America’s Health Rankings
America’s Health Ranking combines many health and wellness measures

- Behavior
- Community and environment
- Policy
- Clinical care
- Health outcomes
Rhode Island ranks number 15

Rhode Island’s rank improved from number 19 in 2013 to number 15 in 2014. Our goal is to be number 1.

America’s Health Ranking: Rhode Island #15
Life Expectancy
RI strength: We have the 13th highest life expectancy in the nation

Life Expectancy at Birth (in Years), US and Selected States, 2010

Source: Kaiser Permanente based on mortality counts from the Centers for Disease Control and Prevention, National Center for Health Statistics
Years of Potential Life Lost
Years of potential life lost identify public health opportunities

**Years of Potential Life Lost by Leading Cause of Death, 2010**

<table>
<thead>
<tr>
<th>Cause of Death</th>
<th>Rhode Island</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer</td>
<td>22.7</td>
<td>20.3</td>
</tr>
<tr>
<td>Unintentional Injury</td>
<td>15.8</td>
<td>16.1</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>13.6</td>
<td>14.4</td>
</tr>
<tr>
<td>Perinatal Conditions</td>
<td>5.5</td>
<td>7.7</td>
</tr>
<tr>
<td>Suicide</td>
<td>5.7</td>
<td>5.4</td>
</tr>
<tr>
<td>Congenital Anomalies</td>
<td>2.5</td>
<td>3.0</td>
</tr>
<tr>
<td>Liver Disease</td>
<td>2.5</td>
<td>2.3</td>
</tr>
<tr>
<td>Homicide</td>
<td>2.2</td>
<td>3.9</td>
</tr>
<tr>
<td>Cerebrovascular</td>
<td>2.2</td>
<td>2.5</td>
</tr>
<tr>
<td>Respiratory</td>
<td>2.1</td>
<td>2.4</td>
</tr>
</tbody>
</table>

Note: Average Years of Potential Life Lost (YPLL) per total deaths under age 75; data represent the percentages among all causes of YPLL.

Source: Centers for Disease Control and Prevention
Rhode Island Public Health Successes and Achievements
RI strength: We rank number one for immunization rates among children

Child Immunization Rates and Rankings, US and Select States, 2013

**Percent**

<table>
<thead>
<tr>
<th>State</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>RI</td>
<td>82.1</td>
</tr>
<tr>
<td>NE</td>
<td>79.0</td>
</tr>
<tr>
<td>MA</td>
<td>78.5</td>
</tr>
<tr>
<td>IA</td>
<td>78.3</td>
</tr>
<tr>
<td>CT</td>
<td>78.2</td>
</tr>
<tr>
<td>US</td>
<td>70.4</td>
</tr>
</tbody>
</table>

*Notes: Percentage of children aged 19-35 months receiving recommended doses of DTaP, polio, MMR, Hib, Hepatitis B, varicella, and PCV vaccines
Source: America’s Health Rankings 2014 Annual Report; based on National Immunization Survey*
RI strength: We rank number one for immunization rates among teens

Adolescent Immunization Rates and Rankings, US and Select States, 2013

*Notes: Percentage of adolescents aged 13-17 who received 1 dose of Tdap since age 10, 1 dose of menigococcal conjugate vaccine, and 3 doses of HPV (females)
Source: America’s Health Rankings 2014 Annual Report; based on National Immunization Survey-Teen
RI strength: Rate of flu vaccination is improving (but not enough)

Flu Vaccination Rates for All Persons (6+ months), RI and US, 2009-2014

Data Source: CDC, National Immunization Survey (NIS) and Behavioral Risk Factor Surveillance System (BRFSS).

*Among 50 states and DC.
RI strength: Rate of teen pregnancy is down

Teen Pregnancy Rates, Rhode Island, 2009-2013

*Notes: Teens aged 15-19; 2012-2013 data are provisional; rates based on 2010 US Census data

Source: Maternal and Child Health Database, Rhode Island Department of Health
RI strength: We rank number three for primary care supply

Number of primary care physicians (including general practice, family practice, OB-GYN, pediatrics, and internal medicine) per 100,000 population.

<table>
<thead>
<tr>
<th>Ranking</th>
<th>Value</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>200.8</td>
<td>Massachusetts</td>
</tr>
<tr>
<td>2</td>
<td>178.5</td>
<td>Maryland</td>
</tr>
<tr>
<td>3</td>
<td>177</td>
<td>Rhode Island</td>
</tr>
<tr>
<td>4</td>
<td>170.9</td>
<td>Vermont</td>
</tr>
</tbody>
</table>
RI achievement: Family Visiting Program reached 4011 families in 2014

- Evidence-based approach to **lower rates** of preterm birth, child maltreatment, substance use, unintentional injuries, ED usage

- **Higher rates** of breastfeeding, maternal depression screening, prenatal and well-baby care, infant immunization, school readiness and achievement, and economic self-sufficiency

- 4,011 families received 15,199 home visits
RI achievement: Together we prepared Rhode Island for Ebola

- Collaboration
- Community awareness
- Planning
- Hospital “stress testing”
- Monitoring travelers from Ebola hot zones

Cumulative Number of Persons Monitored

Days since Monitoring Began (October 16, 2014)
RI achievement: We opened a school-based health center in Central Falls

- School-based health center opened in October 2014
- Collaboration and commitment among school district, city, Community Health Center and Memorial Hospital to create a full Neighborhood Health Station
RI achievement: Together we promoted Neighborhood Health Stations

- By helping Rhode Islanders understand Neighborhood Health Stations, we helped them understand the value of primary care
- Aspen Institute grant secured to develop concept
- Presentation of concept delivered to the American Public Health Association
- Central Falls school-based clinic opened
- Funding awarded for feasibility study to build out a model Neighborhood Health Station in Central Falls
- Independent coalition established to generate community support
RI challenge: We have highest accidental drug overdose rate in the nation

Apparent Drug Overdose Deaths, by Month, 2014

<table>
<thead>
<tr>
<th>State</th>
<th>Age-Adjusted Death Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rhode Island</td>
<td>12.0</td>
</tr>
<tr>
<td>Massachusetts</td>
<td>10.2</td>
</tr>
<tr>
<td>Connecticut</td>
<td>10.1</td>
</tr>
<tr>
<td>Ohio</td>
<td>10.0</td>
</tr>
<tr>
<td>New Hampshire</td>
<td>8.7</td>
</tr>
<tr>
<td>District of Columbia</td>
<td>8.3</td>
</tr>
<tr>
<td>West Virginia</td>
<td>7.9</td>
</tr>
<tr>
<td>Missouri</td>
<td>7.9</td>
</tr>
<tr>
<td>New Mexico</td>
<td>7.6</td>
</tr>
<tr>
<td>Delaware</td>
<td>7.6</td>
</tr>
</tbody>
</table>
RI challenge: Fentanyl has re-emerged as a threat that is killing Rhode Islanders


- Total accidental drug deaths
- Fentanyl of probable illicit source
- Opioid of any type
- Illicit drug (other than THC)
RI challenge: We rank number 17 for adult smoking

Adult Smoking Rates and Rankings, US and Selected States, 2013

*Notes: Percentage of adults who are smokers (self-report smoking at least 100 cigarettes in lifetime and currently smoke)
Source: America’s Health Rankings 2014 Annual Report; based on BRFSS data
RI challenge: We rank number 36 for binge drinking

Binge Drinking Rates and Rankings, US and Select States, 2013

<table>
<thead>
<tr>
<th>Rank</th>
<th>State</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>TN</td>
<td>9.6</td>
</tr>
<tr>
<td>2</td>
<td>AL</td>
<td>11.2</td>
</tr>
<tr>
<td>3</td>
<td>WV</td>
<td>11.2</td>
</tr>
<tr>
<td>4</td>
<td>UT</td>
<td>12.3</td>
</tr>
<tr>
<td>5</td>
<td>MS</td>
<td>13.4</td>
</tr>
<tr>
<td>36</td>
<td>RI</td>
<td>17.8</td>
</tr>
<tr>
<td></td>
<td>US</td>
<td>16.8</td>
</tr>
</tbody>
</table>

*Notes: Percentage of adults who self-reported having 4 or more (women) or 5 or more (men) alcoholic beverages on at least one occasion in last month
Source: America’s Health Rankings 2014 Annual Report; based on 2013 BRFSS Data
RI challenge: Our preterm birth rate is not dropping

Preterm Births, Rhode Island and US, 1995-2013*

*Notes: Preterm = < 37 weeks gestation; 2013 data are provisional
Source: RI data = Maternal and Child Health Database, Rhode Island Department of Health; US data = National Center for Health Statistics, Centers for Disease Control and Prevention
RI challenge: We have racial and geographic disparities in teen pregnancy

Teen Pregnancy Rates by Race/Ethnicity and Geographic Areas, RI 2009-2013*

<table>
<thead>
<tr>
<th>Rate/1,000</th>
<th>All RI</th>
<th>White</th>
<th>Black</th>
<th>Asian</th>
<th>Native American</th>
<th>Hispanic</th>
<th>Core Cities</th>
<th>Rest of State</th>
</tr>
</thead>
<tbody>
<tr>
<td>All RI</td>
<td>34.0</td>
<td>24.8</td>
<td>62.9</td>
<td>23.4</td>
<td>22.7</td>
<td>63.5</td>
<td>56.1</td>
<td>21.5</td>
</tr>
</tbody>
</table>

*Notes: Teens aged 15-19; rates are based on American Community Survey, 2013 (5-year average)
Source: Maternal and Child Health Database, Rhode Island Department of Health
RI challenge: We have racial disparities in infant mortality rates

Infant Mortality Rates by Race/Ethnicity, Rhode Island, 2009-2013*

*Notes: Infant Mortality Rate = number of infants who died before their first birthday per 1,000 live births; rates include provisional 2013 data
Source: Rhode Island Vital Records, Rhode Island Department of Health
RI challenge: Youth suicide rate is up

Suicide Among Youth Aged <25, Rhode Island, 2004-2014

<table>
<thead>
<tr>
<th>Year</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>12</td>
</tr>
<tr>
<td>2005</td>
<td>11</td>
</tr>
<tr>
<td>2006</td>
<td>8</td>
</tr>
<tr>
<td>2007</td>
<td>11</td>
</tr>
<tr>
<td>2008</td>
<td>9</td>
</tr>
<tr>
<td>2009</td>
<td>15</td>
</tr>
<tr>
<td>2010</td>
<td>15</td>
</tr>
<tr>
<td>2011</td>
<td>12</td>
</tr>
<tr>
<td>2012</td>
<td>10</td>
</tr>
<tr>
<td>2013</td>
<td>6</td>
</tr>
<tr>
<td>2014</td>
<td>17</td>
</tr>
</tbody>
</table>

*Note: 2013 and 2014 data are provisional

Source: Rhode Island Violent Death Reporting System, Rhode Island Department of Health
RI challenge: Our rate of obesity is not improving

Adult Obesity Rates, Rhode Island, 2011-2013

*Notes: Obesity = Body Mass Index (BMI) of 30 or higher
Source: America’s Health Rankings 2014 Annual Report; based on 2013 BRFSS data
RI challenge: HIV transmission was down but is back up

New HIV Cases in Rhode Island

- 2010: 106 cases
- 2011: 97 cases
- 2012: 78 cases
- 2013: 74 cases
- 2014: 97 cases
RI challenge: The incidence of Syphilis is increasing

Infectious Syphilis Cases in Rhode Island

<table>
<thead>
<tr>
<th>Year of Diagnosis</th>
<th>Number of Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>68</td>
</tr>
<tr>
<td>2013</td>
<td>67</td>
</tr>
<tr>
<td>2014</td>
<td>117</td>
</tr>
</tbody>
</table>
RI challenge: We have too many deaths and hospitalizations due to flu

- 30-50 unnecessary deaths from influenza each year
- 600-1000 hospitalizations from flu each year
RI challenge: We rank number 32 for preventable hospitalizations

Preventable Hospitalizations Rates and Rankings, US and Select States, 2013

*Notes: Discharge rates of Medicare beneficiaries for ambulatory care sensitive conditions (amenable to non-hospital based care)

Source: America’s Health Rankings 2014 Annual Report; based on 2012 Dartmouth Atlas data
Other Rhode Island Challenges
Our high school graduation rate lags behind other states


*Notes: Percentage of incoming 9th graders who graduate in 4 years
Source: America’s Health Rankings 2014 Annual Report; based on National Center for Education Statistics, 2011-2012 academic year
Our unemployment rate lags behind other states

6.8% (Dec 2014)
Rhode Island, Unemployment rate

Sources include: U.S. Bureau of Labor Statistics
We rank number 37 for the percentage of children living in poverty.

Children in Poverty Rates and Rankings, US and Selected States, 2013

*Notes: Percentage of persons aged less than 18 who live in households at or below the poverty threshold.
Winnable Battles
Evidence-based approaches to reduce cancer

- Reduce tobacco use by increasing the tax on tobacco
- Improve colonoscopy screening
- Increase uptake of HPV vaccine
- Continue to improve cervical and breast cancer screening
Evidence-based approaches to improve birth outcomes

- Ensure pre and post-natal family visiting services for all Rhode Islanders
- Eliminate smoking among pregnant women
- Eliminate alcohol use among pregnant women
- Manage chronic disease among pregnant women
- Provide universal pre-conception counseling
Evidence-based approaches to eliminate tobacco use

- Continue working with public housing authorities to ban indoor smoking
- Continue working with colleges and universities to ban smoking from all campuses
- Reduce access by encouraging retailers to follow CVS Caremark’s lead
Opportunities to reduce drug and alcohol use and eliminate overdose deaths

- Adopt a “broken-windows” approach to substance use and abuse
- Improve use of the Prescription Monitoring Program
- Provide treatment on demand for addiction
- Continue to increase the availability of Narcan
- Increase availability of recovery centers
- Create multi-disciplinary chronic pain centers
- Prevent substance use among youth
- Collaborate with law enforcement to reduce supply of illegal drugs
- Ensure safe disposal of medications
Opportunities to decrease obesity

- Decrease adult obesity to 25.4% and adolescent obesity to 9.7% by 2020
- Jump start worksite wellness for state agencies and all RI employers
- Promote physical education from pre-school to high school
- Bring *Let’s Move* program to every RI community
- Involve the physician community in promoting physical activity
- Ensure that all Rhode Island communities are safe for active transportation (e.g. walking, biking)
Opportunities to eliminate HIV transmission

- Screen every Rhode Islander ages 13-64 for HIV
- Identify all positives and link them to treatment
- Reduce the number of new cases by 25 per year
- Eliminate HIV in RI by 2018
Opportunities to control Hepatitis C

- Screen high-risk populations for Hep-C
- Educate high-risk populations about prevention
- Refer high-risk populations to harm reduction services:
  - Needle exchange for I.V. drug users
  - Substance abuse counseling
  - Primary care
  - Mental health services
- Treat diagnosed cases
Opportunities to promote worksite wellness across state government

- Promote Healthy Eating at Events Policy
- Increase availability of healthier, local foods
- Promote walking meetings and activity breaks
- Develop fitness classes and other worksite activities
Opportunities to immunize 500,000 Rhode Islanders against flu
Rhode Island’s Health Grade
What our grade reflects

- Rhode Island’s state ranking
- Maintenance of best vaccination rates in the nation
- Strong primary care supply
- Decrease in teen pregnancy
- Plateaued smoking rate
- Plateaued number of drug overdose deaths: still way too many
- Increase in HIV and STDs
- Increase in youth suicide
Rhode Island’s current grade: B

We are good but we can, and must, be better.
How Can We Get to Number One?
Create a Culture of Health in Rhode Island

- Take a “broken-windows” approach to substance use and abuse
- Reduce the cost of health insurance
- Create middle class jobs

Addiction is a disease. Recovery is possible. Treatment is available. Call 2-1-1 for help.
Create a Culture of Health in Rhode Island

- Align health services and facilities so they focus on public health outcomes
- Align work of government and private industry so we can focus together on population health outcomes
Create a Culture of Health in Rhode Island

• Leadership

• The economy
Many thanks to the staff who contributed to this presentation:

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