Injury & Mental Health

Motor Vehicle Crashes

Motor vehicle deaths are occupants killed in transport accidents.

Healthy People 2020 Goal
Reduce deaths caused by motor vehicle crashes to 12.4 deaths per 100,000 population.

The #1 threat that parents do not realize to their teen’s safety is driving or riding in a car with a teen driver.

Miami-Dade County’s motor vehicle crash rates are significantly lower than the State of Florida.

Total cost of crash-related deaths in Florida for one year

$ 3.02 Billion

Motor vehicles crashes are the leading cause of teen deaths in Florida.

2015-2017
In Miami-Dade County the rate of motor vehicle crashes was 11.5 deaths per 100,000 population.

Tips to Prevent Motor Vehicle Crashes

- Graduated driver licensing systems
- Parents providing supervised driving practice for at least 6 months
- Sobriety checkpoints
- Seatbelt use
- Seatbelt laws
Infant mortality is the death of an infant before his or her first birthday.

Healthy People 2020 Goal
Reduce infant mortality rates to 6.0 deaths per 1,000 live births.

Miami-Dade County’s recent infant mortality rates are lower than the State of Florida.

Miami-Dade County’s most current infant mortality rate is 5.0 deaths per 1,000 live births.

Preconception health and health care focus on things you can do before and between pregnancies to increase the chances of having a healthy baby.

Infant mortality is an important indicator of the overall health in society.

Infant Mortality Rates per 1,000 Live Births by Race in Miami-Dade County 2015-2017

- **White**: 3.3
- **Black**: 11.1
- **Hispanic**: 3.8
- **Non-Hispanic**: 6.9

Infant mortality rates are higher for Black and Non-Hispanic infants.
Maternal & Child Health

Low Birth Weight & Live Births

Babies born weighing less than 5 pounds, 5 ounces are babies with a low birth weight.

Healthy People 2020 Goal
Reduce the proportions of infants born with low birth weight to 7.8%.

8.5% of all Miami-Dade County infants are of low birth weight.

9.1% of births to mothers with less than a high school education.

48.5% of Births to Unwed Mothers in Miami-Dade.

39.8% of Births to Unwed Mothers in the United States.

Live births are the number of births to women.

Low birth weight serves as a predictor of premature death.

2015-2017
8.6% (White Teen Mothers) vs. 15.9% (Black Teen Mothers)

The rate of births to Black Teen moms in Miami-Dade County is almost twice that for White Teen moms.
Human Immunodeficiency Virus / Acquired Immune Deficiency Syndrome

Reportable and Infectious Diseases

HIV is a viral infection that gradually destroys the immune system.

HIV/AIDS death rates are favorably decreasing in Miami-Dade County.

In 2017, 27,969 residents in Miami-Dade County were living with HIV.

70% of new HIV infections occur in men and 30% of new HIV infections occur in women.

CDC recommends that healthcare providers routinely test everyone 13 to 64 years of age. For more information, visit the CDC’s website www.cdc.gov/hiv/

HIV/AIDS is transmitted:
- Unprotected Sex
- Drug Addicts
- Blood Transfusion
- Pregnancy
- Non-Sterile Instruments

HIV/AIDS is not transmitted:
- Touching
- Through Food
- With a Kiss
- Insect Bites
- In the Pool
Zoonotic diseases are caused by infections that spread between animals and people.

Simple Steps to Protect Yourself and Your Family from Zoonotic Diseases

- **Practice the 4 Ps**
  - Pick up Pet Poop Promptly!
- Regular hand washing.
  - Use proper food-handling procedures to reduce the risk of transmission from contaminated foods.
  - For those with a weak immune system, be especially careful of contact with animals that could transmit infections.

**Rabies** is a preventable viral disease of mammals most often transmitted through the bite of an animal with rabies.

2015-2017

In Miami-Dade County the possible exposure to rabies rate was **11.0 per 100,000 population**.

**Zika** is a virus transmitted primarily through the bite of a mosquito.

0 cases of Zika Virus in Miami-Dade have been reported in 2018.
Cancer

A disease where cells display uncontrolled growth and invasion of surrounding tissues with the potential of spreading to other parts of the body.

50% of new cases of cancer occur in people aged 65 and older.

You can lower your risk of cancer by:
- Keeping a healthy body weight
- Using proper skin protection
- Avoiding tobacco use
- Limiting alcohol use

Quick Miami-Dade County Facts

Healthy People 2020 Goal is met.
"Reduce cancer mortality to 161.4 deaths per 100,000"

Cancer death rates have been decreasing since 2008.

Cancer death rates in Miami-Dade County are higher among men.

Cancer is the second leading cause of death in Miami-Dade County.

Death Rate by Cancer Type

Rates are per 100,000

**Breast Cancer**
- HP 2020 Goal: 20.7 Deaths per 100,000
- 16.7

**Melanoma Skin Cancer**
- HP 2020 Goal: 2.4 Deaths per 100,000
- 1.1

**Prostate Cancer**
- HP 2020 Goal: 21.8 Deaths per 100,000
- 22

**Lung Cancer**
- HP 2020 Goal: 45.5 Deaths per 100,000
- 25.8

Cancer is the second leading cause of death in Miami-Dade County.

Healthy People 2020 Goal is met.
"Reduce cancer mortality to 161.4 deaths per 100,000"

Cancer death rates have been decreasing since 2008.

Cancer death rates in Miami-Dade County are higher among men.

Cancer is the second leading cause of death in Miami-Dade County.
Chronic Diseases

Chronic Liver Disease & Cirrhosis

Cirrhosis is a result of chronic liver disease that causes scarring of the liver.

Leading Causes of Chronic Liver Disease

- Hepatitis C Infection/other viruses
- Nonalcoholic fatty liver disease
- Long-Term Alcohol Abuse

How To Lower Your Risk

- Get vaccinated against Hepatitis B
- Get tested and treated for Hepatitis C
- Limit alcohol consumption

Healthy People 2020 Goal

8.2 Cirrhosis deaths per 100,000

Chronic Liver Disease & Cirrhosis Death Rate per 100,000 By Sex in Miami Dade County 2015-2017

- Males: 10.7
- Females: 4.6

Miami-Dade County Rate

7.3 cirrhosis deaths per 100,000
Chronic Diseases

Chronic Lower Respiratory Disease

Chronic diseases of the airways and other structures of the lung

Most Common Types of Chronic Lower Respiratory Disease [CLRD]

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Occupational Lung Diseases
- Pulmonary Hypertension

20% of long-term smokers will develop Chronic Lower Respiratory Disease

In the U.S., the leading cause of COPD is smoking.

In other countries air pollution is a major contributor.

Who Is At Risk?

- Persons aged 65 to 74
- Non-Hispanic Whites
- Women
- Individuals with lower education attainment
- Those who are of lower income
- Those with a history of asthma
- Current or former smokers

Asthma In 2017

Miami-Dade County had 1,901 hospitalizations (or 69.6 per 100,000) due to asthma.

The black population’s asthma hospital rate is 2x higher than the white population.

CLRD death rate for both males and females has increased since 2016
Chronic Diseases

Alzheimer’s Disease

An irreversible, progressive brain disorder that begins with mild memory loss.

6th LEADING CAUSE OF DEATH IN MIAMI-DADE COUNTY

The cause of Alzheimer's Disease is not yet fully understood by scientists.

QUICK FACTS

- The risk of developing Alzheimer's disease increases with age.
- The number of people living with Alzheimer's doubles every five years beyond the age of 65.
- The disease can affect a person under 65 years old, this is called early-onset Alzheimer's.

MIAAMI-DADE COUNTY

2015-2017 Alzheimer's Disease Age-Adjusted Death Rate per 100,000:

23.8

STATE OF FLORIDA

2015-2017 Alzheimer's Disease Age-Adjusted Death Rate per 100,000:

21.9
**Chronic Diseases**
Age-Adjusted Rates by Race per 100,000 for 2015-2017

**Heart Disease**
Any disorder that affects the heart’s ability to function normally

**HEALTHY PEOPLE 2020**
103.4 DEATHS PER 100,000

- **White**: 145.8
- **Black**: 182.8

**Stroke**
An interruption of the blood supply, cutting off the brain’s supply of oxygen, or a burst in a blood vessel to any part of the brain

**HEALTHY PEOPLE 2020**
34.8 DEATHS PER 100,000

- **White**: 37.8
- **Black**: 60.8

**Diabetes**
A disease marked by high blood sugar.**

**HEALTHY PEOPLE 2020**
66.6 DEATHS PER 100,000

- **White**: 18.1
- **Black**: 45.4

**Type 2** - insulin-resistant diabetes. The body cannot make enough insulin for all of the sugar in the blood. 90% to 95% of all diabetes cases. **Type 1** - The body cannot make insulin due to the body’s immune system destroys insulin-producing cells.
Health Factors

Health Equity

- 19% Individuals who are below the poverty level (2013-2017)
- 16.7% Adults who could not see a doctor at least once in the past year due to cost (2016)
- $46,338 Median Household Income
- 25.4% Children under 18 years old who live below the poverty line (2013-2017)

"Health equity means that everyone has a fair and just opportunity to be healthier."

- The Robert Wood Johnson Foundation
Health Factors

Social & Economic Factors

Income and Poverty

17.7% of families with children under 5 years old are below the poverty level.

25.5% of the Miami-Dade population receive SNAP benefits.

27.6% of Black or African Americans & 22.1% of American Indian and Alaska Natives are living below the poverty level.

2017 High School Graduation Rates

- White: 81.7%
- Black or African American: 77.9%
- Hispanic/Latino: 78.8%
- Asian: 84.8%
- American Indian or Alaska Native: 73.7%
- Two or More Races: 82.6%
- Native Hawaiian or Other Pacific Islander: 88.5%
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### Health Factors

- **305** residents died as a result of opioid overdoses in 2017.
- **17.5%** of adults engaged in heavy or binge drinking in 2016.
- **2,343.6** alcohol suspected motor vehicle traffic crashes (2014 - 2016).
- **12.3%** of adults were smokers in 2016.
- **28.4%** of youth reported ever trying electronic vaping in 2018.
- **38.7%** of adults were overweight in 2016.
- **241,620** individuals were experiencing food insecurity in 2016.
- **63.6%** of women over the age of 40 received a mammogram in 2016.
- **52.7%** of women over the age of 18 received a pap smear in 2016.
- **15.1 per 1,000** was the 2015-17 birth rate for mothers 15 to 19 years of age.
- **85.9%** of mothers began prenatal care during their 1st trimester (2015-17).
- **63.7%** of adults visited a dentist or dental clinic in 2016.
- **92.1%** of kindergarteners met immunization requirements (2015-2017).
- **10** municipalities have adopted Active Design Guidelines.
- **~70%** of students grades k-12 were eligible for the Free and Reduced Lunch Program (2015-16).
- **10.1 per 1,000** was the 2015-17 birth rate for mothers 20 to 24 years of age.
- **63.7%** of adults visited a dentist or dental clinic in 2016.
Health Factors

Clinical Care

Health Professional Shortage Areas

Primary Health Professional
- Low-income population
- Northwest Miami-Dade County, FL

Mental Health Professional
- Northeast Miami-Dade County, FL
- Southwest Miami-Dade County, FL

Dental Health Professional
- Low-income population
- Northwest Miami-Dade County, FL

20.7% of the population DOES NOT have health insurance coverage (2013-2017).

Physicians per 100,000 Population, 2009 - 2018

Florida: 291.9
Miami-Dade: 321.2
Health Factors

Physical Environment

While black persons represent 18% of Miami-Dade County’s general Population, they comprise 56% of the homeless population.

Lead Poisoning Death Rates. per 100,000

- Miami-Dade: 7.5

3rd highest homeless population of any state in the nation.

For more information on lead and how to prevent lead poisoning, visit www.cdc.gov/lead

In 2017, 98.1% of the Miami-Dade population received fluoridated water.

1,913 children in Miami-Dade County under the age of 18 were in foster care in 2017.