

Chronic Disease, Diet and Lifestyle Measures in West Virginia

James C. *Doria*, Division Director
WV Bureau for Public Health-Health Statistics Center

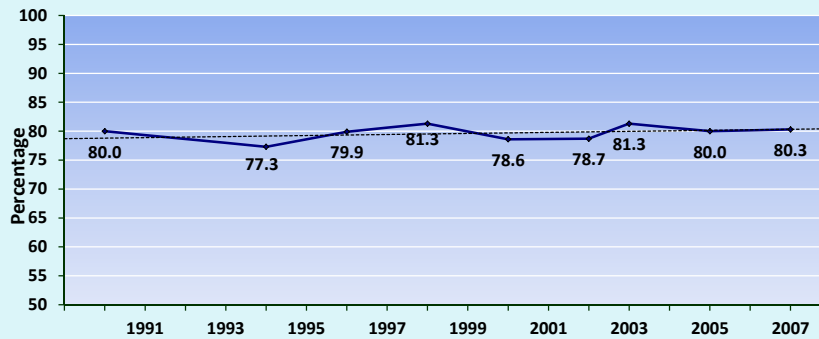
West Virginia Dietetic Association
April 29, 2010



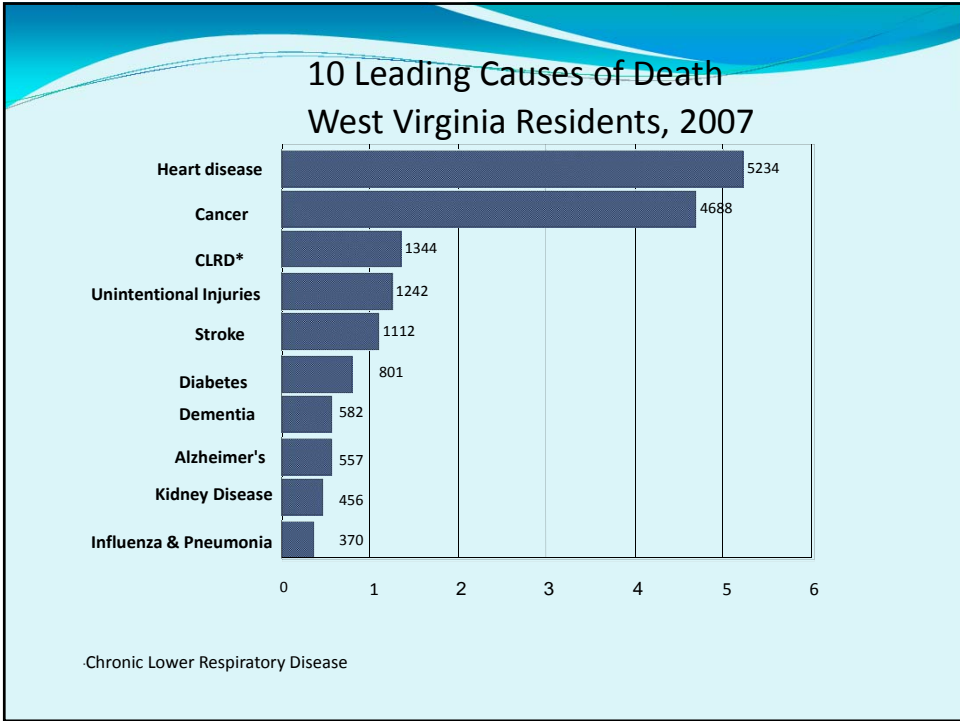
Nutrition

- Eight out of every 10 adults (80.3%) consume fewer than the recommended 5 servings of fruits and vegetables each day. West Virginia ranked 10th highest nationally in the prevalence of this risk factor in 2007.
- Men had a significantly higher prevalence of this risk factor than women.
- Highest prevalence was found among those with less education and lower income.

Consumption of fewer than five servings of fruits and vegetables daily by year: WVBRFSS, 1990-2007



NOTE: Data are not available for the years 1991-1993, 1995, 1997, 1999, 2001, 2004, 2006, and 2008.

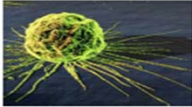
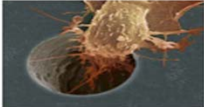


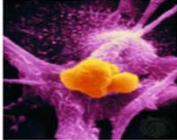
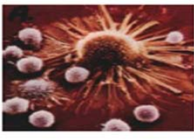
Most Common Chronic Diseases

Modifiable Risk Factors	Cancer	Cardiovascular Disease	Diabetes	Chronic Lower Respiratory Disease
Cigarette Smoking, Secondhand Smoke	Smoking: Cancers of the lung, bladder, cervix, colon/rectum, esophagus, kidney, larynx, pancreas. Secondhand smoke: lung	Heart disease and stroke	Lower extremity amputations	Smoking: Chronic bronchitis and emphysema. Secondhand smoke: asthma
Obesity	Breast, colon, kidney, gallbladder, prostate, cervical, ovarian, and esophagus	Heart disease and stroke	Type 2 diabetes	Asthma
Poor Nutrition	Preventive effect for cancer of the mouth, pharynx, esophagus, larynx, lung, stomach, kidney, colon, rectum, ovary, bladder	Heart disease and stroke	Type 2 diabetes	
Physical Inactivity	Breast, colon, possibly endometrial and prostate	Heart disease and stroke	Type 2 diabetes	
Hypertension		Heart disease and stroke	Type 2 diabetes	
High Cholesterol		Heart disease and stroke	Type 2 diabetes	


Source: *Moving Mountains*. Colorado Department of Public Health and Environment

West Virginia Cancer Registry 1993 to 2007

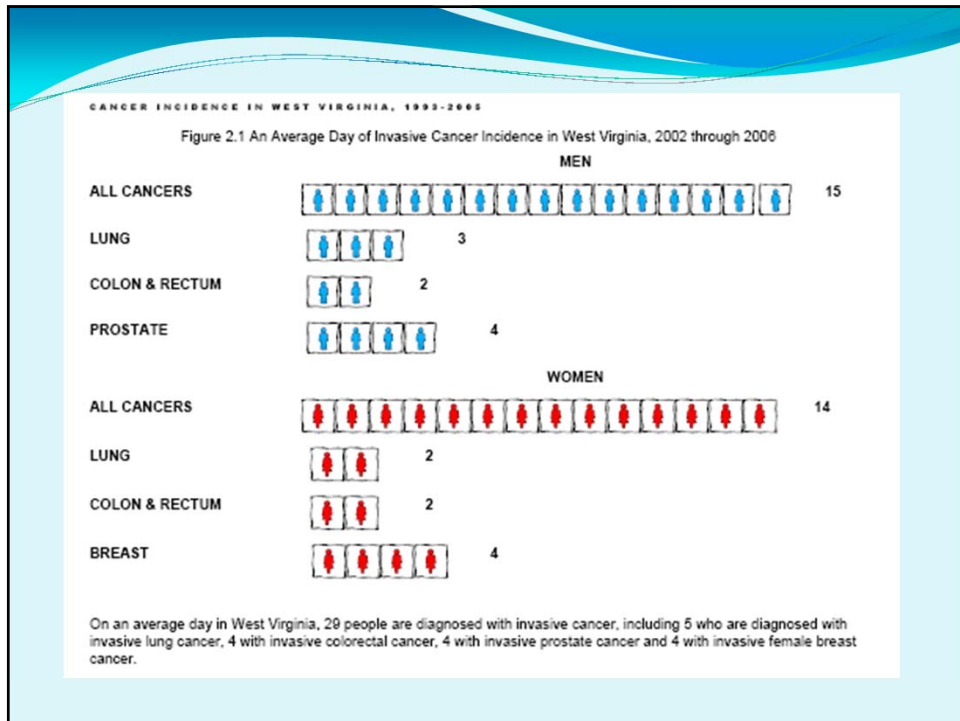
Cancer Incidence in West Virginia: 2009



WEST VIRGINIA
Department of
Health & Human
Resources

*Bureau for Public Health
350 Capitol Street, Room 125
Charleston, WV 25301
Joe Manchin III, Governor
Martha Yeager Walker, Secretary*

<http://www.wvcancerregistry.org/>



NEWS FLASH

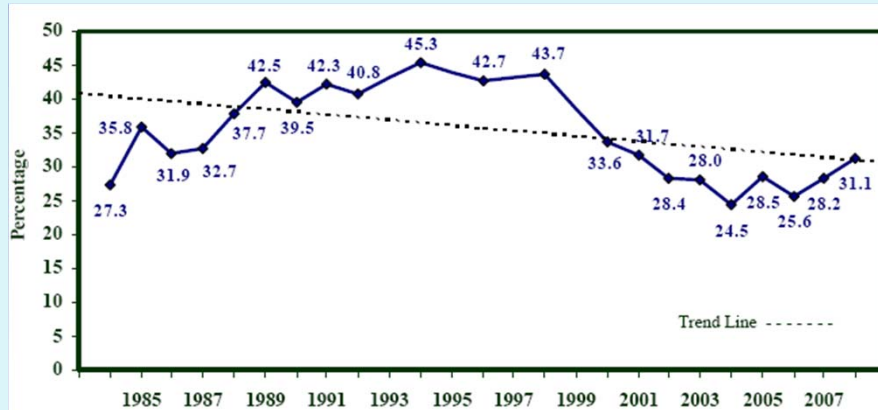
2009 BRFSS will report on the prevalence of cancer

Preliminary data show that 10.4 % of WV adults have had cancer

Physical Inactivity

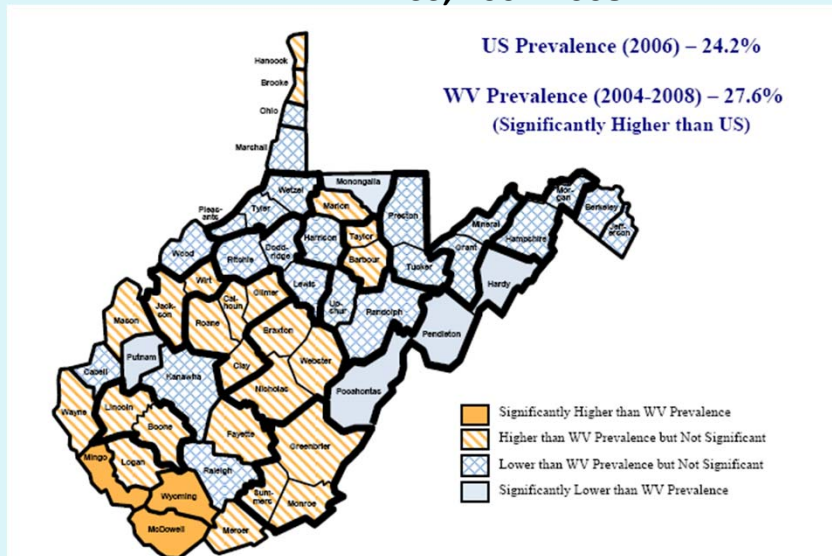
- More than one-fourth of state adults (28.2% in 2007 and 31.1% in 2008) participate in no leisure-time physical activity or exercise. A downward trend occurring between 1998 and 2006 was followed by increases in 2007 and 2008.
- The prevalence of physical inactivity was significantly higher among women than men in both 2007 and 2008.
- Physical inactivity is also more prevalent among groups who are older, less educated, or from lower income households.

No leisure-time physical activity for exercise by year: WVBRFSS, 1984-2008



NOTE: Data are not available for the years 1993, 1995, 1997, and 1999.

No leisure-time physical activity for exercise by county: WVBRFSS, 2004-2008

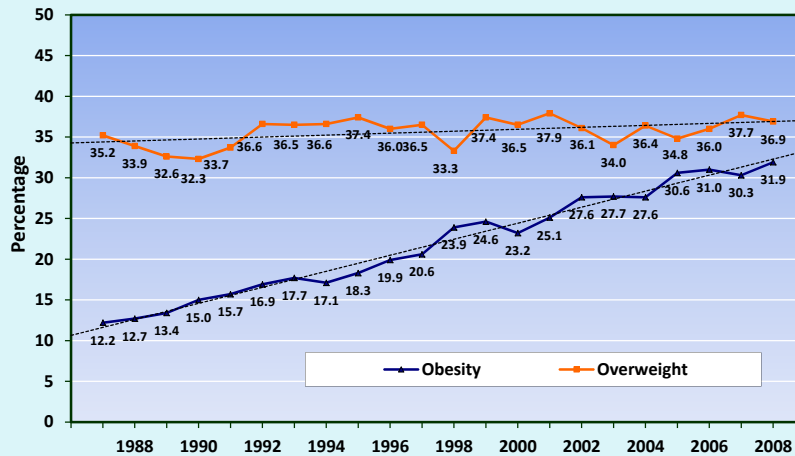


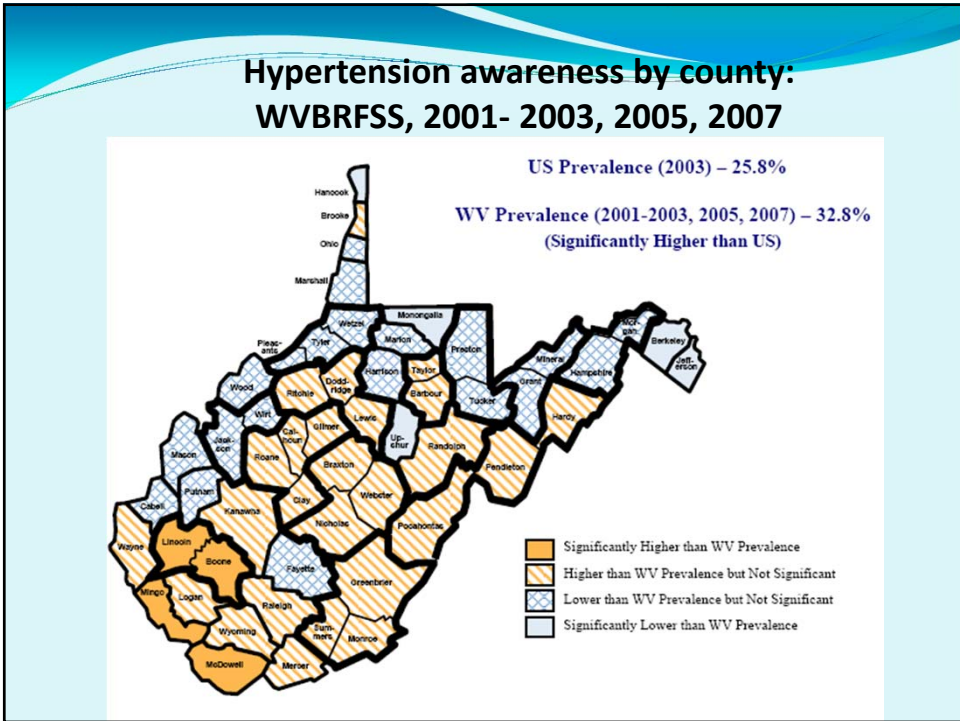
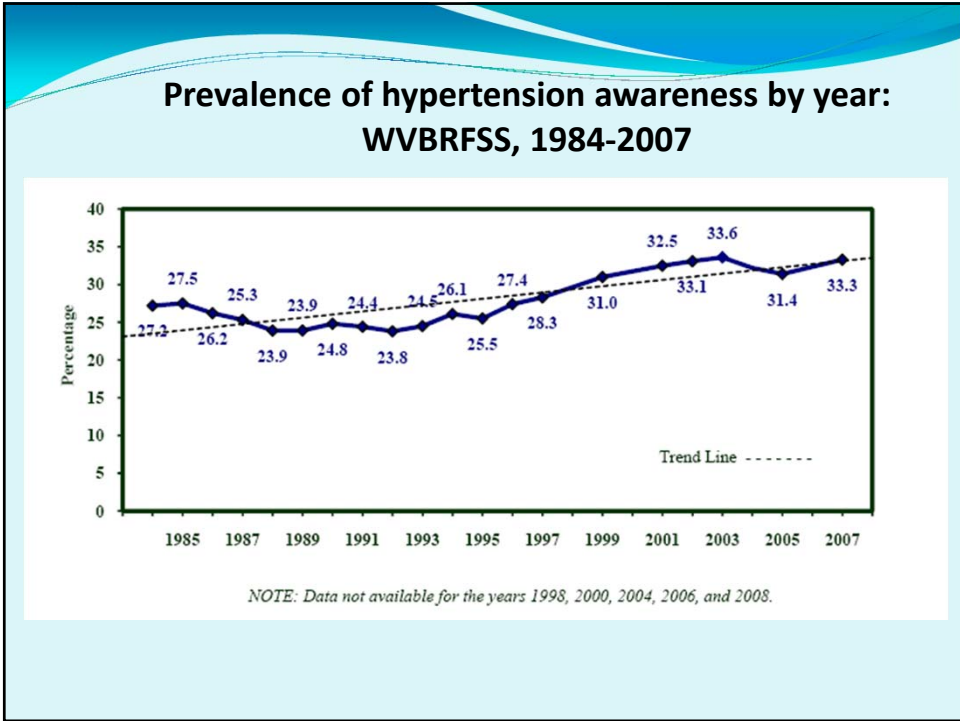
maps, under County-Level Data on page 10.

Obesity and Overweight

- *The obese proportion* of the adult population was 30.3% in 2007 and 31.9% in 2008, 5th highest nationally in 2007 and 3rd highest nationally in 2008.
- Between 1987 and 2008, a substantial increase in obesity occurred among West Virginia adults. Men and women from a wide range of age, education, and income categories contributed to this unhealthy trend.
- During 2007 and 2008, approximately two-thirds of West Virginia adults were either obese or overweight.

Obesity and overweight by year: WVBRFSS, 1987-2008

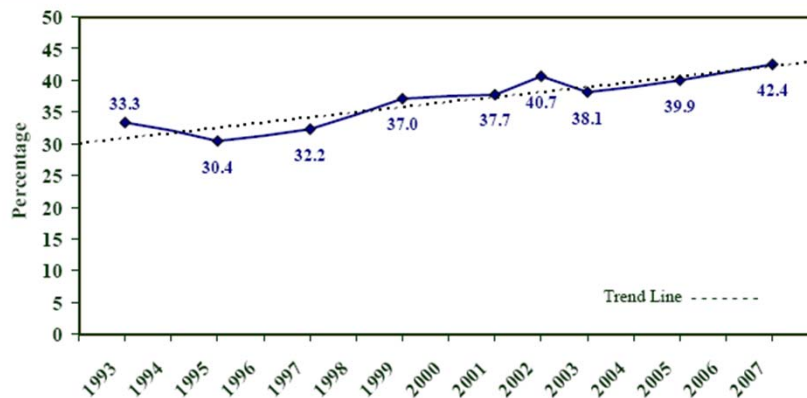




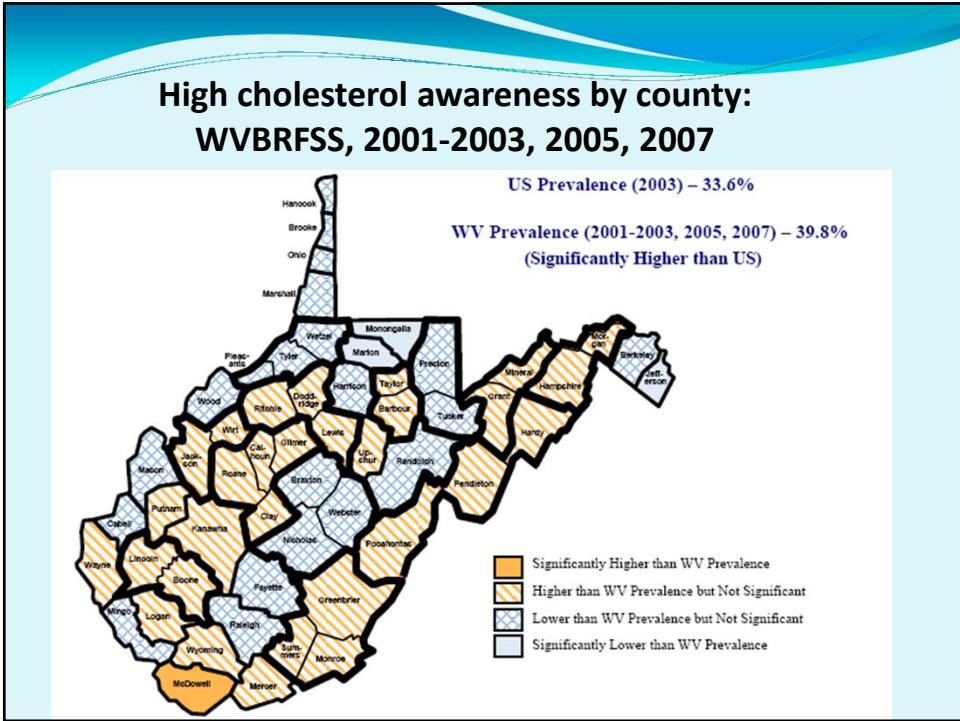
Cholesterol

- In 2007, 42.2% of adults had high cholesterol, the highest in the nation.
- Similar to hypertension, the high cholesterol is more prevalent among older adults and those with low levels of educational attainment and annual household income.

Prevalence of high blood cholesterol among those who have ever had their blood cholesterol checked by year: WVBRFSS, 1993-2007



NOTES: Data not available for the years 1994, 1996, 1998, 2000, 2004, and 2006.



Diabetes

- Over 10% of West Virginia adults have diabetes (10.8% in 2007 and 11.9% in 2008). West Virginia ranked 4th nationally in 2007 and 2nd nationally in 2008.
- The prevalence of diabetes was highest among those aged 65 and older, those with less than a high school education, and those with the lowest income.

CONTACT INFORMATION:

JAMES C. DORIA 304-558-1781

james.c.doria@wv.gov

HEALTH STATISTICS CENTER
<http://www.wvdhhr.org/bph/hsc/>