Health Disparities in Utah

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Approach

• What are the data?
• How can health outcomes improve?
Definitions

• Health disparities:
Healthy People 2020 defined a health disparity as:
“... a particular type of health difference that is closely linked with economic, social, or environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater social or economic obstacles to health based on their racial or ethnic group, religion, socioeconomic status, gender, age, or mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion.”
Definitions

• Health equity:
  “...principle underlying a commitment to reduce—and, ultimately, eliminate—disparities in health and in its determinants, including social determinants. Pursuing health equity means striving for the highest possible standard of health for all people and giving special attention to the needs of those at greatest risk of poor health, based on social conditions.”

Braverman, Paula, Public Health Reports, 2014
Race/Ethnicity

• Definitions
  – Race
  – Ethnicity

• Limitations
  – Genetic admixtures
Important Questions

• What is health?
• What is disease?
• What is illness?
• Why is this important for a society?
• What are the factors that promote
  – Health?
  – Disease/illness?
  – Outcomes?
Why are health inequities important?

• Why should we care?
  – Personal costs
  – Family costs
  – Economic costs:
    • Loss of productivity
Health of Utahns

What do we know about Utah?
Let’s look at the data
# Utah Population

<table>
<thead>
<tr>
<th>Facts</th>
<th>Utah</th>
<th>USA</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Population 2014</strong></td>
<td>2,942,902</td>
<td>318,857,056</td>
</tr>
<tr>
<td>2010</td>
<td>2,763,885</td>
<td>308,758,105</td>
</tr>
<tr>
<td>% change</td>
<td>6.5%</td>
<td>3.3%</td>
</tr>
<tr>
<td>Women 2014</td>
<td>49.7%</td>
<td>50.8%</td>
</tr>
<tr>
<td>&lt;5yo</td>
<td>8.6%</td>
<td>6.2%</td>
</tr>
<tr>
<td>&lt;18 yo</td>
<td>30.7%</td>
<td>23.1%</td>
</tr>
<tr>
<td>&gt;65 yo</td>
<td>10%</td>
<td>14.5%</td>
</tr>
</tbody>
</table>

quickfacts.census.gov/qfd/states/49000.html
# Utah Population Age

<table>
<thead>
<tr>
<th>Race/Ethnicity*</th>
<th>Median Age</th>
<th>90% CI (Lower)</th>
<th>90% CI (Upper)</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Utahns</td>
<td>29.6</td>
<td>29.5</td>
<td>29.7</td>
</tr>
<tr>
<td>Am. Indian/AK Native</td>
<td>27.1</td>
<td>26.2</td>
<td>28</td>
</tr>
<tr>
<td>Asian</td>
<td>32.5</td>
<td>31.8</td>
<td>33.2</td>
</tr>
<tr>
<td>Black/African Am.</td>
<td>23.4</td>
<td>22.4</td>
<td>24.4</td>
</tr>
<tr>
<td>N. Hawaiian/Pac. Islander</td>
<td>24.0</td>
<td>23.3</td>
<td>24.7</td>
</tr>
<tr>
<td>White</td>
<td>30.4</td>
<td>30.3</td>
<td>30.5</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>23.6</td>
<td>23.4</td>
<td>23.8</td>
</tr>
</tbody>
</table>

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*American Community Survey 2009-2013.

'Race Alone. Hispanic may be of any race.'
Utah’s Changing Demographics

• Salt Lake City, half of preschool-age children are non-White
# Utah: Race/Ethnicity

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>2014 (a)</th>
<th>2014 (b)</th>
</tr>
</thead>
<tbody>
<tr>
<td>White alone, percent</td>
<td>91.4%</td>
<td>77.4%</td>
</tr>
<tr>
<td>Black or African American alone, percent</td>
<td>1.3%</td>
<td>13.2%</td>
</tr>
<tr>
<td>American Indian and Alaska Native alone, percent</td>
<td>1.5%</td>
<td>1.2%</td>
</tr>
<tr>
<td>Asian alone, percent</td>
<td>2.4%</td>
<td>5.4%</td>
</tr>
<tr>
<td>Native Hawaiian and Other Pacific Islander alone, percent</td>
<td>1.0%</td>
<td>0.2%</td>
</tr>
<tr>
<td>Two or More Races, percent</td>
<td>2.4%</td>
<td>2.5%</td>
</tr>
<tr>
<td>Hispanic or Latino, percent</td>
<td>13.5%</td>
<td>17.4%</td>
</tr>
<tr>
<td>White alone, not Hispanic or Latino, percent</td>
<td>79.3%</td>
<td>62.1%</td>
</tr>
</tbody>
</table>

[quickfacts.census.gov/qfd/states/49000.html](quickfacts.census.gov/qfd/states/49000.html)
Salt Lake City.

http://www.huffingtonpost.com/2013/08/27/map-segregation-america-race_n_3824693.html
Utah Demographics

• Changing

• Relatively homogenous population to a more diverse population
  – People moving to the state
  – Births

• Change is most predominant in the more populous areas
Utah Population Socioeconomic Status

Utahns Living in Poverty, 2013

- Hispanic/Latino: 24.5%
- White: 11.0%
- N. Hawaiian/ Pac. Islander: 24.7%
- Black/ African Am.: 34.5%
- Asian: 18.0%
- Am. Indian/ AK Native: 28.8%
- All Utahns: 12.6%
Population Density

Source: U.S. Census Bureau
Census 2000 Summary File 1
population by census tract.
<table>
<thead>
<tr>
<th>Geography QuickFacts</th>
<th>Utah</th>
<th>USA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Land area in square miles, 2010</td>
<td>82,169.62</td>
<td>3,531,905.43</td>
</tr>
<tr>
<td>Persons per square mile, 2010</td>
<td>33.6</td>
<td>87.4</td>
</tr>
</tbody>
</table>
Utah Access to Health Insurance

Utahns Without Health Insurance

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic/Latino</td>
<td>32.7%</td>
</tr>
<tr>
<td>White</td>
<td>10.4%</td>
</tr>
<tr>
<td>N. Hawaiian/Pac. Islander</td>
<td>15.4%</td>
</tr>
<tr>
<td>Black/African Am.</td>
<td>14.2%</td>
</tr>
<tr>
<td>Asian</td>
<td>9.2%</td>
</tr>
<tr>
<td>Am. Indian/AK Native</td>
<td>21.5%</td>
</tr>
<tr>
<td>All Utahns</td>
<td>12.7%</td>
</tr>
</tbody>
</table>

2011-2013

Percentage (Age-adjusted)
Financial Toxicity of Health Care

- Bankruptcy
- Uninsured/underinsured
- Lack of transparency of costs
- Health care accounts
Health Workforce Shortages

- Lack of primary care physicians
  - 1,861 total: 65.2/100,000 (Rank: 49th)

- Lack of physicians, health care professionals that come from the increasingly diverse communities in Utah

Population Characteristics

- Rural/frontier
- Overall younger population
- Increasingly diverse
- Relatively segregated
- Variable access to health insurance
- 49th in the country in numbers of primary care physicians
How is Utah’s health?
Let’s look at

• Maternal health/infant mortality
• Main causes of mortality
  – Diabetes
  – Vascular disease
  – Cancer
Maternal Health

Utah Infants Who Received 1st Trimester Prenatal Care, 2009-2013

- Hispanic/Latino: 62.3%
- White: 75.6%
- N. Hawaiian/Pac. Islander: 42.1%
- Black/African Am.: 54.5%
- Asian: 70.8%
- Am. Indian/AK Native: 51.8%
- All Utahns: 74.2%

Percentage of Infants

Infant Mortality, Utah 2008-2012

- Hispanic/Latino: 5.1
- White: 4.7
- N. Hawaiian/Pac. Islander: 8.9
- Black/African Am.: 10.5
- Asian: 6.7
- Am. Indian/AK Native: 5.1
- All Utahns: 4.9

Infant Deaths per 1,000 Live Births
Infant Mortality

Infant Mortality
Figure 2. Rate by mother’s race/hispanic ethnicity, Utah, 2009-2011

Source: Utah Vital Statistics Birth and Death Certificate Data
Diabetes Prevalence Rate, 2011-2013

- Hispanic/Latino: 9.8%
- White: 7.1%
- N. Hawaiian/Pac. Islander: 15.7%
- Black/African Am.: 12.0%
- Asian: 5.0%
- Am. Indian/AK Native: 13.3%
- All Utah Adults: 7.4%

Percentage of Adults (Age-adjusted)
Diabetes

- Obesity
- Physical activity
- Nutrition
Vascular Disease: Heart disease/stroke

- High cholesterol
- Hypertension
- Obesity
- Physical Activity
- Nutrition
Cholesterol Check within Past Five Years
2011-2013

- Hispanic/Latino: 60.6%
- White: 70.7%
- N. Hawaiian/Pac. Islander: 71.2%
- Black/African Am.: 66.8%
- Asian: 70.3%
- Am. Indian/AK Native: 70.5%
- All Utahns, adults: 69.8%

Percentage of Adults (Age-adjusted)
High Cholesterol, Utah 2011-2013

- Hispanic/Latino: 21.4%
- White: 25.0%
- N. Hawaiian/Pac. Islander: 26.2%
- Black/African Am.: 20.1%
- Asian: 19.1%
- Am. Indian/AK Native: 20.3%
- All Utah Adults: 24.7%

Percentage of Adults (Age-adjusted)
High Blood Pressure, Utah 2011-2013

- Hispanic/Latino: 23.4%
- White: 24.3%
- N. Hawaiian/Pac. Islander: 33.0%
- Black/African Am.: 35.4%
- Asian: 22.8%
- Am. Indian/AK Native: 25.5%
- All Utah Adults: 24.5%

Percentage of Adults (Age-adjusted)
Cancer

• Screening
• Primary prevention
• Obesity
• Physical activity
• Nutrition
Cancer Screening

• Colon cancer
• Breast cancer
• Cervical cancer
• Skin cancer
• Lung cancer in smokers
Utahns Age 50+ Who Had Colon Cancer Screening, 2012-2013

- Hispanic/Latino: 64.9%
- White: 73.8%
- N. Hawaiian/Pac. Islander: 40.3%
- Black/African Am.: 53.0%
- Asian: 61.1%
- Am. Indian/AK Native: 67.3%
- All Utahns 50+: 73.0%

Percentage of Adults 50+ (Age-adjusted)
Women 40+ Who Had a Mammogram in the Past 2 Years, 2011-2013

- Hispanic/Latino: 62.4%
- White: 66.5%
- N. Hawaiian/Pac. Islander: 63.0%
- Black/African Am.: 78.5%
- Asian: 80.8%
- Am. Indian/AK Native: 50.7%
- All Utahns Women 40+ Years: 66.4%

Percentage of Women 40+ (Age-adjusted)
Women with Pap Test in Past 3 Years
2010, 2012

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<td>74.6%</td>
</tr>
<tr>
<td>Asian</td>
<td>74.7%</td>
</tr>
<tr>
<td>Am. Indian/AK Native</td>
<td>55.6%</td>
</tr>
<tr>
<td>All Utahns Women 18+ Years</td>
<td>73.3%</td>
</tr>
</tbody>
</table>
Cancer primary prevention

• Tobacco
• HPV vaccination
• Hepatitis B vaccination
Current Cigarette Smoking, 2011-2013

- Hispanic/Latino: 12.0%
- White: 10.5%
- N. Hawaiian/Pac. Islander: 8.1%
- Black/African Am.: 17.7%
- Asian: 8.0%
- Am. Indian/AK Native: 20.6%
- All Utah Adults: 10.7%

Percentage of Adults (Age-adjusted)
Youth E-Cigarette Use, 2013

- Hispanic/Latino: 7.2%
- White: 5.5%
- N. Hawaiian/Pac. Islander**: 4.5%
- Black/African Am.: 4.8%
- Asian: 6.6%
- Am. Indian/AK Native: 7.5%
- All Utahns: 5.7%

Percentage of 8th, 10th, 12th Graders
<table>
<thead>
<tr>
<th>Vaccine/Vaccine Series</th>
<th>Utah</th>
<th>U.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>≥1 dose HPV</td>
<td>44.3%</td>
<td>57.3%</td>
</tr>
<tr>
<td>≥2 doses HPV</td>
<td>30.9%</td>
<td>47.7%</td>
</tr>
<tr>
<td>≥3 doses HPV</td>
<td>20.5%</td>
<td>37.6%</td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th>Vaccine/Vaccine Series</th>
<th>Utah</th>
<th>U.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>≥1 dose HPV</td>
<td>11.0%</td>
<td>34.6%</td>
</tr>
<tr>
<td>≥2 doses HPV</td>
<td>N/A</td>
<td>23.5%</td>
</tr>
<tr>
<td>≥3 doses HPV</td>
<td>N/A</td>
<td>13.9%</td>
</tr>
</tbody>
</table>

Dental Health
Lack of dental care

Utah Adults With a Routine Dental Checkup, 2010, 2012

- Hispanic/Latino: 51.6%
- White: 70.7%
- N. Hawaiian/Pac. Islander: 60.8%
- Black/African Am.: 47.0%
- Asian: 73.0%
- Am. Indian/AK Native: 60.3%
- All Utahns: 68.7%

Percentage of Adults (Age-adjusted)
Lifestyle Factors
Overweight or Obese Utahns, 2011-2013

- Hispanic/Latino: 68.9%
- White: 59.4%
- N. Hawaiian/Pac. Islander: 82.3%
- Black/African Am.: 65.1%
- Asian: 40.3%
- Am. Indian/AK Native: 71.4%
- All Utah Adults: 60.2%
No Physical Activity, Utah 2011-2013

- Hispanic/Latino: 29.7%
- White: 17.7%
- N. Hawaiian/Pac. Islander: 19.7%
- Black/African Am.: 30.4%
- Asian: 20.0%
- Am. Indian/AK Native: 24.3%
- All Utah Adults: 19.0%
Recommended Aerobic Activity
2011-2013

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic/Latino</td>
<td>49.3%</td>
</tr>
<tr>
<td>White</td>
<td>59.3%</td>
</tr>
<tr>
<td>N. Hawaiian/Pac. Islander</td>
<td>62.1%</td>
</tr>
<tr>
<td>Black/African Am.</td>
<td>47.1%</td>
</tr>
<tr>
<td>Asian</td>
<td>55.8%</td>
</tr>
<tr>
<td>Am. Indian/AK Native</td>
<td>54.5%</td>
</tr>
<tr>
<td>All Utahns</td>
<td>58.6%</td>
</tr>
</tbody>
</table>

Percentage of Adults (Age-adjusted)
Nutrition
3+ vegetables daily
2+ fruits daily
Utah Conundrum

• Spend less on health—overall, health outcomes—pretty good
  – Healthy population overall
    • Less obese
    • Less tobacco
    • Less alcohol
    • More physically active
    • More health conscious
Mental Health

Poor Mental Health Status, 2011-2013

- Hispanic/Latino: 16.9%
- White: 15.8%
- N. Hawaiian/Pac. Islander: 14.1%
- Black/African Am.: 12.9%
- Asian: 11.7%
- Am. Indian/AK Native: 20.0%
- All Utah Adults: 15.8%

7 or more days (in the past 30 days) when mental health was “not good”
Depression, Ever Diagnosed, 2011-2013

- Hispanic/Latino: 19.6%
- White: 22.4%
- N. Hawaiian/Pac. Islander: 13.5%
- Black/African Am.: 18.9%
- Asian: 8.4%
- Am. Indian/AK Native: 21.4%
- All Utah Adults: 21.6%

Percentage of Adults (Age-adjusted)
### Utah Life Expectancy

- **Gender**

<table>
<thead>
<tr>
<th>Year</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>1980</td>
<td>72.4</td>
<td>77.4</td>
</tr>
<tr>
<td>2103</td>
<td>77.9</td>
<td>81.2</td>
</tr>
</tbody>
</table>
Utah Life Expectancy

Utah Life Expectancy, 2009-2013

- Hispanic/Latino: 82.4
- White: 80.3
- N. Hawaiian/ Pac. Islander: 76.7
- Black/ African Am.: 78.8
- Asian: 85.8
- Am. Indian/ AK Native: 78.4
- All Utahns: 80.2

The method developed by C.L. Chiang was used to compute life expectancy.
What are other potential factors that lead to differences in health outcomes?
What are other potential factors that lead to health inequities?

- Socioeconomic status
- Language
- Literacy
- Numeracy
- Access to safe streets
- Access to healthy food
- Having health insurance
- Having dental insurance
- Education
- Age
- Gender
- Religion
- Sexual orientation
- Culture
- Access to health care
- Access to prenatal care
Factors to Consider

• Urban/Rural/Frontier
• Where do people live by ethnicity?
• Where do people live by SES?
• Where are the failing schools?
• Where are the better paying jobs?
• Where are the food deserts?
Strategies to address health inequities:

• Education
• Education
• Education
Strategies to address health inequities:

What *enables* a person to use what s/he has learned?

- Access to culturally and linguistically competent care
- Address the social determinants of health
- Bridge literacy, numeracy
- Psychosocial support
Thank you!