

# Community Health Indicators Report

2023



**Public Health**  
Prevent. Promote. Protect.

Wicomico County  
Health Department



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This icon represents a focus on the recently released Youth Risk Behavior Survey (YRBS) results for middle and high school students.

# Mission, Vision and Guiding Principles

## WHO WE ARE



### Our Mission

To maximize the health and wellness of all members of the community through collaborative efforts.

## WHAT WE STRIVE FOR



### Our Vision

Healthy people in healthy communities.

## VALUES



### Our Guiding Principles

- Maximize health status through prevention, education, clinical, monitoring, advocacy, and regulatory services
- Initiate programs in response to identified needs
- Strengthen the physical, behavioral, and environmental health of all citizens of Wicomico County
- Commitment to all populations while striving for health equity
- Address social determinants of health

The image features a teal background with several white paper cutouts of stylized human figures. These figures are arranged in a circular pattern, holding hands, which symbolizes a community or a group of residents. The cutouts are simple in design, with rounded heads and simple limbs. The text "Our Residents" is centered in the middle of the image in a white, bold, sans-serif font with a dark grey drop shadow.

# Our Residents

# Demographics

2021	Wicomico	Maryland	U.S.
Overall	103,980	6,165,129	331,893,745
<b>Sex</b>			
Male	47.9%	48.7%	49.5%
Female	52.1%	51.3%	50.5%
<b>Race/Ethnicity</b>			
White, Non-Hispanic	59.4%	47.8%	58.1%
Black, Non-Hispanic	24.3%	29.0%	11.8%
Hispanic	5.8%	11.1%	18.8%
Asian, Non-Hispanic	2.2%	6.6%	5.7%
<b>Age Group</b>			
Under 18 Years	22.3%	22.1%	22.1%
18 Years and Older	77.7%	77.9%	77.9%
65 Years and Older	16.0%	16.3%	16.8%
Median Age (Years)	35.9	39.3	38.8

125,000  
120,000  
115,000  
110,000  
105,000  
100,000  
95,000  
90,000  
85,000  
80,000  
75,000

## Wicomico County Population, 2011-2021

99,190    100,896    102,370    102,923    103,609    103,980

2011    2013    2015    2017    2019    2021

Although the county's overall population only rose about 5% in the past decade, the composition of its residents is now slightly older and more diverse.

Source: U.S. Census Bureau. 2011-2021 American Community Survey 1-Year Estimates.

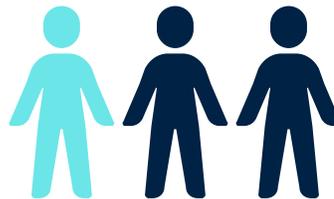
# Economic Indicators

2021	Wicomico	Maryland	U.S.
<b>Income, Benefits and Employment</b>			
Median Household Income	\$63,333	\$90,203	\$69,717
SNAP/Food Stamps	19.6%	12.6%	12.4%
Social Security Income	34.3%	27.9%	31.2%
Unemployed (Feb. 2023)	4.0%	3.0%	2.9%
<b>Poverty</b>			
Individuals in Poverty	13.7%	10.3%	12.8%
Families in Poverty	8.4%	7.4%	9.1%
<b>Housing</b>			
Owner-Occupied	62.5%	67.8%	65.4%
Renter-Occupied	37.5%	32.2%	34.6%
Mortgage 35%+ of Income	12.7%	11.0%	11.1%
Rent 35%+ of income	40.8%	43.1%	41.9%
Severe Housing Problems*	18%	16%	17%

Recent unemployment levels in the county dropped below pre-pandemic levels, but the median household income for Wicomico residents remained **over \$25,000 less** than the rest of the state. The recent rises in the cost of living for most Americans magnify this gap even more, with **one in five county residents** receiving supplemental income for food, and **two in five renters paying 35% or more** of their income on housing.



**\$19.94**  
Hourly Wage to Afford  
Modest 2-Bedroom Housing



**1 in 3**  
Residents with  
Social Security  
Income

\*Severe housing problems are defined as households with one or more factors: Lack of complete kitchen facilities, lack of complete plumbing facilities, overcrowding and/or severe cost burden.

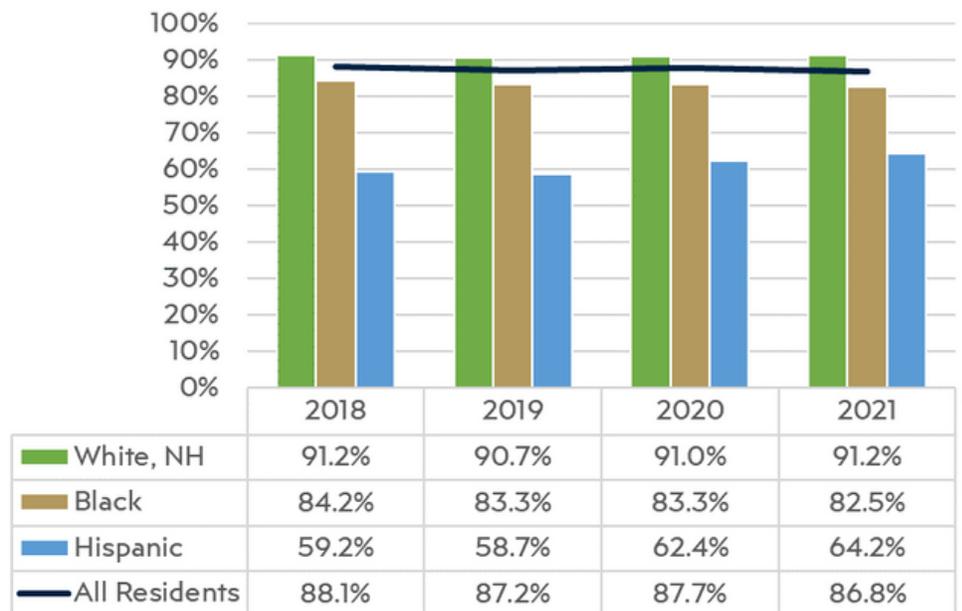
Sources: U.S. Census Bureau. 2021 American Community Survey 1-Year Estimates; County Health Rankings. 2023 Rankings for Wicomico County. National Low Income Housing Coalition. Out of Reach Report.

# Social Indicators

2021	Wicomico	Maryland	U.S.
<b>Education</b>			
Graduation Rate (2022)	84.8%	86.3%	85.3%
High School Diploma or Higher	86.8%	91.1%	89.4%
Bachelor's Degree or Higher	29.2%	42.5%	35.0%
<b>Other Social Factors</b>			
With a Disability	12.6%	11.3%	13.0%
Non-English Language Spoken at Home	14.1%	20.4%	21.6%
Foreign-Born	10.0%	15.9%	13.6%
Veteran Status	5.1%	7.0%	6.4%
Without a Vehicle	7.3%	8.2%	8.0%

**At Least a High School Graduate by Race/Ethnicity, Wicomico County, 2018-2021**

Education level is an established social determinant of health. In the past four years, the overall percentage of county residents 25 years and older with a high school degree has decreased, remaining considerably lower among Black and Hispanic residents.



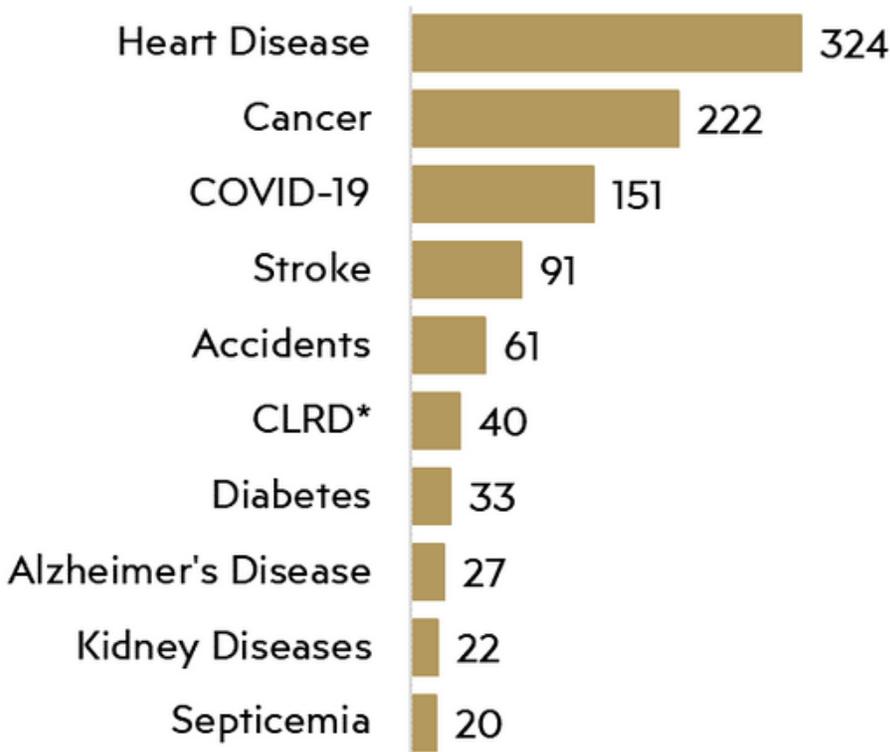
Sources: U.S. Census Bureau. 2021 American Community Survey 1-Year Estimates; Maryland State Department of Education. 2022 Maryland Education Report Card; County Health Rankings. 2023 Rankings for Wicomico County.

# Length and Quality of Life



# Leading Causes of Death and Life Expectancy

## Top Ten Leading Causes of Death, Wicomico County, 2021



There were **1,256 deaths** among Wicomico County residents in 2021. The original Omicron variant of COVID-19 led to an increase in deaths starting in the late fall of 2021.

The life expectancy of a Wicomico County resident **fell to 76.1 years** in 2020, 2.5 years shorter than the rest of the state.



\*Chronic lower respiratory diseases (CLRD) include chronic obstructive pulmonary disease (COPD), chronic bronchitis and asthma.

Wicomico County, Deaths	2019	2020	2021
Overall	1,050	1,201	1,256
Male	530	619	667
Female	520	582	589
White, NH	792	873	866
Black, NH	228	291	347
Hispanic	17	21	19
Asian, NH	11	14	19

Sources: Centers for Disease Control and Prevention; CDC Wonder Database. Maryland Department of Health Vital Statistics Administration; 2020 Annual Report.

# Quality of Life

**16.3%**

Wicomico County adults reporting poor physical health for a week or more each month



**23.8%**

Wicomico County adults reporting poor mental health for a week or more each month



Many factors can affect one's quality of life, including living conditions, physical health, mental health, social environment, economic conditions and safety.

## Wicomico County Students Reporting Their Mental Health Was Mostly or Always Not Good

2021-2022	High School	Middle School
Overall	29.0%	23.8%
Male	15.6%	16.3%
Female	41.6%	30.5%
White, NH	31.5%	23.5%
Black, NH	25.4%	22.1%
Hispanic	32.6%	27.8%



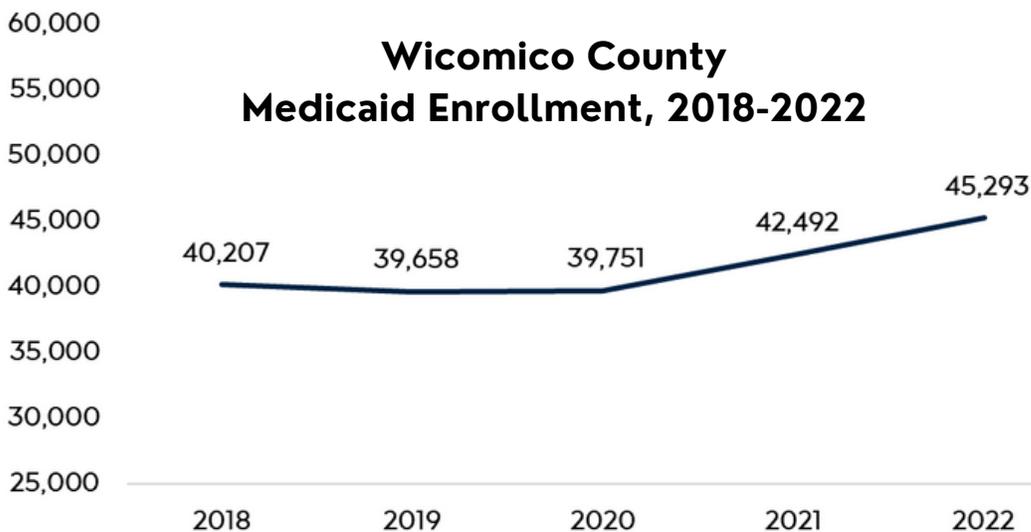
Sources: Maryland Department of Health; 2021 Behavioral Risk Factor Surveillance System (BRFSS). Maryland Department of Health; 2021-2022 Youth Risk Behavior Survey



# Access to Care

# Health Insurance Coverage

2021	Wicomico	Maryland	U.S.
Overall Uninsured	6.7%	6.0%	8.8%
Uninsured by Gender			
Male	8.5%	6.9%	9.8%
Female	5.0%	5.1%	7.8%
Uninsured by Race/Ethnicity			
White, Non-Hispanic	4.4%	3.0%	6.0%
Black	6.8%	5.7%	9.9%
Hispanic	30.6%	21.3%	17.7%
Asian	11.5%	5.7%	6.3%
Uninsured by Age Group			
Under 19 Years	4.2%	3.7%	5.3%
19 to 25 Years	9.7%	9.2%	14.3%
26 to 34 Years	15.4%	11.0%	15.4%
35 to 44 Years	11.1%	9.7%	13.3%
45 to 54 Years	7.8%	6.8%	11.0%
55 to 64 Years	4.3%	4.8%	8.2%



**About 7,000** county residents lack health insurance, with Hispanic residents disproportionately affected. Medicaid enrollment **increased by 14%** from 2019 to 2022, due to continuous enrollment during the pandemic.

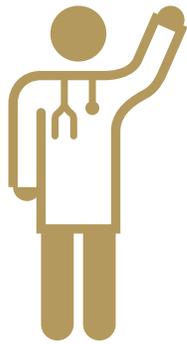
Sources: U.S. Census Bureau. 2021 American Community Survey 5-Year Estimates. Hilltop Institute. Maryland Medicaid DataPort.

# Access to Providers

The ability to access healthcare is influenced by several factors, including cost, transportation, density of providers and insurance coverage.

## Resident to Provider Ratios, Wicomico County

1,730 Residents per  
1 Primary Care Doctor



260 Residents per  
1 Mental Health Provider



1,240 Residents per  
1 Dentist



Wicomico County, 2021	Recent Routine Checkup	Unable to See Doctor Due to Cost	Has a Personal Doctor
Overall	76.3%	7.7%	83.9%
Male	66.7%	7.8%	76.2%
Female	85.6%	7.7%	91.7%

The ratio of residents to primary care providers in the county worsened over the past five years, increasing from 1,470:1 to 1,730:1 in 2020. However, Wicomico has one of the **best ratios of residents to mental health providers** in the state, with only two other counties having higher densities.

About three-quarters of county residents reported having a recent routine medical checkup, with females more likely to have a personal doctor. About 8% of residents, regardless of gender, reported forgoing medical care due to cost in 2021.

# Preventative Care

Healthy behaviors are one part of the equation for good health. When healthy behaviors are combined with preventative care, health issues can be identified earlier at more treatable stages. Preventative care includes an annual checkup with a primary care provider (PCP) to assess weight status, blood pressure reading, and bloodwork results. Based on your age, sex and family history, your PCP may refer you for certain types of cancer screenings, such as colonoscopy or mammography.



**85.6%**

Adults with a  
Cholesterol Test  
in the Past 5 years



**29.7%**

Adults that regularly  
check their blood  
pressure at home



**56.0%**

Adults with a  
Blood Sugar Test  
in the Past 3 years



**86.7%**

Adults 50-75  
Fully Meeting USPSTF\*  
Colorectal Screening  
Recommendation



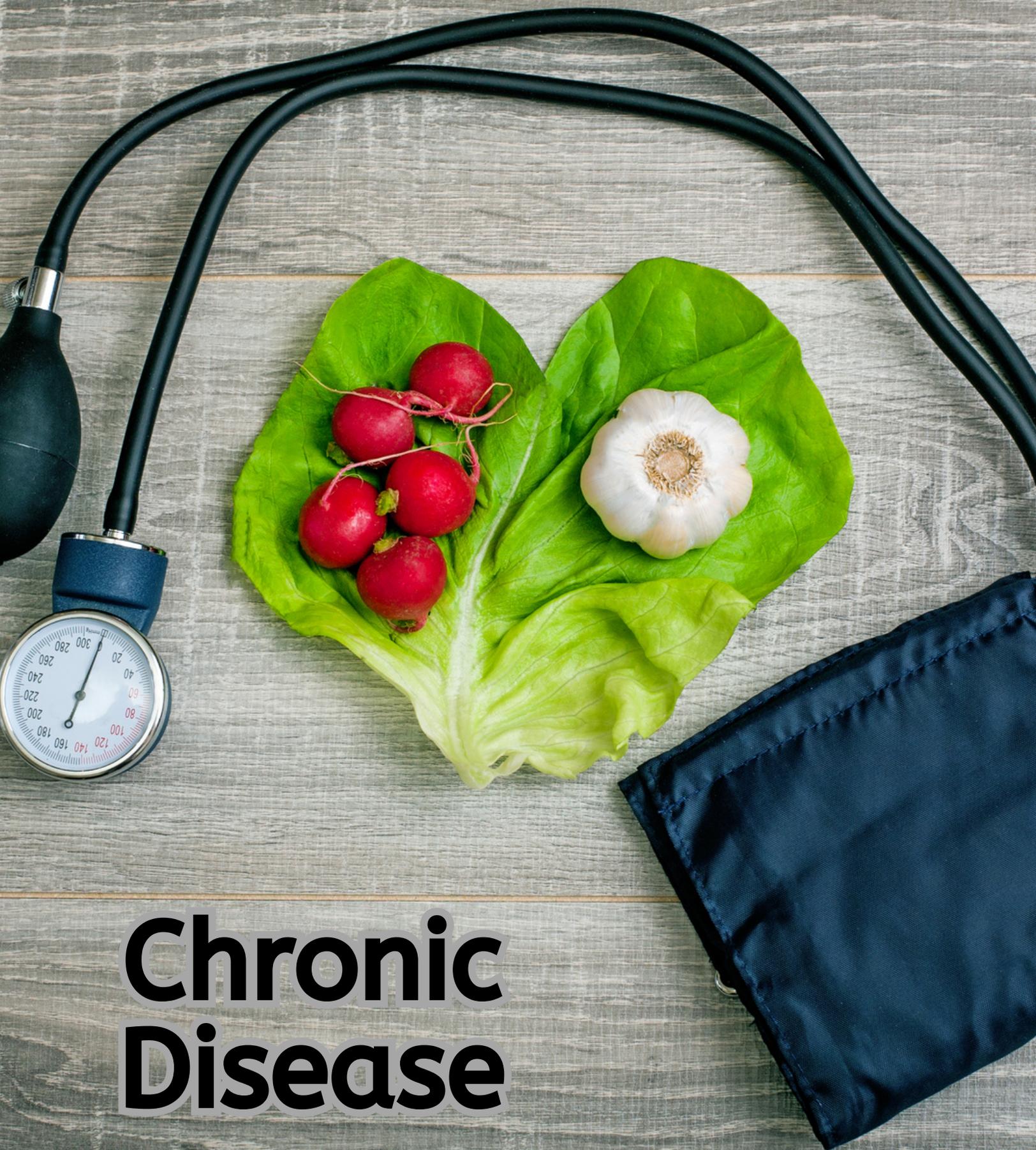
**19.5%**

Men 40+ with a  
Prostate Antigen Test  
in the Past 2 years



**81.7%**

Women 50+ with a  
Mammogram  
in the Past 2 years



# Chronic Disease

# Cancer Incidence and Mortality

Annually, an average of **624 new cases of cancer** are identified in Wicomico County, and **231 residents die from cancer**.

-  Rate is Falling
-  Rate is Stable
-  Rate is Rising

Cancer Incidence Age-Adjusted Rate per 100,000	Wicomico	5-Year Trend	Maryland	5-Year Trend
All Sites	520.6		454.1	
Breast (Female)	128.7		133.6	
Cervical	8.3		6.7	
Colorectal	39.2		36.0	
Lung and Bronchus	80.0		53.9	
Melanoma	32.4		25.1	
Ovarian	11.6		10.6	
Pancreatic	13.7		13.7	
Prostate	138.9		132.7	
Cancer Mortality Age-Adjusted Rate per 100,000	Wicomico	5-Year Trend	Maryland	5-Year Trend
All Sites	186.6		148.9	
Breast (Female)	21.6		21.0	
Cervical	**	**	2.0	
Colorectal	17.1		13.2	
Lung and Bronchus	49.9		33.5	
Melanoma	**	**	1.8	
Ovarian	7.2	**	6.3	
Pancreatic	11.0		11.3	
Prostate	28.8		20.1	

Source: National Cancer Institute. State Cancer Profiles.

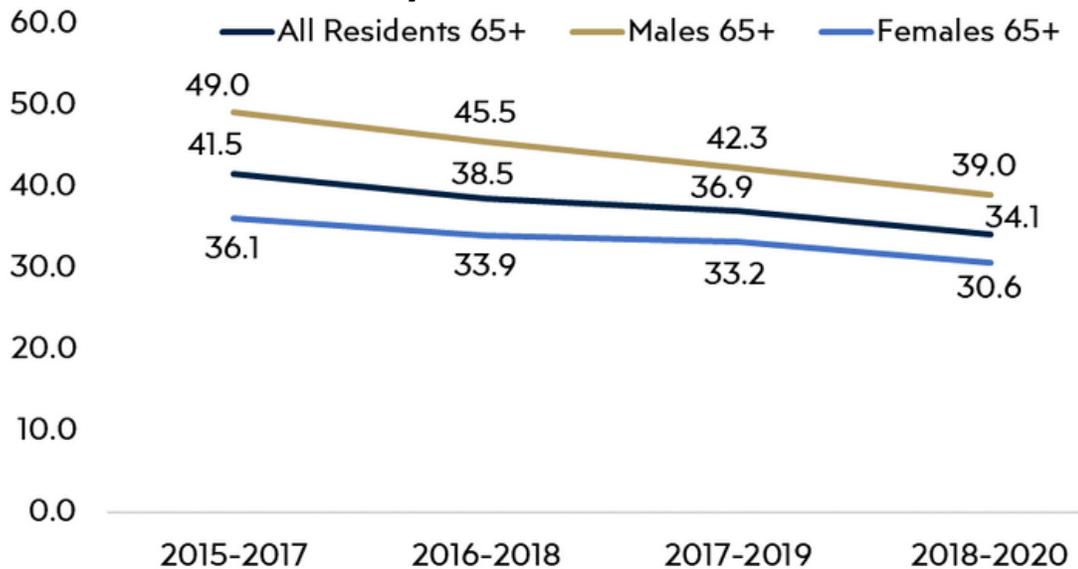
# Leading Chronic Diseases



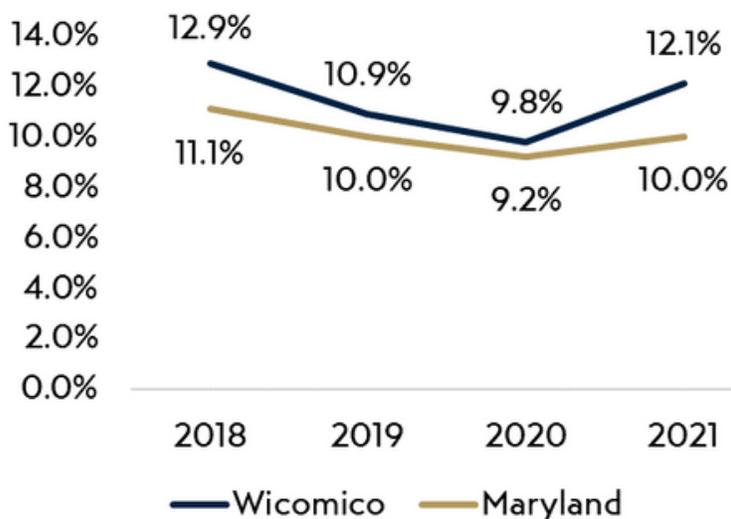
Even throughout the COVID-19 pandemic, **heart disease remained the leading cause of death** for county residents.

However, **hospitalizations for heart disease have declined** among Medicare beneficiaries over the past four years.

**Heart Disease Hospitalizations**  
Wicomico County Residents 65+ Years, 2017-2020



**Diabetes Prevalence, Wicomico County and Maryland, 2018-2021**



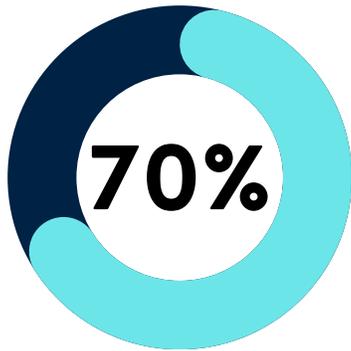
The prevalence of diabetes increased in 2021, after three years of decline, remaining higher than the state consistently since 2018.

**2x**

In 2021, Black, non-Hispanic adults (19.5%) were **almost twice as likely** as White, non-Hispanic adults (10.5%) to have diabetes.

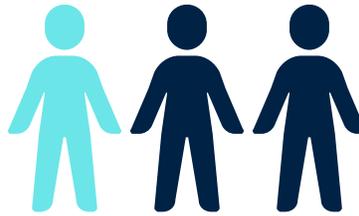
Source: Maryland Department of Health; 2020-2021 Behavioral Health Risk Factor Surveillance System (BRFSS). Centers for Disease Control and Prevention; Interactive Atlas of Heart Disease and Stroke.

# Chronic Disease Risk Factors

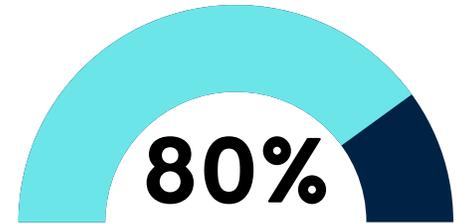


County adults that are overweight or obese

1 in 3



County adults that have high blood pressure and/or high cholesterol



County adults that eat vegetables daily

Common chronic disease risk factors include excess weight, high blood pressure, high cholesterol, poor nutrition and the lack of physical activity.

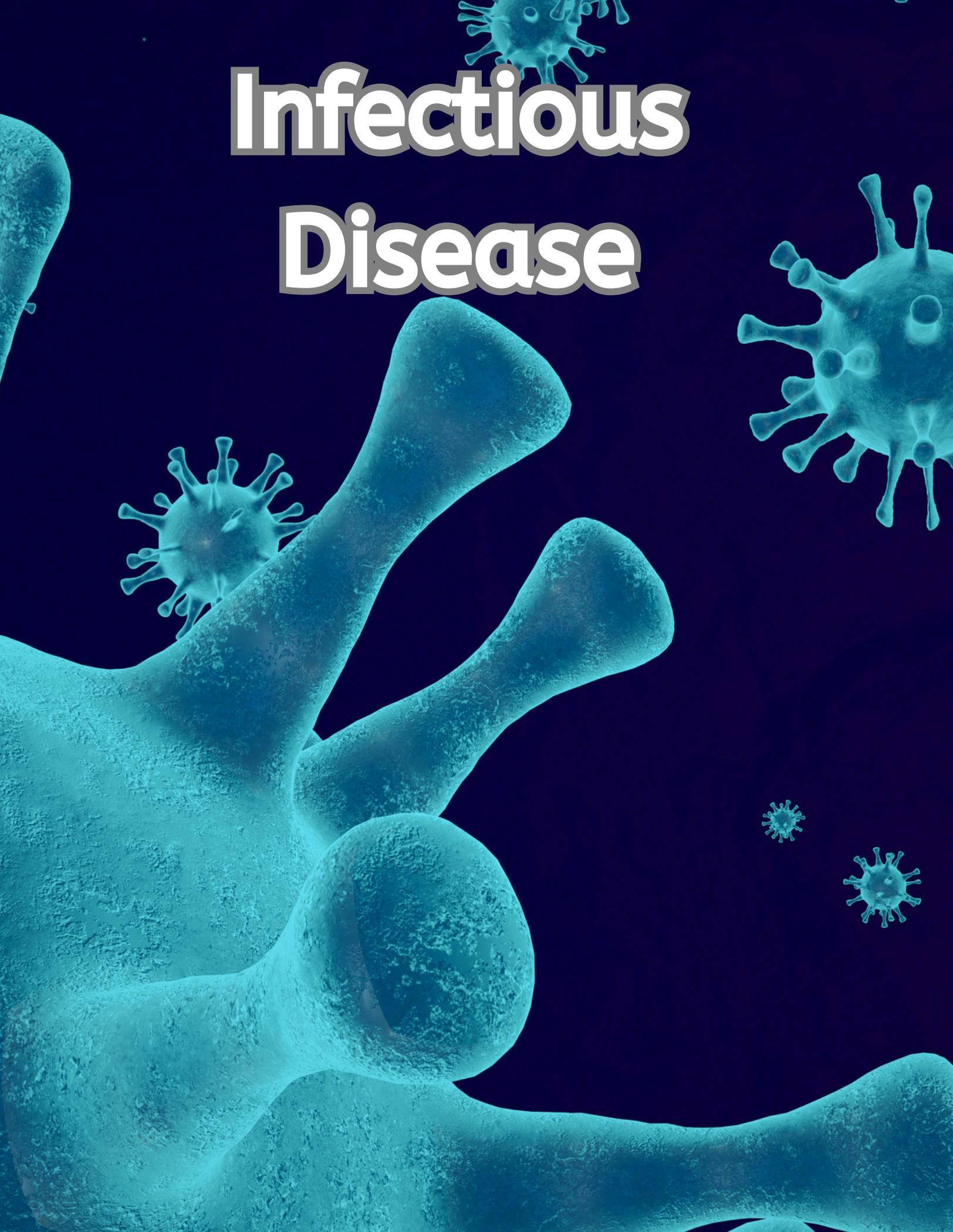
## Selected Chronic Disease Risk Factors for Wicomico County High School Students, 2018-2021

2021-2022	2018	2021
<b>Weight Status</b>		
Obese	18.5%	23.2%
Overweight	16.8%	17.7%
<b>Physical Activity</b>		
Physically Active 60 Min/Day; 5 Days/Week	43.8%	37.8%
Didn't Participate in Any Physical Activity	19.6%	19.5%
<b>Nutrition</b>		
Ate Vegetables 2+ Times/Day	25.3%	20.5%
Drank Soda 2+ Times/Day	11.6%	10.3%



Source: Maryland Department of Health; 2021 Behavioral Health Risk Factor Surveillance System (BRFSS). Maryland Department of Health; 2016-2021 Youth Risk Behavioral Surveys.

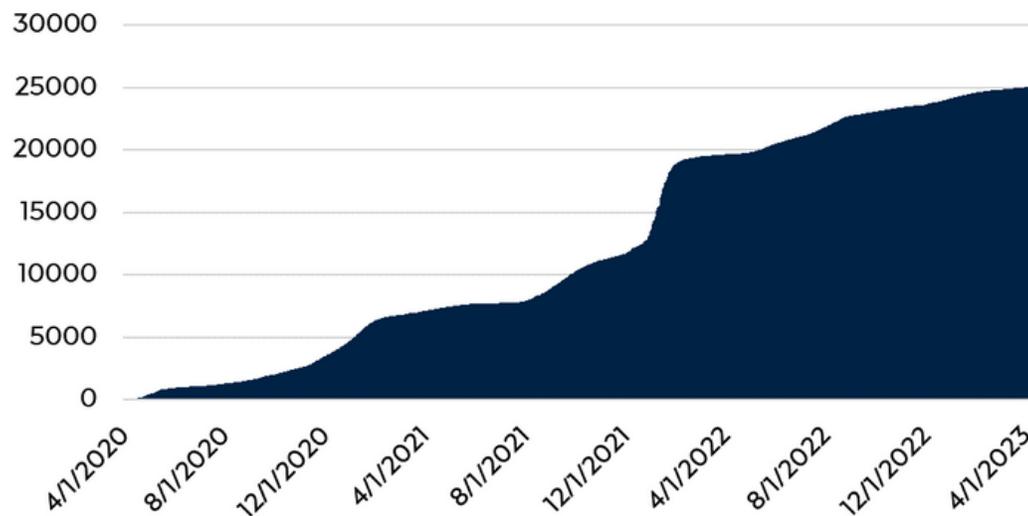
# Infectious Disease



# COVID-19 and Influenza

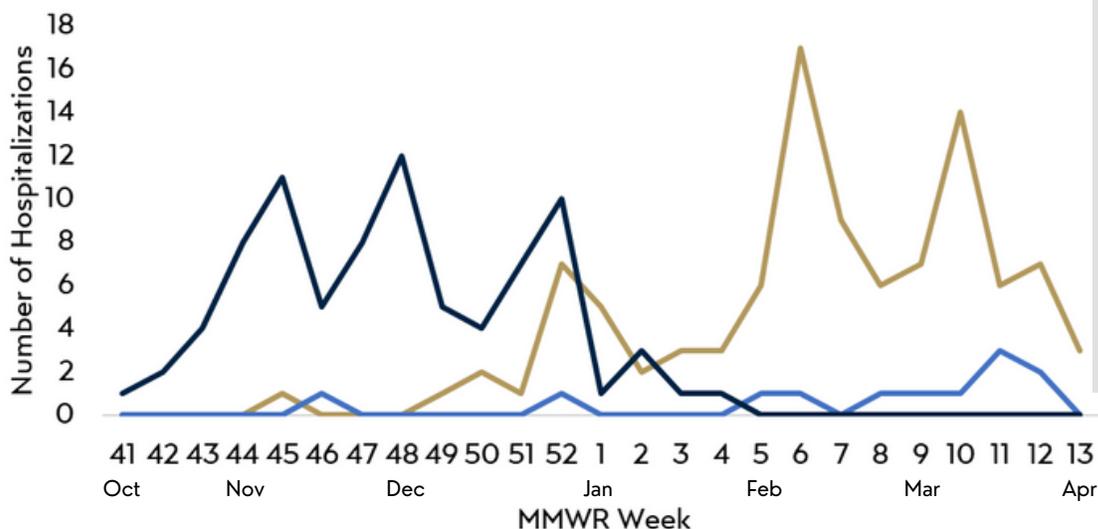
As of April 2023, Wicomico County reported **over 25,000 cases** of COVID-19, with **367 confirmed deaths**. Since the end of 2021, the original Omicron variant and its subvariants dominated circulation throughout the country. However, the increase in cases in the winter of 2022 was considerably less steep compared to the winter prior, when Omicron first emerged.

### Confirmed COVID-19 Cases, Wicomico County, March 2020-April 2023



### Influenza Hospitalizations, Wicomico County, 2020-2023

— 2019-2020 — 2021-2022 — 2022-2023



The current flu season (2022-2023) followed a similar early pattern as the southern hemisphere, with cases and hospitalizations increasing through October and November versus late December.

Sources: Maryland Department of Health; COVID-19 Data Dashboard. Maryland Department of Health; Influenza Surveillance.

# Selected Reportable Conditions

Wicomico County, Count by Condition	2019	2020	2021
Campylobacteriosis	19	24	26
H. influenzae, invasive	4	4	1
Hepatitis A, acute	2	0	3
Legionellosis	3	0	0
Lyme Disease	12	15	7
Measles	0	0	0
Meningitis, aseptic	18	9	7
Meningitis, meningococcal	0	0	0
Pertussis	1	1	0
Salmonellosis	41	36	33
Shiga-toxin producing E.coli	5	2	1
Shigellosis	1	3	1
Streptococcus Group B	8	12	15
Streptococcus pneumoniae	15	6	5
Tuberculosis	2	2	1
Vibriosis	5	2	5
<b>Animal bites</b>			
Animal bites	357	332	337
<b>Animal rabies</b>			
Animal rabies	6	7	6
<b>Chlamydia</b>			
Chlamydia	906	898	**
<b>Gonorrhea</b>			
Gonorrhea	336	308	**
<b>Syphilis (primary/secondary)</b>			
Syphilis (primary/secondary)	5	2	**

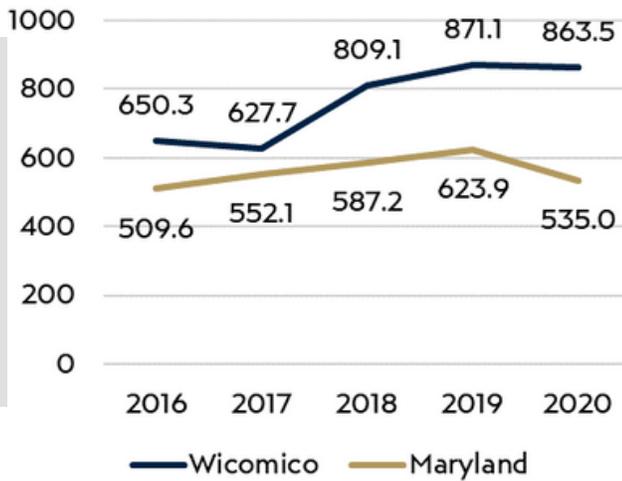
\*\*Not available at time of this report publication.

Source: Maryland Department of Health. Cases of Selected Notifiable Conditions Dashboard.

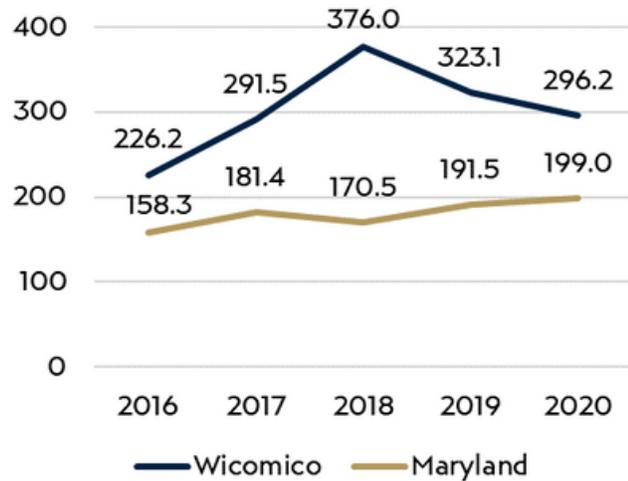
# STI and HIV

After several years of steady rise, rates of both chlamydia and gonorrhea decreased in 2020.

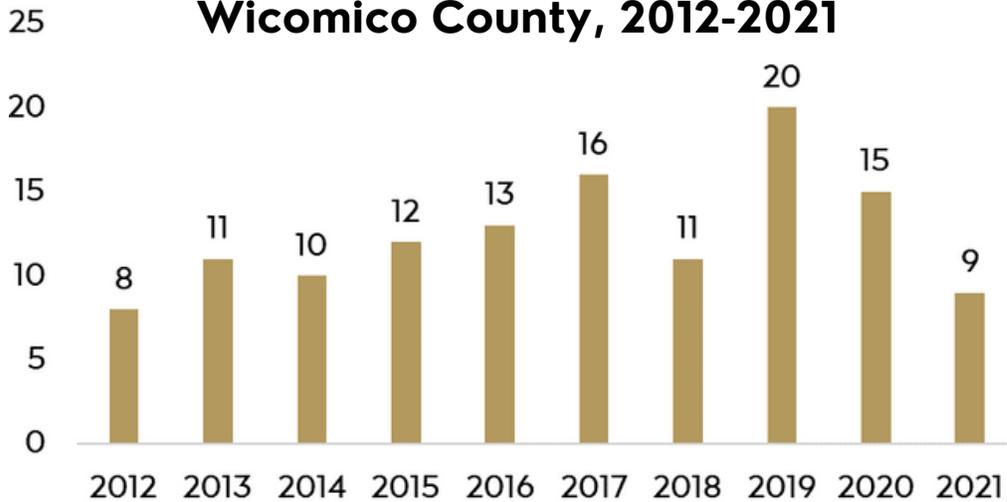
### Chlamydia Rate per 100,000



### Gonorrhea Rate per 100,000



### New HIV Diagnoses, Wicomico County, 2012-2021



In 2021, there were **9 cases of HIV diagnosed** in Wicomico County, and a total of **268 residents living with HIV**.

Two-thirds of residents living with HIV are male, and over half are over the age of 50.

### People Living with HIV in Wicomico County, 2021

Age		Race/Ethnicity		Sex	
20-29	9.3%	White, NH	21.6%	Male	68.3%
30-39	19.0%	Black, NH	63.4%	Female	31.7%
40-49	18.7%	Hispanic	5.6%		
50-59	23.9%	Other, NH	9.3%		
60+	29.1%				

Sources: Maryland Department of Health. Cases of Selected Notifiable Conditions. Maryland Department of Health. Eastern Region Annual HIV Epidemiological Profile.

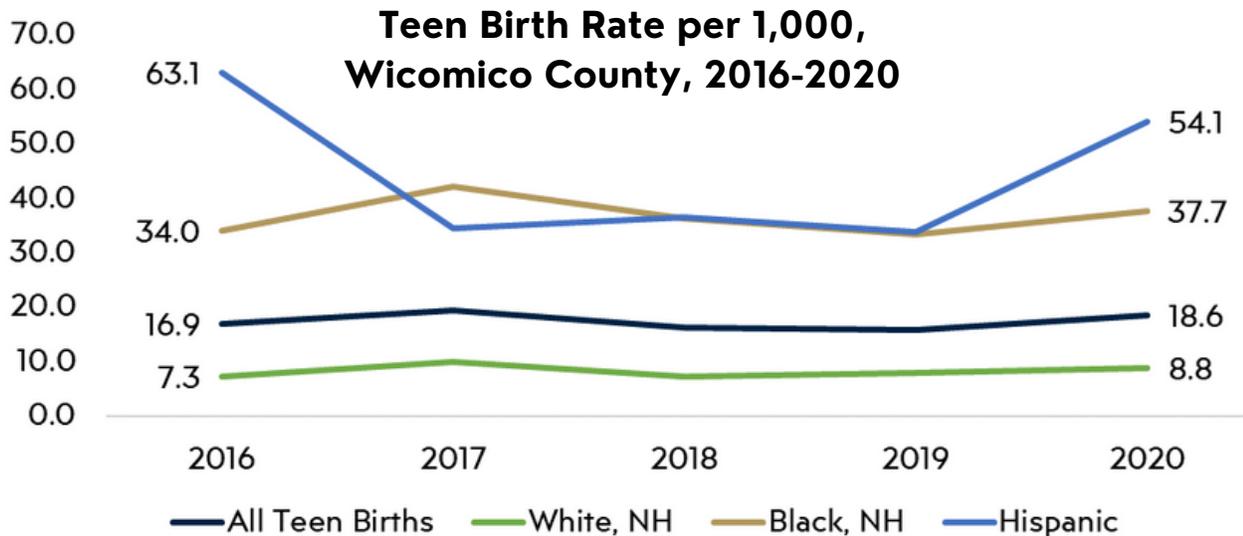


# Maternal and Child Health

# Births

Wicomico County, Births	2018	2019	2020
Overall	1,253	1,255	1,248
<b>Race/Ethnicity of Mother</b>			
White, Non-Hispanic	616	612	585
Black, Non-Hispanic	484	478	489
Hispanic	118	124	139
Asian, Non-Hispanic	31	37	26
<b>Age of Mother (in Years)</b>			
Under 18	21	23	21
18-19	62	56	71
20-24	245	250	253
25-29	397	386	381
30-34	334	345	314
35-39	164	157	166
40-44	26	37	40
45+	4	1	2

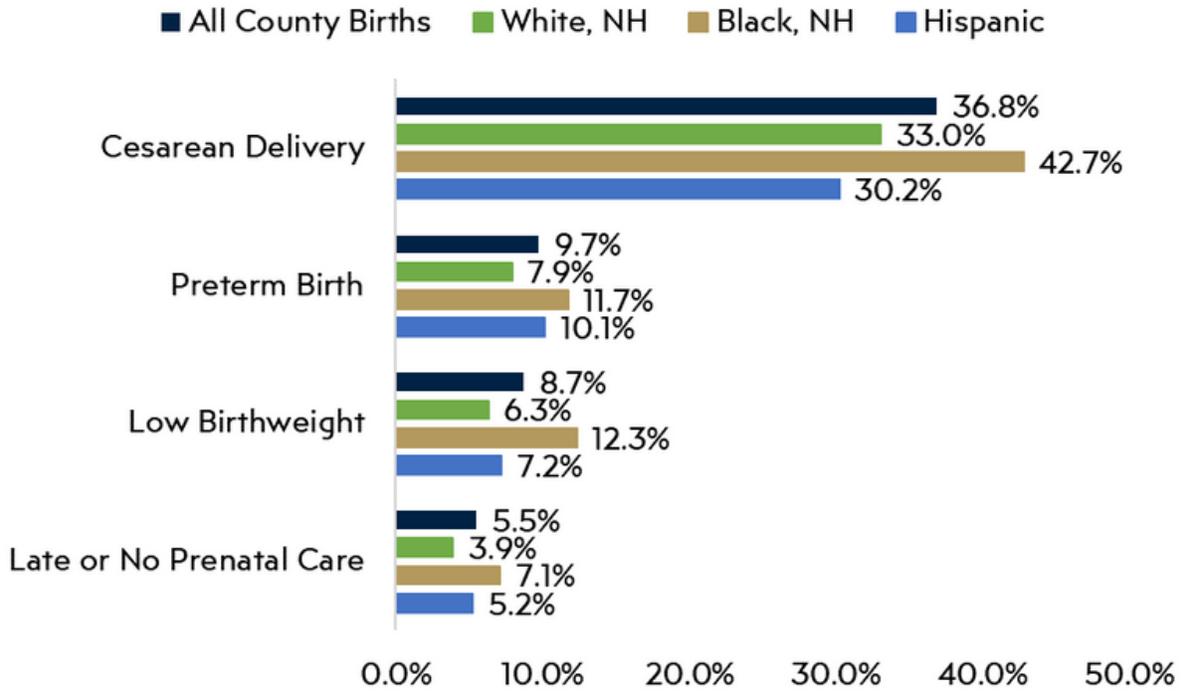
In 2020, there were **1,248 births** among county women. After three years of decline, the county's teen birth rate rose again in 2020.



Source: Maryland Department of Health Vital Statistics Administration; 2016-2020 Annual Reports.

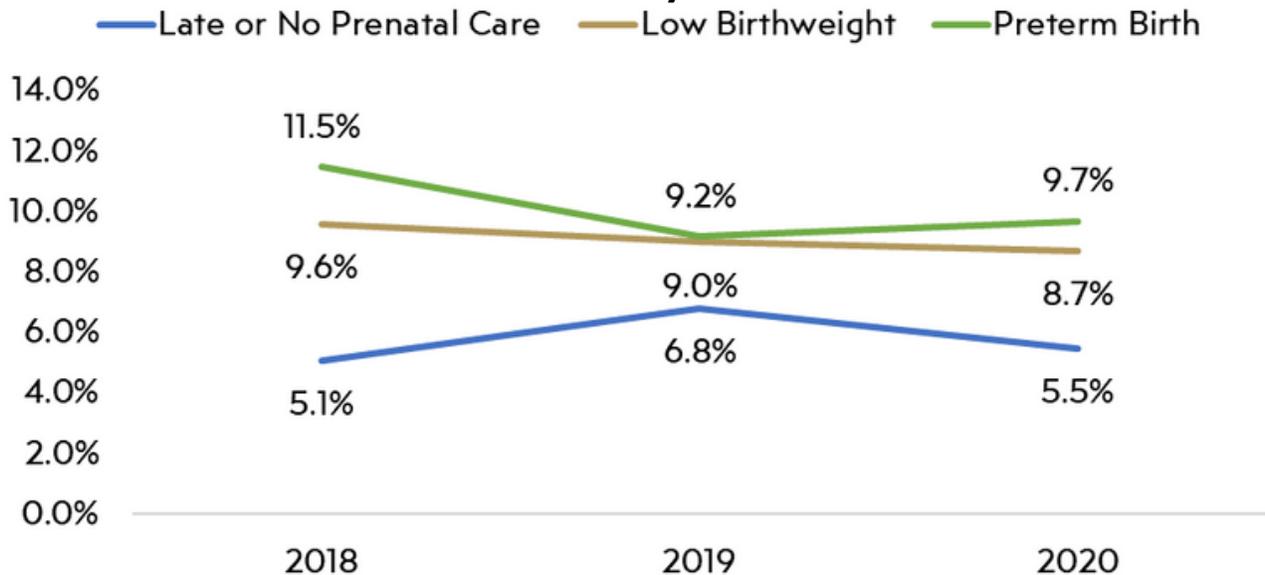
# Birth Outcomes

## Selected Birth Outcomes by Race/Ethnicity, Wicomico County, 2020



Although a decline from the previous year, almost 9% of births were low birthweight and almost 10% were preterm in 2020. Black, non-Hispanic mothers were more likely to have late or no prenatal care, as well as to deliver via Cesarean section.

## Selected Birth Outcomes, Wicomico County, 2018-2020

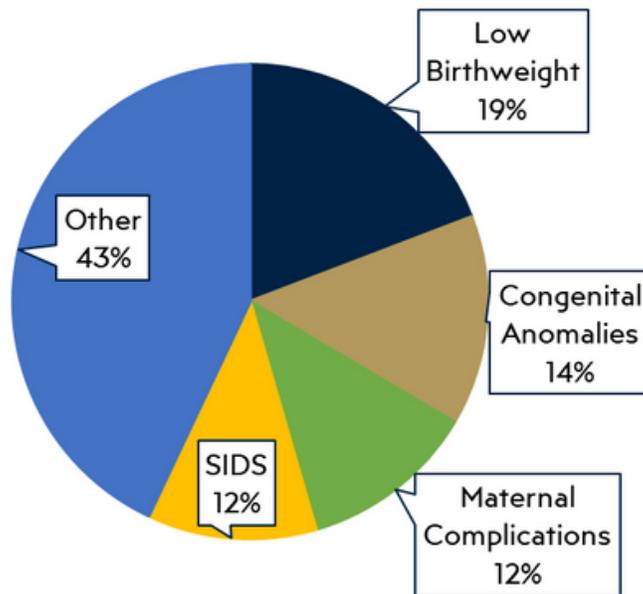


Source: Maryland Department of Health Vital Statistics Administration; 2018-2020 Annual Reports.

# Infant Mortality

Infant mortality is the death of a child before his or her first birthday. In 2020, the infant mortality rate in the county was almost two times higher than the rest of the state. Over half of infant deaths in Maryland were attributable to four causes.

**Leading Causes of Infant Death, Maryland, 2020**



Wicomico County	2018	2019	2020
Infant Deaths (Count)	9	9	14
<b>Infant Deaths by Race/Ethnicity (Count)</b>			
White, Non-Hispanic	6	4	6
Black, Non-Hispanic	3	3	6
Hispanic	0	2	2
<b>Infant Mortality Rate per 1,000 Live Births</b>			
Wicomico	7.2	7.2	11.2
Maryland	6.1	5.9	5.7
United States	5.7	5.6	5.4

Source: Maryland Department of Health Vital Statistics Administration; 2018-2020 Annual Reports.

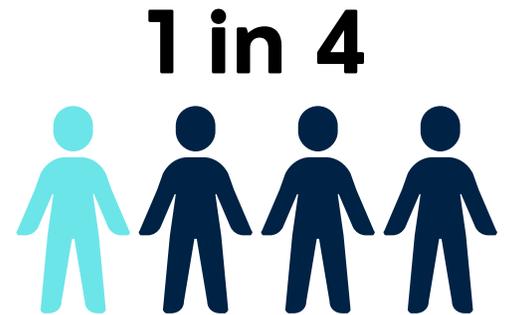
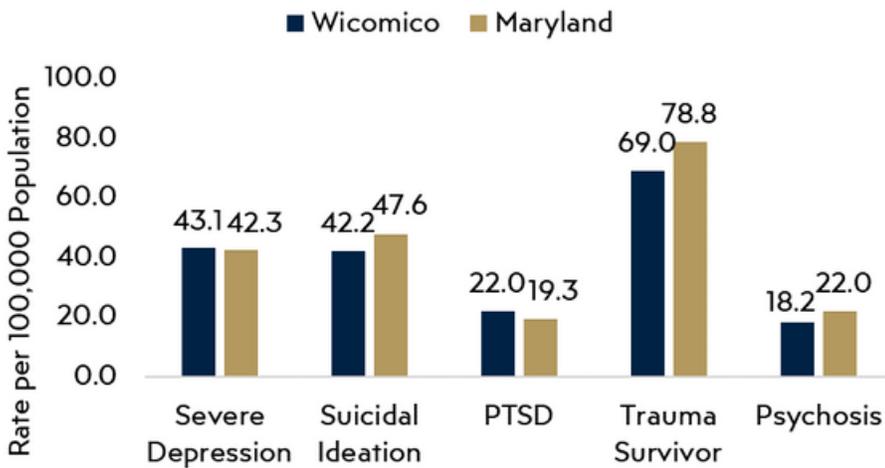
# Behavioral Health



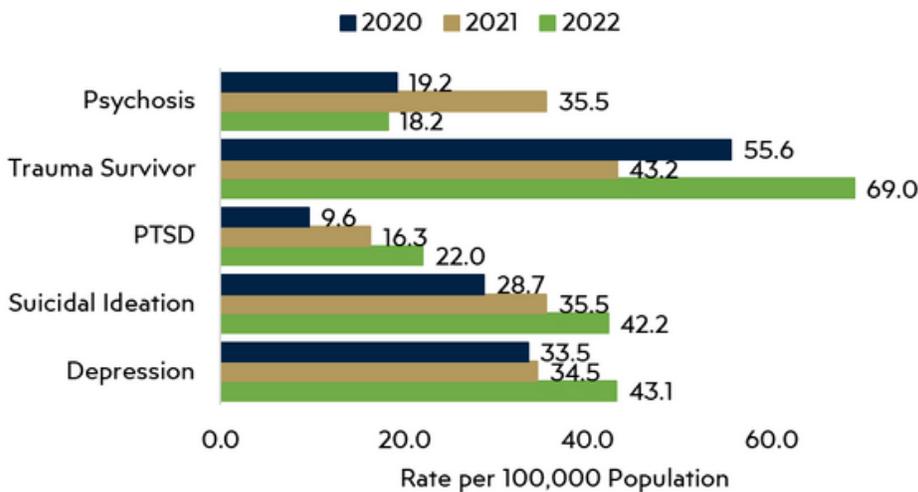
# Mental Health

Mental Health America (MHA) provides county-level estimates on the rates of mental health conditions among Wicomico residents. Rates of these conditions in the county are generally lower or similar to the state, but are trending upward since 2020.

## Rate of Mental Health Conditions Reported, Wicomico County and Maryland 2022



## Rate of Mental Health Conditions Reported, Wicomico County 2020-2022



County adults reporting at least one week of poor mental health per month

Source: County and State Data Map, Mental Health America. Maryland Department of Health; Behavioral Risk Factor Surveillance System.

# Suicide

## In 2021 for Wicomico County:

Suicide was the **11th leading cause of death** in the county.

**Roughly half** of ER visits for self-harm were youth 10-24 Years

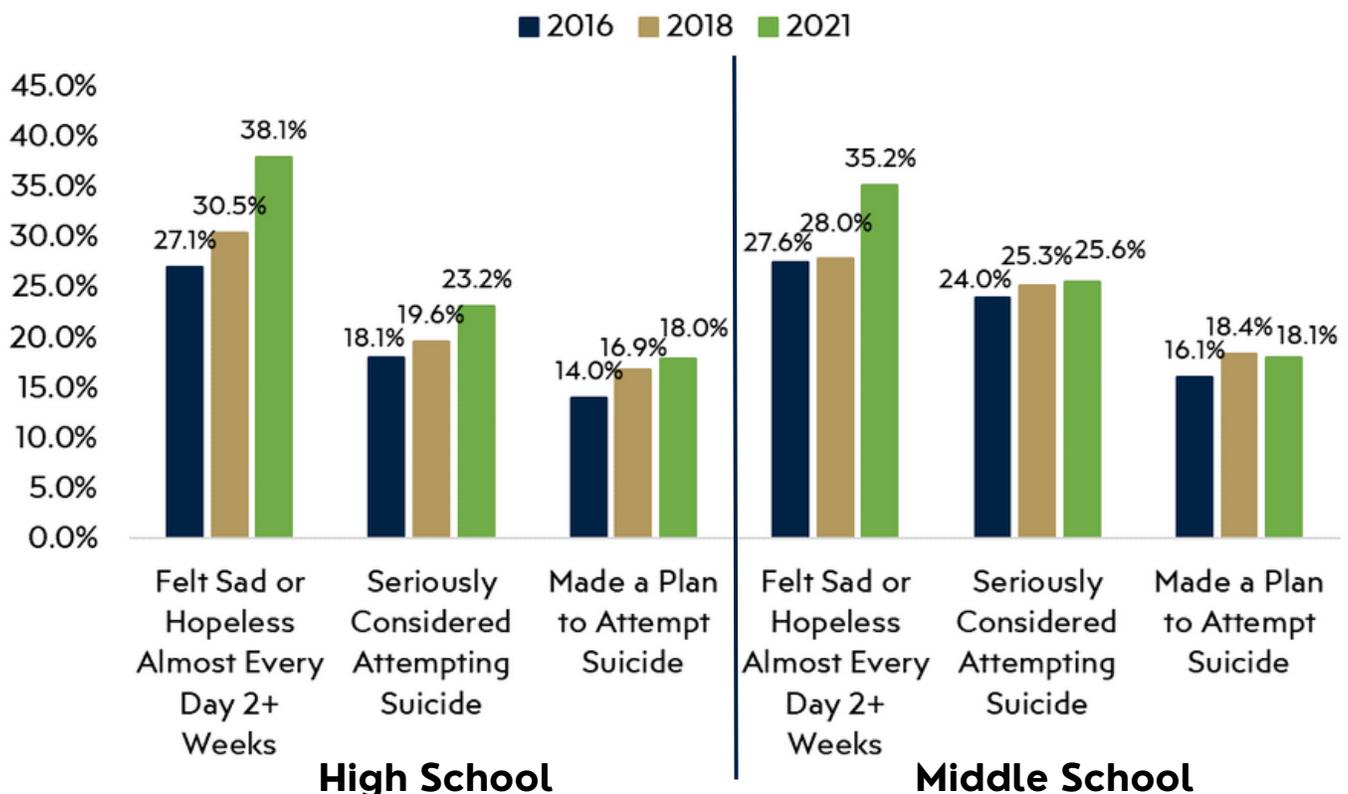
**11**

**50%**

Key risk factors for suicide among county middle and high school students increased since 2016, including feeling sad or hopeless for almost every day for at least two weeks in a row, as well as serious contemplation of suicide.



### Selected Self-Harm Risk Factors, Wicomico County Students, 2016-2021

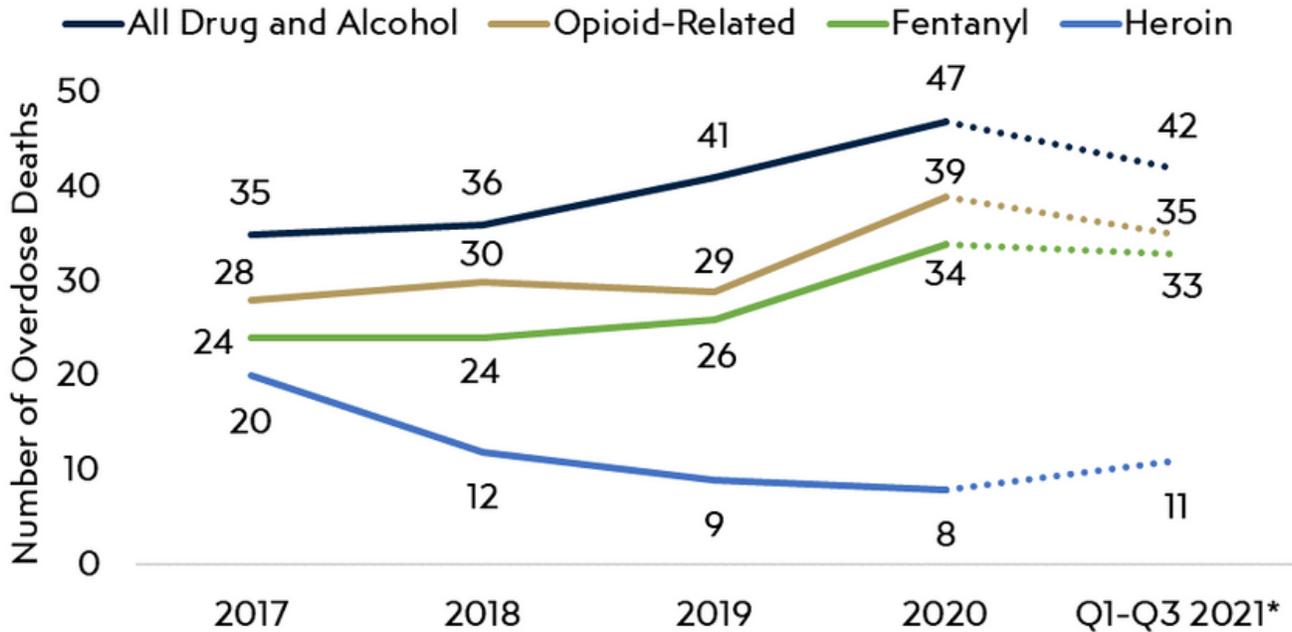


Source: Maryland Department of Health; 2016-2021 Youth Risk Behavior Surveys. Centers for Disease Control and Prevention; CDC Wonder Database. CRISP; Public Health Dashboard.

# Substance Use and Overdose

Fentanyl remains a key driver of drug overdoses in the county.

## Overdose Deaths, Wicomico County, 2017-2021\*

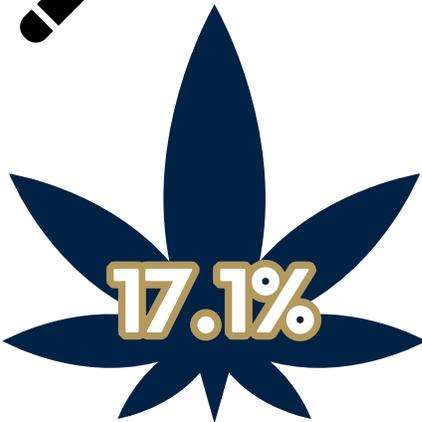


\*Full 2021 data not available at the time of this report publication. 2021 data representative from 1/1/2021 through 9/30/2021.



## Substances Ever Used by Wicomico County High School Students, 2016-2021

Substance Type	2016	2018	2021
Cocaine	6.2%	7.0%	5.0%
Heroin	4.8%	5.2%	5.2%
Methamphetamine	4.9%	4.6%	4.8%
Ecstasy	6.3%	6.5%	4.4%
Prescription Drug (without a doctor's order)	13.6%	16.0%	18.5%
Intravenous Drug Use	4.4%	5.1%	3.4%



County high school students that currently use marijuana

Source: Maryland Department of Health; 2016-2021 Youth Risk Behavior Surveys.

# Alcohol and Tobacco Use

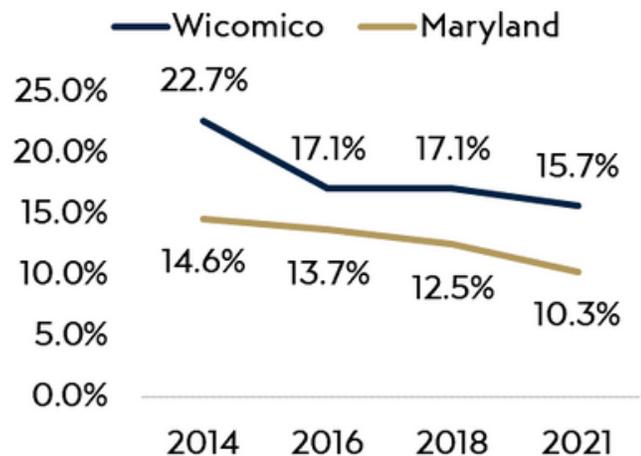
16.2%



County adults reporting binge drinking in 2021

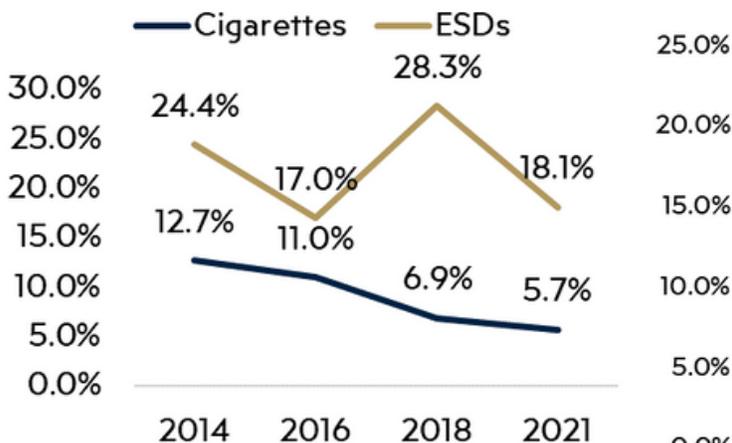
Cigarette use among county adults remains higher than the rest of the state, but has seen decreases since 2014.

## Cigarette Use Among Wicomico Adults, 2014-2021



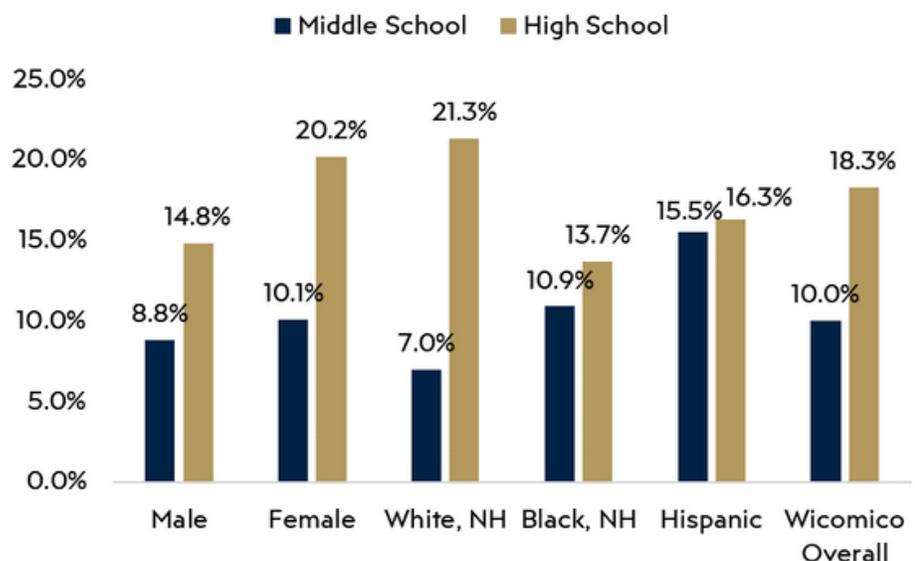
Cigarette use among high school students in the county has decreased each survey year, while ESD use has varied. In 2021, **one in five** female high school students reported current alcohol use.

## Cigarette and ESD\* Use Among Wicomico High School Students, 2014-2021



\*Electronic smoking device (includes e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)

## Current Alcohol Use Among Wicomico Students, 2021



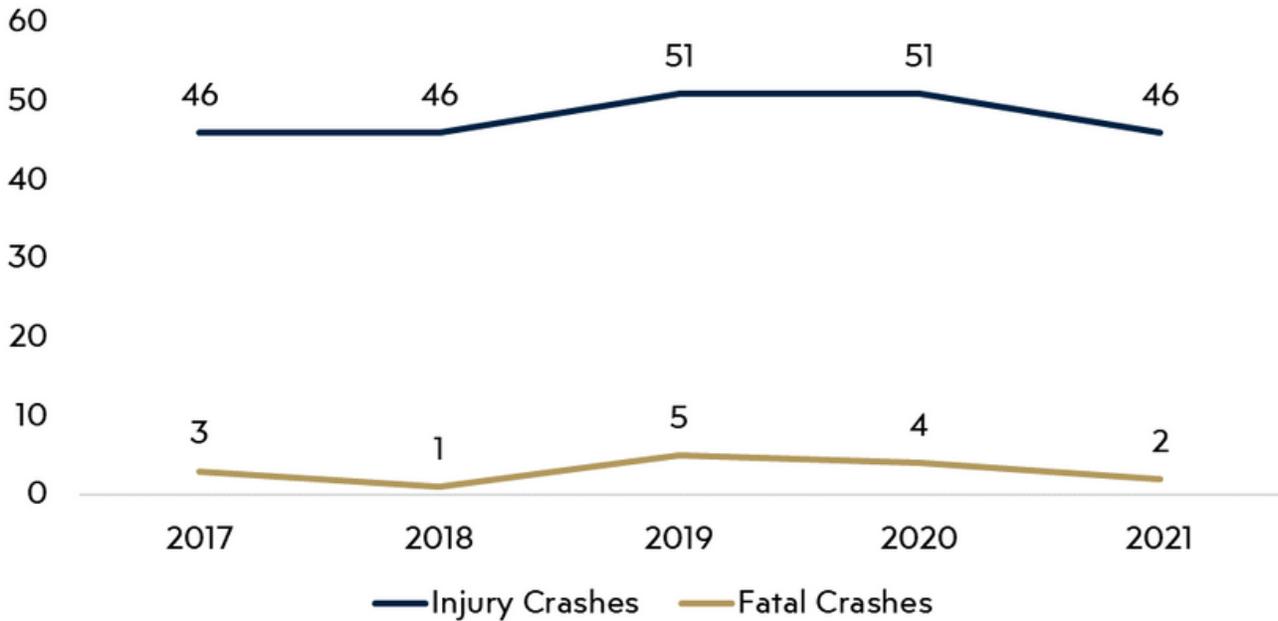
Source: Maryland Department of Health; 2016-2021 Youth Risk Behavior Surveys. Maryland Department of Health; Behavioral Risk Factor Surveillance System.

**Injury**

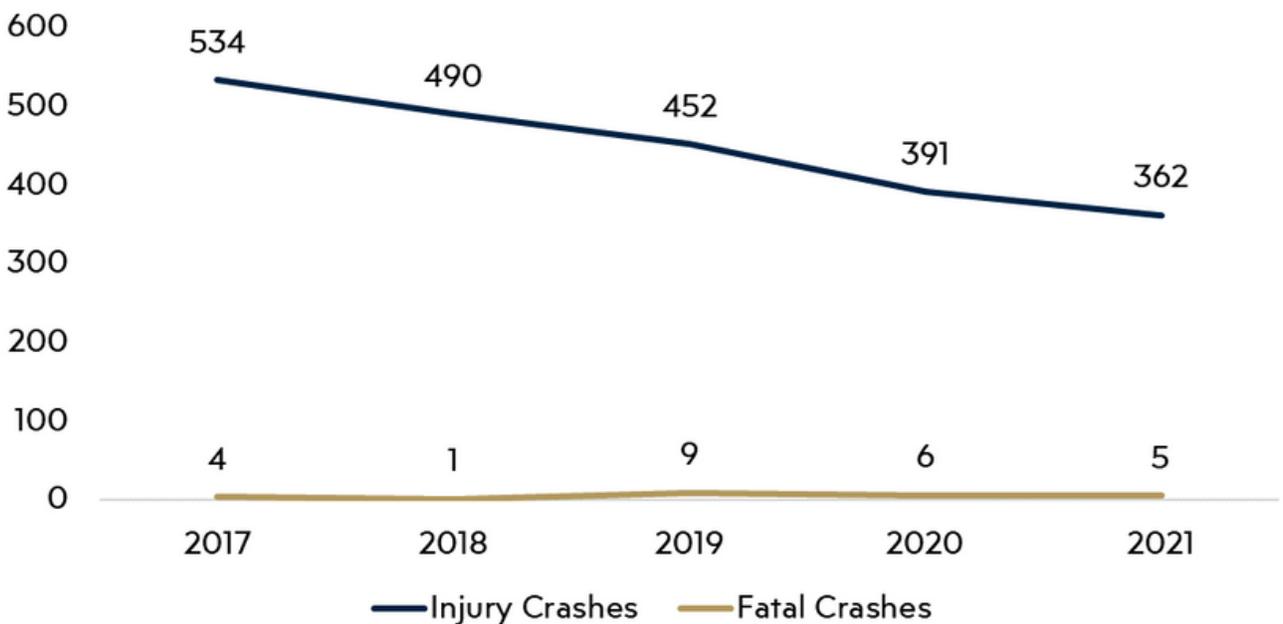


# Motor Vehicle Accidents

## Crashes Involving Drug- and/or Alcohol-Impaired Drivers, Wicomico County, 2017-2021



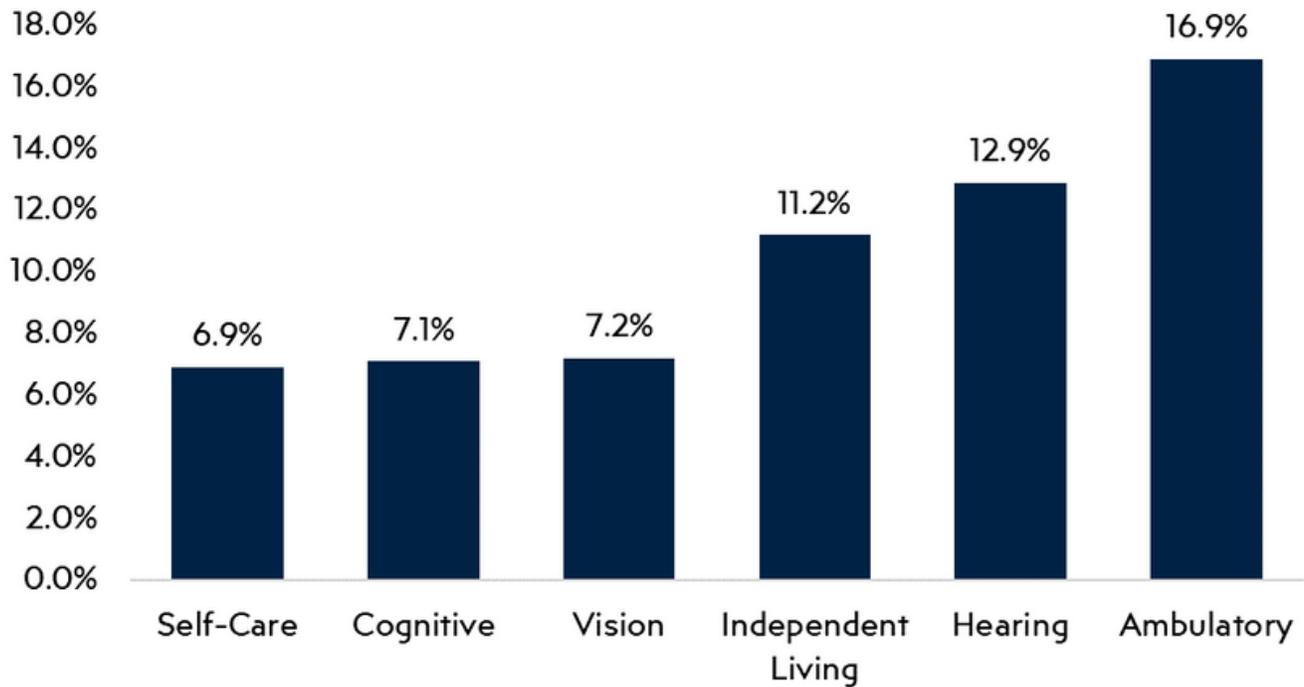
## Crashes Involving Distracted Drivers, Wicomico County, 2017-2021



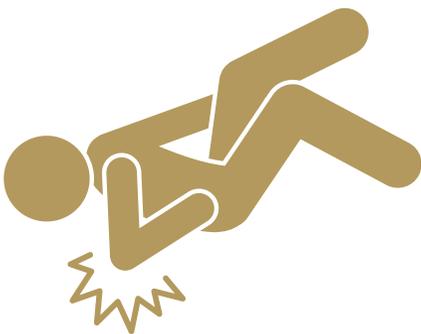
Source: Maryland Highway Safety Office; Annual Benchmark Reports.

# Falls

## Disability Types (65 Years and Older) Wicomico County, 2021



**1 in 5**



County adults 65 years and older who fell at least once in the previous year

Persons born throughout twelve years of the baby boom (1946-1964) are or will be 65 years and older in 2023. Over the past decade, the county's **65+ population increased 22%**.

Older adults are at a higher risk for falls, which can be serious and costly. Those with ambulatory disabilities are at an even higher risk of falls. In 2021, **17% of county residents 65+ reported an ambulatory disability**.



**Public Health**  
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Wicomico County  
Health Department

## Our Locations:

