CHRONIC DISEASES ACTIVITY

Background: A chronic disease is a disease that develops over a long period of time, is rarely cured by a medication and cannot be prevented with a vaccine. The leading causes of death in the US are cardiovascular diseases. Diabetes, sedentary lifestyle, poor nutrition and smoking are all risk factors for cardiovascular disease.

The United States Centers for Disease Control (CDC) has the most comprehensive data bases on chronic diseases. This assignment will have you utilize the CDC’s data bases to analyze the differences in the incidence of cardiovascular heart disease (CHD), diabetes, sedentary life style and poor nutrition in 5 states. You will also record data for the US as a whole.

Assignment: Create a workbook in Excel. Pick 5 states to include the following: NH, a state from the southeast, Midwest, southwest and the northwest.

1. List your 5 states
   - Create a table as shown below. Make sure to replace the #s with the abbreviation of your states.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical activity</td>
<td></td>
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<td></td>
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<tr>
<td>Fruit/veg</td>
<td></td>
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<tr>
<td>Obesity</td>
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<tr>
<td>Diabetes</td>
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</tr>
<tr>
<td>Smoking</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>All CHD</td>
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<td></td>
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</tr>
</tbody>
</table>


3. Click on Chronic Disease/Chronic Disease Indicators.

   Step 1: select the United States

   Step 2: Select your 5 states

   Step 3: Select the following categories:

   **Physical Activity and Nutrition** (Note record the exact %, not the range)
   - Record the #s for Fruit and Vegetable consumption > 18 years
   - Record the #s for Obesity > 18 years
   - Record the #s for Recommended Physical Activity for > 18 years

   **Repeat your search for Diabetes (step 3)**
   - Record the # for the prevalence among adults > 18 years
Repeat your search for Tobacco and Alcohol (step 3)

- Record the # for cigarette smoking among adults > 18 years

Repeat your search for Cardiovascular Disease (CHD) (step 3)

- Record the # for Major Cardiovascular Disease mortality (Use CI which is the # of deaths per 100,000)

4. Fill in the #s for each condition by state in the excel table you created.

5. Create a line graph “with markers” representing the risk factors.

6. Next create a bar graph which represents all of the states and the Major Cardiovascular Disease Mortality

6. Open a word document and copy your two graphs form Excel into word. Using your graphs, answer the following questions:

- Which state has the lowest risk factors? Does this match for the lowest incidence of CHD? List the state and the risk factors for which it is lowest.
- Which state has the highest risk factors? Does this match for the highest incidence of CHD? List the state and the risk factors for which it is highest.

- Obesity is linked closely with diabetes. Does your graph support this relationship? Please explain your answer.