

Chronic Disease in Ohio

KEY FINDINGS

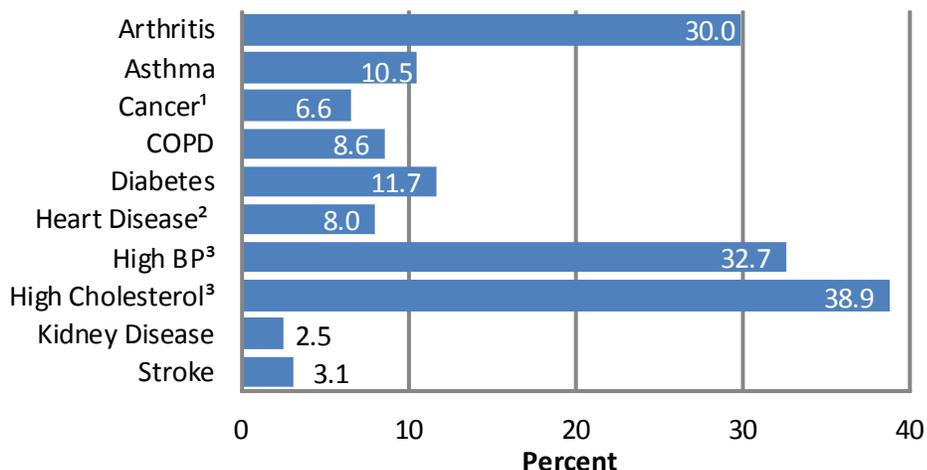
- The most common chronic disease/clinical risk factor among Ohio adults is high cholesterol, followed by high blood pressure and arthritis.
- More than three out of five deaths in Ohio are due to chronic diseases.
- The prevalence of high blood pressure and high cholesterol increases as age increases.
- In Ohio, black adults are more likely to have diabetes than white adults or adults of other races.

Chronic diseases are among the most common, costly and preventable of all health problems in the United States and Ohio and account for nearly two-thirds of all Ohio deaths.

- Ohio adults with less than a high school education have a stroke prevalence more than 3.5 times higher than those with a college degree.
- Lung cancer is the leading cause of cancer-related death in both men and women.
- More than half of Ohioans age 65 and older have been diagnosed with arthritis.
- The prevalence of asthma is highest among Ohio adults with the lowest income.

Chronic diseases are conditions that last a year or more and require ongoing medical attention and/or limit daily activities. Chronic diseases are the leading cause of death and disability in the United States and Ohio. Nearly 60 percent of Ohioans reported having at least one of the following 10 chronic diseases or clinical risk factors—arthritis, asthma, cancer, chronic kidney disease, chronic obstructive pulmonary disease (COPD), diabetes, heart disease, high cholesterol, high blood pressure (BP) and stroke. Chronic diseases shorten lives, reduce the quality of life and result in numerous poor health outcomes, increased health care needs and higher medical costs.

Prevalence of Chronic Diseases and Clinical Risk Factors among Ohio Adults (Age 18+), 2012

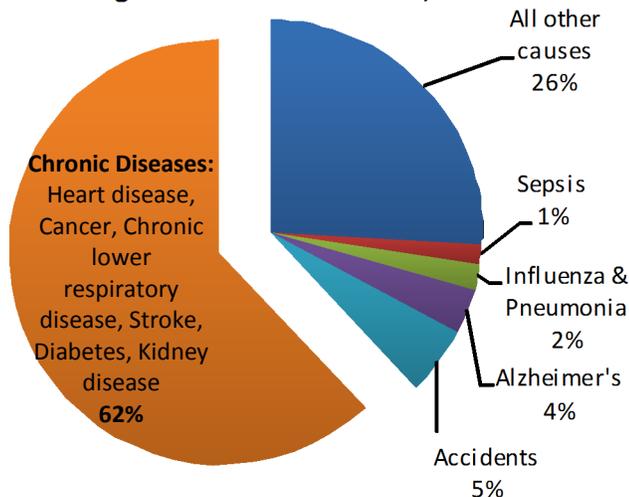


¹Cancer does not include skin cancer.

²Heart disease prevalence includes acute myocardial infarction and coronary heart disease.

³High blood pressure and high cholesterol data are from 2011.

Leading Causes of Death in Ohio, 2011



Multiple Chronic Diseases

Many Ohioans have not just one, but more than one chronic disease or clinical risk factor. People with multiple chronic diseases often have activity limitations, treatment complications, increased prescription medication and healthcare costs, poorer day-to-day quality of life and an increased risk of death.

Estimated Prevalence of Multiple Chronic Diseases among Ohio Adults (Age 18+), 2011

		0	1	2	3	4+
STATEWIDE		39.9%	23.5%	16.5%	11.2%	9.0%
Sex	Male	41.2%	23.8%	15.7%	11.5%	7.9%
	Female	38.7%	23.3%	17.2%	10.9%	10.0%
Race/ Ethnicity	White	39.7%	23.7%	16.7%	11.0%	9.0%
	Black	39.2%	22.5%	15.8%	13.9%	8.6%
	Additional races	40.6%	27.9%	11.9%	11.0%	8.7%
	Hispanic	57.9%	15.1%	18.7%	4.5%	3.8%
Age	18-24	76.6%	18.7%	3.0%	1.7%	0.0%
	25-44	57.9%	26.5%	9.4%	4.2%	2.0%
	45-64	26.8%	25.4%	22.4%	15.0%	10.5%
	65+	8.8%	17.7%	26.7%	22.6%	24.3%
Household Income	<\$35,000	36.5%	20.6%	16.3%	12.8%	13.8%
	\$35,000 +	43.0%	26.2%	16.1%	9.6%	5.1%
Education	<= High school	35.2%	21.7%	17.9%	13.7%	11.5%
	> High school	44.2%	25.3%	15.2%	8.8%	6.6%



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Nearly four out of 10 Ohio adults have two or more chronic diseases, and about one in 10 have four or more chronic diseases.

Having four or more chronic diseases is most closely associated with lower educational attainment, lower income and older age.

Insufficient physical activity, inadequate fruit and vegetable consumption, tobacco use and obesity are risk factors that contribute to much of the death and disability related to chronic diseases.

