

# Chronic Diseases

## 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.

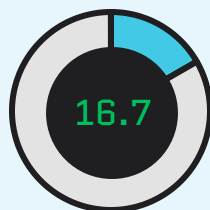
Cancer is the second leading cause of death in  
Miami-Dade County

## Death Rate by Cancer Type

Rates are per 100,000

### Breast Cancer

HP 2020 Goal: 20.7 Deaths per  
100,000



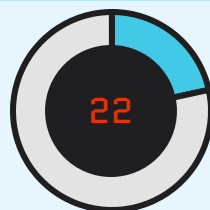
### Melanoma Skin Cancer

HP 2020 Goal: 2.4 Deaths per  
100,000



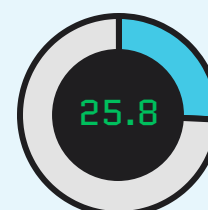
### Prostate Cancer

HP 2020 Goal: 21.8 Deaths per  
100,000



### Lung Cancer

HP 2020 Goal: 45.5 Deaths per  
100,000



# 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



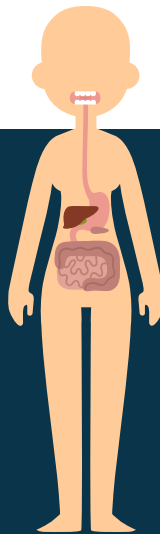
Hepatitis C Infection/other viruses



Nonalcoholic fatty liver disease



Long-Term Alcohol Abuse



### How To Lower Your Risk



Get vaccinated against Hepatitis B

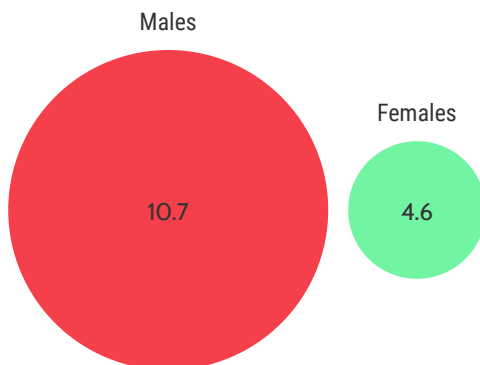


Get tested and treated for Hepatitis C



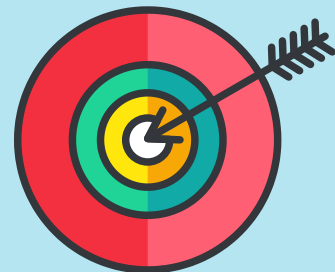
Limit alcohol consumption

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



### Healthy People 2020 Goal

8.2 Cirrhosis deaths per 100,000



### 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



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

In other countries air pollution is a major contributor.

### 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

### 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

### 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



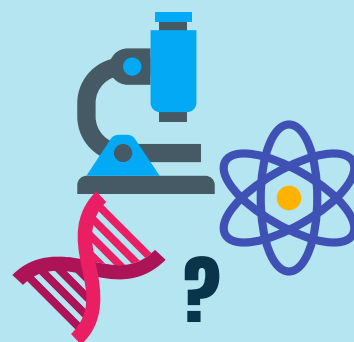
# Chronic Diseases

## Alzheimer's Disease

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

**6<sup>TH</sup>** LEADING CAUSE OF DEATH  
IN MIAMI-DADE COUNTY

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



### MIAMI-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**

### 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.



# 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)



**3,721**

Homeless Population (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

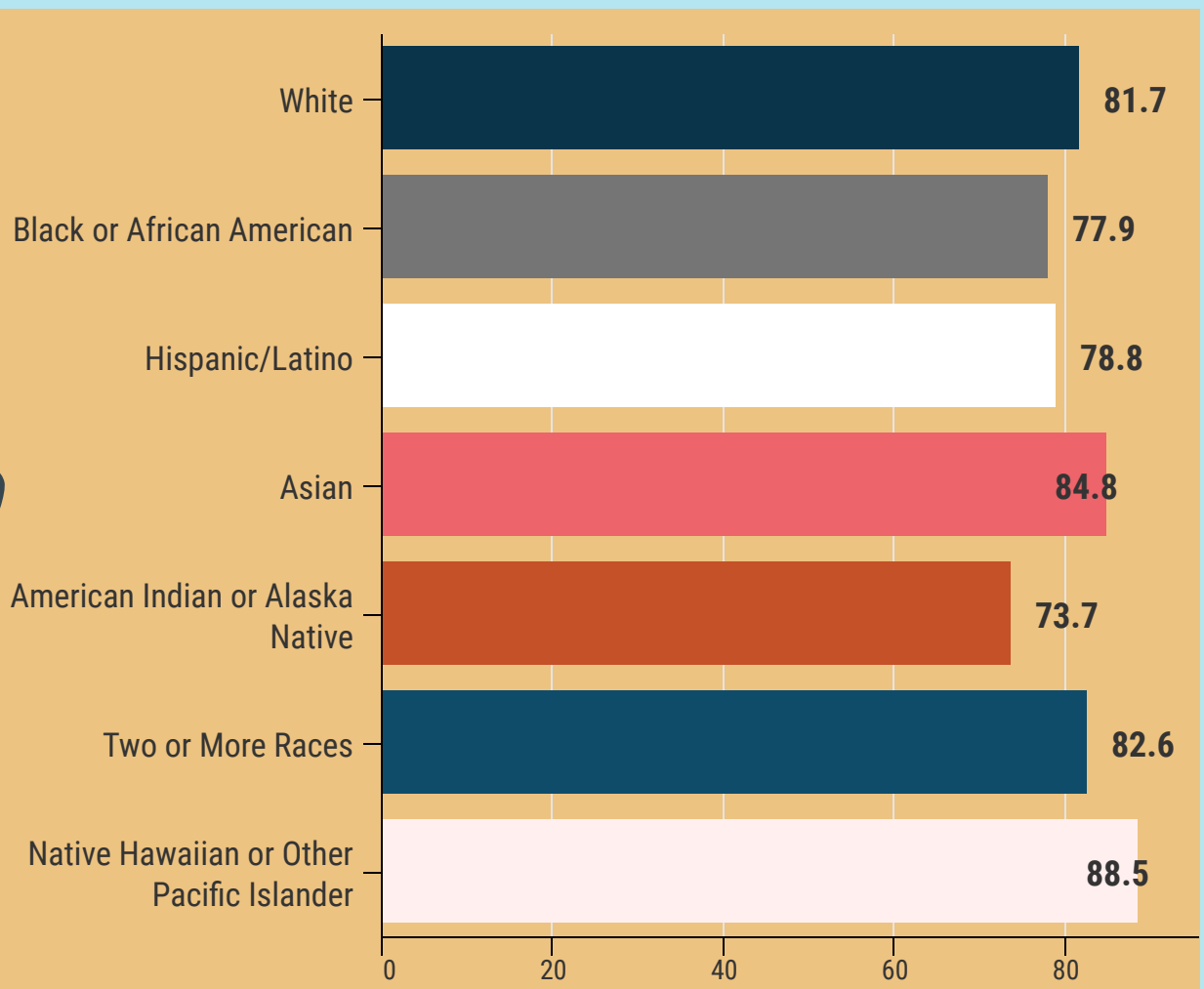
are living below the poverty level



### 2017 High School Graduation Rates



### Education



# Health Factors

## Health Behaviors

### Miami-Dade County

#### Quick Facts



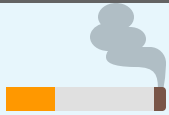
305 residents died as a result of opioid overdoses in 2017.



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.



~70% of students grades k-12 were eligible for the Free and Reduced Lunch Program (2015-16).



92.1% of kindergarteners met immunization requirements (2015-2017).



10 municipalities have adopted Active Design Guidelines.



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.



# 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



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

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

For more information on lead and how to prevent lead poisoning, visit

[www.cdc.gov/lead](http://www.cdc.gov/lead)

Lead Poisoning Death Rates. per 100,000  
(2015-2017)



Miami-Dade  
**7.5**



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.

