The State of the Public’s Health in Pima County - 2013

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PIMA COUNTY
HEALTH DEPARTMENT

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

The mission of the Pima County Health Department is to ensure the health, safety, and well-being of our community through leadership, collaboration, and education.
Vision

A Healthy Pima County
Operational Tenets

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

**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.

**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, AZ
Access and Income

Central: >35% below 100% FPL
SE: 26-35% below 100% FPL
East/East Central: 16-25% below 100% FPL
TON: >35% life below 100% FPL
Ajo: 46-60% live below 100% FPL
Children in Poverty

More specifically, there are notable areas in Tucson proper (Central and Southwest) where over 40% of children under the age of 12 years old are living in poverty.
How does this relate to health?

**Medically underserved areas**

Greater Tucson area (Tanque Verde, Tucson NW, NE) had a provider to population range of 1:315-1:1,000

The rate was over 1:2,000 in Tucson Central, SW, the Tohono O’odham Nation, the Pascua Yaqui tribe, and Tucson West.
Leading Causes of Death

<table>
<thead>
<tr>
<th>Rank</th>
<th>Cause of Death</th>
<th>Rate*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Malignant neoplasms</td>
<td>156.1</td>
</tr>
<tr>
<td>2</td>
<td>Diseases of the heart</td>
<td>143.0</td>
</tr>
<tr>
<td>3</td>
<td>Chronic lower respiratory diseases</td>
<td>43.9</td>
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<tr>
<td>4</td>
<td>Accidents (unintentional injury)</td>
<td>42.8</td>
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<tr>
<td>5</td>
<td>Cerebrovascular diseases</td>
<td>34.0</td>
</tr>
<tr>
<td>6</td>
<td>Drug-induced death</td>
<td>21.4</td>
</tr>
<tr>
<td>7</td>
<td>Diabetes</td>
<td>20.2</td>
</tr>
<tr>
<td>8</td>
<td>Alzheimer’s disease</td>
<td>19.3</td>
</tr>
<tr>
<td>9</td>
<td>Intentional self-harm (suicide)</td>
<td>16.9</td>
</tr>
<tr>
<td>10</td>
<td>Injury by firearm</td>
<td>16.0</td>
</tr>
</tbody>
</table>

*per 100,000 population age adjusted to the 2000 U.S. standard
Causes of Death by Group

Map 2.4: Pima County Primary Care Areas by Infant Mortality, Age less than 1 year (2002-2011)

Legend
Leading Cause of Death, Infants

Map 2.5: Pima County Primary Care Areas by Child Mortality, Age 1-14 (2002-2011)

Legend
Leading Cause of Death, Children Ages 1-14 Years

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Map 2.9: Pima County Primary Care Areas by Elderly Mortality, Age 65-84 (2002-2011)

Map 2.10: Pima County Primary Care Areas by Elderly Mortality, Older than 85 years old (2002-2011)

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CHA and CHIP

• The Health Department and its community partners concluded a Community Health Assessment in 2011 to research the health status of Pima County residents.

• In April 2013, the Pima County Health Department worked with community partners to determine the key areas of focus for the Department through our Community Health Improvement Plan (CHIP) based on the Community Health Assessment. These priorities were reviewed and revised to most impact the population of Pima County.
Healthy Pima Priorities

- Building Healthy Communities
- Health Literacy
- Access to Care
- Health Disparities
Immediate Challenges

Obesity rate is lowering, but still higher than state average

~ 33% of adults overweight

Just over 25% obesity rate in 2010
Related to the obesity trend, there is an increase in the rate of diabetes as first-listed diagnosis in Pima County.

~ 19/10,000 had diabetes as a first-listed diagnosis in 2010.

This is up from approximately 17/10,000 in 2009.
Adult Physical Activity in Pima County

- 62% meet one or more CDC guideline
- 20-25% adults inactive outside of work
- Better than 90% US counties
Pima County performs better than 90% of US Counties
Despite this, the amount of Pima County residents who reported physical activity within the last month (as of the survey) is steadily increasing, opposite the statewide trend.

Slightly under 80% of Pima County adults participated in some form of physical activity in 2010, up from 79% in 2009.
Factors Impacting Adult Physical Activity

- Age
- Gender
- Ethnicity
- Educational Attainment
- Income

Educational Attainment and Physical Activity

- No Diploma: 44%
- Diploma or GED: 55%
- Some College: 66%
- College Degree: 72%

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Childhood Activity levels

- Only 45% of Pima County children reach CDC goals
  - 15% did not do 60 min of activity any day of the prior week
- Daily PE class attendance is linked to improved health

- 23% of county high school students had daily PE
- Below state and national averages
Access to Healthy Foods

Food deserts located in Pima County
Food deserts in Pima County

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