

Chronic Obstructive Pulmonary Disease (COPD)

Disease Information Packets – Slide Set

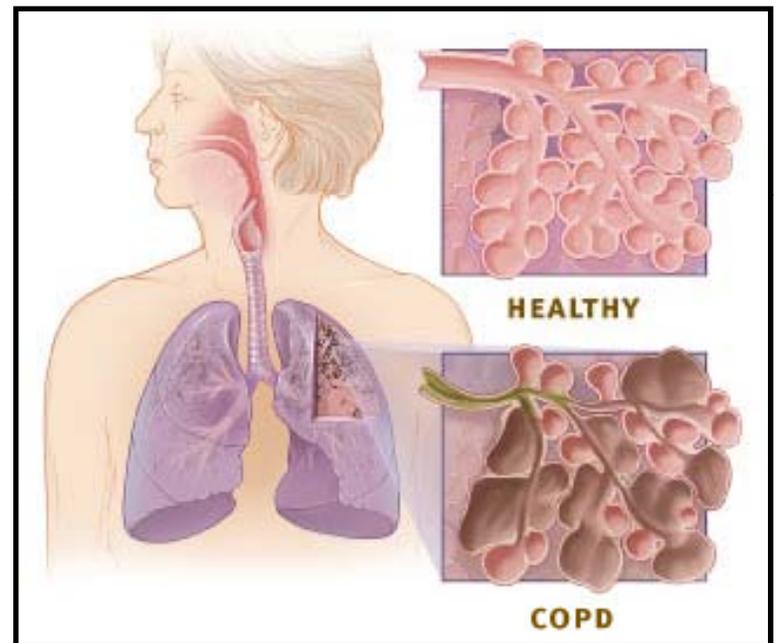


Public Health Services,
Community Health Statistics

11/2012

What is COPD?

- Chronic obstructive pulmonary disease, or COPD, is a respiratory disease that makes it hard to breathe.
 - The airways in lungs become swollen, less elastic, or are destroyed.
 - It gets worse over time.
 - Includes chronic bronchitis and emphysema.
 - It cannot be cured, but it can be stopped and treated.



Demographic Risk Factors

- **Age**
 - People aged 65-74 years are more likely to report COPD than any other age group.
- **Gender**
 - Females are more likely to have COPD and die at a higher rate due to COPD.
- **Genetics/Family History**
 - People with a family history of COPD are more likely to get the disease if they smoke.
 - Genes have been discovered that directly influence the development of COPD.



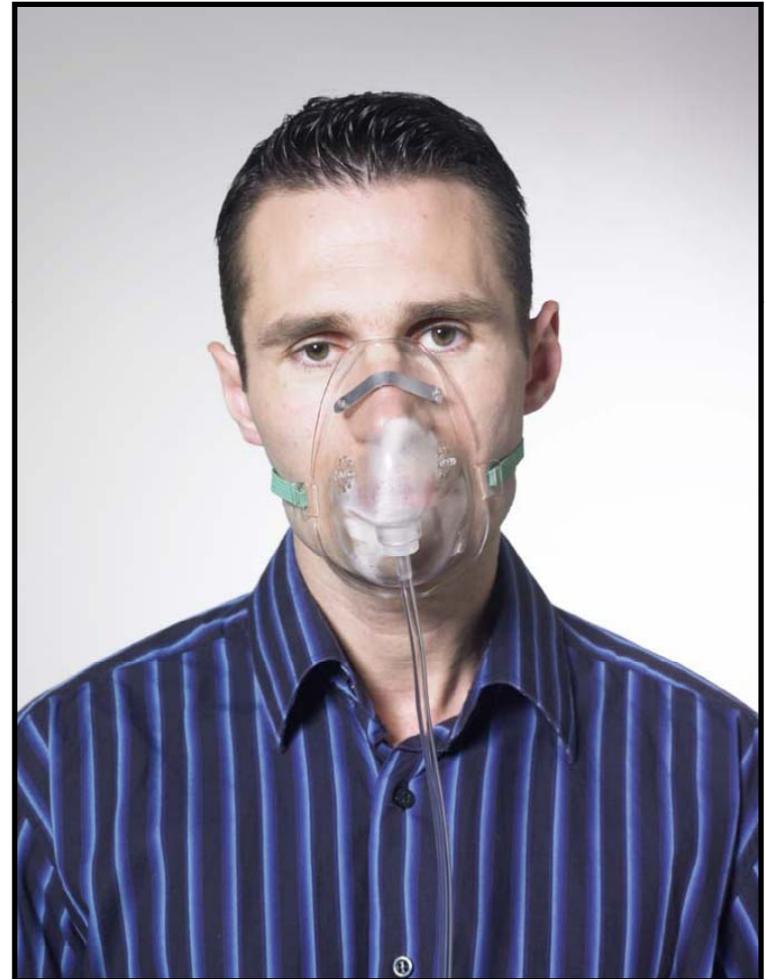
Social and Behavioral Risk Factors

- **Smoking**
 - 90% of COPD deaths are due to smoking.
- **Secondhand Smoke**
- **History of Respiratory Infections**
- **Occupational Exposure to:**
 - Dust
 - Ash
 - Fumes
 - Gases



Intermediate Outcomes

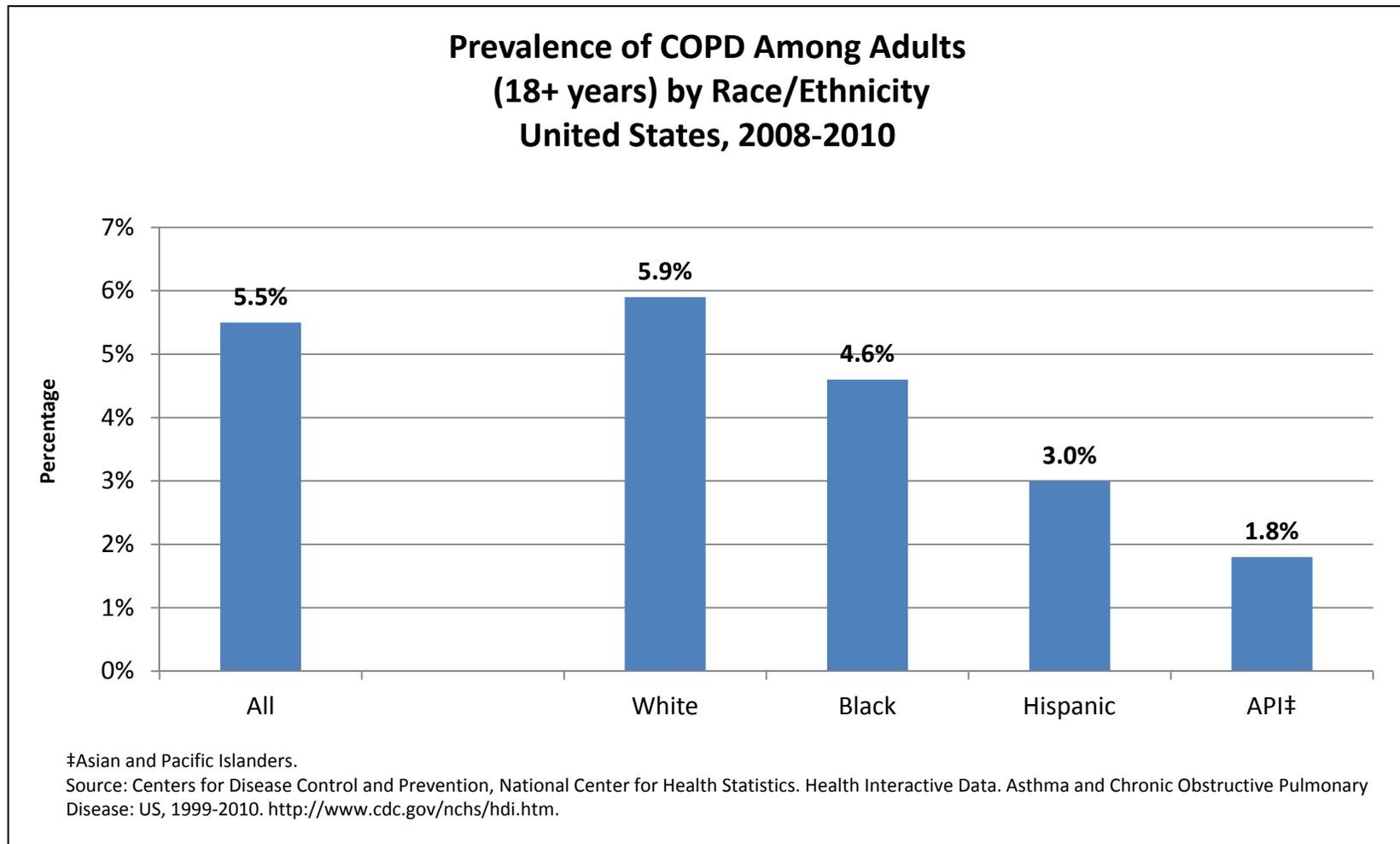
- **Bronchitis**
 - Inflammation and scarring of the bronchial tubes.
- **Emphysema**
 - Progressive, irreversible destruction of the alveoli (air sacs) in the lungs.



National Statistics and Disparities

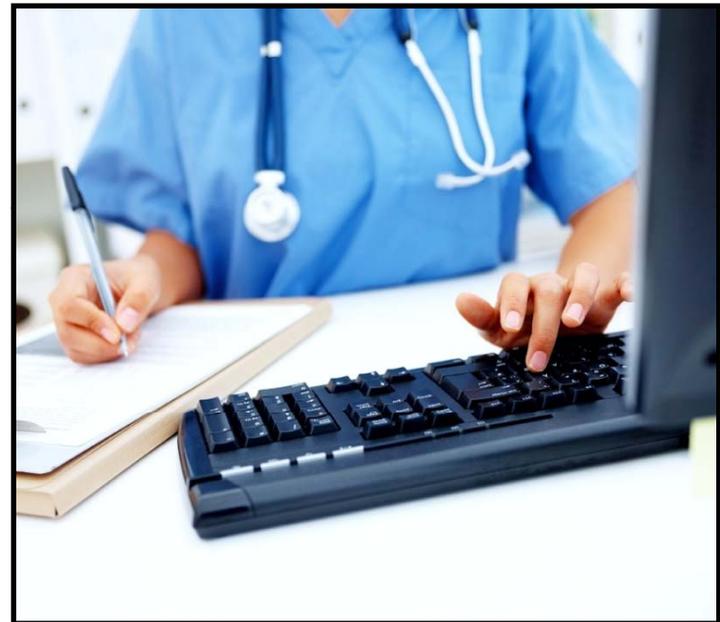
- In 2009, the rate of death due to COPD was 41.9 per 100,000.
- Whites had the highest rate of death due to COPD compared to other racial/ethnic groups.
- Between 1999 and 2009, the rate of death due to COPD among women rose 10%, while the rate of death among males decreased 5%.
- In 2009, an estimated 739,000 hospitalizations due to COPD were reported and over 15.3 million doctors visits due to COPD were reported.

National Statistics and Disparities

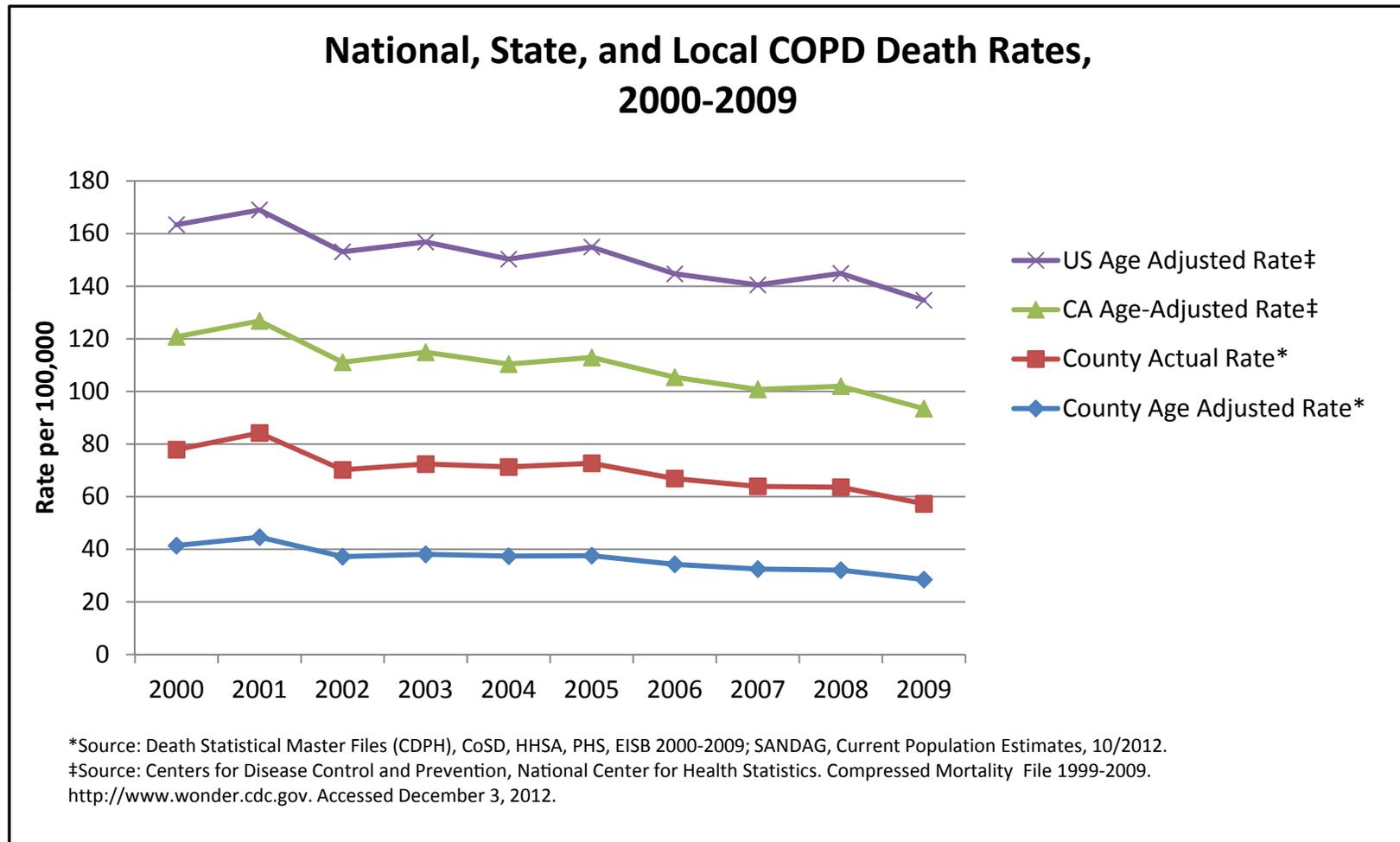


Costs

- In 2010, the annual cost for COPD was an estimated \$50 billion, including \$30 billion on direct healthcare costs.

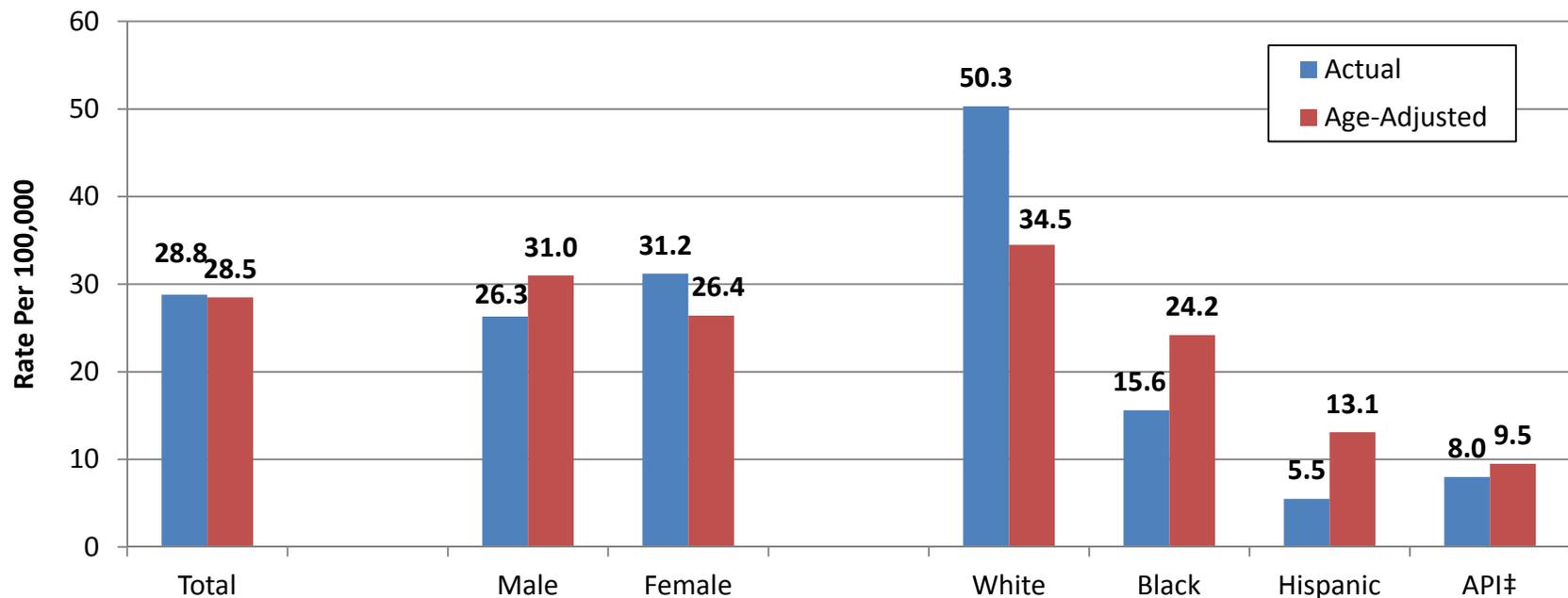


Local Statistics and Disparities



Local Statistics and Disparities

COPD*: Actual and Age-Adjusted Death Rates
San Diego County, 2009**

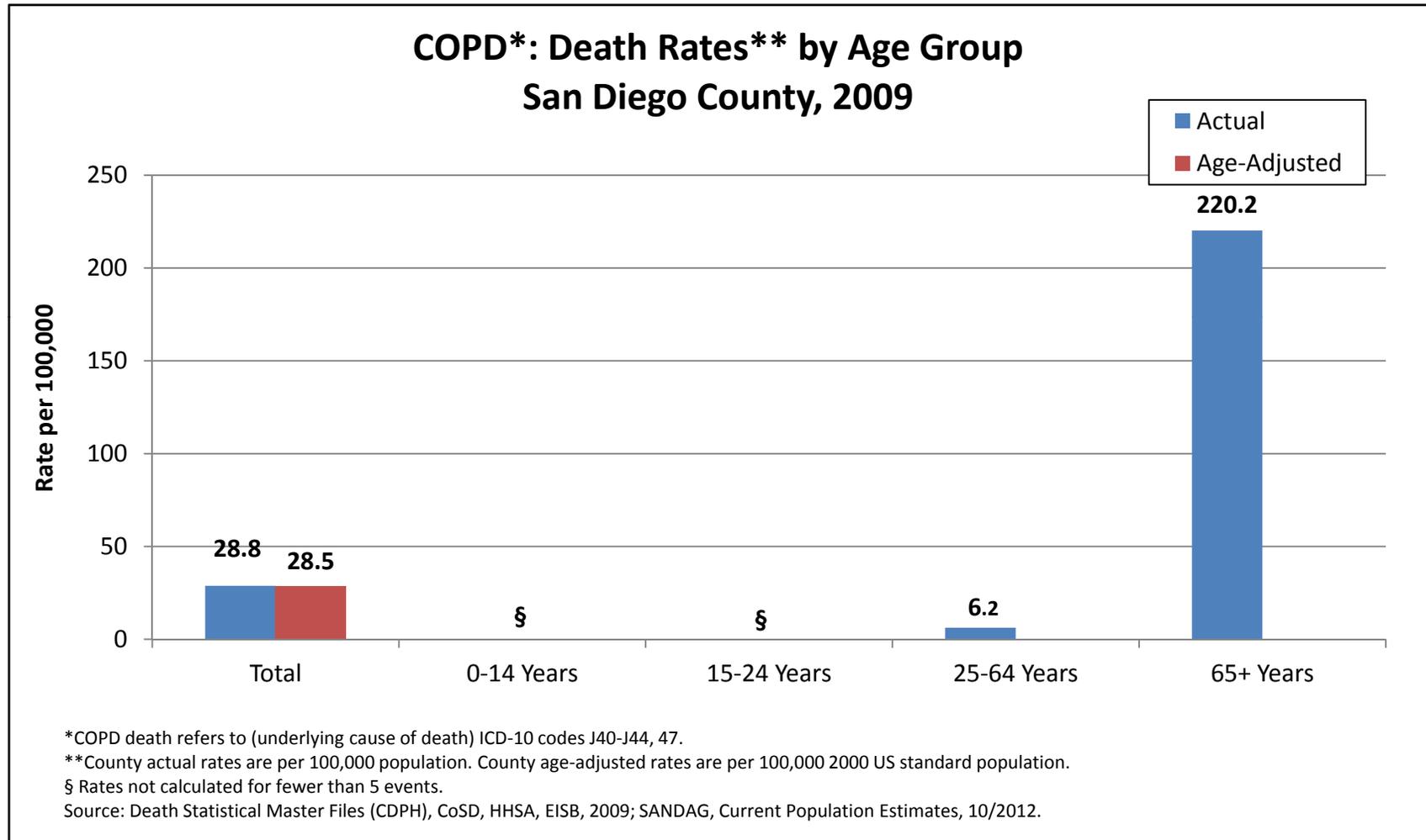


*COPD death refers to (underlying cause of death) ICD-10 codes J40-J44, 47.

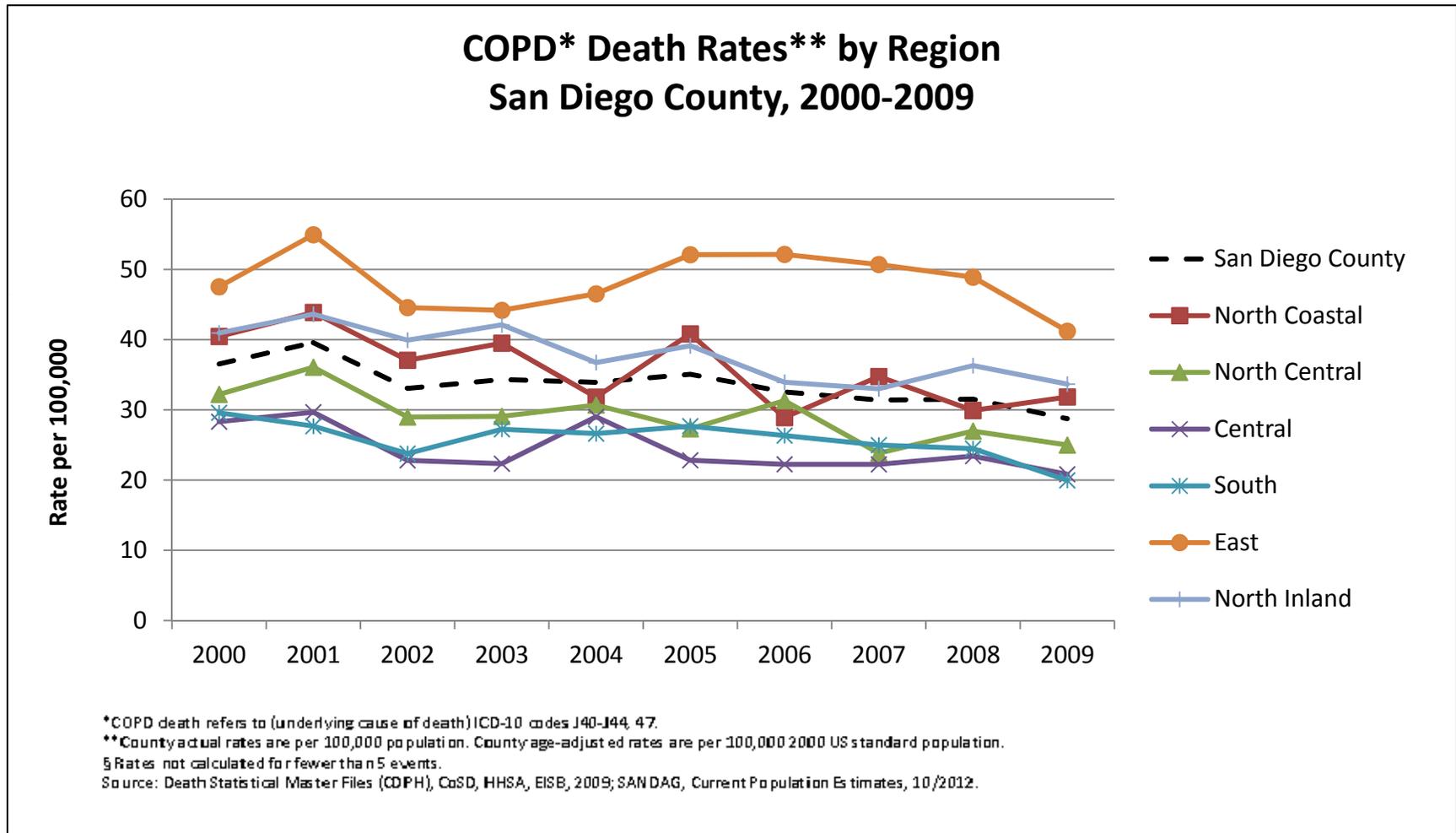
**County actual rates are per 100,000 population. County age-adjusted rates are per 100,000 2000 US standard population. API includes Asian and Pacific Islanders.

Source: Death Statistical Master Files (DSMF), CDR, HHSU, GPR, 2009; SANDAG, Current Population Estimates, 12/2011.

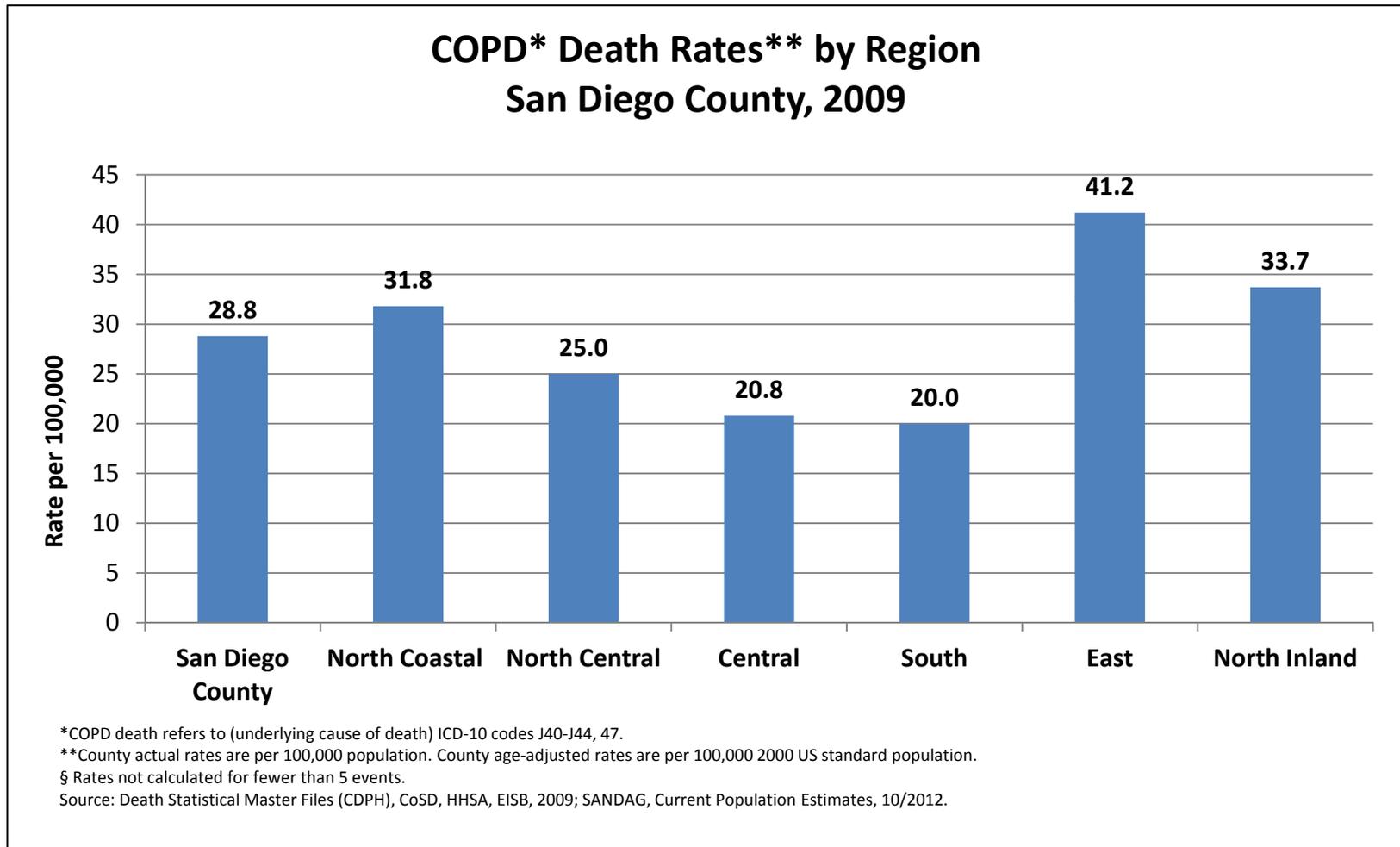
Local Statistics and Disparities



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Prevention

- Early detection
 - Allows earlier treatment to stop disease progression.
- Avoidance of pollutants and tobacco smoke
 - Do not smoke or breathe second-hand smoke.
 - Avoid home and workplace air pollutants.
- Treat respiratory infections
 - Treatment helps prevent the initial stages of COPD.
- See your doctor regularly
 - Treatment requires medical diagnosis and management of medications to alleviate symptoms.
 - Patients with advanced disease may need supplemental oxygen, or a lung transplant.
- Get a flu shot
 - Flu can cause serious problems for a person with COPD.



Contact Us

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