

# | 2017 | Chronic Diseases Data Brief |



## Highlights

- Nationwide, heart disease is the leading cause of death, but since 2008, the leading cause of death in Guilford County has been cancer.
- The leading causes of cancer mortality were lung cancer, breast cancer among women and prostate cancer among men.
- Heart disease mortality rates have declined gradually but steadily for the last two decades and Guilford County heart disease mortality rates are lower than the state as a whole.
- After a period of decline, diabetes mortality rates have increased since 2010.
- In 2015, men had higher mortality rates than women of cancer, heart disease, kidney disease and chronic liver disease, while women had higher rates of death due to stroke, Alzheimer's disease, chronic lower respiratory disease and diabetes.
- African-American residents tend to have higher age-adjusted chronic disease death rates than Whites, with especially large disparities in mortality due to diabetes and prostate cancer.

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## 2011-2015 Guilford County Resident Race and Sex-Specific Age-Adjusted\* Chronic Disease Mortality Rates\*\*

Cause of Death:	White, non-Hispanic				African American, non-Hispanic				Other Races, non-Hispanic				Hispanic				Overall	
	Male		Female		Male		Female		Male		Female		Male		Female			
	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate
All Causes	6,829	851.2	7,464	618.5	2,644	1,053.0	2,824	740.7	145	507.5	107	348.6	111	313.0	94	305.4	20,281	745.2
Diseases of Heart	1,442	176.8	1,330	104.0	542	220.3	550	144.2	22	85.7	15	N/A	15	N/A	8	N/A	3,935	143.1
Acute Myocardial Infarction	282	34.6	254	19.8	107	47.2	97	25.9	3	N/A	1	N/A	2	N/A	1	N/A	750	27.2
Other Ischemic Heart Disease	630	76.0	388	31.4	196	81.9	185	48.8	12	N/A	5	N/A	7	N/A	3	N/A	1,430	51.9
Cerebrovascular Disease	299	36.9	484	36.6	138	58.2	180	49.3	10	N/A	12	N/A	4	N/A	10	N/A	1,138	41.6
Cancer	1,628	194.8	1,455	129.3	586	231.9	605	151.7	52	190.1	35	96.5	21	80.0	16	N/A	4,412	160.7
Colon, Rectum, and Anus	122	14.7	117	10.0	44	16.6	53	13.2	1	N/A	3	N/A	2	N/A	1	N/A	345	12.6
Pancreas	117	14.0	111	9.5	44	15.7	45	11.6	5	N/A	4	N/A	1	N/A	0	N/A	328	11.9
Trachea, Bronchus and Lung	503	59.1	419	37.6	168	62.8	128	33.0	15	N/A	4	N/A	5	N/A	3	N/A	1,253	45.7
Breast	0	N/A	195	17.9	0	N/A	119	27.8	0	N/A	4	N/A	0	N/A	2	N/A	320	20.4
Prostate	139	17.1	0	N/A	79	39.7	0	N/A	1	N/A	0	N/A	3	N/A	0	N/A	223	21.0
Diabetes Mellitus	171	20.3	139	11.7	101	39.9	104	28.5	2	N/A	3	N/A	2	N/A	3	N/A	526	19.4
Pneumonia and Influenza	154	19.6	175	13.2	45	18.0	42	11.1	3	N/A	2	N/A	2	N/A	1	N/A	425	15.5
Chronic Lower Respiratory Disease	367	44.8	507	43.7	77	34.7	63	16.4	1	N/A	2	N/A	2	N/A	1	N/A	1,025	38.1
Chronic Liver Disease and Cirrhosis	127	14.7	70	7.5	37	11.7	23	5.5	3	N/A	2	N/A	3	N/A	3	N/A	272	9.7
Septicemia	94	11.3	113	9.4	45	18.6	49	12.2	2	N/A	2	N/A	1	N/A	1	N/A	308	11.3
Nephritis, Nephrotic Syndrome and Nephrosis	136	16.8	136	10.9	75	32.8	103	27.7	5	N/A	0	N/A	1	N/A	2	N/A	459	16.9
Alzheimer's disease	214	27.3	556	39.6	45	28.8	130	39.0	1	N/A	4	N/A	1	N/A	7	N/A	959	35.0

\*Standard = Year 2000 U.S. Population; \*\*Rates Per 100,000 Population.

Source: NC State Center for Health Statistics, County Health Databook.

Technical Note: Rates based on fewer than 20 cases (indicated by "N/A") are unreliable and have been suppressed;

Rates for Breast and Prostate Cancers have sex-specific denominators (female and male, respectively).

## 2011-2015 Guilford County Race/Ethnicity-Specific and Sex-Specific Age-Adjusted\* Death Rates\*\*

Cause of Death:	White, non-Hispanic		African American, non-Hispanic		American Indian, non-Hispanic		Other Races, non-Hispanic		Hispanic		Male		Female		Overall	
	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate	Deaths	Rate
All Causes	14,293	722.3	5,468	864.8	63	619.4	252	421.3	205	313.3	9,762	877.8	10,519	643.2	20,281	745.2
Diseases of Heart	2,772	135.4	1,092	173.9	11	N/A	37	74.4	23	43.8	2,026	183.4	1,909	113.8	3,935	143.1
Acute Myocardial Infarction	536	26.1	204	33.7	3	N/A	4	N/A	3	N/A	397	36.0	353	21.0	750	27.2
Other Ischemic Heart Disease	1,018	50.5	381	61.3	4	N/A	17	N/A	10	N/A	846	75.5	584	35.2	1,430	51.9
Cerebrovascular Disease	783	37.2	318	53.4	1	N/A	22	42.0	14	N/A	451	41.8	687	40.4	1,138	41.6
Cancer	3,083	156.8	1,191	181.0	14	N/A	87	137.6	37	65.9	2,295	199.9	2,117	133.8	4,412	160.7
Colon, Rectum, and Anus	239	12.2	97	14.7	2	N/A	4	N/A	3	N/A	170	14.7	175	10.8	345	12.6
Pancreas	228	11.5	89	13.4	1	N/A	9	N/A	1	N/A	168	14.3	160	10.0	328	11.9
Trachea, Bronchus, and Lung	922	47.0	296	44.6	8	N/A	19	N/A	8	N/A	696	59.3	557	35.6	1,253	45.7
Breast	195	17.9	119	27.8	0	N/A	4	N/A	2	N/A	0	N/A	320	20.4	320	20.4
Prostate	139	17.1	79	39.7	1	N/A	1	N/A	3	N/A	223	21.0	0	N/A	223	21.0
Diabetes Mellitus	310	15.5	205	33.2	1	N/A	5	N/A	5	N/A	277	24.1	249	15.8	526	19.4
Pneumonia and Influenza	329	16.0	87	13.8	1	N/A	5	N/A	3	N/A	205	19.3	220	12.7	425	15.5
Chronic Lower Respiratory Diseases	874	43.6	140	22.7	5	N/A	3	N/A	3	N/A	451	41.9	574	36.2	1,025	38.1
Chronic Liver Disease and Cirrhosis	197	10.8	60	8.2	4	N/A	5	N/A	6	N/A	171	13.3	101	6.7	272	9.7
Nephritis, Nephrotic Syndrome and Nephrosis	272	13.2	178	29.4	1	N/A	5	N/A	3	N/A	217	20.2	242	14.9	459	16.9
Alzheimer's disease	770	35.3	175	35.9	1	N/A	5	N/A	8	N/A	261	26.9	698	39.2	959	35.0
Acquired Immune Deficiency Syndrome	14	N/A	56	6.7	0	N/A	0	N/A	1	N/A	56	4.3	15	N/A	71	2.6

\*Standard = Year 2000 U.S. Population; \*\*Rates Per 100,000 Population.

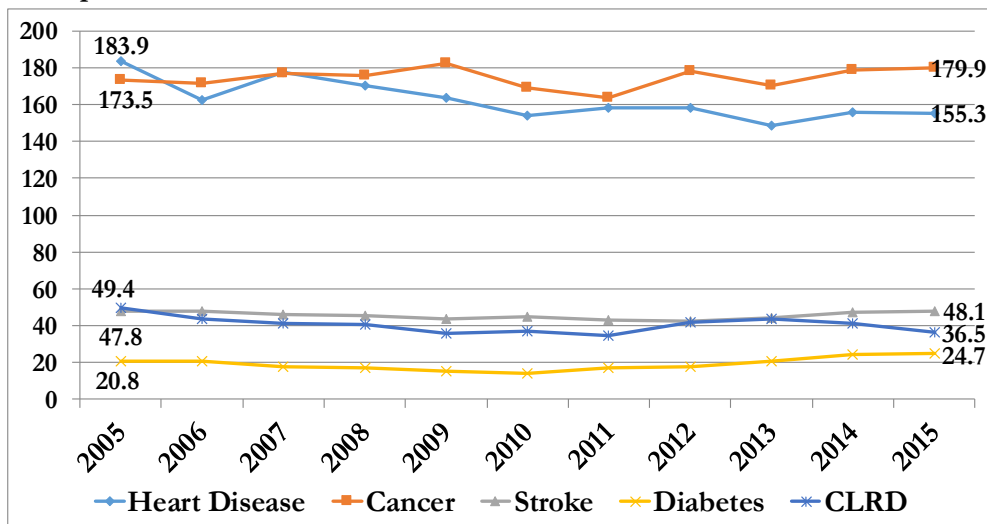
Source: NC State Center for Health Statistics, County Health Databook.

Technical Note: Rates based on fewer than 20 cases (indicated by "N/A") are unreliable and have been suppressed;

Rates for Breast and Prostate Cancers have sex-specific denominators (female and male, respectively).

## Leading Causes of Death: Chronic Diseases Guilford County, 2005-2015

Rate per 100,000



Note: CLRD is Chronic Lower Respiratory Disease, previously called Chronic Obstructive Pulmonary Disease (COPD).

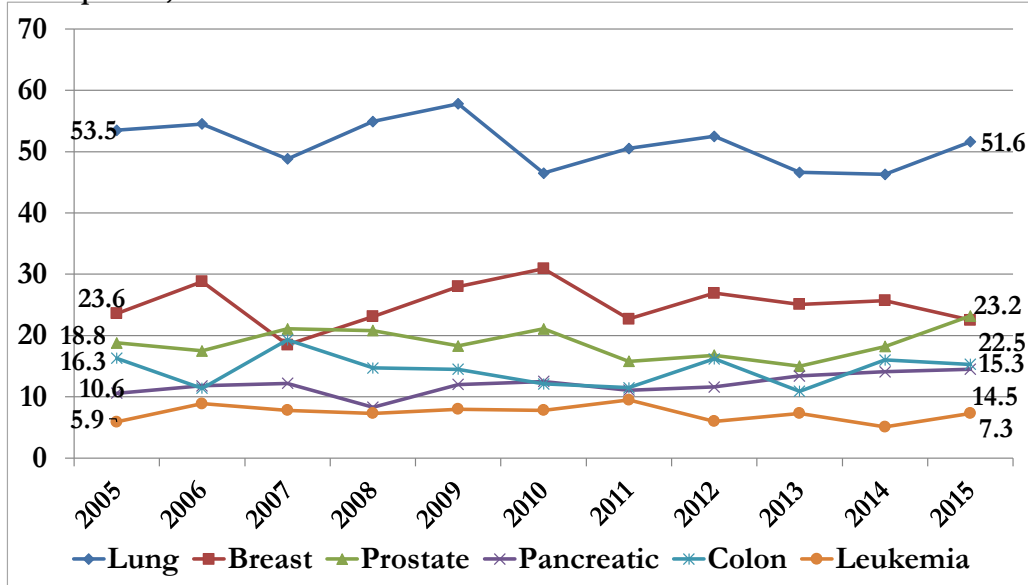
Note: Rates not age-adjusted.

Source: Data provided by the NC Center for Health Statistics.

Chart prepared by the GCDHHS, Division of Public Health.

## Leading Causes of Death: Cancer Types Guilford County, 2005-2015

Rate per 100,000



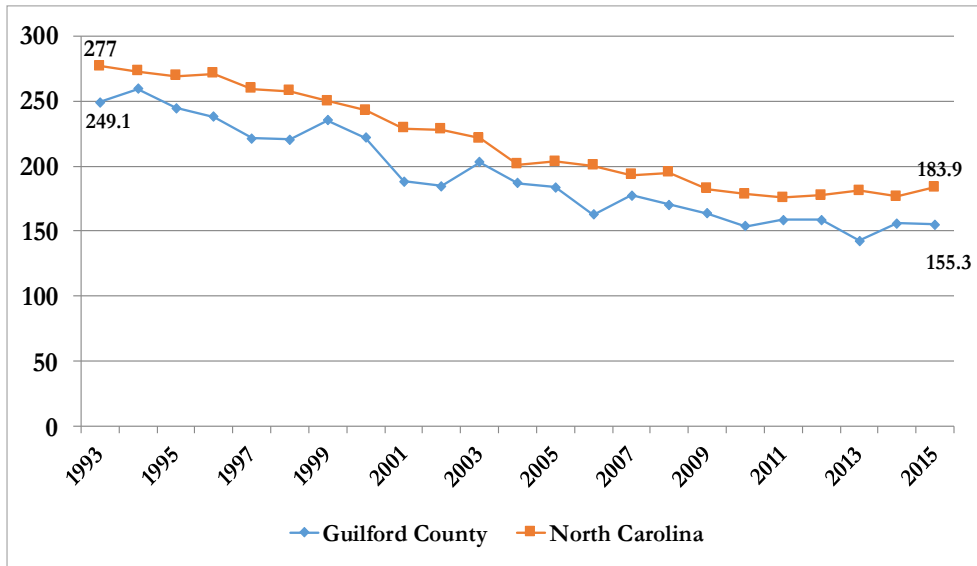
Note: Rates are not age-adjusted.

Source: NC State Center for Health Statistics.

Chart prepared by the GCDHHS, Division of Public Health.

## Heart Disease Mortality Guilford County and NC, 1993-2015

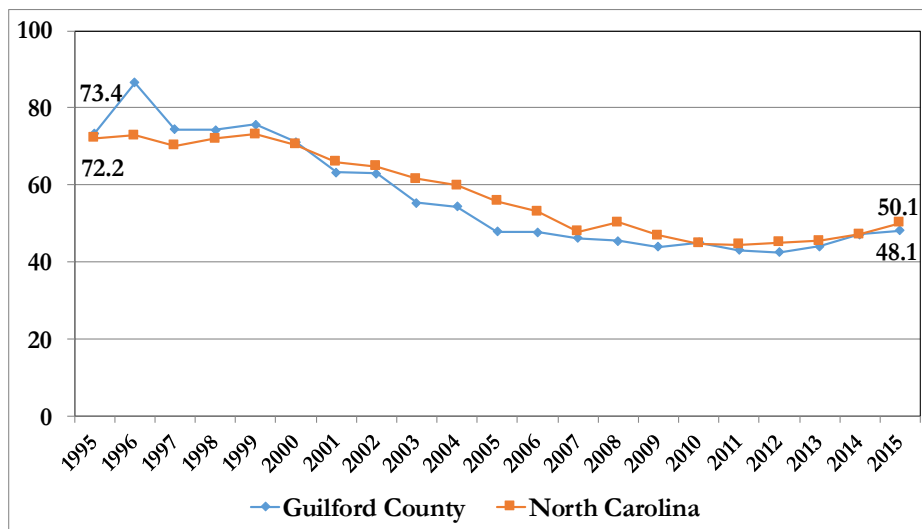
Rate per 100,000



Source: Data provided by the NC Center for Health Statistics.  
Chart prepared by the GCDHHS, Division of Public Health.

## Cerebrovascular Disease (Stroke) Mortality, Guilford County and NC, 1995-2015

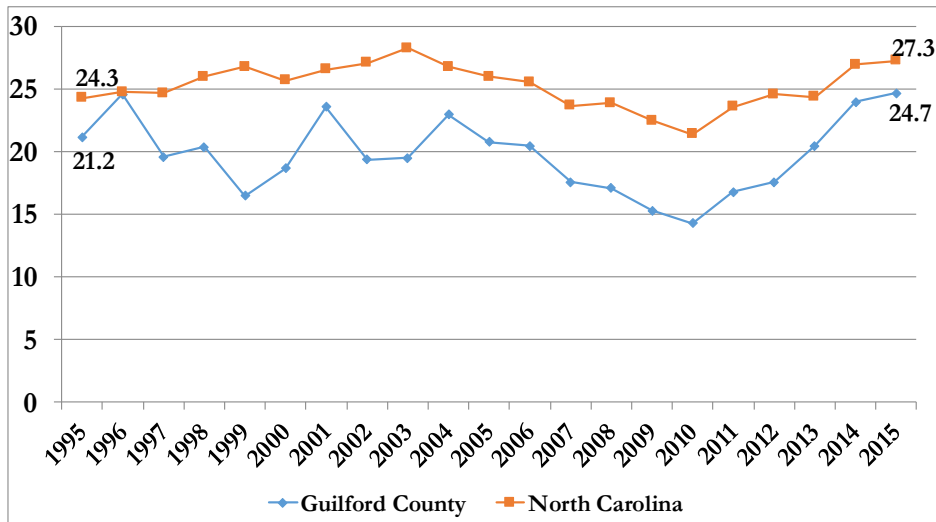
Rate per 100,000



Source: NC State Center for Health Statistics.  
Chart prepared by the GCDHHS, Division of Public Health.

# Diabetes Mortality, Guilford County and NC, 1995-2015

Rate per 100,000



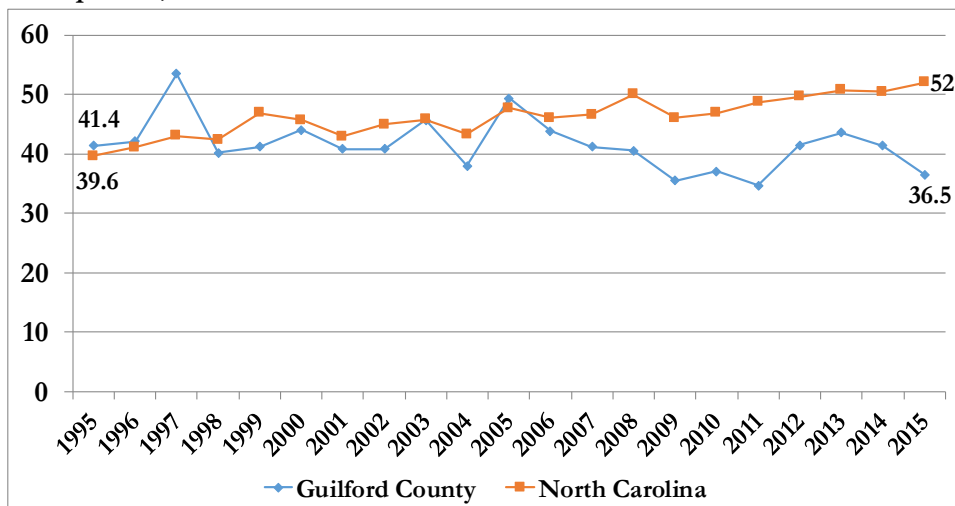
Note: Rates are not age-adjusted.

Source: NC State Center for Health Statistics.

Chart prepared by the GCDHHS, Division of Public Health.

# Chronic Lower Respiratory Disease, Guilford County and NC, 1995-2015

Rate per 100,000

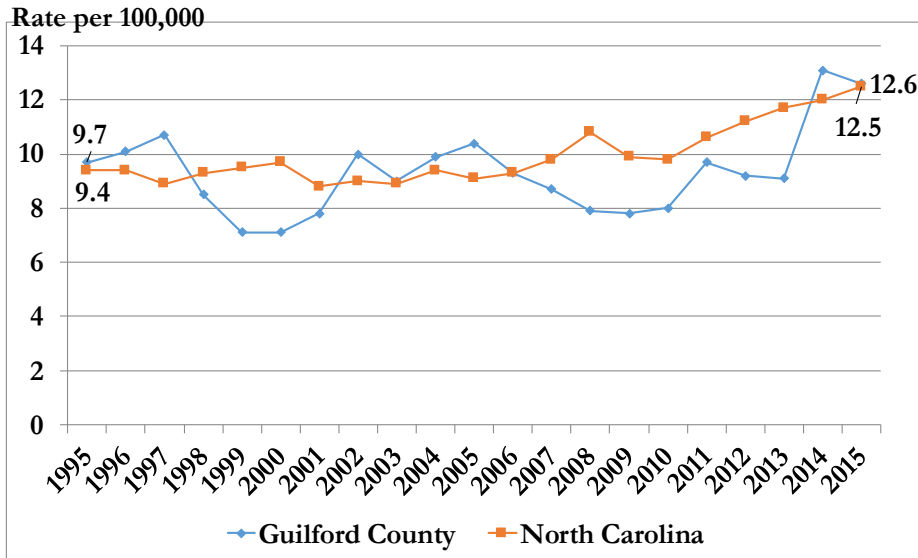


Note: Rates are not age-adjusted.

Source: NC State Center for Health Statistics.

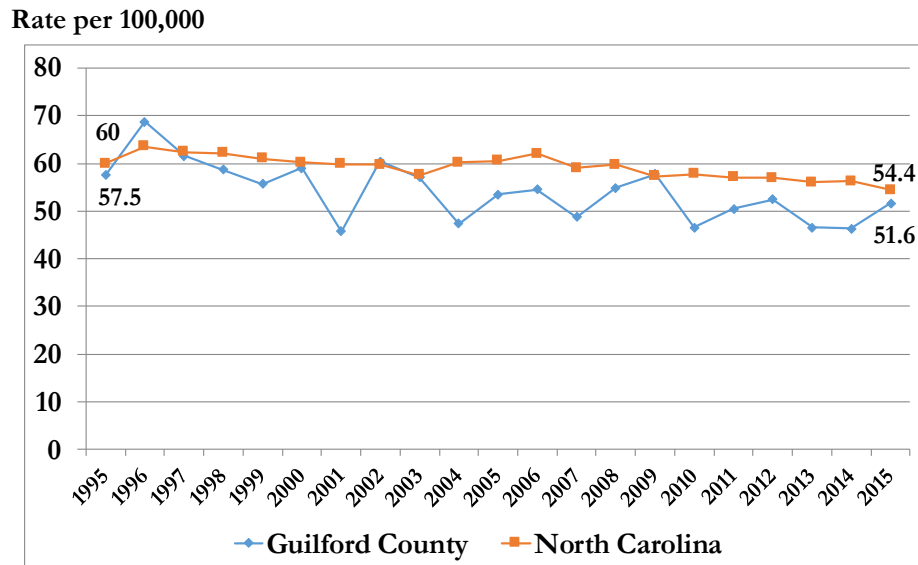
Chart prepared by the GCDHHS, Division of Public Health.

## Chronic Liver Disease/Cirrhosis Mortality Guilford County and NC, 1995-2015



Note: Rates are not age-adjusted.  
 Source: NC State Center for Health Statistics.  
 Chart prepared by the GCDHHS, Division of Public Health.

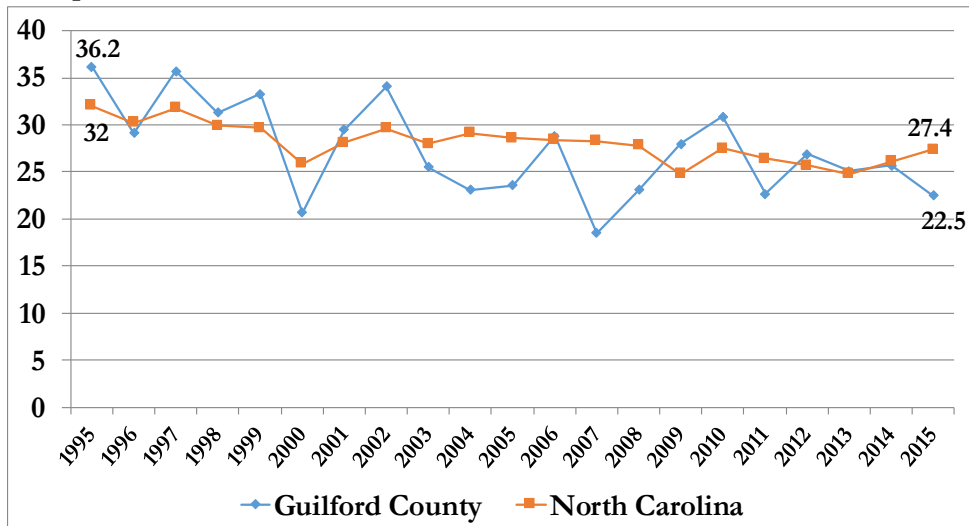
## Lung Cancer Mortality Guilford County and NC, 1995-2015



Note: Lung cancer includes cancers of the trachea, bronchus and lungs.  
 Note: Rates are not age-adjusted.  
 Source: NC State Center for Health Statistics.  
 Chart prepared by the GCDHHS, Division of Public Health.

## Breast Cancer Mortality, Guilford County and NC, 1995-2015

Rate per 100,000



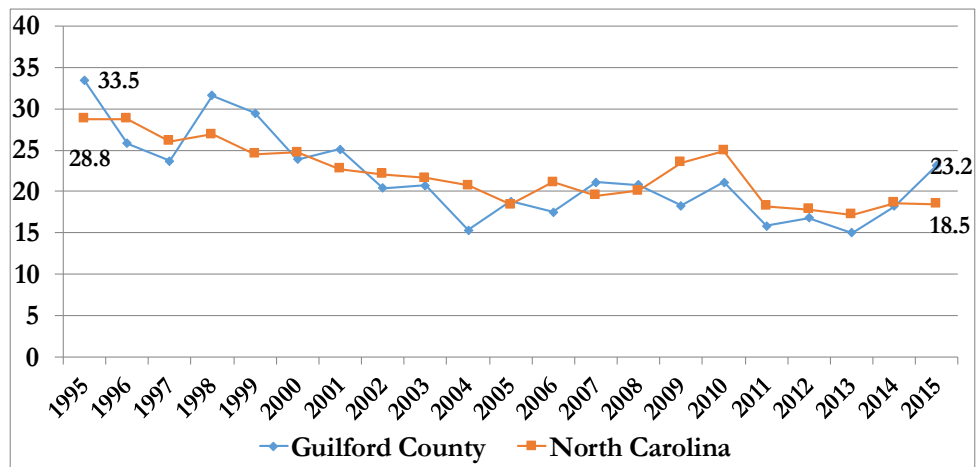
Note: Rates are not age-adjusted.

Source: NC State Center for Health Statistics.

Chart prepared by the GCDHHS, Division of Public Health.

## Prostate Cancer Mortality, Guilford County and NC, 1995-2015

Rate per 100,000



Note: Rates are not age-adjusted.

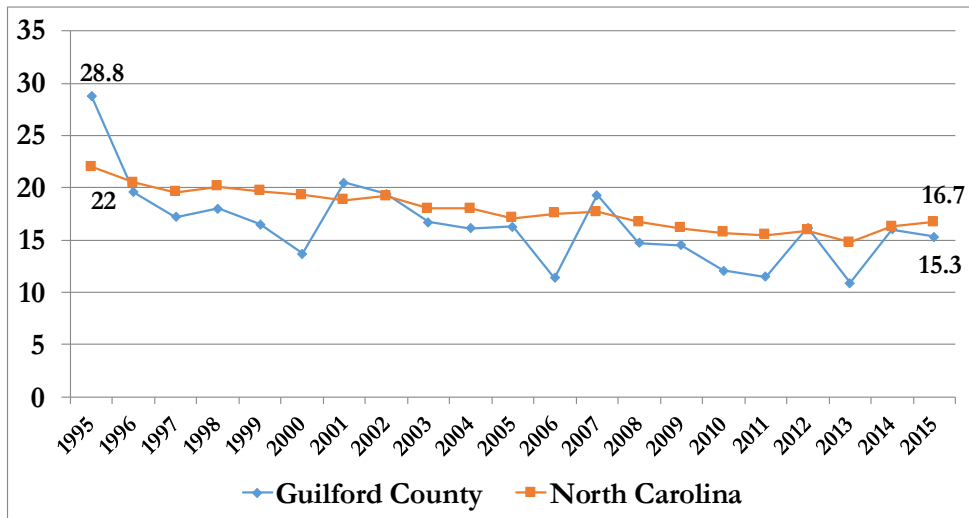
Source: NC State Center for Health Statistics.

Chart prepared by the GCDHHS, Division of Public Health.



## Colorectal Cancer Mortality, Guilford County and NC, 1995-2015

Rate per 100,000



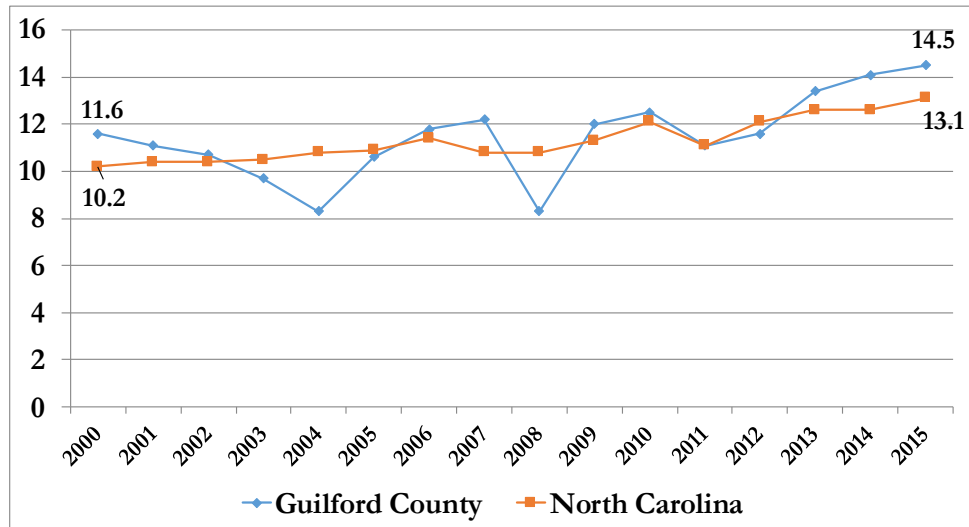
Note: Rates are not age-adjusted.

Source: NC State Center for Health Statistics.

Chart prepared by the GCDHHS, Division of Public Health.

## Pancreatic Cancer Mortality, Guilford County and NC, 2000-2015

Rate per 100,000



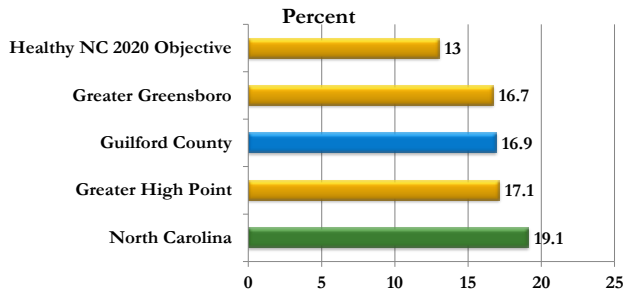
Note: Rates are not age-adjusted.

Source: NC State Center for Health Statistics.

Chart prepared by the GCDHHS, Division of Public Health.

## Risk Factors for Chronic Disease, 2016

### Current Adult Smokers



Sources: Guilford County Community Health Survey, 2016, NC data from BRFSS, 2014.

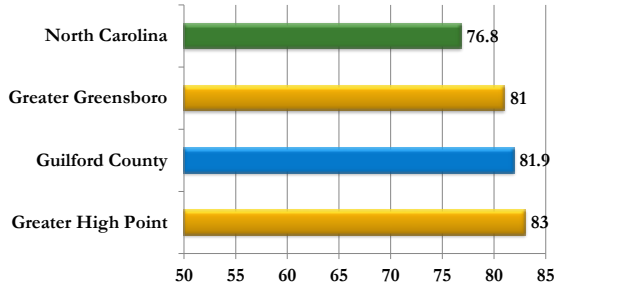
The 2016 Guilford County Community Health Assessment Survey included questions regarding risk factors for chronic diseases, including smoking, lack of physical activity and poor nutrition. The survey found that 16.9% of respondents were current smokers, compared to 19.1% of NC adult residents. The NC Healthy 2020 Objective is to reduce the smoking rate to 13% by 2020.

Over 80% of survey respondents (81.9%) reported that they engaged in leisure-time physical activity in the previous month, compared to 76.8% of North Carolina residents. The leading barriers to physical activity reported were lack of time, lack of motivation and being too tired.

A little over 12% of respondents reported that they eat five or more helpings of fruits and vegetables daily, less than half of the NC Healthy 2020 goal of 29.3%

### Percent Engaged in Non-work Physical Activity in Previous Month

During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise?



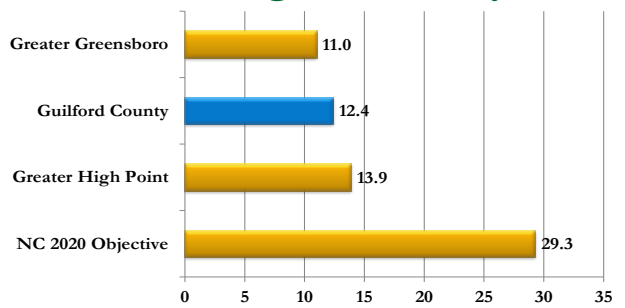
Source: Guilford County Community Health Survey, 2016, NC data from BRFSS, 2014.

### Barriers to Physical Activity

	Guilford County	Greater Greensboro	Greater High Point
<i>Barriers to Exercise</i>	<i>Percent</i>	<i>Percent</i>	<i>Percent</i>
Lack of time	40.1	42.4	37.6
Lack of motivation	30	31.4	28.1
Too tired	21.9	25.7	18
Physical disability	17	16.2	18
Lack of sidewalks	11.7	10.5	13

Source: Guilford County Community Health Assessment Survey, 2016

### Percent Eating 5 or More Helpings of Fruit and Vegetables Daily



Source: Guilford County Community Health Survey, 2016.

### Barriers to Healthy Eating

	Guilford County	Greensboro	High Point
<i>Barriers to Healthy Eating</i>	<i>Percent</i>	<i>Percent</i>	<i>Percent</i>
Cost of healthy food	24.7	24.8	24.5
Lack of time to prepare healthy food	20.4	23.8	16.7
Choosing to eat out frequently	19.4	21.4	17.3
Food preferences	16.6	16.7	16.6
Consuming large portions	9.6	14.3	4.5
Don't know how to cook	6.2	4.8	7.8

Source: Guilford County Community Health Assessment Survey, 2016.

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For more information about Guilford County health statistics, visit [www.myguilford.com/humanservices/health/health-statistics](http://www.myguilford.com/humanservices/health/health-statistics)