Moving Forward in 2010

Health Status by Race and Ethnicity
2005 Versus 2010

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Moving Forward in 2010

Methods

• **Analysis Years:** 2005 and 2010
  (Data collection years varied.)

• **Data Sources:** Birth and Death Certificates, Statewide Surveys, and Mandated Reporting by Healthcare Organizations

• **Age-Adjusted Rates** were used to determine changes over time or differences between populations when appropriate. (Crude rates are listed in this presentation.)

(Age-adjusted rates and exact years of data collection are available in the written reports.)
How Did It Happen?

1. CMH contacted epidemiologists from throughout UDOH and requested data.

2. UDOH Programs analyzed data by race and ethnicity for their areas of expertise and returned it to CMH.

3. CMH checked the validity of the data, interpreted it and drafted text.

4. UDOH Programs read and revised the draft text.

5. CMH finalized and publicized the report.
## Median Age

<table>
<thead>
<tr>
<th>All Utahns</th>
<th>28.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic White</td>
<td>29.2</td>
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<tr>
<td>Asian</td>
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<tr>
<td>American Indian</td>
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<tr>
<td>Hispanic</td>
<td>24.4</td>
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<tr>
<td>Pacific Islander</td>
<td>21.3</td>
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<tr>
<td>Black/African American</td>
<td>17.1</td>
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</tbody>
</table>

Source: American Community Survey, 2006-2008
## Life Expectancy

<table>
<thead>
<tr>
<th>Category</th>
<th>Expectancy</th>
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<tbody>
<tr>
<td>All Utahns</td>
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<tr>
<td>Asian</td>
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<tr>
<td>Hispanic</td>
<td>79.9</td>
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<td>Non-Hispanic White</td>
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<td>Pacific Islander</td>
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<tr>
<td>Black/African American</td>
<td>77.2</td>
</tr>
<tr>
<td>American Indian</td>
<td>76.7</td>
</tr>
</tbody>
</table>

Life Expectancy

Dying Young:

**American Indians**
- Highest Violent Death
- Highest Unintentional Injury Death

Living Long:

**Asians**
- Lowest Obesity
- Low Chronic Disease Rates
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Poverty Rates

Utah Poverty Rates

- American Indian: 22.1%
- Asian: 14.3%
- Black/African American: 19.6%
- Pacific Islander: 14.4%
- Hispanic: 19.5%
- Non-Hispanic White: 8.2%

Source: American Community Survey, 2006-2008
Access to Health Care

Greater Needs than All Utahns

- **Health Insurance**: Hispanics and American Indians
- **Unable to Get Needed Care**: American Indians, Hispanics, Blacks/African Americans
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Qualitative Follow-Up

Barriers to Healthcare Access

• Cost
• Lack of Knowledge of Health System and Resources Available
• Distrust of Doctors
• Racism in Health Care Settings
• Language Barriers
• Fear of Finding Something Wrong
Access to Health Care

Moving the Wrong Way
Races/Ethnicities with Rising Uninsurance Rates

Hispanics without Insurance
2001: 8.8%
2006-2008: 35.7%

Pacific Islanders without Insurance
2001: 23.0%
2006-2008: 25.8%

Source: Utah Healthcare Access Survey
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Access to Health Care

Moving in the Right Direction

- Colon Cancer Screening: Hispanics and Pacific Islanders
- Early Prenatal Care: Hispanics
- Blood Cholesterol Screening: Pacific Islanders
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Risk Factors for Illness

Greater Needs than Statewide

- **Smoking**: American Indians and Blacks/African Americans
- **Physical Activity**: American Indians, Blacks/African Americans and Hispanics
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Risk Factors for Illness

Utah Overweight Rates

- American Indian: 72.5%
- Asian: 32.4%
- Black/African American: 66.3%
- Pacific Islander: 75.1%
- Hispanic: 62.2%
- Non-Hispanic White: 55.9%

Source: BRFSS, 2003-2008
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Risk Factors for Illness

Utah Asians and Obesity Prevention

• Fruit and Vegetable Consumption is the highest in the state.

• Physical Activity has improved since 2005.
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Qualitative Follow-Up

Barriers to Healthy Weight

• Modern lifestyle
• Depression
• Pacific Islanders: Cultural preference for large body size & acculturation to American processed foods
• Hispanics: winter weather, cost of healthy food & knowledge of nutrition
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Mother and Infant Health

Utah Infant Mortality

- American Indian: 4.7
- Asian: 4.5
- Black/African American: 8.4
- Pacific Islander: 8.8
- Hispanic: 5.1
- Non-Hispanic White: 4.4

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**Mother and Infant Health**

**Pacific Islanders had the Lowest Rates of...**
- Early Prenatal Care
- Folic Acid Consumption

**Pacific Islanders had the Highest Rates of...**
- Obesity in Pregnancy
- Postpartum Depression
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Qualitative Follow-Up

Pacific Islander Barrier to Healthy Births

• Lack of Knowledge of Health Guidelines
Blacks/African Americans had the **Highest Rates of**…

- Low Birth Weight
- Preterm Birth
- Unintended Pregnancy
- Smoking during Pregnancy
African American Barriers to Healthy Births

- Unplanned pregnancy
- Unprepared for pregnancy
- Prenatal care is too late
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Mother and Infant Health

Utah American Indians and Breastfeeding

Ever Breastfeeding
- American Indians: 70.3%
- All Utahns: 91.1%

Continuing Breastfeeding 2-6 Months Postpartum
- American Indians: 43.9%
- All Utahns: 67.5%

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Qualitative Follow-Up

Barriers to Breastfeeding

- Workplace Barriers
- Hospitals Promoting Bottle Feeding
- African Americans: Painful nursing or pumping
- Pacific Islanders: modesty in public, babies spaced too close together
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Mother and Infant Health

Moving in the Right Direction

- **Infant Mortality**: Hispanics and Blacks/African Americans
- **Low Birth Weight**: American Indians and Blacks/African Americans
- **Early Prenatal Care**: Hispanics
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Overall Health

Moving in the Right Direction
Utah Blacks/African American Adults with 7+ Days of Poor Health

- Poor Physical Health: 8.7% (2003-2008), 15.0% (1999-2004)
- Poor Mental Health: 16.5% (2003-2008), 28.0% (1999-2004)

Source: Behavioral Risk Factor Surveillance System
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**DISEASE**

**Groups with the Highest Rates**
- **Major Depression**: Hispanics
- **Diabetes Prevalence**: American Indians
- **Diabetes Death**: Pacific Islanders
- **Heart Disease Death**: Whites

**Moving in the Wrong Direction**
- **Chlamydia**: All Races and Ethnicities
### Moving Forward in 2010

#### Disease

##### Moving in the Right Direction

<table>
<thead>
<tr>
<th>Disease</th>
<th>Better than Past</th>
<th>Better than Statewide</th>
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<td>Tuberculosis</td>
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<td>✓</td>
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<tr>
<td>Diabetes Death</td>
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</tr>
<tr>
<td>Coronary Heart Disease Death</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Stroke Death</td>
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</table>
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Heart Disease

Moving in the Right Direction

- Coronary Heart Disease Deaths: Hispanics and Whites
- Stroke Deaths: Hispanics and Whites

Better than Statewide

- Heart Disease Deaths: American Indians, Asians and Hispanics
CANCER

Moving in the Right Direction

- **Prostate Cancer**: Blacks/African Americans and Hispanics
- **Colorectal, Lung and Breast Cancers**: Hispanics and Whites

Moving the Wrong Way

- **Lung Cancer**: Blacks/African Americans
- **Breast Cancer**: Blacks/African Americans and American Indians
- **Prostate Cancer**: Whites
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Next Steps

<table>
<thead>
<tr>
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<th>Completed</th>
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<tbody>
<tr>
<td>OMH Grant</td>
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<td>Outreach Projects</td>
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For more information, see the complete reports.

Health Status by Race and Ethnicity 2010 (HSRE)
health.utah.gov/cmh/data/healthstatus.pdf

Moving Forward in 2010 (Compares 2010 HSRE to 2005 HSRE)
health.utah.gov/cmh/data/MovingForward.pdf