Health of King County
Focus: health inequities

February 16, 2012
King County Board of Health

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Public Health-Seattle & King County
US spends the most
Historic and projected life expectancy of the longest-lived countries, by year, 1950 to 2050

- Average 81.8
- US, 78.2
- 16 years

Source: Institute for Health Metrics and Evaluation, University of Washington and Public Health - Seattle & King County, APDE
Life expectancy, by county, compared to the world’s 10 best countries
Life Expectancy Compared to the Ten Longest-Lived Countries by Census Tract 2005-2009, King County WA

Legend

CITY

Calendar Years Ahead

- Dark blue: 31 to 42
- Light blue: 15 to 30
- Green: 1 to 14

Calendar Years Behind

- Light orange: Zero to 9
- Orange: 10 to 23
- Light red: 15 to 30
- Dark red: 31 to 42

Small population

Years behind or ahead are from 2007.
Data Sources:
International life expectancies: Institute for Health Metrics and Evaluation, University of Washington
Local life expectancy: Washington State Department of Health, Center for Health Statistics Death Files
Analysis and preparation: Assessment, Policy Development & Evaluation, Public Health – Seattle & King County, 10/2011
Prepared by: Assessment, Policy Development & Evaluation

Public Health
Seattle & King County
Date: 10/11/2011
Health Measures Across King County

**Obesity**
8% - 35%

**Uninsured**
3% - 30%

**Smoking**
3% - 22%

[Map showing health measures across King County with color-coded areas for lowest, average, and highest measures for obesity, uninsured, and smoking.]
Other key health issues with profound disparities

**Access to Care**
- Uninsured
- Preventive Screenings
- Prenatal Care
- Dental Care

**Risk Factors**
- Smoking
- Obesity
- Physical Inactivity
- Alcohol Misuse

**Health Outcomes**
- Infant Mortality
- Tuberculosis
- HIV
- Diabetes
- Asthma
- Injuries
Can your neighborhood impact your health?

• 1/3 of women received a housing voucher to move to higher income neighborhoods
• Over 10 years, obesity and diabetes rates improved compared to those who stayed behind
• Health improvements were similar to diet and exercise programs or the use of medications to treat diabetes
### Community traits and health effects

<table>
<thead>
<tr>
<th>Community attribute</th>
<th>Health effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Substandard housing</td>
<td>Asthma, respiratory problems, lead poisoning</td>
</tr>
<tr>
<td>Food deserts</td>
<td>Obesity, diabetes, heart disease, cancer</td>
</tr>
<tr>
<td>Lack of health care services</td>
<td>A host of preventable health problems</td>
</tr>
<tr>
<td>Lack of sidewalks, bike lanes, parks</td>
<td>Obesity, diabetes, heart disease, high stress</td>
</tr>
<tr>
<td>Density of alcohol and tobacco retail</td>
<td>Liver disease, motor vehicle death, injury; lung and heart disease</td>
</tr>
</tbody>
</table>
Is there evidence Public Health improves complex health problems?

**Adult Smoking**

- **Percent**
- **Years:** 1965-2010

**Seat Belt Use**

- **Years:** 1966-2010

**Infant Mortality**

- **Deaths per 1,000 Live Births**
- **Years:** 1981-2007

**Teen Births**

- **Birth Rate per 1,000, 15-17**
- **Years:** 1990-2005
But disparities may persist
How is King County doing compared to other large counties nationally?

**Ratio of Adult Smoking Prevalence, Black/African American non-Hispanics to white non-Hispanics, 15 Largest Counties in US, 2005-2009 Average**

- **King, WA** 1.9
- **Maricopa, AZ** 1.5
- **Orange, CA** 1.4
- **Los Angeles, CA** 1.4
- **San Diego, CA** 1.4
- **San Bernardino, CA** 1.4
- **Dallas, TX** 1.3
- **Wayne, MI** 1.2
- **Cook, IL** 1.2
- **Clark, NV** 1.2
- **Harris, TX** 1.1
- **Queens, NY** 0.9
- **Kings, NY** 0.9
- **Miami-Dade, FL** 0.9
- **Riverside, CA** 0.7
Green circles = King County has the top 5 largest disparities for the indicator among the 15 largest US counties. Size of bubble proportional to Prevalence Ratio.
African American residents

King County African American Rate Compared to 15 County Average

Green circles = King County has the top 5 largest disparities for the indicator among the 15 largest US counties. Size of bubble proportional to Prevalence Ratio.
White residents

King County White Rate Compared to 15 County Average

Green circles = King County has the top 5 largest disparities for the indicator among the 15 largest US counties. Size of bubble proportional to Prevalence Ratio.
Insanity:

*Doing the same thing over and over again and expecting different results.*

Albert Einstein
Doing something different to improve health in low income communities

King County Strategic Plan and Equity & Social Justice
- Equity in all policies
- Department commitments
- Investment in high-need communities

Communities Putting Prevention to Work
- Smoke-free housing, hospitals, mental health
- Healthier food in schools, child care, senior programs
- City complete streets policies

Global to Local
- Community health worker training
- Mobile technology
- Job banks
- Primary care in the community
And we are seeing some early successes

In South Seattle & South King County:

• 122,000 children are eating healthier lunches in schools
• 70,000 SNAP recipients able to use benefits at 13 farmers markets
• 30 communities have healthier corner stores
• 359,000 people live in cities with new policies for safe, physical activity friendly streets
<table>
<thead>
<tr>
<th>Community attribute</th>
<th>Health</th>
<th>Economy</th>
<th>Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food deserts</td>
<td>Obesity, heart disease, cancer</td>
<td>Fewer economically viable local businesses; fewer markets for local farmers</td>
<td>Less land use diversity; increased long distance transport of goods</td>
</tr>
<tr>
<td>Substandard housing</td>
<td>Asthma, lead poisoning</td>
<td>Lower home values, less worker and student productivity</td>
<td>Larger carbon footprint</td>
</tr>
<tr>
<td>Lack of bike paths, sidewalks</td>
<td>Obesity, diabetes, heart disease</td>
<td>Lower property values</td>
<td>Traffic congestion, poor air quality</td>
</tr>
<tr>
<td>Brownfields</td>
<td>Toxic exposures, Cancer</td>
<td>Unusable land; fewer business opportunities</td>
<td>Dead zones, pollution and toxic run off</td>
</tr>
<tr>
<td>Limited public transportation</td>
<td>Obesity, diabetes, stress, motor vehicle injury</td>
<td>Less access to jobs, shopping and education</td>
<td>Traffic congestion, poor air quality</td>
</tr>
</tbody>
</table>
Summary

- Disparities can change over time
- Profound geographic disparities mean some in KC are 100 years apart
- Disparities are linked to education, income and race
- But solutions are fundamentally community-based
- We have an opportunity in King County to make a difference because of our unique challenges
- We need to do things differently (e.g. Equity & Social Justice, Communities Putting Prevention to Work, Global to Local)