



POLK COUNTY

HEALTH REPORT

2009



INTRODUCTION

The Polk County Health Department is pleased to present the 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 and other 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 68,226. It is one of Oregon's thirteen fastest growing counties. The population by percentage of the cities within Polk County are: West Salem, 32%; Dallas, 21.3%; Independence, 11.5%; Monmouth, 13.3%; Falls City, 1.4%; 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, 2008

Population by Age	Total	%
0-17	16,156	23.7%
18-64	42,227	61.9%
65+	9,843	14.4%

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

Oregon Population by Age, 2008

Population by Age	Total	%
0-17	884,913	23.3%
18-64	2,417,677	63.8%
65+	488,470	12.9%

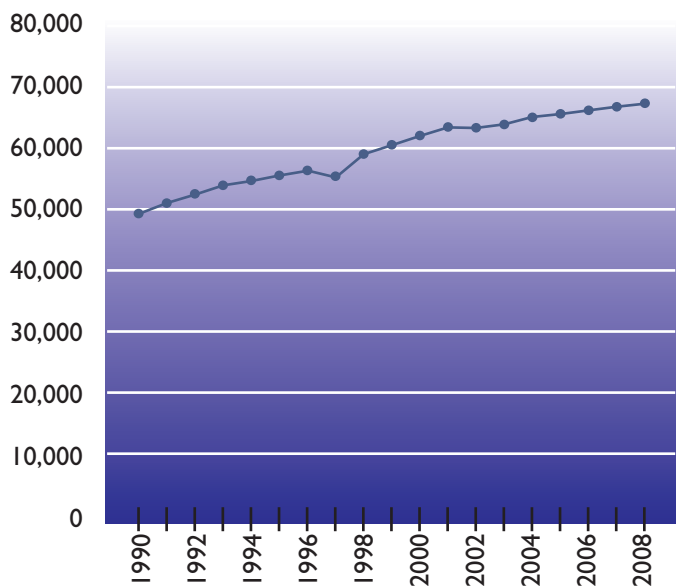
Source: Portland State University-Population Research Center, Age Estimate

Polk County Population by Sex, 2008

Population by Sex	Total	%
Male	33,158	48.6%
Female	35,067	51.4%

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

Polk County Growth



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



Polk County Population Center

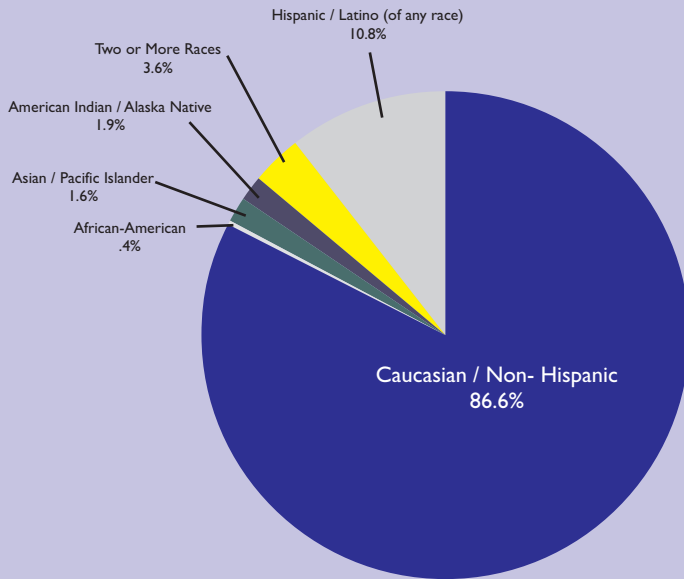
Population Center	Population 2006	Population 2007
Dallas	14,585	15,065
Independence	7,715	7,905
Monmouth	9,125	9,335
Falls City	965	965
West Salem	21,585	22,420
Willamina (part)	720	720
Unincorporated	11,975	11,055

Source: The Oregon Population Research Center Annual Population Report - 2007

Polk County continues to show permanent growth especially within the Hispanic population. Over 10% of the population considers themselves to be Hispanic, 86% consider themselves to be Caucasian, 1.9% identify as Native American or Alaskan native 1.6% as Asian or Pacific Islander and only .4% consider themselves African American. According to 2005-2007 US Census Bureau data 11.7% of Polk County Residents speak a language other than English in their homes.

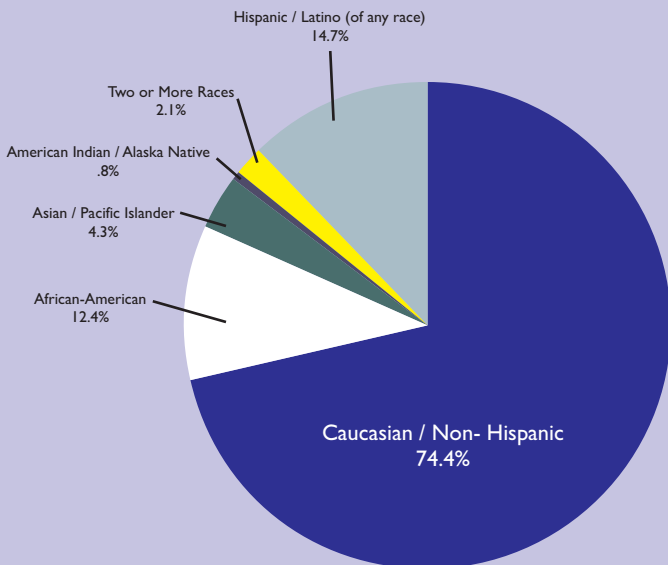
DEMOGRAPHICS

Polk County Population Race/Ethnicity Total and Percent 2007



Source: US Bureau of the Census, People Quick Facts 2007

Oregon Population Race/Ethnicity Total and Percent 2007



Source: US Bureau of the Census, People Quick Facts 2007

School Districts in Polk County and their Populations - 2008

School Districts	Student Population
Dallas School District	3,300
Central School District	2,966
Falls City School District	165
Perrydale School District	332

Source: Oregon Department of Education School Directory 2008

Education Level for People 25 and Older - 2007

	Polk County	Oregon	United States
Less than HS Degree	11.9%	12.8%	14.2%
HS Graduate	27.3%	26.6%	31.6%
Some College No Degree	26.2%	25.3%	16.7%
Associate Degree	7.2%	7.7%	8.6%
Bachelor Degree	17.6%	17.6%	18.8%
Graduate or Professional Degree	9.8%	10%	10.1%

Source: US Bureau of the Census, Selected Social Characteristics 2007

Percent of Polk County Population 25 years and older : High School Graduate or higher 86.7%

Percent of Polk County Population 25 years and older: Bachelor's degree or higher 25.6%

Source: US Bureau of the Census, Selected Social Characteristics 2007

People with Disabilities (Age >5) - Polk County

Disability Status for People >5 Years	%
Population 5 - 15 years	11.8%
Population 16 - 64 years	14.3%
Population 65 years and over	40.6%
Total Disabilities	18.2%

Source: US Bureau of the Census

MORTALITY

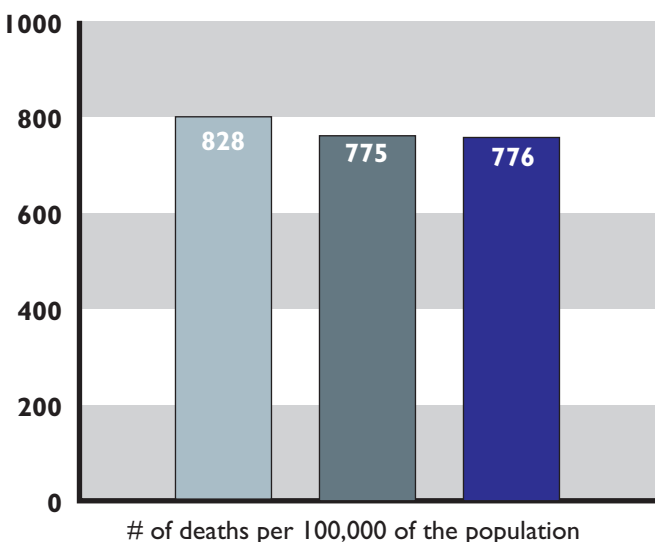
Births and Deaths, Polk County 2000 - 2008

	2000	2001	2002	2003	2004	2005	2006	2007	2008
Births	750	753	770	775	826	828	809	852	875
Birth Rate	12.0	11.8	12.1	12.1	12.7	12.6	12.1	12.6	12.8
Deaths	487	534	565	582	551	531	552	559	631
Death Rate	7.8	8.4	8.9	9.1	8.5	8.1	8.2	8.2	9.2

Source: Oregon Vital Statistics Annual Report - 2000 - 2008

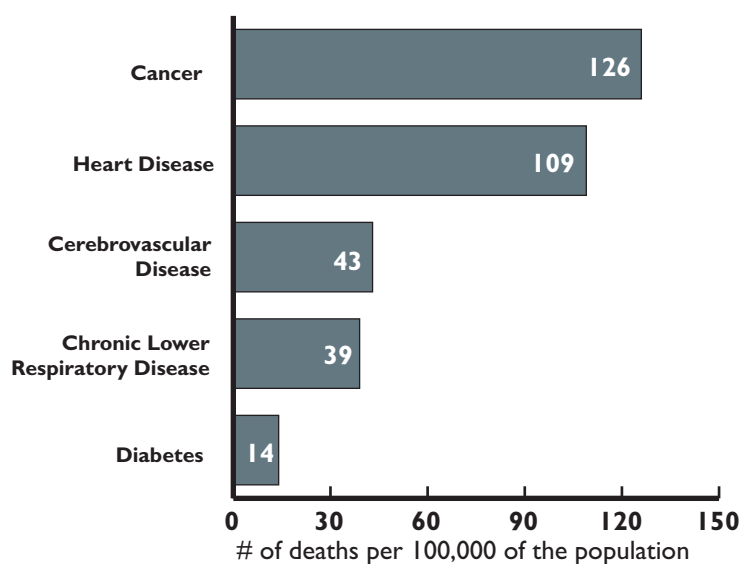
Mortality - 2007

Polk County Oregon United States



Source: Oregon Vital Statistics - 2007, National Center for Health Statistics - 2007

Top 5 Causes of Mortality Polk County - 2006

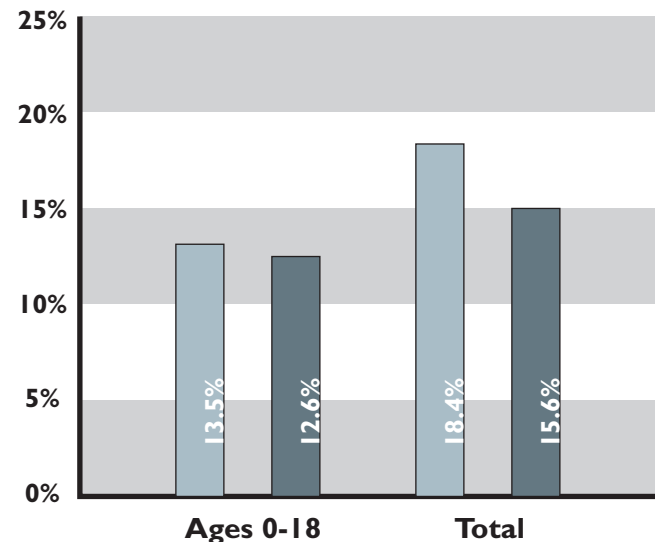


Source: Oregon Vital Statistics Annual Report - 2006

Percent of Uninsured - 2006

Region 3 - Benton, Lane, Linn, Marion, Polk Counties

Oregon



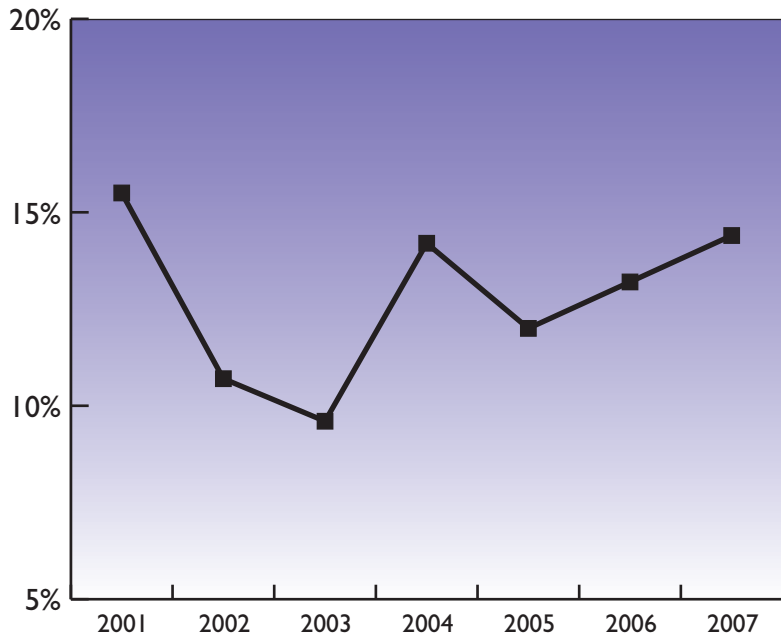
Source: Oregon Population Survey - 2006



In 2006, the most recent published data from the state, Polk County's leading causes of death were: Cancer (23.6%), Heart Disease (20.4%), Cerebrovascular Disease (8%), Chronic Lower Respiratory Disease (7.3%) and Diabetes (2.6%). Other chronic diseases were widely reported by residents.

TOBACCO USE

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



Source: National Center for Health Statistics: 2001 - 2007



Oregon & Polk County Tobacco Facts

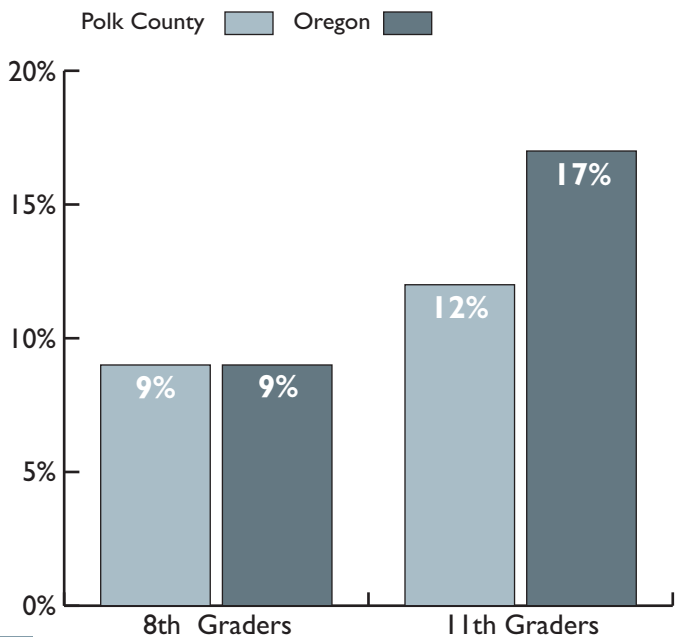
- 16% of Polk County Adults Smoke
- Over \$19 Million in productivity is lost due to tobacco related deaths.
- Over \$18 Million is spent on medical care for tobacco related illness.

Total tobacco-related economic costs for Oregon:

- Over \$1 billion in productivity is lost due to tobacco related deaths.
- Over \$1.1 billion is spent on medical care for tobacco related illness.
- 19% of Oregon Adults Smoke

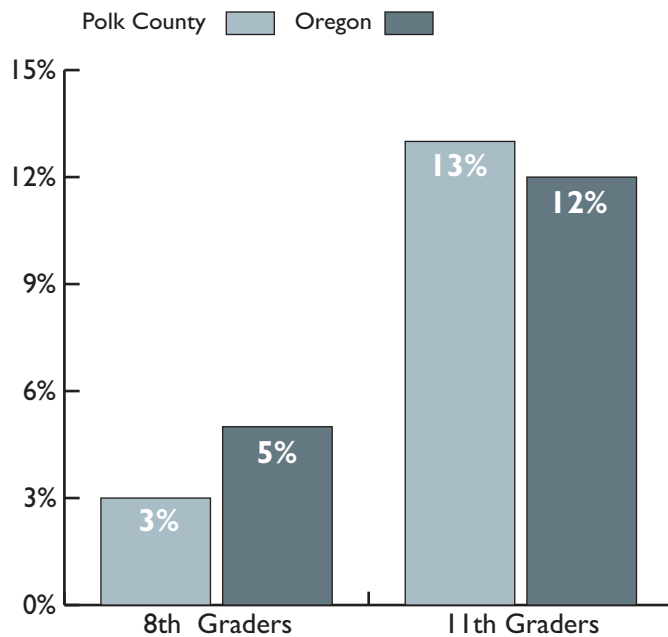
Source: Oregon Tobacco Fact - 2008

8th and 11th Graders who Smoke Cigarettes:



Source: Oregon Tobacco Fact - 2008

8th and 11th Graders who use Smokeless Tobacco:

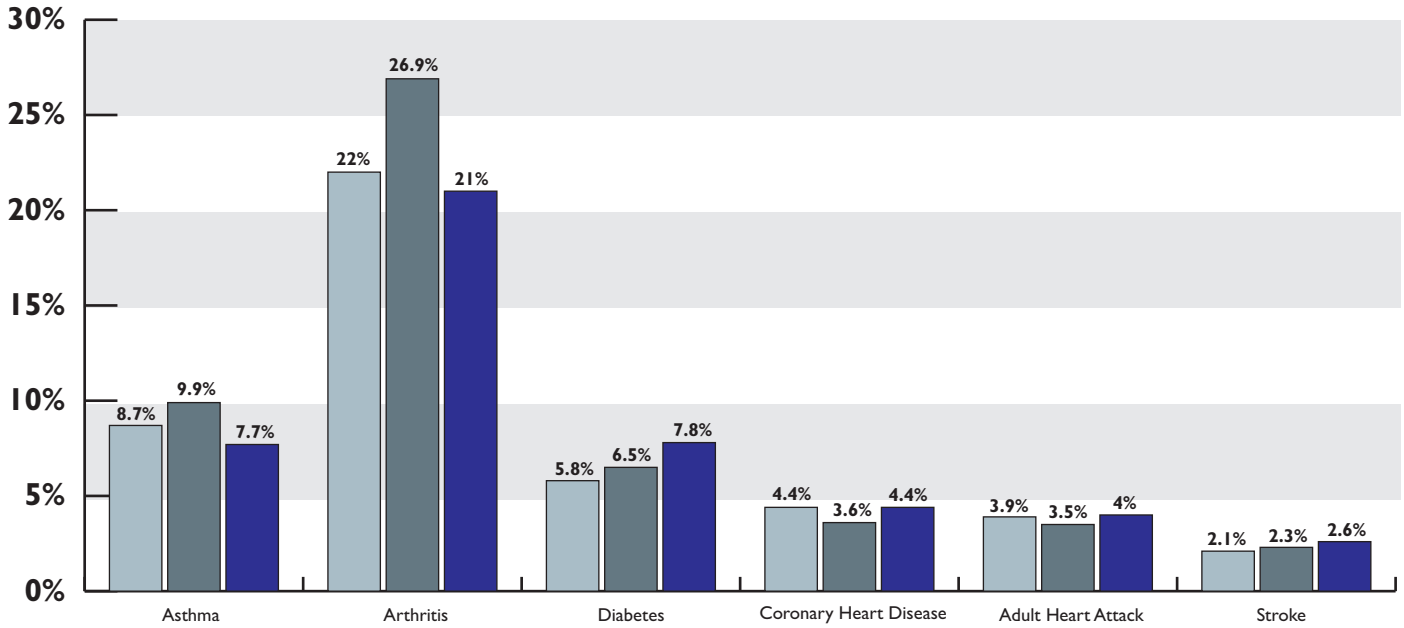


Source: Oregon Tobacco Fact - 2008

ADULT CHRONIC DISEASE

Age Adjusted Prevalence - 2006

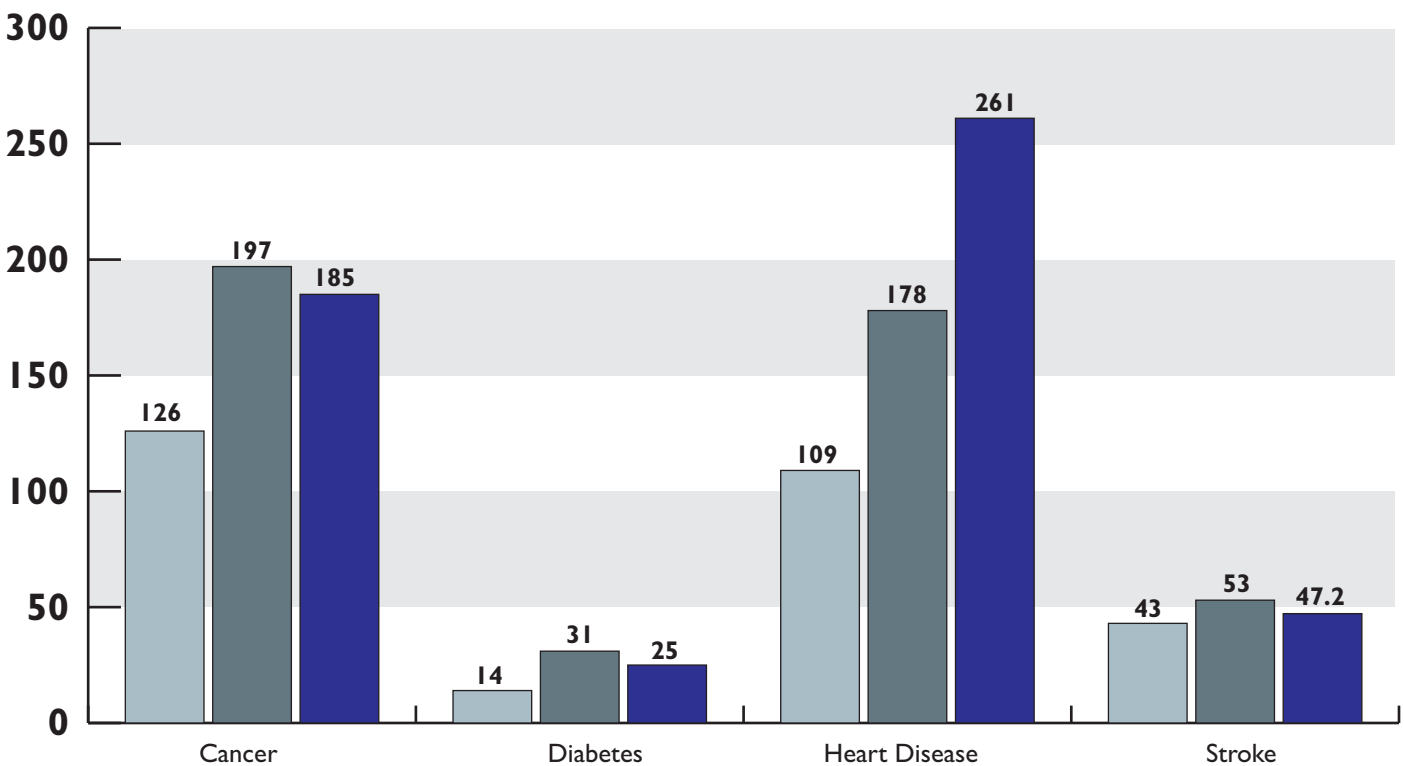
Polk County Oregon United States



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

Death Rate - 2006

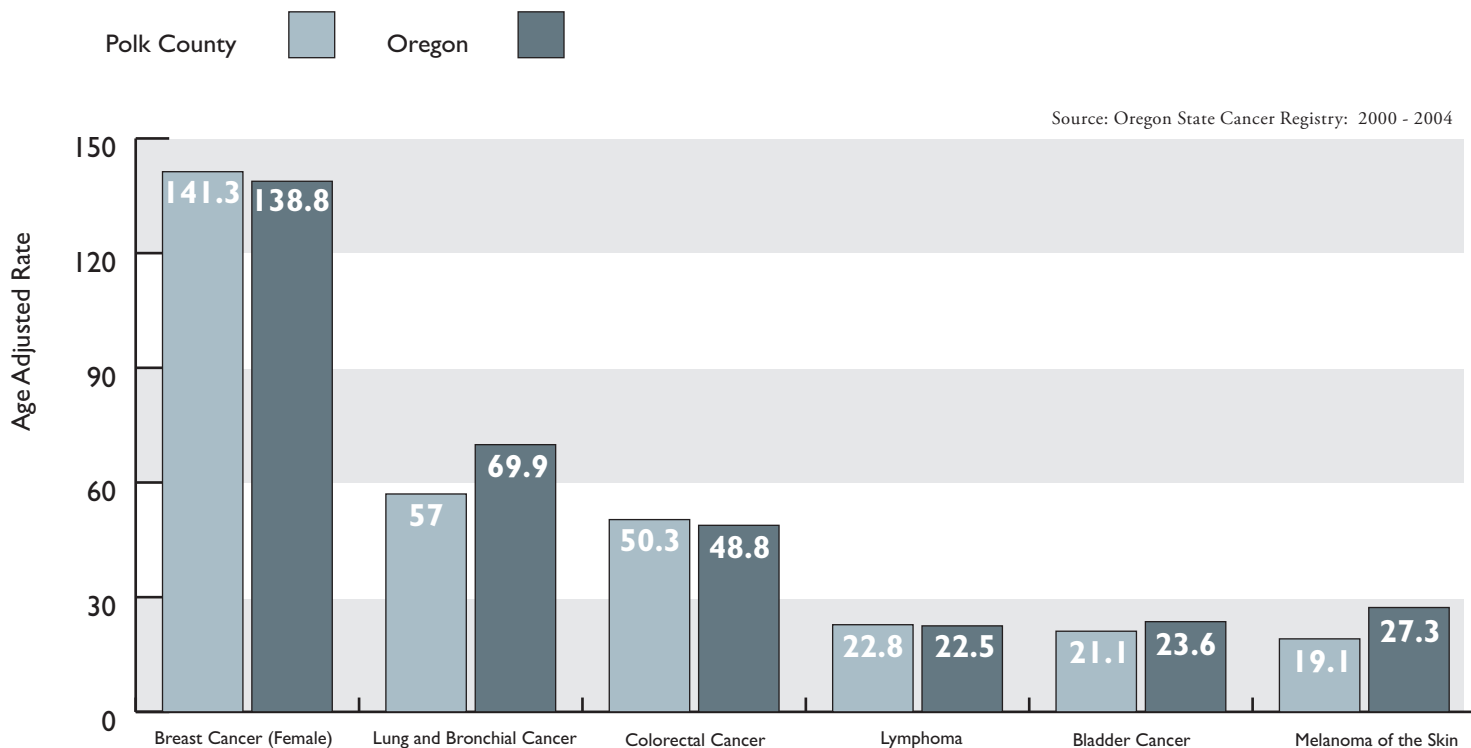
Polk County Oregon United States



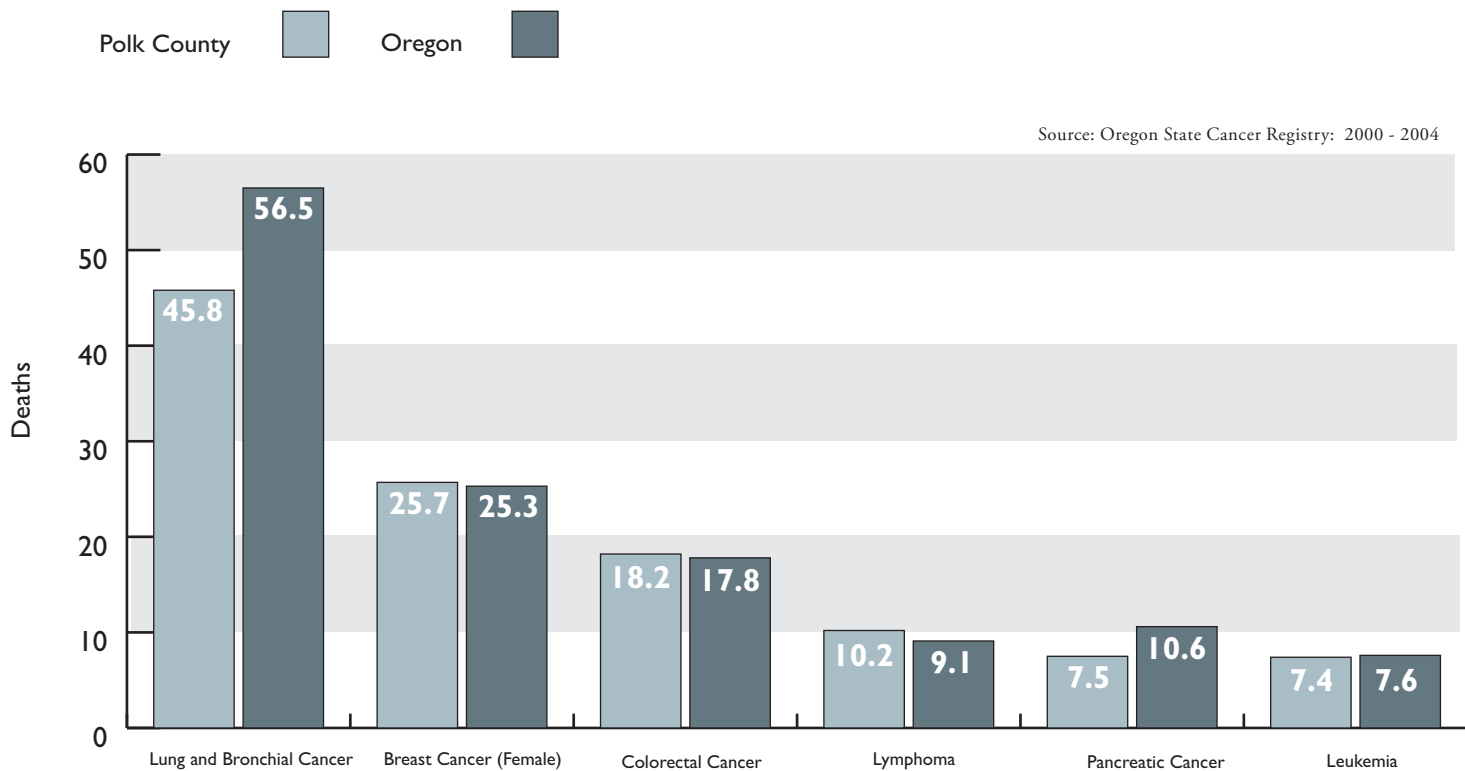
Source: Oregon Vital Statistics - 2006, National Center for Health Statistics - 2006

ADULT CHRONIC DISEASE

Cancer Incidence for Polk County, 2000 - 2004

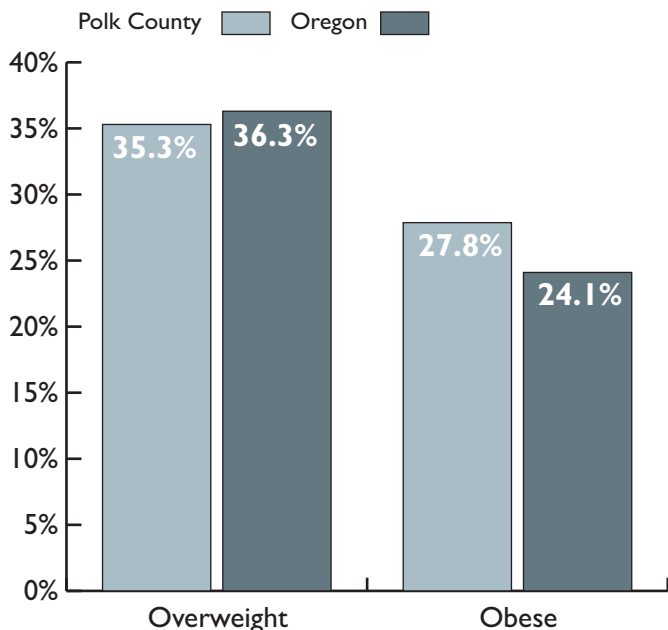


Cancer Mortality Rate Polk County, 2000 - 2004

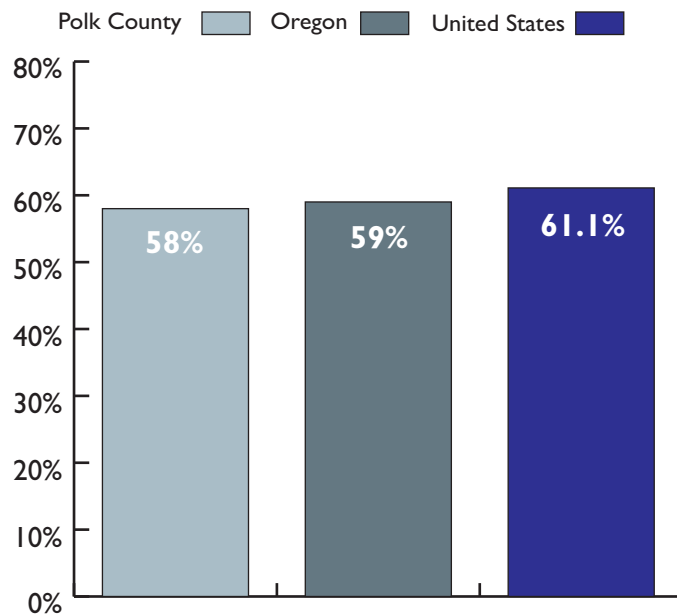


ADULT OVERWEIGHT / OBESITY

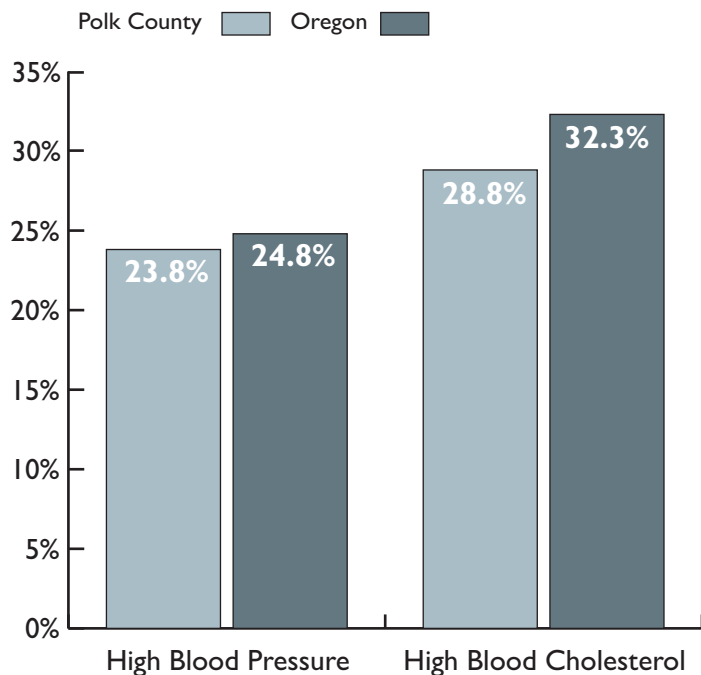
Overweight / Obese Adults >18



At Risk for Overweight / Obese - 2005 Adults



High Blood Pressure / Cholesterol

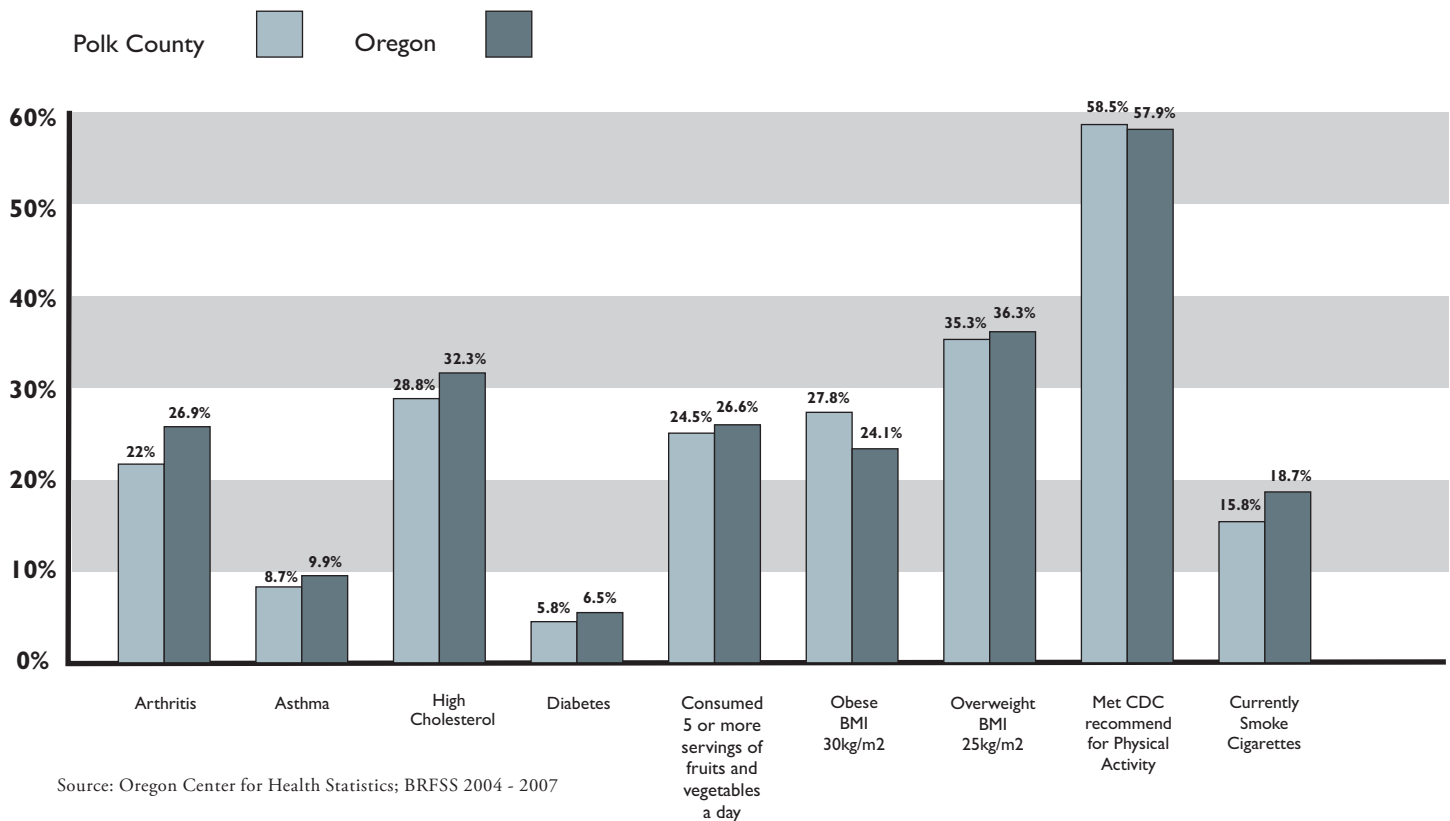


Percent of Adults (>18 Years)	Polk County	Oregon
Had a Mammogram within the past 2 years (>40 Years Old)	72.7%	73.3%
Met CDC Recommendations for Physical Activity	58.5%	57.9%
Consumed at Least 5 Servings of Fruits and Vegetables Per Day	25%	26.6%
Had their Cholesterol Checked within the Past 5 Years	74%	69.4%

Source for all Page Data: Oregon Center for Health Statistics; BRFS

ADULT CHRONIC DISEASE

Age Adjusted Prevalence of Chronic Disease Among Adults - 2004 - 2007



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 2007-2008.



Food Safety

Polk County has approximately 177 food service establishments. Each of these is inspected twice a year, matching the most per capita anywhere in the state. Polk County environmental health also investigates food borne illness complaints.

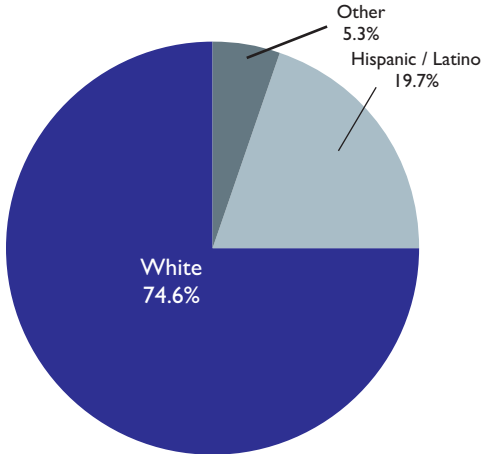
Solid Waste

Polk County ranked 4th of Oregon counties in the amount of solid waste “recovered” per capita in 2008. Recovery refers to solid waste that is recycled, composted or used in energy recovery. The average per capita waste disposal for Oregon was 1,743 pounds and in Polk County the average was 1,172 pounds. Polk County recovery was 1,020 pounds per capita.

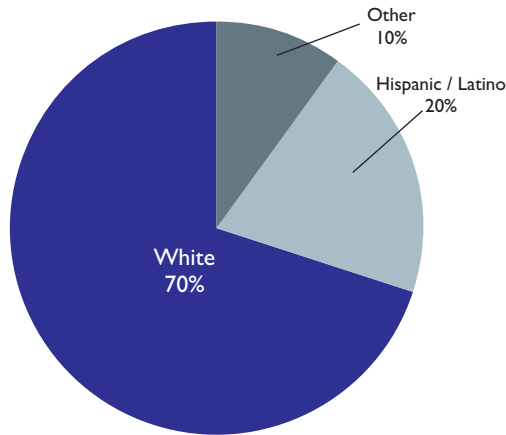
Source: Polk County Environmental Health - 2008

MATERNAL & CHILD HEALTH

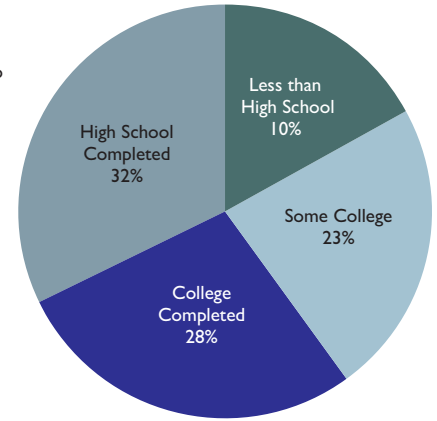
Race / Ethnicity of Mother
2005 - 2007 Polk County



Race / Ethnicity of Mother
2005 - 2007 Oregon



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



Source: Center for Health Statistics; Perinatal Trends - 2007

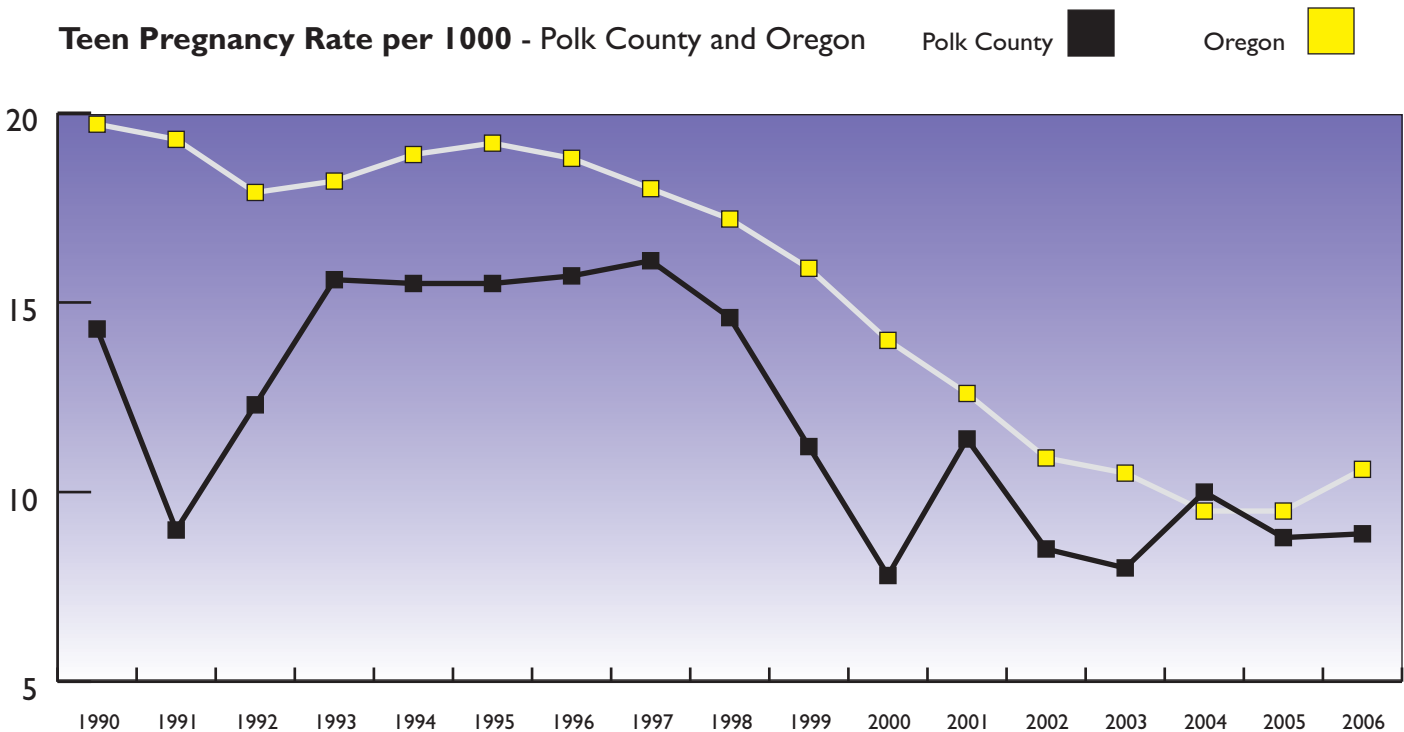
Polk County Facts

- 244 Children are victims of child abuse/neglect (15.9 per 1000)
- 57% of victims of abuse/neglect are under age 6
- 336 children in the county have been in foster care at least once during the past year.

- 48.7% of eighth graders have not had a medical checkup or physical exam in the previous year.
- 42 percent of child abuse was assessed
- 15 percent of reports assessed and founded

Source: Children First of Oregon - 2007

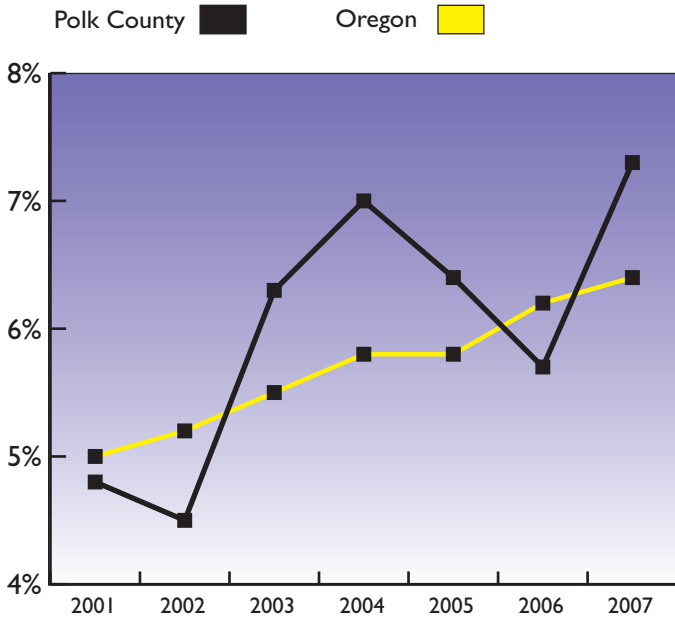
Teen Pregnancy Rate per 1000 - Polk County and Oregon



Source: DHS Teen Pregnancy Data: 1990 - 2006

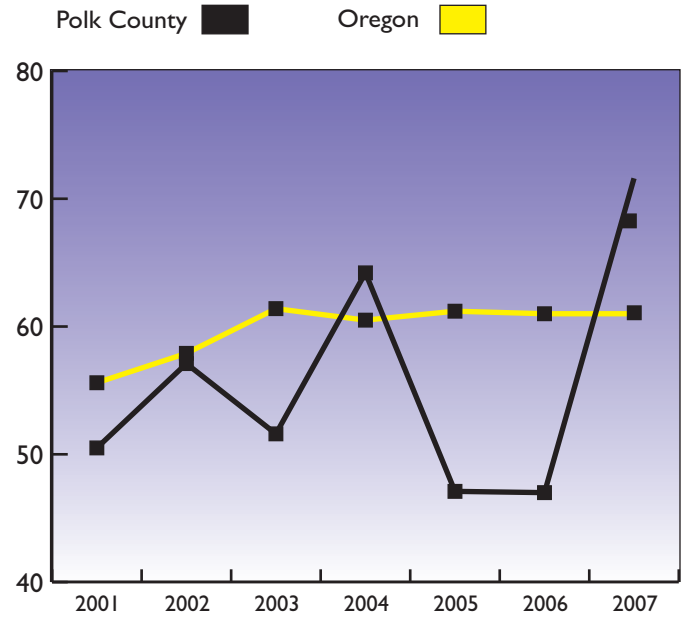
MATERNAL & CHILD HEALTH

Inadequate Prenatal Care



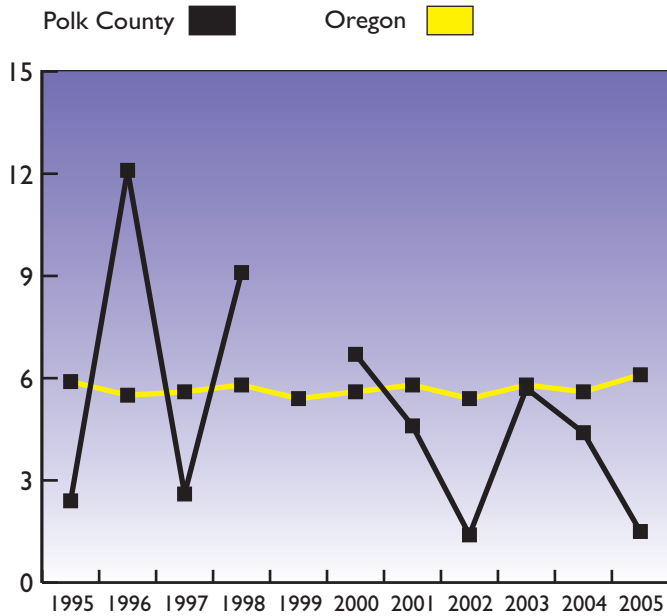
Source: DHS Perinatal Trends: 2001 - 2007

Low Birth weight



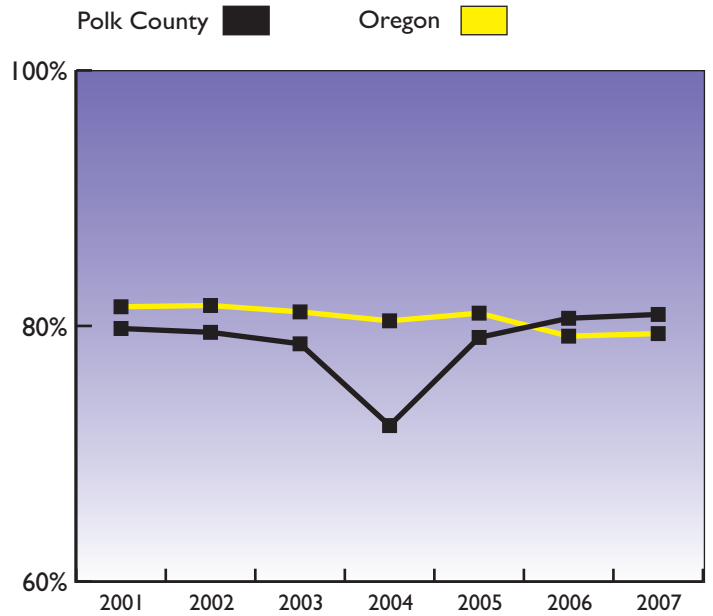
Source: DHS Perinatal Trends: 2001 - 2007

Infant Mortality Rate



Source: DHS Perinatal Trends: 2001 - 2007

First Trimester Prenatal Care



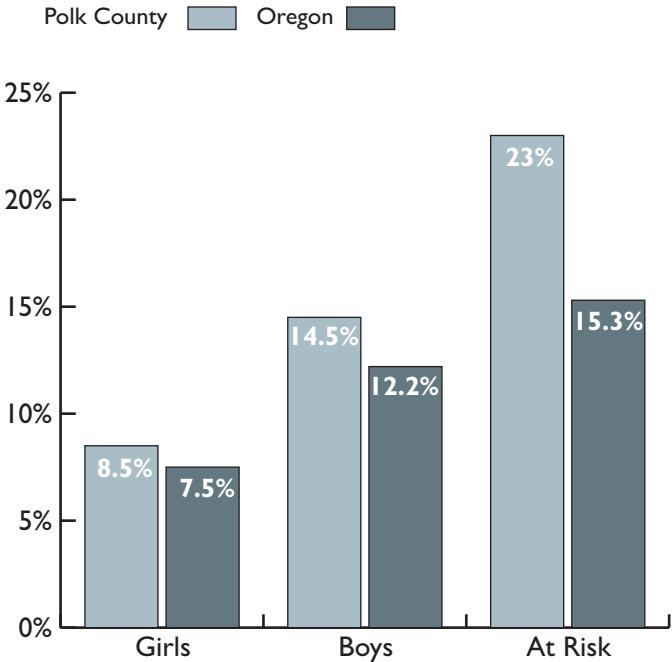
Source: DHS Perinatal Trends: 2001 - 2007

OVERWEIGHT / OBESE ADOLESCENTS



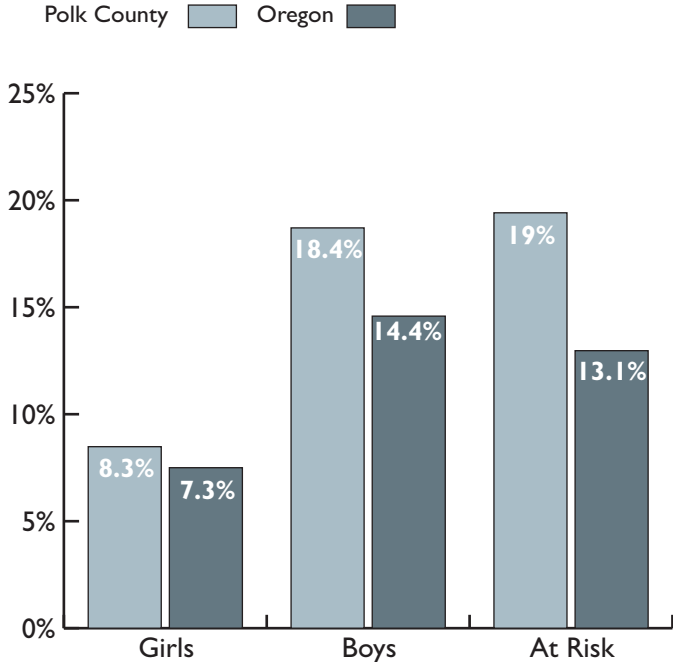
Polk County has a much more prevalent issue concerning our 8th and 11th graders and the beginning signs and symptoms of chronic disease related to obesity and inactivity. According to the 2005 - 2006 Oregon Healthy Teens Survey, 23% of Polk County 8th graders are at risk of being overweight compared to 15.3% of Oregon's 8th graders. Our 11th have a 19% risk of being overweight while Oregon's 11th graders are at a 13.1 risk. This obvious difference is very alarming and indicates the inactive habits and lifestyles of Polk County's youth. In actuality, 12% of Polk County's 8th graders are overweight while 14% of our 11th graders are overweight compared to 10.5% of Oregon's 8th graders and 10.7% of the 11th graders.

Overweight / Obese 8th Graders: 2005 - 2006



Source: Oregon Healthy Teen Survey: 2005 - 2006

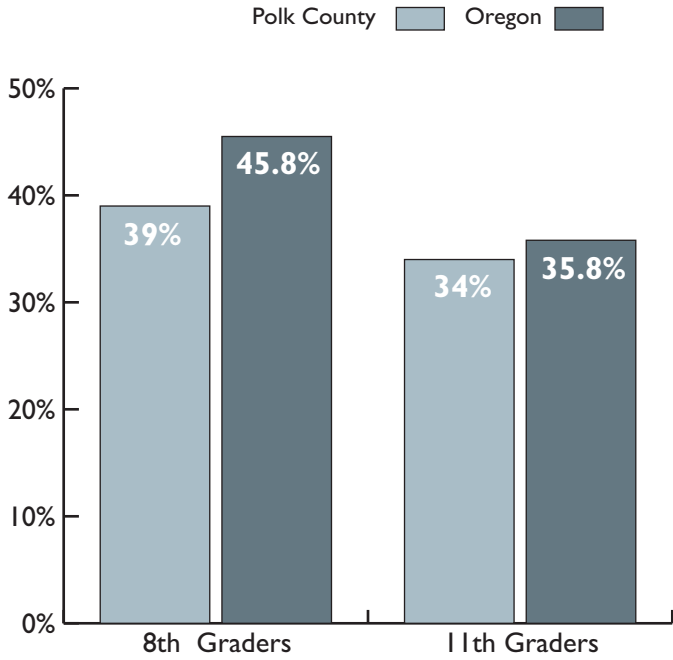
Overweight / Obese 11th Graders: 2005 - 2006



Source: Oregon Healthy Teen Survey: 2005 - 2006

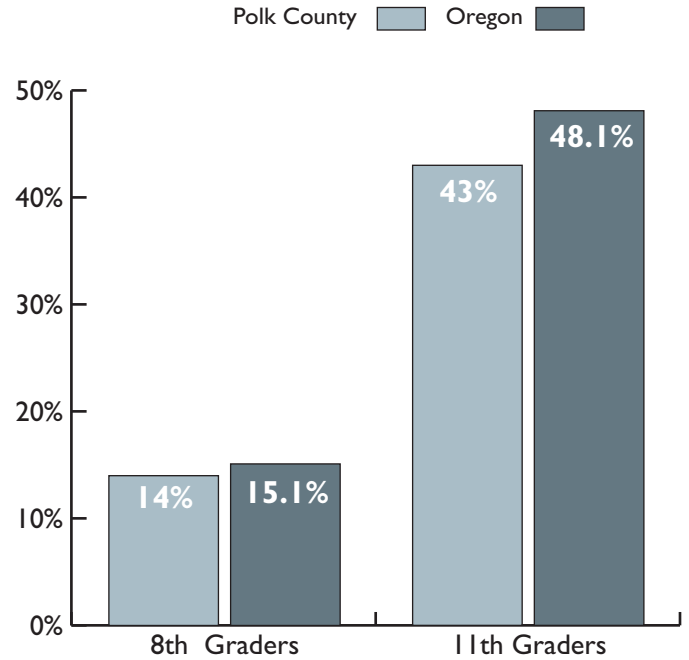
PHYSICAL HEALTH & EXERCISE

Had Breakfast Every Day: 2005 - 2006
8th and 11th Graders



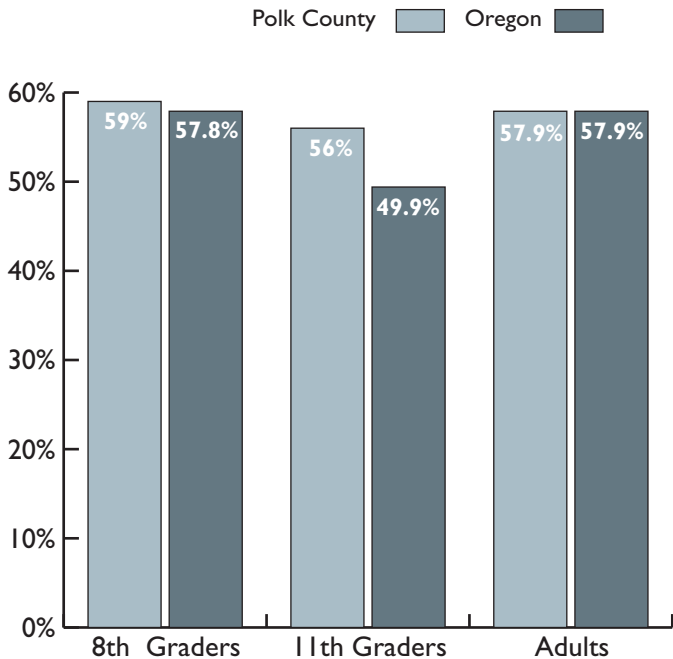
Source: Keeping Oregonians Healthy 2006, Oregon Healthy Teens Survey: 2005 -2006

Participated in PE Daily: 2005 - 2006
8th and 11th Graders



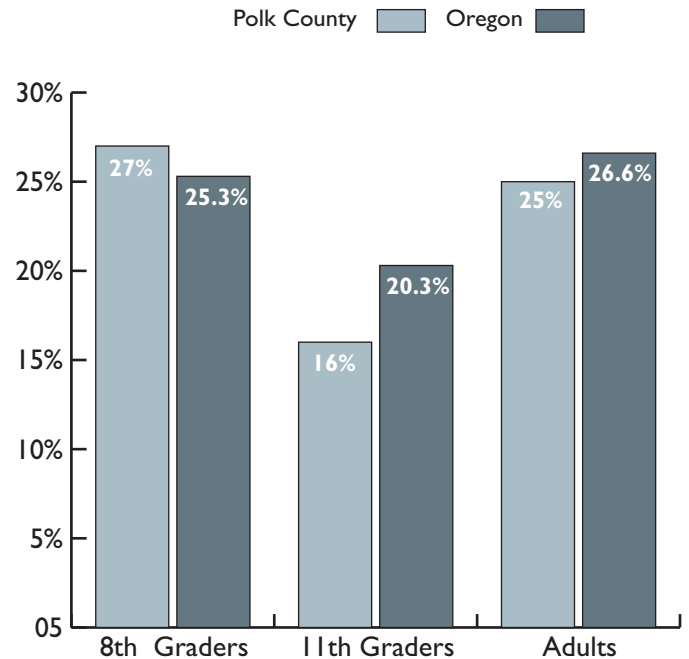
Source: Keeping Oregonians Healthy 2006, Oregon Healthy Teens Survey: 2005 -2006

Met CDC Recommendations for Physical Activity: 2005 - 2006
8th and 11th Graders:



Source: Keeping Oregonians Healthy 2006, Oregon Healthy Teens Survey: 2005 -2006

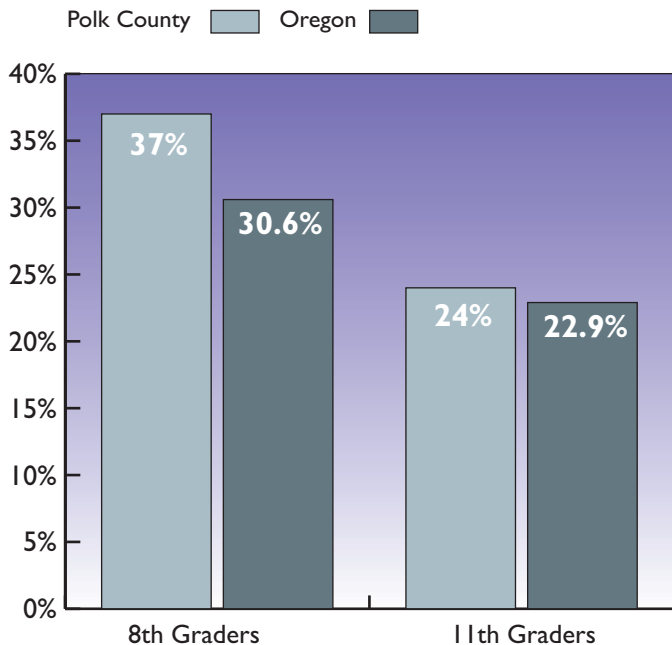
Consumed at Least 5 Servings of Fruits and Vegetables: 2005 - 2006
8th and 11th Graders



Source: Keeping Oregonians Healthy 2006, Oregon Healthy Teens Survey: 2005 -2006

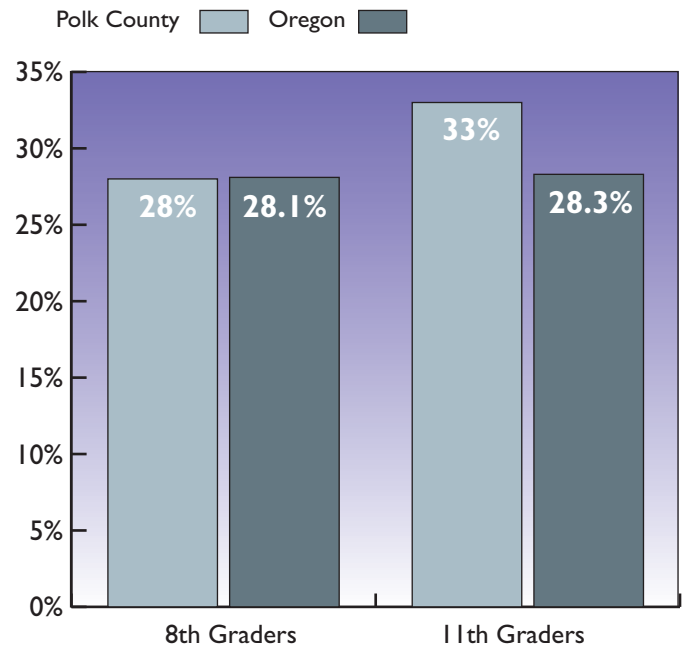
NUTRITION / ACTIVITY

Watched TV More than 2 Hours Daily:



Source: Keeping Oregonians Healthy 2006, Oregon Healthy Teens Survey: 2005 -2006

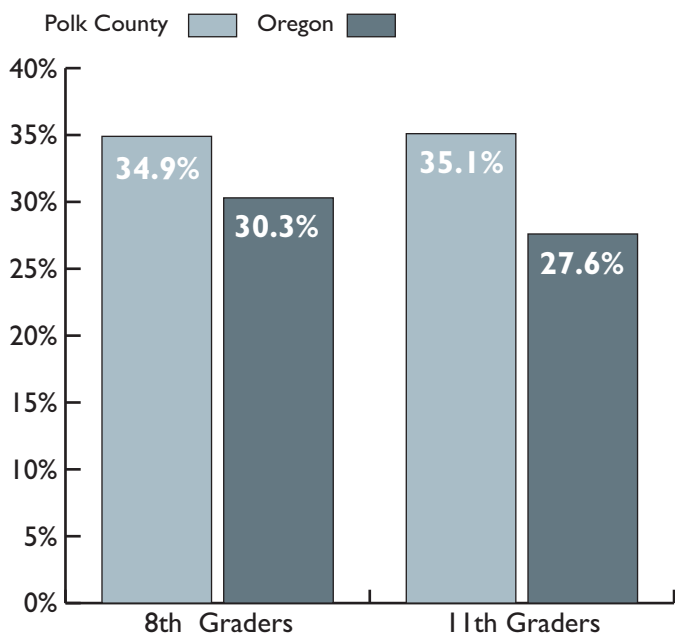
Drank at Least 7 sodas Per Week:



Source: Keeping Oregonians Healthy 2006, Oregon Healthy Teens Survey: 2005 -2006

DENTAL HYGIENE

No Dental Visit in the Last 12 months, 2007:



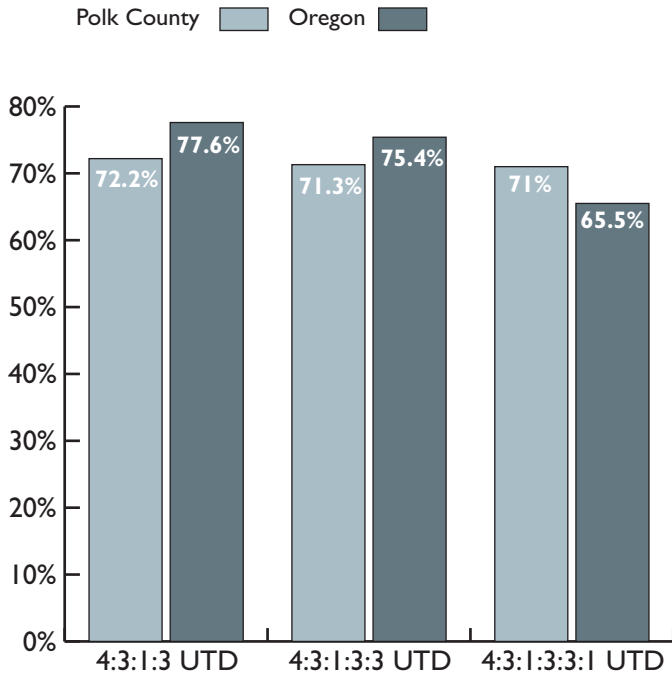
The U.S. Centers for Disease Control and Prevention has recognized the fluoridation of drinking water as one of ten great public health achievements of the twentieth century. Water fluoridation has helped improve the quality of life in the United States by reducing pain and suffering related to tooth 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

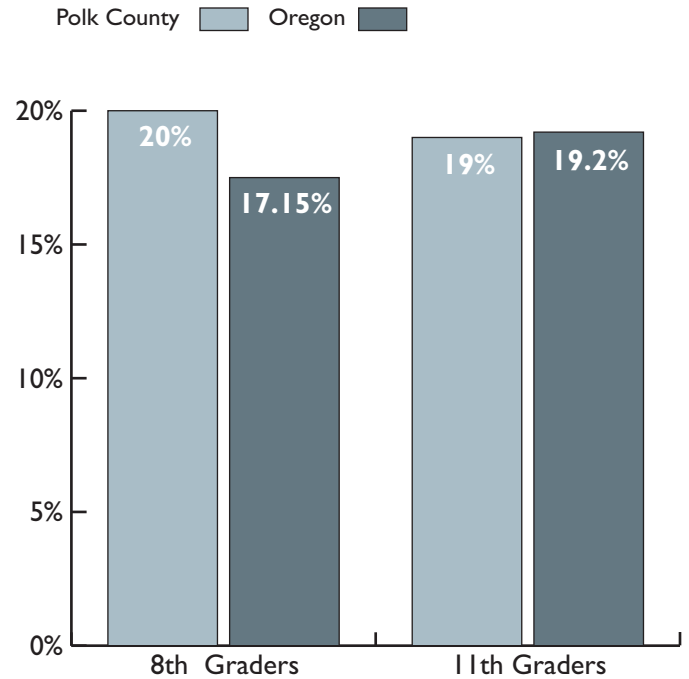
Immunization Rates for Two Year Olds - 2006



Polk County Two Year Old Population - 1,020

Source: Oregon Alert Immunization Registry - 2006

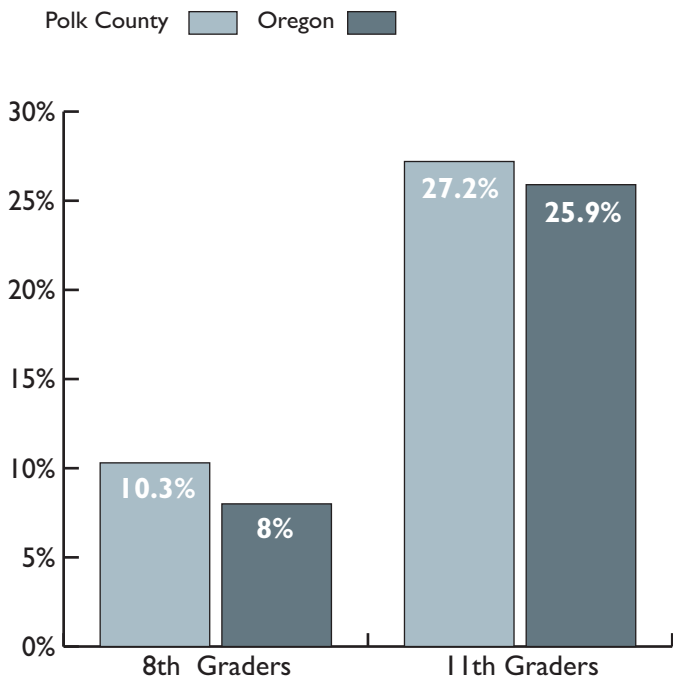
Asthma in Children - 2006



Source: Healthy Teens Survey - 2006

SEXUAL ACTIVITY / COMMUNICABLE DISEASE

Sexual Intercourse with 2 or More Partners:



Source: Healthy Teens Survey

Year	Chlamydia	Gonorrhea	Early Syphilis
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 - 2007

Chlamydia

In 2007, 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 2,282
- Infants and children under 5 - 1,619
- Pregnant, breastfeeding and postpartum women - 663

Number of families served 876 Working families 72.6%

WIC households with at least one working family member.

Families living in poverty 56.2%

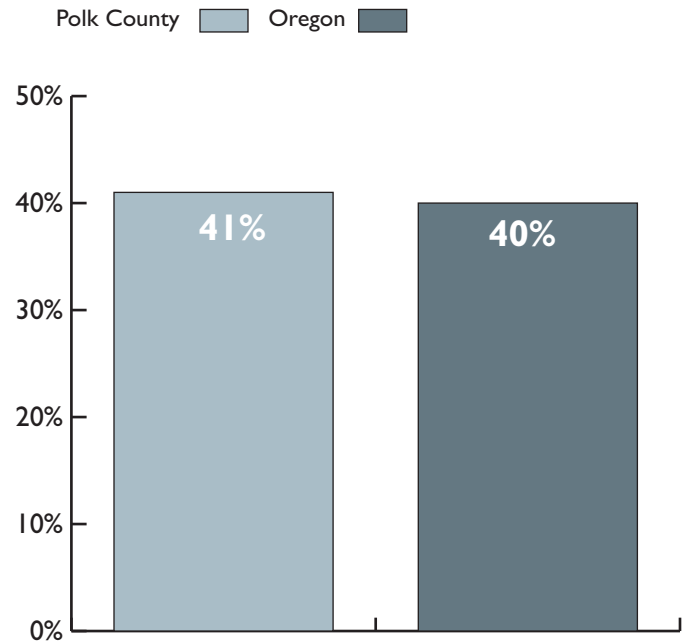
Families of WIC clients with income at or below the federal poverty level (\$1,431 per month for a family of 3)

Source: Oregon WIC Report - 2007

Eighty-eight percent of Oregon WIC moms breastfeed their newborns, a rate that exceeds the Healthy People 2010 objective of 75 percent and is much higher than the national average of 67 percent.

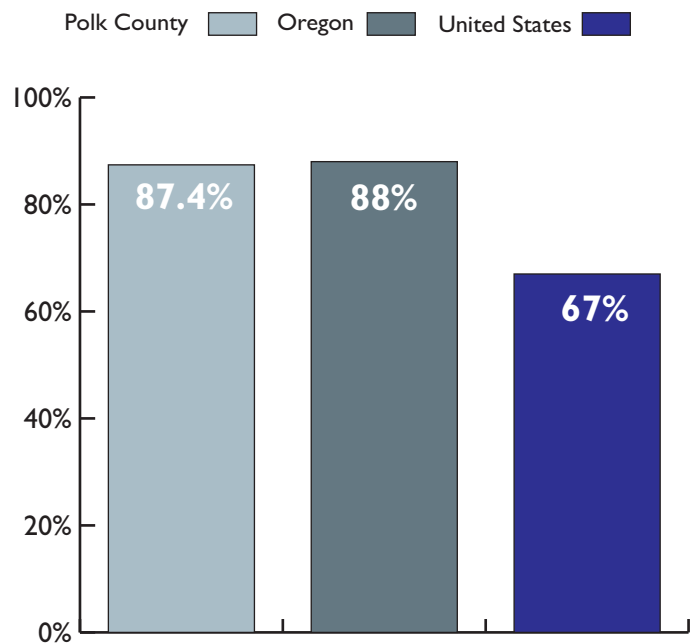
Source: Oregon WIC Report - 2007

Pregnant Women Served by WIC - 2007



Source: Oregon WIC Report - 2007

Wic Moms who Start Out Breastfeeding - 2007

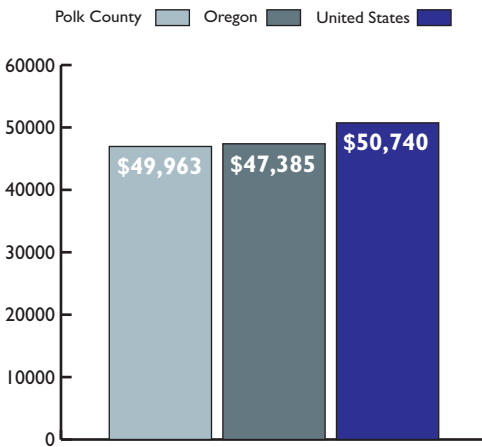


Source: Oregon WIC Report - 2007

ECONOMY

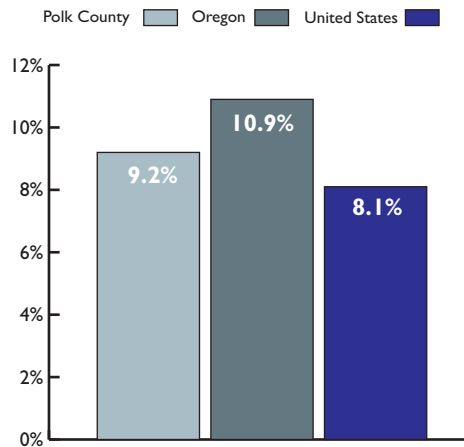
Poverty often leads to poor health and poor health leads to poverty. Lack of economic resources forces many to go without preventive health care and delay seeking care for known health conditions. Also, low socioeconomic status can create short or long-term conditions that reduce household savings, learning 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 - 2007



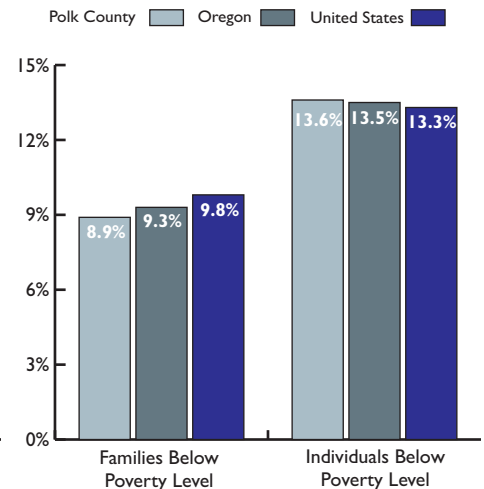
Source: US Census Bureau - 2007

Unemployment Rates - Nov. 2008



Source: US Bureau of Labor Statistics - 2008

Poverty Level - 2007



Source: US Census Bureau - 2007

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 November 2008.

10.0% of Polk County is currently enrolled in the Oregon Health Plan

Source: Oregon Health Plan Managed Care Enrollment Reports - 2008

Percent and Total of Children Eligible for Free or Reduced Price (School) Meals. by District

School District	Percent Eligible	Total Eligible
Central	53.9%	1,587
Dallas	41.9%	1,393
Falls City	74.2%	121
Perrydale	36.3%	120

Source: Oregon Department of Education School Directory - 2008

Food Stamps - 2008	Total	Receiving Food Stamps
Total Households	25,586	4,012
With one or more people > 60	36.6%	26.8%
With Children <18	32.7%	39%
Below poverty status in last 12 months	9.7%	53.9%
With one or more people with a disability	31.8%	51.4%

Source: ODHS Self Sufficiency Programs Report - October 2008

Polk County Home Ownership

Renter Occupied
7,343 - 28.7%

Homeowner Occupied
18,243 - 71.3%

Source: US Census Bureau - 2007

POLK COUNTY HEALTH REPORT 2009

RESOURCES - CONTACT INFORMATION

Polk County Public Health

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

Services:

Immunizations
Emergency Preparedness
Communicable Disease Prevention
STD Prevention
WIC

Polk County Environmental Health

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

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/ph/index.shtml>

Behavior Risk Factor Surveillance System

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