



# A look at Selected Health and Demographic Indicators

## AB 617 Workshop

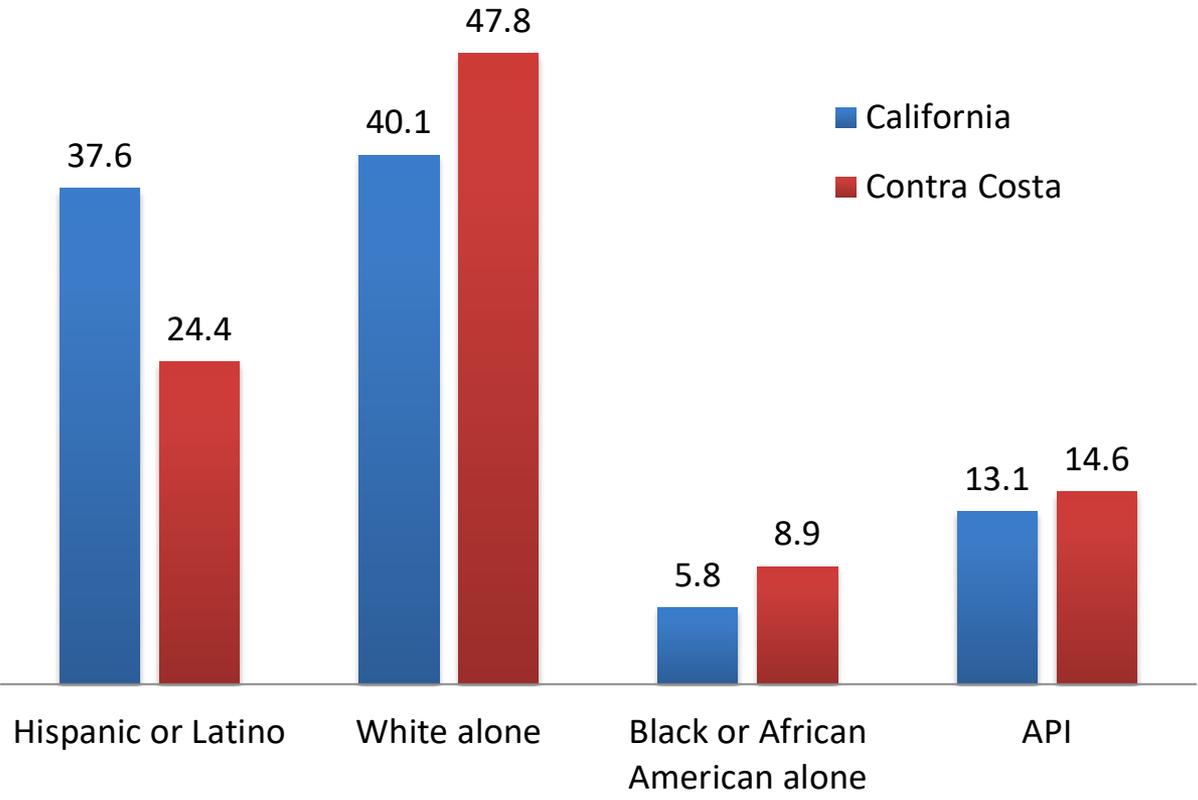
**April 30, 2018**

**Michael Kent, Ombudsman, Contra Costa County  
Hazardous Materials Program**

**[Michael.kent@hsd.cccounty.us](mailto:Michael.kent@hsd.cccounty.us)**

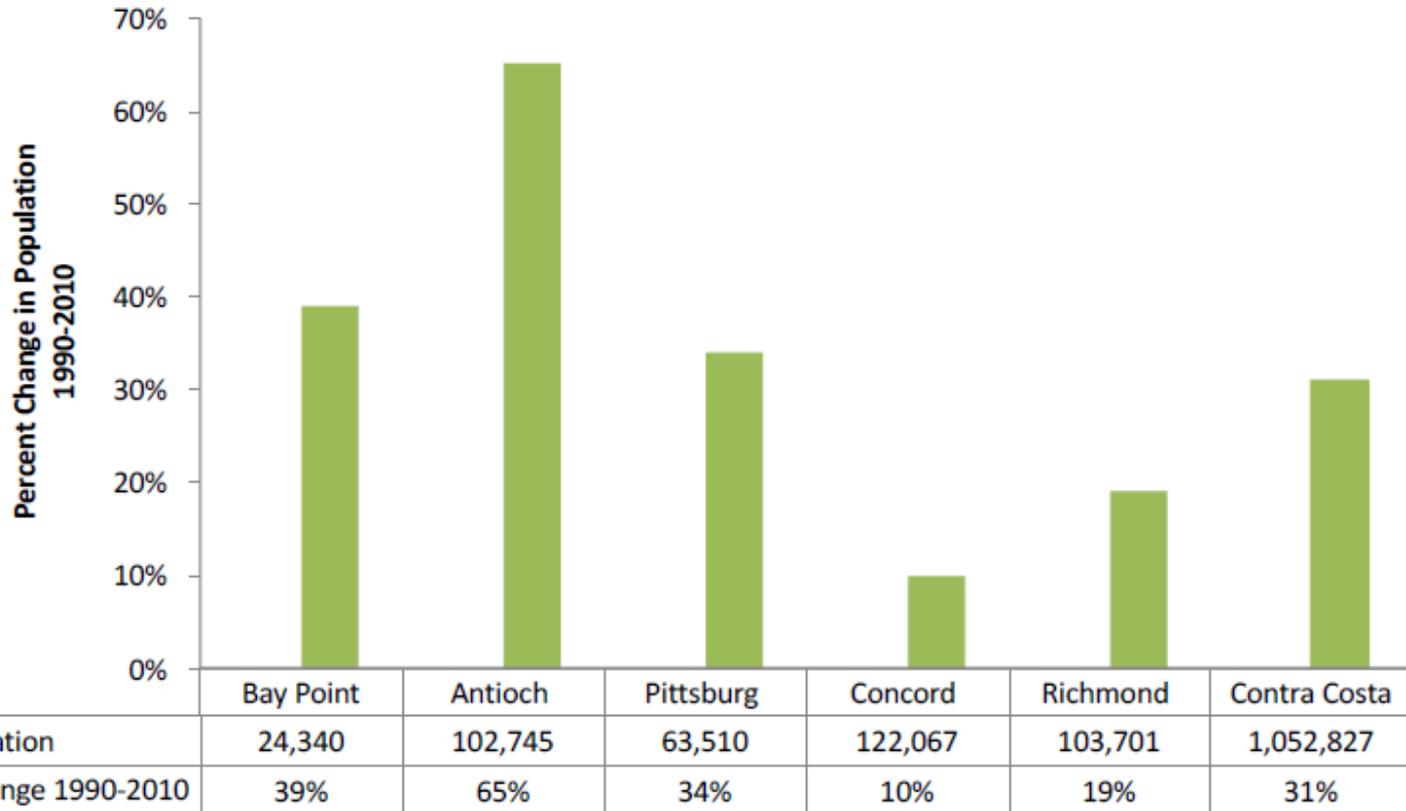
# Demographics of Contra Costa

Percent of Total Population – Apx 1.1 million

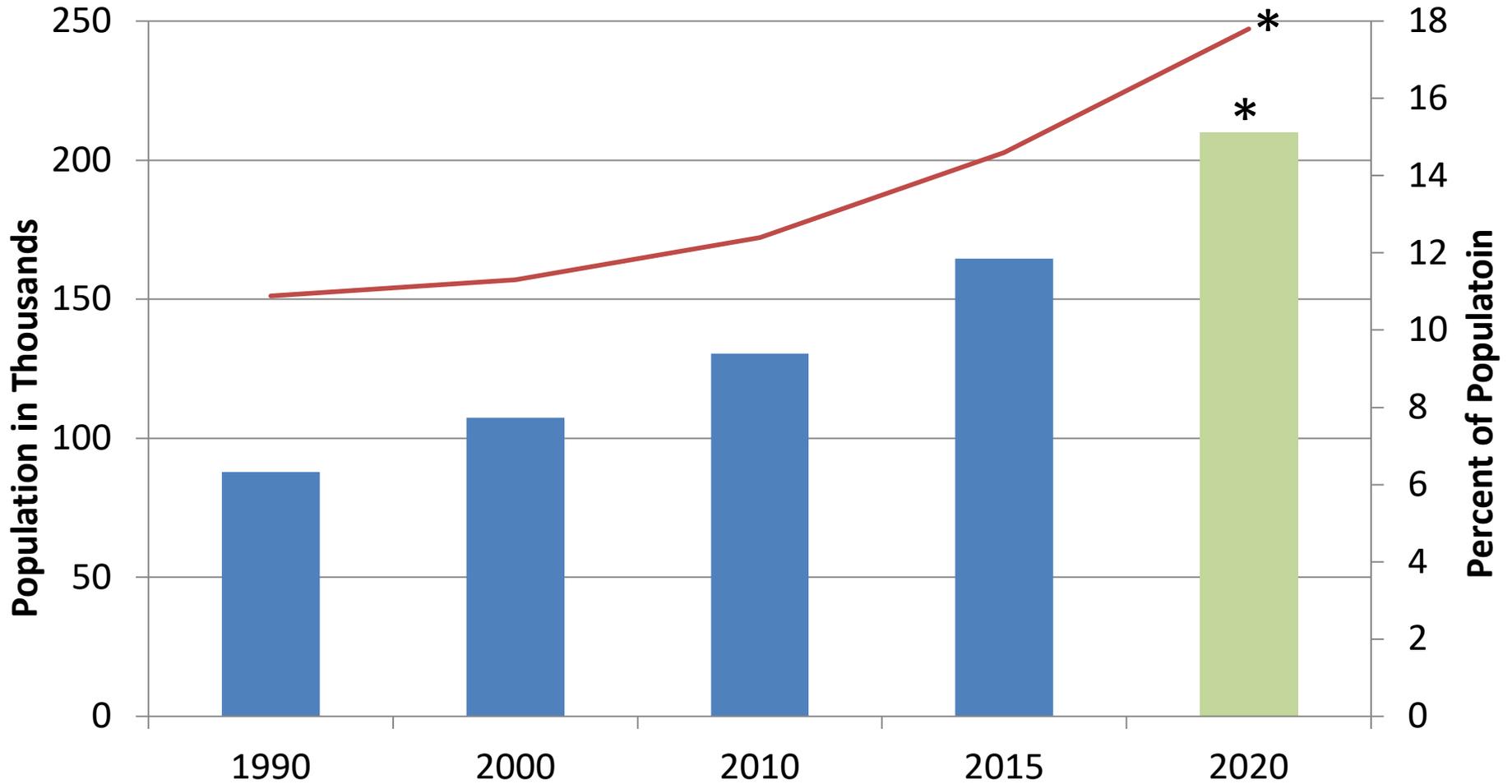


# Population Growth

Population Size and Recent Growth for Select Contra Costa Cities



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



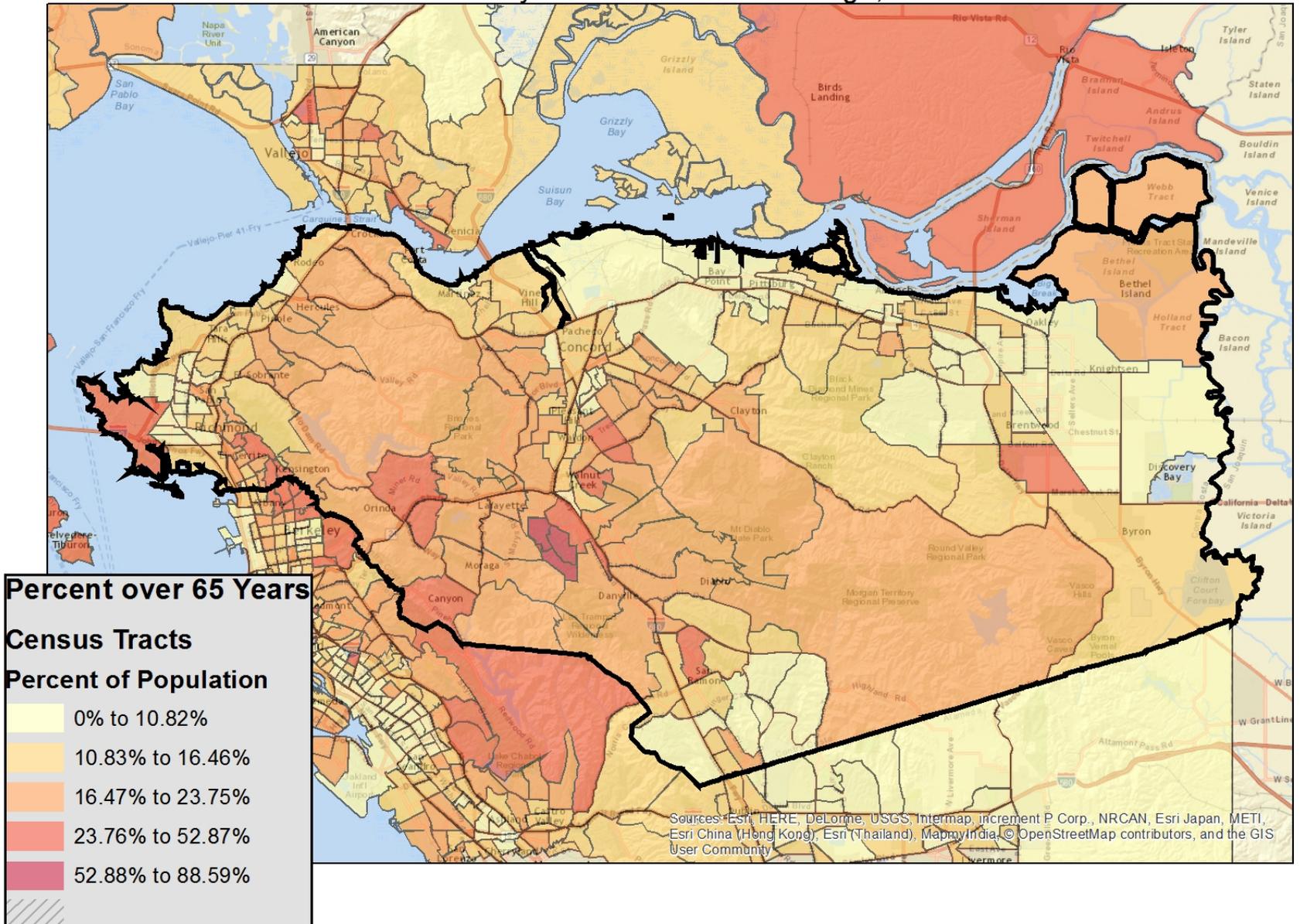
Source: Census.missouri.edu

Population

Percent

\*Polynomial projection

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

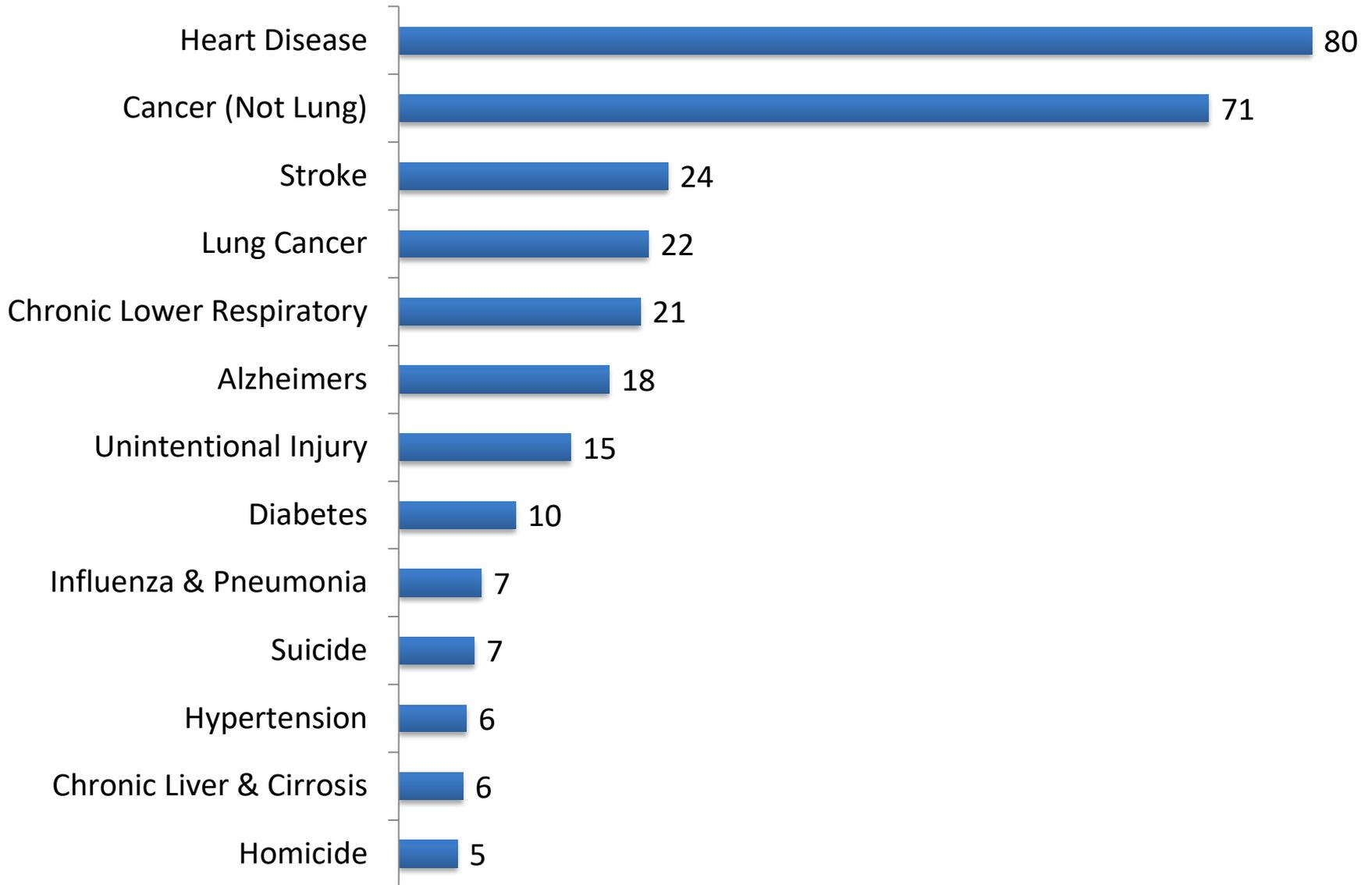


## Leading causes of deaths for persons 65 years of age and older

| 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 |

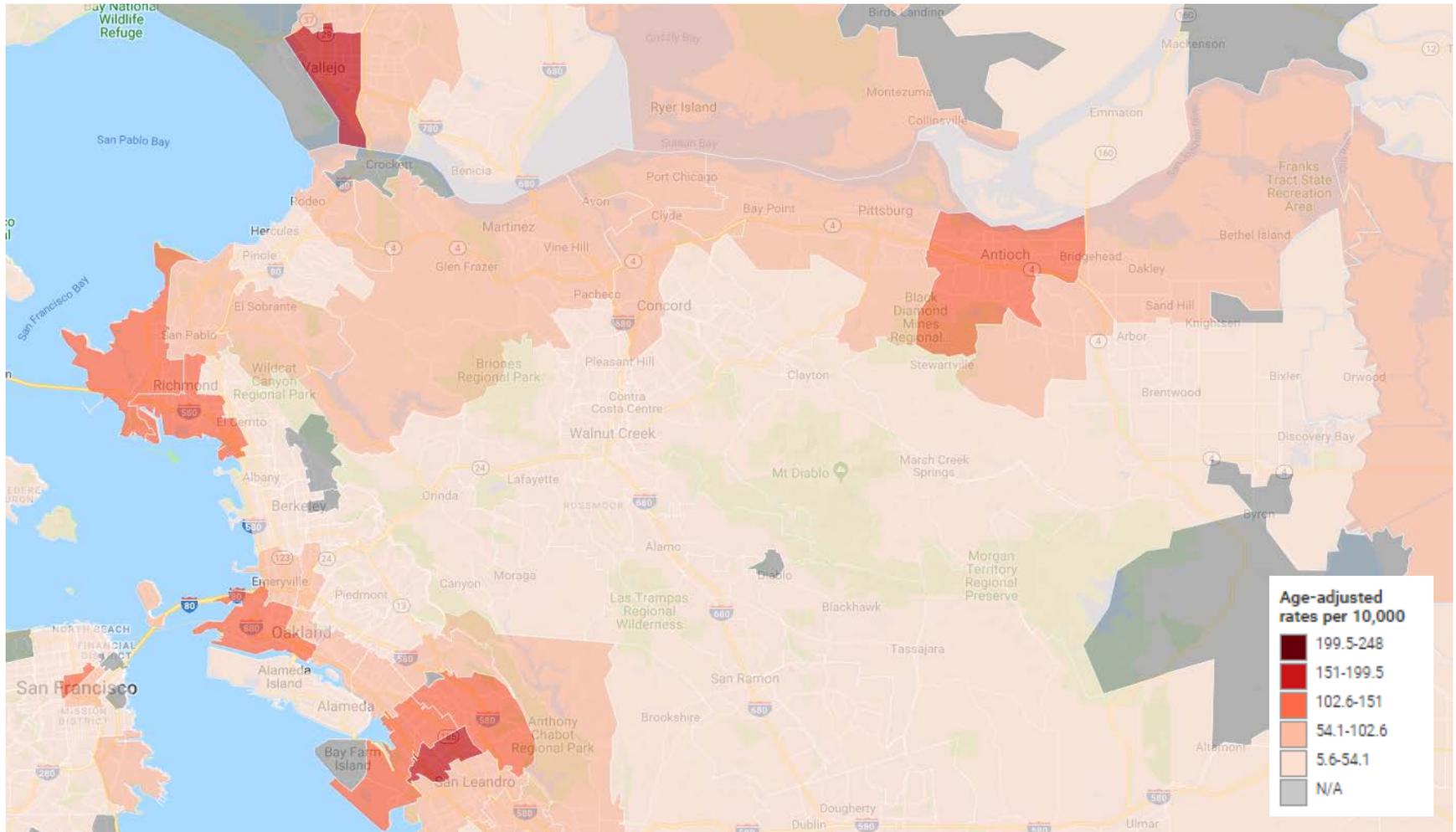
Trends in causes of death among elderly. CDC. 2001.

## Leading Causes of Death in Contra Costa – All Ages



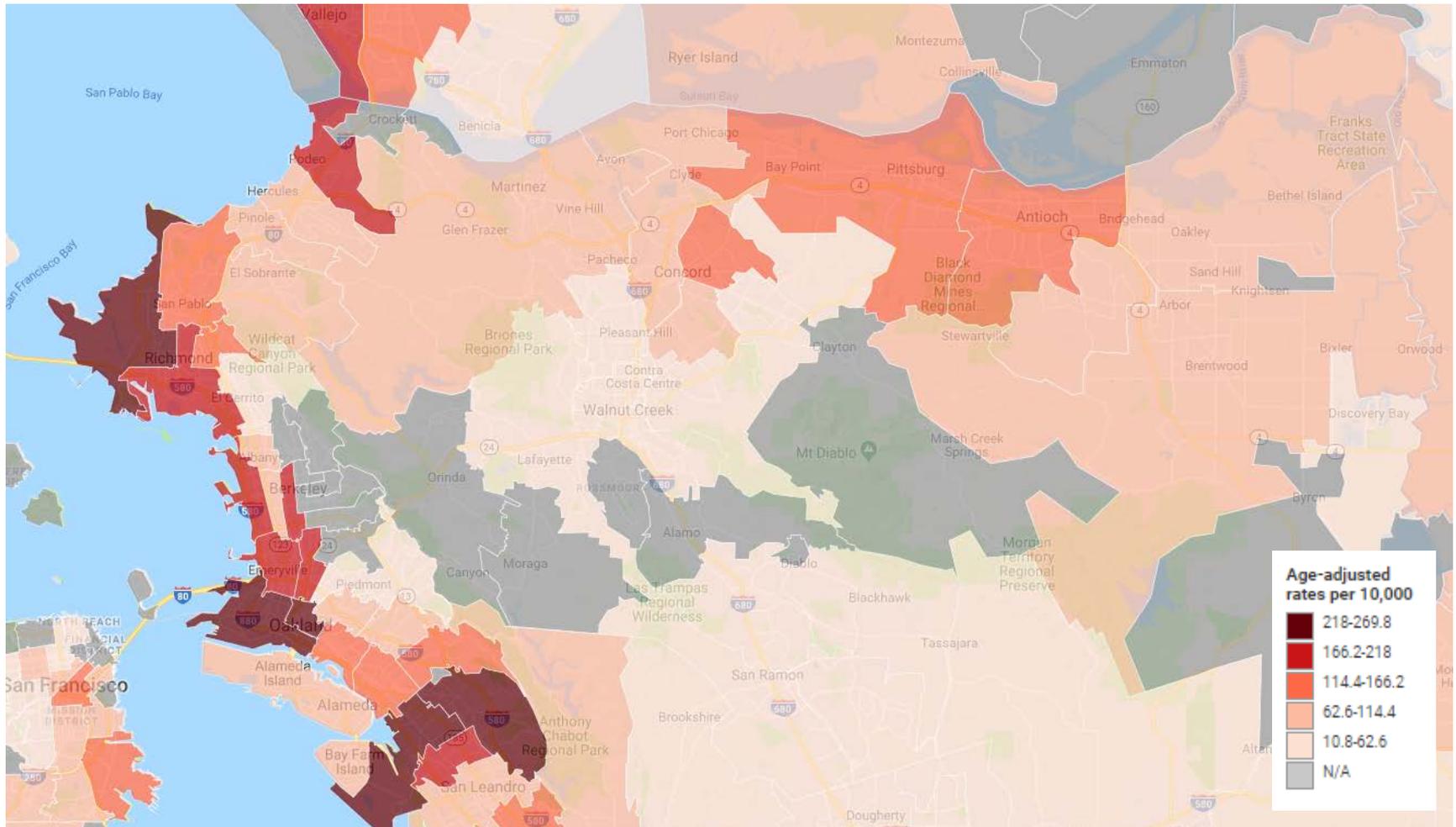
Average Annual Age Adjusted Rates per 100,000, 2009-2011

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



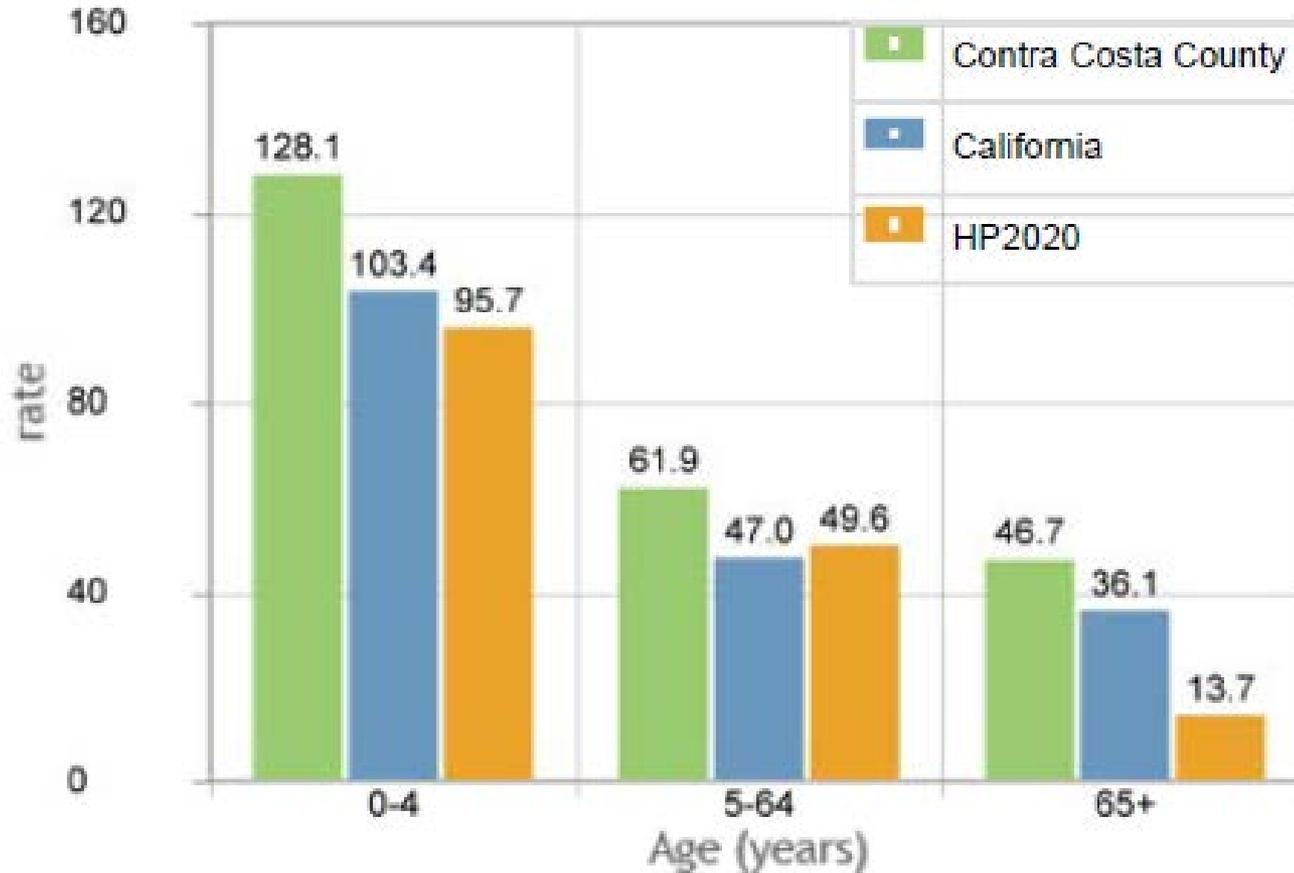
Source: California Environmental Health Tracking Program <http://www.cehtp.org/page/asthma/query>; Office of Statewide Health Planning and Development

# 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



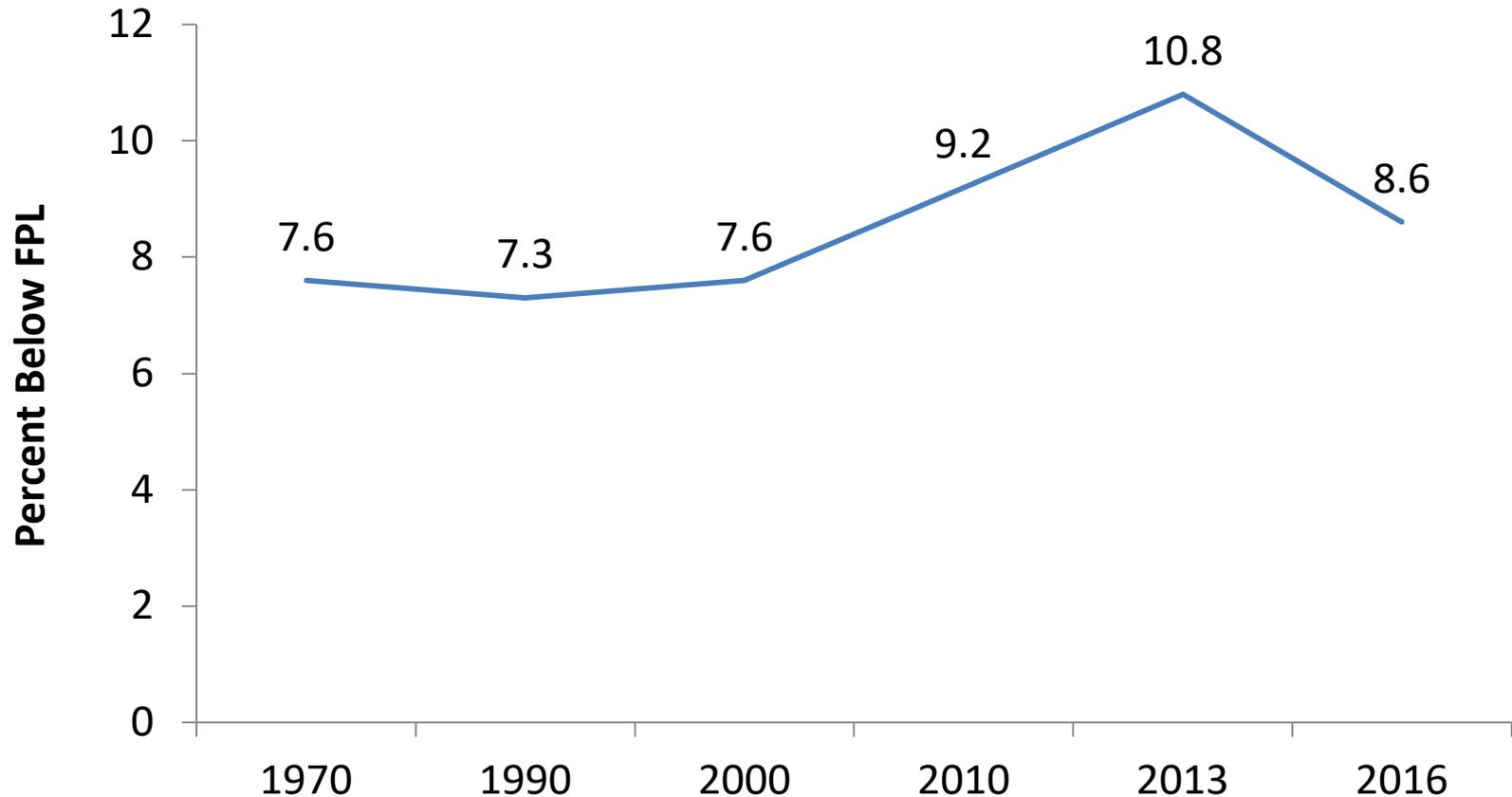
Source: California Healthy Breathing; Office of Statewide Health Planning and Development

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.**

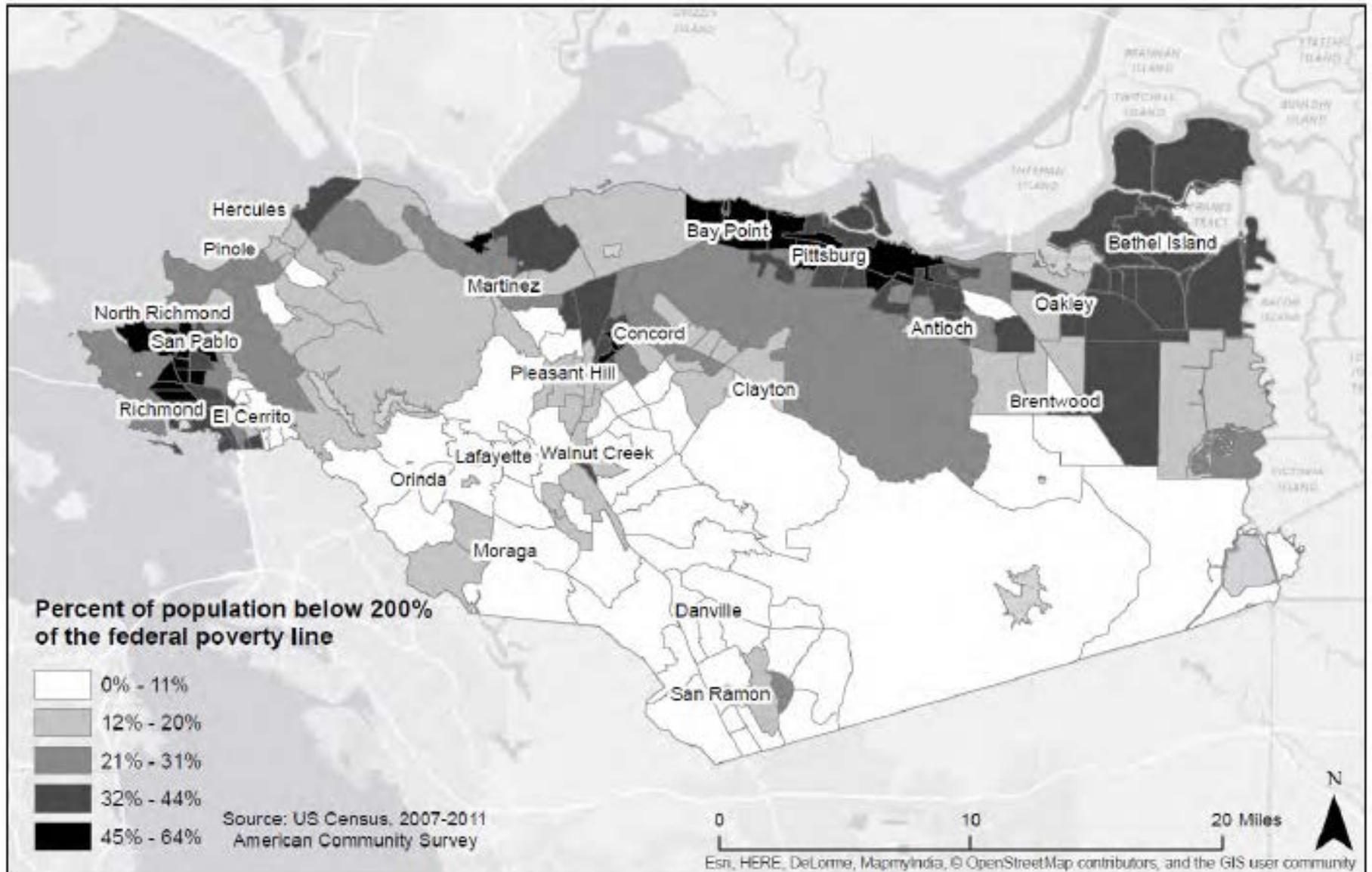
# Change in Poverty in Contra Costa



Federal Poverty Line is ~ \$11k for single person and \$23k for family of four

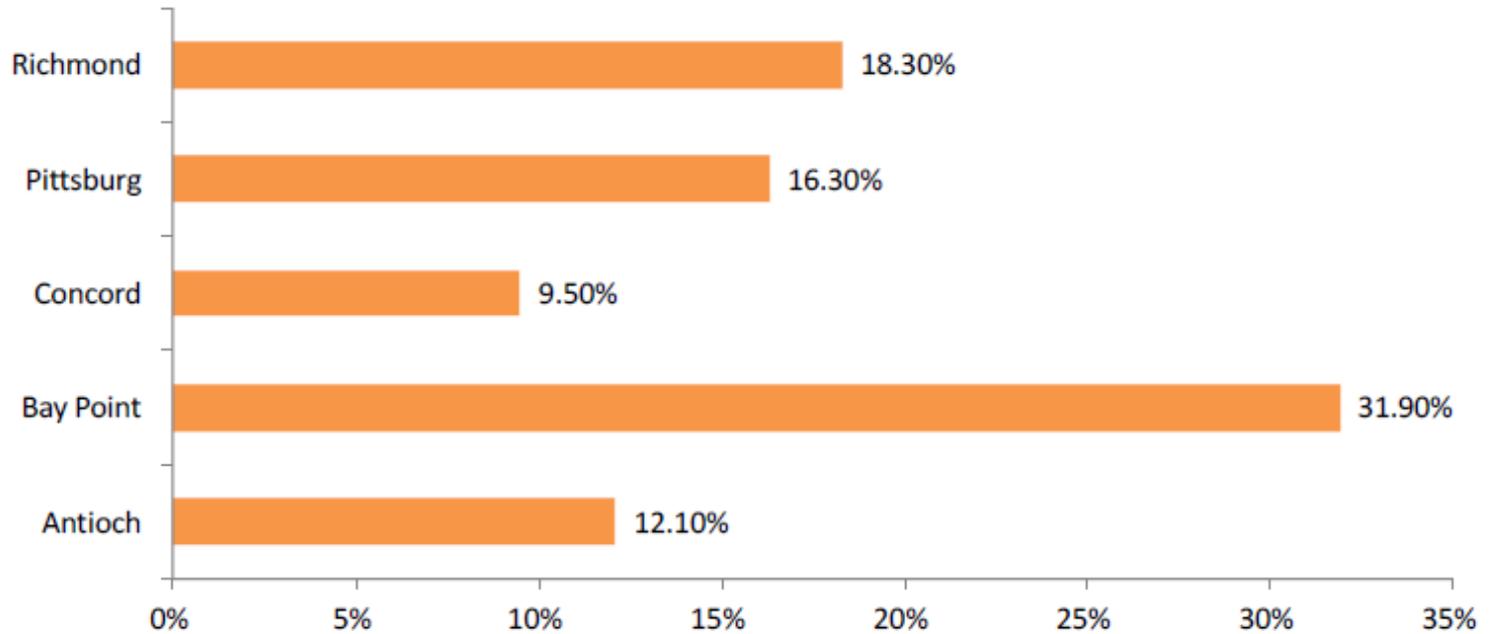
Source: US Census Bureau

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

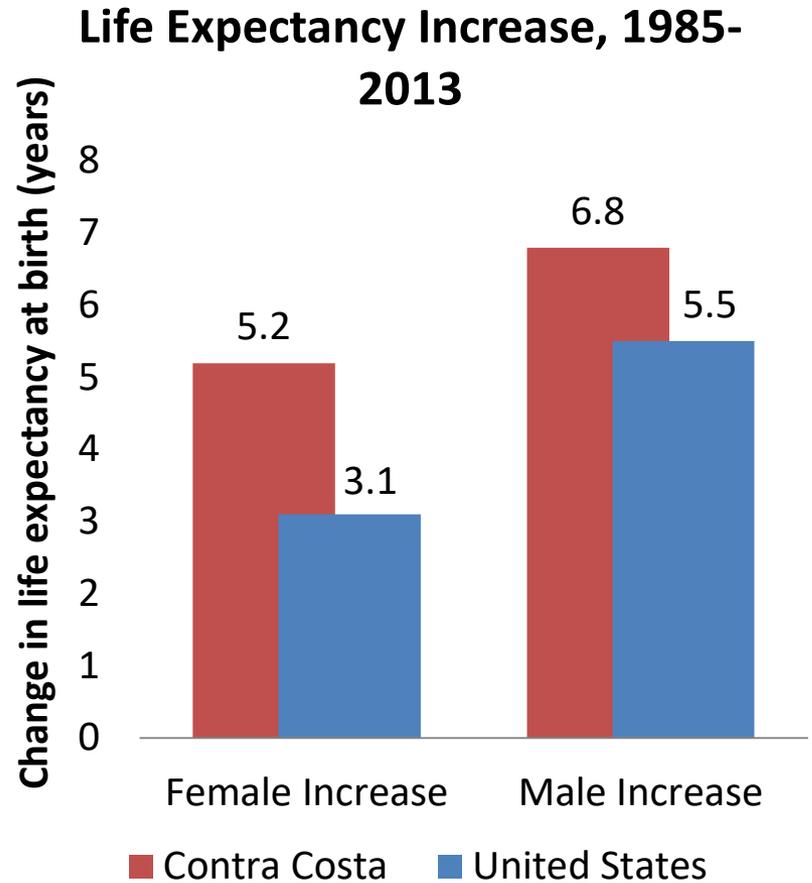
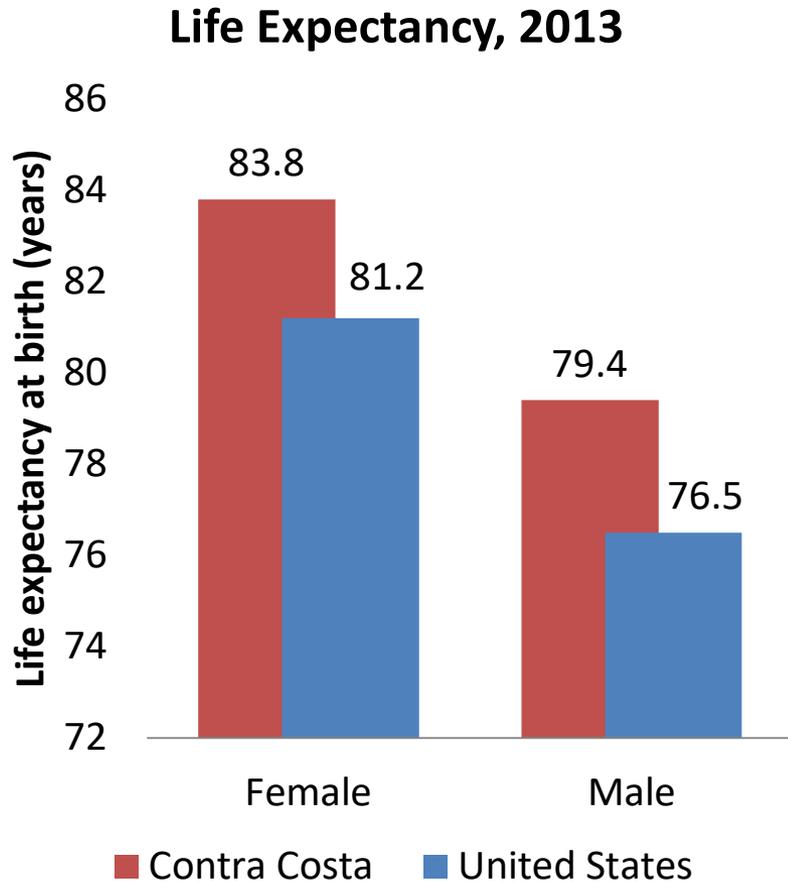


# Poverty

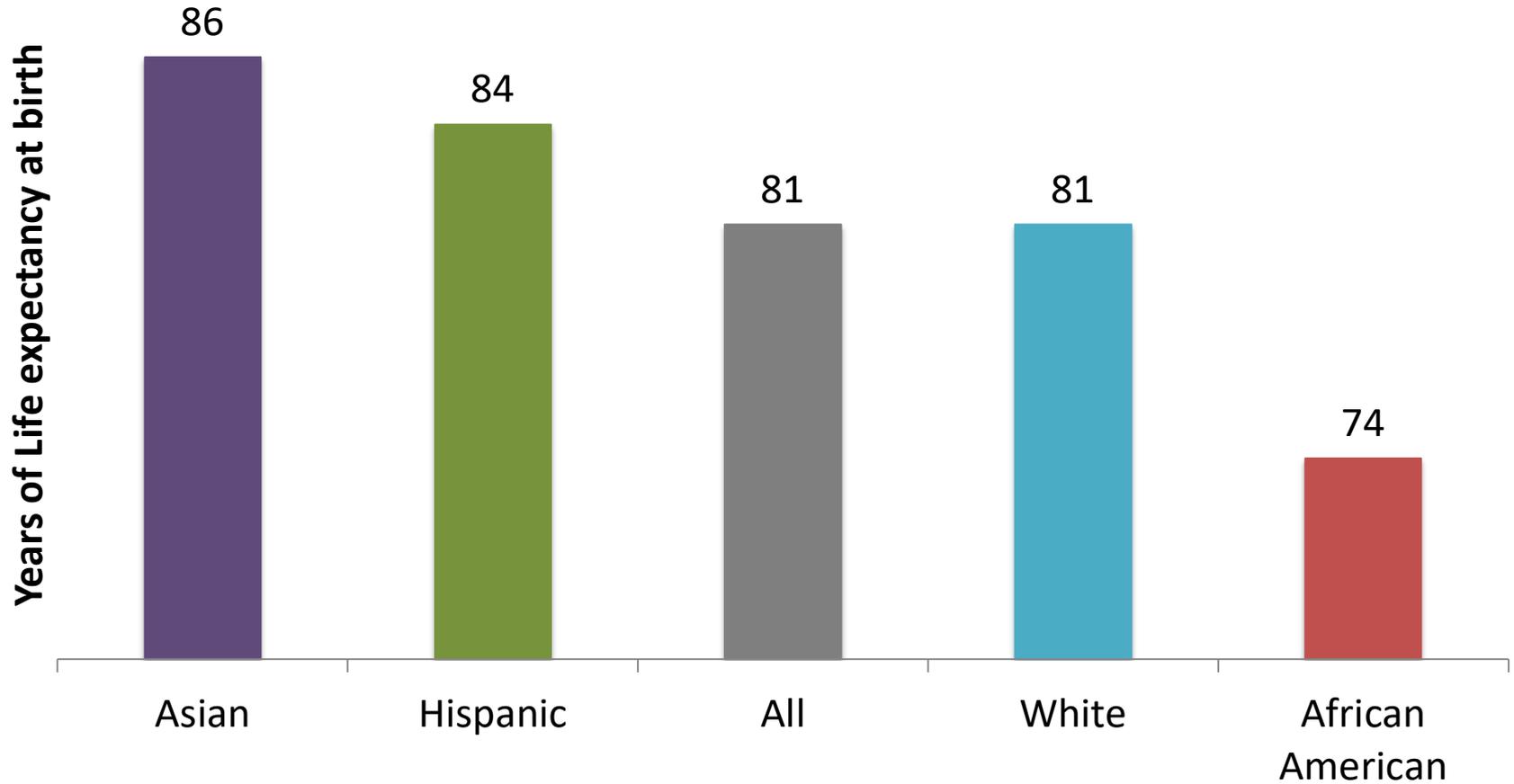
Percent of population living at or below 100% Federal Poverty Rate, 2010



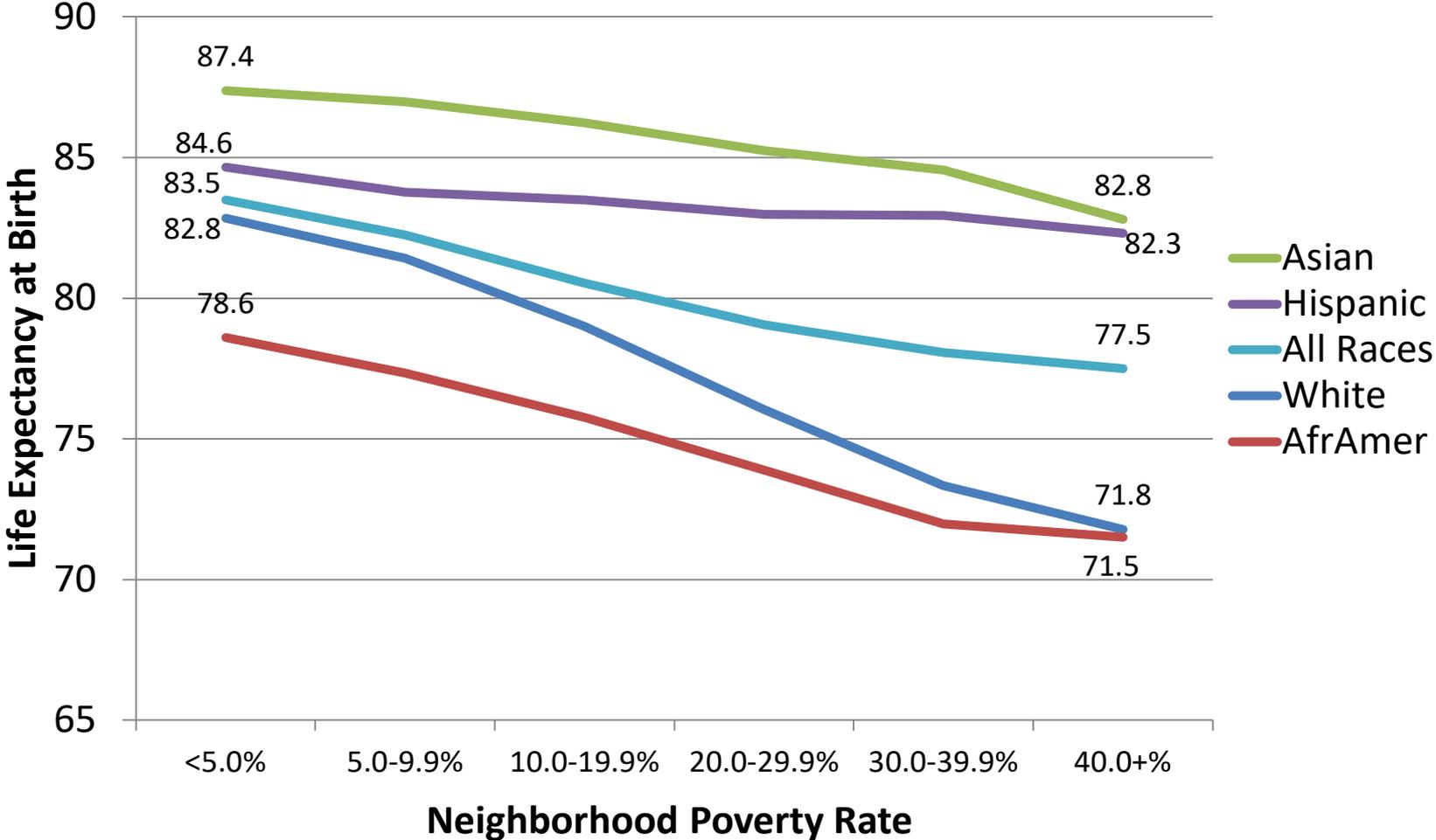
# Life Expectancy



# Life Expectancy 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.

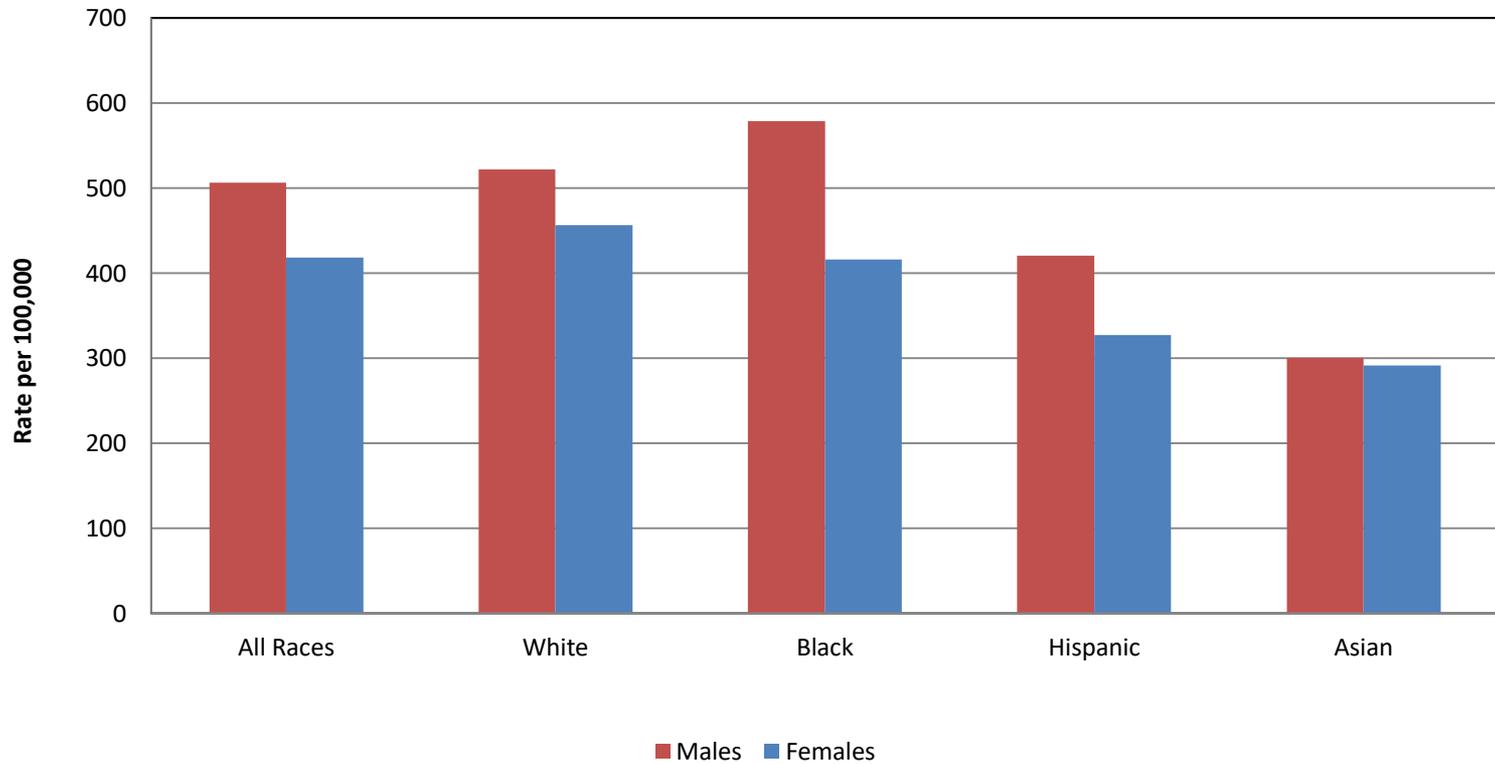
\*County rate is statistically significantly different from the Statewide rate ( $p < 0.05$ ).



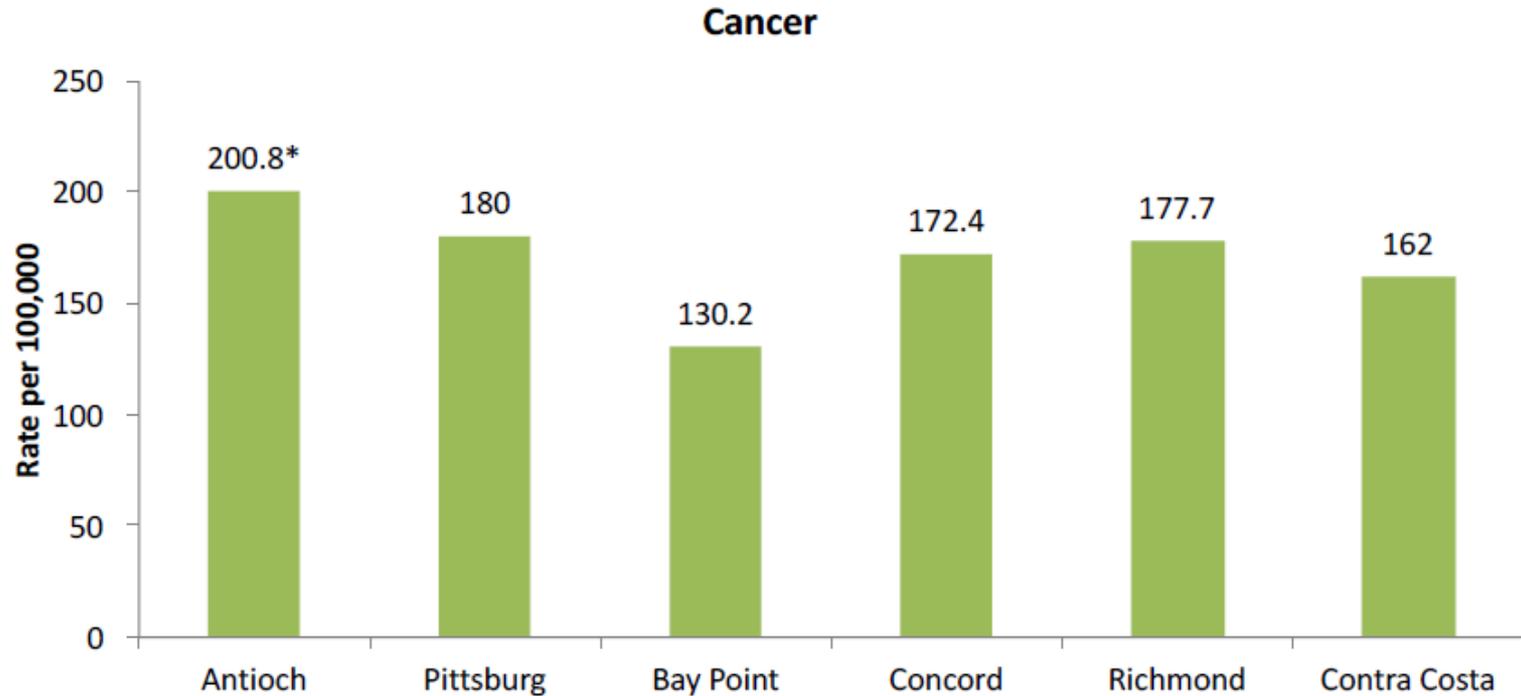
This fact sheet was prepared by the California Cancer Registry (CCR), Cancer Surveillance Section, Cancer Surveillance and Research Branch, California Department of Public Health, 1825 Bell Street, Suite #102, Sacramento, CA 95825. For more information, visit the CCR website at [www.ccrca.org](http://www.ccrca.org) 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**



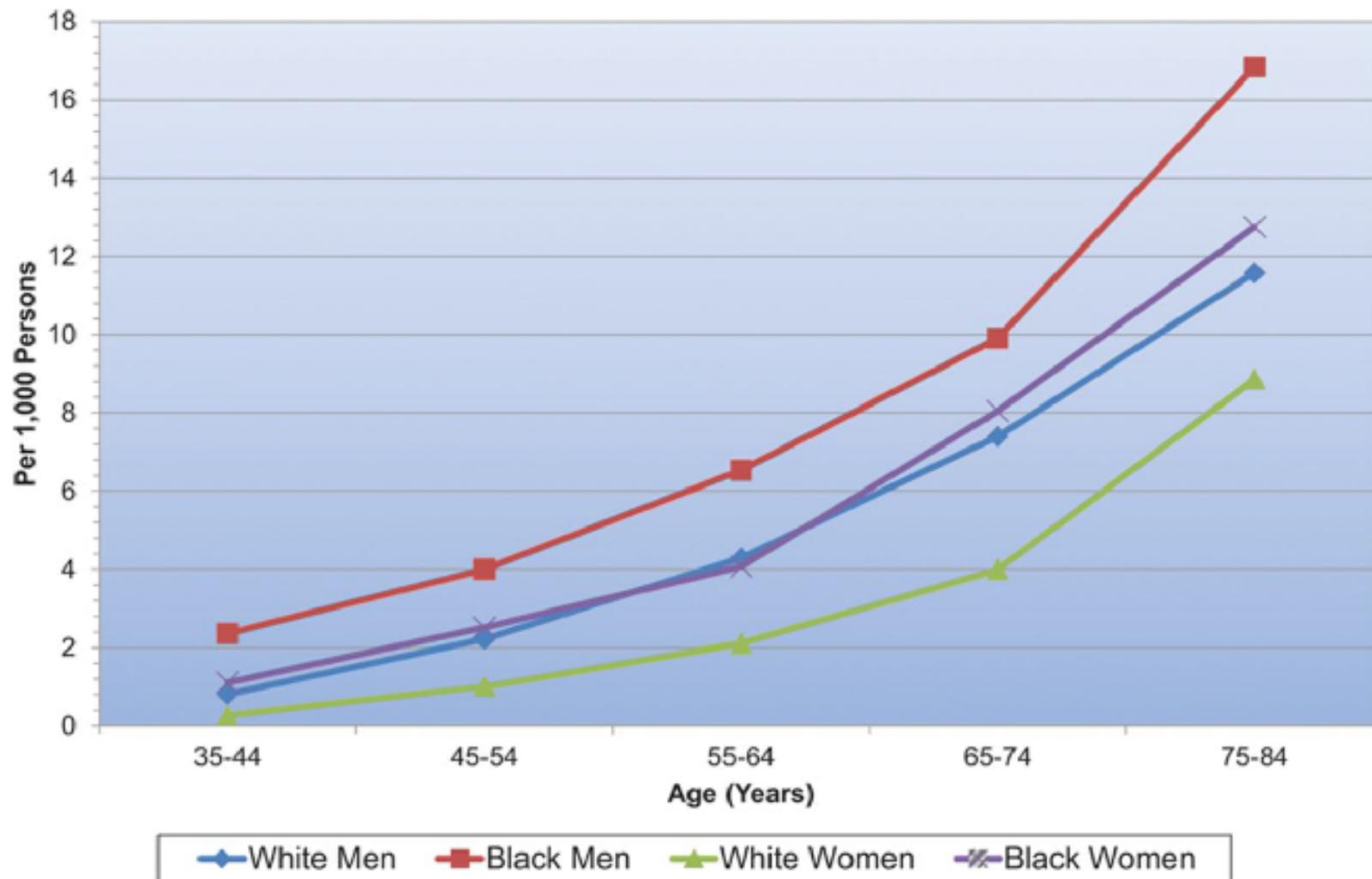
# Chronic Disease Mortality Rates



## 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

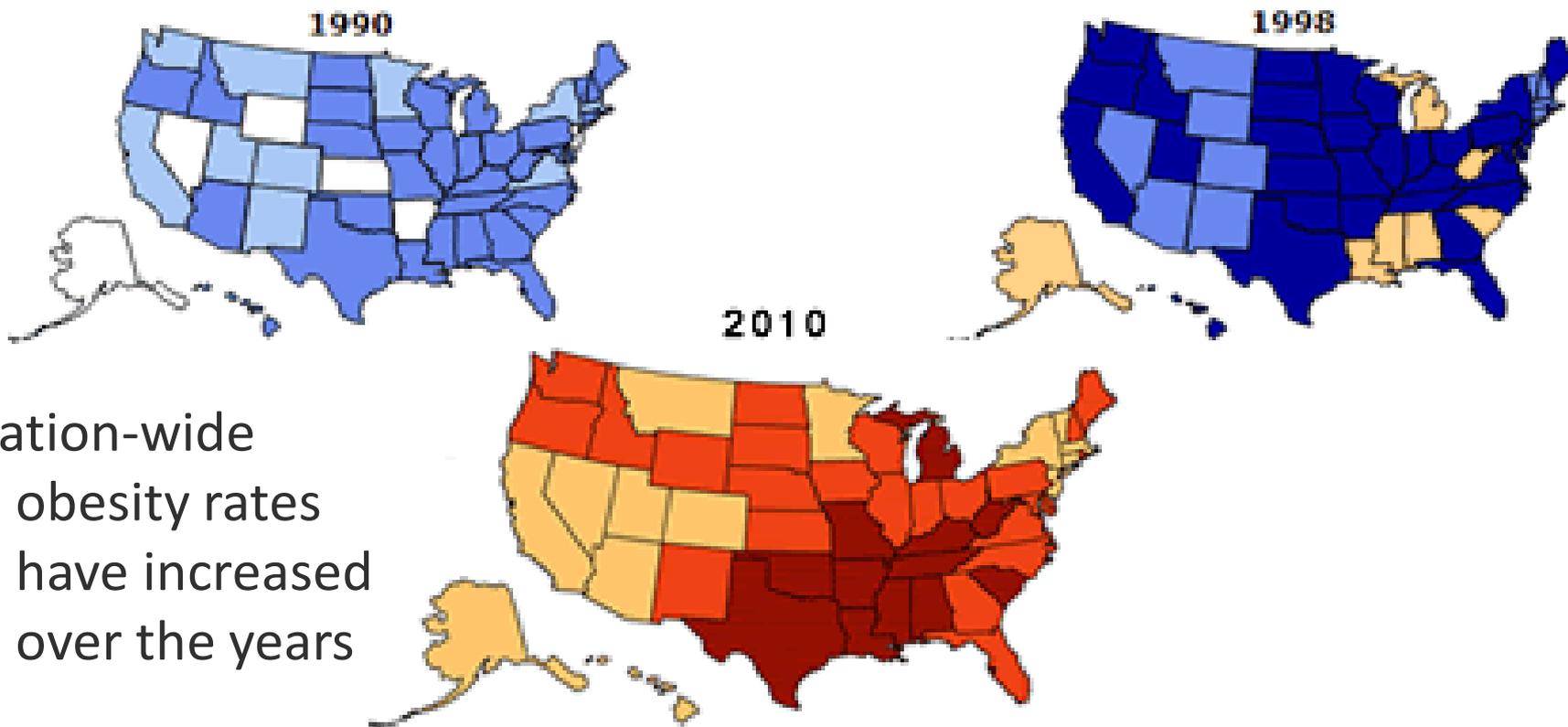


Atherosclerosis Risk in Communities Surveillance: 2005–2011.

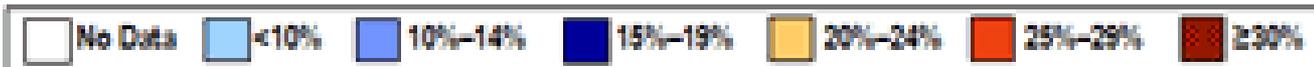
# Obesity is a Public Health Crisis – “It’s an Epidemic”

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

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



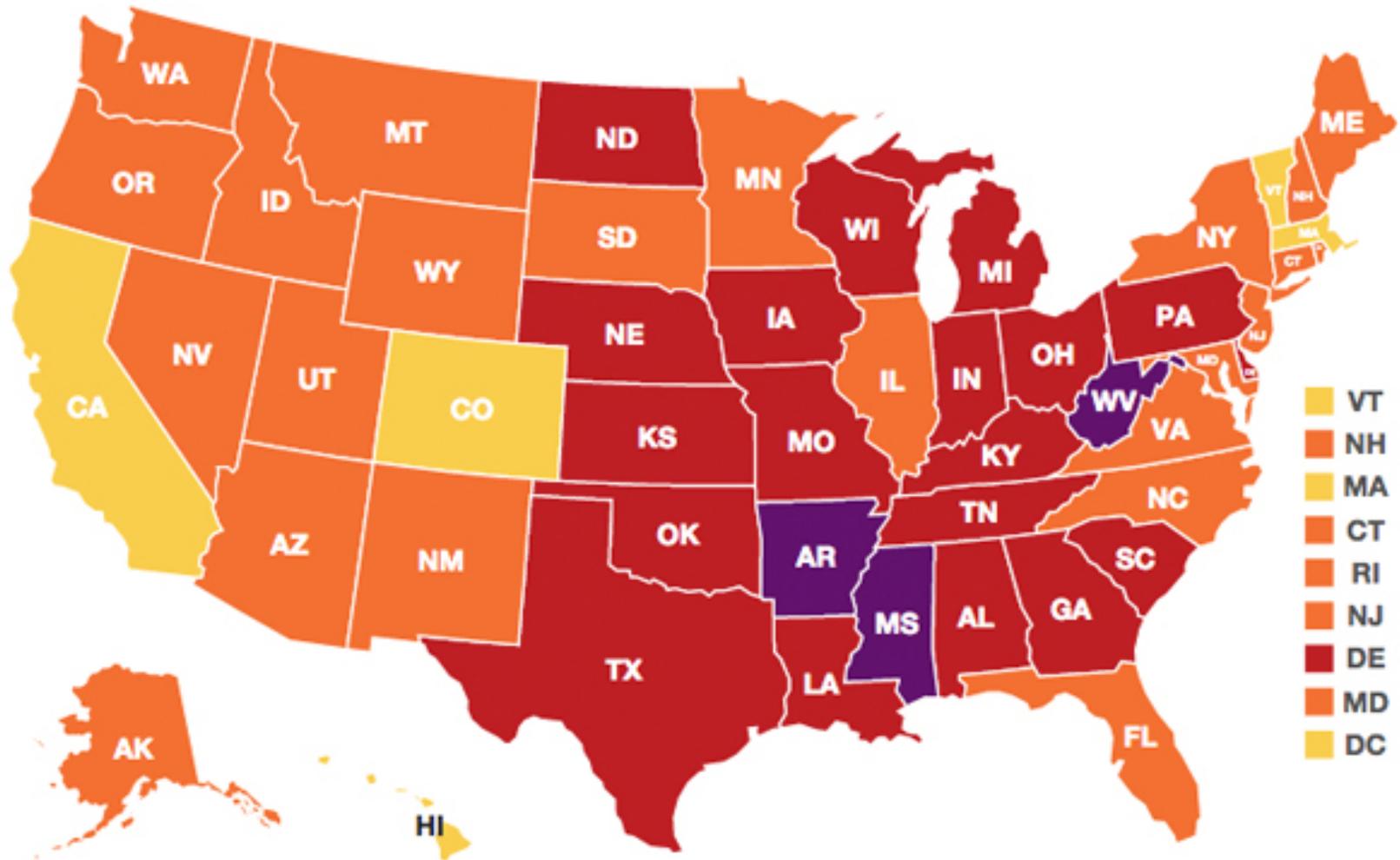
Nation-wide  
obesity rates  
have increased  
over the years



# 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%+

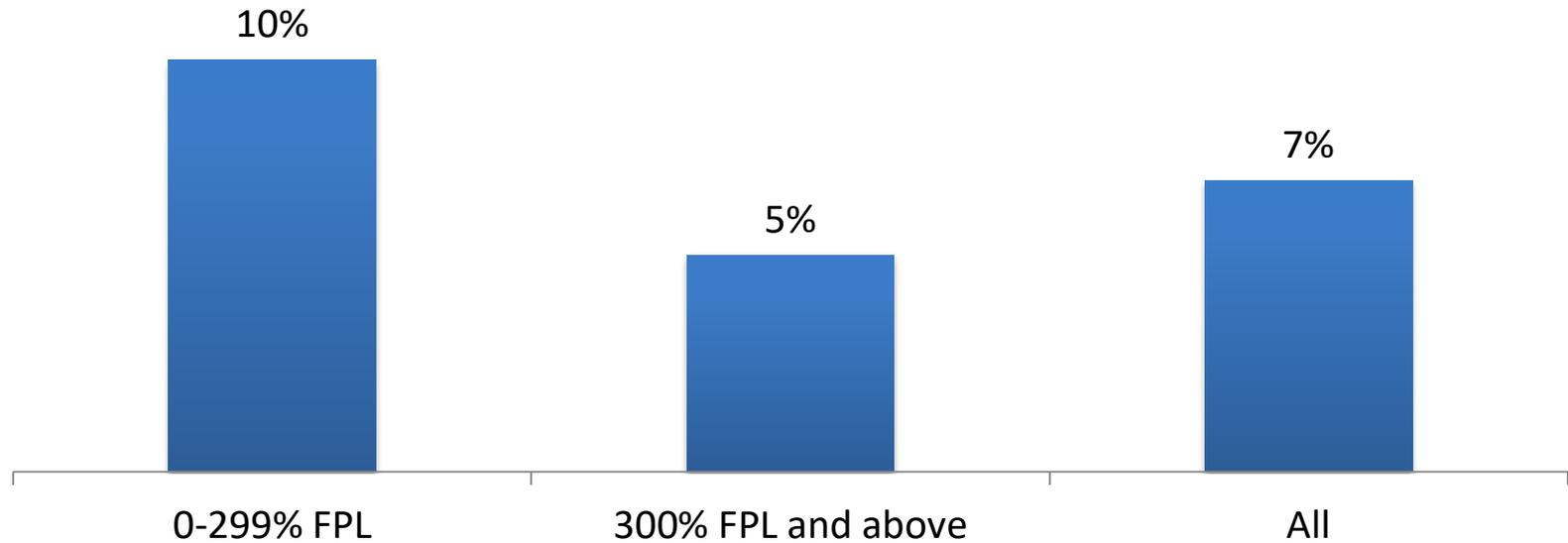


# A look at Obesity among 65+

- 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%

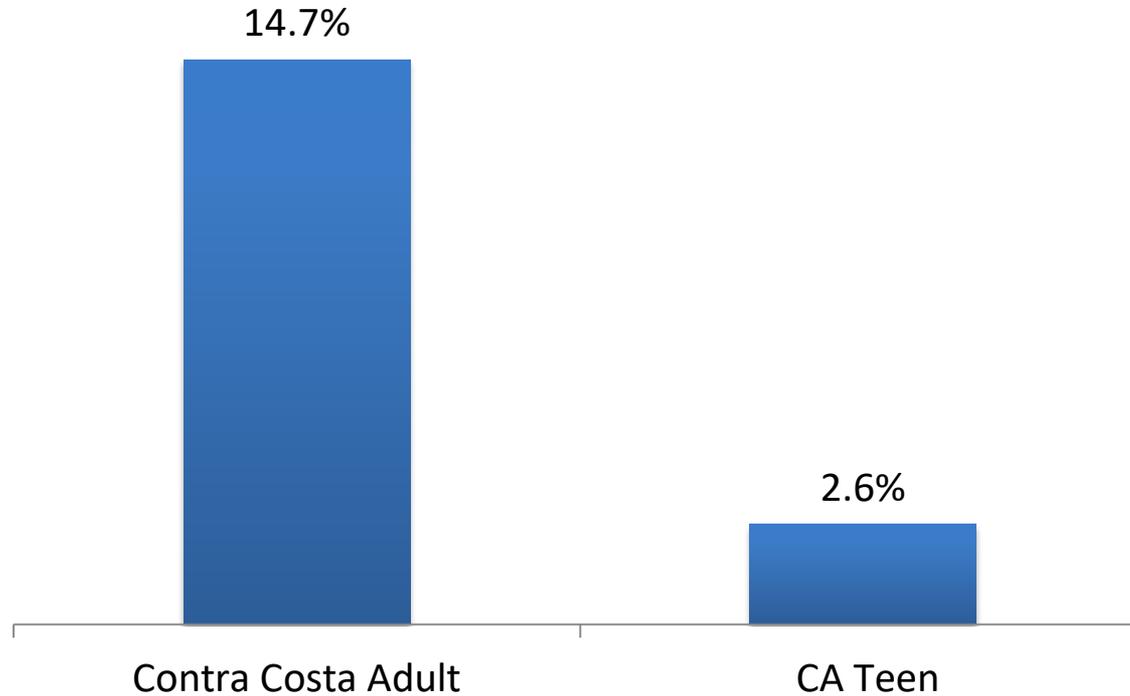
# Diabetes prevalence in Bay Area by poverty

Diagnosed with diabetes



# Current smoking prevalence

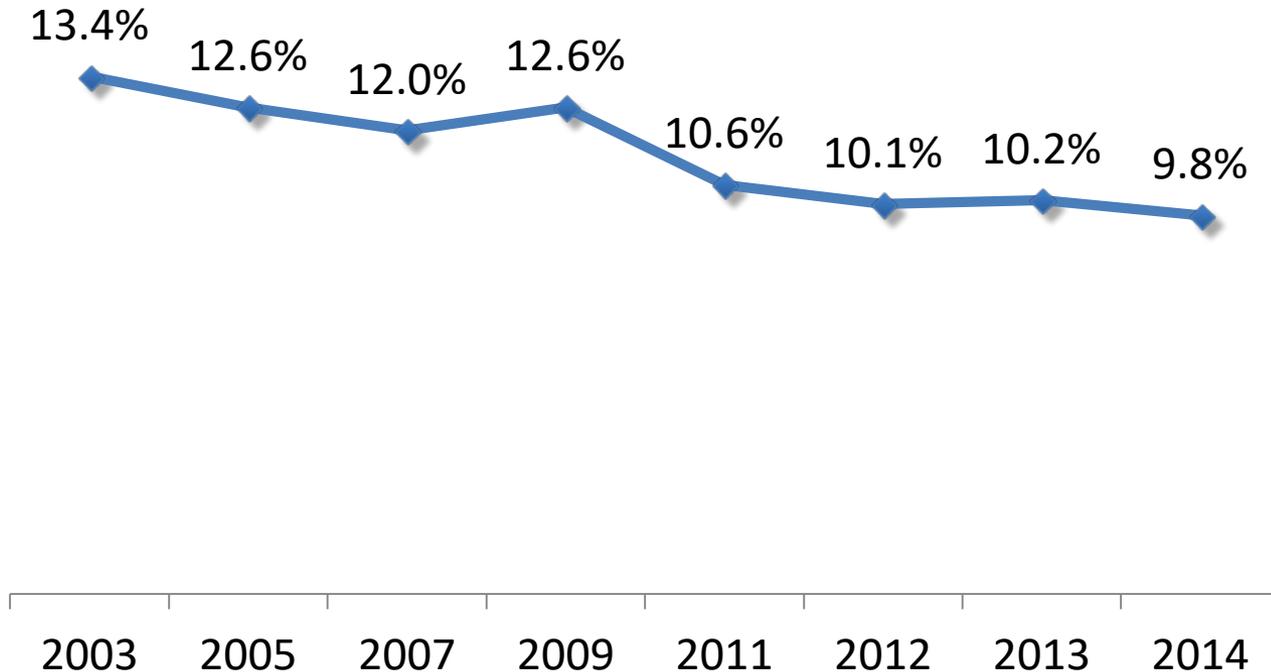
## Current Smoker



Source: 2014 California Health Interview Survey

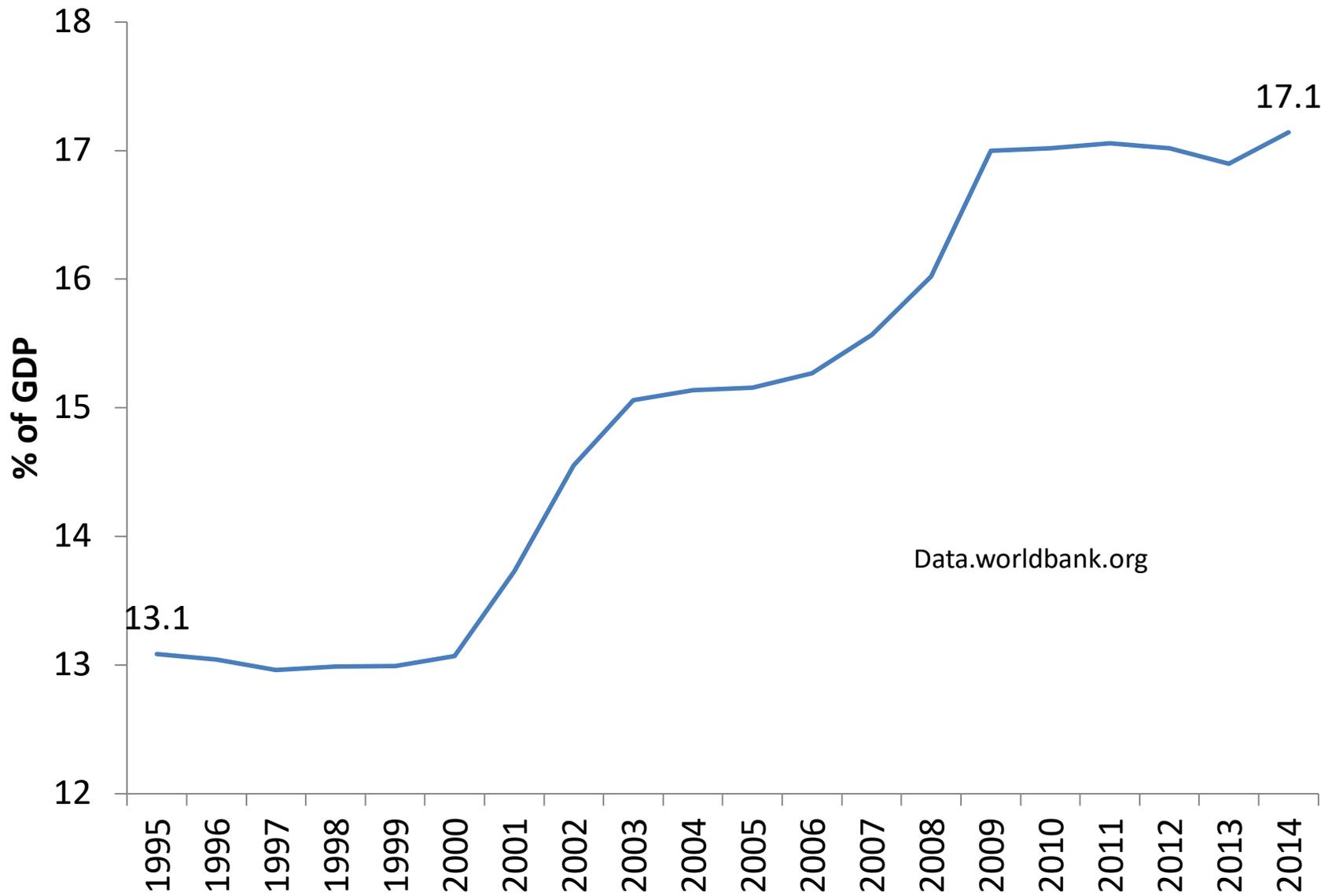
# Smoking Trends

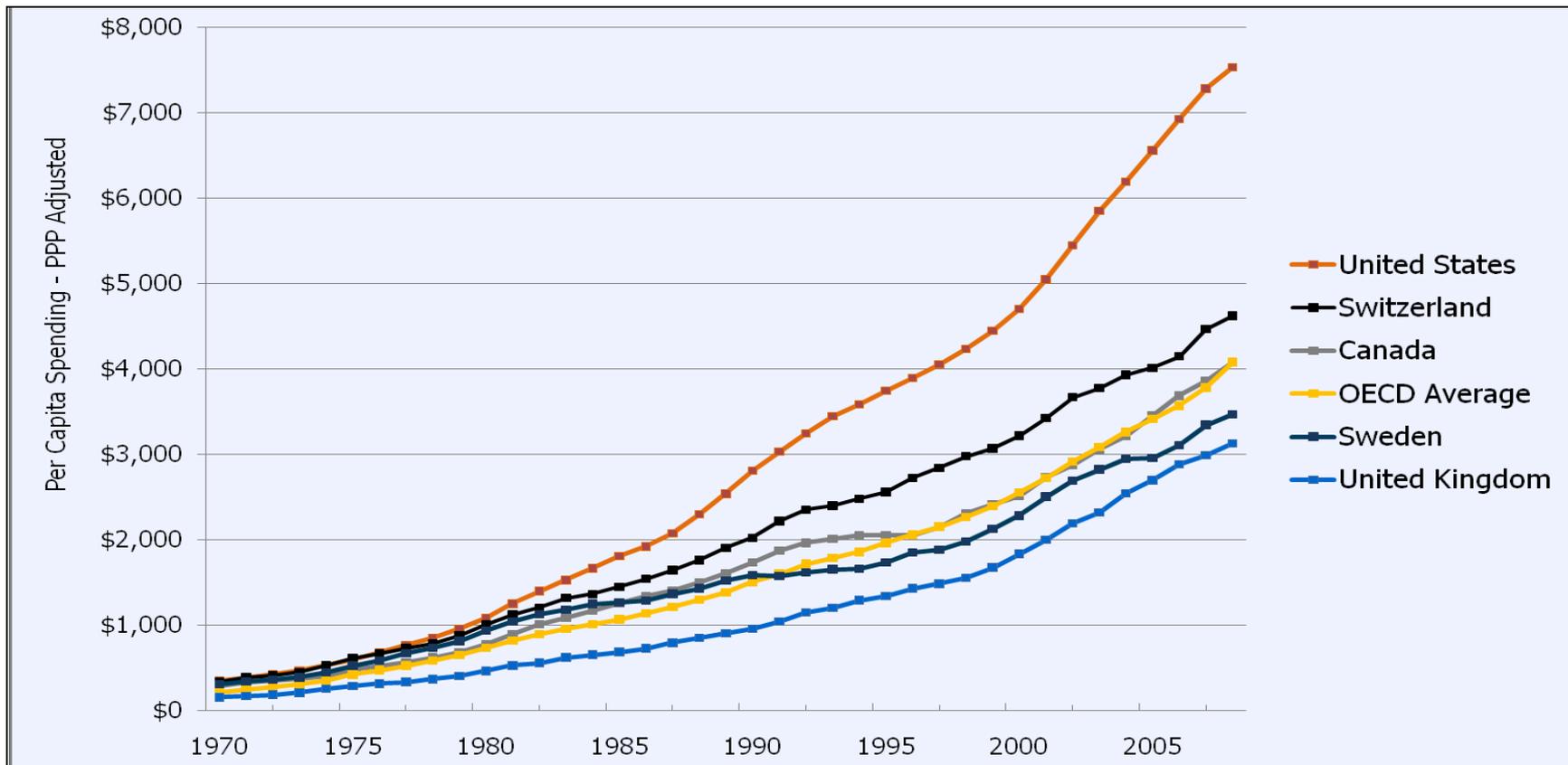
## Current Smoker, Bay Area



Source: California Health Interview Survey

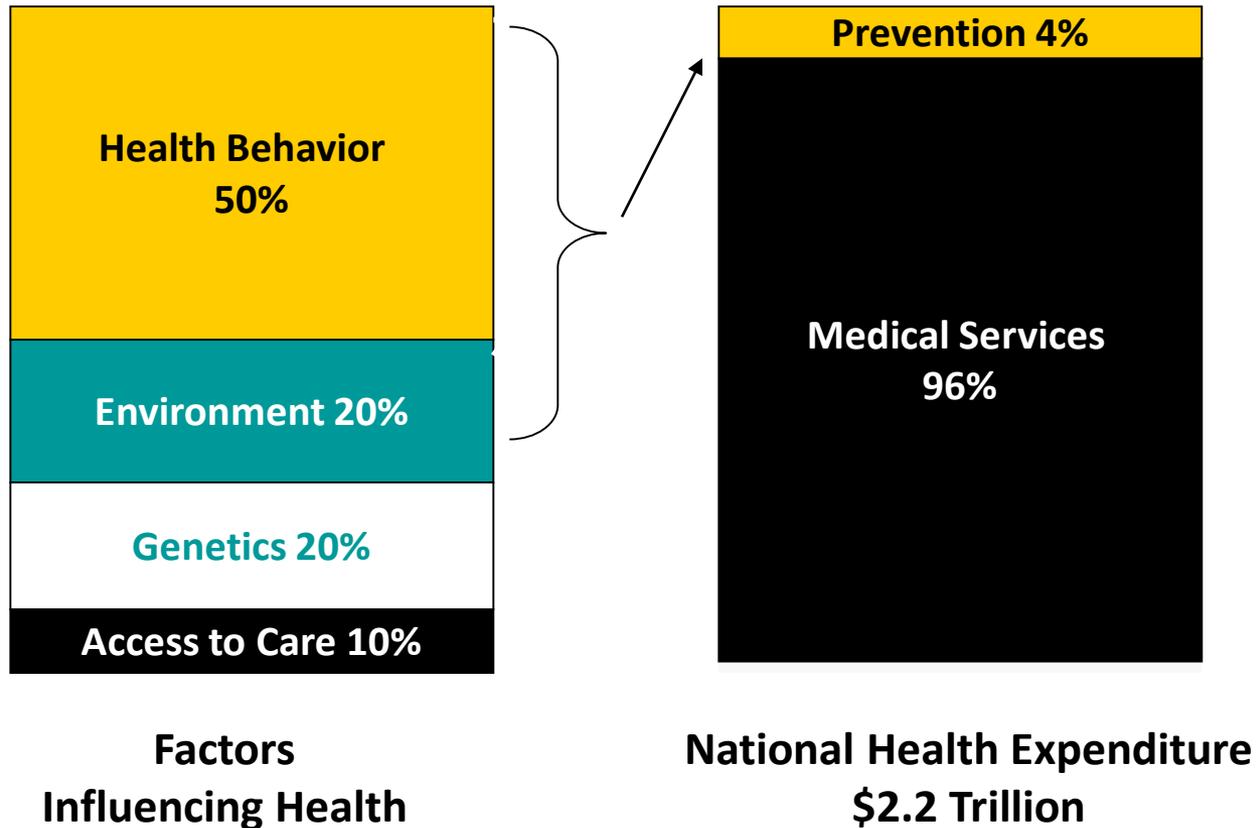
# Health Expenditure, total (% of GDP), United States





[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.

