The Health of Arizona: 2019 Assessment & Health Improvement Plan

Arizona Rural Health Conference
August 2, 2019

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Assistant Director
Today’s Presentation

- State Health Assessment
- Arizona Health Improvement Plan
- Breakthrough projects
Assessment Framework

Assess Health Needs

Assess Capacity

Match Needs & Capacity

Set priorities & performance objectives

Further in-depth studies of specific needs

Strategic plan and allocation of resources
2019 Update

www.azhealth.gov/azhip/

4 Cross-Cutting Issues

• Access to Care
• Built Environment
• School Health
• Worksite Wellness
Arizona Health Improvement Plan Priorities

- Asthma & Chronic Lower Respiratory Diseases (CLRD)
- Cancer
- Diabetes
- Healthcare Associated Infections (HAI)
- Heart Disease & Stroke
- Maternal & Child Health
- Mental Health
- Obesity
- Oral Health
- Suicide
- Substance Abuse
- Tobacco
- Unintentional Injury
Healthy People, Healthy Communities

✓ Healthy People
✓ Outcomes Across the Lifespan
  • Maternal, Child, and Adolescent Health
  • Healthy Adults
  • Healthy Aging
✓ Healthy Communities
  • Neighborhood Impact
  • Social Influences
  • Tribal Health
✓ Opportunities for Health
HEALTHY PEOPLE
Leading cause of death by age group in 2017

<table>
<thead>
<tr>
<th>Rank</th>
<th>&lt;1Y</th>
<th>1-14Y</th>
<th>15 - 19Y</th>
<th>20-44Y</th>
<th>45-64Y</th>
<th>65+Y</th>
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<td>Unintentional Injury</td>
<td>Unintentional Injury</td>
<td>Unintentional Injury</td>
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<td>Heart Disease</td>
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<td>Cancer</td>
<td>Suicide</td>
<td>Suicide</td>
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<td>Cancer</td>
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<td>Suicide</td>
<td>Homicide</td>
<td>Cancer</td>
<td>Unintentional Injury</td>
<td>Chronic Lower Respiratory</td>
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<td>31</td>
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<td>32</td>
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<td>1,175</td>
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<td>Alzheimer's Disease</td>
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<td>SIDS</td>
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<td>Diabetes</td>
<td>Cerebrovascular Disease</td>
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<td>Intrauterine hypoxia</td>
<td>Influenza &amp; Pneumonia</td>
<td>Abnormal Findings *</td>
<td>Liver Disease</td>
<td>Chronic Lower Respiratory</td>
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<tr>
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<td>11</td>
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<td>149</td>
<td>Disease 460</td>
<td>Unintentional Injury</td>
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<td>7</td>
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<td>Diabetes</td>
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<tr>
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<td>77</td>
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<td>8</td>
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<td>Obesiy</td>
<td>Cerebrovascular Disease</td>
<td>Hypertension</td>
<td>Parkinson's Disease</td>
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<td>45</td>
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<td>737</td>
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<tr>
<td>9</td>
<td>Influenza &amp; Pneumonia</td>
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<td>Cerebrovascular Disease</td>
<td>Hypertension</td>
<td>Parkinson's Disease</td>
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<td>44</td>
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<td>10</td>
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<td></td>
<td>HIV</td>
<td>Influenza &amp; Pneumonia</td>
<td>Influenza &amp; Pneumonia</td>
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<td></td>
<td></td>
<td>20</td>
<td>125</td>
<td>697</td>
</tr>
</tbody>
</table>

ADHS Vital Records 2017

All age group rank: 1, 2, 3, 4, 5
The 3 leading causes of death by both count and years of potential life lost (YPLL) are **heart disease**, **cancer** and **unintentional injury**.

<table>
<thead>
<tr>
<th>Cause of Death (count)</th>
<th>Cause of death (YPLL)</th>
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</thead>
<tbody>
<tr>
<td><strong>1. Heart disease</strong></td>
<td><strong>1. Unintentional injury</strong></td>
</tr>
<tr>
<td>12,285</td>
<td>89,604</td>
</tr>
<tr>
<td><strong>2. Cancer</strong></td>
<td><strong>2. Cancer</strong></td>
</tr>
<tr>
<td>11,917</td>
<td>82,697</td>
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<tr>
<td><strong>3. Unintentional injury</strong></td>
<td><strong>3. Heart disease</strong></td>
</tr>
<tr>
<td>4,085</td>
<td>56,505</td>
</tr>
<tr>
<td><strong>4. Chronic lower respiratory diseases</strong></td>
<td><strong>4. Suicide</strong></td>
</tr>
<tr>
<td>3,779</td>
<td>35,206</td>
</tr>
<tr>
<td><strong>5. Alzheimer's disease</strong></td>
<td><strong>5. Chronic liver disease &amp; cirrhosis</strong></td>
</tr>
<tr>
<td>3,050</td>
<td>18,741</td>
</tr>
<tr>
<td><strong>6. Cerebrovascular diseases</strong></td>
<td><strong>6. Diabetes</strong></td>
</tr>
<tr>
<td>2,647</td>
<td>16,485</td>
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<tr>
<td><strong>7. Diabetes</strong></td>
<td><strong>7. Homicide</strong></td>
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<tr>
<td>2,037</td>
<td>16,275</td>
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<tr>
<td><strong>8. Suicide</strong></td>
<td><strong>8. Chronic lower respiratory diseases</strong></td>
</tr>
<tr>
<td>1,304</td>
<td>14,133</td>
</tr>
<tr>
<td><strong>9. Chronic liver disease &amp; cirrhosis</strong></td>
<td><strong>9. Cerebrovascular diseases</strong></td>
</tr>
<tr>
<td>1,122</td>
<td>10,060</td>
</tr>
<tr>
<td><strong>10. Essential (primary) hypertension &amp; hypertensive renal disease</strong></td>
<td><strong>10. Influenza &amp; pneumonia</strong></td>
</tr>
<tr>
<td>1,018</td>
<td>4,690</td>
</tr>
</tbody>
</table>
For 2018, Arizona ranked 30th according to America’s Health Ranking Annual Report.

Top Positive Impacts:
✓ Cancer Deaths
✓ Preventable Hospitalizations
✓ Smoking

Top Negative Impacts:
✗ Violent Crime
✗ Air Pollution
✗ High School Graduation

Positive impact includes measures where Arizona is standard deviations from the national average.
MATERNAL & CHILD HEALTH
In 2017, congenital malformations, deformations and chromosomal abnormalities were the leading cause of infant deaths.
A Snapshot of Preconception Health

Women ages 18-45 were included in this analysis.

Only 1 in 5 women have received advice about ways to prepare for a healthy pregnancy.

2 in 5 women prepare for healthy pregnancy with daily folic acid.
Between 2014 – 2017, 8 in 10 pregnant women in AZ received intermediate or adequate prenatal care.

Percent receiving intermediate or adequate prenatal care by race/ethnicity

- American Indian or Alaska Native: 68.1%
- Asian or Pacific Islander: >77%
- Black or African American: >77%
- Hispanic or Latino: >77%
- White non-Hispanic: 81.2%

ADHS Vital Records 2014 – 2017
Rates of maternal mortality are on the rise both in Arizona and nationally. Based on the most recent Maternal Mortality Review, American Indian or Alaska Native women had the highest rate at 284 per 100,000 live births.
In 2017, Unintentional injury was the leading cause of death among children and adolescents.
Tooth decay is the #1 chronic disease in Arizona children.

More than 6 out of 10 children are affected by tooth decay.

Almost 2 in 3 3rd grade children in Arizona are affected by tooth decay.

2015 Healthy Smiles Healthy Bodies Survey
Non-medical exemption rates for childhood immunizations have increased across age groups. In the event of an outbreak, over 5,000 Arizona kindergarteners would be at risk for measles.

2017 Arizona Immunization Coverage Status Report
Arizona ranks last in the country as the state with the highest proportion of children ages 0 – 17 who have experienced 2 or more ACEs at 30%.

Parental separation or divorce and economic hardship are the most common ACEs in Arizona.

- Parent/guardian served time in jail: 13%
- Saw or heard adult violence: 11%
- Lived with someone who had problem with alcohol or drugs: 16%
- Hard to cover basics like food or housing: 27%
- Parent/guardian divorced or separated: 32%

2016 National Survey of Children’s Health
71.2% of Arizona’s adolescents ages 12 to 17 completed a preventive medical visit in past year compared to 78.7% nationally. Half of those adolescents without a preventive medical visit were insured.
Fewer teens reported smoking in 2017 compared to 2013.

Ever tried cigarette smoking:
- 2013: AZ 43.9%, U.S. 41.1%
- 2015: AZ 29.9%
- 2017: AZ

Currently smoke cigarettes or cigars:
- 2013: AZ 20.1%, U.S. 21.0%
- 2015: AZ
- 2017: AZ 9.5%
While 1 in 2 teens have ever used an electronic vapor product, 16.1% report current use. Frequent use of electronic vapor products has increased from 3.1% in 2015 to 5.3% in 2017.
Arizona’s teen pregnancy rate has decreased to a low at 13.8.

Arizona’s teen birth rate for females under 19 years varies across the state.
I need some exercise!

HEALTHY ADULTS
In 2017,

Unintentional deaths was the leading cause of death among adults ages 20 – 44.

Cancer was the leading cause of death among adults ages 45 – 64.

ADHS Vital Records 2017
Poisoning and motor vehicle accidents are the 2 leading types of unintentional injuries accounting for the greatest years of potential life lost.

- Poisoning: 203,244
- Motor Vehicle Accident: 149,348
- Suffocation: 15,554
- Fall: 19,917
- Drowning: 19,998

ADHS Vital Records 2012 – 2017
Arizona has been facing an opioid epidemic leading to over a thousand deaths in 2018 and thousands of overdoses each year.

Note: 2018 data is preliminary data from Vital Records
Gila, La Paz, Mohave, and Pima counties had highest rates of Drugs (All Types) as Primary Cause of Death per 100,000, 2017
Over the last 5 years, the percentage of Arizonans who reported currently smoking has remained below the national average.

2013 – 2017 BRFSS

19.0% U.S. 17.1%
16.3% AZ 15.6%

2013 2014 2015 2016 2017

2017 Adult smoking

< 11% 11% - 14% 14% - 17% 17% - 20% > 20%

Western AZ 19.8%
Maricopa 14.3%
Pinal 19.3%
Pima 16.0%
Southeastern AZ 13.3%
Coconino 14.2%
Navajo 17.4%
Apache 10.7%
Yavapai 23.5%
The invasive cancer incidence rate from 2011 to 2015 impacted an average of 29,943 people each year.

Arizona’s incidence rate remains lower than the national rate.
The Arizona diabetes mortality rate was 23.8 deaths per 100,000 population in 2017 with rates ranging from 16.5 to 60.2 by county.
STD cases have tripled since 2000 with 2016 rates indicating distribution statewide.

*2016 - Darker shades indicate higher rates.

Arizona Department of Health Services, 2017 STD Dashboard
HEALTHY AGING
In 2017, Heart disease was the leading cause of death among Arizonans ages 65 and older.
The Arizona age-adjusted mortality rate for heart disease, the state’s leading cause of death, has remained below the U.S. rate over the last 5 years.
3,780 Arizonans died due to Chronic Lower Respiratory Disease (CLRD) in 2017. The 2017 CLRD mortality rate was 43 deaths per 100,000 residents.
HEALTHY COMMUNITIES
The average life expectancy in Arizona is **79.5 years**. Six of the state’s counties fall below the nation average life expectancy of **78.6 years**.
17% of Arizonans are living below the federal poverty level.
Since 2013, Arizona has seen an increase in residents with health insurance, however, we remain below the national average.
Providers needed to eliminate Arizona HPSAs

ARIZONA Current Workforce Shortages

605 Physicians
456 Dentists
233 Psychiatrists
Rural Arizona has fewer primary care providers per resident than urban areas.

The ratio of population to PCPs in urban areas is 2,407:1, compared to 3,896:1 in rural Arizona.
Percent of Arizona Adults Who Are Unemployed, by County, January 2019

U.S. Department of Labor, Bureau of Labor Statistics
Fewer of Arizona’s adults believe their children live in a supportive neighborhood when compared to the U.S. 58.8% definitely agree their children live in a safe neighborhood.

2016 – 2017 Combined National Survey of Children’s Health
Arizona is in the top 10 states with the highest violent crime rates. Sexual assault and violence-related injury hospital discharge rates can be used to target priorities and services in the state.
In 2017, 3 of Arizona’s counties ranked in the top 10 worst according to EPA’s Air Quality Index (AQI).

<table>
<thead>
<tr>
<th>Rank</th>
<th>County</th>
<th>State</th>
<th>Median AQI</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Hawaii</td>
<td>HI</td>
<td>146</td>
</tr>
<tr>
<td>2</td>
<td>Riverside</td>
<td>CA</td>
<td>87</td>
</tr>
<tr>
<td>3</td>
<td>Gila</td>
<td>AZ</td>
<td>84</td>
</tr>
<tr>
<td>4</td>
<td>Kern</td>
<td>CA</td>
<td>84</td>
</tr>
<tr>
<td>5</td>
<td>San Bernardino</td>
<td>CA</td>
<td>84</td>
</tr>
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<td>6</td>
<td>Tulare</td>
<td>CA</td>
<td>80</td>
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<td>7</td>
<td>Los Angeles</td>
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<td>Pinal</td>
<td>AZ</td>
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<td>Fresno</td>
<td>CA</td>
<td>74</td>
</tr>
<tr>
<td>10</td>
<td>Maricopa</td>
<td>AZ</td>
<td>71</td>
</tr>
</tbody>
</table>

U.S. Environmental Protection Agency, 2017
Social vulnerability index (SVI) ranks communities by social factors and estimates readiness or vulnerability in the event of an emergency. The closer to 1 indicates the highest risk.

<table>
<thead>
<tr>
<th>Socioeconomic Status</th>
<th>• Below Poverty</th>
<th>• Unemployed</th>
<th>• Income</th>
<th>• No High School Diploma</th>
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</thead>
<tbody>
<tr>
<td>Household Composition &amp; Disability</td>
<td>• Aged 65 or Older</td>
<td>• Aged 17 or Younger</td>
<td>• Civilian with a Disability</td>
<td>• Single-Parent Households</td>
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<tr>
<td>Minority Status &amp; Language</td>
<td>• Minority</td>
<td>• Speak English “Less than Well”</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Housing &amp; Transportation</td>
<td>• Multi-Unit Structures</td>
<td>• Mobile Homes</td>
<td>• Crowding</td>
<td>• No Vehicle</td>
</tr>
</tbody>
</table>
OPPORTUNITIES FOR HEALTH
Arizona Health Improvement Plan

Access to Care
- Ensure adequate networks in rural, underserved areas and tribal populations.

Built Environment
- Ensure impacts on community health are considered during land use and transportation planning while accounting for differences in urban versus rural settings.
Arizona Health Improvement Plan

Heart Disease & Stroke
- Increase access to trained professionals in rural Arizona. Implement treatment models to impact cost and critical gaps in rural systems of care. Enhance and better utilize systems of telemedicine in rural areas.

Suicide
- Participation with the Arizona Rural Health Association and the Arizona Public Health Association and their work on reducing suicides
ADHS is the lead on three Governor’s Health Goal Council breakthrough projects.

FY2020 ADHS-LED BREAKTHROUGH PROJECTS

- Immunizations
- Maternal Mortality
- STDs

ADHS is also creating action plans for Adverse Childhood Experiences and Opioids.
ADHS FY20 Budget – One Time Grants

- $1 million for prenatal care equipment for rural hospitals
- $700,000 for primary care services in Colorado City
- $750,000 in State Loan Repayment Program
- $1.5 million for critical access hospital trauma services in Benson & Willcox
- $500,000 in State Loan Repayment Program FY21 & FY22 for rural prenatal healthcare providers
Healthy People Healthy Communities: Moving Towards Health Equity

New Arizona Health Improvement Plan: 2021 - 2025

For more info: [www.azhealth.gov/azhip](http://www.azhealth.gov/azhip)

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