

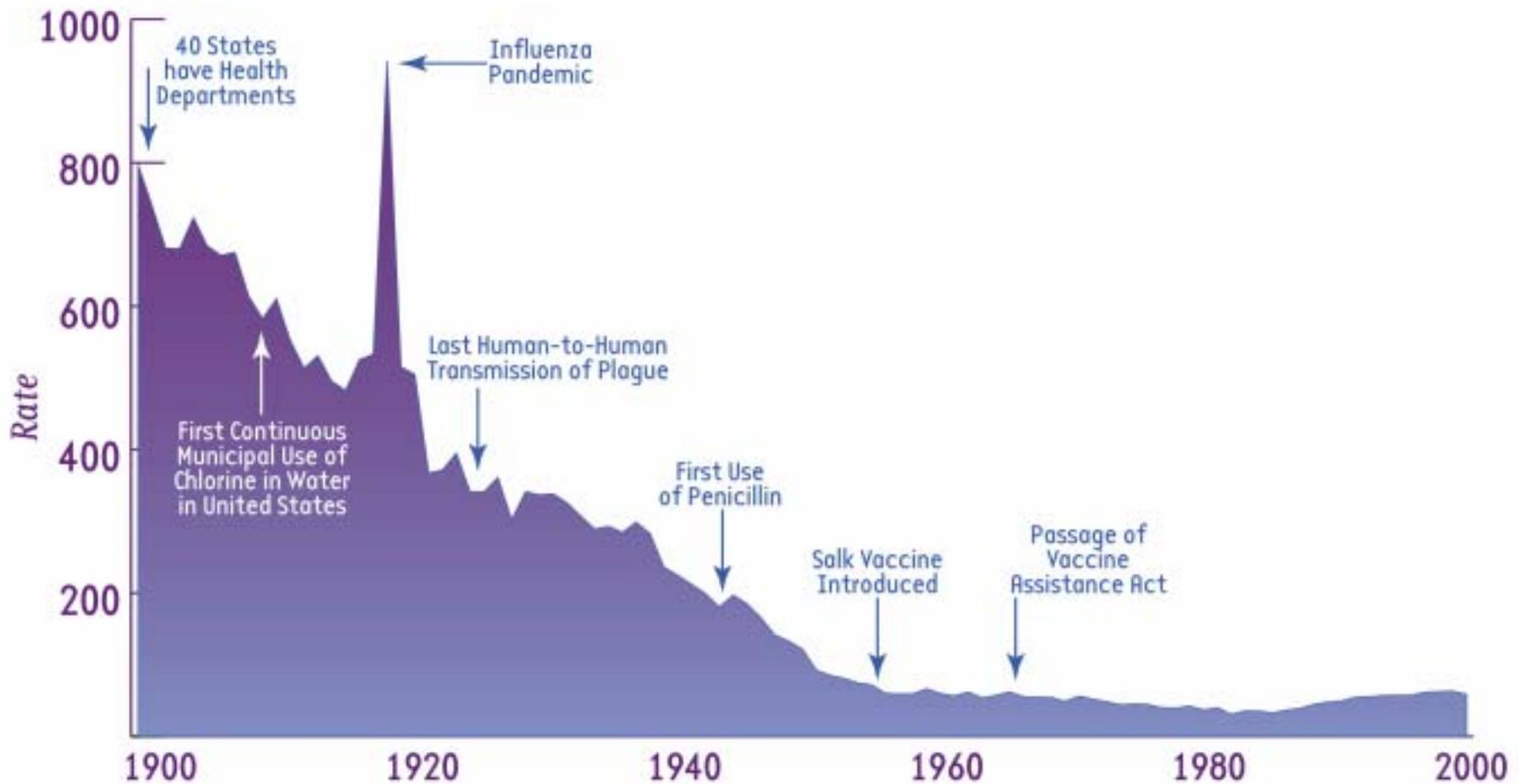
# **Chronic Disease and Injury Prevention**

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**Los Angeles County Department of Health Services,  
Public Health**

**February 6, 2007**

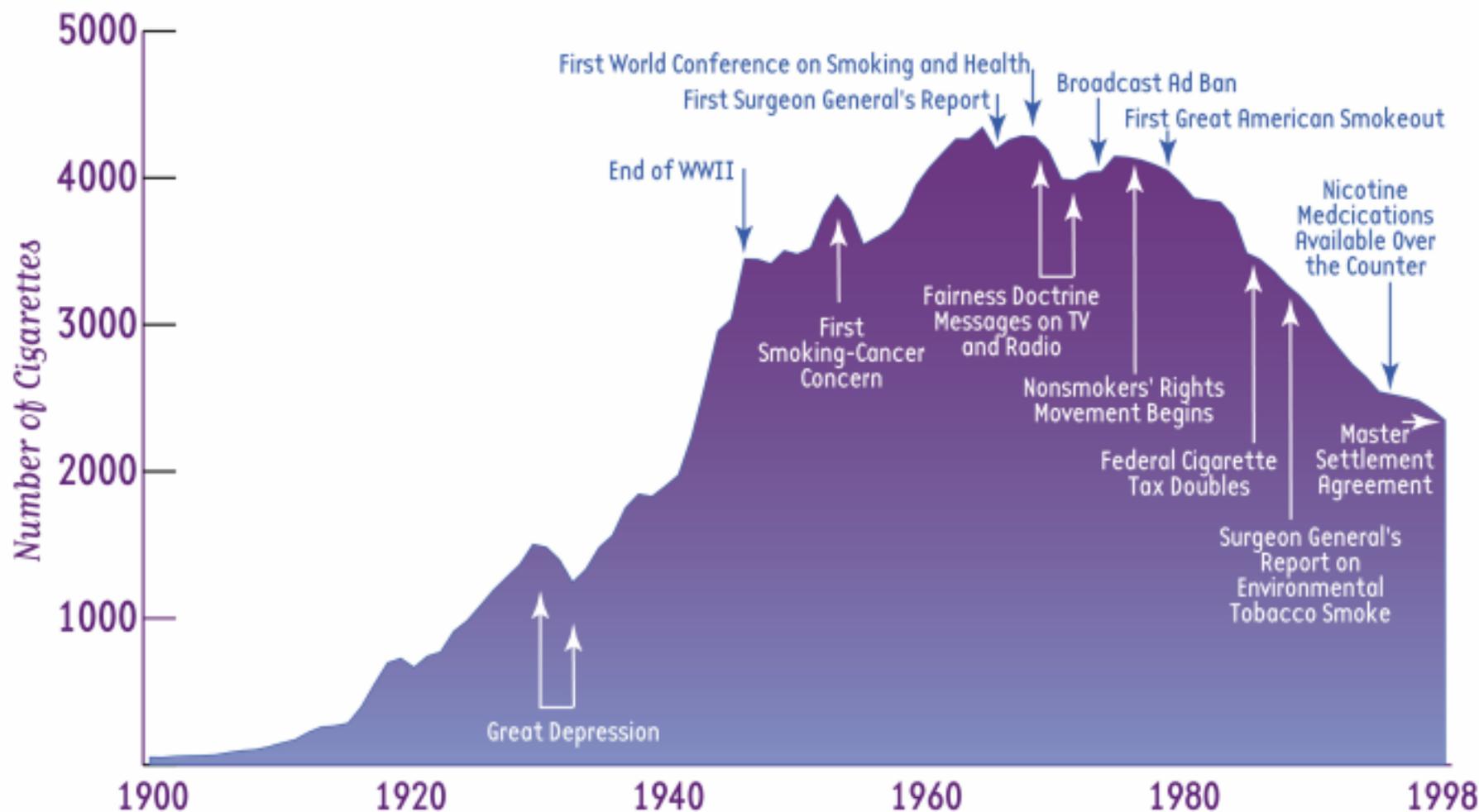
# Crude Death Rate for Infectious Diseases, United States, 1900 - 1998



\* Rate is per 100,000 people

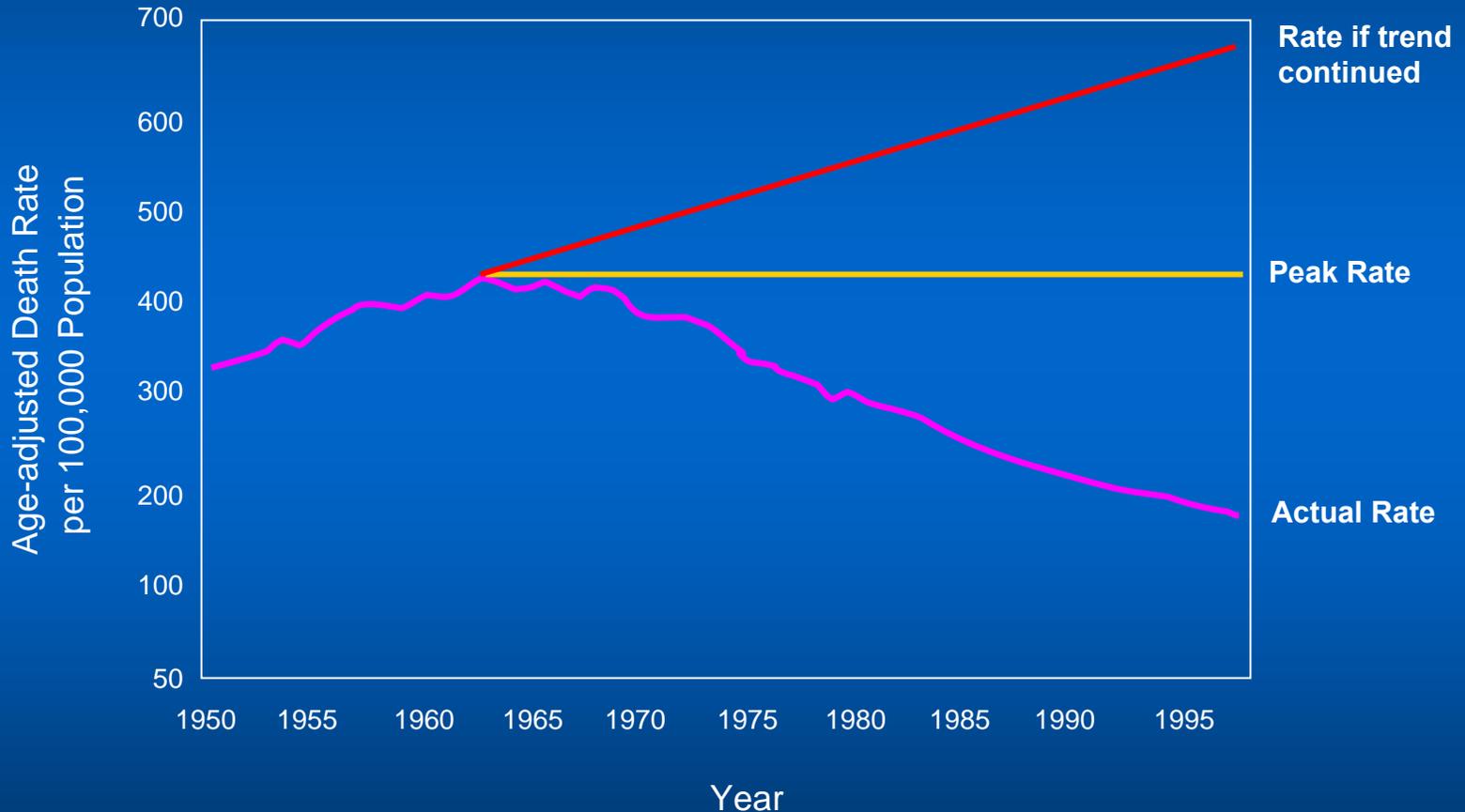
MMWR, CDC, 1999

# Annual Adult per Capita Cigarette Consumption, United States, 1900 - 1998



# Heart Disease Success Story

Actual and Expected Death Rates for Coronary Heart Disease, 1950 - 1998



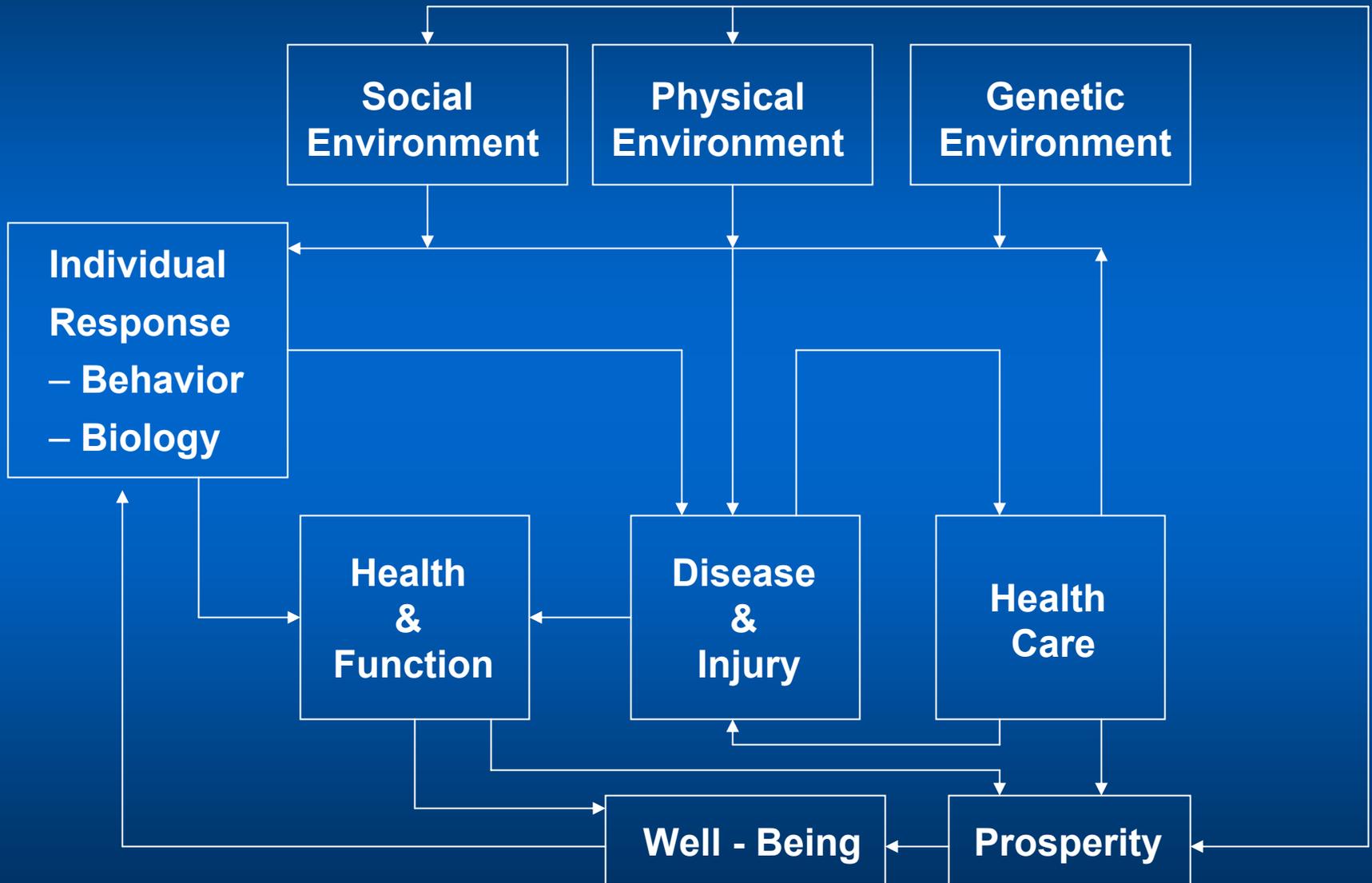
Marks JS. *The burden of chronic disease and the future of public health*. CDC Information Sharing Meeting. Atlanta, GA: National Center for Chronic Disease Prevention and Health Promotion; 2003.

# Actual Causes of Death in the United States in 2000

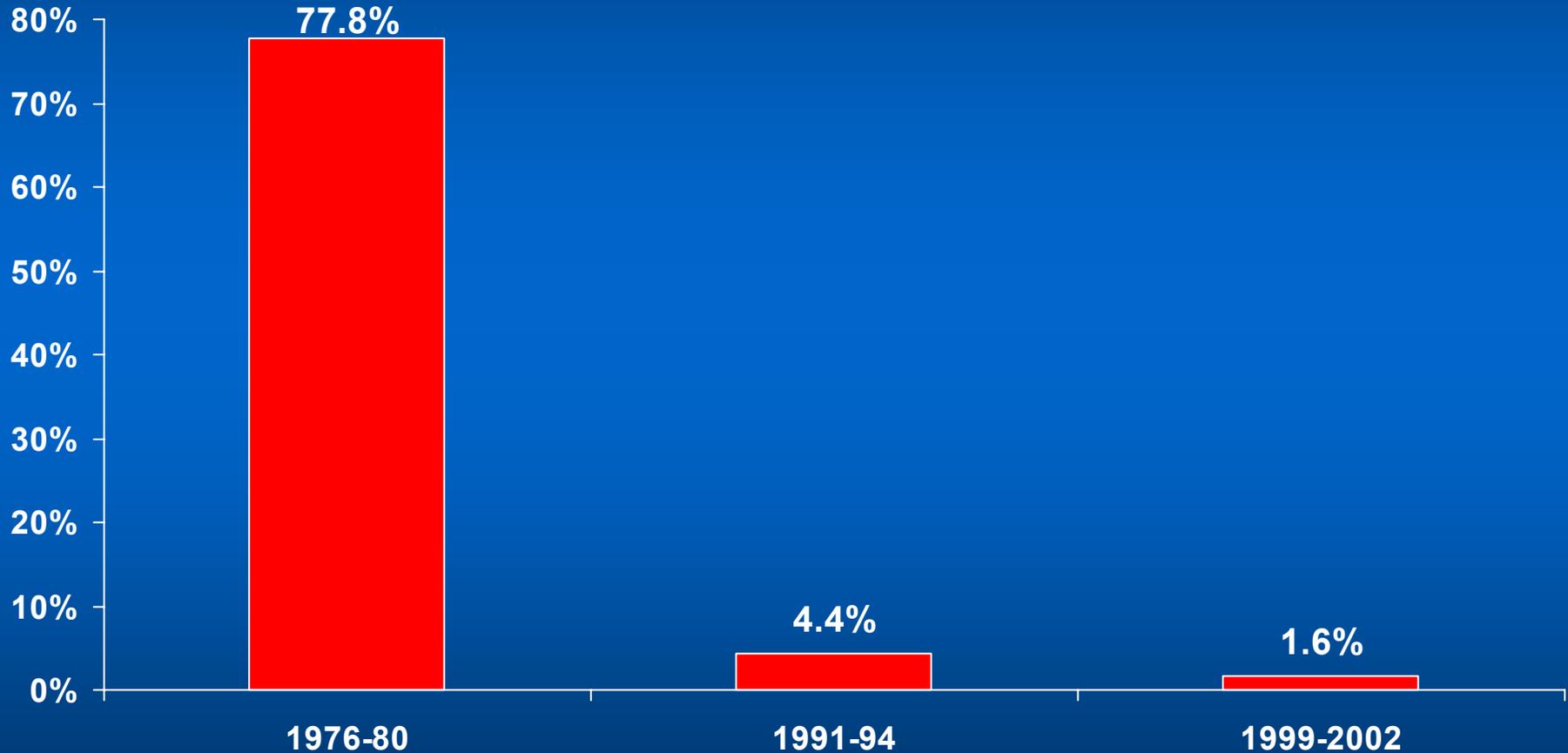
Cause	Deaths	
	Estimated No.	Percentage of Total Deaths
Tobacco	435,000	18.1
Poor diet and physical inactivity	400,000	16.6
Alcohol consumption	85,000	3.5
Microbial agents	75,000	3.1
Toxic agents	55,000	2.3
Motor vehicle	43,000	1.8
Firearms	29,000	1.2
Sexual behavior	20,000	0.8
Illicit drug use	17,000	0.7
<b>Total</b>	<b>1,159,000</b>	<b>48.2</b>

Source: Mokdad et. Al., JAMA 2004

# Determinants of Health (Evans - Stoddart Model)

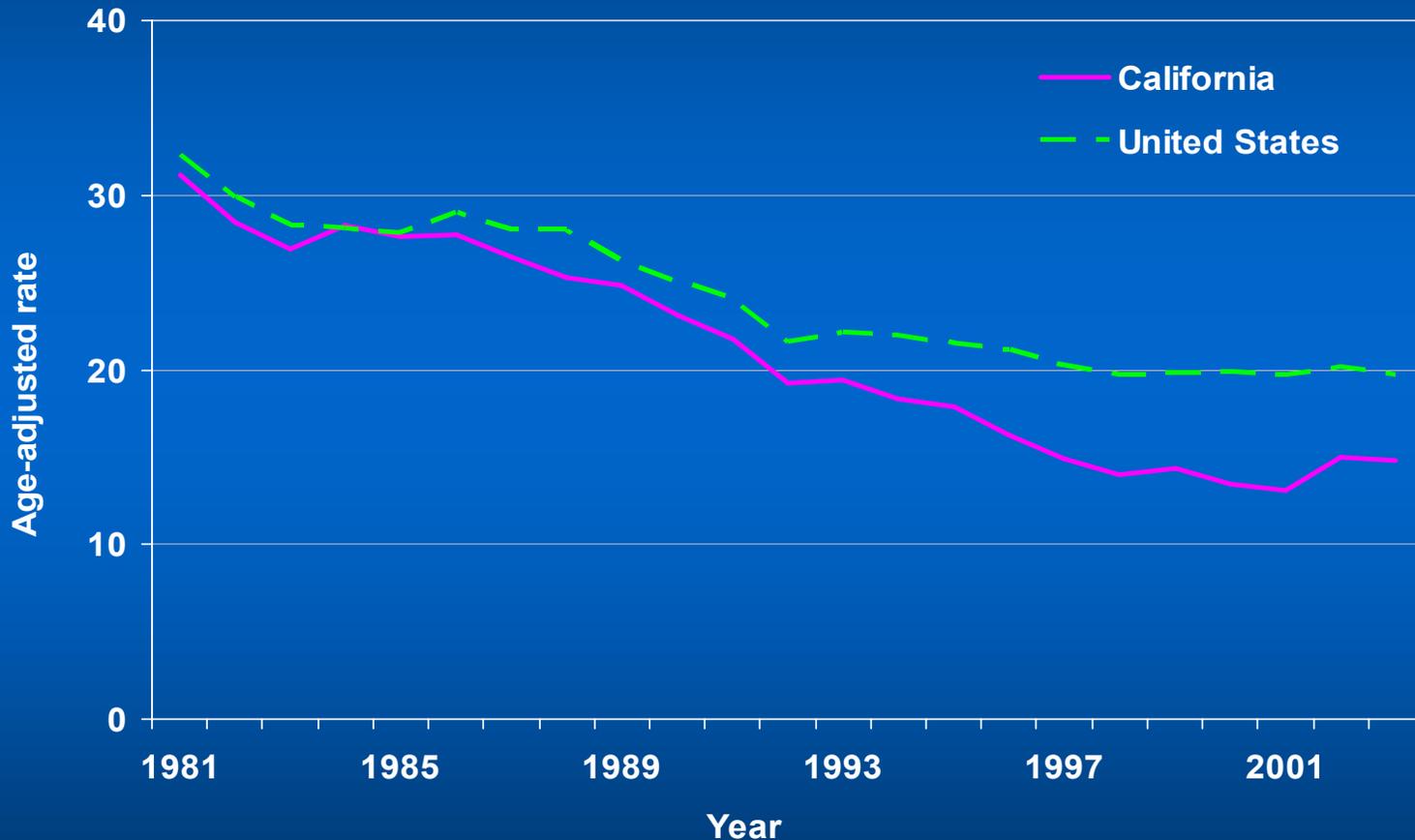


# Percentage of Children Aged 1-5 years with Blood Lead Levels $\geq 10\mu\text{g/dL}$ , United States\*



\* Data from NHANES

# Unintentional Injury Mortality Rates ( $\leq 24$ Years Old) California and the United States, 1981-2003



Data are from WISQARS, [www.cdc.gov/ncipc/wisqars](http://www.cdc.gov/ncipc/wisqars)

Age-adjusted rates were computed using the National 2000 population as the standard

# Trends in the Leading Causes of Death, Los Angeles County, 1994-2003

<u>Cause of death</u>	Rate (per 100,000) *		<u>Percent change</u>
	<u>1994</u>	<u>2003</u>	
Coronary heart disease	276	196	-29.0
Stroke	63	51	-19.0
Lung cancer	47	38	-19.1
Emphysema	35	34	-2.9
Pneumonia/Influenza	44	29	-34.1
Diabetes	20	26	30.0
Colorectal Cancer	20	17	-15.0
Alzheimer's Disease	5	16	220.0
Breast Cancer	17	12	-29.4
Homicide	17	10	-41.2
HIV/AIDS	27	5	-81.5

\* age-adjusted to year 2000 U.S. standard population



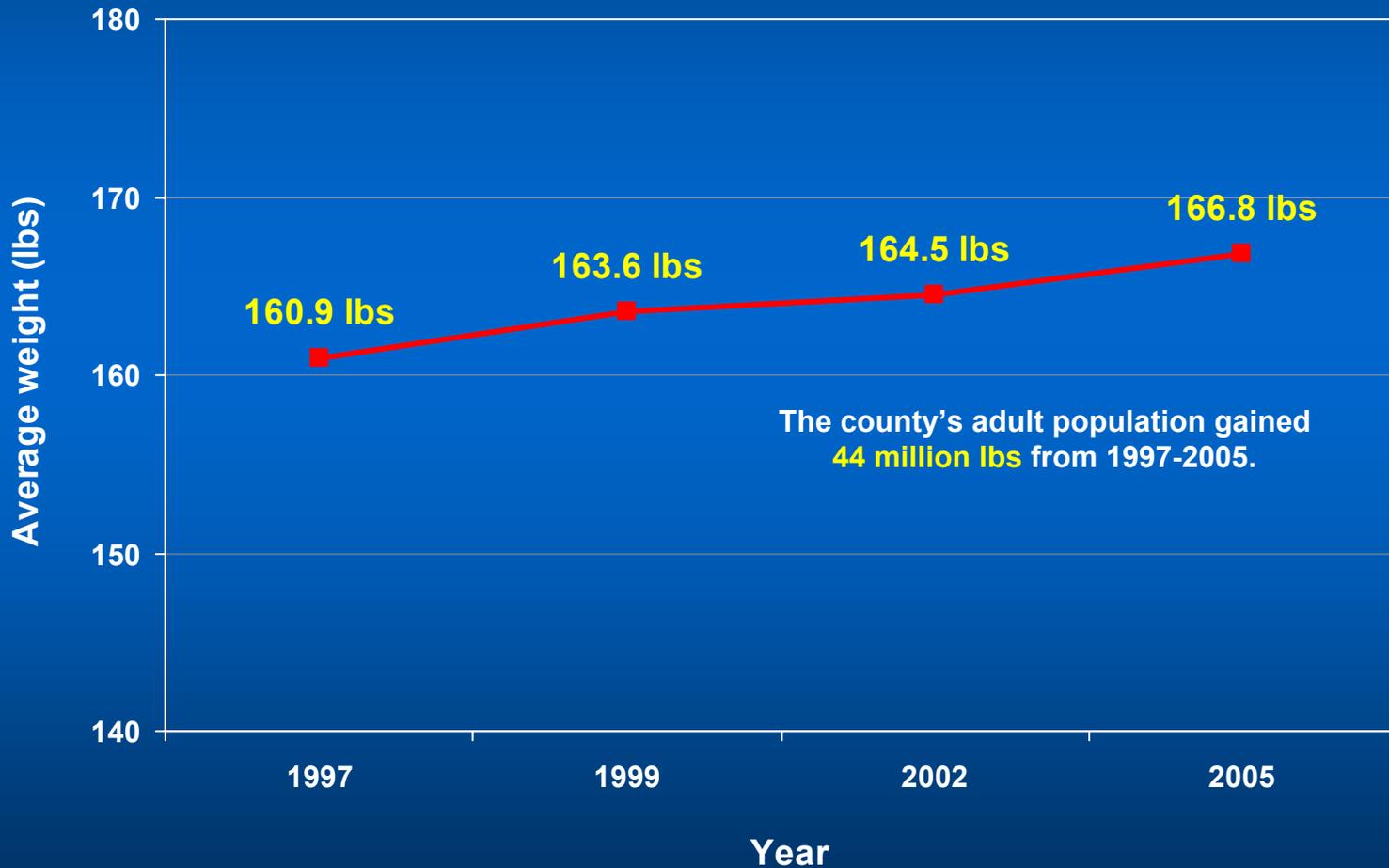
# Prevalence of Diabetes Among Adults in Los Angeles County, 1997-2005



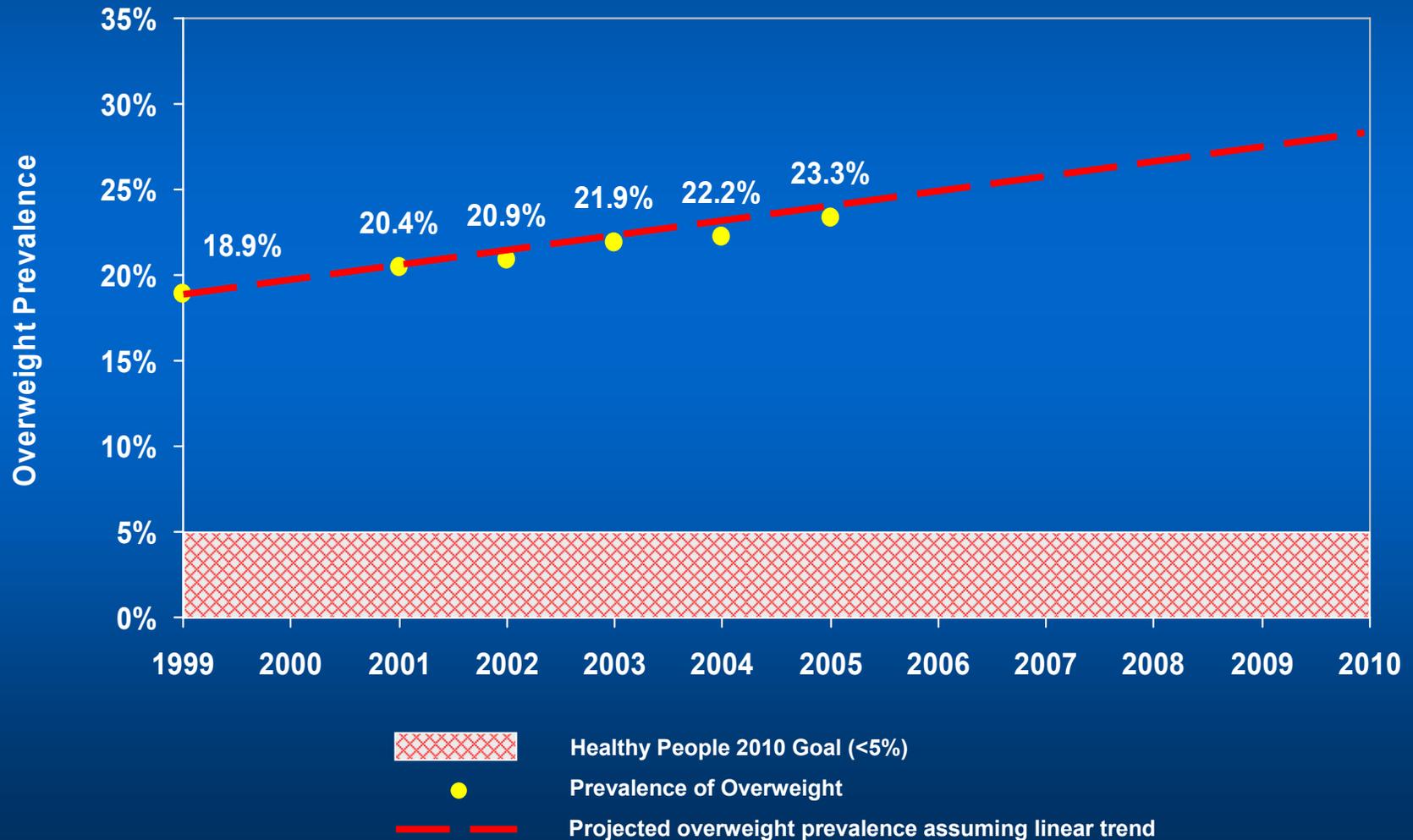
# Prevalence of Obesity Among Adults in Los Angeles County, 1997-2005



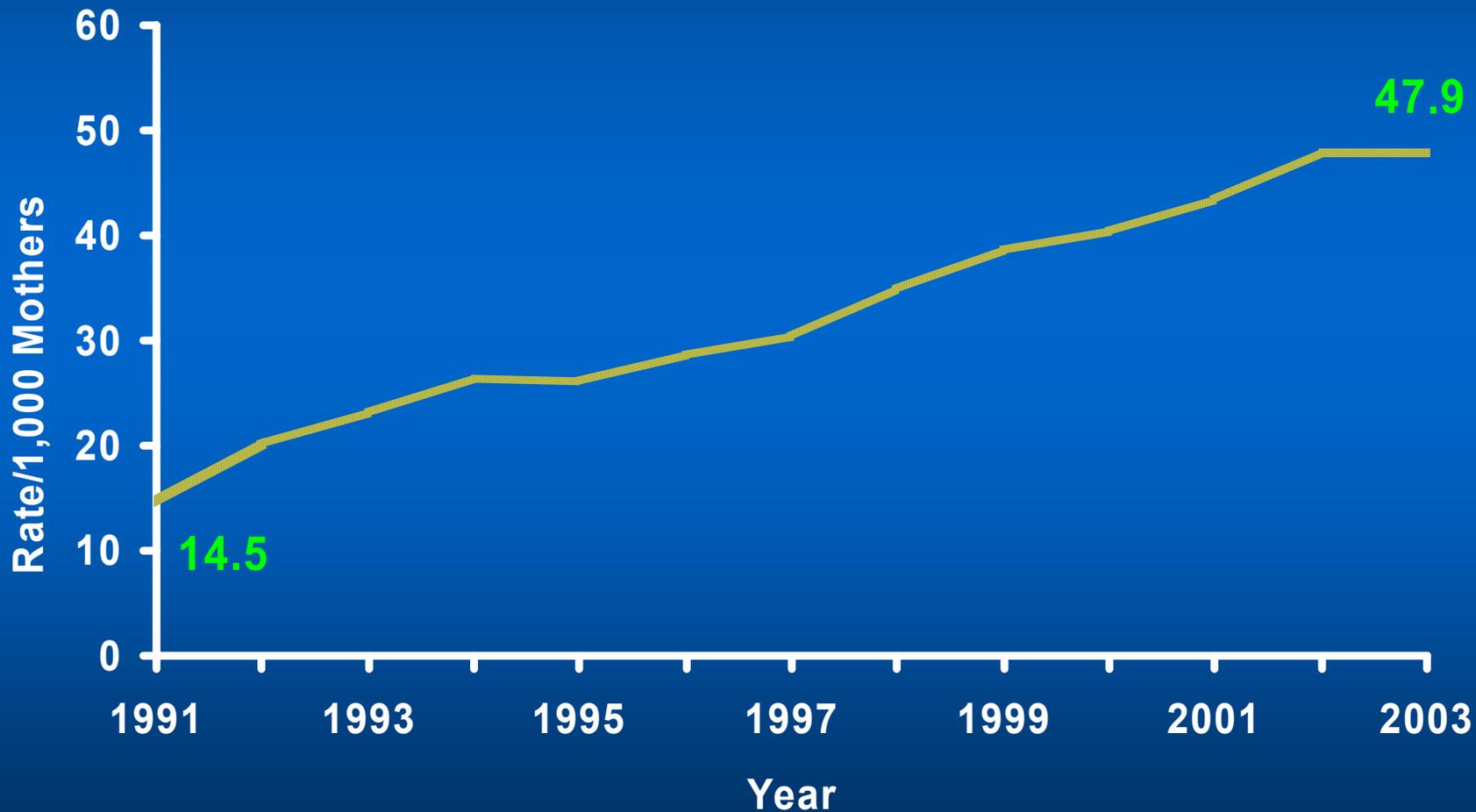
# Average Weight Among Adults in Los Angeles County, 1997-2005



# Prevalence of Overweight Among Los Angeles County School Children California Physical Fitness Testing 1999-2005



# Age-Adjusted Rates of Gestational Diabetes



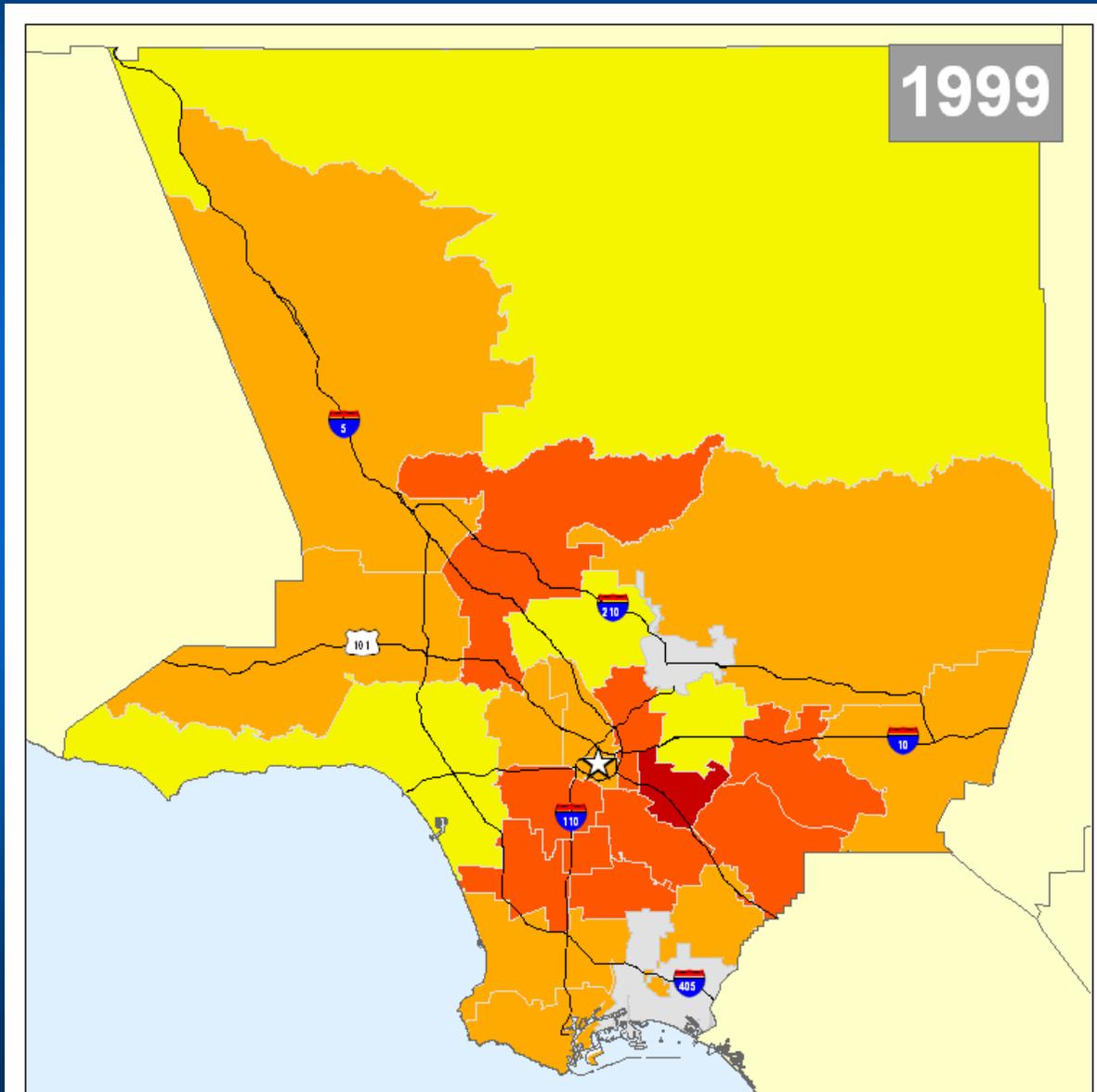
# Prevalence of Childhood Overweight Los Angeles County, 2005

Characteristic	N	Prevalence, %
Overall	327,310	23.3
Male	166,360	26.7
Female	160,950	19.7
Grade Level		
Grade 5	120,659	27.4
Grade 7	108,273	22.4
Grade 9	98,375	19.1

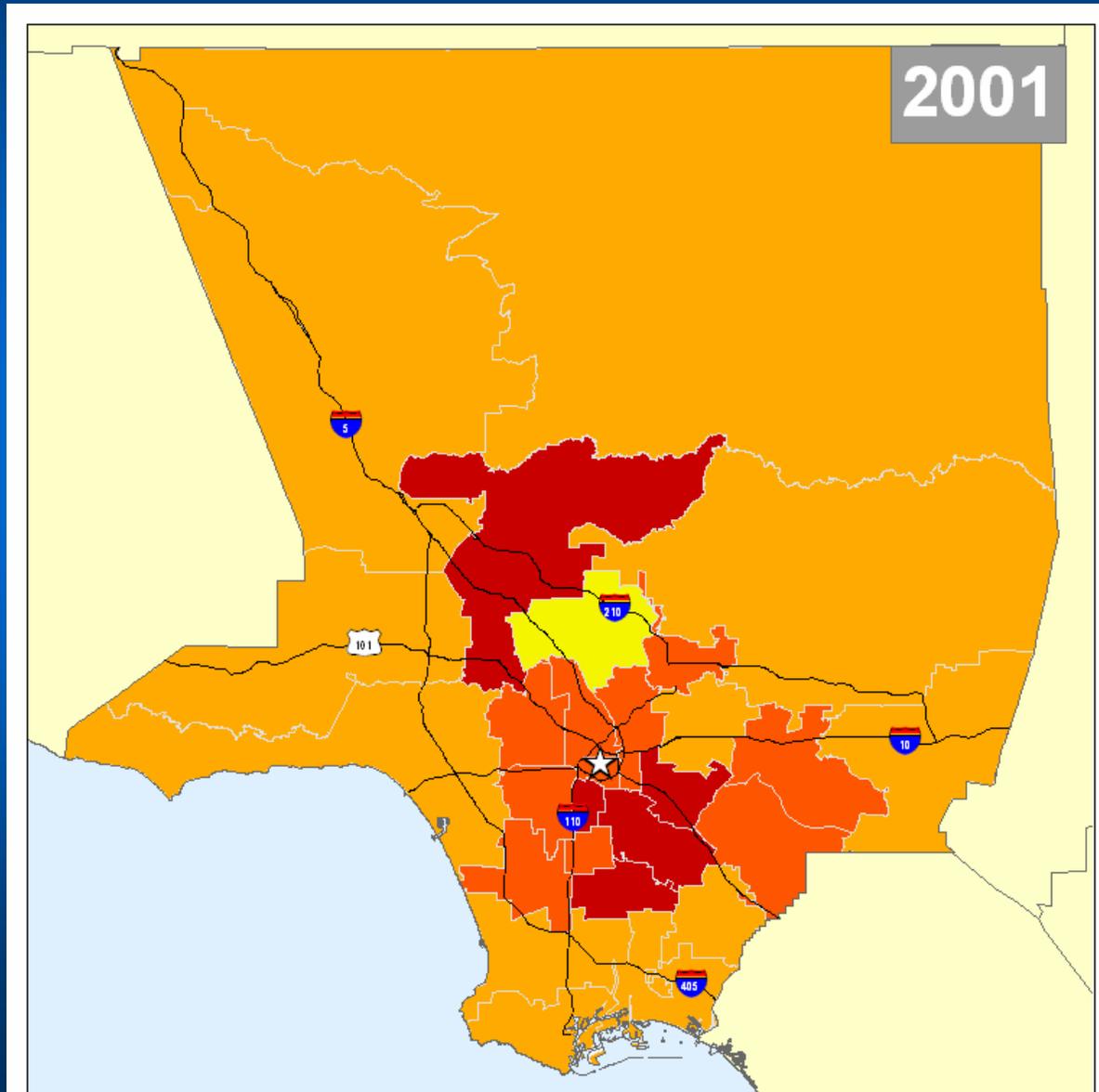
# Prevalence of Childhood Overweight Los Angeles County, 2005

Characteristic	N	Prevalence, %
<hr/>		
Race/ Ethnicity		
<hr/>		
White	56,523	13.8
Hispanic/ Latino	199,189	27.9
African American	32,368	21.4
Asian	34,517	13.1
Pacific Islander	1,352	37.5
American Indian/ Alaska Native	1,015	26.4

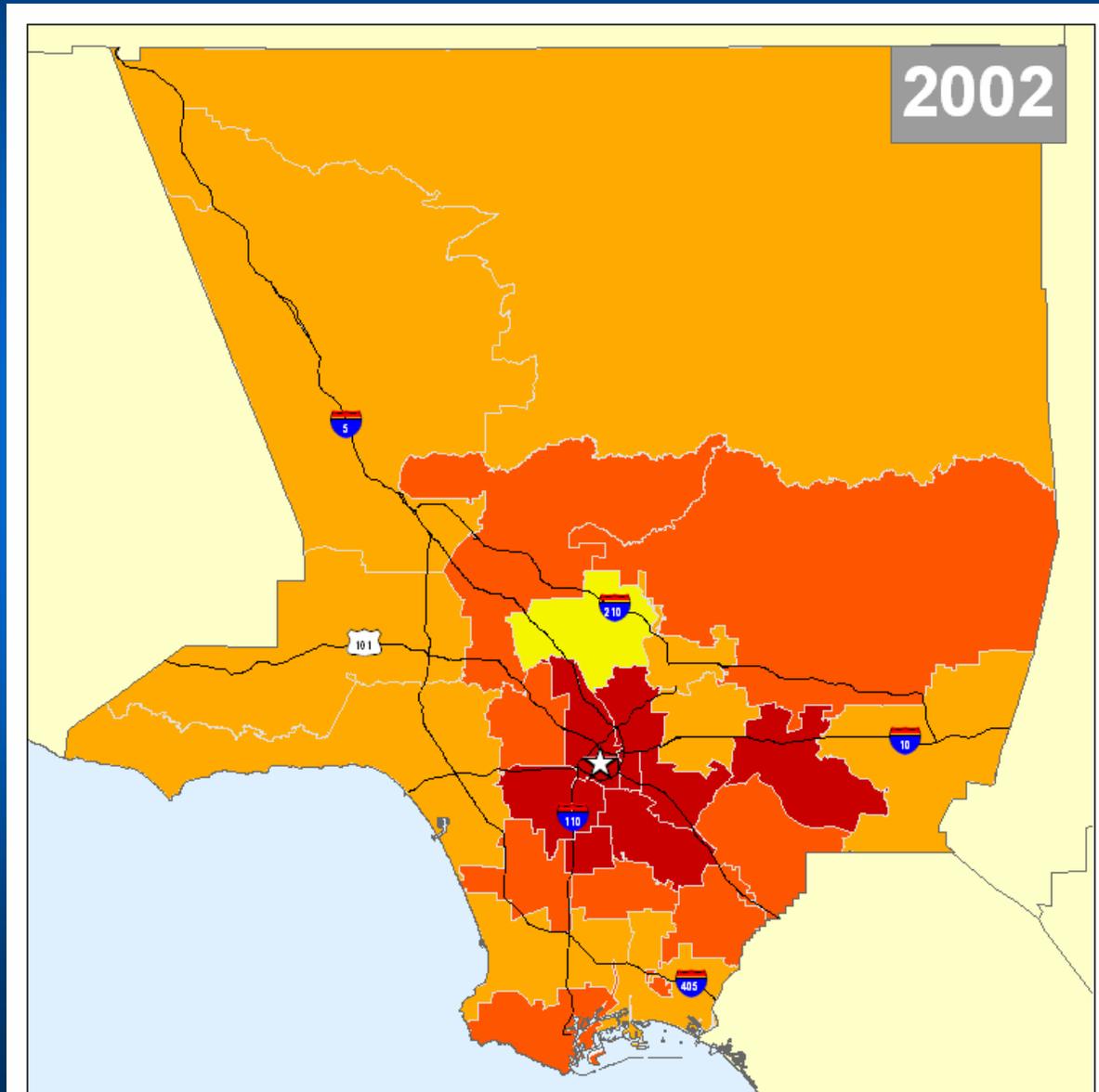
# Prevalence of Overweight by Health District Los Angeles County



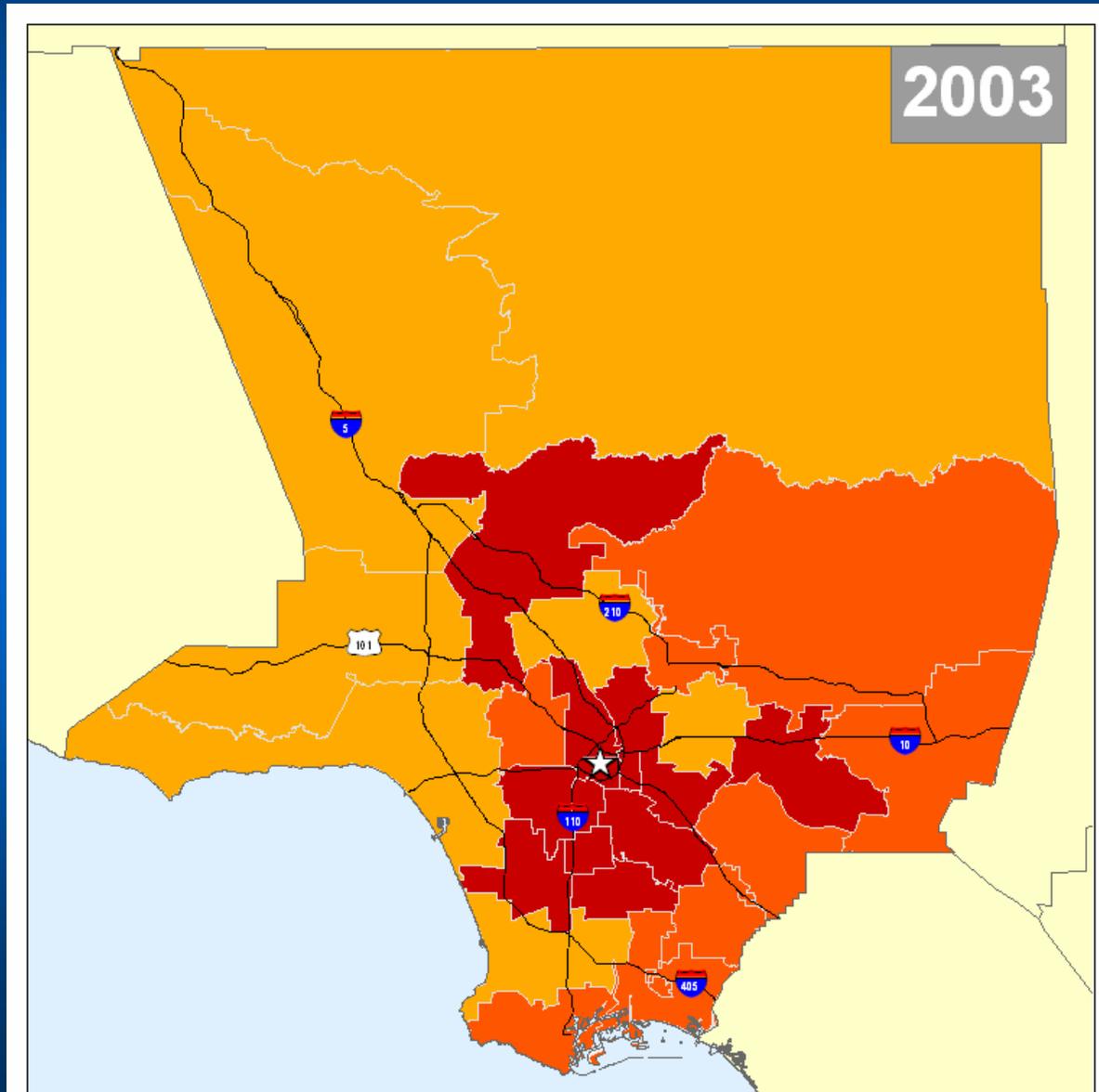
# Prevalence of Overweight by Health District Los Angeles County



# Prevalence of Overweight by Health District Los Angeles County



# Prevalence of Overweight by Health District Los Angeles County



# What Can be Done to Address the Obesity Epidemic?

- **Commercial weight loss programs**
- **Medical care**
- **Public education**
- **Social marketing**
- **Policy change**

# Policies Can Be Controversial

- Policies may limit personal choice
- Policies may adversely impact commerce
- Policies may threaten privacy
- Examples: HIV reporting, reduced speed limits, fluoridation of drinking water, mandatory immunization for school entry, restaurant grades
- Need to balance individual rights with the public good

# **Policies to Improve Nutrition**

- **Remove sweetened beverages and junk food from vending machines (schools, public agencies, businesses)**
- **Updated nutrition standards for school meal programs**
- **Incentives to increase healthy food options in restaurants and cafeterias**
- **Nutrition labeling on restaurant menus**
- **Incorporate nutrition into restaurant grading programs**
- **Restrict food marketing to children**
- **Require healthy foods/beverages in government assistance programs (e.g., food stamps)**
- **Promote farmer's markets**
- **Soda/sweetened beverage tax**

# Policies to Increase Physical Activity

- Mixed land use
- Public transportation
- Increased greenspace
- Increase community walkability through design change
- Bike paths and walking trails
- Joint use agreements between cities and schools
- Physical activity promotion in the workplace (incentives)
- Incentives to comply with mandated school physical education