



Community Health Profile

CHRONIC DISEASE

Chronic diseases, including heart disease, stroke, cancer and diabetes, are among the most common, costly and preventable illnesses. About six out of ten deaths in the United States each year are due to a chronic disease. In addition, the long course of illness for some chronic diseases results in activity limitations and pain, decreasing the quality of life for millions of Americans. Healthy behaviors, such as eating nutritious foods, engaging in physical activity, and avoiding tobacco use can prevent much chronic disease and control its complications.

KEY FACTS

Fifty-seven percent of deaths in Dakota County residents are due to chronic diseases. Three of the five leading causes of death are chronic diseases (cancer, heart disease and Alzheimer's disease)

Cancer is the leading cause of death with lung, breast, prostate and colorectal cancer most common.

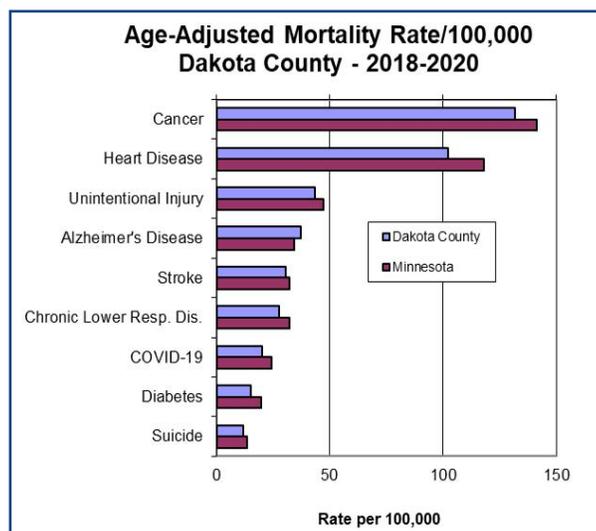
Regular health screenings decreased during the COVID-19 pandemic and access to care in hospitals for non-COVID-19 conditions was limited during surges.

The heart disease death rate increased from 2011 to 2020.

Twenty percent of Dakota County adults have ever been told they have high blood pressure and 26 percent have ever been told they have high cholesterol.

Cancer

- About four out of ten Minnesotans will be diagnosed with cancer in their lifetime.
- Cancer caused 21 percent of the deaths in Dakota County residents in 2021, making it the leading cause of death.
- Four types of cancer (lung, breast, prostate, and colorectal) account for the majority of cancer in both genders.
- In Dakota County, the rate of all new cancer cases decreased from 2007 to 2017, but was above the statewide rate for the period 2015-2019. The rate of new breast cancer cases in Dakota County women increased from 2007 to 2017 and was above the statewide rate for the period 2015-2019.
- 72.5 percent of Minnesota women over age 40 had a mammogram in the past two years (2022). Seventy percent of Minnesotans aged 45–75 received recommended screenings for colon cancer (2022).
- In Dakota County, the rate of new melanoma cases increased by 85 percent from 2007 to 2017.



Heart disease and stroke

- Heart disease and stroke accounted for 19 percent of deaths in Dakota County residents in 2021; heart disease was the second and stroke was the sixth leading cause of death.
- The heart disease death rate increased from 2011 to 2020. It was below the state rate for 2018–2020.
- The stroke death rate decreased from 2011 to 2020. It was below the state rate for 2018–2020.
- Twenty percent of Dakota County adults (25 and older) said they had ever been told they had high blood pressure in 2023, a decrease from 22 percent in 2010. Twenty-six percent said they had ever been told they had high cholesterol in 2023, a decrease from 28 percent in 2010.

Alzheimer's Disease

- Alzheimer's disease was the fifth leading cause of death in Dakota County residents in 2021, causing five percent of the deaths.
- The Alzheimer's death rate increased from 2011 to 2020 and was above the state rate for 2018–2020.
- In 2020, it was estimated that 99,000 Minnesotans had Alzheimer's disease. This is expected to increase by 21 percent to 120,000 in 2025.

Chronic lower respiratory disease

- Chronic lower respiratory disease (asthma, chronic bronchitis and emphysema) was the seventh leading cause of death in Dakota County residents in 2021, causing four percent of the deaths.
- Fifteen percent of Dakota County adults (25 and older) said they had ever been told they had asthma, an increase from 13 percent in 2014. Ten percent currently had asthma (2023), an increase from eight percent in 2014.
- In 2022, 12 percent of Dakota County 5th graders, 15 percent of 8th graders, 16 percent of 9th graders and 11th graders said a doctor or nurse had ever told them they had asthma, slightly higher than the state for 5th and 9th graders, similar for 8th graders and slightly lower for 11th graders.
- There were 396 hospitalizations and 3,012 emergency room visits for asthma for Dakota County residents in 2018-2020.



Diabetes

- Diabetes was the eighth leading cause of death in Dakota County residents in 2021, causing 2.5 percent of deaths.
- In 2023, seven percent of Dakota County adults (25 and older) reported ever being told they had diabetes (Type 1 or 2), a decrease from 10 percent in 2014.

Disabilities

- An estimated 42 million American adults have a disability, including physical or mental limitations and hearing or vision impairment.
- In 2022, an estimated 10 percent of Dakota County residents over age five years who were not institutionalized had a disability. This was below the state (11 percent).
- Persons 65 and older were the most likely to have a disability (27 percent in 2022).
- Seventeen percent of Dakota County adults (25 and older) reported activity limitations due to a physical, mental or emotional problem (2023), a decrease from 20 percent in 2014.



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For more information:

- Centers for Disease Control and Prevention www.cdc.gov
- Minnesota Department of Health www.health.state.mn.us
- Alzheimer's Association www.alz.org/mnnd
- American Cancer Society www.cancer.org
- American Heart Association <https://www2.heart.org>

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.

