

# A Snapshot

# Chronic Disease In Mecklenburg County



from the  
2014 Local Behavior Risk  
Factor Surveillance System  
(BRFSS) Report

A special report from the Mecklenburg County Health Department, Epidemiology Program

August 2015

## Unhealthy Behaviors

Chronic Diseases are a leading cause of disability and premature death. According to the Centers for Disease Control, the most common behaviors linked to chronic disease are:

### Tobacco Use

# 17%

of adults are smokers.



### Lack of Exercise

# 18%

of adults did not participate in physical activity in the past month.



### Poor Nutrition

# 82%

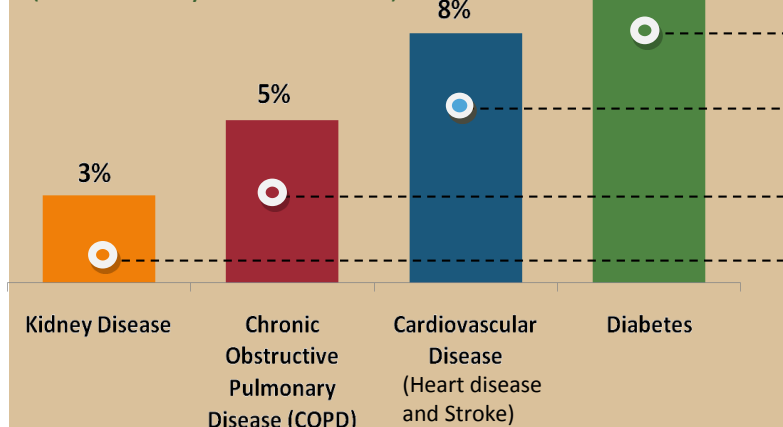
of adults do not eat 5 or more servings of fruits and veggies daily.



## Chronic Diseases

### % of Adults with Selected Chronic Diseases\*

(Persons 18 years and older)



**67,100** adults have Diabetes

**59,600** adults have Cardiovascular Disease

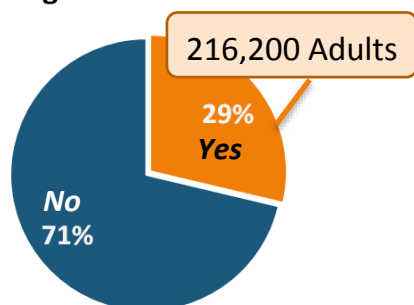
**32,300** adults have COPD

**22,400** adults have Kidney Disease

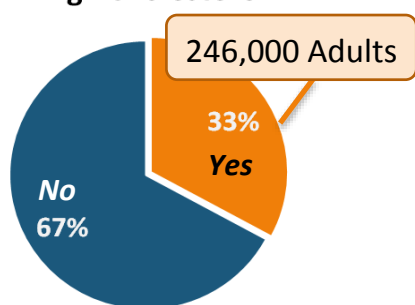
\*based on self-report of chronic diseases

## Risk Factors

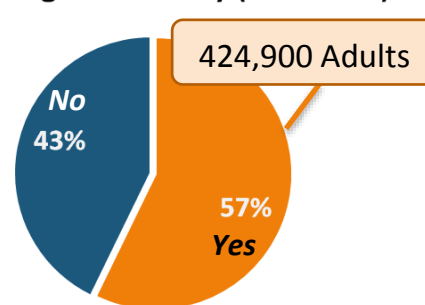
### High Blood Pressure



### High Cholesterol



### Overweight & Obesity (BMI>24.9)



Source: Mecklenburg County Health Department, Epidemiology Program, 2014 Local Behavior Risk Factor Surveillance System Report

# Health Disparities

Health Disparities are preventable differences in disease, injury and opportunities to achieve optimal health. Race or ethnicity, sex, age, disability, socioeconomic status & where we live all contribute to our ability to achieve good health.

## Disparities by Race and Ethnicity

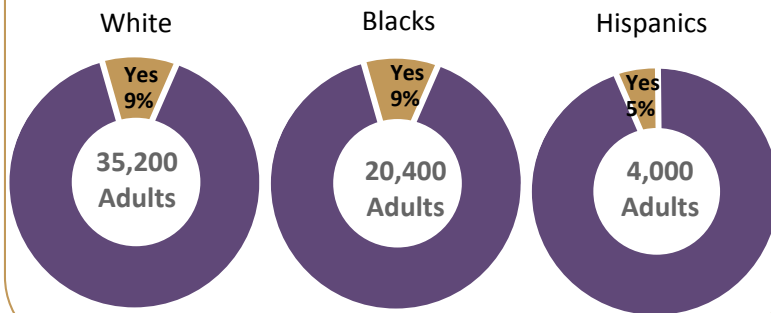
Cardiovascular diseases and diabetes are leading causes of death in Mecklenburg. While **deaths** vary by race, there are few disparities in **prevalence** suggesting that indicators such as education, income or access to care, may play a more important role in overall health status than race alone.

## Disparities by Income and Education

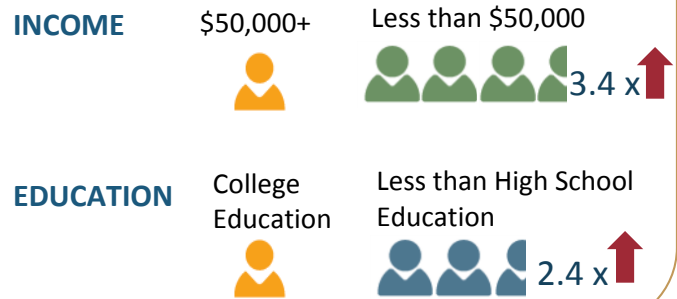
People with higher levels of education and income tend to have better health outcomes and lower rates of many chronic diseases compared to those with less education and lower income levels.

For some chronic diseases, social and economic factors such as education or income may have a stronger impact on overall health status than race or ethnicity alone.

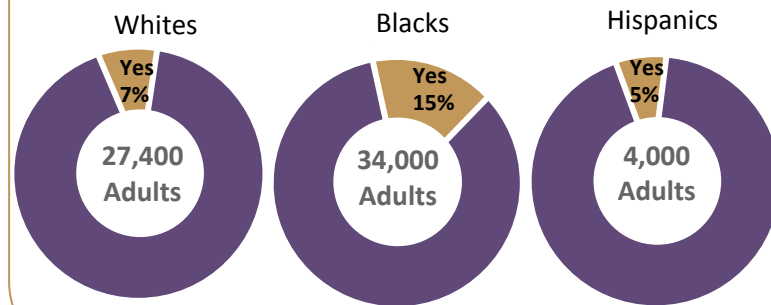
### Adults with History of Cardiovascular Disease by Race



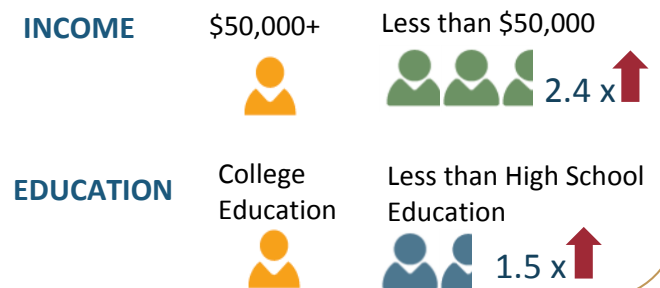
### Adults with History of Cardiovascular Disease by Income and Education Levels



### Adults with History of Diabetes by Race



### Adults with History of Diabetes by Income and Education Levels



Data Source:  
Mecklenburg County Health  
Department, Epidemiology Program,  
2014 Local Behavior Risk Factor  
Surveillance System Report

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