

CHRONIC DISEASE

In Pasco County

Get Healthy Pasco!

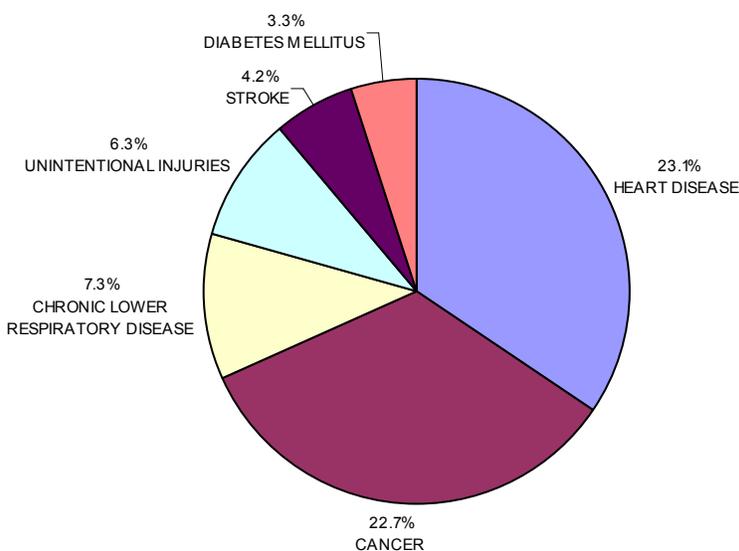


HEALTHY BEHAVIORS – ADDRESSING CHRONIC DISEASE AT ITS ROOTS

Chronic diseases - such as heart disease, stroke, cancer, and diabetes - are among the most prevalent, costly and preventable of all health problems. Leading a healthy lifestyle (avoiding tobacco and substance abuse, being physically active, and eating well) can greatly reduce a person's risk for developing chronic disease.

Chronic Diseases are the Major Causes of Death and Disability in Pasco County

Major Causes of Death in Pasco



Welcome to Get Healthy Pasco!

The burden of chronic disease in our community is undeniable. Nationwide, chronic diseases such as heart disease, stroke, and diabetes cause nearly 70% of all deaths and consume 75% of all health care dollars each year. In Pasco County, greater than 80% of all deaths are associated with chronic disease, many of which share the same known risk factors of physical inactivity, poor nutrition, and tobacco use.

The Pasco County Chronic Disease Coalition is a group of diverse agencies that represent all segments of the public health system. Join us in taking action in Pasco by addressing chronic disease at its roots.

Although chronic diseases are among the most common health problems, they are also among the most preventable. Adopting healthy behaviors such as eating healthy foods, being physically active, and avoiding tobacco can significantly reduce the risk of developing a chronic illness.

More On Reverse Side

GET HEALTHY PASCO

Obesity is a major health concern. Two out of every 3 adults in Pasco County is obese or overweight. According to the 2012 Florida Youth Tobacco Survey 26.5% of our middle school students in Pasco are obese or overweight and 24.5% of our high school students are obese or overweight. There are a variety of factors that play a role in obesity. This makes it a complex health issue to address. Behavior, environment, and genetic factors may have an effect in causing people to be overweight and obese.

Four health risk behaviors—lack of physical activity, poor nutrition, tobacco use, and excessive alcohol consumption—are responsible for much of the illness and death related to chronic diseases.

Is Pasco County eating healthy?

- Less than 25% of adults in Pasco County eat the recommended amount of fruits and vegetables everyday. ⁴
- Only 21% of high school students in Pasco County eat vegetables every day, and only 32% eat fruit everyday. ⁵

Is Pasco County physically active?

- Nearly two-third of our residents do not meet moderate physical activity recommendations. ⁴
- Over 20% of adults in Pasco County do not participate in any leisure-time physical activities. ⁴
- Less than half (46%) of high school students in Pasco County are physically active at least 5 days each week, and only 49% of middle school students are physically active at least 5 days each week. ⁵

Is Pasco County tobacco-free?

- More than 1 out of every 5 adults in Pasco are smokers. ²
- 66.7% of high school students who participated in the Florida Youth Tobacco Survey admitted to being exposed to second-hand smoke during the past 7 days. ⁶
- The majority of adults (80%) do not smoke, and they work in smoke-free workplaces. ⁴
- The majority of high school students (83%) do not smoke, and almost all (94%) avoid “chew”. ⁵

Is Pasco Coping?

- Alcohol: 20 % of Pasco County adults engage in heavy or binge drinking. ⁴
- Suicide: There were 286 suicides in Pasco County from 2009-2011. The rate of suicides for Pasco County is 19.8 compared to the state of Florida rate of 13.8. ⁴
- Drugs: In 2010 21.1% of high school students in Pasco county were using marijuana in the past 30 days compared to 18.6% in the state. ²

References:

² [www.http://www.healthytampabay.com/](http://www.healthytampabay.com/)

³ http://pascoasap.com/Pasco_Report_Final_4-19-11.pdf

⁴ <http://www.floridacharts.com/charts/Brfss.aspx>

⁵ http://www.doh.state.fl.us/disease_ctrl/epi/Chronic_Disease/YRBS/2011/2011_YRBS.html

⁶ http://www.doh.state.fl.us/disease_ctrl/epi/Chronic_Disease/FYTS/2012_FYTS/2012_FYTS.html