COMMUNITY HEALTH NEEDS ASSESSMENT

Secondary Data Profile

November 2018

Hackensack Meridian *Health*
Mountainside Medical Center

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I. Background

Mountainside Medical Center is undertaking a comprehensive assessment of the health needs of individuals living in their primary service area. The aim of the assessment is to reinforce Mountainside Medical Center's commitment to the health of residents and to align its health prevention efforts with the community's greatest needs.

The data contained in this report are a compilation of existing demographic and health data also known as "secondary data." The data was gathered and integrated into the report by Hackensack Meridian Health. The specific data sources are listed throughout the report. It should be noted that in some cases, local-level data may be limited or dated. This is an inherent limitation with secondary data. The most recent data is used whenever possible. When available, state and national comparisons are also provided as benchmarks for the regional statistics. National comparisons include United States data and Healthy People 2020 (HP 2020) goals when available.

It is also important to note that social determinants, such as income and education, can significantly impact health status, health behaviors, and health outcomes. Research has shown that lower educational attainment, poverty, and race/ethnicity are risk factors for certain health conditions. For this reason, local demographic information is included in the report for reference.

A Conclusions section is included at the end of the report to highlight strengths and opportunities. State and national comparative data generally determine if an indicator is a strength or opportunity within the community. However, it is still important for readers to interpret the service level data and make appropriate conclusions, independent of the state and national comparisons.

The secondary data profile is one component of the research. Mountainside Medical Center will use the data from the secondary data profile in conjunction with other research components to understand health needs of the community it serves and create an implementation strategy to address the identified needs.

II. Reading the Results

Demographic and health indicator statistics have been collated to portray the current health status of Mountainside Medical Center's primary service area. For all of the statistics provided, the most recently published data at the service area level were utilized.

For all demographic and health indicator statistics, data from the following municipalities were incorporated. Due to the availability of this data, health indicator statistics represent crude rates only. Crude rates are generally defined as the total number of cases or deaths divided by the total population at risk. Crude rate is generally presented as per populations of 1,000, 10,000 or 100,000 (which will be noted on each table). It is based on raw data and does not account for characteristics such as age, race, and gender.

Primary Service Area
Municipalities
Bloomfield Township
Montclair Township
Cedar Grove Township
Caldwell Borough
Nutley Township
Upper Montclair Township
Glen Ridge Borough

Definitions

Age-Adjusted Rate - Assumes equal age distributions between populations to account for the effect of age on disease and death rates.

Crude Rate - Generally defined as the total number of cases or deaths divided by the total population at risk. Crude rate is generally presented as per populations of 1,000, 10,000 or 100,000. It is based on raw data and does not account for characteristics such as age, race, and gender.

Family - Defined as more than one person living together, either as relations or as a married couple.

Frequency - Often denoted by the symbol "n," frequency is the number of occurrences of an event.

Household - Defined as one or more people sharing a residence. Examples include college students sharing an apartment or a single male living alone.

Incidence Rate - The number of new cases per population at risk in a given time period.

Infant Mortality Rate - Defined as the number of infant deaths per 1,000 live births per year. Infant is defined as being less than one year of age.

Low Birth Weight - Indicates a birth weight less than 5 pounds, 3 ounces (2,500 grams).

Neonatal Mortality Rate - Defined as the number of infant deaths in the first 27 days after birth per 1,000 live births per year.

Post-Neonatal Mortality Rate - Defined as the number of infant deaths occurring from 28 days to 12 months per 1,000 live births per year.

Poverty Guidelines - A version of the federal poverty measure issued each year in the _Federal Register_ by the Department of Health & Human Services. The guidelines are a simplification of the poverty thresholds used for administrative purposes (i.e., determining eligibility for certain federal programs).

Very Low Birth Weight - Indicates a birth weight less than 3 pounds, 5 ounces (1,500 grams).

Healthy People 2020 (HP2020) - is a set of goals and objectives with 10-year targets designed to help guide national health promotion and disease prevention.

III. Demographic Statistics

A. Population Statistics

Table A1. Overall Population (2010; 2012 - 2016)

	U.S.		New Jersey		Essex County		Primary Service Area	
Population	318,558,162		8,915,456		792,586		160,811	
Population change between 2009-2013 and 2012-2016	4.80%		2.22%		1.50%		5.90%	
Gender	Count	%	Count	%	Count	%	Count	%
Male	156,765,322	49.2	4,350,531	48.8	380,718	48.0	75,058	46.7
Female	161,792,840	50.8	4,564,925	51.2	411,868	52.0	85,753	53.3

Sources: Census 2016 and American Community Survey 5-Year Estimates (2010 and 2012-2016)
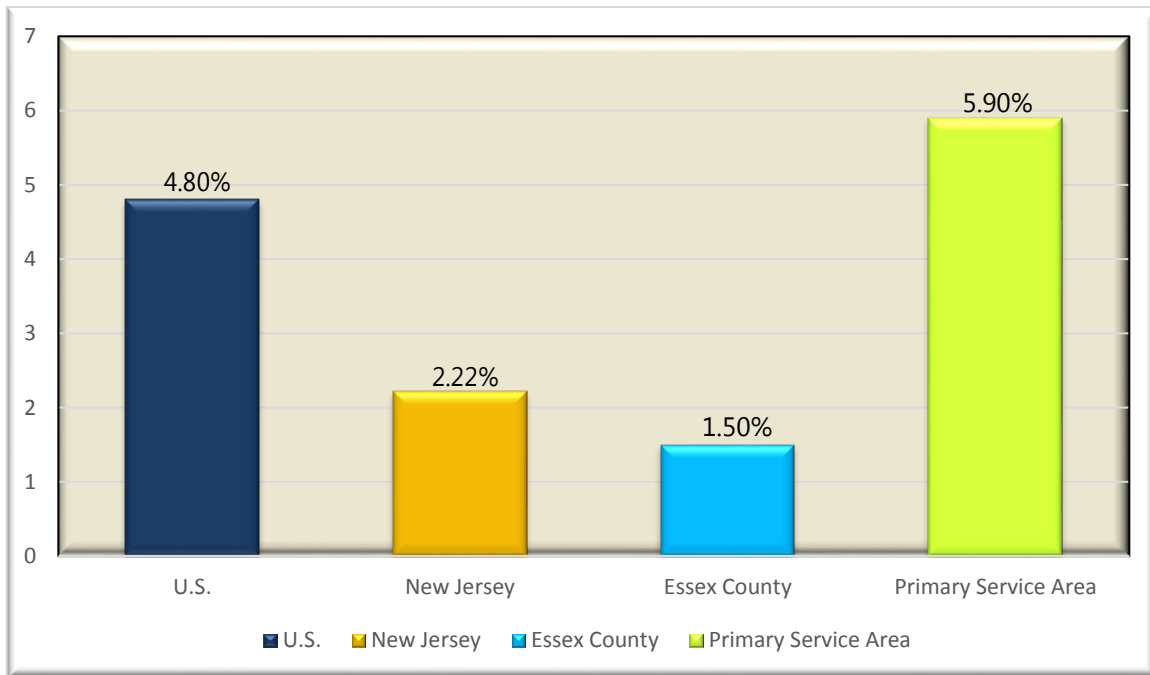
Population Change

Figure A1. Percent population change between 2010 and 2013-2016

Table A2. Population by Age (2012 - 2016)

Years	U.S. Count	%	New Jersey Count	%	Essex County Count	%	Primary Service Area Count	%
Under 5	19,866,960	6.2	528,509	5.9	52,771	6.7	9,079	5.7
5-9 Years	20,508,363	6.4	550,627	6.2	51,826	6.5	9,299	5.8
10-14 Years	20,664,537	6.5	574,364	6.4	54,585	6.9	10,474	6.5
15-19 Years	21,256,545	6.7	579,261	6.5	52,201	6.6	10,472	6.5
20-24 Years	22,612,610	7.1	570,148	5.4	54,258	6.8	9,030	5.6
25-34 Years	43,397,907	13.6	1,147,169	12.9	108,049	13.6	19,156	11.9
35-44 Years	40,548,400	12.7	1,170,011	13.1	112,373	14.2	22,363	13.9
45-54 Years	43,460,466	13.6	1,332,561	14.9	114,762	14.5	25,400	15.8
55-59 Years	21,291,513	6.7	625,355	7.0	50,903	6.4	11,500	7.2
60-64 Years	18,770,229	5.9	525,160	5.9	42,424	5.4	8,900	5.5
65-74 Years	26,355,308	8.3	726,212	8.1	55,155	7	12,785	8.0
75-84 Years	13,768,433	4.3	390,880	4.4	28,957	3.7	7,236	4.5
85 Years and older	6,056,891	1.9	195,199	2.2	28,957	1.8	4,339	2.7
Median Age	37.7		40		37		41.9	
% 65 Years and over	14.50%		14.70%		12.40%		15.15%	

Source: American Community Survey 5-Year Estimates (2012-16)

Table A3. Race Alone or in Combination with One or More Other Races (2012 - 2016)[a]

Race	U.S. Count	%	New Jersey Count	%	Essex County Count	%	Primary Service Area Count	%
White (Non-Hispanic)	238,657,078	73.3	6,075,710	68.1	330,789	41.7	118,032	73.4
Black/African American (Non-Hispanic)	40,241,818	12.6	1,207,221	13.5	318,221	40.1	20,786	12.9
American Indian/ Alaska Native	2,597,817	0.8	18,470	0.2	2,104	0.3	142	0.1
Asian	16,614,625	5.2	819,208	9.2	39,694	5.0	11,509	7.2
Native Hawaiian or Other Pacific Islander	560,021	0.2	2,811	0.0	214	0.0	27	0.02
Some Other Race	15,133,856	4.8	566,323	6.4	80,468	10.2	5,686	3.5
Hispanic or Latino (of any race)	55,199,107	17.3	1,719,831	19.3	174,414	22.0	24,296	15.1

Source: American Community Survey 5-Year Estimates (2012-2016)

Note:[a] Percentages may equal more than 100% as individuals may report more than one race
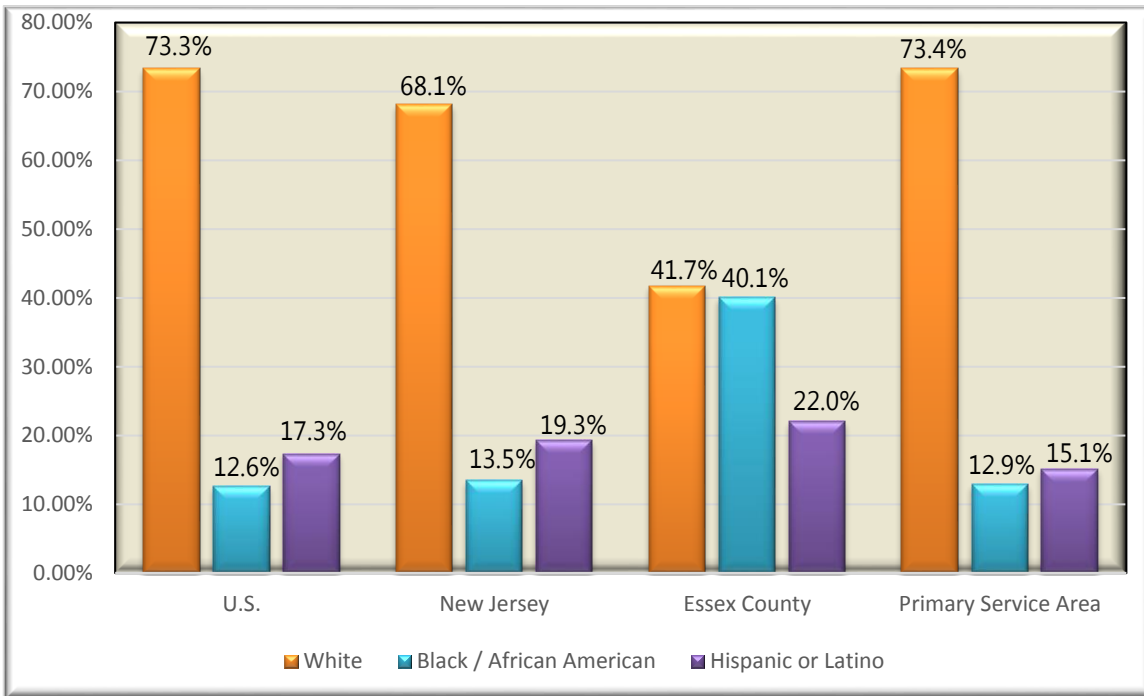
Racial Breakdown

Figure A2. Three largest racial categories, 2012 – 2016

Table A4. Language Spoken at Home, 5 Years Old and Older (2012- 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
Population 5 years old and over	298,691,202	8,386,947	739,815	151,732
English only	78.9%	69.3%	66.2%	76.1%
Language other than English	21.1%	30.7%	33.8%	23.9%
Speak English less than "very well"[a]	8.5%	12.2%	14.5%	7.1%
Spanish	13.1%	15.9%	18.7%	11.1%
Speak English less than "very well"[a]	5.4%	7.1%	8.7%	3.4%
Other Indo-European languages	3.6%	8.4%	9.9%	7.5%
Speak English less than "very well"[a]	1.1%	2.8%	4.2%	2.1%
Asian and Pacific Islander languages	3.4%	4.8%	2.7%	3.8%
Speak English less than "very well"[a]	1.6%	1.9%	1.0%	1.3%

Source: American Community Survey 5-Year Estimates (2012-16)

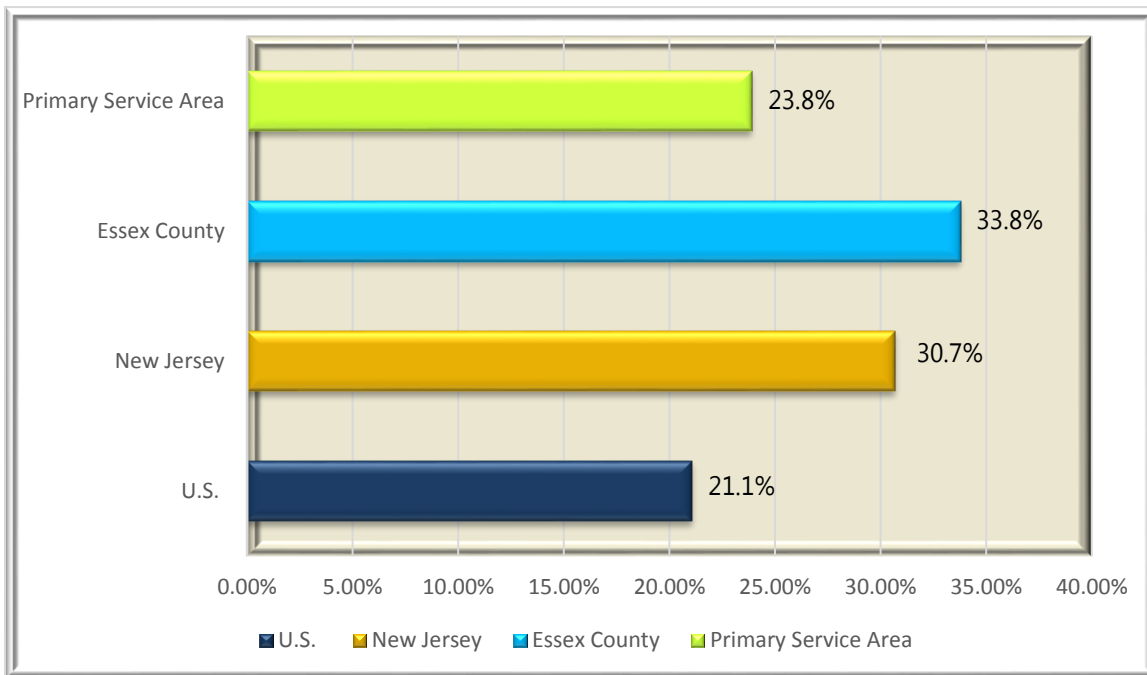**Language Other than English Spoken at Home**

Figure A3. Percentage of population speaking a language other than English at home, 2012 – 2016

B. Household Statistics

Table B1. Marital Status, 15 Years and Over (2012 - 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
Never married	36.2%	37.5%	45.3%	35.0%%
Now married, except separated	49.8%	51.6%	42.4%	55.4%
Separated	1.8%	1.6%	2.8%	1.3%
Widowed	2.6%	2.6%	2.5%	2.8%
Divorced	9.6%	6.8%	6.9%	5.5%

Source: American Community Survey 5-Year Estimates (2012-16)
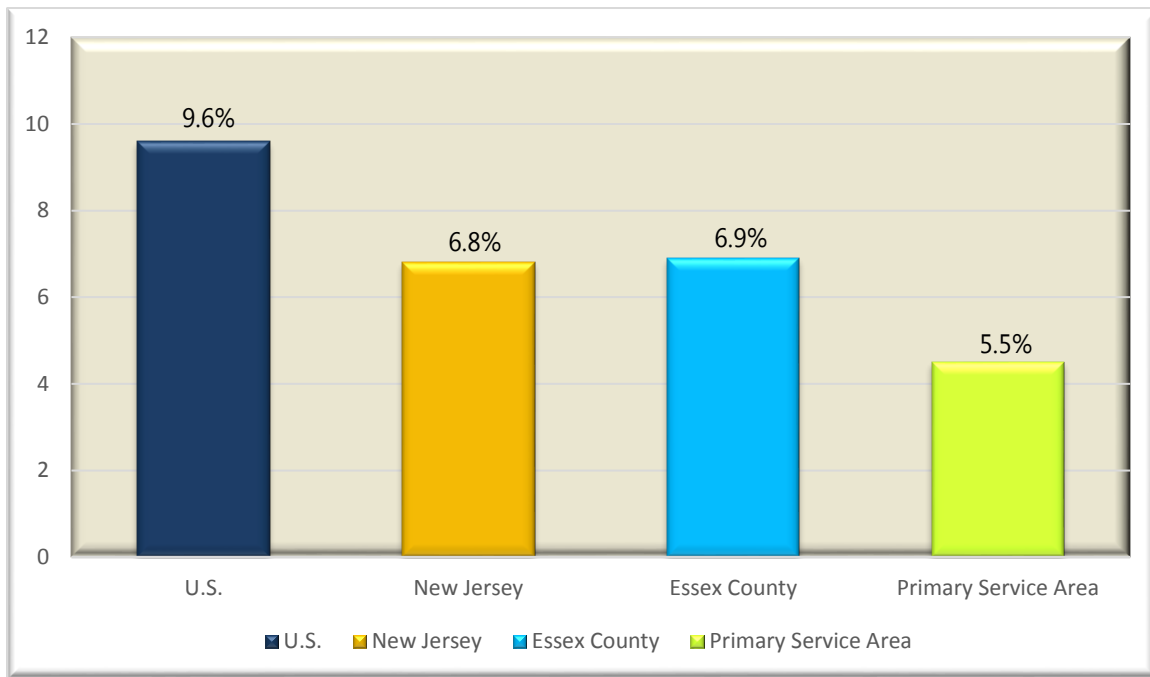
Percent of Divorce

Figure B1. Percent of Individual's Divorced, 2012 – 2016

Table B2. Grandparents Responsible for Grandchildren (2012 - 2016)

	U.S.	New Jersey	Essex County	Primary Service Area*
Number of grandparents living with own grandchildren under 18 years	7,243,142	194,742	19,051	2,925
% of grandparents responsible for grandchildren	36.5%	25.2%	29.8%	19.4%

Source: American Community Survey 5-Year Estimates (2012-16)

Table B3. Households by Occupancy (2012 - 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
Total Housing Units	**134,054,899**	**3,586,442**	**314,384**	**61,926**
Occupied housing units	87.8%	89.1%	88.9%	95.4%
Owner-occupied	63.6%	64.1%	44.1%	63.5%
Renter-occupied	36.4%	35.9%	55.9%	36.5%
Vacant units	12.2%	10.9%	11.1%	4.8%

Source: American Community Survey 5-Year Estimates (2012-16)
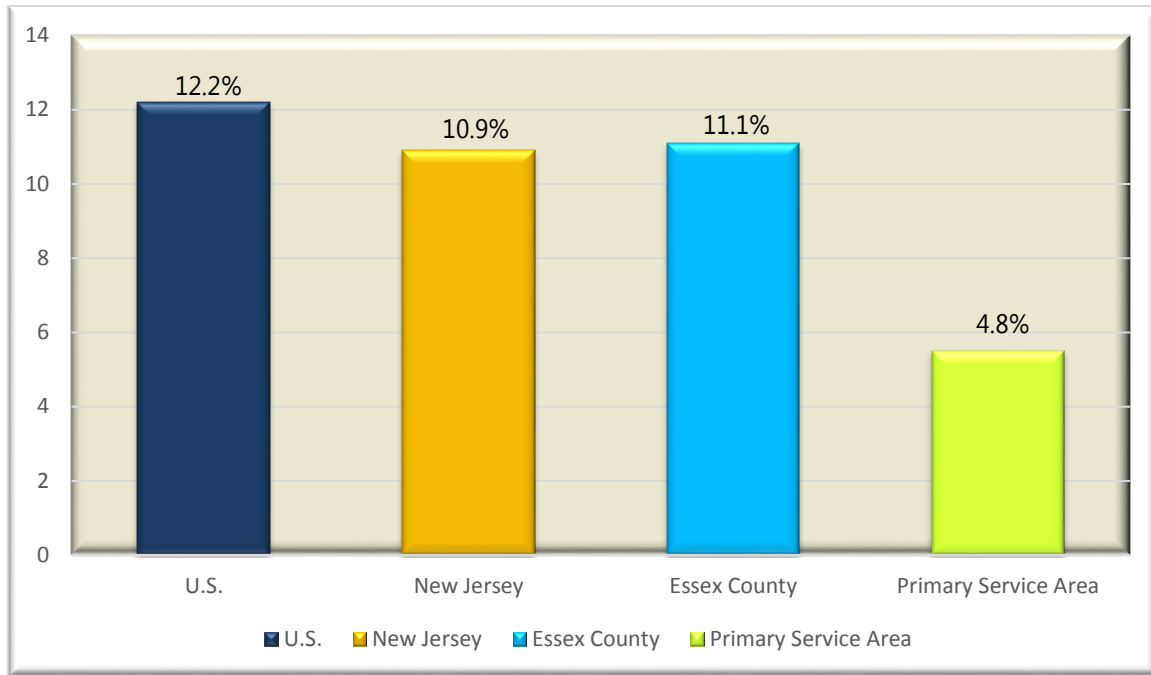
Vacant Housing Units

Figure B2. Percentage of vacant housing units, 2012 – 2016

Table B4. Housing Characteristics (2012 - 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
Owner-Occupied Housing				
Owner-occupied units	74,881,063	2,047,794	123,300	37,492
Housing units with a mortgage	64.1%	68.6%	72.6%	71.2%
Housing units without a mortgage	35.9%	31.4%	27.4%	28.8%
Median Value	$184,700	$316,400	$356,300	$489,414
Households spending 35% or more of income on mortgage/owner costs	23.3%	30.7%	36.9%	38.1%
Renter-Occupied Housing				
Occupied units paying rent	40,589,851	1,107,937	156,180	21,573
Median Dollars	$949	$1,213	$1,077	$1,404
Households spending 35% or more of income on rent	42.0%	44.1%	46.4%	36.4%

Source: American Community Survey 5-Year Estimates (2012-16)
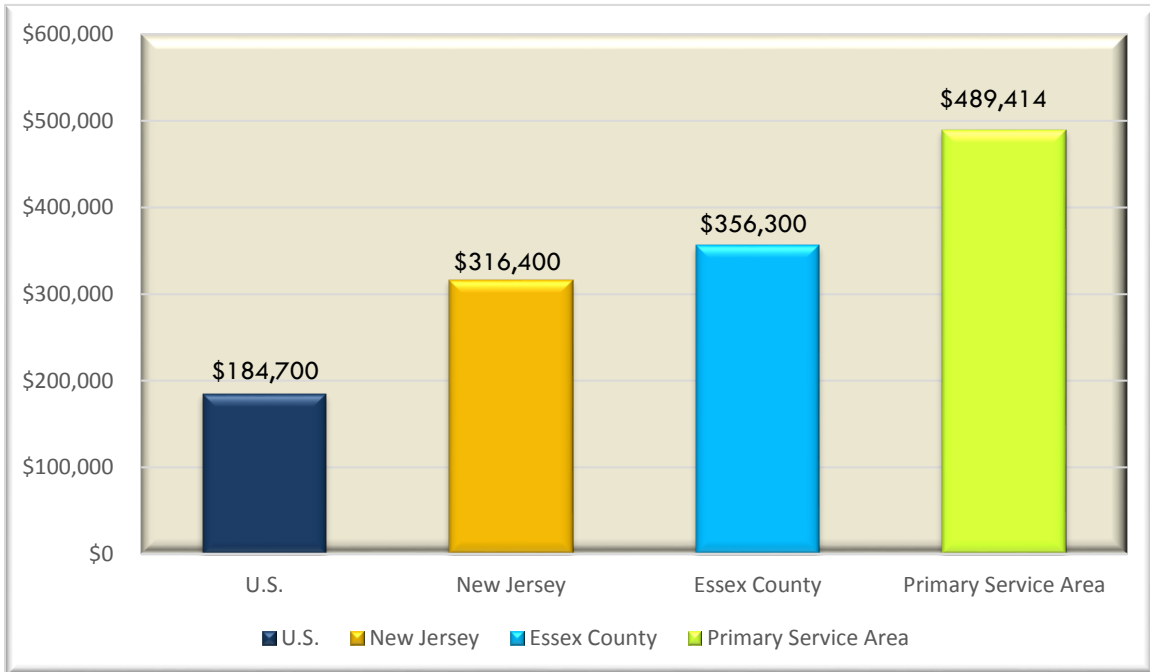
Median Value for Owner-Occupied Units

Figure B3. Median value for owner-occupied units, 2012-2016

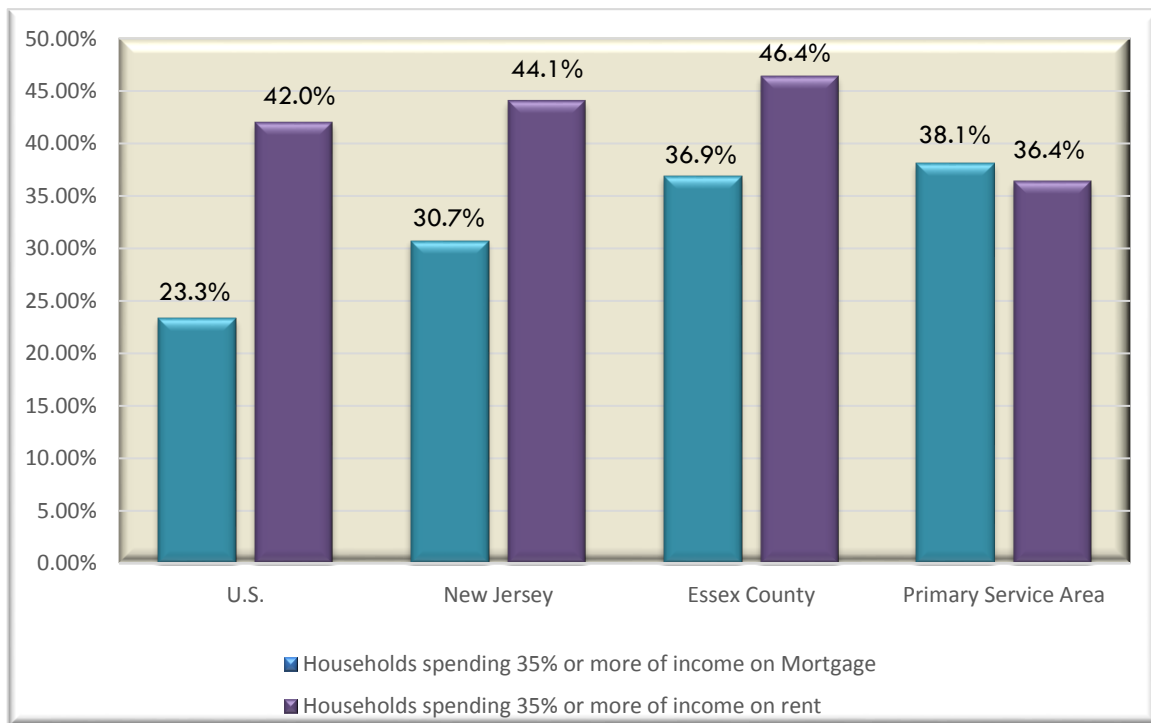## Households Spending 35% or More of Income on Housing

Figure B4. Households spending more than 30% of income on rent, 2012-2016

Table B5. Households by Type (2012 - 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
Total Households	117,716,237	3,195,014	277,302	59,137
Average household size	2.64	2.73	2.8	2.6
Average family size	3.24	3.31	3.4	3.3
Family Households	65.9%	69.3%	65.8%	67.0%
Male householder, no wife	4.8%	4.8%	20.5%	3.2%
Female householder, no husband	12.9%	13.4%	38.8%	12.3%
Married-couple families	48.2%	51.0%	34.2%	51.5%
Nonfamily Households	34.1%	30.7%	29.3%	33.0%
Householder living alone	27.7%	25.7%	9.9%	27.9%
65 years and over	10.4%	10.8%	0.0%	10.1%

Source: American Community Survey 5-Year Estimates (2012-16)

C. Income Statistics

Table C1. Household and Family Income (2012 - 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
Household Income				
Less than $10,000	7.0%	5.5%	9.4%	3.9%
$10,000 to $14,999	5.0%	3.8%	5.8%	3.1%
$15,000 to $24.999	10.2%	8.0%	10.6%	5.9%
$25,000 to $34,999	9.9%	7.5%	9.5%	5.7%
$35,000 to $49,999	13.2%	10.3%	11.3%	8.1%
$50,000 to $74,999	17.8%	15.7%	15.0%	14.8%
$75,000 to $99,999	12.2%	12.3%	10.0%	12.4%
$100,000 to $ 149,999	13.5%	17.2%	12.4%	18.2%
$200,000 or more	5.7%	10.8%	9.9%	73.8%
Median Household Income	**$55,322**	**$73,702**	**$54,860**	**$117,700**
Mean Household Income	**$77,866**	**$101,634**	**$90,512**	**$136,866**
Family Income				
Median family income	$67,871	$90,757	$70,937	$143,903
Mean family income	$90,960	$118,771	$111,724	$185,494
Individual Mean Earnings				
Median earnings for workers	$31,334	$40,025	$34,605	$60,034
Male, full-time, year-round workers	$50,135	$62,093	$52,747	$100,016
Female, full-time, year-round workers	$39,923	$50,323	$45,606	$67,908

Source: American Community Survey 5-Year Estimates (2012-16)
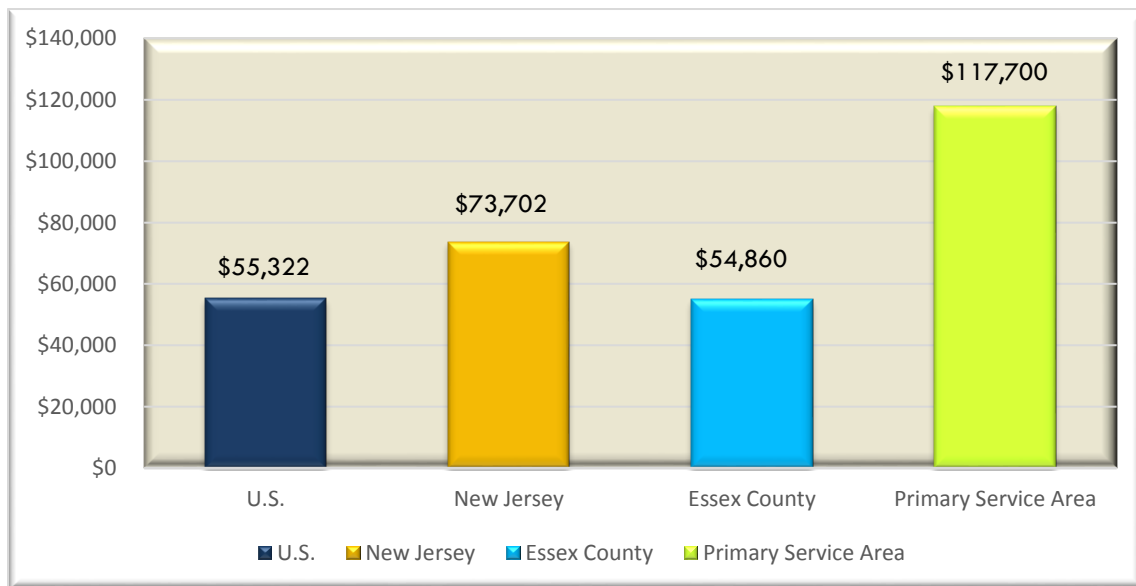
Median Household Income

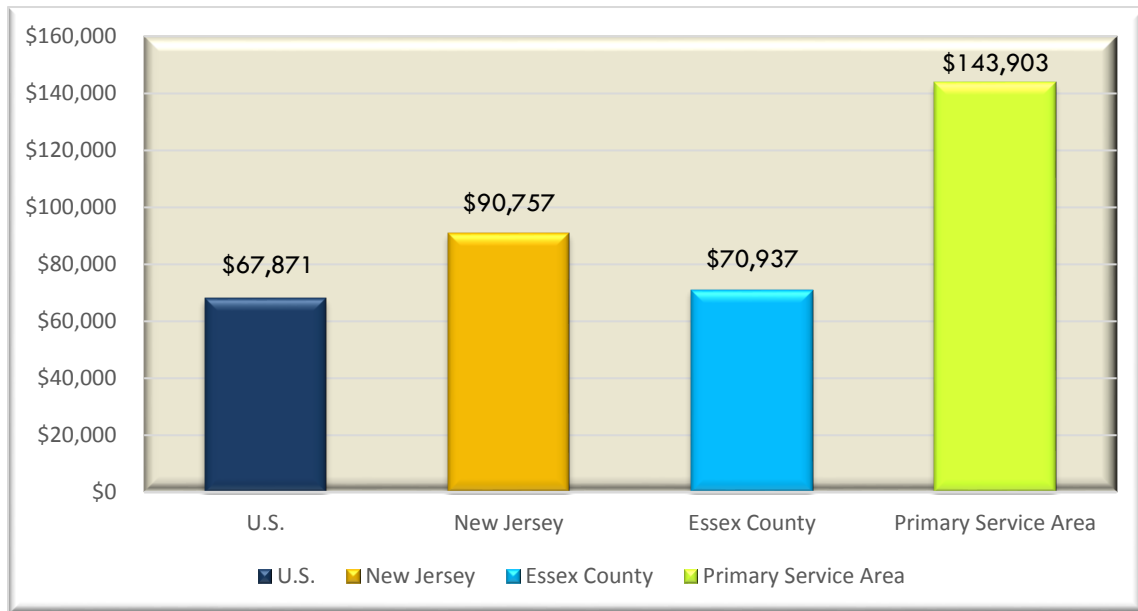Figure C1. Median household income, 2012 – 2016

Median Family Income

Figure C2. Median family income, 2012-2016

Table C2. Poverty Status of Families and People in the Past 12 Months (2012 - 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
All families	11.0%	8.1%	14.0%	4.3%
With related children under 18 years	17.4%	12.7%	20.6%	5.4%
With related children under 5 years	17.2%	11.9%	20.6%	5.3%
Married couple families	5.5%	3.8%	4.9%	2.5%
With related children under 18 years	7.9%	5.0%	6.2%	2.3%
With related children under 5 years	6.3%	4.2%	5.6%	3.2%
Female-headed households, no husband present	29.9%	23.3%	31.3%	7.9%
With related children under 18 years	39.7%	33.6%	42.2%	13.2%
With related children under 5 years	45.0%	37.9%	45.5%	6.9%
All people	15.1%	10.9%	17.2%	5.6%
Under 18 years	21.2%	15.6%	24.2%	5.9%
18 to 64 years	14.2%	9.8%	15.4%	5.1%
65 years and over	9.3%	8.1%	12.7%	6.4%

Source: American Community Survey 5-Year Estimates (2012-16)

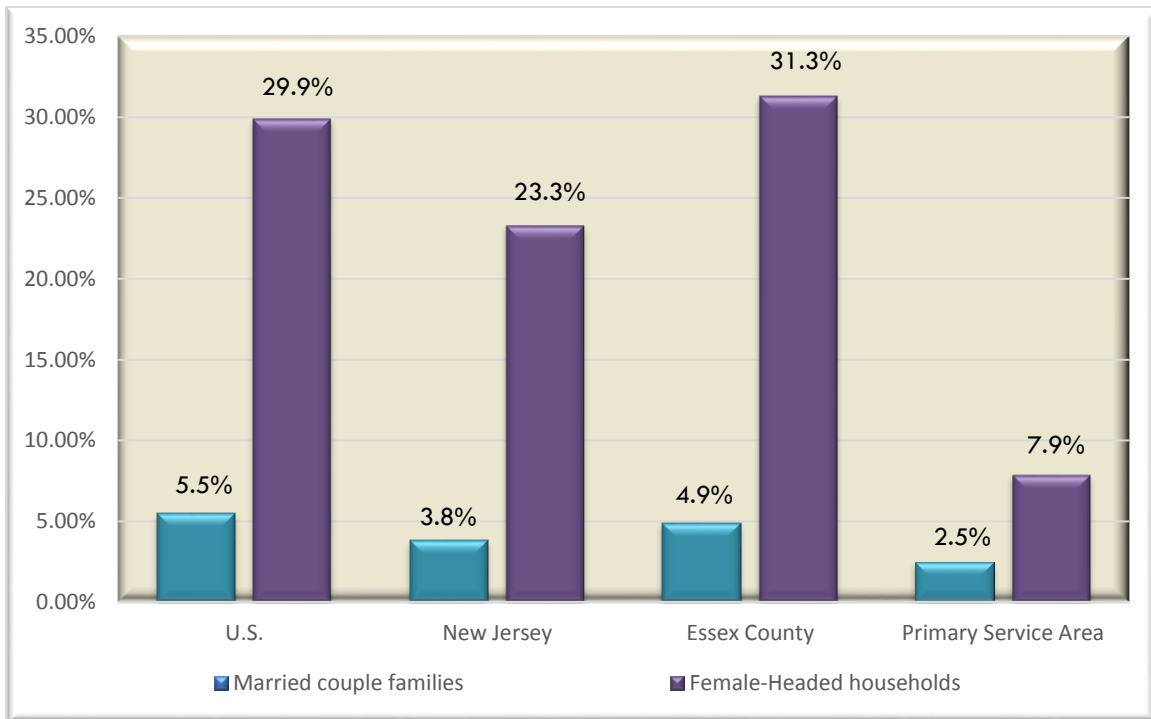**Percentage of Families Below the Poverty Level by Household Type**

Figure C3. Percentage of families below the poverty level by

Table C3. 2018 Health and Human Services Poverty Guidelines

Size of Family Unit	48 Contiguous States and D.C.
1	$12,140
2	$16,460
3	$20,780
4	$25,100
5	$29,420
6	$33,740
7	$38,060
8	$42,380
For each additional person,	$4,320

Source: U.S. Department of Health and Human Services

Table C4. Households with Supplemental Benefits in the Past 12 Months (2012 - 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
Households with supplemental security income	6,355,071	142,057	19,279	1,587
Mean supplemental security income	$9,523	$9,924	$9,534	$8,302
Households with cash public assistance income	3,147,577	83,478	14,810	891
Mean cash public assistance income	$3,336	$3,568	$3,182	$2,106
Households with food stamp/SNAP benefits in the past 12 months	13.0%	9.3%	15.9%	4.2%

Source: American Community Survey 5-Year Estimates (2012-16)

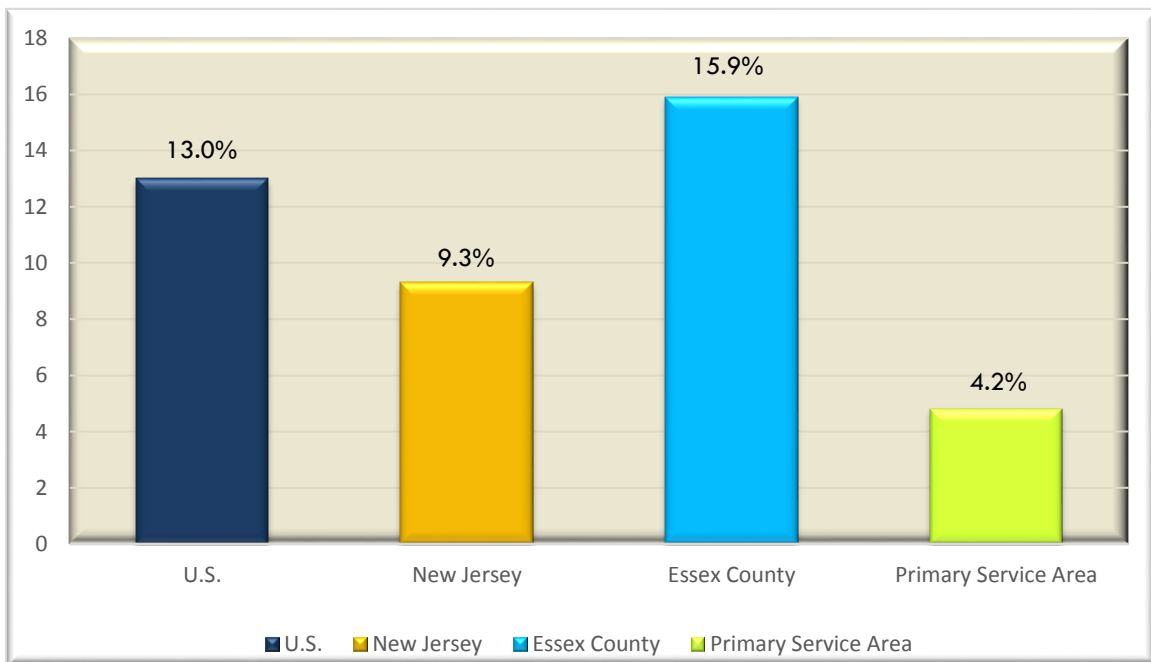## Households with Food Stamp/SNAP Benefits

Figure C4. Households below poverty level and receiving food stamps, 2012 – 2016

Table C5. Food Insecurity and Public Assistance (2017)

	U.S.	New Jersey	Essex County
Public school students receiving free or reduced price lunches (2013)	N/A	399,308	55,440
Number of children receiving TANF (data as of June 2017)	N/A	28,458	4,650
Women, Infants, and Children (WIC) Participants	N/A	163,305	20,792
Food Insecurity Rate – all persons (2016)	12.9%	10.3%	17.1%
Child Food Insecurity Rate (2016)	17.5%	13.5%	16.2%

Source: The data on rows 1,2, and 3 of this table, the Annie E. Casey Foundation Kids Count Data Center. The source for the food insecurity data (rows 4 and 5), Feeding America's "Map The Meal Gap" study.

D. Employment Statistics

Table D1. Employment Status, 16 Years Old and Older (2012- 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
Population in labor force	160,818,740	4,699,613	411,519	88,337
% of population in labor force	63.5%	65.8%	66.1%	67.7%
Civilian labor force	63.1%	65.7%	66.1%	99.9%
Armed forces	0.4%	0.1%	0.0%	0.02%
% of population not in labor force	36.5%	34.2%	33.9%	31.6%
Unemployed Labor Force	**4.7%**	**5.2%**	**8.0%**	**6.0%**

Source: American Community Survey 5-Year Estimates (2012-16)
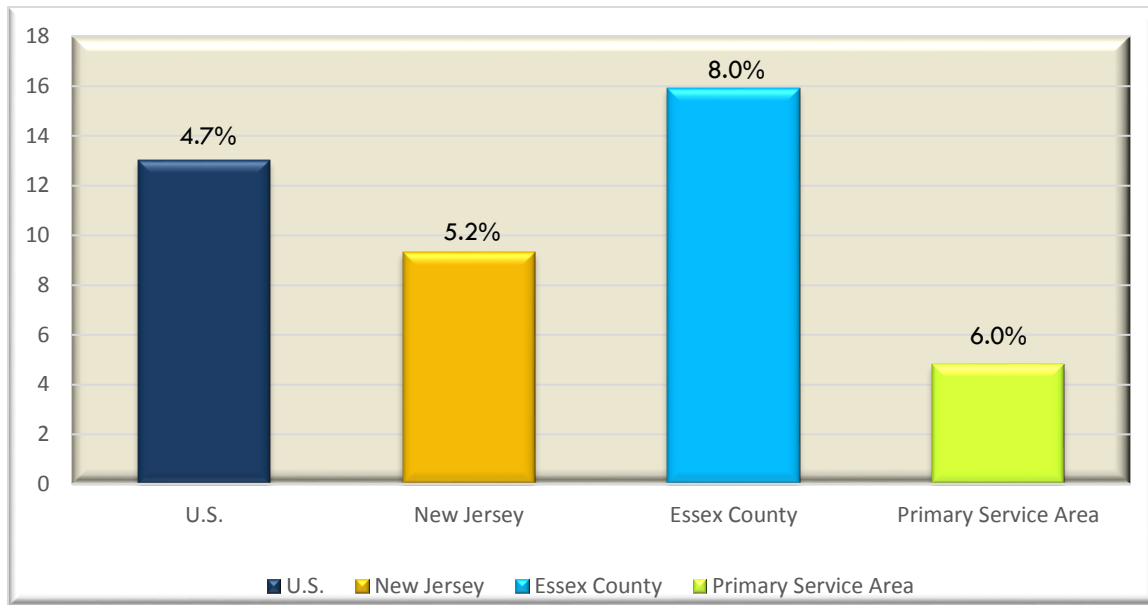
Unemployment Rate

Figure D1. Unemployed civilian labor force, 2012 – 2016

Table D2. Commuting To Work Status (2012 - 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
Workers who drive alone to work	76.4%	71.7%	61.8%	68.7%
Car, truck, or van - carpooled	9.3%	8.1%	8.4%	6.4%
Workers commuting by public transportation (excluding taxicab)	5.1%	11.2%	20.8%	16.8%
Walked	2.8%	3.0%	4.3%	2.6%
Other means	1.8%	1.9%	1.2%	0.8%
Worked at home	4.6%	4.1%	3.5%	4.8%
Mean travel time to work (minutes)	26.1	31.2	33.9	34.4

Source: American Community Survey 5-Year Estimates (2012-16)

Table D3. Estimated Major Occupational Groups (2012 - 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
Management, business, science, and arts	37.0%	41.2%	37.6%	52.4%
Service	18.1%	16.7%	20.2%	0.12%
Sales and office	23.8%	24.4%	23.6%	24.2%
Natural resources, construction, and maintenance	8.9%	7.2%	7.3%	4.9%
Production, transportation, and material moving	12.2%	10.5%	11.4%	6.0%

Source: American Community Survey 5-Year Estimates (2012-16)

Table D4. Class of Worker (2012 - 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
Private sector workers	79.8%	81.6%	80.1%	54.8%
Government workers	14.0%	13.6%	14.8%	15.6%
Self-employed workers in own not incorporated business	6.0%	4.7%	5.0%	5.5%
Unpaid family workers	0.2%	0.1%	0.2%	0.05%

Source: American Community Survey 5-Year Estimates (2012-16)

Table D5. Estimated Major Industrial Group Percentages (2012 - 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
Agriculture, forestry, fishing, hunting, mining	1.9%	0.3%	0.1%	0.09%
Construction	6.3%	5.7%	5.8%	0.04%
Manufacturing	10.3%	8.3%	6.7%	6.8%
Wholesale trade	2.7%	3.4%	2.6%	3.3%
Retail trade	11.5%	11.2%	10.4%	9.7%
Transportation and warehousing, and utilities	5.0%	5.9%	7.3%	3.7%
Information	2.1%	2.8%	2.9%	4.4%
Finance, insurance, real estate, rental and leasing	6.6%	8.5%	7.9%	10.1%
Professional, scientific, management, administrative and waste management services	11.2%	13.1%	13.1%	15.3%
Educational services, health care, social assistance	23.1%	23.8%	26.3%	27.6%
Arts, entertainment, recreation, accommodation, and food services	9.7%	8.4%	7.9%	7.0%
Other services, except public administration	4.9%	4.5%	5.1%	4.4%
Public administration	4.7%	4.1%	4.0%	3.6%

Source: American Community Survey 5-Year Estimates (2012-16)

E. Education Statistics

Table E1. Educational Attainment, Population 25 Years and Over (2012 – 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
Less than 9th grade	5.6%	5.2%	7.3%	3.0%
High school graduate (includes equivalency)	27.5%	28.2%	28.5%	20.6%
Some college, no degree	21.0%	16.8%	17.2%	15.2%
Associate's degree	8.2%	6.4%	5.6%	5.6%
Bachelor's degree	18.8%	23.1%	20.1%	30.8%
Graduate or professional degree	11.5%	14.4%	13.2%	21.2%
Percent High School Graduate or Higher	**87.0%**	**88.9%**	**84.7%**	**94.4%**
Percent Bachelor's Degree or Higher	**30.3%**	**37.5%**	**33.3%**	**57.8%**

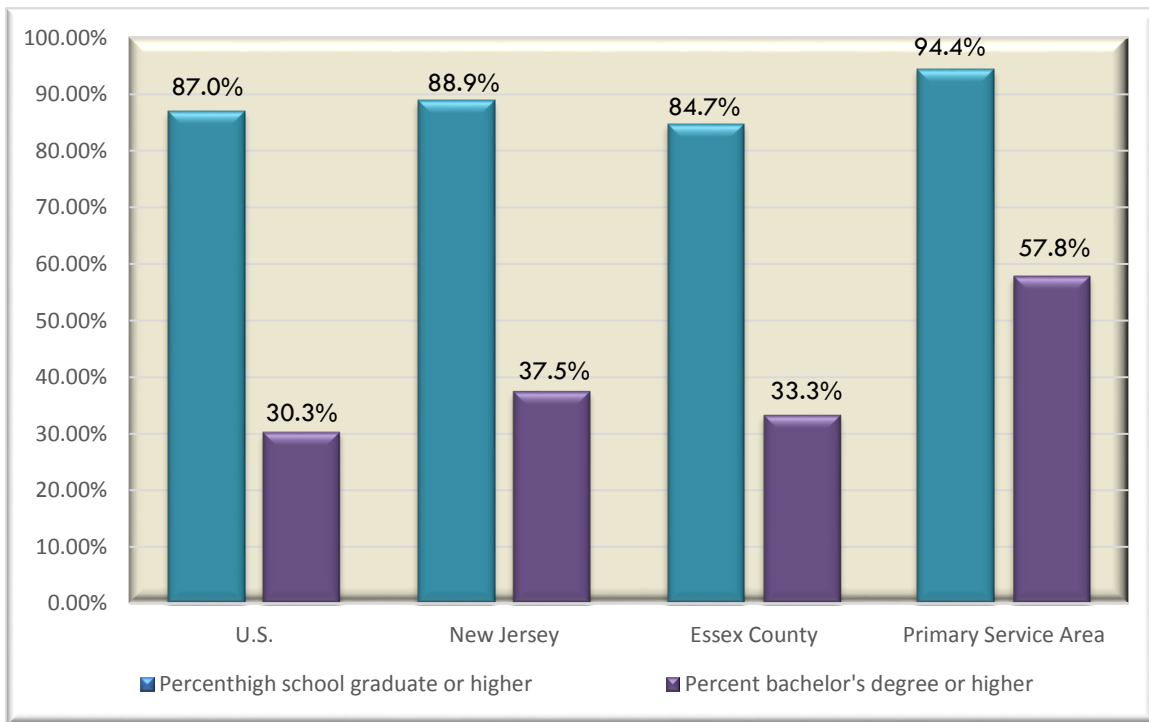Source: American Community Survey 5-Year Estimates (2012-16)

Educational Attainment

Figure E1. Population with a high school diploma or bachelor's degree or higher, 2012 – 2016

Table E2. Public School Enrollment, (2012 - 2016)[a]

	U.S.	New Jersey	Essex County	Primary Service Area
Total School Enrollees	**81,148,370**	**2,267,652**	**216,576**	**41,718**
Nursery school, preschool	6.0%	7.5%	8.7%	7.4%
Kindergarten	5.1%	5.0%	5.2%	3.5%
Elementary school (grades 1-8)	40.0%	39.6%	39.1%	38.7%
High school (grades 9-12)	20.7%	21.3%	20.1%	20.9%
College or graduate school	28.2%	26.6%	26.9%	29.5%

Source: American Community Survey 5-Year Estimates (2012-16)

Note: [a]All percentages based on the number of individuals who were currently enrolled in school

IV. Health Statistics

F. Health Care Access Statistics

Table F1. Health Insurance Coverage (2012 - 2016)

	U.S.	New Jersey	Essex County	Primary Service Area
With health insurance coverage	276,875,891	7,868,933	664,058	149,125
% of population with health insurance coverage	88.3%	89.3%	85.0%	93.5%
With private health insurance	66.7%	71.3%	60.0%	82.4%
With public coverage	33.0%	28.8%	33.0%	21.6%
% of population without health insurance	11.7%	10.7%	15.0%	6.5%

Source: American Community Survey 5-Year Estimates (2012-16)
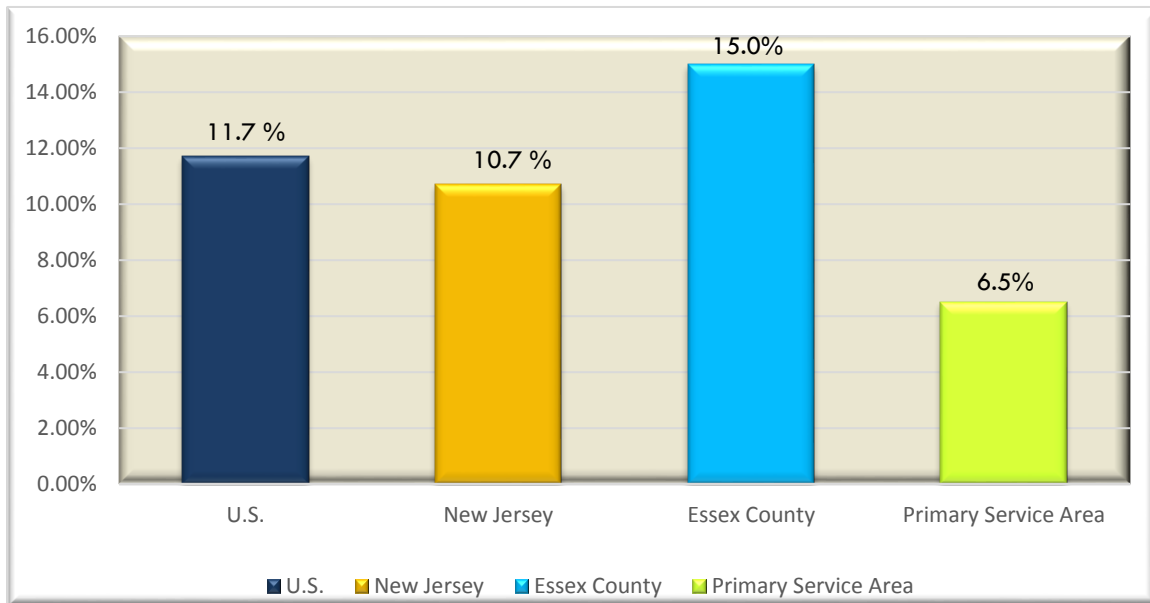
Population without Health Insurance

Figure F1. Civilian non-institutionalized population without health insurance, 2012 – 2016

G. Mortality Statistics

Table G1. Mortality, Crude Rates per 100,000 (2016; 2016)

	U.S.	New Jersey*	Essex County*
Number of deaths	2,744,248	73,217	5,988
Death rate	849.3	818.6	706.2

Sources: Centers for Disease Control and Prevention, New Jersey Department of Health
Note: *data is from 2016
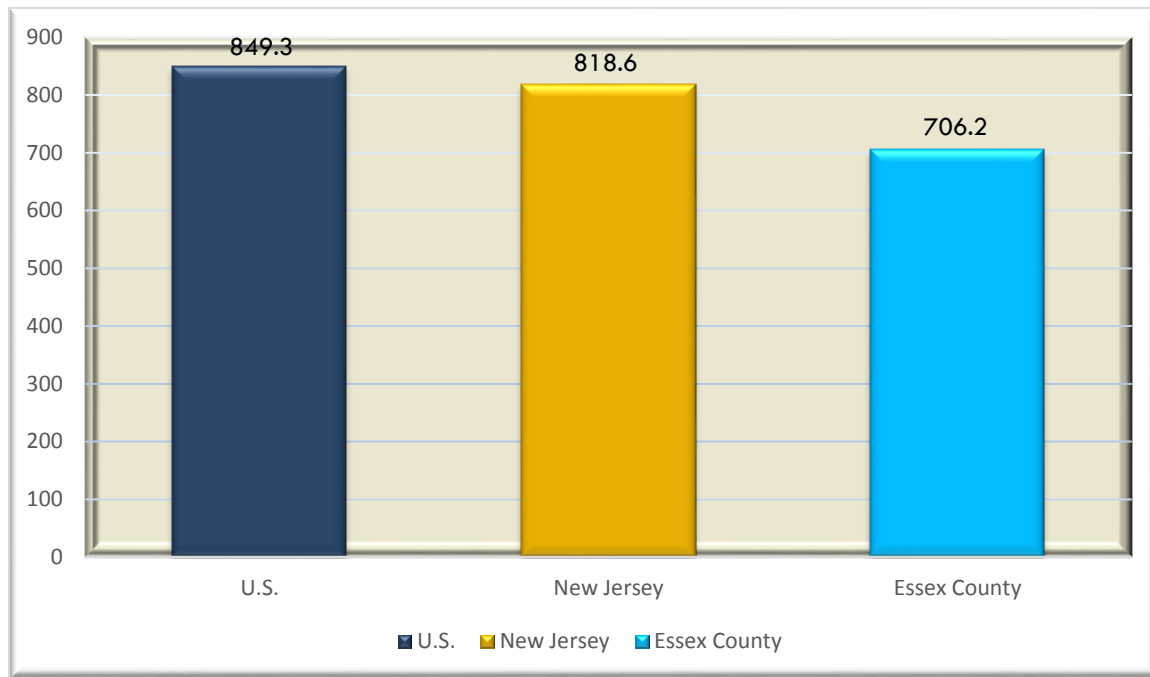
Mortality Rate

Figure G1. Crude Rates per 100,000 (2016)

Table G2. Deaths by Selected Causes, All Ages per Age-Adjusted 100,000 (2016)

	U.S.	New Jersey	Essex County
Total Deaths	2,596,993	73,217	5,988
Diseases of heart	165.5	164.7	170.4
Malignant neoplasms (Cancer)	155.8	149.7	151.4
Chronic lower respiratory disease	40.6	27.9	21.6
Cerebrovascular diseases (Stroke)	37.3	30.4	33.6
Accidents (Unintentional Injuries)	47.4	40.8	41.3
Alzheimer's Disease	28.4	19.4	13.9
Diabetes Mellitus	21.1	18.4	25.1
Influenza and Pneumonia	14.6	11.5	12.6
Nephritis, Nephrotic Syndrome and Nephrosis (Kidney Disease)	13.3	14.0	15.8
Intentional self-harm (suicide)	13.2	8.0	5.6

Sources: Centers for Disease Control and Prevention, New Jersey Department of Health

H. Maternal & Child Health Statistics

Table H1. Teen Birth Rate per 1,000, Females Aged 15-17 Years (2012-2016)

Age	U.S.	New Jersey	Essex County
Age 15-17	11.2	6.0	10.1

Sources: Centers for Disease Control and Prevention, New Jersey Department of Health

Teen Birth Rate

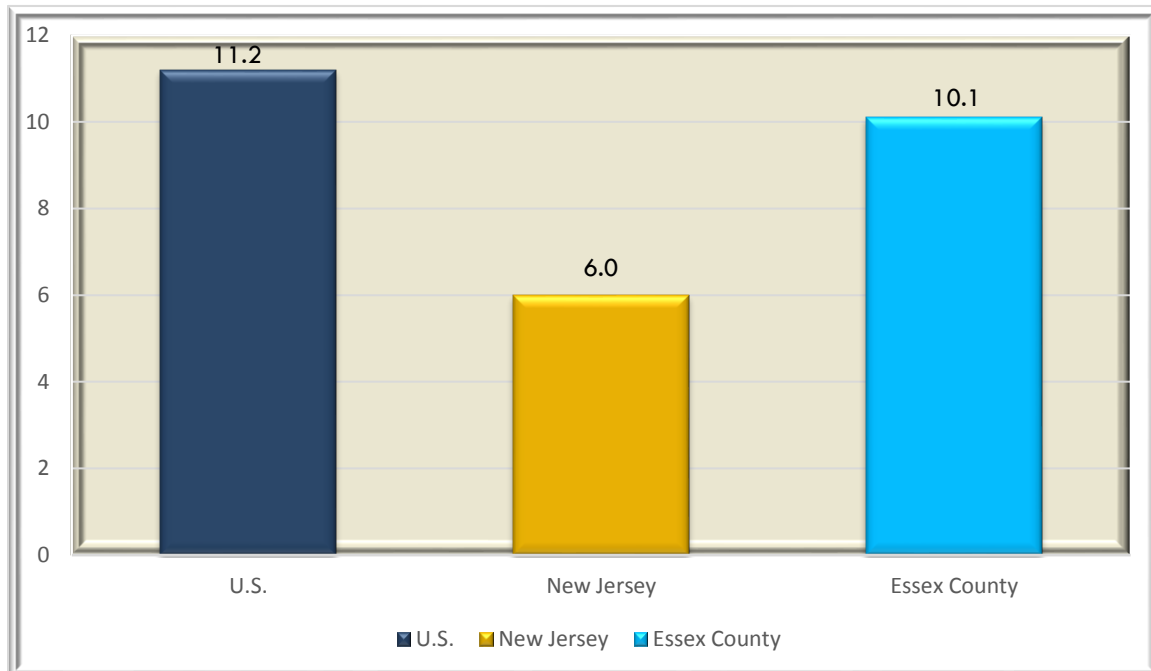
Figure H1. Birth rate per 1,000, 2016

Table H2. Births by Selected Characteristics (2012; 2016)

	HP 2020	U.S.	New Jersey*	Essex County*
Births to unmarried women	N/A	39.8%	33.4%	49.7%
Mothers who smoked during pregnancy	1.4%	7.2%	3.8%	3.0%
Mothers who breastfeed	81.9%	N/A	35.2%	N/A

Sources: Centers for Disease Control and Prevention, New Jersey Department of Health, Healthy People
Note: N/A indicates that the data were not available
*data is from 2016
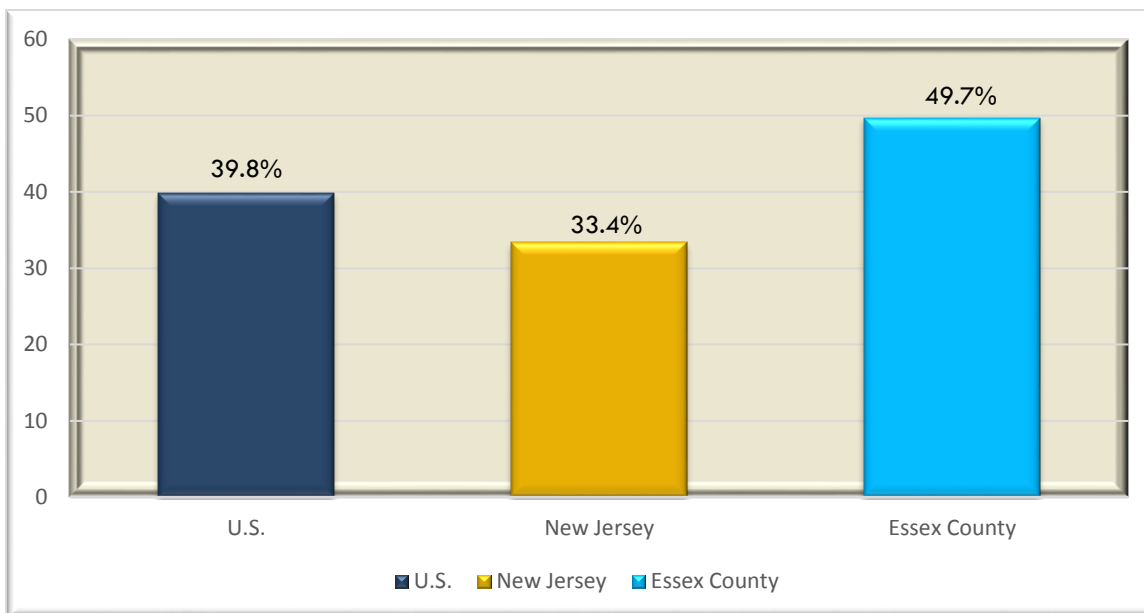
<u>Births to Unmarried Women</u>

Figure H2. Percentage of births to unmarried women, 2016

Table H3. Low Birth Weight and Preterm Births (2012; 2016)

	HP 2020	U.S.	New Jersey*	Essex County*
Low birth weight	7.8%	8.2%	8.1%	9.7%
Very low birth weight	1.4%	1.4%	1.4%	2.0%
Preterm births	11.4%	9.8%	9.9%	11.0%

Sources: Centers for Disease Control and Prevention, New Jersey Department of Health & Healthy People
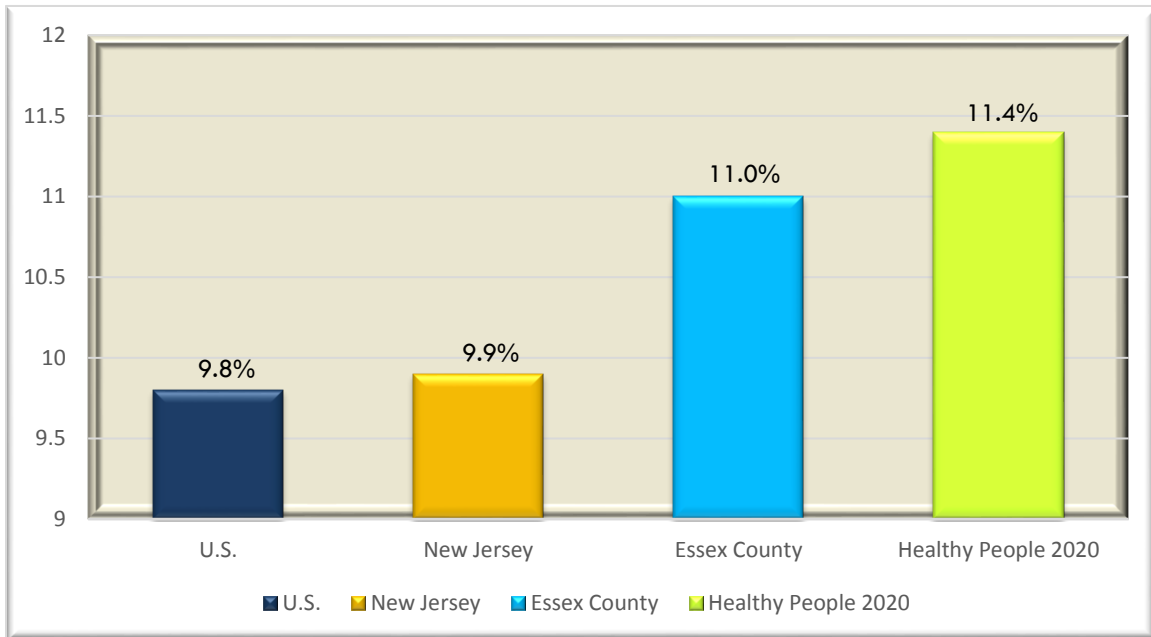Note: *data is from 2016

<u>Preterm Births</u>

Figure H3. Percentage of infants born preterm, 2016

Table H4. Start of Prenatal Care (2016)

	HP 2020	New Jersey	Essex County
Start of prenatal care in the 1st trimester	77.9%	72.1%	63.5%
White Only	N/A	79.5%	N/A
Black Only	N/A	58.6%	N/A

Source: New Jersey Department of Health & Healthy People
Note: N/A indicates that the data were not available

First Trimester Prenatal Care
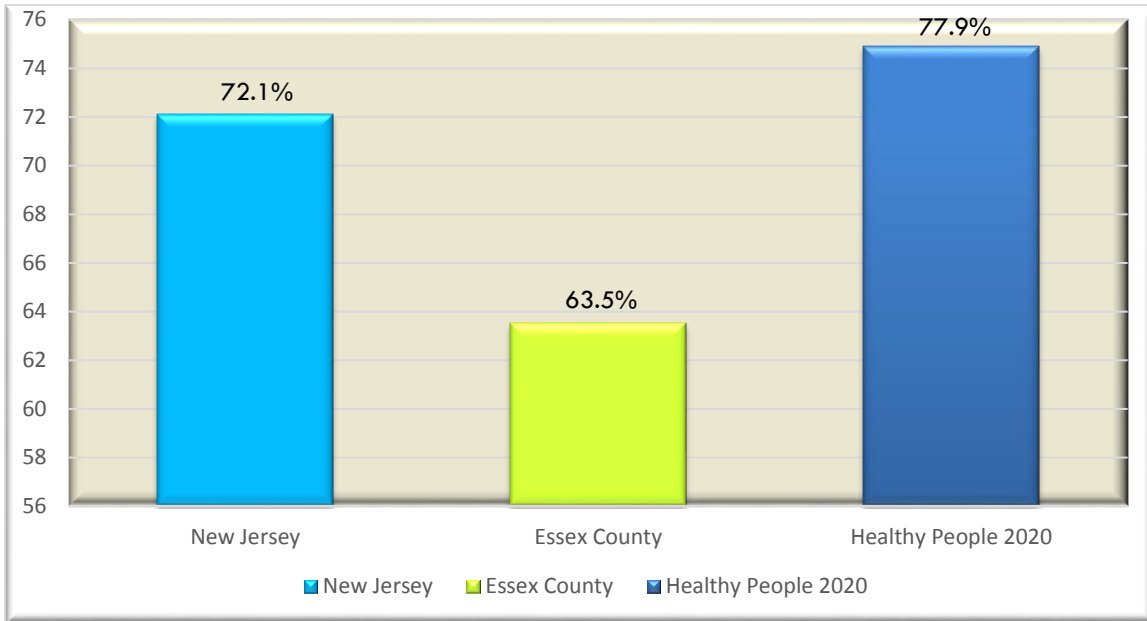
Figure H4. Percentage of mothers who received prenatal care in the first trimester, 2016

Table H5. Infant Mortality (2016)

	U.S.	New Jersey*	Essex County*
Infant Mortality Rate, Death per 1,000 Live Births	5.9	4.4	6.0
Neonatal	4.0	3.0	3.9
Post-neonatal	1.9	1.3	2.2

Sources: Centers for Disease Control and Prevention, New Jersey Department of Health
*the data is from 2016

I. Sexually Transmitted Infections Statistics

Table I1. Sexually Transmitted Illness Incidence Crude Rates (Cases per 100,000 population) 2017

	U.S.	New Jersey	Essex County
Gonorrhea Incidence Rate	145.8	105.0	249.5
Primary and Secondary Syphilis Incidence Rate	9.5	5.6	12.2
Chlamydia	528.8	392.0	753.7

Sources: Centers for Disease Control and Prevention, New Jersey Department of Health

Table I2. New Jersey Primary and Secondary Syphilis Incidence Rates by Race (2014; 2017)

	2014	2017
White	1.8	3.2
Black	6.7	16.0
Hispanic	4.8	6.9
Asian	1.3	2.0

Source: New Jersey Department of Health

J. Mental Health Statistics

Table J1. Deaths Due to Suicide (2016)

	U.S.	New Jersey	Essex County
Deaths due to suicide (per age-adjusted 100,000 population)	13.2	8.0	5.6

Source: Centers for Disease Control and Prevention

Deaths Due to Suicide
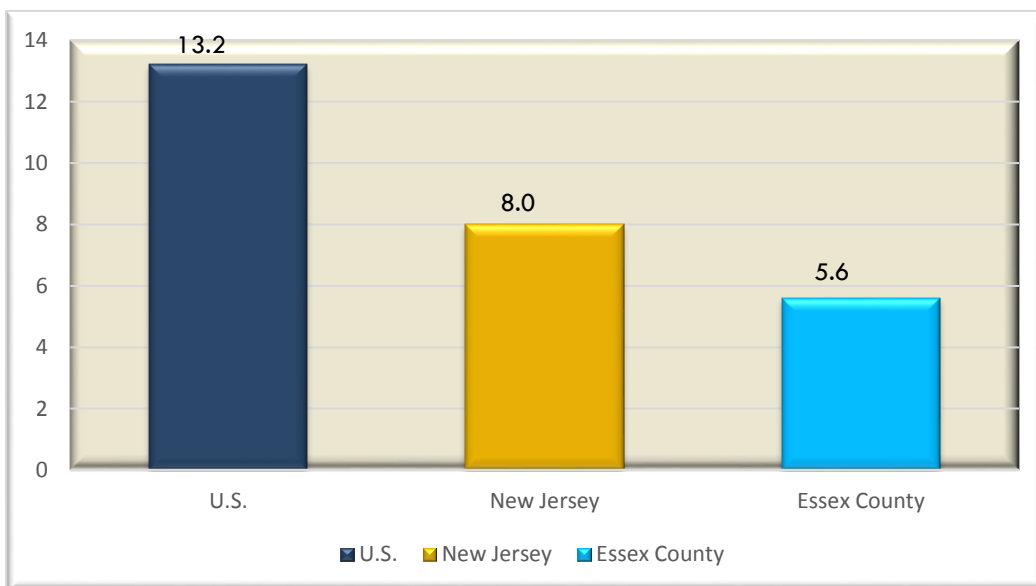
K. Cancer Statistics

Table K1. Cancer Incidence by Site, Among All Deaths in respective area (2011 - 2015)

	U.S.	New Jersey	Essex County
Invasive Breast Cancer Incidence in Females	124.8	134.9	133.5
Invasive Kidney and Renal Pelvis Cancer Incidence in Males	N/A	22.1	18.7
Invasive Lung and Bronchus Cancer Incidence in Males	N/A	64.3	57.4
Invasive Pancreas Cancer Incidence in Males	N/A	64.3	57.4
Invasive Thyroid Cancer Incidence in Females	N/A	28.0	17.2
Invasive Melanoma of Skin Incidence	N/A	28.9	18.1
Invasive Cancer Incidence Rates	438.0	478.7	467.1

Sources: Centers for Disease Control and Prevention, New Jersey Department of Health
Note: N/A indicates that the data were not available

Table K2. Annual Cancer Mortality Rate by Site, per Age-Adjusted 100,000 (2016)

	U.S.	New Jersey	Essex County
Breast Cancer (Females)	20.3	21.3	24.5
Colorectal Cancer	14.1	14.4	15.0
Lung Cancer	38.4	33.8	29.3
Prostate Cancer	19.0	18.0	25.9
Cancer (all types)	155.8	149.7	151.4

Sources: Centers for Disease Control and Prevention, New Jersey Department of Health
Note: N/A indicates that the data were not available

L. Asthma Statistics

Table L1. Asthma Burden

	U.S.	New Jersey	Essex County
Currently have Asthma	8.3%	8.2%	9.4%
Asthma (ever)	N/A	12.2%	13.4%

Sources: Centers for Disease Control and Prevention, New Jersey Department of Health
Note: N/A indicates that the data were not available
*Data from 2016

Table L1. Asthma Burden

	U.S.	New Jersey	Essex County
Currently have Asthma	8.3%	8.2%	9.4%
Asthma (ever)	N/A	12.2%	13.4%

Sources: Centers for Disease Control and Prevention, New Jersey Department of Health
Note: N/A indicates that the data were not available
*Data from 2016

M. Chronic Conditions Statistics

Table M1. Prevalence of Chronic Conditions among All Medicare Beneficiaries (2015)

	U.S.	New Jersey	Essex County
Alzheimer's Disease/Dementia	9.95%	11.25%	11.72%
Asthma	8.17%	8.85%	9.43%
Atrial Fibrillation	8.09%	9.64%	8.09%
Cancer	7.83%	9.36%	9.17%
Chronic Kidney Disease	18.12%	18.17%	19.26%
COPD	11.20%	10.90%	9.51%
Depression	16.69%	14.35%	13.03%
Diabetes	26.55%	31.89%	35.32%
Heart Failure	13.46%	15.96%	19.69%
Hyperlipidemia	44.61%	54.05%	49.60%
Hypertension	54.99%	61.37%	61.06%
Ischemic Heart Disease	26.46%	32.78%	33.04%
Osteoporosis	5.97%	6.61%	6.91%
Rheumatoid Arthritis/Osteoarthritis	30.02%	31.73%	29.59%
Stroke	3.97%	4.89%	5.09%

Source: Centers for Medicare & Medicaid Services

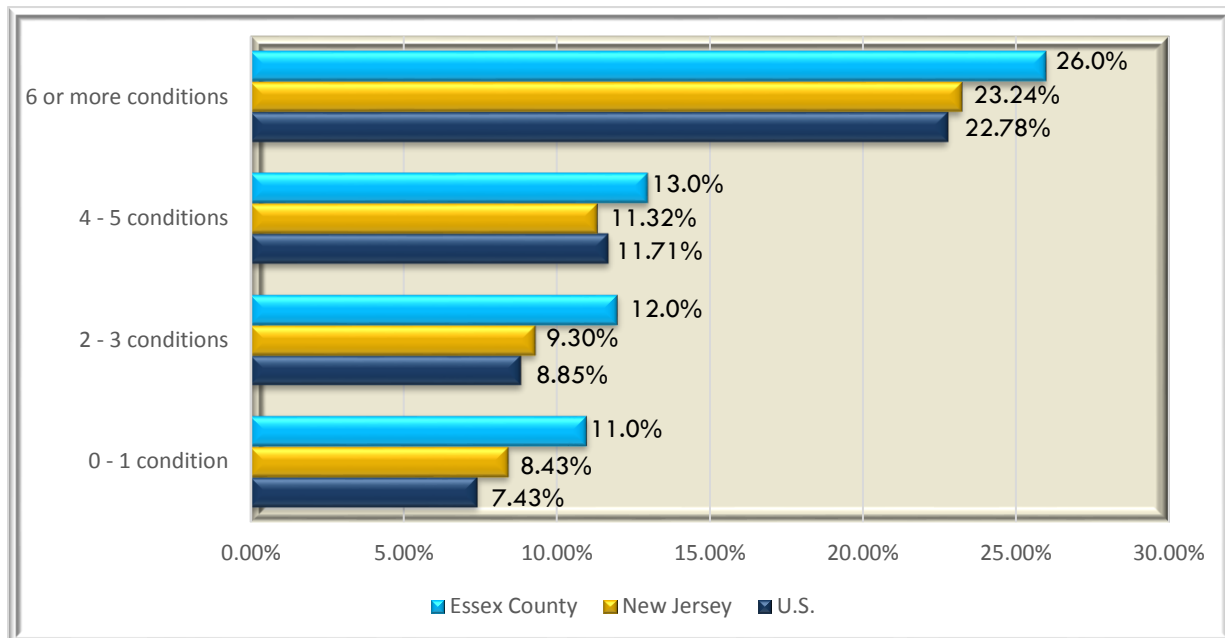### Hospital Readmissions for Chronic Conditions for Medicare Beneficiaries

Figure M1. Hospital Readmissions for Chronic Conditions for Medicare Beneficiaries 2015

Table M2. Hospital Readmissions for Chronic Conditions for Medicare Beneficiaries (2015)

	U.S.	New Jersey	Essex County
0 – 1 Chronic Conditions	7.43%	8.43%	11.0%
2 – 3 Chronic Conditions	8.85%	9.30%	12.0%
4 – 5 Chronic Conditions	11.71%	11.32%	13.0%
6 or More Chronic Conditions	22.78%	23.24%	26.0%

Source: Centers for Medicare & Medicaid Services

Table M3. Emergency Department Visits for Chronic Conditions per 1,000 Beneficiaries (2015)

	U.S.	New Jersey	Essex County
0 – 1 Chronic Conditions	189	155	169
2 – 3 Chronic Conditions	439	346	385
4 – 5 Chronic Conditions	780	612	651
6 or More Chronic Conditions	1,989	1,743	1,869

Source: Centers for Medicare & Medicaid Services

Table M4. Standardized Per Capital Spending among Medicare Beneficiaries (2015)

	U.S.	New Jersey	Essex County
0 – 1 Chronic Conditions	$1,843	$1,789	$1,700
2 – 3 Chronic Conditions	$5,578	$5,152	$5,289
4 – 5 Chronic Conditions	$10,962	$9,812	$10,127
6 or More Chronic Conditions	$30,121	$29,833	$32,844

Source: Centers for Medicare & Medicaid Services

N. County Health Rankings

Table N1. Health Outcome Rankings (2018)[a]

	National Benchmark[b]	New Jersey	Essex County
Health Outcomes Rank			**18**
Length of Life			**16**
Premature death (Years of potential life lost before age 75 per age-adjusted 100,000)	5,300	5,460	7,103
Quality of Life Rank			**20**
Poor or fair health	12.0%	17.0%	21.0%
Poor physical health in past 30 days (Average number of days)	3.0	3.5	3.9
Poor mental health in past 30 days (Average number of days)	3.1	3.4	3.6
Low birth weight	6.0%	8.0%	10.0%

Source: County Health Rankings
[a] Rank is based on all 21 counties within New Jersey. A ranking of "1" is considered to be the healthiest
[b] National Benchmark represents the 90th percentile, i.e., only 10% are better

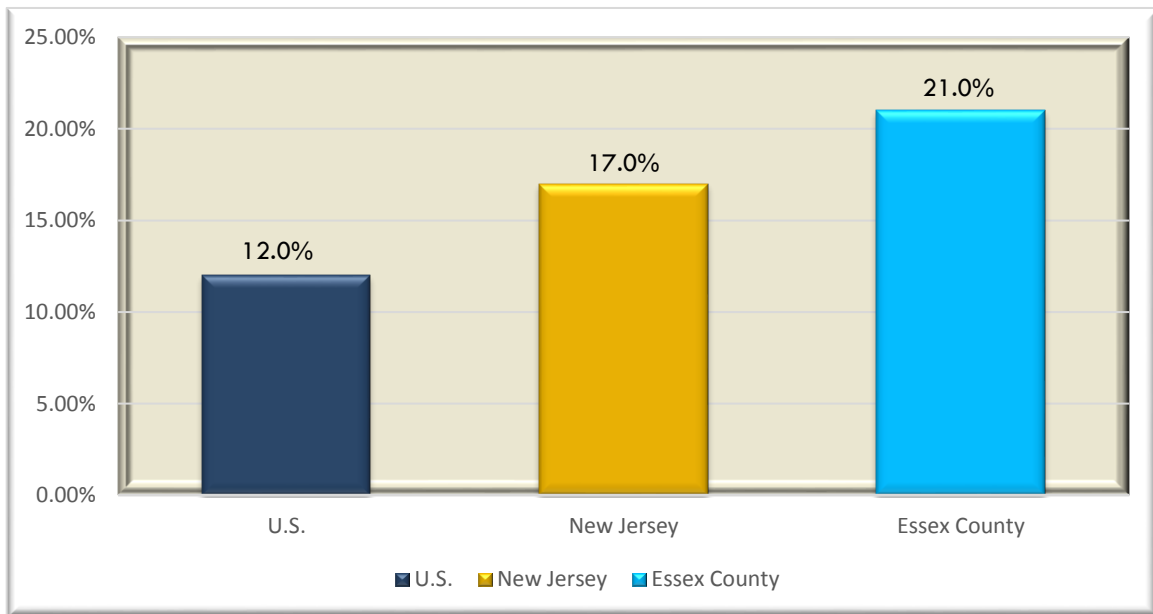**Adult Population with Poor or Fair Health**

Figure N1. Percent of adult population with poor or fair health, 2018

Table N2. Health Factors and Behaviors Rankings (2018)[a]

	National Benchmark[b]	New Jersey	Essex County
Health Factors Rank			**17**
Health Behaviors Rank			**14**
Adult smoking	14.0%	14.0%	15.0%
Adult obesity (BMI ≥ 30)	26.0%	26.0%	29.0%
Food environment index	8.6	9.2	7.5
Physical inactivity (adults aged 20 years+)	20.0%	23.0%	25.0%
Access to exercise opportunities	91.0%	95.0%	100.0%
Excessive drinking	13.0%	17.0%	15.0%
Alcohol-impaired driving deaths	13.0%	23.0%	16.0%
New chlamydia cases per 100,000	145.1	351	698
Teen birth rate per 1,000 (Aged 15–19)	15	15	24

Source: County Health Rankings
[a] Rank is based on all 21 counties within New Jersey. A ranking of "1" is considered to be the healthiest
[b] National Benchmark represents the 90th percentile, i.e., only 10% are better

Table N3. Clinical Care Rankings (2018)[a]

	National Benchmark[b]	New Jersey	Essex County
Clinical Care Rank			**17**
Uninsured (Population<65 years)	6.0%	10.0%	14.0%
Primary care physician density	1,030:1	1184:1	1217:1
Dentist density	1,280:1	1187:1	1084:1
Mental health provider density	470:1	534:1	545:1
Preventable hospital stays per 1,000 Medicare enrollees	35	50	46
Diabetic monitoring among Medicare enrollees age 65 - 75	91.0%	85.0%	82.0%
Mammography screening among female Medicare enrollees age 67 - 69	71.0%	61.5%	58.9%

Source: County Health Rankings
[a] Rank is based on all 21 counties within New Jersey. A ranking of "1" is considered to be the healthiest
[b] National Benchmark represents the 90th percentile, i.e., only 10% are better

Table N4. Social and Economic Factors Rankings (2018)[a]

	National Benchmark[b]	New Jersey	Essex County
Social & Economic Factors Rank			**20**
High school graduation	95.0%	90.0%	83.0%
Some college	72.0%	67.6%	58.7%
Unemployment	3.2%	5.0%	6.0%
Children in poverty	12.0%	15.0%	21.0%
Income inequality (Ratio of household income at the 80th percentile to income at the 20th percentile)	3.7	5.2	6.6
Children in single-parent households	20.0%	23.0%	44.0%
Social associations per 10,000	22.1	8.3	8.2
Violent crime rate per 100,000	62	280	681
Injury deaths per 100,000	55	50	57

Source: County Health Rankings
Note: N/A = Rate was not reported
[a] Rank is based on all 21 counties within New Jersey. A ranking of "1" is considered to be the healthiest
[b] National Benchmark represents the 90th percentile, i.e., only 10% are better

Table N5. Physical Environment Rankings (2018)[a]

	National Benchmark[b]	New Jersey	Essex County
Physical Environment Rank			**19**
Air pollution – particulate matter	6.7	9.8	10.0
Drinking water violations (presence of violation)	N/A	N/A	Yes
Severe housing problems	9.0%	23.0%	30.0%
Driving alone to work	72.0%	72.0%	62.0%
Long commute – driving alone	15.0%	42.0%	44.0%

Source: County Health Rankings
Note: N/A = Rate was not reported
[a] Rank is based on all 21 counties within New Jersey. A ranking of "1" is considered to be the healthiest
[b] National Benchmark represents the 90th percentile, i.e., only 10% are better

V. Conclusions

The following conclusions are drawn from comparisons of the service areas to New Jersey and U.S. secondary data. They are categorized as Areas of Strength, Areas of Opportunity, or Areas of Difference. Areas of Strength highlight factors in which one or more of the service areas have a more favorable outcome than New Jersey and the U.S. In contrast, Areas of Opportunity highlight factors in which one or more of the service areas can improve upon in comparison to the state and the nation. Where the service areas differ notably from the state and national data, but cannot be considered to be strengths or opportunities, are considered Areas of Difference. For example, if one of the service areas has a notably larger male population versus female population, this is neither a strength nor an opportunity, but it is an Area of Difference.

AREAS OF STRENGTH

❖ **Household Statistics**
- The percentage of grandparents responsible for their grandchildren is lower in the primary service area (19.4%), when compared to the state (25.2%), and the nation (36.5%).
- The percentage of vacant housing units in the primary service area (4.8%) is lower, when compared to New Jersey (10.9%), and the nation (12.2%).

❖ **Income Statistics**
- The percentage of households with an income of $200,000 or more is greater in the primary service area (73.8%) than the state (10.8%), and the nation (5.7%).
- The percentage of families living in poverty is less in the primary service area (4.3%), than in New Jersey (7.9%), and the nation (11.3%).
- There are less individuals living in poverty in the primary service area (5.9%), when compared to New Jersey (8.1%), and the nation (12.2%).

❖ **Education Statistics**
- The percentage of individuals that have a Bachelor's degree or higher is greater for the primary service area (57.8%), than the state (37.5%), and the nation (30.3%).
- The percentage of individuals that have a graduate or professional degree is higher in the primary service area (21.2%), than in the state (14.4%), and the nation (11.5%).

❖ **Health Statistics**
- The percentage of individuals with health insurance coverage is higher in the primary service area (93.5%), when compared to the state (89.3%), and the nation (88.3.0%).

❖ **County Health Rankings**
- One-hundred percent of individuals in Essex County have access to exercise opportunities, which is high, when compared to the state (95.0%), and the National Benchmark (91.0%).

AREAS OF OPPORTUNITY

❖ **Housing Statistics**
  • The percentage of households spending 35% or more of their income on mortgage/owner costs in the primary service area (38.1%), is higher than the state (30.7%), and the nation (23.3%).
  • The percentage of households spending 35% of more of their income on rent for the primary service area is 36.4%. That percent is less than the state (44.1%), and the nation (42.0%); however, that percent shows that a large portion of the individuals renting are living in burden, due to their housing costs.

❖ **Employment Statistics**
  • The percentage of individuals that are unemployed is now greater in the primary service area (6.0%), when compared to the state (5.2%), and the nation (4.7%).

❖ **Health Statistics**
  • The percentage of county-wide low birth weights (9.7%) is higher than the state (8.1%) and the nation (8.1%).
  • The gonorrhea incidence rate in Essex County (249.5) is significantly greater than the state (105.0) and the nation (145.8).
  • The incidence rate of chlamydia cases in Essex County (753.7) is nearly double the rate of the state (392.0) and higher than the nation (528.8).
  • The rate of hospitalizations due to asthma is higher in Essex County (12.3) than the state (7.3).

❖ **Chronic Conditions Statistics**
  • The prevalence of chronic conditions among Medicare beneficiaries is higher for Alzheimer's, Diseases, Asthma, Chronic Kidney Disease, Diabetes, Heart Failure, Ischemic Heart Disease, Osteoporosis, and Stroke, when compared to New Jersey and the nation.
  • Hospital readmissions for chronic conditions for Medicare beneficiaries is higher in the primary service area for 6 or more chronic conditions (26.0%), when compared to the state (23.24%), and the nation (22.78%).
  • The standardized per capita spending among Medicare beneficiaries, for six or more chronic conditions, is higher in the primary service area ($32,844), than in New Jersey ($29,833), and the nation ($30,121).

❖ **County Health Rankings**
  • Premature death (in years) is greatest in Essex County (7,103), when compared to the state (5,460), and the National Benchmark (5,300).
  • The rate of new chlamydia cases per 100,000 population is highest in Essex County (698), when compared to the state (351) and the National Benchmark (145.1).
  • The teen birth rate in Essex County (24) is much higher than the state (15) and National Benchmark (15).
  • The uninsured population (65 years and younger) is greatest in Essex County (14.0%),

when   compared with New Jersey (10.0%), and the National Benchmark (6.0%).
- The violent crime rate in Essex County (681) is nearly 2.5 times the rate of the state (280) and astronomically higher than the National Benchmark (62).
- The physical environment rank for Essex County is ranked 19 out of 21 counties in the state of New Jersey. *Essex County was previously ranked 4th in 2015.*

AREAS OF DIFFERENCE

❖ **Population Statistics**
- For the overall population, there has been an increase between 2010 and the 2012 - 2016 estimates in both the nation (4.80%), and New Jersey (2.22%). However, the primary service area experienced the largest population increase (5.90%).
- The percentage of residents that speak only English in the primary service area (76.1%) is less than the percent in the nation (78.9%), but greater than New Jersey (69.3%).

❖ **Income Statistics**
- The mean household income is higher in the primary service area ($136,866) than in New Jersey ($101,634), and the nation ($77,866).

❖ **Employment Statistics**
- The percentage of workers who drive alone to work is higher in the primary service area (68.7%), but is less than the state (71.7%), and the nation (76.4%).
- The percentage of workers who use public transportation to get to work is higher in the primary service area (16.8%), when compared to New Jersey (11.2%), and the nation (5.1%).

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