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.

Cancer

- About half of Minnesotans will be diagnosed with cancer in their lifetime and about one-fourth will die from cancer.
- Cancer caused 25 percent of the deaths in Dakota County residents in 2015, 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 2001 to 2011, but was above the statewide rate for the period 2009-2013. The rate of new breast cancer cases in Dakota County women increased from 2006 to 2011 and was above the statewide rate for the period 2009-2013.
- Seventy-seven percent of Minnesota women over age 40 have had a mammogram in the past two years (2014). Seventy-one percent of Minnesotans 50–75 have been screened for colon cancer (2014).
- In Dakota County, the rate of new melanoma cases increased by 45 percent from 2001 to 2011. One percent of Dakota County 9th grade females and four percent of 11th grade females reported they had used an indoor tanning device three or more times in the previous year (2016), a decrease from 2013. A 2014 Minnesota law now prohibits persons under 18 from using commercial indoor tanning facilities.
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  www.americanheart.org

Heart disease and stroke
• Heart disease and stroke accounted for 21 percent of deaths in Dakota County residents in 2015; heart disease is the second and stroke is the fifth leading cause of death.
• The heart disease death rate steadily decreased from 2002 to 2014. It was below the state and metro-wide rates for 2013–2015.
• The stroke death rate generally decreased from 2002 to 2011 and remained stable from 2011 to 2014. It was below the state rate and similar to the metro-wide rate for 2013–2015.
• Twenty-nine percent of Dakota County adults (25 and older) said they had ever been told they had high blood pressure, an increase from 2010, 34 percent said they had ever been told they had high cholesterol (2014).

Alzheimer’s Disease
• Alzheimer’s disease was the sixth leading cause of death in Dakota County residents in 2015, causing five percent of the deaths.
• The Alzheimer’s death rate generally increased from 2002 to 2014 and was above the state and metro-wide rates for 2013–2015.
• In 2016, it is estimated that 91,000 Minnesotans have Alzheimer’s disease. This is expected to increase by 32 percent to 120,000 in 2025.

Diabetes
• Diabetes was the seventh leading cause of death in Dakota County residents in 2015, causing three percent of deaths.
• In 2014, ten percent of Dakota County adults (25 and older) reported ever being told they had diabetes (Type 1 or 2).

Disabilities
• An estimated 40 million American adults have a disability, including physical or mental limitations and hearing or vision impairment.
• In 2015, an estimated nine percent of Dakota County residents over age five years who were not institutionalized had a disability. This was below the state (11 percent) and the U.S. (13 percent) rates.
• Persons 65 and older were the most likely to have a disability (31 percent in 2015).
• Twenty percent of Dakota County adults (25 and older) reported activity limitations due to a physical, mental or emotional problem (2014).

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 2015, causing five percent of the deaths.
• In 2016, 13 percent of Dakota County 5th graders, 18 percent of 8th graders, and 19 percent of 9th and 11th graders said a doctor or nurse had ever told them they had asthma, slightly higher than the state for 8th, 9th, and 11th graders and similar to the state for 5th graders.
• Thirteen percent of Dakota County adults (25 and older) said they had ever been told they had asthma. Eight percent still had asthma (2014).
• There were 428 hospitalizations and 2,036 emergency room visits for asthma for Dakota County residents in 2013-2014. The highest rate of hospitalizations for asthma was in children ages 0–4.

About this Community Health Profile
For more information about the Dakota County community health assessment, contact:
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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  www.americanheart.org