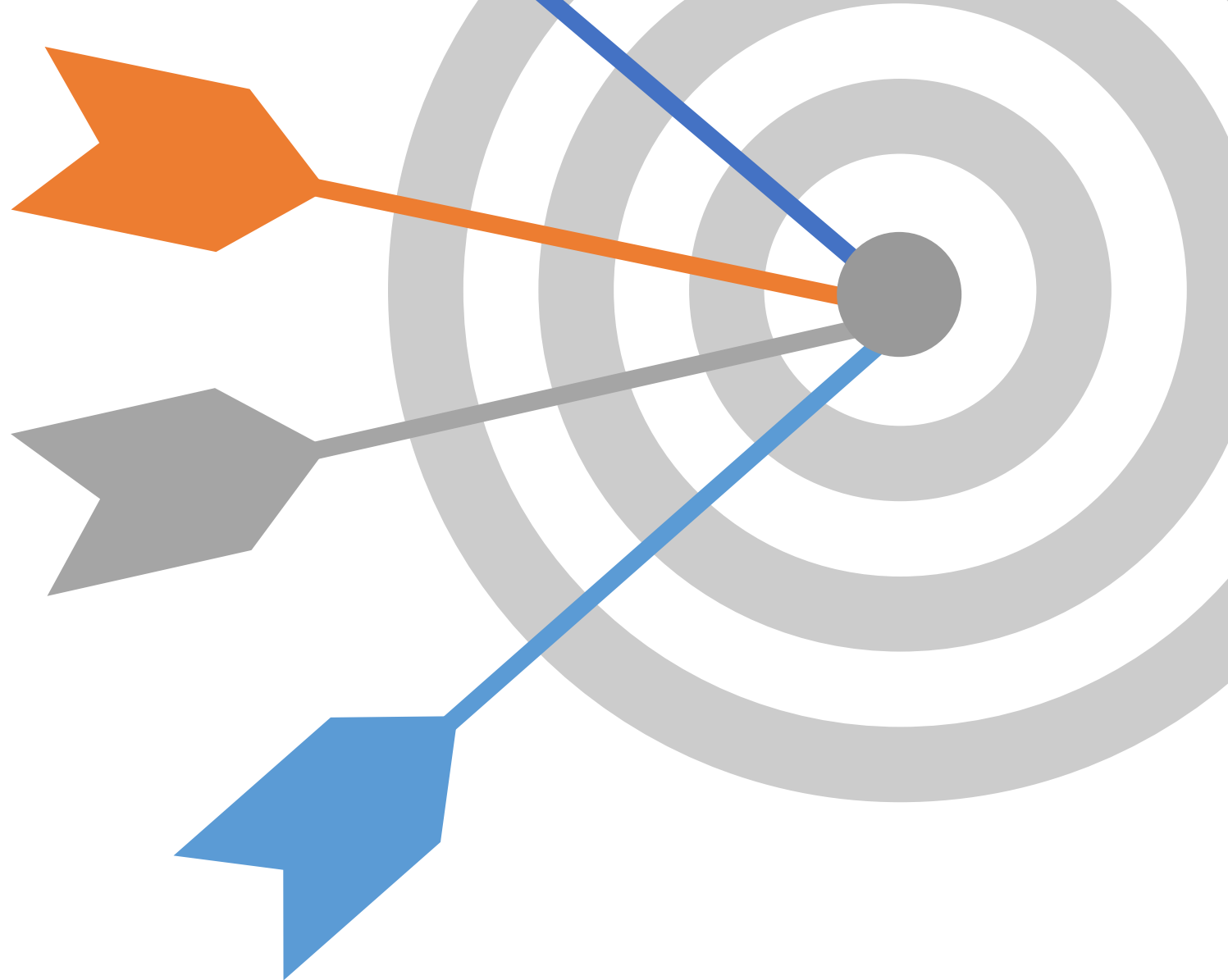


Healthy Montgomery 2030

Goal Setting



Healthy Montgomery 2030 Goal Setting

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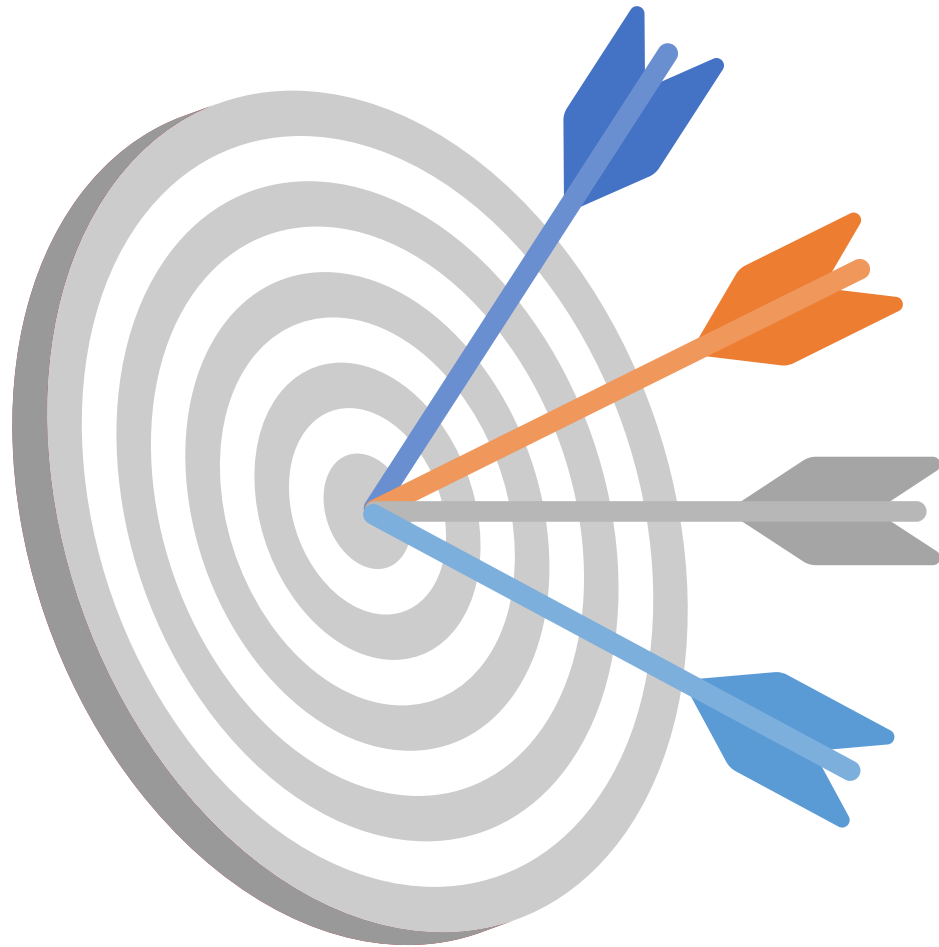
A Publication of the
Montgomery County Department of Health and Human Services
Public Health Services
Health Planning and Epidemiology

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April 2024

Suggested citation: Montgomery County, Maryland, Department of Health and Human Services, Health Planning and Epidemiology. *Healthy Montgomery 2030 Goal Setting*. Rockville, Maryland. 2024.

Baseline and Goal Setting



U.S. Baseline

2015-2020; HP 2030

MD Baseline

2013; MD SHIP 2017

MoCo Baseline

2020-2021; HM 2030

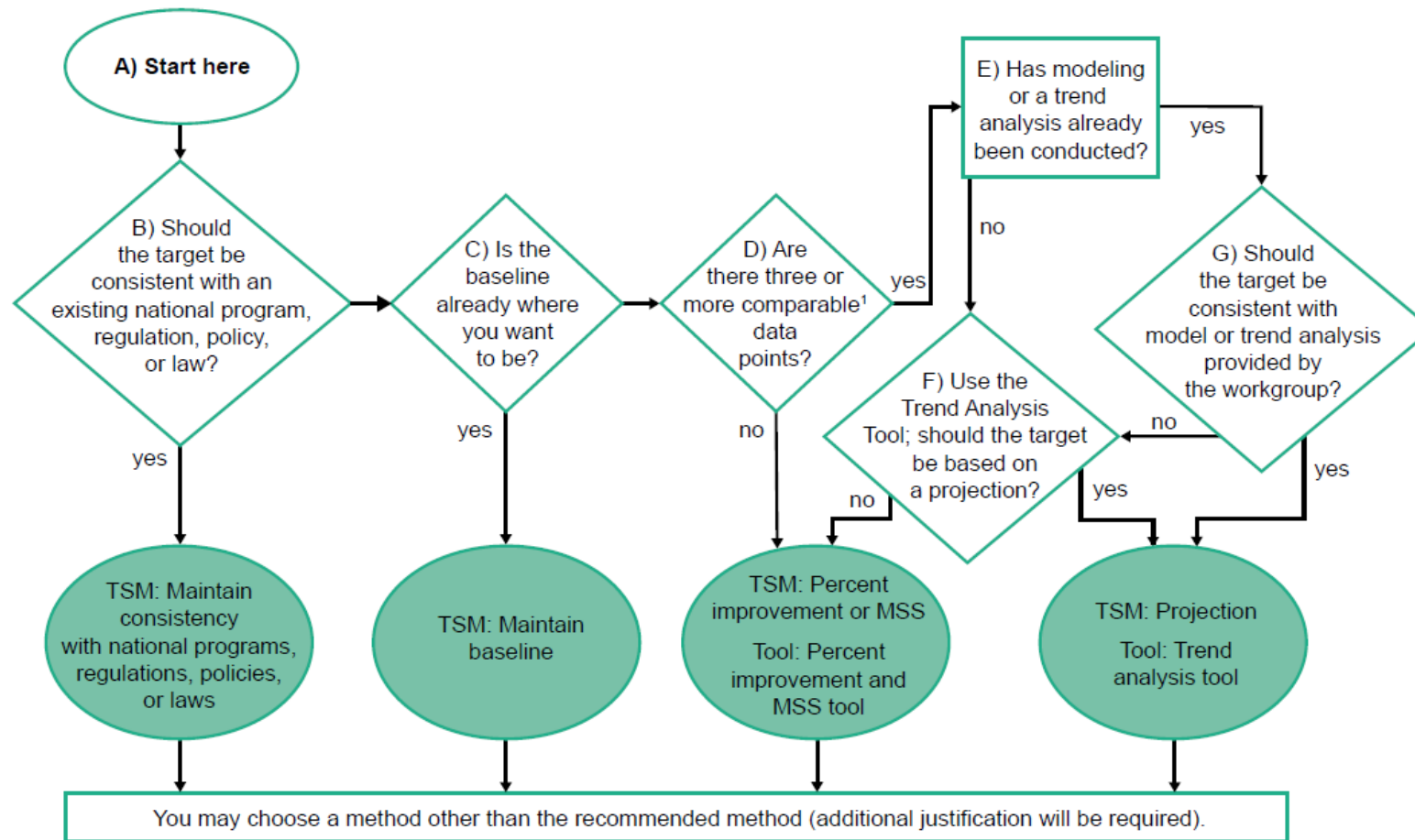
Methods – HP 2030

Table 2. Summary of core HP2030 objectives by target-setting method as of August 2020

| Target-setting method | Number of objectives | Percent of total |
|--|----------------------|------------------|
| Percent improvement | 47 | 13.2 |
| Percentage point improvement | 98 | 27.6 |
| Projection | 86 | 24.2 |
| Minimal statistical significance | 89 | 25.1 |
| Consistency with national programs, regulations, policies, or laws | 23 | 6.5 |
| Maintain baseline | 12 | 3.4 |
| Total | 355 | 100.0 |

SOURCE: National Center for Health Statistics, Healthy People 2030 database.

Methods – HP 2030



¹Data points are considered comparable if the data were collected using the same data system, methods, and question(s).

NOTES: TSM is target-setting method. MSS is minimal statistical significance.

SOURCES: National Center for Health Statistics and Department of Health and Human Services, Office of Disease Prevention and Health Promotion, HP2030.

Methods – MD SHIP 2017

| Measure | 2013 | Proposed 2017 Goal | Target Setting Method (2013 data used as baseline for target calculations) |
|---|------|--------------------|--|
| 1. Reduce infant mortality | 6.6 | 6.3 | 5% improvement to hit HP 2020 target |
| 2. Reduce the percent of low birth weight births | 8.5 | 8.0 | 6% improvement=1/2 of 2020 target |
| 3. Reduce rate of sudden unexpected infant deaths (SUIDs)** | 0.90 | 0.86 | 5% improvement to hit HP 2020 target |
| 4. Reduce the teen birth rate (ages 15-19) | 19.3 | 17.8 | 60% of previous improvement |
| 5. Increase the % of pregnancies starting care in the 1st trimester | 61.9 | 66.9 | 8% improvement |
| 6. Increase the proportion of children who receive blood lead screenings | 66.2 | 69.5 | 5% improvement |
| 7. Increase the % entering kindergarten ready to learn*** | 83.0 | 85.5 | 3% improvement |
| 8. Increase the %of students who graduate high school*** | 86.4 | 88.6 | 2.5% improvement (modest since we are above |
| 9. Increase the % of adults who are physically active | 48.0 | 50.4 | 5% improvement |
| 10. Increase the % of adults who are at a healthy weight | 35.9 | 36.6 | 2.5% improvement |
| 11. Reduce the % of children who are considered obese (high school only) | 11.0 | 10.7 | 2.5% improvement |
| 12. Reduce the % of adults who are current smokers | 16.3 | 15.5 | 5% improvement |
| 13. Reduce the % of youths using any kind of tobacco product (high school only) | 16.9 | 15.2 | 10% improvement |

Methods – HM 2030

- Comparison with HP 2030 and MD SHIP 2017
- Monitoring trend over time
- Application of new methods (projection, minimal statistical significance)

Methods

- Comparison with HP 2030 and MD SHIP 2017

| Measure | Montgomery County 2021 Rate | Healthy People 2030 Goal | Did MoCo Achieve This Goal? | MD SHIP 2017 Goal | Did MoCo Achieve This Goal? |
|-------------------|-----------------------------|--------------------------|-----------------------------|-------------------|-----------------------------|
| Suicide Mortality | 7.7 per 100,000 | 12.8 per 100,000 | Yes ✓ | 9.0 per 100,000 | Yes ✓ |

Methods

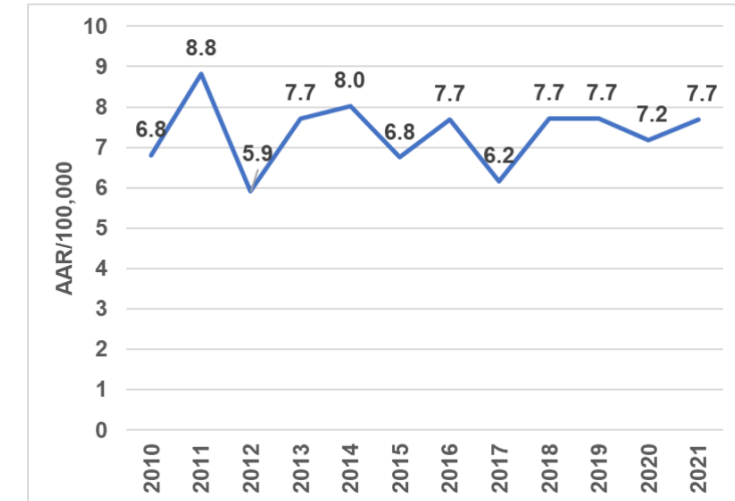
- Monitoring trend over time

| Measure | Montgomery County 2021 Rate | Montgomery County Trend, 2010-2021 | Method |
|-------------------|-----------------------------|------------------------------------|------------------|
| Suicide Mortality | 7.7 per 100,000 | Fluctuating | 2.5% Improvement |

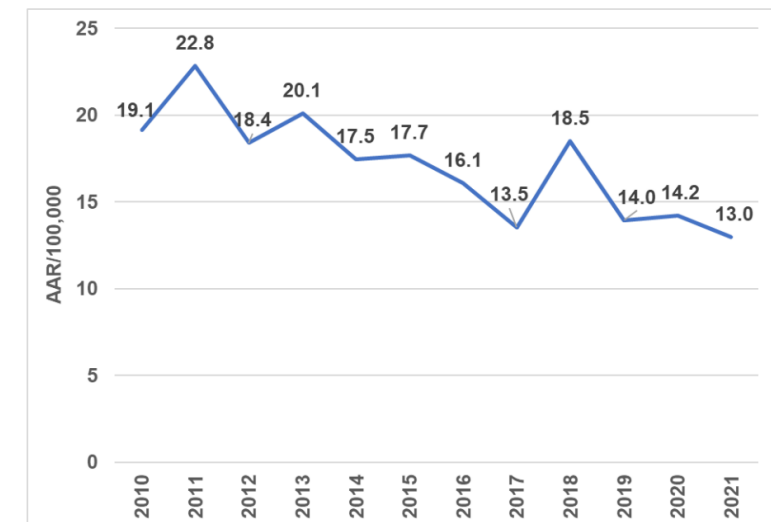
| Measure | Montgomery County 2021 Rate | Montgomery County Trend, 2010-2021 | Method |
|---|-----------------------------|------------------------------------|------------|
| Chronic Lower Respiratory Disease Mortality | 13.0 per 100,000 | Decreasing | Projection |

Suicide Mortality

Suicide Mortality Age-Adjusted Rate, Montgomery County, 2010-2021



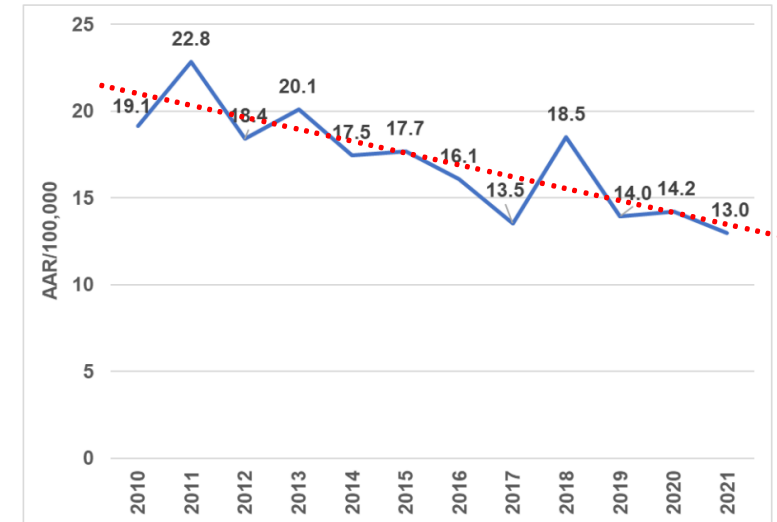
Chronic Lower Respiratory Disease Mortality Age-Adjusted Rate, Montgomery County, 2010-2021



Methods

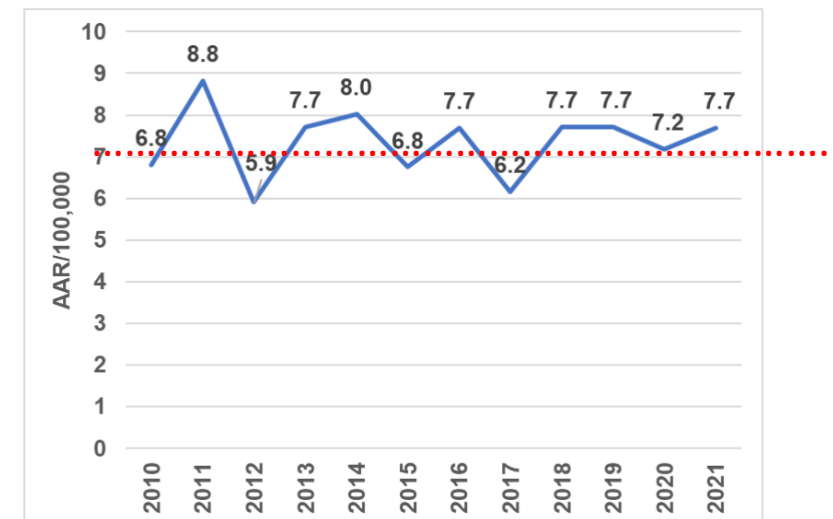
- Chronic Lower Respiratory Disease Mortality – Projection
 - Trend is decreasing (desired direction)
 - If moving in the opposite direction, the projection would not be an improvement from baseline
 - Trend is approximately linear
 - If trend is not linear, projection line would be horizontal and not be an improvement from baseline
- Suicide Mortality – 2.5% Improvement
 - Trend is fluctuating
 - Projection cannot be used because line would be horizontal with no desired direction

Chronic Lower Respiratory Disease Mortality Age-Adjusted Rate, Montgomery County, 2010-2021



Suicide Mortality

Suicide Mortality Age-Adjusted Rate, Montgomery County, 2010-2021



HM 2030 Core Measures

Table 1. Healthy Montgomery Core Measures

| | |
|----------------------------|---|
| Maternal and Infant Health | Mothers who Received Early Prenatal Care Infant Mortality Preterm Births |
| Behavioral health | Mental Health Related ER Visit Suicide Mortality Drug-Induced Mortality Substance Abuse ER Visit |
| Chronic Disease | Obesity: Adults who are Overweight or Obese Diabetes: Diabetes ER Visit Diabetes Mortality Cardiovascular health: Heart Disease Mortality High Blood Pressure Prevalence Heart disease ER Visit Chronic Lower Respiratory Disease Mortality Chronic Lower Respiratory Disease ER Visit |
| Infectious Disease | Incidence of TB Incidence of Chlamydia Incidence of Gonorrhea Incidence of Syphilis Incidence of HIV |
| Injury | Firearm Hospitalization Fall Mortality Fall Hospitalization Fall ER Visit Motor Vehicle ER Visit |

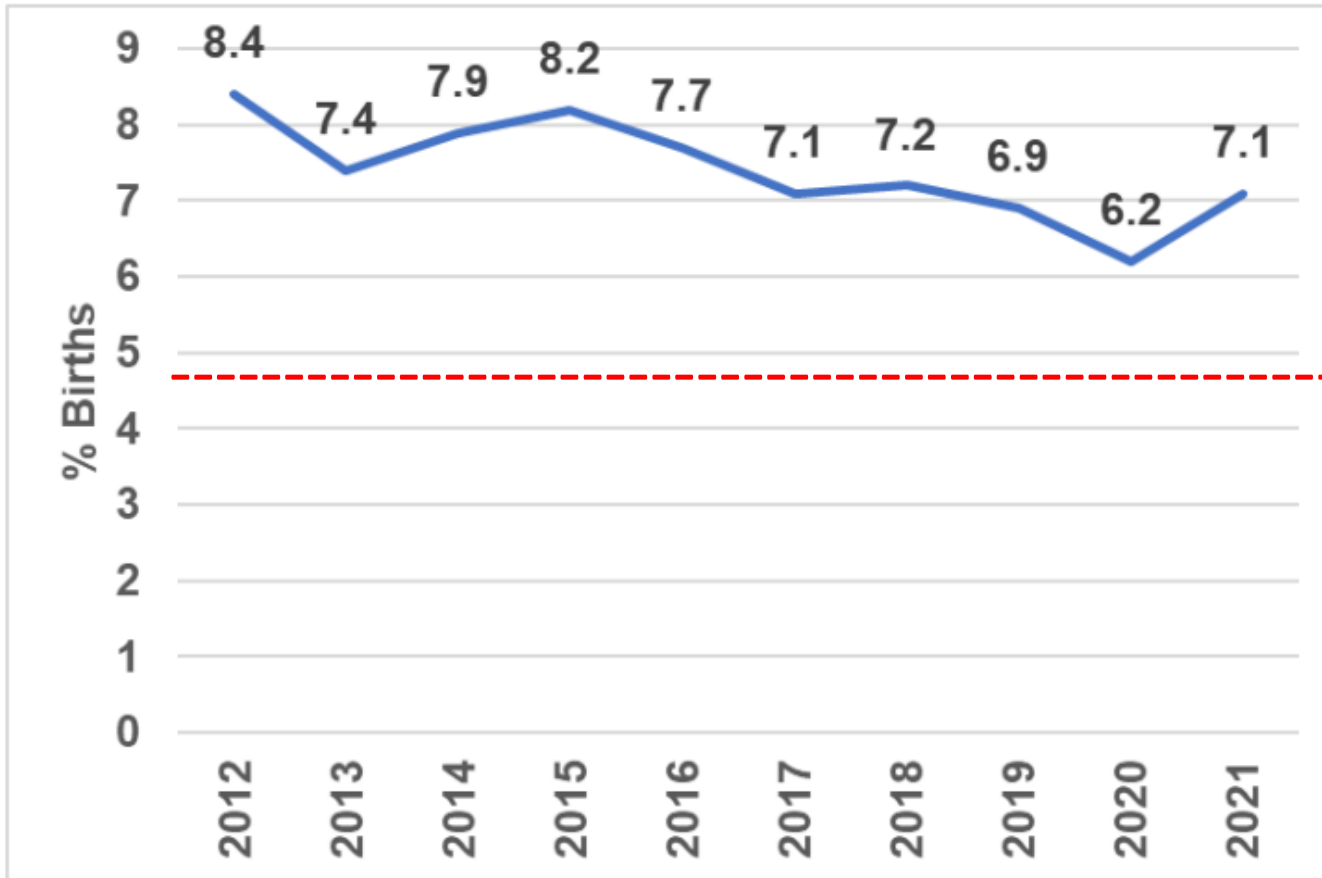
| Category | Measures/Indicators | MoCo 2023 Method | MoCo 2030 Method |
|----------------------------|---|------------------|--|
| Maternal and Infant Health | Mothers who received "early and adequate prenatal care" | 5% improvement | Percentage point improvement (h=0.1) |
| | Infant Mortality | 2.5% Improvement | Projection at 75% prediction interval |
| | Preterm Births | 5% improvement | minimal statistical significance |
| Behavioral health | ER Visits for Mental Health | 2.5% Improvement | 2.5% Improvement |
| | Suicide (mortality) | 2.5% Improvement | 2.5% Improvement |
| | Drug-Induced Mortality | 2.5% Improvement | 2.5% Improvement |
| | Substance abuse ER | 10% Improvement | 10% Improvement |
| Chronic Disease | Obesity: | | |
| | Adults who are overweight or obese | 5% Improvement | Percentage point improvement (h=0.1) |
| | Diabetes: | | |
| | ER visits for diabetes | 2.5% Improvement | 2.5% Improvement |
| | Diabetes Mellitus Mortality | 2.5% Improvement | 2.5% Improvement |
| | Cardiovascular health: | | |
| | Heart disease mortality | 5% improvement | 5% improvement |
| | High blood pressure prevalence | 10% Improvement | Percentage point improvement (h=0.1) |
| | Heart disease ER Visit | 2.5% Improvement | 2.5% Improvement |
| Infectious Disease | Chronic Lower Respiratory Disease Mortality | 2.5% Improvement | Projection at 75 % prediction interval |
| | Chronic Lower Respiratory Disease ER Visit | 2.5% Improvement | minimal statistical significance |
| | TB | 10% Improvement | 10% Improvement |
| | Incidence of Chlamydia | 2.5% Improvement | 2.5% Improvement |
| | Incidence of Gonorrhea | 2.5% Improvement | 2.5% Improvement |
| | Incidence of Syphilis | 2.5% Improvement | 2.5% Improvement |
| Injury | Incidence of HIV rate | 2.5% Improvement | 2.5% Improvement |
| | Firearm Hospitalization | 2.5% Improvement | minimal statistical significance |
| | Fall Mortality | 2.5% Improvement | minimal statistical significance |
| | Fall Hospitalization | 2.5% Improvement | 2.5% Improvement |
| | Fall ER | 2.5% Improvement | 2.5% Improvement |
| | Motor Vehicle ER | 2.5% Improvement | 2.5% Improvement |

HM 2030 Core Measures and Methods

| Target Setting Method | Number of Measures | Percentage of Total |
|----------------------------------|--------------------|---------------------|
| Percent Improvement | 16 | 64.0 |
| Percentage Point Improvement | 3 | 12.0 |
| Minimal Statistical Significance | 4 | 16.0 |
| Projection | 2 | 8.0 |
| Total | 25 | 100.0 |

Maternal and Infant Health

Percent Births with Late/No Prenatal Care, Montgomery County, 2012-2021



HM 2030 Goal

4.8%

HP 2030

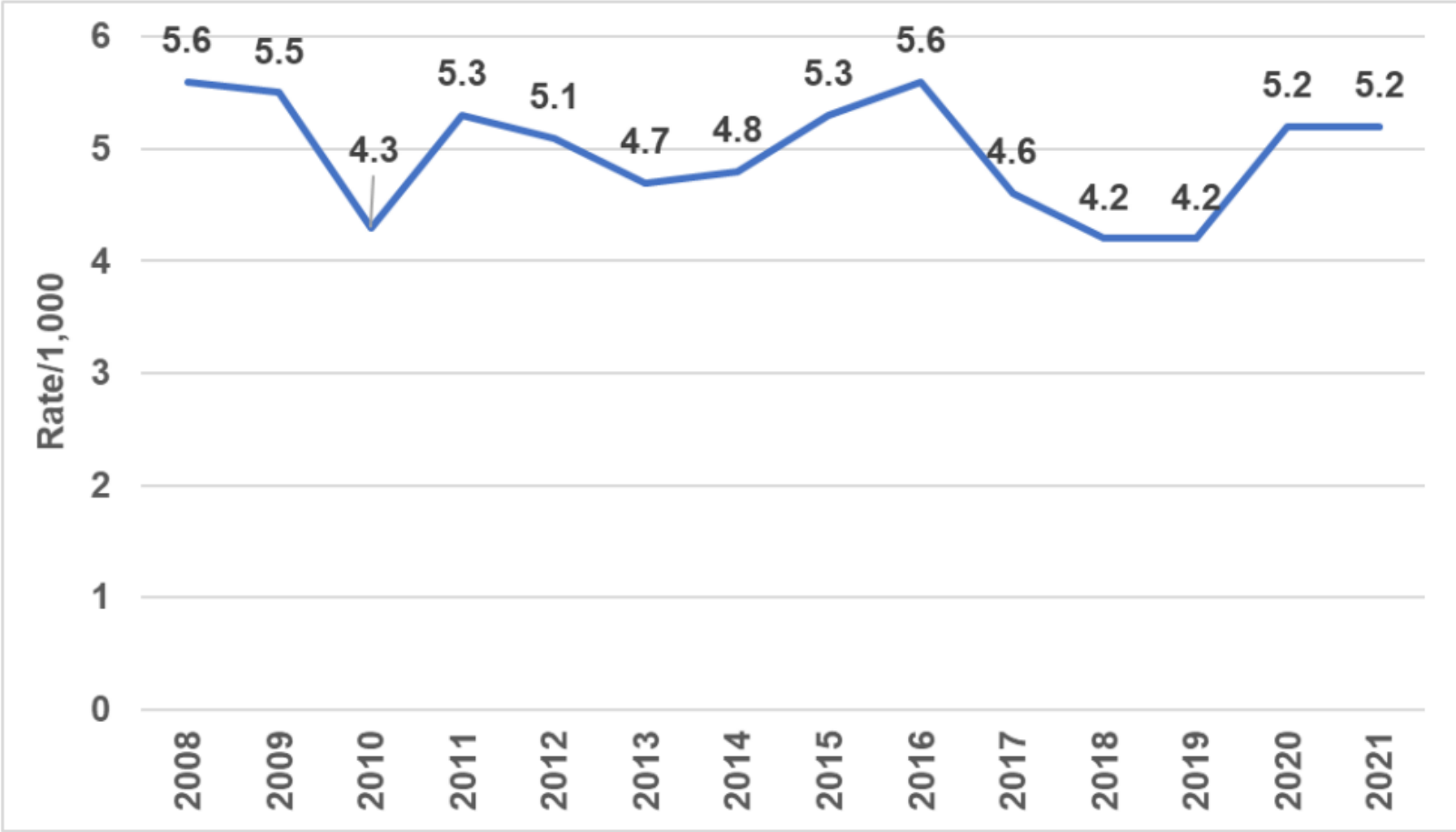
19.5%

MD SHIP 2017

33.1%

Maternal and Infant Health

Infant Mortality Rate, Montgomery County, 2008-2021

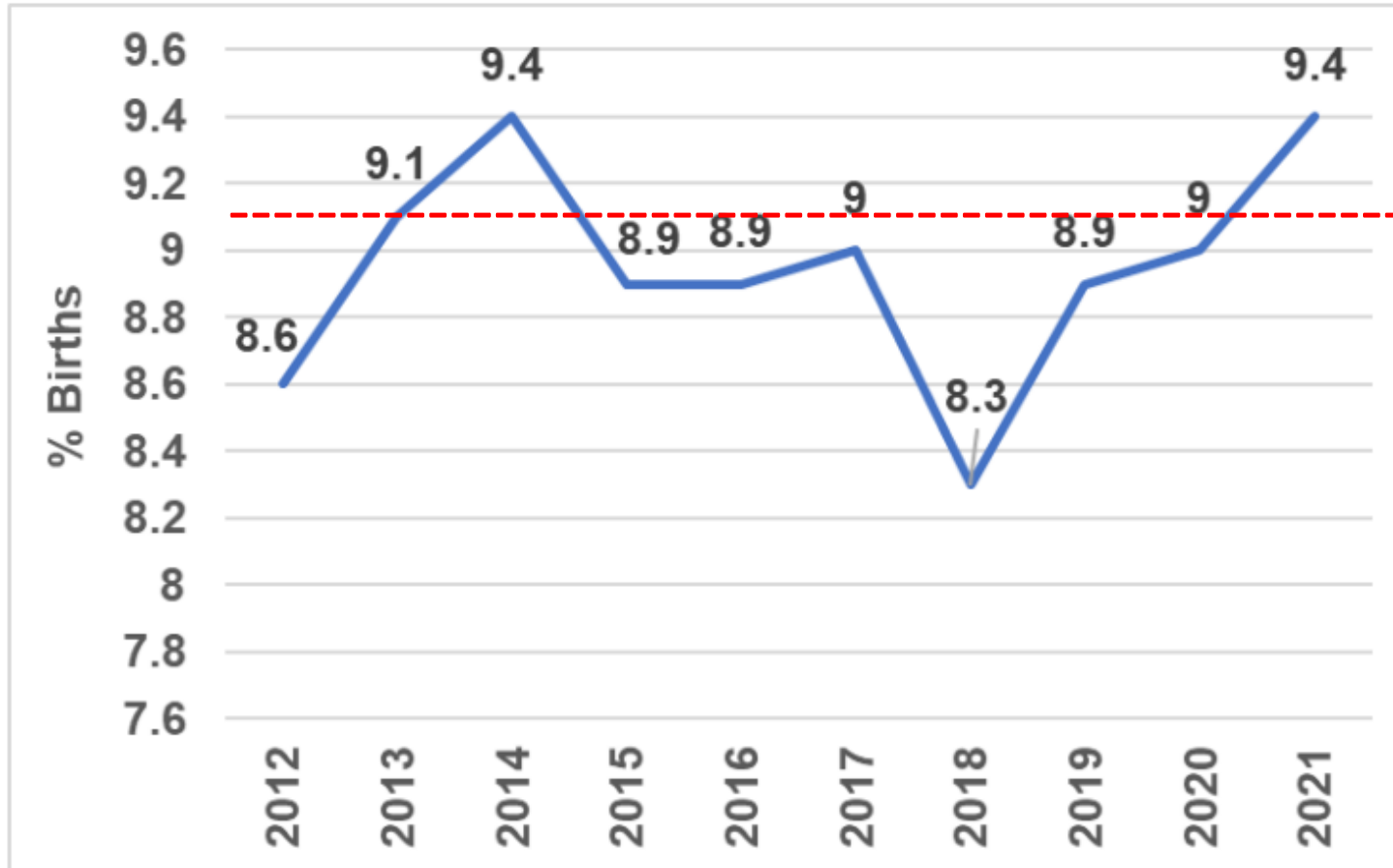


| |
|--------------|
| HM 2030 Goal |
| 4.9 |

| | |
|---------|--------------|
| HP 2030 | MD SHIP 2017 |
| 5.0 | 6.3 |

Maternal and Infant Health

Percentage of Preterm Births, Montgomery County, 2012-2021



HM 2030 Goal

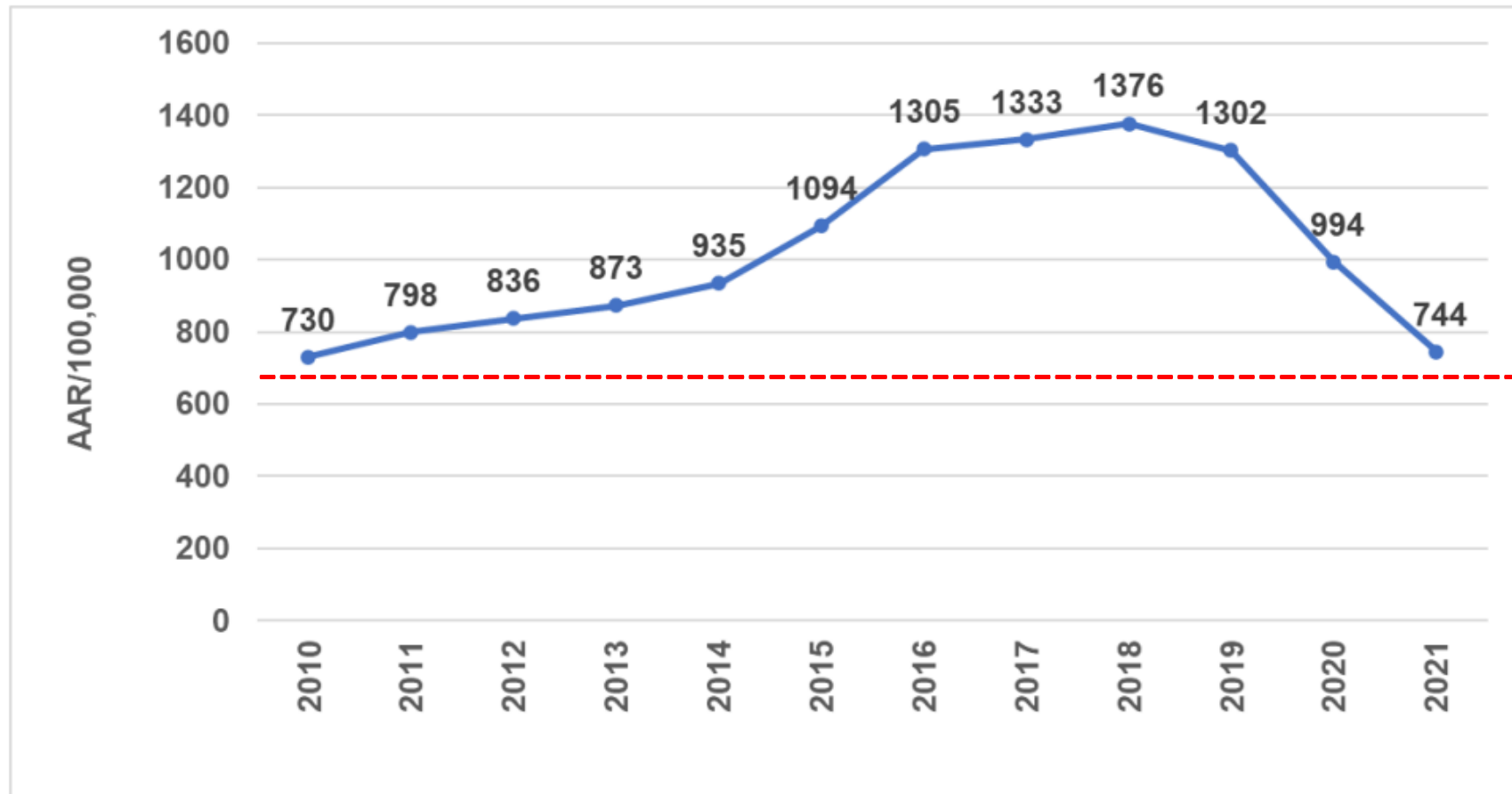
9.1%

HP 2030

9.4%

Behavioral Health

Mental Health Related ER Visit Age-Adjusted Rate, Montgomery County, 2010-2021



HM 2030 Goal

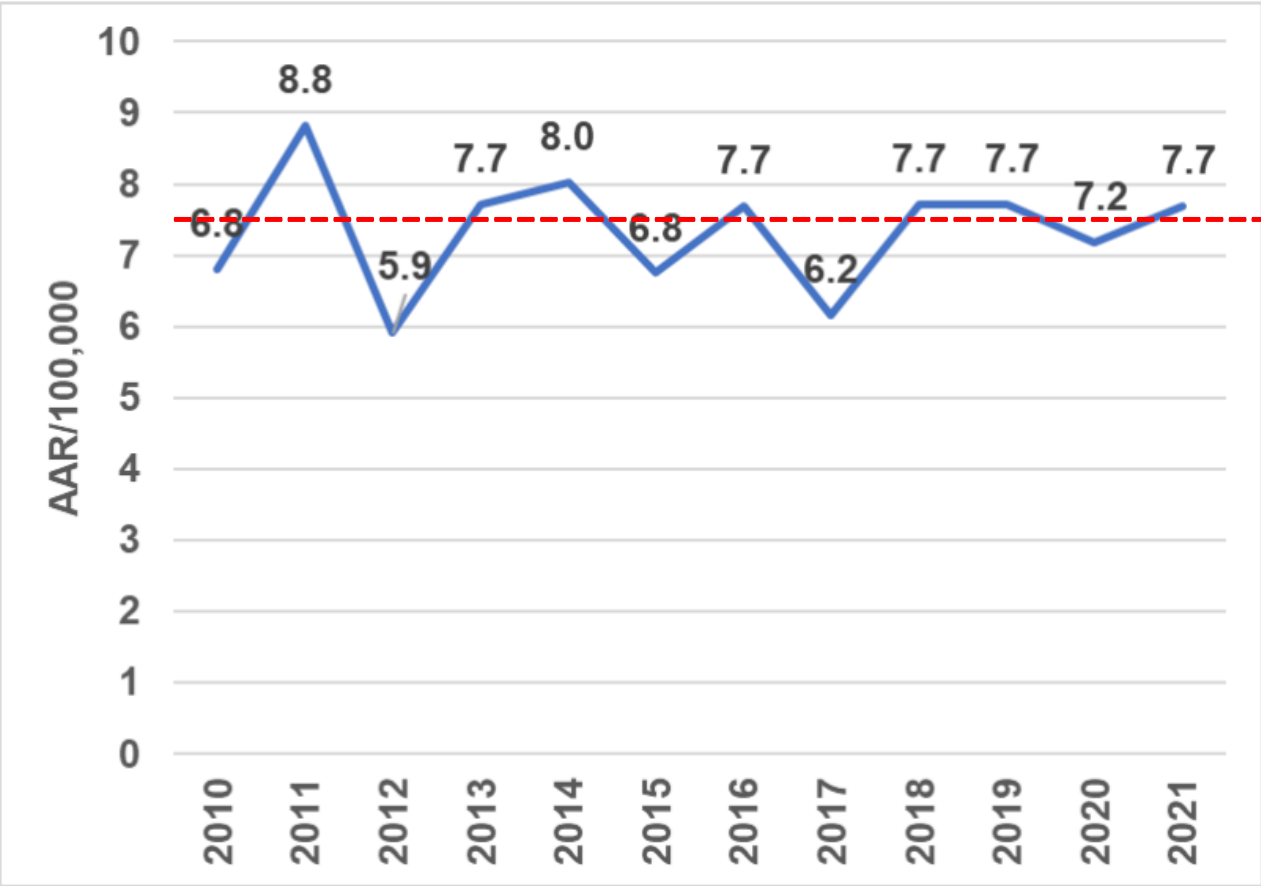
725.4

MD SHIP 2017

2986.7

Behavioral Health

Suicide Mortality Age-Adjusted Rate, Montgomery County, 2010-2021

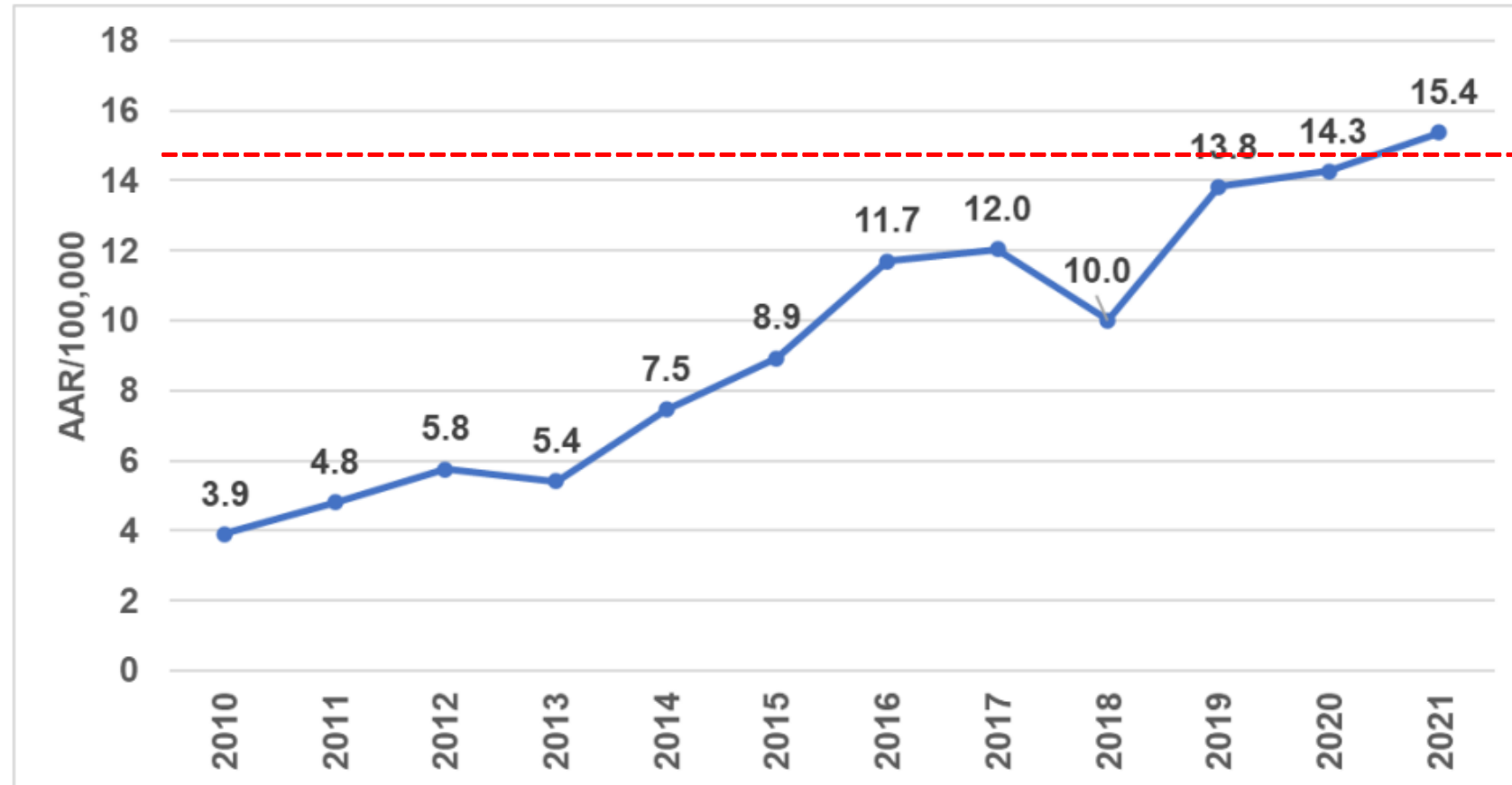


| HM 2030 Goal |
|--------------|
| 7.5 |

| HP 2030 | MD SHIP 2017 |
|---------|--------------|
| 12.8 | 9.0 |

Behavioral Health

Drug Induced Mortality Age-Adjusted Rate, Montgomery County, 2010-2021

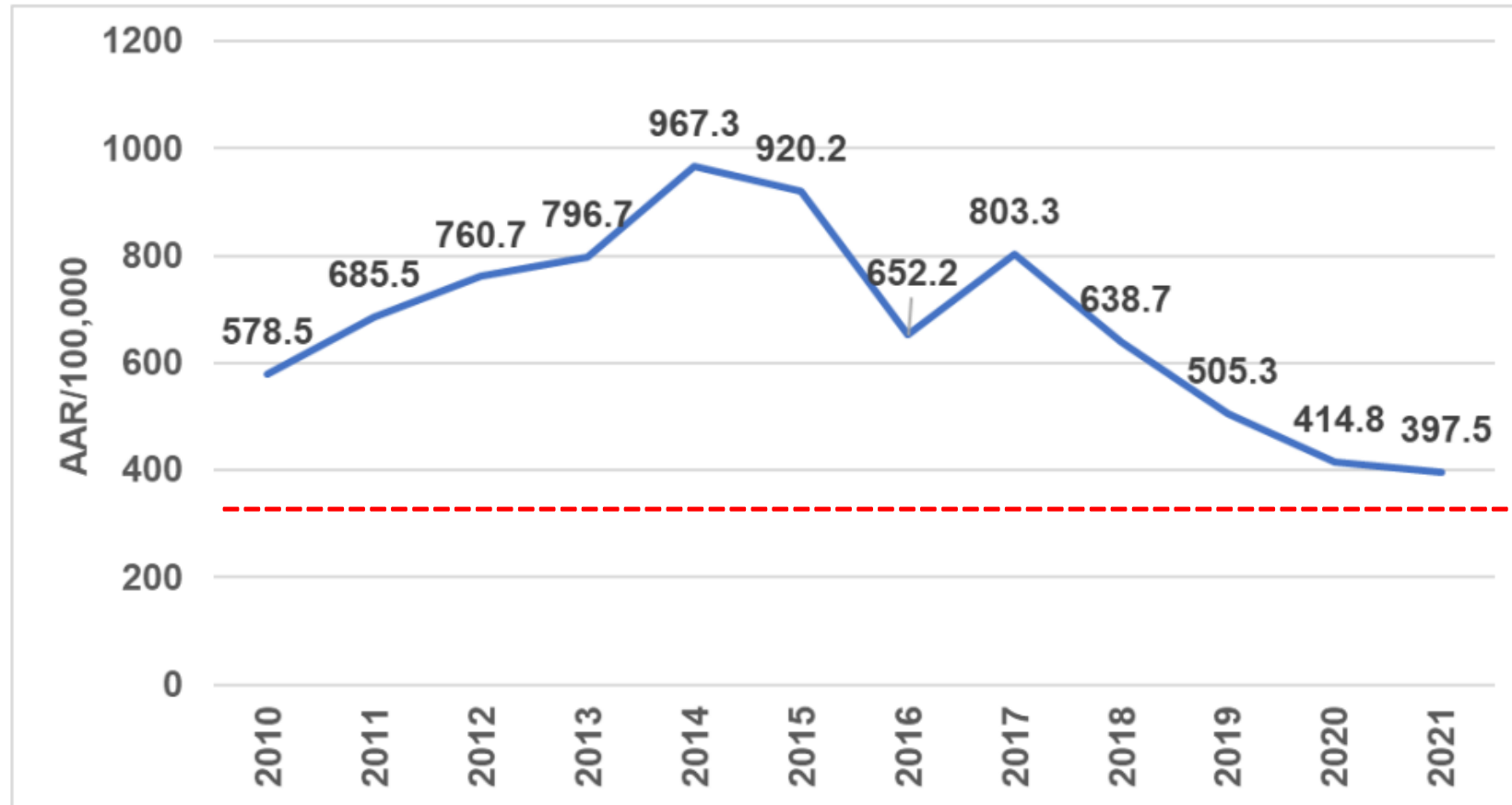


| HM 2030 Goal |
|--------------|
| 15.0 |

| MD SHIP 2017 |
|--------------|
| 12.6 |

Behavioral Health

Substance Use Disorder ER Visit Age-Adjusted Rate, Montgomery County, 2010-2021



HM 2030 Goal

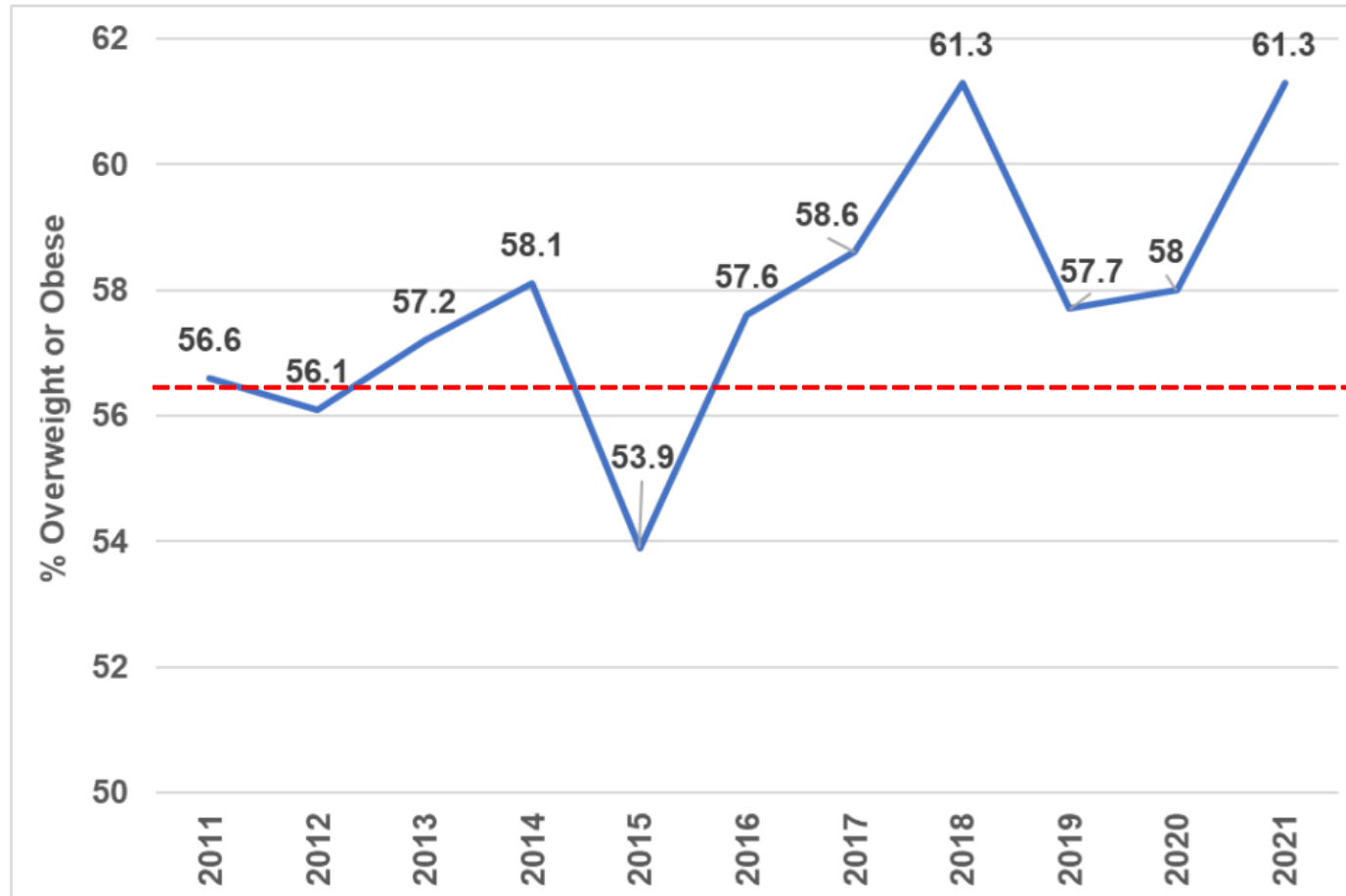
357.8

MD SHIP 2017

1327.1

Chronic Disease: Obesity

Percent of Adults Overweight or Obese, Montgomery County, 2011-2021



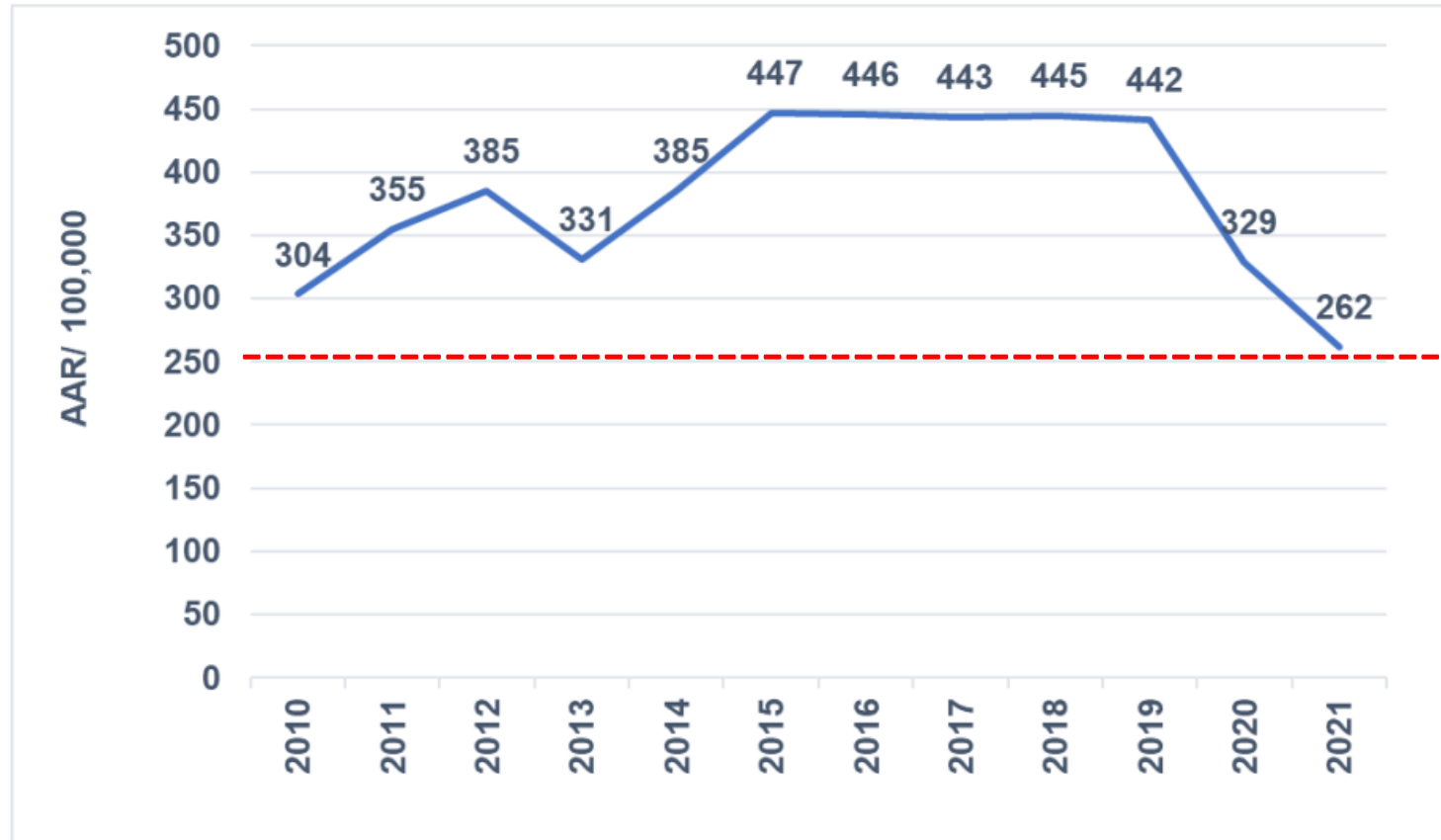
| HM 2030 Goal |
|--------------|
| 56.4% |

| HP 2030 | MD SHIP 2017 |
|---------|--------------|
| 36.0% | 65.4% |

*HP2030 has data for adults who are obese only

Chronic Disease: Diabetes

Diabetes ER Visit Age-Adjusted Rate, Montgomery County, 2010-2021



HM 2030 Goal

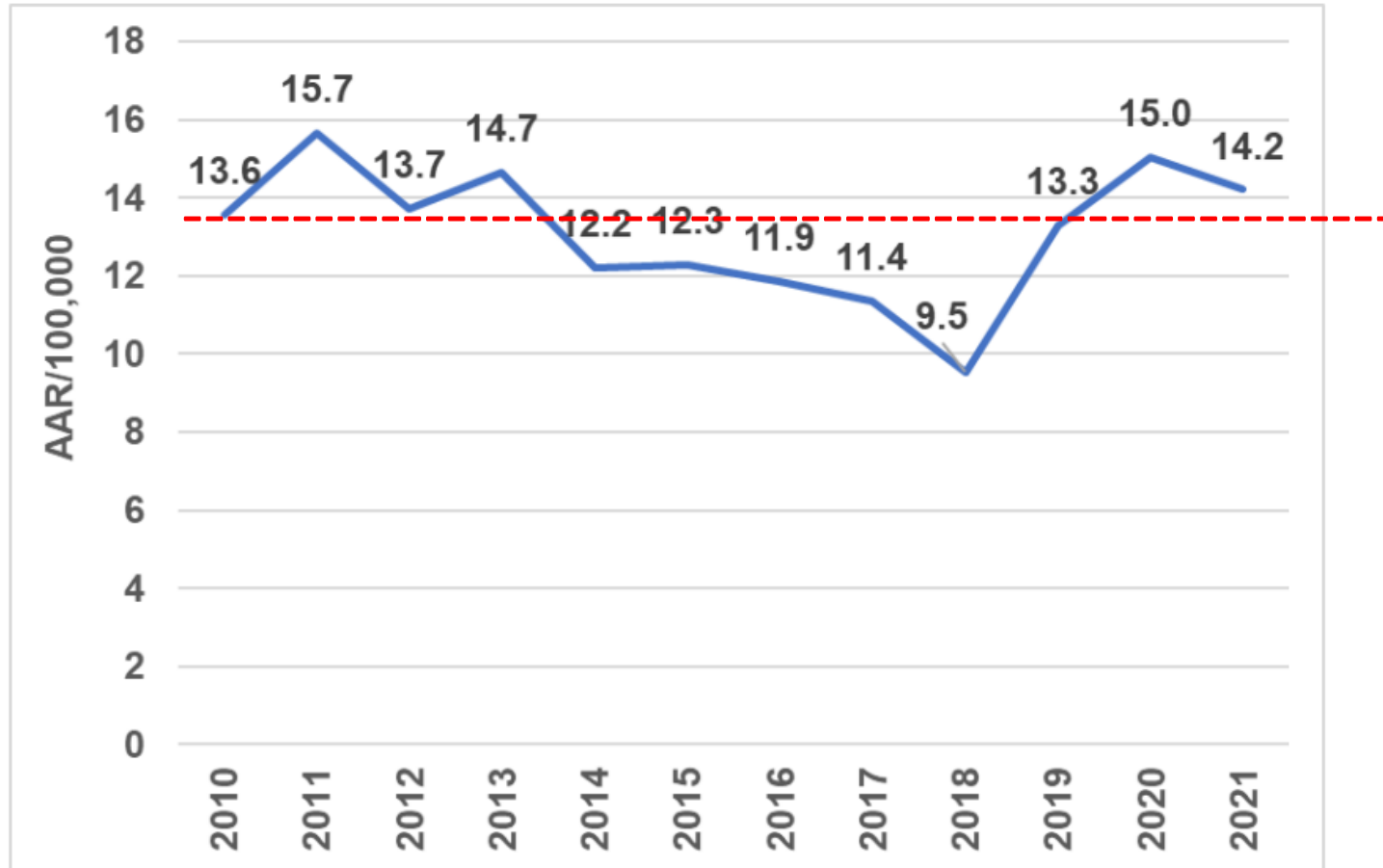
255.5

MD SHIP 2017

172.9

Chronic Disease: Diabetes

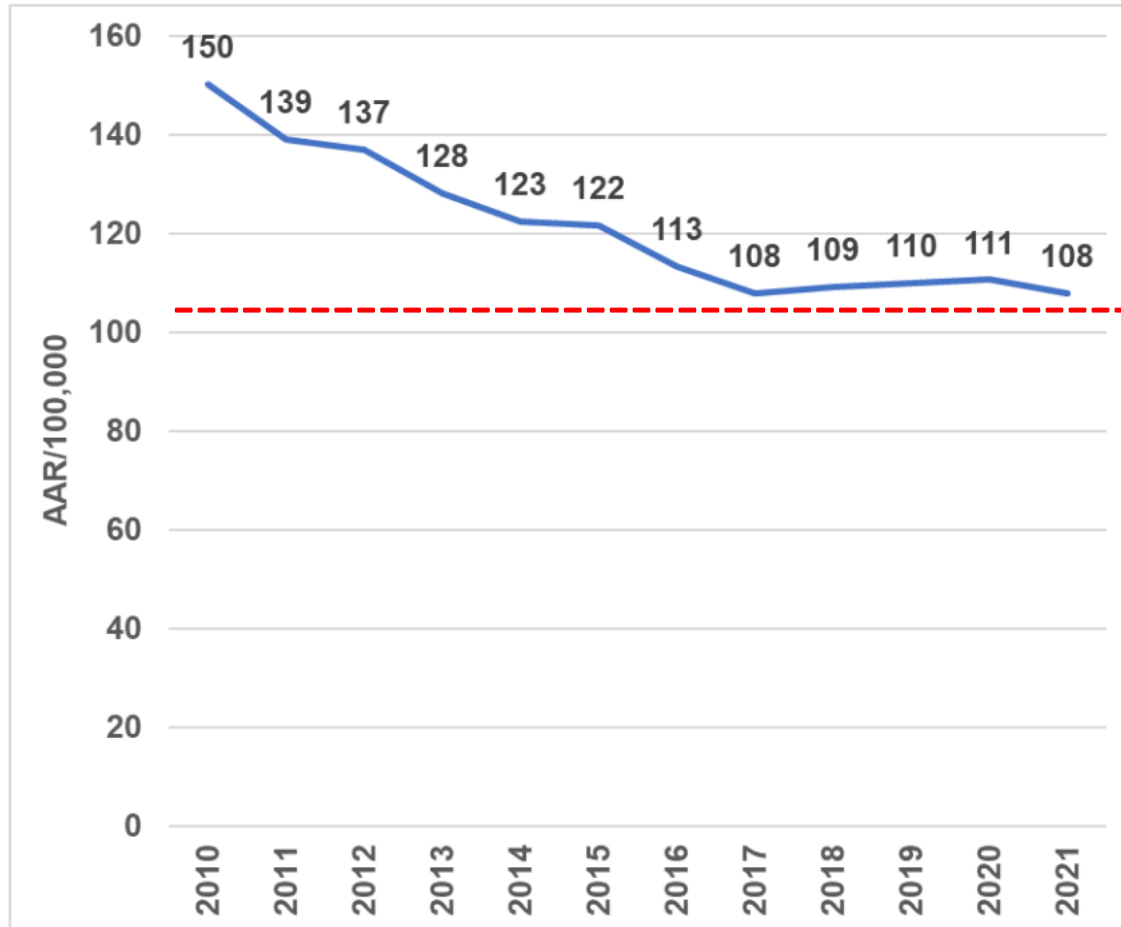
Diabetes Mortality Age-Adjusted Rate, Montgomery County, 2010-2021



| HM 2030 Goal |
|--------------|
| 13.8 |

Chronic Disease: Cardiovascular Health

Heart Disease Mortality Age-Adjusted Rate, Montgomery County, 2010-2021



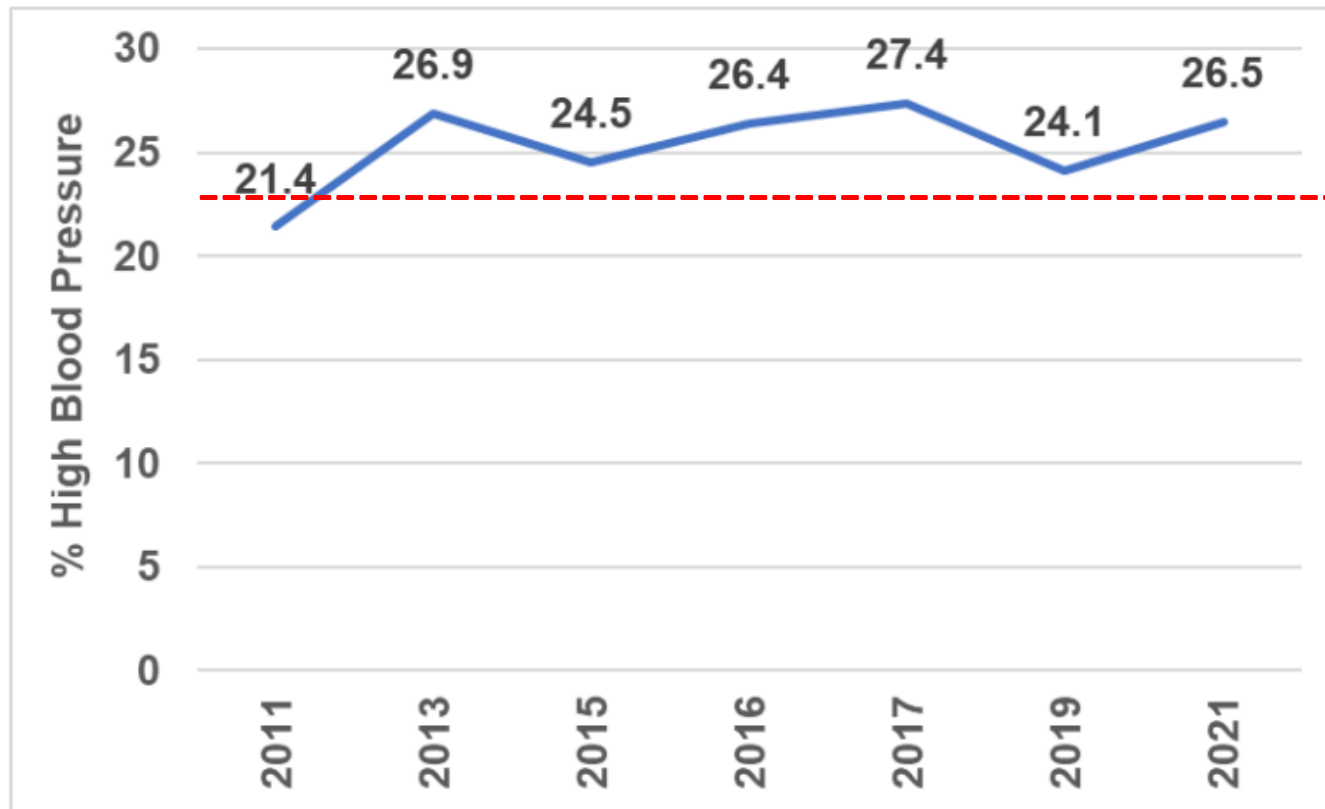
| HM 2030 Goal |
|--------------|
| 102.6 |

| HP 2030 | MD SHIP 2017 |
|---------|--------------|
| 71.1 | 166.3 |

*HP 2030 has data for coronary heart disease only

Chronic Disease: Cardiovascular Health

Percent of Adults with High Blood Pressure, Montgomery County, 2011-2021



HM 2030 Goal

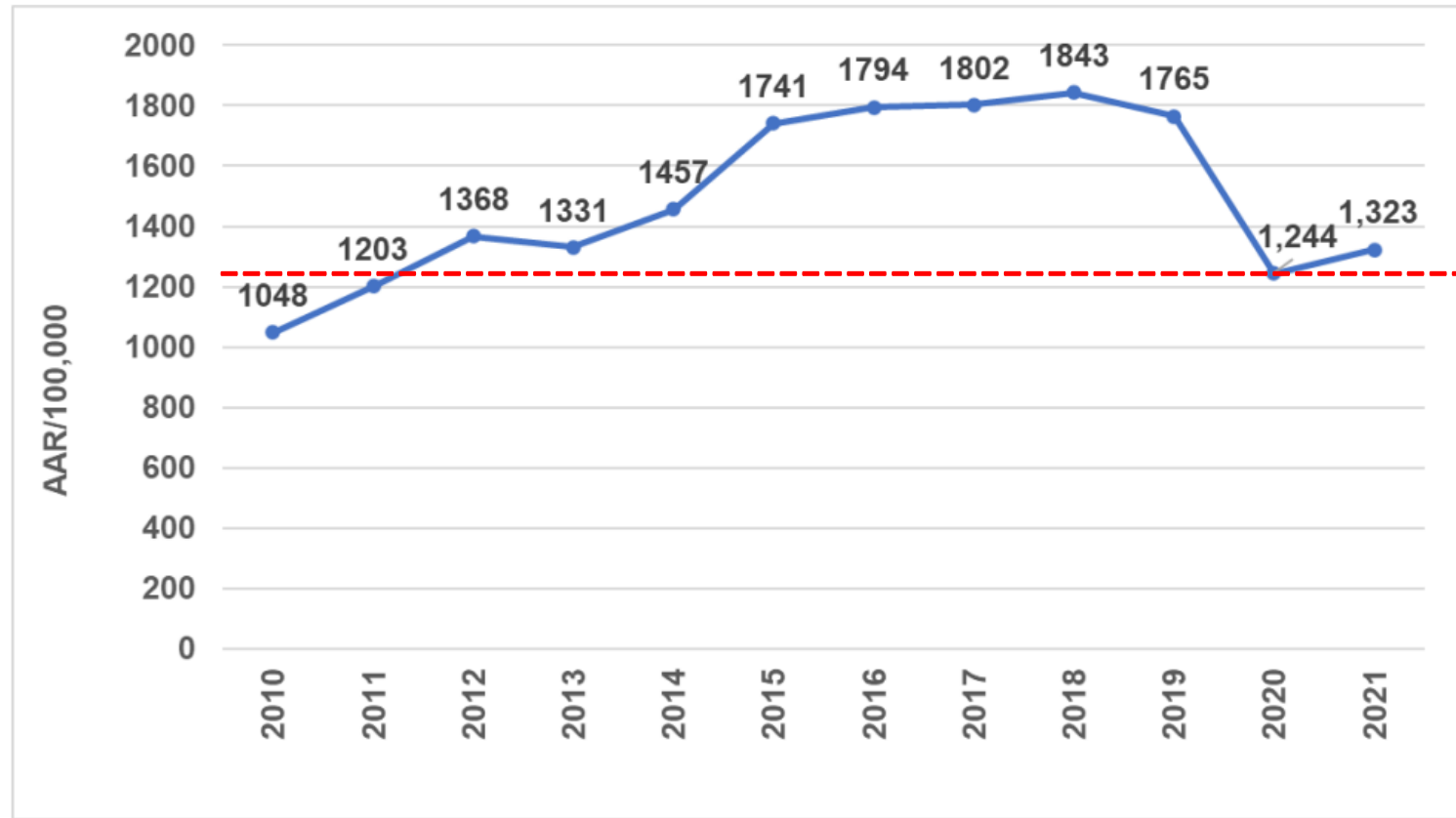
22.7%

HP 2030

41.9%

Chronic Disease: Cardiovascular Health

Heart Disease ER Visit Age-Adjusted Rate, Montgomery County, 2010-2021

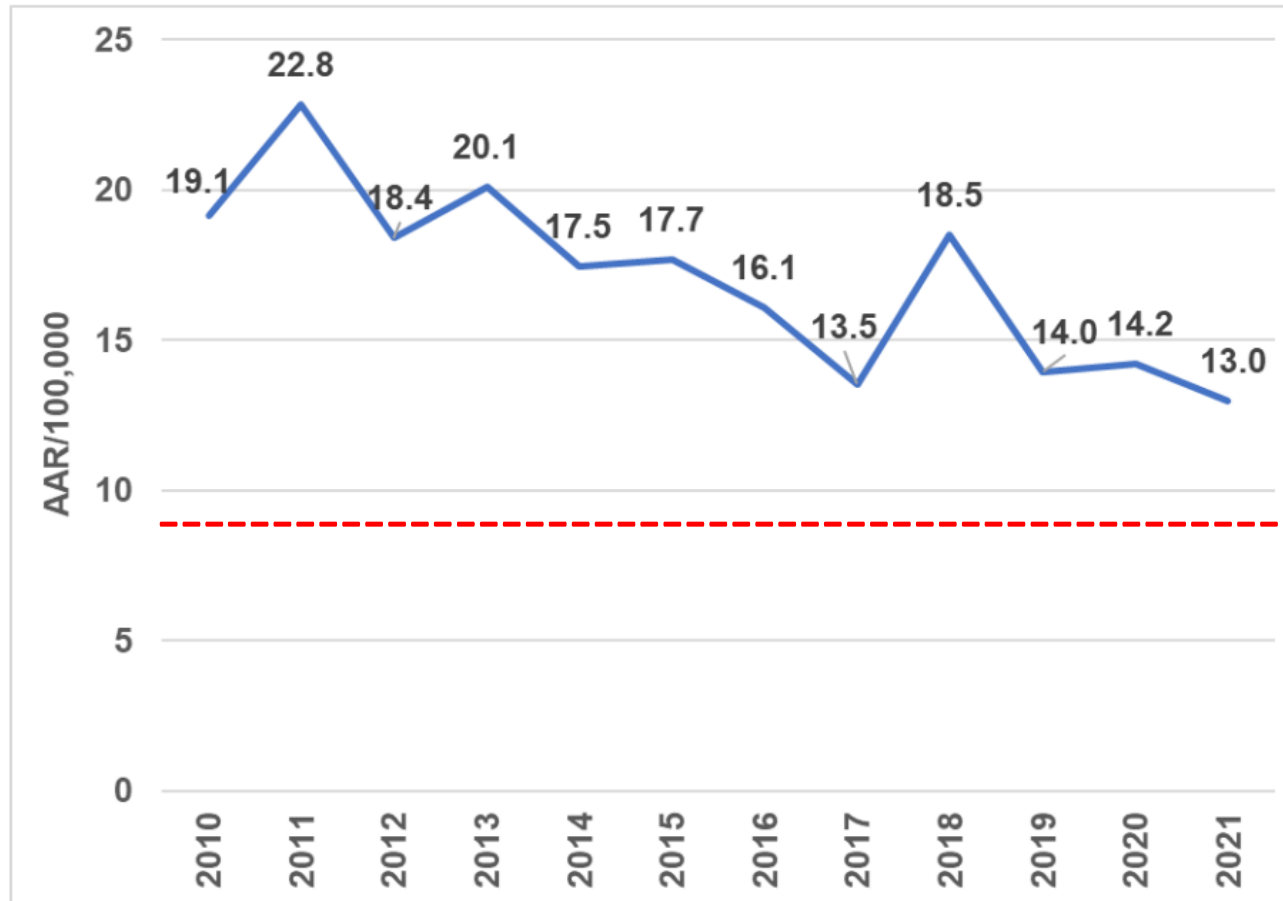


HM 2030 Goal

1289.9

Chronic Disease: Cardiovascular Health

Chronic Lower Respiratory Disease Mortality Age-Adjusted Rate, Montgomery County, 2010-2021

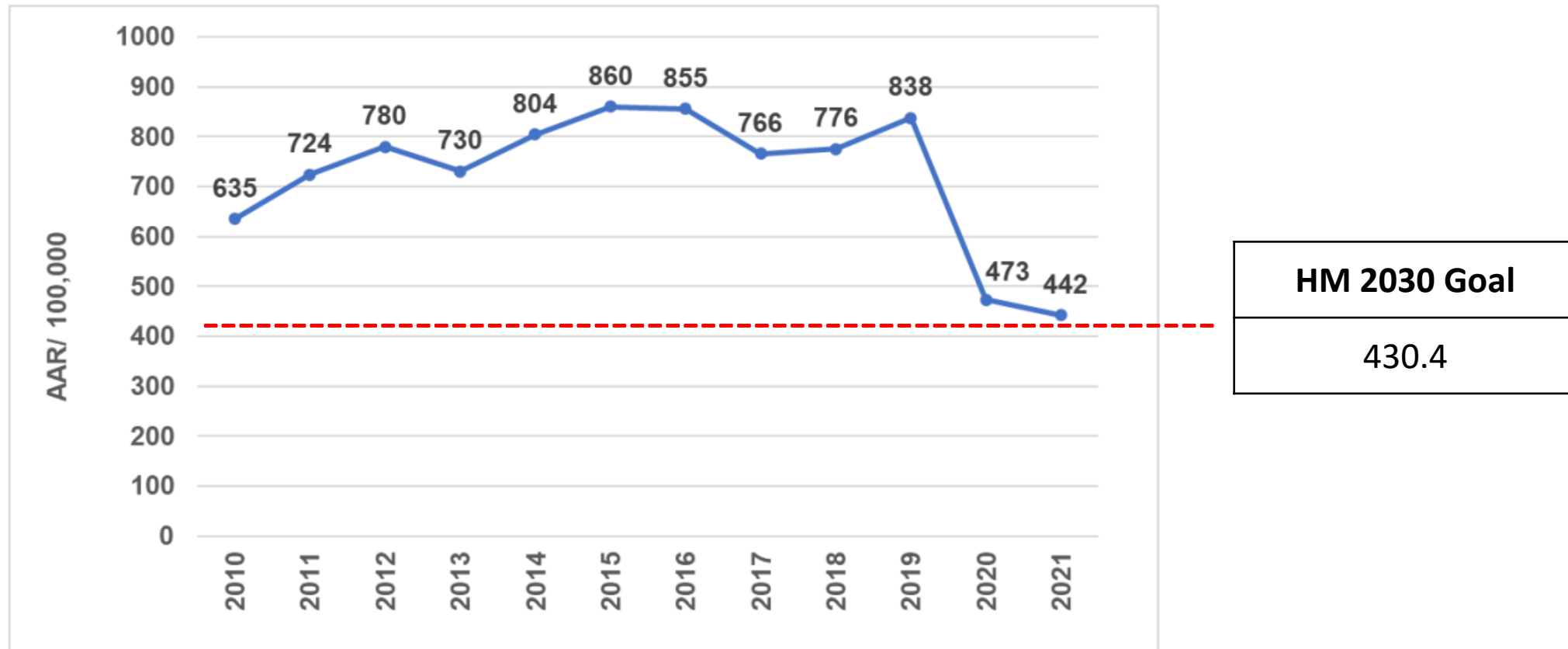


HM 2030 Goal

9.1

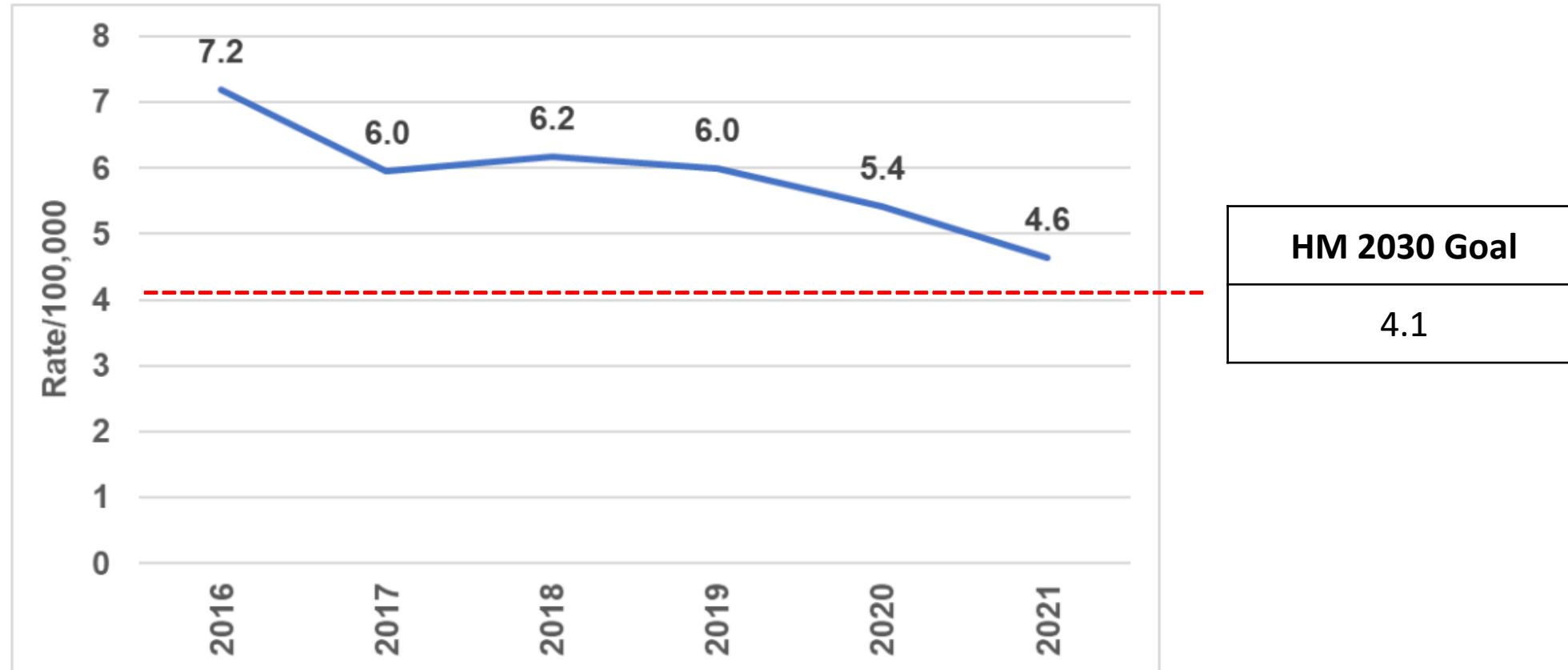
Chronic Disease: Cardiovascular Health

Chronic Lower Respiratory Disease ER Visit Age-Adjusted Rate, Montgomery County, 2010-2021



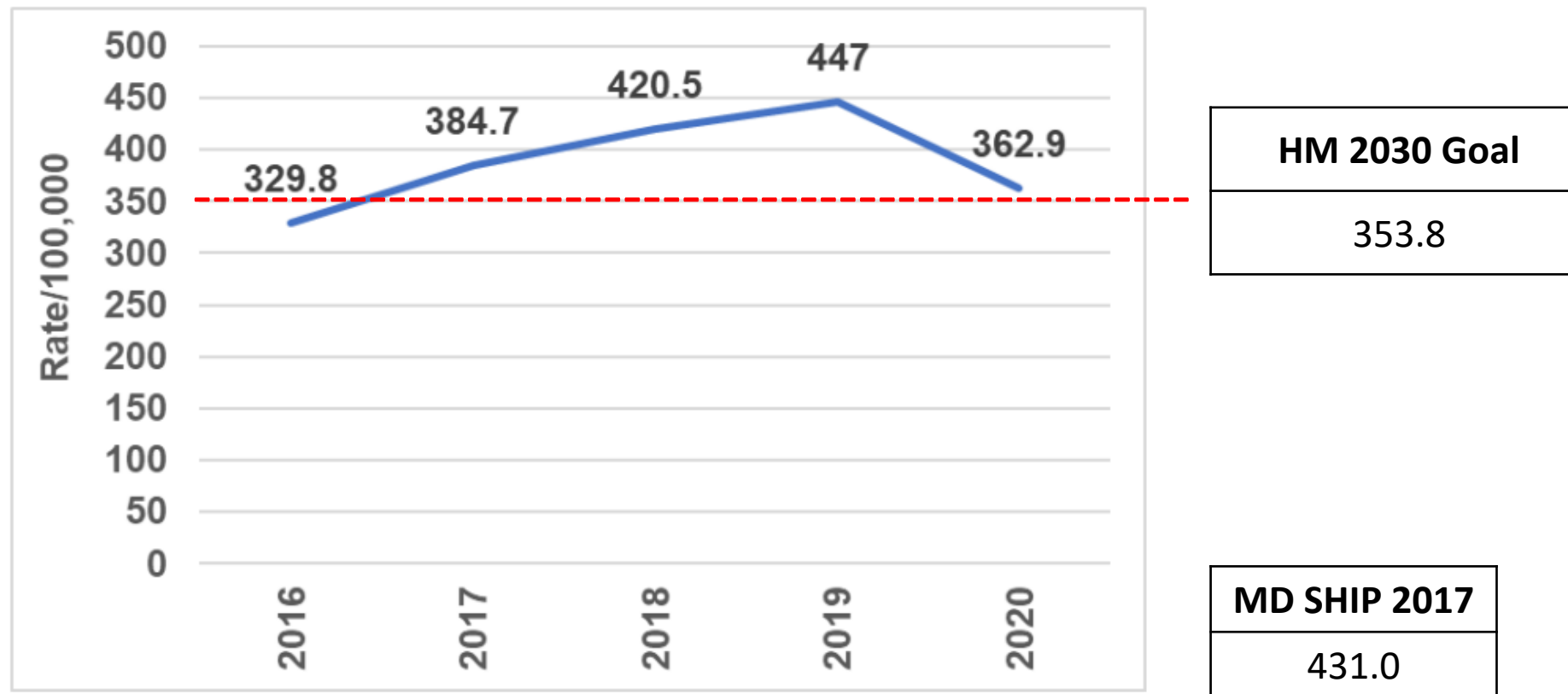
Infectious Disease

Tuberculosis Incidence Rate, Montgomery County, 2016-2021



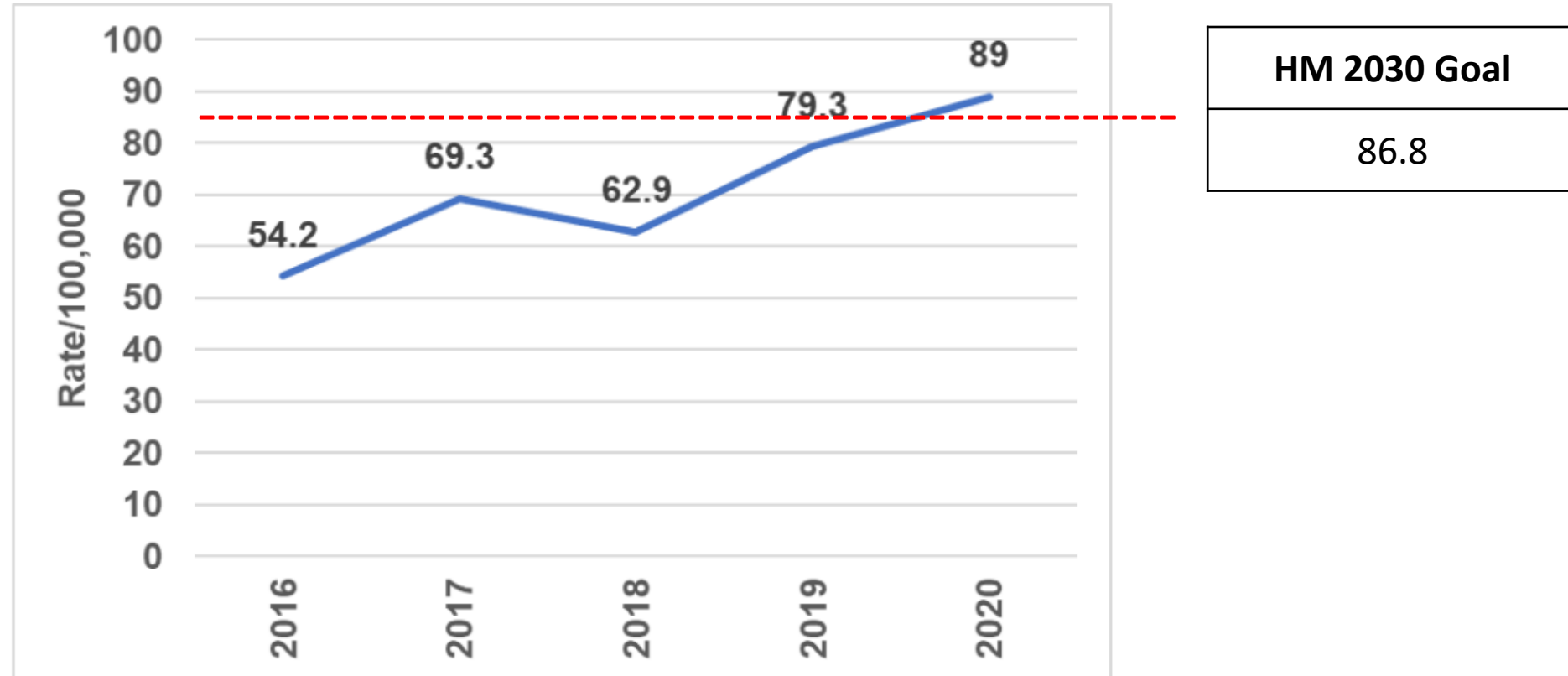
Infectious Disease

Chlamydia Incidence Rate, Montgomery County, 2016-2020*



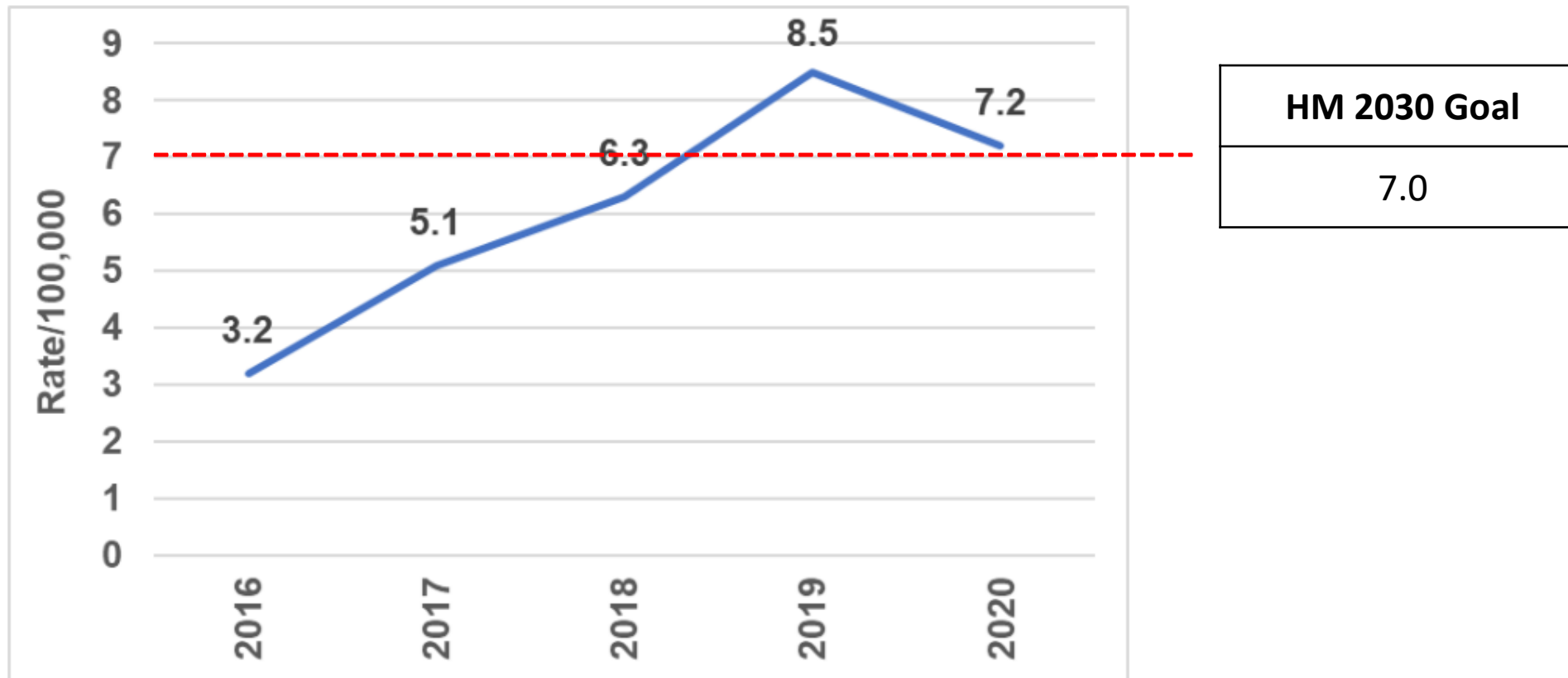
Infectious Disease

Gonorrhea Incidence Rate, Montgomery County, 2016-2020*



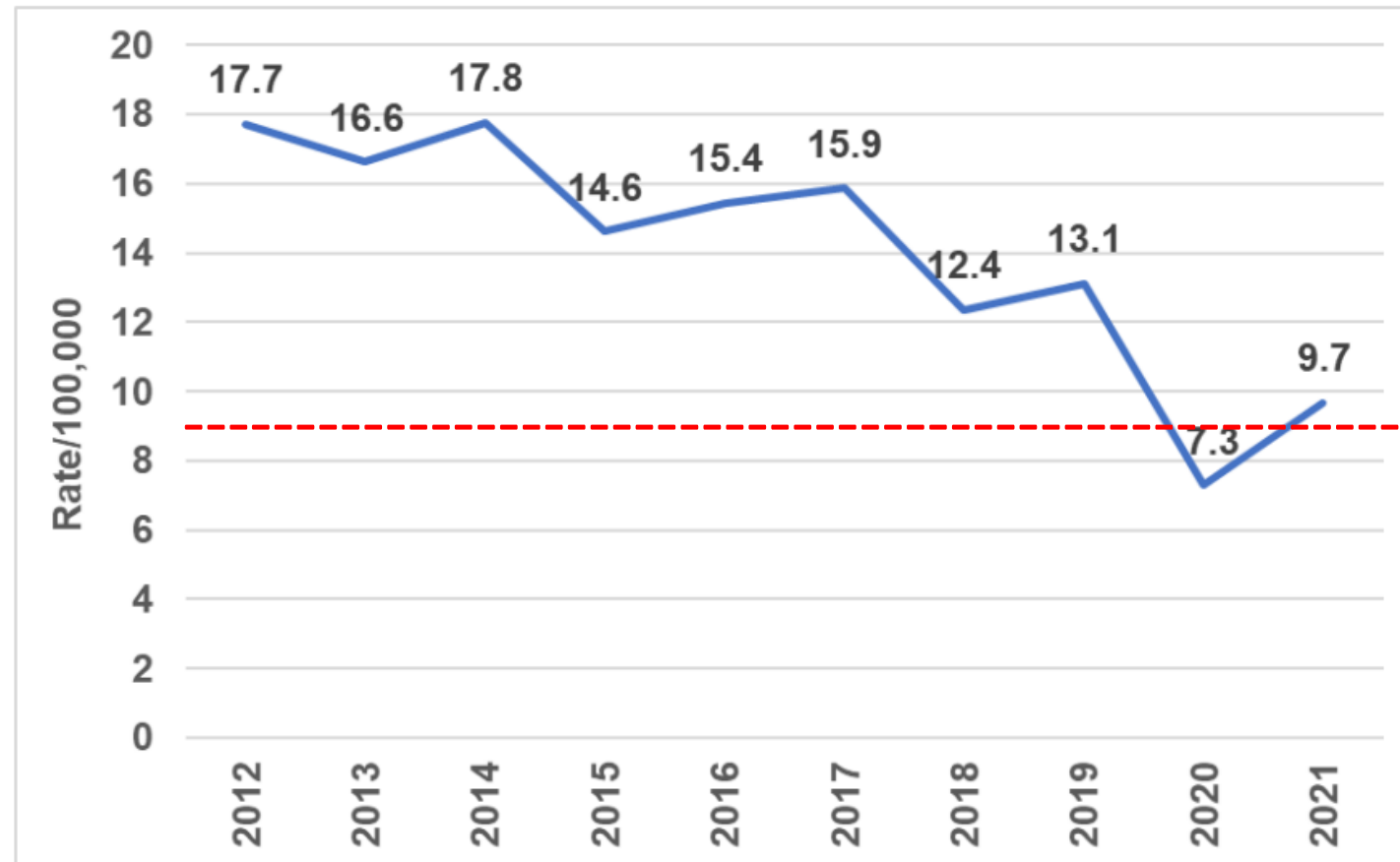
Infectious Disease

Syphilis Incidence Rate, Montgomery County, 2016-2020*



Infectious Disease

HIV Incidence Rate by Age, Montgomery County, 2012-2021

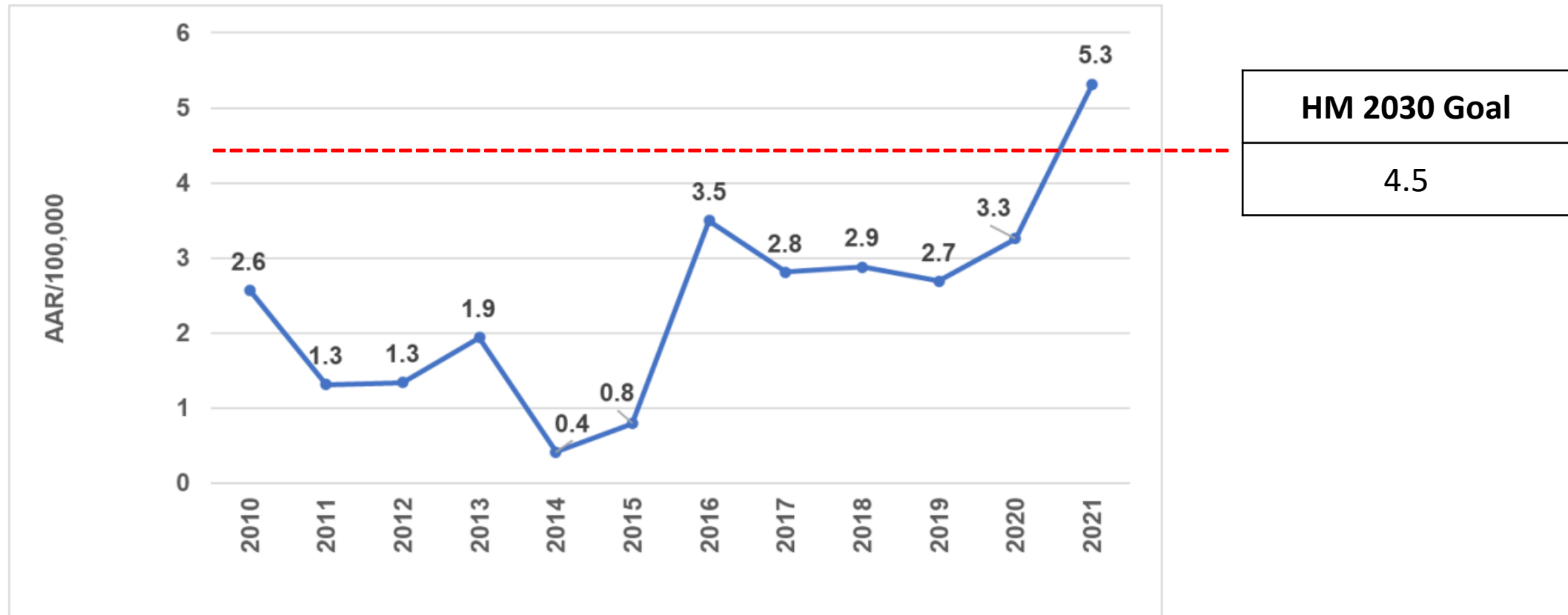


| |
|--------------|
| HM 2030 Goal |
| 9.5 |

| |
|--------------|
| MD SHIP 2017 |
| 26.7 |

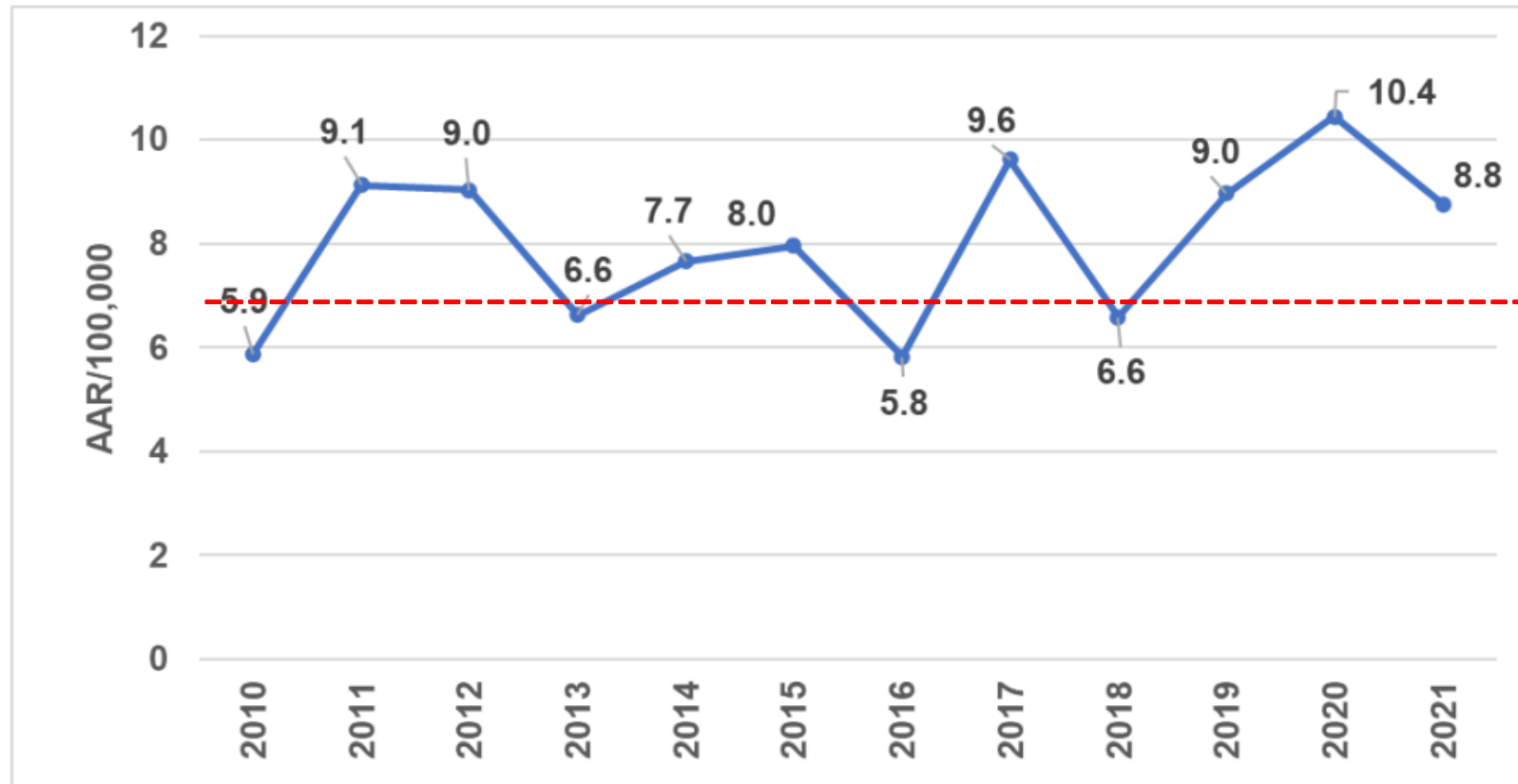
Injury

Firearm Hospitalization Age-Adjusted Rate, Montgomery County, 2010-2021



Injury

Fall Mortality Age-Adjusted Rate, Montgomery County, 2010-2021



HM 2030 Goal

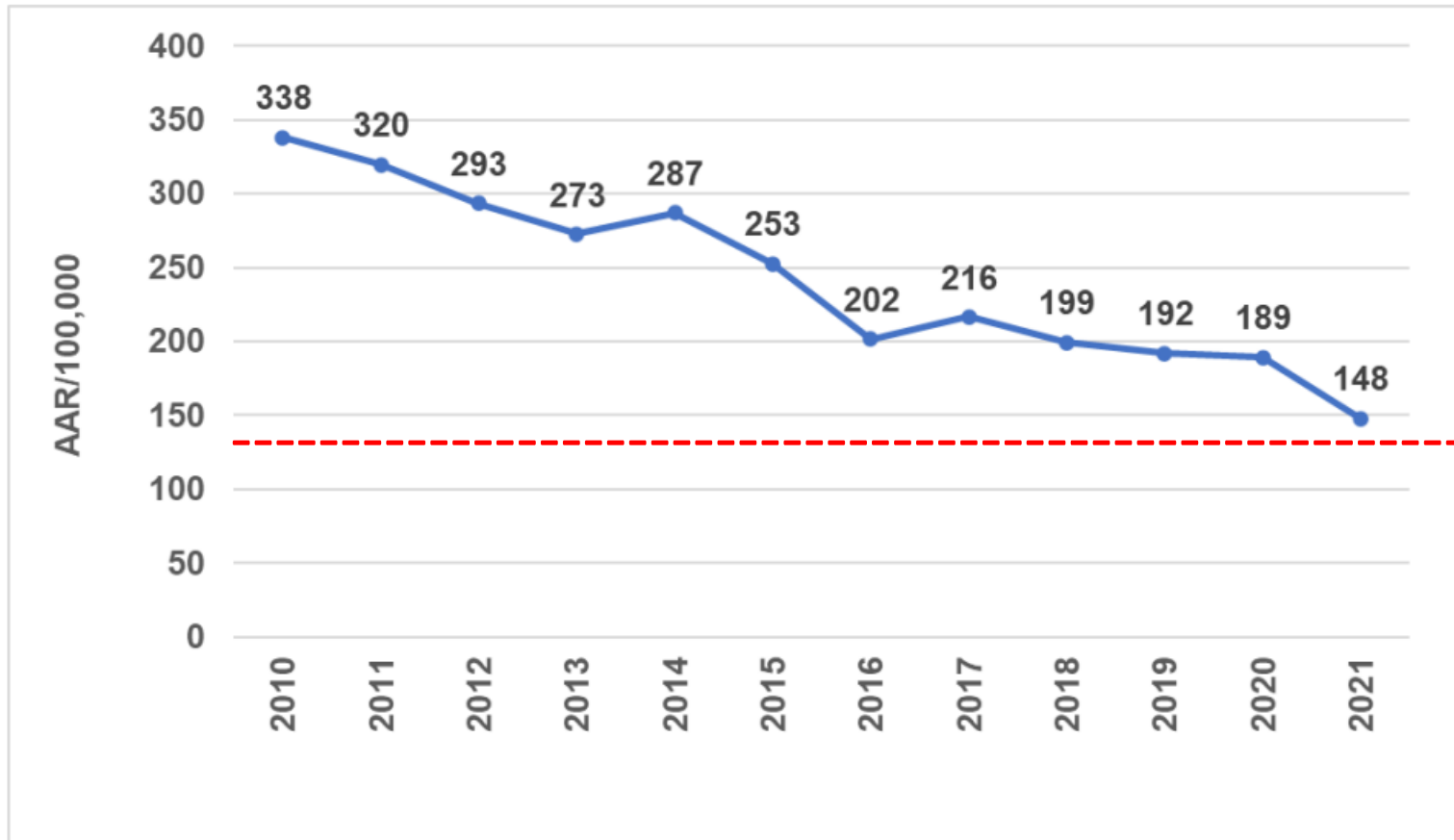
7.1

MD SHIP 2017

7.7

Injury

Fall Hospitalization Age-Adjusted Rate, Montgomery County, 2010-2021

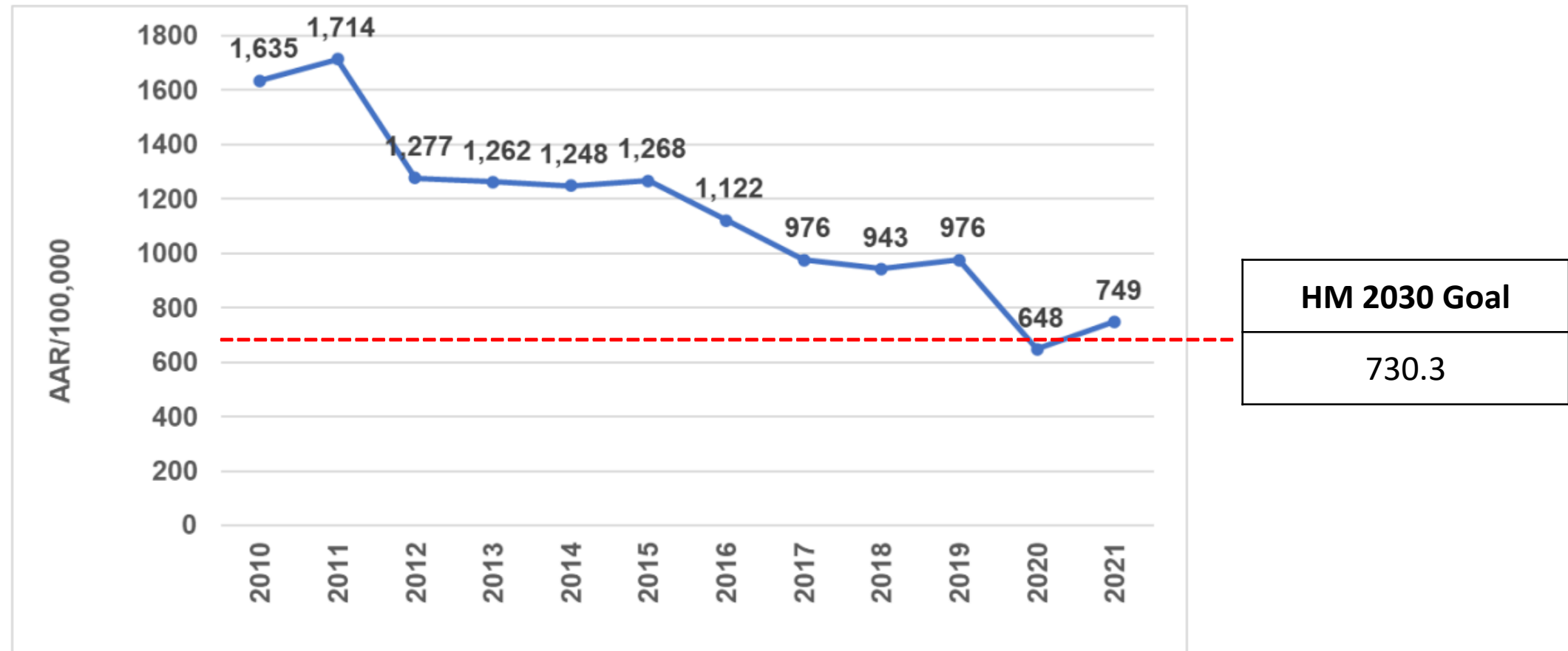


HM 2030 Goal

144.3

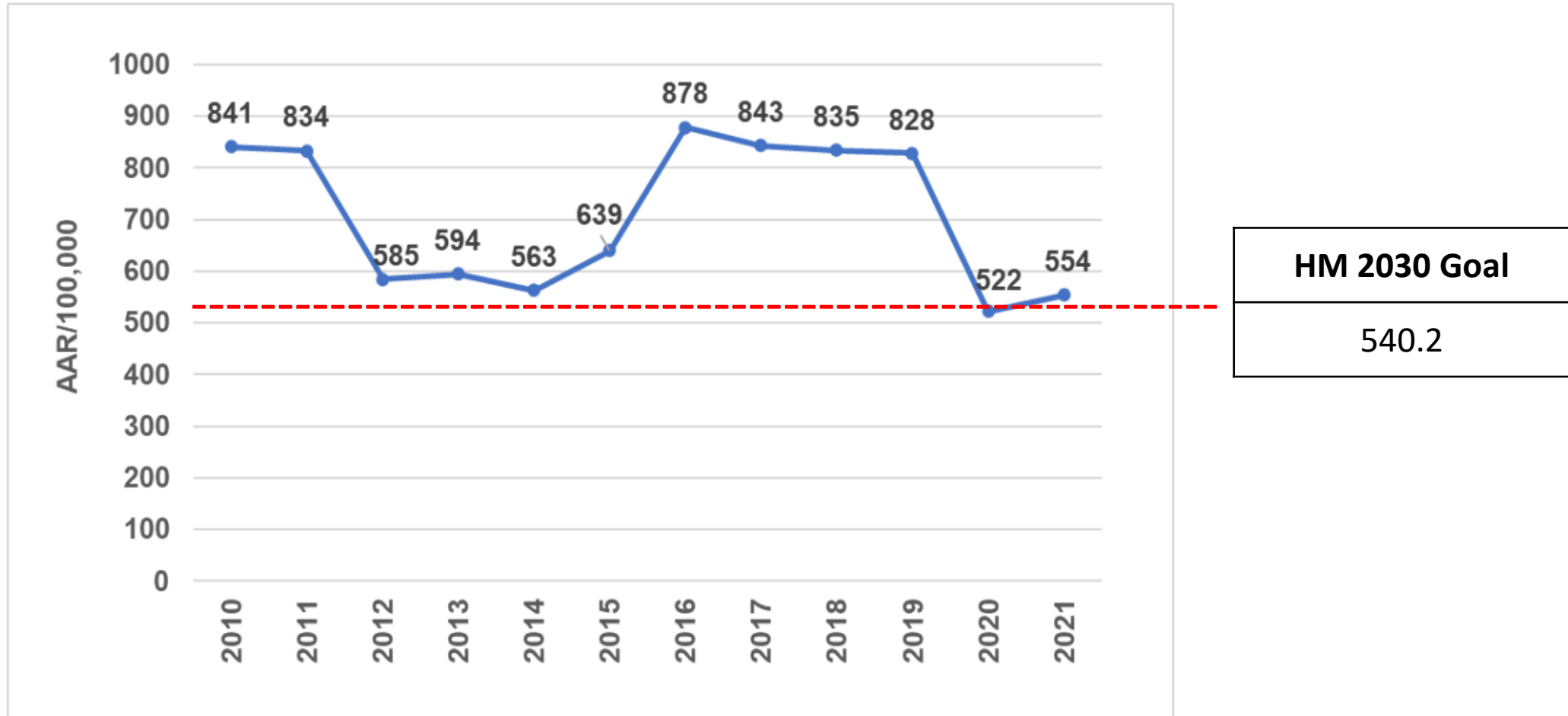
Injury

Fall ER Visit Age-Adjusted Rate, Montgomery County, 2010-2021



Injury

Motor Vehicle ER Visit Age-Adjusted Rate, Montgomery County, 2010-2021



| Category | Measures/Indicators | HP2030 Goal | MD SHIP 2017 Goal | MD 2017 | MoCo 2021 | MoCo 2030 Goal |
|----------------------------|---|-----------------------------|-------------------|-----------------|--------------|----------------|
| Maternal and Infant Health | Mothers who received "early and adequate prenatal care" | 80.5 Percent | 66.90% | 92.5% | 92.90% | 95.2% |
| | Infant Mortality | 5.0 infant deaths per 1,000 | 6.3/1,000 | 6.5 | 5.2 | 4.9 |
| | Preterm Births | 9.4 percent | - | 10.5% | 9.4% | 9.10% |
| Behavioral health | ER Visits for Mental Health | - | 2986.7/100,000 | 2586.1 | 744.0 | 725.4 |
| | Suicide (mortality) | 12.8 suicides per 100,000 | 9.0/100,000 | 9.9 | 7.7 | 7.5 |
| | Drug-Induced Mortality | - | 12.6/100,000 | 24.1(2014-16) | 15.4 | 15.0 |
| | Substance abuse ER | - | 1327.1 | 687.94 | 397.5 | 357.8 |
| Chronic Disease | Obesity: | | | | | |
| | Adults who are overweight or obese | 36.0 percent | 63.40% | 65.0% (2015) | 61.30% | 56.4% |
| | Diabetes: | | | | | |
| | ER visits for diabetes | - | 172.9/100,000 | 797.97 | 262.0 | 255.5 |
| | Diabetes Mellitus Mortality | - | - | 19.6 | 14.2 | 13.8 |
| | Cardiovascular health: | | | | | |
| | Heart disease mortality | 71.1 deaths per 100,000 | 166.3/100,000 | 164.6 | 108.0 | 102.6 |
| | High blood pressure prevalence | 41.9 percent | - | 32.4% | 27% | 22.7% |
| | Heart disease ER Visit | - | - | 3007.35 | 1323.0 | 1289.9 |
| | Chronic Lower Respiratory Disease Mortality | 107.2 deaths per 100,000 | - | 30.5 | 13.0 | 9.1 |
| | Chronic Lower Respiratory Disease ER Visit | 64.0 visits per 10,000 | - | 1906.3 | 442 | 430.4 |
| Infectious Disease | TB | 1.4 new case per 100,000 | - | 3.4 (2018and17) | 4.6 | 4.1 |
| | Incidence of Chlamydia | - | 431.0/100,000 | 552.1 | 362.9 (2020) | 353.8 |
| | Incidence of Gonorrhea | 471.2 cases per 100,000 | - | 181.4 | 89 (2020) | 86.8 |
| | Incidence of Syphilis | 4.6 cases per 100,000 | - | 9.5 | 7.2 (2020) | 7 |
| | Incidence of HIV rate | 3,835 newly diagnosed | 26.7/100,000 | 17.2 | 9.7 | 9.5 |
| Injury | Firearm Hospitalization | 10.1 injuries per 100,000 | - | 11.6 | 5.3 | 4.5 |
| | Fall Mortality | 63.4 deaths per 100,000 | 7.7/100,000 | x | 8.8 | 7.1 |
| | Fall Hopitalization | - | - | 354.37 | 148 | 144.3 |
| | Fall ER | 5,447 visits per 100,000 | - | 2101.24 | 749 | 730.3 |
| | Motor Vehicle ER | - | - | 1317.85 | 554 | 540.2 |

| | | 2030 Goals by Gender | | | |
|----------------------------|---|----------------------|--|---------|--------|
| Category | Measures/Indicators | Overall | | Females | Males |
| Maternal and Infant Health | Mothers who received early prenatal care | 95.4% | | - | - |
| | Infant Mortality | 5.1 | | - | - |
| | Preterm Births | 6.3% | | - | - |
| | | | | | |
| Behavioral Health | ER Visits for Mental Health | 857.9 | | 1137.7 | 929.0 |
| | Suicide (mortality) | 7.5 | | 3.3 | 12.0 |
| | Drug-Induced Mortality | 13.7 | | 7.7 | 20.1 |
| | Substance abuse ER | 374.6 | | 286.7 | 467.8 |
| | | | | | |
| Chronic Disease | Diabetes: | | | | |
| | ER visits for diabetes | 385.1 | | 377.1 | 393.6 |
| | Diabetes Mellitus Mortality | 17.0 | | 13.7 | 20.5 |
| | Cardiovascular health: | | | | |
| | Heart disease mortality | 130.0 | | 122.2 | 138.1 |
| | Heart disease ER Visit | 1600.9 | | 1634.3 | 1565.4 |
| | Chronic Lower Respiratory Disease Mortality | 15.6 | | 16.3 | 12.7 |
| | Chronic Lower Respiratory Disease ER Visit | 556.2 | | 602.0 | 497.3 |
| | | | | | |
| Infectious Disease | TB | 5.0 | | 4.8 | 5.5 |
| | Incidence of Chlamydia | 377.6 | | 479.7 | 268.5 |
| | Incidence of Gonorrhea | 68.9 | | 41.2 | 98.5 |
| | Incidence of Syphilis (primary and secondary) | 5.85 | | 0.6 | 11.5 |
| | Incidence of HIV rate | 12.5 | | 8.3 | 17.0 |
| | | | | | |
| Injury | Firearm Hospitalization | 3.4 | | 1.7 | 5.4 |
| | Fall Mortality | 10.1 | | 9.5 | 9.4 |
| | Fall Hopitalization | 200.5 | | 230.5 | 168.7 |
| | Fall ER | 832.7 | | 921.7 | 738.4 |
| | Motor Vehicle ER | 602.9 | | 605.8 | 599.9 |

| | | 2030 Goals by Race/Ethnicity | | | | | |
|----------------------------|---|------------------------------|--|----------|----------|----------|-------|
| Category | Measures/Indicators | Overall | | NH-White | NH-Black | Hispanic | Asian |
| Maternal and Infant Health | Mothers who received early prenatal care | 95.4% | | 98.0% | 92.6% | 93.5% | 97.0% |
| | Infant Mortality | 3.3 | | 0.2 | 5.9 | 1.2 | - |
| | Preterm Births | 8.6% | | 6.9% | 9.4% | 9.2% | 7.5% |
| | | | | | | | |
| Behavioral Health | ER Visits for Mental Health | 857.9 | | 788.7 | 1325.1 | 735.5 | 254.5 |
| | Suicide (mortality) | 7.5 | | 11.8 | 4.0 | 3.5 | 5.0 |
| | Drug-Induced Mortality | 13.7 | | 18.1 | 18.2 | 7.8 | 3.4 |
| | Substance abuse ER | 374.6 | | 291.2 | 734.9 | 313.7 | 72.6 |
| | | | | | | | |
| Chronic Disease | Diabetes: | | | | | | |
| | ER visits for diabetes | 385.1 | | 236.1 | 734.5 | 446.4 | 152.4 |
| | Diabetes Mellitus Mortality | 17.0 | | 19.8 | 23.0 | 6.9 | 14.9 |
| | Cardiovascular health: | | | | | | |
| | Heart disease mortality | 130.0 | | 198.9 | 119.5 | 38.9 | 74.4 |
| | Heart disease ER Visit | 1600.9 | | 1514.3 | 2557.4 | 1122.7 | 724.3 |
| | Chronic Lower Respiratory Disease Mortality | 15.6 | | 28.0 | 5.4 | 2.5 | 4.2 |
| | Chronic Lower Respiratory Disease ER Visit | 556.2 | | 364.0 | 1033.4 | 631.1 | 136.6 |
| | | | | | | | |
| Infectious Disease | TB | 5.0 | | 0.5 | 9.7 | 5.9 | 11.3 |
| | Incidence of Chlamydia | 377.6 | | 73.7 | 382.3 | 276.7 | 55.5 |
| | Incidence of Gonorrhea | 68.9 | | 20.5 | 125.9 | 41.0 | 9.6 |
| | Incidence of Syphilis (primary and secondary) | 5.85 | | 2.9 | 11.6 | 7.4 | 3.8 |
| | Incidence of HIV rate | 12.5 | | 2.9 | 40.9 | 11.9 | - |
| | | | | | | | |
| Injury | Firearm Hospitalization | 3.4 | | 0.8 | 12.1 | 1.9 | 0.2 |
| | Fall Mortality | 10.1 | | 17.5 | 1.9 | 1.1 | 4.6 |
| | Fall Hopitalization | 200.5 | | 324.8 | 115.4 | 68.4 | 83.3 |
| | Fall ER | 832.7 | | 1058.9 | 723.5 | 684.1 | 275.6 |
| | Motor Vehicle ER | 602.9 | | 335.8 | 994.8 | 871.7 | 229.9 |