



A look at Selected Health and Demographic Indicators

AB 617 Workshop

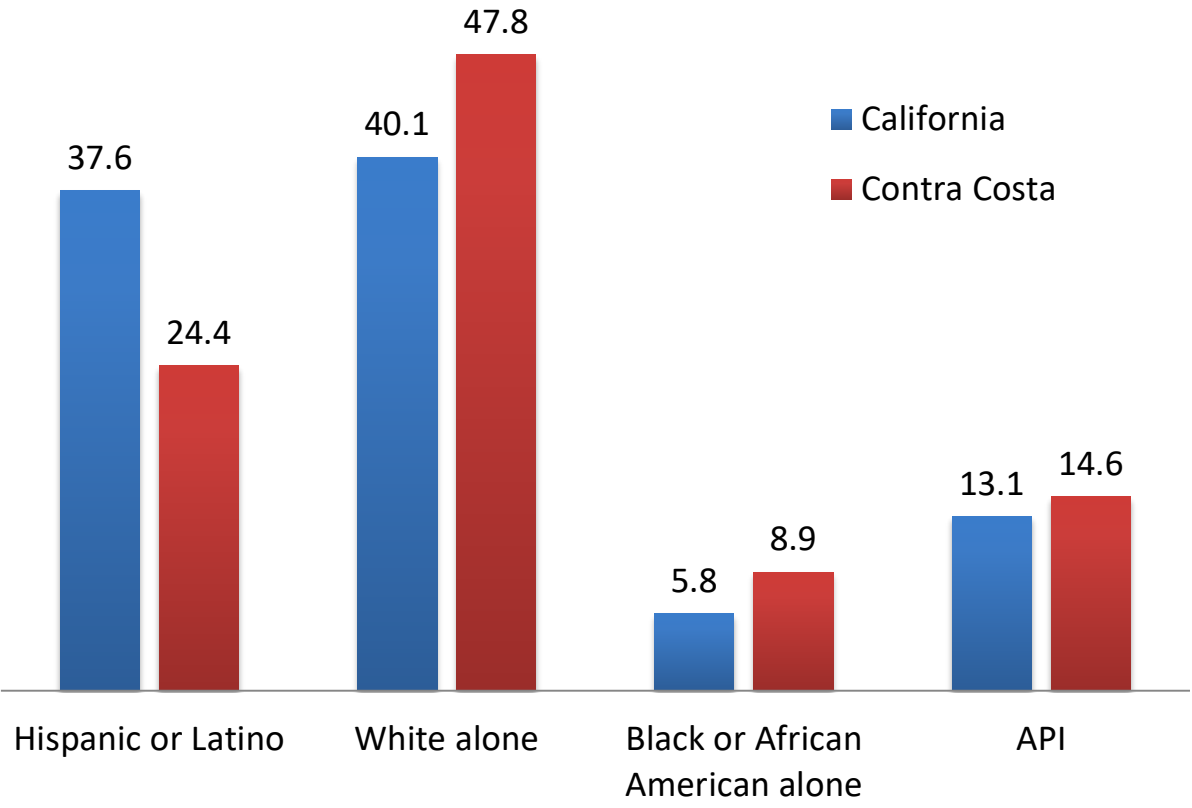
April 25, 2018

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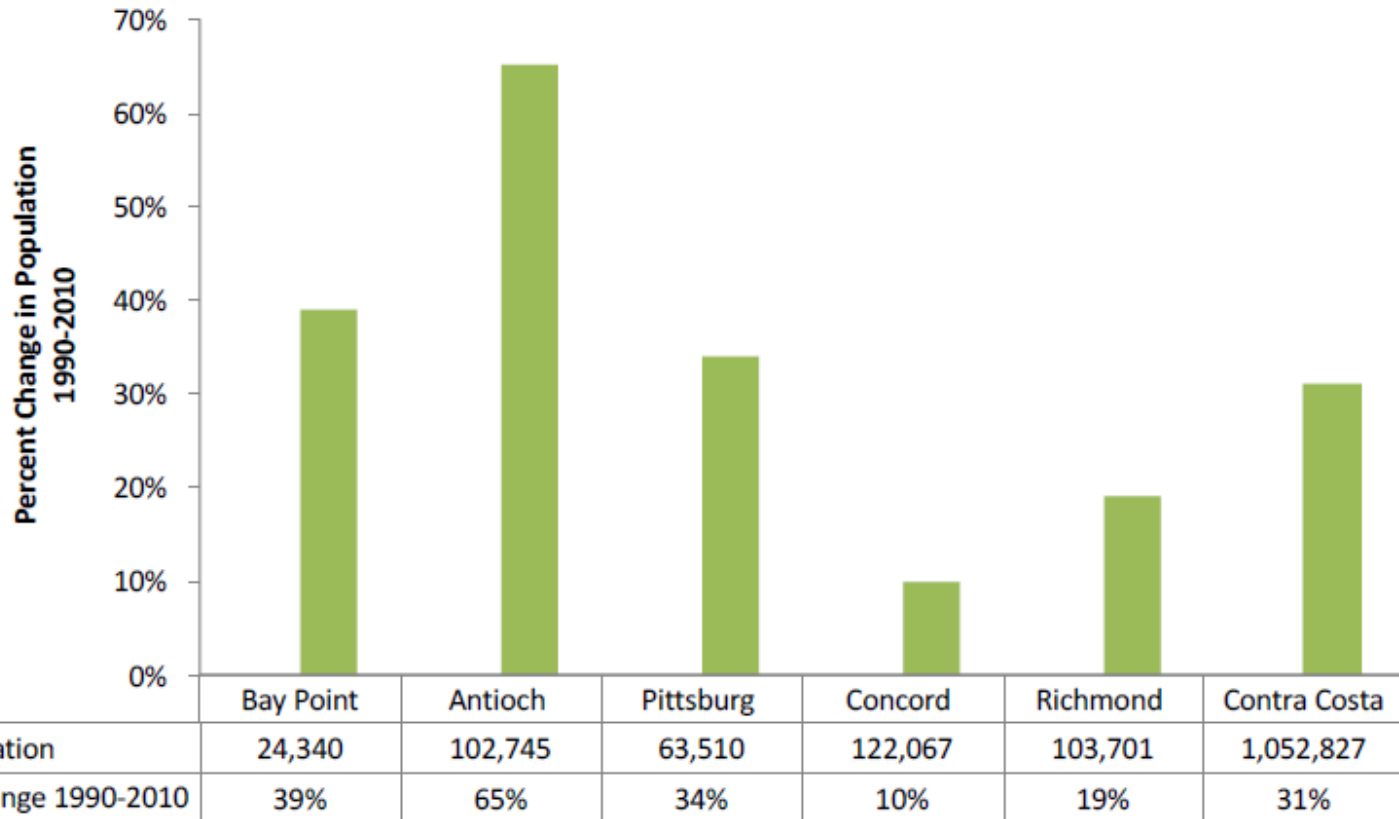
Demographics of Contra Costa

Percent of Total Population – Apx 1.1 million

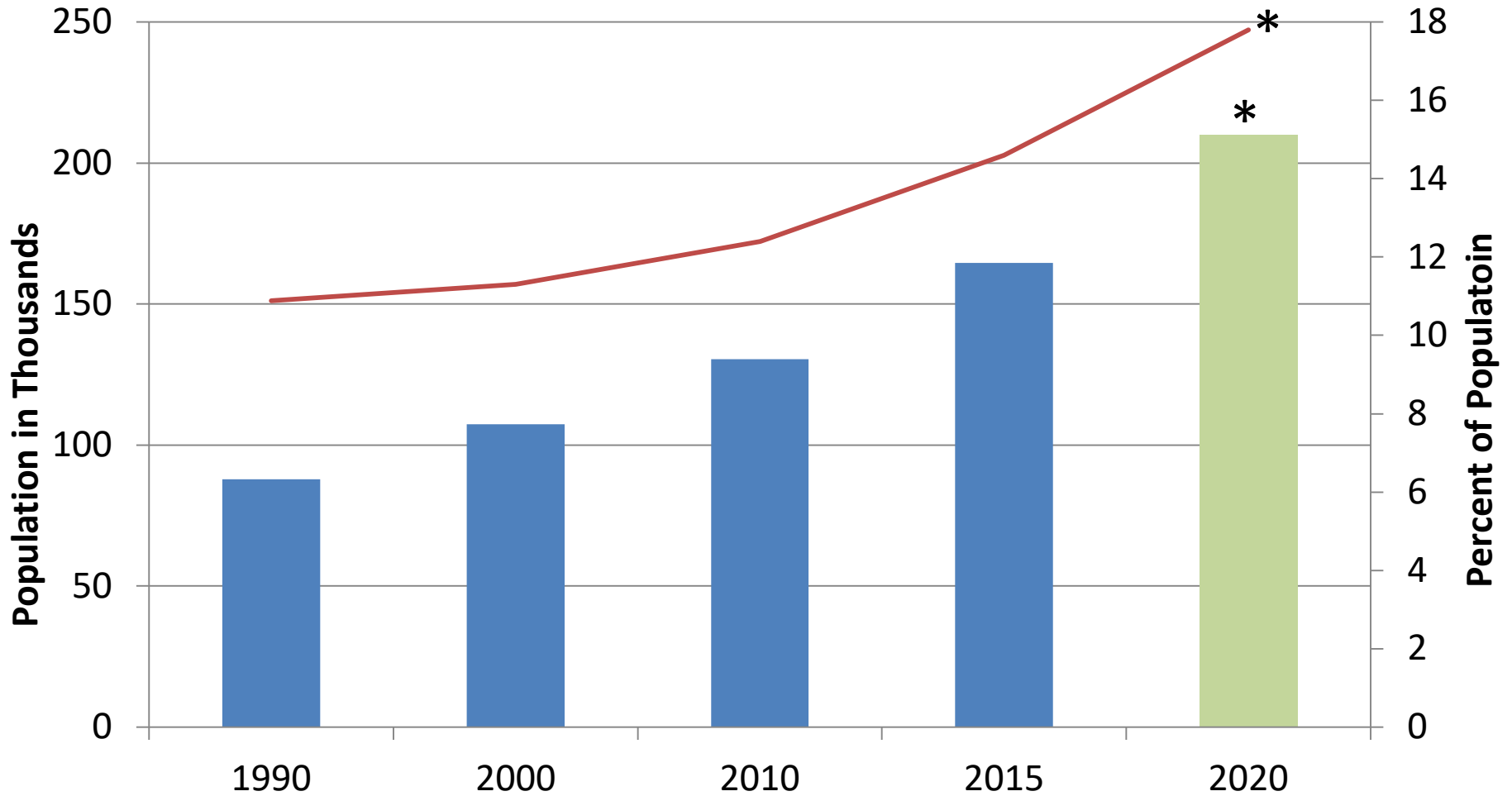


Population Growth

Population Size and Recent Growth for Select Contra Costa Cities



Population 65+ years of age, Contra Costa 1990-2020

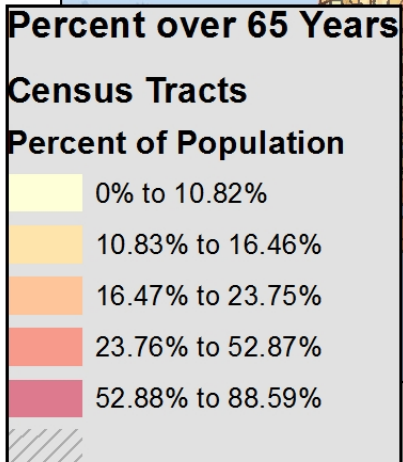
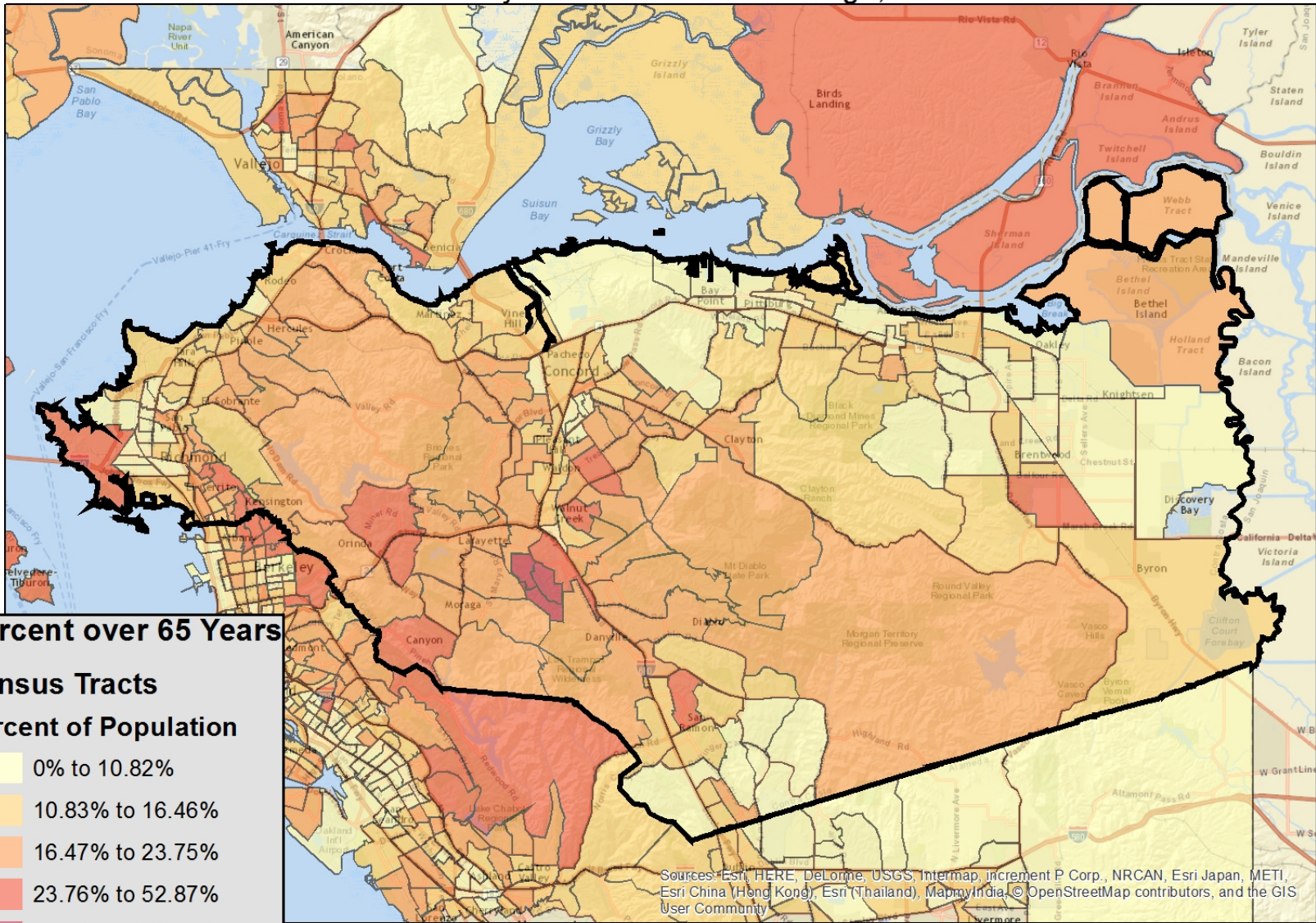


Source: Census.missouri.edu

■ Population — Percent

*Polynomial projection

Contra Costa County Percent 65+ Years of Age, 2016 Estimate



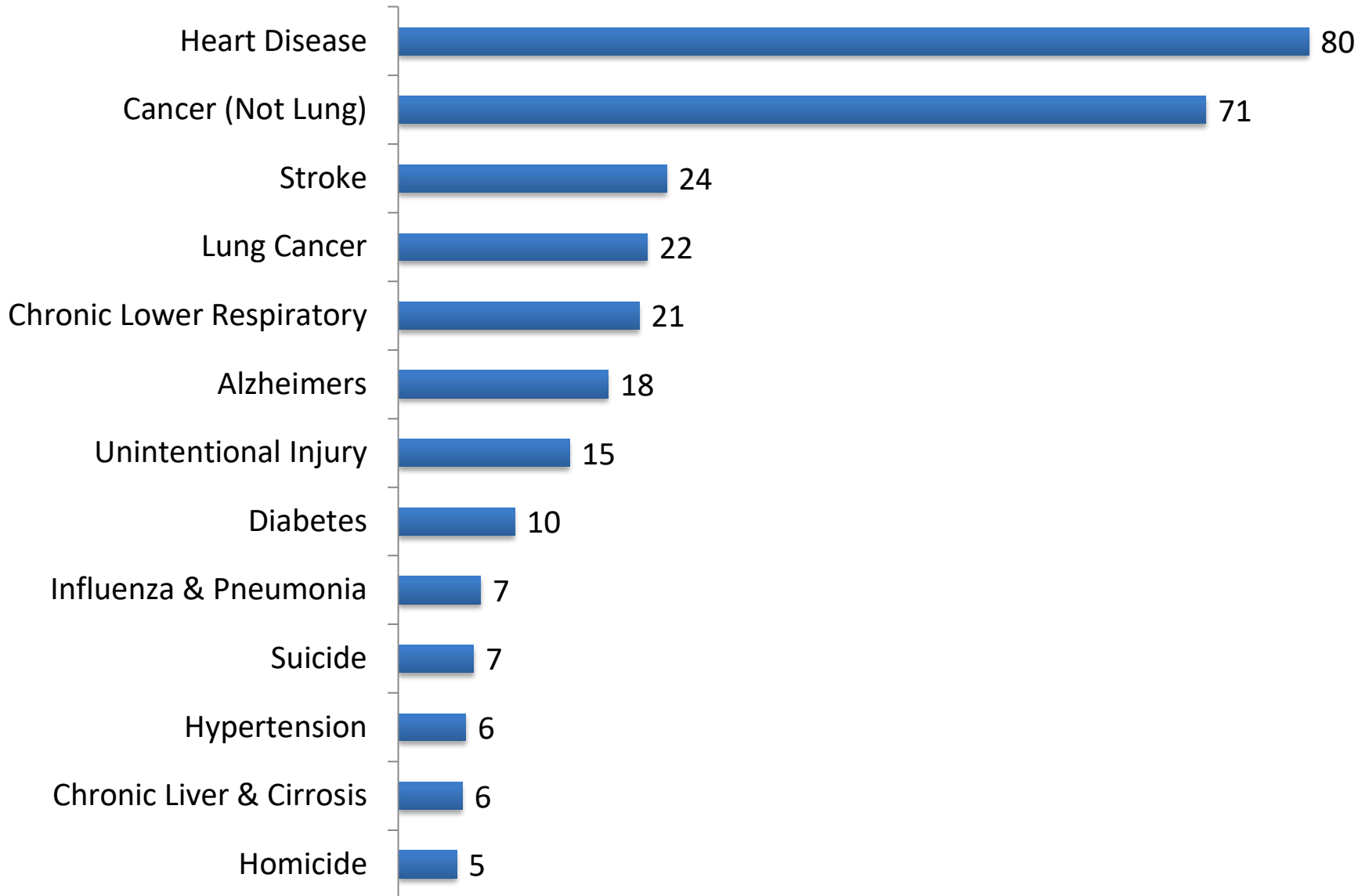
Sources: Esri, HERE, DeLorme, USGS, Imagmap, increment P Corp., NRCAN, Esri Japan, METI, Esri China (Hong Kong), Esri (Thailand), MapmyIndia, © OpenStreetMap contributors, and the GIS User Community

Leading causes of deaths for persons 65 years of age and older

White	Black	American Indian	Asian or Pacific Islander	Hispanic
1. Heart Disease	Heart Disease	Heart Disease	Heart Disease	Heart Disease
2. Cancer	Cancer	Cancer	Cancer	Cancer
3. Stroke	Stroke	Diabetes	Stroke	Stroke
4. COPD	Diabetes	Stroke	Pneu/Influenza	COPD
5. Pneu/Influenza	Pneu/Influenza	COPD	COPD	Pneu/Influenza

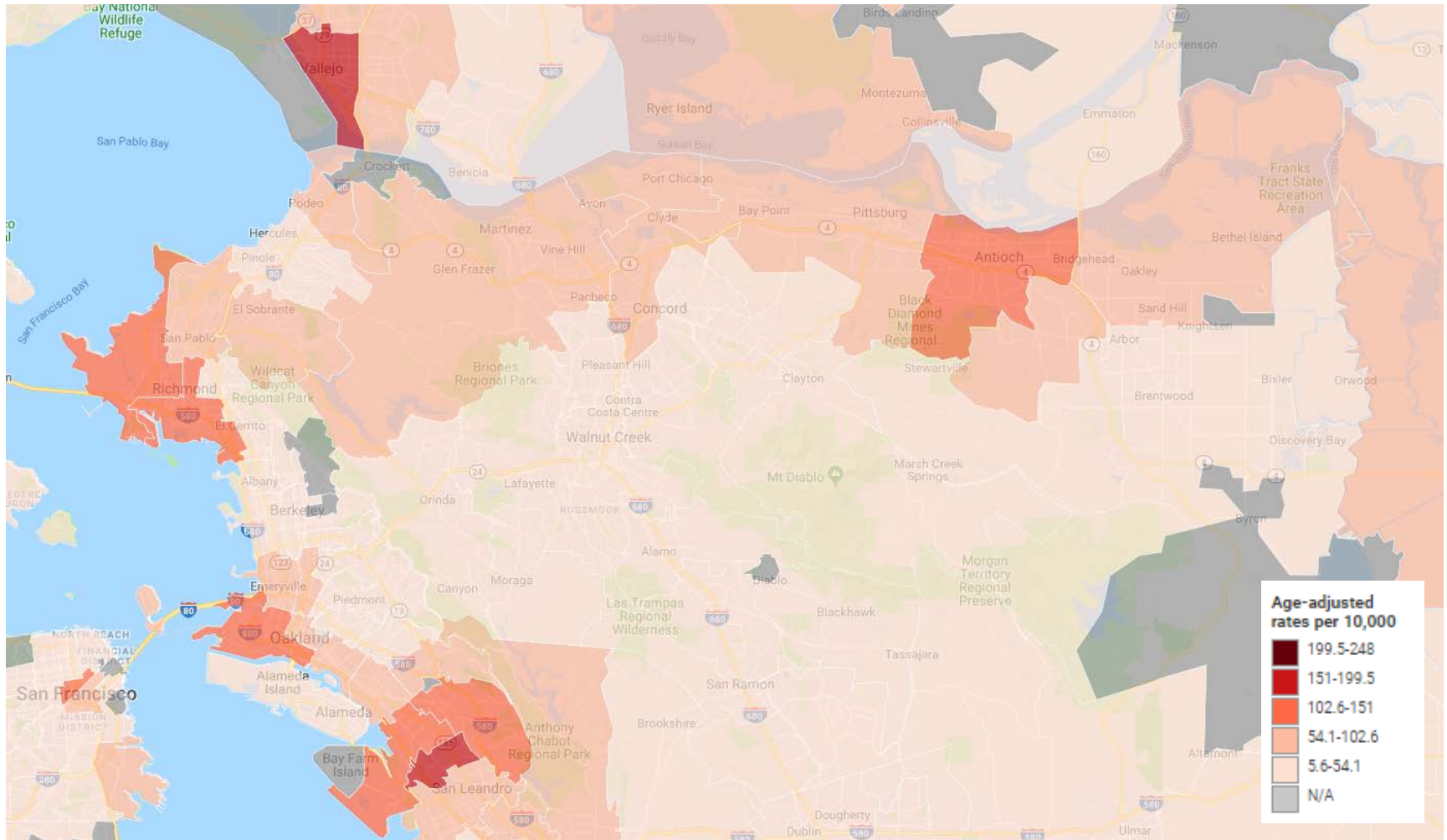
Trends in causes of death among elderly. CDC. 2001.

Leading Causes of Death in Contra Costa – All Ages



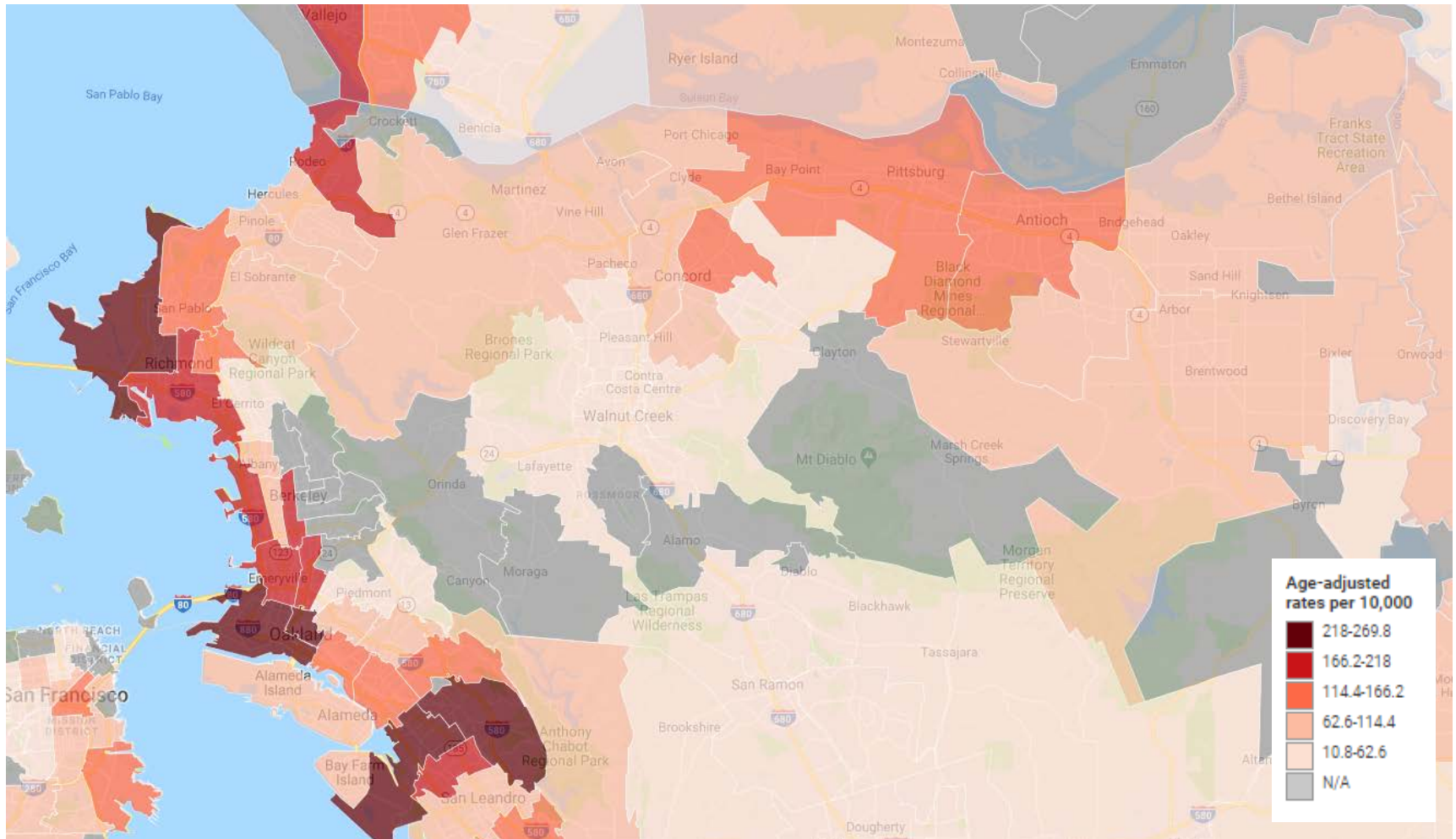
Average Annual Age Adjusted Rates per 100,000, 2009-2011

Age-adjusted Asthma Emergency Department Visit Rates Among Adults by Zip Code, 2014



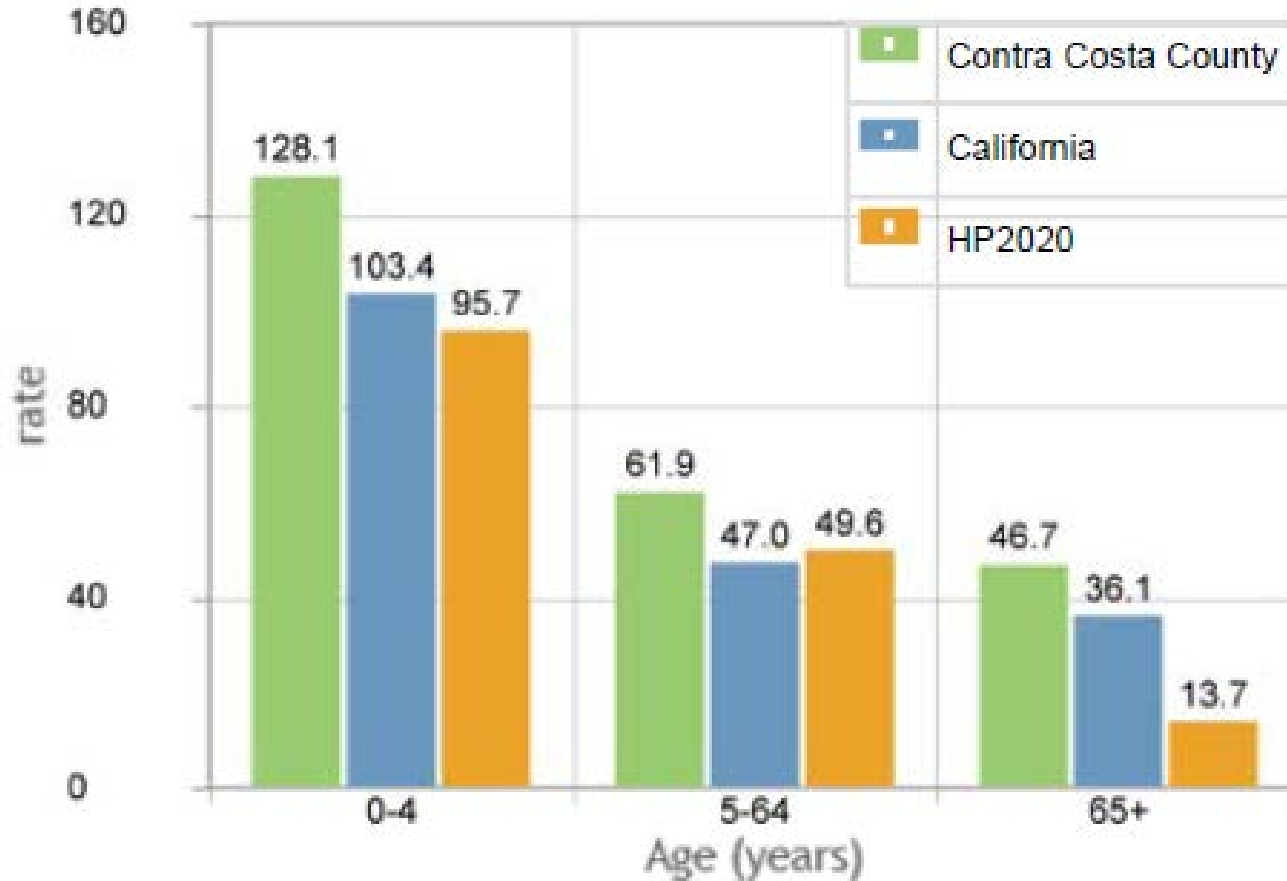
Source: California Environmental Health Tracking Program <http://www.cehtp.org/page/asthma/query>; Office of Statewide Health Planning and Development

Age-adjusted Asthma Emergency Department Visit Rates Among Children by Zip Code, 2014



Source: California Environmental Health Tracking Program <http://www.cehtp.org/page/asthma/query>; Office of Statewide Health Planning and Development

Contra Costa County Asthma ED Visits per 10,000 Residents by Age Compared to California and HP2020 Targets, 2014



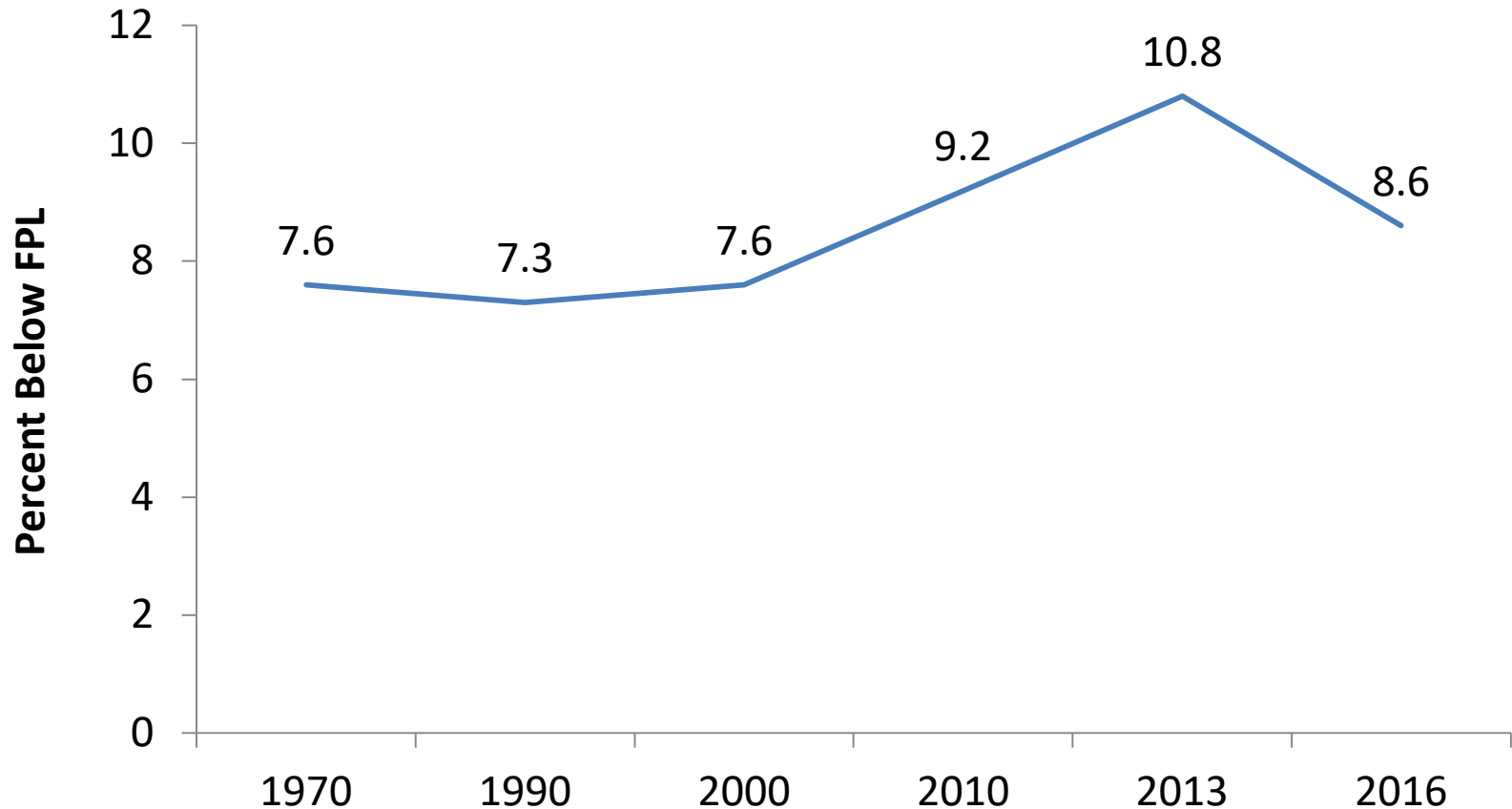
Source: California Healthy Breathing; Office of Statewide Health Planning and Development

Lets looks at some **Social,**
Economic and Environmental
determinants of Health

Income, Race & Age effect Health

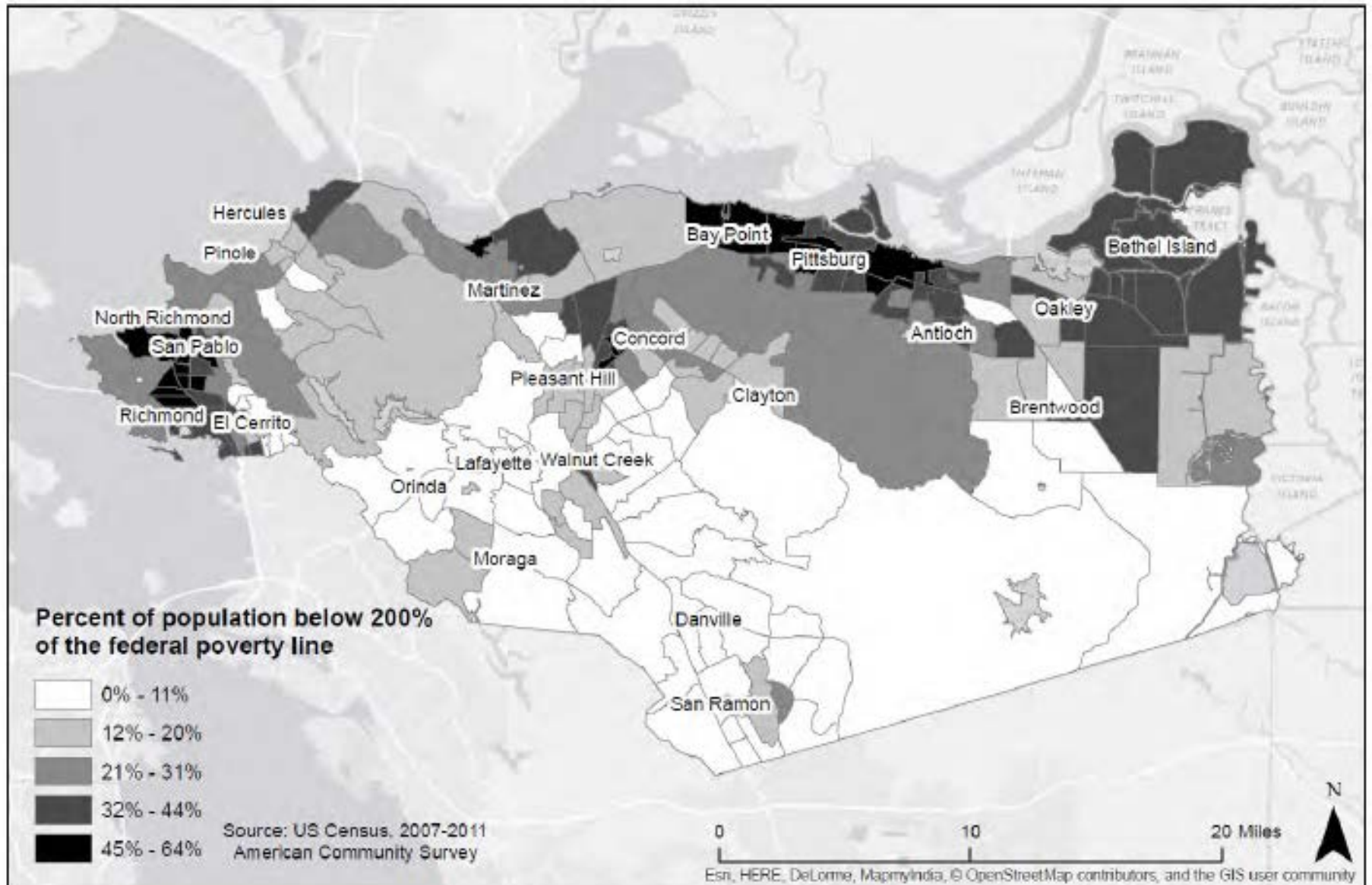
- Individuals with a **lower income** tend to have poorer health.
- Health needs jump dramatically as **we age**.
- Place Matters – Your Zip Code
- Race/Ethnicity matters.**

Change in Poverty in Contra Costa



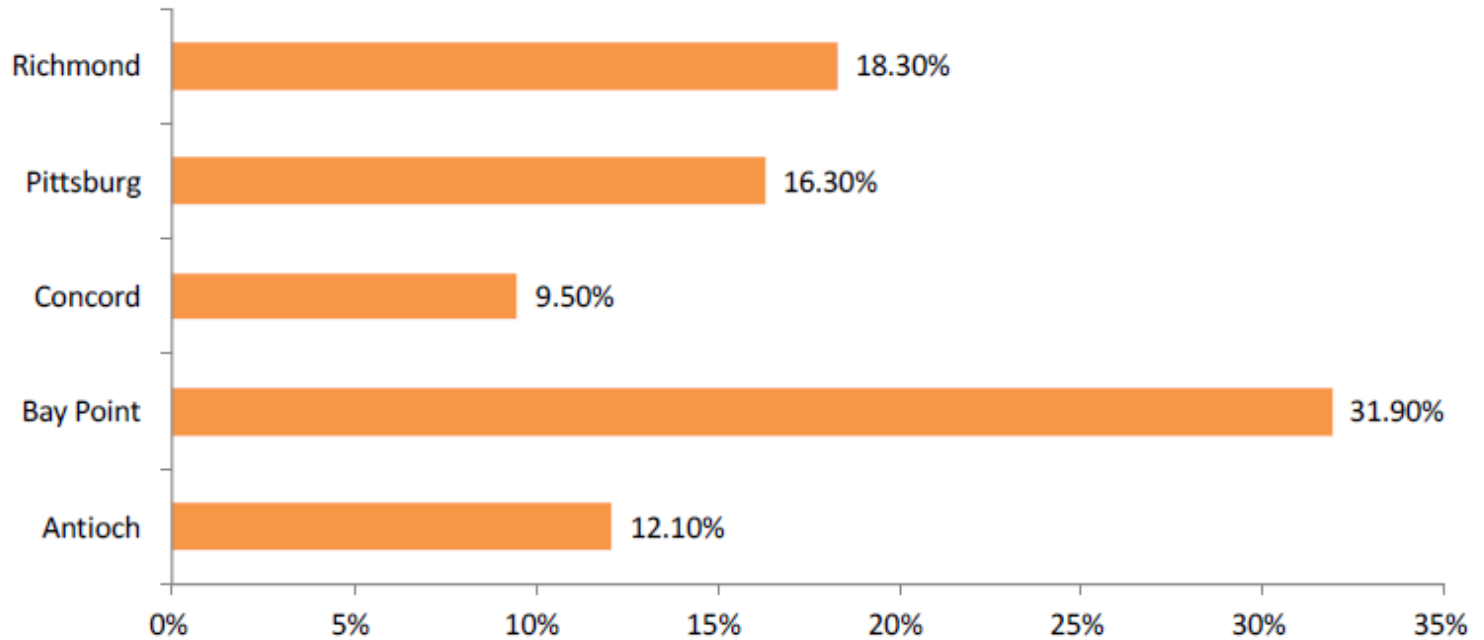
Federal Poverty Line is ~ \$11k for single person and \$23k for family of four
Source: US Census Bureau

Figure 10: Percentage Of Population Below 200% Of The Federal Poverty Level, 2007–2011



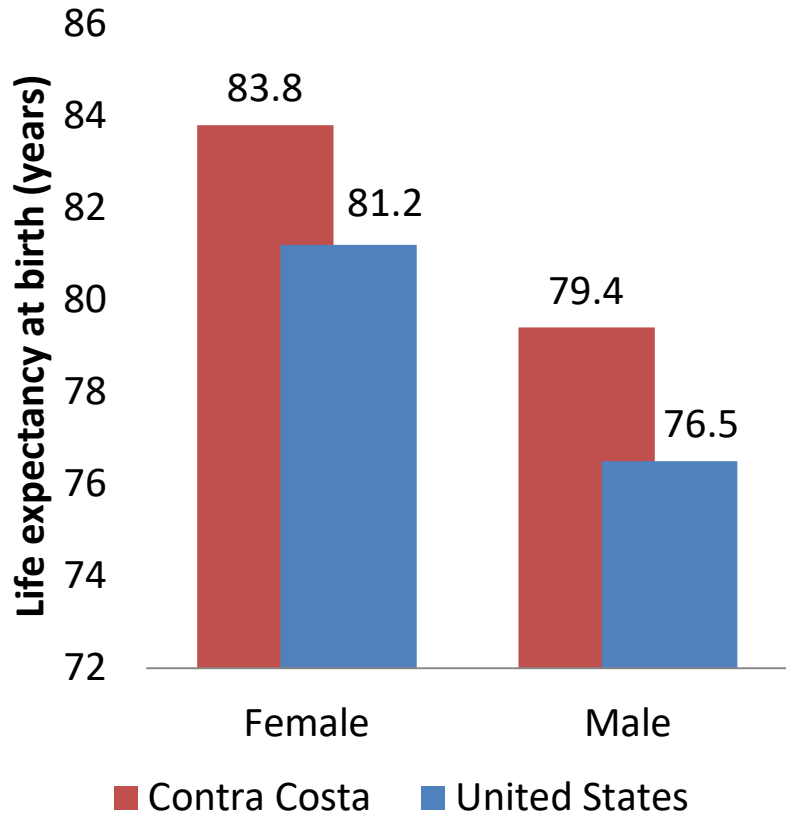
Poverty

Percent of population living at or below 100% Federal Poverty Rate, 2010

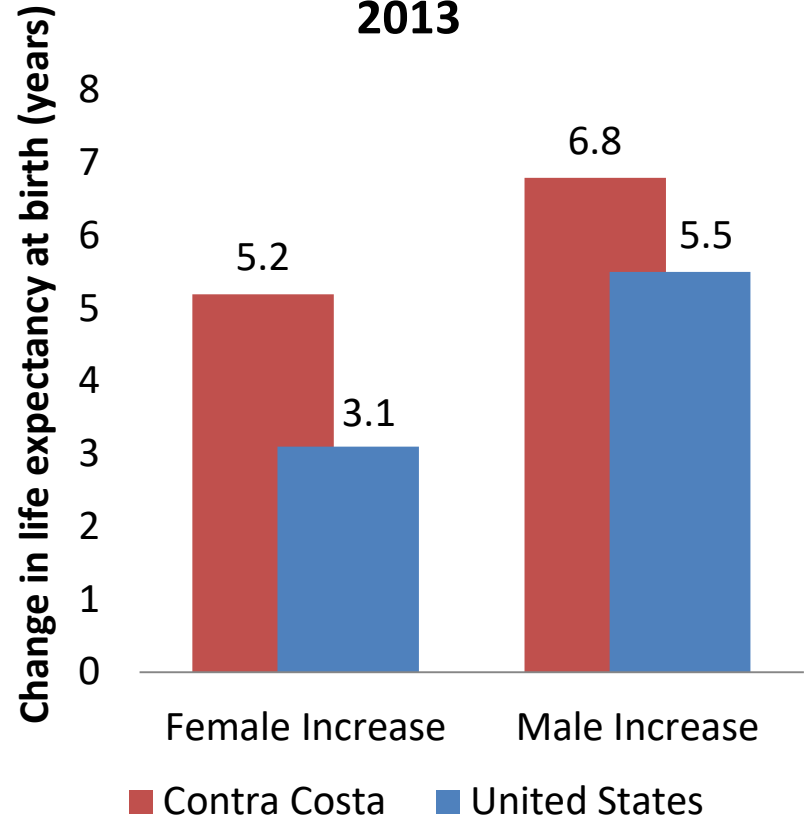


Life Expectancy

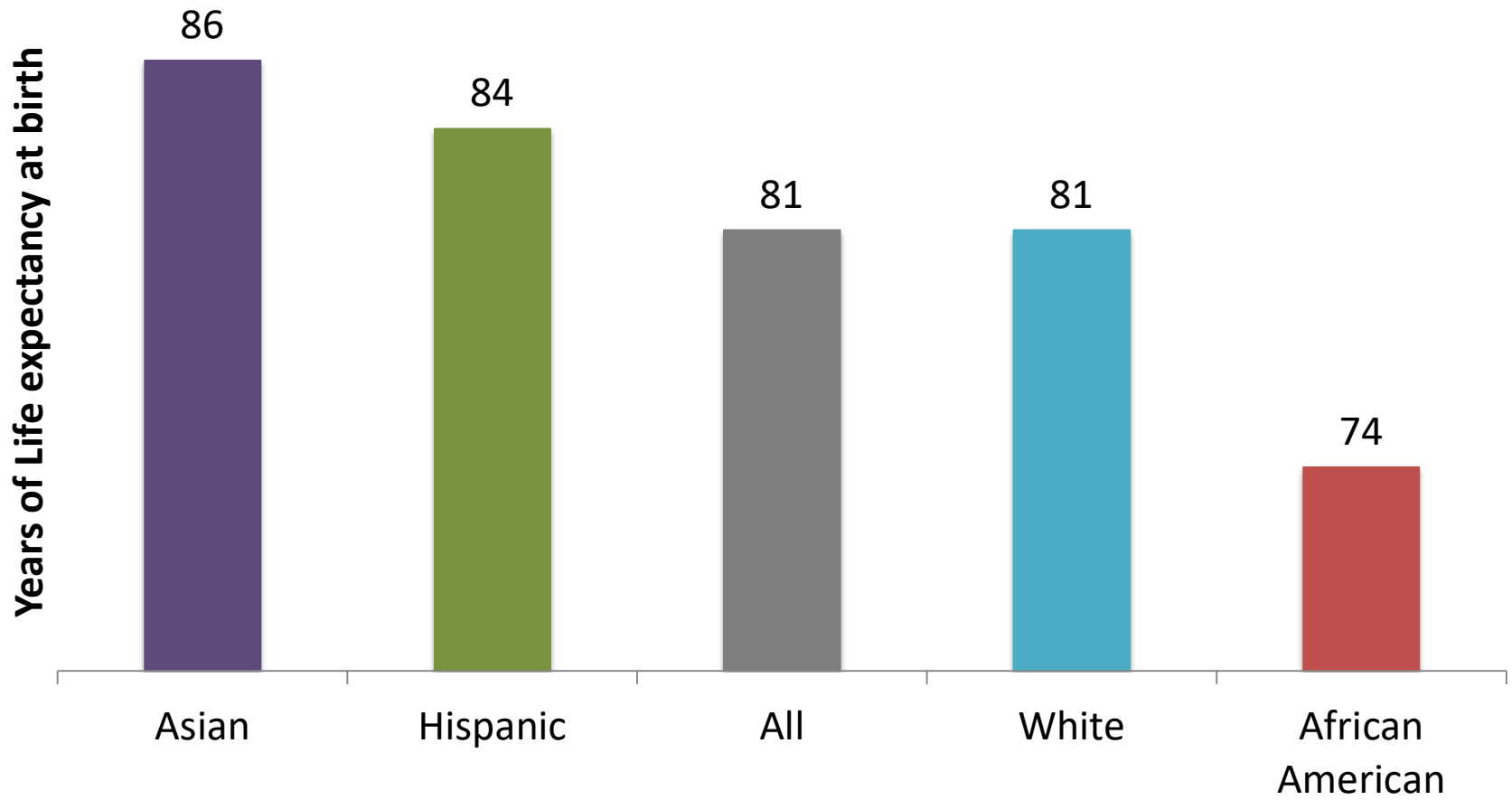
Life Expectancy, 2013



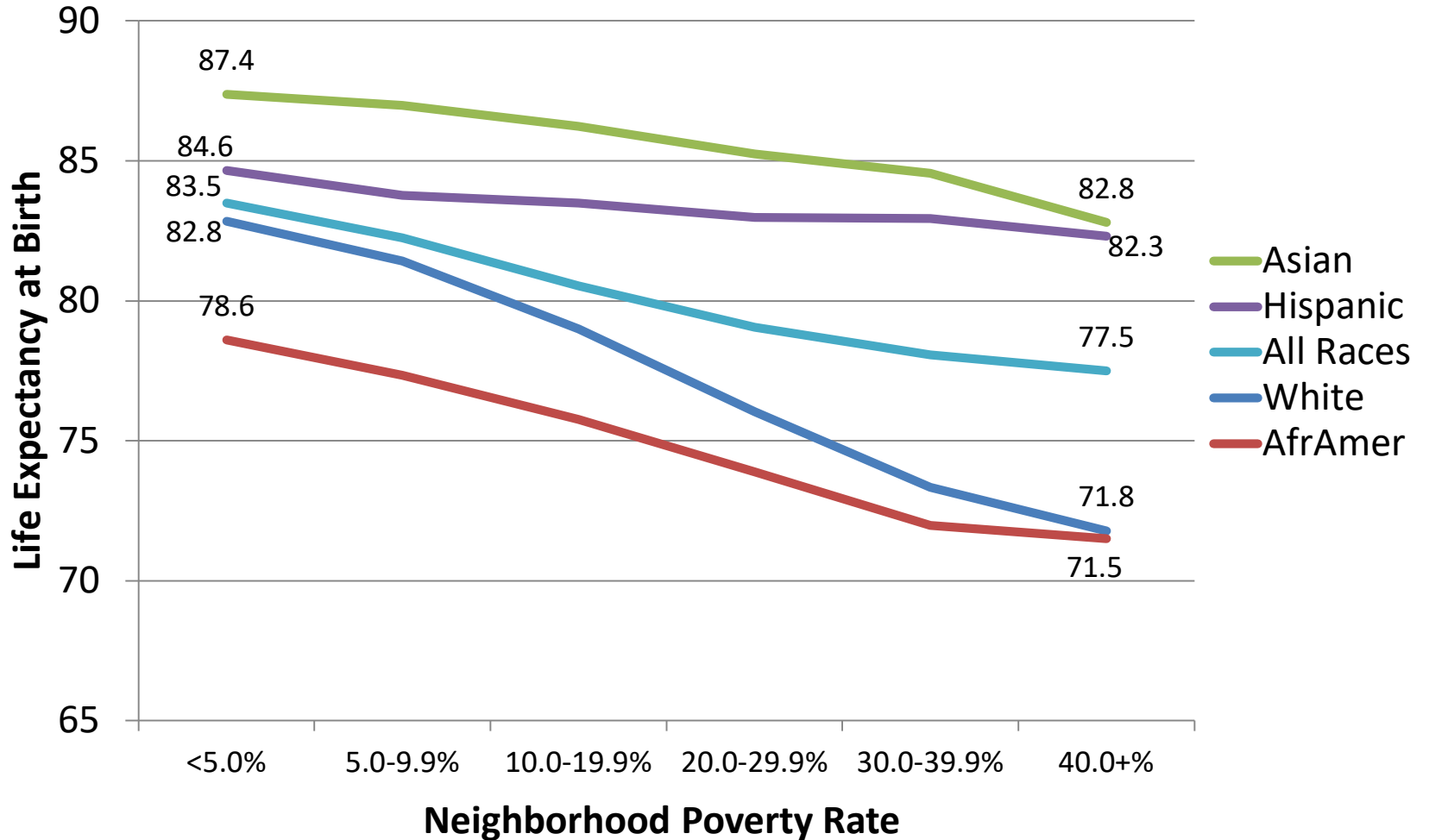
Life Expectancy Increase, 1985-2013



Life Expectancy by Race Ethnicity for Contra Costa County, 2009-2011 :: “Race/Ethnicity Matters”



California Life Expectancy vs. Poverty :: “Income Matters”



Incidence Rates for California's Most Common Cancers: Contra Costa County, 2004-2008

Males	County Rate	State Rate	Females	County Rate	State Rate
Prostate	160.3*	143.3	Breast	136.1*	121.6
Lung & Bronchus	58.5	62.0	Lung & Bronchus	50.4*	45.0
Colon & Rectum	52.9	50.3	Colon & Rectum	41.2*	38.1
Bladder	37.4*	33.6	Uterus	23.0	22.1
Melanoma	27.6	26.2	Melanoma	16.5	15.4
All Sites	513.2*	494.5	All Sites	407.6*	387.4

Rates are shown as the number of new cases or deaths per 100,000 persons. All rates are age-adjusted to the 2000 United States Standard Population.

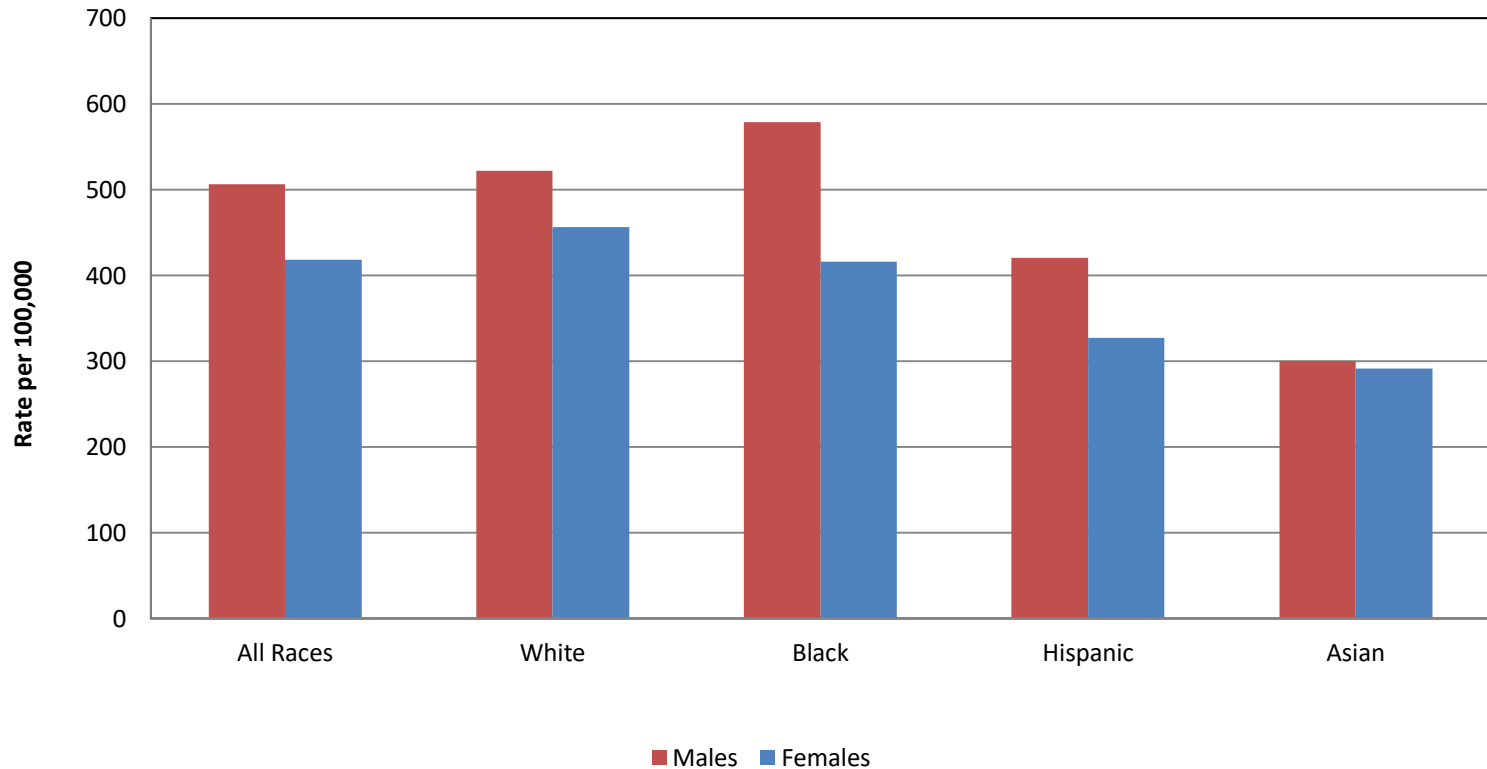
*County rate is statistically significantly different from the Statewide rate ($p < 0.05$).



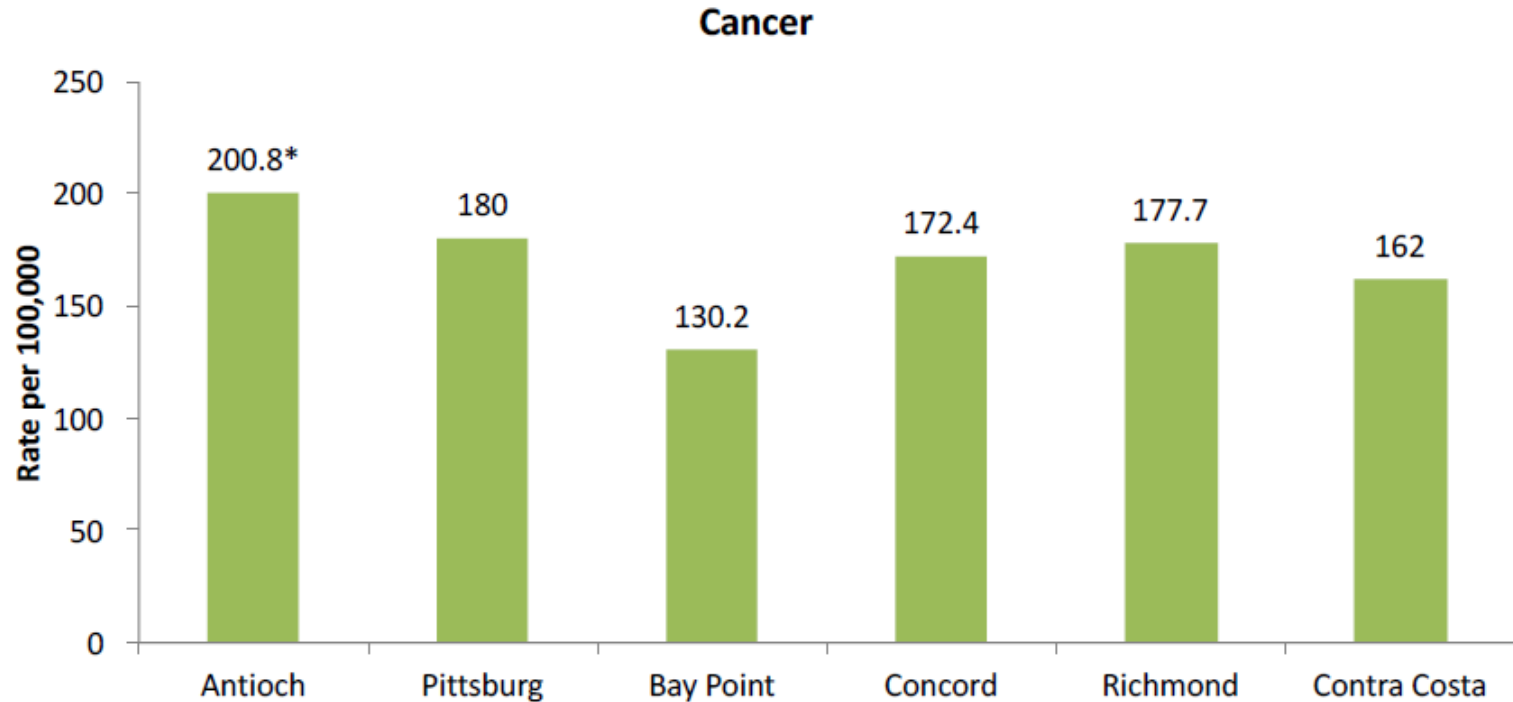
This fact sheet was prepared by the California Cancer Registry (CCR), Cancer Surveillance Section, Cancer Surveillance and Research Branch, California Department of Public Health, 1825 Bell Street, Suite #102, Sacramento, CA 95825. For more information, visit the CCR website at www.ccrca.org or call (916) 779-0300.

Cancer Incidence Rates for Contra Costa County, By Race and Gender

Age Adjusted Rates of All Cancers by gender and race/ethnicity, Contra Costa County



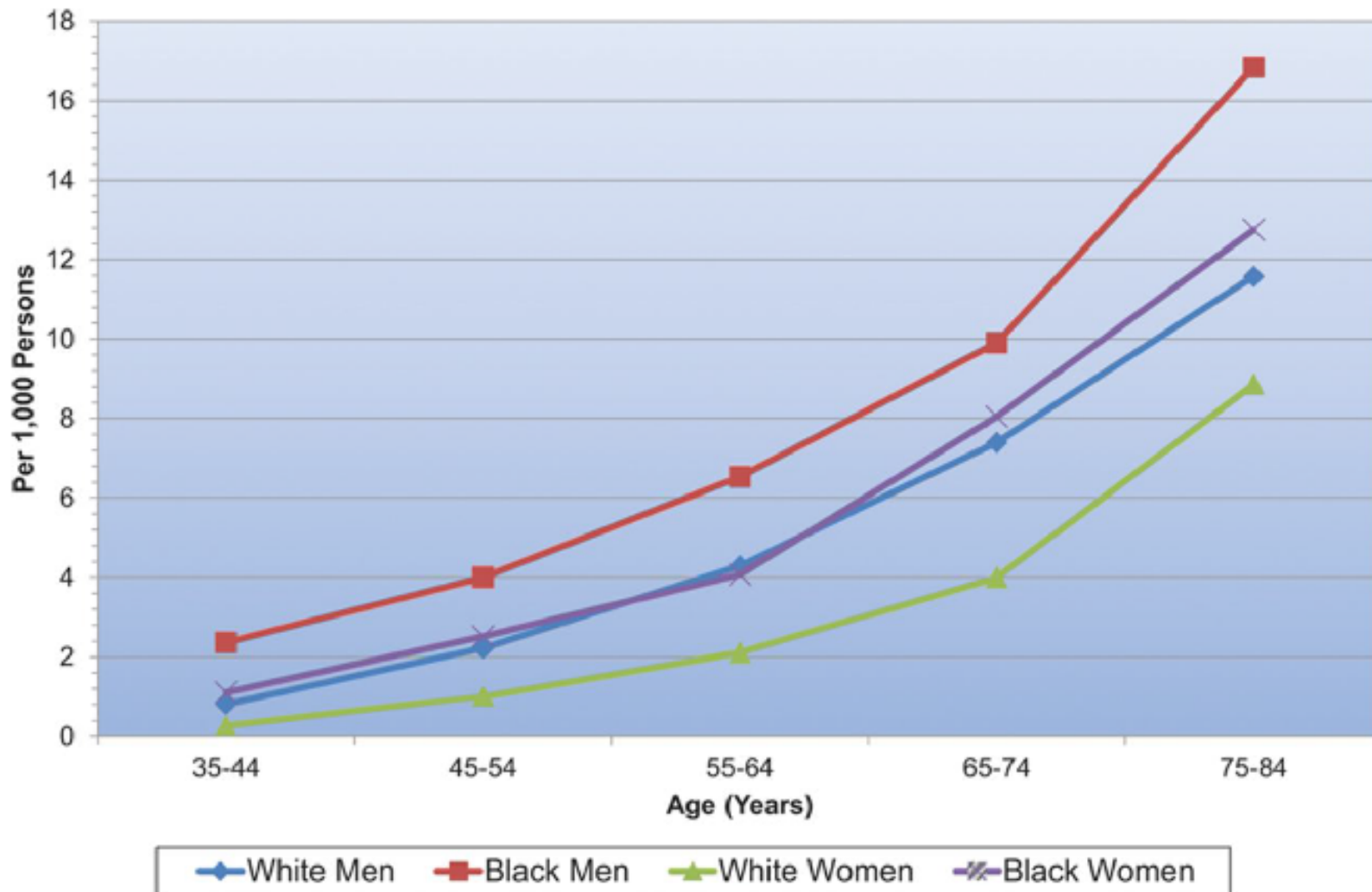
Chronic Disease Mortality Rates



Chronic Diseases Mortality Rates

*Significantly higher rate than the county overall. Rates per 100,000 people. Rates of death attributed to chronic diseases in selected Contra Costa communities 2005-2007 (Contra Costa Community Indicators Report 2010).

Incidence of heart attack or fatal coronary heart disease by age, sex, and race

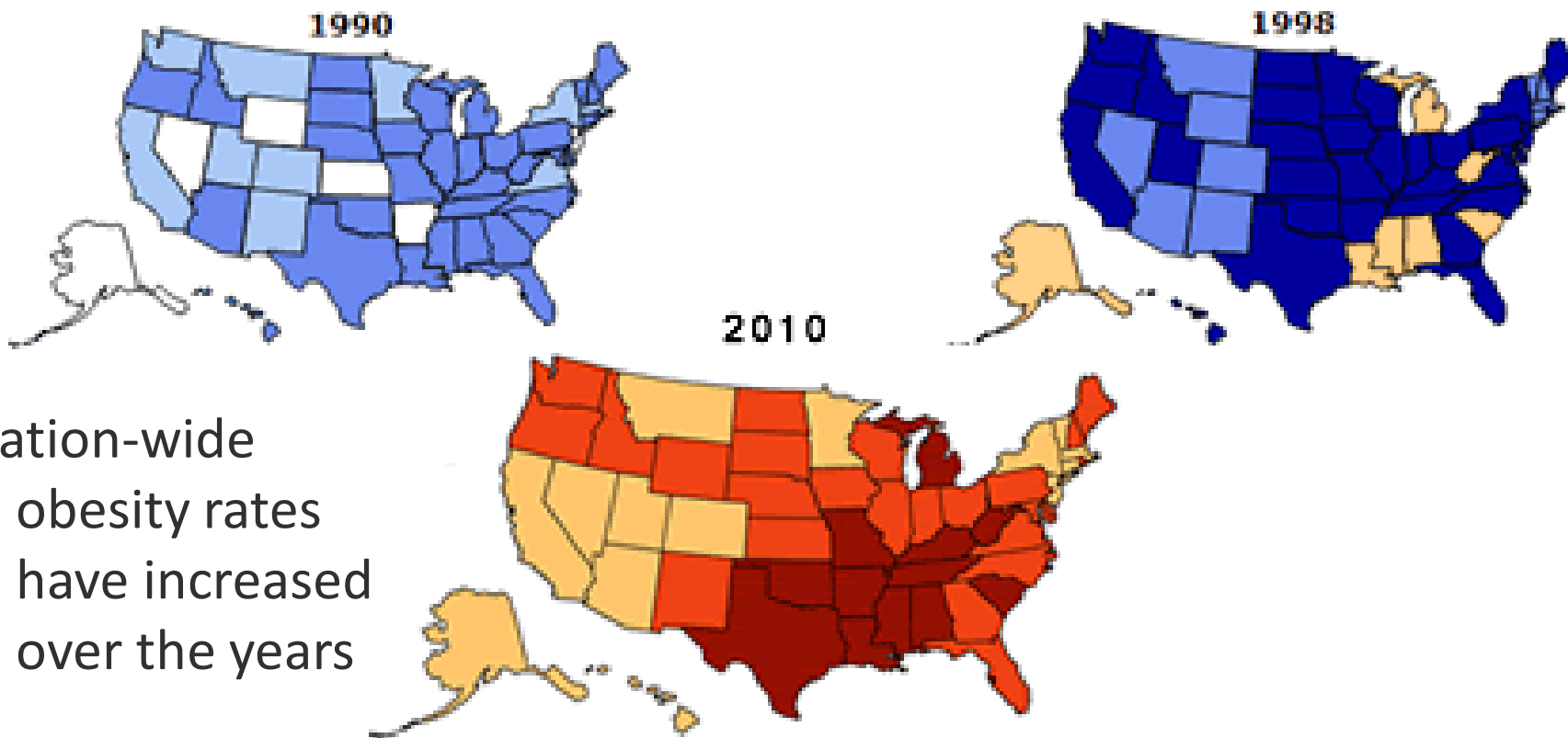


Atherosclerosis Risk in Communities Surveillance: 2005–2011.

Obesity is a Public Health Crisis – *“It’s an Epidemic”*

Obesity Trends* Among U.S. Adults BRFSS, 1990, 1998, 2010

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



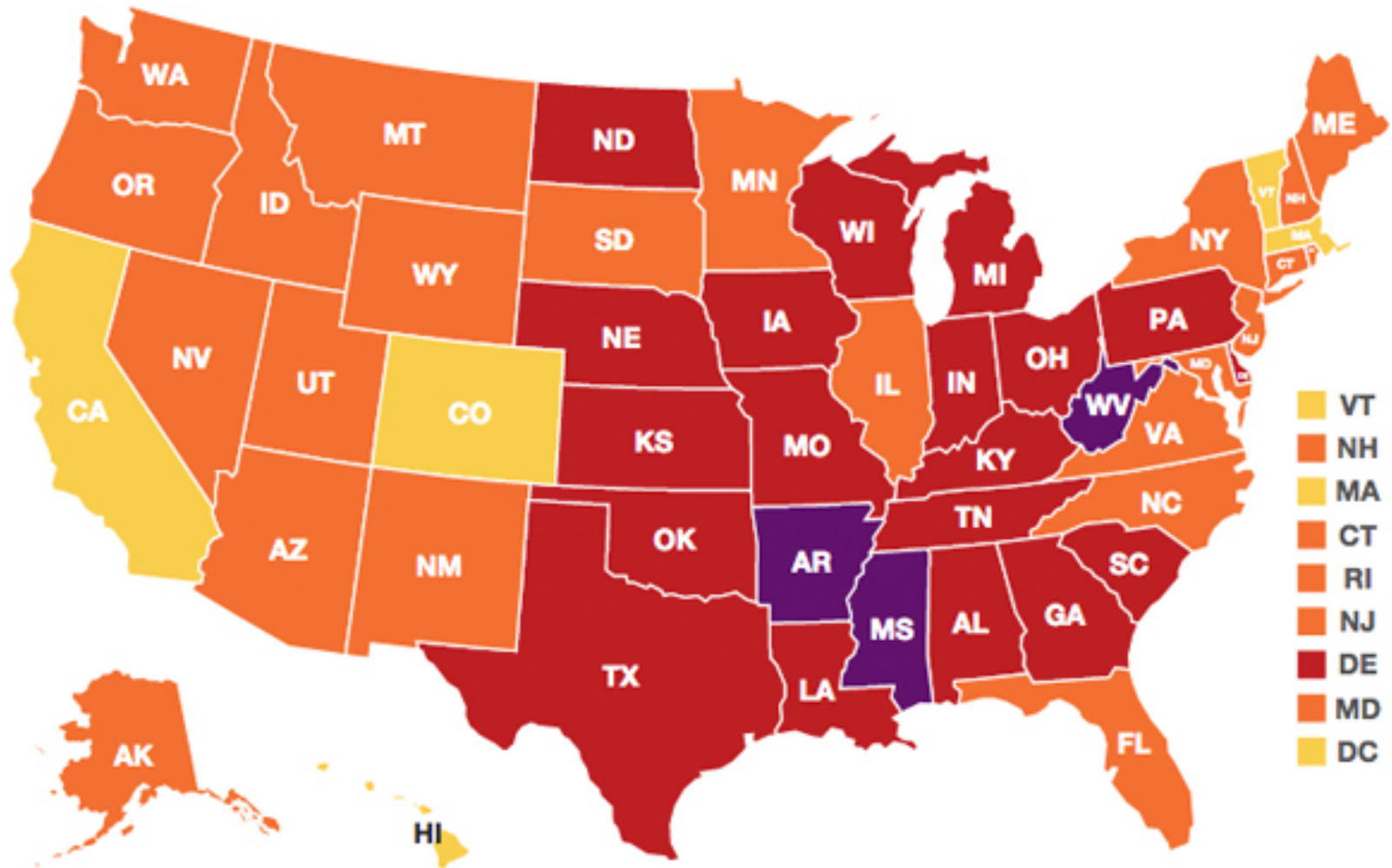
Nation-wide
obesity rates
have increased
over the years



Adult Obesity Rate by State, 2014

Percent of obese adults (Body Mass Index of 30+)

0 - 9.9% 10 - 14.9% 15 - 19.9% 20 - 24.9% 25 - 29.9% 30 - 34.9% 35%+

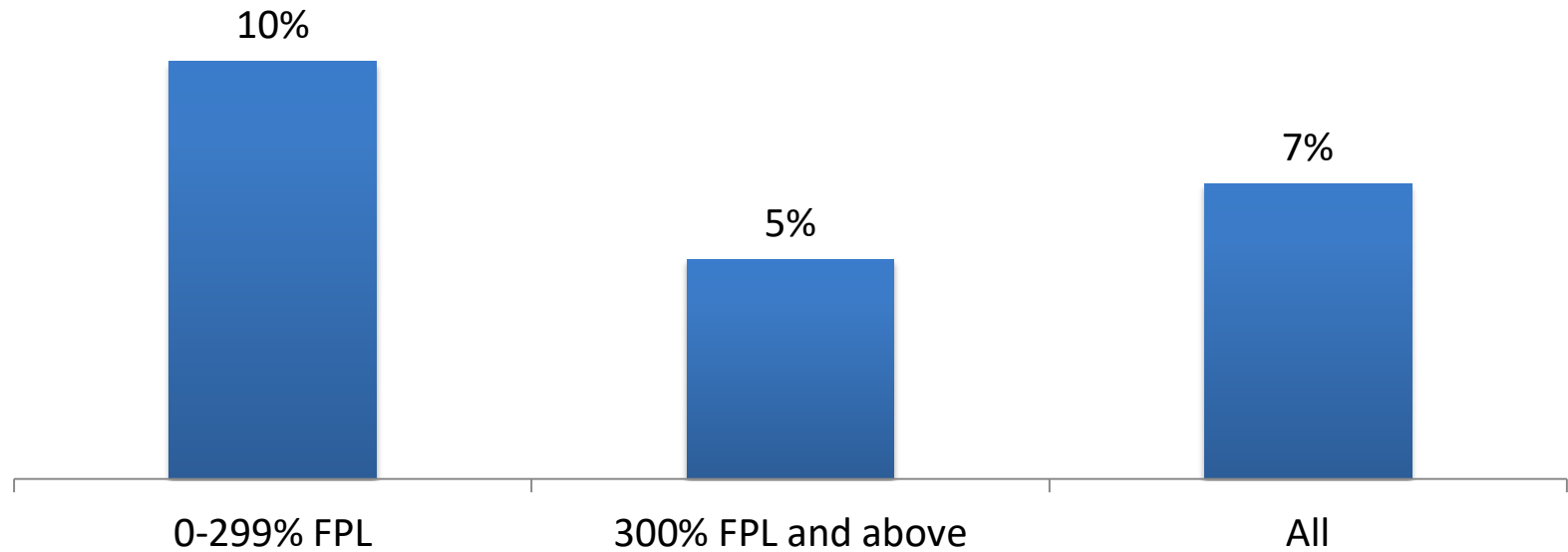


A look at Obesity among 65+

- Percent of noninstitutionalized persons with obesity (2011-2014)
 - Men age 65-74: 36.2%
 - Men age 75 and over: 26.8%
 - Women age 65-74: 40.7%
 - Women age 75 and over: 30.5%

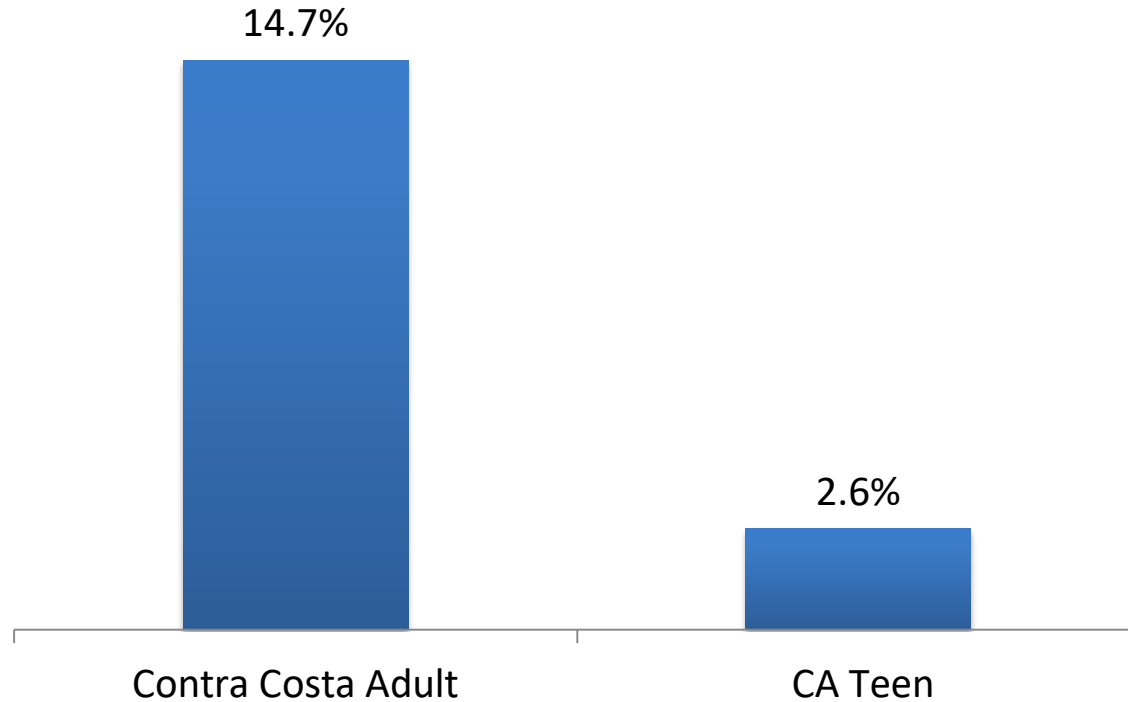
Diabetes prevalence in Bay Area by poverty

Diagnosed with diabetes



Current smoking prevalence

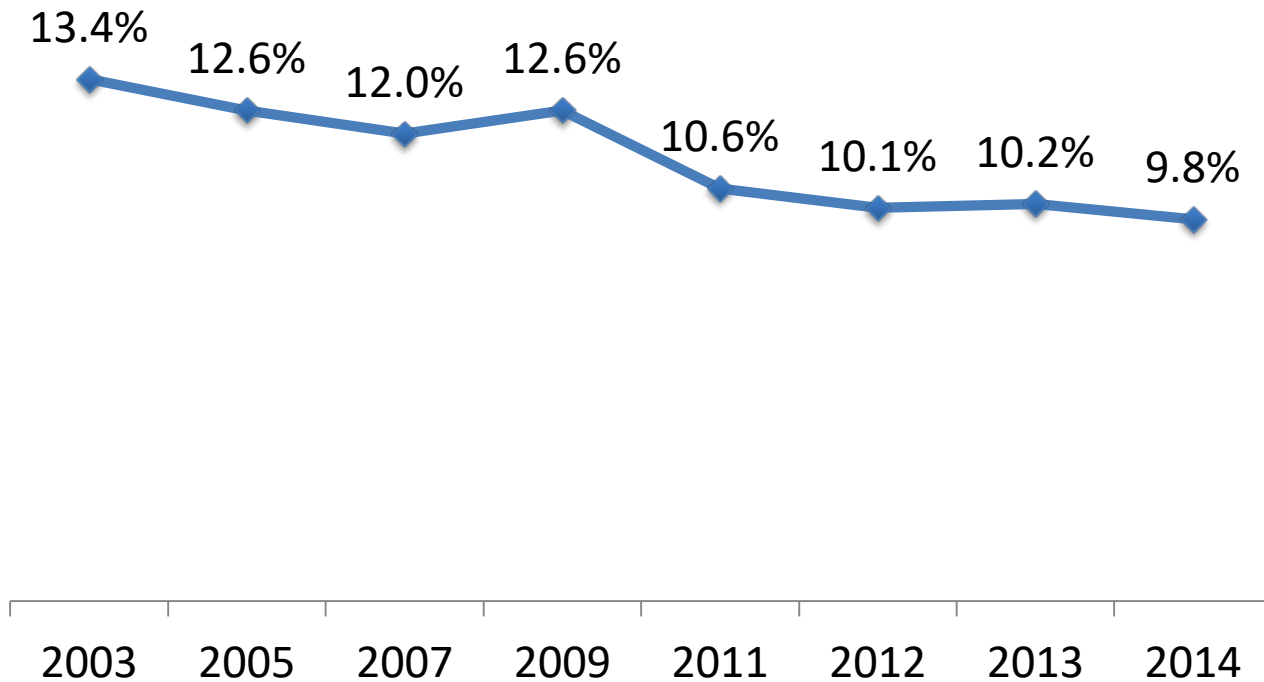
Current Smoker



Source: 2014 California Health Interview Survey

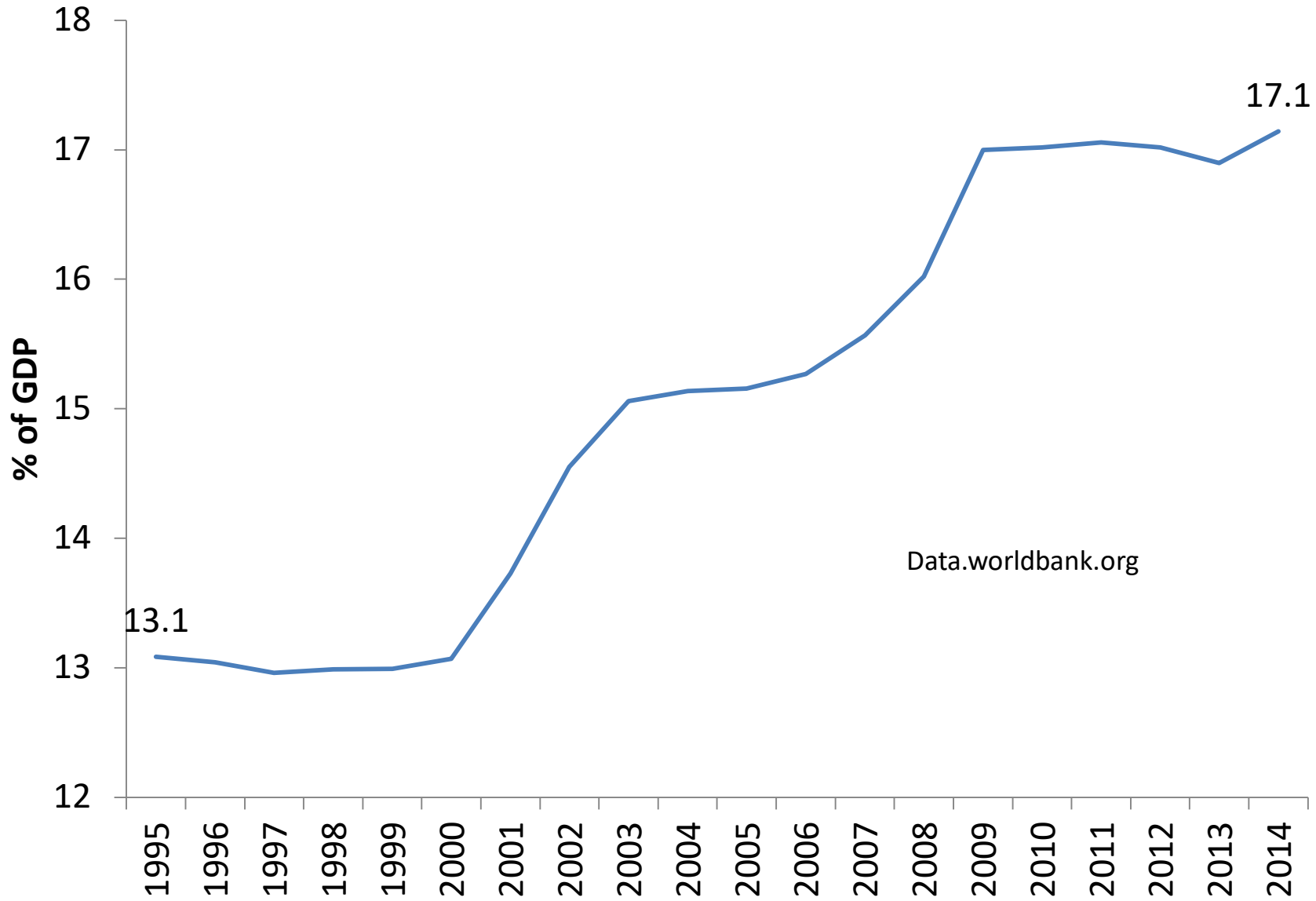
Smoking Trends

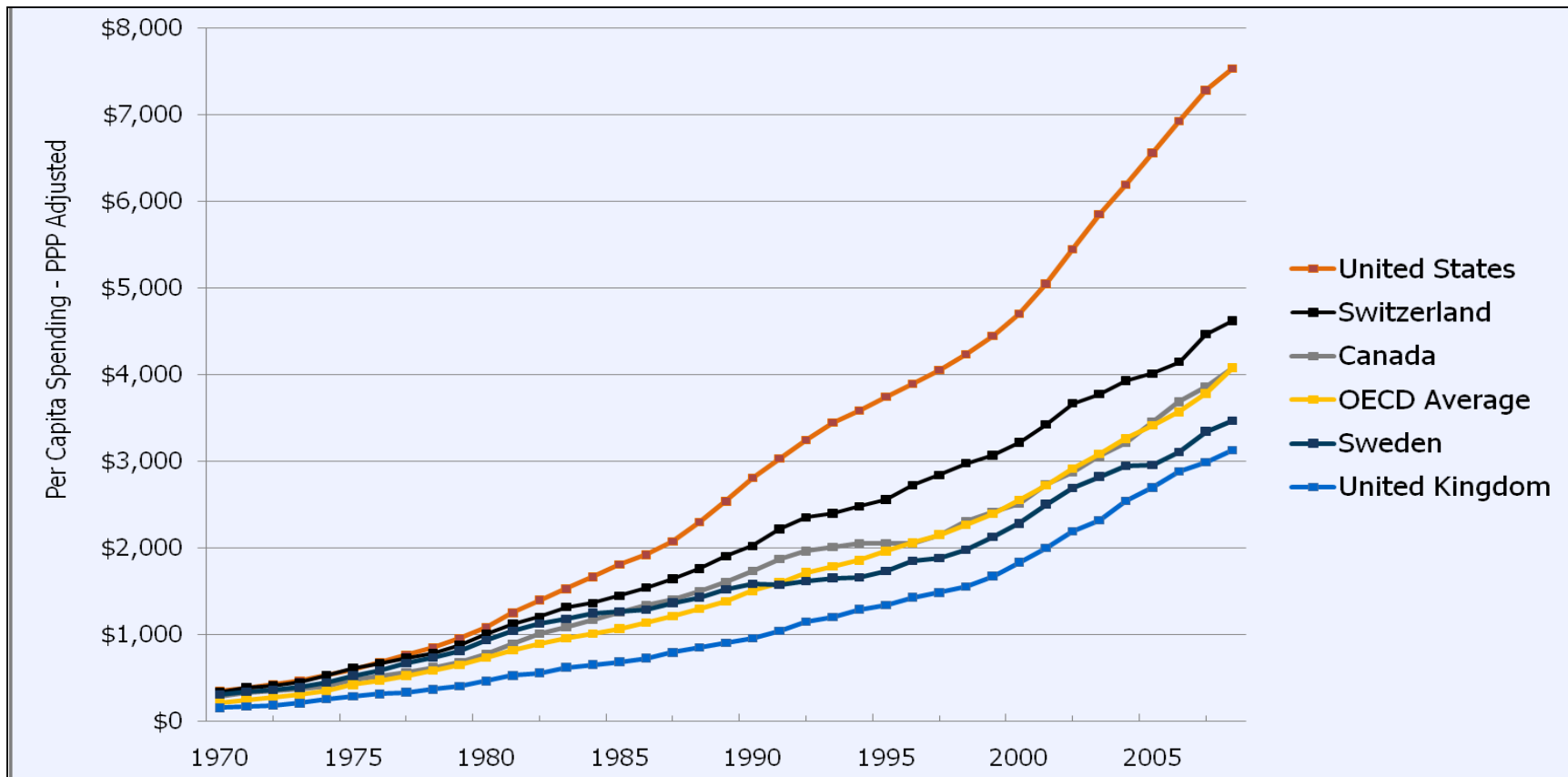
Current Smoker, Bay Area



Source: California Health Interview Survey

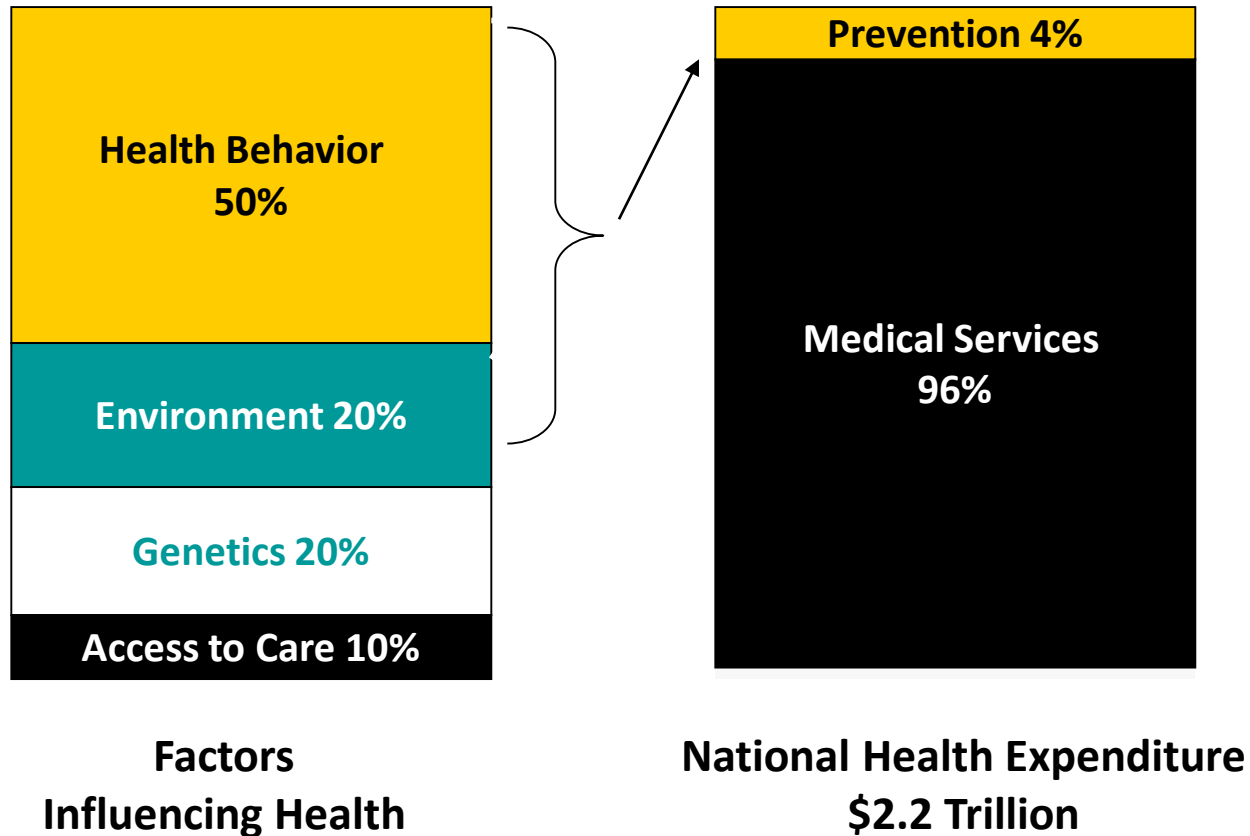
Health Expenditure, total (% of GDP), United States





[doi: 10.1787/data-00350-en](https://doi.org/10.1787/data-00350-en)

Does our investment match the drivers of health?



What Surrounds Us - Shapes Us

- It is the “accumulated” influence of these conditions that shape our health behaviors
- It is **not enough** to simply say, “It’s about **personal effort and choice**”.
- *That logic is insufficient to explain the epidemic.*



Public & Organizational Policy are tools

Policy yields big impact!

- Smoking & Tobacco Laws
- Helmet laws
- Immunizations
- Water fluoridation
- Reducing trans-fats in food
- Speed limits
- **Air quality regulations**

And yet French fries are still considered a “vegetable” on our children's school lunch menu's.

