2010 Chronic Disease Forum

Chronic Disease Facts & Figures

Northwest Region

Arkansas Department of Health

Keeping your hometown healthy

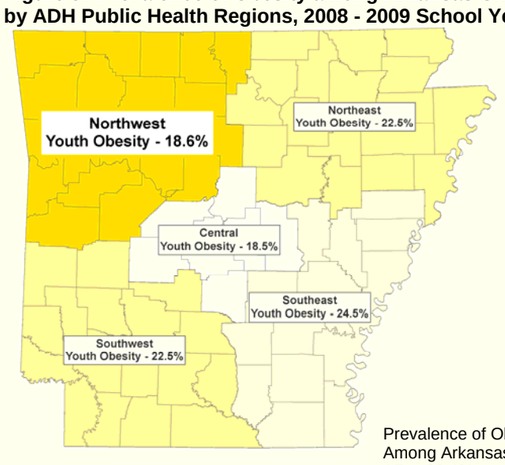
Health Behaviors

- In 2007, the prevalence of adult current smokers in the Northwest Region of 21.7% (95% confidence intervals = 19.2 - 24.3) was comparable to the state rate of 22.4% (95% confidence intervals = 20.9 - 23.9) (Table 1).
- In 2007, the prevalence of obesity among adults in the Northwest Region of 27.5% (95% confidence intervals = 24.8 - 30.1) was lower than the state rate of 29.3% (95% confidence intervals = 27.7 - 30.9) (Table 1).
- In 2007, the prevalence of physical inactivity among adults in the Northwest Region of 50.8% (95% confidence intervals = 47.8 - 53.9) was lower than the state rate of 54.1% (95% confidence intervals = 52.3 - 55.9) (Table 1).
- In 2007, the prevalence of consumption of less than five fruits and vegetables (5-a-day F/V consumption) among adults in the Northwest Region of 76.5% (95% confidence intervals = 74.0 - 79.0) was lower than the state rate of 78.2% (95% confidence intervals = 76.8 - 79.7) (Table 1).
- In 2008-2009 school year, the prevalence of obesity among Arkansas children in Northwest Region of 18.6% (95% confidence intervals = 18.3 - 18.9) was lower than the state rate of 20.4% (95% confidence intervals = 20.2 - 20.6) (Figure 5).

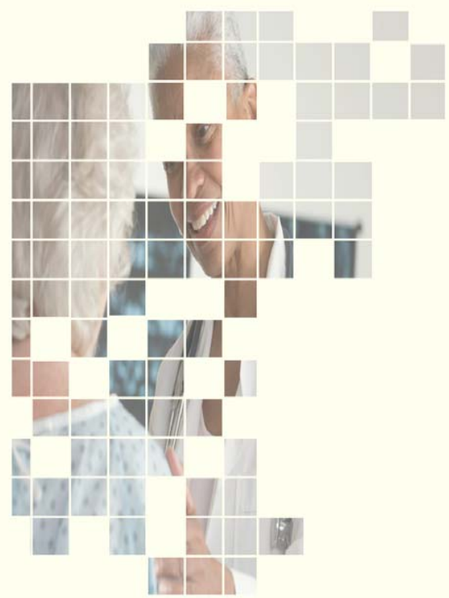
Table 1. Health Behaviors among Arkansas Adults by ADH Public Health Regions, 2007

Region/Area (Confidence Intervals)	Cigarette Smoking	Obesity	Physical Inactivity	5-a-day Nutrition
Central	21.5	27.4	53.3	77.8
(Confidence Intervals)	(18.6 - 24.5)	(24.2 - 30.6)	(49.8 - 56.8)	(75.1 - 80.4)
Northeast	23.3	31.0	58.6	81.3
(Confidence Intervals)	(20.1 - 26.6)	(27.0 - 35.0)	(54.4 - 62.7)	(78.4 - 84.1)
Northwest	21.7	27.5	50.8	76.5
(Confidence Intervals)	(19.2 - 24.3)	(24.8 - 30.1)	(47.8 - 53.9)	(74.0 - 79.0)
Southeast	26.5	35.2	61.7	75.0
(Confidence Intervals)	(20.7 - 32.3)	(29.4 - 41.0)	(55.4 - 68.0)	(68.6 - 81.4)
Southwest	21.7	31.8	52.9	81.7
(Confidence Intervals)	(17.7 - 25.7)	(27.4 - 36.2)	(47.9 - 57.9)	(77.8 - 85.6)
State	22.4	29.3	54.1	78.2
(Confidence Intervals)	(20.9 - 23.9)	(27.7 - 30.9)	(52.3 - 55.9)	(76.8 - 79.7)
United States	19.8	26.3	50.8	75.6

Figure 5. Prevalence of Obesity among Arkansas Children by ADH Public Health Regions, 2008 - 2009 School Year



Prevalence of Obesity Among Arkansas Children: AR = 20.4%



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Stay Informed, Stay Healthy: Arkansas's Roadmap for Chronic Disease Prevention

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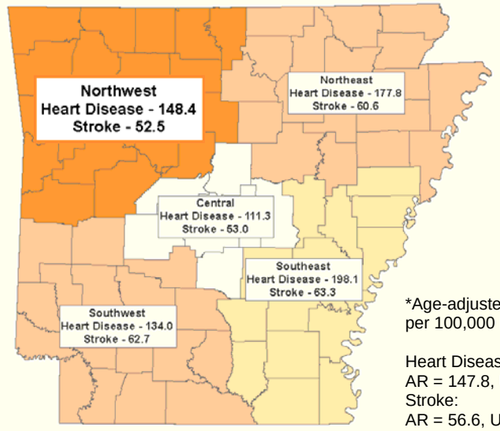
Figure 1. Age-adjusted* Mortality Rates for Heart Disease and Stroke by ADH Public Health Regions, 2007



*Age-adjusted Mortality Rate per 100,000 Population

Heart Disease:
AR = 147.8, US = 142.1
Stroke:
AR = 56.6, US = 45.8

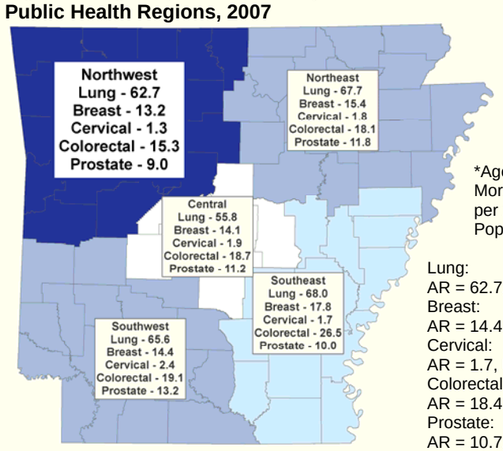
Heart Disease and Stroke *(Figure 1)*

- Heart disease and stroke are the first and third leading causes of death in Arkansas and the United States.
- In 2007, the age-adjusted mortality rate for heart disease in the Northwest Region of 148.4 per 100,000 population (95% confidence intervals = 141.0 - 156.1) was comparable to the state rate of 147.8 per 100,000 population (95% confidence intervals = 143.6 - 152.1).
- In 2007, the age-adjusted mortality rate for stroke in the Northwest Region of 52.5 per 100,000 population (95% confidence intervals = 48.1 - 57.1) was lower than the state rate of 56.6 per 100,000 population (95% confidence intervals = 54.0 - 59.3).

Cancer - *Mortality of Selected Cancers (Figure 2)*

- Cancer is the second leading cause of death in Arkansas and the United States.
- In 2007, the age-adjusted mortality rate for lung cancer in the Northwest Region of 62.7 per 100,000 population (95% confidence intervals = 57.9 - 67.8) was comparable to the state rate of 62.7 per 100,000 population (95% confidence intervals = 60.0 - 65.5).
- In 2007, the age-adjusted mortality rate for breast cancer in the Northwest Region of 13.2 per 100,000 population (95% confidence intervals = 11.0 - 15.6) was lower than the state rate of 14.4 per 100,000 population (95% confidence intervals = 13.1 - 15.8).
- In 2007, the age-adjusted mortality rate for cervical cancer in the Northwest Region of 1.3 per 100,000 population (95% confidence intervals = 0.7 - 2.3) was comparable to the state rate of 1.7 per 100,000 population (95% confidence intervals = 1.3 - 2.2).
- In 2007, the age-adjusted mortality rate for colorectal cancer in the Northwest Region of 15.3 per 100,000 population (95% confidence intervals = 13.0 - 17.9) was lower than the state rate of 18.4 per 100,000 population (95% confidence intervals = 16.9 - 19.9).
- In 2007, the age-adjusted mortality rate for prostate cancer in the Northwest Region of 9.0 per 100,000 population (95% confidence intervals = 7.2 - 11.0) was lower than the state rate of 10.7 per 100,000 population (95% confidence intervals = 9.6 - 11.9).

Figure 2. Age-adjusted* Mortality Rates for Cancer by ADH Public Health Regions, 2007



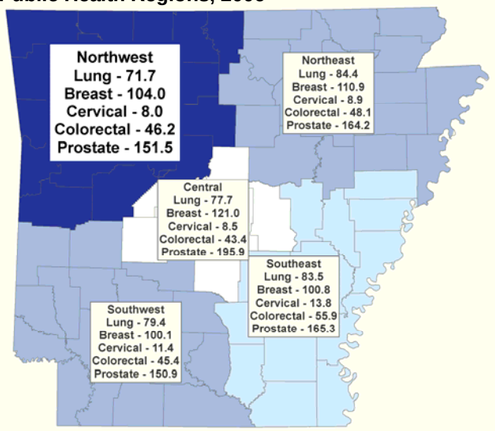
*Age-adjusted Mortality Rate per 100,000 Population

Lung:
AR = 62.7, US = 53.0
Breast:
AR = 14.4, US = 13.8
Cervical:
AR = 1.7, US = 1.3
Colorectal:
AR = 18.4, US = 17.9
Prostate:
AR = 10.7, US = 9.5

Cancer - *Incidence (Newly Diagnosed Cases) (Figure 3)*

- In 2006, the age-adjusted incidence rate for lung cancer in the Northwest Region of 71.7 per 100,000 population (95% confidence intervals = 66.4 - 77.0) was lower than the state rate of 77.8 per 100,000 population (95% confidence intervals = 74.7 - 81.0).
- In 2006, the age-adjusted incidence rate for breast cancer in the Northwest Region of 104.0 per 100,000 population (95% confidence intervals = 95.0 - 113.0) was lower than the state rate of 111.5 per 100,000 population (95% confidence intervals = 106.4 - 116.6).
- In 2006, the age-adjusted incidence rate for cervical cancer in the Northwest Region of 8.0 per 100,000 population (95% confidence intervals = 5.3 - 10.7) was lower than the state rate of 9.5 per 100,000 population (95% confidence intervals = 7.8 - 11.0).
- In 2006, the age-adjusted incidence rate for colorectal cancer in the Northwest Region of 46.2 per 100,000 population (95% confidence intervals = 41.9 - 50.5) was comparable to the state rate of 47.0 per 100,000 population (95% confidence intervals = 44.3 - 49.1).
- In 2006, the age-adjusted incidence rate for prostate cancer in the Northwest Region of 151.5 per 100,000 population (95% confidence intervals = 139.7 - 163.3) was lower than the state rate of 167.4 per 100,000 population (95% confidence intervals = 160.5 - 174.3).

Figure 3. Age-adjusted* Cancer Incidence Rates by ADH Public Health Regions, 2006



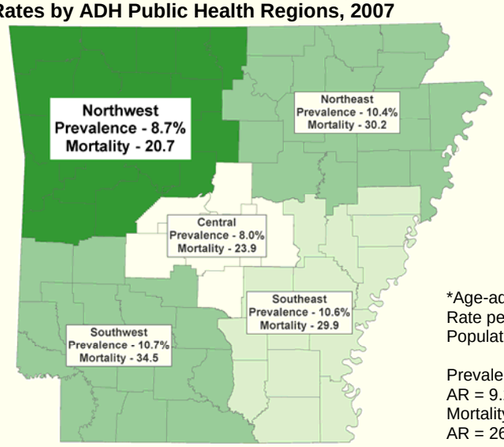
*Age-adjusted Incidence Rate per 100,000 Population

Lung: AR = 77.8, US = 66.1
Cervical: AR = 9.5, US = 8.2
Prostate: AR = 167.4, US = 159.3
Breast: AR = 111.5, US = 123.8
Colorectal: AR = 47.0, US = 49.1

Diabetes *(Figure 4)*

- Diabetes is the sixth leading cause of death in Arkansas and the United States.
- In 2007, the prevalence of diabetes in the Northwest Region of 8.7% (95% confidence intervals = 7.4 - 10.0) was comparable to the state rate of 9.2% (95% confidence intervals = 8.4 - 10.1).
- In 2007, the age-adjusted mortality rate for diabetes in the Northwest Region of 20.7 per 100,000 population (95% confidence intervals = 18.0 - 23.8) was lower than the state rate of 26.0 per 100,000 population (95% confidence intervals = 24.2 - 27.8).

Figure 4. Diabetes Prevalence and Age-adjusted* Mortality Rates by ADH Public Health Regions, 2007



*Age-adjusted Mortality Rate per 100,000 Population.

Prevalence:
AR = 9.2%, US = 8.3%
Mortality:
AR = 26.0, US = 24.2