



Health and Health Care Trends: Children and Seniors in Michigan

Marianne Udow-Phillips, Director

Center for Healthcare Research &
Transformation



Michigan Health Endowment Fund

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**Where can we have the
most impact on quality and
quantity of life?**



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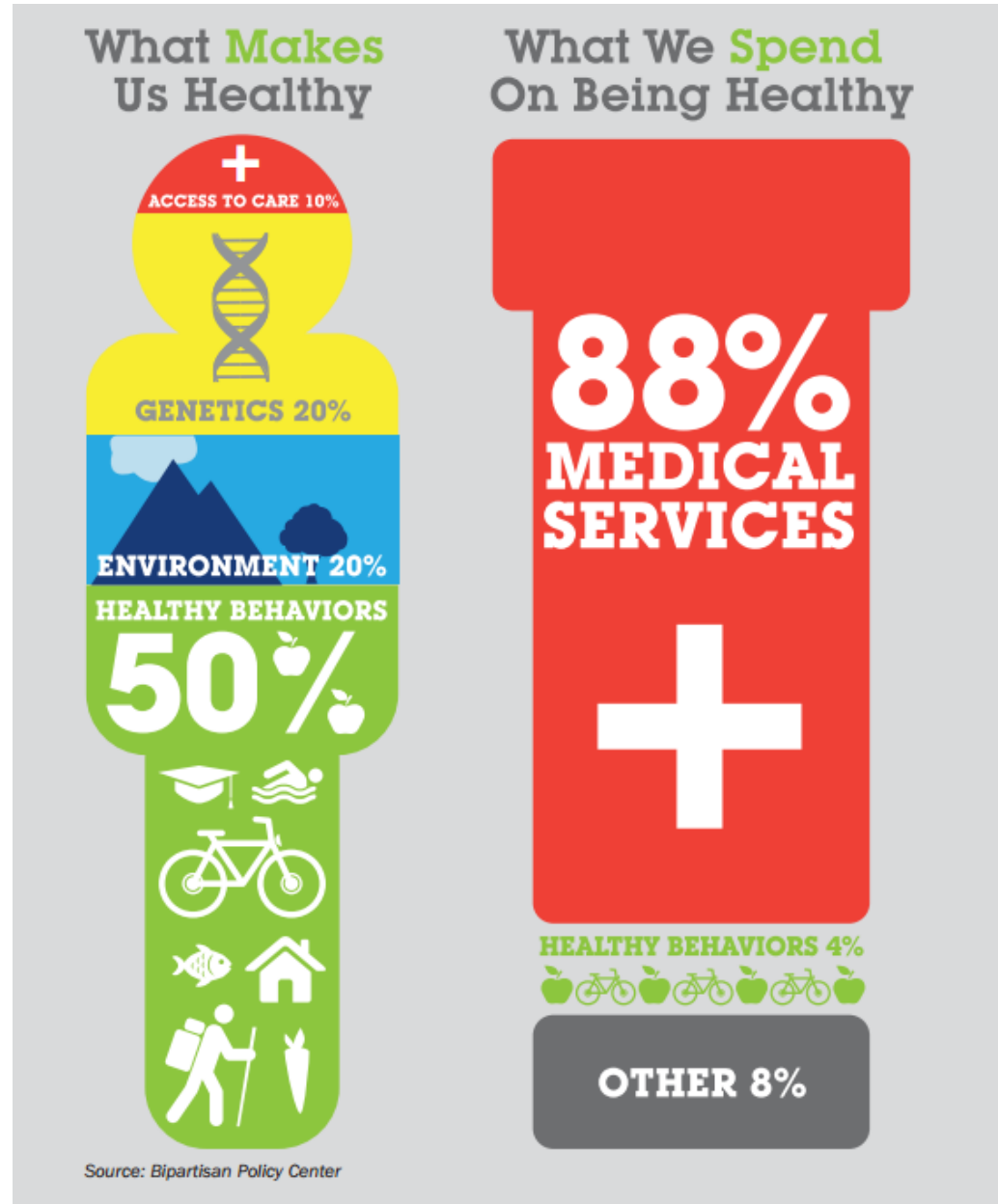
What Makes Us Healthy

vs.

What We Spend on Being Healthy



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Children in Michigan



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Leading Causes of Death for Michigan Children, 2012

Among infants below 1 year, perinatal birth conditions and congenital defects are leading causes of death.

Causes of Death for MI residents under age 25	Percentage of Total
Unintentional Injuries	25.6%
Intentional Self-harm (Suicide)	9.1%
Cancer	4.3%
Heart Disease	2.0%
Diabetes Mellitus	0.6%
Stroke	0.6%
Pneumonia/Influenza	0.6%
Chronic Lower Respiratory Disease	0.5%
Kidney Disease	0.2%
All Other Causes	56.7%



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Health Status of Michigan Children by Age and Income, 1999

	MI Children Ages 0 - 5		MI Children Ages 6 – 17	
	Below 100% FPL	At or above 100% FPL	Below 100% FPL	At or Above 100% FPL
Current Health Status (Excellent / very good)	76.8%	86.8%	60.7%	85.3%

Exercise and Nutrition Among Michigan Children

● Exercise

- In 2012, 47% of MI children and teens did not exercise regularly, an improvement from 54% in 2003
- In 2013, 34% MI high school students spent 3+ hours on computer; 27% spent 3+ hours watching TV on average school day

● Nutrition

- In 2013, 17.6% of children ate fruits and vegetables 5+ times per day, worse than 20.6% in 2001



The Impact of Race

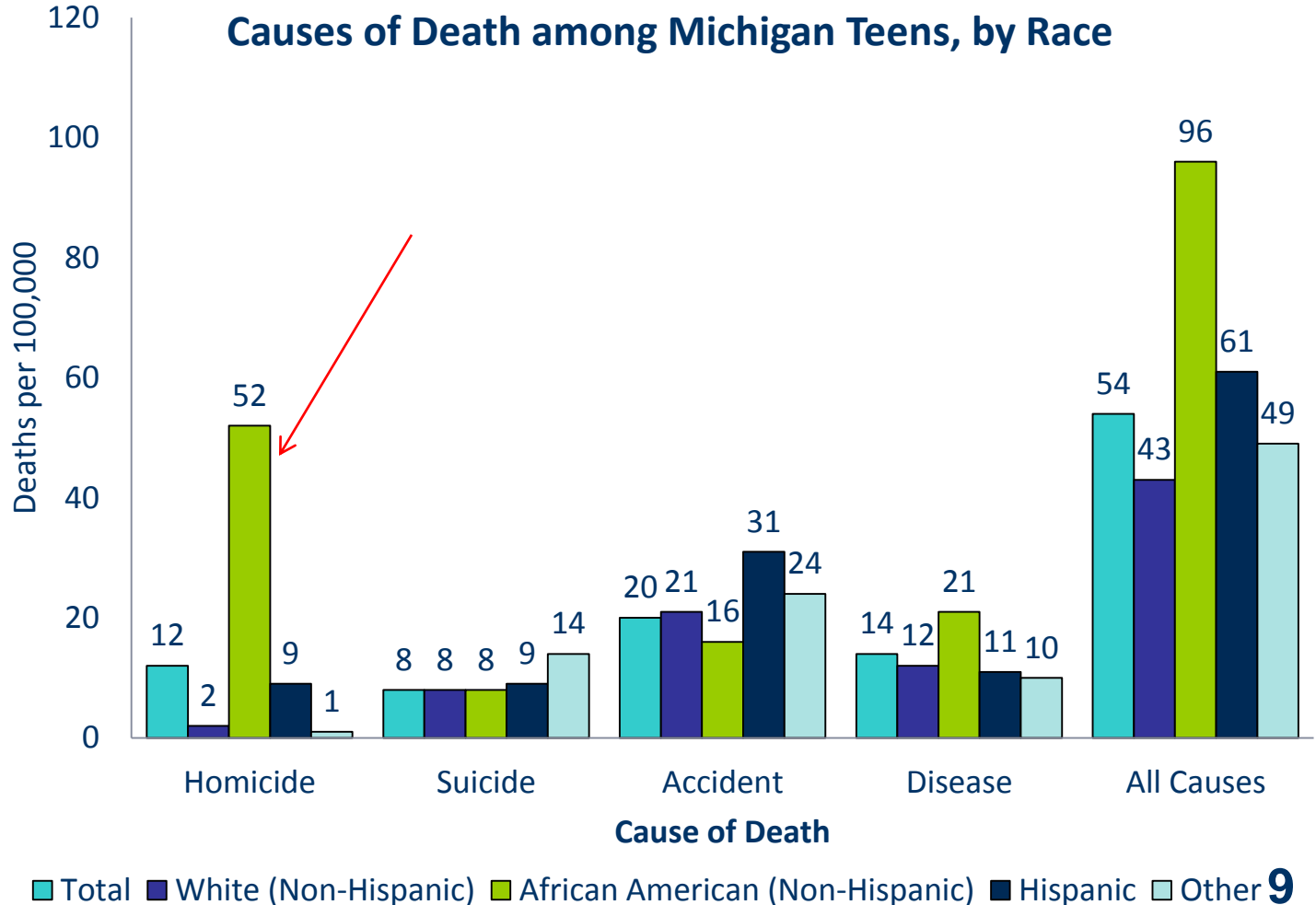


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Leading Causes of Death Among Michigan Teens, by Race, 2012

Overall death rate for black teens is over **twice** the death rate for white teens.

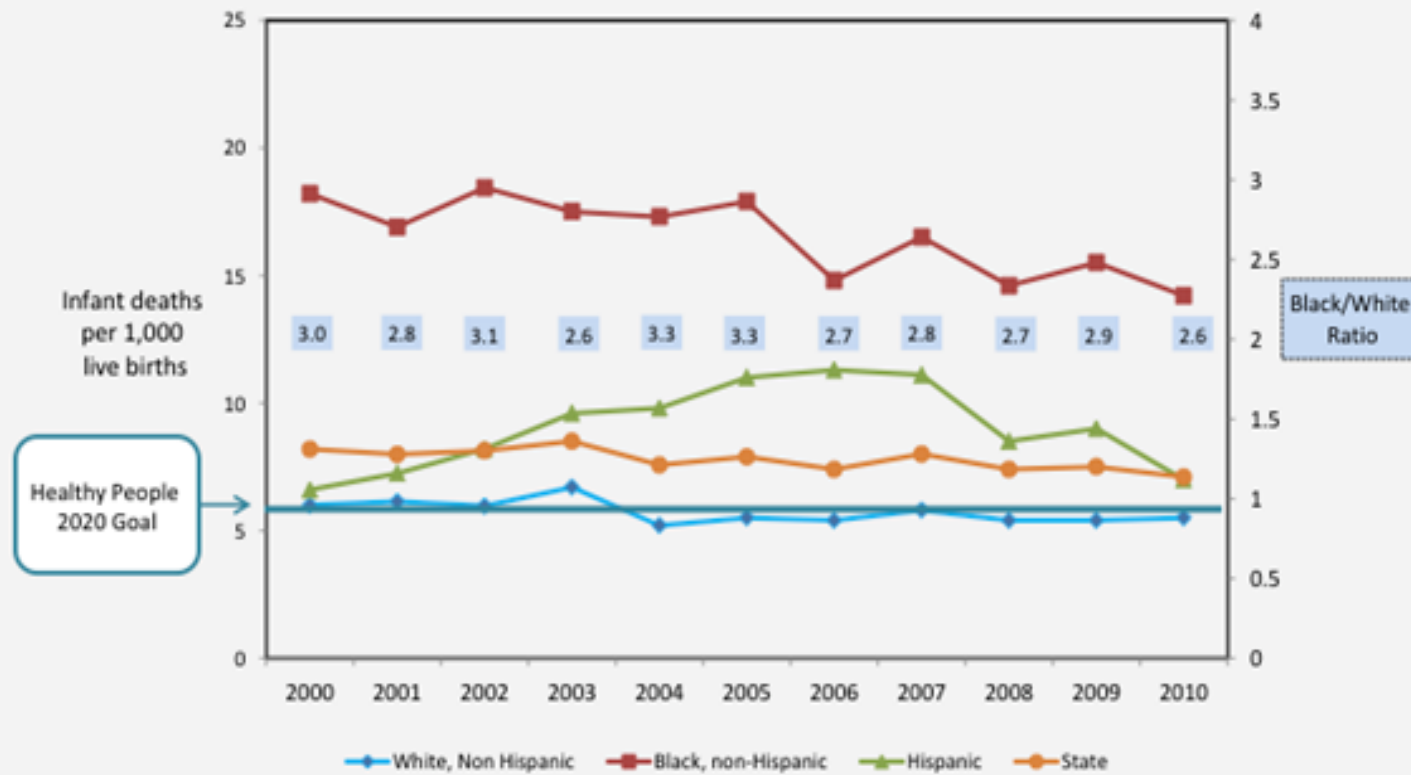
Black teens' **#1** cause of death is **homicide** with a rate that is **25 times higher** than that of white teens.



Health Disparities from Birth for Children in Michigan

- **One in six** black infants are born too early compared to **1 in 10** infants overall
- Black infants **twice as likely** to be **low birth weight** than white (14% vs 7%); increases risk for poor development
- Black infants almost **three times as likely to die** before **1st birthday** compared to white infants

Michigan Infant Mortality by Race/ Ethnicity, 2000-2010



Access to Health Care

- From 2008 to 2010, Black children 4 times as likely to be hospitalized for asthma (a manageable chronic condition) than white children



The Impact of Poverty



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Poverty Rates for Children in Michigan

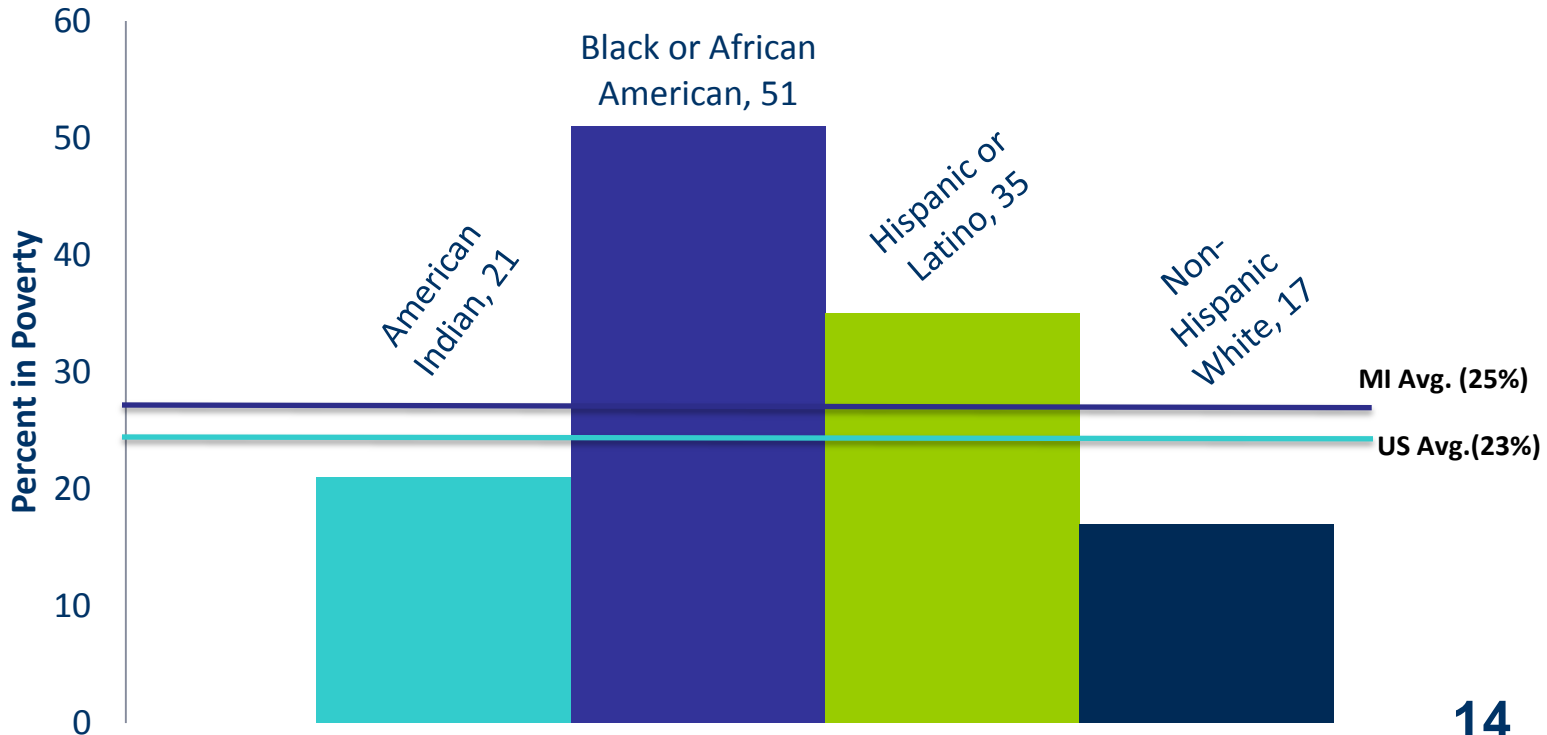
- 1 in 4 MI children in poverty* (2012), up from 1 in 5 (2008)
- Young children (ages 0 – 4) at especially high risk for poverty
- Single parent households in MI increased from 32 to 35% of households from 2008-2012
- 40-60% of low income mothers of young children report depressive systems (12% for all women)

*\$23,283: The Federal Poverty Level for family of 4 in 2012

SOURCES: [Children in Poverty \(100 Percent Poverty\)](#), Kids Count Data Center, A Project of the Annie E. Casey Foundation.
[Threats to the next generation: Why children are the hardest hit by cuts in the safety net](#), Voices for Michigan's Children, August 2011.
[Kids Count in Michigan 2012 data book](#), Michigan League for Public Policy.
[Reducing Maternal Depression and Its Impact on Young Children](#), Project Thrive .

Poverty by Race in Michigan

Percent of MI Children in Poverty by Race (2012)



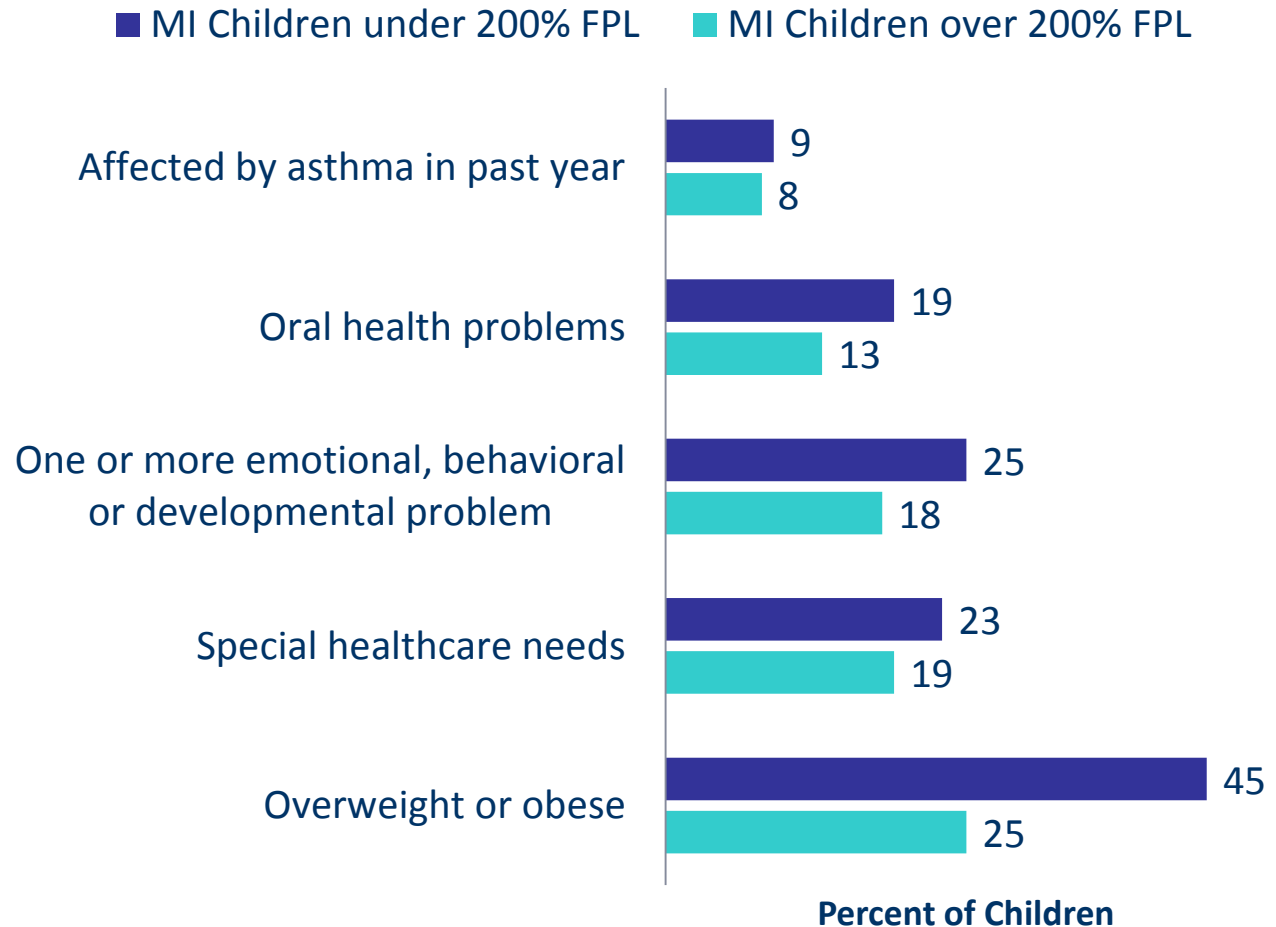


What is the Significance?



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Low Income Children More Likely to Suffer from Chronic Health Conditions, 2011-12



Mothers Depression Has Significant Impact on Children

- Maternal depression associated with:
 - poor birth outcomes
 - impeded early development
 - reduced language ability
 - increased risk of behavioral issues problems

Education and Health

- Those without high school degrees have:
 - **Shorter lives** – live 9 years shorter than those with college degree
 - **Worse health** – have a 15% prevalence of diabetes compared to 7% for college graduates
 - **More risk factors** – 27% smoke compared to 8% with college degree



Seniors in Michigan



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Leading Causes of Death Among Seniors in Michigan, 2012

Cause of Death for MI Residents age 65 +	Percent of Total Senior Deaths by Cause
Heart Disease	28.40%
Cancer	21.45%
Chronic Lower Respiratory Diseases	6.80%
Stroke	5.71%
Unintentional Injuries	2.09%
Alzheimer's Disease	4.57%
Diabetes Mellitus	3.06%
Kidney Disease	2.04%
Pneumonia/Influenza	2.02%
Intentional Self-harm (Suicide)	0.27%
All Other Causes	23.58%

Risk Factors Among Michigan Seniors, 2014

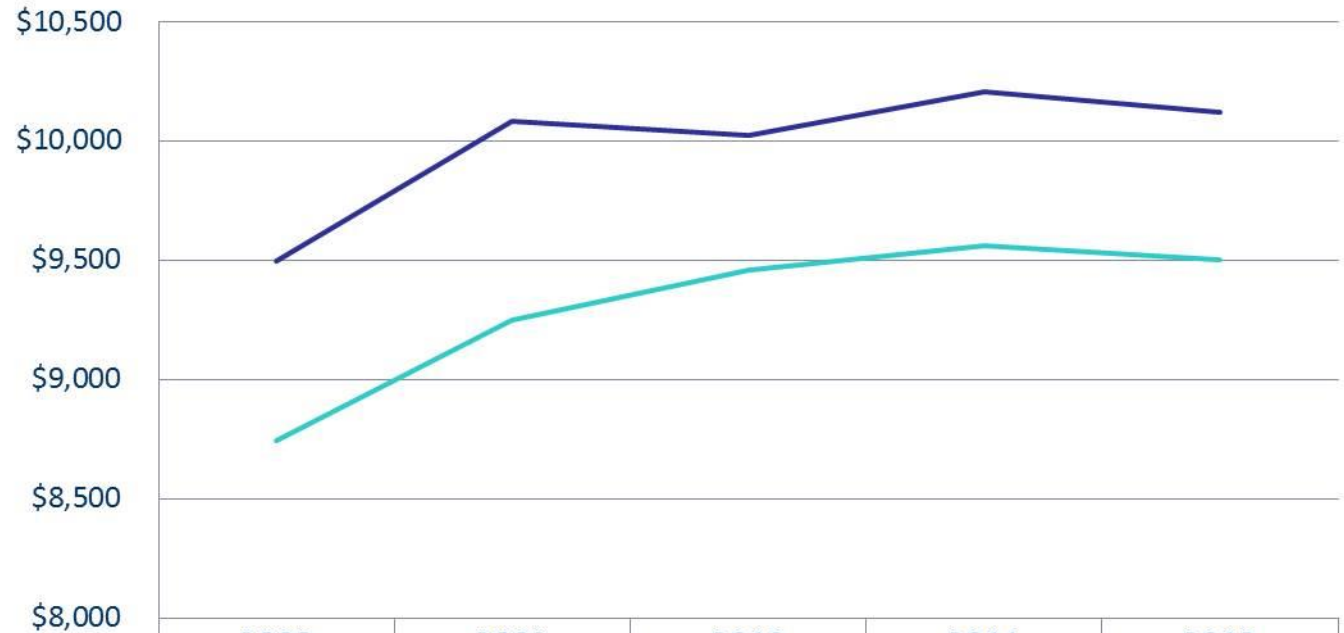
- **Obesity:** 31% in MI are obese compared to 25.8% of US
- **Smoking:** 7.7% in MI smoke compared to 8.9% US
- **Chronic Drinking:** 4.2% in Michigan are chronic drinkers, up from 3.5% in 2013
- **Flu vaccination coverage:** 55.4% in Michigan received flu vaccine, worse than 58.0% in 2013

Disparities in Senior Health, by Income

- In MI in 2014, **62.7%** of seniors with income of **\$75,000+** report very good or excellent health
- In 2014, Only **31.6%** of seniors with an income **<\$25,000** report very good or excellent health
 - (Median Household Income for seniors in U.S. 2012: \$31,354)

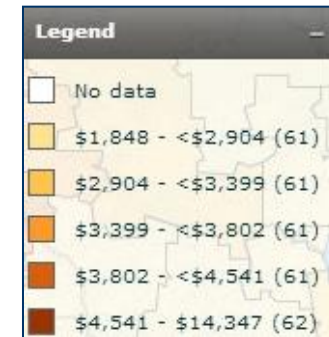
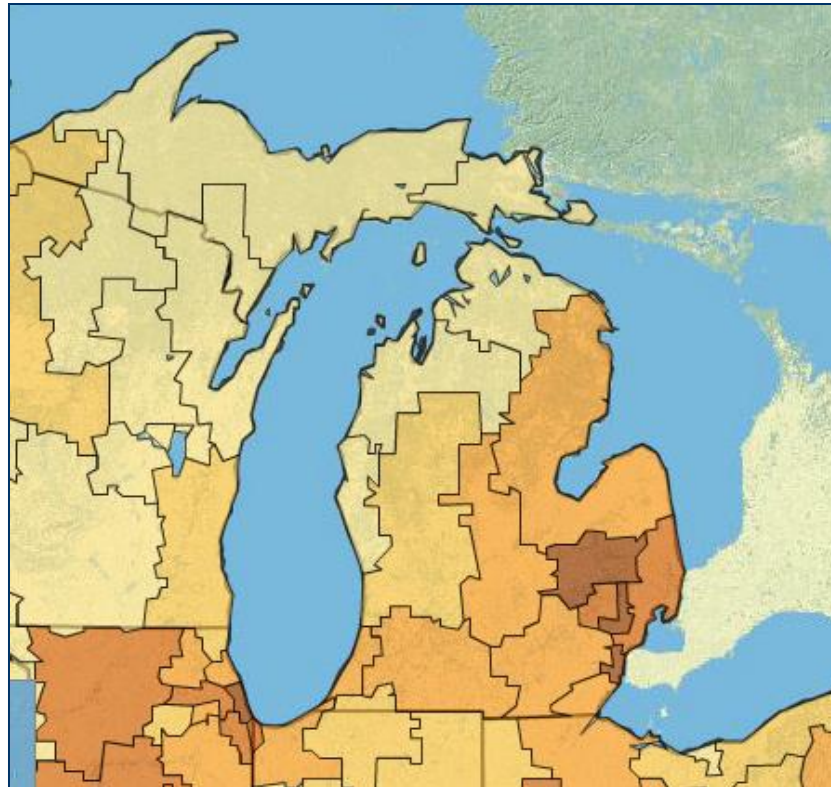
Seniors: Spending Trends

Medicare Reimbursements per Enrollee, 2008-2012, State and National Trend



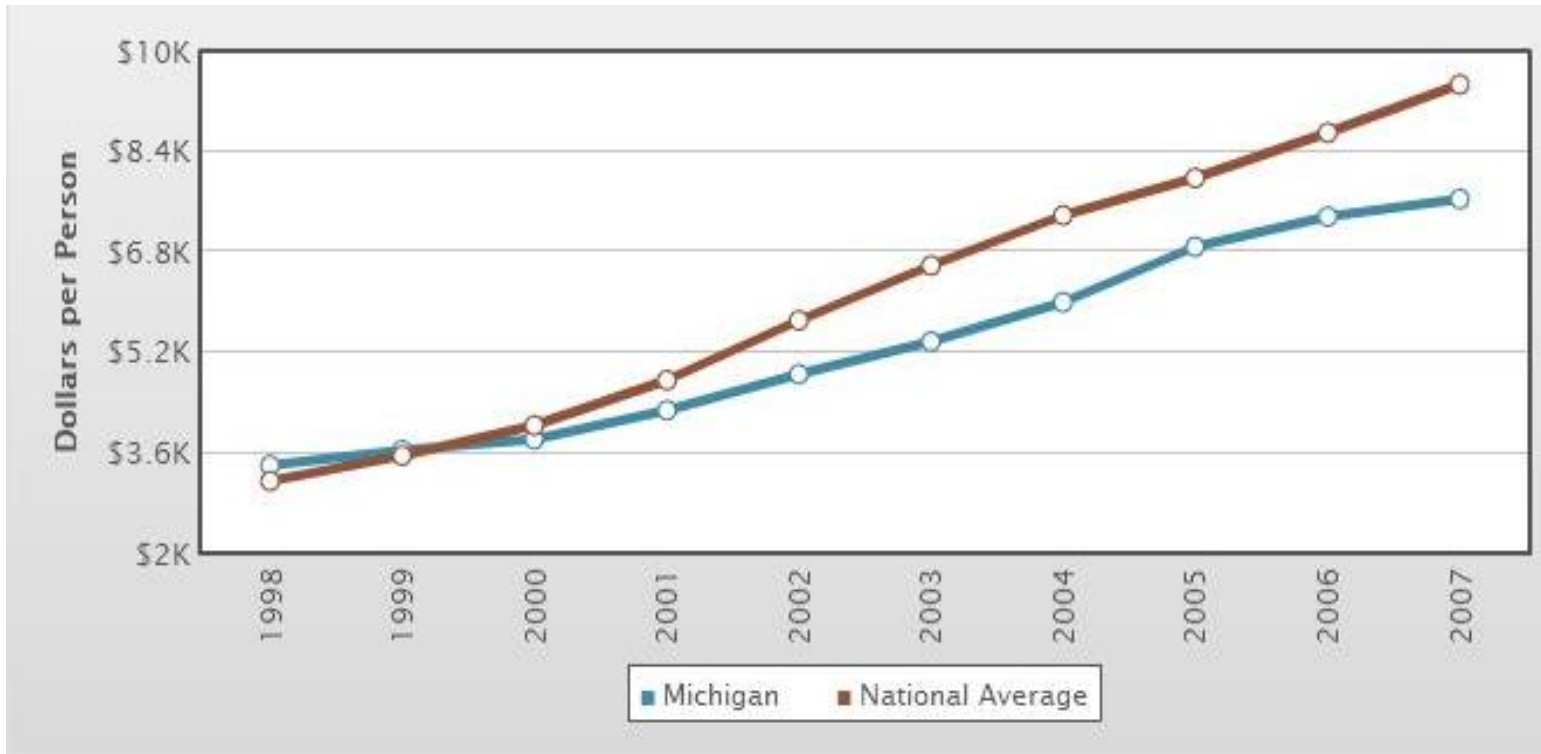
Seniors: Spending Trends

Inpatient Spending per Decedent During Hospitalization in Which Death Occurred, Michigan, 2007



High Spending at End of Life, 1998-2007

Inpatient spending per Decedent During the Last Six Months of Life



Average Hospice Days per Decedent during the Last Six Months of Life, 2010





Center for Healthcare Research & Transformation

2929 Plymouth Road, Suite 245
Ann Arbor, MI 48105
(734) 998-7555

Website: www.chrt.org

Email: chrt-info@umich.edu

Follow us on Twitter: @chrtumich



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