



Cass County
HEALTH
Department

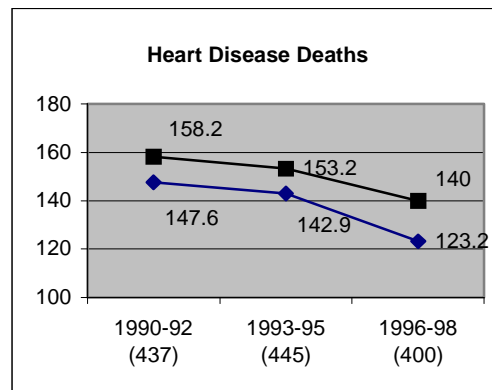
Cass County Health View

March 2001

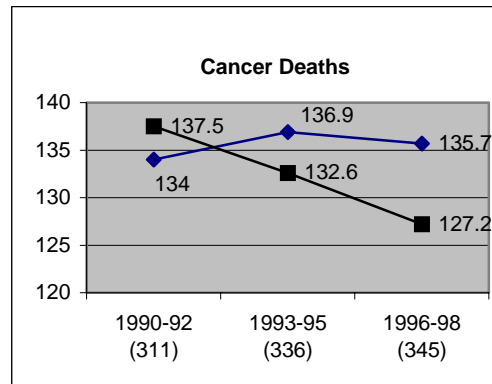
Focus on Chronic Disease

The Cass County Community Assessment Health View report cards are developed by the Van Buren/ Cass County District Health Department to present health information that is current and relevant to the county. By monitoring the collected data, we can then create initiatives and programs to improve the health of Cass County residents. This report card focuses on chronic disease. Most chronic diseases result from lifestyle behaviors such as lack of exercise, poor diet, excessive stress, or abuse of alcohol, tobacco and other drugs. Education emphasizing prevention is most helpful in the fight against chronic diseases. At the current time the Health Department's programs dedicated to chronic disease include, cardiovascular risk screenings, nutrition and exercise educational seminars and substance abuse therapy.

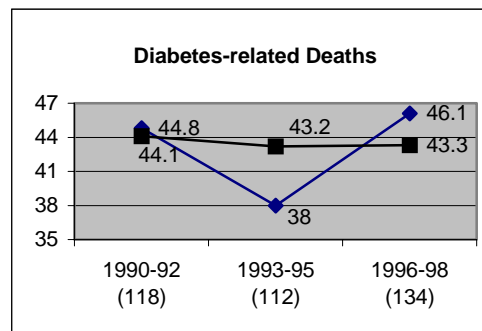
Rates, in graph, are three-year age-adjusted averages of deaths for Cass County and Michigan residents. The numbers in parentheses are the total number of deaths from each disease in Cass County. Visit our website at www.vbcassdhd.org



Heart Disease Rates have made a decline over the last decade. In 1998 the Cass County Heart disease death rate was 122.1; the county is below Michigan's rate of 137.9. In spite of the decline, heart disease continues to be the leading cause of death for our County, Michigan, and the U.S. In 1998, heart diseases accounted for 29.7% off all Cass County deaths.



Cancer is the second leading cause of death in Cass County. The rate has slowly been increasing in the past ten years. Lung Cancer is the leading form of Cancer in the county, along with colorectal, breast and prostate cancer. Research has indicated that cancer incidence can be greatly reduced by early detection, smoking cessation, and changed dietary habits.



The rate of **Diabetes**-related deaths in Cass County has increased in the last decade. The number of people being diagnosed has also increased. Research indicates that nationally Type II Diabetes has been on the rise due to an increase in obesity, lack of exercise, and poor diet of Americans. Prevention efforts to control weight, improve diet, and exercise can both reduce the number of people developing diabetes and reduce the mortality of those with diabetes.

◆ Cass County ■ Michigan

* Source: Division of Vital Records and Health Statistics, MDCH