

State of the County's Health 2014



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Director & Chief Medical Officer



A Healthy Pima County
Every **one**. Every **where**. Every **day**.

Mission

To ensure the health, safety, and well-being of our community through leadership, collaboration, and education.



Vision

A Healthy Pima County

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Operational Tenets

Community-centered:

We identify emerging health issues and priorities in response to stakeholder feedback. We reflect community values by providing strong leadership and developing collaborative partnerships.

Evidence-based:

Scientific knowledge is the foundation of our policies and programs. Our decision-making is based on credible data grounded in the best available practices.

Client-focused:

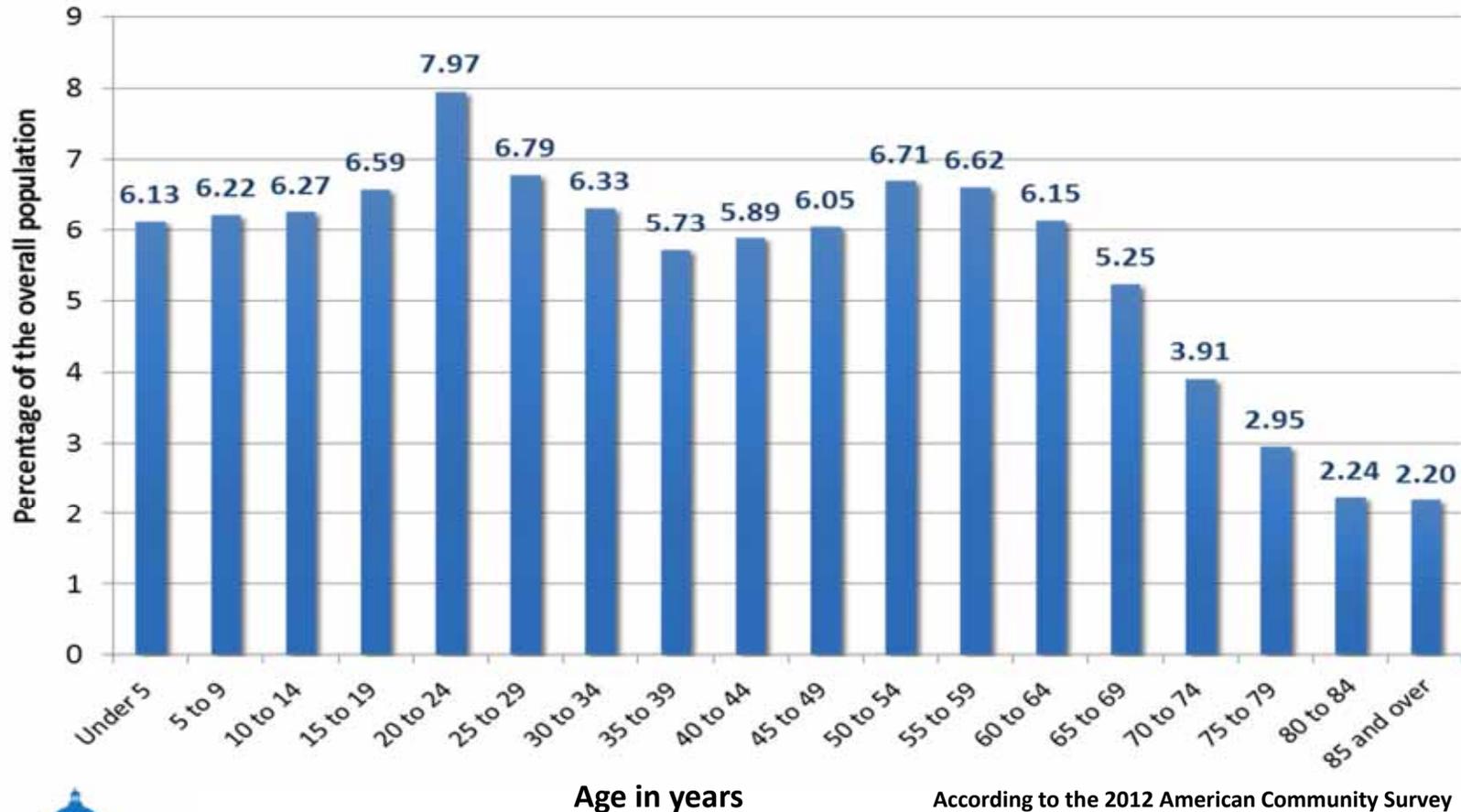
We use our abilities and resources to address our clients' needs. We treat the diverse populations we serve with compassion and respect.

Integrated:

We recognize the complexity of our clients' lives and honor our responsibility to address their needs in a holistic fashion. Our programs, services, and community resources are seamlessly connected and accessible.

Population

Pima County Population by Age Distribution (2012)

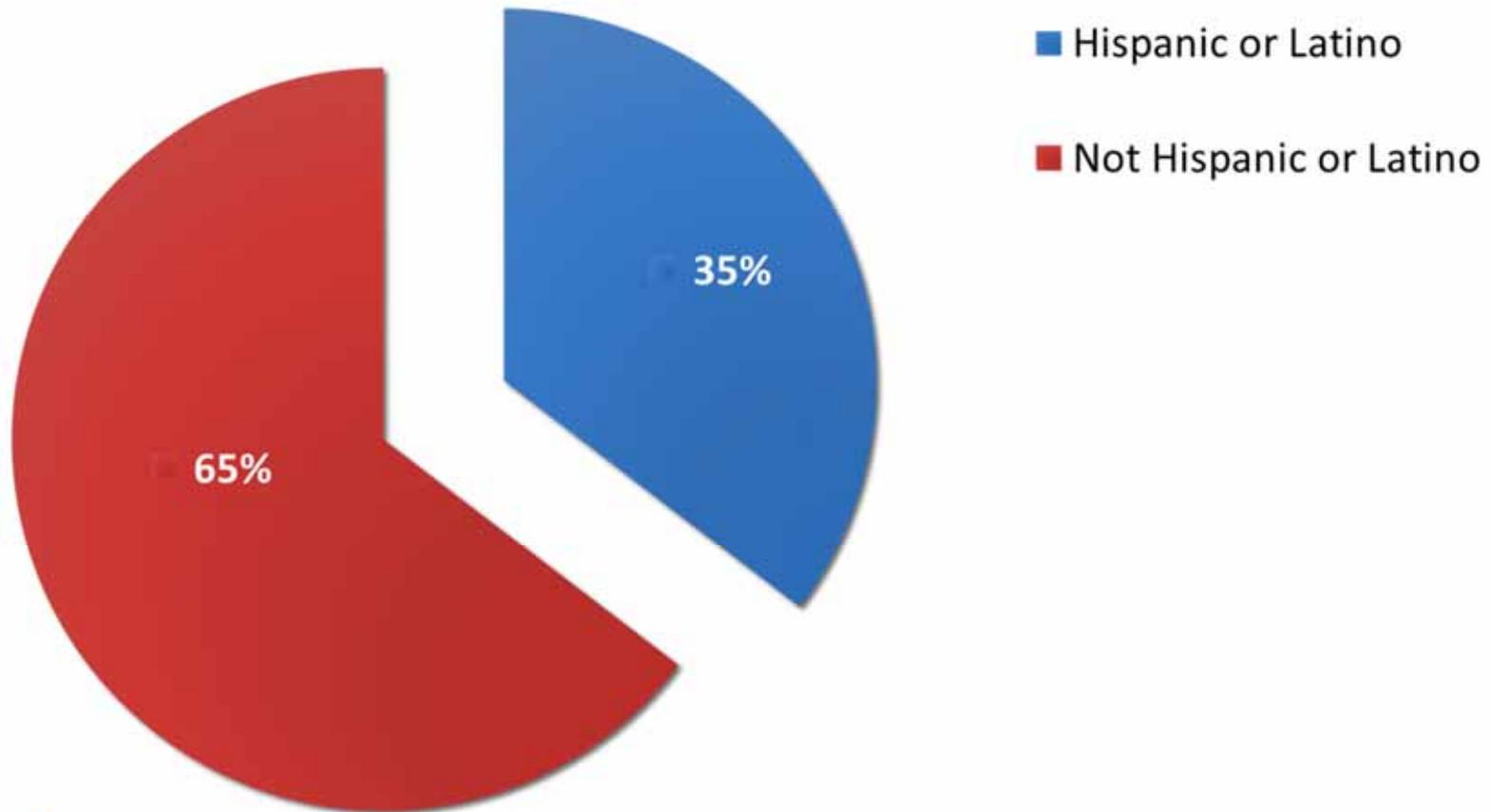


According to the 2012 American Community Survey
(selected economic characteristics, ACS 1 year estimates 2012)



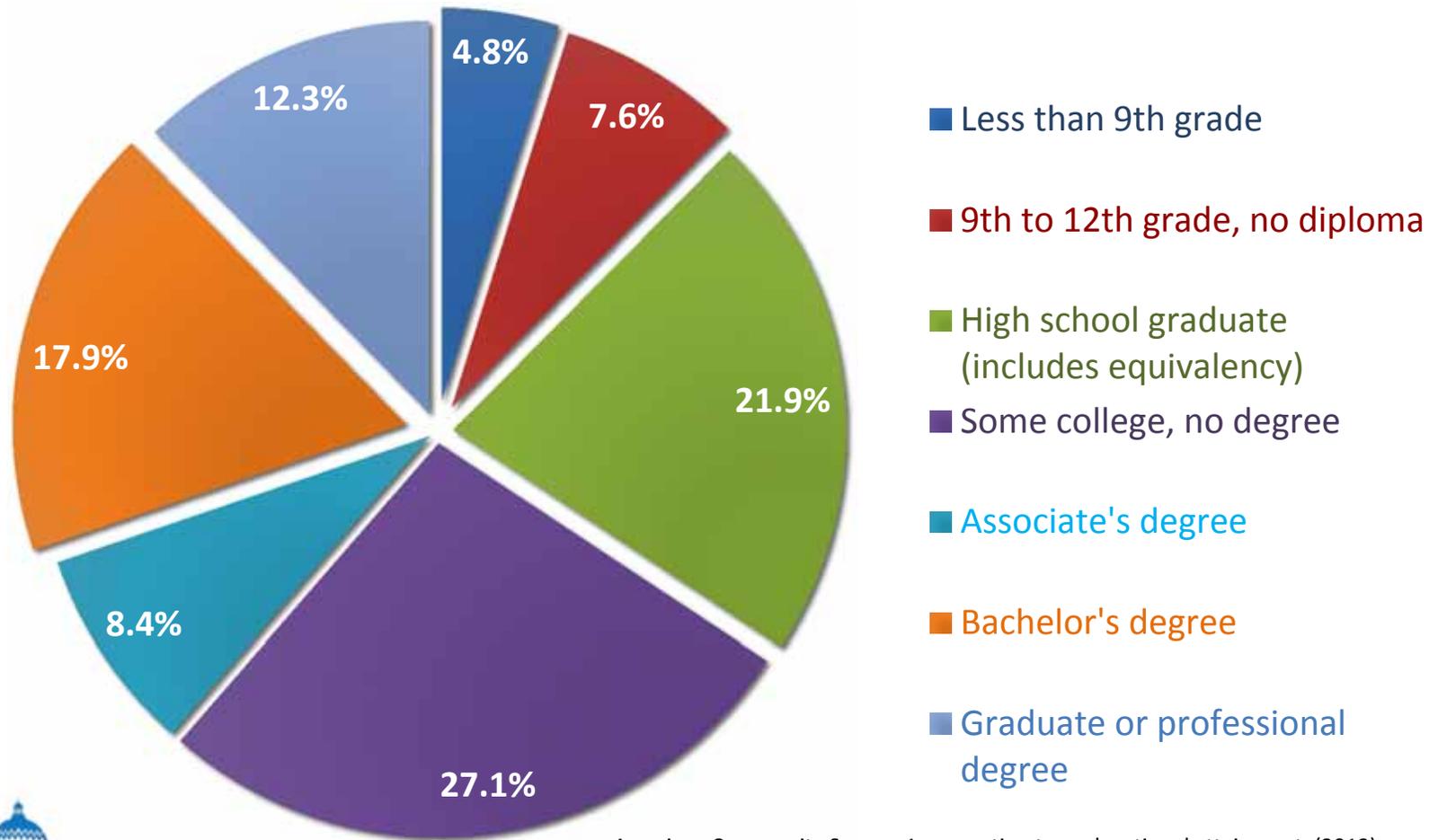
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Demographics



American Community Survey 1 year estimates, Pima County Population by Ethnicity (2012)

Education



American Community Survey 1 year estimates, educational attainment, (2012)

Income – 100% Poverty Level

17.4% of Pima County residents are living at or below 100% federal poverty level

30 - 43% live in:

- Central Tucson
- Southeast Tucson
- Tohono O'odham Nation

Percent of People living 100% below the Poverty Level,
Pima County Primary Care Areas 2012



Legend

— Interstates

Primary Care Areas 2012
Population living below 100%
of the Poverty Level



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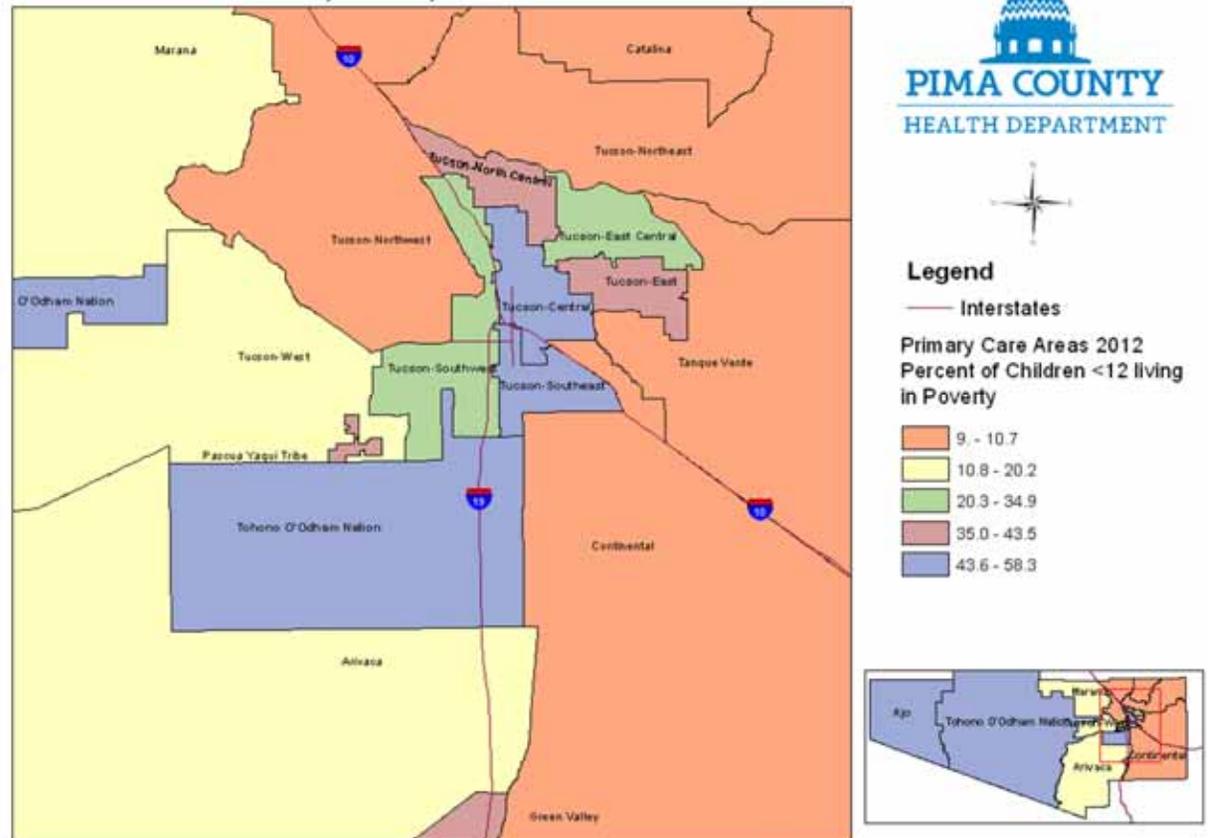
Income – Children Living in Poverty

28% of Pima County families with children 12 years and younger live in poverty

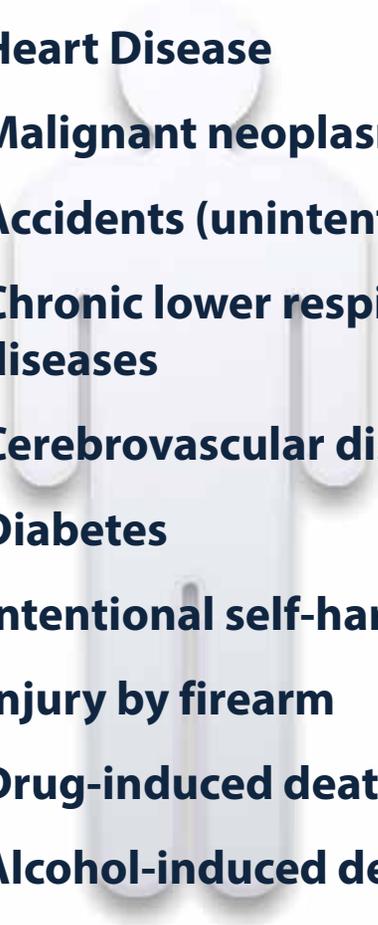
43 - 58% live in:

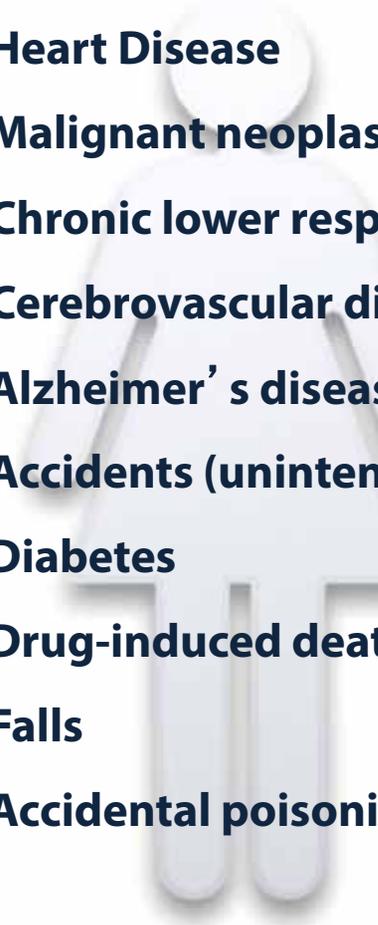
- Central Tucson
- Southeast Tucson
- Tohono O' odham Nation

Percent of Children < 12 living in Poverty,
Pima County Primary Care Areas 2012



Leading Causes of Death

- 
1. **Heart Disease**
 2. **Malignant neoplasms (Cancers)**
 3. **Accidents (unintentional injury)**
 4. **Chronic lower respiratory diseases**
 5. **Cerebrovascular diseases**
 6. **Diabetes**
 7. **Intentional self-harm (suicide)**
 8. **Injury by firearm**
 9. **Drug-induced death**
 10. **Alcohol-induced death**

- 
1. **Heart Disease**
 2. **Malignant neoplasms (Cancers)**
 3. **Chronic lower respiratory diseases**
 4. **Cerebrovascular diseases**
 5. **Alzheimer's disease**
 6. **Accidents (unintentional injury)**
 7. **Diabetes**
 8. **Drug-induced death**
 9. **Falls**
 10. **Accidental poisoning**

Health Risk Factors

Pima County Risk and Protective Factors, 2012

Health Status

- ⌚ Pima County reported lower rates of fair or poor health status (15%) compared to Arizona (18%) and the United States (17%).

Chronic Disease Prevalence

- ⌚ Pima County reported a higher prevalence of diabetes (12%) compared to Arizona (11%) and the United States (10%).
- ⌚ Coronary and angina disease was lower (4.1%) in Pima County compared to Arizona (7%) and the United States (4.3%).

Overweight and Obesity

- ⌚ Obesity in Pima County was lower (22%) than Arizona (25%), and the United States (28%).
- ⌚ Fewer Pima County adults (18%) consumed the recommended five or more fruits and vegetables per day compared to Arizona (24%) and the United States (23%). *(2011 Data)*

Health Care Coverage

- ⌚ More Pima County adults (79.9%) had health care coverage compared to Arizona (75.3%) and the United States (79.6%).

Tobacco Use

- ⌚ There was a higher percentage of current smokers in Pima County (28.8%) compared to Arizona (17.1%) and the United States (19.6%).

Data Source: Behavioral Health Risk Factors Survey 2012



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Moving PCHD Into the Future



Community Health Assessment



Reviewing Community Health Data

- The Health Department and community stakeholders periodically conduct a Community Health Assessment to:
 - Learn about the health status of our population
 - Determine factors that contribute to health issues
 - Identify assets and resources that can be mobilized to address health improvement opportunities for Pima County residents
- The following slides reflect an overview of the current health data for Pima County

Adult Physical Activity

- 62% meet one or more CDC guideline for physical activity
- In 2012, 80% of Pima County adults were active outside of work
 - 77.4% Arizona
 - 77.1% United States
- Example of CDC guidelines
 - 150 minutes (2.5 hours) moderate aerobic walking



Adult Physical Activity Factors

- Pima County has 10 recreational facilities* per 100,000 people which ranks us in the 90 percentile in Arizona
- Factors that correlate to physical activity levels
- Availability of exercise equipment at home
- The number of places for physical activity
- Proximity to home

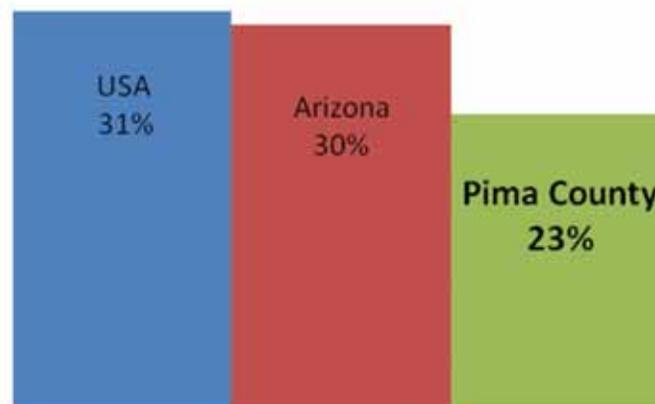


**Does not include YMCAs, intramural/amateur sports clubs, parks and other public areas*

Childhood Activity Levels

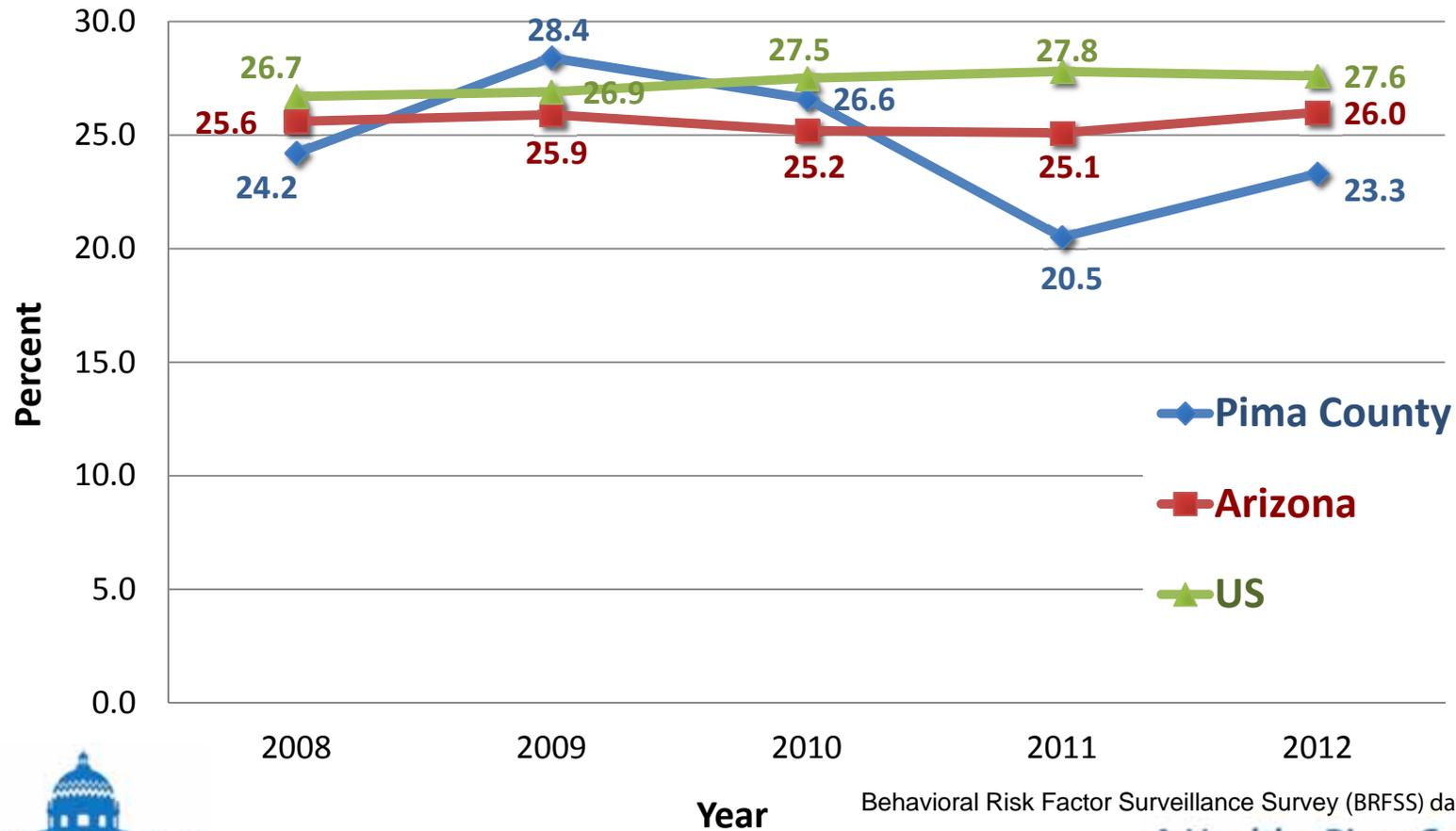
- Only 45% of Pima County children reach CDC goals for physical activity
 - 15% did not do 60 minutes of activity any day of the prior week
- Daily PE class attendance is linked to improved health
 - 23% of Pima County high school students had daily PE
 - Pima County falls below state and national averages

Daily High School PE



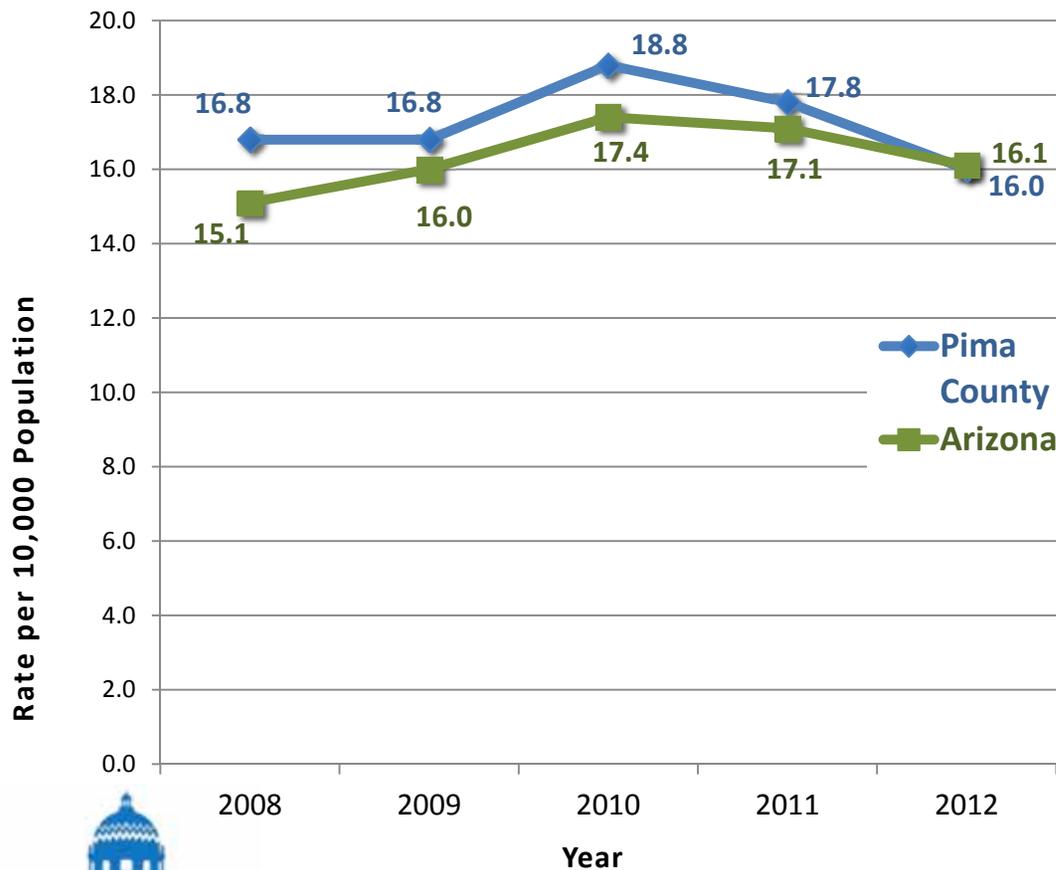
Consequences of Unhealthy Behavior

Percent of Obese Adults by year (2008 - 2012)



Consequences of Unhealthy Behavior

Rate of Inpatient Discharges with Diabetes as First-listed Diagnosis by Year (2008 - 2012)



Related to the obesity trend

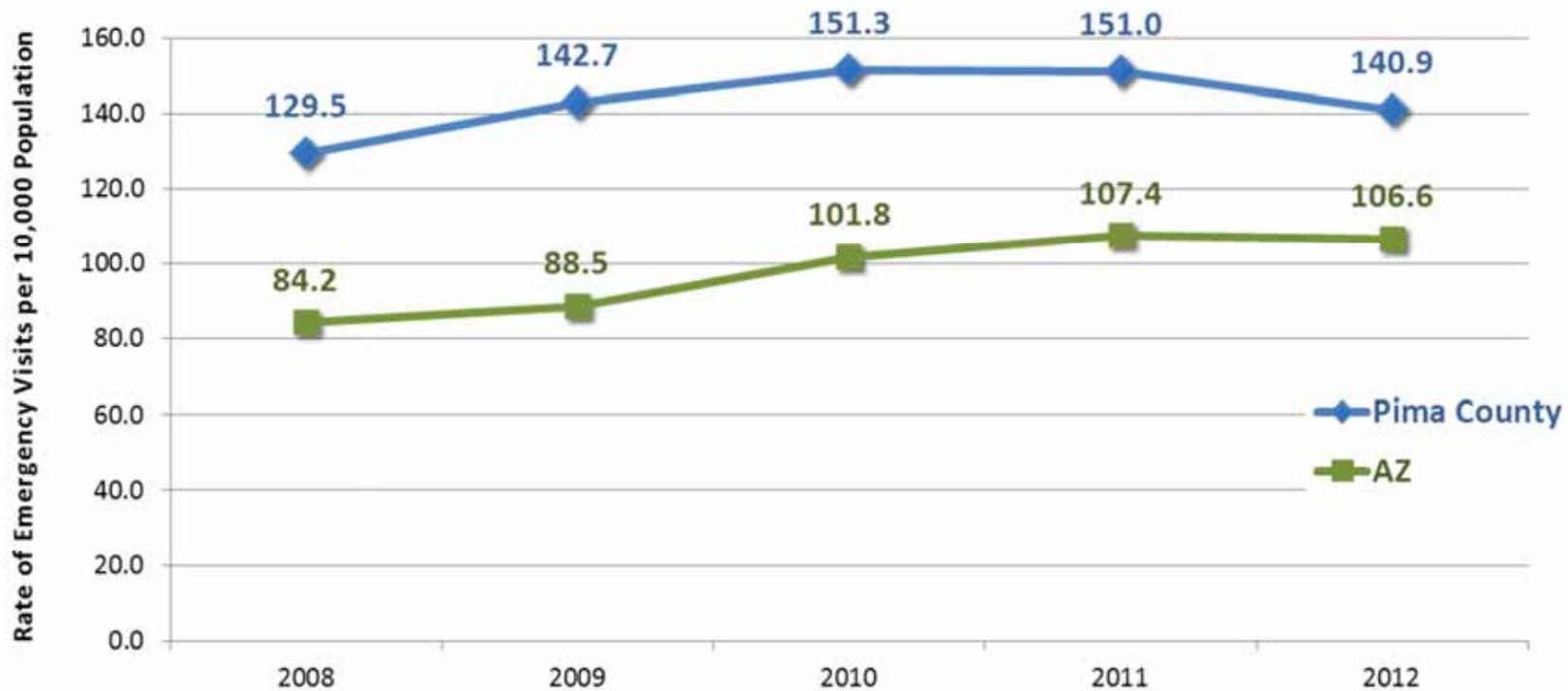
In 2010 diabetes as the primary diagnosis for hospital discharges spiked to a rate of 18.8 / 10,000

In the two years following the rate declined

- 16.0 / 10,000 in 2012
- 17.8 / 10,000 in 2011

Behavioral Health

Pima County Emergency Room visits with primary diagnosis of a mental illness



Rate of Emergency Room Visits per 10,000 Population for Pima County and Arizona by Year



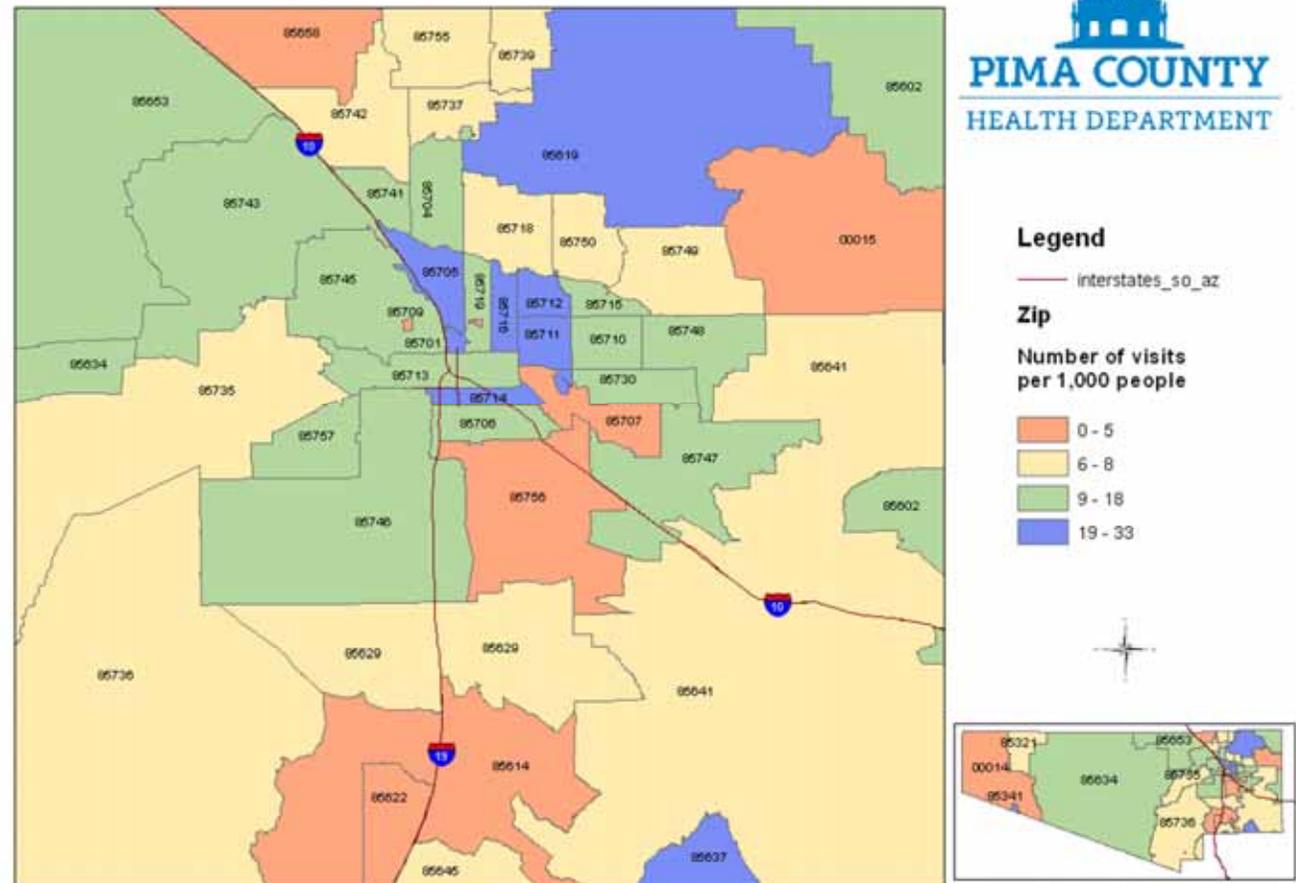
Year

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Behavioral Health

Population map of emergency room visits with a behavioral health diagnosis

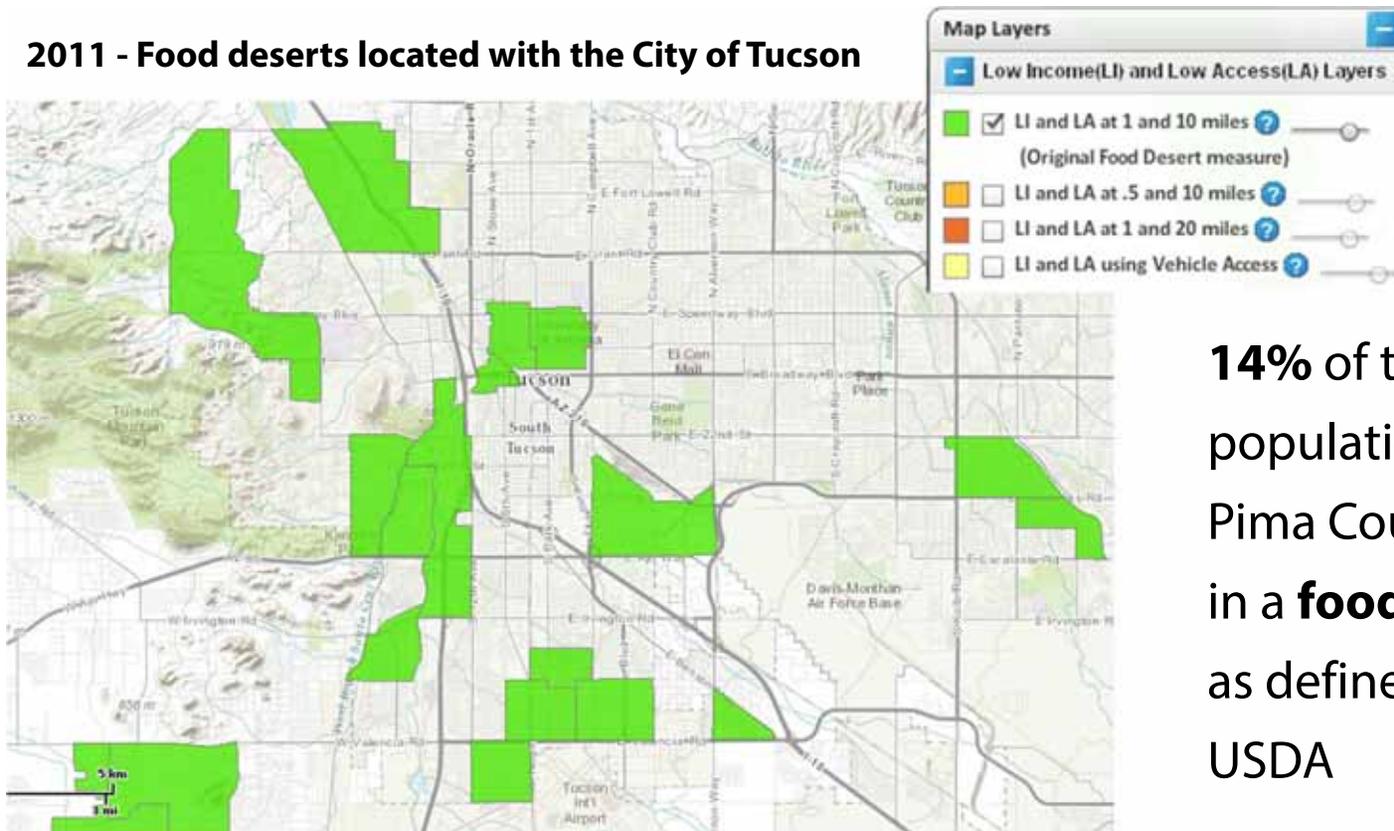
Rates of Emergency Room Visits for Behavioral Health Conditions per 1,000 Population by Zip code of Residence, Pima County 2012



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Limited Access to Healthy Foods

2011 - Food deserts located with the City of Tucson



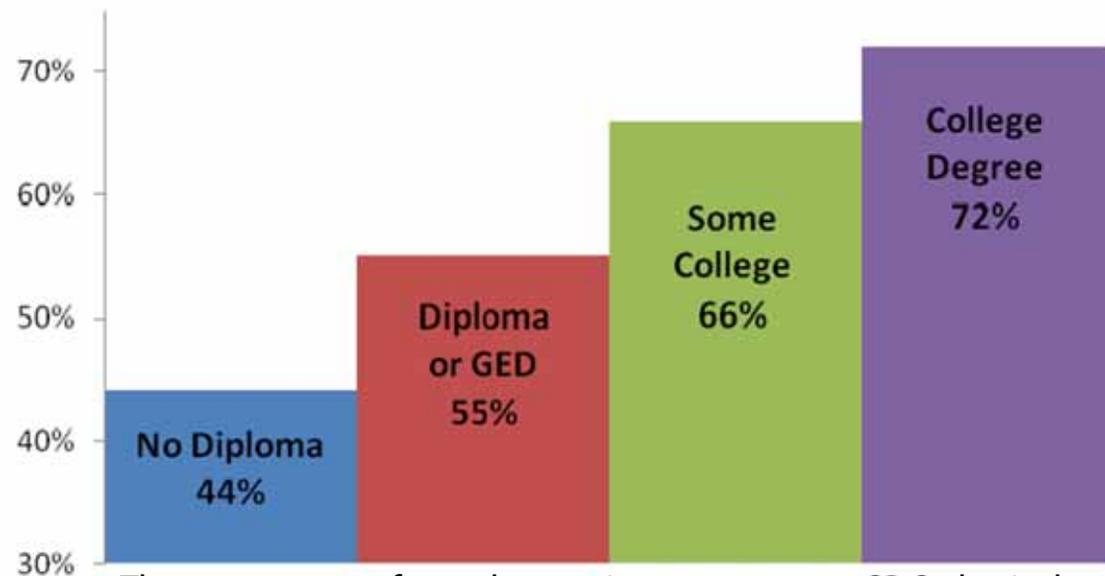
14% of the population within Pima County live in a **food desert**, as defined by the USDA

Factors Influencing Physical Activity

Educational attainment

- Additional factors:

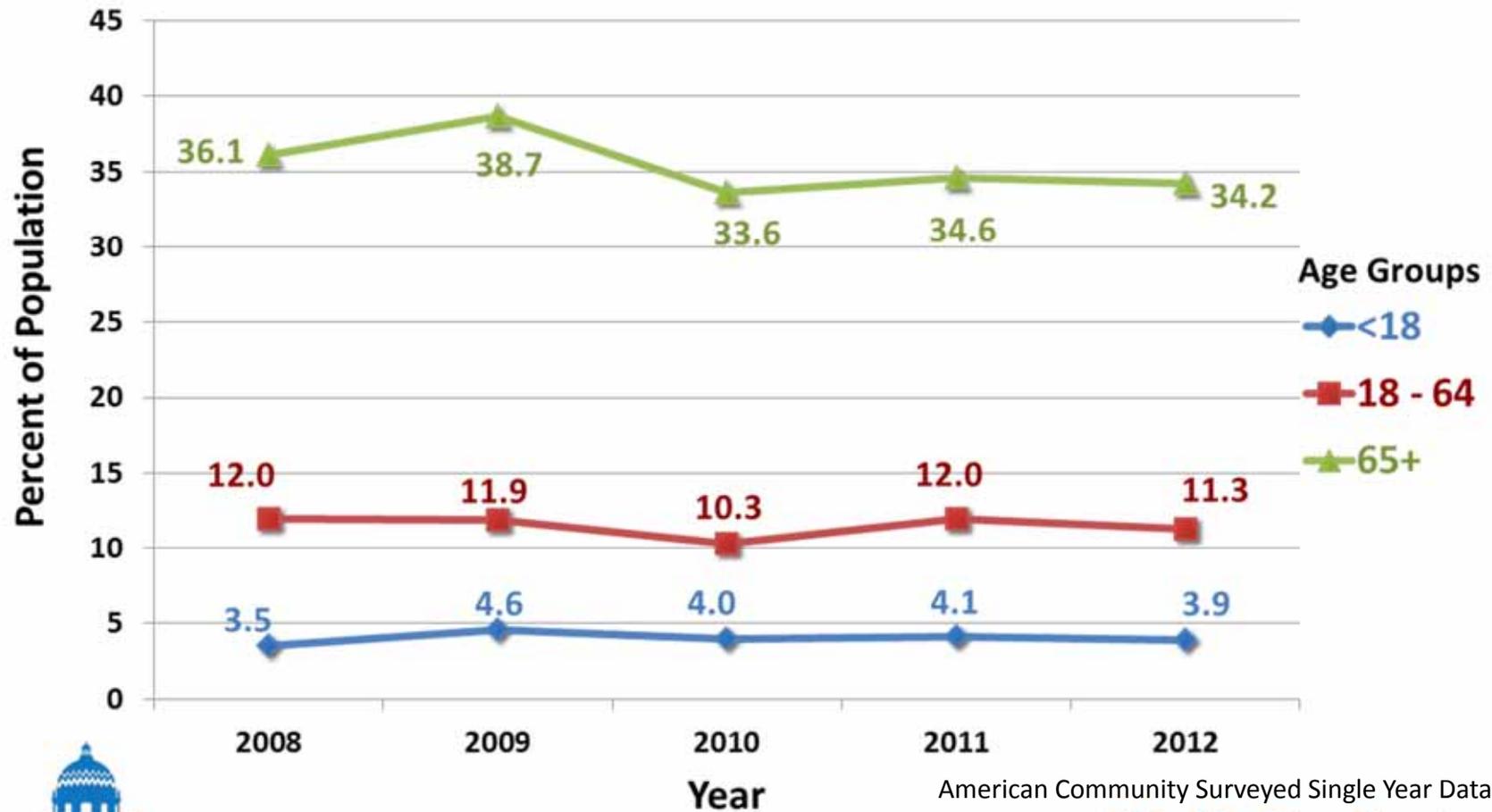
- Age
- Gender
- Ethnicity
- Income



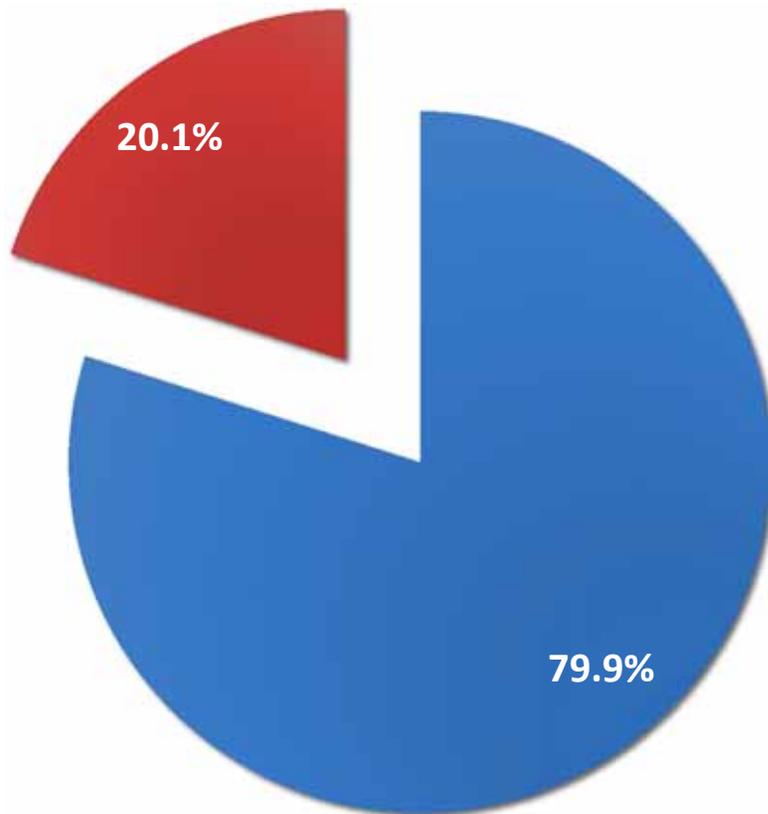
The percentage of people meeting one or more CDC physical activity goals by educational attainment

Population with Disability

Pima County Non-institutionalized Civilian Population with Disability by Age Group (2008 - 2012)



Access to Care



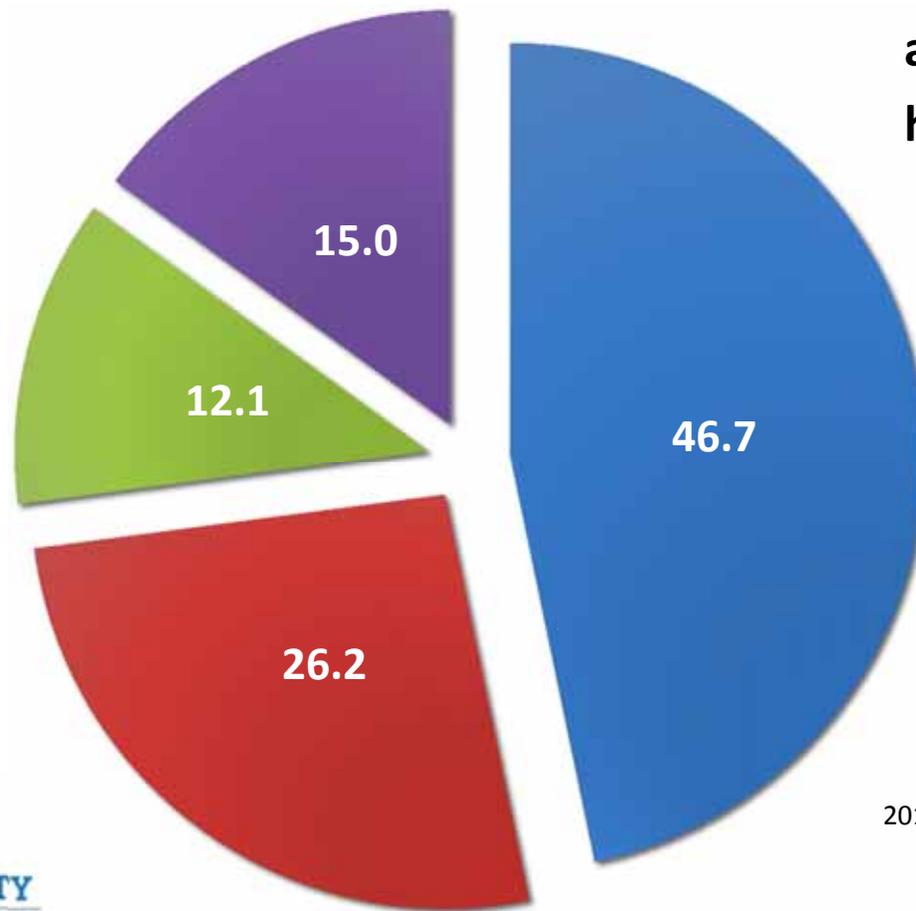
Percent of Pima County adults with and without health insurance coverage

■ With insurance coverage

■ Without insurance coverage

American Community Survey 2012 - 1 year estimates

Access to Care

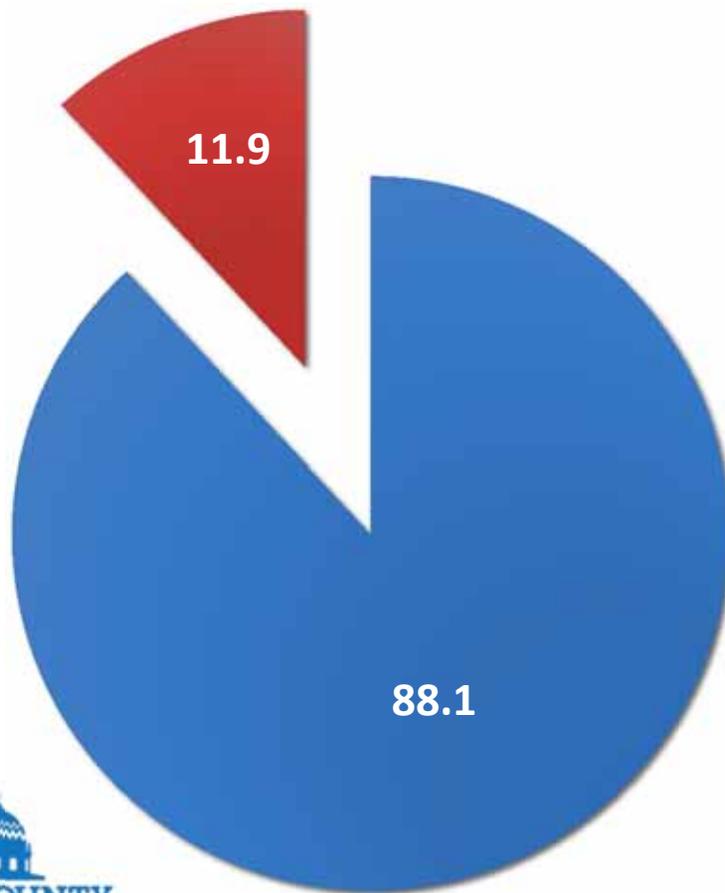


Percent of Pima County adults by the type of health insurance coverage

- Private
- Public
- Private and public
- Unknown/other

2012 American Community Survey 1-year estimates

Access to Care



**Percent of Pima County children
(under 18 years of age)
with and without health
insurance coverage**

■ With insurance coverage

■ Without insurance coverage

American Community Survey 2012 - 1 year estimates

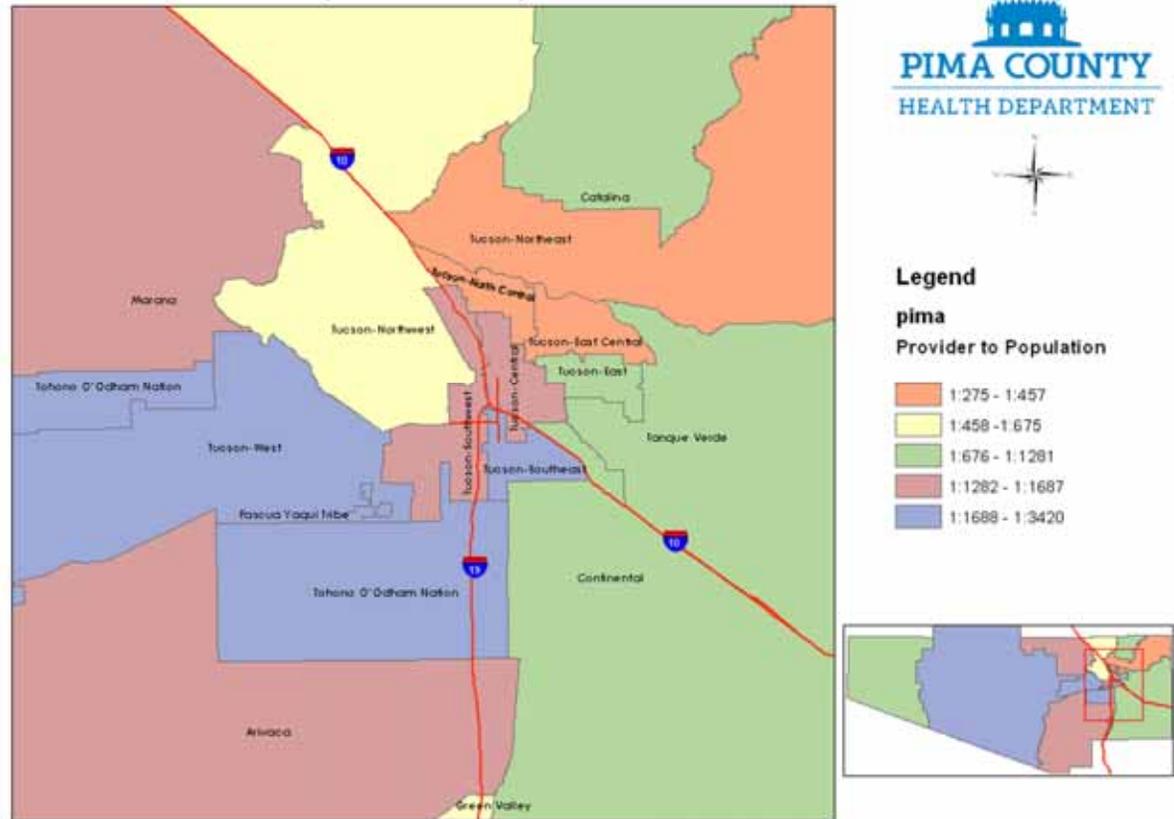
Access to Care

Limited Access to Health Provider

Primary Care Area's by Provider

There are large areas within the City of Tucson and rural communities that have limited access to Primary Care Providers (PCPs)

Pima Primary Care Areas Provider to Population Ratio (PCA data 2012)



Education and Language Barriers

- 23% of Pima County residents speak a language other than English at home
- 5% of Pima County households are linguistically isolated, that is every member of the household age 14 and older has some difficulty speaking English



Reading and Literacy

- Reading proficiency in Pima County – 2013
 - 77% of 4th graders are proficient in 4th grade reading level
 - 70% of 8th graders are proficient in 8th grade reading level
- For grades 7 – 12 the drop out rate is 4.2%



Community Health Improvement Plan



Determine Community Health Priorities

- In 2012, the Health Department teamed up with community partners to form the Healthy Pima Initiative
- This group of community partners collaborated to develop a Community Health Improvement Plan, based upon the findings of the Community Health Assessment

Community Health Priorities

- The Healthy Pima Initiative identified four key community priorities and formed action groups for each priority.
- The four community health priorities are:
 - Healthy Lifestyles
 - Health Literacy
 - Access to Care
 - Health Equity



Healthy Pima Initiative

Priority – *Healthy Lifestyles*

Goal: Promote and support healthy lifestyles for all Pima County residents

Strategies:

- Increase access to healthy options that support physical health and wellness
- Increase access to resources that supports behavioral health and wellness
- Increase access to interpersonal violence prevention programs
- Establish new and improved built environments and green infrastructure

Healthy Pima Initiative

Priority – *Health Literacy*

Goal: Promote health literacy to Pima County residents with emphasis on populations of need

Strategies:

- Increase public awareness of relevant, reliable and trustworthy health information
- Enhance health literacy practices of health and behavioral health providers



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Healthy Pima Initiative

Priority – *Access to Care*

Goal I: Improve urban and rural community access to medical, behavioral, and specialty health care services in Pima County

Goal II: Improve workforce development in the medical behavioral, and specialty health care fields in Pima County

Strategies:

- Increase community- level communication and information related to accessing medical, behavioral, and specialty health care services
- Determine professional health care workforce requirements needed to meet new demand from the Affordable Care Act (ACA)

Healthy Pima Initiative

Priority – *Health Equity*

Goal: Address health disparities by promoting a better understanding of community assets, health conditions, and health status within Pima County

Strategies:

- Increase accessibility to community assets and health disparities data in Pima County by 2017
- Facilitate inclusion of community asset and health disparities data in surveillance, priority setting and action planning in Pima County by 2017

Pima Prospers



Pima Prospers

Our Comprehensive Plan addresses how Pima County will be have a vibrant future:

- Use and conserve our land, water and energy resources
- Fuel our economy
- Make efficient use of our existing infrastructure
- Enrich our quality of life
- Create healthy communities
- Respond to the needs of our unique communities



Components of Prosperity

- Efficient Land Use
- Physical Infrastructure Investment
- Mindful Economics
- Accessible Social and Human Service Infrastructure



Make Your Voice Heard

Share your thoughts at mindmixer.pimaprospers.com/

- What is important to your community?
- What would you like to improve in the community regarding infrastructure, economic development, health or workforce services, land use, parks, recreation, open space, etc.



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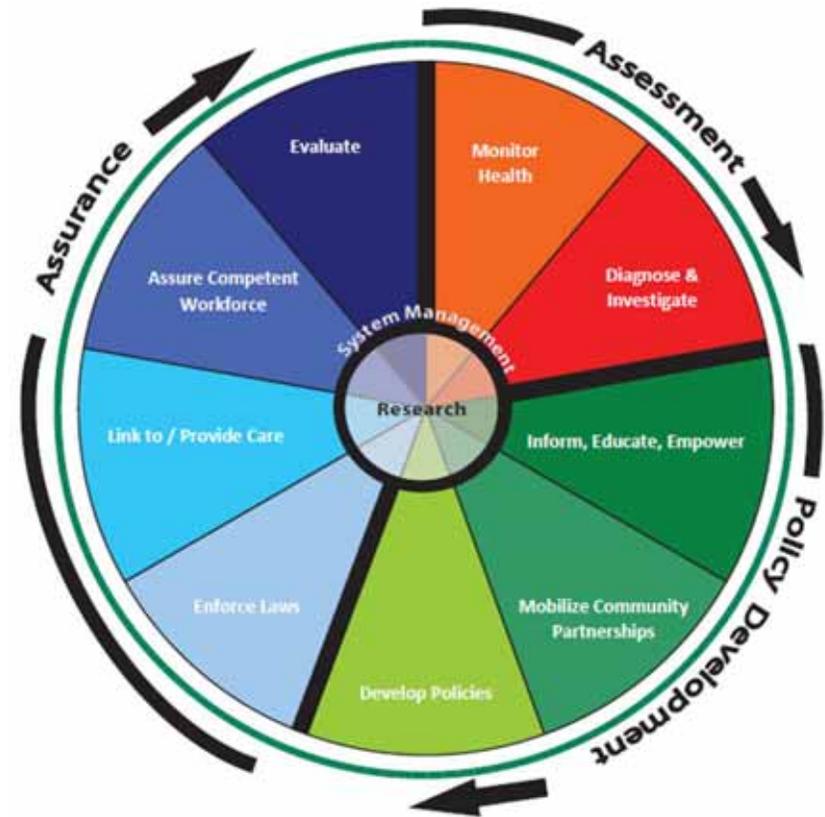
Looking Ahead



Achieving a Healthy Pima County

- Support the community's health
- Provide exceptional public health services
- Align programs/services with 10 Essential Public Health Services

Ten Essential Public Health Services



Achieving a Healthy Pima County

- Seek greater collaborative opportunities within our community
- Increase awareness and understanding of the population we serve for a community
- Dedicating resources to become a nationally accredited public health department
- Contribute healthy community concepts and strategies into Pima County's Long Range Comprehensive Plan





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Contact Information

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