



PUBLIC HEALTH

**ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON**

The Health of Washington State – 2007

Washington State Board of Health

May 14, 2008

Jude Van Buren, Dr. PH, RN, Assistant Secretary
Epidemiology, Health Statistics and Public Health Laboratories

Written every 5 years – provides most current information available of primary efforts of public health and includes:

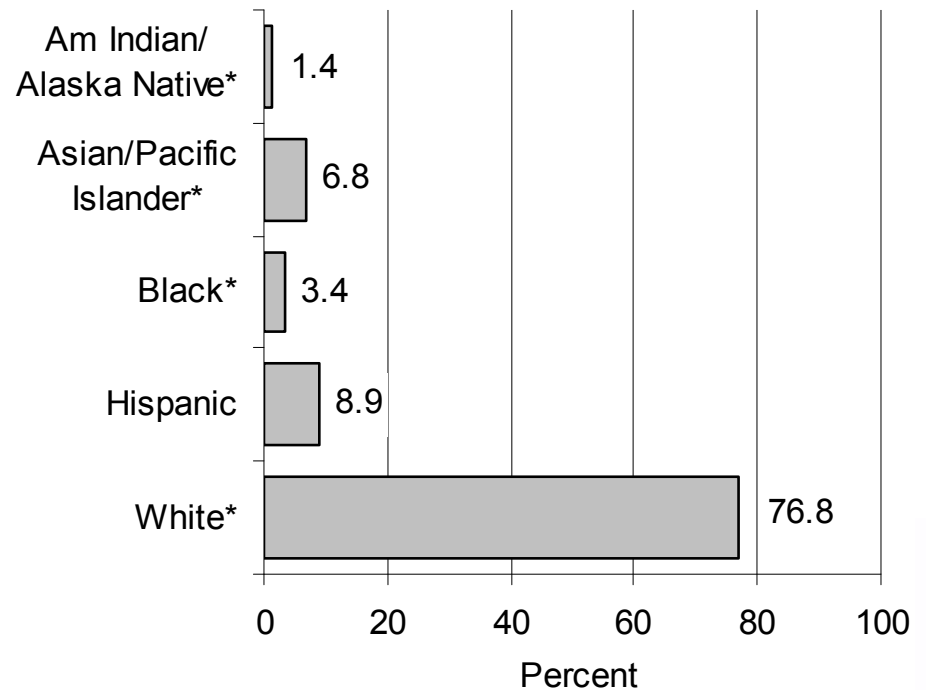
- Data by trends
- Goals: healthy people or other national or state goals
- Analyzed by demographics (WA counties) such as: age, gender, race and ethnic origin, income and other measures of impact and burden
- Risk and protective factors
- Intervention strategies

The State and Its People

Population Growth:

- Population aging
- Population increasingly diverse

Race and Hispanic Origin
WA State Office of Financial Management
2006 Population Estimates



* Non-Hispanic

Social and Economic Determinants

- Socioeconomic position (SEP) can be measured by income, education, and occupation.
- An extensive body of research documents the relationship between SEP and health.
- Lifestyle, environments, the gap between rich and poor, chronic stress and racism, social support/ social capital, and the health care system help explain the relationship between SEP and health.

Education, Income, and Health Status

- People with best overall general health status have
 - College education
 - Income \$50,000+
- People with worst overall general health status have
 - High school or less education
 - Income less than \$20,000
- High school completion rates lowest among Hispanics and American Indians/Alaska Natives, highest among Asian/Pacific Islanders and whites.

Race and Health Status

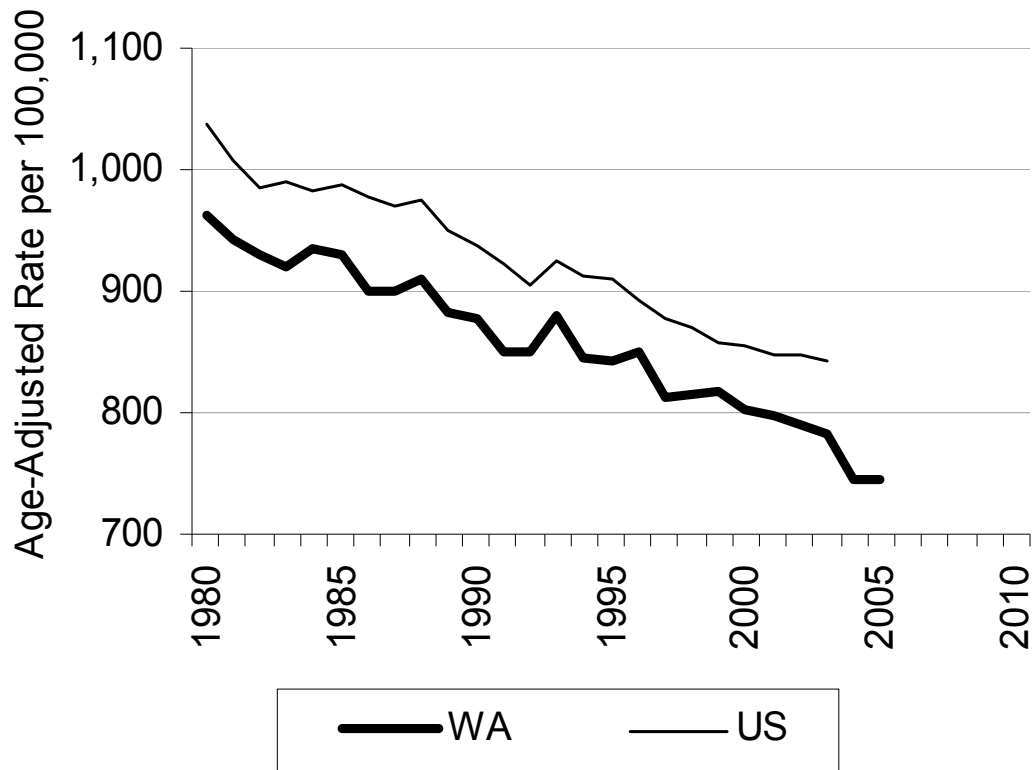
- Higher overall health status
 - Asian/Pacific Islanders
- Lower overall health status
 - American Indian/Alaska Natives
- Caveat: Health status may vary within subgroups of major races, such as Asian/Pacific Islanders. Current methods for race classification do not permit subgroup analysis.

Some areas where WA is doing well

- Life expectancy/mortality
- Chronic disease
- Tobacco
- Physical activity
- Injury
- Teen pregnancy
- Trauma case fatalities

Life Expectancy/Mortality

Deaths from All Causes
WA State and US
WA Death Certificates 1980–2005



Chronic Disease

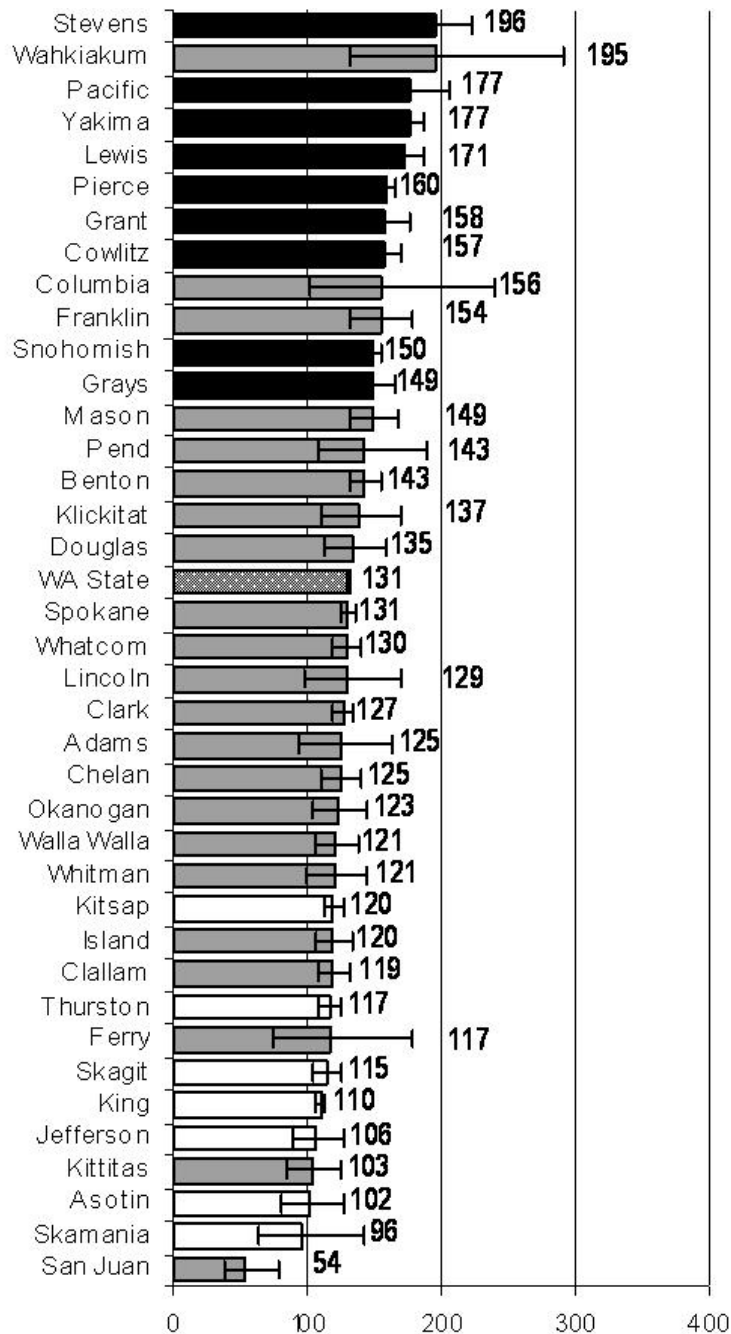
Met Healthy People 2010 target AND rates continue to decline

- Coronary heart disease mortality
- Stroke mortality
- Breast cancer mortality
- Colorectal cancer mortality
- Invasive cervical cancer mortality

Coronary Heart Disease Mortality County Data

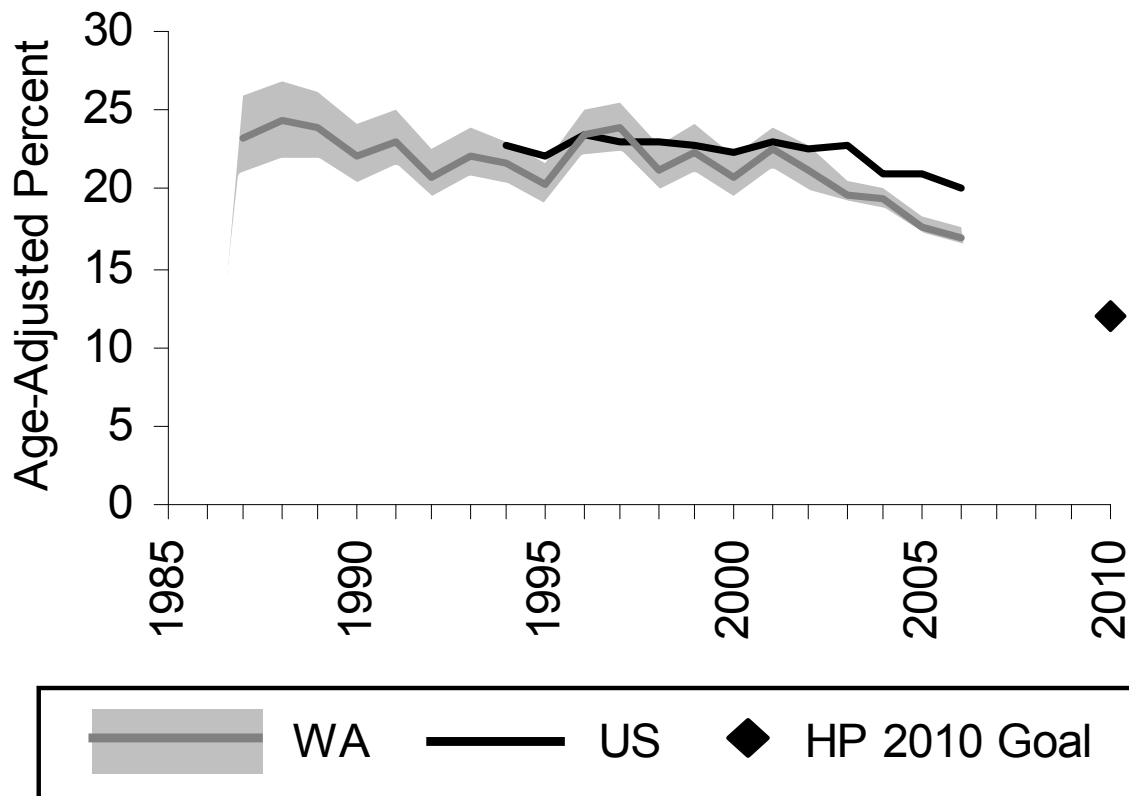
Age-Adjusted Rate per 100,000

□	Value lower than WA State
■	Value similar to WA State
■	Value higher than WA State



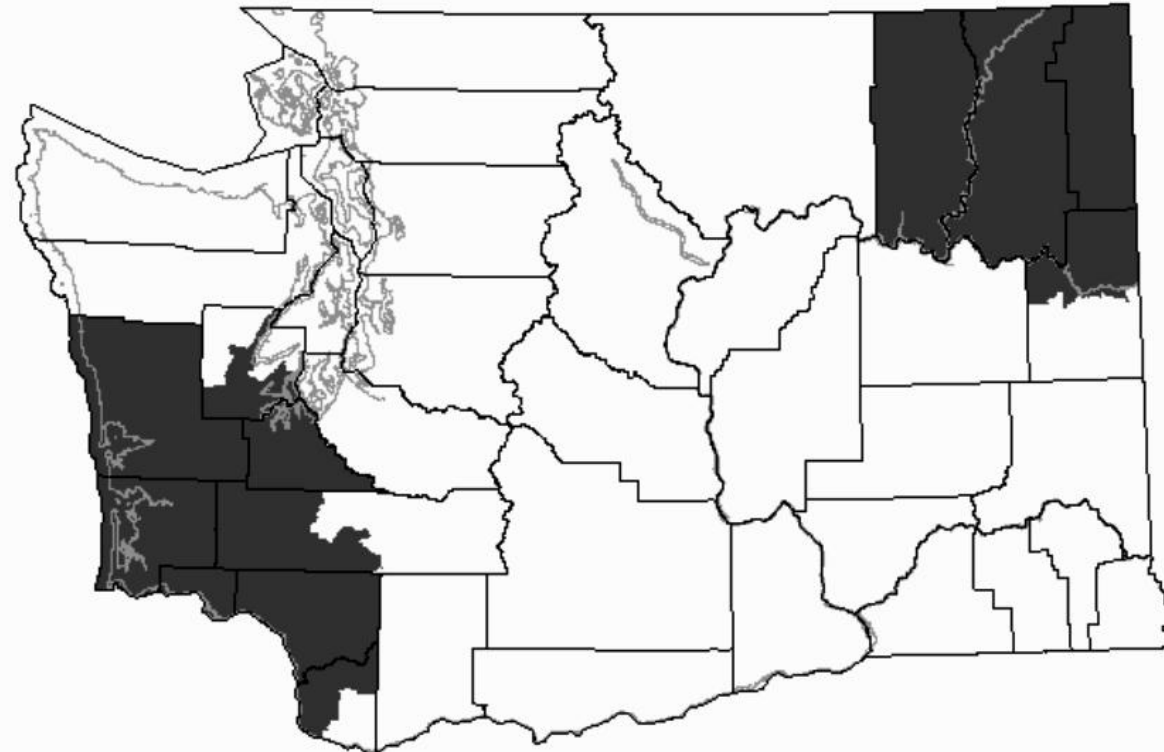
Tobacco

Adults Reporting Current Smoking WA State and US BRFSS



Smoking During Pregnancy

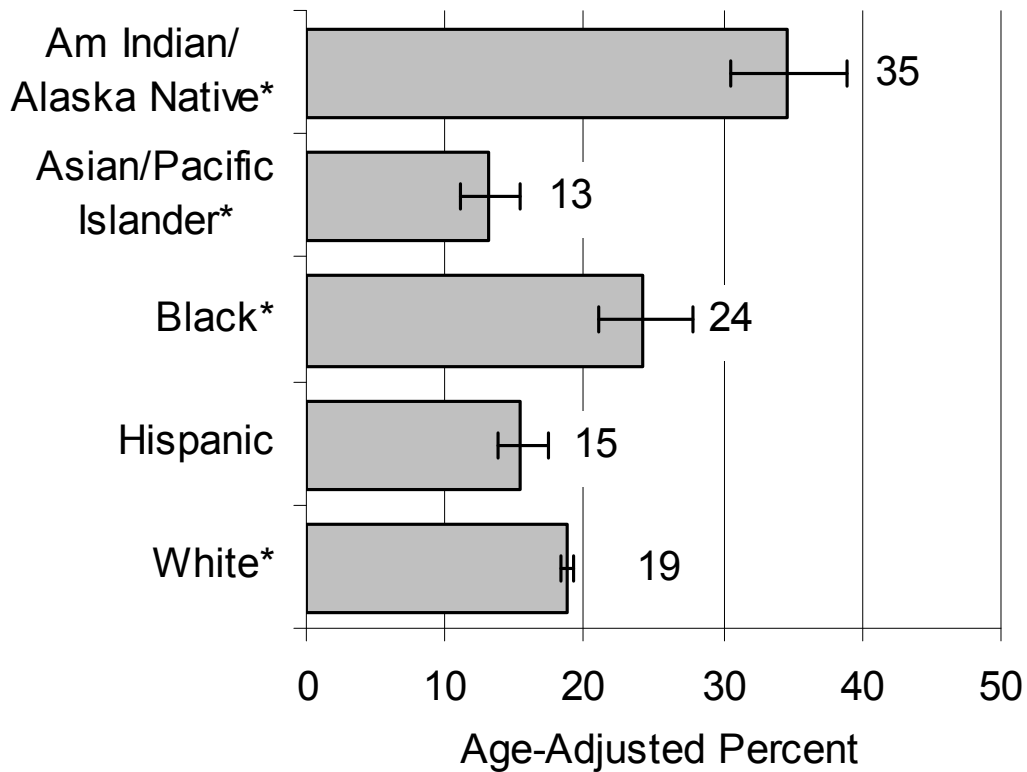
2001-2005 Washington State Birth Certificate Data



Shading shows areas with high relative risk for smoking during pregnancy.

Tobacco

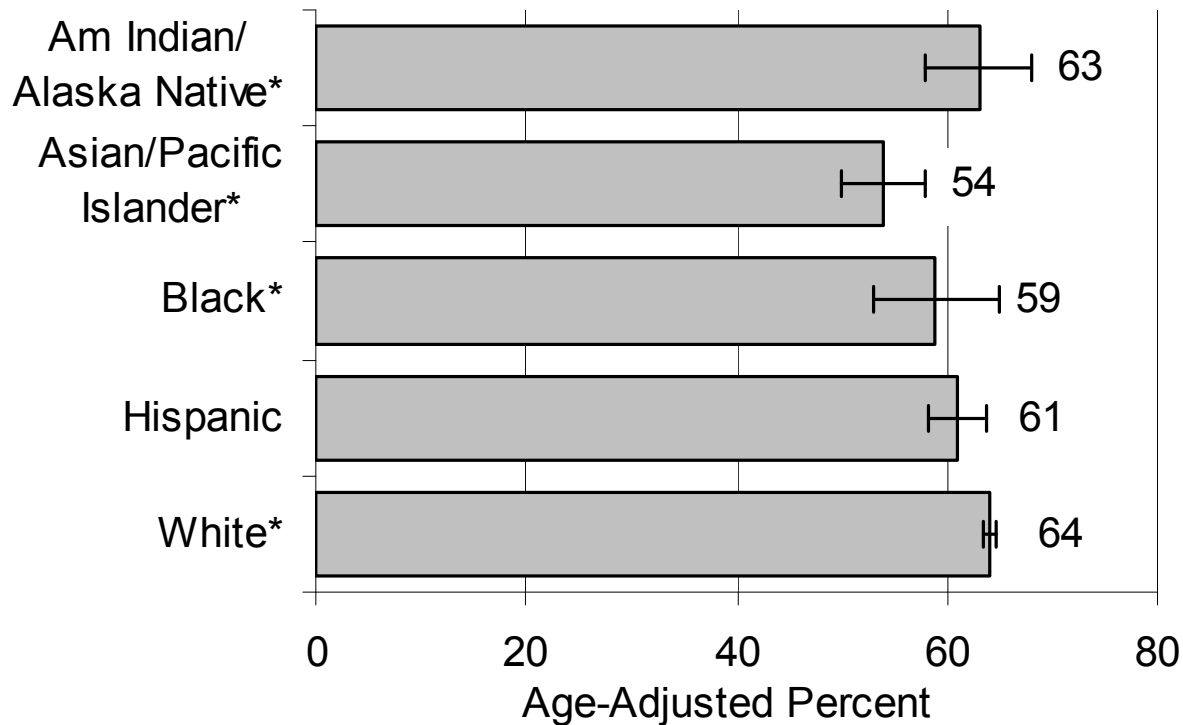
**Adult Current Cigarette Smoking
Race and Hispanic Origin
WA BRFSS 2003-2005**



* Non-Hispanic

Physical Activity

**Physical Activity During Work & Leisure Time
Race and Hispanic Origin
Washington BRFSS 2003 and 2005**



* Non-Hispanic

Injury & Violence

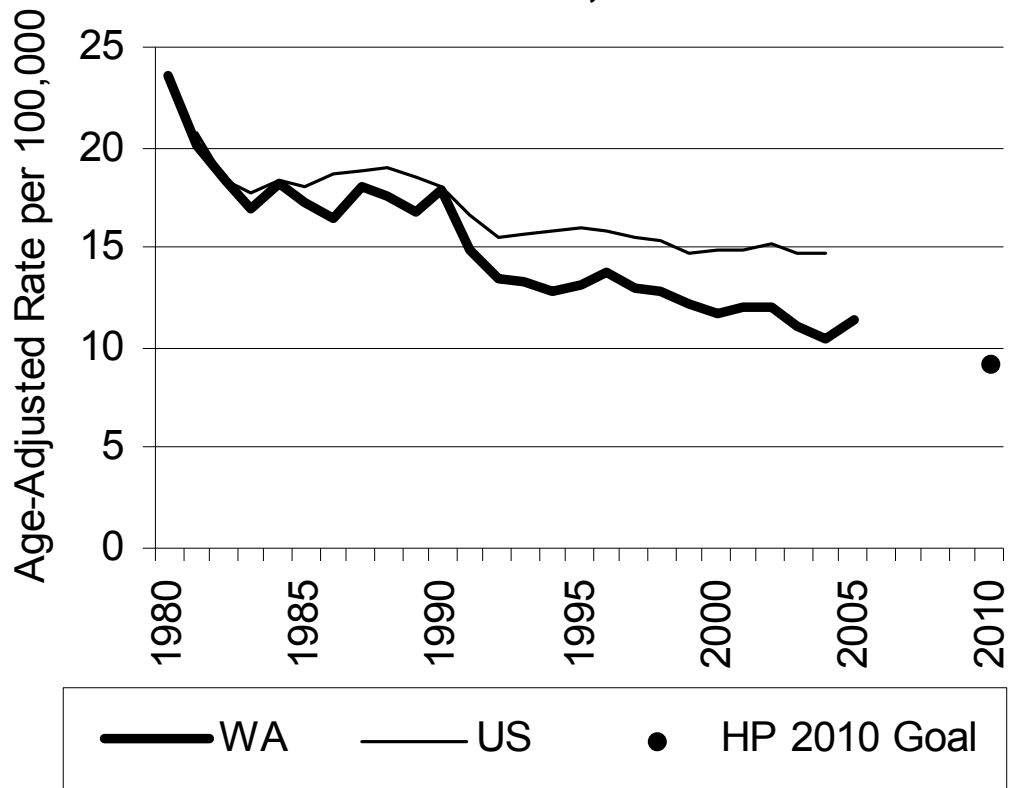
Injuries continue to be the primary killer of children and young adults

Positive trends

- ↓ overall injury death rate
- ↓ motor vehicle deaths
- ↓ traumatic brain injury deaths

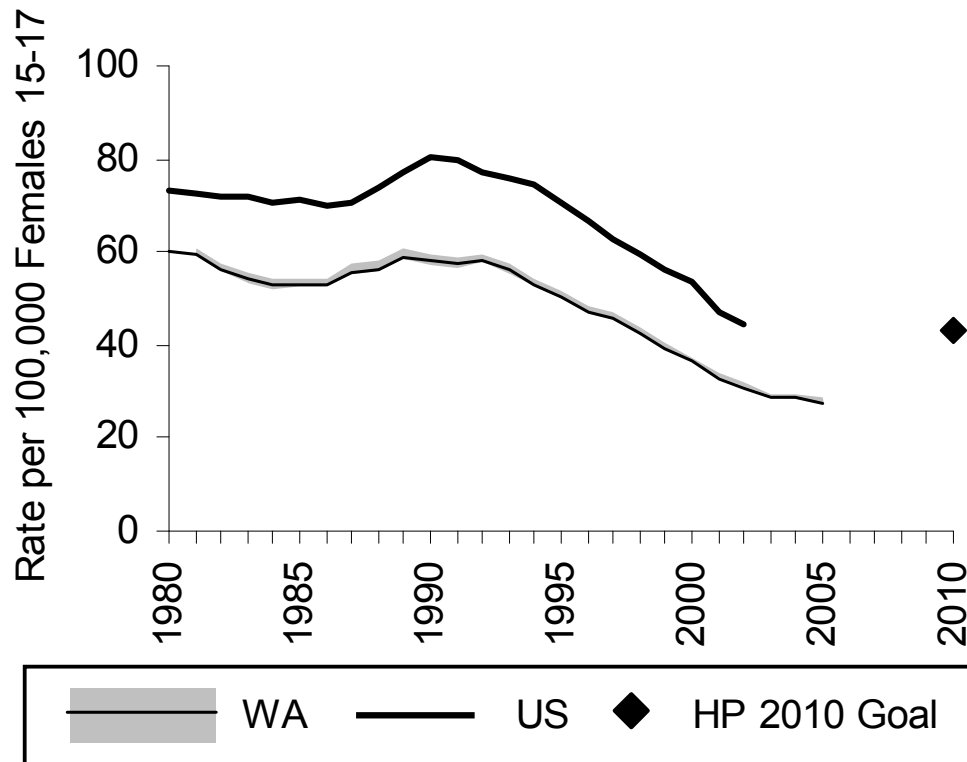
Motor Vehicle deaths

**Motor Vehicle Deaths
WA State and US
Death Certificates, 1980-2005**



Teen pregnancy

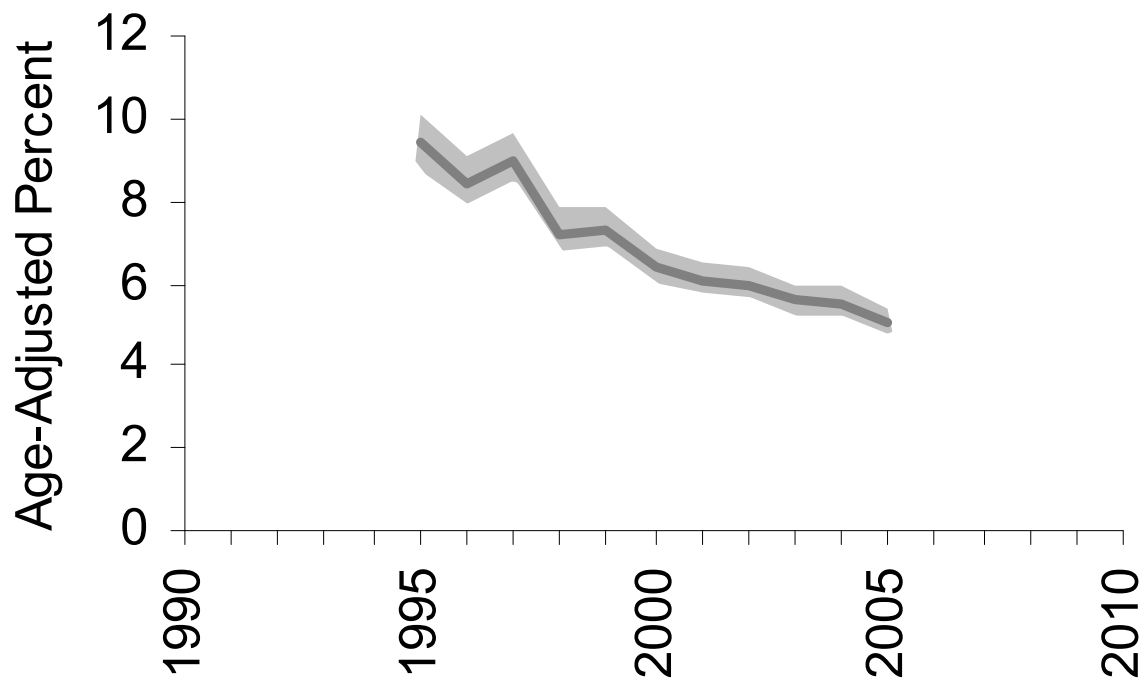
Adolescent Pregnancy (Ages 15–17)
WA State and US
Vital Statistics, 1980–2005



Trauma Case Fatalities

Trauma Case Fatality
WA State

Washington Trauma Registry 1995-2005

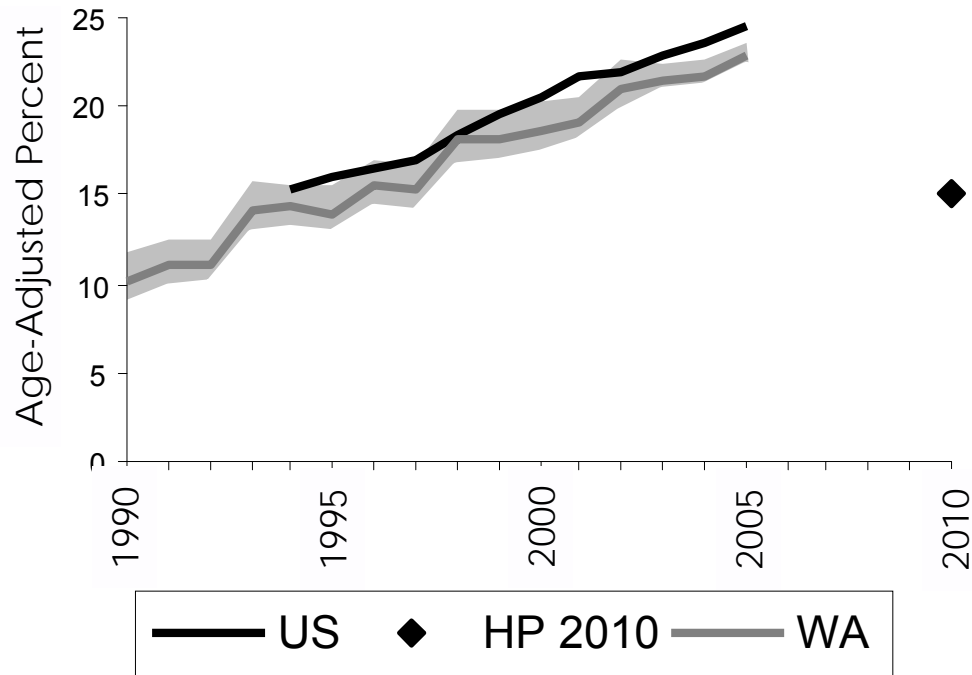


Some areas where WA is doing poorly

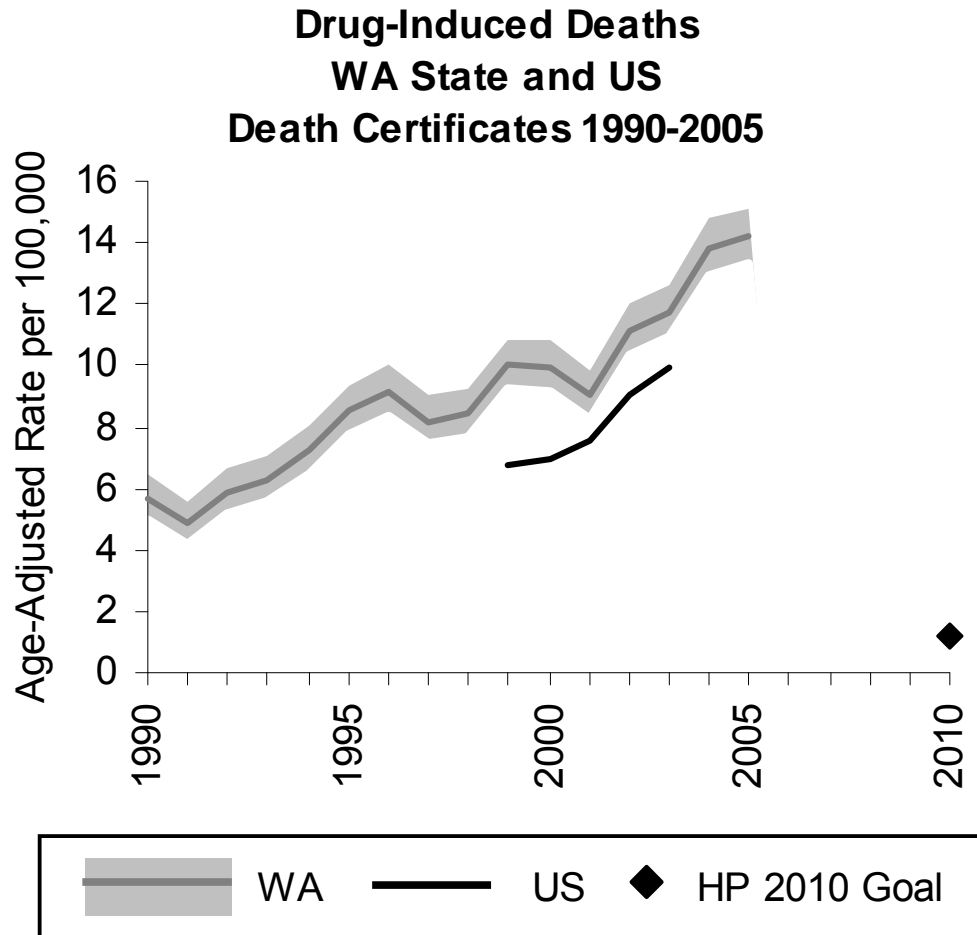
- Obesity
- Drug-induced deaths
- Low birth weight
- Falls among older adults
- Insurance for ages 18-64
- Some sexually transmitted infections

Obesity

**Obesity Prevalence
WA State and US
WA BRFSS 1990-2005**

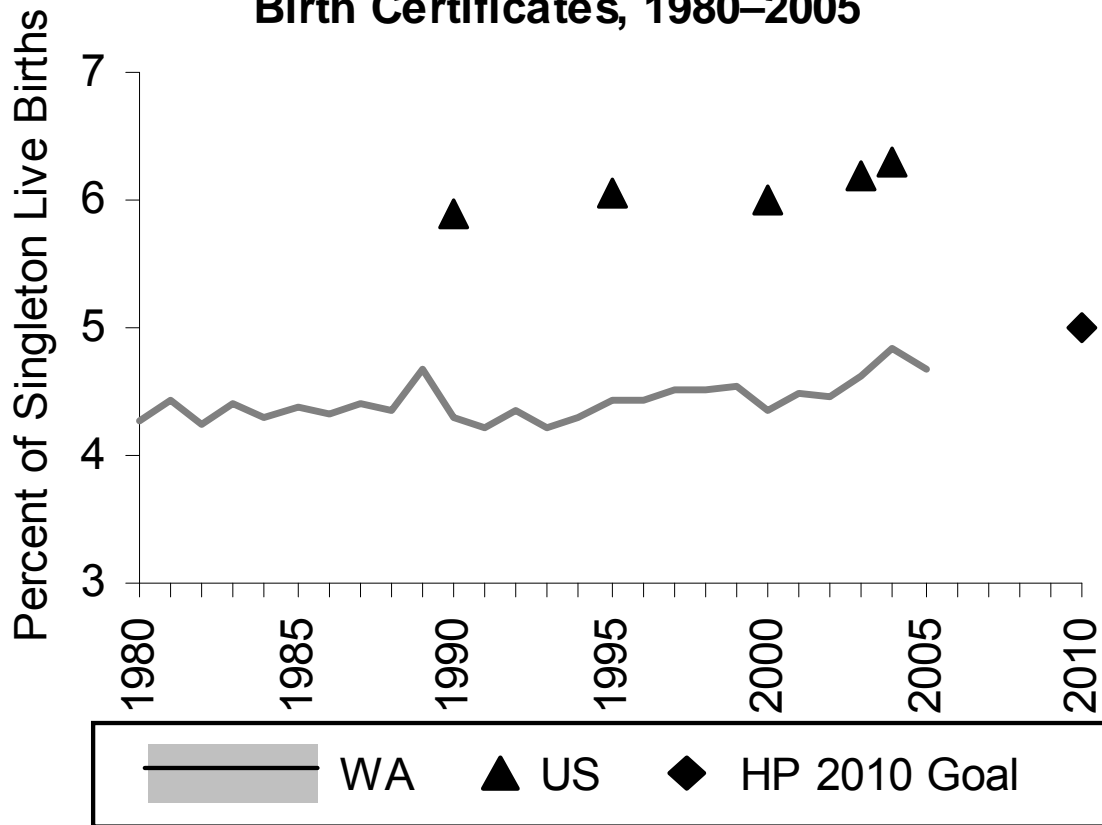


Drug-Induced Deaths



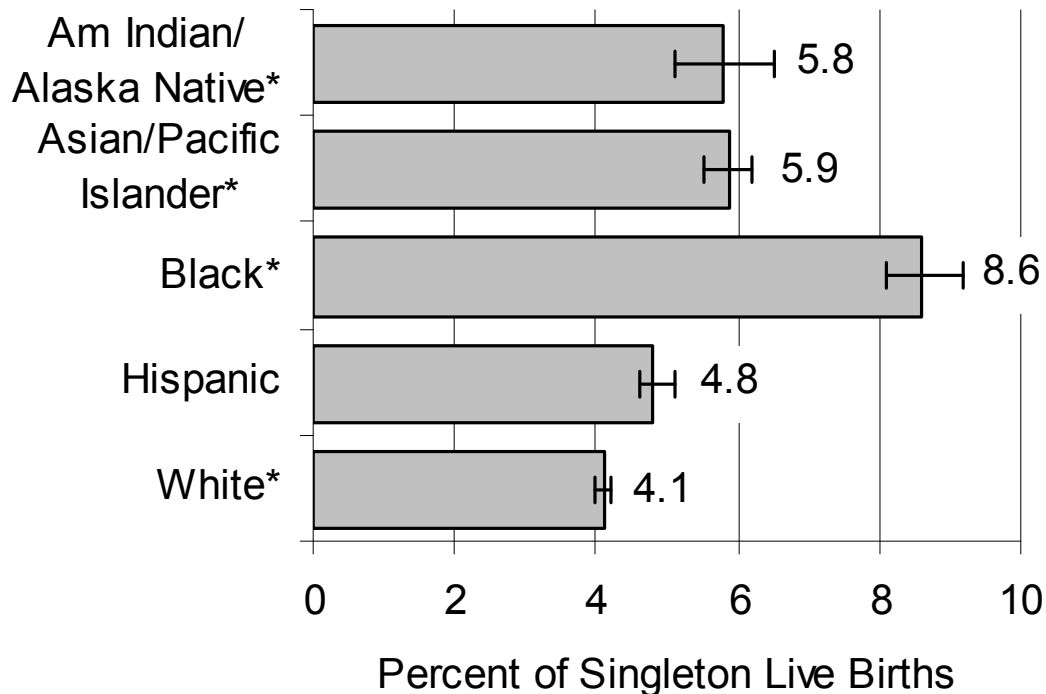
Low Birth Weight

**Singleton Low Birth Weight
WA State and US
Birth Certificates, 1980–2005**



Low Birth Weight

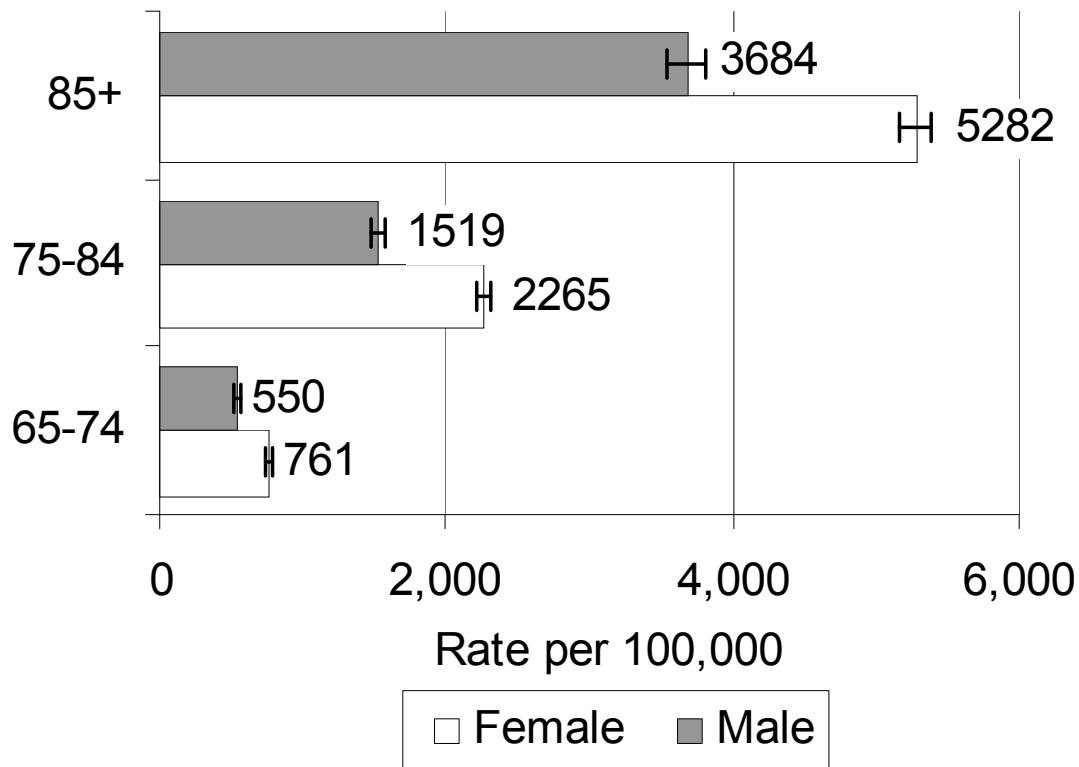
**Singleton Low Birth Weight
Race and Hispanic Origin
Birth Certificates, 2003-2005**



* Non-Hispanic

Falls Among 65+

**Nonfatal Fall Hospitalizations
Age and Gender
WA, 2002-2004**



Summary

- Washington is doing well on many measures of general health status, compared to the nation.
- Some health issues are worsening and pockets of need and disparities persist.
- What's needed
 - Prevention programs to reduce individual risk factors
 - Focus on social and economic determinants of health (education, income inequality, and access to health care)

Progress Report

Health of Washington State complete except for:

- Prenatal care and other issues in environmental health - almost ready to post
- Pesticides and food borne illnesses – incorporating external reviewer comments
- Outdoor air – undergoing external review
- Children’s environmental health – not yet out for external review

Acknowledgments

Juliet VanEenwyk

Mary LeMier

Maria Courogen

Amira El-Bastawissi

Jennifer Sabel

Cathy Wasserman

Judy Bardin/Laurie Anderson

Linda Furkay/Mary LeMier

David Bonauto (L&I)

Health of Washington State

Web site: <http://doh.wa.gov/hws>

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Dr. Lillian Bensley

lillian.bensley@doh.wa.gov

360-236-4248

Dr. Jude Van Buren

jude.vanburen@doh.wa.gov

360-236-4204