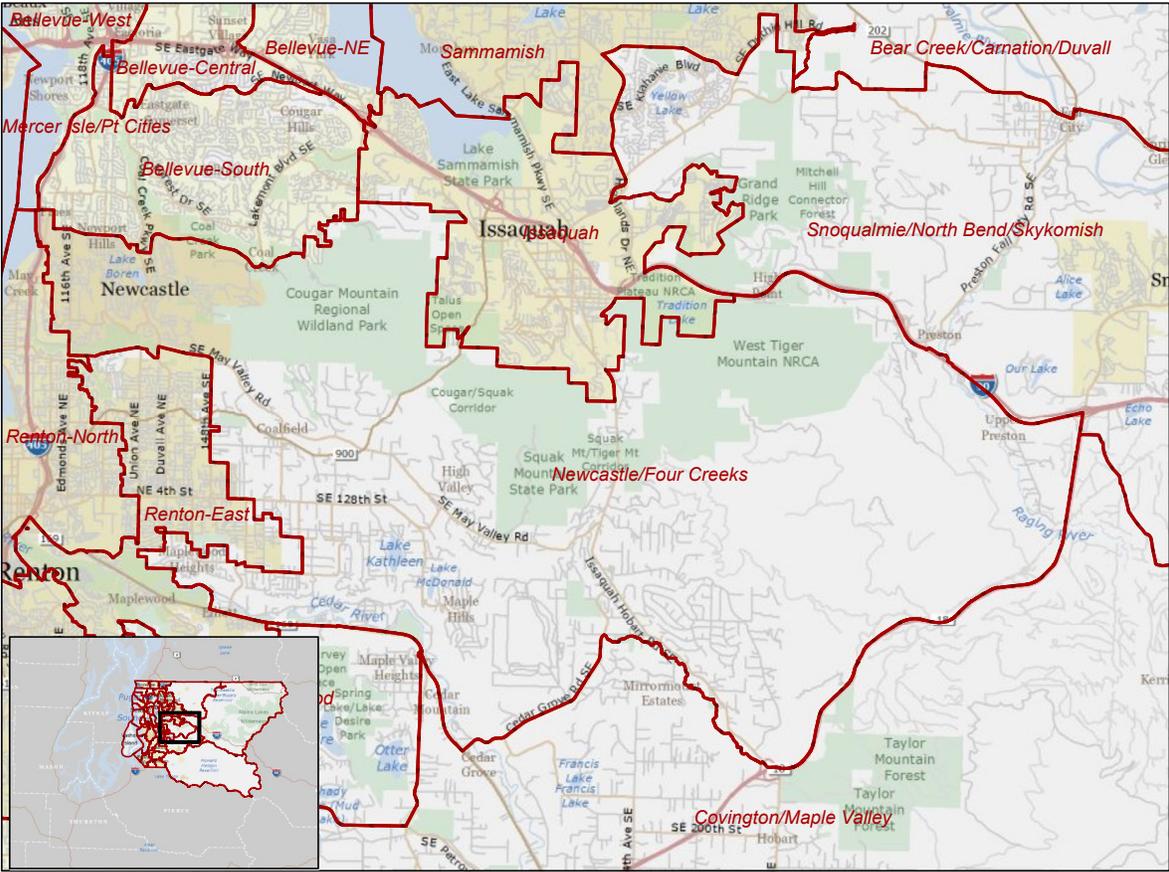# Public Health
Seattle & King County

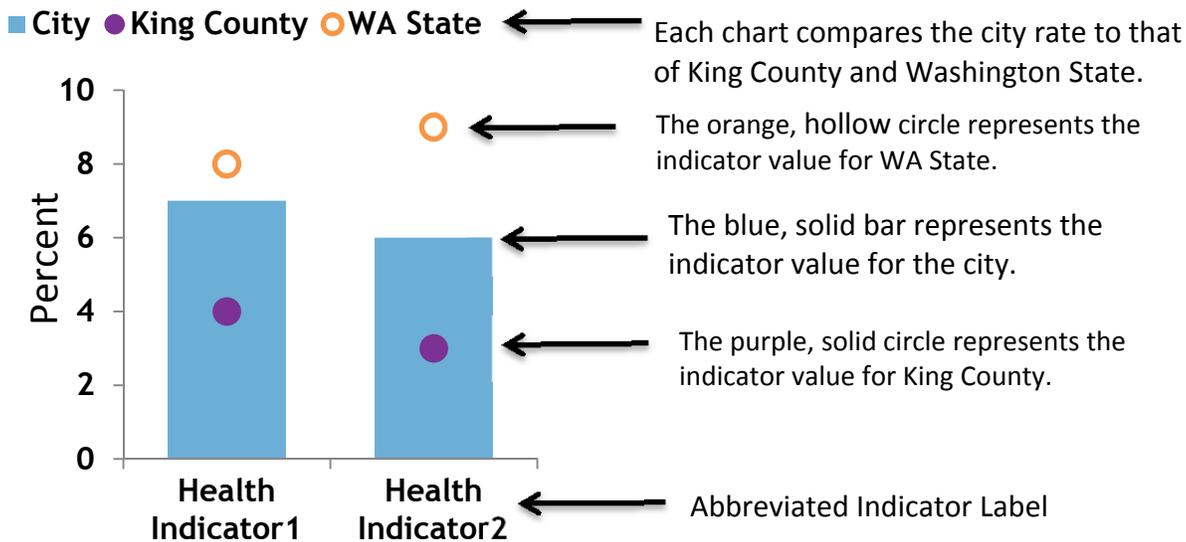# King County City
Health Profile
Newcastle/Four Creeks

December, 2012

Introduction

A city health profile is a public health report that provides information on health indicators and their determinants. The purpose of the report is to inform policy-makers, government agencies, and the public about population health at the local level. In this series of city health profiles, King County is divided into 25 areas. Some of these areas are a single city, some are a group of smaller cities, and some are unincorporated areas. For each of the 25 areas, the report includes seven sections:

- Demographics
- General health status
- Leading causes of death
- Health risk factors and chronic diseases
- Injury and violence-related mortality
- Maternal and infant health
- Access to care and preventive services

For each section, data are presented in a chart and a table. Below is a description on how to read the chart.

Each chart compares the city rate to that of King County and Washington State.

The orange, hollow circle represents the indicator value for WA State.

The blue, solid bar represents the indicator value for the city.

The purple, solid circle represents the indicator value for King County.

Abbreviated Indicator Label

Indicator (2007-2011 averages)	City			KC	WA
	Pct	Rank	SIG	Pct	Pct
Health Indicator1 - full label	7	21	N	4	8
Health Indicator2 - full label	6	4	H	3	9

The table under each chart has more complete labels for the indicators in the chart. It also contains the actual indicator value for the city and a "rank" that ranks the city from worst (1) to best (25) in relation to other King County areas for which health profiles have been created. The "SIG" column in the table specifies whether or not the health indicator rate for the city is significantly higher than (H), significantly lower than (L), or not different from (N) the King County average.

This report is produced by the Assessment, Policy Development & Evaluation Unit at Public Health – Seattle & King County. For more information and updates, please contact data.request@kingcounty.gov

Demographics

The Newcastle/Four Creeks Health Reporting Area (HRA) includes the City of Newcastle, the unincorporated East Renton Highlands and Mirrormont Census-Designated Places (CDP), and unincorporated areas south of Cougar, Squak, and Tiger Mountains. The 2010 total population in the HRA was 28,270, including 10,380 in Newcastle, 11,140 in East Renton Highlands, and 3,659 in Mirrormont.

	Newcastle/Four Creeks		King County	WA State
	Total	%	%	%
Total Population 2010	28,270		1,931,249	6,724,540
Age				
0-17	6,562	23.2	*21.4*	*23.5*
18-24	1,755	6.2	*9.2*	*9.7*
25-44	7,026	24.9	*31.6*	*27.4*
45-64	9,582	33.9	*26.9*	*27.1*
65+	3,345	11.8	*10.9*	*12.3*
Race/ethnicity*				
White	197,99	78.6	*68.7*	*77.3*
Black/African American	450	1.8	*6.2*	*3.6*
American Indian/Alaska Native	137	0.5	*0.8*	*1.5*
Asian	3,174	12.6	*14.6*	*7.2*
Native Hawaiian/Pacific Islander	78	0.3	*0.8*	*0.6*
Other	486	1.9	*3.9*	*5.2*
Multiple Race	1,055	4.2	*5.0*	*4.7*
Hispanic/Latino*	1,242	4.9	*8.9*	*11.2*
Education (among adults age 25+)				
No high school diploma	#	4	8.1	10.4
No college degree	#	52	*54.8*	*69.0*
Poverty				
Below 100% Federal Poverty Level	#	4	*10.2*	*12.1*
Below 200% Federal Poverty Level	#	9	*22.2*	*28.1*
Foreign-born	#	13	*19.8*	*12.7*
Language (among population age 5+)				
Non- English speaking at home^	#	14	*24.3*	*17.5*
Housing cost burden (among renters)				
Pay≥30% of household income on rent	#	37	*44.7*	*48.9*

*Persons of Hispanic/Latino ethnicity can be of any race.
Race/ethnicity data are based on aggregated data for Newcastle, the East Renton Highlands, and Mirrormont.
^Speaking a language other than English at home.
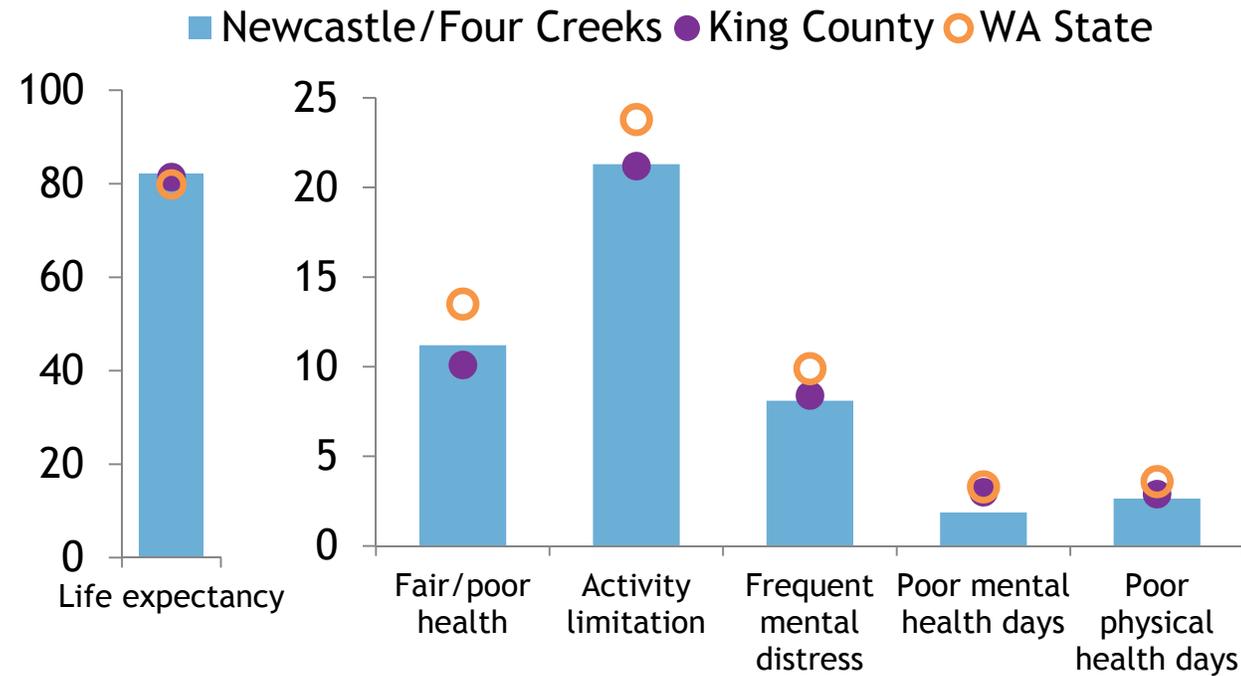#Counts from the American Community Survey are not shown because of their potential large sampling errors.
Data sources: U.S. Census, 2010 and American Community Survey, 2006-2010 average.

The largest Asian ethnic groups in Newcastle/Four Creeks, 2010 Census

	Total	% of Total Asian
Chinese (except Taiwanese)	1,072	32.0
Japanese	497	14.8
Korean	476	14.2
Vietnamese	441	13.2
Asian Indian	340	10.2

General Health Status

The World Health Organization defines health as the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. In this section, we present data on life expectancy and self-reported health status to describe the general health status of the city residents.

Indicator	Newcastle/Four Creeks			KC	WA
	Value	Rank	SIG	Value	Value
Life expectancy at birth (year)	82.2	15	N	81.5	79.8
Self-reported general health is fair or poor (%)	11	11	N	10	14
Limited in any way in any activities (%)	21	16	N	21	24
Had 14+ bad mental health days in past 30 days (%)	8	13	N	8	10
Days mental health not good in past 30 days (mean)	2	23	L	3	3
Days physical health not good in past 30 days (mean)	3	17	N	3	4

Except for life expectancy, the general health status indicators are for adults age 18+.
Data year: Life expectancy: 2006-2010. General health status: (1) area and KC=2007-2011; (2) WA=2006-2010.
Rank: ranking among the 25 King County areas from worst (1) to best (25).
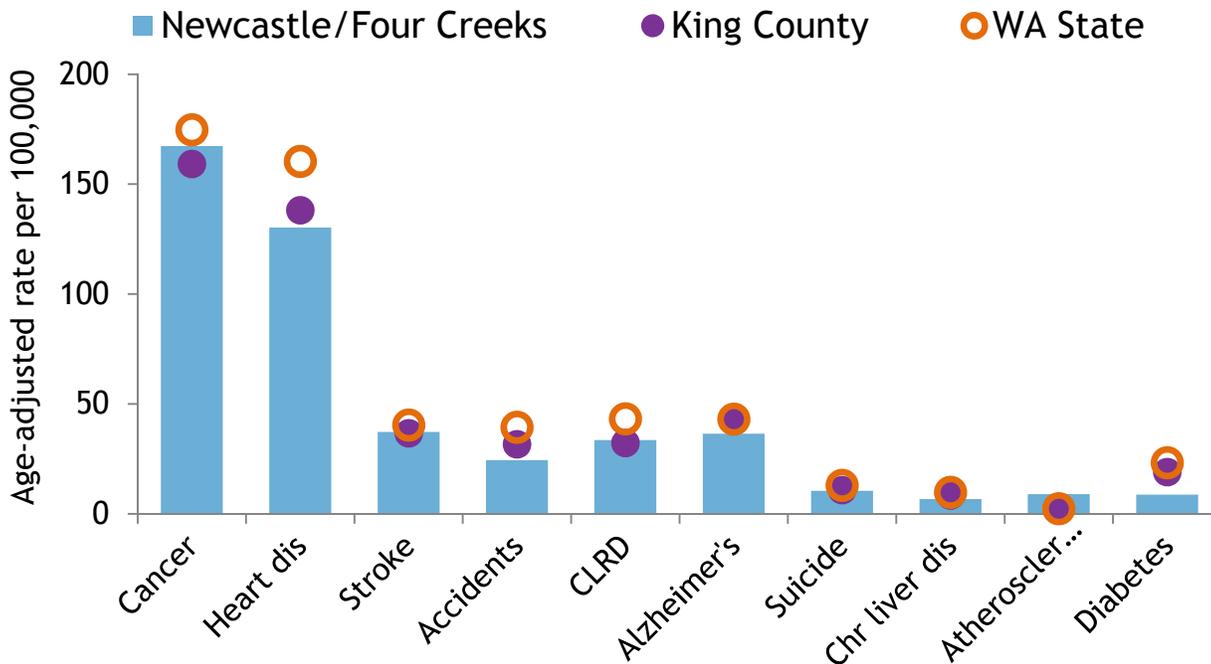SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.
Data source: Death certificate and the Behavioral Risk Factor Surveillance System (BRFSS),
Washington State Department of Health, Center for Health Statistics.

Leading Causes of Death

This section presents the top 10 leading causes of death.

Causes (2006-2010 data)	Newcastle/Four Creeks				KC	WA
	Rate	Count	Rank	SIG	Rate	Rate
Total Mortality	600.6	661	16	N	638.1	716.4
Cancer	167.3	210	13	N	159.2	174.7
Heart disease	130.3	133	17	N	138.2	160.3
Stroke	37.2	36	11	N	36.6	40.4
Accidents and external causes	24.4	34	19	N	31.7	39.4
Chronic lower respiratory disease (CLRD)	33.6	33	12	N	32.2	43.2
Alzheimer's disease	36.5	31	17	L	42.3	43.1
Suicide	10.5	15	10	N	10.8	13.0
Chronic liver disease and cirrhosis	6.7	12	15	N	8.3	9.8
Atherosclerosis	8.9	10	2	H	2.8	2.3
Diabetes mellitus	8.7	9	23	L	19.0	23.3

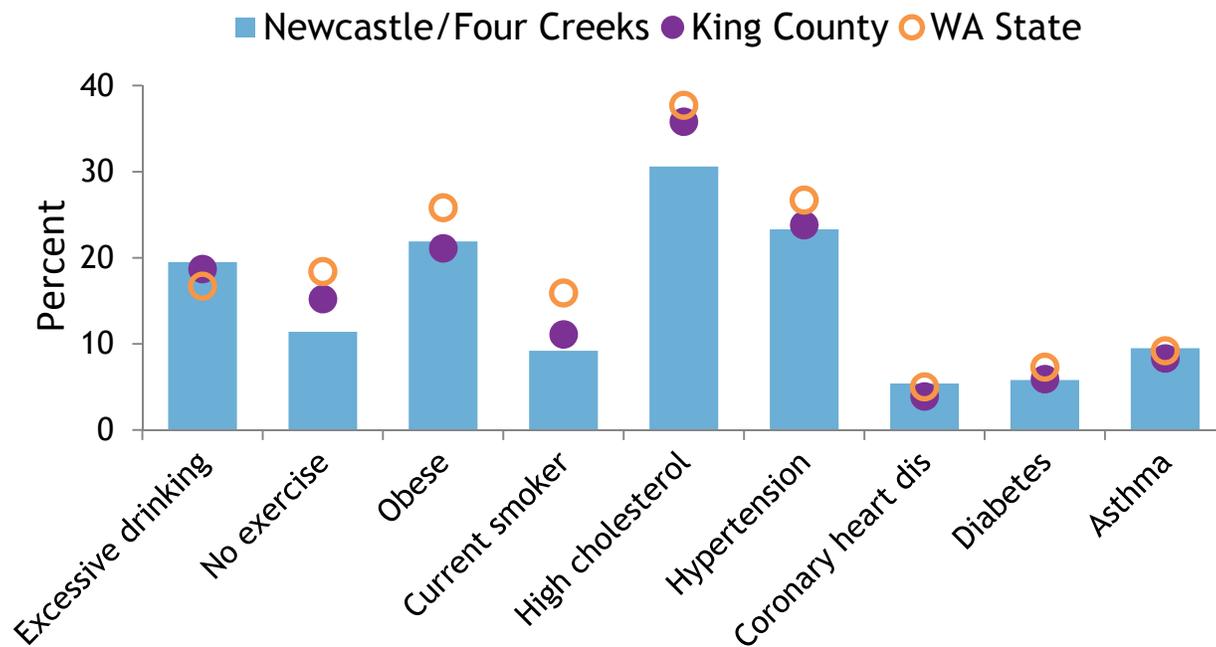Rate: age-adjusted rate per 100,000.
Count: five-year total deaths.
Rank: ranking among the 25 King County areas from worst (1) to best (25).
SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.
Data source: Death certificate data, Washington State Department of Health, Center for Health Statistics.

Health risk factors and chronic diseases

Health risk factors are behaviors and characteristics that make people more likely to develop disease. Awareness of these risk factors may enable people to make healthy choices about their activities, habits, and diets. Some risk factors, like hypertension and high cholesterol, are also chronic conditions that should be monitored by a healthcare provider, and if treated, may be able to be prevented or reversed. The prevalence of coronary heart disease, diabetes, and asthma among adults are also presented in this section.

Indicator (2007-2011 averages)	Newcastle/Four Creeks			KC	WA
	Pct	Rank	SIG	Pct	Pct
Excessive alcohol consumption	20	7	N	19	17
Did not participate in any physical activity	11	22	N	15	18
Obese (BMI>=30)	22	14	N	21	26
Current smoker	9	16	N	11	16
Have high blood cholesterol	31	24	N	36	38
Ever been told to have high blood pressure	23	17	N	24	27
Had coronary heart disease or heart attack	5	4	N	4	5
Have been told to have diabetes	6	14	N	6	7
Have current asthma	10	6	N	8	9

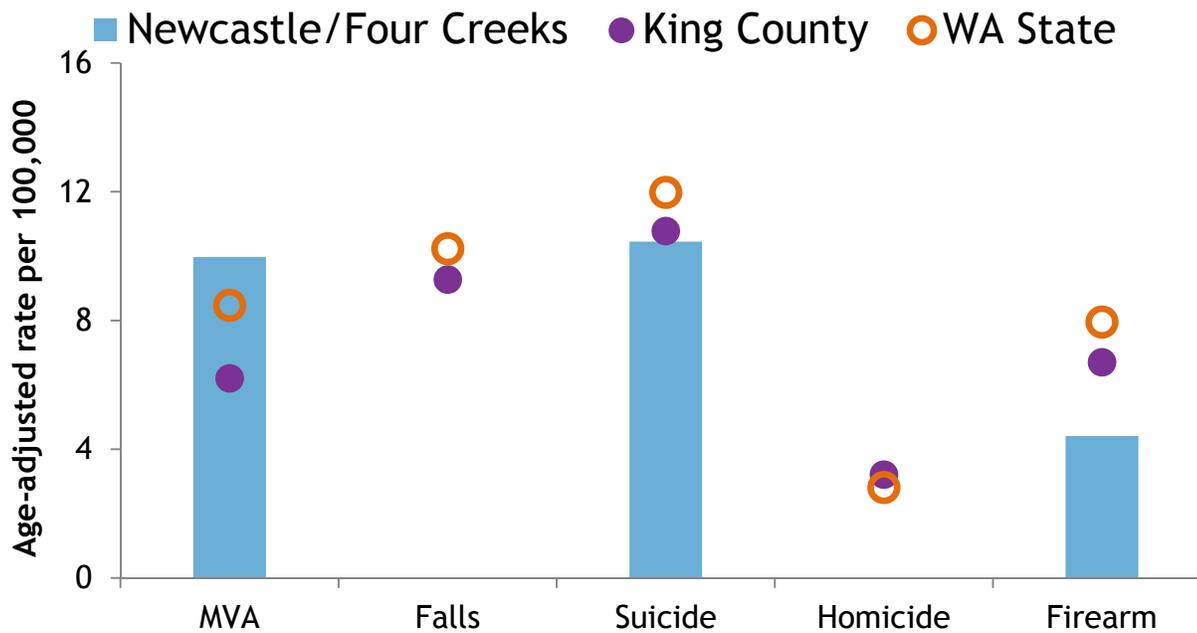Note: unless specified, data are for adults age 18+. WA State data are for 2006-2010.
Rank: ranking among the 25 King County areas from worst (1) to best (25).
SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.
Data source: the Behavioral Risk Factor Surveillance System (BRFSS), Washington State Department of Health, Center for Health Statistics.

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Injury and violence-related mortality

Injury is a leading cause of death, disability, and hospitalization. Many unintentional and intentional injuries are potentially preventable. For example, death from motor vehicle accidents can be reduced through education, mandating the use of seatbelts, tougher laws against drunk driving and distracted driving, and engineering.

Indicators (2006-2010 data)	Newcastle/Four Creeks				KC	WA
	Rate	Count	Rank	SIG	Rate	Rate
Motor vehicle accidents (MVA)	10.0	12	6	N	6.2	8.5
Falls	0.0	0	NA	N	9.3	10.2
Suicide	10.5	15	13	N	10.8	12.0
Homicide	0.0	0	NA	N	3.2	2.8
Firearm	4.4	7	18	N	6.7	8.0

Rate: age-adjusted rate per 100,000.
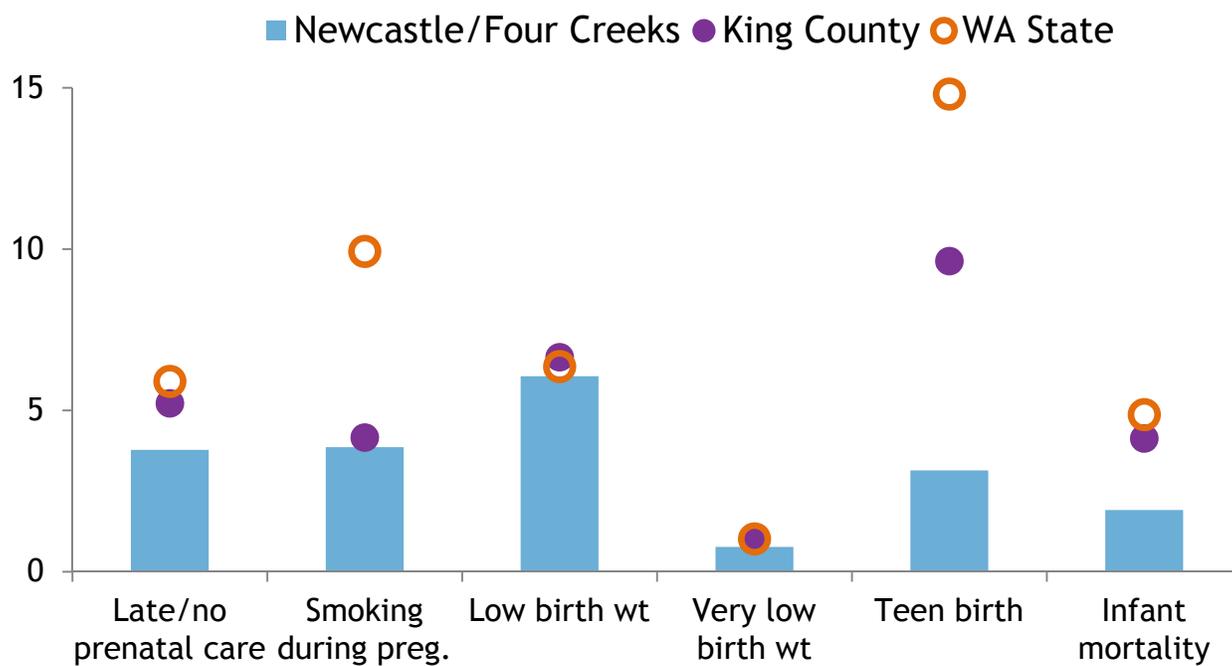Count: five-year total deaths.
Rank: ranking among the 25 King County areas from worst (1) to best (25). For homicide, ranking is not provided because there are insufficient numbers for reliable comparisons.
SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.
Data source: Death certificate data, Washington State Department of Health, Center for Health Statistics.

Maternal and child health

Planning for a healthy pregnancy and a healthy baby begins before conception, through healthy lifestyle and nutrition choices. Once pregnant, getting early and regular prenatal care is an important step to have a healthy pregnancy and to decrease the incidence of maternal and prenatal morbidity and mortality.

	Newcastle/Four Creeks				KC	WA
Indicators (2006-2010 data)	Rate	Count	Rank	SIG	Rate	Rate
Late or no prenatal care/100 births	3.8	54	17	L	5.2	5.9
Smoking during pregnancy/100 births	3.9	60	14	N	4.2	9.9
Low birth weight (< 2500)/100 births	6.1	95	20	N	6.7	6.4
Very low birth weight (< 1500)/100 births	0.8	12	18	N	1.0	1.0
Adolescent birth rate per 1000 females 15-17	3.1	9	20	L	9.6	14.8
Infant mortality per 1000 live births	1.9	<5	23	N	4.1	4.9

Rank: ranking among the 25 King County areas from worst (1) to best (25).
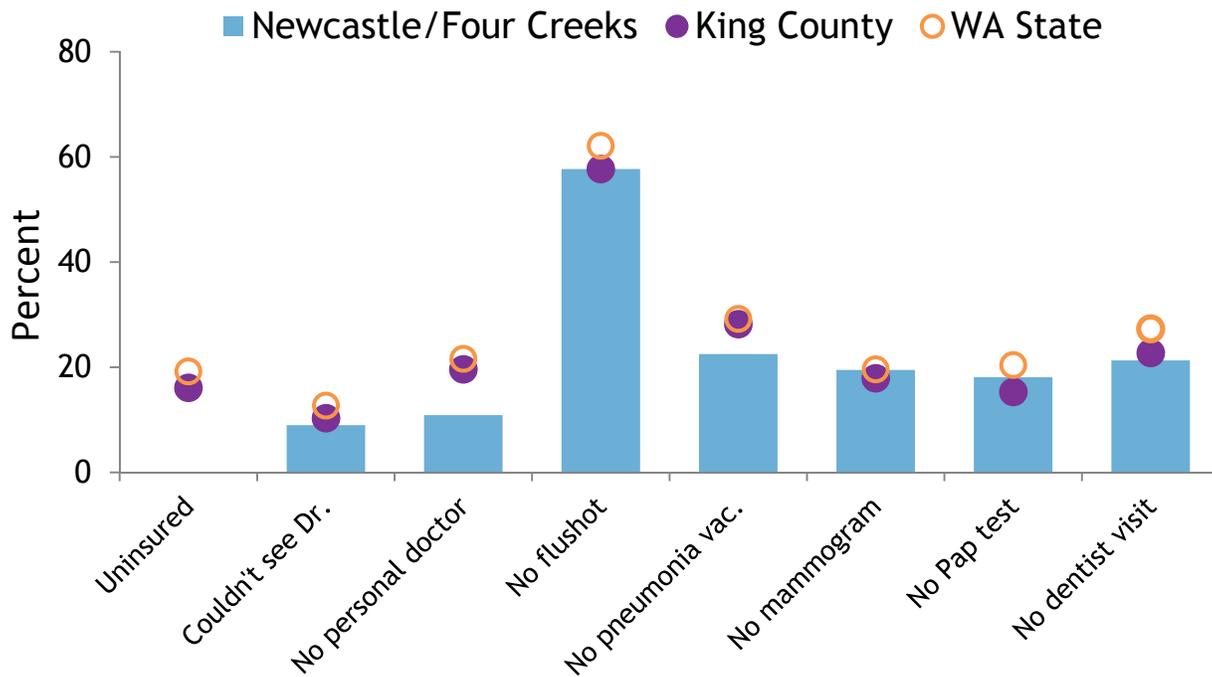
Count: five-year total numbers.

SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.

Data source: Birth Certificate and linked infant birth-death certificate data, Washington State Department of Health.

Access to care and preventive services

Having access to adequate and timely health care and receiving recommended preventive services prevent or lessen illness and improve quality of life.

Indicator (2007-2011 averages)	Newcastle/Four Creeks			KC	WA
	Pct	Rank	SIG	Pct	Pct
Uninsured (age 18-64)*	NA	NA	NA	16	19
Could not see a doc. 1+ times in past year due to cost	9	16	N	10	13
Does not have a personal doctor	11	22	L	20	22
Did not have a flu shot during the past year	58	15	N	58	62
Never had pneumonia vaccination (age 65+)	23	20	N	28	29
No mammogram within 2 years (age 50-74)	20	13	N	18	20
No Pap test within 3 years, age 21-65	18	9	N	15	20
No dental visit during the past year	21	17	N	23	27

Note: unless specified, data are for adults age 18+. WA State data are for 2006-2010.
Rank: ranking among the 25 King County areas from worst (1) to best (25).
SIG: whether or not the indicator is significantly higher than (H), lower than (L), or not different from (N) the KC rate.
Data source: the Behavioral Risk Factor Surveillance System (BRFSS), WA State Department of Health, Center for Health Statistics.
*The uninsured rate, if available, is based on the American Community Survey, 3-year average, 2009-2011.