



POLK COUNTY HEALTH REPORT 2011



INTRODUCTION

The Polk County Health Department is pleased to present the first update to the 2009 Polk County Health Report, a compilation of key health indicators for our county. The goal of this report is to provide health data that can be used by local government and community agencies, health care providers, interested community members, and groups to help identify and better address the health needs of Polk County.

Polk County was established on December 22, 1845. It is a community located in the Willamette Valley and has a current population of 69,145. The population by percentage of the cities within Polk County are: West Salem, 33.9%; Dallas, 22%; Independence, 11%; Monmouth, 14%; Falls City, 1%; and portions of the Grand Ronde community, 3%. Education, government, manufacturing, agriculture, gaming, and forestry make up the primary industries in the county. Polk County has the distinction of being the second largest area of land devoted to grape growing in Oregon.



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DEMOGRAPHICS

Polk County Population by Age

Population by Age	Total	%
0-17	16,068	23.2%
18-64	42,612	61.6%
65+	10,465	15.1%

Source: Portland State University-Population Research Center, Age Estimate 2009 - 2010

Oregon Population by Age

Population by Age	Total	%
0-17	884,078	23.0%
18-64	2,441,331	63.5%
65+	518,786	13.5%

Source: Portland State University-Population Research Center, Age Estimate 2009 - 2010



Polk County Population by Sex

Population by Sex	Total	%
Male	33,158	48.4%
Female	35,067	51.5%

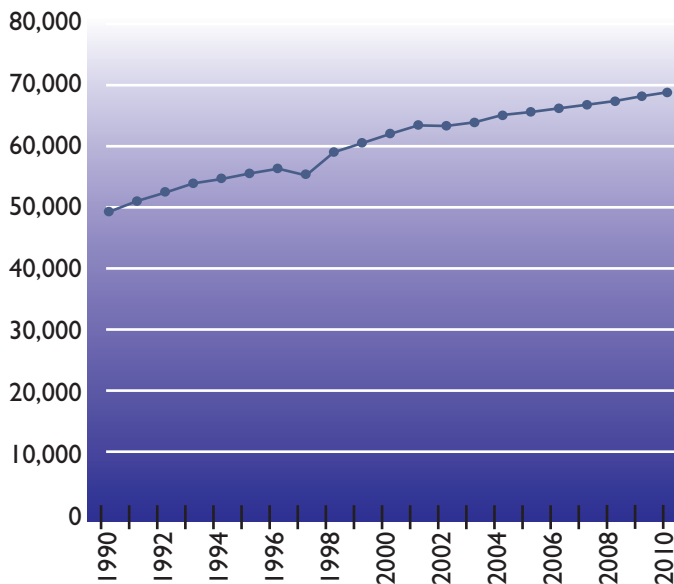
Source: Portland State University-Population Research Center, Age Estimate 2009 - 2010

Polk County Population Center

Population Center	Population 2008	Population 2009
Dallas	15,360	15,445
Independence	8,240	8,030
Monmouth	9,565	9,630
Falls City	965	965
West Salem	22,477	23,478
Willamina (part)	720	720
Unincorporated	11,118	10,307

Source: The Oregon Population Research Center Annual Population Report - 2009

Polk County Growth

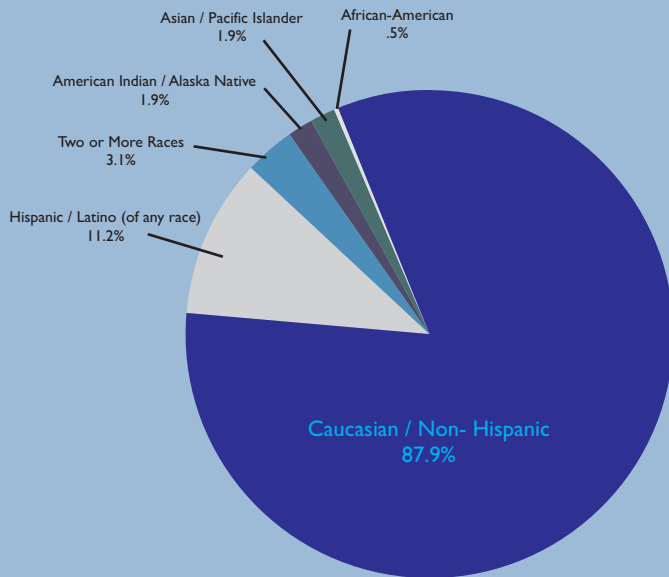


Source: Portland State University-Population Research Center, Age Estimate 2009 - 2010

Polk County continues to show an increase in diversity, especially within the Hispanic population. 11.2% of the population considers themselves Hispanic compared to 10% in 2007. The Caucasian population has grown from 86% to 87.9% while the American Indian/Alaskan Native population has remained consistent at 1.9%. There were slight increases in the African American population from .4% to .5% and in the Asian/Pacific Islander population from 1.6% to 1.9% in 2009. According to the 2005-2009 US Census Bureau data, 11.4% of Polk County residents speak a language other than English in their home compared to 14% of Oregon residents and 19.6% of US residents.

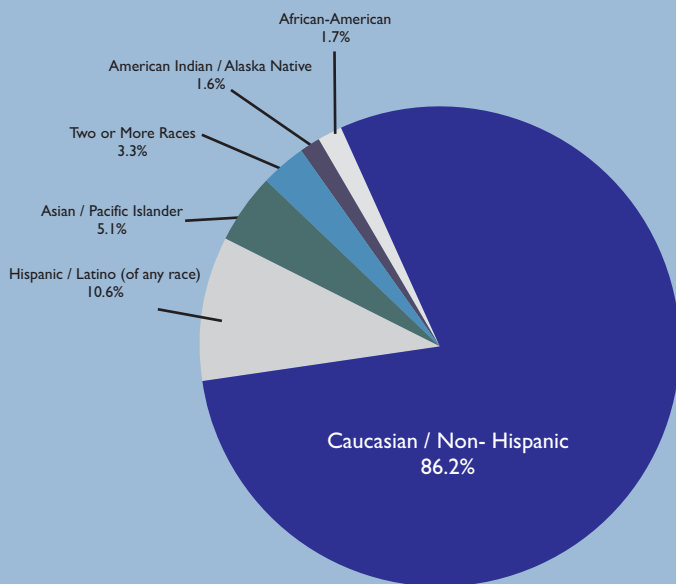
DEMOGRAPHICS

Polk County Population Race/Ethnicity Total and Percent



Source: US Bureau of the Census, People Quick Facts 2009

Oregon Population Race/Ethnicity Total and Percent



Source: US Bureau of the Census, People Quick Facts 2009

School Districts in Polk County and their Populations

School Districts	Student Population
Dallas School District	3,288
Central School District	2,916
Falls City School District	154
Perrydale School District	323

Source: Oregon Department of Education School Directory 2010 - 2011

Education Level for People 25 and Older

	Polk County	Oregon	United States
Less than HS Degree	11.7%	11.8%	15.5%
HS Graduate	27.3%	26.0%	29.3%
Some College No Degree	26.9%	26.1%	7.4%
Associate Degree	7.8%	8.0%	7.4%
Bachelor Degree	17.2%	18.1%	17.4%
Graduate or Professional Degree	9.1%	10.2%	10.1%

Source: US Bureau of the Census, Selected Social Characteristics 2005 - 2009

Percent of Polk County Population 25 years and older, High School Graduate or higher: 88.3%

Percent of Polk County Population 25 years and older, Bachelor's degree or higher: 26%

Source: US Bureau of the Census, Selected Social Characteristics 2009

Average Household Size

	Polk County	Oregon	United States
Average Household Size	2.81	2.49	2.6
Average Family Size	3.36	3.05	3.19

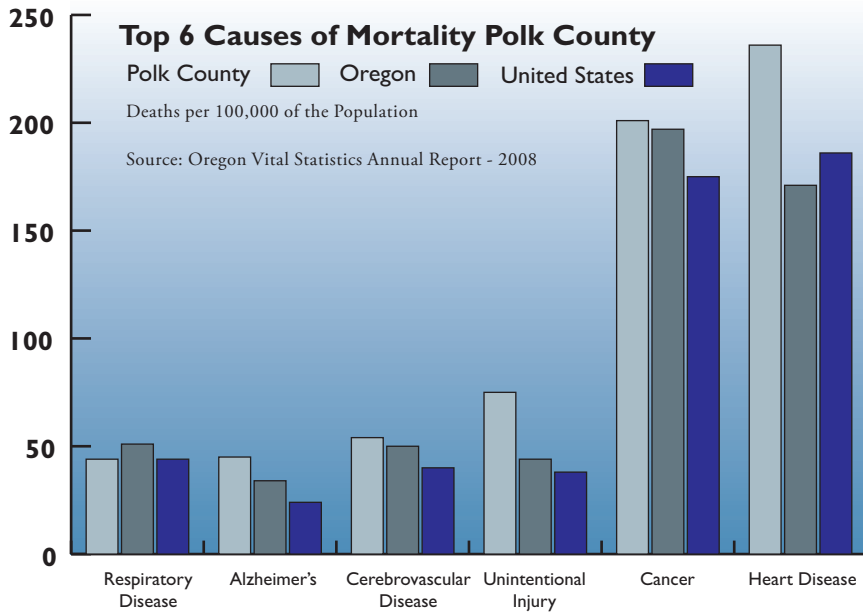
Source: US Bureau of the Census 2005 - 2009

MORTALITY

Births and Deaths, Polk County

	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Births	750	753	770	775	826	828	809	852	951	917
Birth Rate	12.0	11.8	12.1	12.1	12.7	12.6	12.1	12.6	13.9	13.4
Deaths	487	534	565	582	551	531	552	559	658	650
Death Rate	7.8	8.4	8.9	9.1	8.5	8.1	8.2	8.2	9.6	9.5

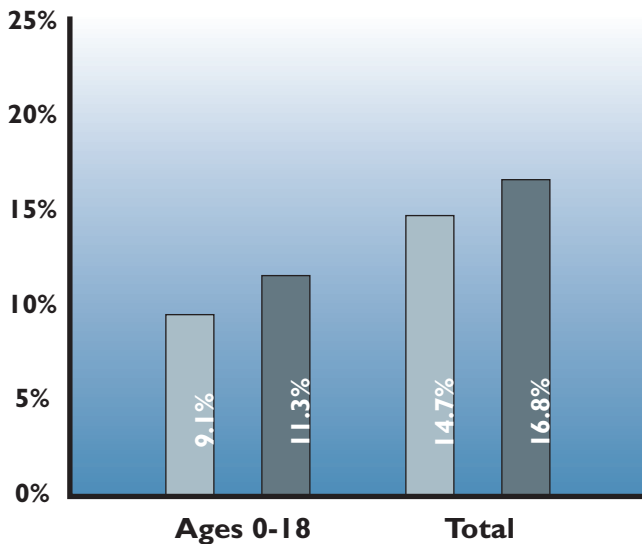
Source: Oregon Vital Statistics Annual Report - 2000 - 2009



In 2008, the most recent published data from the State, Polk County's leading causes of death from chronic conditions were: Heart Disease (24.4%), Cancer (20.8%), Cerebrovascular Disease (5.5%), Chronic Lower Respiratory Disease (4.5%) and Diabetes (2.2%). Other chronic diseases were widely reported by residents.

Percent of Uninsured

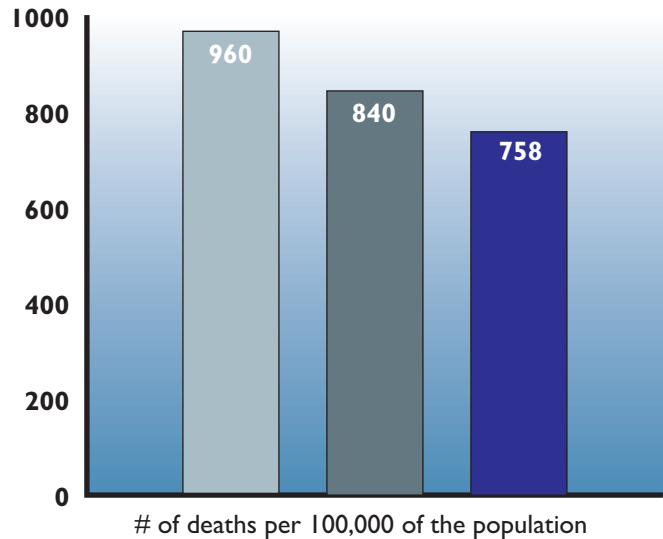
Region 12 - Polk & Yamhill Counties | Oregon



Source: Oregon Population Survey - 2009

Mortality

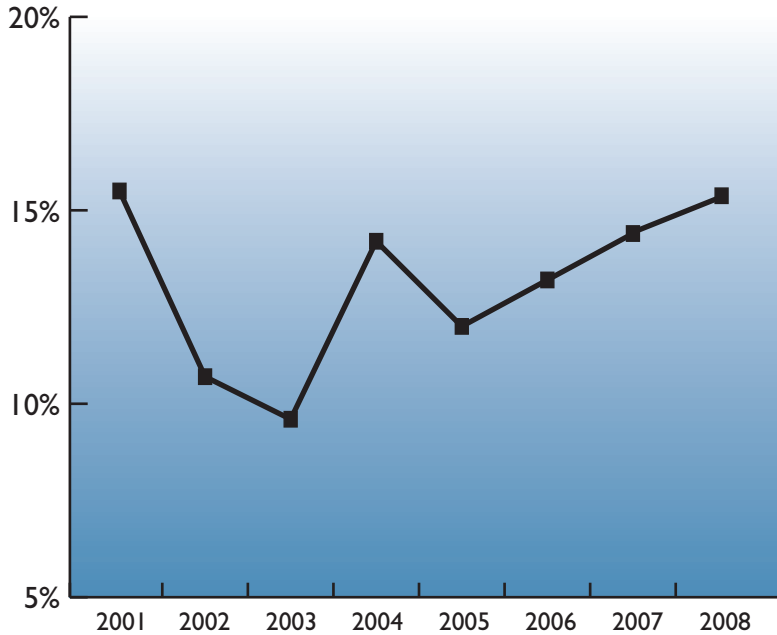
Polk County | Oregon | United States



Source: Center for Health Statistics - 2008

TOBACCO USE

Infants Born to Mothers who used Tobacco During Pregnancy- Polk County



Source: National Center for Health Statistics: 2001 - 2008



Oregon & Polk County Tobacco Facts

- 14% of Polk County Adults Smoke
- Over \$21 Million in productivity is lost due to tobacco related deaths.
- Over \$23 Million is spent on medical care for tobacco related illness.
- There were 138 tobacco-linked deaths in Polk County in 2008 which equates to 23.4% of the total deaths in the County.

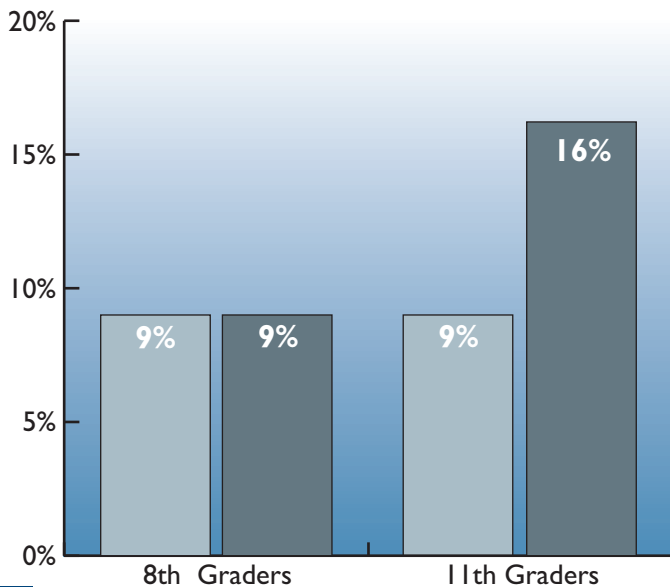
Total tobacco-related economic costs for Oregon:

- Over \$1.25 billion in productivity is lost due to tobacco related deaths.
- Over \$1.14 billion is spent on medical care for tobacco related illness.
- 17% of Oregon Adults Smoke

Source: Oregon Tobacco Fact - 2011

8th and 11th Graders who Smoke Cigarettes

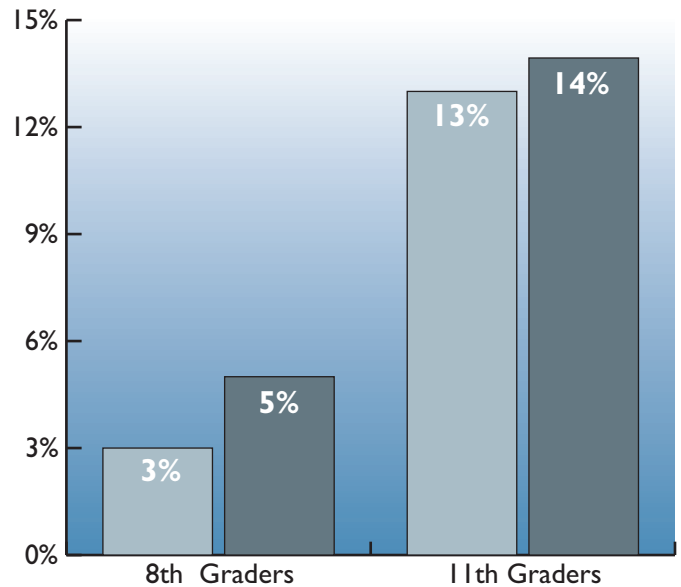
Polk County Oregon



Source: Oregon Tobacco Fact - 2011

8th and 11th Graders who use Smokeless Tobacco

Polk County Oregon

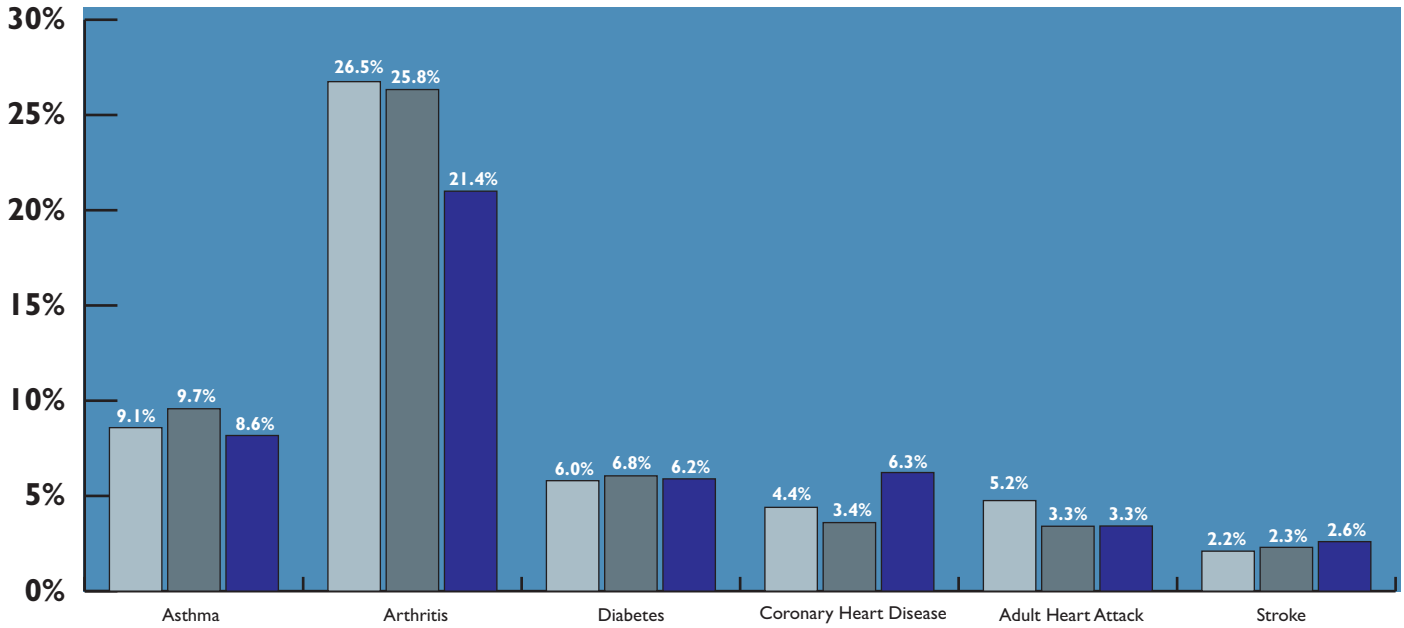


Source: Oregon Tobacco Fact - 2011

ADULT CHRONIC DISEASE

Age Adjusted Prevalence

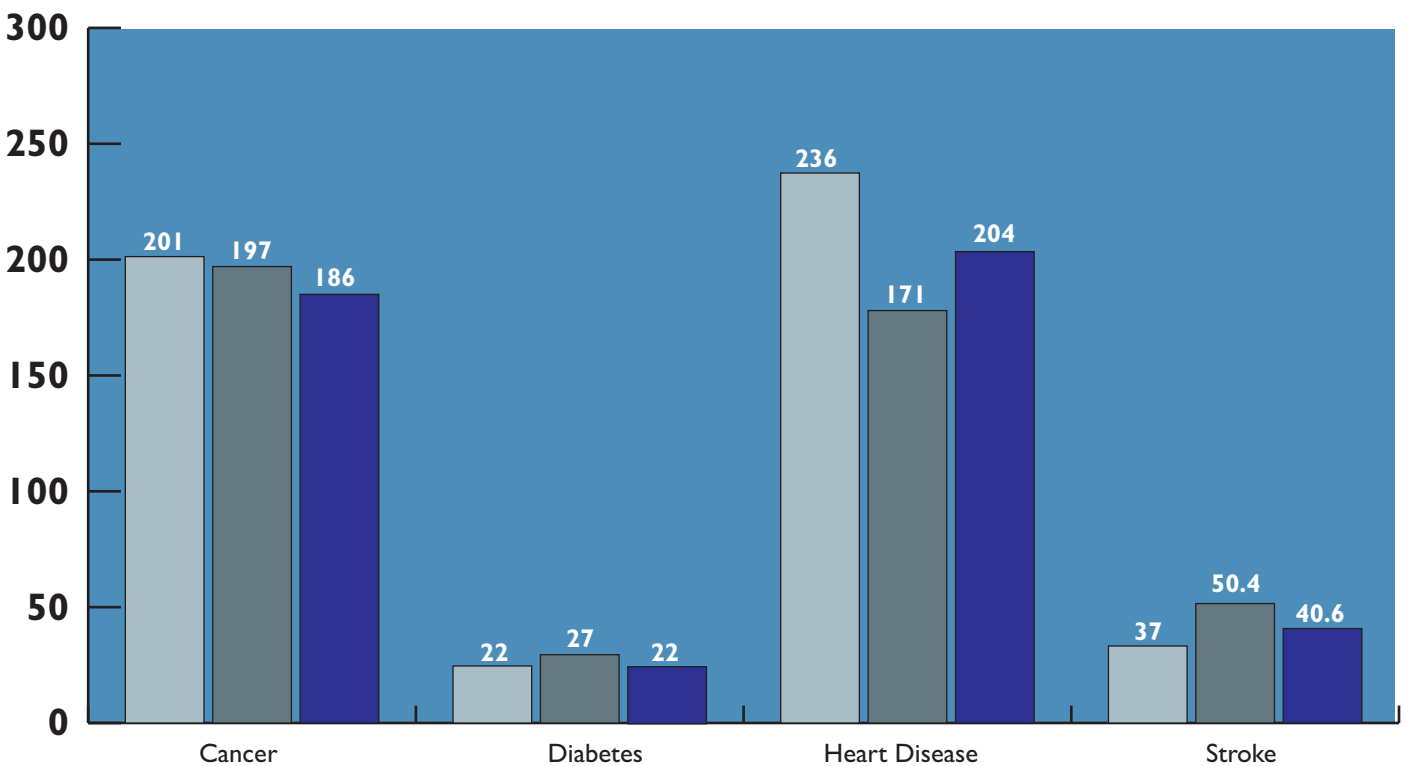
Polk County Oregon United States



Source: Oregon Center for Health Statistics, BRFSS - 2006 - 2009

Death Rate

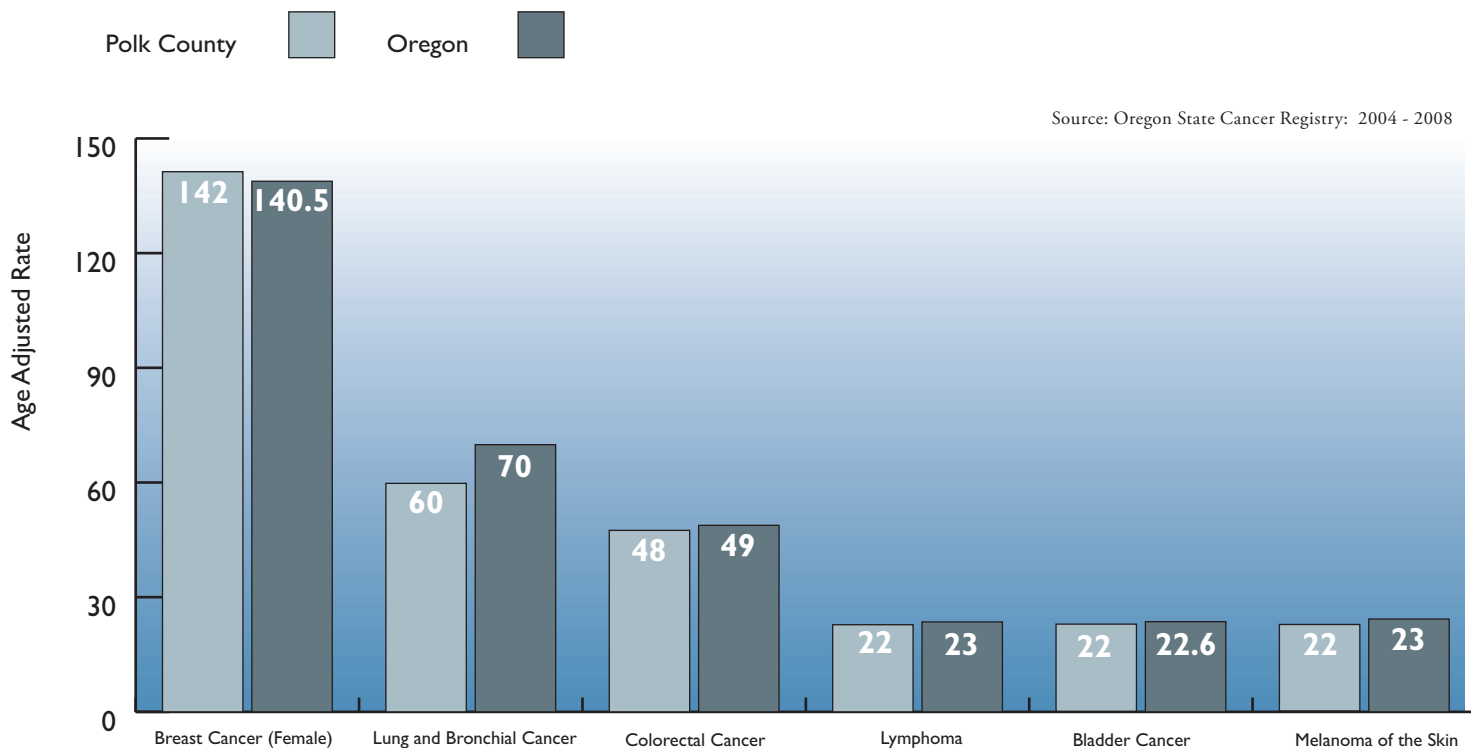
Polk County Oregon United States



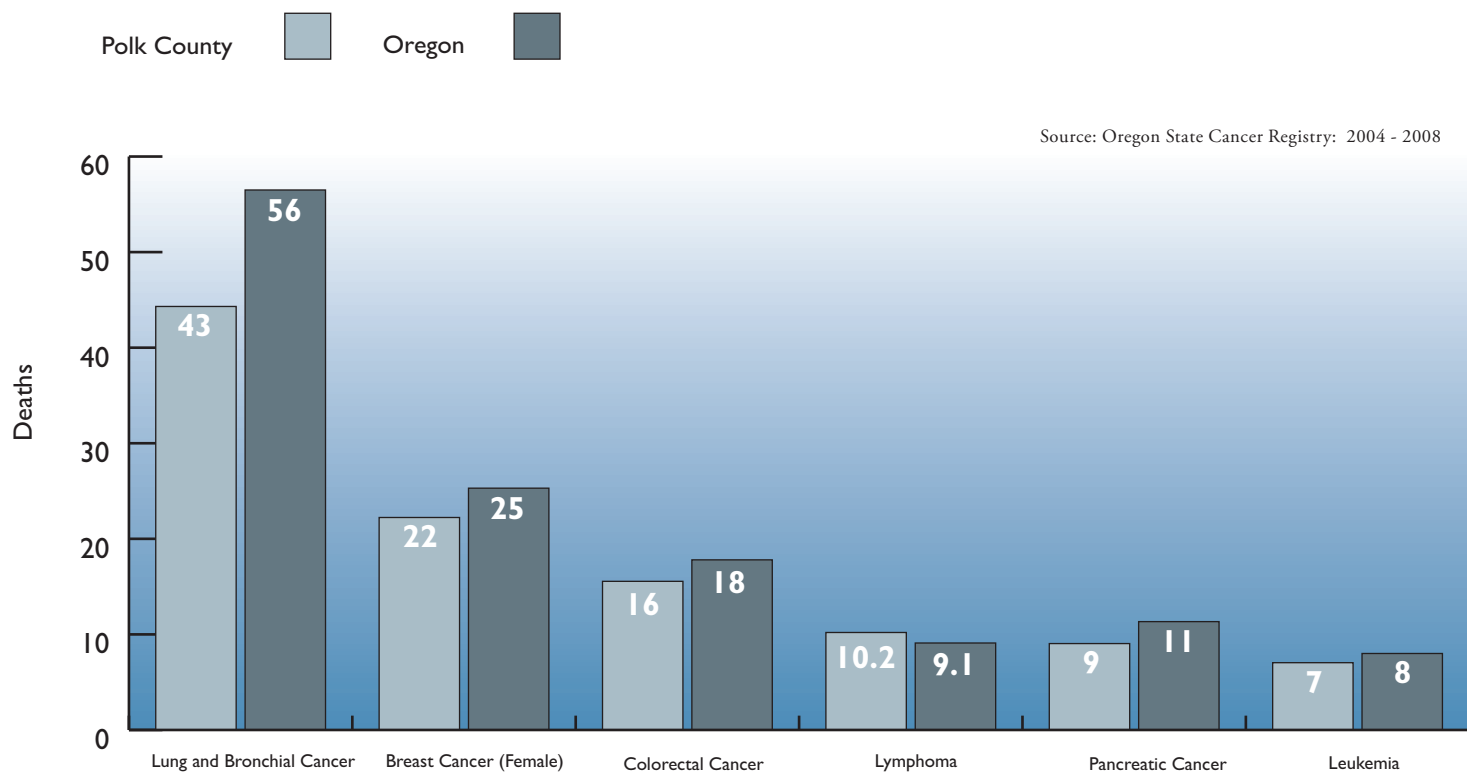
Source: Oregon Vital Statistics - 2008

ADULT CHRONIC DISEASE

Cancer Incidence for Polk County

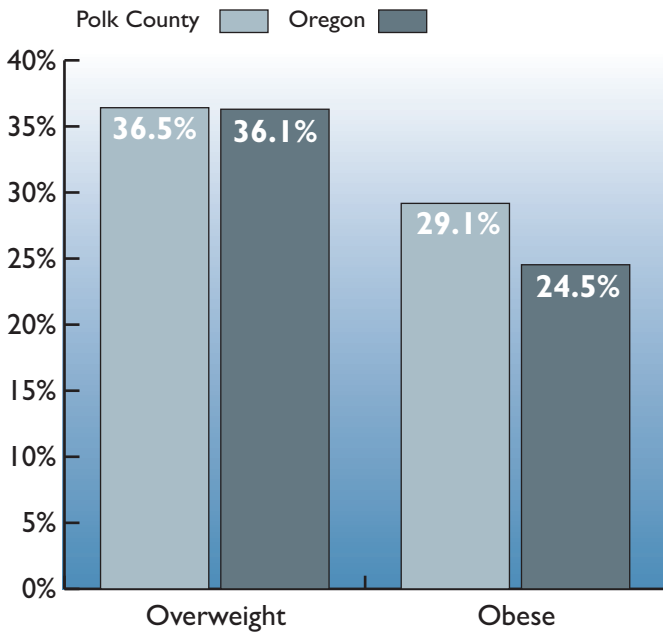


Cancer Mortality Rate Polk County

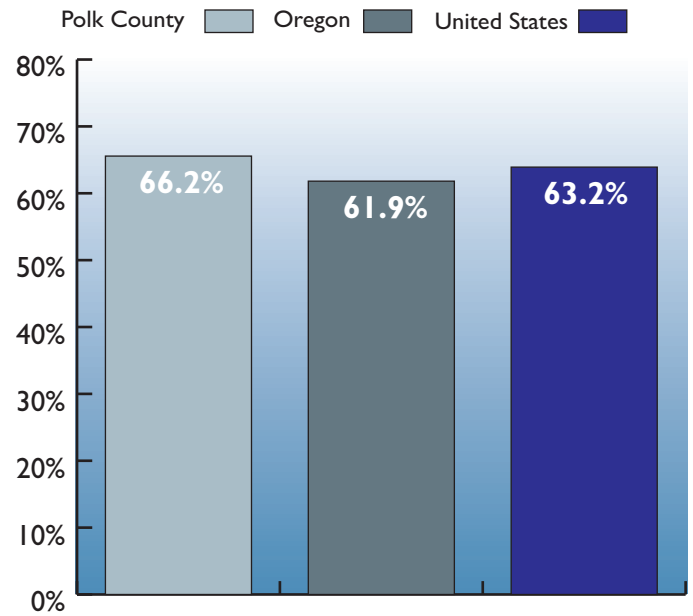


ADULT OVERWEIGHT / OBESITY

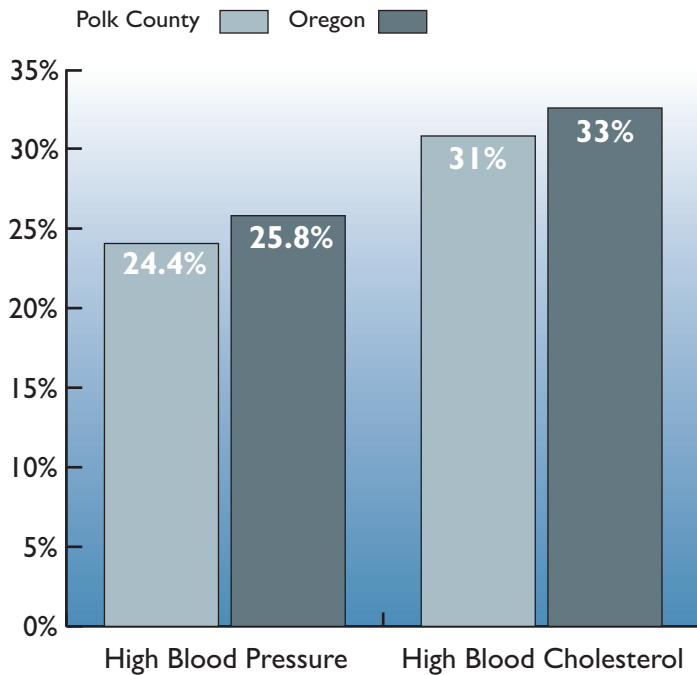
Overweight / Obese Adults >18



At Risk for Overweight / Obese - Adults



High Blood Pressure / Cholesterol

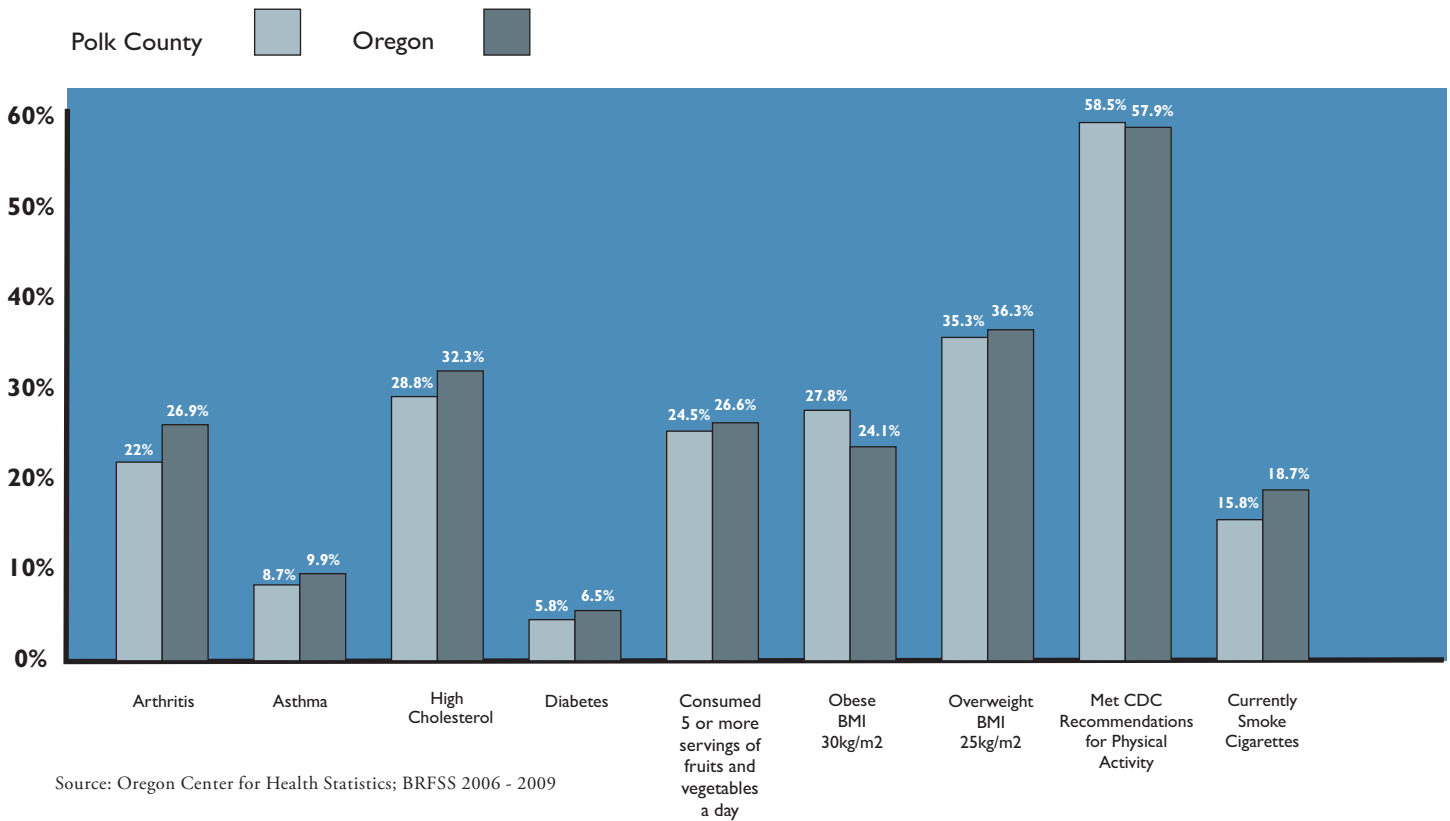


Percent of Adults (>18 Years)	Polk County	Oregon
Had a Mammogram within the past 2 years (>40 Years Old)	89%	82%
Met CDC Recommendations for Physical Activity	52%	55.8%
Consumed at Least 5 Servings of Fruits and Vegetables Per Day	26%	27%
Had their Cholesterol Checked within the Past 5 Years	72%	71.3%

Source for all Page Data: Oregon Center for Health Statistics; BRFSS 2006 - 2009

ADULT CHRONIC DISEASE

Age Adjusted Prevalence of Chronic Disease Among Adults



ENVIRONMENTAL HEALTH

Drinking Water

All properly tested water from community water systems in Polk County currently meets federal drinking water standards. There were no waterborne disease outbreaks in Polk County throughout 2009-2010.



Food Safety

Polk County has approximately 185 licensed food service establishments. Each of these is inspected twice a year, matching the most per capita anywhere in the state. Polk County Environmental Health investigates food borne illness complaints. There were no confirmed food borne outbreaks in licensed establishments in 2010.

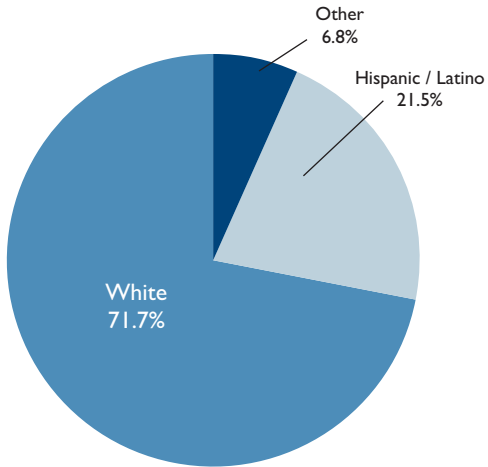
Solid Waste

Polk County is 1 of 5 Counties in the State exceeding a recycling rate of 50%. Each person in Polk County disposes roughly 1,165 pounds of garbage a year compared to the Oregon average of 1,532 lbs.

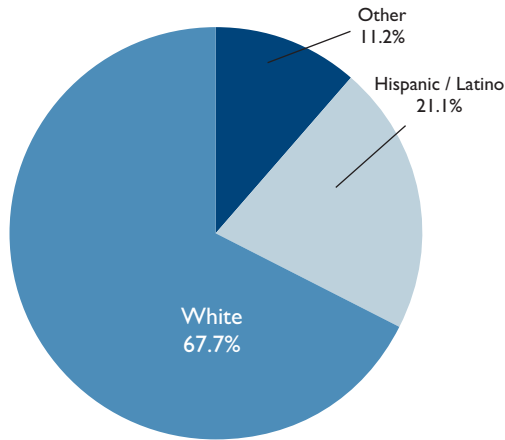
Source: Polk County Environmental Health - 2010

MATERNAL & CHILD HEALTH

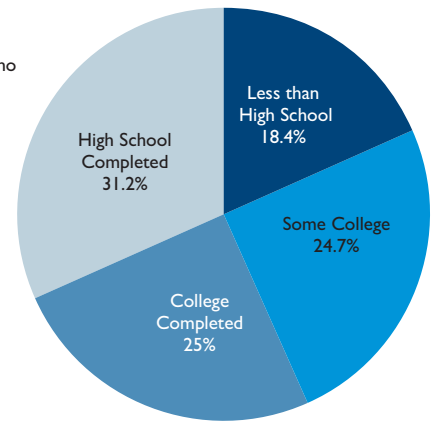
**Race / Ethnicity of Mother
Polk County**



**Race / Ethnicity of Mother
Oregon**



**Mother's Education - Polk County
who gave birth in 2006**



Source: Center for Health Statistics; Perinatal Trends - 2008

Polk County Facts

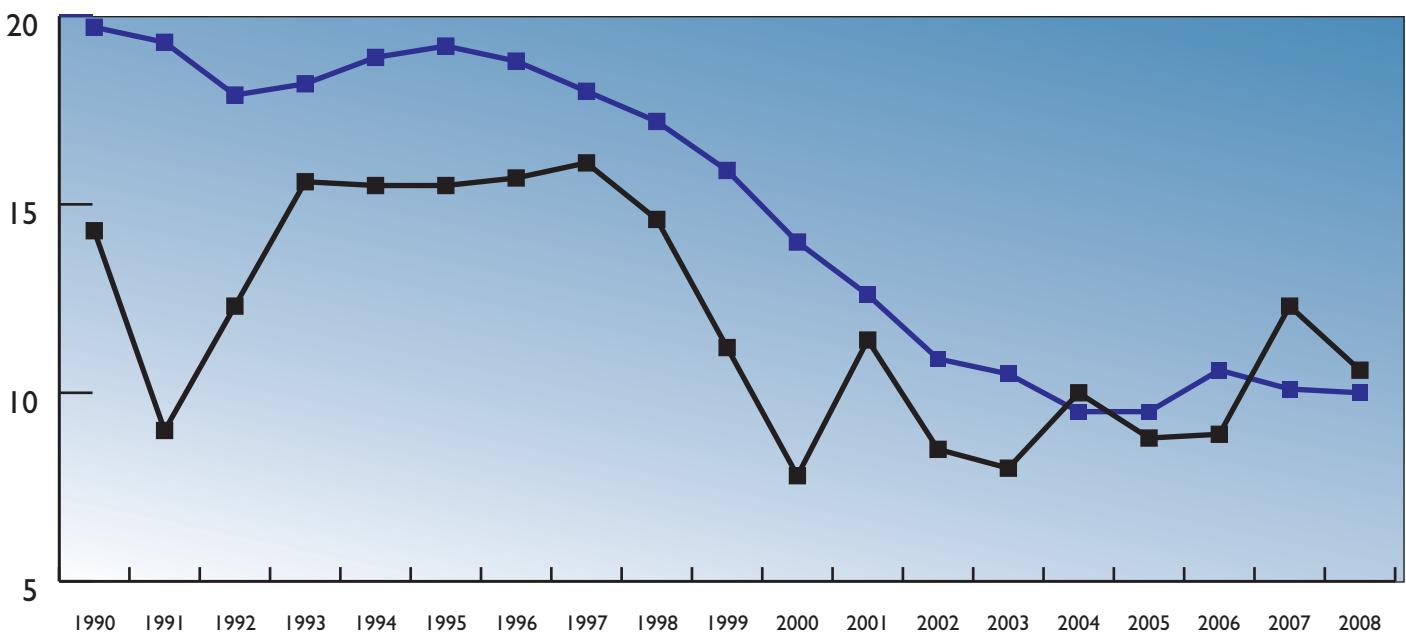
- 163 Children are victims of child abuse/neglect (10.1 per 1000)
- 47.6% of victims of abuse/neglect are under age 6
- 281 children in the county have been in foster care at least once during the past year.

- 56.4% of eighth graders have not had a medical checkup or physical exam in the previous year.
- 38 percent of child abuse was assessed
- 11 percent of reports were assessed and founded

Source: Children First of Oregon - 2010

Teen Pregnancy Rate per 1000 - Polk County and Oregon

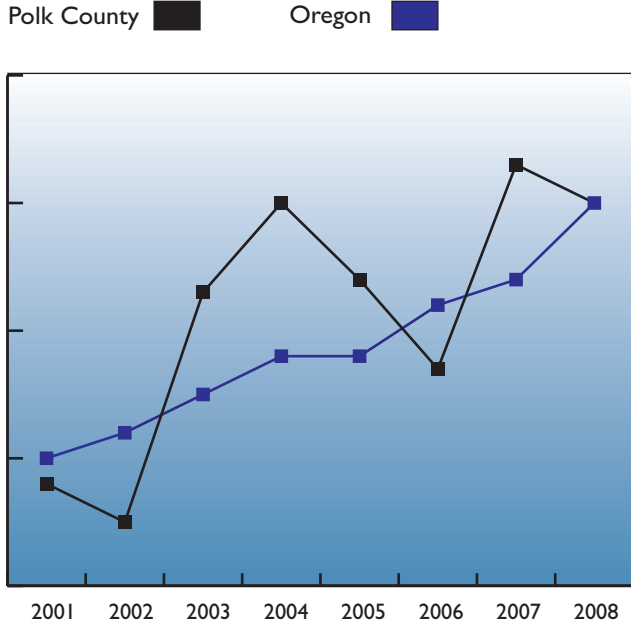
Polk County Oregon



Source: DHS Teen Pregnancy Data: 1990 - 2008

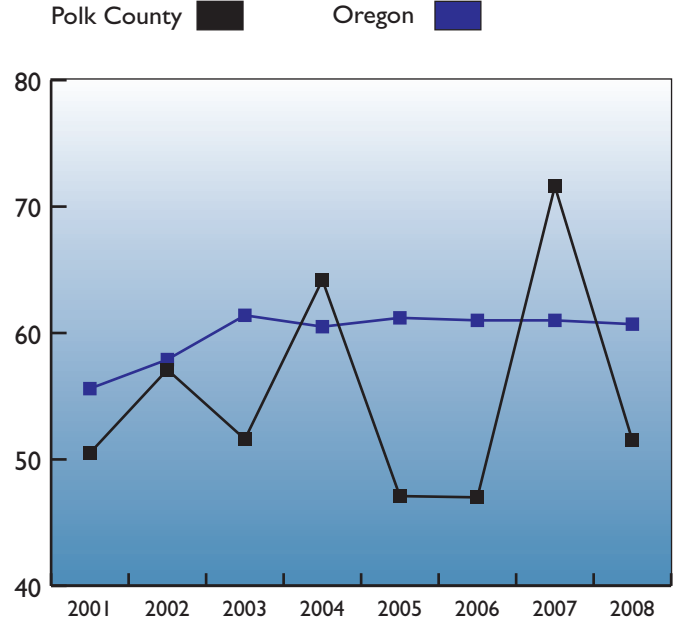
MATERNAL & CHILD HEALTH

Inadequate Prenatal Care



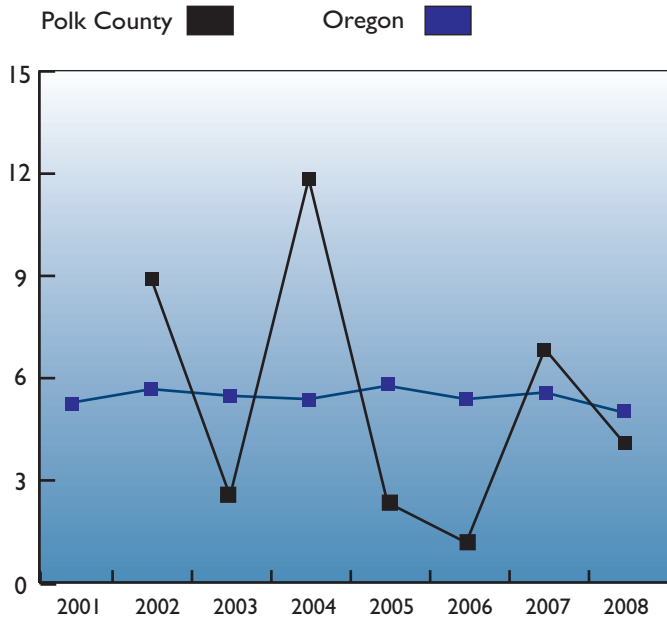
Source: DHS Perinatal Trends: 2001 - 2008

Low Birth weight



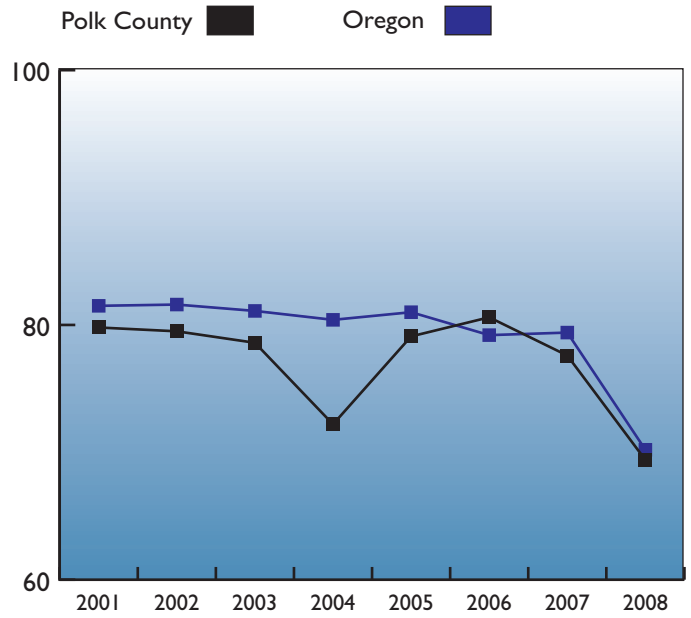
Source: DHS Perinatal Trends: 2001 - 2008

Infant Mortality Rate



Source: Oregon Vital Statistics Annual Report: 1995 - 2008

First Trimester Prenatal Care



Source: DHS Perinatal Trends: 2001 - 2008

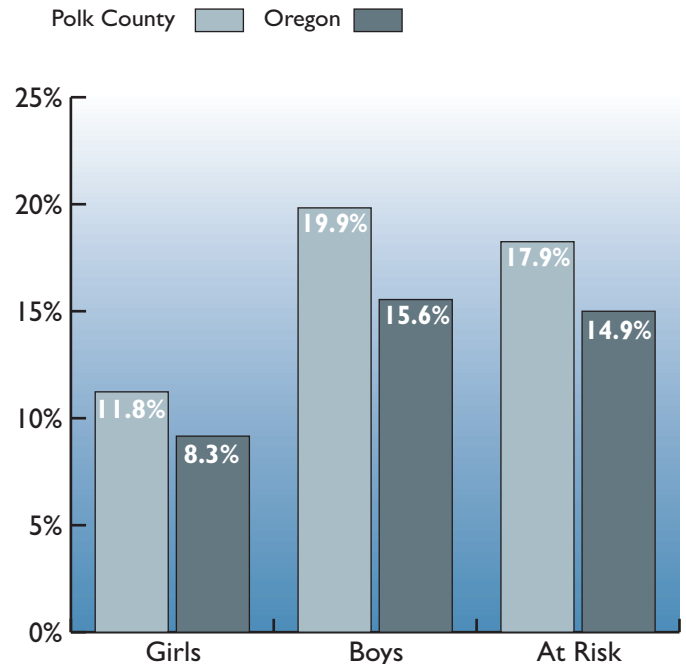
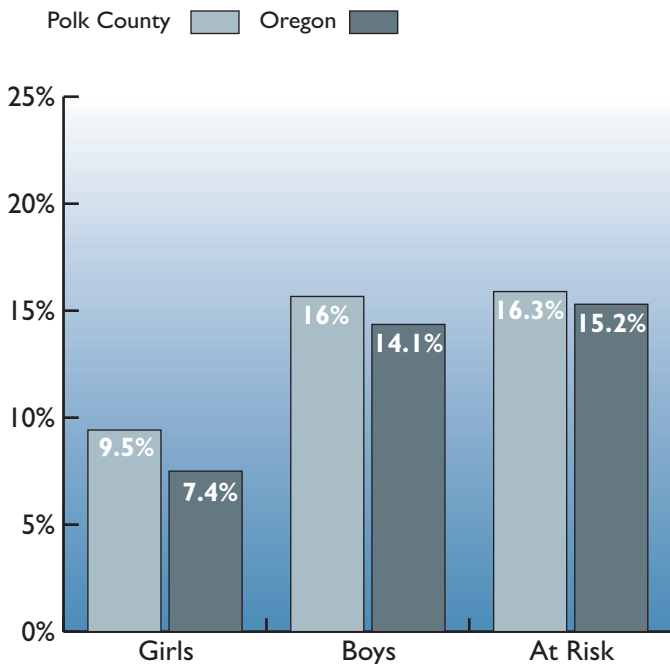
OVERWEIGHT / OBESE ADOLESCENTS



Polk County continues to exceed the state average for overweight and obese 8th and 11th graders. These statistics demonstrate the beginning stages of chronic disease prevalence Polk County youth will have to face as adults. According to the 2007-2008 Oregon Healthy Teens Survey, 16.3% of Polk County 8th graders are at risk of being overweight compared to 15.2% of Oregon's 8th graders. Our 11th graders have a 17.9% risk of being overweight while Oregon's 11th graders have a 14.9% risk. Polk County youth also exceed the state average for being overweight. 12.5% of Polk County 8th graders and 15.9% of 11th graders are classified as overweight based on their Body Mass Index while 10.7% of Oregon 8th graders and 11.9% of 11th graders fall into the overweight category.

Overweight / Obese 8th Graders

Overweight / Obese 11th Graders

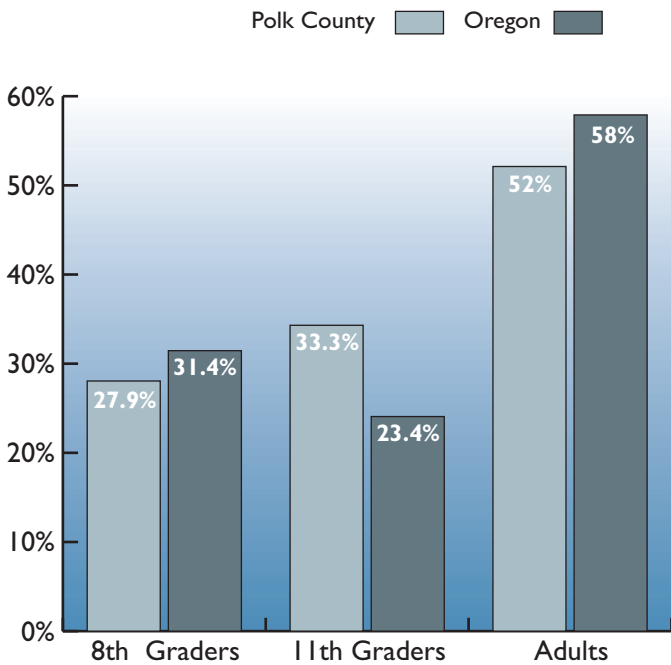


Source: Oregon Healthy Teen Survey: 2007 - 2008

Source: Oregon Healthy Teen Survey: 2007 - 2008

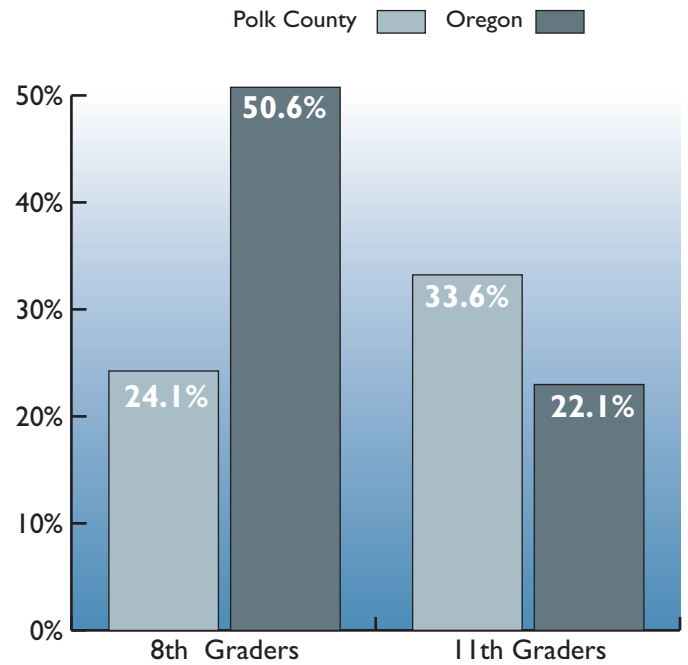
PHYSICAL HEALTH / ACTIVITY

Met CDC Recommendations for Physical Activity
8th and 11th Graders



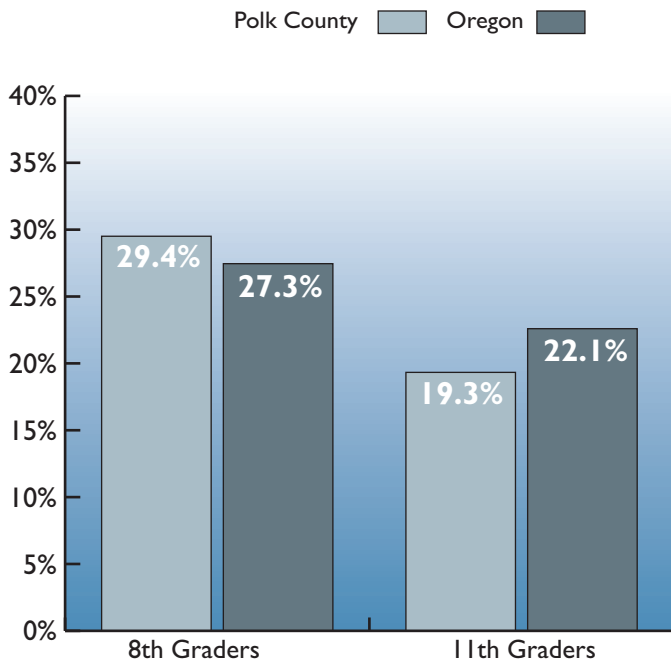
Source: Oregon Healthy Teens Survey: 2007 -2008

Participated in PE Daily
8th and 11th Graders



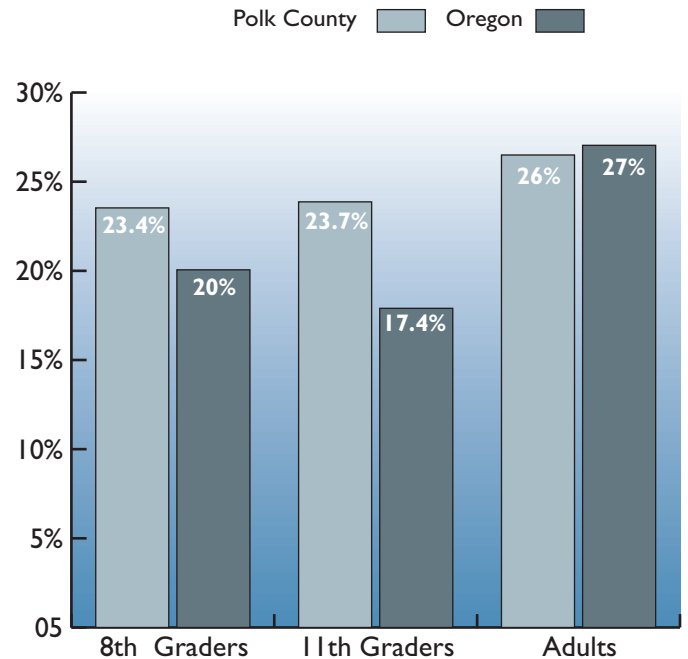
Source: Oregon Healthy Teens Survey: 2007 -2008

Watched TV More than 2 Hours Daily
8th and 11th Graders



Source: Oregon Healthy Teens Survey: 2007 -2008

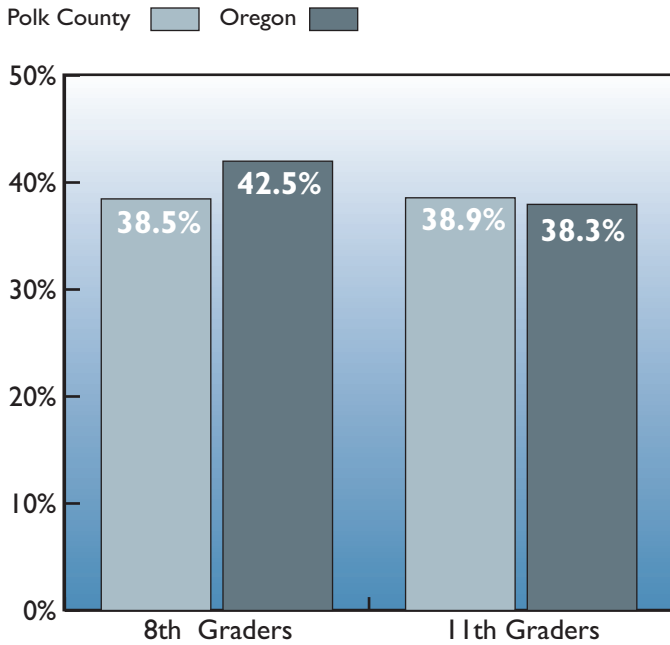
Consumed at Least 5 Servings of Fruits and Vegetables
8th and 11th Graders



Source: Oregon Healthy Teens Survey: 2007 -2008

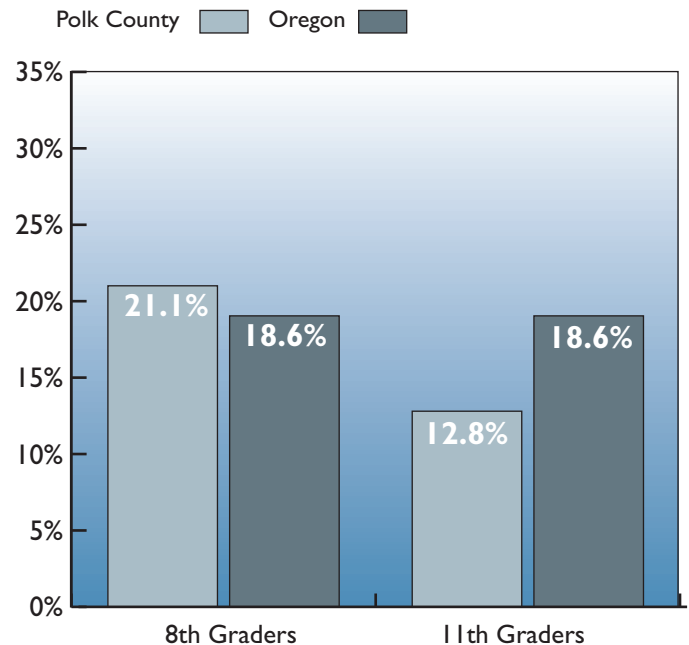
ACTIVITY

Had Breakfast Every Day



Source: Oregon Healthy Teens Survey: 2007 -2008

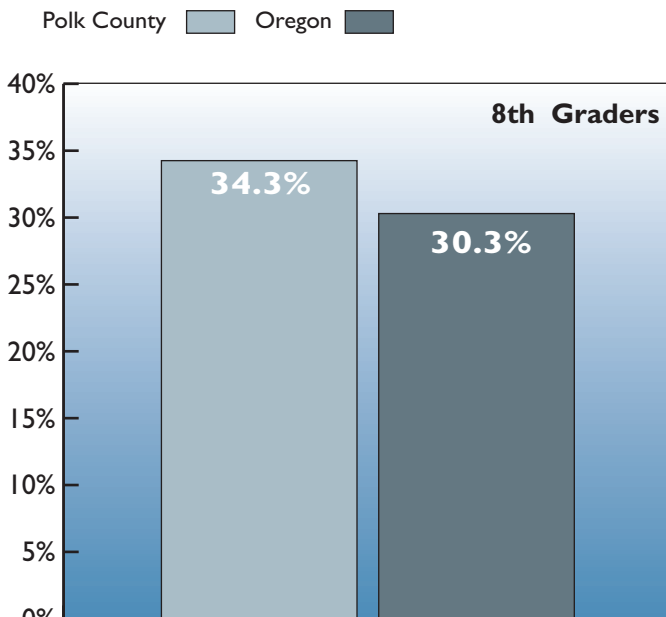
Drank at Least 7 sodas Per Week



Source: Oregon Healthy Teens Survey: 2007 -2008

DENTAL HYGIENE

No Dental Visit in the Last 12 months



Source: Oregon Healthy Teens Survey: 2007 -2008



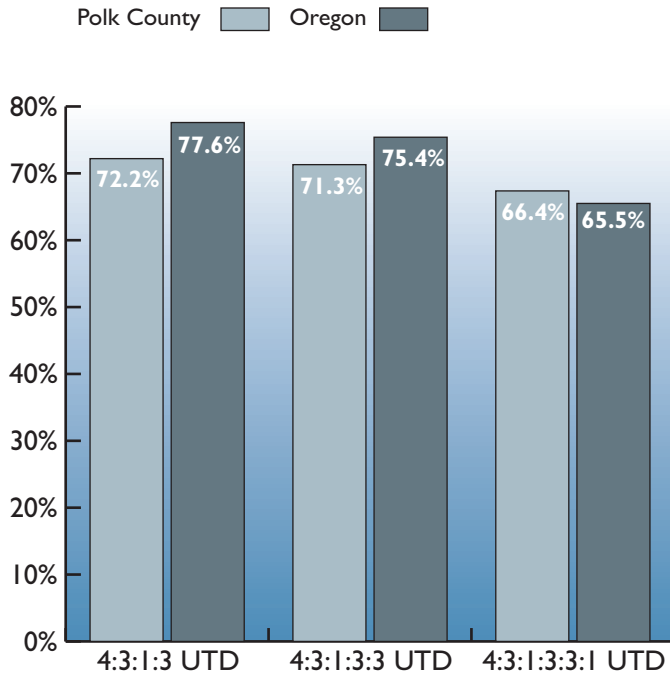
The U.S. Centers for Disease Control and Prevention has recognized the fluoridation of drinking water as one of ten great public health achievements of the twentieth century. Water fluoridation has helped improve the quality of life in the United States by reducing pain and suffering related to tooth decay, time lost from school and work, and money spent to restore, remove, or replace decayed teeth. An economic analysis has determined that in most communities, every \$1 invested in fluoridation saves \$38 or more in treatment costs. Fluoridation is the single most effective public health measure to prevent tooth decay and improve oral health over a lifetime, for both children and adults.

Fewer than half the women in our state seek needed dental care during pregnancy and only one-third receive education on how to care for their infant's teeth.

Source: DHS / Oral Health Program

CHILD HEALTH

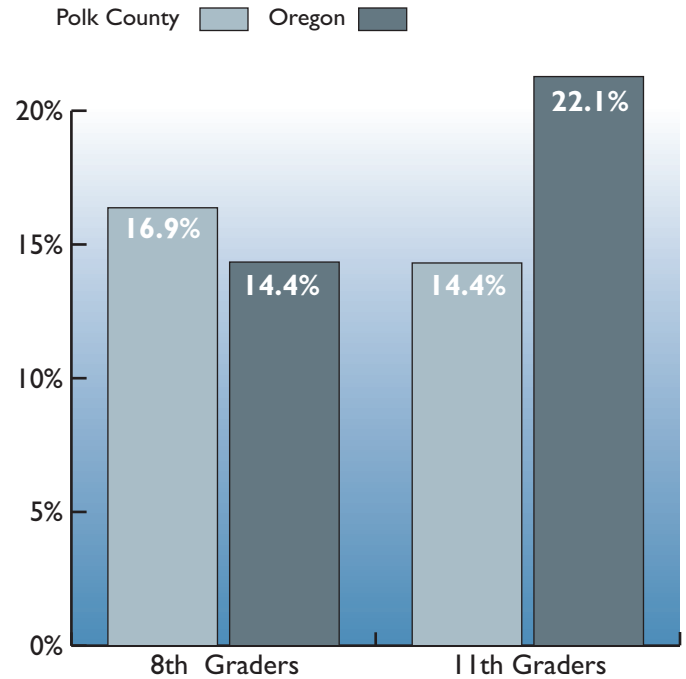
Immunization Rates for Two Year Olds



Polk County Two Year Old Population - 1,020

Source: Oregon Alert Immunization Registry - 2009

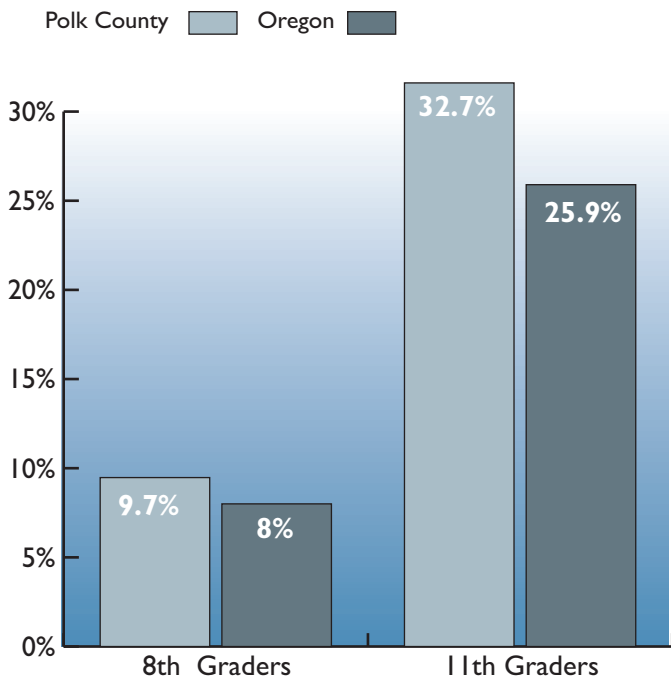
Asthma in Children



Source: Healthy Teens Survey - 2009

SEXUAL ACTIVITY / COMMUNICABLE DISEASE

Sexual Intercourse with 2 or More Partners



Source: Healthy Teens Survey 2007-2008

Year	Chlamydia	Gonorrhea	Early Syphilis
2010	233	19	2
2009	183	23	0
2008	169	9	0
2007	135	8	1
2006	124	14	0
2005	91	15	0
2004	94	9	0
2003	61	10	0

Source: Oregon Dept. of Health; Sexually Transmitted Disease Program 2003 - 2010

Chlamydia

Chlamydia accounted for over 95% of the STD diagnosis in Polk County. Chlamydia, a bacterial infection, is transmitted through oral, vaginal and anal sex. Although curable, it can have severe consequences including infertility and problems in newborns of infected mothers. Symptoms of Chlamydia are often mild or absent, which can delay diagnosis long enough to cause serious complications.

WIC Food Program



WIC Family Facts

Woman, infants and children served

- Total 2,361
- Infants and children under 5 - 1,717
- Pregnant, breastfeeding and postpartum women - 644

Number of families served 893 Working families 69.3%

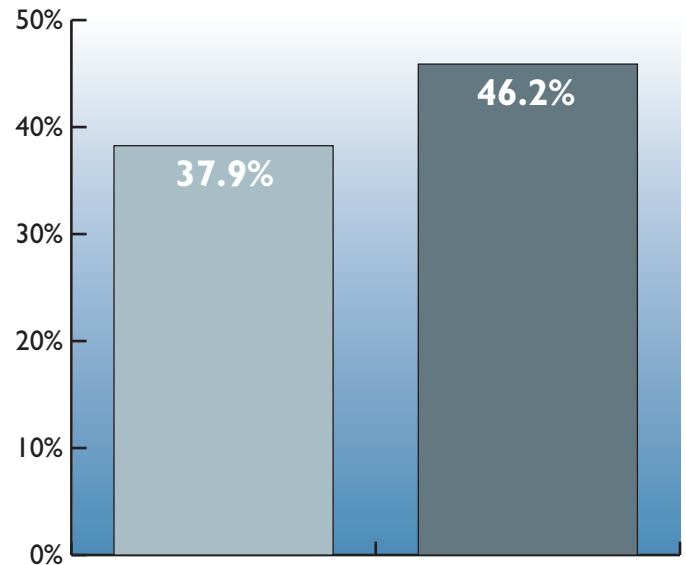
WIC households with at least one working family member.

90 percent of Oregon WIC moms breastfeed their newborns, a rate that exceeds the Healthy People 2020 objective of 81.9 percent.

Source: Oregon WIC Report - 2010

Pregnant Women Served by WIC

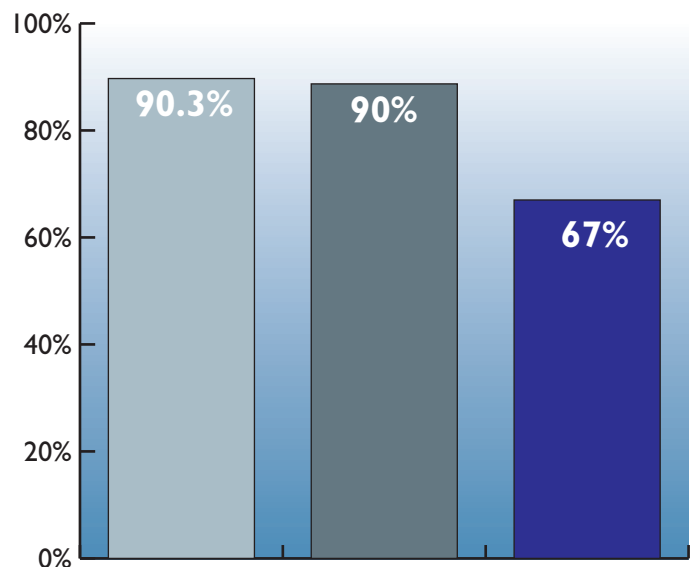
Polk County Oregon



Source: Oregon WIC Report - 2010

WIC Moms who Start Out Breastfeeding

Polk County Oregon United States



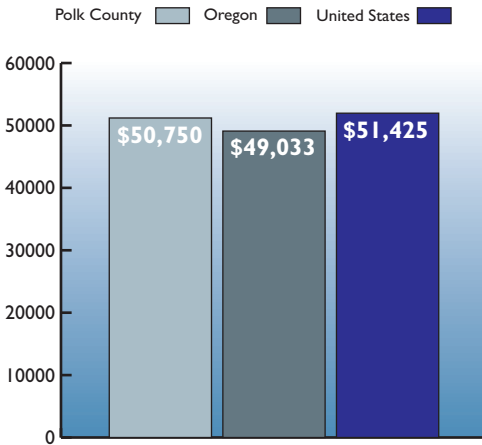
Source: Oregon WIC Report - 2010



ECONOMY

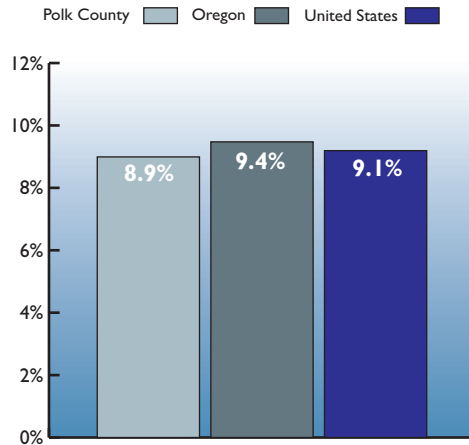
Poverty often leads to poor health and poor health leads to poverty. Lack of economic resources forces many to go without preventive health care and delay seeking care for known health conditions. Also, low socioeconomic status can create short or long-term conditions that reduce household savings, learning ability, and physical and emotional well-being. Therefore, information on the economic status in Polk County is critical to help target effective interventions.

Median Household Income



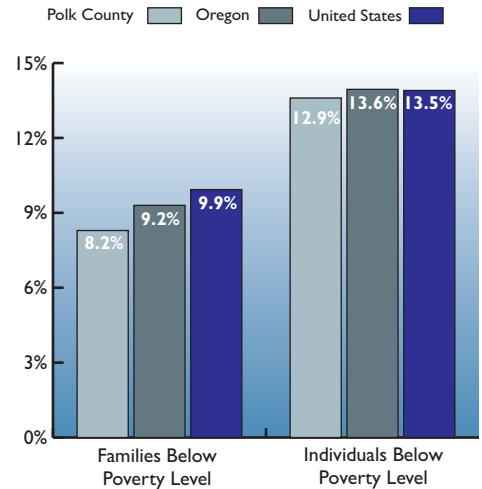
Source: US Census Bureau - 2009

Unemployment Rates



Source: US Bureau of Labor Statistics - 2011

Poverty Level



Source: US Census Bureau - 2009

Oregon Health Plan

Total enrolled in Oregon Health Plan / Medicare Managed Care (for the most recent month available):

6,803 Polk County residents were enrolled in the Oregon Health Plan in July 2011

31% of Polk County is currently enrolled in the Oregon Health Plan

Source: Oregon Health Plan Managed Care Enrollment Reports - 2011

Polk County Home Ownership

Renter Occupied 7,346 - 33.1%

Homeowner Occupied 18,226 - 71.3%

Source: US Census Bureau - 2005 - 2009

Percent and Total of Children Eligible for Free or Reduced Price School Meals

School District	Percent Eligible	Total Eligible
Central	60.2%	1,753
Dallas	42.5%	1,361
Falls City	81.2%	125
Perrydale	43%	139

Source: Oregon Department of Education School Directory - 2011

SNAP (Supplemental Nutrition Assistance Program)

Households Receiving SNAP Benefits	4,226
Persons Receiving Food Stamps	9,570,
Total SNAP Benefits	\$1,192,593
Average Per Household	\$282

Source: ODHS Self Sufficiency Programs Report, Dallas Branch - June 2011

TANF (Temporary Assistance to Needy Families)

Total Caseload	495
Children	909
Adults	497

Source: ODHS Self Sufficiency Programs Report, Dallas Branch - June 2011

POLK COUNTY HEALTH REPORT 2011

RESOURCES - CONTACT INFORMATION

Polk County Public Health

182 SE Academy St Ste. 302
Dallas OR 97338
503-623-8175
www.co.polk.or.us

Services:

Immunizations
Emergency Preparedness
Communicable Disease Prevention
STD Prevention
WIC
Family Planning
Tobacco Prevention
Home Visiting Programs

Polk County Environmental Health

850 Main St
Dallas, OR 97338
503.623.9237
www.co.polk.or.us

Polk County Healthy Communities Assessment
Available by request at:
Polk County Public Health
182 SW Academy St. Ste. 302
Dallas, OR 97338

West Valley Hospital

525 SE Washington St
Dallas, OR 97338-2834
(503) 623-8301
www.westvalleyhospital.org

Oregon Department of Human Services

800 NE Oregon St
Portland, OR 97232
971-673-1222
<http://www.oregon.gov/DHS>

Behavior Risk Factor Surveillance System

<http://www.cdc.gov/brfss/>
Population Research Center
Portland State University
<http://www.pdx.edu/cupa/>

Oregon Health Authority

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