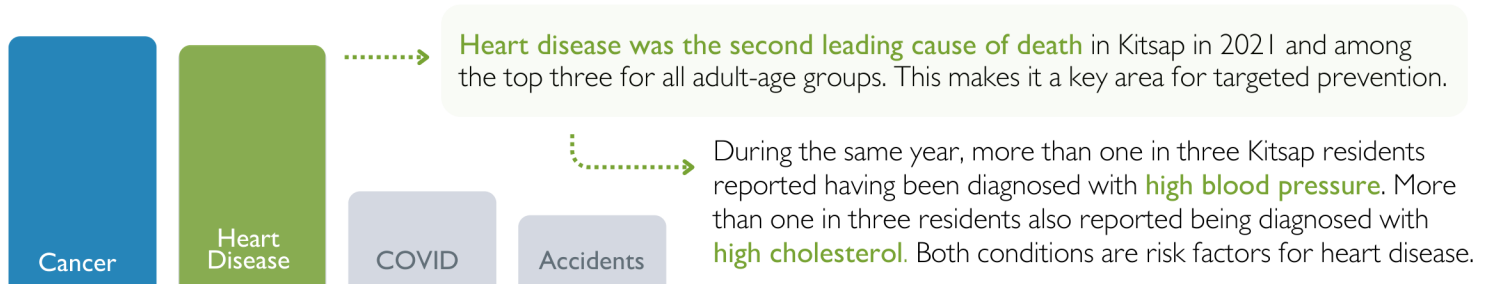




# KITSAP COUNTY TRENDS IN CHRONIC DISEASES

Chronic diseases are defined widely as conditions that last one year or more and require ongoing medical attention or limit activities of daily living or both. Many prevention interventions focus on key behaviors, but more and more public health models that include a broader set of factors contributing to chronic disease — such as genetics, one’s environment, or access to healthcare — are being used as frameworks for developing more effective prevention strategies that meet community needs.

## HEART DISEASE



## CANCER

Cancer, in its many forms, has been the leading cause of death in Kitsap yearly since at least 2000. This makes it another key area for targeted prevention.

However, none of the three cancers reviewed in this assessment (breast, cervical, and colorectal) showed concerning trends or comparisons to Washington state overall. More investigation into cancer deaths will be important.

## WEIGHT



From 2010-2021, the percentage of Kitsap adults and 10th graders who classified as overweight or obese increased.



One in four (29%) Kitsap 10th graders



Two in three (66%) Kitsap adults

reported a height and weight that classified as overweight or obese.

**Note:** The height and weight classification is tied to the long-used Body Mass Index (BMI) measurement, a formula that has scientifically demonstrated limitations.

## DISPARITIES IN CHRONIC DISEASES



### INCOME LEVEL

The following conditions were more common in those with **lower incomes**:

- High blood pressure
- High cholesterol
- Diabetes
- Lower physical activity levels
- Becoming overweight or obese

**Another economic disparity is suggested by differences in screening rates** for cervical, breast and colorectal cancer between Medicaid beneficiaries and the general population.

Unfortunately, general adult population screening data, collected through weighted survey responses, are not collected in the same way that Medicaid screening data is collected (through claims data), so they are not comparable. More information and investigation into these suggested differences is needed.



### EDUCATIONAL ATTAINMENT

The following conditions were more common in adults with **lower educational attainment**:

- High blood pressure
- Diabetes
- Lower physical activity levels

Although there are no economic subgroups for youth, **physical activity and overweight/obesity in youth** differ between higher median income areas such as Bainbridge Island and lower median income areas such as Bremerton.

It is important to note that there are several social and economic factors, such as healthcare access, insurance coverage and transportation, that can affect screening rates and access to preventive and treatment services, which factor into these disparities.

## SOURCES

- About Chronic Diseases, Centers for Disease Control and Prevention (2022)
- Environmental Determinants of Chronic Disease and Medical Approaches: Recognition, Avoidance, Supportive Therapy, and Detoxification, Margaret E. Sears and Stephen J. Genuis (2012)
- Behavioral Risk Factor Surveillance System (BRFSS) data, Washington State Department of Health Center for Health Statistics (2022)
- Report 07 of the Council On Science and Public Health supporting removal of BMI as a standard measure in medicine, House of Delegates Handbook and Addendum - Reference Committee D (2023)
- Healthy Youth Survey (HYS), Washington State Department of Health and its partners (2021)
- Healthier Washington Measure Explorer & Trend Dashboard, Washington State Health Care Authority (2022)

## LEARN MORE



### VIEW THE FULL REPORT



Kitsap Public Health published a detailed Community Health Assessment in 2023. Scan the code with a smartphone camera to view the full report.

### HAVE QUESTIONS?

We'd love to provide any answers that we can.

Our office is open from 9 a.m. to 4 p.m. every weekday. Call 360-728-2235.



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