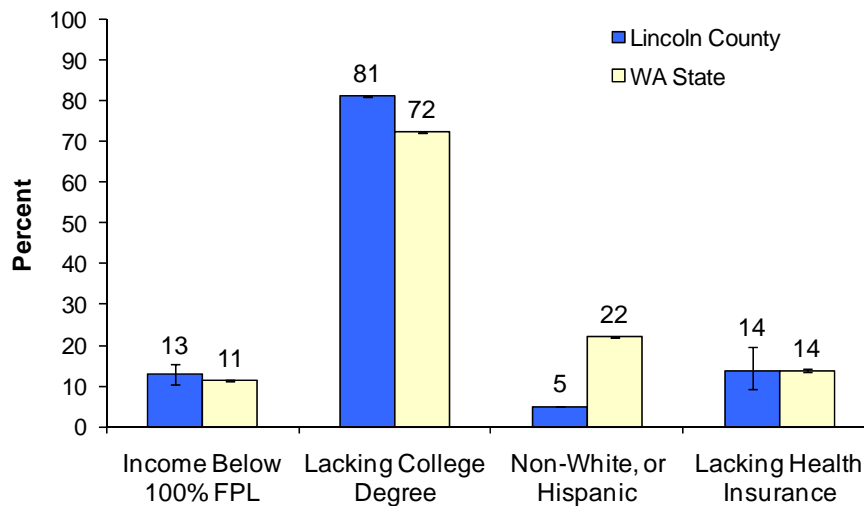


Chronic Disease Profile

Socio-demographic Risk Factors

Lincoln County and Washington State Demographic Factors



In Lincoln County ...

- One in eight households has income less than the federal poverty level. ¹
- Four out of five adults 25 and older do not have a college degree.
- Five percent of the population is non-white or Hispanic.
- One in seven adults has no medical insurance.

Compared to Washington State ...

- Lincoln County has fewer college graduates and fewer non-white or Hispanic than the state average.
- No other differences are statistically detectable.

1. Federal Poverty Level (FPL) is determined based on household income and household size. In 2008, FPL for a family of four was \$21,200.

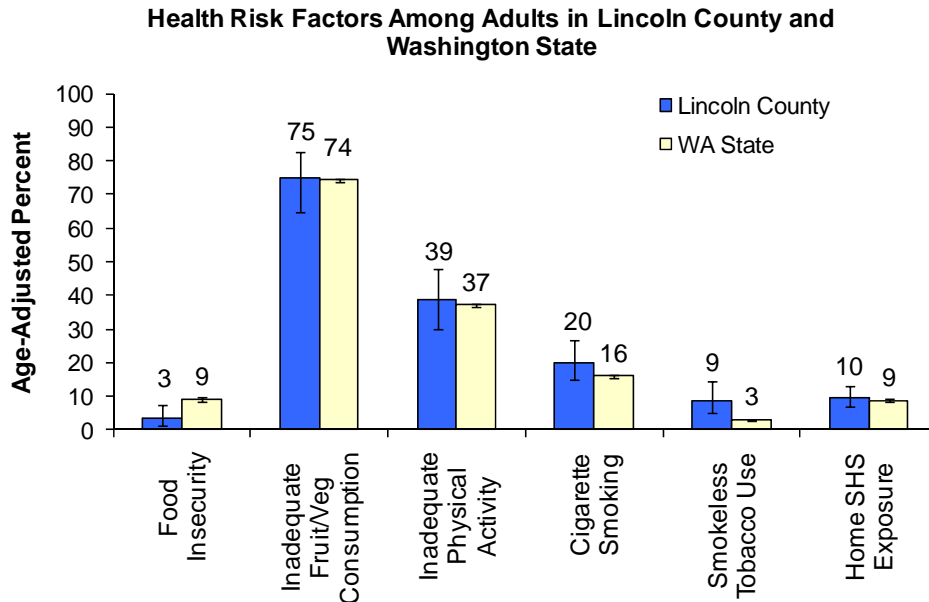
Error bars show the 95 percent confidence intervals around the estimate. Confidence intervals are not given for census data.

Data Sources: US Census Bureau, 2008 SAIPE (income) 2000 Decennial Census (education, race/ethnicity); WA Behavioral Risk Factor Surveillance System 2006-2008 (health insurance).

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Adult Health Risk Factors



In Lincoln County ...

- Three percent of households experiences food insecurity.¹
- Three fourths of adults do not eat enough fruits and vegetables.²
- Two out of five adults do not get adequate physical activity.³
- One in five adults is a current cigarette smoker.
- One in 11 adults uses smokeless tobacco.
- One in ten adults is exposed to second hand smoke in the home.

Compared to Washington State ...

- More Lincoln County adults use smokeless tobacco than the statewide average.
- Fewer Lincoln County adults experience food insecurity than the statewide average.
- No other differences are statistically detectable.

1. Food Insecurity occurs when people run out of food, eat less, skip meals, or go hungry, or when they subsist on a nutrient poor diet, because they cannot afford to buy food.

2. CDC recommends eating five servings of fruits and vegetables per day.

3. CDC recommends 30 min of moderate physical activity five times a week, or 20 minutes of vigorous physical activity three times a week for adults.

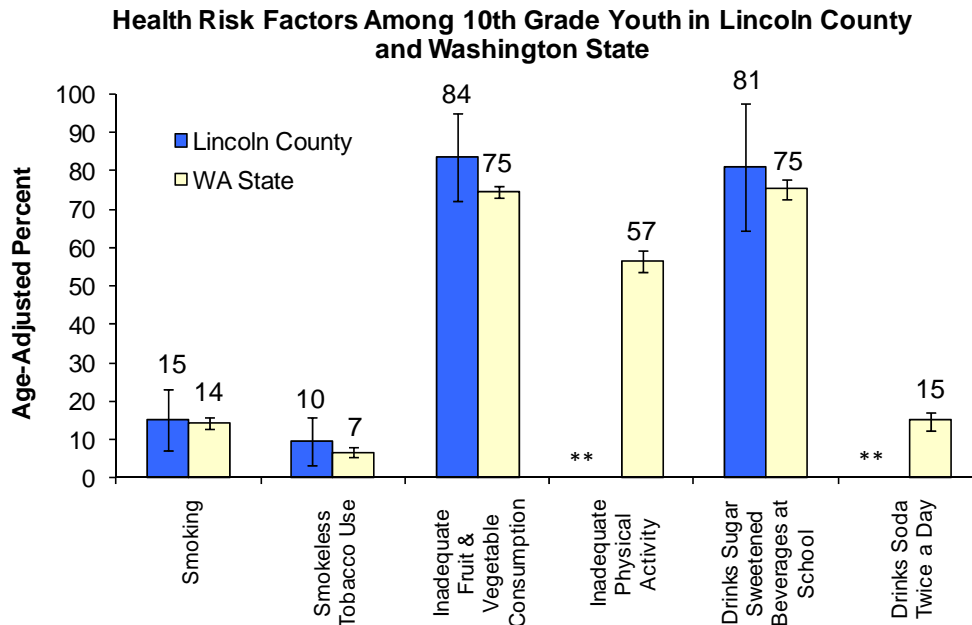
Error bars show the 95 percent confidence intervals around the estimate.

Data Source: WA Behavioral Risk Factor Surveillance System, 2007 (food insecurity), 2005&007 (nutrition, physical activity) , 2006-2008 (smoking).

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Youth (10th grade) Health Risk Factors



In Lincoln County ...

- One in seven 10th grade students smokes.
- One in 10 uses smokeless tobacco.
- Five out of six do not eat enough fruits and vegetables.¹
- Four out of five drink sugar sweetened beverages at school.³
- ** Insufficient data to estimate of physical activity and soda consumption in Lincoln County.

Compared to Washington State ...

- There are no statistically detectable differences between Lincoln County and Washington State.

1. CDC recommends five servings of fruits and vegetables a day.

2. CDC recommends 60 minutes moderate or vigorous physical activity every day for youths.

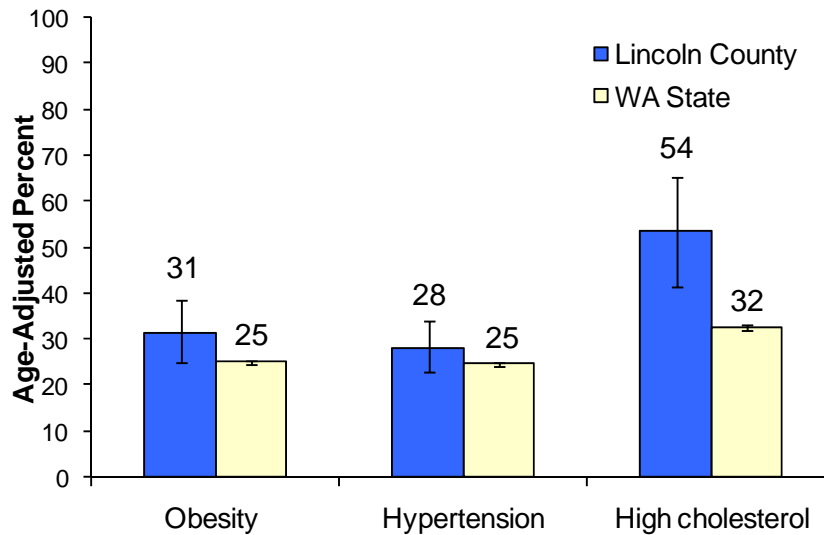
3. Includes soda, fruit juice, sports drinks, kool-aid, etc.

Error bars show the 95 percent confidence intervals around the estimate.

Data Source: WA Healthy Youth Survey, 2008.

Adult Health Risk Conditions

Health Risk Conditions Among Adults in Lincoln County and Washington State



In Lincoln County ...

- Three out of 10 adults are obese.¹
- Over a fourth of adults has high blood pressure.²
- Over half of adults has high cholesterol.²

Compared to Washington State ...

- More Lincoln County adults have high cholesterol than the state average.
- No other differences are statistically detectable.

1. Obesity in adults is defined as body mass index > 30 kg / m².

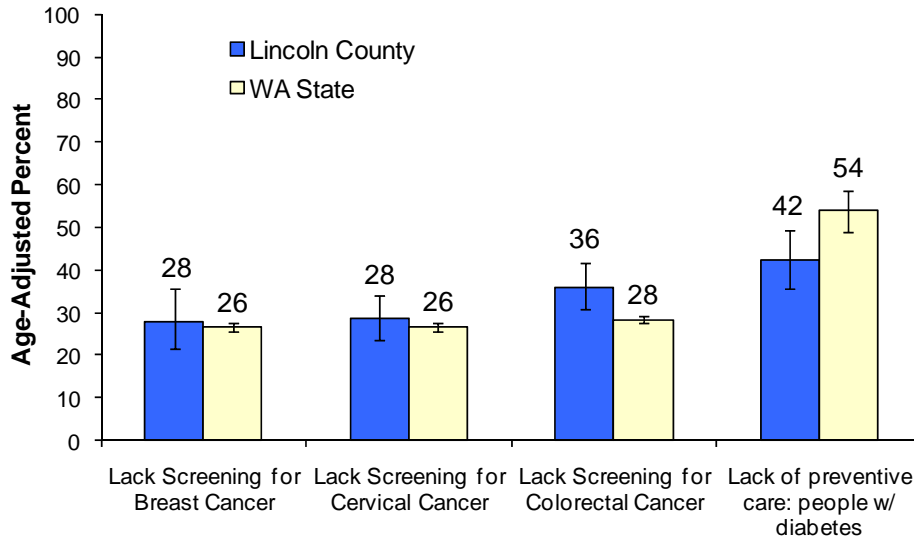
2. Self reported lifetime prevalence – Survey respondent answered “yes” to “have you ever been told by a health care professional that you have high blood pressure (or high cholesterol).”

Error bars show the 95 percent confidence intervals around the estimate.

Data Source: WA Behavioral Risk Factor Surveillance System, 2006-2008 (Obesity), 2005&2007 (hypertension, cholesterol).

Adult Preventive Care

Preventive Care Among Adults in Lincoln County and Washington State



In Lincoln County ...

- Over a fourth of women 40 and over has not been screened for breast cancer.¹
- Over a fourth of women 18 and over has not been screened for cervical cancer.¹
- Over a third of men and women 50 and over has not been screened for colorectal cancer.¹
- Two out five of people with diabetes have not received recommended preventive care.²

Compared to Washington State ...

- In Lincoln County, fewer people get screened for colorectal cancer than the state average.
- In Lincoln County, more people with diabetes receive recommended preventive care than the state average.
- No other differences are statistically detectable.

1. CDC recommends women aged 40+ should have a mammogram every two years, women 18+ should have a PAP test every three years, and men and women aged 50+ should have either a sigmoid colonoscopy or a fecal occult blood test every two years.

2. For people with diabetes, recommended preventive care includes annual foot exam, annual eye exam, and bi-annual hemoglobin A1c test.

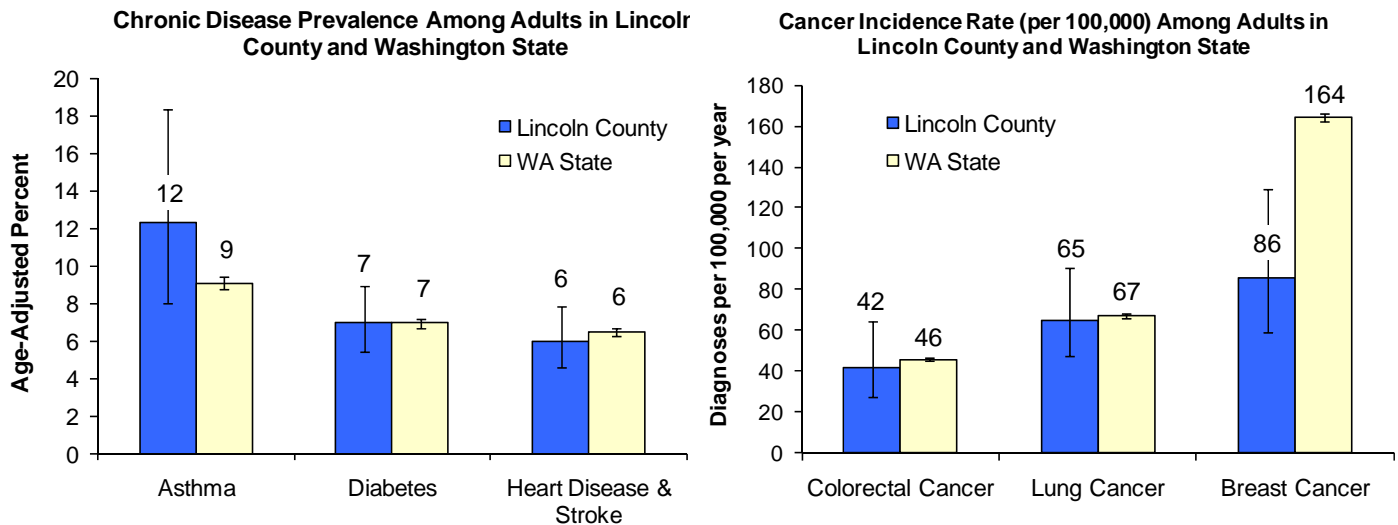
Error bars show the 95 percent confidence intervals around the estimate.

Data Source: WA Behavioral Risk Factor Surveillance System, 2006-2008.

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Adult Chronic Disease Rates



In Lincoln County ...

- One in eight adults has asthma.¹
- One in 14 adults has diabetes.¹
- One in 16 adults has had a heart attack, coronary heart disease, angina, or stroke.¹
- One in 2,400 people is diagnosed with colorectal cancer per year.
- One in 1,500 people is diagnosed with lung cancer per year.
- One in 1,100 women is diagnosed with breast cancer per year.

Compared to Washington State ...

- In Lincoln County, fewer women are diagnosed with breast cancer than the state average.
- No other differences are statistically detectable.

1. Self reported lifetime prevalence – Survey respondent answered “yes” to “have you ever been told by a health care professional that you have asthma (or diabetes, stroke, etc).”

Error bars show the 95 percent confidence intervals around the estimate.

Data Source: WA Behavioral Risk Factor Surveillance System, 2006-2008 (asthma, diabetes, heart disease and stroke), Washington state Cancer Registry, 2003-2007 (cancer incidence).