

THE HEALTH OF LINN COUNTY, IOWA

A COUNTYWIDE ASSESSMENT OF HEALTH STATUS AND HEALTH RISKS

Project Team

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Questions and Comments

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Chapter 3 Health Status

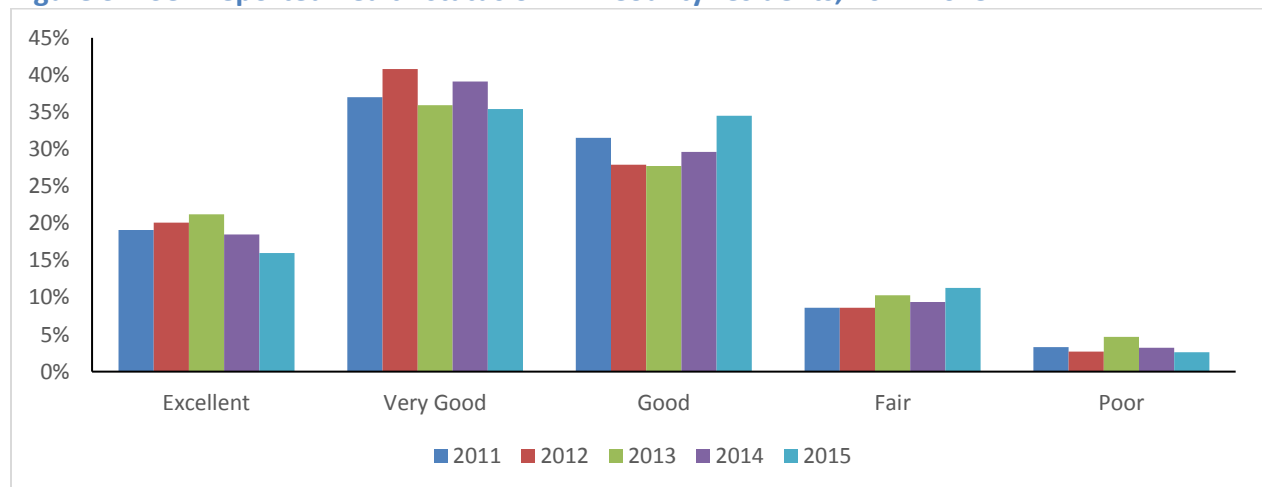
Introduction

Chapter 3 describes the general health of the residents of Linn County by providing information about health status, disease, life expectancy and years of potential life lost (YPLL). Examining these indicators is often helpful in identifying the overall health of the population.

General Health Status

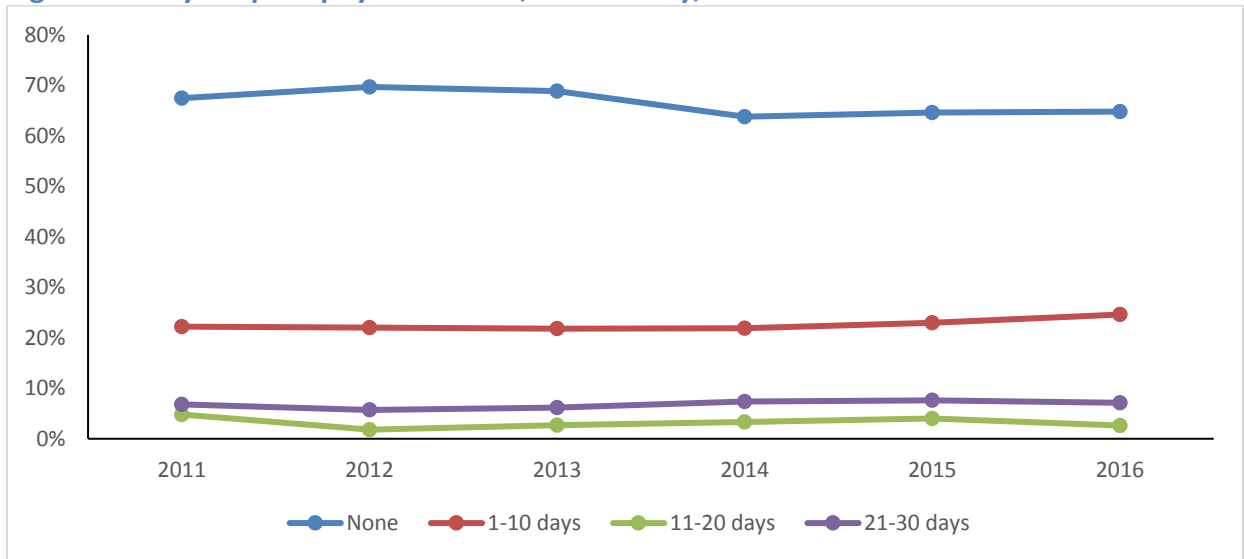
Linn County residents self-report their general health, physical, and mental health on an annual basis through the Behavioral Risk Factor Surveillance System (BRFSS) administered by the Centers for Disease Control and Prevention (CDC). BRFSS questions are used to assess health status and risk factors among the public (see Appendix C). In 2016, when asked to complete the question, “Would you say in general your health is...” 89.9% of respondents, reported their health was “Excellent, Very Good or Good”. The response “Very Good” is the most common response selected with 39%, followed by “Good” at 32.5% (Figure 3.1). When asked “How many days during the past 30 days was your physical health not good?” 64.8% of respondents answered “None”; an additional, 24.6% experienced poor health between 1-10 days in the month prior to survey. Responses for 11-20 and 21-30 days were both less than 10% (Figure 3.2). When asked, “How many days during the past 30 days was your mental health not good?” 65.7% answered “None” and 21.5% said between 1-10 days. Like poor physical health, responses for 11-20 and 21-30 days were less than 10% (Figure 3.3). A significant correlation exists between experiencing poor mental health and experiencing poor physical health. General health status and physical and mental health status have remained relatively consistent overtime.

Figure 3.1 Self-reported health status of Linn County residents, 2011-2015



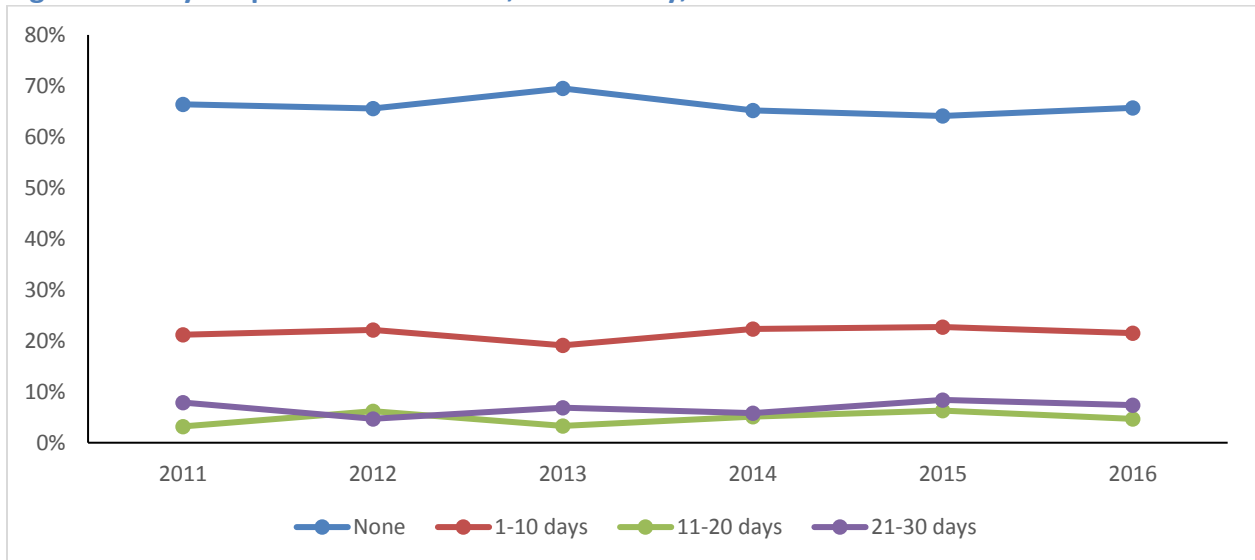
Source: Behavioral Risk Factor Surveillance System (BRFSS), Division of Tobacco Use Prevention and Control Iowa Department of Public Health

Figure 3.2 Days of poor physical health, Linn County, 2011-2016



Source: Behavioral Risk Factor Surveillance System (BRFSS), Division of Tobacco Use Prevention and Control Iowa Department of Public Health

Figure 3.3 Days of poor mental health, Linn County, 2011-2016

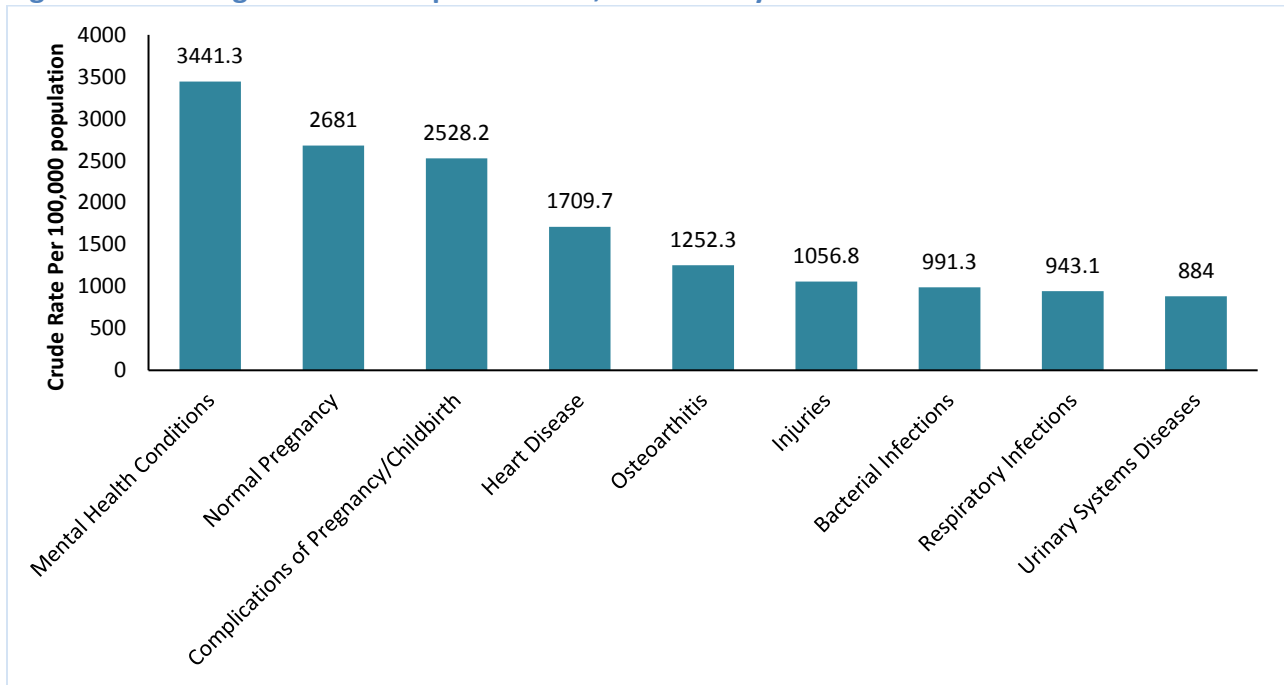


Source: Behavioral Risk Factor Surveillance System (BRFSS), Division of Tobacco Use Prevention and Control Iowa Department of Public Health

Hospitalizations

In 2015, there were 25,259 hospital inpatient discharges among Linn County residents. The age-adjusted discharge rate was 1,121.4 per 10,000 population. The most common reason for hospitalization across all age groups was Mental Health Conditions. The second most common reason for hospitalization was Normal Pregnancy and/or Delivery at a rate of 130 discharges per 10,000 population. Heart disease, respiratory infections, and injuries were also common reasons for hospitalizations (Figure 3.4).

Figure 3.4 Leading causes of hospitalizations, Linn County - 2015

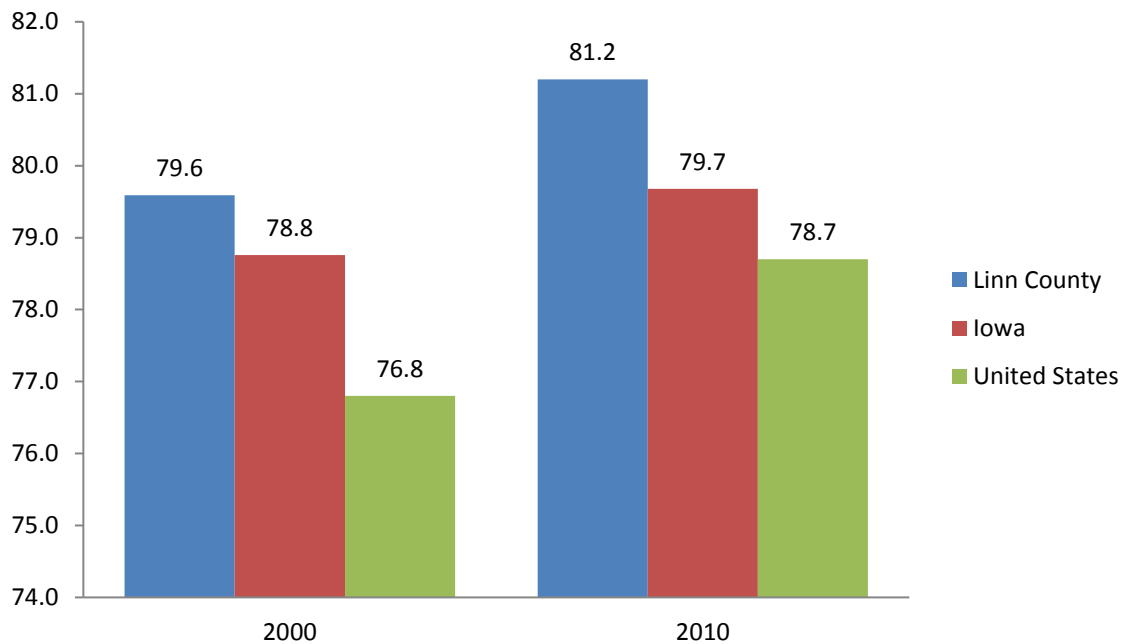


Source: Iowa Public Health Tracking Portal, Iowa Department of Public Health

Life Expectancy

From 2000 to 2010, the life expectancy of a Linn County resident increased by 1.6 years from 79.6 to 81.2 years. In 2010, the life expectancy of a Linn County resident was greater than the average life expectancy for Iowa and the United States (Figure 3.5). Females have a greater life expectancy than males, and white people have a longer life expectancy than black people (Table 3.1). Population counts of other racial groups are not large enough to calculate the life expectancy at birth for Linn County residents.

Figure 3.5 Life Expectancy at birth, 2000 and 2010



Source: CDC National Center for Health Statistics; US Census Bureau; Vital Records, Bureau of Health Statistics, Iowa Department of Public Health

Table 3.1 Life expectancy at birth by race and gender, Linn County, Iowa and United States, 1999-2001

	All Races			White			Black or African American		
	Both Sexes	Male	Female	Both Sexes	Male	Female	Both Sexes	Male	Female
Linn	79.59	76.99	81.60	79.62	77.15	81.72	*	*	*
Iowa	78.76	76.11	81.39	78.77	76.19	81.35	72.91	70.81	75.16
United States	76.83	74.10	79.45	77.41	74.74	79.97	71.74	68.08	75.12

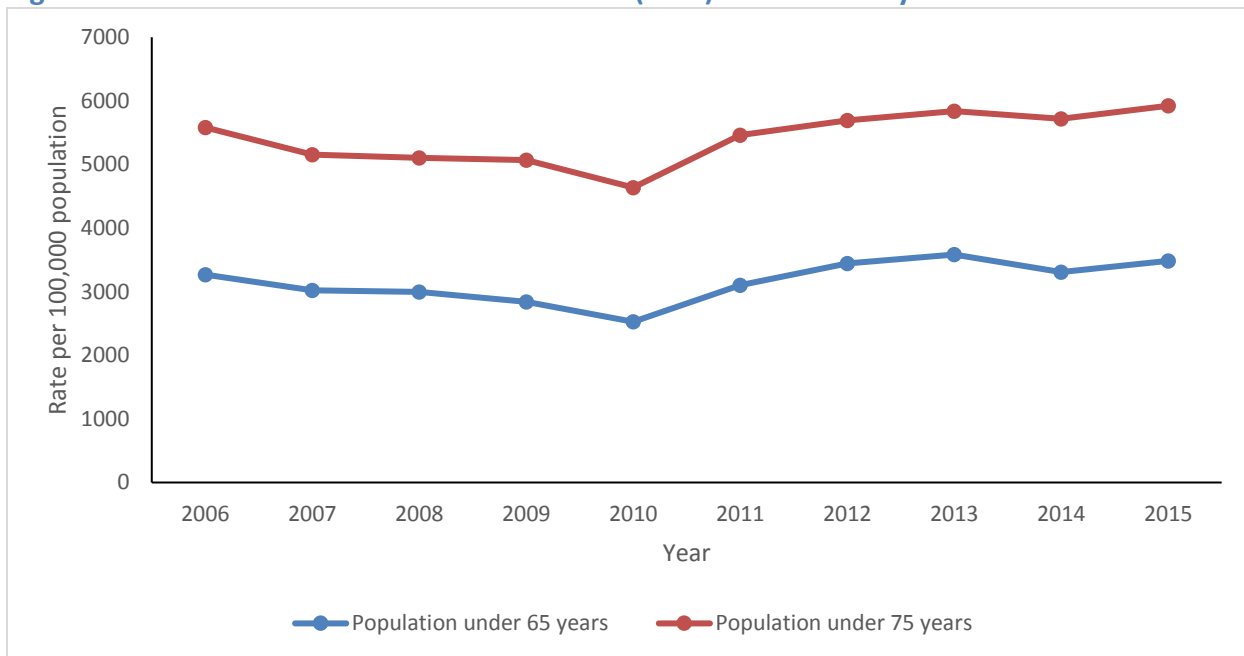
Source: CDC National Center for Health Statistics; US Census Bureau; Vital Records, Bureau of Health Statistics, Iowa Department of Public Health

*Not enough data to calculate

Years of Potential Life Lost

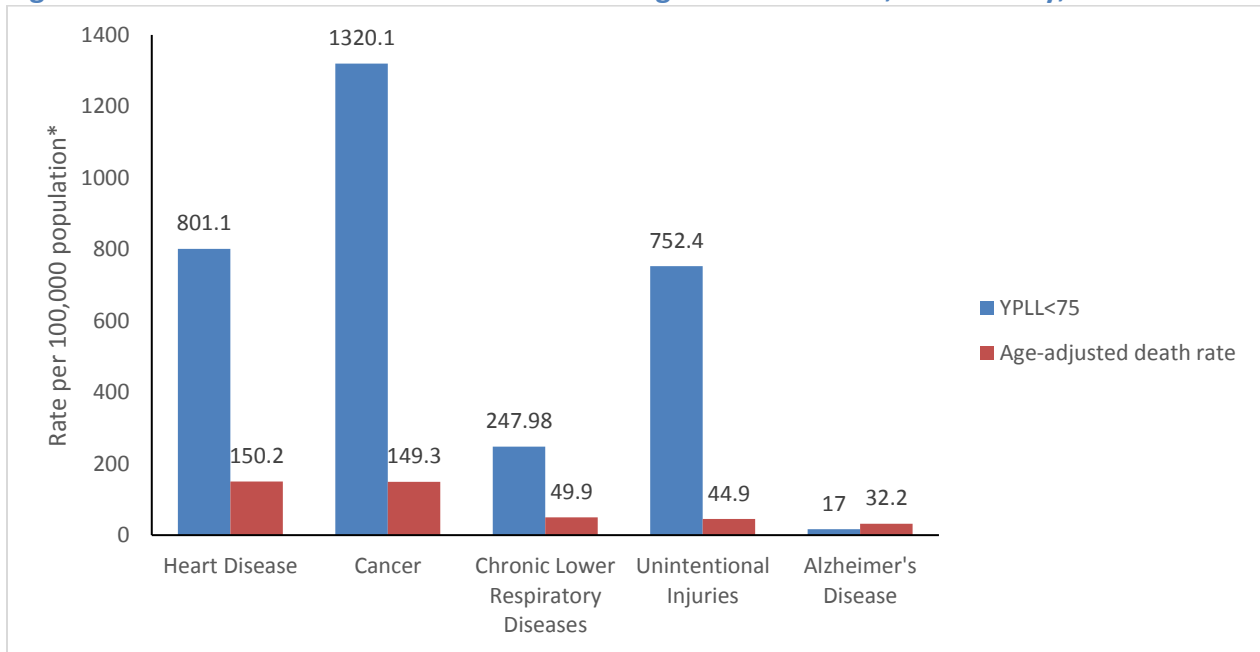
Years of Potential Life Lost (YPLL) is a measure of premature death in the population, and can be an indicator for the overall health of the population. The YPLL for Linn County residents increased slightly between 2006 and 2015, with a significant increase in YPLL occurring between 2010 and 2011 (Figure 3.6). Between 2010 and 2015, the YPLL rate increased from 2526.7 to 3483.0 per 100,000 population for the population under 65 years and from 4637.6 to 5922.3 per 100,000 population for the population under 75 years. Figure 3.7 compares YPLL for the population under 75 years of age related to the 5 leading causes of death in Linn County. The second leading cause of death, cancer, has the greatest YPLL, at 1320.1 per 100,000 population age 75 and younger, followed by heart disease and unintentional injuries. While cancer and heart disease are the first and second leading cause of death, unintentional injuries are the fifth leading cause of death. Among populations under the age of 65 years, the leading causes of YPLL is similar with the greatest YPLL rate attributed to Cancer at 567.6 per 100,000 population, most closely followed by unintentional injuries and heart disease (Figure 3.8). YPLL as it relates to unintentional injuries is discussed further in Chapter 7: Injury and Violence.

Figure 3.6 Trends in Years of Potential Life Lost (YPLL) in Linn County for 2006 thru 2015



Source: Death Dataset

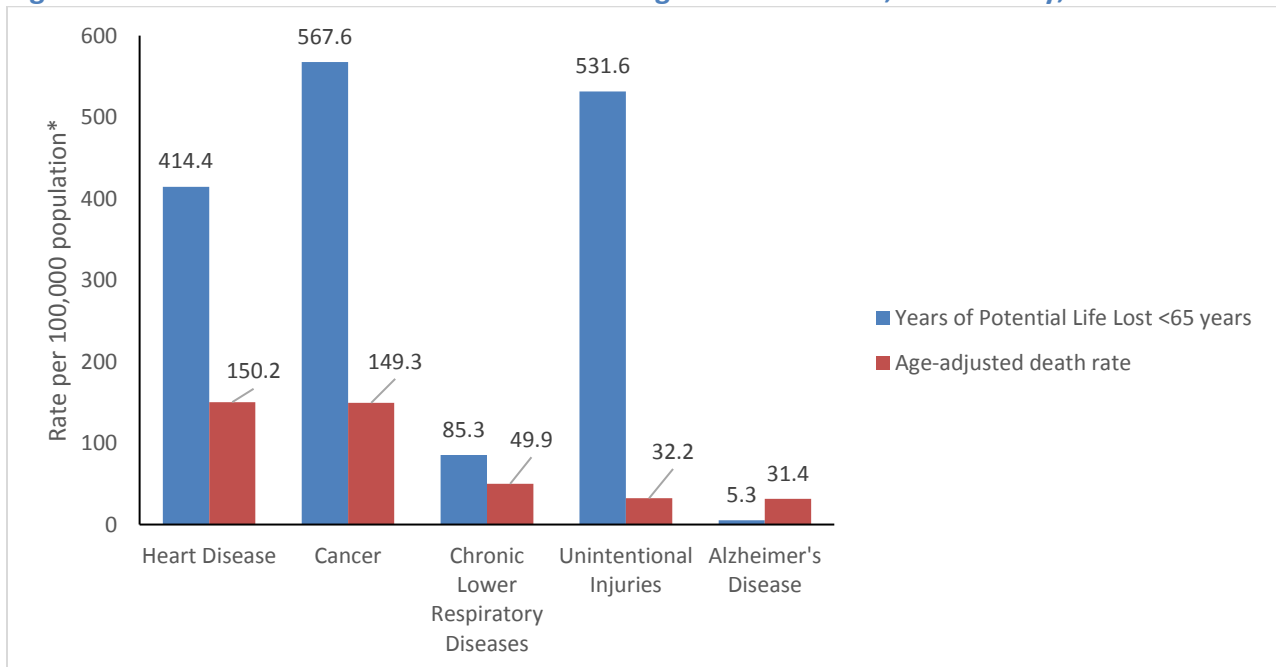
Figure 3.7 Years of Potential Life Lost for 5 leading causes of death, Linn County, 2015



Source: Vital Records, Bureau of Health Statistics, Iowa Department of Public Health

*YPLL rate is per 100,000 population under age 75, while age-adjusted death rate is per 100,000 population of all ages

Figure 3.8 Years of Potential Life Lost for 5 leading causes of death, Linn County, 2015



Source: Vital Records, Bureau of Health Statistics, Iowa Department of Public Health

*YPLL rate is per 100,000 population under age 55, while age-adjusted death rate is per 100,000 population of all ages

Summary

In 2015, 86% of the Linn County population identified their general health as “Excellent, Very Good or Good”. Additionally, 35.4% of residents reported having any days in the past 30 days when they did not have good physical health, and 35.9% reported having any days when they did not have good mental health. The leading cause of hospitalization in 2015 was mental health, which did not emerge as a leading cause of hospitalization until 2014. Aside from childbirth, other common reasons for hospitalization included heart disease, injuries, and respiratory infections. The life expectancy at birth of a Linn County resident in 2010 was 81.2 years, greater than the life expectancy for Iowa and the United States. The Years of Potential Life Lost (YPLL) in 2015 for the Linn County population under than 75 years old was 5,922.3 per 100,000, increased from the prior report in 2011. Cancer has the greatest YPLL <75 rate among the 5 leading causes of death, followed by heart disease and unintentional injuries.