Arizona State Health Assessment 2019

Healthy Communities Conference
March 28, 2019

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Assessment Framework

- Assess Health Needs
- Assess Capacity
- Matching Needs & Capacity
- Set priorities & performance objectives
- Strategic plan and allocation of resources
- Further in-depth studies of specific needs
2017/2018 Update

www.azhealth.gov/azhip/
Arizona Health Improvement Plan 2016

First Edition of the AzHIP Published in 2016, included:

• Asthma & Chronic Lower Respiratory Diseases (CLRD)
• Cancer
• Diabetes
• Healthcare Associated Infections (HAI)

• Heart Disease & Stroke
• Maternal & Child Health
• Obesity
• Oral Health
• Tobacco
• Unintentional Injury
Arizona Health Improvement Plan
AzHIP Additions Released in 2017, included:

2 Health Priorities
• Suicide
• Substance Abuse

4 Cross-Cutting Issues
• Worksite Wellness
• Access to Care
• Built Environment
• School Health

Mental health will be added in 2019
Healthy People, Healthy Communities

✓ Healthy People
✓ Outcomes Across the Lifespan
   • Maternal, Child, and Adolescent Health
   • Healthy Adults
   • Healthy Aging
✓ Healthy Communities
   • Neighborhood Impact
   • Social Influences
   • Tribal Health
✓ Opportunities for Health
HEALTHY PEOPLE
Arizona’s population is the 6th fastest growing in the United States. Since 2010, the average population growth rate is 1.4%.
Between 2010 – 2017, the largest population growth (36.3%) has been among residents ages 65 and older. Arizona’s population has decreased among infants by 2.2%.
Between 2010 – 2017, the largest population growth has been among Asian, multiracial and Black Arizonans.
OUTCOMES ACROSS THE LIFESPAN
<table>
<thead>
<tr>
<th>Rank</th>
<th>&lt;1Y</th>
<th>1-14Y</th>
<th>15 - 19Y</th>
<th>20-44Y</th>
<th>45-64Y</th>
<th>65+Y</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Congenital Anomalies 92</td>
<td>Unintentional Injury 76</td>
<td>Unintentional Injury 107</td>
<td>Unintentional Injury 1,219</td>
<td>Cancer 2,727</td>
<td>Heart Disease 10,171</td>
</tr>
<tr>
<td>2</td>
<td>Short Gestation 64</td>
<td>Cancer 30</td>
<td>Suicide 62</td>
<td>Suicide 514</td>
<td>Heart Disease 1,853</td>
<td>Cancer 8,850</td>
</tr>
<tr>
<td>3</td>
<td>Maternal Complications 31</td>
<td>Suicide 16</td>
<td>Homicide 32</td>
<td>Cancer 301</td>
<td>Unintentional Injury 1,175</td>
<td>Chronic Lower Respiratory Disease 3,293</td>
</tr>
<tr>
<td>4</td>
<td>Unintentional Injury 23</td>
<td>Congenital Anomalies 13</td>
<td>Cancer 8</td>
<td>Homicide 268</td>
<td>Liver Disease 591</td>
<td>Alzheimer's Disease 2,997</td>
</tr>
<tr>
<td>5</td>
<td>SIDS 14</td>
<td>Homicide 10</td>
<td>Heart Disease</td>
<td>Heart Disease 248</td>
<td>Diabetes 545</td>
<td>Cerebrovascular Disease 2,292</td>
</tr>
<tr>
<td>6</td>
<td>Intrauterine hypoxia 11</td>
<td>Influenza &amp; Pneumonia</td>
<td>Abnormal Findings</td>
<td>Liver Disease 149</td>
<td>Chronic Lower Respiratory Disease 460</td>
<td>Unintentional Injury 1,485</td>
</tr>
<tr>
<td>7</td>
<td>Homicide 10</td>
<td>Chronic Lower Respiratory Disease</td>
<td>*</td>
<td>Diabetes 77</td>
<td>Suicide 413</td>
<td>Diabetes 1,411</td>
</tr>
<tr>
<td>8</td>
<td>Respiratory Distress 6</td>
<td>Asthma</td>
<td>*</td>
<td>Obesity 45</td>
<td>Cerebrovascular Disease 304</td>
<td>Hypertension 850</td>
</tr>
<tr>
<td>9</td>
<td>Influenza &amp; Pneumonia</td>
<td>*</td>
<td></td>
<td>Cerebrovascular Disease 44</td>
<td>Hypertension 149</td>
<td>Parkinson's Disease 737</td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td>HIV 20</td>
<td>Influenza &amp; Pneumonia 125</td>
<td>Influenza &amp; Pneumonia 697</td>
</tr>
</tbody>
</table>

ADHS Vital Records 2017
The 3 leading causes of death by both count and years of potential life lost (YPLL) are heart disease, cancer and unintentional injury.

<table>
<thead>
<tr>
<th>Cause of Death (count)</th>
<th>Cause of death (YPLL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Heart disease</td>
<td>89,604</td>
</tr>
<tr>
<td>2. Cancer</td>
<td>82,697</td>
</tr>
<tr>
<td>3. Unintentional injury</td>
<td>56,505</td>
</tr>
<tr>
<td>4. Chronic lower respiratory diseases</td>
<td>35,206</td>
</tr>
<tr>
<td>5. Alzheimer's disease</td>
<td>18,741</td>
</tr>
<tr>
<td>6. Cerebrovascular diseases</td>
<td>16,485</td>
</tr>
<tr>
<td>7. Diabetes</td>
<td>16,275</td>
</tr>
<tr>
<td>8. Suicide</td>
<td>14,133</td>
</tr>
<tr>
<td>9. Chronic liver disease &amp; cirrhosis</td>
<td>10,060</td>
</tr>
<tr>
<td>10. Essential (primary) hypertension &amp; hypertensive renal disease</td>
<td>4,690</td>
</tr>
</tbody>
</table>
For 2018, Arizona ranked 30th according to America’s Health Ranking Annual Report.

Positive impact includes measures where Arizona is standard deviations from the national average.

Top Positive Impacts:
- Cancer Deaths
- Preventable Hospitalizations
- Smoking

Top Negative Impacts:
- Violent Crime
- Air Pollution
- High School Graduation

Positive impact includes measures where Arizona is standard deviations from the national average.
MATERNAL & CHILD HEALTH
Infant births over the last 10 years have decreased from more than 102,000 to 81,664.

Note: May include records with unknown county of residence.
In 2017, Congenital malformations, deformations and chromosomal abnormalities were the leading cause of infant deaths.
In 2017, the infant (less than 1) mortality rate was lower than the national average. Black, American Indian/Alaska Native, and Hispanic Arizonans are disproportionately impacted.
A Snapshot of Preconception Health

Women ages 18-45 were included in this analysis.

Only 1 in 5 women have received advice about ways to prepare for a healthy pregnancy.

2 in 5 women prepare for healthy pregnancy with daily folic acid.
In 2017, Unintentional injury was the leading cause of death among children and adolescents.

ADHS Vital Records 2017
Tooth decay is the #1 chronic disease in Arizona children.

More than 6 out of 10 children are affected by tooth decay.

Almost 2 in 3 3rd grade children in Arizona are affected by tooth decay.

2015 Healthy Smiles Healthy Bodies Survey
Non-medical exemption rates for childhood immunizations have increased across age groups. In the event of an outbreak, over 5,000 Arizona kindergarteners would be at risk for measles.
Arizona ranks last in the country as the state with the highest proportion of children ages 0 – 17 who have experienced 2 or more ACEs at 30%.

Parental separation or divorce and economic hardship are the most common ACEs in Arizona.

2016 National Survey of Children’s Health
36.4% of students report feeling sad or hopeless almost every day for 2 weeks or more in a row so that they stopped doing some usual activities. Additionally, more than 1 in 10 Arizona youth indicating attempting suicide with 4.7% requiring medical treatment as a result of a suicide attempt. (AZ vs. U.S.)
Fewer teens reported smoking in 2017 compared to 2013.

**Ever tried cigarette smoking**
- **AZ**: 43.9% in 2013, 29.9% in 2017
- **U.S.**: 41.1% in 2013, 29.9% in 2017

**Currently smoke cigarettes or cigars**
- **AZ**: 20.1% in 2013, 9.5% in 2017
- **U.S.**: 21.0% in 2013, 9.5% in 2017

2013 – 2017 YRBSS
While 1 in 2 teens have ever used an electronic vapor product, **16.1%** report current use. Frequent use of electronic vapor products has *increased* from 3.1% in 2015 to 5.3% in 2017.

**Arizona & U.S.**

- 2015: 3.1% (Arizona: 3.0%)  
- 2017: 5.3% (U.S.: 3.3%)
Among Arizona’s high school students, 1 in 4 report being physically active at least 60 minutes per day in the last week.
The percent attending physical education among this same group has increased from 23% in 2013 to 36.5% in 2017.
Since 2009, the percent of youth reporting they did not drink soda within the last 7 days before the survey has increased both in Arizona and in the U.S.
I need some exercise!
In 2017, Unintentional deaths was the leading cause of death among adults ages 20 – 44.

Cancer was the leading cause of death among adults ages 45 – 64.

ADHS Vital Records 2017
Unintentional injury-related age-adjusted mortality rates are on the rise both in Arizona and nationally with rates more than 2.5 times higher among American Indian Arizonans.
Poisoning and motor vehicle accidents are the 2 leading types of unintentional injuries accounting for the greatest years of potential life lost.
Suicide mortality rates in Arizona remain higher than national rates. Suicide deaths accounted for the loss of 1,304 Arizonans in 2017 with more than half identifying firearm as the injury type.
The invasive cancer incidence rate from 2011 to 2015 impacted an average of 29,943 people each year.

Arizona’s incidence rate remains lower than the national rate.

U.S. Cancer Statistics, CDC and National Cancer Institute
The Arizona age-adjusted mortality rate for heart disease, the state’s leading cause of death, has remained below the U.S. rate over the last 5 years.
The Arizona diabetes mortality rate was 23.8 deaths per 100,000 population in 2017 with rates ranging from 16.5 to 60.2 by county.
Arizona’s American Indians/Alaska Natives are disproportionately burdened with over 1 in 5 living with diabetes.
The percentage of Arizonans reporting they have ever been told they have asthma has remained stable over the last 5 years.
Arizona continues to follow the national average for healthy weight, overweight, and obesity. *(Arizona vs. U.S.)*
The percent of Arizona adults reporting a healthy weight is lower among those with an income below $25,000 and those with an education less than high school.

- Less than High School: 27.0%
- High School or GED: 30.5%
- Some College/Technical School: 32.9%
- College/Technical School Graduate: 38.8%
Over the last 5 years, the percentage of Arizonans who reported currently smoking has remained below the national average.

<table>
<thead>
<tr>
<th>Year</th>
<th>AZ</th>
<th>U.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>16.3%</td>
<td>17.1%</td>
</tr>
<tr>
<td>2014</td>
<td>16.3%</td>
<td>17.1%</td>
</tr>
<tr>
<td>2015</td>
<td>16.3%</td>
<td>17.1%</td>
</tr>
<tr>
<td>2016</td>
<td>16.3%</td>
<td>17.1%</td>
</tr>
<tr>
<td>2017</td>
<td>16.3%</td>
<td>17.1%</td>
</tr>
</tbody>
</table>
Disparities in income and race/ethnicity exist for smoking prevalence in the state.

- Less than $15,000: 21.6%
- $15,000 to $24,999: 17.8%
- $25,000 to $34,999: 16.4%
- $35,000 to $49,999: 14.5%
- $50,000 to $74,999: 12.9%
- $75,000 +
Arizona has been facing an opioid epidemic leading to hundreds of death and thousands of overdoses each year.
Drug Type Involved in Verified Opioid Overdoses, January 1, 2018 - December 31, 2018

- Oxycodone: 25%
- Heroin: 25%
- Benzodiazepine: 17%
- Fentanyl: 17%
- Morphine: 14%
- Hydrocodone: 4%
- Tramadol: 1%
Reported Pre-Existing Conditions for Verified Opioid Overdoses

- History of substance abuse
- Chronic pain
- Anxiety
- Depression
- Suicidal ideation
- Bipolar disorder
- Diabetes
- COPD
- PTSD
- Cancer
- Schizophrenia or schizoaffective
For Arizonan veterans, opportunities exist to improve health indicators. (Veterans vs. Non-Veterans)

U.S. Census Bureau, American Community Survey 5-year period estimates and BRFSS
Rates of suicide among Arizona Veterans

Veteran Suicide

AZ Suicide

ADHS Bureau of Vital Records
HEALTHY AGING
In 2017, heart disease was the leading cause of death among Arizonans ages 65 and older.
3,780 Arizonans died due to Chronic Lower Respiratory Disease (CLRD) in 2017. The 2017 CLRD mortality rate was 43 deaths per 100,000 residents.

ADHS Vital Records 2013 – 2017
Over the last 5 years, the cerebrovascular disease mortality rate in Arizona has increased.
Arizona ranks better than the national average for preventable hospitalizations among Medicare enrollees. The number of discharges for ambulatory care-sensitive conditions per 1,000 Medicare enrollees has reduced nearly 22% from 2014 to 2018.
HEALTHY COMMUNITIES
The average life expectancy in Arizona is **79.5 years**.
Six of the state’s counties fall below the nation average life expectancy of 78.6 years.
A 13 mile distance could mean a difference in 14 years of life.

Virginia Commonwealth University, Center on Society and Health
13.5% of Arizonans report an education level less than high school degree compared to 12.7% nationally.

U.S. Census Bureau, 2013 - 2017 American Community Survey 5-year period estimates
17% of Arizonans are living below the federal poverty level.
35.7% of American Indian/Alaskan Native Arizonans live below the poverty level. **American Indian/Alaskan Native** Arizonans report the lowest percentage of very good or excellent health.

U.S. Census Bureau, 2013 – 2017 American Community Survey 5-year period estimates and BRFSS 2017
Almost 1 in 4 of Arizona’s children are living below the federal poverty level and 30.3% of children are living in households with public assistance including SSI, cash public assistance or SNAP benefits.

U.S. Census Bureau, 2013 – 2017 American Community Survey 5-year period estimates
Among Arizonans reporting a good overall health status, higher percentages were identified among those with at least a high school degree and those with an income over $15,000.

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Good Health Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than High School</td>
<td>62.2%</td>
</tr>
<tr>
<td>At least High School</td>
<td>83.9%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Income Level</th>
<th>Good Health Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;$15,000</td>
<td>56.7%</td>
</tr>
<tr>
<td>&gt;$15,000</td>
<td>84.8%</td>
</tr>
</tbody>
</table>
4.8% of Arizonans are unemployed. This has declined from 6.8% in 2014.
Since 2013, Arizona has seen an increase in residents with health insurance, however, we remain below the national average.

U.S. Census Bureau, 2013 – 2017 American Community Survey 5-year period estimates
Approximately 60% of American Indians and Hispanics in Arizona indicate having a usual source of care. Although AI/ANs are provided with health care by IHS, this does not guarantee all access barriers are addressed.
Providers needed to eliminate Arizona HPSAs

ARIZONA Current Workforce Shortages

605 Physicians
456 Dentists
233 Psychiatrists
13.1% of households in Arizona face food insecurity. Low food access areas include areas where people lack access to healthy food and fresh produce. This negatively affects the health of low-income individuals because they lack the means to travel to obtain healthier foods.

USDA, Economics of Food, Farming, Natural Resources, and Rural America and 2015 USDA ERS Food access by census tract, 2015
Almost 1 in 2 Arizonans pay a gross rent of 30% or more of their household income.

U.S. Census Bureau, 2013 – 2017 American Community Survey 5-year period estimates
The 2018 Point in Time survey identified an estimated 9,865 sheltered and unsheltered homeless individuals statewide. (Unsheltered vs. Sheltered)

Between 2017 and 2018, the total number of homeless individuals increased by almost 10%.
Fewer of Arizona’s adults believe their children live in a supportive neighborhood when compared to the U.S.

58.8% definitely agree their children live in a safe neighborhood.

2016 – 2017 Combined National Survey of Children’s Health
Arizona is in the top 10 states with the highest violent crime rates.

Sexual assault and violence-related injury hospital discharge rates can be used to target priorities and services in the state.

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**2017 Age-adjusted sexual assault and violence-related injury hospital discharge rates**

<table>
<thead>
<tr>
<th>County</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maricopa</td>
<td>13.9</td>
</tr>
<tr>
<td>Pima</td>
<td>36.1</td>
</tr>
<tr>
<td>Cochise</td>
<td>11.7</td>
</tr>
<tr>
<td>Coconino</td>
<td>4.8</td>
</tr>
<tr>
<td>Yavapai</td>
<td>8.0</td>
</tr>
<tr>
<td>Mohave</td>
<td>15.3</td>
</tr>
<tr>
<td>Navajo</td>
<td>19.9</td>
</tr>
<tr>
<td>Apache</td>
<td>*</td>
</tr>
<tr>
<td>La Paz</td>
<td>6.1</td>
</tr>
<tr>
<td>Gila</td>
<td>17.0</td>
</tr>
<tr>
<td>Greenlee</td>
<td>*</td>
</tr>
<tr>
<td>Graham</td>
<td>16.2</td>
</tr>
<tr>
<td>Santa Cruz</td>
<td>16.0</td>
</tr>
</tbody>
</table>

* Counts <6

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US Department of Justice, Federal Bureau of Investigation, Arizona Hospital Discharge Database 2017
The mean travel time to work for Arizonans is 25 minutes with 2% utilizing public transportation and 77% driving to work alone.
Average commute time by county

U.S. Census Bureau, 2013 – 2017 American Community Survey 5-year period estimates
Social vulnerability index (SVI) ranks communities by social factors and estimates readiness or vulnerability in the event of an emergency. The closer to 1 indicates the highest risk.

<table>
<thead>
<tr>
<th>Socioeconomic Status</th>
<th>• Below Poverty</th>
<th>• Unemployed</th>
<th>• Income</th>
<th>• No High School Diploma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household Composition &amp; Disability</td>
<td>• Aged 65 or Older</td>
<td>• Aged 17 or Younger</td>
<td>• Civilian with a Disability</td>
<td>• Single-Parent Households</td>
</tr>
<tr>
<td>Minority Status &amp; Language</td>
<td>• Minority</td>
<td>• Speak English “Less than Well”</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Housing &amp; Transportation</td>
<td>• Multi-Unit Structures</td>
<td>• Mobile Homes</td>
<td>• Crowding</td>
<td>• No Vehicle</td>
</tr>
</tbody>
</table>
Arizona has $50 per person dedicated for public health from state and federal dollars directed by the CDC and HRSA, falling well below the national average of $86 per person with a public health funding ranking of 49th in the country.

OPPORTUNITIES FOR HEALTH
Health priorities identified by Arizona’s County Health Improvement Plans

- Substance Abuse
- Mental Health
- Access to Care
- Health Literacy
- Chronic Disease
- Heart Disease
- Diabetes
- Safe Neighborhoods
- Injury Prevention
- Maternal & Child Health
- Teen Pregnancy
- Obesity
- Health Lifestyles
- Nutrition & Physical Activity
Health is determined by life conditions


The majority of health care spending ignores these major cost drivers.
2019 ASTHO President’s Challenge – Building Healthy and Resilient Communities