Chapter 10 Overall Wellness Score

VARIABLES

Analysis	Data Source
1. Years of Potential Life Lost	Oklahoma State Department of Health Vital Statistics Death Records 2016-2018
2. Overall Life Expectancy	Oklahoma State Department of Health Vital Records 2016-2018 and the Centers for Disease Control and Prevention National Center for Health Statistics
3. Health Index Profile	• U.S. Census ACS 2018 5-Year Population Estimates • Oklahoma State Department of Health 2016-2018 Oklahoma County Birth and Death Certificate Records • Oklahoma State Department of Health STD Surveillance Department, 2016-2018 • Public Health Investigation and Disease Detection of Oklahoma (PHIDDO) Oklahoma City-County 2016-2018 Disease Surveillance Data • Oklahoma Mental Health and Substance Abuse Center, 2016-2018 Data • Oklahoma Health Care Authority State Fiscal Years 2016-2018 Data • City of OKC Planning Parcel Data, 2018

YEARS OF POTENTIAL LIFE LOST (YPLL) IN OKLAHOMA COUNTY

An important measurement we can use to look at the overall health of a community is Years of Potential Life Lost (YPLL). YPLL describes premature death (before the age of 65) in Oklahoma County. The measurement indicates the three-year cumulative years of life lost per 100,000 population. This score is standardized and ranked by ZIP code and shows which parts of the Oklahoma City-County area have more or less premature death before the age of 65.

Why is it important?
The local public health system uses this statistic to focus attention on preventable deaths (County Health Rankings). Resources can then be targeted toward public health programs that will contribute to extended years of life where there is greater likelihood of premature deaths. Public Health works to reduce the years of potential life lost (YPLL) number because YPLL means younger persons (those under age 65) are dying. In contrast, mortality rates are mostly made up by elderly deaths. Knowing the YPLL data allows the local public health system to see areas of the community impacted by premature death and helps them identify chronic health problems and other concerns that need to be addressed. YPLL is only one piece to the burden of chronic disease in Oklahoma City-County and should be used in conjunction with the other indicators in this publication to help in planning and programming for changes.
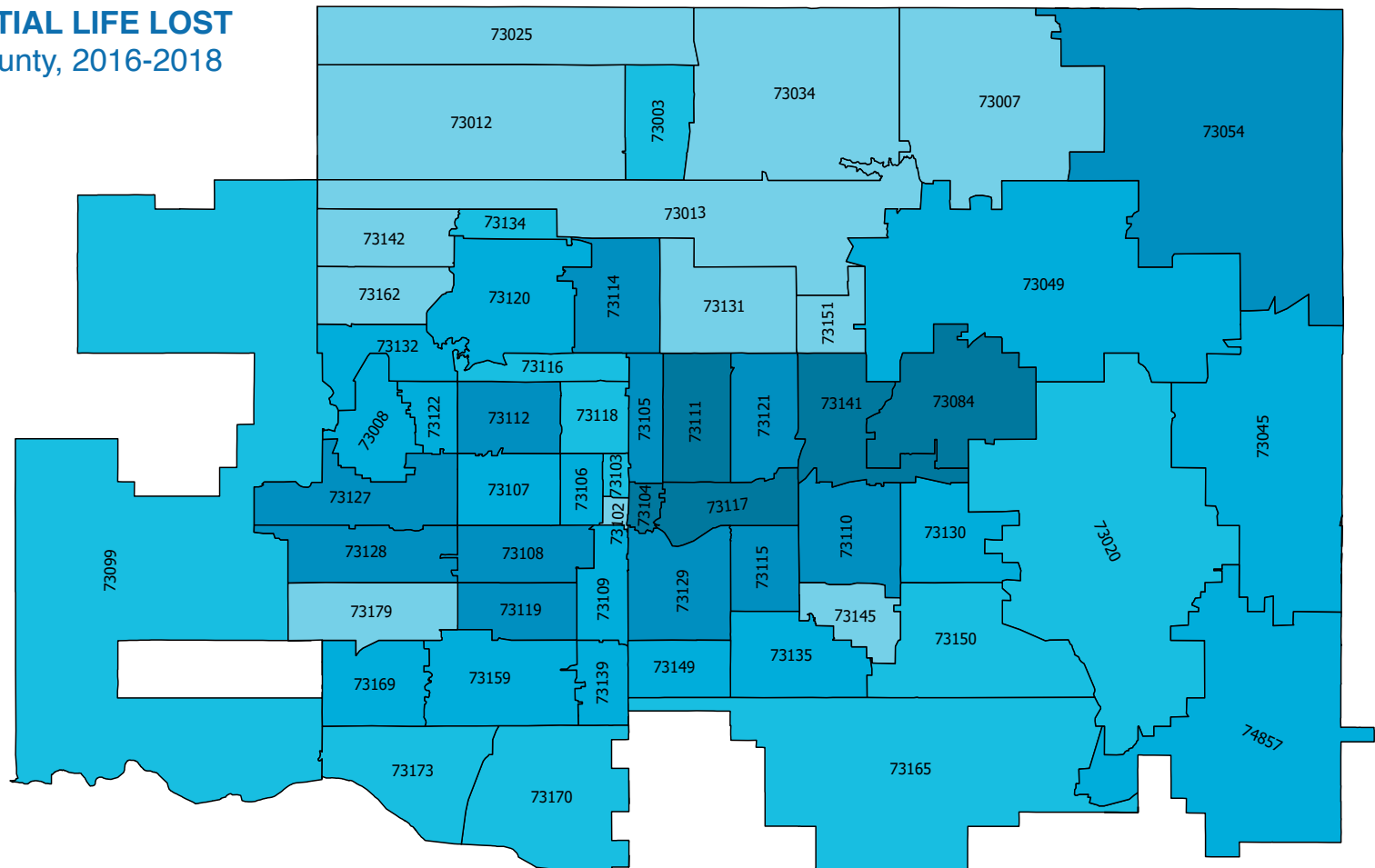

How are we doing?
During the years 2016-2018, the ZIP code with the highest premature death rate was 73111 with 36,597 years of potential life lost per 100,000 population. In 2018, County Health Rankings ranked Oklahoma County as number 26 out of 77 Oklahoma counties in length of life. The overall rate in Oklahoma was 9,300 years of potential life lost per 100,000 population. The ZIP code with the lowest premature mortality rate was 73102 with 4,534 years of potential life lost per 100,000 population. The ZIP code with the highest premature mortality rate was 73111 with 36,597 years of potential life lost per 100,000 population.

Data Source: Oklahoma State Department of Health Vital Statistics Records 2016-2018,

RATE OF POTENTIAL LIFE LOST
Oklahoma City-County, 2016-2018

Lowest ▢▢▢▢▢ Highest

Rate per 100,000 population. Data Source: Oklahoma State Department of Health Vital Statistics Records 2016-2018

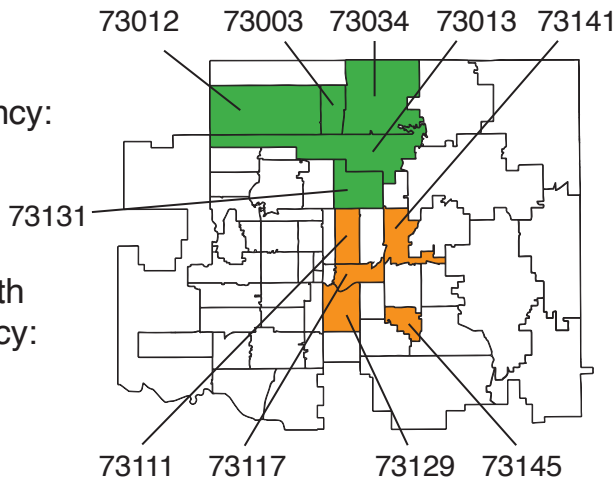| ZIP	Rate		ZIP	Rate		ZIP	Rate		ZIP	Rate		ZIP	Rate		ZIP	Rate
73003	10,761		73054	19,727												
73007	8,064		73084	26,846		73109	18,617		73119	19,821		73132	15,464		73151	9,431
73008	16,201		73099	12,883		73110	19,755		73120	16,265		73134	11,699		73159	16,639
73012	6,925		73102	4,534		73111	36,597		73121	23,935		73135	17,911		73162	8,978
73013	8,069		73103	12,378		73112	20,712		73122	18,276		73139	17,307		73165	13,062
73020	12,851		73104	29,307		73114	21,873		73127	21,700		73141	31,052		73169	17,179
73025	7,024		73105	21,824		73115	20,189		73128	20,115		73142	8,614		73170	10,537
73034	8,112		73106	16,251		73116	13,198		73129	21,469		73145	6,483		73173	13,662
73045	14,815		73107	18,641		73117	32,403		73130	14,933		73149	18,521		73179	6,004
73049	16,396		73108	20,257		73118	13,665		73131	8,653		73150	12,354		74857	17,976

155

OVERALL LIFE EXPECTANCY

A person's life expectancy is how long a person would be expected to live after they had reached a given age. Most often life expectancy is calculated at birth, as has been done in this report. Life expectancy is calculated for three-year totals (2016-2018) for life expectancy at birth by ZIP code. The overall average life expectancy for the Oklahoma City-County jurisdiction is 75.3 years.

Top five zip codes with the *highest* life expectancy:

73131, 73012, 73013, 73034 and 73003

Bottom five zip codes with the *lowest* life expectancy:

73145, 73141, 73111, 73117 and 73129

73012   73003   73034   73013   73141

73131

73111   73117   73129   73145

Why is it important?
Life expectancy trends at the local level, in combination with other social determinants of health, helps in making decisions about what kinds of programs and education are most appropriate for specific communities to improve health outcomes and conditions that would lead to longer life expectancy in the future.
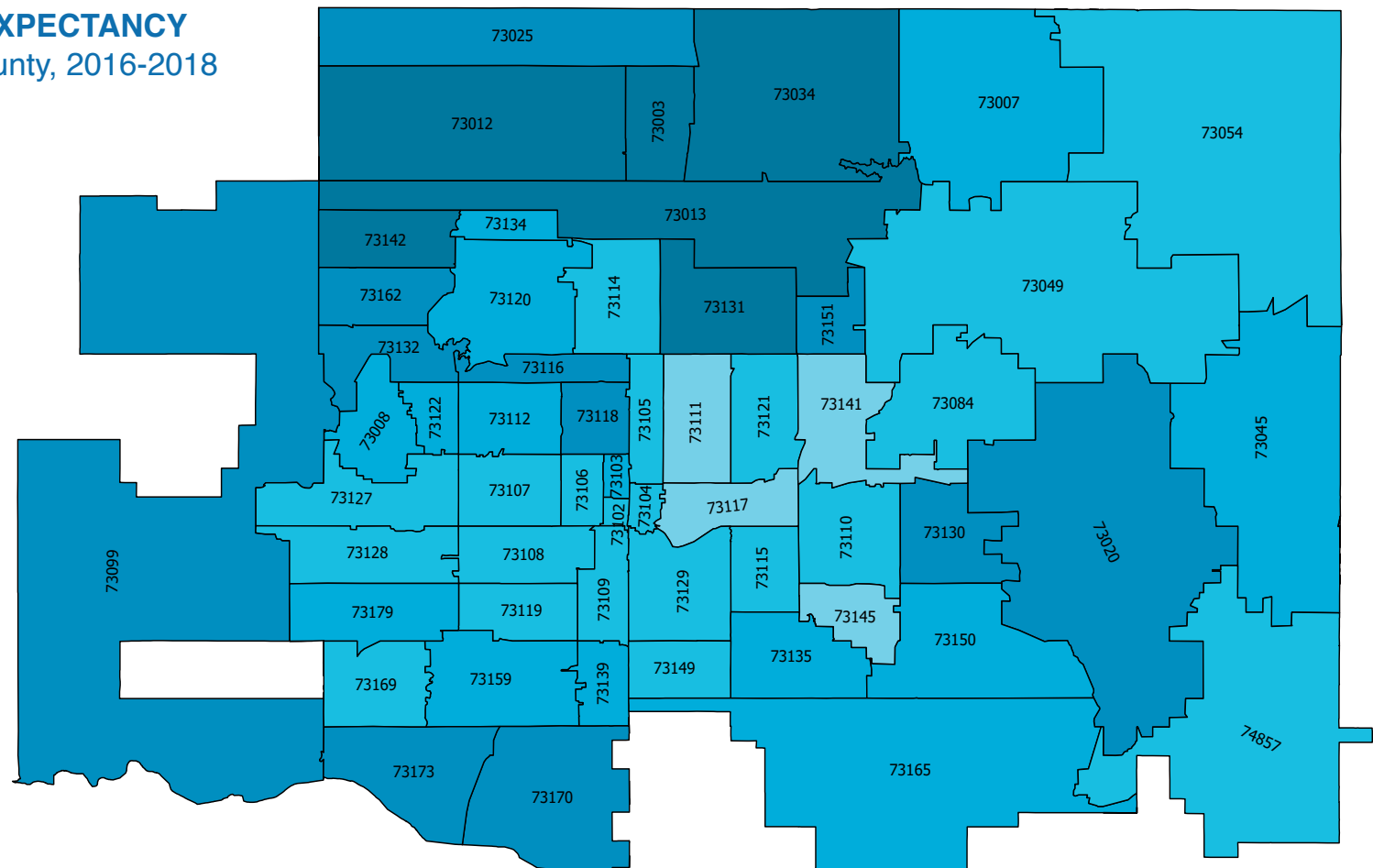
How are we doing?
According to the Centers for Disease Control and Prevention National Center of Health Statistics, the life expectancy for the United States population in 2018 was 78.7 years, an increase of 0.1 year from 2017. The average life expectancy in Oklahoma City-County (75.3 years) is 3.4 years shorter than the U.S. population life expectancy. Life expectancy at the ZIP code level in Oklahoma County ranges from 62.6 years to 83.2 years, with a median of 75.5 years.

The ZIP codes 73131, 73012, 73013, 73034 and 73003 had the best life expectancies in 2016-2018, while ZIP codes 73145, 73141, 73111, 73117 and 73129 had the worst life expectancies.

Data Source: Oklahoma State Department of Health Vital Records 2016-2018 and the Centers for Disease Control and Prevention National Center of Health Statistics.

AVERAGE LIFE EXPECTANCY
Oklahoma City-County, 2016-2018

Lowest ▢▢▢▢▢ Highest

Data Source: Oklahoma State Department of
Health Vital Records 2016-2018

73003	80.53	73054	73.73							
73007	76	73084	72.31	73109	72.75	73119	72.04	73132	78.01	73151	79.67
73008	75.2	73099	77.62	73110	73.66	73120	76.94	73134	76.5	73159	76.59
73012	81.82	73102	71.99	73111	68.13	73121	74.42	73135	76.3	73162	79.73
73013	81.14	73103	76.38	73112	75.33	73122	75.58	73139	76.12	73165	75.3
73020	77.96	73104	72.81	73114	72.48	73127	73.25	73141	66.05	73169	73.3
73025	78.95	73105	74.22	73115	73.78	73128	73.82	73142	80.35	73170	79.04
73034	80.95	73106	74	73116	79.48	73129	70.95	73145	62.62	73173	77.97
73045	76.16	73107	73.43	73117	68.19	73130	77.49	73149	72.77	73179	75.87
73049	74.3	73108	72.11	73118	77.95	73131	83.2	73150	76.27	74857	73.61

HEALTH INDEX PROFILE

The health index was created in collaboration with the Tulsa Health Department, the Oklahoma City-County Health Department and the City of Oklahoma City Planning Office. This index allows for comparisons within and between both city-county jurisdictions. The index focuses on nine factors that impact health burdens: education, income, maternal and child health, mental health, mortality, healthcare access, crime, and infectious disease and built environment. When looking at this information at a ZIP code level, targeted interventions and plans can be implemented to address the various concerns that affect the health or a community.

The Health and Wellness Index Scores of Oklahoma City-County range from 5 to 54.7, with an average score of 24.0. The higher the health index score, the greater the health burden. The map and table presented describe the highest ranking ZIP codes to the lowest ranking ZIP codes on a scale of 1 (highest ranking) to 56 (lowest ranking).

Baseline measurement is updated with every wellness score publication.

Top 5 Zip Codes	Lowest Scoring Zip Codes
73151	73108
73025	73129
73131	73111
73173	73119
73179	73109

County Strengths

Of the nine indicators assessed, those with the most consistency across ZIP codes, identified as strengths are:

1. Healthcare Access
Programs such as My Heart that assists patients with chronic diseases to obtain free medications and doctor visits or the Community Health Worker Hospital program that connects uninsured and frequent emergency department users with resources for primary care, are being implemented throughout Oklahoma City-County.

2. Built Environment
Through initiatives like MAPS, Oklahoma City has seen increased bike and walking trails, and through efforts led by OCCHD, we are realizing the power of integrating many traditional and non-traditional health services to work together in one location.

3. Infectious Disease
Effective monitoring of disease outbreaks and sanitation across the county helps track and mitigate the spread of disease. Ensuring health measures are followed in various industries such as food establishments and childcare facilities helps keep diseases from emerging and spreading in the community.

Multifaceted Approach to Improvement

Of the nine indicators assessed, those with the most variation between ZIP codes, identified as county-wide opportunities for improvement include:

Mental Health
Through multi-faceted approaches across the County, various organizations are working to reduce the stigma of mental illness and improve treatment options and access across the community. The Oklahoma-City County Health Department has supported this effort by implementing Spanish-language Mental Health First Aid classes at the Southern Oaks location, in addition to routinely training Oklahoma County staff in Mental Health First aid.

Crime
The Oklahoma City-County Health Department has supported the criminal justice reform efforts led by the business community and locally elected officials through its participation in the Criminal Justice Reform Advisory Task Force, and currently staffs two Community Health Workers in the Oklahoma County Court Services division, working to reduce recidivism among drug court participants.
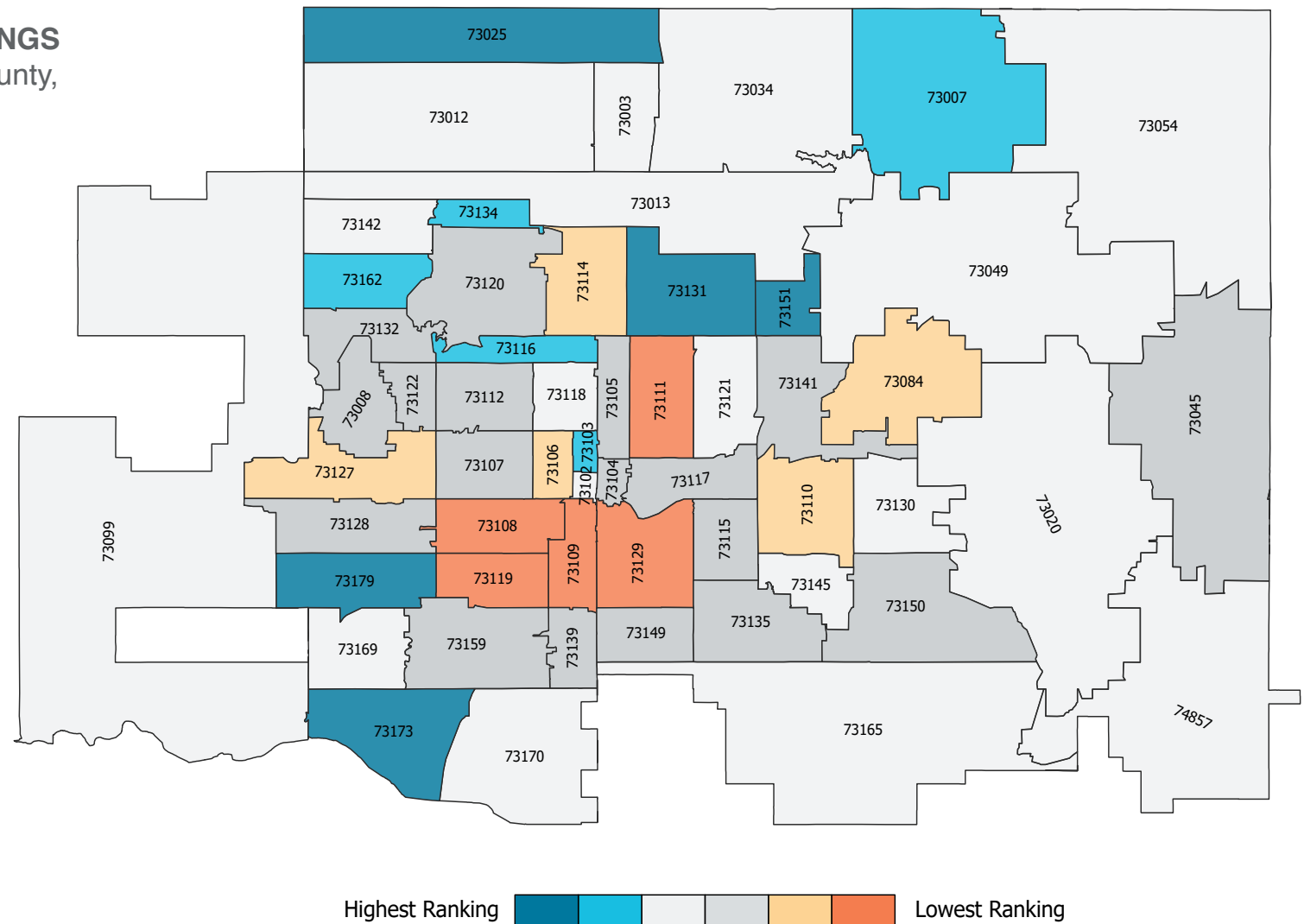
Education
The Oklahoma City-County Health Department supports primary, secondary and higher education institutions throughout the County as programs that provide tools that help lift residents out of poverty and positively impact social determinants of health. The OCCHD works closely with the largest school district in the County, the Oklahoma City Public School District (OKCPS) through placement of health and wellness specialists in classrooms who train children on whole school whole community whole child model that positively impact health outcomes and prevent disease.

Additionally, OCCHD is now placed in two now-closed OKCPS school sites offering clinical and outreach services.

HEALTH INDEX ZIP CODE RANKINGS
Oklahoma City-County, 2016-2018

Highest Ranking ▮▮▮▮▮▮ Lowest Ranking

Data Source: See page 153.

73003	25	73054	14								
73007	8	73084	51	**73109**	52	**73119**	53	73132	32	**73151**	1
73008	33	73099	21	73110	47	73120	35	73134	7	73159	43
73012	12	73102	27	**73111**	54	73121	20	73135	41	73162	9
73013	15	73103	6	73112	39	73122	30	73139	45	73165	19
73020	22	73104	37	73114	50	73127	48	73141	36	73169	17
73025	2	73105	29	73115	40	73128	38	73142	18	73170	23
73034	16	73106	49	73116	10	**73129**	55	73145	13	**73173**	4
73045	31	73107	46	73117	44	73130	11	73149	42	**73179**	5
73049	24	**73108**	56	73118	26	**73131**	3	73150	34	74857	28

159