

The regular meeting of the Island County Board of Health was called to order at 11:15 a.m. on Monday, February 10, 1997, beginning at 11:15 a.m. in the Island County Courthouse Annex, Coupeville, Wa. Board of Health members attending: Mike Shelton, Chairman; Wm. L. McDowell, Member; and Tom Shaughnessy, Member. Others present included: Roger Case, MD, Health Officer; Tim McDonald, Health Services Director; Jan Dahl, Assessment Coordinator; and Andy Ross, Regional Epidemiologist; Marshall Bronson, CHAB.

APPOINTMENT TO COMMUNITY HEALTH ADVISORY BOARD

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The Board by unanimous motion, appointed Marshall Bronson to the Community Health Advisory Board (CHAB), replacing Ron Bollinger, with the term to expire March 8, 1999.

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ASSESSMENT PRESENTATION - THE GENERAL HEALTH STATUS OF ISLAND, SAN JUAN AND SKAGIT COUNTIES

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On behalf of the CHAB, Mr. Bronson introduced the presentation of the assessment portion "The General Health Status of Island, San Juan and Skagit Counties", prepared by the Northwest Washington Regional Epidemiology Partnership [working draft dated 2/4/96, pages 1-24, copies provided] covering health status and chronic disease. A copy of a "List of Indicators for Regional Health Indicator Database" was also provided.

Andy Ross, Epidemiologist, summarized from the working draft report, a follow up to the presentation last month on the Socio-Demographic Profile of Island County. The working draft will continue to be revised as the partnership continues and has other information available. Included once data arrives from the Department of Health will be hospitalization information. Mr. Ross pointed out what he considered to be some of the highlights.

Overall deaths: death rate is declining over time; death rate among males is higher. Leading causes of death 1991-95:

- 1) All cancer - leading cause of death in Island County (614 average annual deaths)
- 2) Coronary Heart Disease
- 3) Cerebrovascular Disease
- 4) Chronic Obstructive Pulmonary Disease
- 5) Unintentional injury.

Series of pie charts [pages 5-7] show proportion of all deaths due to specific causes, in two different ways: #1-top chart takes the total number of deaths for Island County for the period 1991-95 and looks at specific causes of death as a percentage of total deaths; #2 bottom chart looks at YPLL-65 (years of potential life lost before the age of 65) as follows (pie charts are included to show comparison data with Skagit and San Juan counties, as well as the State):

(1) Heart Disease 23%; Other Cancer 19%; Other Causes 21%; Cerebrovascular Disease 7%; Lung Cancer 8%; COPD 5%; Unintentional Injury 4%; Pneumonia/Influenza 4%; Diabetes 7%; suicide 2%.

(2) YPLL-65 (includes in "other causes" HIV infection, diabetes, liver Ds/cirrhosis, COPD and Pneumonia/influenza) shows heart disease 7%; Cerebrovascular Disease 1%; Other cancer 12%; lung cancer 3%; unintentional injury 18%; suicide 9%, homicide 4% and other causes 45%.

Life expectancy [graph page 8] for females is generally 5 or 6 years longer than for males, and in Island County, females are expected to live from birth to age of 80.9 versus males 67.5 years of age.

Self-Reported Perceived Health Status [from behavioral risk survey]:

Island Co.

Very good/excellent 68%

Fair/Poor 9%

*Chronic Diseases in Island, San Juan and Skagit Counties. Some chronic disease is inevitable; if current trends continue, most of us will eventually die of something that could be classified as chronic disease. On the other hand, many deaths are caused or brought on prematurely by behavioral or environmental factors that increase the probability of contracting certain diseases. Smoking is the prime example. Significant portions of several chronic diseases, including lung cancer, chronic obstructive pulmonary disease and heart disease, are attributable to cigarette smoking and could be prevented. High blood pressure and high blood cholesterol are other risk factors which can be moderated by changes in behavior - particularly diet and exercise. For some chronic diseases such as breast cancer and cervical cancer, early detection and treatment provide opportunities to lessen the impact of disease and increase life expectancy.*

Behavioral Risk Indicators Island County Skagit County State

1996 1995 1995

% of respondents who currently smoke cigarettes 21 23 20

% of female respondents who have had a pap smear

within last 3 years 87 80 87

% of female respondents over the age of 50 who have had

a mammogram in the last 2 years 76 53 76

% of respondents who have had a blood pressure test in

the last 5 years 96 91 93

% of respondents who have had a blood cholesterol test

in the last 5 years 69 65 67

% of respondents reporting regular and sustained exercise

(30 minutes or more at least 5 times a week) 35 28 N/A

% of respondents calculated to be overweight 26 N/A 25

For coronary heart disease, cerebrovascular disease and chronic obstructive pulmonary disease, there is a general pattern that holds up across the counties; the State rate is higher than either of the three counties.

There is a clear downward trend in Coronary heart disease rates, due in part to better control of risk factors and medical advances for treating heart disease. Cerebrovascular disease (stroke) is the third leading cause of death in all three counties and the State as a whole.

Time trends with cerebrovascular disease is not quite so clear as with coronary heart disease although state wide there was a downward trend throughout the 1980's and generally a downward trend in Island County as well but in recent years it seems to have climbed back up a bit. Island County is higher for cerebrovascular disease than either the national or state wide year 2000 goals.

Chronic obstructive pulmonary disease is the fourth leading cause of death in Island County, with higher rates in males. Because this disease is so closely related to smoking, trends are very clear in Washington State as a whole where the male rates have been dropping in the last 10 to 15 years because of decreasing rates of male smoking, while female rates have increased steadily because of post W.W.II popularity of smoking among women [refer to graphs on page 8]. Island County shows a clear trend with lung cancer that male lung cancer rates are dropping over time and female rates increasing over time [refer to graph on page 14]. Lung cancer rates in Island County are actually a bit higher than either of the other two counties.

Colorectal cancer tends to be associated with diets high in fats, low in fruits and vegetables, and more common in higher socio-economic populations. San Juan County has the highest colorectal cancer death rate and incidence rate.

For female breast cancer [page 19] the number of cases is around 125 per 100,000 diagnosed annually and the number of deaths only around 25 indicating that the survival rate is very good, and much better than for lung cancer. The second chart on page 20 showing incidence rates, points to a clear upward trend in the number of breast cancer cases over time, very closely related to the popularity of screening programs. The same pattern is seen for cervical cancer [incidence rates on page 22].

There is a similar trend for prostate cancer (page 24). Incidence rates climbed dramatically through the Eighties when screening for prostate cancer became very accepted and popular.

Dr. Case called attention to the fact that across the United States 2.1 million people die each year. Of that, about 100,000 deaths are considered preventable, with 42% of those who die from cigarette smoking or tobacco related.

Mr. McDonald indicated there would be a full report on the assessment of the community's health during the month of March, probably presented at the April Board of Health meeting for discussion in depth.

The meeting was adjourned by the Chair at Noon. The next Regular Meeting is scheduled for March 10, 1997, at 11:15 a.m.

ISLAND COUNTY BOARD OF HEALTH

ISLAND COUNTY, WASHINGTON

Mike Shelton, Chairman

Wm. L. McDowell, Member

Tom Shaughnessy, Member

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