

COMMUNITY PARTNERSHIP SUMMARY 2023



Purpose of the Healthy Montgomery CHNA

The Community Health Needs Assessment (CHNA) talks about the health and social needs, issues, and barriers of the Montgomery County community. It shares the thoughts of people in the community and those who have an interest in it.

Montgomery County's 2023 Community Health Needs Assessment (CHNA) found key health needs, barriers, and issues in the County as shared through the

viewpoints of over 2,500 community members. It's a resource for developing programs and policies for achieving equitable health care for everyone in Montgomery County.



The Community Served:

FIGURE 3. **Montgomery County Population Characteristics**

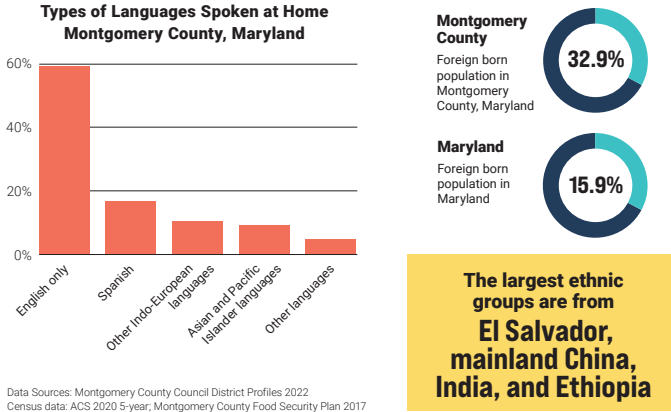


FIGURE 3.1 **Montgomery County Population by Age**

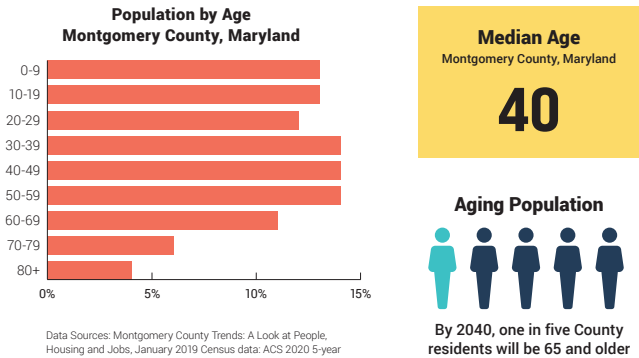
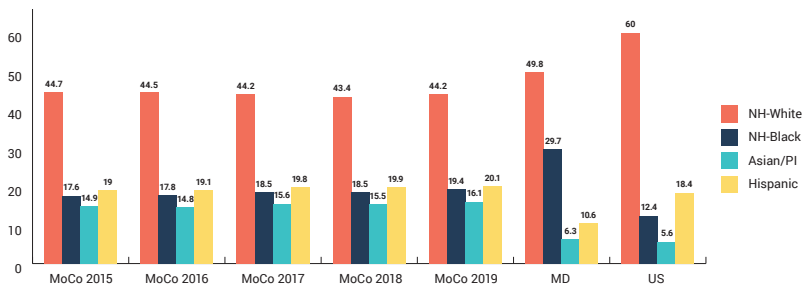


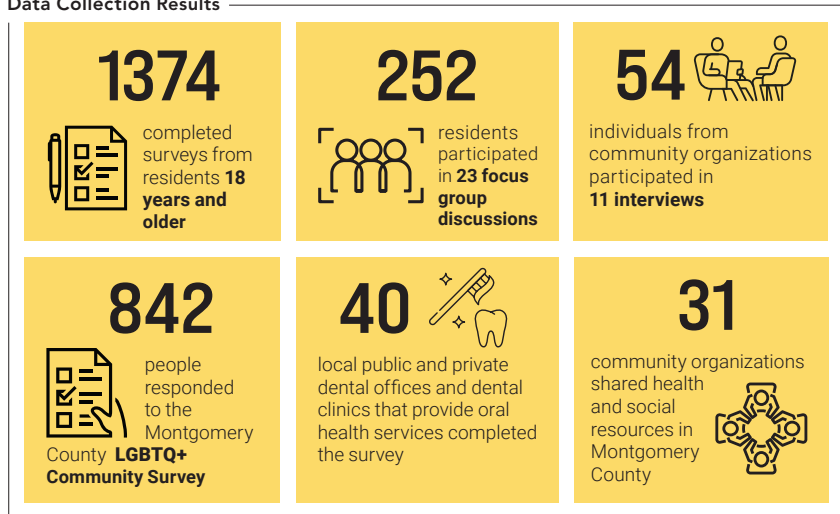
FIGURE 3.2 **Percent Population Estimates by Selected Characteristics
Montgomery County, Maryland and U.S., 2015-2019**



Community Engagement:

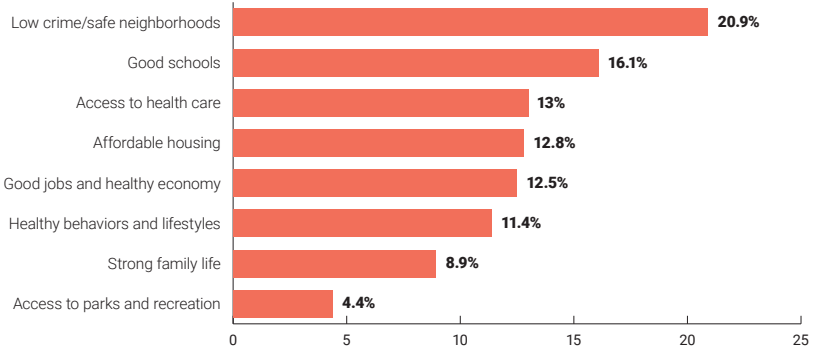
Over 2,500 Montgomery County community members were interviewed or completed surveys to share what the health issues, needs, and barriers are of their community.

Data Collection Results



Most Important Factors that Make Up a Healthy Community

FIGURE 1. Most Important Factors that Make Up a Healthy Community



//
A healthy
community is drug
free, that's my
number one issue.
//



Most Important Factors that Make Up a Healthy Community



“
Everybody feels a sense of ownership for the community.
”



“ More greenery like parks. ”



People can maximize their opportunities socially, economically, and educational.



Making sure we've got health care when we need it, like urgent care.



Safety features, sidewalks, people who respect speed limits...



Significant Health Needs

Access to Behavioral Health and Substance-Use Disorder Services

Being mentally healthy is important for overall well-being. Problems like substance use or feeling very alone can harm your health and, in serious cases, lead to suicide. Access to help with mental, emotional, and substance use issues can make a big positive difference for your feelings, thoughts, and social life. It's crucial for creating a healthy community.

14 deaths out of every **100,000** residents

Montgomery County **deaths resulting from drug use**

Source 2021, Healthy Montgomery Core Measures

4

Average number of days per month **people living in Montgomery County felt mentally unhealthy**

Source 2023, County Health Rankings and Road Maps



Access to mental health care is critical, we have lost so many family members.

In my community children and teenagers need urgent help.



Access to Human Services' Needs, Such as Education, Income, Housing, Employment, Food, and Personal Social Services

Having access to education, income, housing, jobs, food, and personal services like in-home support is really important for being as healthy as possible. If communities don't have access to services to meet their basic needs, they can't live healthy and thriving lives.

14%

Portion of Montgomery County homes where 50% or more of the household **income is spent on housing**

Source 2021, County Health Rankings and Road Maps

11%

Portion of Montgomery County **children under 18 living in poverty**

Source 2021, County Health Rankings and Road Maps

8.64%

Part of the Montgomery County population without a **high school diploma**

Source 2020, County Health Rankings and Road Maps



Without having housing, we just really can't even begin to address the health care disparities we have.



Students that finish high school do not attend college because they don't have a way to pay for the classes. There are some scholarships, but students are not allowed to apply if [they] are not citizens here.



Access to Parks, Public Spaces, Wellness, and Recreation

Having access to parks, public spaces, and places for wellness and recreation makes it easier for people to be active. When some communities don't have fair access to these places, it can lead to more chronic diseases. Making sure everyone can easily get to places that support wellness, like parks and recreation areas, encourages people in the community to be more active.

17.6%

Portion of Montgomery County adults aged 20 and older who **haven't reported any physical activity in their free time**

Source 2021, County Health Rankings and Road Maps



We need to expand the fitness programs at these community centers. That would offer some degree of opportunity for physical fitness for the residents.



We used to jog around our home and that's no longer an option because of the construction...it's pretty hard to go out now.



Access to Quality Dental Health Services

Going to the dentist regularly is important for being as healthy as possible. Differences in oral health show that not everyone has the same chances to be healthy, which affects how well they can do in life. If it's hard to get the right dental care, like cleanings or treatment for tooth problems, it can lead to not being very healthy. Making sure there are more dental providers is really important to make dental care available to more people. When communities can easily get dental care, the people living there are more likely to be healthy in many ways.

1 *Dentist for every* **790** residents in Montgomery County

Source 2021, County Health Rankings and Road Maps



A big need for the community is access to dental care...it is awfully expensive, and even more for low-income families.



...appointments for basic care, like a [dental] cleaning can take 3 months.



Access to Quality Primary Care Health Services

The first step in keeping a community healthy is having basic health care services. These services include health clinics, medicine, and health care providers. Things like health insurance, transportation, and understanding health information are also important for making sure people can get the care they need. When some individuals in a community can't easily get health care, it can affect their quality and length of life.

7%

Portion of people in Montgomery County **without health insurance**

Source 2020, County Health Rankings and Road Maps

23.6%

Portion of people in Montgomery County that **did not visit a doctor or health care provider within the past year**

Source 2022, Health Survey in Montgomery County, MD

24.1%

Portion of people in Montgomery County who say they do not have a **personal doctor or health care provider**

Source 2022, Health Survey in Montgomery County, MD



There's not enough doctors...
to meet the size of the
[Montgomery County]
population.

Health care is not affordable
in this country.

Health care needs to be a right.

Access to Specialty and Extended Care

Specialty care, like getting extra help for specific health problems after regular checkups with a primary care provider is important for making sure people can get the care they need. Services like urgent care, home health care, and more are important for people's health. If people don't have access to these specialists, like a diabetes nurse or heart doctor, they might struggle to manage their ongoing health issues.

7%

Portion of people in Montgomery County **without health insurance**

Source 2020, County Health Rankings and Road Maps

4.5%

Portion of Montgomery County residents who experience **transportation barriers to accessing health care**

Source 2022, Health Survey in Montgomery County, MD



The medical specialty services are at least 8-14 miles away from the Poolesville area.

There are “no clinics” to send patients to for hemodialysis, especially if they are uninsured or undocumented.



Access to Technology

The 'digital divide' means some communities have easy access to technology like the internet, computers, and cell phones, while others don't. This gap affects how people can get health care. Not having access to technology is considered a social factor that can make health differences worse. To improve health for everyone, it's important to help more people learn and use digital tools.

6%

Percent of Montgomery County **households without broadband internet connection**

Source 2021, County Health Rankings and Road Maps



...[people] do not have... access...to...computers, they may not have cell phones with technology to allow them register for certain services or to be able to have the resources...there should be a way to reach these individuals that cannot register for services when libraries are not open.



Access to Transportation

Getting around the community is really important for reaching health care services. People in the community are worried that it might get harder for some individuals to get to health care. If it's tough to travel, it can make it harder to get medical help, keep appointments, and stay healthy. Not having good transportation also affects social health by making it harder to get healthy food, find work, or do everyday activities. Making transportation more available can make people healthier in many ways.

4.5%

Portion of Montgomery County residents who experience **transportation barriers to accessing health care**

Source 2022, Health Survey in Montgomery County, MD

45.1%

Part of the Montgomery County population **not living close to a public transportation stop**, such as with buses or trains

Source 2019, County Health Rankings and Road Maps



I go to [Doctors name]. And if I don't count on friends and neighbors and family, I can't get there; and take taxis, they are pretty expensive.



Active Living and Healthy and Nutritious Eating

Being active and eating healthy is really important for staying healthy and avoiding diseases. Not moving enough and eating poorly can make your health worse, increasing the chances of getting a long-term illness. Some communities, especially those facing challenges, might find it hard to get affordable and good-quality healthy food, and there might be a lot of fast-food places with not-so-healthy options. Making sure everyone exercises regularly and eats well is crucial for a community to do well.

37%

Percentage of children in Montgomery County public schools **eligible for free or reduced price lunch**

Source 2021, County Health Rankings and Road Maps

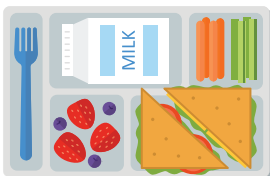
58%

Percent of adults in Montgomery County **who are overweight or obese**

Source 2020, Healthy Montgomery Core Measures



Something that the County can revisit is healthy foods in schools...we need to look at what our kids are eating in school and how much exercise we've cut out...we need to help our children make better choices in their food and dietary needs.



The number of fast-food options that are available everywhere is a lot sometimes. Even when you want to be healthy, you won't find a lot of places that are healthy...the healthiest places are not always close to you and you may not always have the money, so it's kind of hard to always have that [healthy food options].



Cultural and Language Competence

Cultural and language competence means that people providing health and human services in the community, like health care providers and human services professionals, can offer services that match an individual's social, cultural, and language needs. Having staff who can speak multiple languages, understand different cultures, use professional interpreters, and provide clear information in simple language are important for better health care and a more satisfying experience for patients and providers.

15%

Portion of respondents from the **LGBTQ+ Community Survey** who identified as trans, gender expansive, or questioning and **reported that a health care provider refused to provide gender-affirming medical care**

Source 2023, LGBTQ+ Survey Report

4.7%

Percentage of the Montgomery County population stating that **language barriers are a reason for not getting health care**

Source 2022, Health Survey in Montgomery County, MD



[Gender affirming care] has been a frustrating topic for a long time.

I think we need to work with cultural expectations or at least approach that with more cultural awareness.



Environmental Health

Environmental health looks at the things around us that can affect our health. Stuff like air and water pollution, radon in homes, and crowded places can make people more likely to get sick or hurt. Working to lessen these problems in the community can make residents healthier in many ways.

20854, 20905, 20882, 20872, 20871, 20838, 20939, and 20842

Montgomery County zip codes with the **highest radon levels**

Source 2016, *Health in Montgomery County*



One challenge that we have here is in terms of health is the transportation...we have a lot of air pollution...When I clean things off the porch it's really appalling to see how much soot there is. It's in our lungs and probably shortening everyone's life who lives anywhere near the Beltway.



As the houses are torn down and replaced with larger houses the trees also go away...the loss of the tree canopy I think is a double duty on the air pollution.



Health and Human Services' System Navigation

Getting help to understand and use health care and support services is important for better health. It can be hard to figure out the complex U.S. health care system, and this difficulty can make it tough to get the care needed, leading to health differences and making communities more socially vulnerable. Services that help people navigate these systems can make it easier to access care, build trust between communities and health professionals, and reduce problems related to different cultures and languages, leading to better overall well-being.



Create an atmosphere where people of different languages and of different ethnicities feel comfortable enough to seek guidance, who feel understood and who also feel like they can almost see themselves in the people they need help from.



I need to understand the application process for accessing resources, such as food assistance programs like food stamps.



Injury and Disease Prevention and Management

Prevention means trying to lower the chances of health problems. Injuries and diseases happen when it's hard to get health care. If someone does get hurt or sick, managing it well can make life better and lower costs for them and the health care system. Preventing or lessening the effects of common injuries like car accidents or diseases like diabetes is important for making communities healthier.

65 out of every **100,000** residents in Montgomery County

Rate of deaths in Montgomery County from injuries, adjusted for age

Source 2019, Health in Montgomery County

111 out of every **100,000** residents in Montgomery County

Rate of deaths in Montgomery County **from heart disease**

Source 2020, Healthy Montgomery Core Measures

10.2%

Portion of adults in Montgomery County who have used **e-cigarettes or vaping products** at any time

Source 2022, Health Survey in Montgomery County, MD

329 out of every **100,000** residents in Montgomery County

How many people in Montgomery County **with diabetes go to the emergency room**

Source 2020, Healthy Montgomery Core Measures

Obesity and diabetes are prevalent in our community, especially among the youth and older members in the community...

...why can't we do something unique in this County to incentivize our youth around... prevention of obesity?

Maternal and Early Childhood Health

Maternal and early childhood health covers the well-being of women during pregnancy and childbirth, as well as the health of the child from before birth to adolescence. Taking care of mothers and babies during this time is crucial for their quality of life. Making family and reproductive health services, like family planning, more available and accessible helps people decide how many children they want and when to have them. This can lead to healthier babies and better overall health, even if they choose not to have children.

5 out of every **1,000**

How often babies in Montgomery County **die before their first birthday**

Source 2020, Healthy Montgomery Core Measures

7.3%

Percentage of **low weight births and very low weight births in Montgomery County**

Source 2020, Healthy Montgomery Core Measures



Women of color are overly sedated instead of given pain medication... I never knew I would ever be in a position to experience all the things that I had read about health care disparities, and how different racial demographics are treated in medicine.



Addressing...infant mortality is a huge need in this County. It isn't just about numbers; it's about nurturing a future where every baby has an equal chance to thrive.



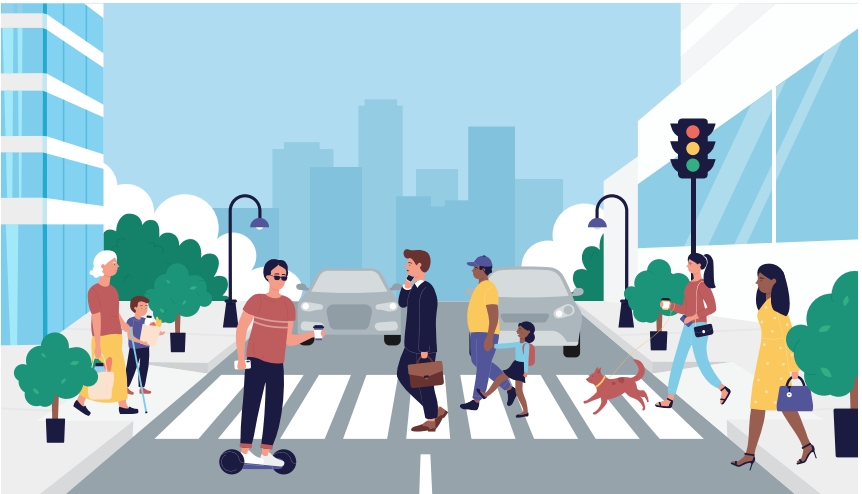
Pedestrian Safety

Keeping walkers safe means having safe places for people to walk and play. Everyone in the community plays a part in making sure pedestrians stay safe. When a community pays attention to pedestrian safety, it can prevent accidents and injuries. Also, communities that create safe and enjoyable places for walking encourage people to be more active.



There are some walkways and crosswalks that aren't very well lit. And the speed limit is actually 40 miles per hour or 35...which is pretty fast. And there are a lot of families with young children.

And I have seen a lot of people don't stop for the crosswalks when there are pedestrians...I find myself worrying that if there was somebody driving a little above the speed limit and there was someone jogging, and it's not very well lit, there could definitely be a serious accident.



Safe and Violence-Free Environment

When people feel safe in their community and at home, it makes them healthier in many ways—physically, emotionally, mentally, and socially. Making sure a community is safe can prevent accidents and on-purpose harm. Working to stop violence in neighborhoods and homes is crucial for the overall well-being of the community.

10 out of every
100,000
residents

Rate of deaths in
Montgomery County
from firearms

Source 2019, Health in Montgomery
County

421 out of every
100,000
residents

*Number of reported
violent crimes* for every
100,000 people in
Montgomery County

Source 2020, County Health Rankings
and Road Maps

//

It depends on who you hang
out with...gang activity is
around where I live...If you
walk in a certain direction,
you can find someone doing
or selling...

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I think it's shocking that just
around the corner violence
or drugs could be taking
place in your community.
It's a little upsetting too.

//



Social Associations and Community Connectiveness

Social associations and community connectiveness mean people in a community can have relationships that make them feel cared for, valued, and supported. Having or not having these connections is a social factor that affects health. If there are only a few relationships in a community, it can lead to more sickness, mental health challenges, and shorter life. Creating more chances for social connections and closeness in a community might make people healthier.

4 Average number of days people living in Montgomery County **felt mentally unhealthy in the last 30 days**, adjusted for age

Source 2020, County Health Rankings and Road Maps

“
I've been worried about mental health and social isolation over this past year.”



“
One thing we've struggled with as a village is how to reach isolated seniors, because by definition you can't find them...They are socially isolated seniors... They probably have other needs whether it's house repairs, food insecurity, there's other issues that go along with that in addition to the isolation, that in and of itself is harmful...socially isolated seniors by definition are invisible, and the needs are significant.”



Waste Management

Taking care of the trash from homes, farms, and businesses is crucial for community and environmental health. Cleaning up neighborhoods and parks by reducing waste, reusing products, and recycling can make the community healthier and more resilient.



Some neighborhoods aren't that clean. It's not just about the tidy streets, it's about a sense of pride and well-being that comes with a community taking care of its surroundings.



I think we need cleaner parks. It's not just about the greenery, it's about creating a space where families can play, friends can gather, and everyone can escape into nature without worry.



2023 COMMUNITY HEALTH NEEDS ASSESSMENT

of Montgomery County, Maryland

Conducted on behalf of

Healthy Montgomery, Montgomery County's
Community Health Improvement Process
401 Hungerford Drive, Rockville, MD 20850

NOVEMBER 2023

Montgomery County, Maryland, Department of Health and Human Services, Healthy Montgomery. 2023 Community Health Needs Assessment of Montgomery County, Maryland. Rockville, Maryland. 2023.

OFFICIAL SUPPORTERS OF THE CHNA





**Report was approved by Healthy Montgomery
Steering Committee (November 2, 2023)**

Montgomery County, Maryland,
Department of Health and Human Services,
Healthy Montgomery 2023 Community Health Needs
Assessment of Montgomery County, Maryland
Rockville, Maryland. 2023.