How Do Race & Ethnicity Affect Health in Delaware?

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DELAWARE ACADEMY OF MEDICINE/
DELAWARE PUBLIC HEALTH ASSOCIATION
Step 1. Get the Data.

**National Data**
- Census Data
- County Health Rankings
  - Behavioral Risk Factor
  - Cancer Reports
  - Communicable Disease Statistics
  - Health Statistics
  - My Healthy Community

**Delaware Data**
- DelPROS
- Delaware Health Force
- My Healthy Community

“It is a capital mistake to theorize before one has data.” – Sherlock Holmes
## Census Data

census.gov

<table>
<thead>
<tr>
<th></th>
<th>Delaware</th>
<th>New Castle</th>
<th>Kent</th>
<th>Sussex</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Population</td>
<td>1,018,396</td>
<td>571,708*</td>
<td>184,149*</td>
<td>247,527*</td>
</tr>
<tr>
<td>Female</td>
<td>51.4%</td>
<td>51.3%</td>
<td>51.7%</td>
<td>51.5%</td>
</tr>
<tr>
<td>White</td>
<td>68.4%</td>
<td>63.4%</td>
<td>64.3%</td>
<td>83.2%</td>
</tr>
<tr>
<td>Black/African American</td>
<td>23.6%</td>
<td>27.2%</td>
<td>28.4%</td>
<td>11.8%</td>
</tr>
<tr>
<td>American Indian/Alaska Native</td>
<td>0.7%</td>
<td>0.5%</td>
<td>0.8%</td>
<td>1.1%</td>
</tr>
<tr>
<td>Asian</td>
<td>4.2%</td>
<td>6.0%</td>
<td>2.4%</td>
<td>1.4%</td>
</tr>
<tr>
<td>Native Hawaiian, Pacific Islander</td>
<td>0.1%</td>
<td>0.1%</td>
<td>0.1%</td>
<td>0.2%</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>10.1%</td>
<td>11.0%</td>
<td>7.8%</td>
<td>9.6%</td>
</tr>
</tbody>
</table>

*County-wide population data from 2021
County Health Rankings

A snapshot of how health is influenced by where people live, learn, work, and play
- Outcomes – how healthy are you now?
- Factors – what could impact your health in the future?
- [https://www.countyhealthrankings.org/](https://www.countyhealthrankings.org/)
Social Determinants of Health

The conditions in the environments where people are born, live, learn, work, play, worship, and age.

- Economic Stability
- Employment
- Income
- Safety
- Environment

- Preventative
- Treatment
- Workforce
- Access

- Health Care Access & Quality

- Social & Community Context

- Education Access & Quality

- Neighborhood & Built Environment

- College/University
- Primary & Secondary

- Mental Health
- Socialization
- Community
My Healthy Community
Equity Counts Data Center

- Population Data
  - Density
  - Total
- Health
  - Preventative Health Care
  - Chronic Disease & Health Outcomes
  - ACEs
  - COVID Statistics
- Education
  - Suspensions & Expulsions
  - Student Performance
  - Student Enrollment & Graduation
- Criminal Justice
  - Youth Risk Factors
- Wealth Creation
  - Employment
  - Income & Poverty
  - Housing
  - Benefits (SNAP)
  - Deprivation

https://myhealthycommunity.dhss.delaware.gov/portals/ecdc/locations/state
Step 2. What Does the Data Say?

2023 Health Outcomes - Delaware

- Length of Life (50%)
- Quality of Life (50%)

Health Outcome Ranks

1  2  3

2023 Health Factors - Delaware

- Tobacco Use
- Diet & Exercise
- Alcohol & Drug Use
- Sexual Activity
- Health Behaviors (30%)

- Clinical Care (20%)
  - Access to Care
  - Quality of Care

- Social & Economic Factors (40%)
  - Education
  - Employment
  - Income
  - Family & Social Support
  - Community Safety

- Physical Environment (10%)
  - Air & Water Quality
  - Housing & Transit

Health Factor Ranks

1  2  3
Infant Mortality
*(Health of Community)*

Figure 30. Five-year Average Infant Mortality Rates by Race and Hispanic Origin, Delaware 2005-2019

Overall: 39%
# Health Outcomes

## Life Expectancy

<table>
<thead>
<tr>
<th>County</th>
<th>County Value-</th>
<th>Error Margin</th>
<th>AIAN</th>
<th>Asian</th>
<th>Black</th>
<th>Hispanic</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delaware</td>
<td>78.0</td>
<td>77.8-78.2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kent</td>
<td>77.1</td>
<td>76.7-77.5</td>
<td>92.2</td>
<td>75.4</td>
<td></td>
<td>85.6</td>
<td>77.2</td>
</tr>
<tr>
<td>New Castle</td>
<td>77.9</td>
<td>77.7-78.2</td>
<td>91.0</td>
<td>75.5</td>
<td></td>
<td>85.4</td>
<td>78.1</td>
</tr>
<tr>
<td>Sussex</td>
<td>78.4</td>
<td>78.0-78.8</td>
<td>89.7</td>
<td>75.4</td>
<td></td>
<td>93.0</td>
<td>78.3</td>
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</table>

## Years of Potential Life Lost Rate

<table>
<thead>
<tr>
<th>County</th>
<th>Deaths</th>
<th>County Value-</th>
<th>Error Margin</th>
<th>Z-Score</th>
<th>AIAN</th>
<th>Asian</th>
<th>Black</th>
<th>Hispanic</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delaware</td>
<td>13,500</td>
<td>8,100</td>
<td>7,900-8,400</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kent</td>
<td>2,586</td>
<td>8,600</td>
<td>8,100-9,000</td>
<td>1.13</td>
<td>10,800</td>
<td>4,500</td>
<td>8,200</td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Castle</td>
<td>7,241</td>
<td>8,100</td>
<td>7,800-8,400</td>
<td>-0.78</td>
<td>2,300</td>
<td>11,000</td>
<td>4,900</td>
<td>7,800</td>
<td></td>
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<tr>
<td>Sussex</td>
<td>3,644</td>
<td>8,200</td>
<td>7,700-8,700</td>
<td>-0.35</td>
<td>10,500</td>
<td>5,300</td>
<td>8,300</td>
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</table>
### Clinical Care: Prevention

#### Preventable Hospitalization Rate

<table>
<thead>
<tr>
<th>County</th>
<th>County Value</th>
<th>Z-Score</th>
<th>AIAN</th>
<th>Asian</th>
<th>Black</th>
<th>Hispanic</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delaware</td>
<td>3.195</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kent</td>
<td>3.855</td>
<td>1.02</td>
<td></td>
<td>641</td>
<td>4,304</td>
<td>3,883</td>
<td>3,769</td>
</tr>
<tr>
<td>New Castle</td>
<td>3.289</td>
<td>-0.03</td>
<td></td>
<td>1,819</td>
<td>4,576</td>
<td>4,375</td>
<td>2,978</td>
</tr>
<tr>
<td>Sussex</td>
<td>2.775</td>
<td>-0.98</td>
<td></td>
<td>1,535</td>
<td>4,754</td>
<td>3,956</td>
<td>2,637</td>
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</table>

#### % with Annual Mammogram

<table>
<thead>
<tr>
<th>County</th>
<th>County Value</th>
<th>Z-Score</th>
<th>AIAN</th>
<th>Asian</th>
<th>Black</th>
<th>Hispanic</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delaware</td>
<td>44%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kent</td>
<td>40%</td>
<td>1.09</td>
<td></td>
<td>33%</td>
<td>40%</td>
<td>37%</td>
<td>40%</td>
</tr>
<tr>
<td>New Castle</td>
<td>46%</td>
<td>-0.87</td>
<td></td>
<td>41%</td>
<td>45%</td>
<td>39%</td>
<td>46%</td>
</tr>
<tr>
<td>Sussex</td>
<td>44%</td>
<td>-0.22</td>
<td></td>
<td>36%</td>
<td>39%</td>
<td>36%</td>
<td>45%</td>
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</table>

#### % Vaccinated

<table>
<thead>
<tr>
<th>County</th>
<th>County Value</th>
<th>Z-Score</th>
<th>AIAN</th>
<th>Asian</th>
<th>Black</th>
<th>Hispanic</th>
<th>White</th>
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<tbody>
<tr>
<td>Delaware</td>
<td>59%</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Kent</td>
<td>57%</td>
<td>1.15</td>
<td></td>
<td>57%</td>
<td>49%</td>
<td>48%</td>
<td>60%</td>
</tr>
<tr>
<td>New Castle</td>
<td>60%</td>
<td>-0.58</td>
<td></td>
<td>62%</td>
<td>46%</td>
<td>51%</td>
<td>63%</td>
</tr>
<tr>
<td>Sussex</td>
<td>60%</td>
<td>-0.58</td>
<td></td>
<td>50%</td>
<td>44%</td>
<td>52%</td>
<td>61%</td>
</tr>
</tbody>
</table>

Note: Values reflect Medicare enrollees, 2020.
# Social Factors

## % Children in Poverty

<table>
<thead>
<tr>
<th>County</th>
<th>County Value</th>
<th>Error Margin</th>
<th>Z-Score</th>
<th>AIAN</th>
<th>Asian</th>
<th>Black</th>
<th>Hispanic</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delaware</td>
<td>16%</td>
<td>15-17%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kent</td>
<td>18%</td>
<td>13-22%</td>
<td>0.21</td>
<td>30%</td>
<td>34%</td>
<td>25%</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>New Castle</td>
<td>15%</td>
<td>13-17%</td>
<td>-1.09</td>
<td>13%</td>
<td>11%</td>
<td>25%</td>
<td>18%</td>
<td>6%</td>
</tr>
<tr>
<td>Sussex</td>
<td>19%</td>
<td>15-23%</td>
<td>0.88</td>
<td>25%</td>
<td>18%</td>
<td>30%</td>
<td>38%</td>
<td>14%</td>
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</table>

## Injury Death Rate

<table>
<thead>
<tr>
<th>County</th>
<th># Injury Deaths</th>
<th>County Value</th>
<th>Error Margin</th>
<th>Z-Score</th>
<th>AIAN</th>
<th>Asian</th>
<th>Black</th>
<th>Hispanic</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delaware</td>
<td>4,211</td>
<td>87</td>
<td>84-90</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kent</td>
<td>692</td>
<td>77</td>
<td>72-83</td>
<td>-1.12</td>
<td>71</td>
<td>38</td>
<td>87</td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Castle</td>
<td>2,464</td>
<td>88</td>
<td>85-92</td>
<td>0.32</td>
<td>20</td>
<td>89</td>
<td>42</td>
<td>103</td>
<td></td>
</tr>
<tr>
<td>Sussex</td>
<td>1,055</td>
<td>92</td>
<td>86-97</td>
<td>0.80</td>
<td>90</td>
<td>40</td>
<td>100</td>
<td></td>
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</table>

## Homicide Rate

<table>
<thead>
<tr>
<th>County</th>
<th>County Value</th>
<th>Error Margin</th>
<th>AIAN</th>
<th>Asian</th>
<th>Black</th>
<th>Hispanic</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delaware</td>
<td>7</td>
<td>6-7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kent</td>
<td>5</td>
<td>4-7</td>
<td>13</td>
<td>2</td>
<td>4</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>New Castle</td>
<td>8</td>
<td>7-9</td>
<td>27</td>
<td>4</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sussex</td>
<td>3</td>
<td>2-4</td>
<td>15</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Step 3. How Can We Get Better?

Social Determinants of Health

Sets **data-driven** national objectives
- Improve health & well-being over the next decade
- 358 core objectives
- [https://health.gov/healthypeople](https://health.gov/healthypeople)
Segregation Index

Residential segregation (red lining) has been proven to have a lasting impact on health.

Mitigation

- Investments in Communities
  - Decrease crime, pollution
  - Increase sidewalks, green spaces, healthy food
- Access to good quality education, safe & affordable housing
- Access to good quality healthcare & social services

<table>
<thead>
<tr>
<th>County</th>
<th>Index Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delaware</td>
<td>44</td>
</tr>
<tr>
<td>Kent</td>
<td>29</td>
</tr>
<tr>
<td>New Castle</td>
<td>46</td>
</tr>
<tr>
<td>Sussex</td>
<td>44</td>
</tr>
</tbody>
</table>

Range from 0-100

Lower values represent less residential segregation, 100 represents complete segregation.
Address the Inequities

**Equality**

The assumption is that everyone benefits from the same supports. This is equal treatment.

**Equity**

Everyone gets the supports they need (this is the concept of "affirmative action"), thus producing equity.

**Justice**

All 3 can see the game without supports or accommodations because the cause(s) of the inequity was addressed. The systemic barrier has been removed.
Address the Shortages

### Primary Care Physicians Ratio

<table>
<thead>
<tr>
<th>County</th>
<th># Primary Care Physicians</th>
<th>County Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delaware</td>
<td>740</td>
<td>1,330:1</td>
</tr>
<tr>
<td>Kent</td>
<td>84</td>
<td>2,190:1</td>
</tr>
<tr>
<td>New Castle</td>
<td>514</td>
<td>1,090:1</td>
</tr>
<tr>
<td>Sussex</td>
<td>143</td>
<td>1,690:1</td>
</tr>
</tbody>
</table>

### Dentist Ratio

<table>
<thead>
<tr>
<th>County</th>
<th># Dentists</th>
<th>County Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delaware</td>
<td>460</td>
<td>2,170:1</td>
</tr>
<tr>
<td>Kent</td>
<td>75</td>
<td>2,460:1</td>
</tr>
<tr>
<td>New Castle</td>
<td>333</td>
<td>1,720:1</td>
</tr>
<tr>
<td>Sussex</td>
<td>55</td>
<td>4,500:1</td>
</tr>
</tbody>
</table>
Sources

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