37).
- Males overall had the highest age-adjusted mortality rate in both counties (Figure 37).



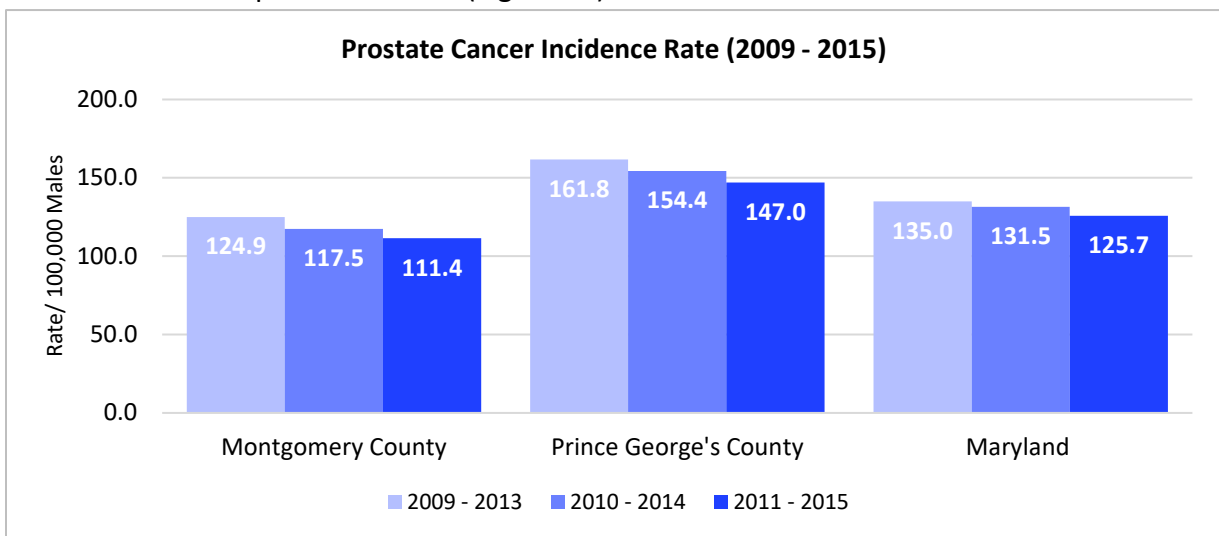
**Figure 37.** Age-Adjusted Mortality Rate due to Colorectal Cancer by Sex in Montgomery and Prince George's County, 2011 – 2015

(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

# 1.4 Prostate Cancer

## Incidence

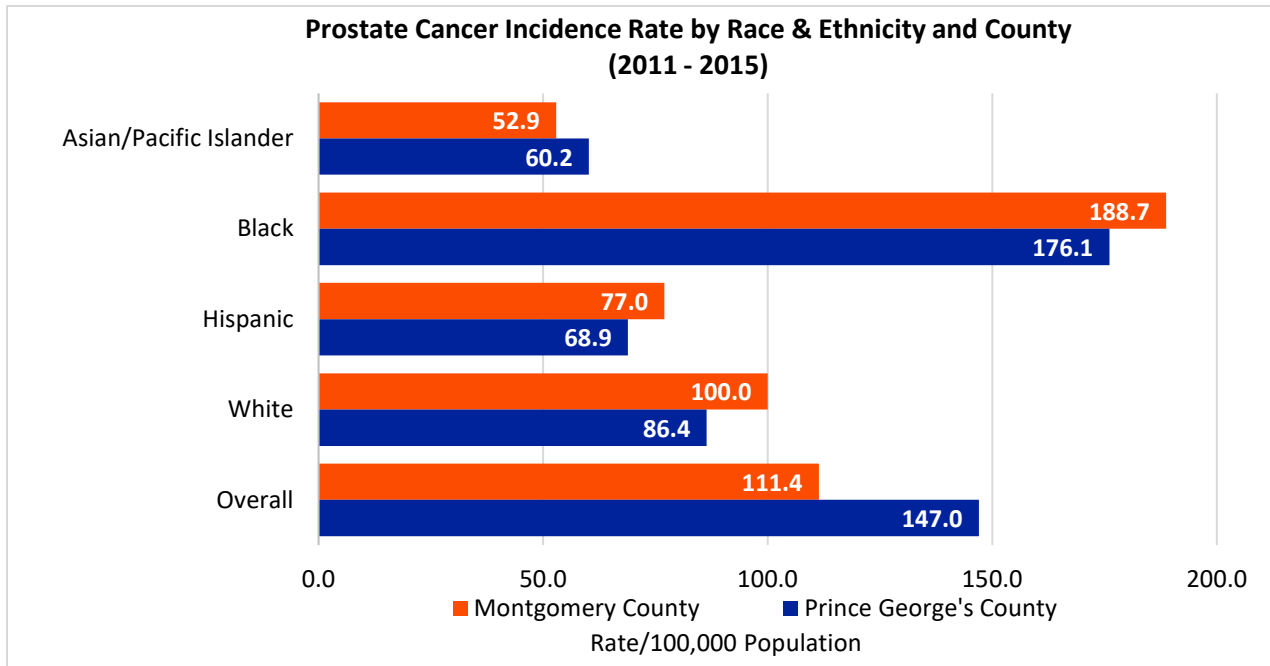
- The incidence of prostate cancer in the state of Maryland steadily decreased after 2009. The same trend is true for Montgomery County and Prince George’s County specifically (Figure 38).
- Compared to Prince George’s County and the state overall, Montgomery County had the lowest incidence rates for prostate cancer (Figure 38).



**Figure 38.** Age-Adjusted Incidence Rate for Prostate Cancer in Montgomery County, Prince George’s County, and Maryland, 2009 – 2015

(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

- For both Montgomery and Prince George’s County, Black individuals had the highest incidence rates for prostate cancer, and in both cases those rates are much higher than the overall rate for the county. Among other subgroups, White individuals followed by Hispanics had the next highest incidence rate (Figure 39).
- In Montgomery County, specifically, the incidence rate for Black individuals was nearly 2X the overall county rate (Figure 39).

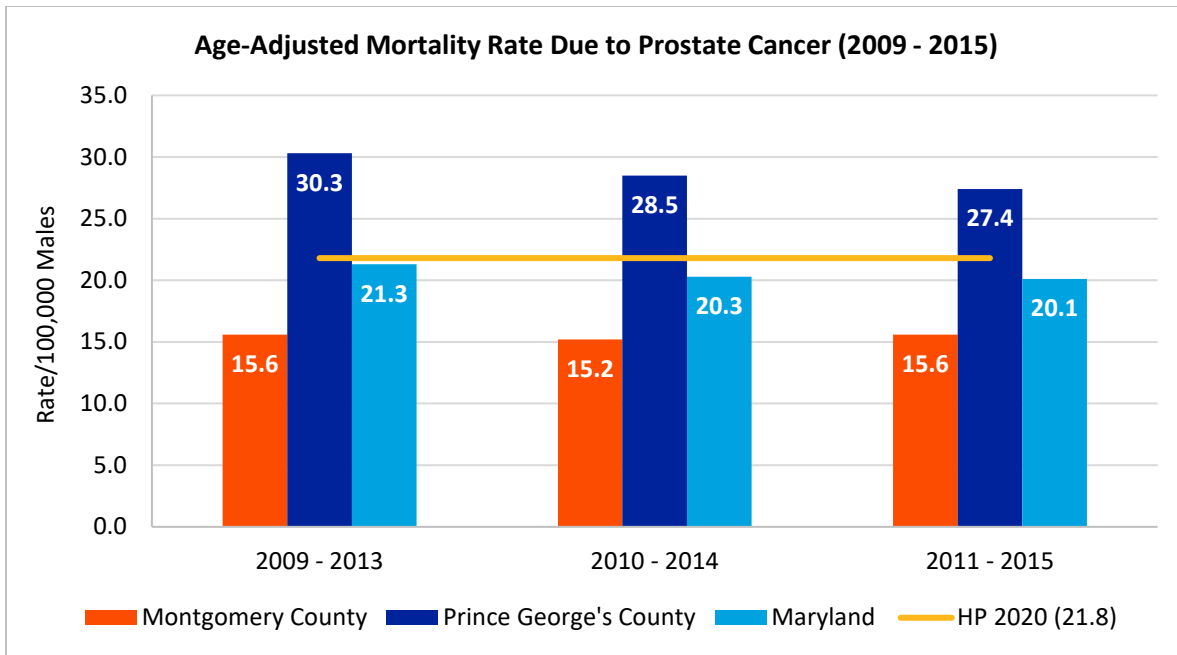


**Figure 39.** Age-Adjusted Incidence Rate for Prostate Cancer by Race/Ethnicity in Montgomery County, 2011 – 2015

(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

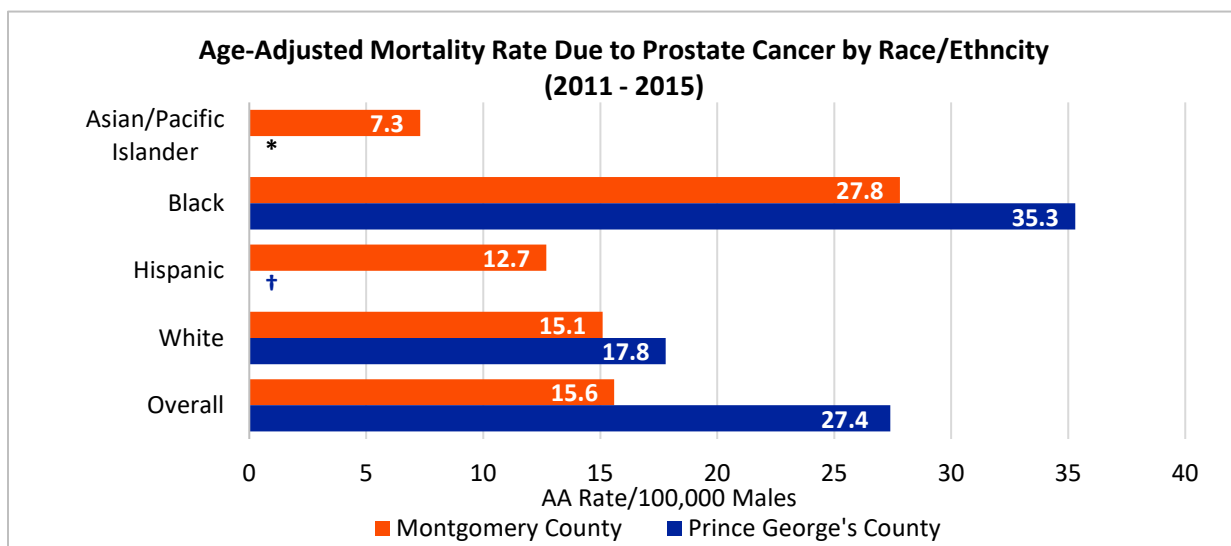
## Mortality

- The mortality rate due to prostate cancer had a decreasing trend in both Maryland overall and in Prince George’s County. However, Montgomery County had a minor 0.4 increase from 2010 to 2015 (Figure 40).
- Since 2009, Maryland and Montgomery County consistently met the HP 2020 target. Prince George’s County; however, did not met the HP 2020 target (Figure 40).



**Figure 40.** Age-Adjusted Mortality rate Due to Prostate Cancer in Montgomery County, Prince George's County, and Maryland, 2011 – 2015  
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

- In both Montgomery and Prince George's County, Black individuals had the highest mortality rates due to prostate cancer. Montgomery County had nearly 2X the mortality rate than the overall rate and Prince George's County had 1.3X the overall mortality rate (Figure 41).

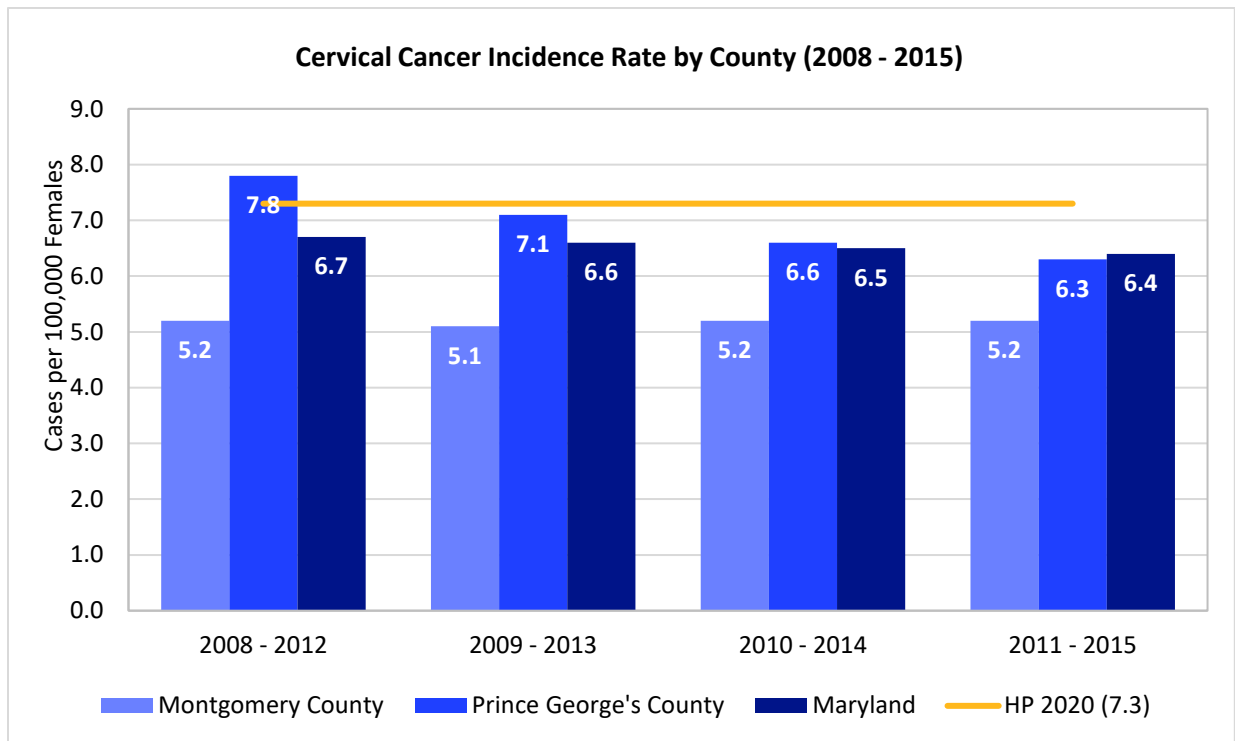


**Figure 41.** Age-Adjusted Mortality rate Due to Prostate Cancer by Race/Ethnicity in Montgomery and Prince George's County, 2011 – 2015  
\*†Data not available/not applicable  
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

# 1.5 Cervical Cancer

## Incidence

- In Maryland, the incidence rate for cervical cancer among females decreased over time (Figure 42).
- Montgomery County maintained significantly lower incidence rates when compared to Prince George’s County and the state overall. However, the rates for both Prince George’s County and the state remained stable for the past five years (Figure 42).
- Prince George’s County had a decreasing trend for cervical cancer incidence rate from 2008 to 2015 (Figure 42).
- Both counties and the state met the HP 2020 target for the most recent data year (Figure 42).

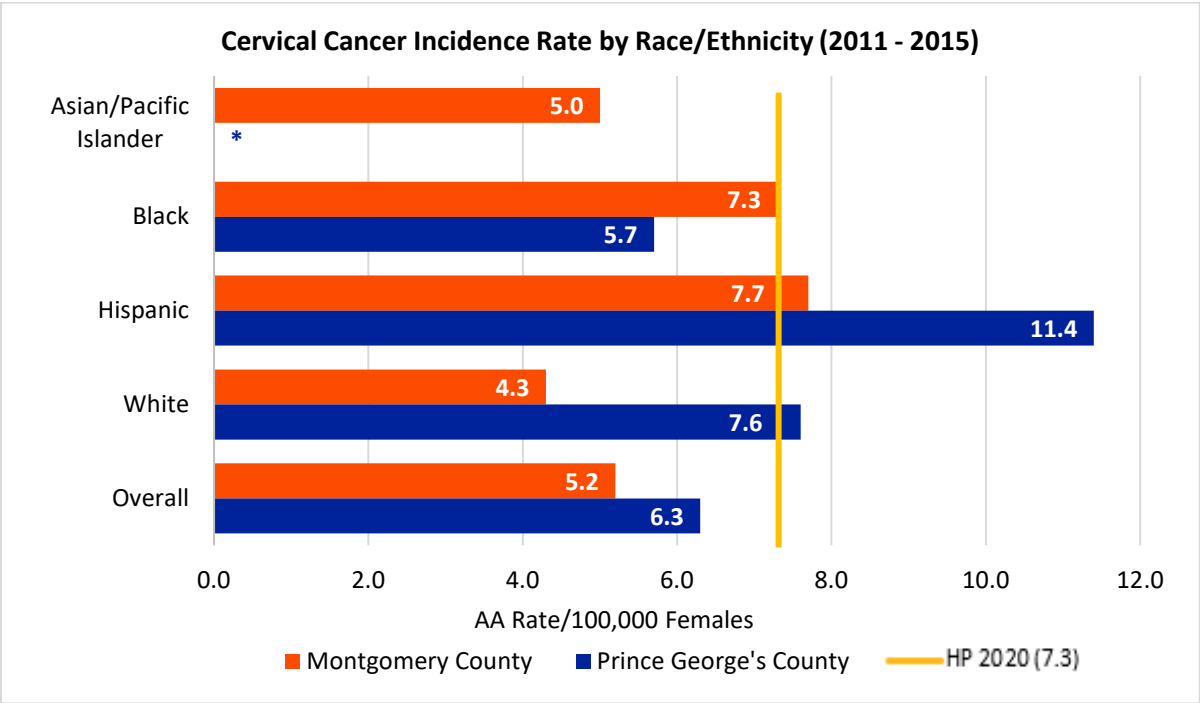


**Figure 42.** Age-Adjusted Incidence Rate for Cervical Cancer in Montgomery County, Prince George’s County, and Maryland, 2008 – 2015

(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)



- Among population subgroups in both Montgomery and Prince George’s County, Hispanic women had the highest incidence rate of cervical cancer and surpass the HP 2020 target and the overall rate for the counties (Figure 43).
- In Prince George’s County, specifically, Hispanic women had nearly 2X the cervical cancer incidence rate when compared to the overall rate for the county (Figure 43).
- In Montgomery County, the HP 2020 target was met overall; Black and White women had lower rates than Hispanics. In Prince George’s County, the HP 2020 target was not met by any subgroup besides Black women. White women had the second highest incidence rate in the county (Figure 43).



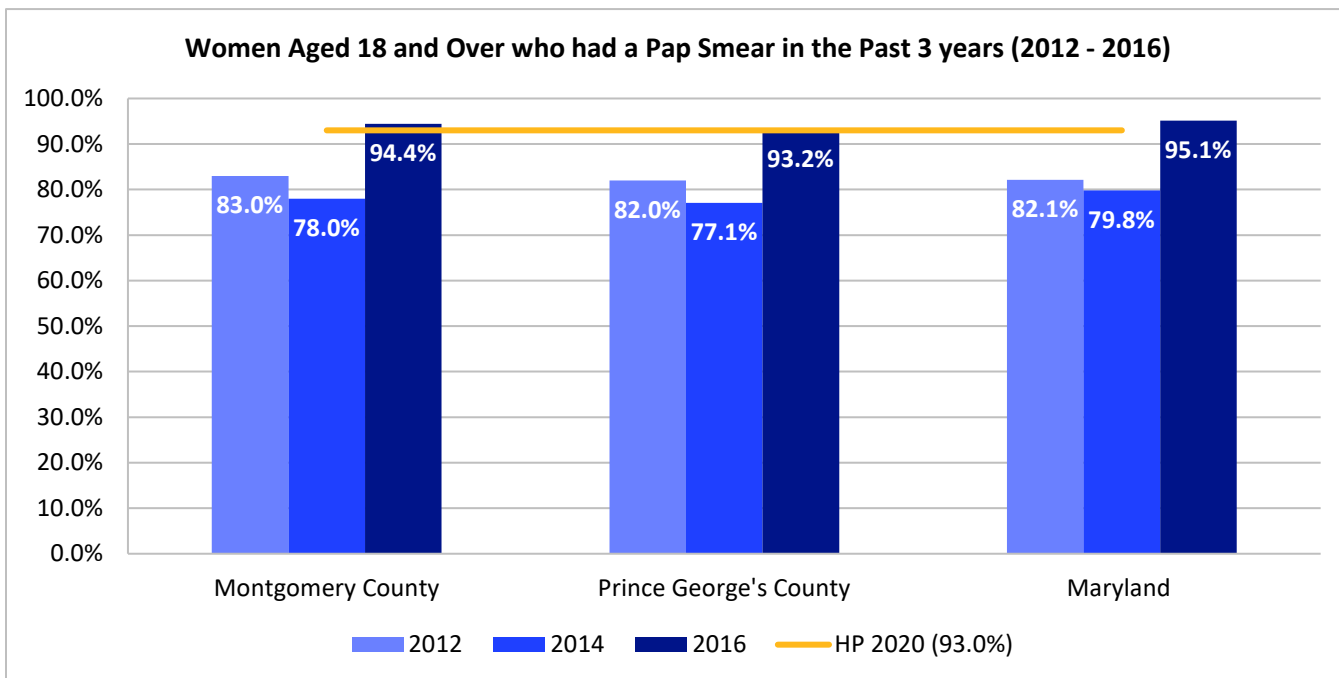
**Figure 43.** Age-Adjusted Incidence Rate for Cervical Cancer by Race/Ethnicity in Montgomery and Prince George’s County , 2011 – 2015

\*Data not available/not applicable

(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

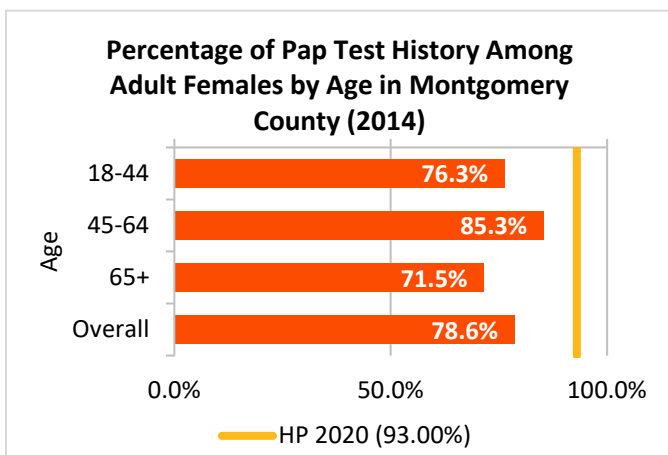
### Screening

- When looking at pap smear screening rates for women aged 18 and over, both counties and Maryland had a significant percent increase since 2014 (Figure 44).
- Both counties and the state met the HP 2020 target in 2016 (Figure 44).

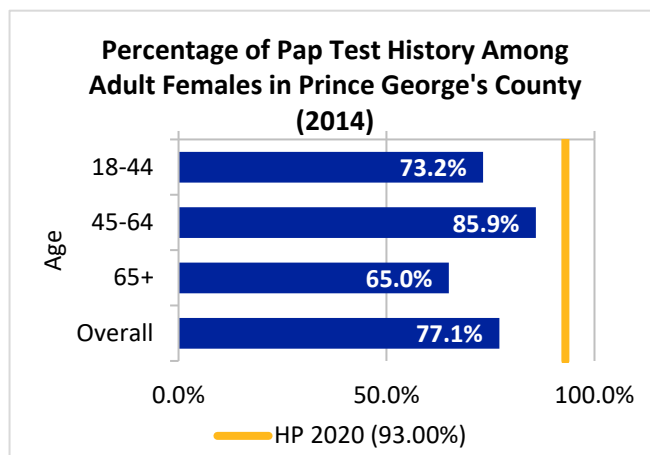


**Figure 44.** Percentage of Females aged 18 and over that had a Pap Smear in the past 3 Years in Montgomery County, Prince George’s County, and Maryland, 2012 – 2016  
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

- For both Montgomery and Prince George’s County, the age groups with the highest percentage of pap testing were individuals between the ages of 46 to 64, followed by 18 to 44, and then 65 and older (Figure 45 and 46).

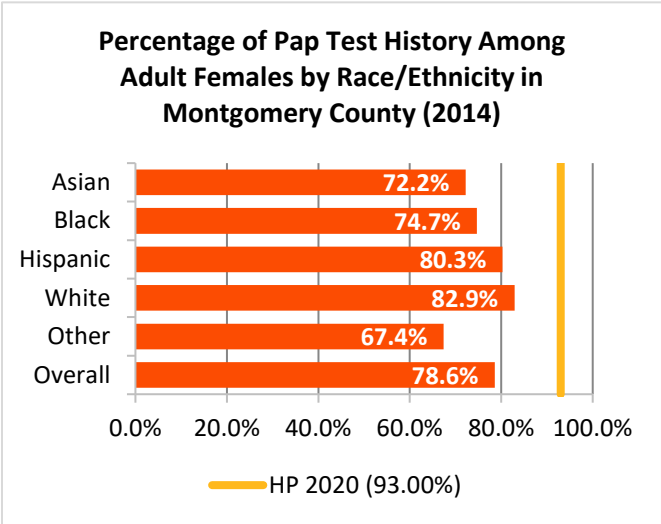


**Figure 45.** Percentage of Females aged 18 and over that had a Pap Smear in the past 3 years by Age in Montgomery County, 2014  
(Source: [Healthy Montgomery](#), 2014)

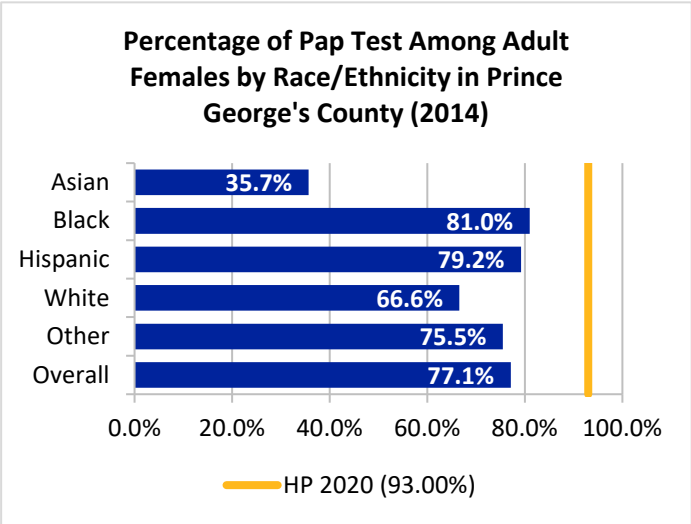


**Figure 46.** Percentage of Females aged 18 and over that had a Pap Smear in the past 3 years by Age in Prince George’s County, 2014  
(Source: [PGC Health Zone](#), 2014)

- When reviewing females aged 18 and over that had a pap smear in the past 3 years, by race and ethnicity, both Montgomery and Prince George’s County had no groups meet the HP 2020 target (Figure 46 and 47).
- In Montgomery County, the group with the highest percentage of females tested were White women followed by Hispanic, Black, Asian, and Other.
- In Prince George’s County, the highest percentage was among Black females followed by Hispanic, Other, and Asian women (Figure 47).



**Figure 47.** Percentage of Females aged 18 and over that had a Pap Smear in the past 3 years by Race/Ethnicity in Montgomery County, 2014  
 (Source: [Healthy Montgomery](#), 2014)

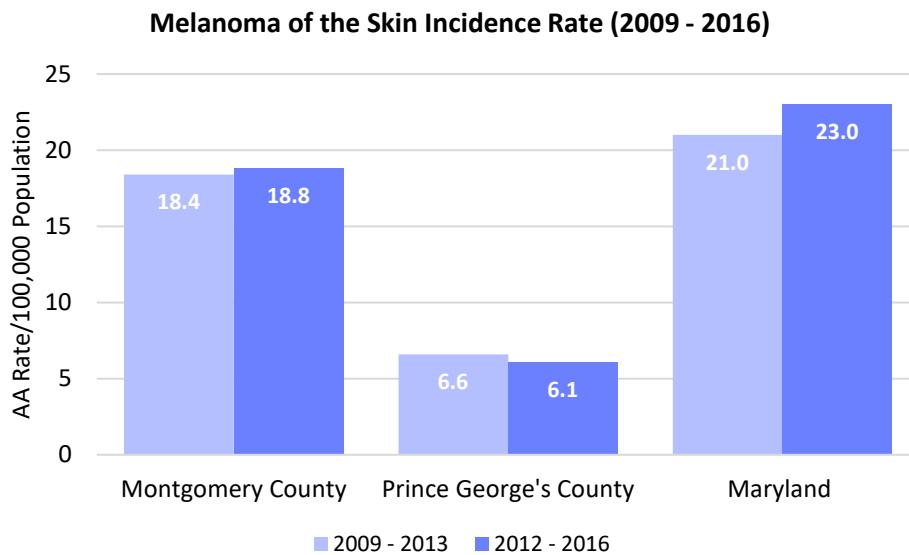


**Figure 48.** Percentage of Females aged 18 and over that had a Pap Smear in the past 3 years by Race/Ethnicity in Prince George’s County, 2014  
 (Source: [PGC Health Zone](#), 2014)

# 1.6 Skin Cancer

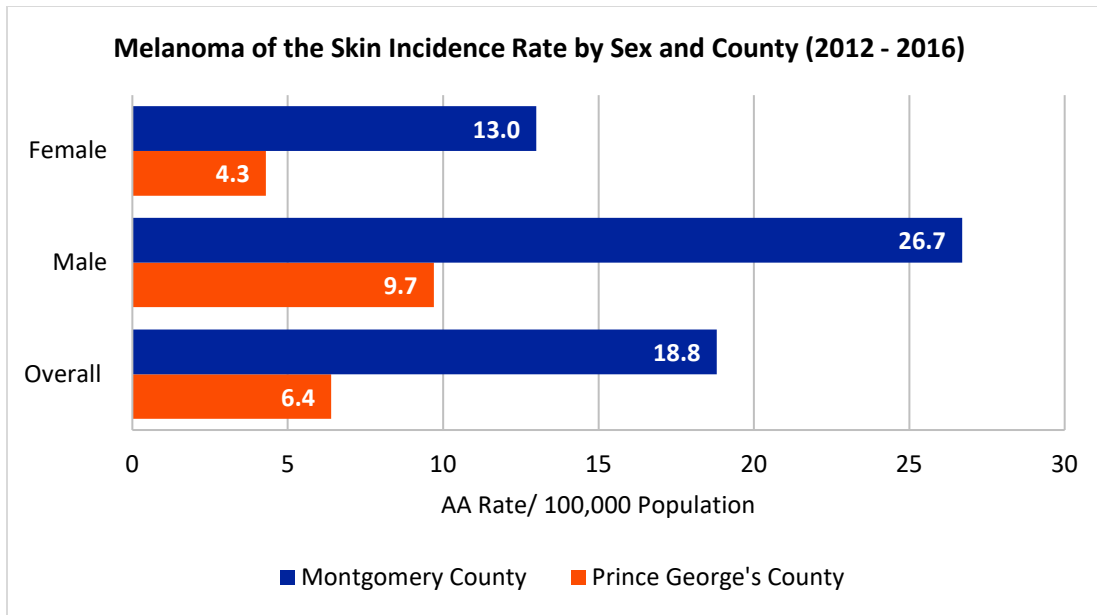
## Incidence

- Compared to previous years, the rates for melanoma of the skin (all stages) increased slightly in Montgomery County and Maryland (Figure 49).
- In Prince George’s County, the rates fell from 6.6 to 6.1 per 100,000 from 2012 to 2016 (Figure 49).
- Overall, Prince George’s county had a significantly lower incidence rate than Montgomery County and the state (Figure 49).



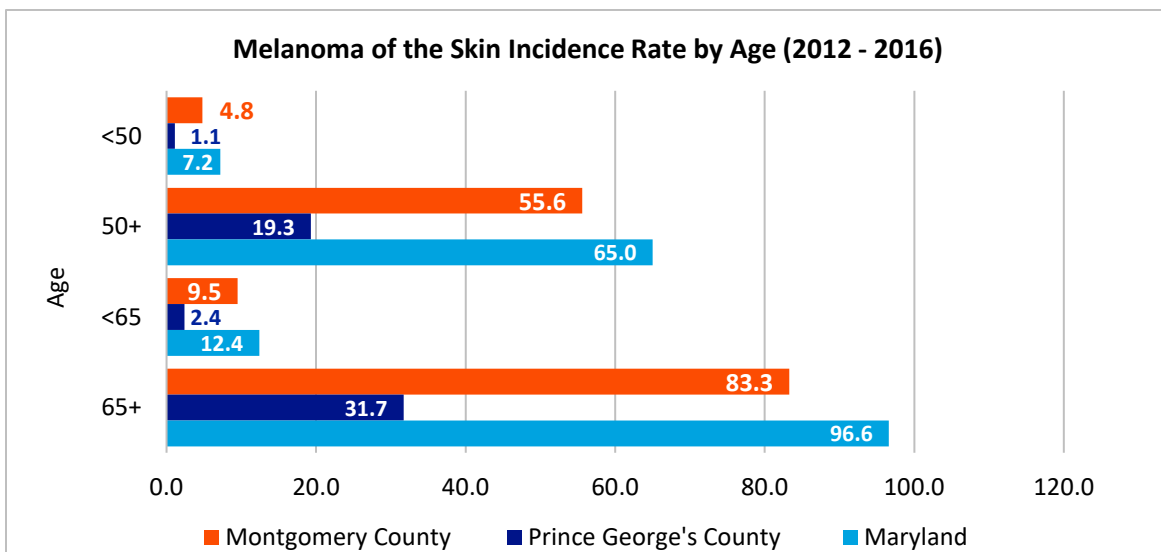
**Figure 49.** Melanoma of the Skin Incidence Rate in Montgomery County, Prince George’s County, and Maryland, 2009 – 2016  
(Source: [State Cancer Profiles](#), 2019)

- In both Montgomery and Prince George’s County, skin cancer incidence rates were higher among men when compared to women (Figure 50).



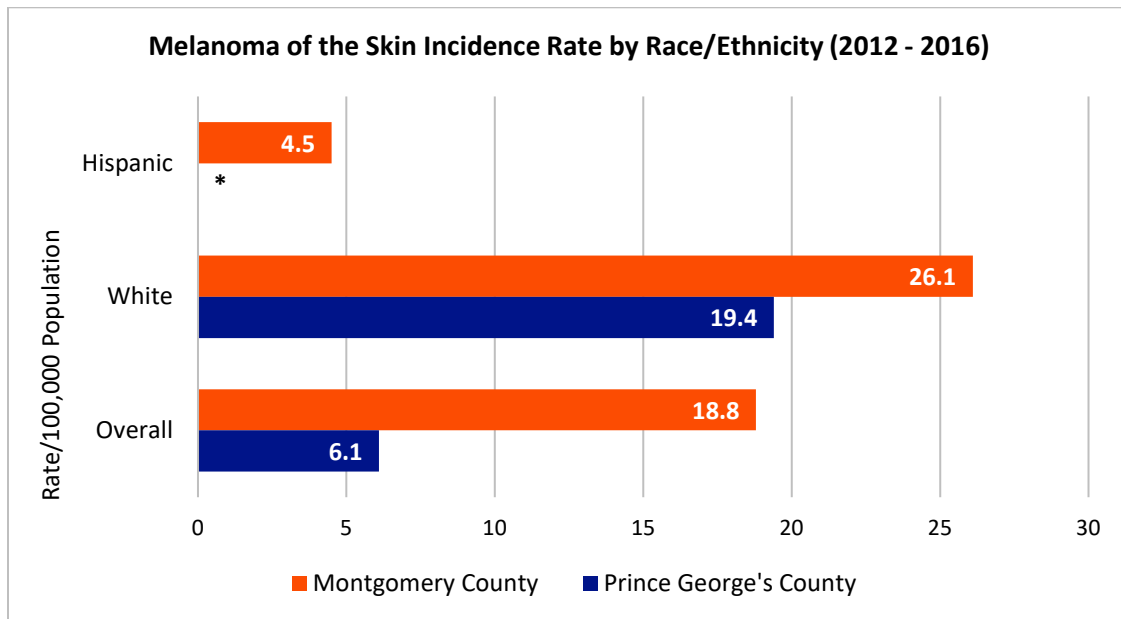
**Figure 50.** Melanoma of the Skin Incidence Rate by Sex in Montgomery County, Prince George's County, and Maryland, 2012 – 2016  
(Source: [State Cancer Profiles](#), 2019)

- In both counties and Maryland, melanoma of the skin incidence rate was highest among individuals aged 65+ and 50+ (Figure 51).
- In Montgomery County, individuals aged 65+ had a 17X higher incident rate than those aged <50; in Prince George's County, the rate is 29X greater than individuals <50 (Figure 51).



**Figure 51.** Melanoma of the Skin Incidence Rate by Age in Montgomery County, Prince George's County, and Maryland, 2012 – 2016  
(Source: [State Cancer Profiles](#), 2019)

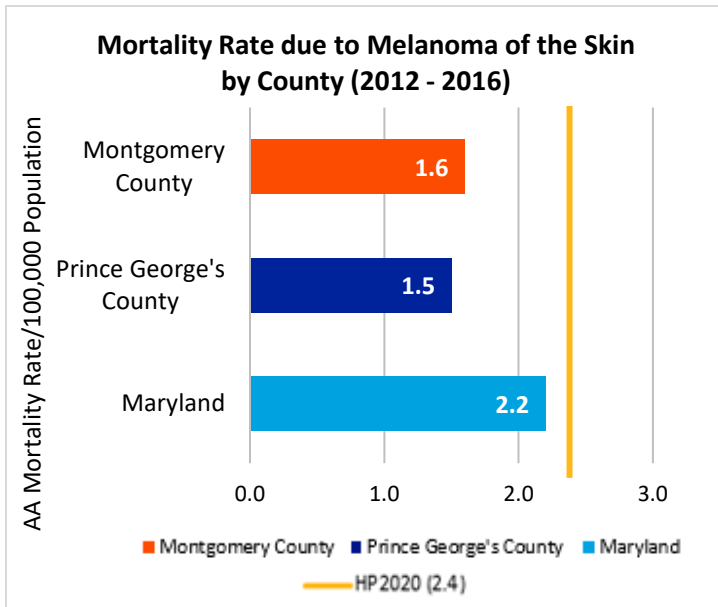
- When looking at melanoma of the skin by race/ethnicity in Montgomery County, White individuals (26.1 per 100,000) had an incidence rate nearly 6X greater than that of Hispanics (4.5 per 100,000) (Figure 52).
- In Prince George’s County, White individuals (19.4 per 100,000) had an incidence rate 3X greater than that of the overall rate for the county (6.1 per 100,000) (Figure 52).



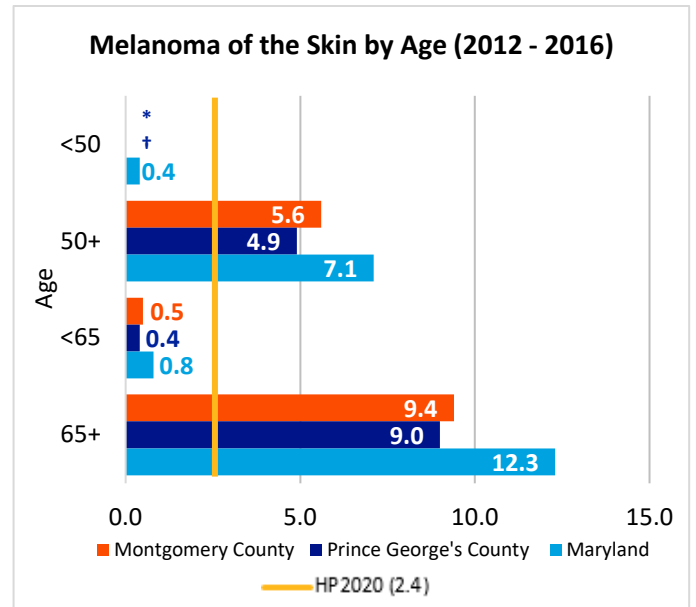
**Figure 52.** Melanoma of the Skin Incidence Rate by Race/Ethnicity in Montgomery County, Prince George’s County, and Maryland, 2012 – 2016  
 \*Data not available/not applicable  
 (Source: [State Cancer Profiles](#), 2019)

## Mortality

- In Maryland and both counties, the mortality rates associated with melanoma of the skin have remained stable and meet the HP 2020 target of 2.4 per 100,000 (Figure 53).
- When looking at the mortality rate for melanoma of the skin by age, individuals aged 65+ had the highest mortality rate followed by individuals 50+ for both counties and the state (Figure 54).

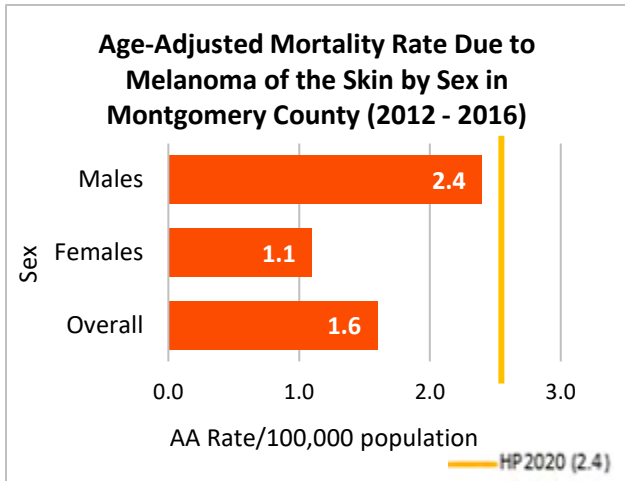


**Figure 53.** Melanoma of the Skin Mortality Rate in Montgomery County, Prince George’s County, and Maryland, 2012 – 2016.  
(Source: [State Cancer Profiles](#), 2019)

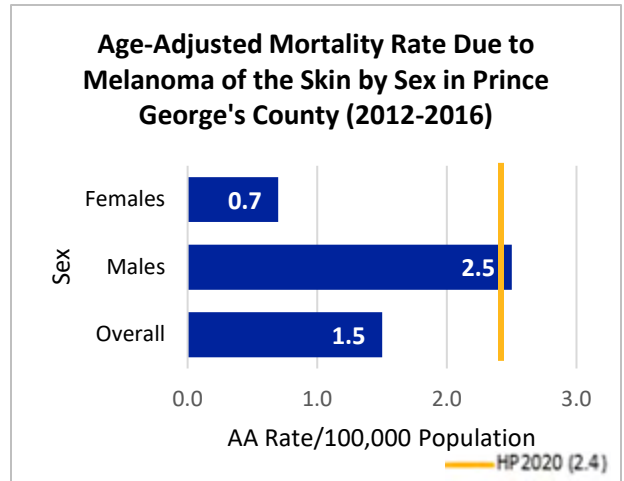


**Figure 54.** Melanoma of the Skin Mortality Rate by Age in Montgomery County, Prince George’s County, and Maryland, 2012 – 2016.  
\*+Data not available/not applicable  
(Source: [State Cancer Profiles](#), 2019)

- In both Montgomery and Prince George’s County, females had lower mortality rates than males for melanoma of the skin (Figure 55 and 56).
- In Montgomery County, the mortality rate for males was approximately 2X greater than of their female counterparts; it was 3.5X the rate of females in Prince George’s County.
- The HP 2020 target was met for women in both counties and males in Montgomery County. The target was not met for males in Prince George’s County (Figures 55 and 56).



**Figure 55.** Age-Adjusted Mortality Rate due to Melanoma of the Skin by Sex in Montgomery County, 2012 – 2016  
(Source: [State Cancer Profiles](#), 2019)



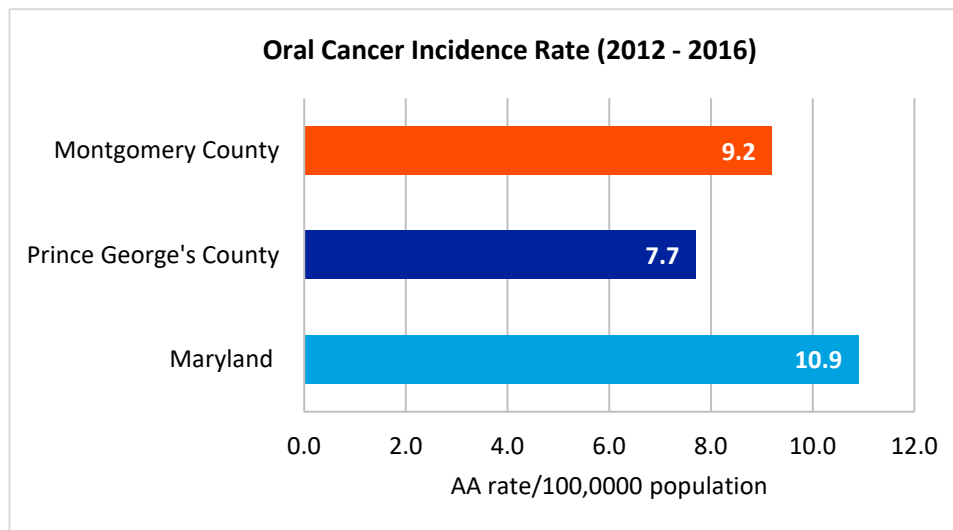
**Figure 56.** Age-Adjusted Mortality Rate due to Melanoma of the Skin by Sex in Prince George's County, 2012 – 2016  
(Source: [State Cancer Profiles](#), 2019)



# 1.7 Oral Cancer

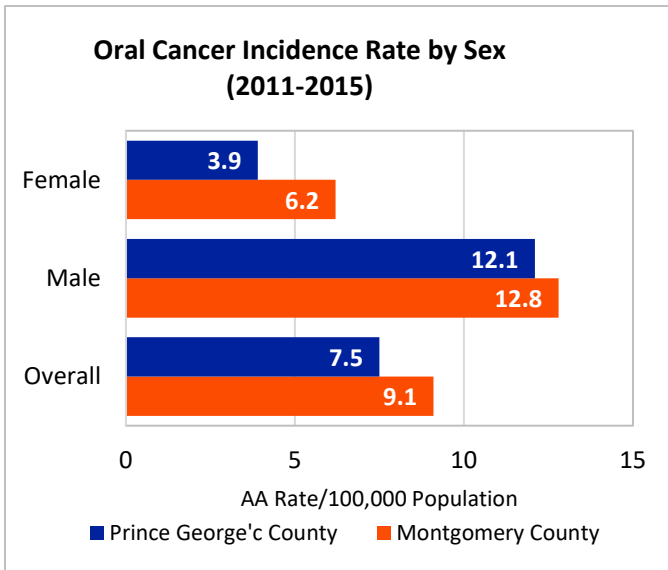
## Incidence

- When comparing both counties and the state overall, Maryland followed by Montgomery County has a higher oral cancer incidence rate than Prince George’s County (Figure 57).

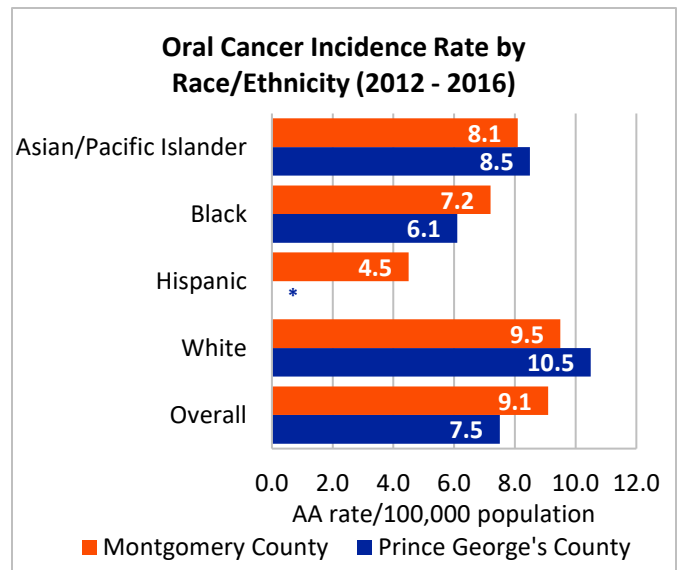


**Figure 57.** Oral Cancer Incidence Rate by County, 2012 – 2016  
(Source: [State Cancer Profiles](#), 2019)

- In both counties, males were more likely to have oral cancer than females. In Montgomery County, both males and females had higher incidence rates when compared to Prince George’s County (Figure 58).
- When looking at oral cancer in terms of race/ethnicity, White individuals had the highest incidence rate of oral cancer, followed by Asian, Black and Hispanic for both counties (Figure 59).



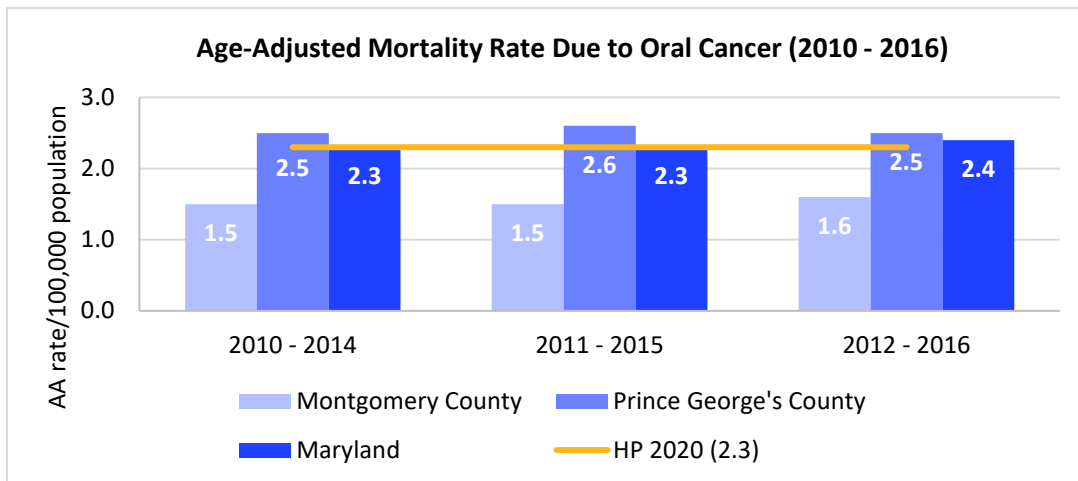
**Figure 58.** Oral Cancer Incidence Rate by Sex, 2012 – 2016  
(Source: [State Cancer Profiles](#), 2019)



**Figure 59.** Oral Cancer Incidence Rate by Race/Ethnicity, 2012 – 2016  
\*Data not available/not applicable  
(Source: [State Cancer Profiles](#), 2019)

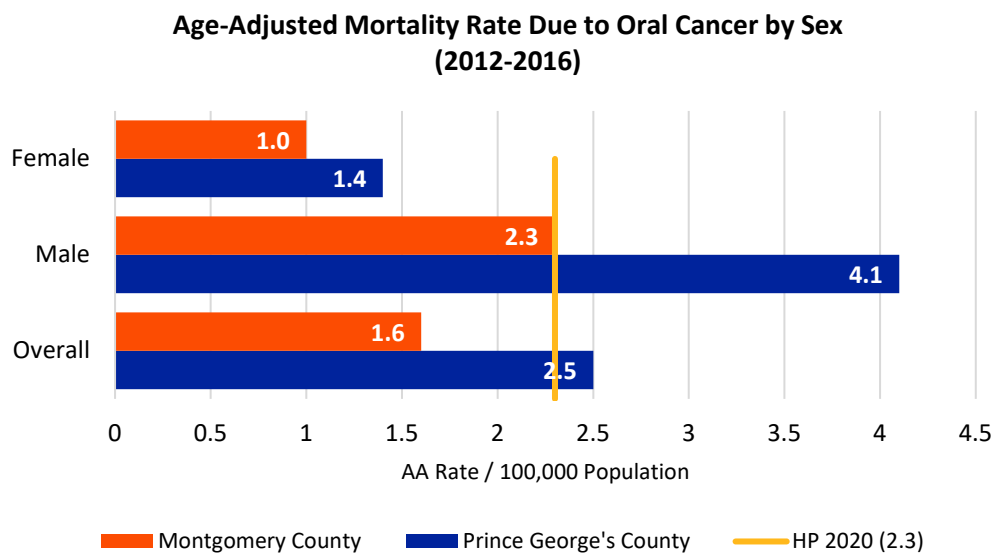
## Mortality

- In both counties and Maryland overall, the mortality rates of oral cancer remained relatively stable over the past several years (Figure 60).
- Montgomery County continuously met the HP 2020 target; Prince George's County and Maryland did not (Figure 60).



**Figure 60.** Age-Adjusted Mortality Rate due to Oral Cancer in Montgomery County, Prince George’s County, and Maryland, 2010 – 2016  
(Source: [State Cancer Profiles](#), 2019)

- In both counties, males had a higher mortality rate due to oral cancer than females. Males in Prince George’s County, specifically, had a rate 3X higher than that of their female counterparts (Figure 61).
- The rate for both genders in Montgomery County met the HP 2020 target. In Prince George’s County, the mortality rate among men met the HP 2020 target, but the rate for women did not (Figure 61).

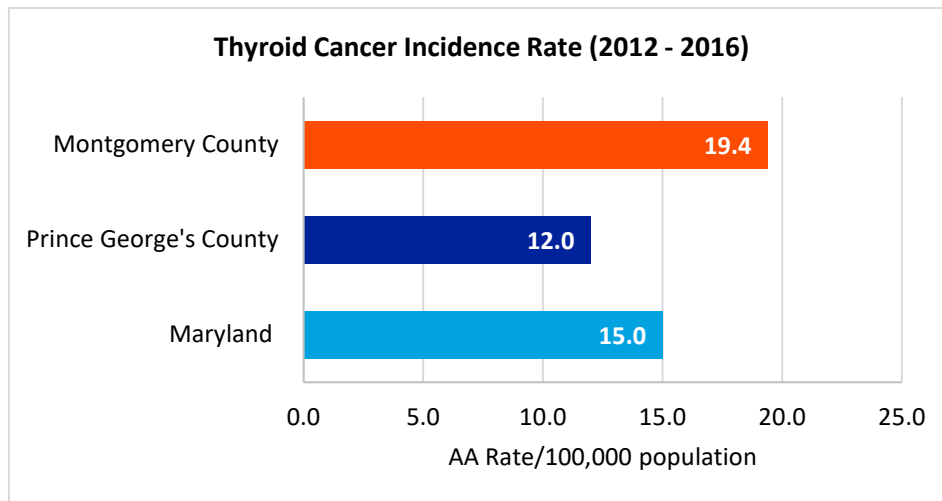


**Figure 61.** Age-Adjusted Mortality Rate by Sex in Montgomery County, Prince George’s County, and Maryland, 2012 – 2016  
(Source: [State Cancer Profiles](#), 2019)

# 1.8 Thyroid Cancer

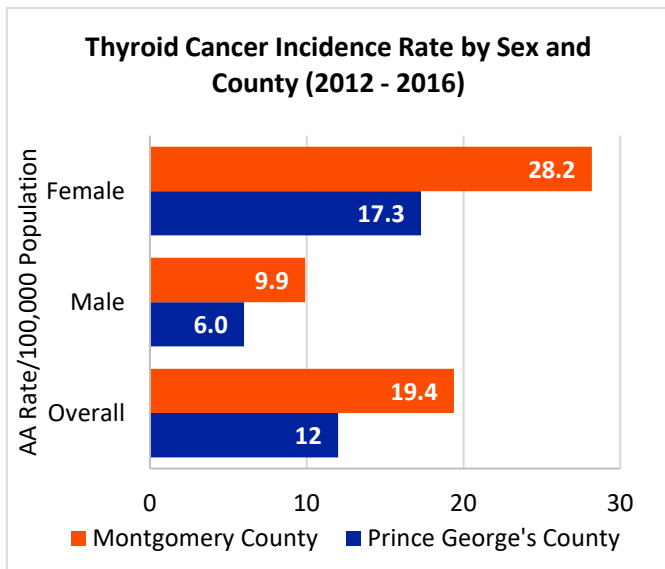
## Incidence

- The incidence rate for thyroid cancer in Montgomery County was 1.3X higher than that of the state overall, while the rate in Prince George’s County was lower than both (Figure 62).

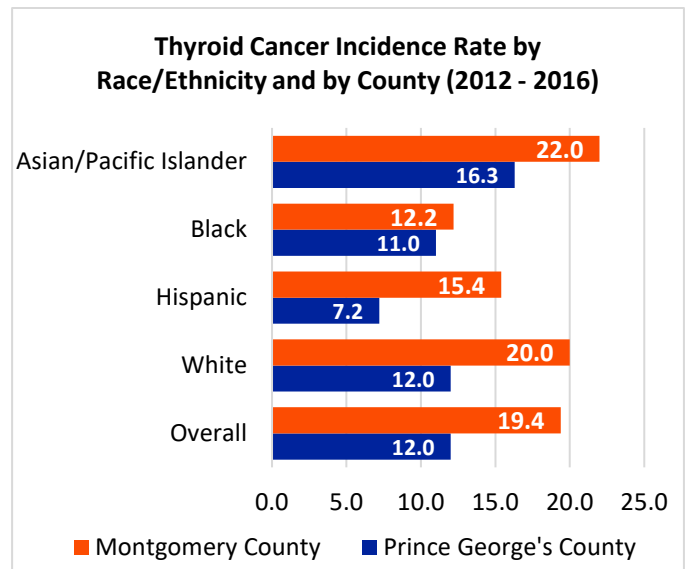


**Figure 62.** Thyroid Cancer Incidence Rate in Montgomery County, Prince George’s County, and Maryland, 2012 – 2016  
(Source: [State Cancer Profiles](#), 2019)

- When looking at incidence rate of thyroid cancer by sex, in both counties, females had a rate 3X higher than that of males (Figure 63).
- In both Montgomery and Prince George’s County, Asian/Pacific Islanders followed by White individuals had the highest thyroid cancer incidence rates. (Figure 64).



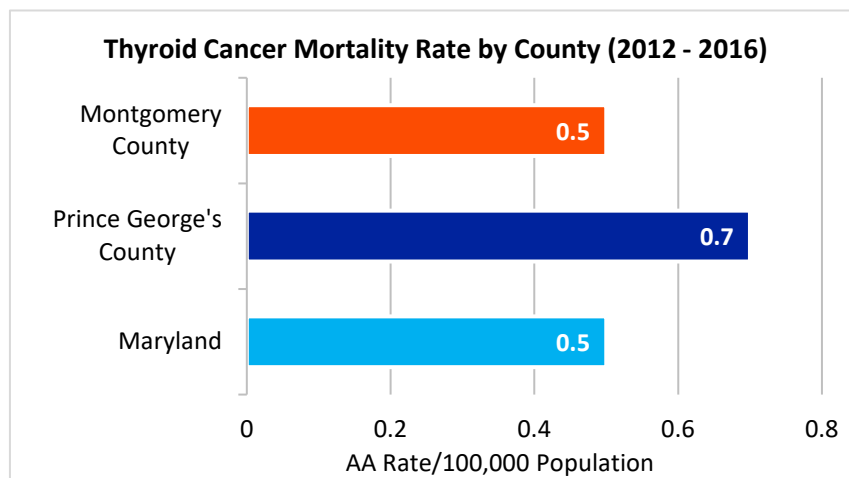
**Figure 63.** Thyroid Cancer Incidence Rate by Sex in Montgomery County, Prince George’s County, and Maryland, 2012 – 2016  
(Source: [State Cancer Profiles](#), 2019)



**Figure 64.** Thyroid Cancer Incidence Rate by Race/Ethnicity in Montgomery County, Prince George’s County, and Maryland, 2012 – 2016  
(Source: [State Cancer Profiles](#), 2019)

## Mortality

- From 2012 to 2016, the mortality rate for thyroid cancer in Maryland overall was consistent with the rate in both Montgomery and Prince George’s County (Figure 65).



**Figure 65.** Thyroid Cancer Mortality Rate in Montgomery County, Prince George’s County, and Maryland, 2012 – 2016  
(Source: [State Cancer Profiles](#), 2019)

## Community Resources

Cancer resources and services in White Oak Medical Center's Community Benefit Service Area are provided in various settings ranging from local physician practices, hospitals, and clinics, to county services. Diagnosis and treatment are provided by all hospitals in Montgomery County, the safety net clinics, and many physicians specializing in oncology care. Some of the services are targeted to specific types of cancer as well as to individuals who are most at-risk and needing prevention, screening, and/or treatment. The following is a listing of various services and providers:

### 1. ADVENTIST HEALTHCARE (AHC)

**Adventist HealthCare White Oak**

**Medical Center Oncology Program**

**Address:** 12100 Plum Orchard Dr, Silver Spring, MD 20904

**Phone:** 301-891-7600

**Website:**

<https://www.adventisthealthcare.com/services/cancer/>

**AHC Community Classes & Events –**

various cancer related classes are offered to patients, family members, and the community such as Eat Well for Health: Nutrition & Cooking Class for Cancer Patients. To learn more about the classes offered and to register please visit the website below.

**Phone:** 1-800-542-5096

**Website:**

<https://www.adventisthealthcare.com/calendar/>

**Shady Grove Adventist Aquilino Cancer Center**

**Address:** 9905 Medical Center Drive, Rockville, MD 20850

**Phone:** 240-826-6297

**Website:**

<https://www.adventisthealthcare.com/locations/profile/shady-grove-adventist-aquilino-cancer-center/>

### 2. HOPE CONNECTIONS FOR CANCER SUPPORT

**Address:** 8401 Corporate Dr, Suite 100, Landover, MD 20785

**Phone:** 240-714-4744

**Website:**

<https://hopeconnectionsforcancer.org/>

### 3. WOMEN'S CANCER CONTROL PROGRAM

**Phone:** 240-777-1750

**Website:**

<https://www.montgomerycountymd.gov/>

### 4. COLORECTAL CANCER SCREENING

**Address:** 1401 Rockville Pike, Rockville, MD 20852

**Phone:** 240-777-1222

**Website:**

<https://www.montgomerycountymd.gov/HHS-program/Program.aspx?id=PHS/PHSCancerscreen-p262.html>

**5. STOP SMOKING**

**Address:** 1401 Rockville Pike, Rockville, MD 20852

**Phone:** 240-777-1222

**Website:**

<https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=PHS/PHSTobaccoStopPrevent-p296.html>

**6. MARYLAND BREAST AND CERVICAL CANCER PROGRAM**

**Phone:** 1-800-477-9774

**Website:**

[https://phpa.health.maryland.gov/cancer/Pages/bccp\\_home.aspx](https://phpa.health.maryland.gov/cancer/Pages/bccp_home.aspx)

**7. DOCTORS COMMUNITY HOSPITAL**

**Address:** 8118 Good Luck Road, Lanham, MD 20706

**Phone:** 1-800-477-9774

**Website:** <https://www.dchweb.org/>

***Support Services***

**Website:**

<https://www.dchweb.org/specialties-services/center-comprehensive-breast-care/support-services>

***Free Colonoscopy***

**Phone:** 301-552-7705

**Website:**

<https://www.dchweb.org/about-us/free-colorectal-screenings>

***Free Breast and Cervical Screenings***

**Phone:** 301-552-7724

**Website:**

<https://www.dchweb.org/about-us/community-events/free-breast-and-cervical-screenings>

***Look Good Feel Better***

**Website:**

<http://lookgoodfeelbetter.org/>

**8. CAMP KESEM**

**Phone:** 253-736-3821

**Email:** [support@campkesem.org](mailto:support@campkesem.org)

**Website:** <https://www.campkesem.org/>

**9. CANCER + CAREERS**

**Phone:** 646-929-8032

**Email:** [cancerandcareers@cew.org](mailto:cancerandcareers@cew.org)

**Website:**

<https://www.cancerandcareers.org/en>

**10. AMERICAN CANCER SOCIETY – MARYLAND**

**Website:**

<https://www.cancer.org/about-us/local/maryland.html>

**11. AFRICAN AMERICAN HEALTH PROGRAM – CANCER**

**Address:** 14015 New Hampshire Avenue, Silver Spring, MD 20904

**Phone:** 240-777-1833

**Email:** [info@aahpmontgomerycounty.org](mailto:info@aahpmontgomerycounty.org)

**Website:**

<http://aahpmontgomerycounty.org/cancer>

**12. AMERICAN CHILDHOOD CANCER ORGANIZATION**

**Address:** 6868 Distribution Drive, Beltsville, MD 20705

**Phone:** 301-962-3520

**Website:** <https://www.acco.org/>

**13. PROSTATE CANCER FOUNDATION**

**Phone:** 310-570-4700

**Email:** [info@pcf.org](mailto:info@pcf.org)

**Website:** <https://www.pcf.org/>

**14. MONTGOMERY HOSPICE**

**Address:** 1355 Piccard Drive, Suite 100  
Rockville, MD 20850

**Phone:** 301-921-4400

**Website:**

<https://www.montgomeryhospice.org/>

**15. THYCA THYROID CANCER SURVIVORS' ASSOCIATION**

**Address:** 2604 Thistledown Terrace,  
Olney, MD 20832

**Phone:** 301-943-5419

**Email:** [gbloom@thyca.org](mailto:gbloom@thyca.org)

**Website:**

[https://montgomerycountymd.galaxydigital.com/agency/detail/?agency\\_id=76813](https://montgomerycountymd.galaxydigital.com/agency/detail/?agency_id=76813)

**16. FOOD & FRIENDS**

**Address:** 219 Riggs Road NE, Washington,  
D.C. 20011

**Phone:** 202-269-2277

**Email:** [info@foodandfriends.org](mailto:info@foodandfriends.org)

**Website:** <https://foodandfriends.org/>

**17. HOLY CROSS HEALTH – CANCER SUPPORT GROUPS & PROGRAMS**

**Website:**

<http://www.holycrosshealth.org/cancer-support-groups-programs>

***Lymphedema Support Group***

**Phone:** 301-754-7340 (Contact Person is Mike Collins)

**Website:**

[http://www.holycrosshealth.org/body.cfm?id=1923&action=detail&ref=21756&limit\\_topic=Support%20Groups&limit\\_locationnext=](http://www.holycrosshealth.org/body.cfm?id=1923&action=detail&ref=21756&limit_topic=Support%20Groups&limit_locationnext=)

***Support Group for Latinas with Cancer***

**Phone:** 202-223-9100 (Contact Person is Claudia Campos at Nueva Vida)

**Website:**

<http://www.holycrosshealth.org/cancer-support-groups-programs>

***THYCA: Thyroid Cancer Support Group***

**Phone:** 301-943-5419

**Website:**

[http://www.holycrosshealth.org/body.cfm?id=1923&action=detail&ref=20280&limit\\_topic=Support%20Groups&limit\\_locationnext=](http://www.holycrosshealth.org/body.cfm?id=1923&action=detail&ref=20280&limit_topic=Support%20Groups&limit_locationnext=)



# Section IV: Findings



## Part B: Secondary Data

### Chapter 2: Cardiovascular Health

- 2.1: Heart Disease
- 2.2: Stroke

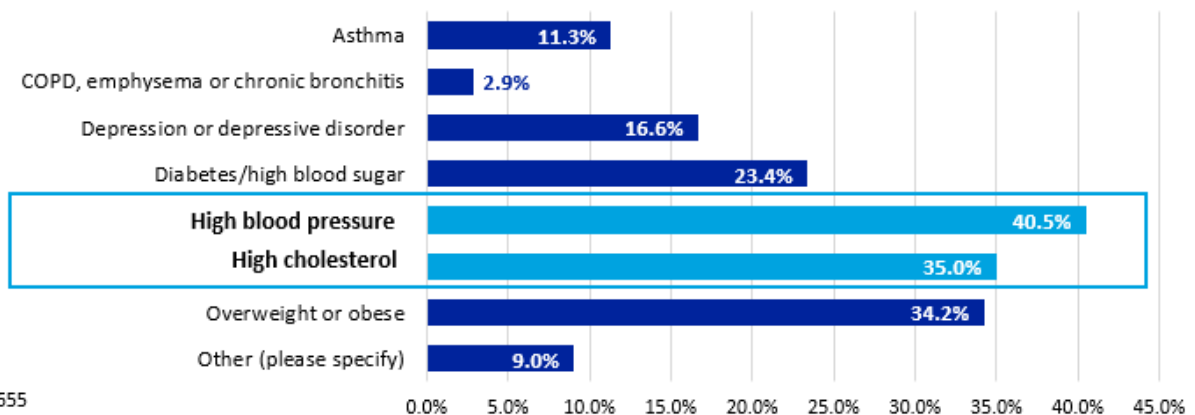
# Cardiovascular Health

## KEY FINDINGS

Disparities & Indicators	Trend Over Time
<ul style="list-style-type: none"> <li>PGC overall, <b>males</b>, <b>females</b>, <b>Black/AA</b> and <b>Whites</b> do not meet the HP 2020 target (34.8) for <b>stroke mortality</b>; the overall rate increased over time</li> <li>MC and PGC do not meet the HP 2020 target (26.9%) for <b>high blood pressure</b> prevalence</li> <li>In MC, <b>heart disease mortality</b> rate increased with age; <b>people 65+</b> have the highest <b>heart disease mortality</b> and <b>ER rate</b></li> <li>In MC and PGC, <b>NH – Black/AA</b> have the highest <b>heart disease mortality</b> rate followed by <b>NH – White</b>, <b>Asian/PI</b>, <b>Hispanics</b>, and <b>males</b></li> <li>In PGC, the <b>mortality rate</b> due to stroke is highest among <b>Black/AA</b> and <b>males</b>; in MC, it is highest among <b>females</b>, <b>65+</b>, and <b>Black/AA</b></li> </ul>	<ul style="list-style-type: none"> <li> Heart disease mortality rate had a decreasing trend in MC from 2014 – 2017</li> <li> In PGC, the mortality rate due to stroke increased</li> <li>In MC and PGC, high blood pressure increased</li> <li>In both counties, the ER rate due to high blood pressure increased significantly</li> </ul>

## Community Perception<sup>1</sup>

“Has a doctor, nurse, or other health professional ever said you have, or are at risk for the following (select all that apply)?”



<sup>1</sup> Adventist HealthCare (2019). Community Health Needs Assessment Primary Data Survey.

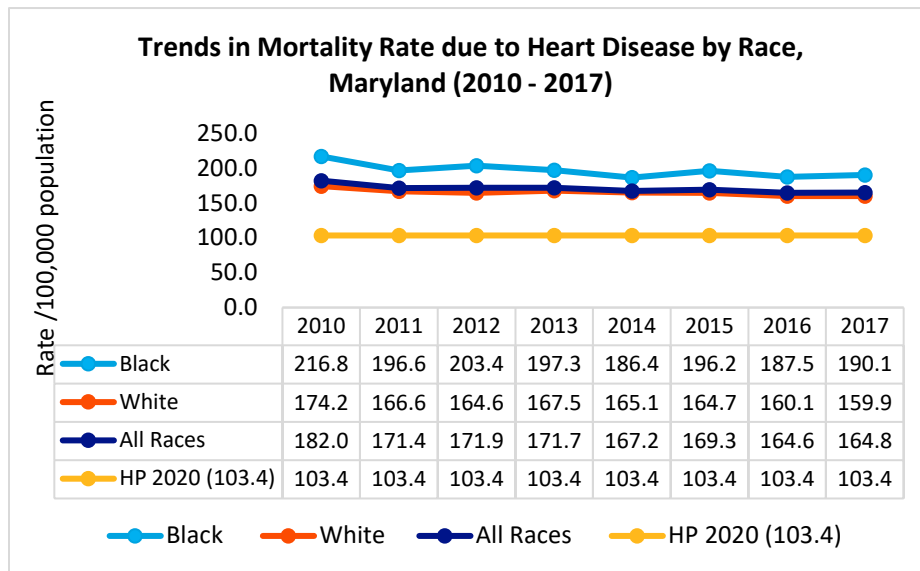
# 2.1 Heart Disease

## Impact

While Maryland deaths due to heart disease have decreased by nearly 20 percent from a decade ago, heart disease is still the leading cause of death in the state.<sup>2</sup> Approximately 25 percent of all deaths in Maryland can be attributed to heart disease, which includes blood vessel diseases, heart rhythm problems, congenital heart defects, chest pains, heart muscle issues, heart valve problems, and stroke.<sup>3</sup> In both Montgomery and Prince George’s County, heart disease mortality disproportionately affects non-Hispanic Black/African-Americans, Whites, individuals ages 65+, and males.

## Mortality

- In Maryland, the overall mortality rate due to heart disease has decreased over time. However, over the past two years, the rates have increased for “all races” and Black individuals (Figure 1).
- Despite the constant decrease in mortality rates, Maryland has not met the Healthy People 2020 target of 103.4 (Figure 1).

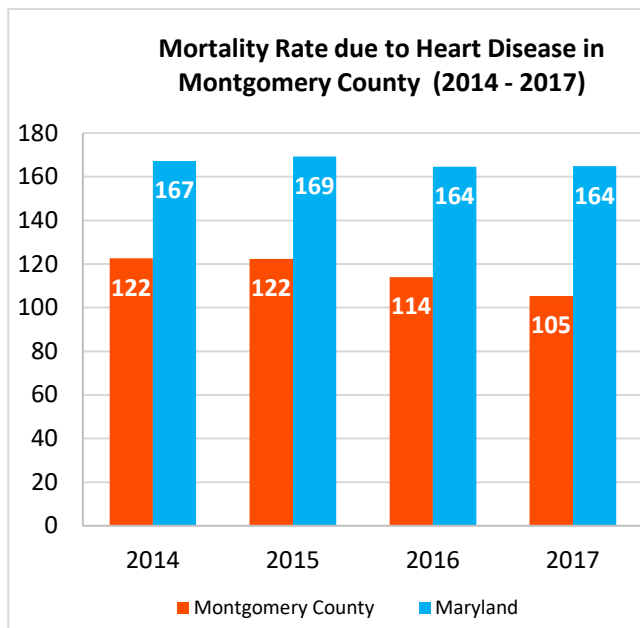


**Figure 1.** Trends in Mortality Rate due to Heart Disease, 2017  
 (Source: [Annual Maryland Vital Statistics Report](#), 2017)

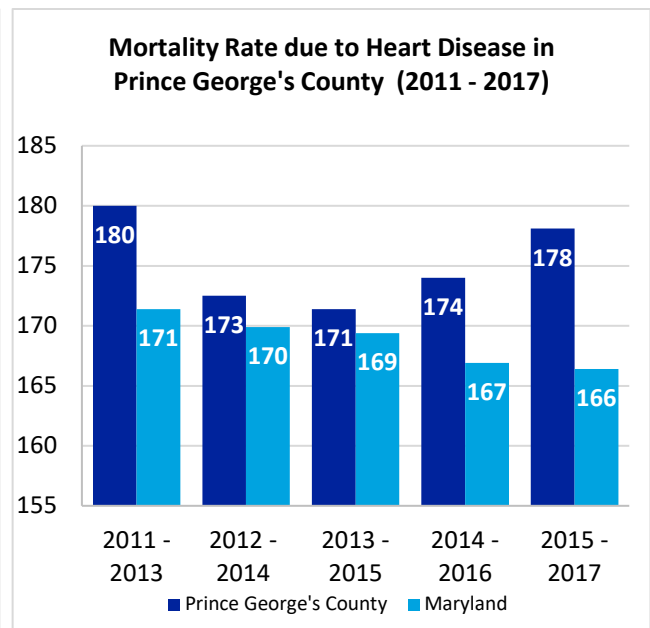
<sup>2</sup> Hogan, L., Mitchell, V., & Rutherford, B. (2014). Maryland Vital Statistics Annual Report, 2014. *Maryland Vital Statistics*. Retrieved from [http://dhmh.maryland.gov/vsa/Documents/14annual\\_revised.pdf](http://dhmh.maryland.gov/vsa/Documents/14annual_revised.pdf)

<sup>3</sup> Mayo Clinic. (2014). Diseases and conditions: Heart disease. Retrieved from <http://www.mayoclinic.org/diseases-conditions/heart-disease/basics/definition/con-20034056>

- Similar to the state, Montgomery County has seen a decline in deaths due to heart disease over the past several years (Figure 2). However, the rate in Prince George’s County increased (from 174 to 178 per 100,000) between 2014 to 2017 (Figure 3).
- Montgomery County has consistently had lower mortality rates due to heart disease in Maryland. However, in Prince George’s County, the mortality rate is higher than that of Maryland (Figure 2 and 3).
- Montgomery and Prince George’s Counties as well as Maryland have not met the HP 2020 target for mortality rate due to heart disease (Figure 2 and 3).

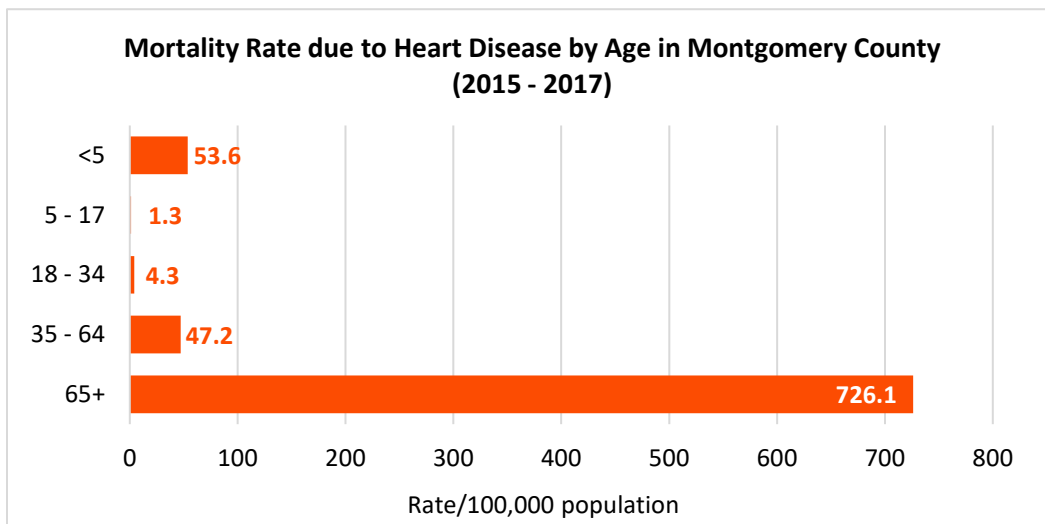


**Figure 2.** Age-Adjusted Mortality Rate due to Heart Disease per 100,000 population in Montgomery County and Maryland (2014 – 2017)  
(Source: [Healthy Montgomery](#), 2018)



**Figure 3.** Age-Adjusted Mortality Rate due to Heart Disease per 100,000 population in Prince George’s County and Maryland (2011 – 2017)  
(Source: [PGC Health Zone](#), 2018)

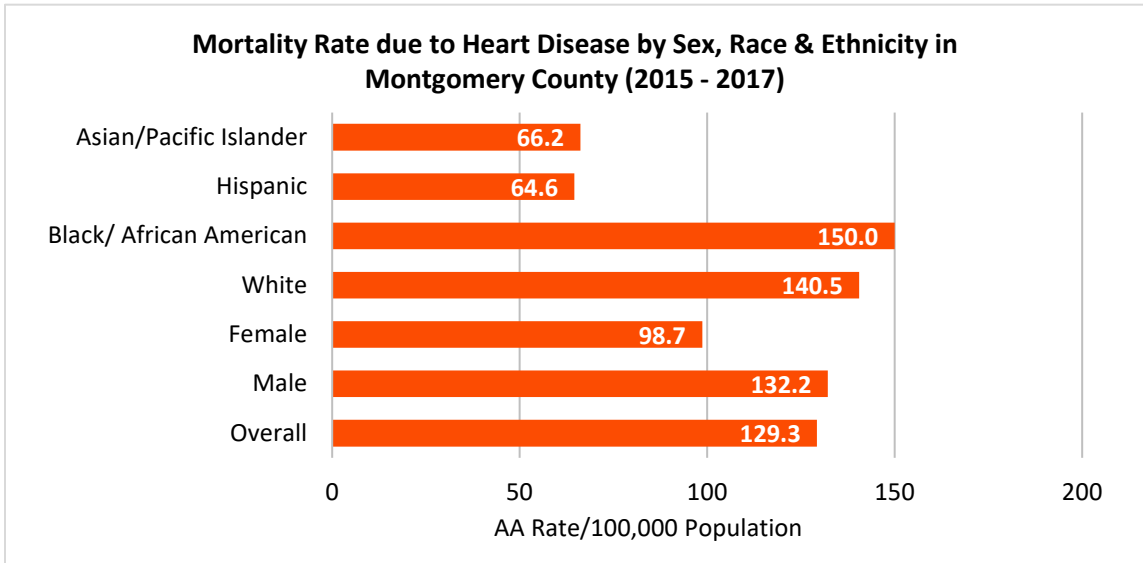
- When looking at mortality rates due to heart disease by age in Montgomery County, individuals aged 65+ have the highest rate with 726.1 per 100,000 population (Figure 4).



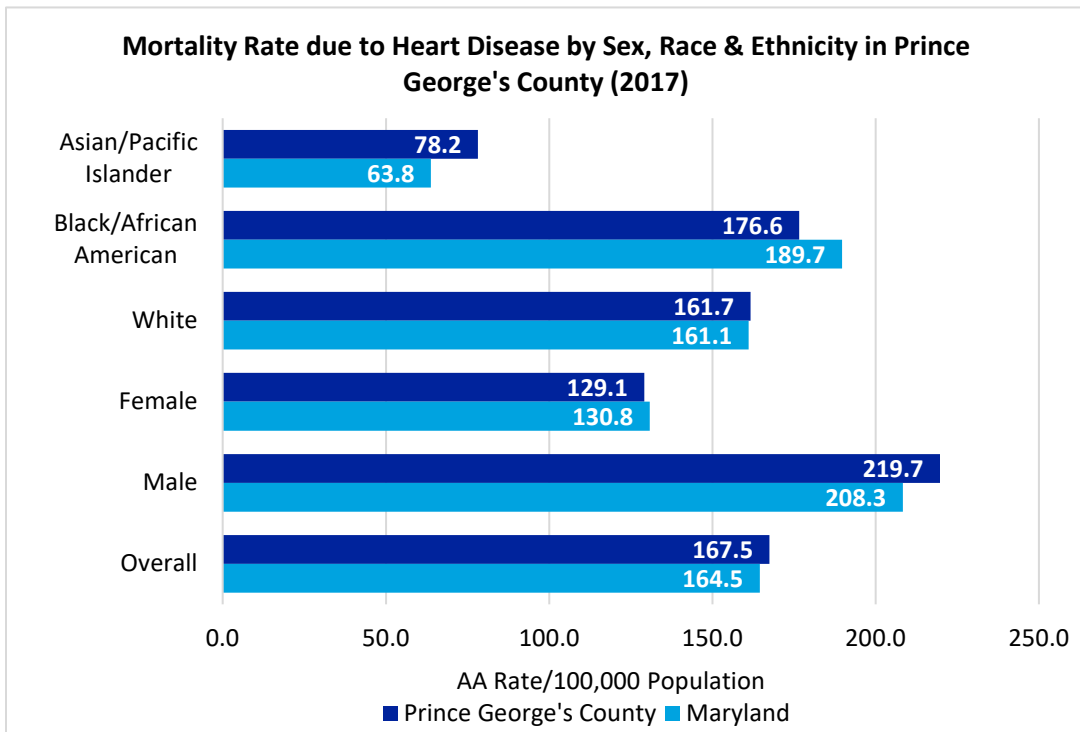
**Figure 4.** Mortality Rates due to Heart Disease by Age in Montgomery County, 2015 – 2017

(Source: [Healthy Montgomery Core Measures Report](#), 2019)

- Stratifying the mortality rate data by race/ethnicity and sex in Montgomery and Prince George’s County reveal that some groups are more affected by heart disease than others. Although, measurement periods for data shown below are different per county, Black followed by White individuals, still have the highest mortality rates in both counties (Figure 5).
- The mortality rate due to heart disease is 1.3X higher for males when compared to females in Montgomery County during 2015 to 2017 and 1.7X higher for males in Prince George’s County in 2017 (Figure 5 and 6).



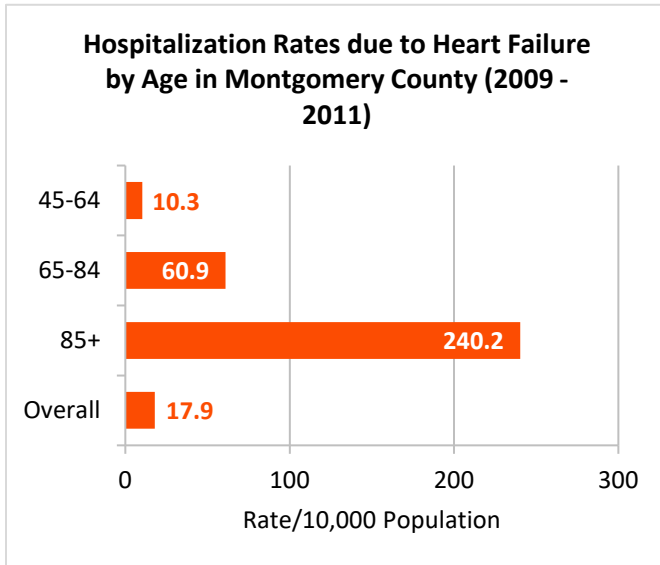
**Figure 5.** Mortality Rate due to Heart Disease by Sex and Race/Ethnicity in Montgomery County, 2015 – 2017  
 (Source: [Healthy Montgomery Core Measures Report](#), 2019)



**Figure 6.** Mortality Rate due to Heart Disease by Sex and Race/Ethnicity in Prince George's County, 2017  
 (Source: [LiveStories Statistics](#), 2019)

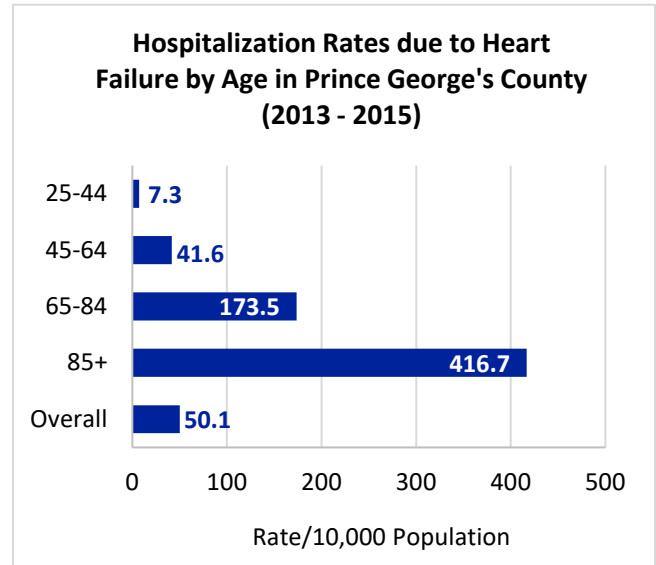
## Hospitalization Rates

- Hospitalization rates due to heart failure for populations 18 and over show that seniors over the age of 85 years are the most hospitalized population in both Montgomery and Prince George’s Counties (Figures 7 and 8).
- Although the figures below show data from two different measurement periods, Prince George’s County has an overall higher hospitalization rate due to heart failure than Montgomery County (Figure 7 and 8).



**Figure 7.** Hospitalization Rates due to Heart Failure by Age in Montgomery County

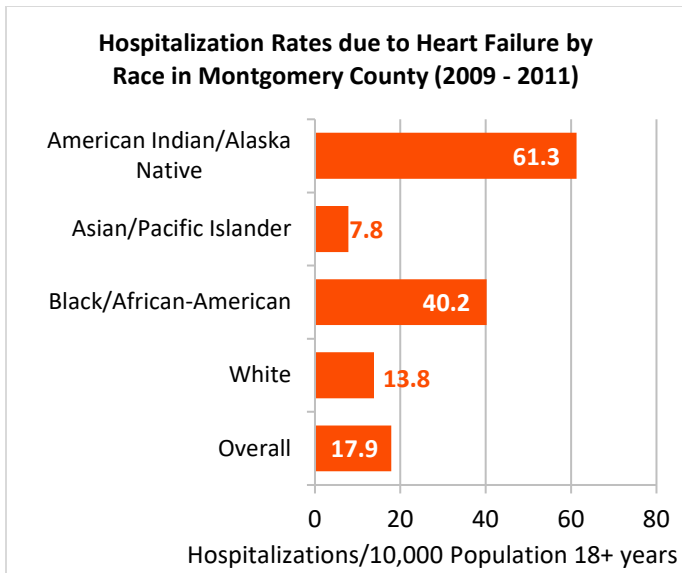
(Source: [Healthy Montgomery](#), 2009 - 2011)



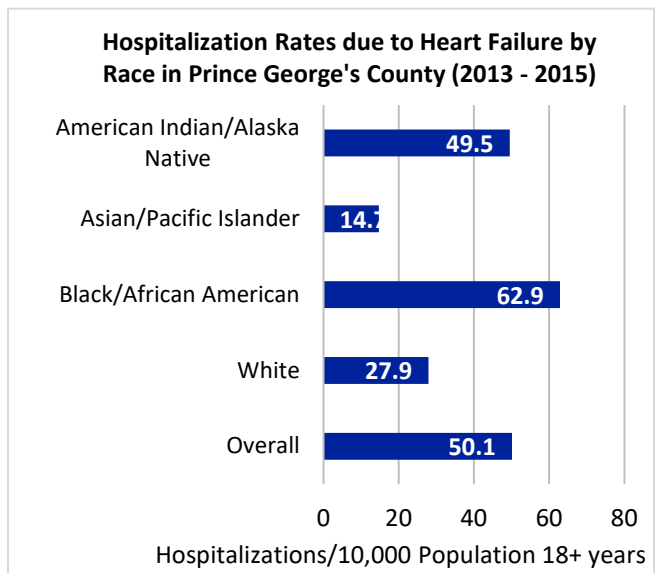
**Figure 8.** Hospitalization Rates due to Heart Failure by Age in Prince George’s County

(Source: [PGC Health Zone](#), 2013 - 2015)

- In Montgomery County, American Indian/Alaskan Natives are the most hospitalized population with a rate 3.4X higher than the overall rate (Figure 9). Black/African-American individuals are the second most hospitalized population in Montgomery County at 40.2 per 10,000 (Figure 9).
- In Prince George’s County, Black/African-American residents followed by American Indian/Alaskan Natives have the highest hospitalization rate Figure 10).
- In both Montgomery and Prince George’s Counties, Asian/Pacific Islanders have the lowest hospitalization rate due to heart failure (Figure 9 and 10).



**Figure 9.** Hospitalization Rates due to Heart Failure by Race in Montgomery County  
(Source: [Healthy Montgomery](#), 2009 - 2011)



**Figure 10.** Hospitalization Rates due to Heart Failure by Race in Prince George's County  
(Source: [PGC Health Zone](#), 2010-2012)



## 2.2 Stroke

### Impact

Stroke is the fifth leading cause of death in the United States of America and is the leading cause of disability.<sup>4</sup> In Maryland, stroke is the third leading cause of death.<sup>5</sup> Black/African-Americans die from stroke at a higher rate than White individuals and other races at both the national and state levels.<sup>6</sup> Stroke can be prevented by addressing risk factors such as high blood pressure and high cholesterol. In both Montgomery and Prince George's County, the mortality rate due to stroke is highest among males, Black/African-American followed by White individuals.

### Mortality

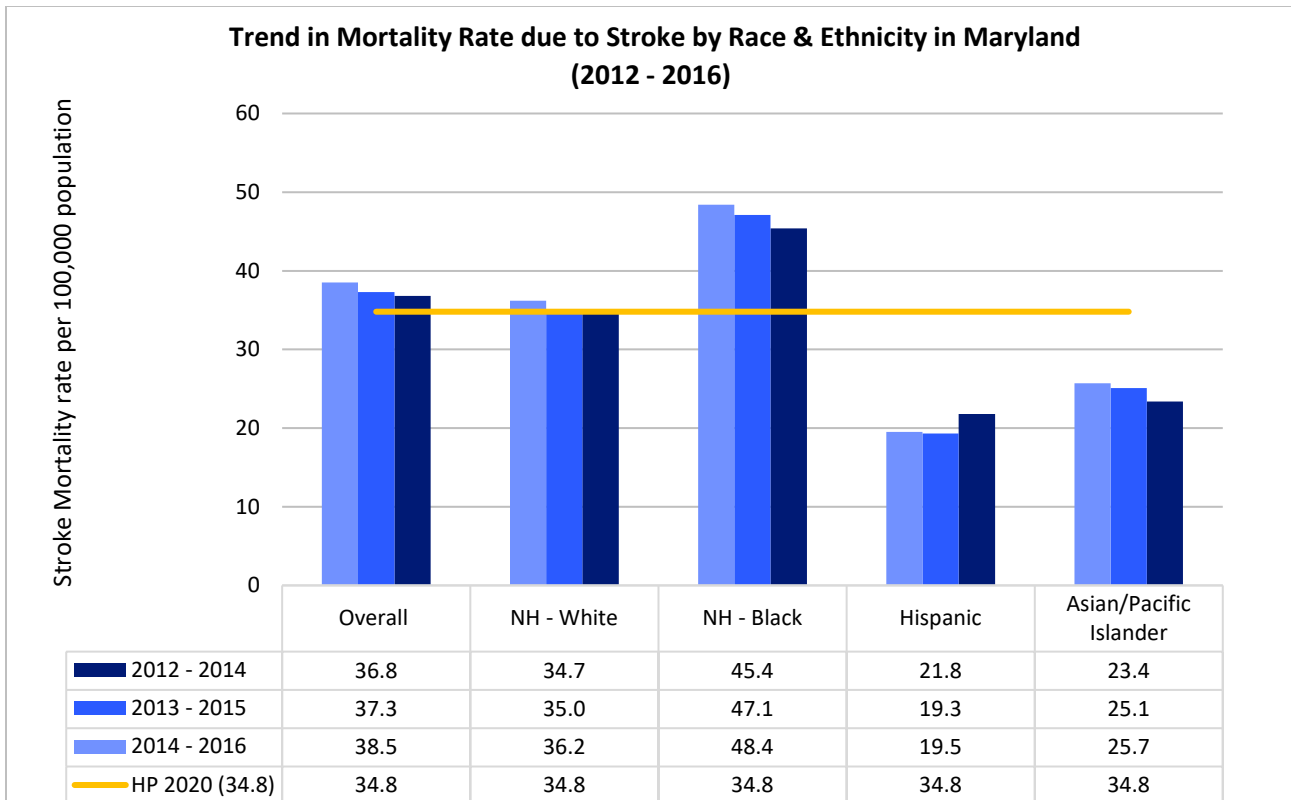
- In Maryland, the overall deaths due to stroke increased over the last several years (Figure 11).
- The mortality rate due to stroke is significantly higher among Black/African-Americans followed by White individuals when compared to other racial and ethnic groups (Figure 11).

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<sup>4</sup> American Stroke Association. (2016). *Heart Disease, Stroke and Research Statistics At-a-Glance, 2016*. Retrieved from [http://www.heart.org/idc/groups/ahamah-public/@wcm/@sop/@smd/documents/downloadable/ucm\\_480086.pdf](http://www.heart.org/idc/groups/ahamah-public/@wcm/@sop/@smd/documents/downloadable/ucm_480086.pdf)

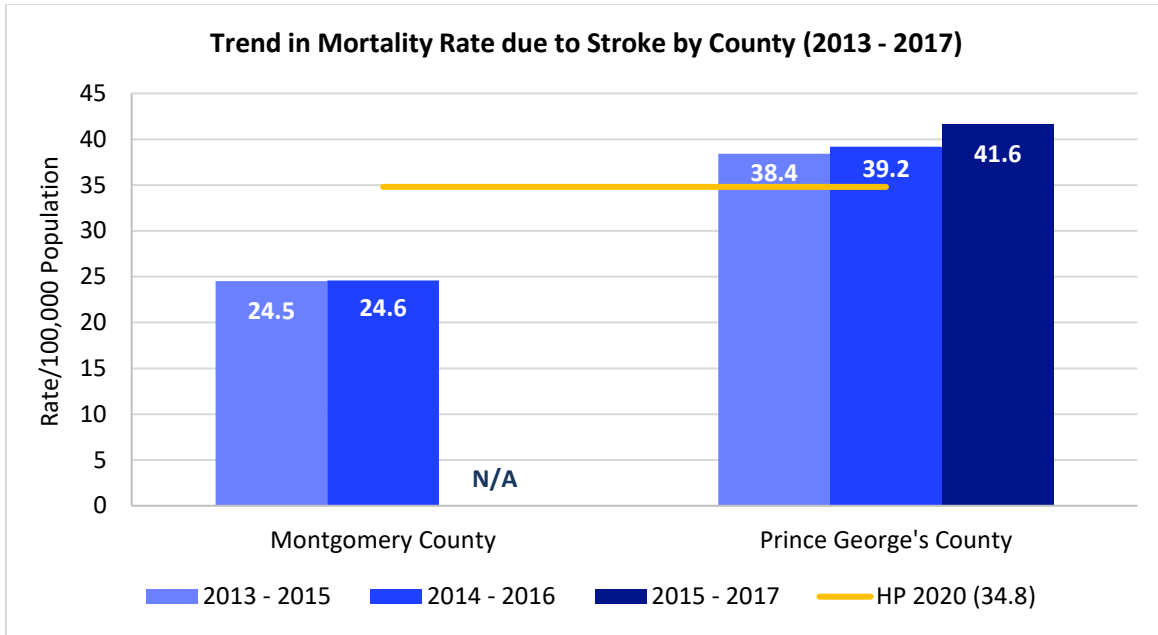
<sup>5</sup> Healthy Communities Institute. (2016). Leading causes of death, 2010-2012. *Healthy Montgomery*. Retrieved from <https://data.montgomerycountymd.gov/en/Health-and-Human-Services/Leading-causes-of-death-Total-Population-2010-2012/43d7-et7a>

<sup>6</sup> American Stroke Association. (2016). *Heart Disease, Stroke and Research Statistics At-a-Glance, 2016*. Retrieved from [http://www.heart.org/idc/groups/ahamah-public/@wcm/@sop/@smd/documents/downloadable/ucm\\_480086.pdf](http://www.heart.org/idc/groups/ahamah-public/@wcm/@sop/@smd/documents/downloadable/ucm_480086.pdf)



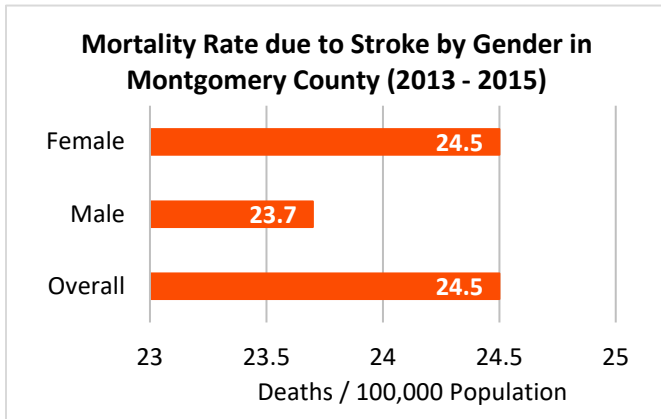
**Figure 11.** Trends in Mortality Rate due to Stroke by Race and Ethnicity in Maryland, 2012 - 2016  
(Source: [Centers for Disease Control and Prevention](#), 2019)

- The stroke-related mortality rate in Montgomery County has been well below the Healthy People 2020 target of 34.8 deaths per 100,000 for several years in a row (Figure 12).
- Prince George’s County does not meet the national target and has been on an increasing trend for the past several years (Figure 12).

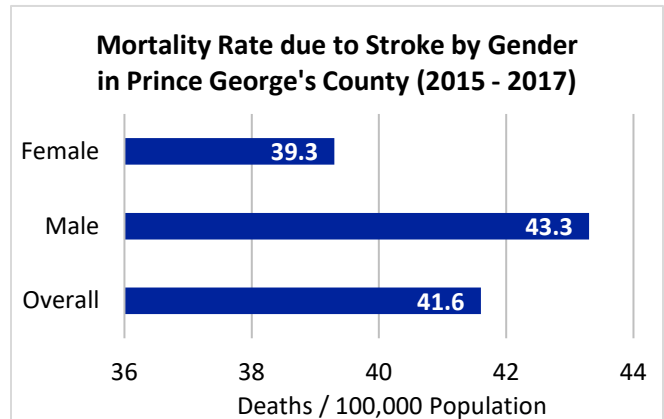


**Figure 12.** Trends in Mortality due to Stroke in Montgomery County and Prince George’s County  
(Source: [Healthy Montgomery](#) and [PGC Health Zone](#), 2019)

- When looking at mortality rate due to stroke by gender, from 2013 to 2015 in Montgomery County, females had the highest rate when compared to males. However, in Prince George’s County during the measurement period 2015 to 2017, males had the highest rate compared to females and the overall rate (43.3 per 100,000) (Figure 13 and 14).

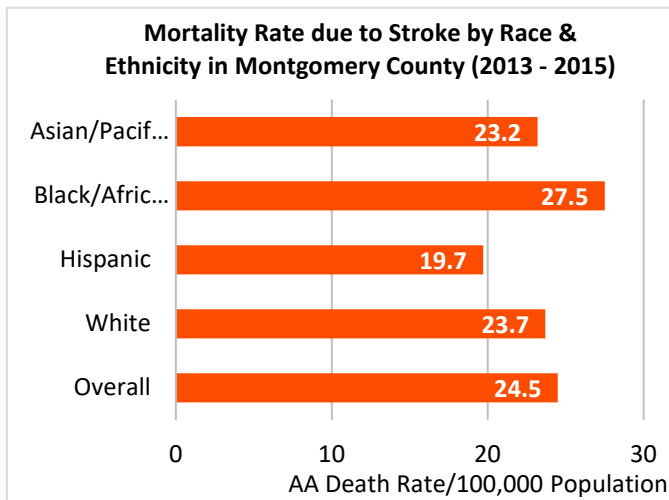


**Figure 13.** Mortality Rate due to Stroke by Gender in Montgomery County, 2013 – 2015  
(Source: [Healthy Montgomery](#), 2018)

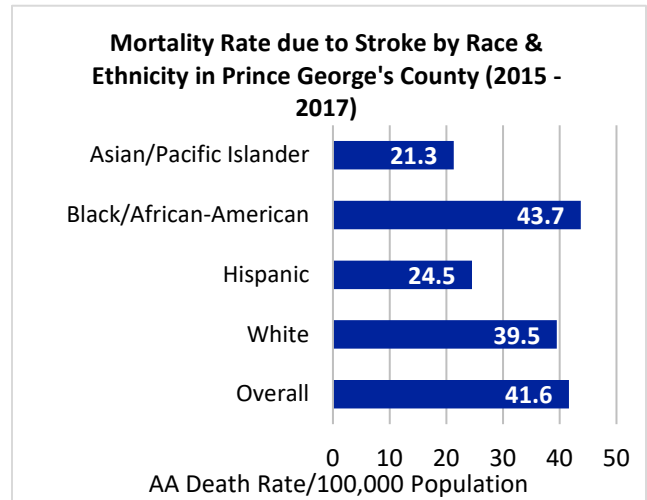


**Figure 14.** Mortality Rate due to Stroke by Gender in Prince George’s County, 2015 – 2017  
(Source: [PGC Health Zone](#), 2018)

- In both Montgomery and Prince George’s County, stratifying the data by race and ethnicity shows that Black/African-Americans have the highest mortality rate due to stroke than any other race/ethnicity and the overall rate for each of their respective counties despite the different measurement periods (Figure 15 and 16).

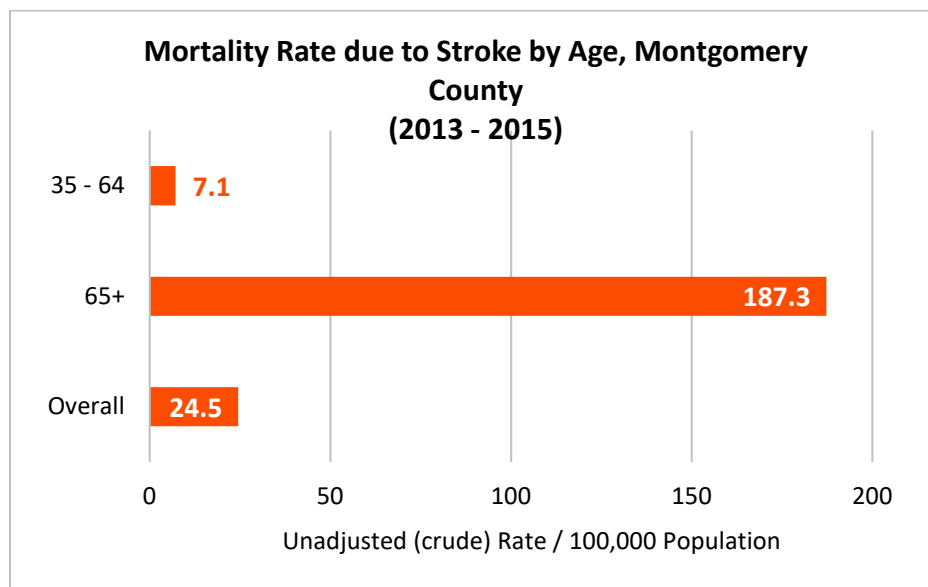


**Figure 15.** Mortality Rate due to Stroke by Race and Ethnicity in Montgomery County, 2013 – 2015  
(Source: [Healthy Montgomery](#), 2018)



**Figure 16.** Mortality Rate due to Stroke by Race and Ethnicity in Prince George’s County, 2015 – 2017  
(Source: [PGC Health Zone](#), 2018)

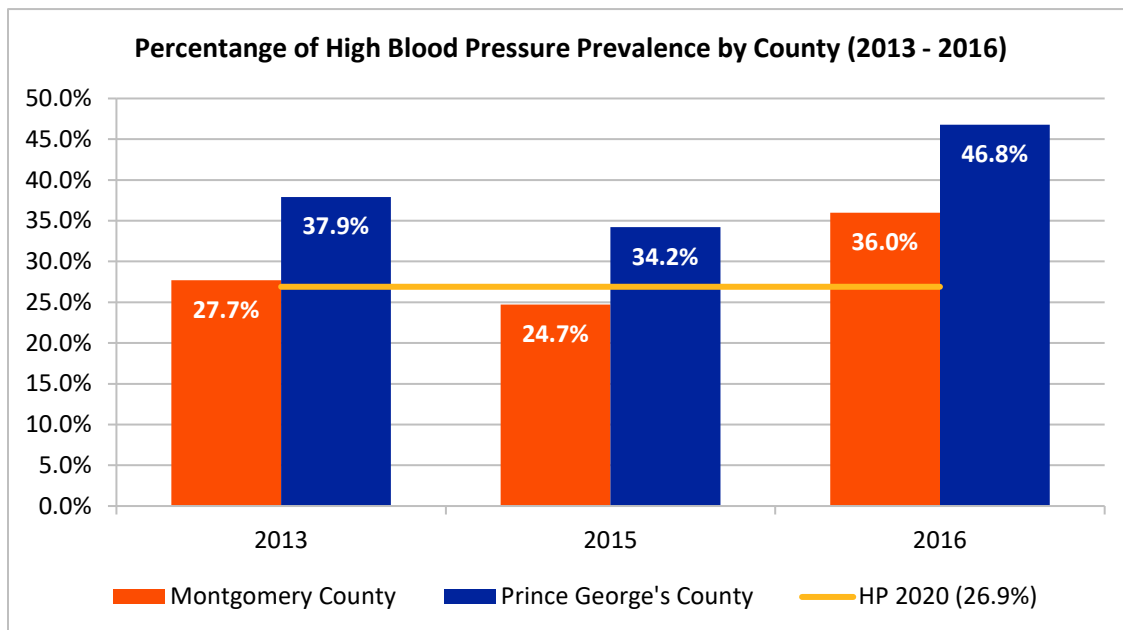
- When looking at the data stratified by age in Montgomery County, the mortality rate is highest for individuals ages 65+ (Figure 17).



**Figure 17.** Mortality Rate due to Stroke by Age in Montgomery County, 2013 – 2015  
(Source: [Healthy Montgomery](#), 2018)

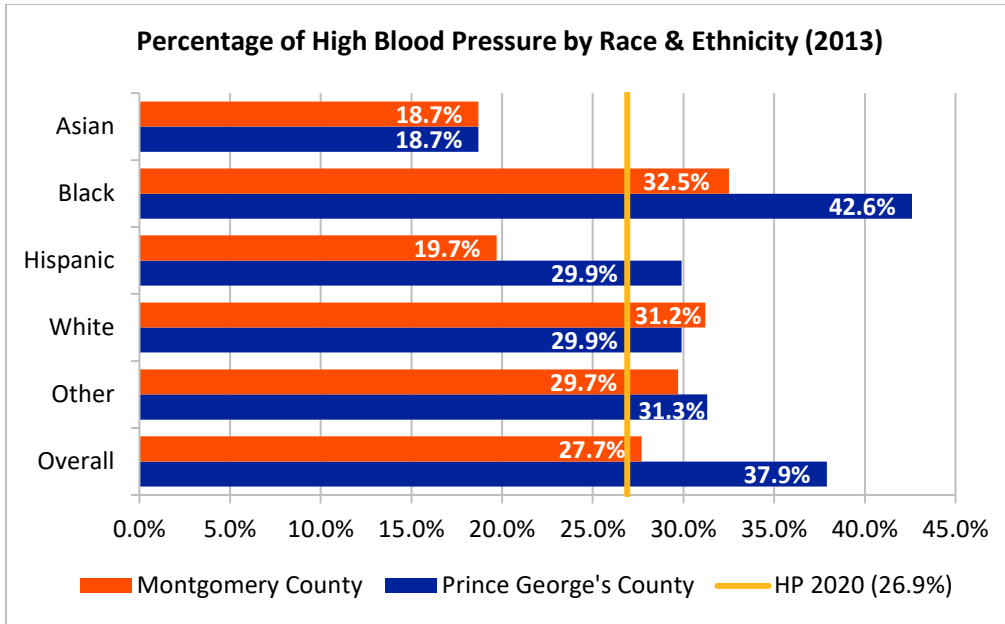
## High Blood Pressure

- The percentage of high blood pressure prevalence has worsened over time for both Montgomery and Prince George’s Counties (Figure 18).
- From 2015 to 2016, Montgomery County high blood pressure prevalence increased by 45.7 percent, in Prince George’s County the prevalence increased by 36.8 percent (Figure 18).
- The HP 2020 target has not been met for either county (Figure 18).



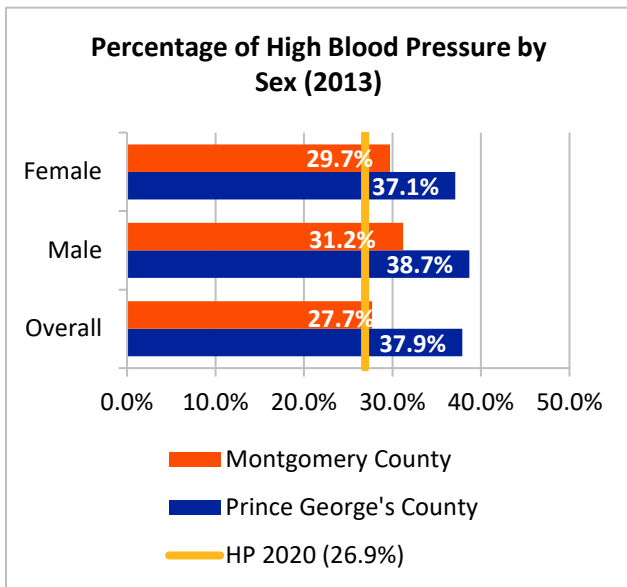
**Figure 18.** Percentage of High Blood Pressure Prevalence by County, 2013 – 2016  
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2019)

- When stratified by race and ethnicity, Black/African-American and White individuals are disproportionately burdened with high blood pressure in Montgomery County, whereas Black/African-American and those who identify as Other races are more burdened in Prince George’s County (Figure 19).

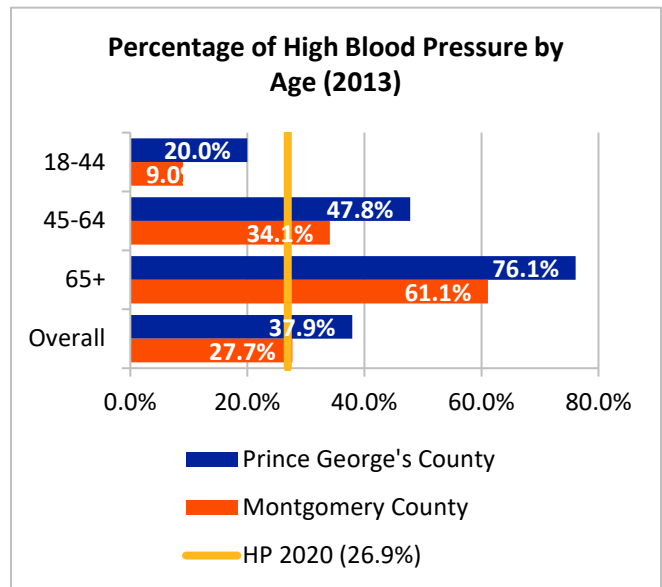


**Figure 19.** Prevalence of High Blood Pressure by Race and Ethnicity in Montgomery County and Prince George’s County, 2013  
 (Source: [Healthy Montgomery](#) and [PGC Health Zone](#), 2013)

- When looking at percentage of high blood pressure prevalence by gender, males are more disproportionately affected than females in both Montgomery and Prince George’s (Figure 20).
- When broken down into age groups, seniors 65 and over have the highest prevalence of hypertension in both counties, followed by the 45 to 64 age group (Figure 21).

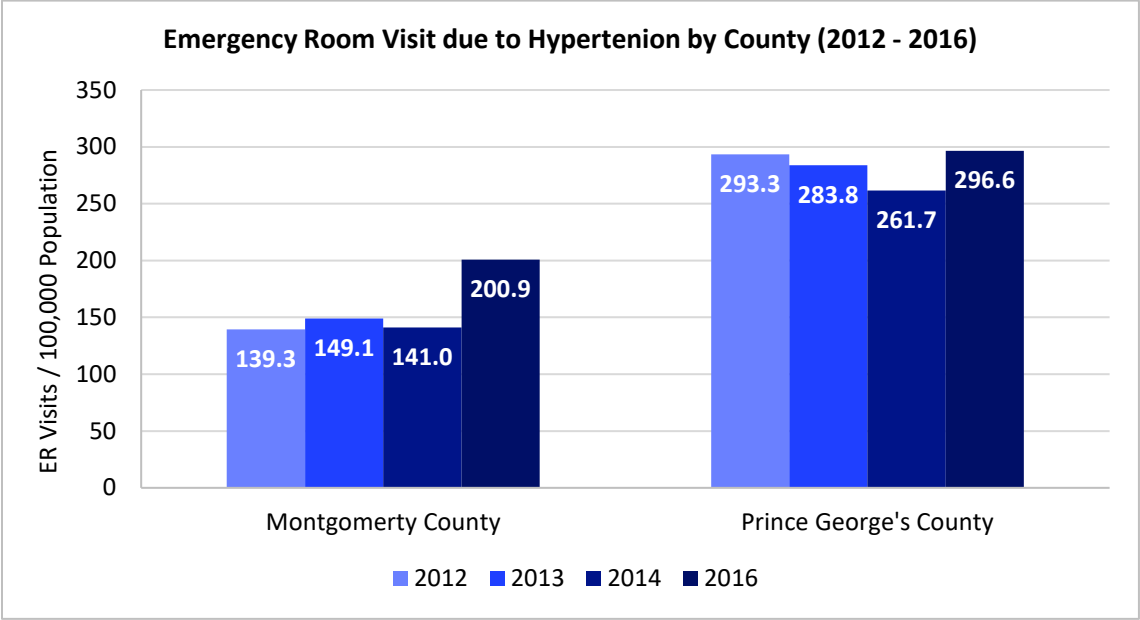


**Figure 20.** Prevalence of High Blood Pressure by Sex in Montgomery County and Prince George’s County  
 (Source: [Healthy Montgomery](#) and [PGC Health Zone](#), 2013)



**Figure 21.** Prevalence of High Blood Pressure by Age in Montgomery County and Prince George’s County  
 (Source: [Healthy Montgomery](#) and [PGC Health Zone](#), 2013)

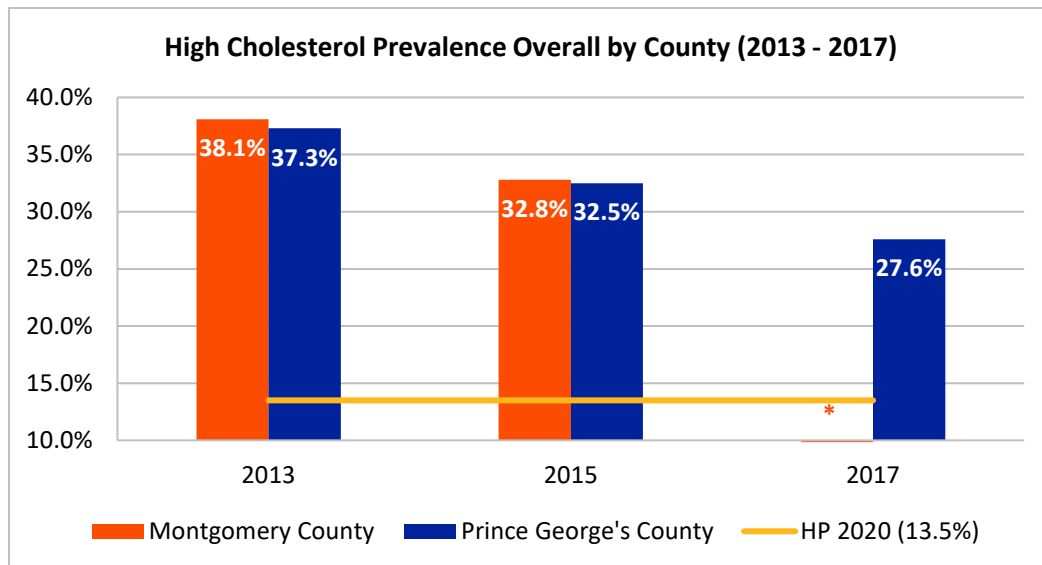
- In terms of emergency room visit rates, both Montgomery and Prince George’s County have an increasing trend in utilization over the past several years (Figure 22).
- When compared to one another, Prince George’s County has a significantly higher utilization rate than Montgomery County with a difference of 95.7 (Figure 22).



**Figure 22.** Trend in Emergency Room Visit Rate due to Hypertension in Montgomery County and Prince George’s County (Source: [Healthy Montgomery](#) and [PGC Health Zone](#), 2014)

### High Cholesterol

- High cholesterol prevalence in Prince George’s County has decreased from 2013 to 2017 by nearly 10 percent. However, the county still does not meet the HP 2020 target of 13.5 percent (Figure 23).
- Similarly, Montgomery County has also seen a decrease in high cholesterol prevalence by 5.3 percent between 2013 to 2015, there is no data available through 2017. Despite the decrease, Montgomery County does not meet the HP 2020 target (Figure 23).

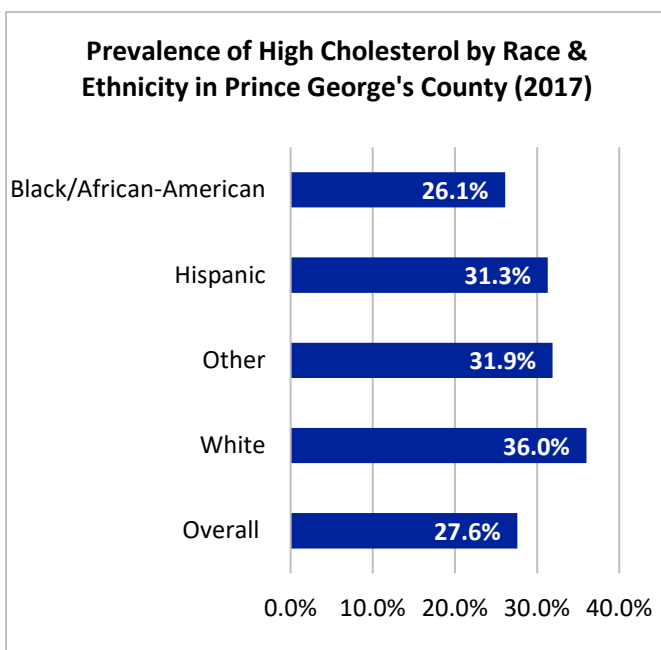


**Figure 23.** Prevalence of High Cholesterol in Montgomery and Prince George’s Counties

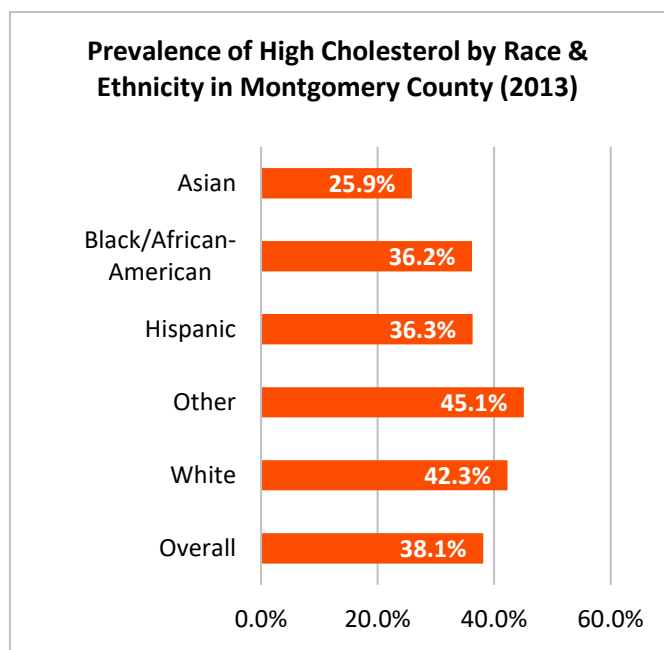
\*Data not available/not applicable

(Source: [Healthy Montgomery](#) and [PGC Health Zone](#), 2018)

- Stratifying the data by race and ethnicity, shows that the prevalence of high cholesterol is highest among those who identify as Other and White in Montgomery County, whereas it is highest among White individuals followed by Others in Prince George’s County (Figure 24 and 25).



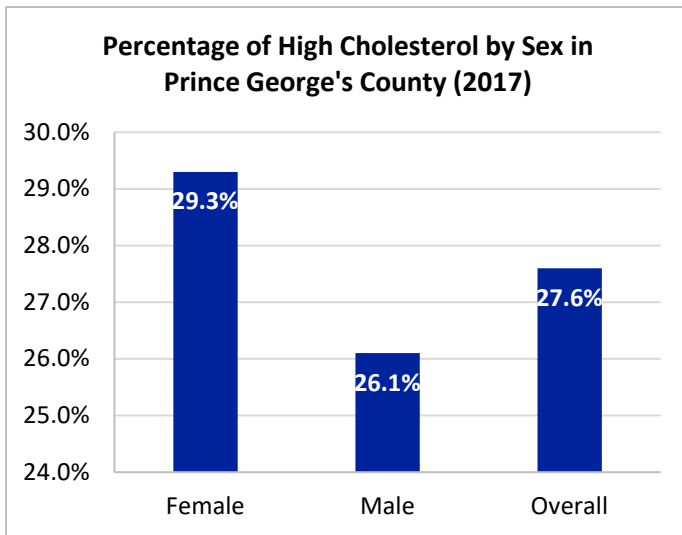
**Figure 24.** Prevalence of High Cholesterol in Prince George’s County by Race and Ethnicity  
(Source: [PGC Health Zone](#), 2018)



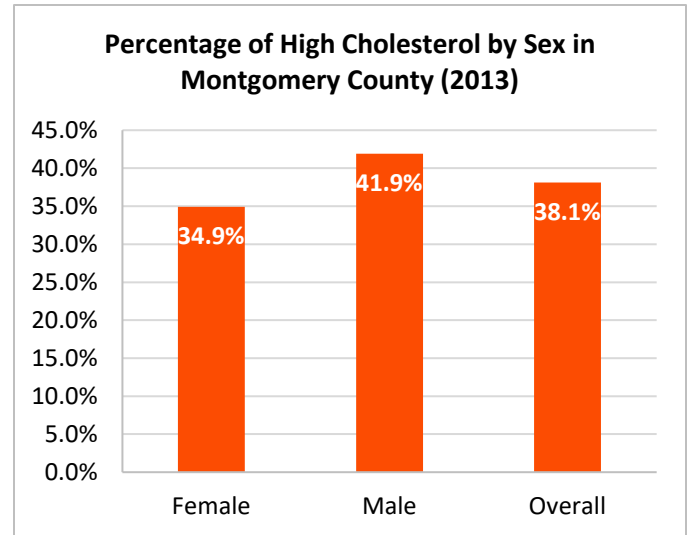
**Figure 25.** Prevalence of High Cholesterol in Montgomery County by Race and Ethnicity  
(Source: [Healthy Montgomery](#), 2016)



- In Prince George’s County during the 2017 measurement period, females were more affected by high cholesterol than males. However, in Montgomery County during the most recent measurement period in 2013, males were more affected (Figure 26 and 27).

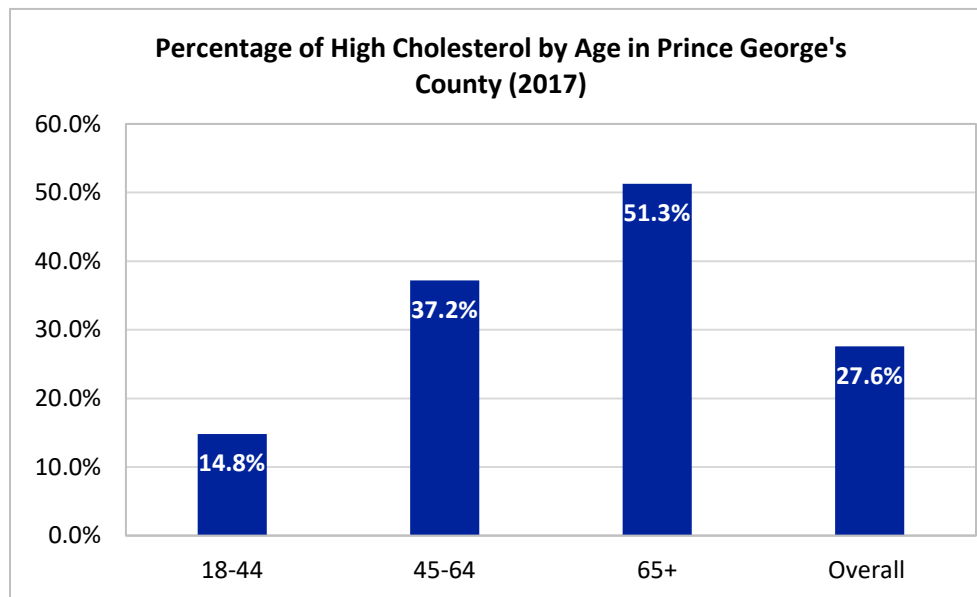


**Figure 26.** Prevalence of High Cholesterol by Gender in Prince George’s County, 2017  
(Source: [PGC Health Zone](#), 2019)

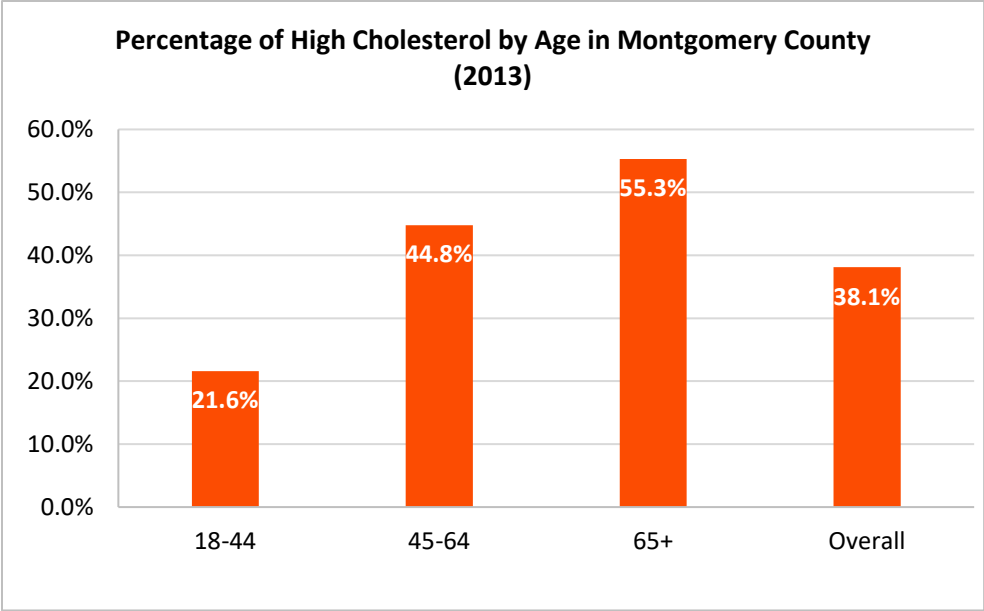


**Figure 27.** Prevalence of High Cholesterol by Gender in Montgomery County, 2013  
(Source: [Healthy Montgomery](#), 2016)

- In terms of age, seniors over the age of 65, followed by residents between the ages of 45 and 64, have the highest prevalence of high cholesterol in both counties despite the different measurement periods (Figure 28 and 29).



**Figure 28.** Prevalence of High Cholesterol by Age in Prince George’s County, 2017  
(Source: [PGC Health Zone](#), 2019)



**Figure 29.** Prevalence of High Cholesterol by Age in Montgomery County, 2013  
(Source: [Healthy Montgomery](#), 2016)

## Community Resources

Acute care cardiology services are provided by all hospital providers in Prince George's and Montgomery Counties. In addition, there are numerous physician providers as well as clinics that provide diagnosis and treatment for heart disease and stroke. The following are additional resources and services for heart disease and stroke in the community:

### 1. ADVENTIST HEALTHCARE (AHC)

#### *Heart & Vascular Care*

**Phone:** 301-569-6961

**Website:**

<https://www.adventisthealthcare.com/services/heart-vascular/>

#### *Free Monthly Blood Pressure Testing*

**Phone:** 1-800-542-5096

**Website:**

<https://www.adventisthealthcare.com/calendar/details/dates/?topicId=68>

#### *Stroke Rehabilitation*

**Website:**

<https://www.adventisthealthcare.com/services/rehabilitation/neurological/stroke/>

#### *Free Stroke Support Group*

**Phone:** 301-569-6961

**Website:**

<https://www.adventisthealthcare.com/calendar/details/?eventId=e426205c-efd9-de11-9638-005056947103>

#### *Stroke Treatment*

**Website:**

<https://www.adventisthealthcare.com/services/brain-spine/stroke/>

### 2. PRINCE GEORGE'S COUNTY HEALTH & HUMAN SERVICES

#### *Reduce Chronic Diseases by Reducing Obesity*

**Phone:** 301-883-7879

**Website:**

<https://www.princegeorgescountymd.gov/2476/Reduce-Chronic-Diseases-by-Reducing-Obes>

### 3. MONTGOMERY COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES

#### *Senior Nutrition Program*

**Address:** 401 Hungerford Drive, Rockville, MD 20850

**Phone:** 240-777-3000

**Website:**

<https://www.montgomerycountymd.gov/hs-program/program.aspx?id=ads/adsseniornutr-p190.html>

### 4. DOCTORS COMMUNITY HOSPITAL

#### *Stroke Support Group*

**Address:** 9610 Good Luck Road, Lanham, MD 20706

**Phone:** 301-552-8144

**Website:**

<https://www.dchweb.org/wellness/support-groups/stroke-support-group>

**5. WOMEN HEART**

**Phone:** 202-728-7199

**Email:** [mail@womenheart.org](mailto:mail@womenheart.org)

**Website:** <https://www.womenheart.org/>

**6. MENDED HEARTS**

**Phone:** 1-888-432-7899

**Resource Center:** 229-518-2680

**Email:** [info@mendedhearts.org](mailto:info@mendedhearts.org)

**Website:** <https://mendedhearts.org/>

**7. AMERICAN HEART ASSOCIATION**

***Bethesda Chapter***

**Address:** 8600 Old Georgetown Rd.

Bethesda, MD 20814

**Phone:** 301-530-3740

**Website:**

<https://www.stroke.org/en/stroke-groups/montgomery-county-stroke-association--bethesda-chapter>

***Silver Spring Chapter***

**Address:** 1000 Forest Glen Road, Silver Spring, MD 20901

**Phone:** 301-622-2282

**Website:** <https://www.stroke.org/en/stroke-groups/montgomery-county-stroke-association-silver-spring-chapter>

**8. MONTGOMERY COUNTY STROKE ASSOCIATION**

**Phone:** 301-681-6272

**Email:** [info@mcstroke.org](mailto:info@mcstroke.org)

**Website:** <https://www.mcstroke.org/>

**9. AFRICAN AMERICAN HEALTH PROGRAM**

***Diabetes/Heart Health***

**Address:** 14015 New Hampshire Avenue, Silver Spring, MD 20904

**Phone:** 240-777-1833

**Email:** [info@aahpmontgomerycounty.org](mailto:info@aahpmontgomerycounty.org)

**Website:**

<http://aahpmontgomerycounty.org/diabetes>

# Section IV: Findings



## Part B: Secondary Data

### Chapter 3: Diabetes

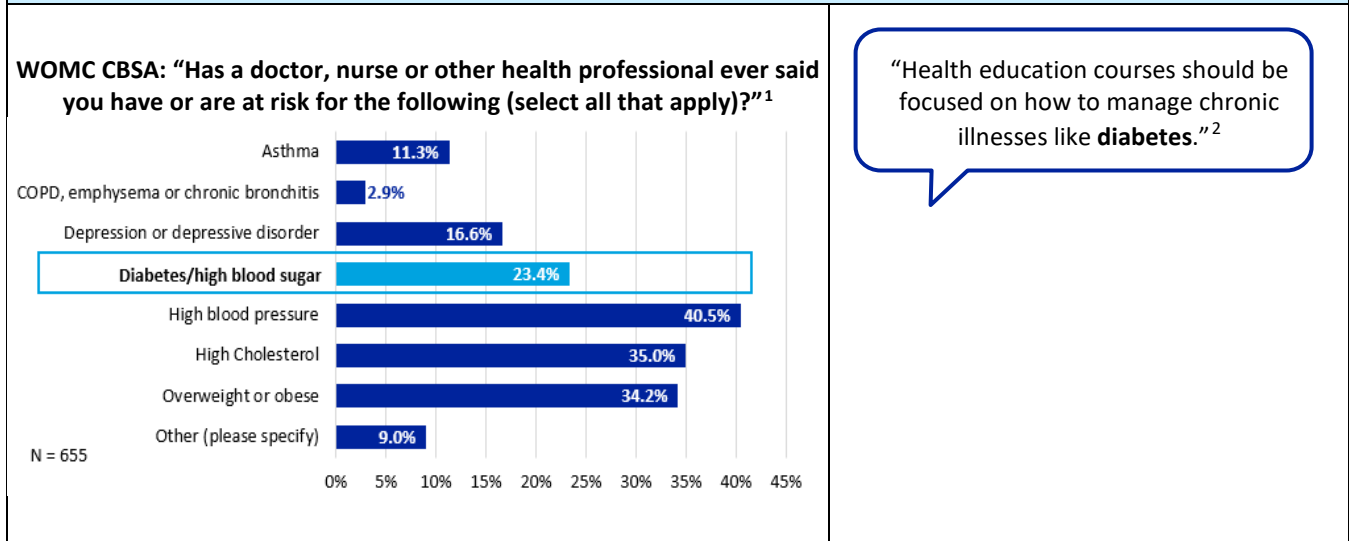


# Diabetes

## KEY FINDINGS

Disparities & Indicators	Trend Over Time
<ul style="list-style-type: none"> <li>In MC and PGC, the overall age-adjusted <b>ER rates</b> for diabetes increased</li> <li><b>NH-Black/AA</b> and <b>males</b> in MC and PGC have the highest <b>mortality and hospitalization</b> rates</li> <li>The <b>Medicare</b> population treated for diabetes increased for MC and PGC</li> <li>In MC, the diabetes <b>ER visit rates</b> increased with age; individuals <b>65+</b> have the highest rate with 1,099 per 100,000 population</li> <li>In PGC, <b>AI/AN</b> have the highest rate for <b>uncontrolled diabetes</b> compared to any other population subgroup</li> </ul>	<ul style="list-style-type: none"> <li> MC and PGC age-adjusted mortality rate due to diabetes had a decreasing trend from 2012 - 2017</li> <li> MC and PGC age-adjusted ER rates due to diabetes had an increasing trend from 2012 - 2017</li> <li>% of Medicare population treated for diabetes had an increasing trend in MC and PGC from 2013 - 2017</li> </ul>

## Community Perception



<sup>1</sup> Adventist HealthCare. (2019). Community Health Needs Assessment Primary Data Survey.

<sup>2</sup> Adventist HealthCare. (2019). Key Informant Interview Quote - Primary Data.

# Diabetes

## Impact

Diabetes Mellitus is a metabolic condition that affects how the body regulates glucose levels in the blood. In type 1 diabetes, the body does not produce enough insulin, which results in excess blood glucose accumulation in the blood. This excess glucose can lead to serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations<sup>3</sup>. This type of diabetes can develop at any age and there is no known way to prevent it. In adults, type 1 diabetes accounts for about 5 percent of all diagnosed cases of diabetes. Most diabetes cases in the U.S. are type 2 diabetes. Type 2 diabetes occurs when the body cannot produce insulin properly and can develop at any age. Unlike type 1 diabetes, type 2 diabetes can be prevented through healthy lifestyle choices, including proper diet and exercise. About 30 percent of people will develop this disease in their lifetime. Gestational diabetes is a specific type of diabetes that develops during pregnancy. Typically, this type of diabetes disappears after the birth of the baby, however, it predisposes the mother to an increased risk of developing type 2 diabetes later in life<sup>4</sup>.

Diabetes can be a life-threatening disease that requires life-long management. It is the seventh leading cause of death in the U.S.<sup>5</sup>. More than thirty million people in the United States have diabetes, and 1 in 4 of them go undiagnosed; this puts them at a much higher risk for developing other health-related complications<sup>6</sup>. More than eighty-four million people have prediabetes, and ninety percent of them are unaware that they are at risk of developing diabetes. Diabetes is also a very costly disease; the total estimated cost of diagnosed diabetes in 2017 was \$327 billion, including \$237 billion in direct medical costs and \$90 billion in reduced productivity<sup>7</sup>.

Diabetes prevalence has also increased among children. While type 1 diabetes remains the primary type of diabetes in children, type 2 diabetes has become more common in children 10 years of age or

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<sup>3</sup> Centers for Disease Control and Prevention (CDC). (2015). Basics about diabetes. Retrieved from <http://www.cdc.gov/diabetes/basics/diabetes.html>

<sup>4</sup> CDC. (2015). 2014 National diabetes statistics report. Retrieved from <http://www.cdc.gov/diabetes/data/statistics/2014statisticsreport.html>

<sup>5</sup> CDC. (2015). Basics about diabetes. Retrieved from <http://www.cdc.gov/diabetes/basics/diabetes.html>

<sup>6</sup> CDC. (2019). Diabetes Quick Facts. Retrieved from <https://www.cdc.gov/diabetes/basics/quick-facts.html>

<sup>7</sup> American Diabetes Association (2018). Economic Costs of Diabetes in the U.S. in 2017. Retrieved from <https://care.diabetesjournals.org/content/41/5/917.full>

older<sup>8</sup>. This can be attributed to the increasing prevalence of obesity and being overweight in young populations<sup>9</sup>.

In Maryland the overall prevalence of diabetes is 11 percent<sup>10</sup> and remains the sixth leading cause of death for the state<sup>11</sup>. In Montgomery and Prince George's Counties, the percentage of individuals living with diabetes varies based on sociodemographic factors. In both counties, individuals living with diabetes was highest among males, individuals 65+, Asians (Montgomery County) and Hispanics (Prince George's County). However, hospitalization and mortality rates due to diabetes is highest among Black/African-American individuals for both Montgomery and Prince George's County. Although diabetes mellitus is a serious and costly chronic disease, early detection, improved delivery of care, and better self-management are important strategies that can help prevent the burden of diabetes<sup>12</sup>.

## Prevalence

- The overall prevalence of diabetes in Montgomery County has been stable at 7 percent since 2014 (Figure 1).
- In Prince George's County, the percent of adults with diabetes has slightly fluctuated over the past five years. In 2017, the percentage increased by 1.3 percent (Figure 1).

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<sup>8</sup> Centers for Disease Control and Prevention: National diabetes statistics report: estimates of diabetes and its burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services; 2014. Retrieved from <https://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>

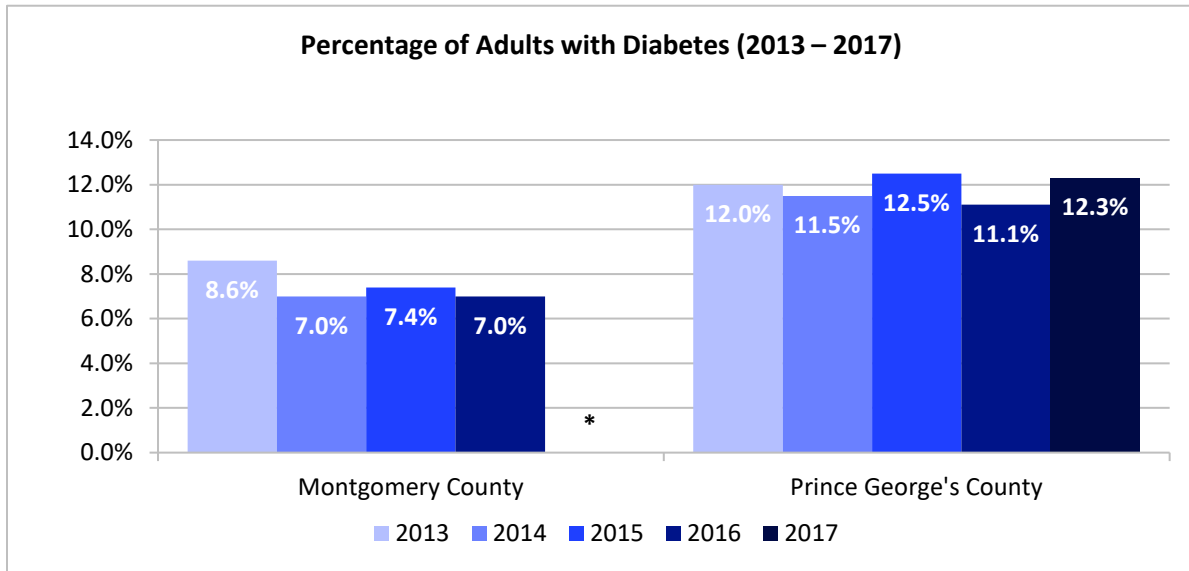
<sup>9</sup> Fagot-Campagna A, Pettitt DJ, Engelgau MM, et al. Type 2 diabetes among North American children and adolescents: an epidemiologic review and a public health perspective. *The Journal of pediatrics*. May 2000;136(5):664-672.

<sup>10</sup> County Health Rankings (2019). Maryland Diabetes Prevalence. Retrieved from <https://www.countyhealthrankings.org/app/maryland/2019/measure/outcomes/60/data>

<sup>11</sup> CDC. (2019). Stats of the State of Maryland. Retrieved from <https://www.cdc.gov/nchs/pressroom/states/maryland/maryland.htm>

<sup>12</sup> Healthy in Montgomery County 2008 – 2016. A surveillance report on population health. Retrieved from <https://www.montgomerycountymd.gov/healthymontgomery/Resources/Files/HM-Resources/Publications/PopHealthReportFINAL.pdf>





**Figure 1.** Percentage of Adults with Diabetes, 2013 – 2017.

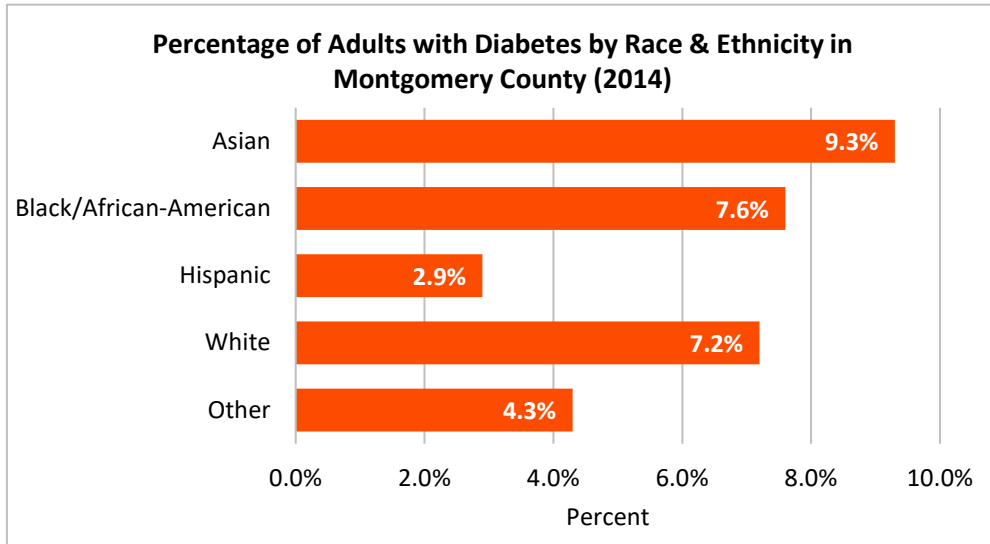
\*Data unavailable/not applicable

*Note: Excludes diabetes cases during pregnancy.*

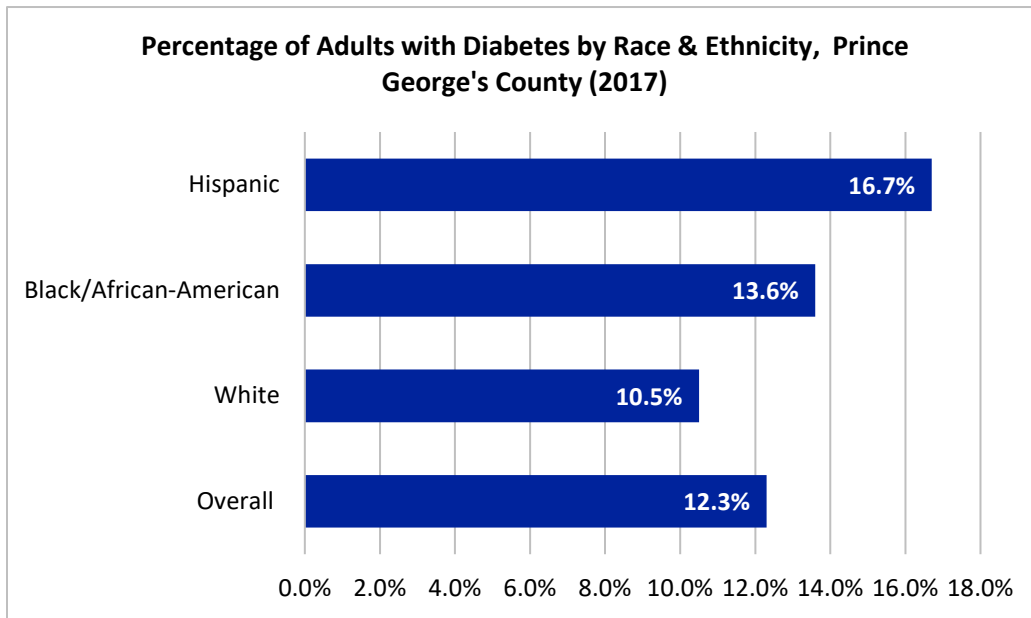
*Crude rates not comparable across county populations*

(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2019)

- In 2014, in Montgomery County, Asian individuals experienced the highest prevalence of diabetes at 9.3 percent compared to Black/African-Americans at 7.6 percent and White individuals at 7.2 percent (Figure 2).
- In 2017, in Prince George’s County, the greatest disparity was between Hispanics (16.7 percent) and White individuals (10.5 percent) (Figure 3).

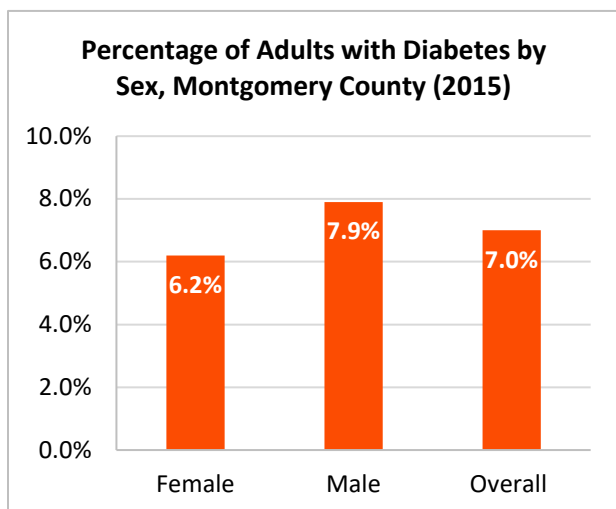


**Figure 2.** Percentage of Adults with Diabetes by Race/Ethnicity in Montgomery County, 2014  
*Note: Excludes diabetes cases during pregnancy.*  
*Crude rates not comparable across county populations*  
 (Source: [Maryland BRFSS Data](#), 2014)

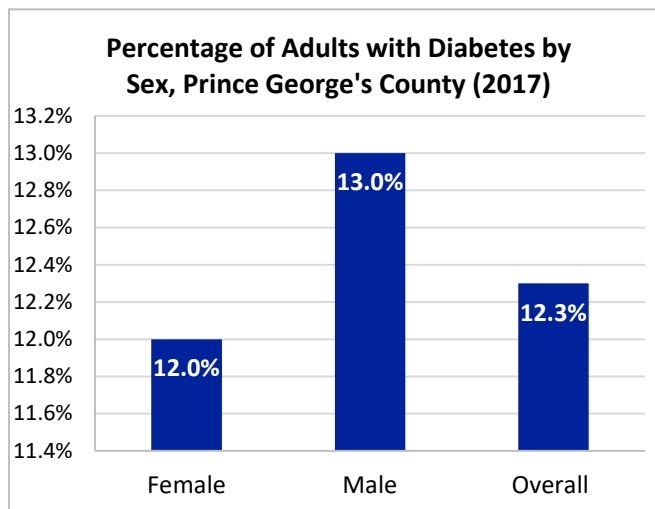


**Figure 3.** Percentage of Adults with Diabetes by Race/Ethnicity in Prince George's County, 2017  
 (Source: [PGC Health Zone](#), 2019)

- In both Montgomery and Prince George’s County, males were more likely to be diagnosed with diabetes when compared to females during the year 2015 in Montgomery County and 2017 in Prince George’s County (Figure 4 and 5).

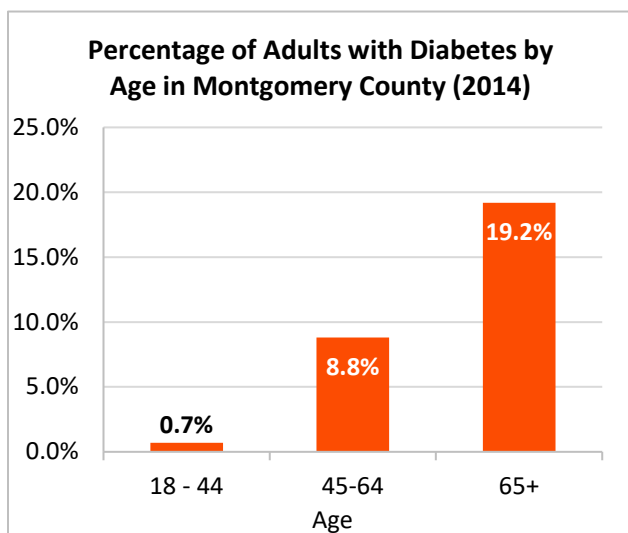


**Figure 4.** Percentage of Adults with Diabetes by Sex in Montgomery County, 2015  
(Source: [CARES Engagement Network](#), 2019)

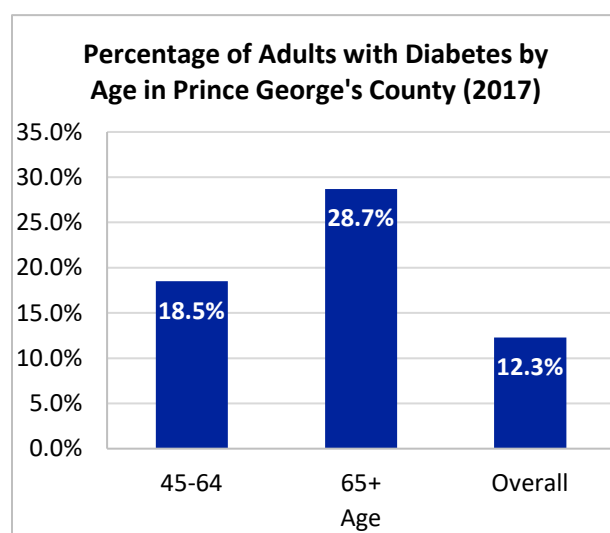


**Figure 5.** Percentage of Adults with Diabetes by Sex in Prince George’s County, 2017  
(Source: [PGC Health Zone](#), 2019)

- In terms of age, individuals age 65+ were the most likely to have diabetes in both Montgomery County (for year 2014) and Prince George’s County (for year 2017) (Figure 6 and 7).

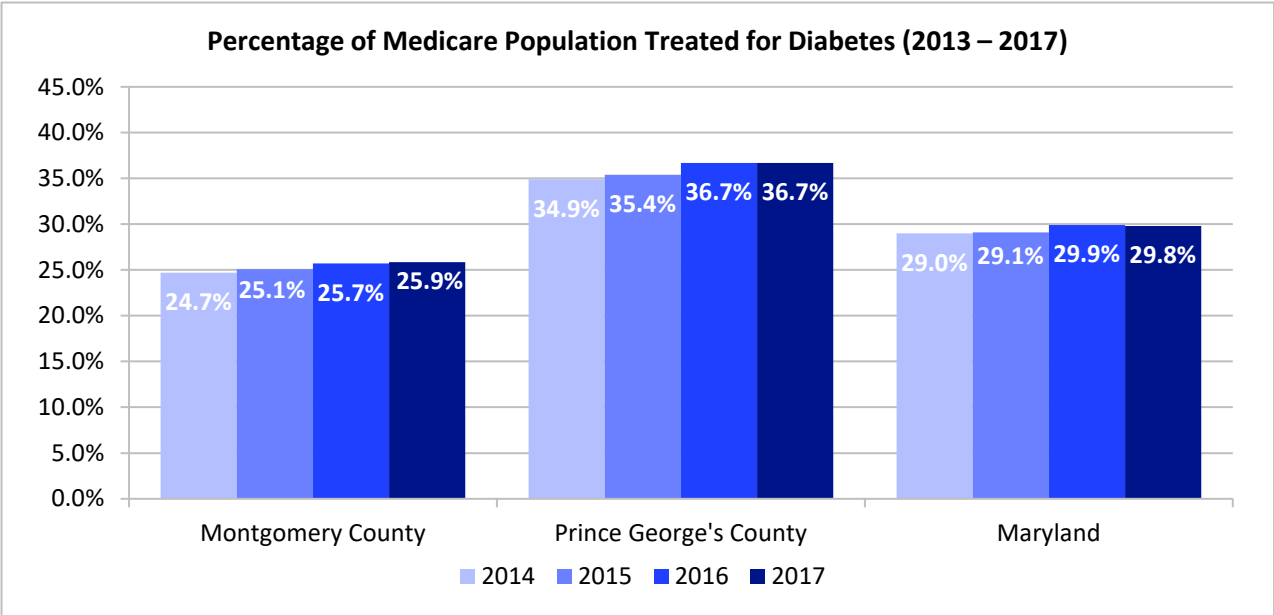


**Figure 6.** Percentage of Adults with Diabetes by Age in Montgomery County, 2014  
*Note: Excludes diabetes cases during pregnancy. Crude rates not comparable across county populations*  
(Source: [Maryland BRFSS Data](#), 2014)



**Figure 7.** Percentage of Adults with Diabetes by Age in Prince George’s County, 2017  
*Note: Excludes diabetes cases during pregnancy.*  
(Source: [PGC Health Zone](#), 2019)

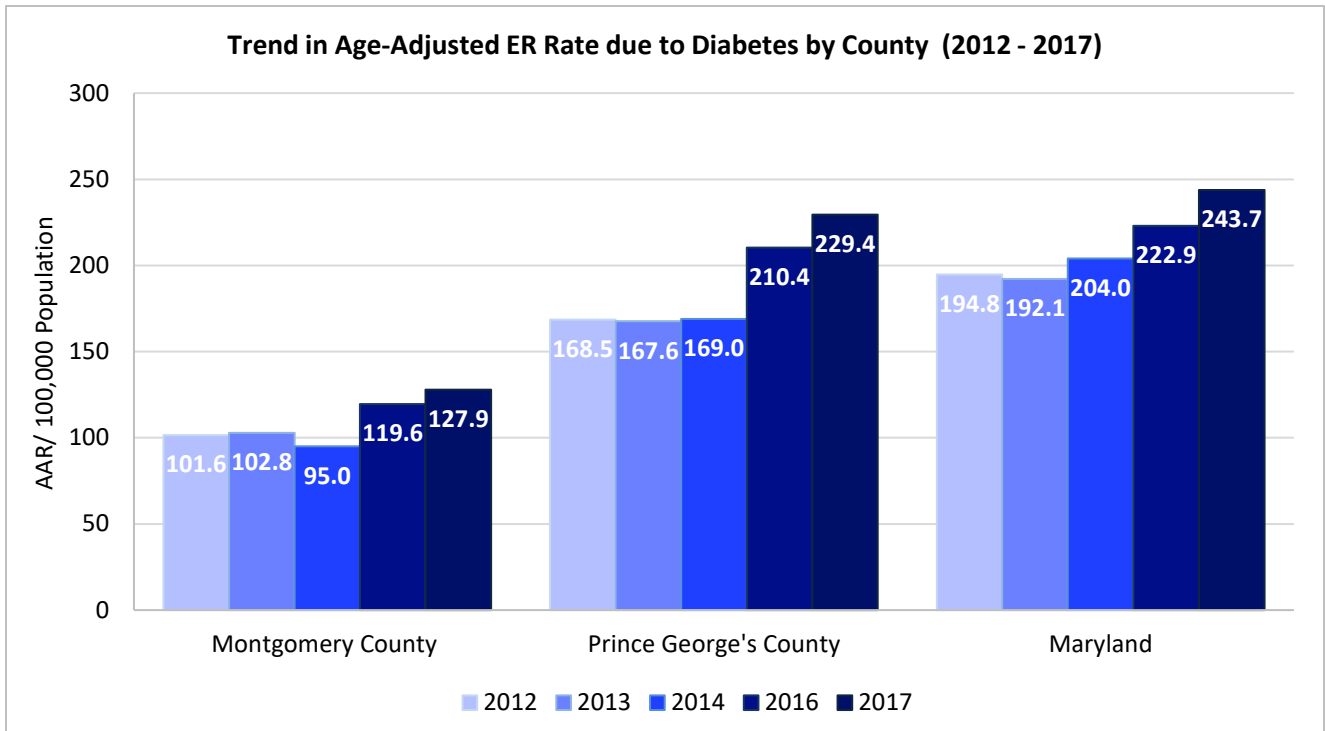
- The percentage of the Medicare population having received treatment for diabetes also illustrates the burden of disease on this potentially financially-strained group; especially in Prince George’s County where the percentage is much higher when compared to Montgomery County and Maryland (Figure 8).
- There has been a slight gradual increase in the proportion of the Medicare population being treated for diabetes from 2014 to 2017 for both Montgomery and Prince George’s Counties (Figure 8).



**Figure 8.** Percentage of Medicare Population Treated for Diabetes, 2013 – 2017  
 (Source: [Centers for Medicare and Medicaid Services](#), 2019)

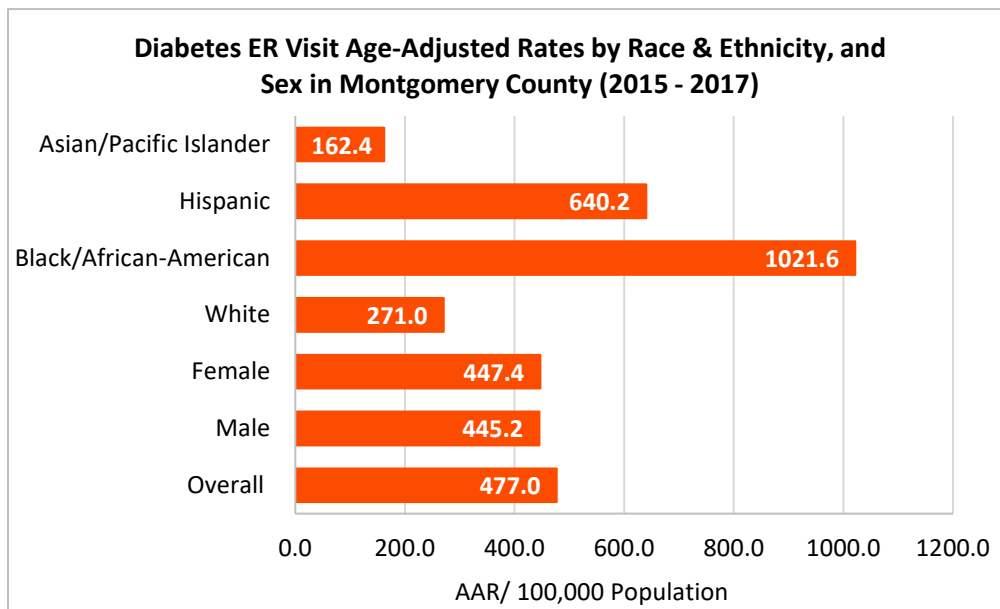
### Emergency Room Rates

- Over time, when looking at the age-adjusted ER rates due to diabetes by county, Prince George’s continues to have the highest rate when compared to Montgomery County (Figure 9).
- In 2017, Maryland had the highest age-adjusted ER rate due to diabetes with 243.7 per 100,000 population which is nearly 2X higher than that of Montgomery County for the same year (Figure 9).



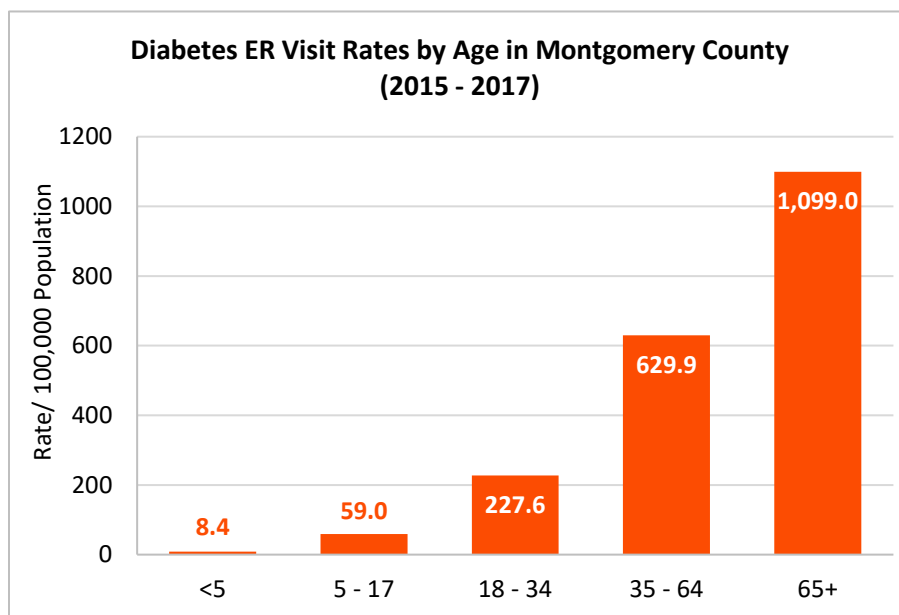
**Figure 9.** Trend in Age-Adjusted ER Rates due to Diabetes in Montgomery County, Prince George's County, and Maryland, 2012 – 2017  
(Source: [Maryland SHIP](#), 2019)

- When looking at diabetes ER visits stratified by race and ethnicity in Montgomery County, Black/African-American individuals have a rate that is 6X greater and Hispanics have a rate 4X greater than Asians (Figure 10).
- In terms of ER visits by sex, both females and males have relatively similar rates with females being just 2.2 higher than males (Figure 10).



**Figure 10.** Diabetes ER Visit Age-Adjusted Rates by Race & Ethnicity and Sex in Montgomery County, 2015 – 2017  
 (Source: [Healthy Montgomery Core Measures Report](#), 2019)

- Diabetes ER visit rates increased with age in Montgomery County (Figure 11).
- Individuals 65 and older have a rate 4.8X higher than persons aged 18 to 34, and 1.7X greater than persons 35 to 64 (Figure 11).



**Figure 11.** Diabetes ER Visit Age-Adjusted Rates by Age in Montgomery County, 2015 – 2017  
 (Source: [Healthy Montgomery Core Measures Report](#), 2019)

## Hospitalization Rates

- From 2015 to 2017, in Montgomery County, the age-adjusted hospitalization rates for diabetes overall is highest among individuals who are 65+, males, Black/African-American, and Hispanic individuals (Table 1).
- In Montgomery County the Individuals who are most affected by hospitalization rates due to diabetes based on level of complication varies by age, sex, and race/ethnicity (Table 1):
  - People 18 to 34 years old, Black/African-American, and Hispanic have the highest hospitalization rate for *short term complication* due to diabetes
  - Individuals who are 35 to 64 years old, male, Black/African-American, and Hispanic have the highest *long- term complications* due to diabetes
  - Seniors who are 65+, Black/African-American, and Hispanic individuals have the highest rate for *uncontrolled diabetes*

Montgomery County Age-Adjusted Hospitalization Rates per 100,000 Population (2015 - 2017)				
Characteristic	Diabetes	Short-term Complications of Diabetes	Long-Term Complications of Diabetes	Uncontrolled Diabetes
<b>Age</b>				
5 - 17	2.4	0.9	0.2	0.6
18 - 34	104.5	<b>50.6</b>	20.6	21
35 - 64	253.5	43.6	<b>103.3</b>	65.2
65+	<b>873.3</b>	43.9	<b>367.6</b>	<b>205.9</b>
<b>Sex</b>				
Male	<b>258.2</b>	35.0	<b>111.2</b>	58.3
Female	210.6	33.6	73.6	53.9
<b>Race</b>				
Asian/ Pacific Islander	124.7	7.8	42.9	30.3
Hispanic	<b>279.1</b>	<b>37.9</b>	<b>99.4</b>	<b>76.7</b>
Black/African-American	<b>465.2</b>	<b>73.1</b>	<b>185.2</b>	<b>119.8</b>
White	181.4	27.3	76.0	37.6

**Table 1.** Age-Adjusted Hospitalization Rates per 100,000 population in Montgomery County, 2015 – 2017  
(Source: [Healthy Montgomery](#), 2019)

- From 2013 to 2015, in Prince George’s County, the age-adjusted hospitalization rates for diabetes overall is highest among individuals who are 65 to 84 and 85+, males, and Black/African-American (Table 2).
- In Prince George’s County, the Individuals who are most affected by hospitalization rates due to diabetes based on level of complication varies by age, sex, and race (Table 2):
  - People 65 to 84 years old and Black/African-American have the highest hospitalization rate for *short term complication* due to diabetes
  - Individuals who are 65 to 84, 85+, male, and Black/African-American, have the highest *long- term complications* due to diabetes
  - Seniors who are 65 to 84 and American Indian/Alaskan Native have the highest rate for *uncontrolled diabetes*



**Prince George's County Age-Adjusted Hospitalization Rates per 10,000 Population 18+ Years of Age  
(2013 - 2015)**

Characteristic	Diabetes	Short-term Complications due to Diabetes	Long-Term Complications due to Diabetes	Uncontrolled Diabetes
<b>Age</b>				
18 - 19	6.2	5.9	*	*
20 - 24	12.1	9.7	1.9	*
25 - 44	16.2	8.8	6.4	0.8
45 - 64	29.4	9.7	17.1	2.1
65 - 84	<b>53.7</b>	<b>10.4</b>	<b>38.5</b>	<b>4.1</b>
85+	<b>49.5</b>	6.8	<b>39.4</b>	*
Overall	25.7	9.3	14.4	1.6
<b>Sex</b>				
Male	<b>29.5</b>	9.9	<b>17.3</b>	1.8
Female	22.9	8.8	12.3	1.5
Overall	25.7	9.3	14.4	1.6
<b>Race</b>				
American Indian/Alaskan Native	41.3	15.0	25.4	<b>35.0</b>
Asian/Pacific Islander	5.4	**	4.2	**
Black/African-American	<b>31.9</b>	<b>11.4</b>	<b>17.8</b>	2.1
White	14.9	6.0	8.2	0.6
Overall	25.7	9.3	14.4	1.6

**Table 2.** Age-Adjusted Hospitalization Rates per 10,000 population in Prince George's County, 2013 – 2015

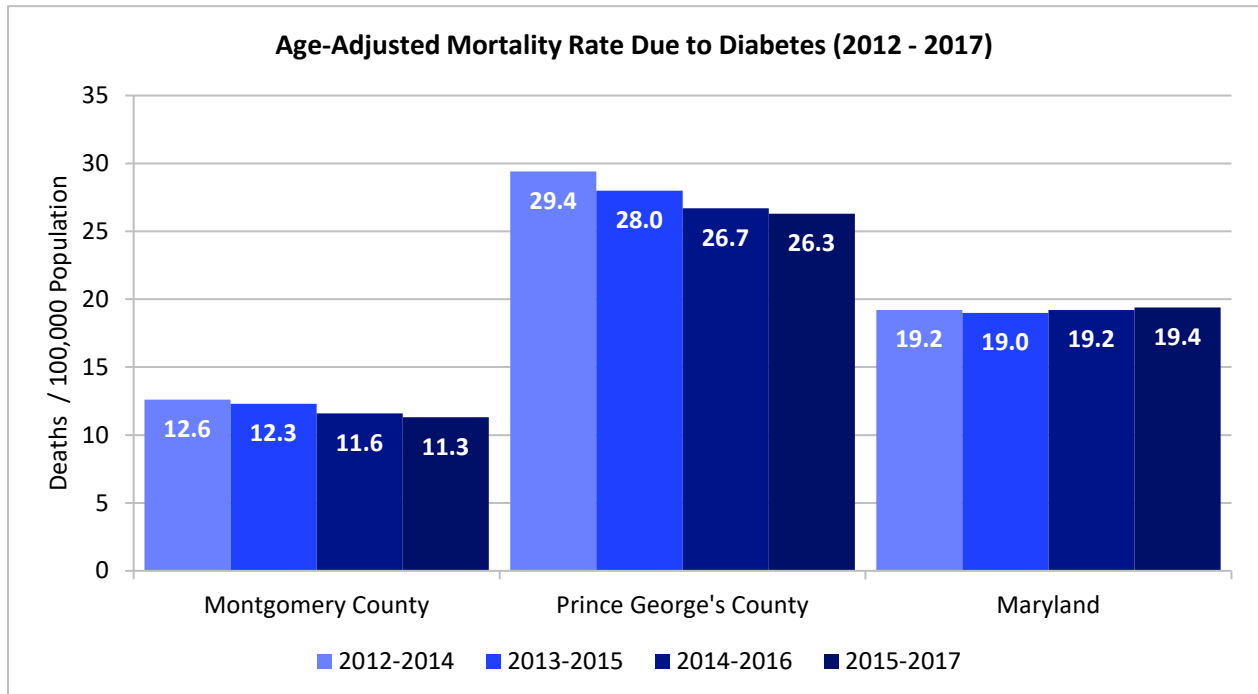
\*Data unavailable/not applicable

(Source: [PGC Health Zone](#), 2019)

\*\*NOTE: AI/AN had no significant difference with the overall value for diabetes and short-term complications due to diabetes according to PGC Health Zone.

## Mortality

- Diabetes mortality has an overall decreasing trend which is like that of Maryland (Figure 12).
- The mortality rate in Montgomery County has consistently been lower than that of Maryland and Prince George's County (Figure 12).
- The Prince George's county mortality rate has remained nearly constant over the last three years. When compared to Montgomery County and Maryland, the rates are significantly higher (Figure 12).

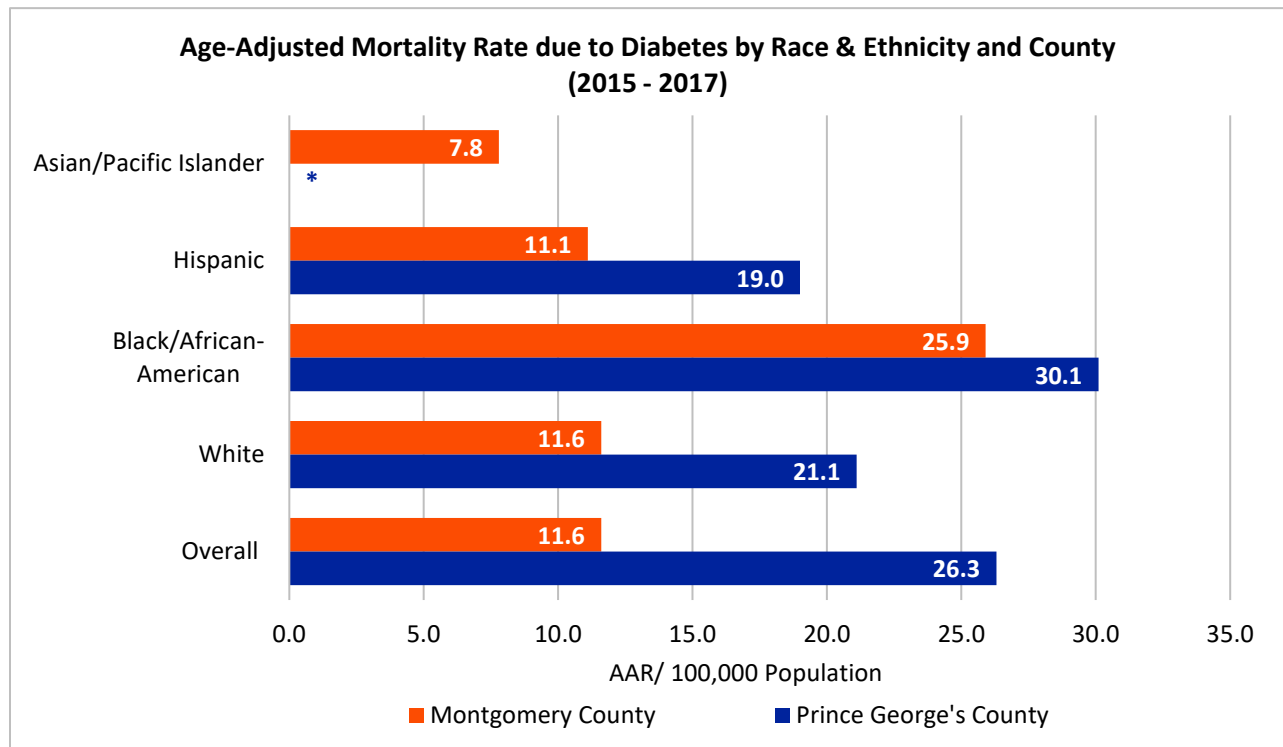


**Figure 12.** Age-Adjusted Mortality Rate Due to Diabetes per 100,000 Population in Montgomery County, Prince George's County, and Maryland, 2012 - 2017

(Source: [Maryland Department of Health and Mental Hygiene \(DHMH\)](#), 2019)

- When stratified by race and ethnicity, the mortality rate due to diabetes disproportionately affects Black/African-American individuals in both Montgomery and Prince George's County (Figure 13).
- Black/African-American's in Montgomery County have a mortality rate which is 2.2X higher than the overall average for the county. Additionally, the mortality rate is more than 3X higher when compared to the Asian/Pacific Islander individuals who have the lowest rate overall (7.8 per 100,000) (Figure 13).
- In Prince George's County, Black/African-American individuals have a rate that is 1.5X higher than Hispanic and 1.4X higher than White individuals (Figure 13).
- When comparing the two counties overall, Prince George's age-adjusted mortality rate due to diabetes is 2.2X higher than Montgomery County (Figure 13).

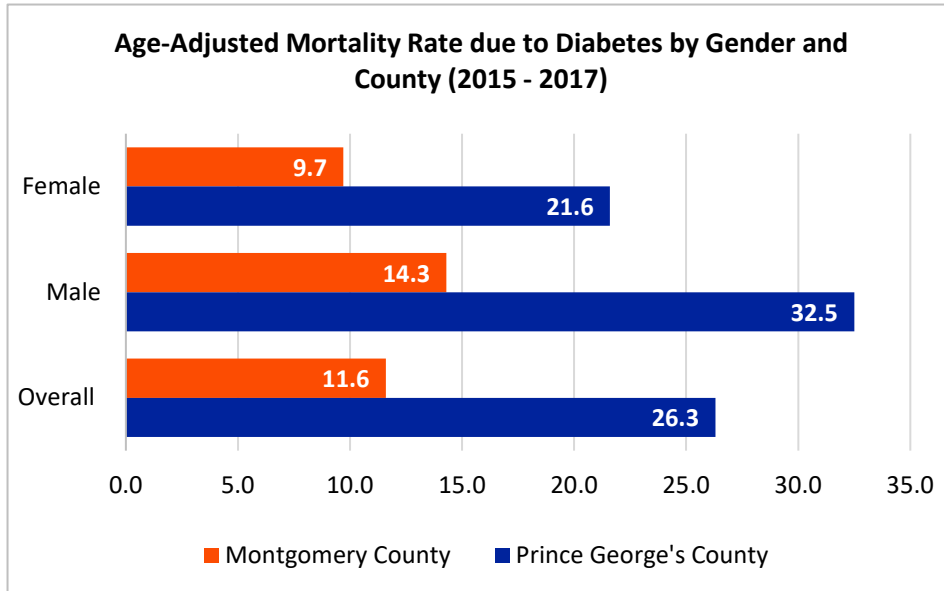
- When comparing the same racial/ethnic group across county lines, White individuals in Prince George’s County have the largest gap (1.8X higher) than White individuals in Montgomery County (Figure 13).



**Figure 13.** Age-Adjusted Mortality Rate due to Diabetes by Race & Ethnicity in Montgomery County and Prince George’s County (2015 – 2017)  
 \*Data unavailable/not applicable

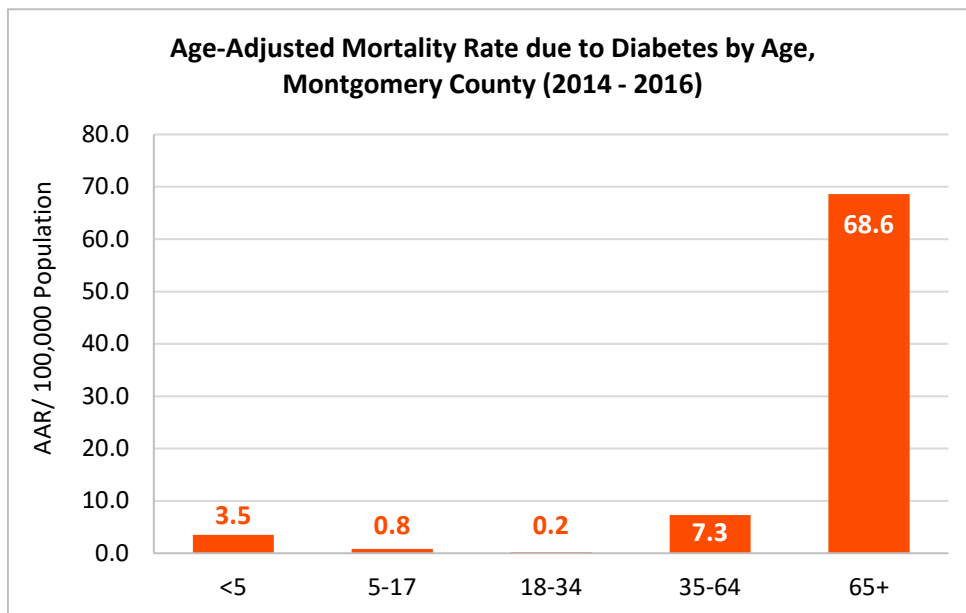
(Source: [Healthy Montgomery Core Measures Report & PGC Health Zone](#), 2019)

- The age-adjusted mortality rate due to diabetes by gender is highest among males for both counties (Figure 14).
- Prince George’s County has the highest mortality rate for both genders and overall when compared to Montgomery County (Figure 14).



**Figure 14.** Age-Adjusted Mortality Rate due to Diabetes by Gender in Montgomery County and Prince George’s County (2015 – 2017)  
 (Source: [Healthy Montgomery Core Measures Report & PGC Health Zone](#), 2019)

- In Montgomery County, when looking at the age-adjusted mortality rate due to diabetes by age, the highest rate is among individuals 65+ (Figure 15).
- Individuals aged 65+ have a rate which is 343X larger than the reference group, individuals aged 18 – 34 (Figure 15).



**Figure 15.** Age-Adjusted Mortality Rate due to Diabetes by Age in Montgomery County (2015 – 2017)  
 (Source: [Healthy Montgomery Core Measures Report](#), 2019)

## Community Resources

There are a variety of diabetes-related services and programs available for residents in Washington Adventist Hospital's Community Benefit Service Area. These include hospital-based, community-based, and health department programs and services:

### 1. ADVENTIST HEALTHCARE (AHC)

#### *Diabetes Education & Support*

**Phone:** 1-800-542-5096 (Registration line)

**Website:**

<https://www.adventisthealthcare.com/services/diabetes-care-endocrinology/education-support/>

#### *Diabetes Self-Management Education and Support (DSMES)*

**Phone:** 301-891-6105 (White Oak, MD) or 301-315-3129 (Rockville, MD)

**Website:**

<https://www.adventisthealthcare.com/calendar/details/?eventId=788f34bf-cc14-e311-a8cd-2c768a4e1b84>

#### *Diabetes Cooking Class*

**Website:**

<https://www.adventisthealthcare.com/calendar/details/?eventId=c85b6b82-c58e-e911-a81c-000d3a611ea2>

#### *Prediabetes Class*

**Website:**

<https://www.adventisthealthcare.com/calendar/details/?eventId=335eb721-a98e-e911-a81c-000d3a611ea2>

#### *Living Well with Diabetes*

**Website:**

<https://www.adventisthealthcare.com/calendar/details/?eventId=c45986f4-4298-e911-a81e-000d3a611ea2>

#### *Gestational Diabetes*

**Website:**

<https://www.adventisthealthcare.com/calendar/details/?eventId=d4d5afda-c050-e511-8d72-2c768a4e1b84>

### 2. PRINCE GEORGE'S COUNTY - DIABETES

**Address:** 9314 Piscataway Rd

Clinton, MD 20735

**Phone:** 301-856-9643

**Website:**

<https://www.princegeorgescountymd.gov/2090/Diabetes>

### 3. MONTGOMERY COUNTY – DEPARTMENT OF HEALTH AND HUMAN SERVICES

#### *Online Diabetes Education*

**Phone:** 240-777-1833

**Website:**

[https://www2.montgomerycountymd.gov/mcgportalapps/Press\\_Detail.aspx?Item\\_ID=22884](https://www2.montgomerycountymd.gov/mcgportalapps/Press_Detail.aspx?Item_ID=22884)

#### *Senior Nutrition Program*

**Address:** 401 Hungerford Drive, Rockville, MD 20850

**Phone:** 240-777-3000

**Website:**

<https://www.montgomerycountymd.gov/hs-program/program.aspx?id=ads/adsseniornutr-p190.html>

4. **UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH – DIABETES CARE**  
**Phone:** 301-618-6555  
**Website:**  
<https://www.umms.org/capital/health-services/diabetes>
5. **AMERICAN DIABETES ASSOCIATION**  
*Summer Camps*  
**Phone:** 1-800-342-2383  
**Website:**  
<https://www.diabetes.org/community/camp/finding-a-camp>
6. **AFRICAN AMERICAN HEALTH PROGRAM – DIABETES/ HEART HEALTH**  
**Address:** 14015 New Hampshire Avenue  
Silver Spring, MD 20904  
**Phone:** 240-777-1833  
**Email:** [info@aahpmontgomerycounty.org](mailto:info@aahpmontgomerycounty.org)  
**Website:**  
[www.aahpmontgomerycounty.org](http://www.aahpmontgomerycounty.org)
7. **UNIVERSITY OF MARYLAND EXTENSION**  
*Prince George’s County*  
**Address:** 6707 Groveton Drive  
Clinton, MD 20735  
**Phone:** 301-868-9366  
**Email:** [nfitzhu@umd.edu](mailto:nfitzhu@umd.edu)  
**Website:**  
<https://extension.umd.edu/prince-georges-county>
- Montgomery County*  
**Address:** 18410 Muncaster Road  
Derwood, MD 20855  
**Phone:** 301-590-9638  
**Email:** [yingling@umd.edu](mailto:yingling@umd.edu)  
**Website:**  
<https://extension.umd.edu/montgomery-county>

8. **RIGHT AT HOME**  
*Prince George’s County*  
**Address:** 1450 Mercantile Lane Suite 127  
Upper Marlboro, MD 20774  
**Phone:** 301-738-2225  
**Website:**  
<https://www.rightathome.net/upper-marlboro>
- Montgomery County*  
**Address:** 11821 Parklawn Drive Suite 302  
Rockville, MD 20852  
**Phone:** 301-255-0066  
**Website:**  
<https://www.rightathome.net/rockville-maryland>
9. **ASIAN AMERICAN HEALTH INITIATIVE**  
**Address:** 1401 Rockville Pike, 3rd Floor  
Rockville, MD 20852  
**Phone:** 240-777-4517  
**Email:** [info@aahiinfo.org](mailto:info@aahiinfo.org)  
**Website:** <http://aahiinfo.org/>

**10. HOLY CROSS HEALTH – DIABETES  
PREVENTION AND EDUCATION  
*Outpatient Diabetes Self-Management  
Education***

**Phone:** 301-754-8200

**Website:**

[http://www.holycrosshealth.org/body.cfm?  
id=862&fr=true](http://www.holycrosshealth.org/body.cfm?id=862&fr=true)

***Diabetes Prevention Program***

**Phone:** 301-557-1231

**Website:**

[http://www.holycrosshealth.org/body.cfm?  
id=860&fr=true](http://www.holycrosshealth.org/body.cfm?id=860&fr=true)

***Gestational Diabetes Program***

**Phone:** 301-754-7449

**Website:**

[http://www.holycrosshealth.org/body.cfm?  
id=861&fr=true](http://www.holycrosshealth.org/body.cfm?id=861&fr=true)

# Section IV: Findings

## Part B: Secondary Data



### Chapter 4: Obesity





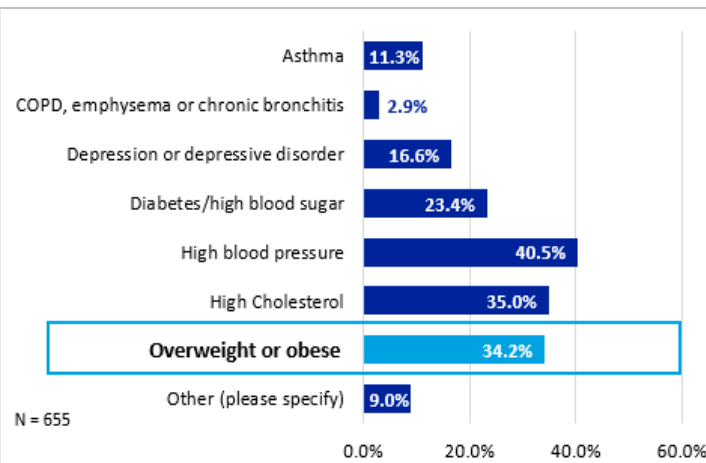
# Obesity

## KEY FINDINGS

Disparities & Indicators	Trend Over Time
<ul style="list-style-type: none"> <li>MC met the HP 2020 target (30.5) for adult <b>obesity</b> among adults but PGC did not from 2012-2016</li> <li>In PGC, <b>females</b> have a higher % of <b>obese</b> adults and in MC, <b>males</b> have a higher % of <b>obese</b> adults</li> <li>MC met the HP 2020 target (16.1) for <b>obesity</b> among <b>adolescents</b>, however, PGC did not in 2016</li> </ul>	<ul style="list-style-type: none"> <li> In PGC the obesity trend was stable from 2012 - 2016</li> <li> MC had an increasing trend from 2012 - 2016 for adult obesity</li> <li>MC and PGC had an increasing trend from 2013 - 2016 for adolescent obesity</li> </ul>

## Community Perception

WOMC CBSA: “Has a doctor, nurse or other health professional ever said you have or are at risk for the following (select all that apply)?”<sup>1</sup>



“Provide nutrition counselors and cooking classes to counteract epidemic of obesity. Also teach people how to shop with in store counselors and educators.”<sup>2</sup>

“Community should host exercise challenges.”<sup>3</sup>

“Classes are offered during work hours, if you are working you cannot engage in free activities that improve your health.”<sup>4</sup>

<sup>1,3</sup> Adventist HealthCare. (2019). Community Health Needs Assessment – Community Survey.

<sup>2,4</sup> Adventist HealthCare. (2019). Community Health Needs Assessment - Key Informant Interview.

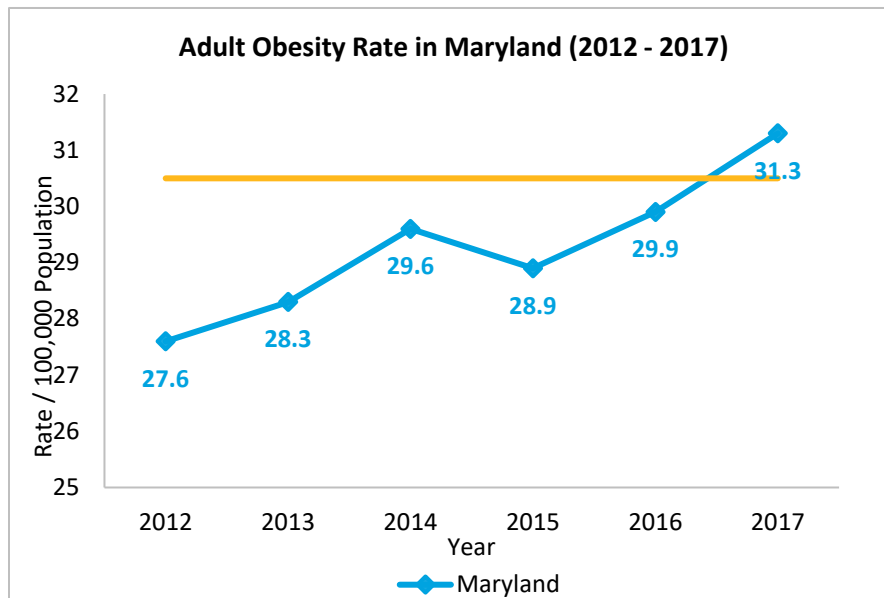
# Obesity

## Impact

Adult obesity is defined as having a body mass index (BMI) greater than or equal to 30. Being overweight is defined as having a BMI of greater than or equal to 25. Obesity continues to be a highly prevalent condition in the United States with approximately 35 percent of adults and 17 percent of children 2 through 18 years of age qualifying as obese. Obesity is of particular concern because it is associated with many adverse health outcomes including heart disease, stroke, type 2 diabetes, and cancer. There also appear to be disparities in the burden of obesity across different demographic groups.<sup>3,4</sup>

## Prevalence

- In Maryland, the rate for adult obesity has steadily increased over time. From 2015 to 2017, the rate increased from 28.9 to 31.3. Currently, Maryland has not met the Healthy People 2020 target of 30.5 (Figure 1).

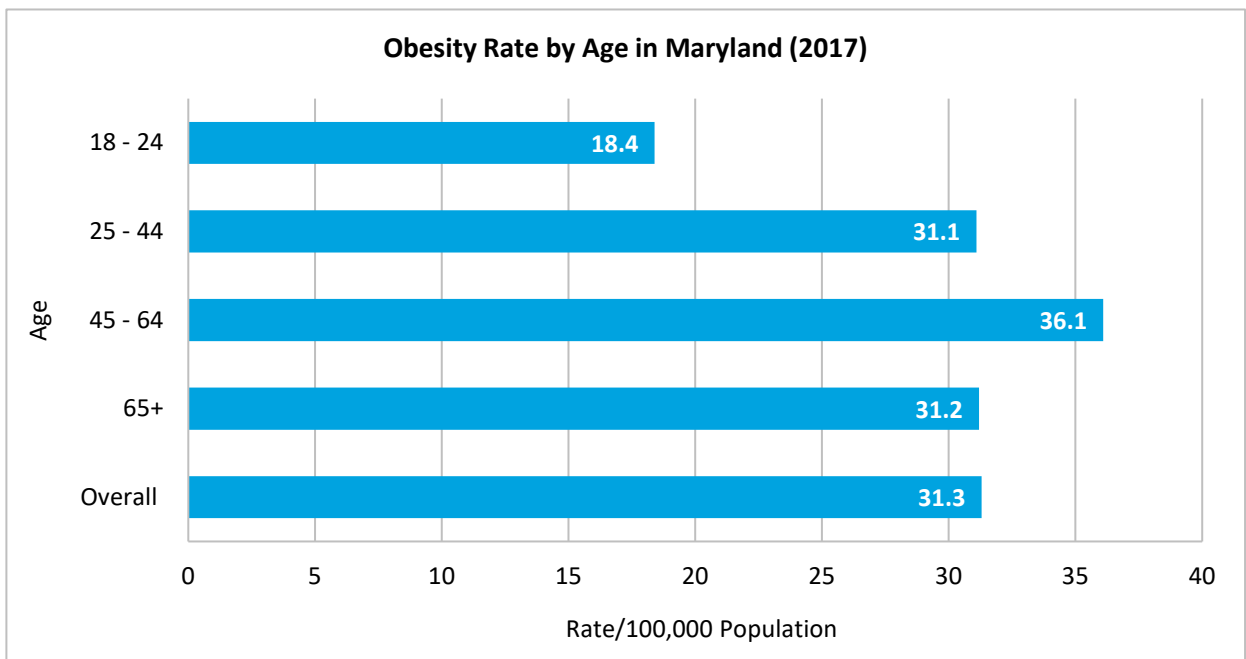


**Figure 1.** Adult Obesity Rate in Maryland, 2012 – 2017  
(Source: [Trust for America's Health](#), 2018)

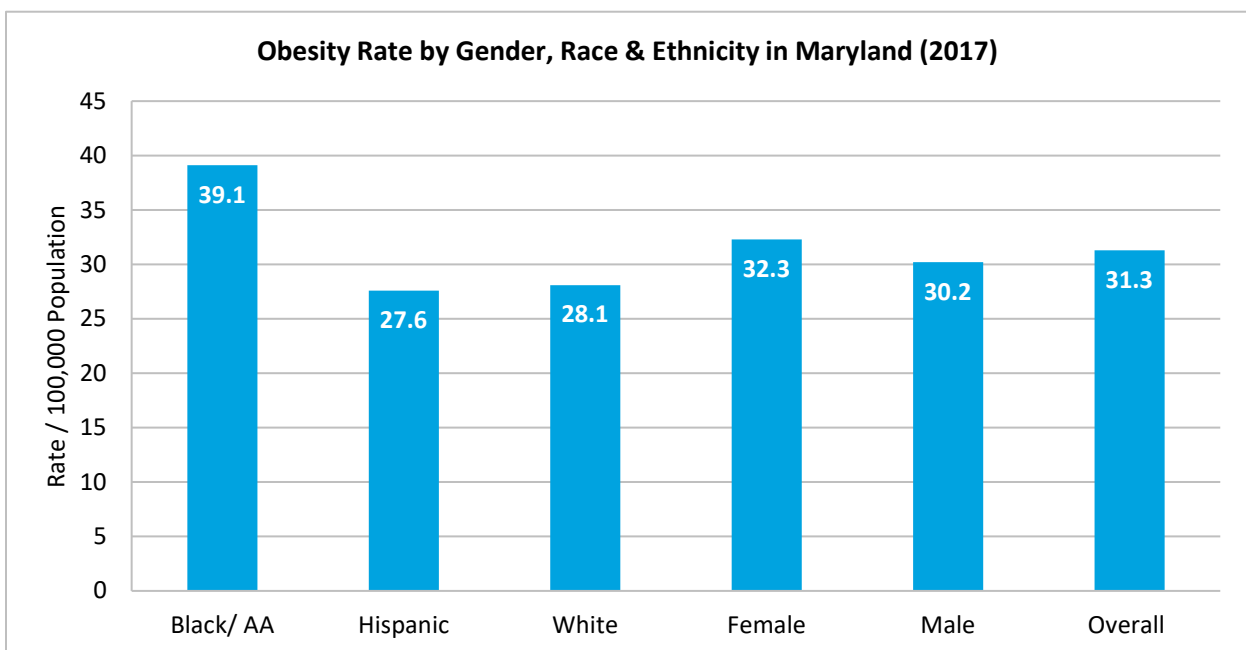
<sup>3</sup> Centers for Disease Control and Prevention (CDC) – Division of Nutrition, Physical Activity, and Obesity, & National Center for Chronic Disease Prevention and Health Promotion. (2016). Childhood obesity facts. Retrieved from <http://www.cdc.gov/obesity/data/childhood.html>

<sup>4</sup> CDC - Division of Nutrition, Physical Activity, and Obesity, & National Center for Chronic Disease Prevention and Health Promotion. Adult obesity facts. Retrieved from: <http://www.cdc.gov/obesity/data/adult.html>

- In Maryland, the obesity rate was highest among Black/African-American individuals, women, and individuals aged 45 to 64 (Figure 2 and Figure 3).

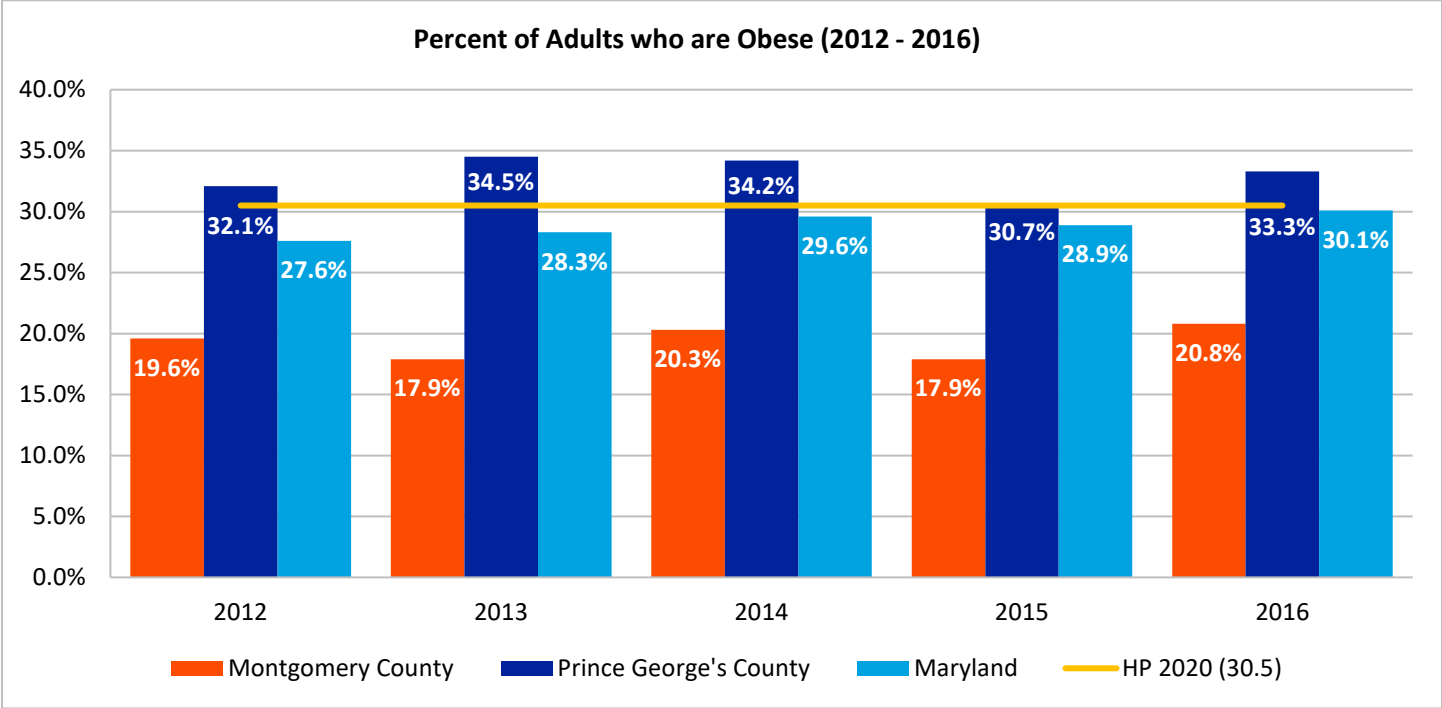


**Figure 2.** Obesity Rate by Age in Maryland, 2017  
(Source: [The State of Obesity](#), 2018)



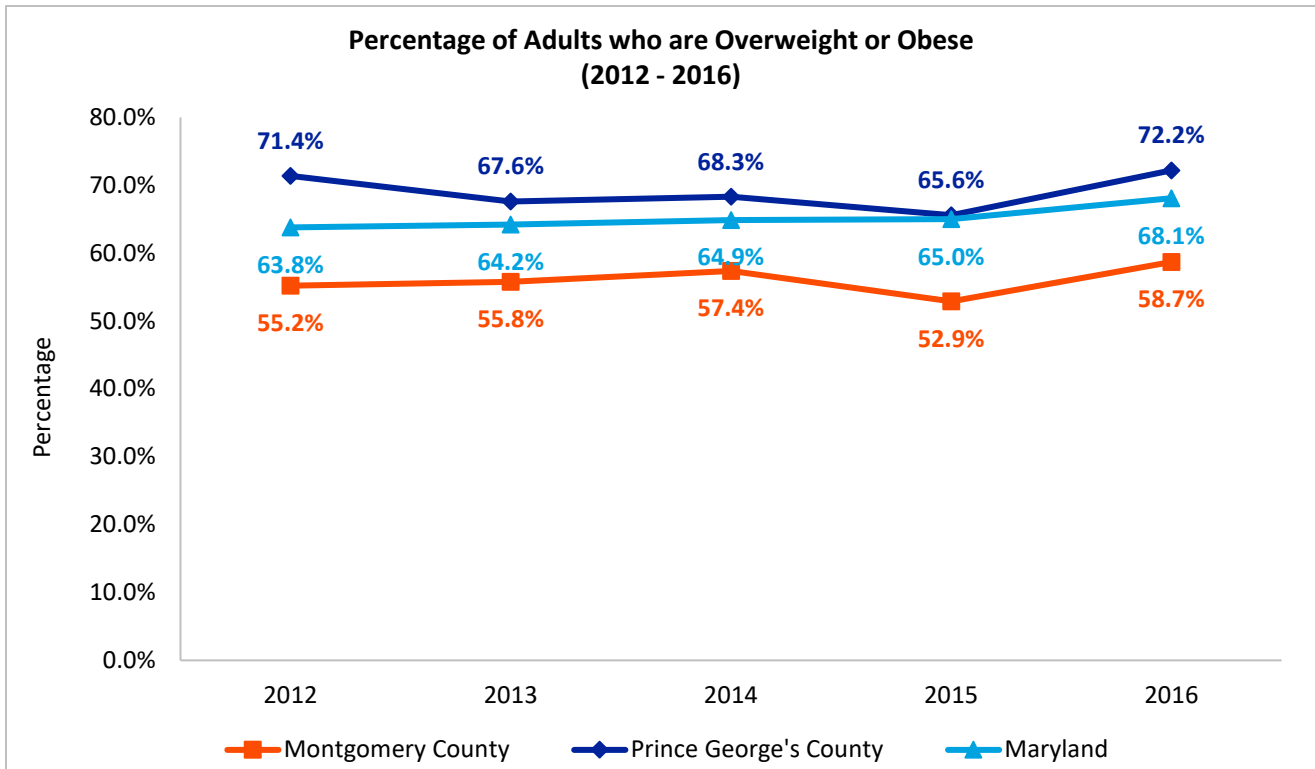
**Figure 3.** Obesity Rate by Gender, Race & Ethnicity in Maryland, 2017  
(Source: [The State of Obesity](#), 2018)

- Prince George’s County did not meet the target set forth by Healthy People 2020 for the percentage of its residents who are obese (Figures 4).
- Montgomery County and Maryland met the Healthy People 2020 target for the percentage of its residents who are obese (Figure 4).



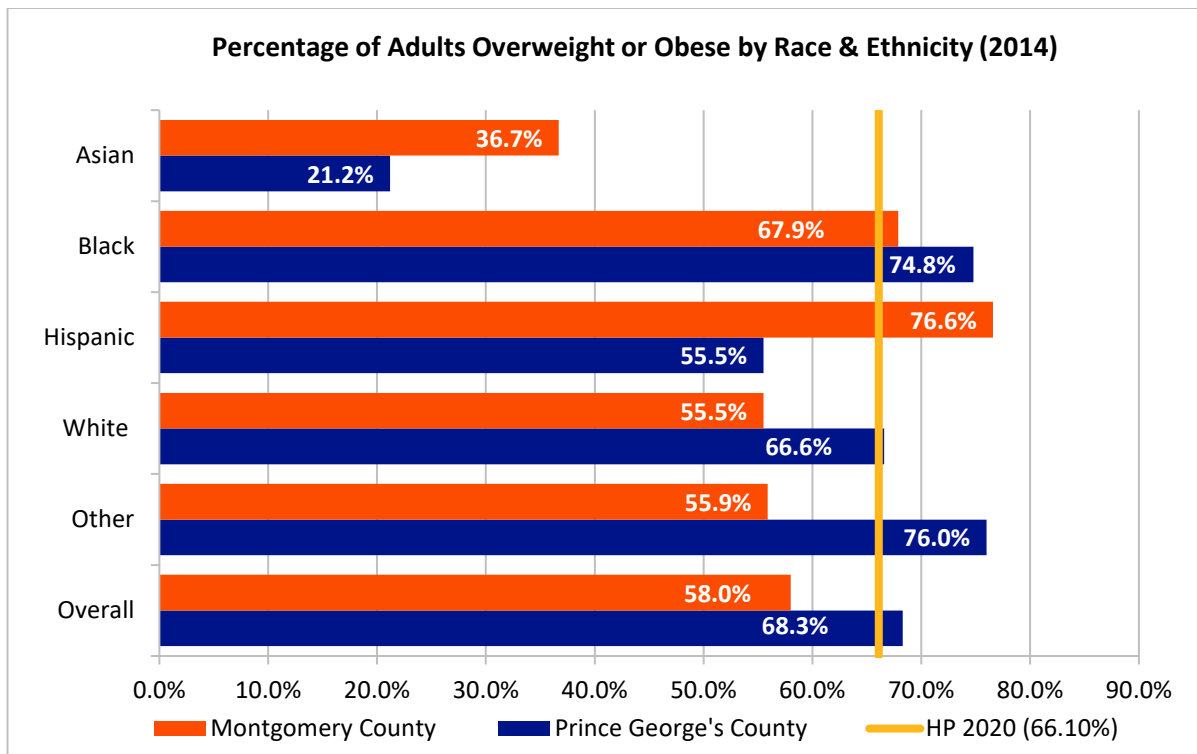
**Figure 4.** Percentage of Adults Who Are Obese, 2012 – 2016  
 (Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2017)

- In 2016, Prince George's County had the highest percentage of adults who are overweight or obese with 72.2 percent when compared to Montgomery County and Maryland (Figure 5).
- Montgomery County had the lowest percentage of overweight or obese adults with 58.7 percent when compared to Maryland and Prince George's County (Figure 5).



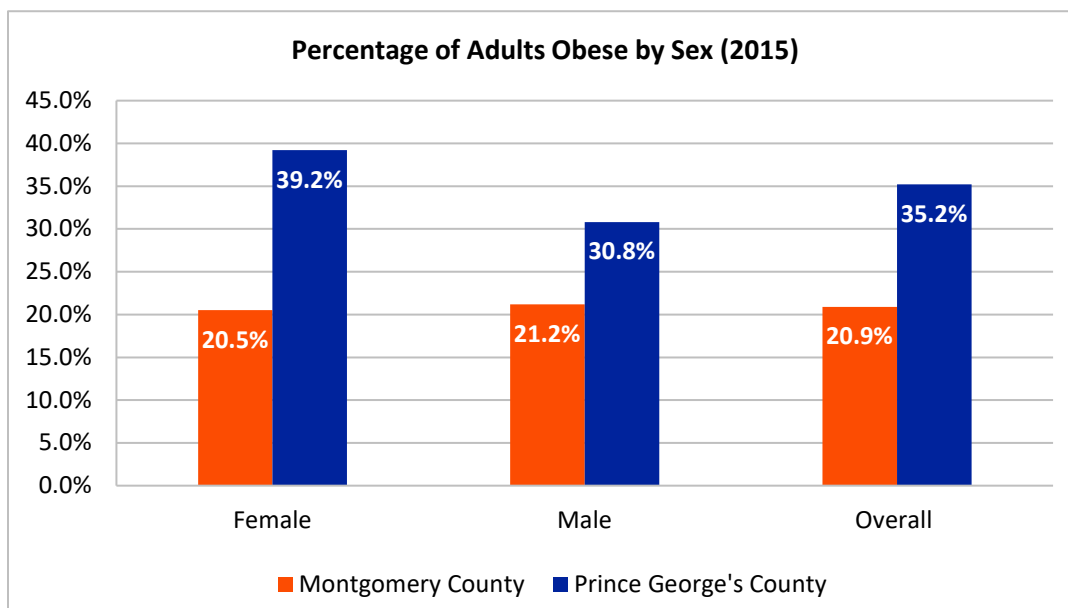
**Figure 5.** Percentage of Adults Who Are Overweight or Obese, 2012 – 2016  
 (Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2017)

- In Montgomery County, only 36.7 percent of Asians are overweight or obese compared to 76.6 percent of Hispanics and 67.9 percent of Blacks (Figure 6).
- In Prince George’s County, 74.8 percent of Black residents and 76 percent of those classified as “Other” are overweight or obese compared to 66 percent of Whites, 55 percent of Hispanics and 21.2 percent of Asians (Figure 6).



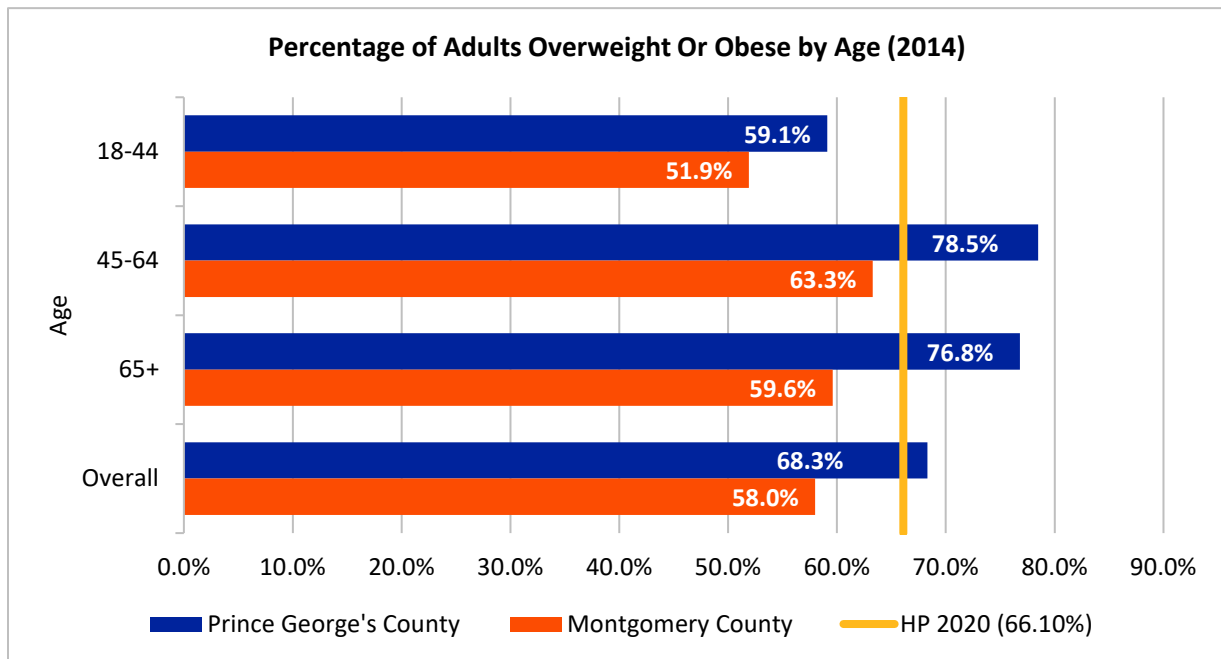
**Figure 6.** Percentage of Adults Who Are Overweight or Obese by Race & Ethnicity in Montgomery County and Prince George's County, 2014  
(Source: [Maryland BRFSS](#), 2014)

- Females are more likely to be obese in Prince George's County at 39.2 percent compared to 30.8 percent of males (Figure 7).



**Figure 7.** Percentage of Adults Who Are Obese by Sex in Montgomery and Prince George's County, 2015  
(Source: [CARES - Montgomery County](#) & [CARES - Prince George's County](#), 2016)

- By age, the proportion of overweight or obese individuals increases with each age bracket except in Montgomery County, where there is a slightly lower rate of obesity in the 65+ population compared to the 45 to 64-year-old population (Figure 8).

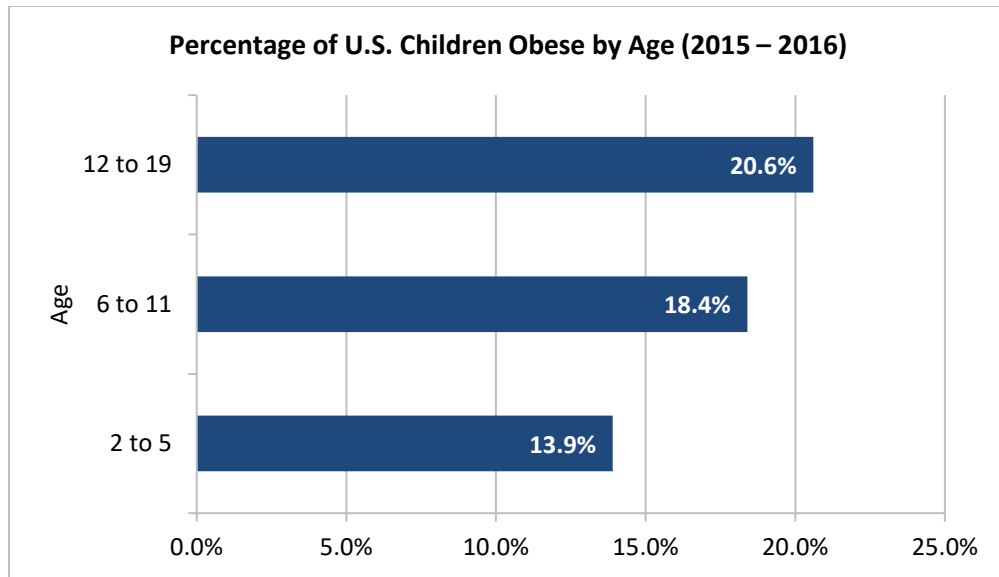


**Figure 8.** Percentage of Adults Who Are Overweight or Obese by Age, 2014  
(Source: [Maryland BRFSS](#), 2014)

## Childhood Obesity

As of 2019, the CDC reports that 18.5 percent of children and adolescents 2 to 19 years of age in the U.S. are obese. Similar to adults, Hispanic and Black children are disproportionately burdened with 25.8 percent and 22.0 percent obese, respectively, compared to 14.1 percent of white children.<sup>5</sup>

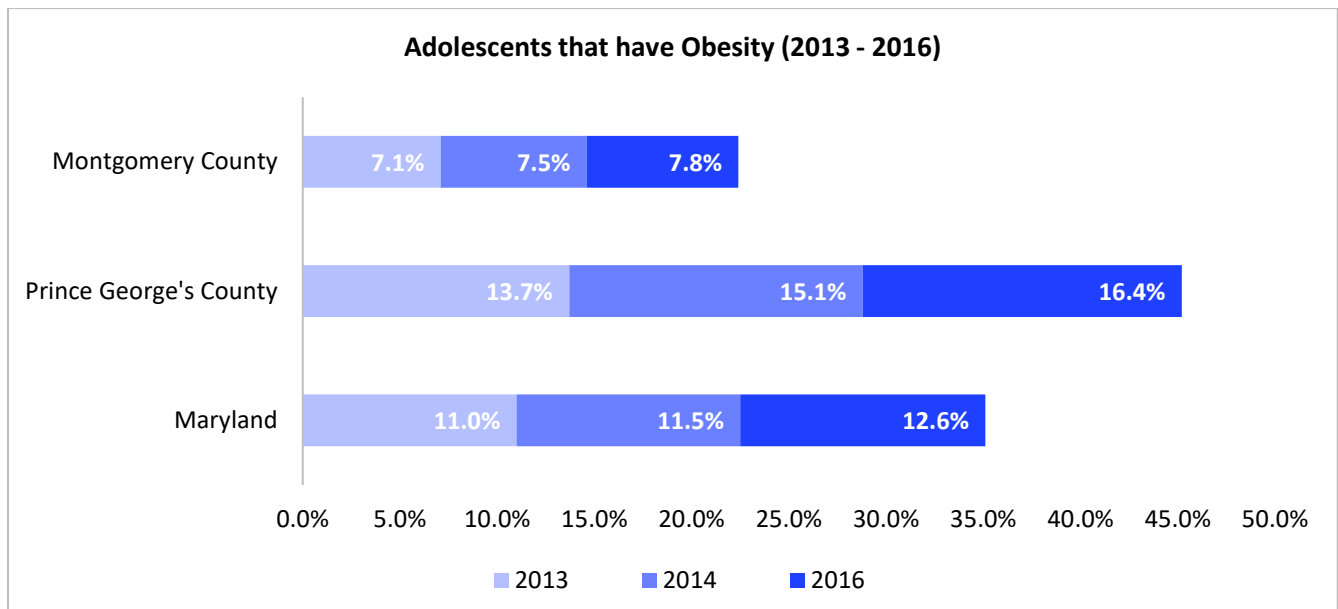
<sup>5</sup> CDC – Division of Nutrition, Physical Activity, and Obesity. (2019). Childhood obesity facts. Retrieved October 3, 2019, from <https://www.cdc.gov/obesity/data/childhood.html>



**Figure 9.** Percentage of U.S. Children Obese by Age, 2015 – 2016  
(Source: [NCHS Data Brief](#), 2017)

## Adolescents

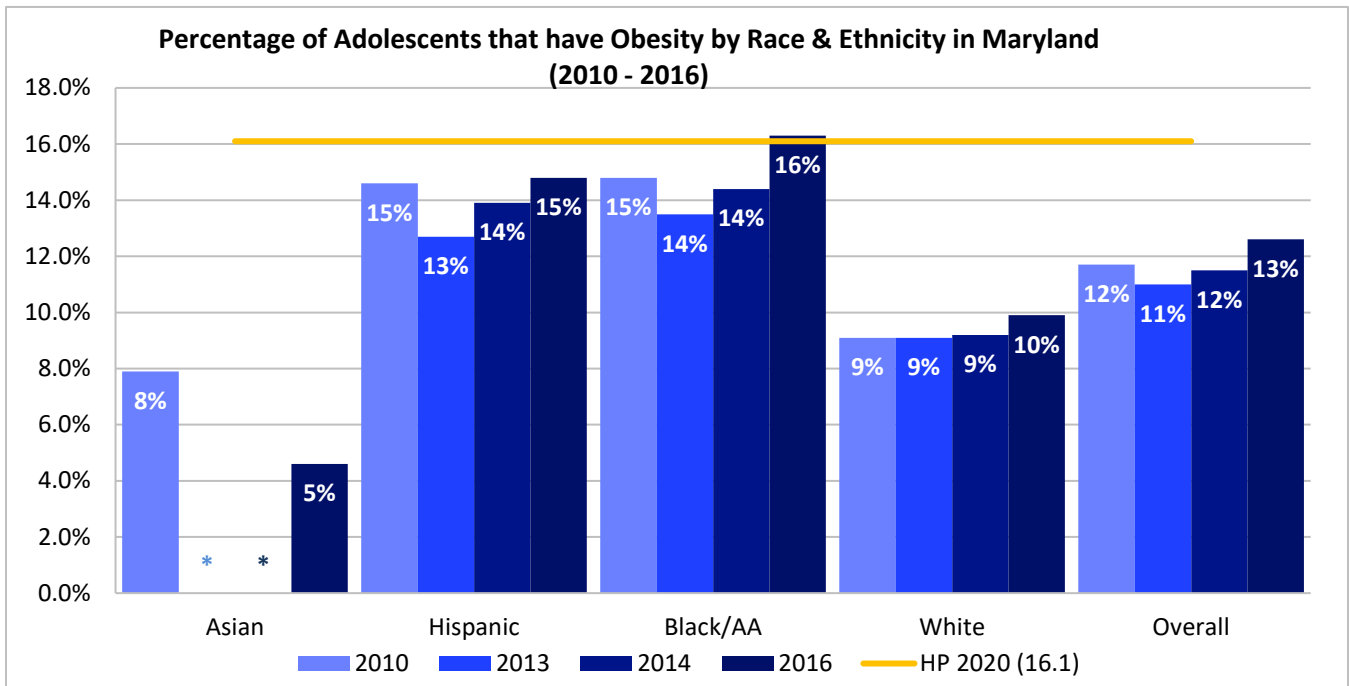
- Prince George's County has a higher percentage and increasing trend of adolescent obesity when compared to Montgomery County and Maryland with 16.4 percent in 2016 (Figure 10).
- Both Maryland and Montgomery County met the Healthy People 2020 target. However, Prince George's County did not (Figure 10).



**Figure 10.** Adolescents That Have Obesity, 2013 – 2016  
(Source: [PGC Health Zone](#) & [Healthy Montgomery](#), 2017)



- Over time, every race has steadily increased in percentage of adolescents that have obesity (Figure 11).
- In 2016, Black/African-Americans and Hispanics had the highest percentage of adolescents with obesity with 16.3 and 14.8. Black/African-Americans do not meet the Healthy People 2020 target (Figure 11).



**Figure 11.** Percentage of Adolescents That Have Obesity by Race/Ethnicity in Maryland, 2010 – 2016  
 \*Data unavailable/not applicable  
 (Source: MD SHIP, 2016)

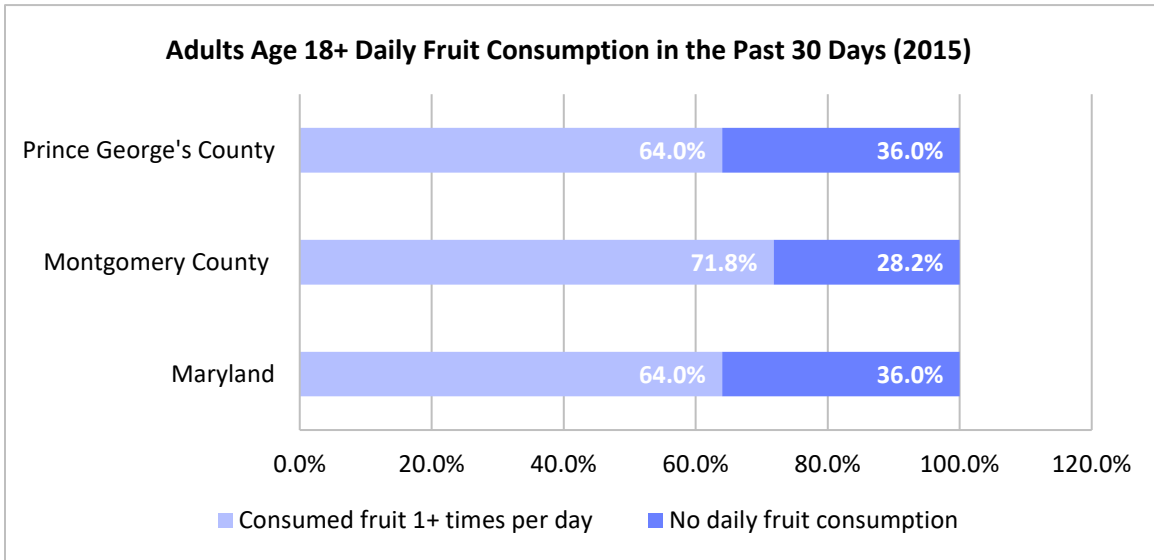
## Healthy Weight Behaviors

According to County Health Rankings, Montgomery County was ranked first in the state of Maryland in 2019 for various health behaviors including: adult obesity; food environment index; physical activity; access to exercise opportunities; adult smoking; and excessive drinking. Prince George’s County ranked 11<sup>th</sup> in the state for the same measure.<sup>6</sup>

## Diet

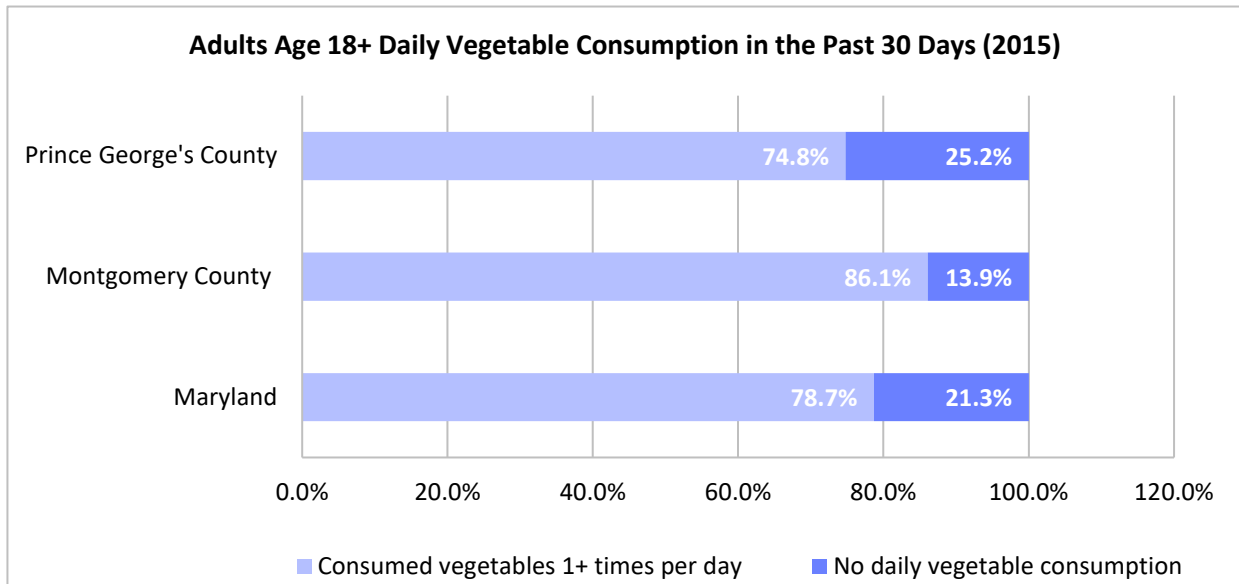
- More adults in Montgomery County consumed at least 1 or more fruit per day compared to Maryland and Prince George’s County, where 36 percent had no daily fruit consumption (Figure 12).

<sup>6</sup> University of Wisconsin: Population Health Institute. (2019). County Health Rankings. Retrieved from <https://www.countyhealthrankings.org/app/maryland/2019/rankings/montgomery/county/outcomes/overall/snapshot>



**Figure 12.** Percentage of Adults Age 18+ Daily Fruit Consumption in Montgomery County, Prince George's County, and Maryland, 2015  
(Source: [Maryland BRFSS](#), 2017)

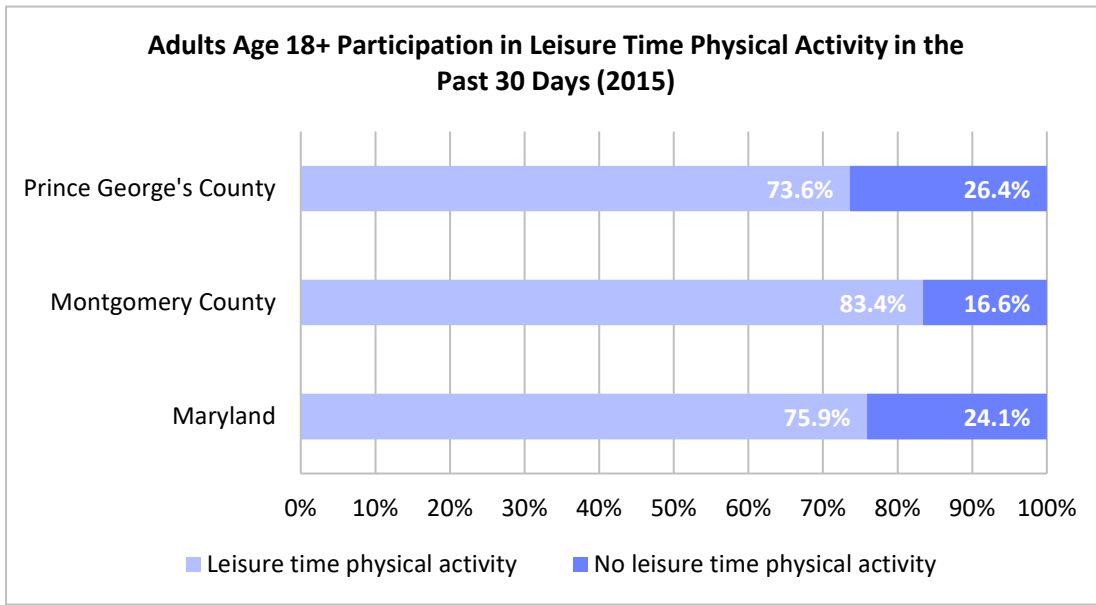
- In Maryland and Prince George's County, over 20 percent of the adult population have no daily vegetable consumption compared to Montgomery County's 13.9 percent (Figure 13).



**Figure 13.** Percentage of Adults Age 18+ Daily Vegetable Consumption in Montgomery County, Prince George's County, and Maryland, 2015  
(Source: [Maryland BRFSS](#), 2017)

## Physical Activity

- In 2015, adults in Montgomery County participated in leisure time physical activity in the past 30 days more often than those in Prince George’s County or Maryland. However, both Prince George’s County and Maryland have a high percentage of adults who participate in leisure time physical activity (Figure 14).



**Figure 14.** Percentage of Adults 18+ Participation in Leisure Time Physical Activity in Montgomery County, Prince George’s County, and Maryland, 2015  
(Source: [Maryland BRFS, 2017](#))

## Community Resources

Services and resources for obesity are often incorporated within other programs addressing diabetes, heart disease, and cancer. In Adventist HealthCare White Oak Medical Center's Community Benefit Service Area, there are local efforts in schools, clinics, and recreational centers to reduce and prevent obesity. Services include, but are not limited to the following:

- 1. PRINCE GEORGE'S COUNTY DEPARTMENTS OF PARKS AND RECREATION – HEALTH & WELLNESS**  
**Address:** 6600 Kenilworth Ave,  
Riverdale, MD 20737  
**Phone:** 301-699-2255  
**Website:**  
<http://www.pgparcs.com/856/Health-Wellness>
- 2. MONTGOMERY COUNTY PARKS – ACTIVITIES**  
**Address:** 9500 Brunett Avenue, Silver Spring, MD 20901  
**Phone:** 301-495-2581  
**Email:**  
[ProgramAccess@MontgomeryParks.org](mailto:ProgramAccess@MontgomeryParks.org)  
**Website:**  
<https://www.montgomeryparcs.org/activities/>
- 3. PRINCE GEORGE'S COUNTY HEALTH SERVICES**  
**Address:** 9314 Piscataway Road,  
Clinton, MD 20735  
**Phone:** 301-856-9643  
**Email:** [WellnessInfo@co.pg.md.us](mailto:WellnessInfo@co.pg.md.us)  
**Website:**  
<https://www.princegeorgescountymd.gov/2102/Classes>
- 4. MONTGOMERY COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
*Senior Nutrition Program*  
**Address:** 401 Hungerford Drive,  
Rockville, MD 20850  
**Phone:** 240-777-3810  
**Email:**  
[hhsml@montgomerycountymd.gov](mailto:hhsml@montgomerycountymd.gov)  
**Website:**  
[http://montgomery.md.networkofcare.org/mh/services/agency.aspx?pid=MontgomeryDepartmentofHealthandHumanServicesSeniorNutritionProgramSNP\\_68020](http://montgomery.md.networkofcare.org/mh/services/agency.aspx?pid=MontgomeryDepartmentofHealthandHumanServicesSeniorNutritionProgramSNP_68020)  
  
*YMAC of Upper Montgomery County*  
**Address:** 19236 Montgomery Village Avenue, Montgomery Village, MD 20886  
**Phone:** 301-740-7599  
**Email:** [bpulgar@ymcawashdc.org](mailto:bpulgar@ymcawashdc.org)  
**Website:**  
[http://montgomery.md.networkofcare.org/mh/services/agency.aspx?pid=YMACofUpperMontgomeryCounty\\_68020](http://montgomery.md.networkofcare.org/mh/services/agency.aspx?pid=YMACofUpperMontgomeryCounty_68020)
- 5. ALLIANCE FOR A HEALTHIER GENERATION – RESOURCES**  
**Phone:** 1-888-KID-HLTH  
**Website:**  
<https://www.healthiergeneration.org/resources>

**6. IMPACT SILVER SPRING – SPORTS**

*Provides high quality recreational sports and enrichment for low-income and immigrant youth.*

**Address:** 8807 Colesville Road, Lower Level, Silver Spring, MD 20910

**Phone:** 301-298-5117

**Email:** [info@impactsilverspring.org](mailto:info@impactsilverspring.org)

**Website:**

<https://impactsilverspring.org/sports>

**7. REAL FOOD FOR KIDS – MONTGOMERY**

**Address:** 12320 Parklawn Drive, Rockville, MD 20852

**Phone:** 301-202-4812

**Email:** [info@healthyschoolfoodmd.org](mailto:info@healthyschoolfoodmd.org)

**Website:**

<http://www.realfoodforkidsmontgomery.org/index.html>

**8. CROSSROADS COMMUNITY FOOD NETWORK**

*Crossroads works to bolster the local food system through programs that support and unite those who grow, make, and eat fresh, healthy food.*

**Address:** 6930 Carroll Avenue, Suite 426, Takoma Park, MD 20912

**Website:**

<https://www.crossroadscommunityfoodnetwork.org/>

**9. CITY OF GAITHERSBURG – BENJAMIN GAITHER CENTER**

*Offers a variety of classes, trips, special events, and activities, for those 55 years of age and older.*

**Address:** 80A Bureau Drive, Gaithersburg, MD 20878

**Phone:** 301-258-6380

**Email:**

[benjamingaithercenter@gaitherburgmd.gov](mailto:benjamingaithercenter@gaitherburgmd.gov)

**Website:**

<https://www.gaitherburgmd.gov/about-us/city-facilities/benjamin-gaither-center>

**10. FOOD & FRIENDS**

**Address:** 219 Riggs Road NE, Washington, DC 20011

**Phone:** 202-269-2277

**Email:** [info@foodandfriends.org](mailto:info@foodandfriends.org)

**Website:** <https://foodandfriends.org/>

# Section IV: Findings





## Part B: Secondary Data

### Chapter 5: Maternal and Child Health



# Maternal & Child Health

## KEY FINDINGS

Disparities & Indicators	Trend Over Time
<ul style="list-style-type: none"> <li>In MC and PGC, <b>Black/AA</b> do not meet the HP 2020 targets for <b>infant mortality</b> (6.0) and <b>preterm births</b> (9.4%); the PGC overall rate does not meet the targets</li> <li><b>Asian</b> women in PGC do not meet the HP 2020 target for <b>preterm births</b> (9.4%)</li> <li>In MC and PGC, <b>Black/AA, Asian</b> do not meet the HP 2020 target for babies born with <b>low birth weight</b> (7.8%); PGC overall does not meet the target</li> <li>In PGC, <b>Black/AA, Asian</b>, and PGC overall do not meet the HP 2020 target for babies born with <b>very low birth weight</b> (1.4%); In MC, <b>Black/AA</b> do not meet the target</li> <li>For <b>mothers who received early prenatal care</b>, MC and PGC did not meet the HP 2020 target overall (77.9)               <ul style="list-style-type: none"> <li>In PGC, women <b>18 years and younger</b> had the lowest rates overall and in MC, women <b>20 years and younger</b> had the lowest rates</li> <li>In MC, only White women met the HP 2020 target</li> </ul> </li> <li><b>Hispanics</b> in MC have the highest <b>teen birth rate</b> (28.8) when compared to any other race or ethnicity and the overall rate for the county (9.5)</li> </ul>	<ul style="list-style-type: none"> <li> MC had a stable trend for SIDS from 2009 – 2017</li> <li> Teen birth rates had a decreasing trend in MC and PGC from 2013 – 2017</li> <li> PGC had a decreasing trend for SIDS from 2009 – 2017</li> <li> % of preterm births increased for PGC from 2013 – 2017</li> </ul>
	<h3 data-bbox="906 1105 1370 1144">Community Perception</h3> <div data-bbox="824 1192 1446 1312"> <p>“Need more access to breastfeeding/postpartum support for mothers and families.”<sup>1</sup></p> </div> <div data-bbox="824 1421 1446 1498"> <p>“Educate parents on effective parenting.”<sup>2</sup></p> </div> <div data-bbox="824 1596 1446 1716"> <p>“Need mom friendly fitness or rec centers for parents with young children that are more affordable level.”<sup>3</sup></p> </div>

<sup>1-3</sup> Adventist HealthCare Community Health Needs Assessment. (2019). Primary Data Collection – Community Survey

# Maternal and Child Health

## Impact

Maternal and infant health is an important indicator of the health and well-being of a nation. The Centers for Disease Control and Prevention (CDC) contends that the factors that affect the health of a population as a whole also typically impact the mortality rate of infants. This makes understanding infant mortality and the risk factors surrounding it especially valuable for public health research and practice.

Infant mortality is defined as the death of an infant before one year of age. The main causes of mortality in infants in the US include birth defects, premature delivery (birth before 37 weeks of age), maternal complications of pregnancy, Sudden Infant Death Syndrome, and injuries.<sup>2</sup> In 2014, the U.S. infant mortality rate of 5.82 per 1,000 live births was higher than most other developed countries in the world.<sup>3,4</sup> An increase in preterm births (born at less than 37 weeks gestation) and infant mortality related to pre-term births most likely accounts for a lack of decline in infant mortality rate over the past decade;<sup>5</sup> pre-term birth is the largest contributor to infant death.<sup>6</sup> In 2014, 10.0 percent of babies born in the U.S. were pre-term and therefore at higher risk for morbidity or mortality. This is mostly due to complications related to breathing, feeding, development, cerebral palsy, and vision and hearing impairment.<sup>7</sup>

Low birthweight (less than 5 lbs. 8 oz.) or very low birthweight (less than 3 lbs. 5 oz.) is a common complication of infants who are born prematurely. In 2014, 8.0 percent of all infants were born with low birthweight while 1.4 percent had very low birthweight.<sup>8</sup> In addition to preterm delivery, maternal risk factors for low birthweight include: chronic health conditions; infections; complications with the

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<sup>2</sup> Centers for Disease Control and Prevention (CDC) – Division of Reproductive Health, National Center for Chronic Disease Prevention and Health Promotion. (2016). Infant mortality. Retrieved from

<http://www.cdc.gov/reproductivehealth/maternalinfanthealth/infantmortality.htm>

<sup>3</sup> CDC and National Center for Health Statistics. (2016). Infant health. Retrieved from

<http://www.cdc.gov/nchs/fastats/infant-health.htm>

<sup>4</sup> Matthews, T., Macdorman, M. F., & Thoma, M. E. (2015, August 6). Infant mortality statistics from the 2013 period linked birth/infant death data set. *National Vital Statistics Reports*, 64(9).

<sup>5</sup> CDC and National Center for Health Statistics. (2016). Infant health. Retrieved from

<http://www.cdc.gov/nchs/fastats/infant-health.htm>

<sup>6</sup> CDC – Division of Reproductive Health, National Center for Chronic Disease Prevention and Health Promotion. (2015).

Preterm birth. Retrieved from <http://www.cdc.gov/reproductivehealth/maternalinfanthealth/pretermbirth.htm>

<sup>7</sup> CDC – Division of Reproductive Health, National Center for Chronic Disease Prevention and Health Promotion. (2015).

Preterm birth. Retrieved from <http://www.cdc.gov/reproductivehealth/maternalinfanthealth/pretermbirth.htm>

<sup>8</sup> CDC and National Center for Health Statistics. (2016). Birthweight and gestation. Retrieved from

<http://www.cdc.gov/nchs/fastats/birthweight.htm>



placenta; inadequate weight gain during pregnancy; or previously having a low birthweight baby. Lifestyle choices such as smoking, alcohol, street drugs and abusing prescriptions are also associated with low birthweight. Low birthweight babies are more likely to suffer short-term effects including respiratory distress syndrome or bleeding in the brain and are also more likely to develop diabetes, high blood pressure, metabolic syndrome or obesity later in life.<sup>9</sup>

Prenatal care is a well-established determinant for the optimal health of the mother and infant and those having not received prenatal care are considered “high-risk” pregnancies. This is in addition to being over 35 years old, having multiple births, or being a Black or Hispanic mother. Estimates suggest up to half of pregnancy-related infant deaths can be prevented through early prenatal care including nutrition and behavior education. In addition, about 500 women die in the US annually as a result of preventable pregnancy-related complications with an additional 500 more deaths likely not reported as pregnancy-related.<sup>10</sup> Teenage pregnancy is another known risk factor for complications in postnatal development and long-term outcomes of the child. Teenage pregnancy rates have dropped substantially over the past few decades with the 2014 birthrate for women 15–19 at 24.2 per 1,000 women in that age group. This is a 9.0 percent drop from 2013. Children of teenage moms are more likely to have lower school achievement and higher dropout rates, more health problems, higher risk of incarceration, give birth as a teen and face unemployment as a young adult.<sup>11</sup>

Health outcomes associated with older infants and long-term development include Sudden Unexpected Infant Death Syndrome (SUIDS) and whether or not the mother breastfeeds. SUIDS accounts for roughly 3,500 deaths in infants less than one year of age in the U.S. SUIDS includes SIDS (sudden death of an infant under one year of age that cannot be explained), unknown causes that don’t fit the definition for SIDS, and accidental suffocation and strangulation in bed.<sup>12</sup> Breastfeeding has recently received attention due to its association with the healthy development of the infant. The World Health Organization (WHO) recommends exclusive breastfeeding for the first six months of life followed by breastfeeding with complementary foods for up to two years or beyond. Breast milk has been associated with reduced child mortality due to diarrhea and pneumonia and helps infants heal quicker. It promotes sensory and cognitive development, protects against infectious and chronic disease, and reduces the risk of ovarian and breast cancer in the mother.<sup>13</sup> The Surgeon General’s

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<sup>9</sup> March of Dimes. (2014). Low birth weight. Retrieved from <http://www.marchofdimes.org/complications/low-birthweight.aspx>

<sup>10</sup> CDC. (2011). Pregnancy and prenatal care. Retrieved from <http://www.cdc.gov/healthcommunication/toolstemplates/entertainmented/tips/pregnancy prenatal care.html>

<sup>11</sup> CDC – Division of Reproductive Health and National Center for Chronic Disease. (2016). About teen pregnancy. Retrieved from <http://www.cdc.gov/teenpregnancy/about/index.htm>

<sup>12</sup> CDC – Division of Reproductive Health and National Center for Chronic Disease. (2016). About SUIDS and SIDS. Retrieved from <http://www.cdc.gov/sids/aboutsuidandsids.htm>

<sup>13</sup> World Health Organization (WHO). (2016). Maternal, newborn, child and adolescent health: Breastfeeding. Retrieved from [http://www.who.int/maternal\\_child\\_adolescent/topics/child/nutrition/breastfeeding/en/](http://www.who.int/maternal_child_adolescent/topics/child/nutrition/breastfeeding/en/)

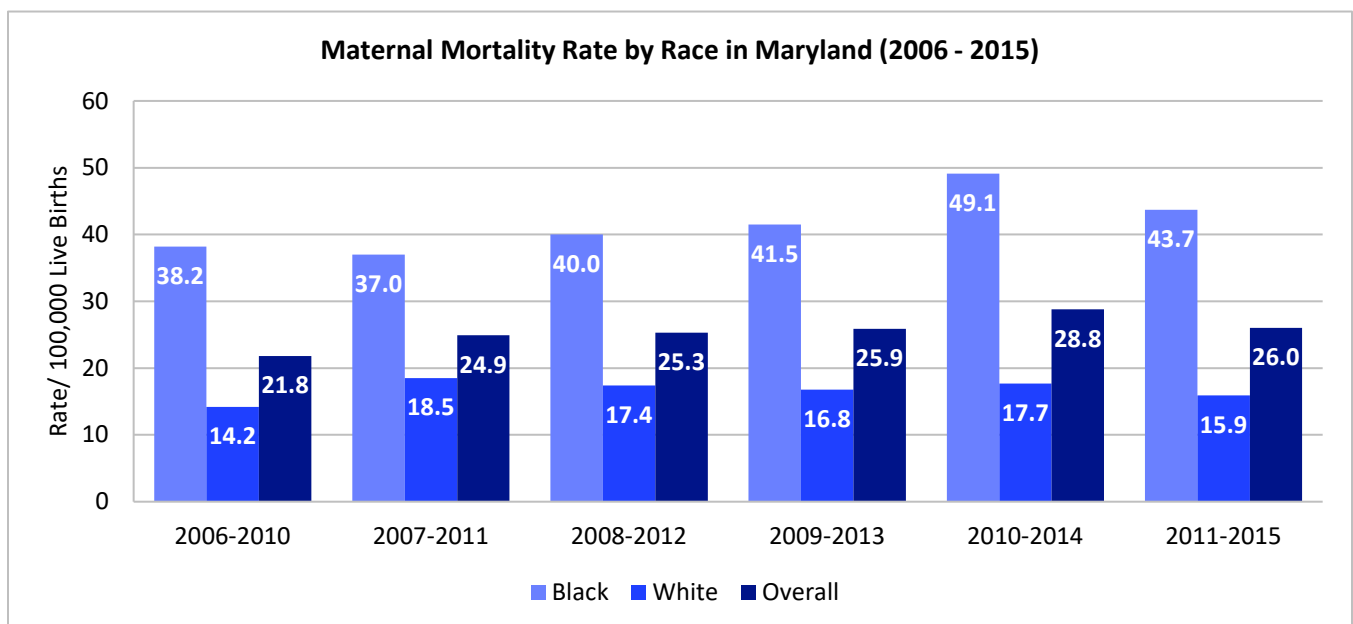
2011 Call to Action outlined the risks of exclusive formula use, including the risk of hospitalization due to lower respiratory tract diseases is over 250.0 percent among infants formula fed rather than breastfed and SIDS prevalence is also 56.0 percent higher in infants that had never been breastfed.<sup>14</sup>

As is the case with many other health outcomes, maternal and infant health measures vary across races. Black women are disproportionately burdened with higher risk of many adverse pregnancy-related health outcomes including infant and maternal mortality. These disparities, as well as overall measures of maternal and infant health at the county level, are outlined in more detail in the following sections.

## Prenatal and Neonatal Measures of Maternal and Infant Health

### Maternal Mortality

- There is a large disparity in maternal mortality rates among Black and White women in Maryland (Figure 1).
- From 2006 to 2015, the maternal mortality rate for Black women was twice as high as the maternal mortality rate for White women (Figure 1).

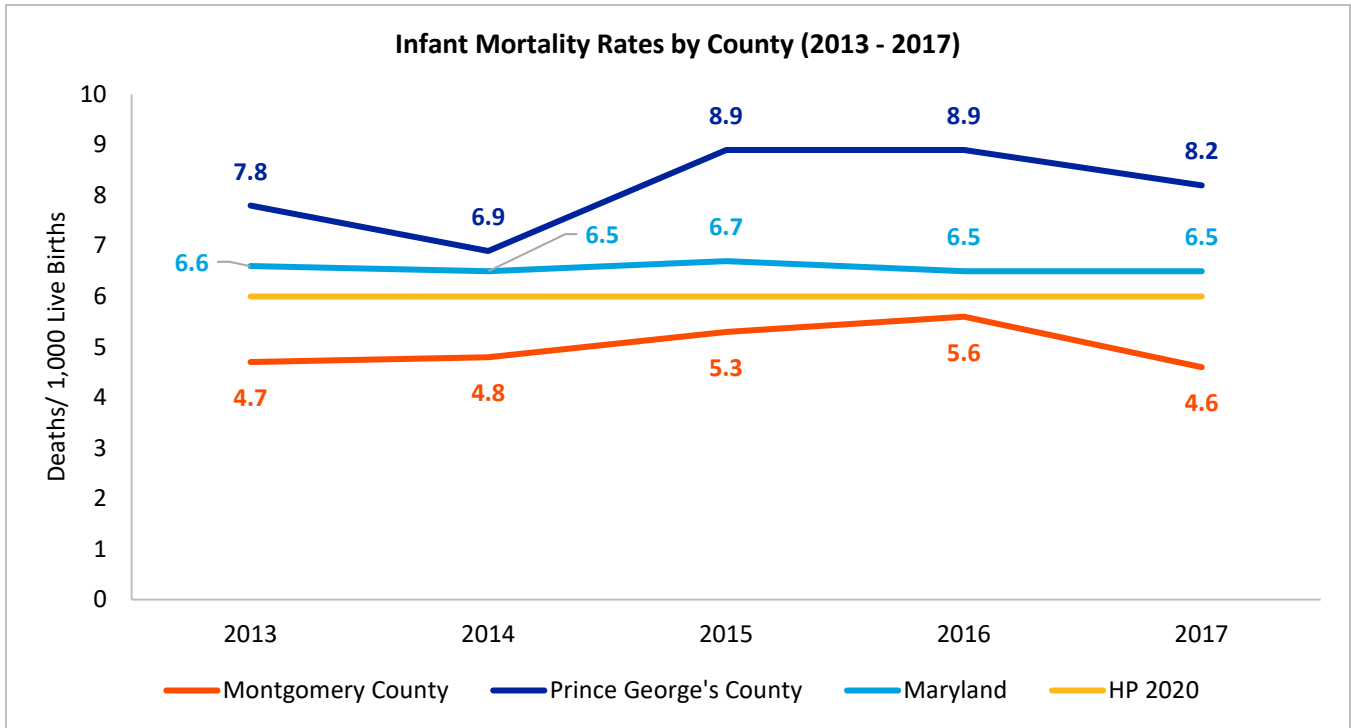


**Figure 1.** Maternal Mortality Rate by Race in Maryland, 2006 – 2015  
(Source: [Maryland Maternal Mortality Review 2017 Annual Report](#), 2017)

<sup>14</sup> Office of the Surgeon General (US), & CDC. (2011). The surgeon general's call to action to support breastfeeding - NCBI bookshelf. Retrieved from <https://www.ncbi.nlm.nih.gov/books/NBK52682/>

## Infant Mortality

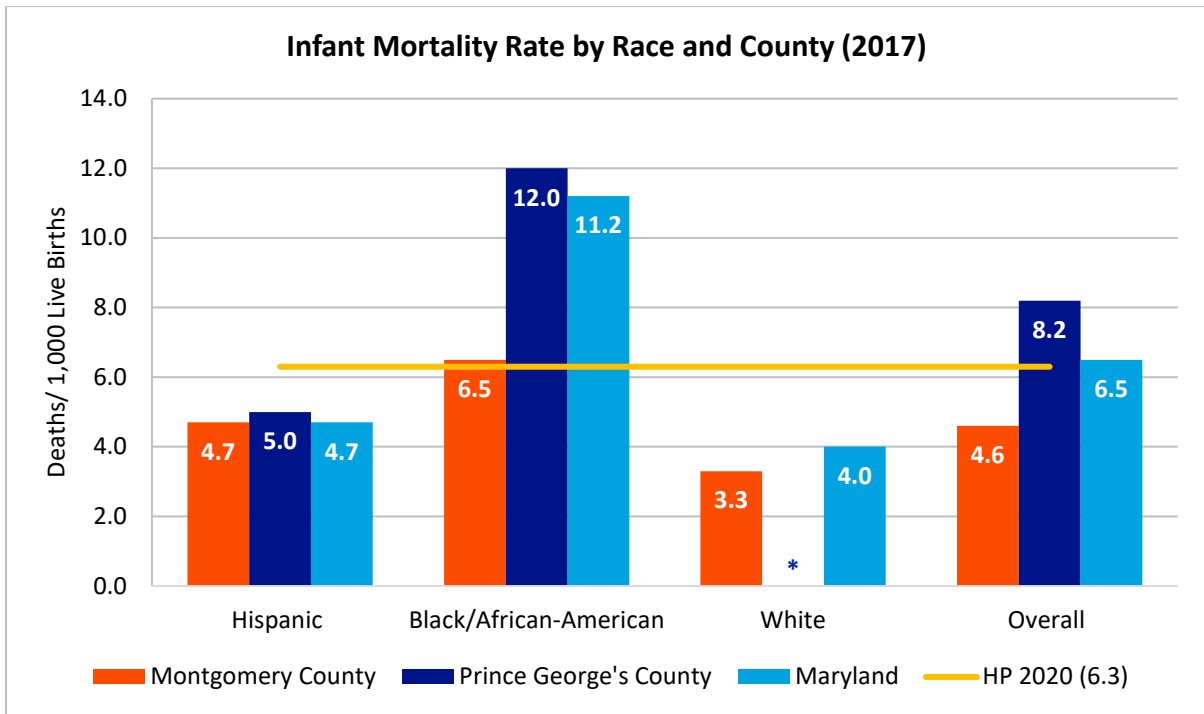
- Montgomery County's infant mortality rates meet the Healthy People 2020 target of 6.0. However, Maryland and Prince George's County do not meet the target (Figure 2).



**Figure 2.** Infant Mortality Rates by County, 2013 – 2017

(Source: [PGC Health Zone](#), [Healthy Montgomery](#), & [Department of Health Vital Statistics and Reports](#), 2018)

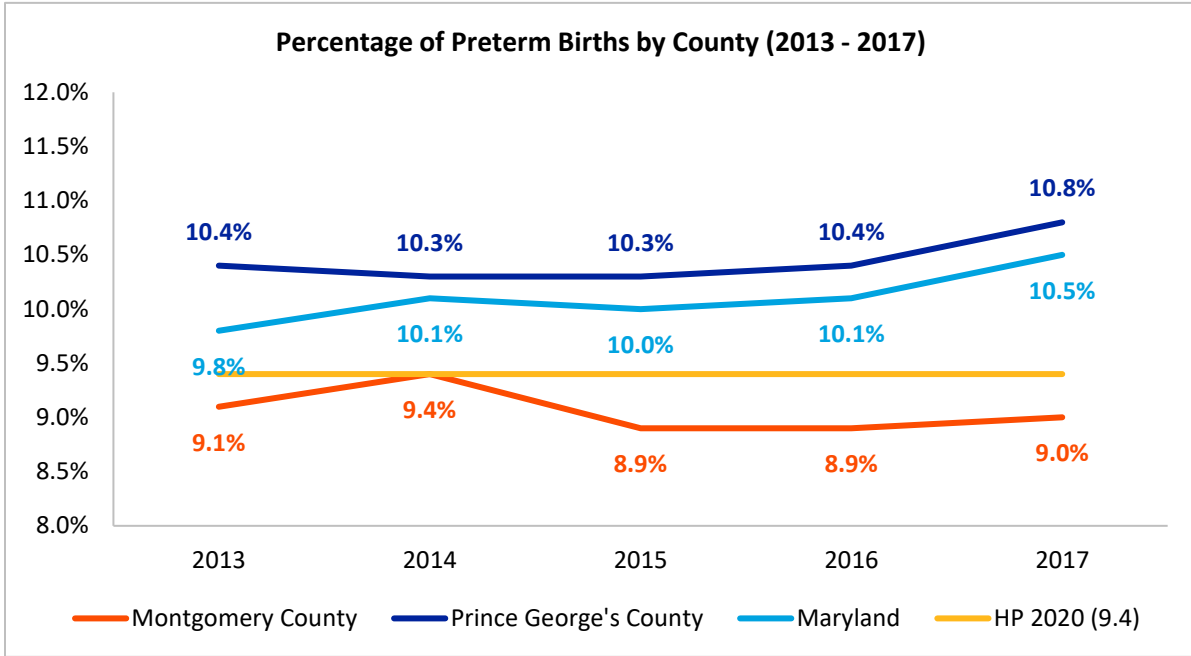
- When broken down by race and ethnicity, Black/African-American women have the highest rate of infant mortality than any other subgroup (Figure 3).



**Figure 3.** Infant Mortality Rate by Race and County, 2017  
 \*Data unavailable/not applicable  
 (Source: [Maryland Vital Statistics Annual Report 2017](#), 2017)

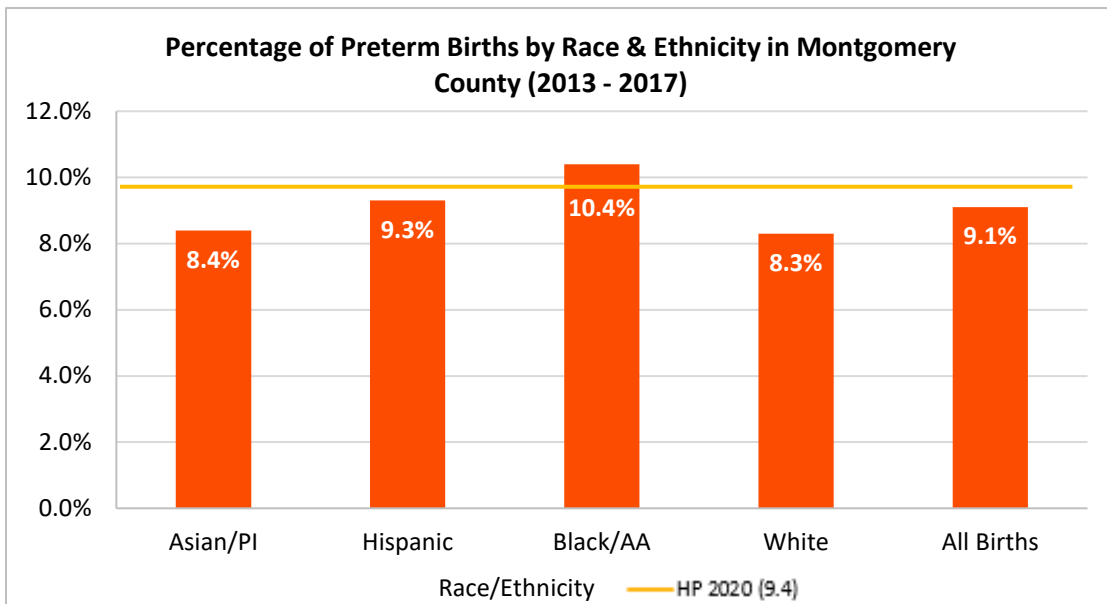
### Preterm Births

- Overtime, Montgomery County has consistently met the percentage of preterm births per the Healthy People 2020 target. However, Maryland and Prince George’s County have not been able to reach the target in the past five years (Figure 4).



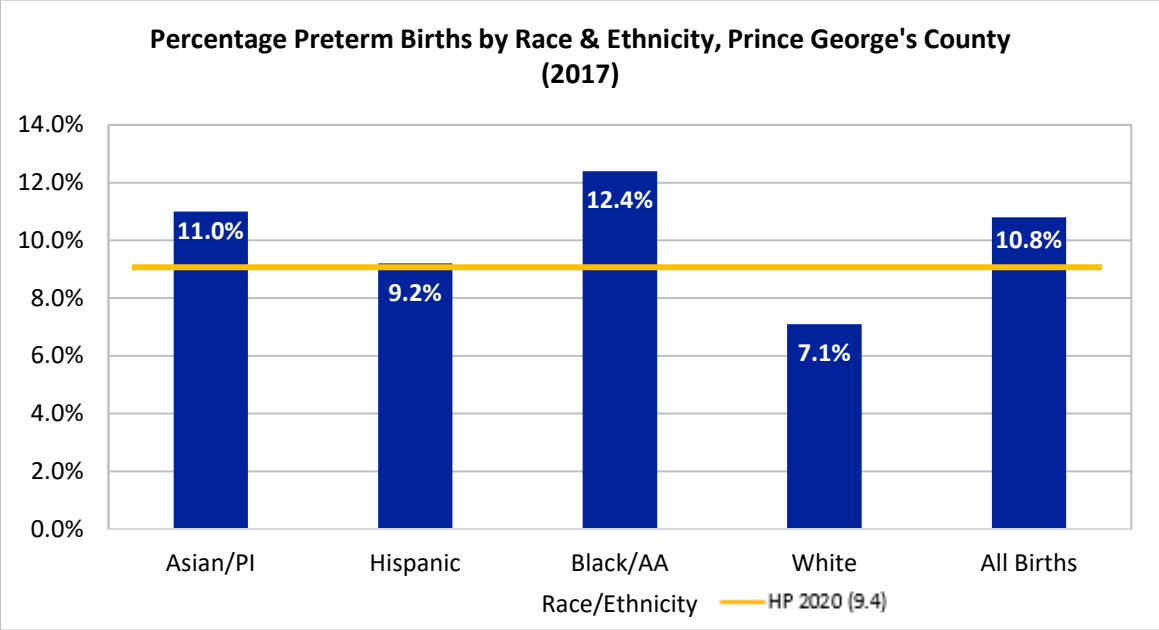
**Figure 4.** Percentage of Preterm Births by County, 2013 – 2017  
 (Source: [PGC Health Zone](#), [Healthy Montgomery](#), & [Stats of the State of Maryland](#), 2018)

- In Montgomery County, the percent of preterm births disproportionately affected Black/African-American women followed by Hispanic and Asian/Pacific Islander from 2013 to 2017 (Figure 5).



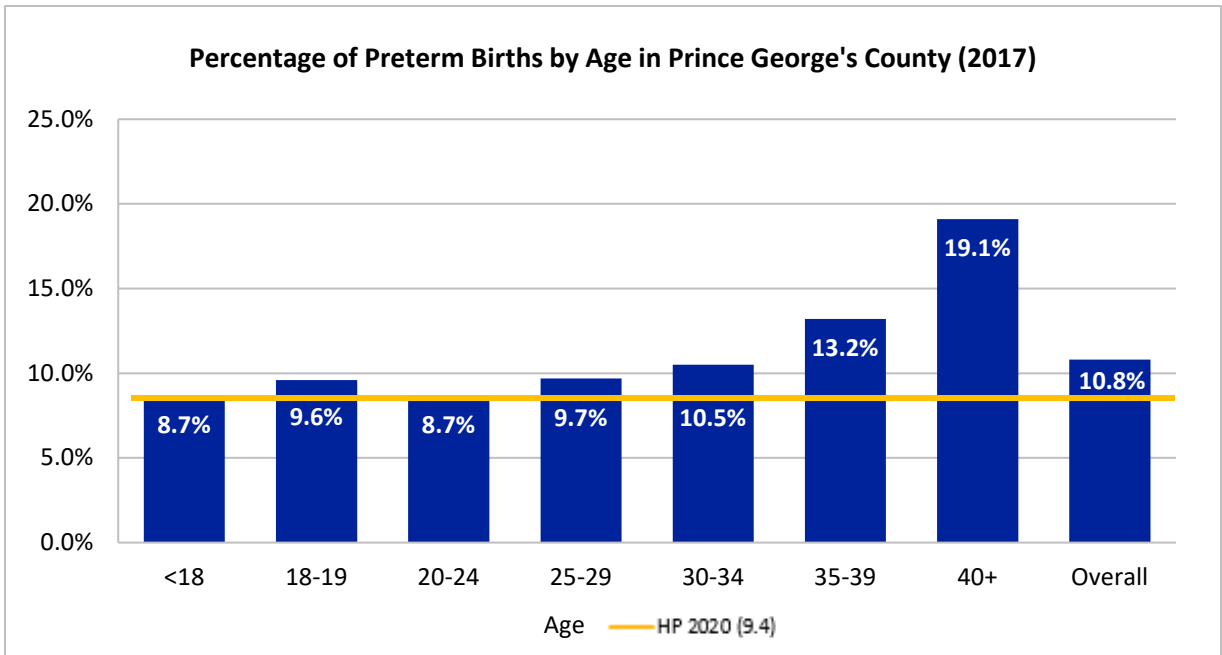
**Figure 5.** Percentage of Preterm Births by Race & Ethnicity in Montgomery County, 2013 - 2017  
 (Source: [Healthy Montgomery](#), 2017)

- In 2017, Black/African-American women in Prince George’s County had the highest percentage of preterm births followed by Asian/Pacific Islander. Overall, Prince George’s County does not meet the Healthy People 2020 target (Figure 6).
- Prince George’s County had a higher percentage for preterm births across all racial and ethnic groups when compared to Montgomery County (Figure 6).

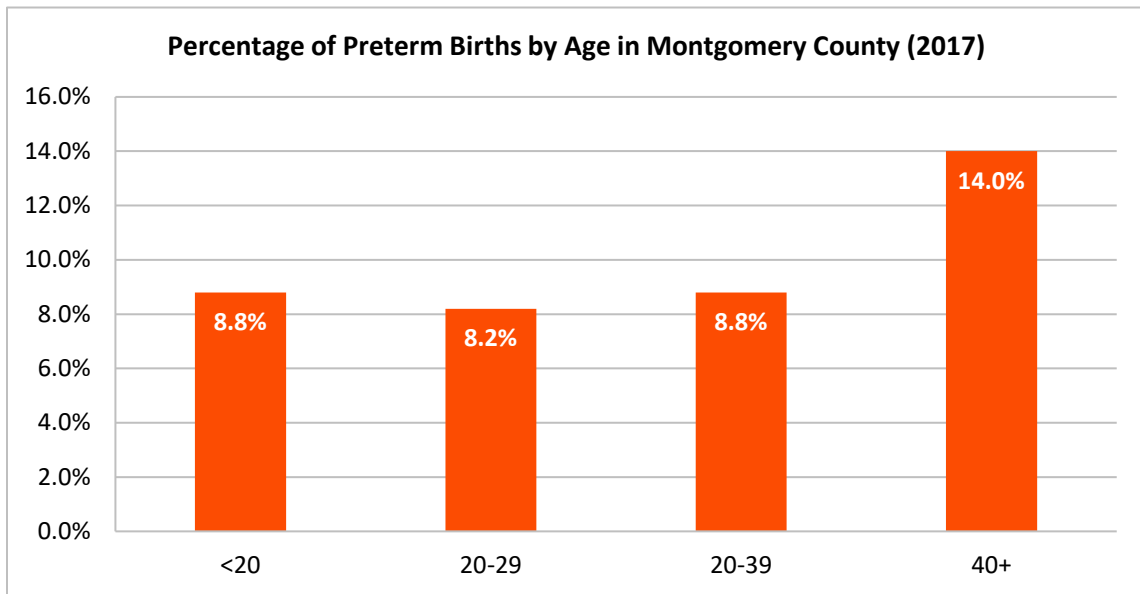


**Figure 6.** Percentage of Preterm Births by Race & Ethnicity in Prince George’s County, 2017  
 (Source: [PGC Health Zone](#), 2018)

- Among the different age groups, woman aged 40+ had the highest percentage of preterm births in both Montgomery and Prince George’s County (Figure 7 and 8).
- When comparing both counties, women aged 40+ in Prince George’s county experience a higher percentage of preterm births than women 40+ in Montgomery County (19.1 percent vs. 14.0 percent) (Figure 7 and 8).



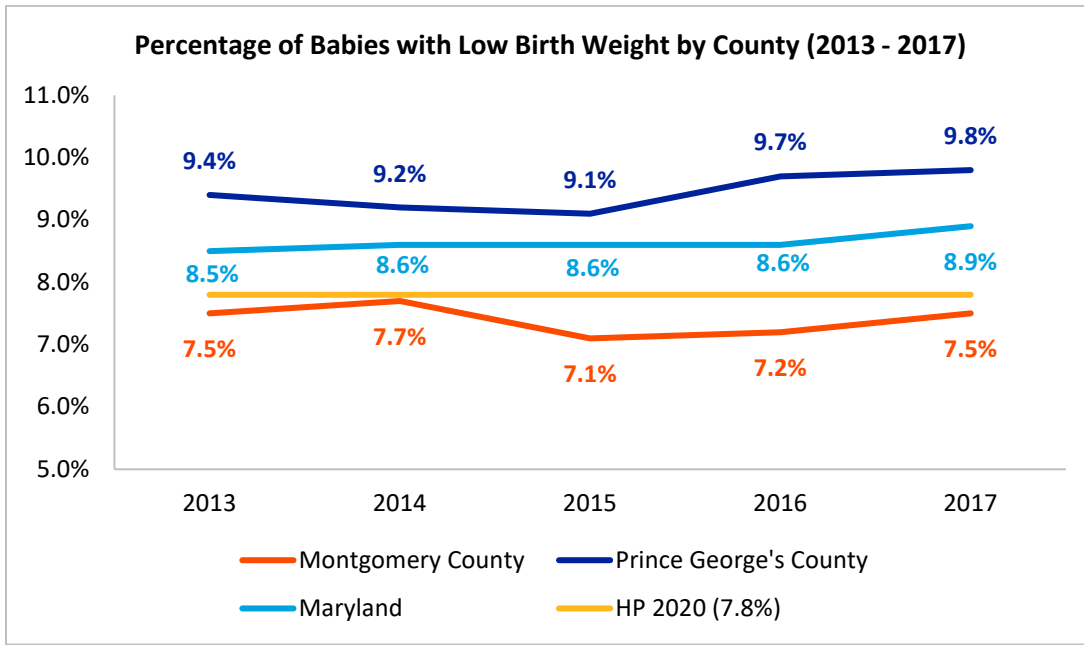
**Figure 7.** Percentage of Preterm Births by Age in Prince George's County, 2017  
 (Source: [PGC Health Zone](#), 2018)



**Figure 8.** Percentage of Preterm Births by Age in Montgomery County, 2017  
 (Source: [Healthy Montgomery](#), 2017)

## Low/Very Low Birthweight

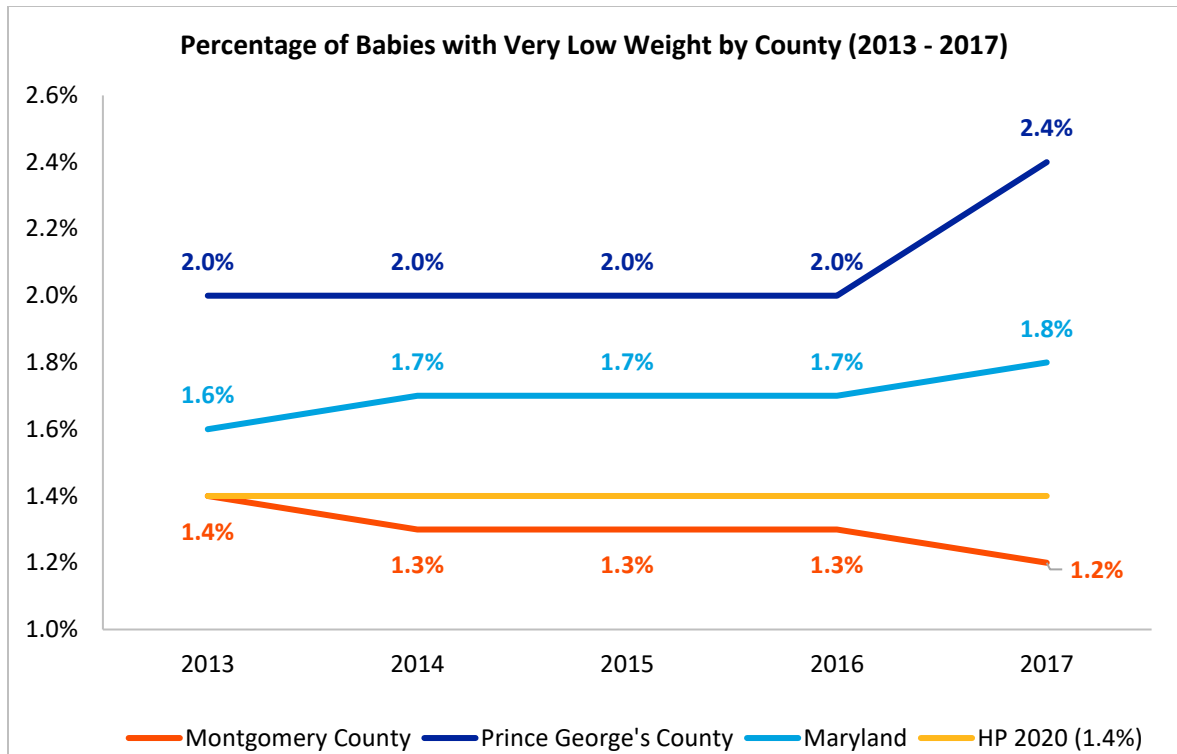
- Montgomery County met the Healthy People 2020 target for percentage of babies with low birth weight. However, Maryland and Prince George’s County did not (Figure 9).
- Prince George’s County had a slight increase (0.6 percent) from 2015 to 2016 while Montgomery County had a decrease of 0.6 percent from 2014 to 2015 (Figure 9).



**Figure 9.** Percentage of Babies with Low Birthweight by County, 2013 – 2017  
 (Source: [PGC Health Zone](#), [Maternal Infant Health Report 2008 - 2017](#), & [SHIP](#), 2019)

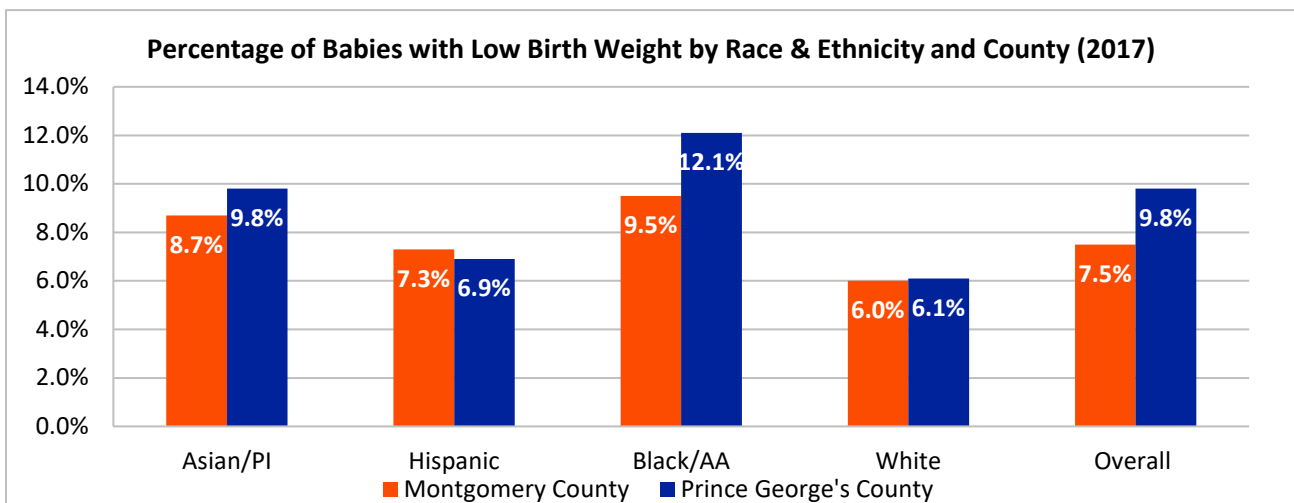
- Montgomery County met the Healthy People 2020 target for percentage of babies with very low birth weight. However, Maryland and Prince George’s County did not (Figure 10).
- Prince George’s County had stable rates of 2 percent until an increase of 0.4 percent in 2016 (Figure 10).





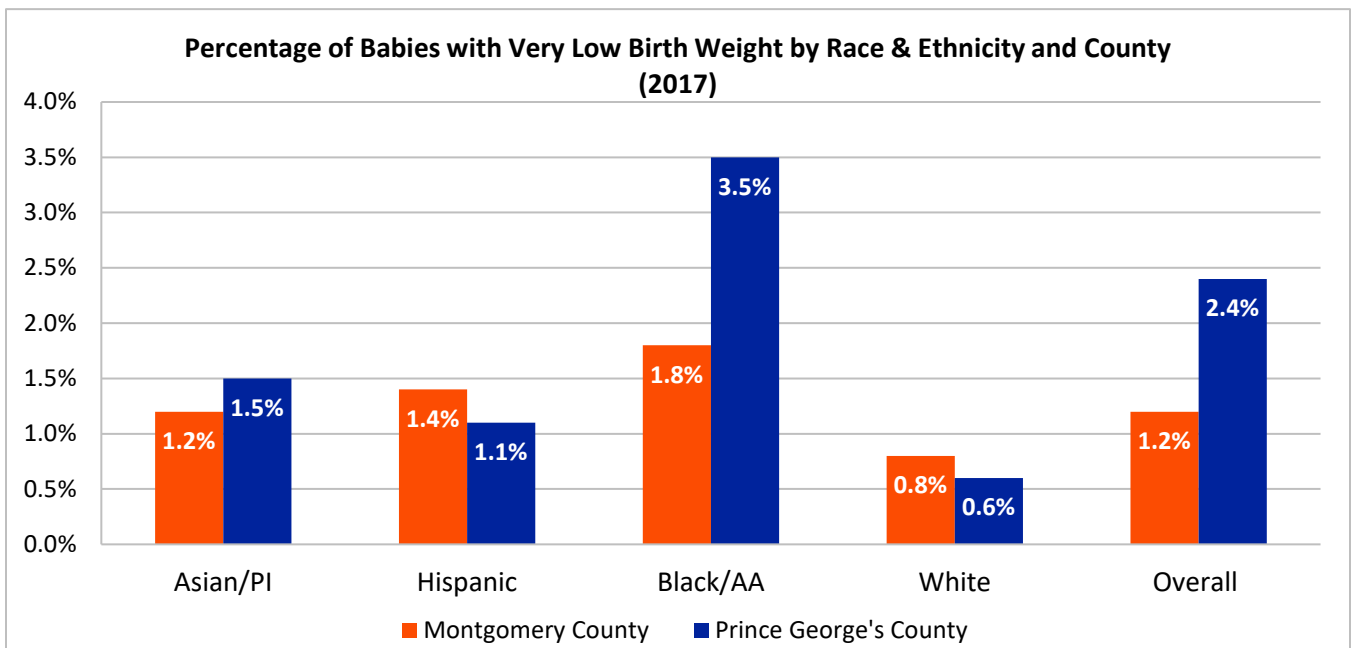
**Figure 10.** Percentage of Babies with Very Low Birthweight, 2013 – 2017  
 (Source: [PGC Health Zone](#) & [Maternal Infant Health Report 2008 - 2017](#), 2019)

- In Montgomery County and Prince George’s County, Black/African-American women had the highest percentage of babies with low birth weight followed by Asian/Pacific Islander women (Figure 11).



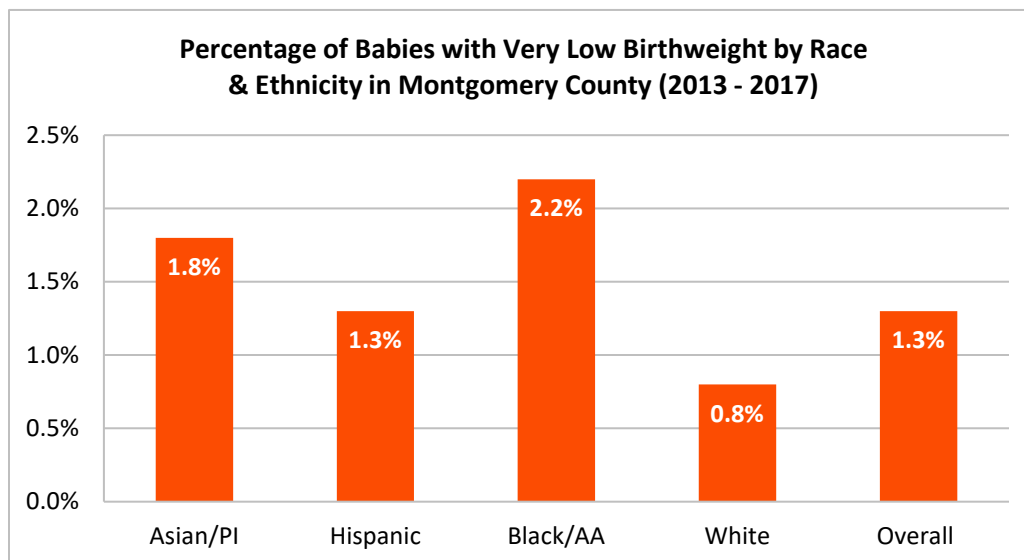
**Figure 11.** Percentage of Babies with Low Birthweight by Race & Ethnicity and County, 2017  
 (Source: [PGC Health Zone](#) & [SHIP](#), 2018)

- Black/African-American women in Prince George’s County are more than twice as likely to have babies with a very low birth weight when compared to White women (Figure 12).



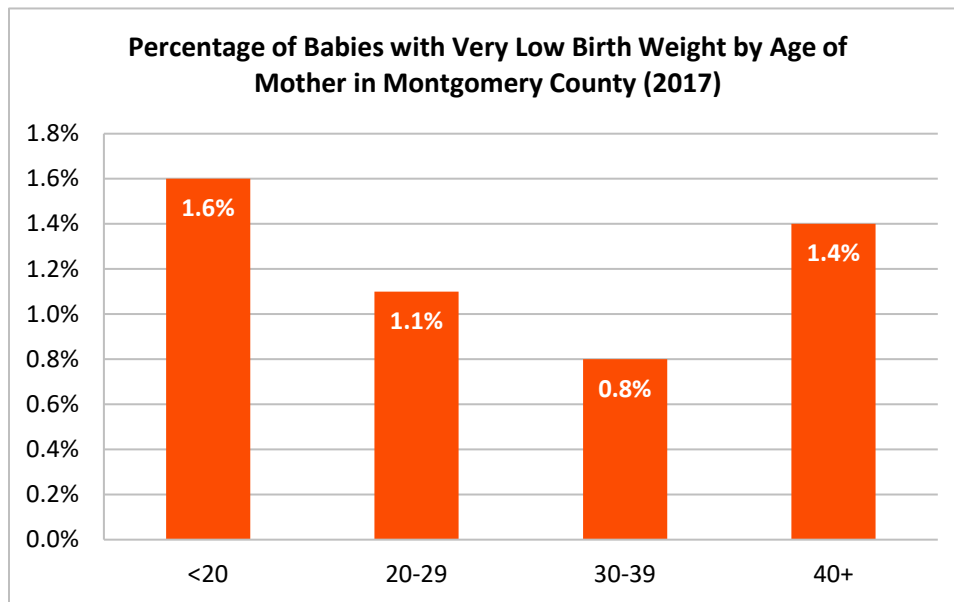
**Figure 12.** Percentage of Babies with Very Low Birthweight by Race & Ethnicity and County, 2017  
 (Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2018)

- In Montgomery County, Black/African-American followed by Asian/Pacific Islander women had the highest percentage of babies with very low birth weight when compared to other racial/ethnic groups (Figure 13).



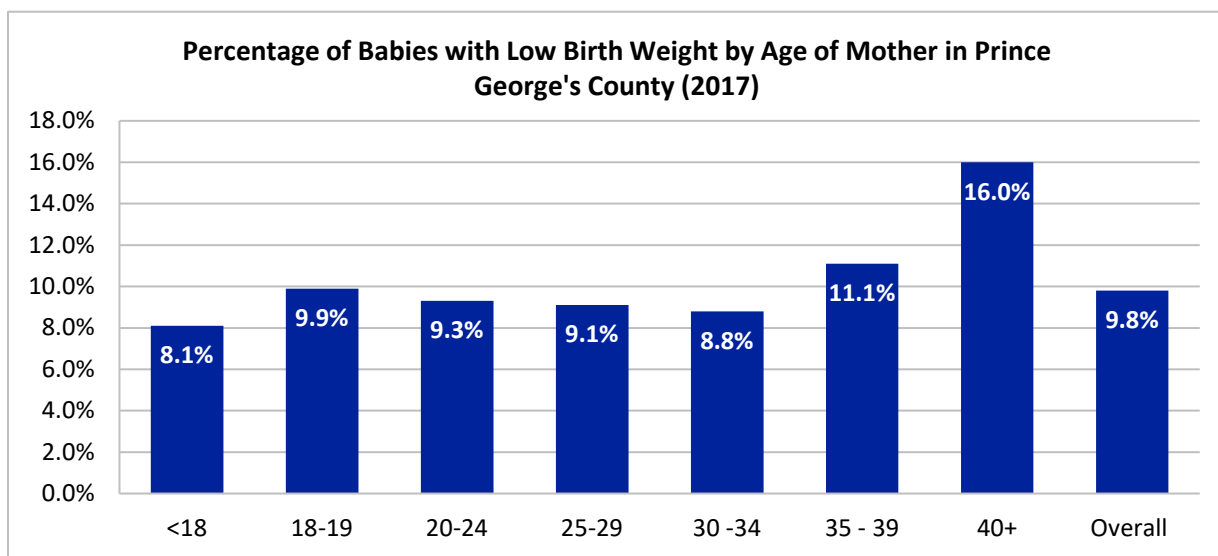
**Figure 13.** Percentage of Babies with Very Low Birthweight by Race & Ethnicity in Montgomery County, 2013 - 2017  
 (Source: [Maternal Infant Health Report 2008 - 2017](#), 2019)

- In Montgomery County, for very low birth weight by age of mother, mothers younger than 20 and mothers 40+ had the highest percentages (Figure 14).

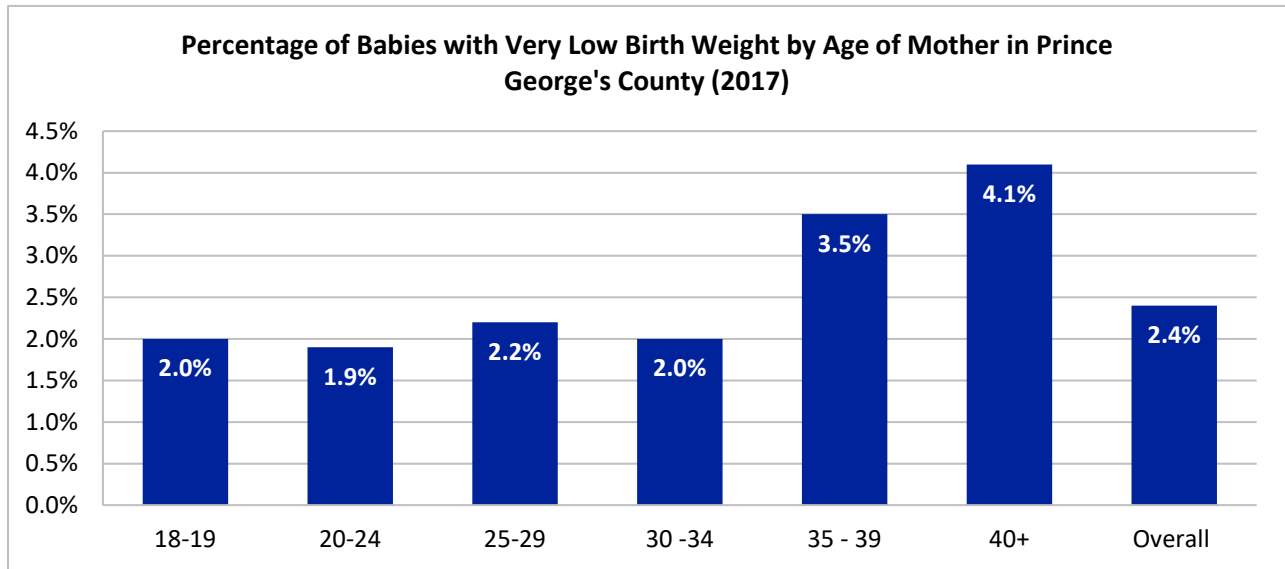


**Figure 14.** Percentage of Babies with Very Low Birthweight by Age of Mother in Montgomery County, 2017  
(Source: [Healthy Montgomery](#), 2017)

- In Prince George’s County, for low birth weight and very low birth weight by age of mother, 40+ followed by 35 – 39 years old had the highest percentage (Figure 15 and Figure 16).



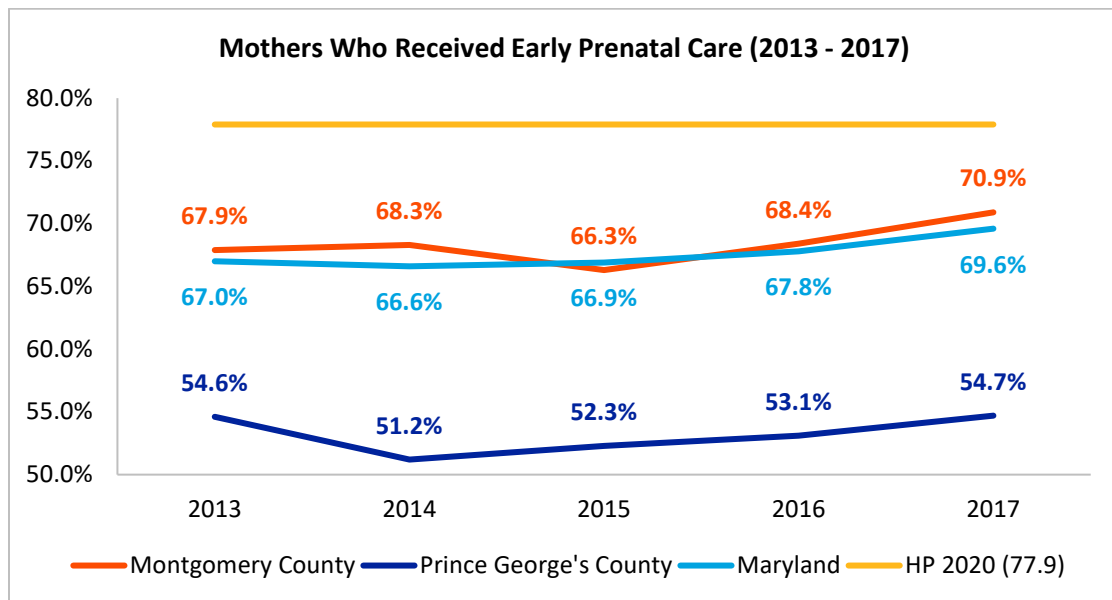
**Figure 15.** Percentage of Babies with Low Birthweight by Age of Mother in Prince George’s County, 2017  
(Source: [PGC Health Zone](#), 2018)



**Figure 16.** Percentage of Babies with Very Low Birthweight by Age of Mother in Prince George's County, 2017  
(Source: [PGC Health Zone](#), 2018)

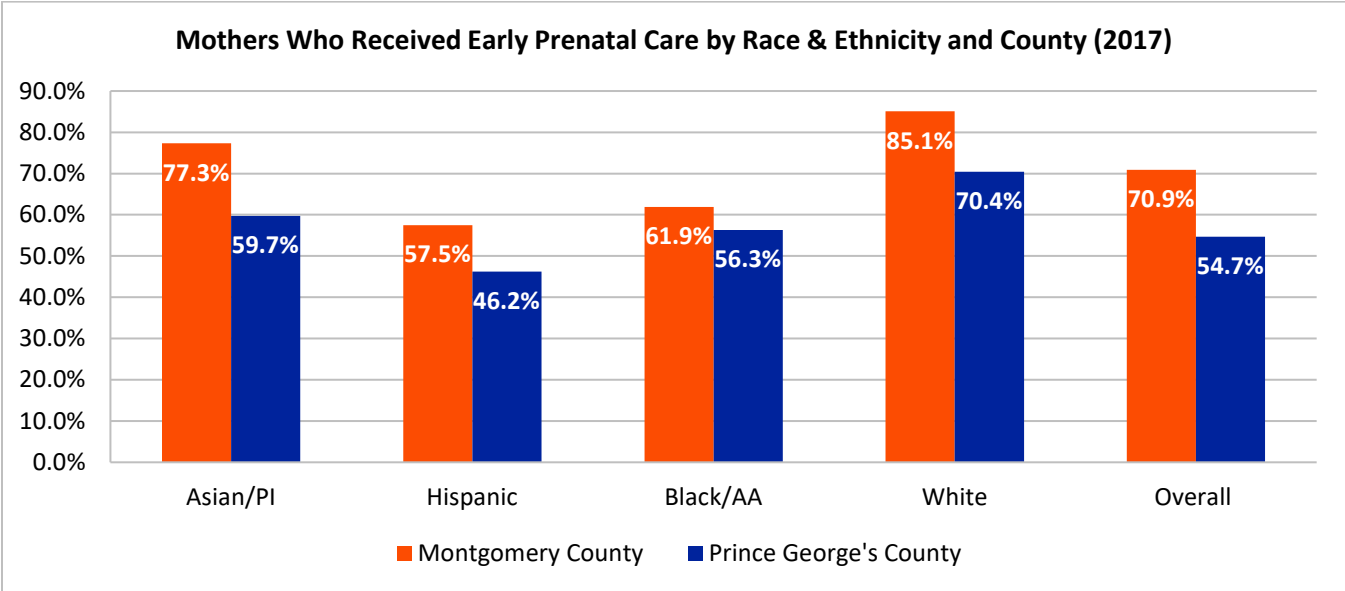
### Receipt of Prenatal Care

- While the percentage of mothers receiving prenatal care appears to be trending in a positive direction in Maryland (69.6 percent), Montgomery County (70.9 percent), and Prince George's County (54.7 percent), neither the state nor the counties have met the Healthy People 2020 target (77.9) (Figure 17).



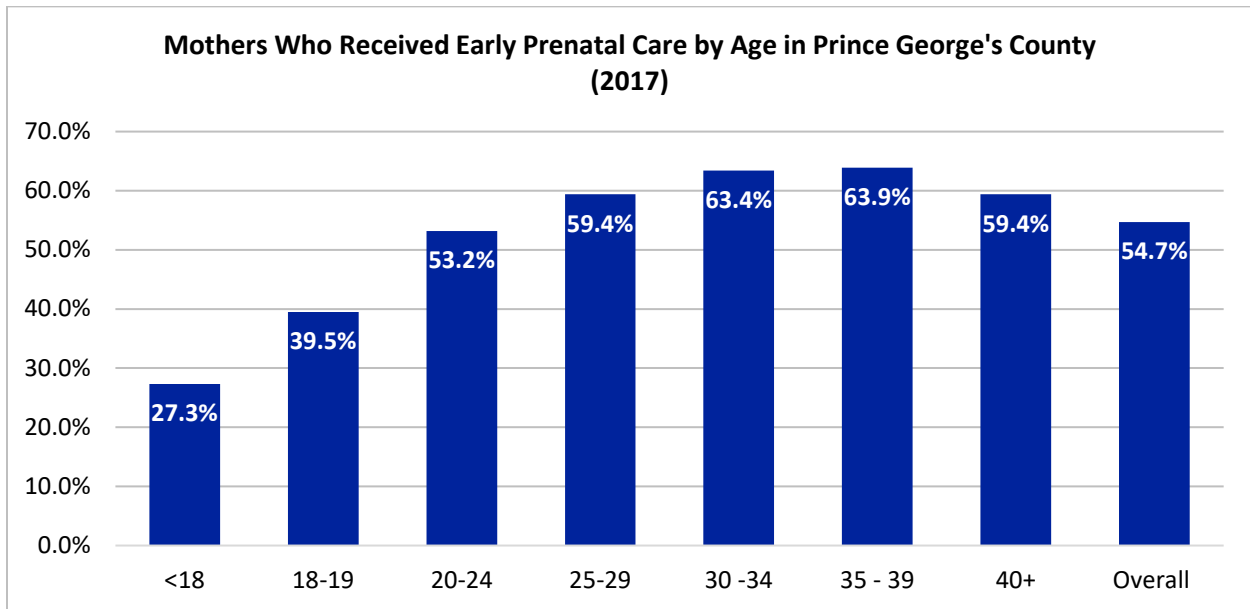
**Figure 17.** Percentage of Mothers Receiving Early Prenatal Care, 2013 – 2017  
(Source: [PGC Health Zone](#) & [SHIP](#), 2018)

- In Montgomery County, 85.1 percent of White women and 77.3 percent of Asian/Pacific Islander women received early prenatal care while only 61.9 percent of Black/African-American women and 57.5 percent of Hispanic women received early prenatal care (Figure 18).
- This trend is comparable to Prince George’s County with White women most likely to receive early prenatal care and Black/African-American and Hispanic women the least likely to receive early prenatal care (Figure 18).



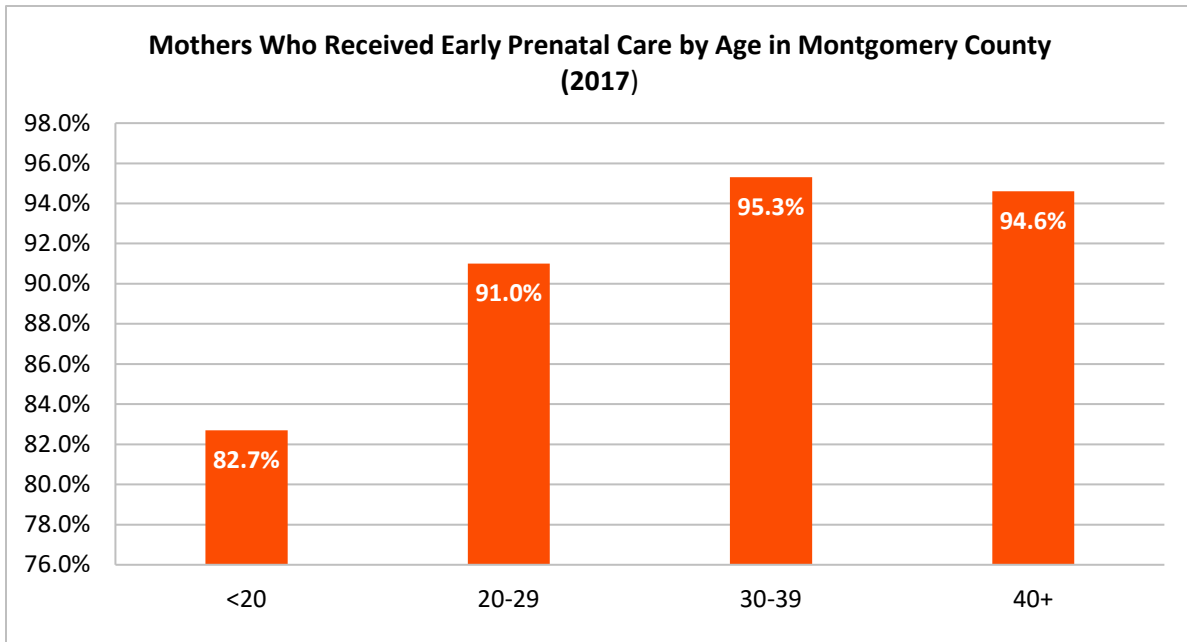
**Figure 18.** Percentage of Mothers Receiving Early Prenatal Care by Race & Ethnicity and County, 2017  
 (Source: [PGC Health Zone](#) & [SHIP](#), 2018)

- In Prince George’s County, only 27.3 percent of women younger than 18 years of age received early prenatal care, while 63.9 percent of women 35 to 39 years of age received early prenatal care (Figure 19).



**Figure 19.** Percentage of Mothers Receiving Early Prenatal Care by Age in Prince George’s County, 2017  
 (Source: [PGC Health Zone](#), 2018)

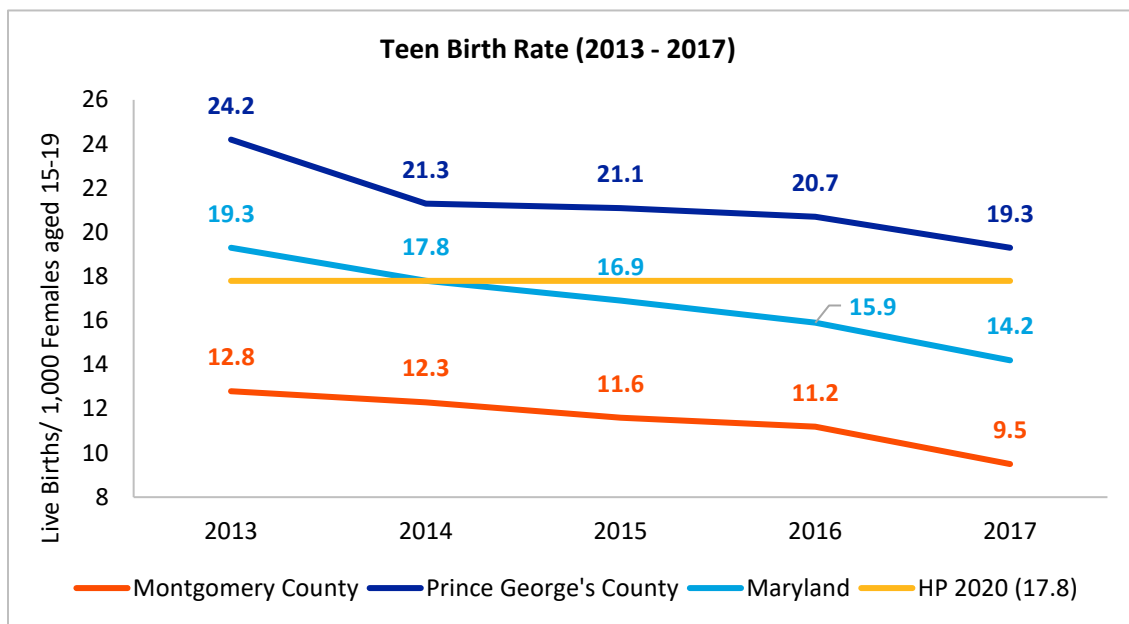
- In Montgomery County, women ages 30 to 39 had the highest percentage of mothers who received early prenatal care (Figure 20).



**Figure 20.** Percentage of Mothers Receiving Early Prenatal Care by Age in Montgomery County, 2017  
(Source: [Healthy Montgomery](#), 2017)

## Teen Pregnancy

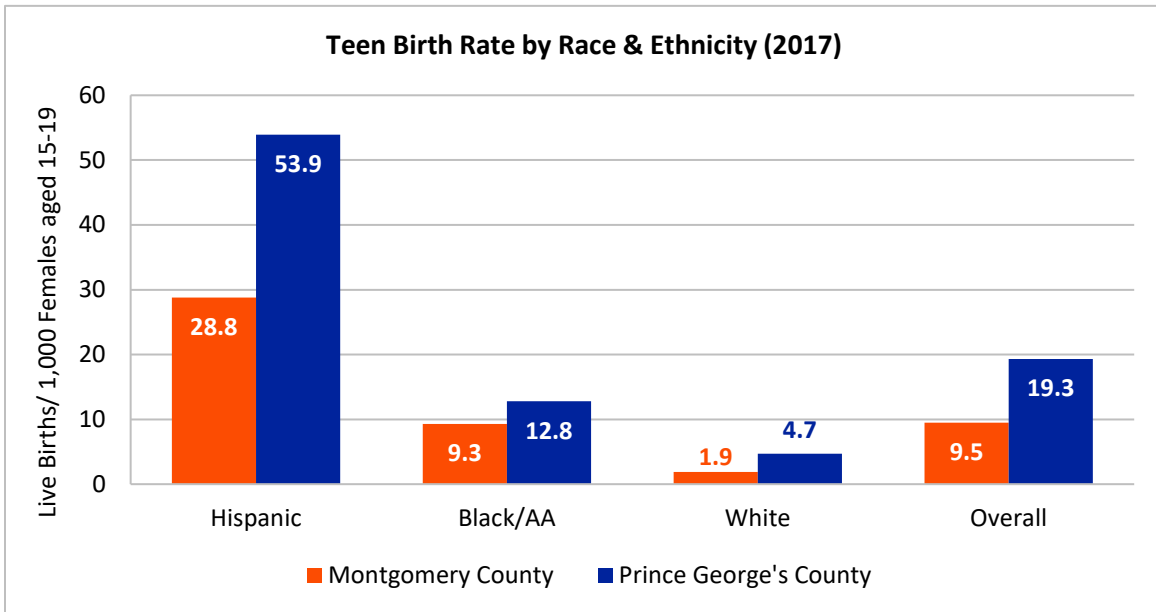
- Overtime, Montgomery County has consistently met the Healthy People 2020 target of teen birth rates. After 2014, Maryland also met the target (Figure 21).
- Prince George’s County teen birth rates have a declining trend but do not meet the Healthy People 2020 target (Figure 21).



**Figure 21.** Teen Birth Rate, 2013 – 2017

(Source: [PGC Health Zone](#), [Maternal Infant Health Report 2008 - 2017](#) & [Kids Count Data Center](#), [Teen Birth Rate in Maryland](#), 2018)

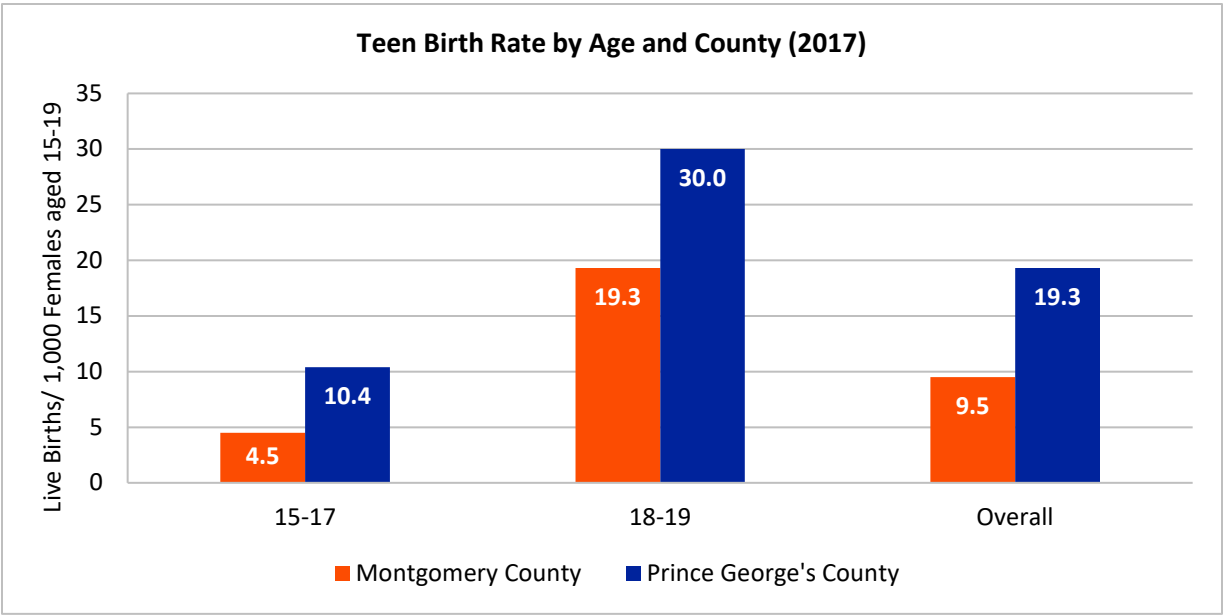
- When looking at teen birth rates by race and ethnicity, Hispanic women in both Montgomery and Prince George’s County are disproportionately affected (Figure 22).
- Specifically looking at Hispanic women in each county, Prince George’s County has teen birth rates that is 2X higher than that of Hispanic women in Montgomery County (Figure 22).



**Figure 22.** Teen Birth Rate by Race & Ethnicity, 2017  
(Source: [PGC Health Zone](#) & [Maternal Infant Health Report 2008 - 2017](#), 2019)

- Teen birth rates are much more likely to occur when the mother is 18 to 19 years old rather than 15 to 17 years old (Figure 23).



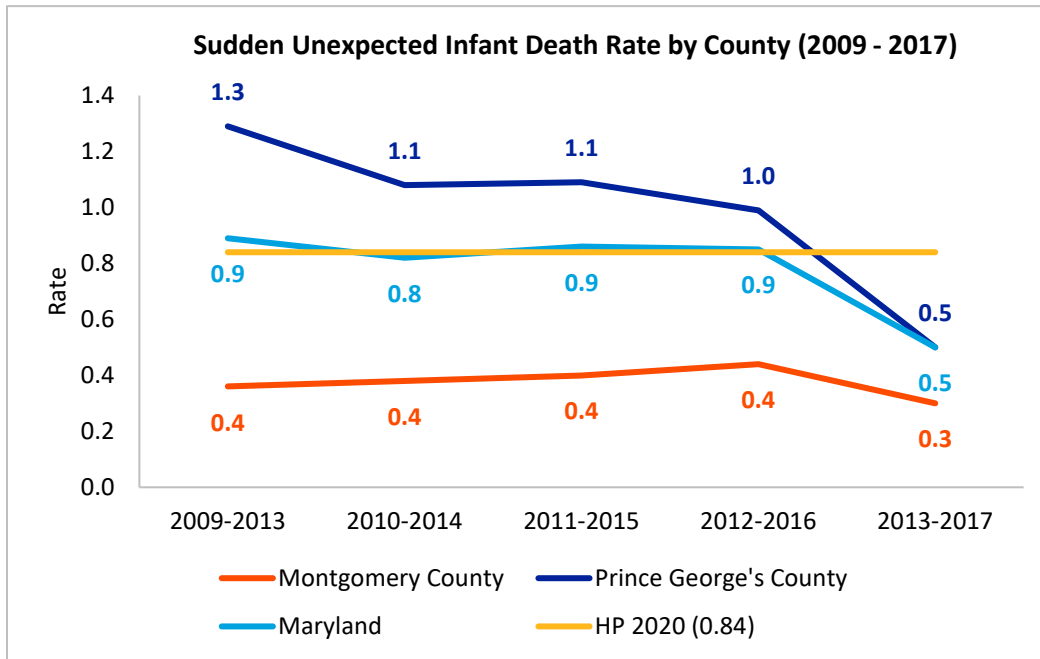


**Figure 23.** Teen Birth Rate by Age and County, 2017  
 (Source: [PGC Health Zone](#) & [Maternal Infant Health Report 2008 - 2017](#), 2019)

## Antenatal Measures of Infant Health

### Sudden Unexpected Infant Death

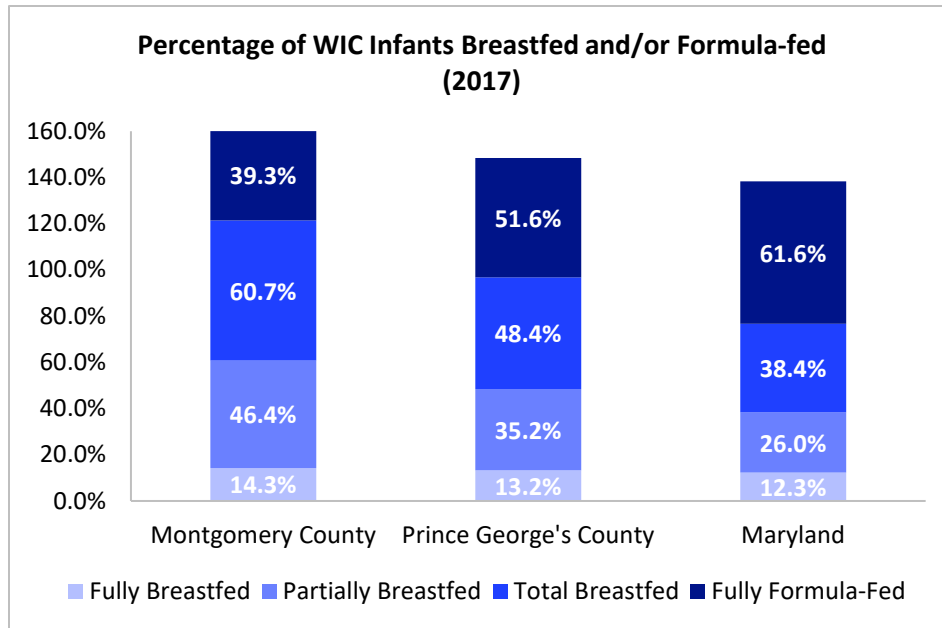
- Maryland, Prince George's County, and Montgomery County all have decreasing rates of sudden unexpected infant deaths and they have all met the Healthy People 2020 target (Figure 24)
- Montgomery County has slightly lower rates than Maryland and Prince George's County (Figure 24).



**Figure 24.** Sudden Unexpected Infant Death Rate by County, 2009 – 2017  
 (Source: [PGC Health Zone & Healthy Montgomery](#), 2018)

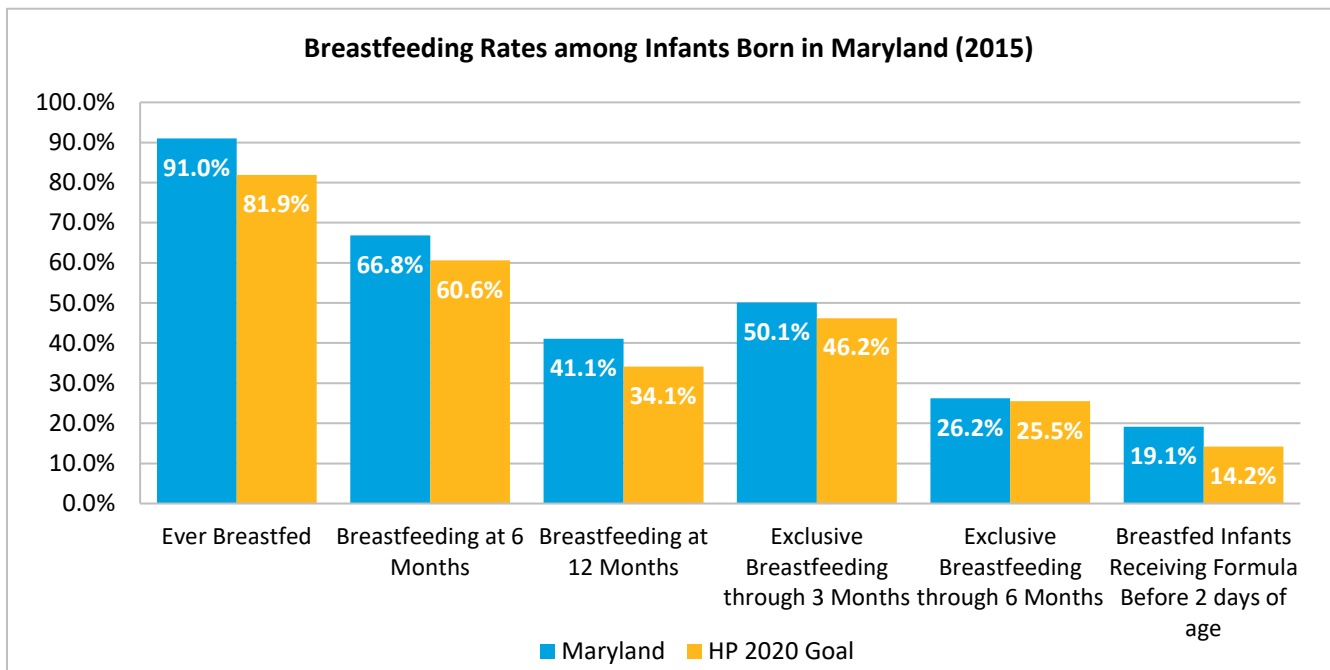
## Breastfeeding

- In Montgomery County, 14.3 percent of mothers reported fully breastfeeding and another 46.4 percent reported partially breastfeeding (Figure 25).
- In Prince George’s County, 13.2 percent of mothers reported fully breastfeeding and 35.2 percent reported partially breastfeeding (Figure 25).



**Figure 25.** Percent of WIC Infants Breastfed and/or Formula-fed, 2017  
 (Source: [WIC Breastfeeding Data Local Agency Report](#), 2017)

- Maryland met all the Healthy People 2020 targets for breastfeeding (Figure 26).



**Figure 26.** Breastfeeding Rates Among Infants born in Maryland, 2015  
 (Source: [CDC](#), 2018)

## Community Resources

Services and resources are available for maternal and infant health needs in White Oak Medical Center's Community Benefit Service Area. Services range from pregnancy testing, to prenatal care, delivery, and post-partum care as well as care for infants. Both Prince George's and Montgomery County have numerous programs and efforts to improve maternal and infant health and access to care. Services include, but are not limited to, the following:

**1. PRINCE GEORGE'S COUNTY HEALTH DEPARTMENT**

*Women, Infants, & Children (WIC)*

**Address:** 3003 Hospital Drive, Suite 2022,  
Cheverly, MD 20785

**Phone Number:** 301-583-3340

**Websites:**

<https://www.princegeorgescountymd.gov/2036/Women-Infants-Children-WIC>

*Maternal and Infant Health Programs*

<https://www.princegeorgescountymd.gov/3175/Maternal-and-Infant-Health>

**2. MONTGOMERY COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES**

*Maternal/Infant Health*

**Address:** 401 Hungerford Drive, Rockville,  
MD 20850

**Phone:** 240-777-0311

**Website:**

<https://www.montgomerycountymd.gov/HS/ProgramIndex/MaternalIndex.html>

**3. MONTGOMERY COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES**

*Surveillance & Quality Improvement Program*

*Programs: Mother and Infant Care, Pregnant Women, & Community Action/Social Advocacy Groups*

**Address:** 1401 Rockville Pike, Rockville, MD 20852

**Phone:** 240-777-3967

**Website:**

<https://www.montgomerycountymd.gov/HS-Program/Program.aspx?id=PHS/PHSImpPregnancyOutcomes-p739.html>

**4. MONTGOMERY COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES**

*Teen Pregnancy/Prevention Services*

**Address:** Montgomery County Public Schools (MCPS)

**Phone:** 240-777-1570

**Website:**

<https://www.montgomerycountymd.gov/HS-Program/Program.aspx?id=PHS/PHSTeenPrevent-p295.html>

5. **HEART AND HOMES FOR YOUTH**  
*Damamli is a program dedicated to supporting pregnant and parenting teen mothers in Maryland.*  
**Address:** 3919 National Drive Suite 400, Burtonsville, MD 20866  
**Phone:** 301-589-8444  
**Email:** [hhyinfo@heartsandhomes.org](mailto:hhyinfo@heartsandhomes.org)  
**Website:** <https://heartsandhomes.org/>
6. **CCI HEALTH & WELLNESS SERVICES**  
**Address:** 8630 Fenton Street, Suite 1204, Silver Spring, MD 20910  
**Phone (WIC):** 301-762-9426  
**Phone (Support Center):** 301-340-7525  
**Email:** [info@cciweb.org](mailto:info@cciweb.org)  
**Website:** <https://cciweb.org/>
7. **ADVENTIST HEALTHCARE WHITE OAK MEDICAL CENTER**  
**Address:** 11890 Healing Way, Silver Spring, MD 20904  
**Phone:** 240-637-4000  
**Website:**  
[https://www.adventisthealthcare.com/locations/profile/white-oak-medical-center/?utm\\_source=local-listing&utm\\_medium=organic&utm\\_campaign=website-link](https://www.adventisthealthcare.com/locations/profile/white-oak-medical-center/?utm_source=local-listing&utm_medium=organic&utm_campaign=website-link)
8. **HOLY CROSS HOSPITAL**  
**Address:** 1500 Forest Glen Road, Silver Spring, MD 20910  
**Phone:** 301-754-7000  
**Website:** <http://www.holycrosshealth.org/>
9. **UNIVERSITY OF MARYLAND CAPITAL REGIONAL HEALTH**  
**Address:** 3001 Hospital Drive, Cheverly, MD 20785  
**Phone:** 301-583-4000  
**Website:** <https://www.umms.org/capital>
10. **PREGNANCY AID CENTER**  
**Address:** 4809 Greenbelt Road, College Park, MD 20740  
**Phone:** 301-441-9150  
**Website:**  
<https://pregnancyaidcenter.org/homepage/>
11. **PREGNANCY AID CENTER WOMEN'S HEALTH AT THE WEINBERG HEALTH CENTER**  
**Address:** 4700 Erie Street, College Park, MD 20740  
**Phone:** 301-345-2050  
**Website:**  
<https://pregnancyaidcenter.org/homepage/>
12. **BRIGHT BEGINNINGS OF PRINCE GEORGE'S COUNTY**  
*Seeks to address adverse pregnancy outcomes including infant mortality, low birth weight, and other maternal pregnancy complications.*  
**Address:** 3611 43rd Avenue Colmar Manor, Maryland 20722  
**Phone:** 240-550-8607  
**Email:** [contact@brightbeginningsmd.org](mailto:contact@brightbeginningsmd.org)  
**Website:** <http://brightbeginningsmd.org/>
13. **FAMILY SERVICES**  
**Address:** 610 East Diamond Avenue, Suite 100, Gaithersburg, MD 20877  
**Phone:** 301-840-2000  
**Email:** [info@fs-inc.org](mailto:info@fs-inc.org)  
**Website:** <http://www.fs-inc.org/>
14. **PRINCE GEORGE'S CHILD RESOURCE CENTER**  
**Address:** 9475 Lottsford Road, Suite 202, Largo, MD 20774  
**Phone Number:** 301-772-8420  
**Website:** <https://www.childresource.org/>

**15. AFRICAN AMERICAN HEALTH PROGRAM –  
MATERNAL & CHILD HEALTH**

*Seeks to decrease the high rate of Black infant mortality and improve the likelihood of good pregnancy outcomes among Black women in Montgomery County, through the S.M.I.L.E.*

**Address:** 14015 New Hampshire Avenue,  
Silver Spring, MD 20904

**Phone:** 240-777-1833

**Website:**

<http://aahpmontgomerycounty.org/maternal-and-child-health>

**16. WIC PROGRAMS**

*Gaithersburg WIC Clinic – Community Clinic*

**Address:** 200 Girard Street, Suite 212B,  
Gaithersburg, MD 20877

**Phone:** 301-840-8339

*Takoma and Langley Park WIC Clinic –  
Community Clinic*

**Address:** 7676 New Hampshire Avenue,  
Suite 220, Takoma Park, MD 20912

**Phone:** 301-439-7373

**Website:**

<https://www.wicprograms.org/co/md-montgomery>

# Section IV: Findings


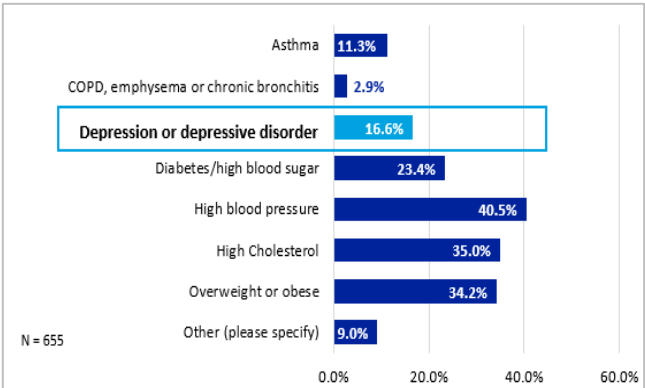
## Part B: Secondary Data

### Chapter 6: Behavioral Health

- 6.1: Mental Health**
- 6.2: Substance Abuse**
- 6.3: The Intersection of  
Mental Health and  
Substance Abuse**

# Behavioral Health

## KEY FINDINGS

Disparities & Indicators	Trend Over Time																		
<ul style="list-style-type: none"> <li>Overall, MC and PGC met the HP 2020 target for <b>age-adjusted suicide mortality</b> (10.2); <b>NH – Whites</b> (10.4) and <b>males</b> (10.8) in MC did not meet the target</li> <li><b>Black/AA, females</b> and those between the ages of 18-34 have the highest mental health <b>ER visit</b> rate in MC</li> <li><b>Whites</b> have the <b>highest mortality rate</b> due to <b>drug use</b> in MC</li> </ul>	 <ul style="list-style-type: none"> <li>Age adjusted ER rate due to mental health in PGC had an increasing trend from 2013 - 2016</li> <li>MC and PGC had an increasing trend of ED visits for addiction related conditions from 2014 - 2017</li> </ul>																		
Community Perception																			
<p><b>WOMC CBSA: “Has a doctor, nurse, or other health professional ever said you have, or are at risk for the following?”<sup>3</sup></b></p>  <table border="1"> <thead> <tr> <th>Health Condition</th> <th>Prevalence</th> </tr> </thead> <tbody> <tr> <td>Asthma</td> <td>11.3%</td> </tr> <tr> <td>COPD, emphysema or chronic bronchitis</td> <td>2.9%</td> </tr> <tr> <td>Depression or depressive disorder</td> <td>16.6%</td> </tr> <tr> <td>Diabetes/high blood sugar</td> <td>23.4%</td> </tr> <tr> <td>High blood pressure</td> <td>40.5%</td> </tr> <tr> <td>High Cholesterol</td> <td>35.0%</td> </tr> <tr> <td>Overweight or obese</td> <td>34.2%</td> </tr> <tr> <td>Other (please specify)</td> <td>9.0%</td> </tr> </tbody> </table> <p>N = 655</p>	Health Condition	Prevalence	Asthma	11.3%	COPD, emphysema or chronic bronchitis	2.9%	Depression or depressive disorder	16.6%	Diabetes/high blood sugar	23.4%	High blood pressure	40.5%	High Cholesterol	35.0%	Overweight or obese	34.2%	Other (please specify)	9.0%	<p>“There is a lack of access to affordable mental health services.”<sup>1</sup></p> <p>“When it comes to behavioral health [EMS] calls, particularly for those with alcohol or substance abuse struggles, we are seeing the same people over and over. Unfortunately, we often don’t have anywhere else to take them other than the ER.”<sup>2</sup></p>
Health Condition	Prevalence																		
Asthma	11.3%																		
COPD, emphysema or chronic bronchitis	2.9%																		
Depression or depressive disorder	16.6%																		
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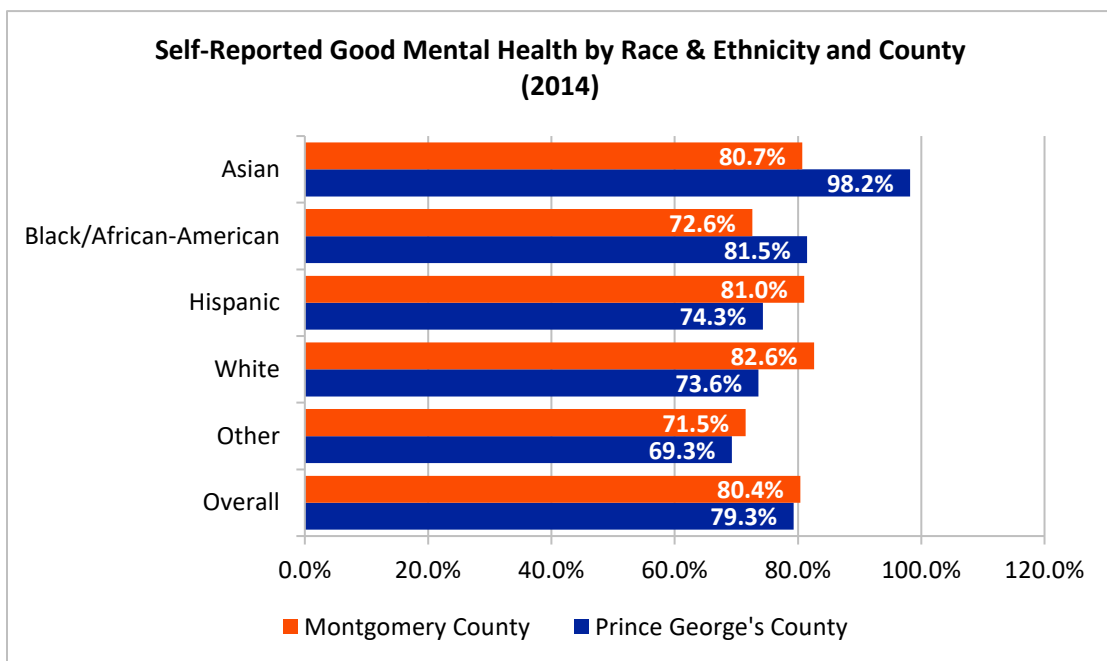
<sup>1,3</sup>Adventist HealthCare Community Health Needs Assessment. (2019). Primary Data Collection – Community Survey.

<sup>2</sup> Adventist HealthCare Community Health Needs Assessment. (2019). Primary Data Collection – Key Informant Interview.



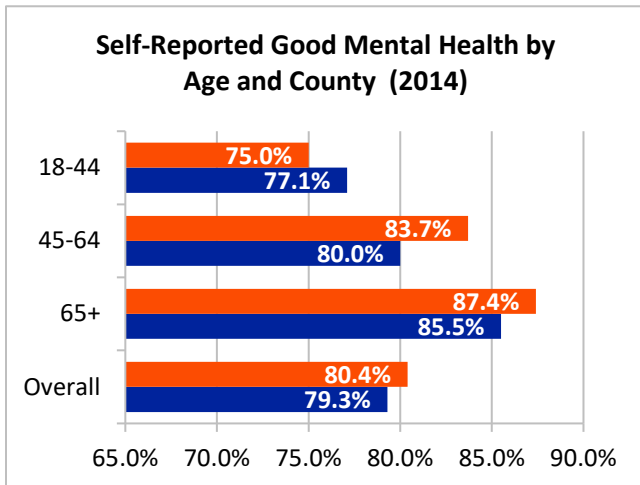
## 6.1 Mental Health

- Montgomery County has slightly fewer poor mental health days at an average of 2.7 days per month than Prince George’s County at 3.1 poor mental health days per month.<sup>3</sup>
- Asians in Prince George’s County and Whites in Montgomery County report higher rates of good mental health than their racial counterparts (Figure 1).
- In terms of age, seniors over the age of 65 report higher good mental health than the other age groups in both counties (Figure 2).
- Males in both counties report higher rates of good mental health than females (Figure 3).

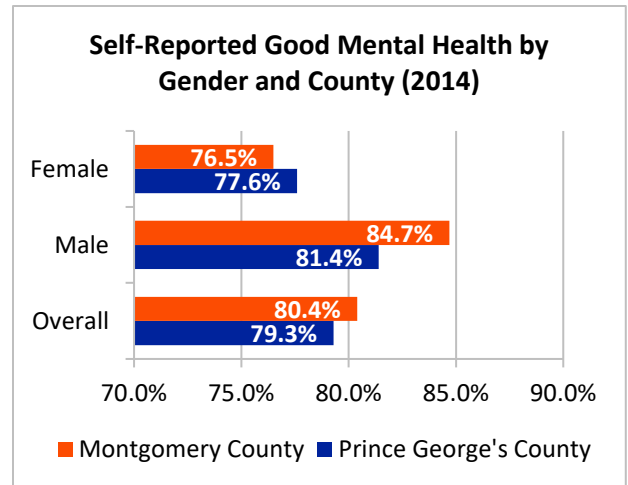


**Figure 1.** Self-Reported Good Mental Health by Race & Ethnicity in Montgomery and Prince George’s Counties  
(Sources: [Healthy Montgomery](#) & [PGC Health Zone](#), 2014)

<sup>3</sup> University of Wisconsin: Population Health Institute. (2016). Maryland Quality of Life: Poor Mental Health Days in 2014. *County Health Rankings*. Retrieved from: <http://www.countyhealthrankings.org/app/maryland/2016/measure/outcomes/42/map>

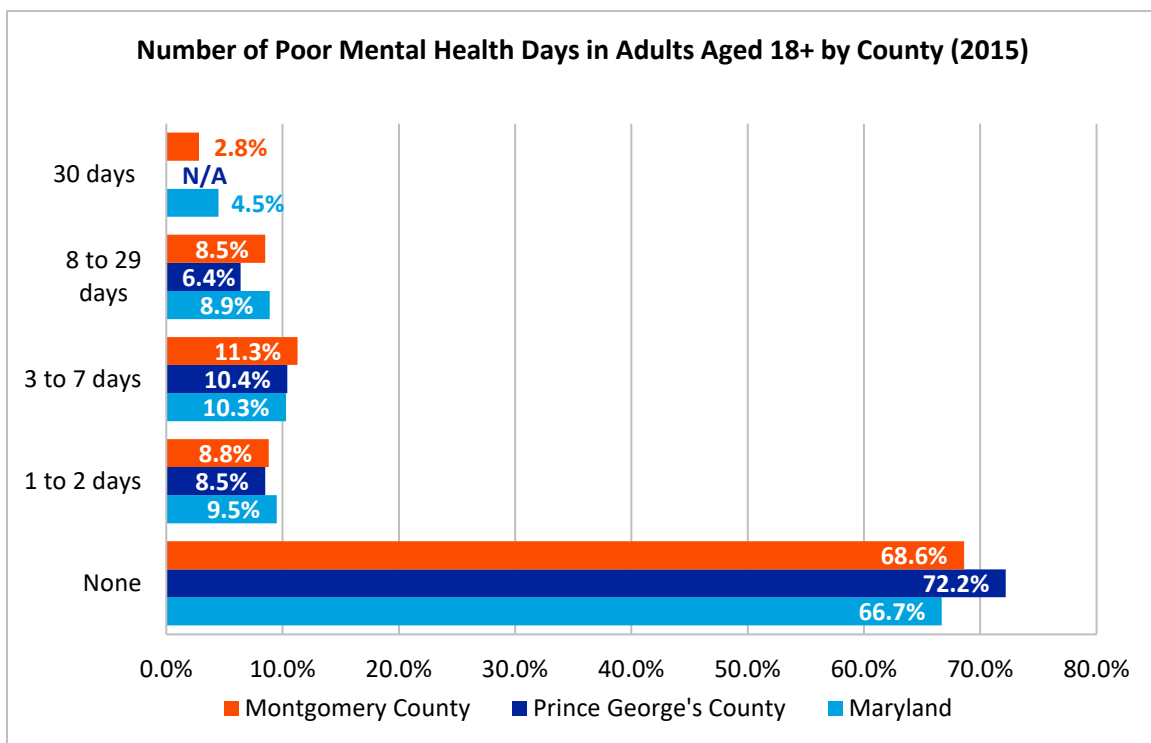


**Figure 2.** Self-Reported Good Mental Health by Age in Montgomery and Prince George’s Counties (Sources: [Healthy Montgomery](#) and [PGC Health Zone](#), 2014)



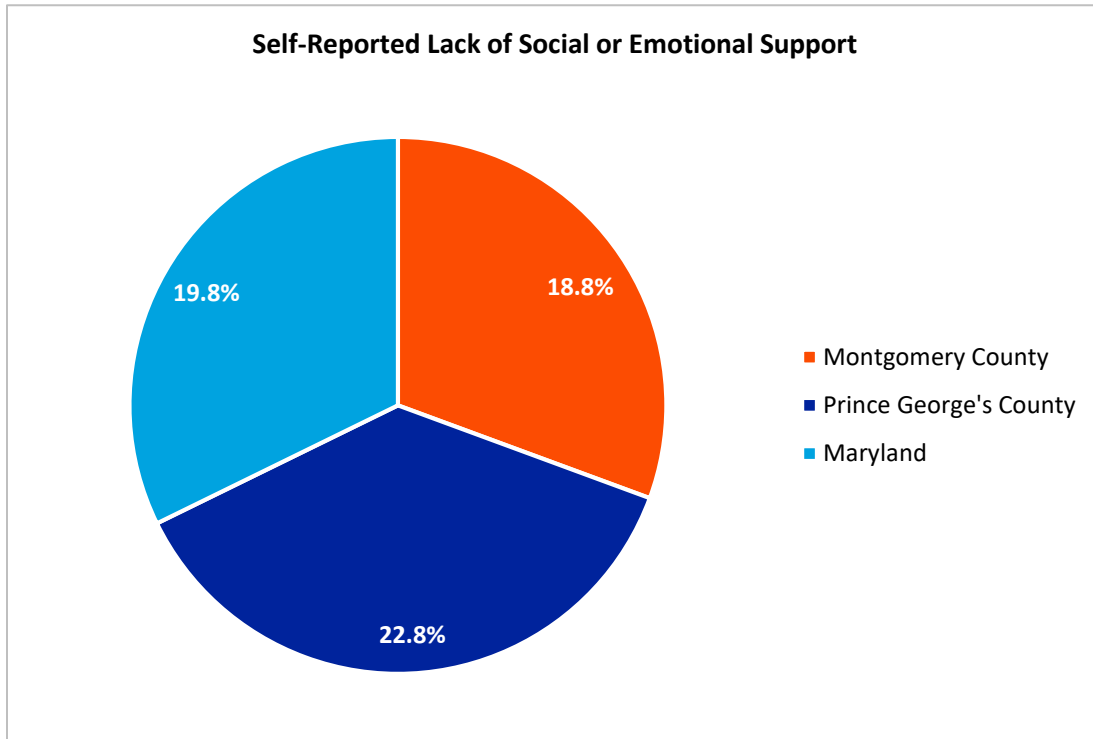
**Figure 3.** Self-Reported Good Mental Health by Gender in Montgomery and Prince George’s Counties (Sources: [Healthy Montgomery](#) and [PGC Health Zone](#), 2014)

- For adults aged 18+, the number of days mental health was not good, was highest among 3 to 7 days for both counties and Maryland (Figure 4).



**Figure 4.** Self-Reported Number of Days Mental Health Not Good in Adults aged 18+ in Montgomery County, Prince George’s County, and Maryland, 2015 (Sources: [Maryland BRFSS Report](#), 2015)

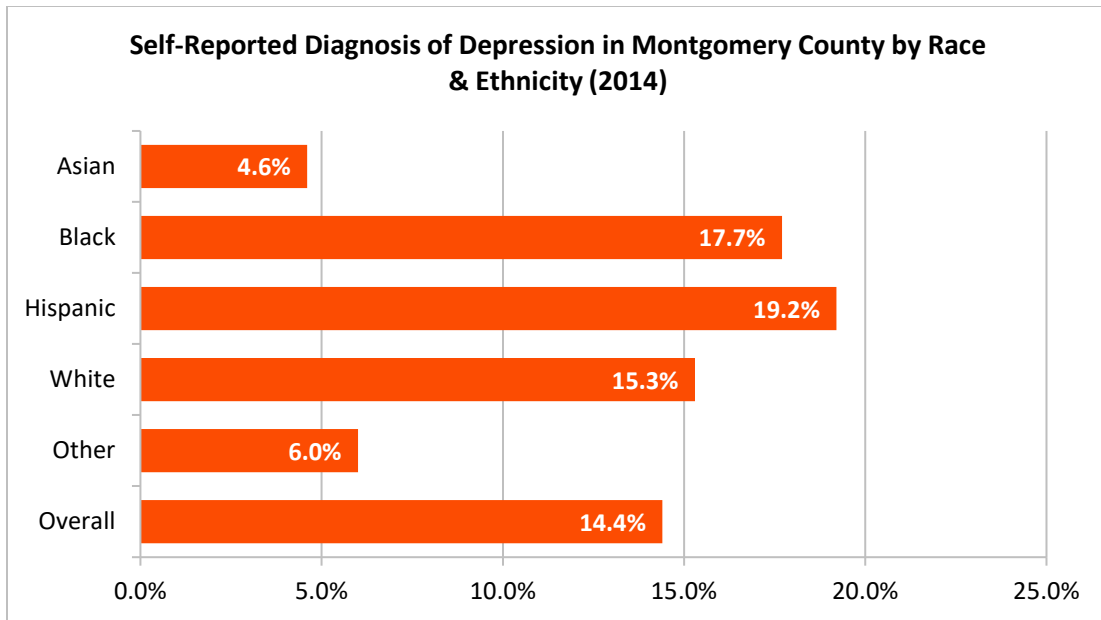
- When looking at the percentage of adults aged 18 and older who self-reported that they receive insufficient social and emotional support all or most of the time, Prince George’s County has the highest percentage (22.8 percent) in comparison to Montgomery County and Maryland (Figure 5).



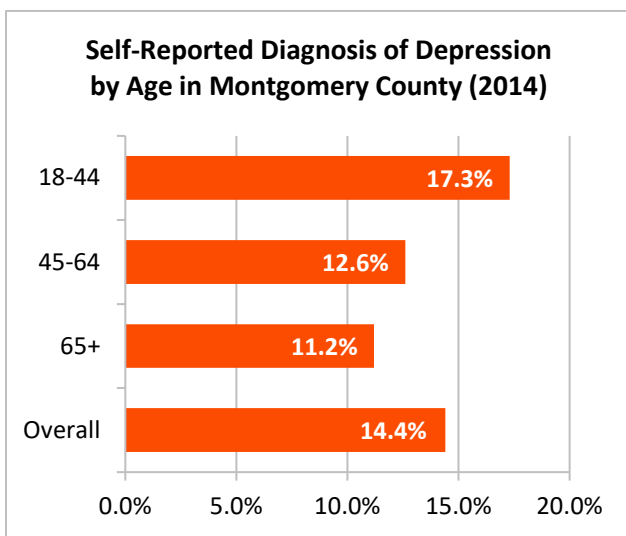
**Figure 5.** Self-Reported Lack Social or Emotional Support  
(Source: [Trinity Data Hub](#), 2019)

## Depression

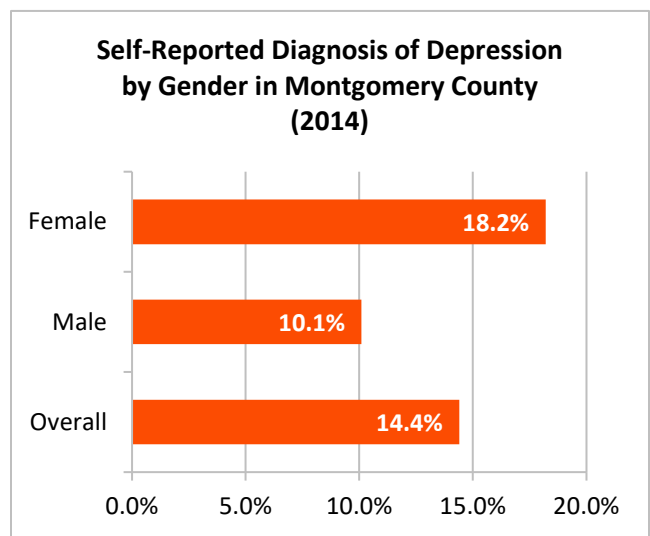
- According to the National Alliance on Mental Illness (NAMI), major depressive disorder is the leading cause of disability among individuals aged 18 to 44 years.
- In Montgomery County, 14.4 percent of the residents have reported a diagnosis of depression (Figure 6). Of those residents, Hispanics had the highest depression diagnoses, followed closely by Blacks.
- Similarly, to NAMI statistics, residents in Montgomery County aged 18 to 44 years had the highest rate of depression (Figure 7).
- Females were also diagnosed with depression at a higher rate than males (Figure 8).



**Figure 6.** Self-Reported Diagnosis of Depression in Montgomery County by Race/Ethnicity  
(Source: [Healthy Montgomery](#), 2014)

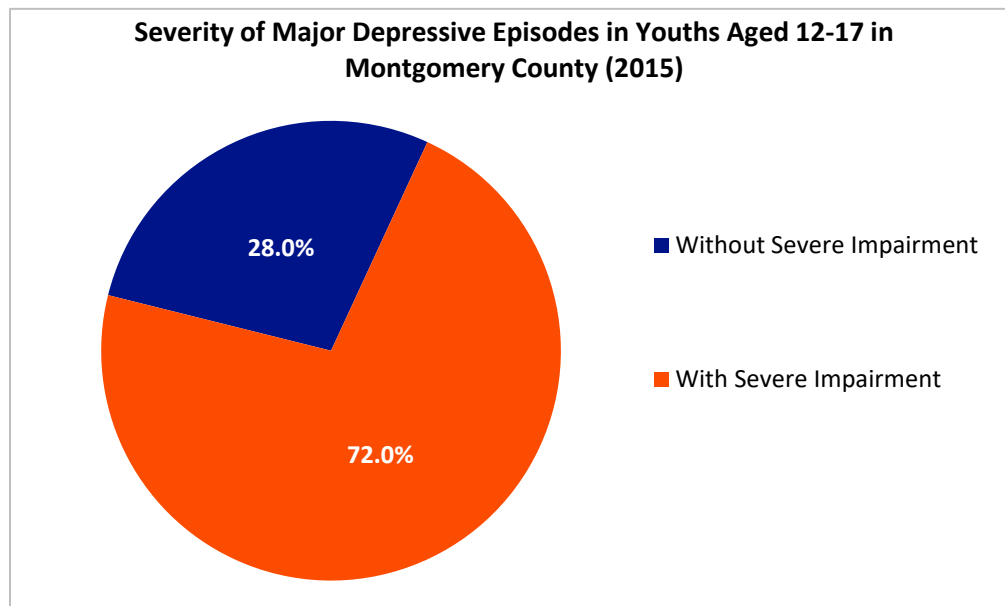


**Figure 7.** Self-Reported Diagnosis of Depression in Montgomery County by Age  
(Source: [Healthy Montgomery](#), 2014)



**Figure 8.** Self-Reported Diagnosis of Depression in Montgomery County by Gender  
(Source: [Healthy Montgomery](#), 2014)

- According to the 2015 report by the Office of Legislative Oversight, an estimated 10.7 percent of Montgomery County youths aged 12 to 17 years had a major depressive episode in 2013.<sup>4</sup> Of those youths, 72 percent suffered severe impairment due to the depressive episode (Figure 9).

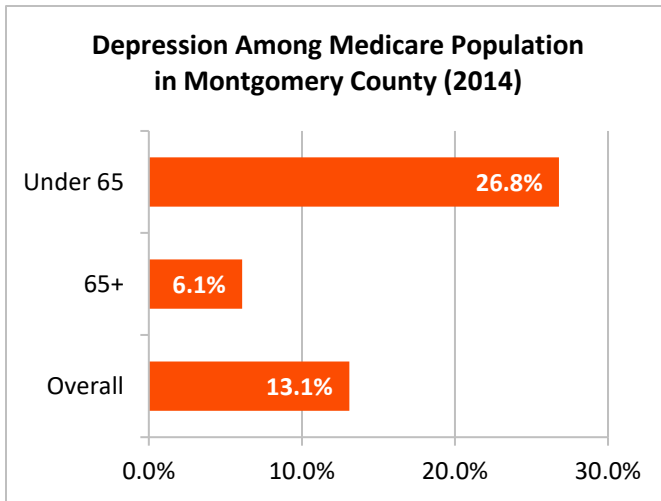


**Figure 9.** Severity of Major Depressive Episodes in Youths Aged 12-17  
(Source: [Behavioral Health in Montgomery County](#), 2015)

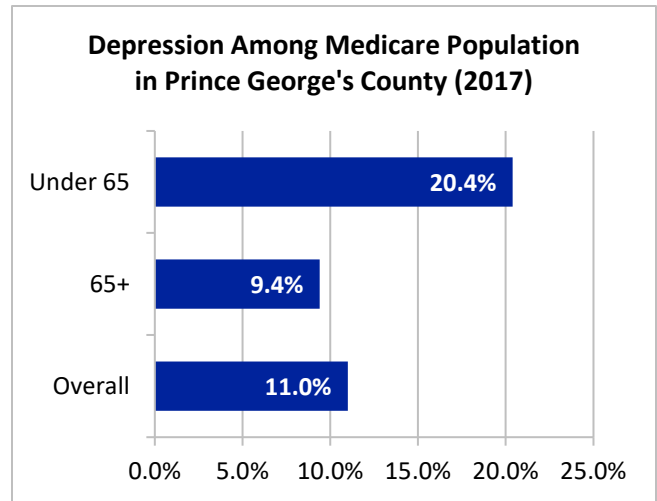
- In 2014, Montgomery County individuals under age 65 had a higher rate of depression than those over age 65+ (Figure 10). Additionally, it is worth noting that the Medicare population under the age of 65 years is more prone to depression than those over the age of 65.<sup>5</sup>
- During the year 2017 in Prince George’s County, individuals under 65 also have the highest percentage of depression (Figure 11).

<sup>4</sup> Carrizosa, N. & Richards, S. (2015). Behavioral health in Montgomery County; Report number 2015-13. *Office of Legislative Oversight*. Retrieved from [http://www.montgomerycountymd.gov/OLO/Resources/Files/2015\\_Reports/OLO%20Report%202015-13%20Behavioral%20Health%20in%20Montgomery%20County.pdf](http://www.montgomerycountymd.gov/OLO/Resources/Files/2015_Reports/OLO%20Report%202015-13%20Behavioral%20Health%20in%20Montgomery%20County.pdf)

<sup>5</sup> Carrizosa, N. & Richards, S. (2015). Behavioral health in Montgomery County; Report number 2015-13. *Office of Legislative Oversight*. Retrieved from [http://www.montgomerycountymd.gov/OLO/Resources/Files/2015\\_Reports/OLO%20Report%202015-13%20Behavioral%20Health%20in%20Montgomery%20County.pdf](http://www.montgomerycountymd.gov/OLO/Resources/Files/2015_Reports/OLO%20Report%202015-13%20Behavioral%20Health%20in%20Montgomery%20County.pdf)



**Figure 10.** Depression among Medicare Population in Montgomery County, 2014  
(Source: [Healthy Montgomery](#), 2014)

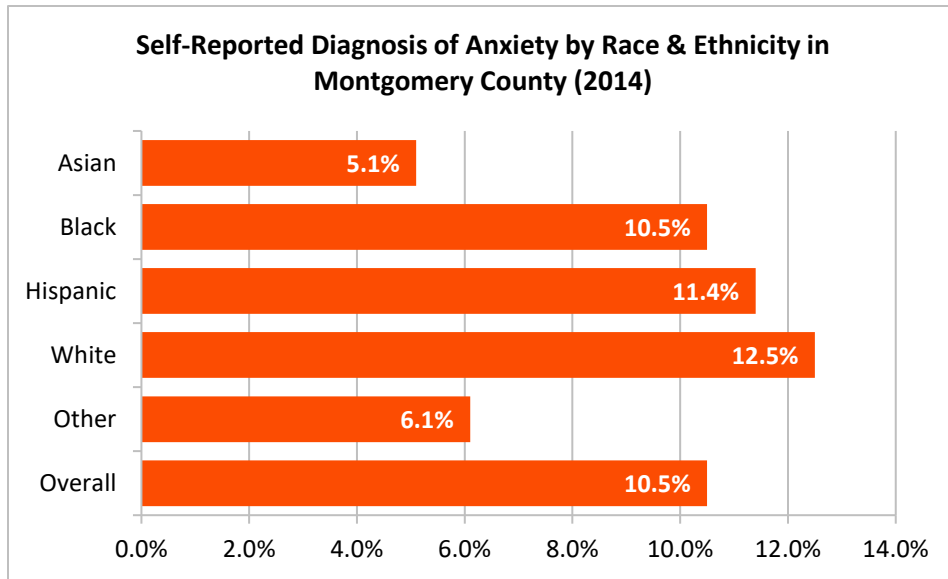


**Figure 11.** Depression among Medicare Population in Prince George's County, 2017  
(Source: [PGC Health Zone](#), 2019)

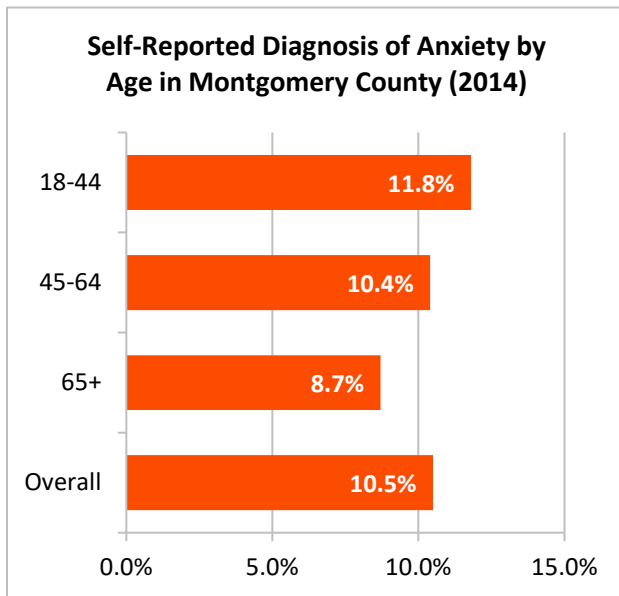
## Anxiety

- NAMI has reported that approximately 18 percent of adults have anxiety disorders, and most will have experienced their first anxiety episode before the age of 21.<sup>6</sup>
- While the percentage of the Montgomery County residents with anxiety disorders is lower than the national rate, different racial groups are affected at a disproportionate rate (Figure 12).
- Whites followed by Hispanics report the highest rates of anxiety disorders (Figure 12).
- When stratified by age and gender, the 18 to 44-year-old population and females are diagnosed with anxiety at higher rates than other age groups or males (Figures 13 and 14).

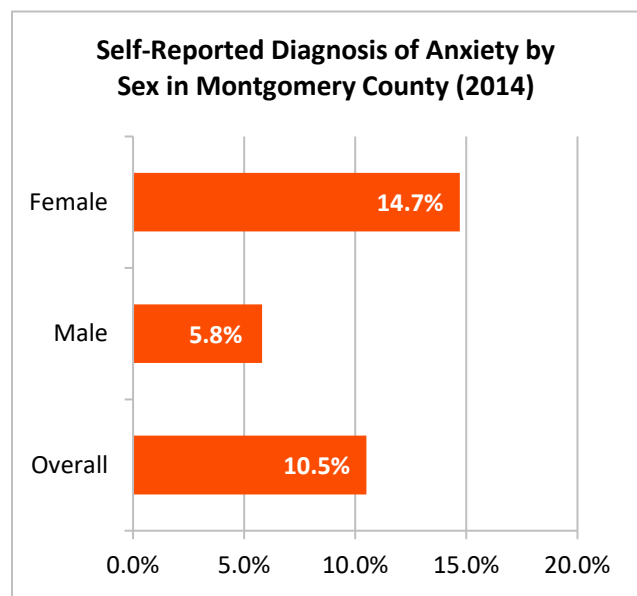
<sup>6</sup> National Alliance on Mental Illness (NAMI). (2016). Anxiety disorders: Overview. Retrieved from <https://www.nami.org/Learn-More/Mental-Health-Conditions/Anxiety-Disorders>



**Figure 12.** Self-Reported Diagnosis of Anxiety by Race/Ethnicity, Montgomery County  
(Source: [Healthy Montgomery](#), 2014)



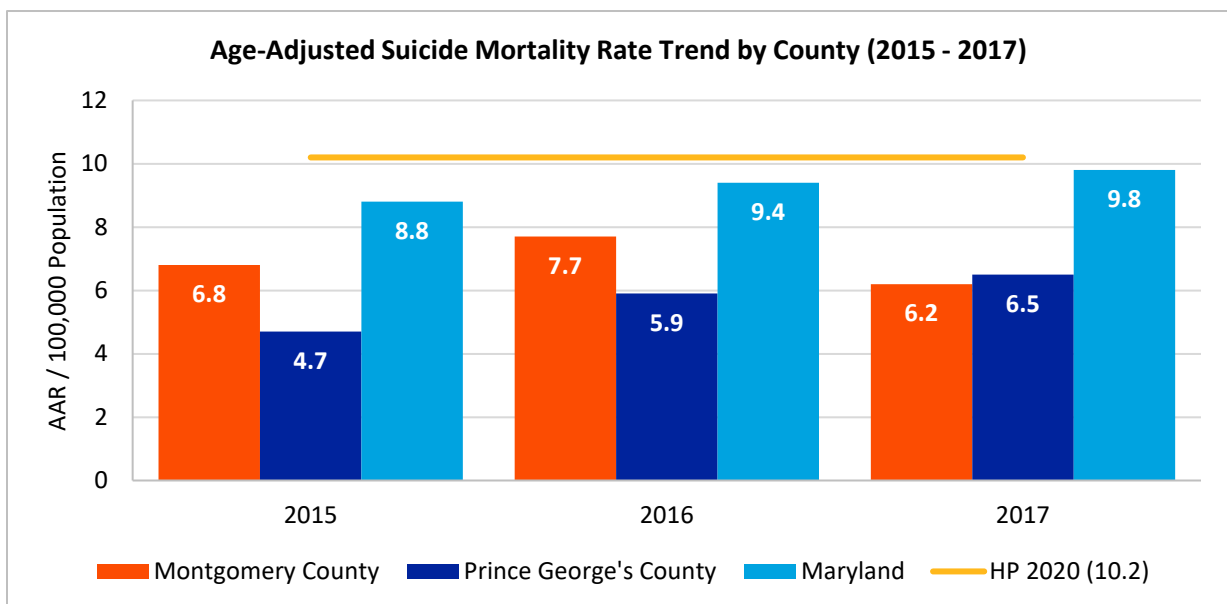
**Figure 13.** Self-Reported Diagnosis of Anxiety in Montgomery County by Age  
(Source: [Healthy Montgomery](#), 2014)



**Figure 14.** Self-Reported Diagnosis of Anxiety in Montgomery County by Sex  
(Source: [Healthy Montgomery](#), 2014)

## Suicide

- Suicide is the 10<sup>th</sup> leading cause of death for all ages and the second leading cause of death for ages 10 to 34 years old.<sup>7</sup>
- In the state of Maryland, suicide rates have been increasing since 2015. However, in both Montgomery and Prince George's Counties, the suicide rate has been steady for the last three measurement periods (Figure 15).
- Both counties meet the Healthy People 2020 target of 10.2 (Figure 15).
- Although the Healthy People target was met, the suicide rate in Montgomery County is higher than that of Prince George's County (Figure 15).



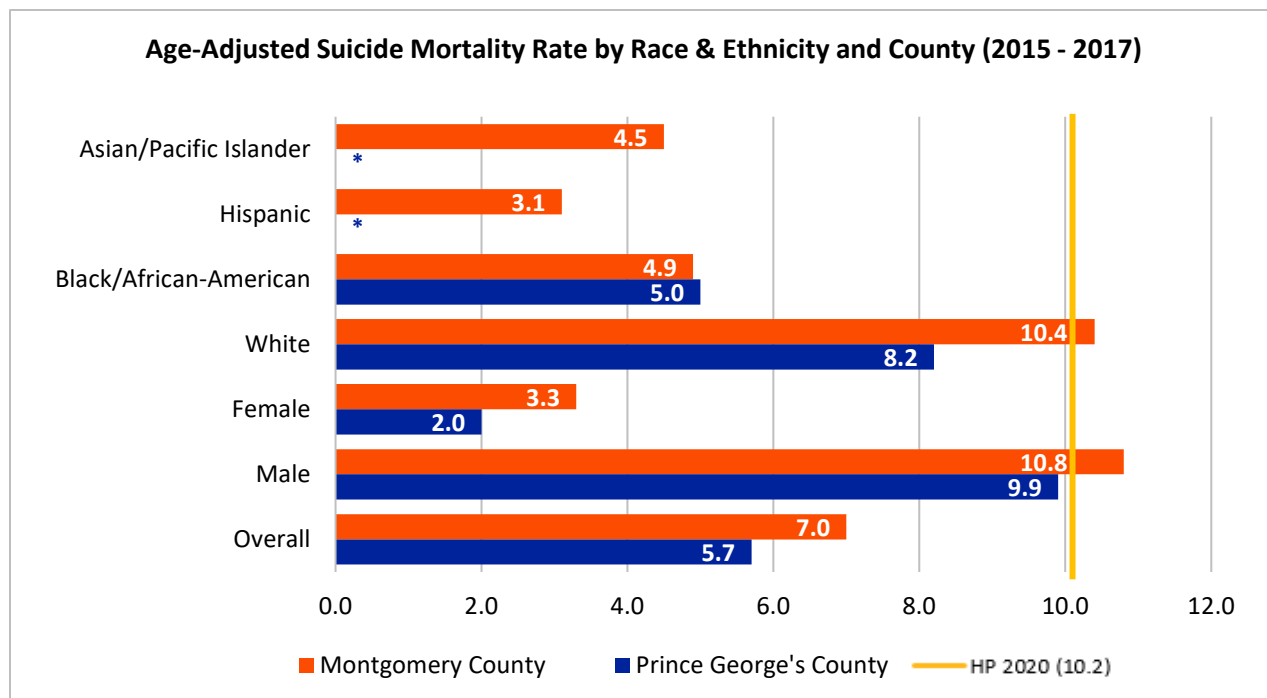
**Figure 15.** Age-Adjusted Suicide Mortality Rate Trend in Montgomery County, Prince George's County and Maryland

(Source: [Healthy Montgomery Core Measures Report](#) & [LiveStories](#), 2015 - 2017)

- When stratified by race/ethnicity and sex, suicide rates are higher among White and male populations when compared to any other group in both Montgomery and Prince George's County (Figure 16).
- The suicide rate among Whites in Montgomery County is 2.1X higher than that of Black/African-Americans in the county, whereas the suicide rate for Whites in Prince George's County is 1.6X higher than that of the Black/African-American's in the county (Figure 16).

<sup>7</sup> Center for Disease Control and Prevention (CDC), National Vital Statistics System, & National Center on Health Statistics (NCHS). (2014). 10 Leading Causes of Death by Age Group, United States – 2014. Retrieved from [http://www.cdc.gov/injury/images/lc-charts/leading\\_causes\\_of\\_death\\_age\\_group\\_2014\\_1050w760h.gif](http://www.cdc.gov/injury/images/lc-charts/leading_causes_of_death_age_group_2014_1050w760h.gif)





**Figure 16.** Age-Adjusted Suicide Mortality Rate by Race and Ethnicity in Montgomery County, Prince George's County, and Maryland

\*Data unavailable/not applicable

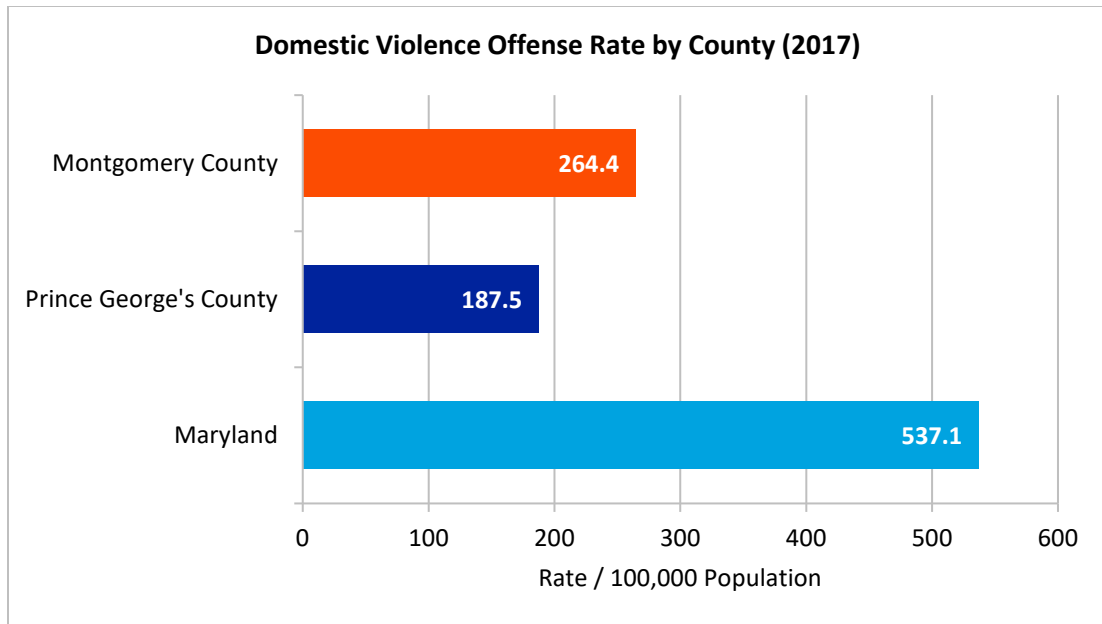
(Source: [Healthy Montgomery Core Measures Report & PGC Health Zone](#), 2015 - 2017)

## Domestic Violence

- According to the National Coalition Against Domestic Violence, one in three women and one in four men suffer from a form of physical violence at the hands of their partners.<sup>8</sup>
- Between July 2017 and June 2018, there were 46 domestic violence related deaths in Maryland<sup>9</sup>.
- Montgomery County has 1.4X more domestic violence offense cases than Prince George's County (Figure 17).

<sup>8</sup> National Coalition Against Domestic Violence (NCADV). (2015). *Domestic Violence in Maryland*. Retrieved from <http://www.ncadv.org/files/Maryland.pdf>

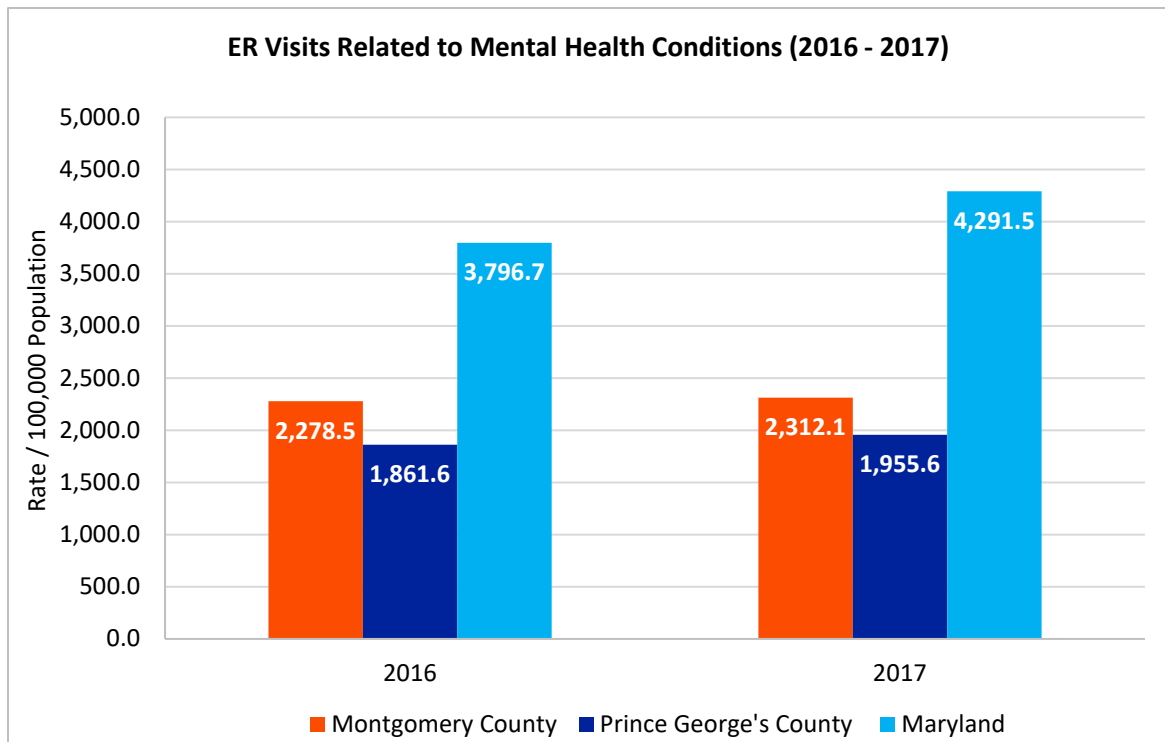
<sup>9</sup> Maryland Network Against Domestic Violence (2019). Get the facts in Maryland. Retrieved from <https://mnadv.org/resources/get-the-facts/>



**Figure 17.** Domestic Violence Offence Rate in Montgomery and Prince George’s County  
(Source: [SHIP](#), 2019)

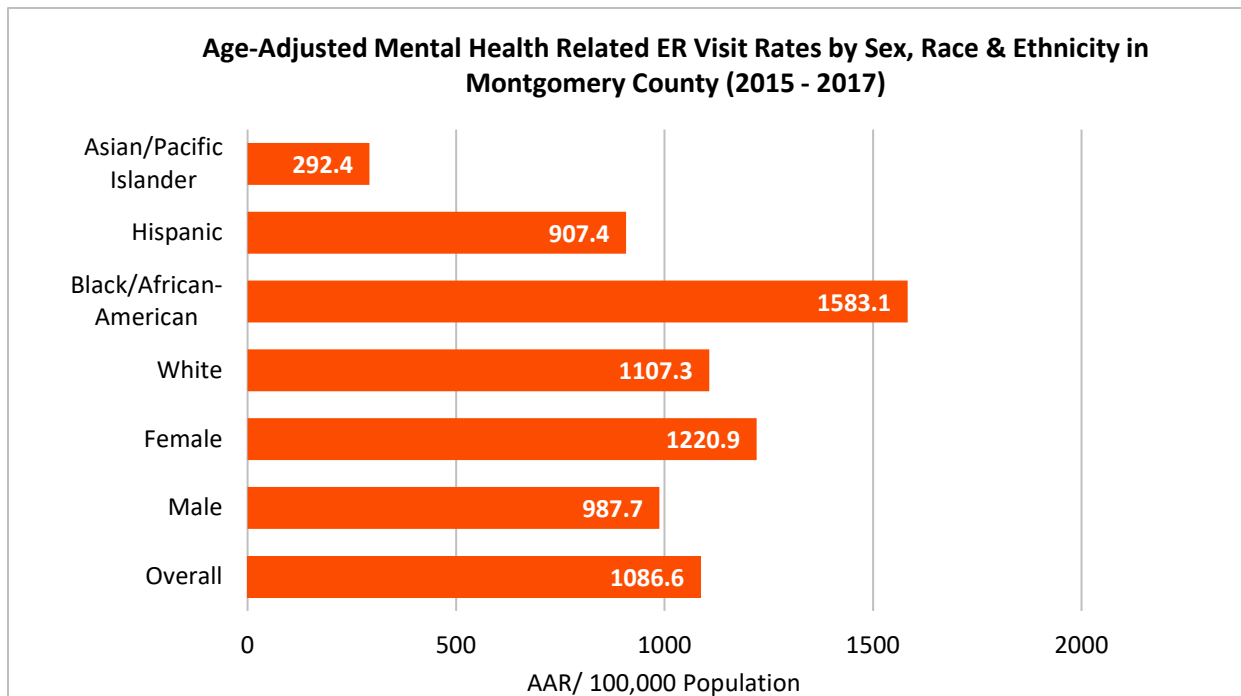
## Emergency Department Utilization Related to Mental Health

- Although consistently lower than in Maryland, emergency room visits related to mental health conditions have increased in both Montgomery and Prince George’s County (Figure 18).



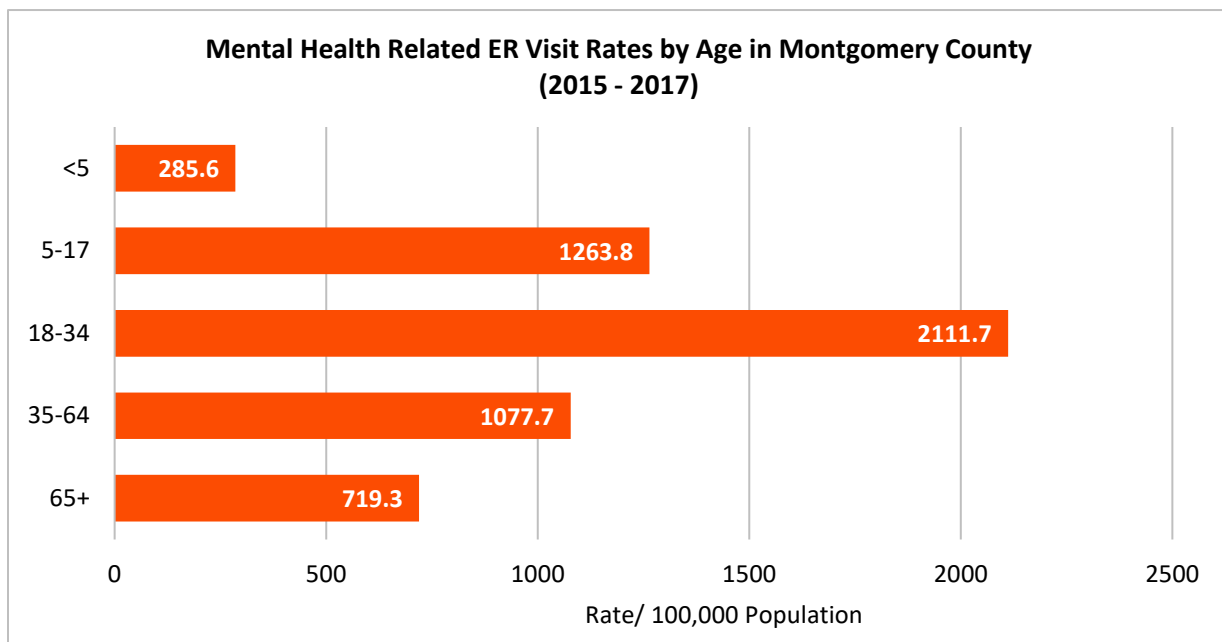
**Figure 18.** Emergency Room Visits Related to Mental Health Conditions  
(Source: [SHIP](#), 2019)

- When stratified by race/ethnicity, sex, and age in Montgomery County, Black/African-American, White, female, and individuals ages 18 – 34 had the highest mental health related emergency room visit (Figure 19 and 20).



**Figure 19.** Age-Adjusted Mental Health Related ER Visit Rates by Sex, Race & Ethnicity in Montgomery County, 2015 – 2017

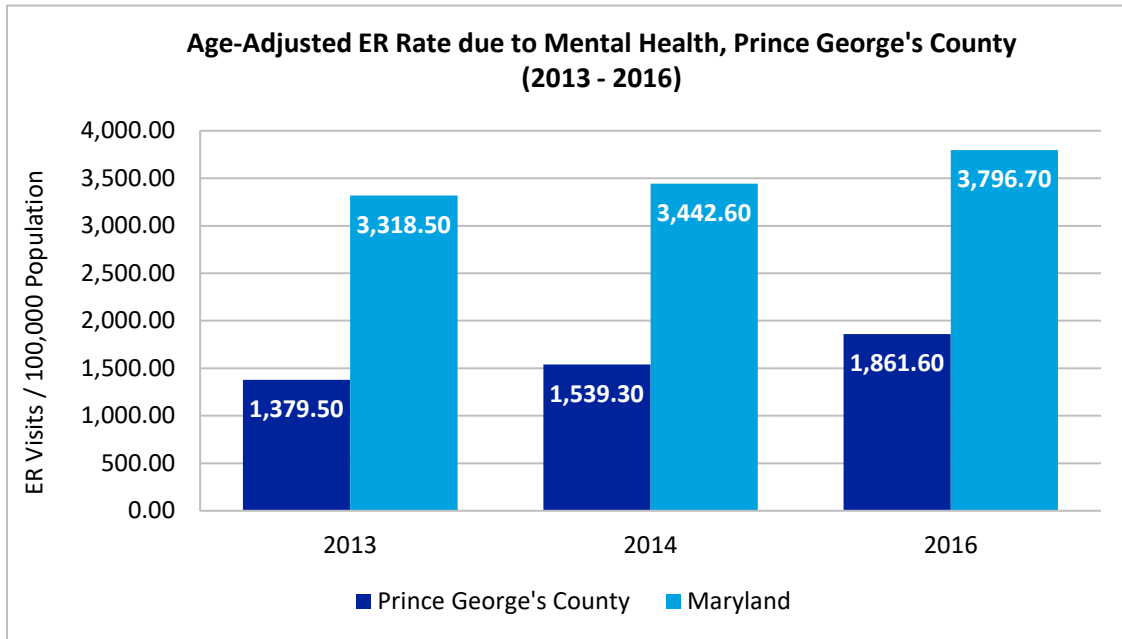
(Source: [Healthy Montgomery Core Measures Report](#), 2019)



**Figure 20.** Mental Health Related ER Visit Rates by Age in Montgomery County, 2015 – 2017

(Source: [Healthy Montgomery Core Measures Report](#), 2019)

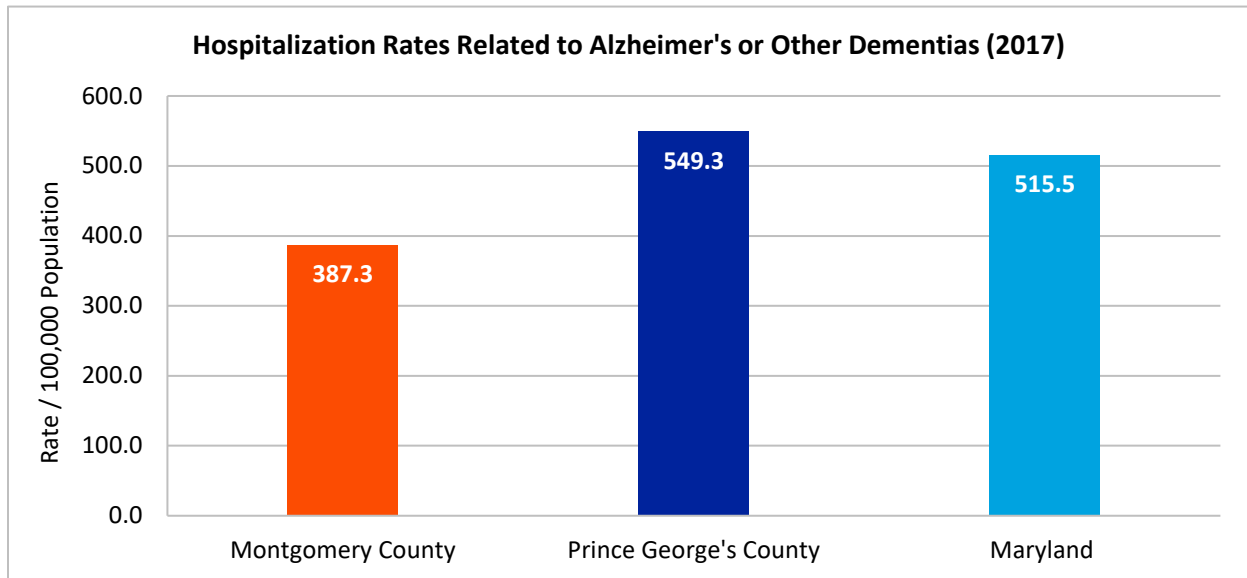
- In Prince George’s County the age-adjusted ER visit rate due to mental health conditions has increased over time. However, compared to Maryland, Prince George’s County is significantly lower (Figure 21).



**Figure 21.** Age-Adjusted ER Rates due to Mental Health in Prince George’s County, 2013 – 2016  
(Source: [PGC Health Zone](#), 2019)

## Alzheimer's and Other Dementias

- Alzheimer's disease is the sixth leading cause of death nationally, and it is the only disease among the top ten causes of death that cannot be prevented, cured or slowed.<sup>10</sup> According to the Alzheimer's Association, over five million American's are living with the disease and in 2015 there were 1,095 deaths due to Alzheimer's disease in Maryland.<sup>11</sup>
- In 2017, Prince George's County had the highest hospitalization rate related to Alzheimer's or other dementias when compared to Montgomery County and the state (Figure 22).



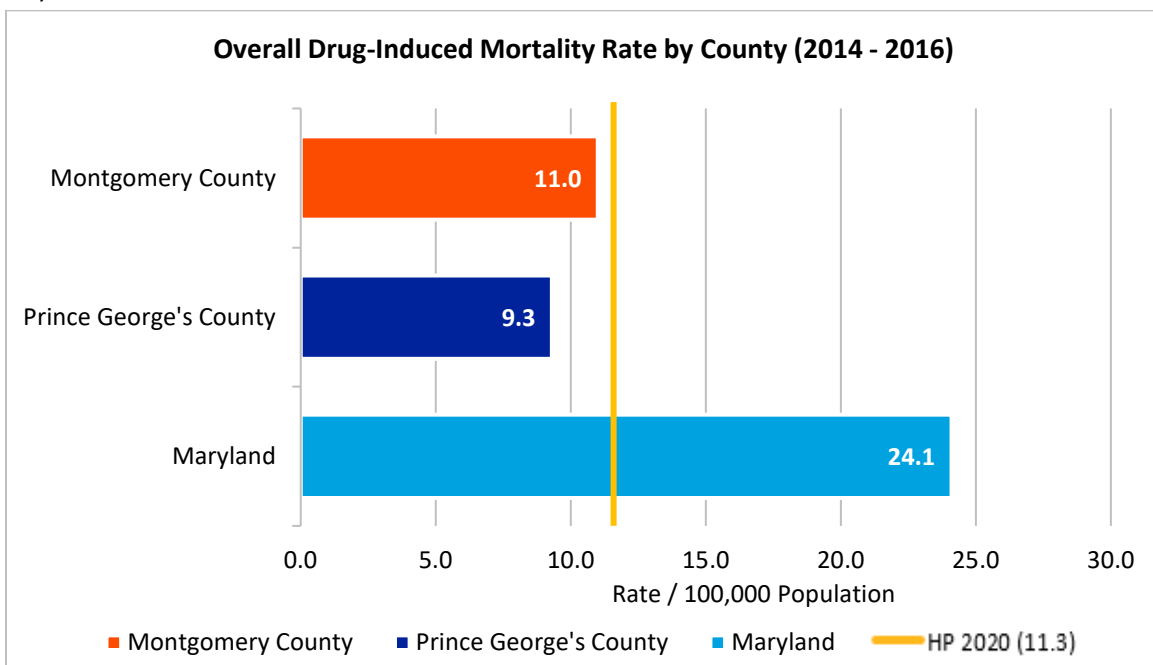
**Figure 22.** Hospitalization Rates Related to Alzheimer's or Other Dementias  
(Source: [SHIP](#), 2019)

<sup>10</sup> Alzheimer's Association. (2016). 2016 Alzheimer's Disease Facts and Figures. *Alzheimer's & Dementia* 2016;12(4). Retrieved from [http://www.alz.org/documents\\_custom/2016-facts-and-figures.pdf](http://www.alz.org/documents_custom/2016-facts-and-figures.pdf)

<sup>11</sup> Alzheimer's Association (2019). Alzheimer's Statistics Maryland. Retrieved from <https://www.alz.org/media/Documents/maryland-alzheimers-facts-figures-2018.pdf>

## 6.2 Substance Abuse

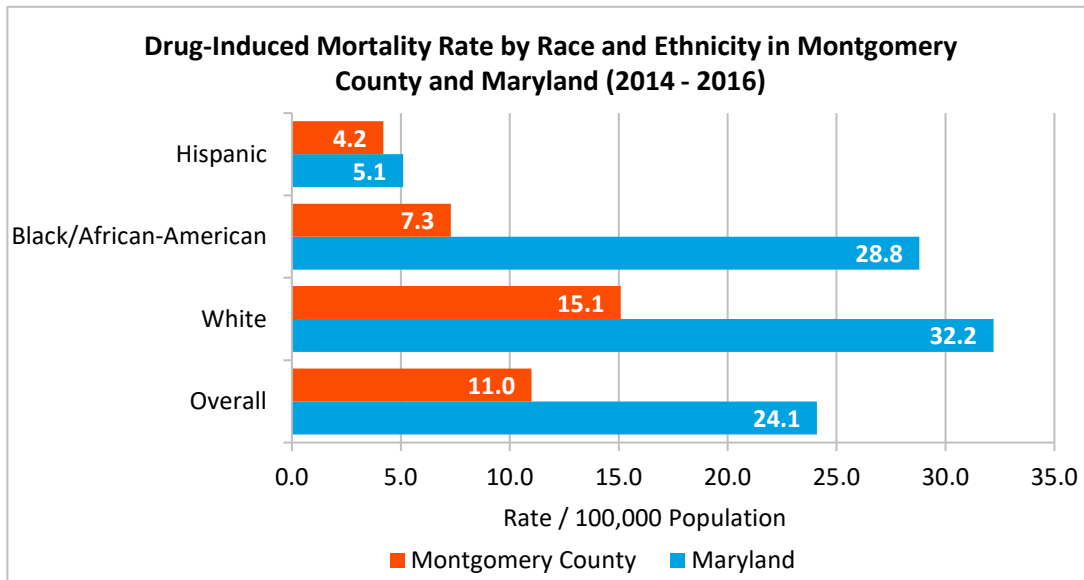
- The 2018 National Survey on Drug Use and Health found that 19.4 percent of the United States population (aged 12 or older) used an illicit drug.<sup>12</sup> Marijuana and nonmedical use of prescription drugs accounted for most of the illicit drug use in the U.S.
- In Maryland, the rate of drug induced deaths is 2.5X more than Prince George’s County and 2.1X more than Montgomery County (Figure 23).
- Both Montgomery and Prince George’s Counties have met the Healthy People target of 11.3 deaths per 100,000 population. However, the state of Maryland did not meet the target (Figure 23).



**Figure 23.** Drug-Induced Mortality Rates in Montgomery County, Prince George’s County, and Maryland (Source: [SHIP](#), 2019)

- In Montgomery County, when stratifying the data by race and ethnicity, Whites have a higher drug-induced mortality rate than any other racial and ethnic group. The same pattern can be seen for the state of Maryland (Figure 24).

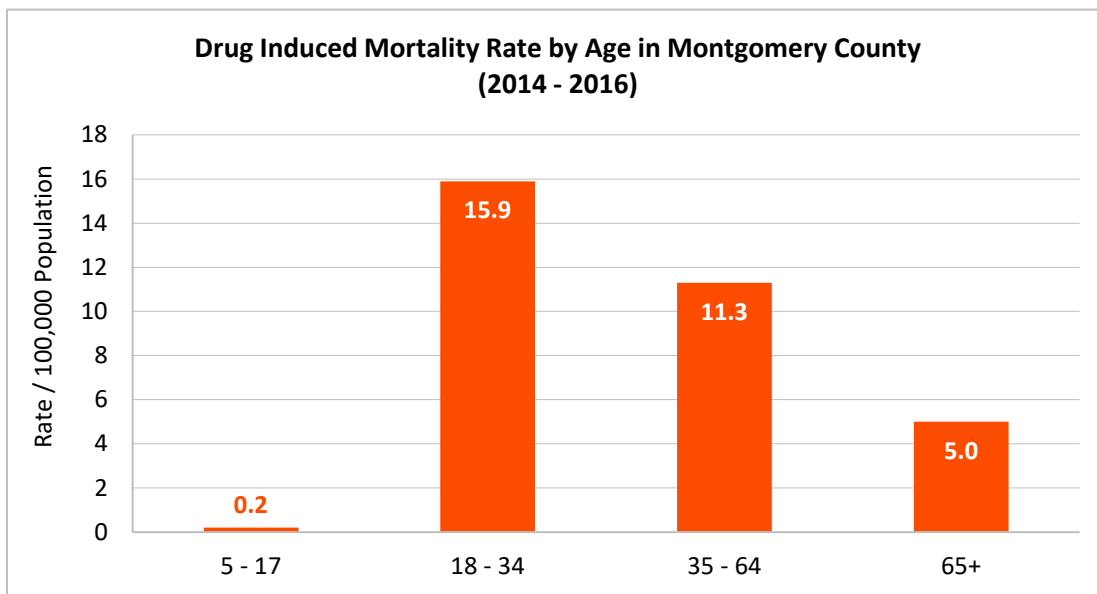
<sup>12</sup> Substance Abuse and Mental Health Services Administration (SAMHSA). (2018). Results from the 2018 national survey on drug use and health. Retrieved from <https://store.samhsa.gov/system/files/nsduhffr2018.pdf>



**Figure 24.** Drug Induced Mortality Rates by Race and Ethnicity in Montgomery County and Maryland

(Source: [SHIP & Montgomery County Population Health Report](#), 2019)

- When stratified by age, individuals in Montgomery County age 18 – 34 have the highest drug-induced mortality rate followed by individuals age 35 – 64 (Figure 25).

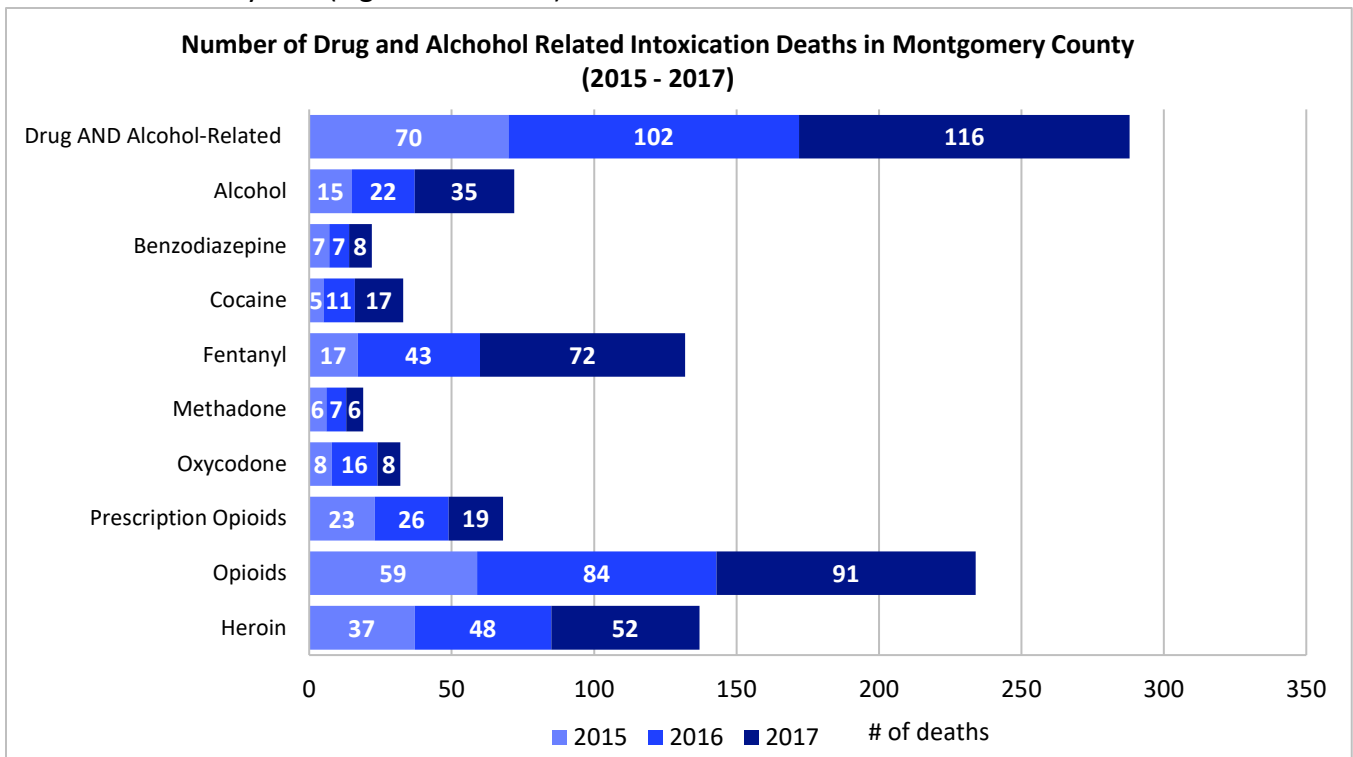


**Figure 25.** Drug Induced Mortality Rate by Age in Montgomery County

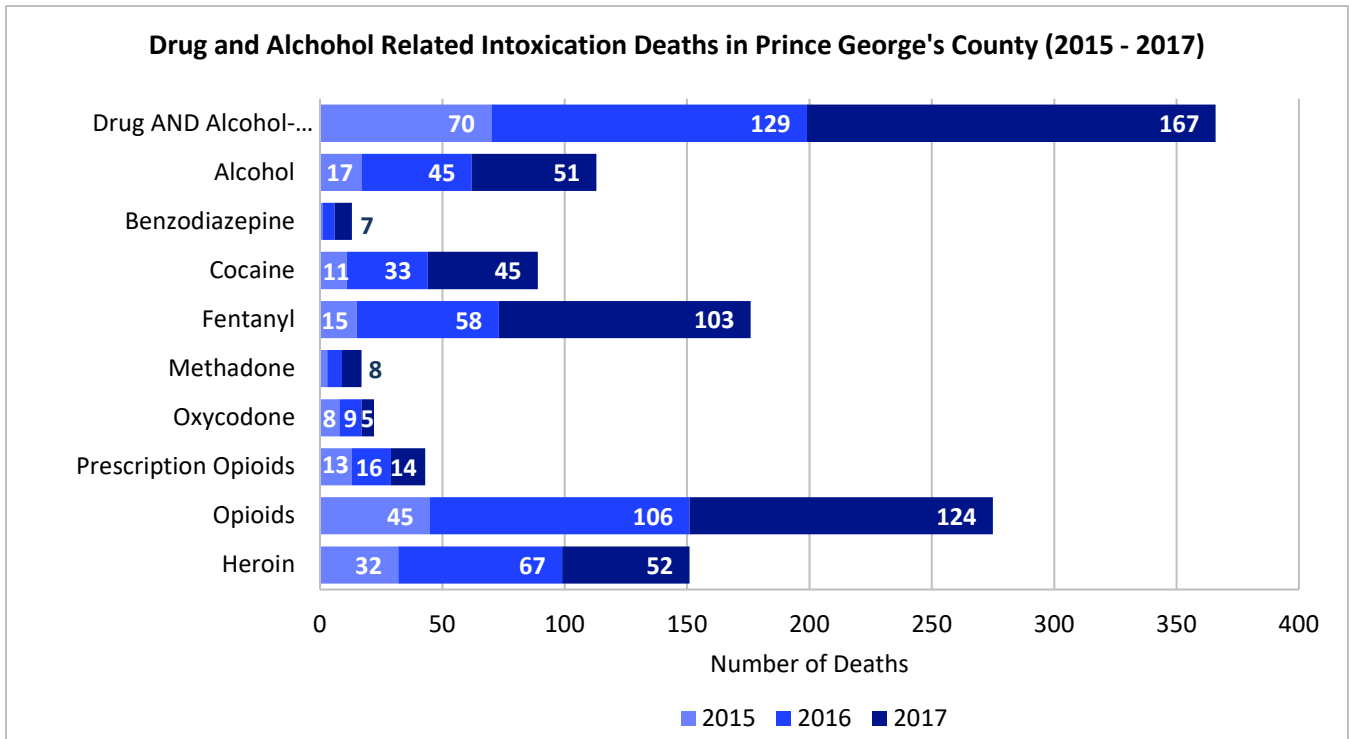
(Source: [Montgomery County Population Health Report](#), 2019)



- When looking at the type of drug related deaths from 2015 to 2017 in Montgomery and Prince George’s Counties, most deaths were a combination of drug and alcohol, followed by opioids and fentanyl use (Figure 26 and 27).



**Figure 26.** Number of Drug and Alcohol Related Intoxication Deaths in Montgomery County, 2015 – 2017  
 (Source: [Unintentional Drug-and Alcohol-Related Intoxication Deaths in Maryland Annual Report, 2017](#))



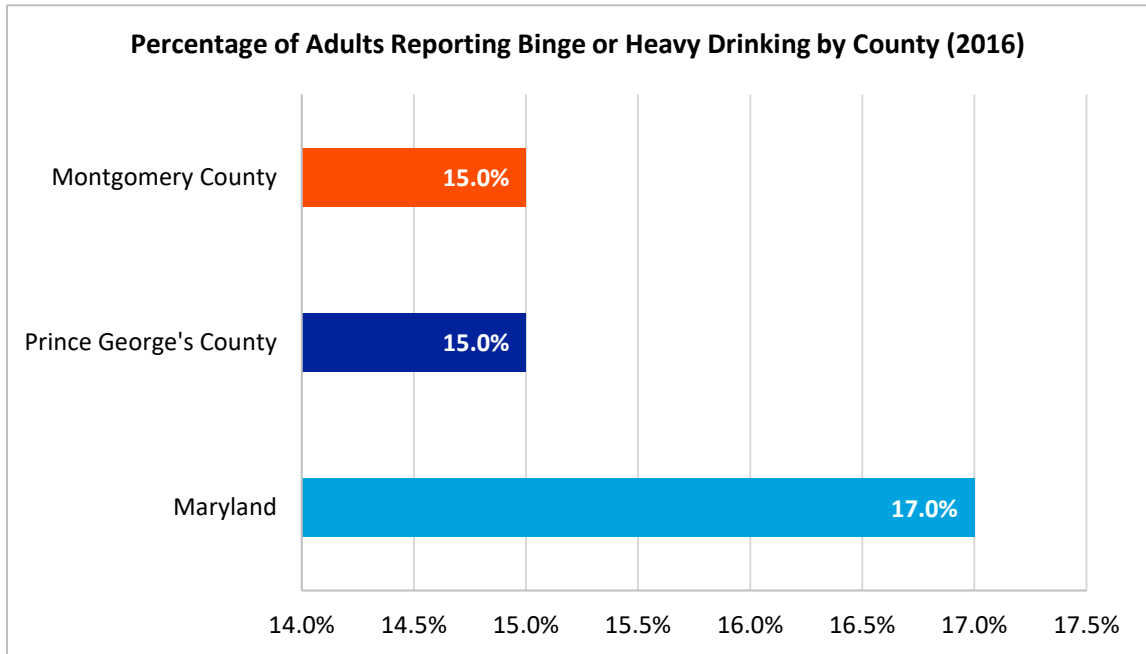
**Figure 27.** Number of Drug and Alcohol Related Intoxication Deaths in Prince George’s County, 2015 – 2017  
 (Source: [Unintentional Drug-and Alcohol-Related Intoxication Deaths in Maryland Annual Report](#), 2017)

## Alcohol

- Binge drinking is excessive alcohol use that raises the blood-alcohol level to 0.08 percent or more, which is about four or more drinks for women and five or more drinks for men in any two-hour period.<sup>13</sup> Binge drinking affects individuals of all age groups, sex, race, and ethnicity.
- According to County Health Rankings, the percentage of adults who reported binge or heavy drinking in 2016 was 17.0 percent (Figure 28).<sup>14</sup>
- When looking at Montgomery and Prince George’s Counties specifically, both have the same percentage of adult binge and heavy drinkers. However, both counties have less binge and heavy drinkers than Maryland (Figure 28).

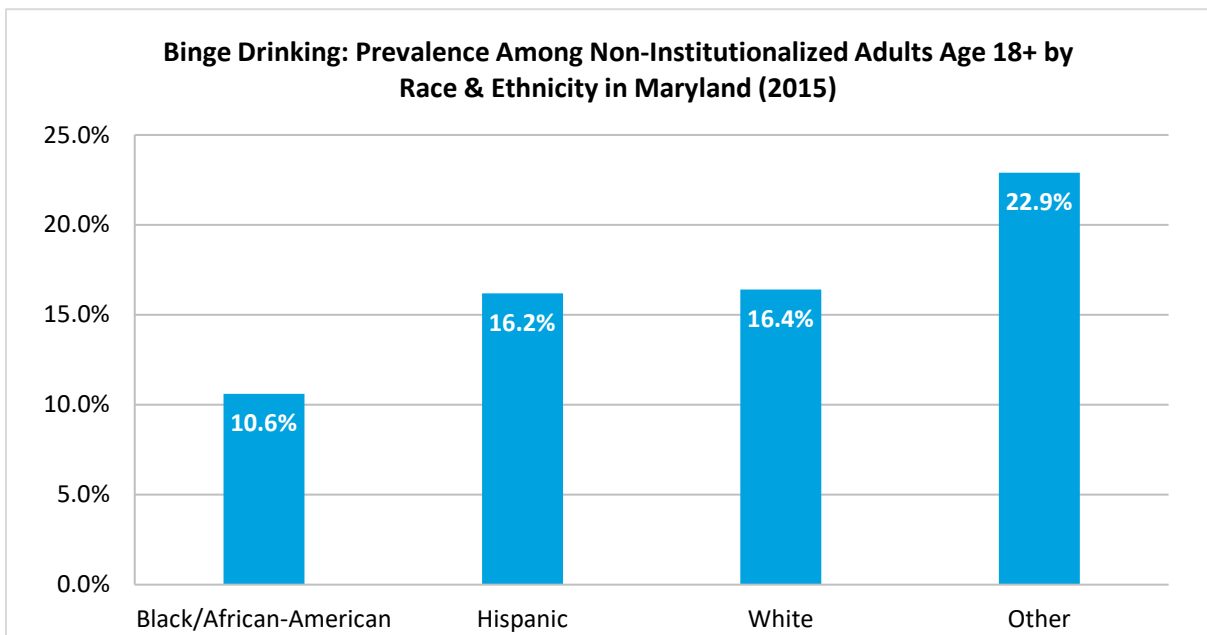
<sup>13</sup> United Health Foundation. (2019). America’s Health Rankings: Binge drinking. Retrieved from <https://www.americashealthrankings.org/explore/annual/measure/Binge/state/ALL>

<sup>14</sup> County Health Rankings (2019). Maryland: Excessive drinking. Retrieved from <https://www.countyhealthrankings.org/app/maryland/2019/measure/factors/49/data>



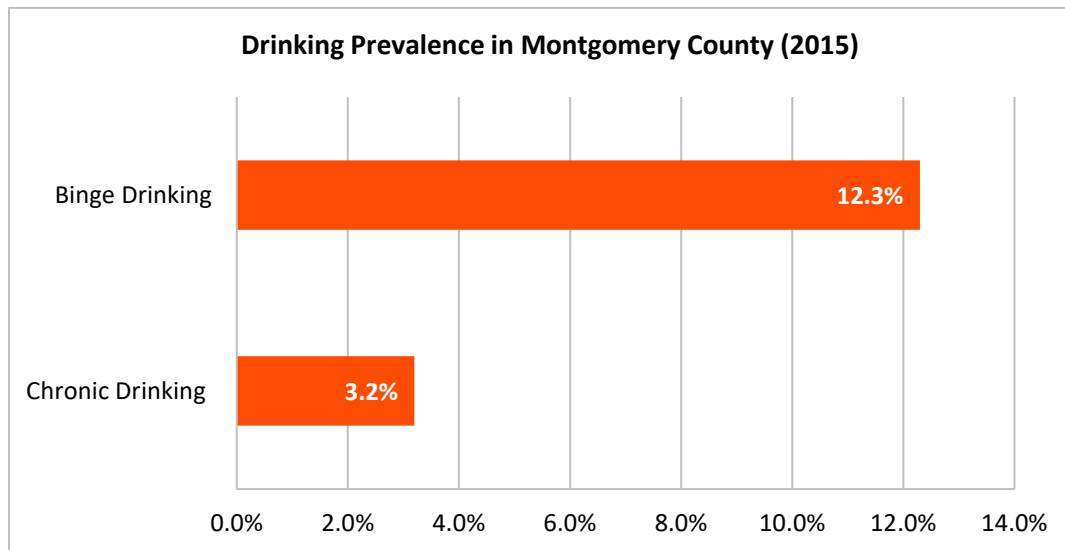
**Figure 28.** Percentage of Adults Reporting Binge or Heavy Drinking in Montgomery County, Prince George's County, and Maryland, 2016  
(Source: [County Health Rankings](#), 2019)

- In Maryland, when stratified by race and ethnicity, individuals who identify as Other followed by White and Hispanic have the highest percentage of binge drinking in 2015 (Figure 29).



**Figure 29.** Binge Drinking Prevalence Among Non-Institutionalized Adults Age 18+ by Race & Ethnicity in Maryland, 2015  
(Source: [2015 Maryland BRFSS](#), 2019)

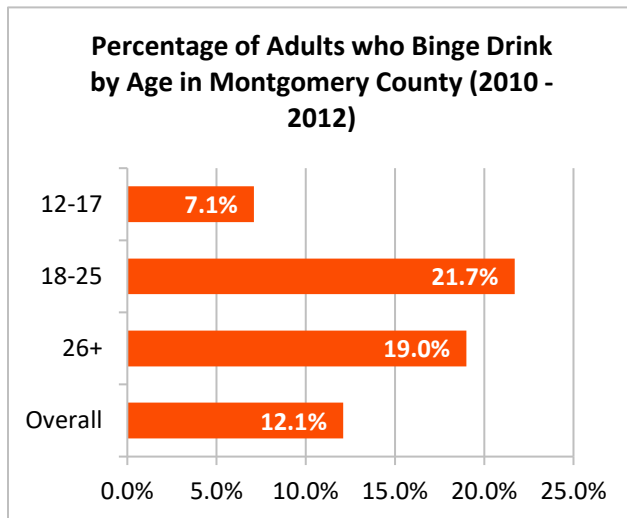
- According to the 2015 Maryland BRFSS report, there are more binge drinkers in Montgomery County than chronic drinkers. Chronic drinkers are men who drink more than two alcoholic beverages per day, or women who drink more than one alcoholic beverage per day (Figure 30).



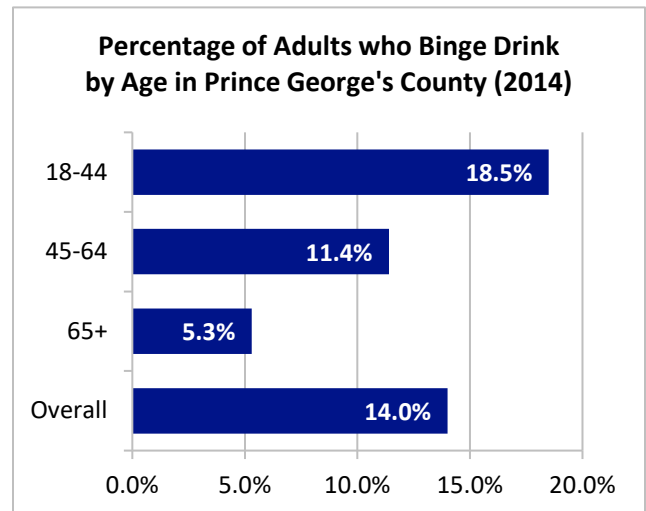
**Figure 30.** Drinking Prevalence by Type in Montgomery County, 2015  
(Source: [2015 Maryland BRFSS](#), 2019)

- From 2010 to 2012, 12.1 percent of Montgomery County residents and 14.0 percent of Prince George’s County residents have reported binge drinking (Figure 31 and 32).

- In Montgomery County, 18 to 25-year olds engage in more binge drinking than their counterparts, followed by those over the age of 26. In Prince George’s County, the highest rate of binge drinking occurs in the 18 to 44 age group (Figure 31 and 32).

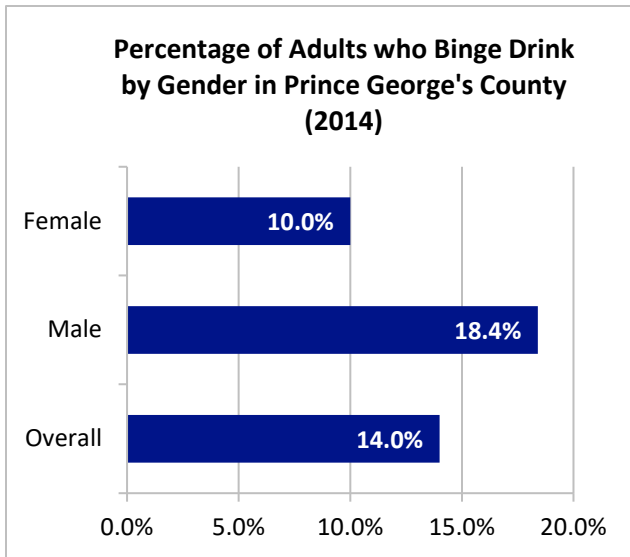


**Figure 31.** Persons who Binge Drink by Age in Montgomery County  
(Source: [Healthy Montgomery](#), 2010 - 2012)

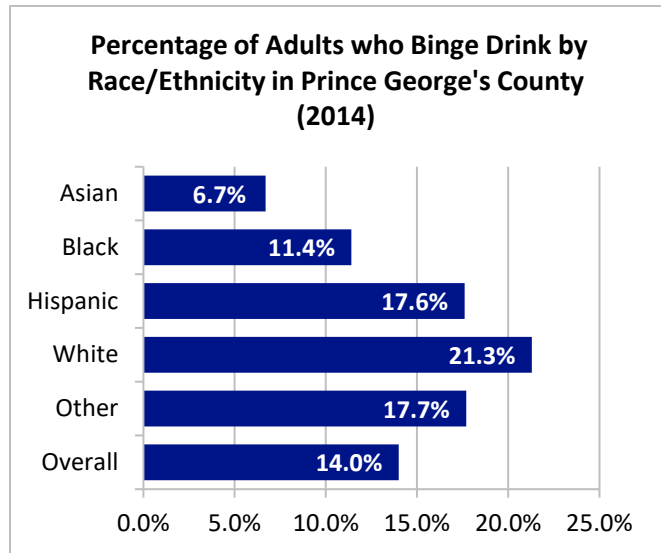


**Figure 32.** Persons who Binge Drink by Age in Prince George’s County  
(Source: [PGC Health Zone](#), 2014)

- In terms of gender, males in Prince George’s County were more likely than females to binge drink (Figure 33).
- When stratified by race and ethnicity, the binge drinking in Prince George’s County was highest among the White population, followed by those who identify as Other and Hispanics. The group with the lowest binge drinking rate was Asians (Figure 34).



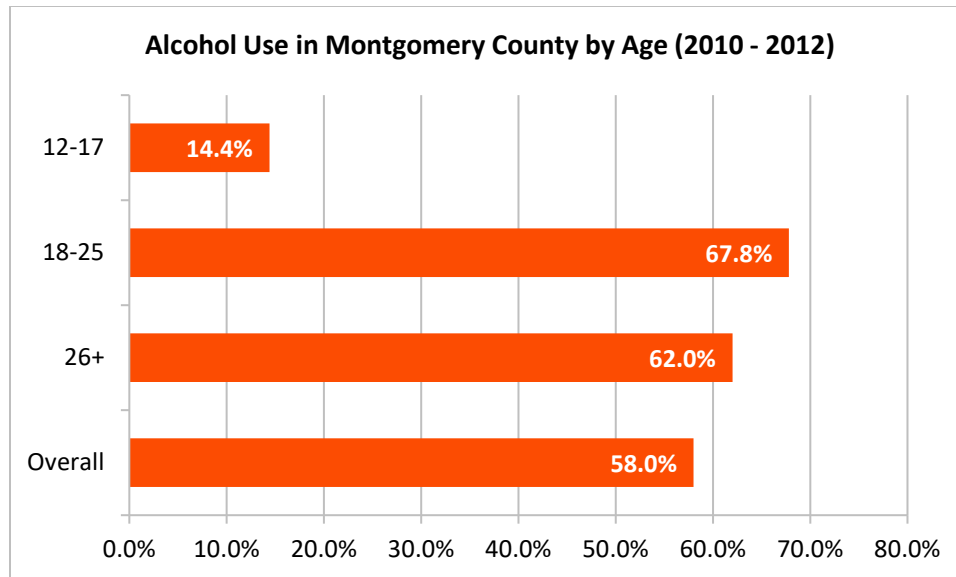
**Figure 33.** Persons who Binge Drink by Gender in Prince George’s County  
(Source: [PGC Health Zone](#), 2014)



**Figure 34.** Persons who Binge Drink by Race/Ethnicity in Prince George’s County  
(Source: [PGC Health Zone](#), 2014)

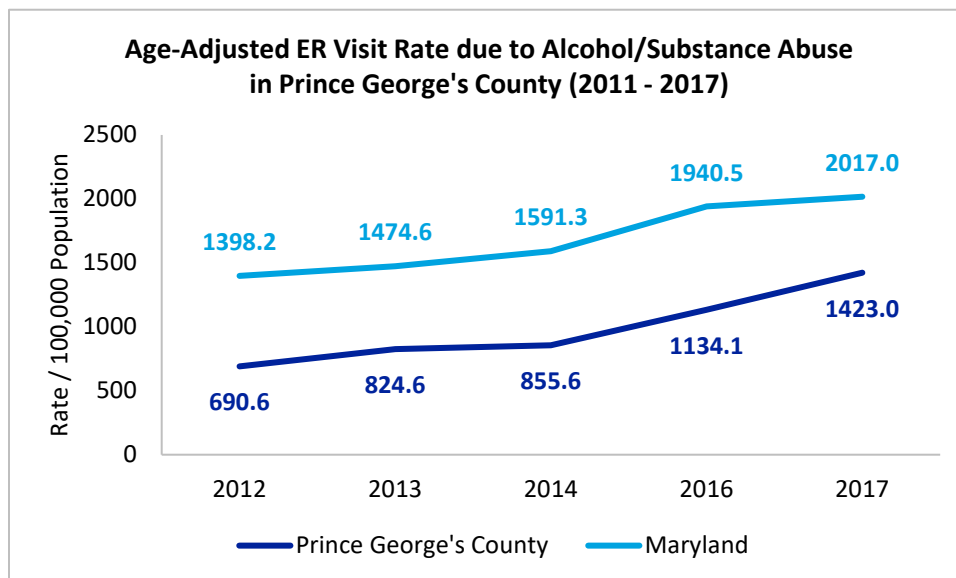
- Alcohol use is defined as having at least one drink of alcohol within the preceding month.<sup>15</sup> When surveyed, 58 percent of Montgomery County residents reported having consumed alcohol within the month preceding the survey (Figure 35).
- When broken down into age groups, the 18 to 25 year olds reported the highest rate of alcohol use at 67.8 percent (Figure 35).

<sup>15</sup> Healthy Communities Institute. (2016). Persons who binge drink. *Healthy Montgomery*. Retrieved from <http://www.healthymontgomery.org/index.php?module=indicators&controller=index&action=view&indicatorId=353&localeTypeId=2&localeId=1259>



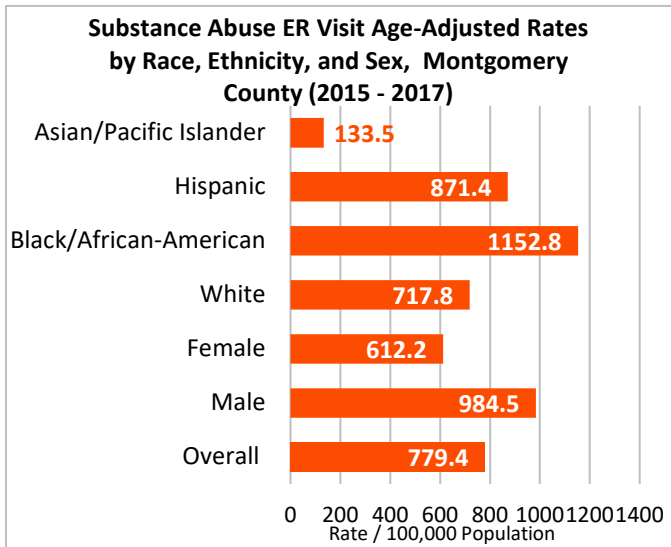
**Figure 35.** Alcohol Use in Montgomery County by Age  
 (Source: [Healthy Montgomery](#), 2010-2012)

- In Maryland and Prince George’s County, there has been an increase in the emergency room visit rates due to alcohol/substance abuse in the past few years. However, the increases in Prince George’s County have been significant (Figure 36).

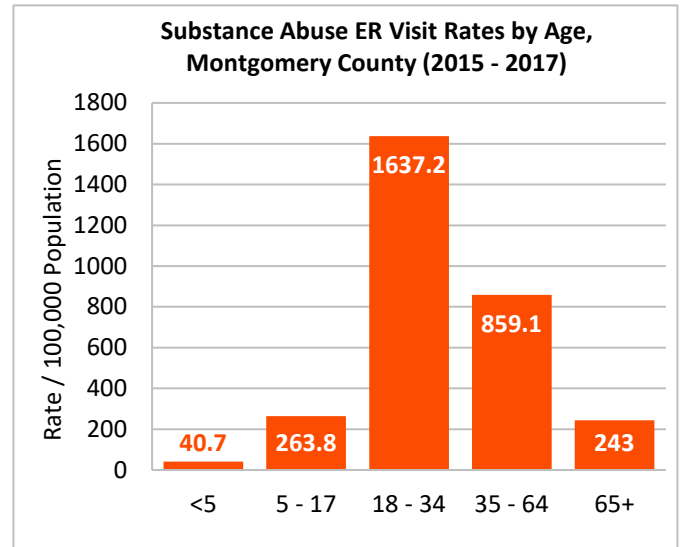


**Figure 36.** Emergency Room Visit Rate due to Alcohol/Substance Abuse in Prince George’s County and Maryland, 2017  
 (Source: [PGC Health Zone](#), 2019)

- When looking at substance abuse emergency room visit rates by race, ethnicity, sex and age in Montgomery County, the highest rates are among Black/African-American’s, Hispanic’s, males, and individuals between the age of 18 to 34 (Figure 37 and 38).



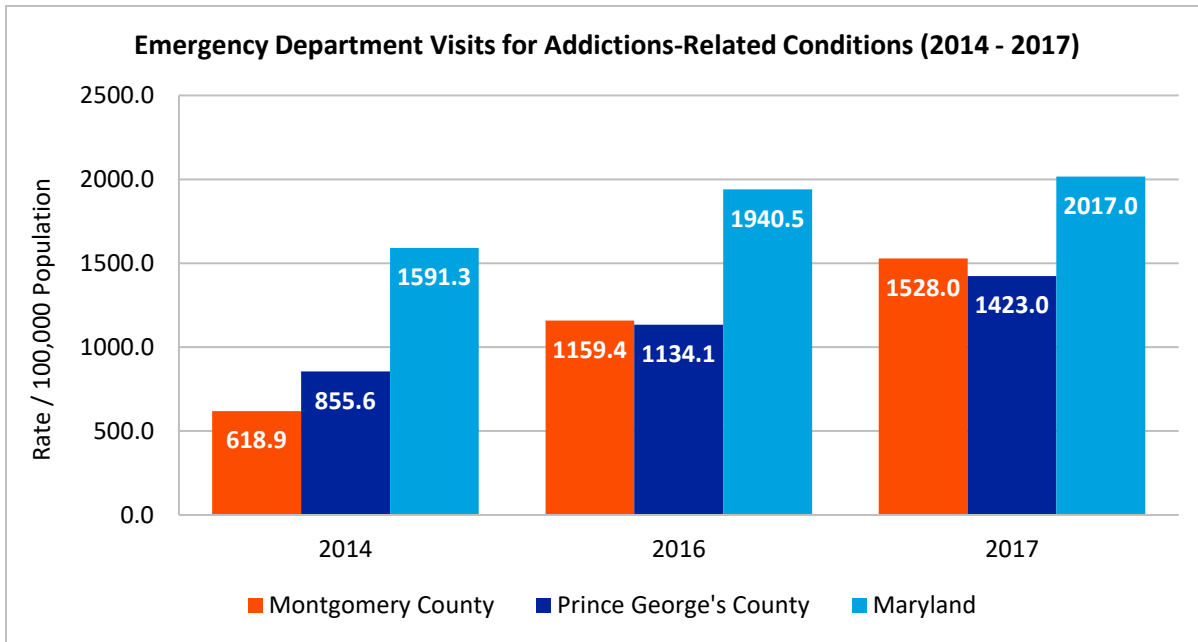
**Figure 37.** Substance Abuse ER Visit Age-Adjusted Rates by Race, Ethnicity, and Sex in Montgomery County, 2015 – 2017 (Source: [Healthy Montgomery Core Measures Report](#), 2019)



**Figure 38.** Substance Abuse ER Visit Age-Adjusted Rates by Age in Montgomery County, 2015 – 2017 (Source: [Healthy Montgomery Core Measures Report](#), 2019)

- When looking at emergency department visit rates for addiction-related conditions by county, both Montgomery and Prince George’s Counties have an increasing trend which is comparable to that of Maryland (Figure 39).
- For the past two years (2016 and 2017), Montgomery County has had a higher rate of addiction-related visits. However, both counties are less than that of the state (Figure 39).



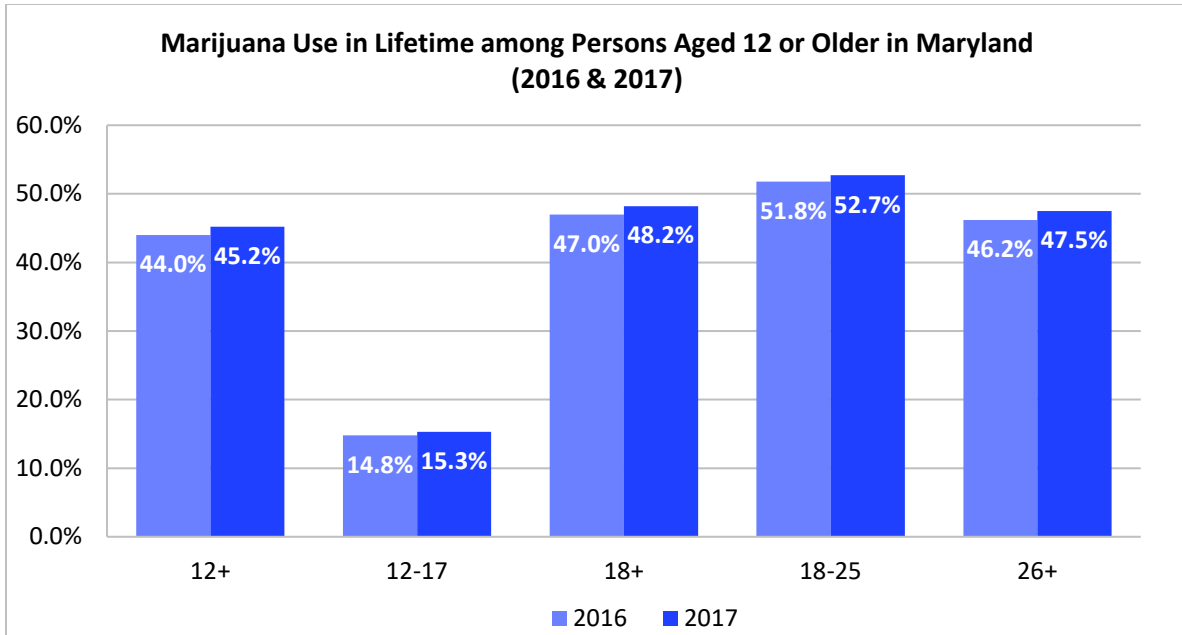


**Figure 39.** Emergency Room Visits for Addictions Related Conditions in Montgomery County, Prince George’s County, and Maryland, 2014 - 2017  
(Source: [SHIP](#), 2018)

## Marijuana Use

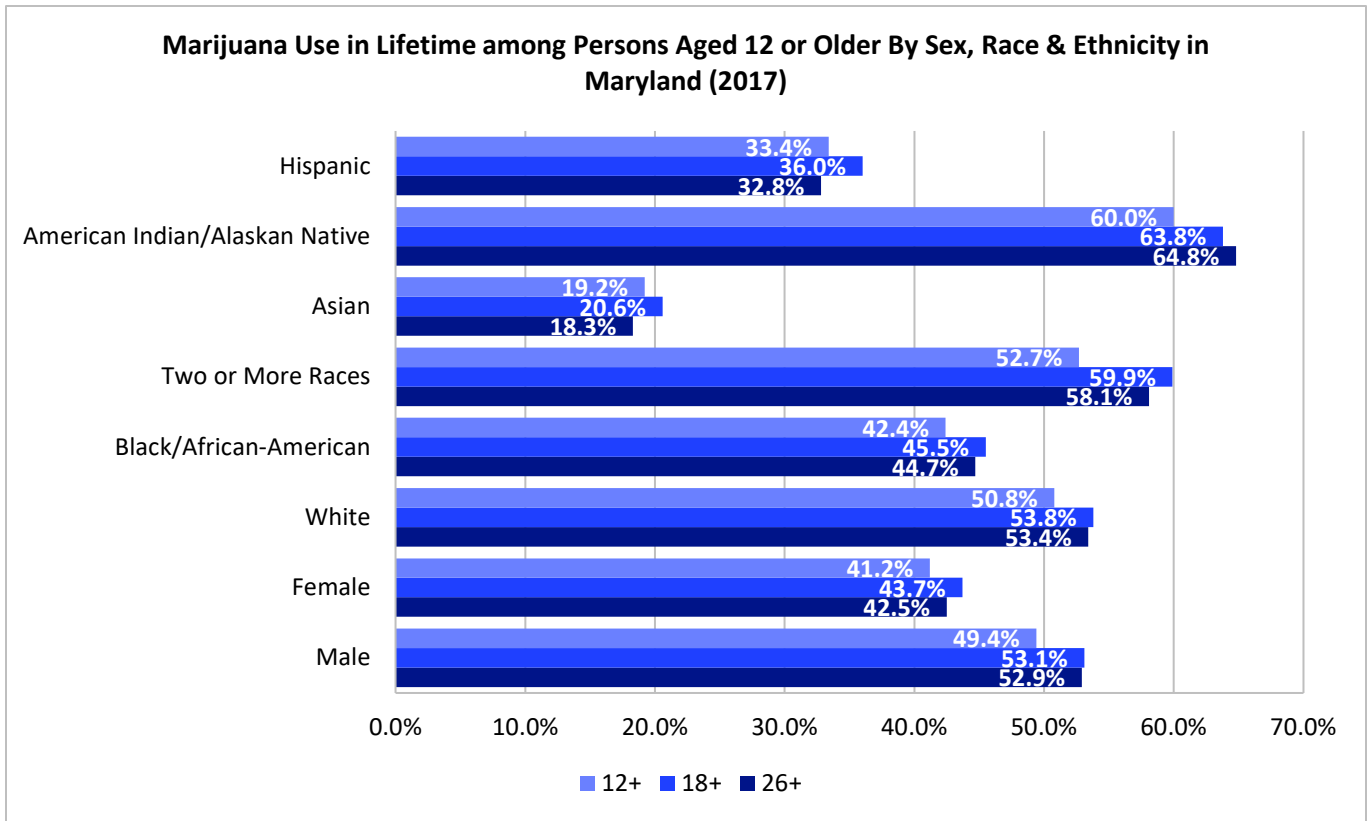
- Marijuana refers to the dried leaves, flowers, stems and seeds from the Cannabis sativa or Cannabis indica plant. The plant contains the mind-altering chemical THC and other similar compounds.<sup>16</sup> In the United States, marijuana is the most commonly used illicit drug.
- In Maryland, from 2016 to 2017, marijuana use was highest among individuals aged 18 to 25 followed closely by individuals 18+, 26+, and 12+ (Figure 40).

<sup>16</sup> National Institute on Drug Abuse. (2019). Drug facts: What is marijuana. Retrieved from <https://www.drugabuse.gov/publications/drugfacts/marijuana>



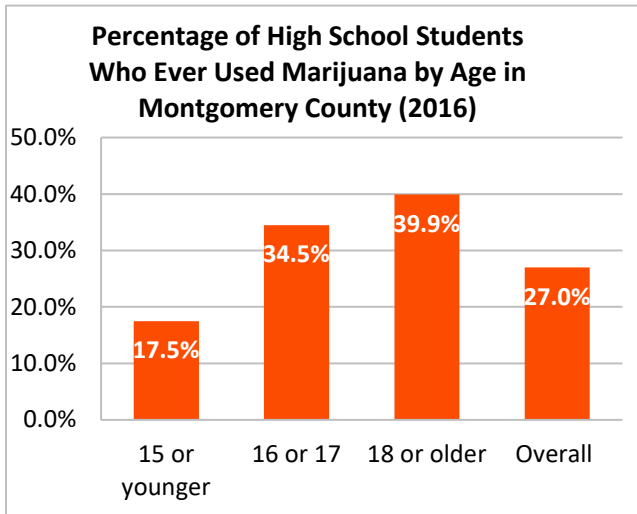
**Figure 40.** Marijuana Use in Lifetime among Persons Aged 12 or Older in Maryland, 2016 & 2017  
 (Source: [SAMSHA](#), 2019)

- In Maryland, when stratified by race and ethnicity, marijuana use in lifetime among persons aged 12 or older was highest among American Indian/Alaskan Native followed by two or more races and Whites (Figure 41).
- Males in Maryland are also more likely to have used marijuana in their lifetime when compared to females (Figure 41).



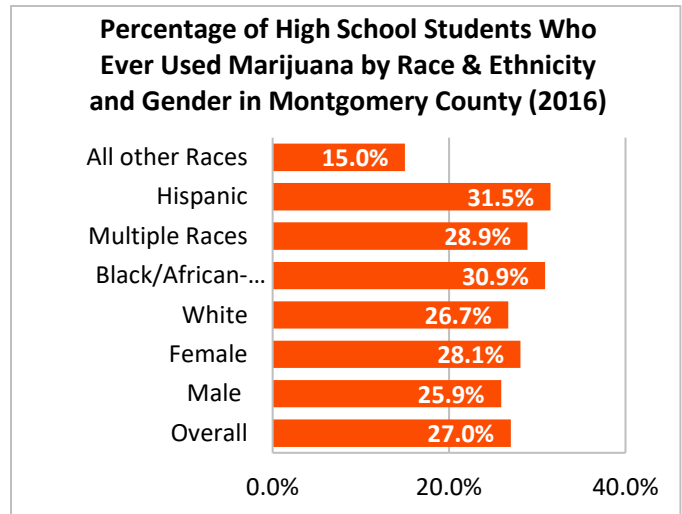
**Figure 41.** Marijuana Use in Lifetime among Persons Aged 12 or Older by Sex, Race & Ethnicity in Maryland, 2017  
(Source: [SAMSHA](#), 2019)

- In Montgomery County, when stratified by age, the percentage of high school students who have ever used marijuana is highest among those students age 18 or older followed by students 16 or 17 (Figure 42).
- When looking at race, ethnicity, and sex in Montgomery County, the percentage of high school students who ever used marijuana is highest among Hispanic students followed by Black/African-American, those who selected multiple races, and females (Figure 43).



**Figure 42.** Percentage of High School Students Who Ever Used Marijuana by Age in Montgomery County, 2016

(Source: [2016 Youth Risk Behavior Survey](#), 2019)

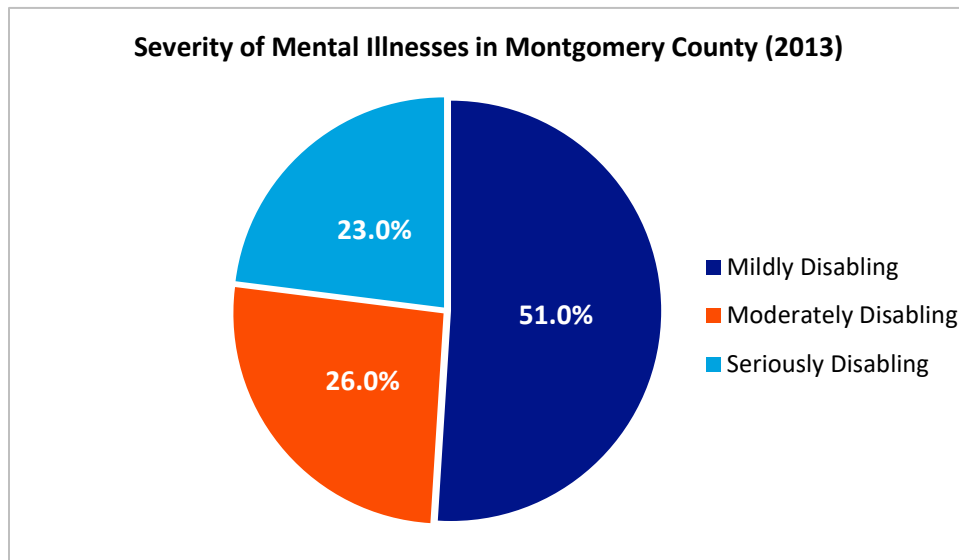


**Figure 43.** Percentage of High School Students Who Ever Used Marijuana by Race & Ethnicity and Gender in Montgomery County, 2016

(Source: [2016 Youth Risk Behavior Survey](#), 2019)

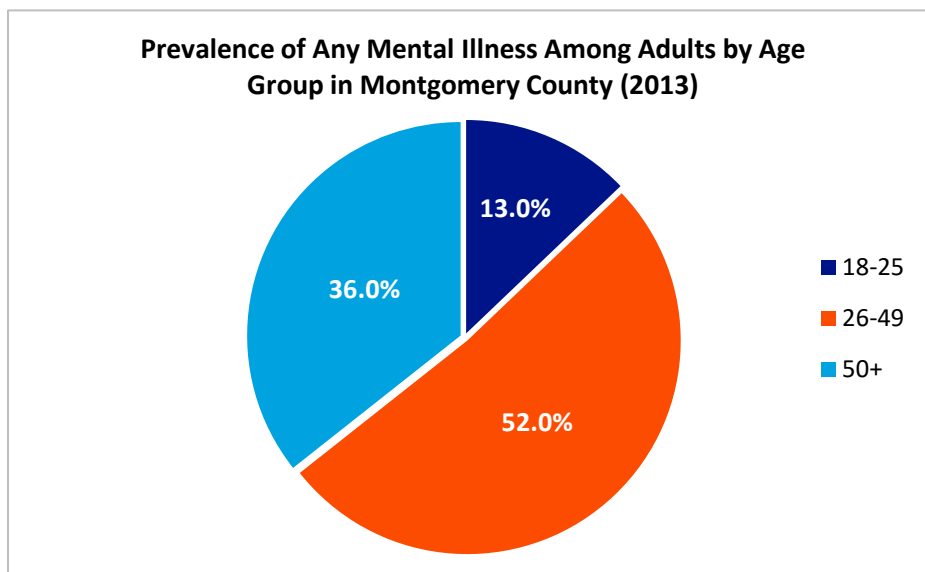
## 6.3 Intersection of Mental Health & Substance Abuse

- In Montgomery County, an estimated 18.5 percent of the adult population was reported to have a mental, behavioral or emotional distress disorder that met DSM-IV criteria.<sup>17</sup> Most of this population has mildly disabling mental illness (Figure 44) and falls between the ages of 26 to 49 years (Figure 45).



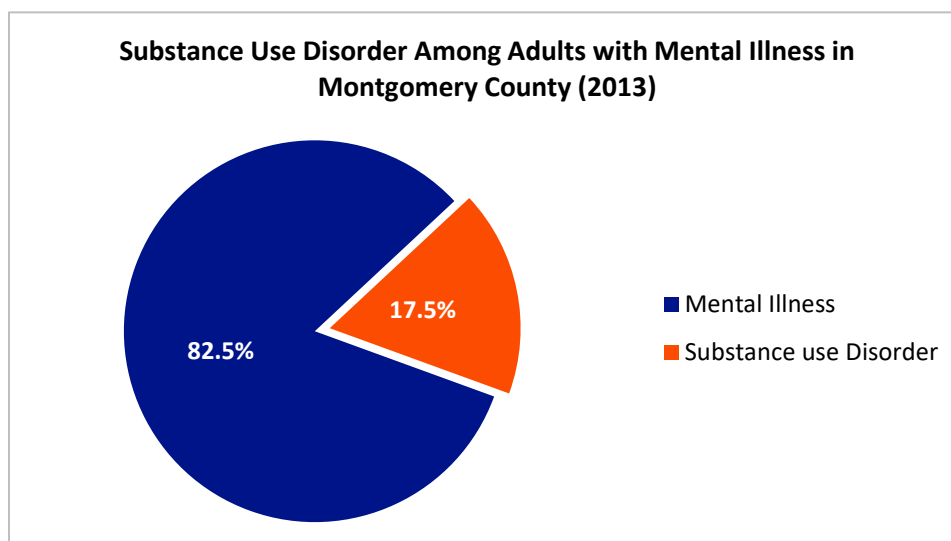
**Figure 44.** Severity of Mental Illnesses in Montgomery County, 2013  
(Source: [Behavioral Health in Montgomery County, 2015](#))

<sup>17</sup> Carrizosa, N. & Richards, S. (2015). Behavioral health in Montgomery County; Report number 2015-13. *Office of Legislative Oversight*. Retrieved from [http://www.montgomerycountymd.gov/OLO/Resources/Files/2015\\_Reports/OLO%20Report%202015-13%20Behavioral%20Health%20in%20Montgomery%20County.pdf](http://www.montgomerycountymd.gov/OLO/Resources/Files/2015_Reports/OLO%20Report%202015-13%20Behavioral%20Health%20in%20Montgomery%20County.pdf)



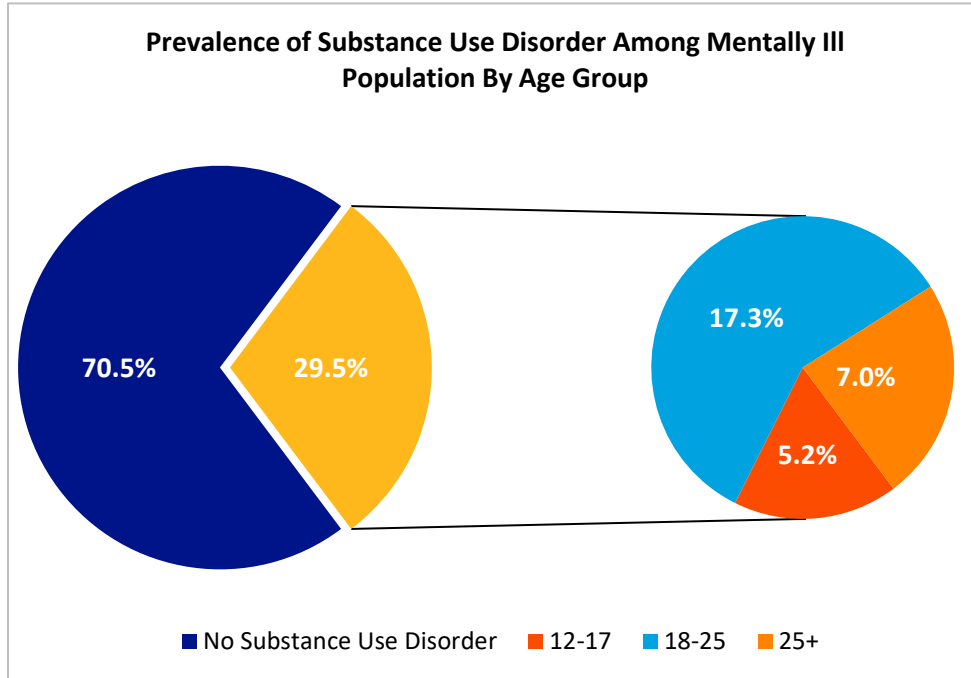
**Figure 45.** Prevalence of Mental Illness among Adults by Age Groups, 2013  
(Source: [Behavioral Health in Montgomery County](#), 2015)

- Substance abuse is also more prevalent among adults with reported mental illness than it is in the adult population reporting no mental illness. Figure 46 below shows that 17.5 percent of the population reporting mental illness also experienced substance use disorder.



**Figure 46.** Substance Use Disorder Among Adults with Mental Illness, 2013  
(Source: [Behavioral Health in Montgomery County](#), 2015)

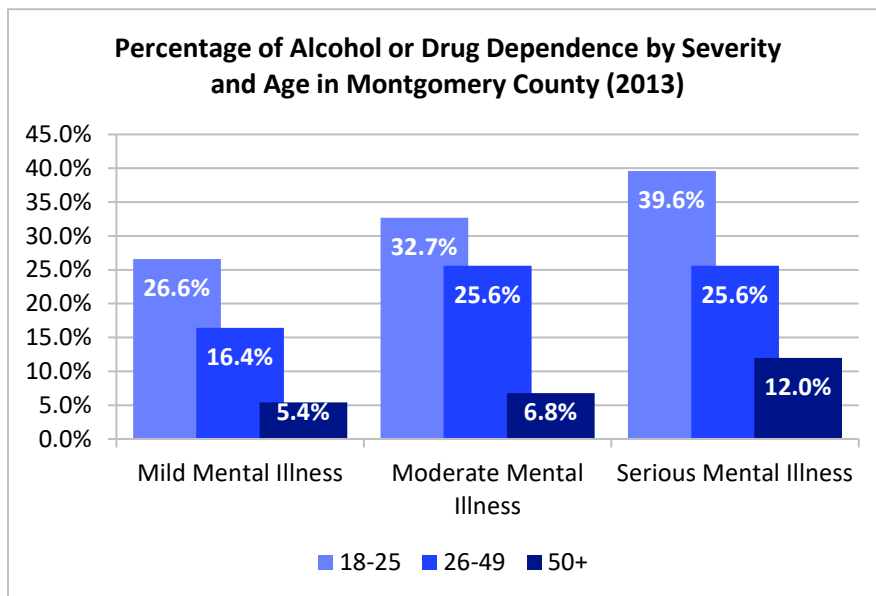
- When considering the population of 12 years and older with mental illnesses, the rate of substance use disorder increases to 29.5 percent. The highest rate of substance use is among the 18-25-year olds with mental illness (Figure 47).



**Figure 47.** Prevalence of Substance Use Disorder among Mentally Ill Population by Age Group, 2013

(Source: [Behavioral Health in Montgomery County](#), 2015)

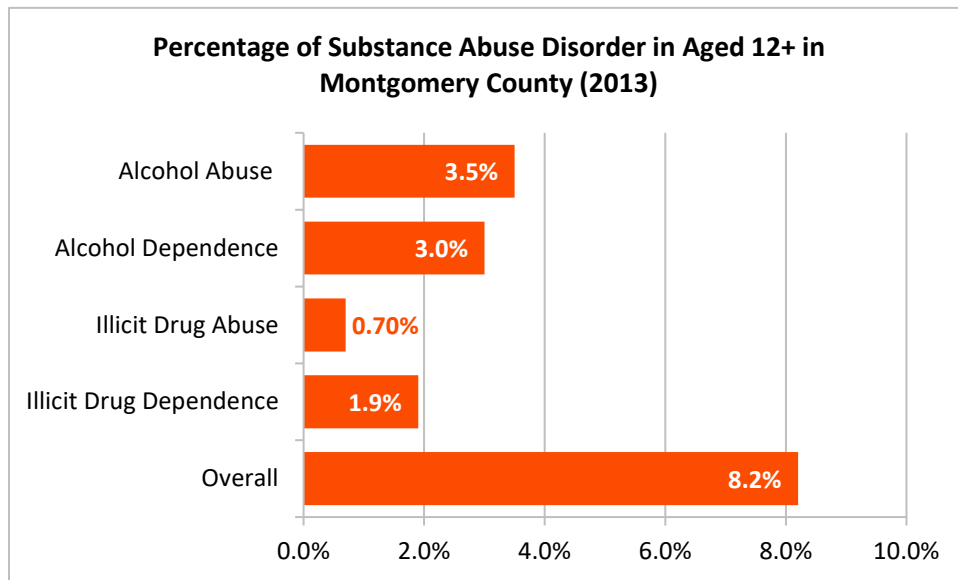
- The relationship between severity of mental illness, age, and substance dependence is further explored in Figure 48. It is shown that individuals age 18 to 25-year olds report the highest use of drugs and alcohol across the board, followed by 26-49-years old.



**Figure 48.** Alcohol and Drug Dependence by Severity of Mental Illness and Age

(Source: [Behavioral Health in Montgomery County](#), 2015)

- An estimated 8.2 percent of the general Montgomery County population aged 12 and over had an alcohol or drug dependence in 2013. Figure 49 below shows the rates of alcohol and drug abuse versus dependence among the general population.



**Figure 49.** Substance Use Disorder among General Population Aged 12 and Over  
(Source: [Behavioral Health in Montgomery County](#), 2015)



# Community Resources

In White Oak Medical Center Community Benefit Service Area, there are behavioral health services available in both Montgomery and Prince George's Counties:

**1. PRINCE GEORGE'S COUNTY –  
BEHAVIORAL HEALTH SERVICES**

Mental health specialists are available 24 hours a day, seven days a week to provide immediate assistance and referrals for long-term support.

**Address:** 1701 McCormick Drive, Suite 200, Largo, MD 20774

**Phone:** 301-883-7879

**Website:**

<https://www.princegeorgescountymd.gov/1733/Behavioral-Health>

**2. MONTGOMERY COUNTY – 24 HOUR  
CRISIS CENTER**

24 hours a day/ 365 days a year

**Address:** 1301 Piccard Dr.  
Rockville, MD 20850

**Phone:** 240-777-4000

**Website:**

<https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html>

**3. UNIVERSITY OF MARYLAND CAPITAL  
REGION HEALTH – BEHAVIORAL  
HEALTH**

A wide variety of treatment options — depending upon your specific needs

**Phone:** 301-725-4300 (UM Laurel Medical Center)

**Phone:** 301-618-2434 (UM Prince George's Hospital Center)

**Website:**

<https://www.umms.org/capital/health-services/psychiatric-care-behavioral-health>

**4. CENTREPOINTE COUNSELING, INC.**

Providing access to affordable, professional, compassionate counseling in Maryland, D.C., and Virginia to men, women, adolescents, and children.

**Phone:** 800-491-5369

**Website:**

<https://centrepointecounseling.org/>

**5. FAMILY SERVICES**

610 East Diamond Ave.

Suite 100, Gaithersburg, MD 20877

**Phone:** 301-840-2000

**Email:** [info@fs-inc.org](mailto:info@fs-inc.org)

**Website:**

<https://www.sheppardpratt.org/family-services-inc/>

**6. CASA DE MARYLAND**

**Website:** <https://wearecasa.org>

*CASA's Bilingual Health Hotline*

**Phone:** 301-270-8432

*Health is Life Program*

**Address:** 734 University Blvd. E.

Silver Spring, MD 20903

**Phone:** 301.431.4185

*Social Services Program*

**Address:** 734 University Boulevard, E.

Silver Spring, MD 20903

**Phone:** 301-431-4185

**7. CITY OF GAITHERSBURG - BENJAMIN GAITHER CENTER**

Offers a variety of classes, trips, special events, and activities, for those 55 years of age and older.

**Address:** 80A Bureau Drive

Gaithersburg, MD 20878-1430

**Phone:** 301-258-6380

**Email:**

[benjamingaithercenter@gaitherburgmd.gov](mailto:benjamingaithercenter@gaitherburgmd.gov)

**Website:**

<https://www.gaitherburgmd.gov/about-us/city-facilities/benjamin-gaither-center>

**8. JEWISH COUNCIL FOR THE AGING**

*Heyman Interages Center & Adult Day Services*

**Address:** 12320 Parklawn Drive

Rockville, MD 20852-1726

**Phone:** 301-255-4200

**Email:** [Senior.HelpLine@AccessJCA.org](mailto:Senior.HelpLine@AccessJCA.org)

**9. INTERFAITH WORKS – PROGRAMS**

**Address:** 114 West Montgomery Ave.,  
Rockville, MD 20850

**Phone:** 301-762-8682

**Website:**

<https://www.iworksmc.org/wp-content/cache/all/programs/index.html>

**10. IDENTITY, INC.**

**Address (Main Office):** 414 East  
Diamond Ave.

Gaithersburg, MD 20877

**Phone:** 301-963-5900

**Email:** [info@identity-youth.org](mailto:info@identity-youth.org)

**Website:** <https://identity-youth.org/>

**11. THE TREE HOUSE CHILD ADVOCACY CENTER OF MONTGOMERY COUNTY, MD**

**Address:** 7300 Calhoun Place, Suite 700  
Rockville, MD 20855

**Phone:** 240-777-4699

**Website:** <http://treehousemd.org/>

**12. THE LOURIE CENTER FOR CHILDREN'S SOCIAL & EMOTIONAL WELLNESS**

**Address:** 12301 Academy Way

Rockville, MD 20852

**Phone:** 301-761-2701

**Website:**

<https://www.adventisthealthcare.com/LC/>

**13. MONTGOMERY HOSPICE**

**Address:** 1355 Piccard Drive, Suite 100  
Rockville, MD 20850

**Phone:** 301-921-4400

**Website:**

<https://www.montgomeryhospice.org/patients-families/why-montgomery-hospice/montgomery-kids>

**14. CCI HEALTH & WELLNESS SERVICES**

*Support Center*

**Address:** 8630 Fenton Street, Suite 1204  
Silver Spring, MD 20910

**Phone** (Support Center): 301-340-7525

**Email:** [info@cciweb.org](mailto:info@cciweb.org)

**Website:** <https://cciweb.org/services/>

**15. BEHAVIORAL HEALTH INPATIENT CARE:**

*Adventist HealthCare Shady Grove  
Medical Center – Mental Health*

**Website:**

<https://www.adventisthealthcare.com/locations/profile/shady-grove-medical-center-mental-health-inpatient/>

*MedStar Montgomery Medical Center –  
Addiction and Mental Health*

**Website:**

<https://www.medstarmontgomery.org/our-services/behavioral-health/treatments/>

*Suburban Hospital*

**Website:**

[https://www.hopkinsmedicine.org/suburban\\_hospital/medical\\_services/specialty\\_care/behavioral\\_health/](https://www.hopkinsmedicine.org/suburban_hospital/medical_services/specialty_care/behavioral_health/)

*White Oak Medical Center*

**Website:**

<https://www.adventisthealthcare.com/locations/profile/white-oak-medical-center/>

**16. NATIONAL ALLIANCE OF MENTAL ILLNESS**

**Phone** (Helpline): 800-950-6264

**Website:** <https://www.nami.org/>

**17. NATIONAL ALLIANCE OF MENTAL ILLNESS – MONTGOMERY COUNTY**

**Address:** 11718 Parklawn Dr.  
Rockville, MD 20852

**Phone:** 301-949-5852

**Email:** [info@namimc.org](mailto:info@namimc.org)

**Website:** <https://namimc.org/>

**18. NATIONAL ALLIANCE OF MENTAL ILLNESS – PRINCE GEORGE’S COUNTY**

**Address:** 8511 Legation Road  
New Carrollton, MD 20784

**Phone:** 301-429-0970

**Email:** [nami.pgcmd1@gmail.com](mailto:nami.pgcmd1@gmail.com)

**Website:** <https://www.namipgc.org/>

# Section IV: Findings

## Part B: Secondary Data

### Chapter 7: Chronic Obstructive Pulmonary Disease (COPD)

- 7.1: COPD
- 7.2: Asthma
- 7.3: Tobacco

# COPD

## KEY FINDINGS

### Disparities & Indicators

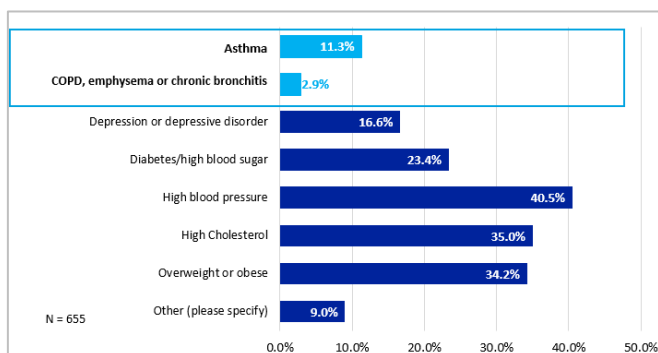
- In PGC, **AI/AN** have the highest **COPD hospitalization** rate which is 19X greater than the overall rate
- In MC, **females** have the highest hospitalization due to COPD
- In 2017, **NH-Black/AA** had the highest **asthma hospitalization** rate in MC
- **White** individuals have the highest **mortality rate due to chronic lower respiratory disease** (including COPD) in both MC and PGC

### Trend Over Time

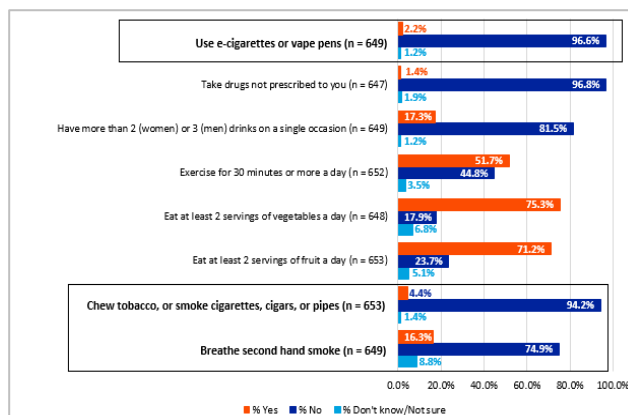
- Chronic lower respiratory disease mortality remained stable for MC and PGC from 2013 – 2016
- From 2013 – 2017, Medicare recipients with COPD remained stable for MD and PGC
- From 2013 – 2017, the age-adjusted ER rates due to asthma decreased for MD, MC, and PGC

## Community Perception

WOMC CBSA: “Has a doctor, nurse or other health professional ever said you have or are at risk for the following (select all that apply)?”<sup>1</sup>



WOMC CBSA: “In the last 30 days, did you:”<sup>2</sup>



<sup>1-2</sup> Adventist HealthCare. (2019). Community Health Needs Assessment – Community Survey.

## 7.1 COPD

### Impact

Chronic obstructive pulmonary disease (COPD) is a chronic inflammatory lung disease that obstructs airflow to the lungs.<sup>2</sup> COPD is the fourth leading cause of death in the United States and it affects nearly 16 million Americans.<sup>3</sup> The disease can affect people of all races and/or ethnicities, ages, and gender. COPD can be caused by long-term exposure to irritating gas, such as cigarette smoke.<sup>1</sup> Cigarette smoking is the leading cause of COPD and most people who have COPD smoke or used to smoke.<sup>2</sup> COPD develops slowly and at first, there may be no symptoms.<sup>2</sup> However, symptoms worsen over time.<sup>2</sup> There is no cure yet for COPD, but the disease is treatable.<sup>1,2</sup>

Specifically looking at Maryland, in 2015, an estimated 284,835 adult residents reported that they have been told that they have COPD, emphysema, or chronic bronchitis.<sup>4</sup> COPD is the fourth leading cause of death in Maryland.<sup>3</sup> When comparing COPD prevalence at a county level, there is a higher percentage of adults with COPD in Prince George's County than there is in Montgomery County.

### Prevalence

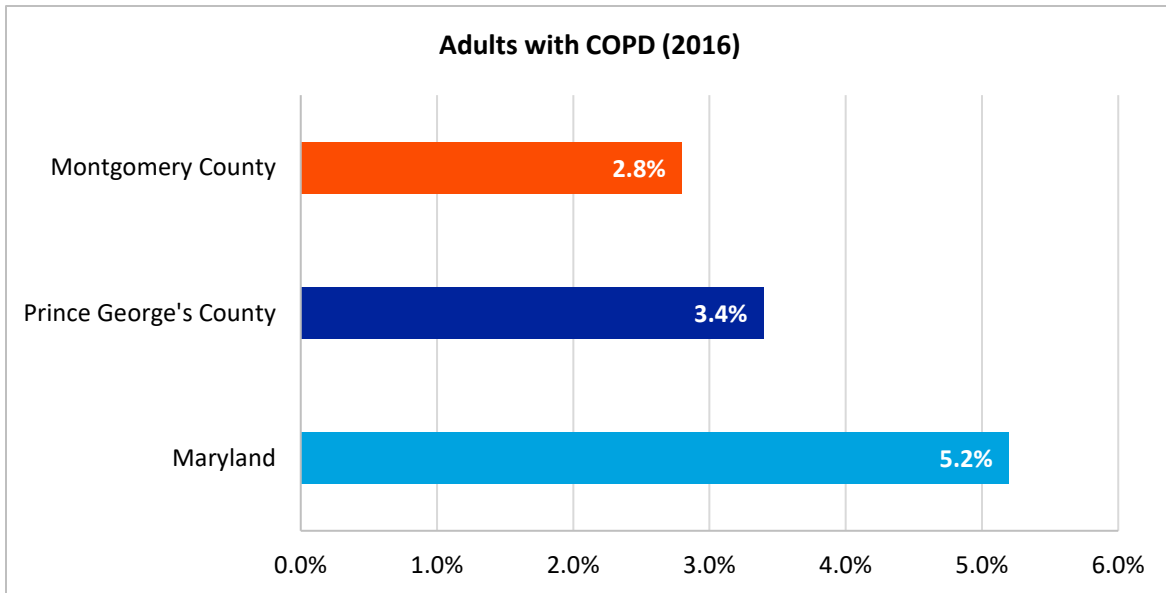
- When comparing across counties, Prince George's County has a higher percentage of adults with COPD than Montgomery County (Figure 1).
- Maryland has the highest percentage of adults with COPD when compared to Montgomery and Prince George's County (Figure 1).

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<sup>2</sup> COPD. (2017, August 11). Retrieved from <https://www.mayoclinic.org/diseases-conditions/copd/symptoms-causes/syc-20353679>.

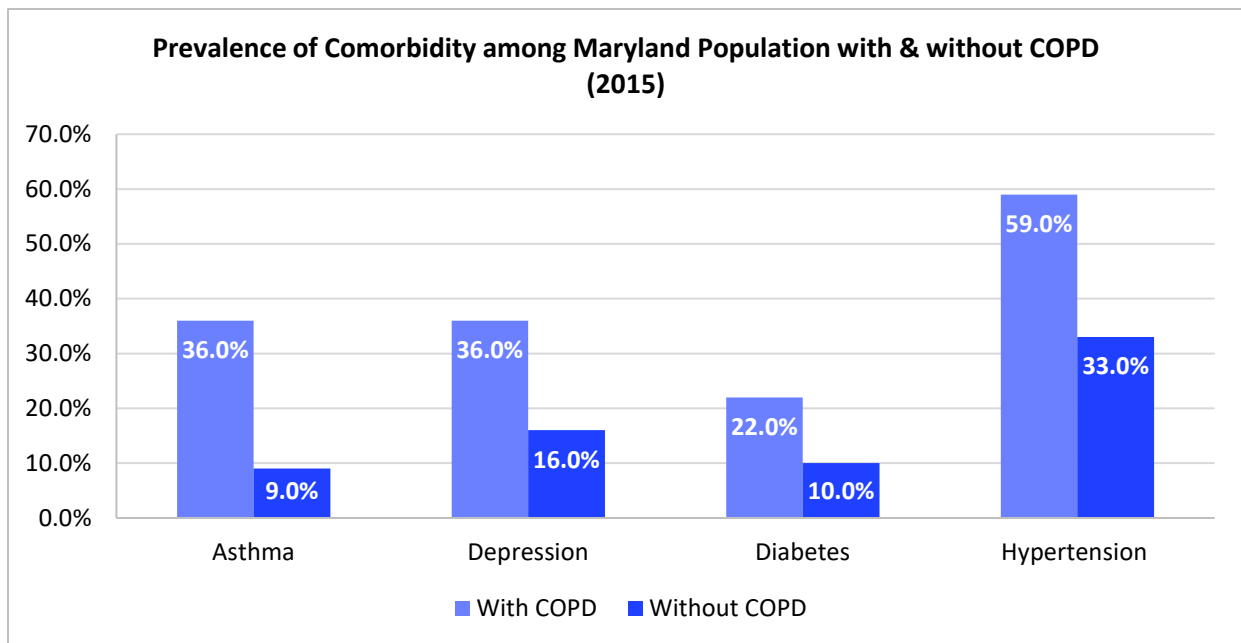
<sup>3</sup> COPD. (n.d.). Retrieved from <https://www.nhlbi.nih.gov/health-topics/copd>.

<sup>4</sup> Hogan, L., Rutherford, B., & Schrader, D. R. (2016, December). Maryland Department of Health and Mental Hygiene Chronic Obstructive Pulmonary Disease Prevention 2016 Joint Chairmen's Report. Retrieved from <https://phpa.health.maryland.gov/Documents/Chronic-Obstructive-Pulmonary-Disease-2016-Report.pdf>.



**Figure 1.** Adults with COPD, 2016  
(Source: [SHIP](#), 2017)

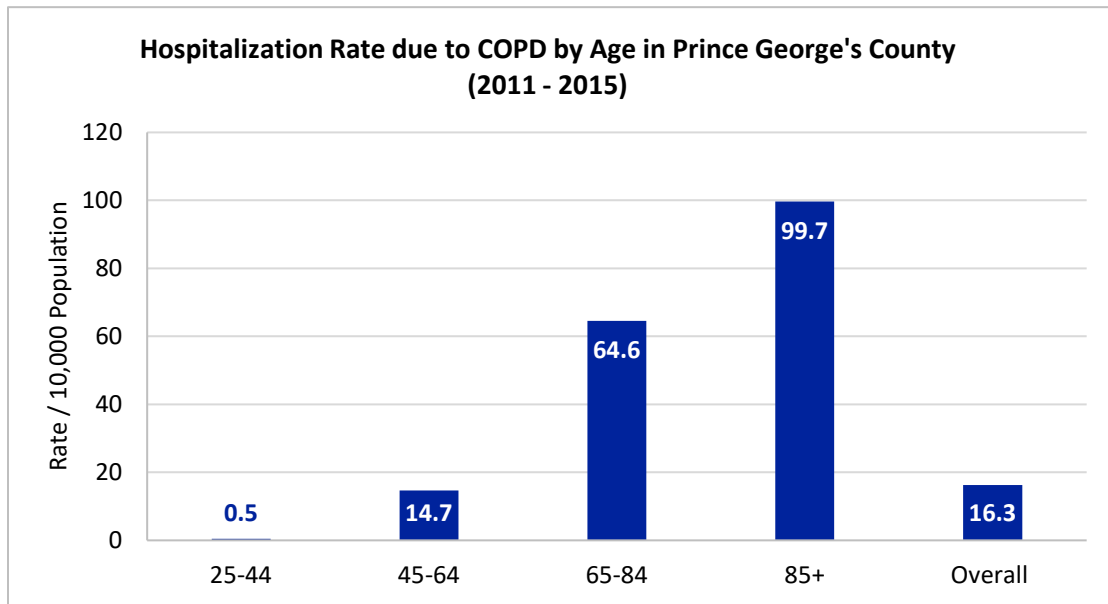
- The prevalence of comorbidities with COPD is much higher than without COPD in Maryland (Figure 1).



**Figure 2.** Prevalence of Comorbidity among Maryland Population with & Without COPD, 2015  
(Source: [DMH](#), 2017)

## Hospitalization

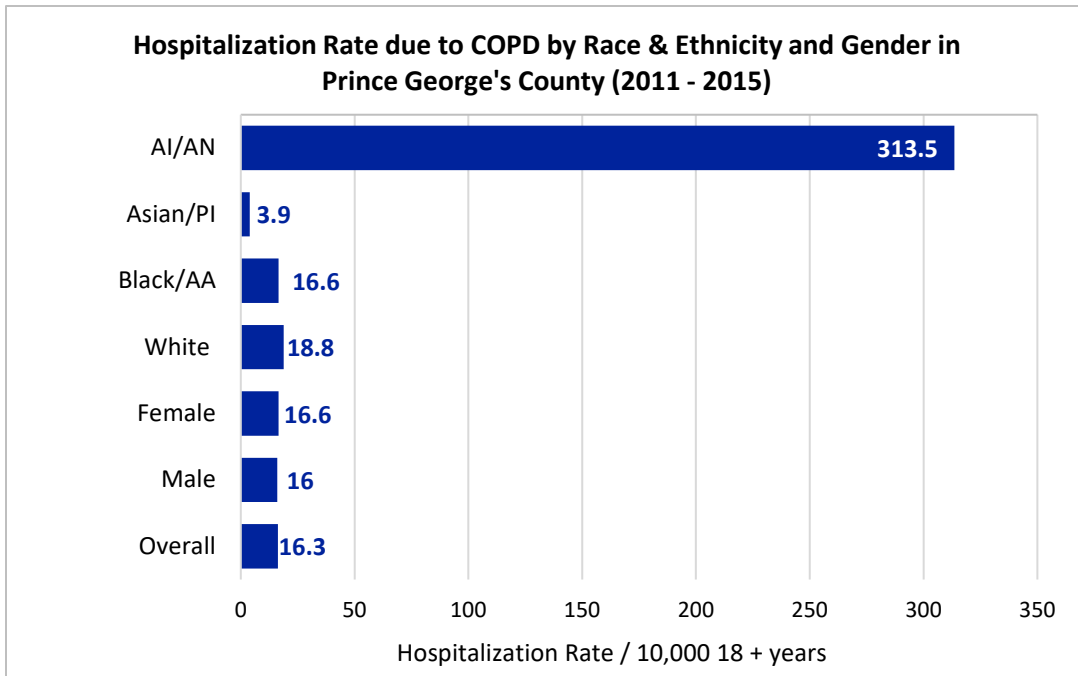
- In Prince George’s County, the age groups 25-44 and 45-64 have lower hospitalization rates than the overall population while ages 65-84 and 85+ have hospitalization rates that are three times higher than the overall population (Figure 3).



**Figure 3.** Hospitalization Rates due to COPD by Age in Prince George’s County, 2011-2015  
(Source: [PGC Health Zone](#), 2017)

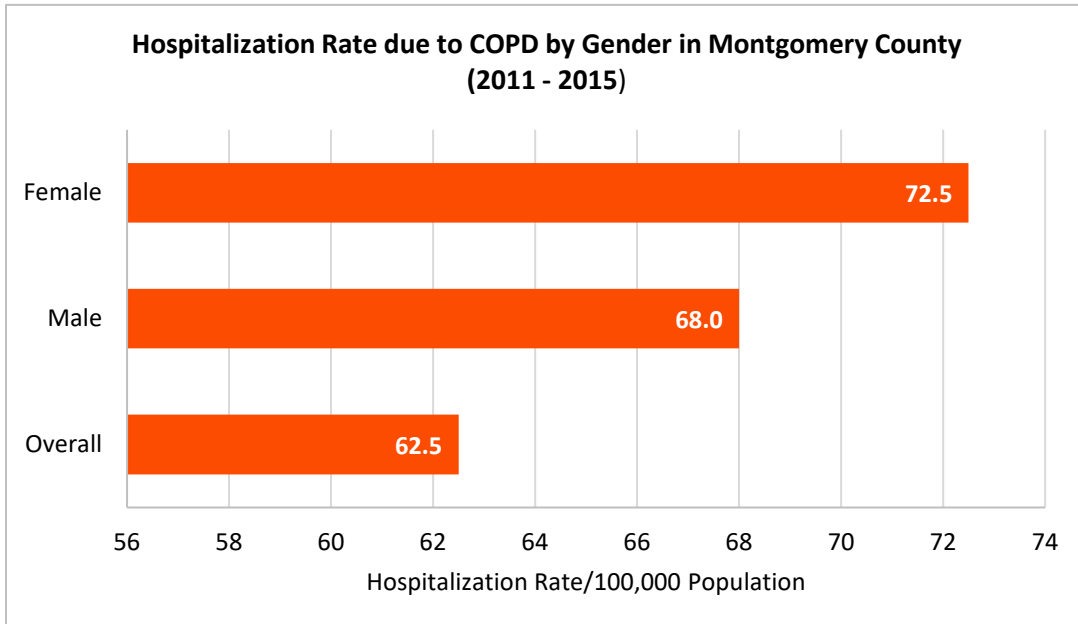
- In Prince George’s County, American Indians/Alaska Natives have a hospitalization rate that is 80X greater than the reference group (Asian/Pacific Islander) or any other race/ethnicity (Figure 4).
- White followed by Black/African-American individuals have a hospitalization rate that is slightly higher than the overall rate (Figure 4).
- When comparing gender, females have slightly higher hospitalization rate than males and are close to the overall rate (Figure 4).





**Figure 4.** Hospitalization Rates due to COPD by Race/Ethnicity in Prince George's County, 2011-2015  
(Source: [PGC Health Zone](#), 2017)

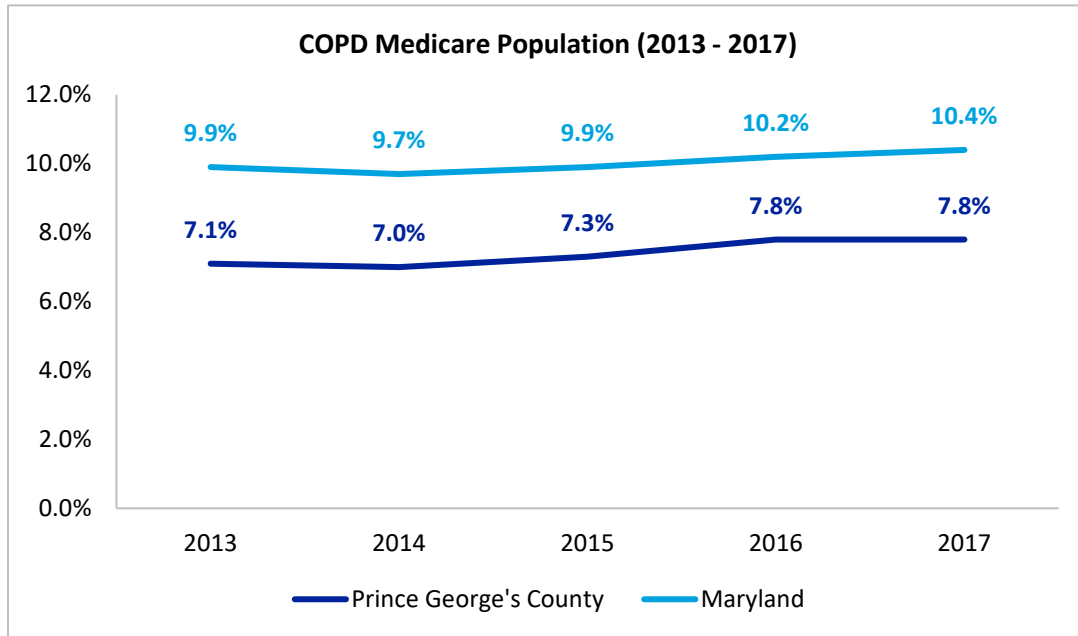
- In Montgomery County, females have a higher hospitalization rate than males and the overall population (Figure 5).



**Figure 5.** Hospitalization Rates due to COPD by Gender in Montgomery County, 2011-2015  
(Source: [Healthy Montgomery](#), 2017)

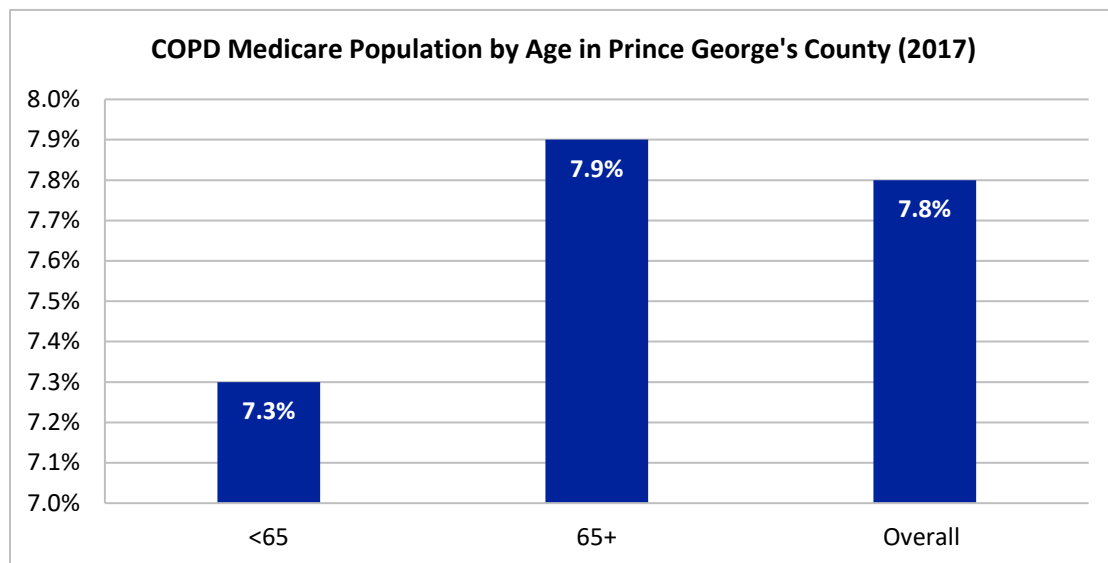
## Medicare Population

- When looking specifically at the Medicare Population, Prince George's County has a lower percentage of Medicare recipients with COPD compared to Maryland (Figure 6).



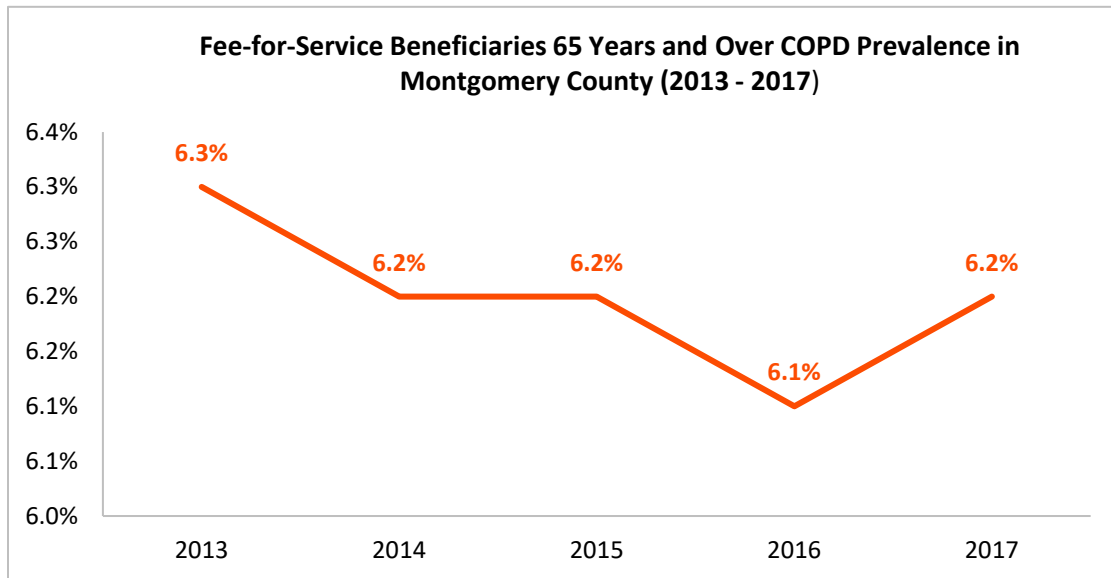
**Figure 6.** COPD Medicare Population, 2013 - 2017  
(Source: [PGC Health Zone](#), 2017)

- The Medicare recipients with the highest percentage of COPD by age are individuals aged 65+. Compared to the overall rate, individuals 65+ are one percentage point higher (Figure 7).



**Figure 7.** COPD Medicare Population by Age in Prince George's County, 2017  
(Source: [PGC Health Zone](#), 2017)

- The COPD prevalence for fee-for-service beneficiaries 65 years and over has fluctuated over time. The percentage decreased by 0.10 percentage points in 2013 to 2014 and then again from 2015 to 2016. However, the percentage increased from 6.1 percent in 2016 to 6.2 percent in 2017 (Figure 8).

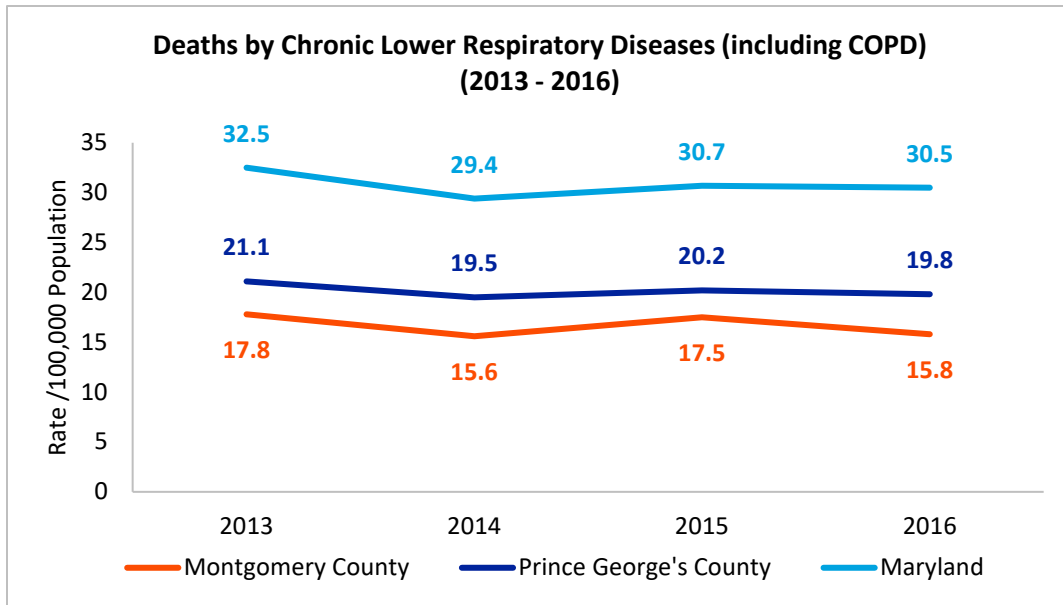


**Figure 8.** Fee-for-service Beneficiaries 65 Years and Over COPD Prevalence in Montgomery County, 2013 - 2017

(Source: [Centers for Medicare & Medicaid Services](#), 2017)

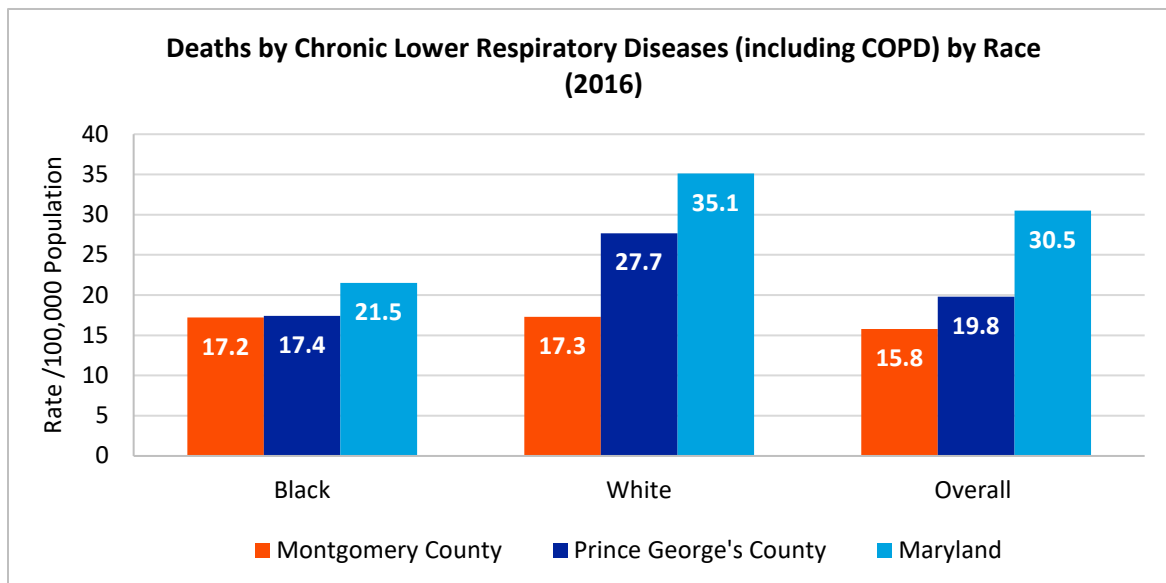
## Mortality

- Maryland has highest mortality rate for chronic respiratory diseases (including COPD) when compared to Montgomery and Prince George’s County (Figure 9).
- Since 2013, in both Montgomery and Prince George’s County, deaths due to chronic lower respiratory diseases have decreased and both have had a slight decrease from 2015 to 2016 (Figure 9).



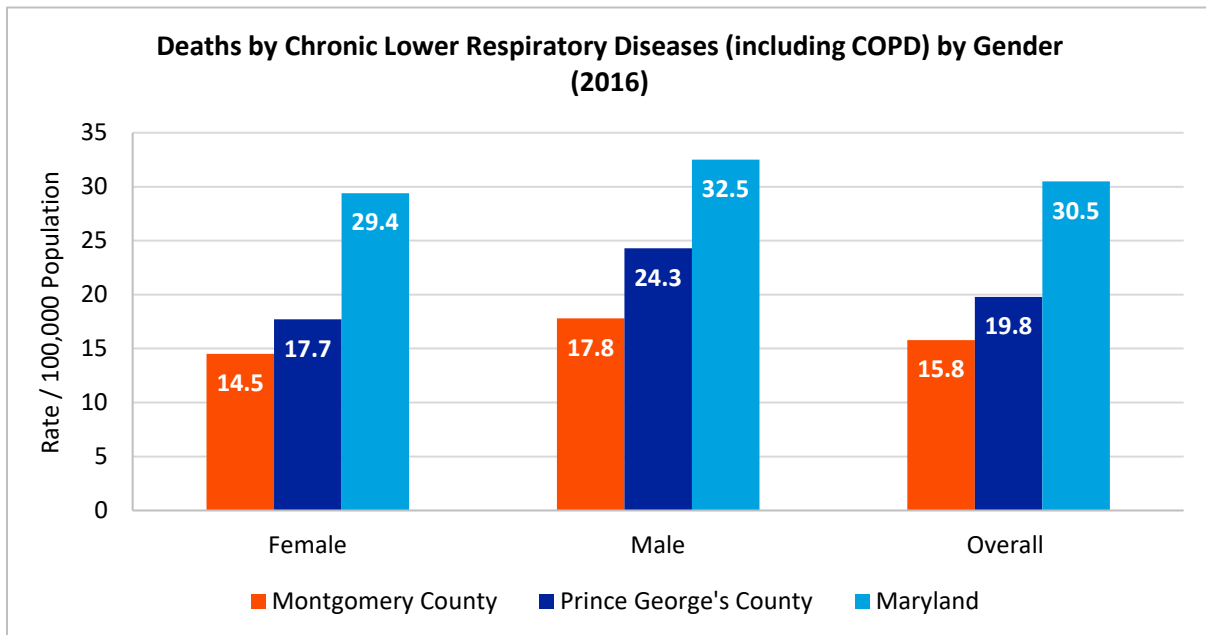
**Figure 9.** Deaths by Chronic Lower Respiratory Diseases (including COPD), 2013-2016  
(Source: [CDC Wonder](#), 2017)

- In both counties and Maryland, Black and White individuals have higher mortality rates due to chronic lower respiratory diseases than the overall population (Figure 10).
- Maryland has the highest rates overall followed by Prince George’s County (Figure 10).
- When comparing the mortality rates due to chronic lower respiratory disease by race across both counties and the state, White individuals have the highest rate (Figure 10).



**Figure 10.** Deaths by Chronic Lower Respiratory Diseases (including COPD) by Race, 2016  
(Source: [CDC Wonder](#), 2017)

- In both counties and Maryland, males have a higher mortality rate due to chronic lower respiratory diseases than the overall population (Figure 11).



**Figure 11.** Deaths by Chronic Lower Respiratory Diseases (including COPD) by Gender, 2016  
(Source: [CDC Wonder](#), 2017)

## 7.2 Asthma

### Impact

Asthma is a chronic inflammatory disease of the lungs where airways in the lungs constrict and swell to restrict airflow.<sup>5,6</sup> Asthma attacks can range from mild to severe, requiring immediate medical attention.<sup>7</sup> The disease can affect people of all ages, ethnicities, genders, and races, and requires long-term care and management. Although little is understood regarding the causes of asthma and how to prevent it from developing, methods for managing the disease are well-established. Major risk factors for developing asthma are genetic predisposition and inhalation exposure to environmental particles or allergens (e.g. tobacco smoke, pollen, and chemical irritants).<sup>8</sup> Asthma is the most common non-communicable disease among children.<sup>9</sup> Children are more sensitive to particulate matter and other irritants that can trigger asthma attacks due to their smaller and narrower respiratory pathways. Therefore, air quality has a large impact on children's respiratory health.

Nationally, asthma prevalence has increased to its highest recorded level in the U.S. from 7.3 percent in 2001 to 8.4 percent in 2010 (25.7 million people).<sup>10</sup> In 2017, asthma prevalence has also significantly varied among various population subgroups. It is higher among females (9.3 percent) than males (6.4 percent); higher among children and adolescents (8.4 percent) than adults 18 and older (7.7 percent); higher among Blacks (10.1 percent) than whites (8.1 percent); significantly higher among Puerto Ricans (12.8 percent) than Hispanics (6.4 percent); and higher among those living below the poverty line (11.7 percent) than those at 450 percent at or above the poverty line (6.8 percent).<sup>11</sup>

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<sup>5</sup> Mayo Clinic. Asthma. (2016). Retrieved from: <http://www.mayoclinic.org/diseases-conditions/asthma/basics/definition/CON-20026992>

<sup>6</sup> American Asthma Foundation. Asthma. (2015, September). Retrieved from <http://www.aafa.org/page/asthma-symptoms.aspx?gclid=CMPPycG81c8CFQjZhgodftINTQ>

<sup>7</sup> American Asthma Foundation. Asthma. (2015, September). Retrieved from <http://www.aafa.org/page/asthma-symptoms.aspx?gclid=CMPPycG81c8CFQjZhgodftINTQ>

<sup>8</sup> World Health Organization. (2013). Asthma. Retrieved from <http://www.who.int/mediacentre/factsheets/fs307/en/>

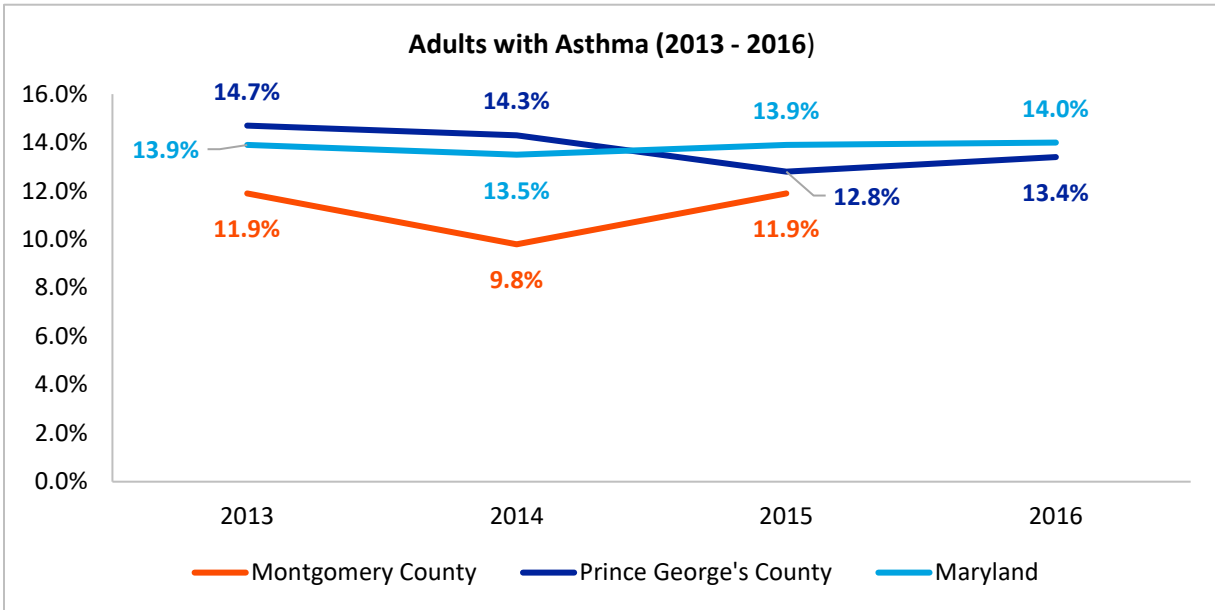
<sup>9</sup> World Health Organization. (2013). Asthma. Retrieved from <http://www.who.int/mediacentre/factsheets/fs307/en/>

<sup>10</sup> Akinbami, L. J., Moorman, J. E., Bailey, C., Zahran, H. S., King, M., Johnson, C. A., & Liu, X. (2012). Trends in asthma prevalence, health care use, and mortality in the United States, 2001–2010. Retrieved from <http://www.cdc.gov/nchs/products/databriefs/db94.htm>

<sup>11</sup> Centers for Disease Control and Prevention (CDC). (2017). Most Recent National Asthma Data. Retrieved from [https://www.cdc.gov/asthma/most\\_recent\\_national\\_asthma\\_data.htm](https://www.cdc.gov/asthma/most_recent_national_asthma_data.htm)

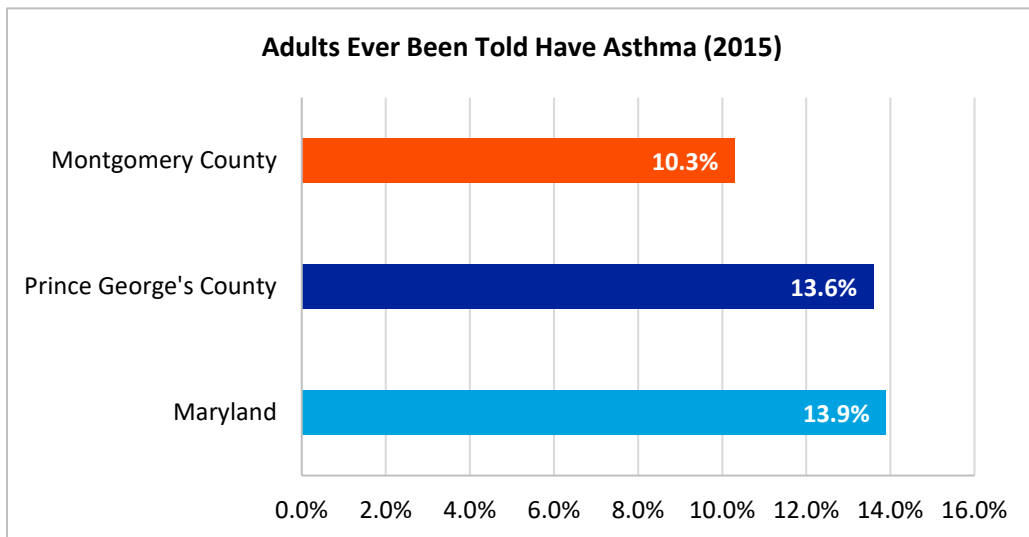
## Prevalence

- In Prince George’s County, the percentage of adults with asthma has a decreasing trend over time (Figure 12).
- In 2015, Maryland had the highest percentage of adults with asthma when compared to Montgomery and Prince George’s County (Figure 12).



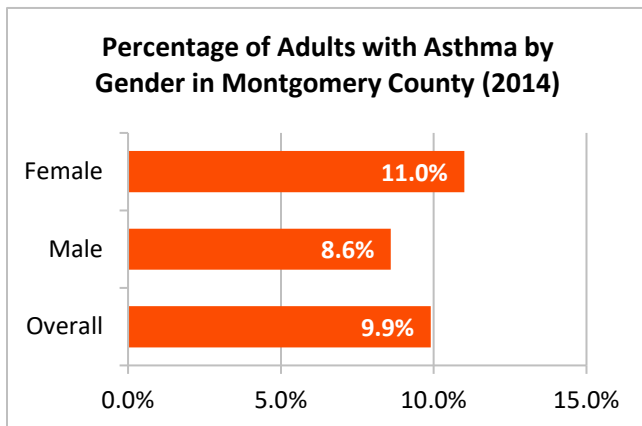
**Figure 12.** Adults with Asthma in Montgomery County, Prince George’s County, and Maryland, 2013 – 2016  
(Source: [CDC](#), [PGC Health Zone](#), & [Maryland Behavioral Risk Factor Surveillance System \(BRFSS\), 2017](#))

- Montgomery County has a lower percentage of adults that have ever been told that they have asthma compared to Prince George’s County and Maryland (Figure 13).

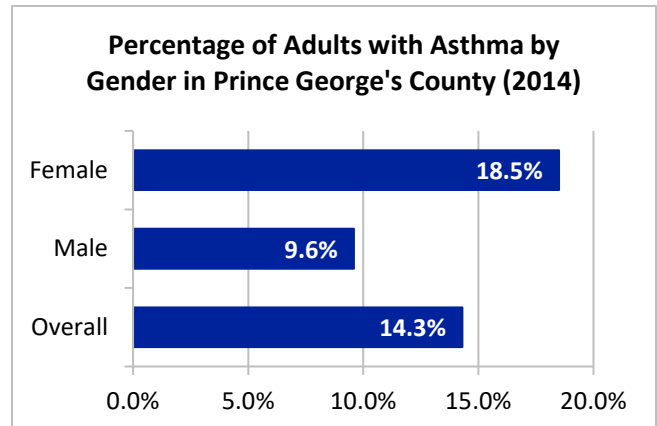


**Figure 13.** Adults Who Have Been Told That They Have Asthma, 2015  
(Source: [SHIP](#), 2017)

- Asthma prevalence rates among females is higher in Montgomery County with 11.0 percent compared to 8.6 percent of males and 9.9 percent overall (Figure 14).
- The difference is even more pronounced in Prince George’s County with females having a prevalence rate nearly twice that of males (18.5 percent compared to 9.6 percent) (Figure 15).

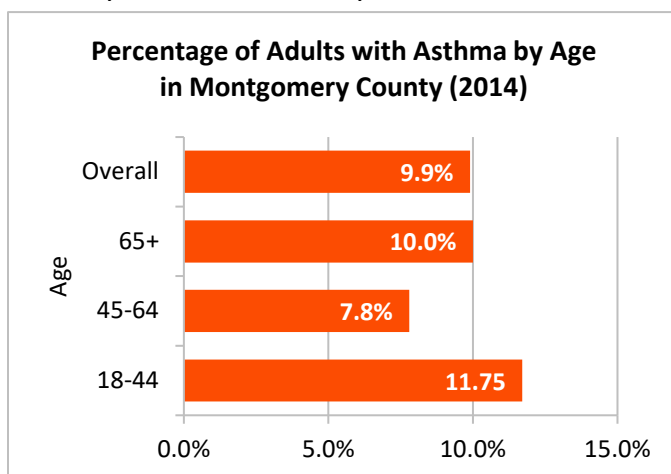


**Figure 14.** Percentage of Adults with Asthma by Gender in Montgomery County, 2014  
(Source: [Healthy Montgomery](#), 2014)

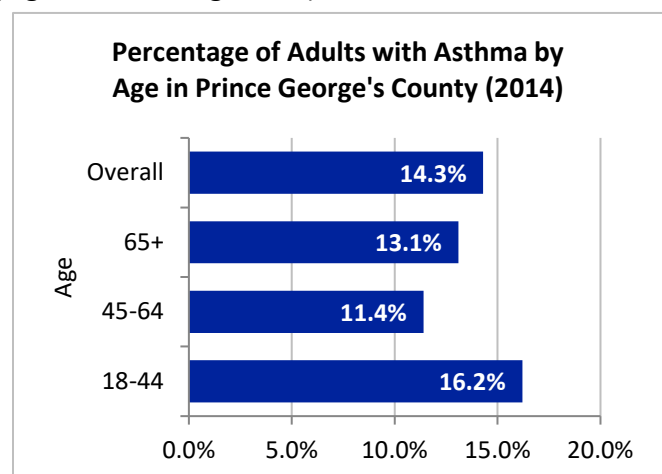


**Figure 15.** Percentage of Adults with Asthma by Gender in Prince George’s County, 2014  
(Source: [PGC Health Zone](#), 2014)

- When broken down by age, in both counties the highest asthma rates are seen among 18-44-year old followed by individuals 65 and over (Figure 16 and Figure 17).



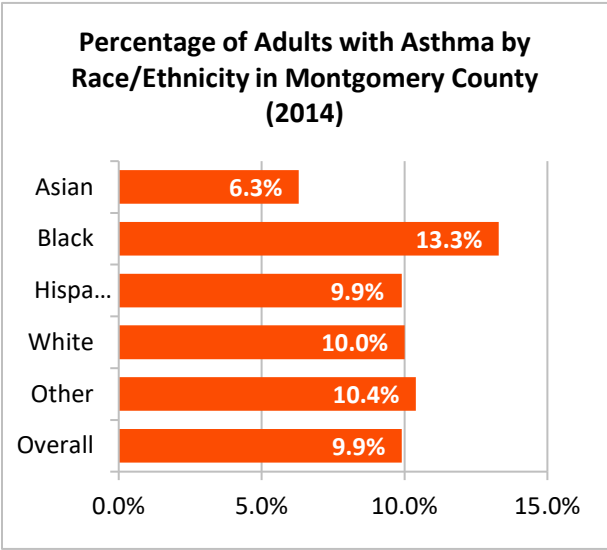
**Figure 16.** Percentage of Adults with Asthma by Age in Montgomery County, 2014  
(Source: [Healthy Montgomery](#), 2014)



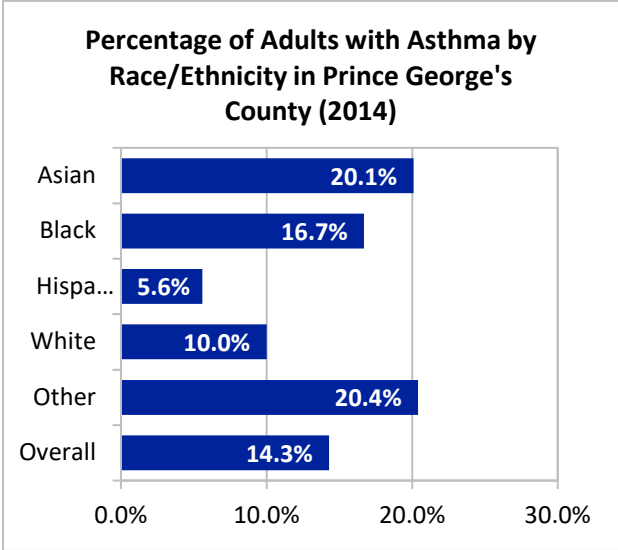
**Figure 17.** Percentage of Adults with Asthma by Age in Prince George’s County, 2014  
(Source: [PGC Health Zone](#), 2014)



- Broken down by race and ethnicity, non-Hispanic Blacks have the highest asthma rates in Montgomery County at 13.3 percent, while Asians are seen to have the lowest rates at 6.3 percent (Figure 18).
- Alternatively, in Prince George’s County, individuals who identified as Other Race have the highest asthma rates at 20.4 percent followed closely by Asian individuals (20.1 percent), and with Hispanic individuals having the lowest rates of asthma (5.6 percent) (Figure 19).



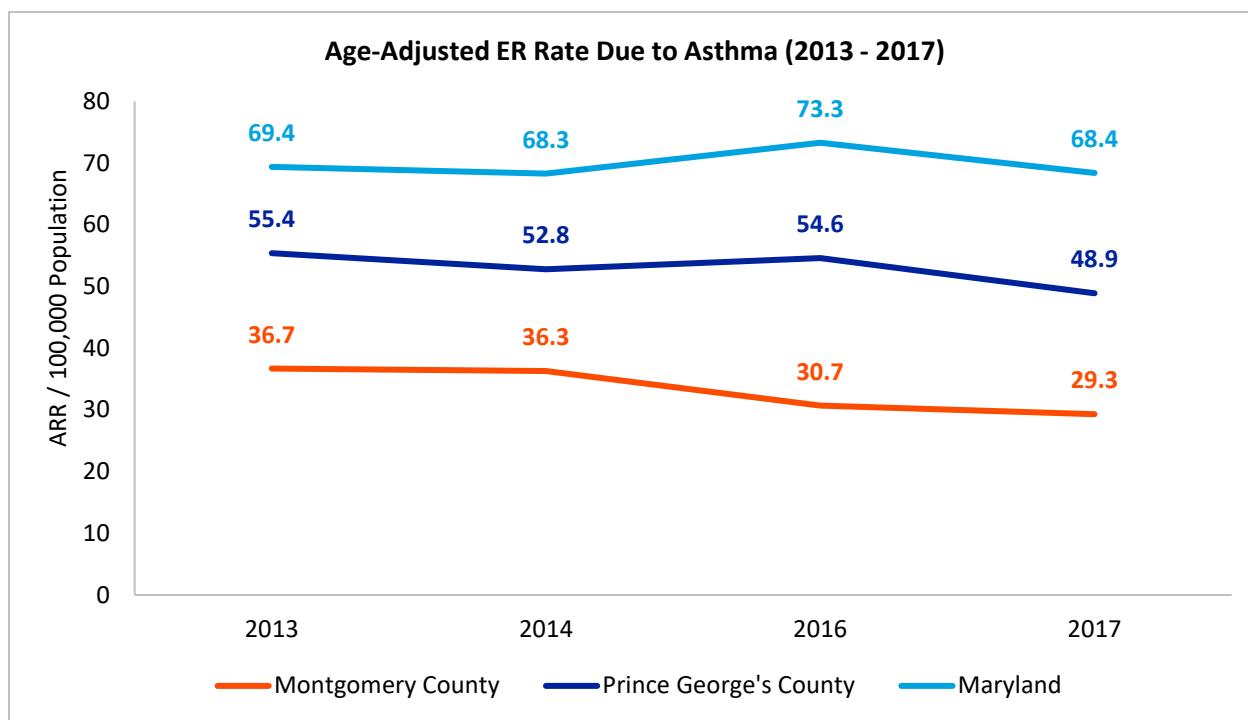
**Figure 18.** Percentage of Adults with Asthma by Race/Ethnicity in Montgomery County, 2014  
(Source: [Healthy Montgomery](#))



**Figure 19.** Percentage of Adults with Asthma by Race/Ethnicity in Prince George’s County, 2014  
(Source: [PGC Health Zone](#))

### Emergency Room Use

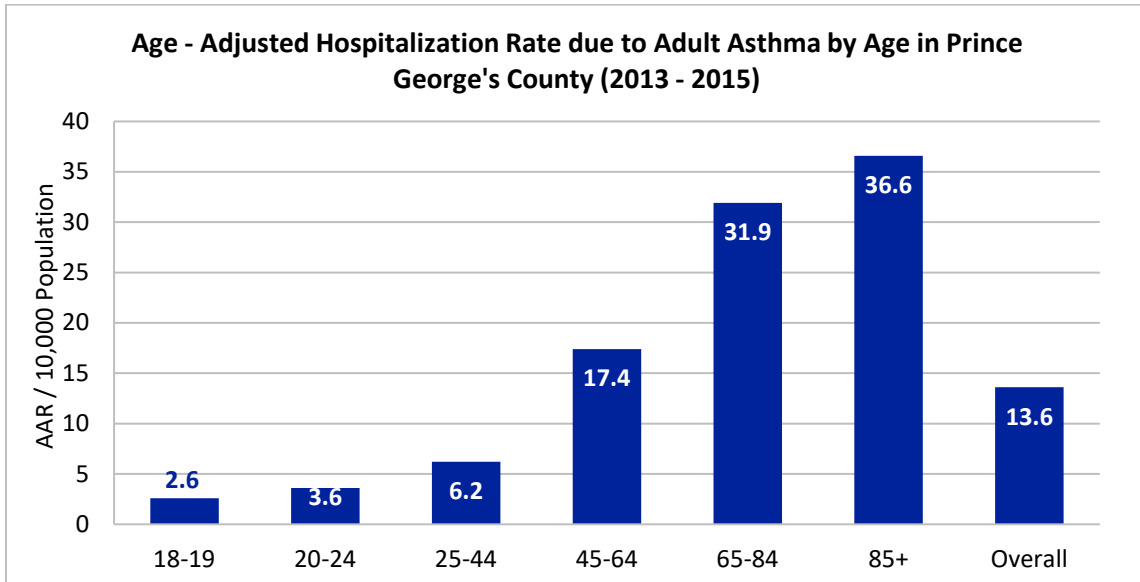
- Maryland had the highest ER rates due to asthma from 2013 to 2017 followed by Prince George’s County and then Montgomery County (Figure 20).
- Over time, the age-adjusted ER rates due to asthma have decreased for both counties and Maryland (Figure 20).



**Figure 20.** Age-Adjusted ER Rate due to Asthma in Montgomery County, Prince George’s County, and Maryland, 2013 – 2017  
 (Source: [SHIP](#), 2017)

## Hospitalization

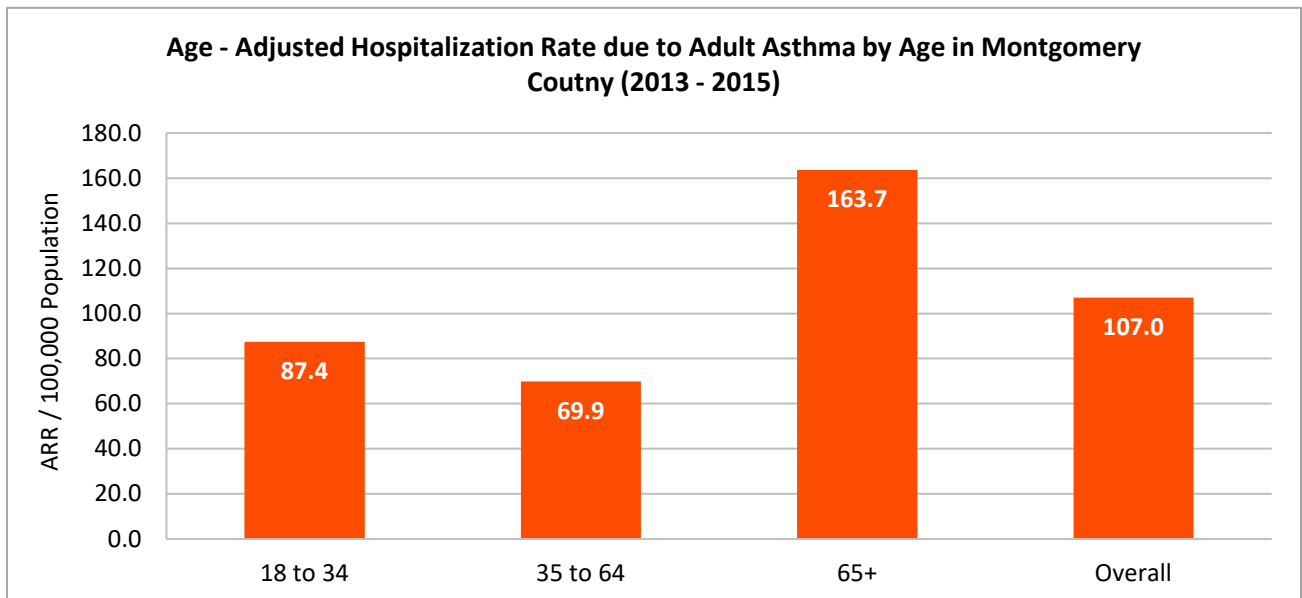
- In Prince George’s County, hospitalization rates due to adult asthma increases with age. Seniors age 85+ has the highest rates followed by seniors 64-84 years old (Figure 21).



**Figure 21.** Age-Adjusted Hospitalization Rate due to Adult Asthma by Age in Prince George’s County, 2013–2015

(Source: [PGC Health Zone](#), 2017)

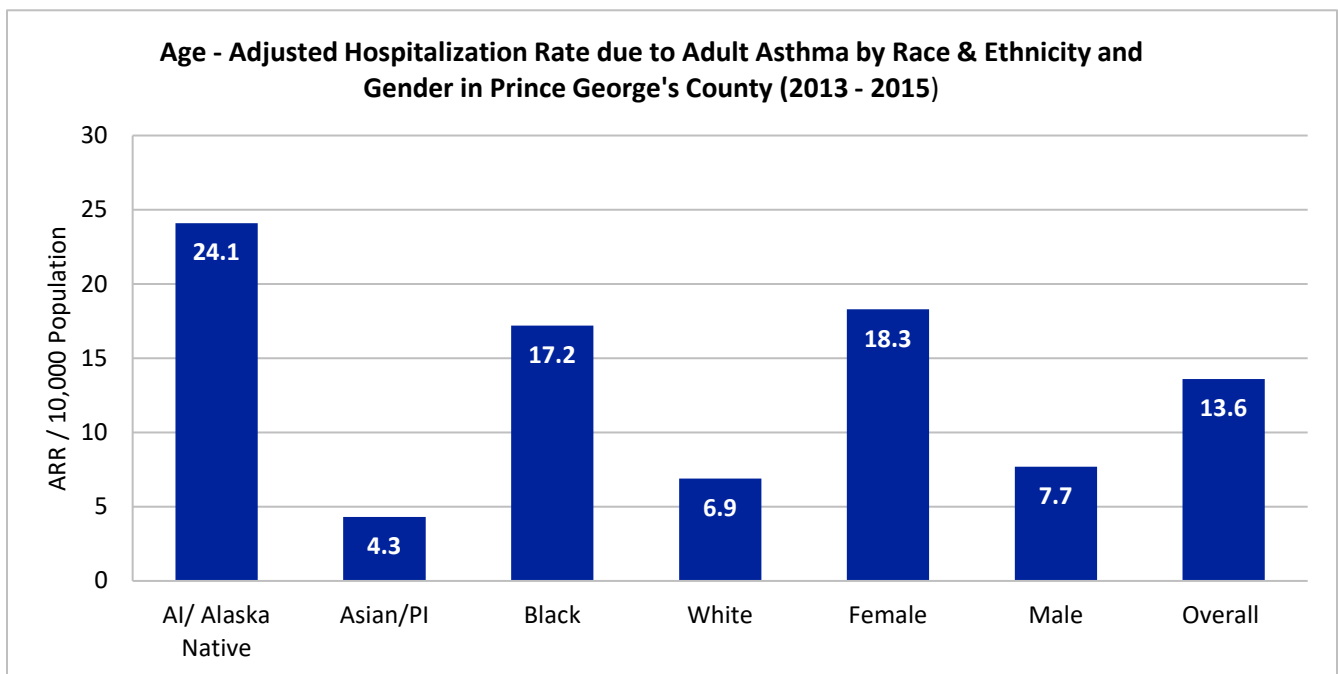
- In Montgomery County, adults 65+ had the highest hospitalization rates due to asthma (Figure 22).



**Figure 22.** Age-Adjusted Hospitalization Rate due to Adult Asthma by Age in Montgomery County, 2013 – 2015

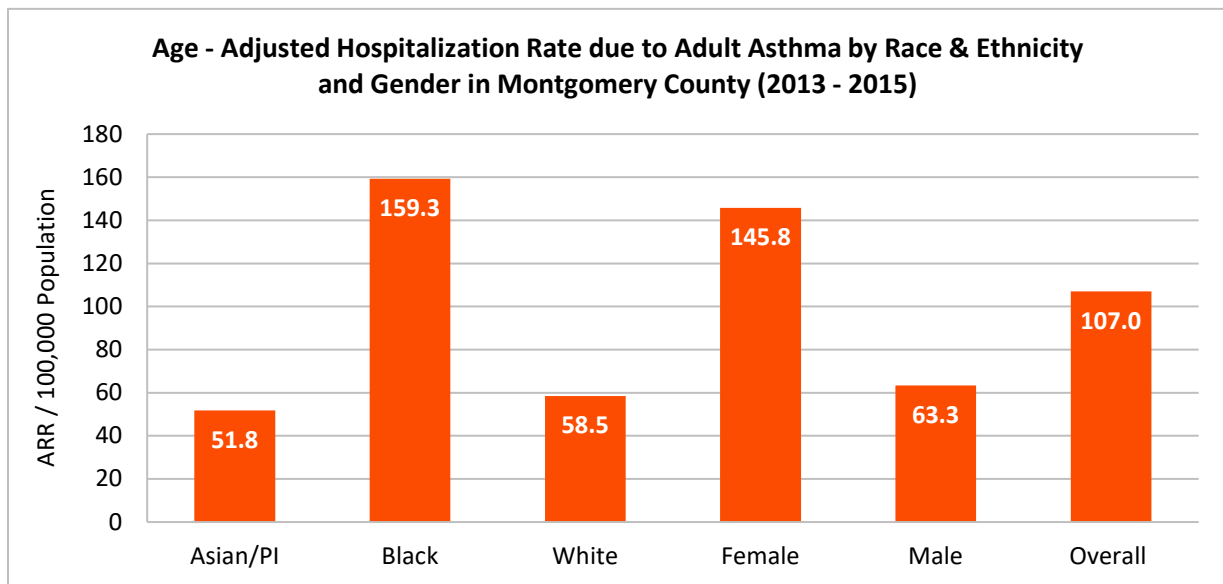
(Source: [Healthy Montgomery](#), 2017)

- In Prince George’s County, American Indians/Alaska Native individuals had the highest age-adjusted hospitalization rate due to adult asthma and is nearly 2X higher than the overall rate (Figure 23).
- Additionally, when stratified by gender, female hospitalization rates are more than two times higher than males and are higher than the overall rate (Figure 23).



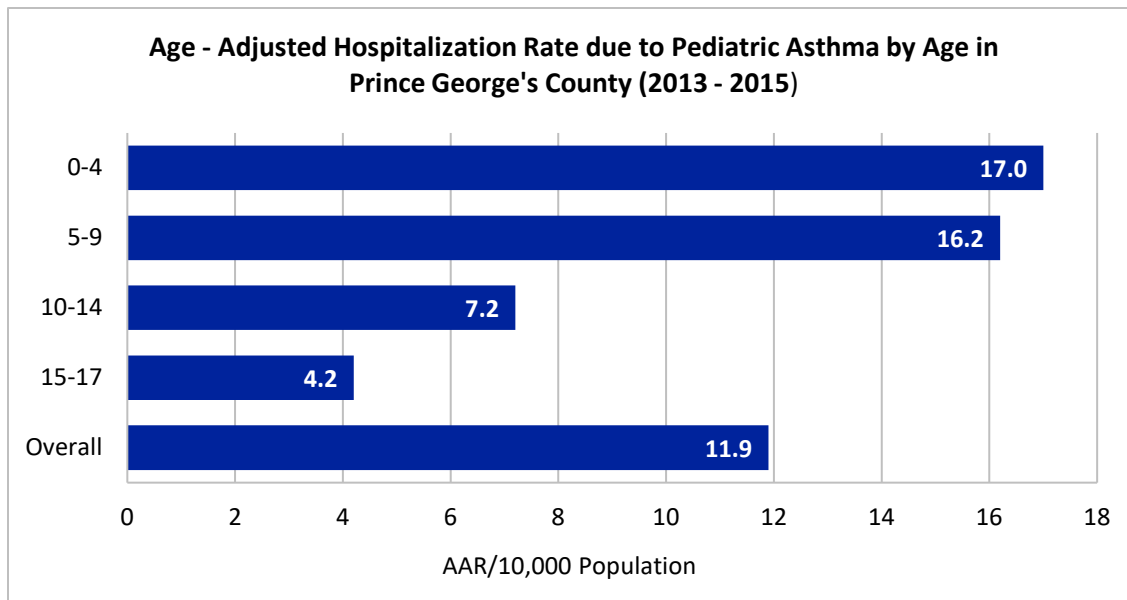
**Figure 23.** Age-Adjusted Hospitalization Rate due to Adult Asthma by Race/Ethnicity & Gender in Prince George’s County, 2013 – 2015  
 (Source: [PGC Health Zone](#), 2017)

- In Montgomery County, Black individuals and females had the highest age-adjusted hospitalization rate due to adult asthma; both are nearly 1.5X greater than the overall rate for the county (Figure 24).



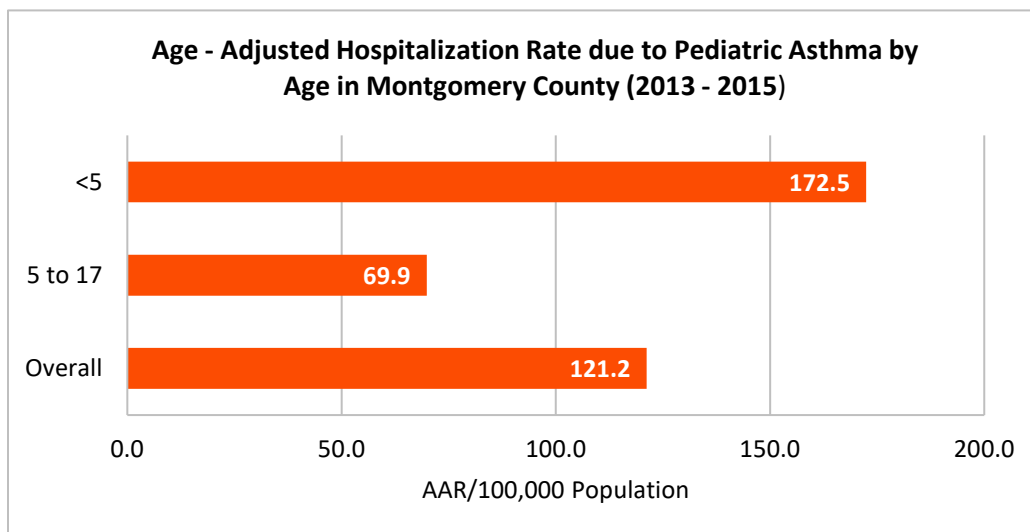
**Figure 24.** Age-Adjusted Hospitalization Rate due to Adult Asthma by Race/Ethnicity & Gender in Montgomery County, 2013 – 2015  
 (Source: [Healthy Montgomery](#), 2017)

- In Prince George’s County, age group 5-9 followed by 0-4 have the highest age-adjusted hospitalization rates due to pediatric asthma; both groups are higher than the overall rate for the county and about 4X greater than the reference group (age group 15 – 17) (Figure 25).



**Figure 25.** Age-Adjusted Hospitalization Rate due to Pediatric Asthma by Age in Prince George's County, 2013–2015  
(Source: [PGC Health Zone](#), 2017)

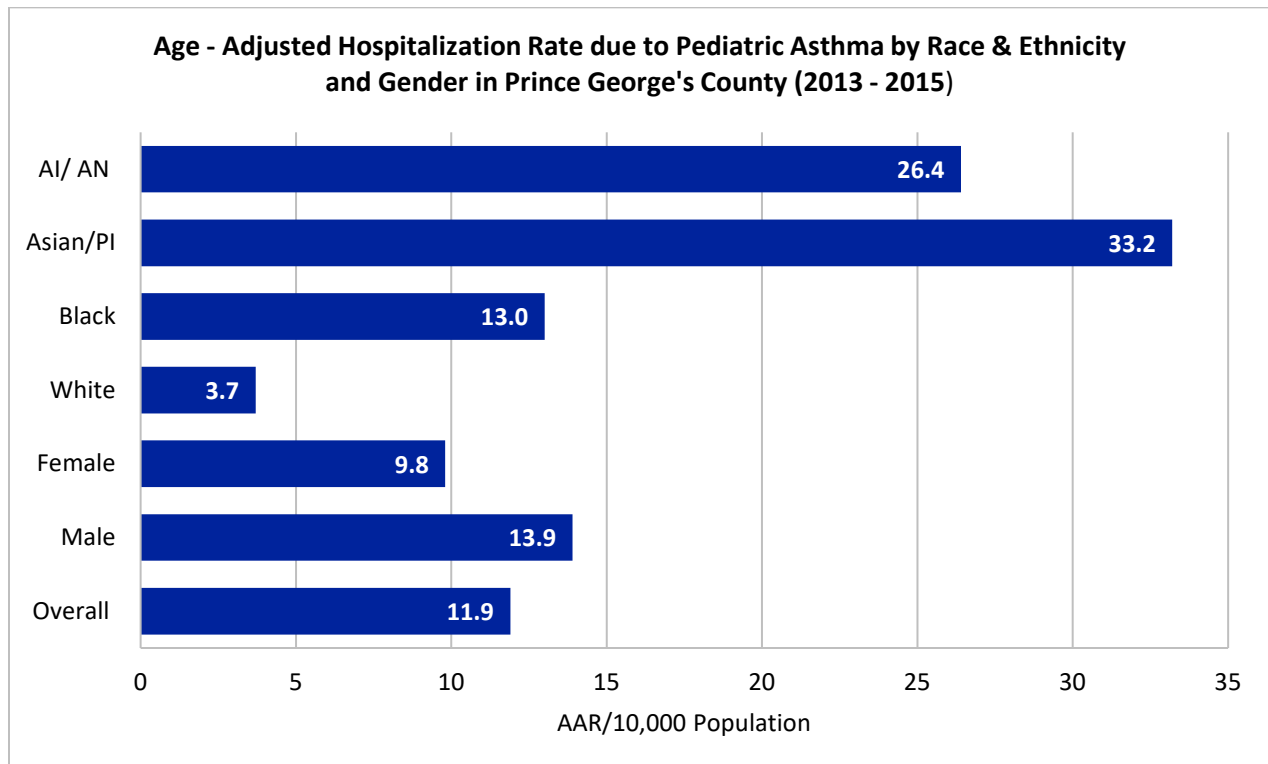
- In Montgomery County, children age 5 and younger have higher hospitalization rates due to pediatric asthma than children age 5-17 and the overall population (Figure 26).



**Figure 26.** Age-Adjusted Hospitalization Rate due to Pediatric Asthma by Age in Montgomery County, 2013 – 2015  
(Source: [Healthy Montgomery](#), 2017)

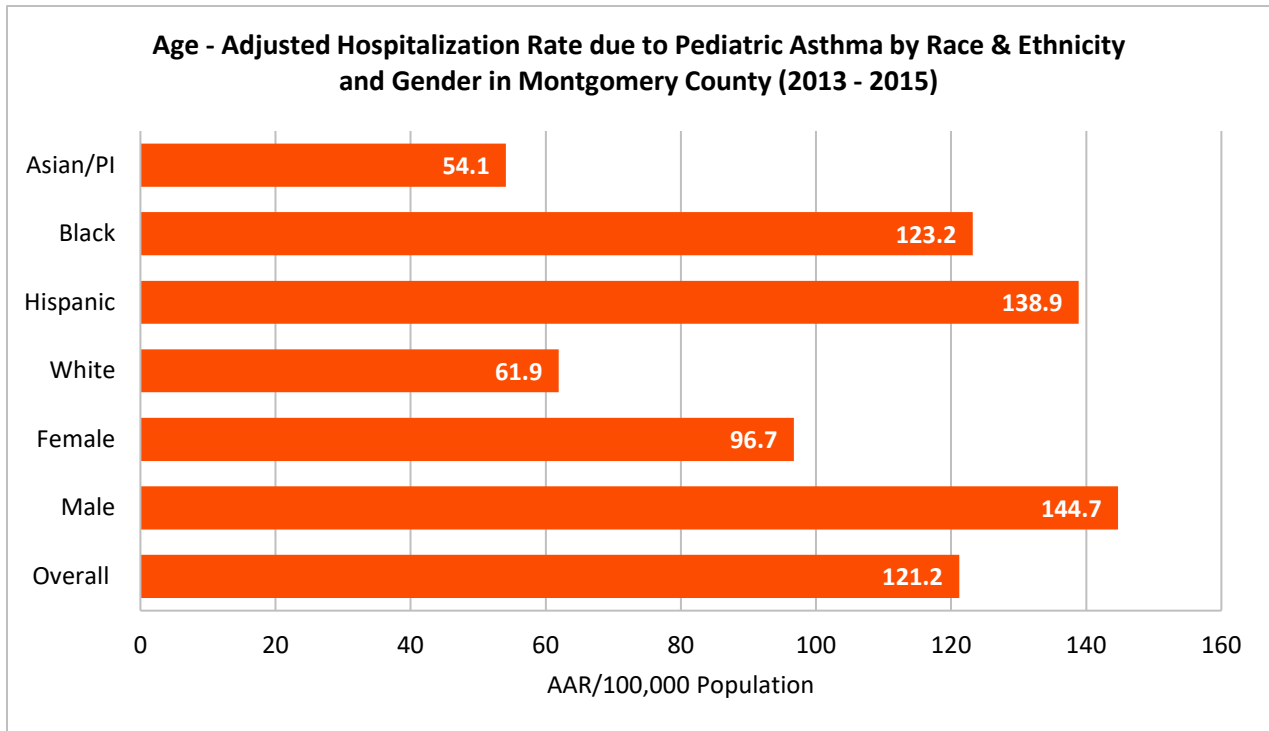
- In Prince George's County, when stratified by race and ethnicity, Asian/Pacific Islanders have the highest hospitalization rate due to pediatric asthma; nearly 9X greater than the reference group (White). American Indian/Alaska Natives have the second highest hospitalization rate with 26.4 per 10,000 population and is 7X greater than White individuals.

- When compared to the overall rate for the county, both groups have significantly higher hospitalization rates (Figure 27).
- When stratified by gender, males have higher rates than both females and the overall county rate (Figure 27).



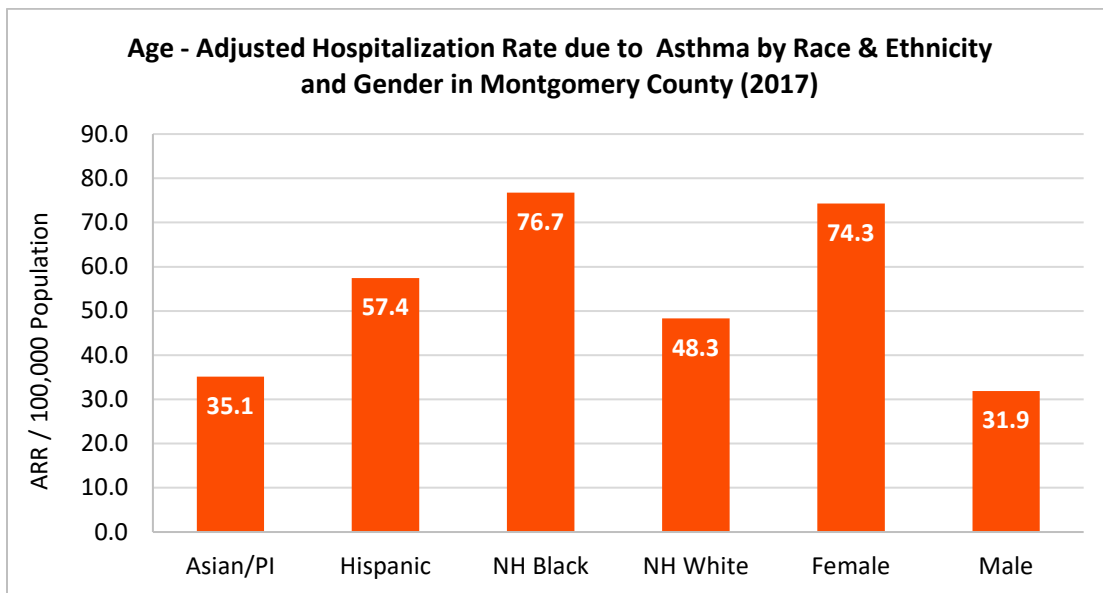
**Figure 27.** Age-Adjusted Hospitalization Rate due to Pediatric Asthma by Race/Ethnicity & Gender in Prince George's County, 2013 – 2015  
(Source: [PGC Health Zone](#), 2017)

- In Montgomery County, Hispanic children have the highest hospitalization rates due to pediatric asthma followed by Black children. Both groups have higher rates than the overall rate (Figure 28).
- When looking at gender, males have a rate that is 1.5X higher than females and 1.2X higher than the overall rate for the county (Figure 28).



**Figure 28.** Age-Adjusted Hospitalization Rate due to Pediatric Asthma by Race/Ethnicity & Gender in Montgomery County, 2013 – 2015  
(Source: [Healthy Montgomery](#), 2017)

- In Montgomery County 2017, non-Hispanic Black, Hispanic, and females had the highest hospitalization rates due to Asthma (Figure 29).

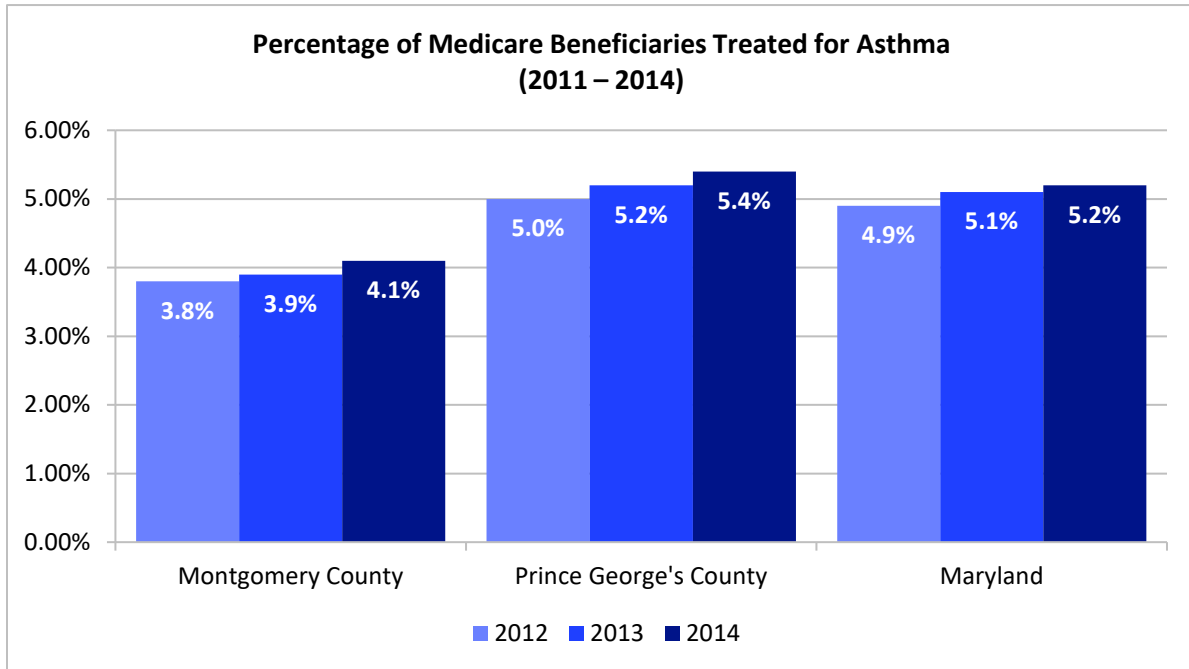


**Figure 29.** Age-Adjusted Hospitalization Rate due to Asthma by Race/Ethnicity & Gender in Montgomery County, 2017  
(Source: [Healthy Montgomery](#), 2017)



## Medicare Population

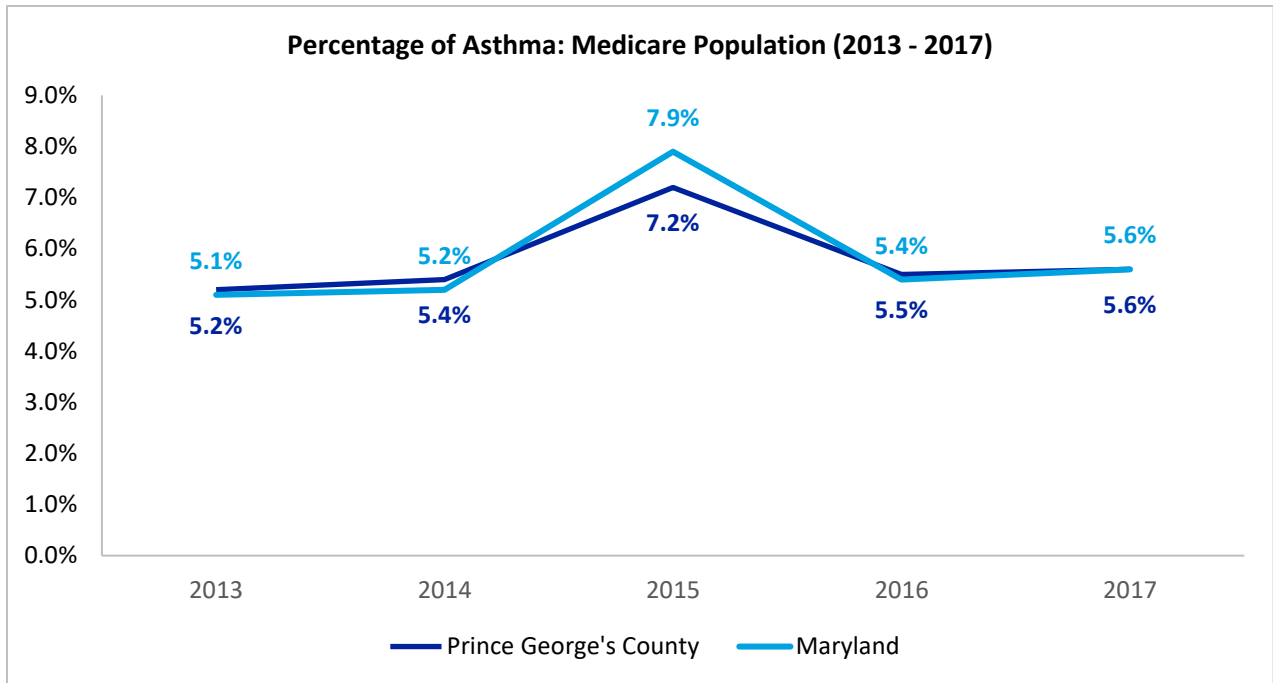
- There has been a slight increase in the percentage of Medicare beneficiaries treated for asthma across Montgomery County, Prince George’s County and Maryland (Figure 30).
- More Medicare beneficiaries in Prince George’s County are treated for asthma than in Montgomery County or the state overall (Figure 30).



**Figure 30.** Percentage of Medicare Beneficiaries who were Treated for Asthma in Montgomery County, Prince George’s County, & Maryland, 2011 – 2014

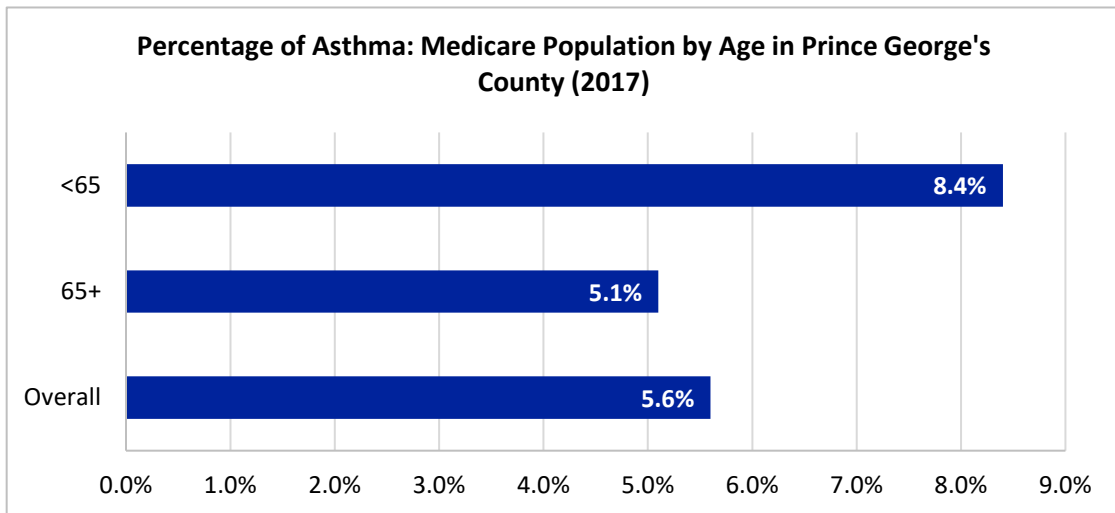
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2014)

- In Maryland and Prince George’s County, the percentage of Medicare population with asthma are similar. There was a slight increase in Medicare beneficiaries treated for asthma from 2013 to 2017 but mostly stable percentages. However, in 2015 there was about a 2% influx (Figure 31).



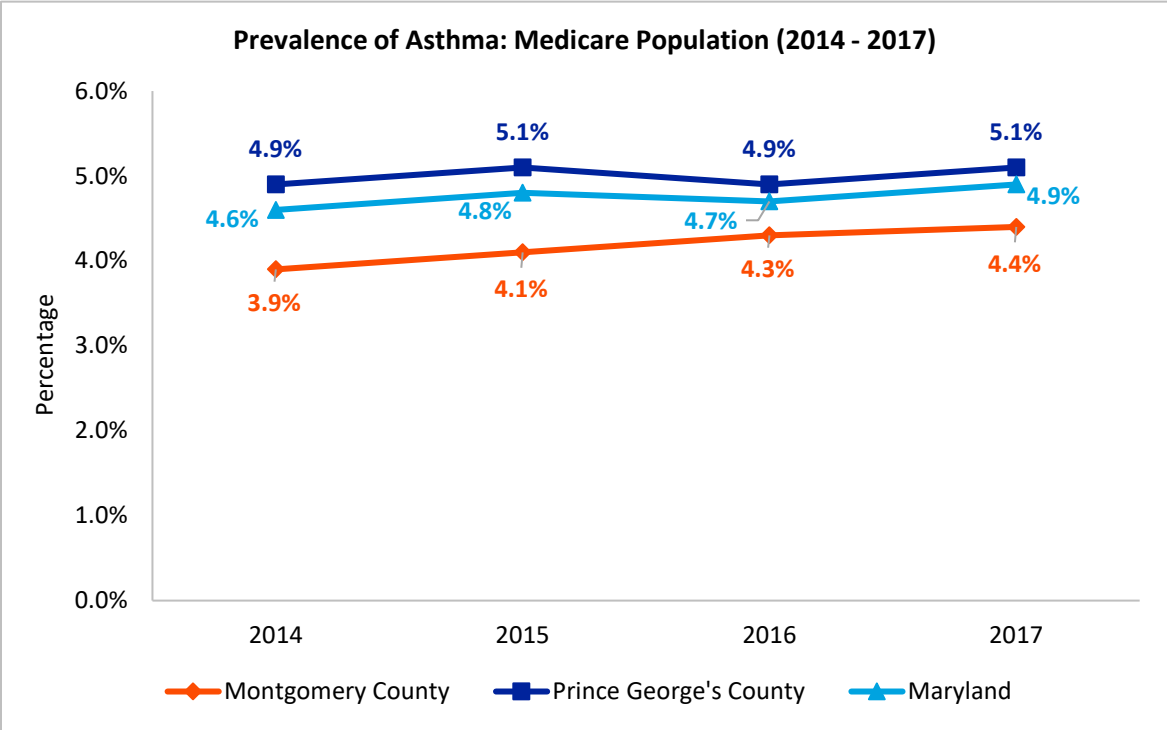
**Figure 31.** Percentage of Medicare Beneficiaries who were Treated for Asthma in Prince George’s County & Maryland, 2013 – 2017  
(Source: [PGC Health Zone](#), 2017)

- In Prince George’s County, those 65 or younger had the highest percentage of asthma and are higher than the overall rate for the county (Figure 32).
- Individuals in the age group 65+ are about 3 percent less than those who are in the 65 or younger age group (Figure 32).



**Figure 32.** Percentage of Medicare Beneficiaries who were Treated for Asthma by Age in Prince George’s County & Maryland, 2013 – 2017  
(Source: [PGC Health Zone](#), 2017)

- Over time, Prince George’s County continuously has the highest rate of Medicare beneficiaries treated for asthma when compared to Montgomery County and Maryland (Figure 33).
- Both counties and Maryland have a slight upward trend for prevalence of asthma among the Medicare population from 2014 – 2017 (Figure 33).



**Figure 33.** Percentage of Medicare Beneficiaries 65+ Who Were Treated for Asthma in Montgomery County, Prince George’s County, and Maryland, 2014 - 2017  
 (Source: [Centers for Medicare and Medicaid Services](#), 2017)

## 7.3 Tobacco

### Impact

Tobacco use is the leading cause of preventable disease in the United States.<sup>12</sup> Nearly 40 million U.S. adults smoke cigarettes, and about 4.7 million middle and high school students use at least one type of tobacco product.<sup>11</sup> Overall, tobacco and cigarette use among U.S. adults has declined from 20.9 percent in 2005 to 15.5 percent in 2016.<sup>13</sup> The national percentage of cigarette use among adolescents decreased from 28 percent in 1991 to 11 percent in 2015.<sup>14</sup> In Maryland as well as in Montgomery and Prince George's County, there has also been a decrease in tobacco use among adolescents. However, recently there has been an increase in e-cigarettes use among adolescents.<sup>13</sup>

### Prevalence

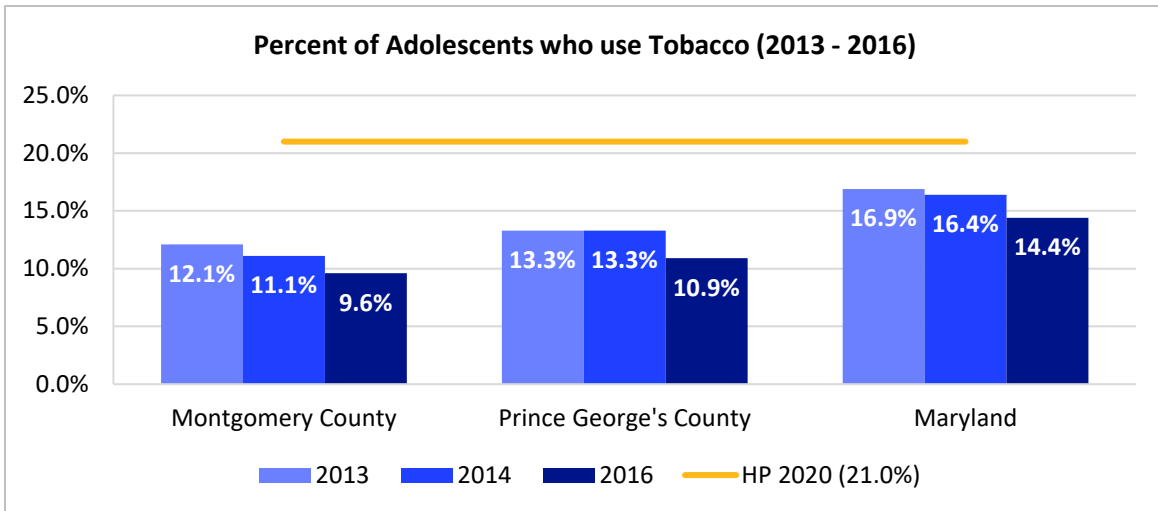
- Maryland, Montgomery County, and Prince George's County have all met the Healthy People 2020 target for percent of adolescent who use tobacco (Figure 34).
- Montgomery County has the lowest percentage of adolescents who use tobacco when compared to Prince George's County and Maryland. Maryland has the highest overall (Figure 34).
- Over time, there has been a decreasing trend of tobacco use by adolescents across both counties and the state (Figure 34).

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<sup>12</sup> Data and Statistics | Smoking & Tobacco Use | CDC. (n.d.). Retrieved from [https://www.cdc.gov/tobacco/data\\_statistics/index.htm](https://www.cdc.gov/tobacco/data_statistics/index.htm).

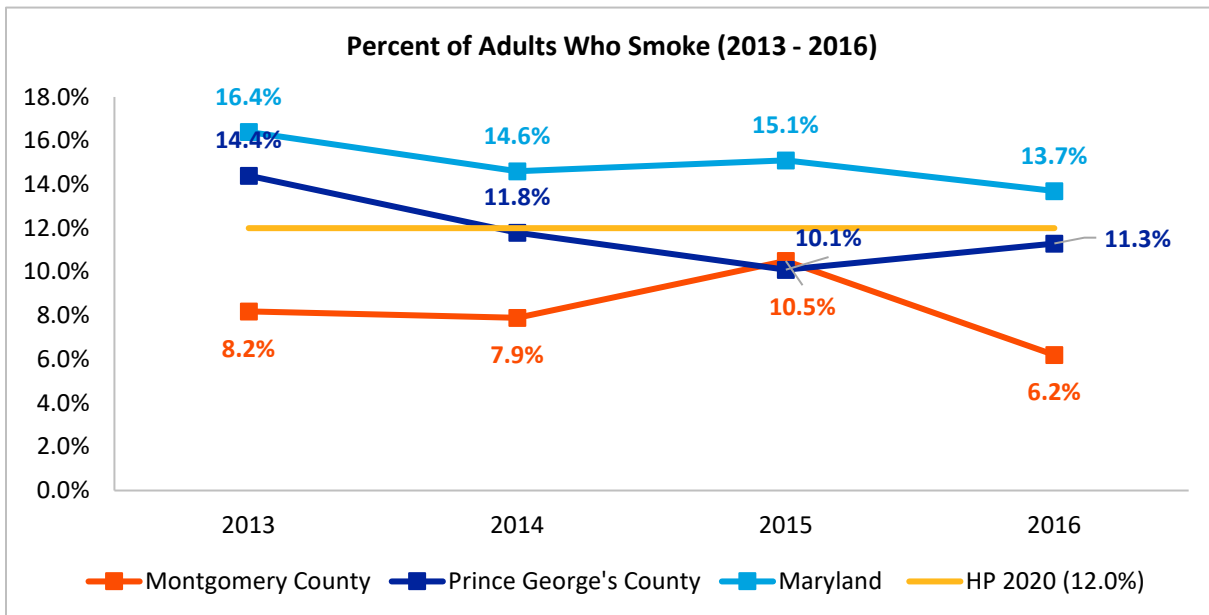
<sup>13</sup> Smoking is down, but almost 38 million American adults still smoke | CDC Online Newsroom | CDC. (n.d.). Retrieved from <https://www.cdc.gov/media/releases/2018/p0118-smoking-rates-declining.html>.

<sup>14</sup> Cigarette smoking among U.S. high school students at an all-time low, but e-cigarette use a concern | CDC Online Newsroom | CDC. (n.d.). Retrieved from <https://www.cdc.gov/media/releases/2016/p0609-yrbs.html>.



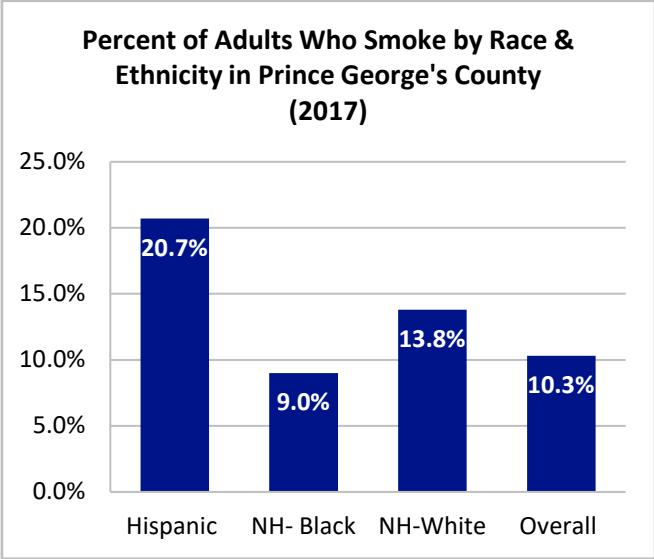
**Figure 34.** Percentage of Adolescents who use Tobacco in Montgomery County, Prince George’s County, & Maryland 2013 - 2016  
 (Source: [PGC Health Zone & Healthy Montgomery](#), 2017)

- Montgomery County has continuously met the Healthy People 2020 target for adults who smoke. There was a slight increase in the percentage of adults who smoke from 2014 to 2015, however, after 2015 there was about a 4 percent decrease (Figure 35).
- From 2014 - 2016, Prince George’s County met the Healthy People 2020 target and has remained under 12 percent (Figure 35).
- Over time, Maryland has not met the Healthy People 2020 target but has a decreasing trend from 2015 to 2016 (Figure 35).

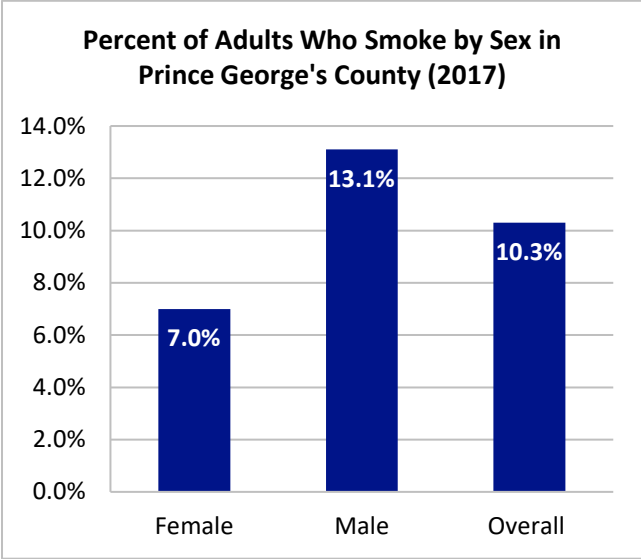


**Figure 35.** Percentage of Adults Who Smoke, 2013 - 2016  
 (Source: [PGC Health Zone & Healthy Montgomery](#), 2017)

- In Prince George’s County, Hispanic individuals have a larger percentage of adults who smoke compared to any other race or ethnicity (Figure 36).
- In Prince George’s County, males make up a larger percentage of adults who smoke than females do (Figure 37).

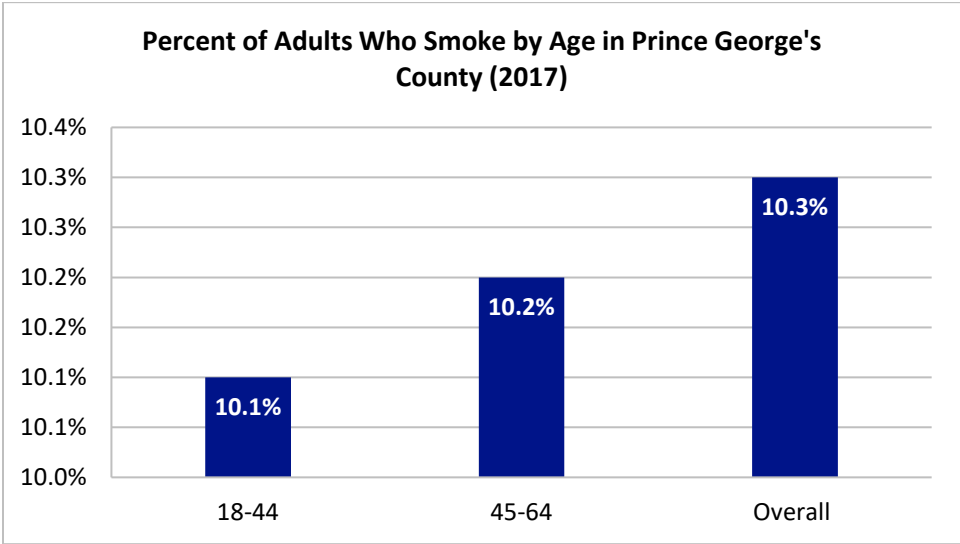


**Figure 36.** Percentage of Adults Who Smoke by Race & Ethnicity in Prince George’s County, 2017  
(Source: [PGC Health Zone](#), 2017)



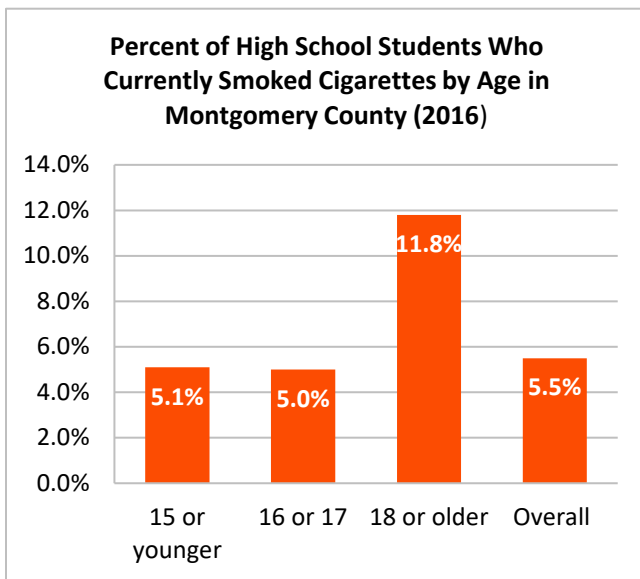
**Figure 37.** Percentage of Adults Who Smoke by Sex in Prince George’s County, 2017  
(Source: [PGC Health Zone](#), 2017)

- In Prince George’s County, age groups 18-44 and 45-64 have a similar percent of adults who smoke; age group 45-64 is only slightly higher (Figure 38).



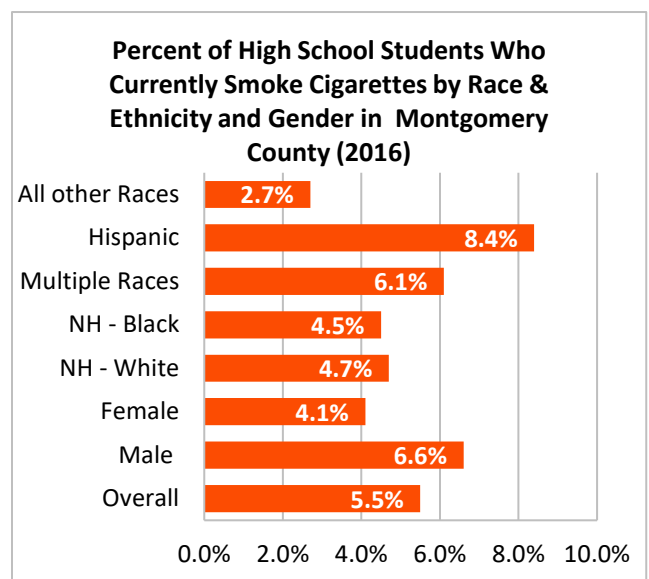
**Figure 38.** Percentage of Adults Who Smoke by Age, 2017  
(Source: [PGC Health Zone](#), 2017)

- The highest percentage of high school students who smoke cigarettes by age was among those who are 18 or older (Figure 39).
- Among high school students who currently smoke cigarettes, Hispanic students have a higher rate compared to any other race or ethnicity (Figure 40).
- Males have higher rates of students who currently smoke when compared to females and are higher than the overall rate for the county (Figure 40).



**Figure 39.** Percent of High School Students Who Currently Smoke Cigarettes by Age in Montgomery County, 2016

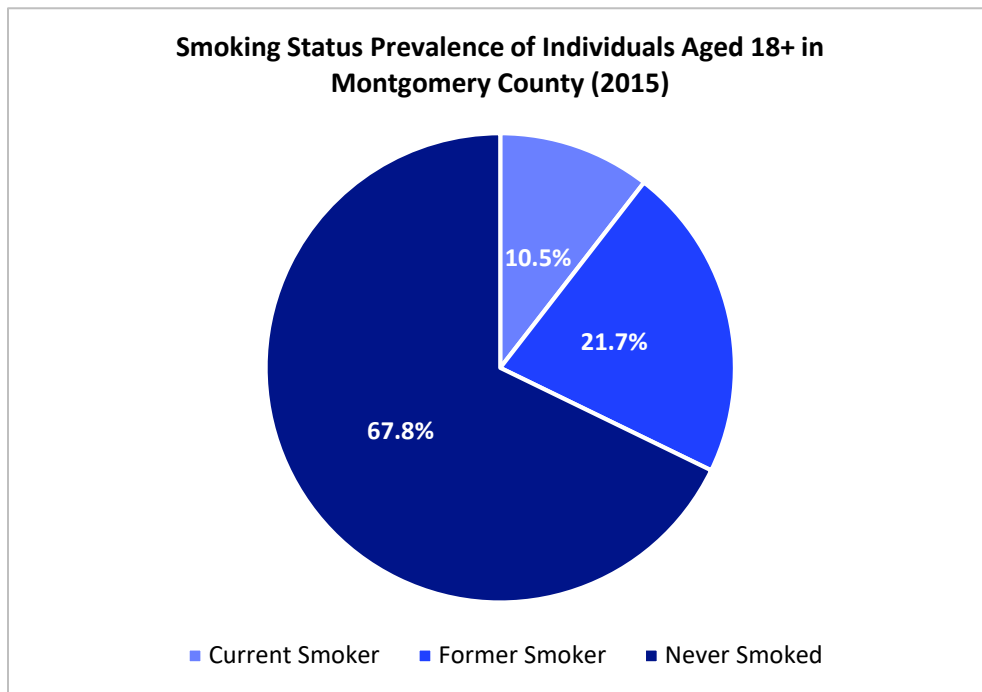
(Source: [Youth Risk Behavior Survey Results](#), 2016)



**Figure 40.** Percent of High School Students Who Currently Smoke Cigarettes by Race/Ethnicity & Gender in Montgomery County, 2016

(Source: [Youth Risk Behavior Survey Results](#), 2016)

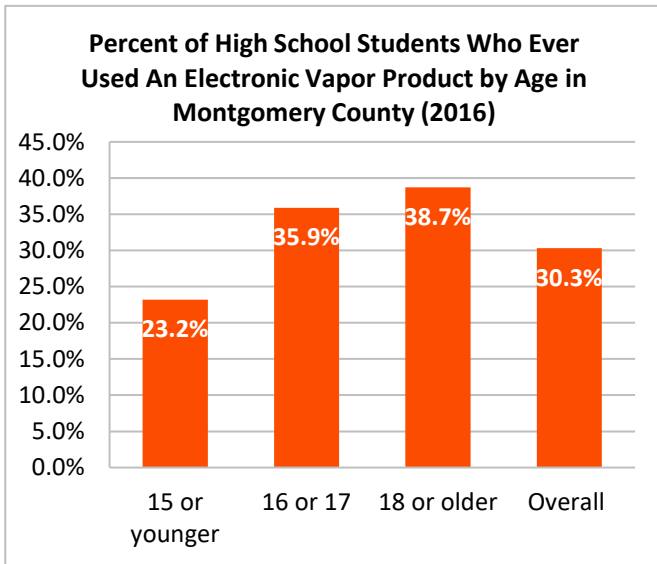
- In Montgomery County during 2015, only 10.5 percent of individuals 18 or older reported that they currently smoke while 67.8 percent reported that they have never smoked (Figure 41).



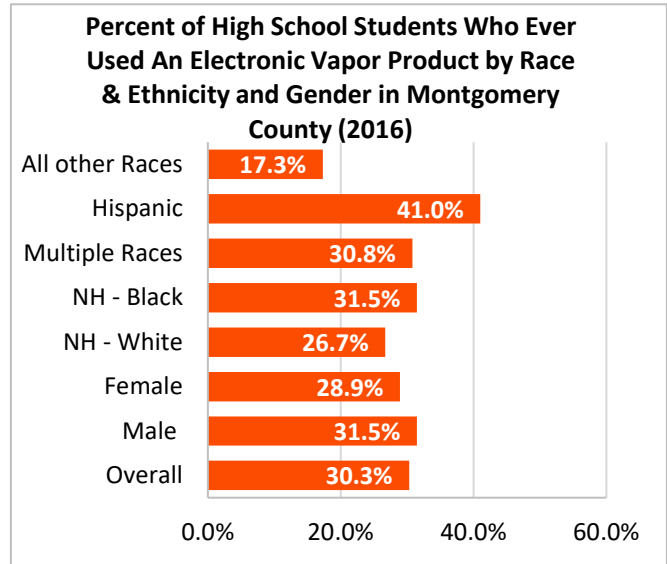
**Figure 41.** Smoking Status Prevalence Among Those 18+ in Montgomery County, 2015  
 (Source: [Healthy Montgomery](#), 2017)

- When broken down by age in Montgomery County, high school students 18 or older have a higher rate of those who have reported that they have used an electronic vapor product followed by high school students who are 16 or 17 (Figure 42).
- When broken down by race/ethnicity, high school students who identify as Hispanic have a higher rate of those who have reported that they have used an electronic vapor product (Figure 43).
- Males have a slightly larger rate of those who have ever used an electronic vapor product when compared to females (Figure 43).



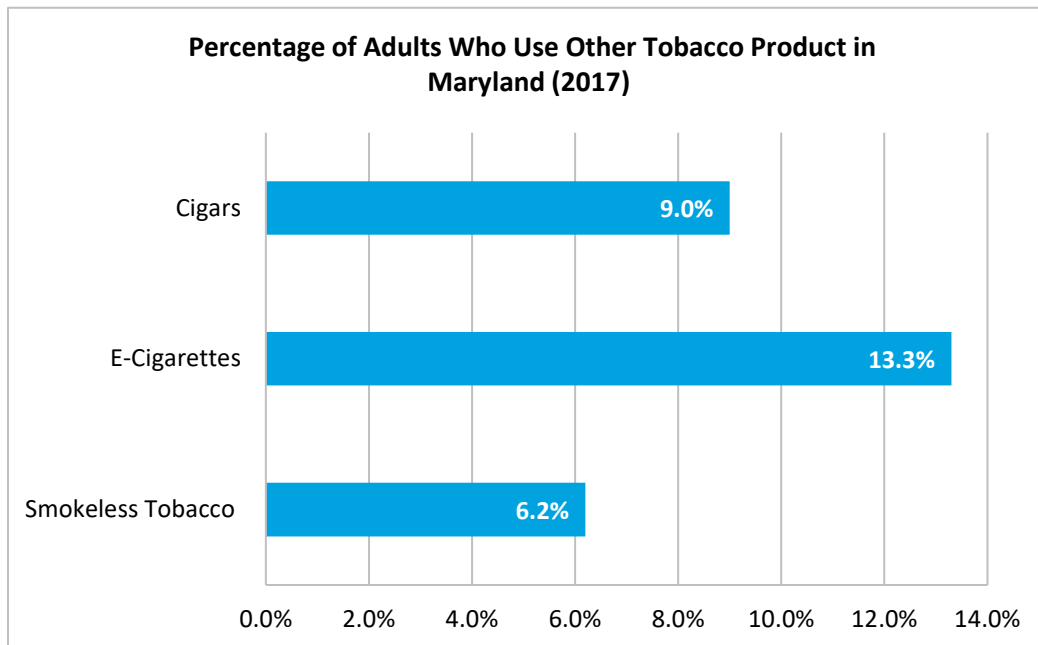


**Figure 42.** Percent of High School Students Who Have Ever Used an Electronic Vapor Product by Age in Montgomery County, 2016  
(Source: [Youth Risk Behavior Survey Results](#), 2016)



**Figure 43.** Percent of High School Students Who Have Ever Used an Electronic Vapor Product by Race/Ethnicity & Gender in Montgomery County, 2016  
(Source: [Youth Risk Behavior Survey Results](#), 2016)

- Among adults who use other tobacco products in Maryland, 13.3 percent reported that they use e-cigarettes followed by 9.0 percent who use cigars and 6.2 percent smokeless tobacco (Figure 44).



**Figure 44.** Percentage of Adults Who Use Other Tobacco Products in Maryland, 2017  
(Source: [Truth Initiative](#), 2017)

## Community Resources

COPD, asthma, and tobacco use are serious public health problems. There are efforts by local health providers and health departments to educate and provide support for COPD, asthma, and tobacco related issues. The list of community resources includes, but are not limited to, the following:

- 1. ADVENTIST HEALTHCARE SHADY GROVE MEDICAL CENTER**  
**Address:** 9901 Medical Center Drive, Rockville, MD 20850  
**Phone:** 240-826-6000  
**Website:** <https://www.adventisthealthcare.com/locations/profile/shady-grove-medical-center/>
- 2. ADVENTIST HEALTHCARE TOBACCO CESSATION PROGRAM**  
**Phone:** 301-891-5004  
**Email:** [Quit-WAH@adventisthealthcare.com](mailto:Quit-WAH@adventisthealthcare.com)  
**Website:** <https://www.adventisthealthcare.com/services/quit-smoking/>
- 3. ADVENTIST HEALTHCARE WHITE OAK MEDICAL CENTER**  
**Address:** 11890 Healing Way, Silver Spring, MD 20904  
**Phone:** 240-637-4000  
**Website:** <https://www.adventisthealthcare.com/locations/profile/white-oak-medical-center/>
- 4. PRINCE GEORGE'S COUNTY HEALTH DEPARTMENT – SCHOOL BASED WELLNESS CENTER**  
**Bladensburg High School, Fairmont Heights High School, Northwestern High School, and Oxon Hill High School.**
- Website:** <https://www.princegeorgescountymd.gov/2028/School-Based-Wellness-Centers>
- 5. AMERICAN LUNG ASSOCIATION IN MD**  
**Address:** 211 East Lombard Street, #260, Baltimore, MD 21202  
**Phone:** 302-565-2073  
**Email:** [Dina.Gordon@lung.org](mailto:Dina.Gordon@lung.org)  
**Website:** <https://www.lung.org/about-us/local-associations/maryland.html>
- 6. GOVERNOR'S MOBILE**  
**Phone:** 410-706-1399 or 866-228-9668  
**Website:** <https://www.nursing.umaryland.edu/about/partnerships-practice/wellmobile/>
- 7. LATINO HEALTH INITIATIVE – ASTHMA MANAGEMENT PROGRAM**  
**Address:** 8630 Fenton Street, 10th Floor, Silver Spring, MD 20910  
**Phone:** 240-773-8293  
**Email:** [Ingrid.Lizama@montgomerycountymd.gov](mailto:Ingrid.Lizama@montgomerycountymd.gov)  
**Website:** <https://www.lhiinfo.org/en/programs-and-activities/asthma-management-program/>
- 8. CCI HEALTH & WELLNESS SERVICES**  
**Address:** 8630 Fenton Street, Suite 1204 Silver Spring, MD 20910  
**Phone:** 301-340-7525  
**Email:** [info@cciweb.org](mailto:info@cciweb.org)  
**Website:** <https://cciweb.org/>

# Section IV: Findings

## Part B: Secondary Data




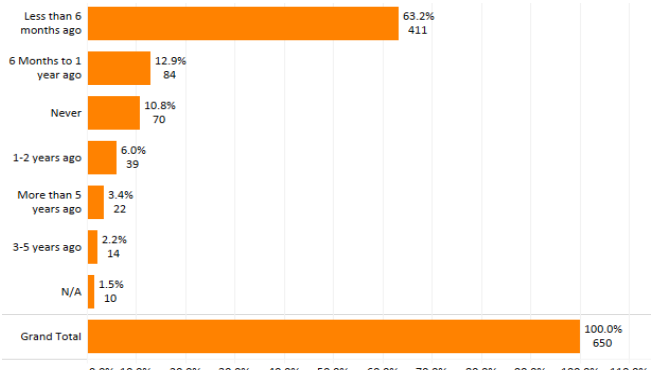
### Chapter 8: Infectious Diseases

**8.1: Influenza**

**8.2: HIV/AIDS**

# Infectious Diseases

## KEY FINDINGS

Disparities & Indicators	Trend Over Time																											
<ul style="list-style-type: none"> <li>• <b>ED visits</b> for influenza-like-illness in MC increased</li> <li>• <b>Adult vaccination rates for flu</b> in MC and PGC do not meet HP 2020 target (70%)</li> <li>• When looking at the senior population (<b>65+</b>) in PGC, the majority did not receive their flu vaccination</li> <li>• Among the Medicare population in PGC and MC, <b>NH – Blacks</b> have the lowest annual vaccination rates</li> <li>• <b>Males</b> in MC and PGC have a higher <b>mortality rate</b> related to influenza and pneumonia than females</li> <li>• On average, six people are diagnosed with HIV in PGC every week</li> <li>• In MC and PGC, <b>HIV incidence</b> rate is highest among <b>NH-Blacks, Males, 40-49</b> and <b>50-59</b> year olds</li> <li>• There are more than 2x the number of adults/adolescents living with HIV/AIDS in PGC than MC</li> <li>• PGC is the 2<sup>nd</sup> highest county out of all MD counties for <b>new HIV diagnoses</b></li> </ul>	 <ul style="list-style-type: none"> <li>• PGC had a decreasing trend for HIV incidence rate from 2013 – 2017</li> </ul>																											
	 <ul style="list-style-type: none"> <li>• Age-adjusted death rate due to influenza and pneumonia remained stable from 2013 – 2017</li> <li>• Adult influenza vaccination rates remained stable from 2013 – 2016</li> <li>• MC HIV incidence rate has been mostly stable since 2013 – 2017</li> </ul>																											
	 <ul style="list-style-type: none"> <li>• ED visits for influenza-like-illness in MC had an increasing trend from 2015 – 2018</li> </ul>																											
<h3>Community Perception<sup>1</sup></h3>																												
<p><b>WOMC CBSA: “About how long has it been since you had a flu shot?”</b></p>  <table border="1"> <thead> <tr> <th>Time Interval</th> <th>Percentage</th> <th>Count</th> </tr> </thead> <tbody> <tr> <td>Less than 6 months ago</td> <td>63.2%</td> <td>411</td> </tr> <tr> <td>6 Months to 1 year ago</td> <td>12.9%</td> <td>84</td> </tr> <tr> <td>Never</td> <td>10.8%</td> <td>70</td> </tr> <tr> <td>1-2 years ago</td> <td>6.0%</td> <td>39</td> </tr> <tr> <td>More than 5 years ago</td> <td>3.4%</td> <td>22</td> </tr> <tr> <td>3-5 years ago</td> <td>2.2%</td> <td>14</td> </tr> <tr> <td>N/A</td> <td>1.5%</td> <td>10</td> </tr> <tr> <td><b>Grand Total</b></td> <td><b>100.0%</b></td> <td><b>650</b></td> </tr> </tbody> </table>		Time Interval	Percentage	Count	Less than 6 months ago	63.2%	411	6 Months to 1 year ago	12.9%	84	Never	10.8%	70	1-2 years ago	6.0%	39	More than 5 years ago	3.4%	22	3-5 years ago	2.2%	14	N/A	1.5%	10	<b>Grand Total</b>	<b>100.0%</b>	<b>650</b>
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<sup>1</sup> Adventist HealthCare Community Health Needs Assessment Survey (2019).

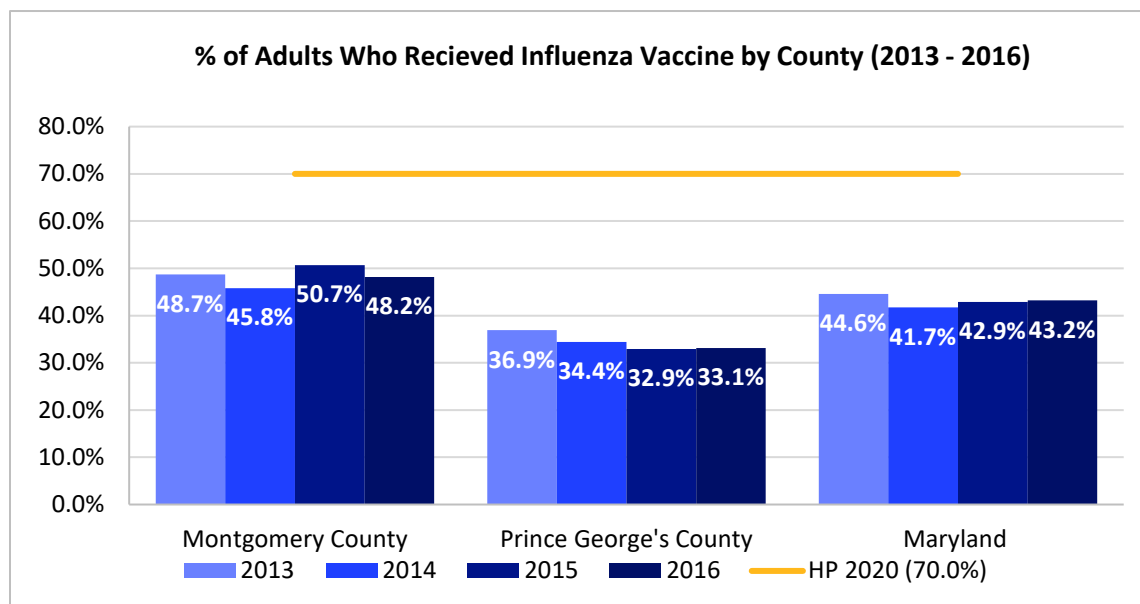
# 8.1 Influenza

## Impact

Influenza is a viral, contagious disease that can lead to complications resulting in pneumonia, a severe infection of the lungs. According to the Maryland Vital Statistics Administration, influenza is the eighth leading cause of death in the state of Maryland at 14.1 deaths per 100,000.<sup>2</sup> Influenza poses a serious threat to the immunocompromised, the very young, and the elderly.<sup>3</sup> Annual flu vaccinations help to strengthen the immune system against the influenza virus.

## Incidence/Prevalence

- Adult influenza vaccination rates are very low in Montgomery County, Prince George's County, and Maryland considering the Healthy People target of 70 percent (Figure 1).
- Montgomery County was about 22 percent below the Healthy People goal and Prince George's County was about 37 percent below the Healthy People goal in 2016 (Figure 1).

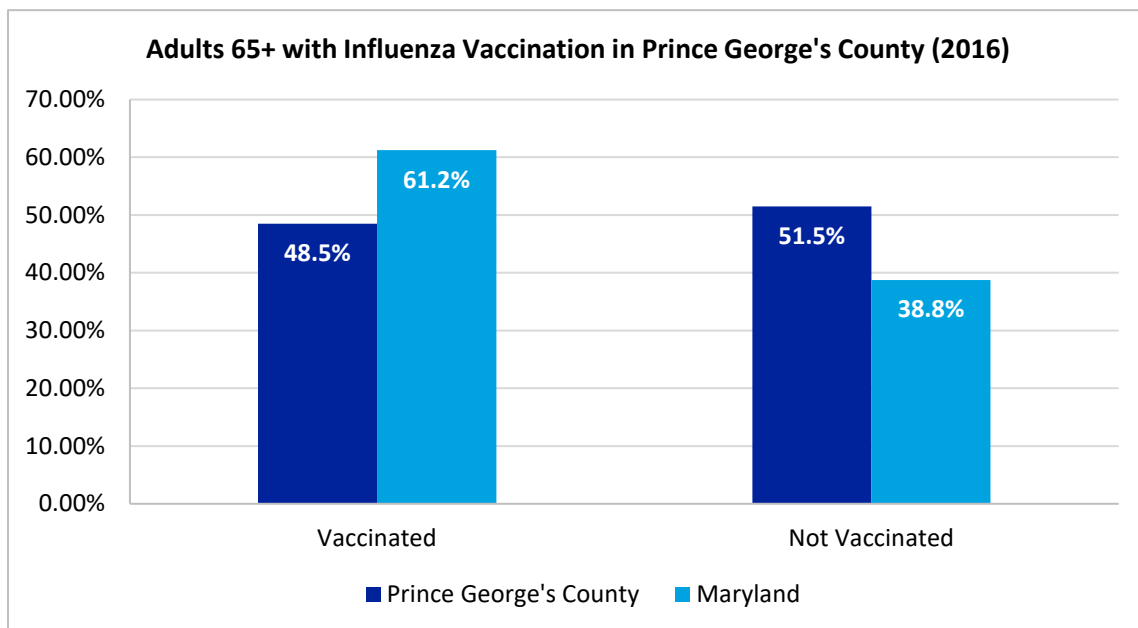


**Figure 1.** Vaccination Rates in Montgomery County, Prince George's County and Maryland, 2013 – 2016  
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2019)

<sup>2</sup> Department of Health and Mental Hygiene (DHMH). (2016). Maryland vital statistics annual report 2014. Retrieved from <http://dhhm.maryland.gov/vsa/Pages/reports.aspx>

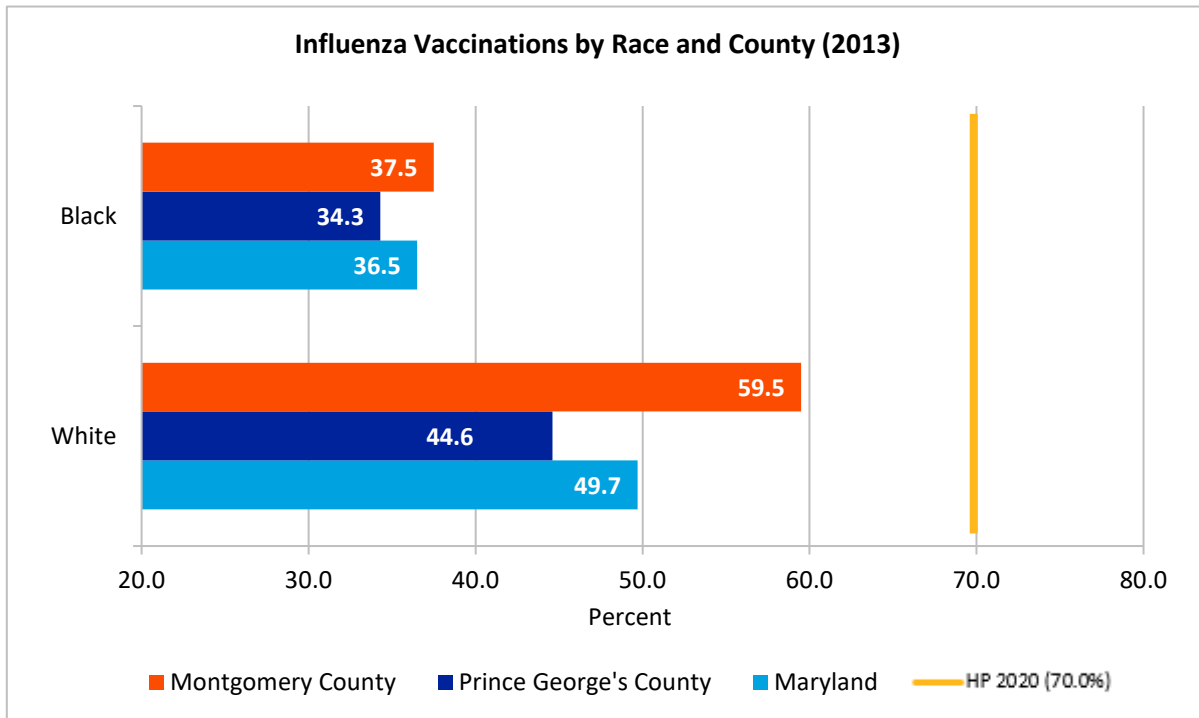
<sup>3</sup> Healthy Communities Institute. (2016). Age-adjusted death rate due to influenza and pneumonia. *Healthy Montgomery*. Retrieved from <http://www.healthymontgomery.org/index.php?module=indicators&controller=index&action=view&indicatorId=110&localEid=1259>

- In 2016, Prince George’s County had a higher percentage of adults 65+ who did not receive the influenza vaccination compared to the individuals that did (Figure 2).



**Figure 2.** Percentage of Vaccinations Among Seniors in Prince George’s County and Maryland, 2016  
 (Sources: [PGC Health Zone](#), 2019)

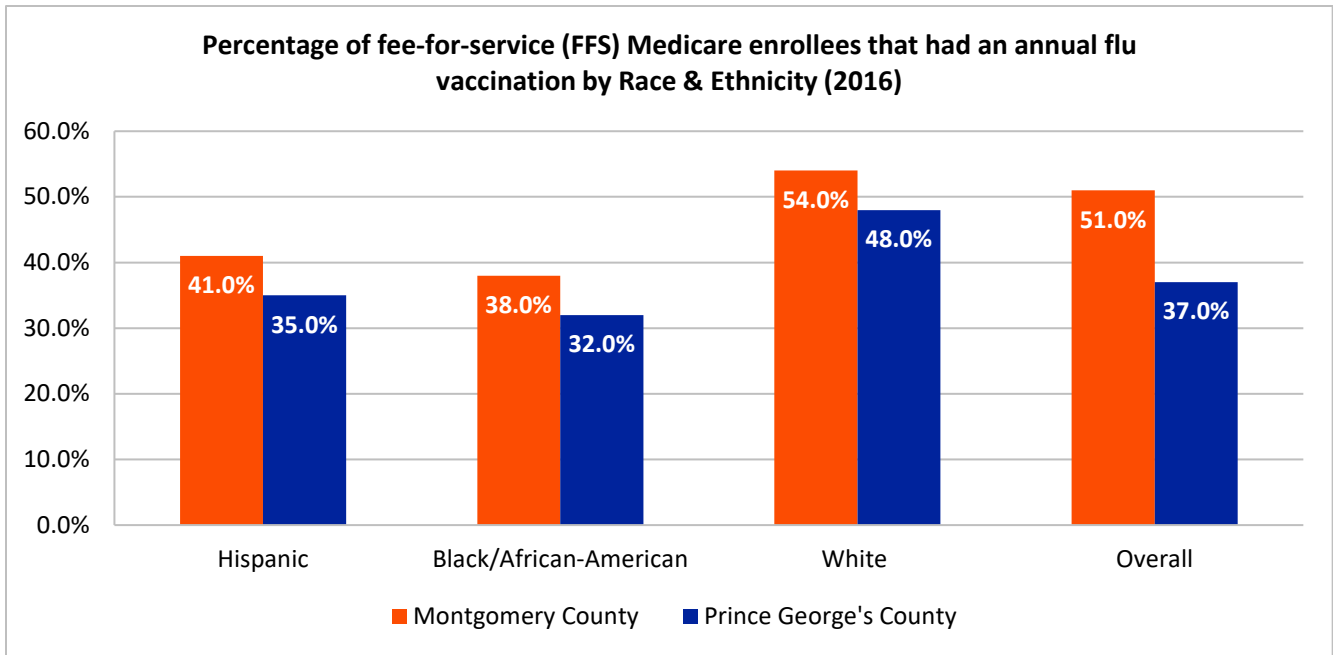
- When stratified by race, White individuals are the most vaccinated in Montgomery County, Prince George’s County and the state overall (Figure 3).
- Black/African-American individuals were vaccinated at similar rates across the two counties and the state (Figure 3).
- Specifically looking at the White population, those in Montgomery County were vaccinated at a much higher rate than those in Prince George’s County or the state (Figure 3).



**Figure 3.** Influenza Vaccination Rates in Montgomery County, Prince George’s County and Maryland by Race and Ethnicity, 2013

(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2016)

- When looking at Medicare enrollees that had an annual flu vaccination by race and ethnicity, White followed by Hispanic individuals had the highest flu vaccine rate than any other group for both counties (Figure 4).
- Black/African-American and Hispanic populations in Montgomery County received the flu vaccination 10 - 13 percent less than the overall percentage for the county (Figure 4).

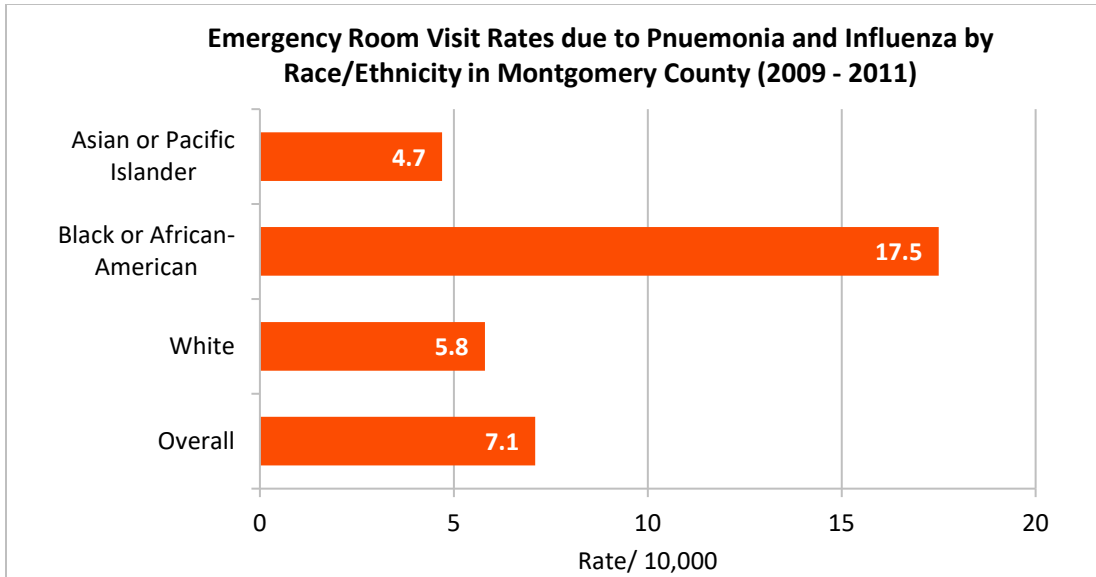


**Figure 4.** Percentage of Fee-for-Service (FFS) Medicare Enrollees That Had an Annual Flu Vaccination by Race/Ethnicity and County, 2016  
 (Source: [County Health Rankings](#), 2019)

## Emergency Room Visits

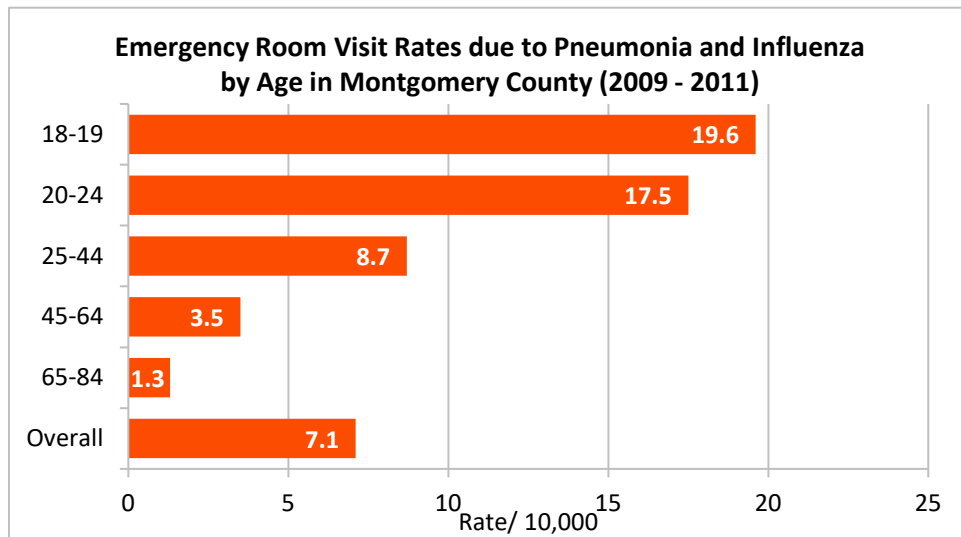
- When looking at emergency room visit rates due to pneumonia and influenza, Black/African-American individuals in Montgomery County utilize the ER at the highest rate. Additionally, Black/African-American's have a rate approximately three times higher than that of their White counterparts for flu related issues (Figure 5).
- Asian followed by White individuals have the lowest ER utilization rate (Figure 5).





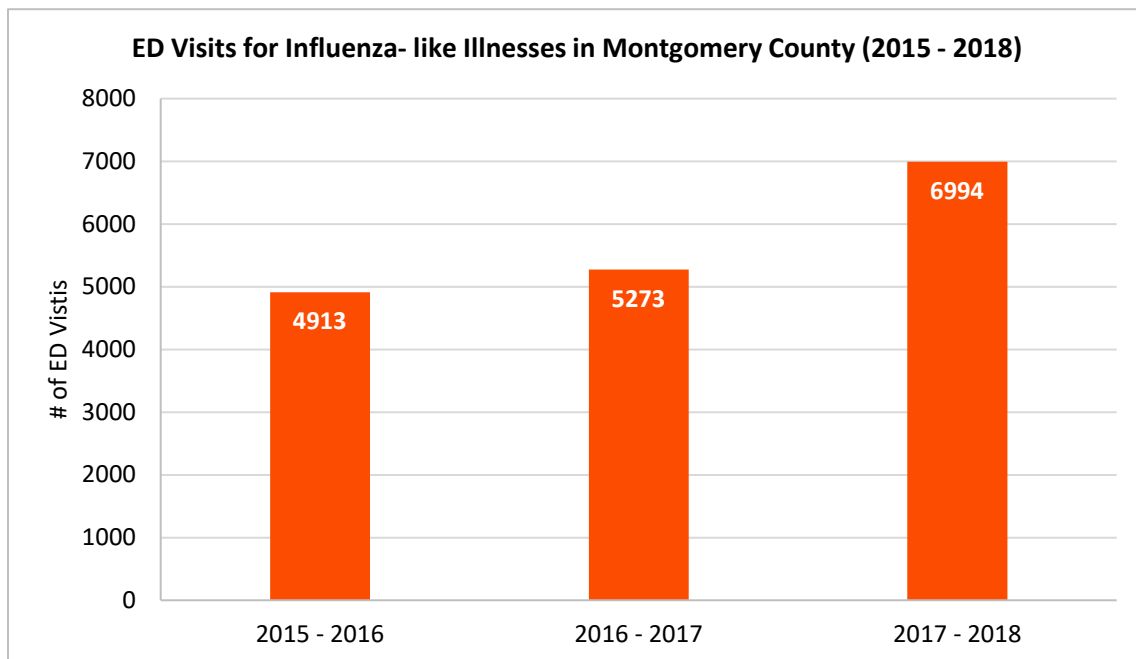
**Figure 5.** Emergency Room Visit Rates due to Pneumonia and Influenza in Montgomery County by Race/Ethnicity  
(Source: [Healthy Montgomery](#), 2013)

- When stratified by age, individuals aged 18 to 19 in Montgomery County visit the emergency room more frequently than any other age group for illnesses related to influenza and pneumonia. This is followed by the 20 to 24 year olds and the 25 to 44 year olds (Figure 6).



**Figure 6.** Emergency Room Visit Rates due to Pneumonia and Influenza in Montgomery County by Age  
(Source: [Healthy Montgomery](#), 2013)

- There was about a 2,000 increase in ED visits for influenza-like illnesses in Montgomery County from 2015 - 2018 (Figure 7).

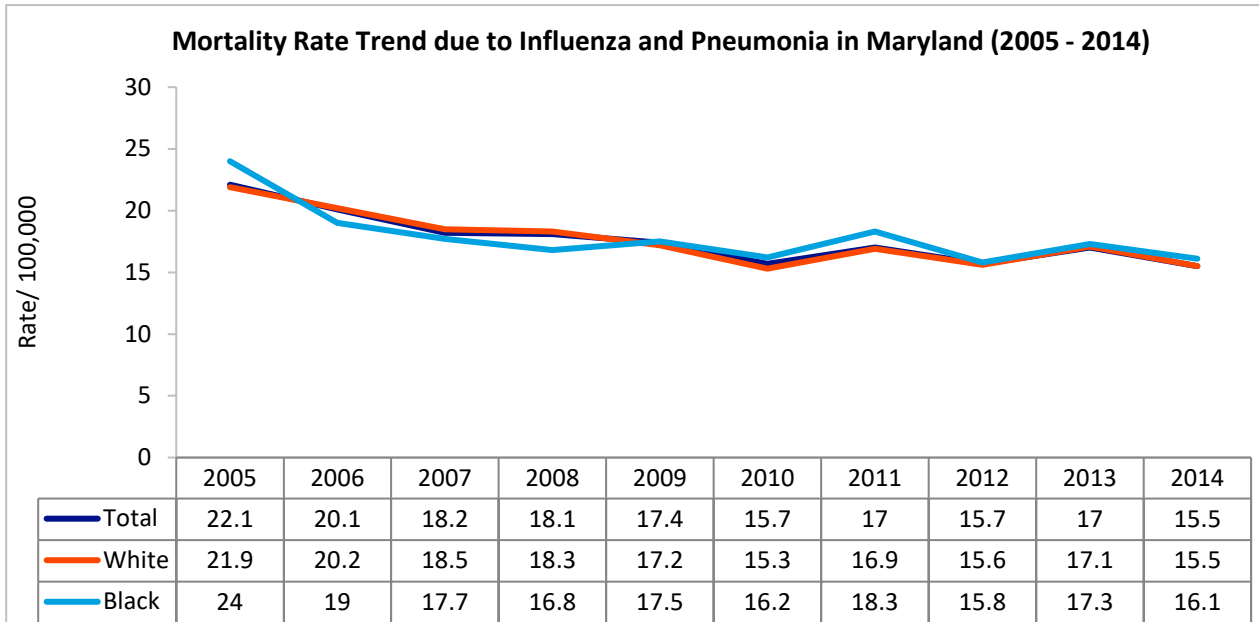


**Figure 7.** Emergency Room Visit Rates due to Influenza – like Illnesses in Montgomery, 2015 – 2018

(Source: [Report on Infectious Disease 2013-2017 Montgomery County](#), 2019)

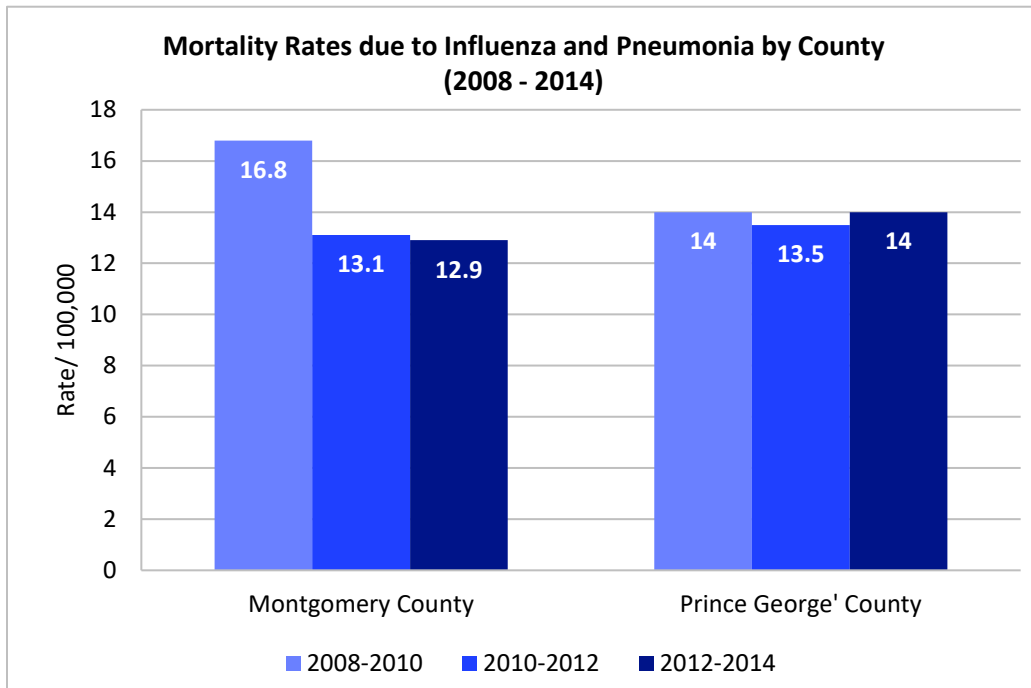
## Mortality

- Mortality due to influenza and pneumonia in the state have decreased by 30 percent since 2005 (Figure 8).
- Over the past decade, the mortality rates for the total population and the White population in Maryland have been similar (Figure 8).
- The mortality rate for Blacks has been higher than that of Whites and the total population since 2009 (Figure 8).



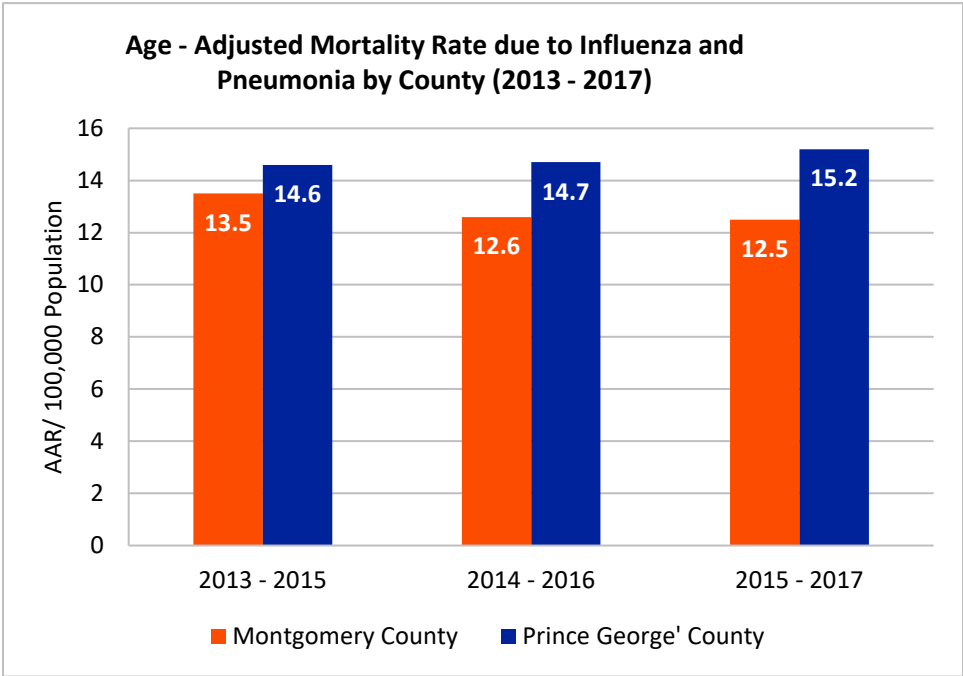
**Figure 8.** Mortality Rate Trend due to Influenza and Pneumonia in Maryland, 2005 – 2014  
 (Source: [Maryland Department of Health and Mental Hygiene \(DHMH\)](#), 2014)

- At the county level, the mortality rate due to influenza and complications from pneumonia is lower in Montgomery County than in Prince George’s County (Figure 9).



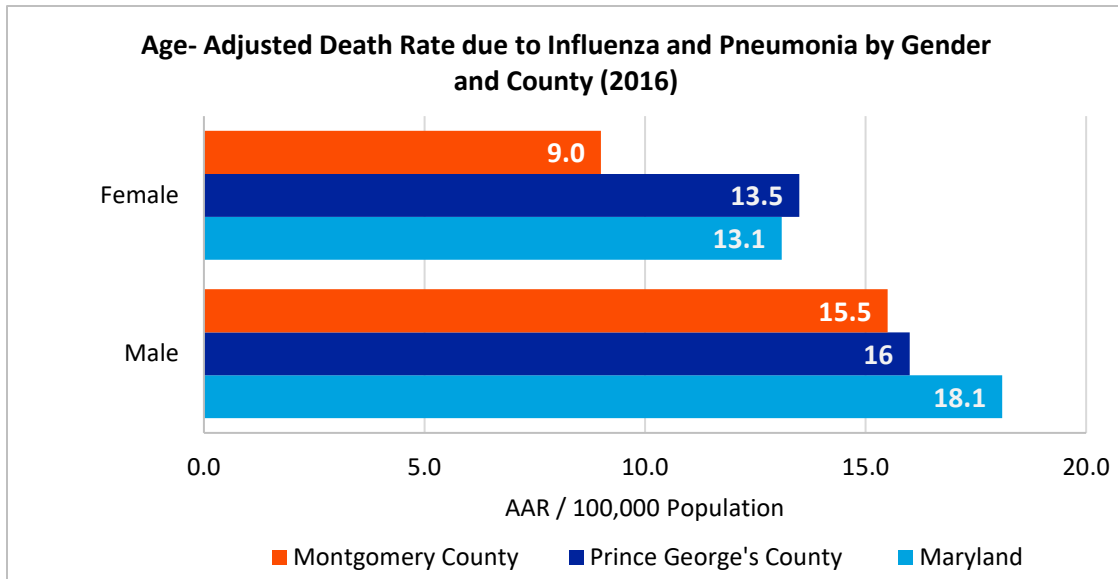
**Figure 9.** Mortality Rates due to Influenza and Pneumonia in Montgomery County and Prince George's County, 2008 – 2014  
 (Sources: [Healthy Montgomery](#) & [PGC Health Zone](#), 2014)

- Age-adjusted mortality rates due to influenza and pneumonia have been mostly stable since 2013 to 2017 (Figure 10).
- Montgomery County has slightly lower mortality rates than Prince George’s County (Figure 10).



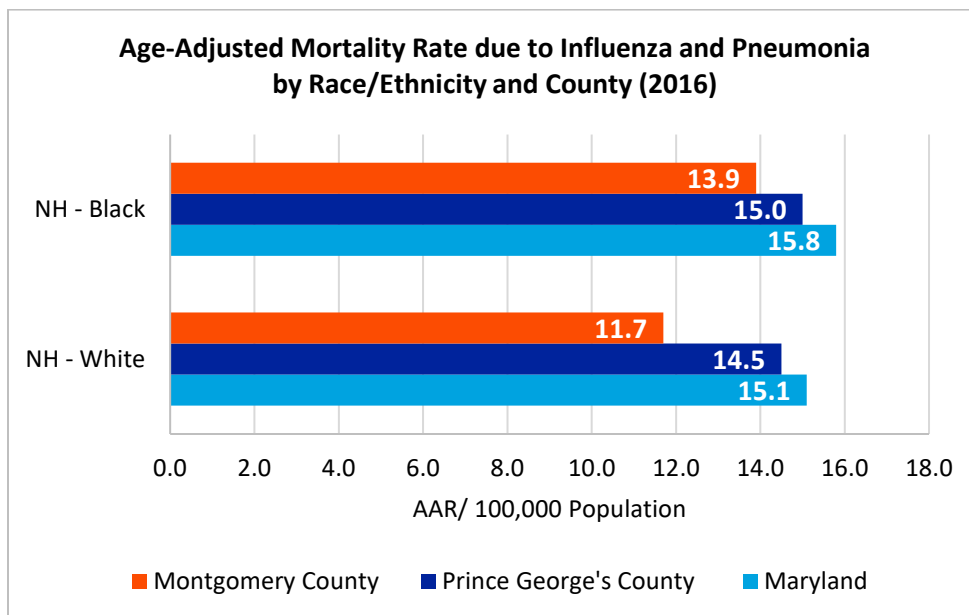
**Figure 10.** Age – Adjusted Mortality Rate due to Influenza and Pneumonia, 2013 – 2017  
 (Source: [Maryland Vital Statistics Annual Report 2015](#), [Maryland Vital Statistics Annual Report 2016](#), & [Maryland Vital Statistics Annual Report 2017](#), 2015 - 2017)

- Males had a higher date rate in 2016 in Maryland, Montgomery County, and Prince George’s County (Figure 11).
- Montgomery County had low rates for both males and females compared to Maryland and Prince George’s County (Figure 11).



**Figure 11.** Age – Adjusted Death Rate due to Influenza and Pneumonia by Gender, 2016  
 (Source: [CDC Wonder API: Prince George's County](#) & [CDC Wonder API: Montgomery County](#), 2019)

- Non-Hispanic Black/African-American’s and Non-Hispanic White individuals have similar mortality rates due to influenza and pneumonia at both county and state levels (Figure 12).
- Non-Hispanic White individuals in Montgomery County had the lowest mortality rate due to influenza and pneumonia when compared to all other races/ethnicities in Prince George’s County and the state (Figure 12).



**Figure 12.** Age – Adjusted Death Rate due to Influenza and Pneumonia by Race/Ethnicity and County, 2016

(Source: [CDC Wonder API: Prince George's County](#) & [CDC Wonder API: Montgomery County](#), 2019)

## Community Resources

Immunization against influenza is widely available in White Oak Medical Center's Community Benefit Service Area:

**1. ADVENTIST HEALTHCARE WHITE OAK MEDICAL CENTER**

**Address:** 11890 Healing Way, Silver Spring, MD 20904

**Phone:** 240-637-4000

**Website:**

[https://www.adventisthealthcare.com/locations/profile/white-oak-medical-center/?utm\\_source=local-listing&utm\\_medium=organic&utm\\_campaign=website-link](https://www.adventisthealthcare.com/locations/profile/white-oak-medical-center/?utm_source=local-listing&utm_medium=organic&utm_campaign=website-link)

**2. PRINCE GEORGE'S COUNTY HEALTH DEPARTMENT**

*The Prince George's County Health Department website lists the schedule for Flu Vaccinations in the county in both English and Spanish.*

**Address:** 3003 Hospital Drive, Suite 1055, Cheverly, MD 20785

**Phone:** 301-583-3150

**Website:**

<https://www.princegeorgescountymd.gov/2052/immunizations>

**3. MONTGOMERY COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES**

*An annual campaign is offered to residents which includes a Flu Information Line and a "Stay at Home Toolkit."*

**Address:** 1301 Piccard Drive, Rockville, MD 20850

**Phone:** 240-777-0311

**Website:**

<https://www.montgomerycountymd.gov/resident/flu.html>

**4. CCI HEALTH & WELLNESS SERVICES**

**Address:** 8630 Fenton Street, Suite 1204 Silver Spring, MD 20910

**Phone:** 301-340-7525

**Website:** <https://cciweb.org/services/>

**5. CHILDREN'S NATIONAL – MOBILE HEALTH**

**Address:** 111 Michigan Ave NW, Washington, DC 20010

**Phone:** 888-884-2327

**Website:**

<https://childrensnational.org/advocacy-and-outreach/in-the-community/community-partnerships/mobile-health>

## 8.2 HIV/AIDS

### Impact

Human immunodeficiency virus (HIV) attacks one's immune system by destroying CD4 cells that help in fighting off infections and diseases.<sup>4</sup> HIV infection can progressively worsen in stages until it becomes acquired immunodeficiency syndrome (AIDS), the most severe phase of HIV infection. HIV can be transmitted through sexual behaviors and needle/syringe use. In 2015, the state of Maryland was nationally ranked fifth highest in estimated HIV diagnosis rates and ninth in total number of AIDS cases.<sup>5</sup> HIV/AIDS affects people of all races, ethnicities, genders, and sexual orientations. However, the most at-risk population is men who have sex with men, particularly Black men who have sex with men. In both Montgomery and Prince George's County, the groups most highly affected are those similar to Maryland: Black/African-American men, men who have sex with men, and individuals between the ages of 40 – 49 and 50 - 59. When comparing the two counties, Prince George's County has nearly 2 times the number of new HIV cases than Montgomery County<sup>6,7</sup>. Prince George's County is the second highest in new HIV diagnosis in the state<sup>8</sup>. On average, six people are diagnosed with HIV in Prince George's County alone. While HIV can be controlled through treatment, to date, there is no cure.<sup>9</sup>

### HIV/AIDS at the State Level

- Maryland's reported AIDS death rate in 2017 was low considering the almost 17,000 living with AIDS cases (Figure 1).
- In 2017, those living with HIV/AIDS cases in Maryland was about 14,000 more cases than those living with AIDS cases (Figure 1).

<sup>4</sup> CDC. (2016). About HIV/AIDS. Retrieved from <http://www.cdc.gov/hiv/basics/whatishiv.html>

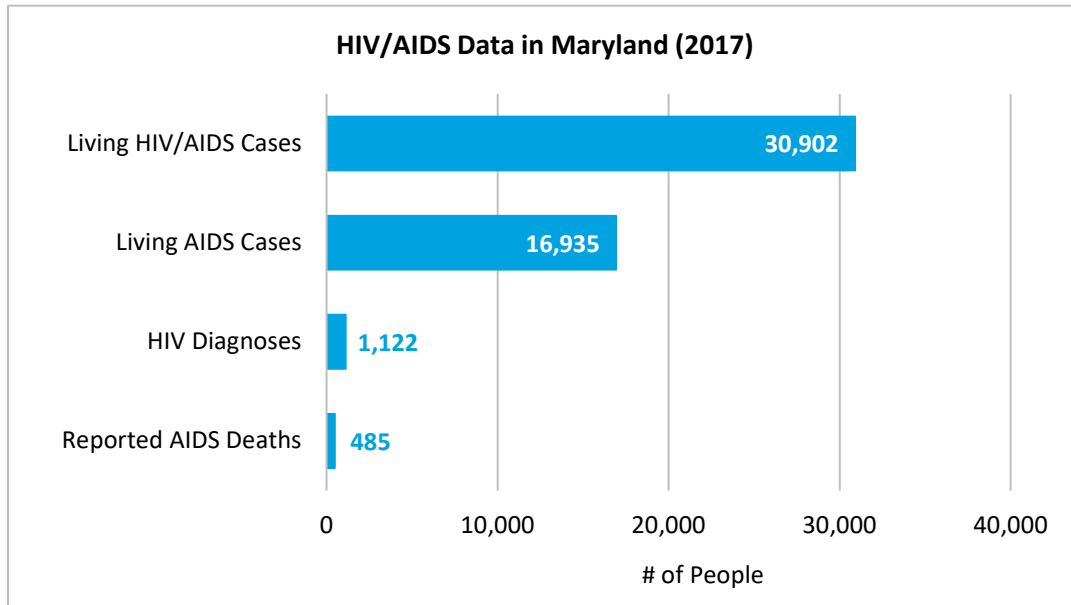
<sup>5</sup> DHMH – Prevention and Health Promotion Administration, Infectious Disease Epidemiology and Outbreak Response Bureau. (2017). Maryland HIV progress report, November 2017. Retrieved from <https://phpa.health.maryland.gov/OIDEOR/CHSE/SiteAssets/Pages/statistics/Maryland-Progress-Report-2016.pdf>

<sup>6</sup> Maryland Department of Health, Center for HIV Surveillance, Epidemiology, and Evaluation. (2017). Prince George's HIV Fact Sheet. Retrieved from <https://phpa.health.maryland.gov/OIDEOR/CHSE/SiteAssets/Pages/County-Data-Sheets/Prince-George%27s-County-Fact-Sheet-2018.pdf>

<sup>7</sup> Maryland Department of Health, Center for HIV Surveillance, Epidemiology, and Evaluation. (2017). Montgomery County HIV Fact Sheet. Retrieved from <https://phpa.health.maryland.gov/OIDEOR/CHSE/SiteAssets/Pages/County-Data-Sheets/Montgomery-County-Fact-Sheet-2018.pdf>

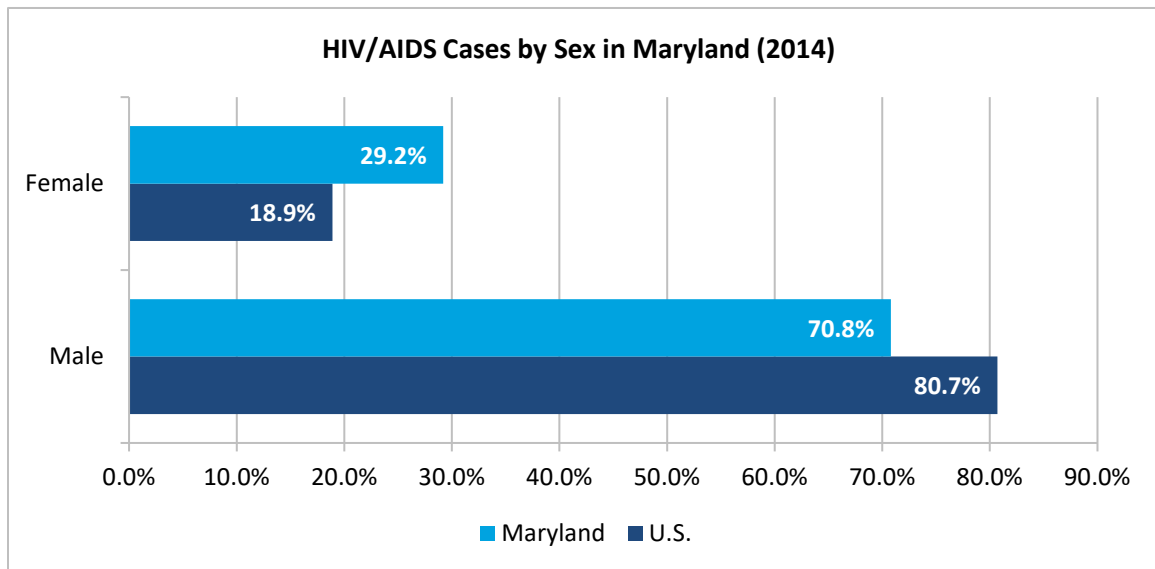
<sup>8</sup> Maryland Department of Health. (2017). Maryland HIV Annual Epidemiological Profile. Retrieved from <https://phpa.health.maryland.gov/OIDEOR/CHSE/SiteAssets/Pages/statistics/Maryland-HIV-Annual-Epidemiological-Profile-2016.pdf>

<sup>9</sup> DHMH – Prevention and Health Promotion Administration, Infectious Disease Epidemiology and Outbreak Response Bureau. (2016). Maryland HIV progress report, June 2016. Retrieved from <http://phpa.dhmm.maryland.gov/OIDEOR/CHSE/SiteAssets/Pages/statistics/Maryland-Progress-Report-2014.pdf>



**Figure 1.** HIV/AIDS Data, 2017  
 (Source: [Maryland HIV Progress Report](#), November 2017)

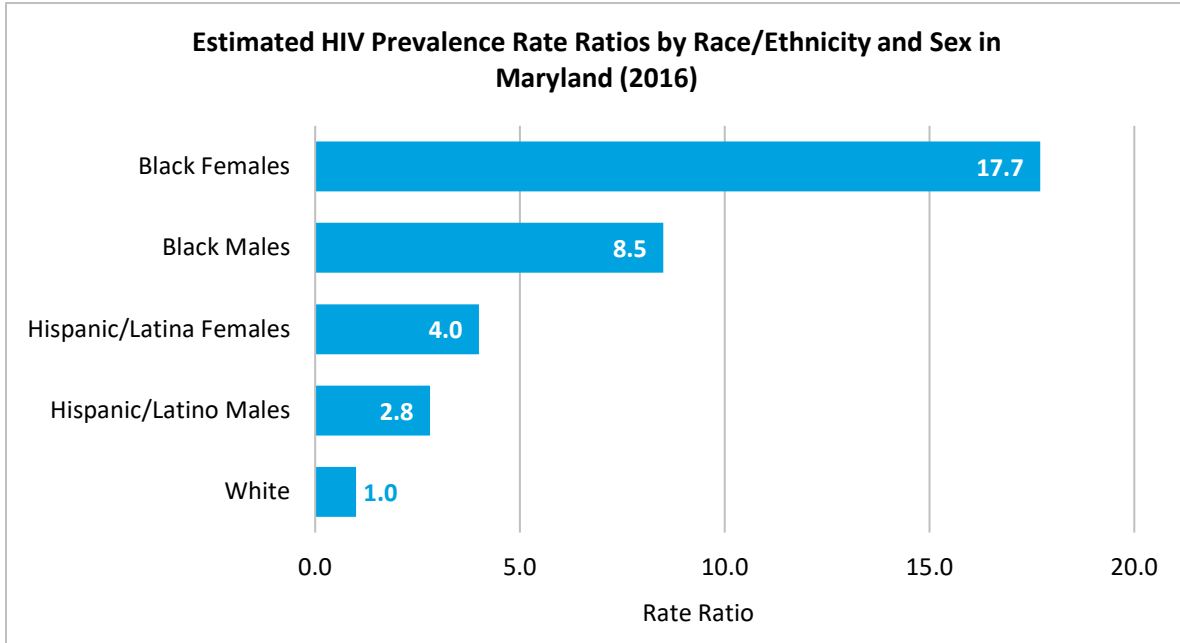
- Overall, males constitute 71 percent of the population affected by HIV/AIDS in Maryland, while females make up 29 percent (Figure 2).



**Figure 2.** Percentage of HIV/AIDS cases in Maryland and the U.S. by Sex, 2014  
 (Source: [Maryland HIV Progress Report](#), June 2016)

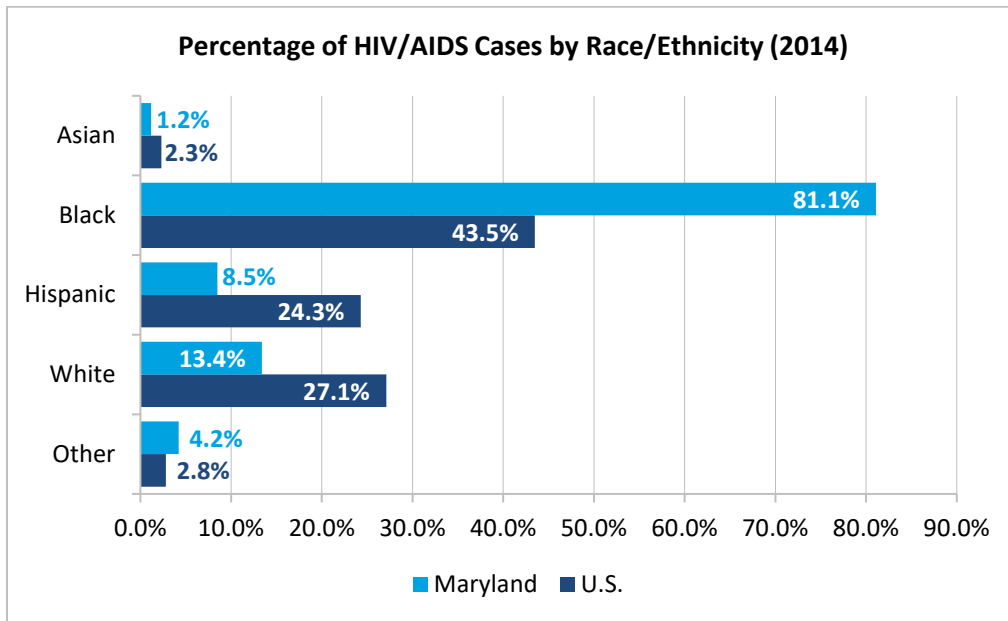
- In 2016, Black/African-American females were the most prevalent group for HIV followed by Black/African-American males and then Hispanic females (Figure 3).
- Black/African-American individuals continue to be the most disproportionately affected group (Figure 3).





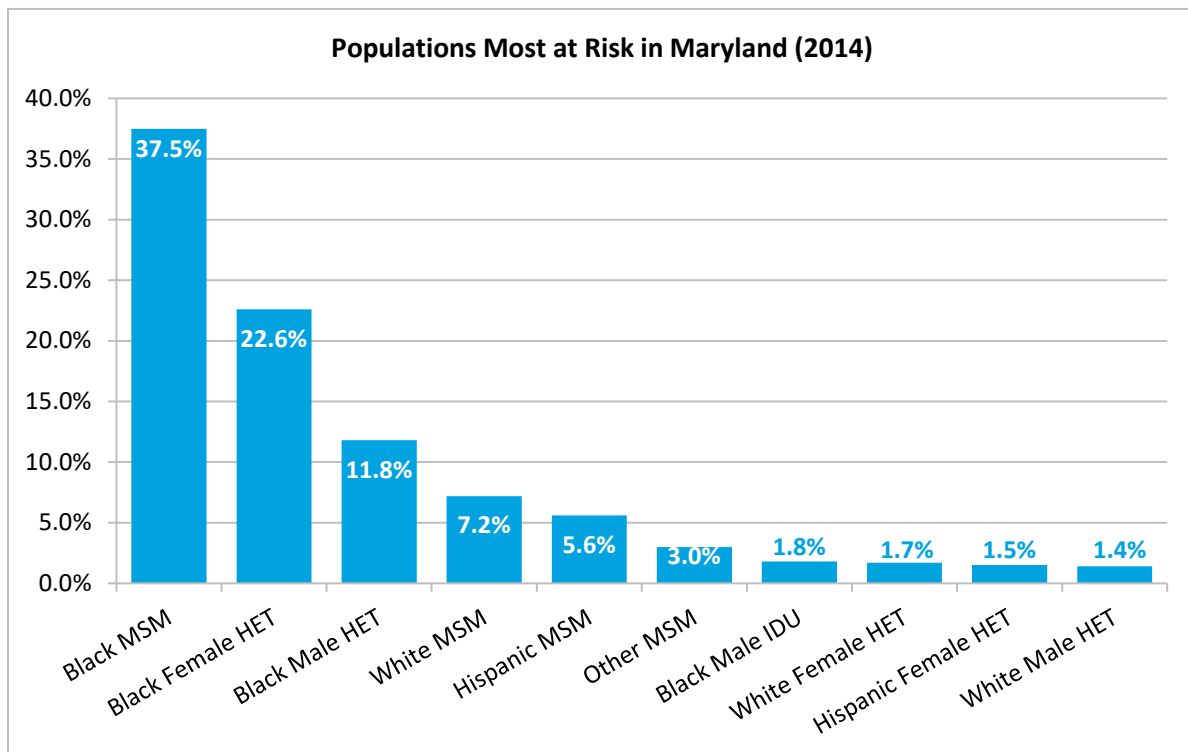
**Figure 3.** Estimated HIV/AIDS Prevalence Rate Ratios by Race & Ethnicity, 2015  
(Source: [AIDS Vu, Maryland](#), 2019)

- Black/African-American individuals continue to be the most disproportionately affected group at both state and national levels, followed by White individuals (Figure 4).



**Figure 4.** HIV/AIDS Data by Race and Ethnicity, 2014  
(Source: [Maryland HIV Progress Report](#), June 2016)

- Black men who have sex with men are the most at-risk group for HIV/AIDS, followed by Black females engaging in heterosexual activities and Black males engaging in heterosexual activities (Figure 5).



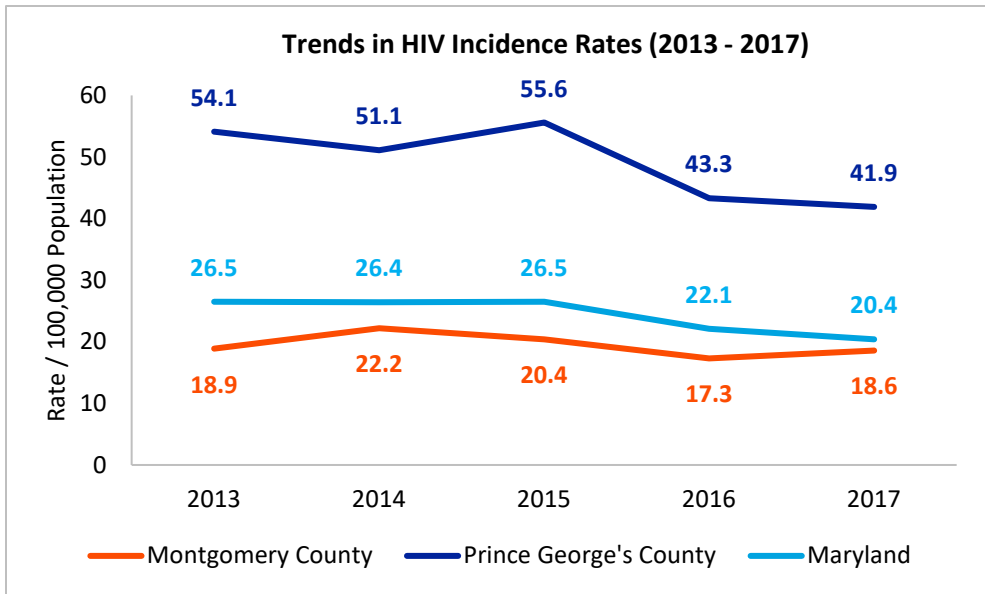
**Figure 5.** Populations Most at Risk for HIV/AIDS in Maryland, 2014

(Source: [Maryland HIV Progress Report](#), June 2016)

(Note: MSM = men who have sex with men, HET = heterosexual exposure, IDU = injection drug)

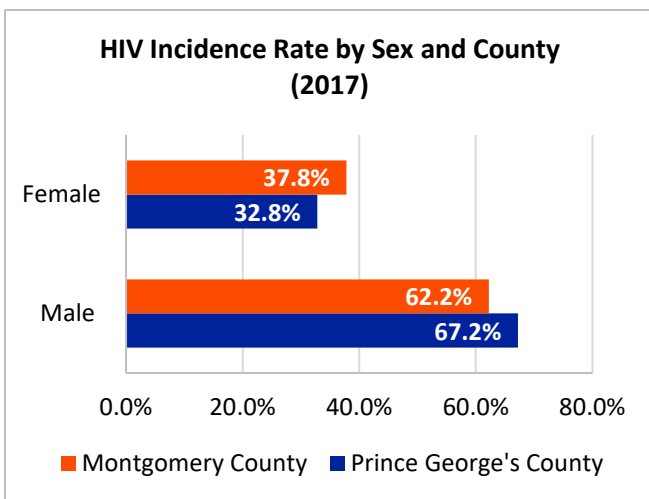
## HIV/AIDS at the County Level

- The HIV incidence rate in Montgomery County has been relatively stable with some variation from 2013 to 2017. However, from 2016 to 2017 there was a 1.3 percent increase (Figure 6).
- Prince George’s County and Maryland have had decreasing trends since 2013 to 2017, but Prince George’s County had a large spike in 2015 reaching 55.6 per 100,000 population (Figure 6).

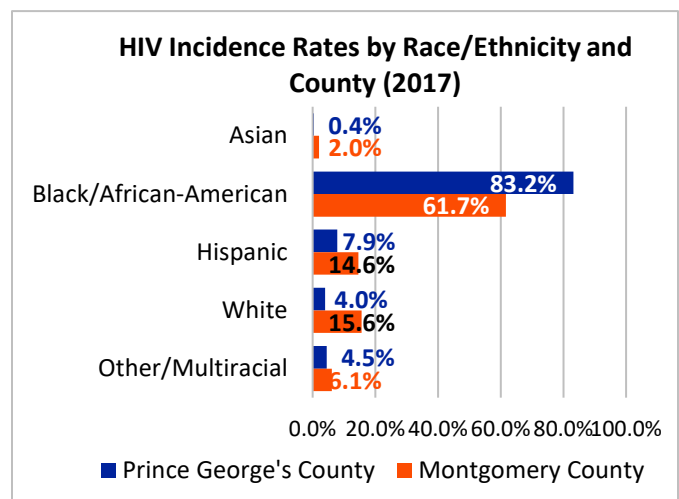


**Figure 6.** Trends in HIV Incidence Rates by State and County, 2013 - 2017  
(Source: [Healthy Montgomery](#) & [PGC Health Zone](#), 2019)

- In 2017, males had higher HIV incidence rates than females in both counties. Montgomery County has about a 24 percent difference and Prince George’s County has around a 34 percent difference in gender rates (Figure 7).
- In both Montgomery County and Prince George’s County, Black/African-American individuals made up the majority of HIV incidence rate cases (Figure 8).
- In 2017, there were approximately 4,000 more incidences of HIV among Black/African-American individuals in Prince George’s County than in Montgomery County (Figure 8).

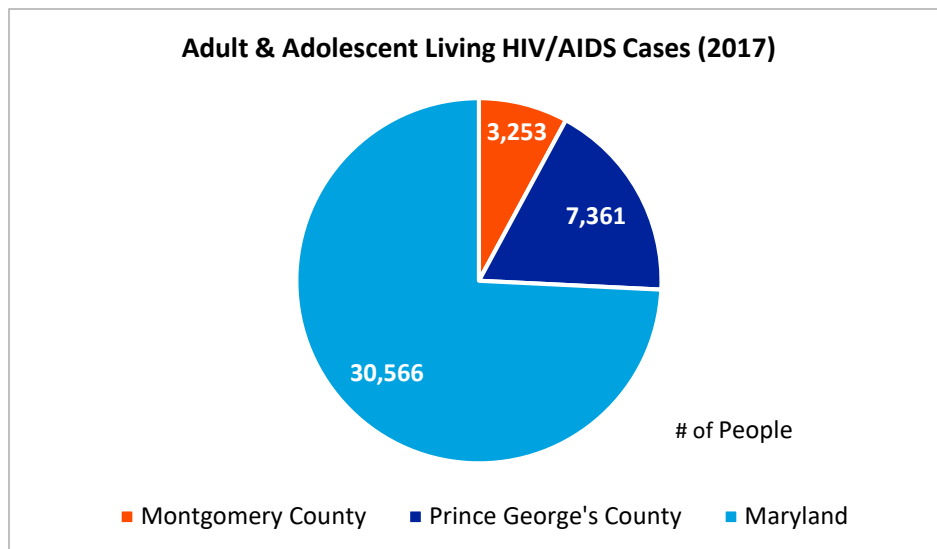


**Figure 7.** HIV Incidence Rates by Sex and County, 2017  
(Source: [Montgomery County HIV Fact Sheet](#) & [Prince George's County HIV Fact Sheet](#), 2018)



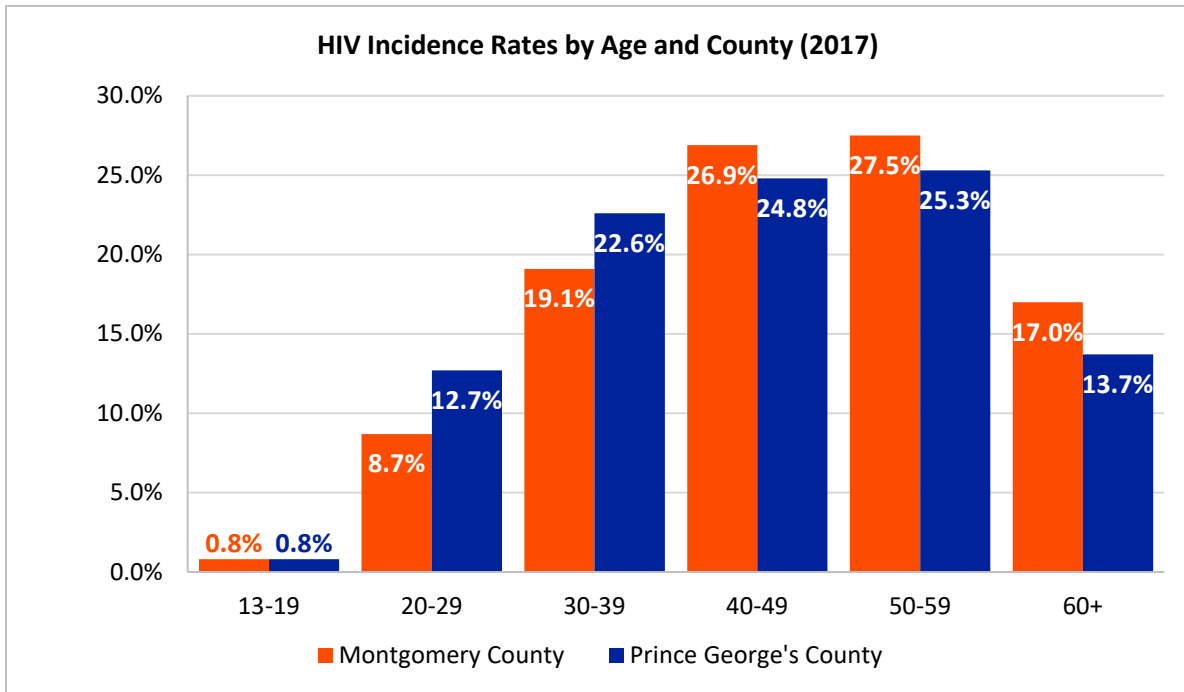
**Figure 8.** HIV Incidence Rates by Race/Ethnicity and County, 2017  
(Source: [Montgomery County HIV Fact Sheet](#) & [Prince George's County HIV Fact Sheet](#), 2018)

- Prince George’s County had more than double the adults/adolescents living with HIV/AIDS than Montgomery County in 2017 (Figure 9).
- Prince George’s County had around 24 percent of Maryland’s HIV/AIDS cases and Montgomery County had around 10.6 percent of Maryland’s HIV/AIDS cases in 2017 (Figure 9).



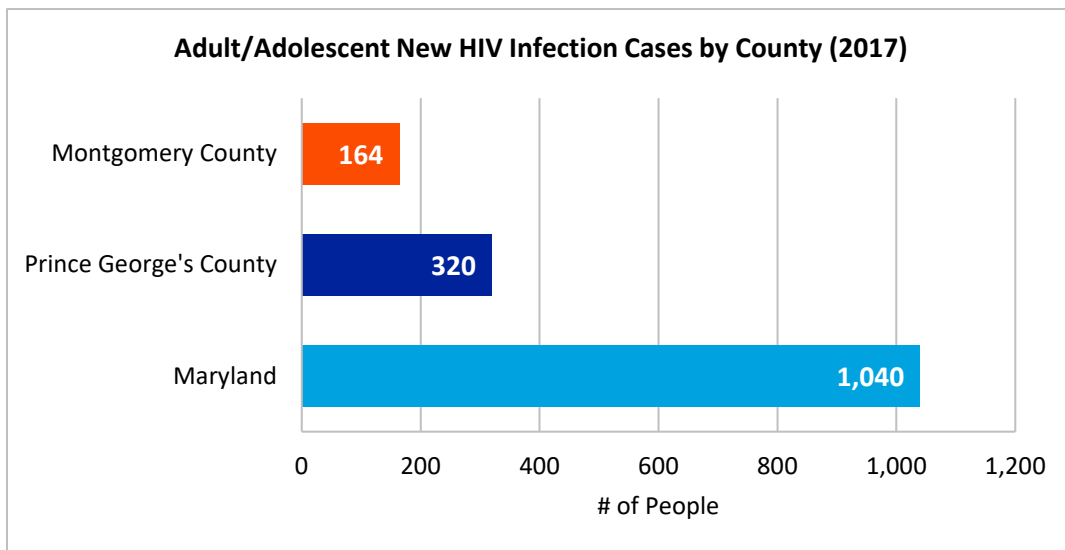
**Figure 9.** The Rate of People Living with an HIV/AIDS Diagnosis in Montgomery County, Prince George’s County, and Maryland, 2017  
 (Source: [Montgomery County HIV Fact Sheet](#), [Prince George's County HIV Fact Sheet](#), & [HIV in Maryland](#), 2018)

- HIV incidence rate was highest for those in the age groups 50 - 59 and 40 - 49 in Montgomery and Prince George’s County (Figure 10).
- Individuals in the 30 – 39-year age group were third highest for both counties (Figure 10).



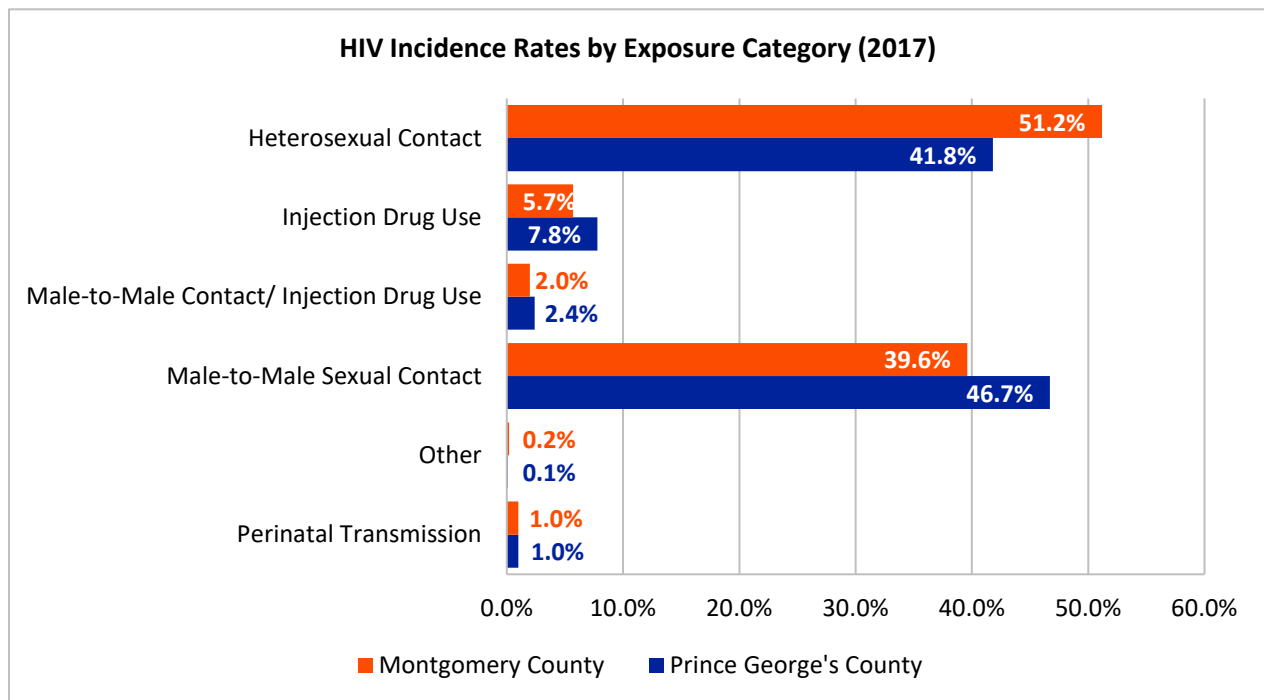
**Figure 10.** HIV Incidence Rates by Age and County, 2017  
 (Source: [Montgomery County HIV Fact Sheet](#) & [Prince George's County HIV Fact Sheet](#), 2018)

- Of the 1,040 adult/adolescent new HIV infections in Maryland in 2017, Prince George’s County was around 31 percent and Montgomery County was around 16 percent of the new HIV infections (Figure 11).



**Figure 11.** Adult/Adolescent New HIV Infection Cases by County, 2017  
 (Source: [Montgomery County HIV Fact Sheet](#) & [Prince George’s County Fact Sheet](#) & [HIV in Maryland](#), 2018)

- In Montgomery County, among living adult/adolescent cases, the most common exposure category was heterosexual contact (51.2 percent), and in Prince George's County it was male-to-male sexual contact (46.7 percent) (Figure 12).
- Heterosexual contact and male –to-male contact had the highest percentages for Montgomery and Prince George’s County (Figure 12).



**Figure 12.** HIV Incidence Rates by Exposure Category, 2017  
 (Source: [Montgomery County HIV Fact Sheet & Prince George's County HIV Fact Sheet](#), 2017)

## Community Resources

Treatment and support for those with HIV or AIDS is provided by both private and public health care providers:

- 6. MARYLAND DEPARTMENT OF HEALTH – CENTER FOR HIV PREVENTION AND HEALTH SERVICES**  
**Address:** 201 W. Preston Street,  
Baltimore, MD 21201  
**Phone:** 410-767-6500  
**Website:**  
<https://phpa.health.maryland.gov/OIDP/CS/CHP/pages/Home.aspx>
- 7. PRINCE GEORGE’S COUNTY HEALTH DEPARTMENT – HIV/ AIDS PROGRAM**  
*Provides testing in various locations throughout the county.*  
**Address:** 3003 Hospital Drive, Suite 1055, Cheverly, MD 20785  
**Phone:** 301-583-3150  
**Website:**  
<https://www.princegeorgescountymd.gov/1883/HIV-AIDS-Program>
- 8. MONTGOMERY COUNTY HEALTH DEPARTMENT – HIV CARE AND CASE MANAGEMENT**  
**Address:** 2000 Dennis Ave, Silver Spring, MD 20902  
**Phone:** 240-777-1245  
**Website:**  
<https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=PHS/PHSHIV/Services-p274.html>
- 9. UNIVERSITY HEALTH CENTER – SEXUAL HEALTH**  
**Address:** 3983 Campus Drive, College Park, MD 20742  
**Phone:** 301-314-8130  
**Email:** jbeckwit@umd.edu  
**Website:**  
<https://health.umd.edu/wellness-advocacy/sexual-health>
- 10. WHITMAN WALKER HEALTH – HIV/STI TESTING**  
*Whitman-Walker provides confidential, walk-in HIV and STI testing at multiple locations in D.C.*  
**Address:** 1525 14th St NW, Washington, DC 20005  
**Phone:** 202-745-7000  
**Website:** <https://www.whitman-walker.org/hiv-sti-testing>
- 11. CASA DE MARYLAND – HEALTH IS LIFE PROGRAM**  
*CASA’s Bilingual Health Hotline: 301-270-8432*  
**Address:** 734 University Blvd. E., Silver Spring, MD 20903  
**Phone:** 301-431-4185  
**Website:**  
<http://cdm.nonprofitsoapbox.com/programs-mainmenu-73/services-mainmenu-76?task=view>

**12. HEART TO HAND**

*Supports those infected and affected by sexually transmitted infections, including HIV, in Prince George's County.*

**Address:** 9701 Apollo Drive, Suite 400, Largo, Maryland 20774

**Phone:** 301-772-0103

**Email:** [info@hearttohandinc.org](mailto:info@hearttohandinc.org)

**Website:**

<http://www.hearttohandinc.org/health-care-contact-us>

**13. CENTER FOR DISEASE CONTROL AND PREVENTION – GET TESTED**

Find free, fast, and confidential testing near you.

**Website:** <https://gettested.cdc.gov/>

**14. METROPOLITAN HOUSING ACCESS PROGRAM (MHAP) – PEOPLE LIVING WITH HIV/AIDS**

*The centralized source for housing services and housing information for persons living with HIV/AIDS (PLWHA) in the District of Columbia, Prince George's County, MD and Charles County, MD.*

**Website:**

<http://housingetc.org/metropolitan-housing-access-program-mahp/>

**15. CCI HEALTH & WELLNESS SERVICES**

**Address:** 8630 Fenton Street, Suite 1204 Silver Spring, MD 20910

**Phone:** 301-340-7525

**Website:** <https://cciweb.org/services/>

**16. MARYLAND IS GREATER THAN AIDS**

*Is a leading public information response focused on the U.S. domestic HIV/AIDS epidemic, in particular communities and people most affected by it.*

**Website:** <https://www.greaterthan.org/>



# Section IV: Findings

## Part B: Secondary Data

### Chapter 9: Social Determinants of Health (SDOH)

- 9.1: Educational Attainment
- 9.2: Food Access
- 9.3: Housing
- 9.4: Transportation

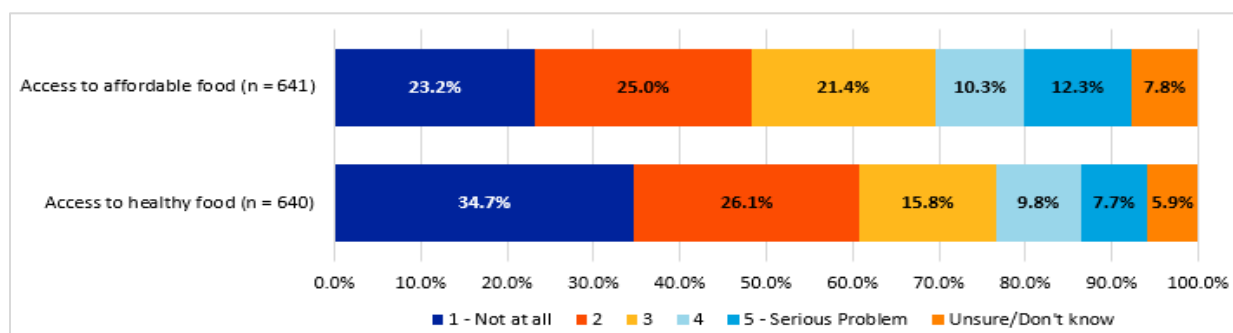
# Social Determinants of Health

## KEY FINDINGS – PART I

Disparities & Indicators	Trend Over Time
<p><b>Education</b></p> <ul style="list-style-type: none"> <li>In PGC and MC, <b>Hispanic</b> high school students have the lowest <b>graduation rates</b> among all racial/ethnic groups; <b>Asian</b> students have the highest rates</li> <li>In both counties, <b>NH – Black/AA</b> and <b>Hispanic</b> students have the lowest <b>proficiency in math and English language arts</b> as compared to <b>Asian</b> students who have the highest rates overall</li> <li>Bachelor’s degree or higher is lowest among <b>Hispanics</b> and <b>AI/AN</b> as compared to <b>Asian</b> and <b>White</b> individuals who have the highest rates among all racial/ethnic groups</li> </ul> <p><b>Food Access</b></p> <ul style="list-style-type: none"> <li>There are 6.7% more <b>fast food restaurants</b> and 2.2% less <b>grocery stores</b> in PGC as compared to MC</li> <li>In PGC, the <b>food insecurity</b> rate is more than 2X greater than MC; neither county meets the HP 2020 target of 6.0%</li> <li>In MC, <b>NH – Black/AA</b> and <b>Hispanic</b> households are becoming more food secure as <b>NH – White</b> households are becoming less food secure</li> </ul>	<ul style="list-style-type: none"> <li>Food insecurity rates had a 1.5% decrease in PGC from 2013 to 2017</li> <li>PGC had a 6.1% increase in high school graduation rates from 2014 – 2017</li> <li>From FY2013 – FY2018, households receiving SNAP decreased by 11.1% in MC and 20.4% in PGC</li> <li>MC has a stable trend from 2014 – 2017 for high school graduation with an average of 89.3%</li> <li>From 2014 – 2017, students entering kindergarten ready to learn remained stable for both MC (avg. 48.3%) and PGC (avg. 35.0%)</li> <li>From 2017 - 2018, the PGC high school graduation rate decreased by 4.2%</li> </ul>




## Community Perception

WOMC CBSA: Thinking about your local community/neighborhood, on a scale of 1-5, how much of a problem are each of the following:



# Social Determinants of Health


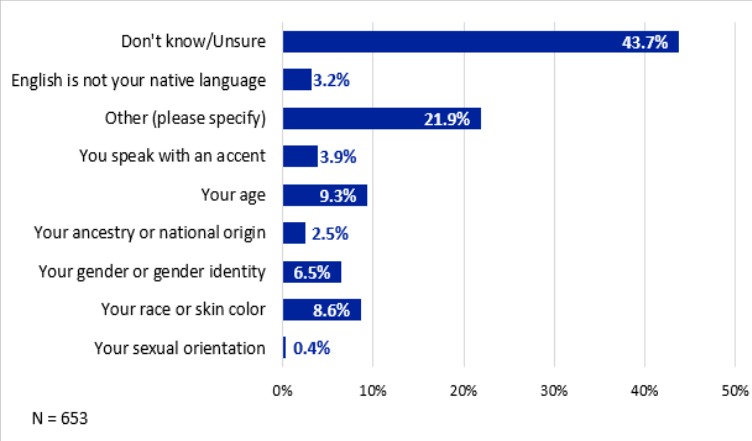
## KEY FINDINGS – PART II

Disparities & Indicators	Trend Over Time
<p><b>Housing</b></p> <ul style="list-style-type: none"> <li>MC has a higher homeless population than PGC</li> <li>In MC, the largest number of people who are homeless are individuals; in PGC, it's persons in families</li> <li>MC's largest subpopulation of <b>homeless individuals</b> are <b>domestic violence victims</b> with <b>chronic health problems</b>; PGC's largest subpopulations are individuals with chronic health problems and those with physical disabilities</li> <li>17% of MC and 20% of PGC households have <b>severe housing problems</b></li> </ul>	<ul style="list-style-type: none"> <li>  Adults who have had a routine check-up increased in PGC         </li> <li>  Individuals experiencing homelessness in MC and PGC saw a decreasing trend         </li> <li>  Increasing trend for adults who are unable to afford to see a doctor in PGC         </li> </ul>
Community Perception	
<p><b>Navigating the Healthcare System</b>            “When it comes to behavioral health calls, particularly for those with alcohol or substance abuse struggles, they are seeing the same people over and over. Unfortunately, we often don’t have anywhere else to take them other than the ER.”<sup>1</sup></p>	<p><b>Lack of quality providers in their area</b>            “It’s too easy to cross counties and go elsewhere because of the perception that there’s better care elsewhere.”<sup>4</sup></p>
<p><b>Language Barriers</b>            “Even though resources are out there, the problem remains that people lack information due to factors like language barriers.”<sup>2</sup></p>	<p><b>Housing</b>            “There should be more affordable housing options which should include both rentals and homeownership.”<sup>5</sup>            “The extremely high cost of living in this area greatly reduces the availability of affordable housing for low/moderate income families and seniors.”<sup>6</sup></p>
<p><b>Cost of Care</b>            “Unfortunately, many top ranked doctors and pediatricians do not take Medicaid.”<sup>3</sup></p>	

<sup>1,2,4</sup> Adventist HealthCare Community Health Needs Assessment. (2019). Primary Data Collection – Key Informant Interview.  
<sup>3,5,6</sup> Adventist HealthCare Community Health Needs Assessment. (2019). Primary Data Collection – Community Survey.

# Social Determinants of Health

## KEY FINDINGS – PART III

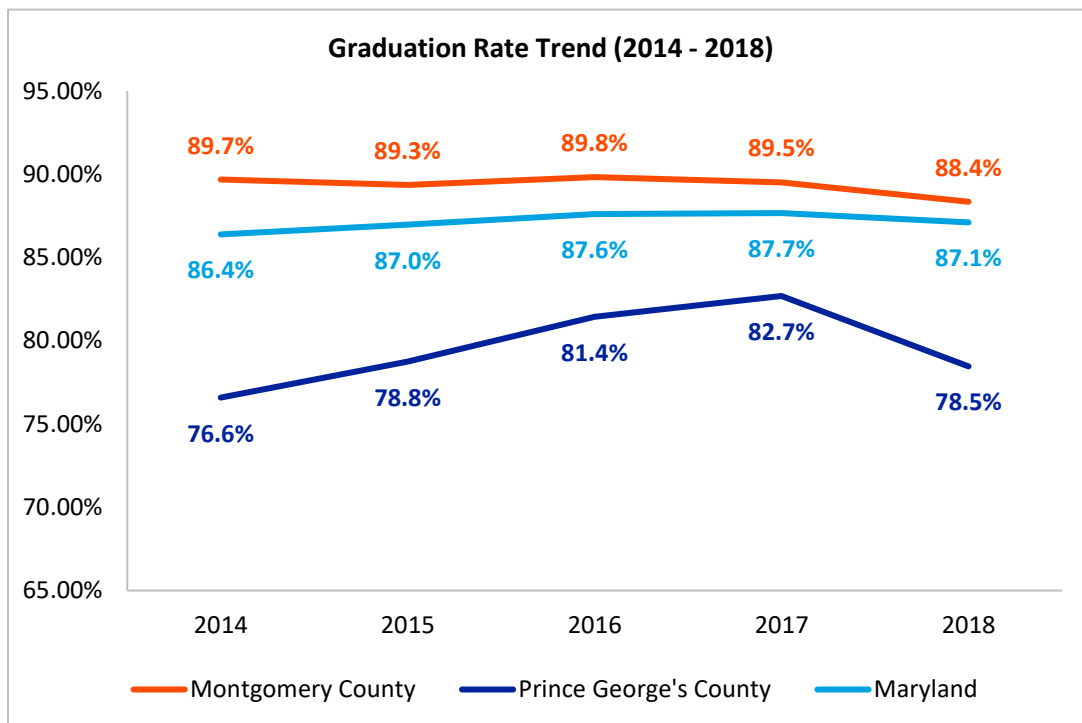
Disparities & Indicators	Trend Over Time																				
<p><b>Transportation</b></p> <ul style="list-style-type: none"> <li>• <b>Pedestrian injury rate</b> on public roads is increasing and higher than HP 2020 target (20)</li> <li>• Death rate due to motor vehicle traffic collisions in MC is highest for <b>Hispanics</b></li> </ul> <p><b>Discrimination</b></p> <ul style="list-style-type: none"> <li>• For survey respondents that indicated “Other” as a reason for being treated unfairly/discriminated against, 51.9% of people in the WOMC CBSA stated that either <b>weight</b> or <b>insurance type/status</b> was the main reason for being treated unfairly/discriminated against when receiving medical care</li> </ul>	 <ul style="list-style-type: none"> <li>• From 2013 – 2017 the pedestrian injury rate increased in PGC and MC</li> </ul>																				
Community Perception																					
<p><b>WOMC CBSA: “Which of these do you think is the main reason why you have been treated unfairly while getting medical care?”<sup>3</sup></b></p>  <table border="1"> <thead> <tr> <th>Reason</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Don't know/Unsure</td> <td>43.7%</td> </tr> <tr> <td>English is not your native language</td> <td>3.2%</td> </tr> <tr> <td>Other (please specify)</td> <td>21.9%</td> </tr> <tr> <td>You speak with an accent</td> <td>3.9%</td> </tr> <tr> <td>Your age</td> <td>9.3%</td> </tr> <tr> <td>Your ancestry or national origin</td> <td>2.5%</td> </tr> <tr> <td>Your gender or gender identity</td> <td>6.5%</td> </tr> <tr> <td>Your race or skin color</td> <td>8.6%</td> </tr> <tr> <td>Your sexual orientation</td> <td>0.4%</td> </tr> </tbody> </table> <p>N = 653</p>	Reason	Percentage	Don't know/Unsure	43.7%	English is not your native language	3.2%	Other (please specify)	21.9%	You speak with an accent	3.9%	Your age	9.3%	Your ancestry or national origin	2.5%	Your gender or gender identity	6.5%	Your race or skin color	8.6%	Your sexual orientation	0.4%	<p><b>Transportation</b></p> <p>“Safer pedestrian walkways, raised crosswalks, bike lanes.”<sup>1</sup></p> <p>“More care free zone for pedestrians.”<sup>3</sup></p> <p>Transportation was mentioned 57x as a gap/weakness. Affordability was mentioned as a barrier, as were additional mobility challenges for the elderly and those with physical disabilities.</p>
Reason	Percentage																				
Don't know/Unsure	43.7%																				
English is not your native language	3.2%																				
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Your race or skin color	8.6%																				
Your sexual orientation	0.4%																				

<sup>3</sup> Adventist HealthCare. (2019). Community Health Needs Assessment – Community Survey.

## 9.1 Educational Attainment

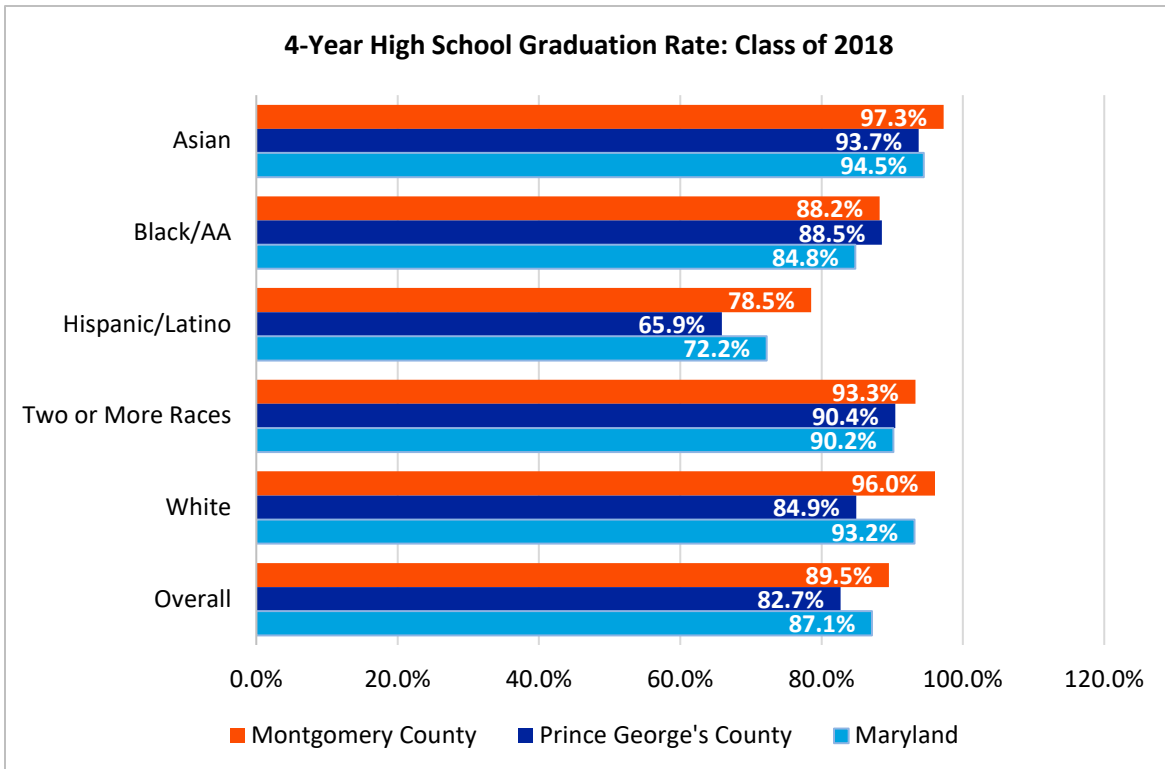
In 2018, 88.4 percent of Montgomery County students graduated high school within 4 years. The 4-year graduation rate for the county is higher than that of the state (87.1 percent) (Figure 1).

- Over time, the 4-year high school graduation rate of Prince George’s County students has been lower than both the state average and Montgomery County’s average (Figure 1).
- From 2017 – 2018, the graduation rate in PGC decreased by 4.2 percent (Figure 1)



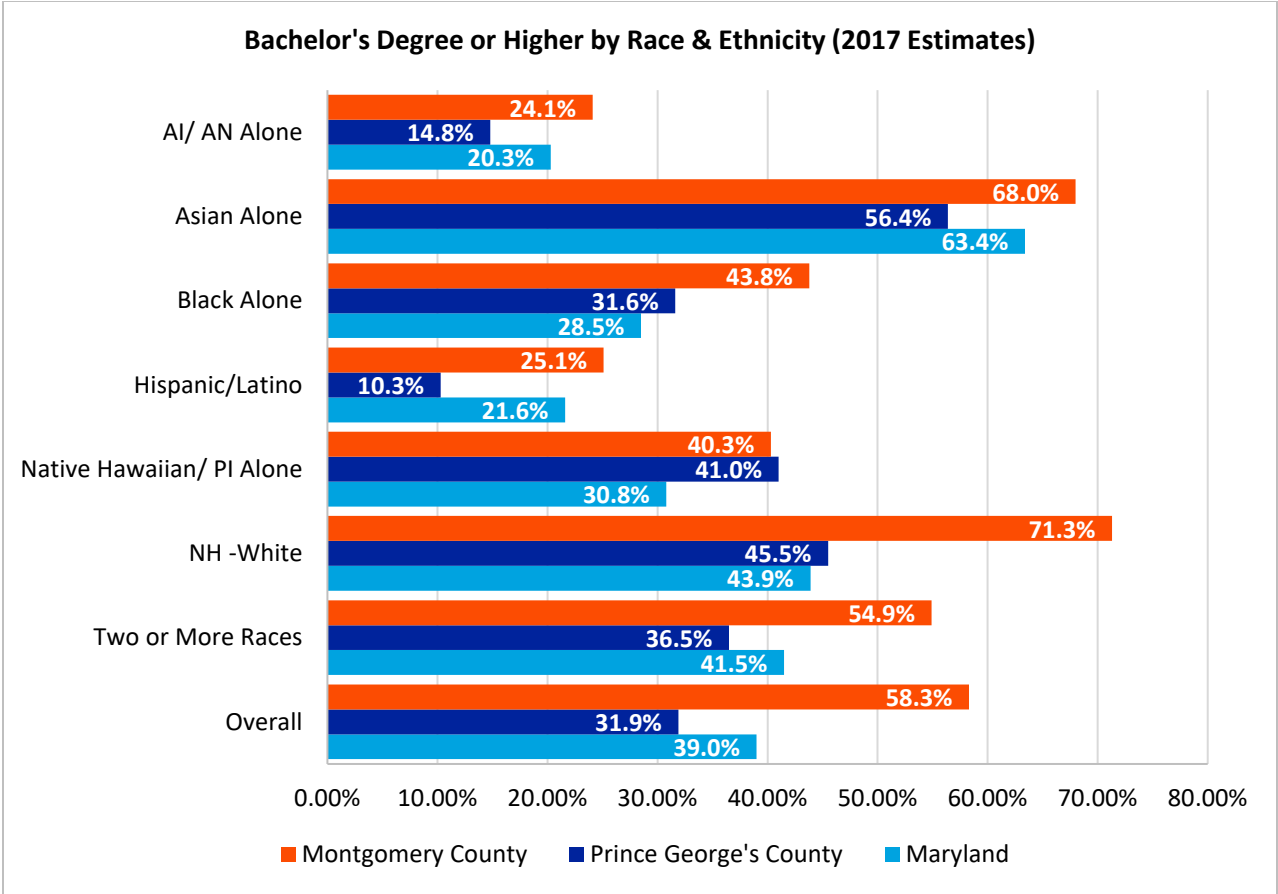
**Figure 1.** Graduation Rate Trend, 2014 - 2018  
(Source: [Maryland Report Card](#), 2018)

- Asian and White students in Montgomery County have the highest graduation rates, at 97.3 and 96.0 percent respectively, while Hispanic students have the lowest rates at 78.5 percent (Figure 2).
- In Prince George’s County, students who identify as Asian and two or more races have the highest graduation rates, while Hispanic students have the lowest graduation rates (Figure 2).
- Similar patterns can be found when looking at the graduation rates across the state of Maryland (Figure 2).



**Figure 2.** 4-Year High School Graduation Rate, 2018  
 (Source: [Maryland Report Card](#), 2018)

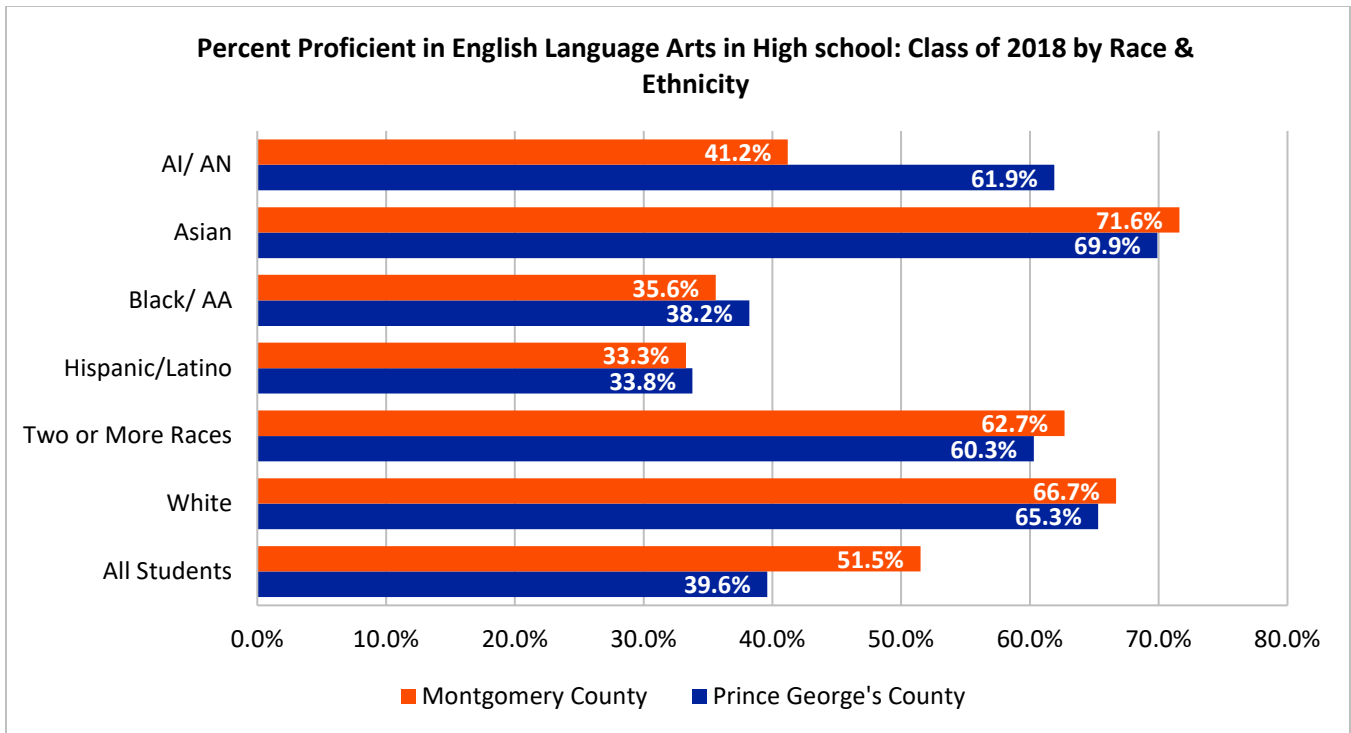
- The overall percentage of adults in Montgomery County with a bachelor’s degree or higher is 58.3 percent (Figure 3).
- However, when stratified by race and ethnicity, the percentage goes as high as 71.3 among White students and as low as 25.1 among Hispanic students (Figure 3).
- In Prince George’s County, the overall percentage of adults with a bachelor’s degree is much lower at only 31.9 percent (Figure 3).
- When stratified by race and ethnicity, there are large disparities in Prince George’s County, with 56.4 percent of Asian students obtaining a bachelor’s degree compared to 10.3 percent of Hispanic students (Figure 3).
- A similar pattern can be found when looking at the state of Maryland (Figure 3).



**Figure 3.** Bachelor's Degree or Higher by Race & Ethnicity, 2017  
 (Source: [U.S. Census Bureau-American Community Survey 5-Year Estimates](#), 2017)

### Reading & Math Proficiency

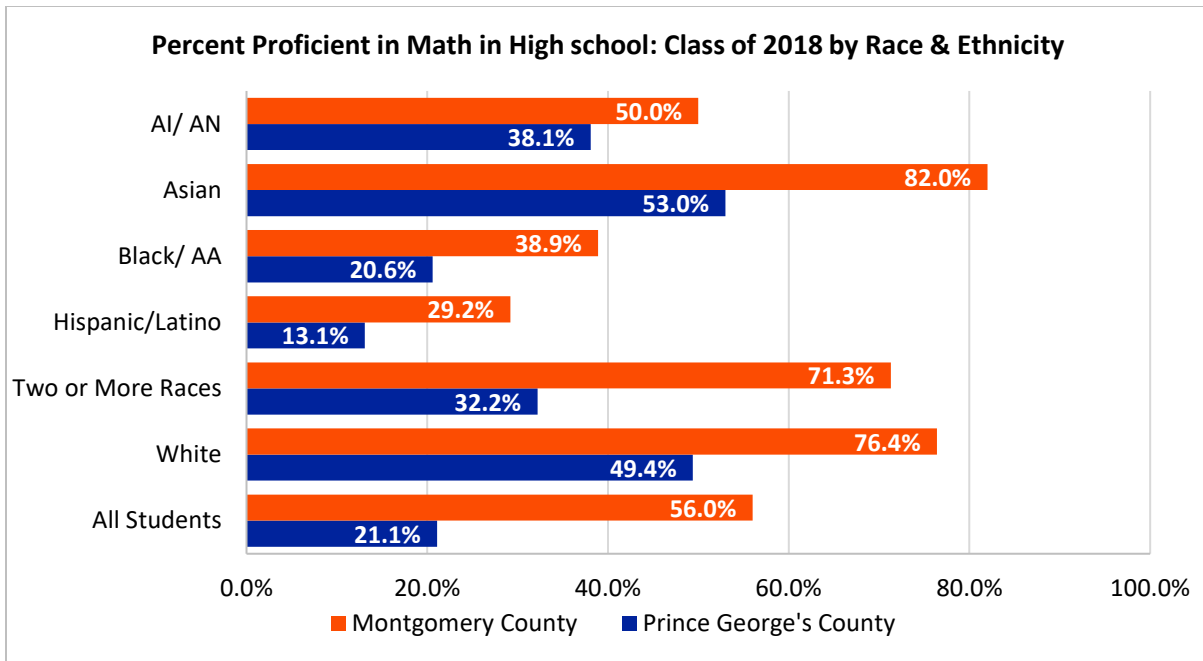
- 71.6 percent of Asian and 66.7 percent of White high school students are proficient in English language arts compared to 33.3 percent of Hispanic students and 35.6 percent of Black students in Montgomery County (Figure 4).
- In Prince George’s County, there are disparities in English language arts proficiency among high school students of different races and ethnicities, with Asian students testing highest at 69.9 percent and Hispanic students testing the lowest at 33.8 percent (Figure 4).



**Figure 4.** High School Students Proficiency in English Language Arts by Race & Ethnicity, 2018  
 (Source: [Maryland Report Card](#), 2018)

- In Montgomery County, 82 percent of Asian and 76.4 percent of White high school students are proficient in math compared to only 38.9 percent of Black and 29.2 percent of Hispanic high school students (Figure 5).
- In Prince George’s County, 53 percent of Asian and 49.4 percent of White high school students are proficient in math compared to 13.1 percent of Hispanic and 20.6 percent of Black high school students (Figure 5).

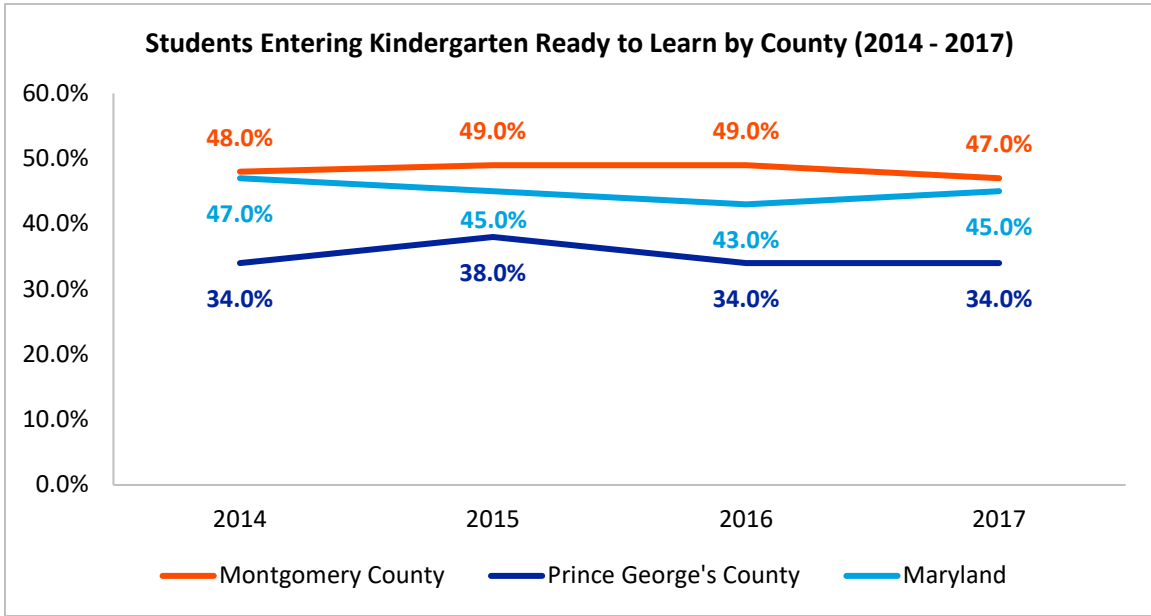




**Figure 5.** High School Students Proficiency in Math by Race & Ethnicity, 2018  
 (Source: [Maryland Report Card](#), 2018)

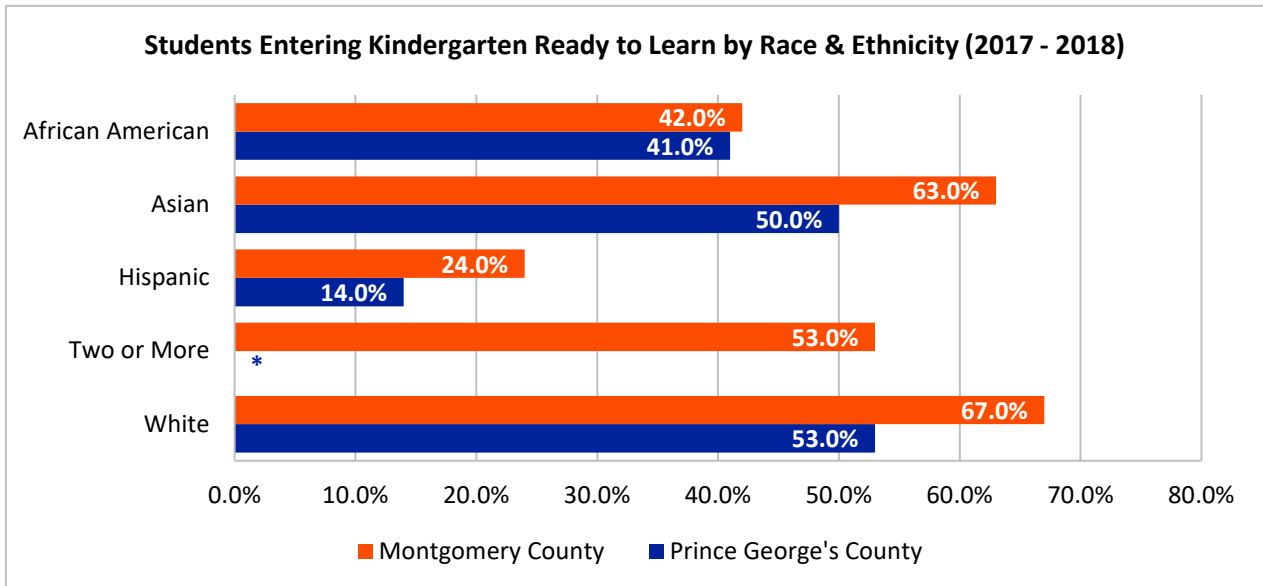
## Readiness for Kindergarten

- The percentage of children who enter kindergarten ready to learn in Montgomery County has remained constant and is higher than the state overall (Figure 6).
- The percentage of children who enter kindergarten ready to learn in Prince George’s County increased in 2015 to 38.0 percent but then decreased back down to 34.0 percent. The percentage is lower than the state overall (Figure 6).



**Figure 6.** Percentage of Students Entering Kindergarten Ready to Learn, 2014-2017  
(Source: [SHIP](#), 2017)

- Hispanic children were among those least likely to be prepared for kindergarten (24 percent). White (67 percent) and Asian (63 percent) children were among those most prepared to enter Kindergarten in Montgomery County (Figure 7).
- Hispanic children were the least likely to be prepared for kindergarten at 14 percent, while Asian and White children were among those most prepared to enter Kindergarten in Prince George’s County at 50 percent and 53 percent, respectively (Figure 7).



**Figure 7.** Percentage of Students Entering Kindergarten Ready to Learn by Race & Ethnicity, 2017-2018  
\*Data unavailable/not applicable  
(Source: [Kindergarten Readiness Assessment Report](#), 2018)

# Community Resources

Locally, community groups work to reduce the influence of educational disparities by offering supplemental education programs for all ages. Services include, but are not limited to, the following:

**1. MONTGOMERY COALITION FOR ADULT ENGLISH LITERACY**

*The Montgomery Coalition for Adult English Literacy strengthens the countywide adult English literacy network to support a thriving community and effective workforce.*

**Address:** 9210 Corporate Blvd #480, Rockville, MD 20850

**Phone:** 301-881-1338

**Email:** [communications@mcael.org](mailto:communications@mcael.org)

**Website:** <https://www.mcael.org/>

**2. LEADERSHIP MONTGOMERY**

*To educate, inspire, convene and connect leaders to advance Montgomery County*

**Address:** 6010 Executive Boulevard Suite 200, Rockville, MD 20852

**Phone:** 301-881-3333

**Website:**

<https://leadershipmontgomerymd.org/>

**3. IDENTITY- ACADEMIC SUPPORT**

**Address (Main Office):** 414 East Diamond Ave. Gaithersburg, MD 20877

**Phone:** 301-963-5900

**Email:** [info@identity-youth.org](mailto:info@identity-youth.org)

**Website:** <https://identity-youth.org/what-we-do/academic-support/>

**4. GENERATION HOPE**

*Help D.C. area teen parents become college graduates and help their children enter kindergarten at higher levels of school readiness.*

**Address:** 415 Michigan Avenue NE, Suite 430, Washington, D.C. 20017

**Phone:** 202-734-5838

**Email:**

[info@supportgenerationhope.org](mailto:info@supportgenerationhope.org)

**Website:**

<http://supportgenerationhope.org/>

**5. FAMILY SERVICES**

**Address:** 610 East Diamond Ave, Suite 100, Gaithersburg, MD 20877

**Phone:** 301-840-2000

**Email:** [info@fs-inc.org](mailto:info@fs-inc.org)

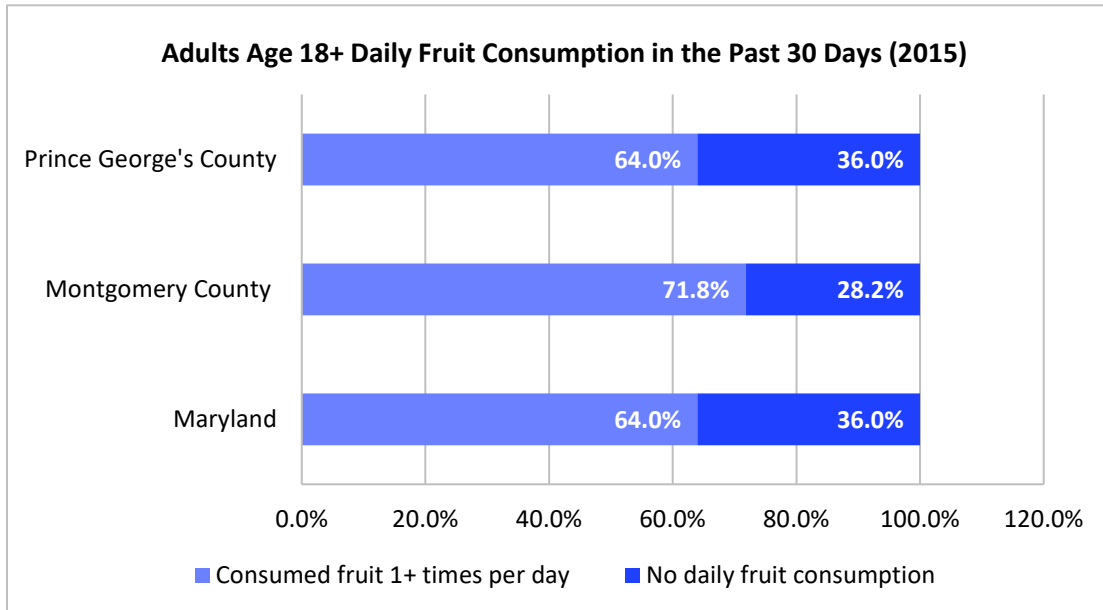
**Website:**

<https://www.sheppardpratt.org/family-services-inc/>

## 9.2 Food Access

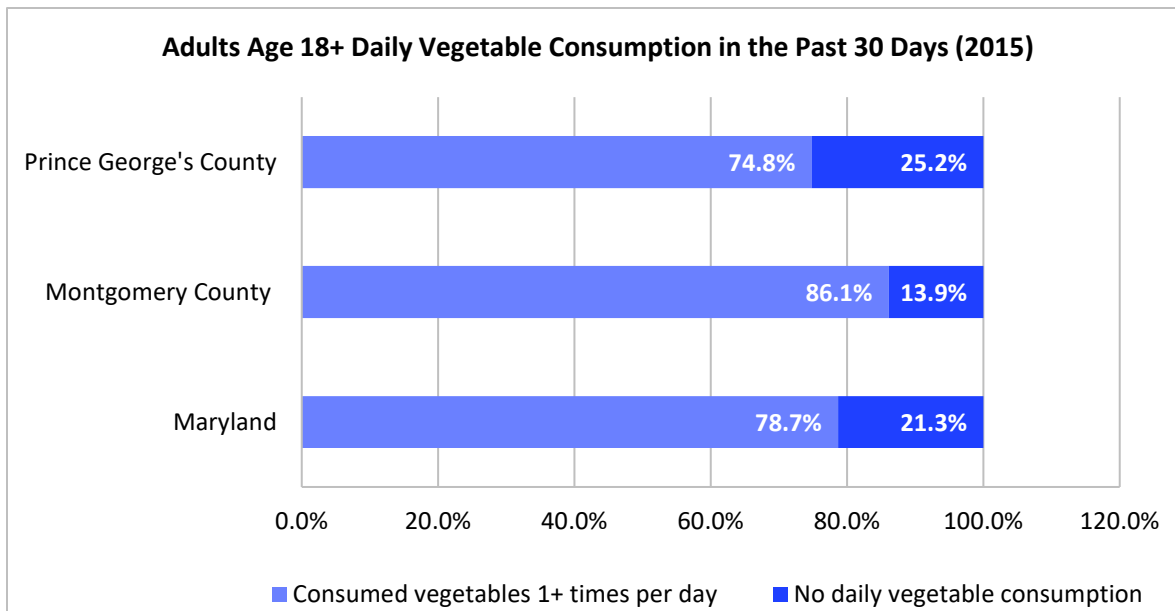
### Healthy Eating Behaviors

- More adults in Montgomery County consumed at least 1 or more fruit per day compared to Maryland and Prince George's County, where 36 percent had no daily fruit consumption (Figure 1).



**Figure 1.** Percentage of Adults Age 18+ Daily Fruit Consumption in Montgomery County, Prince George's County, and Maryland, 2015  
(Source: [Maryland BRFSS](#), 2017)

- In Maryland and Prince George's County, over 20 percent of the adult population have no daily vegetable consumption compared to Montgomery County's 13.9 percent (Figure 2).



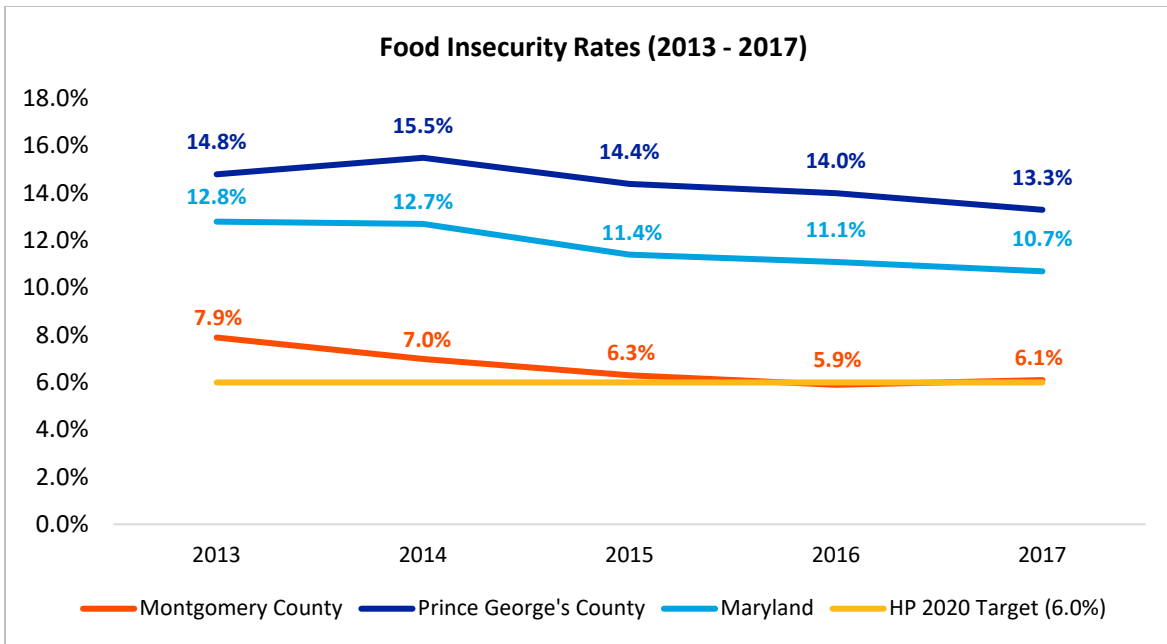
**Figure 2.** Percentage of Adults Age 18+ Daily Vegetable Consumption in Montgomery County, Prince George's County, and Maryland, 2015  
(Source: [Maryland BRFSS](#), 2017)

## Food Environment

Food insecurity is defined by the USDA as a lack of access to enough food for a healthy life and limited or uncertain availability of adequately nutritious foods.<sup>4</sup>

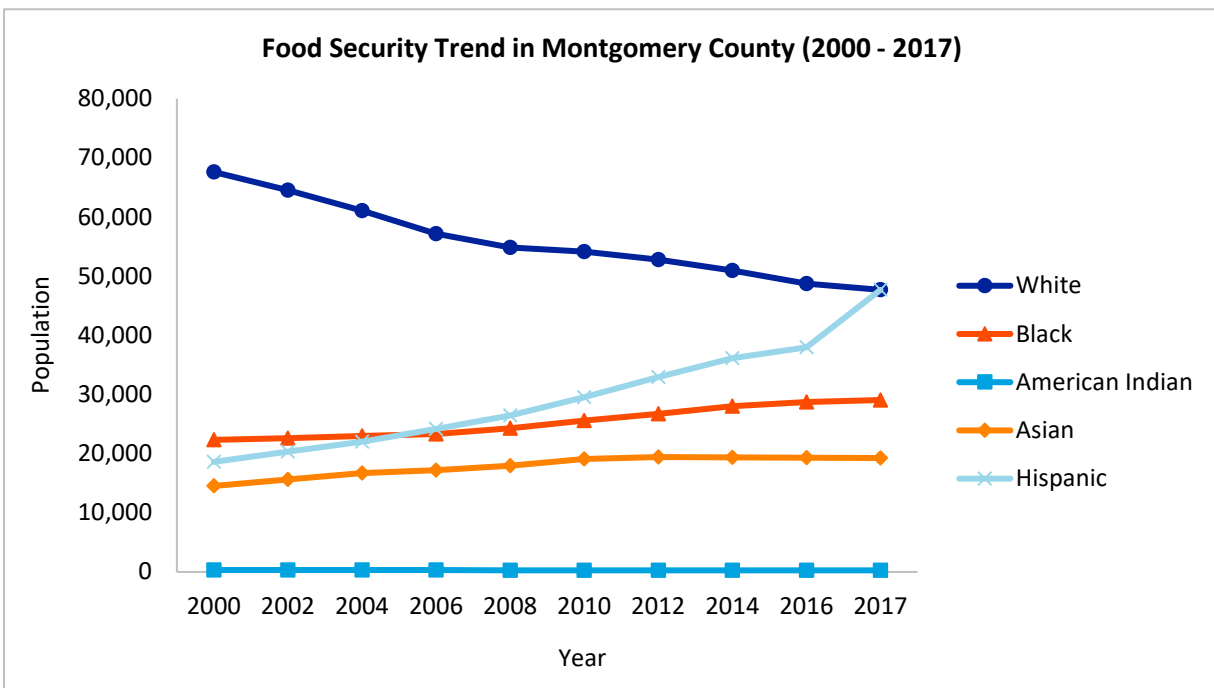
- Over the past four years, the food insecurity rate for both counties and Maryland have fluctuated. Most recently in 2017, 6.1 percent of the Montgomery County population experienced food insecurity, compared to 10.7 percent of Maryland and 13.3 percent of Prince George's County's (Figure 3).
- Neither county or Maryland met the Healthy People 2020 target of 6.0 percent (Figure 3).

<sup>4</sup> Feeding America (2016). Food insecurity in the United States. *Feeding America*. Retrieved from <http://map.feedingamerica.org/county/2014/overall>



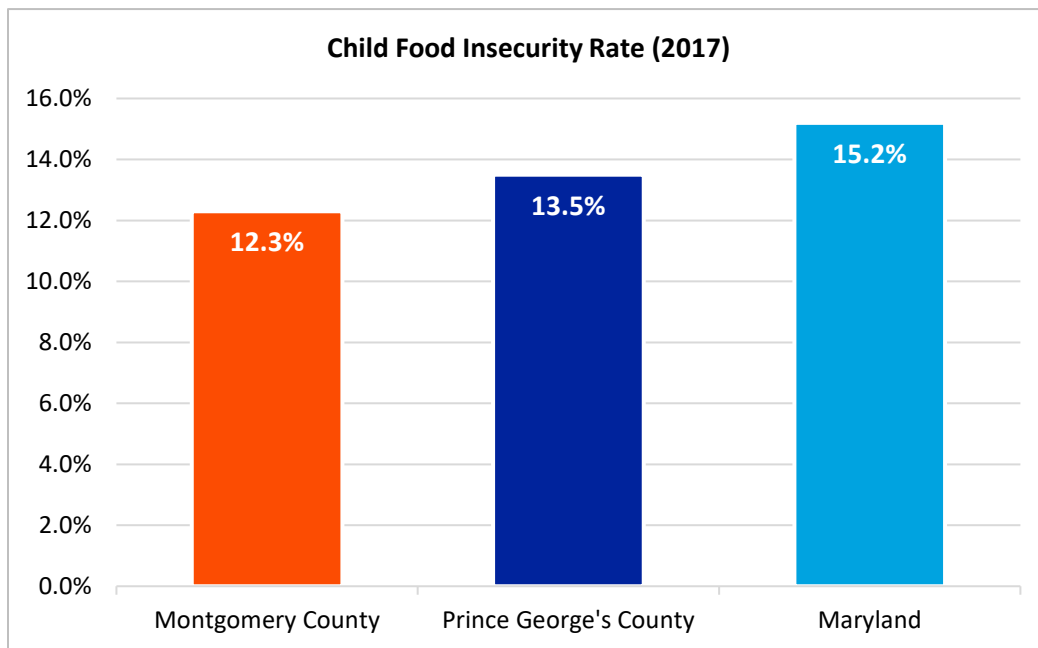
**Figure 3.** Food Insecurity Rates, 2013 - 2017  
 (Source: [PGC Health Zone](#) & [Feeding America](#), 2017)

- Over time, in Montgomery County, non-Hispanic Black and Hispanic households are becoming more food secure while White households are becoming less food secure (Figure 4).



**Figure 4.** Food Security Trend in Montgomery County, 2000 – 2018  
 (Source: [Montgomery County FoodStat](#), 2019)

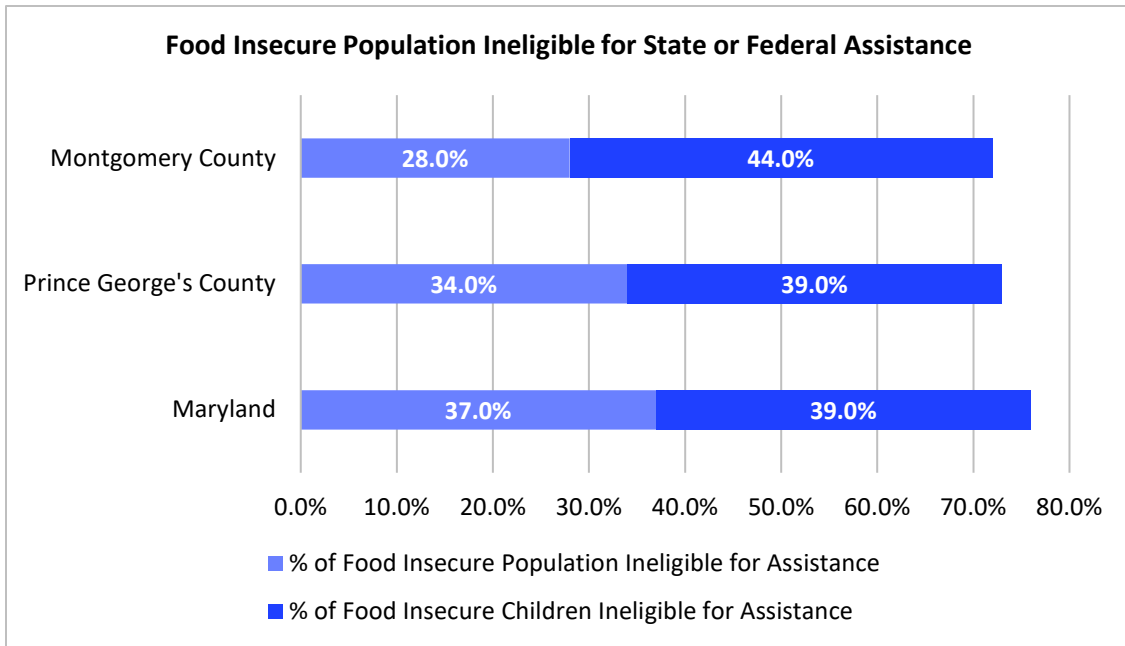
- The child food insecurity rate is 1.2 percent higher in Prince George’s County than in Montgomery County, however, both counties are lower than the overall average for the state (15.2 percent) (Figure 5).



**Figure 5.** Child Food Insecurity Rate, 2017  
 (Source: [Feeding America](#), 2019)

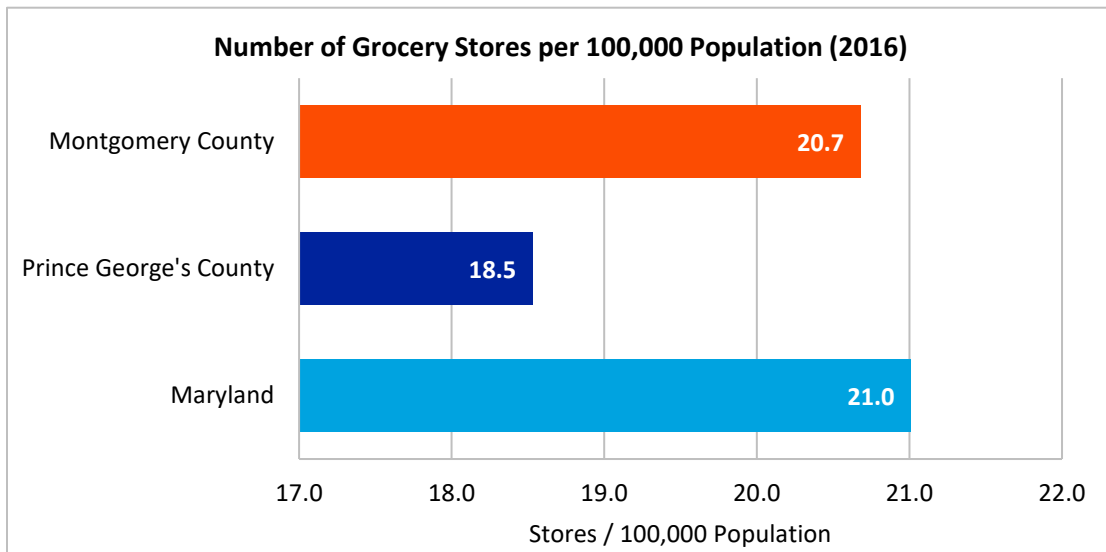
- When looking at food insecure populations who are ineligible for assistance (total population and population under age 18 that experience food insecurity at some point during the year but are ineligible for State or Federal nutrition assistance<sup>5</sup>), children in both Montgomery and Prince George’s Counties and Maryland have the highest percentage; Montgomery county children have the highest percentage overall (Figure 6).

<sup>5</sup> Trinity Health. (2019). Trinity Data Hub Vital Signs Report – Montgomery and Prince George’s County, Maryland. Retrieved from <https://cares.page.link/HoXh>



**Figure 6.** Food Insecure Population Ineligible for Assistance  
(Source: [Trinity Data Hub](#), 2019)

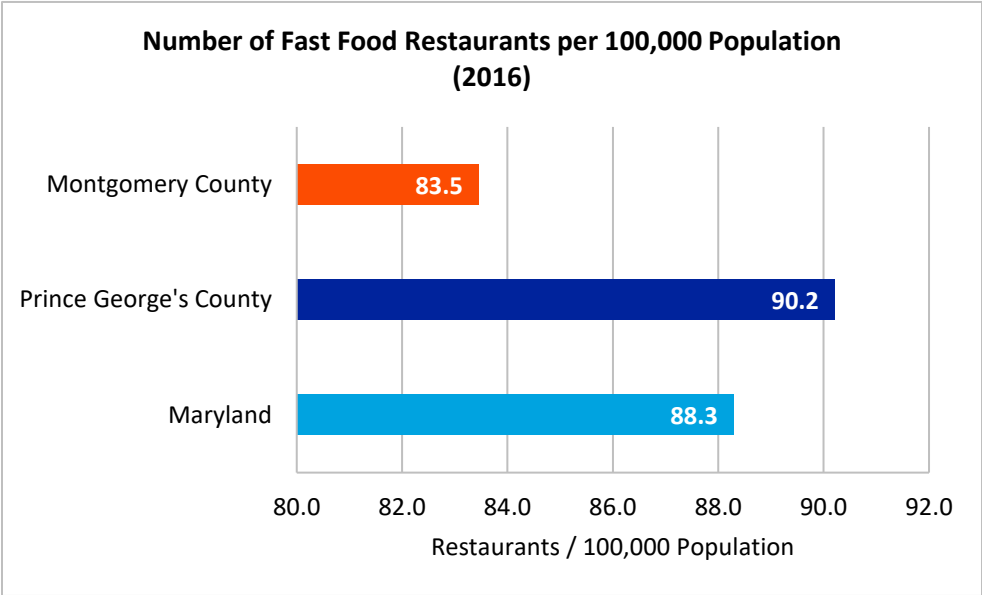
- In Montgomery County, there are 20.7 grocery stores per 100,000 population, a rate very similar to that of Maryland (21 per 100,000 population) (Figure 7).
- In Prince George's County, there are only 18.5 grocery stores per 100,000 population (Figure 7).



**Figure 7.** Number Grocery Stores per 100,000 Population, 2016  
(Source: [CARES Network](#), 2019)

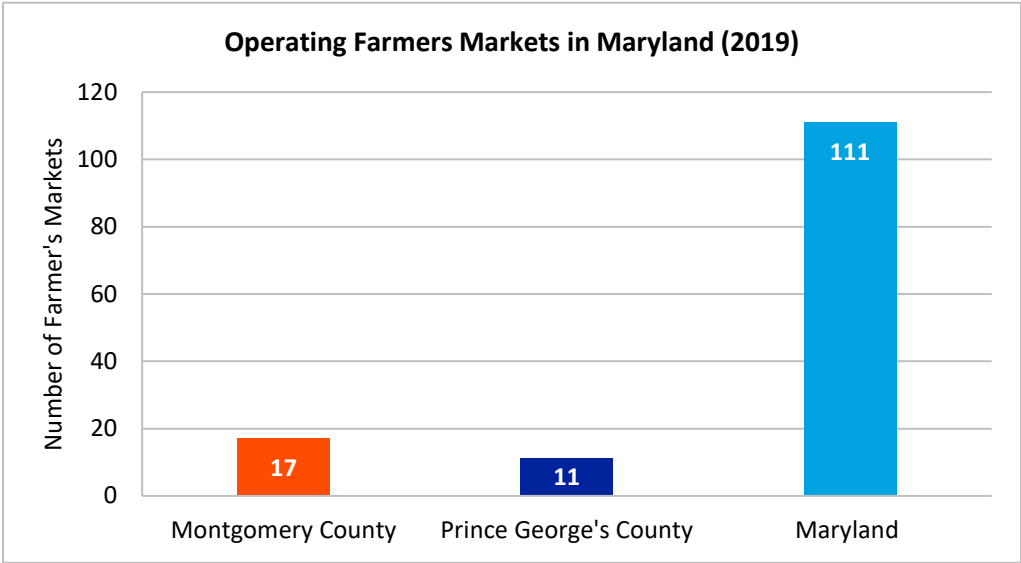


- In Prince George’s County, residents have access to fast food restaurants at a rate of 90.2 per 100,000 population, a rate higher than Montgomery County (83.5 establishments per 100,000 population), and slightly higher than Maryland (88.3 per 100,000 population) (Figure 8).



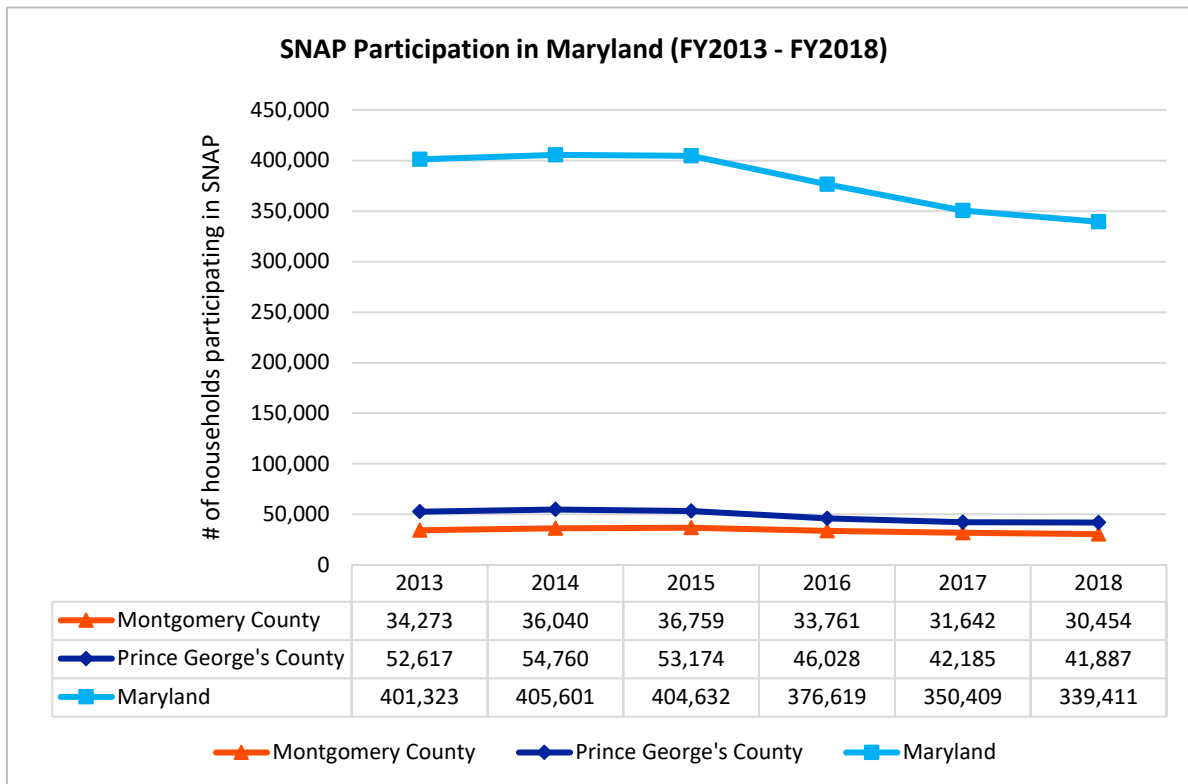
**Figure 8.** Number of Fast Food Restaurants per 100,000 Population, 2016  
 (Source: [CARES Engagement Network](#), 2016)

- The number of operating farmers markets in Maryland are 111. Of those markets, there are 17 in Montgomery County and 11 in Prince George’s County (Figure 9).



**Figure 9.** Number of Operating Farmer’s Markets in Montgomery County, Prince George’s County, and Maryland, 2019  
 (Source: [Farmer’s Market Directory](#), 2019)

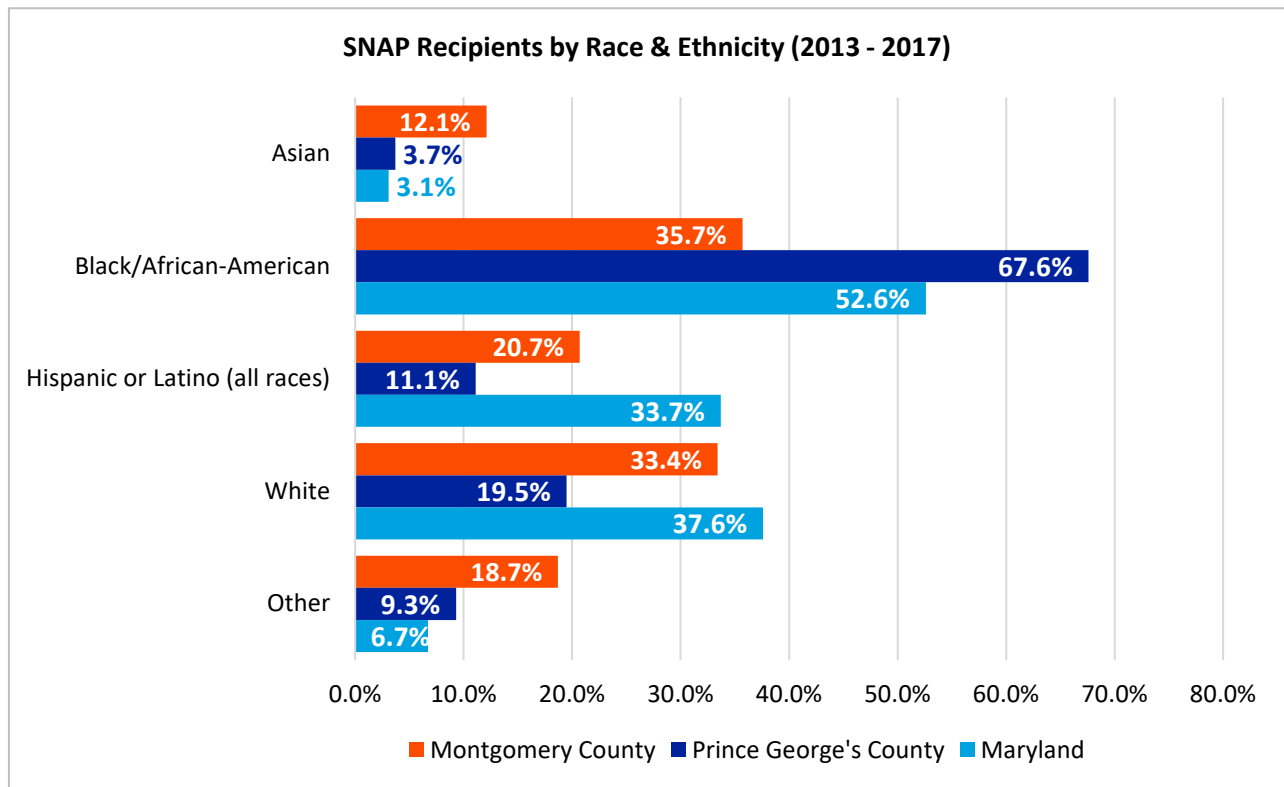
- From FY2013 – FY2018, the number of households participating in SNAP has decreased by 11.1 percent in Montgomery County, 20.4 percent in Prince George’s County, and 15.4 percent in Maryland (Figure 10).



**Figure 10.** SNAP Participation in Maryland, FY2013 – FY2018  
 (Source: [The Annie E. Casey Foundation – Kids Count Data Center](#), 2019)

- From 2013 – 2017, Black/African-American individuals across both counties and Maryland have the highest percentage of SNAP recipients (Figure 11).
- In Prince George’s County, Black/African-American individuals have the highest percentage of SNAP recipients with 67.6 percent or 63.8 percent more than the reference group (Asian population) (Figure 11).

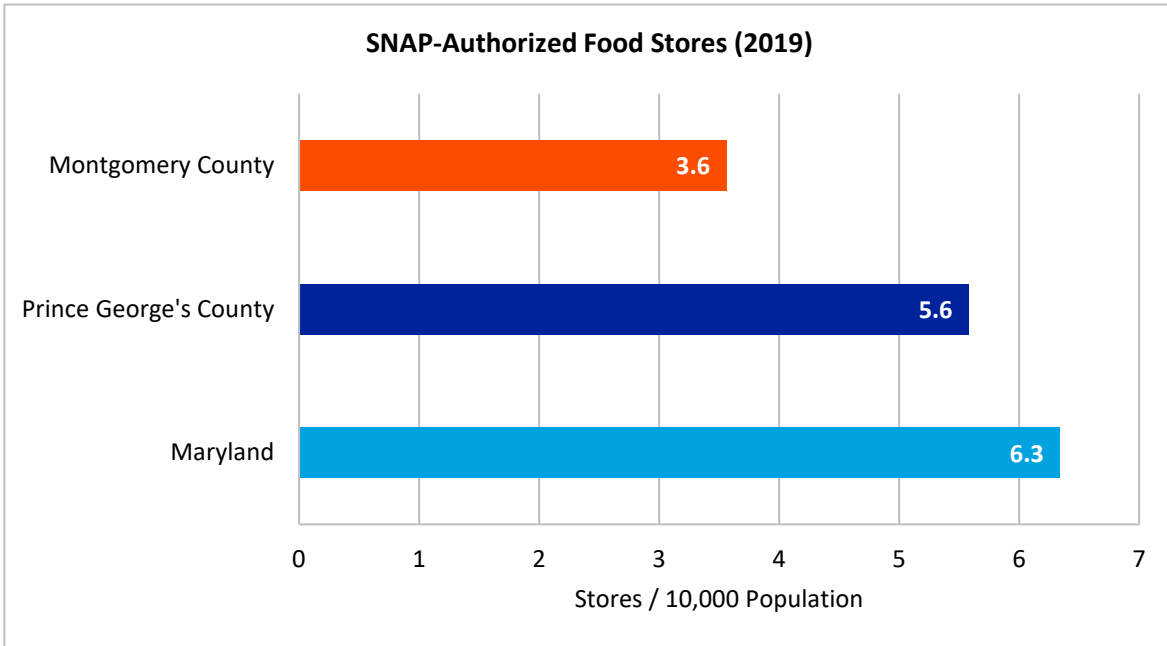
- For Montgomery County, Black/African-American followed by White and Hispanic individuals have the next highest SNAP beneficiaries (Figure 11).



**Figure 11.** SNAP Recipients by Race & Ethnicity, 2013 – 2017

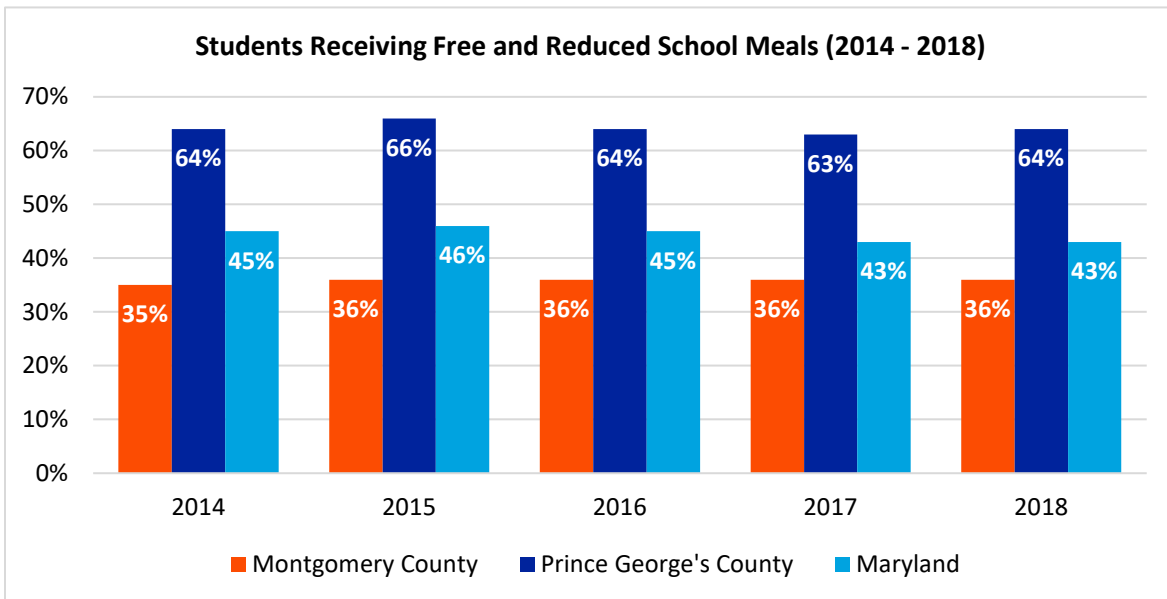
(Source: [U.S. Census Bureau, American Community Survey 5-Year Estimates – Table S2201](#), 2013 – 2017)

- In Prince George’s County, there are more SNAP authorized food stores in 2019 when compared to Montgomery County (Figure 12).



**Figure 12.** SNAP Authorized Food Stores, 2019  
(Source: [CARES Engagement Network](#), 2019)

- For students attending public school, the percentage of students who receive free and reduced school meals is highest and therefore worse among Prince George’s County students as compared to Montgomery County and Maryland (Figure 13).
- Between both counties and the state, Montgomery County has the lowest percentage of students with free or reduced school meals since 2014 (Figure 13).



**Figure 13.** Students Receiving Free and Reduced School Meals, 2014 – 2018  
(Source: [The Annie E. Casey Foundation – Kids Count Data Center](#), 2019)

# Community Resources

Local efforts aimed at improving access to healthy food include food banks, supplements to school lunch programs, and transportation solutions to help people access food resources. These organizations offer innovative approaches to providing food for people in need in Adventist HealthCare White Oak Medical Center Community Benefit Service Area. Services include, but are not limited to, the following:

## 1. ONE ACRE FARM

*Mission: One Acre Farm provides fresh, certified naturally grown vegetables to DC locals.*

**Address** (Farm Location): 18608 Wasche Rd, Dickerson, MD 20842

**Phone:** 301-503-3724

**Website:**

<https://www.oneacrefarm.com/>

## 2. MANNA FOOD CENTER

*Ending hunger in Montgomery County through food distribution, education and advocacy.*

**Address:** 12301 Old Columbia Pike, Silver Spring, MD 20904

**Phone:** 301-424-1130

**Email:** [info@mannafood.org](mailto:info@mannafood.org)

**Website:** <https://www.mannafood.org/>

## 3. CROSSROADS COMMUNITY FOOD NETWORK

*Crossroads works to bolster the local food system through programs that support and unite those who grow, make, and eat fresh, healthy food.*

**Address:** 6930 Carroll Avenue, Suite 426, Takoma Park, MD 20912

**Website:**

<https://www.crossroadscommunityfoodnetwork.org/>

## 4. COMMUNITY SUPPORT SYSTEMS

**Address:** 14070 Brandywine Road, PO Box 206, Brandywine, MD 20613

**Phone:** 301-372-1491

**Website:**

[www.communitysupportsystems.org](http://www.communitysupportsystems.org)

## 5. MONTGOMERY COUNTY FOOD COUNCIL

*Cultivating a robust, sustainable, equitable local food system in Montgomery County, Maryland!*

**Address:** 4825 Cordell Avenue, Suite 204, Bethesda MD 20814

**Phone:** 301-664-4010

**Email:** [info@mocofoodcouncil.org](mailto:info@mocofoodcouncil.org)

**Website:** <https://mocofoodcouncil.org/>

## 6. PRINCE GEORGE'S COUNTY FOOD EQUITY COUNCIL

*The Prince George's County Food Equity Council is a local food policy council that works to help residents grow, sell, and choose healthy food.*

**Address:** 1401 Mercantile Lane, Upper Marlboro, MD 20774

**Phone:** 240-253-1036

**Website:** [www.pgcfec.org](http://www.pgcfec.org)

**7. ADVENTIST COMMUNITY SERVICES OF GREATER WASHINGTON – ASSISTANCE**

**Address:** 501 Sligo Avenue, Silver

Spring, Maryland 20910

**Phone:** 301-585-6557

**Website:**

<https://www.acsgw.org/assistance.html>

**8. PRINCE GEORGE’S COUNTY PUBLIC SCHOOLS – FOOD AND NUTRITION SERVICES**

*Leading the country in the nutritional quality, content, and integrity of school meals.*

**Address:** 6311 Randolph Road, Suitland, MD 20746

**Phone:** 301-952 – 6580

**Website:**

<https://www.pgcps.org/foodandnutrition/>

**9. FOOD & FRIENDS**

**Address:** 219 Riggs Road NE, Washington, DC 20011

**Phone:** 202-269-2277

**Email:** [info@foodandfriends.org](mailto:info@foodandfriends.org)

**Website:** <https://foodandfriends.org/>

**10. SHEPHERD’S TABLE**

**Address:** 8106 Georgia Ave, Silver Spring, MD 20910

**Phone:** 301-585-6463

**Website:** <https://shepherdstable.org/>

**11. CAPITAL AREA FOOD BANK**

*The mission of the Capital Area Food Bank is to create access to good, healthy food in every community.*

**Address:** 4900 Puerto Rico Ave NE, Washington, DC 20017

**Phone:** 202-644-9800

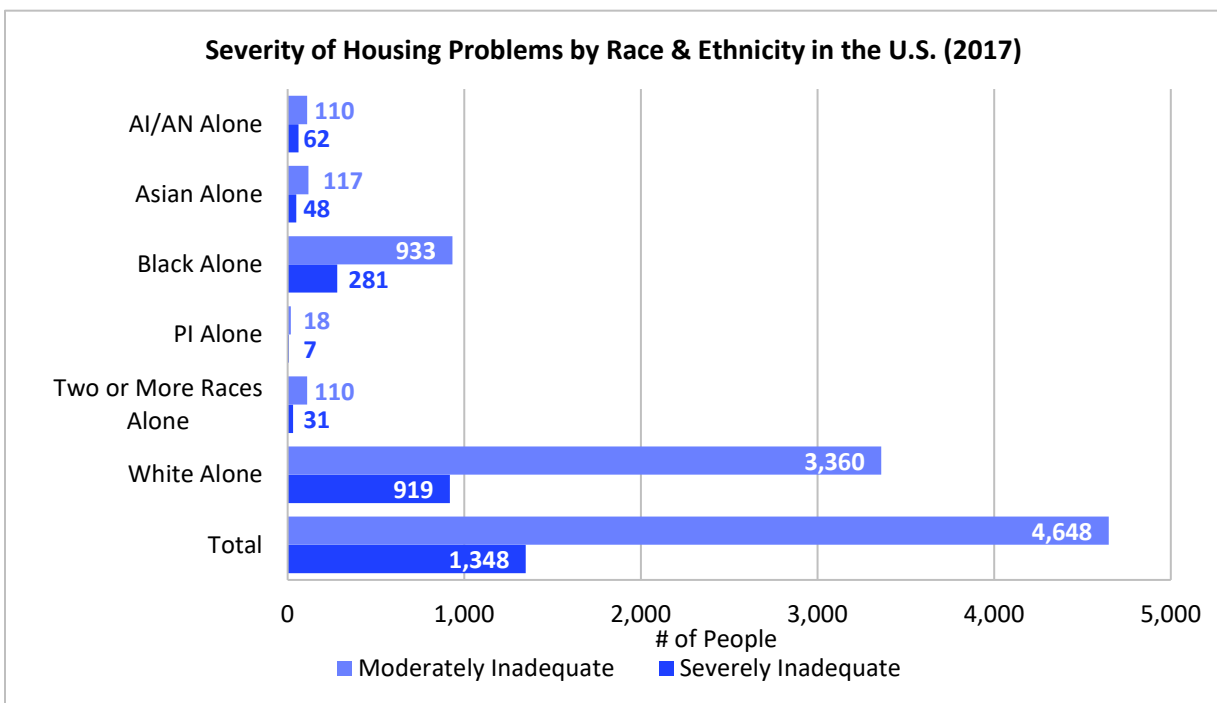
**Website:**

<https://www.capitalareafoodbank.org/>

## 9.3 Housing

Access to safe, affordable, and quality housing is one of the most basic and influential social determinants of health. Housing quality refers to “the physical condition of a person’s home as well as the quality of the social and physical environment in which the home is located.”<sup>6</sup> Housing quality is affected by factors such as air quality, home safety, and the presence of mold, asbestos, or lead. Various studies have shown that poor-quality housing is associated with poorer health outcomes.<sup>7</sup>

- When looking at race and ethnicity on a national level, White individuals have a higher rate of experiencing moderate housing problems when compared to the other subpopulations (Figure 1).



**Figure 1.** Severity of Housing Problems by Race/Ethnicity in the US, 2017  
*Note: Physical problems include plumbing, heating, electrical, and upkeep*  
(Source: [U.S. Census Bureau, American Housing Survey](https://www.census.gov/hhes/housing/ahs/), 2017 ACS 5-Year Estimates)

- In both Montgomery and Prince George’s County, renters spending 30 percent or more on household income was 51.2 and 49.0 percent, respectively (Tables 1 & 2).

<sup>6</sup> Office of Disease Prevention and Health Promotion. (2019). Quality of Housing – Healthy People 2020. Retrieved from: <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/quality-of-housing>

<b>MONTGOMERY COUNTY HOUSING STATISTICS</b>	
Renters spending 30 percent or more of household income on rent (2017)	51.20%
Vacant Housing Units (2017)	4.50%
Housing units in multi-unit structures (2016)	34.20%
Housing units (2018)	390,664
Owner-Occupied Housing Unit Rate (2013 - 2017)	65.60%
Median value of owner-occupied housing units (2013 - 2017)	\$467,500
Households (2013-2017)	369,242
Persons per household (2013 - 2017)	2.79

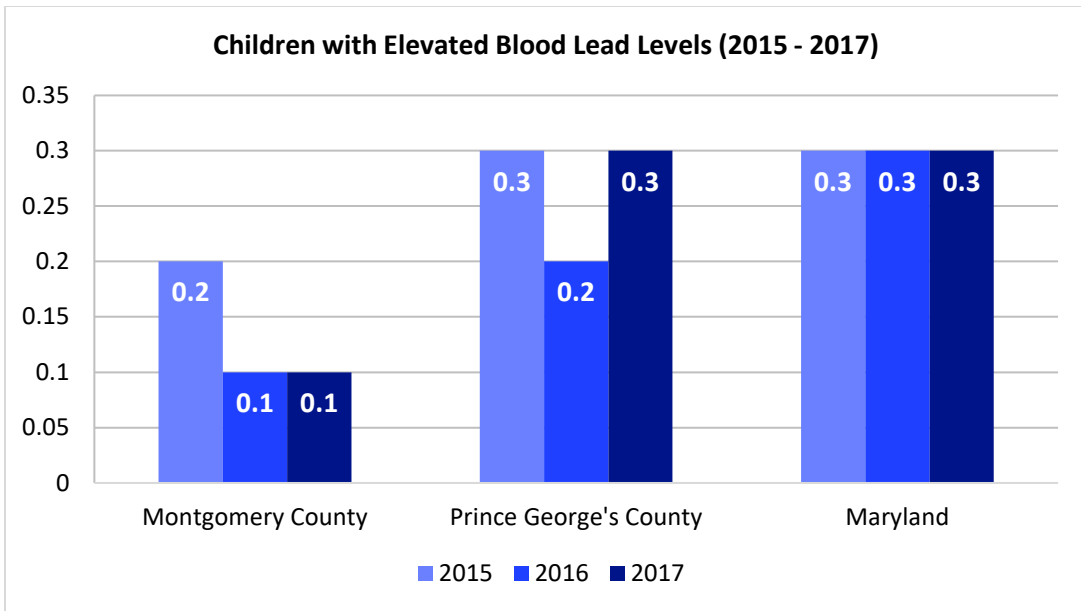
**Table 1.** Montgomery County Housing Statistics, 2017  
 (Source: [County Stat](#), [Census Quick Fact](#), & [Montgomery County Trends](#), 2019)

<b>PRINCE GEORGE'S COUNTY HOUSING STATISTICS</b>	
Renters spending 30 percent or more of household income on rent (2017)	49.00%
Vacant Housing Units (2017)	7.20%
Housing units in multi-unit structures	33.00%
Housing units (2018)	333,862
Owner-Occupied Housing Unit Rate (2013 - 2017)	61.80%
Median value of owner-occupied housing units (2013 - 2017)	\$272,900
Households (2013 - 2017)	306,694
Persons per household (2013 - 2017)	2.89

**Table 2.** Prince George's County Housing Statistics, 2017  
 (Source: [PGC Housing Opportunity](#), & [Census Quick Facts](#), 2019)

- Lead exposure has various negative health effects, from causing high blood pressure and anemia to irreversibly damaging the nervous system.
- Lead exposure can have serious effects on children's health and behavior, even at low levels: slowed growth, lowered intelligence, learning disabilities, and behavior or attention problems.
- From 2015- 2017, elevated blood lead levels in children have been relatively stable in Montgomery County and Maryland, however it fluctuated in Prince George's County (Figure 2).



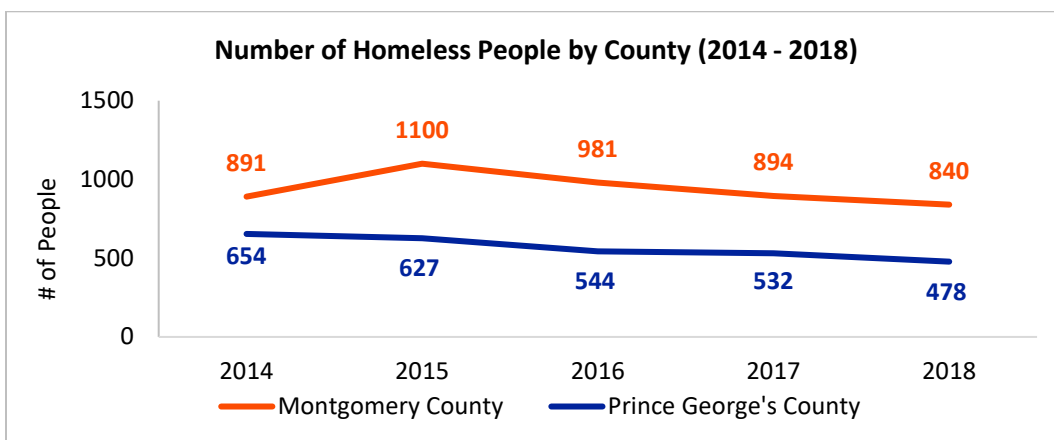


**Figure 2.** Children with Elevated Blood Levels (2015 - 2017)  
 (Source: [Maryland Open Data Portal](#), 2019)

## Spotlight on Homelessness

Perhaps the most extreme case of a living situation having a negative impact on health is homelessness. Homelessness amplifies the threat of various health conditions and introduces new risks, such as exposure to extreme temperatures. People who experience homelessness have multidimensional health problems and often report unmet health needs, even if they have a usual source of care.

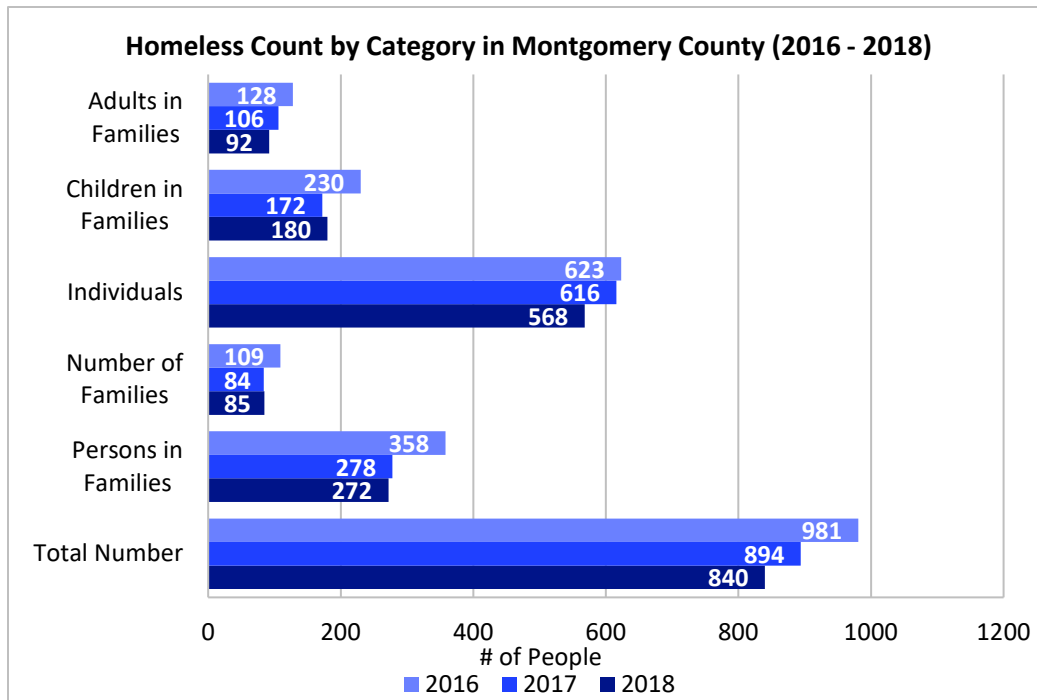
- From 2015 to 2016, there was a decrease in the homeless population in both Montgomery and Prince George’s County by 11.0 percent and 13.0 percent, respectively (Figure 3).



**Figure 3.** Number of Homeless People in Montgomery County and Prince George's County from 2014 to 2018

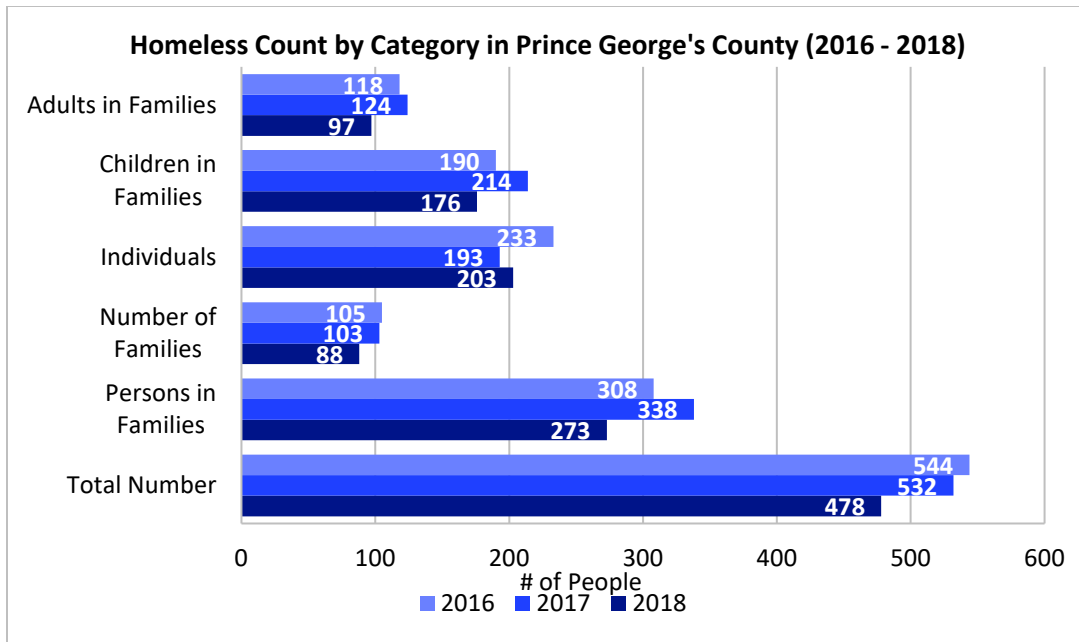
(Source: [Homelessness in Metropolitan Washington](#), 2018)

- In Montgomery County, the homeless population included 180 children and 92 adults (Figure 4). Prince George’s County’s homeless population comprised of 105 family units, which included 118 adults, and 190 children (Figure 5).



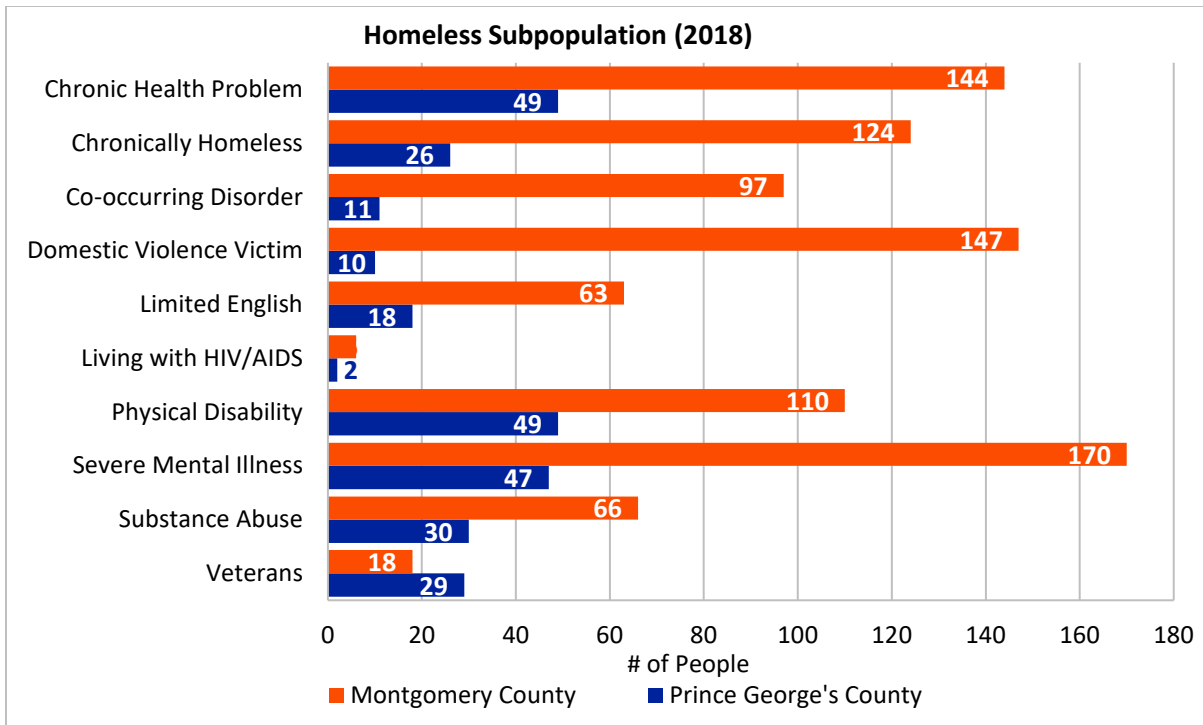
**Figure 4.** Homeless Populations in Montgomery County, 2016 - 2018  
 (Source: [Homelessness in Metropolitan Washington](#), 2018)

- Prince George’s County’s homeless population in 2018 included 176 children and 97 adults (Figure 5).



**Figure 5.** Homeless Populations in Prince George's County, 2016 - 2018  
 (Source: [Homelessness in Metropolitan Washington](#), 2018)

- In Montgomery County, 124 individuals were chronically homeless, 18 were U.S. veterans, 147 were victims of domestic violence, 97 were suffering from co-occurring disorders (mental and substance abuse), 110 were physically disabled, and 63 were individuals with limited English proficiency. Similar issues were found among the Prince George's County homeless population (Figure 6).



**Figure 6.** Homeless Subpopulations in Montgomery County and Prince George's County in 2018  
 (Source: [Homelessness in Metropolitan Washington](#), 2018)

# Community Resources

Several efforts in the White Oak Medical Center Community Benefit Service Area aim to improve quality housing and the living situation for individuals experiencing homelessness. Each of the local programs listed below attempts to overcome challenges to people's housing and living situations. Services include, but are not limited to, the following:

**1. HEARTS & HOMES FOR YOUTH**  
**Address:** 3919 National Drive Suite 400,  
Burtonsville, MD 20866  
**Phone:** 301-589-8444  
**Email:** [hhyinfo@heartsandhomes.org](mailto:hhyinfo@heartsandhomes.org)  
**Website:** <https://heartsandhomes.org/>

**2. REBUILDING TOGETHER  
MONTGOMERY COUNTY –  
HOMEOWNER SERVICES**  
**Address:** 18225-A Flower Hill Way,  
Gaithersburg, Maryland 20879  
**Phone:** 301-947-9400  
**Email:** [info@rebuildingtogethermc.org](mailto:info@rebuildingtogethermc.org)  
**Website:**  
<https://rebuildingtogethermc.org/homeowner-services/>

**3. INTERFAITH WORKS**  
*Helps people lift themselves out of poverty.*  
**Address:** 114 West Montgomery Ave.,  
Rockville, MD 20850  
**Phone:** 301-762-8682  
**Website:** <http://www.iworksmc.org/>

**4. THE MONTGOMERY COUNTY  
COALITION FOR THE HOMELESS**  
End homelessness in Montgomery  
County by building a community.  
**Address:** 600 B East Gude Drive,  
Rockville, MD 20850  
**Phone:** 301-217-0314  
**Email:** [mcch@mcch.net](mailto:mcch@mcch.net)  
**Website:** <https://mcch.net/>

**5. EVERYMIND**  
**Address:** 1000 Twinbrook Pkwy,  
Rockville, MD 20851  
**Phone:** 301-424-0656  
**Email:** [info@every-mind.org](mailto:info@every-mind.org)  
**Website:** [www.every-mind.org](http://www.every-mind.org)

**6. HOUSING INITIATIVE PARTNERSHIP**  
*Creates housing and economic security for low- and moderate-income households and provides services that improve the quality of life in the communities we serve.*  
**Address (Main Office):** 6525 Belcrest Road, Suite 555, Hyattsville, MD 20782  
**Phone:** 301-699-3835  
**Email:** [info@hiphomes.org](mailto:info@hiphomes.org)  
**Website:** <http://hiphomes.org/wp/>

**7. MONTGOMERY HOUSING  
PARTNERSHIP**  
*We house people, empower families, and strengthen neighborhoods.*

**Address:** 12200 Tech Road, Suite 250,  
Silver Spring, MD 20904-1983  
**Phone:** 301-622-2400  
**Email:** [info@mhpartners.org](mailto:info@mhpartners.org)  
**Website:** <https://www.mhpartners.org/>

**8. HABITAT FOR HUMANITY METRO  
MARYLAND**

**Address:** 8380 Colesville Road, Suite  
700, Silver Spring, MD 20910  
**Phone:** 301-990-0014  
**Website:** <https://www.habitatmm.org/>

**9. PRINCE GEORGE'S COUNTY LEAD AND  
HEALTHY HOMES PROGRAM**

**Address:** 9021 Basil Court, Suite 318  
Largo, MD 20774  
**Phone:** 301-883-7662

**Website:**  
<https://www.princegeorgescountymd.gov/2108/Testing-Services>

**10. CHILDHOOD LEAD POISONING  
PREVENTION – MONTGOMERY  
COUNTY**

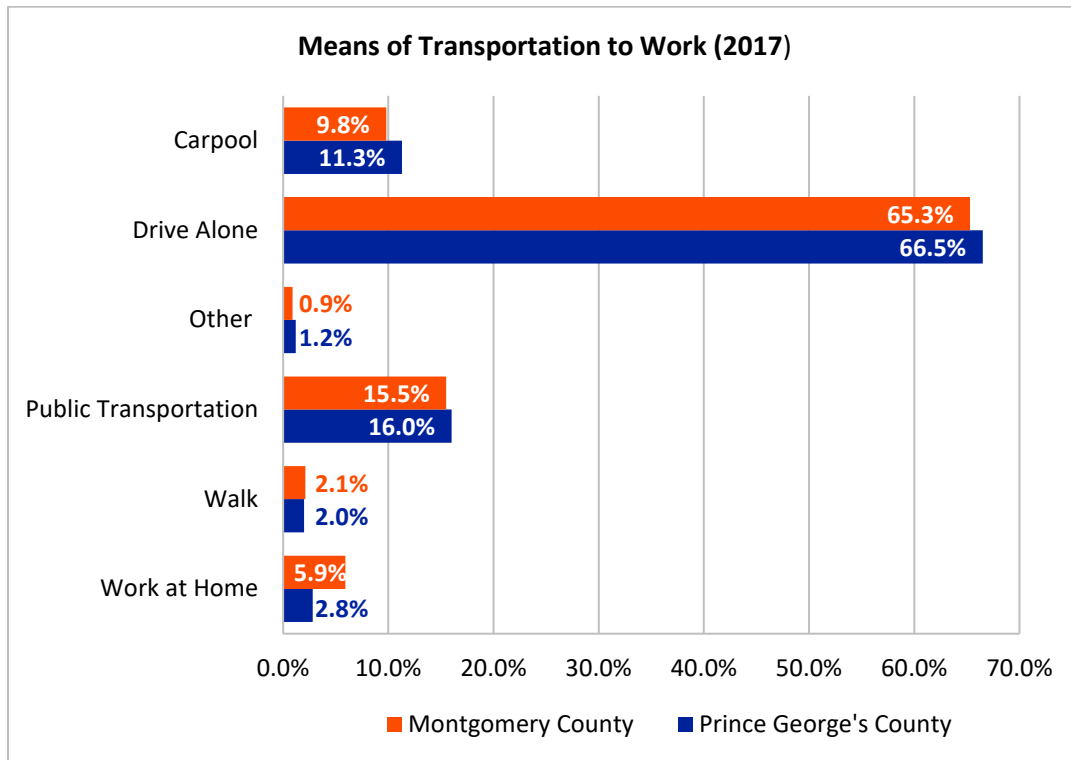
**Address:** Silver Spring Health Center  
8630 Fenton Street, Silver Spring, MD  
20910

**Phone:** 240-777-3160

**Website:**  
<https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=PHS/PHSChildLeadPos-p264.html>

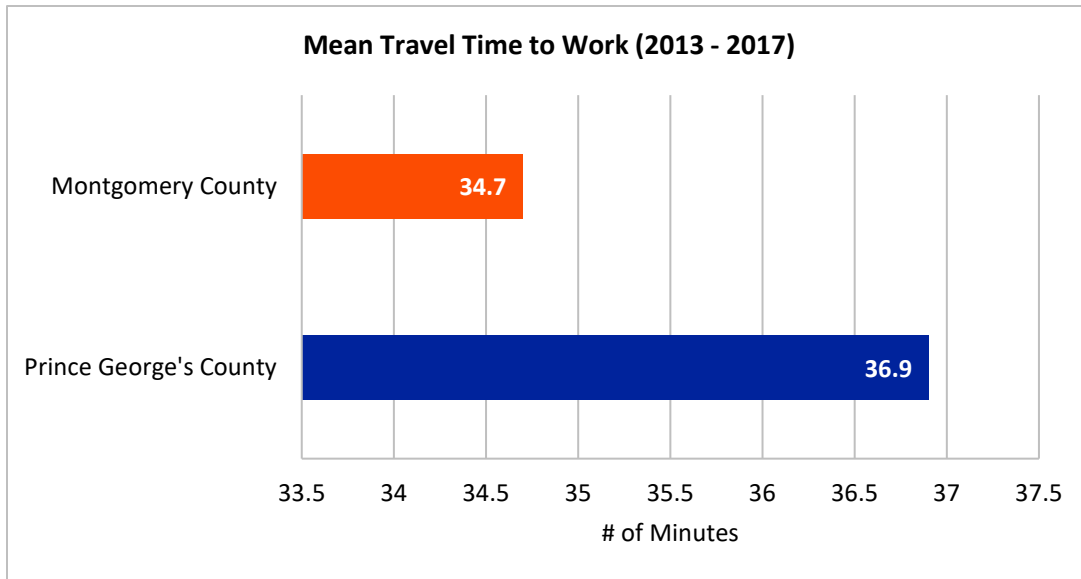
## 9.4 Transportation

- The majority of both Prince George's County (66.5 percent) and Montgomery County (65.3 percent) residents drive to work alone or utilize public transportation (Montgomery County: 15.5 percent, Prince George's County: 16.0 percent) (Figure 1).



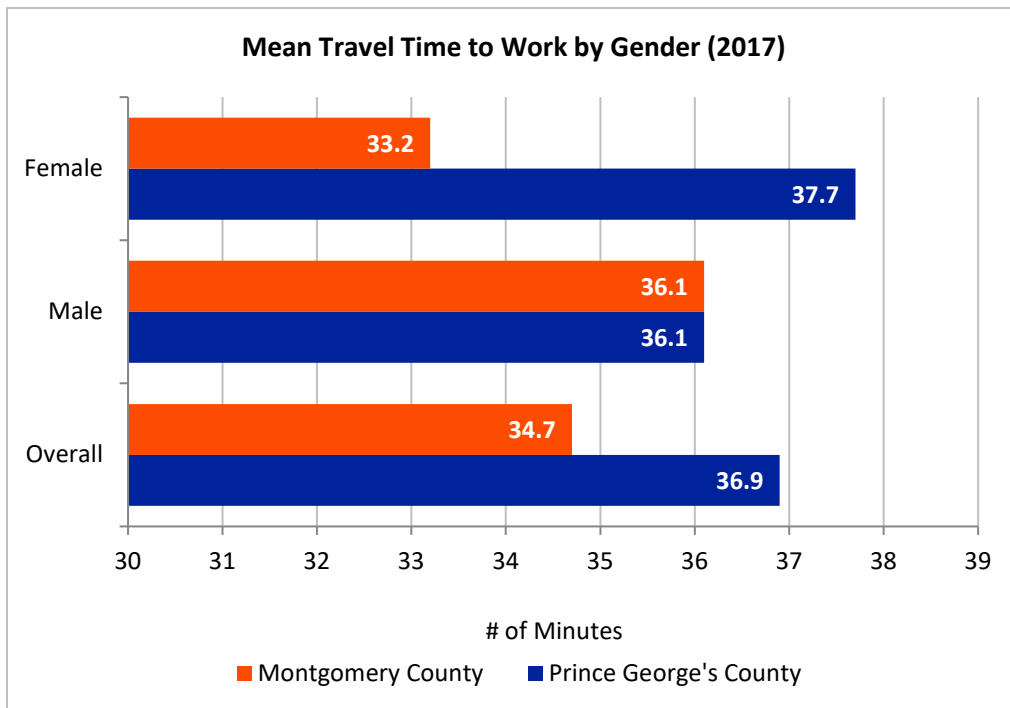
**Figure 1.** Means of Transportation to Work, 2017  
(Source: [U.S. Census Bureau](https://www.census.gov), 2017 ACS 5-Year Estimates)

- The mean travel time to work for Montgomery County is 34.7 minutes; whereas the mean travel time for Prince George's County is 36.9 minutes (Figure 2).



**Figure 2.** Means Travel Time to Work, 2013-2017  
 (Source: [U.S. Census Bureau](#) & [PGC Health Zone](#), 2017)

- The mean travel time to work for females in Montgomery County is 33.2 minutes and in Prince George’s County it is 37.7 minutes. For males, the mean travel time to work is 36.1 minutes in both Montgomery and Prince George’s County (Figure 3).

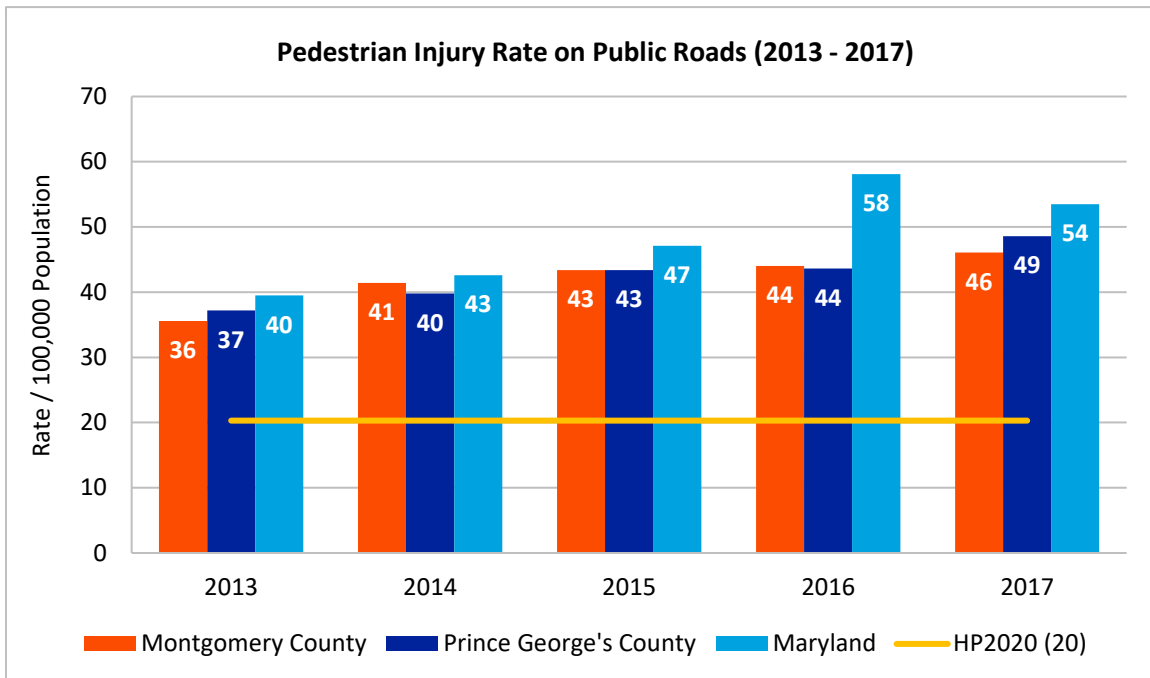


**Figure 3.** Mean Travel Time to Work by Gender for Prince George’s County and Montgomery County, 2017  
 (Sources: [Healthy Montgomery](#) & [PGC Health Zone](#), 2017)



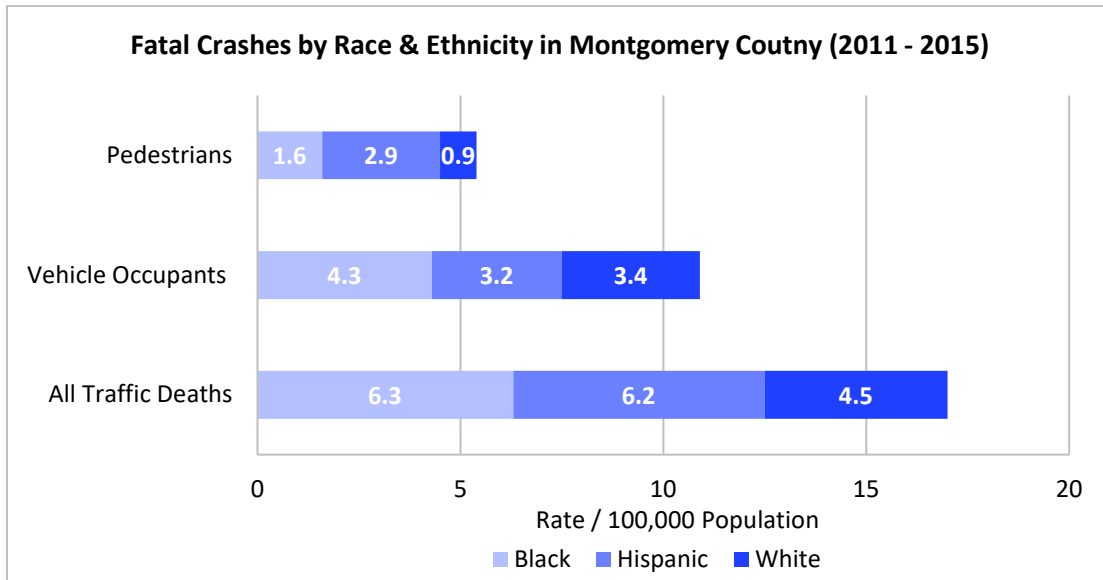
## Pedestrian Safety

- The rate of pedestrian injuries on public roads in Montgomery County in 2017 was 46 per 100,000 population. In Prince George's County, the rate was 49 per 100,000 population. The rate for the state of Maryland is higher than both counties with 54 per 100,000 population (Figure 4).



**Figure 4.** Rate of Pedestrian Injuries per 100,000 Population in Montgomery County, Prince George's County, & Maryland, 2013 - 2017  
(Source: [MD SHIP](#), 2017)

- From 2011 to 2015, in Montgomery County, Black and Hispanic individuals experienced the highest number of traffic fatalities among both vehicle occupants and non-occupants (Figure 5).



**Figure 5.** Montgomery County Fatalities by Race & Ethnicity, 2011 - 2015  
 (Source: [Vision Zero](#), 2015)

- From 2012 to 2014, in Montgomery County, White non-Hispanic individuals experienced the highest number of traffic fatalities among both vehicle occupants and non-occupants (Table 1).
- From 2012 to 2014, in Prince George’s County, Black/African-American non-Hispanic individuals experienced the highest number of traffic fatalities among both vehicle occupants and non-occupants. (Table 2).

MONTGOMERY COUNTY TRAFFIC FATALITIES (2012 - 2014)				
PERSON TYPE BY RACE/HISPANIC ORIGIN		2012	2013	2014
<b>Occupants (All Vehicle Types)</b>	Hispanic	2	5	4
	White, Non-Hispanic	<b>11</b>	<b>12</b>	<b>13</b>
	Black, Non-Hispanic	7	6	4
	Asian, Non-Hispanic/Unknown	0	0	0
	All Other Non-Hispanic or Race	3	3	4
	Unknown Race and Unknown			
	Hispanic	7	1	3
<i>Total</i>	<b>30</b>	<b>27</b>	<b>28</b>	
<b>Non-Occupants (Pedestrians, Pedal cyclists and Other/Unknown Non-Occupants)</b>	Hispanic	0	1	1
	White, Non-Hispanic	<b>4</b>	<b>6</b>	<b>4</b>
	Black, Non-Hispanic	2	4	1
	Asian, Non-Hispanic/Unknown	0	1	1
	All Other Non-Hispanic or Race	0	0	0
	Unknown Race and Unknown			
	Hispanic	1	1	4
<i>Total</i>	<b>7</b>	<b>13</b>	<b>11</b>	
<b>Total</b>	Hispanic	2	6	5
	White Non-Hispanic	<b>15</b>	<b>18</b>	<b>17</b>
	Black, Non-Hispanic	9	10	5
	Asian, Non-Hispanic/Unknown	0	1	1
	All Other Non-Hispanic or Race	3	3	4
	Unknown Race and Unknown			
	Hispanic	8	2	7
<i>Total</i>	<b>37</b>	<b>40</b>	<b>39</b>	

**Table 1.** Montgomery County Fatalities by Person Type, Race and Ethnicity, 2012 - 2014  
 (Source: [National Highway Traffic Safety Administration-Traffic Safety Facts](#), 2015)

PRINCE GEORGE'S COUNTY TRAFFIC FATALITIES (2012 - 2014)				
PERSON TYPE BY RACE/HISPANIC ORIGIN		2012	2013	2014
Occupants (All Vehicle Types)	Hispanic	5	7	3
	White Non-Hispanic	7	8	8
	Black, Non-Hispanic	<b>36</b>	<b>35</b>	<b>47</b>
	All Other Non-Hispanic or Race	0	3	1
	Unknown Race and Unknown Hispanic	15	17	9
	<i>Total</i>	63	70	68
Non-Occupants (Pedestrians, Pedal cyclists and Other/Unknown Non-Occupants)	Hispanic	1	0	4
	White Non-Hispanic	4	1	6
	Black/AA, Non-Hispanic	<b>14</b>	<b>10</b>	<b>12</b>
	All Other Non-Hispanic or Race	0	0	0
	Unknown Race and Unknown Hispanic	5	6	8
	<i>Total</i>	24	17	30
Total	Hispanic	6	7	7
	White Non-Hispanic	11	9	14
	Black/AA, Non-Hispanic	<b>50</b>	<b>45</b>	<b>59</b>
	All Other Non-Hispanic or Race	0	3	1
	Unknown Race and Unknown Hispanic	20	23	17
	<i>Total</i>	87	87	98

**Table 2.** Prince George's County Fatalities by Person Type, Race and Ethnicity, 2012 - 2014  
(Source: [National Highway Traffic Safety Administration-Traffic Safety Facts](#), 2015)

- In Prince George's County, the age-adjusted death rate due to motor vehicle traffic collisions is slightly higher than the state of Maryland (Table 3).

Age-Adjusted Death Rate due to Motor Vehicle Traffic Collisions, 2015 - 2017	
Prince George's County	9.4
Maryland	8.8

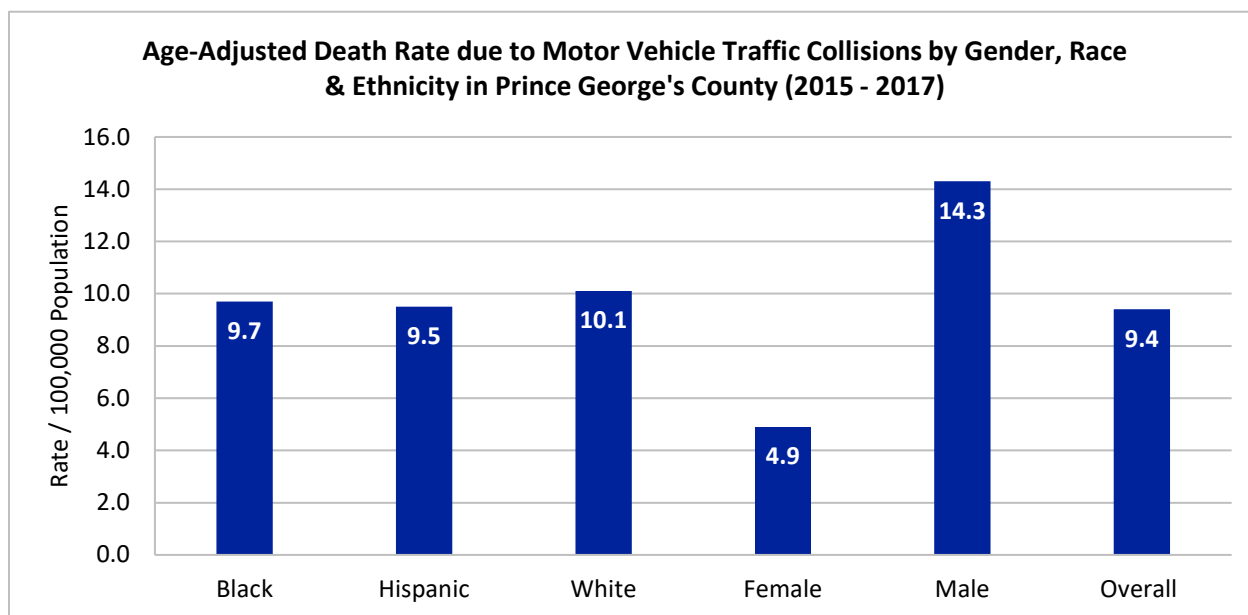
**Table 3.** Age-Adjusted Death Rate due to Motor Vehicle Traffic Collisions in Prince George's County, 2015 – 2017  
*Death rate per 100,000 population*  
(Source: [PGC Health Zone](#), 2017)

- In Montgomery County the age-adjusted death rate due to motor vehicle traffic collisions is significantly lower than Maryland and Prince George’s County, despite the different measurement period (Table 3 and 4).

Age-Adjusted Death Rate due to Motor Vehicle Traffic Collisions, 2012 - 2016	
Montgomery County	4.7
Maryland	8.6

**Table 4.** Age-Adjusted Death Rate due to Motor Vehicle Traffic Collisions in Montgomery County, 2012 – 2016  
(Source: [CARES Engagement Network](#), 2017)

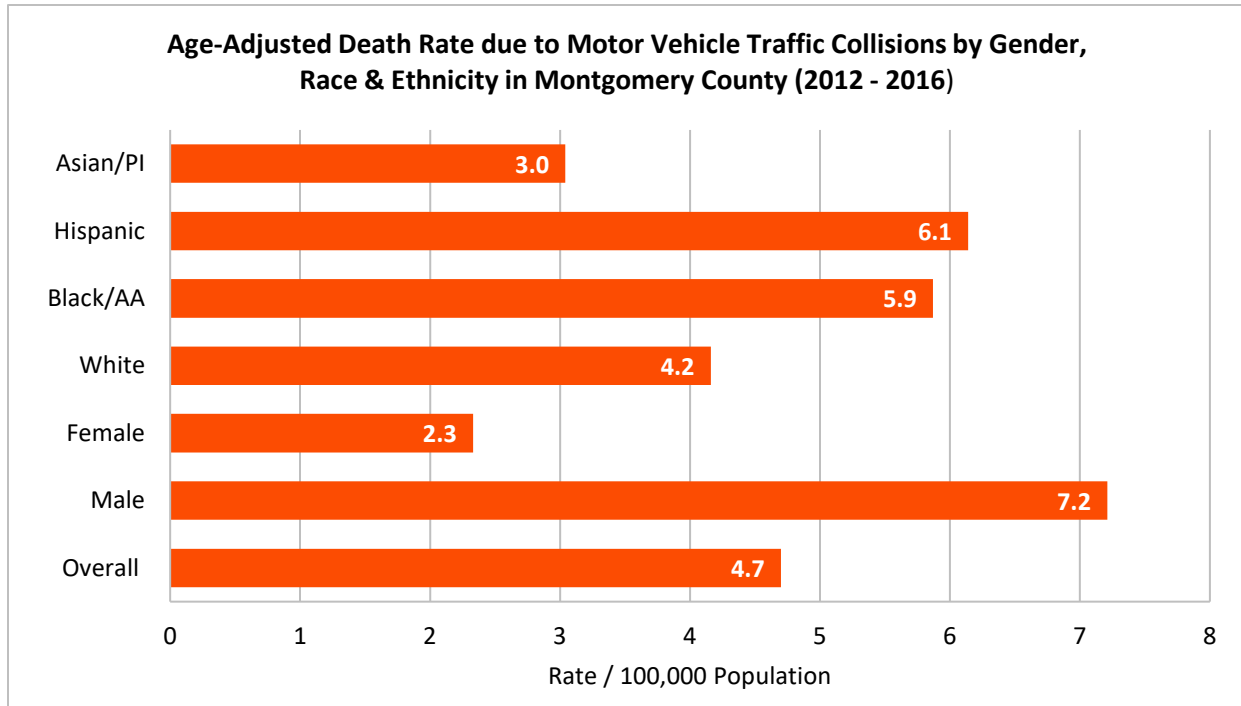
- In Prince George’s County, when looking at the age-adjusted death rate by race/ethnicity, Whites have a higher date rate due to motor vehicle traffic collisions than the other races/ethnicities (Figure 8).
- When looking at the age-adjusted death rate by gender, males have a higher death rate due to motor vehicle traffic collisions (Figure 8).



**Figure 8.** Age-Adjusted Death Rate due to Motor Vehicle Traffic Collisions by Race & Ethnicity and Gender in Prince George’s County, 2015 - 2017  
(Source: [PGC Health Zone](#), 2017)

- In Montgomery County, when looking at the age-adjusted death rate by race/ethnicity, Hispanics have a higher death rate due to motor vehicle traffic collisions than the other races/ethnicities (Figure 9).

- When looking at the age-adjusted death rate by gender, males have a higher death rate due to motor vehicle traffic collisions (Figure 9).



**Figure 9.** Age-Adjusted Death Rate due to Motor Vehicle Traffic Collisions in Montgomery County, 2012 – 2016  
(Source: [CARES Engagement Network](#), 2017)

# Community Resources

There are several public transportation options in Montgomery County and Prince George's County, these resources include, but are not limited to, the following:

**1. MARYLAND TRANSPORTATION RESOURCE INFORMATION POINT**

*TRIP is your one-stop source for Maryland transit information.*

**Website:** <https://www.mdtrip.org/>

**2. MONTGOMERY COUNTY DEPARTMENT OF TRANSPORTATION**

**Website:**

<https://www.montgomerycountymd.gov/dot/index.html>

*Ride on Flex*

**Website:**

<https://www.montgomerycountymd.gov/dot-transit/flex/index.html>

*Senior Transportation*

**Website:**

<https://www.montgomerycountymd.gov/senior/transportation.html>

*Medical Assistance Transportation Program*

**Phone:** 240-777-5890

**Email:**

[medicaidtransportation@montgomerycountymd.gov](mailto:medicaidtransportation@montgomerycountymd.gov)

**Website:**

<https://www.montgomerycountymd.gov/HHS-Program/ADS/Transportation/MedAssist.html>

**3. PRINCE GEORGE'S COUNTY – TRANSPORTATION**

**Website:**

<https://www.princegeorgescountymd.gov/1099/Transportation>

*Medical Assistance Transportation Program*

**Phone:** 301-856-9555

**Website:**

<https://www.princegeorgescountymd.gov/2104/Medical-Assistance-Transportation-Progra>

**4. JEWISH COUNCIL FOR THE AGING**

*JCA helps seniors find transportation solutions through our Connect-A-Ride resource center*

**Address:** 12320 Parklawn Drive  
Rockville, MD 20852-1726

**Phone:** 301.255.4200

**Email:** [Senior.HelpLine@AccessJCA.org](mailto:Senior.HelpLine@AccessJCA.org)

**Website:** <https://accessjca.org/>

**5. DISABLED AMERICAN VETERANS**

*Provides free transportation (with ID) to VA medical facilities for injured and ill veterans.*

**Website:**

<https://www.dav.org/veterans/i-need-a-ride/>

**6. ANGEL WHEELS**

*Dedicated to providing non-emergency, long-distance ground transportation to financially disadvantaged, ambulatory patients who are traveling for treatment.*

**Website:** <https://angelwheels.org/>

**7. THE AMERICAN CANCER SOCIETY -  
TRANSPORTATION**

*Transportation shouldn't be a roadblock to cancer treatment.*

**Phone:** 1-800-227-2345

**Website:**

<https://www.cancer.org/treatment/support-programs-and-services/patient-transportation.html>

**8. CITY OF BOWIE, MARYLAND -  
TRANSPORTATION**

*Curb-to-curb transportation for Bowie senior citizens and adult individuals with disabilities.*

**Phone:** 301-809-2324

**Website:**

<https://www.cityofbowie.org/563/Transportation-for-Seniors>



# Section IV: Evaluation



# Introduction

Based on the findings from the 2017 – 2019 Community Health Needs Assessment, Adventist HealthCare Washington Adventist Hospital (currently White Oak Medical Center) developed an Implementation Strategy to address the prioritized areas of chronic disease, obesity and food access. An overview of each of the major programs undertaken over the past three years, as well as their outcomes, is provided below.

**Note:** *The programs described below were a joint effort between Shady Grove Medical Center and White Oak Medical Center. The description and outcomes for these programs have been listed on the reports for both hospitals.*

## Diabetes Self-Management Program (DSMP)

<p><b>Need</b></p> <p><i>As originally identified in the 2017 - 2019 CHNA</i></p>	<p>Community input collected as part of Adventist HealthCare Washington Adventist Hospital’s CHNA ranked obesity and diabetes in the top 10 among 26 identified community health needs. Obesity was ranked 2<sup>nd</sup>, while diabetes was ranked 4<sup>th</sup>.</p> <p>In Montgomery County, 17.9 percent of adults were obese, and 52.9 percent were overweight or obese<sup>1</sup>. For Prince George’s County that percentage was even higher with 65.7 percent of adults being overweight or obese<sup>2</sup>. The most disproportionately affected groups in both counties were Blacks and Hispanics and individuals between the ages of 45 to 64 years of age<sup>3</sup>. Females in Prince George’s county were more likely to be obese at 71.5 percent when compared to 64.9 percent of males. The opposite was true for Montgomery County where more males (63.4 percent) were overweight or obese than females (51.5 percent).</p> <p>In Montgomery County the groups with the highest prevalence of diabetes included Asians (9.3 percent), males (7.7 percent), and those that were 65 years of age or older (19.2 percent)<sup>4</sup>. In Prince George’s County, the highest prevalence of diabetes included those in the “other” race/ethnicity category (14.9 percent), females (12.5 percent), and those 65 years of age or older (35.8 percent). From the CHNA, it was also discovered that Black and American Indian/Alaska Native populations in Montgomery County had the highest rates of age-adjusted emergency room visits and hospitalizations due to diabetes complications and uncontrolled diabetes. Montgomery county also ranked in the top half of all counties in Maryland for:</p> <ul style="list-style-type: none"> <li>• Percentage of adults with diabetes</li> <li>• Age-adjusted death rate due to diabetes</li> <li>• Age-adjusted ER and hospitalization rates due to diabetes, short and long-term complications of diabetes, and uncontrolled diabetes,</li> <li>• Overall ER rate due to diabetes</li> </ul> <p>Prince Georges County was rated in the bottom half of all counties in Maryland for all of the above measures except for emergency room visits due to diabetes.</p>
<p><b>Program Overview</b></p>	<p>The primary objective of this initiative was to increase access to education and resources for individuals living with diabetes. This initiative aimed to increase the availability of diabetes education as well as build capacity in the community through the training of community members.</p>

<sup>1</sup> Healthy Montgomery. (2017). Adults who are Overweight and Obese. Retrieved from <http://www.healthymontgomery.org/index.php?module=indicators&controller=index&action=view&indicatorId=56&localeId=1259>

<sup>2</sup> PGC Health Zone. (2017). Adults who are Overweight or Obese. Retrieved from <http://www.pghealthzone.org/index.php?module=indicators&controller=index&action=view&indicatorId=56&localeId=1260>

<sup>3</sup> Maryland BRFSS Data (2014).

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<p><i>Programs and initiatives conducted in response to the need identified</i></p>	<p>Developed by Stanford University, the Diabetes Self-Management Program (DSMP) is an evidence-based workshop that is designed to be highly interactive and build participants' skills and confidence in managing their chronic condition and maintaining a healthy and active lifestyle. One workshop takes place over six weeks and includes a total of six, 2.5-hour sessions held weekly. Each workshop is led by two trained instructors and offered free to community members who are at risk of diabetes, living with diabetes or taking care of someone living with diabetes.</p> <p>The training was initially led by Adventist HealthCare employees, however, in the fall of 2017 the program expanded to include lay and clinical community members as instructors. Adventist HealthCare in partnership with Health Quality Innovators (HQI) facilitated a free train-the-trainer session for interested community members. For interested community members, Adventist HealthCare offered them the opportunity to earn hours towards becoming a Certified Diabetes Educator (CDE) through the facilitation of DSMP workshops. Following the completion of the train-the-trainer session, as well as the facilitation of a DSMP workshop in the community, facilitators could receive a stipend to cover the costs of their CDE exam.</p>
<p><b>Outcomes</b> <i>Process and Outcome measures 2017 - 2019</i></p>	<p><b>PROCESS MEASURES:</b></p> <ul style="list-style-type: none"> <li>• The number of community members trained to be DSMP facilitators (4-day train the trainer course) included 20 individuals</li> <li>• The number of DSMP class participants included 274 individuals with 989 encounters</li> <li>• The number of DSMP 6-week workshop classes held (led by either community facilitators or staff) was 20 workshops</li> <li>• The number of trained facilitators who received the Certified Diabetes Educator (CDE) stipend was 7 individuals</li> </ul> <p><b>OUTCOME MEASURES:</b></p> <ul style="list-style-type: none"> <li>• The number of DSMP class participants who were considered class "completers" (i.e. attended at least 4 out of the 6 sessions) was 130 individuals</li> <li>• The change in knowledge, behavior, and self-efficacy among workshop participants based on available pre/post test data include the following ("<i>n</i>" varies based on those who answered each question on both the pre- and post-test): <ul style="list-style-type: none"> <li>○ 54.3% increased their fruit and vegetable consumption (ate five or more servings of fruits and vegetables) (n = 46)</li> <li>○ 62.3% increased their exercise frequency (days of exercise for at least 30 minutes) (n = 53)</li> <li>○ 40.5% increased their blood sugar testing (n = 37)</li> <li>○ 48.8% increased the frequency of which they check their feet (n = 41)</li> </ul> </li> </ul>

# Long Branch Healthy Food Access Program (LBHFAP)

<p><b>Need</b></p> <p><i>As originally identified in the 2017 - 2019 CHNA</i></p>	<p>In Montgomery and Prince George’s County, access to affordable nutritious food was identified through the CHNA as both a health concern and a needed resource in the community. 6.3 percent of the population in Montgomery County and 14.4 percent of the population in Prince George’s County experienced food insecurity in 2015.<sup>5,6</sup> Child food insecurity was 13.3 percent in Montgomery County and 13.6 percent in Prince Georges County.</p> <p>Overall, 66.7 percent of the adult population consumed less than five servings of fruits and vegetables daily in Montgomery County<sup>7</sup>. A higher percentage of White (33 percent) and Asian (31 percent) residents consumed five or more servings of fruits and vegetables daily when compared to the county as a whole<sup>8</sup>.</p> <p>Through the community input collected, various challenges to healthy eating and access to food in the community were identified. The high cost of healthy foods, small number of farmer’s markets, and too many fast food restaurants were among the barrier identified.</p> <p>Within our community survey, obesity and diabetes were ranked in the top 10 identified community health concerns. In Montgomery County, 20.3 percent of adults were obese, and 57.4 percent were overweight or obese. In Prince George’s County, the percentage was even higher with 34.2 percent of adults being obese and 68.3 percent being considered overweight or obese. In addition, 7 percent of adults in Montgomery County and 11.5 percent of adults in Prince George’s County had been diagnosed with diabetes.</p>
<p><b>Program Overview</b></p> <p><i>Programs and</i></p>	<p>The primary objective for this initiative was to provide health resources to vulnerable populations to improve health behaviors and outcomes such as diabetes management (HbA1c) and achievement of a healthy BMI and weight.</p>

<sup>5</sup> Healthy Montgomery. (2017). Food Insecurity Rate. Retrieved from <http://www.healthymontgomery.org/index.php?module=indicators&controller=index&action=view&indicatorId=2107&localeId=1259>

<sup>6</sup> PGC Health Zone. (2017). Food Insecurity Rate. Retrieved from <http://www.pghealthzone.org/index.php?module=indicators&controller=index&action=view&indicatorId=2107&localeId=1260>

<sup>7</sup> Healthy Montgomery. (2015). Food Insecurity Rate. Retrieved from <http://www.healthymontgomery.org/index.php?module=indicators&controller=index&action=view&indicatorId=2107&localeId=1259>

<sup>8</sup> Healthy Montgomery. (2017). Adult Fruit and Vegetable Consumption. Retrieved from <http://www.healthymontgomery.org/index.php?module=indicators&controller=index&action=view&indicatorId=37&localeId=1259>

<p><i>initiatives conducted in response to the need identified</i></p>	<p>The Long Branch Health Food Access Program (LBHFAP) was designed for individuals with diabetes living in the Takoma Park and Long Branch communities. Each participant received 3-months of active intervention followed by 9-months of maintenance. Throughout the active intervention, community health workers (CHWs) worked with participants to develop a tailored food access and healthy living plan, assessed eligibility for assistance programs (i.e. SNAP and WIC), enrolled interested participants in Manna’s nutrition education program, and provided referrals to PCP’s if participants did not already have one. During the active intervention, participants also received weekly food deliveries from Hungry Harvest, Manna, and Crossroads Community Food Network. Participants were also provided the opportunity to take part in monthly education sessions such as cooking, nutrition, or physical activity classes.</p>
<p><b>Outcomes</b> <i>Process and Outcome measures 2017 - 2019</i></p>	<p>Long Branch Health Food Access Program outcomes from CY2017 – June 2019):</p> <p><b>CY2017</b> Beginning in spring of 2017, the LBHFAP served <b>43 low-income, food insecure residents</b> of the Takoma Park and Long Branch communities who had uncontrolled diabetes.</p> <ul style="list-style-type: none"> <li>• Each participant received an average of <b>7.8 packages of food</b></li> <li>• <b>57 %</b> of participants increased their intake of fruits and vegetables</li> <li>• <b>50 %</b> reduced intake of salty snacks or butter and margarine</li> <li>• Body Mass Index (BMI): <b>64%</b> of participants reduced their BMI with an average weight loss of <b>5.5lbs</b></li> <li>• HbA1c: Half of participants lowered their A1C with an average reduction of <b>0.75</b> which reduced the proportion of participants with out of control diabetes (HbA1c &gt; 7) from 50% to 25%</li> </ul> <p><b>CY2018</b> In 2018, <b>154</b> participants were enrolled into the LBHFAP.</p> <ul style="list-style-type: none"> <li>• The program distributed <b>1,095</b> boxes of food</li> <li>• <b>22</b> classes/events were conducted with an attendance of <b>97</b> people (classes included: cooking demonstrations, nutrition education, and diabetes management classes)</li> <li>• <b>60%</b> of participants who initially reported fair or poor health improved their self-reported health status</li> <li>• <b>67%</b> of overweight or obese participants lost an average of <b>8.2lbs</b> during the 3-month active program and <b>79%</b> of these participants lost an additional <b>3.8lbs</b> during the maintenance of the program</li> <li>• <b>71%</b> of participants improved their glucose control with a reduction of <b>1.2</b> in HbA1c</li> </ul>

### January – June 2019

Through June of 2019, **52** participants completed the program.

- **924** boxes/bags of food were distributed to participants
- **14** participants attended two events on nutrition/health education and cooking events
- **60%** of obese and overweight participants lost weight
- **68%** of participants reported improved blood glucose control
- **34%** of participants reported improved self-reported health status
- **27%** of participants reported purchasing fruits and vegetables more frequently
- **36%** of participants reported eating more servings of fruits and vegetables
- **12 – 21%** of participants reported eating unhealthy foods less frequently

# Hungry Harvest Rx Program

<p><b>Need</b></p> <p><i>As originally identified in the 2017 - 2019 CHNA</i></p>	<p>In Montgomery and Prince George’s County, access to affordable nutritious food was identified through the CHNA as both a health concern and a needed resource in the community. 6.3 percent of the population in Montgomery County and 14.4 percent of the population in Prince George’s County experienced food insecurity in 2015.<sup>9,10</sup> Child food insecurity was 13.3 percent in Montgomery County and 13.6 percent in Prince Georges County.</p> <p>66.7 percent of the adult population consumed less than five servings of fruits and vegetables daily in Montgomery County<sup>11</sup>. A higher percentage of White (33 percent) and Asian (31 percent) residents consumed five or more servings of fruits and vegetables daily when compared to the county as a whole<sup>12</sup>.</p> <p>Through the community input collected, various challenges to healthy eating and access to food in the community were identified. The high cost of healthy foods, small number of farmer’s markets, and too many fast food restaurants were among the barrier identified.</p> <p>Within our community survey, obesity and diabetes were ranked in the top 10 identified community health concerns. In Montgomery County, 20.3 percent of adults were obese, and 57.4 percent were overweight or obese. In Prince George’s County, the percentage was even higher with 34.2 percent of adults being obese and 68.3 percent being considered overweight or obese. Additionally, 7 percent of adults in Montgomery County and 11.5 percent of adults in Prince George’s County have been diagnosed with diabetes.</p>
<p><b>Program Overview</b></p> <p><i>Programs and initiatives conducted in</i></p>	<p>In partnership with Hungry Harvest, Washington Adventist Hospital provided produce prescriptions to patients who were at or below 250% of the federal poverty level and in need food assistance. Adventist HealthCare funded the food deliveries, identified participants and enrolled them in the program. Hungry Harvest then completed the food deliveries. Program participants received free fresh produce deliveries from Hungry Harvest every 2 weeks for 2 months. Each delivery equated to five meals per household. The home deliveries encouraged healthy eating, home cooking, and a greater sense of independence. Hungry Harvest partners with</p>

<sup>9</sup> Healthy Montgomery. (2017). Food Insecurity Rate. Retrieved from <http://www.healthymontgomery.org/index.php?module=indicators&controller=index&action=view&indicatorId=2107&localeId=1259>

<sup>10</sup> PGC Health Zone. (2017). Food Insecurity Rate. Retrieved from <http://www.pghealthzone.org/index.php?module=indicators&controller=index&action=view&indicatorId=2107&localeId=1260>

<sup>11</sup> Healthy Montgomery. (2015). Food Insecurity Rate. Retrieved from <http://www.healthymontgomery.org/index.php?module=indicators&controller=index&action=view&indicatorId=2107&localeId=1259>

<sup>12</sup> Healthy Montgomery. (2017). Adult Fruit and Vegetable Consumption. Retrieved from <http://www.healthymontgomery.org/index.php?module=indicators&controller=index&action=view&indicatorId=37&localeId=1259>



<i>response to the need identified</i>	<p>medical professionals, hospitals, and community care organizations to offer the Produce Rx program. Across their partnerships they have seen very positive outcomes for program participants including increased produce consumption; reduced BMI, weight, blood pressure and blood sugar; and reduced health care costs of \$300 per person per quarter.</p>
<p><b>Outcomes</b> <i>Process and Outcome measures 2017 - 2019</i></p>	<p>Over the past three years (CY2017 – 2019) the Hungry Harvest Rx Program had the following outcomes:</p> <ul style="list-style-type: none"> <li>• <b>595</b> individuals were enrolled</li> <li>• <b>20,784 pounds</b> of fresh produce were delivered to program participants</li> <li>• Every participant received over <b>35 pounds</b> of healthy fruits and vegetables</li> </ul>