



**PUBLIC HEALTH**  
ALWAYS WORKING FOR A SAFER AND  
HEALTHIER COMMUNITY

# **Chelan-Douglas Health Indicators**

## **Data Overview and Initial Action**

April, 2015

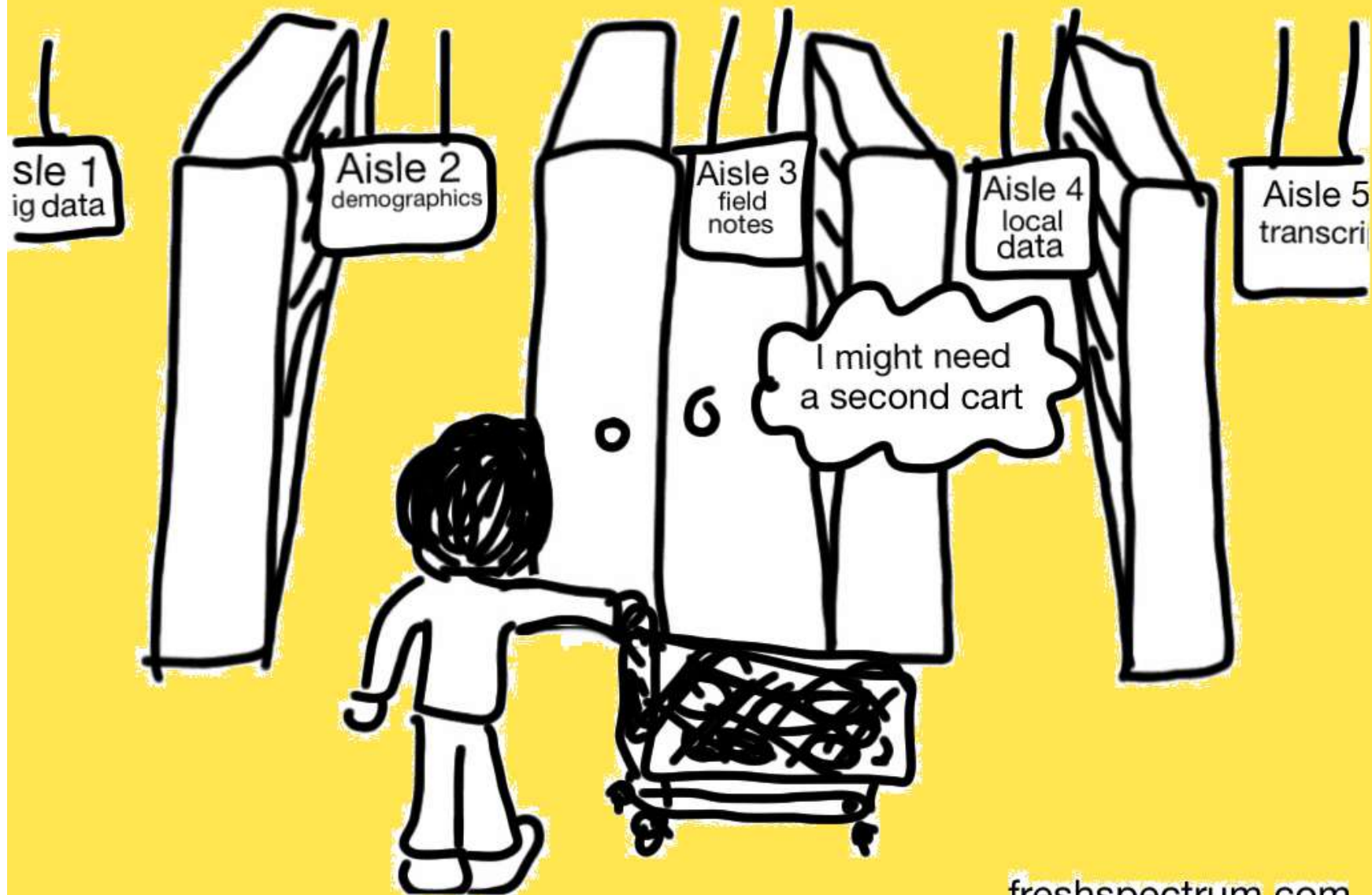
Cathy Meuret, MAEd, BSN  
Healthy Communities Program Manager  
Chelan-Douglas Health District

# Presentation Overview

---

- ▶ Value of Data
- ▶ Data Sources
- ▶ Chelan and Douglas Counties Health Highlights
- ▶ Initial Response





freshspectrum.com

# Value of Reliable Health Data

---

- ▶ Provides a snapshot of health status
- ▶ Identifies trends over time
- ▶ Provides direction for actions
- ▶ Assists in prioritizing needs
- ▶ Provides baseline to track progress & improvements
- ▶ Minimizes waste



“Health does not occur in the doctor’s office or hospital alone. Health occurs where we live, where we learn, where we work, where we play and where we pray.”

**Dr. Regina Benjamin, US Surgeon General (2012)**

# Multiple Measurements of Health

---

## Health Outcomes

- ▶ Length of Life
- ▶ Quality of Life

## Health Factors

- ▶ Demographics
- ▶ Health Behaviors
- ▶ Clinical Care
- ▶ Social & Economic Factors
- ▶ Physical Environment



# Demographics

---

	WA	Chelan	Douglas
Population	6,971,406	73,967	39,471
< 18 years of age	23	24	27
> 65	14	17	15
% African American	4	0.5	0.4%
% American Indian	2	2	2
% Hispanic	12	27	30
% White	71	69	66
% Not English Proficient	4	5	8
Rural	16	27	27



# Social & Economic

---

	WA	Chelan	Douglas
Median Household Income	58,431	50,033	49,293
Unemployment	7%	7.3%	7%
Children in Poverty	19%	23%	24%
Children in Single-Parent Households	29%	27%	28%





# Social & Economic

---

	WA	Chelan	Douglas
Children Eligible for Free Lunch	37	52	45
Food Environment Index	7.5	7.8	6.9
Food Insecurity	15	13	13



# Social & Economic

---



	WA	Chelan	Douglas
Social Associations	9.3	15.5	9.4
High School Graduation	79%	74%	82%
Some College	67.8%	46.7%	50%
Violent Crime	301	162	119



PUBLIC HEALTH: Always Working for a Safer and Healthier Community

---

Photo Credit: "School's Out!", © 2011 [Joe Valtierra, Flickr](#) | [CC-BY-ND](#) | [via Wylio](#)

# Health Behaviors

	WA	Chelan	Douglas
Smoking	16	13	15
Obesity	27	26	26
Physical Inactivity	18	17	19

## Teen Health Behaviors

	WA	Chelan	Douglas
Teen Pregnancy	29	43 (!)	44 (!)



# Health Outcomes

---

	WA	Chelan	Douglas
Poor or Fair Health	14	16	15
Poor Physical Health Days	3.6	3.2	4.0
Poor Mental Health Days	3.3	2.8	3.0
Diabetes	9	9	9
Hypertension	30%*		
High Cholesterol	38%*		
Stroke	37/K**		

\* <http://www.americashealthrankings.org/WA/Hypertension>

\*\* <http://www.doh.wa.gov/Portals/1/Documents/5500/CD-STR2014.pdf>



# Health Issues Associated with Obesity

## Complications of Obesity

- **PULMONARY DISEASES**
  - abnormal function
  - sleep apnea
  - hypoventilation
- **LIVER DISEASES**
  - steatosis
  - steatohepatitis
  - cirrhosis
- **GALL BLADDER DISEASE**
- **OSTEOARTHRITIS**
- **CATARACTS**
- **STROKE**
- **CANCER**
  - breast, colon, kidney, prostate, uterus, esophagus, cervix, pancreas.
- **HEART DISEASE**
- **STROKE**
- **DIABETES**
- **PANCREATITIS**
- **GOUT**
- **DEATH\***

\*1 in 5 US Deaths Linked To Being Overweight Or Obese.  
source: American Journal of Public Health

[www.thenext28days.com/meal-plans](http://www.thenext28days.com/meal-plans)

# Obesity Concerns

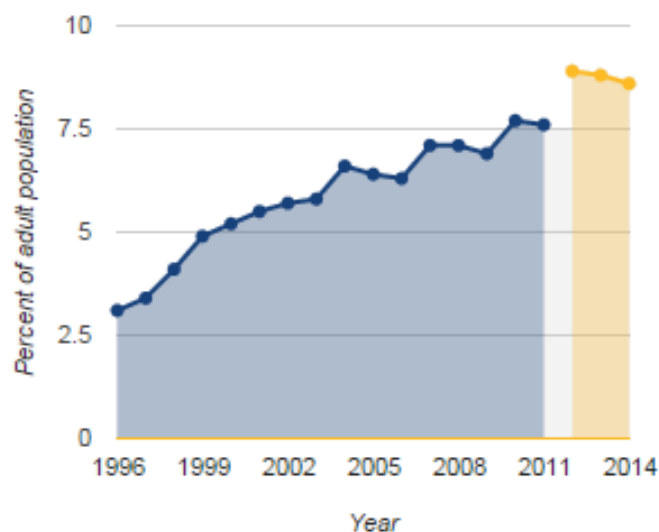
---

- ▶ Higher Prevalence
  - ▶ American Indians, Alaska Natives, blacks, adults of Hispanic origin
  - ▶ Lower levels of income and education
- ▶ Higher incidence of chronic disease (including diabetes), cardiovascular complications, and cardiovascular mortality
- ▶ Higher incidence of mental health affects and decreased emotional well-being
- ▶ High medical expenses, likelihood for complications



# WA State Incidence

WA Diabetes (1996-2014)



WA - Percent of adults who responded yes to the question "Have you ever been told by a doctor that you have diabetes?" Does not include pre-diabetes or diabetes during pregnancy.

- Percent of adults who responded yes to the question "Have you ever been told by a doctor that you have diabetes?" Does not include pre-diabetes or diabetes during pregnancy.

WA Obesity (1990-2014)



WA - Percentage of the population estimated to be obese, with a body mass index (BMI) of 30.0 or higher.

- Percentage of the population estimated to be obese, with a body mass index (BMI) of 30.0 or higher.

---

# Youth Health Behaviors

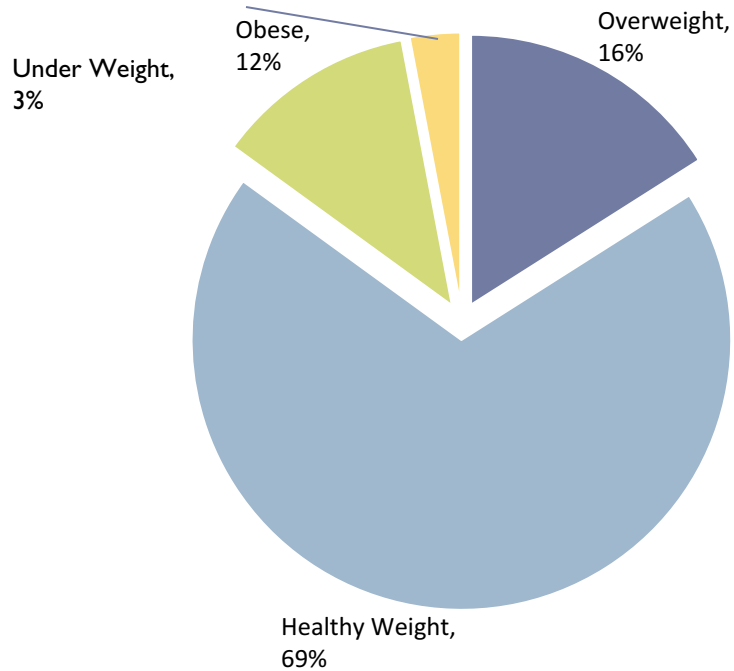
2014 Healthy Youth Survey



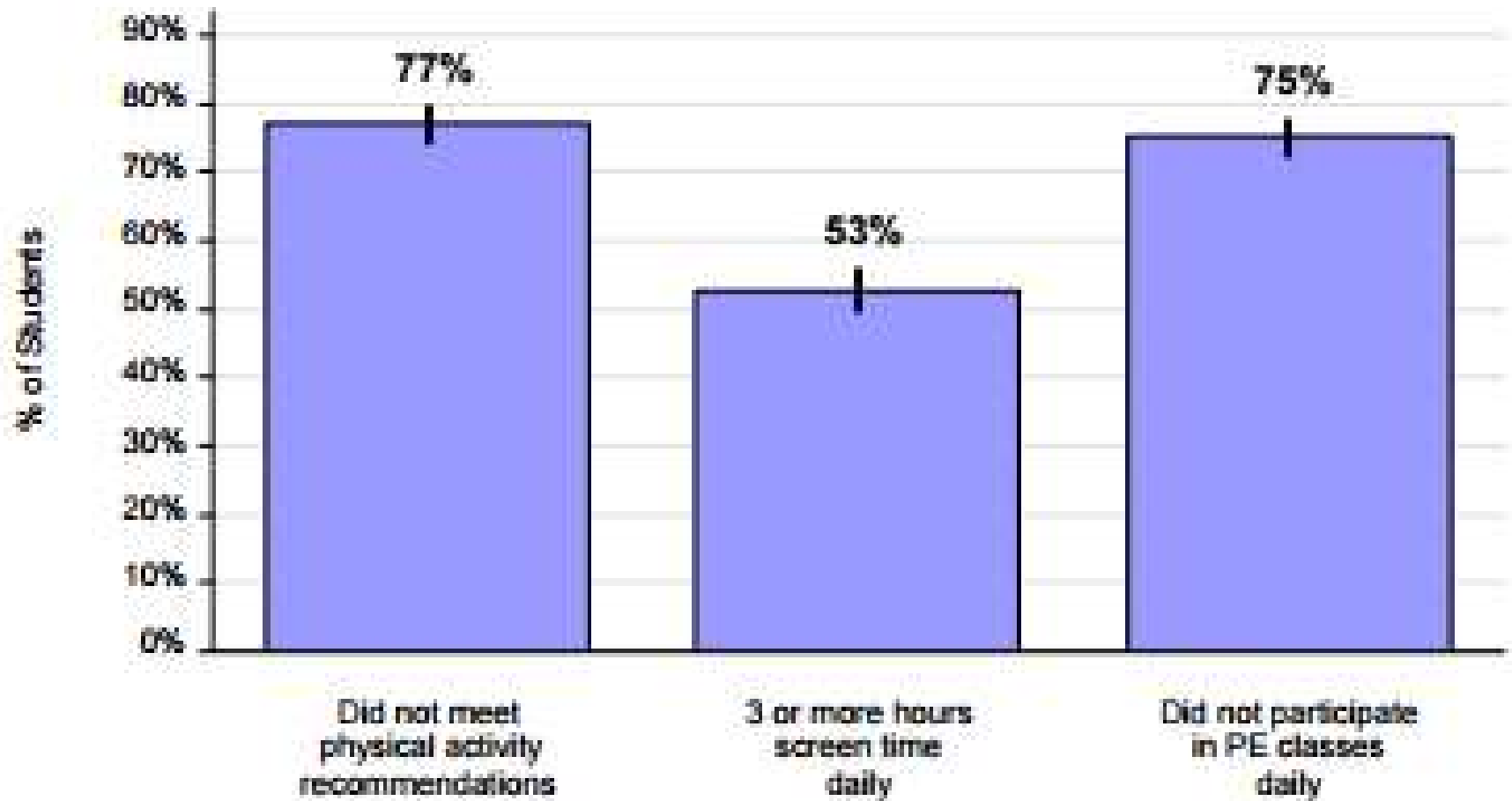


# Weight Distribution – Grade 12

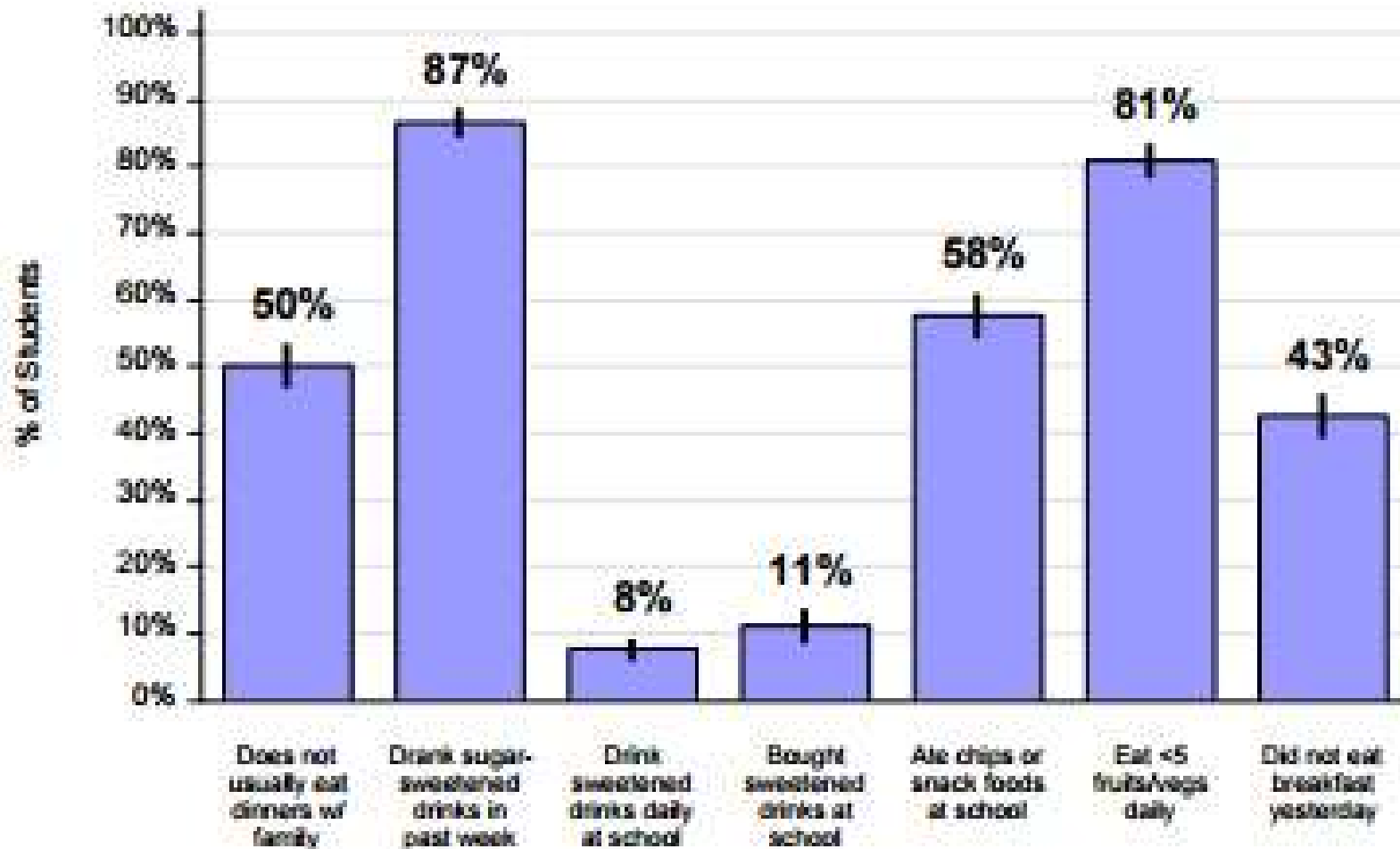
## Weight Distribution - Grade 12



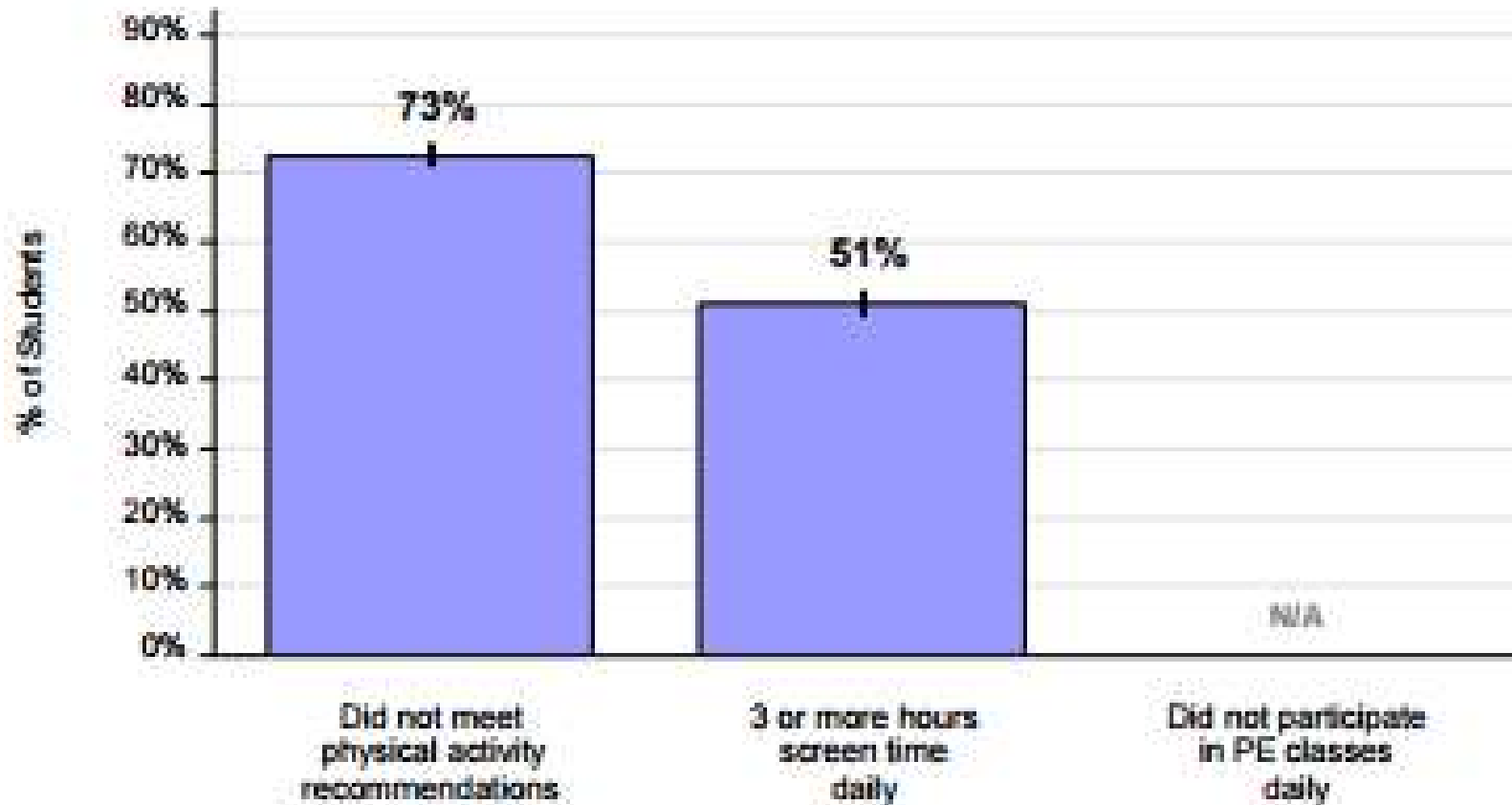
# Physical Activity – Grade 12



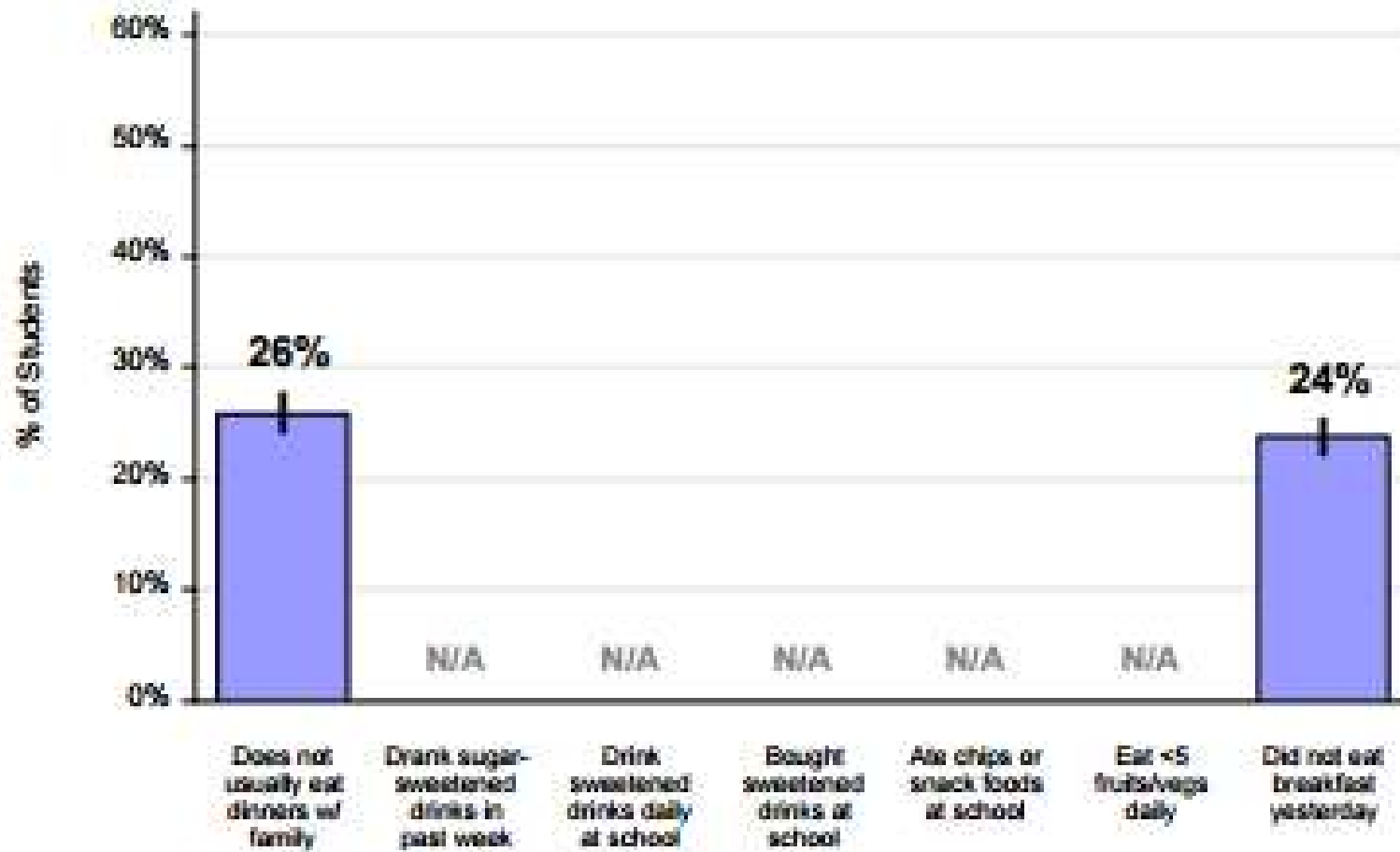
# Dietary Habits – Grade 12



# Physical Activity – Grade 6



# Dietary Behaviors – Grade 6



**“If we really want to reform health care in the US, we need to stop people from getting sick in the first place.”**

**Dr. Regina Benjamin, US Surgeon General (2012)**

# Health Improvement Initiative

---

- ▶ Care Transformation Workgroup
  - ▶ Initial Focus: Diabetes
  - ▶ Membership: Clinicians, Provider Leadership, Health Plans
  - ▶ Goals:
    - ▶ Identify key tasks and issues
    - ▶ Identify evidence-based approaches to whole-person care
    - ▶ Implement an approved plan of action
    - ▶ Evaluate results
    - ▶ Develop NCACH capacity to deliver health improvement initiatives
    - ▶ Lay groundwork for more ambitious health improvement initiatives in the future



---

# Thank you.





# References

---

- ▶ Americas Health Rankings.org (2015). <http://www.americashealthrankings.org/WA/Diabetes>
- ▶ County Health Rankings and Road Maps (2015). <http://www.countyhealthrankings.org/>
- ▶ The State of Obesity (2004 - 2015). <http://stateofobesity.org/obesity-rates-trends-overview/>
- ▶ The State of Obesity: Better Policies for a Healthy America (2014). <http://stateofobesity.org/files/stateofobesity2014.pdf>
- ▶ Healthy Youth Survey (2014). <http://www.askhys.net/>
- ▶ Central Washington Hospital Community Health Needs Assessment Report and Implementation Plan (12/2013). <http://www.cwhs.com/healthinfo/CHNA.aspx>
- ▶ Prevention Status Report (2015). Nutrition, Physical Activity, and Obesity <http://www.cdc.gov/psr/npao/index.html>

