

Houghton County



2021 Upper Peninsula Community Health Needs Assessment (CHNA) County Dashboards¹

More information at
www.wupdhd.org/upchna2

Fast Facts

Indicator	Houghton County	Michigan
Percentage Population Change Year 2000 to 2020 ³	-2.5% (36,016 to 35,126)	+0.47%
Percentage Residents Age 26+ With Bachelor's Degree/Higher (2019) ³	33.2%	28.6%
Percentage All Residents Living Under Poverty Line (2019) ³	14.7%	13.0%
Percentage of Children Under 18 Living in Poverty (2019) ³	14.8%	17.5%
Birth Rate per 1,000 population ⁴	9.05	8.36*
Percent Change in Birth Rates from 2009 to 2019	-17.91%	-14.41%*
Raw Mortality rate per 100,00 (2018) ⁴	997.4	990.3
Age-Adjusted Mortality Rate per 100,000 (2018) ⁴	752.1	783.1

Adult Health Survey Results⁵

In the table below are weighted estimates for selected health indicators, from randomly sampled residents of Houghton and Keweenaw counties (definitions at wupdhd.org/upchna):

Health Indicator	Local	State
General Health Status Only Fair or Poor	16.1%	15.5%
Unable to Access Healthcare Due to Cost	9.6%	7.9%
No Routine Checkup in Past 12 Months	26.2%	23.4%
No Dental Care Past 12 Months	26.9%	28.2%
Obese (Body Mass Index 30.0 or Greater)	26.0%	35.2%
Current Cigarette Smoker	18.3%	18.4%
Former Smoker	26.6%	27.1%
5+ Daily Servings of Fruits and Vegetables	8.1%	NA
Ever Diagnosed With Diabetes	16.4%	12.3%
Ever Diagnosed With Heart Disease	6.4%	5.0%
Ever Diagnosed With Cancer	15.0%	12.4%
Ever Diagnosed With Depressive Disorder	33.5%	19.5%
Took Medication for Mood Past 12 Months	34.7%	NA
Heavy Alcohol Drinker	17.7%	6.8%
Binge Alcohol Drinker	14.5%	17.4%
Used Marijuana Past 30 days	12.2%	NA
Ever Used Prescription Drugs to Get High	7.5%	NA
Had Flu Shot in Past 12 Months, Age 65+	79.3%	71.5%
Colorectal Cancer Screening ⁶ , Age 50+	75.8%	75.6%

Health Disparities at a Glance⁵

Health status, access and behaviors vary by income, education, and other social determinants. The table shows differences among all U.P. residents, by household income group, for selected health indicators.

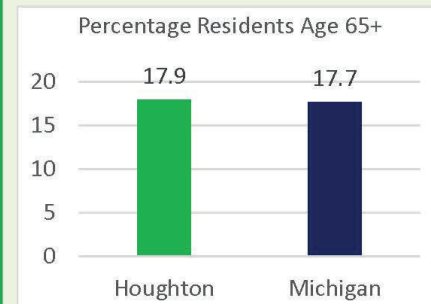
Health Indicator By Household Income	Less Than \$25,000	\$50,000+
Health Fair or Poor	29.4%	7.6%
Uninsured (18-64)	3.9%	1.3%
Unable to Access Care Due to Cost	13.0%	3.9%
No Dental in Past Year	41.5%	20.9%
Current Smoker	17.8%	13.5%
No Physical Activity	18.1%	11.1%
Diabetes Diagnosis	16.9%	8.2%
Heart Disease	10.3%	6.3%
Chronic Lung Disease	13.3%	4.8%
Current Asthma	12.2%	9.8%
Limited By Arthritis	38.2%	24.3%
Depressive Disorder	32.4%	23.9%
Marijuana Past Month	24.7%	15.4%
Prescription Abuse	10.1%	2.8%
Drove After Drinking	2.2%	7.1%

Community Issues and Priorities⁷

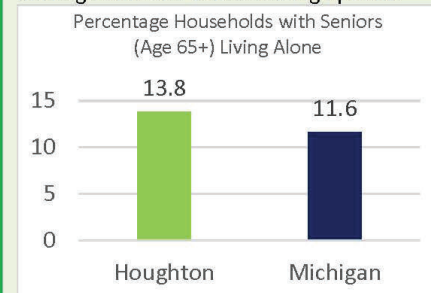
The table below lists the community health issues most frequently rated as “very important” by survey respondents from Houghton and Keweenaw counties. Respondents chose from a list of 16 possible issues presented for ranking in the 2021 Regional Adult Health Survey.

Community Health Issue	Very Important
Health Insurance is expensive or has high costs for co-pays and deductibles	65.9%
Shortage of mental health programs and services, or lack of affordable mental health care	64.9%
Lack of health insurance	57.1%
Drug abuse	53.8%
Lack of affordable healthy foods, including year-round fresh fruits and vegetables	48.2%
Unemployment, wages and economic conditions	47.8%
Shortage of substance abuse treatment programs and services, or lack of affordable care	46.5%
Alcohol abuse	44.9%
Shortage of dentists, or lack of affordable dental care	44.7%
Lack of affordable facilities or programs for year-round physical activity or recreation	42.2%

Senior Spotlight³



Houghton County has a similar proportion of seniors than the state and nation because of their college students. Health needs of older residents include chronic disease management, dementia care, and quality nursing home and assisted living options.



More than 1-in-7 households in the county is occupied by a senior living alone. How will communities plan to meet their medical, social, housing, and transportation needs?

Data Sources/Footnotes

- (1) Data in this County Dashboard come from the 2021 Upper Peninsula Community Health Needs Assessment (CHNA), led by the region’s 6 local health departments in collaboration with multiple partners, including hospitals, clinics, behavioral health agencies, and other funders.
- (2) The full CHNA can be viewed and downloaded at the Western U.P. Health Department web site, at www.wuphd.org/upchna.
- (3) U.S. Census and American Community Survey counts and estimates.
- (4) Vital statistics collected by the Michigan Department of Health and Human Services.
- (5) 23,800 randomly sampled U.P. household addresses received 12-page health surveys in August 2021, 1,700 per county with Houghton and Keweenaw counties combined as one group. More than 3,500 surveys were completed, between 203 and 370 per county. Results were weighted and reported by county, age, gender, income and education. Full results are in the CHNA at www.wuphd.org/upchna.
- (6) Among adults age 50 and older, the proportion who reported having a blood stool test within the past 2 years, a sigmoidoscopy within 5 years, or a colonoscopy within 10 years.
- (7) In the same health survey discussed in footnote (5) above, respondents ranked 16 community health issues on a 4-point scale: “not an issue”, “fairly unimportant”, “fairly important” and “very important”. The percentages of county residents choosing “very important” are shown in the table above left on this page.