



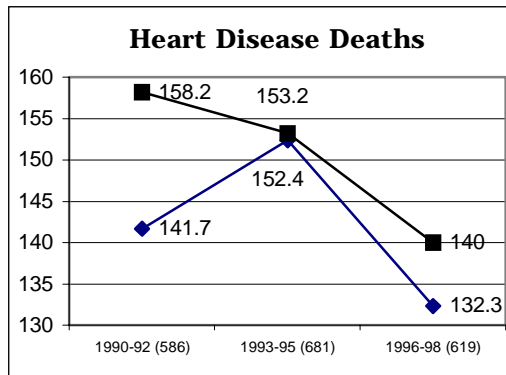
Van Buren County Health View

March 2001

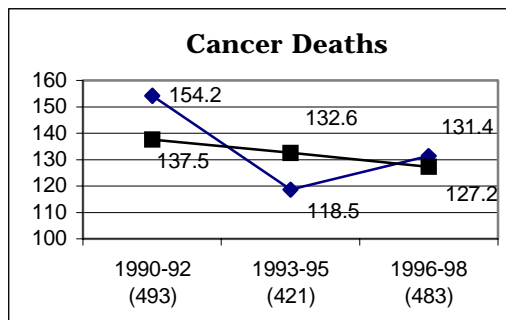
Focus on Chronic Disease

The Van Buren 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 Van Buren 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.

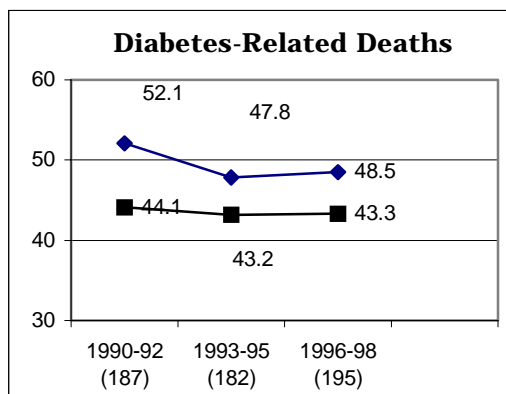
Rates, in graph, are three-year age-adjusted averages of deaths for Van Buren County and Michigan residents. The numbers in the parentheses are the total number of deaths from each disease in Van Buren County. Visit our website at www.vbcassdhd.org



Heart Disease Rates have made a decline over the last decade. From 1996-98 the Van Buren County heart disease death rate was 132.3, which is below Michigan's rate of 140.0. 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 disease accounted for 31.6% of all Van Buren County deaths.



Cancer is the second leading cause of death in Van Buren County. The overall cancer death rate has decreased over the past decade. Lung, colorectal, breast, and prostate cancer are the most frequent causes for the cancer deaths. Compared with Michigan, Van Buren County has shown an increase of deaths as a result of colorectal cancer. Screening for early detection can substantially improve the current rate for colorectal, breast, and prostate cancer. Lifestyle modifications such as smoking cessation, dietary changes can have a major impact reducing the incidence of lung cancer.



The rate of **Diabetes**-related deaths in Van Buren County has slightly decreased over the last decade. 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.

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