



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

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Eaton County Ranks in Top 25% of Michigan Counties, According to County Health Rankings

The *2019 County Health Rankings* were released on March 19, 2019, with Eaton County ranking high on overall health. Eaton County ranked 14th out of 83 Michigan counties for Health Factors and 21st for Health Outcomes. This puts the county in the top 25 percent of Michigan counties.

The *Rankings* are based on a model of population health that focuses on many factors that, if improved, can help make communities healthier places to live, learn, work, and play. The Health Outcomes are based on the sickness and death that a county is currently experiencing, while the Health Factors are based on a variety of measures that can affect future health outcomes.

The *Rankings* show where Eaton County is doing well and provides information about what is working:

- The *Rankings* show that Eaton County is strong in the areas of Clinical Care and Social and Economic Factors, where it ranked 17th and 14th, respectively.
- This report can be used to build on successes and encourage community leaders to take action and create programs and policy changes in areas in need of improvement. For example, the Eaton County Great Start Collaborative is working to increase social support to parents, reduce child poverty, and increase school readiness to improve educational outcomes. Visit <https://www.eatonresa.org/services/eaton-great-start/> for more information.

The *Rankings* also show what factors are making residents unhealthy and what more can be done to make Eaton County a healthier place:

- The *Rankings* show that Eaton County is at risk for poor health when it comes to behaviors that affect health, such as smoking, obesity, and physical inactivity, where it ranked 28th out of 83 counties.
- The *Rankings* also show that Eaton County needs to do more to improve health behaviors and aspects of the physical environment that discourage physical activity. Potential action steps include stepping up efforts for substance abuse prevention and obesity prevention and increasing the number of sidewalks so people have more options for physical activity.

The *Rankings* also highlight the importance of our physical environment to our health:

- Eaton County ranked poorly for the physical environment, 48th in the state. The physical environment score includes measures of air pollution, drinking water violations, severe housing problems, and motor vehicle driving commutes. This ranking was partly driven by municipal drinking water system violations, which were appropriately reported and addressed. This example shows why water providers and regulatory agencies monitor and oversee municipal drinking water systems.

The *Rankings* provide the community with a chance to learn about the steps being taken to improve the health of Eaton County residents:

- The Eaton Rapids Health Alliance is an Eaton Rapids–based coalition with a focus on improving health by increasing physical activity and access to healthy foods, improving access to mental health resources, improving safety, and decreasing smoking and substance use. Visit <https://www.eatonrapidshealthalliance.org/> for more information.
- The Eaton County Substance Awareness Advisory Group is focused on improving health by reducing the negative effects of alcohol and substance misuse, tobacco use, and prescription drug misuse. Visit <https://www.facebook.com/ECSAAG/> for more information.

In the past five years, Eaton County’s overall health outcome ranking has stayed within the range of 16th to 21st out of 83 counties. The overall health factor ranking stayed between 13th and 16th out of 83 counties.

Everyone in the community has a stake in being healthy. Working together, Eaton County residents can make their community a healthier place to live, learn, work, and play. Learn more about the *2019 County Health Rankings* at www.countyhealthrankings.org.