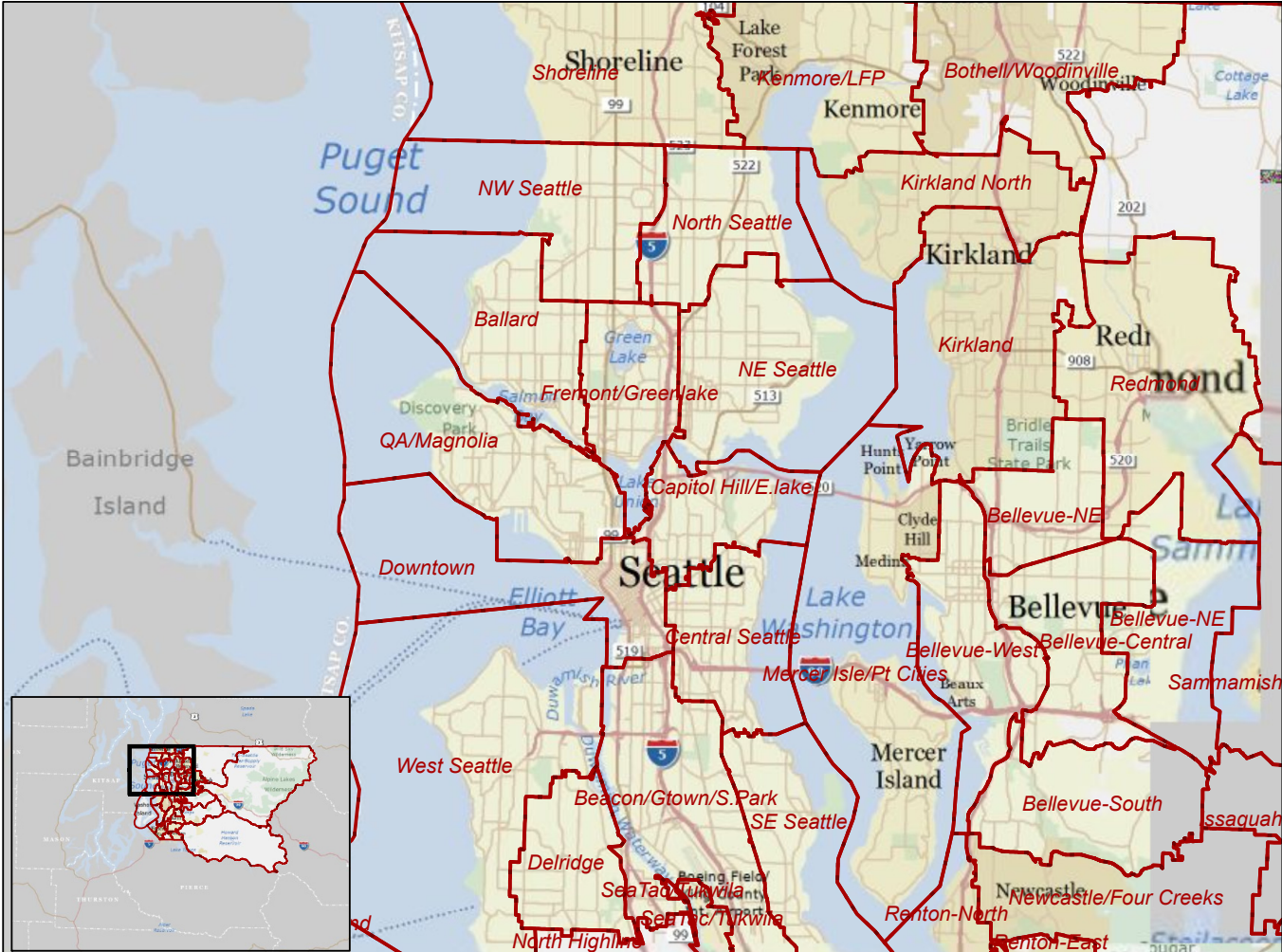




King County City Health Profile Seattle



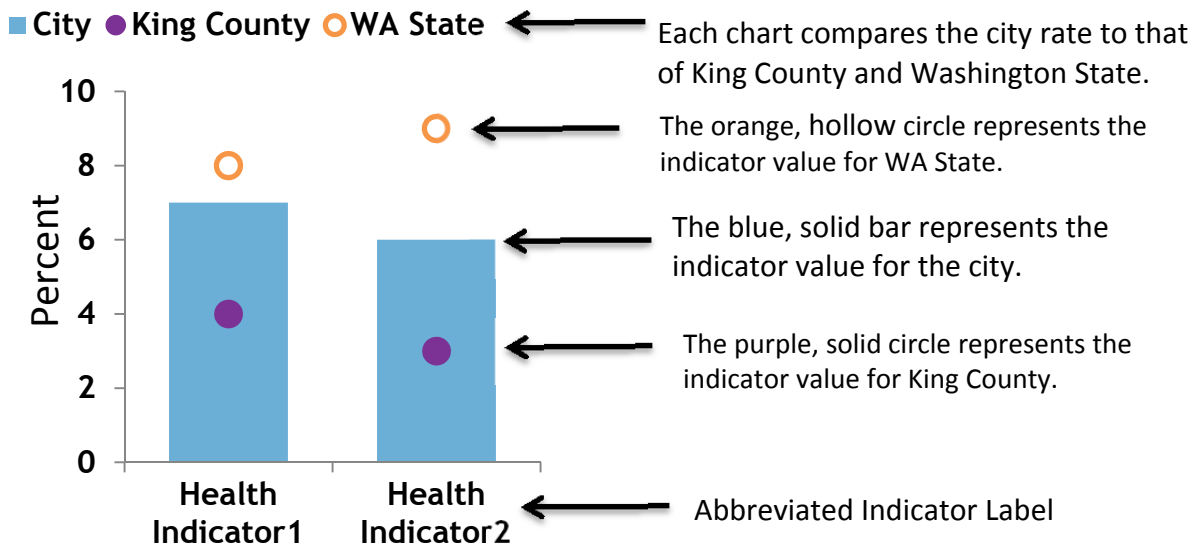
December, 2012

Introduction

A city health profile is a public health report that provides information on health indicators and their determinants. The purpose of the report is to inform policy-makers, government agencies, and the public about population health at the local level. In this series of city health profiles, King County is divided into 25 areas. Some of these areas are a single city, some are a group of smaller cities, and some are unincorporated areas. For each of the 25 areas, the report includes seven sections:

- Demographics
- General health status
- Leading causes of death
- Health risk factors and chronic diseases
- Injury and violence-related mortality
- Maternal and infant health
- Access to care and preventive services

For each section, data are presented in a chart and a table. Below is a description on how to read the chart.



Indicator (2007-2011 averages)	City			KC	WA
	Pct	Rank	SIG	Pct	Pct
Health Indicator1 - full label	7	21	N	4	8
Health Indicator2 - full label	6	4	H	3	9

The table under each chart has more complete labels for the indicators in the chart. It also contains the actual indicator value for the city and a "rank" that ranks the city from worst (1) to best (25) in relation to other King County areas for which health profiles have been created. The "SIG" column in the table specifies whether or not the health indicator rate for the city is significantly higher than (H), significantly lower than (L), or not different from (N) the King County average.

This report is produced by the Assessment, Policy Development & Evaluation Unit at Public Health – Seattle & King County. For more information and updates, please contact data.request@kingcounty.gov

Demographics

	Seattle		King County	WA State
	Total	%	%	%
Total Population 2010	608,660	-	1,931,249	6,724,540
Age				
0-17	93,513	15.4	21.4	23.5
18-24	72,027	11.8	9.2	9.7
25-44	226,320	37.2	31.6	27.4
45-64	151,305	24.9	26.9	27.1
65+	65,495	10.8	10.9	12.3
Race/ethnicity*				
White	422,870	69.5	68.7	77.3
Black/African American	48,316	7.9	6.2	3.6
American Indian/Alaska Native	4,809	0.8	0.8	1.5
Asian	84,215	13.8	14.6	7.2
Native Hawaiian/Pacific Islander	2,351	0.4	0.8	0.6
Other	14,852	2.4	3.9	5.2
Multiple Race	31,247	5.1	5.0	4.7
Hispanic/Latino*	40,329	6.6	8.9	11.2
Education (among adults age 25+)				
No high school diploma	#	8	8.1	10.4
No college degree	#	45	54.8	69.0
Poverty				
Below 100% Federal Poverty Level	#	13	10.2	12.1
Below 200% Federal Poverty Level	#	26	22.2	28.1
Foreign-born	#	17	19.8	12.7
Language (among population age 5+)				
Non- English speaking at home^	#	21	24.3	17.5
Housing cost burden (among renters)				
Pay ≥30% of household income on rent	#	45	44.7	48.9

*Persons of Hispanic/Latino ethnicity can be of any race.

^Speaking a language other than English at home.

#Counts from the American Community Survey are not shown because of their potential large sampling errors.

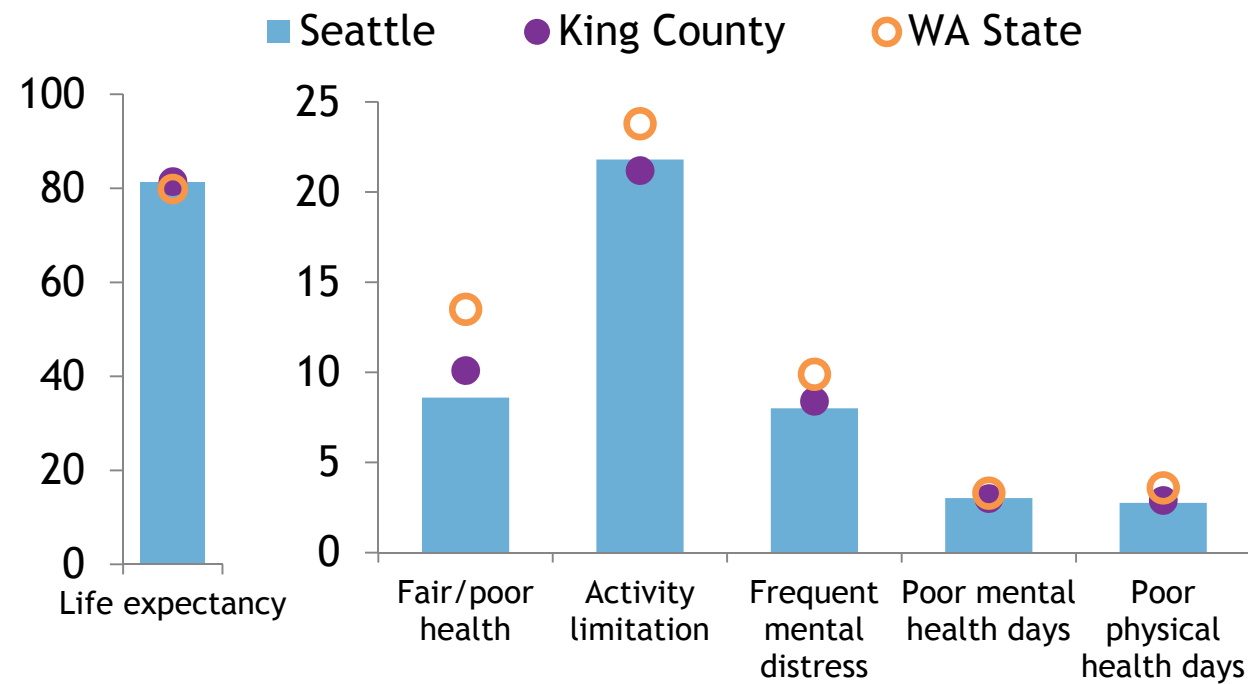
Data sources: U.S. Census, 2010 and American Community Survey, 2006-2010 average.

The largest Asian ethnic groups in Seattle, 2010 Census

	Total	% of Total Asian
Chinese (except Taiwanese)	25,592	29.3
Filipino	16,433	18.8
Vietnamese	14,284	16.3
Japanese	8,749	10.0
Korean	7,002	8.0

General Health Status

The World Health Organization defines health as the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. In this section, we present data on life expectancy and self-reported health status to describe the general health status of the city residents.



Indicator	Seattle			KC	WA
	Value	Rank	SIG	Value	Value
Life expectancy at birth (year)	81.4	13	N	81.5	79.8
Self-reported general health is fair or poor (%)	9	14	N	10	14
Limited in any way in any activities (%)	22	11	N	21	24
Had 14+ bad mental health days in past 30 days (%)	8	14	N	8	10
Days mental health not good in past 30 days (mean)	3	12	N	3	3
Days physical health not good in past 30 days (mean)	3	16	N	3	4

Except for life expectancy, the general health status indicators are for adults age 18+.

Data year: Life expectancy: 2006-2010. General health status: (1) area and KC=2007-2011; (2) WA=2006-2010.

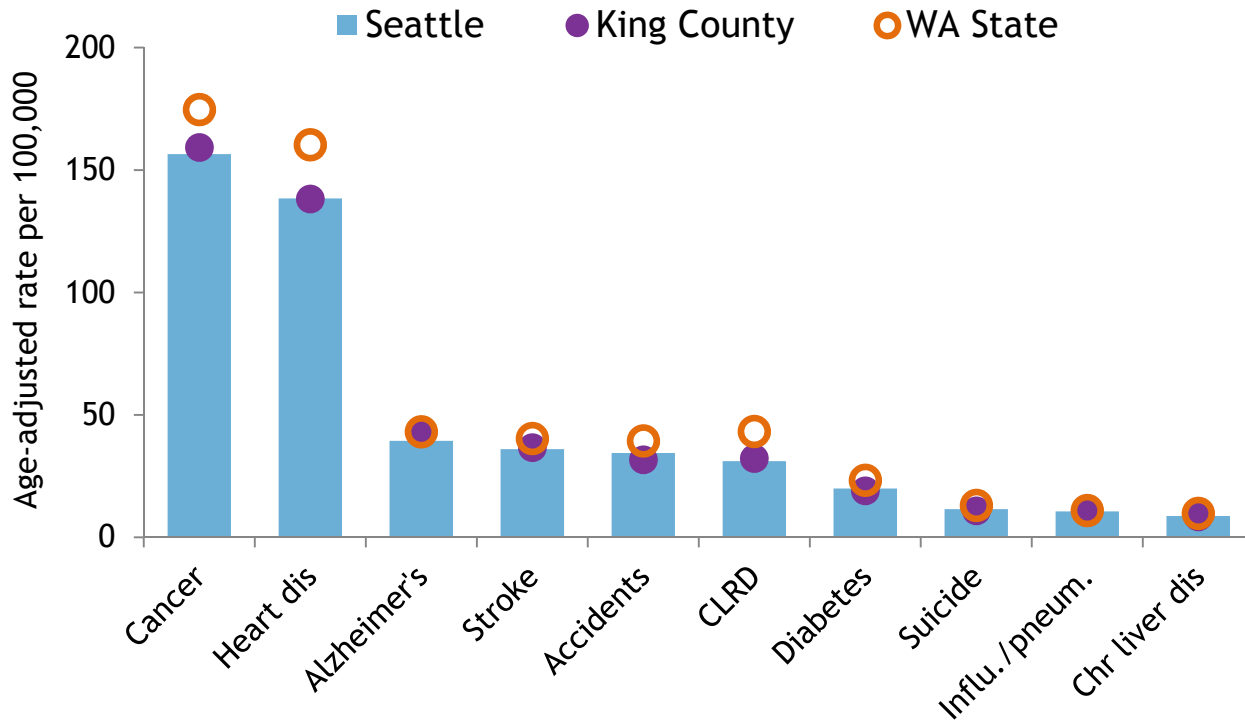
Rank: ranking among the 25 King County areas from worst (1) to best (25).

SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.

Data source: Death certificate and the Behavioral Risk Factor Surveillance System (BRFSS), Washington State Department of Health, Center for Health Statistics.

Leading Causes of Death

This section presents the top 10 leading causes of death.



Causes (2006-2010 data)	Seattle				KC	WA
	Rate	Count	Rank	SIG	Rate	Rate
Total Mortality	639.3	19837	14	N	638.1	716.4
Cancer	156.5	4597	17	N	159.2	174.7
Heart disease	138.4	4398	13	N	138.2	160.3
Alzheimer's disease	39.4	1339	15	N	42.3	43.1
Stroke	36.0	1130	13	N	36.6	40.4
Accidents and external causes	34.4	1095	9	N	31.7	39.4
Chronic lower respiratory disease (CLRD)	31.1	913	17	N	32.2	43.2
Diabetes mellitus	20.0	594	10	N	19.0	23.3
Suicide	11.5	379	5	N	10.8	13.0
Influenza and pneumonia	10.6	344	9	N	10.1	11.0
Chronic liver disease and cirrhosis	8.7	270	10	N	8.3	9.8

Rate: age-adjusted rate per 100,000.

Count: five-year total deaths.

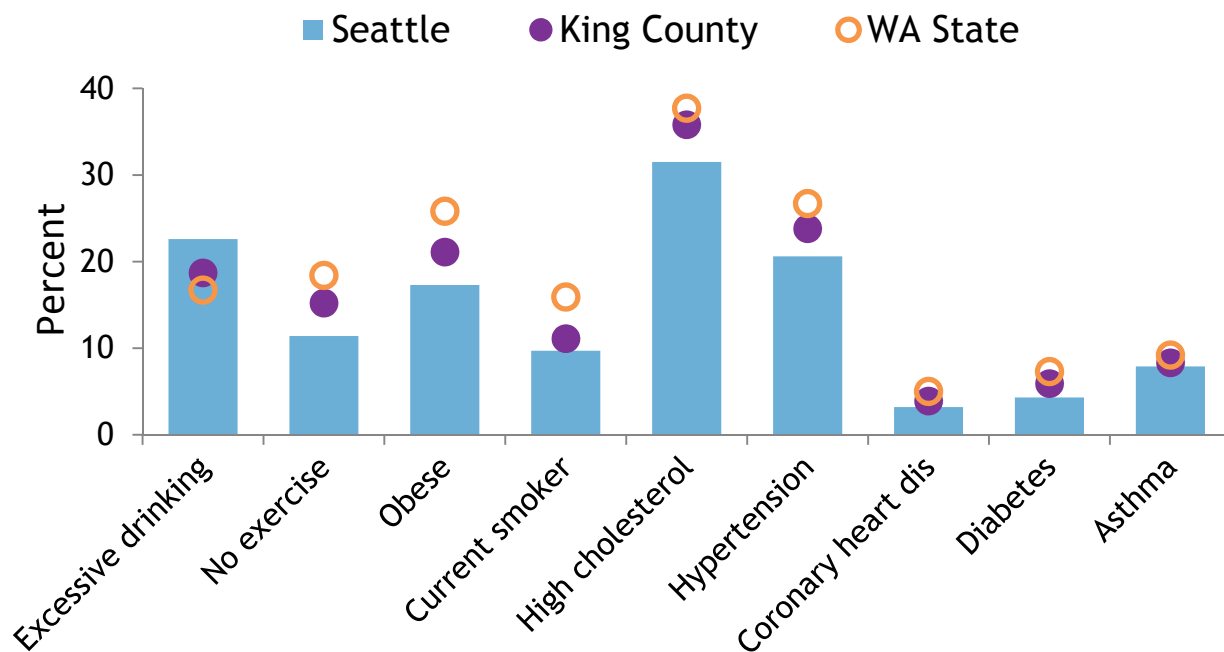
Rank: ranking among the 25 King County areas from worst (1) to best (25).

SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.

Data source: Death certificate data, Washington State Department of Health, Center for Health Statistics.

Health risk factors and chronic diseases

Health risk factors are behaviors and characteristics that make people more likely to develop disease. Awareness of these risk factors may enable people to make healthy choices about their activities, habits, and diets. Some risk factors, like hypertension and high cholesterol, are also chronic conditions that should be monitored by a healthcare provider, and if treated, may be able to be prevented or reversed. The prevalence of coronary heart disease, diabetes, and asthma among adults are also presented in this section.



Indicator (2007-2011 averages)	Seattle			KC	WA
	Pct	Rank	SIG	Pct	Pct
Excessive alcohol consumption	23	1	H	19	17
Did not participate in any physical activity	11	21	L	15	18
Obese (BMI>=30)	17	20	L	21	26
Current smoker	10	15	L	11	16
Have high blood cholesterol	32	22	L	36	38
Ever been told to have high blood pressure	21	24	L	24	27
Had coronary heart disease or heart attack	3	20	L	4	5
Have been told to have diabetes	4	21	L	6	7
Have current asthma	8	17	N	8	9

Note: unless specified, data are for adults age 18+. WA State data are for 2006-2010.

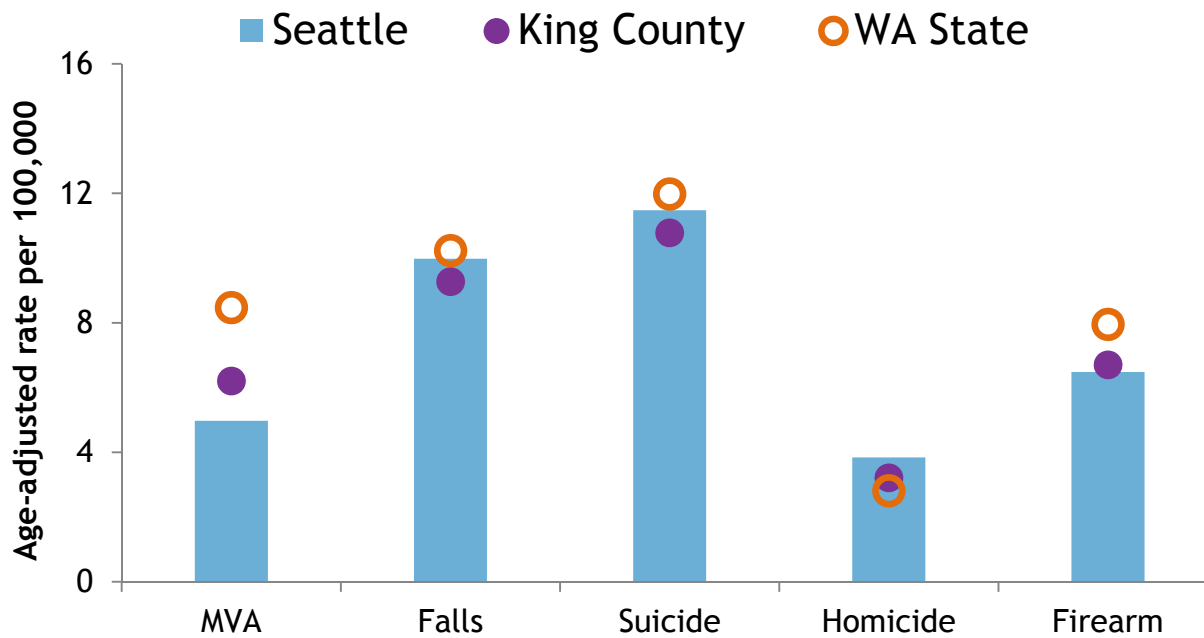
Rank: ranking among the 25 King County areas from worst (1) to best (25).

SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.

Data source: the Behavioral Risk Factor Surveillance System (BRFSS), Washington State Department of Health, Center for Health Statistics.

Injury and violence-related mortality

Injury is a leading cause of death, disability, and hospitalization. Many unintentional and intentional injuries are potentially preventable. For example, death from motor vehicle accidents can be reduced through education, mandating the use of seatbelts, tougher laws against drunk driving and distracted driving, and engineering.



Indicators (2006-2010 data)	Seattle				KC	WA
	Rate	Count	Rank	SIG		
Motor vehicle accidents (MVA)	5.0	158	17	N	6.2	8.5
Falls	10.0	319	9	N	9.3	10.2
Suicide	11.5	379	8	N	10.8	12.0
Homicide	3.8	127	NA	N	3.2	2.8
Firearm	6.5	214	14	N	6.7	8.0

Rate: age-adjusted rate per 100,000.

Count: five-year total deaths.

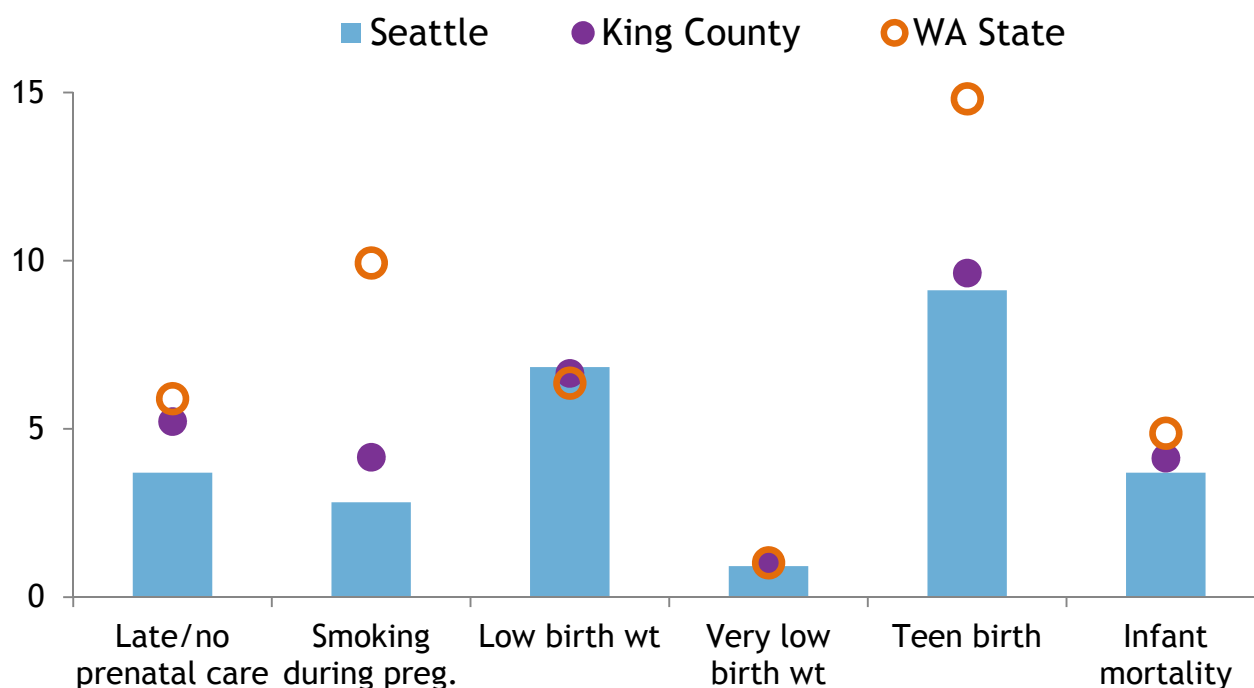
Rank: ranking among the 25 King County areas from worst (1) to best (25). For homicide, ranking is not provided because there are insufficient numbers for reliable comparisons.

SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.

Data source: Death certificate data, Washington State Department of Health, Center for Health Statistics.

Maternal and child health

Planning for a healthy pregnancy and a healthy baby begins before conception, through healthy lifestyle and nutrition choices. Once pregnant, getting early and regular prenatal care is an important step to have a healthy pregnancy and to decrease the incidence of maternal and prenatal morbidity and mortality.



Indicators (2006-2010 data)	Seattle				KC	WA
	Rate	Count	Rank	SIG	Rate	Rate
Late or no prenatal care/100 births	3.7	1093	19	L	5.2	5.9
Smoking during pregnancy/100 births	2.8	970	19	L	4.2	9.9
Low birth weight (< 2500)/100 births	6.8	2414	9	N	6.7	6.4
Very low birth weight (< 1500)/100 births	0.9	325	14	N	1.0	1.0
Adolescent birth rate per 1000 females 15-17	9.1	300	10	N	9.6	14.8
Infant mortality per 1000 live births	3.7	131	12	N	4.1	4.9

Rank: ranking among the 25 King County areas from worst (1) to best (25).

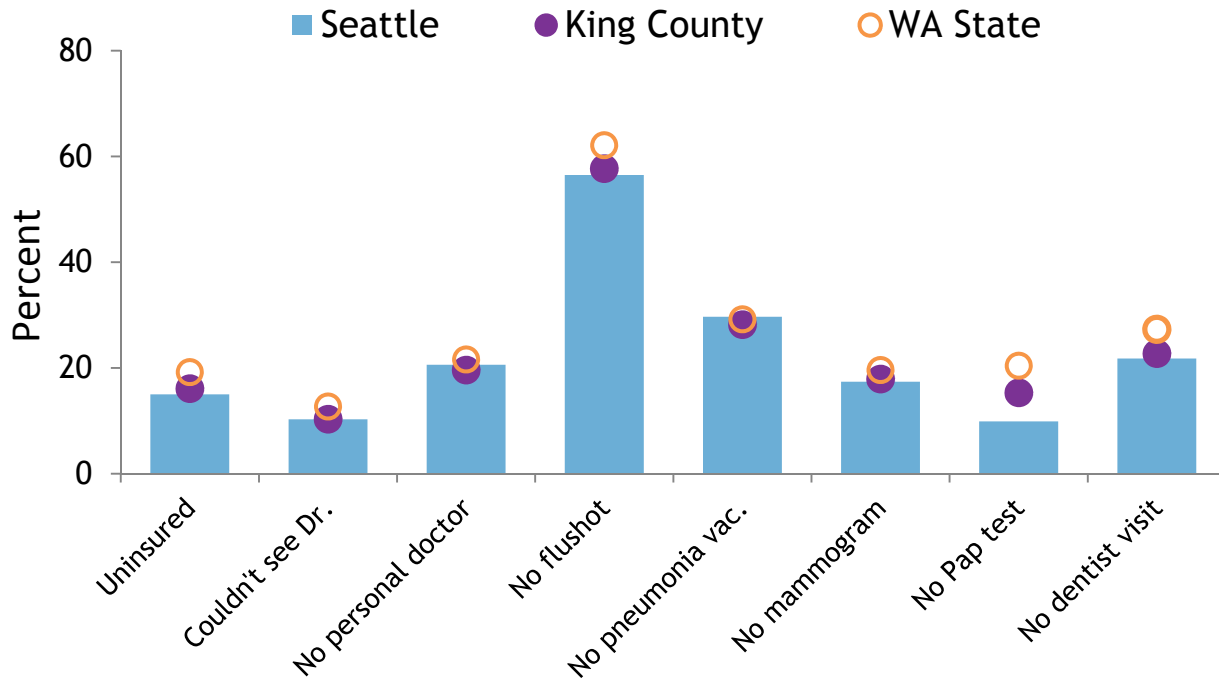
Count: five-year total numbers.

SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.

Data sources: Birth Certificate and linked infant birth-death certificate data, Washington State Department of Health.

Access to care and preventive services

Having access to adequate and timely health care and receiving recommended preventive services prevent or lessen illness and improve quality of life.



Indicator (2007-2011 averages)	Seattle			KC	WA
	Pct	Rank	SIG	Pct	Pct
Uninsured (age 18-64)*	15	NA	NA	16	19
Could not see a doc. 1+ times in past year due to cost	10	12	N	10	13
Does not have a personal doctor	21	8	N	20	22
Did not have a flu shot during the past year	57	16	N	58	62
Never had pneumonia vaccination (age 65+)	30	10	N	28	29
No mammogram within 2 years (age 50-74)	17	15	N	18	20
No Pap test within 3 years, age 21-65	10	23	L	15	20
No dental visit during the past year	22	13	N	23	27

Note: unless specified, data are for adults age 18+. WA State data are for 2006-2010.

Rank: ranking among the 25 King County areas from worst (1) to best (25).

SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.

Data source: the Behavioral Risk Factor Surveillance System (BRFSS), WA State Department of Health, Center for Health Statistics.

*The uninsured rate, if available, is based on the American Community Survey, 3-year average, 2009-2011.

Neighborhood Comparison - Seattle														
Seattle	NW Seattle	North Seattle	Ballard	Fremont/ Greenlake	QA/ Magnolia	NE Seattle	Capitol Hill/ E.lake	Downtown	Central Seattle	Beacon/ Gtown/ S.Park	SE Seattle	West Seattle	Delridge	Compare
Total Population, 2010	42566	44332	51822	50863	57494	67415	44740	42610	44407	39242	40305	52689	30296	
Age Groups (%)														
0-17	15.3%	16.6%	16.3%	11.8%	12.9%	15.8%	10.0%	4.0%	16.1%	22.2%	22.5%	16.9%	23.6%	
18-24	9.3%	10.3%	5.9%	16.1%	11.2%	26.9%	11.0%	12.4%	12.7%	9.0%	7.8%	4.8%	8.5%	
25-44	37.1%	34.8%	41.3%	44.4%	40.0%	26.9%	47.2%	45.1%	37.4%	31.0%	30.2%	33.7%	36.2%	
45-64	25.1%	26.2%	27.3%	20.6%	25.0%	21.1%	22.7%	25.3%	23.4%	25.5%	27.3%	31.1%	23.5%	
65+	13.2%	12.1%	9.3%	7.1%	10.9%	9.3%	9.1%	13.1%	10.4%	12.2%	12.2%	13.4%	8.2%	
Race/Ethnicity														
White	72.2%	68.1%	87.7%	81.3%	84.8%	77.6%	82.3%	64.0%	55.3%	26.6%	34.9%	85.2%	53.5%	
Black/African American	6.0%	7.2%	1.6%	1.8%	2.2%	2.0%	3.9%	11.2%	19.2%	17.8%	26.2%	2.4%	14.5%	
American Indian/Alaska Native	1.0%	1.0%	0.6%	0.5%	0.6%	0.4%	0.5%	1.6%	0.8%	0.9%	0.7%	0.7%	1.6%	
Asian	11.9%	14.6%	4.5%	10.1%	6.6%	13.4%	7.2%	16.4%	14.5%	42.6%	27.6%	5.2%	16.6%	
Native Hawaiian/Pacific Islander	0.3%	0.5%	0.1%	0.2%	0.2%	0.2%	0.2%	0.4%	0.3%	0.7%	0.9%	0.3%	1.3%	
Other	3.1%	3.0%	1.3%	1.2%	1.2%	1.3%	1.4%	2.1%	3.9%	5.5%	3.6%	1.4%	5.9%	
Multiple race	5.5%	5.7%	4.1%	5.0%	4.4%	5.1%	4.5%	4.3%	5.9%	5.8%	6.2%	4.8%	6.6%	
Hispanic/Latino	7.4%	7.8%	4.6%	4.4%	4.7%	4.4%	5.2%	6.6%	8.3%	11.2%	8.3%	5.3%	13.2%	
Education (among adults 25+)														
No high school diploma	8%	7%	3%	2%	1%	2%	3%	12%	12%	23%	19%	4%	13%	
No college degree	57%	48%	40%	29%	32%	25%	32%	50%	47%	72%	65%	47%	65%	
Poverty														
Below 100% Federal Poverty Level	13%	12%	6%	13%	7%	17%	10%	23%	17%	16%	16%	7%	12%	
Below 200% Federal Poverty Level	27%	25%	15%	24%	16%	27%	22%	39%	33%	36%	35%	16%	28%	
Foreign Born	18%	21%	8%	11%	10%	14%	11%	23%	19%	43%	31%	9%	22%	
Non-English speaking at home	22%	23%	9%	13%	12%	17%	12%	24%	23%	57%	41%	12%	29%	
Life Expectancy at birth (years)	79.9	82.2	81.8	83.0	83.6	85.1	83.3	78.3	78.6	80.5	78.7	81.6	79.2	
Deaths Per Year (2006-2010 Average)	389	324	299	226	328	282	199	369	320	265	341	458	166	
Leading Causes of Death (Age-adjusted Rate Per 100,000 Population)														
Cancer	176.0	137.2	154.2	142.2	136.3	138.2	146.4	157.6	210.0	163.7	168.4	151.9	189.9	
Heart disease	146.3	135.5	151.7	134.7	135.5	105.1	110.5	168.1	142.6	136.7	169.6	133.3	145.9	
Alzheimer's disease	48.5	38.3	33.0	41.5	38.5	27.9	34.6	23.6	53.6	27.6	57.9	51.9	25.4	
Stroke	36.7	29.9	41.8	33.6	27.7	21.8	32.7	28.8	45.0	47.7	50.9	39.7	43.8	
Accidents	37.7	33.7	33.0	28.8	23.9	19.0	33.6	80.5	40.0	35.8	34.1	31.5	41.5	
Chr lower resp dis	45.2	31.3	29.2	24.2	30.4	18.7	21.1	37.3	28.0	31.9	33.3	33.6	47.4	
Diabetes mellitus	16.6	20.3	14.0	16.3	13.9	10.4	15.1	26.2	36.4	32.8	32.3	16.3	20.6	
Suicide	14.7	12.2	10.3	8.8	9.3	9.1	15.0	17.4	12.7	8.9	4.1	14.4	16.4	
Influenza and pneumonia	10.1	8.6	9.8	10.8	10.9	5.5	8.4	12.3	16.3	14.2	14.2	9.8	7.2	
Chr liver dis and cirrhosis	10.4	5.2	10.7	4.8	8.8	4.9	5.2	20.2	7.6	4.3	10.1	10.4	12.1	
Health Risk Factors, age 18+ (%)														
Obese (BMI>=30)	20%	21%	15%	15%	16%	10%	12%	22%	18%	19%	16%	21%	32%	
Current smoker	9%	14%	8%	5%	8%	4%	12%	14%	10%	11%	17%	9%	14%	
No physical activity in last 30 days	9%	11%	11%	5%	7%	8%	12%	12%	13%	32%	17%	12%	15%	
General health is fair or poor (%)	11%	9%	8%	9%	7%	4%	10%	13%	9%	14%	13%	8%	16%	