

Healthy & Safety measures cut across a number of characteristics of our community's well-being. A region's vitality is closely tied to how healthy and how safe its residents are. These indicators go beyond access to health care, and reach into the more inner-workings of our society – including individual and at-risk behaviors, the quality of our environment and crime. To counter the negative trends, healthy communities throughout the country are taking a broader view of health, one that goes beyond medical care and looks at everything that affects quality of life.



“The YorkCounts report has sounded an alarm on the clear disparities in health status between city and county residents. We should recognize that building and sustaining a healthy community means much more than medical care. Quality of life indicators such as affordable housing, access to child care, and a decent wage can be much more powerful measures of good health – so we must work to focus on and strengthen our commitment to these areas in the long-term.”

Carole Register
Vice President, Community Relations
WellSpan Health

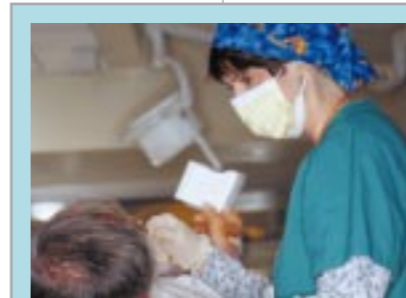
ACCESS TO HEALTH CARE

Many people take the ability to see a doctor or seek emergency medical care for granted. But the fact is, an ever-increasing number of men, women and children are unable to receive the health care they need – endangering their long-term health and ultimately, their lives.

Health Insurance

Medical expenses often come unexpectedly, even for those who have had good health in the past. An initial barrier to health care access is being able to pay for it. The lack of health care insurance leads to lack of care – and this in turn can impact the well-being of a community and the quality of life of its residents.

A survey of York County residents found that 9.3 percent do not have health insurance coverage. This is an increase from the 8.8 percent in 1997 and 5.9 percent in 1994. This upward trend in lack of coverage could be a threat to the health of significant portions of our population (H.1).



“Over 44 million Americans face the risk of reduced access to health care, causing increased sickness, unnecessary hospitalization and a higher risk of death.”

American College of Physicians-American Society of Internal Medicine

Prenatal Care

Prenatal care during the first trimester helps assure the health of both mother and child, and reduces complications during pregnancy and delivery.

The percentage of women receiving prenatal care in the county and city increased slightly from 1994 to 1997. However, the 1997 percentage in York City was lower than in the county by

13.9 percent. The percentage of City residents receiving care was also lower than the entire state of Pennsylvania (H.2).

Babies With Low Birth Weight

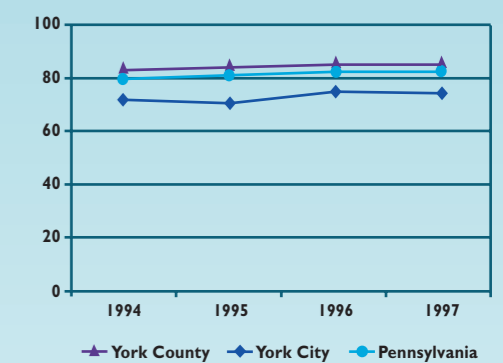
Children with low birth weights require expensive medical care and are more likely to experience long-term complications and developmental problems.

The percentage of low birth weight babies in the county has been relatively steady from 1994 to 1997. In 1997, 6.7 percent were low birth weight. While slightly lower than the state, we parallel the state in being unchanged from 1994 to 1997.

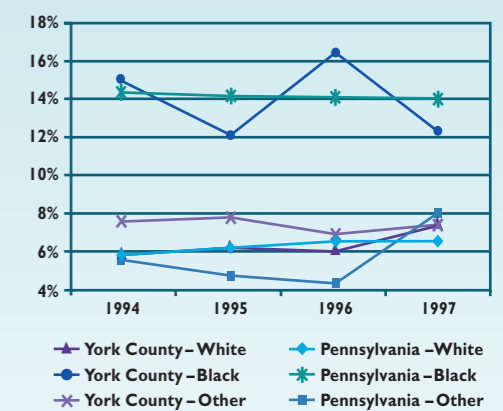
H. 1 RESIDENTS WITHOUT HEALTH INSURANCE

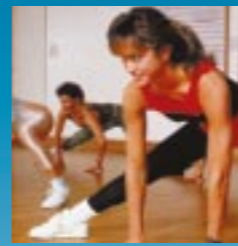
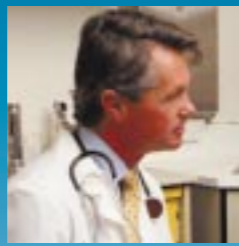
1994	5.9%
1997	8.8%
2000	9.3%

H. 2 PERCENTAGE OF PREGNANT WOMEN RECEIVING PRENATAL CARE IN THE FIRST TRIMESTER

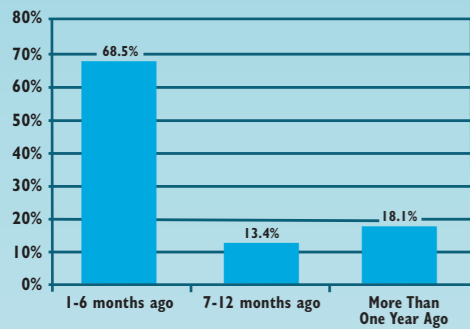


H. 3 LOW BIRTH WEIGHT BABIES BY RACE OF MOTHER





TIME SINCE LAST VISIT TO A DENTIST



H. 4

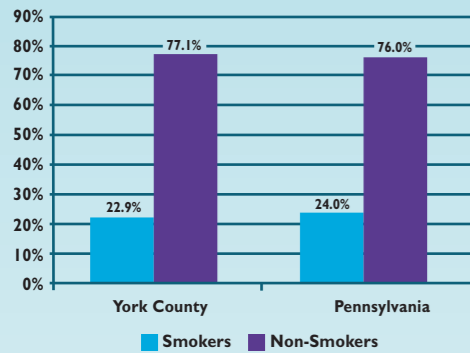
A total of 10.7 percent of the babies born in York City in 1997 had low birth weights. This is an increase from 1994 and 1995, but a decrease from 1996. In 1997, black mothers were more likely to have low birth weight babies than whites or other groups (H. 3).

Dentist Visits

Regular visits to a dentist are essential for adults and children to receive either preventive or restorative care for their teeth and gums. People without insurance or with Medical Assistance are less likely to get private dental care.

In York County last year, 68.5 percent of the residents visited a dentist one to six months ago. Almost a fifth (18.1%) have not visited a dentist for over a year or longer (H. 4).

TOBACCO USERS



H. 5

The average teenage smoker begins to smoke at 14 years old and becomes a daily smoker before age 18. And those children soon regret this loss of freedom. A Gallup Poll in 1992 found that 70 percent of smokers between the ages of 12 and 17 regret beginning to smoke and 66 percent want to quit.

Of the almost 3,000 young people who become regular smokers each day, nearly 1,000 of them will have their lives shortened from tobacco-related diseases.

U.S. Department of Health and Human Services

Tobacco Usage

Smoking is the single most preventable cause of death. It is linked to premature death due to heart disease, cancer, and respiratory illnesses. Smoking actually results in more deaths each year than AIDS, alcohol, cocaine, heroin, homicide, suicide, motor vehicle crashes and fire combined.

In 2000, 22.9 percent of the county's population used tobacco, an increase from 1997. This is slightly lower than the 24 percent of the Pennsylvania population who are smokers (H. 5).

Sexually Transmitted Disease

The rate of STDs per 100,000 population provides a measure of the at-risk sexual behavior occurring in the county.

For four of the last five years, York County has had rates below the state. However,

from 1997 to 1998 there was a notable increase in the STD rate, mostly due to an increase in the number of chlamydia cases going from 780 to 939 (H. 6).

A Heavy Issue

Obesity contributes to serious health risks, such as heart disease and stroke. When a large percentage of the community is overweight, it sets a standard for lack of physical fitness, poor nutrition, and sedentary lifestyles.

In York County, 60.1 percent of our residents are overweight, compared to 56 percent of Pennsylvania population. The Year 2000 Health Assessment Survey for York and Adams Counties reports that the percentage of the population that is overweight has continued to grow since 1994 (H. 7).

Lack of Exercise

There is a strong correlation between being overweight and lack of exercise. Research even shows an increasing number of the nation's children becoming both overweight and out of shape. Regular physical activity, even if only

moderate, is associated with lower death rates for adults of any age.

In York County, only 15 percent of the population engages in "moderate" physical activity, defined as 30 minutes or more at least three times a week. In the state of Pennsylvania, 19 percent of the state's residents are this active (H. 8).

Heart Disease

The leading cause of death in York County is heart disease. The measure used for this indicator of physical health is the average annual age-adjusted death rate as reported by the PA Department of Health.

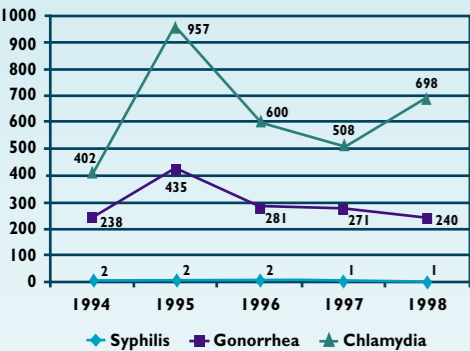
Comparing the rates, there has been a steady decline in the death rate for heart disease (H. 9).

Access to Firearms

Firearms in the home, especially when unlocked, can expose children to significant danger. Nearly half of York County homes (45.8%) have a firearm present. This is compared to 34 percent of the homes in Pennsylvania having a firearm (H. 10).

CASES OF SEXUALLY TRANSMITTED DISEASES 1994-1998

H. 6

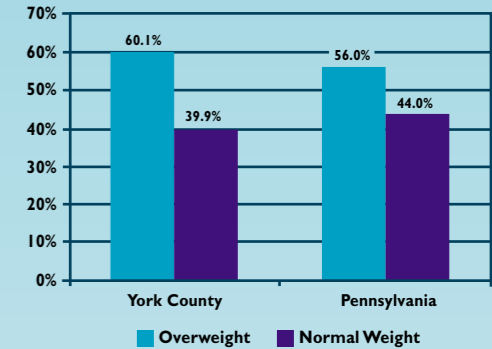


AT-RISK BEHAVIOR

Engaging in behavior that puts one's health at risk, can have an impact on the physical quality of life, productivity, and health care costs in a community. In fact, behavior contributes more to a person's physical health than any other single factor. At-risk activities ring especially true for adolescents and teens. Once they form patterns of behavior like smoking, poor diet and lack of exercise, the habits are more likely to carry over into adulthood.

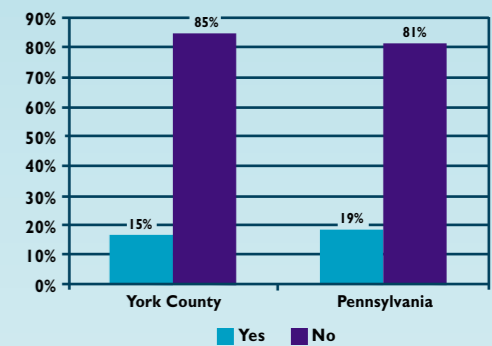
H. 7

OVERWEIGHT PERSONS



H. 8

RESIDENTS WHO ENGAGE IN MODERATE PHYSICAL ACTIVITY



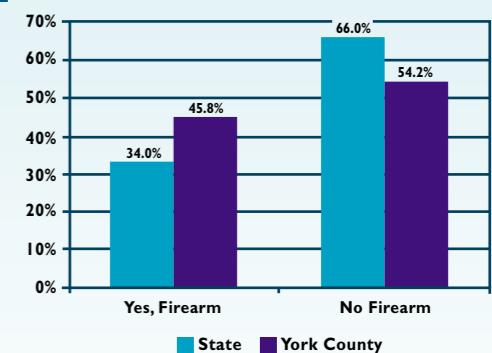
H. 9

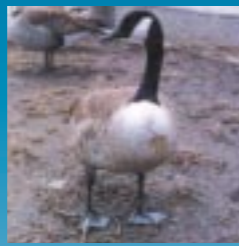
DEATH RATE FROM HEART DISEASE

1994-1996	130.0
1995-1997	123.7
1996-1998	117.0

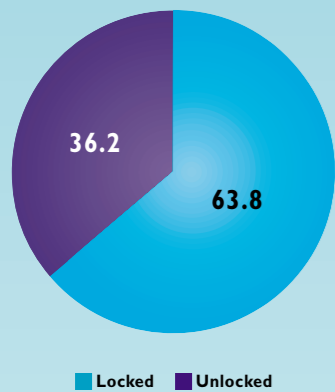
H. 10

PERSONS WHO HAVE A FIREARM AT HOME





RESIDENTS WITH FIREARMS AT HOME IN LOCKED LOCATIONS



H. 11

Firearms In Locked Locations

Over a third of the residents (36.2%) with firearms at home do not have them in locked locations. Half of the children in the county live in homes with guns. Over a fourth (28%) of these families do not keep their guns in a locked location (H. 11).

Suicides

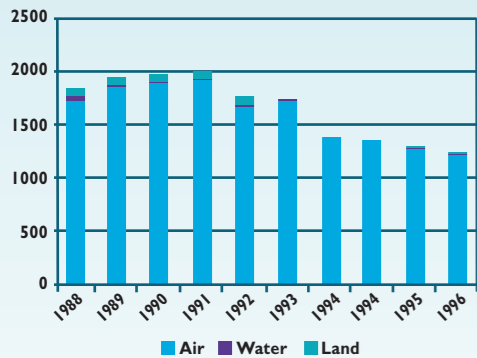
Suicide is an indicator of the emotional health and well-being of an individual. Over the past six years, the number of suicides in York County peaked in 1996 at 54. They dropped to a six-year low in 1999 with 33 (H. 12).

NUMBER OF SUICIDES

Year	Number of Suicides
1994	39
1995	43
1996	54
1997	39
1998	34
1999	33

H. 12

REPORTED TONS OF TOXIC CHEMICALS RELEASED INTO YORK COUNTY

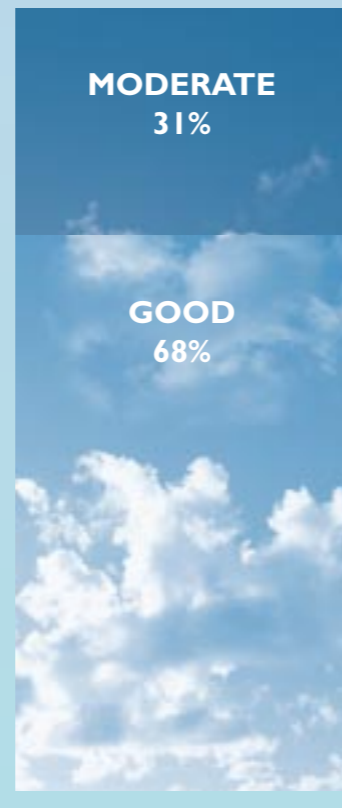


H. 13

ENVIRONMENT

A clean and healthy environment is essential to a high quality of life in any community, in any part of the world. The amenities that are driving the New Economy have positioned the environment as an essential component in both attracting and retaining a young, talented workforce. York County is fortunate in that it is viewed as a healthy place to live.

AIR QUALITY (1998)



The Air We Breathe

Pennsylvania has a program that monitors the air quality in areas of high population density, high levels of contaminants or both. A Pollution Standards Index developed by the U.S. EPA judges the quality of the air. The index includes levels of carbon monoxide, sulfur dioxide, particulate matter, ozone and nitrogen dioxide.

In 1998, the county had good air quality 68 percent of the time. On the other days, the air quality was measured as being moderate. There were no days when the air quality was defined as unhealthy.

Toxic Chemicals

A significant contributor to an unhealthy environment is the release of toxic chemicals into the air, water or land.

When all forms of toxic releases are combined, there has been a steady decline of toxic material released into York County since 1991. The number of pounds of toxic chemicals released per capita dropped from 1991 to 1997. The pounds released per person in York County have been higher than the state since 1989. However, the gap has been closing since 1995 (H. 13).

Municipal Waste

Population growth places pressure on the environment in a number of ways, including municipal waste. After hitting a low point in 1997, tons of municipal waste generated reached an all-time high in 1998. While 1999 was lower than 1998, the amount of waste still exceeded levels for all years going back to 1993 (H. 14).

Recycling Levels

From 1995 to 1998, York County recycled a greater percentage of its waste than Pennsylvania. However, the percentage of municipal waste recycled has declined slightly from 1995 to 1998. Given the fluctuations from year to year, it is uncertain if this decrease is indicative of a trend (H. 15).

PUBLIC SAFETY

It is hard to imagine a single, larger violator of a community's sense of well-being than crime. The prevalence of crime can dictate the mood of a society and cast a long-term shadow over its peace of mind. Even if we are not direct victims, if we are fearful for our personal safety or the security of our property, we are part of a downward spiral of consequences that can often lead to more crime and an unstable community.

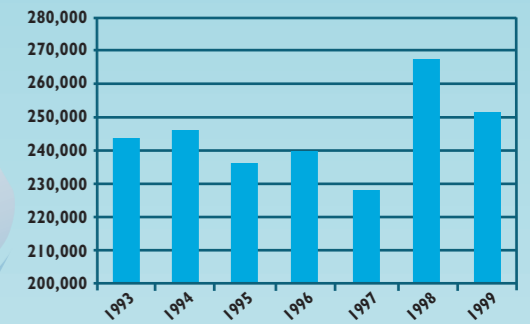
Non-violent Crime

Non-violent crime includes things like burglary and auto theft, and is seen as a measure of a community's perception of



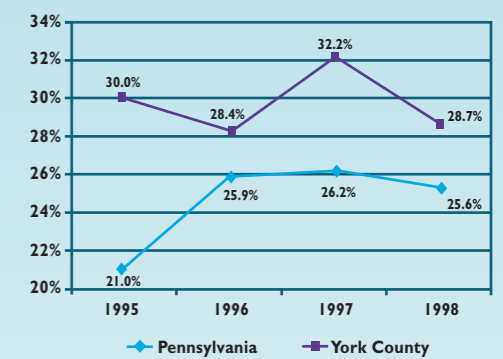
H. 14

TONS OF MUNICIPAL WASTE GENERATED ANNUAL TOTALS 1993-1999



H. 15

PERCENTAGE OF MUNICIPAL WASTE RECYCLED



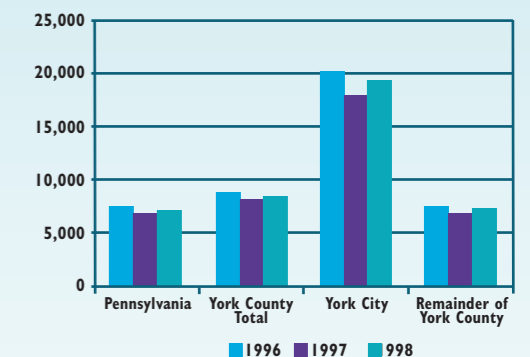
having access to desired goals and services through legitimate means. When legitimate access to a desired goal is considered limited or not available, crime becomes an illegal avenue to gain material items that are wanted.

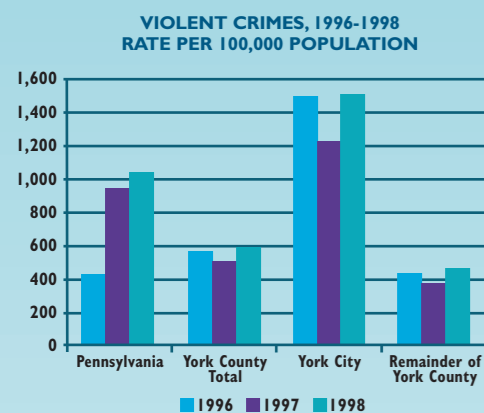
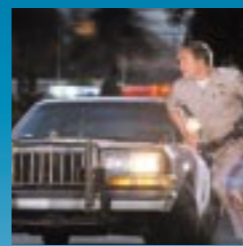
The county's non-violent crime rate is consistently greater than the rate for Pennsylvania. The city's rate far exceeds the rate for the remainder of York County. For all areas, rates decreased in 1997 and increased in 1998.

For the period from 1996 to 1998, the non-violent crime rate in the city decreased by 3.8 percent. The remainder of the county experienced a 1.7 percent decrease (H. 16). The 1999 Annual Report for the York City Police Department reveals incidents of non-violent crime in York City decreased by 11.2 percent from 1998 to 1999.

H. 16

NON-VIOLENT CRIME, 1996-1998 RATE PER 100,000 POPULATION



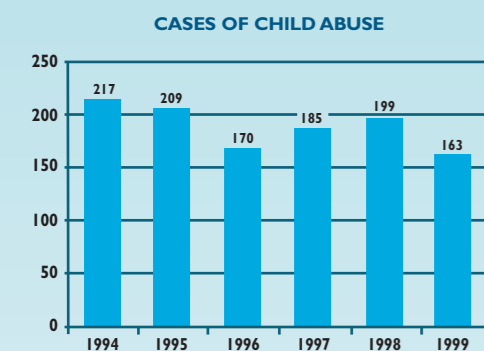


H. 17

Violent Crime

One-on-one violent crime often provokes the most fear within a community. The trends in violent crime rates in the county are similar to non-violent crime. There was a decline from 1996 to 1997 and an increase from 1997 to 1998. Unlike non-violent crime, the violent crime rate for both the city (+1.5%) and the rest of the county (+5.9%) increased from 1996 to 1998.

Similar to non-violent crime, the city's rates for all three years exceeded those for Pennsylvania. Violent crime in York City decreased from 1998 to 1999. The 23.3 percent decrease was even larger than the drop in non-violent crime (H. 17).



H. 19

Protection From Abuse

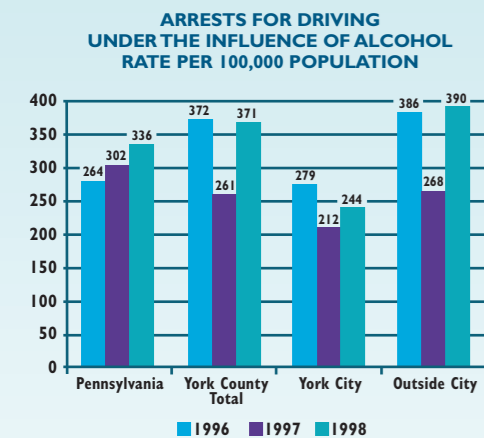
Cases of domestic violence are constantly reported in our media, too often describing a tragic ending to an on-going situation. Recognizing the disruptive impact domestic violence has on families and community, it is used as an indicator of public safety.

The number of protection from abuse orders increased from 1995 to 1998, and dropped to 975 in 1999 (H. 18).

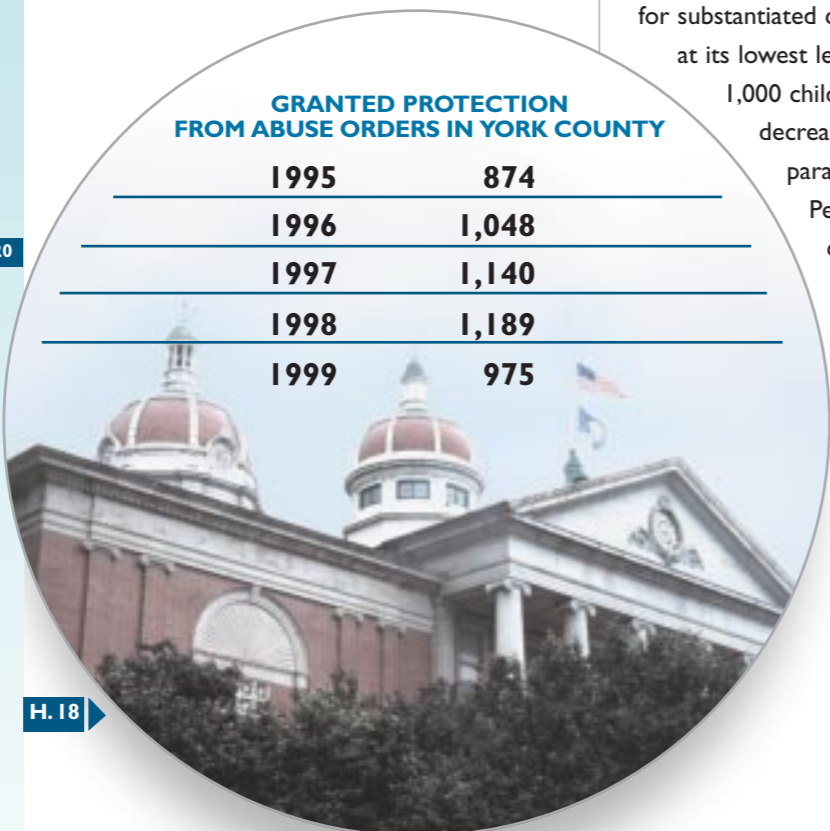
Child Abuse

When children are abused, they become victims in both the short and long term – and quite often become abusive parents themselves.

During the years 1995 to 1999, the rate for substantiated cases of child abuse was at its lowest level in 1999 at 1.6 per 1,000 children. The county's decrease in child abuse rate parallels the decrease in Pennsylvania. In 1999, the county and state rates were identical (H. 19).



H. 20



H. 18

Driving Under the Influence

Driving under the influence of alcohol is significantly related to traffic fatalities. Nearly 40 percent of traffic fatalities nationwide in 1997 were alcohol related.

Over a three-year period, from 1996 to 1998, arrests for driving under the influence of alcohol failed to show a clear pattern. From 1996 to 1998, arrest rates in the City decreased by 12.9 percent. The rest of the county had a small increase of 1.1 percent. The rate within the entire county was unchanged from 1996 to 1998 (H. 20).

HEALTH CARE...

- There is a noticeable difference in the percentage of persons accessing health care in the city and the county. Pregnant women in the city are less likely to receive prenatal care in their first trimester and more likely to have low birth-weight babies.
- Over nine percent of York County residents do not have health insurance coverage. This is an increase from the 8.8 percent in 1997 and 5.9 percent in 1994.
- Access to dental care is an issue for the under and uninsured.

BEHAVIOR...

- The York County population continues to engage in behavior that puts their physical health at risk. As reported earlier this year by the Healthy York County Coalition, the population is overweight and does not get enough exercise.

ENVIRONMENT...

- There are positive signs for the county's physical environment. In 1998, York County recycled a greater percentage of its municipal waste (28.7%) than occurred across the state (25.6%). Unfortunately, the percentage recycled has decreased slightly from 1996.

GUN SAFETY...

- Over a fourth of gun-owning households with children do not have the gun in a locked location.

CRIME...

- Counter to the nationwide trend, the violent crime rate in York County has increased from 1996 to 1998, by 5.9 percent. York City's rate increased by 1.5 percent.
- There is a large discrepancy between the non-violent and violent crime rates in the city and the rest of the county. While the city's non-violent crime rate is decreasing faster than the county's and its violent crime rate is increasing less rapidly than the county's, the city's rates still far outdistance the county's.

DUI ARRESTS...

- The arrest rate of persons for driving under the influence of alcohol has been unchanged from 1996 to 1998. In 1998, the county's rate exceeded the rate for the state (335.6).

CHILD ABUSE...

- Rates of substantiated child abuse have steadily declined since 1994. In 1999, the county's rate was the same as the state's.