



CHRONIC DISEASE BURDEN UPDATE

■ This update focuses on the burden of chronic diseases on Illinois males.

Men’s Health Month is celebrated every June. The purpose is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

(www.menshealthmonth.org)

PREVALENCE AND MORTALITY

Table 1 shows the prevalence of select chronic diseases and risk factors among Illinois’ males 18 years of age and older compared to males 18 years of age and older for the nation. Illinois’ prevalence for the selected chronic conditions nearly mirrors the nation in each selected condition. Having just one of these select chronic conditions or risk factors places the individual at risk for a number of various adverse health outcomes and, in many cases, an individual may suffer from multiple chronic conditions or risk factors causing them to be at higher risk for major complications with their health, including death.

Table 2 shows the chronic disease impact based on mortality and places chronic diseases in rank order by disease mortality in Illinois. Heart disease (232.5 per 100,000) and malignant neoplasm (cancer) (215.0 per 100,000) are the leading causes of death in Illinois. Cancer’s top killers in men (18 years of age and older) include lung and bronchus, prostate and colorectal cancer.

Table 1: Male Prevalence of Select Chronic Diseases and Risk Factors, Illinois vs. United States, 2012

Condition	Illinois Prevalence	U.S. Prevalence
High Cholesterol [^]	40.8%	39.9%
Overweight (2012)	42.1%	41.7%
Obesity (2012)	28.3%	28.3%
Hypertension (High Blood Pressure) [^]	33.2%	31.9%
Disability	17.6%	18.8%
Current Smoker	21.1%	21.6%
Currently Have Asthma*	6.7%	6.8%
Diabetes*	10.3%	9.0%
Cancer (other than skin)	4.9%	5.2%
Coronary Heart Disease/Angina	5.7%	5.4%

Table 2: Top Male Deaths and Age-Adjusted Mortality Rates per 100,000 Population, Illinois, 2010

Cause of Death	Number of Deaths	Age-Adjusted Mortality Rate
Diseases of Heart	12,772	232.5
Malignant Neoplasms	12,219	215.0
Top 3 Malignant Neoplasm Mortality (Cancer)		
Lung and Bronchus*	3,575	62.1
Prostate*	1,171	22.6
Colon and Rectum*	1,159	20.1
Unintentional Injury	2,590	41.2
Chronic Lower Respiratory Diseases	2,397	38.1
Cerebrovascular Diseases	2,119	33.7
Diabetes Mellitus	1,302	20.7
All Deaths (all causes)	48,925	777.5

Sources: National Center for Health Statistics, 2010

*Surveillance, Epidemiology, and End Results (SEER) Program (www.seer.cancer.gov) SEER*Stat Database: Mortality - All COD, 2010, National Cancer Institute, DCCPS, Surveillance Research Program, Cancer Statistics Branch, released April 2013. Underlying mortality data provided by NCHS (www.cdc.gov/nchs).

Rates are per 100,000 and age-adjusted to the 2000 U.S. Standard Population

Sources: Illinois Behavioral Risk Factor Surveillance System, 2010-2012; Nationwide (States and DC) Behavioral Risk Factor Surveillance System (CDC), 2010-2012.

[^]2011 BRFSS data used for ILL., and U.S., because 2012 data was not available.

*2010 BRFSS data used for U.S., because 2011/2012 data was not available (2012 data used for Ill.).

INFLUENCING FACTORS OF CHRONIC DISEASE

Lifestyle behaviors like smoking, physical inactivity and unhealthy diets can increase the risk of obesity, hypertension and high cholesterol. These risk factors increase the risk of chronic conditions, such as cancer and diabetes. Table 3 shows the prevalence of chronic disease risk factors among male Illinois residents with specific chronic conditions.

To highlight a few data points:

- Of the males 18 years of age and older with asthma, 35 percent are current smokers.
- Of the males 18 years of age and older with coronary artery disease, 71 percent have hypertension and 76 percent have high cholesterol.
- Of the males 18 years of age and older with diabetes, 35 percent are physically inactive and nearly 93 percent are overweight or obese.

Table 3: Prevalence of Chronic Disease Risk Factors among Persons with Specific Chronic Conditions, Illinois Males 18 and Older, 2011

Chronic Condition	Risk Factor Prevalence Rates					
	Smoking	Physically Inactive	Overweight	Obese	Hypertension	High Cholesterol
Arthritis	21.8%	29.6%	44.9%	40.1%	57.6%	58.1%
Asthma	35.0%	18.9%	36.8%	34.7%	31.6%	41.6%
Cancer	15.4%	29.9%	46.5%	25.8%	52.2%	56.6%
Coronary Artery Disease	19.1%	30.5%	48.3%	27.3%	71.4%	76.3%
Diabetes Mellitus	14.7%	34.8%	41.0%	51.6%	67.6%	63.0%

Source: Illinois Behavioral Risk Factor Surveillance System, 2011

COMORBIDITY OF CHRONIC CONDITIONS

Table 4 shows the prevalence of a co-condition among Illinois males (18 years of age and older) who already have a chronic condition.

To highlight a few data points:

- Of males with arthritis, 20 percent have cancer; of those with cancer, 44 percent have arthritis.
- Arthritis is most prevalent among males with coronary artery disease (58.5%)
- Of the males with diabetes, 68 percent have high blood pressure; of those with high blood pressure, only 22 percent have diabetes.

Table 4: Percent of Population with Two Chronic Conditions, Illinois Males 18 Years of Age and Older, 2011

Chronic Condition	Co-Condition						
	Arthritis	Asthma	Cancer	CAD	Diabetes	High Blood Pressure	High Cholesterol
Arthritis	.	13.0%	20.0%	10.4%	21.0%	57.6%	58.1%
Asthma	22.2%	.	8.2%	3.0%	10.7%	31.6%	41.6%
Cancer	44.4%	10.7%	.	13.0%	17.5%	52.2%	56.6%
Coronary Artery Disease (CAD)	58.5%	10.1%	32.5%	.	26.0%	71.4%	76.3%
Diabetes	39.8%	12.0%	14.9%	8.6%	.	67.6%	63.0%
High Blood Pressure	35.6%	11.5%	14.5%	7.8%	22.0%	.	58.3%
High Cholesterol	35.5%	11.7%	16.3%	9.0%	21.5%	57.4%	.

Source: Illinois Behavioral Risk Factor Surveillance System, 2011.