Health, United States Spotlight
Health Status & Determinants

Spring 2016

ABOUT *HEALTH, UNITED STATES*

Health, United States is the annual report on health, produced by the National Center for Health Statistics and submitted by the Secretary of the Dept. of Health and Human Services to the President and Congress.

The report uses data from government sources as well as private and global sources to present an overview of national health trends. This infographic features four indicators from the report's Health Status & Determinants subject area.

For more information, visit the *Health, United States* website at: **http://www.cdc.gov/nchs/hus.htm**.

Four Subject Areas of *Health, United States*

- Health status & determinants
- Health care resources
- Utilization of health resources
- Health care expenditures & payers

CAUSES OF DEATH

ABOUT THE DATA

Source: NCHS/National Vital Statistics System (**NVSS**)

Methodology: Cause of death was certified by an attending physician, coroner, or medical examiner and recorded on the death certificate.

Note: Data represent resident deaths in the United States. U.S. territories not included.

TOP 5 CAUSES OF DEATH FOR ADULTS AGED 25–44
118,173 deaths in 2014

- 28.3%
- 12.6%
- 11.6%
- 11.2%
- 5.7%
- 30.6%

1. Unintentional injuries
2. Cancer
3. Heart disease
4. Suicide
5. Homicide
- All other causes

Top 5 causes of death accounted for **69.4% of all deaths** among adults aged 25–44 in 2014.
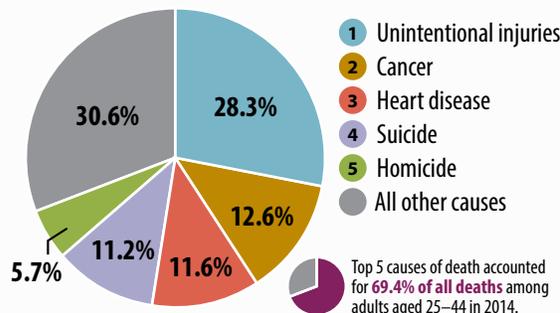
TOP 5 CAUSES OF DEATH FOR ADULTS AGED 45–64
524,725 deaths in 2014

- 30.5%
- 20.8%
- 7.4%
- 4.1%
- 4.0%
- 33.2%

1. Cancer
2. Heart disease
3. Unintentional injuries
4. Liver disease & cirrhosis
5. Chronic lower respiratory diseases
- All other causes

Top 5 causes of death accounted for **66.8% of all deaths** among adults aged 45–64 in 2014.
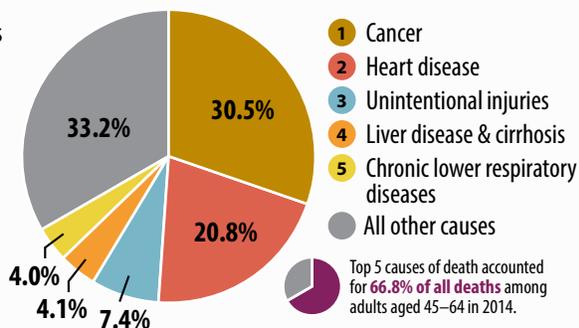
DIABETES

ABOUT THE DATA

**Source:** NCHS/National Health and Nutrition Examination Survey (**NHANES**)

Participants: Noninstitutionalized civilians. Pregnant women not included.

Methodology:
- **Physician-diagnosed diabetes** was self-reported by participants.
- **Undiagnosed diabetes** was detected using blood samples collected during the survey in Mobile Examination Centers.

NHANES MOBILE EXAMINATION CENTER
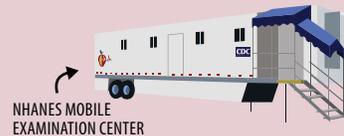
Diabetes prevalence among adults aged 20 and over, by age: 2011–2014

| Age group	Total	Undiagnosed	Physician-diagnosed
20–44 years (YOUNG ADULTS)	4.0	1.4	2.6
45–64 years (MIDDLE-AGED ADULTS)	16.6	4.3	12.3
65 years and over (OLDER ADULTS)	26.3	4.3	21.9

Percent
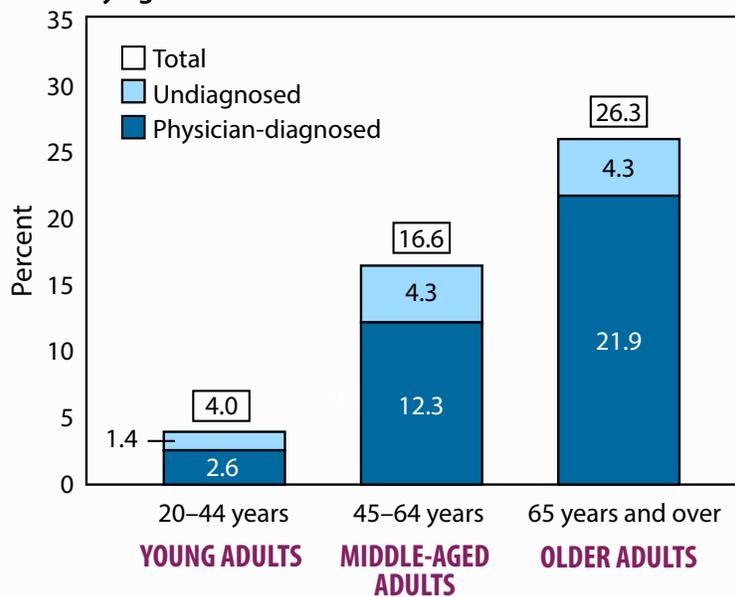
TOTAL DIABETES WAS MOST COMMON AMONG OLDER ADULTS IN 2011–2014.

Older adults were approximately **1.6 times as likely** to have total diabetes as middle-aged adults and approximately **6.6 times as likely** to have total diabetes as young adults.

Undiagnosed diabetes was a greater percent of total diabetes prevalence among young adults.

- 35% YOUNG
- 26% MIDDLE-AGED
- 16% OLDER
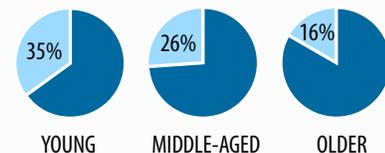
"UNDIAGNOSED DIABETES"

No physician diagnosis
+
EITHER
Fasting plasma glucose ≥ 126 mg/dL
OR
Hemoglobin A1c ≥ 6.5%

SUBSTANCE USE

Any use of selected substances in the past 30 days among adolescents aged 12–17, by type of substance and age: 2004–2014

Illicit drugs
- 16–17 years: 16.5%
- 14–15 years: 7.9%
- 12–13 years: 3.4%

Alcohol
- 16–17 years: 23.3%
- 14–15 years: 8.5%
- 12–13 years: 2.1%

Tobacco
- 16–17 years: 14.4%
- 14–15 years: 5.1%
- 12–13 years: 1.1%
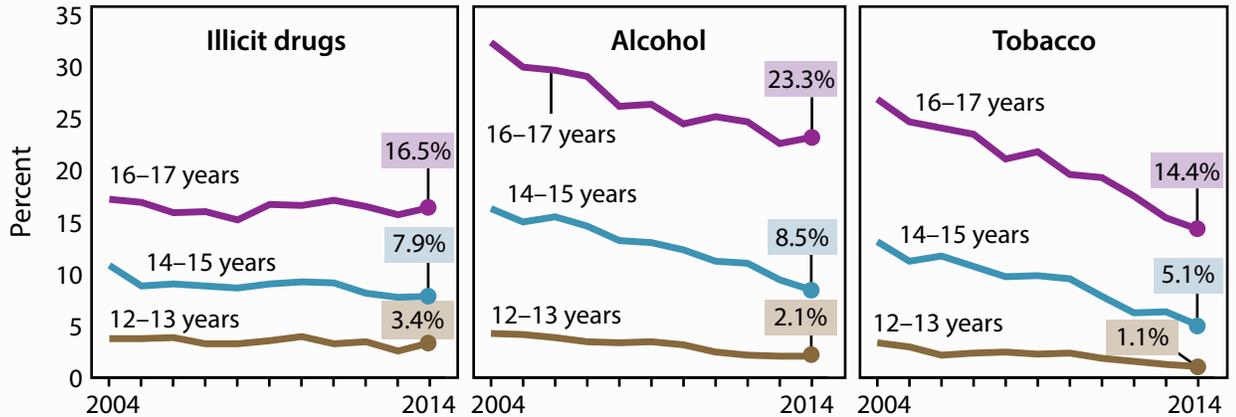
How did any use of illicit drugs, alcohol, or tobacco in the past 30 days among adolescents change from 2004 to 2014?

| Age	Illicit drugs	Alcohol	Tobacco
16–17	Stable	Decrease	Decrease
14–15	Decrease	Decrease	Decrease
12–13	Stable	Decrease	Stable
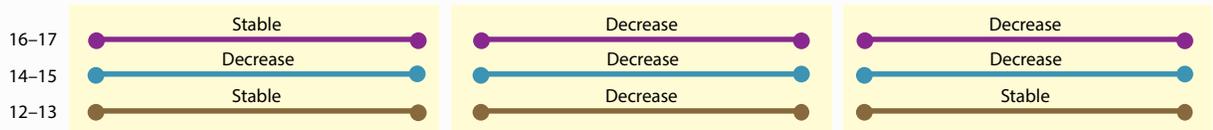
OF ADOLESCENT ILLICIT DRUG USERS IN THE PAST 30 DAYS (2014):
2.3 MILLION
MOST POPULAR ILLICIT DRUG AMONG ADOLESCENTS (2014):
MARIJUANA

OF ADOLESCENT ALCOHOL USERS IN THE PAST 30 DAYS (2014):
2.9 MILLION
↳ ADOLESCENT BINGE ALCOHOL USERS (2014):
1.5 MILLION

OF ADOLESCENT TOBACCO USERS IN THE PAST 30 DAYS (2014):
1.7 MILLION
MOST POPULAR TOBACCO PRODUCT AMONG ADOLESCENTS (2014):
**CIGARETTES**

ASTHMA & ALLERGIES

Asthma attacks and allergic reactions occurring in the past year among children aged 5–17: 2003–2005 and 2012–2014

	2003–2005	2012–2014
Asthma attack	5.8	5.6
Food allergy	3.6	5.5
Skin allergy	9.1	11.2
Respiratory allergy	20.0	18.4
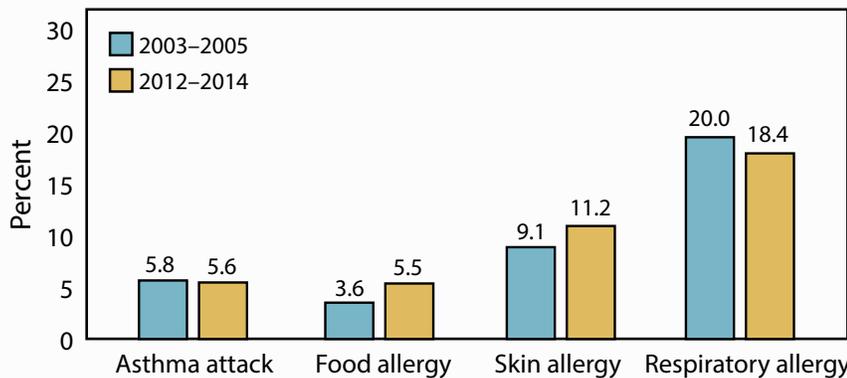
SIGNIFICANT CHANGES BETWEEN 2003–2005 AND 2012–2014
- ▲ **Food allergies**
- ▲ **Skin allergies**
- ▼ **Respiratory allergies**

Poorly-controlled asthma can negatively impact:

School attendance

Academic performance

For additional information on *Health, United States*, see http://www.cdc.gov/nchs/hus.htm.

For further information about NCHS and its programs, see http://www.cdc.gov/nchs.

CDC