

# CHRONIC DISEASE IN WYOMING

Joseph Grandpre, PhD, MPH  
Wyoming Department of Health

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## Disclosures to Participants

### Notice of Requirements for Successful Completion:

Learners must participate in the full activity and complete the evaluation in order to claim continuing education credit/hours.

### Presenter has No - Conflicts of Interest/Financial Relationships Disclosures:

Joe Grandpre

### Disclosure of Relevant Financial Relationships and Mechanism to Identify and Mitigate Conflicts of Interest: No conflicts of interest

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## Learning Objectives/ Program Overview

- a. To discuss with learners as to the current incidence, prevalence, and mortality rates of chronic diseases in Wyoming residents.
- b. To discuss the risk factors associated with chronic diseases and the rates of those risk factors in Wyoming.

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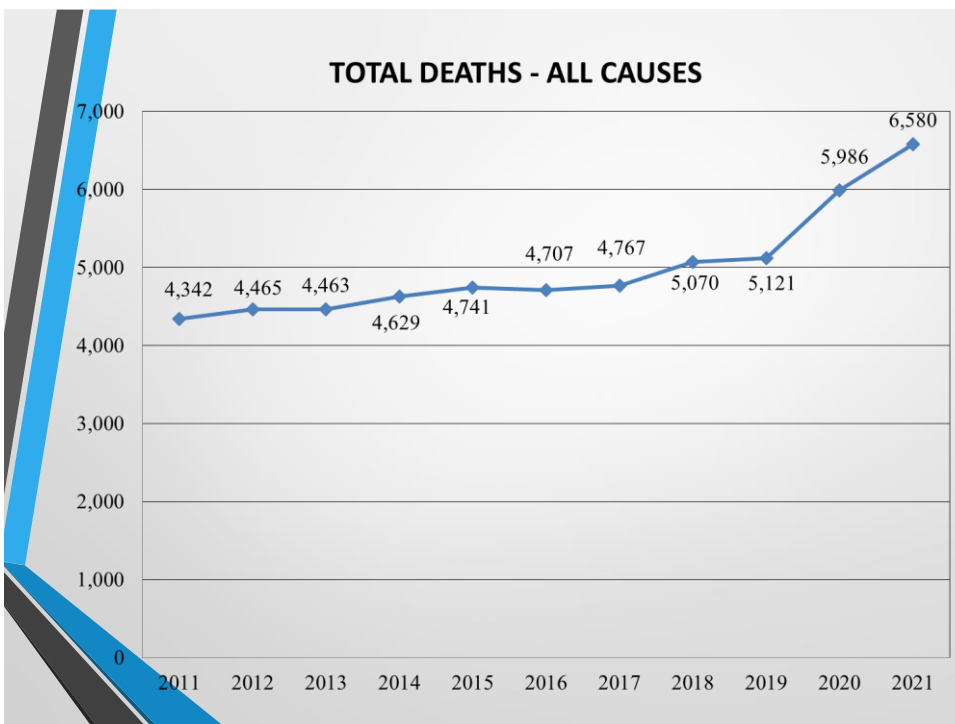
## Leading Causes of Death in WY

	<u>2020</u>	<u>2021</u>
Heart Disease	1,173	1,115
Cancer	1,031	1,151
COVID-19	463	1,026
Chronic Resp.	401	355
Accidents/Adverse	375	380
Alzheimer's	227	208
Stroke	220	216
Suicide	182	189
Chronic Liver	174	177
Diabetes	148	172
	54%	49%

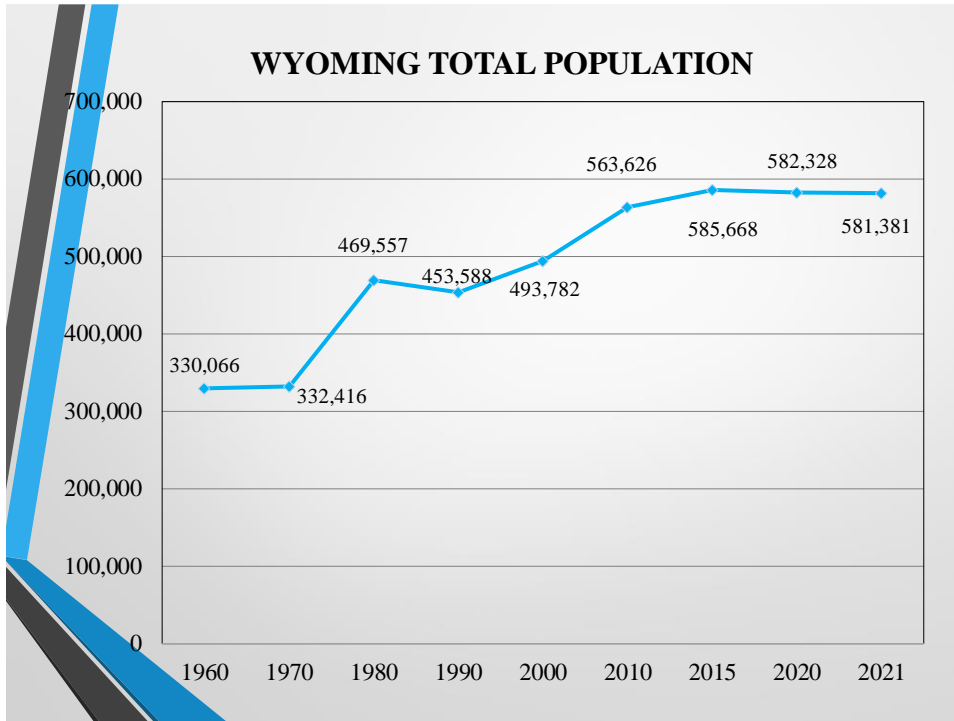
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## Heart Disease & Stroke

- Between 2015-2018 - 126.9 Million Americans had some form of Cardiovascular disease (CVD) - (e.g., hypertension, CHD, stroke, etc...)
- CVD kills someone in the U.S. about once every 36.1 seconds. (2,396/day)



Heart Disease & Stroke Statistics-2022

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## Heart Disease & Stroke

- On average someone has a stroke in the U.S. every 40 seconds.
- Stroke kills someone in the U.S. about once every 3 minutes 33 seconds (411/day).
- 2015-2018 – 121.5 million or 47% of US adults have hypertension.

Heart Disease & Stroke Statistics-2022

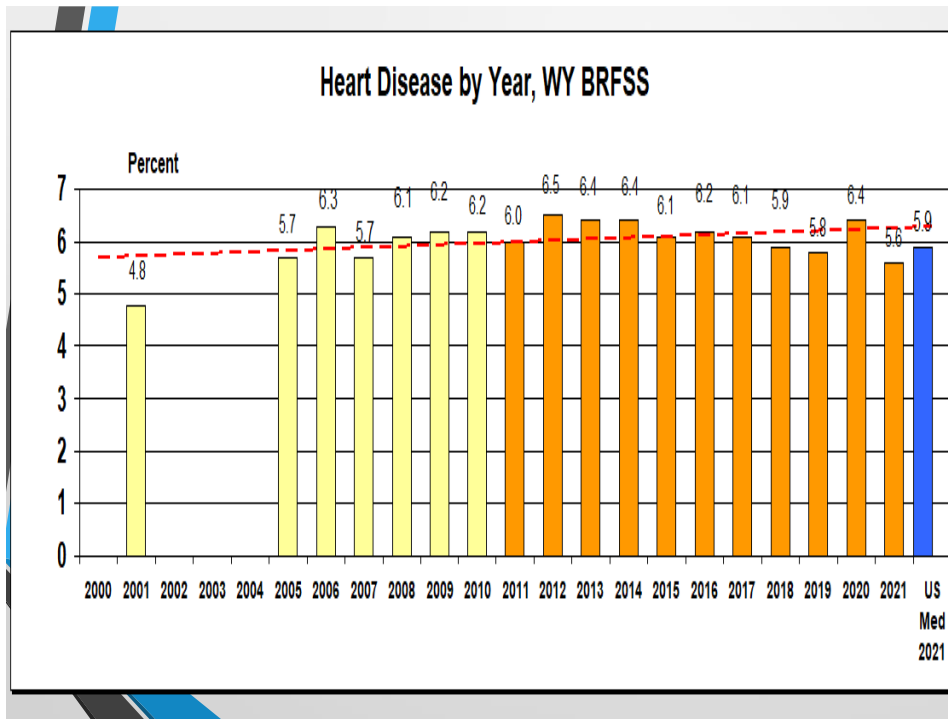
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## Heart Disease & Stroke

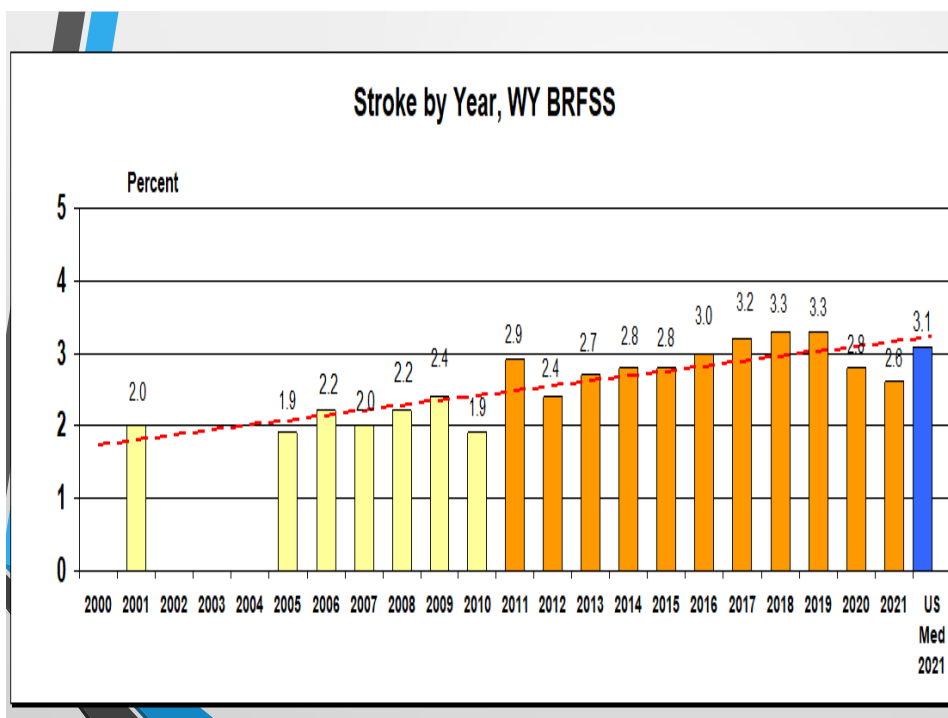
### 2021 WY BRFSS

- 80.1% of Wyoming adults don't lead a healthy lifestyle (BMI 25 or above, current smoker, no leisure time physical activity).
- 7.5% Wyoming Adults have been told they have had heart disease or stroke (2020 = 8.3)
- 2.6% Wyoming Adults have been told they have had a Stroke

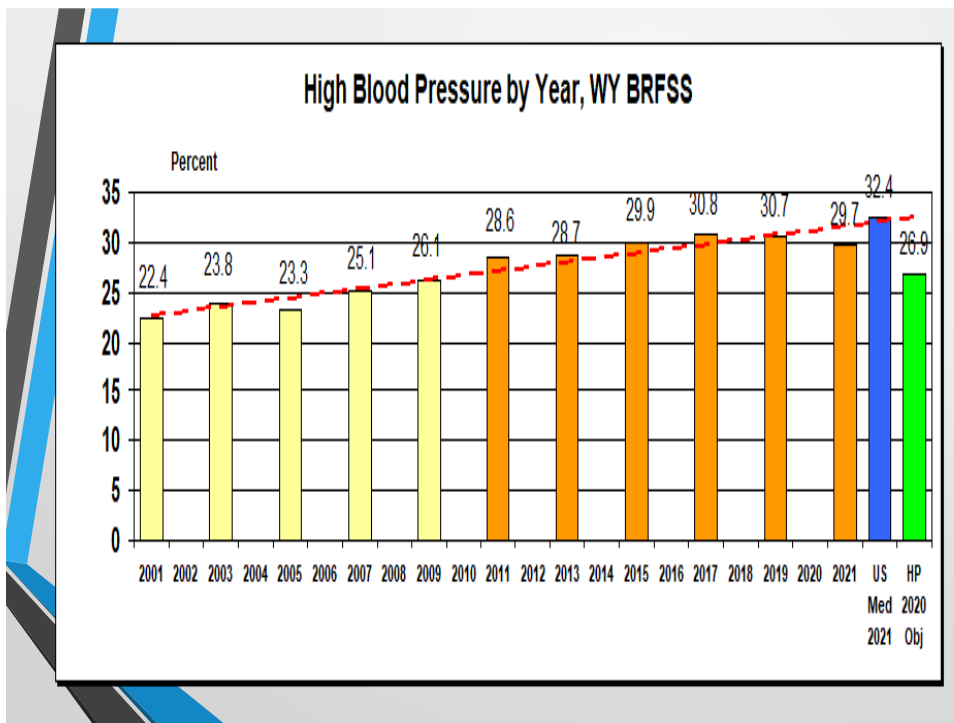
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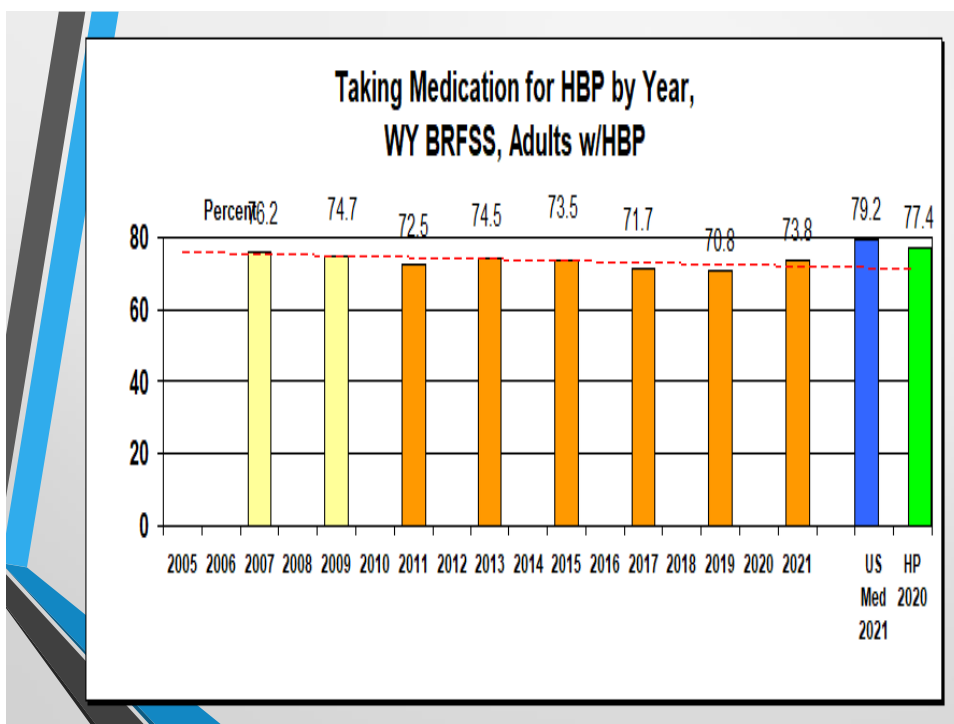
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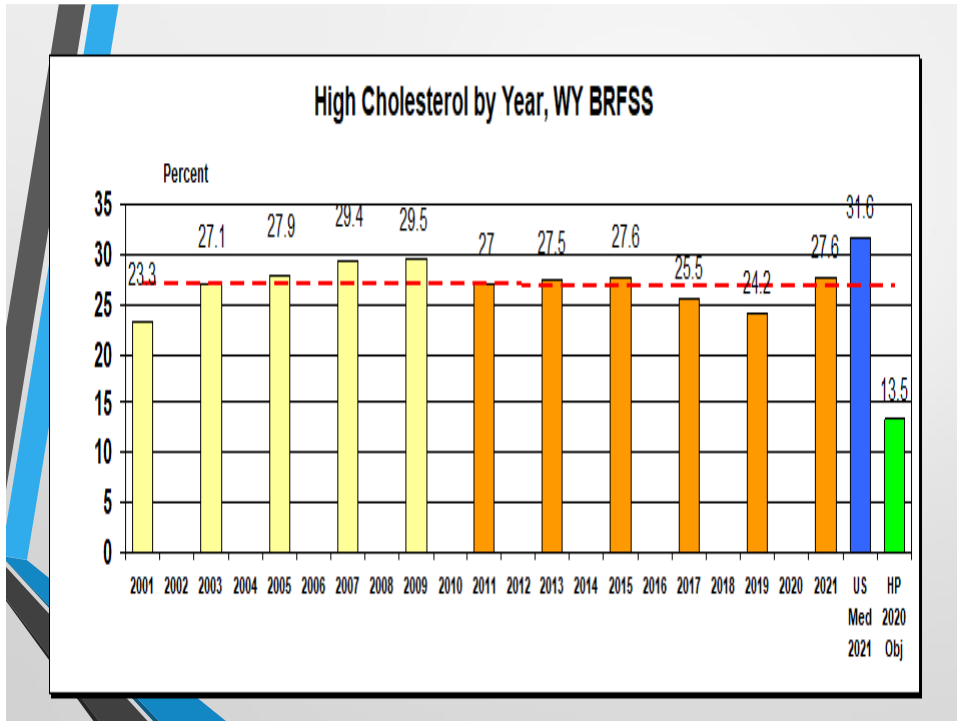
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### WY 2020 Cancer Incidence:

Breast = 417 (407 Female, 10 Male)

Prostate = 401

Lung = 284

Colorectal = 233

Bladder w/InSitu = 173

Melanoma = 136

**TOTAL = 2,810**

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### WY 2020 Cancer Mortality:

Lung = 200

Colorectal = 105

Pancreas = 81

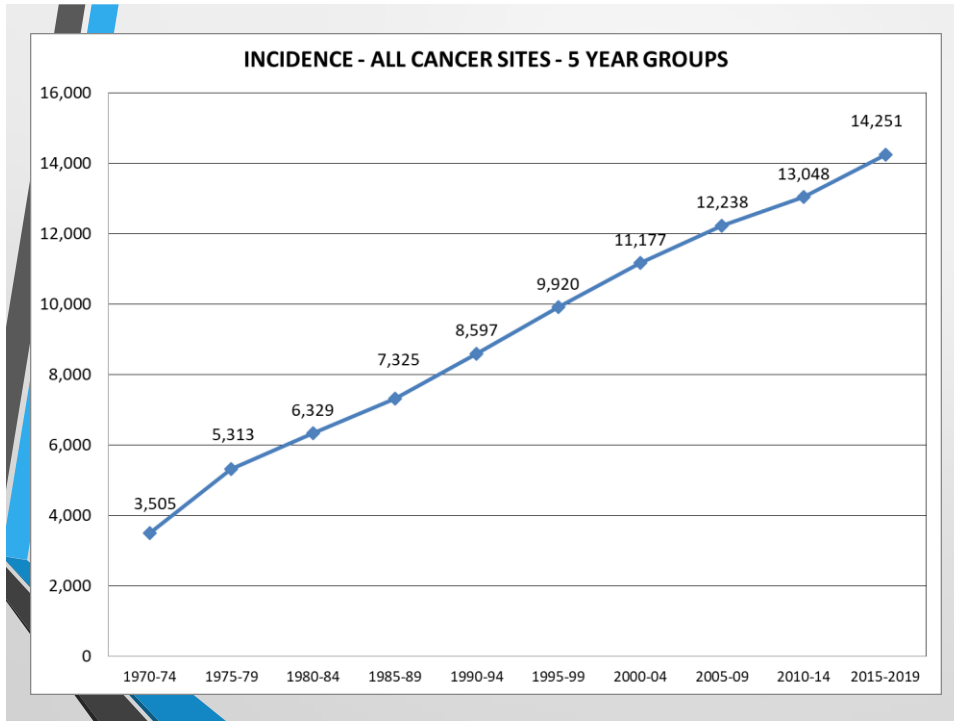
ILL-Defined = 78

Breast = 72

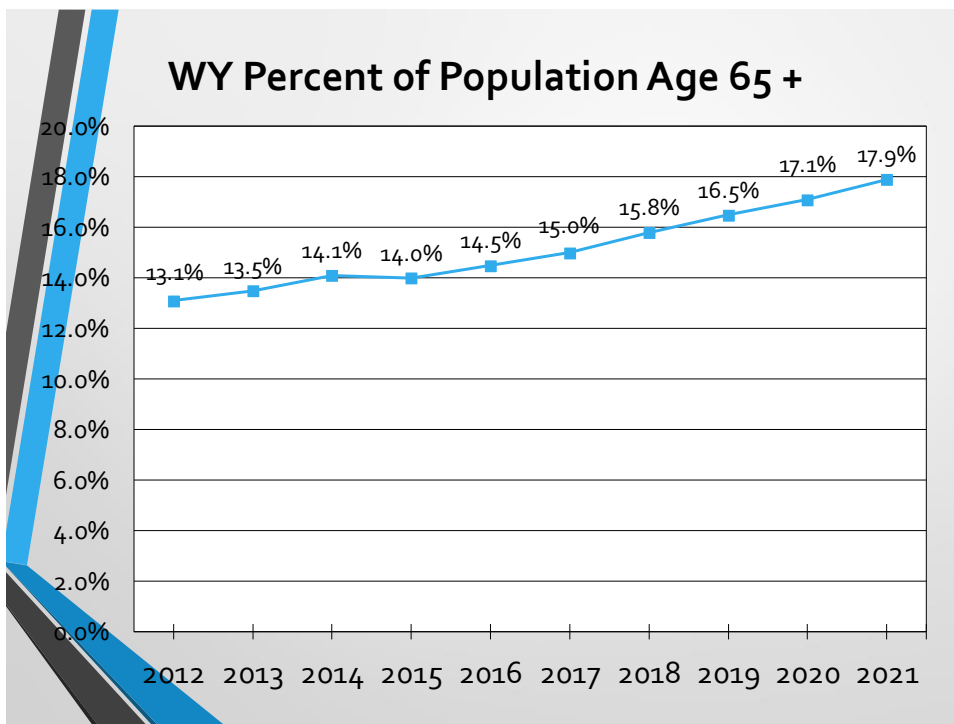
Prostate = 66

**TOTAL = 1,031**

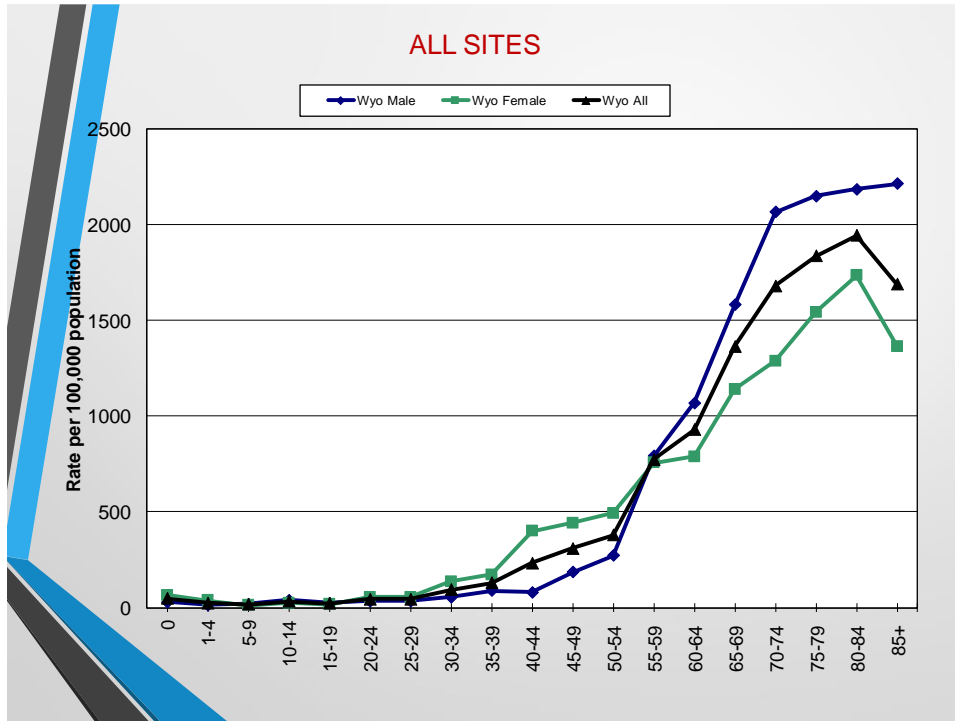
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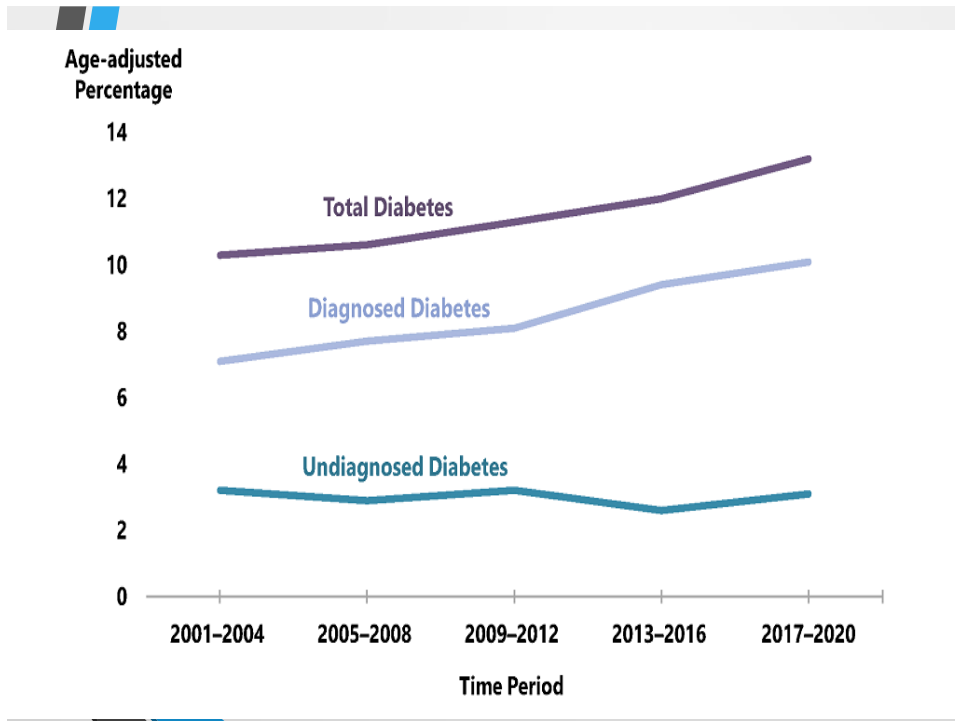
## Diabetes



- As of 2019 – 37.3 Million have diabetes in USA
  - 28.7 Million diagnosed
  - 8.5 Million Undiagnosed (23%)
  - 96 Million age 18+ have Pre-Diabetes (38%)

CDC – National Diabetes Statistics Report

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## Diabetes

### 2021 WY BRFSS

- 8.8% of Wyoming adults Dx Diabetes (39K)
- 8.6% have Pre-Diabetes (2020) (38.5K)
- THOSE WITH DIABETES
  - 46.2% diagnosed before age of 50
  - 62.3% check blood glucose at least daily
  - 67% had A1C measured at least twice in last year
  - 70.5% had professional foot exam in last year
  - 64.2% had dilated eye exam in last year

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## Diabetes

### 2021 BRFSS

Age (years)	Percent	95% CI
18-24	0.7	0.1-4.6
25-34	2.5	1.1-5.5
35-44	3.2	1.9-5.5
45-54	8.2	5.6-11.9
55-64	12.9	10.2-16.2
65+	18.7	16.4-21.4

Race/ethnicity	Percent	95% CI
White (non-Hispanic)	8.5	7.5-9.6
Hispanic	7.8	5.0-12.0
American Indian	28.5	15.4-46.6
Other	10.0	4.0-22.7

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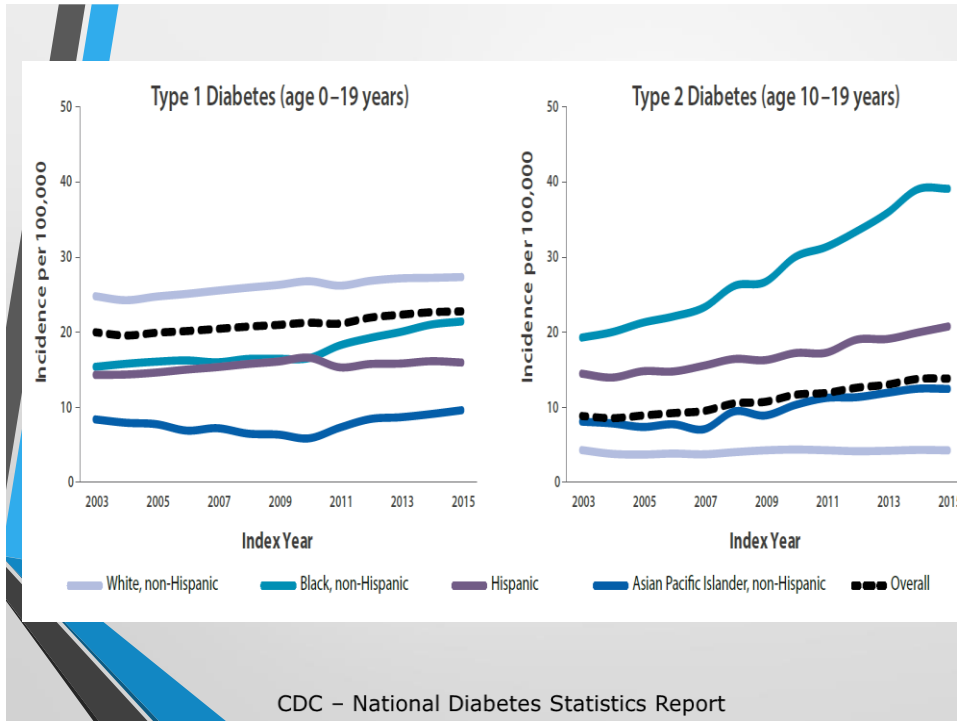
## Diabetes



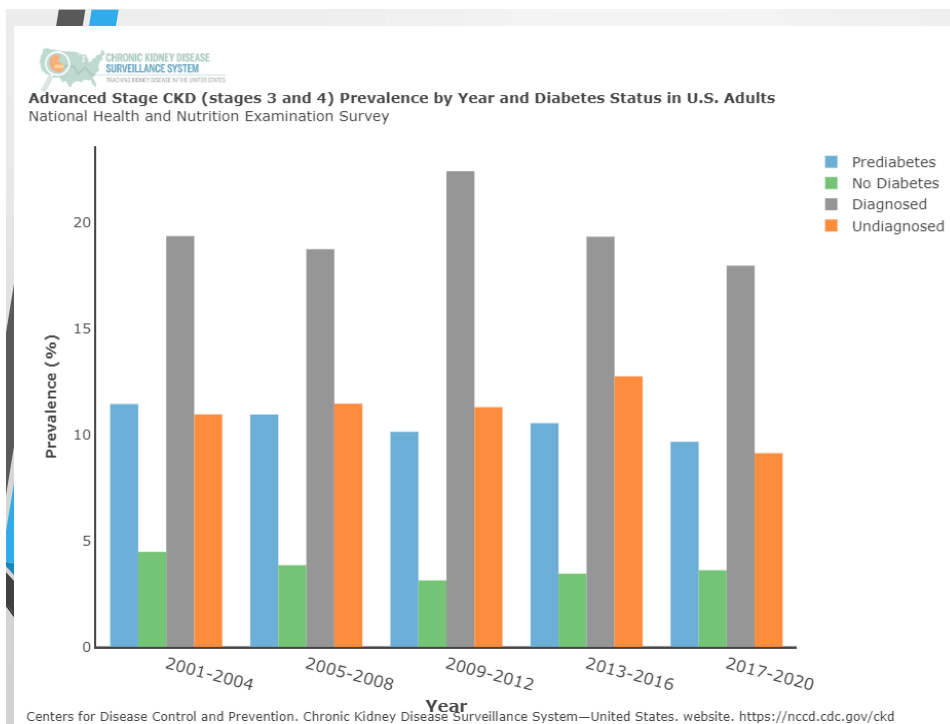
- About 193,000 people under 20 years of age have Diabetes
- 18,291 are diagnosed with Type 1 annually
- 5,758 are diagnosed with Type 2 annually

CDC – National Diabetes Statistics Report

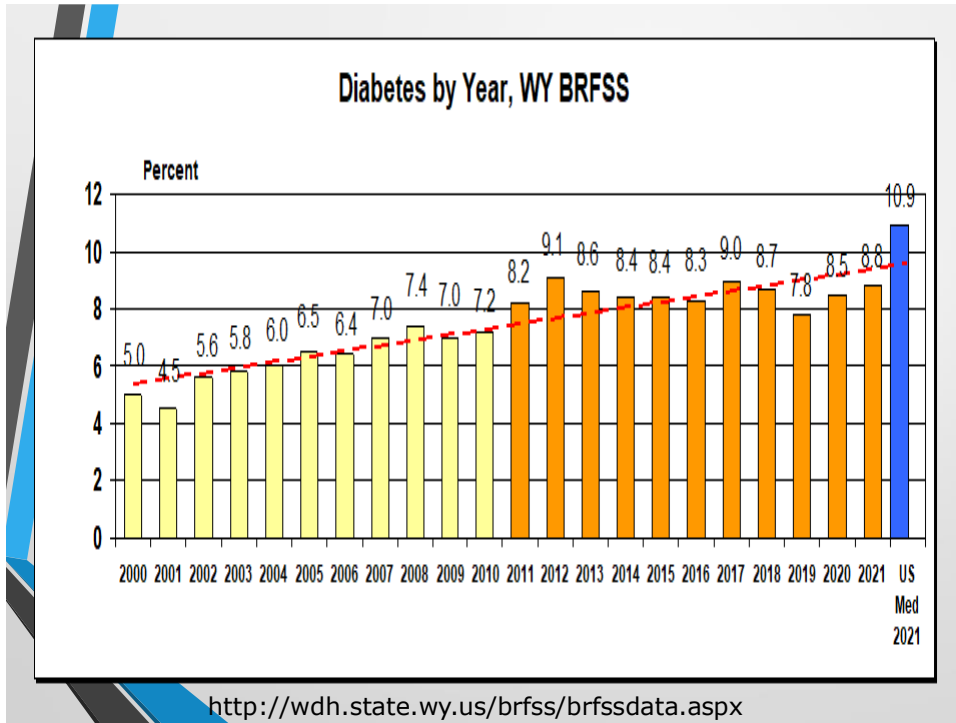
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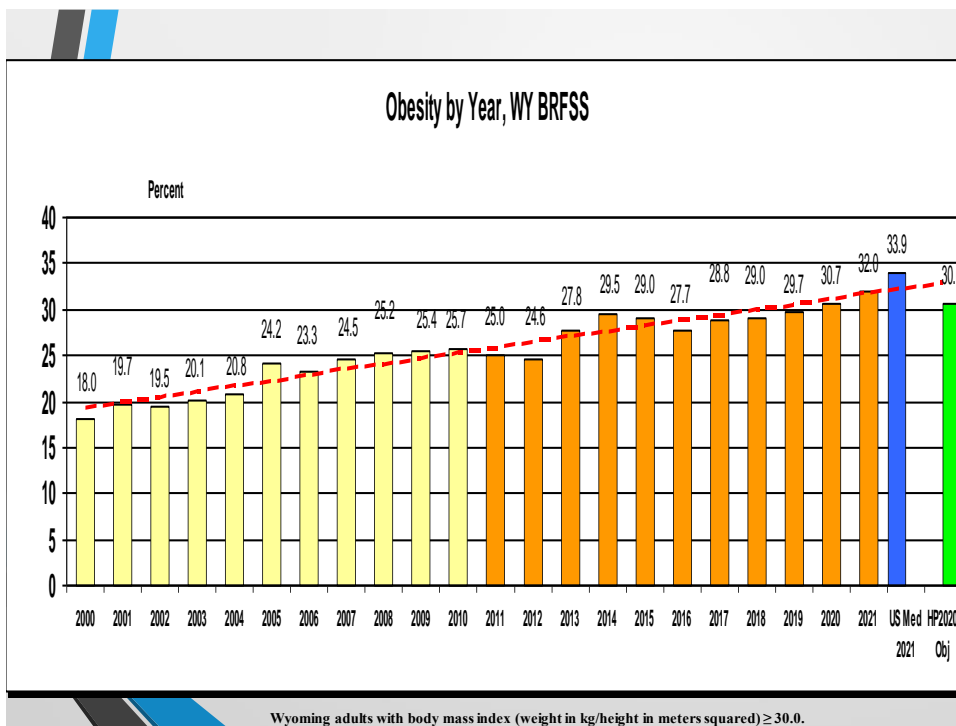
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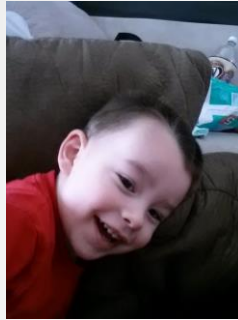


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## BABY BREAK



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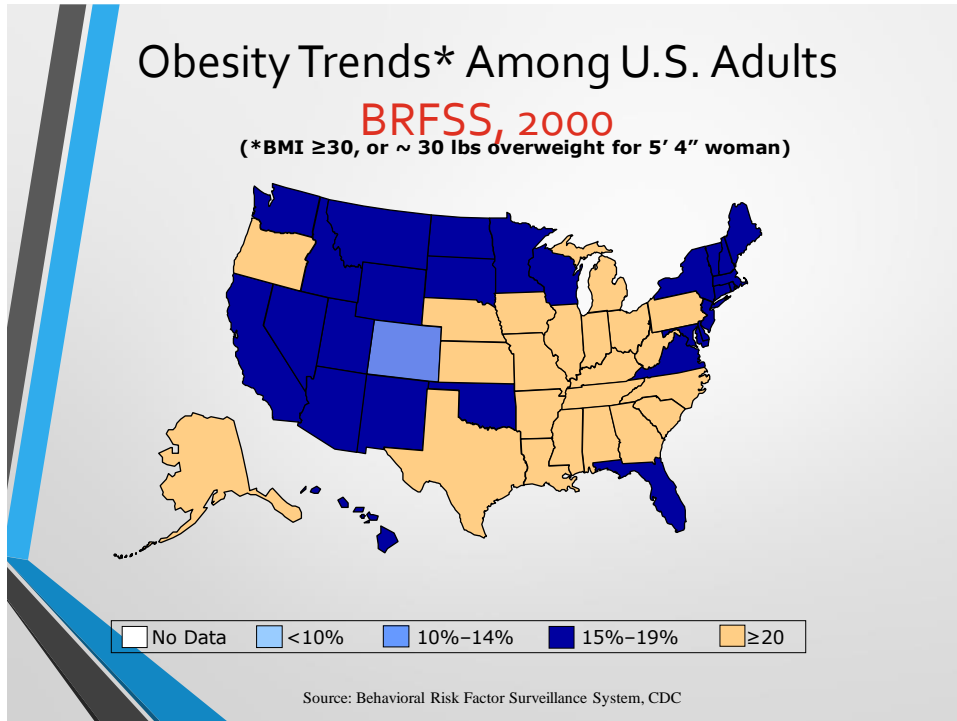
## Risk Factors

- Several risk factors associated with ALL CD's
  - Physical Activity (too little)
  - Poor Nutrition
  - Tobacco (smoking, smokeless)
  - Age

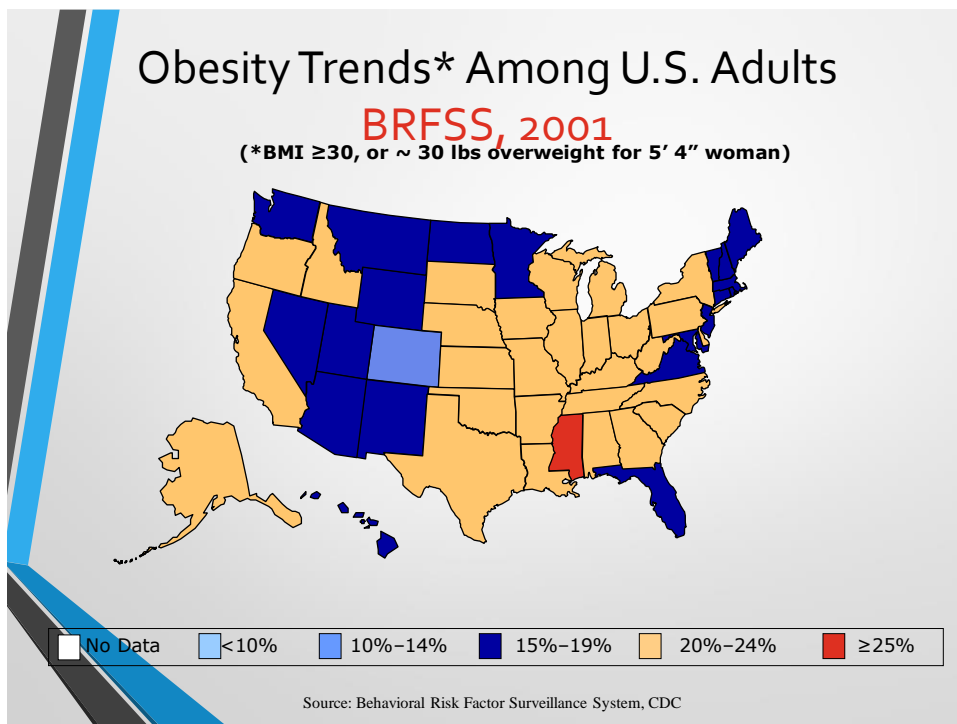


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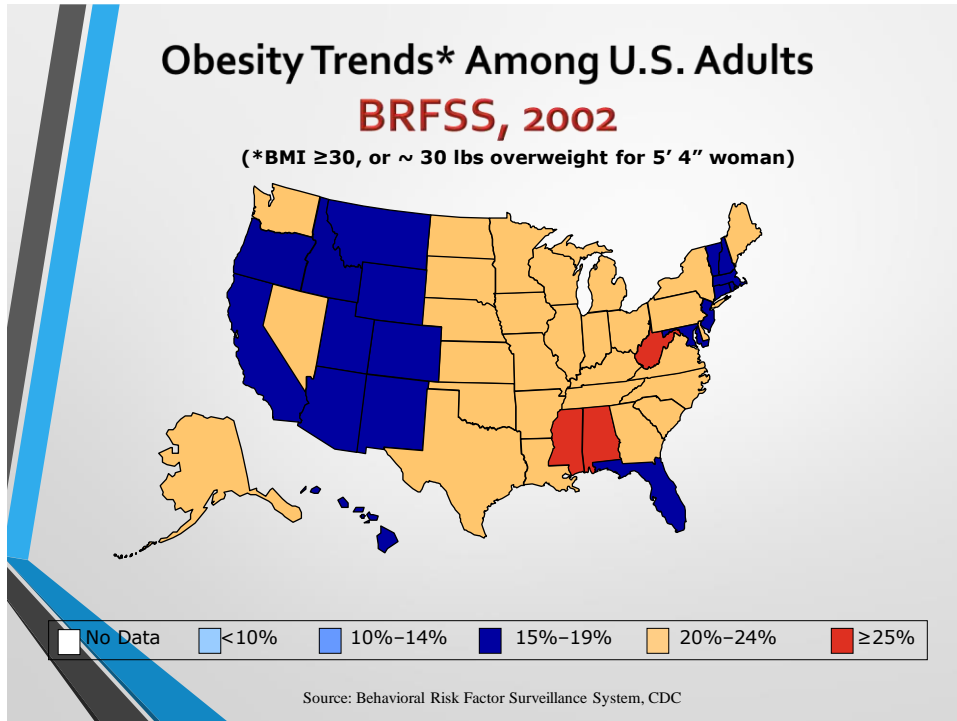




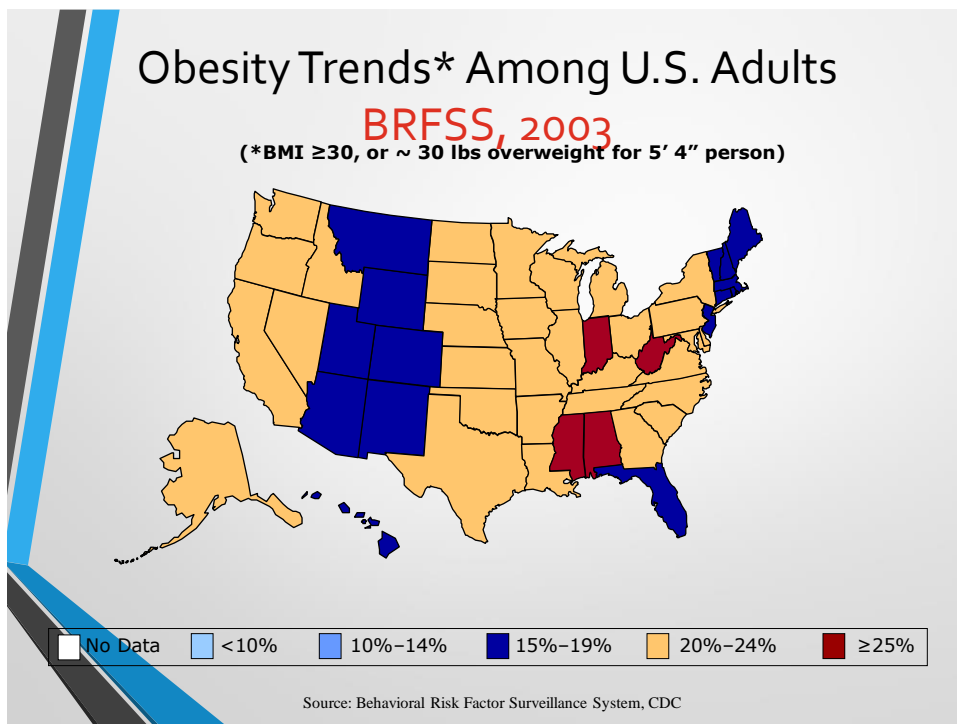
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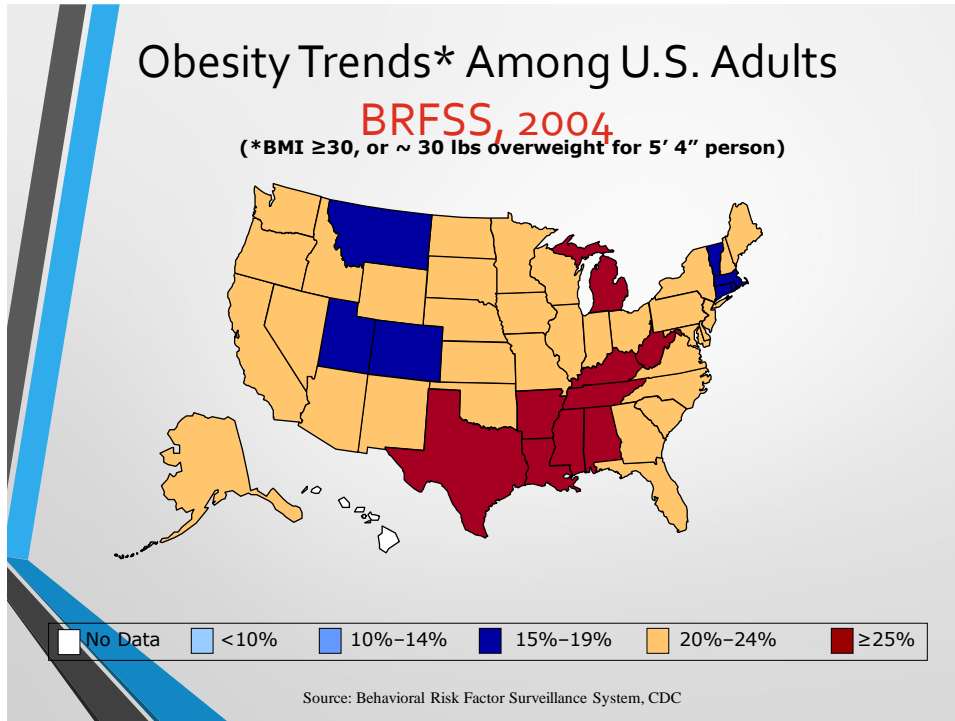
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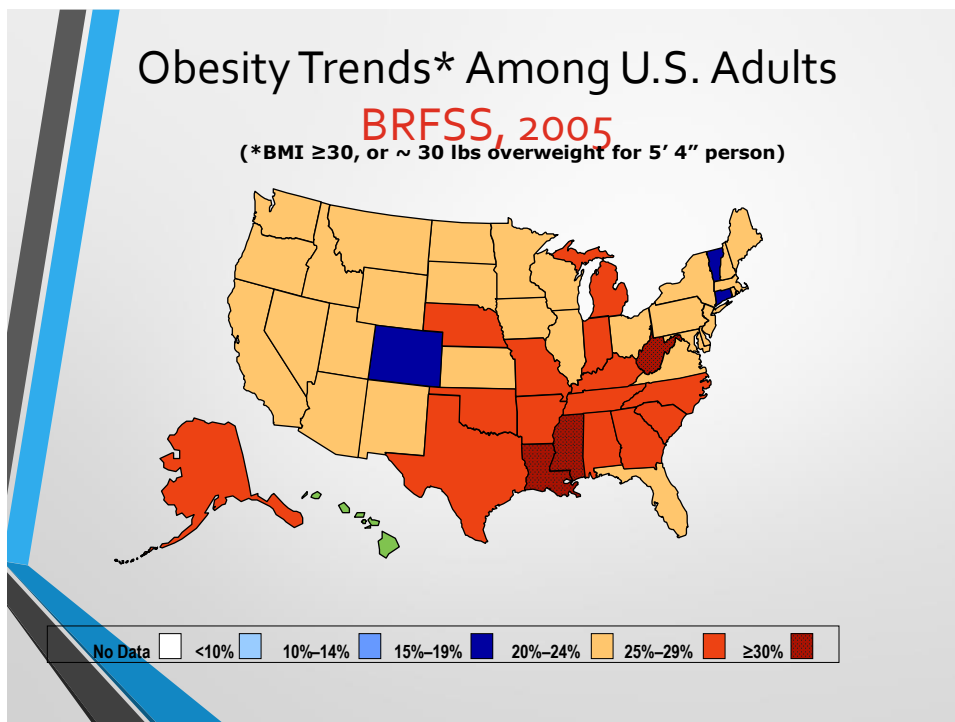
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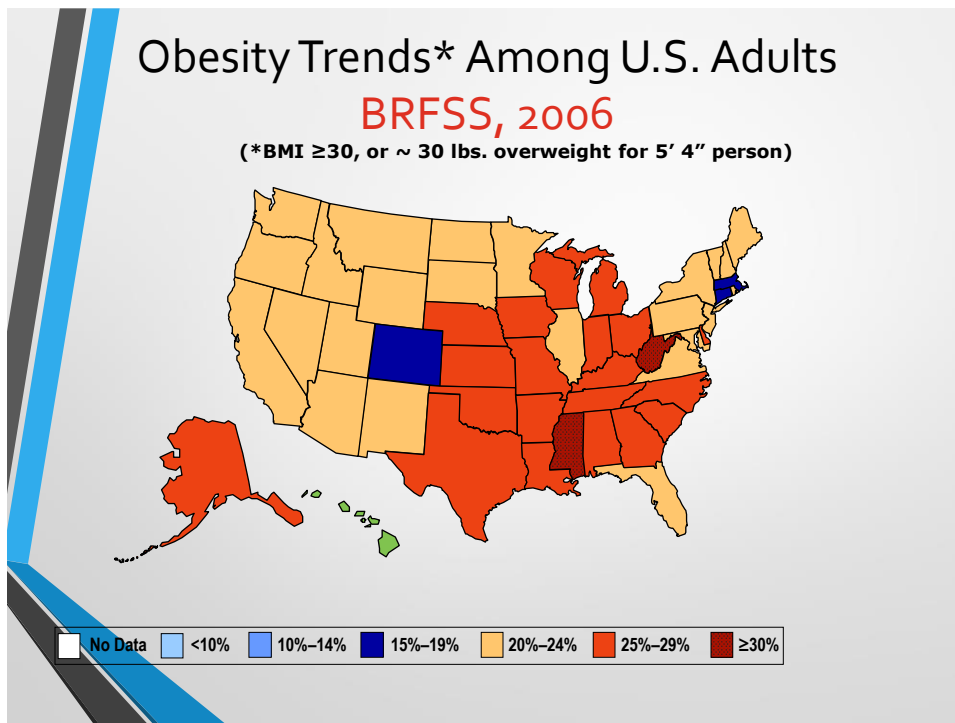
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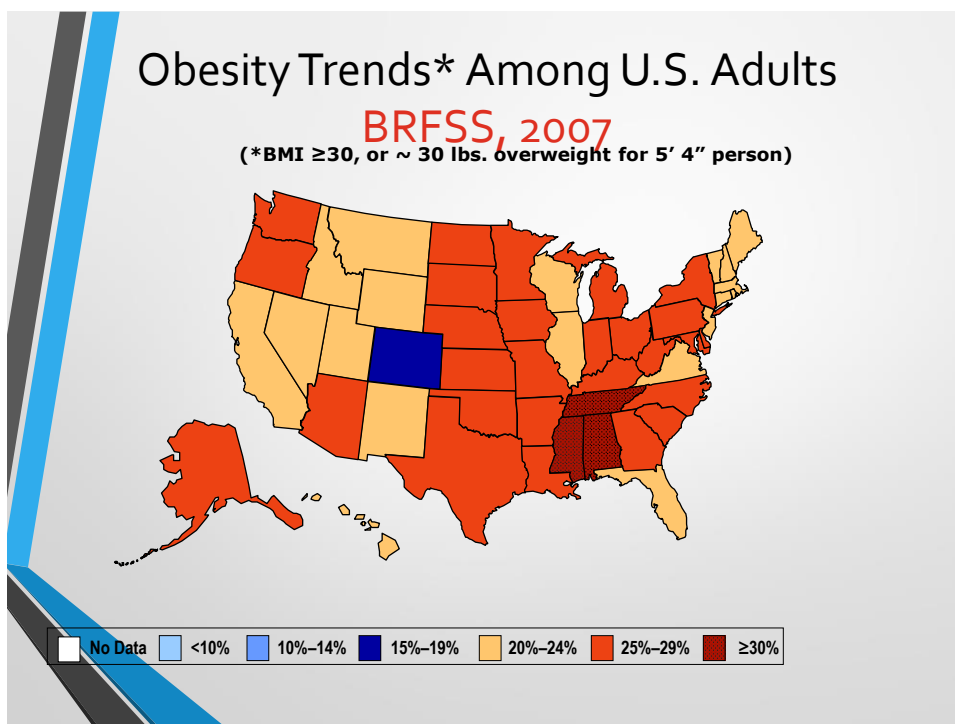
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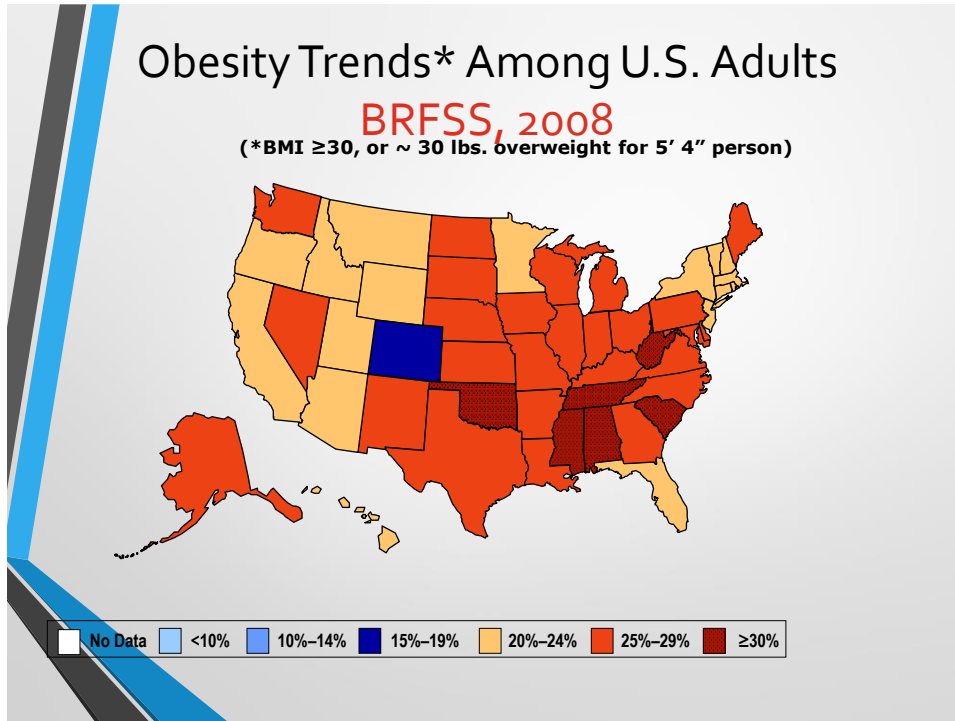
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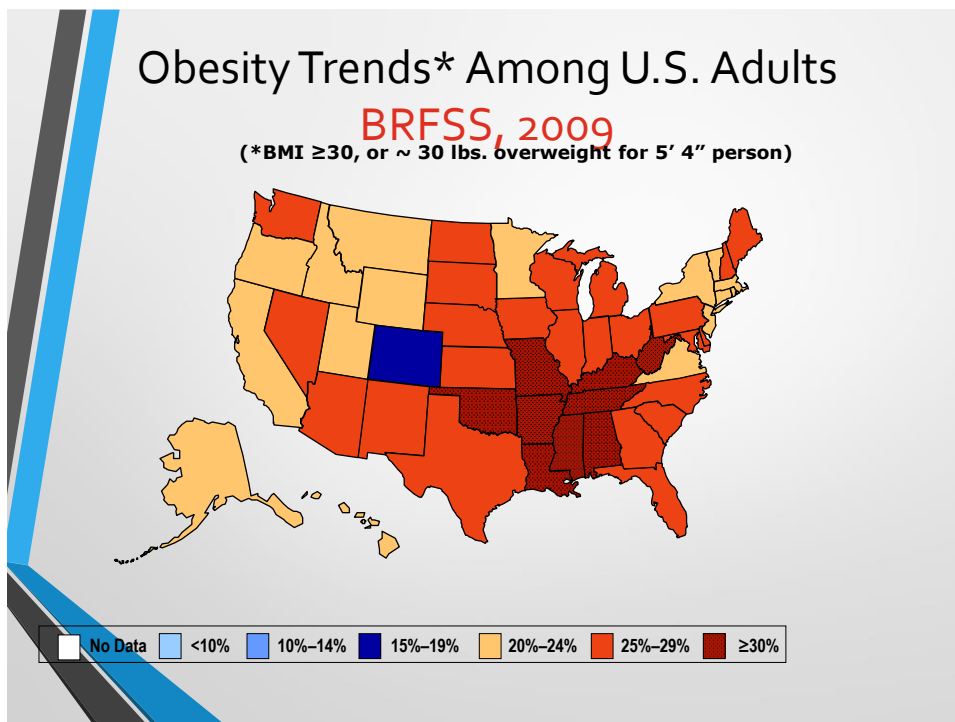
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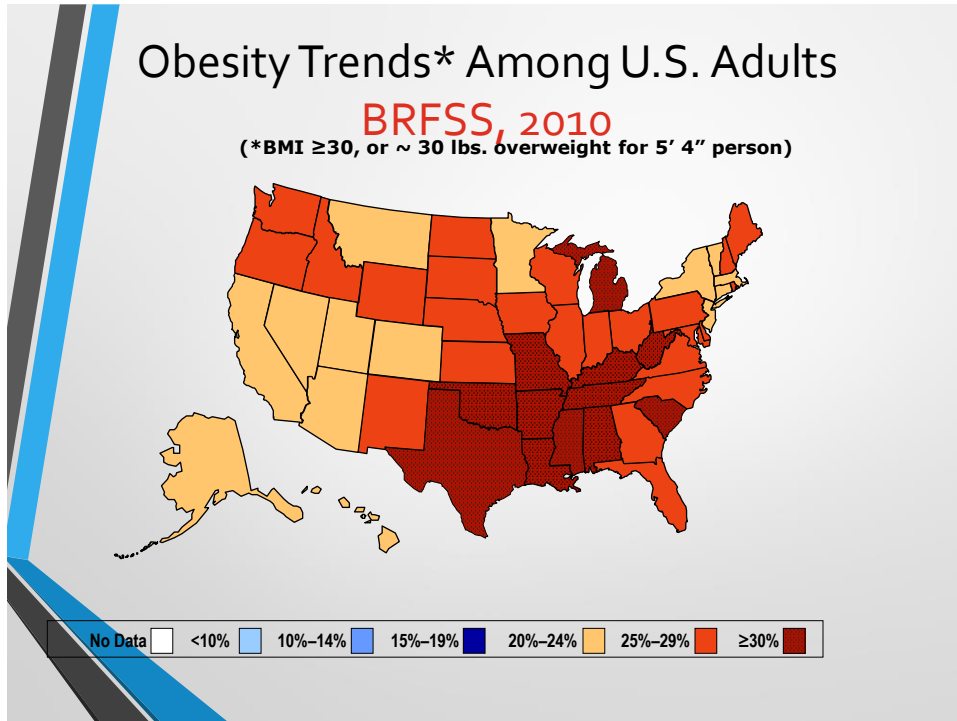
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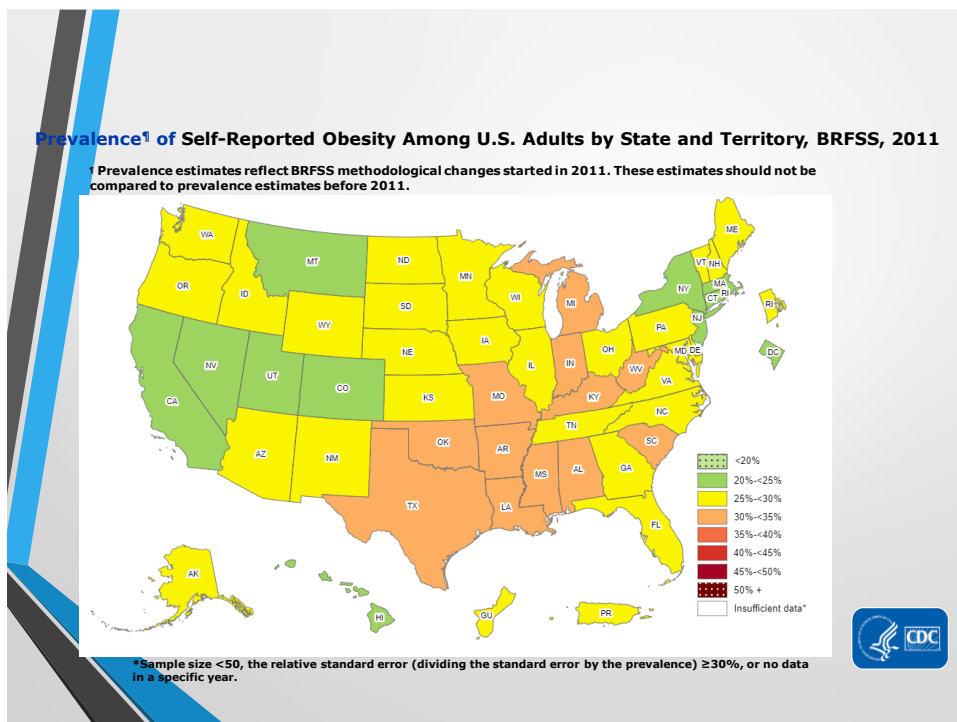
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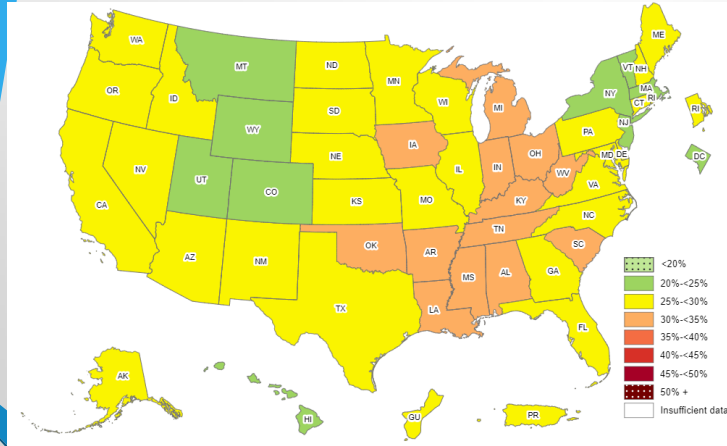
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### Prevalence<sup>1</sup> of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2012

<sup>1</sup> Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.



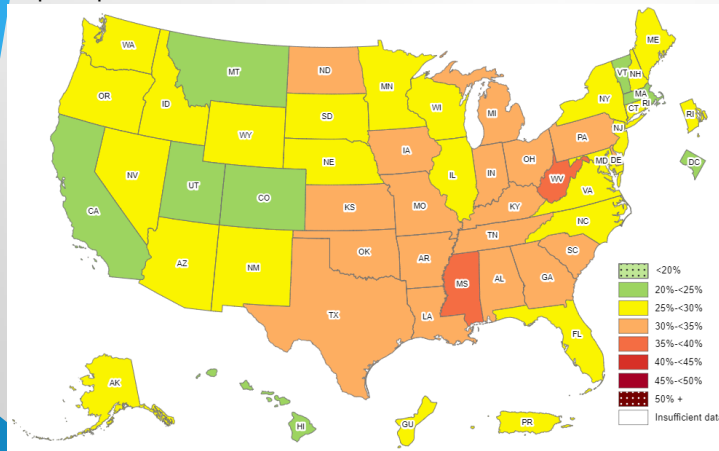
\*Sample size <50, the relative standard error (dividing the standard error by the prevalence)  $\geq 30\%$ , or no data in a specific year.



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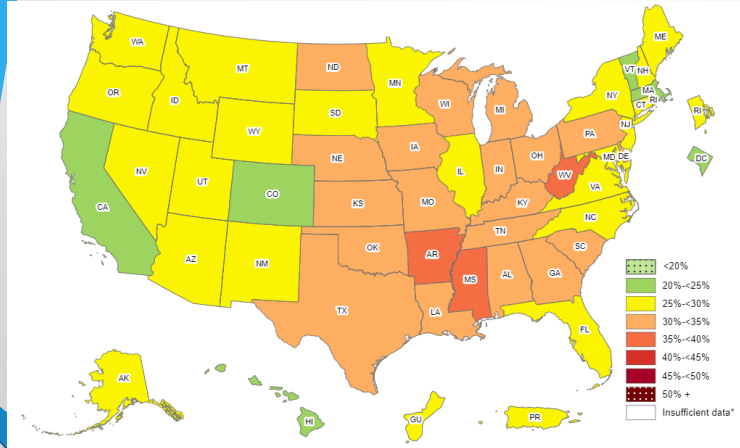
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46

### Prevalence<sup>1</sup> of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2014

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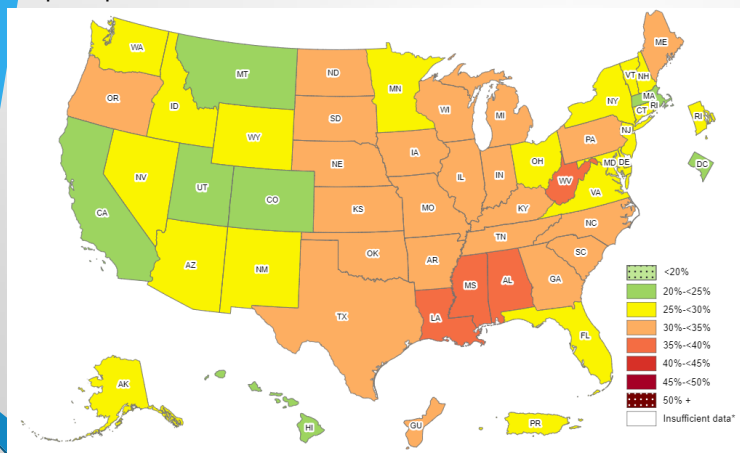
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### Prevalence<sup>1</sup> of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2015

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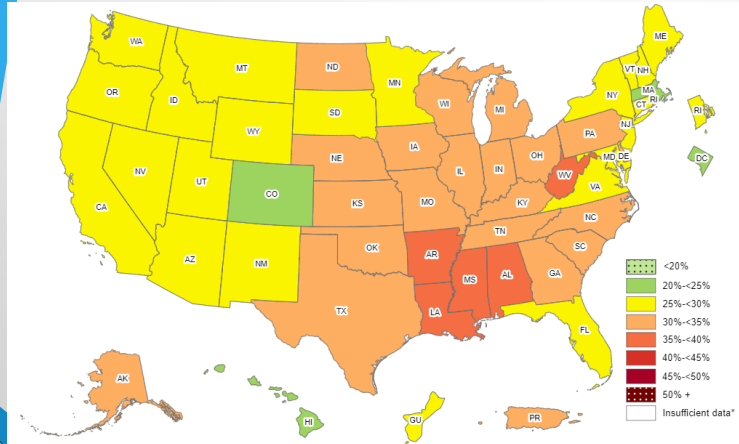


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### Prevalence<sup>1</sup> of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2016

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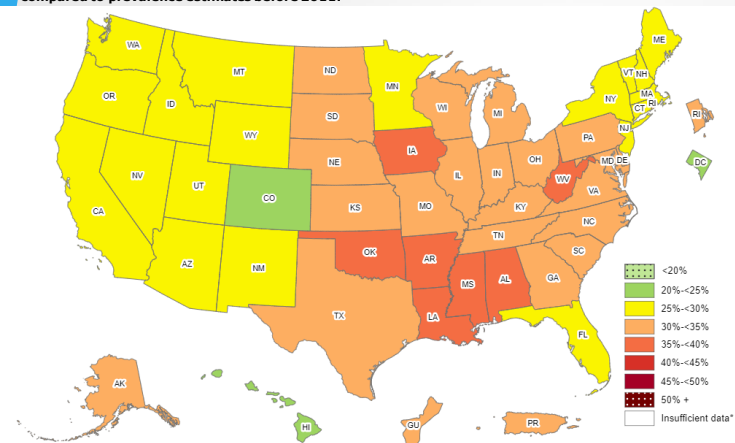
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49

### Prevalence<sup>1</sup> of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2017

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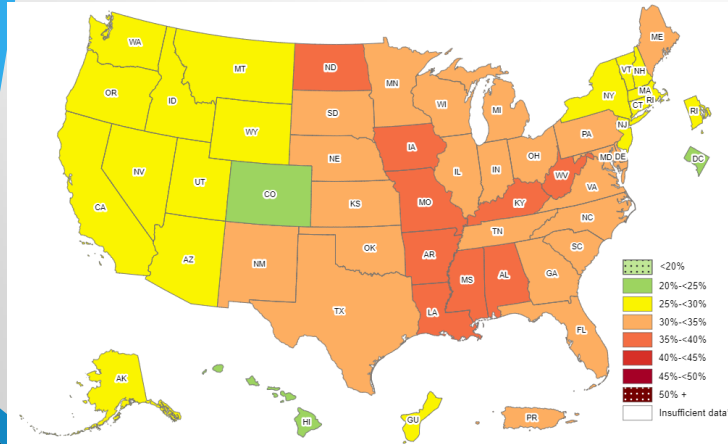
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50

### Prevalence<sup>1</sup> of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2018

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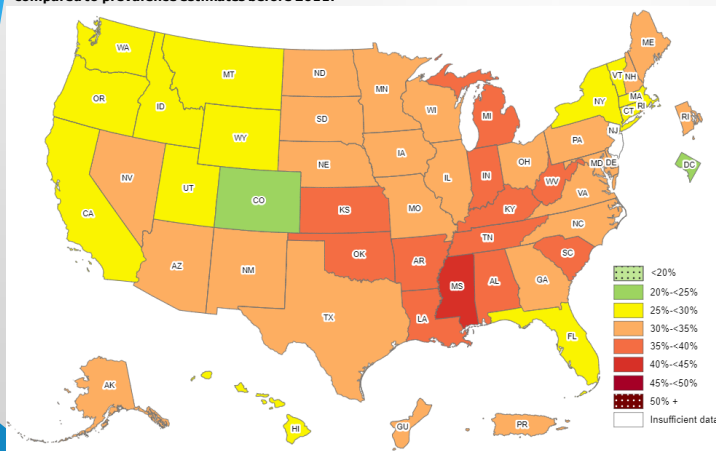
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51

### Prevalence<sup>1</sup> of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2019

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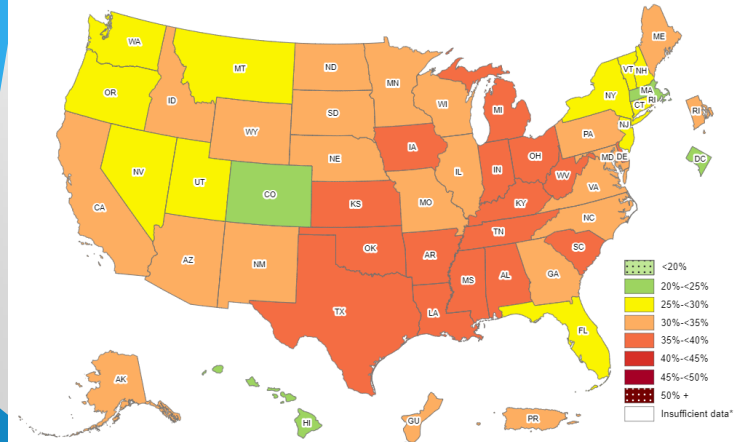
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52

### Prevalence<sup>1</sup> of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2020

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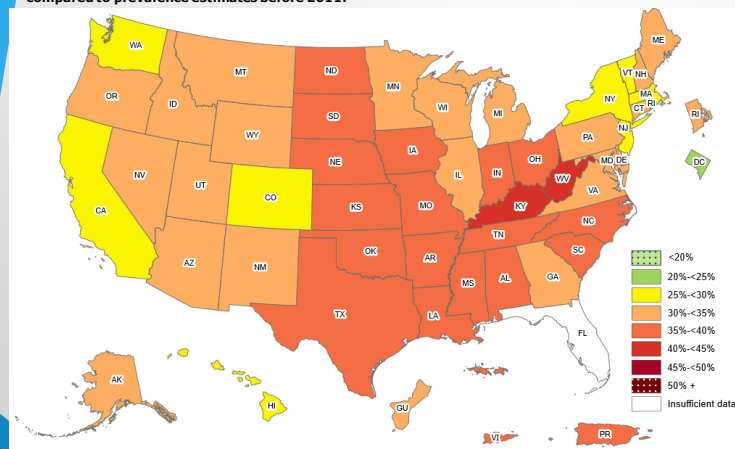
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### Prevalence<sup>1</sup> of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2021

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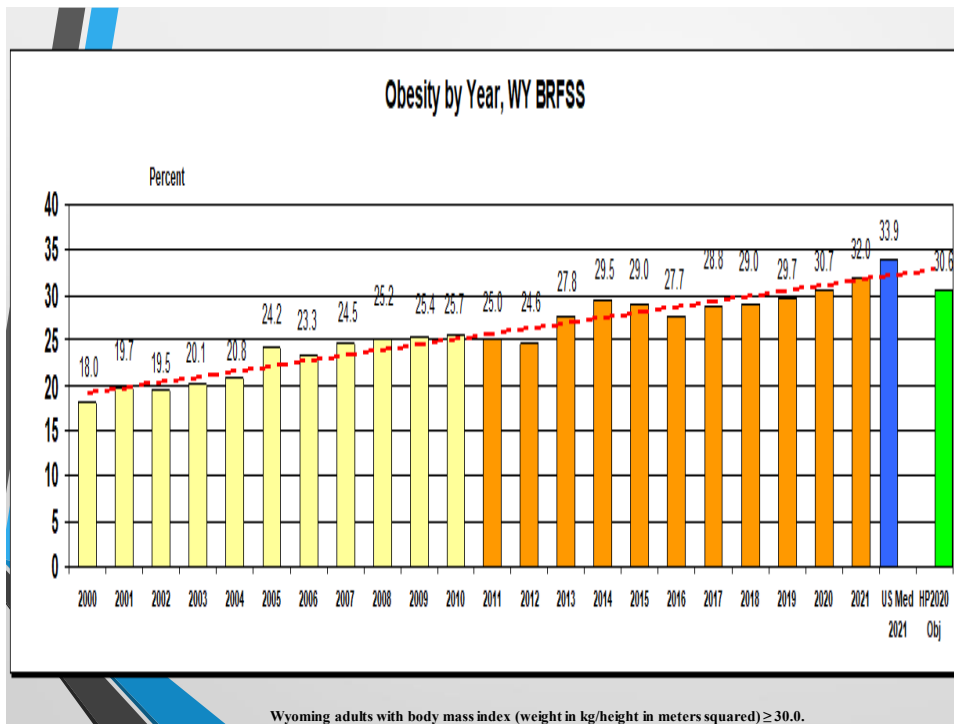
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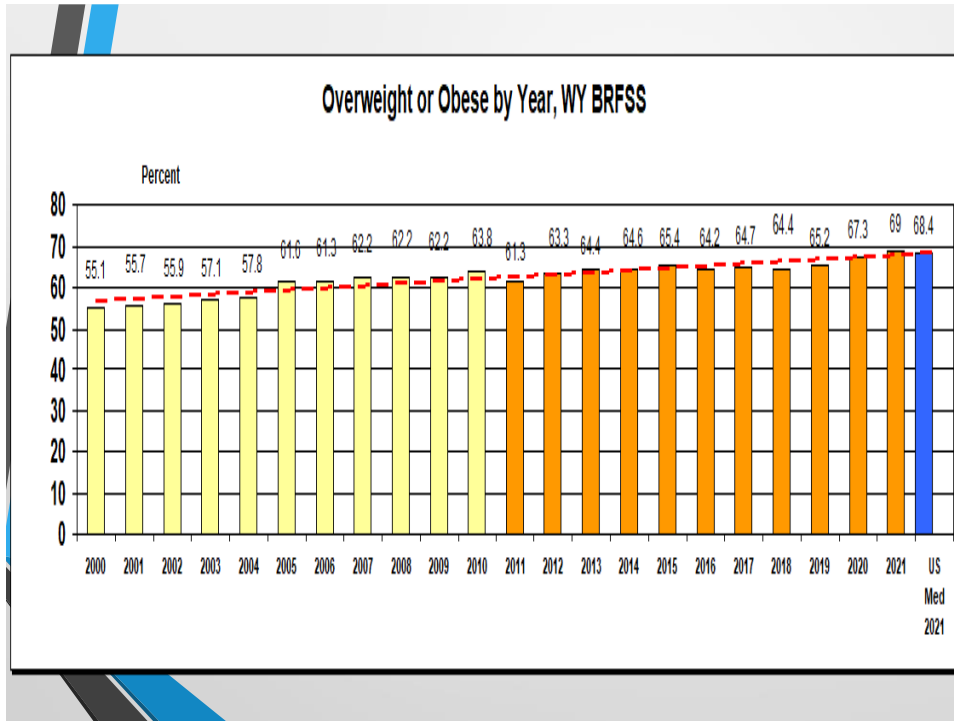
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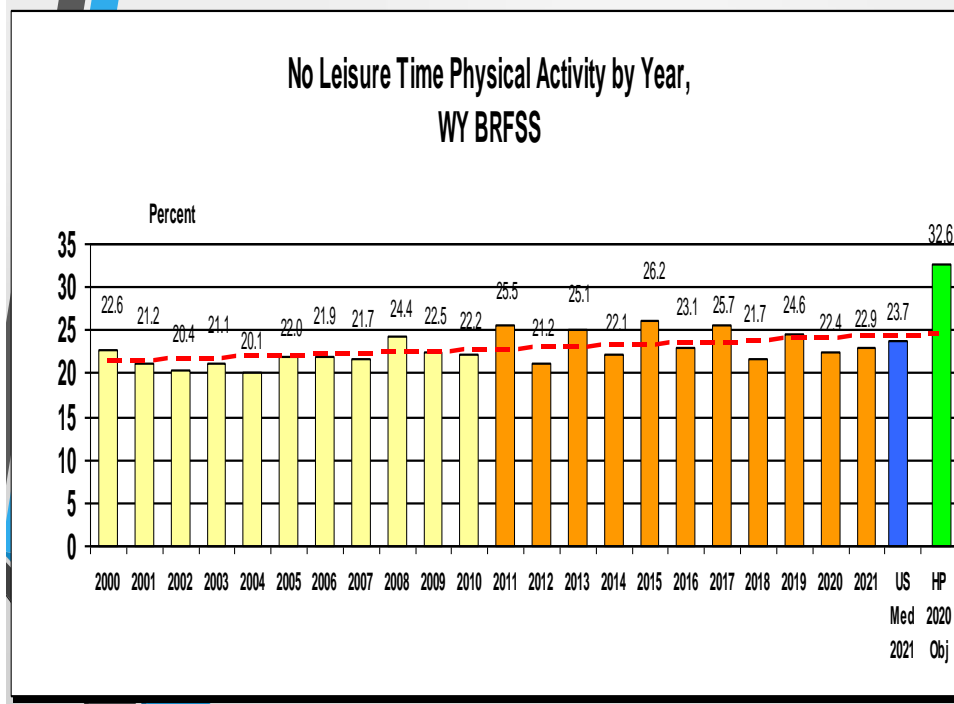
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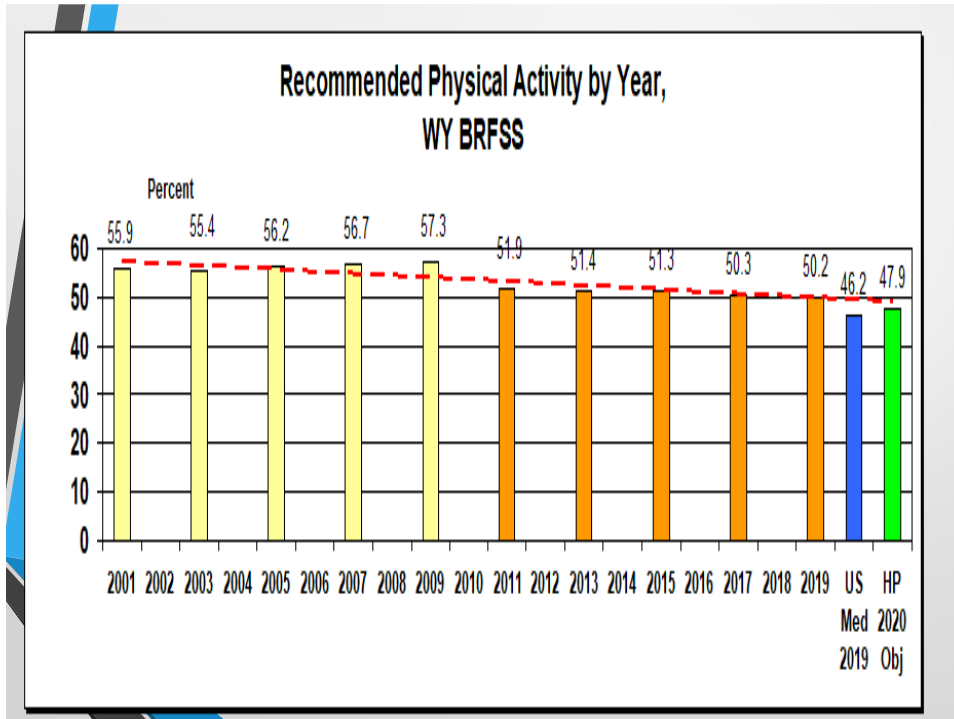
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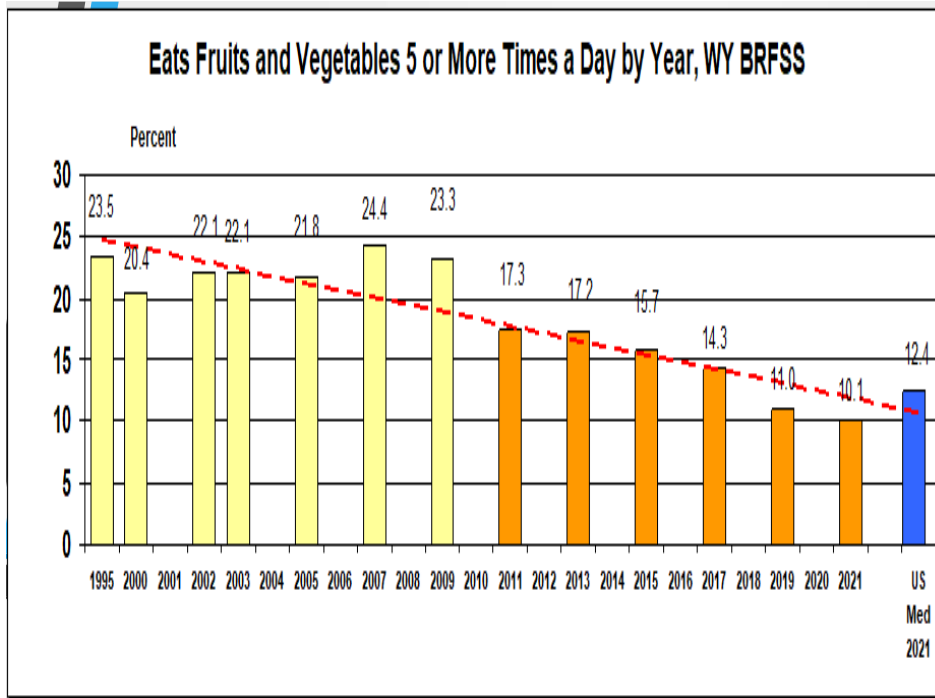
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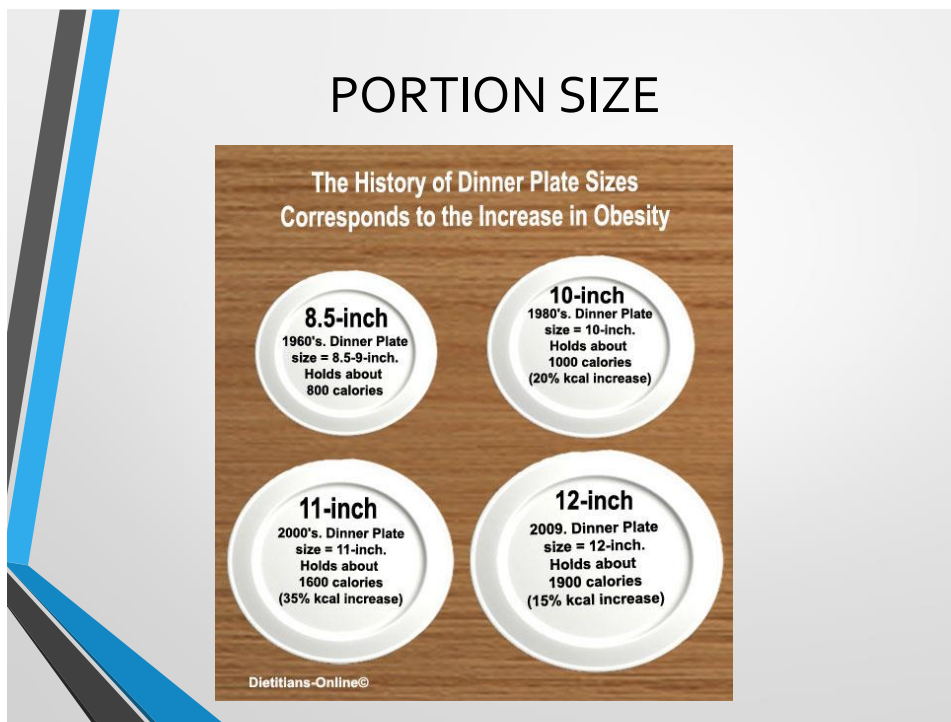
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## The Portion Size Illusion

Which plate contains the most food?



Think about it before looking at the answer below

There is exactly the same amount of food on each plate

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United States – GA – 1947 Family of Four



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## UNITED STATES



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## GERMANY



66

## MEXICO



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## FRANCE



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## EGYPT



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## CHINA



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## JAPAN



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## BHUTAN



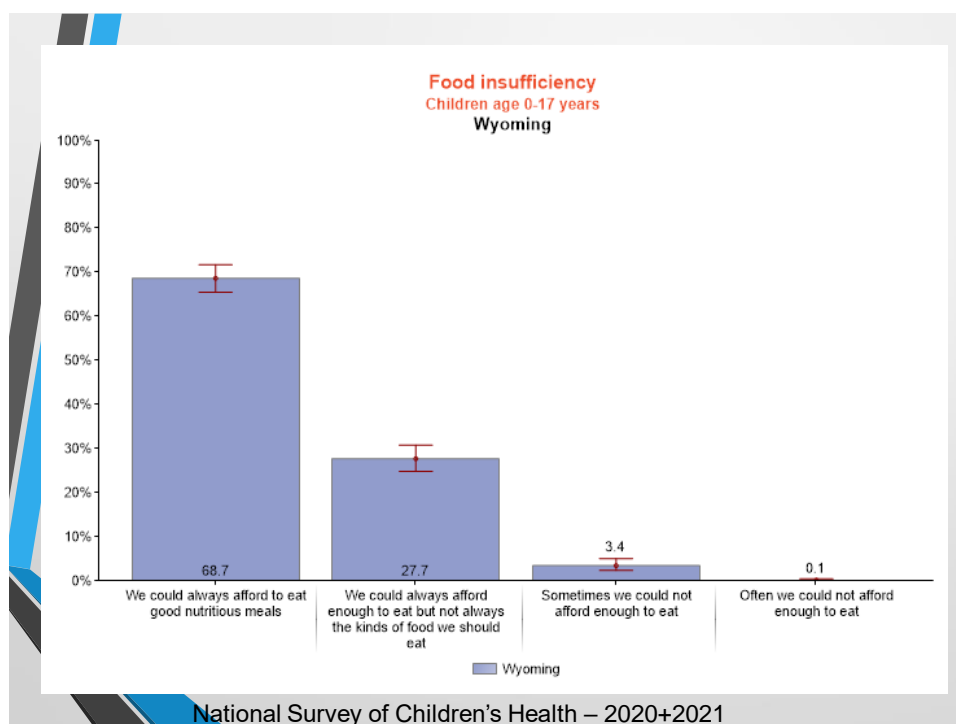
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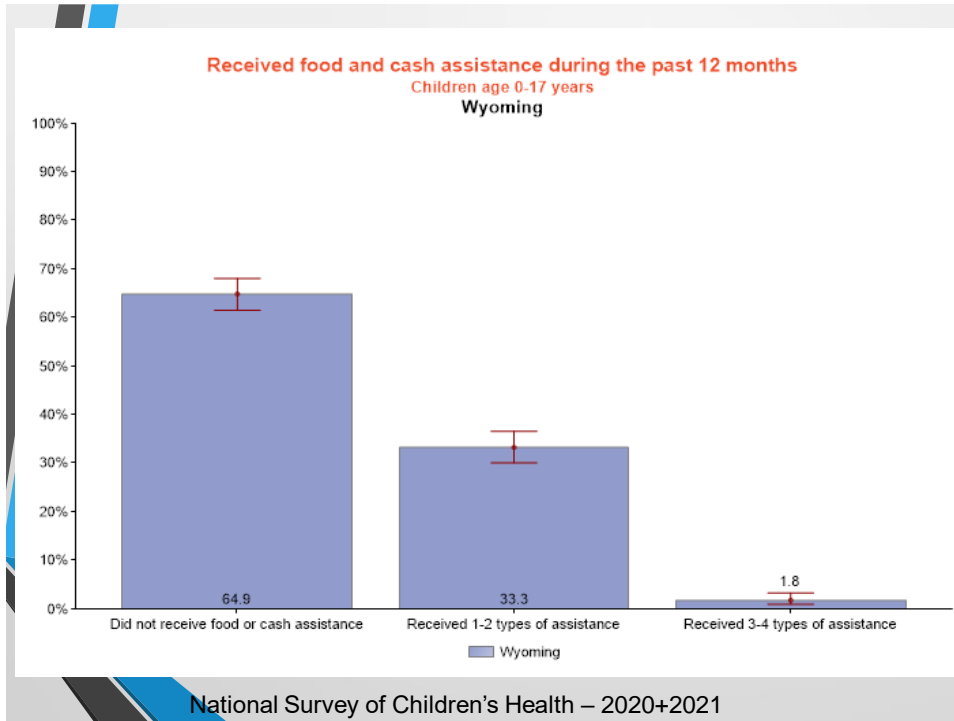
# ECUADOR



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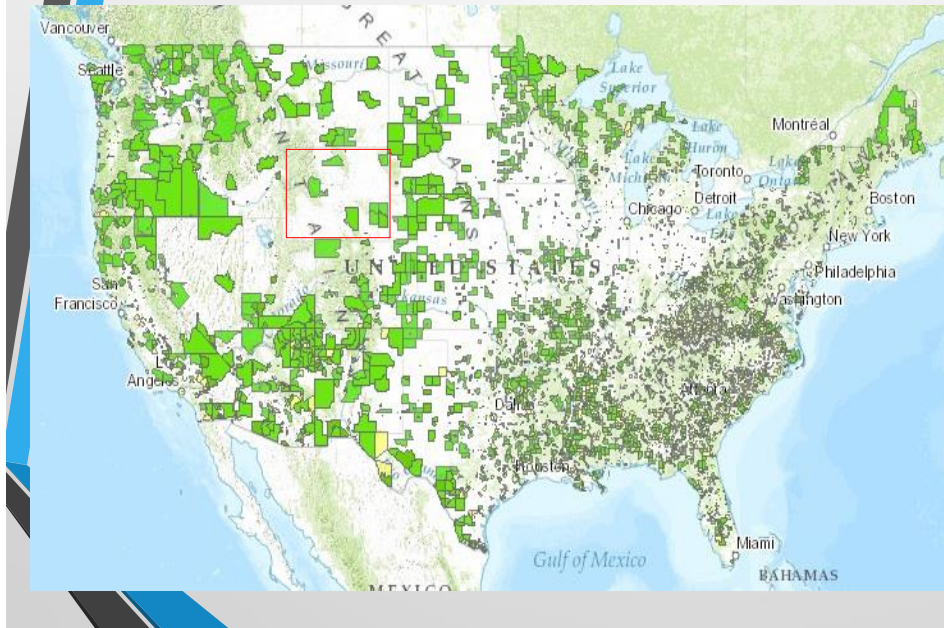
## FOOD DESERT

- Definition: A tract in which at least 100 households are located more than one-half mile from the nearest supermarket and have no vehicle access; or at least 500 people, or 33 percent of the population, live more than 20 miles from the nearest supermarket, regardless of vehicle availability. Oct 20, 2022 - USDA

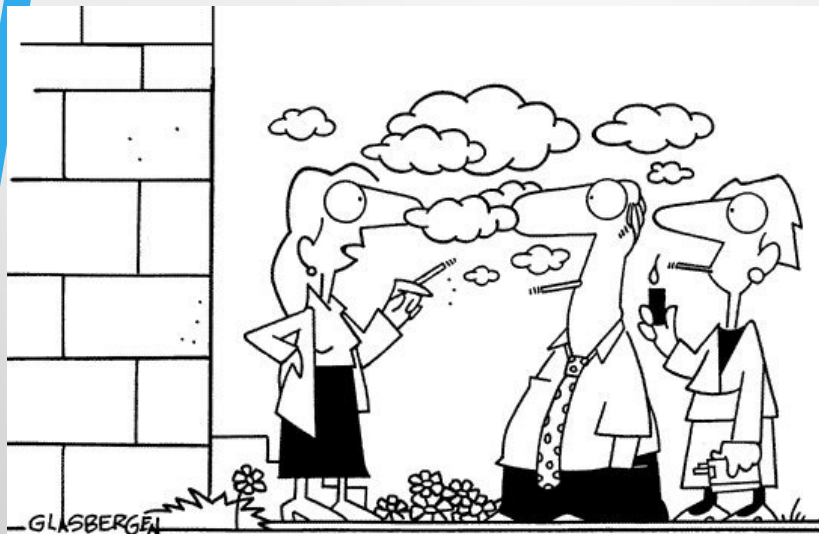


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## USDA FOOD DESERT MAP 2022

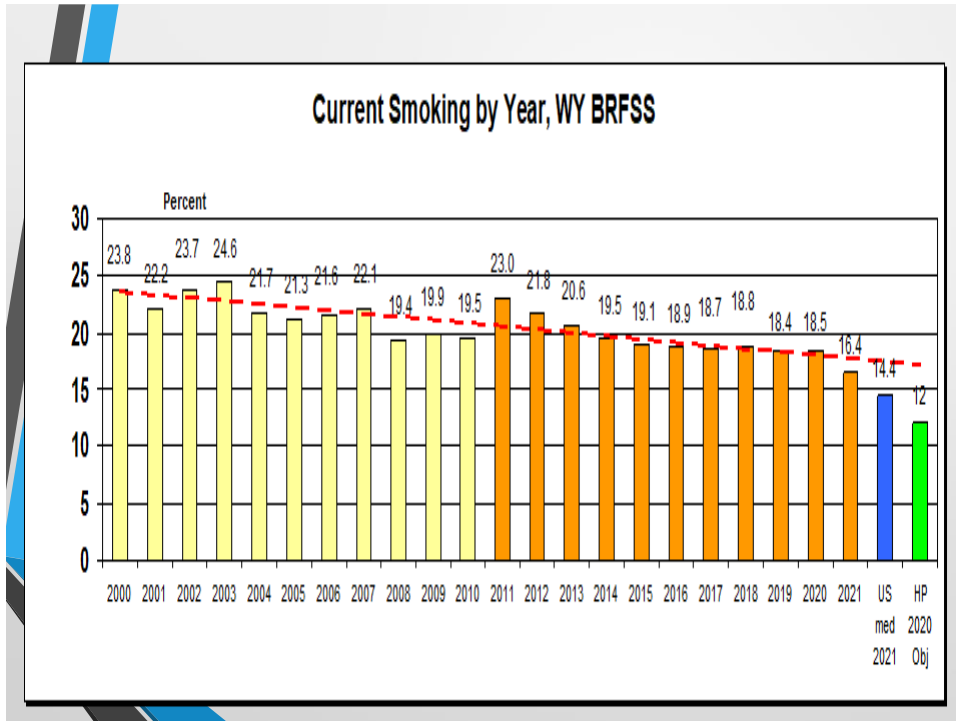


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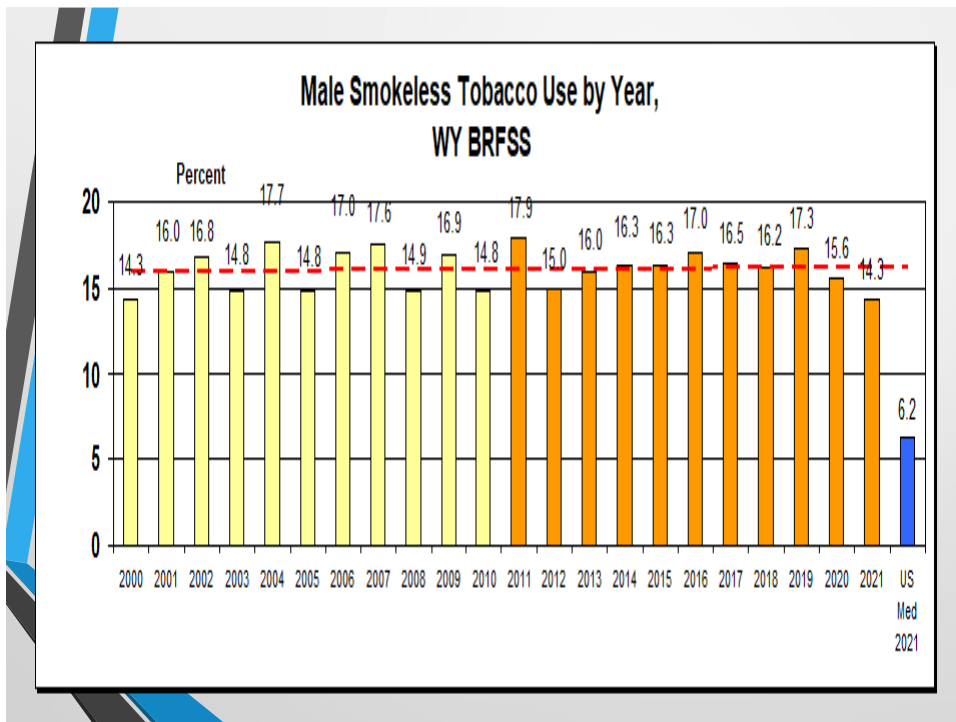


**"That's what I like best about smoking—it gets me out in the fresh air a couple times a day."**

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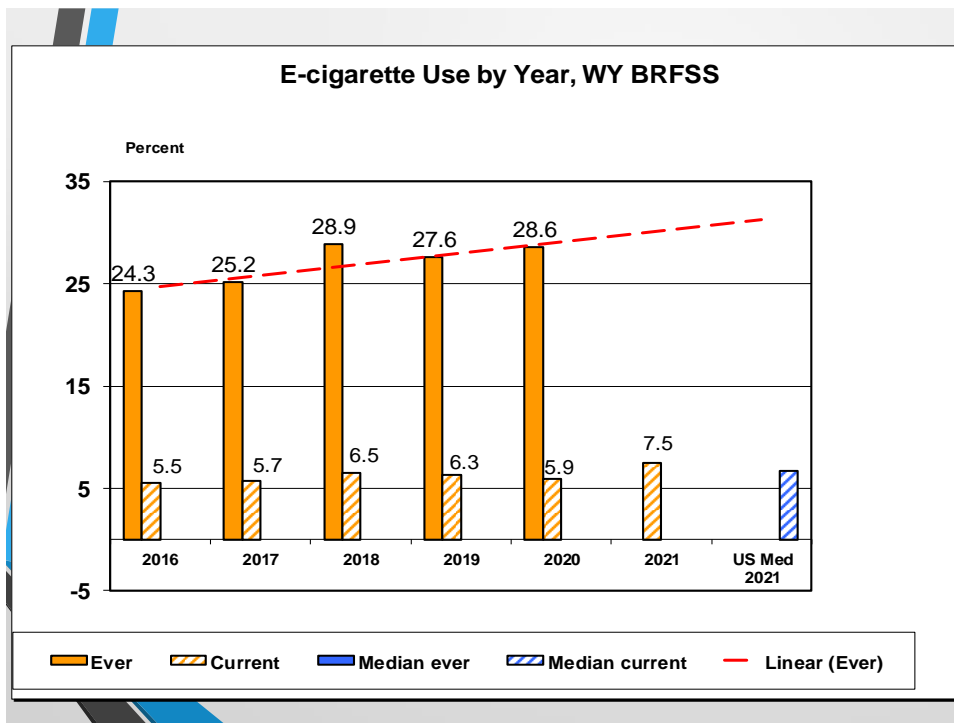


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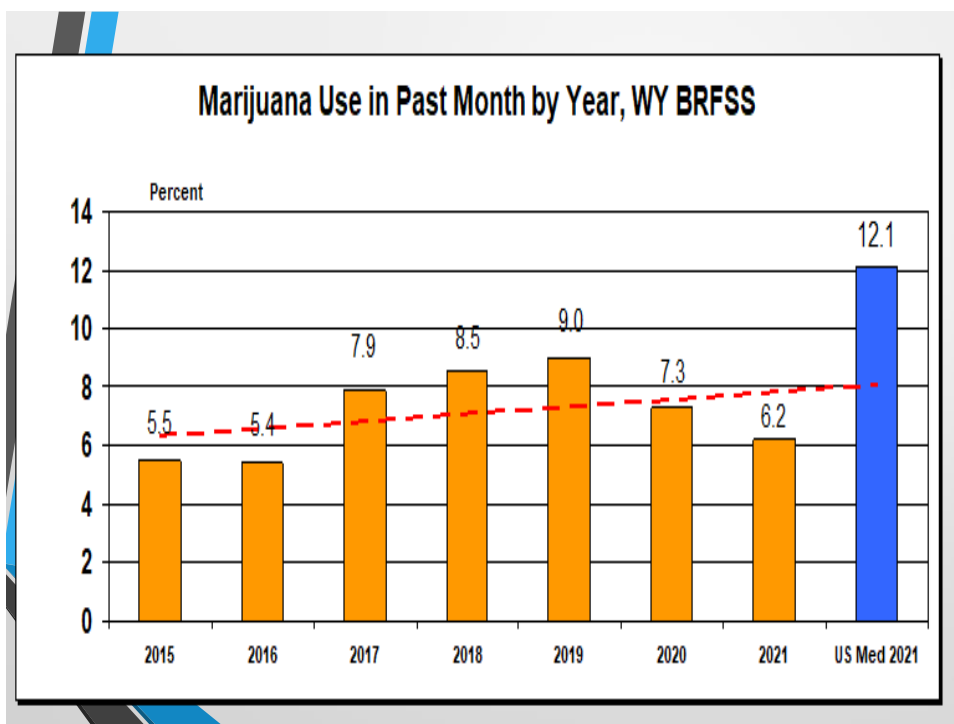


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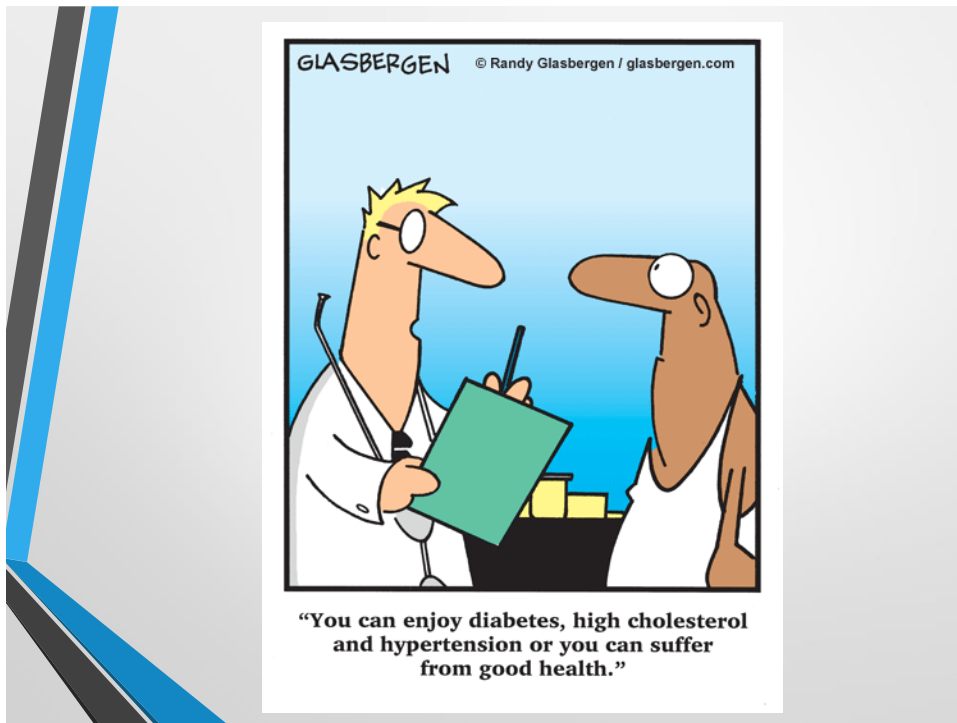
## FY2022 Hospital Discharge

	INPATIENT		ER or URGENT	
	# Discharges	Charges	# Discharges	Charges
HEART DISEASE	10,770	\$600,907,655.47	3,547	\$35,593,594.53
CANCER	1,912	\$94,757,397.37	1,377	\$10,268,851.99
COPD	6,398	\$308,069,164.19	6,427	\$40,431,213.73
DIABETES	7,021	\$370,946,078.41	7,689	\$53,966,817.45
STROKE	1,351	\$75,566,023.77	898	\$10,309,703.40
<b>TOTAL</b>	<b>27,452</b>	<b>\$1,450,246,319.21</b>	<b>19,938</b>	<b>\$150,570,181.10</b>

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# QUESTIONS?

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