

# Healthy Walton



## Walton County Health Report Card 2011

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# Healthy Walton 2020

**Healthy Walton 2020 is a lifestyle related chronic disease prevention campaign targeting diabetes and heart disease in Walton county.**

## **Healthy Walton 2020 Five**

### *Five goals of Healthy Walton 2020*

1. Gather baseline data and create a comprehensive overview of health issues related to diabetes and heart disease in Walton County.
2. Implement on-going public screenings in partnership with UGA.
3. Educate citizens targeting lifestyle behaviors specifically inactivity and nutrition..
4. Work with Walton County cities, groups and organizations to create projects that foster a healthy lifestyle for all citizens.
5. Decrease the number of individuals at risk for diabetes and heart disease and decrease the number of hospitalizations related to heart disease and diabetes by the year 2020.

Healthy Walton 2020 is a project of Walton Wellness Inc. With support from the Walton County Health Care Foundation Inc.

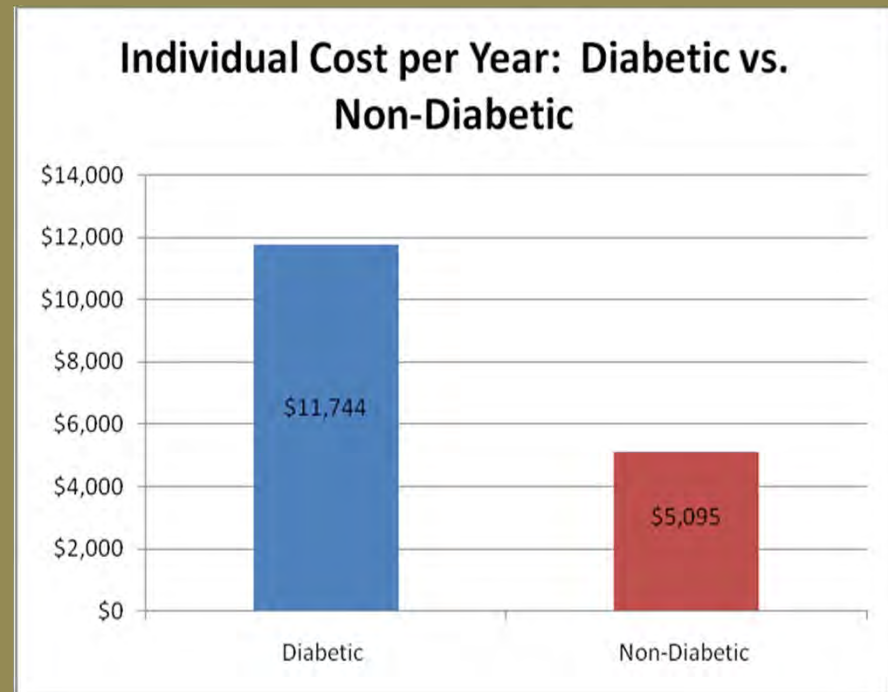
# Diabetes and Heart Disease

- **Diabetes** is considered the sixth leading cause of death in the United States. The Centers for Disease Control (CDC) in 2007 estimated 7.8% or 23.6 million Americans had diabetes. Of 23.6 million Americans 1.6 million were newly diagnosed. In 2007, many counties in Georgia reported a prevalence rate greater than 10%, meaning in many counties 10% of their population was living with diabetes. That is higher than the national average. In Walton County 10.2% of the population is living with diabetes.
- **Heart disease** is a complication of diabetes and it is the leading cause of death in the United States for both men and women. In 2009, approximately 26.8 million adults were diagnosed with some form of heart disease. That is 12% of American population. In Georgia, 4.1% of adults were told they had coronary heart disease and 4.3% were told they had a heart attack.

# Economic Impact

# Diabetes

- In 2007, the United States spent \$174 billion on diabetes. Of that, \$116 billion was spent on excess medical expenditures due to diabetes, and \$58 billion was spent on the lack of productivity. On average, a diabetic's medical expenses are 2.3 times the amount of a non-diabetic's medical expenses. Approximately \$1 in \$10 health care dollars is spent on diabetes and its indirect costs such as absenteeism, reduced productivity, and lost productive capacity due to early mortality.
- In one quarter of 2009-2010 FY Walton County Government spent \$91,934.45 on employees who have endocrine/metabolic diseases. Approximately 31 % of insurance claims were attributed to diabetes and heart disease.



**Figure 1.** The American Diabetes Association (ADA) estimates the health care cost of a diabetic to be \$11,744 per year compared with \$5,095 per year for a non-diabetic.

# Heart Disease

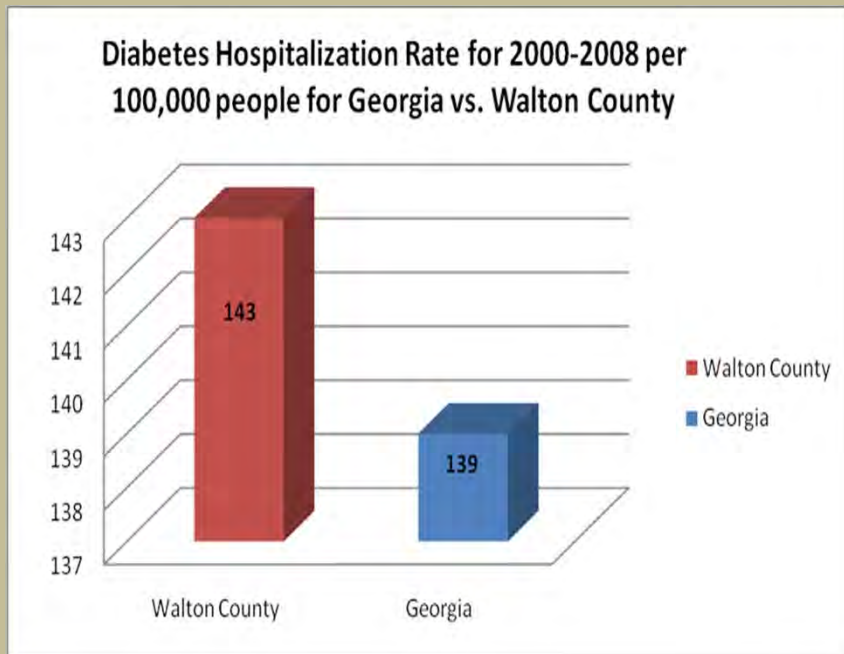
- It is projected that for 2010, heart disease will cost the United States \$316.4 billion. This cost includes costs attributed to lost productivity, medicines, and health care. The cost of cardiovascular disease (CVD) in Georgia is \$11.2 billion.
- Walton County Government spent \$13,819 on blood diseases and \$237,313 on circulatory diseases for county employees in one quarter. \$483,108 (68 %) was spent on maintenance drugs such as blood pressure medicine.

# Chronic Disease

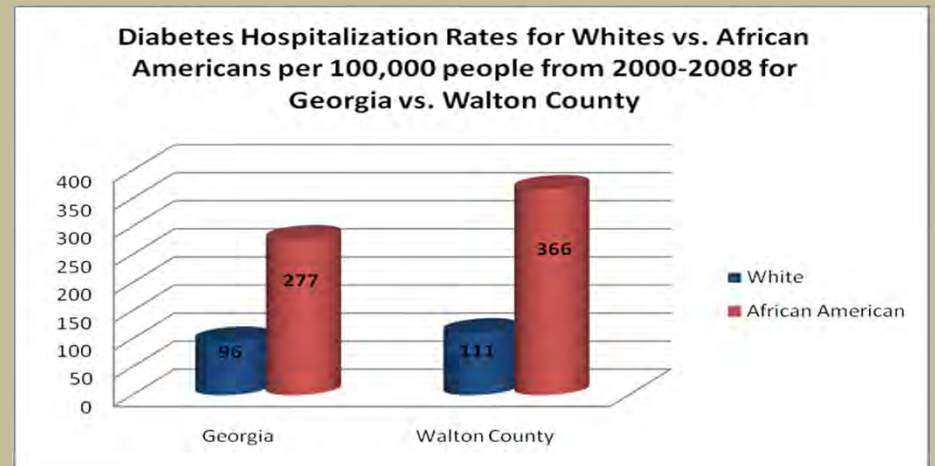
# Diabetes

According to **Figure 2**, Walton County had a greater number of hospitalizations for diabetes-related injury when compared to the state of Georgia.

According to **Figure 3**, black and white residents of Walton county have a greater hospitalization rate per 100,000 people when compared to the state of Georgia.



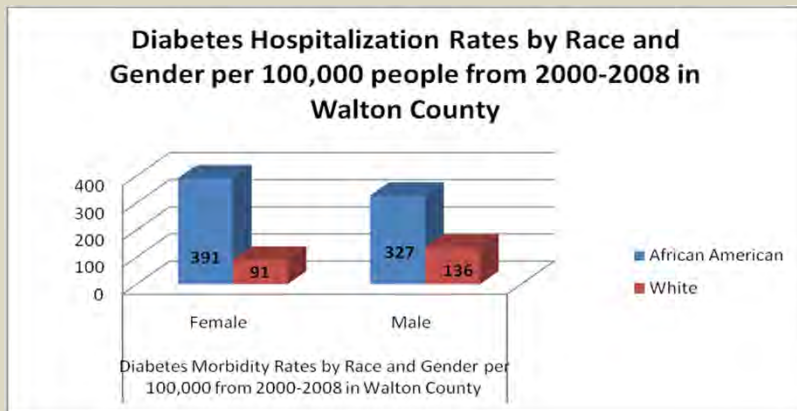
**Figure 2.** Diabetes Hospitalization Rates for 2000-2008 for Georgia vs. Walton County.



**Figure 3.** Diabetes Hospitalization Rates for Whites vs. African Americans from 2000-2008 for Georgia vs. Walton County

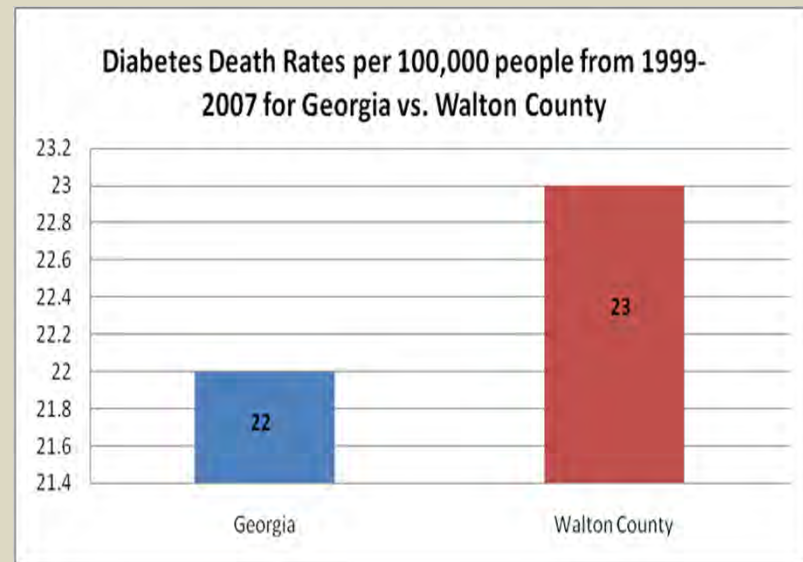
# Diabetes

According to **Figure 4**, black females have a greater hospitalization rate per 100,000 people than black males, white females and white males in Walton County. Overall, African American residents have a greater hospitalization rate per 100,000 people than white residents of Walton County.



**Figure 4.** Diabetes Hospitalization Rates by Race and Gender from 2000-2008 in Walton County.

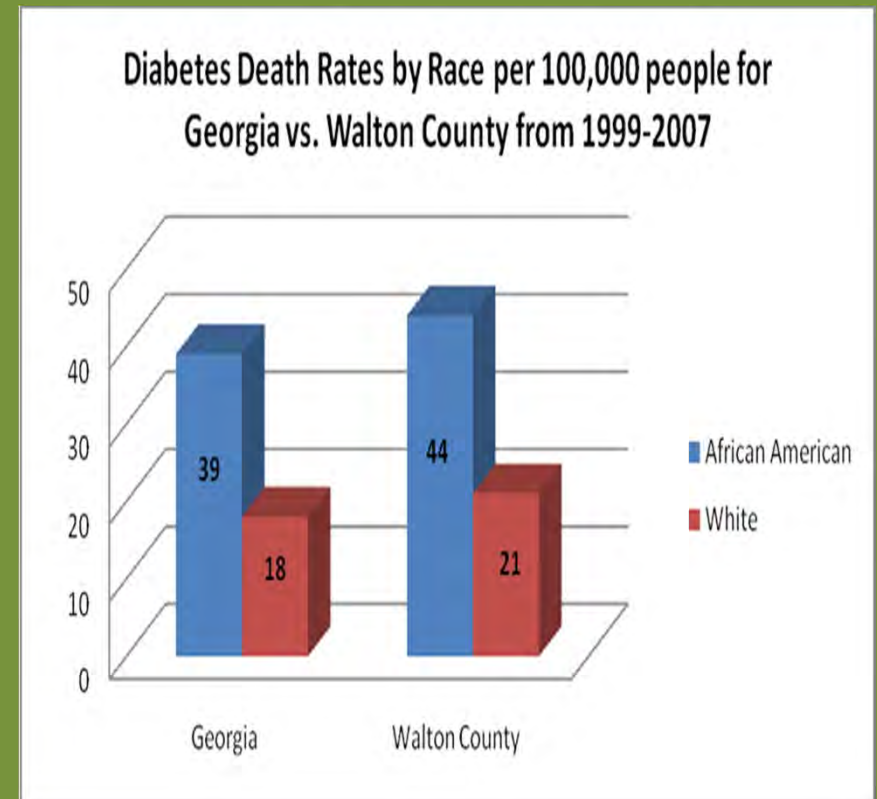
According to **Figure 5**, Walton County has a greater death rate due to diabetes than the state of Georgia.



**Figure 5.** Diabetes Death Rates from 1999-2007 for Georgia vs. Walton County

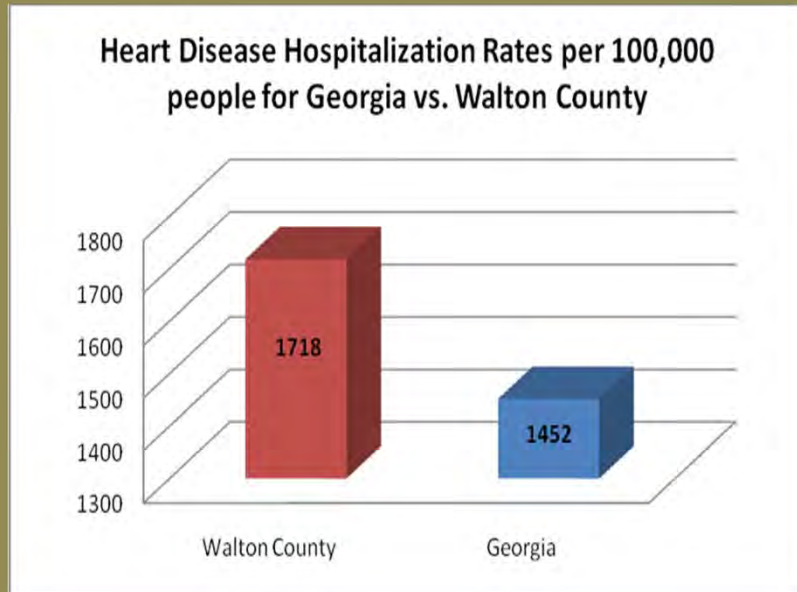
# Diabetes

- According to **Figure 6**, black individuals have a greater death rate due to diabetes than white individuals. Also, Walton County has a greater death rate due to diabetes for both black and white individuals when compared to the state of Georgia.



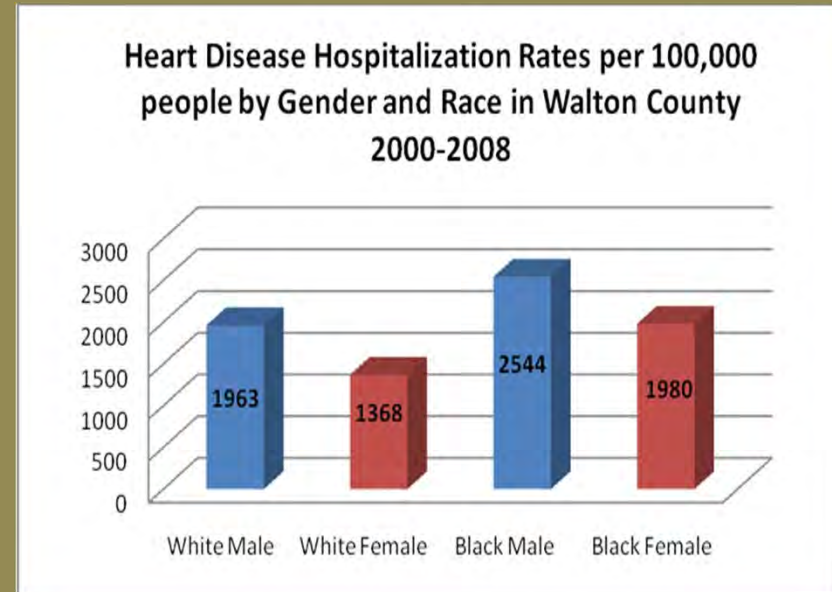
# Heart Disease

According to **Figure 7**, Walton County has a greater hospitalization rate per 100,000 people for injuries/illness related to heart disease when compared to the state of Georgia.



**Figure 7.** Heart Disease Hospitalization Rates for Georgia vs. Walton County

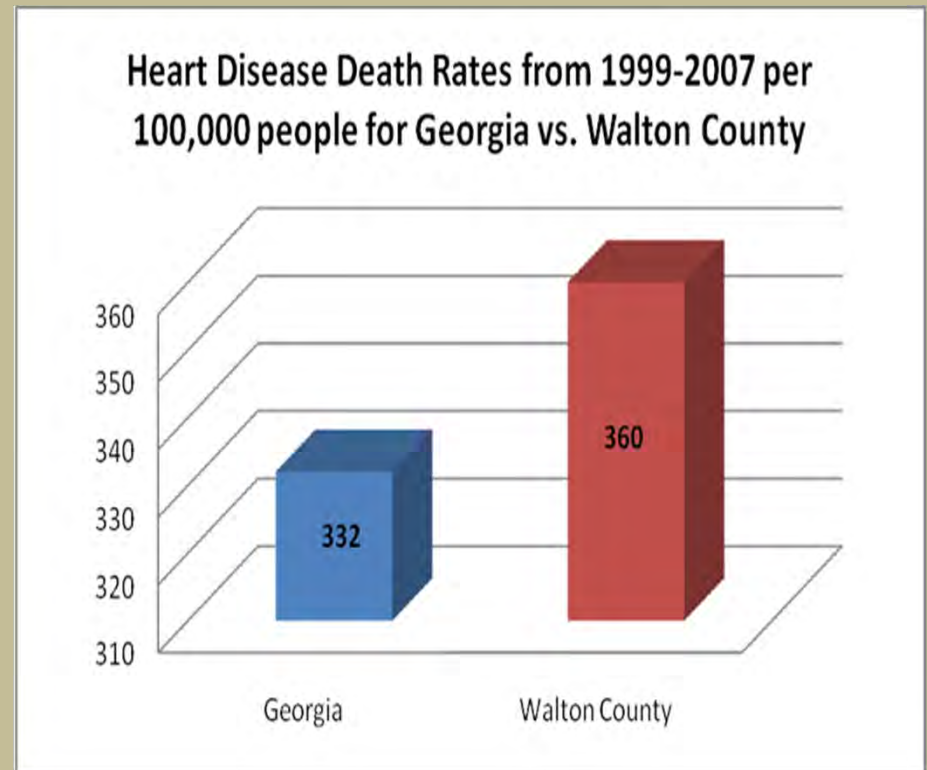
According to **Figure 8**, black males have the greatest hospitalization rate per 100,000 people for injury/illness related to heart disease in Walton County.



**Figure 8.** Heart Disease Hospitalization Rates by Gender and Race in Walton County from 2000-2008

# Heart Disease

- According to **Figure 9**, Walton County has greater heart disease death rates per 100,000 people when compared with the state of Georgia.



**Figure 9.** Heart Disease Death Rates from 1999-2007 for Georgia vs. Walton County

# High Blood Pressure

- According to **Figure 10**, black male and female residents of Walton County have a greater death rate per 100,000 people due to high blood pressure related illness when compared to the state of Georgia. White female residents of Walton County also have a greater death rate per 100,000 people due to high blood pressure related illness when compared to the state of Georgia.

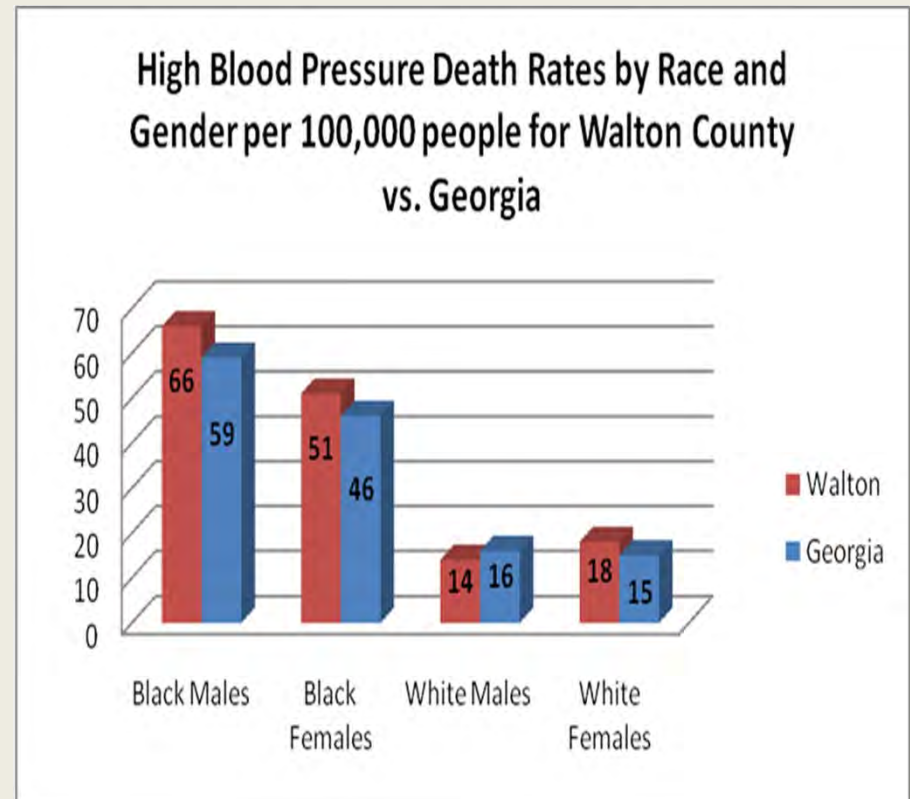
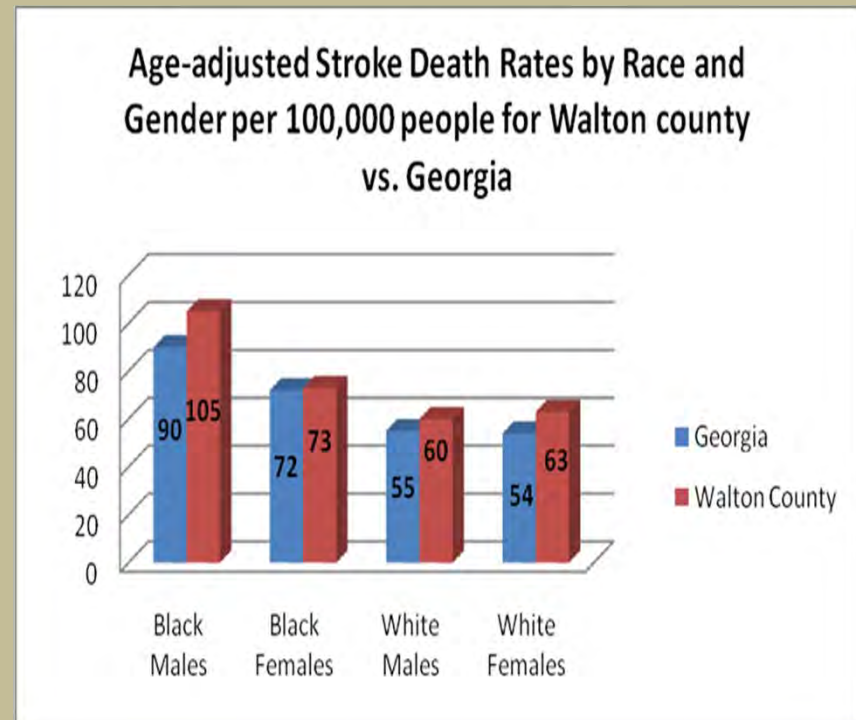


Figure 10. High Blood Pressure Death Rates for Walton County vs. Georgia

# Stroke

- According to **Figure 11**, Walton County residents have a greater stroke death rate when compared to the state of Georgia. Also, black residents of Walton County have a greater stroke death rate when compared to white residents of Walton County



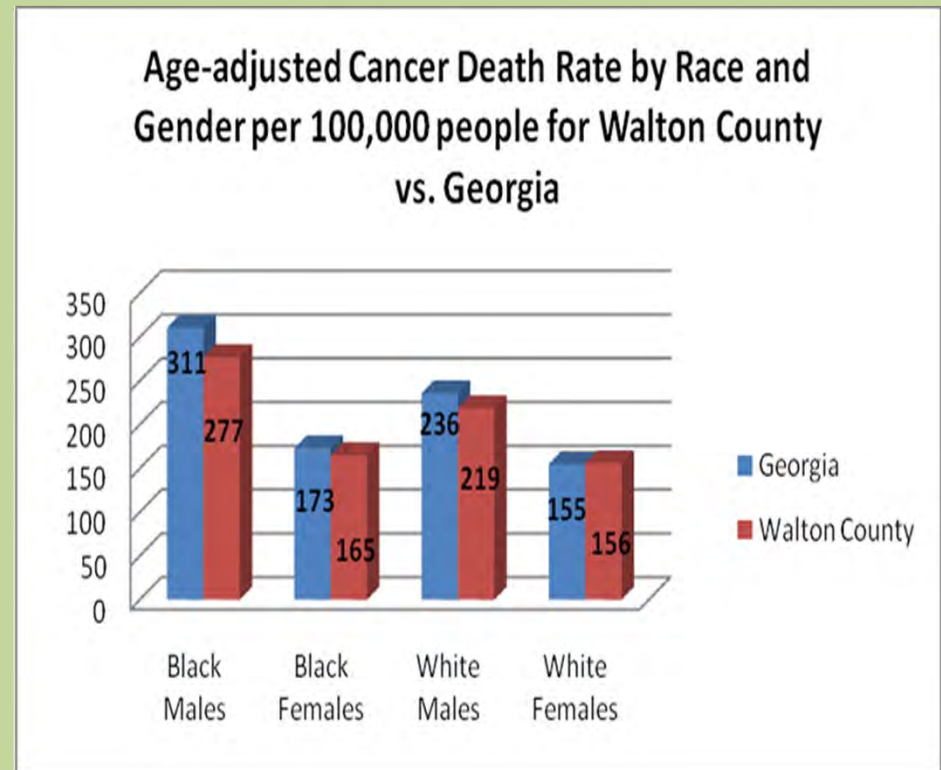
**Figure 11.** Age-adjusted Stroke Death Rates for Walton County vs. Georgia

# Cancer

- Walton Wellness recognizes the overwhelming impact cancer has had and continues to have on our community. When comparing disease mortality rates, cancer as a whole, becomes the number one cause of death in Walton County over heart disease and diabetes. Cancer has so many different forms and causes that it is often not considered one disease. Many types of cancers are lifestyle related and there are preventative measures you can take to help reduce your risk. Cancer prevention guidelines are the same as for heart disease and diabetes in regard to activity level and nutrition. It is for this reason cancer is not specifically named in the Healthy Walton 2020 campaign.

# Cancer

- According to **Figure 12**, white and black males have a greater death rate due to cancer when compared to white and black females.



**Figure12.** Age-adjusted Cancer Death Rates for Walton County vs. Georgia

# Walton County Survey Data

# Survey Data Collection Process

- The Walton County Survey Data was collected by the Northeast Health District. A random phone survey was conducted by the health district, which polled 500 participants located in Walton County in 2007. Various questions were asked that related to each participants health.

# Obesity

**Percentages of Underweight, Normal, Overweight and Obese Individuals in Walton County**

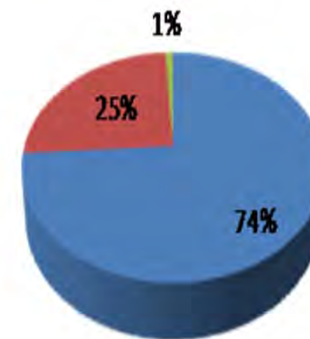
■ Underweight ■ Normal ■ Overweight ■ Obese



**Figure 13.** Percentages of obese individuals in Walton County. Categories are divided according to Body Mass Index. Those with a BMI between 25-29.9 are overweight and those having a BMI over 30 are obese

**Walton County Population who were told to Lose Weight as a Result of Diabetes or Heart Disease**

■ No ■ Yes ■ Missing Data



**Figure 14.** Percentage of Walton County Population who were told to Lose Weight as a result of Diabetes or Heart Disease

# High Blood Pressure

Percentage within Walton County Population diagnosed with High Blood Pressure

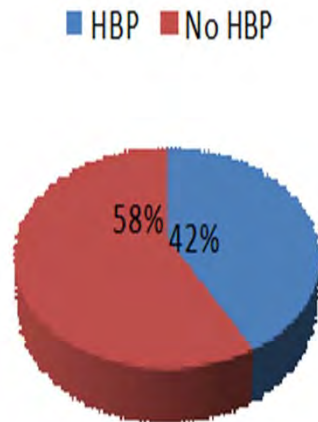


Figure 15. Percentage within Walton County Population diagnosed with High Blood Pressure (HBP)

Percentage of Walton County Residents (Male vs. Female) who were diagnosed with High Blood Pressure

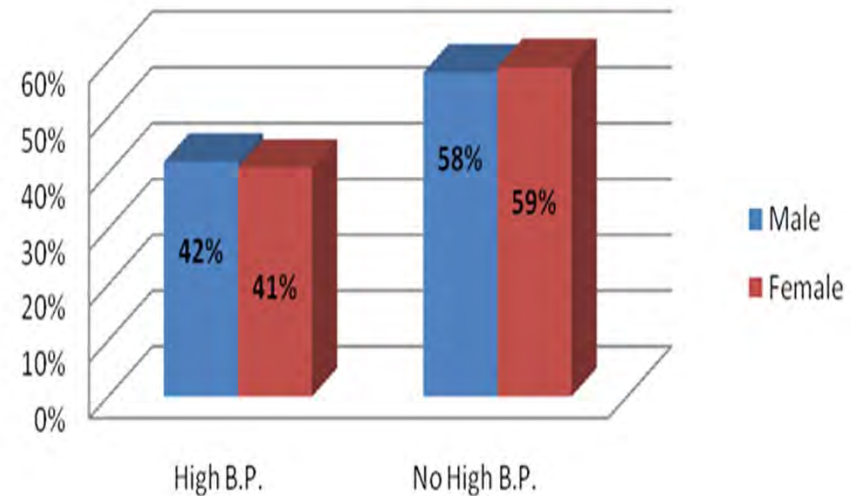
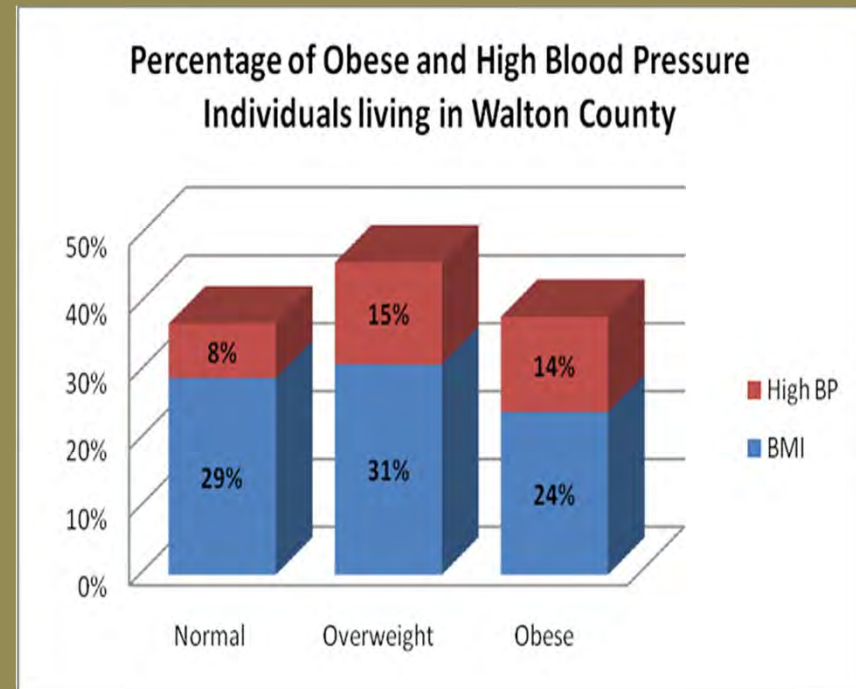


Figure 17. Percentage of Walton County Population (Male vs. Females) who were diagnosed with High Blood Pressure

# High Blood Pressure and Obesity

- According to **Figure 16**, a majority of individuals in Walton County are categorized as overweight (31%) with 15% of them being diagnosed with high blood pressure.

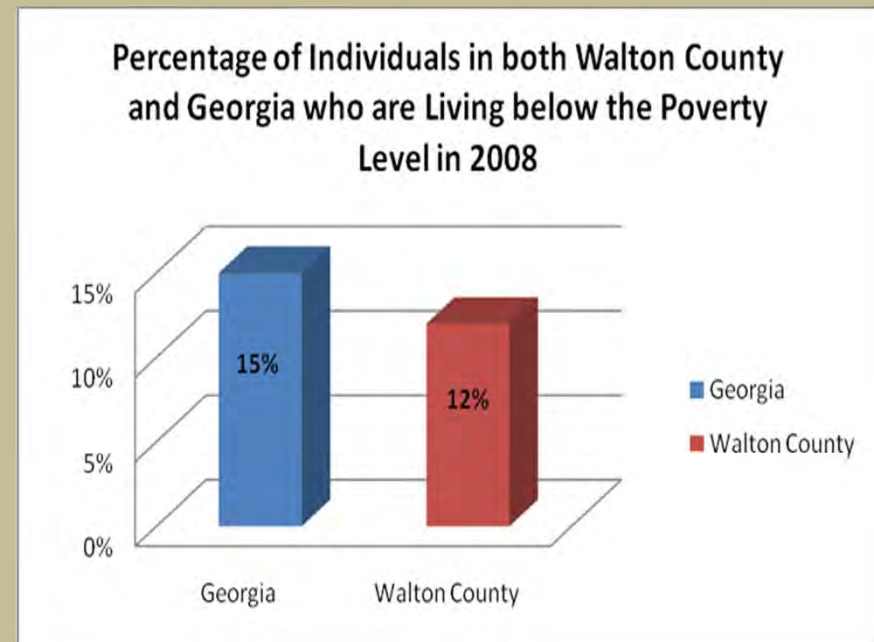


**Figure 16.** Percentage of obese and high blood pressure residents living in Walton County population. Categories are broken down by Body Mass Index with a BMI of 25-29.9 being considered overweight and over 30 being considered obese. High Blood Pressure refers to the percentage of individuals diagnosed with High Blood Pressure within each BMI category.

# Walton County Demographic Data

# Poverty/SES (2008 Estimates)

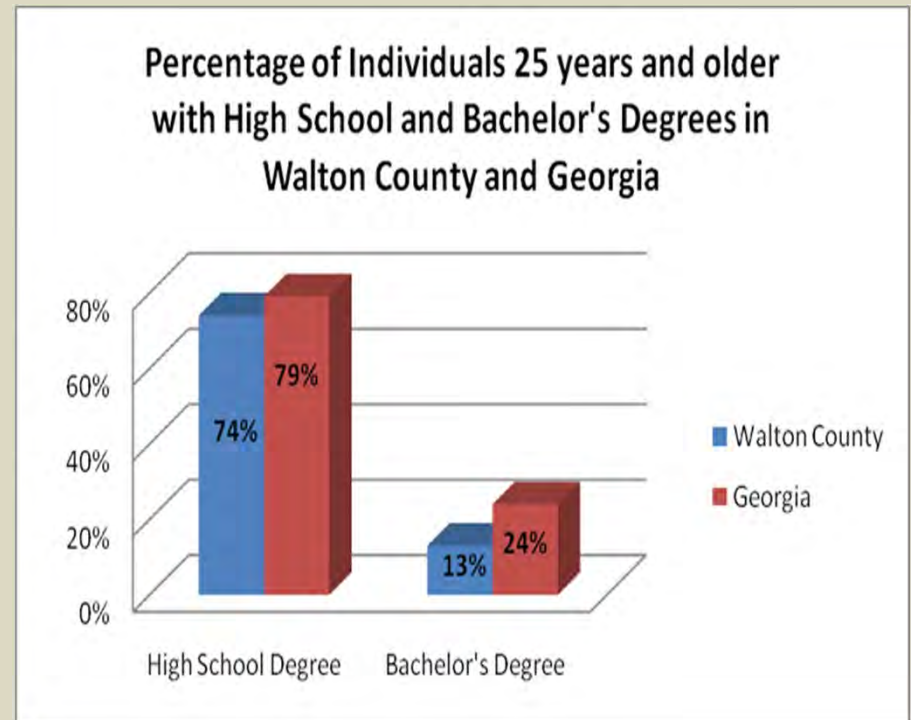
- Research shows that poverty is associated with higher morbidity, disability, and mortality rates. Reasons for this are due to associated variables such as, a lack of access to medical care and environmentally hazardous living conditions. Also, stress, social, and behavioral changes caused by poverty lead to increased susceptibility to disease.



**Figure 18.** Percentage of individuals in both Walton County and Georgia who are living below the poverty line in 2008.

# Education (2000 estimates)

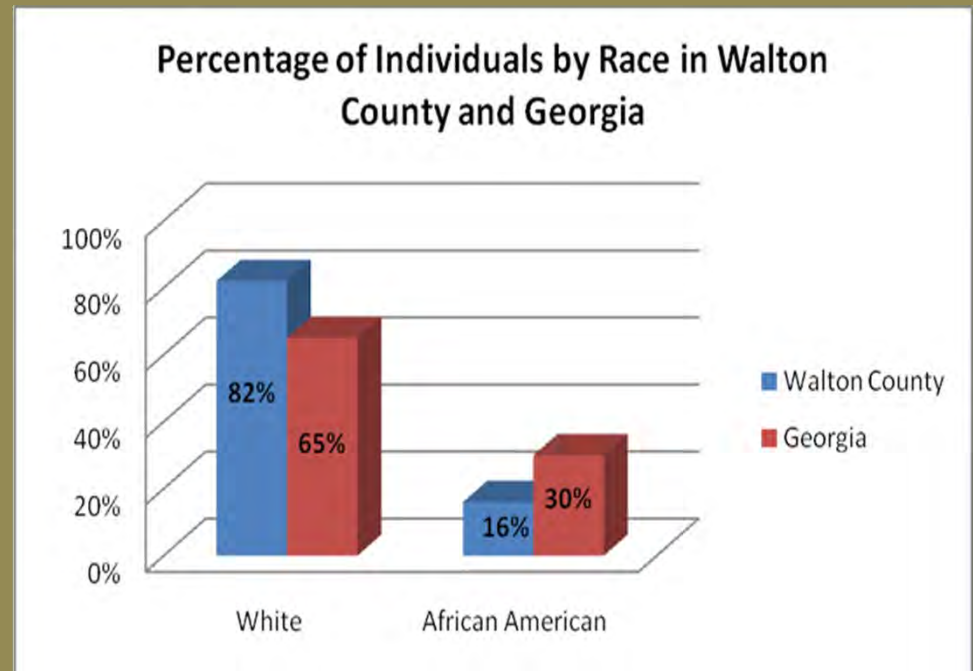
- Education is an incredibly important determinant of health. Higher education leads to less physically demanding jobs and benefits. Higher education tends to lead to an increase in income, which provides a greater availability of lifestyle choices.



**Figure 19.** Percentage of individuals 25 and older having High School (HS) Degrees and the percentage of individuals 25 and older having Bachelor's Degrees (BS) in both Walton County and Georgia

# Race

- Studies indicate that often genetics coupled with environmental and behavioral factors often work together to develop chronic disease.



**Figure 20.** Percentage of individuals by race in Walton County and Georgia

# Age

- Age is a non-modifiable risk factor for many diseases. Non-modifiable refers to the fact that one's age cannot be changed. Often as is the case with hypertension, your risk increases with age.
  - From **Figure 21**, it can be assessed that the 18 to 65 age group comprises most of the population. As this generation ages, there will be an increase in chronic disease.

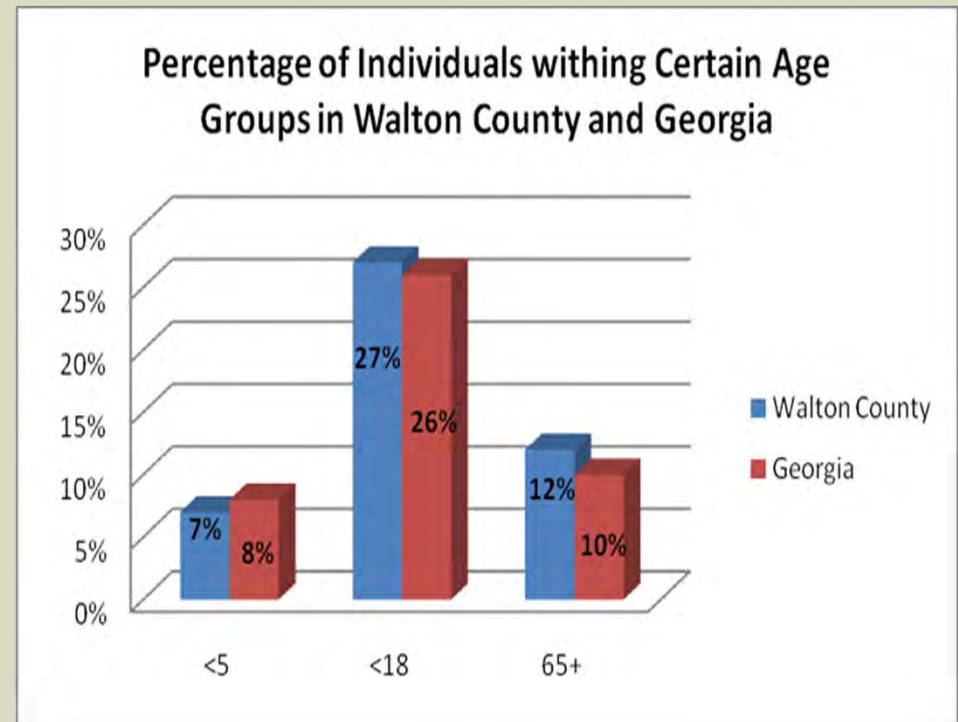


Figure 21. The percentage of individuals within certain age groups in Walton County and Georgia.

# Gender

- Gender is a non-modifiable risk factor for many diseases. For example, cardiovascular disease, traditionally associated with men, is often overlooked in women. On the other hand, men are at a higher risk for diabetes than women.

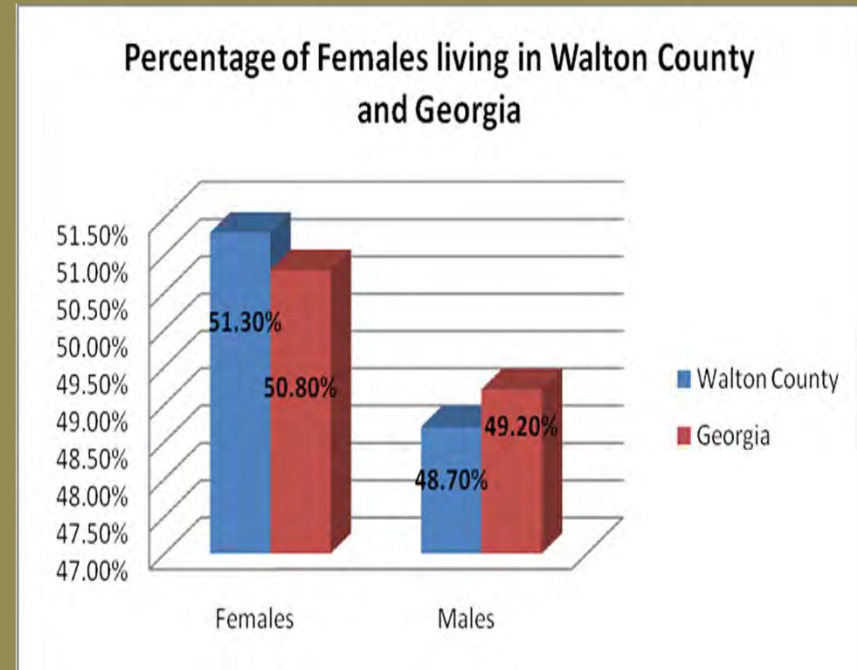


Figure 22. The percentage of females living in both Walton County and Georgia. Note that females comprise a little over half the population in both

# Definitions

OASIS: tool used to access the Georgia Department of Community Health Division of Public Health's standardized health data repository<sup>1</sup>

Morbidity: refers to hospitalizations

Mortality: refers to deaths

Northeast Health District: Ten county health district that includes Walton County

Rate: measured per 100,000.

Example: A diabetes morbidity rate of 220 signifies for every 100,000 hospitalizations, 220 individuals were hospitalized for diabetes.

DISCLAIMER: According to the U.S. Census Bureau, the 2009 population of Walton County was 87,211 people. The rates in this report card are measured for every 100,000 people, therefore if actual population of Walton County was used rates may differ. For example, if Walton County's population was actually 100,000 the rates in this report card may increase.

Age-specific rates: rates given for people of a specific age group

Age-adjusted rates: controls for the effect of age on the population. It is the combination of the age-specific rates into a rate that may be applied to the standard population. Adjusting rates in this way allows for the rates to be compared directly.

For more Information and Resources please visit:

**[www.waltonwellness.org](http://www.waltonwellness.org)**

**...a one stop shop for everything you need to know about living healthy in Walton County Georgia...**

- Looking for a Walton County health resource? Click on The Blue Book icon to access our health and wellness guide.
- Want to find fun local activities the whole family can enjoy? Click on our Wellness Walks link at the bottom of the homepage or the quick links icon.
- Are you a cyclist looking for a ride? Click on Walton on Wheels Cycle Club icon or check out our annual bike event the Agro Cycle Tour.