

Do you know your risks and numbers?

- A reduction in weight as little as 5-10% for those who are overweight can have a significant impact on health. This weight loss can result in lower blood pressure, and when combined with increased physical activity, can decrease blood glucose and cholesterol levels.
- A 5-10% weight loss also has a beneficial effect on knees and other weight-bearing joints, while simultaneously increasing energy levels.
- For these reasons and others, it is important that you understand your risks and know your numbers. We encourage you to identify and monitor your risks below:

Age: _____ Gender: _____ Race: _____

Family History:

Body Mass Index (BMI): _____ - Target <27

Blood Pressure (BP): _____ - Target < 120/80

Total Cholesterol: _____ - Target <200 mg/dl

HDL: _____ - Target >60mg/dl

LDL: _____ - Target <100mg/dl

Triglycerides: _____ - Target <150mg/dl

Blood Glucose (fasting): _____ - Target <100

**CONSULT YOUR HEALTH CARE PROVIDER TO DISCUSS ACCEPTABLE LEVELS
FOR YOUR AGE, FAMILY HISTORY, AND OVERALL CONDITION.**

Funding for this project was provided in part by the Missouri Foundation for Health, a philanthropic organization whose mission is to improve the health of the people in the communities it serves.

"Piecing Together a Better Health Solution"

2006 Northeast Missouri Community Health Report Card: Chronic Disease in our Midst



Adair
Clark
Knox
Lewis
Linn
Macon
Putnam
Schuyler
Scotland
Shelby
Sullivan



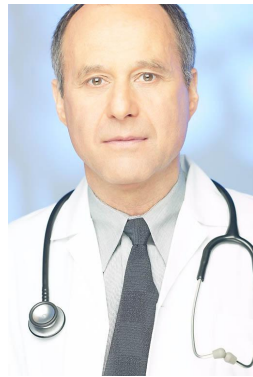
117 Potter Avenue * Kirksville, MO 63501
660-665-0330 (phone) or
877-539-2227 (toll free)
www.nmrhn.org



Lifestyle Drives Illness... and Health

According to public health experts, our behaviors, genetics and social circumstances have a far greater impact on our health status than the medical care that we receive.

When we smoke, eat poorly, and fail to exercise, we see a lower health status in our population, regardless of the healthcare that is available to us. The reverse is also true — if we engage in healthy behaviors, we can expect to reap the rewards.



There are an increasing amount of chronic medical conditions and diseases related to physical inactivity, and these illnesses are costing America billions of dollars each year in direct expenses and lost earnings.

- Heart disease costs the U.S. \$183 billion / year
- Cancer costs the U.S. \$157 billion / year
- Diabetes costs the U.S. \$100 billion / year
- Arthritis costs the U.S. \$65 billion / year

Source: The National Institutes of Health (2000)

Determinants of Health

Behaviors	40%
Genetics	30%
Social Circumstances (education, employment, income disparities)	15%
Access to Healthcare	10%
Environmental Conditions	5%

Source: McGinnis, Williams-Russo & Knickman, *Health Affairs*, Volume 21, No. 2 (2002)

How does northeastern Missouri stack up?

Prevalent NEMO Health Problems:
The following conditions are seen at higher rates in northeastern Missouri counties than the state average.

- **High Blood Pressure:** 2003 Missouri= 28.5% Adair (30.8%), Lewis (28.7%), Linn (34.8%), Putnam (31.6%), and Shelby (29.3%)
- **High Cholesterol:** 2003 Missouri = 37.3% in adults age 35+. Adair (41.4%), Clark (44.8%) Knox (44.8%), Linn (39.1%), Macon (50.1%), Putnam (42.1%), Schuyler (41.4%), Scotland (44.8%), and Sullivan (42.1%)
- **Diabetes:** 2003 Missouri = 7.2% Clark, Knox, Lewis & Scotland (7.7% each county), and Shelby (8.9%)

Causes of Chronic Disease Deaths in the United States, Missouri and Northeast Missouri Region

Indicator	U.S.	MO	NEMO
Heart Disease	232.3	263.0	255.1
Cancer	190.1	201.1	204.5
Stroke	53.5	57.3	58.2
Respiratory Disease	43.3	47.9	48.3
Diabetes	25.3	26.9	22.2
Influenza/Pneumonia	22.0	26.0	17.6
Alzheimer's Disease	21.4	20.6	21.0

2003 Rates are age-adjusted per 100,000 populations. Sources: Office of Social & Economic Data Analysis, Missouri Information for Community Assessment, and Missouri Department of Health & Senior Services.

How can I fight becoming a victim of chronic disease?

First and foremost, you can make healthy lifestyle choices. Research has proven that a healthy diet and active lifestyle can help prevent many forms of cancer and vascular disease. Take advantage of education, prevention, and screening programs available throughout the community. If you have a chronic condition, visit your health care provider regularly and follow his or her advice on medical care and lifestyle interventions.

If you are uninsured or face high deductibles that make regular health care difficult to access, call **CareLink**. Through the CareLink program, NMRHN partners with a variety of regional health care agencies to provide preventive screenings, mental health services, and health education to the uninsured and underinsured.

The **NMRHN Prescription Drug Assistance Program (PDAP)** aids patients who qualify to enroll for free or reduced cost medications offered by pharmaceutical manufacturers.

Call the CareLink Referral Coordinator toll free at 1-877-539-2227 or 660-665-3455.