

# Health Status - Adults

**Vision:** *Adults have meaningful work, family-sustaining incomes and healthy lifestyles.*

## SOCIOECONOMIC FACTORS

### Unemployment Highest in Hawaii County

From 2000 to 2010 unemployment in Hawaii County has been consistently higher than the other counties and has risen sharply since 2008.

In 2010, Hawaii County unemployment rate was 9.8% compared to 5.6% for the City and County of Honolulu (see Figure 55).

### Median Income Lowest in Hawaii County

The median income in Hawaii County in 2010 was \$46,444 compared to \$67,519 in the City and County of Honolulu. The median income in Hawaii County in 2010 is 31% lower than the City and County of Honolulu (see Figure 56).

### Professional Education has Less Impact on Income in Hawaii State

At the lower education levels, on average, Hawaii income is relatively higher than the U.S. However, at higher education levels, the average Hawaii income is relatively lower than the U.S. average (see Figure 57). This may partly explain why Hawaii County has a shortage of healthcare professionals.

**Note:**

*Growing professional opportunities and competitive salaries are important to address workforce shortages as well as economic development.*

Figure 55

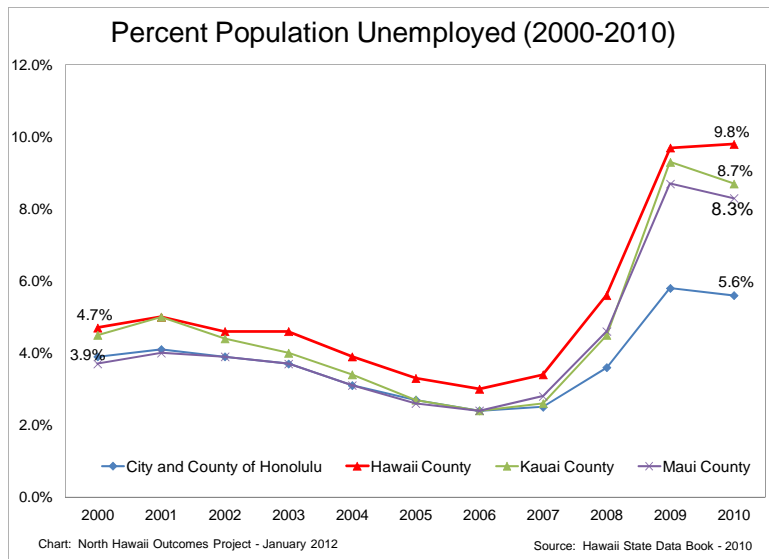


Figure 56

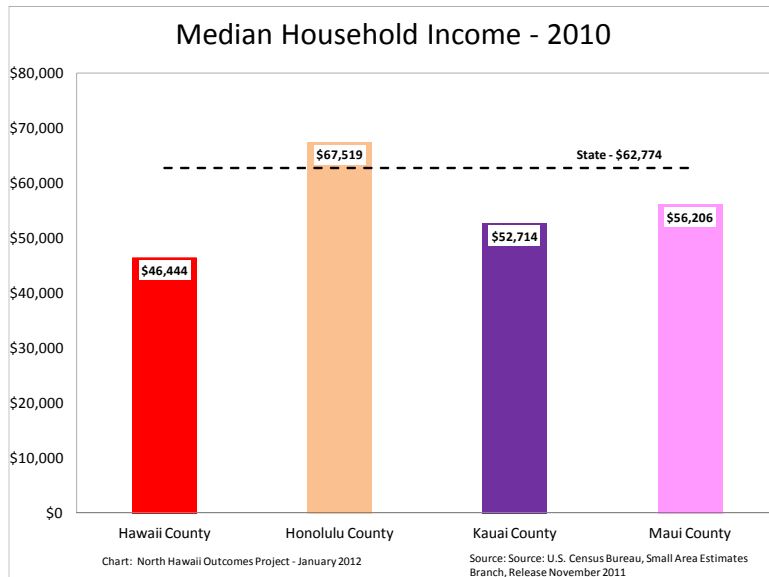
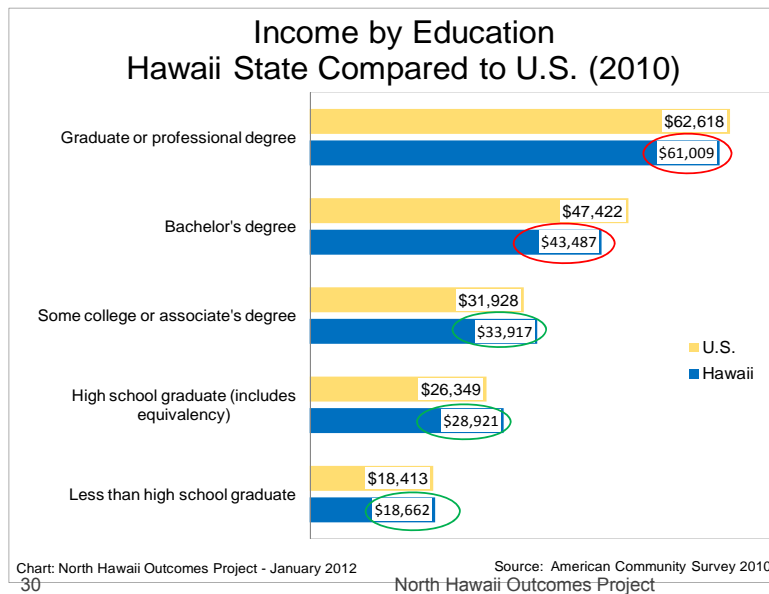


Figure 57



## HEALTH-RELATED BEHAVIORS

### Higher Smoking Rates in Hawaii County

Hawaii County residents reported higher smoking rates (15.7%) compared to the state (10%) in 2010.

There has been substantial improvement in reducing smoking in Hawaii County between 2000 to 2008. In 2000, 23.1% of Hawaii County residents reported smoking, compared to 15.7% in 2010 (see Figure 58).

### Smoking Rates are Higher for Those Self-Identified as Hawaiian

The state smoking rate in 2010 for those self-identified as Hawaiian was 26.8% compared to 14.8% for Caucasians, 11.4%, for Filipino and 10% for Japanese according to the Behavioral Risk Factor Surveillance Survey (see figure 59).

### Binge Drinking on Rise in Hawaii County

Binge drinking is defined as drinking five or more alcoholic beverages on at least one occasion in the past month. Binge drinking is associated with an increased risk of trauma related injury.

Self-reported binge drinking rates were slightly higher in Hawaii County in 2010 compared to the state (17.9% vs. 17.7%). Unfortunately, binge drinking appears to be increasing at both the county and state levels (see Figure 60). See [www.alcoholscreening.org](http://www.alcoholscreening.org)<sup>21</sup> for more information about assessing problem drinking.

Figure 58

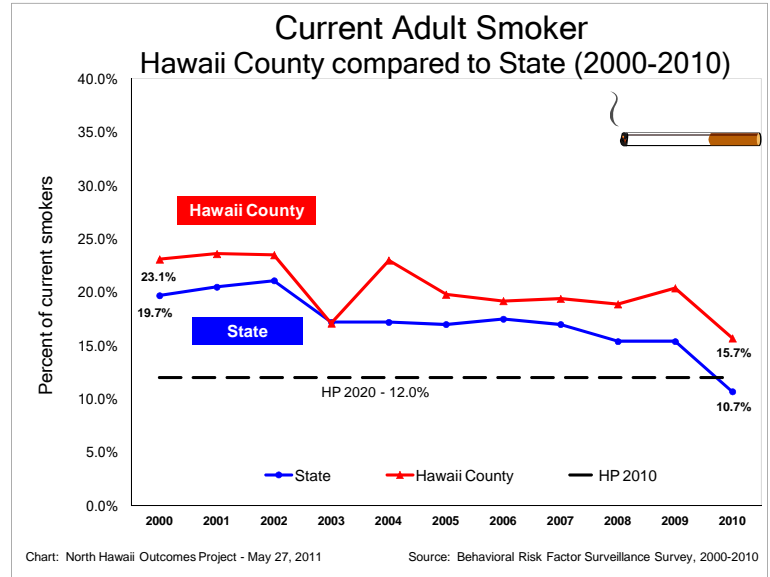


Figure 59

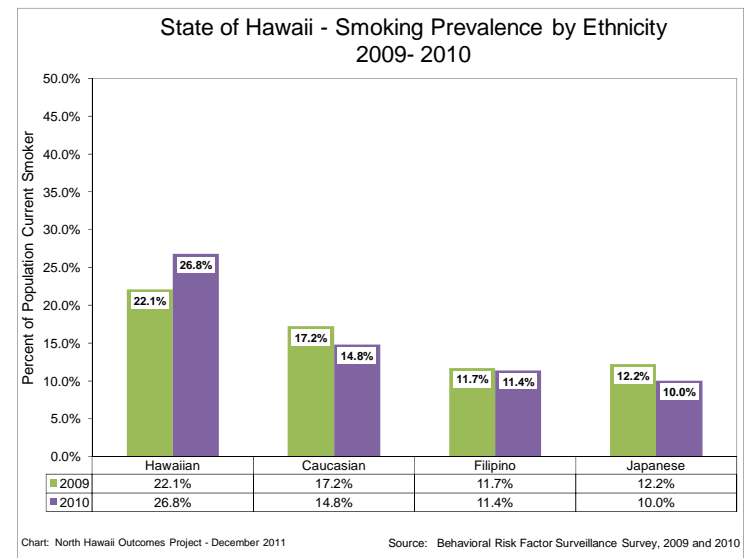
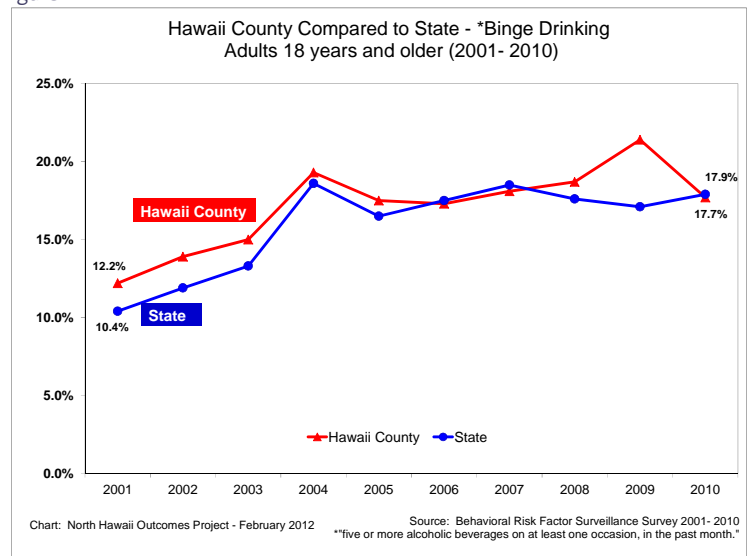


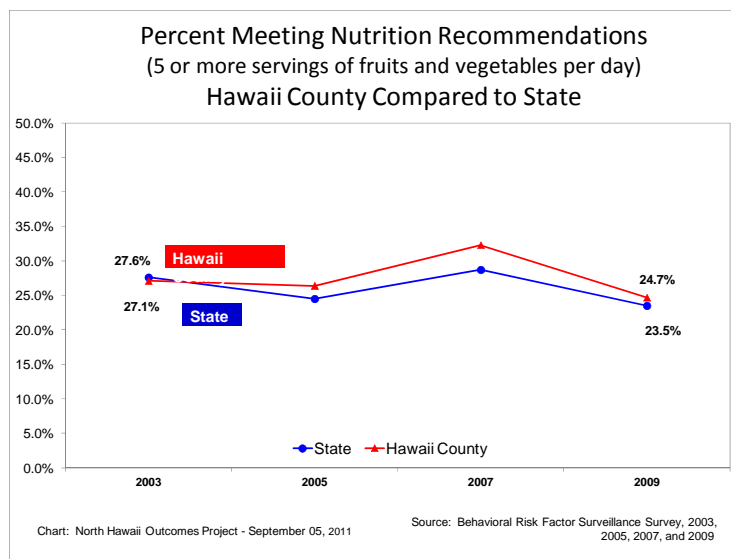
Figure 60



## Slightly More Hawaii County Residents Meet National Nutrition Recommendations

Slightly more Hawaii County residents reported eating the recommended five servings of fruits and vegetables a day, according to the Behavioral Risk Factor Surveillance Survey, 2009 (see Figure 61). However, unfortunately, nearly 75% of Hawaii County residents do not consume the recommended amount. Consuming more fruits and vegetables is important because it decreases the risk for heart attack, stroke and cancer.

Figure 61



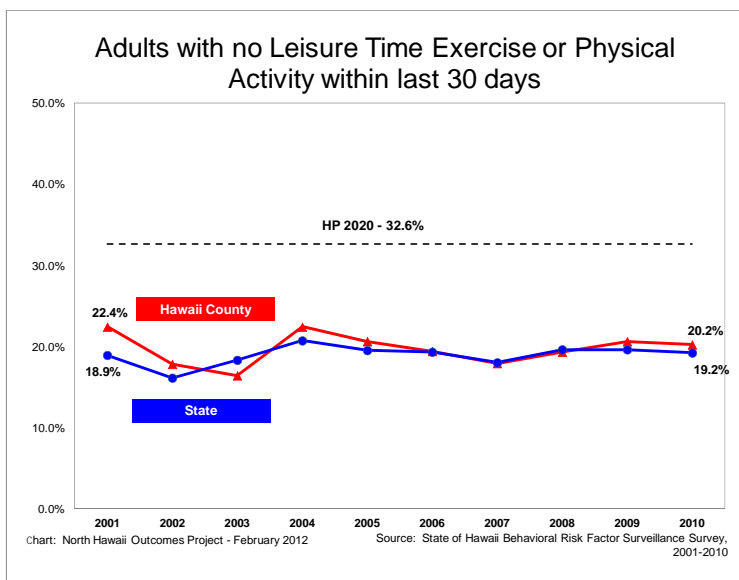
## Hawaii County is Similar to State for Adults with Limited Physical Activity

Physical activity is one of the most important lifestyle factors to promote health and protect against disease. Although Hawaii County is similar to the state, about one in five adults reported getting no physical activity within the last 30 days, according to the Behavioral Risk Factor Surveillance Survey (2001-2010) (see Figure 62).

**Note:**

*Increasing physical activity reduces risk for heart attack, stroke and depression.*

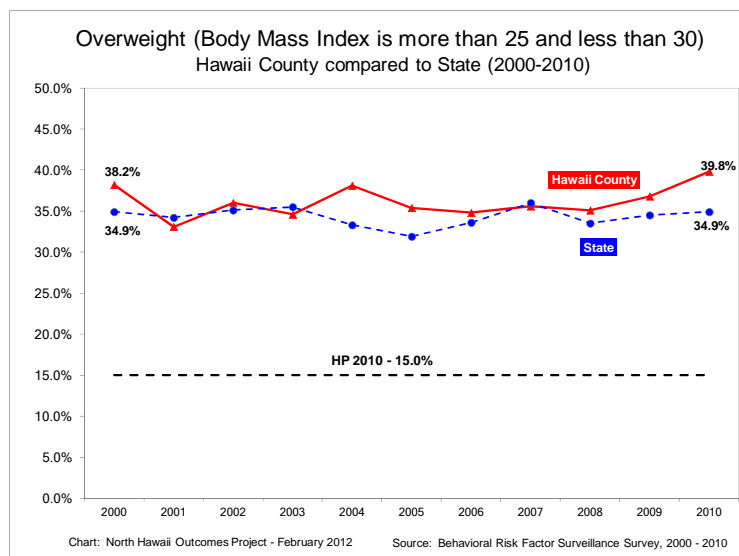
Figure 62



## Hawaii County Overweight Rate is Higher than the State Rate

Approximately one in three Hawaii County residents (39.8%) reported being overweight, compared to 34.9% for the state (see Figure 63). Being overweight increases the risk for diabetes, heart disease, stroke and cancer, and is an important target for improvement. Visit the National Heart Lung and Blood Institute at [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi) <sup>22</sup> for further information on body mass index.

Figure 63



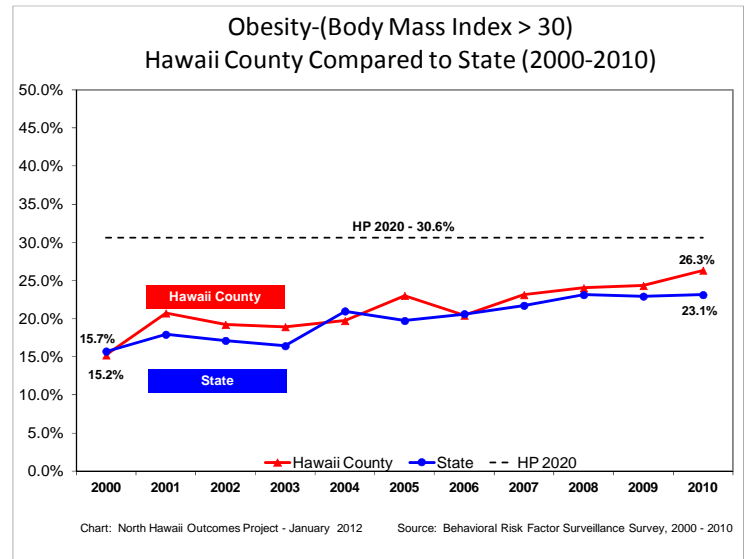
## Obesity Rising in Hawaii County

Obesity, like being overweight, is a risk factor for high blood pressure, diabetes, heart attack, stroke and cancer.

Obesity rates have increased steadily in Hawaii County and the state over the past 10 years.

In 2010, Hawaii County had a slightly higher obesity rate than the state (26.3% vs. 23.1%). In 2010, one in four adults reported being obese, which is defined as a body mass index greater than 30 (see Figure 64).

Figure 64

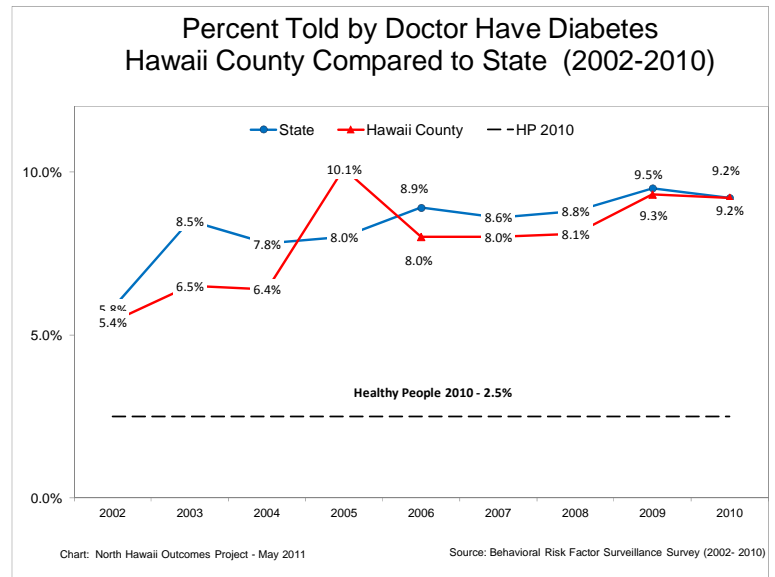


## HEALTH OUTCOMES

### Diabetes Rates Increasing in Hawaii County

Obesity and lack of regular physical activity are risk factors for Type II diabetes, which is associated with increased risk for heart attacks and stroke. Diabetes rates have increased in Hawaii County and the state over the past decade. This increase is likely related to the increase in overweight and obesity. In 2010, one in ten people in Hawaii County and the state reported being told by a doctor they had diabetes (see Figure 65).

Figure 65



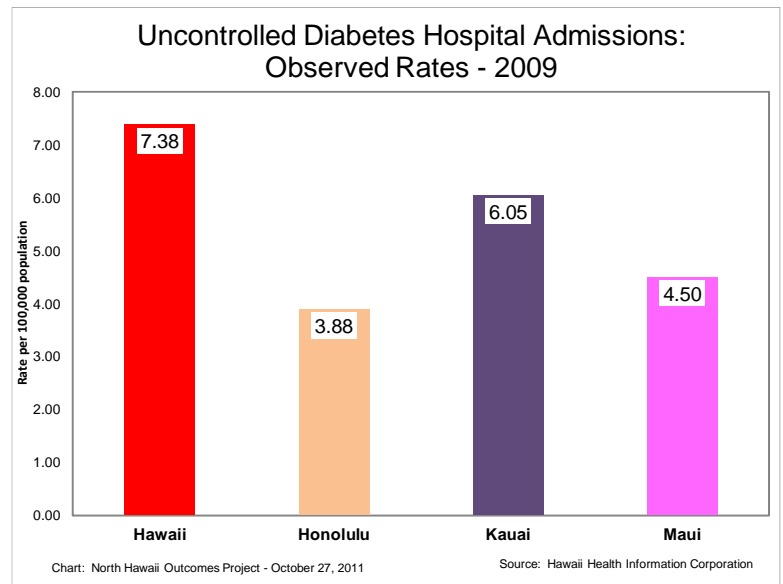
### More Hospitalizations for Diabetes in Hawaii County

Although Hawaii County has the same rate of self-reported diabetes as the state, it has approximately twice the rate of hospitalizations for uncontrolled diabetes (see Figures 65 and 66).

**Note:**

*The primary care provider shortage and inadequate access to primary care are most likely contributing to this higher rate of hospitalizations for diabetes.*

Figure 66



# Health Status - Adults

## Hawaii County Has Increasing Rates of High Blood Pressure

Hawaii County self-reported rate of high blood pressure in 2009 was the same as the state (30.7%). High blood pressure rates are rising at both the county and state levels. The proportion of Hawaii County residents, and state residents, reporting high blood pressure rose from about 25% in 2001 to about 30% in 2009 (see Figure 67). High blood pressure is a major risk factor for heart disease and stroke.

## Fewer Hawaii County Residents with High Blood Pressure Reported Taking Medicine for High Blood Pressure

In 2009, fewer Hawaii County residents reported taking medicine for high blood pressure (72.9%) compared to (78.7%) for the state (see Figure 68). This may reflect inadequate access to primary care.

Effective treatment to reduce high blood pressure through lifestyle changes and, if necessary, through medication, reduces the risk of heart attack, heart failure and stroke.

## Heart Disease Death Rates Higher in Hawaii County

Hawaii County has consistently and significantly higher death rates from coronary heart disease compared to the state.

On the positive side, both Hawaii County and the state death rates are improving and are actually lower than the Healthy People 2020 target (see Figure 69).<sup>23</sup>

### **Note:**

*The higher heart disease death rate for Hawaii County may be related to higher smoking rates, higher obesity and inadequate access to healthcare. Improving management of high blood pressure is a key strategy for reducing heart attack and stroke deaths.*

Figure 67

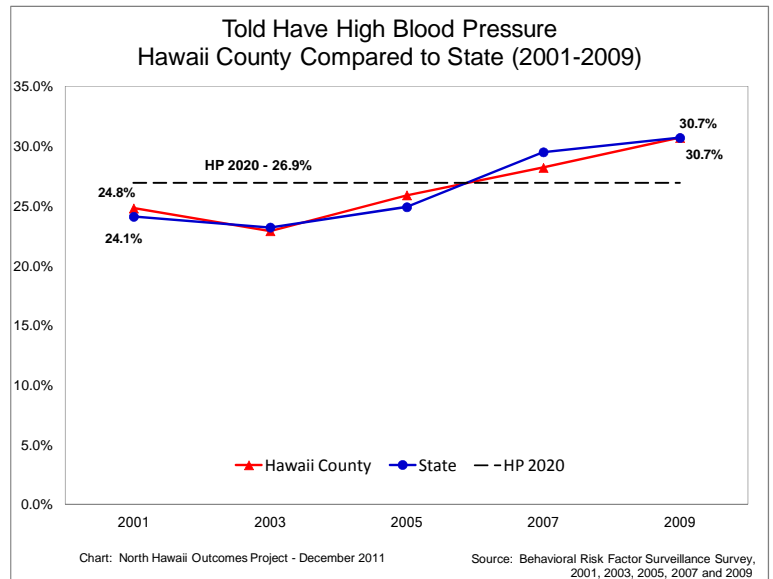


Figure 68

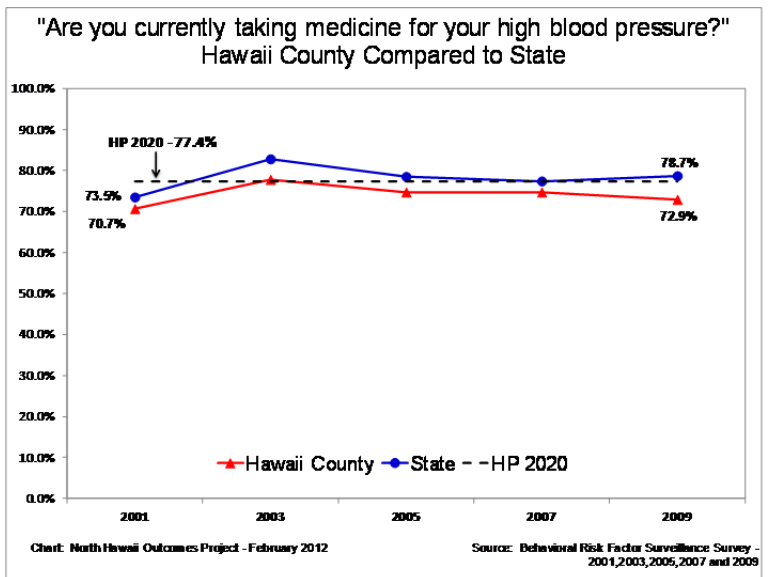
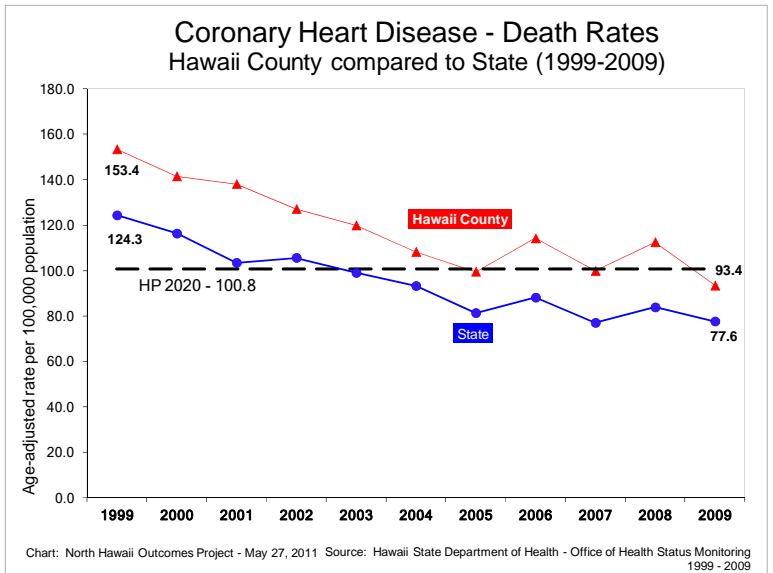


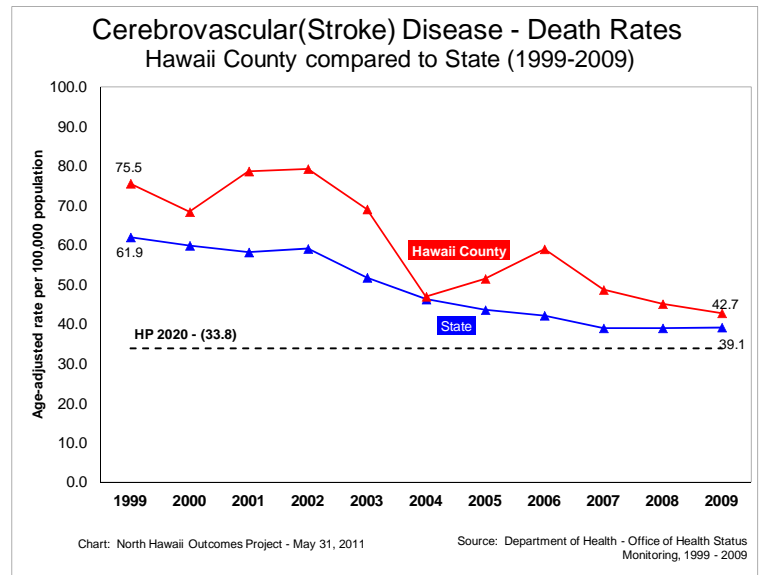
Figure 69



## Stroke Death Rate Higher in Hawaii County

From 1999 - 2009, except for 2004, Hawaii County had a consistently higher stroke death rate compared to the state (see Figure 70). Since high blood pressure is the biggest population risk factor for stroke deaths, and rates of reported high blood pressure in Hawaii County are similar to the state, the higher stroke death rate in Hawaii County may be related to inadequate access to primary care, as well as the higher smoking and obesity rates.

Figure 70



## Overall Cancer Death Rate Higher in Hawaii County

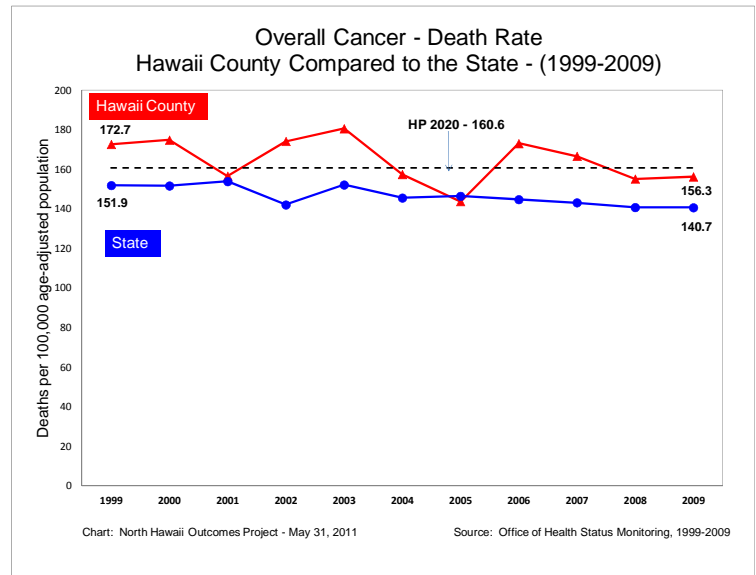
Hawaii County overall cancer death rates are generally higher than the state rates (see Figure 71).

Higher overall cancer rates in Hawaii County are likely to be related to higher smoking rates and may be related to inadequate access to primary care and lower cancer screening rates, as well as economic and social determinants of health.

**Note:**

*Decreasing smoking rates is a key strategy to decreasing cancer rates. Increasing recommended screening for cancer will also help to reduce cancer death rates by finding cancers at an earlier more treatable stage.*

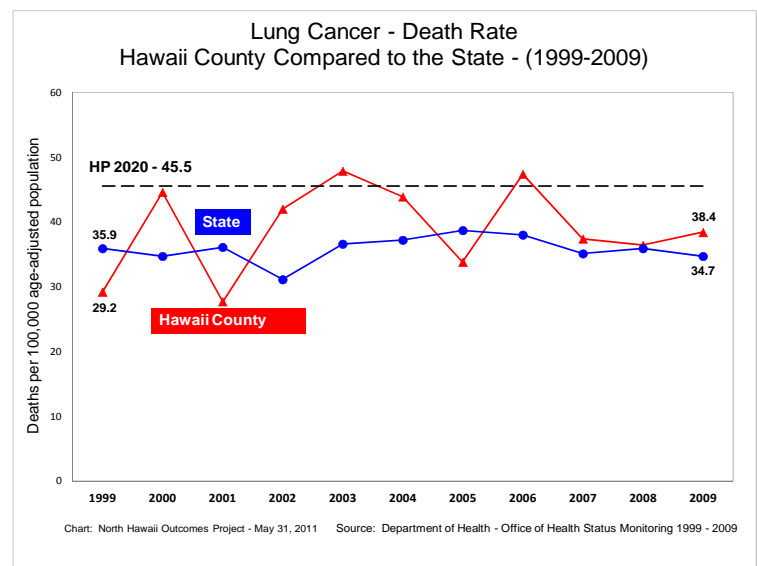
Figure 71



## Average Lung Cancer Death Rate Higher in Hawaii County

The Hawaii County lung cancer death rate between 1999 - 2009 was on average 39.0 per 100,000 age-adjusted population. This is higher than the average state rate of 35.8 for the same time period (see Figure 72). Higher lung cancer rates in Hawaii County may be linked with higher smoking rates.

Figure 72



## Breast Cancer Death Rate Higher in Hawaii County

Hawaii County breast cancer death rates for the years reported were higher than the state rate (see Figure 73).

Data for Hawaii County was not reported for 2000, 2003 and 2004, because of small numbers.

Possible reasons for the disparity include social and economic determinants, inadequate access to care and lower screening and mammogram rates.

Because the Hawaii County population is relatively small and the numbers of deaths from breast cancer in Hawaii County are relatively small, there is a large expected variation.

Figure 73

