

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

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Director and Chief Medical Officer



**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.



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# Vision

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# Operational Tenets

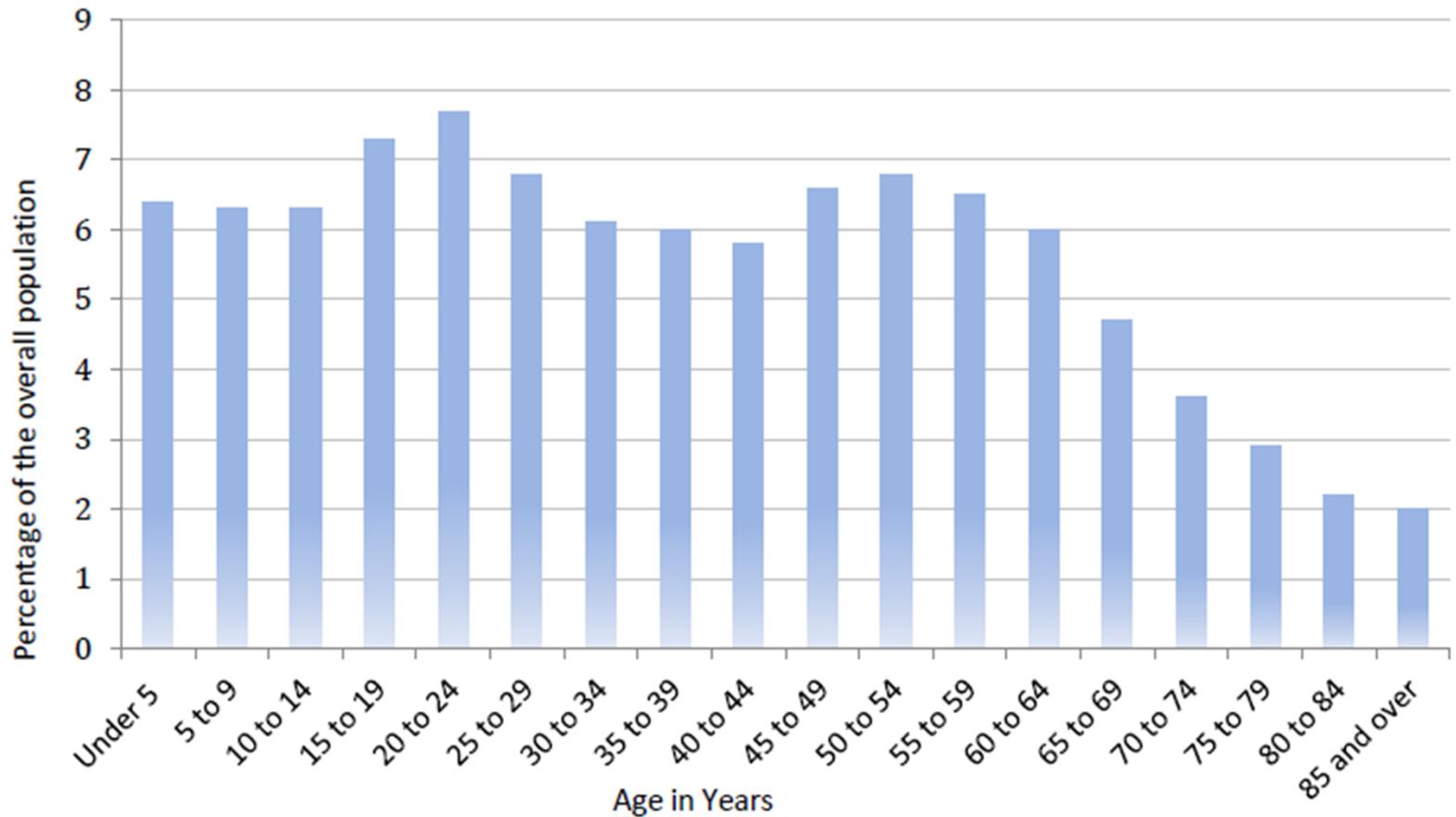
**Client-focused:** We use our abilities and resources to address our clients' needs. We treat the diverse populations we serve with compassion and respect.

**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.

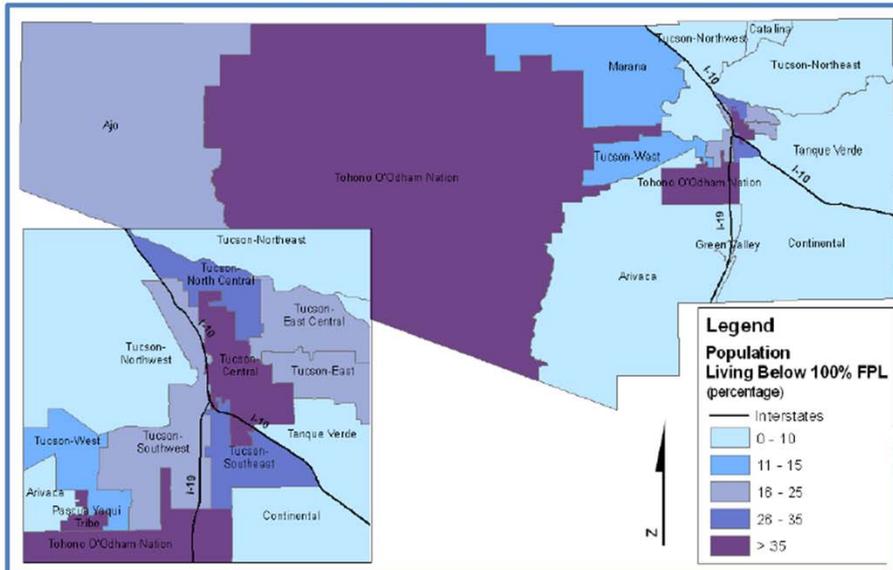
**Integrated:** We recognize the complexity of our clients' lives and honor our responsibility to address their needs in a holistic fashion. Our programs, services, and community resources are seamlessly connected and accessible.

# Population – Pima County, AZ



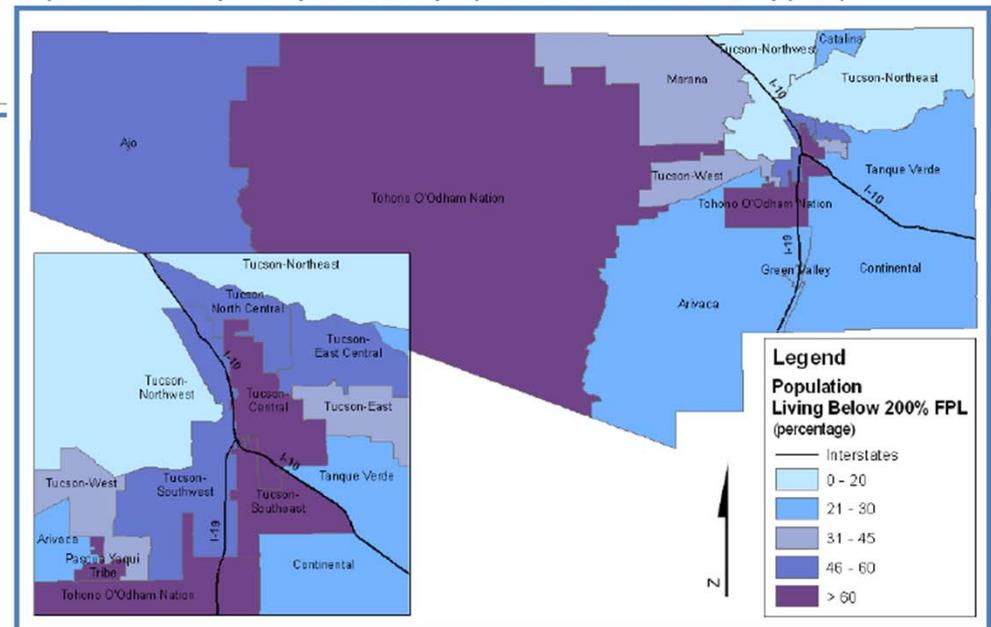
# Access and Income

Map 1.6: Pima County Primary Care Areas by Population Below 100% of Poverty (2011)<sup>ii</sup>



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

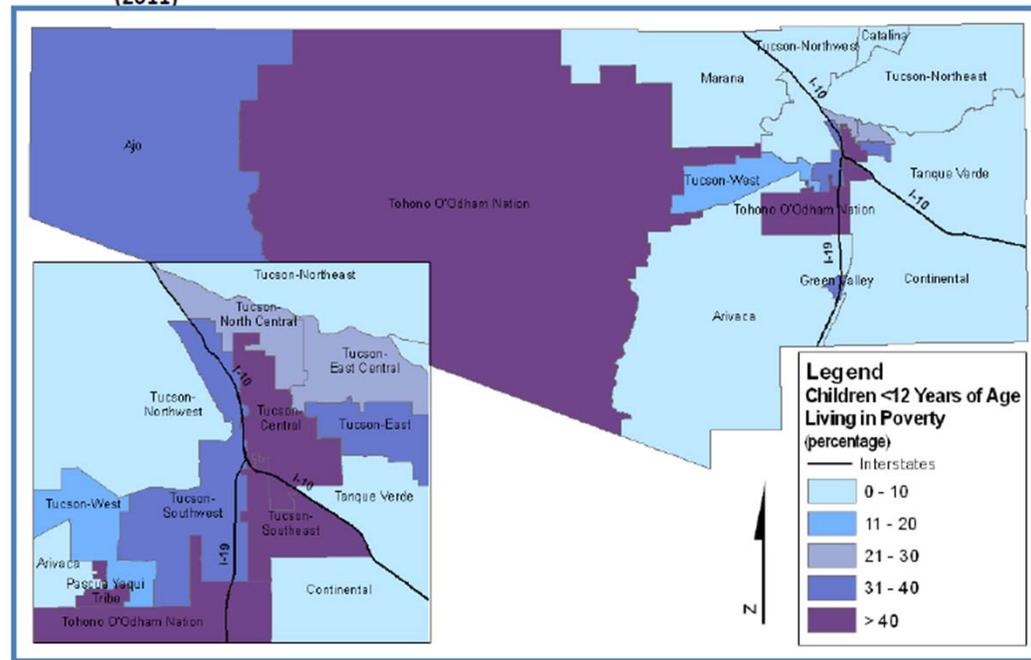
Map 1.7: Pima County Primary Care Areas by Population Below 200% of Poverty (2011)<sup>ii</sup>



# 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.

Map 1.8: Pima County Primary Care Areas by Percent of Children under 12 Years of Age in Poverty (2011)<sup>ii</sup>



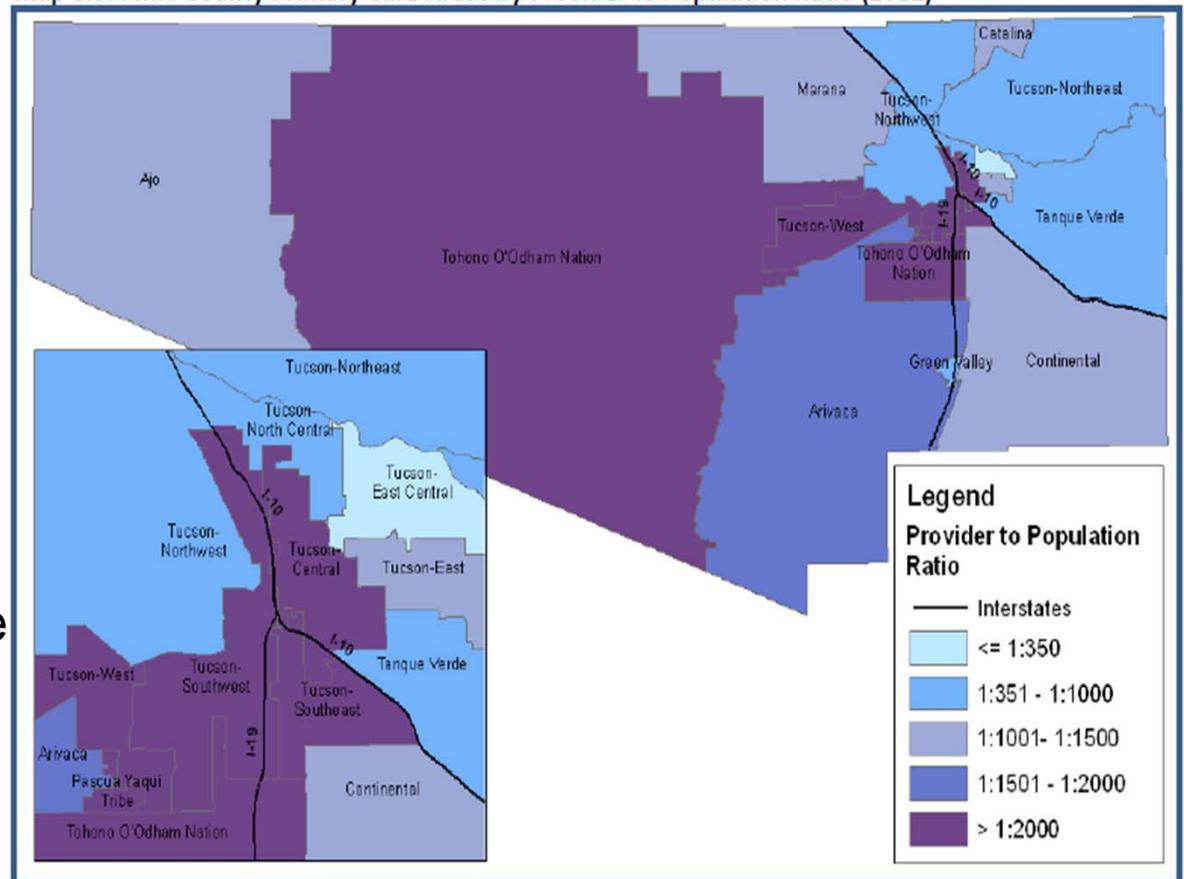
# How does this relate to health?

## 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.

Map 8.5: Pima County Primary Care Areas by Provider to Population Ratio (2011)<sup>ii</sup>



# Leading Causes of Death

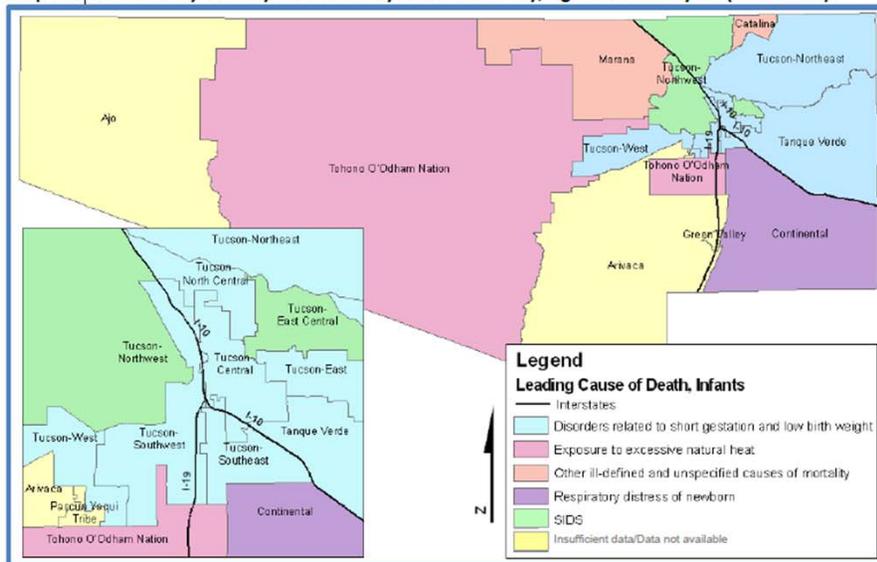
**Table 2.3: Leading Cause of Death in Pima County, 2010 (Total Population)<sup>iii</sup>**

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

\*per 100,000 population age adjusted to the 2000 U.S. standard

# Causes of Death by Group

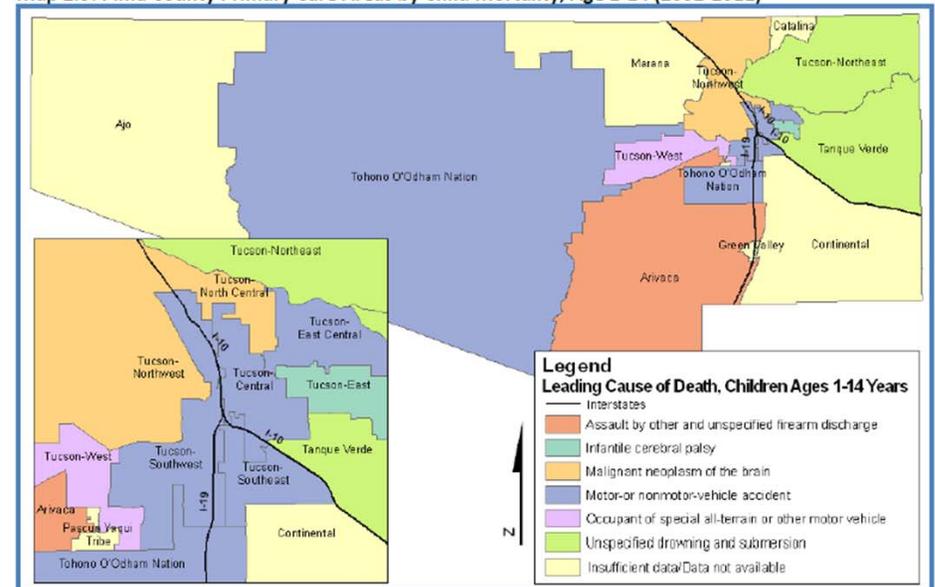
Map 2.4: Pima County Primary Care Areas by Infant Mortality, Age less than 1 year (2002-2011)<sup>ii</sup>



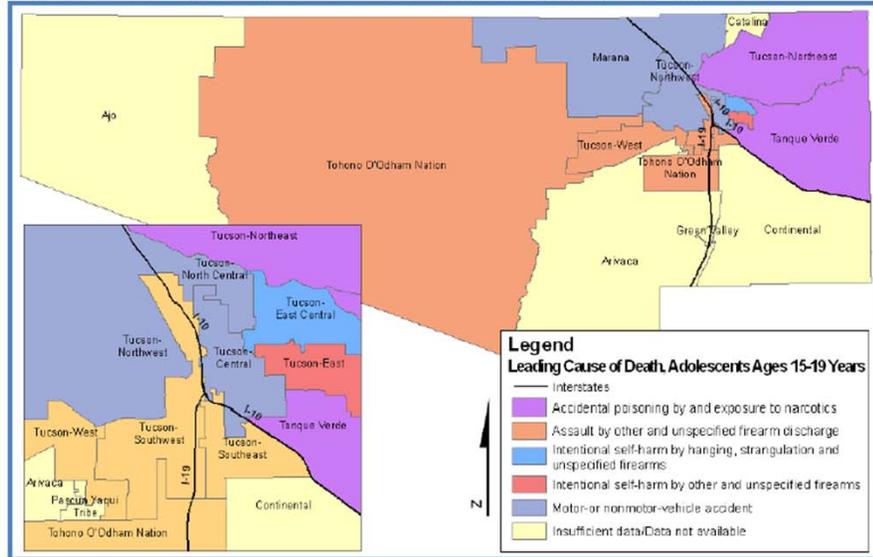
Infants

Children 1-5 years old

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



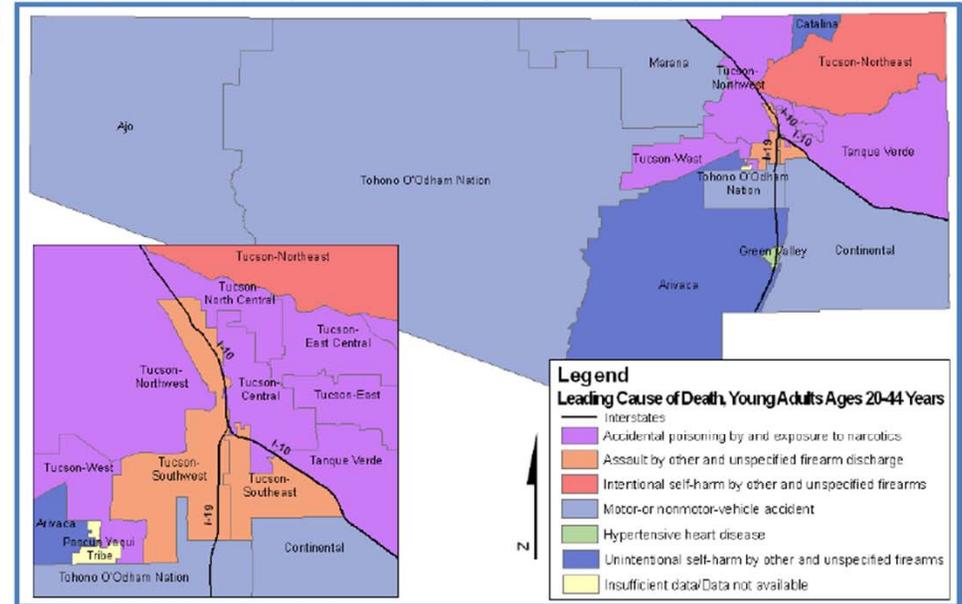
Map 2.6: Pima County Primary Care Areas by Adolescent Mortality, Age 15-19 (2002-2011)<sup>ii</sup>



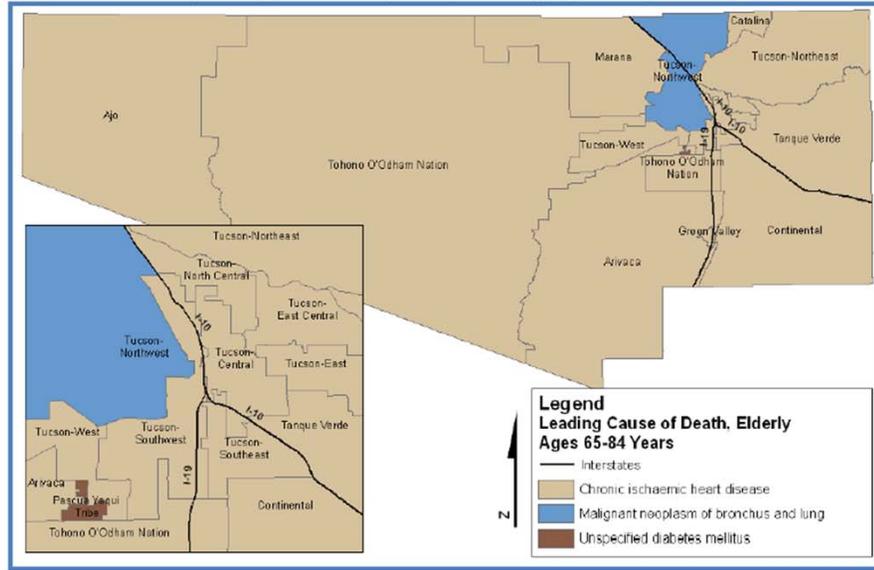
## Adolescents

## Young Adults Age 20-40

Map 2.7: Pima County Primary Care Areas by Young Adult Mortality, Age 20-40 (2002-2011)<sup>ii</sup>



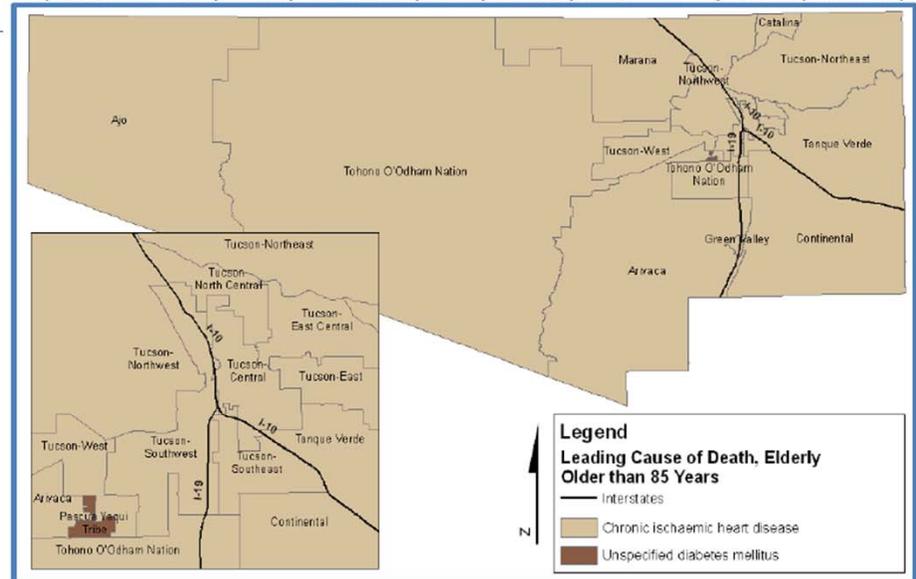
Map 2.9: Pima County Primary Care Areas by Elderly Mortality, Age 65-84 (2002-2011)<sup>ii</sup>



Adults Age 65-84

Adults Age 85+

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



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# CHA and CHIP

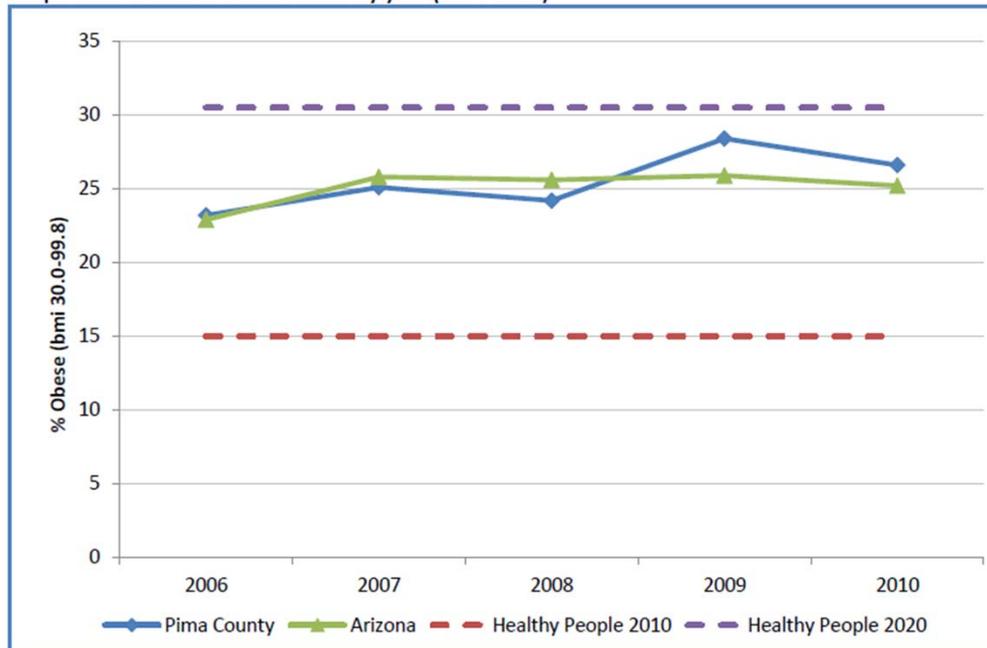
- The Health Department and its community partners concluded a Community Health Assessment in 2011 to research the health status of Pima County residents.
- In April 2013, the Pima County Health Department worked with community partners to determine the key areas of focus for the Department through our 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

Graph 3.3: Percent of Obese Adults by year (2006-2010)<sup>y</sup>

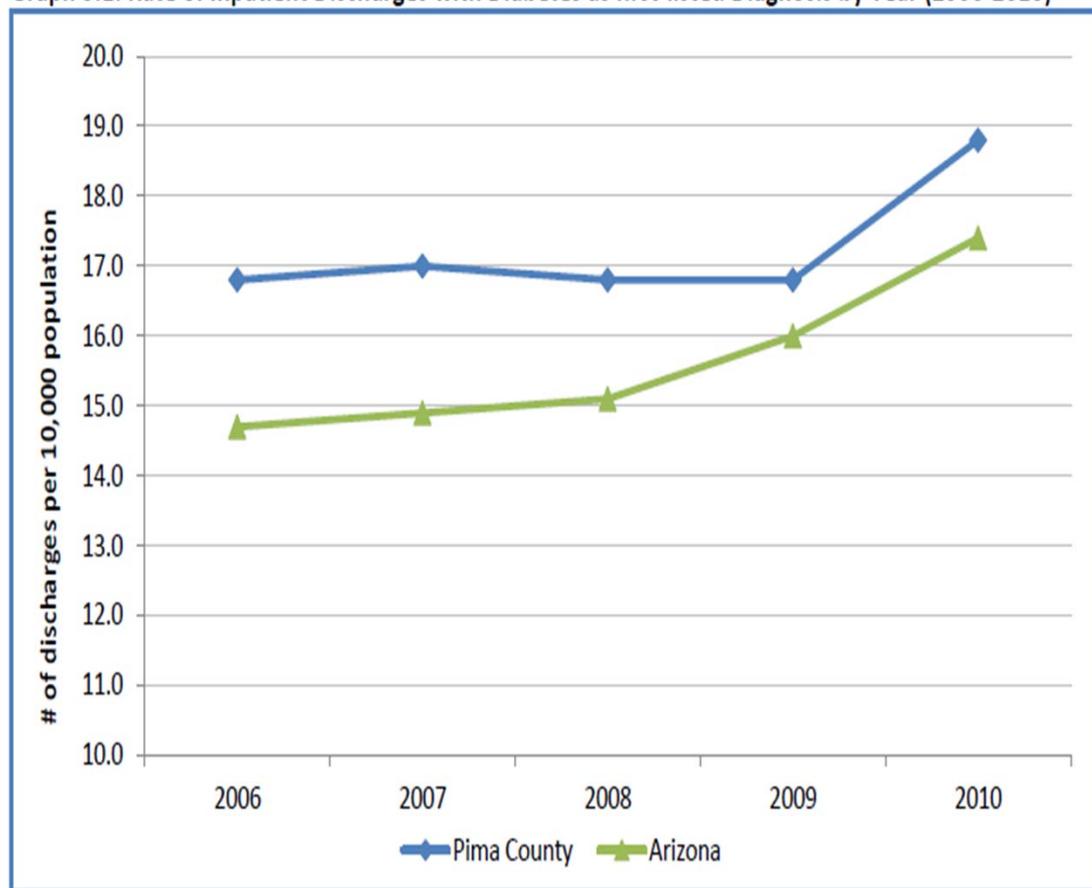


Obesity rate is lowering, but still higher than state average

~ 33% of adults overweight

Just over 25% obesity rate in 2010

Graph 3.1: Rate of Inpatient Discharges with Diabetes as first-listed Diagnosis by Year (2006-2010)<sup>iv</sup>



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.

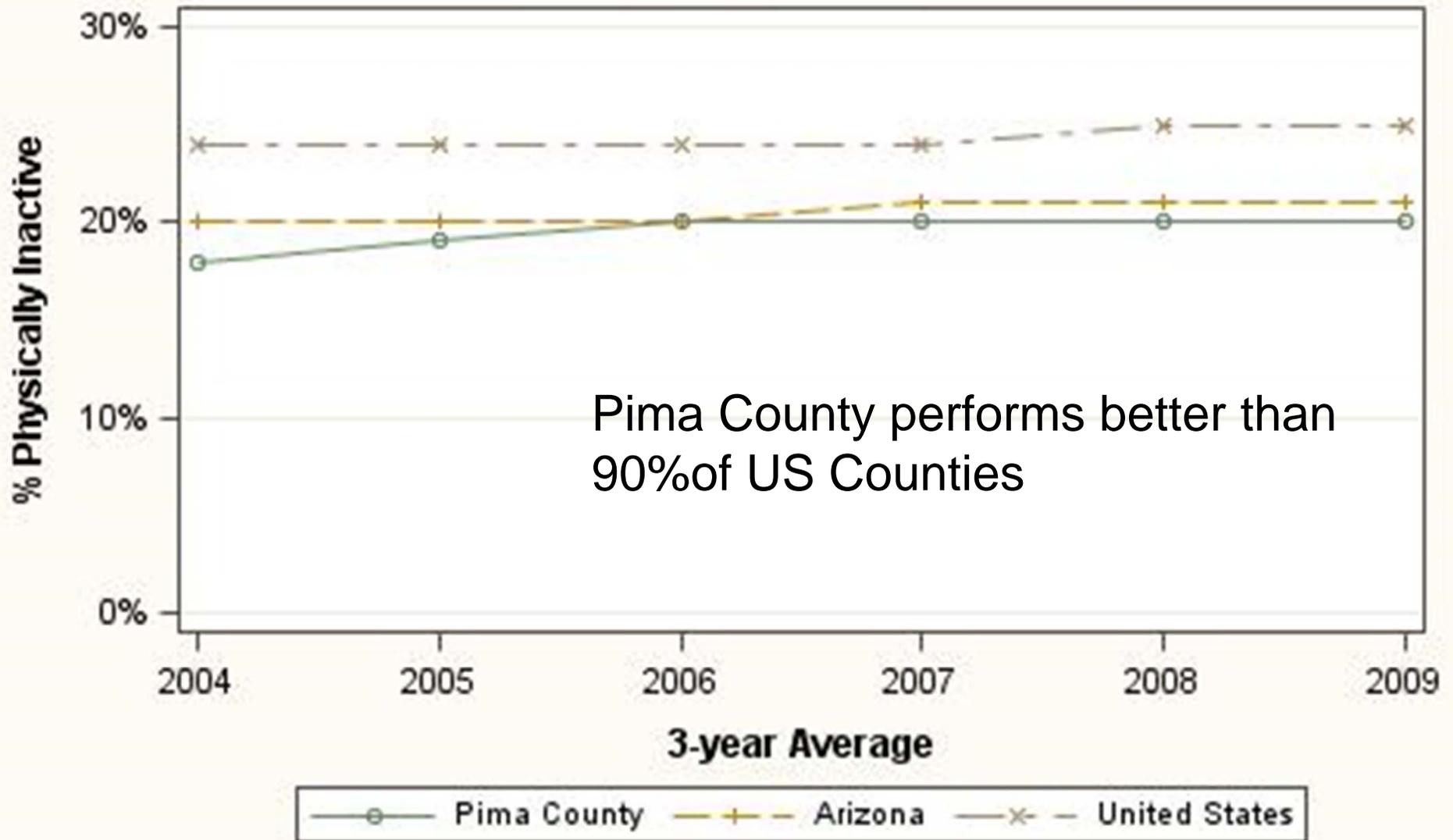
This is up from approximately 17/10,000 in 2009

# 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

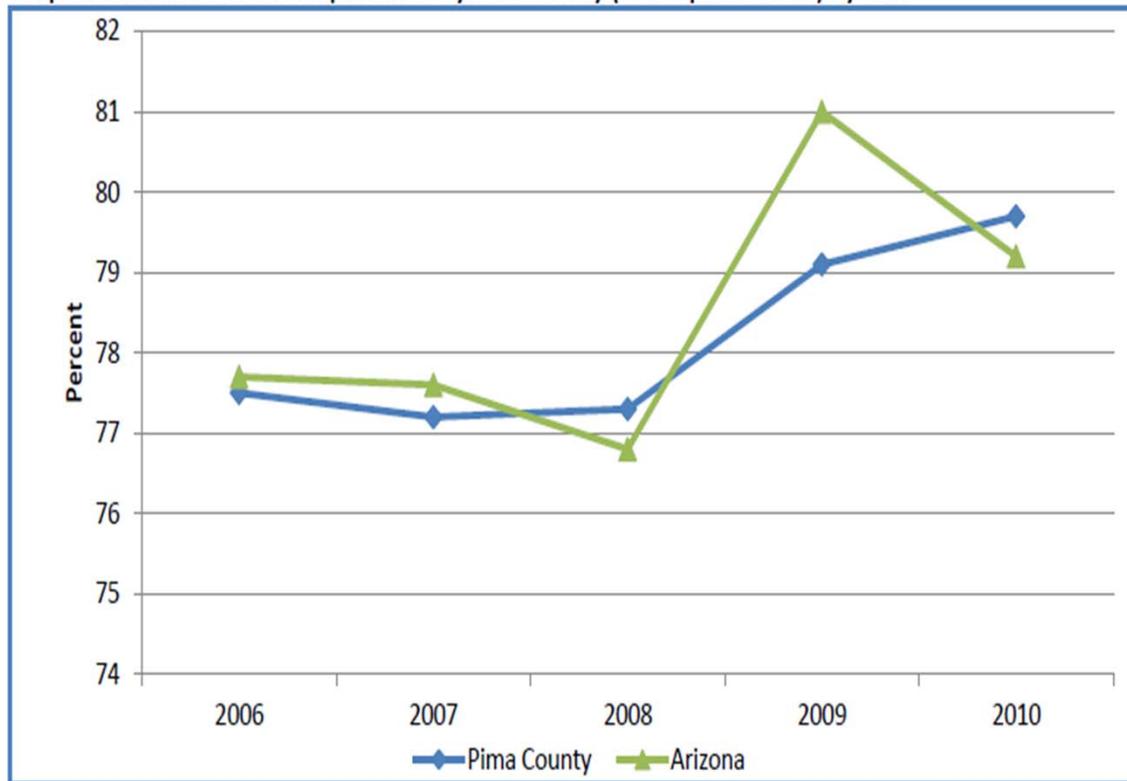


## Physical Inactivity in Pima County, AZ County, State and National Trends



# Physical Activity

Graph 4.1: Adults that Participated in Physical Activity (in the past month) by Year<sup>v</sup>



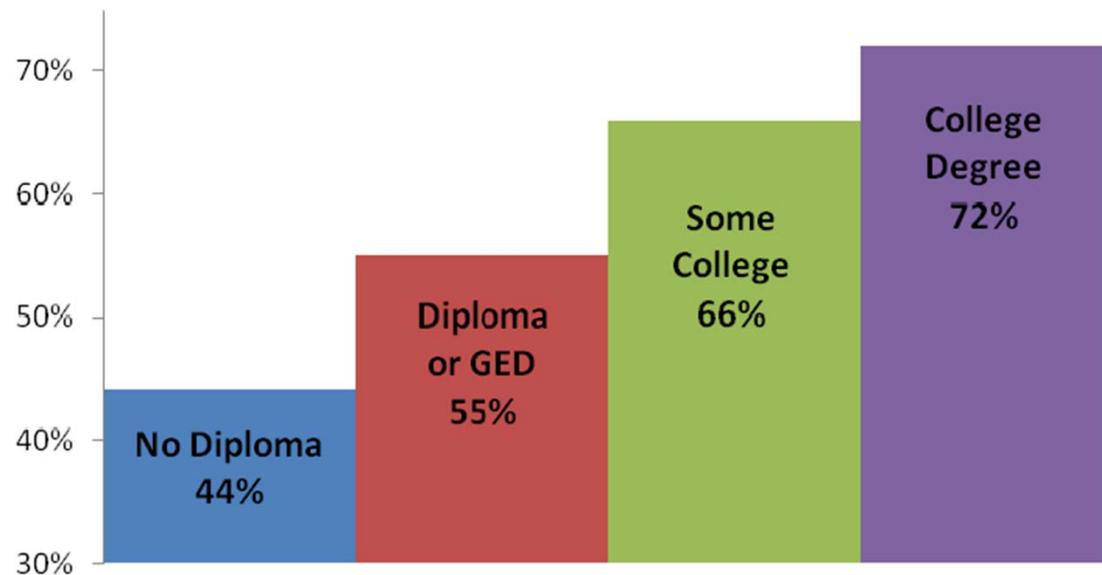
Despite this, the amount of Pima County residents who reported physical activity within the last month (as of the survey) is steadily increasing, opposite the statewide trend.

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



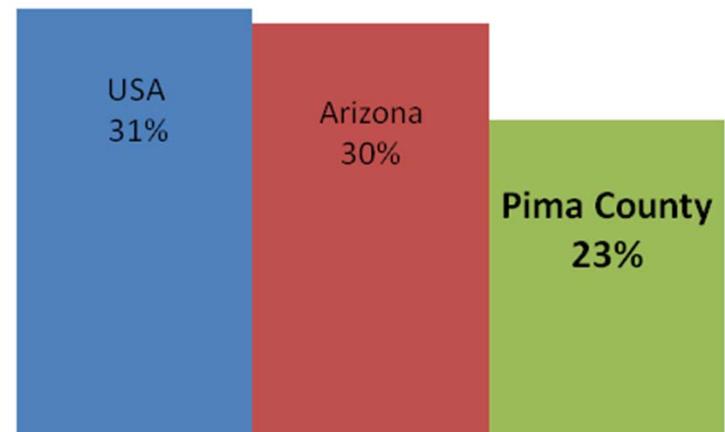
# Childhood Activity levels

- 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

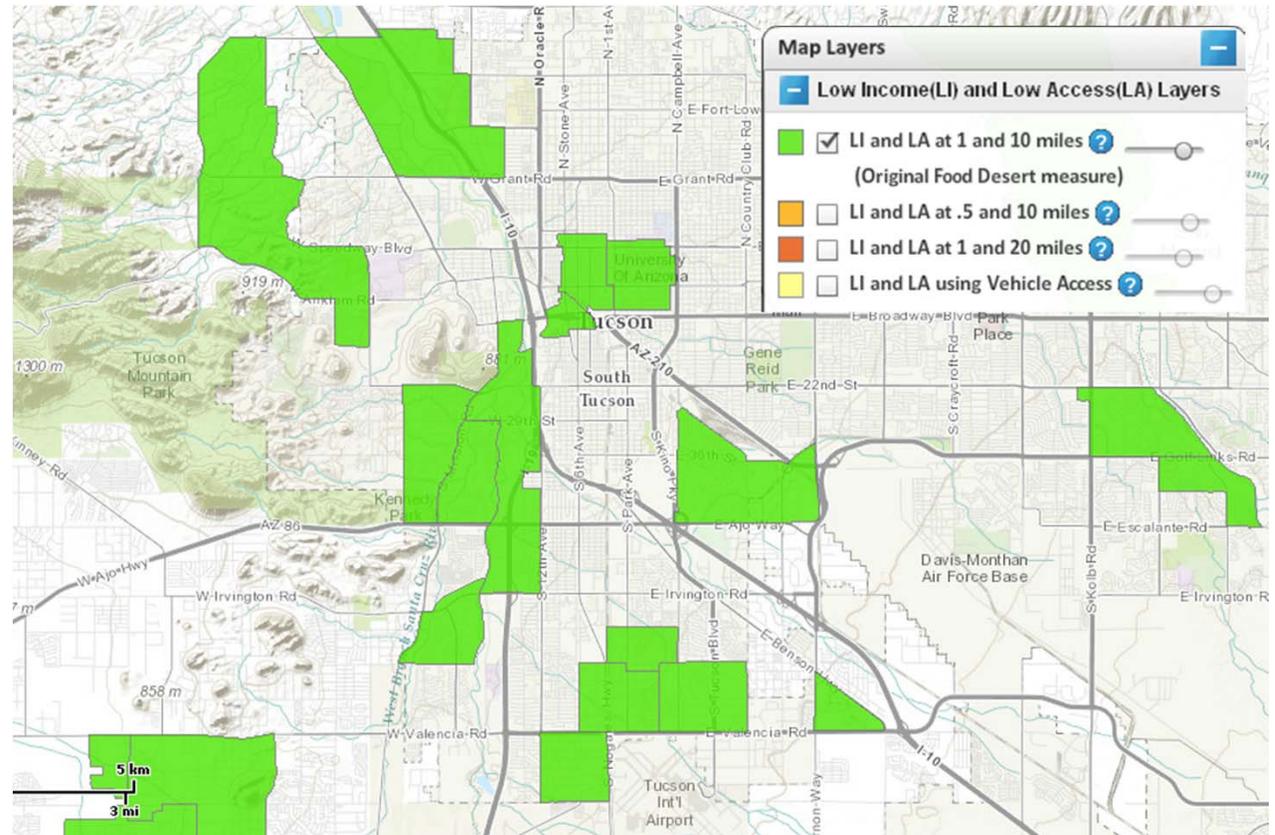


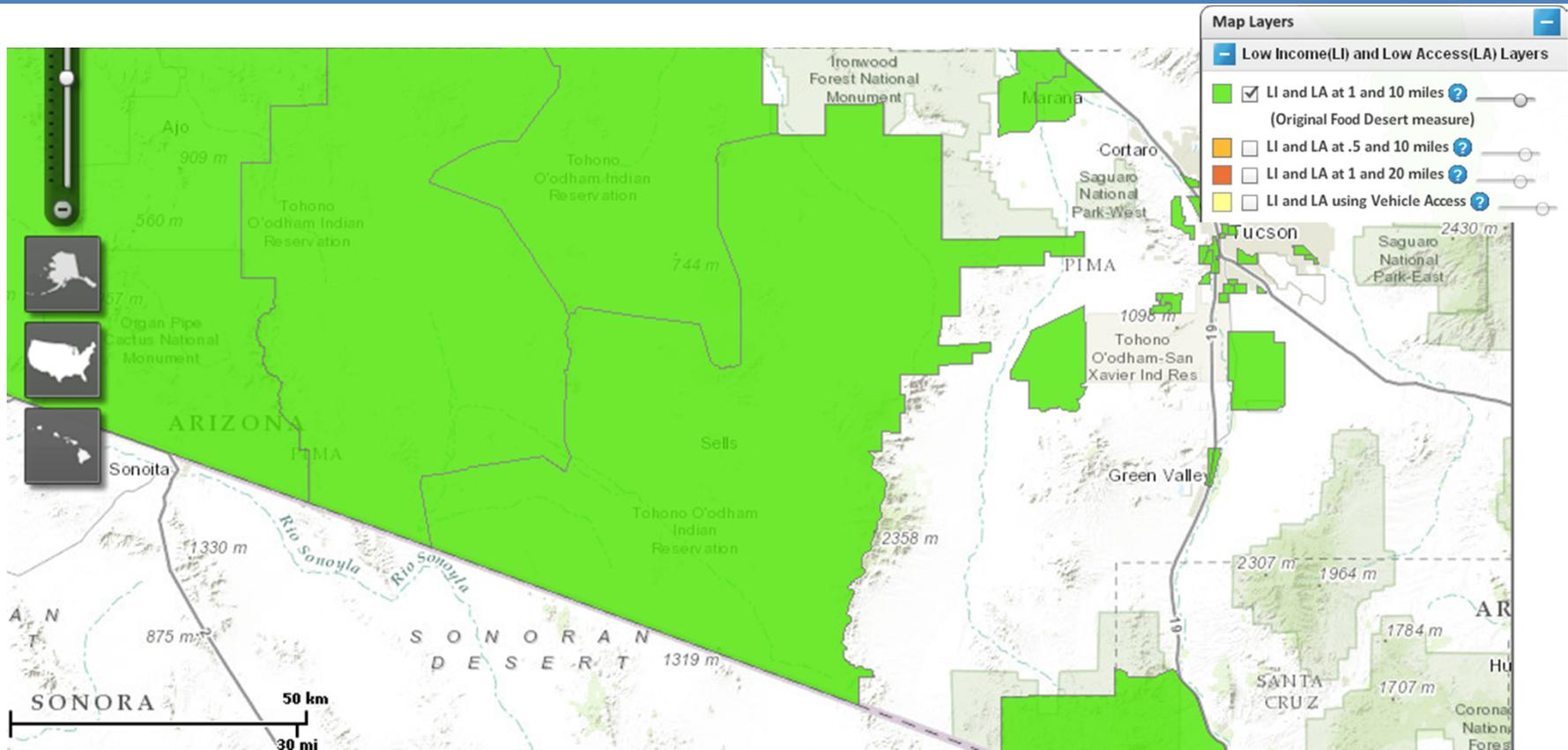
## Daily High School PE



# Access to Healthy Foods

Food deserts located in Pima County





<http://www.ers.usda.gov/data-products/food-access-research-atlas/go-to-the-atlas.aspx#.Uh6GAH8mPfU>

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