

# Adult Health

## General Health

About 20% of Mason County adults describe their health in general as being fair or poor. (D1-2)

### Health of Adults 18+, Mason County & Washington State 2004

Area	% Good, Very Good or Excellent	% Fair or Poor
Mason County	80%	20%
Washington	87%	13%

## Health-Related Quality of Life

About 37% of Mason County adults report experiencing poor physical health during the past 30 days. (D1)

### Adults 18+ who Experienced Poor Physical Health during the Past 30 Days, Mason County & Washington State 2004

Area	% No Days Poor Physical Health	% 1 or More Days Poor Physical Health	% 14+ Days Frequent Physical Distress
Mason County	63%	37%	15%
Washington	63%	37%	11%

About 38% of Mason County adults report experiencing poor mental health during the past 30 days. (D1)

### Adults 18+ who Experienced Poor Mental Health during the Past 30 Days, Mason County & Washington State 2004

Area	% No Days Poor Mental Health	% 1 or More Days Poor Mental Health	% 14+ Days Frequent Mental Distress
Mason County	62%	38%	15%
Washington	63%	37%	11%

## Disability

About 27% of Mason County adults describe themselves as being limited in their activities due to a physical, mental or emotional condition. (D1-2)

### Adults 18+ who are Limited in their Activities due to a Physical, Mental or Emotional Condition, Mason County & Washington State 2004

Area	% No Limited	% Yes Limited
Mason County	73%	27%
Washington	79%	21%

The death rate for Mason County residents was higher when compared to Washington State. The age-adjusted death rate from all causes for Mason County residents was 869.8 per 100,000. In comparison the death rate for Washington State residents from all causes was 793.6 per 100,000 (based on 2000-2003 data). (D4)

The age-adjusted death rate from all causes for female county residents was 795.8 per 100,000. In comparison the female death rate for State residents from all causes was 677.8 per 100,000 (based on 2000-2003 data). (D4)

The age-adjusted death rate from all causes for male county residents was 947.1 per 100,000. In comparison the male death rate for State residents from all causes was 943.6 per 100,000 (based on 2000-2003 data). (D4)

Life expectancy for all Mason County children born in 2003 is 77 years. (D3)

Of Mason County adults who experienced 1 or more days of poor physical or mental health, about half said their health kept them from doing their usual activities (based on 2004 data). (D1)

In 2004, 11% of Mason County adults have a health problem that requires them to use special equipment such as a cane, wheelchair, or a special telephone. In comparison, 7% of Washington State adults need to use special equipment for a health problem. (D1)

# = Number or count  
% = Percent

## Adult Leading Causes of Death

### Top 10 Leading Causes of Death for Adults 18+, Mason County 2000-2003 (D4-5)

Cause of Death	Rank	Average # Per Year	% of All Deaths
Cancer	1 <sup>st</sup>	133	27%
Heart Disease	2 <sup>nd</sup>	122	24%
Stroke	3 <sup>rd</sup>	35	7%
Chronic Lower Respiratory Disease	4 <sup>th</sup>	32	6%
Accidents	5 <sup>th</sup>	26	5%
Alzheimer's	6 <sup>th</sup>	17	3%
Diabetes	7 <sup>th</sup>	16	3%
Influenza and Pneumonia	8 <sup>th</sup>	12	2%
Chronic Liver Disease and Cirrhosis	9 <sup>th</sup> (tie)	7	1%
Suicide	9 <sup>th</sup> (tie)	7	1%

**Notes:**

- Chronic Lower Respiratory Disease = includes Bronchitis, Emphysema, and Asthma.
- Accidents = includes unintentional deaths related to transportation (for example motor vehicle) and non-transportation (for example drowning, fire, falls and poisoning) injuries.

## Chronic Disease and Conditions

Chronic diseases are the leading cause of death and disability. These diseases are rarely curable by medicine, vaccine or other health care approaches. Though some chronic diseases are genetically determined, many chronic diseases are largely preventable. (D8)

### Prevalence of Selected Chronic Health Conditions among Adults 18+, Mason County & Washington State 2003/2004 (D1.7)

Area	% Arthritis	% Asthma	% Diabetes	% Obesity
Mason County	34%	13%	14%	24%
Washington	27%	9%	7%	22%

**Notes:**

- Asthma = based on the determination of a health care professional, includes only individuals who currently have asthma. Those previously diagnosed, for example when they were a child but who do not have the condition now, are excluded.
- Diabetes = based on the determination of a health care professional, includes Type I, Type II and Gestational Diabetes.
- Obesity = based on a BMI (body mass index) of 30.0+ derived from self-reported height and weight.

### Deaths from Selected Chronic Diseases among Adults 18+, Mason County & Washington State 2000-2003 (D4)

Area	Rate Cancer	Rate Diabetes	Rate Heart Dis.	Rate Liver Dis.	Rate Stroke
Mason County	348.3	40.5	233.9	19.0	90.8
Washington	240.6	32.0	187.3	12.0	82.6

**Notes:**

- Rate per 100,000.
- Cancer = Includes all forms of Cancer in men and women.
- Heart Dis. = Coronary Heart Disease.
- Liver Dis. = Chronic Liver Disease and Cirrhosis. Includes alcohol and non-alcohol related deaths.

The top 3 leading causes of death for Washington State adults 18+ (based on 2000-2003 data):

- 1 - Heart Disease
- 2 - Cancer
- 3 - Stroke

The top 3 leading causes of death for all female Mason County residents:

- 1 - Cancer
- 2 - Heart Disease
- 3 - Stroke

The top 3 leading causes of death for all male Mason County residents:

- 1 - Cancer
- 2 - Heart Disease
- 3 - Accidents

Based on 2000-2003 data. (D4)

Many factors contribute to health ranging from genetics, environmental exposure, personal behavior and access to health care. Scientific research has shown that there is a short list of "actual" causes of death. These actual causes of death are linked to the greatest number of deaths and primarily involve personal lifestyle choices. (D6)

Actual causes of death include:

- Tobacco Use and Exposure
- Poor Diet
- Physical Inactivity
- Alcohol Consumption
- Infectious Agents
- Toxic Agents
- Motor Vehicles
- Firearms
- Risky Sexual Behavior
- Illicit Drug Use

Prevalence describes how common a health condition, disease or illness is within a specific population group at a certain point of time.

## Cancer Incidence

Based on 2000-2003, Mason County had the 4<sup>th</sup> highest cancer incidence rate in Washington State among adults 18+ (compared to all 39 counties). An average of 376 new cases of cancer are identified each year among Mason County adults 18+ (based on 2000-2003 data). (D10-11)

### Cancer Incidence by Type among Adults 18+, Mason County & Washington State 2000-2003

Type of Cancer	Rate Mason County	Rate Washington
Breast (Female)	302.3	244.2
Prostate	270.0	201.2
Lung	168.6	87.3
Colorectal	96.7	64.7
Melanoma (Skin)	60.1	50.4
Bladder	51.0	30.0
Non-Hodgkin Lymphoma	35.3	27.7
Kidney	28.8	17.2
Oral Cavity & Pharynx	26.8	14.7
<b>All Cancer (All Sites)</b>	<b>982.8</b>	<b>692.4</b>

Notes:

- Rate per 100,000.
- Types selected based on being more common or prevalent.

## Risk Factors for Chronic Conditions

Mason County adults had a higher prevalence of the selected risk factors below, when compared to all Washington State adults. (D1,7)

### Prevalence of Selected Risk Factors for Chronic Health Conditions among Adults 18+, Mason County & Washington State 2003 and 2004

Health/Behavior Issue	% Mason County	% Washington
High Blood Pressure	33%	24%
High Blood Cholesterol	42%	33%
Currently at an Unhealthy Weight	62%	58%
No Leisure Time Physical Activity/Exercise	31%	17%
Less than 5 Servings of Fruit or Vegetables Daily	78%	77%
Current Cigarette Smoking	28%	19%

Notes:

- High Blood Pressure = based on the determination of a health care professional.
- High Blood Cholesterol = based on the determination of a health care professional.
- Unhealthy Weight = Overweight or Obese defined as a BMI (body mass index) of 25.0+.
- Servings of Fruit or Vegetables = includes all forms of consumption such as eating fresh fruit, frozen vegetables or drinking juice.
- No Leisure Time = no physical activity or exercise during the past 30 days. For those that work, only physical activity outside of work is counted.
- Current Tobacco Smoker = includes individuals who smoke every day or only some days.
- 2003 data used for high blood pressure, high blood cholesterol, less than 5 servings of fruit or vegetables prevalence.
- 2004 data used for unhealthy weight, no leisure time physical activity and current cigarette smoking prevalence.

Individuals at an unhealthy weight (obese and overweight) are at higher risk for the development of high blood pressure, Type II Diabetes, coronary heart disease and Osteoarthritis compared to individuals of a healthy weight. (D9)

An average of 56 new cases of breast cancer are identified each year among Mason County 'women' age 18+ (based on 2000-2003 data). (D11)

An average of 37 new cases of colorectal cancer are identified each year among Mason County adults 18+ (based on 2000-2003 data). (D11)

An average of 65 new cases of lung cancer are identified each year among Mason County adults 18+ (based on 2000-2003 data). (D11)

An average of 54 new cases of prostate cancer are identified each year among Mason County 'men' age 18+ (based on 2000-2003 data). (D11)

An average of 23 new cases of melanoma of the skin are identified each year among Mason County adults 18+ (based on 2000-2003 data). (D11)

29% of Mason County adults have had a sunburn at least once during the past year. (D1)

Incidence describes the number of new cases of a health condition, disease or illness identified within a specific population group at a certain point of time.

## Substance Use

About 43% of Mason County adults have tried an illicit drug at some point during their lifetime. (D12.13)

### ***Lifetime Substance Use among Adults 18+, Mason County & Washington State 2003***

Type of Substance	% Mason County	% Washington
Binge Drinking	68%	68%
Marijuana	40%	42%
Hallucinogens	16%	17%
Cocaine or Crack	15%	16%
Methamphetamine	6%	6%
Sedatives	5%	5%
Tranquilizers	5%	5%
Heroin	2%	2%

**Notes:**

- Lifetime Use = Any use whether recently or in the past.
- Illicit Drug = includes marijuana, cocaine, hallucinogens, meth, heroin and other opiates, tranquilizers, sedatives and inhalants.
- Lifetime = includes having ever used the substance at any age or point in time including youth. Lifetime use does not indicate whether adults are currently using the drug or binge drinking.
- Binge Drinking = defined as 4+ alcoholic drinks in a day for women and 5+ drinks in a day for men.
- Hallucinogens = Among the oldest known group of drugs used for their ability to alter human perception and mood. Hallucinogenic agents include mushrooms, LSD, Ecstasy (MDMA), PCP, Mescaline, and Peyote.
- Sedatives = Depress the central nervous system and may also have effects on cognitive and motor functions; includes barbiturates and methaqualone.
- Tranquilizers = A class of drugs that slows the central nervous system. Common tranquilizers include Valium, Xanax, Rohypnol, and Librium.

## Alcohol and Drug related Deaths

An average of 16 Mason County adults die from alcohol or drug related causes each year (based on 2000-2003 data). (D14)

### ***Alcohol or Drug related Deaths among Adults 18+, Mason County & Washington State 2000-2003***

Area	Rate 2000	Rate 2001	Rate 2002	Rate 2003	Rate 2000-2003
Mason County	26.5	34.2	52.1	51.5	41.2
Washington	25.3	25.8	27.9	29.5	27.1

**Notes:**

- Rate per 100,000.
- Alcohol or Drug related = Includes many causes such as alcoholic cirrhosis of liver, accidental poisoning by alcohol, drug psychosis or withdrawal, and suicide by substance use.

2003 estimates for adult substance use during the 'past year' show that of Mason County adults 18+: (D12)

- 23% of county adults engaged in binge drinking during the past year
- 7% of county adults used marijuana during the past year
- 4% used some illicit drug, other than marijuana, during the past year

55% of Mason County adults consumed alcohol during the past 30 days. In comparison, 61% of Washington State adults consumed alcohol during the past 30 days (based on 2004 data). (D1)

29% of Mason County adults had 15 or more alcoholic drinks during the past month. In comparison, 23% of Washington State adults had 15 or more drinks during the past month (based on 2004 data). (D1)

6% of Mason County adults engaged in heavy alcohol consumption during the past month (based on 2003 and 2004 data). Heavy alcohol consumption was defined as men having an average of more than 2 drinks per day and women having an average of more than 1 drink per day. (D1.7)

The alcoholic liver disease death rate for Mason County adults was higher when compared to Washington State. The Mason County adult death rate for alcoholic liver disease was 15.0 per 100,000 and the Washington State rate was 9.2 per 100,000 (based on 2000-2003 data). (D14)

# Adult Health continued...

## Unintentional Injuries

An average of 342 hospitalizations occur among Mason County adults each year for non-fatal unintentional or accidental injuries (based on 2000-2004 data). (D15)

### ***Non-Fatal Unintentional Injury Hospitalizations for Adults 18+, Mason County & Washington State 2000-2004***

Cause of Non-Fatal Injury	Rate Mason County	Rate Washington
Cut or Pierced by Instruments or Objects	24.4	10.1
Falls	453.7	358.2
Fire and Burn Related	9.9	10.1
Machinery	9.9	5.7
Motor Vehicle Traffic-Related	121.6	74.4
Natural and Environmental Factors	16.6	13.0
Overexertion	28.6	19.5
Poisoning	30.1	33.9
Striking Against or Struck by Object or Person	31.7	15.6
Suffocation or Obstruction	5.7	4.9
<b>All Unintentional Injury Hospitalizations</b>	<b>888.2</b>	<b>673.4</b>

Notes:

- Rate per 100,000.
- Cut or Pierced = includes accidents caused by lawn mowers, power tools, household appliances, knives, and hand tools.
- Machinery = includes accidents involving agricultural machines, woodworking and metalworking machines, and construction related machines.
- Motor Vehicle Traffic-Related = includes traffic related injuries to the occupant of the motor vehicle, injuries to motorcycle riders, injuries to bicyclist and pedestrians resulting from traffic related accident involving a motor vehicle.
- Natural and Environmental Factors = includes injuries due to excessive heat or cold, storms, lack of food, venomous animals, and injury caused by an animal.
- Overexertion = includes injuries caused by excessive physical exercise or recreation related activities.
- Poisoning = includes accidentally ingesting medicinal substances or non-medicinal substances like alcohol, household products and food.
- Striking Against or Struck by = includes accidents involving falling objects like rocks or trees, bumping, or colliding into things, kicking or stepping on things, and being struck accidentally by sports equipment.
- Suffocation or Obstruction = includes choking on food or inhaling an object that obstructs breathing.

## Intentional Injuries

An average of 28 non-fatal suicide related hospitalizations and 9 non-fatal assault related hospitalizations occur among Mason County adults each year (based on 2000-2004 data). (D15)

### ***Non-Fatal Intentional Injury Hospitalizations for Adults 18+, Mason County & Washington State 2000-2004***

Cause of Non-Fatal Injury	Rate Mason County	Rate Washington
Suicide Attempt/Self-Inflicted	73.8	60.3
Assault	22.4	27.6

Note:

- Rate per 100,000.

Each year an average of:

- 175 fall hospitalizations
- 47 motor vehicle traffic-related hospitalizations
- 12 hospitalizations result from accidentally striking or being struck
- 12 accidental poisoning related hospitalizations
- 11 hospitalizations due to overexertion
- 9 hospitalizations due to being cut or pierced

occur among Mason County adults for non-fatal injuries (based on 2000-2004 data). (D15)

Based on 2000-2004 data:

- The fatality rate for all unintentional injuries among Mason County adults was 66.0 per 100,000 compared to 44.7 per 100,000 for Washington adults. (D16)
- The fatality rate for motor vehicle traffic-related injuries among Mason County adults was 29.1 per 100,000 compared to 13.7 per 100,000 for Washington adults. (D16)
- The suicide fatality rate among Mason County adults was 18.7 per 100,000 compared to 16.6 per 100,000 for Washington adults. (D16)
- The homicide fatality rate among Mason County adults was 5.7 per 100,000 compared to 4.0 per 100,000 for Washington adults. (D16)
- The fatality rate for all firearm related injuries (unintentional and intentional) among Mason County adults was 16.1 per 100,000 compared to 11.6 per 100,000 for Washington adults. (D16)

## Sexually Transmitted Disease (STD) Incidence

An average of 111 cases of Chlamydia are reported each year for Mason County (based on 2000-2004). (D2,17-18)

### Chlamydia Incidence among Residents of All Ages, Mason County & Washington State 2000-2004

Area	Rate 2000	Rate 2001	Rate 2002	Rate 2003	Rate 2004	Rate 2000-2004
Mason County	220.6	215.7	218.9	217.1	234.3	221.4
Washington	221.7	228.1	247.2	275.4	285.9	252.1

Notes:

- Rate per 100,000.
- The number of cases identified are impacted by increased screening among women and service availability within the community.
- The experience of symptoms, or lack of symptoms, can impact whether an individual seeks medical treatment and whether they are screened for sexually transmitted diseases.
- Chlamydia infections are often asymptomatic, lacking signs or symptoms that may prompt individuals to seek care or be screened for infection.
- Individuals can be re-infected and may be counted more than once during the calendar year.

An average of 8 cases of Gonorrhea are reported each year for Mason County (based on 2000-2004 data). (D2,17-18)

### Gonorrhea Incidence among Residents of All Ages, Mason County & Washington State 2000-2004

Area	Rate 2000	Rate 2001	Rate 2002	Rate 2003	Rate 2004	Rate 2000-2004
Mason County	16.2	20.2	12.0	25.9	9.8	16.8
Washington	41.0	50.1	48.4	45.2	45.6	46.1

Notes:

- Rate per 100,000.
- The experience of symptoms, or lack of symptoms, can impact whether an individual seeks medical treatment and whether they are screened for sexually transmitted diseases.

## HIV and AIDS

### HIV and AIDS by County of Residence at time of Testing, Mason County as of May 2006 (D19)

Status	# HIV+	# AIDS
Cases Diagnosed	21	76
Deaths	0	23
Presumed Living	21	53

Notes:

- HIV+ = Human Immunodeficiency Virus which is the virus that causes AIDS. Figures include individuals with HIV infection that is not known to have progressed to AIDS.
- Acquired Immunodeficiency Syndrome = the advanced stage of HIV-disease.
- Figures for HIV+ include, only, Mason County residents using confidential testing. Results from anonymous testing are not included in counts.
- Based on county of residence at time of testing positive for HIV or diagnosis of AIDS. Mason County is home to a state correction facility where HIV testing is done.

In 2004, the incidence rate for Chlamydia among female Mason County residents was 338.2 per 100,000 compared to 414.6 per 100,000 for all female Washington State residents. (D20)

In 2004, the incidence rate for Chlamydia among male Mason County residents was 137.1 per 100,000 compared to 156.3 per 100,000 for all male Washington State residents. (D20)

In 2004, the incidence rate for initial infection of Herpes was 27.6 per 100,000 for Mason County compared to 34.9 per 100,000 for Washington State. (D2,17)

Washington State is one of a few states that require reporting of initial infection of genital herpes. This reporting requirement was made permanent in 2005.

In 2004, 63% of Mason County residents of reproductive age used some form of birth control to prevent pregnancy. Forms of birth control include pills, implants, shots, condoms, diaphragm, foam, IUD, having tubes tied, or having a vasectomy. Reproductive age was defined as women age 18-44 and men age 18-59. (D1)

In 2004, 46% of adults 18-64 had been tested for HIV at some point during their lifetime. (D1)

Incidence describes the number of new cases of a health condition, disease or illness identified within a specific population group at a certain point of time.

(D1)

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