

Chronic Disease



Chronic diseases, including heart disease, stroke, cancer and diabetes, are among the most common, costly and preventable illnesses. About seven 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 about chronic disease

Sixty-five percent of deaths in Dakota County residents are due to chronic diseases. Four of the five leading causes of death are chronic diseases (cancer, heart disease and stroke, chronic lower respiratory disease and diabetes). Cancer is the leading cause of death with lung, breast, prostate and colorectal cancer most common. The heart disease death rate steadily decreased from 1998 to 2009. Twenty-one percent of Dakota County adults have ever been told they have high blood pressure and 25 percent have ever been told they have high cholesterol. Seven percent of non-institutionalized county residents over age five have a disability.

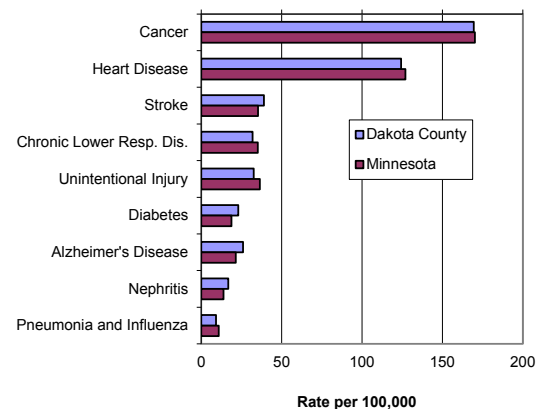
Community
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Dakota
COUNTY

Cancer

- About half of Minnesotans will be diagnosed with cancer in their lifetime and about one-fourth will die from cancer.
- Cancer caused 26 percent of the deaths in Dakota County residents in 2009, 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. Lung cancer was responsible for the most deaths of Dakota County residents of any type of cancer (28.5 percent for males and 25 percent for females in the period 2005-2007). Prostate cancer in males (32 percent) and breast cancer in females (33 percent) accounted for the most new cases of cancer in the period 2005-2007.
- In Dakota County, the rate of new cancer cases in males increased from 1998 to 2006 and was slightly above the state and metro-wide rates for the period 2002-2006; in females, the rate increased slightly and was above the state and metro-wide rates for 2002-2006.
- Eighty-one percent of Minnesota women over age 40 have had a mammogram in the past two years, 12 percent of Minnesotans over age 50 have had a fecal occult blood test in the past two years, and 72 percent have ever had a sigmoidoscopy or colonoscopy (2010).

Age-Adjusted Mortality Rate/100,000
Dakota County - 2007-2009



Source: Minnesota Department of Health, Vital Statistics Interactive Queries, 2007-2009

Heart disease and stroke

- Heart disease and stroke accounted for 22.5 percent of deaths in Dakota County residents in 2009; combined, they are the second leading cause of death.
- The heart disease death rate steadily decreased from the period 1998-2000 to the period 2007-2009. It was slightly below the state but above the metro-wide rate for the period 2007-2009.
- The stroke death rate decreased from the period 1998-2000 to the period 2007-2009 and was above the state and metro-wide rates for 2007-2009.
- Twenty-one percent of Dakota County adults have ever been told they have high blood pressure and 25 percent have ever been told they have high cholesterol (2010).

Chronic lower respiratory disease

- Chronic lower respiratory disease (asthma, chronic bronchitis and emphysema) was the fourth leading cause of death in Dakota County residents in 2009, causing five percent of the deaths.
- In 2010, 16 percent of Dakota County 6th graders, 17.5 percent of 9th graders and 19 percent of 12th graders said a doctor or nurse had ever told them they had asthma, similar to the state.
- Thirteen percent of Dakota County adults have ever been told they have asthma (slightly above the state rate of 11 percent). Of that group, 29 percent still have asthma (2010).
- There were 529 hospitalizations and 1,925 emergency room visits for asthma for Dakota County residents in 2008-2009. The highest rate of hospitalizations for asthma was in the 0-4 year old age group.

Diabetes

- Diabetes was the fifth leading cause of death in Dakota County residents in 2009, causing three percent of deaths.
- In 2010, eight percent of Dakota County adults reported ever being told they had diabetes, slightly higher than the state (seven percent).
- Diabetes is the leading cause of non-traumatic lower extremity amputations and blindness in the U.S.

Alzheimer's Disease

- In 2010, an estimated 94,000 Minnesotans had Alzheimer's disease. This is expected to increase by 17 percent to 110,000 in 2025.

Disabilities

- More than 50 million American adults have a disability, including physical or mental limitations and hearing or vision impairment.
- In 2009, seven percent of Dakota County residents over age five years who were not institutionalized had a disability. This was below the state (10 percent) and metro (nine percent).
- Persons 65 and older were the most likely to have a disability (27 percent in 2009).
- Seventeen percent of Minnesota adults reported having activity limitations due to a physical, mental or emotional problem (2010).
- Twenty-one percent of Minnesotans were ever told they had arthritis (2009), the leading cause of disability.



About this Community Health Profile

For more information about the Dakota County Community Health Assessment and Action Planning (CHAAP) process, contact: Melanie Countryman, Epidemiologist (melanie.countryman@co.dakota.mn.us or 651-554-6131).

For more information:

- Centers for Disease Control and Prevention www.cdc.gov
- Minnesota Department of Health www.health.state.mn.us
- American Cancer Society www.cancer.org
- American Heart Association www.americanheart.org



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