Michigan
State Health Department Website: michigan.gov/mdhhs

Summary
Strengths:
• Low income inequality
• Low prevalence of non-medical drug use
• Low uninsured rate

Challenges:
• High prevalence of 2+ adverse childhood experiences
• High prevalence of multiple chronic conditions
• Low high school graduation rate

Highlights:

HIGH SCHOOL GRADUATION
▲9% between 2011 and 2018 from 74.0% to 80.6% of students

HIGH-SPEED INTERNET
▲11% between 2015 and 2018 from 79.4% to 87.9% of households

ADULTS WHO AVOIDED CARE DUE TO COST
▼29% between 2011 and 2019 from 16.5% to 11.7%

FREQUENT MENTAL DISTRESS
▲36% between 2015 and 2019 from 11.9% to 16.2% of adults

LOW BIRTHWEIGHT RACIAL GAP
▲10% between 2017 and 2018 from 7.3 to 8.0 percentage points

OBESITY
▲16% between 2012 and 2019 from 31.1% to 36.0% of adults

Trends

Economic Hardship Index
The economic hardship index compares financial strain between states. It combines six population-level social and economic measures to provide a more complete picture of the difficulties faced by communities than a single measure could provide.

<table>
<thead>
<tr>
<th>Measure</th>
<th>State Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crowded Housing (units with more than one person/room)</td>
<td>16%</td>
</tr>
<tr>
<td>Dependency (ages 0-17 or ages 65+)</td>
<td>391%</td>
</tr>
<tr>
<td>Education (ages 25+ without a high school diploma)</td>
<td>8.6%</td>
</tr>
<tr>
<td>Per Capita Income</td>
<td>$32,892</td>
</tr>
<tr>
<td>Poverty (households below the poverty level)</td>
<td>12.6%</td>
</tr>
<tr>
<td>Unemployment (ages 16-64)</td>
<td>5.1%</td>
</tr>
</tbody>
</table>

Multiple Chronic Conditions
Chronic conditions are medical conditions that last more than a year, require ongoing medical attention and/or limit activities of daily living. Adults with multiple chronic conditions represent one of the highest-need segments of the population.

<table>
<thead>
<tr>
<th>Measure</th>
<th>State Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>30.9%</td>
</tr>
<tr>
<td>Asthma</td>
<td>11.1%</td>
</tr>
<tr>
<td>Cancer (excluding skin)</td>
<td>8.3%</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>9.4%</td>
</tr>
<tr>
<td>Chronic Kidney Disease</td>
<td>3.4%</td>
</tr>
<tr>
<td>Chronic Obstructive Pulmonary Disease</td>
<td>8.4%</td>
</tr>
<tr>
<td>Depression</td>
<td>21.4%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>11.1%</td>
</tr>
</tbody>
</table>
### Measures

#### SOCIAL & ECONOMIC FACTORS

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>5+</td>
<td>0.965</td>
<td>44</td>
</tr>
</tbody>
</table>

- **Community and Family Safety**
  - Occupational Fatalities (deaths per 100,000 workers)
  - Public Health Funding (dollars per person)
  - Violent Crime (offenses per 100,000 population)

- **Economic Resources**
  - Economic Hardship Index (index from 1-100)
  - Food Insecurity (% of households)
  - Income Inequality (80-20 ratio)

- **Education**
  - High School Graduation (% of students)
  - High School Graduation Racial Gap (percentage point difference)

- **Social Support and Engagement**
  - Adverse Childhood Experiences (% of children ages 0-17)
  - High-speed Internet (% of households)
  - Residential Segregation (index from 0-100)
  - Volunteerism (% of adults)

#### PHYSICAL ENVIRONMENT

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>5+</td>
<td>0.816</td>
<td>41</td>
</tr>
</tbody>
</table>

- **Air and Water Quality**
  - Air Pollution (micrograms of fine particles per cubic meter)
  - Drinking Water Violations (% of community water systems)
  - Non-smoking Regulation (% of population)

- **Climate Change**
  - Climate Change Policies (number of four policies)
  - Transportation Energy Use (trillions of BTUs per 100,000 population)

- **Housing and Transit**
  - Drive Alone to Work (% of workers)
  - Housing With Lead Risk (% of housing stock)
  - Severe Housing Problems (% of occupied housing units)

#### CLINICAL CARE

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>5+</td>
<td>1.443</td>
<td>25</td>
</tr>
</tbody>
</table>

- **Access to Care**
  - Avoided Care Due to Cost (% of adults)
  - Dental Providers (number per 100,000 population)
  - Mental Health Providers (number per 100,000 population)

- **Preventive Clinical Services**
  - Colorectal Cancer Screening (% of adults ages 50-75)
  - Dental Visit (% of adults)
  - Childhood Immunizations (% by age 5 years)

- **Quality of Care**
  - Dedicated Health Care Provider (% of adults)
  - Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)

#### BEHAVIORS

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>5+</td>
<td>1.072</td>
<td>35</td>
</tr>
</tbody>
</table>

- **Sleep Health**
  - Insufficient Sleep (% of adults)

- **Nutrition and Physical Activity**
  - Exercise (% of adults)
  - Fruit and Vegetable Consumption (% of adults)

- **Sexual Health**
  - Chlamydia (cases per 100,000 population)
  - Teen Births (births per 1,000 females ages 15-19)

- **Tobacco Use**
  - E-cigarette Use (% of adults)
  - Smoking (% of adults)

#### HEALTH OUTCOMES

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>5+</td>
<td>0.846</td>
<td>40</td>
</tr>
</tbody>
</table>

- **Behavioral Health**
  - Depression (% of adults)
  - Frequent Mental Distress (% of adults)

- **Mortality**
  - Drug Deaths (deaths per 100,000 population)
  - Premature Death (years lost before age 75 per 100,000 population)

- **Physical Health**
  - Frequent Physical Distress (% of adults)

#### OVERALL

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>-0.186</td>
<td>40</td>
</tr>
</tbody>
</table>

*Measure not included in overall score. For measure definitions, source details and methodology, visit www.AmericasHealthRankings.org

---

**America's Health Rankings & Assessment Platform**

www.AmericasHealthRankings.org

---