



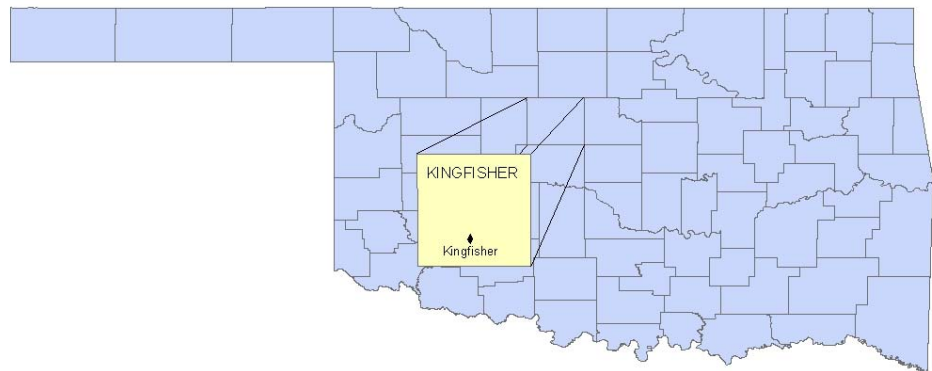
# State of the County's Health Report

## A Look Back To Move Forward

### Kingfisher County

The state of Oklahoma has been in a downward health trend since the 1990's, until recently. Through the efforts of the state and county health departments, state and local governments and the individual communities the health of Oklahomans is looking up. However, we could do more to improve the health of the citizens of Oklahoma.

This report focuses on the health factors for the citizens of Kingfisher County. We will take a look back to discover what has been affecting the health of the citizens in order to move forward and make healthy, effective and safe changes for all.



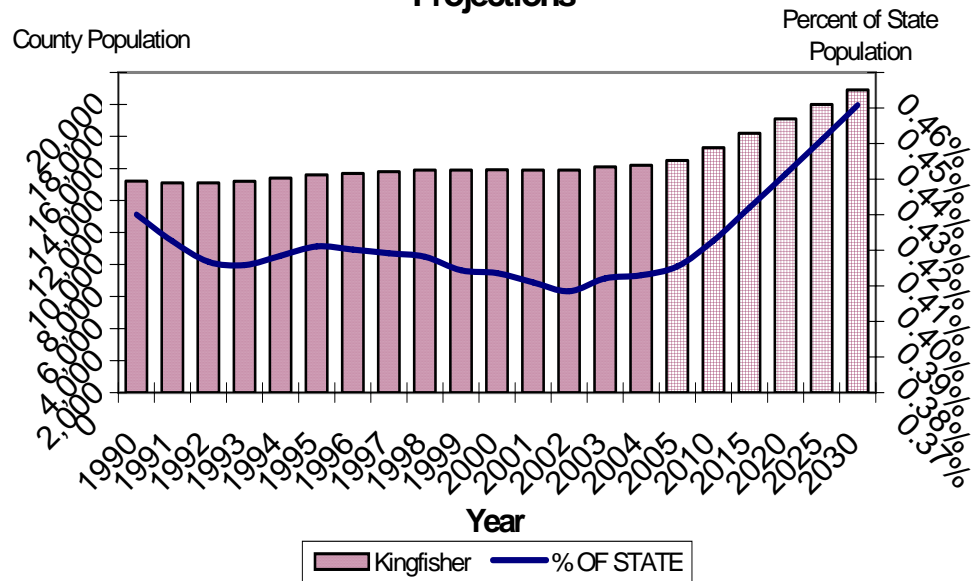
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# Demographics

- Population estimates
  - 5% increase from 1990 to 2000 (13,212 to 13,926)
  - 2.0% increase from 2000 to 2004
  - Ranked 25<sup>th</sup> for growth in state
- 2000 Census
- Hispanic/Latino ethnicity = 7%
- Race
  - Whites = 88%
  - Native Americans = 3%
  - Blacks = 2%
  - Other/Multiple = 7%
- Age
  - Under 5 = 6%
  - Over 64 = 15%
  - Median age = 38.0 years
- Housing units
  - Occupied = 5,879
  - Vacant = 632
- Disability (ages 21 to 64) = 19.1% national average = 19.2%
- Families below poverty = 8.5% national average = 9.2%

## Kingfisher County Population Growth with Projections



# Top 10 Leading Causes of Death

\* *Vital Statistics, Health Care Information Systems, OSDH &*

The top 10 leading causes of death table on the next page displays a broad picture of the causes of death in Kingfisher County. Since many health-related issues are unique to specific ages, this table provides causes of death by age group at a glance. The causes of death that are present across almost every age group have been highlighted. From 1983 to 1993 heart disease killed 587 people in Kingfisher County

and is still the leading cause of death among all age groups. According to the Centers for Disease Control, almost \$400,000 is spent on each heart disease-related death. With an average of 50 deaths a year, heart disease accounts for over \$18 million a year in medical

**Heart disease accounts for over \$18 million a year in medical costs in Kingfisher County.**

costs in Kingfisher County.

Diabetes and the complications associated has increased from the 9th ranked cause of death (1983-1993) to the 6th leading cause of death in persons 65 and older accounting for a 77% increase in deaths.

\* *Behavioral Risk Factor Surveillance System, Health Care Information System, OSDH & Health Affairs Journal, R. Strum, 2002*

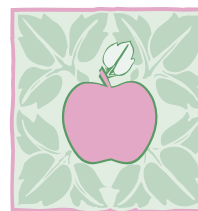
# Nutrition and Obesity

With the United States coming in as the most obese country in the world, health care costs related to obesity and poor nutrition are on the rise.

Of the 292 million people in the United States, 129 million are overweight or obese according to their body mass index (BMI). The number of obese (BMI > 29) and overweight (BMI 25-29) Oklahomans has been increasing at the

same rate as the nation, and health care costs are reflecting this downward spiral of health. For persons under the age of 65, on average, health care costs are \$395 more for obese individuals and are even greater for persons over the age of 65.

In 2002-2004, 30.7%



**Sensible Foods – Sensible Portions  
5 to 9 Fruits & Vegetables a Day**

(4,319) of people in Kingfisher County were considered obese which accounted for an additional \$1,706,005 in medical costs for the county. These costs are underestimated because they do not take into account the percentage of obese or overweight persons who are over the age of 65.

## Top 10 Causes of Death by Age Group Kingfisher County 1993-2003

	0-4	05-14	15-24	25-34	35-44	45-54	55-64	65+	All Ages
1	PERINATAL PERIOD 4	UNINTENTIONAL INJURY 7	UNINTENTIONAL INJURY 17	UNINTENTIONAL INJURY 9	UNINTENTIONAL INJURY 13	HEART DISEASE 28	CANCER 65	HEART DISEASE 467	HEART DISEASE 553
2	HEART DISEASE 1	CANCER 1	CANCER 1	SUICIDE 5	HEART DISEASE 9	CANCER 15	HEART DISEASE 45	CANCER 218	CANCER 312
3	MENINGITIS 1	HOMICIDE/LEGAL INTERV. 1	HEART DISEASE 1	CANCER 4	CANCER 8	UNINTENTIONAL INJURY 8	BRONCHITIS/EMPHYSEMA/ASTHMA 9	STROKE 110	STROKE 119
4	SIDS 1		SUICIDE 1	HIV 2	SUICIDE 4	LIVER DISEASE 6	UNINTENTIONAL INJURY 7	BRONCHITIS/EMPHYSEMA/ASTHMA 76	UNINTENTIONAL INJURY 89
5	OTHER 1		OTHER 1	HOMICIDE/LEGAL INTERV. 2	HIV 3	STROKE 5	DIABETES MELLITUS 3	INFLUENZA/PNEUMONIA 69	BRONCHITIS/EMPHYSEMA/ASTHMA 87
6				CONGENITAL ANOMALIES 1	INFLUENZA/PNEUMONIA 2	DIABETES MELLITUS 3	INFLUENZA/PNEUMONIA 3	DIABETES MELLITUS 39	INFLUENZA/PNEUMONIA 76
7				DIABETES MELLITUS 1	LIVER DISEASE 2	SUICIDE 3	KIDNEY DISEASE 3	ATHEROSCLEROSIS 28	DIABETES MELLITUS 46
8				HEART DISEASE 1	HOMICIDE/LEGAL INTERV. 1	BRONCHITIS/EMPHYSEMA/ASTHMA 2	LIVER DISEASE 3	UNINTENTIONAL INJURY 28	ATHEROSCLEROSIS 28
9					STROKE 1	HIV 2	STROKE 3	KIDNEY DISEASE 21	KIDNEY DISEASE 24
10					OTHER 4	INFLUENZA/PNEUMONIA 2	SUICIDE 3	ALZHEIMER'S DISEASE 17	ALZHEIMER'S DISEASE 22

Data source: *Vital Statistics*, Health Care Information Division, Oklahoma State Department of Health

Produced by: Injury Prevention Service, Oklahoma State Department of Health

## Injury and Violence

Across the nation and the state of Oklahoma, unintentional and violence-related injuries are on the rise. Unintentional injuries account for the 4th leading cause of death in the United States and the 5th leading cause of death in Oklahoma from 1999-2002. For persons ages 1 to 44 in Oklahoma, unintentional injuries are the leading cause of death.

This trend does not change much in Kingfisher County. Unintentional injuries are the leading cause of death from ages 5 to 44.

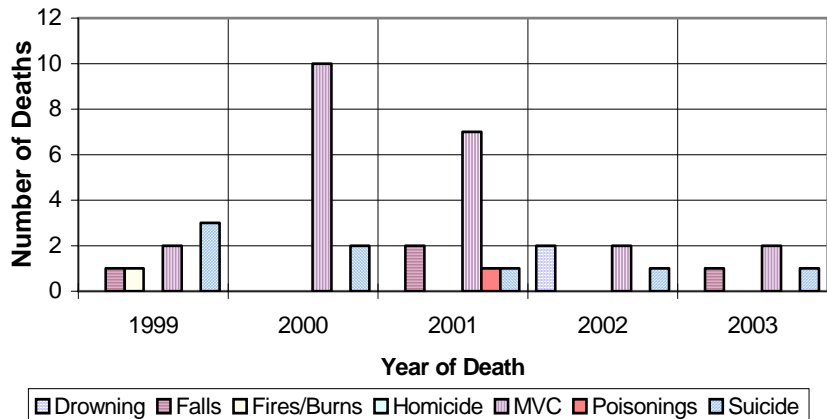
It is estimated that for every motor vehicle-related death \$1.1 million in economic costs are incurred. For Kingfisher County which has an average of 5 motor vehicle-related deaths a year,

that translates to over \$5 million a year.

Violence-related injuries (homicide

and suicide) in Kingfisher County are ranked in the top 10 in six of the eight age groups (see Top 10 list on page 3).

**Injury and Violence-Related Deaths in Kingfisher County, 1999-2003**



\* *Vital Statistics*, Health Care Information Systems, OSDH & Centers for Disease Control

## Tobacco Use

According to the 2005 State of the State's Health Report, tobacco use among Oklahomans has remained fairly stable from 1990 to 2002. Oklahoma has been consistently higher in its tobacco use than the nation and is 30% higher than the nation on the amount of tobacco consumed per capita (103 packs vs. 79 packs).

Tobacco use is no longer just the

problem of the individual but also the community as a whole. With health care costs on the rise, targeting areas such as tobacco use is an effective way to control those costs.

In 2002, the CDC estimated that a person that used tobacco accrued over \$3,300 in health care costs per year. According to the Behavioral

Risk Factor Surveillance System, it is estimated that 22.5% (3,165) of people in Kingfisher County use tobacco of some sort. Medical costs accumulated by those persons are over \$10 million a year for Kingfisher County.

*“Medical costs accumulated by those persons are over \$10 million a year for Kingfisher County”*

\* *Behavioral Risk Factor Surveillance System*, Health Care Information System, OSDH & American Diabetes Association, 2002

## Physical Activity, Wellness and Diabetes

The increasing inactivity of the U.S. population is contributing to an increase in numerous poor health-related outcomes. Physical inactivity robs the body of precious energy needed to function properly, in turn health declines and rates of various chronic diseases escalate.

According to the 2002-2004 Behavioral Risk Factor Surveillance System (BRFSS), it is estimated that 32.6%

(4,586) of people in Kingfisher County had no leisure activity in the past month at the time they were surveyed.

The BRFSS also indicated that 6.7% (942) of Kingfisher County citizens have been diagnosed by a health professional as having dia-



*Increase activity gradually. Moderate exercise for 30 minutes 5 days a week.*

betes. In 2002, the per capita annual healthcare costs for people with diabetes was \$13,243 compared to \$2,560 for people without diabetes. Persons with diabetes accumulated health care costs of \$12,474,906 in one year for Kingfisher County.

# Teen Pregnancy

While births to teen mothers (age 15 to 19) are on the decline in both the U.S. and Oklahoma, Oklahoma has moved up in rank from 13th to 8th in the country. In 1993 the rate of teen births

was 60.0 (per 1,000 15-19 year old females) in the U.S. and 66.6 in Oklahoma. In 2003, the rate decreased to 41.7 in the U.S. and 55.8 in Oklahoma, a decrease of

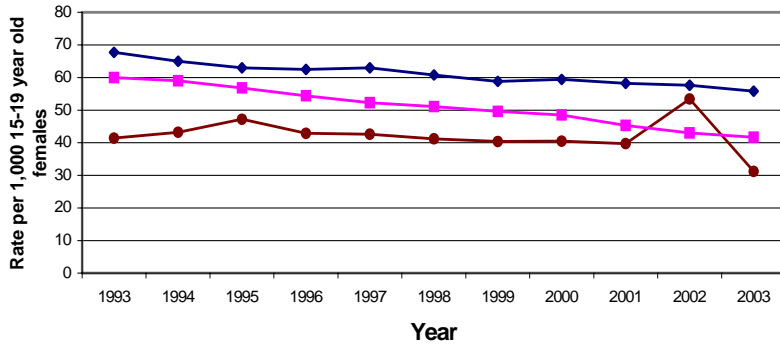
31% and 7%, respectively.

Children of teen mothers are more likely to display poor health and social outcomes than those of older mothers, such as premature birth, low birth weight, higher rates of abuse and neglect, and more likely to go to foster care or do poorly in school. Additionally, births to teen mothers accumulate \$3,200 a year for each teenage birth, which is passed on to citizens.

According to Oklahoma Vital Statistics, Kingfisher County had a teen birth rate of 31.2 in 2003 which was a 42% decrease from 2002 (53.4) but only a 25% decrease since 1993 (41.4).

With an average of 23 births per year, teen pregnancy costs the citizens of Kingfisher County \$73,600.00 a year.

**Rate of Live Births to Teen Mothers, Ages 15-19, 1993 to 2003**



\*2003 U.S. data is preliminary

Note: Only 1 birth to a mother 10-14 years of age occurred during the 11 year period.

# Poverty

\* U.S. Census Bureau

As the nation advances in technology and the ability to detect and prevent disease at an earlier stage, persons that are impoverished carry a large burden of poor health outcomes. Higher incidences of unplanned or unwanted pregnancies, teen pregnancy, inadequate

prenatal care, higher rates of low-birth-weight babies, infant deaths and low immunization rates are all associated with poverty along with a myriad of other adverse health outcomes.

According to the 2000 census, 10.8% of persons in Kingfisher County for

whom poverty status was known had an income below what was need to live at the federal poverty level. Kingfisher County is 27% below the state and 13% below the nation for persons with incomes below the federal poverty level.

**Income to Poverty Ratio Comparison, Kingfisher County, 1990 and 2000 Census**

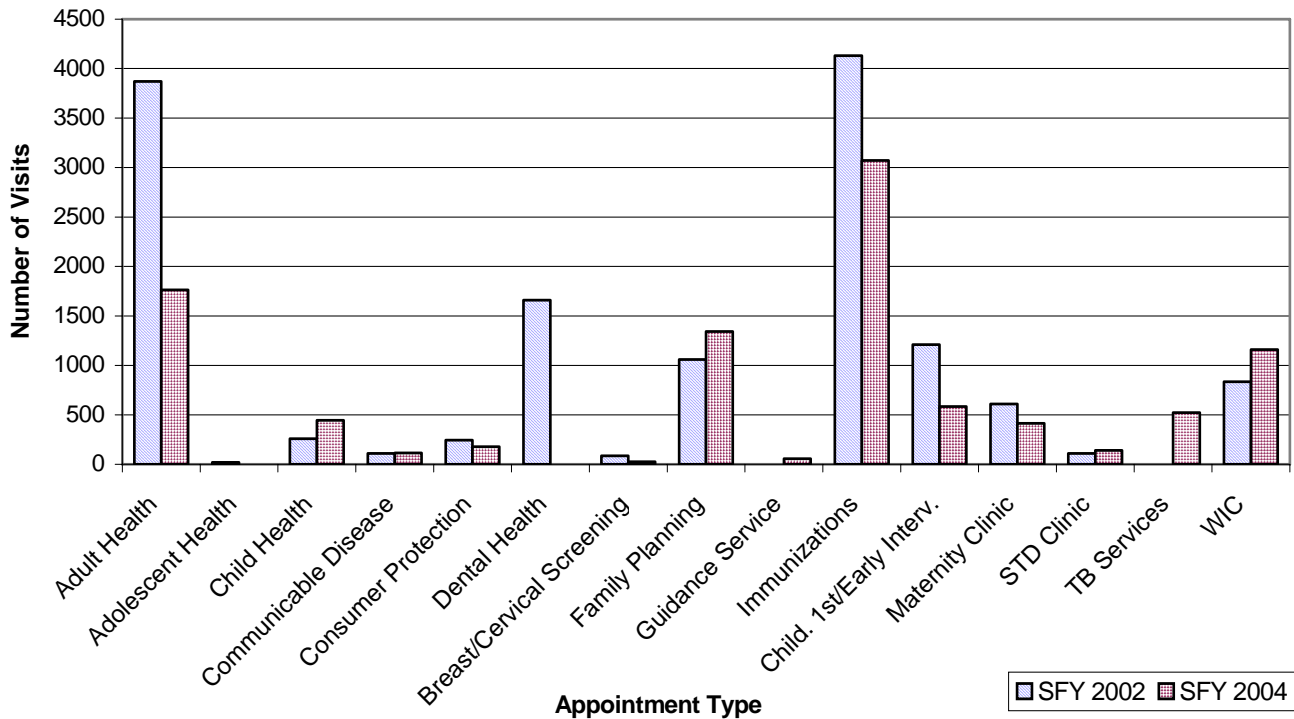
	Total	Under .50	.50 to .74	.75 to .99	1.00 to 1.24	1.25 to 1.49	1.50 to 1.74	1.75 to 1.84	1.85 to 1.89	2.00 and over
<b>1990 Census</b>										
Population	12,985	459	443	497	1003	819	1062	238	449	8015
Cumulative Population		459	902	1,399	2,402	3,221	4,283	4,521	4,970	12,985
% of Total	100.0%	3.5%	3.4%	3.8%	7.7%	6.3%	8.2%	1.8%	3.5%	61.7%
Cumulative %		3.5%	6.9%	10.8%	18.5%	24.8%	33.0%	34.8%	38.3%	100.0%
<b>2000 Census</b>										
Population	13,630	638	333	501	626	870	795	481	401	8,985
Cumulative Population		638	971	1,472	2,098	2,968	3,763	4,244	4,645	13,630
% of Total	100.0%	4.7%	2.4%	3.7%	4.6%	6.4%	5.8%	3.5%	2.9%	65.9%
Cumulative %		4.7%	7.1%	10.8%	15.4%	21.8%	27.6%	31.1%	34.1%	100.0%
<b>2000 -1990 Differential</b>										
Population Difference	645	179	(110)	4	(377)	51	(267)	243	(48)	970
% Difference	5.0%	39.0%	-24.8%	0.8%	-37.6%	6.2%	-25.1%	102.1%	-10.7%	12.1%

\* Note: ratio < 1, income is less than the poverty level; ratio = 1.00, income and poverty are the same; ratio > 1, income is higher than poverty level

# County Health Department Usage

\* PHOCIS, Community Health Services, OSDH

## Attended Appointments for Kingfisher County Health Department by State Fiscal Year



## Health Care Costs Summary

### Cardiovascular Disease (Heart Disease)

- Average 50 deaths a year
- \$369,476.69 per death
- Total—\$18,574,600.87 a year

### Obesity

- 30.7% of population (4,319)
- \$395.00 in additional medical costs per person
- Total—\$1,706,005.00

### Motor Vehicle-Related Injury Death

- Average 5 deaths per year
- \$1,120,000.00 in economic costs per death
- Total—\$5,600,000.00 a year

### Tobacco Use

- 22.5% of population (3,165)
- \$3,300.00 in health care costs
- Total—\$10,444,500.00 a year

### Diabetes

- 6.7% of population (942)
- \$13,243.00 in healthcare costs a year
- Total—\$12,474,906.00 a year

### Teen Pregnancy

- Average of 23 births to teen mothers per year
- \$3,200.00 in costs for each birth a year
- Total—\$73,600.00 a year



Grand Total for Kingfisher County:

**\$48,873,611.87**



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***Looking Back to Move Forward***

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*The Oklahoma Turning Point Initiative is public health improvement in action. The success of the Turning Point process involves a partnership between the department of health, local communities, and policy-makers. The Oklahoma Turning point engine is fueled by a community-based decision making process whereby local communities tap into the capacities, strengths, and vision of their citizens to create and promote positive, sustainable changes in the public health system, and the public's health.*

## Kingfisher County Community Advisory Board

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We want to say Thank You to all the people that make the Kingfisher County Community Advisory Board such a huge success.

- Kingfisher County Department of Human Services
- Kingfisher County Health Department
- Russell-Murray Hospice
- Kingfisher Hospital
- Kingfisher Public Schools
- Kingfisher Chamber of Commerce
- Ministerial Alliance
- Kingfisher Trails Committee
- Kingfisher County Clerks Office
- OSU Extension Office
- Wheatland Mental Health
- St. Peter and Paul Private School
- Business Community
- Oklahoma Commission on Children and Youth
- Concerned Citizens
- Sooner SUCCESS

