



# Chronic Disease

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**Indicators**




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Asthma..... 111  
Diabetes ..... 114  
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# Chronic Disease Summary

Indicator	Measurement	Data	Year	Recent Trend	Direction	Page
<b>Asthma</b>	Telephone survey respondents who have been diagnosed with asthma	17%	2010	—		111
<b>Diabetes</b>	Telephone survey respondents who have been diagnosed with diabetes	16%	2010	↑		114
<b>Obese Adults</b>	Telephone survey respondents who are obese	28%	2010	↑		119

## Legend

Item	Description
↑	Indicates data moving in an upward direction over time.
↓	Indicates data moving in a downward direction over time.
—	Indicates data remaining constant over time.
NA	Indicates trend data is not available.
	Indicates data with a combination of both challenges and successes.
	Indicates data moving in a negative direction.
	Indicates data moving in a positive direction.

# Asthma

Asthma is a chronic (long-term) lung disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing. The coughing often occurs at night or early in the morning.



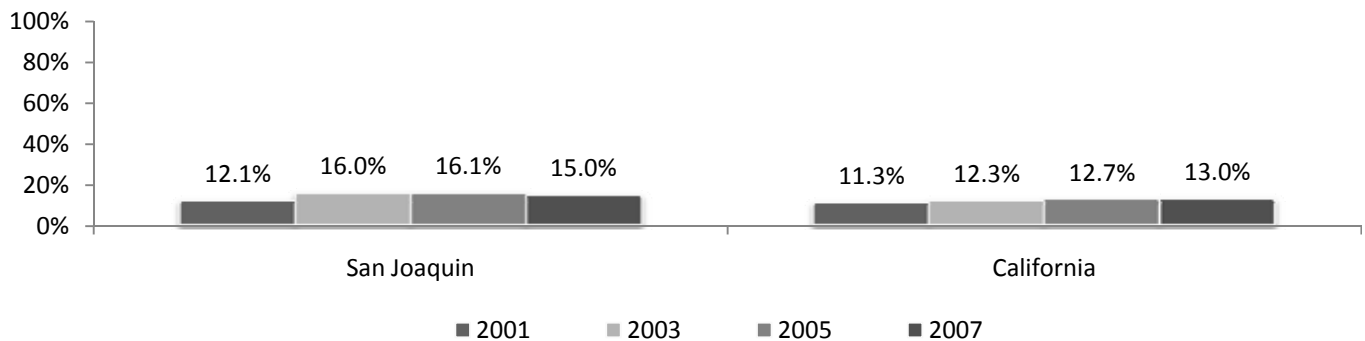
Asthma affects people of all ages, but it most often starts in childhood. In the United States, more than 22 million people are known to have asthma and nearly 6 million are children.<sup>34</sup>

San Joaquin County has consistently had a higher percentage of adults with asthma than California overall. In 2007, 15% of San Joaquin County residents had been diagnosed with asthma while the state was at 13%.

Results from the Healthier San Joaquin County telephone survey showed an increase in the percentage of adults with asthma from 14% in 2007 to 17% in 2010. Of those who had been diagnosed with asthma, more than half (52%) were receiving treatment in 2010. However, only 41% of respondents reported having received a management plan or instructions from their doctor. Nevertheless, San Joaquin County surpassed the Healthy People 2010 Objective that 30% of people with asthma will receive patient education.

From 2000 to 2005, San Joaquin County had a higher aggregated asthma hospitalization rate (13.4 hospitalizations per 10,000 residents) than California overall (10.5 hospitalizations per 10,000 residents).

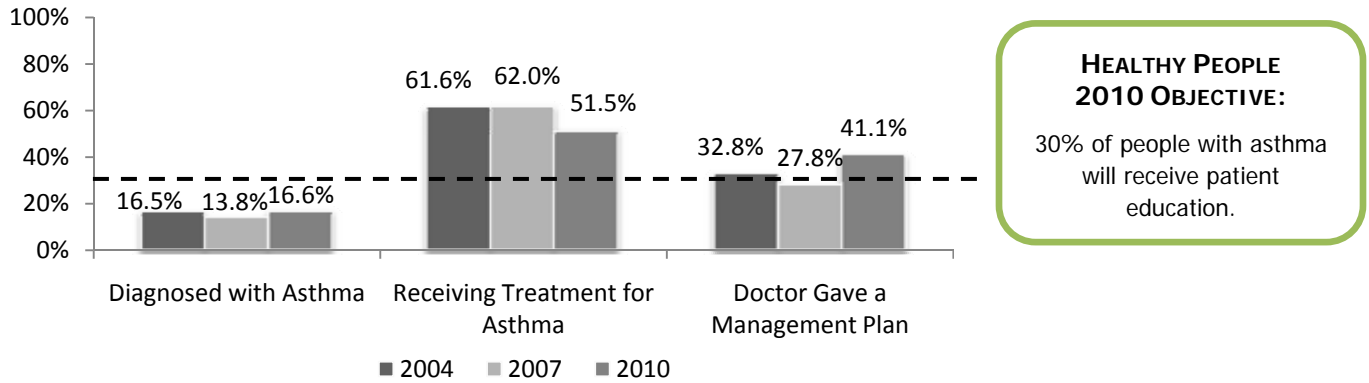
## Adults Who Have Been Diagnosed with Asthma



Source: UCLA Center for Health Policy Research, California Health Interview Survey, 2001-2007.  
 San Joaquin County 2001 N: 395,000; 2003 N: 422,000; 2005 N: 447,000, 2007 N: 443,000.  
 California 2001 N: 24,577,000; 2003 N: 25,597,000; 2005 N: 26,388,000; 2007 N: 26,874,000.  
 Note: No new data available.

<sup>34</sup> US Department of Health & Human Services, National Heart Lung & Blood Institute Disease and Conditions (September 2008) *What is Asthma*, [http://www.nhlbi.nih.gov/health/dci/Diseases/Asthma/Asthma\\_WhatIs.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Asthma/Asthma_WhatIs.html) , Retrieved December 30, 2010

**Percentage of Respondents Diagnosed with Asthma, Percentage Receiving Treatment for Their Asthma and Percentage Whose Doctor Gave a Management Plan or Instructions on How to Treat Their Asthma**

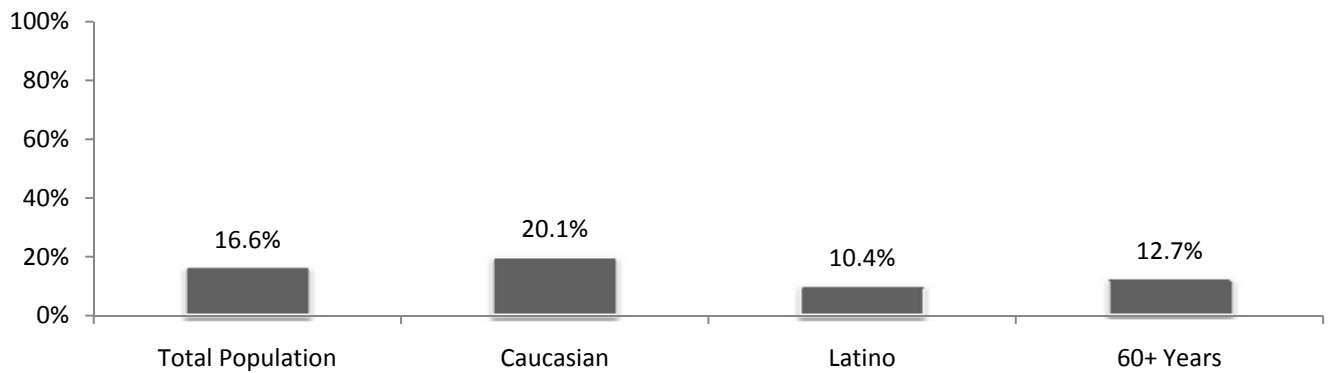


Source: Healthier San Joaquin Community Assessment, Telephone Survey, 2010.

Telephone Survey Diagnosed with Asthma 2004 N: 427; 2007 N: 429; 2010 N: 431; Receiving Treatment for Asthma 2004 N: 71; 2007 N: 59; 2010 N: 72; Doctor Gave a Management Plan 2004 N: 71; 2007 N: 59; 2010 N: 69.

Note: Questions about treatment and about a management plan were asked only of those respondents who reported being diagnosed with asthma.

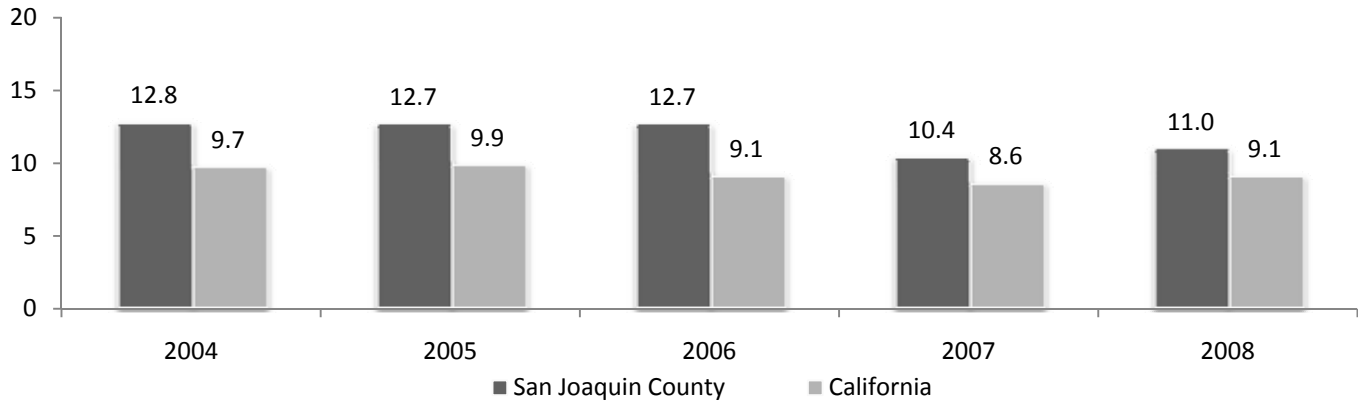
**Percentage of Respondents Diagnosed with Asthma, Selected Populations, 2010**



Source: Source: Healthier San Joaquin Community Assessment, Telephone Survey, 2010.

2010 Total Population N: 431; Caucasian N: 213; Latino N: 123; 60+ N: 142.

### Asthma Hospitalization Rate per 10,000 Residents, All Ages



Source: Retrieved from [www.kidsdata.org](http://www.kidsdata.org), January 2011. Prepared by California Breathing, <http://www.californiabreathing.org>, Environmental Health Investigations Branch, California Department of Public Health, on February 9, 2010, using data from the California Office of Statewide Health Planning and Development (OSHPD) Patient Discharge Database.

Note: No new data available.

# Diabetes

Diabetes is a disorder in how our bodies digest food for energy and growth. Most of what we eat is broken down into glucose, which is a form of sugar in the blood. Glucose is the principle source of fuel for our bodies. There are three types of diabetes: type 1, where no insulin is produced; type 2, where not enough insulin is produced or is not working properly; and gestational diabetes during pregnancy. Diabetes types 1 and 2 are chronic medical conditions while gestational diabetes usually resolves itself after the birth of the child.<sup>35</sup>

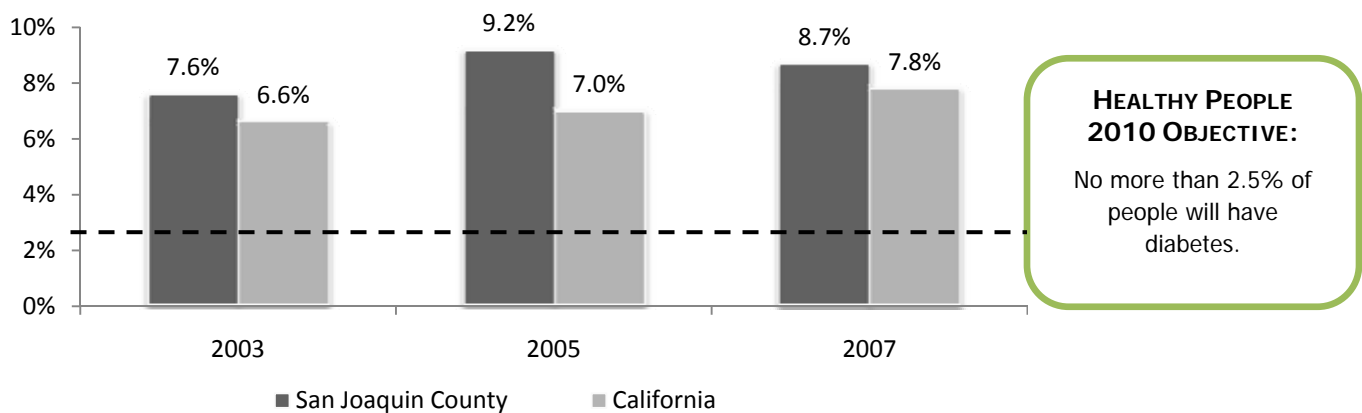


The percentage of adults with diabetes in San Joaquin County has consistently been higher than that of California. In 2007, the percentage of adults with diabetes was 9% in San Joaquin County and 8% in California. Both were higher than the Healthy People 2010 Objective of 2.5%.

The percentage of adult telephone survey respondents with diabetes rose from 11% in 2004 to 16% in 2010. Of these individuals, the highest percentage (24%) of respondents were first diagnosed between the ages of 51 and 60. Between 2004 and 2010, the percentage of respondents receiving diabetes treatment also increased from 79% to 84%; however, a smaller percentage received a management plan from their doctor in 2010 (80%) than in 2004 (97%).

Dameron Hospital in San Joaquin County has a diabetes and pregnancy program called the Sweet Success program, which is a model of care for pre-pregnant and pregnant women with diabetes. The program was developed by the Regional Perinatal Programs of California (RPPC) through the California Diabetes and Pregnancy Program (CDAPP). The goal of the Sweet Success program is to reduce maternal and infant mortality and morbidity for women with overt diabetes prior to conception and for women who develop gestational diabetes. There were 323 Sweet Success clients at Dameron Hospital in 2009. Latinos comprised the largest percentage of Sweet Success clients (48%), followed by Asians and Pacific Islanders (25%).

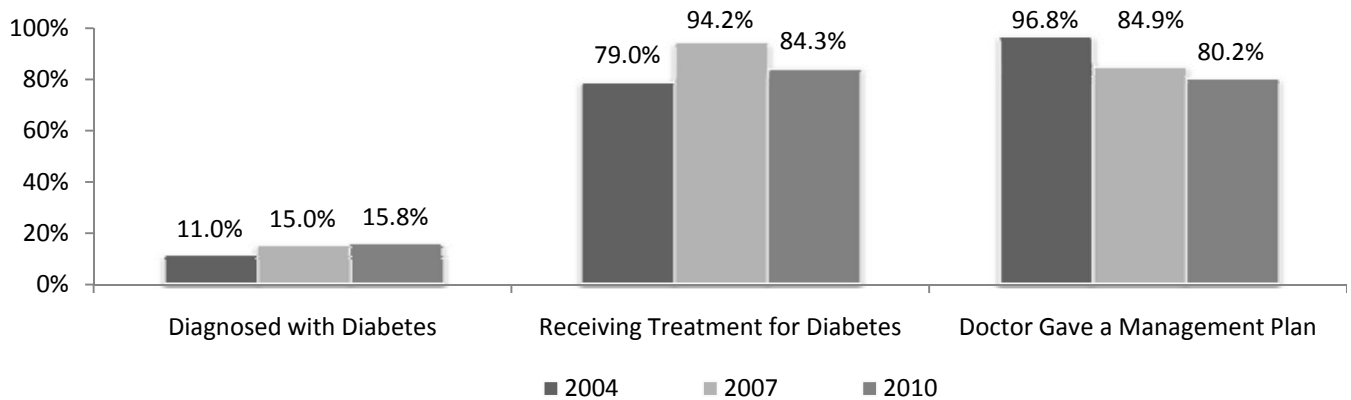
## Adults Who Have Been Diagnosed with Diabetes



Source: UCLA Center for Health Policy Research, California Health Interview Survey, 2003-2007.  
 San Joaquin County 2003 N: 422,000; 2005 N: 447,000; 2007 N: 443,000.  
 California 2003 N: 25,597,000; 2005 N: 26,388,000; 2007 N: 26,874,000.  
 Note: No new data available.

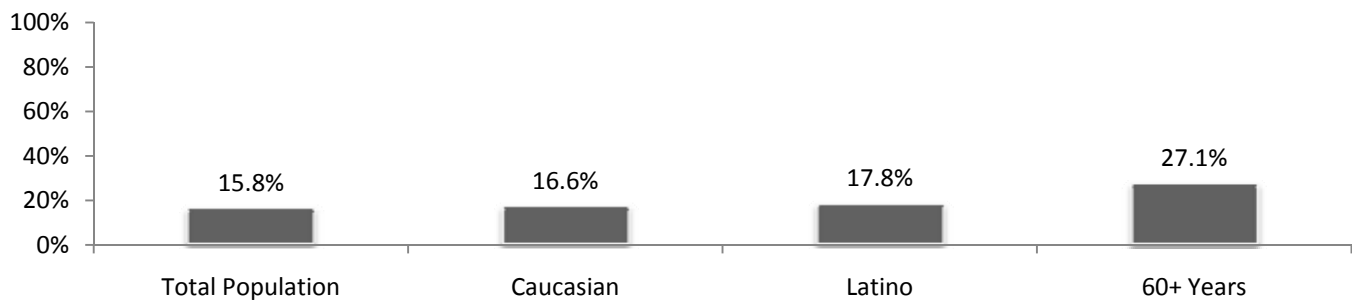
<sup>35</sup> Source: Medical News Today, (2010) *All about Diabetes*, <http://www.medicalnewstoday.com/info/diabetes/>, Retrieved December 30, 2010

**☎ Percentage of Respondents Diagnosed with Diabetes, Percentage Receiving Treatment for Their Diabetes and Percentage Whose Doctor Gave a Management Plan or Instructions on How to Treat Their Diabetes**



Source: Healthier San Joaquin Community Assessment, Telephone Survey, 2004, 2007 and 2010.  
 Telephone Survey Diagnosed with Diabetes Total 2004 N: 426; 2007 N: 429; 2010 N: 430; Receiving Treatment for Diabetes Total 2004 N: 47; 2007 N: 65; 2010 N: 67; Doctor Gave a Management Plan Total 2004 N: 47; 2007 N: 65; 2010 N: 69.  
 Note: Questions about treatment and about management plan were asked only of those respondents who reported being diagnosed with diabetes.

**☎ Percentage of Respondents Diagnosed with Diabetes, Selected Populations, 2010**



Source: Healthier San Joaquin Community Assessment, Telephone Survey, 2010  
 2010 Total N: 430; Caucasian N: 178; Latino N: 101; 60+ N: 142

**☎ Are you able to afford your diabetes medications and supplies?**

Response	2010
All of the time	66.3%
Most of the time	14.5%
Some of the time	12.0%
Never	7.2%
<b>Total</b>	<b>63</b>

Source: Healthier San Joaquin Community Assessment, Telephone Survey, 2010

**📞 Respondents who did not receive treatment for Diabetes, why they didn't receive it?**

Response	2010
Cost of supplies	7.6%
Lack of insurance	15.6%
Unable to fill prescription	0.0%
Other	76.8%
<b>Total respondents</b>	<b>10</b>

Source: Healthier San Joaquin Community Assessment, Telephone Survey, 2010.

**📞 How old were you when a doctor first told you that you have Diabetes?**

Response	2004	2007	2010
Under 21 years	4.3%	2.5%	5.7%
21–30 years	15.2%	13.6%	13.6%
31–40 years	8.7%	16.0%	18.1%
41–50 years	21.7%	16.0%	18.1%
51–60 years	28.3%	28.4%	24.1%
61–70 years	10.9%	18.6%	9.0%
Over 71 years	10.9%	4.9%	11.4%
<b>Total respondents</b>	<b>46</b>	<b>61</b>	<b>66</b>

Source: Healthier San Joaquin Community Assessment, Telephone Survey, 2010.

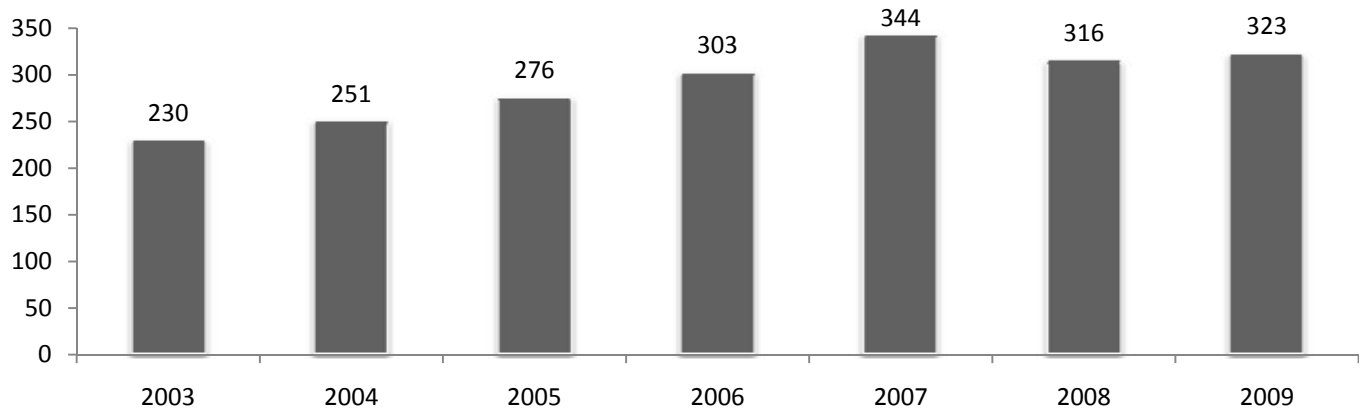
**Estimated Percentage of San Joaquin County Residents with Diabetes, 2009**

	All Adults	Age			Gender		Race/Ethnicity				
		18-44	45-64	65+	Male	Female	White	Latino	Afr. Amer.	Asian	Other
Diagnosed diabetes	9.2	1.8	20.8	14.7	8.2	10.2	7.9	9.3	15.9	6.3	23.6

Source: California Diabetes Program. (2010). Diabetes in California Counties. Sacramento, CA: California Diabetes Program, California Department of Public Health; University of California San Francisco, Institute for Health and Aging. California Department of Health San Joaquin County, 2009 N: 446,550

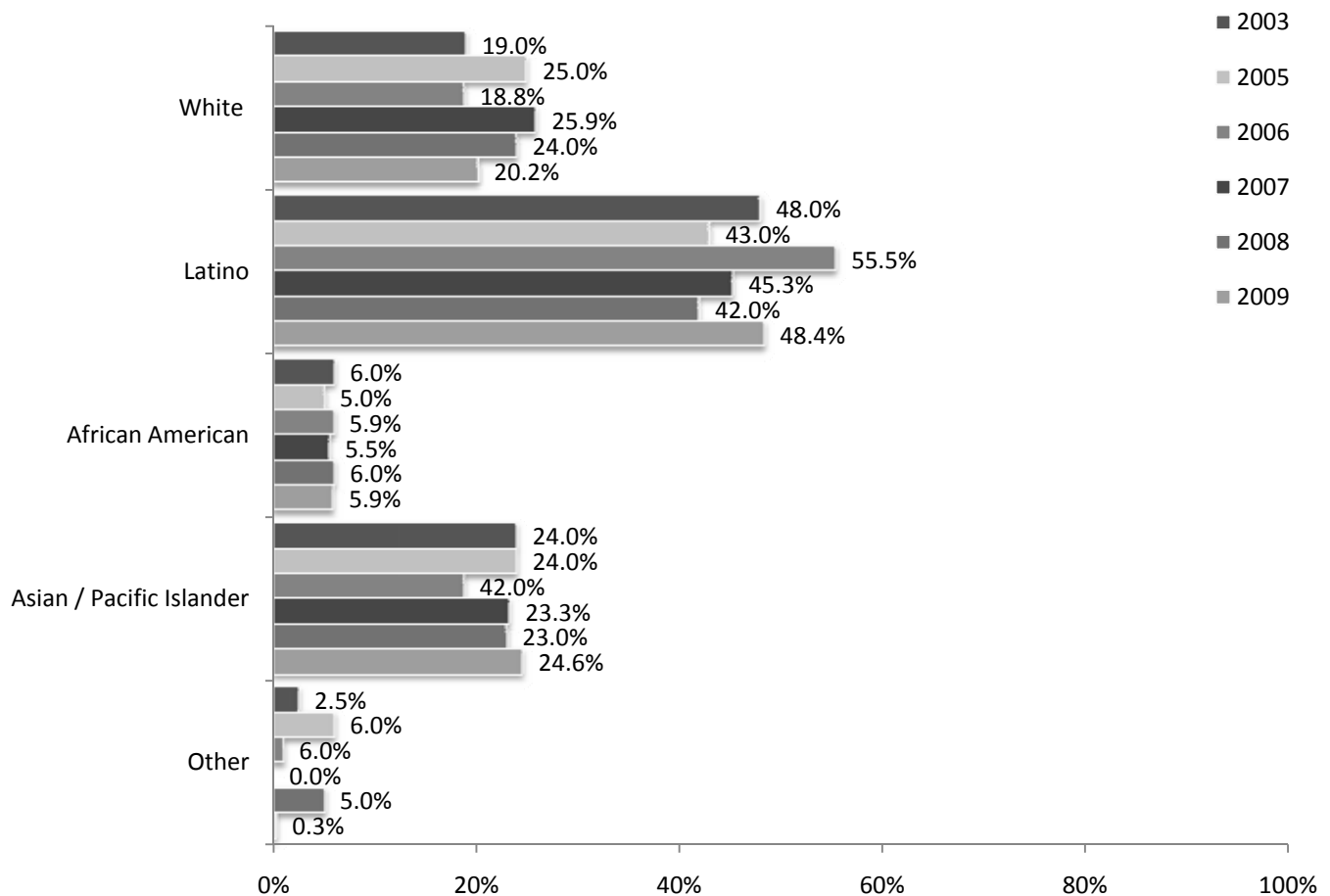


### Number of Sweet Success Clients Seen in Past Years



Source: Dameron Hospital, Sweet Success Clinic, Sweet Success Annual Site Survey Form, 2010.

### Sweet Success Clients by Ethnicity



Source: Dameron Hospital, Sweet Success Clinic, Sweet Success Annual Site Survey Form, 2010.  
 2003 N: 230; 2004 N: 251; 2005 N: 276; 2006 N: 303. 2007 N: 344, 2008 N: 316, 2009 N: 323.

## HOW WE ARE MAKING A DIFFERENCE

### *CareVan*

In June of 2010 “Marie” became unemployed and among her many hurdles was her inability to afford to pay for private health insurance. Marie accessed the Dorothy L. Jones Family Resource Center and was made aware of the free services provided by St. Joseph’s Medical Center’s CareVan.

The CareVan is a 40-foot mobile health clinic that provides free health services to people in the Stockton area who do not have health insurance or access to primary care. Medical services include: screenings, health education, referral services, medical diagnoses, treatment, pharmacy and testing. The CareVan is staffed with physicians, nurses, an administrative staff person, and an interpreter.



*Photograph Courtesy of  
St. Joseph's Medical Center*

The CareVan treats acute problems such as fever, earache, infections (including upper respiratory infections), sore throat and other illnesses as well as chronic problems such as allergies, high blood pressure, diabetes and joint pain. If the problem can't be treated at the CareVan or requires ongoing treatment, the mobile clinic staff will refer the patient to a community physician or to one of the area's many excellent medical facilities.

When Marie became ill last year she was diagnosed as pre-diabetic and was told she had high blood pressure. The staff at CareVan suggested Marie attend Diabetes Basics to a Healthy Life, one of the many classes offered by St. Joseph's at their various partner locations. It was at this class that Marie learned what it meant to be pre-diabetic and came to understand the importance of exercise and proper portion control. She now has a Diabetic Care Plan which consists of a personalized menu Marie follows to keep herself healthy. Marie also has a primary health care provider now and her provider is impressed with her healthy lifestyle changes that have resulted in lower blood pressure and cholesterol.

Marie is thankful for the support she received from the instructors, St. Joseph's Medical Center staff, the CareVan, and Dorothy L. Jones Family Resource Center. She plans to continue her involvement with St. Joseph's Medical Center and will attend the St. Joseph's Medical Center's Coping with Diabetes Support Group.

For more information or questions about CareVan services, contact (209) 461-3471 or e-mail [Arline.Delacruz002@chw.edu](mailto:Arline.Delacruz002@chw.edu).

## Obese Adults

Obesity rates were stable during the 1960's to 1980's, but have increased since that period. Now more than 1 in 3 Americans (33.8%) are obese and more than 2 out of 3 Americans are either overweight or obese, according to a new study of the National Health and Nutrition Examination Survey (NHANES).<sup>36</sup>



Obesity increases the health risk for chronic diseases such as heart disease, Type 2 diabetes, high blood pressure, stroke, and some forms of cancer.

Health professionals define "overweight" as an excess amount of body weight that includes muscle, bone, fat, and water. "Obesity" specifically refers to an excess amount of body fat. Some people, such as bodybuilders or other athletes with a lot of muscle, can be overweight without being obese.

How is obesity measured? Everyone needs a certain amount of body fat for stored energy, heat insulation, shock absorption, and other functions. As a rule, women have more body fat than men. Most health care providers agree that men with more than 25 percent body fat and women with more than 30 percent body fat are obese.

$$\text{BMI} = \frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \times 703$$

Approximately 280,000 adult deaths in the United States each year are related to obesity. Several serious medical conditions have been linked to obesity, including type 2 diabetes, heart disease, high blood pressure, and stroke. Obesity is also linked to higher rates of certain types of cancer. Obese men are more likely than non-obese men to die from cancer of the colon, rectum, or prostate. Obese women are more likely than non-obese women to die from cancer of the gallbladder, breast, uterus, cervix, or ovaries.<sup>37</sup>

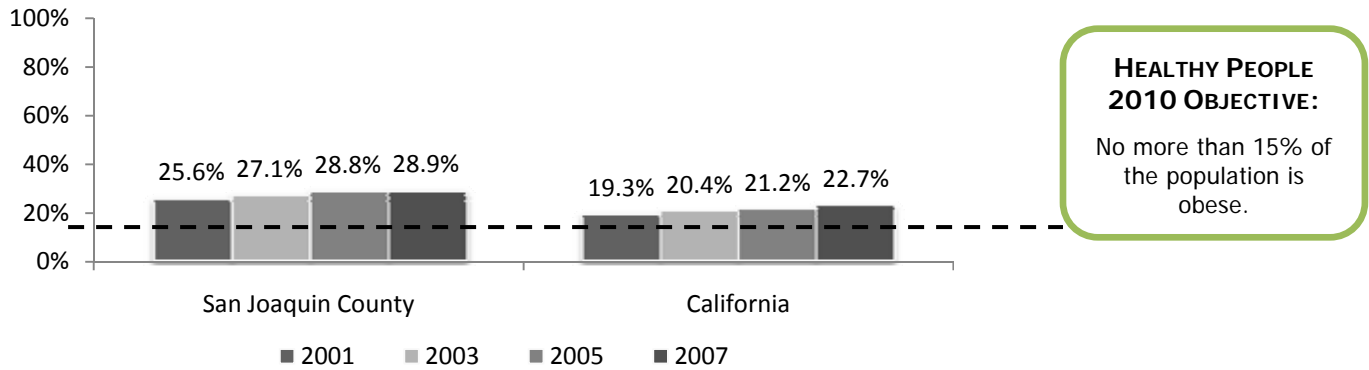
The percentage of obese adults increased in both San Joaquin County and California from 2001 to 2007 according to the California Health Interview Survey (CHIS). Moreover, in each survey year, San Joaquin County had higher percentages of obese adults than California. In 2007, 29% of county adults were obese compared to 23% of California adults.

More than 40% of adult telephone survey respondents were overweight in 2010. An additional 28% were obese, while 2% had a low BMI. The Healthy People 2010 Objective is that no more than 15% of the population are obese. Neither San Joaquin County nor California met this objective.

<sup>36</sup> Prevalence and Trends in Obesity Among US Adults, 1999-2009, The Journal of the American Medical Association (JAMA), January 20, 2010, Vol.303, No.3.

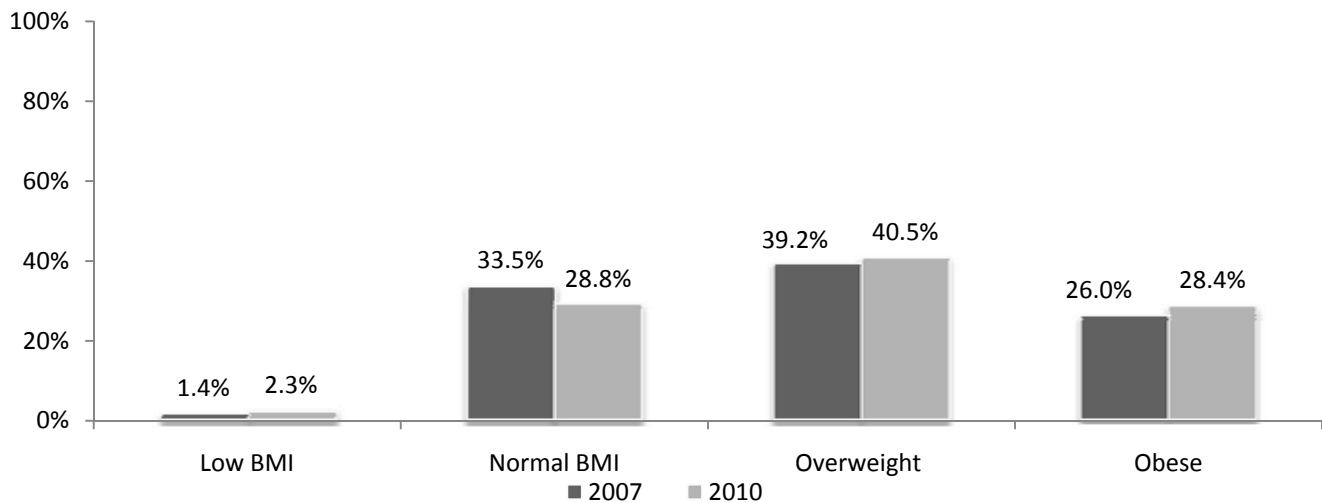
<sup>37</sup> Source: Mental Health Touches (everyone), (October 2001) *Understanding Adult Obesity*, <http://www.athealth.com/consumer/disorders/understandingobesity.html>, Retrieved December 30, 2010

### Percentage of Adults Who Are Obese



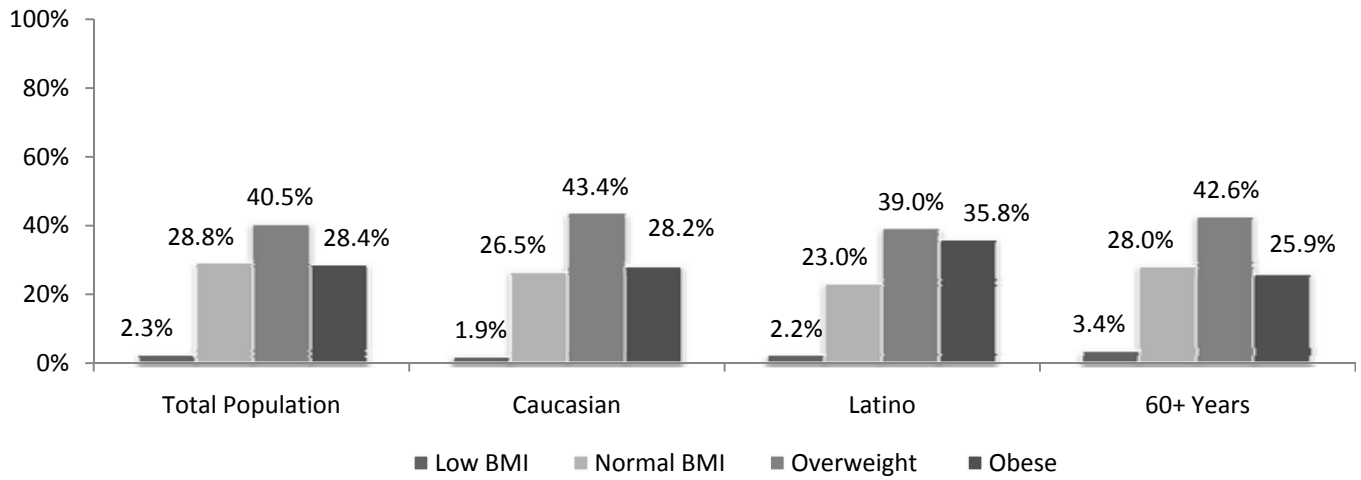
Source: UCLA Center for Health Policy Research, California Health Interview Survey, 2001-2007.  
 San Joaquin County 2001 N: 379,000; 2003 N: 422,000; 2005 N: 447,000; 2007 N: 443,000.  
 California 2001 N: 24,577,000; 2003 N: 25,597,000; 2005 N: 26,388,000; 2007 N: 26,874,000.  
 Note: No new data available.

### 📞 Body Mass Index of Adult Respondents



Source: Healthier San Joaquin Community Assessment, Telephone Survey, 2010.  
 Telephone Survey: 2007 N: 388, 2010 N: 391.  
 \* Behavior Risk Factor Surveillance System.

**☎ Body Mass Index of Adult Respondents, Selected Populations, 2010**



Source: Healthier San Joaquin Community Assessment, Telephone Survey, 2010.  
 Total Population N: 391; Caucasian N: 200; Latino N: 101; 60+ N: 131

