



Chronic Conditions

Health Outcome

Chronic Conditions: Definition

Chronic diseases are conditions that last one year or more and require ongoing medical attention and/or limit activities of daily living.⁶¹ Risk factors for chronic disease include:

- Tobacco use
- Secondhand smoke
- Poor nutrition
- Lack of physical activity
- Excessive alcohol
- Other substance use

What's Being Done

HCWC members are addressing this core issue through:

- Nutrition and chronic condition self-management classes
- Partnering with community-based organizations to support healthy lifestyles
- Tobacco prevention programs
- Healthy food access
- Public policies that address the leading causes of death and injury

Chronic Condition Prevalence in the Quad-County Area

Increased rates of chronic conditions put strain on the health care delivery and public health systems, taking away resources from other areas.

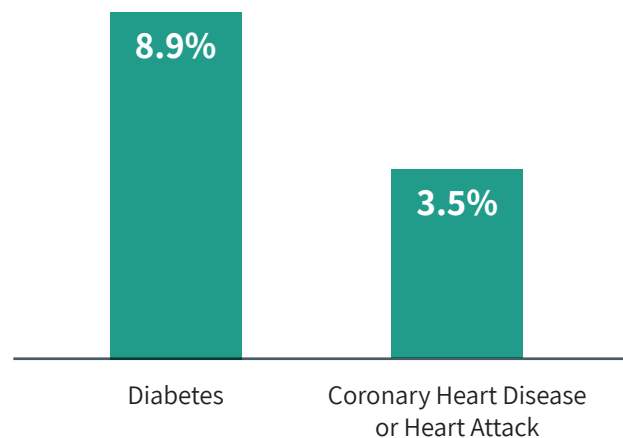
HCWC identified the following four conditions as significant conditions affecting the health of the region, with communities of color having higher rates of the conditions than their white counterparts.

- Heart disease
- Diabetes
- Hypertension
- Liver disease

For county-specific chronic disease rates, see [Appendix G](#).

One measure of the prevalence of chronic disease is the Behavioral Risk Factor Surveillance System (BRFSS) that collects data from U.S. residents on their chronic health conditions through phone surveys (see Figure 17).

Figure 17. Self-Reported Prevalence of Two Chronic Diseases in Quad-County Area: 2012 – 2015.



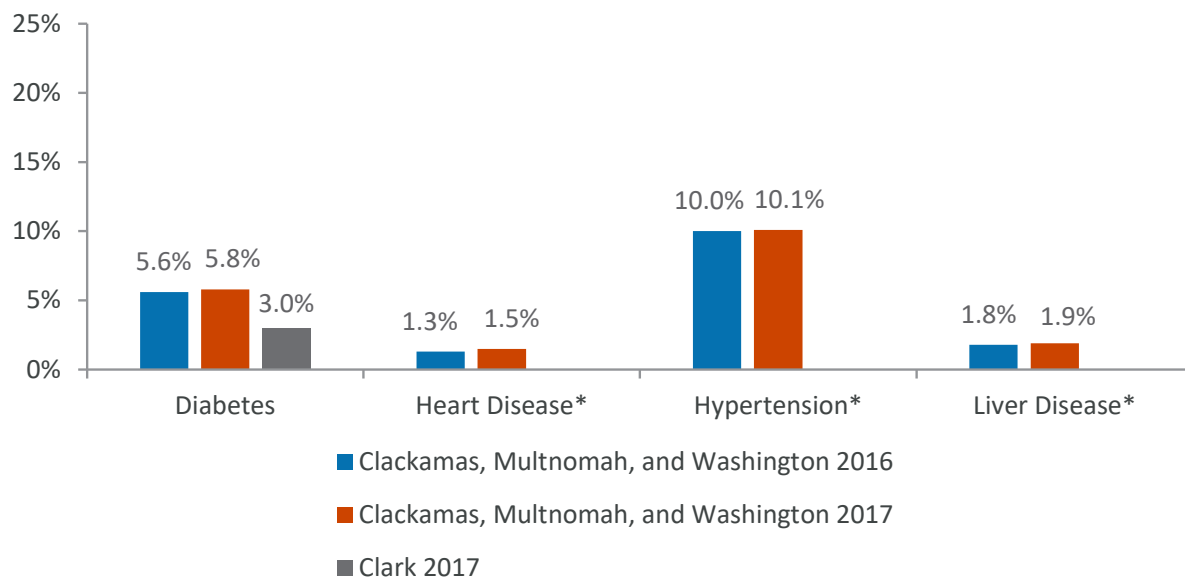
Note: N = 15,527 to 16,779

Source: Behavioral Risk Factor Surveillance System (2012–2015).

Chronic disease prevalence in the region was also identified through data provided on Medicaid members who received services in 2016 and 2017 through Health Share of Oregon and in 2017 from people who were insured by Apple Health in Clark County.

Figure 18 shows the rates for heart disease, diabetes, hypertension, and liver disease in the region.

Figure 18. Chronic Disease Prevalence by County.



*Data not available for Clark County.

Note: 2016 Oregon N = 299,119; 2017 Oregon N = 280,812. Clark County is based on population estimates.

Source: Health Share of Oregon and Health Washington Dashboard.

The prevalence of the chronic conditions was highest for the following Health Share of Oregon members who receive services through Medicaid:

Diabetes	Heart Disease	Hypertension	Liver Disease
<ul style="list-style-type: none"> - Asian (12%) - Black (9-10%) 	<ul style="list-style-type: none"> - Black (3%) - Pacific Islander (2%) - White (2%) 	<ul style="list-style-type: none"> - Asian (17-18%) - Black (17%) - White (13-14%) 	<ul style="list-style-type: none"> - American Indian (2%) - Asian (2%) - Black (2%) - White (2-3%)

The prevalence of the chronic conditions was highest for the following Apple Health of Washington members who receive services through Medicaid:

Diabetes (Clark County only)
<ul style="list-style-type: none"> - American Indian/Alaska Native: 5% - Asian: 4% - Native Hawaiian/Pacific Islander: 4%

Town hall participants discussed how comprehensive, accessible health care and access to peer navigators and community health workers (see page 56) could have a positive influence on reducing the prevalence

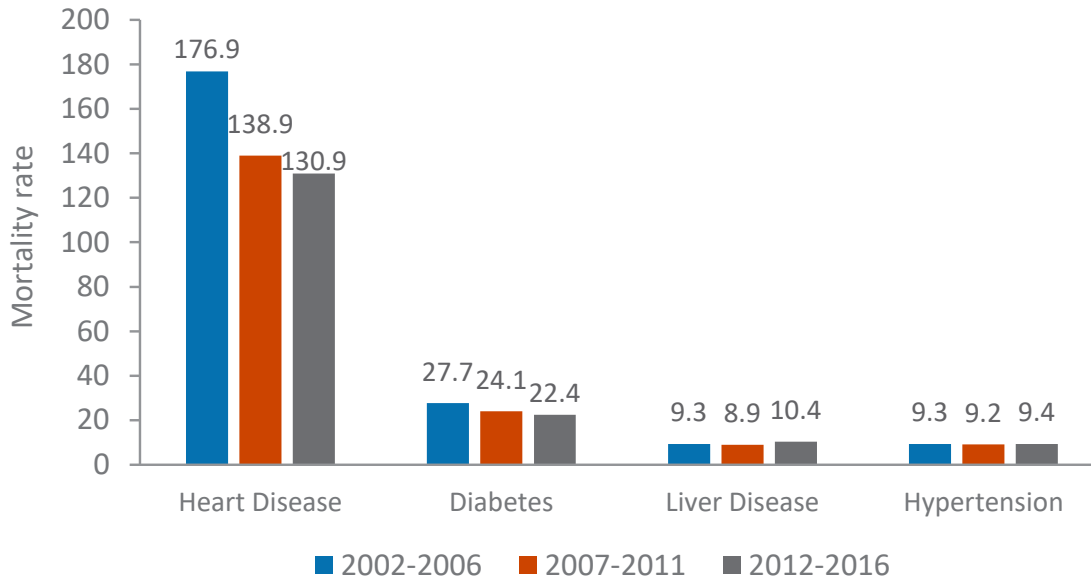
of chronic conditions in the region. While listening session participants did not frequently address the chronic conditions by name, such as diabetes and heart disease, they discussed belonging to communities that needed more preventive resources and education to improve chronic condition self-management.

Many participants indicated that their community was in poor health and their interest in multi-generational lifestyle change programs conveyed their concerns and desire to prevent chronic conditions (see [Access to Health Care on page 56](#)).

Mortality Rate

The mortality rate is the number of deaths per 100,000 people in a defined population over a specific time period. Figure 19 shows the mortality rates for each of the four chronic conditions that were identified as regional issues.

Figure 19. Overall Mortality Rates for Quad-County Region.



Note: All rates are per 100,000 population and are age-adjusted to the 2000 U.S. standard population.
Source: Community Health Assessment Tool (CHAT), Oregon Public Health Assessment Tool (OPHAT).

HCWC also examined mortality rates by race:

- **Heart disease:** highest for the black, Native American, Pacific Islander, and white populations
- **Diabetes:** highest for the black, Pacific Islander, and Native American populations
- **Liver disease:** highest for the Hispanic, Pacific Islander, and Native American populations
- **Hypertension:** highest for the black and Pacific Islander populations

Figures 20–26 show the mortality rates of the leading causes of death (the mortality rate is the number of deaths per 100,000 people in the defined population). See [Appendix G](#) for mortality rates by county.

Figure 20. Mortality Rate for Four Chronic Conditions: Asian.

Chronic Condition	Mortality Rate
Heart Disease	74.2
Diabetes	20.0
Liver Disease	2.2
Hypertension	6.7

Figure 21. Mortality Rate for Four Chronic Conditions: Black.

Chronic Condition	Mortality Rate
Heart Disease	152.1
Diabetes	60.9
Liver Disease	9.8
Hypertension	24.8

Chronic Diseases and Other Conditions in Emergency Departments

Chronic disease accounts for two-thirds of emergency medical conditions and roughly 80% of all health care costs. Regional emergency department (ED) discharge data from the calendar year 2016 were analyzed to identify whether ED utilization differed by age and insurance type. See [Appendix E](#) for these data.

Figure 22. Regional Mortality Rate for Four Chronic Conditions: Hispanic.

Chronic Condition	Mortality Rate
Heart Disease	80.7
Diabetes	24.7
Liver Disease	15.0
Hypertension	6.2

Figure 25. Regional Mortality Rate for Four Chronic Conditions: Two or More Races.

Chronic Condition	Mortality Rate
Heart Disease	57.2
Diabetes	10.2
Liver Disease	5.8
Hypertension	8.1

Figure 23. Regional Mortality Rate for Four Chronic Conditions: Native American.

Chronic Condition	Mortality Rate
Heart Disease	167.6
Diabetes	48.9
Liver Disease	29.4
Hypertension	6.2

Figure 26. Regional Mortality Rate for Four Chronic Conditions: White.

Chronic Condition	Mortality Rate
Heart Disease	134.5
Diabetes	21.6
Liver Disease	10.7
Hypertension	9.3

Figure 24. Regional Mortality Rate for Four Chronic Conditions: Pacific Islander.

Chronic Condition	Mortality Rate
Heart Disease	212.0
Diabetes	38.8
Liver Disease	17.6
Hypertension	30.3