



# District of Columbia HEALTHY PEOPLE 2010 Community Edition



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# HOW HEALTHY ARE YOU AND YOUR NEIGHBORS?

In 2000, the District of Columbia Department of Health worked with the city to create the Healthy People 2010 Plan. The Plan set goals for us to reach in 10 years, starting in 2000 and aiming for 2010. The ‘us’ includes the health department, the city government, hospitals, clinics, your neighbors and you.

We are now able to use the information collected by the health department to report on how well we did in meeting our goals. As of 2010, our city has achieved many successes. By working together, we have successfully lowered the rates of tobacco use among adults and seen a decrease in deaths for many types of cancers, as well as seen a drop in people hospitalized for asthma. A great success is that less babies and children are dying prematurely. To learn more about these topics and others, please visit the Department of Health’s website at [www.doh.dc.gov](http://www.doh.dc.gov) for the full published report. Printed reports are available at 899 N. Capitol Street, N.E. on the 2<sup>nd</sup> floor.

Inside of this Community Edition, you will find facts on what we learned. Information is available to show how District residents are doing with our health. We look at which groups are affected by different issues, from obesity to HIV/AIDS. We share the major symptoms for each disease to help you know what to look for and to encourage conversations with your doctor. We also provide recommendations on how you can improve your own health and possibly prevent illness. Additionally, phone numbers are made available for those wishing to have more information.

We ask that you share this information with your family and neighbors. In the coming months, the Department of Health will be releasing a new set of goals for 2020. It is our hope that together all of us can work to be better educated, more responsible and healthier.

# OBESITY



**What it is:** a person with a body weight that is grossly above the standard health guidelines for acceptable or desirable weight, usually due to accumulation of excess fat in the body. The standards for weight may vary with age, sex, genetic or cultural background. In the Body Mass Index, a BMI greater than 30.0 kg/ is considered obese, and a BMI greater than 40.0 kg/m<sup>2</sup> is considered morbidly obese (morbid obesity).

## Who is affected:

- Hispanic and African Americans are the racial groups most affected.
- District residents living in Wards 7 and 8 are more likely to be obese than others.

## What can you do to improve your health?

- Eat healthy
- Exercise regularly
- Maintain a healthy weight
- Practice portion control
- Reduce television time
- Don't skip breakfast
- Increase time outdoors

## THE CONSEQUENCES OF OBESITY

- Coronary heart disease, stroke and high blood pressure
- Type 2 diabetes
- Cancers, such as endometrial, breast and colon cancer
- High cholesterol
- Liver and gallbladder disease
- Sleep apnea and respiratory problems
- Degeneration of cartilage and underlying bone within a joint (osteoarthritis)
- Reproductive health issues

## Where to get more information

DC Department of Health, Community Health Administration  
La Clinica del Pueblo  
Children's National Medical Center/The Obesity Institute

202-442-9018  
202-462-4788  
202-476-7200

# SMOKING



**What it is:** breathing in smoke from tobacco cigarettes, pipes, and cigars. Casual smoking is the act of smoking only occasionally, usually in a social situation or to relieve stress. A smoking habit is a physical addiction to tobacco products. Many health experts also consider habitual smoking to be a psychological addiction; one with serious health consequences.

## Who is affected:

- African Americans are the racial group most affected.
- District residents living in Wards 5, 7 and 8 are more likely to smoke than others.

## What can you do to improve your health?

- Have a plan and set a definite quit date.
- Get rid of all the cigarettes and ashtrays at home or in your smoke free workplace.
- Don't allow others to smoke in your house or car.
- Tell your friends and family and social networks that you're quitting. Doing so helps make quitting a matter of pride.
- Chew sugarless gum or eat sugar-free hard candy to redirect the oral fixation that comes with smoking. This will help prevent weight gain, too.
- Eat as much as you want, but only low-calorie foods and drinks. Drink plenty of water. This may help with the feelings of tension and restlessness that quitting can bring. After eight weeks, you'll lose your craving for tobacco, so it's safe then to return to your usual eating habits.
- Stay away from social situations that prompt you to smoke.
- Spend the money you save not smoking on an occasional treat for yourself.

## THE CONSEQUENCES OF SMOKING

- Coronary heart disease, stroke, and high blood pressure
- Increased chance of lung and cervical cancer
- Emphysema
- Bronchitis
- Atherosclerosis
- Impotence

## Where to get more information

DC Quitline  
DC Department of Health, Tobacco Control Program  
Meridian Institute  
Institute for Ethical & Clinical Hypnosis

1-800-QUITNOW (1-800-784-8669)  
202-442-5433  
202-354-6440  
202-331-1218

# VIOLENCE PREVENTION



**What it is:** interpersonal violence is defined as the intentional use of physical force or power, threatened or actual, against another person or against a group or community that results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation.

## Who is affected:

- African Americans are the racial group most affected.
- District residents living in Wards 7 and 8 are more likely to be victims of violence than others.

## What can you do to improve your health?

- If you suspect someone close to you is being verbally, physically or sexually abused, offer to refer them to a counselor.
- If you are emotionally, psychologically, physically, or sexually abusive to anyone or have been in the past, seek professional help.
- Mentor and teach young boys/girls about how to live life in ways that avoid degrading or abusing others.

### TYPES OF VIOLENCE

- Self-directed violence
- Interpersonal violence
- Collective violence

The nature of violent acts can be:

- Physical
- Sexual
- Psychological
- Involving deprivation or neglect

## Where to get more information

DC Department of Health, Community Health Administration  
Family Violence Prevention  
DASH - District of Columbia Alliance for Safe Housing

202-442-9386  
202-595-7382  
202-462-3274

# INFANT MORTALITY



**What it is:** Infant Mortality Rate (IMR) is defined as the number of deaths of babies under one year of age per 1,000 live births. The IMR rate in a given region, is the total number of newborns dying under one year of age divided by the total number of live births during the year, then multiplied by 1,000. The infant mortality rate is also called the infant death rate (per 1,000 live births).

## Who is affected:

- African Americans are the racial group most affected.
- District residents living in Ward 8 are more likely to have higher incidences of infant mortality than others.

## What can you do to reduce risk?

- Monitor folic acid intake.
- Place babies on their backs: babies who sleep on their backs have lower SIDS risk.
- Reduce mother-to-child HIV transmission if HIV positive and get into treatment.
- Do not smoke during pregnancy.
- Eat nutritious meals.
- Avoid certain medications.
- Schedule and keep your doctor's visits.

## THE LEADING CAUSES OF INFANT MORTALITY

- Congenital malformations
- Low birth weight
- Sudden infant death syndrome (SIDS)
- Unintentional injuries
- Liver and gallbladder disease
- Respiratory distress of newborn
- Bacterial sepsis of newborn
- Neonatal hemorrhage
- Maternal complications

## Where to get more information

DC Department of Health, DC Healthy Start Project  
Mary's Center  
DC Healthy Babies Project

1-800-666-2229  
202-483-8196  
202-396-2809

# CANCER



**What it is:** a group of diseases that cause cells in the body to change and grow out of control. Most types of cancer cells eventually form a lump or mass called a tumor and are named after the part of the body where the tumor originates. In the United States and the District of Columbia cancer is the second leading cause of death exceeded only by heart disease.

## Who is affected:

- Men are more likely than women to have cancer.
- African Americans are the racial group most affected.
- District residents living in Wards 4, 5 and 7 are more likely to have cancer than others.

## What can you do to improve your health?

- Do not smoke
- Exercise regularly
- Have regular medical checkups
- Reduce alcohol consumption
- Improve your eating habits
- Maintain a healthy weight
- Practice safe sex to reduce the risk of Human papillomavirus (HPV)
- Discuss your concerns with a doctor

## THE SYMPTOMS OF CANCER ARE:

- Chronic fatigue
- Lump or thickening that can be felt under the skin
- Weight changes, including unintended loss or gain
- Skin changes, such as yellowing darkening or redness of the skin, sores that won't heal or changes to existing moles
- Changes in bowel or bladder habits
- Persistent cough
- Difficulty swallowing
- Hoarseness
- Persistent indigestion or discomfort after eating
- Persistent, unexplained muscle or joint pain

## Where to get more information

DC Department of Health, Cancer Registry  
George Washington University Hospital/Cancer Center  
Washington Cancer Institute

202-442-5878  
202-715-4000  
202-877-7000

# DIABETES



**What it is:** a chronic (lifelong) disease in which the pancreas does not produce sufficient amounts of insulin; the main types include Type 1 diabetes, Type 2 diabetes and gestational diabetes.

## Who is affected:

- Women are more likely than men to have diabetes.
- African Americans are the racial group most affected.
- District residents living in Wards 7 and 8 are more likely to have diabetes than others.

## Reduce your chances of getting diabetes by:

- Eating healthy
- Exercising
- Maintaining a healthy weight
- Scheduling yearly eye and physical exams
- Paying attention to your feet
- Taking care of your teeth
- Not smoking
- Managing your stress
- Keeping your blood pressure and cholesterol under control
- Testing blood sugar regularly

## MAJOR SYMPTOMS OF DIABETES

- Excessive thirst
- Frequent urination
- Extreme hunger
- Unexplained weight loss or gain
- Fatigue
- Sudden vision changes
- Sores that are slow to heal
- Very dry skin
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- More infections than usual

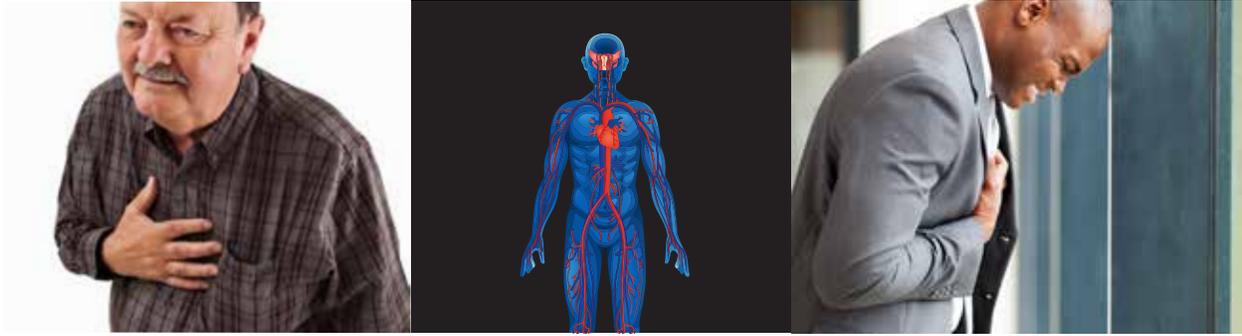
Nausea, vomiting, or stomach pains may accompany some of these symptoms in the abrupt onset of insulin-dependent diabetes, now called type 1 diabetes.

## Where to get more information

DC Department of Health, Diabetes Prevention and Control Program  
Georgetown Diabetes Center  
Howard University Diabetes Treatment Center

202-442-9129  
202-342-2400  
202-877-7777

# HEART DISEASE



**What it is:** the most common type of heart disease occurs when plaque builds up in the blood vessels that supply blood to the heart. When this happens, your blood vessels can narrow over time. Plaque buildup can cause chest pain or discomfort because the heart muscle doesn't get enough blood. Over time, the heart muscle can weaken. This may lead to heart failure, a serious condition where the heart can't pump blood the way that it should. An irregular heartbeat can also develop. Heart disease can lead to a heart attack. It is the number one killer of District residents.

## Who is affected:

- Men are more likely than women to have heart disease.
- African Americans are the racial group most affected.
- District residents living in Wards 4, 5 and 7 are more likely to die from having heart disease than others.

## What can you do to improve your health?

- Do not smoke
- Exercise regularly
- Have regular medical checkups
- Take your medicine as directed
- Get your blood pressure checked regularly, and control it if it is high
- Improve your eating habits
- Maintain a healthy weight
- Decrease your stress level
- Seek emotional support when needed

### THE MAJOR SYMPTOMS OF A HEART ATTACK ARE:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes
- Pain spreading to the shoulders neck or left arm
- Chest discomfort with light-headedness, fainting, sweating, nausea or shortness of breath

It is important to recognize the signs of a heart attack and to act immediately by calling 9-1-1. A person's chances of surviving a heart attack are increased if emergency treatment is given to the victim as soon as possible.

## Where to get more information

DC Department of Health, Cardiovascular Health Program  
Washington Hospital Center Risk Detection and Intervention Program  
Sister to Sister: The Women's Heart Health Foundation

202-442-9129  
202-877-3299  
1-888-718-8033

# HIV/AIDS



**What it is:** acquired immune deficiency syndrome (AIDS) is an infectious disease caused by the human immunodeficiency virus (HIV). There are two variants of the HIV virus. HIV-1 and HIV-2 both of which ultimately cause AIDS.

## Who is affected:

- Men are three times more likely than women to have HIV/AIDS.
- African Americans are three times more likely than other races to be infected with HIV/AIDS.
- District residents living in Wards 1, 5 and 8 are more likely to have HIV/AIDS than others.

## What can you do to improve your health?

- Restrict sexual activity with various partners
- Wear a condom
- Donate your own blood for planned surgeries
- Do not share needles
- Practice universal safety precautions when sharing needles or coming in contact with body fluids
- Get a HIV test twice a year

## THE MAJOR SYMPTOMS OF HIV/AIDS

- Low grade fever
- Chronic fatigue
- General weakness
- Loss of appetite
- Painless swelling in the lymph nodes

Note: HIV/AIDS is not transmitted by handshakes or other casual non-sexual contact, coughing or sneezing, or by bloodsucking insects such as mosquitoes.

## Where to get more information

DC Department of Health, HIV//AIDS Sexually Transmitted Disease TB Administration 202-671-4900  
HIV/STD Testing 202-481-8973  
Carl Vogel Center 202-638-0750

# IMMUNIZATION



**What it is:** the process by which individuals are protected from infection with bacterial or viral illness through the injection or ingestion of substances that create an immune state.

## Who is affected:

- District grade school students living in all wards met most DC requirements, except for Human papillomavirus vaccine and Tetanus, diphtheria and pertussis.
- On average, 58% of school grade children were vaccinated against HPV.
- District high school students have the lowest vaccination rates among youth.

## Why are Childhood Vaccines So Important?

- Some newborn babies are immune to many diseases; however, this may last only for a month to one year. Young children do not have maternal immunity against some vaccine-preventable diseases, such as whooping cough.
- If a child is not vaccinated and is exposed to a disease germ, the child's body may not be strong enough to fight the disease. Unvaccinated children can still die from the germs of rare diseases such as whooping cough or measles.
- Immunizing individual children also helps to protect the health of our community, especially those people who are not immunized.
- Immunization slows down or stops disease outbreaks.

### THE DISTRICT OF COLUMBIA REQUIRES THE FOLLOWING VACCINATIONS FOR SCHOOL AGE CHILDREN:

- Tetanus, diphtheria, pertussis (whooping cough)
- Human papillomavirus (HPV)
- Meningococcal
- Influenza
- Pneumococcal
- Hepatitis A
- Hepatitis B
- Inactivated poliovirus
- Measles, mumps, rubella
- Varicella

## Where to get more information

DC Department of Health, Immunization Program  
United Health Care  
CVS Minute Clinics

202-576-7130  
202-715-7900  
1-866-389-2727

# INFLUENZA



**What it is:** Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.

## Who is affected:

- Females and males had similar immunization rates for the flu shot.
- District residents living in Wards 2 and 3 are more likely to suffer from influenza than others.

## How can you prevent or treat the flu:

- Wash your hands often.
- Plenty of rest and fluids are the best methods for treating the flu.
- Sometimes doctors prescribe antiviral medications for treating severe cases.
- Antiviral medications prevent any further spread of the influenza virus and can possibly shorten the duration of sickness.
- However, there are the following side effects associated with antiviral medications: loss of appetite, nausea, vomiting and breathing difficulties.
- Get a flu vaccine.

## THE MAJOR SYMPTOMS OF INFLUENZA

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

\* It's important to note that not everyone with the flu will have a fever.

## Where to get more information

DC Department of Health, Immunization Program  
Bread for the City  
Mary's Center

202-576-7130  
202-265-2400  
202-483-8196

# HEALTHY PEOPLE WORD SEARCH

C A N C E R H E A R T  
A D O H T A I X S O E  
R E M S N C V E M I S  
D I E T M E & R O N T  
I N J U R Y A C K F X  
O H O L F P I I I A I  
V E G Q Z A D S N N N  
A A C A R E S E G T F  
S L C D O C T O R M L  
C T E C N E L O I V U  
U H B V I S L E E P E  
L Y P R E N A T A L N  
A Y D I A B E T E S Z  
R E S T S A F E T Y A  
R O T S E F B B A T T

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CARDIOVASCULAR  
INFANT  
SLEEP  
HEALTHY  
HEART

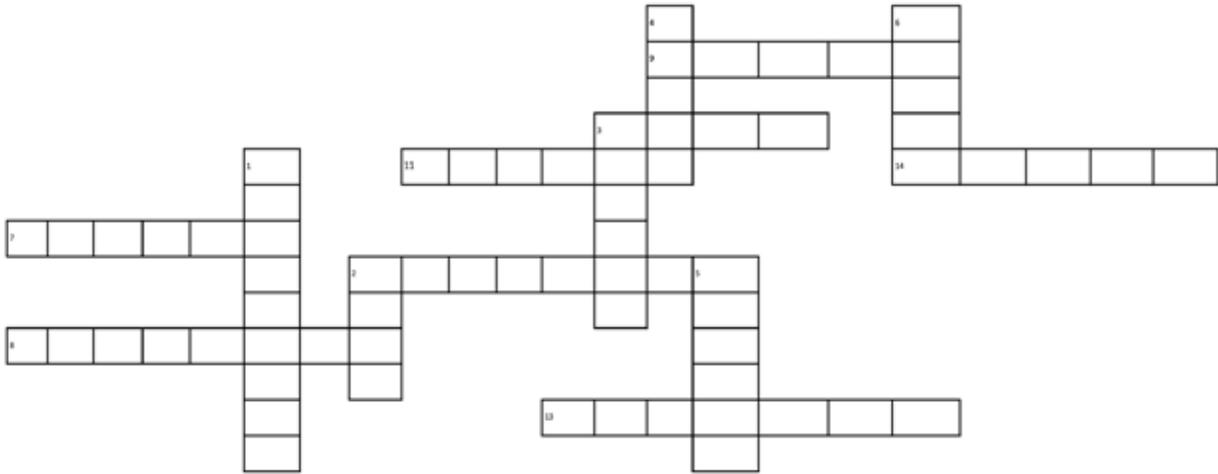
CANCER  
INJURY  
DIABETES  
VACCINE  
EMS

RACE  
DIET  
SAFETY  
HIV&AIDS  
DOH

TEST  
DOCTOR  
VIOLENCE  
SMOKING

EXERCISE  
JOG  
PRENATAL CARE  
INFLUENZA

# HEALTHY PEOPLE



## DOWN

1. All school age children must be \_\_\_\_\_.
2. \_\_\_\_\_ and exercise are the keys to good health.
3. Exercise is good for the \_\_\_\_\_.
4. Drink plenty of \_\_\_\_\_.
5. Stoppage of blood flow to the brain is called \_\_\_\_\_.
6. Brush your \_\_\_\_\_ 3 times a day.

## ACROSS

7. Always wear a \_\_\_\_\_ when having sex.
8. Diet and \_\_\_\_\_ are the keys to good health.
9. An \_\_\_\_\_ a day keeps the doctor away.
3. Seek \_\_\_\_\_ to quit smoking. Call the Quitline.
11. Breast exams help to detect \_\_\_\_\_.
2. \_\_\_\_\_ is the leading health issue among African Americans.
13. \_\_\_\_\_ is bad for your heart.
14. \_\_\_\_\_ is the leading health issue among African Americans.

## Answer Key



- DOWN**
1. All school age children must be MANDATORY.
  2. DIET and exercise are the keys to good health.
  3. Exercise is good for the HEART.
  4. Drink plenty of WATER.
  5. Stoppage of blood flow to the brain is called STROKE.
  6. Brush your TEETH 3 times a day.
- ACROSS**
7. Always wear a CONDOM when having sex.
  8. Diet and EXERCISE are the keys to good health.
  9. An APPLE a day keeps the doctor away.
  3. Seek COUNSELING to quit smoking. Call the Quitline.
  11. Breast exams help to detect BREAST.
  2. HYPERTENSION is the leading health issue among African Americans.
  13. SUGAR is bad for your heart.
  14. HYPERTENSION is the leading health issue among African Americans.



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Government of the District of Columbia  
Vincent C. Gray, Mayor

