

**Board of Health**  
**October 18, 2011**

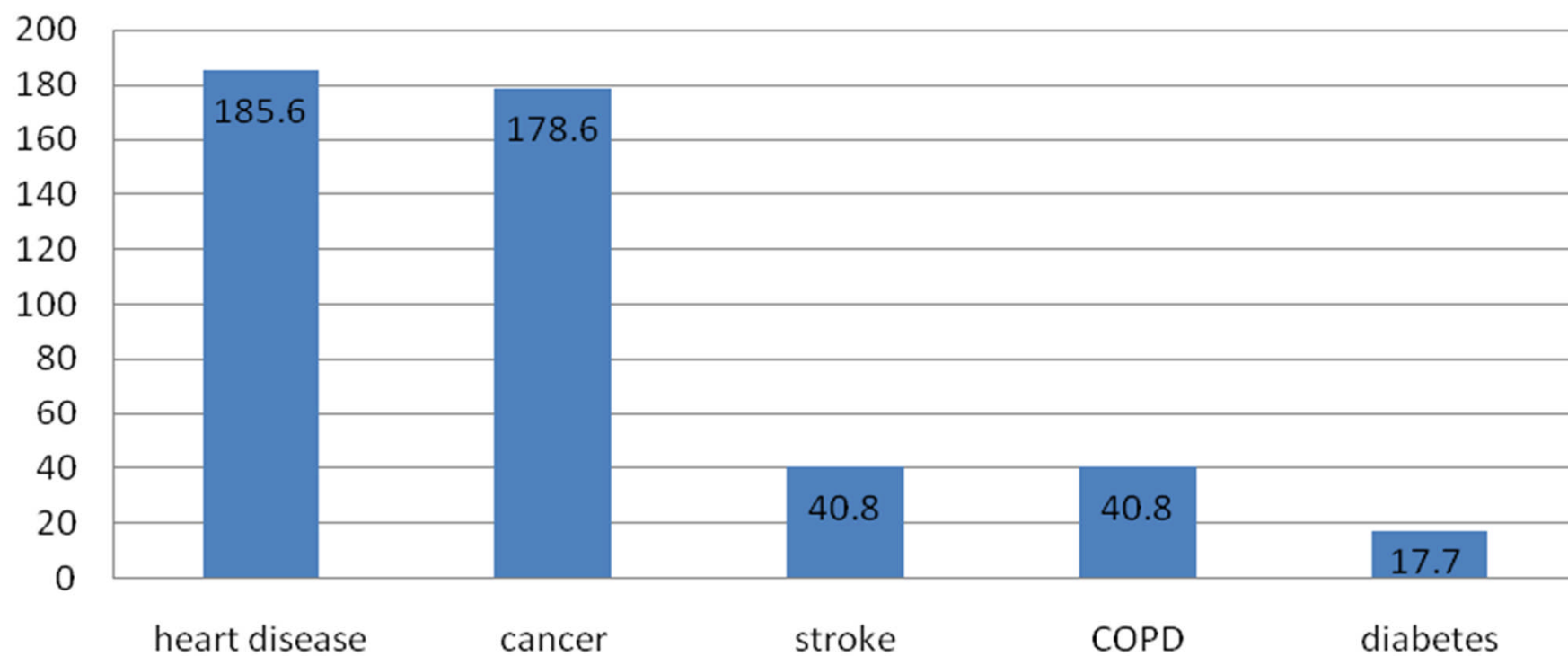
**The Burden of Chronic Disease**  
**in**  
**Harford County**



**Public Health**  
Prevent. Promote. Protect.

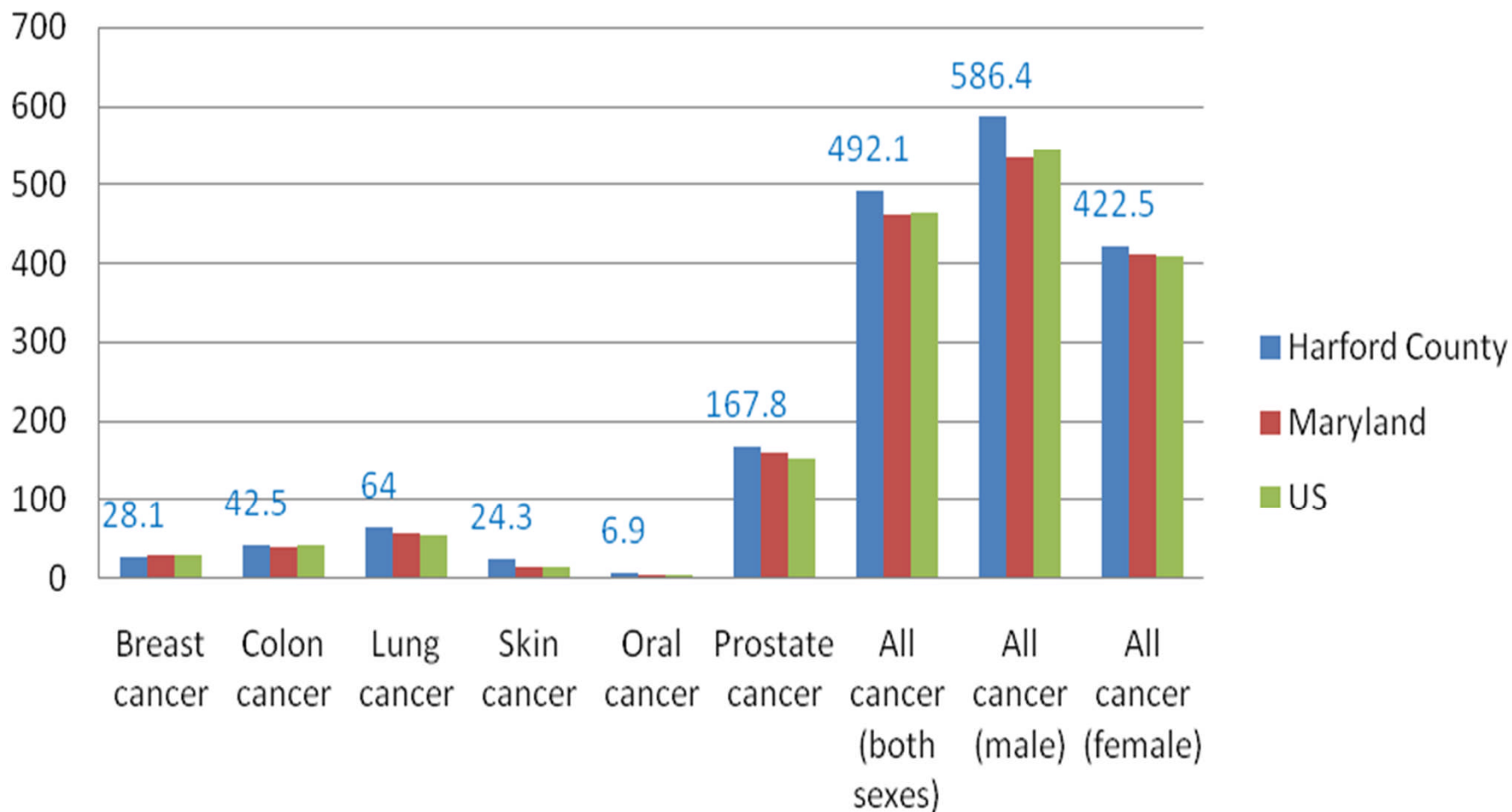
## Leading Causes of Death In Harford County

cases per 100,000 population



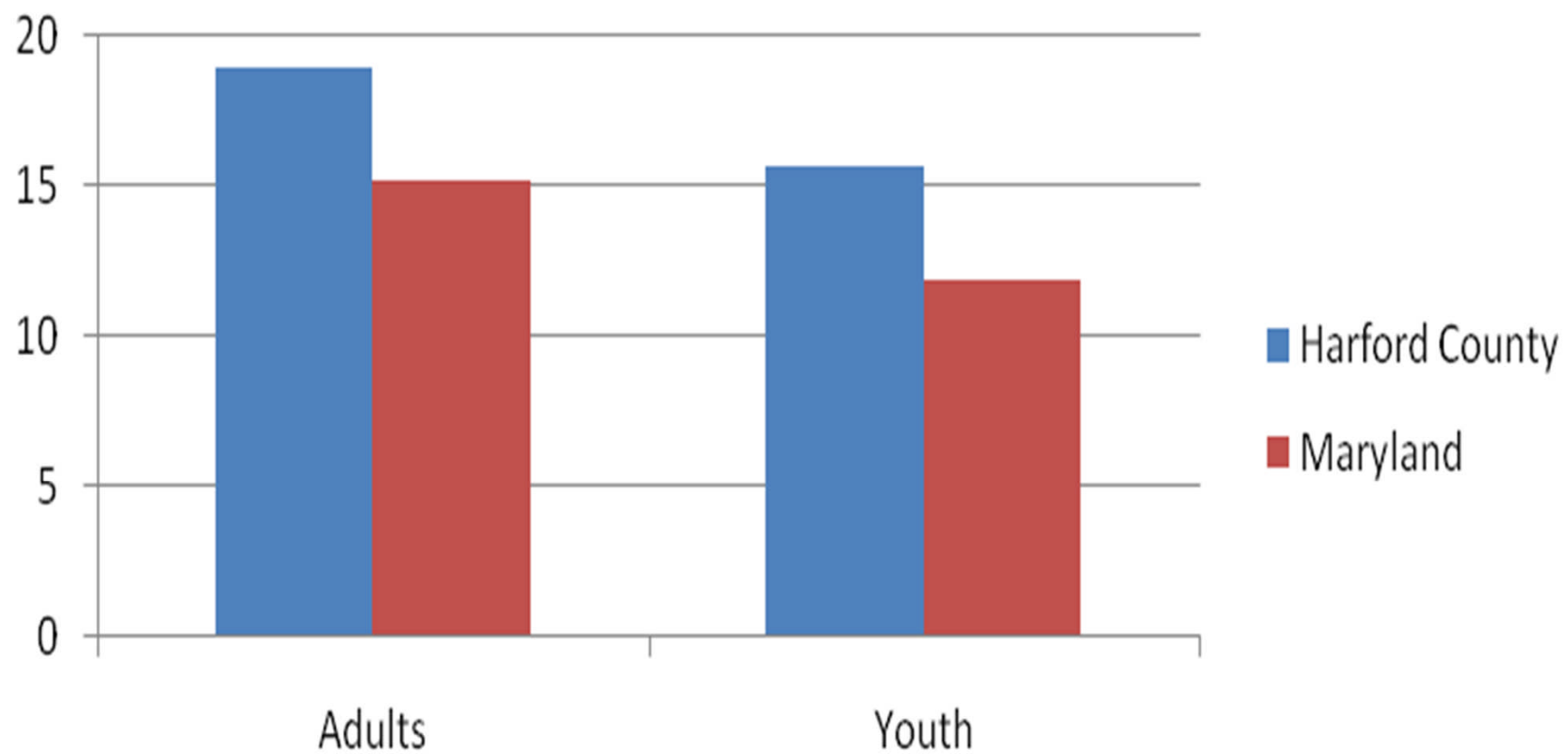
Source: Maryland Vital Statistics 2009

## Cancer Incident Rate Comparison - Cases per 100,000



Source: State Cancer Registry and the CDC's national Program of Cancer registries Cancer Surveillance System (NPCR-CSS)  
November 2009 – January 1010 submission

## Smoking 2010

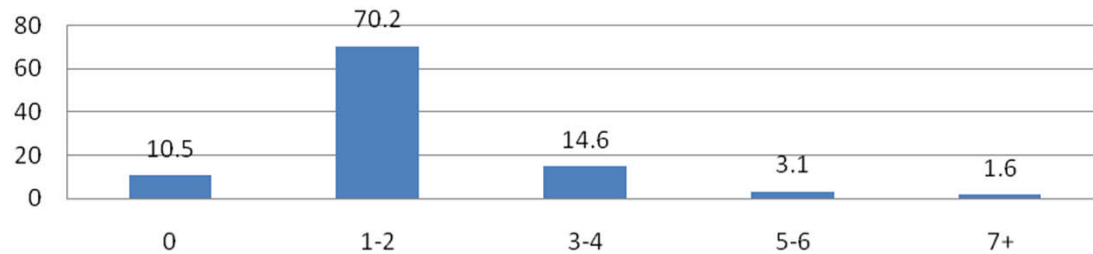


# Food and Nutrition

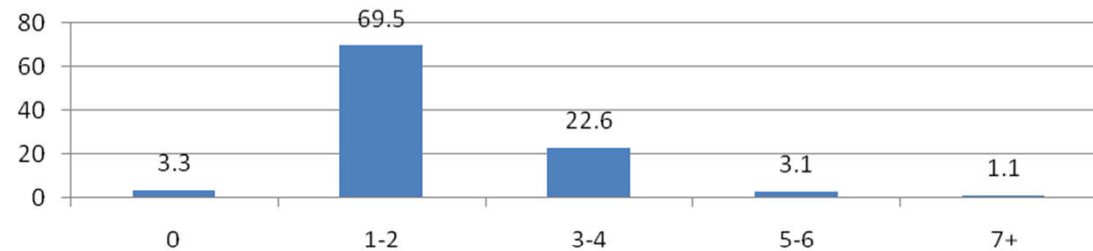
	Total Number of Recommended servings of fruits and vegetables	Recommended servings of fruit	Number of people who consumed the recommended servings CHAP 2010 Data	Recommended servings of vegetables	Number of people who consumed the recommended servings CHAP 2010 Data
<b>Women</b>					
19-30 years	9	4	13.4%	5	5.1%
31-50 years	8	3	26.2%	5	4.0%
51+ years	7	3	23.0%	4	14.1%
<b>Men</b>					
19-30 years	10	6	0.0%	4	5.7%
31-50 years	10	6	1.0%	4	14.0%
51+ years	9	5	1.8%	4	6.4%

# Food and Nutrition

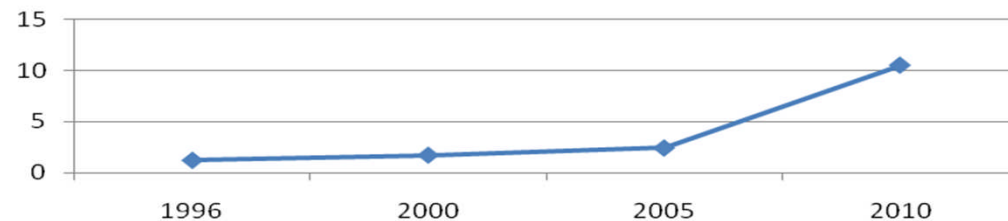
Number of **Fruits** Respondents Ate On Average Each Day



Number of **Vegetables** Respondents Reported Eating on an Average Day

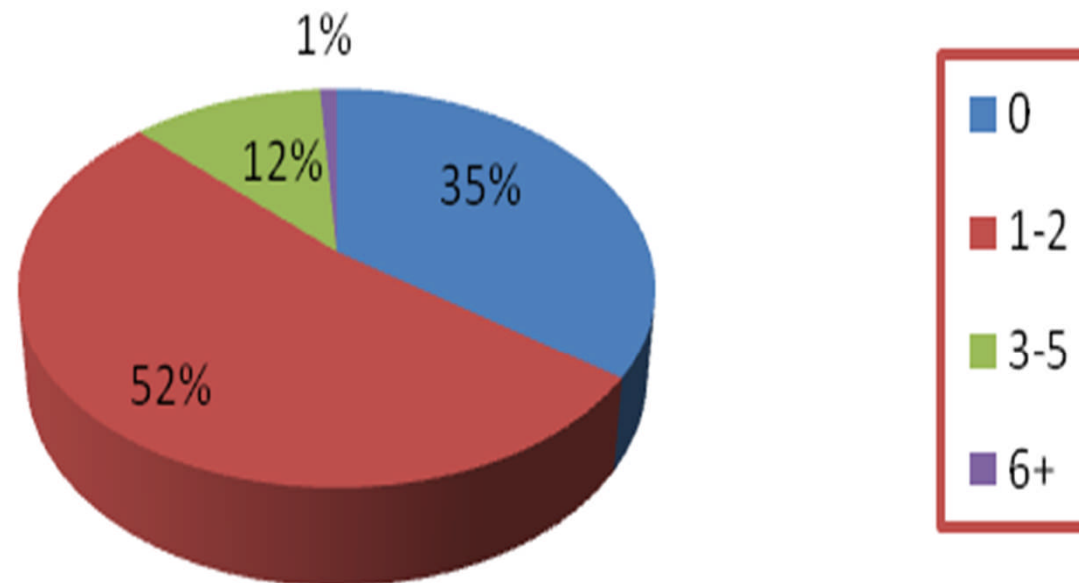


Percentage of Respondents Who Did Not Eat Any Fruit on a Daily Basis



# Food and Nutrition

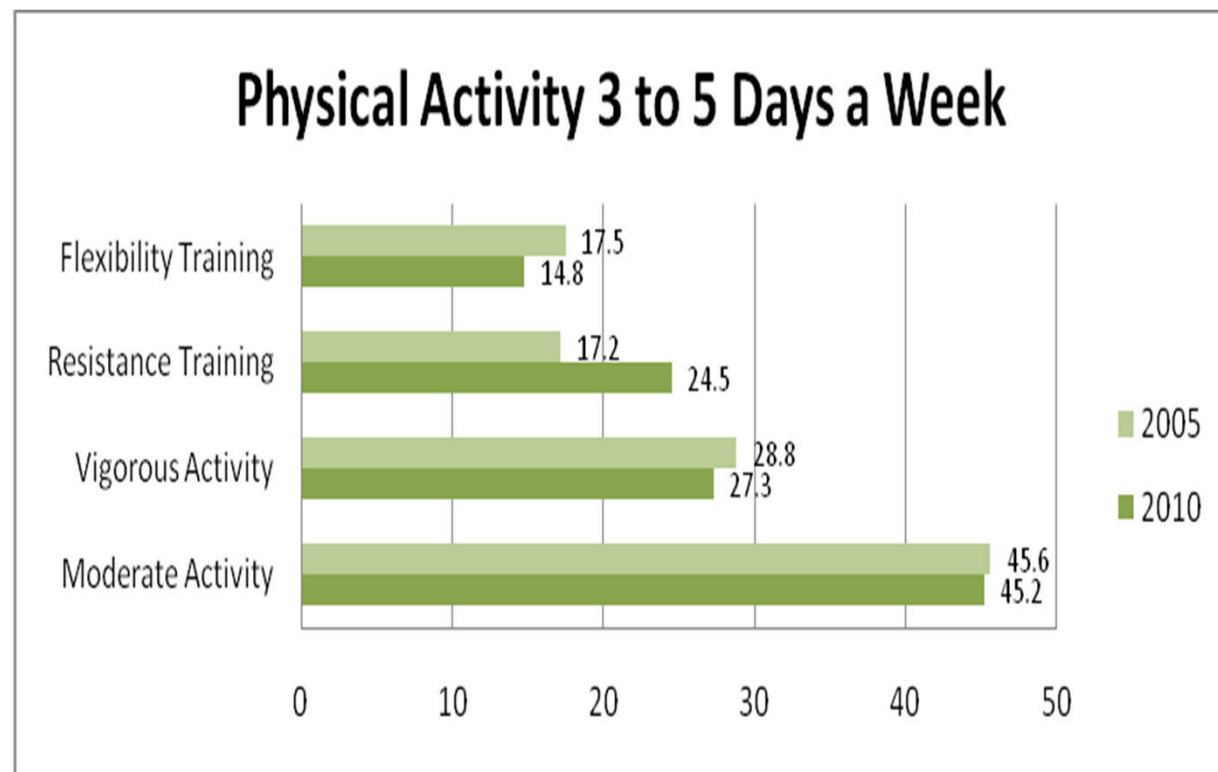
Number of Times Respondents Ate  
Fast Food per Week



# Physical Activity

Moderate Activity Days per Week

	2005	2010
0 days	10.7	15.3
1 day	11.5	4.7
2 days	15.8	12.1
3 days	19.9	20.2
4 days	11.2	12.5
5 days	14.5	12.5
6 days	6.8	5.0
7 days	9.6	17.2
No response		0.4
Total		100.0



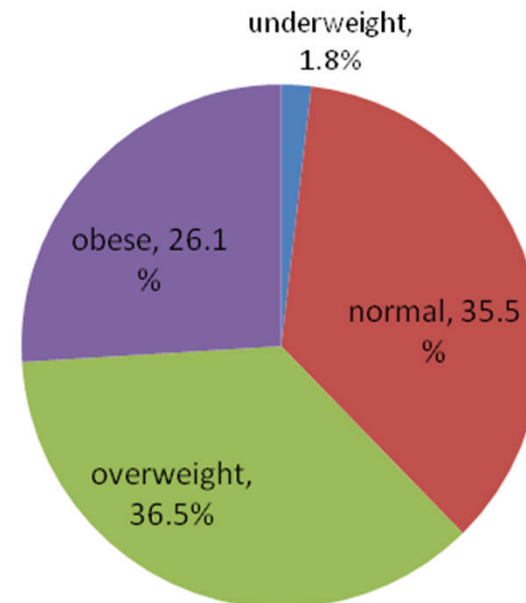


# Overweight and Obesity Rates

**BMI = (Weight in Pounds / Height in inches<sup>2</sup>) x 703**

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and above	Obese

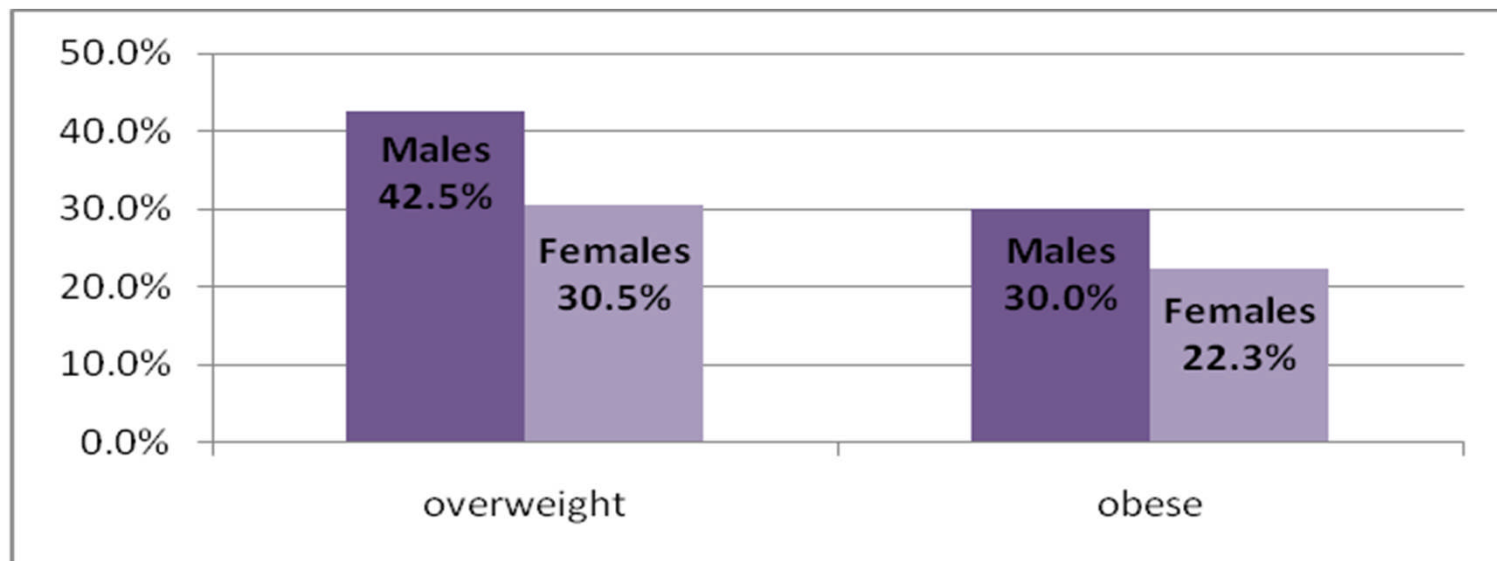
**CHAP 2010 - Harford County  
BMI**



# Overweight and Obesity Rates

Body Mass Index by Gender

Gender	Underweight	Normal	Overweight	Obese	Overweight and obese combined
Male	.9%	26.6%	42.5%	30.0%	72.5%
Female	2.8%	44.4%	30.5%	22.3%	52.8%



# Diabetes

Diabetes - % within Gender

