

Arthritis

According to Florida's 2009 BRFSS data:

- 9% of adults ages 18-44 have doctor diagnosed arthritis, approximately 559,000 adults.
- 34% of adults ages 45-64 have doctor diagnosed arthritis, approximately 1,555,000 adults.
- 53% of adults 65 and older have doctor diagnosed arthritis, approximately 1,663,000 adults.

Health Disparities

In Florida, with the exception of tobacco use, risk factors for cardiovascular disease (CVD), such as hypertension, diabetes, elevated cholesterol, obesity, and physical inactivity are higher among racial and ethnic minorities.

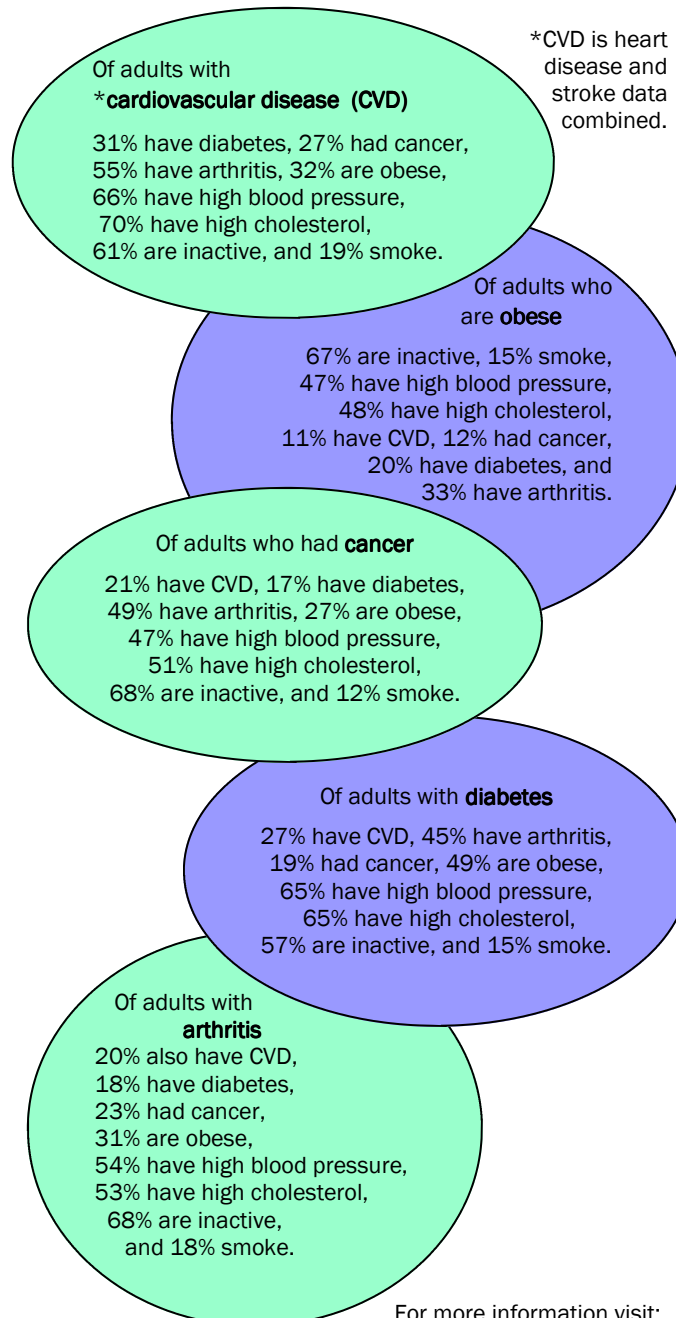
In 2009, the prevalence of obesity among black women (39.1%) was almost double that of white women (20.6%).

The CDC estimates that every 1 of 2 Hispanic females born in the year 2000 in the US are at risk for diabetes.

Age is the top risk factor for cancer. Approximately 60% of newly diagnosed cancers in 2006 occurred in persons age 65 and older.

Connect the Dots

Source: 2009 Florida BRFSS

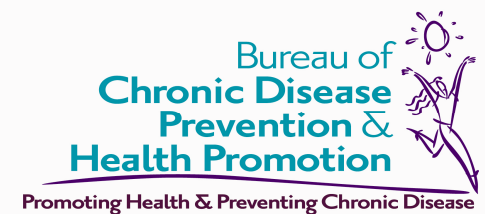


For more information visit:

www.doh.state.fl.us/Family/chronicdisease

Florida Department of Health

CHRONIC DISEASE FACT SHEET



Be Smoke Free, Be Physically Active, Eat a Healthy Diet, Maintain a Healthy Weight, and Get Regular Checkups.

Heart Disease and Stroke

Heart disease is the leading cause of death in Florida.

- In 2009, there were 41,202 deaths from heart disease, representing 24.3% of total deaths.

Stroke is the fifth major cause of death in Florida.

- In 2009, there were 8,385 deaths from stroke, representing 4.9% of total deaths.

- High blood pressure (or hypertension) is the single most important risk factor for stroke.



Heart Disease & Stroke
Prevention Program



Diabetes

Diabetes is the sixth leading cause of death in Florida.

- In 2009, there were 4,899 deaths from diabetes, representing 2.9% of total deaths.
- In 2009, approximately 1.6 million adults (10.7%), reported a doctor told them they had diabetes.
- Approximately 350,000 to 450,000 adults have diabetes, but have not been diagnosed.
- The risk of stroke is 2-4 times higher if you have diabetes.

Obesity

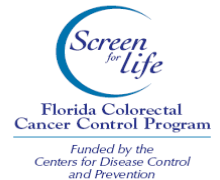
According to Florida's 2009 Behavioral Risk Factor Surveillance System (BRFSS) and 2009 Youth Risk Behavior Survey (YRBS) data:

- 63.4% of adults were overweight (36.9%) or obese (26.5%).
- 24.7% of adults did not participate in any physical activities or exercise.
- Only 24.4% of adults ate the recommended five servings of fruits and vegetables.
- 14.7% of high school students were overweight and an additional 10.3% are obese.
- 56.2% of high school students did not participate in any physical education at school.
- Approximately 21.6% of high school students ate 5 or more servings of fruits or vegetables each day during the past 7 days.

Cancer

Cancer is the second leading cause of death in Florida.

- In 2009, approximately 1.8 million (12.4%) adults reported ever having some form of cancer. (BRFSS)
- Over 11,500 residents die annually of lung cancer making it the leading cause of cancer-related death.
- Colorectal cancer is the second leading cause of cancer-related death.
- Breast cancer is the second leading cause of cancer-related deaths among women.
- In 2009, 277 women died from cervical cancer, another cause of cancer-related deaths for women.
- Prostate cancer is the most commonly diagnosed form of cancer among men. In 2009, 2,069 men died from prostate cancer.



Death data is reported from the 2009 Florida Vital Statistics Annual Report.