2022 ELKHART COUNTY

Community Health Assessment

Community Health Assessment:
## Executive Summary

Health Issue	Data Highlights
Diabetes	Elkhart County has the highest diabetes rate compared to peer counties at 12%
Obesity	Elkhart County is only 1% lower than the leading peer counties for obesity rates
Heart Disease	Heart disease is the number one killer in Elkhart County
Suicide Deaths	Suicide deaths are on the rise in Elkhart county and currently, the county has a higher suicide death rate than the state of Indiana
Access to Care	17% of adults and 12% of children are uninsured in Elkhart County.
Cancer	Elkhart County has a lower rate of cancer than the Healthy People 2020 goal
Environmental Health	Grant funding for lead poisoning is currently being secured for the county for rising numbers in children needing treatment
Foodborne Illness	Cases of foodborne illness are at an all time low in Elkhart County
Healthy Pregnancy	Black infants are 3x more likely to die before the age of one than white infants
HIV	HIV rates in Elkhart county have been continuing to rise since 2018
Substance Use	Opioid use and overdoses have been increasing in Elkhart County
Vaccines	Vaccination rates have decreased since the beginning of the COVID-19 pandemic
COVID-19	Elkhart has the highest case rate and death rate compares to peer counties. 42% of the county is fully vaccinated.

Community Health Assessment:
Introduction and Overview

This Community Health Assessment serves to analyze and report on the overall health standings of Elkhart County, Indiana. The information gathered from these assessments will be used to identify and address priority areas of improvement.

Process Summary

Review Data → Prioritize Findings → Communicate Findings → Action Planning
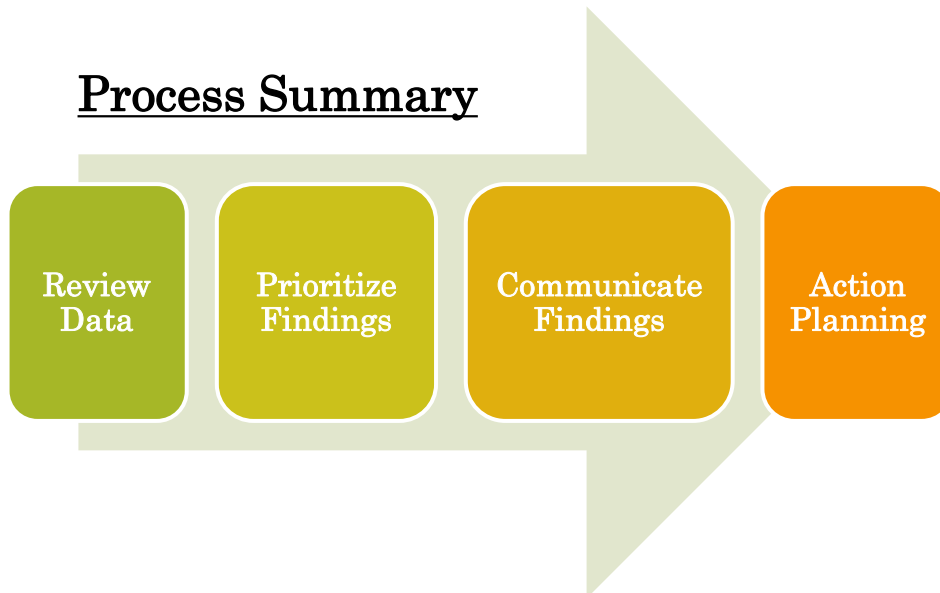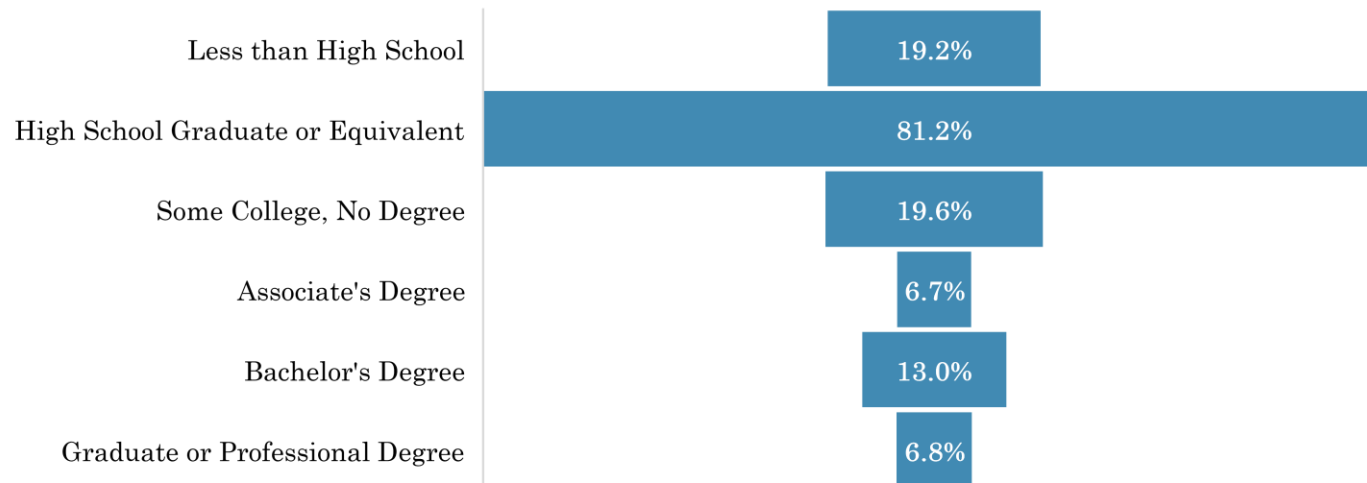
Priority Setting
Based on the findings presented in this report, the following have been designated as priority areas for Elkhart County:
1. Infant Mortality
2. Mental Health
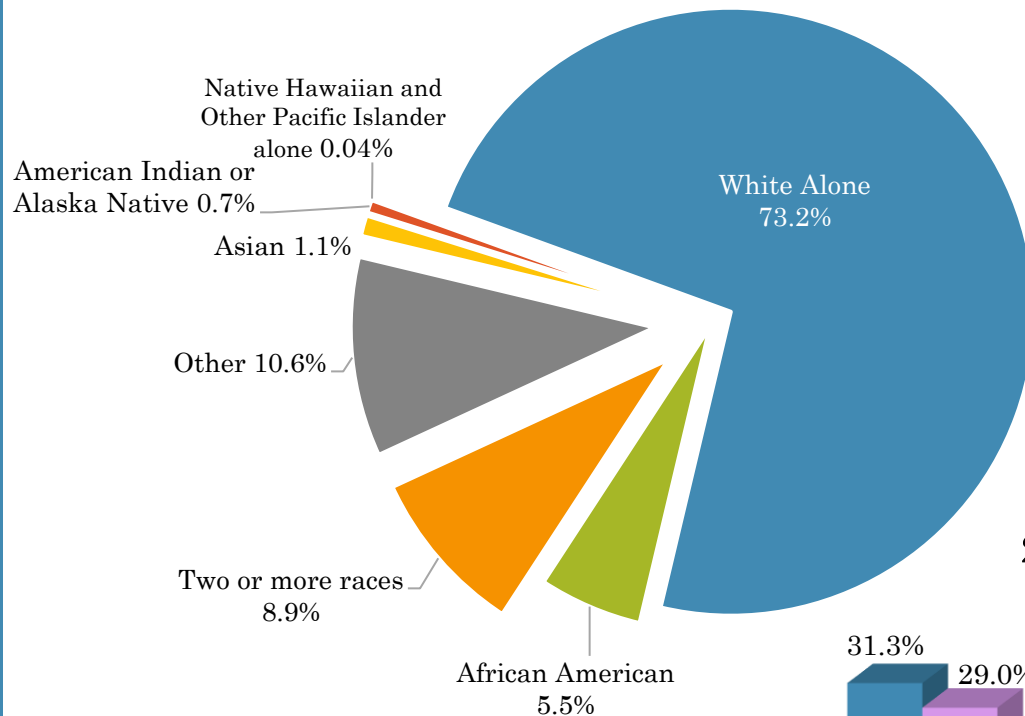3. Sexually Transmitted Diseases

County Demographics

Population Estimates for Elkhart County, Indiana[4, 11]	
Total Population (2020)	207,047
% Change in Population (2011-2019)	2.9% increase
Median Age (2021)	35.9
Median Household income (2021)	$55,782
% Children in Poverty (2018)	12%
% Uninsured (2017)	17%
% Unemployed (2018)	2.6%

2019 Educational Attainment [4, 11, 17]

Category	Percentage
Less than High School	19.2%
High School Graduate or Equivalent	81.2%
Some College, No Degree	19.6%
Associate's Degree	6.7%
Bachelor's Degree	13.0%
Graduate or Professional Degree	6.8%

County Demographics Cont.

2020 Population by Race

Native Hawaiian and Other Pacific Islander alone 0.04%

American Indian or Alaska Native 0.7%

Asian 1.1%

Other 10.6%

Two or more races 8.9%

African American 5.5%

White Alone 73.2%

2020 Population by Age and Gender

	0-19 years	20-44 years	45-64 years	65 and older
% Male	31.3%	31.6%	23.5%	13.5%
% Female	29.0%	29.7%	24.4%	17.0%

■ % Male ■ % Female
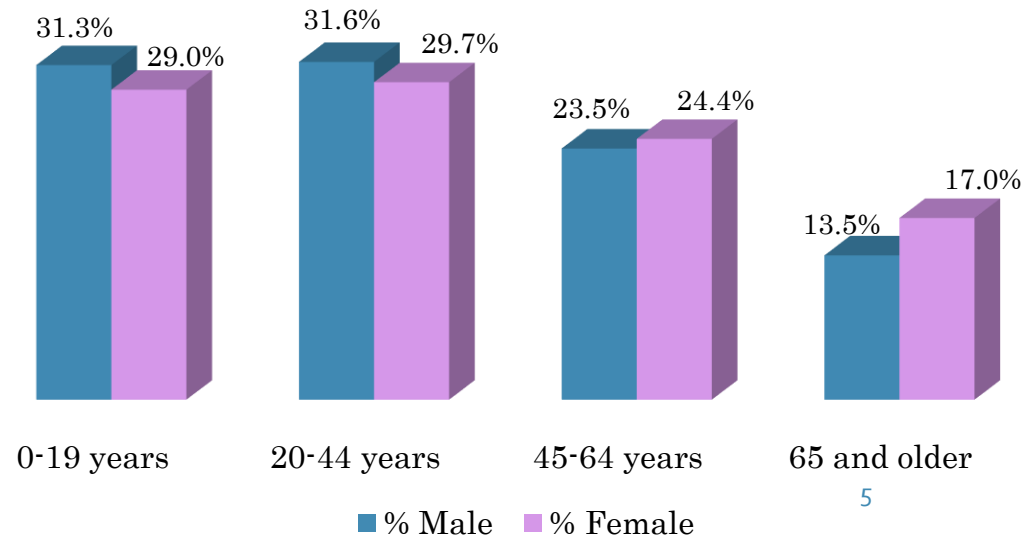
State and Peer County Comparisons

Demographics[4, 11]

	Indiana	Elkhart County	Hamilton County	LaGrange County	St. Joe County
Population 2020	6,785,528	207,047	347,467	40,446	272, 912
Median Age 2020	38	35.9	37.4	31.3	36.9
Median Household Income 2021	57,617	$55,782	$107,710	$70,746	$53,881
% Children in Poverty 2021	15%	12%	4%	11%	22%
% Uninsured 2021	11%	17%	6%	24%	12%
Unemployment Rate 2021	3.3	2.6	2.5	2.8	3.6

State and Peer County Comparisons
Health

	Indiana	Elkhart County	Hamilton County	LaGrange County	St. Joe County
% Adults with Diabetes 2021[12]	12%	12%	8%	10%	11%
% Adults with Obesity[12]	34%	34%	26%	35%	35%
Heart Disease Deaths per 100k 2017 [5]	184	168.2	140.7	195.3	168.2
Suicide Deaths Per 100k 2017[5]	16.2	16.5	11.5	0.0	12.0
% Low Birth Weight 2017[6]	8.3%	8.0%	6.5%	6.9%	9.4%
Adults Who Smoke 2021[12]	22.0%	23.0%	14.0%	29.0%	21.0%

Municipality Profiles
Race and Ethnicity [3, 5, 11]

	Elkhart	Goshen	Nappanee	Middlebury	Millersburg	Wakarusa	Bristol
White	76.4%	87.3%	92.5%	87.7%	97.4%	93.8%	94.1%
Black or African American	14.7%	3.5%	0.4%	1.7%	0.4%	1.3%	2.2%
American Indian and Alaskan Native	0.3%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Asian	0.8%	1.8%	2.7%	0.0%	0.0%	3.7%	1.4%
Native Hawaiian and Other Pacific Islander	0.1%	0.1%	0.4%	0.0%	0.4%	0.3%	0.0%
Two or more races	3.5%	3.2%	4.0%	0.5%	0.5%	0.9%	1.5%
Hispanic or Latino	25.8%	25.9%	12.0%	9.6%	4.3%	3.2%	4.1%

Municipality Profiles [3, 9, 11, 13, 16]

	Elkhart	Goshen	Nappanee	Middlebury	Millersburg	Wakarusa	Bristol
Total Population (2019)	52,358	34,217	6,368	3,613	951	1,850	1,692
Median Age (2021)	33.5	37.6	34.9	30.1	33.1*	34.9	36.4*
Social and Economic Factors							
Median Household Income	$40,750	$48,626	$55,125	$87,646	$72,559	$87,507	$76,933
Homeowner	50.7%	56.9%	63.2%	79.1%	68.6%	79.3%	68.8%
Renter	49.3%	43.1%	36.8%	20.9%	31.4%	20.7%	31.2%
Educational Attainment (aged 25+)							
Less than 9th grade	8.6%	8.8%	7.8%	5.5%	9.3%	5.8%	2.8%
9th to 12th grade, no diploma	14.8%	12.3%	9.0%	5.7%	8.7%	9.9%	7.3%
High school graduate (includes equivalency)	76.40%	78.10%	86.90%	89.40%	83.10%	84.8%	90.70%
Some college, no degree	20.4%	17.4%	21.8%	30.0%	14.4%	15.5%	20.8%
Associate's degree	6.0%	5.2%	9.7%	6.0%	13.0%	6.3%	9.2%
Bachelor's degree	13.9%	21.8%	17.5%	29.6%	8.7%	27.90%	15.60%
Graduate or professional degree	4.6%	9.3%	7.5%	10.6%	0.9%	6.5%	8.3%

Leading Causes of Death
Prior to the COVID-19 Pandemic

Elkhart County [14]

1. Heart Disease
2. Cancer
3. Alzheimer's Disease
4. Chronic Lower Respiratory Disease
5. Stroke
6. Accidents

Indiana [2]

1. Heart Disease
2. Cancer
3. Chronic Lower Respiratory Disease
4. Accidents
5. Stroke
6. Alzheimer's Disease

The leading cause of death in the United States is Heart Disease.

412 people in Elkhart County died from heart disease complications in 2020.

This condition can be managed with a proper diet and physical activity.

Access to Care and Vulnerable Populations

17% of adults and 12% of children are uninsured in Elkhart County [10].
This can prove to be life threatening to those in vulnerable populations.

In Elkhart in 2019 [11] :
- 5,843 people were living with hearing difficulties
- 3,489 people were living with vision difficulties
- 9,154 people were living with cognitive difficulties
- 11,077 people were living with ambulatory difficulties
- 3,788 people were living with self-care difficulties
- 8,635 people were struggling with living independently

A portion of people in each of these groups are not able to see a doctor for help due to a lack of insurance coverage.
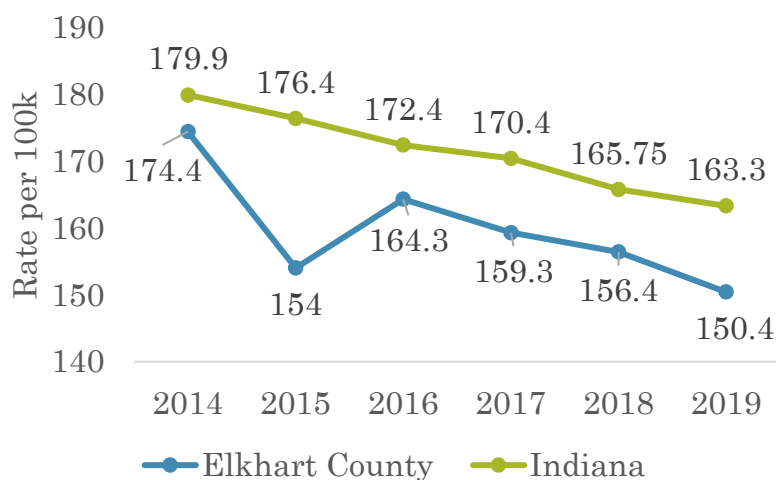
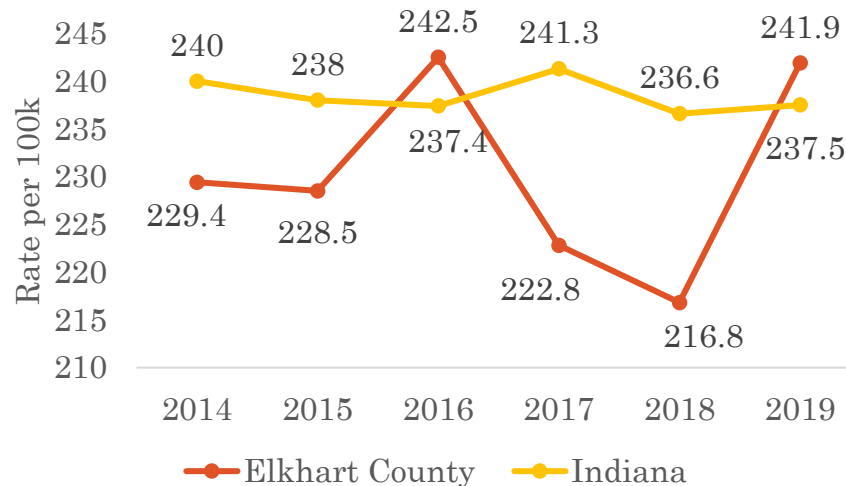# Chronic Disease Prevention

Benchmarks (2018)		
Death Rate for All Types of Cancer	Healthy People 2020 Target	179 per 100k
	Elkhart County, IN	162.2 per 100k
Death Rate for Coronary Heart Disease	Healthy People 2020 Target	103 per 100K
	Elkhart County, IN	173.5 per 100k

Elkhart County is seeing a decrease in cancer related deaths, but a major increase in heart disease related deaths [5, 7].

Cancer Age-Adjusted Death Rate

Rate per 100k

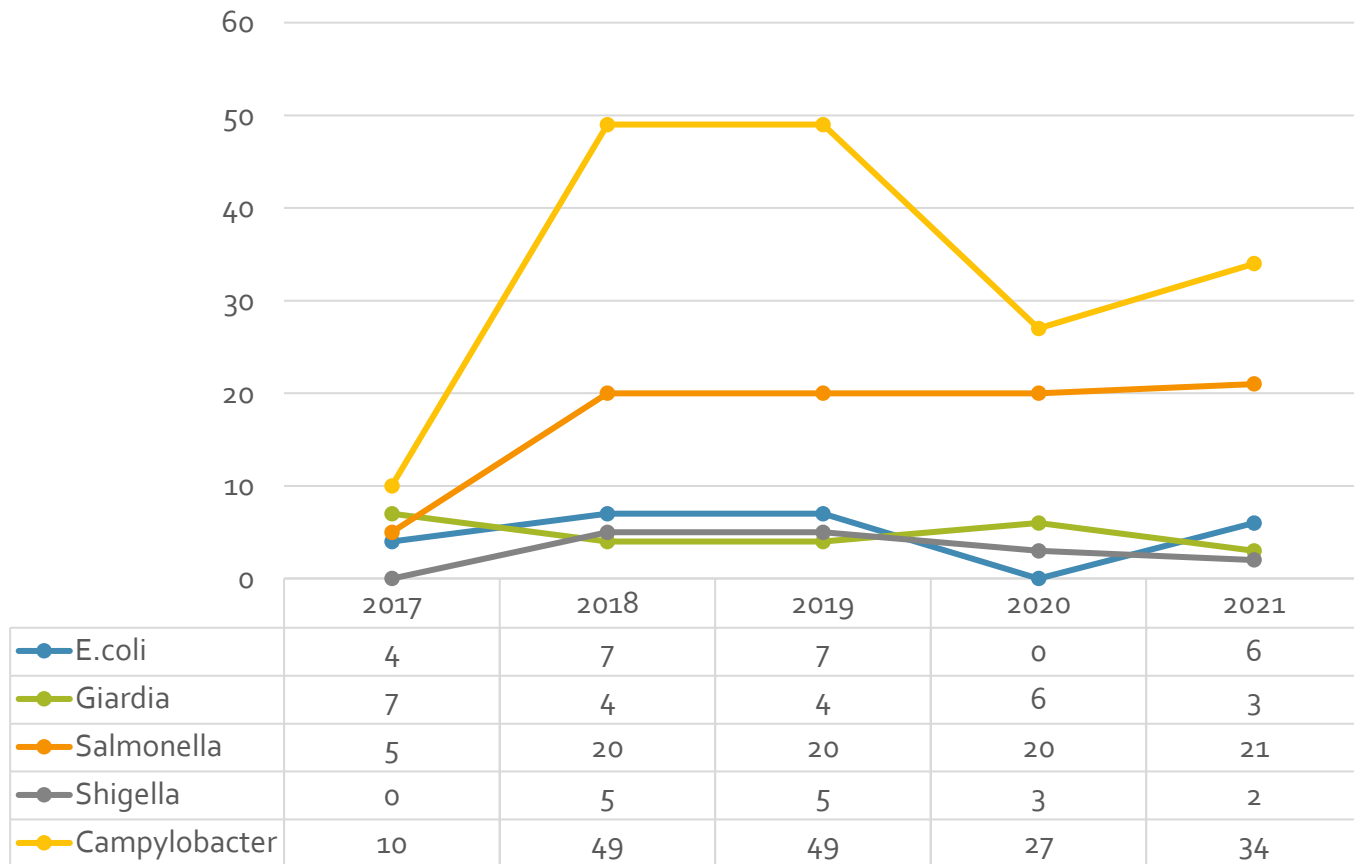Indiana: 179.9 (2014), 176.4 (2015), 172.4 (2016), 170.4 (2017), 165.75 (2018), 163.3 (2019)

Elkhart County: 174.4 (2014), 154 (2015), 164.3 (2016), 159.3 (2017), 156.4 (2018), 150.4 (2019)

2014 2015 2016 2017 2018 2019

● Elkhart County   ● Indiana

Heart Disease Death Rate

Rate per 100k

Indiana: 240 (2014), 238 (2015), 237.4 (2016), 241.3 (2017), 236.6 (2018), 237.5 (2019)

Elkhart County: 229.4 (2014), 228.5 (2015), 242.5 (2016), 222.8 (2017), 216.8 (2018), 241.9 (2019)

2014 2015 2016 2017 2018 2019

● Elkhart County   ● Indiana

Childhood Lead Poisoning

Prevent Childhood Lead Poisoning

Exposure to lead can seriously harm a child's health.

Damage to the brain and nervous system

Slowed growth and development

Learning and behavior problems

Hearing and speech problems

This can cause:
- Lower IQ
- Decreased ability to pay attention
- Underperformance at school

- Elkhart County currently has 60 children waiting on treatment for lead poisoning [15].

- The state of Indiana is expecting at least 216 children to need treatment in the next two years [15].

- The county has applied for a grant to case manage, mitigate, and do lead risk assessments for the children in need.

Foodborne Illnesses

Prevalence rates of diseases caused by foodborne illness have remained steady or decreased in Elkhart County thanks to a rigorous restaurant inspection program. In 2021, zero cases of foodborne illness were reported for investigation. [15]

	2017	2018	2019	2020	2021
E.coli	4	7	7	0	6
Giardia	7	4	4	6	3
Salmonella	5	20	20	20	21
Shigella	0	5	5	3	2
Campylobacter	10	49	49	27	34

Illicit Discharge

- Environmental Health coordinates with other county departments

- These illicit discharges include the direct connection of sewage systems to field tiles that outfall to our many ditches, creeks and streams, typically in areas with heavy clay soils.

Illicit Discharge con't

- The Health Department promotes the elimination of sewage from Elkhart County's water ways whether it be through the installation of approved private on-site sewage systems or through larger approved community systems.

- They also work with both the cities of Elkhart and Goshen when performing tests for the surface water sampling and monitoring program. The parameters tested for include e-coli and total dissolved solids. The water temperature, phosphates, nitrates, pH and dissolved oxygen are also checked.

These pictures depict dye testing to locate Illicit discharge.

Healthy Pregnancy

| Benchmarks (2019)		
% of Low-Birth-Weight Infants (less than 2500 grams)	Healthy People 2020 Target	7.8%
	Elkhart County, IN	6.8%
Total Preterm Births (before 37 weeks of pregnancy)	Healthy People 2020 Target	11.4%
	Elkhart County, IN	8.6%
Infant Death Rate (per 1,000 births)	Healthy People 2020 Target	6.0 per 1,000
	Elkhart County, IN	6.9 per 1,000

- Elkhart County has maintained a constant infant death rate from 2018 to 2021. [6]

- 14 infants under the age of 1 year old died in 2021. [15]

- A percentage of infants with low birth weights was maintained at 7% from 2107 to 2021.

- The rate of teen pregnancy (ages 15-19) decreased by 44% from 2011 to 2021. [6]

- Elkhart County's black infant mortality rate is 23.4 while white counterparts is 7.7. [17]

- 46516 is the worst zip code in the county. [17]

Infant deaths per year in Elkhart County

White
Black or African American
Hispanic/Latino
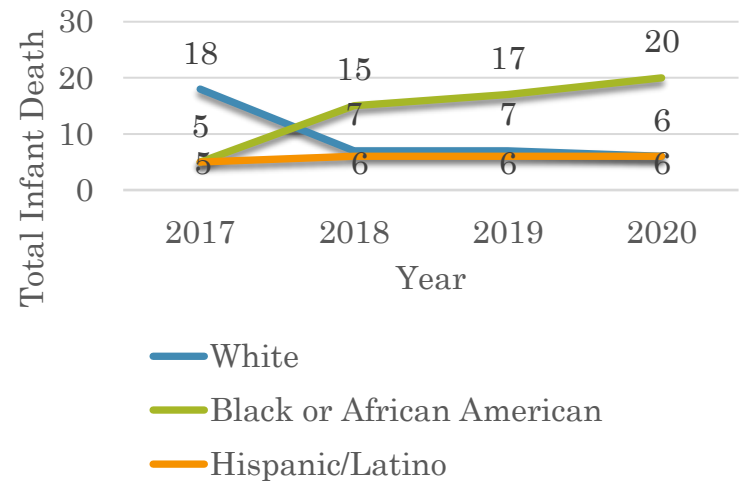
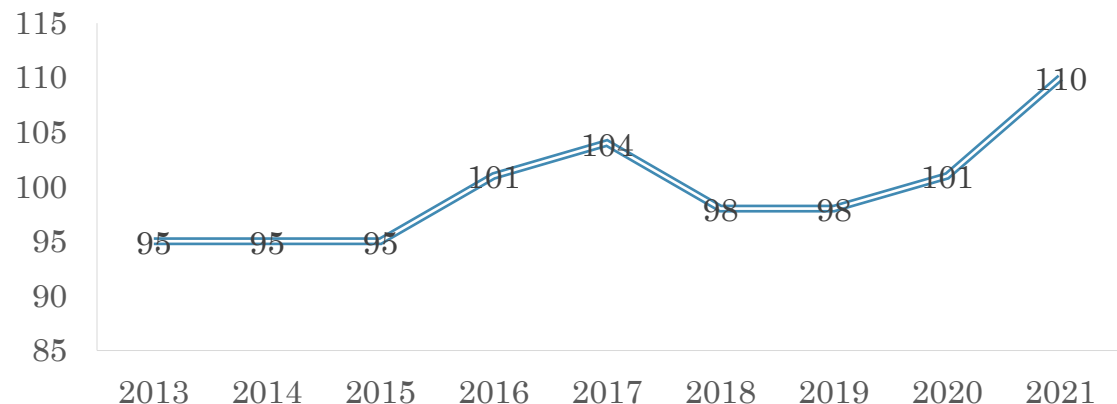# HIV and Sexually Transmitted Diseases

Chlamydia Prevalence Rates
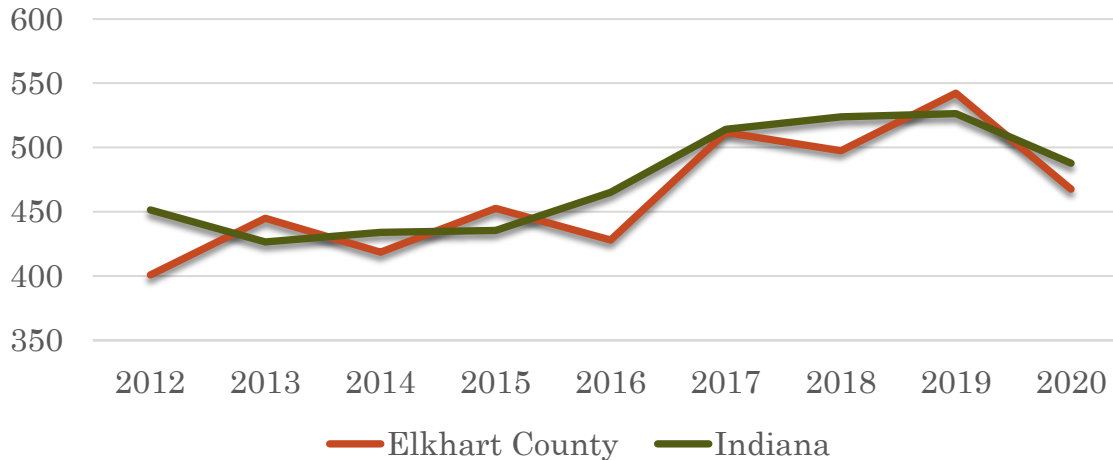
A drop in Chlamydia rates can been seen in the last year, however rates are trending upward over the last decade [1]

HIV rates in the county have been rising since 2018 and are currently at an all time high [5].

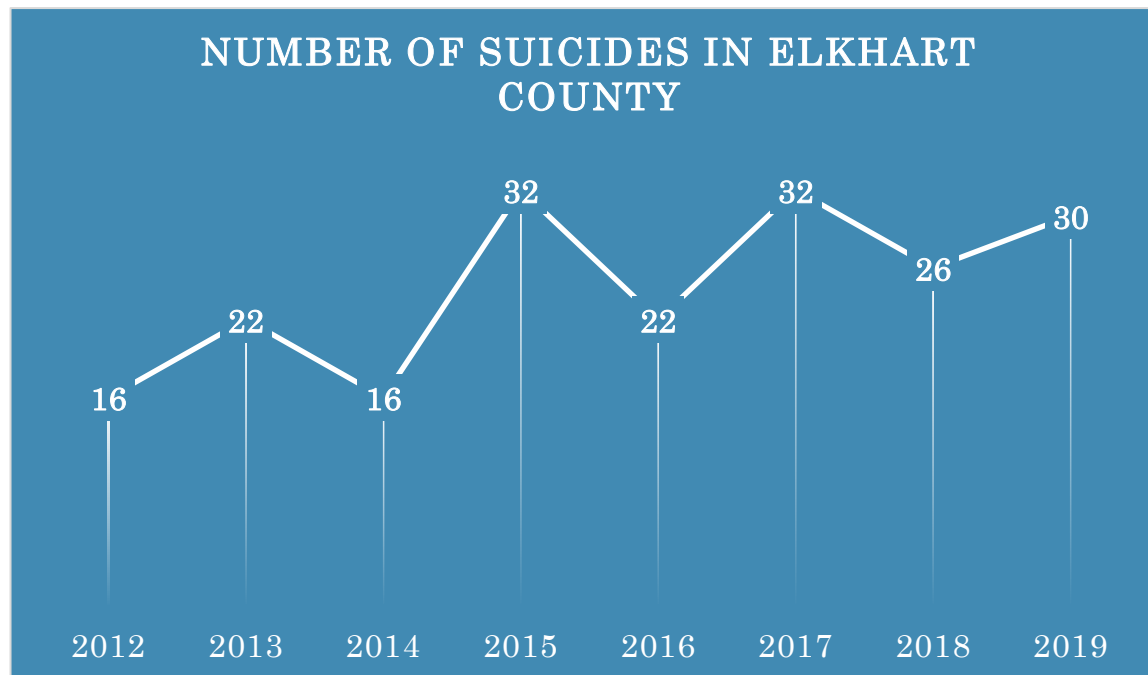## ELKHART COUNTY HIV PREVALENCE RATE PER 100K

Injury

Year	Motor Vehicle Crash Deaths[5]	Accidental Poisoning Deaths[5]
2012	-	16
2013	-	17
2014	20	27
2015	33	22
2016	16	22
2017	26	38
2018	18	30
2019	31	22

Benchmarks		
Reduce Motor Vehicle Crash-Related Deaths (per 100k)	Healthy People 2020 Target	12.4
	Elkhart County, IN	8.8

Mental Health and Suicide

Benchmarks (2019)		
Reduce the Suicide Rate (per 100k)	Healthy People 2020 Target	10.2
	Elkhart County, IN	16.5

NUMBER OF SUICIDES IN ELKHART COUNTY

| 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 |
| 16 | 22 | 16 | 32 | 22 | 32 | 26 | 30 |

The average number of reported bad mental health days in 2021 was 15% higher than in 2017 [5].

Suicide rates continue to rise across the country and current data may not reflect the severity of the rising rates.
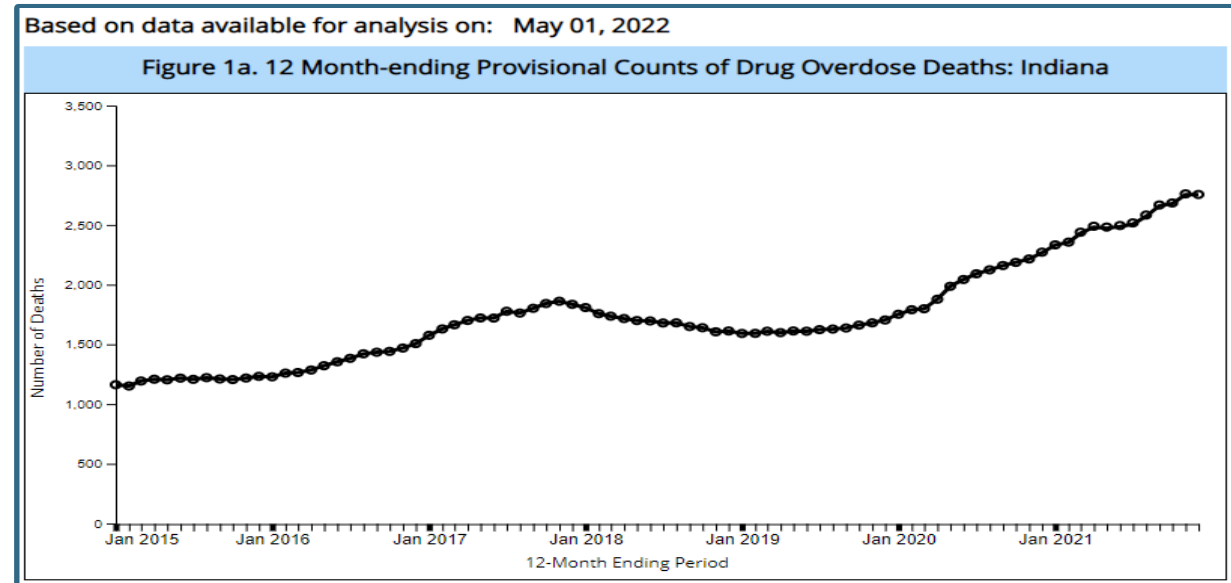
Suicide Cont.

The data below represents suicide rates in children and teens from ages 0-19 in Elkhart County [15].

Source: Indiana Youth Institute (IYI)
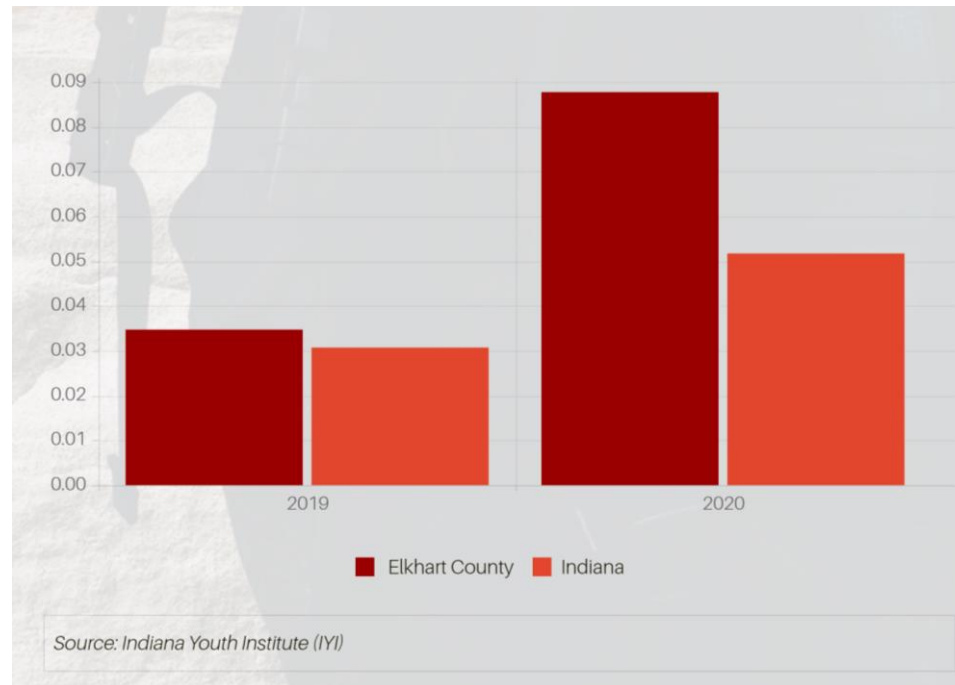
While suicide rates are increasing everywhere, they have more than doubled in Elkhart County and the rate in 2020 was almost twice as large as the rate of Indiana for children.

Substance Use Disorder

Opioids caused **87** deaths between 2014 and 2019 in Elkhart County [5]

Based on data available for analysis on: May 01, 2022

Figure 1a. 12 Month-ending Provisional Counts of Drug Overdose Deaths: Indiana

Modifiable Behaviors in Adults (2021) [12]
- 23% use tobacco products
- 28% report physical inactivity
- 18% drink excessively

22

Vaccinations

	2017	2018	2019	2020	2021
Total Adults Seen	232	825	420	172	103
Total Children Seen	3,632	4,063	4,153	2,824	2,245
Vaccines for Children Program	-	-	10,048	6,370	38,620

- Vaccination rates for both children and adults have decreased since the onset of the COVID-19 pandemic [15]

- The numbers above include vaccines for:
  - Diphtheria
  - Haemophilus influenzae
  - Measles
  - Mumps
  - Pertussis
  - Polio
  - Rubella
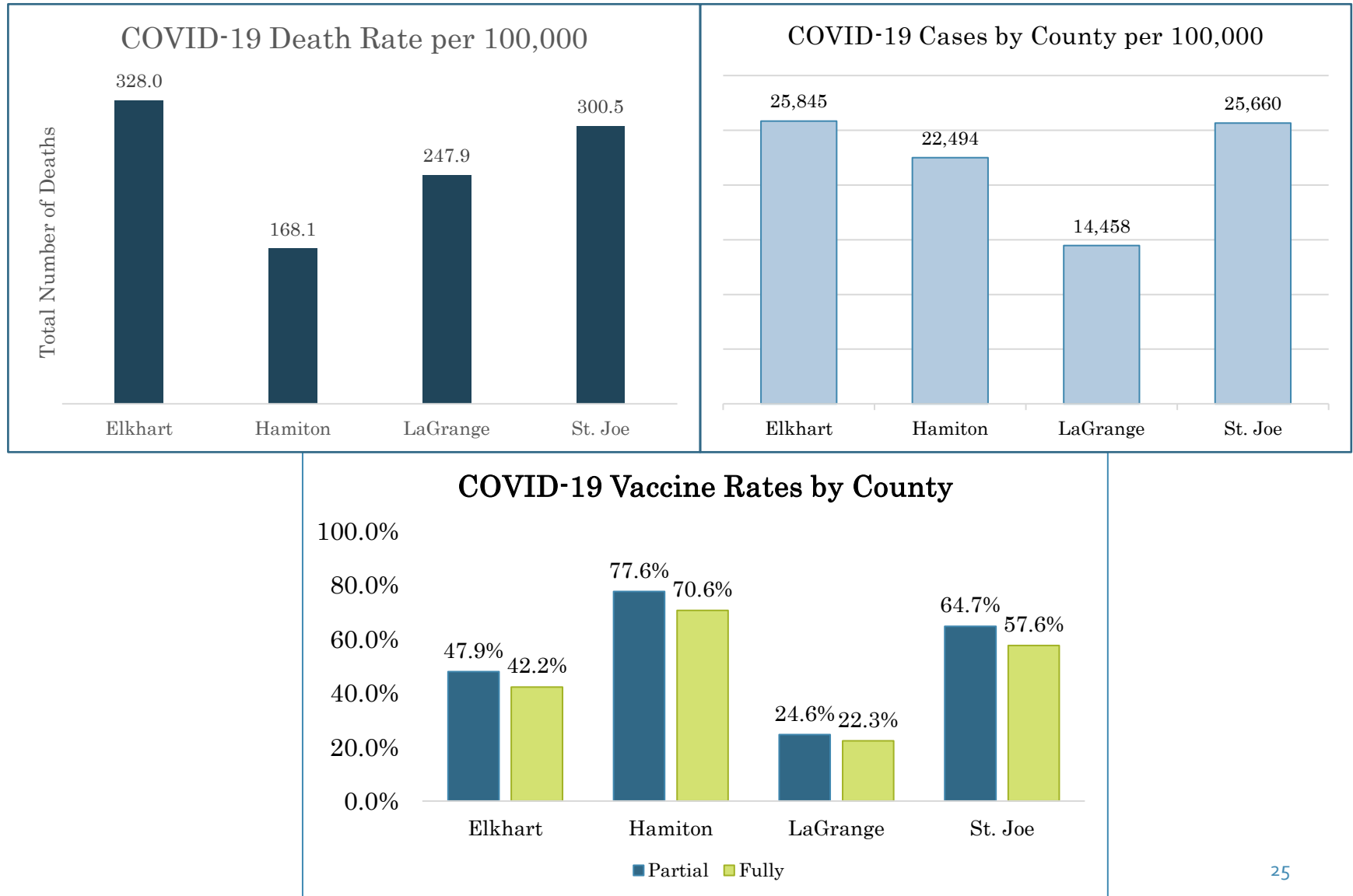 - Tetanus

Pertussis (Whooping Cough) Cases
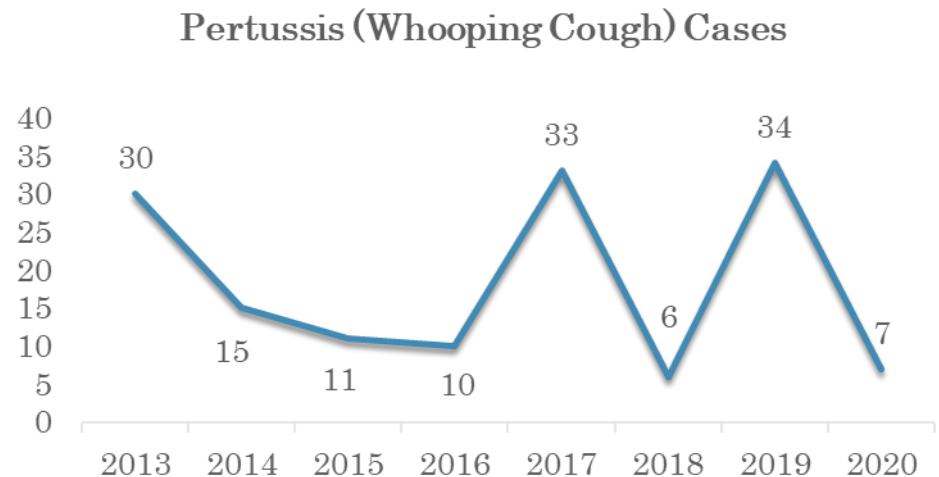
COVID-19

Since the beginning of the Coronavirus Pandemic, Elkhart County has seen [8]:

- A mortality rate of 313 people per 100,000
- A positive case rate of 26,028 per 100,000
- 2 major spikes in cases
    - The highest number of newly reported positive cases in one day so far was in January 2022 with 571 cases.

The Indiana Department of Health is estimating 891 Elkhart County residents have died with COVID-19 being a contributing factor.

Vaccination Rates in Elkhart County	At least One Dose	Fully Vaccinated
% of Total Population	47.9%	42.2%
% of Population ≥ 5 Years Old	51.8%	45.6%
% of Population ≥ 12 Years of Age	56.6%	50.3%
% of Population ≥ 18 Years of Age	59.2%	52.9%
% of Population ≥ 65 Years of Age	80.2%	75%

COVID-19 Cont. [8]

COVID-19 Death Rate per 100,000

Total Number of Deaths

- Elkhart: 328.0
- Hamiton: 168.1
- LaGrange: 247.9
- St. Joe: 300.5

COVID-19 Cases by County per 100,000

- Elkhart: 25,845
- Hamiton: 22,494
- LaGrange: 14,458
- St. Joe: 25,660

COVID-19 Vaccine Rates by County

- Elkhart: Partial 47.9%, Fully 42.2%
- Hamiton: Partial 77.6%, Fully 70.6%
- LaGrange: Partial 24.6%, Fully 22.3%
- St. Joe: Partial 64.7%, Fully 57.6%

■ Partial ■ Fully

Closing Remarks

- Priority areas for the next three years
- Continue gathering data
- Health systems and federally qualified health centers
- Improving access to health care, health outcomes, and life expectancy.

Health Department Locations

- Elkhart County Health Department (main office)
  - 608 Oakland Ave. Elkhart

- Environmental Health (Public Services Building)
  - 4230 Elkhart Rd Goshen

- Healthy Beginnings
  - 1400 Hudson St Elkhart (main location)
  - 117 N 2nd St Goshen and
  - 109 Market St. Nappanee

  - Divisions
    - Administration
    - Community Health Nursing
    - Environmental Health
    - Health Education
    - Healthy Beginnings
    - Vital Records

Citations

[1] America's Health Rankings. (2021). *Explore Chlamydia in Indiana | 2021 Annual Report*. https://www.americashealthrankings.org/explore/annual/measure/chlamydia/state/IN

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[4] Data USA. (2019). *Elkhart County, IN*. Data USA. https://datausa.io/profile/geo/elkhart-county-in

[5] Indiana Department of Health. (n.d.). *Stats Explorer*. Stats Explorer. https://gis.in.gov/apps/isdh/meta/stats_layers.htm

[6] Indiana State Department of Health. (2016). *Indiana Maternal and Child Health Outcomes and Performance Measures Data Book*. IN.Gov.

    https://www.in.gov/health/mch/files/MCH-Annual-Outcomes-Report-2007-2016-FINAL.pdf

[7] IN.gov. (2017). *Indiana Mortality Report*.

    https://www.in.gov/health/reports/mortality/2017/highlights.html#:~:text=In%202017%2C%20a%20total%20of,additional%20details%2C%20see%20Table%201.

[8] IN.gov. (2022, March 1). *Indiana COVID-19 Home Dashboard*. Novel Coronavirus (COVID-19). Retrieved March 2, 2022, from https://www.coronavirus.in.gov/indiana-

    covid-19-dashboard-and-map/

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[11] United States Census Bureau. (2020). *Explore Census Data*. https://data.census.gov/cedsci/

[12] Robert Wood Johnson Foundation. (n.d.). *Indiana*. County Health Rankings and Roadmaps.

    https://www.countyhealthrankings.org/app/indiana/2022/rankings/elkhart/county/outcomes/overall/snapshot

[13] World Population Review. (2022). *2022 World Population by Country*. https://worldpopulationreview.com/

[14] Centers for Disease Control and Prevention. (2018, April 11). Stats of the State of Indiana. https://www.cdc.gov/nchs/pressroom/states/indiana/indiana.htm

[15] Unvalidated Data from Elkhart County Health Department

[16] Open Data Network. (2018). https://www.opendatanetwork.com/entity

[17} IN.gov. (2022). Indiana Infant Mortality & Birth Outcomes, 2020. https://www.in.gov/health/mch/files/2020-Infant-Mortality-Morbidity.pdf