



OKLAHOMA STATE  
DEPARTMENT OF HEALTH

# State of the County's Health Report

# Working Together For Health

## Jackson 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](http://www.ok.gov/health/Organization/Board_of_Health/OHIP.html).

This report focuses on health factors and demographics in Jackson 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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# Top 10 Causes of Death by Age Group

## Jackson County 2002-2006

Rank	0-4	05-14	15-24	25-34	35-44	45-54	55-64	65+	All Ages
1	PERINATAL PERIOD 7	HEART DISEASE < 4	UNINTENT. INJURY 11	UNINTENT. INJURY 8	CANCER 6	HEART DISEASE 27	CANCER 43	HEART DISEASE 365	HEART DISEASE 441
2	UNINTENT. INJURY 5	HOMICIDE < 4	CANCER < 4	SUICIDE < 4	HEART DISEASE 6	CANCER 20	HEART DISEASE 39	CANCER 183	CANCER 255
3	CONGENITAL ANOMALIES 4	SUICIDE < 4	DIABETES MELLITUS < 4	HEART DISEASE < 4	SUICIDE < 4	UNINTENT. INJURY 9	BRONCHITIS/ EMPHYSEMA/ ASTHMA 13	STROKE 118	STROKE 128
4	SIDS < 4		HEART DISEASE < 4	HOMICIDE < 4	UNINTENT. INJURY < 4	DIABETES MELLITUS 6	DIABETES MELLITUS 7	ALZHEIMER'S DISEASE 67	BRONCHITIS/ EMPHYSEMA/ ASTHMA 79
5	NEPHRITIS < 4		HOMICIDE < 4	CANCER < 4	DIABETES MELLITUS < 4	LIVER DISEASE 5	STROKE 7	BRONCHITIS/ EMPHYSEMA/ ASTHMA 63	ALZHEIMER'S DISEASE 68
6				CONGENITAL ANOMALIES < 4	HOMICIDE < 4	VIRAL HEPATITIS < 4	UNINTENT. INJURY 4	INFLUENZA/ PNEUMONIA 41	UNINTENT. INJURY 55
7				DIABETES MELLITUS < 4	BRONCHITIS/ EMPHYSEMA/ ASTHMA < 4	BRONCHITIS/ EMPHYSEMA/ ASTHMA < 4	INFLUENZA/ PNEUMONIA < 4	DIABETES MELLITUS 27	INFLUENZA/ PNEUMONIA 46
8				HYPERTENSION < 4	PEPTIC ULCER < 4	HOMICIDE < 4	LIVER DISEASE < 4	NEPHRITIS 17	DIABETES MELLITUS 44
9				INFLUENZA/ PNEUMONIA < 4	STROKE < 4	INFLUENZA/ PNEUMONIA < 4	SEPTICEMIA (BLOOD POISONING) < 4	PNEUMONITIS 16	NEPHRITIS 19
10					TUBERCULOSIS < 4	STROKE < 4	VIRAL HEPATITIS < 4	UNINTENT. INJURY 15	PNEUMONITIS 16

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

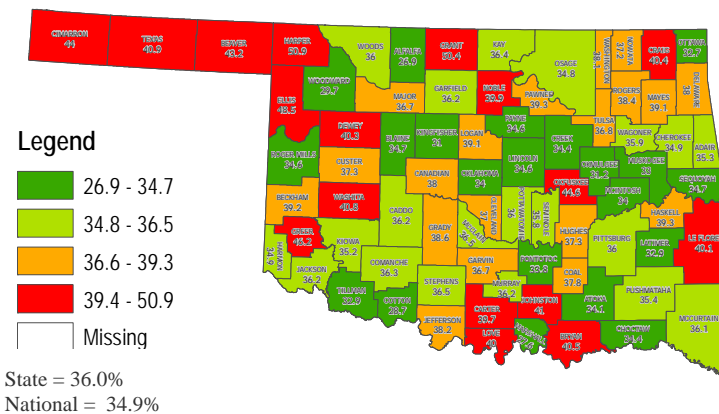
# Nutrition & Overweight

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 obese<sup>6</sup>, estimated health care costs related to obesity for Jackson County soar to almost \$2.0 million. These costs only go up when the 65 and over population are included.

The Youth Risk Behavior Surveillance System (YRBS)<sup>7</sup>, 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.

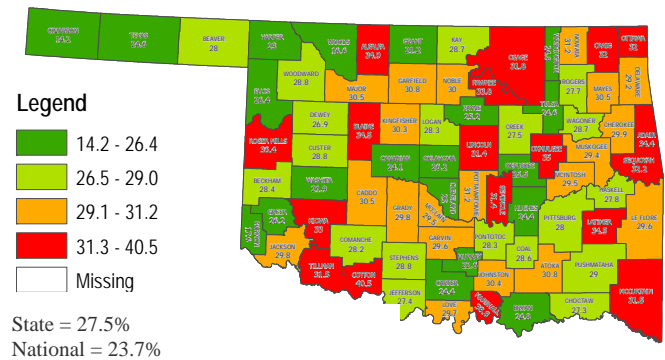
According to the Behavioral Risk Factor Surveillance System (BRFSS, 2003 & 2005)<sup>8</sup>, 77.2% of Jackson County adults did not eat the recommended 5 servings of fruits and vegetables a day. Increasing fruit and vegetable consumption is an economical way to control many health-related issues such as obesity and diabetes.

**Percent of Adults who are Overweight, BRFSS, 2003-2008<sup>8</sup>**



\* Note: Data classified by Quartiles

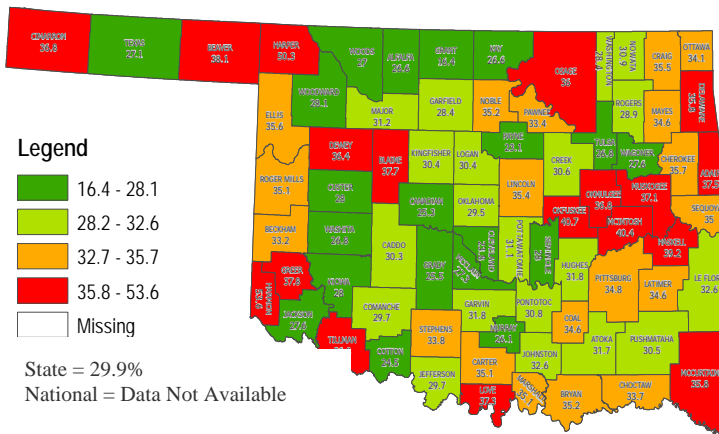
**Percent of Adults who are Obese, BRFSS, 2003-2008<sup>8</sup>**



\* Note: Data classified by Quartiles

# Physical Activity & Fitness

**Percent of Adults with No Physical Activity Within Past Month, BRFSS, 2003-2008<sup>8</sup>**



\* 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 BRFSS<sup>8</sup>, it is estimated that 27.6% (4,747) of people in Jackson County had no leisure activity in the past month (at the time they were surveyed) and over two-thirds (70.7%) 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.<sup>7</sup> Efforts need to be made to increase physical activity for our youth to build long-term healthy habits.

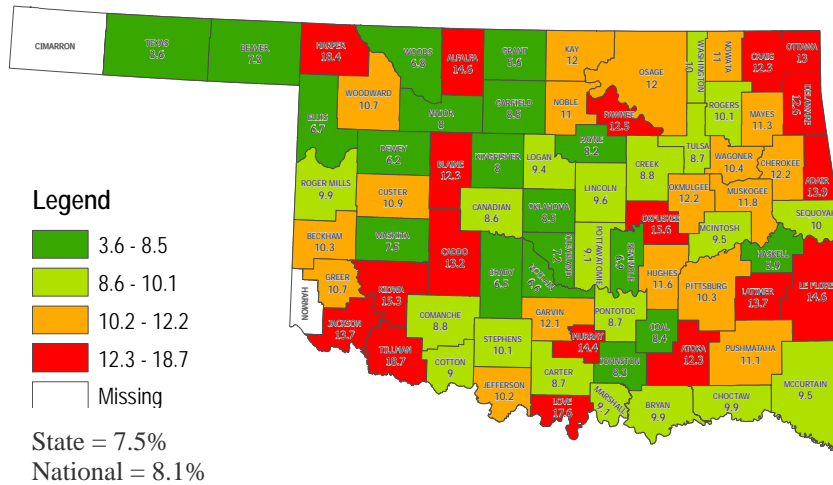


# Diabetes

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 community's health.

From 2006 to 2008, there were 317 hospital discharges for diabetes among Jackson County residents.<sup>5</sup> This accounted for a total of 1,221 days in the hospital and \$3,851,359.00 in total charges.<sup>5</sup> This was an average of 3.9 days and \$12,149.40 in charges.<sup>5</sup>

**Percent of Adults Who Have Ever Been Told They Have Diabetes, BRFSS, 2004-2008<sup>8</sup>**



According to the 2004-2008 BRFSS, it is estimated that 13.7% (2,356) of Jackson 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.<sup>9</sup> Persons with diabetes accumulate an estimated \$31,202,176.62 in health care costs in one year for Jackson County. Actual hospital charges account for only 4.4% of the total health care impact of diabetes.

\* Note: Data classified by Quartiles

# Teen Births

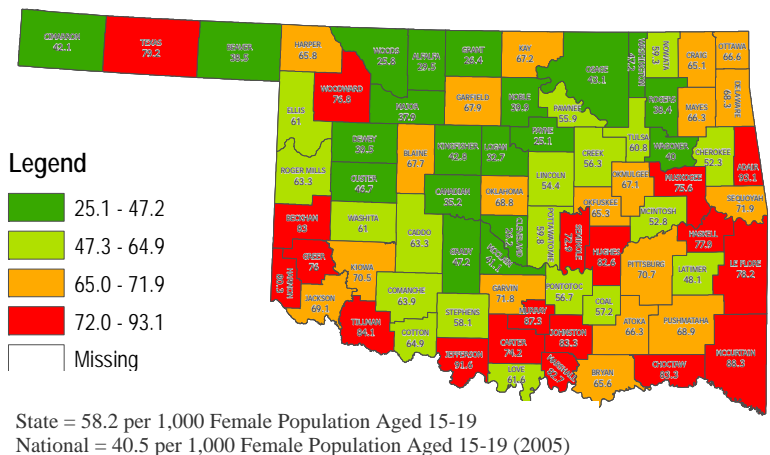
While births to teen mothers (age 15 to 19) have been on the decline in both the U.S. and Oklahoma, Oklahoma has moved down in the rankings according to the United Health Foundation.<sup>10</sup> In 1993, the rate for teen births in the U.S. was 60.3 per 1,000 15-19 year old females and 67.1 in Oklahoma, ranking 35th in the country.<sup>10</sup> 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.<sup>10</sup> 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.<sup>10</sup>

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.<sup>11</sup>

According to Oklahoma Vital Statistics, Jackson County had a teen birth rate of 79.2 in 2007, which accounted for a 17% increase from 2003 (67.5) and a 0% increase from 1993 (78.9)<sup>12</sup>. The map represents a five-year average of teen birth rates, 2003-2007.<sup>12</sup>

On average in Oklahoma, births to teen mothers accumulate \$3,807 a year for each teenage birth<sup>13</sup>, which is often passed on to citizens. With an average of 68.0 births per year (2003-2007)<sup>12</sup>, teen pregnancy costs the citizens of Jackson County \$217,600.00 a year.

**Rate of Births to Teen Mothers (Age 15-19), OSDH Vital Statistics, 2003-2007<sup>12</sup>**



\* Note: Data classified by Quartiles



# Injury and Violence

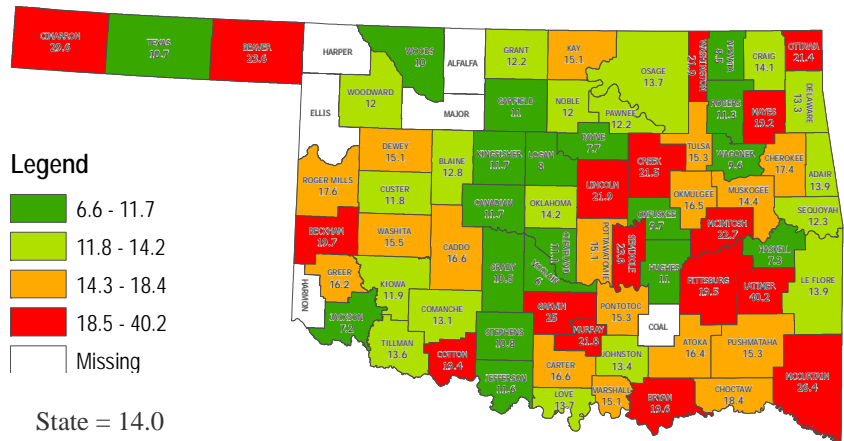
Across the nation and the state of Oklahoma, unintentional and violence-related injuries are on the rise. Unintentional injuries account for the 5th leading cause of death in the United States and Oklahoma for 2002-2006. For persons ages 1 to 44 in Oklahoma, unintentional injuries are the leading cause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

This trend does not change much in Jackson County. Unintentional injuries are the leading cause of death for ages 15 to 34 in Jackson County.

It is estimated that for every motor vehicle-related death \$1.3 million in economic costs are incurred (2008 data).<sup>16</sup> For Jackson County, which has an average of 6.8 motor vehicle-related deaths a year<sup>4</sup>, the estimated economic costs are almost \$8.8 million a year.

Violence-related injuries (homicide and suicide) in Jackson County are ranked in the top 10 causes of death for persons from 5 to age 54 and suicide is the 2nd leading cause of death for ages 25 to 34.<sup>4</sup>

**Age-Adjusted Suicide Rate by County, OSDH Vital Statistics, 2002-2006<sup>4</sup>**

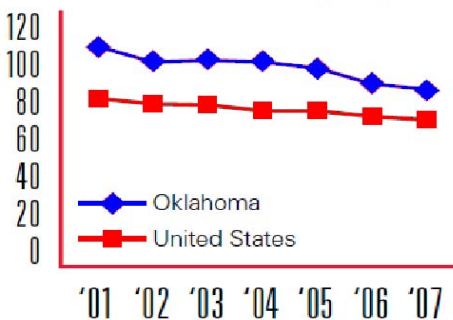


# Tobacco Use Prevention

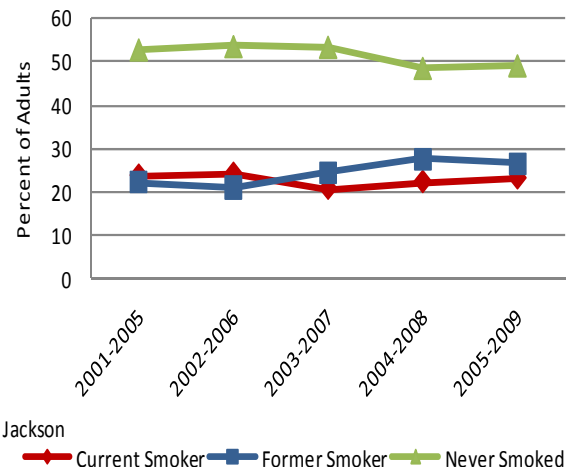
According to the 2005 State of the State's Health Report<sup>19</sup>, tobacco use among Oklahomans has remained fairly stable from 1990 to 2002. The good news is that total cigarette sales in Oklahoma (tribal and non-tribal combined) have dropped from 98.2 packs per capita in fiscal year 2005 to 86.7 packs per capita during fiscal year 2008. The national average dropped during this same time period.<sup>20</sup>

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.<sup>20</sup> Since inception of the Helpline in August 2003, over 110,000 Oklahomans have received free cessation assistance.<sup>20</sup>

**Per Capita Cigarette Sales: Oklahoma & United States<sup>20</sup>**



**Percent of Adults by Smoking Status, Jackson County, 2001-2009, Five-Year Averages<sup>8</sup>**



The CDC estimated that a person who used tobacco accrued over \$3,300 in health care costs per year.<sup>21</sup> According to the BRFSS (2005-2009)<sup>8</sup>, it is estimated that 23.1% (3,973) of adults in Jackson County use tobacco of some sort. Medical costs accumulated by those persons are over \$13.1 million a year for Jackson County.

# Healthy People 2010 Table

Healthy People 2010 Indicators	Most Recent Data: Year(s)						2010 Target
	Jackson County		Oklahoma		United States		
Prevalence of Obese (Aged 18+)	2002-2008	29.0%	2008	31.0%	2008	26.7%	15%
No Leisure-Time Physical Activity (Aged 18+)	2002-2008	27.8%	2008	31.5%	2008	24.6%	20%
Prevalence of Smoking (Aged 18+)	2002-2008	24.7%	2008	24.7%	2008	18.4%	12%
Infant Mortality (Per 1,000 of births)	2002-2006	10.2	2006	8.1	2006	6.8	4.5
Low Birth Weight Infants (Percent of live births)	2002-2007	9.6%	2006	8.3%	2006	8.3%	5%
Very Low Birth Weight Infants (Percent of live births)	2002-2007	1.7%	2006	1.6%	2006	1.5%	0.9%
First Trimester Prenatal Care (Percent of births)	2002-2007	85.2%	2006	75.6%	2006	83.2%	90%
Prevalence of Diabetes (Aged 18+)	2002-2008	12.5%	2008	11.3%	2008	9.2%	2.5%
Lack of Health Insurance (Aged 18-64)	2002-2008	16.2%	2008	22.8%	2008	17.1%	0%
Prevalence of Binge Drinking (Aged 18+)	2002-2008	9.2%	2008	12.2%	2008	15.6%	6%
Coronary Heart Disease Death *	2002-2006	229.3	2006	184.5	2006	144.4	166.0
Cancer Death *	2002-2006	190.2	2006	194.9	2006	180.8	159.9
Unintentional Injury Death *	2002-2006	41.4	2006	55.6	2006	39.3	17.5
Transportation-Related Death *	2002-2006	26.4	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

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## Cardiovascular Disease (Heart Disease)

- Average hospital discharges per year<sup>5</sup> = 577
- Average charges<sup>5</sup> = \$28,427.66
- Total—\$16,394,232.59 a year

## Obesity

- 29.8% of population<sup>8</sup> (5,125)
- \$395 in additional medical costs per person aged 18-64<sup>6</sup>
- Total—\$2,024,375.00

## Diabetes

- Average hospital discharges per year<sup>5</sup> = 105.7
- Average charges<sup>5</sup> = \$12,149.40
- Total—\$1,283,786.33 a year

## Teen Pregnancy

- Average 68 births to females aged 15-19 a year<sup>12</sup>
- \$3,200 in costs a year<sup>13</sup>
- Total—\$217,600.00 a year

## Motor Vehicle-Related Injury Death

- Average 6.8 deaths per year<sup>4</sup>
- \$1,300,000.00 in economic costs per death<sup>16</sup>
- Total—\$8,840,000.00 a year

## Tobacco Use

- 23.1% of population<sup>8</sup> (3,973)
- \$3,300 in health care costs<sup>21</sup>
- Total—\$13,110,900.00 a year

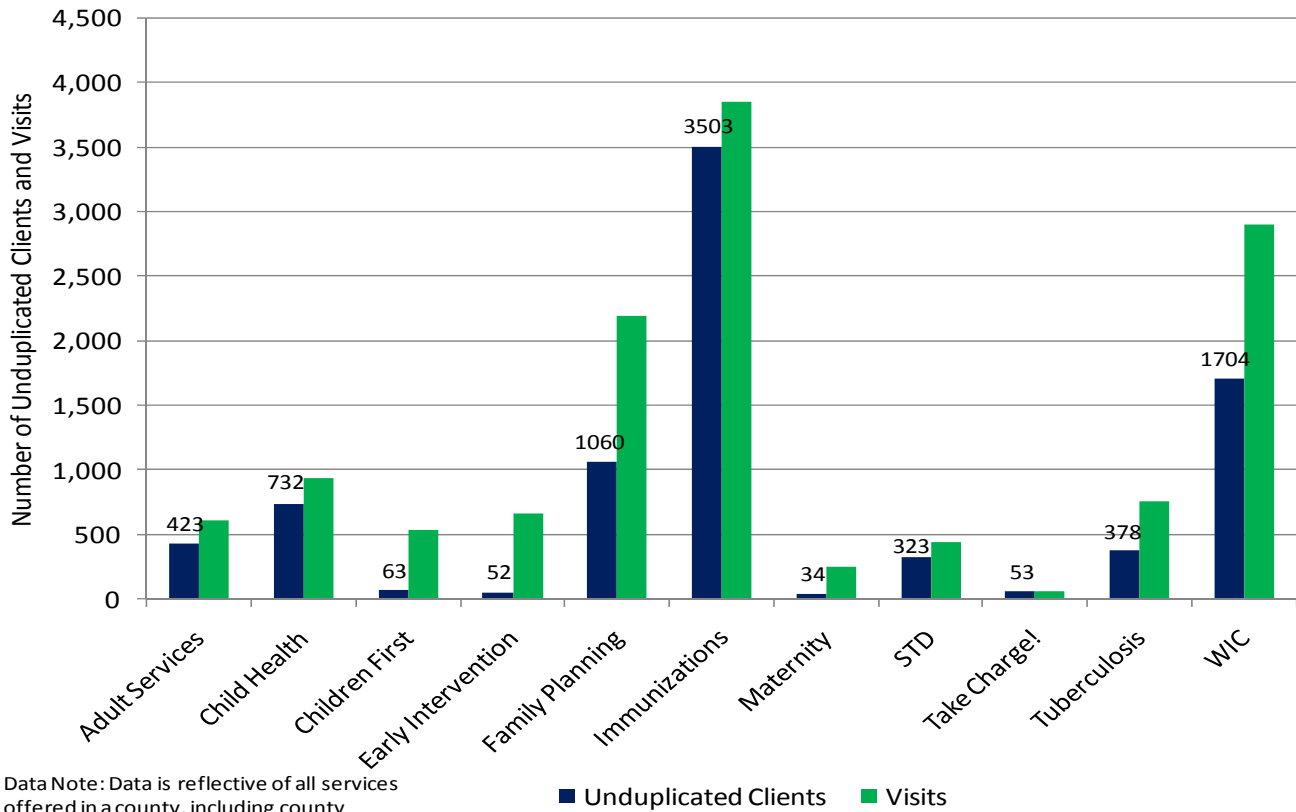
Grand Total for  
Jackson County:

**\$41,870,893.92**



# County Health Department Usage

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



Data Note: Data is reflective of all services offered in a county, including county health departments and contracts.

■ Unduplicated Clients ■ Visits

JACKSON

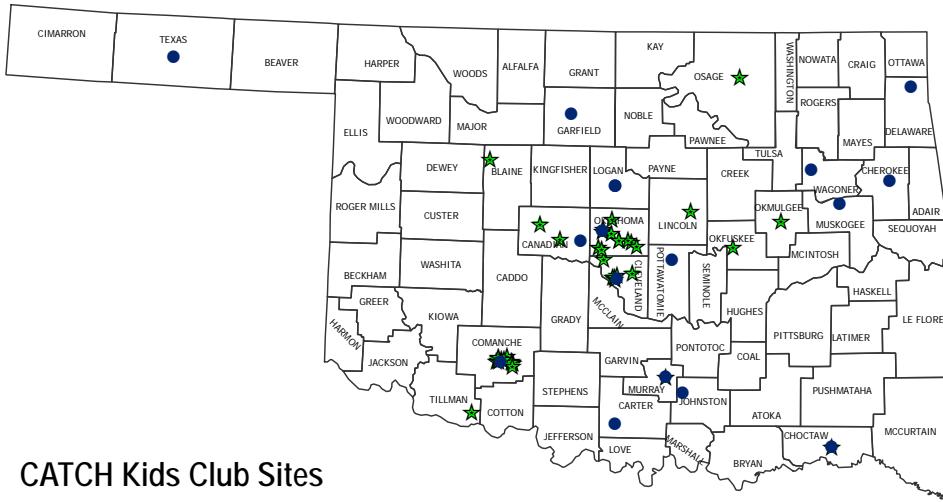
### Population-Based Services by Event Type, Jackson County, SFY09

Event Type	Number of Events	Total Attendees
Focus Groups	1	105
Group Screening	4	358
Health Fair	7	2,274
Meeting/Taskforce/Coalition	1	8
Presentation/Class	2	87
<b>Grand Total</b>	<b>15</b>	<b>2,832</b>

### Population-Based Services by Main Topic, Jackson County, SFY09

Topic	Number of Events	Total Attendees
Developmental Stages	1	35
General Health Department Services	2	600
Immunizations	33	24,960
Infectious Disease	12	1,074
STD/HIV/AIDS	2	108
Tobacco Education	1	230
<b>Grand Total</b>	<b>51</b>	<b>27,007</b>

# Health Education



## CATCH Kids Club Sites

- CKC Pilot Sites 2009-2010 (17)
- ★ NEW CKC Sites 2009-2010 (40)

### Jackson County Health Educator

April Combs  
 1500 North Main Street  
 Frederick, OK 73542  
 580-335-2163  
[AprilC@health.ok.gov](mailto:AprilC@health.ok.gov)

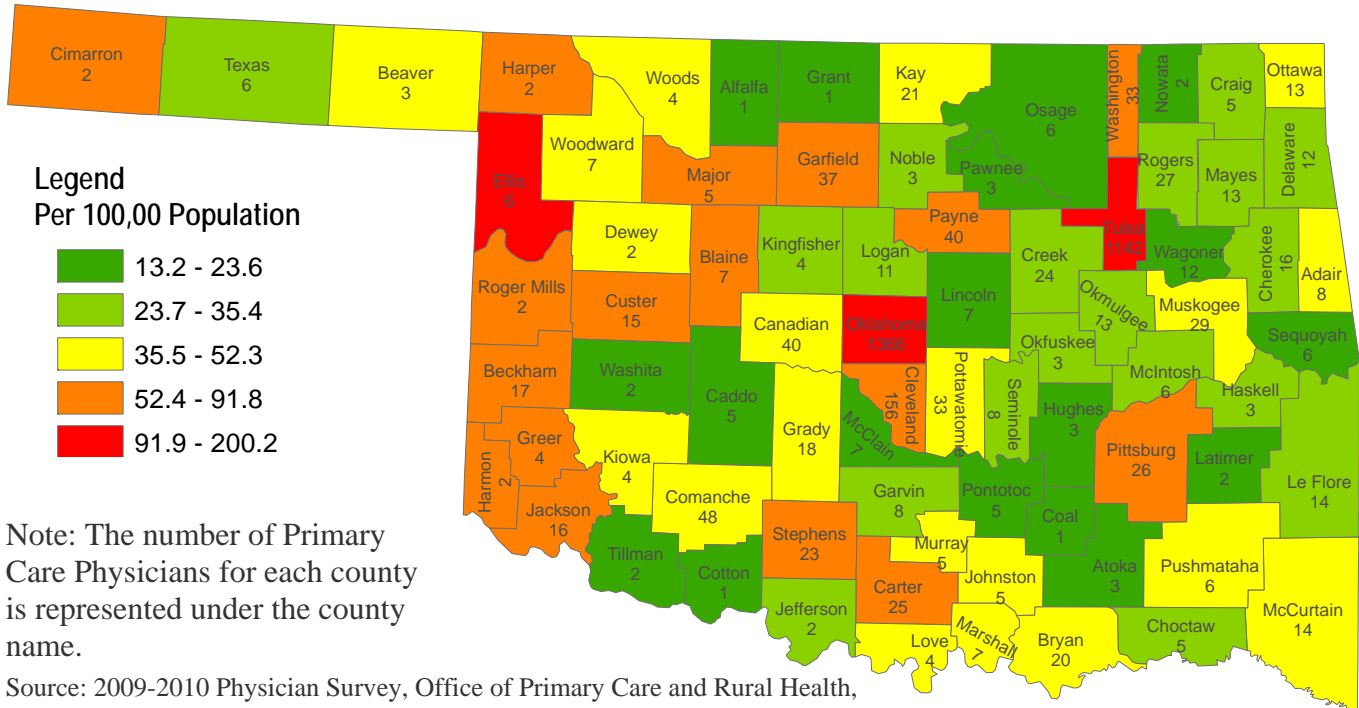
### OSDH Health Education

Kathy Payne, Director  
 1000 NE 10th St, room 506  
 Oklahoma City, OK 73117  
 405-271-6127  
[KPayne@health.ok.gov](mailto: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**



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



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*Working Together For Health*

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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 Jackson County. Please come and be part of the solutions that will lead Oklahoma and Jackson County to becoming a healthy place to live, work and learn.**

“If we are together nothing is impossible.  
 If we are divided all will fail.” - [Winston Churchill](#)

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

Brandie O'Connor  
 Jackson County Health Department  
 401 W Tamarack Rd.  
 Altus, OK 73521  
 (580) 482-7308  
 Email: [BrandieB@health.ok.gov](mailto:BrandieB@health.ok.gov)  
 Website: [www.okturningpoint.org](http://www.okturningpoint.org)

## Jackson County Community Health Action Team

Coalition Priorities:

1. Tobacco Use Prevention
2. Underage Drinking
3. Access to Healthcare
4. Immunization
5. Physical Activity/Nutrition

Significant Outcomes:

- ◆ Over 1,600 visits to the Free Health Clinic in 2009
- ◆ Almost \$300,000 worth of prescriptions filled at no cost to patient  
Fill an average of 148 prescriptions per clinic.
- ◆ Duke School passed 24/7 tobacco free policy
- ◆ Local Physicians and City Council engaged and excited about working with community to address obesity issues
- ◆ Increased number of calls to 1-800-QUITNOW.
- ◆ Significant media attention about coalition activities specifically related to tobacco use prevention
- ◆ Hosted 7th Grade Adolescent Health Conference
- ◆ Hosted Crystal Darkness Campaign at two sites with over 200 in attendance.
- ◆ Town of Blair passed local ordinances, youth access and smoking in public places!
- ◆ Beginning to pursue Systems of Care grant