

Virginia Department of Health

**CHRONIC DISEASE IN
VIRGINIA:**

A STATISTICAL REPORT BY THE
DIVISION OF CHRONIC DISEASE
PREVENTION AND CONTROL

TAKING STEPS
TOWARDS A HEALTHIER VIRGINIA

VDH VIRGINIA
DEPARTMENT
OF HEALTH

TABLE OF CONTENTS

Executive Summary

Evaluation Form

Chronic Disease – An Overview

The Division of Chronic Disease Prevention and Control (DCDPC)

Chronic Disease Data

Data Sources

Risk Factors Related to Chronic Disease

- § Fruit and Vegetable Consumption
- § High Blood Pressure (Hypertension)
- § High Cholesterol
- § Obesity
- § Sedentary Lifestyle
- § Tobacco Use
- § Alcohol Use

Arthritis

- § Definition and Classification
- § Morbidity
- § Costs

Cancer

- § Definition and Classification
- § Morbidity
- § Mortality
- § Costs

Cardiovascular Disease

- § Definition and Classification
- § Morbidity
- § Mortality
- § Costs

Diabetes

- § Definition and Classification
- § Morbidity
- § Mortality
- § Costs

CHRONIC DISEASE IN VIRGINIA:

A Statistical Report

by the

Division of Chronic Disease Prevention and Control, Virginia Department of Health

EXECUTIVE SUMMARY

Chronic diseases have been the leading causes of morbidity and mortality in the United States for most of the 20th century. According to the Centers for Disease Control:

- Cardiovascular disease (which includes heart disease, hypertension, and stroke) is the leading cause of death among both men and women, and across all racial and ethnic groups. More than 460,000 Americans die of CVD each year, accounting for over 40 percent of all deaths.
- Cancer is the second leading cause of death, costing the nation an estimated \$107 billion annually in health care expenditures and lost productivity. The American Cancer Society estimates that 8.4 million Americans alive today have a history of cancer.
- Diabetes is the seventh leading cause of death among Americans; and it is the leading cause of new cases of blindness, kidney failure, and lower extremity amputations. About 1,700 new cases are diagnosed every day in the U.S.
- Arthritis and other rheumatic conditions currently affect nearly 43 million Americans, or about one of every six people. It is the leading cause of disability in the U.S., costing almost \$65 billion annually in medical care and lost productivity.

The chronic disease trends in Virginia mirror those of the nation. In 1998:

- Cardiovascular diseases and cancer caused 39 percent and 24 percent, respectively, of all deaths.
- Diabetes was the 7th leading cause of death in 1998, and the 5th leading cause of death among 45-64 year olds. Diabetes mortality increased 36 percent from 1990 to 1998.
- Combined hospital charges for arthritis, cancer, cardiovascular disease, and diabetes exceeded \$2.6 billion. Virginians spent 932,098 days in the hospital for these four chronic diseases, resulting in 2,554 years of productive time lost.
- As much as half of Virginia's population is at risk for developing one or more chronic diseases due to health behaviors. Nearly one out of every four Virginians used some form of tobacco, had high blood pressure, had high cholesterol, and/or was overweight or obese. More than half led sedentary lifestyles, and less than one third ate five or more servings of fruits and vegetables a day.

The goal of the Division of Chronic Disease Prevention and Control (DCDPC) of the Virginia Department of Health is to reduce the morbidity and mortality caused by major chronic diseases in Virginia. The DCDPC's activities are aimed at reducing the risk factors that lead to chronic disease (physical inactivity, high blood pressure, high cholesterol, high-fat/low-fiber diet, obesity, and tobacco use); detecting chronic diseases in their earliest and most treatable stages; and reducing the symptoms and complications of the diseases. Critical to the DCDPC's effectiveness in preventing and controlling chronic disease in Virginia is the ongoing systematic collection, analysis, and interpretation of chronic disease data. These data are used by the DCDPC to identify groups of people who are at risk for developing chronic disease; to identify disparities among subgroups in chronic disease morbidity and mortality; and to measure the effectiveness of program interventions.

The Chronic Disease Statistical Report begins by defining and describing chronic disease; reviewing the risk factors related to the major chronic diseases; and describing the sources of chronic disease data, including strengths and limitations of their use. These introductory sections prepare the reader for the major section of the Report, in which the incidence,

prevalence, mortality, and cost of chronic disease in Virginia in 1998 (the most recent year for which all four of the above types of data are available) are presented and explained. Specifically, the following diseases are addressed: arthritis, cancer, cardiovascular disease (including heart diseases and cerebrovascular disease), and diabetes.

The Division of Chronic Disease Prevention and Control intends to use this report, and its subsequent updates, to:

- Identify data sources that are currently available for the most complete and accurate reporting of chronic disease in Virginia.
- Identify gaps in chronic disease surveillance and trend analysis, and barriers to filling those gaps.
- Provide accurate data upon which public health policy and resource allocation decisions may be based.
- Inform representatives from public health, managed care and other health care providers, and educators about chronic disease data in Virginia.
- Foster data sharing among partners in chronic disease prevention and control.

This first edition of the Virginia Chronic Disease Statistical Report, and subsequent updates, will be made available on the Virginia Department of Health (VDH) website at <http://www.vahealth.org>.

EVALUATION FORM

Virginia Chronic Disease Statistical Report

The Division of Chronic Disease Prevention and Control plans to update this Chronic Disease Statistical Report on a regular basis (approximately every 2-3 years). In order to evaluate the usefulness of this Report and to make improvements in future editions, we ask for your comments via completing the questions below, and return it to the name and address provided at the bottom of the page. Thank you!

1. Name of organization: _____

2. Name of person reviewing Report: _____ Position: _____

3. Do you think the Chronic Disease Statistical Report is a potential resource tool for your organization?
_____ Yes _____ No

If YES, how does (or did) your organization use the Report?

If NO, how could the Report be modified to be useful to your organization?

4. Please rate the usefulness of each of the following sections, with 1=very useful, 2=somewhat useful, 3=less useful, 4=not useful at all.

- | | | |
|--|------------------|----------------------------|
| ___ Chronic Disease Overview | ___ Data Sources | ___ Cardiovascular Disease |
| ___ Chronic Disease Prevention Program | ___ Risk Factors | ___ Diabetes |
| ___ Chronic Disease Data | ___ Arthritis | |
| | ___ Cancer | |

5. Please list any other sections or information that you feel should be included in the Report:

6. Please list **names & phone numbers** of other organizations that you think could use the Report:

7. Please list any other comments or feedback you would like to provide about the Report:

Thank you for reviewing the Report. Please fax or mail your completed form to:

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