



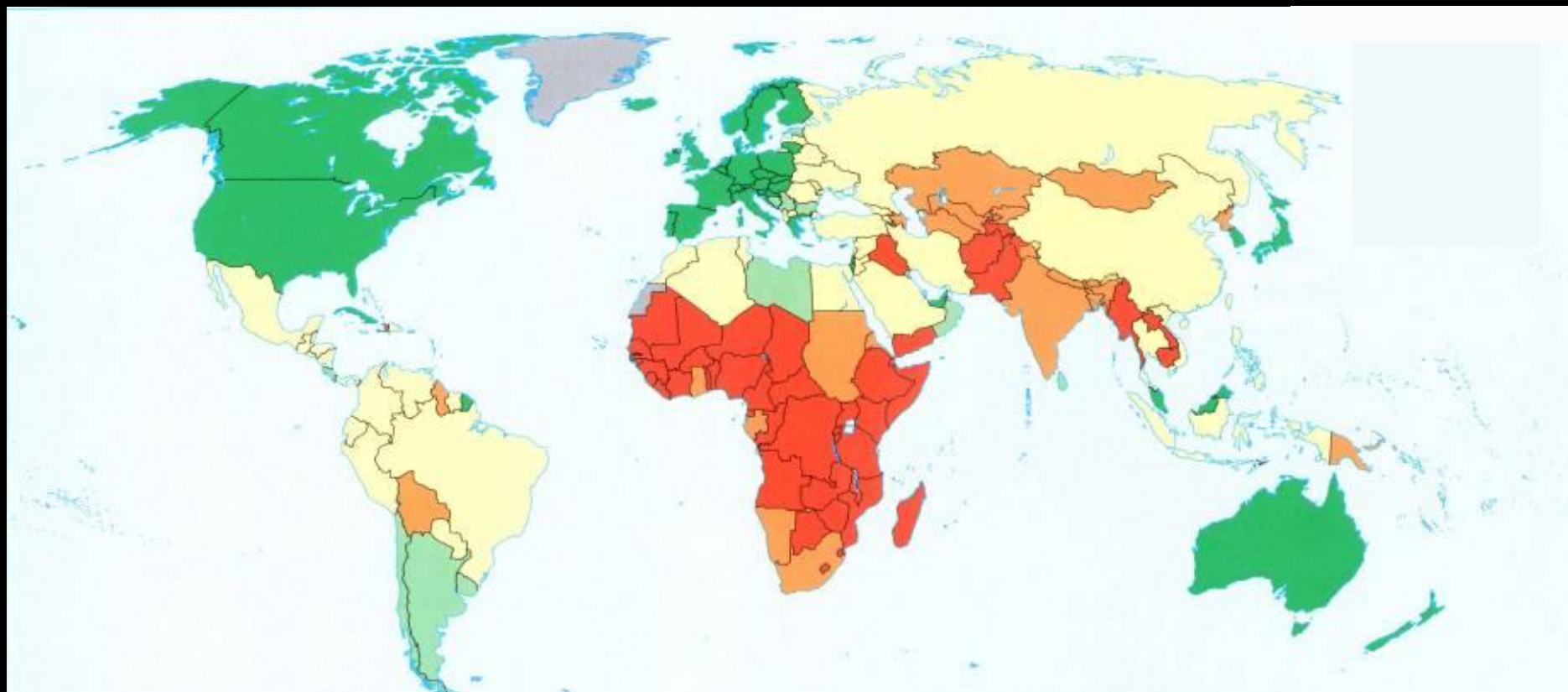
Health inequities in Seattle & King County

Seattle City Council's Housing,
Human Services, Health &
Culture Committee

David Fleming, MD
Director and Health Officer
Public Health-Seattle & King County



April 11, 2012



Per 1,000



100 or more



20–49



Less than 10



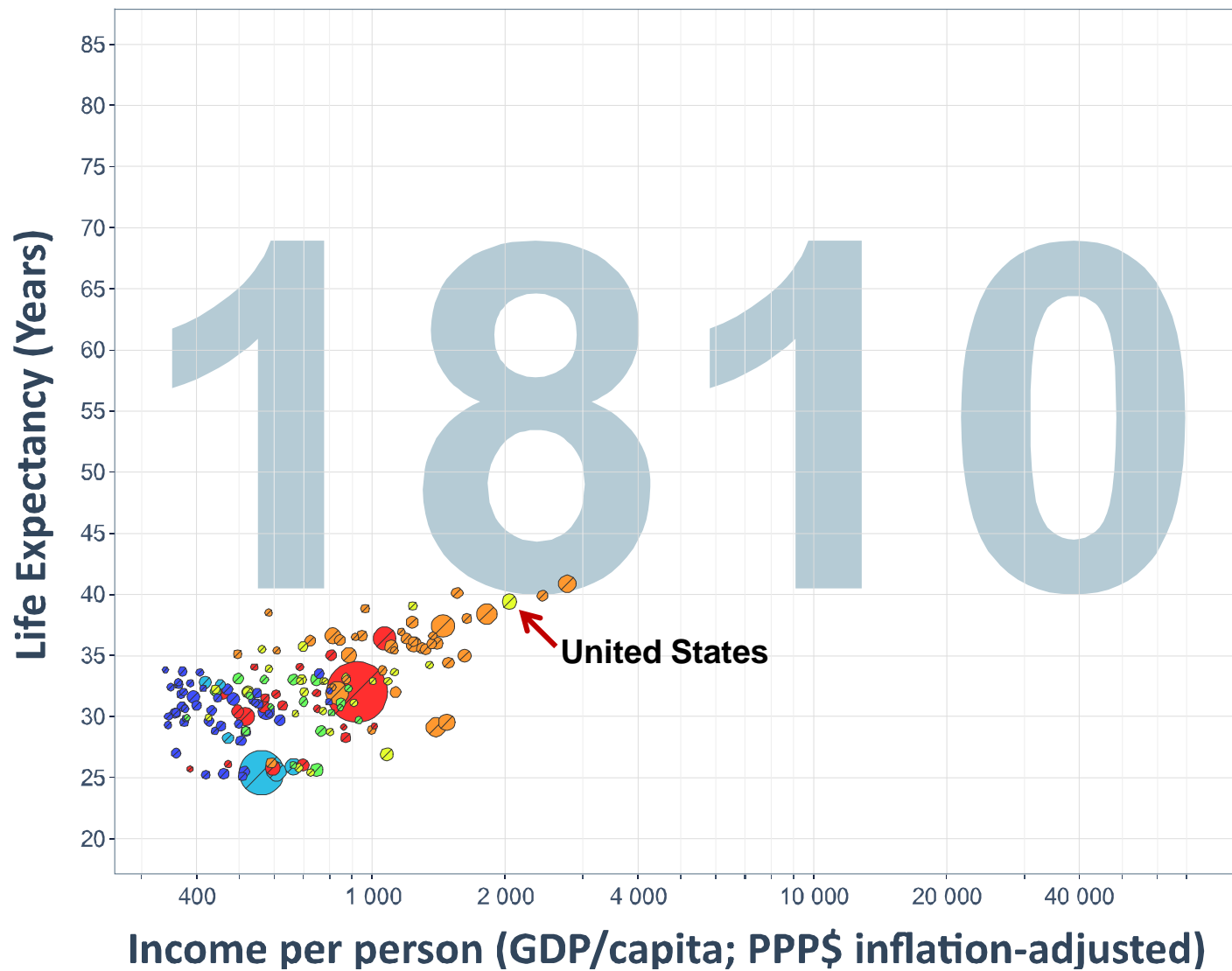
50–99



10–19



No data



North & South America

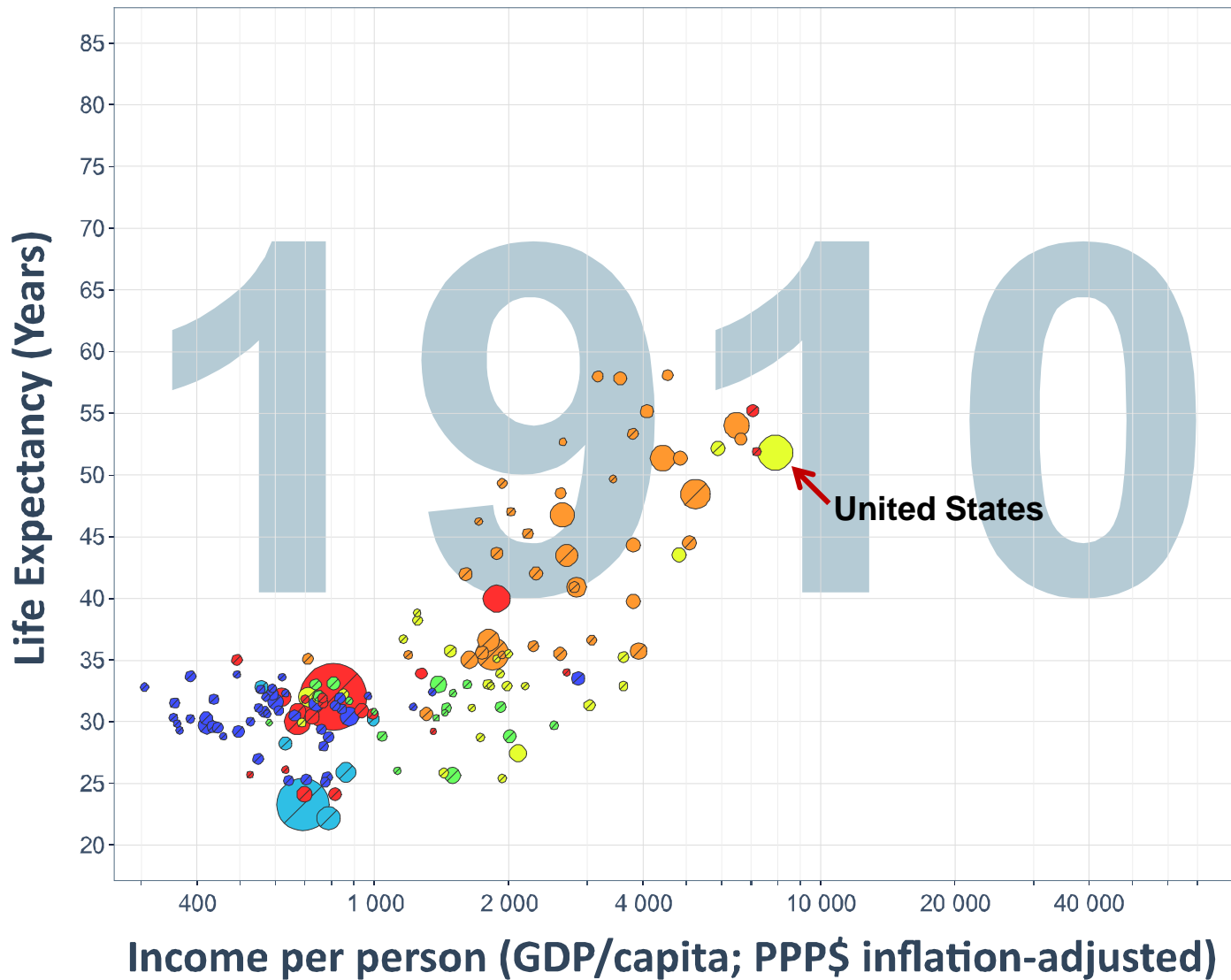
Europe & Central Asia

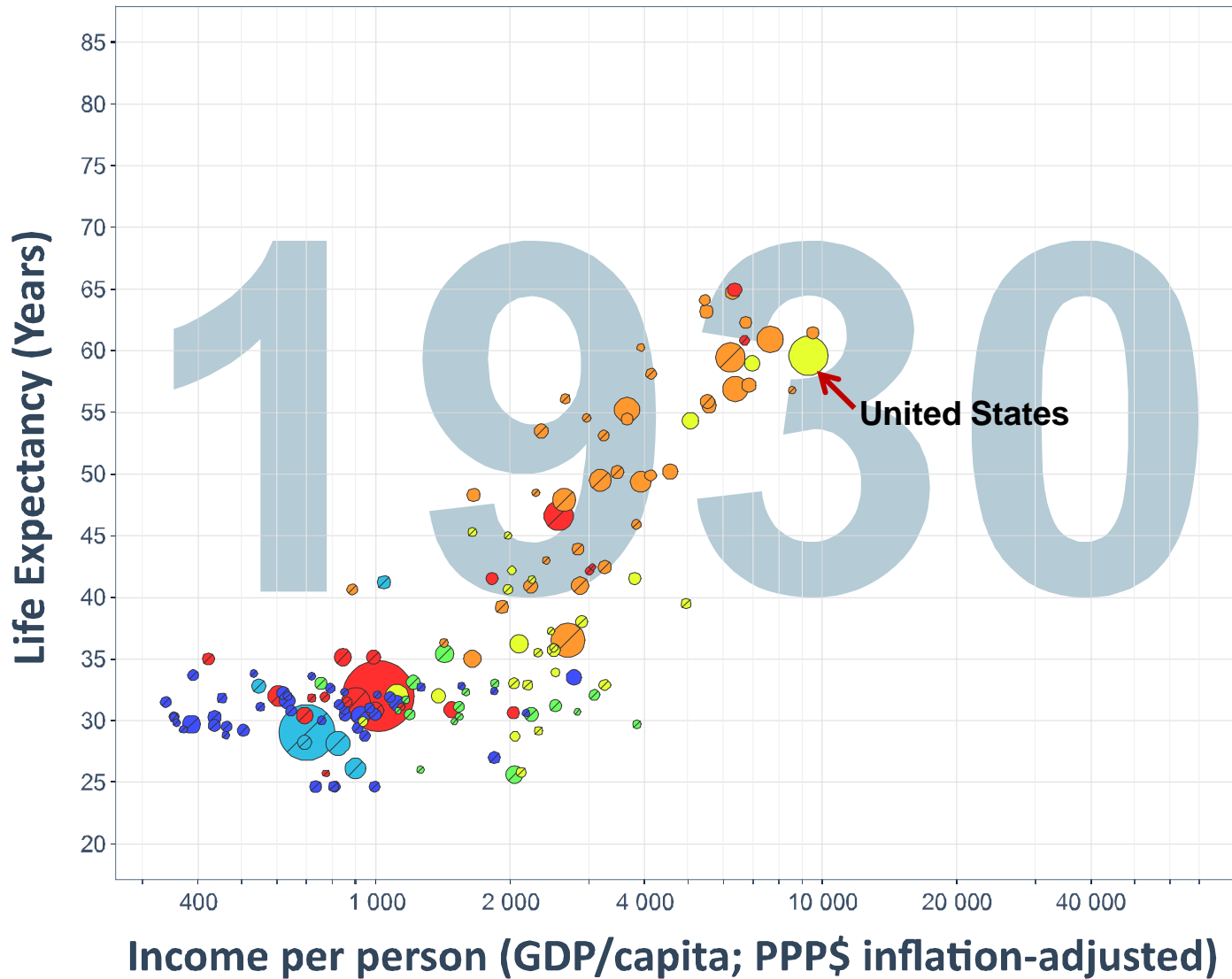
East Asia & Pacific

Mideast & North Africa

South Asia

Sub-Saharan Africa





North & South America

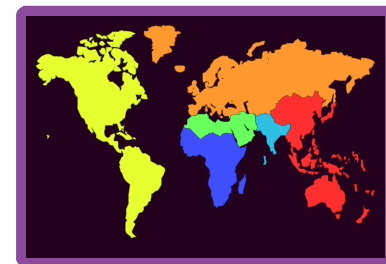
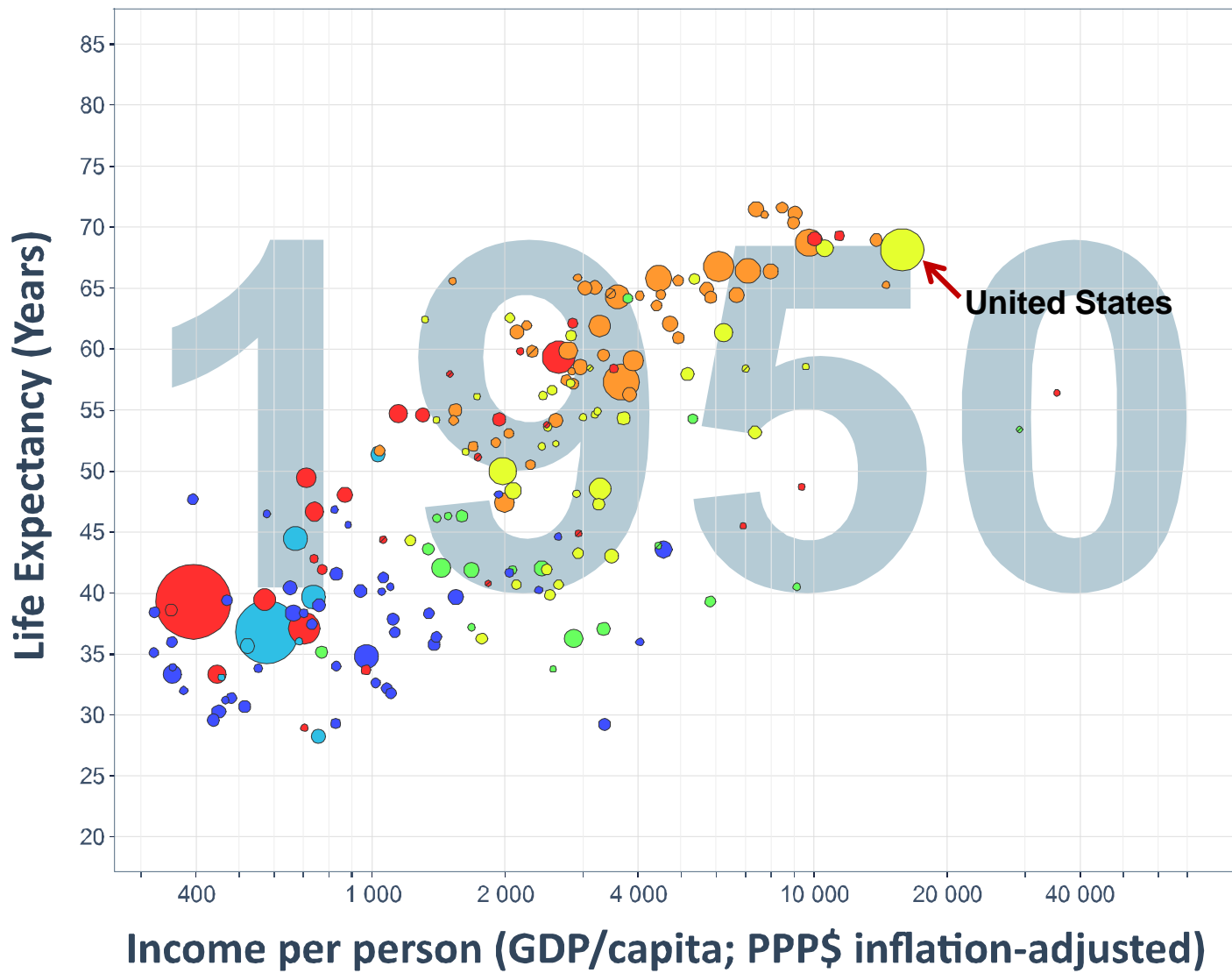
Europe & Central Asia

East Asia & Pacific

Mideast & North Africa

South Asia

Sub-Saharan Africa



North & South America

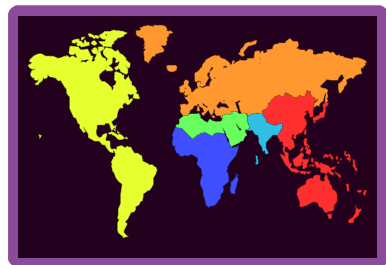
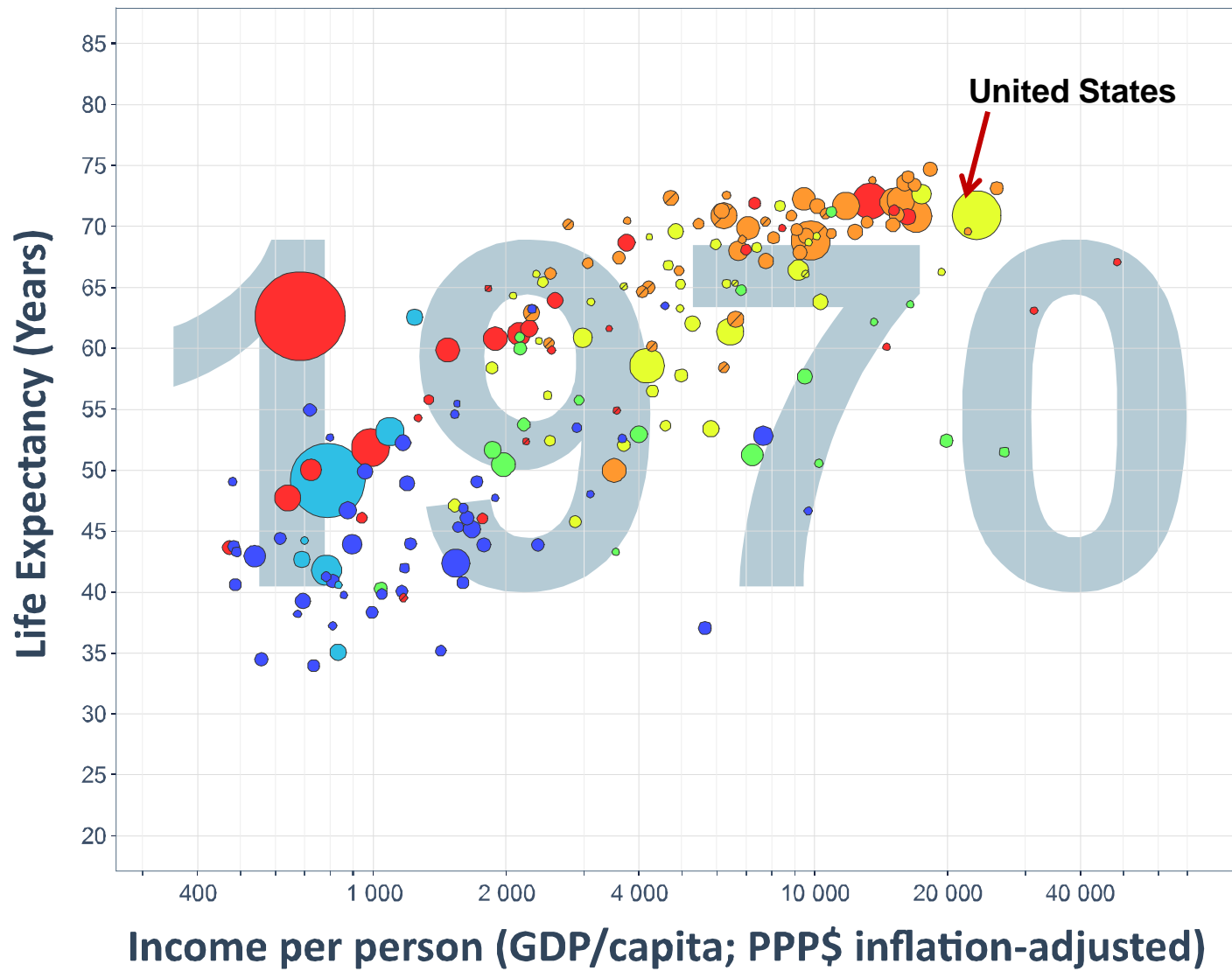
Europe & Central Asia

East Asia & Pacific

Mideast & North Africa

South Asia

Sub-Saharan Africa



North & South America

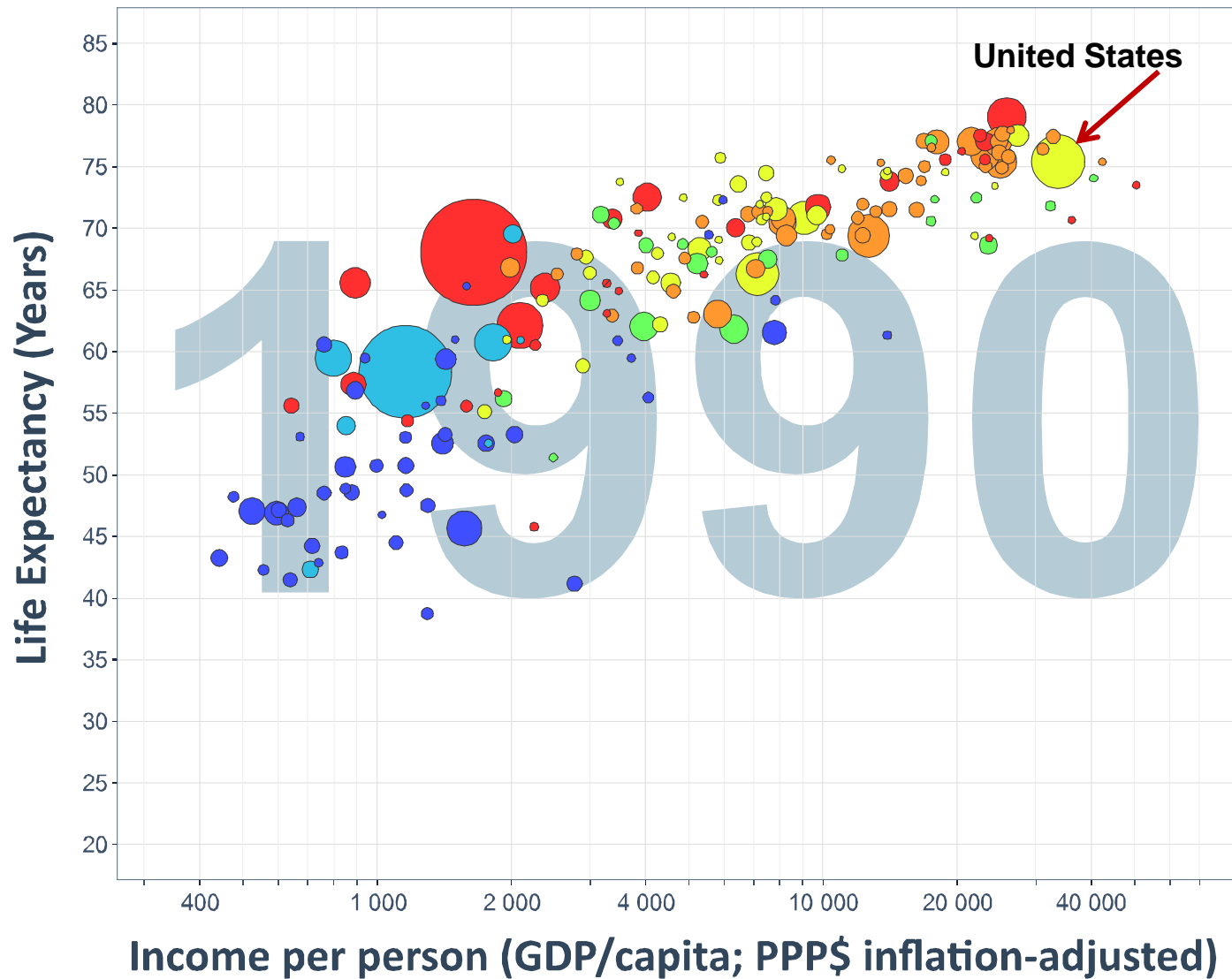
Europe & Central Asia

East Asia & Pacific

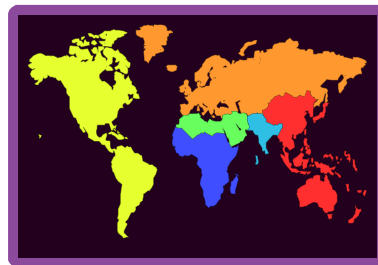
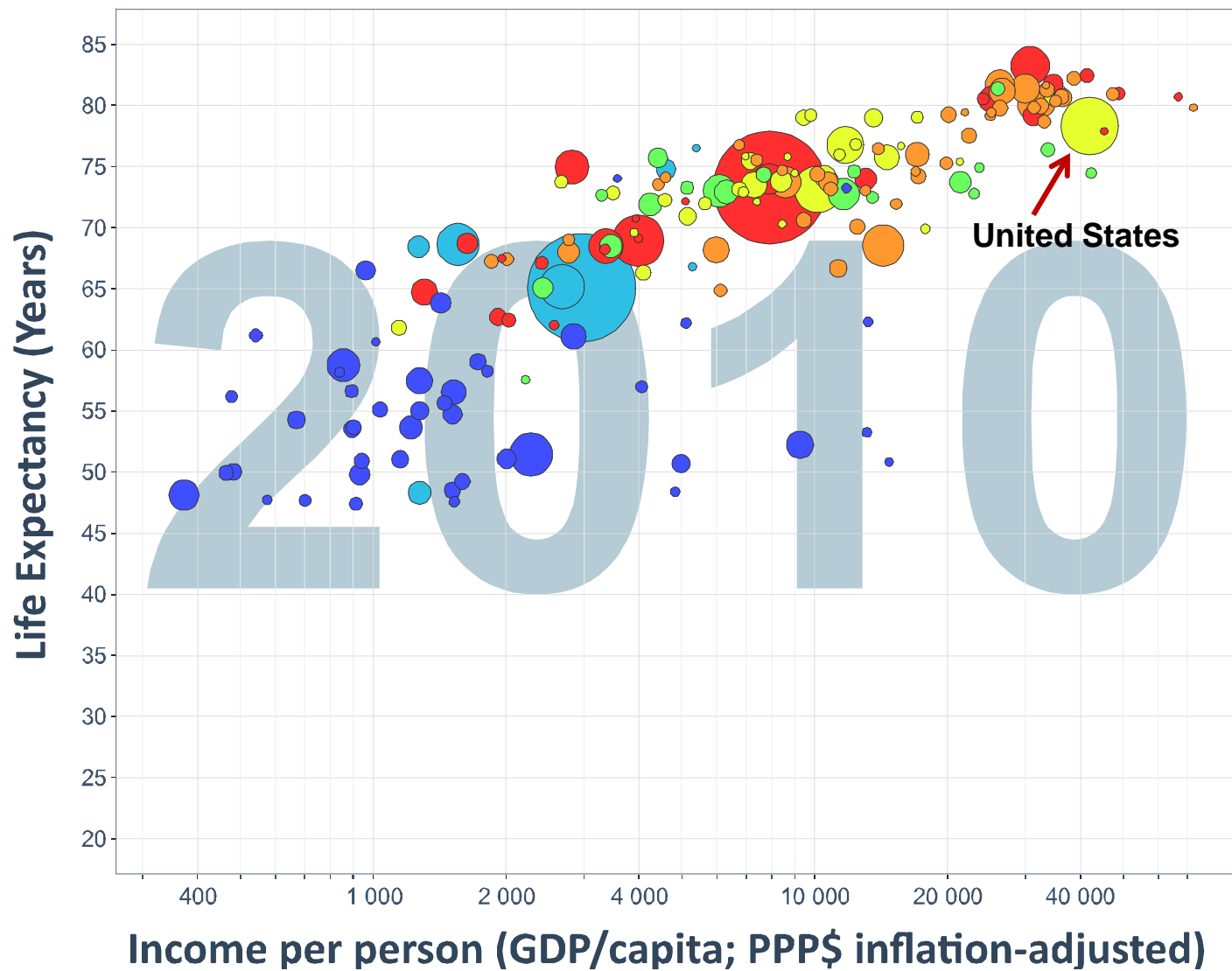
Mideast & North Africa

South Asia

Sub-Saharan Africa



- North & South America
- Europe & Central Asia
- East Asia & Pacific
- Mideast & North Africa
- South Asia
- Sub-Saharan Africa



North & South America

Europe & Central Asia

East Asia & Pacific

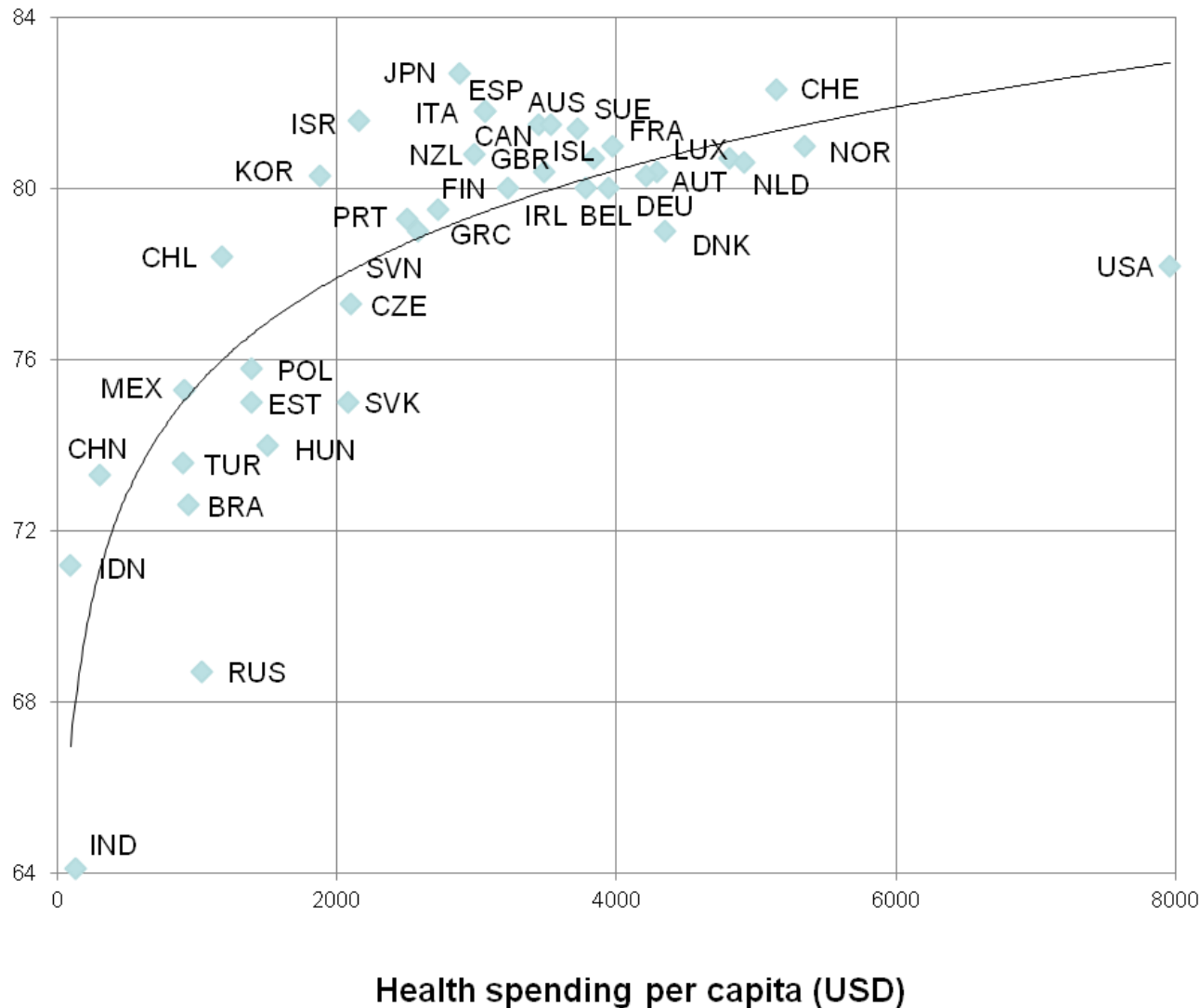
Mideast & North Africa

South Asia

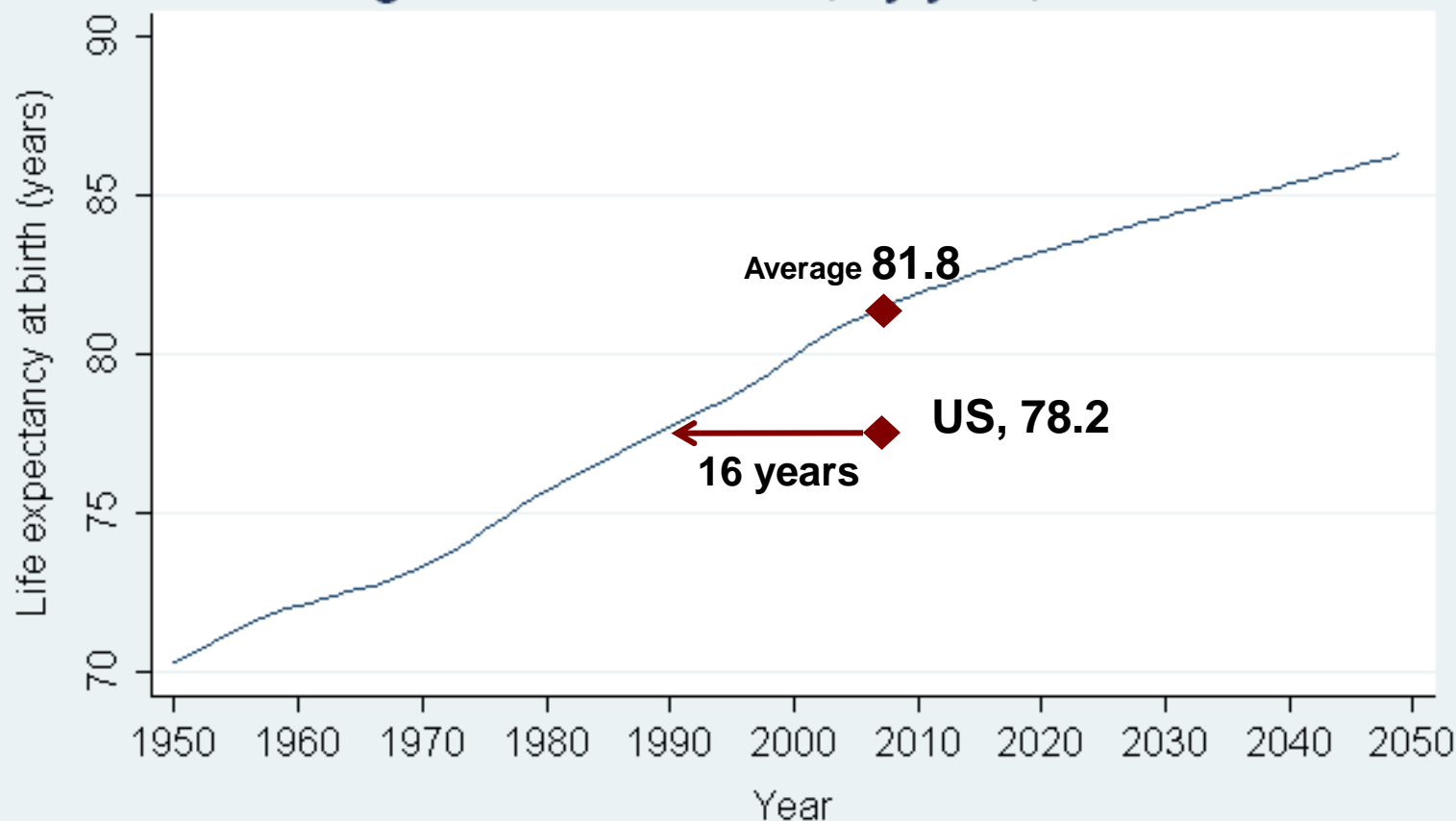
Sub-Saharan Africa

US spends the most

Life expectancy in years



Historic and projected life expectancy of the longest-lived countries, by year, 1950 to 2050

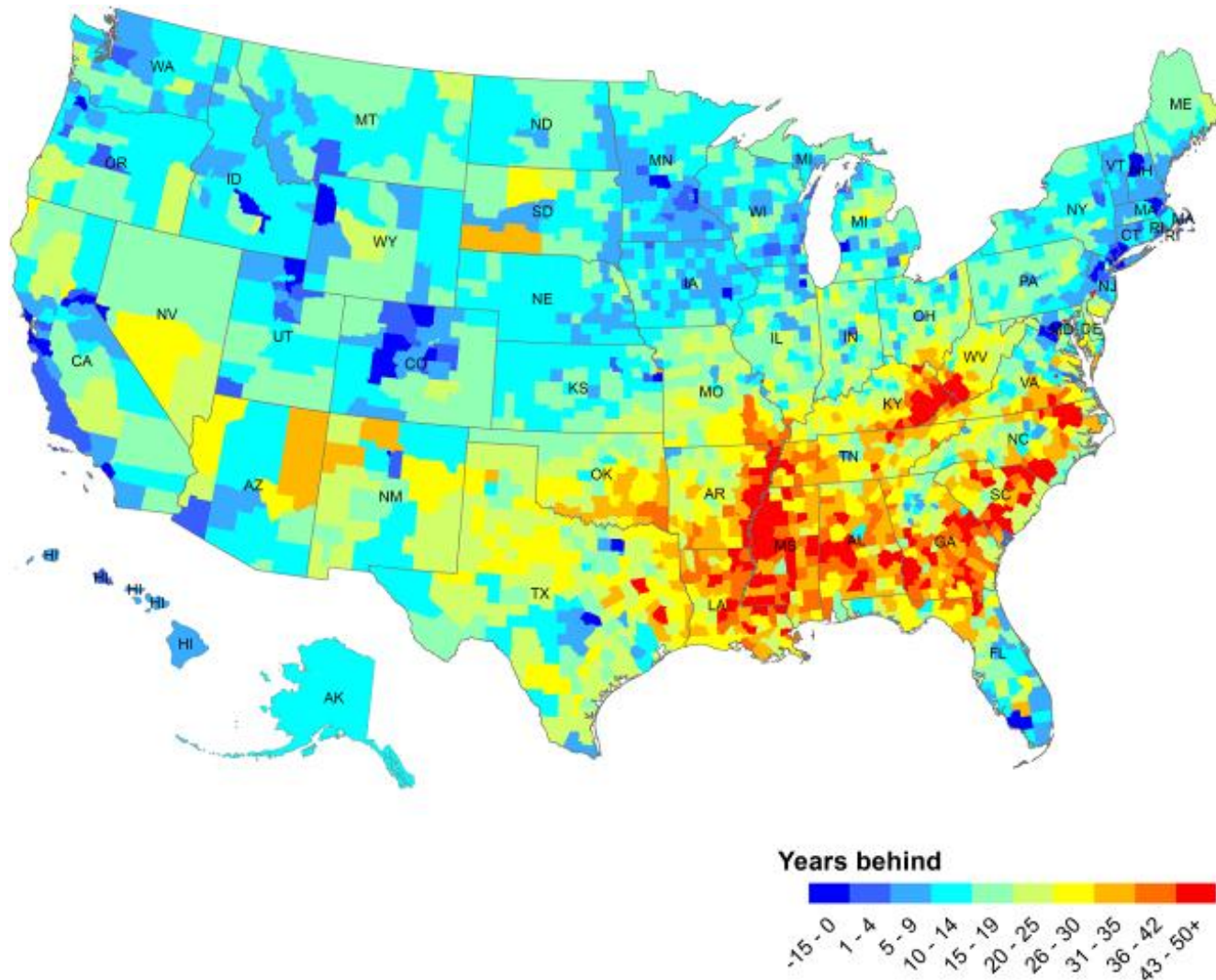


Source: Institute for Health Metrics and Evaluation, University of Washington and Public Health - Seattle & King County, APDE

2009

Australia
Canada
Finland
France
Hong Kong
Iceland
Israel
Italy
Japan
Macao
Norway
Spain
Sweden
Switzerland

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

 31 to 42

 15 to 30


 1 to 14

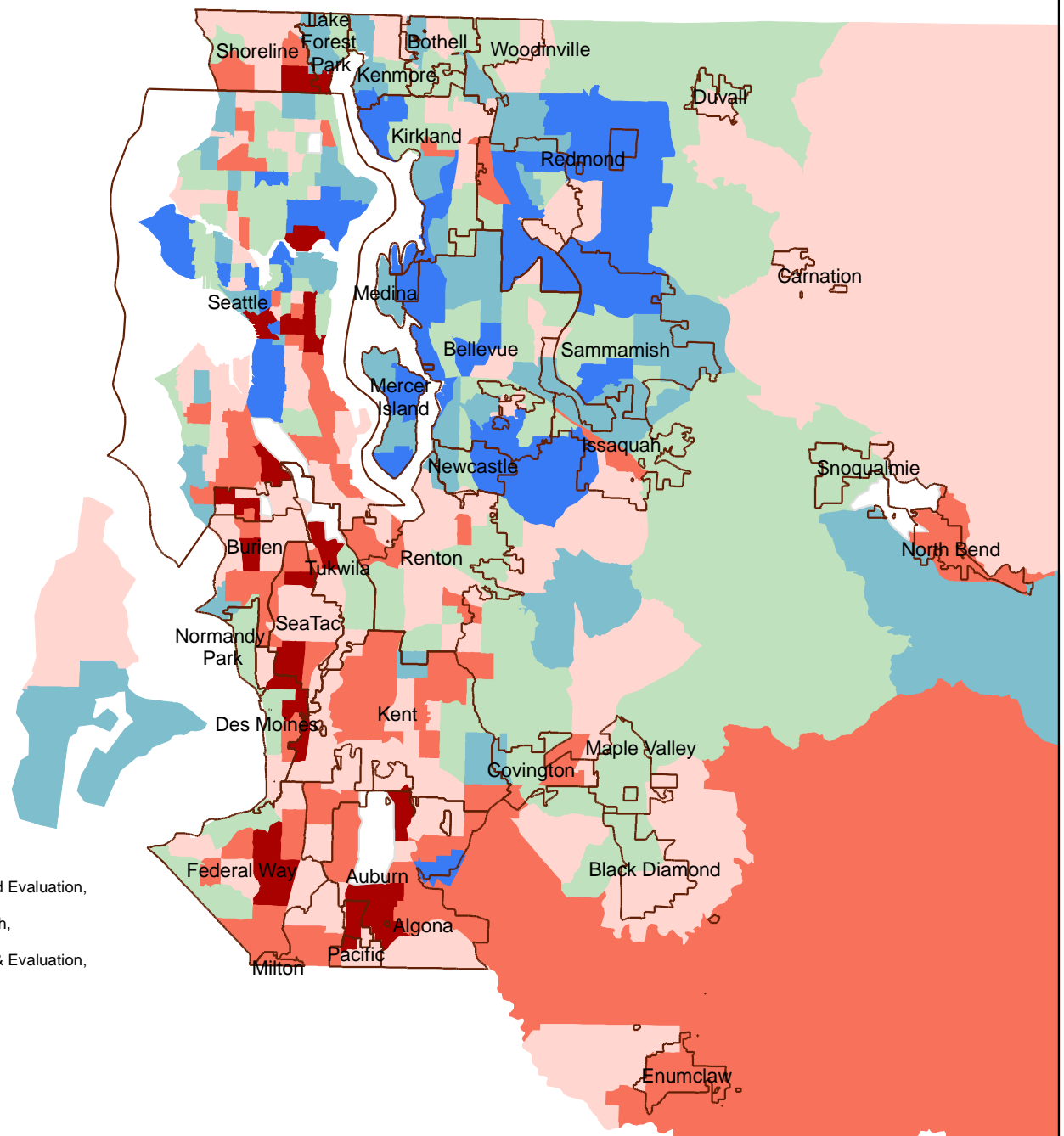
Calendar Years Behind

 Zero to 9

 10 to 23

 24 to 57

 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

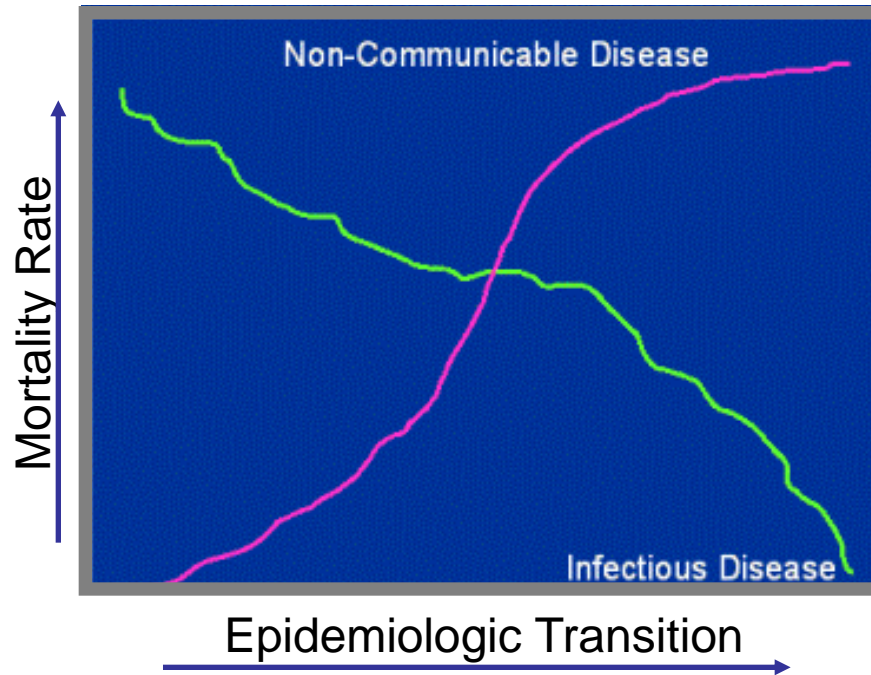
Public Health 
Seattle & King County

Date: 10/11/2011

Changing leading causes of death – US

1900

Pneumonia
Tuberculosis
Diarrhea

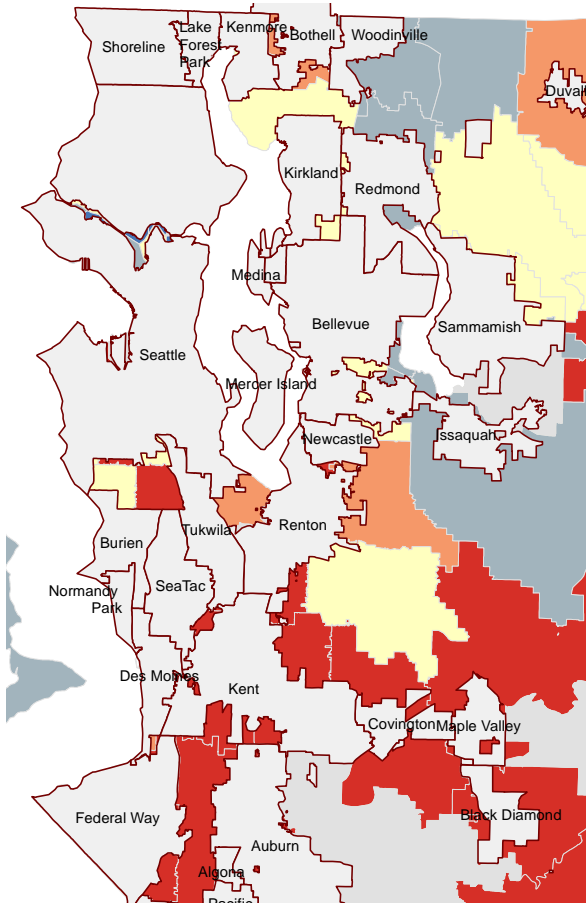


2010

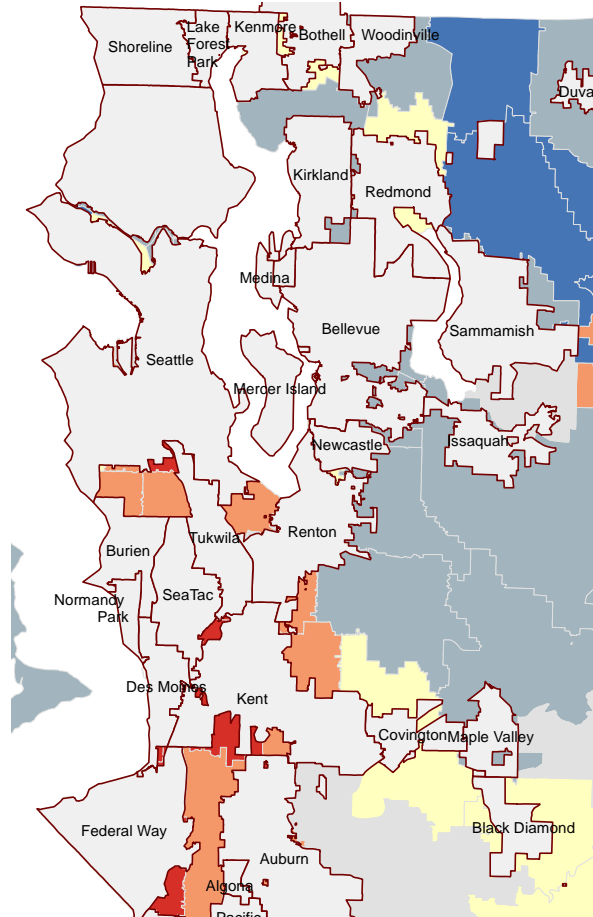
Heart Disease
Cancer
Stroke

Health Measures Across King County

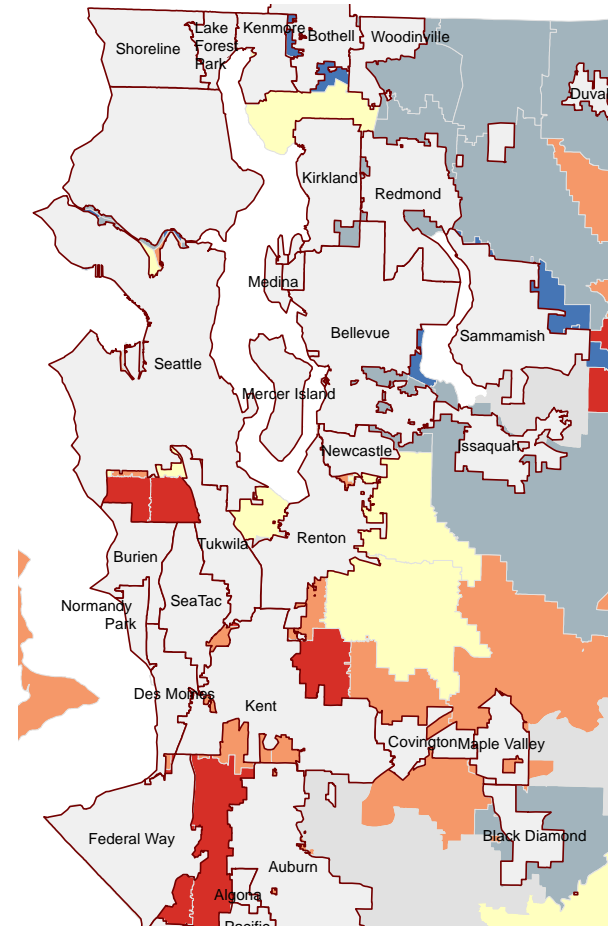
Obesity
8% - 35%



Uninsured
3% - 30%



Smoking
3% - 22%



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?

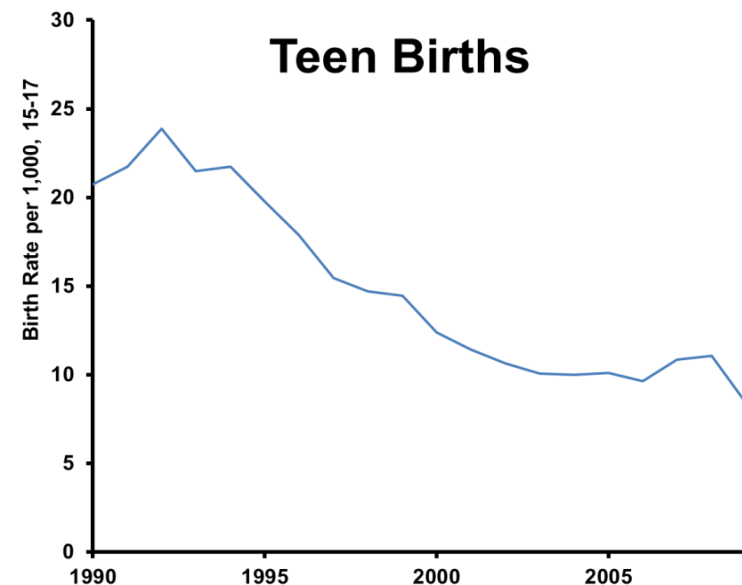
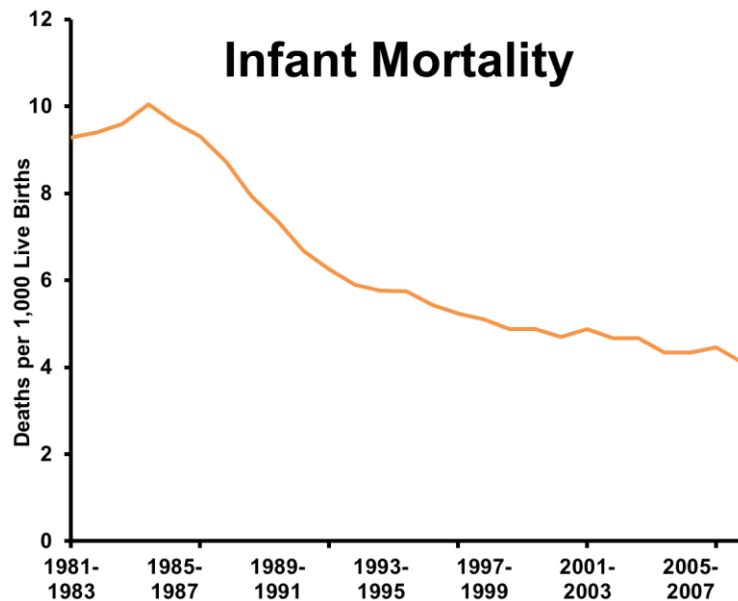
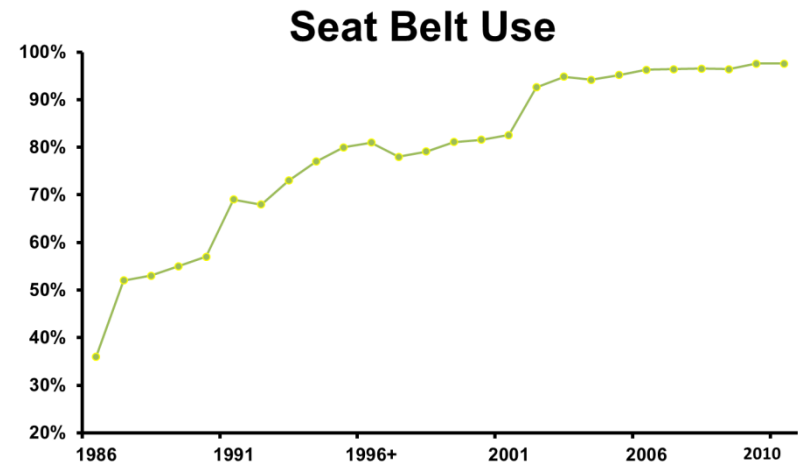
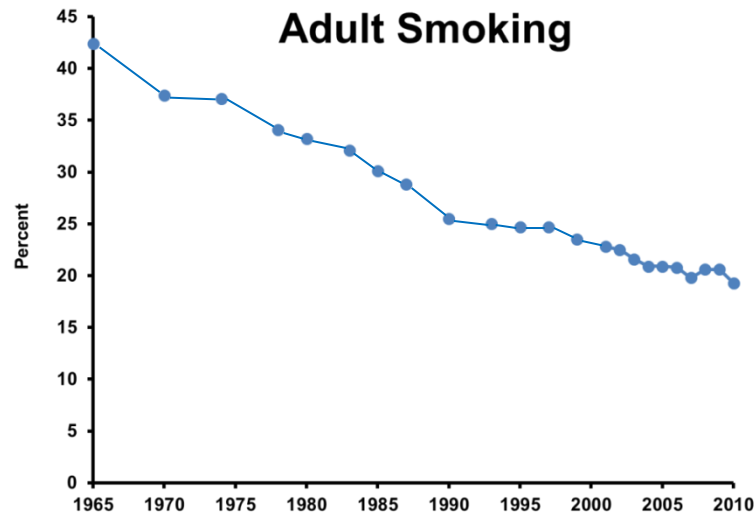
- 1/3 of women received a housing voucher to move to higher income neighborhoods
- Over 10 years, obesity and diabetes rates improved compared to those who stayed behind
- Health improvements were similar to diet and exercise programs or the use of medications to treat diabetes



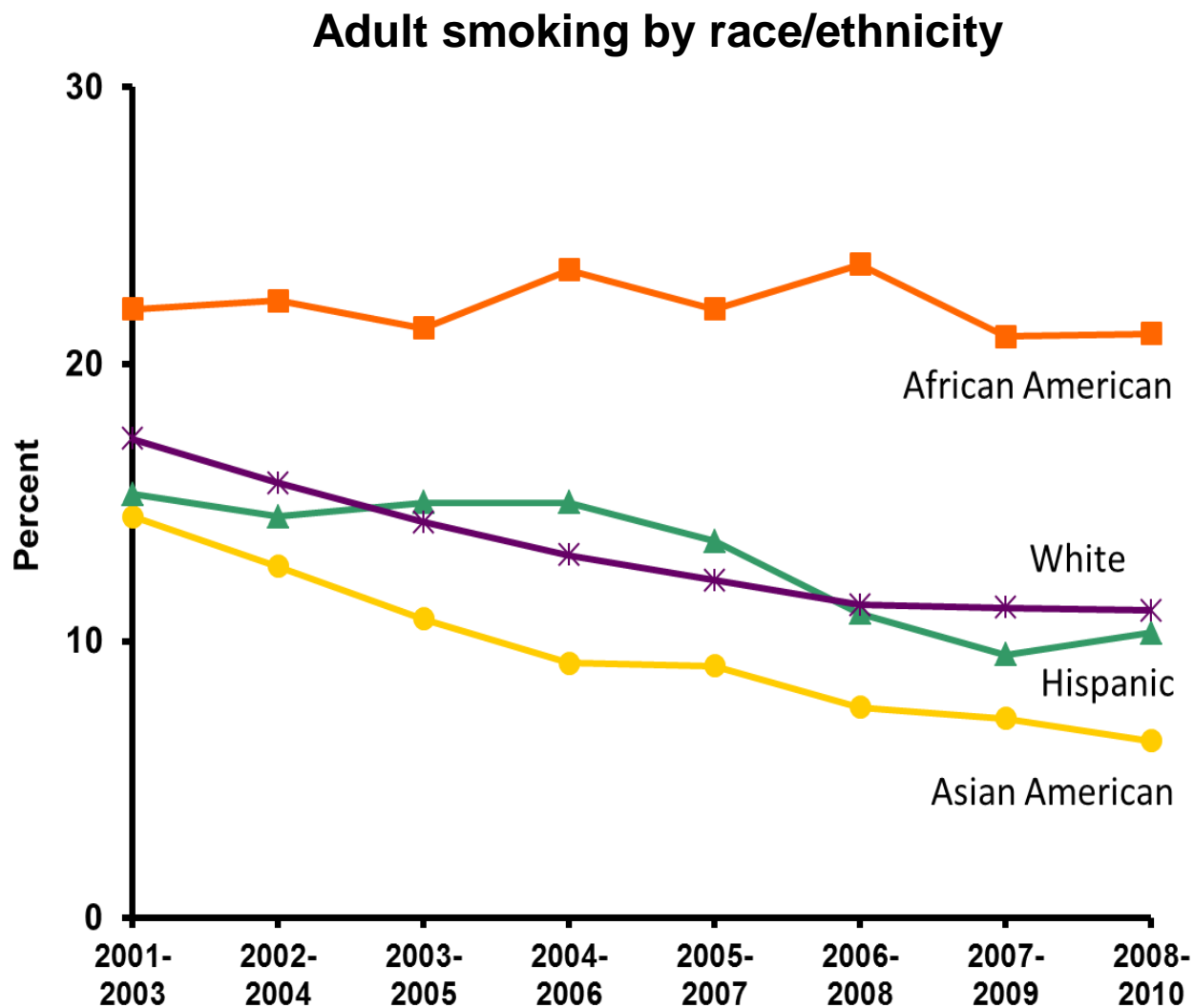
Community traits and health effects

Community attribute	Health effect
Substandard housing	Asthma, respiratory problems, lead poisoning
Food deserts	Obesity, diabetes, heart disease, cancer
Lack of health care services	A host of preventable health problems
Lack of sidewalks, bike lanes, parks	Obesity, diabetes, heart disease, high stress
Density of alcohol and tobacco retail	Liver disease, motor vehicle death, injury; lung and heart disease

Is there evidence Public Health improves complex health problems?

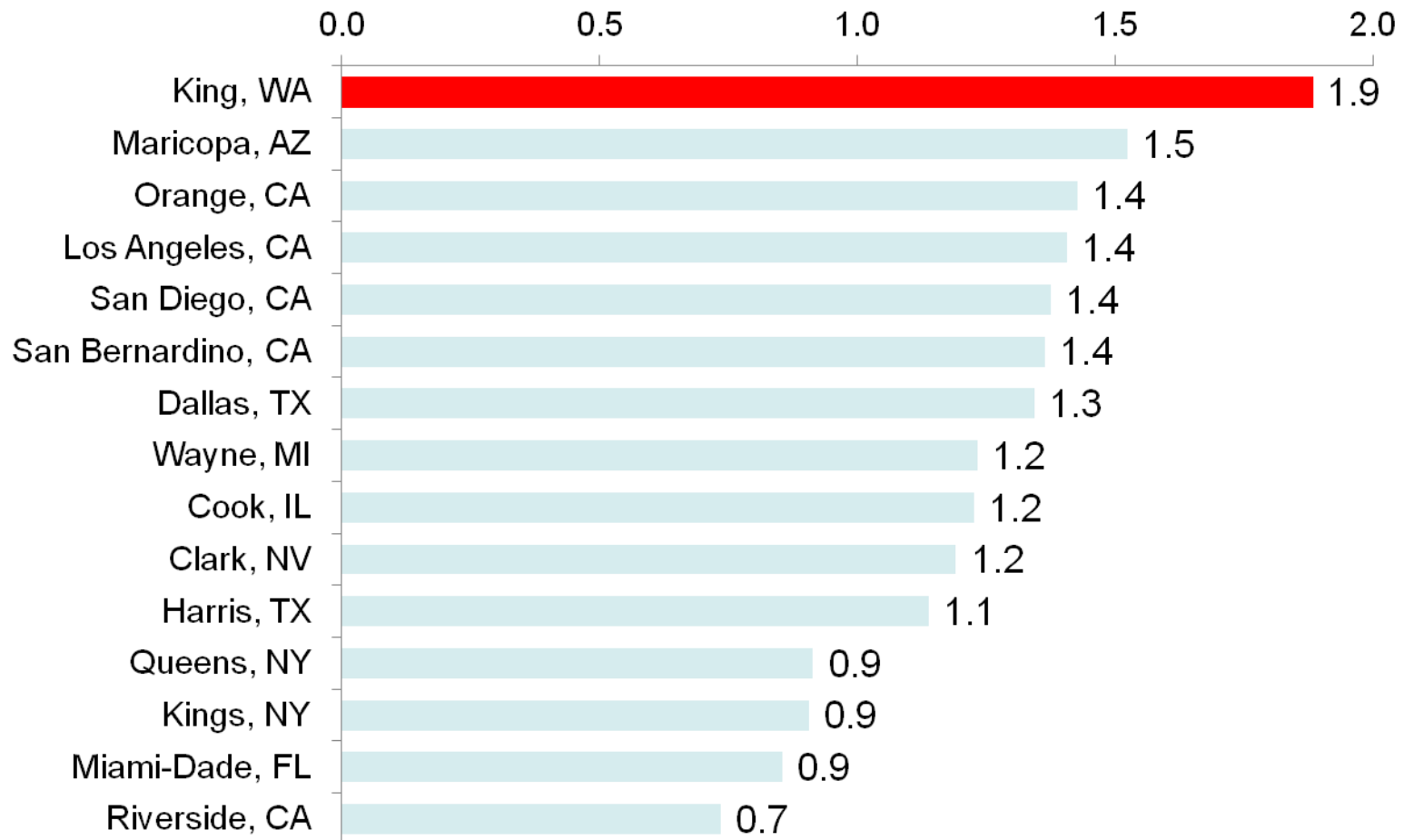


But disparities may persist

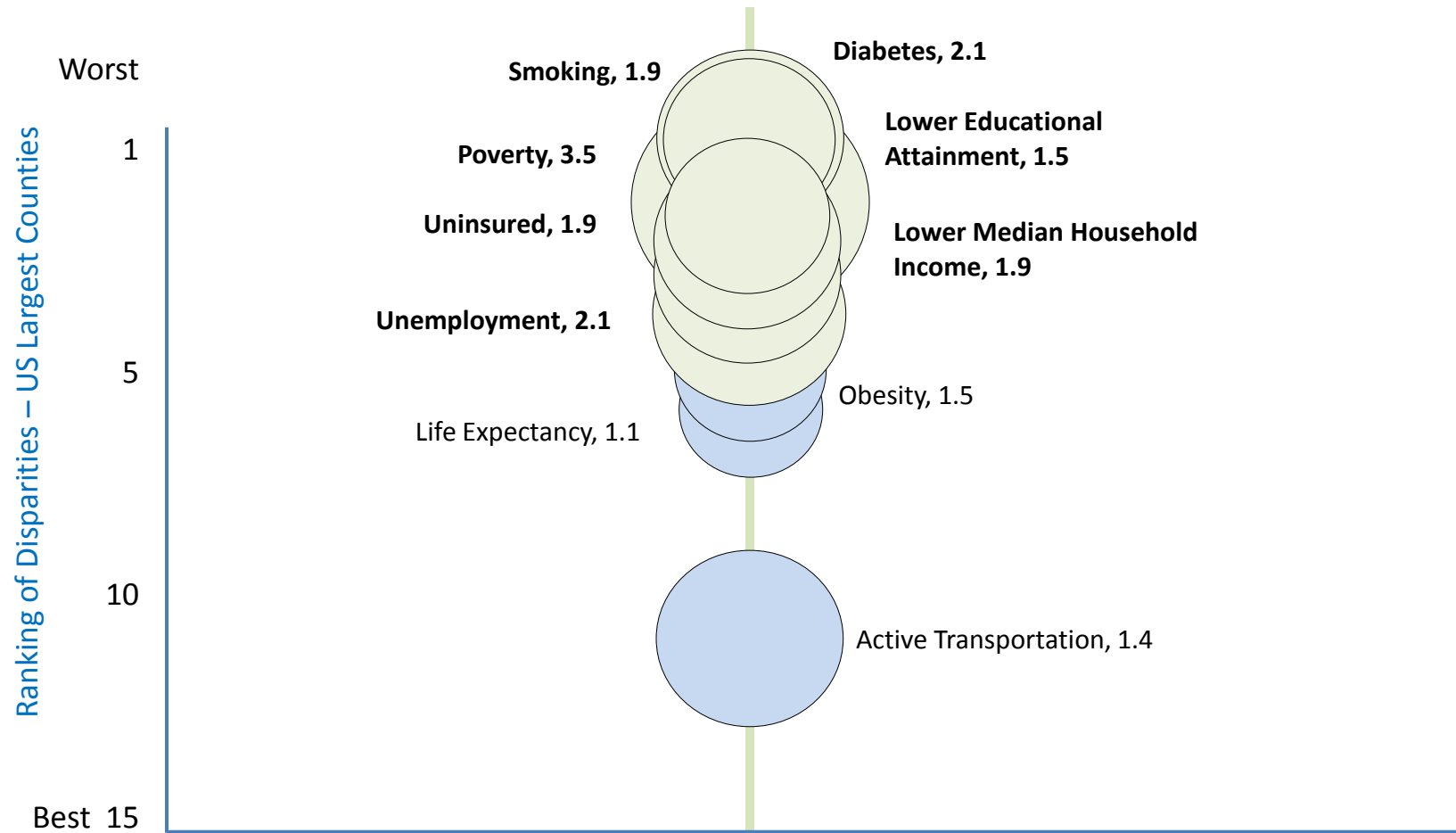


How is King County doing compared to other large counties nationally?

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



White/African American King County vs. other largest US counties



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



Community traits and health, economic and environment effects



Community attribute	Health	Economy	Environment
Food deserts	Obesity, heart disease, cancer	Fewer economically viable local businesses; fewer markets for local farmers	Less land use diversity; increased long distance transport of goods
Substandard housing	Asthma, lead poisoning	Lower home values, less worker and student productivity	Larger carbon footprint
Lack of bike paths, sidewalks	Obesity, diabetes, heart disease	Lower property values	Traffic congestion, poor air quality
Brownfields	Toxic exposures, Cancer	Unusable land; fewer business opportunities	Dead zones, pollution and toxic run off
Limited public transportation	Obesity, diabetes, stress, motor vehicle injury	Less access to jobs, shopping and education	Traffic congestion, poor air quality

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)

