



# CHRONIC DISEASE IN KITSAP COUNTY

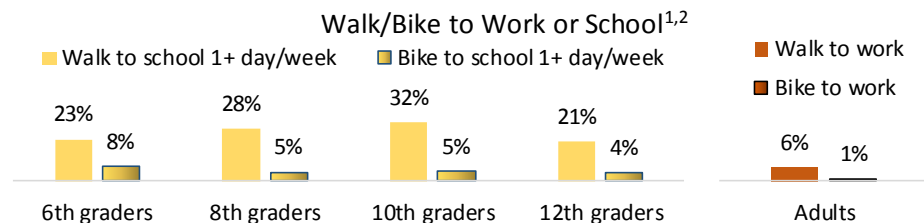
Chronic diseases are the leading cause of death and disability in the U.S, according to the Centers for Disease Control and Prevention. Seven of the top 10 causes of death in 2010 were chronic diseases. Two of these chronic diseases—heart disease and cancer—together accounted for nearly half of all deaths. Chronic disease is common and expensive - about **1 in 2** adults in the U.S. has at least one chronic health condition and 86% of U.S. health care spending in 2010 was used to treat patients with chronic diseases.

**Chronic disease** is long-term, associated with many risk factors, not contagious, can cause disability and in most cases can be managed but cannot be cured.

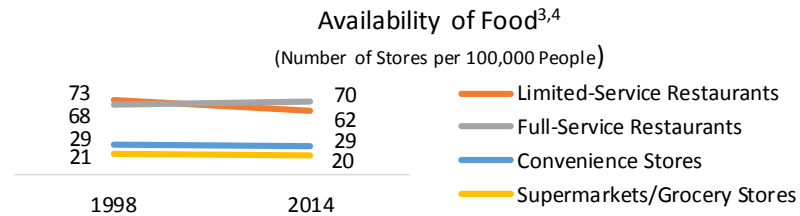
Many **ENVIRONMENTAL FACTORS** – *ability to walk/bike to work or school, access to nutritious food ...* can contribute to **RISK BEHAVIORS** - *not enough physical activity, poor nutrition, smoking ...* which can lead to **RISK CONDITIONS** - *obesity, high cholesterol, high blood pressure ...* that can result in **CHRONIC DISEASES** - *heart disease, stroke, diabetes, etc.*

## ENVIRONMENTAL FACTORS

Fewer than 1 in 3 youth report walking to school at least 1 day a week, while fewer than 1 in 16 adults report walking to work. Four to six times fewer youth and adults report biking to school or work.

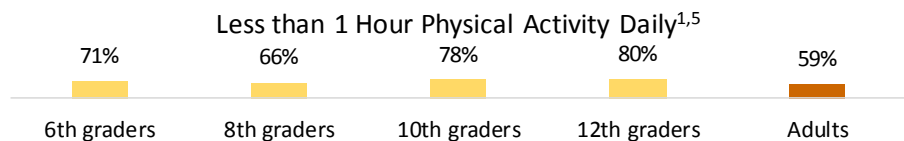


There is 1 grocery store for every 2,130 residents and 1 limited-service (fast food) restaurant for every 1,610 residents.

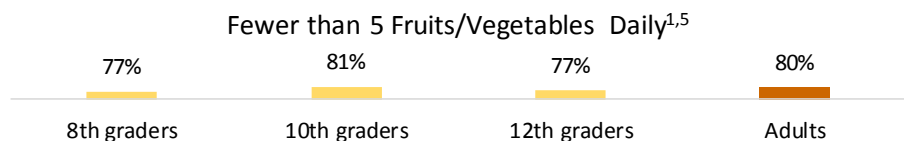


## RISK BEHAVIORS

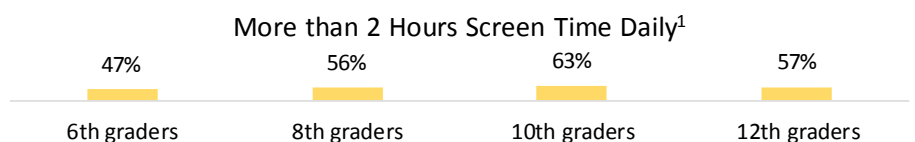
8 in 10 tenth and twelfth graders and almost 6 in 10 adults report less than 60 minutes of physical activity each day.



Approximately 8 in 10 youth and adults report eating fewer than 5 fruits and vegetables each day.

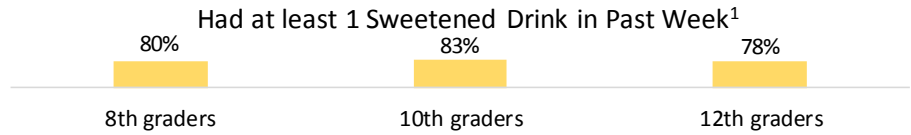


More than half of eighth, ninth and tenth graders spend more than 2 hours watching TV or playing video games or computer for fun daily.

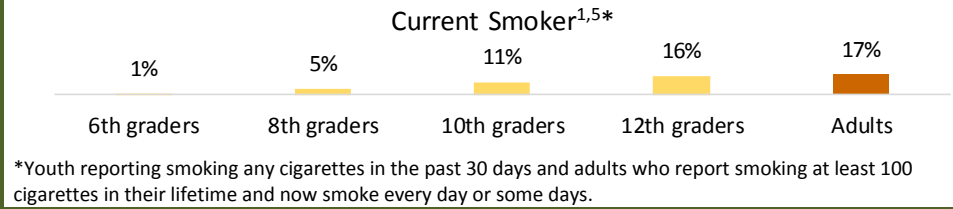


## RISK BEHAVIORS CONTINUED

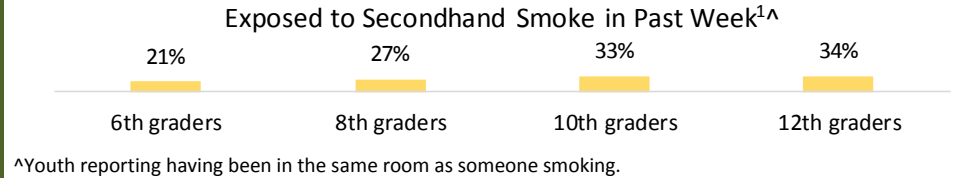
More than 3 in 4 youth had one or more sugar-sweetened beverages in the past week.



One in 20 eighth graders, 1 in 9 tenth graders and approximately 1 in 6 twelfth graders and adults report being a current smoker.

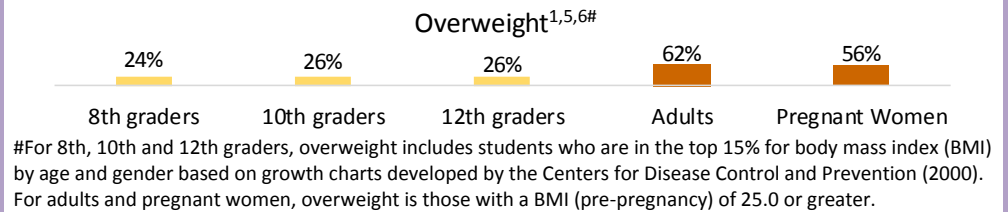


Between 1 in 3 and 1 in 5 youth report being exposed to secondhand smoke in the past week.

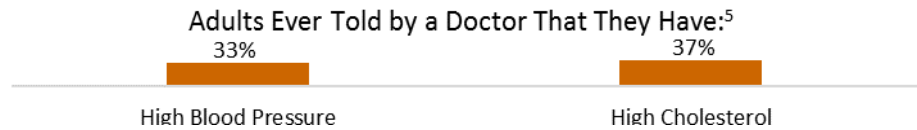


## RISK CONDITIONS

About 1 in 4 youth and 6 in 10 adults are overweight. More than half of pregnant women are overweight pre-pregnancy.

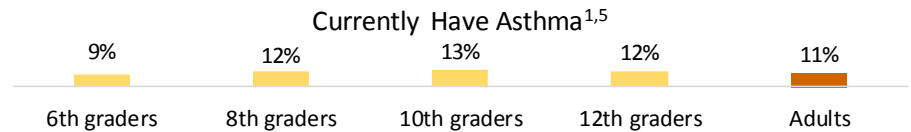


1 in 3 adults has been told they have high blood pressure, and more than 1 in 3 adults have high cholesterol.

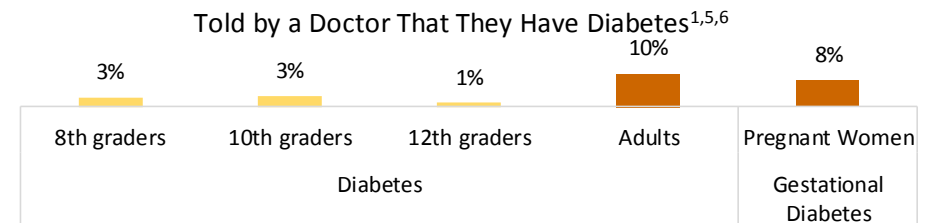


## CHRONIC DISEASES

1 in 8 eighth, tenth and twelfth graders and 1 in 9 adults currently have asthma.

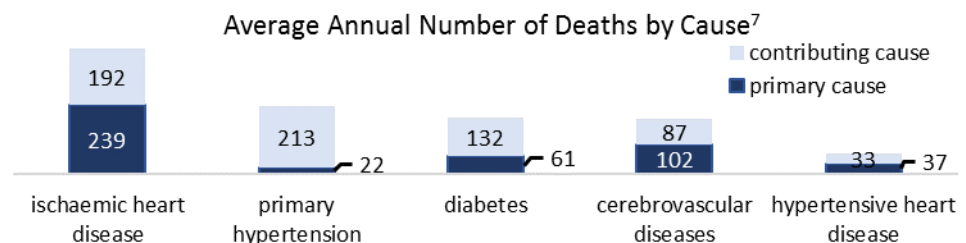


3 in 100 eighth and tenth graders and 1 in 10 adults have diabetes.



1 in 12 pregnant women develop gestational diabetes.

On average each year, about 431 Kitsap residents die from ischemic heart disease, 305 die from hypertension and hypertensive heart disease, 193 die from diabetes, and another 189 from stroke.



**Data Sources:** Youth: (1) Healthy Youth Survey 2014; Adults: (2) US Census and American Community Survey, 2015; Food: (3) US Census, County Business Patterns, 2014; Population: (4) Washington State Office of Financial Management, 2014 Population Estimates; Adults: (5) Behavioral Risk Factor Surveillance System 2015; Pregnant Women: (6) Washington State Department of Health, Center for Health Statistics, Birth Certificate Data 2015; Deaths: (7) Death Certificate Database 2010-14.