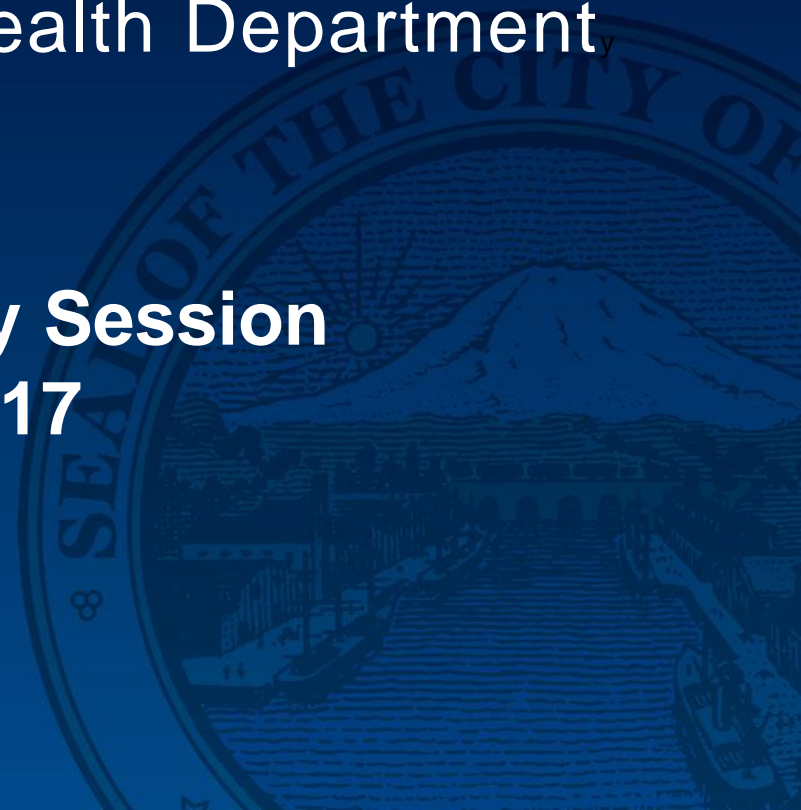


Chronic Disease and Health Equity

Dr. Anthony Chen
Miae Aramori

Tacoma-Pierce County Health Department

City Council Study Session
May 23, 2017



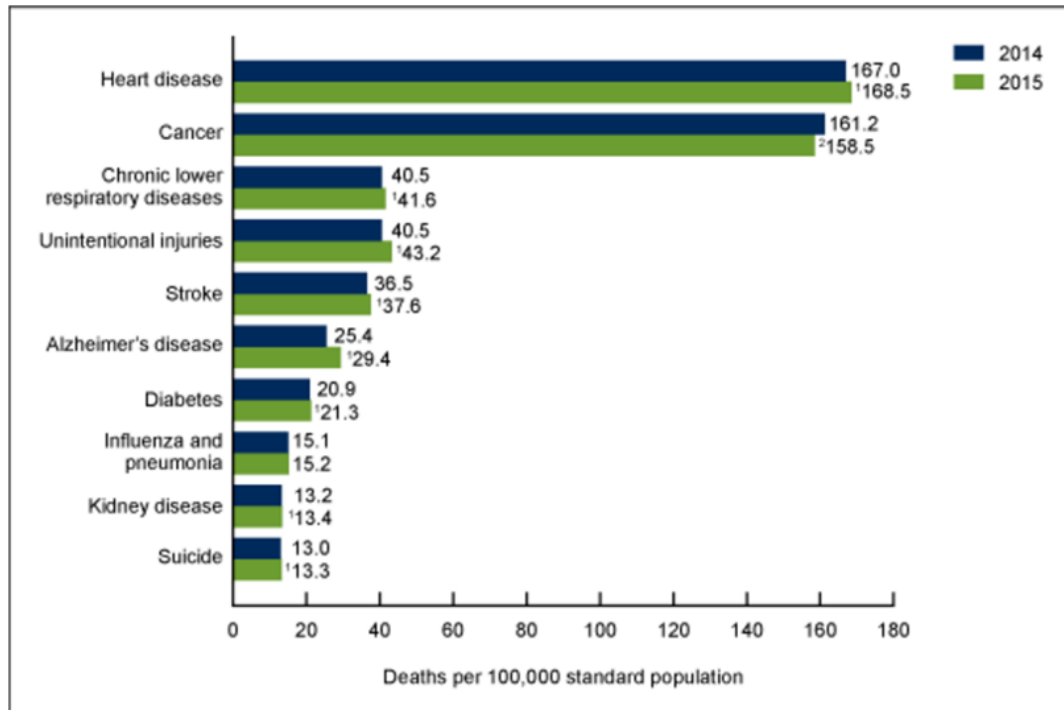
Overview

- What are chronic diseases?
- Why it matters.
- Disparities.
- Opportunities.



US Life Expectancy is Decreasing

Figure 3. Age-adjusted death rates for the 10 leading causes of death in 2015: United States, 2014 and 2015



Chronic Diseases are Preventable, Long-Lasting, Expensive

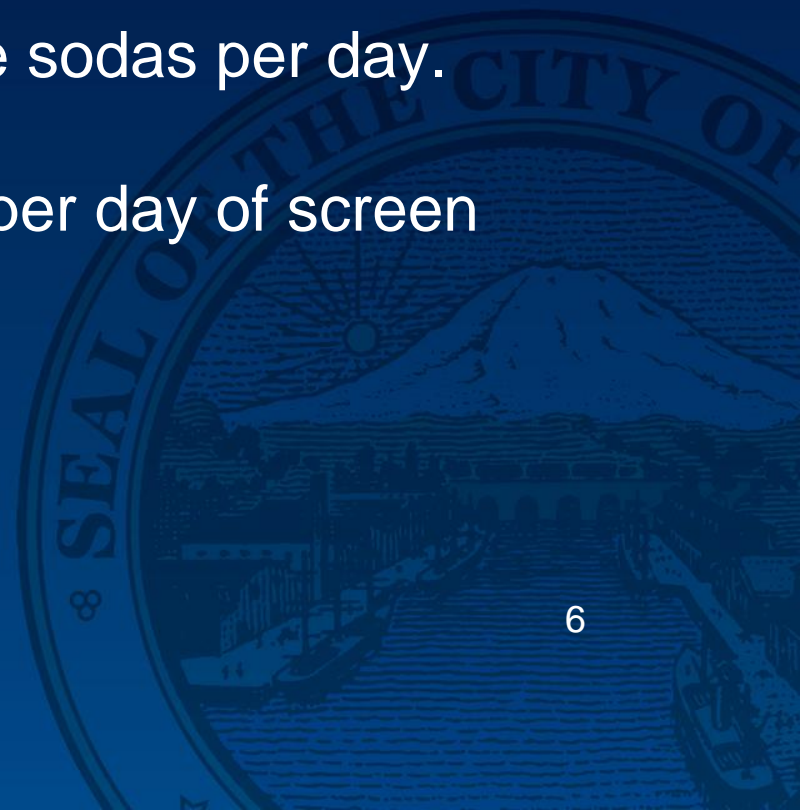


What Do You Know About Chronic Disease?

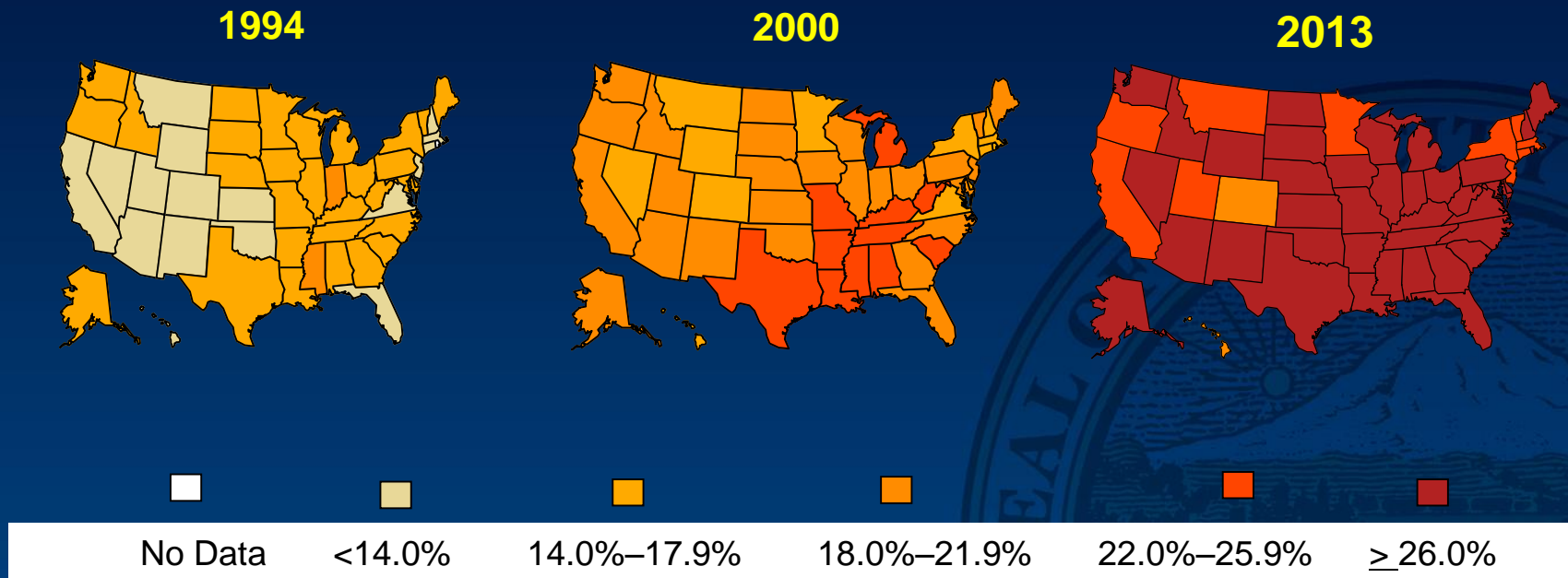
- Half of all Americans have at least one Chronic Disease.
- 85% of our health care funds go to treating Chronic Disease.
- Chronic diseases cause 7 of 10 deaths.

Tacoma 10th Grade Students

- 42% walk or ride to school.
- 11% consume two or more sodas per day.
- 58% use 3 hours or more per day of screen time.
- 20% are obese.

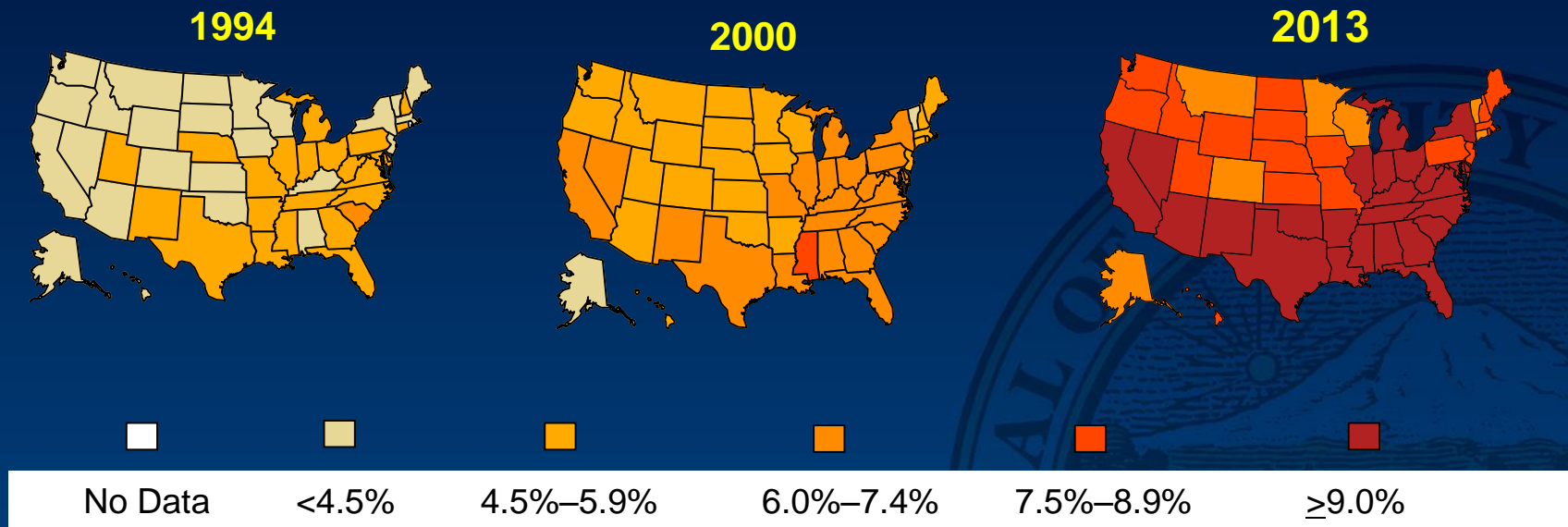


US Obesity Rates Over Time



Centers for Disease Control, 2017

US Diabetes Rates Over Time



Centers for Disease Control, 2017

A Lesser Known Risk Factor



THE FACTS MAY SURPRISE YOU.



Most Americans consume nearly
20 TEASPOONS
of added sugars **EACH DAY.**

That's **TRIPLE** the recommended
daily limit for women and
DOUBLE for men!



Sugar-sweetened beverages
like soda and energy/sports
drinks are the

#1 **SOURCE OF
ADDED SUGARS
IN OUR DIET.**




A can (12 FL OZ) of
regular soda has about
**150 CALORIES AND
10 TEASPOONS**
of added sugar.

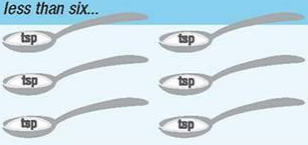
Kids and Sugar

HEALTHY KIDS ARE SWEET ENOUGH


Kids age 2-18 should have **LESS THAN 25 GRAMS** or **SIX TEASPOONS** of **ADDED SUGARS DAILY** for a healthy heart.



less than six...



Source: American Heart Association statement
Added Sugars and Cardiovascular Disease Risk in Children

 **American Heart Association**
Life is why™

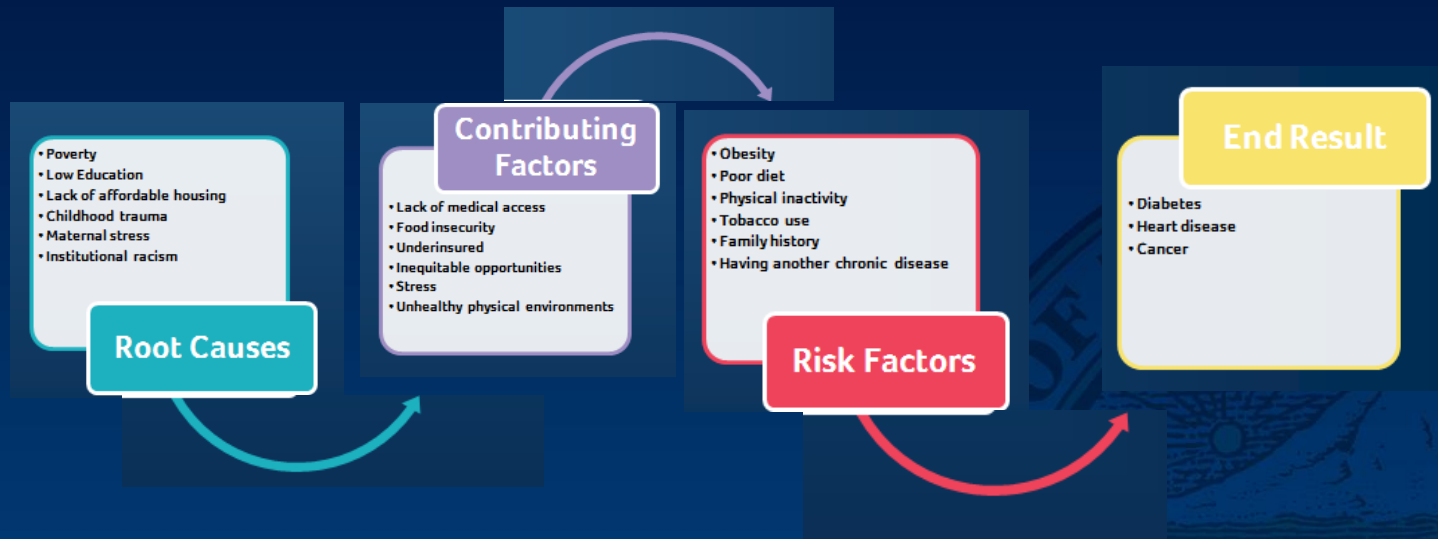
ReThink Your Drink

Drink more water and fewer sugary beverages.



16-18 teaspoons
of sugar in a 20 oz. Soda

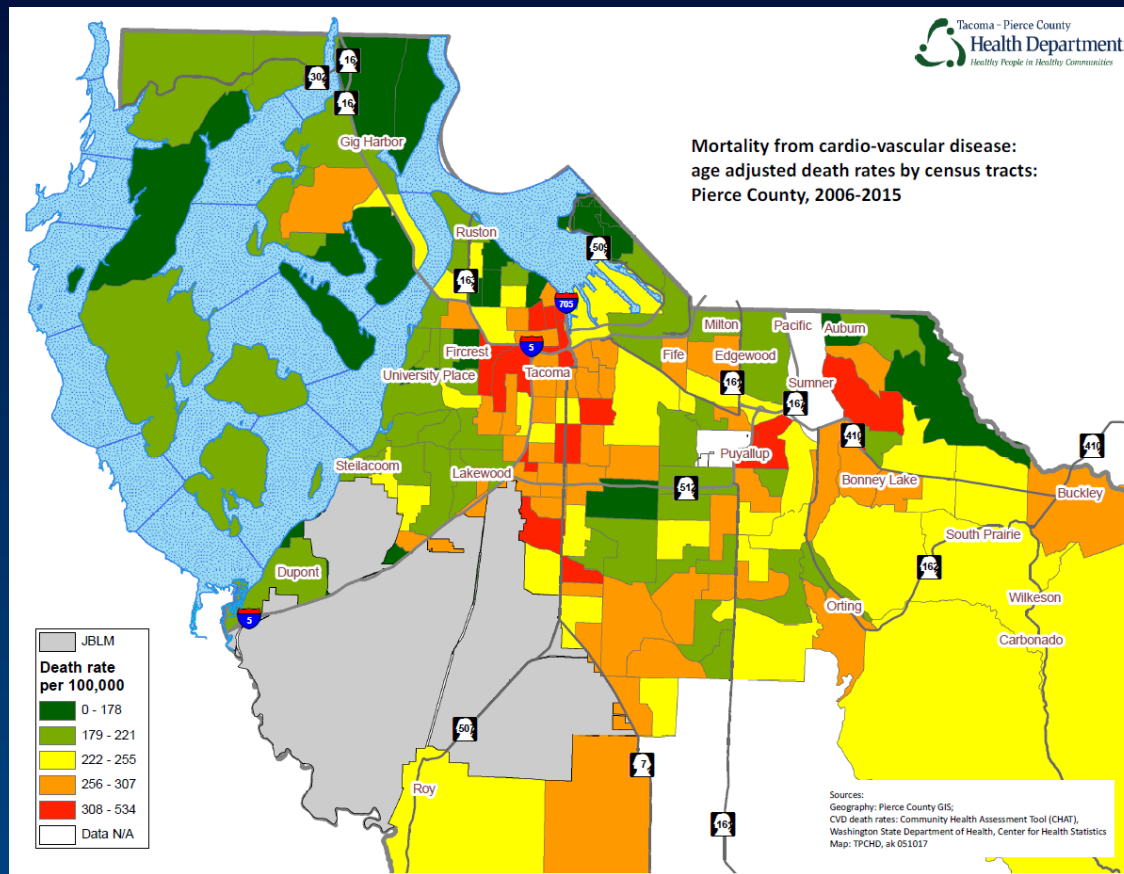
What Really Causes Chronic Disease?



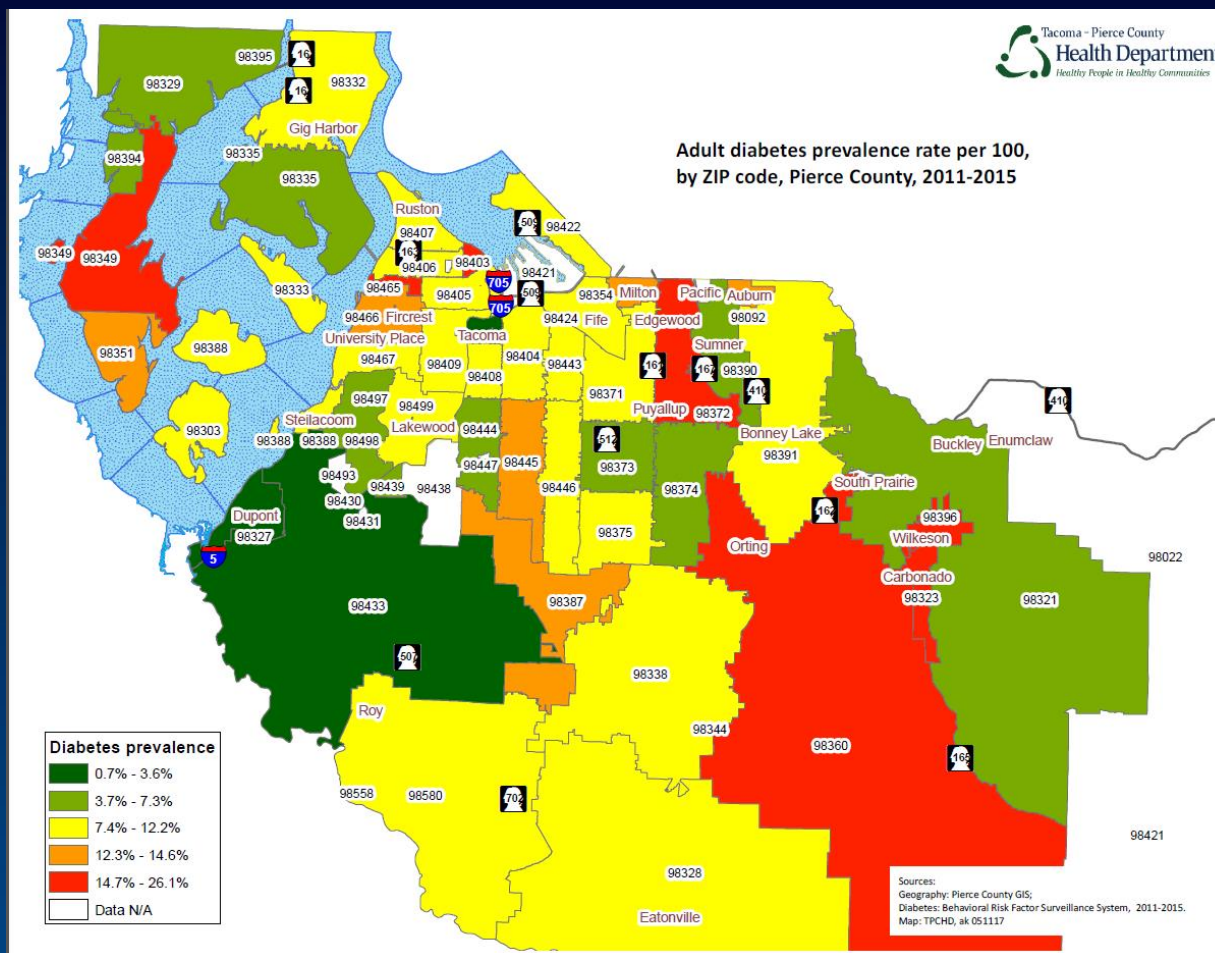


Unnatural Causes

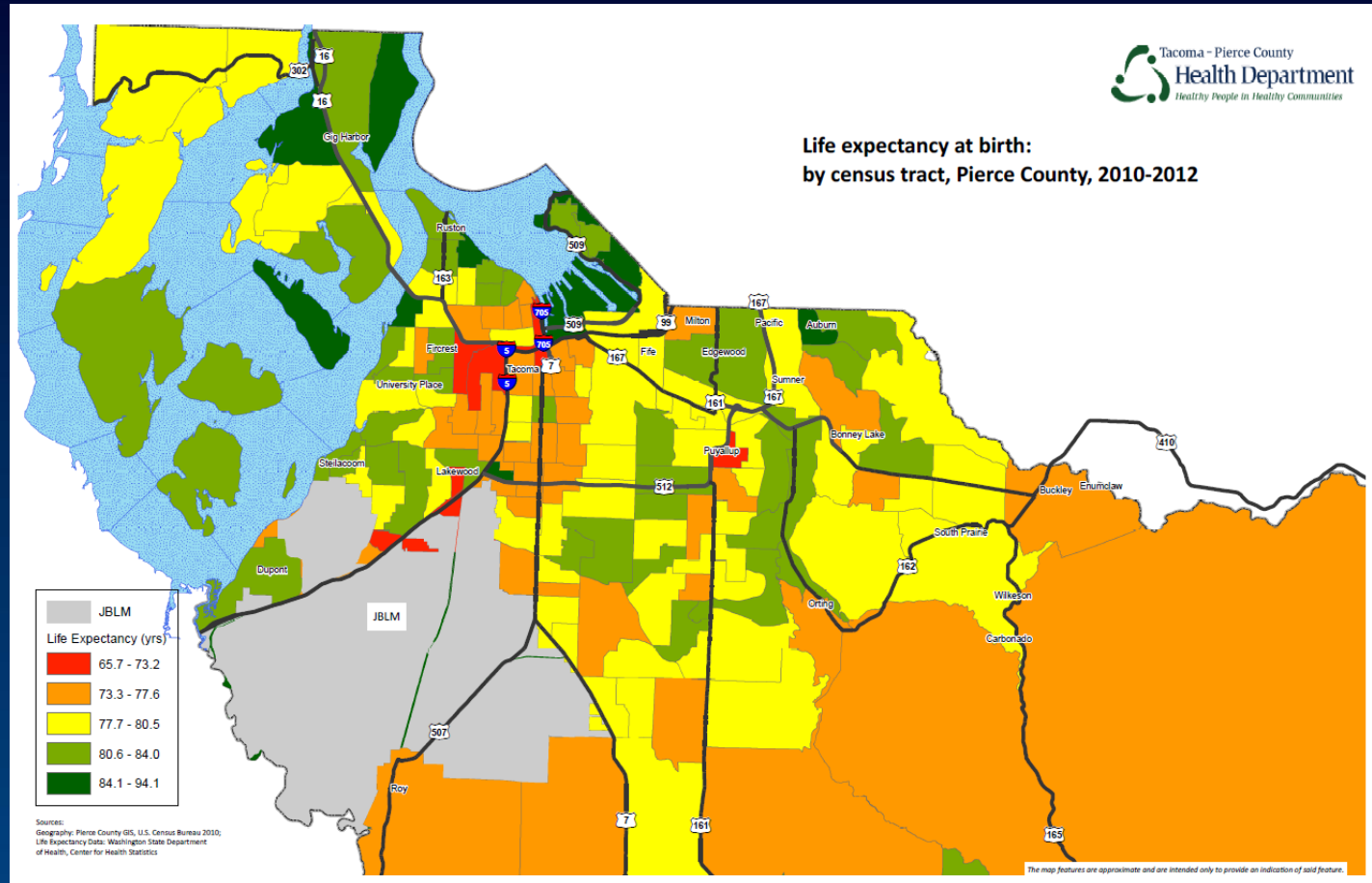
Cardiovascular Mortality Rates



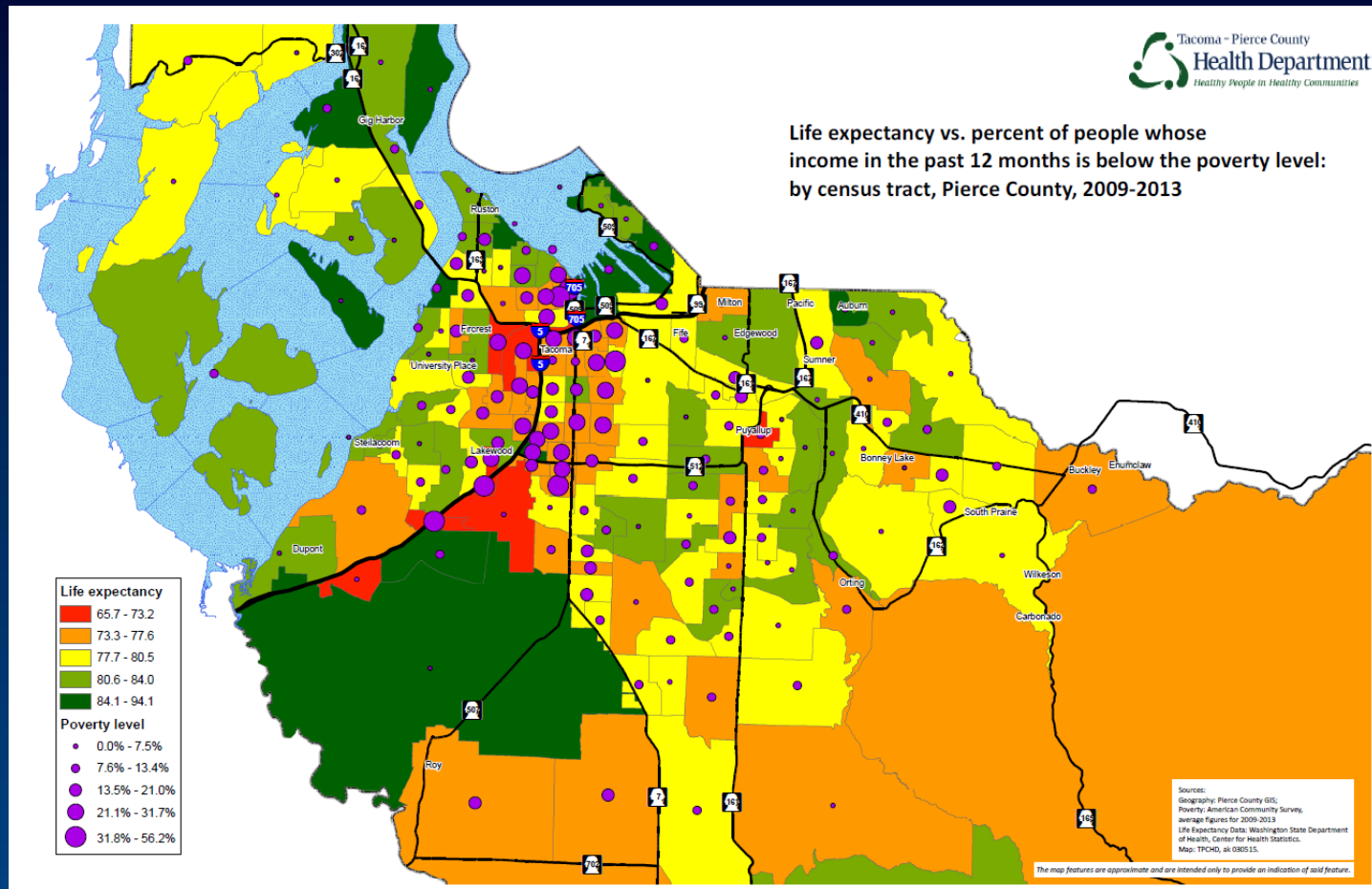
Diabetes Rates



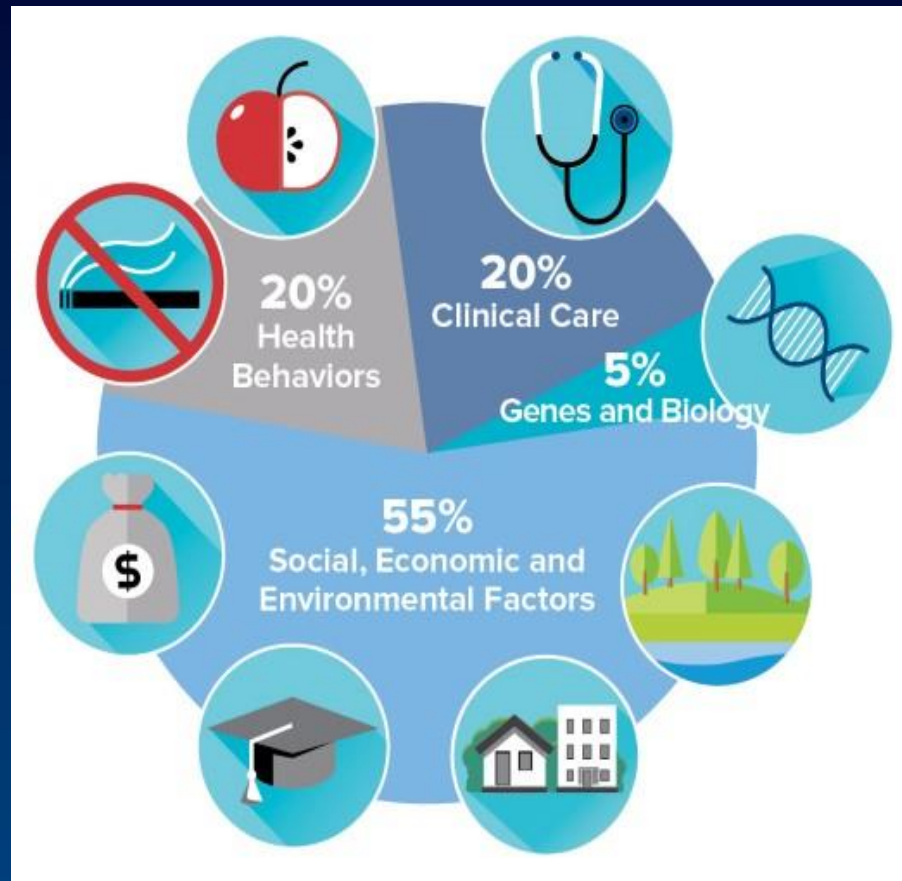
Life Expectancy at Birth



Life Expectancy at Poverty



What Makes Us Healthy?



Adapted from Centers for Disease Control

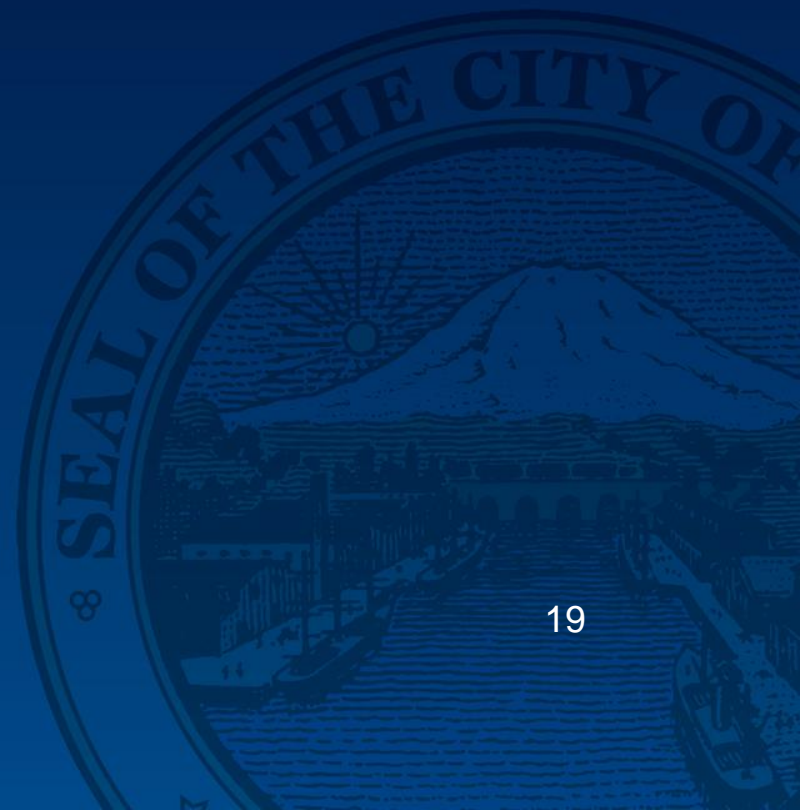
How to Create Sustainable Change

- Policy, systems and environmental change is a way of changing laws or modifying the environment to make healthy choices practical and available to all community members.



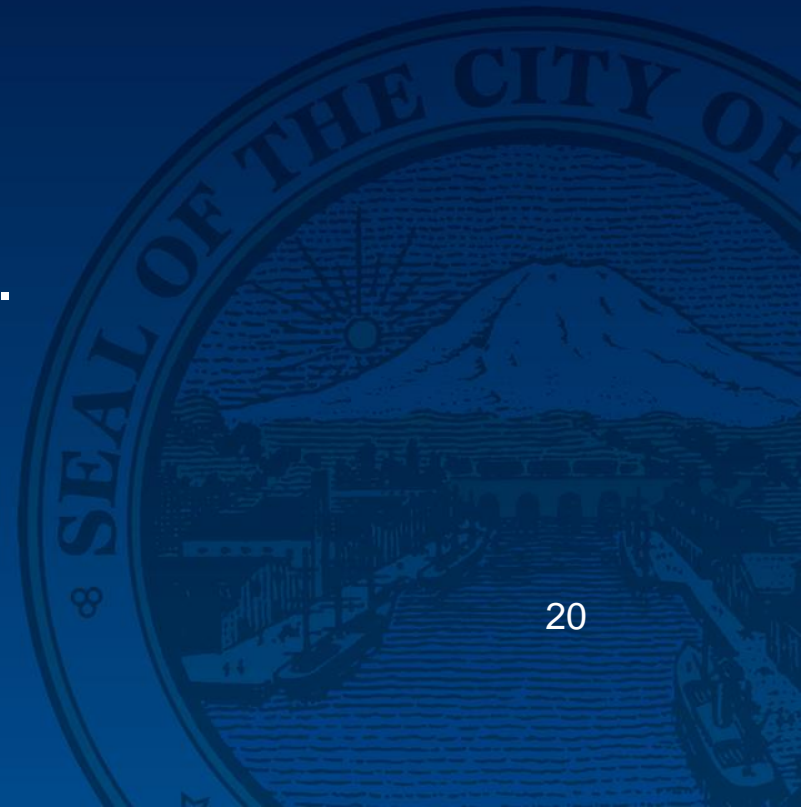
City of Tacoma Successes

- Complete Streets.
- Healthy food access and community gardens.
- Reduce pollution.
- Social Connections.
- Smoke-free parks.

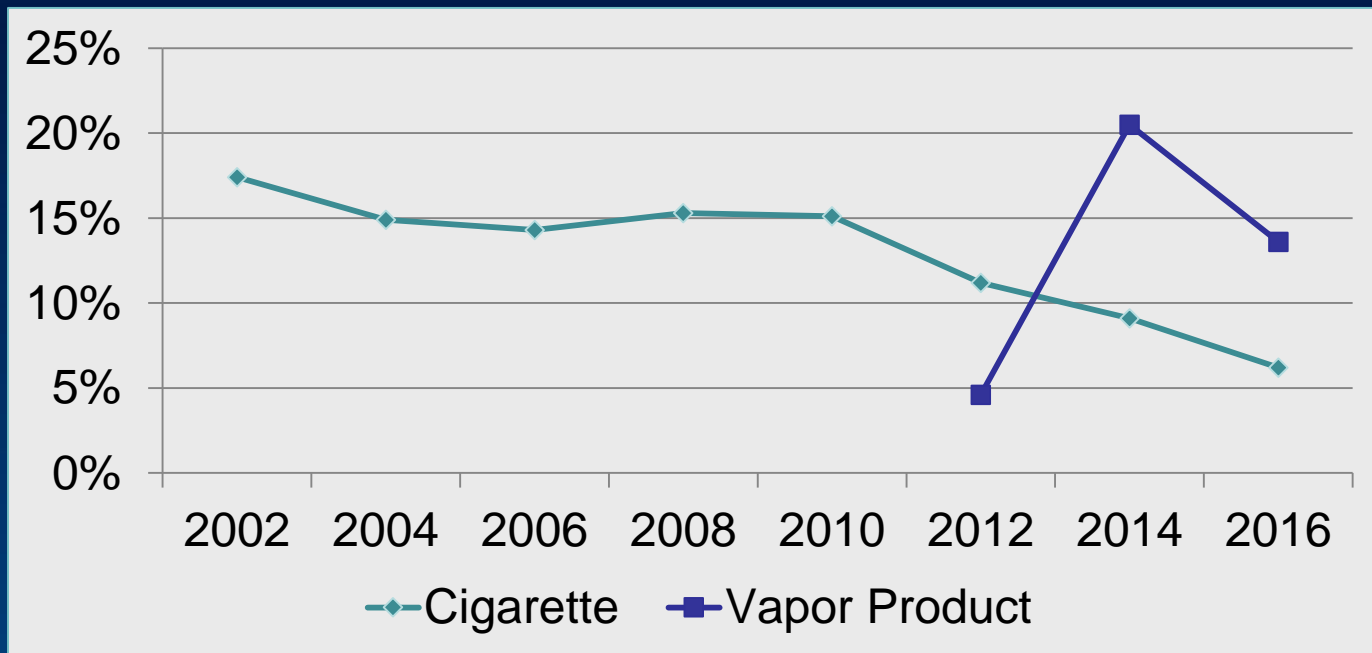


Health Department Successes

- Brain Breaks.
- Healthy food and healthy celebration policies.
- Nutrition environment.
- Walkable neighborhoods.
- Gardens.
- Curriculum.



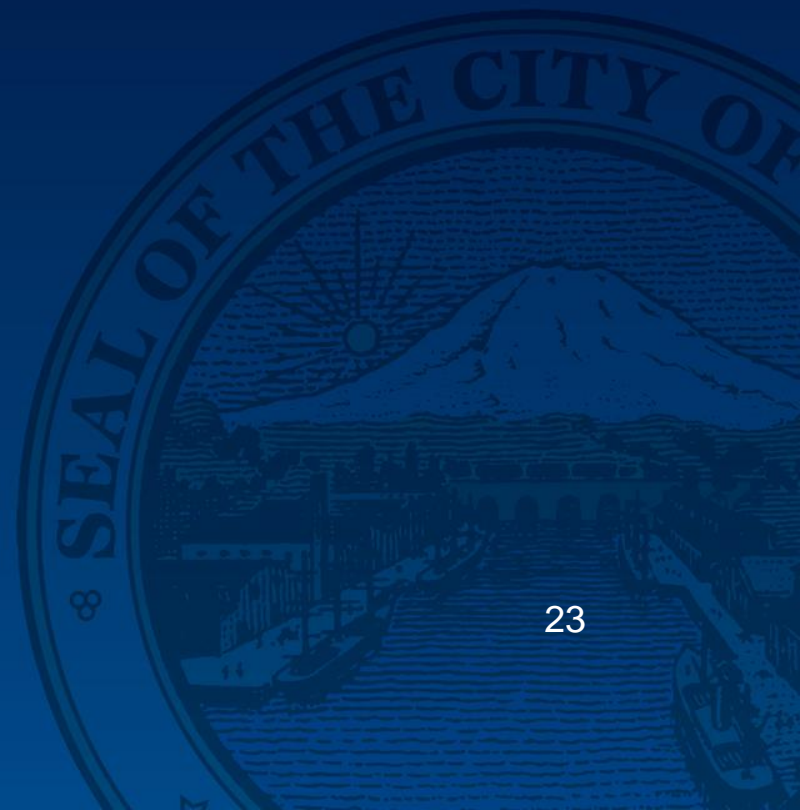
Pierce County 10th Grade Student Vapor Use



Opportunities to Prevent Chronic Disease

Board of Health	Smoke-free housing, breastfeeding
Cities & Towns	Complete Streets, sugar-sweetened beverages
Schools	Shared use facilities, healthy food, physical activity
Worksites	Staff wellness, breastfeeding
Insurers	Coverage for physical activity, diabetes prevention programs
Multi-Sector	Education, housing, behavioral health, poverty

Discussion



Chronic Disease and Health Equity

Dr. Anthony Chen
Miae Aramori

Tacoma-Pierce County Health Department

City Council Study Session
May 23, 2017

