

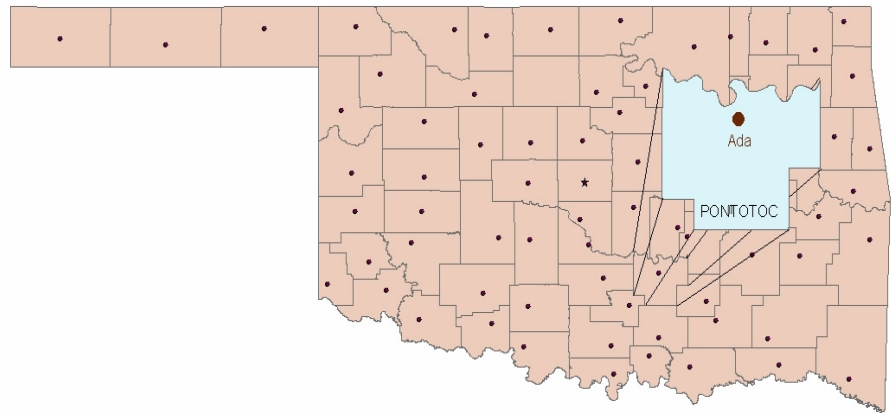
State of the County's Health Report

A Look Back To Move Forward

Pontotoc County

The state of Oklahoma has been in a downward health trend since the 1990's, until recently. Through the efforts of the state and county health departments, state and local governments and the individual communities the health of Oklahomans is looking up. However, we could do more to improve the health of the citizens of Oklahoma.

This report focuses on the health factors for the citizens of Pontotoc County. We will take a look back to discover what has been affecting the health of the citizens in order to move forward and make healthy, effective and safe changes for all.

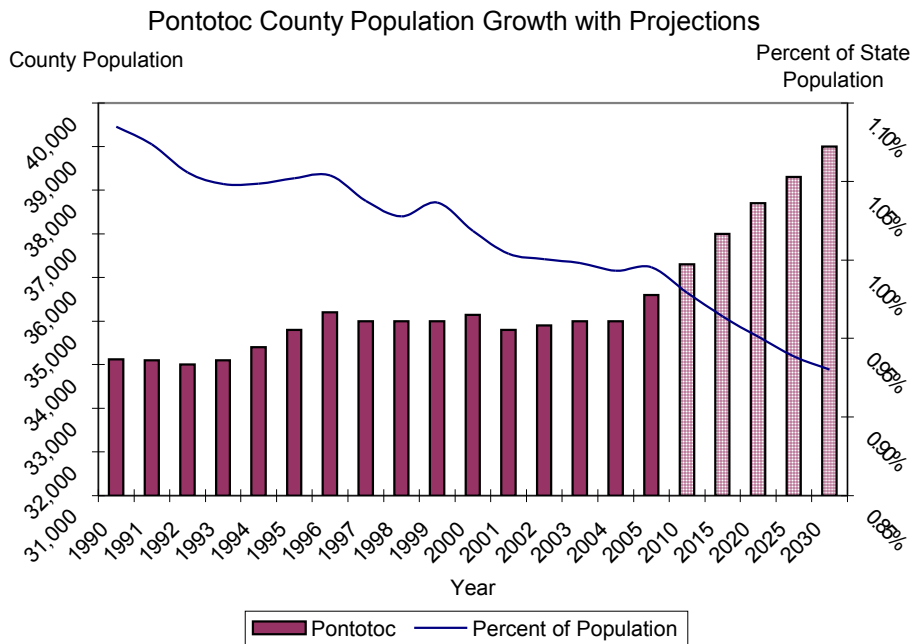


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Demographics

- Population estimates
 - 3% increase from 1990 to 2000 (34,119 to 35,143)
 - no change from 2000 to 2004
 - Ranked 43rd for growth in state
- 2000 Census
- Hispanic/Latino ethnicity = 2%
- Race
 - Whites = 76%
 - Native Americans = 16%
 - Blacks = 2%
 - Other/Multiple = 7%
- Age
 - Under 5 = 6%
 - Over 64 = 15%
 - Median age = 35.7 years
- Housing units
 - Occupied = 13,978 (90%)
 - Vacant = 1,597 (10%)
- Disability (ages 21 to 64) = 23.0%
national average = 19.2%
- Individuals below poverty = 16.5%
national = 12.4% state = 14.7%



* Vital Statistics, Health Care Information Systems, OSDH & Centers for Disease Control

Top 10 Leading Causes of Death

The top 10 leading causes of death table on the next page displays a broad picture of the causes of death in Pontotoc County. Since many health-related issues are unique to specific ages, this table provides causes of death by age group at a glance. The causes of death that are present across almost every age group have been highlighted. From 1983 to 1993 heart disease killed 1,512 people in Pontotoc County

and is still the leading cause of death among all age groups. According to the Centers for Disease Control, almost \$400,000 is spent on each heart disease-related death. With an average of 140 deaths a year, heart disease accounts for almost \$52 million a year in medical costs in

Heart disease accounts for almost \$52 million a year in medical costs in Pontotoc County.

Pontotoc County. Alzheimer's disease and the complications associated have increased from the 15th ranked cause of death (1983-1993) to the 11th ranked cause of death in persons 65 and older accounting for a 100% increase in deaths.

* Behavioral Risk Factor Surveillance System, Health Care Information System, OSDH & Health Affairs Journal, R. Strum, 2002

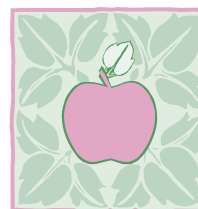
Nutrition and Obesity

With the United States coming in as the most obese country in the world, health care costs related to obesity and poor nutrition are on the rise.

Of the 292 million people in the United States, 129 million are overweight or obese according to their body mass index (BMI). The number of obese (BMI > 29) and overweight (BMI 25-29) Oklahomans has been increasing at the

same rate as the nation, and health care costs are reflecting this downward spiral of health. For persons under the age of 65, on average, health care costs are \$395 more for obese individuals and are even greater for persons over the age of 65.

In 2002-2004, 25.3%



Sensible Foods – Sensible Portions
5 to 9 Fruits & Vegetables a Day

(8,899) of people in Pontotoc County were considered obese which accounted for an additional \$3,515,105 in medical costs for the county. These costs are underestimated because they do not take into account the percentage of obese or overweight persons who are over the age of 65.

Top 10 Causes of Death by Age Group Pontotoc County 1993-2003

Rank	0-4	05-14	15-24	25-34	35-44	45-54	55-64	65+	All Ages
1	PERINATAL PERIOD 15	UNINTENT. INJURY 7	UNINTENT. INJURY 37	UNINTENT. INJURY 22	UNINTENT. INJURY 35	HEART DISEASE 71	HEART DISEASE 151	HEART DISEASE 1284	HEART DISEASE 1544
2	CONGENITAL ANOMALIES 13	CANCER 2	SUICIDE 8	CANCER 8	HEART DISEASE 31	CANCER 59	CANCER 149	CANCER 682	CANCER 927
3	UNINTENT. INJURY 7	CONGENITAL ANOMALIES 1	HOMICIDE/LEGAL 6	SUICIDE 7	CANCER 22	UNINTENT. INJURY 23	BRONCHITIS/EMPHYSEMA/ASTHMA 30	STROKE 440	STROKE 470
4	SIDS 3	HEART DISEASE 1	CANCER 4	HOMICIDE/LEGAL 5	SUICIDE 19	LIVER DISEASE 14	LIVER DISEASE 17	BRONCHITIS/EMPHYSEMA/ASTHMA 204	BRONCHITIS/EMPHYSEMA/ASTHMA 247
5	APPENDIX DISEASE 1	HIV 1	BRONCHITIS/EMPHYSEMA/ASTHMA 1	HEART DISEASE 4	HOMICIDE/LEGAL 7	STROKE 11	STROKE 15	INFLUENZA/PNEUMONIA 202	INFLUENZA/PNEUMONIA 214
6	NON-CANCEROUS TUMOR 1	HOMICIDE/LEGAL 1	COMPLICATED PREGNANCY 1	CONGENITAL ANOMALIES 2	STROKE 4	SUICIDE 11	UNINTENT. INJURY 14	DIABETES MELLITUS 88	UNINTENT. INJURY 213
7	HEART DISEASE 1	SEPTICEMIA (BLOOD POISONING) 1	CONGENITAL ANOMALIES 1	HIV 2	DIABETES MELLITUS 4	BRONCHITIS/EMPHYSEMA/ASTHMA 9	DIABETES MELLITUS 11	SEPTICEMIA (BLOOD POISONING) 72	DIABETES MELLITUS 110
8	HERNIA 1	SUICIDE 1	DIABETES MELLITUS 1	BRONCHITIS/EMPHYSEMA/ASTHMA 1	VIRAL HEPATITIS 4	DIABETES MELLITUS 6	INFLUENZA/PNEUMONIA 6	UNINTENT. INJURY 68	SEPTICEMIA (BLOOD POISONING) 82
9	INFLUENZA/PNEUMONIA 1	OTHER 1	HEART DISEASE 1	OTHER 6	BRONCHITIS/EMPHYSEMA/ASTHMA 2	HOMICIDE/LEGAL 6	SEPTICEMIA (BLOOD POISONING) 6	KIDNEY DISEASE 55	KIDNEY DISEASE 69
10	THREE CAUSES TIED 1		TWO CAUSES TIED 1		KIDNEY DISEASE 1	INFLUENZA/PNEUMONIA 4	SUICIDE 6	ATHERO-SCLEROSIS 47	SUICIDE 62

Data source: *Vital Statistics*, Health Care Information Division, Oklahoma State Department of Health

Produced by: Community Development Service, Community Health Service, Oklahoma State Department of Health

July 2005

Injury and Violence

Across the nation and the state of Oklahoma, unintentional and violence-related injuries are on the rise. Unintentional injuries account for the 4th leading cause of death in the United States and the 5th leading cause of death in Oklahoma from 1999-2002. For persons ages 1 to 44 in Oklahoma, unintentional injuries are the leading cause of death.

This trend does not change much in Pontotoc County. Unintentional injuries are the leading cause of death from ages 5 to 44.

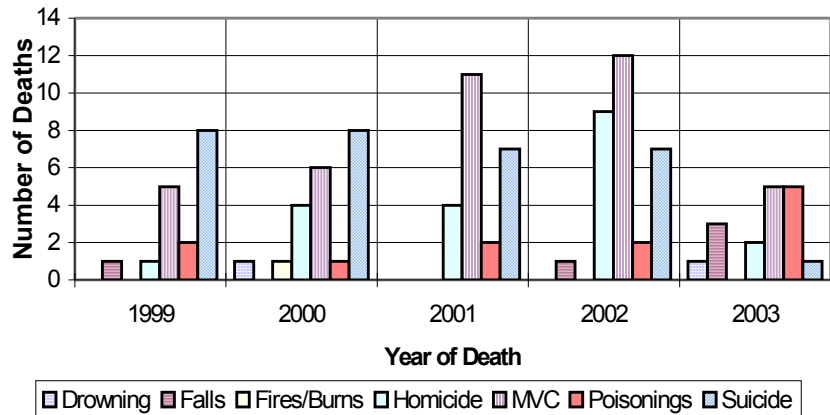
It is estimated that for every motor vehicle-related death \$1.1 million in economic costs are incurred. For Pontotoc County which has an average of 7.8 motor vehicle-related deaths a year,

that translates to almost \$9 million a year.

Violence-related injuries (homicide

and suicide) in Pontotoc County are ranked in the top 10 in six of the eight age groups (see Top 10 list on page 3).

Injury and Violence-Related Deaths in Pontotoc County, 1999-2003



* Vital Statistics, Health Care Information Systems, OSDH & Centers for Disease Control

Tobacco Use

According to the 2005 State of the State's Health Report, tobacco use among Oklahomans has remained fairly stable from 1990 to 2002. Oklahoma has been consistently higher in its tobacco use than the nation and is 30% higher than the nation on the amount of tobacco consumed per capita (103 packs vs. 79 packs).

Tobacco use is no longer just the

problem of the individual but also the community as a whole. With health care costs on the rise, targeting areas such as tobacco use is an effective way to control those costs.

In 2002, the CDC estimated that a person that used tobacco accrued over \$3,300 in health care costs per year. According to the Be-

havioral Risk Factor Surveillance System, it is estimated that 29.8% (10,482) of people in Pontotoc County use tobacco of some sort. Medical costs accumulated by those persons are almost \$35 million a year for Pontotoc County.

“Medical costs accumulated by those persons are almost \$35 million a year for Pontotoc County”

* Behavioral Risk Factor Surveillance System, Health Care Information System, OSDH & American Diabetes Association, 2002

Physical Activity, Wellness and Diabetes

The increasing inactivity of the U.S. population is contributing to an increase in numerous poor health-related outcomes. Physical inactivity robs the body of precious energy needed to function properly, in turn health declines and rates of various chronic diseases escalate.

According to the 2002-2004 Behavioral Risk Factor Surveillance System (BRFSS), it is estimated that 28.3%

(9,954) of people in Pontotoc County had no leisure activity in the past month at the time they were surveyed.

The BRFSS also indicated that 6.9% (2,427) of Pontotoc County citizens have been diagnosed by a health professional as having dia-



Increase activity gradually. Moderate exercise for 30 minutes 5 days a week.

betes. In 2002, the per capita annual healthcare costs for people with diabetes was \$13,243 compared to \$2,560 for people without diabetes. Persons with diabetes accumulated health care costs of \$32,140,761 in one year for Pontotoc County.

Teen Pregnancy

While births to teen mothers (age 15 to 19) are on the decline in both the U.S. and Oklahoma, Oklahoma has moved up in rank from 13th to 8th in the country. In 1993 the rate of teen births

was 60.0 (per 1,000 15-19 year old females) in the U.S. and 66.6 in Oklahoma. In 2003, the rate decreased to 41.7 in the U.S. and 55.8 in Oklahoma, a decrease of

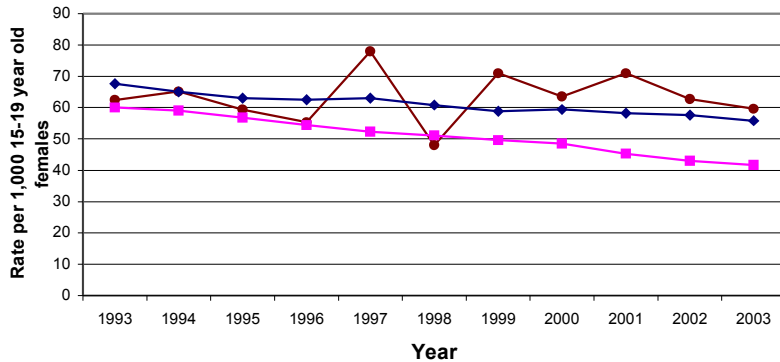
31% and 7%, respectively.

Children of teen mothers are more likely to display poor health and social outcomes than those of older mothers, such as premature birth, low birth weight, higher rates of abuse and neglect, and more likely to go to foster care or do poorly in school. Additionally, births to teen mothers accumulate \$3,200 a year for each teenage birth, which is passed on to citizens.

According to Oklahoma Vital Statistics, Pontotoc County had a teen birth rate of 59.6 in 2003 which was a 5% decrease from 2002 (62.7) and only a 4% decrease since 1993 (62.4).

With an average of 81 births per year, teen pregnancy costs the citizens of Pontotoc County \$259,200 a year.

Rate of Live Births to Teen Mothers, Ages 15-19, 1993 to 2003



*2003 U.S. data is preliminary

Note: Eleven births to a mother 10-14 years of age occurred during the 11 year period.

Poverty

* U.S. Census Bureau

As the nation advances in technology and the ability to detect and prevent disease at an earlier stage, persons that are impoverished carry a large burden of poor health outcomes. Higher incidences of unplanned or unwanted pregnancies, teen pregnancy, inadequate

prenatal care, higher rates of low-birth-weight babies, infant deaths and low immunization rates are all associated with poverty along with a myriad of other adverse health outcomes.

According to the 2000 census, 16.5% of persons in Pontotoc County for

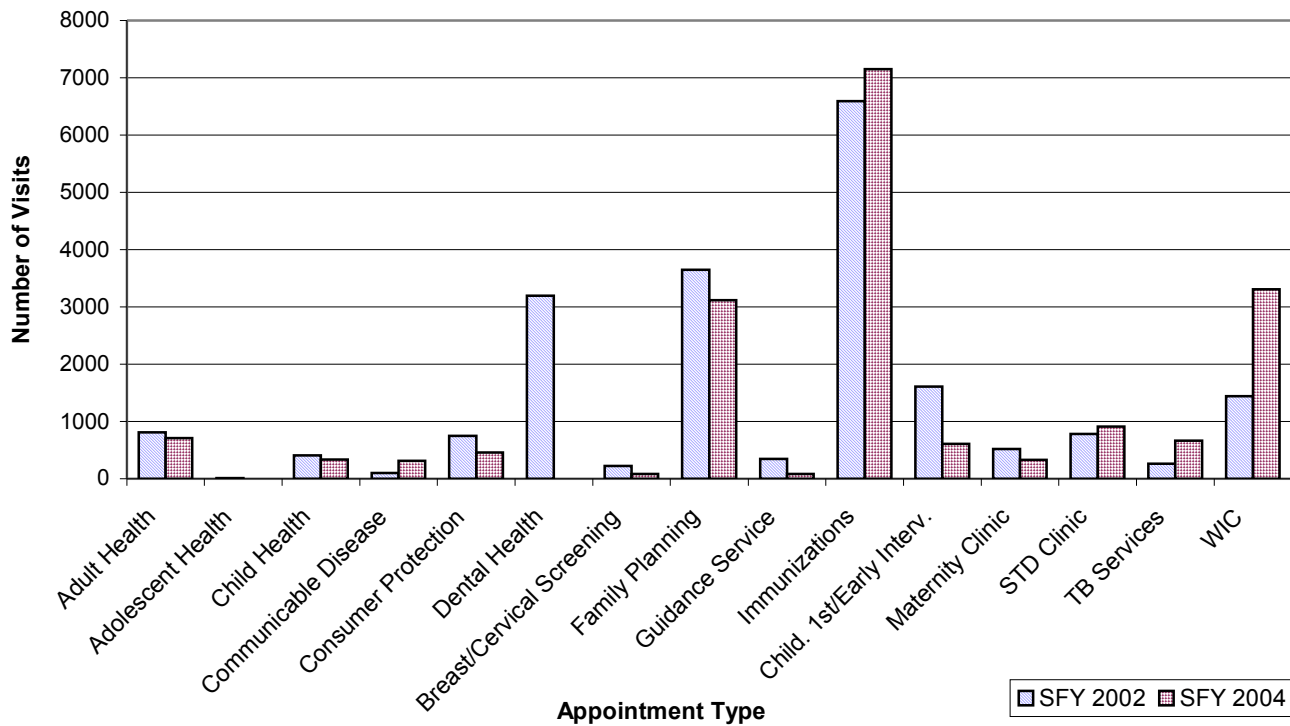
whom poverty status was known had an income below what was needed to live at the federal poverty level. Pontotoc County is 12% above the state and 33% above the nation for persons with incomes below the federal poverty level.

Income to Poverty Ratio Comparison, Pontotoc County, 1990 and 2000 Census

	Total	Under .50	.50 to .74	.75 to .99	1.00 to 1.24	1.25 to 1.49	1.50 to 1.74	1.75 to 1.84	1.85 to 1.89	2.00 and over
1990 Census										
Population	32,759	2,632	1,989	2,503	2,854	1,904	2,147	978	1,081	16,671
Cumulative Population		2,632	4,621	7,124	9,978	11,882	14,029	15,007	16,088	32,759
% of Total	100.0%	8.0%	6.1%	7.6%	8.7%	5.8%	6.6%	3.0%	3.3%	50.9%
Cumulative %		8.0%	14.1%	21.7%	30.5%	36.3%	42.8%	45.8%	49.1%	100.0%
2000 Census										
Population	33,936	2,056	1,523	2,022	2,381	2,672	2,059	1,031	837	19,355
Cumulative Population		2,056	3,579	5,601	7,982	10,654	12,713	13,744	14,581	33,936
% of Total	100.0%	6.1%	4.5%	6.0%	7.0%	7.9%	6.1%	3.0%	2.5%	57.0%
Cumulative %		6.1%	10.5%	16.5%	23.5%	31.4%	37.5%	40.5%	43.0%	100.0%
2000 -1990 Differential										
Population Difference	1,177	(576)	(466)	(481)	(473)	768	(88)	53	(244)	2,684
% Difference	3.6%	-21.9%	-23.4%	-19.2%	-16.6%	40.3%	-4.1%	5.4%	-22.6%	16.1%

* Note: ratio < 1, income is less than the poverty level; ratio = 1.00, income and poverty are the same; ratio > 1, income is higher than poverty level

Attended Appointments for Pontotoc County Health Department by State Fiscal Year



Health Care Costs Summary

Cardiovascular Disease (Heart Disease)

- Average 140 deaths a year
- \$369,476.69 per death
- Total—\$51,874,527.28 a year

Obesity

- 25.3% of population (8,899)
- \$395.00 in additional medical costs per person
- Total—\$3,515,105.00

Motor Vehicle-Related Injury Death

- Average 7.8 deaths per year
- \$1,120,000.00 in economic costs per death
- Total—\$8,736,000.00 a year

Tobacco Use

- 29.8% of population (10,482)
- \$3,300.00 in health care costs
- Total—\$34,590,600.00 a year

Diabetes

- 6.9% of population (2,427)
- \$13,243.00 in healthcare costs a year
- Total—\$32,140,761.00 a year

Teen Pregnancy

- Average of 81 births to teen mothers per year
- \$3,200.00 in costs for each birth a year
- Total—\$259,200.00 a year



Grand Total for Pontotoc County:

\$131,116,193.28

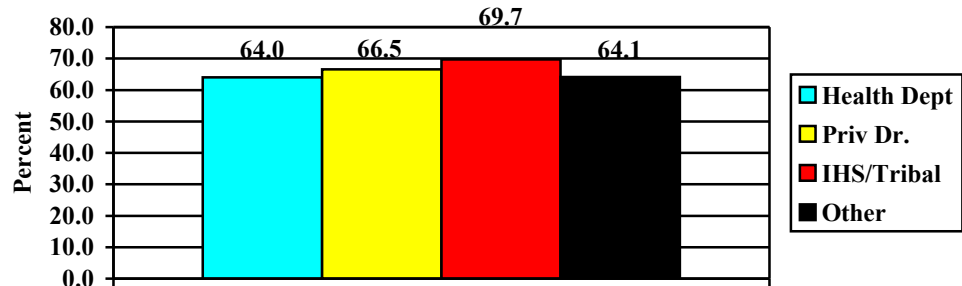
OK By One - State Immunization Data

* 2 Year-old Immunization Survey, Immunization Service, OSDH

2003-04 Immunization Coverage Rates

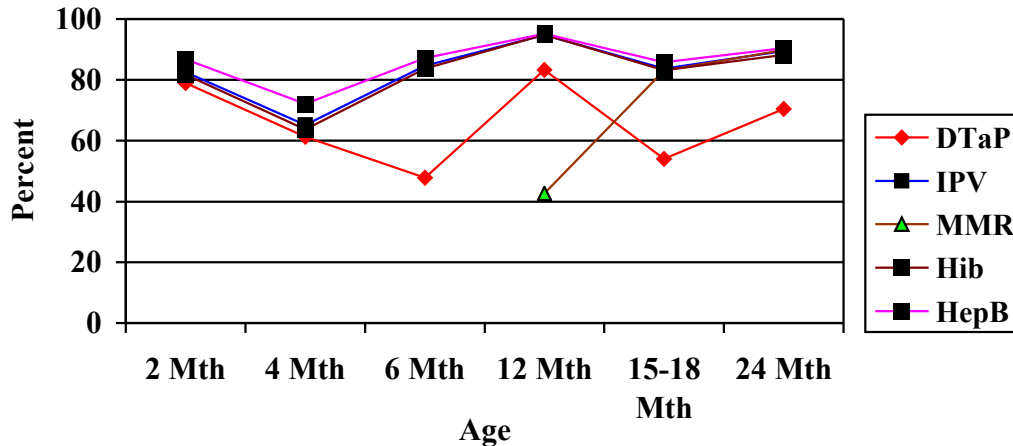


4:3:1:3:3 Coverage by Location of Shots, Oklahoma, 2004



Provider Type

Oklahoma Children On Schedule by Antigen, 2004



**Note: County level data will be available soon.



**OKLAHOMA STATE
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Looking Back to Move Forward

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The Oklahoma Turning Point Initiative is public health improvement in action. The success of the Turning Point process involves a partnership between the department of health, local communities, and policy-makers. The Oklahoma Turning point engine is fueled by a community-based decision making process whereby local communities tap into the capacities, strengths, and vision of their citizens to create and promote positive, sustainable changes in the public health system, and the public's health.

Pontotoc County—Success By Six Community Coalition

We want to say Thank You to all the people that make the Success By Six Community Coalition such a huge success.

