



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

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May 1, 2018

New Findings on the Health of Adults in Barry and Eaton Counties

The Barry-Eaton District Health Department Board of Health and department staff are pleased to share the newly published results of the 2014-2016 Barry-Eaton Behavioral Risk Factor Survey with the community. This survey is an important tool that the health department uses to monitor the health status of Barry and Eaton counties and to identify and solve community health problems.

The Barry-Eaton Behavioral Risk Factor Survey (BRFS) is a survey of the adult population in Barry and Eaton counties that is published every three years. The Barry-Eaton BRFS measures various indicators that contribute to adult health, including behaviors, medical conditions, and preventive health care practices.

Key themes that emerged from the 2014-2016 BRFS include:

- Barry County:
 - Access to both primary and dental health care has improved, and the percentage of adults with health insurance coverage appears to have stabilized.
 - The overall prevalence of cigarette smoking declined, but remained high for some populations, including young adults, adults with a high school degree or less, and adults with an annual income of less than \$25,000.
 - More adults were not eating the recommended daily amount of fruits and vegetables. In addition, almost one in five adults reported not engaging in leisure time physical activity. Subsequently, the prevalence of obesity, diabetes, poor physical health, and disability increased from past BRFS surveys.
- Eaton County:
 - Access to health insurance coverage has improved, and access to both primary and dental health care appears to have stabilized.
 - Cigarette smoking increased overall and included a high prevalence of smoking in young adults, adults with a high school degree or less, and adults with an annual income of less than \$50,000.
 - More adults are now reporting being overweight or obese, which could be a result of the low prevalence of adults who are getting the recommended daily servings of fruits and vegetables and recommended leisure time physical activity.

In both counties, for many indicators, educational and financial disparities exist. Significant differences in these areas can lead to both short- and long-term differences between the health outcomes of individual people. Often, having a lower income or lower level of education results in worse health.

Results from the BRFS provide crucial data to identify health issues in the community and populations at greatest risk for health problems. This information also informs multiple strategic planning and community health needs assessment efforts in Barry and Eaton counties. Furthermore, the data assists in monitoring the effectiveness of current initiatives and collaborative efforts and can support health policy changes.

Collaborative partners included the Eaton County Substance Abuse Advisory Group (ECSAAG), the Capital Area United Way, the Ingham County Health Department, and the Mid-Michigan District Health Department.

BEDHD welcomes community organizations and the community at large to utilize the data found in the 2014-2016 Barry County and Eaton County BRFSS reports. These reports, as well as past BRFSS reports and other local data, are available online at <https://www.barryeatonhealth.org/community-health-statistics>. Additional data and analyses are available by contacting Susan Peters, BEDHD Health Analyst, at speters@bedhd.org.