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Wayne County Morbidity and Mortality

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Wayne County is the most populated county in the state of Michigan in U.S as per the 2016 census, with a population of over 1.5 million citizens. According to its social and economic factors, physical and environmental factors, clinical care, and health behaviors, it is ranked as Michigan's least healthy county. But the population health status, the environment in which it lives in is also a critical factor in an individual's well-being in this county. Most of the unhealthy behaviors and developing diseases in this county are as a result of individuals' low-income levels and low education levels.

Research shows that smoking, low consumption of fresh fruits and vegetables, and little, or lack of physical or regular physical activities as part of the critical primary health risk factors affecting this county. Such self-inflicted risks and self-reported health are stout conjecturers of actual morbidity and mortality. Due to lack of any leisure time activities, such as gardening, calisthenics or running, and low fresh green foods consumption has resulted in an alarming increase rate in obesity and overweight cases. The little physical activity and poor nutrition have directly contributed to the high morbidity in multiple costly chronic diseases among the county residents such as diabetes, stroke and heart conditions.

Noncommunicable chronic conditions, such as diabetes and associated complications, hypertension, angina, asthma, heart failure, and chronic obstructive pulmonary disease (COPD), are highly reported among the county's residents. One of the most severe ACS conditions, asthma, is the third primary reason of hospitalization among children not above the age of 18 years in Wayne County. This has made the county top in the number of pediatric asthma cases in the state of Michigan and mostly affecting the State's needy families. Over 10 percent of Wayne County's residents have reported having been diagnosed with asthma at some point.

Diabetes has been identified as a significant area that needs intervention among the county's priorities in health issues. Wayne County documented it as a leading cause of death among its residents with a record of 25.1 deaths per 100,000 individual back in 2012. In Detroit alone, the most prominent city in the State of Michigan, it was higher accounting for 28.1 deaths the same year. In addition to mortality and the poor quality of life, the State of Michigan has poured millions in dollars of healthcare resources to curb this menace, making it very expensive for Wayne County. To make it worse, diabetes has become a medical concern among children with it being the 11th principal cause of hospitalization among children.

Cardiovascular diseases are the leading cause of mortality and admissions among Wayne County residents. There has been a wide assortment of self-reported incidents of stroke and other various heart-related disorders among the County's residents, but it was most prevalent among urban city residents such as Detroit. Cases of high blood pressure are on the rise among low-income earners, and mostly they develop into a stroke, heart diseases, kidney diseases and congestive heart failures. But due to the County's demographics, fewer residents have reported cases of COPD, chronic bronchitis, as well as cancer.

Mental health issues have also been an issue among Wayne County residents, with over 70,000 psychological health issue hospital visits each year. This represents over a third of all

mentally related hospital visits in the entire State of Michigan. Most of these mental cases have been as a result of some form of depression mostly affecting women and persons living in poor conditions. It gets worse since it's a condition that affects children, especially at the high school level. In Wayne County, poor mental states are high among city and urban area dwellers

The Centre for Disease Control and Prevention describes mortality as a measure of the frequency of death occurrences within a pre-defined population within a specified period. Wayne County has for some time held the second position after St. Clair among Michigan's counties with a rate of over 900 per 1000 residents. The County's mortality rate is lower in the age bracket of children less than 14 years, and then gradually increases to other age brackets because the older one gets, the higher the risk of having a chronic disease. According to the Michigan Department of Community Health, the leading cause of death since 2010 in Wayne County is heart-related diseases.

Infant mortality, demises before one year of age, is globally recognized as a health indicator as well as a socio-economic well-being indicator. In the State of Michigan, Wayne County is ranked as the worst county regarding infant mortality. This has been as a result of babies being born with quite low weight caused by smoking, poor nutrition poverty, violence and other infections. But poor health, employment, education, social perception of women, social isolation, and structural racism are some of the social determinants that affect a woman's ability to give birth to a healthy baby in Wayne County.

It is clear that Wayne County has made several strides of improvement in specific health status from the past 20 or so years, the most notable have been cancer mortality, the decline in pre-term births, air quality improvement, and smoking. However, the connection between health issues and social determinants is well documented and widely accepted, and therefore to improve the state of health for Wayne citizens, these social and economic factors need to be looked into. Health inconsistencies are tenacious; thus, there is need for policy changes in the health sector and the entire community

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