

SUMMARY

The *2014 State of the State's Health Report* reveals ongoing challenges as well as signs of promise for improved health status. Based on the most current data available, there is reason to be hopeful as the Oklahoma State Department of Health and our many partners continue to focus on the key *Oklahoma Health Improvement Plan* flagship issues of tobacco use prevention, obesity, and children's health.

Areas of continued challenges include many of our mortality statistics. Overall, Oklahoma has the fourth highest rate of death from all causes in the nation, 23 percent higher than the national rate. Perhaps more disturbing is the fact that while Oklahoma's mortality rate dropped five percent over the past 20 years, the U.S. mortality rate dropped 20 percent. So, Oklahoma is not keeping up with the rest of the nation.

Specific leading causes of death that contribute to Oklahoma's high mortality rate include the following:

- Oklahoma has the 12th highest rate of *death due to cancer* in the nation.
- Oklahoma has the third highest rate of *death due to heart disease* in the nation.
- Oklahoma has the fourth highest rate of *death due to stroke* in the nation.

- Oklahoma has the highest rate of *death due to chronic lower respiratory disease* in the nation.
- Oklahoma has the fourth highest rate of *death due to diabetes* in the nation.
- Oklahoma had a nearly 50 percent increase in *death due to unintentional injuries* from 2000 to 2012.

Contributing to our high mortality rates are behavioral risk factors that disproportionately overburden Oklahomans. Areas of concern include the following:

- Oklahoma has the next to lowest rate of *fruit consumption* in the nation.
- Oklahoma has the 44th lowest rate of *vegetable consumption* in the nation.
- Oklahoma is the 44th *least physically active* state in the nation.
- Oklahoma has the sixth highest rate of *obesity* in the nation.
- Oklahoma's adult *smoking* rate in 2012, while better than the 26.1 percent in 2011, was 23.3 percent compared to 19.6 percent nationally.



Without question, there is much work to do to improve the health of our state. However, there are reasons for celebration. For example, Oklahoma is ranked 10th highest in the nation for the percentage of senior citizens who received flu vaccinations in 2012. This high rate of flu vaccination among Oklahoma’s seniors represents lives saved.

Another area where Oklahoma is showing signs of improvement is infant mortality. Any death of a baby before the age of 1 is tragic and reducing the heart-ache felt by families impacted by infant mortality has been a priority of the Oklahoma State Department of Health. Because of intense, targeted programs like the “Preparing for a Lifetime” initiative, Oklahoma’s infant mortality rate has dropped 10 percent since 2007. Programs like “Every Week Counts,” which focuses on reducing pre-term deliveries, and community events like “A Healthy Baby Begins with You,” promote prenatal care and are making a difference.

Other statewide initiatives such as the Million Hearts campaign seek to reduce cardiovascular disease deaths through improved blood pressure control. We also continue to work closely with key state partners, such as the Oklahoma Tobacco Settlement Endowment Trust on tobacco use prevention and nutrition and fitness initiatives. Finally, one of the most exciting developments over the past three years has been the exponential growth of the Certified Healthy Oklahoma activities. With continued support from the founding Certified Healthy partners (Oklahoma Turning Point Coalition, the State Chamber, the Oklahoma Academy, and the Oklahoma State Department of Health), the number of certified healthy businesses, schools, communities, campuses, and restaurants increased from 490 in 2011 to 1,146 in 2013! These certifications mean that communities are implementing policies to encourage increased fitness and decreased tobacco use. Businesses are creating work environments conducive to health. Schools are finding ways to bring healthy meals to students through farm-to-school nutrition programs and other healthy eating policies.

So, while we still have much work to do, there is cause for hope and celebration. Through our continued collaborative activities with partners such as local Turning Point coalitions, communities of faith, schools, businesses, community leaders, and our sustained focus on the *Oklahoma Health Improvement Plan* flagship issues, we will *Create a State of Health*.

STATE REPORT CARD

	U.S.	OK	GRADE
MORTALITY			
INFANT (RATE PER 1,000)	6.1	7.6	D
TOTAL (RATE PER 100,000)	747.0	915.5	F
LEADING CAUSES OF DEATH (RATE PER 100,000)			
HEART DISEASE	179.1	235.2	F
MALIGNANT NEOPLASM (CANCER)	172.8	191.3	D
CEREBROVASCULAR DISEASE (STROKE)	39.1	50.0	F
CHRONIC LOWER RESPIRATORY DISEASE	42.2	67.4	F
UNINTENTIONAL INJURY	38.1	60.5	F
DIABETES	20.8	26.9	D
INFLUENZA/PNEUMONIA	15.1	19.7	D
ALZHEIMER'S DISEASE	25.1	26.1	C
NEPHRITIS (KIDNEY DISEASE)	15.3	15.0	C
SUICIDES	12.1	16.5	D
DISEASE RATES			
DIABETES PREVALENCE	9.7%	11.5%	D
CURRENT ASTHMA PREVALENCE	8.9%	10.2%	D
CANCER INCIDENCE (RATE PER 100,000)	460.5	456.9	C
RISK FACTORS & BEHAVIORS			
MINIMAL FRUIT CONSUMPTION	37.7%	50.2%	F
MINIMAL VEGETABLE CONSUMPTION	22.6%	26.8%	D
NO PHYSICAL ACTIVITY	22.9%	28.3%	D
CURRENT SMOKING PREVALENCE	19.6%	23.3%	D
OBESITY	27.6%	32.2%	D
IMMUNIZATIONS < 3 YEARS	71.9%	64.7%	D
SENIORS INFLUENZA VACCINATION	60.1%	67.8%	B
SENIORS PNEUMONIA VACCINATION	68.8%	74.9%	A
LIMITED ACTIVITY DAYS (AVG)	2.6	3.0	D
POOR MENTAL HEALTH DAYS (AVG)	3.9	4.2	C
POOR PHYSICAL HEALTH DAYS (AVG)	4.0	4.4	D
GOOD OR BETTER HEALTH RATING	83.1%	81.0%	D
TEEN FERTILITY (RATE PER 1,000)	15.4	22.9	D
FIRST TRIMESTER PRENATAL CARE	73.1%	65.5%	F
LOW BIRTH WEIGHT	8.1%	8.4%	C
ADULT DENTAL VISITS	67.2%	58.9%	F
USUAL SOURCE OF CARE	77.8%	75.9%	C
OCCUPATIONAL FATALITIES (RATE PER 100,000 WORKERS)	4.1	7.0	F
PREVENTABLE HOSPITALIZATIONS (RATE PER 100,000)	1562.1	1815.8	D
SOCIOECONOMIC FACTORS			
NO INSURANCE	17.1%	18.0%	C
POVERTY	15.9%	17.2%	C