

Chronic Disease

Obj. 6.4: Identify risk factors and preventative strategies for reducing chronic disease.



Rural vs. Urban Mortality Rates

Use the following data table to answer the questions below.

Age-Adjusted Mortality Rates Per 100,000 Females Aged 15 and Older, by Leading Cause of Death and Rural/Urban Residence,* 2009

	Rural Rate (Rank)	Urban Rate (Rank)
Total	868.2 (–)	764.0 (–)
Heart Disease	201.2 (1)	177.3 (2)
Malignant Neoplasms	194.0 (2)	184.7 (1)
Chronic Lower Respiratory Diseases	56.7 (3)	46.0 (4)
Cerebrovascular Disease (Stroke)	56.3 (4)	46.1 (3)
Unintentional Injury	42.1 (5)	27.5 (6)
Alzheimer's Disease	36.2 (6)	31.2 (5)
Diabetes Mellitus	27.1 (7)	21.5 (7)

*Defined as residence in non-metropolitan (rural) and metropolitan (urban) statistical areas; all estimates are age-adjusted.

Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2010 on CDC WONDER online Database, released 2012. Data for year 2010 are compiled from the Multiple Cause of Death File 2010, Series No. 2P, 2012. Retrieved from <http://wonder.cdc.gov/ucd-icdio.html>

Note: Malignant Neoplasms = Cancer.

1. Which of the causes of death listed are preventable?
2. Which cause of death had the greatest disparity (difference) between rural and urban populations?
3. What are the leading causes of death for urban and rural females, respectively?

DISCUSS

Personal Connection

Do you know anyone who has dealt with any of the health issues shown in the data table above?



Chronic Disease

Write the definitions of each term in the table:

Term	Definition
Chronic disease	
Acute disease	
Communicable disease	
Noncommunicable disease	

Review the *CDC Chronic Disease Fact Sheet*. Use it to fill in the following statistics:

Chronic Disease Rates:

1. ____ out of 10 deaths among Americans each year are from chronic diseases.
2. In 2005, 133 million Americans – almost ____ out of every 2 adults – had at least one chronic illness

Four Common Causes of Chronic Disease:

Four modifiable health risk behaviors— are responsible for much of the illness, suffering, and early death related to chronic diseases. They are:

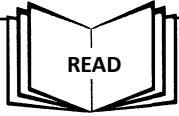
- (1) _____
- (2) _____
- (3) _____
- (4) _____



Chronic Disease Assignments

Your team will be assigned to one of the following chronic diseases or conditions: (1) *heart disease*, (2) *diabetes*, (3) *cancer*, (4) *hypertension*, (5) *obesity*, (6) *chronic obstructive pulmonary disease*, (7) *stroke*, (8) *arthritis*. Write your disease assignment below:

Our Chronic Disease/Condition: _____



Chronic Disease Research

Using the following table, any informational handouts provided, and the Internet, complete the graphic organizer below with information about your disease. Focus in particular on the bolded rows (risk factors and prevention strategies).

Category	Information
Disease Name	
Disease description	
Symptoms	
Physiological cause of symptoms	
Risk factors	
Diagnostic Tests (or screening procedures)	
Treatment	
Prevention strategies	



Health Fair Booth Challenge

Your team will present a health fair booth to the community, delivering information on your chronic disease or condition. Your goal is to reduce the prevalence of your chronic disease or condition through education. Your booth should be engaging and build awareness with clear and accurate information. Use the graphic organizer on the following page to plan your booth.



Health Fair Booth Planning

Plan your health fair booth using the following table:

Question	Your Plan:
Title of Booth <i>(clever, catchy, or simple)</i>	
Target Population <i>(Who is most likely to benefit?)</i>	
Knowledge <i>(What information will be communicated?)</i>	
Method of Presentation <i>(draw/sketch booth on a separate page as well)</i>	
Attraction of Audience <i>(How will you draw people in to your booth?)</i>	
Interactive Element <i>(How will audience engage with the material?)*</i>	
Evidence of Success <i>(How will you know if you increased knowledge or awareness?)</i>	
Roles <i>(What will each team member do or say at the booth to play a role?)</i>	

Interactive Element: The audience could fill out a questionnaire, take a quiz, compete in a competition to guess something, answer questions, ask questions, play a game, etc.



Check Your Knowledge

List 2 risk factors and 2 strategies for preventing your chronic disease or condition.

Chronic Disease or Condition: _____	
Risk Factors	Strategies for Prevention



Create Your Health Fair Booth

Plan your tasks to accomplish to create your booth:

Team Member	Task	Deadline