Health Disparities Through the Lifespan

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Office of Minority Health
Alabama Department of Public Health

July 31, 2006
Life Expectancy
United States and Alabama, 2003

- United States: 77.5
- Alabama: 74.7
Life Expectancy United States And Alabama By Race, 2003

<table>
<thead>
<tr>
<th></th>
<th>United States</th>
<th>Alabama</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black</td>
<td>72.7</td>
<td>71.1</td>
</tr>
<tr>
<td>White</td>
<td>78.0</td>
<td>75.6</td>
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</tbody>
</table>
INFANT MORTALITY RATES
ALABAMA AND UNITED STATES\(^1\) BY RACE,
1995-2004

1 2004 US rate is preliminary.
Infant Mortality Rates
By Race, 2004

Rate per 1,000 Live Births

| Race   | Rate
<table>
<thead>
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<tbody>
<tr>
<td>Black</td>
<td>13.3</td>
</tr>
<tr>
<td>White</td>
<td>6.7</td>
</tr>
</tbody>
</table>
Percent Of Births To Teenagers By Race, 2004

- Black: 19.9%
- White: 11.5%
Percent Low Birth Weight By Race, 2004

- Black: 15.1%
- White: 8.4%
Percent Of Births With Adequate Prenatal Care By Race, 2004

- Black: 72.0%
- White: 81.0%
Percent Unintended Births By Race, 2003

- Black: 69.4%
- White: 40.4%
Strategies for Reducing Infant Mortality

- WIC
- Plan First
- Teen Pregnancy Prevention Program
- Alabama Unwed Pregnancy Prevention Program
- Back to sleep program
- Folic Acid Campaign
Strategies for Reducing Infant Mortality

• Child Death Review
• Fetal and Infant Mortality Review
• Smoking cessation interventions
• Breastfeeding promotion
• Newborn screening
• Other Services
In Alabama . . .

- Based on the 2005 census and BRFSS data, more than 333,500 people in Alabama are aware they have diabetes.

- In addition, as many as 200,000 more may have diabetes and not know that they have it.
Diabetes in Alabama

Population of Alabama

Blacks 26%

Alabamians living with Diabetes

Blacks 35%
Premature Diabetes Deaths by Race in Alabama 1999

- < 45 Years
  - White 4%
  - Black 7%

- < 65 Years
  - White 7%
  - Black 17%
Diabetes Prevalence
Alabama Adults 1995-2005

Source: AL BRFSS
Leading Causes of Deaths in Blacks, In Alabama 2004

Top 10 Leading Causes of Death
Alabama, 2004
Blacks and Other

*Diabetes related
Alabama BRFSS Findings

• In 2005, 9.7% of the Adults Surveyed indicated a doctor had told them they had diabetes
  – 10.2% of the Males had diabetes
  – 9.3% of the Females had diabetes

• Diabetes prevalence was 1.3 times greater in blacks than whites.
  – 11.3% of blacks had diabetes
  – 9.1% of whites had diabetes
Diabetes Awareness in Alabama by Race 1995 – 2004
(Having been told by a health care professional)
Racial Disparities: Complications of Diabetes

- Heart Disease
- Stroke
- High Blood Pressure
- Kidney Disease
- Amputations
- Blindness
Risk Factors for Diabetes

• Age 40 years or older

• African American, Hispanic, Native American, or Asian

• Having one or more parents with diabetes

• Having had gestational diabetes

• Hypertension

• Overweight
Strategies to Prevent or Delay Diabetes

• Achieve and maintain a healthy weight

• Be more physically active

• Maintain a healthy blood pressure

• Eat a healthy diet

• Have cholesterol checked and keep it low

• Stop Smoking
Obesity, Hypertension and Diabetes
Alabama 1995-2003
Obesity Rates
Alabama and the Nation
1999-2004

Source: BRFSS
Overweight by Race and Sex

BMI
95th + Percentile

BF
BM
WF
WM

AL
Obesity, Hypertension and Diabetes
Alabama 1995-2003
Overweight/Obese by Race and Sex
Alabama 2004

[Bar chart showing the percentage of overweight and obese individuals by race and sex in Alabama 2004.]

- WM (white males)
- BM (black males)
- WF (white females)
- BF (black females)

Legend:
- Green: obesity
- Red: over
Diabetes
Alabama 2004

<table>
<thead>
<tr>
<th>Gender</th>
<th>Group</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Black Males</td>
<td>Black Males</td>
<td>9.4%</td>
</tr>
<tr>
<td>Black Females</td>
<td>Black Females</td>
<td>12.7%</td>
</tr>
<tr>
<td>White Males</td>
<td>White Males</td>
<td>6.7%</td>
</tr>
<tr>
<td>White Females</td>
<td>White Females</td>
<td>7.7%</td>
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</tbody>
</table>
Obesity Trends* Among U.S. Adults

1991

1996

2004

No Data  <10%  10%–14%  15%–19%  20%–24%  ≥25%

No Data  <10%  10%–14%  15%–19%  20%–24%  ≥25%

No Data  <10%  10%–14%  15%–19%  20%–24%  ≥25%

30
Diabetes Awareness in Alabama by Race 1995 – 2004
(Having been told by a health care professional)
Obesity Rates
Alabama and the Nation
1999-2004

Source: BRFSS
Diabetes Prevalence 2004

[Map showing diabetes prevalence across the United States with different colors indicating varying percentages: 4.2, 5.6, 7, 8.4, 9.8, 11.2]
Overweight
By Race and Gender, Year 2001
Rates of Diabetes by Ethnicity within Age Groups, 2001

- **18-34 yrs**
  - Black: 4.20%
  - White: 1.90%

- **35-54 yrs**
  - Black: 13.70%
  - White: 4.70%

- **55+ yrs**
  - Black: 34.80%
  - White: 17%
Premature Cardiovascular Deaths by Race and Sex, 2004

- Black Males: 45%
- White Males: 42%
- Black Females: 28%
- White Females: 12%
Heart Disease
Alabama 2004
By Race and Sex

Deaths/100,000

Black Male
White Male
Black Female
White Female

Age-adjusted to Std. Yr 2000 millio
Premature Cardiovascular Deaths by Race and Sex, 1998

- Black Males: 39%
- Black Females: 22%
- White Males: 26%
- White Females: 11%
Cancer

Alabama data provided by Alabama Statewide Cancer Registry. U.S. incidence data provided by NAACCR, and U.S. mortality data provided by CDC Wonder.
Cancer Incidence 1999-2003
All Sites

Age adjusted rate/100,000 people

Alabama
U.S.

Black Males  White Males  Black Females  White Females
Cancer Mortality 1999-2002
All Sites

Age adjusted rate/100,000 people

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<thead>
<tr>
<th></th>
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<tr>
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<tr>
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<tr>
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Cancer Incidence 1999-2003
Lung Cancer

Age adjusted rate/100,000 people

Alabama
U.S.

Black Males  White Males  Black Females  White Females
Cancer Mortality 1999-2002
Lung Cancer

Age adjusted rate/100,000 people

Alabama
U.S.

Black Males
White Males
Black Females
White Females
Cancer Incidence 1999-2003
Colorectal Cancer

Age adjusted rate/100,000 people

Alabama
U.S.

Black Males | White Males | Black Females | White Females

Black Males | White Males | Black Females | White Females
Cancer Mortality 1999-2002
Colorectal Cancer

Age adjusted rate/100,000 people

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<tr>
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<td><strong>Alabama</strong></td>
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<td>33</td>
<td>31</td>
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<td><strong>U.S.</strong></td>
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<td></td>
<td>34</td>
<td>26</td>
<td>23</td>
<td>16</td>
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- Black Males
- White Males
- Black Females
- White Females
Cancer Incidence and Mortality 1999-2003* Prostate Cancer

* Mortality rates only include the years 1999-2002.
Cancer Incidence and Mortality 1999-2003* Breast Cancer

* Mortality rates only include the years 1999-2002.
Cancer Incidence and Mortality 1999-2003* Cervical Cancer

* Mortality rates only include the years 1999-2002.
Race Distribution of Women Screened
What is the Office of Minority Health Doing to Eliminate Health Disparities

- Promote minority presence and participation in health planning and policy formation
- Enhance and promote public awareness of health disparities in Alabama
Promote Minority Presence

• State Level Initiatives: collect health data for all people of color, publish data, develop a state wide plan to eliminate health disparities

• Community Level Initiatives: participate in health councils and coalitions, develop public-private partnerships
Thank You

Questions & Answers

For more information about health issues in the state, visit the Alabama Department of Public Health’s website:

http://www.adph.org/minority health
Alabama ATLAS
of Racial Disparities
in Mortality
June 2002
Alabama Department of Public Health
Center for Health Statistics
Division of Statistical Analysis
Alabama CHART BOOK
of Regional Disparities in Mortality
July 2003

Alabama Department of Public Health
Center for Health Statistics
Division of Statistical Analysis
minority HEALTH
in Alabama
Together we can close the gap.
CHRONIC DISEASE IN ALABAMA

Past, Present, and Future Trends