



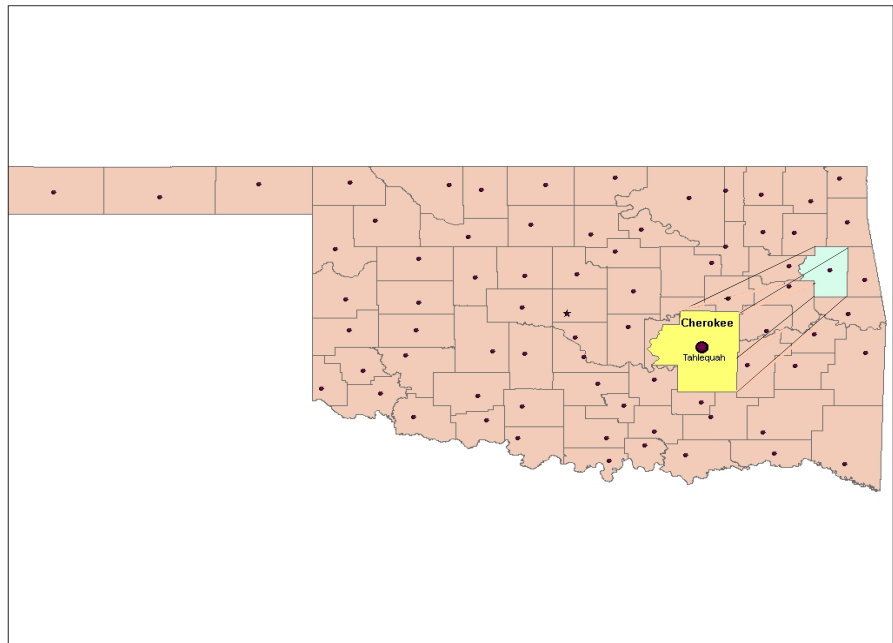
# State of the County's Health Report

## A Look Back To Move Forward

### Cherokee County

The state of Oklahoma has been in a downward health trend since the 1990's, until recently. Through the efforts of the state and county health departments, state and local governments and the individual communities the health of Oklahomans is looking up. However, we could do more to improve the health of the citizens of Oklahoma.

This report focuses on the health factors for the citizens of Cherokee County. We will take a look back to discover what has been affecting the health of the citizens in order to move forward and make healthy, effective and safe changes for all.



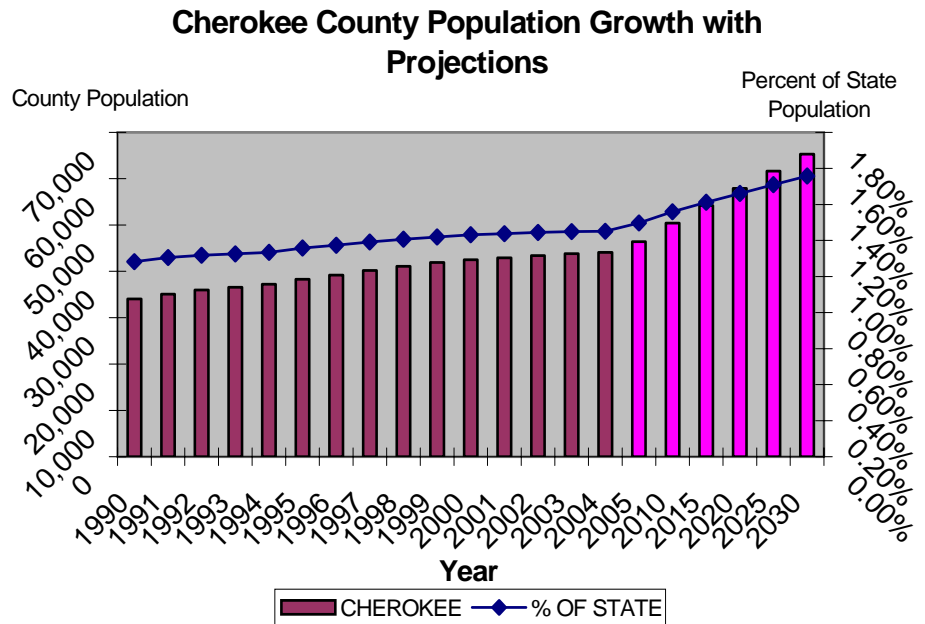
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# Demographics

\* U.S. Census Bureau

- Population
  - 25% increase from 1990 to 2000 (34,049 to 42,521)
  - 4% increase from 2000 to 2004 (42,521 to 44,100)
  - Ranked 11<sup>th</sup> for growth in state
- Hispanic/Latino ethnicity = 4%
- Race
  - Whites = 56%
  - Native Americans = 32%
  - Blacks = 1%
  - Other/Multiple = 11%
- Age
  - Under 5 = 7%
  - Over 64 = 12%
  - Median age = 32 years
- Occupied housing = 16,175
- Disability (ages 21 to 64) = 23% national average = 19.2%
- Families below poverty = 17% national average = 9.2%



\* Vital Statistics, Health Care Information Systems, OSDH & Centers for Disease Control

## Top 10 Leading Causes of Death

The top 10 leading causes of death table on the next page displays a broad picture of the causes of death in Cherokee 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 Cherokee County

and is still the leading cause of death among all age groups. According to the Centers for Disease Control, almost \$400,000 is spent on each heart disease-related death. With an average of 120 deaths a year, heart disease accounts for over \$44 million a year in

**Heart disease accounts for over \$44 million a year in medical costs in Cherokee County.**

medical costs in Cherokee County.

Alzheimer's disease and the complications associated has increased from the 16th ranked cause of death (1983-1993) to the 9th leading cause of death in persons 65 and older accounting for a 400% increase.

\* Behavioral Risk Factor Surveillance System, Health Care Information System, OSDH & Health Affairs Journal, R. Strum, 2002

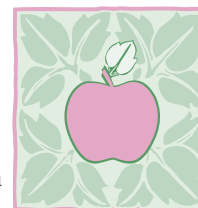
## Nutrition and Obesity

With the United States coming in as the most obese country in the world, health care costs related to obesity and poor nutrition are on the rise.

Of the 292 million people in the United States, 129 million are overweight or obese according to their body mass index (BMI). The number of obese (BMI > 29) and overweight (BMI 25-29) Oklahomans has been increasing at the

same rate as the nation, and health care costs are reflecting this downward spiral of health. For persons under the age of 65, on average, health care costs are \$395 more for obese individuals and are even greater for persons over the age of 65.

In 2002-2004, 30%



*Sensible Foods—Sensible Portions  
5 to 9 Fruits & Vegetables a Day*

(13,130) of people in Cherokee County were considered obese which accounted for an additional \$5,186,350.00 in medical costs for the county. These costs are underestimated because they do not take into account the percentage of obese or overweight persons who are over the age of 65.

## Top 10 Causes of Death by Age Group Cherokee County 1993-2003

Rank	0-4	05-14	15-24	25-34	35-44	45-54	55-64	65+	All Ages
1	UNINTENT. INJURY 11	UNINTENT. INJURY 8	UNINTENT. INJURY 31	UNINTENT. INJURY 25	CANCER 33	HEART DISEASE 75	CANCER 133	HEART DISEASE 970	HEART DISEASE 1200
2	CONGENITAL ANOMALIES 10	CANCER 3	SUICIDE 9	SUICIDE 13	UNINTENT. INJURY 28	CANCER 71	HEART DISEASE 127	CANCER 614	CANCER 862
3	SIDS 5	HOMICIDE/LEGAL 1	HOMICIDE/LEGAL 6	CANCER 6	HEART DISEASE 20	UNINTENT. INJURY 30	DIABETES MELLITUS 32	STROKE 223	STROKE 259
4	PERINATAL PERIOD 4	OTHER 4	HEART DISEASE 4	HOMICIDE/LEGAL 5	SUICIDE 15	DIABETES MELLITUS 19	BRONCHITIS/EMPHYSEMA/ASTHMA 25	BRONCHITIS/EMPHYSEMA/ASTHMA 190	UNINTENT. INJURY 226
5	HEART DISEASE 2		ANEMIA 1	HIV 4	DIABETES MELLITUS 13	LIVER DISEASE 12	UNINTENT. INJURY 25	INFLUENZA/PNEUMONIA 153	BRONCHITIS/EMPHYSEMA/ASTHMA 220
6	HOMICIDE/LEGAL 2		CONGENITAL ANOMALIES 1	STROKE 3	STROKE 8	STROKE 11	LIVER DISEASE 15	DIABETES MELLITUS 92	INFLUENZA/PNEUMONIA 168
7	INFLUENZA/PNEUMONIA 1		CANCER 1	DIABETES MELLITUS 3	HOMICIDE/LEGAL 6	INFLUENZA/PNEUMONIA 5	STROKE 14	ATHERO-SCLEROSIS 78	DIABETES MELLITUS 159
8	CANCER 1		OTHER 4	HEART DISEASE 2	LIVER DISEASE 6	BRONCHITIS/EMPHYSEMA/ASTHMA 4	INFLUENZA/PNEUMONIA 7	UNINTENT. INJURY 67	ATHERO-SCLEROSIS 82
9	OTHER 9			CONGENITAL ANOMALIES 1	CONGENITAL ANOMALIES 3	BLOOD POISONING 4	SUICIDE 6	ALZHEIMER'S 55	SUICIDE 59
10				TWO CAUSES TIED 1	HIV 3	SUICIDE 4	THREE CAUSES TIED 4	KIDNEY DISEASE 45	ALZHEIMER'S 55

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

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

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## 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 4th leading cause of death in the United States and the 5th leading cause of death in Oklahoma from 1999-2002. For persons ages 1 to 44 in Oklahoma, unintentional injuries are the leading cause of death.

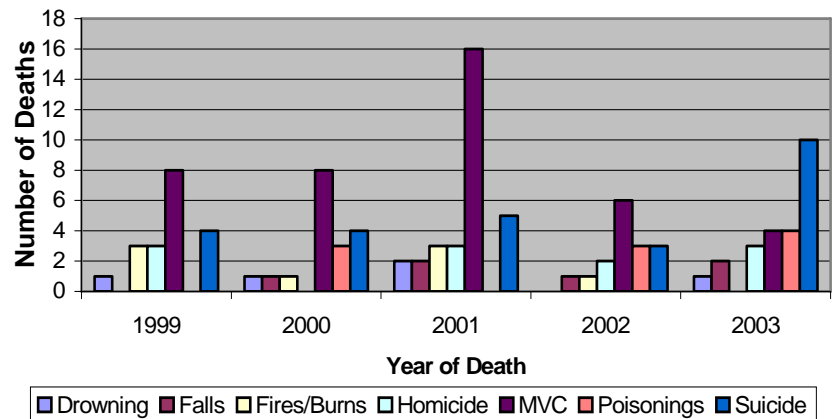
This trend does not change much in Cherokee County. Unintentional injuries are the leading cause of death from birth to age 34 in Cherokee County.

It is estimated that for every motor vehicle-related death \$1.1 million in economic costs are incurred. For Cherokee County which has an average of 8.4 motor vehicle-related deaths a year, that translates to over \$9 million a year.

Violence-related injuries (homicide and suicide) in Cherokee County are ranked in the top

10 in every age group except for persons over the age of 65.

**Injury and Violence-Related Deaths in Cherokee County, 1999-2003**



\* *Vital Statistics*, Health Care Information Systems, OSDH & Centers for Disease Control

## Tobacco Use

According to the 2005 State of the State's Health Report, tobacco use among Oklahomans has remained fairly stable from 1990 to 2002. Oklahoma has been consistently higher in its tobacco use than the nation and is 30% higher than the nation on the amount of tobacco consumed per capita (103 packs vs. 79 packs).

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.

In 2002, the CDC estimated that a person that used tobacco accrued over \$3,300 in health care costs per year. According to the Behavioral

Risk Factor Surveillance System, it is estimated that 27% (11,817) of people in Cherokee County use tobacco of some sort. Medical costs accumulated by those persons are almost \$39 million a year for Cherokee County.

*“Medical costs accumulated by those persons are almost \$39 million a year for Cherokee County”*

\* *Behavioral Risk Factor Surveillance System*, Health Care Information System, OSDH & American Diabetes Association, 2002

## Physical Activity, Wellness and Diabetes

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 2002-2004 Behavioral Risk Factor Surveillance System (BRFSS), it is estimated that a little over

30% (144,922) of people in Cherokee County had no leisure activity in the past month at the time they were surveyed.

The BRFSS also indicated that 9.9% (4,333) of Cherokee County citizens have been diagnosed by a health professional as hav-



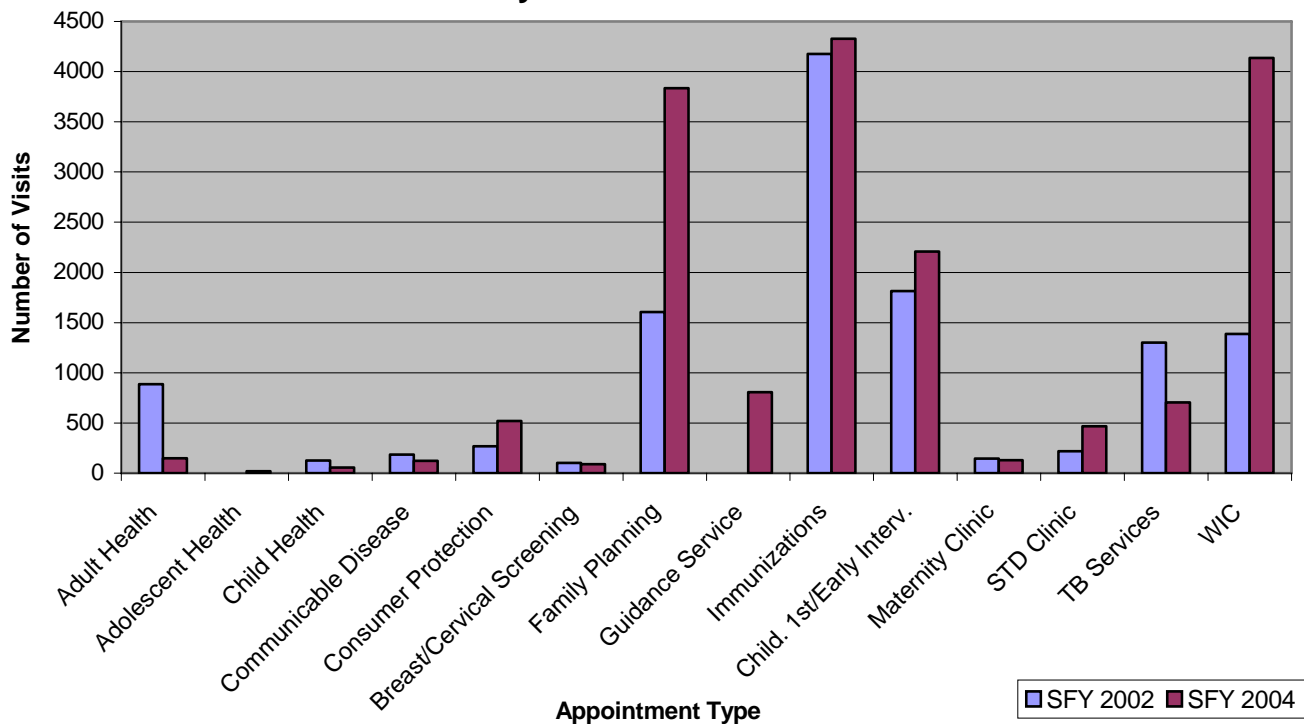
*Increase activity gradually. Moderate exercise for 30 minutes 5 days a week.*

ing diabetes. In 2002, the per capita annual healthcare costs for people with diabetes was \$13,243 compared to \$2,560 for people without diabetes. Persons with diabetes accumulated additional health care costs of \$57,381,919 in one year for Cherokee County.

# County Health Department Usage

\* PHOCIS, Community Health Services, OSDH

**Attended Appointments for Cherokee County Health Department by State Fiscal Year**



## Health Care Costs Summary

### Cardiovascular Disease (Heart Disease)

- Average 120 deaths a year
- \$369,476.69 per death
- Total—\$44,336,842.80 a year

### Motor Vehicle-Related Injury Death

- Average 8.4 deaths per year
- \$1,120,000.00 in economic costs per death
- Total—\$9,408,000.00 a year

### Diabetes

- 9.9% of population (4,333)
- \$13,243 in healthcare costs a year
- Total—\$57,381,919 a year

### Obesity

- 30% of population (13,130)
- \$395 in additional medical costs per person
- Total—\$5,186,350.00

### Tobacco Use

- 27% of population (11,817)
- \$3,300 in health care costs
- Total—\$38,996,397.00 a year



Grand Total for Cherokee County:

**\$155,309,508.80**



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***Looking Back to Move Forward***

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*The Oklahoma Turning Point Initiative is public health improvement in action. The success of the Turning Point process involves a partnership between the department 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.*

## Cherokee County Community Health Coalition

We want to say Thank You to all the people that make the Cherokee County Community Health Coalition such a huge success. With milestones such as opening two community health clinics and a birthing center, implementing school and community based physical activity programs and obtaining various grants to fund health-related projects the Cherokee County Community Health Coalition is an example to live up to.

- Bill Willis Community Mental Health and Substance Abuse Services
- Cherokee County Health Department
- Cherokee Nation
- Christian Children's Fund
- City of Tahlequah
- Cookson Hills Community Action
- Cox Pharmacy
- Help In Crisis
- Kid Connections, Inc.
- Northeastern Oklahoma Community Health Centers, Inc.
- Northeastern State University
- OSU Extension Services
- Oklahoma Caring Foundation
- State Senator Jim Wilson
- Tahlequah Boys and Girls Club
- Tahlequah City Hospital
- Tahlequah Public Schools
- Cherokee County Public Schools
- Trinity Hospice
- W.W. Hastings Indian Medical Center
- Local Business, Religious, and Community Leaders

