

Utah Health Status Update: *Utah's Healthy People 2010 Final Report*

March 2012

Healthy People is a national initiative that is supported by science-based, 10-year national objectives for improving the health of all Americans. In 2001, the Healthy People 2010 (HP2010) initiative identified 467 objectives. The Utah Department of Health (UDOH) selected 105 of these objectives or related measures as priorities for the health of Utah residents. They have been routinely tracked and reported on the Indicator-Based Information System for Public Health (IBIS-PH) web site. This report provides final data on a selection of these priority objectives that have been included in past updates^{1,2}.

Access to Care and Communicable Disease (Figure 1)

Utah did not meet the HP2010 targets for health insurance coverage or having a usual source of medical care. However, Utah did meet hospitalization targets for three Ambulatory Care Sensitive (ACS) conditions: asthma, diabetes, and influenza and pneumonia.

Utah did not meet the target for cases of pertussis in children less than 7 years of age in 2010. Rates of pertussis have been on the rise in recent years, both in Utah and nationally. Utah met the target for new cases of gonorrhea, which is an improvement over recent years, but the rate of syphilis far exceeded the target.

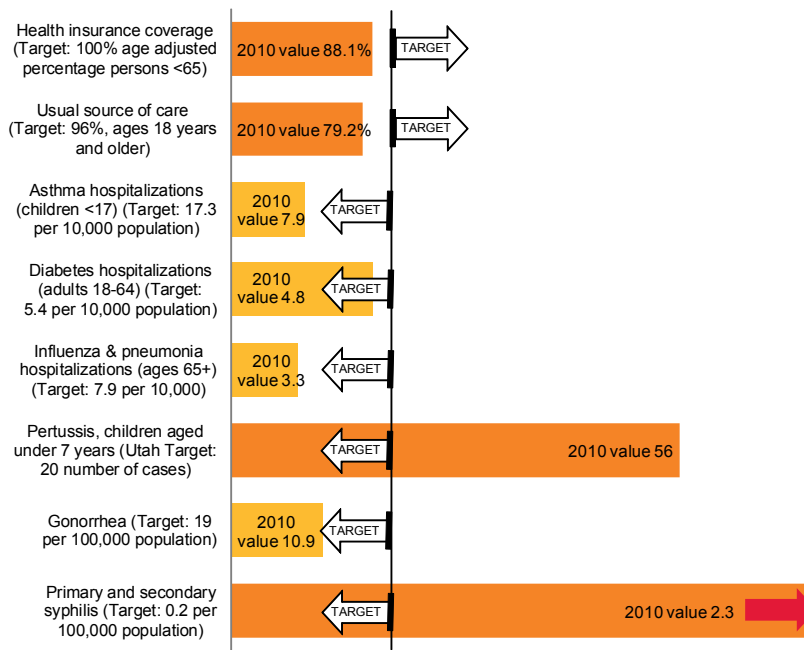
Maternal and Child Health (Figure 2)

Utah did not meet the targets for infant mortality, low birth weight infants, and maternal mortality rates. In addition, Utah did not achieve the

- In 2001, the Utah Department of Health (UDOH) selected 105 priority Healthy People 2010 objectives for Utah.
- The Utah objectives were tracked and updated routinely on IBIS-PH.
- Final data for the objectives in this report show areas of strength and areas needing improvement.
- The UDOH has now identified priority Healthy People 2020 objectives that are available on IBIS-PH in the Public Health Outcome Measures Report.

Access to Care and Communicable Diseases

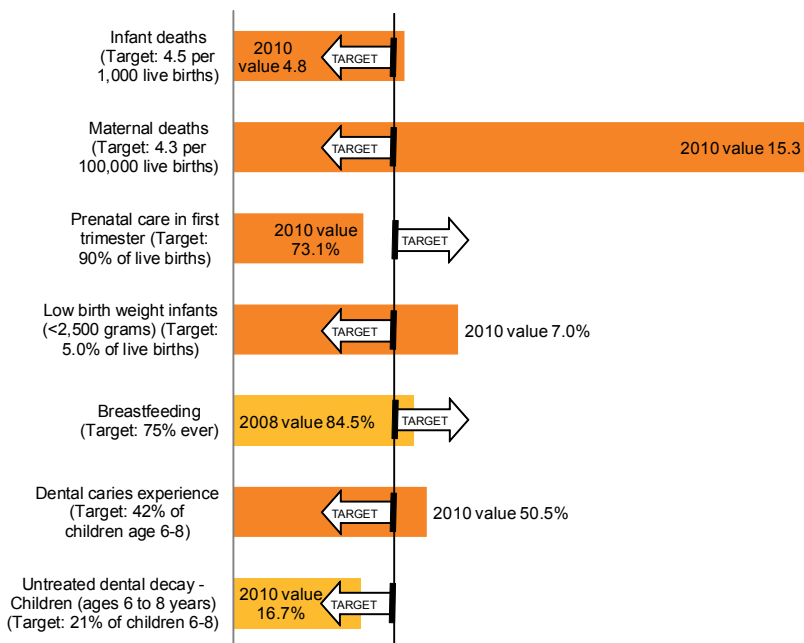
Figure 1. Healthy People 2010 goals and Utah's achievements for health care access and communicable disease indicators



Note: The length of each bar is proportional to the target value. Gold colored bars indicate HP2010 goal was accomplished. Note: The bar for 'Primary and secondary syphilis' extends off of the graph.

Maternal and Child Health

Figure 2. Healthy People 2010 goals and Utah's achievements for maternal and child health indicators



Note: The length of each bar is proportional to the target value. Gold colored bars indicate HP2010 goal was accomplished.

target for early prenatal care. On the positive side, Utah achieved the target for the initiation of breastfeeding. The state saw decreasing rates of dental caries and untreated dental decay in children through the decade and reached the target for untreated dental decay.

Cancer and Chronic Diseases (Figure 3)

Utah's overall cancer death rate and the death rates for specific cancers included in this report decreased throughout the decade. Only the breast cancer death rate in women did not meet the target, though it came very close.

The state's coronary heart disease and stroke death rates decreased and reached their targets early in the decade. However, the prevalence of diabetes increased throughout the decade and far exceeded the HP2010 target.

Injury and Health Promotion (Figure 4)

Deaths in Utah due to motor vehicle crashes decreased over the decade almost reaching the target. The percentage of people using automobile safety belts increased, also nearing the target. Utah's homicide rate decreased during the decade easily reaching the target, but the adolescent suicide rate has been consistently higher than the national rate and worsened over the decade.

The adult obesity rate in Utah increased steadily during the decade and remained substantially above the target. The adult moderate physical activity rates increased in Utah and slightly exceeded the target. The adult smoking prevalence decreased over the decade achieving both the national and Utah-specific targets (12.0% and 11.0% respectively). Adolescent smoking rates decreased and also reached the national target of 16.0%, as well as the stricter Utah-specific target of 10.0%.

Conclusion

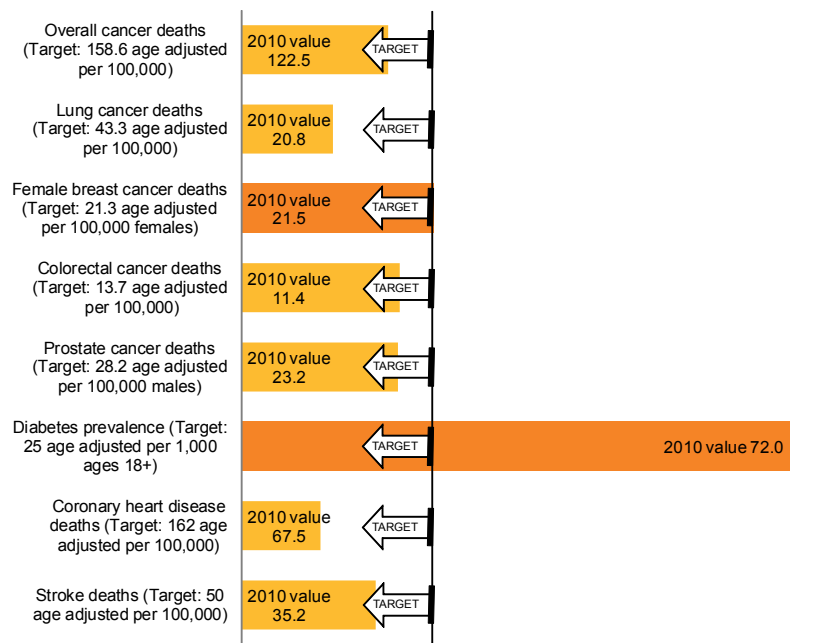
Utah's progress towards meeting these Healthy People 2010 objectives shows areas of strength and areas needing improvement. The most recent Healthy People initiative has identified over 580 objectives for the year 2020. Once again, the UDOH identified priority objectives for Utah that can be viewed in the on-line Public Health Outcome Measures Report at <http://ibis.health.utah.gov/phom>.

References

- http://health.utah.gov/opho/publications/hsu/08Sept_HP2010.pdf
- http://health.utah.gov/opho/publications/hsu/05Apr_HP2010.pdf

Cancer and Chronic Diseases

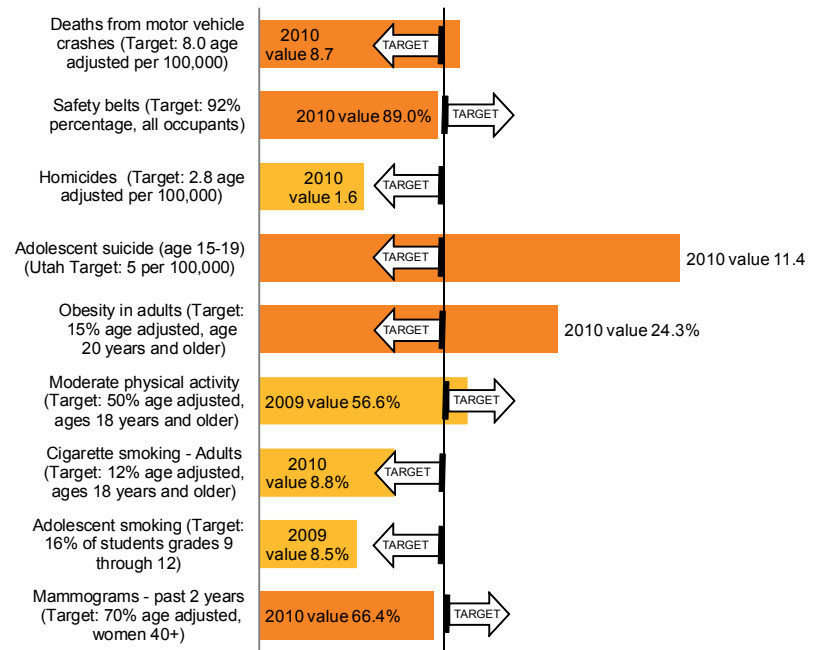
Figure 3. Healthy People 2010 goals and Utah's achievements for cancer and chronic disease indicators



Note: The length of each bar is proportional to the target value. Gold colored bars indicate HP2010 goal was accomplished.

Injury and Health Promotion

Figure 4. Healthy People 2010 goals and Utah's achievements for injury indicators and health promotion



Note: The length of each bar is proportional to the target value. Gold colored bars indicate HP2010 goal was accomplished.

March 2012 Utah Health Status Update

For additional information about this topic, contact Kathryn Marti, Director, Office of Public Health Assessment, Utah Department of Health, Salt Lake City, UT, (801) 538-6434, email: kmarti@utah.gov, or visit the Office of Public Health Assessment, Utah Department of Health, Box 142101, Salt Lake City, UT 84114-2101, (801) 538-9191, email: chdata@utah.gov

Breaking News, March 2012

Hospital Comparison Reports for Quality, Charges, and Patient Safety

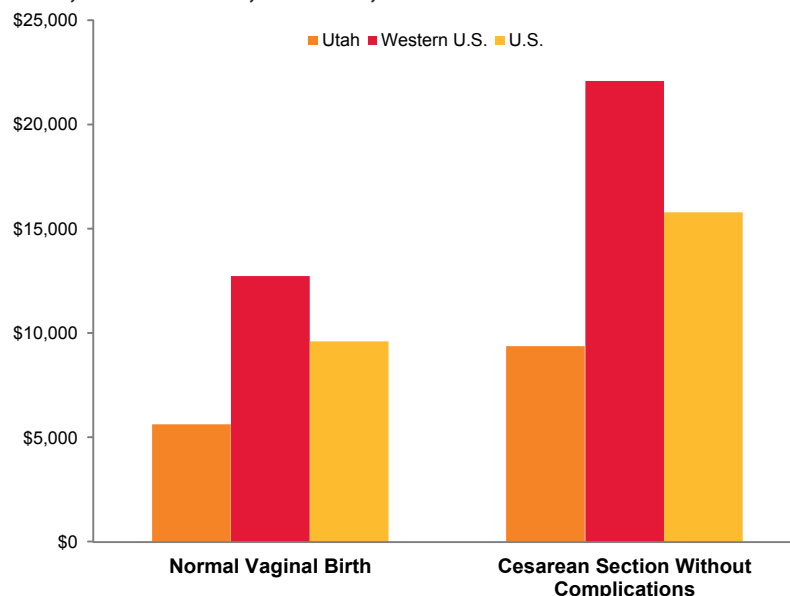
Since 2005, the Office of Health Care Statistics has released over 20 nationally-recognized reports comparing Utah hospitals in the areas of charges, quality, and patient safety. Last year the report expanded into an online version generated by MONAHRQ, a web-based report developed by the Agency for Healthcare Research and Quality (AHRQ). In addition to measures of in-hospital deaths, average charges, and patient safety, the report now shows maps of county rates for avoidable hospitalizations, how often hospitals follow guidelines for recommended care, readmission rates, and patient satisfaction.

The professional portion of the site is technical and data driven, while the public side makes use of symbols to denote the quality of care. This allows the report to be both informative and accessible to a much broader spectrum of users.

The report compares hospitals in Utah to one another, as well as to regional and national averages. For example, from 2008 to 2010, 9.6% of deliveries in Utah hospitals were first-time Cesarean deliveries. When compared to the U.S. average and Western U.S. average, Utah hospitals have a lower average charge for both vaginal births (\$5,621) and for Cesarean sections (\$9,367).

Patients and their family members can use this report's information to discuss their best health care options with health care providers. Health care professionals, policy makers, and legislators can use the report's findings to inform discussions about ways to increase the quality and safety of health care while decreasing its cost.

Average Charge of Normal Vaginal Birth vs. Cesarean Section, Utah, Western U.S., and U.S., 2008-2010



Community Health Indicators Spotlight, March 2012

Healthy, Hunger-Free Kids Act brings Improved Nutritional Standards to School Meals

The Healthy, Hunger-Free Kids Act (HHFKA, Public Law 111-296), enacted December 13, 2010, establishes the most comprehensive changes to the school nutrition environment in more than a generation. The HHFKA required the U.S. Department of Agriculture (USDA) to update school meal nutrition standards to reflect the most current dietary science. The timing of this legislation and USDA's new standards are critically needed to combat the epidemic of childhood obesity and address the problem of childhood hunger.

On January 25, 2012, the USDA published the new standards for school meals. You can view the current and new standards at: <http://www.fns.usda.gov/cnd/Governance/Legislation/dietaryspecs.pdf>

Positive changes include:

- Doubling the fruit and vegetable requirements at lunch
- Doubling the fruit requirement at breakfast, with a limit on juice
- Requiring minimum weekly offering of 5 vegetable subgroups (dark green, red/orange, legumes, starchy, and other)
- Reducing weekly quantities of grains, and requiring they be whole-grain rich
- Allowing only fat-free and low-fat milk
- Limiting calories based on the age of children being served
- Setting limits on saturated fat, trans fats, and sodium (sodium to be phased in over 10 years)

HHFKA Before/After Sample Lunch Menu

Before	After
Hot dog on bun (3 oz) with ketchup (4 T)	Whole Wheat Spaghetti with Meat Sauce (1/2 cup) and Whole Wheat Roll
Canned Pears (1/4 cup)	Green Beans, cooked (1/2 cup)
Raw Celery and Carrots (1/8 c each) with ranch dressing (1.75 T)	Broccoli and Cauliflower (1/2 cup each) with Low-fat ranch dressing (1 Tbsp)
Low-fat (1%) Chocolate Milk (8 oz)	Kiwi Halves, raw (1/2 c)
	Low-fat (1%) Milk (8 oz)
	Soft Margarine (5 g)

Source: Food and Nutrition Service, USDA (www.fns.usda.gov).

Monthly Health Indicators Report

(Data Through January 2012)

Monthly Report of Notifiable Diseases, January 2012	Current Month # Cases	Current Month # Expected Cases (5-yr average)	# Cases YTD	# Expected YTD (5-yr average)	YTD Standard Morbidity Ratio (obs/exp)
Campylobacteriosis (Campylobacter)	8	19	8	19	0.4
Shiga toxin-producing Escherichia coli (E. coli)	2	2	2	2	0.9
Hepatitis A (infectious hepatitis)	0	1	0	1	0.0
Hepatitis B, acute infections (serum hepatitis)	0	1	0	1	0.0
Influenza*	Weekly updates at http://health.utah.gov/epi/diseases/flu				
Meningococcal Disease	0	1	0	1	0.0
Pertussis (Whooping Cough)	2	33	2	33	0.1
Salmonellosis (Salmonella)	12	22	12	22	0.6
Shigellosis (Shigella)	1	3	1	3	0.4
Varicella (Chickenpox)	16	87	16	87	0.2
Quarterly Report of Notifiable Diseases, 4th Qtr 2011	Current Quarter # Cases	Current Quarter # Expected Cases (5-yr average)	# Cases YTD	# Expected YTD (5-yr average)	YTD Standard Morbidity Ratio (obs/exp)
HIV/AIDS†	20	31	86	116	0.7
Chlamydia	1,848	1,520	7,079	5,934	1.2
Gonorrhea	81	138	277	567	0.5
Syphilis	4	6	14	33	0.4
Tuberculosis	6	9	34	31	1.1
Medicaid Expenditures (in Millions) for the Month of January 2012	Current Month	Expected/Budgeted‡ for Month	Fiscal YTD	Budgeted‡ Fiscal YTD	Variance - over (under) budget
Capitated Mental Health	\$ 17.6	\$ 21.6	\$ 86.6	\$ 91.1	\$ (4.5)
Inpatient Hospital	\$ 49.9	\$ 52.3	\$ 189.2	\$ 191.7	\$ (2.5)
Outpatient Hospital	\$ 5.3	\$ 1.4	\$ 46.0	\$ 49.3	\$ (3.3)
Long Term Care	\$ 12.6	\$ 19.3	\$ 89.8	\$ 93.6	\$ (3.8)
Pharmacy§	\$ 13.9	\$ 19.0	\$ 101.1	\$ 93.0	\$ 8.1
Physician/Osteo Services	\$ 6.6	\$ 5.7	\$ 50.9	\$ 50.6	\$ 0.3
TOTAL HCF MEDICAID	\$187.0	\$ 185.8	\$1,034.9	\$1,042.7	\$ (7.8)

Program Enrollment for the Month of January 2012	Current Month	Previous Month	% Change¶ From Previous Month	1 Year Ago	% Change¶ From 1 Year Ago
Medicaid	251,082	249,521	+0.6%	231,471	+8.5%
PCN (Primary Care Network)	12,658	11,280	+12.2%	21,019	-39.8%
CHIP (Children's Health Ins. Plan)	37,131	37,306	-0.5%	36,560	+1.6%
Health Care System Measures	Annual Visits			Annual Charges	
	Number of Events	Rate per 100 Population	% Change¶ From Previous Year	Total Charges in Millions	% Change¶ From Previous Year
Overall Hospitalizations (2010)	274,576	9.0%	-2.6%	\$ 5,416.2	+5.9%
Non-maternity Hospitalizations (2010)	167,340	5.3%	-0.9%	\$ 4,552.5	+5.9%
Emergency Department Encounters (2009)	684,176	23.3%	-1.1%	\$ 1,081.4	+22.9%
Outpatient Surgery (2009)	311,442	10.6%	+1.9%	\$ 1,465.7	+14.7%
Annual Community Health Measures	Current Data Year	Number Affected	Percent/Rate	% Change¶ From Previous Year	State Rank# (1 is best)
Obesity (Adults 18+)	2010	454,700	23.1%	-4.0%	11 (2010)
Cigarette Smoking (Adults 18+)	2010	180,100	9.1%	-6.9%	1 (2010)
Influenza Immunization (Adults 65+)	2010	175,900	68.2%	-0.8%	23 (2010)
Health Insurance Coverage (Uninsured)	2010	301,900	10.6%	-5.6%	n/a
Motor Vehicle Traffic Crash Injury Deaths	2010	231	8.1 / 100,000	+0.1%	19 (2009)
Poisoning Deaths	2010	342	12.0 / 100,000	-38.1%	47 (2009)
Suicide Deaths	2010	479	16.8 / 100,000	+5.8%	n/a
Diabetes Prevalence (Adults 18+)	2010	128,000	6.5%	+6.2%	15 (2010)
Poor Mental Health (Adults 18+)	2010	296,100	15.0%	-0.2%	17 (2010)
Coronary Heart Disease Deaths	2010	1,488	52.2 / 100,000	-0.4%	2 (2008)
All Cancer Deaths	2010	2,791	98.0 / 100,000	+7.9%	1 (2008)
Stroke Deaths	2010	736	25.8 / 100,000	-1.4%	13 (2008)
Births to Adolescents (Ages 15-17)	2010	876	14.3 / 1,000	-13.2%	17 (2009)
Early Prenatal Care	2010	38,124	73.1%	+2.1%	n/a
Infant Mortality	2010	251	4.8 / 1,000	-9.0%	3 (2008)
Childhood Immunization (4:3:1:3:3:1)	2010	38,900	70.6%	-7.8%	12 (2010)

* Influenza activity remains minimal in Utah. Influenza-like illness activity is below baseline statewide. As of November 16, 2011, 1 influenza-associated hospitalization has been reported to the UDOH. More information can be found at <http://health.utah.gov/epi/diseases/flu>.

† Diagnosed HIV infections, regardless of AIDS diagnosis.

‡ Budget has been revised to include supplemental funding from 2011 General Session.

§ Only includes the gross pharmacy costs. Pharmacy Rebate and Pharmacy Part-D amounts are excluded from this line item.

¶ % Change could be due to random variation.

State rank based on age-adjusted rates.

Notes: Data for notifiable diseases are preliminary and subject to change upon the completion of ongoing disease investigations. Active surveillance for West Nile virus has ended until the 2012 season.