Moving Forward in 2010

Changes in Utah Minority Health since 2005

**Positive Progress**

Many Utah racial and ethnic minority groups saw improvement in health status since 2005:

- Hispanics saw declines in several diseases, including gonorrhea, tuberculosis, arthritis, and cancer. This ethnic group also had lower rates of death from diabetes, coronary heart disease, and stroke.
- The Black/African American prostate cancer rate dropped.
- Blacks/African Americans reported improvements in overall physical and mental health.
- A lower percentage of American Indian and Black/African American babies had low birth weights.
- The Hispanic and Black/African American infant mortality rates dropped.
- The American Indian motor vehicle traffic crash death rate improved.
- More Asians were physically active.
- Hispanics reported higher rates of prenatal care and colon cancer screening. Pacific Islanders reported higher rates of colon cancer screening and blood cholesterol screening.

**Setbacks**

In spite of the progress, Utah racial and ethnic minority groups also saw health status decline in other ways since 2005:

- The lung cancer rate rose among Blacks/African Americans.
- The breast cancer rate rose among American Indians and Blacks/African Americans.
- As with all Utahns, all minority groups for whom data were available saw a rise in chlamydia rates.
- The proportion of Blacks/African Americans with recommended physical activity dropped.
- As with Utahns statewide, American Indians had a higher overweight/obesity rate.
- More Pacific Islanders and Hispanics lacked health insurance.
- The proportion of Asians with no usual place of medical care more than doubled.
Utah Minority Health Summary

Access to Health Care
- All racial and ethnic minority groups had higher poverty rates than the statewide population.
- Hispanics had the lowest rate of health insurance coverage in the state, with 35.7% uninsured. Statewide, 11.1% of Utahns were uninsured.
- Only 8.8% of Pacific Islanders lacked health insurance in 2005, but 23.0% were uninsured in 2010. The Hispanic uninsured rate also rose from 25.8% in 2005 to 35.7% in 2010.
- In spite of the decline in health insurance coverage, Hispanics and Pacific Islanders reported improvements in certain kinds of preventive care. Hispanics had higher rates of early prenatal care (from 60.4% to 63.4%) and colon cancer screening (from 27.4% to 38.0%). Pacific Islanders reported higher rates of colon cancer screening (from 19.9% to 55.7%) and blood cholesterol screening (from 44.7% to 54.2%).
- American Indians were least likely to have access to needed medical care, with 38.2% of American Indians reporting that they could not obtain such care, compared to 15.9% of all Utahns.
- The proportion of Asians with no usual place of medical care more than doubled from 2005 to 2010, increasing from 6.6% to 14.1%.

Life Expectancy
- Asians had the highest life expectancy at birth of all Utah racial/ethnic groups. Asians had the lowest obesity rate of all Utah racial/ethnic groups, as well as low rates of chronic disease indicators such as heart disease death, cancer incidence and arthritis.
- American Indians had the lowest life expectancy at birth of all Utah racial/ethnic groups. They had the highest rates of unintentional injury death and violent death in the state. However, the American Indian motor vehicle traffic crash death rate improved greatly, with 20.5 deaths/100,000 people in 2010 compared to 38.5/100,000 in 2005.

Risk Factors for Illness
- Smoking rates for American Indians (19.8%) and Blacks/African Americans (20.0%) were nearly double the smoking rate of the statewide population (10.8%).
- The majority of Utah adults were overweight (56.4%), but American Indian (72.5%), Black/African American (66.3%), Pacific Islander (75.1%) and Hispanic (62.2%) Utahns had even higher rates of overweight. Only 32.4% of Asians were overweight.
- For American Indians, the overweight/obesity rate rose from 63.4% in 2005 to 72.5% in 2010.
- Large proportions of the American Indian (26.5%), Black/African American (28.6%) and Hispanic/Latino (31.1%) populations were physically inactive. Statewide, 18.6% were inactive.
- The proportion of Blacks/African Americans with recommended physical activity dropped from 58.0% in 2005 to 45.5% in 2010.
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- A higher percentage of Asians reported getting the recommended amount of physical activity in 2010 (51.6%) than in 2005 (45.8%).
- Higher percentages of Asians reported eating the recommended daily servings of fruits (43.9%) and vegetables (29.0%) than statewide (30.5% and 22.7%).

Mother and Infant Health
- Pacific Islander infants under one year had nearly twice the death rate (8.8 deaths/1,000 births) of infants statewide (4.5 deaths/1,000 births). Pacific Islander women had the lowest rate of folic acid consumption (31.8% compared to 46.2% statewide) and early prenatal care (48.1% compared to 79.1% statewide) and the highest rate of obesity during pregnancy (39.5% compared to 15.9% statewide).
- Black/African American infants had the highest rate of low birth weight (11.4%) and preterm birth (13.0%) of all Utah infants. (Statewide low birth weight rate was 6.8% and preterm birth rate was 9.7%). The Black/African American infant death rate was 8.4 deaths/1,000 births.
- Although birth outcomes were still poor for Blacks/African Americans, these rates improved since 2005, when the Black/African American infant mortality rate was 13.8/1,000 births and 14.7% of Black/African American infants had low birth weights.
- The Hispanic infant death rate also dropped (from 6.4/1,000 births to 5.1/1,000).
- Fewer American Indian babies had low birth weights in 2010 (7.8%) compared to 2005 (9.2%).
- All racial and ethnic minority groups had lower rates of receiving early prenatal care than the statewide rate of 79.1%. Rates for the groups were as follows: American Indians 56.2%; Asians 75.2%; Blacks/African Americans 61.2%; Pacific Islanders 48.1%; and Hispanics/Latinas 63.4%.
- Pacific Islanders had the highest rate of postpartum depression (27.0% compared to 13.0% statewide).
- Only 70.3% of American Indians initiated breastfeeding, and only 43.9% of those who initiated breastfeeding were still doing so 2-6 months postpartum. Statewide, 91.1% of mothers initiated breastfeeding and 67.5% of those continued 2-6 months postpartum.
- Black/African American, Pacific Islander, and Hispanic mothers were also less likely to continue breastfeeding 2-6 months postpartum than all Utahns.

Overall Health
- Blacks/African Americans reported improvements in overall health. In 2010, only 8.7% of Black/African American adults reported seven or more days per month of poor physical health, compared to 15.0% in 2005 and just 16.5% of Black/African American adults reported seven or more days per month of poor mental health, compared to 28.0% in 2005.
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**Depression**
- Hispanics had a higher rate of major depression (8.2%) than all Utahns (4.2%).

**Infectious Diseases**
- As with all Utahns, all of the minority groups for whom data were available have seen a rise in chlamydia rates since 2005.
- Hispanics have seen fewer new cases of gonorrhea (from 34.6/100,000 people to 26.4/100,000) and tuberculosis (from 5.9/100,000 to 4.2/100,000).

**Diabetes**
- American Indians had the highest diabetes rate (9.2%) of all Utahns (statewide rate was 5.6%).
- Pacific Islanders had the highest rate of diabetes death (52.9/100,000 vs. 43.5/100,000 statewide).
- The Hispanic diabetes death rate dropped from 24.3/100,000 people in 2005 to 20.8/100,000 in 2010.

**Heart Disease**
- No minority groups had higher heart disease death rates than the statewide population. American Indians (43.8 deaths/100,000 people), Asians (41.9/100,000) and Hispanics (27.6/100,000) had lower rates of heart disease death than Utahns statewide (110.1/100,000).
- When adjusting for age, the Hispanic coronary heart disease and stroke death rates both declined.

**Cancer**
- The Black/African American prostate cancer rate dropped from 72.5 new cases/100,000 males to 53.4/100,000.
- Lung cancer is on the rise among Utah Blacks/African Americans: in 2005, the rate was 6.1/100,000, while in 2010 it was 14.1/100,000. This rate was higher than the statewide rate when controlling for age.
- The breast cancer rate rose among American Indians (from 8.3/100,000 females in 2005 to 19.9/100,000) and Blacks/African Americans (from 17.8/100,000 females in 2005 to 32.6/100,000).
- Hispanics saw improvement in the incidence rates of all cancers measured: colorectal (13.6 new cases/100,000 people vs. 14.7/100,000), lung (8.8/100,000 vs. 10.5/100,000), breast (41.8/100,000 women vs. 46.6/100,000) and prostate (33.9/100,000 men vs. 36.7/100,000).