A look at Selected Health and Demographic Indicators

AB 617 Workshop

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Demographics of Contra Costa

Percent of Total Population – Apx 1.1 million

- Hispanic or Latino: 37.6% (California), 24.4% (Contra Costa)
- White alone: 40.1% (California), 47.8% (Contra Costa)
- Black or African American alone: 5.8% (California), 8.9% (Contra Costa)
- API: 13.1% (California), 14.6% (Contra Costa)
Population Growth

Population Size and Recent Growth for Select Contra Costa Cities

<table>
<thead>
<tr>
<th>City</th>
<th>2010 Population</th>
<th>Percent Change 1990-2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bay Point</td>
<td>24,340</td>
<td>39%</td>
</tr>
<tr>
<td>Antioch</td>
<td>102,745</td>
<td>65%</td>
</tr>
<tr>
<td>Pittsburg</td>
<td>63,510</td>
<td>34%</td>
</tr>
<tr>
<td>Concord</td>
<td>122,067</td>
<td>10%</td>
</tr>
<tr>
<td>Richmond</td>
<td>103,701</td>
<td>19%</td>
</tr>
<tr>
<td>Contra Costa</td>
<td>1,052,827</td>
<td>31%</td>
</tr>
</tbody>
</table>

U.S. Census Bureau, 1990 and 2010 Decennial Census. 2009-2011 American Community Survey
Population 65+ years of age, Contra Costa 1990-2020

Source: Census.missouri.edu

*Polynomial projection
### Leading causes of deaths for persons 65 years of age and older

<table>
<thead>
<tr>
<th></th>
<th>White</th>
<th>Black</th>
<th>American Indian</th>
<th>Asian or Pacific Islander</th>
<th>Hispanic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Heart Disease</td>
<td>Heart Disease</td>
<td>Heart Disease</td>
<td>Heart Disease</td>
<td>Heart Disease</td>
</tr>
<tr>
<td>2.</td>
<td>Cancer</td>
<td>Cancer</td>
<td>Cancer</td>
<td>Cancer</td>
<td>Cancer</td>
</tr>
<tr>
<td>3.</td>
<td>Stroke</td>
<td>Stroke</td>
<td>Diabetes</td>
<td>Stroke</td>
<td>Stroke</td>
</tr>
<tr>
<td>4.</td>
<td>COPD</td>
<td>Diabetes</td>
<td>Stroke</td>
<td>Pneu/Influenza</td>
<td>COPD</td>
</tr>
<tr>
<td>5.</td>
<td>Pneu/Influenza</td>
<td>Pneu/Influenza</td>
<td>COPD</td>
<td>Pneu/Influenza</td>
<td>Pneu/Influenza</td>
</tr>
</tbody>
</table>

Leading Causes of Death in Contra Costa – All Ages

- Heart Disease: 80
- Cancer (Not Lung): 71
- Stroke: 24
- Lung Cancer: 22
- Chronic Lower Respiratory: 21
- Alzheimers: 18
- Unintentional Injury: 15
- Diabetes: 10
- Influenza & Pneumonia: 7
- Suicide: 7
- Hypertension: 6
- Chronic Liver & Cirrosis: 6
- Homicide: 5

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](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](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

Percent of population below 200% of the federal poverty line

- 0% - 11%
- 12% - 20%
- 21% - 31%
- 32% - 44%
- 45% - 64%

American Community Survey
Poverty

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Poverty Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Richmond</td>
<td>18.30%</td>
</tr>
<tr>
<td>Pittsburg</td>
<td>16.30%</td>
</tr>
<tr>
<td>Concord</td>
<td>9.50%</td>
</tr>
<tr>
<td>Bay Point</td>
<td>31.90%</td>
</tr>
<tr>
<td>Antioch</td>
<td>12.10%</td>
</tr>
</tbody>
</table>

U. S. Census Bureau, 2010, 2009-2011 American Community Survey
Life Expectancy

Life Expectancy, 2013

<table>
<thead>
<tr>
<th></th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contra Costa</td>
<td>83.8</td>
<td>79.4</td>
</tr>
<tr>
<td>United States</td>
<td>81.2</td>
<td>76.5</td>
</tr>
</tbody>
</table>

Life Expectancy Increase, 1985-2013

<table>
<thead>
<tr>
<th></th>
<th>Female Increase</th>
<th>Male Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contra Costa</td>
<td>5.2</td>
<td>3.1</td>
</tr>
<tr>
<td>United States</td>
<td>5.5</td>
<td>6.8</td>
</tr>
</tbody>
</table>
Life Expectancy by Race Ethnicity for Contra Costa County, 2009-2011 :: “Race/Ethnicity Matters”

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Years of Life expectancy at birth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian</td>
<td>86</td>
</tr>
<tr>
<td>Hispanic</td>
<td>84</td>
</tr>
<tr>
<td>All</td>
<td>81</td>
</tr>
<tr>
<td>White</td>
<td>81</td>
</tr>
<tr>
<td>African American</td>
<td>74</td>
</tr>
</tbody>
</table>
California Life Expectancy vs. Poverty :: “Income Matters”

Life Expectancy at Birth

Neighborhood Poverty Rate

<5.0%  5.0-9.9%  10.0-19.9%  20.0-29.9%  30.0-39.9%  40.0+%
### Incidence Rates for California’s Most Common Cancers: Contra Costa County, 2004-2008

<table>
<thead>
<tr>
<th>Males</th>
<th>County Rate</th>
<th>State Rate</th>
<th>Females</th>
<th>County Rate</th>
<th>State Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prostate</td>
<td>160.3’</td>
<td>143.3</td>
<td>Breast</td>
<td>136.1’</td>
<td>121.6</td>
</tr>
<tr>
<td>Lung &amp; Bronchus</td>
<td>58.5</td>
<td>62.0</td>
<td>Lung &amp; Bronchus</td>
<td>50.4’</td>
<td>45.0</td>
</tr>
<tr>
<td>Colon &amp; Rectum</td>
<td>52.9</td>
<td>50.3</td>
<td>Colon &amp; Rectum</td>
<td>41.2’</td>
<td>38.1</td>
</tr>
<tr>
<td>Bladder</td>
<td>37.4’</td>
<td>33.6</td>
<td>Uterus</td>
<td>23.0</td>
<td>22.1</td>
</tr>
<tr>
<td>Melanoma</td>
<td>27.6</td>
<td>26.2</td>
<td>Melanoma</td>
<td>16.5</td>
<td>15.4</td>
</tr>
<tr>
<td>All Sites</td>
<td>513.2’</td>
<td>494.5</td>
<td>All Sites</td>
<td>407.6’</td>
<td>387.4</td>
</tr>
</tbody>
</table>

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).*
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

Cancer

Rate per 100,000

Antioch: 200.8*
Pittsburg: 180
Bay Point: 130.2
Concord: 172.4
Richmond: 177.7
Contra Costa: 162

Chronic Disease 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


Mozaffarian D et al. Circulation. 2015;131:e29-e322

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

Nation-wide obesity rates have increased over the years.
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%

CDC 2015
Diabetes prevalence in Bay Area by poverty

Diagnosed with diabetes

- 0-299% FPL: 10%
- 300% FPL and above: 5%
- All: 7%

Source: 2011-2012 California Health Interview Survey
Current smoking prevalence

Source: 2014 California Health Interview Survey

- Contra Costa Adult: 14.7%
- CA Teen: 2.6%
Smoking Trends

Current Smoker, Bay Area

2003 13.4% 2005 12.6% 2007 12.0% 2009 12.6% 2011 10.6% 2012 10.1% 2013 10.2% 2014 9.8%

Source: California Health Interview Survey
Does our investment match the drivers of health?

Factors Influencing Health

- Health Behavior: 50%
- Environment: 20%
- Genetics: 20%
- Access to Care: 10%

Medical Services: 96%
Prevention: 4%

National Health Expenditure: $2.2 Trillion

JAMA. 1993 Nov 10;270(18):2207-12.
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.
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.