

HEALTH CONDITIONS

☞ Health Planning District I, also called Lenowisco, includes the counties of:

- ☞ Lee
- ☞ Scott
- ☞ Wise
- ☞ Norton City

☞ Health Planning District II, called Cumberland Plateau, includes the counties of

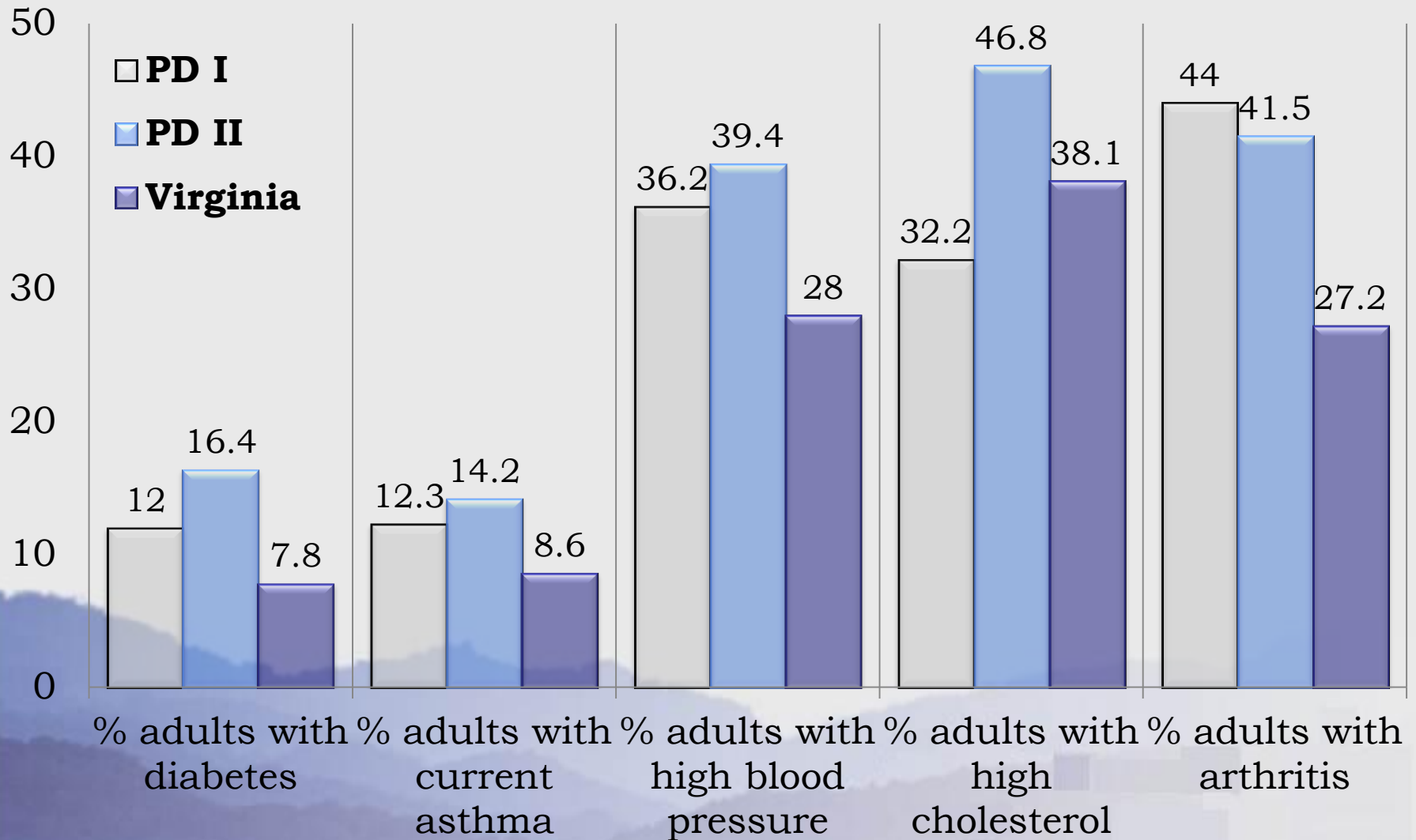
- ☞ Buchanan
- ☞ Dickenson
- ☞ Russell
- ☞ Tazewell

These Planning Districts are located in Southwestern Virginia (SWVA).

Prevalence of Select Chronic Diseases

	PD I	District Rank (out of 35)	PD II	District Rank (out of 35)	Virginia
Percent adults with diabetes	12.0%	31	16.4%	35	7.8%
Percent adults with current asthma	12.3%	34	14.2%	35	8.6%
Percent adults with high blood pressure	36.2%	31	39.4%	34	28.0%
Percent adults with high cholesterol	32.2%	20	46.8%	34	38.1%
Percent adults with arthritis	44.0%	35	41.5%	33	27.2%
Percent adults with cardiovascular disease	11.5%	30	16.7%	35	7.7%

Prevalence of Select Chronic Diseases



Cancer Incidence Rates/100,000

	<u>Counts</u>	<u>Rate</u>	<u>District rank</u>
Lenowisco	553	502.6	31
Cumberland plateau	643	461.9	19
Virginia	34,288	445.6	

Cancer Mortality Rates/100,000

	<u>Counts</u>	<u>Rate</u>	<u>District rank</u>
Lenowisco	242	209.2	31
Cumberland plateau	292	200.6	24
Virginia	13,902	176.8	

Cancer Hospitalization Rates/100,000

	<u>Counts</u>	<u>Rate</u>	<u>District rank</u>
Lenowisco	153	13.8	1
Cumberland plateau	291	20.3	4
Virginia	25,454	31.5	

Cancer Mortality Rates

	Lenowisco (PD I)			Cumberland Plateau (PD II)			Virginia State		
	Deaths	%	Rate	Deaths	%	Rate	Deaths	%	Rate
Lung Cancer	422	35.9	74.6	473	34.3	66.6	20,105	29.5	54.8
Colorectal Cancer	94	8.0	16.8	101	7.3	14.5	6,310	9.3	17.3
Breast Cancer	79	6.7	25.4	103	7.5	26.0	5,348	7.8	25.4
Prostate Cancer	49	4.2	22.6	53	3.8	23.6	3,520	5.2	26.6

Total deaths over the years 2003-2007.
 Percent of total deaths due to cancer in all sites
 Rate/100,000 people

Mortality vs. Morbidity

2002-2006 Age-Adjusted Average Rates*

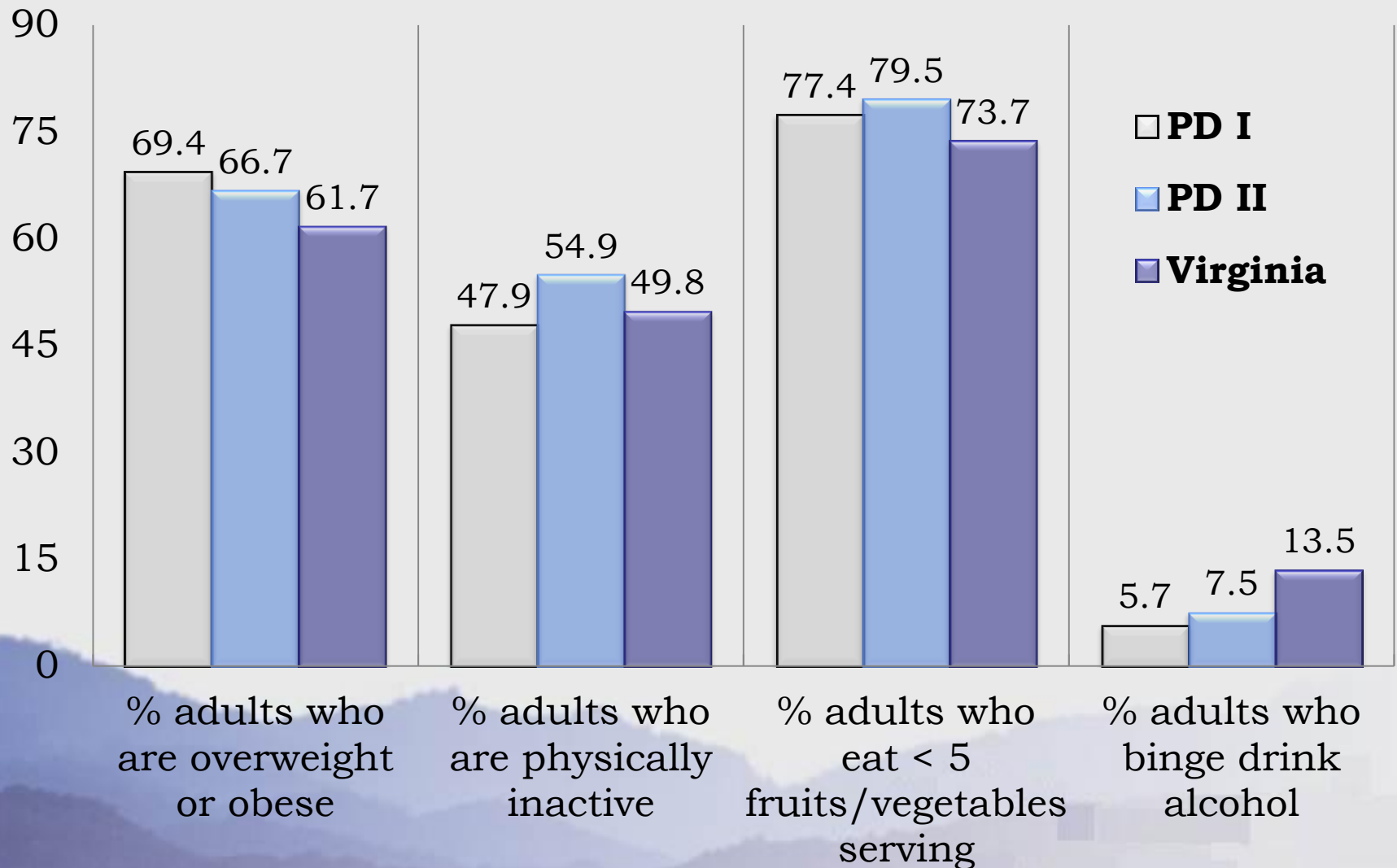
	Lenowisco (PD I)		Cumberland Plateau (PD II)		Virginia (State)	
	Morbidity	Mortality	Morbidity	Mortality	Morbidity	Mortality
All sites	439	205	388	205	424	189
Lung Cancer	104	74	82	69	69	56
Colorectal Cancer	53	17	40	17	48	18
Breast Cancer	121	26	104	28	121	26
Prostate Cancer	103	22	104	22	156	28

***Rates are per 100,000 people in the population.**

Risk Factors

Health Risk Behaviors	Lenowisco PD I	District Rank (out of 35)	Cumberland PD II	District Rank (out of 35)	Virginia
Percent adults who are overweight or obese	69.4%	30	66.7%	23	61.7%
Percent adults who are physically inactive	47.9%	10	54.9%	32	49.8%
percent adults who eat < 5 fruits/vegetables serving	77.4%	26	79.5%	31	73.7%
percent adults who binge drink alcohol	5.7%	1	7.5%	4	13.5%

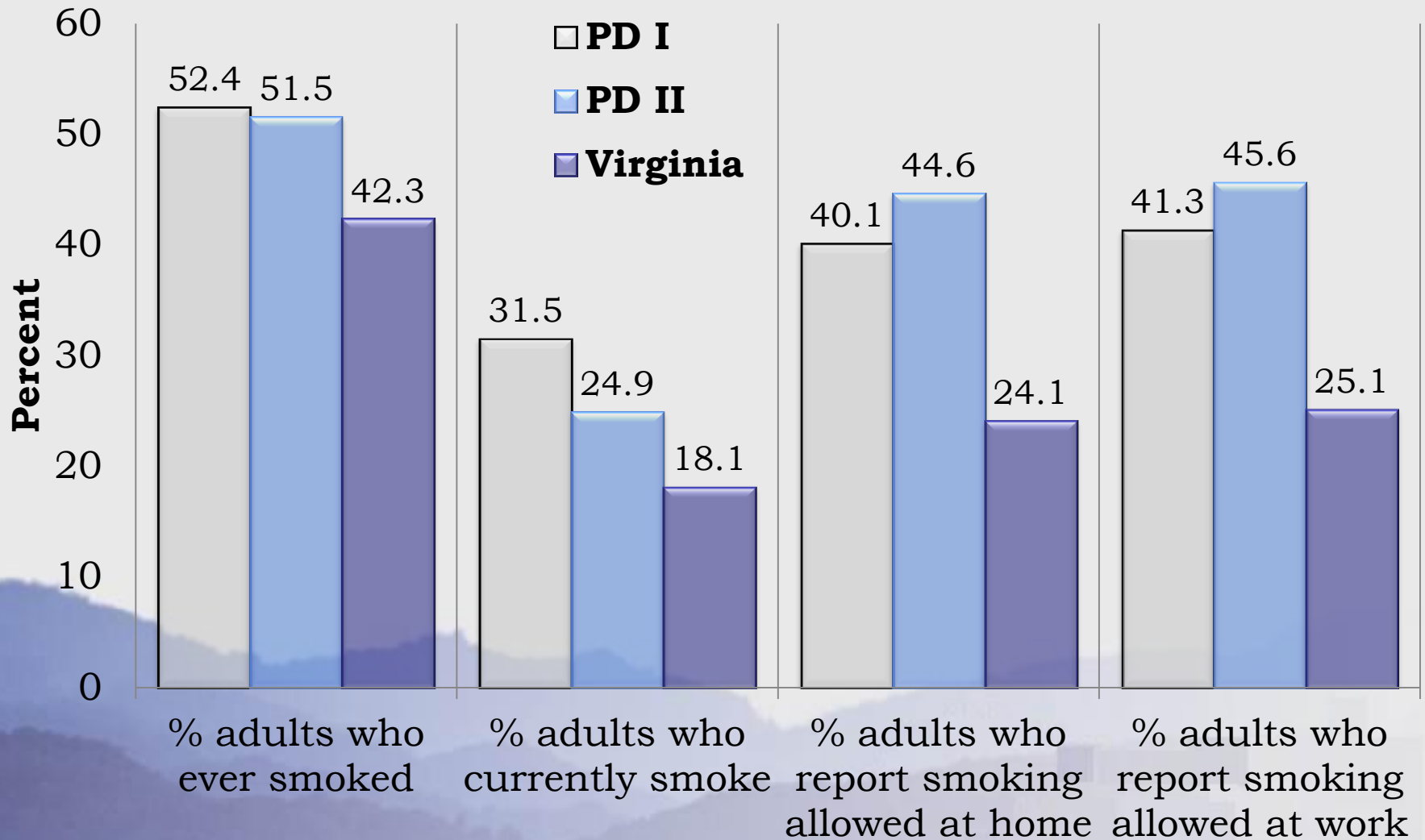
Risk Factors



Risk Factor Vs. Mortality Due to Tobacco Use

Tobacco Use	PD I	District Rank (out of 35)	PD II	District Rank (out of 35)	Virginia
Percent adults who ever smoked	52.4%	32	51.5%	31	42.3%
Percent adults who currently smoke	31.5%	35	24.9%	29	18.1%
Percent adults who report smoking allowed at home	40.1%	32	44.6%	35	24.1%
Percent adults who report smoking allowed at work	41.3%	31	45.6%	33	25.1%
Morbidity (hospitalization) Chronic Obstructive Pulmonary Dx (Age-adjusted rate/10,000)	59.8	34	78.8	35	17.8
Mortality (Deaths) Chronic Obstructive Pulmonary Dx (Age-adjusted rate/100,000)	69.8	33	76.6	34	38.5

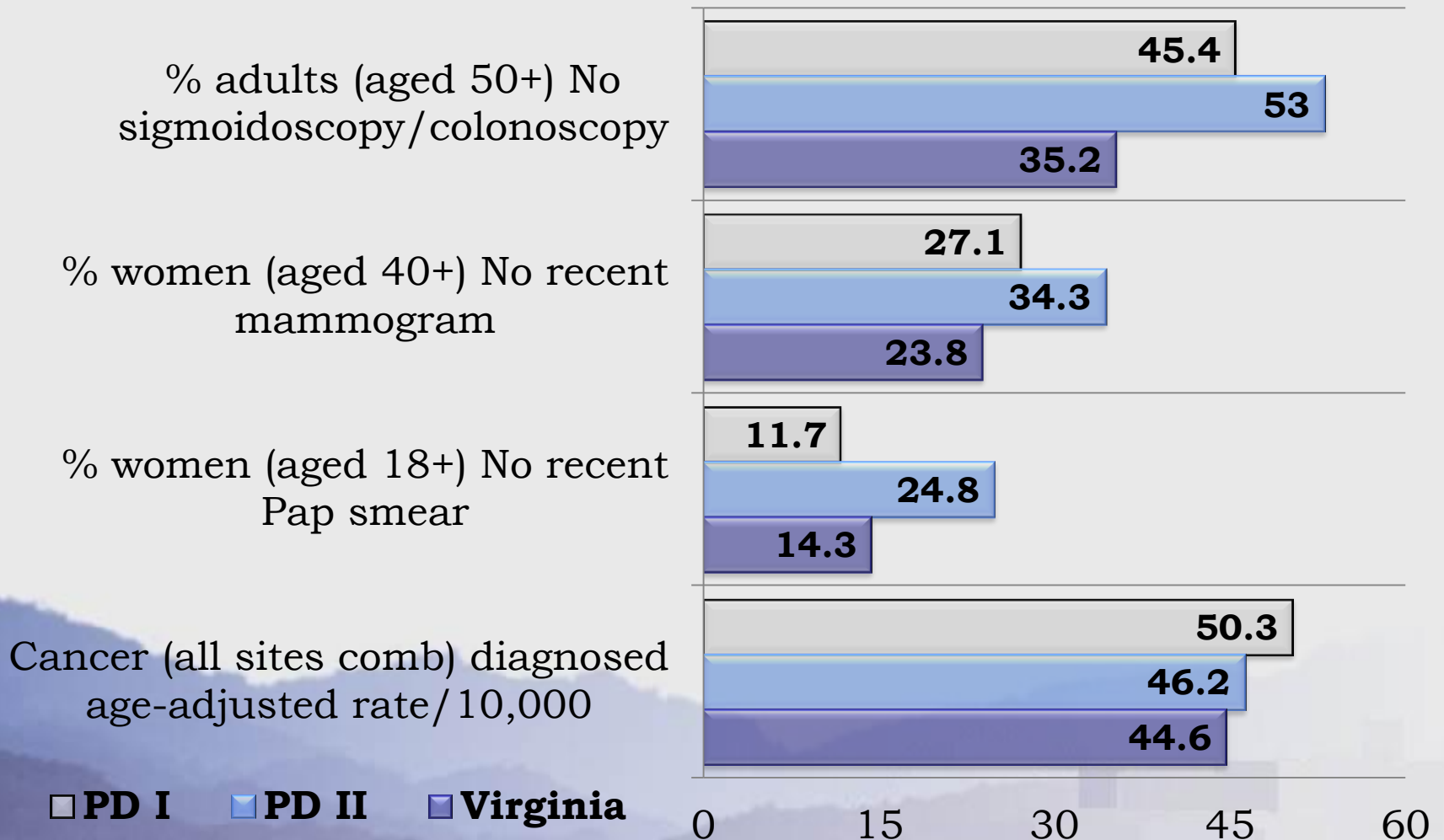
Risk Factor: Tobacco Use



Preventive Health Behaviors

	PD I	District Rank (out of 35)	PD II	District Rank (out of 35)	Virginia
Percent adults (aged 50+) No sigmoidoscopy/colonoscopy in their life	45.4%	31	53.0%	35	35.2%
Percent women (aged 40+) No mammogram in the past 2 years	27.1%	27	34.3%	35	23.8%
Percent women (aged 18+) No Pap smear test in the past 3 years	11.7%	11	24.8%	34	14.3%
Cancer Incidence (New Cases)					
Cancer (all sites comb) diagnosed age-adjusted rate/10,000	50.3	31	46.2	19	44.6

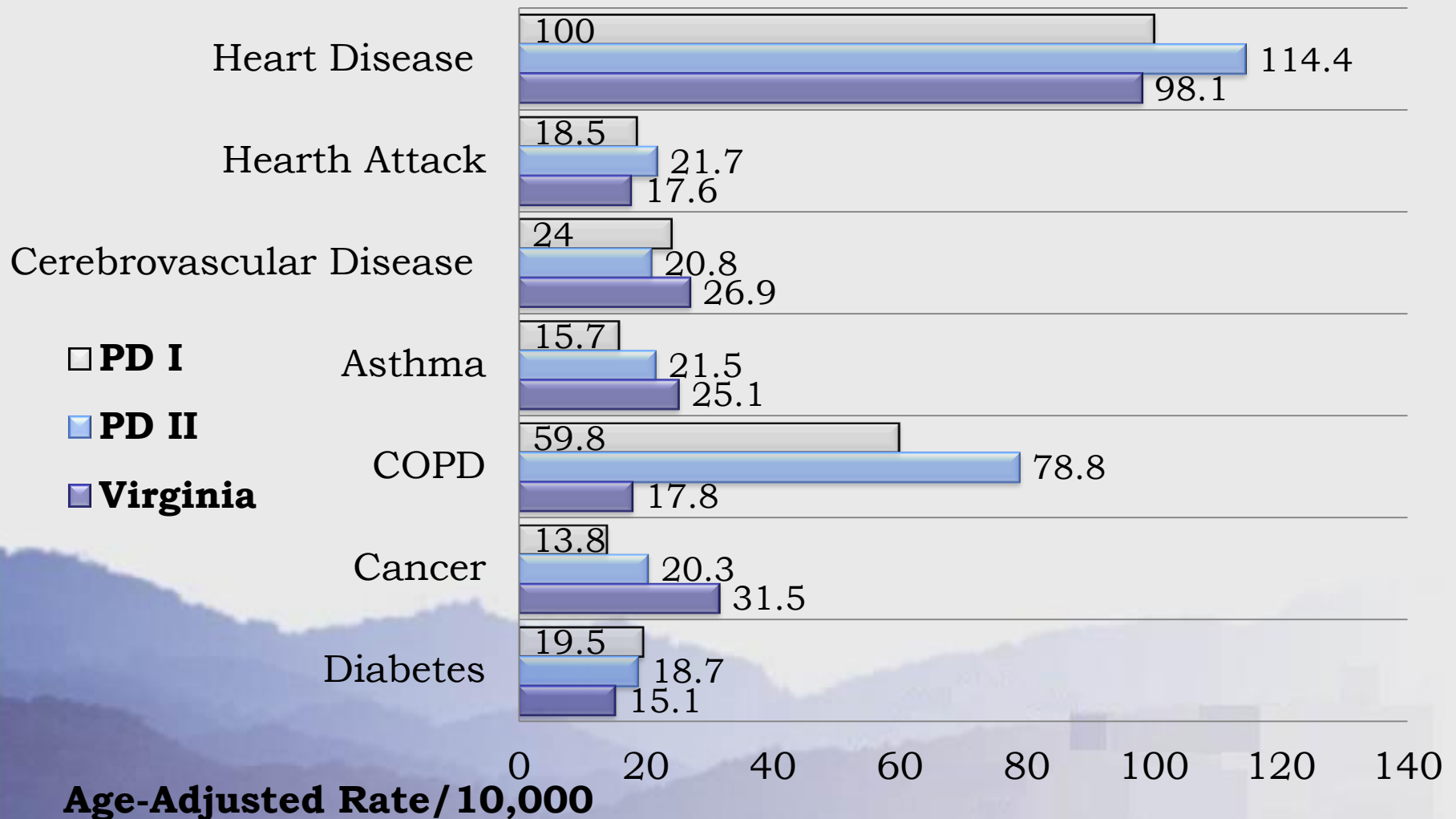
Preventive Health Behaviors



Hospitalization of Selected Chronic Diseases per 10,000 people

	PD I	District Rank (out of 35)	PD II	District Rank (out of 35)	Virginia
Heart Disease	100	15	114.4	24	98.1
Acute Myocardial Infarction (Heart Attack)	18.5	16	21.7	25	17.6
Cerebrovascular Disease (includes Stroke)	24.0	11	20.8	5	26.9
Asthma	15.7	27	21.5	33	25.1
Chronic Obstructive Pulmonary Disease	59.8	34	78.8	35	17.8
Cancer	13.8	1	20.3	4	31.5
Diabetes	19.5	25	18.7	24	15.1

Hospitalization of Selected Chronic Disease Rate/ 10,000 people



DATA SOURCES

Tobacco Use & Risk Behaviors: Virginia Department of Health (VDH), Office of Family Health Services (OFHS), Virginia Behavioral Risk Factor Surveillance System (VA BRFSS), 2006-2008 (adult smoking, smoking allowed in the home, overweight/obesity, binge drinking); 2003-2007 (smoking allowed in the workplace); 2005 & 2007 (eat less than five daily servings of fruit & vegetables, no moderate/vigorous physical activity). Percentages and counts (population numbers) are weighted.

Chronic Conditions: VDH, OFHS, VA BRFSS, 2006-2008 (diabetes, asthma, cardiovascular disease, including coronary heart disease, heart attack and stroke combined); 2005-2007 (high blood pressure, high cholesterol); 2005 & 2007 (arthritis). Percentages and counts (population numbers) are weighted.

Preventive Health Behaviors: VDH, OFHS, VA BRFSS. Rates based on 2004-2006 & 2008 data combined for never having a colonoscopy/sigmoidoscopy (adults 50 years and older), no mammography within the past two years (women 40 years and older), no Pap smear within the past three years (women 18 years and older), never receiving a PSA test (men 50 years and older). For flu vaccination in the past year (adults 65 years and older), rates are based on data from 2005-2008. Percentages are weighted.

* Standard error is greater than 5%. The rate may be unreliable; use caution when interpreting the rate.

Cancer Incidence: VDH, OFHS, Virginia Cancer Registry. Rates are based on new cases reported in 2006. Rates per 100,000 are age-adjusted to the 2000 U.S. standard population. Rates based on counts less than 16 are not reported (NR).

Morbidity and Mortality:

· Hospitalizations: Virginia Health Information (VHI), 2008 Patient-Level Hospital Discharge Database. Rates per 10,000 are age-adjusted to the 2000 U.S. standard population. Applies to discharges (primary diagnosis only) with the following ICD-9 codes: heart disease (390-398, 402, 404-429); cerebrovascular disease (430-438); chronic obstructive pulmonary disease, or COPD (490-492, 496); diabetes (250); and asthma (493).

· Deaths: Virginia Department of Health, Division of Health Statistics, 2008 death certificate dataset. Rates per 100,000 are age-adjusted to the 2000 U.S. standard population. Applies to deaths (underlying cause only) with the following ICD-10 codes: ischemic heart disease (I20-I25); cerebrovascular disease (I60-I69); COPD (J40-J44, J47); and cancer (C00-C97). Rates based on number of deaths < 26 are not reported (NR).

Quality of Life: VDH, OFHS, VA BRFSS, 2006-2008 [fair to poor general health status; limitations in activities due to physical, mental, or emotional problem; frequent (14 or more days in the past month) experience of days when mental health was poor]. Percentages and counts (population numbers) are weighted.

Access to Health Care: VDH, OFHS, VA BRFSS. Rates for no health insurance, no primary care physician or usual source of care, and no doctor visit due to health care cost are based on 2006-2008 data combined; for no dental visit in the past year, 2006 & 2008 were combined. Percentages and counts (population counts) are weighted.

Demographics: U.S. Census Bureau: American Community Survey, 2008 (population estimates); ACS, 2006-2008 (have at least high school education, poverty); Small Area Health Insurance Estimates (SAHIE), State and County by Demographic and Income Characteristics, 2006 (no health insurance). For high school education and poverty status, the district percentage is computed from an average of the counties in the district for which there are available estimates. NA = "Not available" due to few or no counties reporting an estimate.