

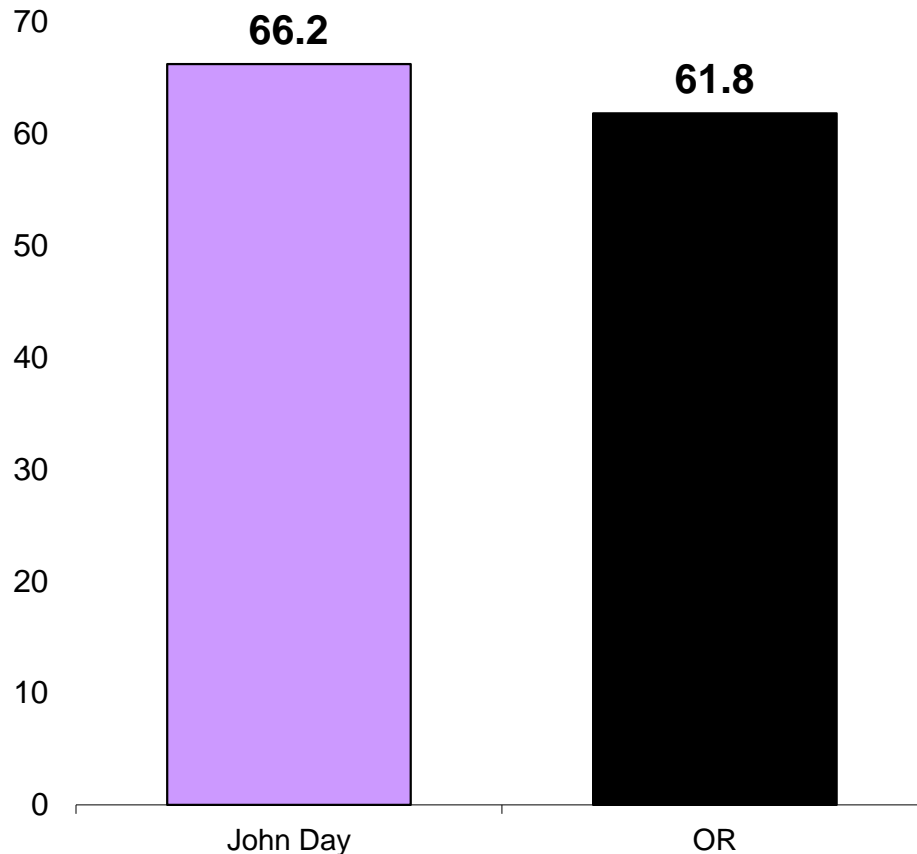
# John Day/ Grant County Service Area

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Health Status Data  
November 2012



# Average Low Birth Weight Rate (2007-2011, per 1000 births)

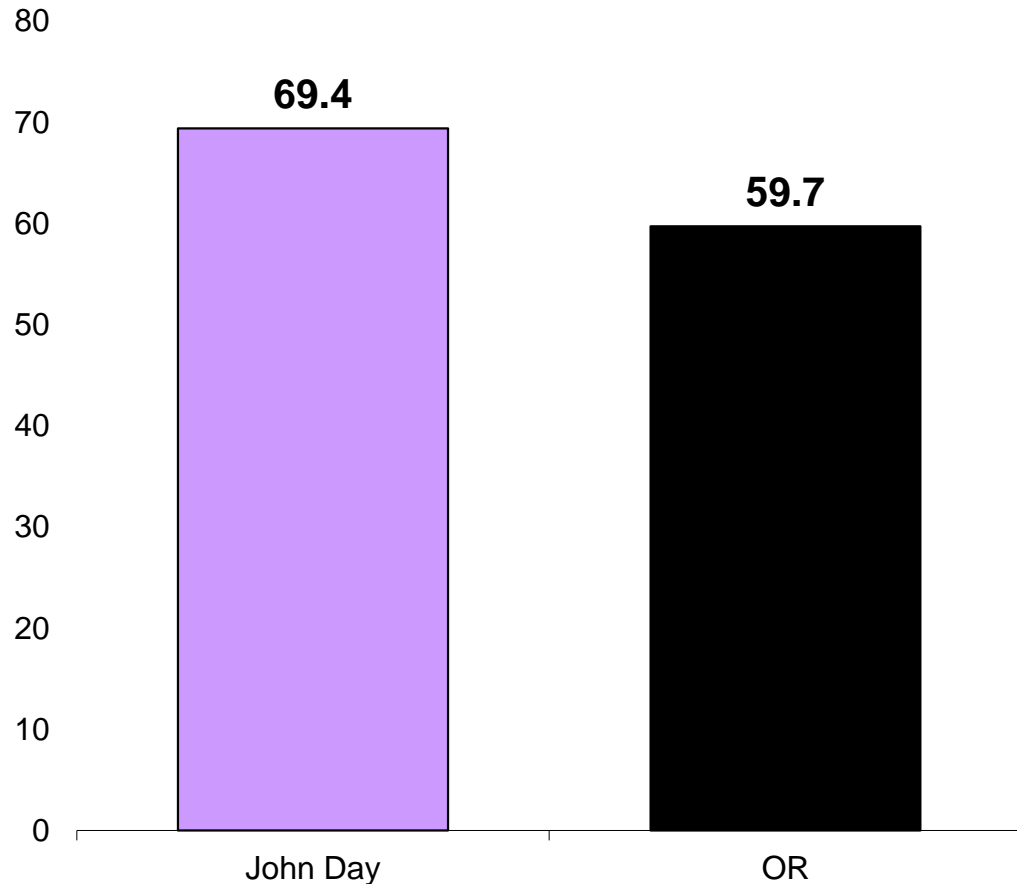


- **John Day SA had an average of 63 births per year.**
- Low Birth Weight (less than 5.5 pounds). Sixty percent of all infant deaths are related to low birth weight. LBW infants who survive are about three times more likely than others to experience mental retardation, sight and hearing problems, breathing problems and learning difficulties.
- Historically, Oregon has had a lower low birth weight rate than the nation as a whole

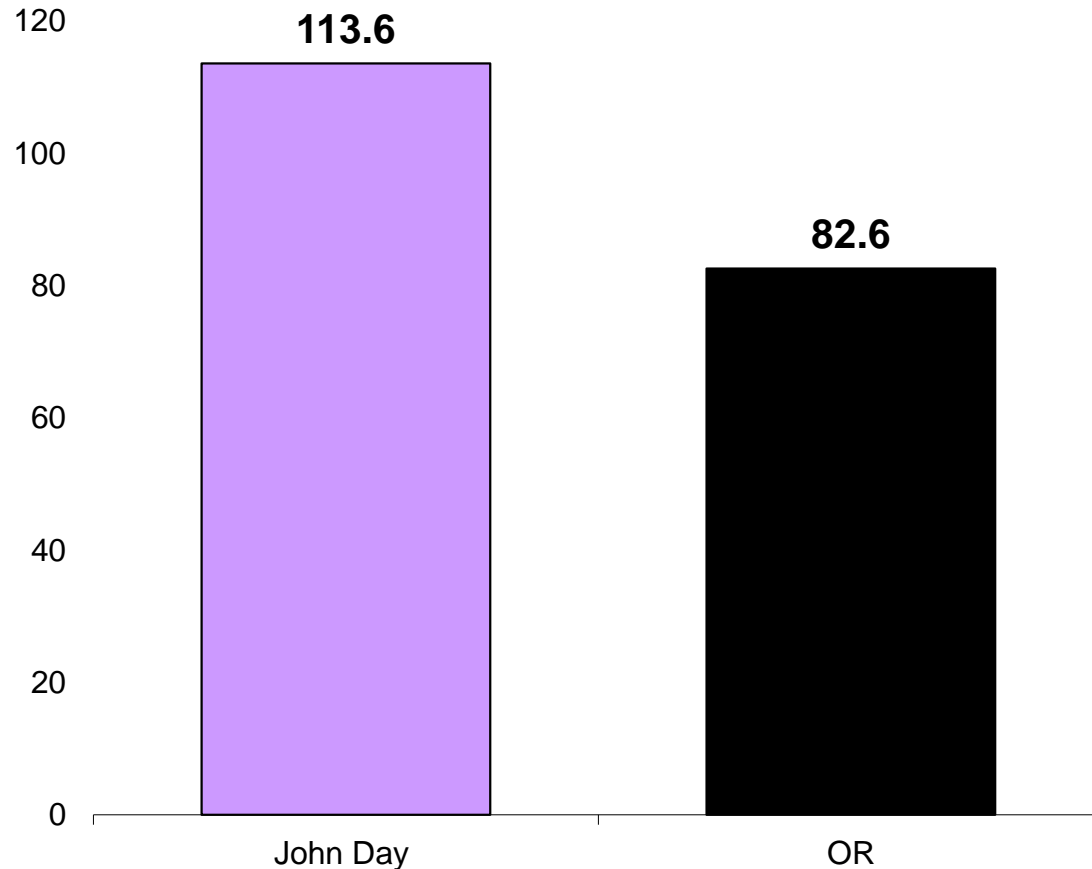
# Average Inadequate Prenatal Care Rate (2007-2011, per 1000 births)



- Healthy babies start with healthy mothers who get early, regular, and high-quality prenatal care.
- Inadequate prenatal care is defined as: less than 5 prenatal visits, or care that didn't begin until the third trimester.



# Average Teen (15-19) Birth Rate (2007-2011, per 1000 births)

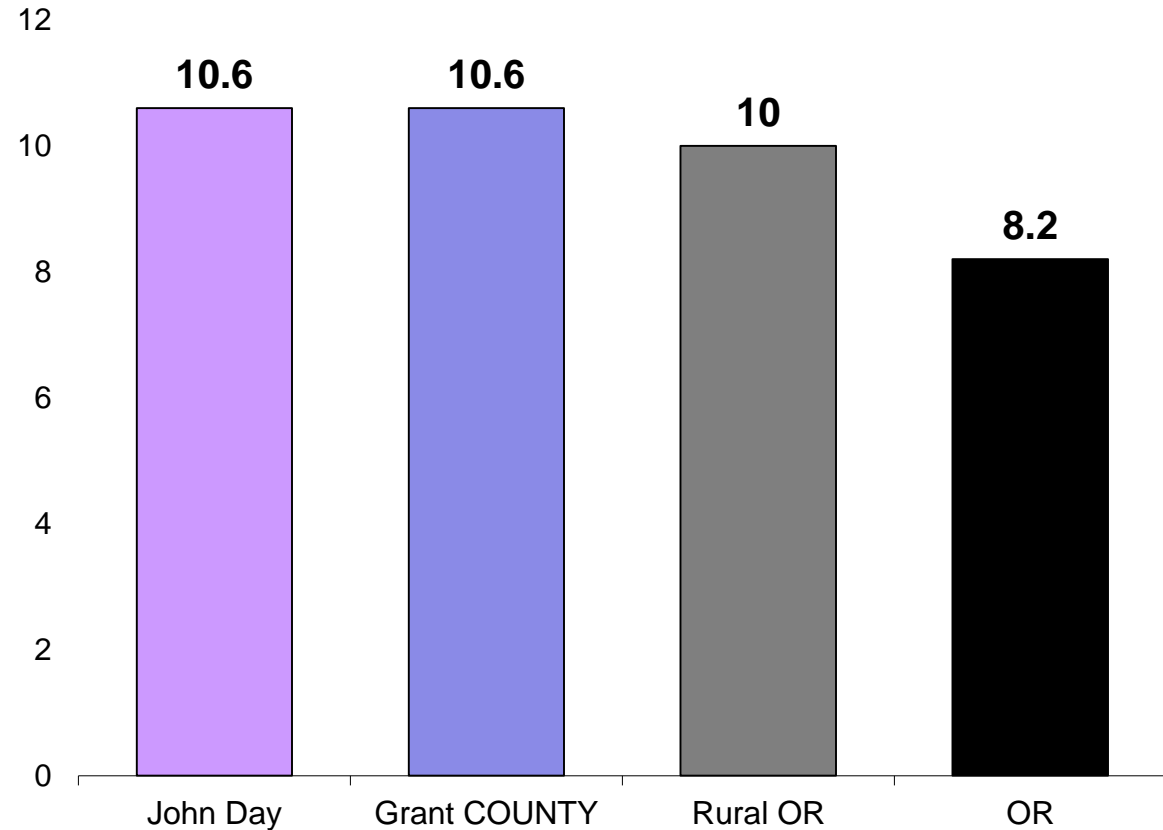


- Babies born to teen mothers are more likely to suffer health, economic, social, and educational problems. They are also more likely to be teen parents themselves.

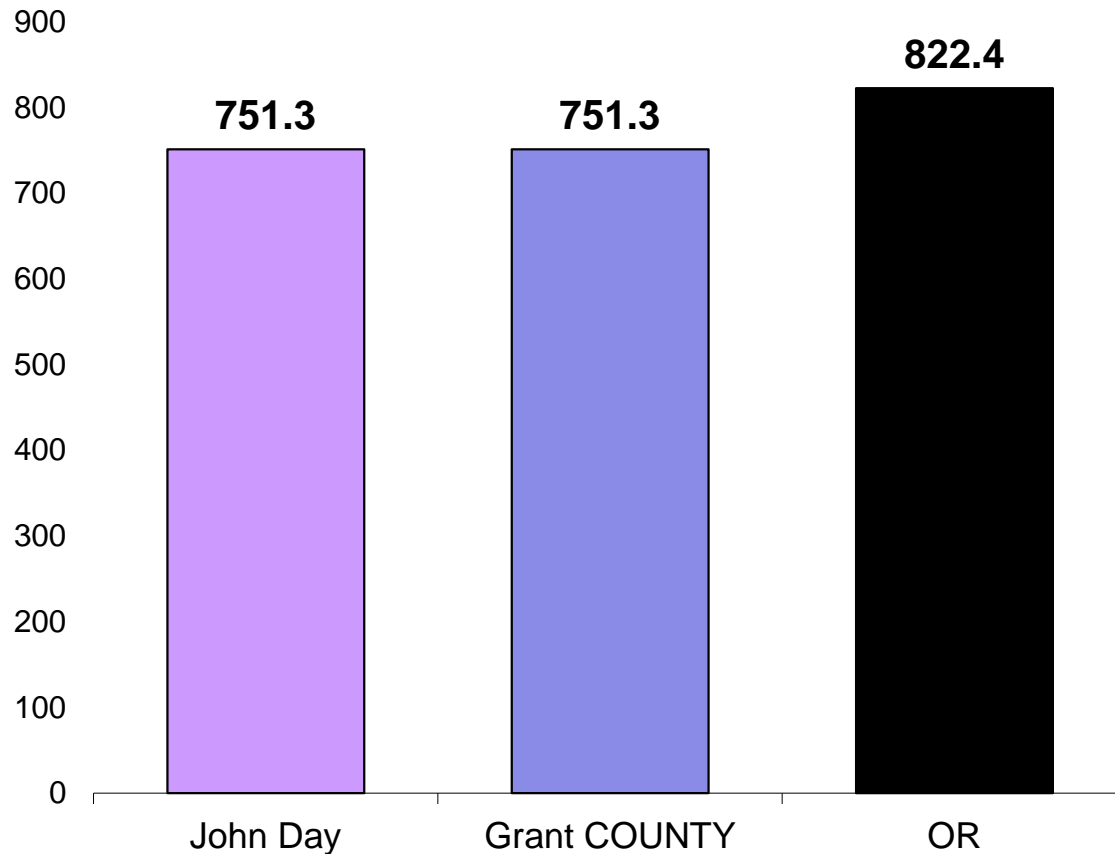
# Average Deaths per 1,000 per Year (2007-2011, divided by 2012 pop)



- **John Day** service area had an average of **79 deaths per year**



# Age-Adjusted Death Rate per 100,000 (2009-2011)

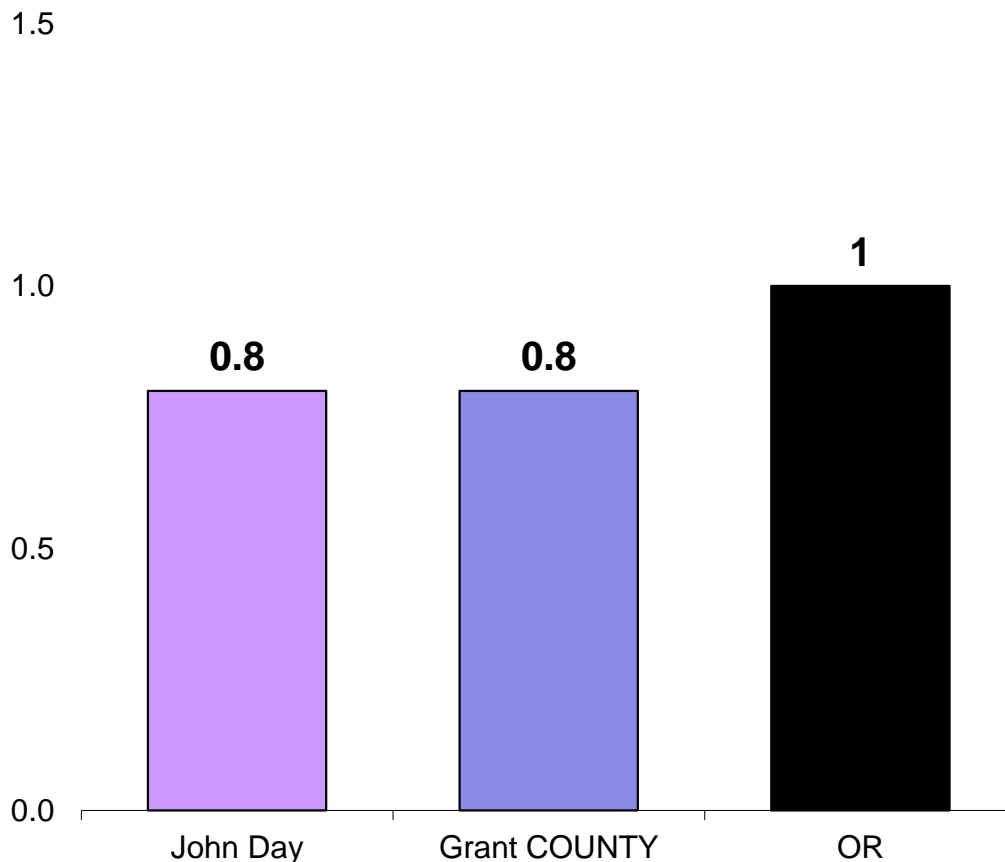


- Age-Adjusted death rates allow comparisons as if the population structure of each area were identical. Any differences in rates are due to factors other than age.

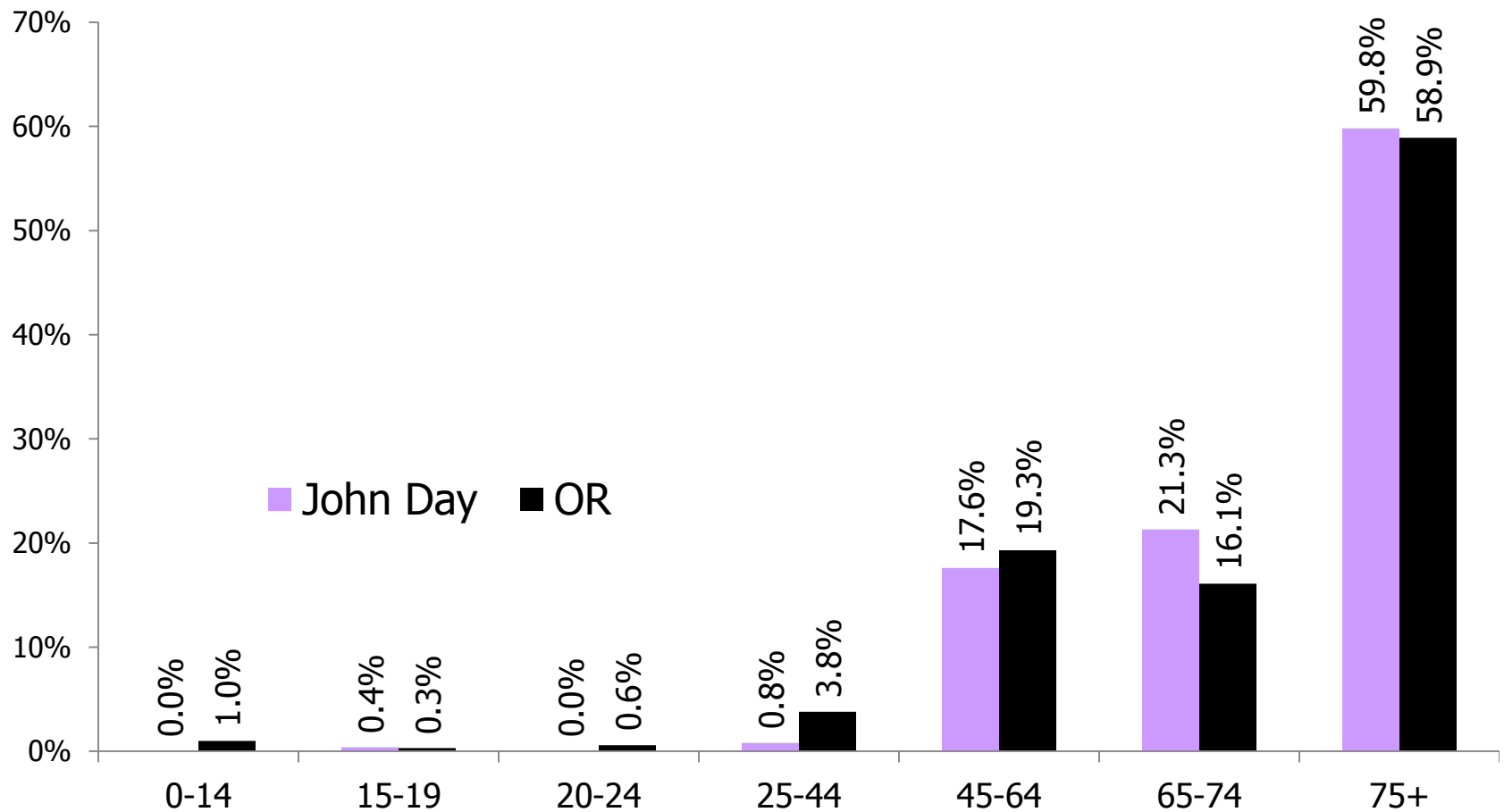
# Years of Potential Life Lost Index (2009-2011)



- This is a death rate which emphasizes deaths of young people.
- The difference between 75 years and the age of a person who dies before that is called the “years of potential life lost”. This index is a ratio of years of lost life for an area compared to the years of lost life for the state as a whole.



# Percent of Deaths by Age Group (2009-2011)



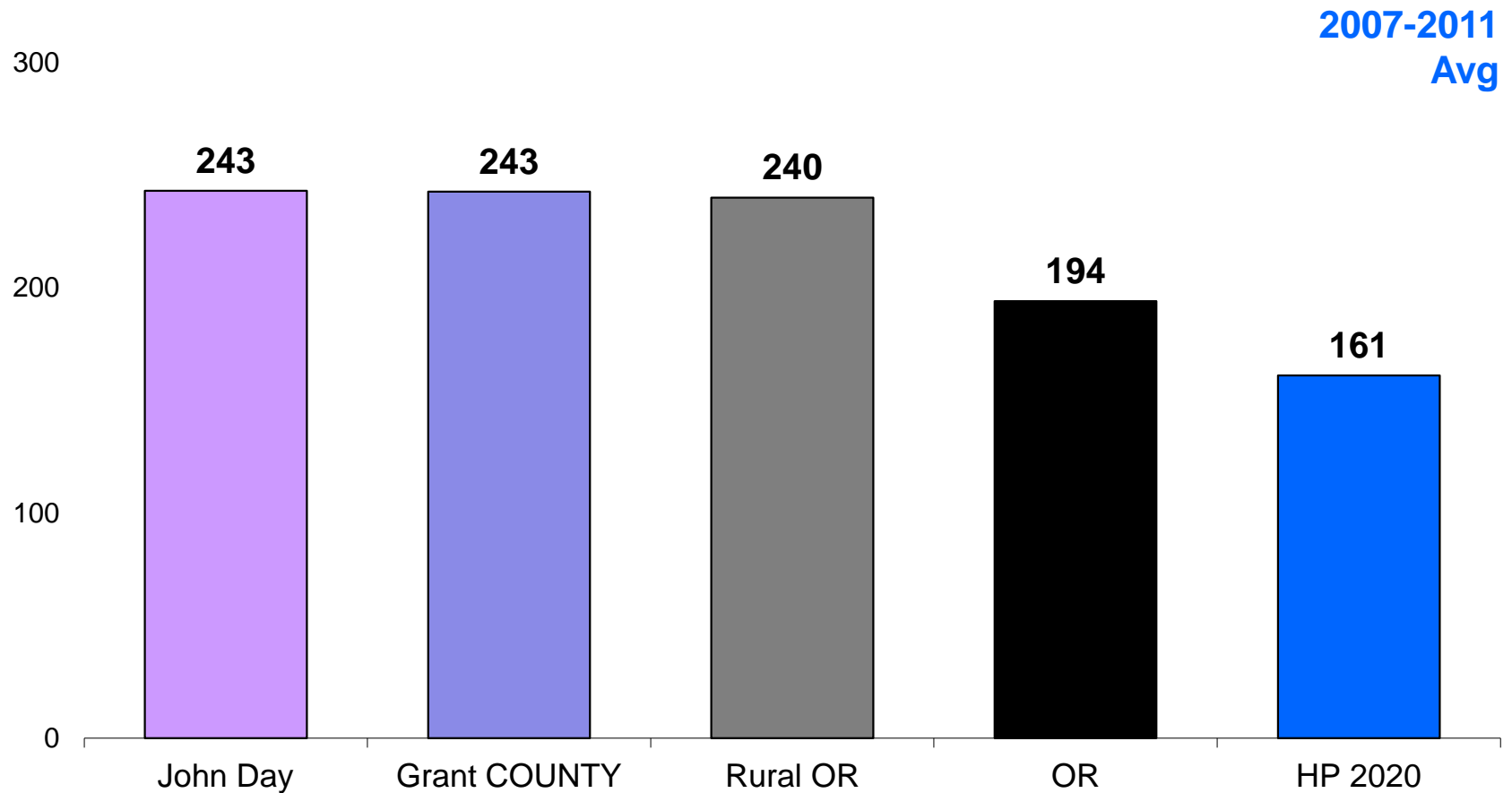


# Leading Causes of Death 2007-2011 (Crude Death Rates per 100,000)

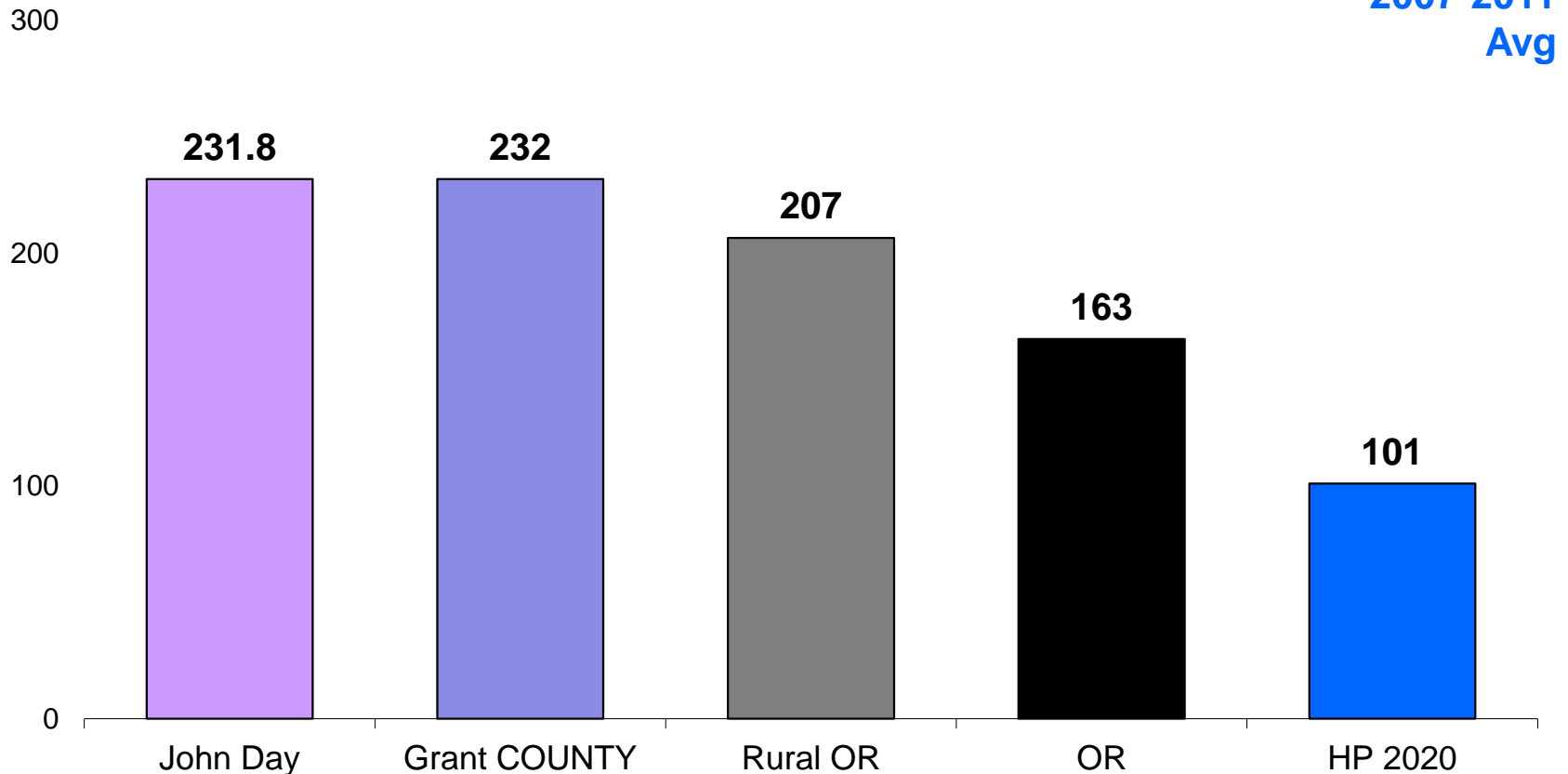


	John Day	Grant COUNTY	Rural	OR
Cancer	242.6	242.6	240.1	193.7
Heart Disease	231.8	231.8	206.5	163.1
Cerebrovascular Disease (Stroke)	62.0	62.0	57.3	47.9
Chronic Lower Respiratory Disease	86.2	86.2	66.8	50.2
Unintended Injuries	56.6	56.6	50.9	41.9
Alzheimer's	27.0	27.0	36.7	32.5
Diabetes	21.6	21.6	34.2	27.6
Flu & Pneumonia	27.0	27.0	14.1	11.7
Suicide	24.3	24.3	18.8	16.2
Alcohol Induced	16.2	16.2	18.0	14.7

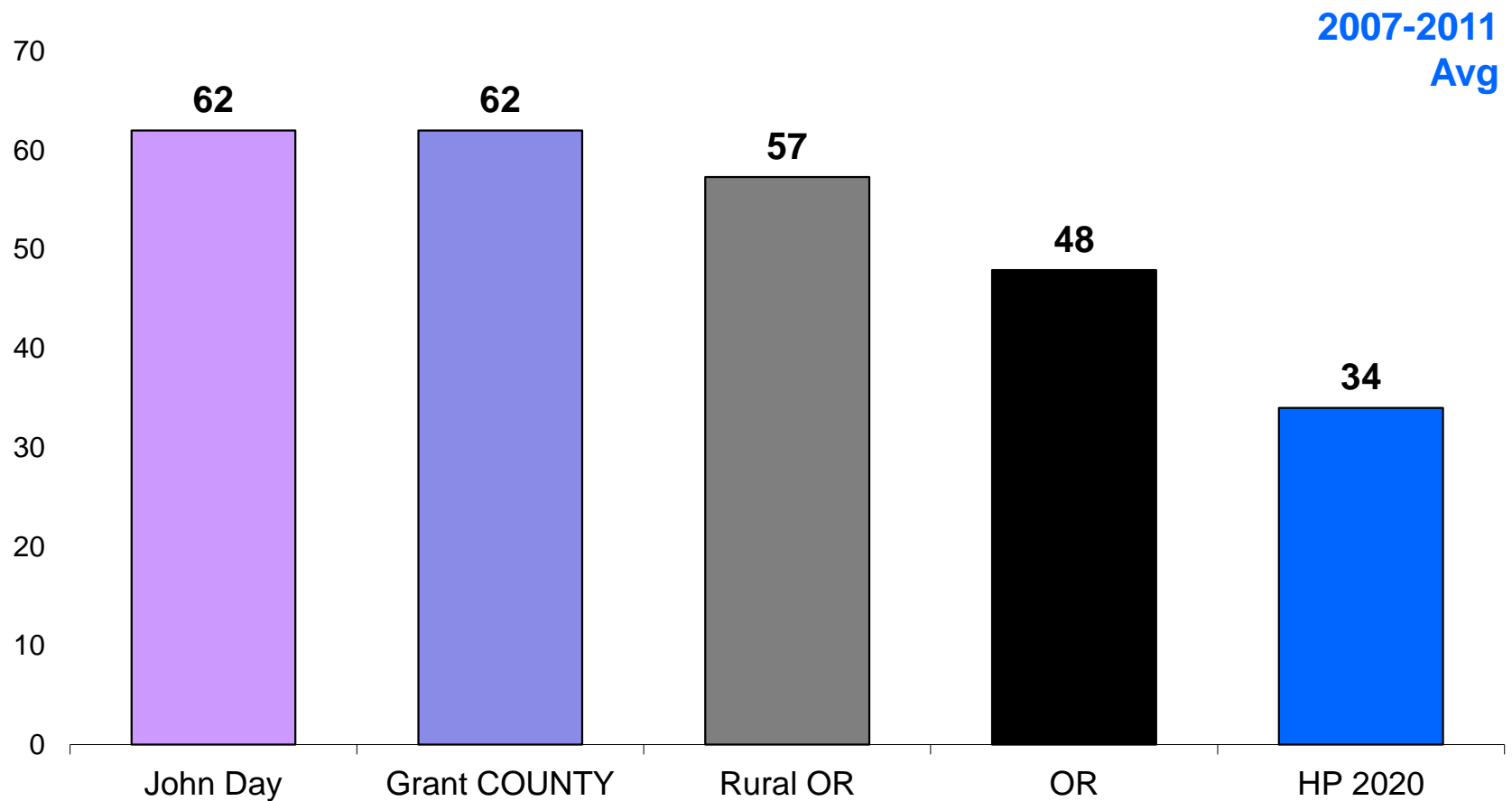
# Death Rate Compared to Healthy People 2020 Goals: Cancer (per 100,000)



# Death Rate Compared to Healthy People 2020 Goals: Heart Disease (per 100,000)



# Death Rate Compared to Healthy People 2020 Goals: Cerebrovascular Disease (per 100,000)



# 2006-2009 Grant County BRFSS

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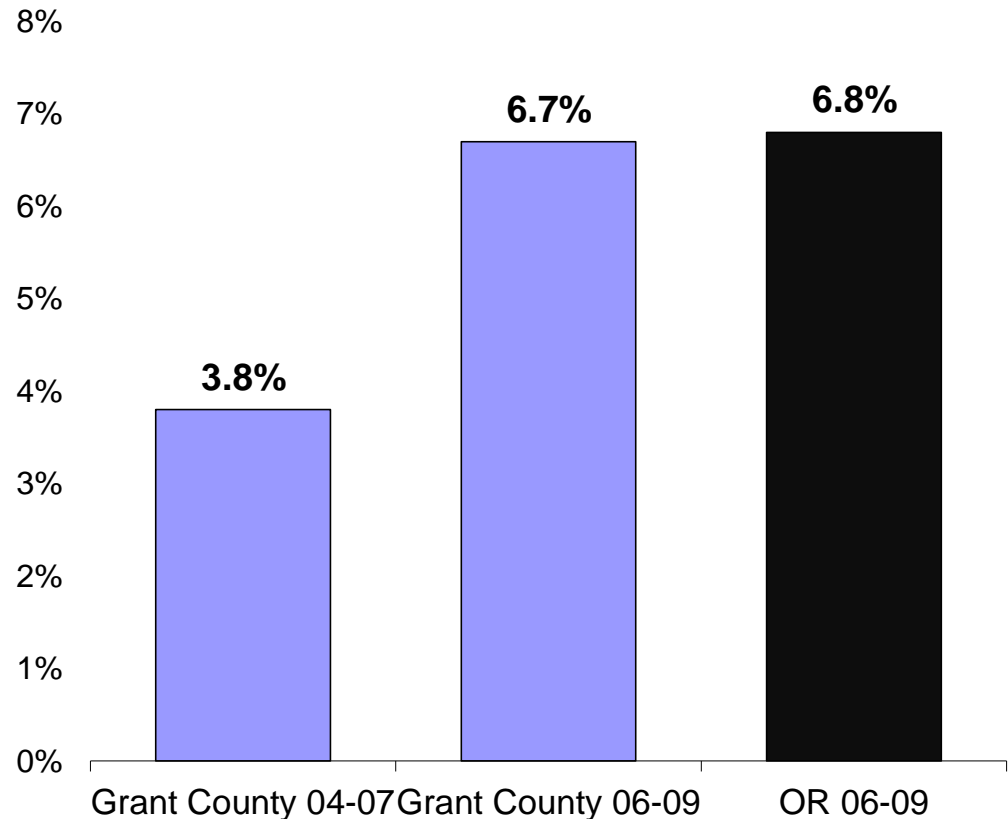


- Age Adjusted Data MAY fairly be compared to other counties or the state
- Non-age Adjusted Data show the prevalence of the issue
- 2006-2009 represents an average of the time period

# Diabetes



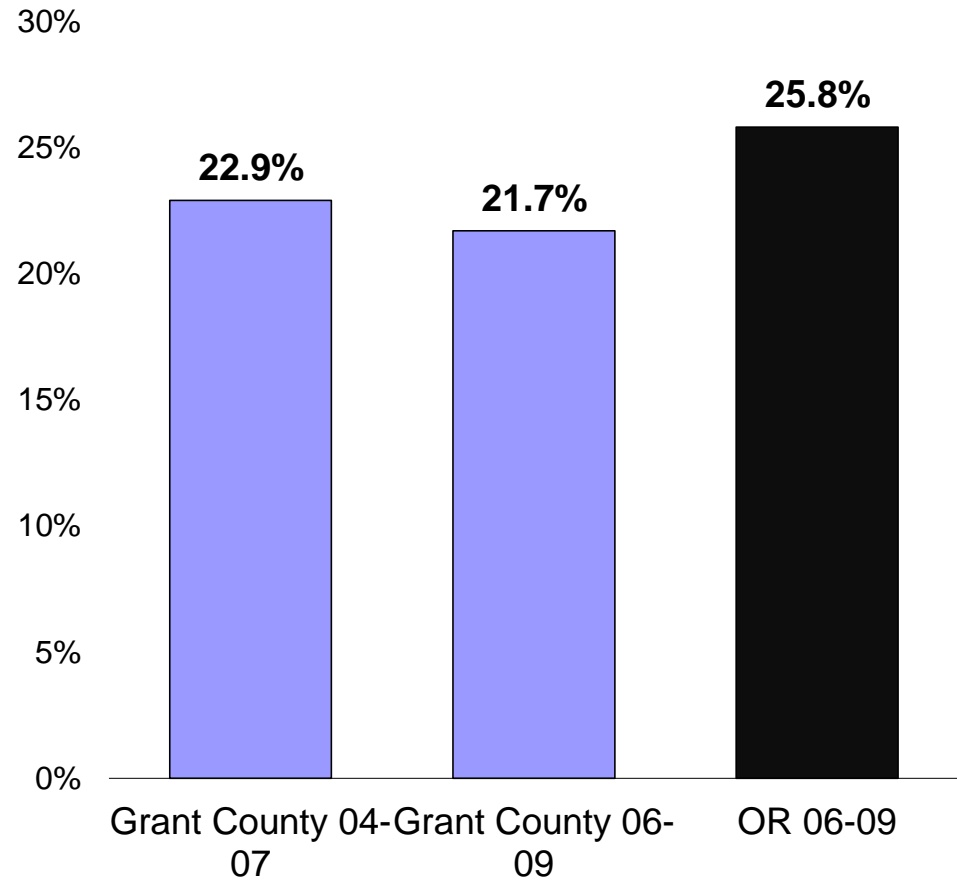
- 18 years and Older- Were told by a doctor that they have diabetes (age adjusted)



# At Risk for Hypertension



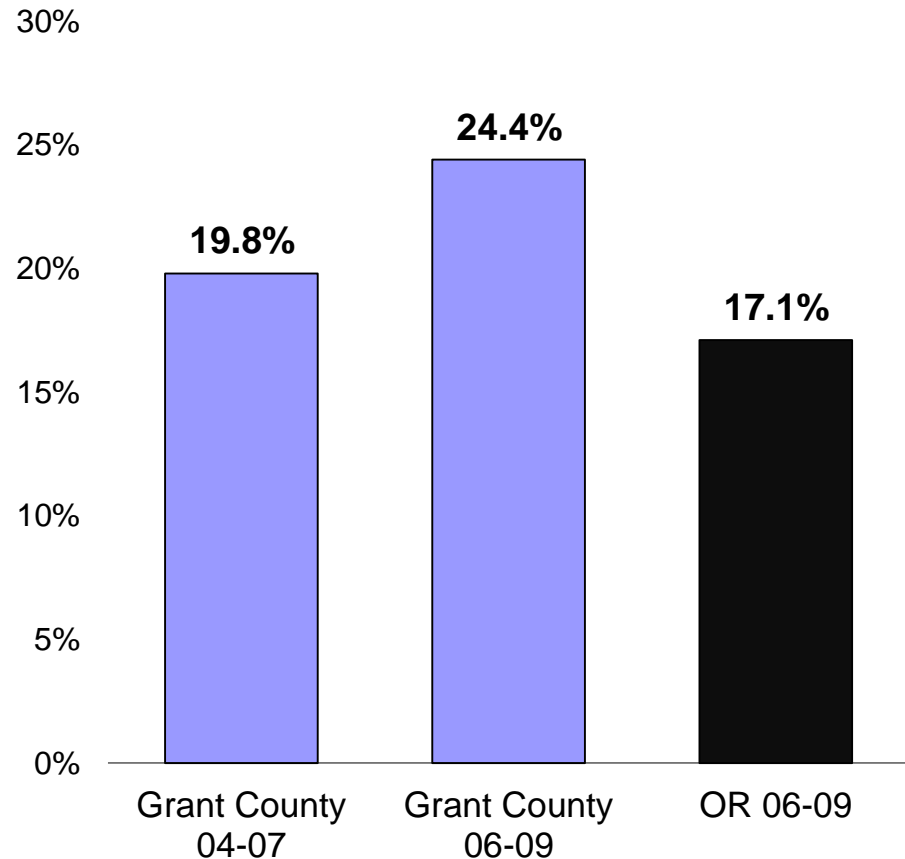
- 18 years and Older – Respondents who were ever told by a doctor, nurse, or other health practitioner that they had high blood pressure (age adjusted)



# Percent of Adults who Currently Smoke Cigarettes



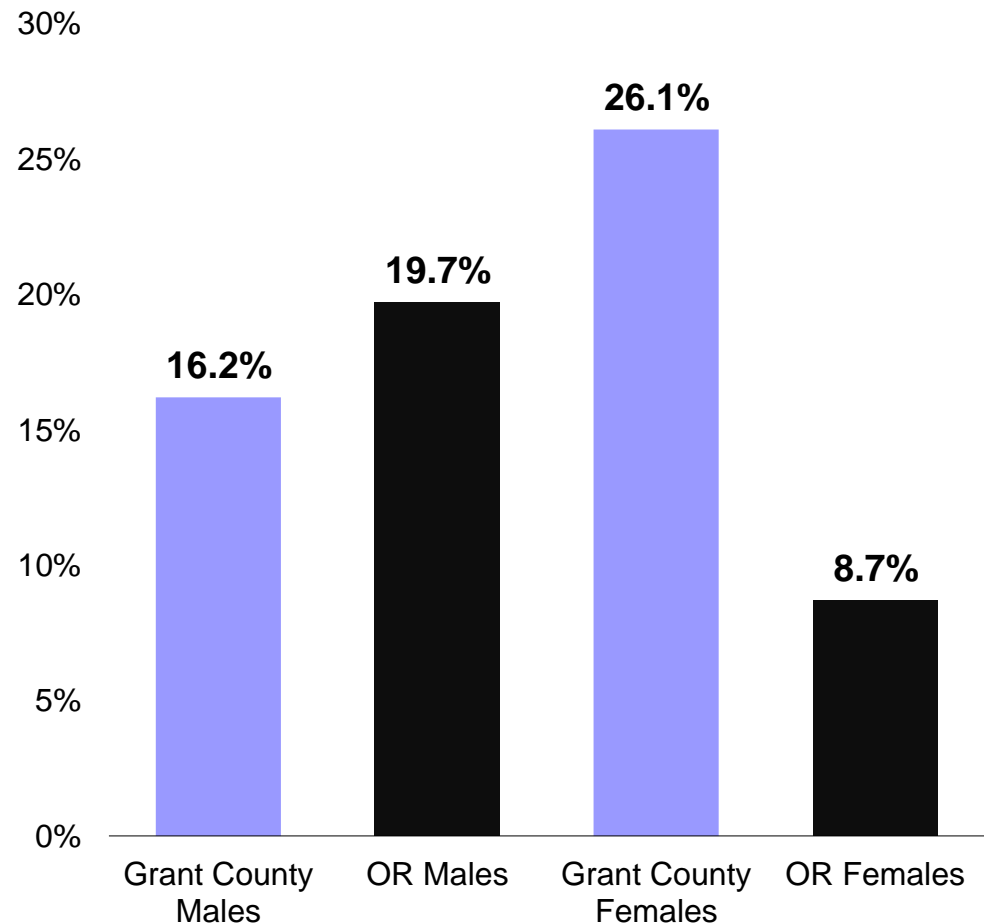
- (age-adjusted)
- Tobacco use accounts for approximately 400,000 deaths each year among all Americans. It contributes substantially to deaths from cancer, heart disease, stroke, and chronic lung diseases, such as emphysema and bronchitis.
- During 2001, tobacco use contributed to nearly 22% of all deaths in Oregon.





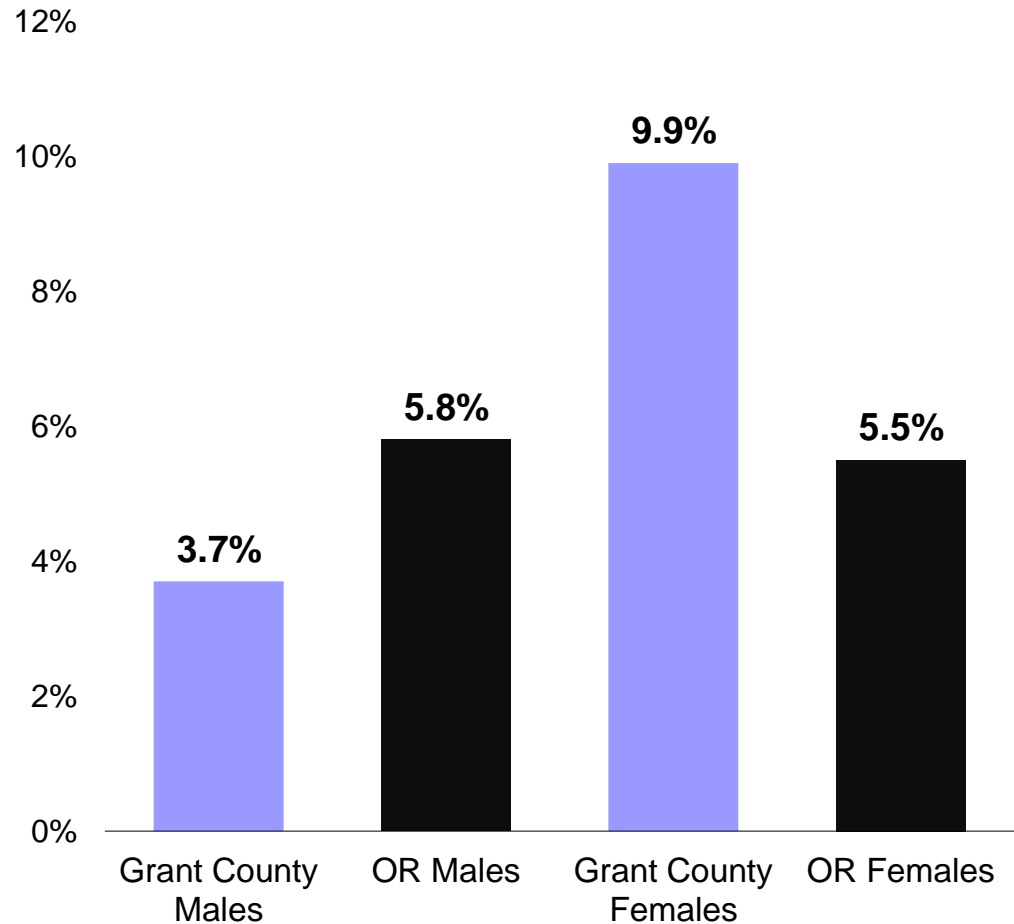
# Binge Drinking

- 18 years and older – Binge Drinking (age adjusted):
  - Males have had 5 or more drinks of alcohol on one occasion within the past 30 days
  - Females have had 4 or more drinks of alcohol on one occasion within the past 30 days

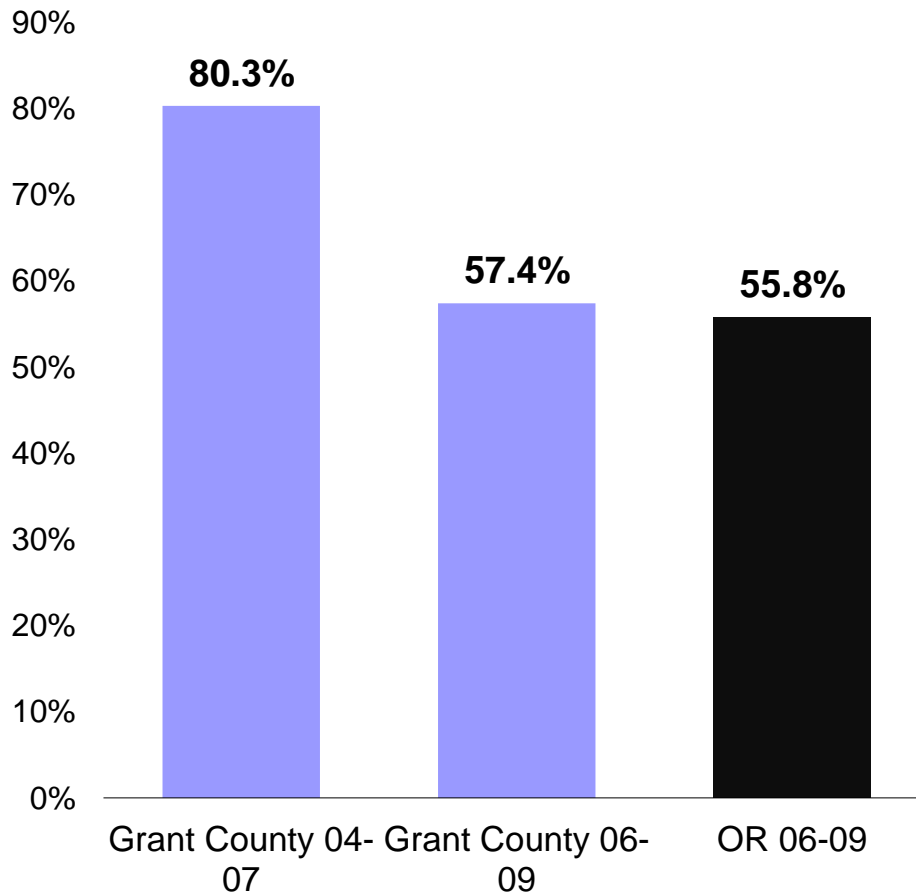


# Heavy Drinking

- 18 years and older- Heavy Drinking (age adjusted):
  - Males had 60 or more drinks of alcohol in the past 30 days
  - Females had 30 or more drinks of alcohol in the past 30 days



# Percent of Adults who meet the Recommended Physical Activity Levels

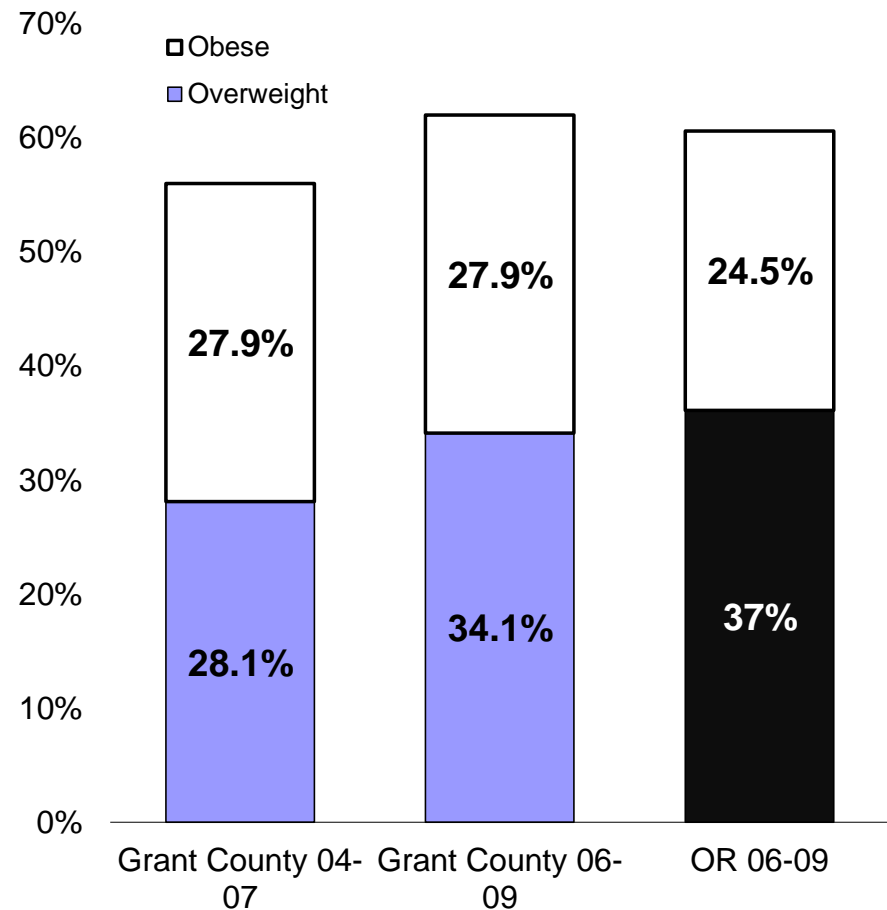


- Regular physical activity provides short-term benefits and reduces long-term risks for disability and premature death. Physical inactivity affects body weight and obesity and in turn affects many chronic diseases including but not limited to heart disease, stroke, cancer, and diabetes. Physical activity also reduces additional risk factors such as high blood pressure. For people with arthritis, physical activity helps to relieve pain and maintain joint mobility.

# Percent of Adults Classified as Overweight and Obese



- Excess weight is associated with an increased incidence of heart disease, stroke, high blood pressure, and diabetes, which is an incurable chronic illness that can lead to heart attack, blindness, kidney failure, and amputations.
- “Overweight” is defined by a body mass index over 25. A 5’10” man who weighs less than 175 lbs and a 5’4” woman under 145 lbs have a BMI less than 25.



# Adults 18+ Who Had Their Cholesterol Checked in Past 5 Years



- Age 18 and older – (age adjusted)

