

American Council of Life Insurers
Medical Section

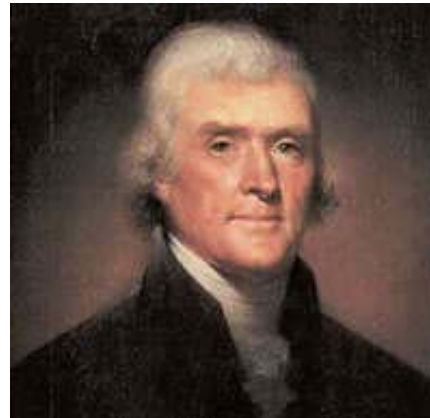
Mortality Trends in the USA

Life Expectancy

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*Former Florida Surgeon General &
Secretary of Health*

February 18, 2018

**. . . health is worth more
than learning.**

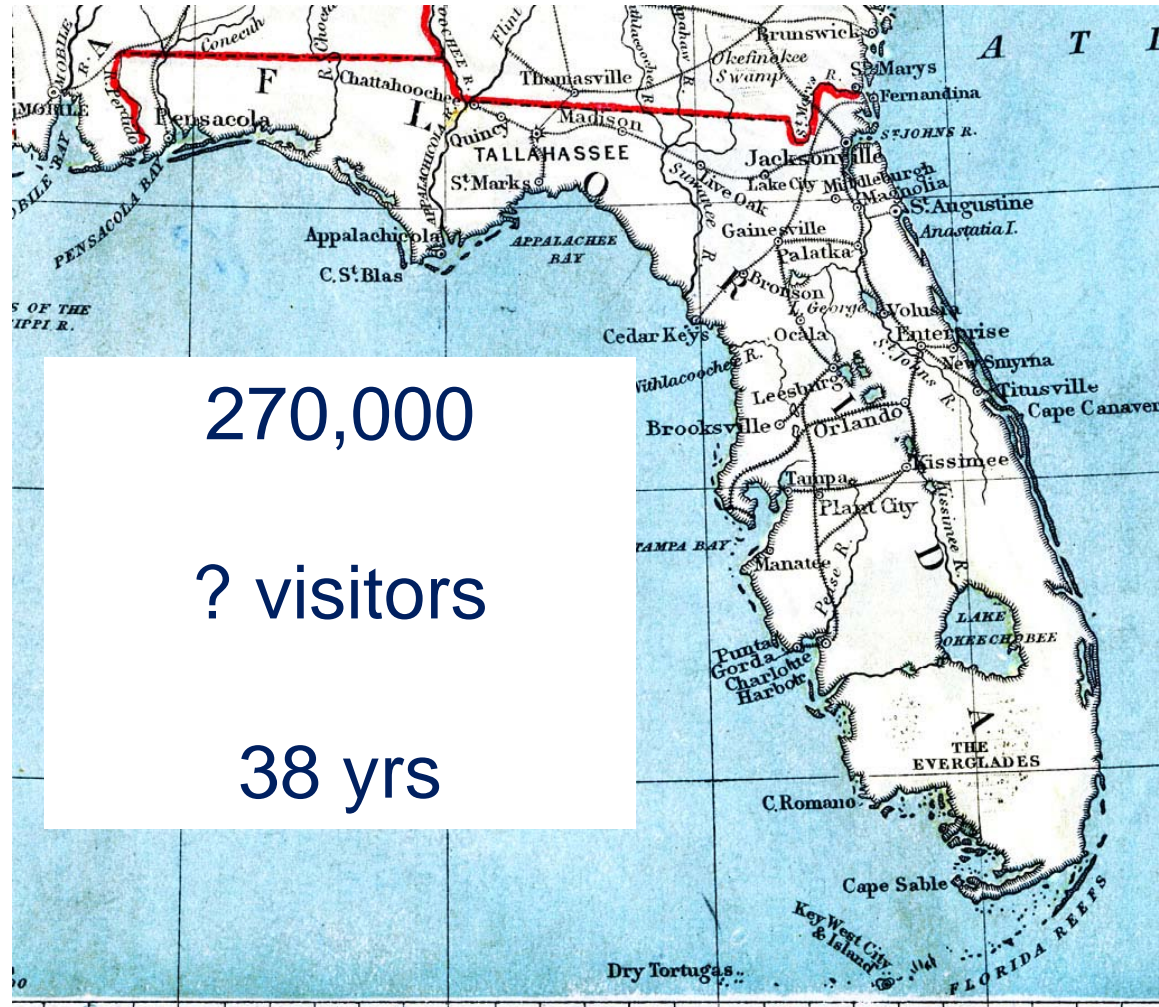


Objectives

Competency: systems-based practice

- Review current trends in mortality in Florida & across the US
- Compare life expectancy in the US with other countries
- Discuss drivers of life expectancy in the US

Florida 1889

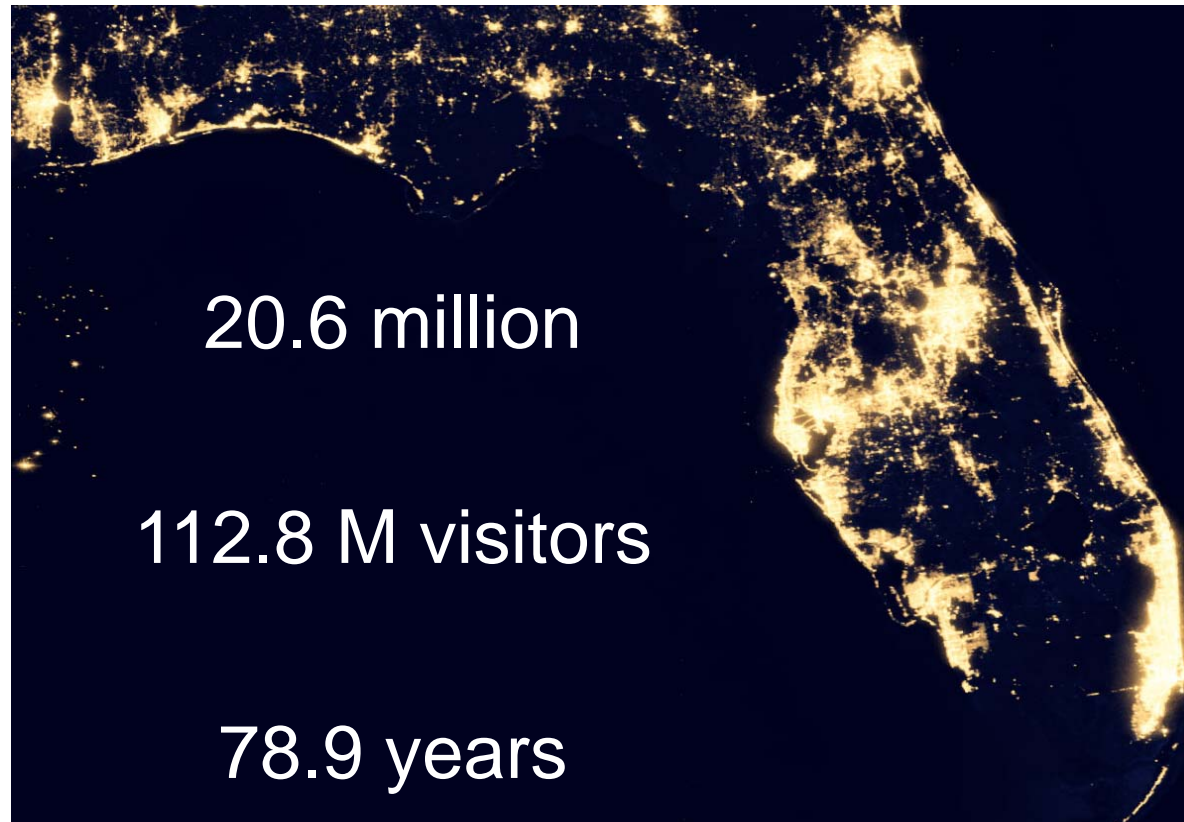




Florida cannot be said to have any endemic disease
that is not preventable.

I believe that 9/10s of the sickness
that afflicts the native population is preventable.

Florida 2016



FL demographics



- 21% < 18
- 19% > 65
- 25% Hispanic
- 17% African American

FL boomer challenge

- 3.9 M > 65 yrs
- 1.7 M > 75 yrs
- 0.5 M > 85 yrs



Florida Vital Statistics Annual Report 2016

FL deaths = 197,000

Heart disease

Cancer

Unintentional injury

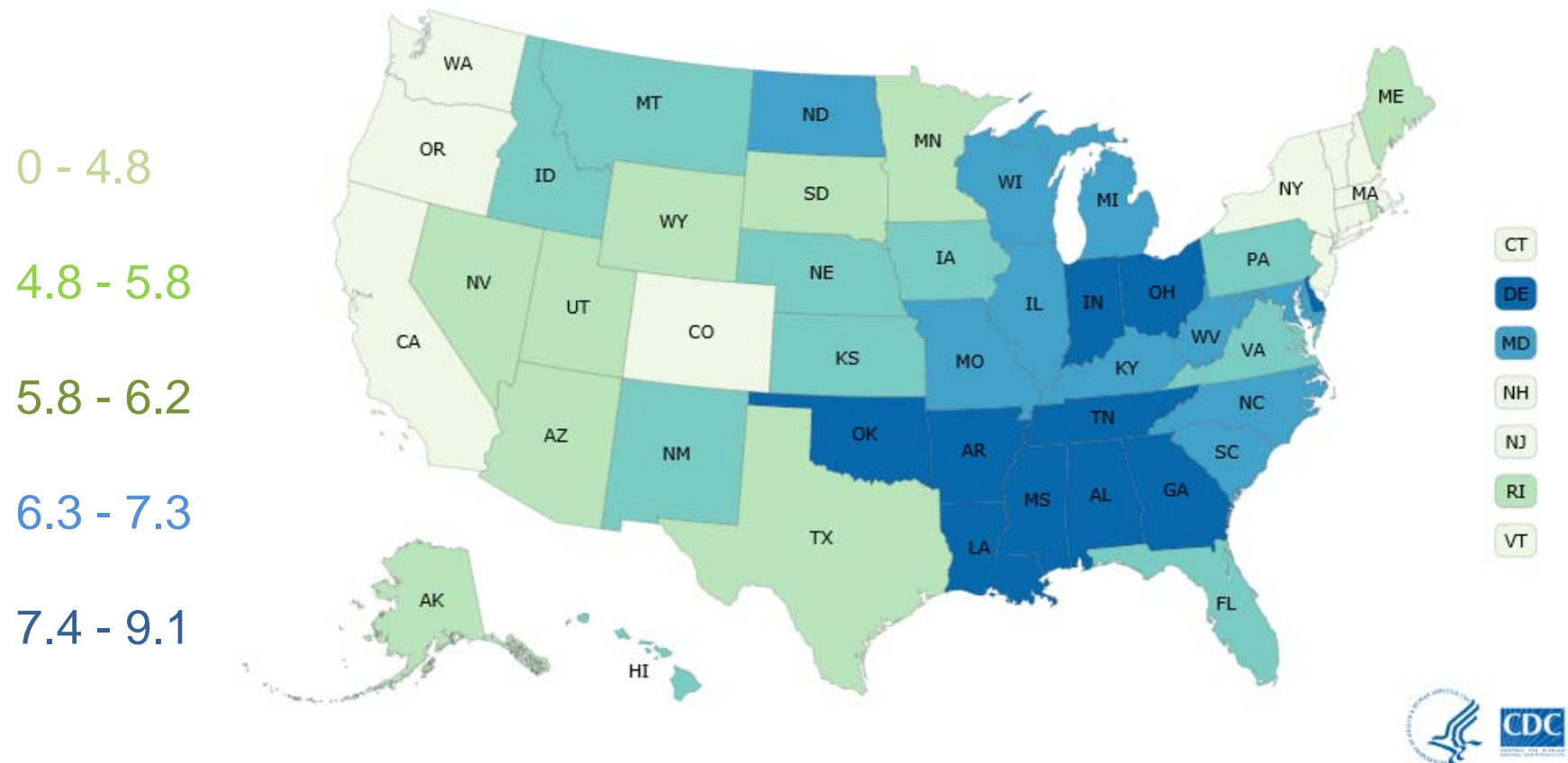
Chronic lung disease

Stroke

Florida Vital Statistics 2016

Start life
Extend life
Improve quality of life

5.9 per 1000 live births





321 M

634 K heart

596 K cancer

155 K COPD

2.7 M

111 K Alzheimer's

79 K diabetes

147 K unintentional injuries

57 K flu & pneumonia

50 K renal disease

140 K stroke

44 K suicide

**US life expectancy falls
for first time
since 1993**

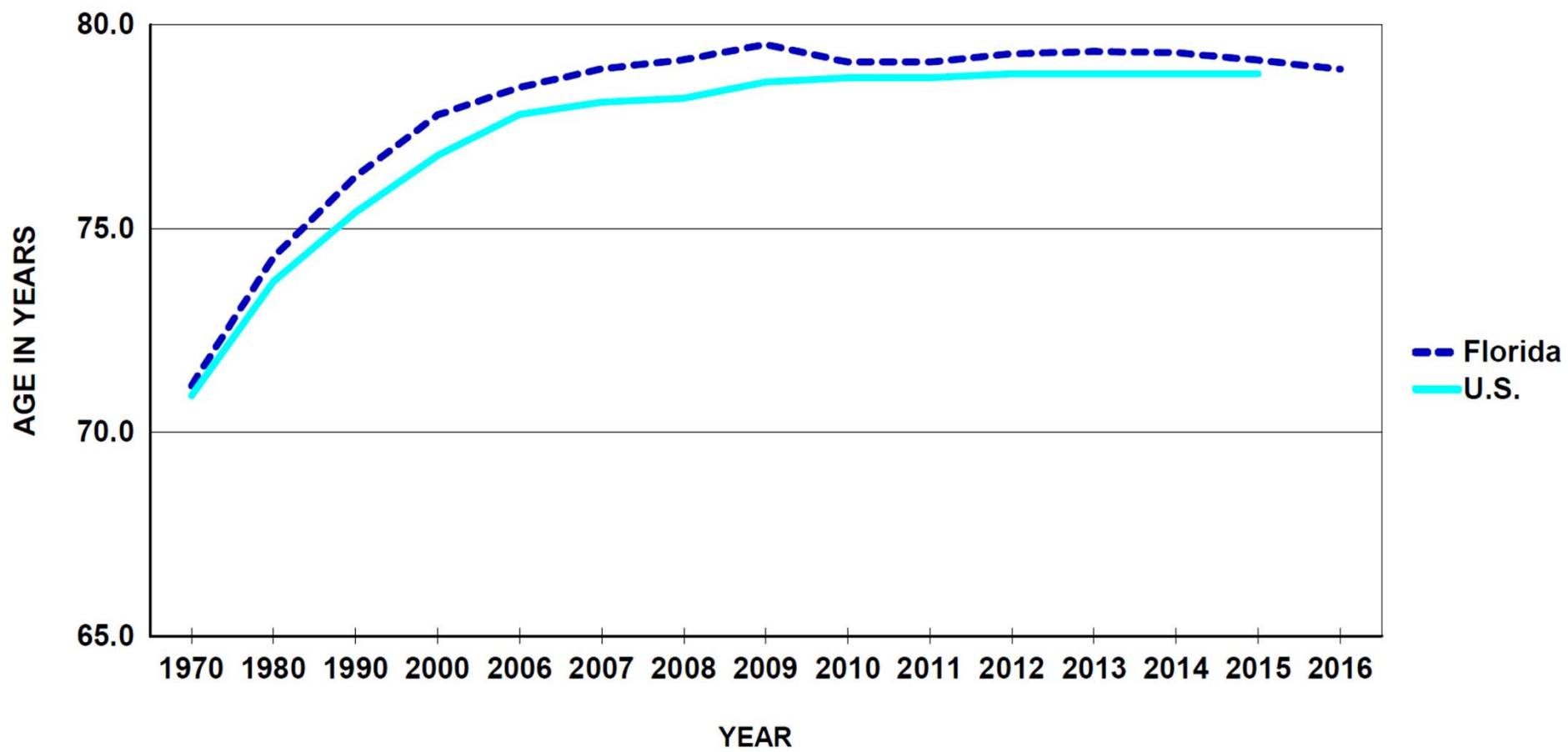
[78.9 to 78.8]

12-8-2016

**US life expectancy falls
for 2nd straight year
for the first time since 1963**

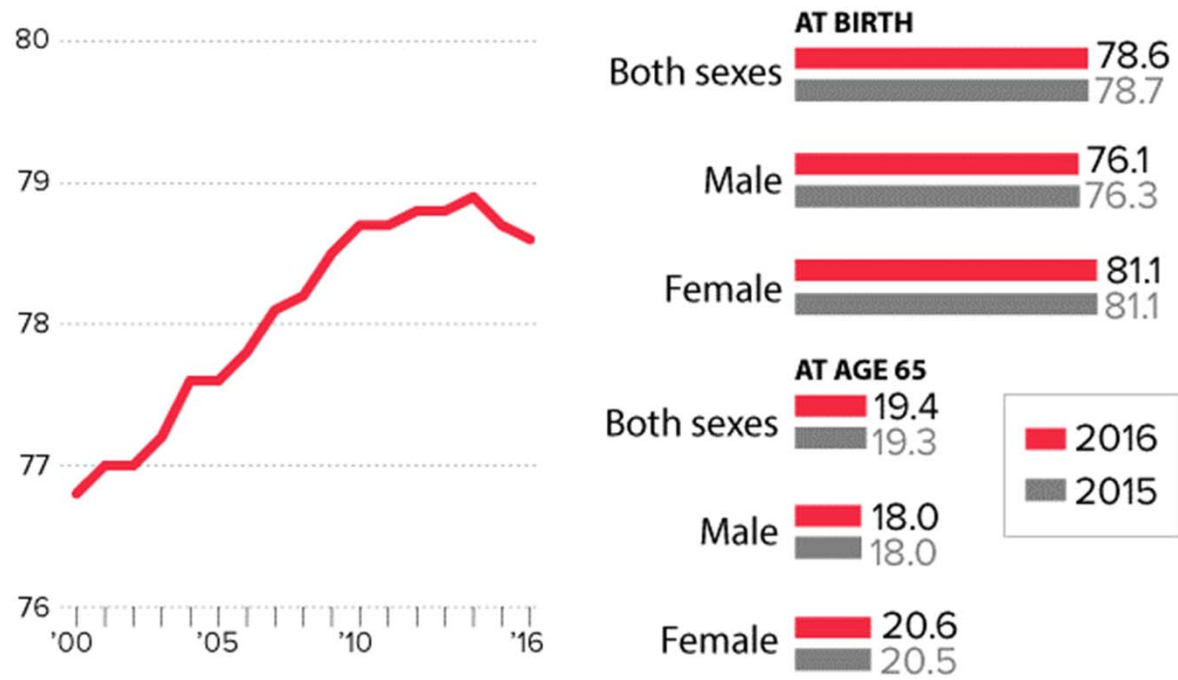
[78.8 to 78.6]

12-21-2017



Florida Vital Statistics 2016

US life expectancy declining again



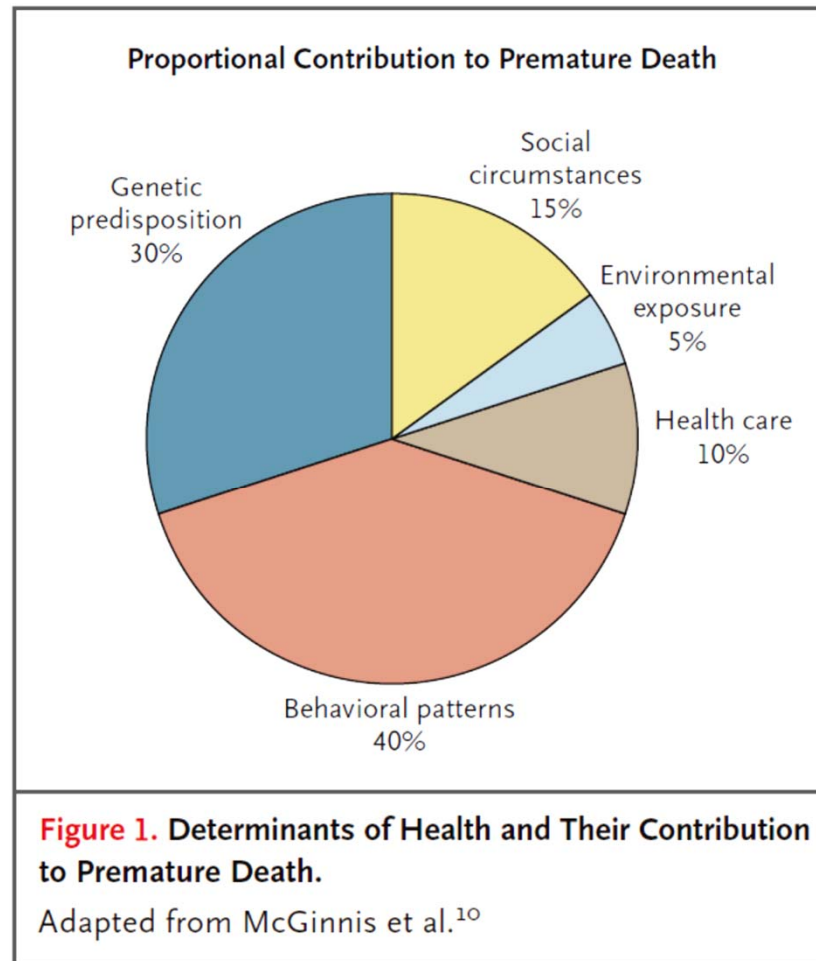
US life expectancy



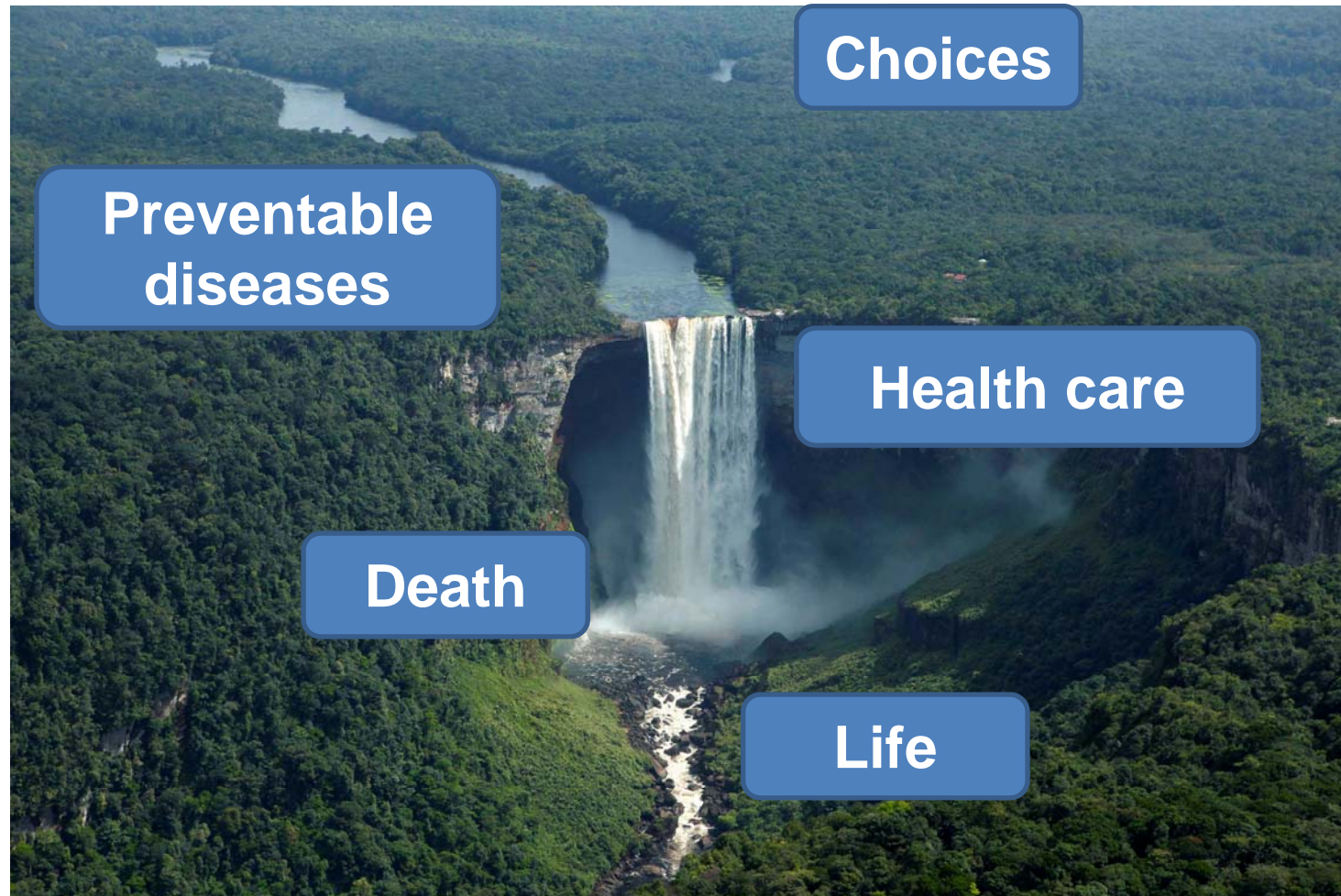
At birth 78.6 years

At 65 19.4 years

At 75 12.3 years



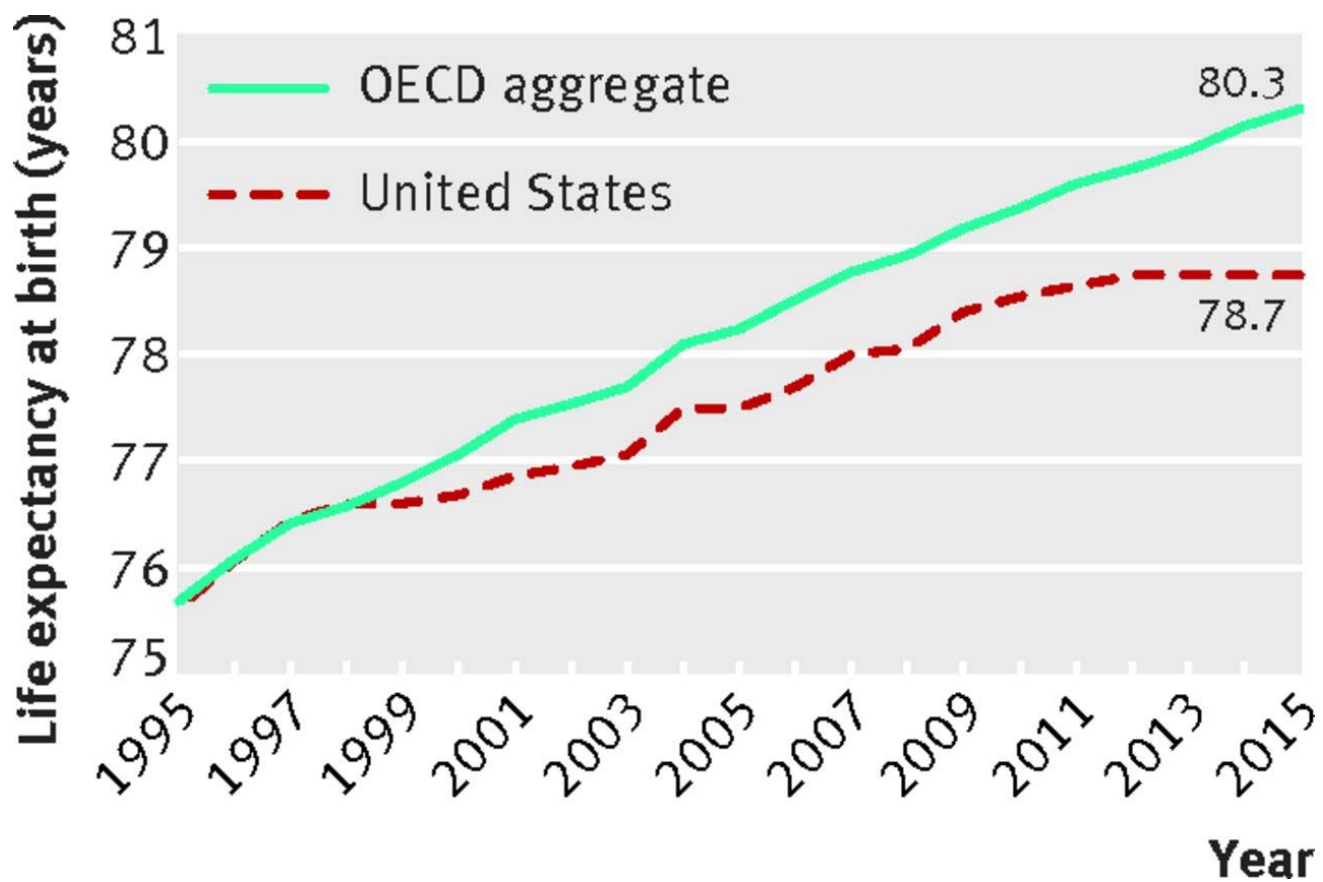
NEJM 357;12, 2007



Kaieteur Falls, Guyana

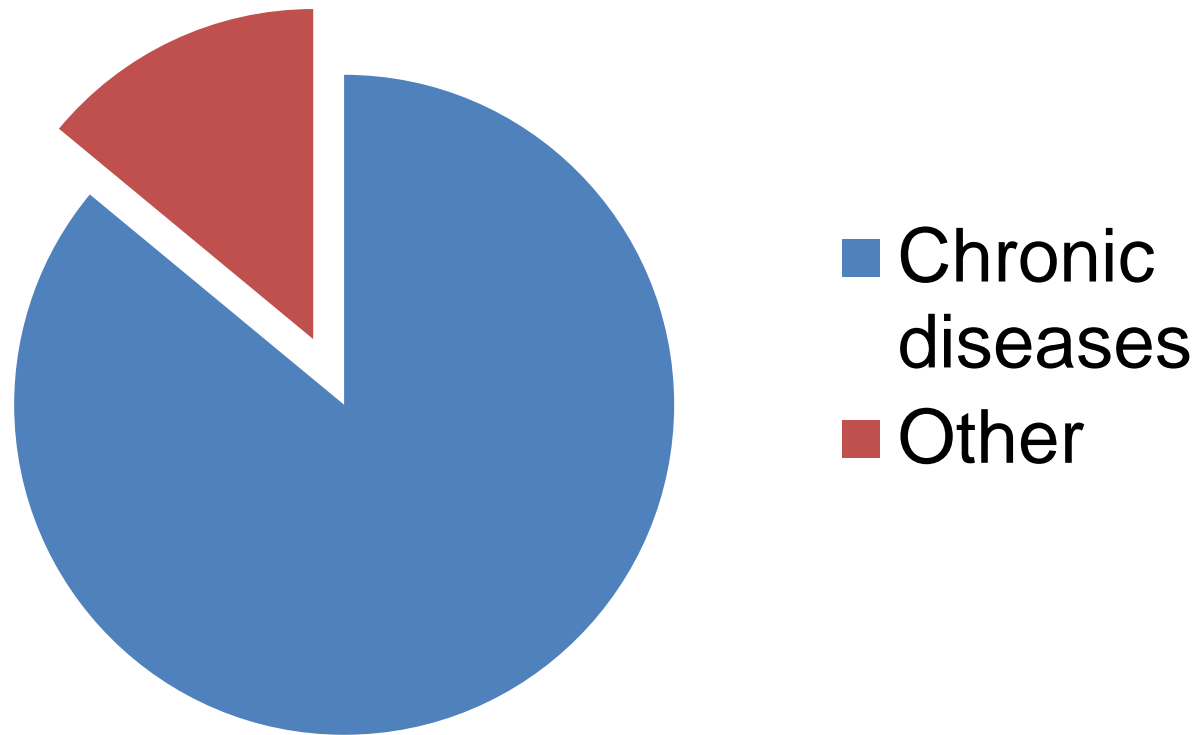
***. . . choice + choice + choice + choice +
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choice + choice + choice + choice +
choice + choice + choice + random
= health status***

Behaviors are undermining advances in medical care



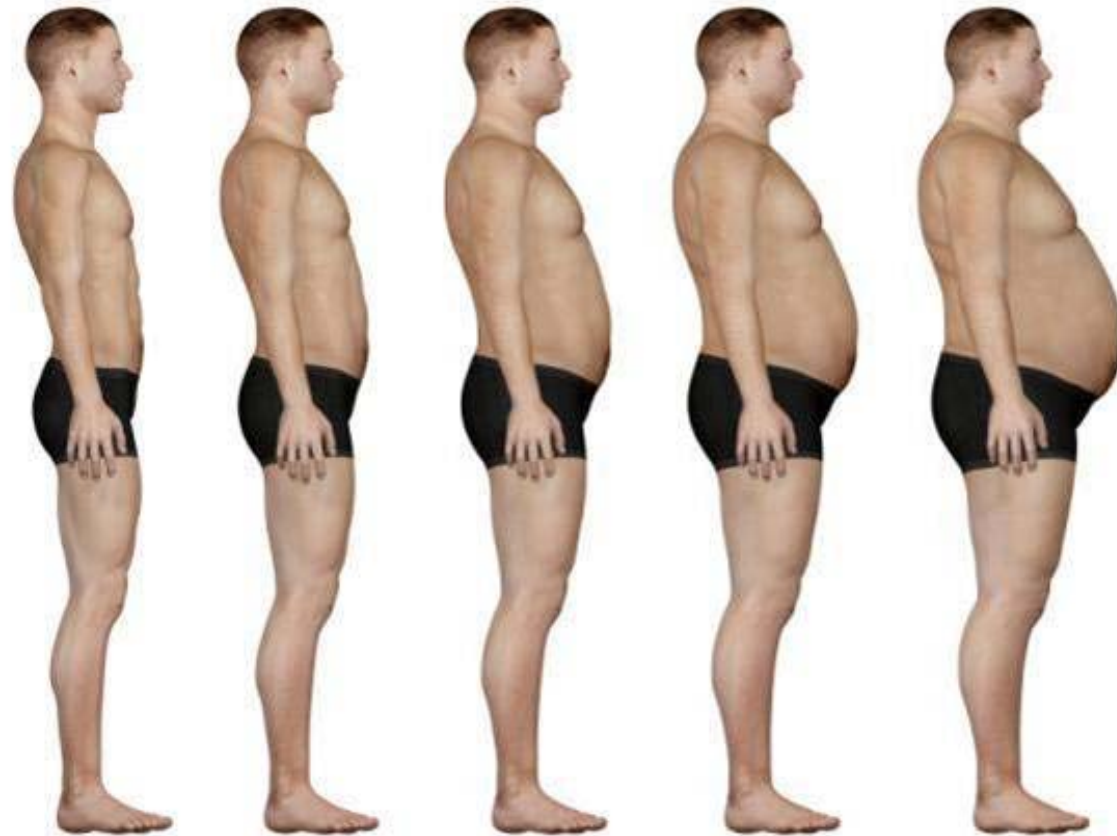
BMJ 2018;360:k496

\$3.3 trillion

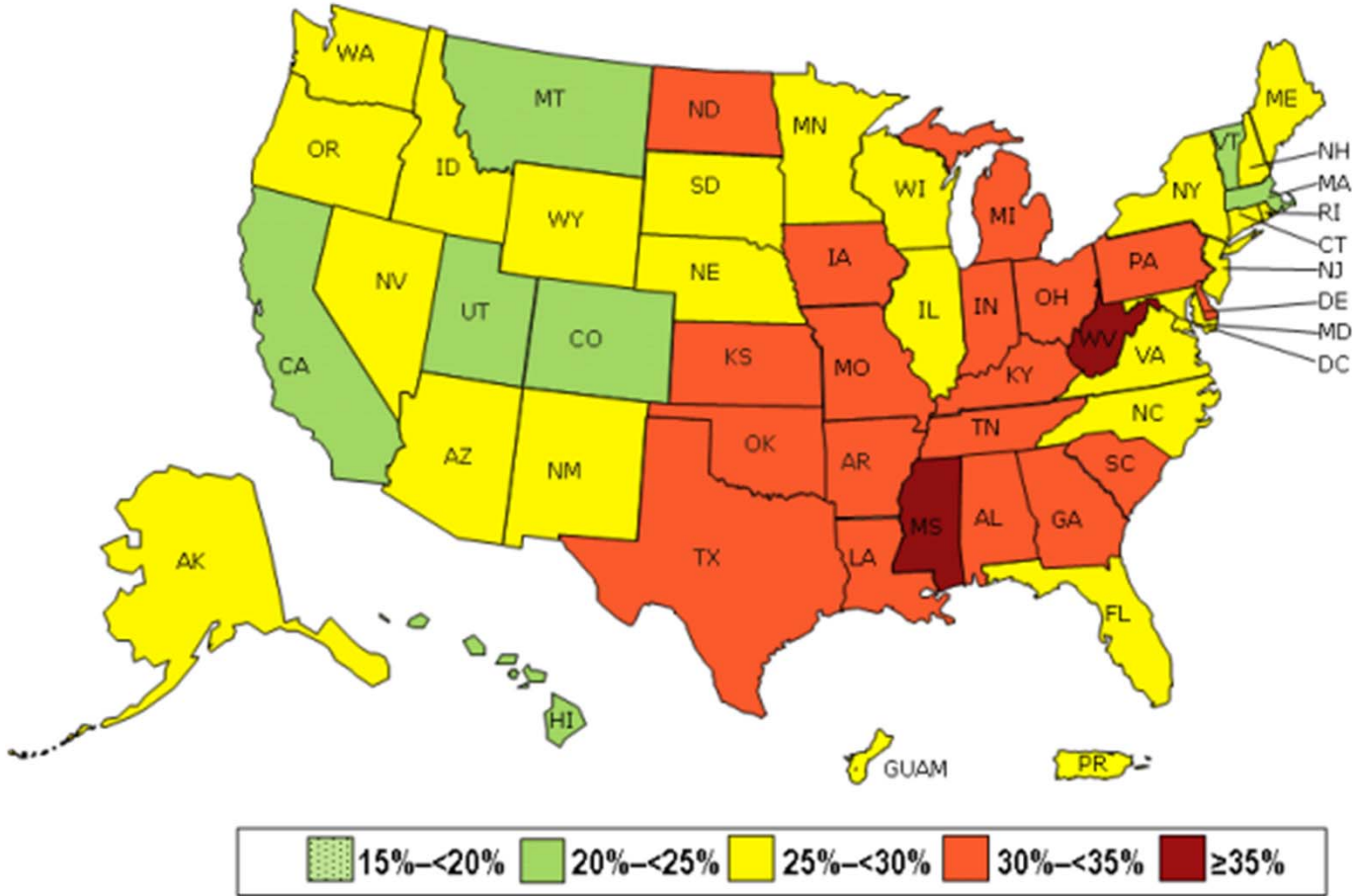




"A new study has found a link
between obesity and food."

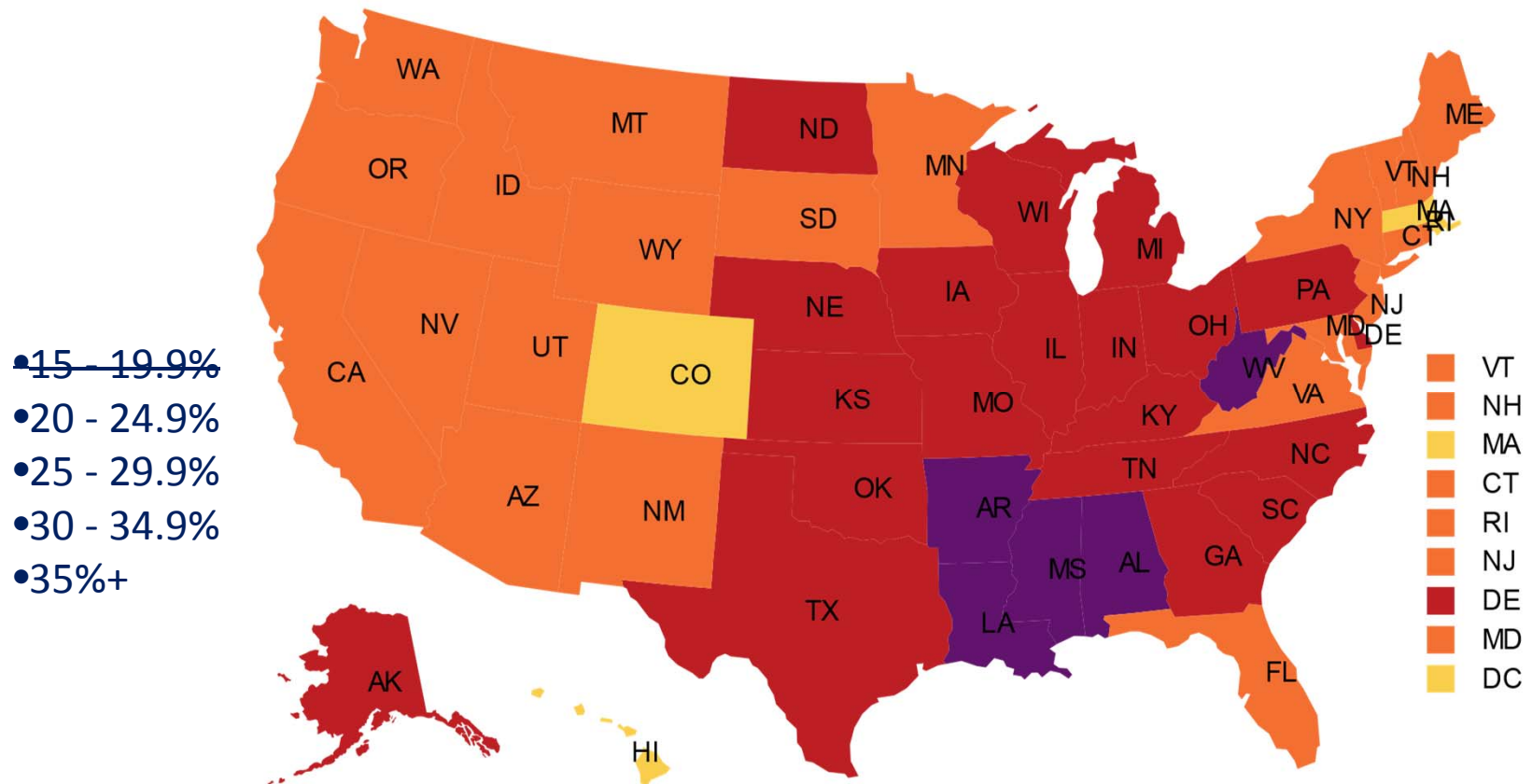


2014



Source: <http://stateofobesity.org/2015>

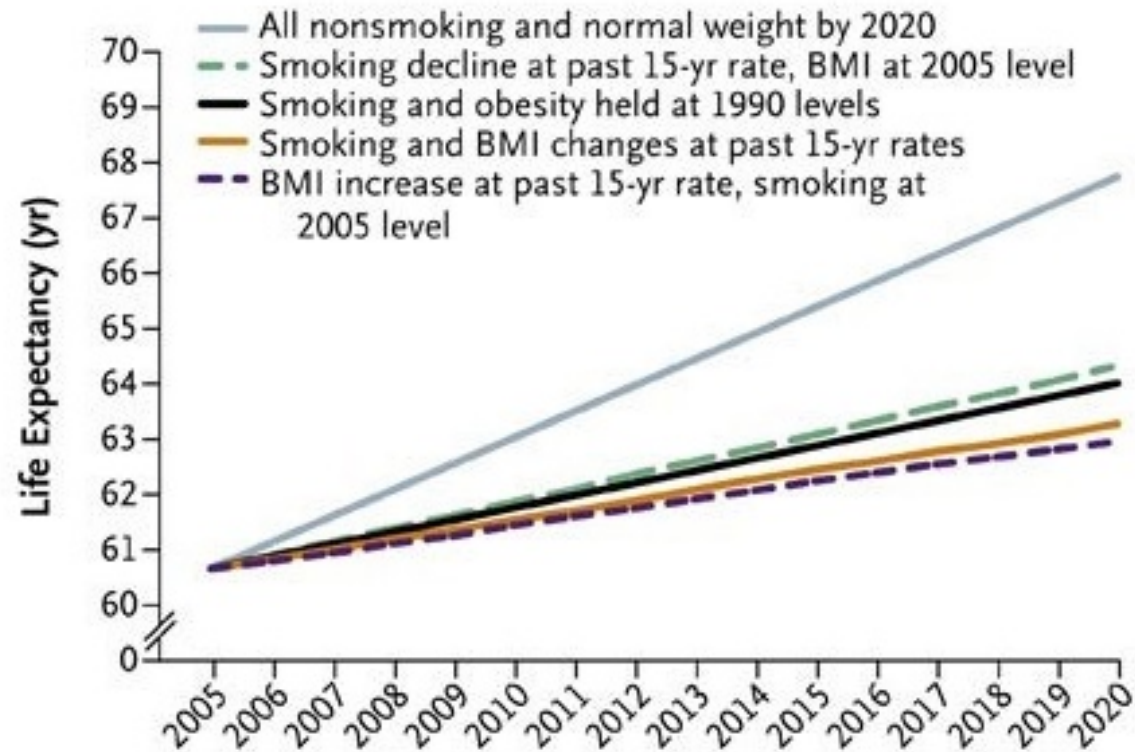
2016



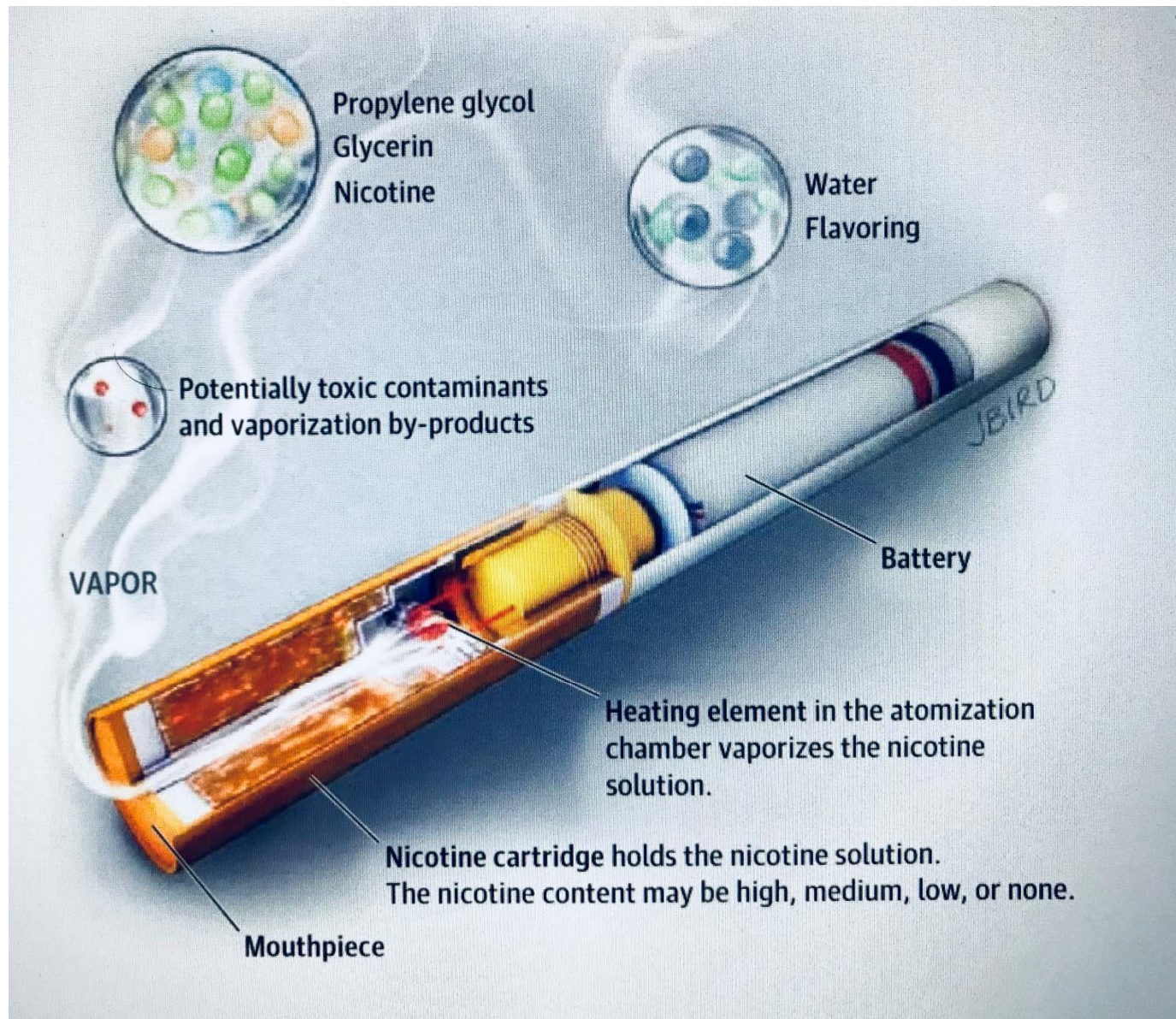
<https://stateofobesity.org/adult-obesity/2017>



A Life Expectancy at 18 Years of Age

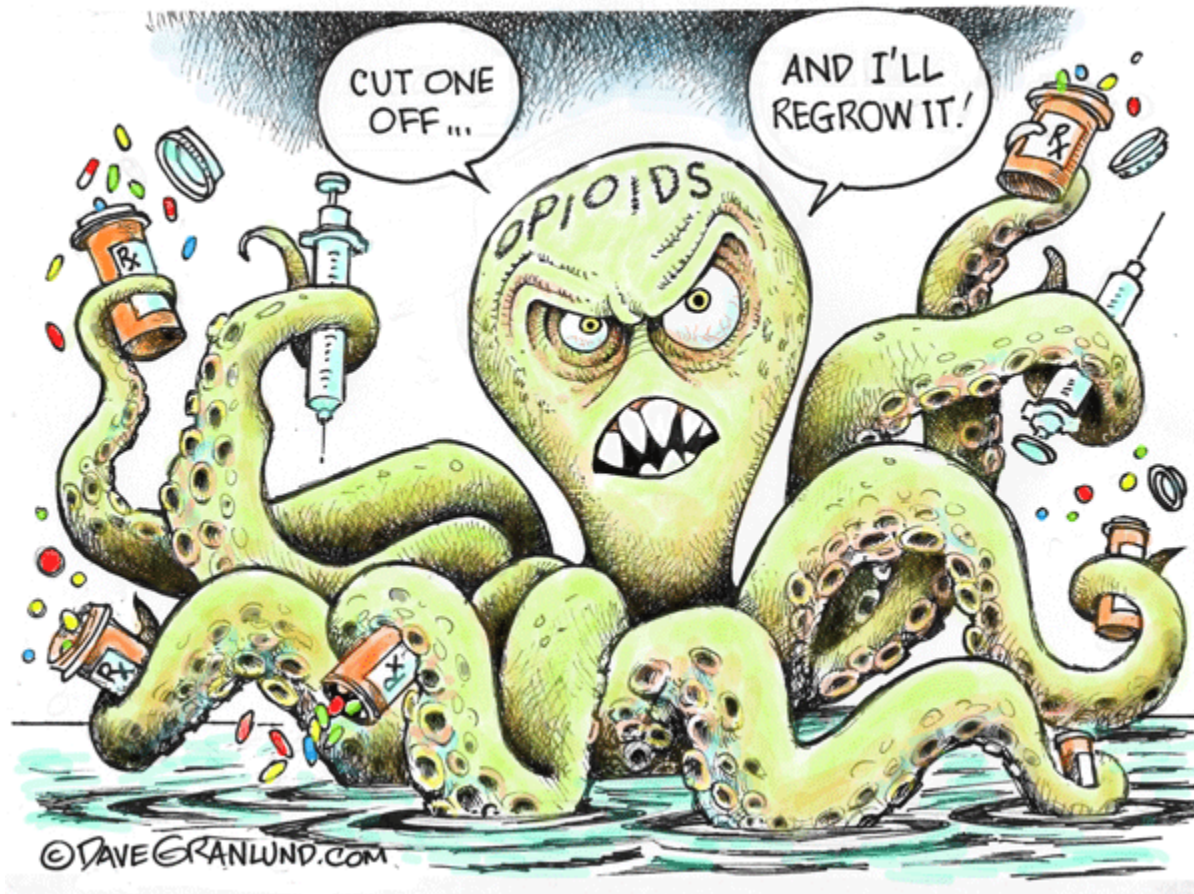


NEJM 2009; 361:2252-2260













Think Measles

Florida Department of Health • Find county contact information at: FloridaHealth.gov

1. IDENTIFY

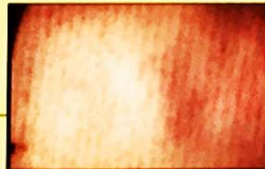
Suspect measles in patients with:

- Fever and rash.
- History of international travel or contact with visitors from locations with known measles outbreaks in the past 3 weeks.
- No or unknown MMR vaccine status. History of MMR vaccine **does not** exclude a measles diagnosis.



This is the skin of a patient after 3 days of measles infection.

Photo courtesy of the CDC.



Head and shoulders of boy with measles; third day of rash.

Photo courtesy of the CDC.



2. ISOLATE

- Implement airborne infection control precautions, mask and isolate patient in a negative pressure room, if available.
- Permit only staff immune to measles to be near the patient.
- Collect nasopharyngeal swab, urine, and serum for measles IgG, IgM and PCR.



3. INFORM

Immediately report ALL suspected measles infections to your county health department. Notify other facilities of suspected measles before transport.



FIND YOUR COUNTY

Vaccination Protects Against Measles
A single dose is 93% effective and two doses are 97% effective.

Risk Factors

- ☐ History of international travel, contact with international travelers, or domestic travel to locations with known measles outbreaks.
- ☐ No or unknown MMR vaccine status. History of MMR vaccine does not exclude a measles diagnosis.
- ☐ Contact with a person that had a febrile rash illness.

Prodrome

- ☐ Fever, cough, coryza, conjunctivitis

Rash Onset

- ☐ Fever spikes, often up to 104°F.
- ☐ Red, maculopapular rash that may become confluent—typically starts at hairline, then face and spreads down body.
- ☐ The rash may be difficult to see on darker skin.
- ☐ Koplik's spots (small, red, irregularly-shaped spots with blue-white centers found on the oral mucosa) may be present in a small number of cases.



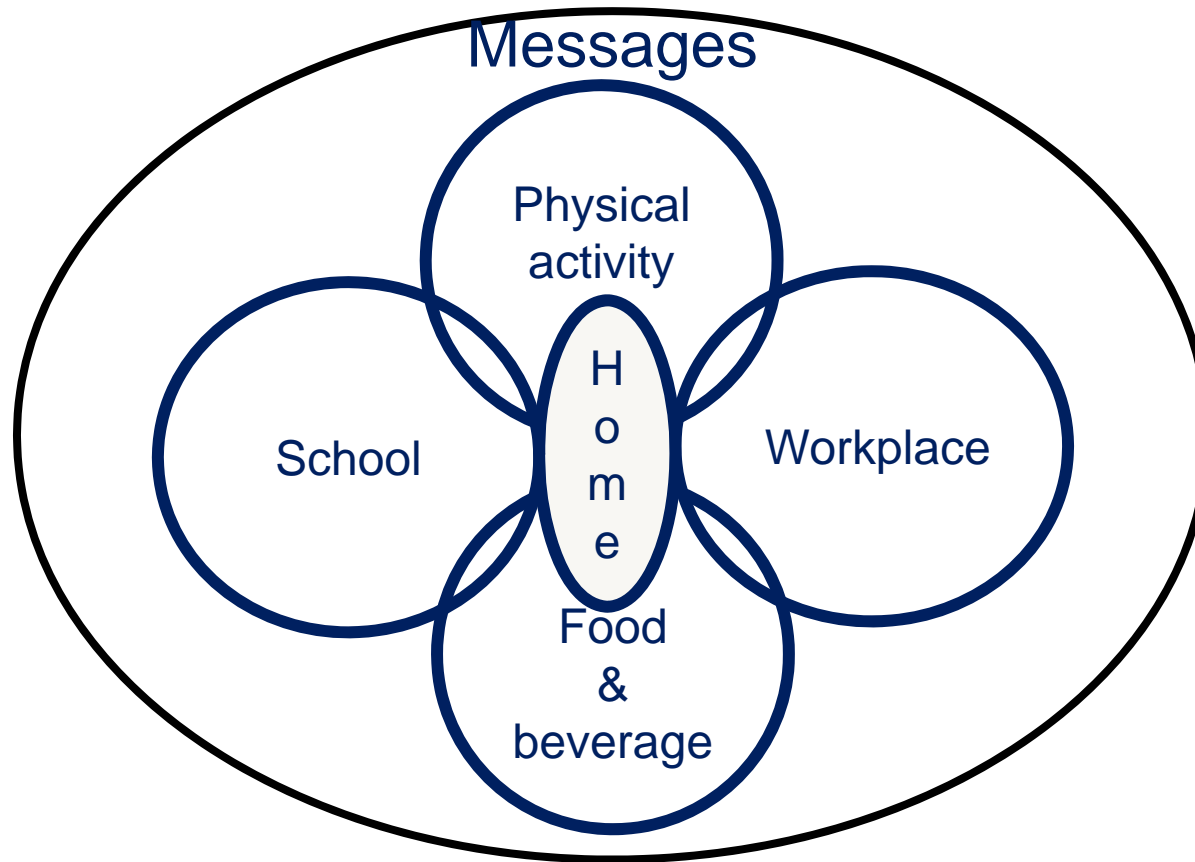
02/03/15

Epidemic: occurrence of more cases of disease than expected in specific area or group over a particular period of time

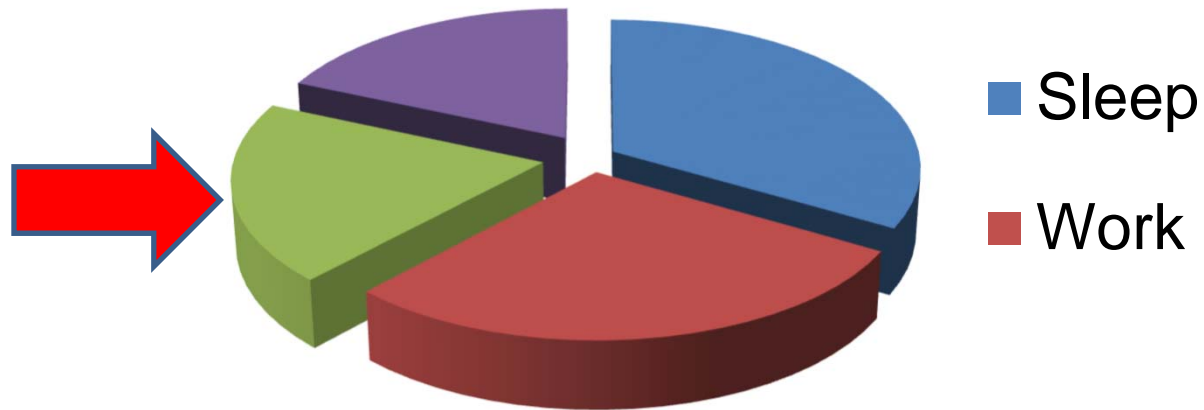




Spaces



Working adults



Hours per week

**Reshape where &
how we live
so that healthy choices
are the easier choices**

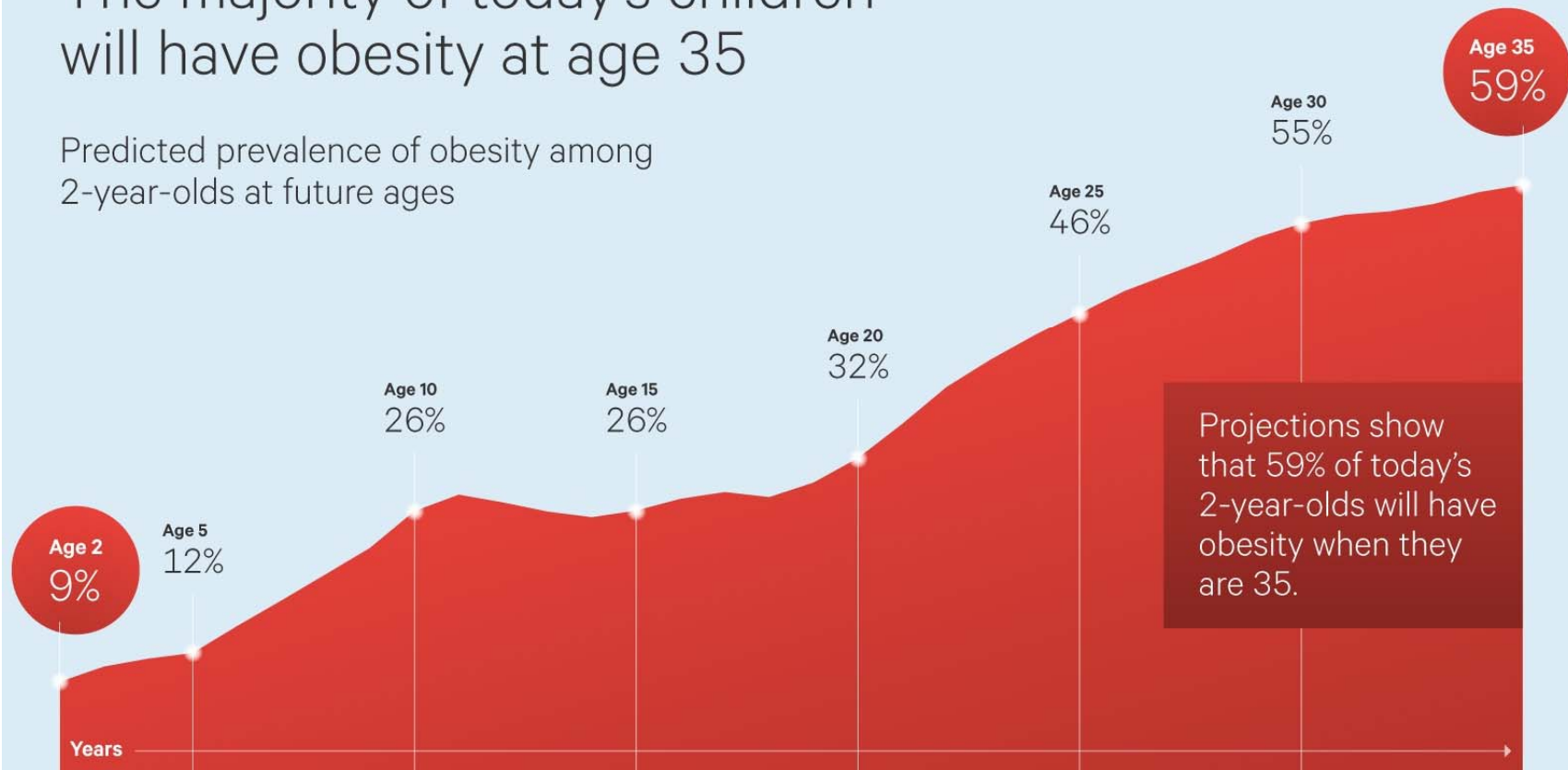
Integration





The majority of today's children will have obesity at age 35

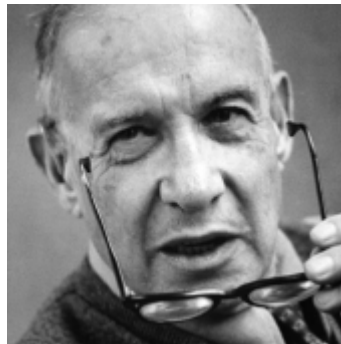
Predicted prevalence of obesity among 2-year-olds at future ages



NEJM, 11-29-17



**The best way to predict
your future is to create it.**



[wikipedia.org](https://en.wikipedia.org/wiki/J._H._Armstrong)

Summary

- Heart disease & cancer dominate mortality, unintentional injury increasing
- US life expectancy < peer countries
- US life expectancy driven by behaviors