





A Community Foundation
Making a Difference — Together

 County Health Rankings & Roadmaps <small>A Healthier Nation, County by County</small>	Cumberland County Health Outcomes Report for 2012 to 2020 <i>See Appendix A for Glossary of Key Measures</i>									PA
	2012	2013	2014	2015	2016	2017	2018	2019	2020	PA-2020
Health Outcomes Rank (of 67)	8	4	4	5	5	6	6	5	7	
Premature Death	5,691	5,104	5,104	5,308	5,300	5,300	5,300	6,000	6,100	7,600
Quality of Life Rank (of 67)	9	7	7	5	3	3	8	9	7	
Poor or fair health	11%	12%	12%	12%	12%	12%	13%	13%	14%	18%
Poor physical health days	2.9	2.9	2.7	2.7	3.2	3.1	3.4	3.4	3.6	4.2
Poor mental health days	3.0	3.1	2.7	2.7	3.6	3.5	3.7	3.7	4.1	4.4
Low birthweight	7.1%	6.7%	6.7%	6.4%	6%	6%	7%	7%	7%	8%
Life expectancy	-	-	-	-	-	-	-	79.9	79.8	78.3
Frequent physical distress	-	-	-	-	9%	9%	10%	10%	10%	13%
Frequent mental distress	-	-	-	-	11%	10%	11%	11%	12%	14%
Diabetes prevalence	10%	10%	9%	10%	9%	9%	9%	10%	10%	11%
HIV prevalence	193	181	179	179	175	176	139			
Health Behaviors Rank (of 67)		5	3	3	4	6	4	4	6	
Adult smoking	18%	16%	15%	15%	17%	16%	14%	14%	16%	19%
Adult obesity	28%	28%	26%	25%	26%	28%	30%	29%	29%	30%
Food environment index	-	-	8.7	8.4	8.3	8.4	8.5	8.5	8.5	8.2
Physical inactivity	23%	15%	22%	19%	18%	17%	19%	19%	21%	23%
Access to exercise opportunity	-	-	76%	85%	86%	86%	77%	82%	83%	84%
Excessive drinking	16%	15%	14%	14%	18%	19%	20%	20%	20%	19%
Alcohol driving deaths	-	-	24%	26%	29%	28%	27%	29%	29%	27%
Sexually transmitted diseases	149	164	285	283	232.2	257.9	271.2	267.5	297.9	440.8
Teen births	17	18	17	17	16	15	12	11	10	18
Food insecurity	-	-	11%	11%	12%	11%	10%	10%	9%	12%
Limited access, healthy foods	8%	3%	3%	3%	3%	3%	5%	5%	5%	5%
Drug overdose deaths	-	-	7	9	11	13	17	25	26	38
Motor vehicle crash deaths	13	11	11	10	9	8	8	8	8	10
Insufficient sleep	-	-	-	-	33%	33%	34%	34%	34%	38%

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	2012	2013	2014	2015	2016	2017	2018	2019	2020	PA-2020
Physical Environment Rank	45	18	11	16	29	40	40	26	21	
Air pollution – particulates	-	13.2	12.8	12.8	12.8	10.9	10.9	9.8	9.8	10.6
Severe housing problems	-	-	10%	11%	12%	12%	12%	12%	12%	15%
Driving alone to work	81%	82%	82%	82%	82%	82%	82%	82%	82%	76%
Long commute alone	-	-	24%	23%	24%	25%	25%	25%	26%	37%
Traffic volume	-	-	-	-	-	-	-	-	230	255
Homeownership	-	-	-	-	-	-	-	71%	70%	69%
Severe housing cost burden	-	-	-	-	-	-	-	10%	10%	13%

NOTABLE HEALTH TRENDS IN CUMBERLAND COUNTY

Health Outcomes (7th out of 67)

- Cumberland County’s health outcomes are generally positive compared to most other counties in the state (ranking 7th out of 67 counties).
- Data on years of life lost prematurely before people reach the age of 75 suggest the number of people who **die prematurely** is increasing.

Quality of Life Ranking (7th out of 67)

- The percent of adults reporting **poor to fair health** has increased (from 11% in 2012 to 14% in 2020).
- The percent of people experiencing **poor physical health days** in the past 30 days is increasing (from 2.9 poor health days in 2012 to 3.6 poor health days in 2020).
- The percent of people experiencing **poor mental health days** in the past 30 days is increasing (from 3.0 poor mental health days in 2012 to 4.1 poor mental health days in 2020).
- Cumberland County residents experience slightly lower rates of **physical distress** (10%) and **mental distress** (12%), compared to state averages (13% and 14%, respectively).

Health Behaviors Ranking (6th out of 67)

- While Cumberland County residents rank relatively well for overall health behaviors compared to other counties, there are critical areas for improvement. In 2020,
 - 16% of adults **smoke** (compared to the state average of 19%);
 - 29% of adults are **obese** (compared to the state average of 30%);
 - 21% of adults are **physically inactive** (compared to the state average of 23%);
 - The percent of adults who **drink excessively** has increased, from 14% of adults in 2014 to 20% of adults in 2020; and
 - The percentage of all **driving deaths that involve alcohol** is 29% (compared to the state average of 27%).
- Compared to state averages, Cumberland County residents tend to experience lower rates of **sexually transmitted diseases, teen births, food insecurity, drug overdoses and motor vehicle crash deaths**.

- The number of **teen births** (per 1,000 female population ages 15 to 19) is declining (from 18 teen births in 2013 to 10 teen births in 2020). This outperforms the state average of 18 teen births in 2020.
- The number of **drug overdose deaths** has increased, from 7 drug overdose deaths in 2014, to 26 drug overdose deaths in 2020). This is lower than the statewide average of 38 deaths in 2020. Current reports from the Cumberland County Coroner document a measurable decline in total drug overdose deaths in 2019, followed by an increase in drug overdose deaths between March and September of 2020, as a result of the coronavirus pandemic.

Clinical Care Ranking (5th out of 67)

- The percent of female Medicare enrollees receiving annual **mammograms** appears to be declining (from 72% in 2012 to 48% in 2020). **The way this measure is collected may have changed in 2019.*
- The percentage of **uninsured adults** is steadily decreasing, from 12% of uninsured adults in 2013 to 7% of uninsured adults in 2020.

Socio-Economic Ranking (2nd out of 67)

- In 2020, Cumberland County ranked **second best in the state on social and economic factors**.
- Median **household income** has increased steadily since 2012. By 2020, median household income in the county was nearly \$11,000 more than the state average (\$71,799 in Cumberland County versus \$60,900 statewide).
- Simultaneously, the percentage of children participating in the **free or reduced-price school lunch** program is increasing, from 12% of children participating in 2012 to 30% of children participating in 2020.
- **High school graduation** rates are increasing. In 2020, 93% of students in Cumberland County graduated from high school, compared to the state average of 87%.
- The percent of **students with some college education** is increasing. In 2020, 69% of students in Cumberland County had some college education, compared to just 64% of students in 2012.
- Leading up to the pandemic, **unemployment rates** were steadily declining in the county, from 7.1% in 2012 to just 3.3% in 2020.
- Incidents of **violent crime** are gradually declining and are significantly lower than state averages. In 2020, there were 86 incidents of violent crime per 100,000 population, compared to the state average of 315 incidents per 100,000 population.
- Compared to state averages, Cumberland County experiences slightly more **juvenile arrests** (21 versus 18 per 100,000 population).
- Compared to state averages, Cumberland County experiences **fewer children living in poverty, less income inequality, fewer injury deaths and fewer homicides**.

Physical Environment Ranking (21st out of 67)

- Air pollution particulates have declined, from 13.2 micrograms of fine particulates in 2013 to 9.8 micrograms of fine particulates in 2020.
- The percentage of the workforce that **drives alone to work** is higher than the state average (82% versus 76% statewide). However, the percentage of people with **long** commutes alone is lower than the state average (26% of all commuters versus 37% statewide).
- Traffic volume in the county—a new indicator introduced in 2020—appears to be slightly lower in Cumberland County than the state average (230 versus 255, volume per meter of major roadway).
- In 2020, 12% of households had a **severe housing problem** (compared to a state average of 15%), and 10% of households experienced **severe housing cost burden** (compared to the state average of 13%).

APPENDIX A - GLOSSARY OF KEY MEASURES

HEALTH OUTCOMES & QUALITY OF LIFE

- Premature death* = Years of potential life lost before age 75 per 100,000 population (age-adjusted).
Poor or fair health = Percentage of adults reporting fair or poor health (age-adjusted).
Poor physical health days = Average number of physically unhealthy days reported in past 30 days (age adjusted).
Poor mental health days = Average number of mentally unhealthy days reported in past 30 days (age-adjusted).
Low birthweight* = Percentage of live births with low birthweight (< 2,500 grams).

HEALTH BEHAVIORS

- Adult smoking = Percentage of adults who are current smokers.
Adult obesity = Percentage of the adult population (age 20 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m².
Food environment index = Index of factors that contribute to a healthy food environment, from 0 (worst) to 10 (best).
Physical inactivity = Percentage of adults age 20 and over reporting no leisure-time physical activity.
Access to exercise opportunities = Percentage of population with adequate access to locations for physical activity.
Excessive drinking = Percentage of adults reporting binge or heavy drinking.
Alcohol-impaired driving deaths = Percentage of driving deaths with alcohol involvement.
Sexually transmitted infections = Number of newly diagnosed chlamydia cases per 100,000 population.
Teen births* = Number of births per 1,000 female population ages 15-19.

CLINICAL CARE

- Uninsured = Percentage of population under age 65 without health insurance.
Primary care physicians = Ratio of population to primary care physicians.
Dentists = Ratio of population to dentists.
Mental health providers = Ratio of population to mental health providers.
Preventable hospital stays* = Rate of hospital stays for ambulatory-care sensitive conditions per 100,000 Medicare enrollees.
Mammography screening* = Percentage of female Medicare enrollees ages 65-74 that received an annual mammogram.
Flu vaccination = Percentage of fee-for-service Medicare enrollees that had a flu vaccination.

SOCIAL & ECONOMIC FACTORS

- High school graduation = Percentage of ninth-grade cohort that graduates in four years.
Some college = Percentage of adults ages 25-44 with some post-secondary education.
Unemployment = Percentage of population ages 16 and older unemployed but seeking work.
Children in poverty* = Percentage of people under age 18 in poverty.
Income inequality = Ratio of household income at the 80th percentile to income at the 20th percentile.
Children in single-parent households = Percentage of children that live in a household headed by single parent.
Social associations = Number of membership associations per 10,000 population.
Violent crime = Number of reported violent crime offenses per 100,000 population.
Injury deaths* = Number of deaths due to injury per 100,000 population.

PHYSICAL ENVIRONMENT

- Air pollution particulate matter = Average daily density of fine particulate matter in micrograms per cubic meter (PM_{2.5}).
Severe housing problems = Percentage of households with at least 1 of 4 housing problems: overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing facilities.
Driving alone to work* = Percentage of the workforce that drives alone to work.
Long commute - driving alone = Among workers who commute in their car alone, the percentage that commute more than 30 minutes.
Traffic volume = Average traffic volume per meter of major roadways in the county.

* Indicates subgroup data by race and ethnicity is available.