1st ever St. Louis City and St. Louis County Regional CHA-CHIP process!

- Local health departments aligning with hospital system partners’ assessment process and improvement priorities
Visioning and Guiding Values

St. Louis, an equitable community achieving optimal health for all.
Assessments

For each assessment, the community identifies:

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Forces of Change</td>
<td>What is occurring or might occur that will affect the community or public health system?</td>
</tr>
<tr>
<td>2. Local Public Health System</td>
<td>How are the essential services being provided to our community?</td>
</tr>
<tr>
<td>3. Community Themes &amp; Strengths</td>
<td>What is important to community members and what assets do we have?</td>
</tr>
<tr>
<td>4. Community Health Status</td>
<td>What does our data tell us about our health?</td>
</tr>
</tbody>
</table>
A healthy community has...

- Enriching programs for kids from preschool to high school
- Jobs for kids
- Quality education
- The ability for people with disabilities to travel without getting hurt
- Senior services

The best things about St. Louis are...

- "I live in a quiet area, and it is mixed, people from my country, Anglos, African Americans…"
- Conversation about racial equity is changing
- Resources and programs for people with disabilities and/or special needs
- "The educational system in terms of universities and their input and support."
- "Resources such as activities for kids, family activities that encourage unity."
- "I'm glad we do have Call A Ride."
- "Racism is not present."
- English language programs
- Diversity
- Low cost of living
The worst things about St. Louis are...

- Lack of livable wage, quality jobs
- "Children are raising children now."
- Some schools with low graduation rates and poor achievement
- "[..] as far as independently being able to get around, the sidewalks are in horrible repair."
- Poor community/police relationship; Racial profiling, Mistrust
- "[..] pockets of very high diversity and pockets of very segregated areas."

The biggest issues facing the community are...

- Need for jobs/companies leaving
- "Everybody should have the opportunity to become what they are, [and depend on] on social services."
- For the deaf/blind population: "Move about in outside environment alone."
- Equity Inclusion
- Diversity/race relations
- Lack of economic growth/development
- No jobs for youth/lack of job training
- Poverty/Homelessness
- Education K-12
LEADING CAUSES OF DEATH

Measuring how many people die each year and why they died is one of the most important means—along with figuring out how diseases and injuries are affecting people—for assessing the effectiveness of a country’s health system. Globally and nationally, 70% of deaths are caused by non-communicable diseases across low- and high-income countries. Cause of death is based on medical information—including injury diagnoses and external causes of injury—that is entered on death certificates filed in the United States. Leading causes of death (LCOD) are ranked 1 to 10 based on number of deaths.

- The top two LCOD for St. Louis City, County, and the United States (2010 to 2014 average) were heart disease and cancer.
- The third LCOD in St. Louis City was similar to the US—CLRD (chronic lower respiratory disease), which includes asthma and COPD (chronic obstructed pulmonary disease) — but stroke was the third LCOD for St. Louis County.
- Unintentional injury (UI) was the fourth LCOD for St. Louis County and the US, and the fifth LCOD for St. Louis City.
- Alzheimer’s Disease was the sixth LCOD across all geographies.
- Septicemia was a top 10 LCOD for St. Louis County only. See the Saint Louis County Department of Public Health Leading Causes of Death Profile for more information.

<table>
<thead>
<tr>
<th>Rank</th>
<th>St. Louis City</th>
<th>St. Louis County</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>heart disease</td>
<td>heart disease</td>
<td>heart disease</td>
</tr>
<tr>
<td>2</td>
<td>cancer</td>
<td>cancer</td>
<td>cancer</td>
</tr>
<tr>
<td>3</td>
<td>CLRD</td>
<td>stroke</td>
<td>CLRD</td>
</tr>
<tr>
<td>4</td>
<td>stroke</td>
<td>accidents</td>
<td>accidents</td>
</tr>
<tr>
<td>5</td>
<td>accidents</td>
<td>CLRD</td>
<td>stroke</td>
</tr>
<tr>
<td>6</td>
<td>Alzheimer’s</td>
<td>Alzheimer’s</td>
<td>Alzheimer’s</td>
</tr>
<tr>
<td>7</td>
<td>diabetes</td>
<td>pneumonia / influenza</td>
<td>diabetes</td>
</tr>
<tr>
<td>8</td>
<td>pneumonia / influenza</td>
<td>kidney disease</td>
<td>pneumonia / influenza</td>
</tr>
<tr>
<td>9</td>
<td>kidney disease</td>
<td>diabetes</td>
<td>kidney disease</td>
</tr>
<tr>
<td>10</td>
<td>suicide</td>
<td>septicemia</td>
<td>suicide</td>
</tr>
</tbody>
</table>

Source: Missouri Department of Health and Senior Services (DHSS), Bureau of Vital Statistics.
Health Impact Pyramid

![Health Impact Pyramid Diagram](image)

**CDC Health Impact Pyramid**

*Factors that Affect Health*

- **Smallest Impact**
  - Counseling & Education
    - Eat healthy, be physically active
  - Clinical Interventions
    - Rx for high blood pressure, high cholesterol, diabetes
  - Long-lasting Protective Interventions
    - Immunizations, brief intervention, cessation treatment colonoscopy
  - Changing the Context to make individuals' default decisions healthy
    - Fluoridation, trans fat, smoke-free laws, tobacco tax
  - Socioeconomic Factors
    - Poverty, education, housing, inequality

**Largest Impact**
The highest number of healthcare facilities was in St. Louis County zip code 63131 and St. Louis City zip code 63110 in 2015.

However, St. Louis City has a collective shortage of healthcare professionals.

In some low income areas of St. Louis County, there were no health facilities and a shortage of healthcare professionals (examples 63121, 63130, 63132).
POVERTY

Poverty is a comparison of a person’s income with the minimum amount needed to pay for food and housing. People earning less than the minimum are considered living below the poverty line, with children being at the mercy of the cycle of poverty. Poverty is often cyclical and families can often be impoverished for three generations.

- St. Louis City had nearly triple (21.7%) the percent of families living below poverty than St. Louis County (7.9%) in 2015. St. Louis County had the lowest percentage when compared to Missouri (11.1%) and the United States (11.3%) (see chart on left).
- Most zip codes in St. Louis City had a medium, high, or very high percent of families living below the poverty line; the only zip code with a low level was 63109 (see map on right).
- St. Louis County poverty levels were highest in the Inner and Outer North sub-regions, and lowest in the West (see map on right).

Source: U.S. Census Bureau, 2011-2015 American Community Survey 5-Year Estimates
HOUSING

Unaffordable housing and debt for home owners or renters can lead to negative health outcomes. Housing affordability problems often force people into adverse decisions that they would not make if they were not experiencing housing stress (e.g., going without food or medication). Affordable housing alleviates crowding and allows for more household resources to be directed towards healthcare and healthy foods which will contribute to better health outcomes. Furthermore, research suggests that affordable, stable, and well-maintained housing can help reduce problems associated with poor quality housing, alleviate crowding, and reduce exposure to infectious diseases and other stressors. Rent burdens disproportionately affect low-income households and racial and ethnic minorities. According to the Department of Housing and Urban Development (HUD), households spending more than 30 percent of their income on housing costs are considered to be “cost-burdened.”

In the St. Louis Region, a much higher percentage of homeowners and renters in the lowest income brackets were spending 30% or more of their yearly income on housing costs.

Over 80% of homeowners and renters who make less than $20,000 are considered “cost-burdened” in the region.

Source: U.S. Census Bureau, 2011-2015 American Community Survey 5-Year Estimates
HOUSING

Having a safe and affordable place to live is important to a person’s health. Adequate housing protects residents from environmental problems like mold, lead, allergens, exposure to infectious or contagious disease, and the inability to store and prepare healthy food. The four problems that define severe housing are: plumbing that does not have hot and cold water, a flushing toilet, and a bathtub or shower; kitchen facilities that do not have a sink with a faucet, a stove or range oven, and a refrigerator; more than 1.5 persons per room (For example, 4 people living in an apartment with only two total rooms); and housing costs (including utilities) that are higher than 50% of the household’s monthly income.

St. Louis City had the highest percent of homes with one or more substandard housing conditions (41.5%) compared to St. Louis County (30.0%), Missouri (29.6%), and the US (35.6%) for 2008-2012.

Among properties with severe health-related housing violations in St. Louis City, zip codes in the lowest quartile (range of 0 to 9) were 63101, 63102, 63103, 63104, 63106, 63108, 63109, 63110, 63139.

Properties in two zip codes (63118, 63115) ranked in the highest quartile of violations with a range of 27 to 34 for 2016. Both zip codes had high percentages of families living in poverty.

*Housing-related problems include properties with no running water, insufficient heat, and interior wastewater accumulation.
PERSONAL TRANSPORTATION

Vehicle ownership can contribute to the wealth gap between households that do and do not own cars. Studies show that workers with cars can log more hours per week at their jobs than can those without cars, which can enable car-owning workers to earn more money. If there is no efficient alternative to automobile travel, households can have limited access not only to jobs, but also to health care, social interaction, and healthy foods. The availability of affordable, adequate, and safe public transportation can be a viable option for many communities. Vulnerable populations, such as low-income or uninsured persons, often lack transportation options.

In St. Louis City, 21.7% of households were without a vehicle, which was almost three times more than Missouri and St. Louis County, and more than double the percent in the United States.

In St. Louis County, 7.3% of households were without a vehicle which was comparable to Missouri (7.4%) and slightly lower than the United States (9.1%).

The percentage of St. Louis City and County residents using public transportation as their primary means of commute to work was 9.43% and 2.48% respectively 2011-2015; both geographies were higher than Missouri (1.49%).

According to the same data, census tracts in the northeastern St. Louis region had the highest percentage of residents using public transit.
ASTHO Triple Aim for Health Equity

- Implement a Health in All Policies Approach With Health Equity as the Goal
- Expand Our Understanding of What Creates Health
- Strengthen the Capacity of Communities to Create Their Own Healthy Future
VISION: St. Louis, an equitable community achieving optimal health for all.
Next Steps

Join an Action Team
• If you would like to join an action team, please fill out this short form.

CHAT Contact List
• If you would like to receive quarterly updates including meeting invitations, please email: CHAandCHIP.DPH@stlouisco.com.