

CARVER COUNTY COMMUNITY HEALTH ASSESSMENT PROFILE

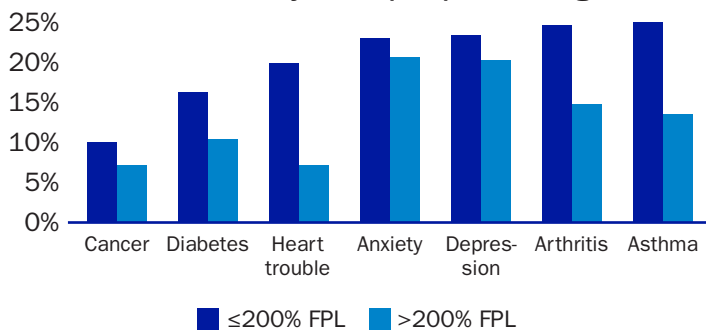
Chronic Disease

Stress and Chronic Disease

Research shows that the constant stress associated with discrimination can generate changes in our bodies that lead to more chronic disease, a higher rate of infant mortality, and earlier death.

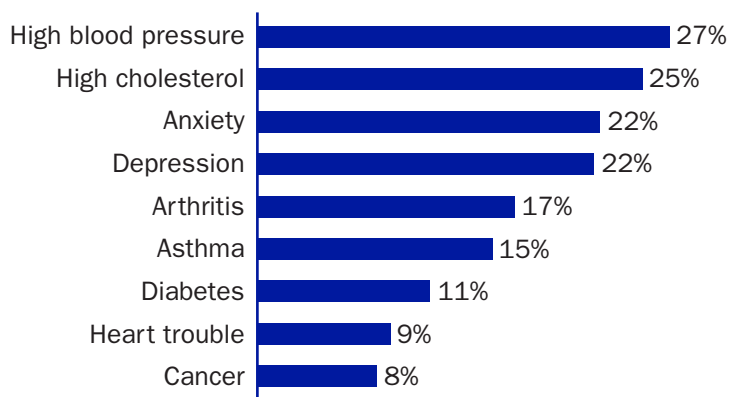
- The stress of being poor, such as worrying about money, increases the chance of developing chronic diseases later.
- People worried about housing costs are more likely to report having chronic diseases such as cancer, arthritis, depression, diabetes, or asthma.
- Poverty also may increase the risk of developing diabetes, and chronic disease can lead to lower income.
- Chronic inflammation and infection of the gums is linked to chronic diseases such as heart and lung disease, stroke, and diabetes.

Chronic Conditions by Federal Poverty Level (FPL) Percentage



Source: Carver County Adult Health Survey, 2018

Carver County Top Chronic Conditions



Source: Carver County Adult Health Survey, 2018

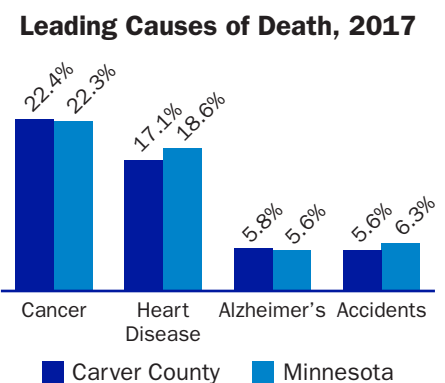
Cancer

Cancer is the leading cause of death in Carver County, accounting for 22% of deaths. Tobacco is the leading single cause of cancer in Minnesota, responsible for 30% of cancer deaths. Lung, breast, prostate, and colorectal cancers account for the majority of cancer in both genders in Carver County.

- Starting at age 21 and through age 29, all women should have a Pap test done every 3 years. Beginning at age 30, a Pap test should be combined with an HPV test every 5 years. 17% of Carver County adult women have never had a pap smear, most being aged 18 to 34 years.
- All people at average risk should start testing for colon cancer at age 45. 25% of Carver County residents aged between 45 and 74 years have never been screened for colon cancer.
- Starting at age 45, women should get mammograms every year. Only 9% of Carver County women between ages 45 and 74 have never had a mammogram.

Heart Disease

Heart disease includes a number of conditions which affect blood flow to and functioning of the heart. The most common type of heart disease is coronary artery disease.



Source: Minnesota Department of Health County Health Tables, 2018

Almost 19% of all deaths in Minnesota and 17% in Carver County are due to heart disease, making it the second-leading cause of death in the state and Carver County, behind cancer.

Risk factors for heart disease include high blood pressure, high blood cholesterol, cigarette smoke, physical inactivity, obesity, and diabetes. 27% of Carver County adults said they had been told they had high blood pressure, followed by 25% of adults reporting having high cholesterol.

Residents living in poverty are more likely to have a chronic condition, including heart trouble. 20% of residents living under 200% of the federal poverty level (FPL) (or a household income of about \$50,000 for a family of four) report having heart trouble, compared to 7% of those living above 200% FPL.

Alzheimer's Disease

Alzheimer's disease is an age-related brain disorder that gradually destroys a person's ability to remember, think, learn and carry out even simple tasks. This disease was the third-leading cause of death in Carver County residents in 2017, representing nearly six percent of all deaths.

Diabetes

Diabetes is a condition that affects how the body breaks down sugar. In time, it can contribute to other chronic conditions or lead to complications like chronic kidney disease, loss of vision or nerve damage. Poverty may increase the risk of developing diabetes, and chronic disease can lead to lower income.

- 11 percent of the population in Carver County report having diabetes.
- Those living in poverty are more likely to report having diabetes (16 percent) than those not in poverty (10 percent).

Asthma

Asthma is one of the most common chronic health conditions with an estimated 24.8 million Americans who have the diagnosis. Here in Minnesota, we know that approximately 393,000 Minnesotans – 1 in 16 children and 1 in 13 adults – live with asthma each and every day.

Outdoor air pollution includes ozone and fine particles in the air, which can trigger asthma attacks and contribute to pneumonia, bronchitis, and heart attacks. Asthma attacks are more common in communities located near busy roads. People who are less able to choose where they live, to determine the conditions



of their homes, or to control their surroundings (like renters), may suffer more frequent asthma episodes.

- Overall, 15 percent of the Carver County population reports having asthma.
- 25 percent of those living in poverty in Carver County report having asthma, compared to only 13 percent of those not living in poverty. Poverty can play a major role in developing asthma and the ability to manage it due to poor rental housing, location near highways, not being able to pay for treatment, and more.

References

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