K150 FINAL PROJECT

For this assignment you will analyze your home state and county with regard to important topics from this semester. If you consider Bloomington home then use Monroe County, Indiana. If you are an international student please select a city in the United States that you would like to learn more about to ensure you have access to all needed data.

Answers to all questions should contain thorough and thoughtful responses. You must provide details and rationales for your responses to receive full credit. Please see the rubric for examples. Simply answering the essay questions will not result in full credit. In addition, you must answer ALL parts of the questions to receive full credit.

SECTION 1: HOW DOES YOUR HOME COUNTY COMPARE NATIONALLY?

1A. Go to this website:

www.healthdata.org/us-county-profiles

On this page, you’ll be able to enter your home county and state. Once you have done so, click on the “Download Profile” tab just to the right of the county dropdown menu. You’ll be given a summary of how your county compares nationally on key health features. The lower the number in the top chart the better your ranking. There are just over 3100 counties in the USA. Complete the following chart: (.25 each = 5 pts)

<table>
<thead>
<tr>
<th>Variable</th>
<th>% of People</th>
<th>Summary of Trend/Change column</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy Drinking, Female</td>
<td>5.0</td>
<td>+34.4</td>
</tr>
<tr>
<td>Heavy Drinking, Male</td>
<td>9.9</td>
<td>+10.4</td>
</tr>
<tr>
<td>Life Expectancy, Female</td>
<td>80.7</td>
<td>+4.7</td>
</tr>
<tr>
<td>Life Expectancy, Male</td>
<td>75.8</td>
<td>+6.9</td>
</tr>
<tr>
<td>Smoking, Male</td>
<td>26.2</td>
<td>-13.8</td>
</tr>
<tr>
<td>Smoking, Female</td>
<td>20.3</td>
<td>-10.7</td>
</tr>
<tr>
<td>Obesity, Female</td>
<td>42.7</td>
<td>+44.7</td>
</tr>
<tr>
<td>Obesity, Male</td>
<td>35.8</td>
<td>+29.4</td>
</tr>
<tr>
<td>Physical Activity, Female</td>
<td>50.3</td>
<td>+16.4</td>
</tr>
<tr>
<td>Physical Activity, Male</td>
<td>57.7</td>
<td>+2.4</td>
</tr>
</tbody>
</table>

1B. What did you learn about your county and where you rank nationally? Are you surprised by anything? What are the short and long term implications for your county based on these data and trends (i.e. what things are likely to happen in the short and long term due to the data trends)? (4 pts)

On average, my county ranked between 1300-1500 in most of the above categories, but what really stuck out to me was how males completing the recommended Physical Activity in my county were ranked 698. This was my county’s highest ranking, and while it’s decent for a ranking out of 3100 counties, I expected my county to do better. What also shocked me was in the obesity category, females were ranked 2481 while men were ranked 927. This is a very large gap and I’m curious as to why this varies greatly between males and females. Based on the data trends, obesity in females has gone up +44.7% from 2001-2011. If this continues to increase, then in the short term, it can bring
down the female physical activity levels, and eventually decreasing the life expectancy for women in the long run. With more obesity in my county, there will be a higher chance for heart conditions and obesity in following generations, further fueling this cycle.

Section 2: HEALTH DISPARITIES

2A. In the previous section you saw differences between males and females on key measures. Sex is one example of a factor that can be related to health disparities...differences among groups of people on health measures.

Let’s take a closer look at health disparities in your home state. Go to this website:

[http://www.americashealthrankings.org/states](http://www.americashealthrankings.org/states)

Click on your state. You’ll see an overview of your state. On the right is a summary of strengths and challenges. List two of each here: (.5 each = 2 pts)

**Strengths:**

1) In the past five years, smoking decreased 23% from 21.2% to 16.4% of adults

2) In the past five years, the percentage uninsured decreased 44% from 16.0% to 9.0% of the population

**Challenges:**

1) In the past five years, diabetes increased 14% from 9.5% to 10.8% of adults

2) In the past 10 years, drug deaths increased 60% from 9.4 to 15.0 deaths per 100,000 population

2B. Just below the state findings on the left side is a header called “Measures”. Scroll down until you see the “obesity” measure (under the Behaviors section). We’ll use that factor for this discussion on health disparities. If you click on “obesity”, there are 6 sub-factors listed. Explore each of those for obesity. Summarize your findings and your personal thoughts about them below. (4 pts)

Based on the gender factor, the percentage of obese females was 29.5% and obese males was 29.6%. I am surprised that the relationship between obese men and women is almost identical with males being 0.1% higher. I expected for one gender to be greater than the other, but according to this source, both men and women are struggling with the same percentage of obesity. According to the subdivision of Age, 26.5% of people between the age of 18-44 are obese, between the ages of 45-64 is 34.6%, and for those 65 or older the percentage is 28%. Based on this evidence, some factor causes a leap in obesity between the ages of 45-64, but then seems to dip back down around the age of 65 and older. Personally, I believe that around the ages of 45-64 there can be a lot of stress in one’s life as they are preparing to save for retirement. Due to this, there may be more stress eating and lack of exercise as they continue to work harder and longer to create their safety nest for retirement. According to the subdivision of race/ethnicity, the highest percentages of obesity within ethnicities lies with American Indian/Alaskan Natives at 38.1% and Black people at 38.3%. the lowest percentages of obesity between ethnicities lies with Asians at 9.8% with the second least obese ethnicity not being until 26.1% with the category of other races. I believe that Asians tend to have the lowest percentage of obesity due to their traditional meals that usually consist of many fresh vegetables and lean meats like chicken and fish. These lighter meals are much better nutritionally and can provide more sustainable energy for the body throughout the day. This energy may motivate...
According to the subdivision of urbanicity, rural has a percentage of 34.2% obese, suburban is 30.1% obese, and urban is 29.8% obese. Suburban and urban are very close in their percentages, but there is quite the leap in rural. I would think that rural would be less obese as many that live in rural areas tend to work farms and their daily lives revolve around more physical activity than those in suburban and urban areas where stationary desk jobs are very popular. According to the education subdivision, those that have a less than high school education have the highest percentage of obesity at 37.0% while college graduates have the lowest at 22.8%. According to this trend, the more education one has, usually leads to a lower percentage of obesity within that group. I believe this trend because with the more education none has, they can better understand the importance of nutrition and health and tend to have a higher salary to live their lives in a healthier manner by buying fresh produce and possibly a gym membership for example. On the other side, those that have less education tend to have lower paying jobs and may not be able to regularly afford fresh or organic produce, let alone a gym membership. According to the subdivision of Income, this coincides with the idea of higher education leading to a higher salary and better health following the same trend. This is seen as those with an income of less than $25,000 have an obesity percentage of 36.6% and each category moving up in income, slowly decreases in obesity percentage until finally the category of $75,000 or more has 26.7% obesity. This demonstrates how knowledge of personal health along with possessing the available resources to meet these needs plays a huge role in determining one’s weight and overall health.

SECTION 3: YOUR COUNTY’S SPECIFIC HEALTH FACTORS

3A. For this section of your final project use this website:

http://www.countyhealthrankings.org/

Go to the website and click on your state. You’ll see all the counties in your state and they are colored with the darker colors representing lower health rankings. Use the blue map on the right for this section. What do you notice about the distribution of the counties? For example are there clusters of high and low counties or does it look pretty random? Based on what you know about the state, why do you think those patterns are occurring? (4 pts)

Based on the map, there seems to be clustering of lower rankings closer to the southern side of the state along the Kentucky border, in central Indiana, and the north western corner of the state. I believe that the further south one goes, the lower the health rankings become due to the south tending to have a generally less healthy lifestyle. According to the map, there is a higher percentage of higher rankings in the northern parts of Indiana, further proving the point that the further south one goes, the more involved with southern culture and lifestyle one will become involved in. The south tends to have a lower health ranking nationally due to the foods they eat culturally being fried and heavy with not as many vegetables. Along with this, the south tends to give heftier servings opposed to other areas of the United States. This leads me to conclude that the further south in Indiana one goes, the closer they become affiliated with this southern lifestyle, which can lead to less healthier habits.

3B. Click on your county. The rankings are based on a model that evaluates health in several categories. There are two big sections: 1) Health Outcomes and 2) Health Factors. Each of those is broken down into sub-categories. For example, Health Outcomes has two sub-factors: 1) Length of Life and 2) Quality of Life. The county
overall ranking in your state is given in the headers on the far right. That number is in a larger font and bold. If you want more information about a variable you can hover above it with the cursor and a short description is given. If you want even more information, click on the variable name. You’ll be taken to a page that shows the entire state. Just above the state map, click on “description” and detailed information will be provided.

1. My state has this many counties: 92 (the total is given in the upper right hand corner of the big table) (.25 pt)

2. My county’s rank in the following global categories was: (.25 pt each block, Total = 1.5 points)

<table>
<thead>
<tr>
<th>Variable</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length of Life</td>
<td>37</td>
</tr>
<tr>
<td>Quality of Life</td>
<td>51</td>
</tr>
<tr>
<td>Health Behaviors</td>
<td>32</td>
</tr>
<tr>
<td>Clinical Care</td>
<td>29</td>
</tr>
<tr>
<td>Social and Economic Factors</td>
<td>57</td>
</tr>
<tr>
<td>Physical Environment</td>
<td>37</td>
</tr>
</tbody>
</table>

3. What did you think of the ratings? What did you find most surprising and why? (4 pts)

I was surprised by how low Allen County’s social and economic factors were ranked at 57 out of 92. After looking more into the factors, I noticed that 89% of people in Allen county graduated high school, but only 66% go on to complete at least some college. This is where I believe our ranking dropped as in today’s society, it’s much harder to increase economic well-being without a college degree. Just having a high school diploma isn’t as practical as it once was. Having a lower economic status can often lead to unhealthier food options, as organic and preservative free foods tend to be more expensive. Frozen and quick-fix meals are often easier to prepare and easier on the budget, so this becomes the lifestyle of many in lower economic status.

4. Look more closely at the individual factors. (Be sure to click on the “+” to expand the tables.)

Specifically look at your county’s physical inactivity and access to exercise ratings. Describe what you found and if those numbers seem accurate for the county as you know it. (4 pts)

According to the website, Allen county has 24% of its people not getting enough physical activity, but 85% have access to exercise opportunities. I believe these statistics be accurate as there are many opportunities within Allen County that promote exercise and well-being, such as gyms, walking/biking trails, and many more county promoted events throughout the year. While we do have many opportunities, I do agree with the physical inactivity level being 24% as there will always be people who choose not to participate in getting enough physical activity as
they may believe they are too busy or have more important things to do. This is common in many other counties besides Allen County and is a problem that needs to be addressed on the larger scale.

5. Let’s go more in depth. Select 5 additional individual factors that most interest you and provide the summary table below. I provided an example of smoking for Monroe County as an example. (.25 pt each block, Total= 5 points)

<table>
<thead>
<tr>
<th>Health Factor</th>
<th>My County</th>
<th>State Average</th>
<th>Top US Performer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Smoking</td>
<td>20%</td>
<td>23%</td>
<td>14%</td>
</tr>
<tr>
<td>Adult obesity</td>
<td>29%</td>
<td>32%</td>
<td>26%</td>
</tr>
<tr>
<td>Excessive drinking</td>
<td>19%</td>
<td>19%</td>
<td>13%</td>
</tr>
<tr>
<td>Alcohol impaired driving deaths</td>
<td>32%</td>
<td>22%</td>
<td>13%</td>
</tr>
<tr>
<td>Insufficient sleep</td>
<td>31%</td>
<td>36%</td>
<td>27%</td>
</tr>
<tr>
<td>Limited access to healthy foods</td>
<td>14%</td>
<td>14%</td>
<td>10%</td>
</tr>
</tbody>
</table>

5. Analyze the above chart from your personal life experiences in that community. Select two specific factors from this chart and discuss: (1) What impact (positive or negative) did those factors have on you and your family? And (2) On others in the same community? (4 pts)

Excessive drinking played a role in my family’s history as we’ve had many, more so on my dad’s side, that have developed drinking problems and addiction to alcohol. Specifically, my uncle was an alcoholic and due to his addiction, their family was broken up through divorce and separation of the children as he chose alcohol over his family. It was hard to see someone in your family choose a substance over his own wife and children, and further proves how powerful of an addictive alcohol can be. My family regularly will bring up how alcoholism runs in the family and how my uncle isn’t the only case of an alcoholic in our bloodline. When I become of legal age to drink, I must ensure that I drink only in moderation and form no addictive relationship to alcohol. To many people, alcohol can be related to having a good time and a bonding mechanism for forming relationships among friends and others, but due to my family’s history of alcoholism, alcohol is viewed as a family wrecker and life destroyer. My family is not the only family to experience this, as alcoholism is prevalent with many families. Many others fall into the same category of fearing alcohol as a slippery slope, even if consumed in moderation and occasionally. Along with excessive drinking, adult smoking was once a problem within my family, but through the generations has gradually worked its way out. The fear of addiction is still prevalent in my family though, as we have seen how the addiction of smoking can ruin the lives of our loved ones. This can be specifically seen as my deceased grandpa, victim of throat cancer, spent his last dying days in the hospital begging for a cigarette even though cigarettes were what put him there. The power of tobacco addiction is truly terrifying as today most know the terrible consequences of smoking but choose to carry on anyways. Others in my community have gone through similar experiences as they see loved ones fall victim to various cancers and illnesses due to smoking. This is devastating, yet
impactful in a positive manner, as many that witness this first hand tend to refrain themselves from falling prey to the addiction of smoking and keep their children and loved ones away from it as much as they can.

SECTION 4: THE SOLUTIONS

4A. One solution is to change the built environment so that people are encouraged to walk more. Let’s see how your home scores on walkability. Go to this website and enter your home address:


What is your walkability score? ____4____(0.25 pts) Your transit score? ___16_________(0.25 pt)

If your home does not show a walkability score enter N/A above and explain below why that may be, as you continue to answer the questions below.

What do those numbers and your personal experiences with living at that address mean for your personal physical activity? How are you from a fast food restaurant and a grocery store and how does that influence your health? (4 pts)

I agree with the score as where I am located has very few walkable paths that lead to shopping centers or restaurants. We always have to take a car to go to our desired destination, as the only walkable way would mean being on the side of a very busy road without any sidewalks. My family still maintains a healthy lifestyle as we go for regular walks around our neighborhood and exercise in our basement home-made gym to make up for our location being car dependent. Due to this, I don’t believe being car dependent is a major factor in how physically fit or healthy one is as there are many other ways to make up for being sedentary in the car for periods of time.

4B. The built environment can take some time to change so let’s look at some solutions already in place. Your job is to identify organizations currently working on public health issues from a kinesiology perspective. Remember kinesiology is the business, science, and art of movement so there are many options, even in the smallest community. Some of those programs will be offered through the city/county government, some will be for profit, while others are independent organizations. Be specific with the websites you provide. I don’t want the link to hometownparks.org. I want details like: hometownparks/sports/league/adultsoftball.org You can’t use the same organization twice even if they offer multiple programming options.

1. Provide the name and complete website address of an organization that provides physical activity opportunities for children. (1 pt)

Fort Wayne Parkview YMCA Youth Sports Calendar

2. Provide the name and complete website address of an organization that provides physical activity opportunities for adults. (1 pt)

Fort Wayne Plex South Adult Winter Flag Football League

https://www.plexsports.com/winterfootball

3. Provide the name and complete website address of an organization that addresses weight loss in your community. Try to avoid using national chains like Weight Watchers and instead identify a locally designed program when available. (1 pt)

New Life Body Sculpting

https://www.newlifebodysculpting.com/weight-loss-program.html

4. For the above three options, what fees are charged for participation? If for fee, are there scholarships or other financing options? Think about your community and how does this fee structure impact who has access to these options? (2 pts)

For the Fort Wayne Parkview YMCA Youth Sports Program, there are one-time-pay fees per season with indoor soccer being the most affordable at $60 ($30 with membership) for the season and the most expensive being basketball at $90 ($45 with membership) for the season. There is a financial assistance plan for the league programs and for memberships. The financial assistance program must be applied for and is based on a sliding fee scale that considers total household income and family size. The individuals applying must still be responsible for some percentage of the cost. With the financial assistance option, this opens opportunity to those who may not be able to afford the base price. However, I am not sure how easily financial assistance can be obtained through this program, as each applicant is different. Also, the financial assistance application isn’t advertised that much, as I had to search through the website until I found the actual application, making it not-well known to many. The page that showed the options for youth programs didn’t mention financial assistance options, so if someone just glanced at it, they may just assume there are no options. Making the financial assistance option more well-known can lead to more of the community getting involved in the program and not having to worry so much about the base price.

For the Fort Wayne Plex South Adult Winter Flag Football League, the team fee is $900 which can be divided among the 9 members on the team. With the steep price of $100 per person and no financial assistance options, this can make participation in the program a far reach for many, including those who are moderately well off financially. It can be hard to justify spending $100 for a flag football league when as adults, you have many other financial obligations that come first and may even want to put that money towards your child’s participation over yours. This steep price can easily exclude many adults trying to find physical activity options that they may very well enjoy.

At New Life Body Sculpting, each patient is designed a personal lifestyle guideline to follow based on the individual’s weight loss and management goals. Due to this, each program can vary in price, but the consultation is free to start off. With a free consultation, this can attract many people regardless of price to see if they can afford the program, but due to New Life Body Sculpting being a private business in Fort Wayne, they do not offer any financial assistance options. They offer promotional discounts that can be applied, but no financial assistance.
Depending on each client, this can deter many from seeking the program’s advise due to cost after the first consultation. The promotional discounts may help but may also not be enough.

4C. Identify an organization from your home community that is trying to address public health and/or kinesiology issues that you’d like to know more about. Provide the website.

http://fort4fitness.org/about/

What is the organization and what is their mission?

At Fort4Fitness, their goal is to educate, motivate, and inspire the citizens of northeast Indiana and Northwest Ohio to live healthily and improve their fitness levels. They do so by hosting many fitness events for people of all athletic ability and ages year-round. Their mission is to promote year-round awareness of fitness and healthy living in the greater Fort Wayne area.

What volunteer or paid opportunities are available in this organization or the others you found for this section that you might be interested in doing? (2 pts)

Every year, Fort4fitness puts on a Fantasy of Lights 5k during the holiday season. Volunteer opportunities include set-up and tear-down, course marshals, packet pick-up, start and finish line support, and many more. I would enjoy working finish line support, as I was a cross-country runner in high school and remember the excitement and sense of accomplishment every time I crossed the finish line. I would always be greeted with volunteers with water, Powerade, and chip collectors that would assist my worn-out self. Being able to do the same for others would bring enjoyment to my life as I can do the same for others while celebrating their accomplishment with them.