



OKLAHOMA STATE DEPARTMENT OF HEALTH

State of the County's Health Report

Working Together For Health

Sequoyah County

Oklahoma ranks near the bottom in many key health status indicators. Most of these outcomes are related to conditions that Oklahomans must live with every day. Poverty, lack of insurance, limited access to primary care, and inadequate prenatal care, along with associated risky health behaviors (low fruit/vegetable consumption, low physical activity, a high prevalence of smoking) all contribute to the poor health status of our citizens.

The vision of the Oklahoma Health Improvement Plan (OHIP) involves local partnerships and communities working together to improve and sustain the physical, social, and mental well-being of all people in Oklahoma. The targeted flagship initiatives of children's health improvement, tobacco use prevention, and obesity reduction will help to maximize opportunities for all Oklahomans to lead healthy lives. If you would like more information about OHIP, please visit the Oklahoma State Department of Health website at http://www.ok.gov/health/Organization/Board_of_Health/OHIP.html.

This report focuses on health factors and demographics in Sequoyah County. Awareness and thoughtful application of this health data can assist us in our joint endeavors to improve the health status of our local citizens.



Together We Can Move Forward

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County Demographics

Population estimates¹

- 15.3% increase from 1990 to 2000 (33,866 to 39,048)
- 5.1% increase from 2000 to 2008 (39,048 to 41,034)
- Ranked 19th for growth in state

2008 Census Estimates²

- Hispanic/Latino ethnicity = 3.1%
- Race
 - Whites = 75.1%
 - Native Americans = 22%
 - Blacks = 2.5%
- Age
 - Under 5 = 6.8%
 - 65 and over = 14.3%
 - Median age = 36.4 years

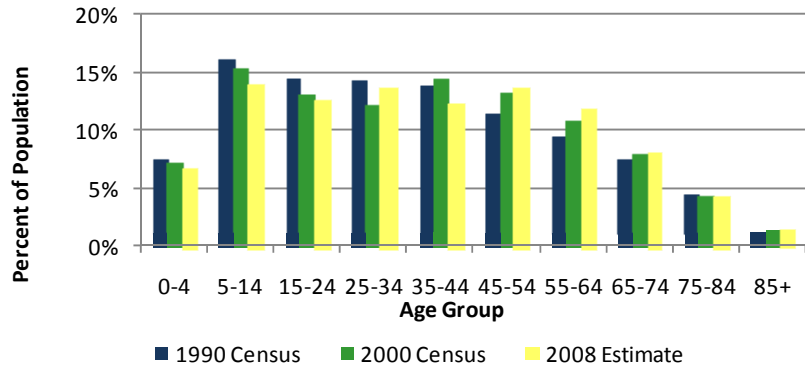
2000 Census³

- Housing units
 - Occupied = 14,761 (87%)
 - Vacant = 2,179 (13%)

- Disability (ages 21 to 64) = 27.8% state = 21.5% national = 19.2%
 - 45% of disabled (ages 21-64) are employed

- Individuals below poverty = 19.8% state = 14.7% national = 12.4%
- Families below poverty = 16.1% state = 11.2% national = 9.2%

1990, 2000, & 2008 Population by Age Groups, Sequoyah County



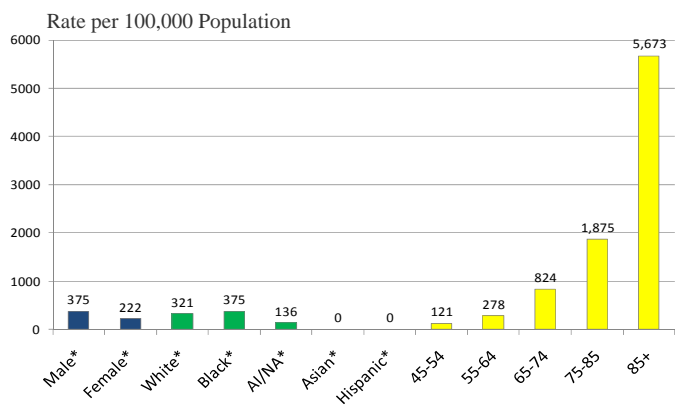
Top 10 Leading

The top 10 leading causes of death⁴ table on the next page displays a broad picture of the causes of death in Sequoyah 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 1,129 people in Sequoyah County and is still the leading cause of death with all age groups combined.

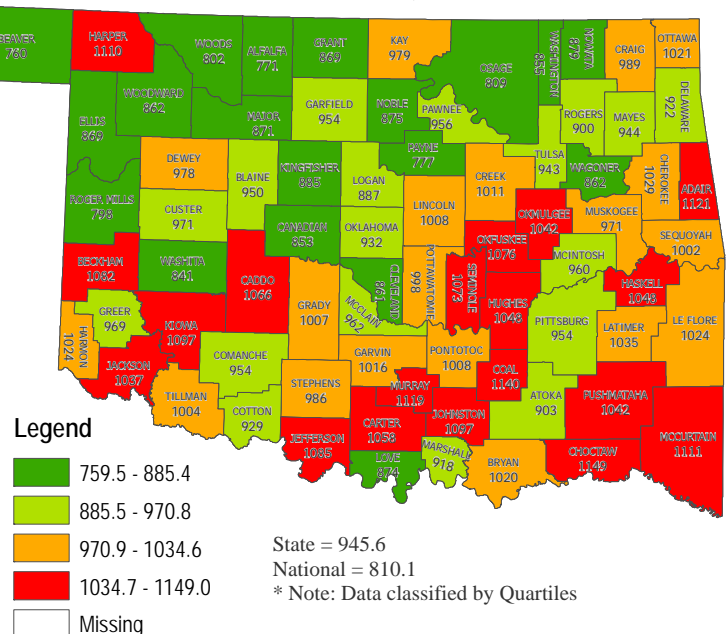
From 2006-2008, the total charges for all heart disease-related hospitalizations for Sequoyah County residents was \$14,366,063.00, which translated to an average of \$21,157.68 per discharge.⁵ Total charges are an indicator of community health, however, these are hospital-based charges and not payments or costs of actual illness. The direct and indirect costs of disease are actually much higher (i.e., loss of employee wages, loss of tax revenue, loss of years of life).

OSDH Vital Statistics, 2002-2006⁴

Heart Disease Death Rates by Demographic Groups, Sequoyah County, 2002-2006⁴



* Age-Adjusted Death Rate per 100,000 Population



Sequoyah

Top 10 Causes of Death by Age Group Sequoyah County 2002-2006

Rank	0-4	05-14	15-24	25-34	35-44	45-54	55-64	65+	All Ages
1	PERINATAL PERIOD 8	UNINTENT. INJURY < 4	UNINTENT. INJURY 20	UNINTENT. INJURY 14	UNINTENT. INJURY 25	CANCER 43	CANCER 109	HEART DISEASE 469	HEART DISEASE 587
2	CONGENITAL ANOMALIES 6	CANCER < 4	SUICIDE 5	SUICIDE 4	HEART DISEASE 17	HEART DISEASE 32	HEART DISEASE 65	CANCER 309	CANCER 480
3	SIDS < 4	BENIGN NEOPLASM < 4	CANCER < 4	DIABETES MELLITUS < 4	CANCER 14	UNINTENT. INJURY 20	BRONCHITIS/ EMPHYSEMA/ ASTHMA 18	STROKE 140	STROKE 155
4	UNINTENT. INJURY < 4	CONGENITAL ANOMALIES < 4	BRONCHITIS/ EMPHYSEMA/ ASTHMA < 4	HEART DISEASE < 4	LIVER DISEASE 4	DIABETES MELLITUS 8	DIABETES MELLITUS 16	BRONCHITIS/ EMPHYSEMA/ ASTHMA 103	BRONCHITIS/ EMPHYSEMA/ ASTHMA 127
5	HEART DISEASE < 4	HOMICIDE < 4	HEART DISEASE < 4	ACUTE BRONCHITIS < 4	SUICIDE 4	SUICIDE 8	STROKE 9	ALZHEIMER'S DISEASE 54	UNINTENT. INJURY 119
6	HOMICIDE < 4	HOMICIDE	HOMICIDE < 4	BENIGN NEOPLASM < 4	HIV < 4	STROKE 6	UNINTENT. INJURY 9	ATHEROSCLEROSIS 48	DIABETES MELLITUS 72
7	SEPTICEMIA (BLOOD POISONING) < 4			CANCER < 4	HOMICIDE < 4	VIRAL HEPATITIS 6	LIVER DISEASE 6	INFLUENZA/ PNEUMONIA 45	ALZHEIMER'S DISEASE 54
8				HOMICIDE < 4	DIABETES MELLITUS < 4	LIVER DISEASE 5	NEPHRITIS 5	DIABETES MELLITUS 44	ATHEROSCLEROSIS 54
9					NINE CAUSES TIED < 4	BRONCHITIS/ EMPHYSEMA/ ASTHMA 4	ATHEROSCLEROSIS 4	NEPHRITIS 32	INFLUENZA/ PNEUMONIA 49
10						FOUR CAUSES TIED < 4	THREE CAUSES TIED < 4	UNINTENT. INJURY 26	NEPHRITIS 39

Note: The numbers less than 4 have been shown as "< 4" to protect the privacy of the subjects

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

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

March 2009

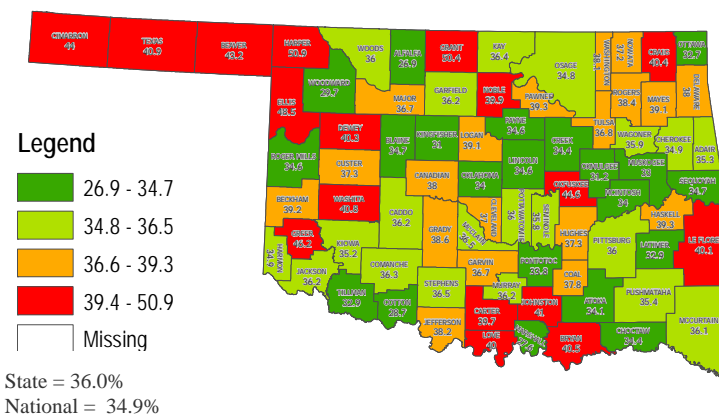
Nutrition & Overweight

With obesity at epidemic levels, steps need to be taken to control this issue. Surveillance systems have improved and been expanded to obtain more accurate county-level data. While efforts continue on this front, communities must utilize this information to improve the problem itself. With health care costs being, on average, \$395 more for a person under the age of 65 who is obese than a person of the same age who is not obese⁶, estimated health care costs related to obesity for Sequoyah County soar to almost \$3.8 million. These costs only go up when the 65 and over population are included.

The Youth Risk Behavior Surveillance System (YRBS)⁷, while not producing county-level data, shows that in 2005, 2007, and 2009 combined, 15.8% of high school children participating in the survey classified themselves as overweight. Further, 14.7% classified themselves as obese. Interestingly, 8.9% of the males said they were obese compared to 5.8% of females. This trend was reversed in the overweight category with 8.0% of females and 7.8% of males, statewide. Although, neither weight category is statistically significant by gender.

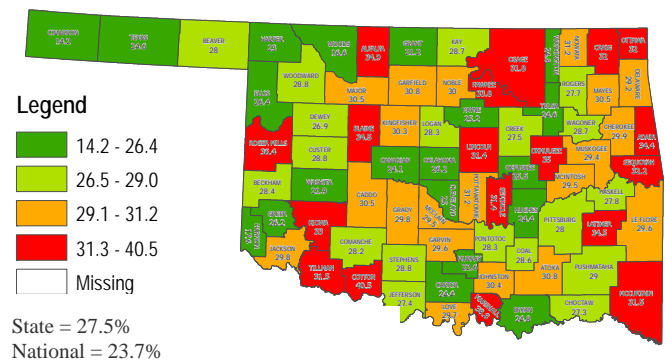
According to the Behavioral Risk Factor Surveillance System (BRFSS, 2003 & 2005)⁸, 87.5% of Sequoyah County adults did not eat the recommended 5 servings of fruits and vegetables a day. Increasing fruit and vegetable consumption is an economical way to control many health-related issues such as obesity and diabetes.

Percent of Adults who are Overweight, BRFSS, 2003-2008⁸



* Note: Data classified by Quartiles

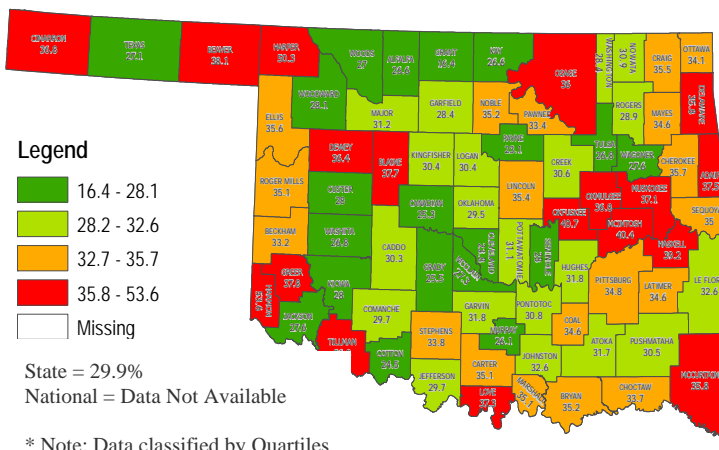
Percent of Adults who are Obese, BRFSS, 2003-2008⁸



* Note: Data classified by Quartiles

Physical Activity & Fitness

Percent of Adults with No Physical Activity Within Past Month, BRFSS, 2003-2008⁸



* Note: Data classified by Quartiles

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 2003-2008 BRFSS⁸, it is estimated that 35.0% (10,401) of people in Sequoyah County had no leisure activity in the past month (at the time they were surveyed) and over two-thirds of the adults (70.0%) did not reach the recommended physical activity level.

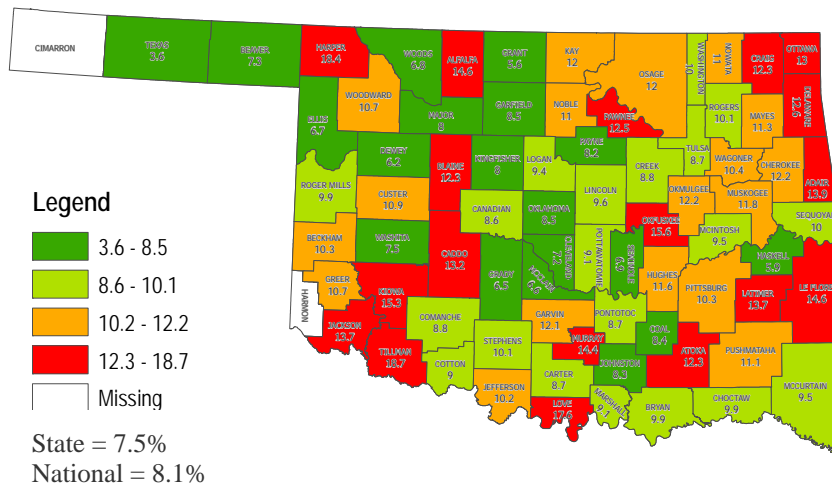
Statewide, 55% of high school students did not participate in physical activity for at least 60 minutes per day on five or more days in a week.⁷ Efforts need to be made to increase physical activity for our youth to build long-term healthy habits.

Diabetes

As stated previously, poor nutrition and lack of physical activity are linked to many chronic issues including diabetes. It is often hard to distinguish between Type I and Type II diabetes in large datasets but looking at the overall impact of diabetes is necessary to examine a communities health.

From 2006 to 2008, there were 90 hospital discharges for diabetes among Sequoyah County residents.⁵ This accounted for a total of 260 days in the hospital and \$661,832.00 in total charges.⁵ This was an average of 2.9 days and \$7,353.69 in charges.⁵

Percent of Adults Who Have Ever Been Told They Have Diabetes, BRFSS, 2004-2008⁸



According to the 2004-2008 BRFSS, it is estimated that 10.0% (2,972) of Sequoyah County citizens have been diagnosed by a health professional as having diabetes.

In 2007, the per capita annual healthcare costs for people with diabetes was \$11,744 compared to \$5,106 for people without diabetes.⁹ Persons with diabetes accumulate an estimated \$39,354,223.10 in health care costs in one year for Sequoyah County. Actual hospital charges account for only 0.1% of the total health care impact of diabetes.

* Note: Data classified by Quartiles

Teen Births

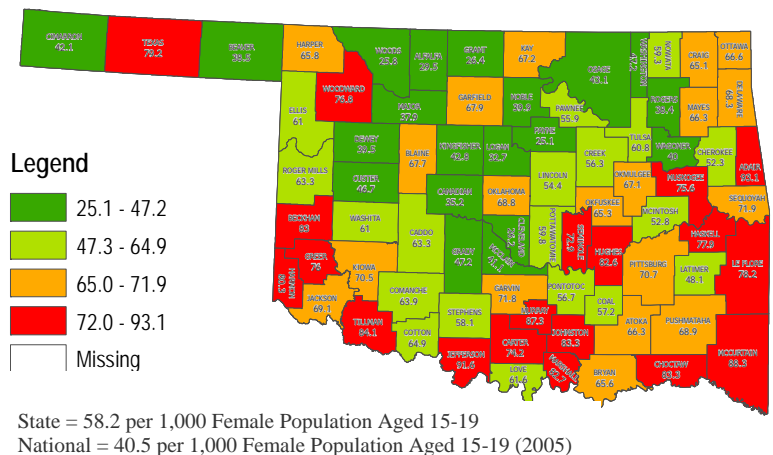
While births to teen mothers (age 15 to 19) have been on the decline in both the U.S. and Oklahoma, Oklahoma has moved down in the rankings according to the United Health Foundation.¹⁰ In 1993, the rate for teen births in the U.S. was 60.3 per 1,000 15-19 year old females and 67.1 in Oklahoma, ranking 35th in the country.¹⁰ In 2003, the rate decreased to 47.7 in the U.S. and 59.7 in Oklahoma, accounting for a decrease of 21% and 11%, respectively.¹⁰ However, while the rate decreased, Oklahoma continued to fall in the rankings (41st). In 2009, the rate of teen births stayed the same for Oklahoma (59.6) but the state ranked 45th in the country.¹⁰

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 are more likely to go into foster care or do poorly in school.¹¹

According to Oklahoma Vital Statistics, Sequoyah County had a teen birth rate of 80.3 in 2007, which accounted for a 3% increase from 2003 (78.0) and a 11% decrease from 1993 (90.1)¹². The map represents a five-year average of teen birth rates, 2003-2007.¹²

On average in Oklahoma, births to teen mothers accumulate \$3,807 a year for each teenage birth¹³, which is often passed on to citizens. With an average of 96.2 births per year (2003-2007)¹², teen pregnancy costs the citizens of Sequoyah County \$307,840.00 a year.

Rate of Births to Teen Mothers (Age 15-19), OSDH Vital Statistics, 2003-2007¹²



* Note: Data classified by Quartiles

Injury and Violence

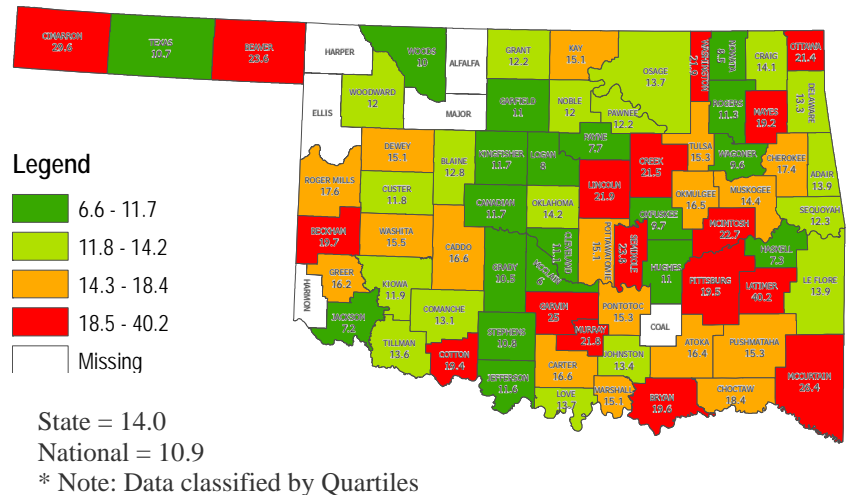
Across the nation and the state of Oklahoma, unintentional and violence-related injuries are on the rise. Unintentional injuries account for the 5th leading cause of death in the United States and Oklahoma for 2002-2006. For persons ages 1 to 44 in Oklahoma, unintentional injuries are the leading cause of death.⁴

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

It is estimated that for every motor vehicle-related death \$1.3 million in economic costs are incurred (2008 data).¹⁶ For Sequoyah County, which has an average of 10.4 motor vehicle-related deaths a year⁴, the estimated economic costs are almost \$13.5 million a year.

Violence-related injuries (homicide and suicide) in Sequoyah County are ranked in the top 10 causes of death for persons from birth to age 54 and suicide is the 2nd leading cause of death for ages 15 to 34.⁴

Age-Adjusted Suicide Rate by County, OSDH Vital Statistics, 2002-2006⁴

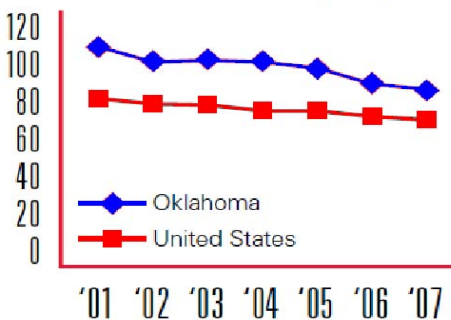


Tobacco Use Prevention

According to the 2005 State of the State's Health Report¹⁹, tobacco use among Oklahomans has remained fairly stable from 1990 to 2002. The good news is that total cigarette sales in Oklahoma (tribal and non-tribal combined) have dropped from 98.2 packs per capita in fiscal year 2005 to 86.7 packs per capita during fiscal year 2008. The national average dropped during this same time period.²⁰

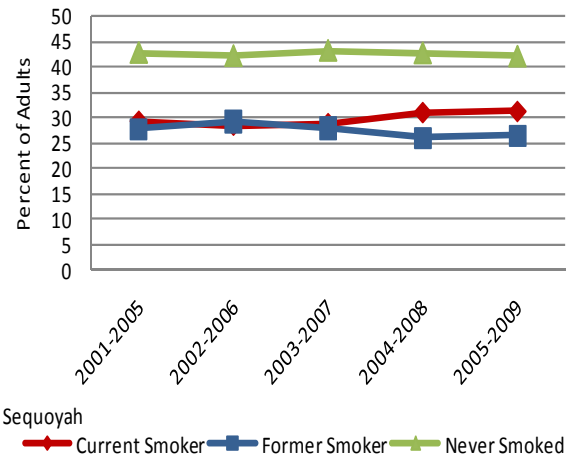
Tobacco use is no longer just the problem of the individual but also the community as a whole. With health care costs on the rise, targeting areas such as tobacco use is an effective way to control those costs. The Oklahoma Tobacco Helpline (1-800-QUIT-NOW), supported jointly by the Oklahoma Tobacco Settlement Endowment Trust and the Oklahoma State Department of Health, continues to experience high call volume. Over 37,800 Oklahomans received free cessation assistance through the Helpline in fiscal year 2009.²⁰ Since inception of the Helpline in August 2003, over 110,000 Oklahomans have received free cessation assistance.²⁰

Per Capita Cigarette Sales: Oklahoma & United States²⁰



The CDC estimated that a person who used tobacco accrued over \$3,300 in health care costs per year.²¹ According to the BRFSS (2005-2009)⁸, it is estimated that 31.3% (9,301) of adults in Sequoyah County use tobacco of some sort. Medical costs accumulated by those persons are over \$30.7 million a year for Sequoyah County.

Percent of Adults by Smoking Status, Sequoyah County, 2001-2009, Five-Year Averages⁸



Healthy People 2010 Table

Healthy People 2010 Indicators	Most Recent Data: Year(s)						
	Sequoyah County		Oklahoma		United States		2010 Target
Prevalence of Obese (Aged 18+)	2002-2008	32.8%	2008	31.0%	2008	26.7%	15%
No Leisure-Time Physical Activity (Aged 18+)	2002-2008	34.4%	2008	31.5%	2008	24.6%	20%
Prevalence of Smoking (Aged 18+)	2002-2008	30.6%	2008	24.7%	2008	18.4%	12%
Infant Mortality (Per 1,000 of births)	2002-2006	7.6	2006	8.1	2006	6.8	4.5
Low Birth Weight Infants (Percent of live births)	2002-2007	8.3%	2006	8.3%	2006	8.3%	5%
Very Low Birth Weight Infants (Percent of live births)	2002-2007	1.5%	2006	1.6%	2006	1.5%	0.9%
First Trimester Prenatal Care (Percent of births)	2002-2007	69.7%	2006	75.6%	2006	83.2%	90%
Prevalence of Diabetes (Aged 18+)	2002-2008	9.1%	2008	11.3%	2008	9.2%	2.5%
Lack of Health Insurance (Aged 18-64)	2002-2008	29.4%	2008	22.8%	2008	17.1%	0%
Prevalence of Binge Drinking (Aged 18+)	2002-2008	8.3%	2008	12.2%	2008	15.6%	6%
Coronary Heart Disease Death *	2002-2006	227.6	2006	184.5	2006	144.4	166.0
Cancer Death *	2002-2006	217.4	2006	194.9	2006	180.8	159.9
Unintentional Injury Death *	2002-2006	60.4	2006	55.6	2006	39.3	17.5
Transportation-Related Death *	2002-2006	26.9	2006	21.0	2006	14.5	9.2

Note: * means (Age-adjusted death per 100,000 to the 2000 U.S. standard population).

Reference:

- [1] Healthy People 2010 volume I and II, U.S. Department of Health and Human Services, November 2000.
- [2] Centers for Disease Control and Prevention (CDC), Wide-Ranging Online Data for Epidemiologic Research: Data for Oklahoma and United States.
- [3] CDC, National Center for Chronic Disease Prevention and Health Promotion, the Behavioral Risk Factor Surveillance System (BRFSS): Data for Oklahoma and United States.
- [4] Oklahoma State Department of Health (OSDH), OK2SHARE, BRFSS: Data for Oklahoma Counties.
- [5] OSDH, OK2SHARE, Vital Statistics: Data for Oklahoma Counties.

Health Care Cost Summary

Cardiovascular Disease (Heart Disease)

- Average hospital discharges per year⁵ = 226
- Average charges⁵ = \$21,157.68
- Total—\$4,787,982.41 a year

Obesity

- 32.2% of population⁸ (9,569)
- \$395 in additional medical costs per person aged 18-64⁶
- Total—\$3,779,755.00

Diabetes

- Average hospital discharges per year⁵ = 30.0
- Average charges⁵ = \$7,353.69
- Total—\$220,610.67 a year

Teen Pregnancy

- Average 96 births to females aged 15-19 a year¹²
- \$3,200 in costs a year¹³
- Total—\$307,840.00 a year

Motor Vehicle-Related Injury Death

- Average 10.4 deaths per year⁴
- \$1,300,000.00 in economic costs per death¹⁶
- Total—\$13,520,000.00 a year

Tobacco Use

- 31.3% of population⁸ (9,301)
- \$3,300 in health care costs²¹
- Total—\$30,693,300.00 a year

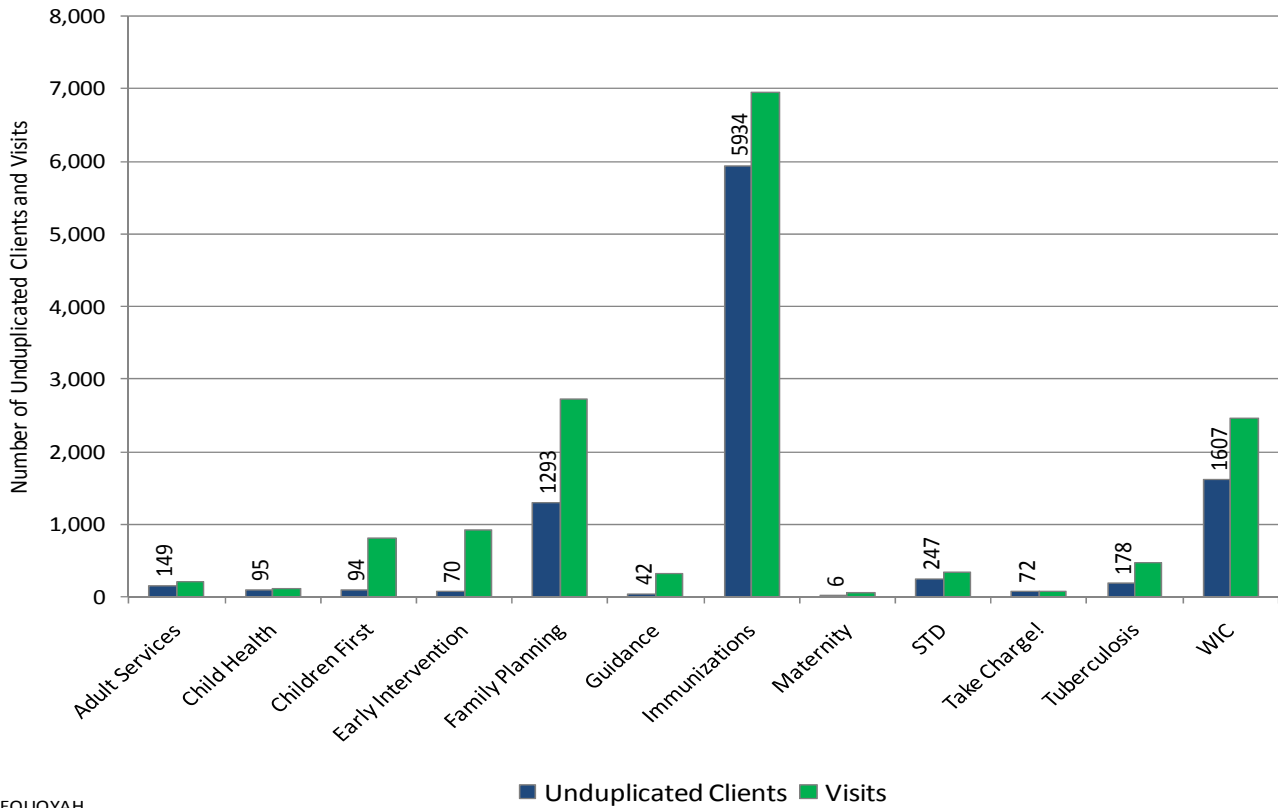
Grand Total for
Sequoyah County:

\$53,309,488.08



County Health Department Usage

County Health Department Unduplicated Clients, and Visits by Program, Sequoyah County, State Fiscal Year 2009



SEQUOYAH

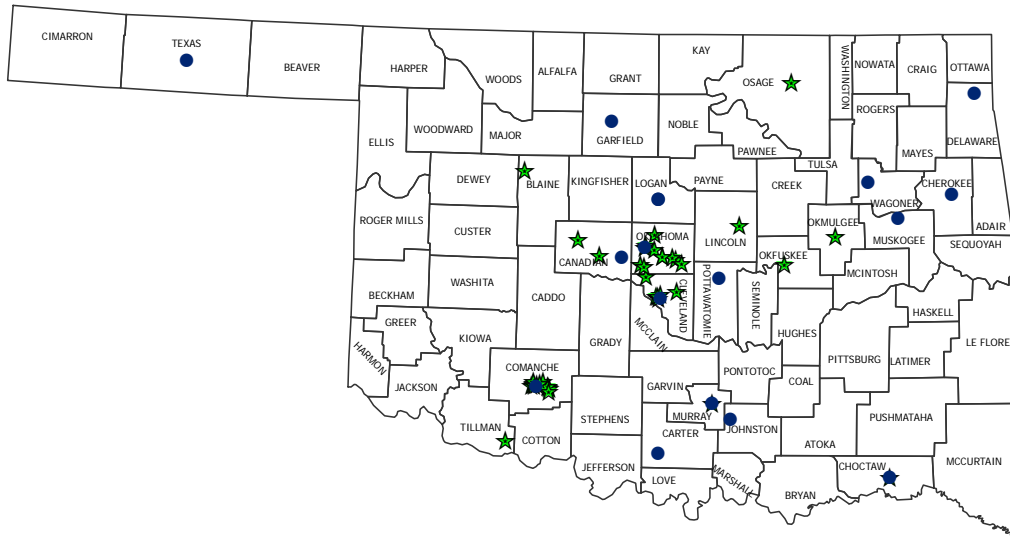
Population-Based Services by Event Type, Sequoyah County, SFY09

Event Type	Number of Events	Total Attendees
Health Fair	5	860
Presentation/Class	48	3,648
Grand Total	53	4,508

Population-Based Services by Main Topic, Sequoyah County, SFY09

Topic	Number of Events	Total Attendees
General Health Department Services	51	4,312
Immunizations	1	90
STD/HIV/AIDS	2	212
Grand Total	54	4,614

Health Education



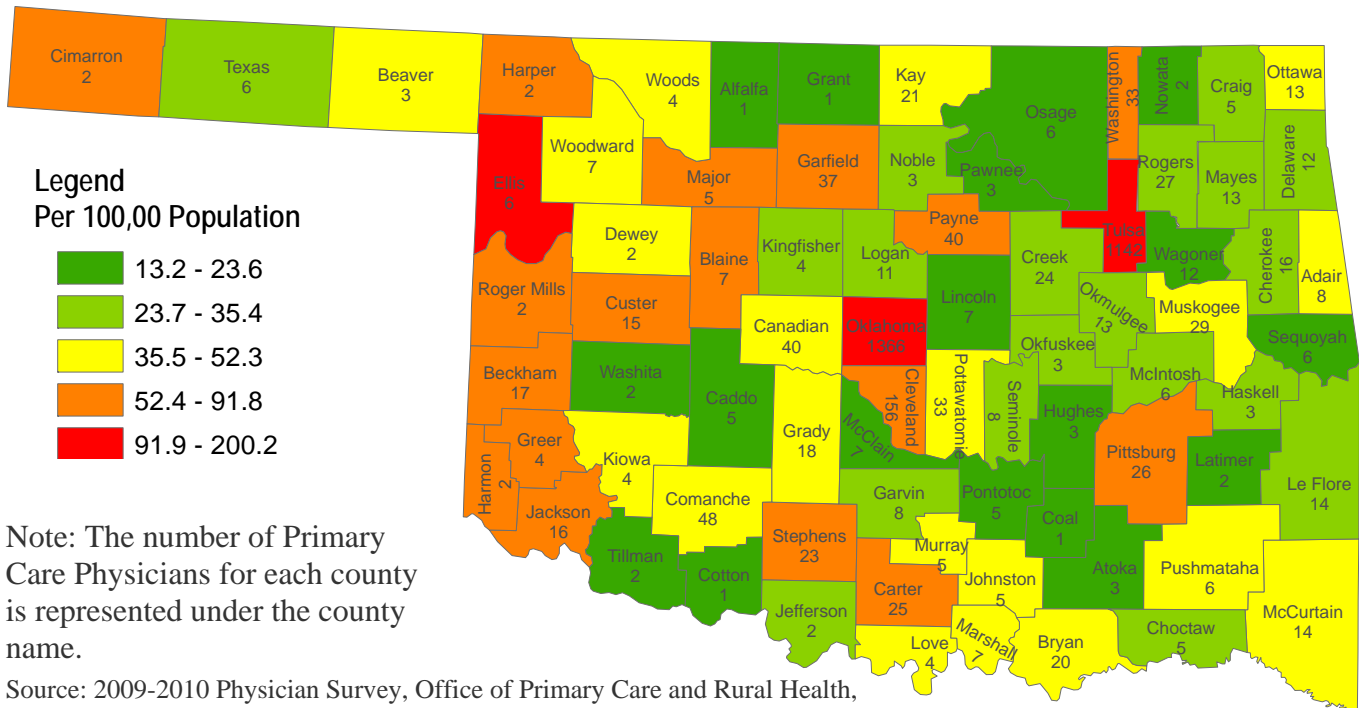
Sequoyah County Health Educator
 Alford Martha
 530 South 34th St.
 Muskogee, OK 74401
 918-683-0321
 martha@health.ok.gov

OSDH Health Education
 Kathy Payne, Director
 1000 NE 10th St, room 506
 Oklahoma City, OK 73117
 405-271-6127
 KPayne@health.ok.gov

If you have an after-school program that is interested in learning more about CATCH Kids Club, a physical activity and nutrition program for children grades K-5, please contact the local health educator or Kathy Payne for information.

Primary Care Coverage Map

Rate of Primary Care Physicians per 100,000 Population, 2009 - 2010



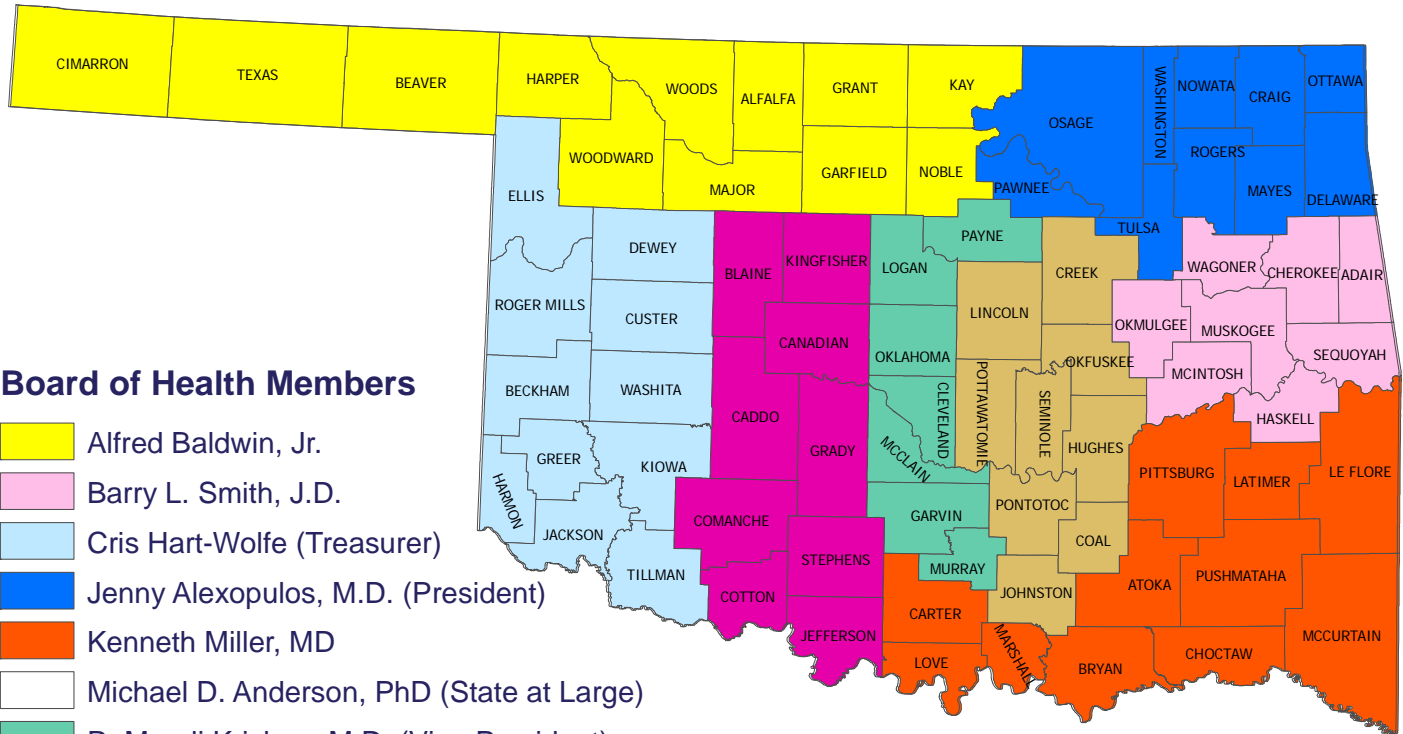
Legend
 Per 100,00 Population

- 13.2 - 23.6
- 23.7 - 35.4
- 35.5 - 52.3
- 52.4 - 91.8
- 91.9 - 200.2

Note: The number of Primary Care Physicians for each county is represented under the county name.

Source: 2009-2010 Physician Survey, Office of Primary Care and Rural Health, Community Development Service, Oklahoma State Department of Health

OSDH Board of Health Map



Board of Health Members

- Alfred Baldwin, Jr.
- Barry L. Smith, J.D.
- Cris Hart-Wolfe (Treasurer)
- Jenny Alexopoulos, M.D. (President)
- Kenneth Miller, MD
- Michael D. Anderson, PhD (State at Large)
- R. Murali Krishna, M.D. (Vice-President)
- Richard G. Davis, DDS
- Ronald Woodson, MD

Created: 11.03.2010
Source: Oklahoma State Department of Health

Oklahoma Health Improvement Plan



For the complete OHIP, including a full list of partners, visit www.ok.gov/health and click the "Oklahoma Health Improvement Plan" link.



[STRATEGIC PLANNING]

FLAGSHIP GOALS

- Tobacco Use Prevention
- Obesity Reduction
- Children's Health

INFRASTRUCTURE GOALS

- Public Health Finance
- Workforce Development
- Access to Care
- Health Systems Effectiveness

SOCIETAL & POLICY INTEGRATION

- Policies and Legislation
- Social Determinants of Health & Health Equity

OKLAHOMA HEALTH IMPROVEMENT PLAN

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The Oklahoma Turning Point Initiative is public health improvement in action involving partnerships between the state and county departments 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.

We are at a cross roads in our state and in Sequoyah County. Please come and be part of the solutions that will lead Oklahoma and Sequoyah County to becoming a healthy place to live, work and learn.

**OKLAHOMA STATE
DEPARTMENT OF HEALTH**

Community and Family
Health Services
Community Development Service
1000 NE 10th St, Room 508
Oklahoma City, OK 73117
Phone: 405-271-6127

Report compiled by:
Miriam McGaugh, Ph.D.
Epidemiologist
and
Shu-Chuan Lin, Ph.D.
Epidemiologist

Working Together For Health

Sequoyah County Health
Department
612 North Oak Street
Sallisaw, OK 74955
(918) 775-6201
<http://Sequoyah.health.ok.gov>

“If we are together nothing is impossible.

If we are divided all will fail.” - [Winston Churchill](#)

Turning Point Contact Information

If you are interested in learning more about Turning Point or becoming involved in local activities, please contact:

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