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## Mapping Rural and Urban Mortality Differences by HHS Region

A Consortium of



The Walsh Center for Rural Health Analysis

NORC AT THE UNIVERSITY OF CHICAGO



#### Rural Health Reform Policy Research Center

RHRPRC is a consortium that combines the resources of two premier institutions:

- The University of North Dakota Center for Rural Health
- NORC Walsh Center for Rural Health Analysis

Research conducted by the RHRPRC informs policy makers and rural providers to:

- Increase access to health care services
- Improve overall health status of rural residents
- Assist rural communities in securing adequate, affordable, high-quality health care services



#### **Contact Information:**

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## Where you live should not determine whether you live, or whether you die — Bono



#### Introduction

- Cause-specific mortality is often higher in rural counties than urban counties
- Risk factors contribute to high mortality rates in rural areas
  - Smoking
  - Obesity
  - Physical inactivity
- High mortality rates and risk factors are a reflection of the physical and social environment in which people live and work



## Study Purpose

• To examine the impact of rurality on mortality and to explore the regional differences in causes of death



#### **Research Question**

• What are the geographical differences in rural and urban mortality rates?



#### Methods

Source of Mortality data:

National Vital Statistics System (NVSS)

– Years 2011-2013

Data are grouped by:

- 2013 NCHS Urban-Rural Classification Scheme for Counties
  - (Large Central, Large Fringe, Small/Medium Metro, Micropolitan, Non-core)
- HHS Regions
- Age
- Gender
- Cause of Death
  - Top 10 Nation-wide causes of death for each age group



#### 2013 NCHS Urban-Rural Classification Scheme for Counties

2013 NCHS Urban-Rural Classification	Definition
Large central (inner cities)	Counties in MSA of 1 million or more population that: contain the entire population of the largest principal city of the MSA; are completely contained in the largest principal city of the MSA; or contain at least 250,000 residents of any principal city of the MSA
Large Fringe (suburban)	Counties in MSAs with a population of at least 1 million residents
Small Metro	Counties in MSAs with a population of less than 1 million residents
Micropolitan (large rural)	Counties with populations of 10,000 to 49,999 residents
Non-core (small rural)	Remaining nonmetropolitan counties that are not in a micropolitan statistical area



The HHS regions are as follows:

Region 1: Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont

Region 2: New York, New Jersey

Region 3: Delaware, District of Columbia, Maryland, Pennsylvania, Virginia, West Virginia

Region 4: Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee

Region 5: Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin

Region 6: Arkansas, Louisiana, New Mexico, Oklahoma, Texas

Region 7: Iowa, Kansas, Missouri, Nebraska

Region 8: Colorado, Montana, North Dakota, South Dakota, Utah, Wyoming

Region 9: Arizona, California, Hawaii, Nevada

Region 10: Alaska, Idaho, Oregon, Washington



- Rates are age-adjusted for the children, working-age adult, and senior age groups.
- Data Tables and Technical Notes are available via electronic access with explicit details including mortality rates, explanation of mortality index, age-adjustment, cause of death, etc.
- Rates represent deaths per 100,000 population.



- Each set of maps has a legend. The legend is divided into five uniform color bins. For example, if you had a range of values from 0 to 100, the color range would represent every 20 units. That means that all points between 0 and 20 would have the lightest color, all points between 21 and 40 would be a shade darker, and so on and so forth.
- Any rate that falls within the range for the bin color will display as the same color, even though the two values may not be identical.
- Suppressed and unreliable rates are not shown within each map and display as a white regions.
- Mortality rates for those under 25 years of age are lower thus, more suppressed and unreliable rates exist, limiting the visuals for all but the top causes of death.



- Light to dark colors represent lower to higher mortality rates.
- Although large differences may be present between one HHS region's mortality rate and another region's mortality rate, presentation of color variations does not imply that the differences in rates are statistically significant.
- Rates are colored by HHS region (not by individual state).
- The numbers on each state represent their corresponding HHS region.
- Maps are available for up to 10 causes of death for each age, sex, and region grouping.



Deaths of nonresidents are excluded, as are residents of:

- American Samoa
- Commonwealth of the Northern Mariana Islands
- Federated States of Micronesia
- Guam
- Marshall Islands
- Puerto Rico
- Republic of Palau
- U.S. Virgin Islands



- The graphs and accompanying text are part of a group of available information including Technical Notes and data tables corresponding to the graphed data. The Technical Notes provide information about data sources and methods.
- All data tables include the mortality rates underlying the graphics. The tables also include related data not included in the chart, as well as standard errors of estimates and results of statistical comparisons.

#### **Electronic access:**

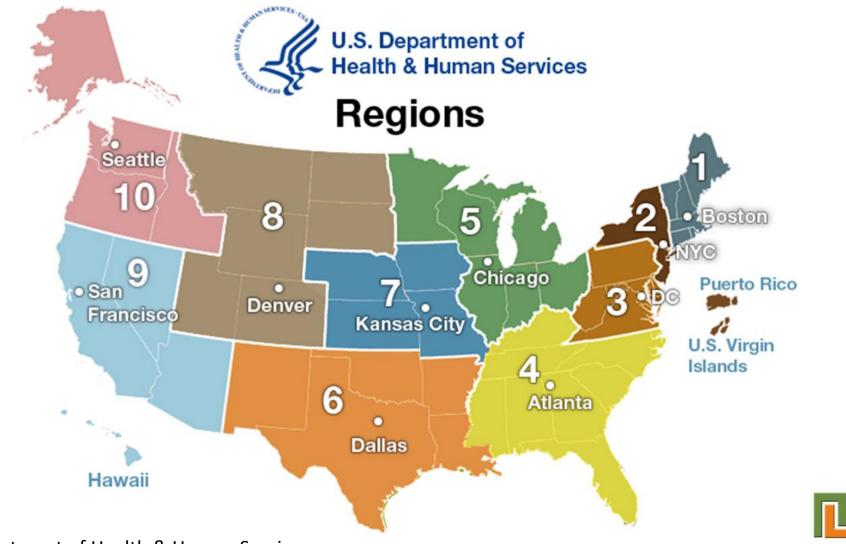
Exploring Rural and Urban Mortality Differences by HHS Region may be accessed from the Rural Health Research Gateway website at:

http://www.ruralhealthresearch.org/.

The graphs from this presentation may be accessed at: <u>https://viz.norc.org/views/On-</u> <u>LineToolMortalityRates/Introduction?:embed=y&:display\_count=no</u>

## **Geographic Definitions**

## **HHS** Regions



Rural Health Reform Policy RESEARCH CENTER

Source: U.S. Department of Health & Human Services



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# Infants

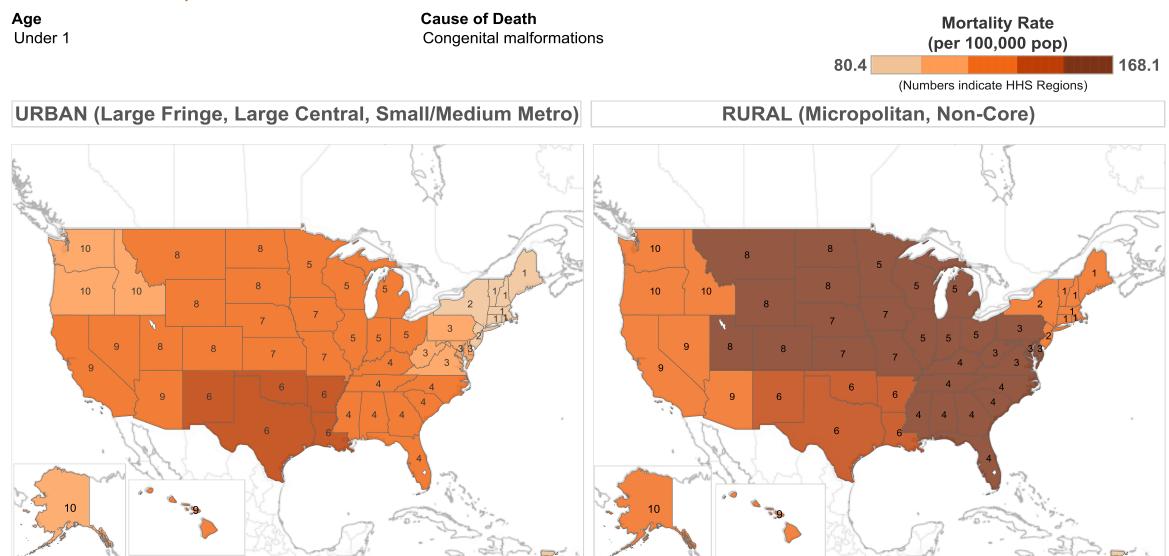
#### Under 1 Year Mortality Rates by HHS Region and Urban-Rural Status: United States, 2011- 2013; Age: Under 1 Year

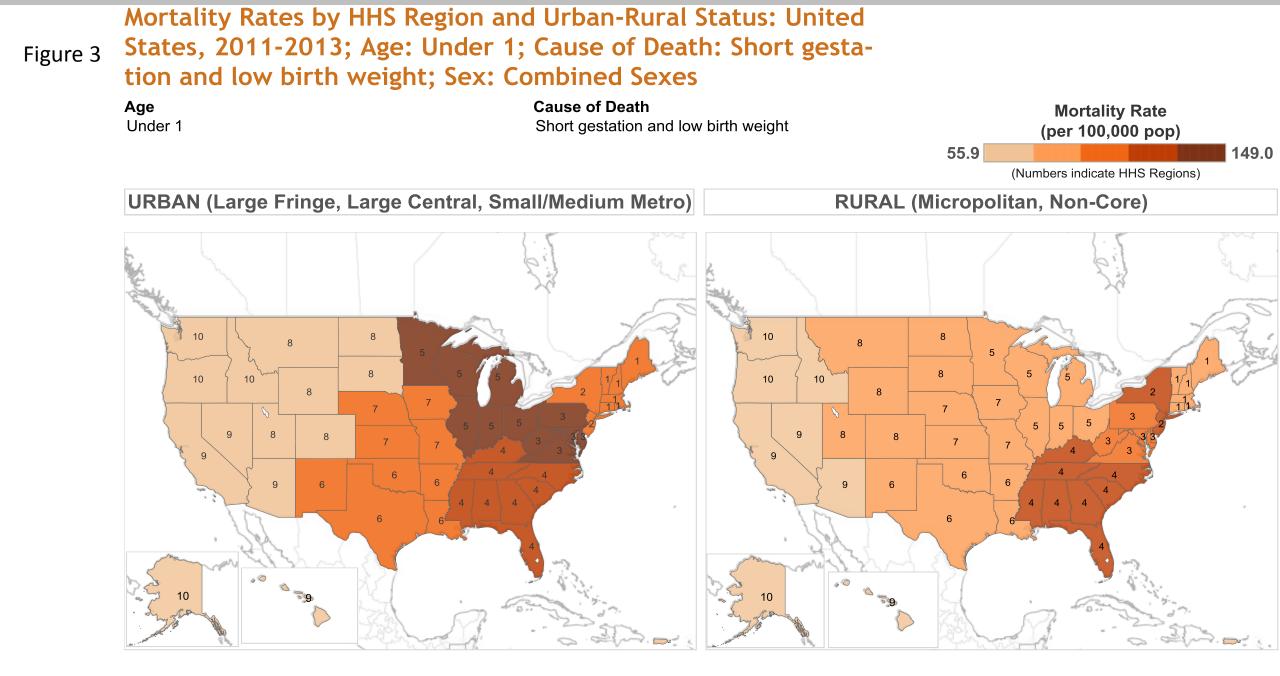
Cause of Death<sup>1</sup>:

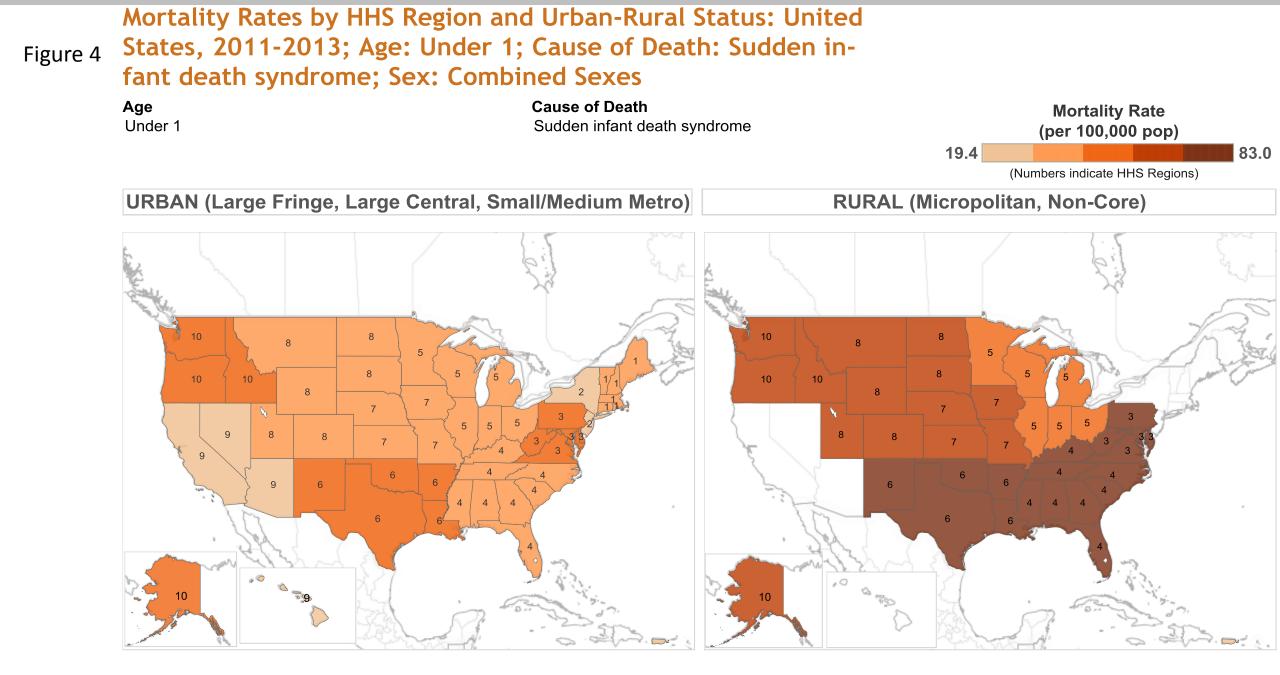
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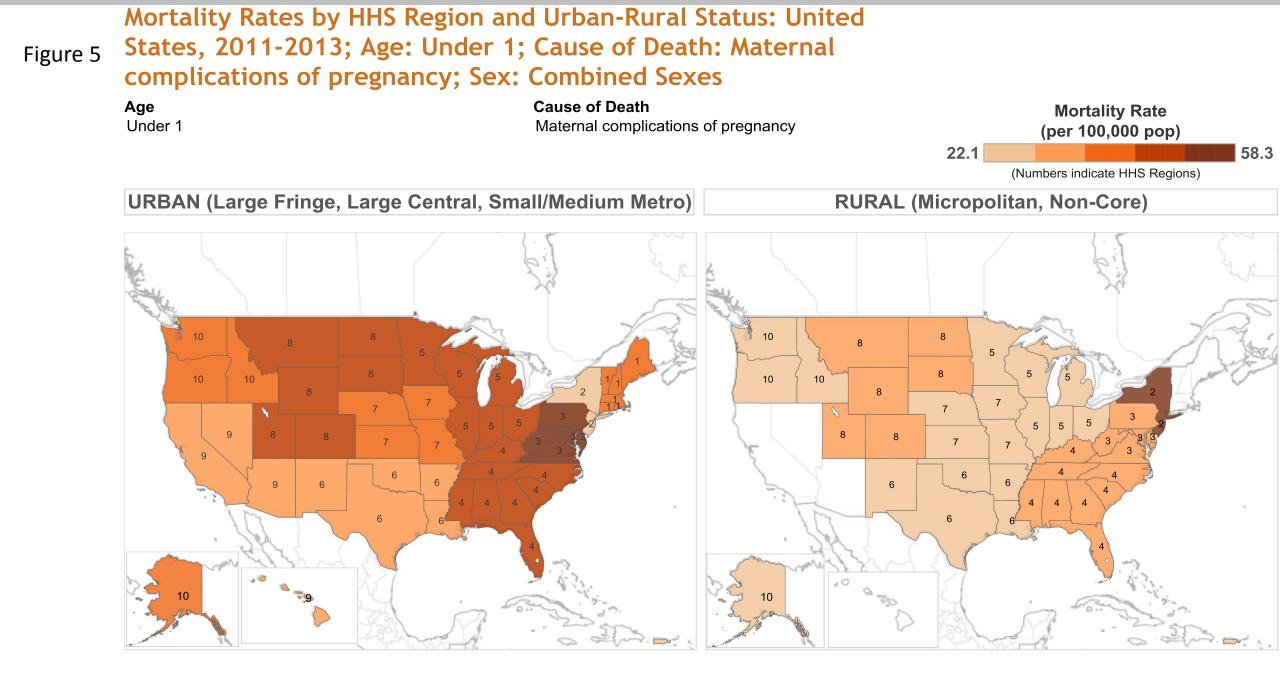
<sup>1</sup>Cause of death of top 10 rankable causes of death in order from leading cause of death to 10<sup>th</sup> leading cause of death for this age group. Source: http://webappa.cdc.gov/sasweb/ncipc/leadcaus10\_us.html



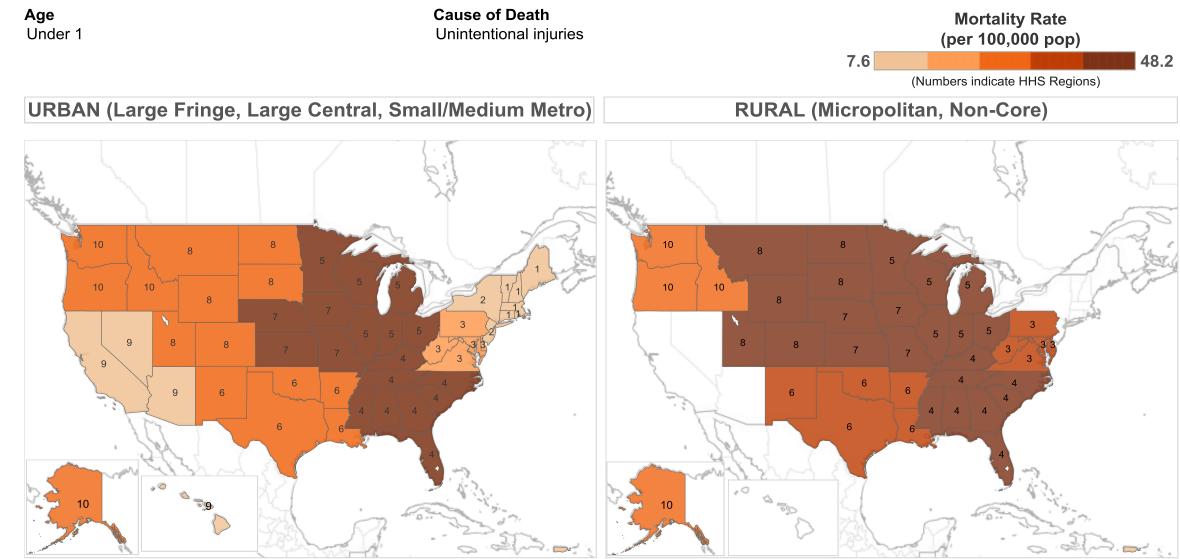


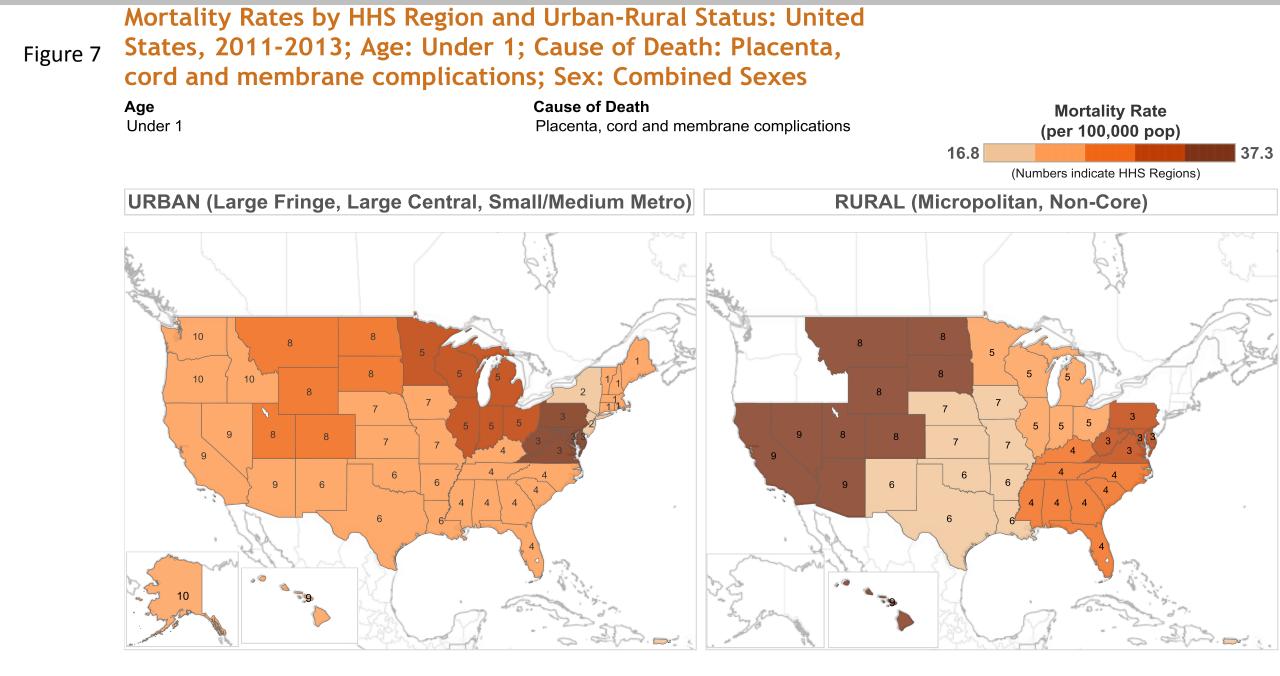




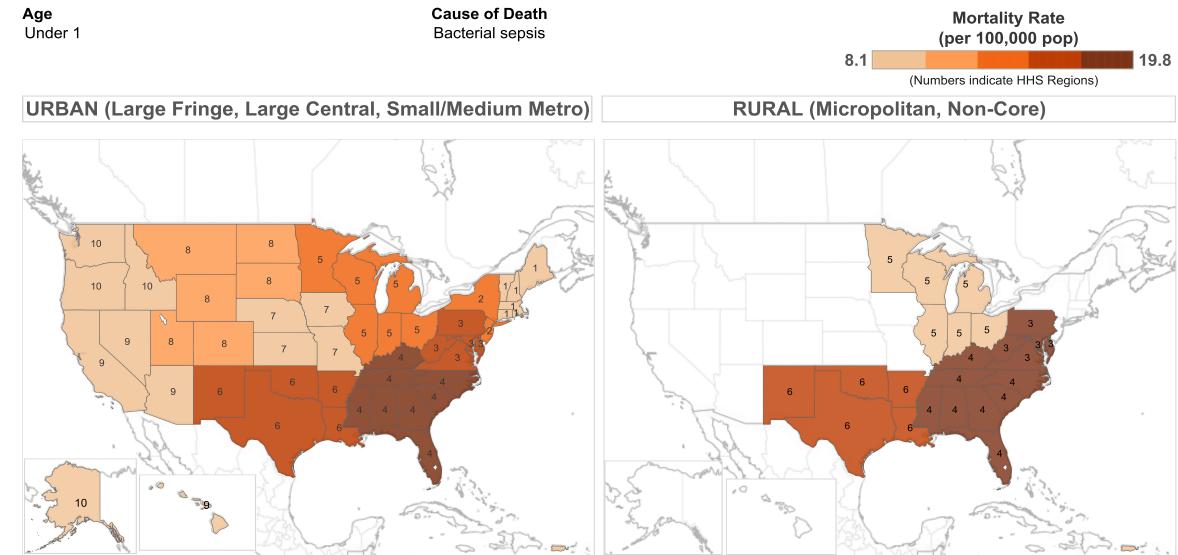


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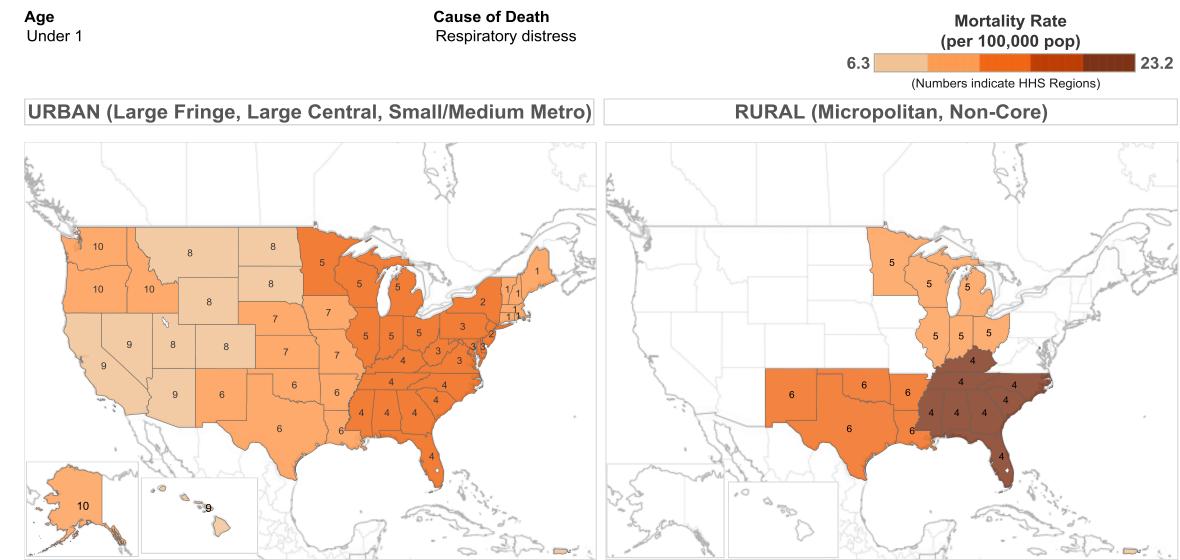




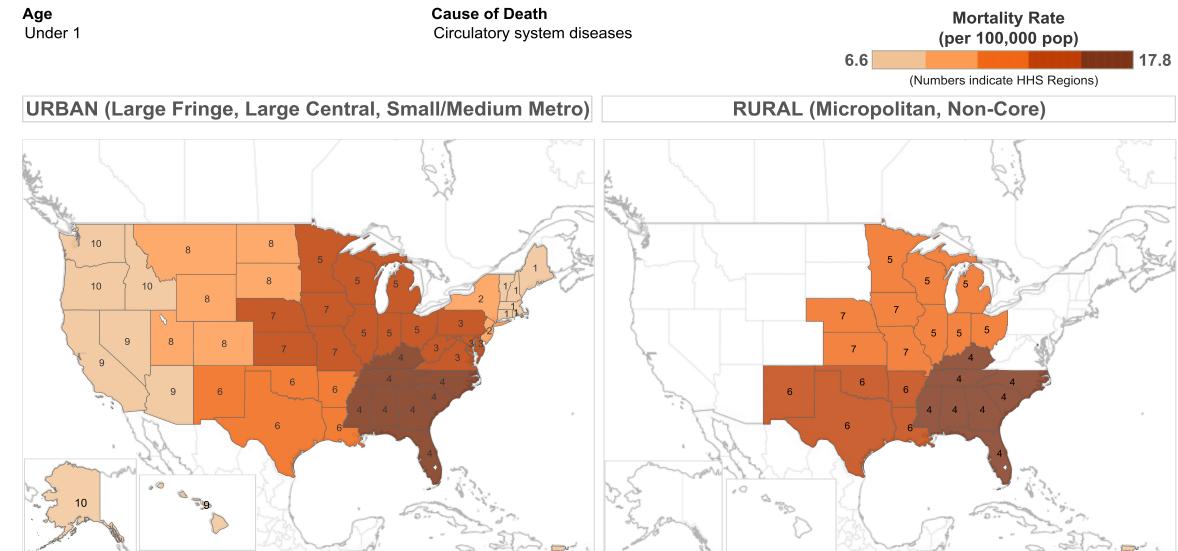
## Mortality Rates by HHS Region and Urban-Rural Status: UnitedFigure 8States, 2011-2013; Age: Under 1; Cause of Death: Bacterial<br/>sepsis; Sex: Combined Sexes



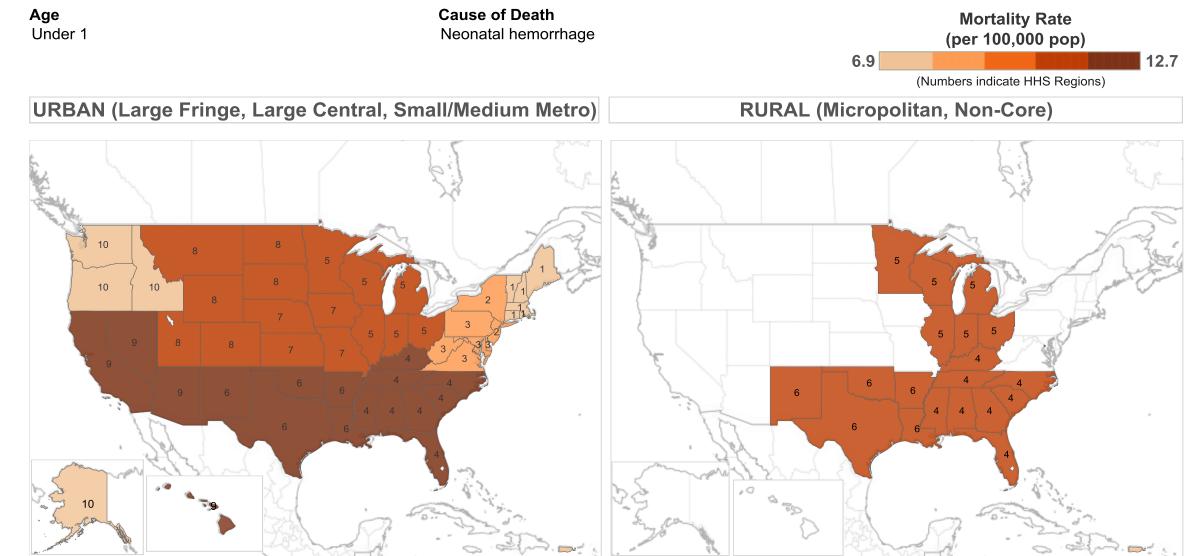
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# Children

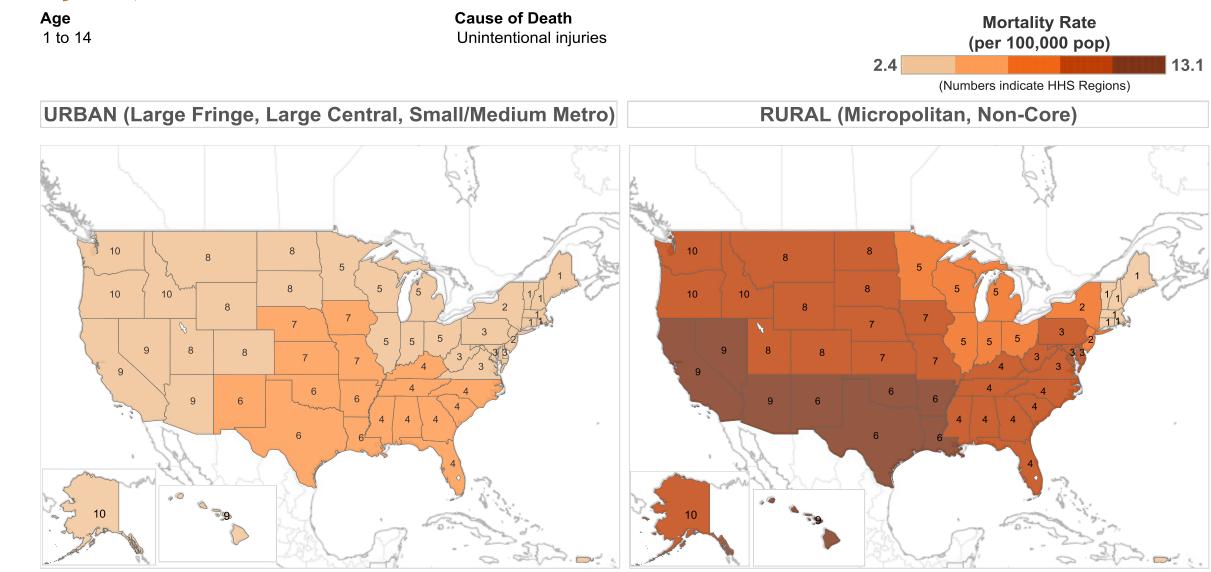
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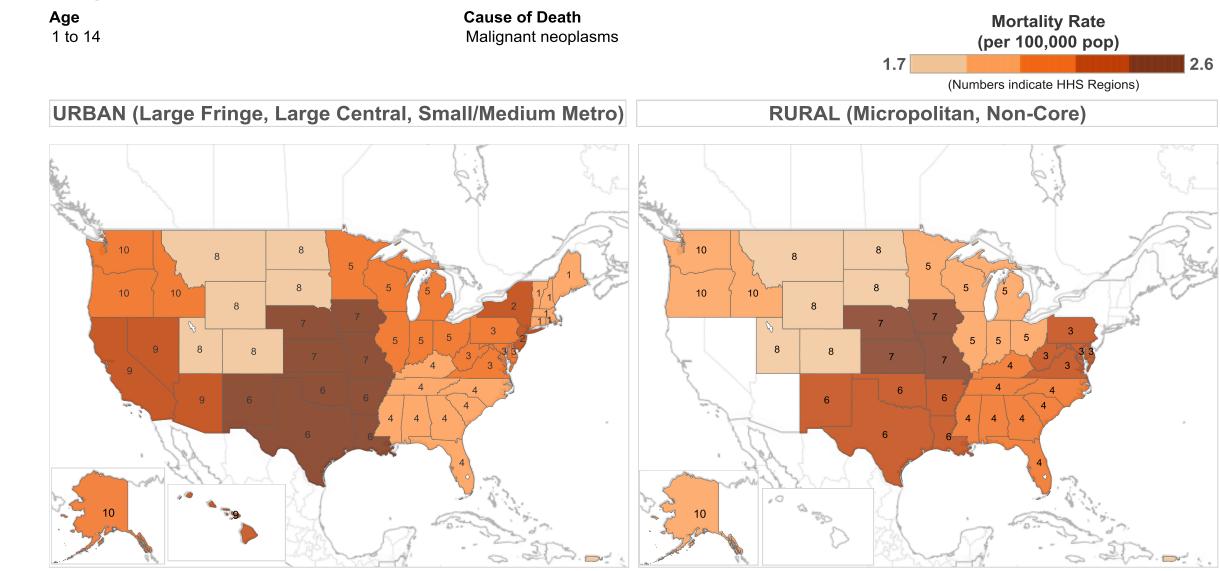
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<sup>2</sup>Cause of death of top 10 rankable causes of death in order from leading cause of death to 10<sup>th</sup> leading cause of death for this age group. Source: http://webappa.cdc.gov/sasweb/ncipc/leadcaus10\_us.html

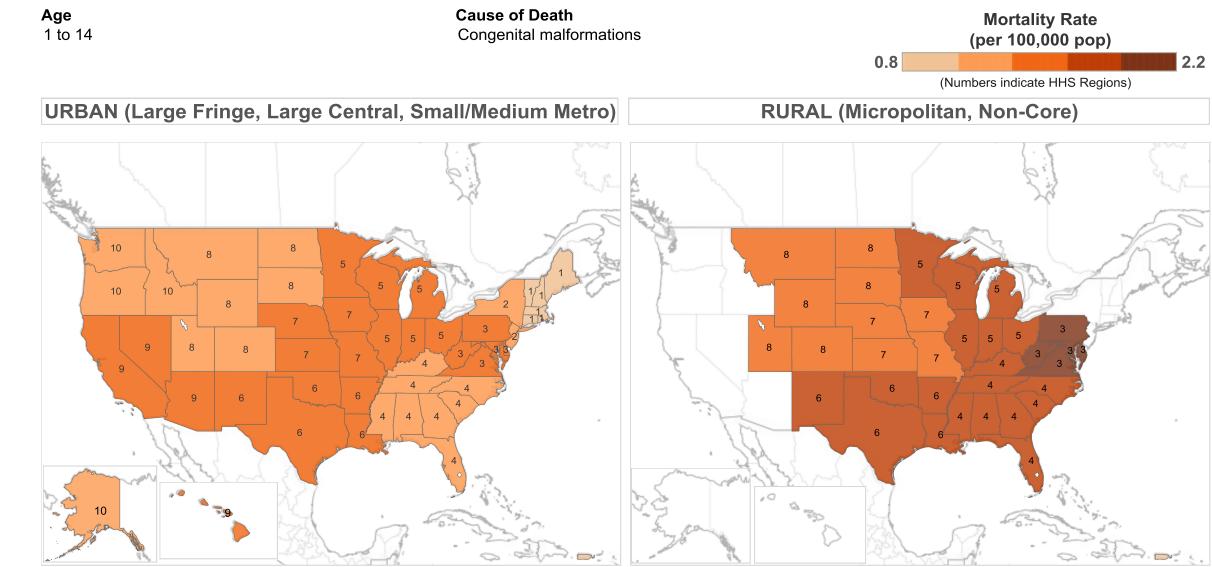
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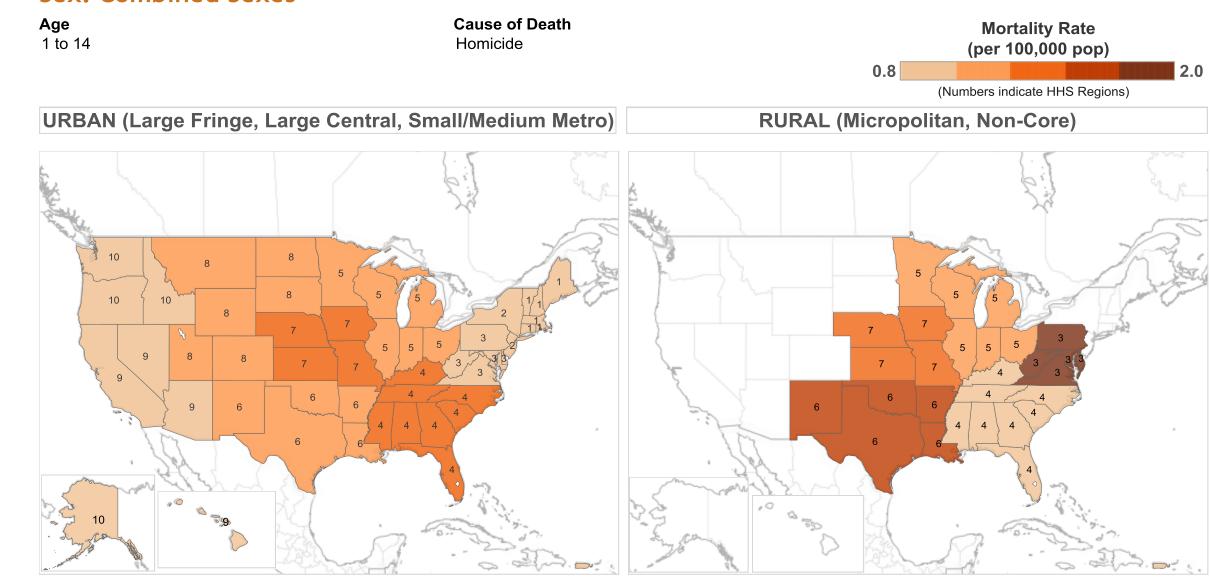
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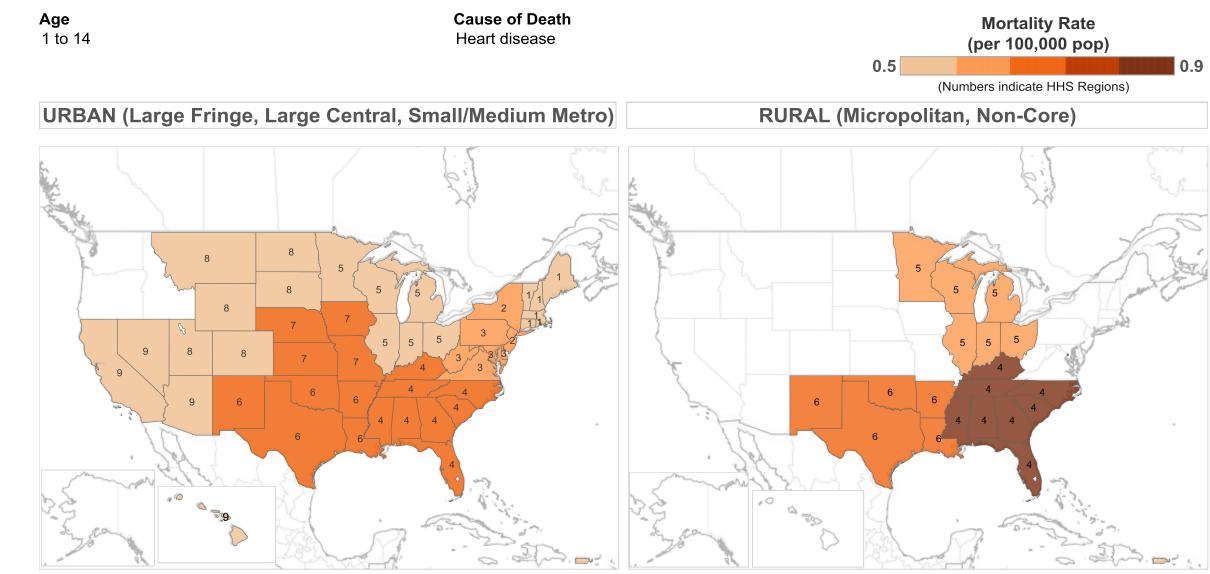
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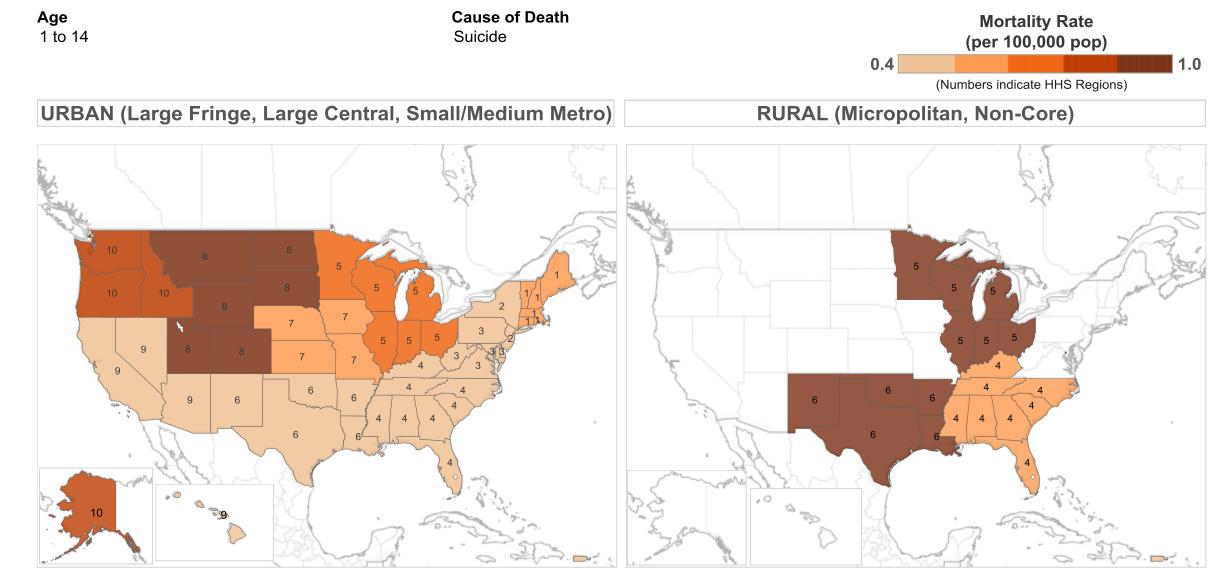
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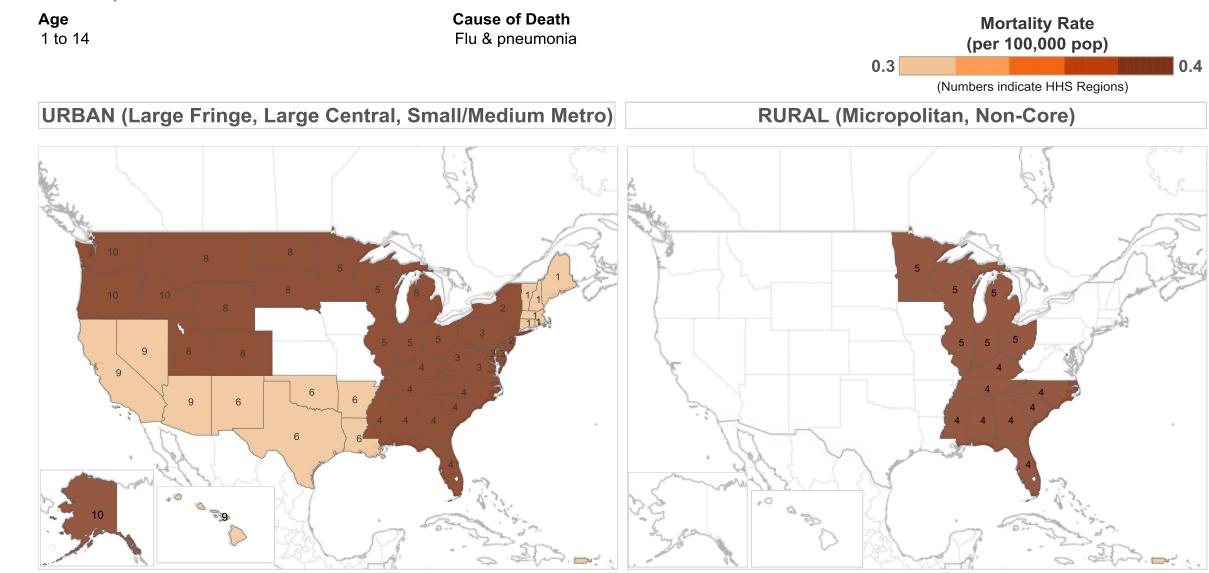
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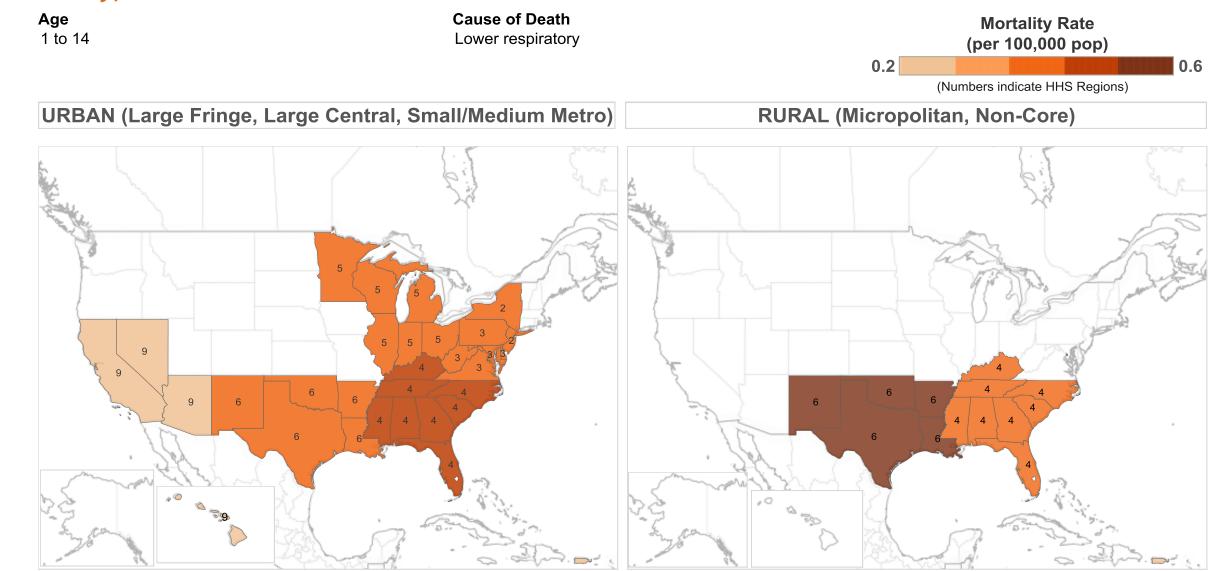
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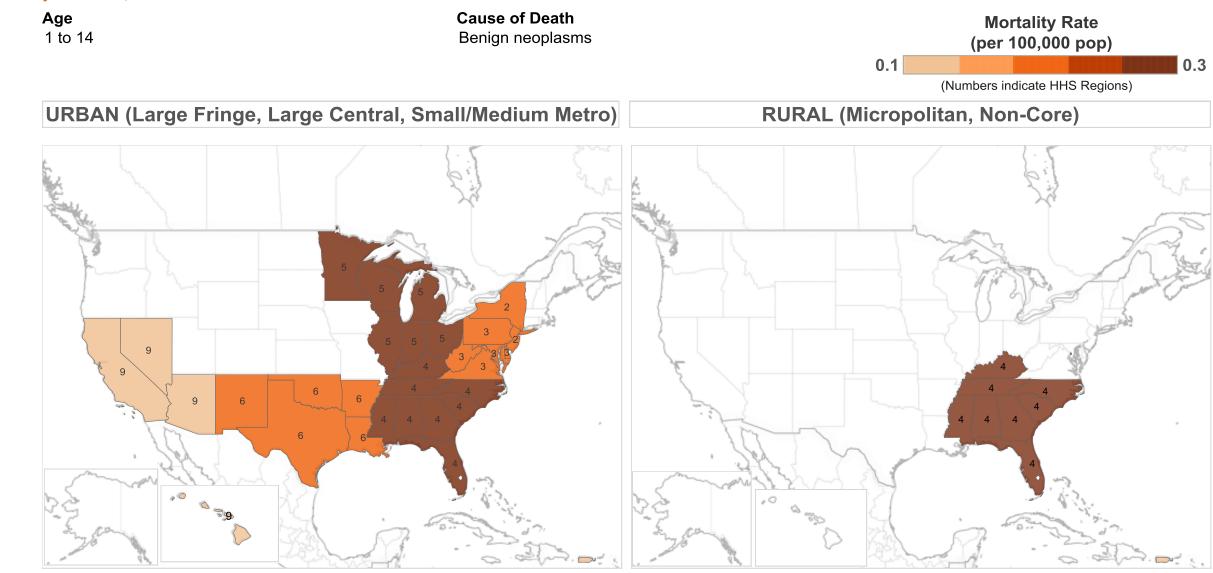
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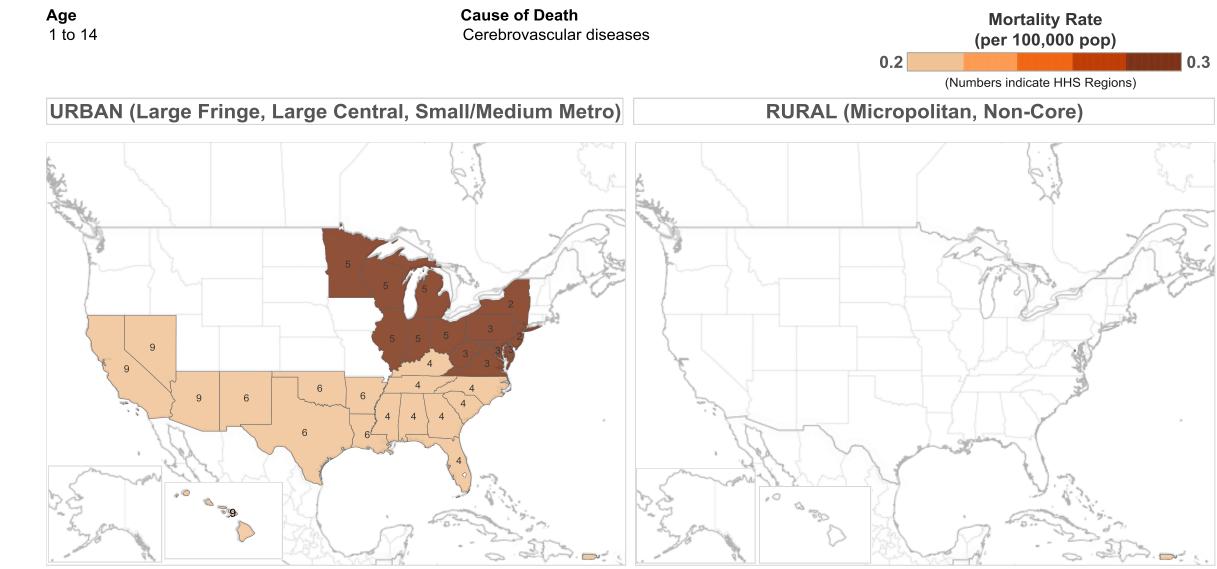
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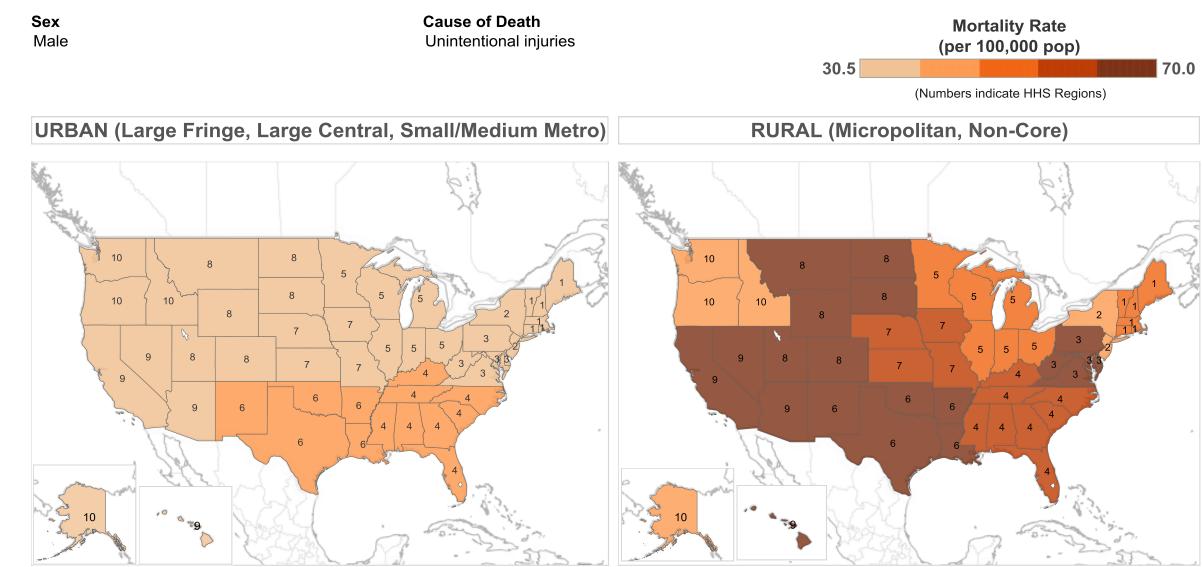
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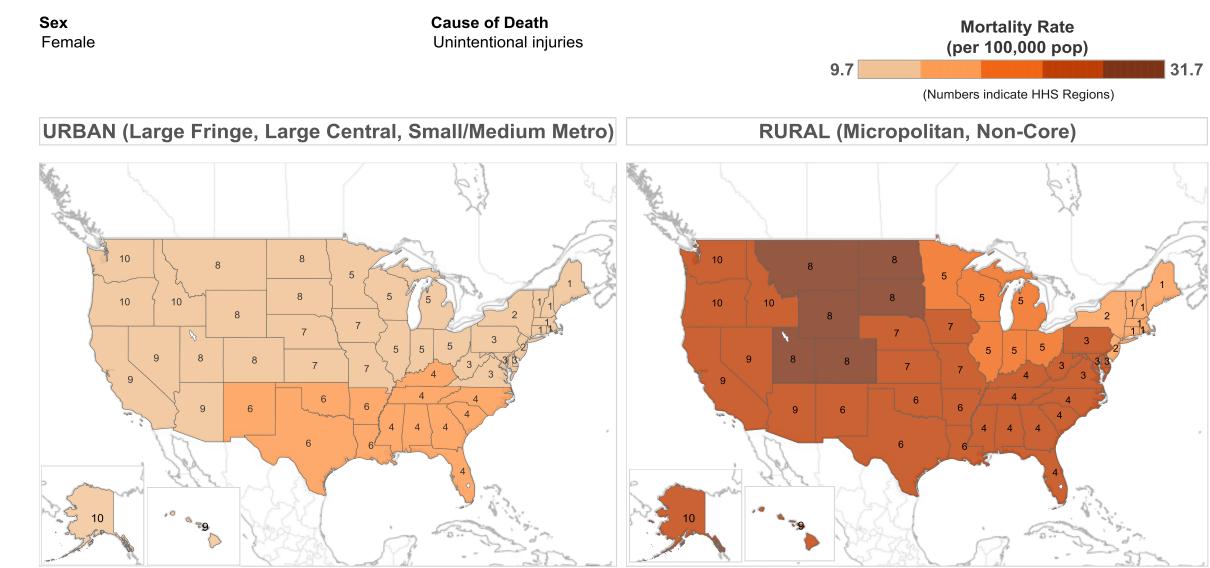
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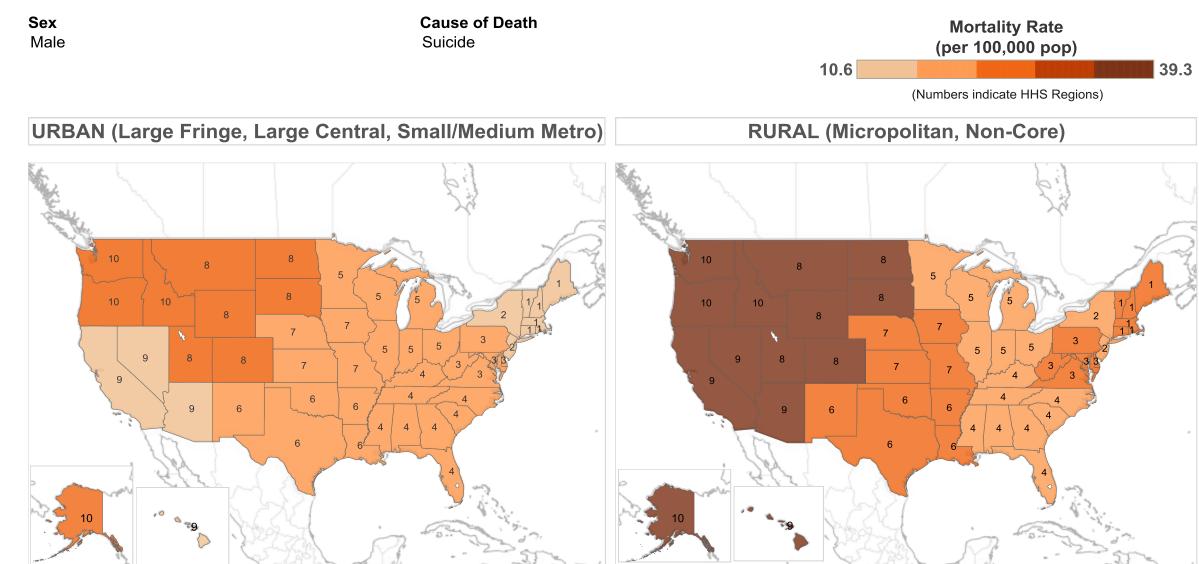
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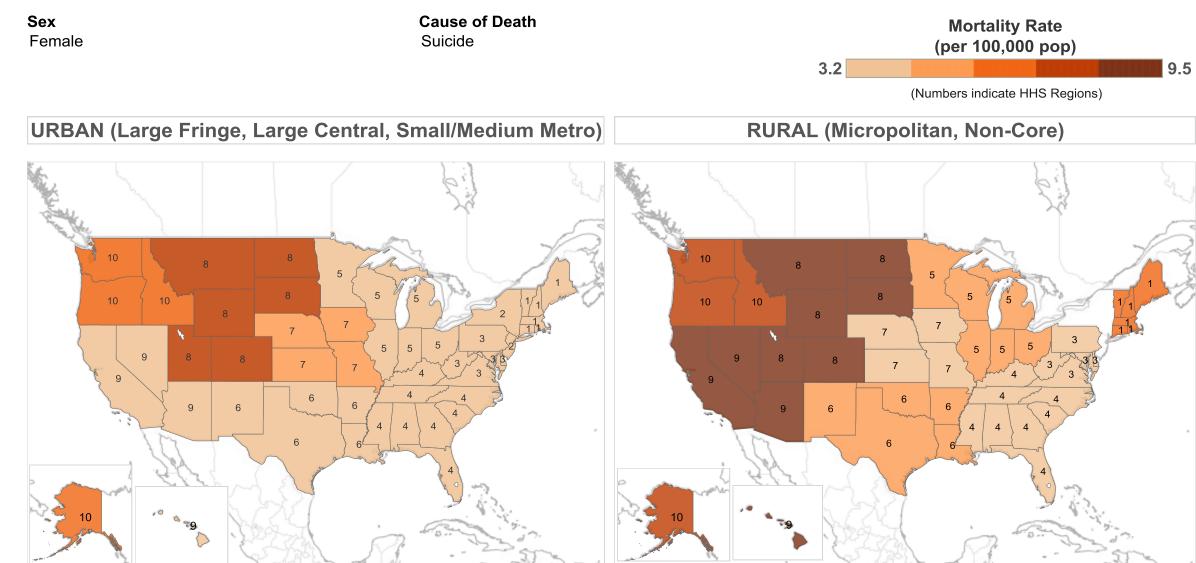
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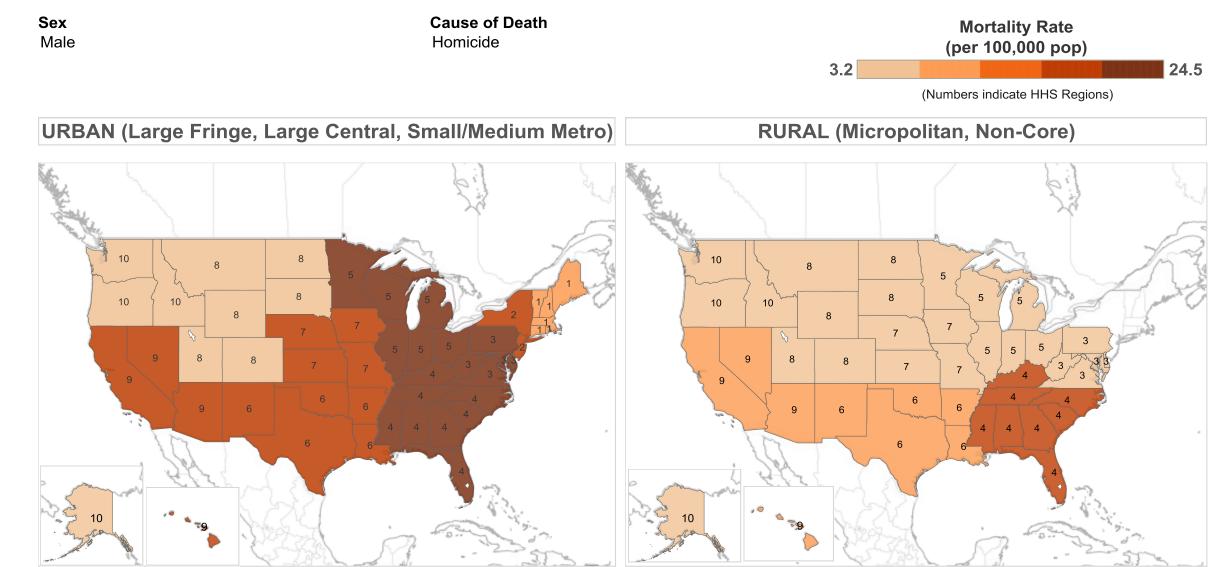
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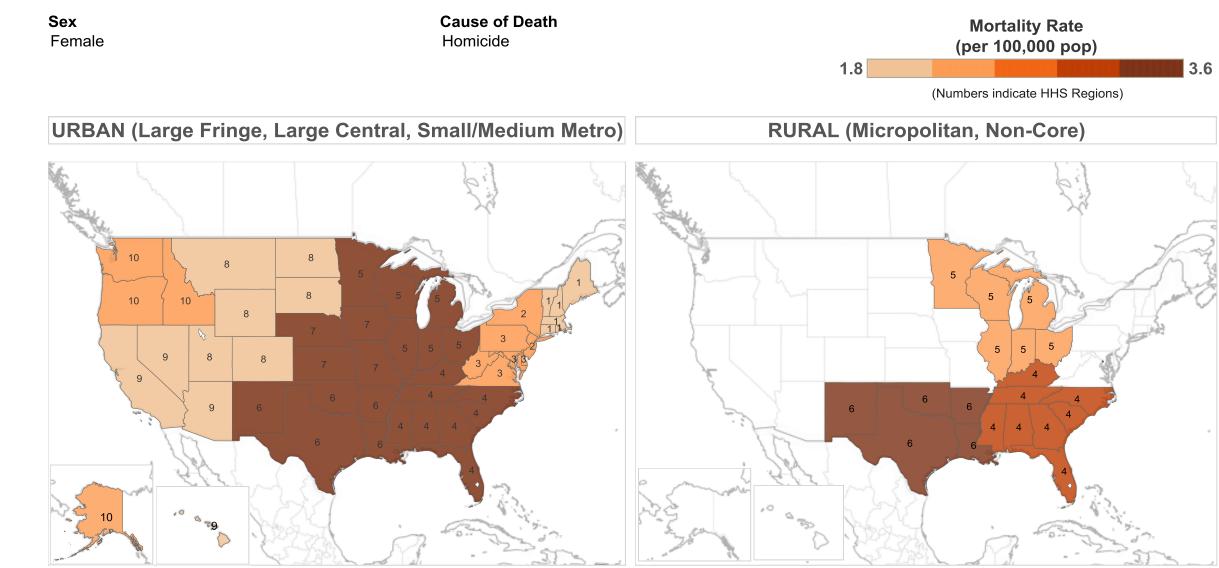
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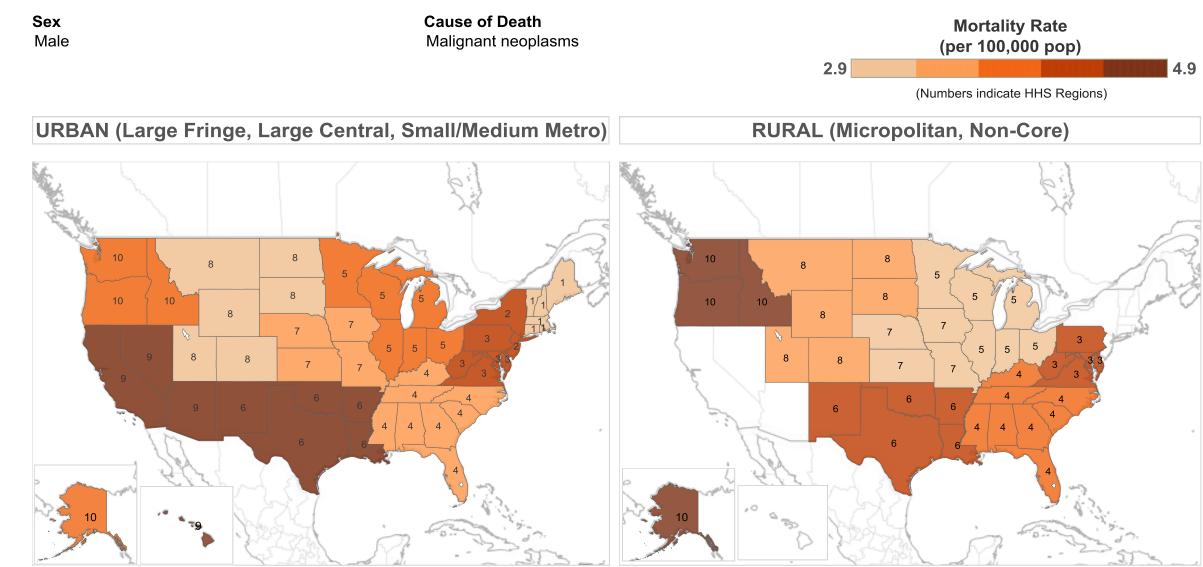
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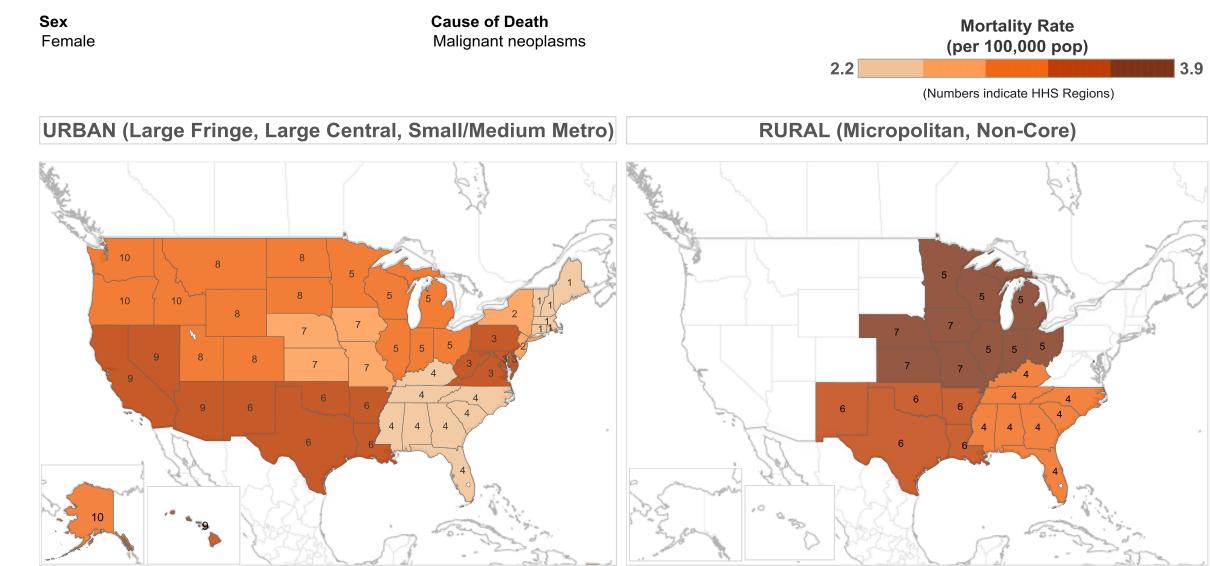
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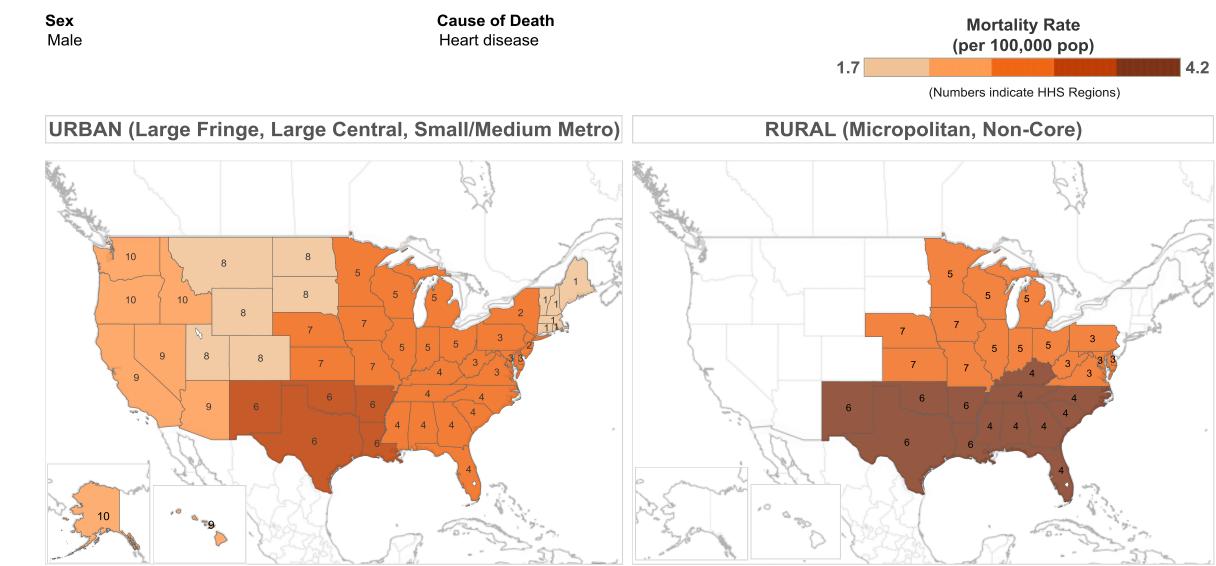
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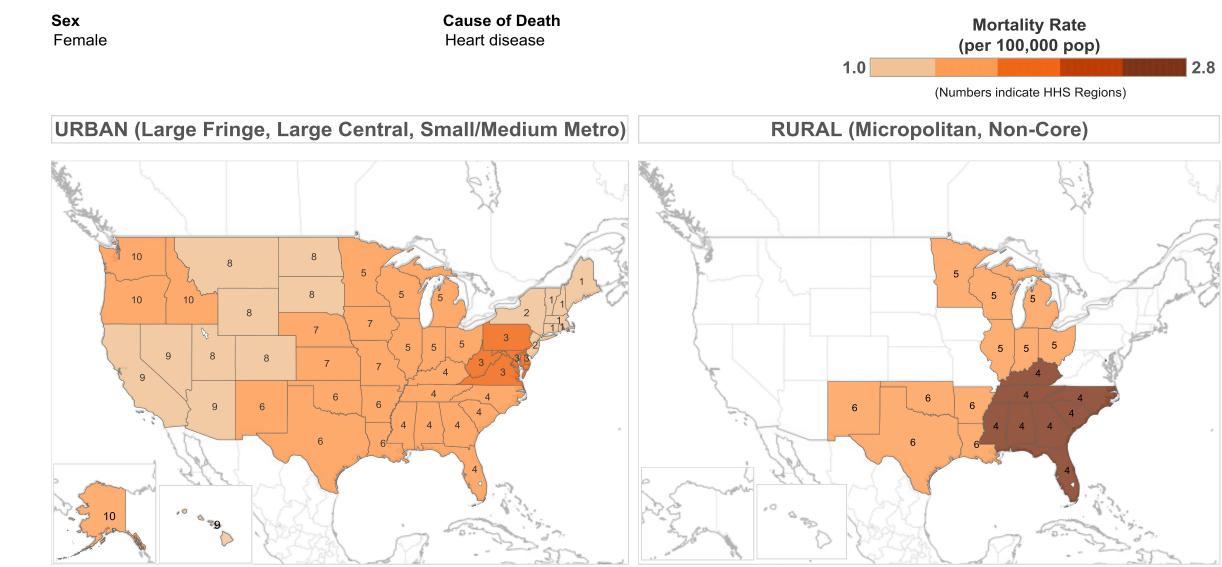
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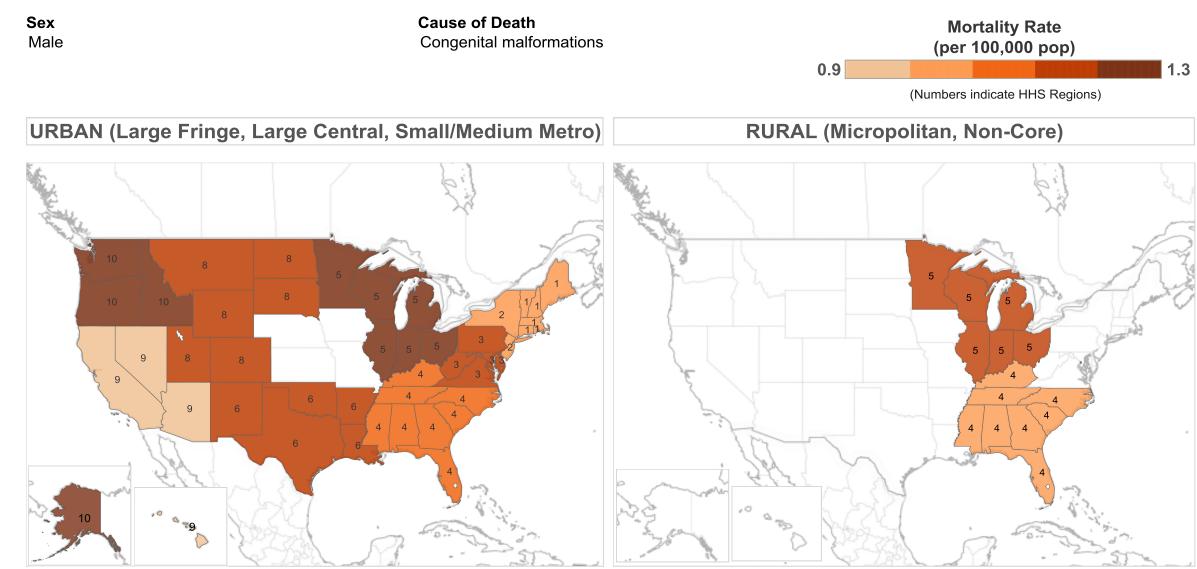
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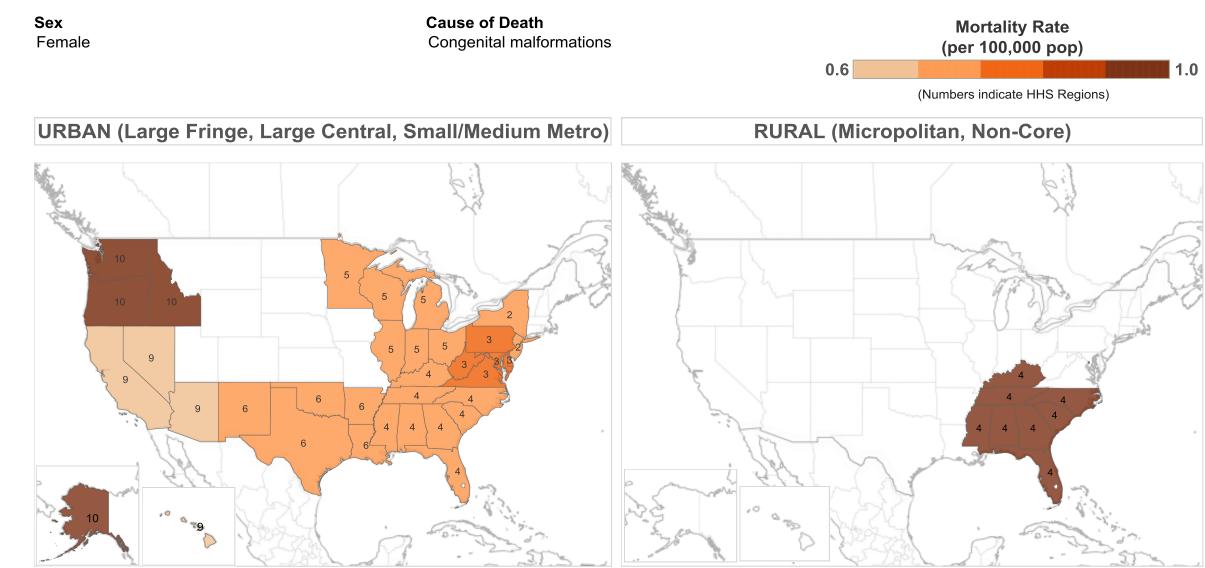
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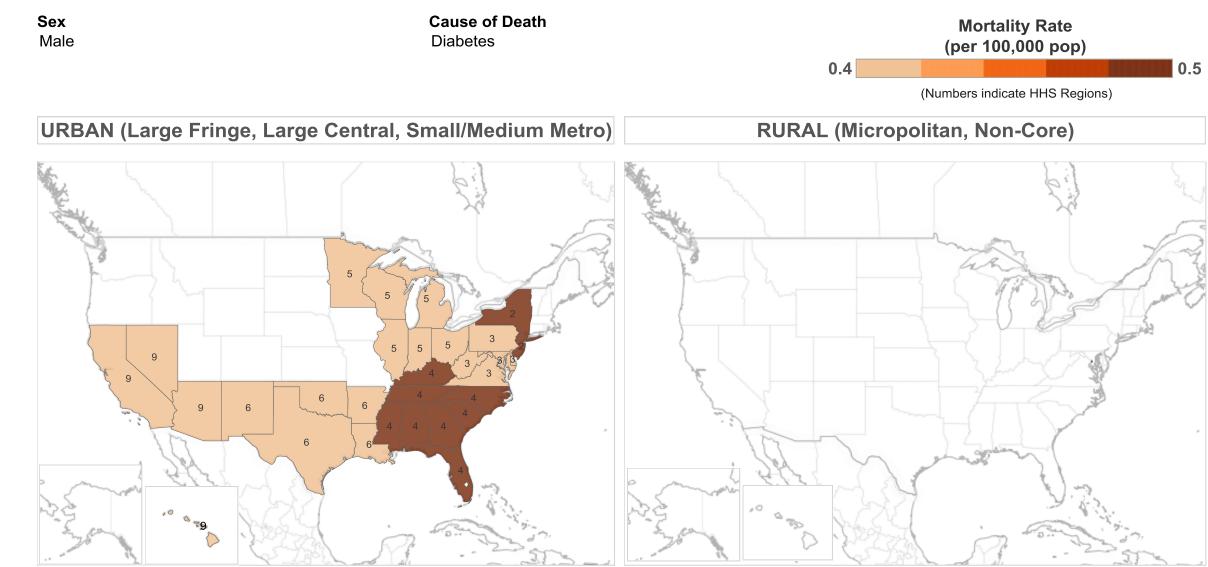
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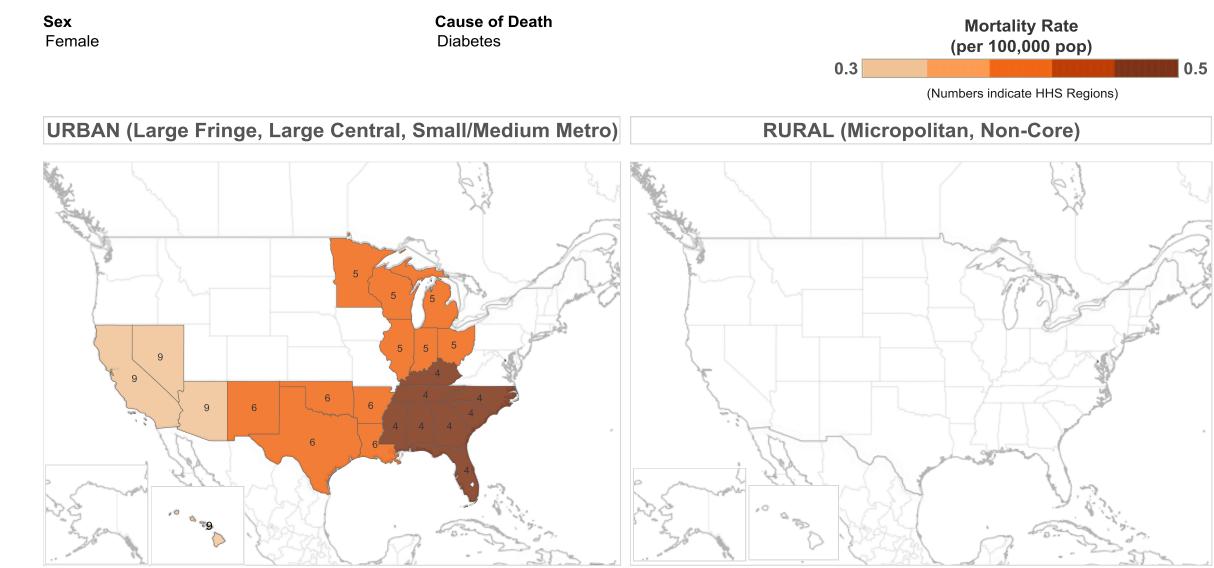
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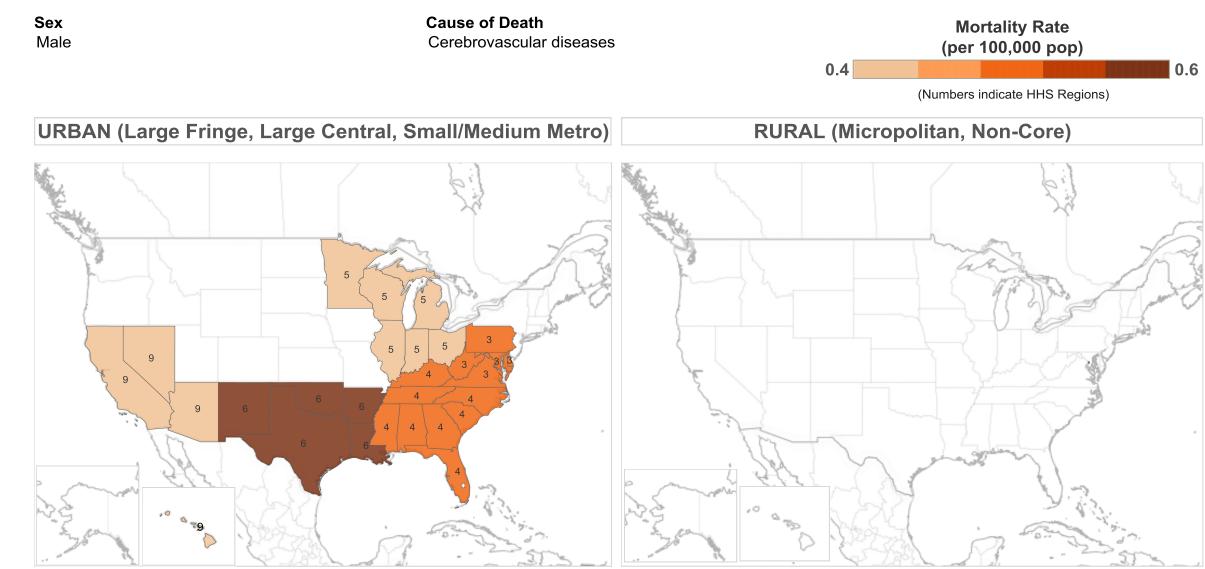
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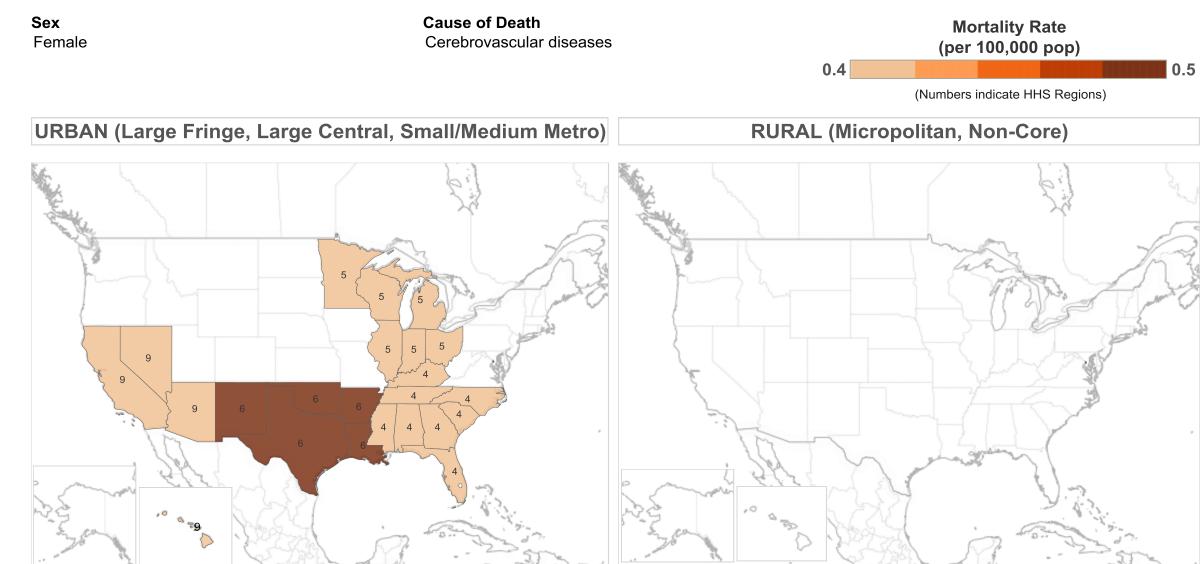
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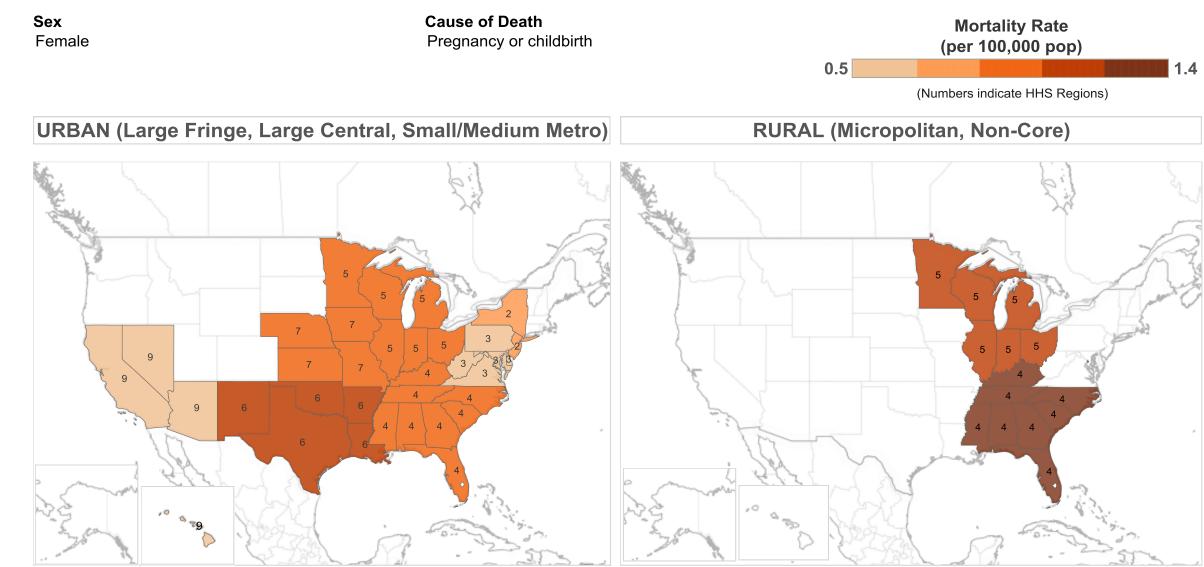
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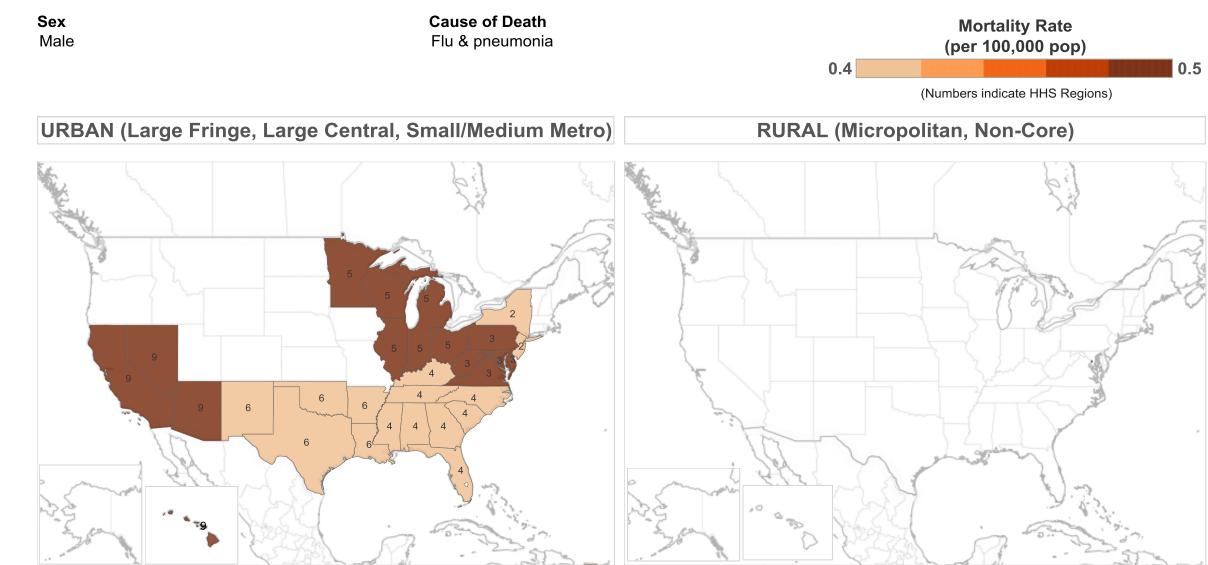
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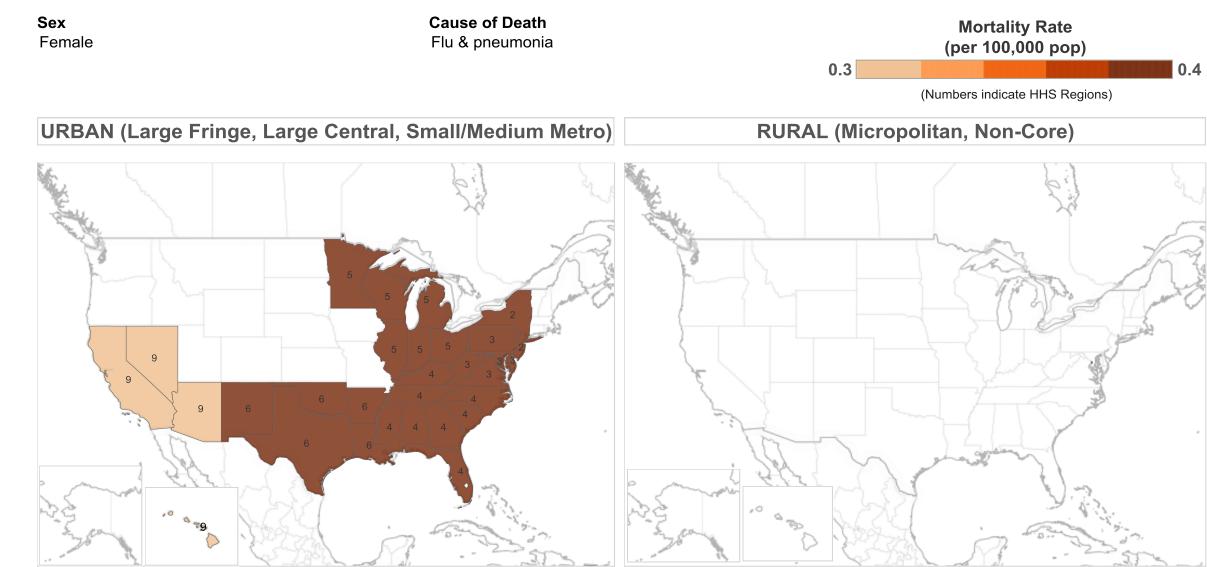
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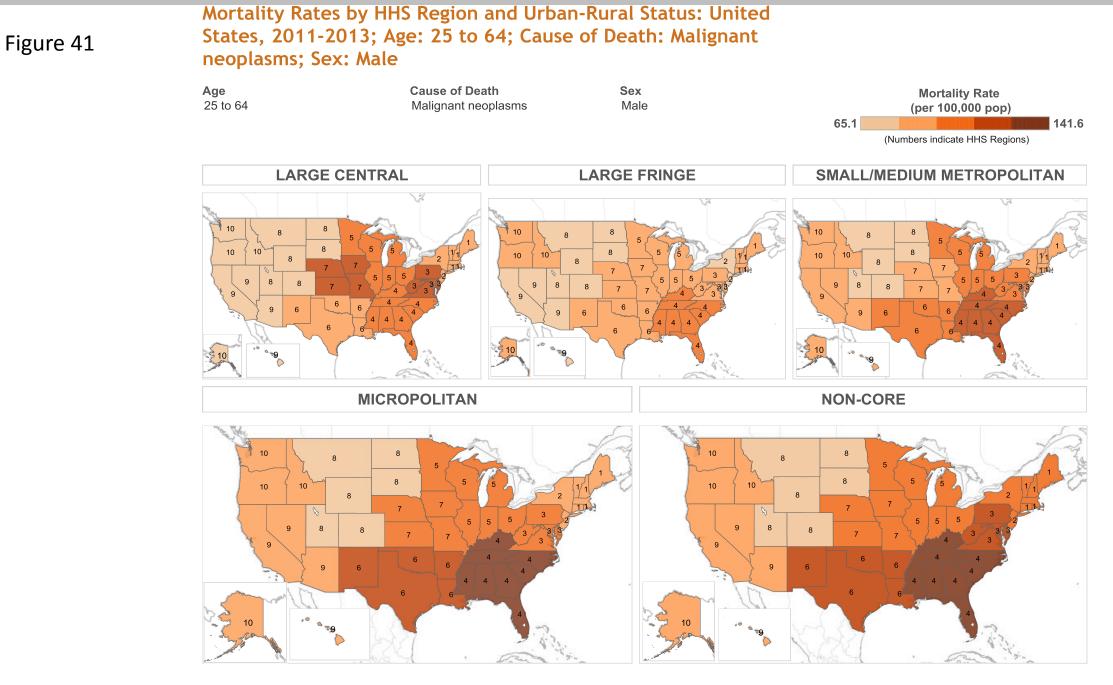


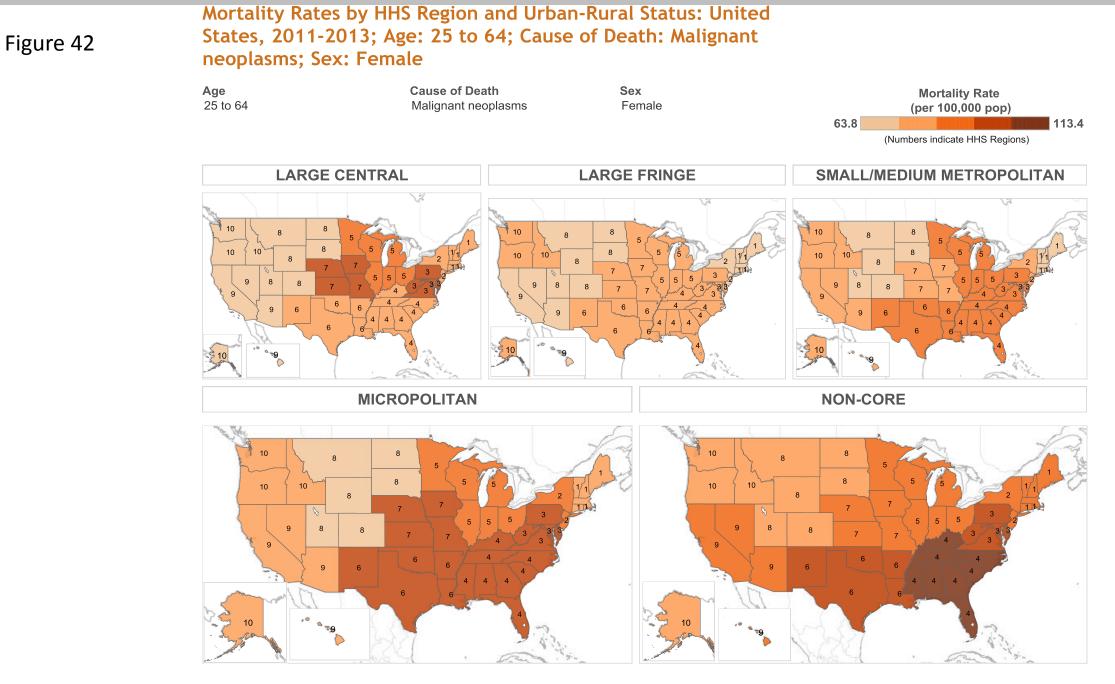
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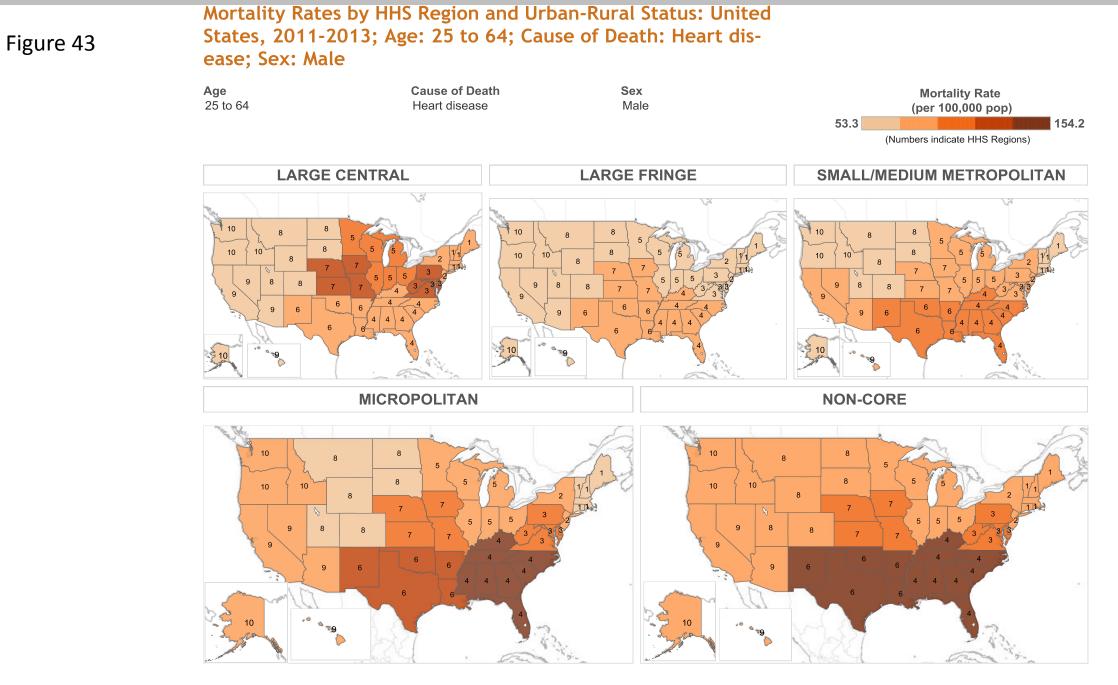
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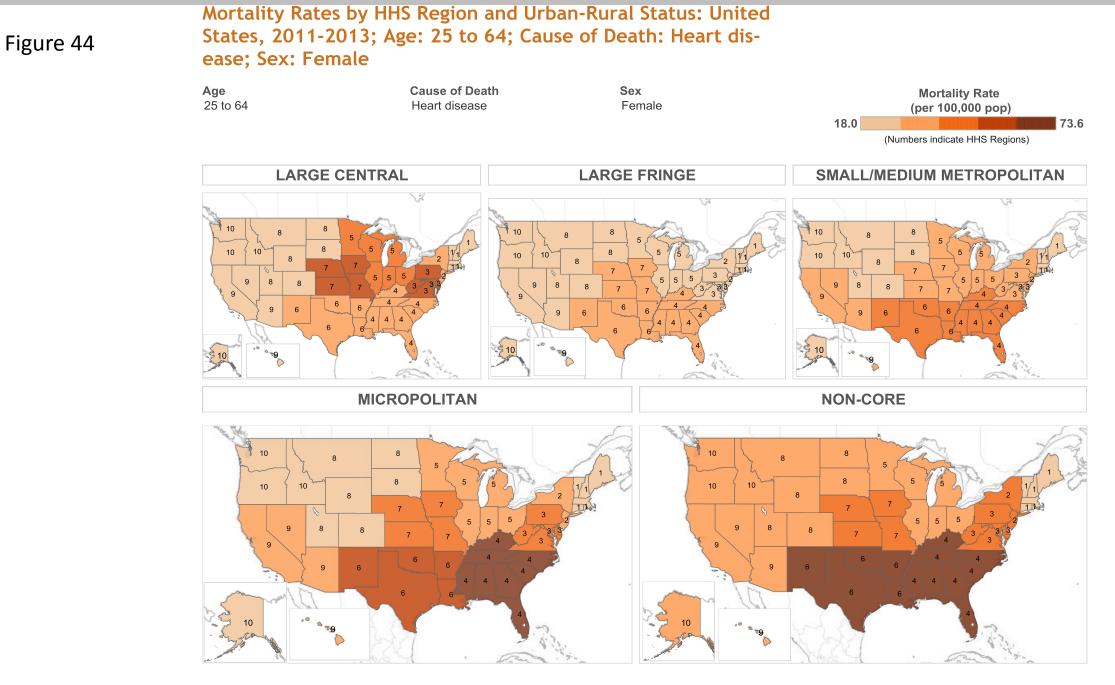
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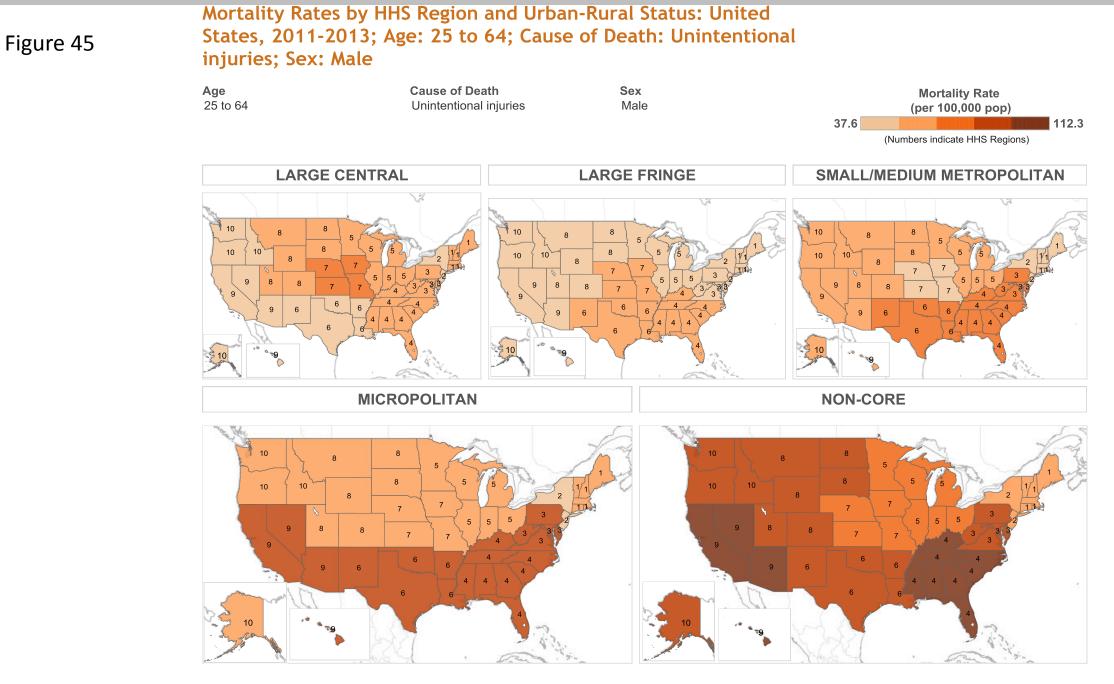
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- Figure 56: Cerebrovascular diseases, Female
- Figure 57: Homicide, Male
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- Figure 60: Septicemia, Female

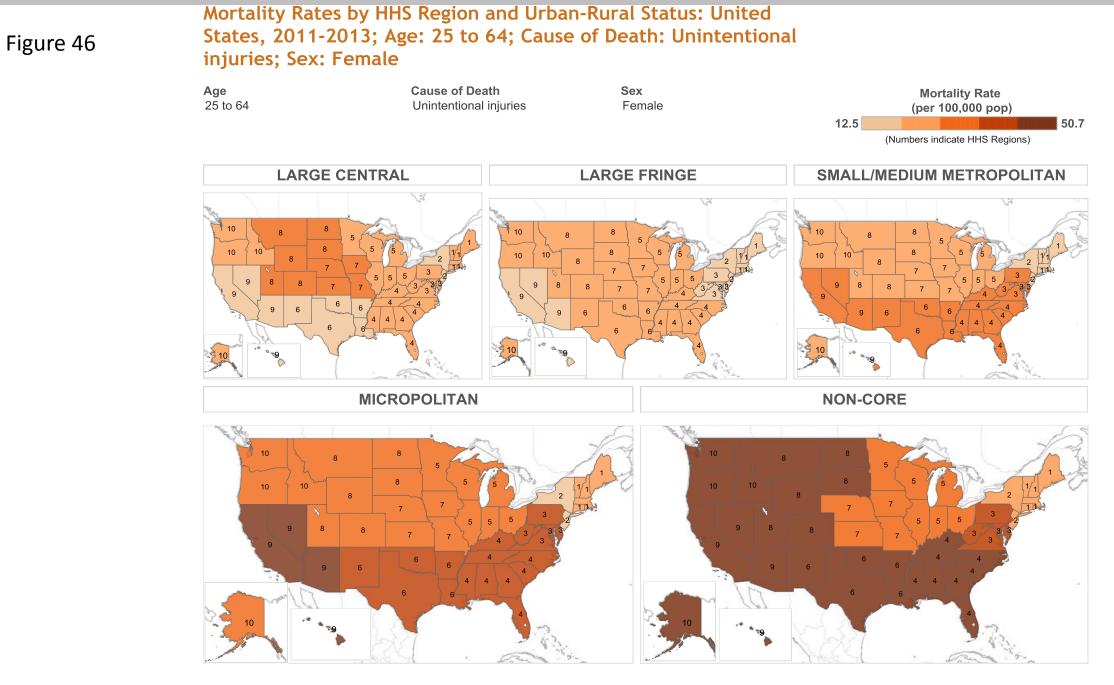


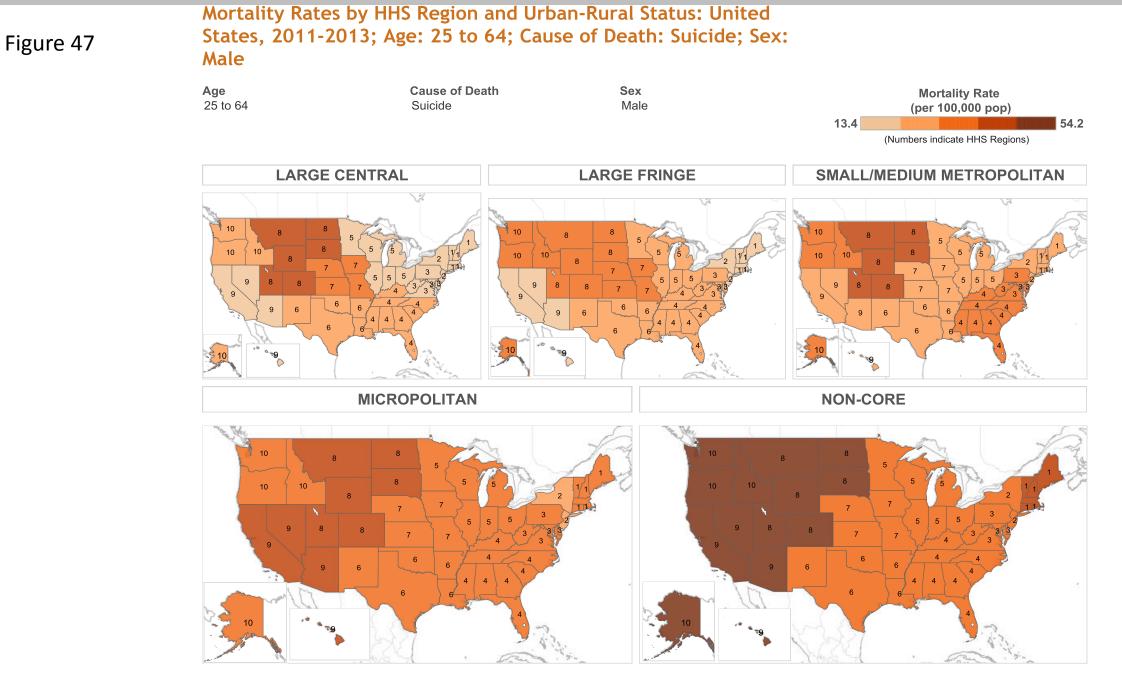




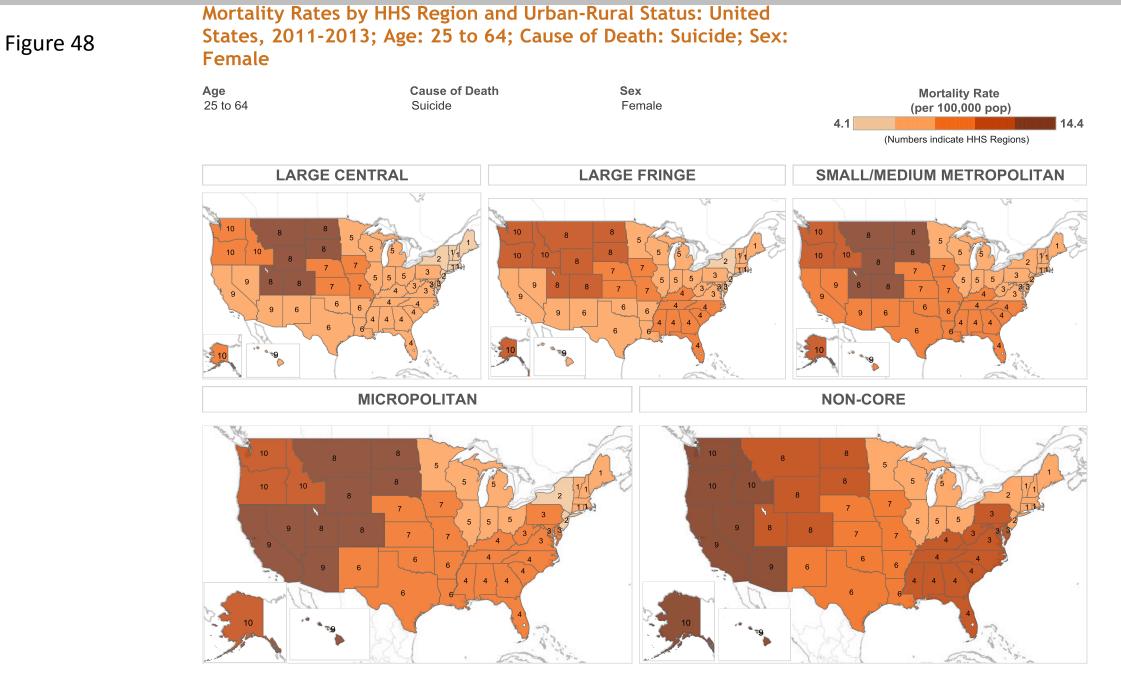


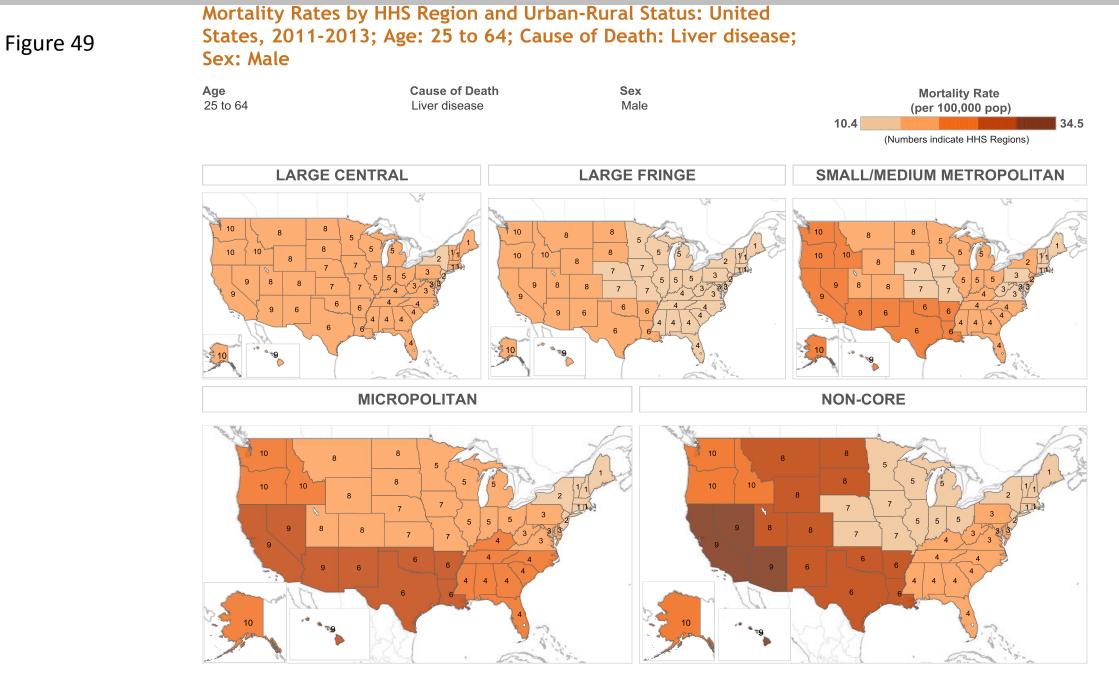


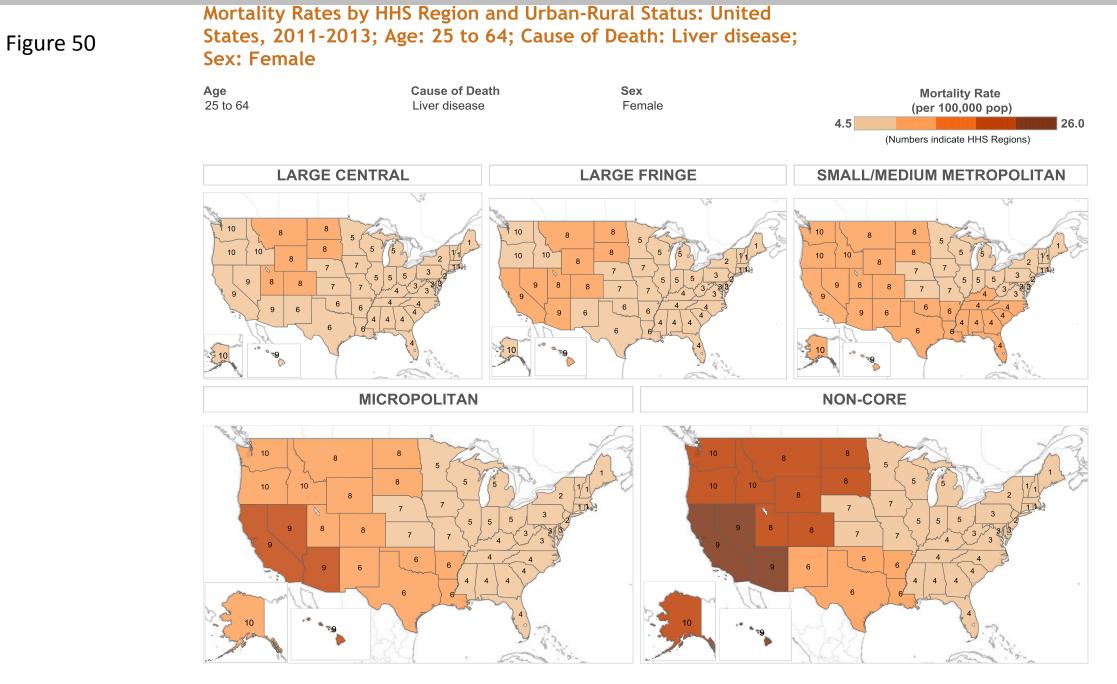


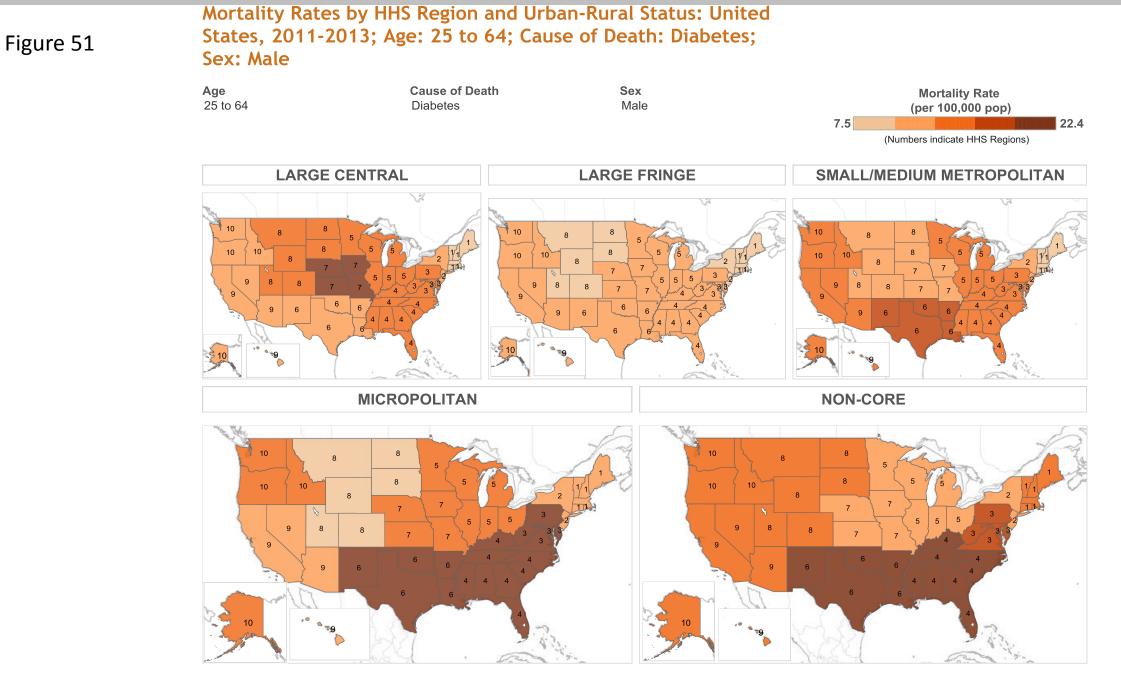


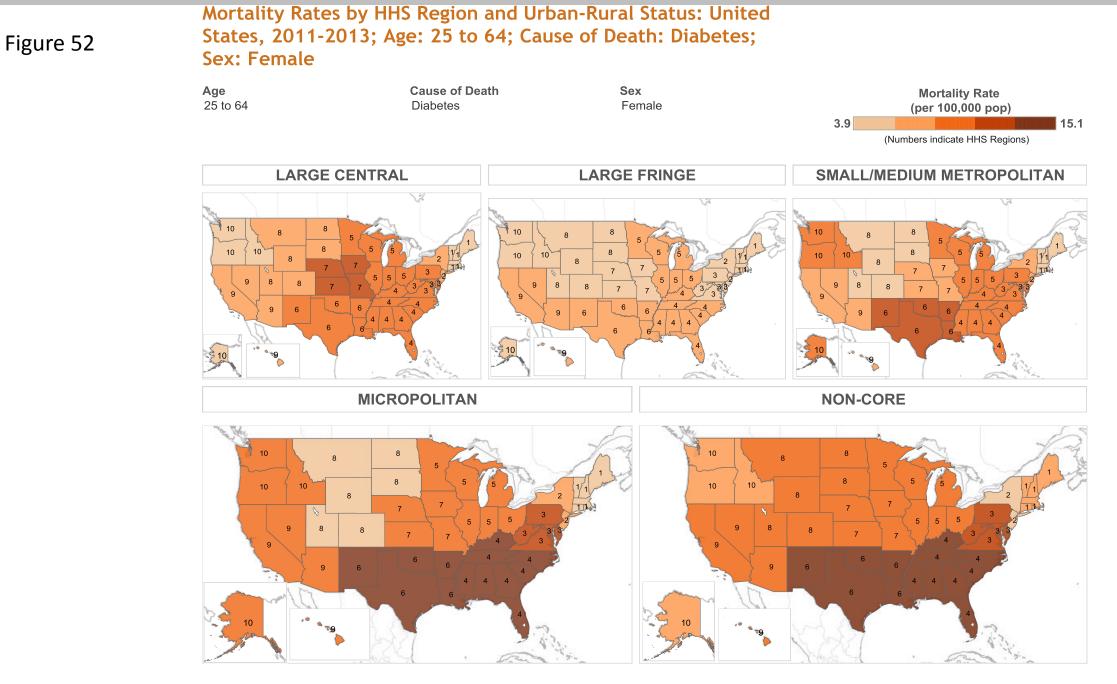
SOURCES: Centers for Disease Control and Prevention, National Center for Health Statistics, Multiple Cause of Death. SUGGESTED CITATION: Rural Health Reform Policy Research Center. Exploring Rural and Urban Mortality Differences, August 2015 Bethesda, MD. 2015.

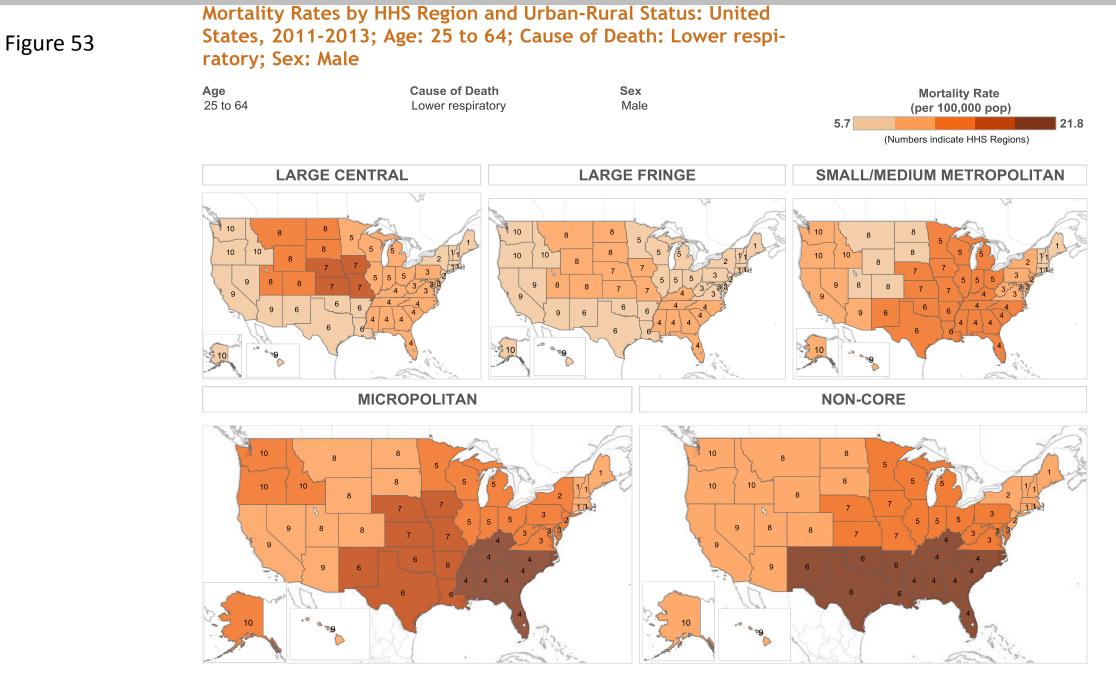


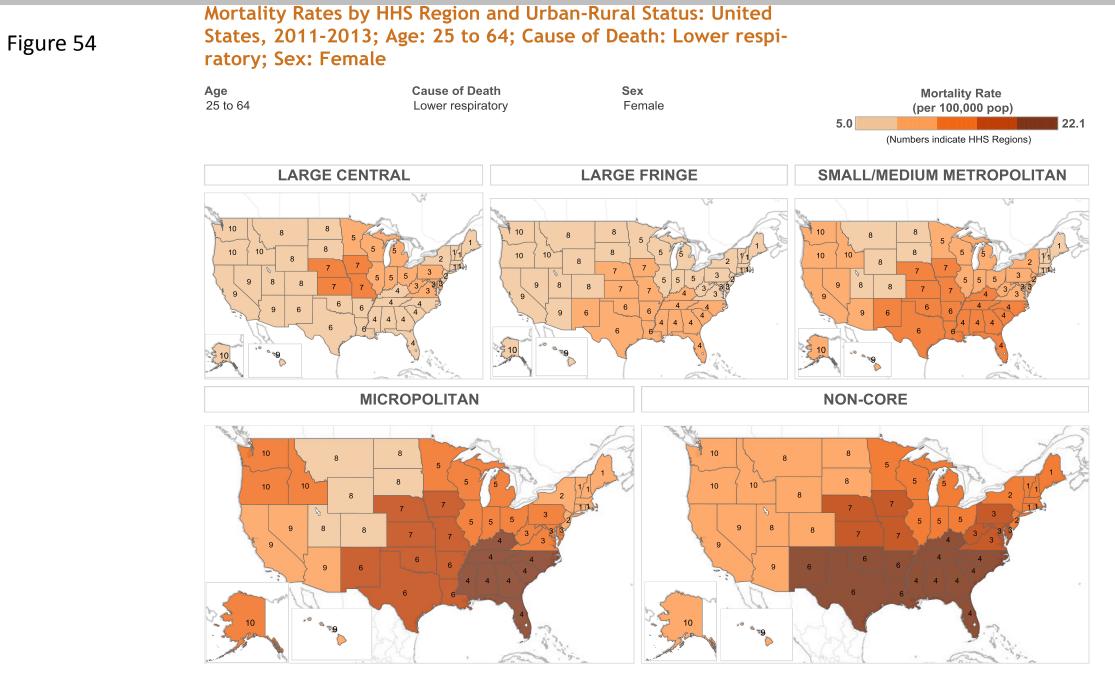


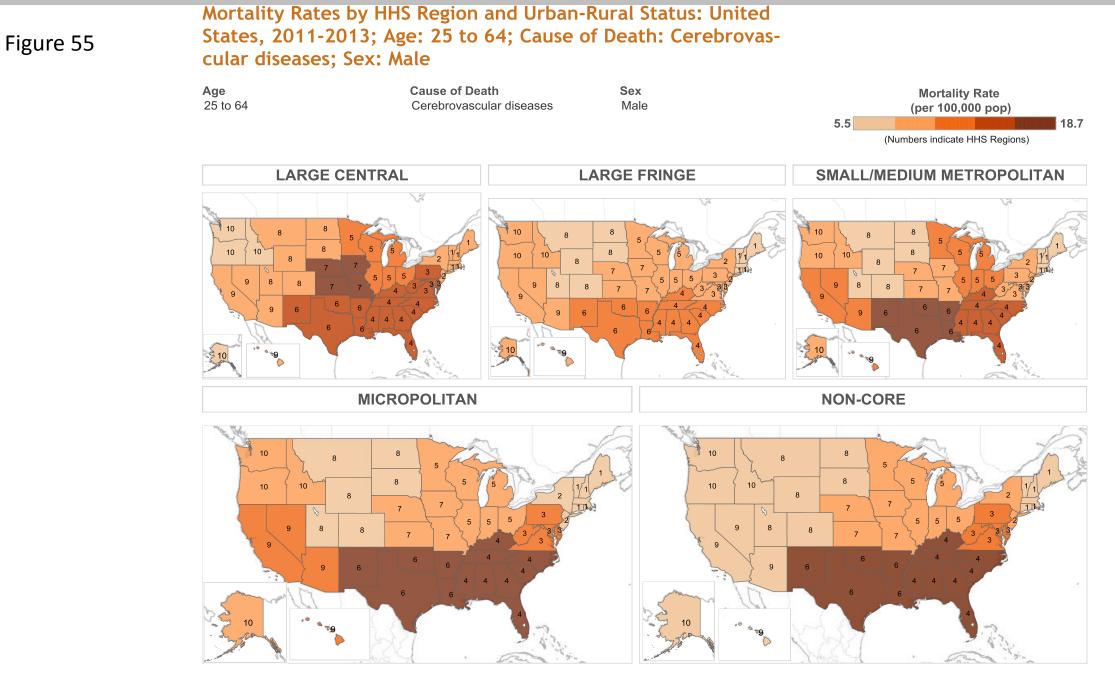


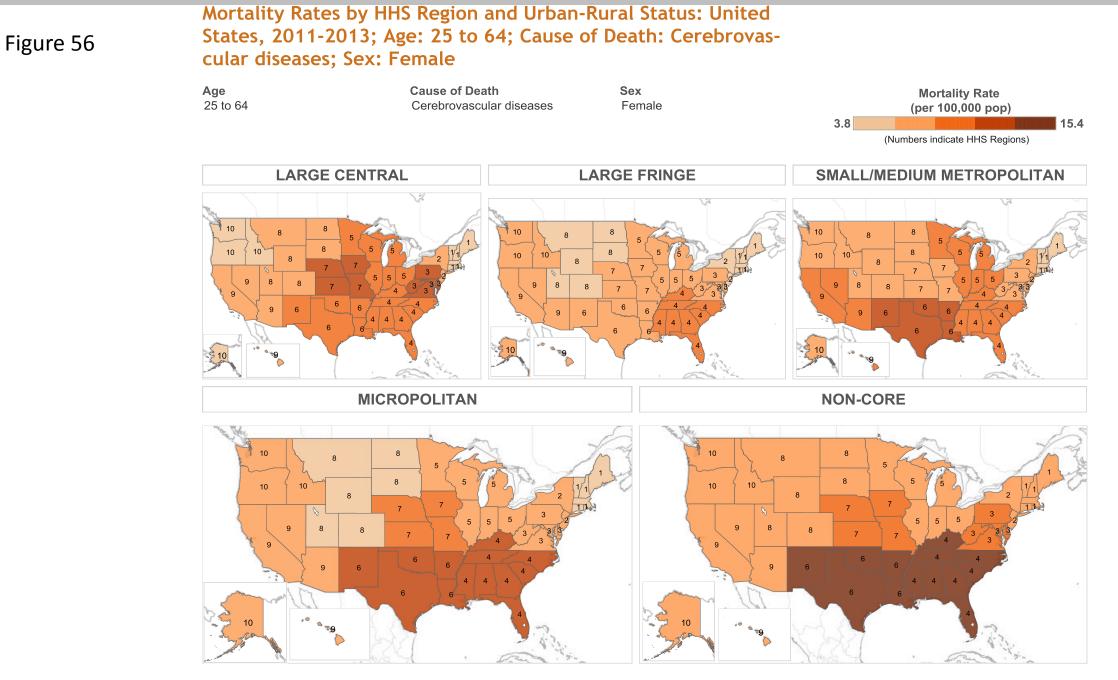


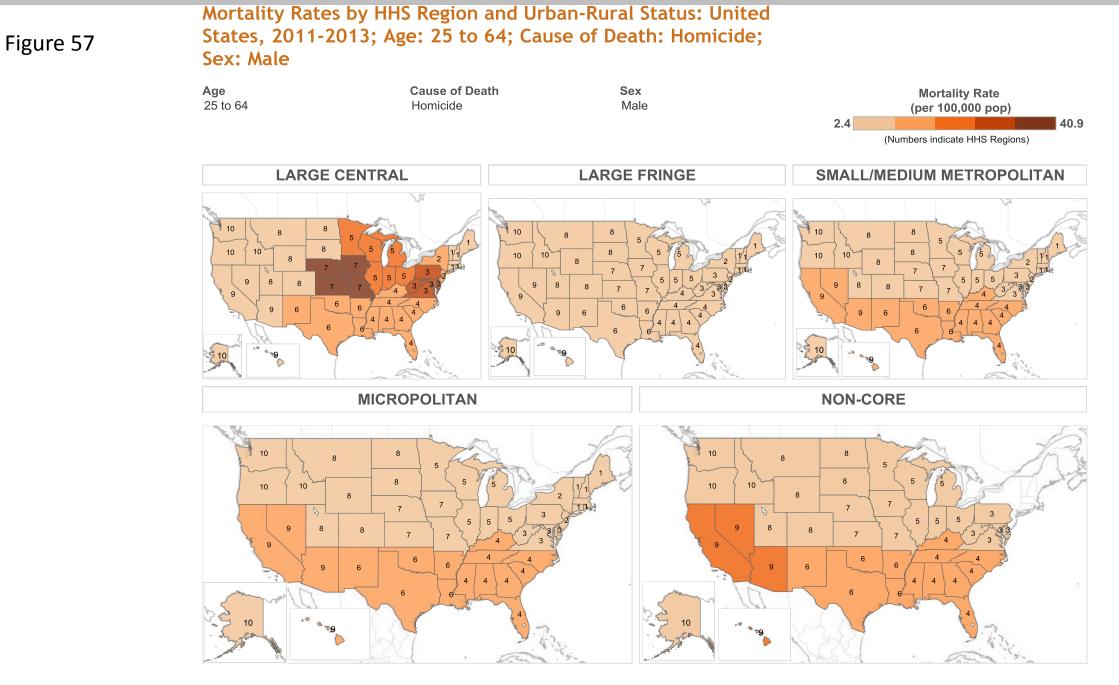


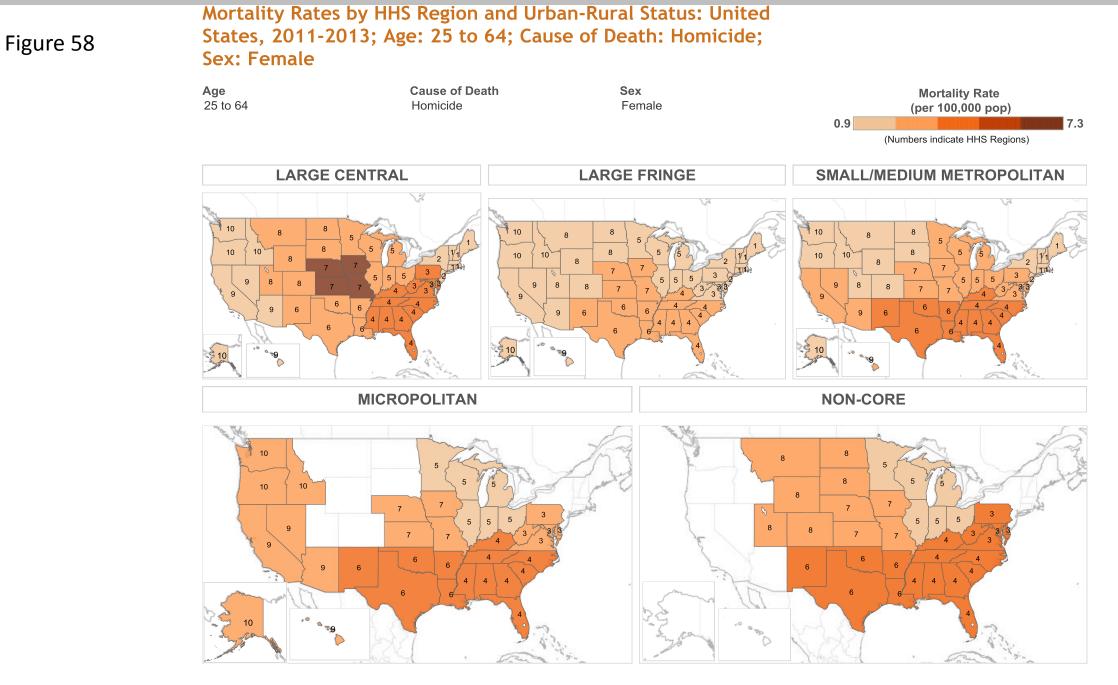


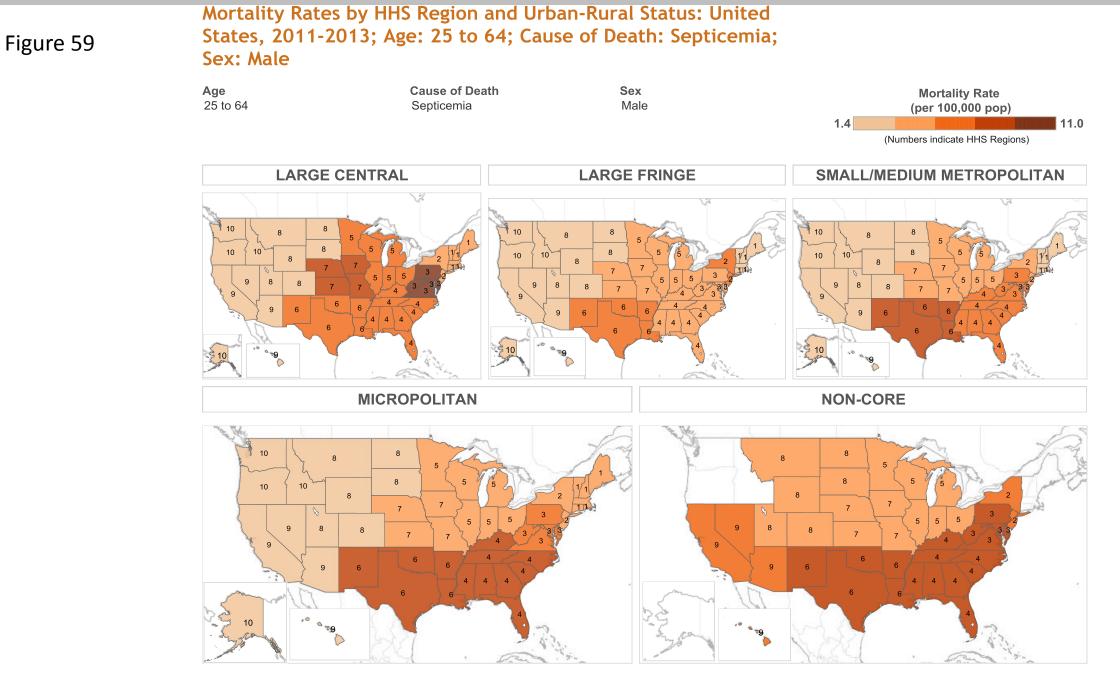


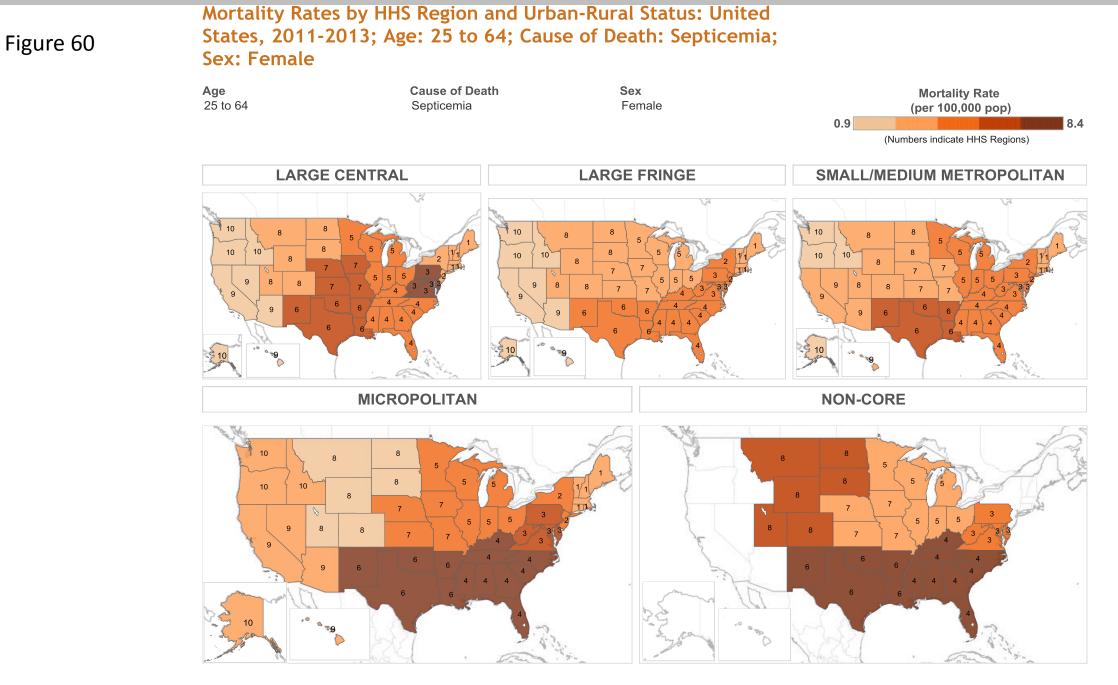










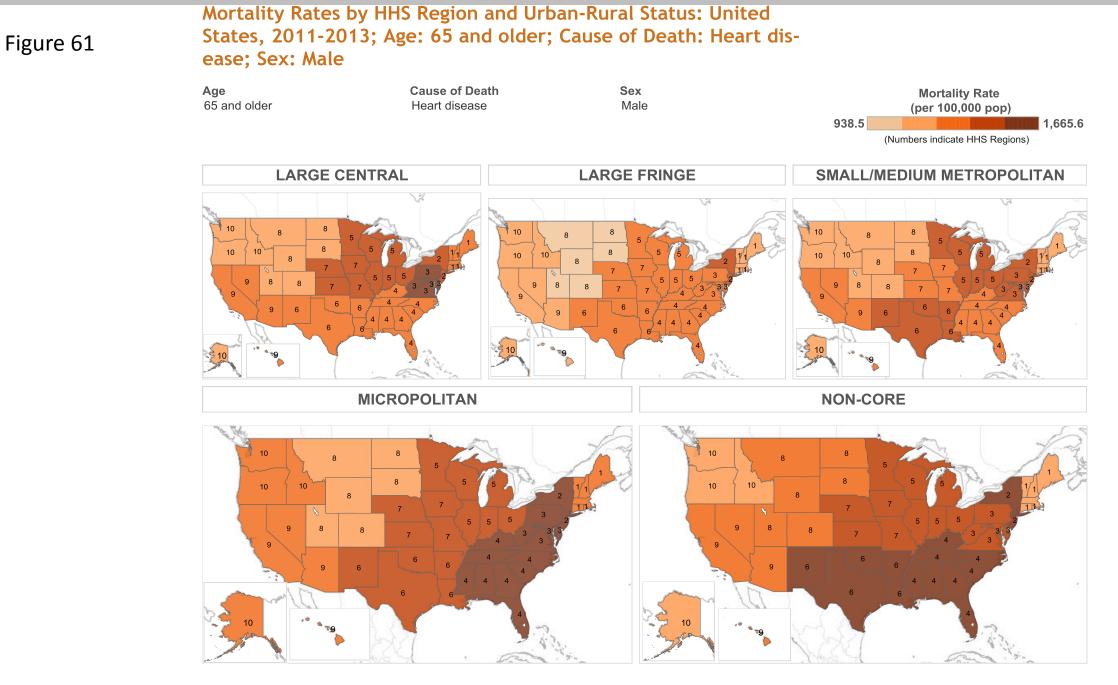


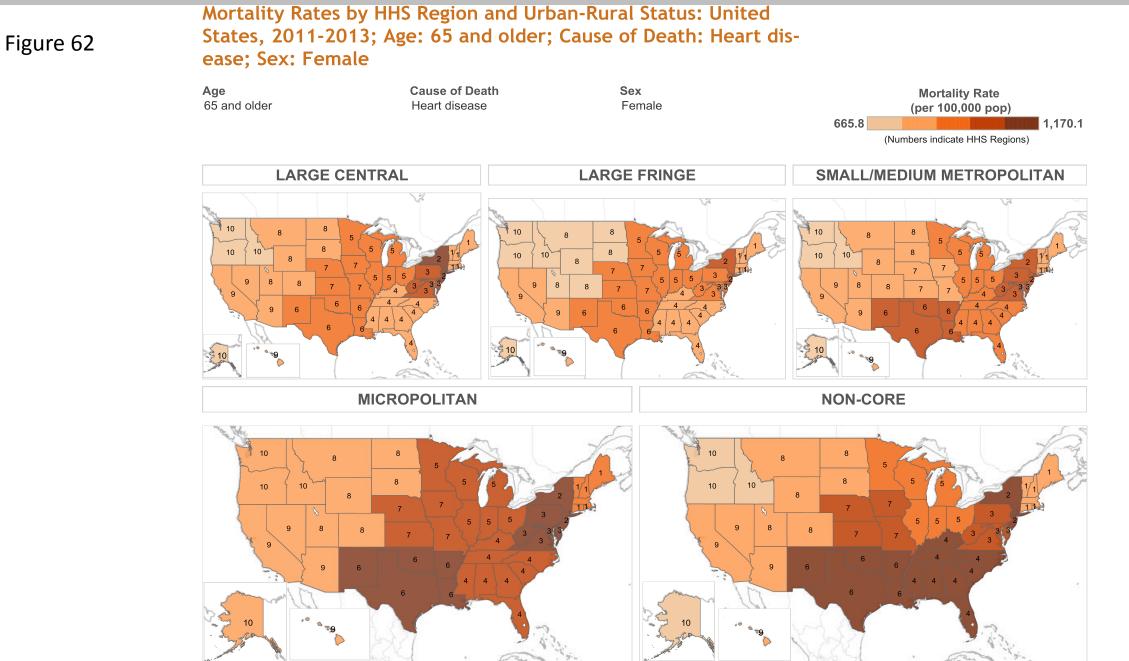


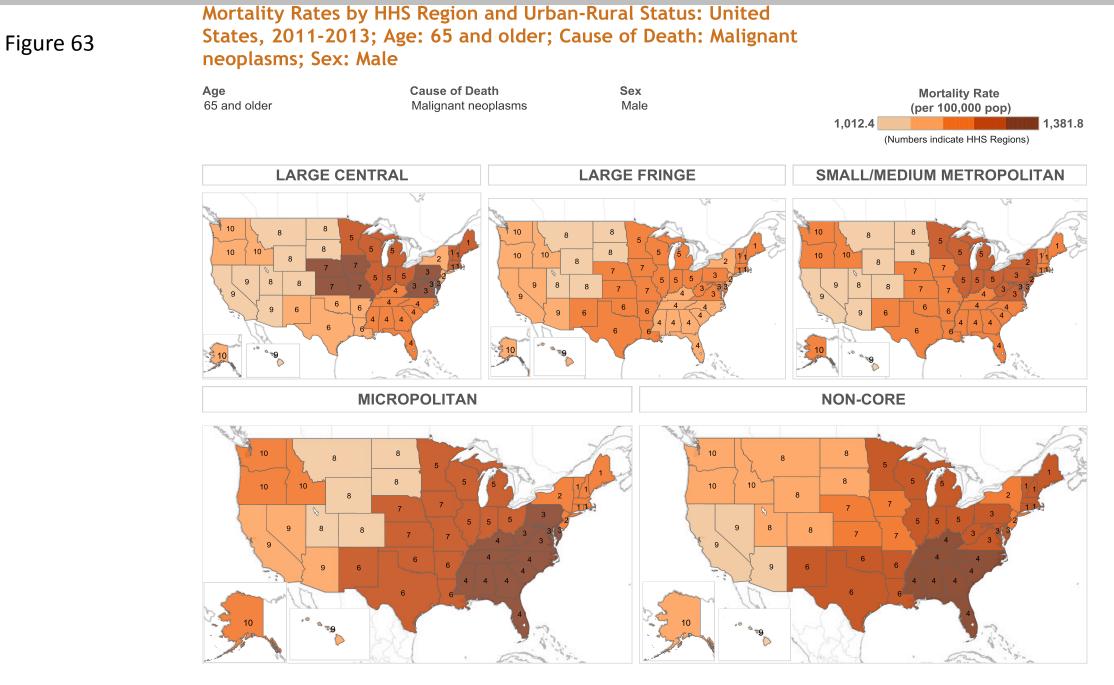
# Ages 65 Years and Older Mortality Rates by HHS Region and Urban-Rural Status: United States, 2011- 2013

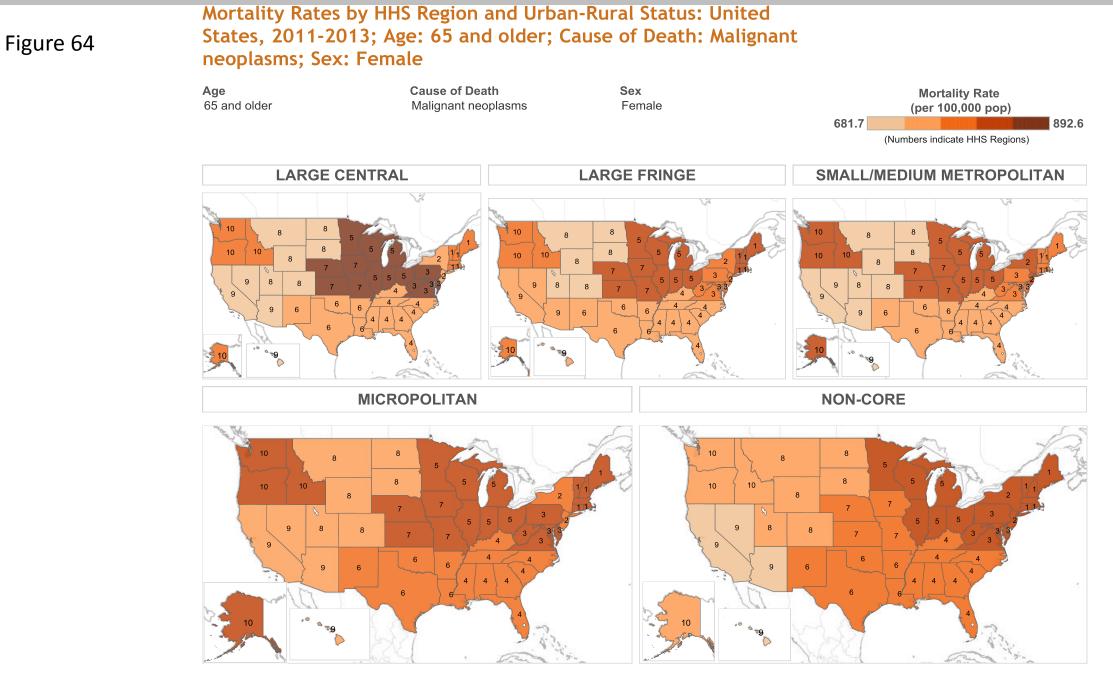
#### **Cause of Death:**

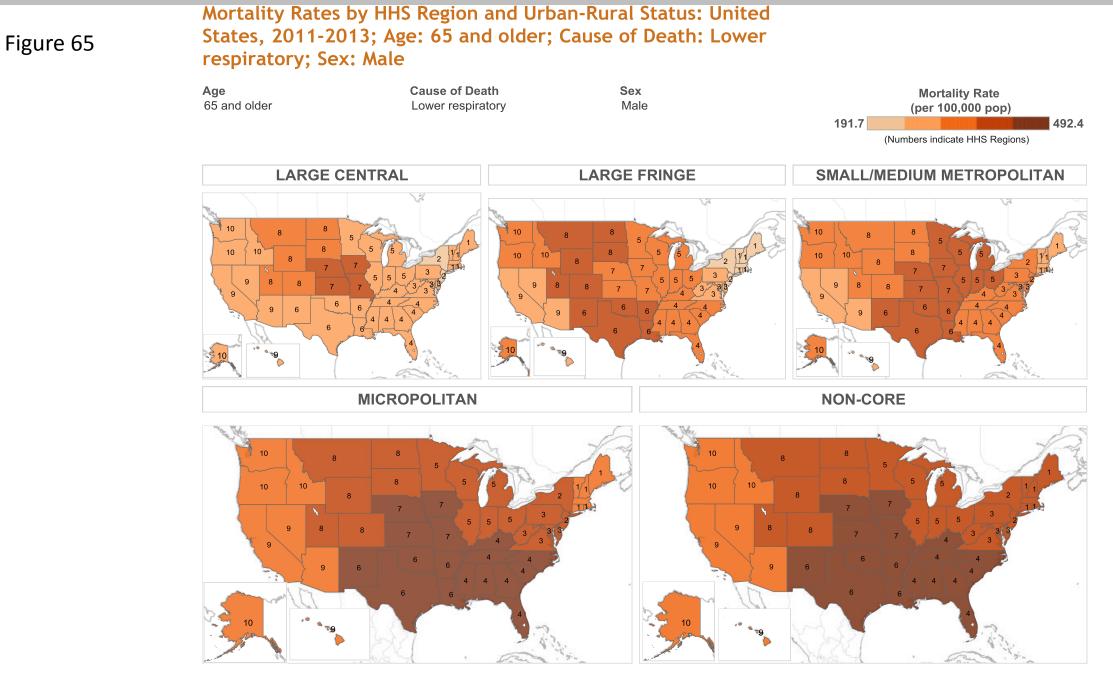
- Figure 61: Heart disease, Male
- Figure 62: Heart disease, Female
- Figure 63: Malignant neoplasms, Male
- Figure 64: Malignant neoplasms, Female
- Figure 65: Lower respiratory, Male
- Figure 66: Lower respiratory, Female
- Figure 67: Cerebrovascular diseases, Male
- Figure 68: Cerebrovascular diseases, Female
- Figure 69: Alzheimer's, Male
- Figure 70: Alzheimer's, Female
- Figure 71: Diabetes, Male
- Figure 72: Diabetes, Female
- Figure 73: Unintentional injuries, Male
- Figure 74: Unintentional injuries, Female
- Figure 75: Flu & pneumonia, Male
- Figure 76: Flu & pneumonia, Female
- Figure 77: Nephritis, Male
- Figure 78: Nephritis, Female
- Figure 79: Septicemia, Male
- Figure 80: Septicemia, Female

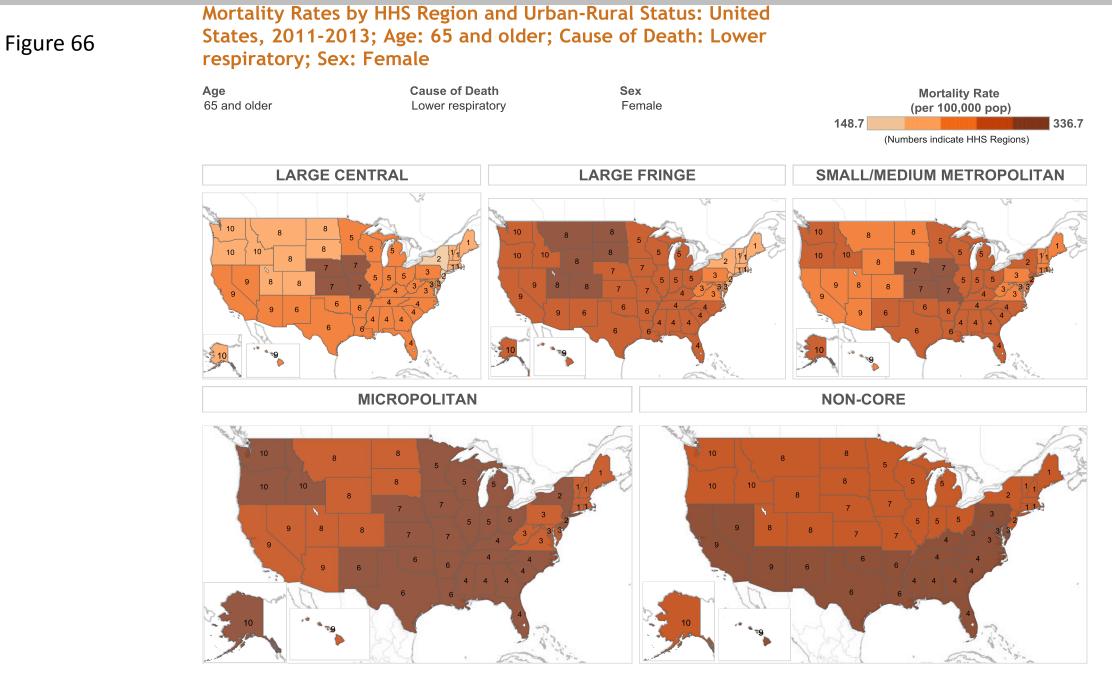












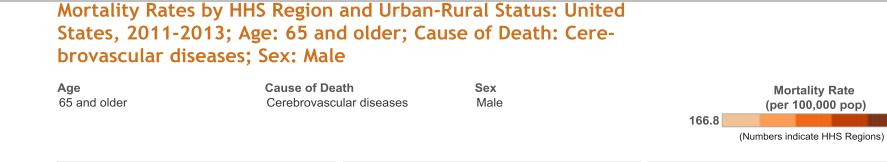
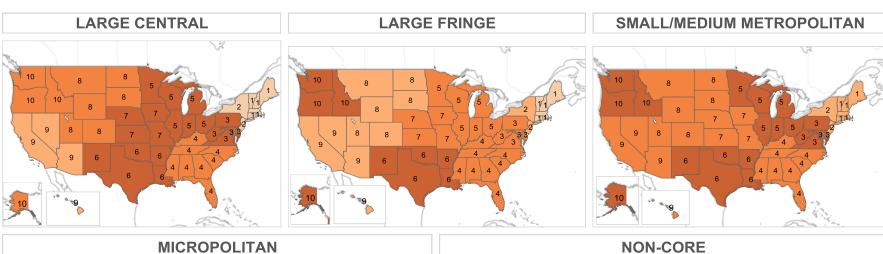
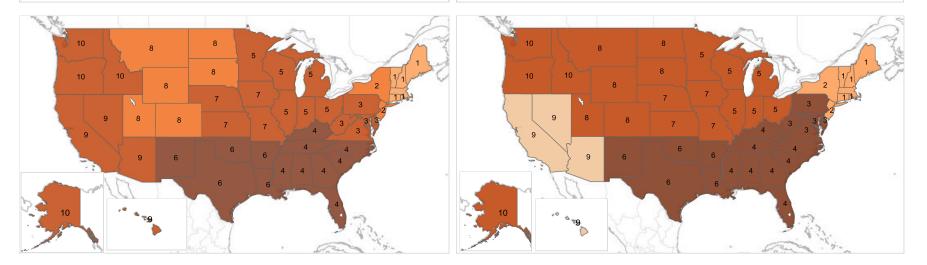
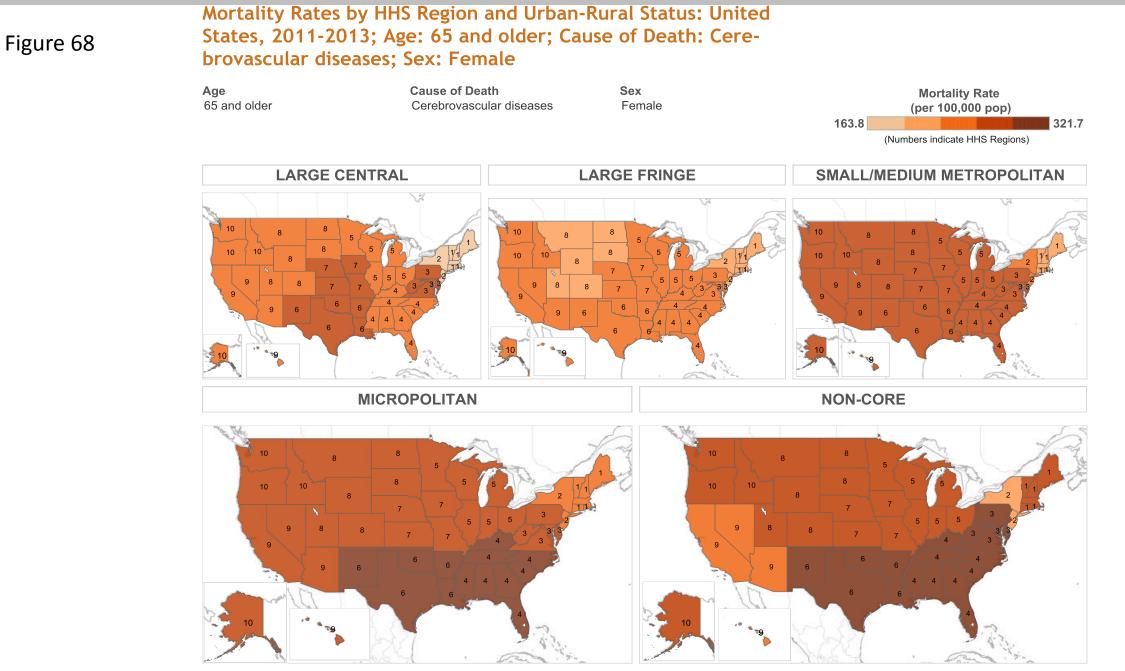


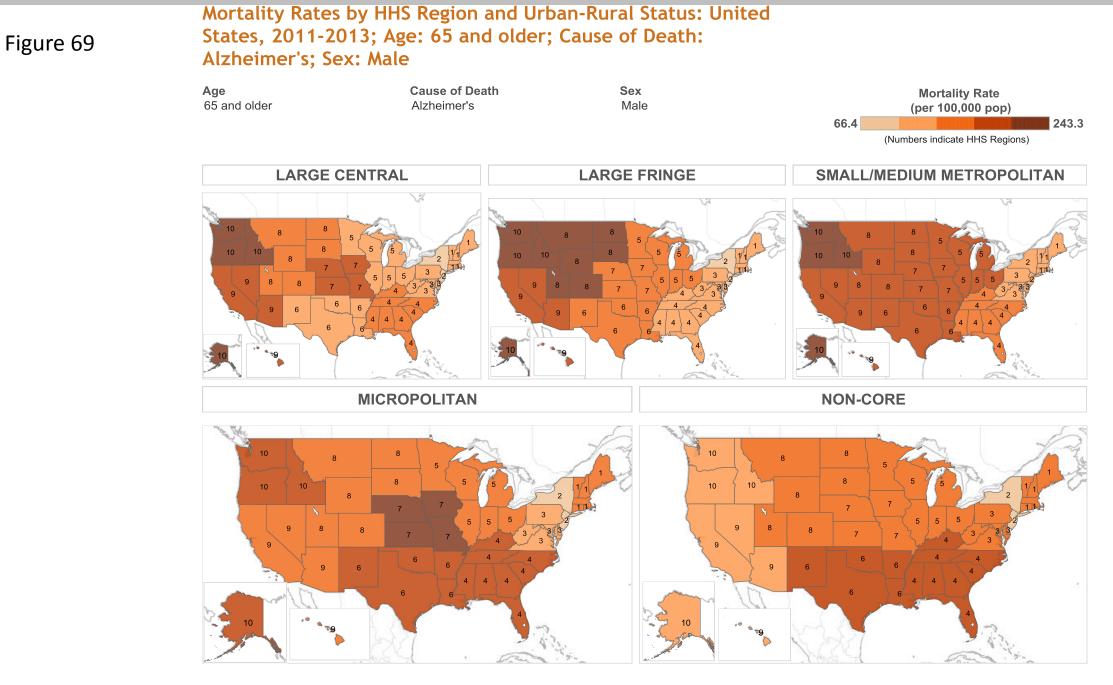
Figure 67

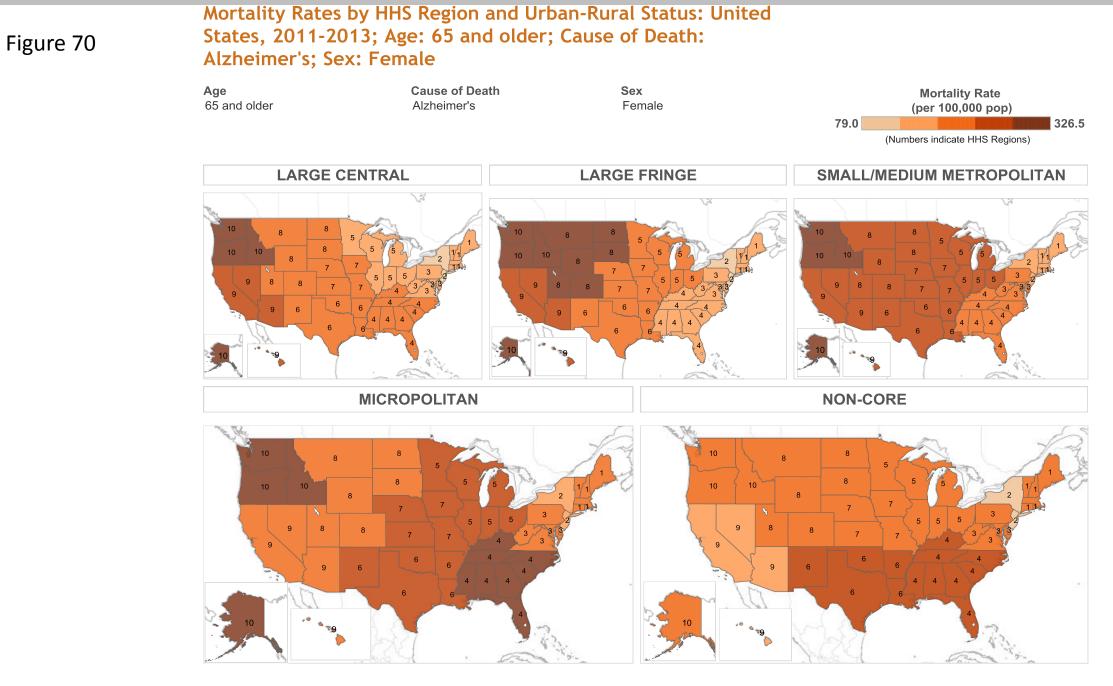


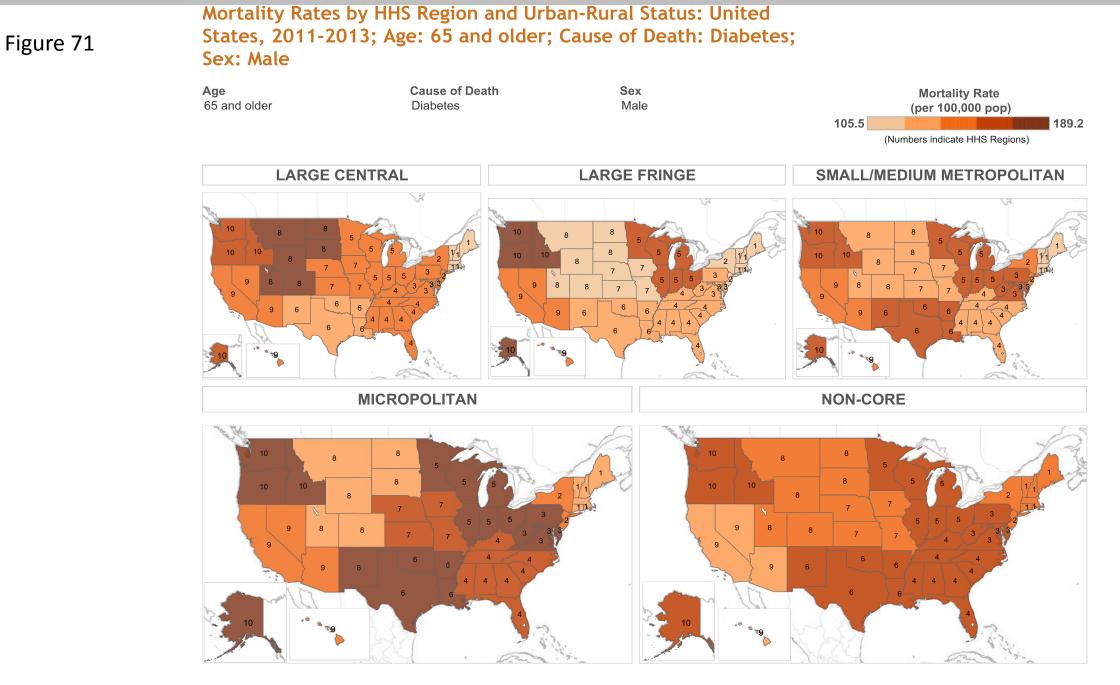
313.7

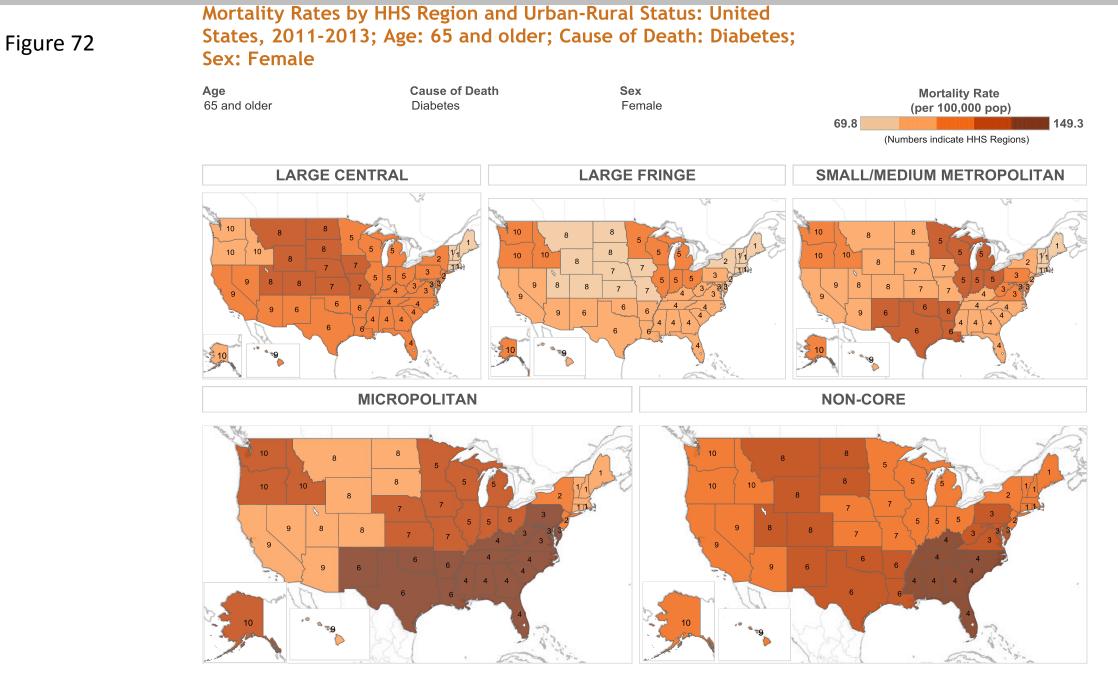




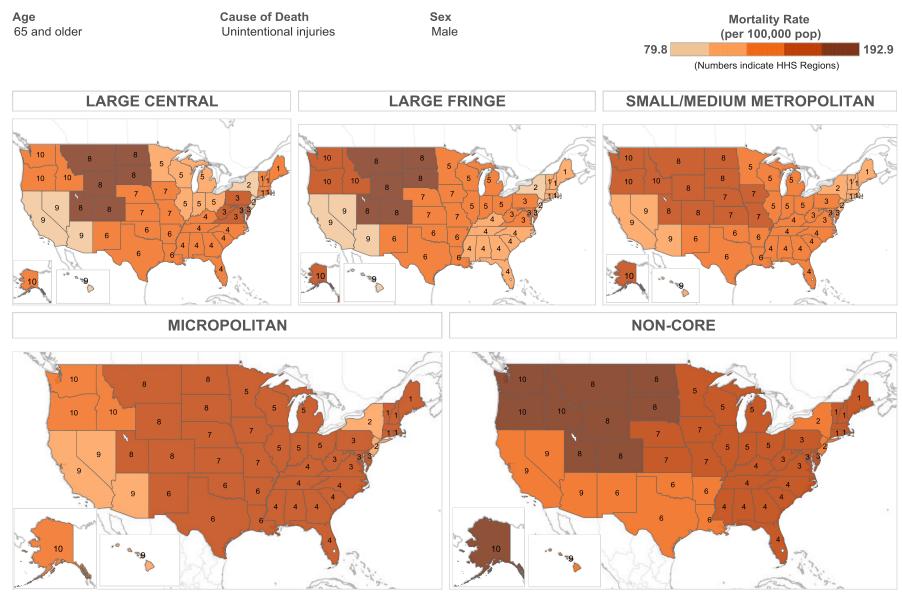








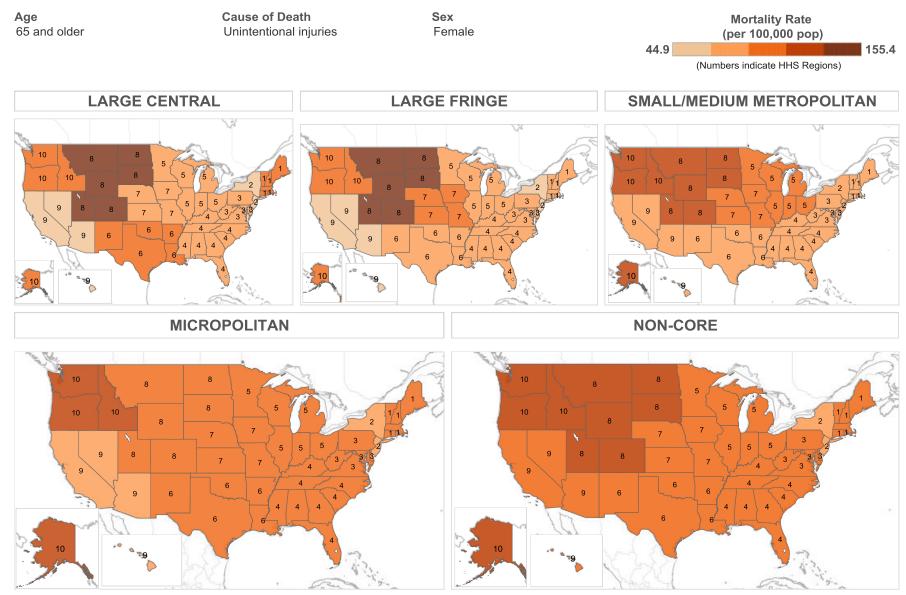


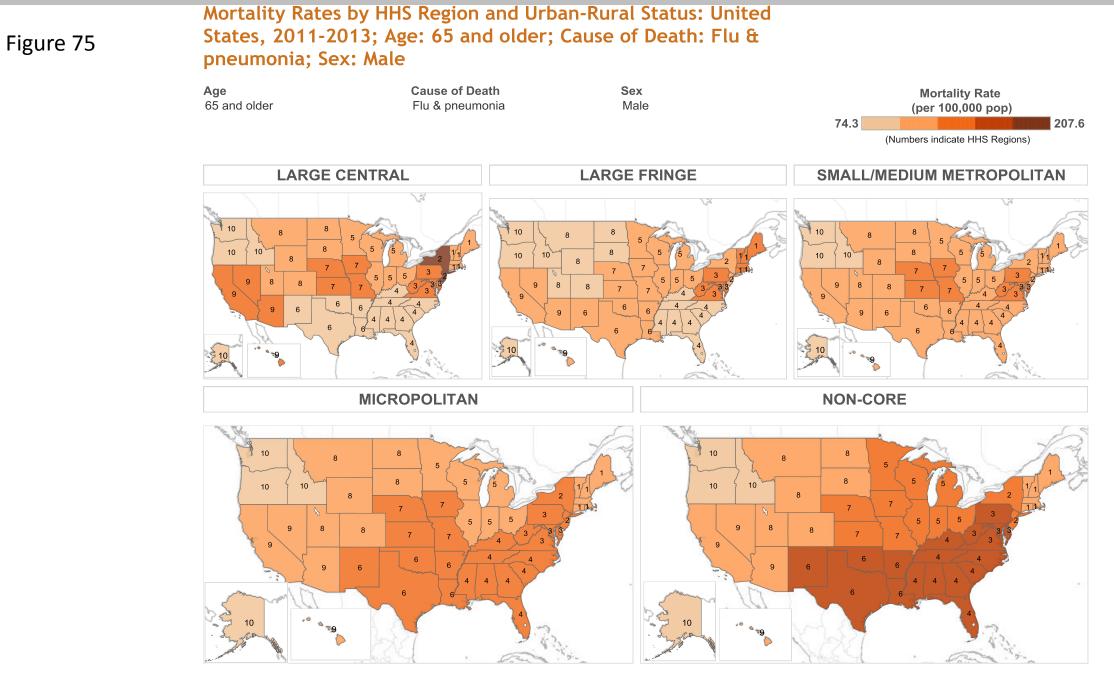


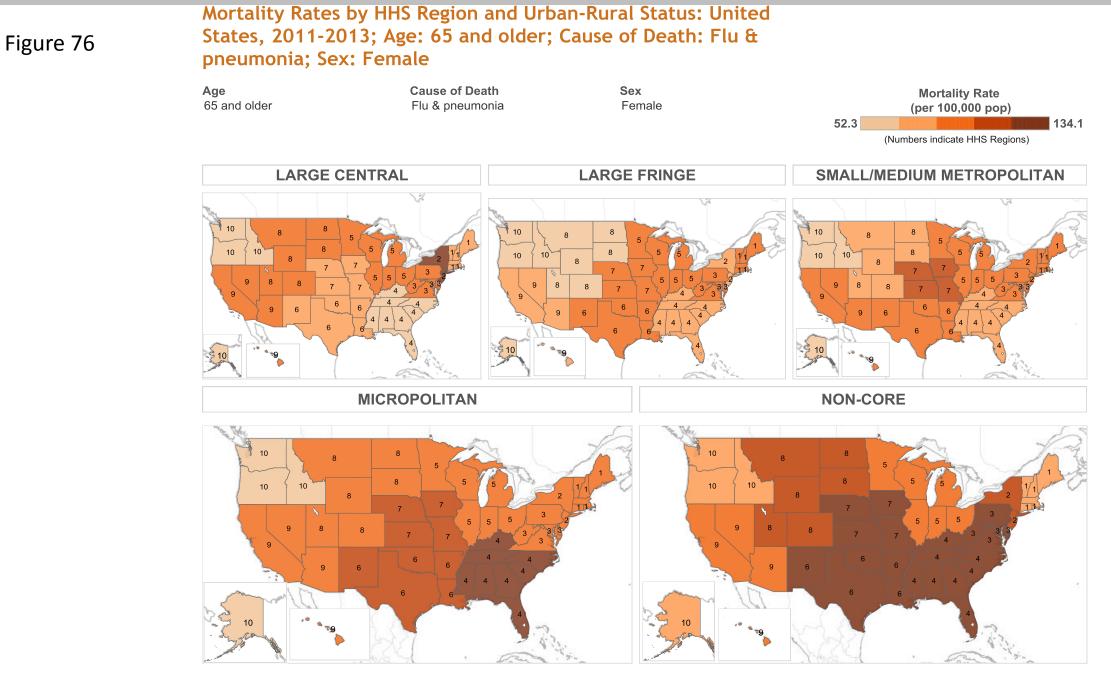
#### Figure 73

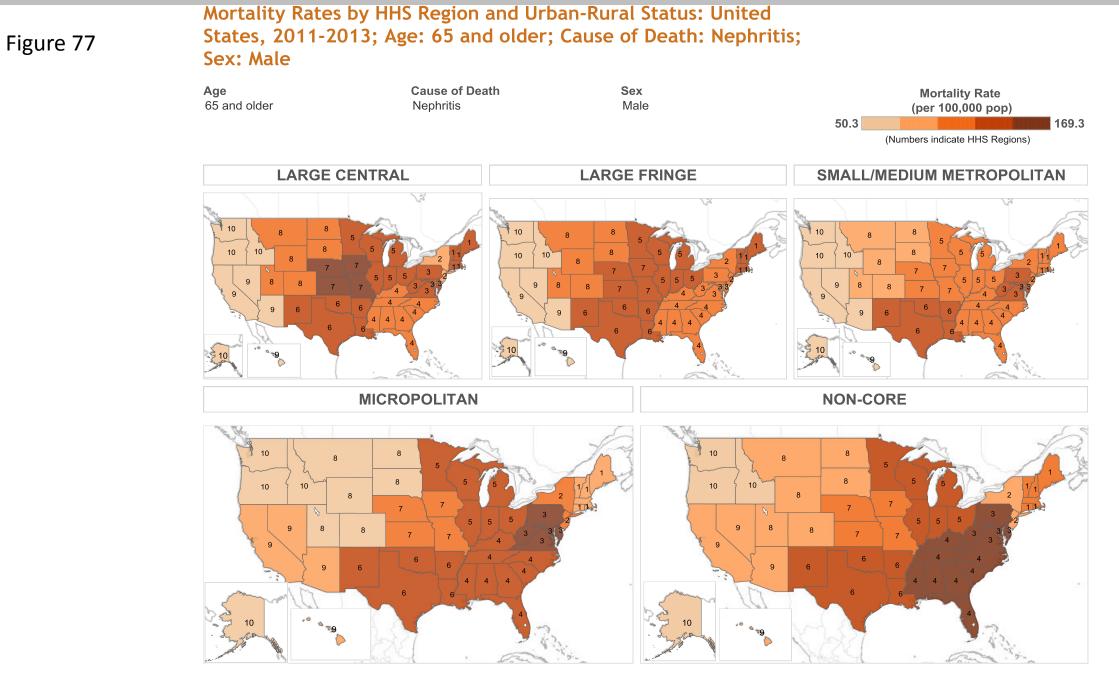


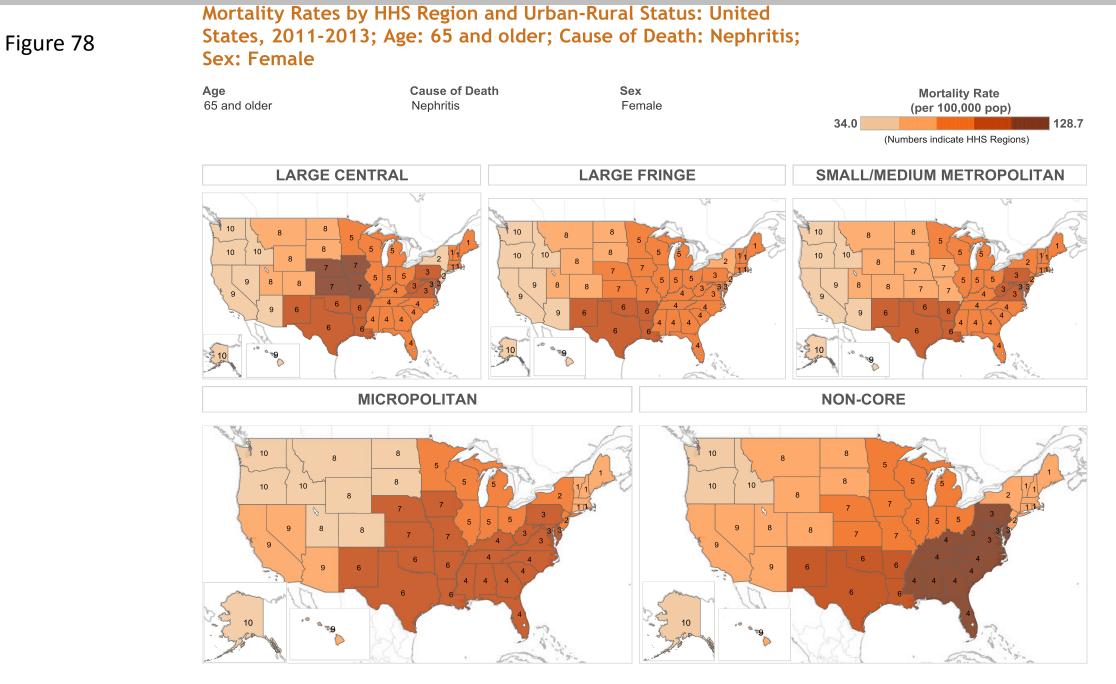
Figure 74

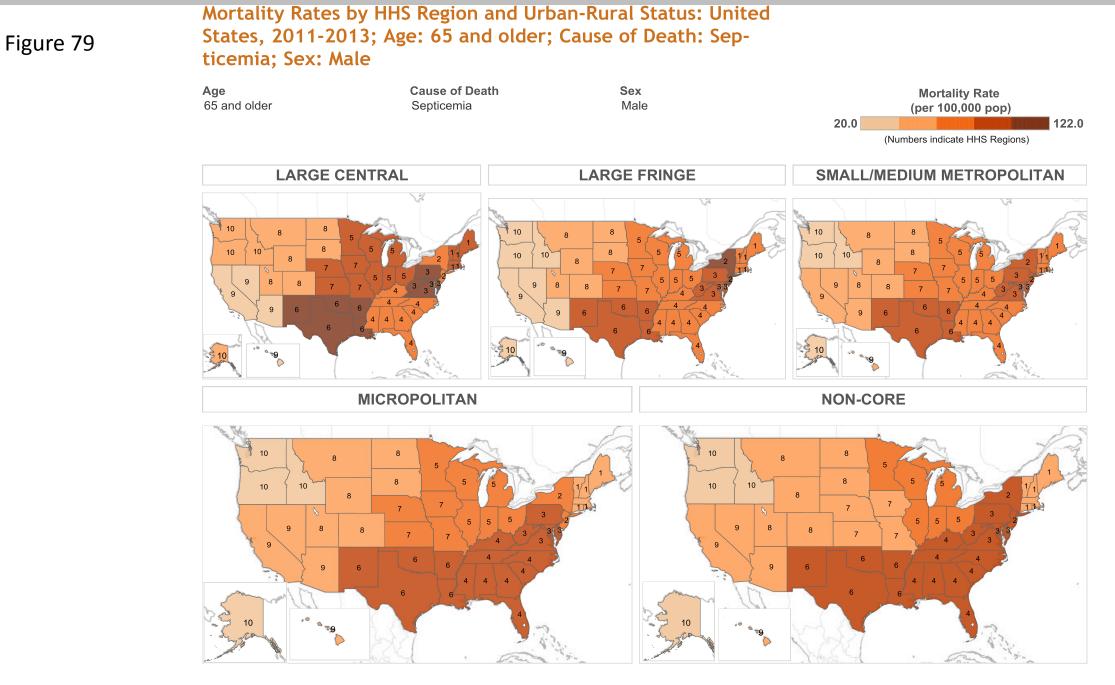


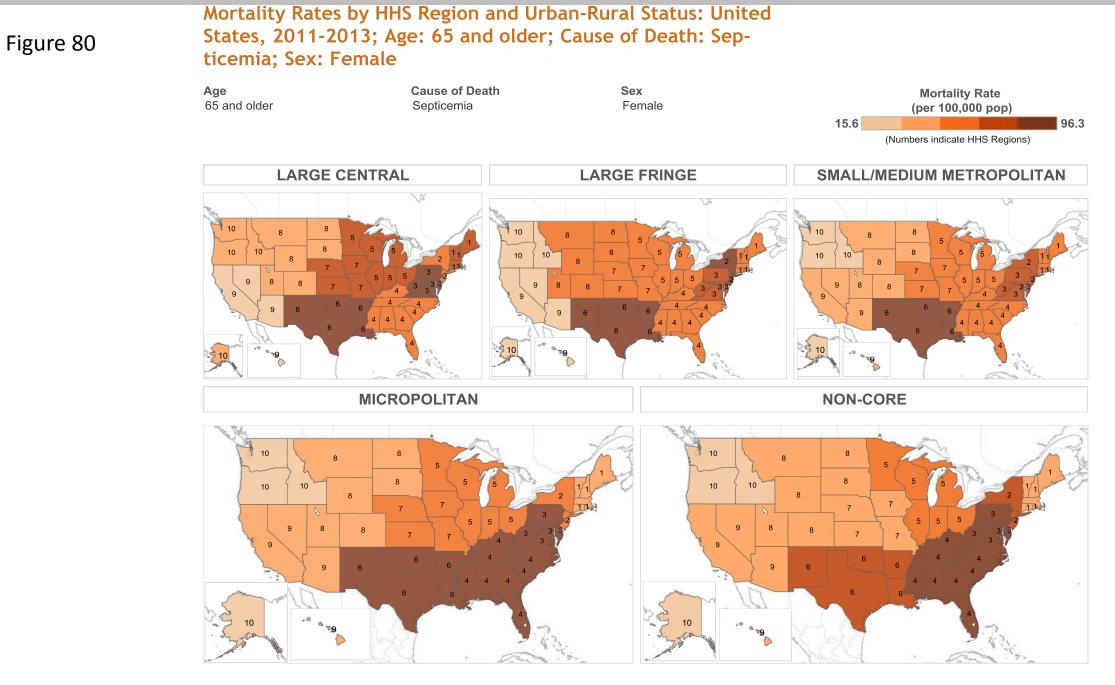














#### Summary: Infants

- Cause-specific, rural mortality rates worse than the nation in:
  - Congenital malformations, Regions 3, 4, 6, 7, 8 (Mid-Atlantic, South, Plains, and Rockies)
  - Sudden infant death syndrome, Regions 3, 4, 6, 7, 8, 10 (Mid-Atlantic, South, Plains, Rockies, and Northwest)
  - Unintentional Injuries, Region 5, 7, 8 (Midwest, Plains, and Rockies)
  - Respiratory distress, Region 4





### Summary: Children (Age 1 to 14)

- Cause-specific, rural mortality rates worse than the nation in:
  - Unintentional injuries, Regions 2, 3, 4, 5 6, 7, 8, 9, 10 (New England, Mid-Atlantic, Midwest, South, Plains, Rockies, and the West)
  - Congenital malformation, Region 3
  - Homicide, Region 3, 6
  - Heart disease, Region 4
  - Lower respiratory, Region 6





### Summary: Children (Age 15 to 24)

- Cause-specific, rural mortality rates worse than the nation in:
  - Unintentional injuries, Region 3, 4, 5, 6, 7, 8, 9, 10
  - Suicide, Region 6, 8, 9, 10
  - Heart disease, Region 4





## Summary: Working Adults (Age 25 to 64)

- Cause-specific, rural mortality rates worse than the nation in:
  - All top-ten causes of death, Region 4, 6 (the South)
  - Malignant neoplasms, Region 3, 4, 5, 6 7 (Mid-Atlantic, South, Mid-west, Plains)
  - Heart disease, Region 3, 4, 6, 7 (Mid-Atlantic, South, Plains)
  - Unintentional injuries, Region 3, 4, 5, 6, 7, 8, 9 (Mid-Atlantic, South, Midwest, Plains, Rockies, Southwest)
  - Suicide, Region 3, 4, 6, 7, 8, 9, 10 (Mid-Atlantic, South, Plains, Rockies, West)
  - Liver disease, Region 4, 6, 8, 9, 10 (South, Rockies, West)
  - Diabetes, Region 3, 4, 6 (Mid-Atlantic, South)
  - Lower respiratory disease, Region 2, 3, 4, 5, 6, 7, 10 (New England, Mid-Atlantic, South, Midwest, Plains, Northwest)



### Summary: Seniors (Age 65+)

- Cause-specific, rural mortality rates worse than the nation in:
  - All top-ten causes of death, Region 4, 6 (the South)
  - Heart disease, Region 4, 6, 7 (South, Plains)
  - Malignant neoplasms, Region 4, 6, 7 (South, Plains)
  - Lower respiratory, Region 4, 6, 7, 8, 9, 10 (South, Plains, Rockies, West)
  - Cerebrovascular disease & Alzheimer's, Region 4, 6, 7, 8, 10 (South, Plains, Rockies, Northwest)
  - Flu & pneumonia, Region 4, 6, 7 (South, Plains)
  - Unintentional injuries, Region 4, 6, 7, 8 (South, Plains, Rockies)
  - Nephritis, Region 4, 6, 7 (South, Plains)



#### Summary

- Place matters
  - Cause-specific mortality varies by region
  - Regional differences that may impact mortality include:
    - Culture
    - Demographics
    - Health behaviors
    - Morbidity
- Sparsely populated areas have high mortality rates



#### For More Information

For state specific mortality rates, contact the state health department's vital records department.