

**Summary of
Delaware State Health Needs Assessment
and
Delaware State Health Improvement Plan
Recommendations Report
2017**



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



**DELAWARE
ACADEMY of
MEDICINE**

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DELAWARE PUBLIC HEALTH ASSOCIATION

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All information contained within this document is a summary of the **State Health Needs Assessment, Delaware, 2017** and the **Delaware State Health Improvement Plan Recommendations Report, 2017** prepared by *the Delaware Public Health Institute for the Delaware Department of Health and Social Services, Division of Public Health.*

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Background

The Delaware Public Health Institute (DPHI) conducted the Delaware State Health Needs Assessment (DSHNA) from April to November, 2016 to “identify local and statewide trends for the identification and prioritization of strategies that address critical health needs.” The report is meant to assist in the revision of the Delaware State Health Improvement Plan (DE SHIP).

DE SHIP was created to “provide an ongoing, systematic, coordinated, quality improvement process in the state.” The SHIP incorporates resources, the perspectives of stakeholders, and accountability measures to accomplish this goal.

Data for this needs assessment were gathered in accordance with the nationally recognized Mobilizing for Action through Planning and Partnerships (MAPP) framework. The four MAPP assessments used were:

- The Forces of Change Assessment
- The Local Public Health System Assessment
- The Community Themes and Strengths Assessment
- The Community Health Status Assessment

Data from the DSHNA are presented at the state and county levels, as well as for seven smaller areas of analysis based on key demographic differences. These demographic regions are residential areas within the three counties of Delaware, and are based on ZIP codes. Residents in the four ZIP codes that cross county borders were assigned a region based on county of residence.

Table 1. Regions of Delaware with respective ZIP codes.

Region	ZIP Codes Included
City of Wilmington	19801, 19802, 19805, 19806, 19880, 19899
Remaining Greater Wilmington Area (GWA)	19703, 19707, 19710, 19735, 19736, 19803, 19804, 19807, 19808, 19809, 19810, 19850
Remainder of New Castle County	19701, 19702, 19706, 19708, 19709, 19711, 19713, 19714, 19715, 19716, 19717, 19720, 19730, 19731, 19733, 19734, 19938, 19977
Dover and the Surrounding Area	19901, 19902, 19903, 19904, 19905, 19906, 19936, 19953
Remainder of Kent County	19934, 19938, 19943, 19946, 19950, 19952, 19954, 19955, 19961, 19962, 19963, 19964, 19977, 19979, 19980
Northeast (NE) and Southeast (SE) Beaches	19930, 19939, 19944, 19945, 19951, 19958, 19966, 19967, 19969, 19970, 19971, 19975
Remainder of Sussex County	19931, 19933, 19940, 19941, 19947, 19950, 19956, 19960, 19963, 19968, 19973

Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware State Health Needs Assessment, 2017.

Key Findings

The DSHNA identified four areas of priority focus by respondents: chronic disease (especially heart disease, diabetes, and asthma); maternal and child health (especially teen pregnancy, premature births, and low birth weight); substance use/misuse (especially the opioid epidemic, accidental overdose, and smoking/e-cigarette use); and mental health (especially diagnosis – particularly in youth, suicide/suicide ideations, and the impact of trauma).

Detailed Findings from Individual MAPP Assessments

Forces of Change Assessment

This assessment identifies information on external factors, trends, and events that shape the health of Delaware residents and the Delaware public health system. Forty stakeholders identified different categories of forces that influence Delaware’s health system and community health. The categories are:

- Economic
 - Generational Poverty
 - 2016 Election
 - Inadequate Affordable Housing
- Environmental
 - Neighborhood and Community Violence
- Ethical
 - Health Inequity
- Legal/Political
 - Politically Motivated Priorities/Resource Allocation
 - Disenfranchisement from the Government/Political System
- Scientific
 - Limited Primary Care and Mental Health Providers
 - Changes in the Health Care System
 - Lack of Translational Research
- Social
 - Addiction/Opioid Dependency
 - Increased Mental Health Diagnoses in Youth
 - Aging Population
 - Increased E-Cigarette Use/“Vaping”
 - Impact of Trauma across the Lifespan
 - Poor Collaboration between Systems
- Technological
 - Reliance on Technology

Local Public Health System Assessment

This assessment looks for information on components, activities, competencies, and capacities of Delaware’s public health system, as well as how essential services are provided. The responses shown in this MAPP assessment resulted from 16 informants

Part I. Needs Assessment Summary

measuring their own awareness of how well the local public health system is achieving a set of 10 essential standards. Each essential service was scored on a scale from 1 (“not at all aware”) to 5 (“very aware”).

		Total Score	Mean Score
1	Monitor health status to identify community health problems	55	3.9
2	Diagnose and investigate health problems and health hazards	53	3.8
3	Inform, educate, and empower people about health issues	56	4.0
4	Mobilize community partnerships to identify and solve health problems	53	3.8
5	Develop policies and plans that support individual and community health efforts	51	3.6
6	Enforce laws and regulations that protect health and ensure safety	48	3.4
7	Link people to needed personal health services and ensure the provision of health care when otherwise unavailable	56	4.0
8	Ensure a competent public and personal health care workforce	48	3.7
9	Evaluate effectiveness, accessibility, and quality of personal and population-based health services	53	3.8
10	Research for new insights and innovative solutions to health problems	48	3.4

For each of these essential services, informants were asked what works well at the state and local level, where the gaps and levels of improvement are, and why those gaps are not being filled.

Community Themes and Strengths Assessment

Researchers collected information on community issues and concerns, as well as perceptions about quality of life in two meetings – one in northern Delaware (Bear-Glasgow) and one in southern Delaware (Dover).

The community meeting in northern Delaware (Oct. 27, 2016) found that the most prevalent conditions impacting health were poverty, lack of education, substance use disorders, physical inactivity, and unhealthy eating. The majority of participants stated that the overall quality of life in northern Delaware was “average,” and highly dependent on where someone lives within the region. Northern Delaware has an abundance of available resources but lacks alignment, cohesiveness, and collaboration, which contributes to the “ineffective allocation and utilization” of the resources.

The southern Delaware community meeting (Oct. 28, 2016) found that the most prevalent conditions impacting health were diabetes, obesity, mental health conditions, and substance use disorders. The participants also noted that smoking (cigarettes and other forms of tobacco) and teen pregnancy are growing problems. Many participants stated that mental health services are not available to children and young adults. The quality of life in

Part I. Needs Assessment Summary

southern Delaware was “average,” and the current health system does not meet residents’ needs.

Community Health Status Assessment

Researchers compiled information on current health status in Delaware based on DPHI’s Community Health Data Base, 2015 Delaware Household Health Survey, Nemours’ 2014 Delaware Survey of Children’s Health (DSCH), the 2010-2014 American Community Survey, and Delaware vital statistics on births and deaths between 2009 and 2013.

Socio-Demographics (Table 1). Delaware’s population grew to 925,614 in 2014 (a 4% increase from 2010). In general, all three counties boast 45-64 year-olds as the largest age group. Sussex County has the smallest population of 18-44 year-olds and 0-17 year-olds, but has the largest population of those ages 65 and older.

Delaware is racially and ethnically diverse, although the majority of the population is white. Delaware boasts slightly more females than males.

Socio-Economics (Table 2). Nearly one in eight Delaware residents (12%) live below the poverty level. Sussex County has the largest percentage of families with children living in poverty, followed by Kent and New Castle counties. Regional differences can be seen when comparing the small assessment areas. Eighty-eight percent of residents age 25 and older have at least a high school diploma, and 57% have some college education or more. Over 90% of Delaware residents age 16 and older are employed: Kent County has the highest unemployment rate, and New Castle County has the lowest.

Further summary information can be found in the Appendices.

Table 2. Socio-Demographic Indicators by County, Delaware, 2010 - 2014

	Delaware	New Castle	City of Wilmington	Remainder of GWA	Remainder of NCC	Kent	Dover and SA	Remainder of Kent	Sussex	NE & SE Beaches	Remainder of Sussex
Total Population	917,060	545,846	92,018	155,785	298,414	167,477	73,660	93,362	203,737	95,007	108,814
Age (%)											
0-17	22.3	22.6	23.6	21.6	23.0	24.2	23.5	23.5	20.0	16.1	23.7
18-44	22.8	24.4	26.2	18.3	26.8	23.8	27.9	20.9	17.7	14.6	20.5
45-64	39.5	40.0	37.8	42.1	39.5	37.5	34.1	41.1	39.8	40.2	39.1
65+	15.4	13.0	12.4	18.0	10.6	14.6	14.5	14.5	22.5	29.1	16.7
Gender (%)											
Male	48.4	48.4	46.9	48.2	48.5	48.2	48.0	49.6	48.7	48.5	48.9
Female	51.6	51.6	53.1	51.8	51.5	51.8	52.0	50.4	51.3	51.5	51.1
Race/Ethnicity (%)											
White	69.7	66.0	43.5	81.8	64.8	67.8	57.7	75.6	81.2	86.7	76.2
Black	21.6	24.1	48.4	9.1	24.3	24.3	31.6	18.6	12.7	7.3	17.7
Asian	3.5	4.8	1.0	5.7	5.6	2.1	3.4	1.1	1.1	1.4	0.8
Other	5.2	5.1	7.1	3.3	5.3	5.8	7.3	4.7	5.0	4.7	5.2
Latino	8.6	9.1	15.7	6.1	8.5	6.4	7.4	5.3	9.0	7.1	10.9
Non-Latino	91.4	90.9	84.3	93.9	91.5	93.6	92.6	94.7	91.0	92.9	89.1

Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware State Health Needs Assessment, 2017.

Part I. Needs Assessment Summary

Table 2. Socio-Demographic Indicators by County, Delaware, 2010 - 2014

	Delaware	New Castle	City of Wilmington	Remainder of GWA	Remainder of NCC	Kent	Dover and SA	Remainder of Kent	Sussex	NE & SE Beaches	Remainder of Sussex
Total Population	917,060	545,846	92,018	155,785	298,414	167,477	73,660	93,362	203,737	95,007	108,814
Income (\$)											
Median Household	60,509.00	54,976.00	43,972.00	78,249.00	70,488.00	65,476.00	51,129.00	58,964.00	53,751.00	58,971.00	50,199.00
Education, Age 25+ (%)											
Less than HS	11.6	9.8	17.1	6.9	8.9	13.6	13.3	14.5	14.5	10.6	18.7
HS Graduate	31.1	28.6	34.5	25.0	28.7	33.5	30.2	36.1	35.3	33.5	37.4
Some College	27.3	26.5	23.5	23.9	29	30.3	30.7	29.3	27	27.1	27
College or More	30.0	35.0	24.9	44.2	33.3	22.5	25.8	20.2	23.2	28.8	16.9
Employment, Age 16+ (%)											
Employed	91.5	91.8	87.9	93.3	92.2	90.4	90.6	90.4	91.1	91.9	90.3
Unemployed	8.5	8.2	12.1	6.7	7.8	9.6	9.4	9.6	8.9	8.1	9.7
Poverty Status, Individuals (%)											
Below Poverty: 0-17	12.0	14.8	35.0	8.9	11.4	19.6	25.0	15.6	23.1	18.8	25.6
Below Poverty: 18-64	11.3	10.8	19.9	6.1	10.3	11.7	13.6	9.8	12.5	11.1	13.9
Below Poverty: 65+	7.1	7.4	17.2	4.4	6.6	6.9	7.2	6.3	6.6	5.6	8.2
Below Poverty: Total	12.0	11.3	23.2	6.4	10.1	12.9	15.4	10.7	13.3	10.7	15.8
Poverty Status, Families (%)											
Without Children	3.5	3.1	7.8	1.7	2.7	4.5	4.5	4.2	3.7	3.4	4.1
With Children	13.9	12.1	27.7	8.2	9.2	15.8	20.5	12.7	17.5	15.4	18.7

Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware State Health Needs Assessment, 2017.

Recommendations

The DSHNA identified four priority areas of focus, and provided 14 recommendations to address them in the recommendations report.

Chronic Disease

Focus: heart disease, diabetes, and asthma. These chronic diseases must be addressed at the state level. Interventions can be targeted at the community level, based on risk factors specific to those populations. In Kent and Sussex counties, the needs assessment suggests targeted interventions around healthy diet, decreasing sugar-sweetened beverage consumption, and increasing access to recreational spaces for physical activity. Statewide, key priorities are reducing obesity and lung disease; and increasing access to healthy foods, community health workers, care coordination, remote patient monitoring, and access to dental and primary care. The needs assessment led to the following recommendations that were included in the SHIP Recommendations Report:

1. Reduce obesity in order to reduce heart disease, hypertension, and diabetes by promoting healthy diet and exercise.
2. Increase access to healthy foods to reduce heart disease, hypertension, and diabetes.
3. Improve the built environment to promote walking, biking, and other forms of active transportation.
4. Promote access to remote patient monitoring for patients with chronic conditions.
5. Increase access to community health workers and care coordination to improve chronic disease outcomes.
6. Reduce lung disease, including asthma, lung cancer, and Chronic Obstructive Pulmonary Disease (COPD).
7. Increase access to primary care by increasing the number of primary care physicians in underserved areas.
8. Increase access to dental care by increasing the number of Medicaid dental providers in underserved areas.
9. Develop a more focused effort to make “the healthy choice the easy choice.”
 - a. Review existing multi-level policies (e.g., Sugar Sweetened Beverage Tax, agriculture subsidies).
 - b. DPH should review and revise language in contracts to encourage Policy, Systems, and Environmental (PSE) changes that facilitate healthy choices.

Maternal and Child Health

Focus: teen pregnancy, premature births, and low birth weight infants. Efforts to address concerns in this area should be targeted to teens and adolescents, especially in Wilmington, Dover, and Sussex County. Other priorities are to incorporate messaging in the educational setting, reduce the cost of care, and increase access to preventive services. The needs assessment led to the following recommendation that was included in the SHIP Recommendations Report:

10. Embed education for preconception and inter-conception care in schools.
 - a. Promote health education emphasizing healthy parenting in schools.

- b. Incorporate graduated levels for education in schools.

Substance Use Disorders

Focus: opioid epidemic, accidental overdose, and tobacco and e-cigarette use. Statewide, there is a need for additional substance use disorder treatment programs and resources. Prescription monitoring and proper disposal, early detection and supportive resources, and a public media campaign would be excellent steps. Additionally, universal education for health care providers about identifying substance use disorder and trauma-informed care is needed.

11. Reduce tobacco and tobacco substitute use.
12. Reduce substance use.
 - a. Statewide public media campaign to address the stigma of both substance use and treatment.
 - b. Work with healthy neighborhoods to incorporate community-based solutions to curtail substance misuse, particularly opioid misuse.
 - c. Universal education for practitioners in the field around identifying substance use disorder and trauma-informed care.

Mental Health

Focus: diagnosis (youth), suicide/suicide ideations, and the impact of trauma. Improved mental health screening, detection, and early intervention across the state is needed to identify risk factors for both suicide and other mental health disorders. The needs assessment led to the following recommendations that were included in the SHIP Recommendations Report:

13. Improve access to behavioral and mental health services.
 - a. Provide every school with a trained mental health provider (i.e. school behavioral health consultant).
 - b. Increase pay for mental health providers to alleviate shortages.
 - c. Expand access to mental health services by increasing the number of mental health providers in underserved areas.

System Wide

None of these recommendations can or should be implemented separately. To receive the biggest benefit, the DE SHIP must include policies on a system-wide basis.

14. Adopt a PSE change approach to all of the following:
 - a. Promoting health in all policies.
 - b. Incorporating a social marketing approach.
 - c. Addressing the social determinants of health.

Appendices

A1: Vital Statistics Data by County, 2009-2013

A2: Communicable Disease Rates by County, 2014

A3: Self-Reported Health Status of Delaware Residents, 2015

A4: Adverse Childhood Experiences, Adults 18+, Delaware, 2015

A5: Insurance and Healthcare, Delaware, 2015

A6: Health Behaviors of Adults 18+, Delaware, 2015

A7: Children's Health Survey Data, Delaware, 2014

AI: Vital Statistics Data by County, Delaware, 2009-2013

	Delaware	New Castle	City of Wilmington	Remainder of GWA	Remainder of NCC	Kent	Dover and SA	Remainder of Kent	Sussex	NE & SE Beaches	Remainder of Sussex	Healthy People 2020 Goal
Total Population	917,060	545,846	92,018	155,785	298,414	167,477	73,660	93,362	203,737	95,007	108,814	
Fertility Rates for Women (per 1,000)												
Age 15 - 44	62.0	58.5	76.9	60.0	51.7	64.8	64.6	68.9	71.7	57.5	78.9	
Age 15 - 17	14.4	13.5	39.8	7.2	9.3	14.9	17.9	13.4	16.6	11.5	21.3	
Birth Statistics (%)												
Infants Born at Low Birth Weight*	8.5	8.9	12.1	7.0	8.3	8.5	9.1	8.0	7.6	7.4	7.7	7.8
Live Premature Births	13.7	14.6	18.9	11.8	14.1	12.8	13.2	12.1	12.1	9.1	13.7	9.4
No Prenatal Care	25.1	17.7	22.1	15.4	16.8	29.5	31.2	26.2	42.0	38.3	43.7	22.1
Five Year Infant Mortality Rate (per 1,000)												
Mortality Rate	7.7	8.8	12.5	6.4	8.3	6.6	7.5	ND	5.4	ND	5.9	6.0

* Low Birth Weight is defined as an infant weight less than 2500 grams (5.5 lbs) at birth.

Note: Items shaded in red do not meet Healthy People 2020 Guidelines

Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware State Health Needs Assessment, 2017.

AI: Vital Statistics Data by County, Delaware, 2009-2013

	Delaware	New Castle	City of Wilmington	Remainder of GWA	Remainder of NCC	Kent	Dover and SA	Remainder of Kent	Sussex	NE & SE Beaches	Remainder of Sussex	
Five Year Age Adjusted Mortality Rate by Cause of Death (per 100,000)												
All Causes of Death	754.6	745.6	943.1	690.6	727.3	805.9	805.6	805.9	717.9	642.7	819.9	
Rates of Death due to Cancer (per 100,000)												
All Cancer Sites	177.4	176.7	207.6	161.0	181.6	190.6	189.8	191.4	167.8	155.5	183.3	161.4
Female Breast	22.2	21.1	20.7	19.4	23.1	25.7	24.4	27.0	21.4	20.4	22.5	20.7
Lung, etc.	52.4	50.3	59.9	42.3	54.6	57.0	55.1	58.5	52.9	49.2	57.9	45.5
Colon, etc.	14.3	14.6	19.1	13.9	14.2	15.5	15.9	14.9	13.0	11.5	14.4	14.5
Prostate	19.4	20.0	31.6	16.1	20.5	16.9	18.8	15.8	20.0	15.4	27.5	21.8
Cervical	2.6	2.4	ND	ND	ND	ND	ND	ND	ND	ND	ND	2.2
Rates of Death from Other Causes (per 100,000)												
CAD*	122.6	111.0	145.6	98.5	111.0	145.3	151.5	140.2	126.3	111.2	146.3	103.4
Stroke	39.8	44.0	55.7	43.4	39.8	38.3	37.3	39.0	31.2	26.4	37.6	34.8
HIV/AIDS	4.0	4.9	20.8	ND	1.9	3.7	ND	ND	ND	ND	ND	3.3
Homicide	6.1	7.7	235.0	3.1	5.0	3.8	ND	ND	3.0	ND	ND	
Suicide	12.0	11.2	9.2	10.2	12.4	13.1	12.6	13.9	12.9	12.9	12.8	10.2
Accidents/Drugs	38.4	35.9	43.1	38.2	33.7	39.5	37.3	41.4	45.9	43.7	49.2	
Motor Vehicle Crash	11.7	9.6	9.8	8.9	10.0	12.1	13.2	11.3	17.8	15.6	19.7	
Accidental Overdose	13.0	12.3	15.4	14.4	10.8	14.5	11.4	16.9	14.1	15.7	12.9	
Diabetes	20.7	21.4	35.2	15.4	22.3	22.9	20.1	25.3	17.7	13.7	23.1	

*Coronary Artery Disease

Note: Items shaded in red do not meet Healthy People 2020 Guidelines

Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware State Health Needs Assessment, 2017.

A2: Communicable Disease Rates By County, Delaware, 2014

	Delaware	New Castle	Kent	Sussex
AIDS	7.8	9.6	8.2	2.9
Chlamydia	479.1	480.4	562.3	407.7
Gonorrhea	137	142.8	139.4	119.7
Hepatitis B, chronic	13.9	17.9	11.7	5.2
HIV (new)	12.5	14.3	14.6	6.2
Lyme Disease	44.7	47.4	53.7	30.0
Meningitis, viral	6.2	7.1	ND	4.8
Syphilis, primary & secondary	5.0	6.0	ND	ND
Tuberculosis	ND	2.5	ND	ND

Note: Disease rates are per 100,000.

Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware State Health Needs Assessment, 2017.

A3: Self-Reported Health Status of Delaware Residents, Delaware, 2015

	Delaware	New Castle	City of Wilmington	Remainder of GWA	Remainder of NCC	Kent	Dover and SA	Remainder of Kent	Sussex	NE & SE Beaches	Remainder of Sussex	Healthy People 2020 Goal
Unweighted Sample	2,609	1,302	347	320	635	579	214	365	728	187	541	
Overall Health Status (%)												
Excellent/Very Good/Good	83.0	85.7	78.6	90.9	86.0	76.9	76.2	77.6	81.0	82.1	80.2	
Excellent/Very Good/Good, age adjusted	83.5	86.2	79.8	92.3	85.6	77.0	76.4	77.4	80.6	76.5	81.0	79.8
Fair/Poor	17.0	14.3	21.4	9.1	14.0	23.1	23.8	22.4	19.0	17.9	19.9	
Body Mass Index, Adults 20+ (%)												
Normal Weight	33.8	38.0	34.9	36.3	48.5	25.3	27.3	23.7	30.1	32.8	28.5	
Overweight	32.2	30.4	28.7	31.3	30.6	37.4	35.9	38.6	32.2	31.1	33.0	
Obese	32.8	30.7	36.0	23.6	31.9	35.6	36.4	35.0	36.0	32.7	38.2	
Obese, age adjusted	33.3	31.2	36.6	23.9	32.6	35.4	37.1	34.3	37.5	38.3	37.9	
Overweight or Obese	66.2	62.0	65.1	55.8	63.7	74.7	72.7	76.3	69.9	67.2	71.5	

Note: Items shaded in red do not meet Healthy People 2020 Guidelines

Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware State Health Needs Assessment, 2017.

A3: Self-Reported Health Status of Delaware Residents, Delaware, 2015

	Delaware	New Castle	City of Wilmington	Remainder of GWA	Remainder of NCC	Kent	Dover and SA	Remainder of Kent	Sussex	NE & SE Beaches	Remainder of Sussex
Chronic Health Conditions (%)											
Ever Diagnosed, Asthma	13.9	12.4	13.9	8.3	13.7	17.1	21.1	14.0	15.0	14.6	15.3
Ever Diagnosed, Diabetes	13.3	12.0	14.9	11.0	11.4	17.1	18.3	16.1	13.6	9.9	16.0
Ever Diagnosed, Hypertension	32.7	30.1	36.4	30.9	27.3	35.8	38.4	33.8	36.9	32.8	39.4
Ever Diagnosed, Heart Disease	9.7	8.0	10.7	8.3	6.9	12.4	14.3	10.8	11.6	14.0	10.1
Difficulty Hearing, 65+	14.6	12.2	14.6	19.3	5.3	17.8	13.8	21.3	16.2	9.0	24.6
Difficulty Seeing, 65+	10.6	12.5	14.0	14.3	10.3	7.6	9.6	5.8	9.7	6.7	13.3
Mental Health											
High Stress	45.9	45.8	46.5	45.5	45.7	51.0	49.8	52.0	41.9	34.2	46.6
Thoughts of Self-Harm	4.9	5.3	6.1	4.5	5.3	4.7	3.5	5.6	4.0	2.6	4.9
Ever Diagnosed, mental Health	17	16.9	21.7	14.4	16.3	21.2	19.9	22.3	13.4	10.5	15.2
Substance Use Disorder	10.4	10.8	14.7	6.4	11.3	11.6	11.4	11.7	8.4	8.3	8.5

Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware State Health Needs Assessment, 2017.

A4: Adverse Childhood Experiences, Adults 18+, Delaware, 2015

	Delaware	New Castle	City of Wilmington	Remainder of GWA	Remainder of NCC	Kent	Dover and SA	Remainder of Kent	Sussex	NE & SE Beaches	Remainder of Sussex
Unweighted Sample	2,609	1,302	347	320	635	579	214	365	728	187	541
Bullying & Discrimination (%)											
Discriminated, race/ethnicity	11.0	12.0	21.0	6.1	11.2	14.1	17.7	11.2	5.7	2.3	7.8
Ever bullied	5.7	5.2	6.4	4.5	5.0	9.9	13.3	7.2	3.7	ND	4.8
Frequent bullying	4.2	3.5	3.8	3.3	3.5	7.6	9.0	6.4	3.1	ND	ND
Frequent discrimination	9.6	10.4	18.6	5.0	9.8	11.8	13.4	10.5	5.3	2.2	7.2
Frequent both	1.5	1.6	2.4	1.2	1.5	2.4	4.4	0.8	0.4	ND	ND
Adverse Childhood Experiences (%)											
Verbal Abuse/Fear of Physical Harm	14.9	15.0	18.6	14.6	13.9	20.3	22.5	18.5	9.8	9.2	10.3
Physical Abuse	15.2	14.2	16.5	12.1	14.3	20.9	23.1	19.1	12.8	13.5	12.3
Sexual Abuse	9.2	8.7	10.8	4.9	9.6	12.4	11.0	13.6	8.0	8.1	8.0
Emotional Neglect	14.7	13.7	16.1	10.3	14.4	22.3	24.3	20.8	11.0	8.8	12.3
Physical Neglect	4.9	4.3	5.5	3.8	4.2	7.2	9.1	5.6	4.4	4.2	4.5
Parents Separated /Divorced	32.5	32.2	44.3	21.6	32.4	38.2	39.4	37.0	28.3	22.3	32.0
Witness Physical Domestic Abuse	8.7	9.0	10.0	6.6	9.8	11.0	10.8	11.3	5.6	3.9	6.7
Lived with Person Who Abused Drugs/Alcohol	21	19.1	23.2	13.9	19.9	27.3	27.2	27.5	20.4	21.5	19.7
Household Member with Mental Illness/Suicidal	11.9	12.8	12.2	13.7	12.6	13.0	9.8	15.6	8.6	8.5	8.7
Household Member Went to Prison	7.8	8.6	13.0	6.2	8.0	5.9	6.7	5.3	7.5	6.3	8.2

Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware State Health Needs Assessment, 2017.

A5: Insurance & Health Care, Delaware, 2015

	Delaware	New Castle	City of Wilmington	Remainder of GWA	Remainder of NCC	Kent	Dover and SA	Remainder of Kent	Sussex	NE & SE Beaches	Remainder of Sussex	Healthy People 2020 Goal
Unweighted Sample	2,609	1,302	347	320	635	579	214	365	728	187	541	
Insurance Status (%)												
Uninsured at any point	6.6	8.1	12.1	3.4	8.8	5.2	5.2	5.2	3.8	3.6	3.9	100
Currently Uninsured	8.1	7.7	13.2	6.6	6.2	6.2	5.3	6.9	11.1	9.7	11.7	100
Access to Insurance, Currently Insured (%)												
Work, school, union	58.7	62.5	54.6	61.9	65.6	58.0	58.5	57.6	49.2	45.0	51.9	
Independently purchased	48.3	51.2	44.2	56.6	51.3	43.5	41.2	45.3	45.1	45.3	44.9	
Medicare	34.1	29.4	36.2	33.0	25.3	34.9	36.7	33.5	45.8	56.2	38.9	
Medicare A	94.2	94.0	91.2	93.5	95.7	96.5	97.2	95.8	93.1	95.8	90.7	
Medicare B	91.6	91.9	89.2	95.2	91.2	94.0	96.3	92.2	89.5	89.2	89.7	
Medicare C or Advantage	12.4	14.1	21.2	8.1	13.7	12.2	17.8	7.0	9.7	9.0	10.4	
Medicare D	53.5	59.3	68.5	56.4	56.5	47.8	49.3	46.6	47.1	46.5	47.6	
Medicaid	19.8	193.0	31.2	13.1	18.0	23.9	22.5	24.9	17.6	12.8	20.7	
CHAMPUS, TRICARE, or CHAMP-VA	6	3.3	1.6	1.0	5.0	13.3	15.3	11.6	6.5	3.3	8.5	
Other	29.3	29.9	28.6	32.1	29.4	22.9	19.3	25.7	33.7	39.7	29.7	

Note: Items shaded in red do not meet Healthy People 2020 Guidelines

Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware State Health Needs Assessment, 2017.

A5: Insurance & Health Care, Delaware, 2015

	Delaware	New Castle	City of Wilmington	Remainder of GWA	Remainder of NCC	Kent	Dover and SA	Remainder of Kent	Sussex	NE & SE Beaches	Remainder of Sussex	
Access to Care/Utilization of Services (%)												
No regular source of care	15	14.7	17.3	13.8	14.1	16.9	20.5	14.1	14.0	12.1	15.2	16.1
Did not visit Health Care Provider	13	12.7				16.2			11.1			
Did not visit dentist	34.6	32.0				38.7			37.6			
Visited ER 1+ times	28.3	26.5				30.2			31.5			
Health Screenings (%)												
No Blood Pressure Screening	8.8	9.9	9.6	10.6	9.6	9.4	9.4	9.5	5.7	4.5	6.5	
No Colonoscopy in 10 years (age 50+)	24.5	26.8	26.5	24.3	28.3	22.1	21	23.1	21.7	19.8	23.3	
No Pap in 3 years (age 21-65)	12.9	12.2	8	11.9	13.9	16.0	15.5	16.3	12.0	12.4	11.8	
No Pap (age adjusted)	11.6	10.8	7	10.6	12.3	15.0	12.6	15.9	10.8	13.8	10.4	93%
No Breast Exam (women)	31.5	31.3	26.9	30.4	33.8	32.4	31.1	33.4	30.6	28.1	32.2	
No Mammogram in 2 years (women, 50 - 74)	18.4	19.7	19.2	20.9	19.4	20.0	20.1	20	14.7	16.8	13	
No Mammogram (age adjusted)	18	19.1	19.4	19.4	18.5	20.3	20.3	20.2	15.1	19.6	12.5	81.1%
No PSA/Rectal (men 40+)	47.3	48.2	54.6	48.8	45.3	44.7	45.5	44.2	47.4	33	59.5	

Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware State Health Needs Assessment, 2017.

A5: Insurance & Health Care, Delaware, 2015

	Delaware	New Castle	Kent	Sussex
	Top services respondents need in their communities.			
Unweighted Sample	2,246	1,118	490.0	638.0
Dental Care	3.8	3.6	6.0	5.4
MH and Psych Care	1.5	1.5	1.5	2.7
Primary Care	2.4	2.3	2.0	4.7

Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware State Health Needs Assessment, 2017.

A6: Health Behaviors of Adults 18+, Delaware, 2015

	Delaware	New Castle	City of Wilmington	Remainder of GWA	Remainder of NCC	Kent	Dover and SA	Remainder of Kent	Sussex	NE & SE Beaches	Remainder of Sussex	Healthy People 2020 Goal
Unweighted Sample	2,609	1,302	347	320	635	579	214	365	728	187	541	
Diet & Nutrition (%)												
Sugary beverage 1+ per day	57.9	56.2	61.4	46.2	58.9	61.1	66.6	56.7	59.3	55.3	61.9	
Difficult to get fruits/veggies	6.3	7.3	15.7	3.8	5.7	5.9	7.2	4.9	4.3	ND	6.3	
Consumes < 5 servings fruits/veggies	82.6	82.4	87.6	77.5	82.6	84.9	85.9	84.2	81.3	79.1	82.8	
Physical Activity & Outdoor Space (%)												
< 3 days per week of 30 min exercise	40.6	38.2	36.5	39.9	38.4	45.0	43.5	46.0	43.2	45.0	42.0	32.6
2+ hours of screen time daily	56.0	56.1	60.6	54.0	55.3	59.0	67.1	52.7	53.2	54.5	52.4	
No park/outdoor space in neighborhood	27.3	17.7	9.7	17.5	20.8	39.9	35.3	43.6	41.6	35.8	45.3	
Comfort in visiting outdoor space	7.8	8.9	21.2	4.0	6.0	8.9	11.4	6.7	3.1	ND	4.4	
Smoking (%)												
Current smoker	18.8	18.1	24.4	14.8	17.0	19.5	23.1	17.0	21.1	20.4	21.7	12
Used e-cigarettes 1+ time in past month	6.2	5.3	5.7	3.6	5.8	7.6	10.3	5.4	7.6	3.6	6.2	
Contraception (%)												
Does not plan on getting pregnant	90.7	91.7	85.6	94.8	92.3	84.7	79.9	88.1	94.7	85.2	32.5	
Primary Method of Contraception (%)												
Unweighted Sample	371	202.0	43.0	51.0	108.0	79.0	24.0	55.0	90.0	23.0	67.0	
Over the Counter Contraception	32.5	33.0	36.5	35.1	31.2	20.7	29.4	15.7	42.9	59.9	35.2	
Condoms	8.6	8.7	14.5	ND	8.8	6.8	ND	ND	10.1	ND	12.6	
Intra-uterine Devices	7.9	9.7	ND	9.6	10.9	5.5	ND	ND	ND	ND	ND	
Implant	2.6	2.6	ND	ND	ND	ND	ND	ND	ND	ND	ND	
Sterilization	10.3	7.3	ND	ND	8.7	19.8	ND	30.7	11.6	ND	13.9	

Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware State Health Needs Assessment, 2017.

A7: Children’s Health Survey Data, Delaware, 2014

	Delaware	New Castle	City of Wilmington	Remainder of NCC	Kent	Sussex
Medical Conditions (%)						
Ever diagnosed: Asthma	17.4	17.9	24.7	16.8	19.3	14.3
Diagnosed with Long Term Condition	10.7	11.3	9.6	11.6	9.7	10.0
No Preventive Care Visits	4.9	4.4	4.6	4.4	6.5	4.9
Nutrition & Exercise (%)						
Not breastfed	25.7	21.8	23.6	21.5	29.8	33.6
2+ Cups Sweet Beverages / week	36.7	34.7	38.7	34.1	37.6	42.1
Less than 5 fruits/veggies per day	46.0	47.6	46.0	47.8	48.5	38.7
Less than 60 min exercise per day	45.1	45.2	50.3	44.4	45.7	44.4
Over 2 hours screen time per day	69.1	69.7	66.2	70.2	71.6	64.8

Source: Delaware Department of Health and Social Services, Division of Public Health, Delaware State Health Needs Assessment, 2017.