



Executive Summary

The Healthy People 2010 initiative was designed to promote health and prevent illness, disability, and premature death. The health objectives detailed in the initiative provide a roadmap to improve health in the first decade of the twenty-first century.

The goals of Healthy People 2010 are to:

- Increase quality and years of healthy life
- Eliminate health disparities

Eliminating health disparities in racial and ethnic communities has not been an easy task, although efforts have already made some progress. Identifying health disparities through data is the first step in eliminating disparities.

This report provides relevant information about the health status of our minority communities through 69 health status indicators in the state of Utah, using data that ranges from 1997 through 2004.

This report has been organized into the following eight sections:

- Demographic Context
- Health Care Services and Systems
- Risk Factors for Illness
- Health Problems of Mothers and Infants
- Infectious Diseases
- Injury and Violence
- Chronic Diseases and Conditions
- Cancer

Highlights from each section in which significant health disparities were found among minority communities are outlined below. Further detail on these indicators can be found in the report.

Demographic Context

- On average, Utah's population is younger than that of other states, with 27.1 as the median age compared to 35.3 for the U.S. With the exception of the Asian population, the average ages of minority populations within Utah are lower than that found in the White, non-Hispanic population.
- The highest all-cause death rate was found among Black or African American persons (1,016.0 per 100,000 population compared with 797.2 in Utah, overall).
- The shortest life expectancy at birth among all groups was found among Black/African American (74.2 years) or American Indian/Alaska Native (74.5 years) Utahns, compared with 77.9 years, overall.
- American Indian/Alaska Native (17.4%) and Hispanic/Latino (12.7 %) persons had higher rates of poverty than Utah's general population (9.1%). Children who were American Indian/Alaska Native (37.6%), Black or African American (23.9%), and Hispanic/Latino (22.2%) were more likely to be living in poverty than children statewide (10.1%).

Health Care Services and Systems

- The proportion of persons covered by health insurance was lowest in the Hispanic/Latino population (24.8%). In other words, one out of every four Hispanic/Latino persons did not have insurance.
- Hispanic/Latino Utahns were significantly less likely than the state to report they had a usual source of care, colon cancer screening, Pap test, PSA test, blood cholesterol screening, and adult influenza immunization.



Executive Summary

- Utah's American Indian/Alaska Native populations were most likely to report that they were unable to access care when they needed it even though they had health insurance. Indian Health Service was considered health insurance coverage for this analysis.
- Black/African American Utahns had the largest percentage of persons reporting high blood pressure (35.8% compared with 22.6% overall).
- Utah's minority communities each had significantly lower rates of early prenatal care than Utah's overall population (78.0%). Utah's Native Hawaiian/Pacific Islander population (48.1%) had the lowest percentage of mothers receiving early prenatal care.

Risk Factors for Illness

- Overweight/obesity increases risk for chronic disease. With the exception of Asian (32.1%), all Utah minority groups had significantly higher percentages of adult overweight/obesity (64.0% to 79.9%) when compared against the overall population (55.6%).
- Most likely to report "no physical activity" were American Indian/Alaska Native and Hispanic/Latino Utahns.
- Cigarette smoking was reportedly higher among Utahns who were Black/African American.
- Chronic drinking was more common among Utah's American Indian/Alaska Native (8.6%) population. Binge drinking was significantly more common among persons who were Black/African American (24.9%), American Indian/Alaska Native (18.5%), and Hispanic/Latino (14.5%) compared with all Utahns (9.4%).

Health Problems of Mothers and Infants

- The infant mortality rate for all Utah infants was 5.2 per 1,000 live births. Among Black/African American and Hispanic/Latino populations, the infant death rate was significantly higher (13.8 and 6.4 respectively).
- Of all live births, 6.6% of Utah infants were born with low birth weight. Babies born to Black/African American (14.7%), American Indian/Alaska Native (9.2%), and Asian (8.8%) mothers were at greater-than-average risk of being low birth weight. The percentage of babies born with low birth weight among Black or African American mothers was more than double than Utah's general population.
- Adolescent births are defined as births to girls aged 15–17. Rates of adolescent births were highest among Hispanic/Latina (65.9 per 1,000 girls), and were also significantly higher among American Indian/Alaska Native (44.0), and Native Hawaiian/Pacific Islander (31.9) girls compared with the state average. The Hispanic/Latina rate was nearly four times the rate for Utah overall (17.5).
- Rates of structural birth defects were lower among Asian/Pacific Islander (17.2 per 1,000 births), Black/African American (14.3), and Hispanic/Latino (18.4) Utah mothers than for Utah mothers overall.

Infectious Diseases

- New cases of tuberculosis were more common among persons who were Black/African American (19.9 per 100,000), Asian (15.8), Native Hawaiian/Pacific Islander (10.3), and Hispanic/Latino (5.9) than all Utahns (1.7).
- Chlamydia rates were higher among American Indian/Alaska Native (212.3, per 100,000), Black/African American (368.6), and Hispanic/Latino (402.1) populations than among the entire state (147.5).



Executive Summary

- Rates of gonorrhea were higher among Black/African American (85.0 per 100,000) and Hispanic/Latino (34.6) Utahns than for Utah overall.
- HIV incidence was higher among Black/African American (78.0 per 100,000) and Hispanic/Latino (15.7) communities than among Utah's general population (7.7).

Injury and Violence

- The rate of unintentional injury deaths among American Indian/Alaska Native Utahns (76.7 per 100,000) was more than twice as high as Utah's overall rate (33.8). The rate of motor vehicle crash deaths was nearly four times as high among American Indian/Alaska Native Utahns as the general population.
- In Utah, Black/African American, American Indian/Alaska Native, and Hispanic/Latino persons die from homicide at a rate two to three times that of the general population.

Chronic Diseases and Conditions

- The percentage of persons who reported fair or poor health (as opposed to good, very good or excellent health) was higher among Utahns who were American Indian/Alaska Native (21.5%), Native Hawaiian/Pacific Islander (17.6%), or Hispanic/Latino (19.5%) than for all Utahns (11.0%).
- Utah's Black/African American and American Indian/Alaska Native populations were most likely to report seven or more days of poor mental health (27.1% and 22.9% respectively), compared to the overall state rate (15.0%).
- The percentage of adults diagnosed with arthritis in Utah was somewhat higher than average for Utah's American Indian/Alaska Native (32.2%) and Black/African American (34.3 %) populations. Arthritis was also more common among women, older persons, and persons who had hypertension or diabetes.
- Asthma incidence among Utahns who were American Indian/Alaska Native (11.4%) was twice the rate found among Utahns overall (5.5%).
- Diabetes rates among American Indian and Alaska Native persons were about twice that of all Utahns for both diabetes and diabetes deaths. Hispanic/Latino populations had higher diabetes prevalence among adults aged 35 or over.¹
- American Indian/Alaska Native Utahns (8.7%) were more likely to have been diagnosed with coronary heart disease than the state overall (4.5%). Utah's Asian/Pacific Islander (31.9 per 100,000 population) and Hispanic/Latino (71.7) populations had lower rates of death from coronary heart disease than the state overall (99.4).

Cancer

- Colorectal cancer death rates were highest among Utah's Black/African American population (35.8 per 100,000) compared to Utah's general population (16.1).
- Black or African American men (63.0) had twice the risk of death from prostate cancer as men from Utah's general population (31.4 per 100,000 males).

The Utah Department of Health has been working for many years with initiatives to eliminate the inequalities in the health of our state. The Department continuously strives to improve information systems because they are an indispensable tool to eliminate the disparities or inequalities that exist in health.