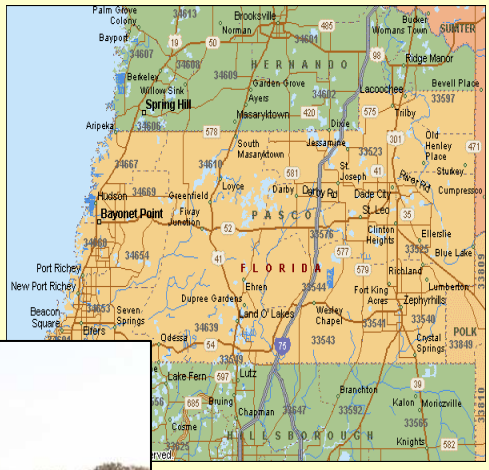
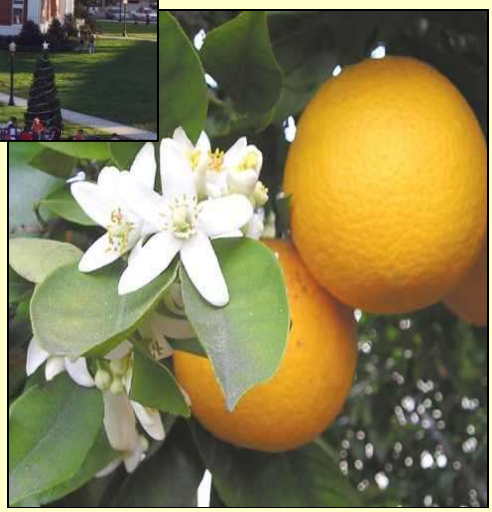
PASCO COUNTY

Community Health Profile
At a Glance Report 2010
First Edition





Community Health Promotion Division
Pasco County Health Department

ABOUT PASCO COUNTY

Pasco is the 13th largest county in the state of Florida with an estimated population of 437,028 residents in 2010 (31% increase since 2000) according to CHARTS. Pasco County is considered Florida's 12th most populous county compromising 2.3% of Florida's population. Pasco County is the 9th fastest growing county of Florida and the 38th of the nation. Spread across 745 square miles, Pasco County contains six municipalities: New Port Richey, Port Richey, San Antonio, St. Leo, Zephyrhills and Dade City. Beautifully situated on the Gulf of Mexico in the Tampa Bay area, Pasco County is one of eight counties, along with Citrus, Dixie, Hernando, Levy, Jefferson, Taylor, and Wakulla, which make up the "Nature Coast." The official tourism site for Pasco County, *Visit Pasco,* offers getaways with information on attractions and events in the area.

Age

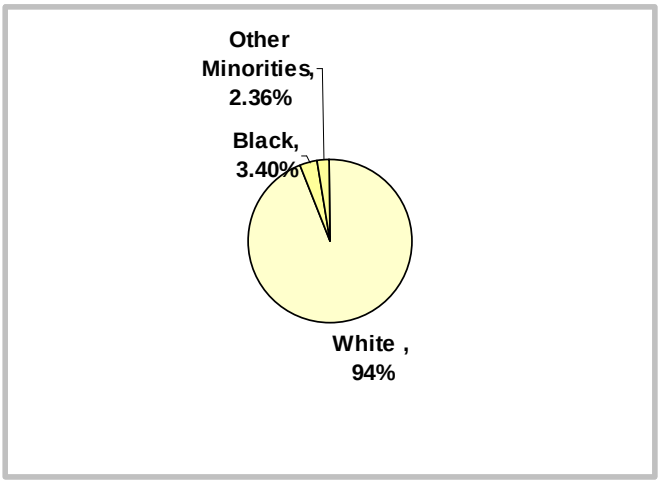
Age	Total
0-4	23,059
5-14	50,118
15-17	16,481
18-19	9,774
20-44	113,273
45-64	120,780
65+	104,116
Total Population	**437,601**
Projected Population for Year 2015	477,356

Demographic Data by Age Groups - 2010.

The majority of residents in Pasco are adults between the ages of 45 and 65. Approximately, 24% of Pasco residents are within the retirement age of 65 years and older compared to Florida's rate of 19.4%. Although Pasco's population is less than half of the surrounding counties, it continues to grow steadily. The population growth is expected to reach 477,356 by 2015 (CHARTS).

Race/ Ethnicity

Ninety one percent of Pasco County residents are predominately white compared to 81% throughout the state. Recent data has shown that the county is becoming more ethnically diverse, in terms of Blacks, Hispanics and other non-white minorities (9.58%).



Pasco County Population - 2010.

Poverty

The median household size in Pasco is 2.5 compared to the Florida's average of 2.95 (U.S. Census Bureau). In 2009, the median household income ($42,912) for Pasco County residents was slightly under Florida's median income of $46,602.

Pasco	Florida	Country
$42, 912	$46,602	$50,007

Median Household Income - 2009.

The estimated labor force consists of 201,408 of the Pasco County Population.

The unemployment rate in Pasco has dramatically increased in the past years;

Unemployment Rate in Pasco County	
2007	5.1%
2008	8.4%
2010	12.4%

Unemployment Rate - 2010.

The percent of residents living at or below the poverty level is 10.7% with 7.6% of them being families, and an alarming 15.9% are children living in poverty.

Education

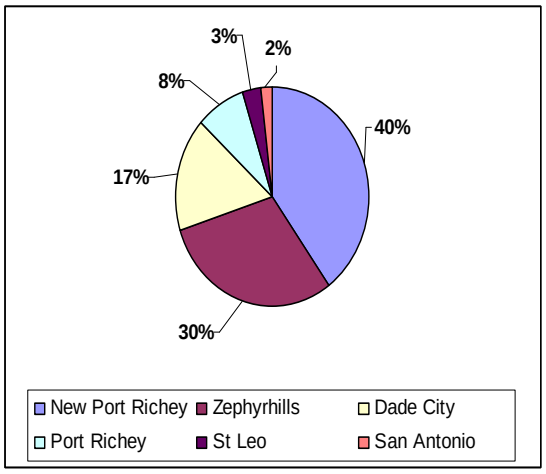
The high school graduation rate for the 2007-2008 fiscal year was higher in Pasco than in the state (79.5 and 75.4, respectively). The percentage of individuals 25 years or over with a high school or bachelors degree has been higher in Florida than in Pasco for the last two decades.

Education attained	Pasco 1990	Pasco 2000	Florida 1990	Florida 2000	High School Graduation 2007-08	
A high school degree	66.9%	77.6%	74.4%	79.9%	**Pasco**	79.5%
A bachelor's degree or higher	9.1%	13.1%	18.3%	22.3%	**Florida**	75.4%

Percentage of Population 25 years and over with a Bachelor's Degree of Higher.

Cities in Pasco County

Roughly 40% of Pasco County residents live in the city of New Port Richey and the city of Zephyrhills accounts for an estimated 30% of the population. By contrast, San Antonio has the least amount of people (2%) in Pasco.

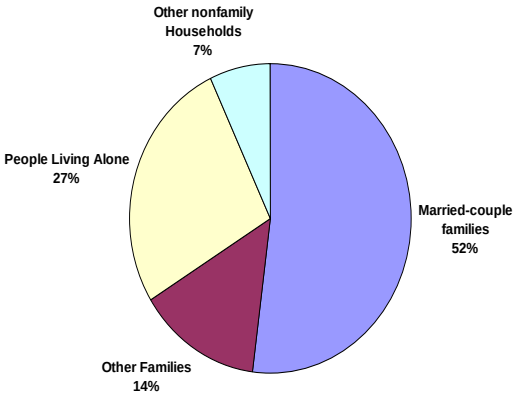


Pasco County Community Populations.

Family Households

In 2000, Pasco County had a population density of 462.8 people per square mile compared to 296.4 people per square mile in Florida. Such statistics suggests that Pasco County is transforming itself from a rural county into one that more closely resembles its neighbors to the south; Pinellas and Hillsborough Counties.

Pasco County's female population compromises 51.5% of its residents. More than 66% of households in Pasco are family households and of those, 52.4% are married-couple families. Approximately, 4.3% of families have a male as a householder with no wife present and 9.7% have a female householder with no husband present.



Households in Pasco County.

Over 9% of households in Pasco are considered to be Food Insecure. Food insecurity in households is due to the lack of economic resources to obtain food.

Disabilities in Pasco County

The percentage of adults who were limited due to physical, mental, or emotional problems was 25.6% from 2005-2007. According to the U.S Census (2000) 18.9% of the County's population who are 5 years old or older have a disability. Of the total population with disabilities, 6.8% are between 5 and 15 years, 39.5% are between 16 and 64 years old, and 39.5% of residents are 65 years old and over.

The Cost of Living

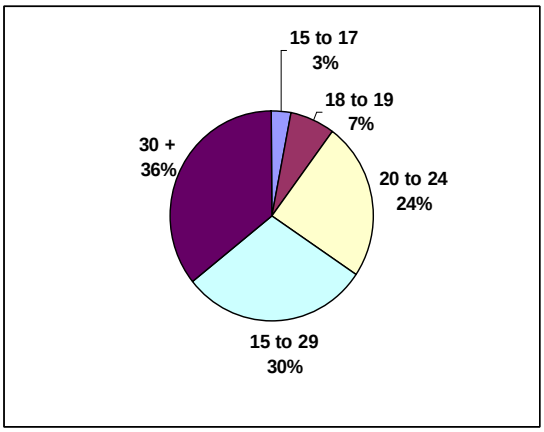
According to the U.S. Census Bureau the median monthly housing cost for mortgage owners was $1,282 and for non-mortgage owners was $345. Owners with mortgages represented the 41% of occupants while 14% represented owners without mortgages. Roughly 47% of occupants were renters and spent 30% or more of their household income on housing. Renters had a median monthly average of $786. According to the 2005 State of Florida Housing Report, the majority of households in Pasco County consisted of 1-2 persons contributing to 69% of the population. Twenty-six percent of these households pay more than 30% of their income for rent or mortgage cost while 22% of the 3-4 person homes and five or more person homes also spend more than 30% of their income for rent and or mortgage costs. In Pasco and the surrounding metro area, the Housing and Urban Development (HUD) Fair Market Rent in 2009, representing rent for a typical modest apartment, was $705 for a studio apartment and $1447 for a four-bedroom unit. The average price for a condo was $129,900 while the average price for a house was $233,750. House prices are slightly lower than the state average of $250,500.

Births

In 2008 there were a total of 5,303 live births in Pasco County. Approximately 70% of newborns were delivered in neighboring counties which may indicate the need for additional health care facilities and providers in Pasco.

Of the 5,303 resident births for 2008, 89.5% were of white origin , 16.4% were of Hispanic origin and 5.5% were of African American origin. In 2008, African American women were more likely to be unwed at the time of the child's birth than white women.

The teenage (15-19 years old) birth rate in Florida exceeded Pasco's rate (10.6% Florida and 9.9% Pasco). Similarly, the teen repeat birth rate in Florida exceeds the Pasco average (18.3% and 17.3%, respectively). Pregnant teenagers were more likely to have a lower socioeconomic profile than pregnant adults and were also less likely to graduate from high school. In 2008, 17.4% mothers had less than a high school education. Additionally teenage mothers were more likely to have a lower birth weight infant than older women. The following chart displays a breakdown of births by maternal age in 2008.



Births by Maternal Age – 2008.

For the 2006-2008 period mothers that had no prenatal care represented 2.0% of Florida compared to 1.5% of Pasco. Some differences by race were noticed. The rate of Hispanics with no prenatal care in Pasco was higher than in the state (2.1% and 1.9%). Blacks without prenatal care were more prevalent in Florida than in the County (3.5% and 2.3% respectively). Approximately, 6.3% of Hispanic mothers and 4.4% of African American mothers obtain prenatal care late in their pregnancies. An alarming 13.3% of mothers in Pasco reported smoking during pregnancy which is more than double the rate for the state of Florida. An estimated 3.2% of residents reported quitting smoking during pregnancy and 99.2% of mothers reported non consumption of alcohol.

The pre-pregnancy weight of the mother has also been found to affect the outcome of the newborn. The pre pregnancy Body Mass Index (BMI) of mothers report reveals that less than half had a normal weight.

Pre-Pregnancy BMI-2008		
Underweight	(BMI < 18)	5.4%
Normal	(BMI 18.5 – 24.9)	48.3%
Overweight	(BMI 25- 30)	22.7%
Obese	(BMI >30)	18.9%

Pre Pregnancy BMI of Mothers - 2008.

In 2008, approximately 87% of the newborns were at least 37 weeks gestation and 12% were 20 to 36 weeks gestation.

Weeks gestation	Pasco Resident Births	
20-28 weeks	44	0.82%
29-31 weeks	49	0.92%
32-36 weeks	125	2.35%
34-36 weeks	470	8.86%
37+ weeks	4,612	89.96%

Preterm Births in Pasco - 2008.

Breastfeeding initiation was recorded in most mothers in 2008. Almost 72% of mothers reported initiating breastfeeding. Also in terms of delivery method in 2008, 59.2% of mothers had a vaginal delivery compared to 25.5% of mothers that had a primary c-section.

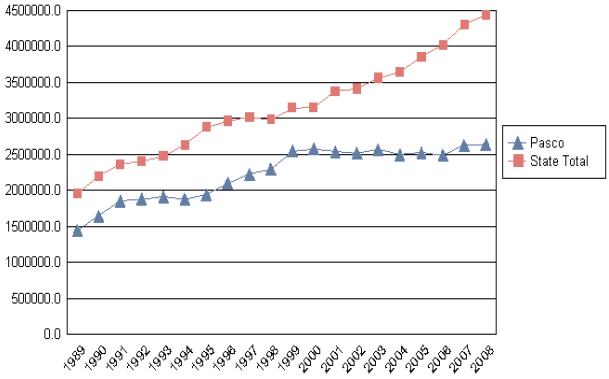
The weight of infant rate was better in Pasco compared to the state of Florida.

Weight of Infant	Pasco	Fl
< 1500 grams (Very Low birth weight)	1.3%	1.6%
< 2500 grams (Low Birth Weight)	8.3%	8.7%

Weight of Infant - 2008.

Health Care Access

Approximately 6% of Florida residents under the age of 65 who lack health insurance reside in District 8, which compromises Pasco, Hernando, and Polk counties. Almost 18% of adults in Pasco County could not afford to go to the doctor in 2008. Health care access is limited in Pasco due to the cost to its residents. In 2006, the average medical expenditure per household in Pasco reached $3,082.2 as opposed to other Floridians' average annual expense of $3,526. There are an estimated 72,000 uninsured residents and 20,000 who lack enough insurance in the county. Furthermore, the Pasco County Health Department had fewer resources to invest in maintaining public health as a means of making up for the practitioner shortage.



Health Department Expenditure - 2008.

The Pasco County public health department expenditure rate per 100,000 people for 2008 was $2,631,507 compared to the state expenditure of $4,434,587.

In addition, the health department can be found in the lowest quartile with only 44.5 full-time employees per 100,000 people, in contrast to the states' rate of 63.8 per 100,000 people. As of 2008, Pasco remains below the state rate for the number of hospital beds, acute care beds, and specialty beds. The 5 hospitals of Pasco County contain an average of 244 beds compared to 316 in the state. However, Pasco has more nursing home beds available compared to Florida.

Capacity for Service Rate Per 100,000		
Number of Beds	**Florida**	**Pasco**
Acute Care	263.3	226.5
Specialty	53.6	18.5
Nursing Home	437.6	468.9
Hospital	316.9	244.9

Number of Hospital Beds - 2008.

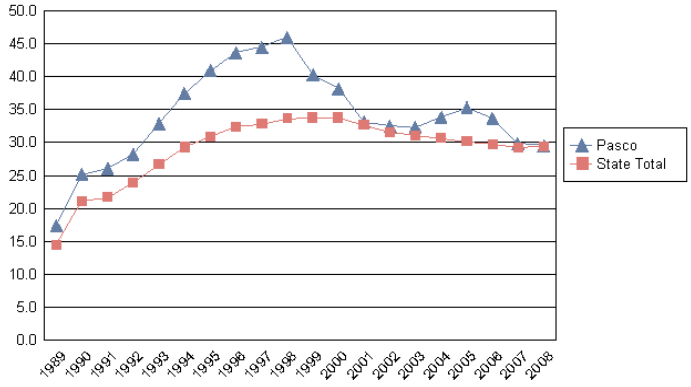
Diabetes

In 2009, 23.6 million people in the United States had diabetes and of those, 5.7 million were unaware of their disease status. Approximately, 8.4% of adults in Pasco County are diagnosed with diabetes every year, compared to state's rate of 8.7%.

Some of the complications of Diabetes Mellitus are heart disease, stroke, high blood pressure, complications of pregnancy, sexual dysfunction, biochemical imbalances, and others.

The total annual economic cost of diabetes in 2007 was estimated to be $174 billion. From 2006 to 2008 there were 13,657 residents hospitalized in Pasco County due to diabetes. This number shows the great importance and need for self management and prevention education in the county.

For the same period, Pasco County had a total of 177 deaths attributed to diabetes mellitus. Pasco is the 8th county in the state with the highest number of deaths due to diabetes. The following chart shows the number of hospitalizations in Pasco and Florida from amputation of a lower extremity attributable to diabetes. Numbers shown are rates per 100,000 population.



Hospitalizations attributable to Diabetes - 2008.

In 2007, the average age for Florida residents to get diagnosed with diabetes was 50.9 and for Pasco County residents it was 52.8. The need of Pasco County residents to do regular check ups is higher due to the lack of health service facilities and physicians available to the community. Even though Pasco County residents received more diabetes self management education than the state average, the percentage of adults with diabetes who self monitored their blood glucose at least once a day was higher in the state than in the county.

Gestational Diabetes

Gestational Diabetes is a condition where women without previous history of diabetes develop high blood sugar levels during pregnancy. This disease affects about 3% to 10% of all pregnant women and may improve or even disappear after the delivery of the baby. Gestational Diabetes is a treatable condition but requires a careful medical supervision in order to prevent complication to the mother and the fetus. A few of the known complication that may affect the fetus include high birth weight (macrosomia), congenital cardiac and central nervous system abnormalities, and skeletal muscle malformation.

According to a recent 2008 study, more American women are entering pregnancy with preexisting diabetes. In the last 6 years the rate of diabetes in pregnant women has doubled. During 2008-2009 the Women, Infants, and Children program (WIC) estimated that 1.2% of mothers experienced gestational diabetes.

Cholesterol

Cholesterol screening rates in 2007 demonstrated that gender plays a role in health seeking behaviors. It is often assumed that women are generally more health-conscious than men, but interestingly cholesterol screening in the last 5 years was seen more in females throughout Florida but in more males in Pasco County. Similarly, more females in Florida reported checking their blood cholesterol in the last 2 years compared to females in Pasco County. In Pasco County both Females and Males had the exact same rate (76.7%) for checking their blood cholesterol in the last 2 years.

Adults who:	Florida	Pasco
Have high blood cholesterol	37.1 %	41.6%
Had cholesterol checked in the past 5 years	78.5%	80.7%
Had cholesterol checked in the past 2 years	73.3%	76.7%

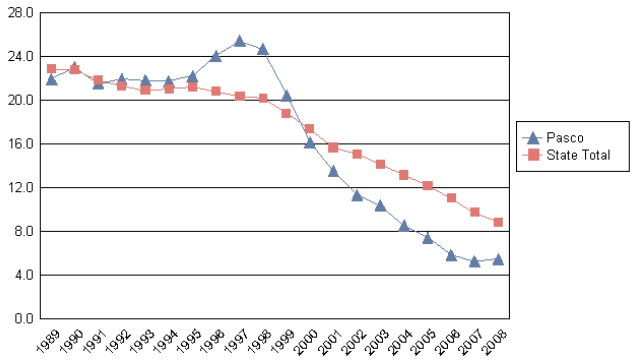
Cholesterol Rates in the last 5 years.

Physical Activity

Pasco County is more involved in physical activity compared to the state of Florida. The percentage of adults who are *sedentary* in Pasco County is 22.3% compared to 25.4% in Florida. Similarly, 38.1% of adults in the county were found to be *active* compared to 35.5% of the state. The percentage of adults who meet *moderate physical activity* recommendations in the state is 34.6% and 34.9% in Pasco, Additionally, the percentage of adults who meet *vigorous physical activity* recommendations in the state is 26 % compared to 27.4 % in Pasco.

Influenza and Pneumonia

The influenza and Pneumonia death rate per 100,000 residents for the 2006-2008 period is higher in Florida than in Pasco County (8.8 and 5.5, respectively). This may be due to the high influenza and pneumonia immunization rates in Pasco County. These vaccinations have been utilized by more men in Pasco County but by more women statewide. The percentage of adults age 65 and older who have ever received a pneumonia vaccination was higher in Pasco County than in the state of Florida (69.5% and 63%, respectively). Also, the number of adults who received a flu shot in 2008 was greater in Pasco County than in Florida (33.8% and 32.7%, respectively). In the last Community Health Profile published by the Pasco County Health Department in 2007, indicated that more women were found to have received influenza shots in Pasco County. This may be a direct result of the efforts of the Pasco County Health Department in providing diverse services for women and children.



Age-adjusted Influenza & Pneumonia death rate per 100,000 population.

Obesity and Overweight

During the last two decades, there has been a significant increase in the number of people who are obese and overweight in the United States (Centers for Disease Control and Prevention). In spite of the 2010 Healthy People objective of decreasing the prevalence of obesity, data has not shown an improvement. In Pasco County, though, the percentage of adults who have a healthy weight (Body Mass Index - BMI from 18.5 to 24.9) exceeds the Florida average by 5 points.
In addition, the rate of overweight adults in Pasco County is lower than the rate of overweight adults in the state (35.9% vs. 38%, respectively). The percentage of adults whose body weight increased by five pounds or more was 22.4% in Florida and 19.8% in Pasco County. However, the percentage of adults in Pasco County and in Florida whose body weight decreased by five pounds or more was comparable (22.9% and 23%, respectively). Despite the positive trend Pasco County exhibits in BMI statistics, the rate of obese adults in the county (26.1%) exceeds the overall obesity rate among adults in Florida (24.1%).

Eating Habits

A lack of physical activity and unhealthy eating habits contribute to obesity, cardiovascular diseases, and type II diabetes. Examining the eating habits and physical activeness of Pasco County residents may explain the rates of the aforementioned illness in the count. The following graph shows the difference between the state and the county's average with respect to fruits, vegetables and serving sizes consumed daily. It demonstrates the need for more education on the importance of proper nutritional values and community outreach events to promote nutrition, health, and a better quality of life.

Adults who consumed:	Florida	Pasco
2 or more servings of fruits	36.2	32.7
3 or more servings of vegetable	29.1	27.3
At least 5 servings of fruits and vegetables.	26.2	23.7

Servings of Fruits and Vegetables consumed.

Hypertension

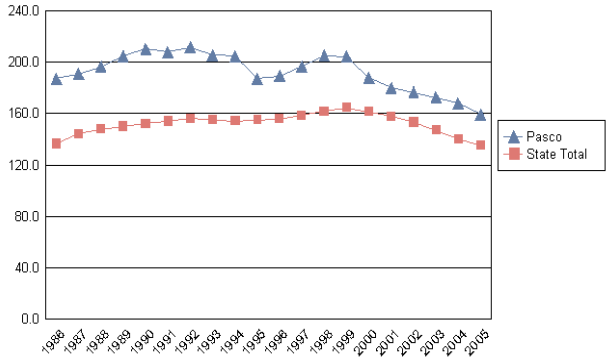
Pasco County also has a slightly higher population affected by hypertension than the rest of the state. This occurrence of hypertension cases may be tied to its larger number of elderly patients or may also result from behaviors such as smoking, lack of physical activity, and obesity. In Pasco County 29.2% of people were diagnosed with hypertension compared 28.2% in the state of Florida.

Oral Health

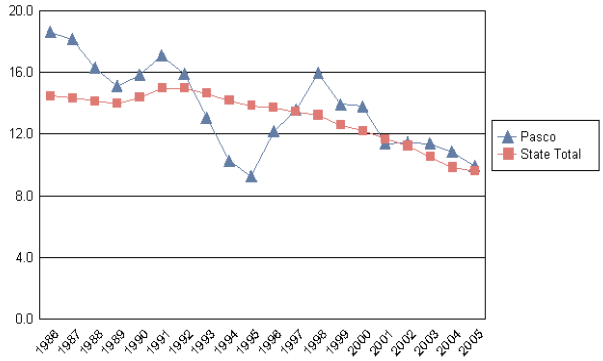
The rate of licensed dentists for the 2008-2009 fiscal year, in Pasco lags far behind the overall rate for Florida (62.6 per 100,000 in Florida compared to 33 per 100,000 in Pasco). In 2007, 23.2% of Pasco adults could not utilize dental services due to cost. In addition, only 29.7% of low income residents have access to health care. Currently, the Pasco County Health Department Dental Clinic provides care for 18 patients everyday focusing on children.

Cancer

Although, the rates for certain cancers have been declining since the year 2000, cancer is still considered among the leading causes of death. Data reveals that the incidence of breast and cervical tend to be higher for the county than the state. The best way to detect breast and cervical cancer is through mammograms and Pap smears. These screening tools can drastically alter the outcomes of these cancers. The percentage of women 18 years of age and older who received a Pap smear in the past year was higher in Pasco County than in the state of Florida (66.2 and 64.8, respectively). On the other hand, the percentage of women 40 years of age and older who received a mammogram in the past year was higher in the state of Florida than in Pasco County (64.9 and 63.9, respectively).



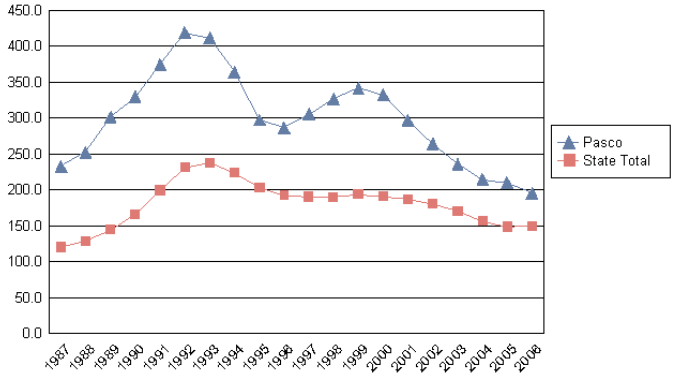
Brest Cancer Incidence. Rolling 3 year rate per 100,000 population.



Cervical Cancer Incidence. Rolling 3 year rate per 100,000 population.

Women's health was an important part of the New Behavioral Risk Factor Survey System (BRFSS). The BRFSS states that 75.9 % of women aged 40 and older said to have had a mammogram within the past two years while 82% of women 50 years or older also had a mammogram in the past two years. Nearly 84 % of women aged 18 years and older had a Pap smear test within the past three years.

Prostate cancer is one of the most prevalent types of cancer is men. Especially for those over the age of 50. This type of cancer is very slow growing and usually symptom free in the early stages. The incidence rate for prostate cancer in Pasco County is higher than the state. For example, during 2004-2006, the rate of prostate cancer in Florida was 149 per 100,000 residents compared to 195.2 per 100,000 in Pasco County.



Prostate Cancer Incidence. Rolling 3 year rate per 100,000 population

HIV/AIDS

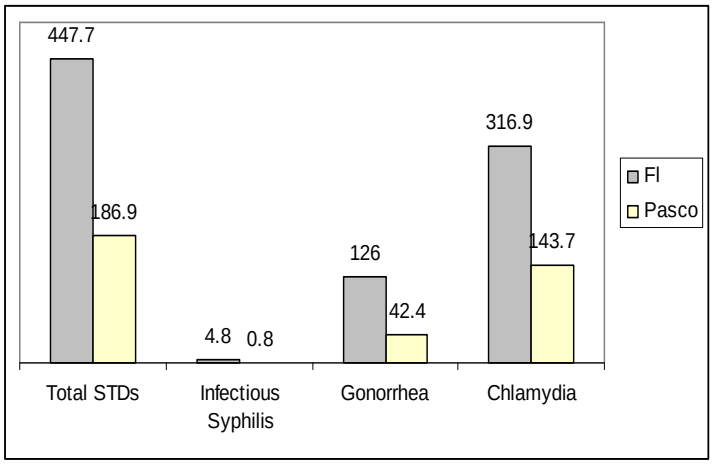
The percentage of people who have been tested for Human Immunodeficiency Virus (HIV) is much lower in Pasco than in the state. Being tested for HIV is one of the best ways to limit transmission to others as well as to assure better outcomes via early intervention. Pasco County lags behind the state in the number of residents tested for HIV, which may be a response to Pasco's comparatively low percentage of adults who have HIV. Unfortunately prevention education may be lacking because of the perception that HIV and STDs are not risks for Pasco County residents. The percentage of adults who report that their doctor has talked to them about preventing sexually transmitted diseases via condom use is significantly lower in Pasco County when compared to the rate of Florida. For the 2006-2008 period the percentage of HIV cases per 100,000 people in the state was higher in the state than Pasco by 8.5 points. Similarly the percentage of AIDS (Acquired Immune Deficiency Syndrome) cases per 100,000 people in the state was 14.5 points higher in the state than in Pasco.

	Florida	Pasco
HIV	32.2%	13.6%
AIDS	23.7%	9.2%

HIV/AIDS cases per 100,000 people 2006-2008.

Communicable Diseases

Communicable diseases also contribute to morbidity and mortality within a population. Pasco County consistently has lower rates of sexually transmitted diseases, such as Syphilis, Gonorrhea, and Chlamydia, than the state of Florida. In fact, Pasco County residents contract sexually transmitted diseases at a rate less than half that of as the average Floridian. For example, during 2006-2008 the total number of cases of Infectious Syphilis, Gonorrhea and Chlamydia was 447.7 per 100,000 Florida residents compared to 186.9 in Pasco County residents.



STD Cases- Rate per 100,000 Total Populations 2006-2008.

Rates of other communicable diseases suggest that Pasco County residents are less likely to contract them than Florida residents. During 2006 to 2008, Pasco County had a low rate of tuberculosis with 1.7 per 100,000 residents compared to 5.3 per 100,000 residents in Florida. Additionally, the rate of vaccine preventable diseases per 100,000 residents was higher in the state than in Pasco County (3.3 and 2.8, respectively).

Drug Use

Findings show that marijuana use has declined in Pasco County since 2000. Lifetime marijuana use has decreases from 29.5% in 2000 to 23.5% in 2008. Yet, the overall use of marijuana is concentrated in high school and middle school students in the past thirty-day rate remains higher in Pasco than in Florida. Approximately 19% of Pasco students reported using marijuana or hashish in the past 30 days (11% in Florida).

Tobacco Use

The rate of smoking among adolescents is higher in Pasco County than in the state of Florida. In 2008, 12.3% of Pasco County students reported the use of cigarettes in the past 30 days compared to 9.1% of students in Florida. In 2006, 18.9 % of high school students reported smoking cigarettes in the past 30 days. In addition, middle school male students in Pasco reported smoking more compared to other middle school males in Florida. Pasco County middle and high school students have approximately the same exposure to tobacco use prevention programs as compared to the state. However, Pasco County youth are more likely to receive a tobacco-related violation. Furthermore, high school students in Pasco County have a higher level of exposure to secondhand smoke (73.7%) than their middle school counterparts (59.6%). Currently, all schools are designated tobacco-free.

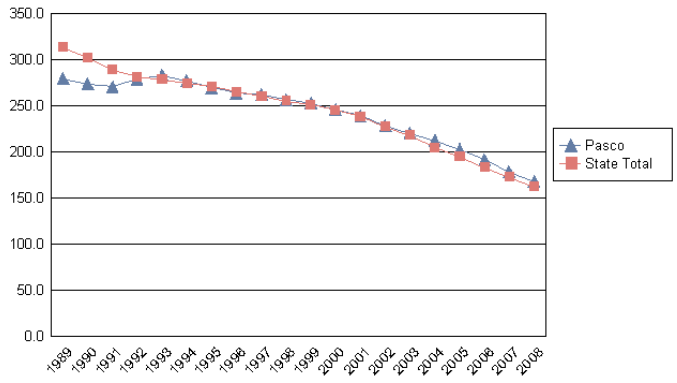
Alcohol Use

Results show that in Pasco County, approximately 52% of adults said that they had at least one drink of alcohol within the past 30 days. Almost 5% classified themselves as being heavy drinkers. Adult men stated having more than 2 drinks per day while adult women stated having more than one drink per day. Similarly, 13.6% of adults considered themselves as being binge drinkers, with males having five or more drinks in one occasion and females consuming four or more drinks in one occasion.

Heart Disease

Heart disease is among the leading causes of death in the county. Heart disease seemingly affected whites more than blacks in Pasco. For the 2006-2008 period, there were 167.9 deaths per 100,000 people in whites attributed to heart disease compared to 144.2 deaths per 100,000 in black residents. Ultimately, Hispanics had a lower rate for heart disease with 126.7 deaths per 100,000 people.

Survey rates indicate that 6.6 % of adults reported having a previous a heart attack, 6% had angina or coronary heart disease and 3.1% had a stroke in the past. The heart disease adjusted rates for the 2006-2008 period was 167.6 in Pasco compared to 162.2 in Florida.



Age adjusted heart disease 3 year death rate per 100,000 population.

Leading Causes of Death

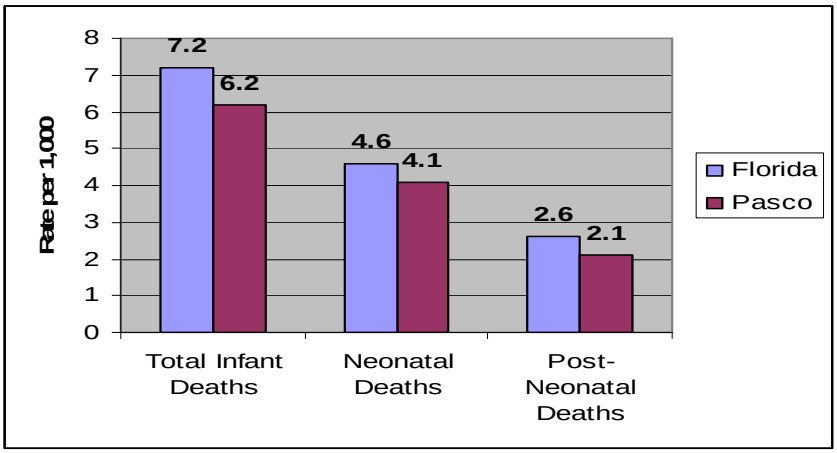
In 2008, death rates in Pasco County were higher for males than for females (2,893 and 2,573 respectively). Men are more likely to due to heart disease, injuries, HIV/AIDS, and suicides. All leading causes of deaths are higher for Pasco County than for the state of Florida. These higher death rates might be a consequence of the large number of elderly population in the county.

Pasco County	Total		Race/Ethnicity			
Leading Causes of Death	Death	Rate*	White	Black	Other	Hispanic
ALL CAUSES	5,467	100.0	5,299	101	66	187
1.Heart Disease	1,332	24.4	1,294	21	17	42
2.Cancer	1,312	24.0	1,279	20	16	38
3.Chronic Lower Respiratory Disease	411	7.5	403	4	4	6
4.Unintentional Injury	349	6.4	336	5	8	18
5.Stroke	229	4.2	223	4	1	7
6.Diabetes Mellitus	171	3.1	162	8	1	9
7.Alzheimer's Disease	134	2.5	132	1	1	6
8.Chronic Liver Disease/ Cirrhosis	104	1.9	98	3	3	6
9.Suicide	91	1.7	87	3	1	4
10.Pneumonia/Influenza	48	0.9	45	3	0	2

Leading Causes of Death in Pasco County - 2008.

Infant Deaths

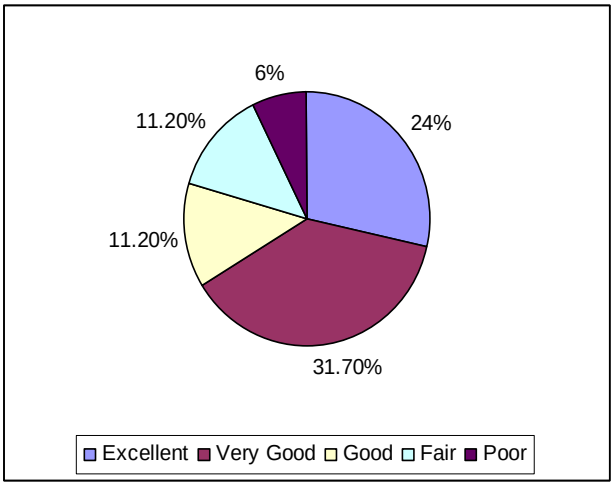
Neonatal and post neonatal deaths are lower in Pasco County than the state. Within Pasco there are more black infants that die before they are 27 days old than do Hispanic or White babies. Prenatal care to pregnant mothers would certainly be one step to help reduce infant mortality. For the 2006-2008 period, 79.7% of mothers received prenatal care within their first trimester compared to 76.5% in Florida.



Infant, Neonatal, and Post-neonatal Deaths by Race for 2006-2008 period.

Residents and their Health

For the Tampa metropolitan area, where Pasco County is included, 24% of residents considered their health to be in excellent condition while 31.7% reported very good, and 27.1% good. Only 11.2% considered their health to be fair and a very small percentage (6%) considered their health to be poor. Nearly 83% of the participants said that they had good or better health than before.



Health and Wellness Perception of Pasco Residents.

Comparison of Rates to the State

In Pasco County	Worse	Better
Infants Death		↑
Diabetes Incidence		↑
Cholesterol	↓	
Physical Activity		↑
Influenza and Pneumonia		↑
Obesity and Overweight		↑
Eating Habits	↓	
Cancer	↓	
Hypertension	↓	
HIV/AIDS		↑
STDs		↑
Oral Health	↓	
Tobacco Use	↓	
Alcohol Use	↓	
Heart Disease	↓	
Birth Weight		↑

For more information please refer to the Community Health Profile Report 2010

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