

People's Health

Outcomes • Planning • Evaluation



Know the Facts: Years of Potential Life Lost

DID YOU KNOW?

- The estimated life expectancy at birth in the United States was 78.8 years (81.2 years for females and 76.4 years for males), according to the Centers for Disease Control.
- Up to half of all premature deaths in the United States are due to behavioral and other preventable factors, including tobacco use, poor diet, and lack of exercise, and the social determinants of health (e.g. jobs, housing, education, discrimination) that influence those behavior choices.
- Other leading chronic disease causes of premature death included heart disease, suicide, chronic liver disease and cirrhosis (alcohol-related), diabetes mellitus, and stroke.

WHERE WE WERE (BASELINE):

There were 84.8 years of potential life lost per 1,000 population in 1990 in Shasta County.

WHERE WE ARE:

In 2015, there was a total of 95.5 years of potential life lost per 1,000 population in Shasta County.

WHERE WE ARE AIMING (HP2020 GOAL):

Not established.

DEFINITION:

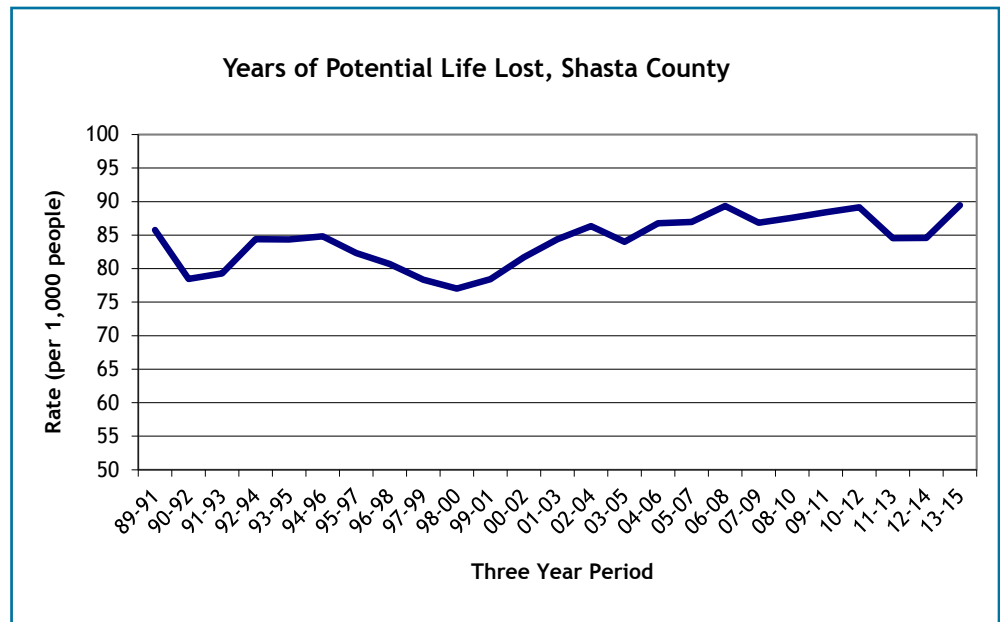
Years of Potential Life Lost are the total years of life lost from a premature death. A premature death is any death occurring prior to age 75 (and greater than 12 months old). YPLL is calculated by subtracting the age at death from 75.

2015 Leading Causes of Premature Death Among Shasta County Residents

Rank	Cause of Death	Average Years of Potential Life Lost	Years of Potential Life Lost	Percent of All Premature Deaths
1	Accidents (unintentional injuries)	27.42	2,413	15.4%
2	Heart disease	4.51	2,150	13.7%
3	Suicide (intentional self-harm)	21.45	901	5.7%
4	Chronic lower respiratory disease	4.26	767	4.9%
5	Diabetes mellitus	11.12	667	4.2%
6	Chronic liver disease and cirrhosis	14.53	625	4.1%
7	Cancer of lung, trachea and bronchus	4.76	571	3.6%
8	Cerebrovascular disease	3.36	349	2.2%
9	Cancer of the pancreas	7.29	255	1.6%
10	All other specified cancers	9.33	251	1.6%
Average total YPLL for top 10 causes of death		10.47	8,949	57.0%
Average YPLL of all causes of death		16.03	15,584	100%

KEY POINTS:

- In 2014 there were 87.1 years of potential life lost per 1,000 population in Shasta County. In the United States, the average was 69.2 years.
- In 2015, the number one cause of years of potential life lost in Shasta County was unintentional injuries, such as motor vehicle crashes, falls and many drug poisonings.



PRIMARY PREVENTION ACTIVITIES:

- Promote good environmental and social policies, institutional practices, and lifestyle choices regarding tobacco, alcohol/other drug use, physical activity and nutrition, motor vehicle safety equipment usage, and sexual behavior.
- Increase access to mental health treatment and diminish stigma of mental illness.
- Increase access to preconception screening and prenatal care.

From the Desk of Andrew Deckert, MD, MPH

Shasta County Public Health Officer



At Shasta County Public Health, we aim to help people live healthy, fulfilling and long lives. Unfortunately, injuries and diseases – many of which are preventable – steal years of life away from our residents.

I encourage you to find a “medical home” and build a relationship with a health care practitioner, if you don’t have one already, and visit him or her regularly for a checkup, even if you aren’t sick. If you have any concerns about your physical or mental health, please don’t hesitate to check in with your doctor or other provider.

To your health!

Contributing Staff: Karen Lee and Stephanie Taylor. Last updated May 2016.

Data source: The World Factbook, Central Intelligence Agency; California Department of Public Health, Office of Vital Records; California Department of Finance Population Projections, 2014

Find more health information at www.shastahhsa.net. Click on “Health and Safety,” then “Current Health Concerns.”

Questions? Email shastahealthdata@co.shasta.ca.us