

## Mental Health and Substance Misuse

Our goal is to promote mental, emotional, and behavioral well-being within the communities we serve by improving mental health and reducing substance misuse. Grant requests will be evaluated on their ability to improve the following indicators:

- Poor mental health-average number of days
  - This indicator shows the average number of days that adults reported their mental health was not good in the past 30 days.
- Death rate due to suicide
  - This indicator shows the age-adjusted death rate per 100,000 population due to suicide.
- Death rate due to drug poisoning
  - This indicator shows the death rate per 100,000 population due to drug poisoning.
- Adults who smoke cigarettes
  - This indicator shows the percentage of adults who currently smoke cigarettes.
- Depression-Medicare population
  - This indicator shows the percentage of Medicare beneficiaries who were treated for depression.
- Drug and opioid overdose rate
  - This indicator shows the age-adjusted drug and opioids-involved death rate.

## Physical Activity, Nutrition, and Weight

Our goal is to improve the health of the community by encouraging healthy choices and reducing the disparities related to activity and nutrition. Grant requests will be evaluated on their ability to improve the following indicators:

- Access to exercise opportunities
  - This indicator measures the percentage of individuals who live reasonably close to a park or recreational facility.
- Adults 20+ who are obese
  - This indicator shows the percentage of adults aged 20 and older who are obese according to the Body Mass Index (BMI). The BMI is calculated by taking a person's weight and dividing it by their height squared in metric units ( $BMI = \text{Weight (Kg)} / [\text{Height (m)}^2]$ ). A BMI  $\geq 30$  is considered obese.
- Adults 20+ who are sedentary
  - This indicator shows the percentage of adults (ages 20 and up) who did not participate in any leisure-time activities (physical activities other than their regular job) during the past month.

- Child food insecurity rate
  - This indicator shows the percentage of children (under 18 years of age) living in households that experienced food insecurity at some point during the year.
- Food insecurity rate
  - This indicator shows the percentage of the population that experienced food insecurity at some point during the year.
- Adults that frequently cook meals at home
  - This indicator shows adults who frequently cook meals at home within a given week.

### **Maternal, Infant and Children's Health**

Our goal is to improve the health of children in our community by expanding support for families and reducing disparities related to children's health. Grant requests will be evaluated on their ability to improve the following indicators:

- Child abuse rate
  - This indicator shows the number of incidents of abuse or neglect per 1,000 children under 18 years of age. The value may include multiple incidents of abuse per child victim during the time period.
- Single parent households
  - This indicator shows the percentage of children living in single-parent family households (with a male or female householder and no spouse present) out of all children living in family households.
    - Numerator = Total estimate of population under 18 in households with a householder with no spouse/partner present
    - Denominator = Total estimate of population under 18 in households
- Families living below poverty
  - This indicator shows the percentage of families living below the federal poverty level.
- Mothers that smoke during pregnancy
  - This indicator shows the percentage of births that were to mothers who smoked and/or used tobacco during pregnancy.
- Mothers who receive early prenatal care
  - This indicator shows the percentage of births to mothers who began prenatal care in the first trimester of their pregnancy.
- Teen birth rate
  - This indicator shows the birth rate in live births per 1,000 females aged 15-17 years.
  - This indicator shows the birth rate in live births per 1,000 females aged 15-19 years.