

# Health Status Report Volume II: Chronic Disease Conditions

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# Data Background

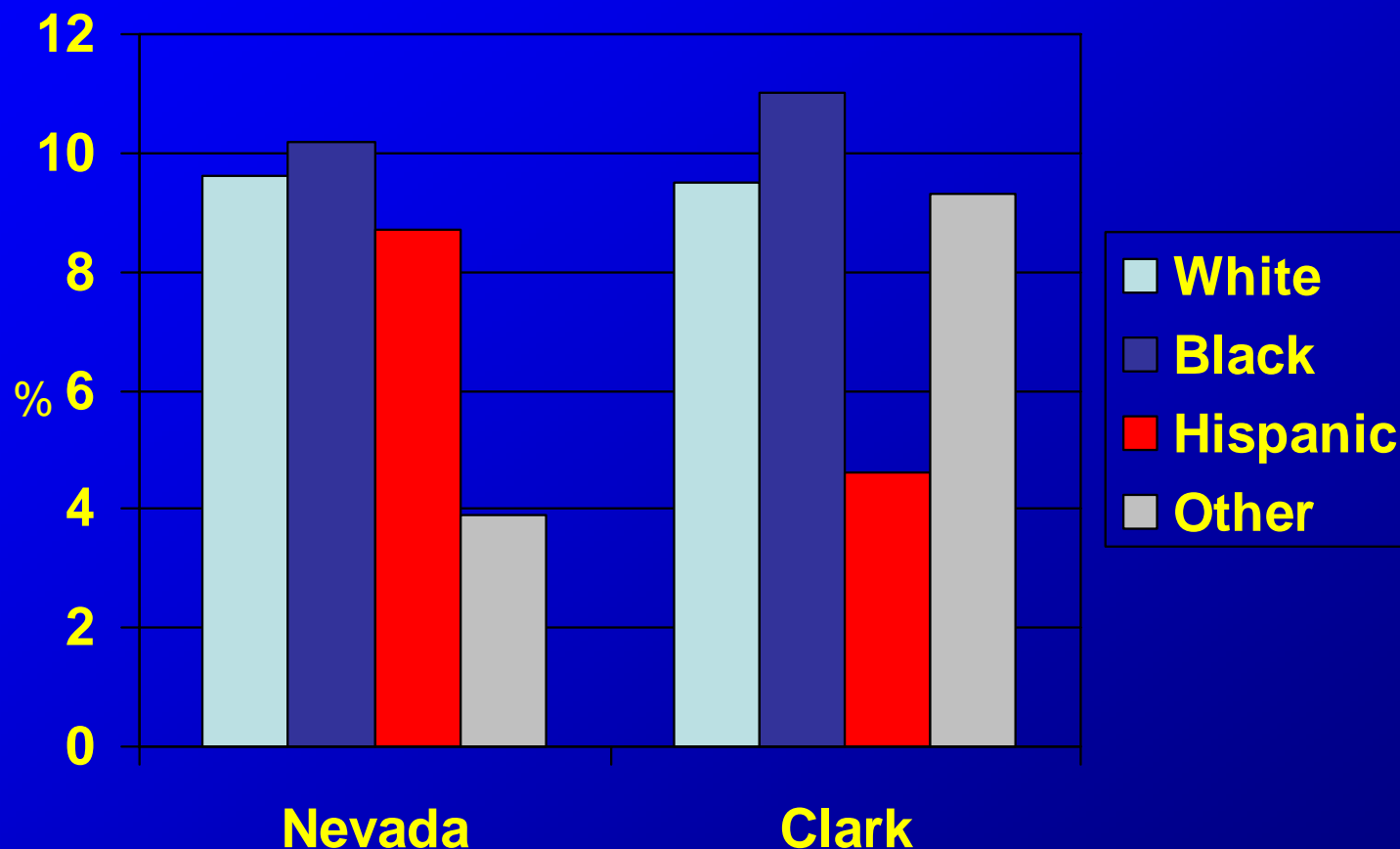
- Data used calculate the prevalence of health behaviors and outcomes presented in the Health Status Report Volume II were obtained from Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Survey (YRBS).
- Cancer statistics were obtained from National Program of Cancer Registries (NCPR) and the Nevada Interactive Health Database System (NIHDS).
- In some cases of prevalence data, data from multiple years were aggregated in order to create a sample size large enough to stratify the analysis by certain population demographics.

# Cardiovascular Disease

# Background

- Heart disease is the leading cause of death for men and women in the US.<sup>1</sup>
- In 2002, approximately 700,000 individuals died of heart disease.<sup>1</sup>
- In 2005, the estimated proportion of Clark County residents with cardiovascular disease was 8.3%.
- Heart disease and stroke accounted for approximately 15% of all hospital inpatient discharges in Clark County in 2005.

# Heart Disease by Race/Ethnicity Nevada and Clark County 2005

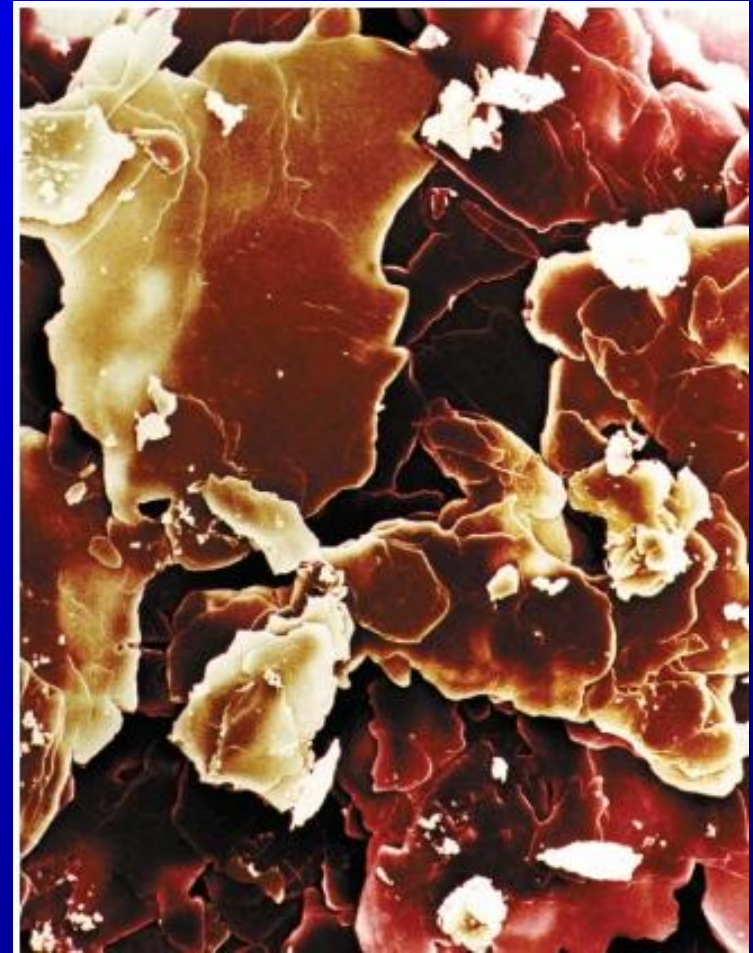


\*2005 BRFSS Cardiovascular Disease Prevalence Question<sup>2</sup>

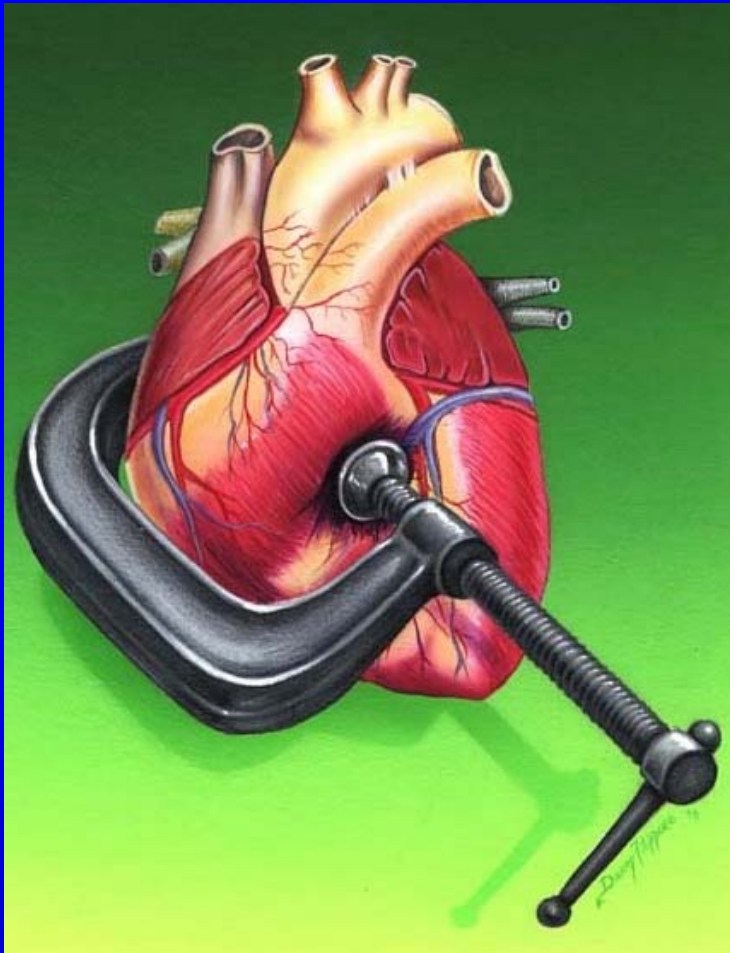
# Cardiovascular Disease Risk Factors: Conditions

# Cholesterol

- High cholesterol levels can lead to narrowing of the arteries, heart disease, and other complications.
- In 2005 40% of adults in Clark County reported that they had high blood cholesterol compared to 36% nationally.<sup>2</sup>



# Blood Pressure



- Lowering blood pressure by changes in lifestyle or by medication can lower the risk of heart disease and heart attack.
- In 2005, 25% of adults in Clark County were told they were hypertensive<sup>2</sup> - Healthy People 2010 Goal: 16%<sup>3</sup>.

# Diabetes

- Approximately 75% of people with diabetes die of some form of heart or blood vessel disease<sup>4</sup>.
- For individuals with diabetes, it is important to work with a healthcare provider to help in managing it and controlling other risk factors.
- The estimated proportion of adults in Clark County living with diabetes was 6.7%



# Cardiovascular Disease Risk Factors: Behavioral

# Tobacco Use

- Tobacco use increases the risk of heart disease and heart attack.
- In 2005, the prevalence of current smokers in Clark County was 23.8%, compared to 20.5% nationally.<sup>2</sup>



# Diet & Nutrition

- Several aspects of peoples' dietary patterns have been linked to heart disease and related conditions.
- Approximately 78% of county residents reported eating less than five daily servings of fruits and vegetables.



# Physical Activity



- Physical inactivity is related to the development of heart disease. Regular physical activity can improve risk factor levels.
- Approximately 26% of adults in Clark County reported having no leisure time physical activity or exercise – Healthy People 2010 Goal: 20%<sup>3</sup>.

# Weight Status

- Obesity is linked to higher LDL (*bad*) cholesterol and triglyceride levels and to lower HDL (*good*) cholesterol, high blood pressure, and diabetes.
- The prevalence of overweight individuals in Clark County was approximately 58% (BMI  $\geq 25$ ).



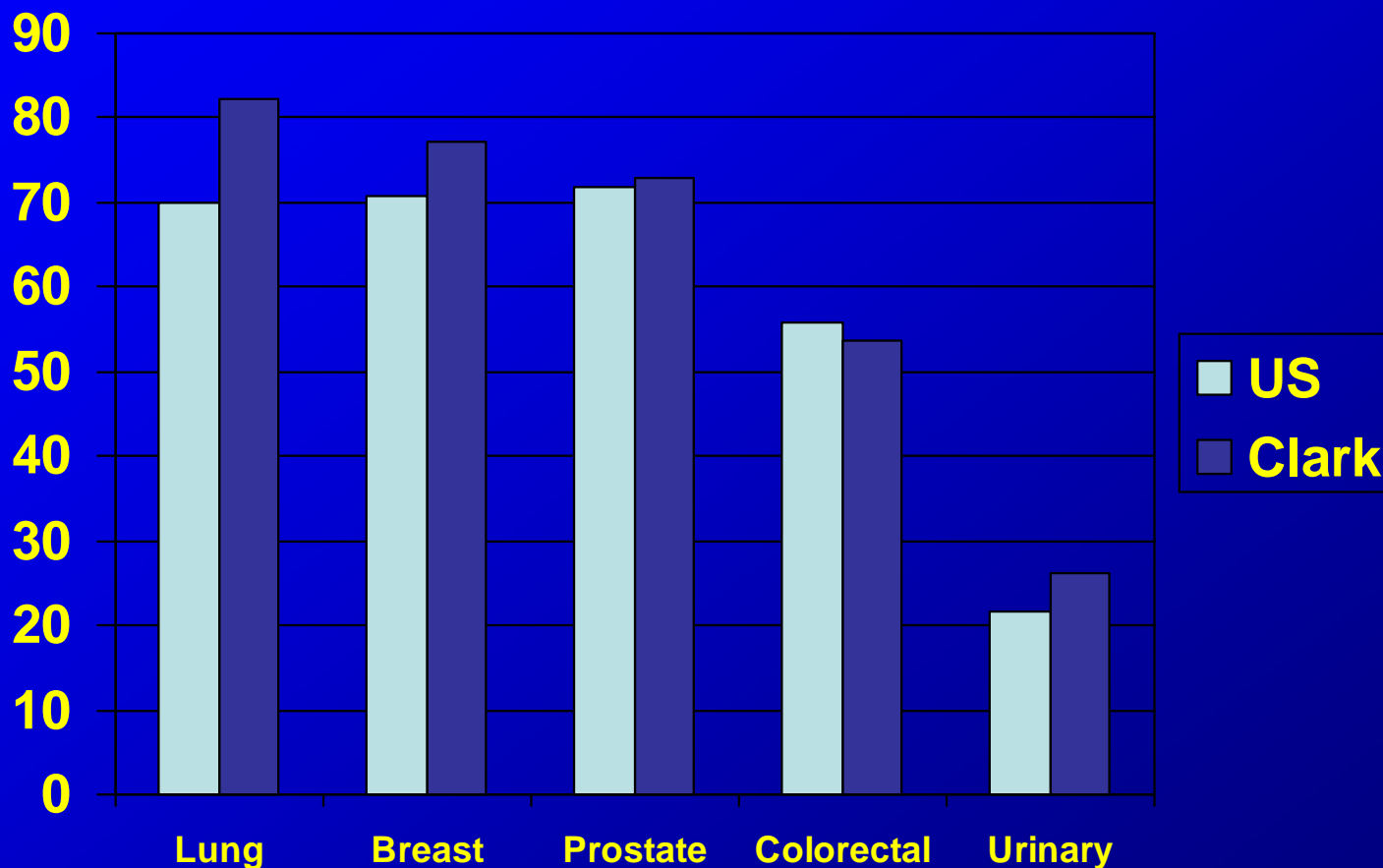
# Cancer

# Background

- Cancer is the second leading cause of death in America, exceeded only by heart disease.
- Nationally, cancer is diagnosed in more than a million people each year.
- In both Nevada and Clark County, there were higher incidences of cancer than the rest of the nation.

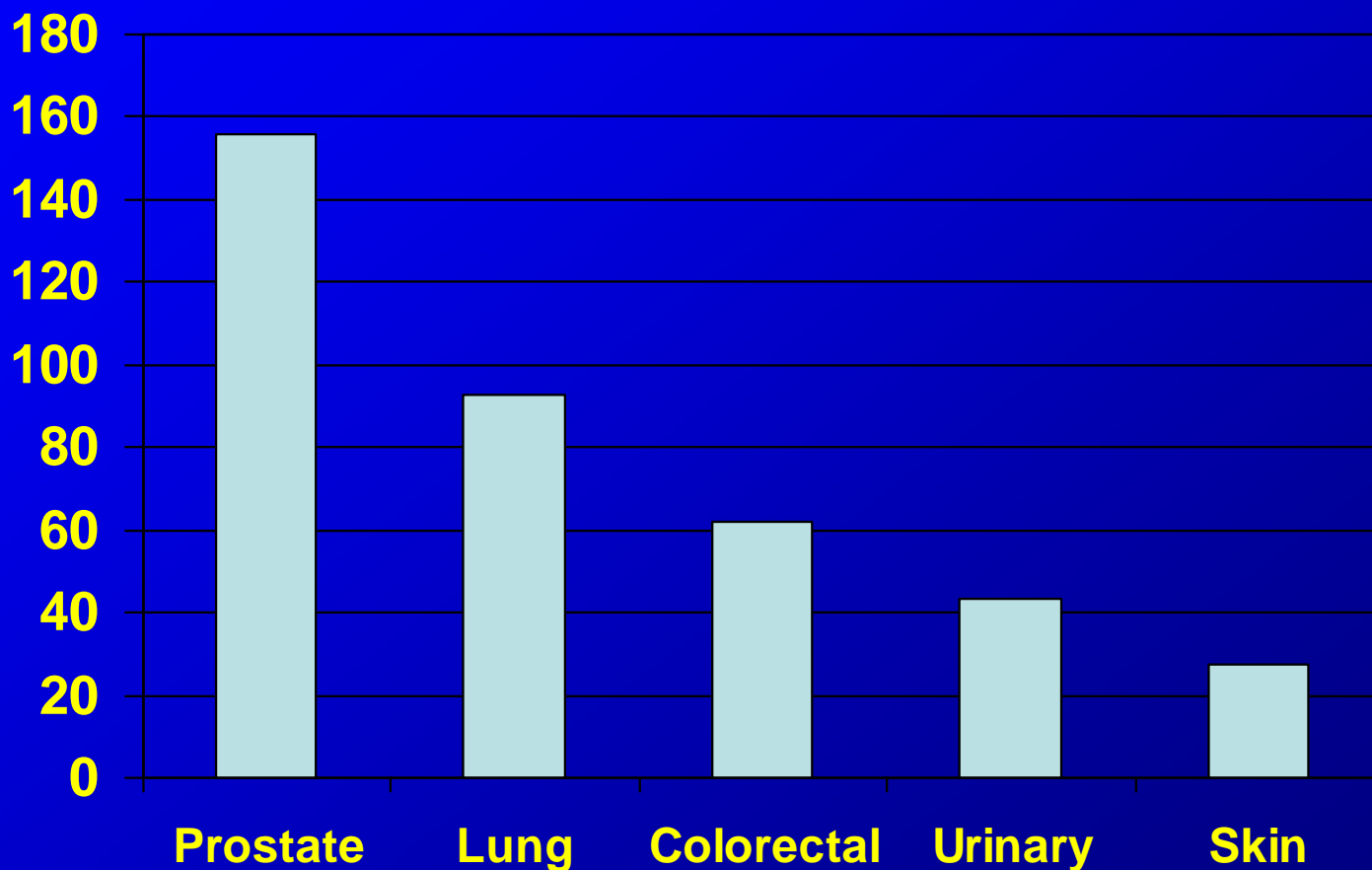
# Leading Cancer Types

## U.S. and Clark County (2000-2003)



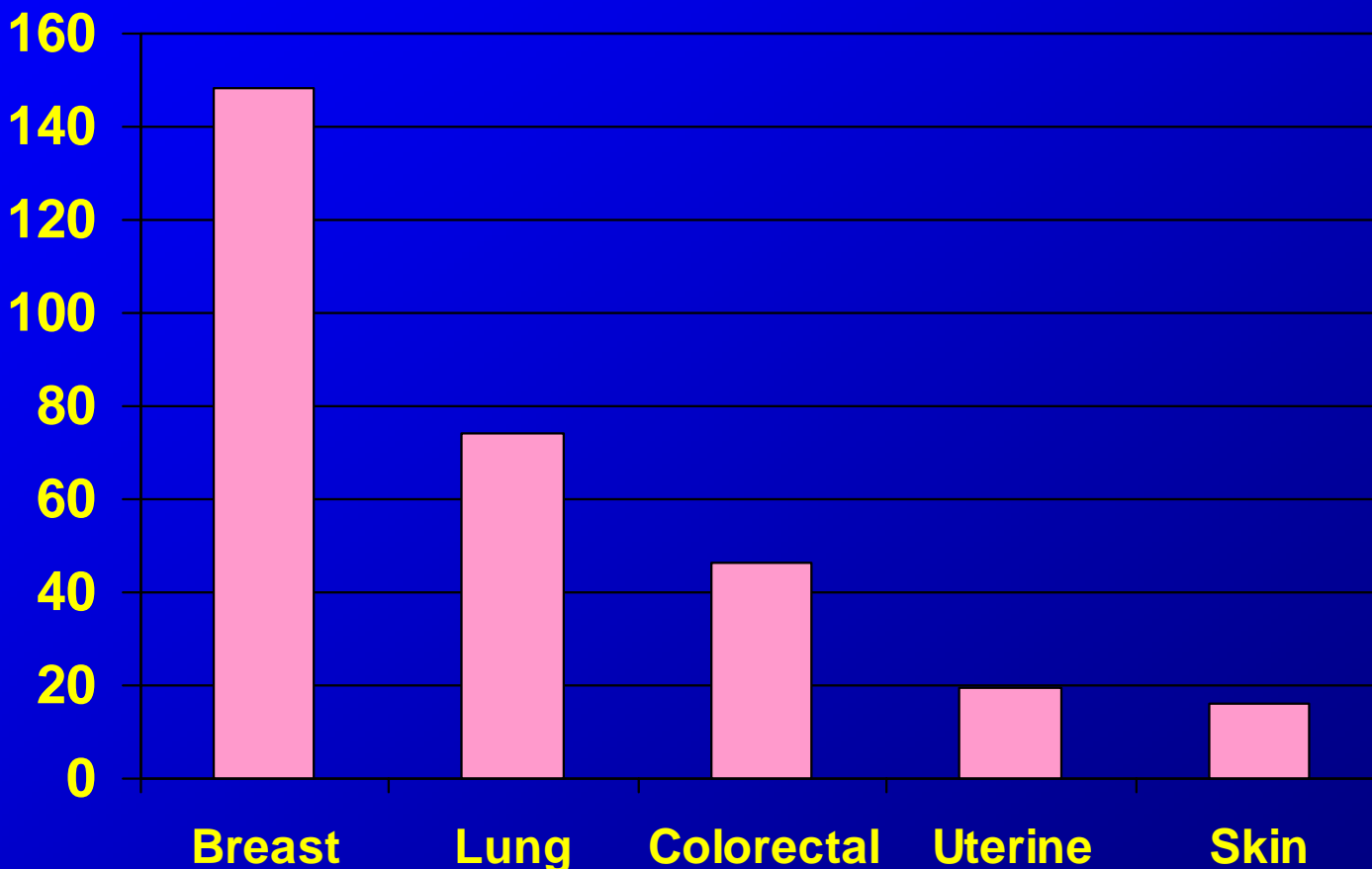
Age-Adjusted Incidence Rates (per 100,000 individuals)<sup>5</sup>

# Leading Cancer Types In Clark County Males (2000-2003)



Age-Adjusted Incidence Rates (per 100,000 individuals)<sup>5</sup>

# Leading Cancer Types In Clark County Females (2000-2003)



Age-Adjusted Incidence Rates (per 100,000 individuals)<sup>5</sup>

# Highlights

- Cardiovascular disease and cancer were the top two causes of death for adults of both sexes in Clark County.
- Although tobacco use among county residents continues to decrease, it remains higher than the national rate. In 2005, approximately 23.8 percent of county adults smoked compared to 30.0% in 2000.
- In spite of community efforts, many of the Healthy People 2010 goals for Clark County have not been met.

# Acknowledgements

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Juan Carlos Zevallos, MD

CDC/DACH Assignee to SNHD

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# Sources

1. CDC. Deaths: Leading Causes for 2002. National Vital Statistics Reports 2005;53(17).
2. Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2005.
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5. U.S. Cancer Statistics Working Group. United States Cancer Statistics: 2003 Incidence and Mortality. Atlanta (GA): Department of Health and Human Services, Centers for Disease Control and Prevention, and National Cancer Institute; 2007.