

The Health Status of Kittitas County: Death, Illness, and Injury



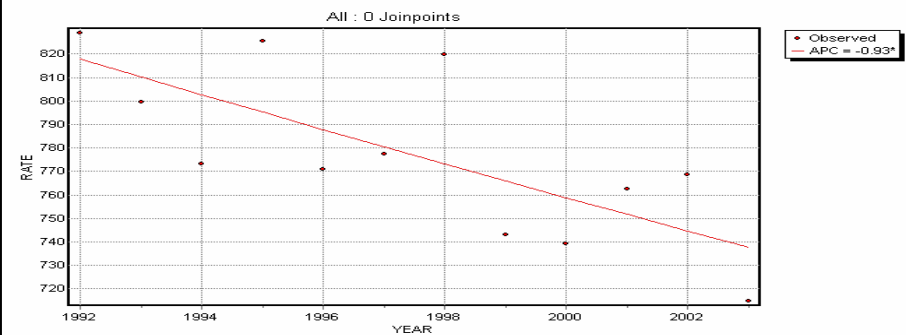
Death, Illness, and Injury are some of the most obvious measures of health in a community. As a whole, Kittitas County has a lower rate of illness and injury than the state, and a slightly longer life expectancy. While we are seeing decreased mortality, we are also seeing risk factors for disease, for example overweight, developing at younger ages. If left unchecked, this could impact future mortality rates.

Symbol Key:

- improving from previous years
- worsening from previous years
- neither worsening nor improving
- ☺ Healthy People 2010 Target met
- ☹ Healthy People 2010 Target unmet

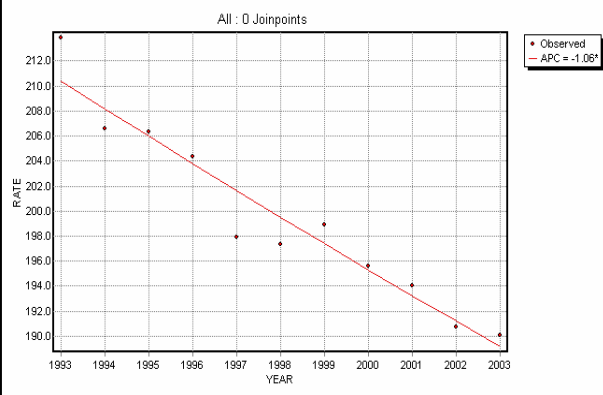


Total mortality has decreased significantly in the last 12 years



	Kittitas County Rate	Washington State Rate	HP 2010 Target
Life expectancy (years)	● 79.98	● 78.70	N/A
Unintentional injury death rate per 100,000	● 33.07	● 36.37	☹ 17.1
Intentional injury death rate per 100,000	● 4.81	● 13.03	☺ 6
Cancer death rate per 100,000	● 184.02	● 190.12	☹ 158.6
Asthma hospitalization rate per 100,000	● 54.68	● 81.53	☹ 14.57
Hospitalization rate per 100,000	● 8421.01	● 9567.62	N/A
Mortality rate per 100,000	● 714.76	● 782.58	N/A

The Cancer death rate has decreased significantly



Living and Dying in Kittitas County

The chart on the left shows just how dramatically cancer death rates have declined. Whereas in 1993, 210 people perished annually from cancer, fewer than 190 do now. The reason? Improved methods for screening for common cancers and more people who take advantage of screening. For most cancers, early detection improves individual outcomes. For example, when found in the early stages, chances of surviving breast cancer are 90% or better.

Death rates for a community can show a general improvement and yet mask disparities. Women without health insurance may not receive screening at the same rates that insured women do. In Washington low-income women over 40 can qualify for free women's health exams at local clinics. Protect your health, for yourself and those you love, get screened. We can further decrease the cancer death rate!

For more information contact: Healthpromotion@co.kittitas.wa.us

Data Sources and Statistics

Life Expectancy: Average life expectancy at birth is higher in Kittitas County than the state average. Expected life expectancy has been increasing in both the county and the state steadily over the last five years. In 2003, total life expectancy at birth for Kittitas County residents was 79.98 years, while the state was 78.70 years. In the county, women were expected to live 82.83 years, while men were 77.16 years. (Source: Life Expectancy: VistaPHw 6.0.2.1, Calculator Version 6.0.2.1 Web.)

Unintentional Injury Deaths: The rate of unintentional injury deaths in the state has been steadily increasing, while the rate in Kittitas County has increased in the last year but with no discernable trend. In 2003 there were 2,210 unintentional injury deaths in the state for a rate of 36.37 per 100,000 population. In 2003 there were 13 unintentional injury deaths in Kittitas County for a rate of 33.07 deaths per 100,000 population. (Source: Death Certificate Data: Washington State Department of Health, Center for Health Statistics.)

Intentional Injury Deaths: The state rate in 2003 was 13.03 deaths per 100,000 population, while the rate in Kittitas County was 4.81 deaths per 100,000. (Source: Death Certificate Data: Washington State Department of Health, Center for Health Statistics.)

All cancer deaths - malignant neoplasms (MNP): Kittitas County has had a fluxuating cancer death rate, without a significant trend, but has been consistently lower than the state rate. In 2003 there were 62 cancer-caused deaths in Kittitas County for a rate of 184.02 per 100,000 population. At the state there were 11,043 cancer deaths for a rate of 190.12 per 100,000. (Source: Death Certificate Data: Washington State Department of Health, Center for Health Statistics.)

Asthma hospitalization rates: Rates have been consistently lower in Kittitas County than the state average. In 2003, the rate in Kittitas County was 54.68 per 100,000 while the state had a rate of 81.53 per 100,000 population. (Source: Hospitalization Discharge Data: Washington State Department of Health, Office of Hospital and Patient Data Systems.)

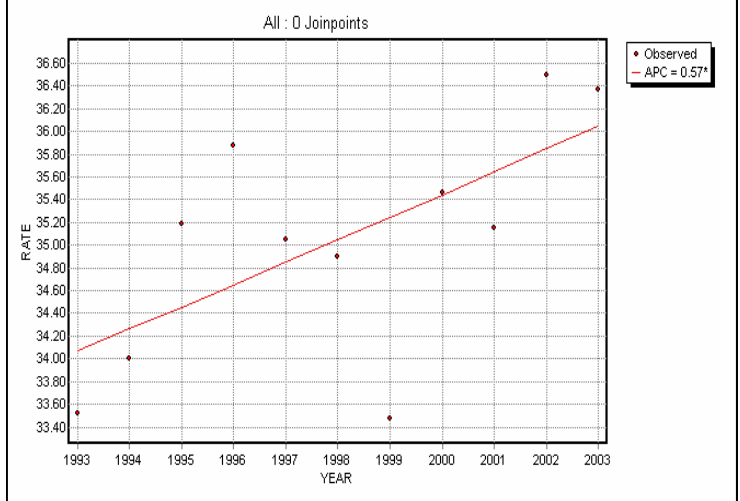
All causes of hospitalization: Kittitas County has consistently had a lower hospitalization rate than the state average, although the rate has fluxuated slightly without a significant trend through the last five years. In 2003 there were 2,718 hospitalizations in Kittitas County for a rate of 8412.01 per 100,000 population. In 2003 there were 567,940 hospitalizations across the state for a rate of 9,567.62 per 100,000. Childbirth is the leading cause of all hospitalizations. (Source: Hospitalization Discharge Data: Washington State Department of Health, Office of Hospital and Patient Data Systems.)

Mortality rate (all causes): Kittitas County has consistently had a lower mortality rate than the state through the last five years. The state rate has steadily decreased to 45,805 deaths or 782.58 per 100,000 population in 2003. Kittitas County has been less stable, but posted a lower mortality rate in 2003 than any previous year of 249 deaths, or 714.76 per 100,000 population. (Source: Death Certificate Data: Washington State Department of Health, Center for Health Statistics.)



Leading Causes of Death — 2003		
Men	Women	Total
Heart Disease	Heart Disease	Heart Disease
Cancer	Cancer	Cancer
Unintentional Injuries	Cerebral Vascular Disease	Cerebral Vascular Disease
Cerebral Vascular Disease	Lower Respiratory Disease	Lower Respiratory Disease
Lower Respiratory Disease	Alzheimer's Disease	Unintentional Injuries
Diabetes	Diabetes	Diabetes
Influenza and Pneumonia	Unintentional Injuries	Influenza and Pneumonia
Suicide	Influenza and Pneumonia	Alzheimer's Disease

Unintentional Injury Deaths have increased significantly in the last 12 years



The average woman is expected to live to age 82!

