

IN THIS ISSUE: 2018 WASHOE COUNTY CHRONIC DISEASE REPORT CARD HIGHLIGHTS

A chronic disease is a long-lasting illness that can generally be controlled, but not cured completely. Although common and costly, many chronic diseases are preventable. Eating nutritious foods, becoming more physically active and avoiding tobacco and excessive alcohol consumption can reduce the risk of developing a chronic disease.

The [2018 Washoe County Chronic Disease Report Card](#) is a compilation of data, including data on chronic diseases and their leading health indicators. The data presented is the most current and available information about chronic diseases and their risk factors for Washoe County, Nevada and the United States. Data for the report comes from both surveillance and behavioral self-reporting sources.

The intent of the Chronic Disease Report card is to give local healthcare providers, chronic disease practitioners, and other interested persons and programs data they may use in their work to improve the health of Washoe County.

Figure 1. Age-adjusted Mortality Rates per 100,000 Population for the Leading Causes of Death among Washoe County and Nevada Residents, 2016

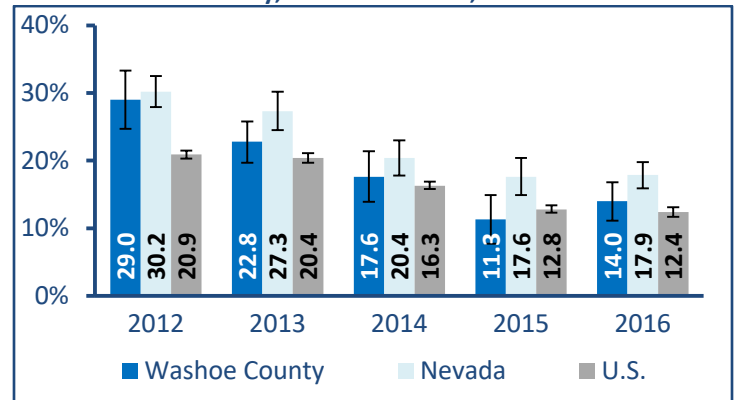
Cause of Death	WC	NV
Diseases of the Heart	208.8	209.2
Malignant Neoplasms (Cancer)	168.4	158.4
Chronic Lower Respiratory Diseases	59.6	58.8
Accidents (Unintentional injuries)	40.3	31.1
Cerebrovascular Diseases (Stroke)	34.7	36.2

Data Source: Vital Statistics – Death Certificates; 2010 U.S. Census; Nevada Division of Public and Behavioral Health.

Heart disease, cancer, chronic respiratory disease, accidents, and stroke were the top five causes of death among Washoe County and Nevada residents in 2016. Further, chronic diseases such as Alzheimer’s disease, diabetes, and chronic liver disease are included in the top 15 causes of death.

Past volumes of Epi-News can be found here:
www.tinyURL.com/WashoeEpiNews

Figure 2. Adults Age 18 – 64 without Health Insurance Washoe County, Nevada and U.S., 2012-2016



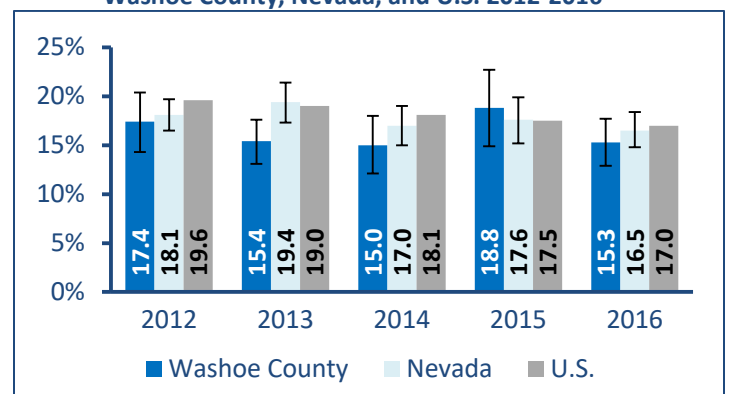
Data Source: Behavioral Risk Factor Surveillance System 2012-2016.

Between 2012 and 2016 there was a significant improvement in the percent of those reporting they were without health insurance in Washoe County; from 29% in 2012 to 14% in 2016.

Tobacco Use and Exposure

According to the Centers for Disease Control and Prevention, tobacco use is the leading cause of preventable disease, disability, and death in the United States.¹

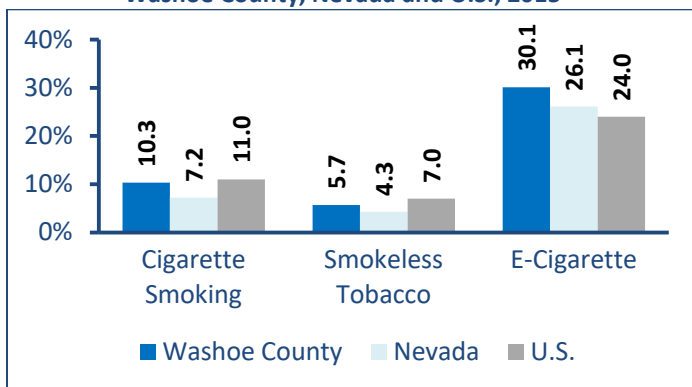
Figure 3. Prevalence of Current Adult Smokers, Washoe County, Nevada, and U.S. 2012-2016



Data Source: The Behavioral Risk Factor Surveillance System 2012-2016

The prevalence of current smokers has remained similar from 2012 to 2016 across Washoe County, Nevada and the U.S. The Healthy People 2020 target is to reduce tobacco use by adults to 12%.

Figure 4. Youth Smoking Prevalence by Products Used, Washoe County, Nevada and U.S., 2015



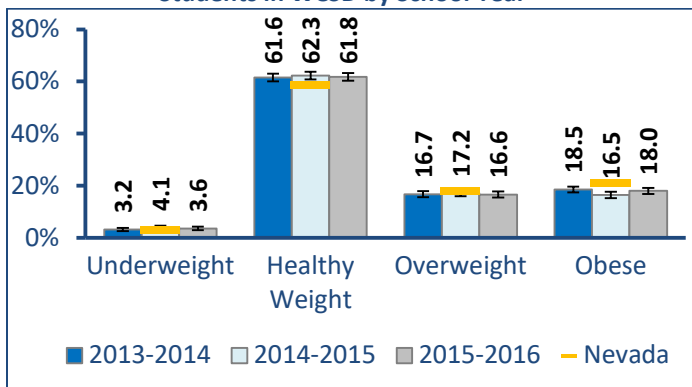
Data Source: Youth Risk Behavioral Surveillance System (YRBSS): High School.

In 2015, the prevalence among youth using E-cigarette was higher than the prevalence of cigarette smoking and smokeless tobacco across Washoe County, Nevada and the U.S. The rate of usage for electronic vapor products for Washoe County was higher at 30.1% when compared to Nevada (26.1%) and the U.S. (24%).

Youth Overweight and Obesity

The following data on youth weight comes from height and weight data collected in the Washoe County School District (WCSD). Height and weight have been collected on samples of WCSD 4th, 7th and 10th grade students since the 2007-2008 school year.

Figure 5. Weight Categories of 4th, 7th, and 10th Grade Students in WCSD by School Year



*2016-2017 was not collected by the school district due to the legislative mandate expiring.

Washoe County had a higher proportion of students who were at a healthy weight and a lower proportion of students who were obese when compared to Nevada. The distribution among the weight categories has been consistent for the past three school years.

Policy, Systems and Environmental Indicators

Policy, systems and environmental interventions promote access to healthier environments in the systems that create the structures in which we work, live and play enabling people to make healthy choices.

This section of the report card includes information on nutrition, physical activity and tobacco efforts in our community that impact policy, systems, and environmental strategies. The following topics are new to the section:

- Park utilization data in the 89502 zip code
- Impact of policy, pricing and access on tobacco use in Nevada
- Percentage of tobacco retailer stores per zip code in Washoe County

Recommendations

Health care professionals can use the following tools when speaking to patients about chronic disease risk factors:

Secondhand smoke (SHS) exposure

- Ask about their exposure to secondhand smoke and provide information about the risks of SHS exposure
- Encourage patients to protect their children from SHS, make their homes and vehicles smoke-free and to avoid SHS

Ask – Advise – Refer Intervention²

- **Ask** about tobacco use
- **Advise** patient to quit
- **Refer** patient to the Nevada Tobacco Quitline 1-800-QUIT-NOW

5210 Framework³



References

1. Centers for Disease Control and Prevention (2018). Chronic Disease Prevention and Health Promotion. Retrieved 2018 from <https://www.cdc.gov/chronicdisease/resources/publications/aag/to-bacco-use.htm>
2. Centers for Disease Control and Prevention. The Brief Tobacco Intervention. Retrieved 2018 from <https://www.cdc.gov/tobacco/campaign/tips/partners/health/materials/twyd-5a-2a-tobacco-intervention-pocket-card.pdf>
3. 5210 Framework. Retrieved 2018 from www.letsgo.org

Acknowledgement

This report was prepared by the Chronic Disease Prevention Program (CDPP) within the Clinical and Community Health Services Division of the Health District. The CDPP seeks to empower our community to be tobacco-free, live active lifestyles, and eat nutritiously through education, collaboration, and policy. For more information visit www.gethealthywashoe.com