The Health of Oregonians: What’s Hot, What’s Not

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State Health Profile

- Published in 2012, updated in 2013
- 70+ population health indicators
- Array: social context, disease outcomes, behaviors, healthcare access, disparities
Oregon’s Population
Demographics

- 3.9 million people in 2012; ↑4.3 mil 2020
- Age: 14% >65 years 2010; ↑20% in 2020
- Race/Ethnicity
  - White, non-Hispanic: 78.5%
  - Hispanic/Latino: 11.7%
  - Asian: 3.7%
  - African American: 1.8%
  - Amer Indian/Alaska Native: 1.4%
  - ≥ 2 races: 3.8%
Socio-economic Status

• High school graduation: 68%

• Poverty:
  – Overall: 17.5% (US 15.9%)
  – Households with kids: 23.6% (US 22.5%)

• Food Insecurity:
  – Overall: 17.9% (US 16.4%)
  – Households with kids: 29.1% (US 22.4%)
Mortality
Causes of Death & Premature Death, 2011

- Cancer
- Injury
- Heart Disease
- Suicide
- Alcohol-induced Conditions
- Perinatal Conditions
- Diabetes

Percent of Total

YPLL-75
Deaths
Quality of Life
Overall Health: Adults Reporting Good/Excellent health

Age (years)

Percent

18-24 25-34 35-44 45-54 55-64 65+

Men
Women
Emotional Health

- >1 day of poor mental health past 30 day
  - Adult men: 30%
  - Adult women: 43%
- $11^{th}$ graders: 25% depressed mood
- >2 weeks past 30 days
- Maternal depression: 19%
Morbidity
Salmonellosis

Rate per 100,000 residents

Source: Oregon Reportable Diseases Database
Incidence of pertussis, Oregon 1988-2012
Chlamydia incidence

Rate per 100,000 residents

Oregon
U.S.
Oregon syphilis cases, by sex and year

- **2008**: 40 men, 2 women
- **2009**: 70 men, 3 women
- **2010**: 100 men, 5 women
- **2011**: 150 men, 10 women
- **2012**: 300 men, 20 women
Early Syphilis Infection

- >50% of the MSM cases 2006-2012 were HIV+.
Cancer cases and deaths
Oregon women, 2010

Breast
Lung
colorectal
uterine
melanoma

cases
deaths
Cancer cases and deaths
Oregon men, 2010

Prostate, Lung, Colorectal, Bladder, Melanoma

Cases (green) vs. Deaths (yellow)
Obesity in Oregon Adults and 8th Graders

Source: Oregon BRFSS and Oregon Healthy Teens Survey

New BRFSS weighting method began in 2010.
Oregon Diabetes Prevalence

New BRFSS weighting method began in 2010.
Health Behaviors
Behaviors that Kill Oregonians

- Tobacco: 7000
- Obesity: 1500
- Alcohol: 1400
Cigarette Smoking Prevalence by Year, Oregon 1996 - 2011

- **Adults**
- **8th Graders**

New BRFSS weighting method began in 2010.
Percentage of Adults who Smoke by Age, Oregon 2011

Source:
Oregon Behavioral Risk Factor Surveillance System
We are what we eat
Fruits and vegetables consumption

Source:
Oregon Behavioral Risk Factor Surveillance System
Oregon Adults Meeting CDC Physical Activity Guidelines, 2009

Percentage meeting guidelines

Source: Oregon Behavioral Risk Factor Surveillance System
Oregon Teens Exercising $\geq 60$ min/day, $\geq 5$ days per week, 2011

Source: Oregon Healthy Teens
Maternal/ Child Health
Oral Health of Oregon Children

- 2002
- 2007
- 2012

had a cavity
untreated decay
rampant decay
Teen Pregnancy (15-17 yrs)

Rate per 1,000 females age 15-17 years

Source: Oregon Birth Certificate Data; Induced Termination of Pregnancy Database
Health care access
Lacking Health Insurance

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Proportion Uninsured</th>
</tr>
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<tbody>
<tr>
<td>0-18 yrs.</td>
<td>5%</td>
</tr>
<tr>
<td>19–64 yrs.</td>
<td>25%</td>
</tr>
<tr>
<td>65+ yrs.</td>
<td>0%</td>
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</tbody>
</table>
Specific Populations
Race/ ethnicity
Low SES
Mortality by Race/ Ethnicity

Years of Potential Life Lost Before Age 75 per 100,000, 2009**

- Hispanic/Latino: 3,988
- African American: 7,708
- Native American: 8,660
- Asian/Pacific Islander: 3,342
- Other/Unknown
- White: 6,047

† = Data unreliable: less than 50 people

Source: Oregon Vital Statistics and National Center for Health Statistics
Teen Pregnancy Rates by Race/ethnicity, 2010

Pregnancy Rate per 1,000 Females

- Non-Latino White
- Non-Latino African American
- Hispanic/Latino
Smoking by SES, Oregon

![Graph showing smoking rates by SES in Oregon over time. The graph indicates a decrease in smoking rates from 1998 to 2009. In 1998, the smoking rate was 44% for low SES and 19% for not low SES. By 2009, the smoking rate was 37% for low SES and 13% for not low SES.](image-url)
Chronic Conditions by SES

- High BP
- Asthma
- Diabetes
- Heart Attack
- Stroke

percent

Low SES

Not low SES

Graph shows the percentage of chronic conditions by SES.
Moving Forward

- People are living longer; more chronic diseases
- Health disparities by SES, race/ethnicity
- Collaboration needed between: public health; health care system; education; social services; not-for-profit; business; academia; policy-makers; public