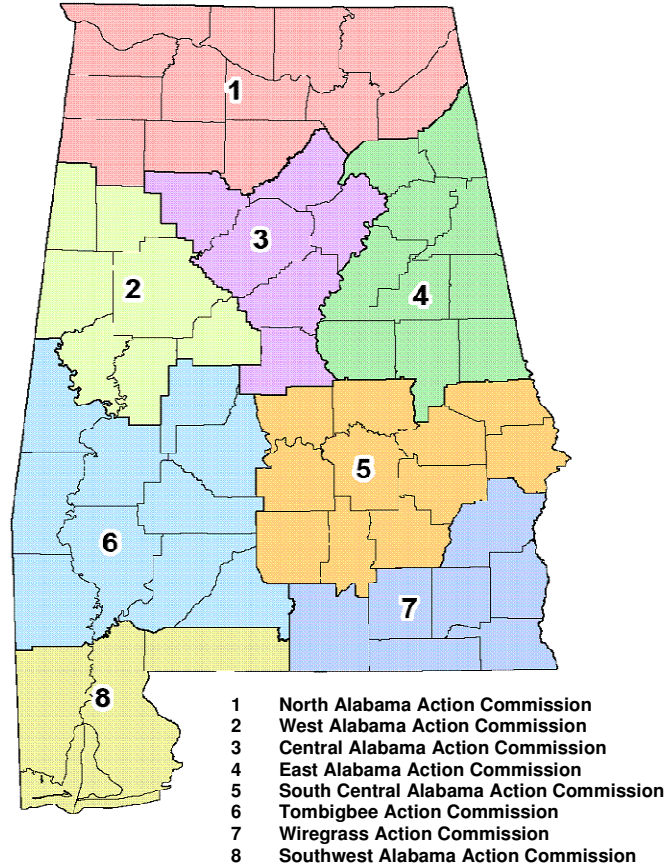


Selected Indicators of Health Status in Alabama

Alabama Rural Action Commission Regions



Jointly produced to assist those seeking to improve health care in rural Alabama by

The Office of Primary Care and Rural Health, Alabama Department of Public Health and
The Alabama Rural Health Association

Special thanks to the National Organization of State Offices of Rural Health and the National Rural Health Association for funding assistance in the production of this publication.

This and other reports in this series can be referenced on-line by visiting the “Reports” section of the Office of Primary Care and Rural Health Web site at <http://adph.org/ruralhealth/> or the “Rural/Urban Comparisons” section of the Alabama Rural Health Association Web site at www.arhaonline.org

October 2007

Dear Readers:

Knowing that quality health care is and will continue to be available when it is needed is an assurance that many Alabamians take for granted. Unfortunately, this assurance does not exist in many of Alabama's rural areas and is in danger of being lost in others. Important components of the rural healthcare industry have been lost and others are struggling to survive.

This publication and others that will follow present information on several of the major factors which are related to rural health care in Alabama. It attempts to paint a numerical and graphical picture of the current and future rural population and the greater health care needs of our rural residents.

The long-term economic struggles of Alabama's rural counties are documented. The severity of these economic struggles has placed many of our rural counties at great disadvantage when attempting to attract health care practitioners and in maintaining a local health care system. This report hopefully will identify many of the inter-related factors influencing rural health care, stimulate reflection, discussion, and action in responding to the needs of Alabama's rural health care industry and improving the health status of our rural residents.

We must realize that our rural areas greatly contribute to the livelihood of all Alabamians. Several of our primarily rural industries are among the greatest contributors to Alabama's economy. Every day we use products which can only come from rural areas. Many of our favorite recreational activities are only available in our rural areas. In our highly mobile society, anyone from anywhere can find themselves in need of health care through our rural health care system. Having quality health care in rural Alabama is everyone's concern.

We applaud the establishment of the Alabama Rural Action Commission and its predecessor, the Black Belt Action Commission. The main focus of this publication and those that will follow in this series is to provide information needed by those volunteering their service to these important efforts.

Sincerely,

Charles S. Lail, Director
Office of Primary Care and Rural Health Development,
Alabama Department of Public Health

Dale E. Quinney, Executive Director
Alabama Rural Health Association

What Is Considered to be Rural In This Publication?

There are several differing definitions for “rural” with most definitions being specific to programs or initiatives. “Rural” is not a concrete term. Opinions on what is considered as rural tend to change between geographical areas and over time. For additional information on what areas are considered as being “rural” for the various federal programs, visit the Rural Assistance Center at <http://maps.rupri.org/circ/racrural/amirural.asp> where an address can be entered to determine rural status for each program.

This publication considers entire counties as being “rural” or “urban” since most data of interest for studies is available at the county level, but not at sub-county levels. Counties are assigned a score using four major indicators of rurality in this definition. These are population per square mile, the size and number of cities in a county, percentage of total employment comprised by employment in public education, and per capita agricultural sales. For additional information on the determination of which counties are considered “rural,” please visit the “What Is Rural?” section at the Alabama Rural Health Association’s Web site, www.arhaonline.org.

This publication also presents information on the eight regions established through the Alabama Rural Action Commission, the Black Belt Action Commission, Alabama’s Appalachian Region counties, Alabama’s Delta Region counties, Alabama’s “rural” counties, and Alabama’s “urban” counties. In addition, “rural” counties are further classified and presented as being “highly” or “moderately” rural according to their score. “Rural” counties are also classified and presented as being in “rural south” or “rural north” Alabama because of great demographic and health status variation in these portions of the state.

PERMISSION IS GRANTED TO DUPLICATE OR OTHERWISE USE ALL OR ANY PORTION OF THIS REPORT

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Indicators of Health Status in Alabama: **HEART DISEASES MORTALITY**

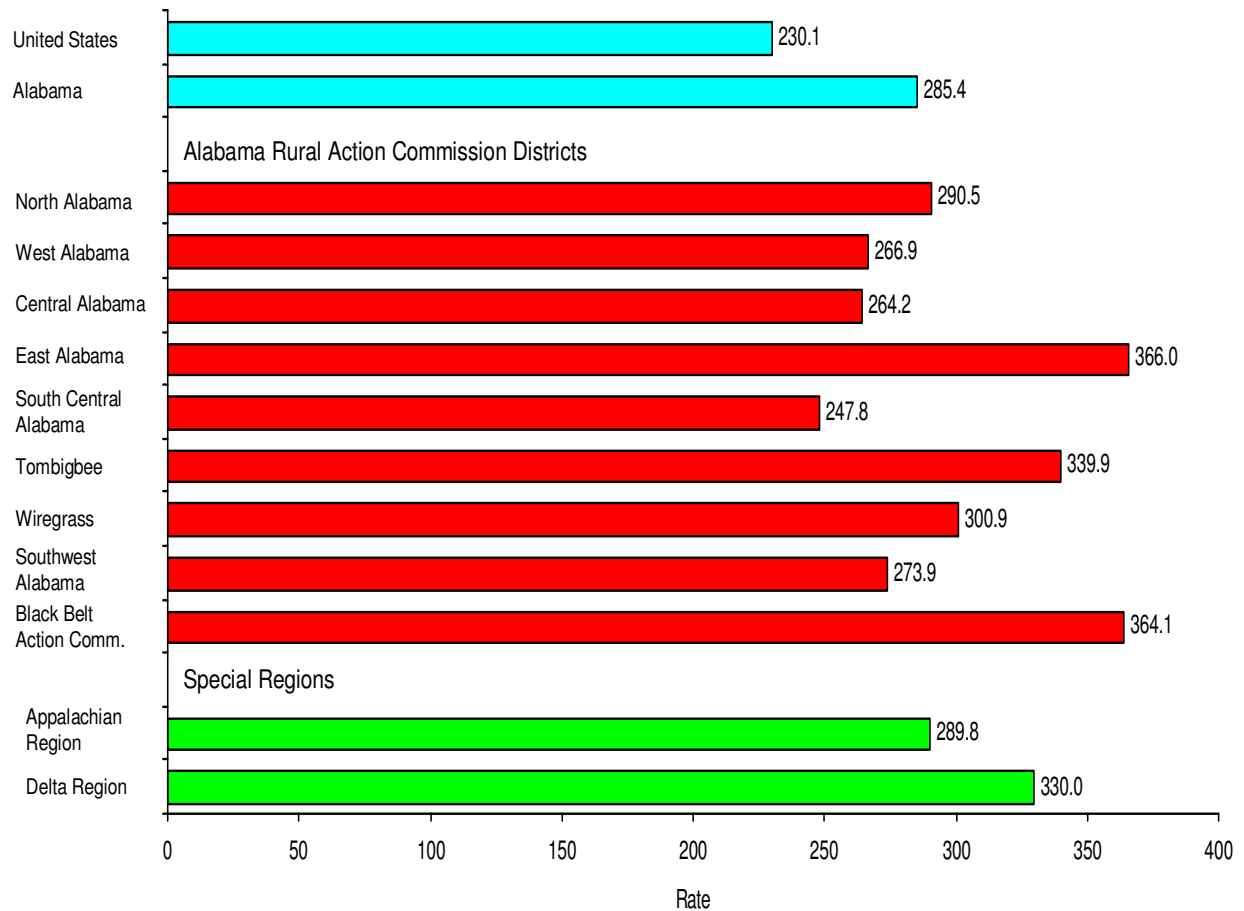
Heart disease usually occurs in individuals who:

- have high blood pressure.
- have high blood cholesterol.
- are physically inactive.
- smoke or are exposed to environmental tobacco smoke.
- are obese.
- have high low density (LDL) cholesterol.
- have low high density (HDL) cholesterol.
- have a family history of early heart disease (before age 55).





To prevent or delay the complications of heart disease, persons with heart disease should:

- control high blood pressure.
- reduce dietary fat, saturated fat, trans fat, and cholesterol to lower blood levels of cholesterol.
- participate in moderate physical activity four to five times a week.
- avoid or eliminate cigarette smoking, including environmental tobacco smoke.
- maintain blood sugar levels within normal ranges.
- eat five or more servings of fruits and vegetables daily.
- eat 6 to 11 servings daily of breads, cereals, rice, pastas, and other grain products.
- manage diet and physical activity to maintain a healthy weight.
- lose excess weight, be physically active, and avoid smoking to increase blood HDL levels.
- lose excess weight and reduce dietary fat to reduce blood LDL levels.
- visit physician regularly and take medication as directed.

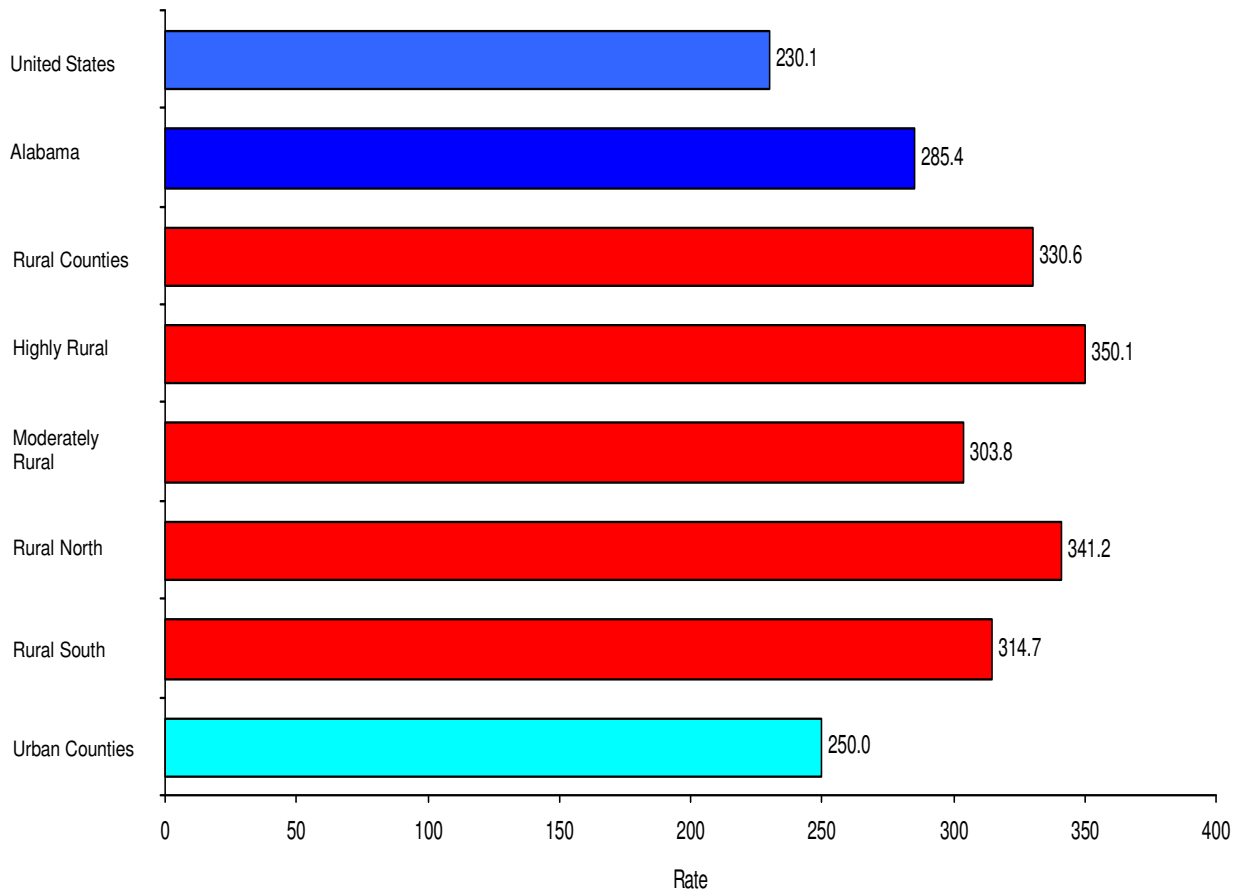
**Heart Diseases Mortality Rates for 2003-2005
U.S., Alabama, Alabama Rural Action Commission Districts, and Special Regions In Alabama**



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

-  Heart Diseases have been the leading cause of death in Alabama since 1926.
-  Alabama currently has the 5th highest heart disease mortality rate among all 50 states. Alabamians aged 35-54 years have the 2nd highest heart disease mortality rate among all 50 states.
-  Alabama lost 38,683 residents to heart diseases during 2003-2005.
-  47 of the 50 Alabama counties with the highest heart disease mortality rates are rural counties.

**Heart Diseases Mortality Rates
U.S. and Selected Alabama Areas, 2003-2005**

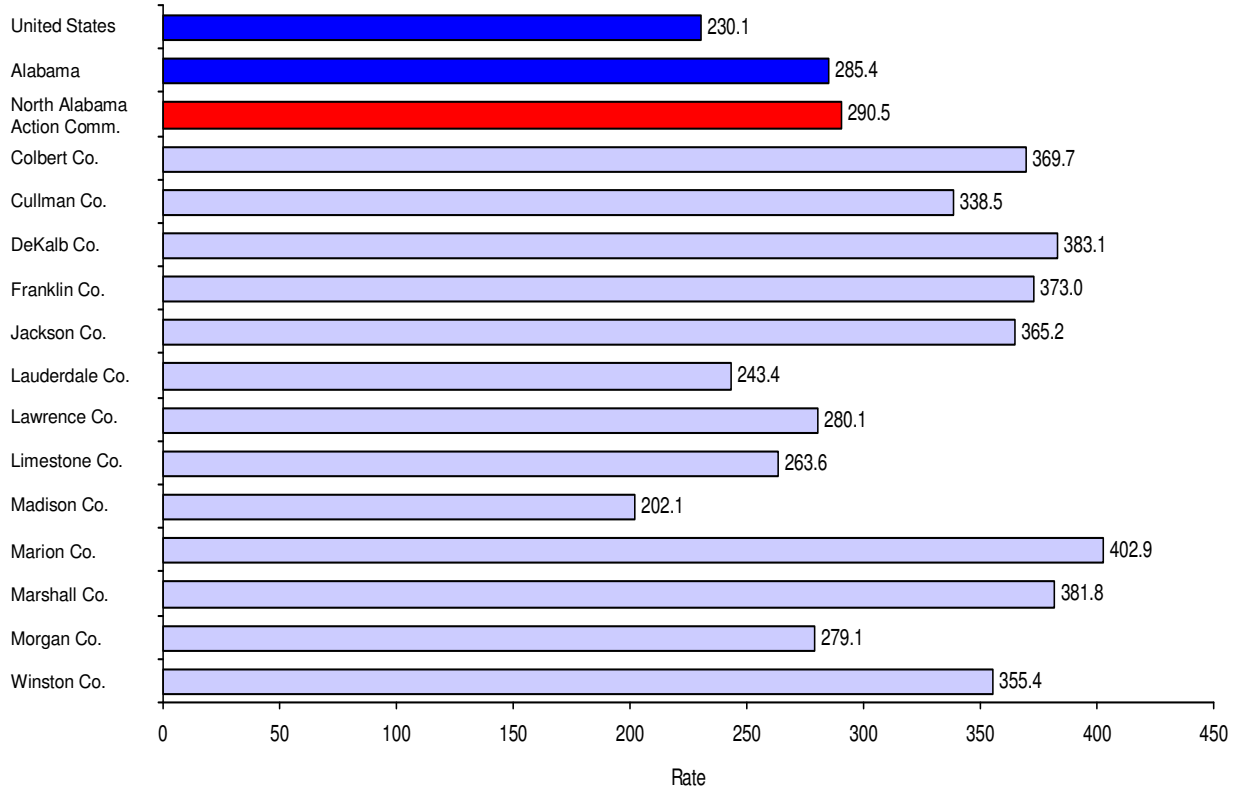


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Heart Disease Mortality and Mortality Rates
U.S. and Selected Alabama Areas, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
United States	Not Applicable	675,562	230.1
Alabama	Not Applicable	38,683	285.4
Rural Alabama Counties	Not Applicable	19,704	330.6
Highly Rural Alabama Counties	Not Applicable	12,093	350.1
Moderately Rural Alabama Counties	Not Applicable	7,611	303.8
Rural North Alabama Counties	Not Applicable	12,225	341.2
Rural South Alabama Counties	Not Applicable	7,479	314.7
Urban Alabama Counties	Not Applicable	18,979	250.0

**Heart Diseases Mortality Rates
U.S. Alabama, and the North Alabama Action Commission Counties, 2003-2005**

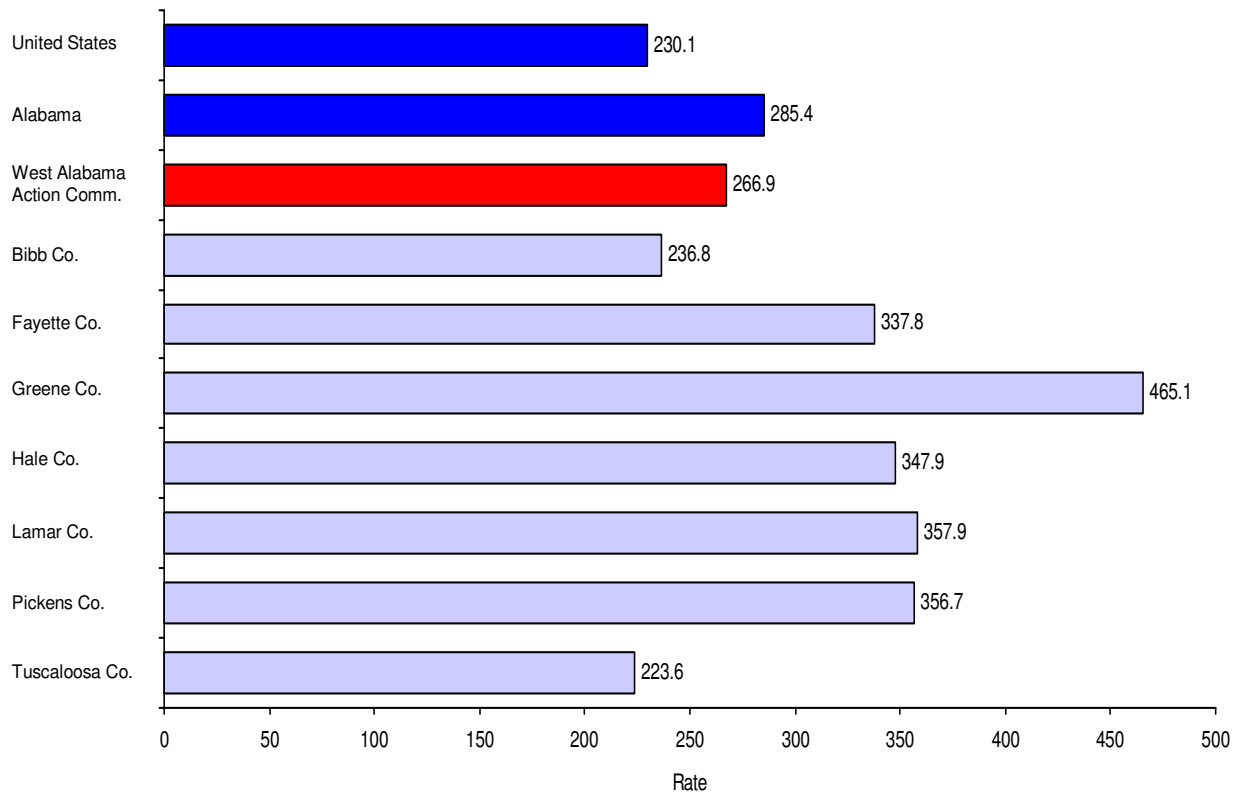


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Heart Disease Mortality and Mortality Rates
North Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
North Alabama Action Commission	Not Applicable	8,903	290.5
District's Rural Counties Combined	Not Applicable	5,541	349.9
District's Urban Counties Combined	Not Applicable	3,362	227.0
Colbert County	Yes	606	369.7
Cullman County	Yes	803	338.5
DeKalb County	Yes	769	383.1
Franklin County	Yes	343	373.0
Jackson County	Yes	588	365.2
Lauderdale County	No	638	243.4
Lawrence County	Yes	289	280.1
Limestone County	Yes	547	263.6
Madison County	No	1,779	202.1
Marion County	Yes	364	402.9
Marshall County	Yes	971	381.8
Morgan County	No	945	279.1
Winston County	Yes	261	355.4

**Heart Diseases Mortality Rates
U.S. Alabama, and the West Alabama Action Commission Counties, 2003-2005**

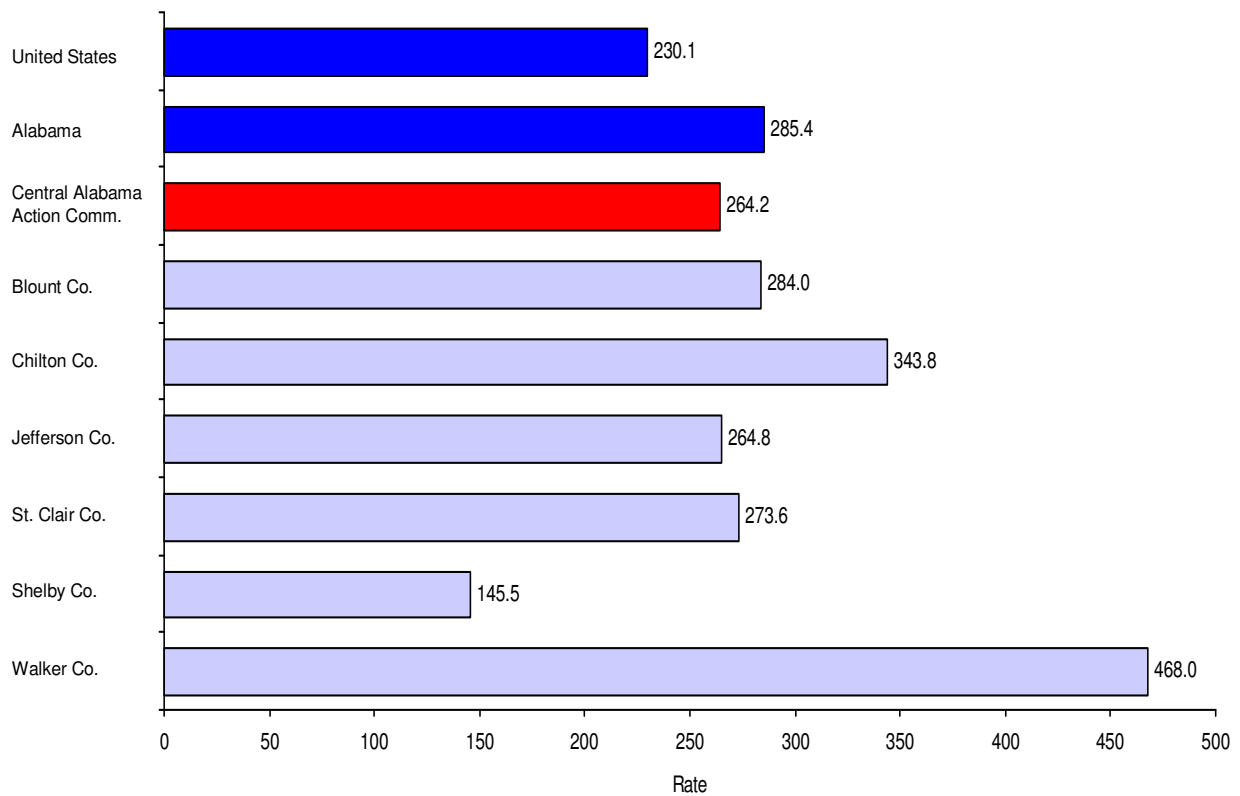


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Heart Disease Mortality and Mortality Rates
West Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
West Alabama Action Commission	Not Applicable	2,156	266.9
District's Rural Counties Combined	Not Applicable	1,037	337.3
District's Urban Counties Combined	Not Applicable	1,119	223.6
Bibb County	Yes	151	236.8
Fayette County	Yes	184	337.8
Greene County	Yes	135	465.1
Hale County	Yes	189	347.9
Lamar County	Yes	161	357.9
Pickens County	Yes	217	356.7
Tuscaloosa County	No	1,119	223.6

**Heart Diseases Mortality Rates
U.S. Alabama, and the Central Alabama Action Commission Counties, 2003-2005**

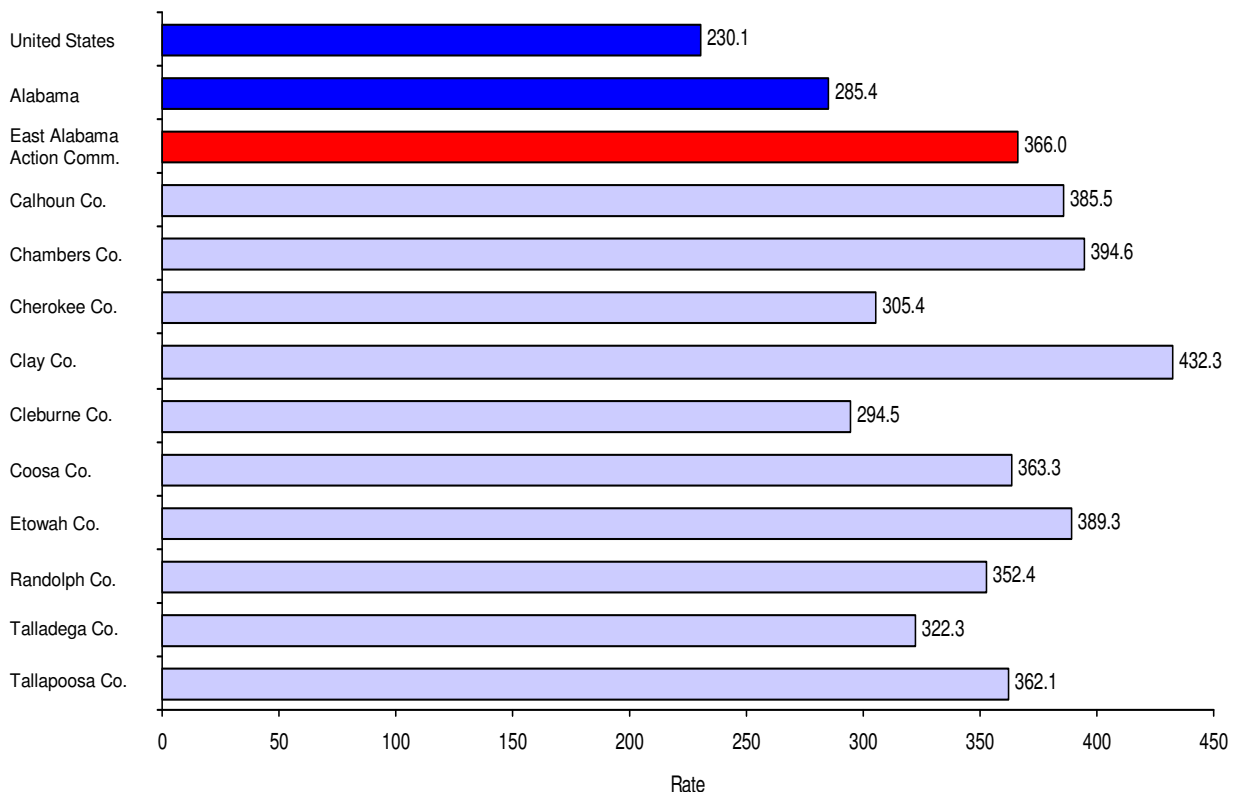


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Heart Disease Mortality and Mortality Rates
Central Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Central Alabama Action Commission	Not Applicable	8,394	264.2
District's Rural Counties Combined	Not Applicable	2,450	345.7
District's Urban Counties Combined	Not Applicable	5,944	240.8
Blount County	Yes	468	284.0
Chilton County	Yes	426	343.8
Jefferson County	No	5,222	264.8
St. Clair County	Yes	576	273.6
Shelby County	No	722	145.5
Walker County	Yes	980	468.0

**Heart Diseases Mortality Rates
U.S. Alabama, and the East Alabama Action Commission Counties, 2003-2005**

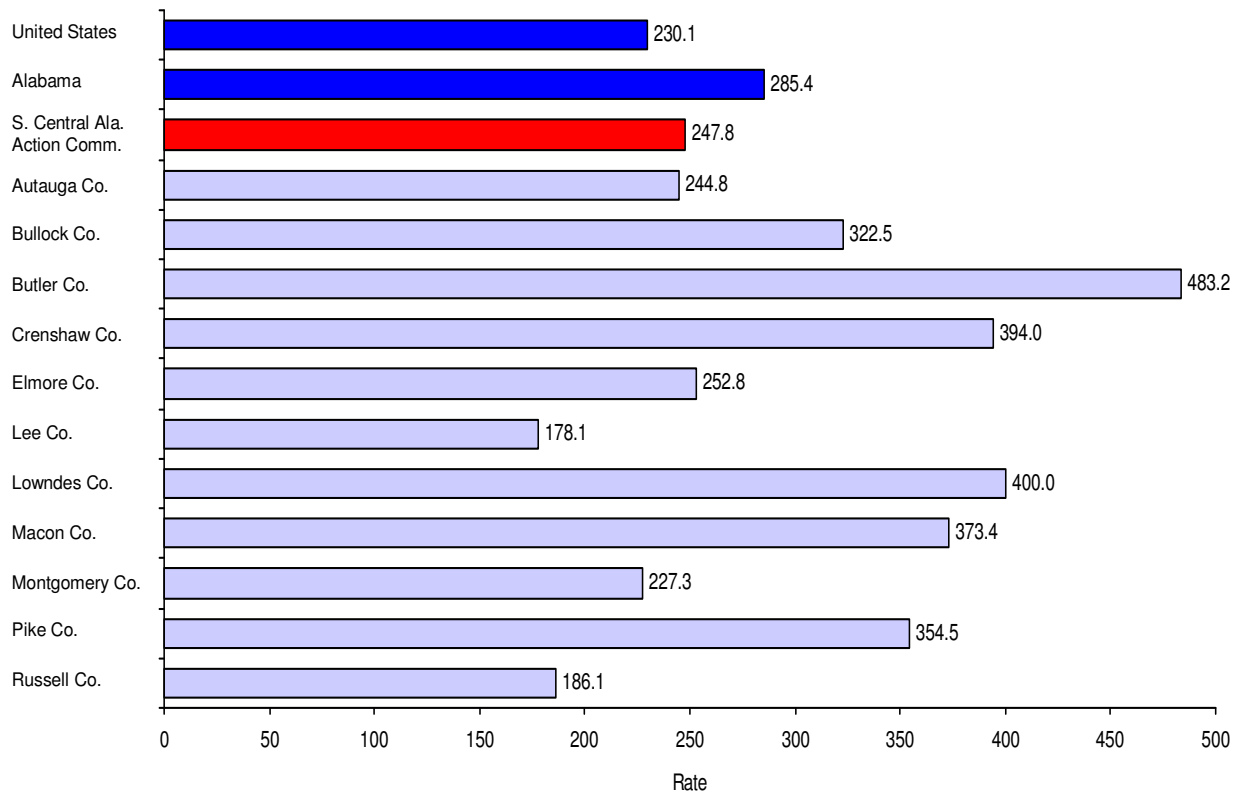


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Heart Disease Mortality and Mortality Rates
East Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
East Alabama Action Commission	Not Applicable	5,026	366.0
District's Rural Counties Combined	Not Applicable	2,530	347.2
District's Urban Counties Combined	Not Applicable	2,496	387.3
Calhoun County	No	1,294	385.5
Chambers County	Yes	420	394.6
Cherokee County	Yes	224	305.4
Clay County	Yes	182	432.3
Cleburne County	Yes	128	294.5
Coosa County	Yes	123	363.3
Etowah County	No	1,202	389.3
Randolph County	Yes	238	352.4
Talladega County	Yes	773	322.3
Tallapoosa County	Yes	442	362.1

**Heart Diseases Mortality Rates
U.S. Alabama, and the South Central Alabama Action Commission Counties, 2003-2005**

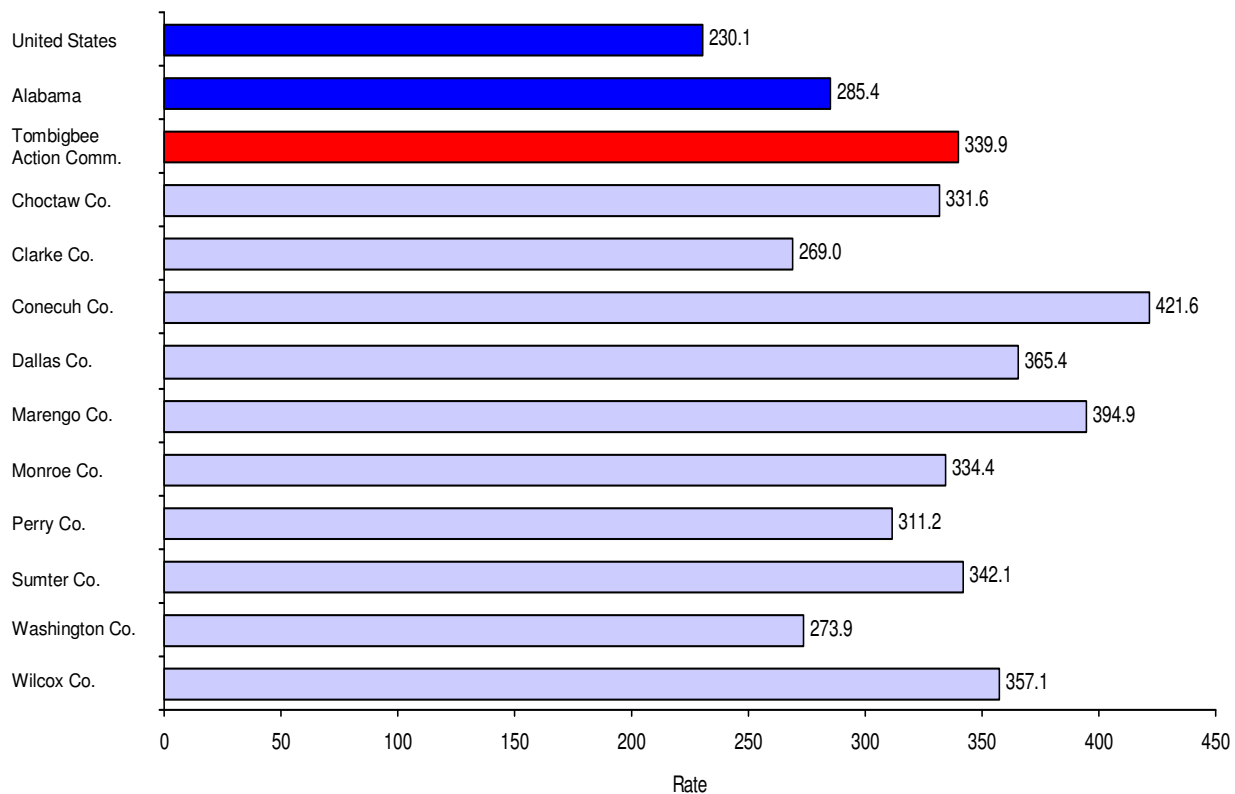


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Heart Disease Mortality and Mortality Rates
South Central Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
South Central Alabama Action Commission	Not Applicable	4,611	247.8
District's Rural Counties Combined	Not Applicable	2,461	294.0
District's Urban Counties Combined	Not Applicable	2,150	210.0
Autauga County	Yes	348	244.8
Bullock County	Yes	108	322.5
Butler County	Yes	299	483.2
Crenshaw County	Yes	161	394.0
Elmore County	Yes	544	252.8
Lee County	No	643	178.1
Lowndes County	Yes	157	400.0
Macon County	Yes	258	373.4
Montgomery County	No	1,507	227.3
Pike County	Yes	312	354.5
Russell County	Yes	274	186.1

**Heart Diseases Mortality Rates
U.S. Alabama, and the Tombigbee Action Commission Counties, 2003-2005**

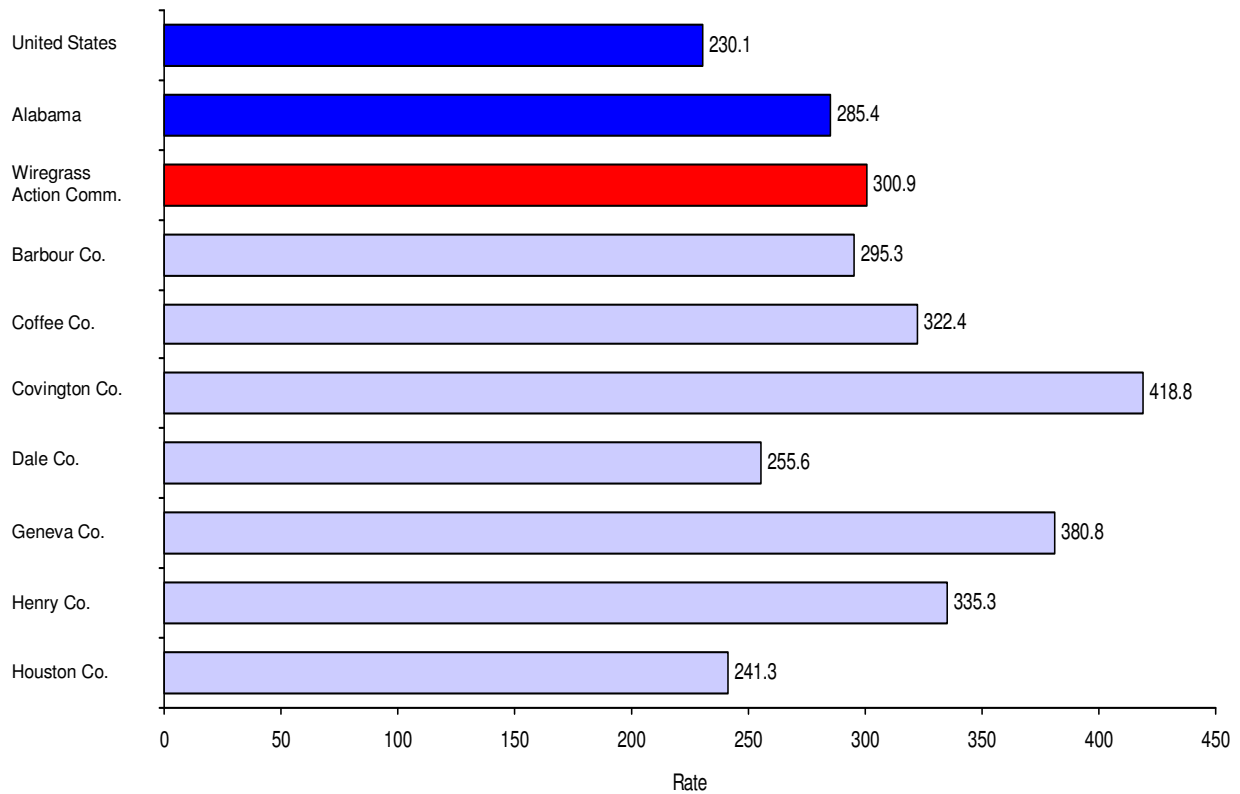


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Heart Disease Mortality and Mortality Rates
Tombigbee Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Tombigbee Action Commission	Not Applicable	2,059	339.9
District's Rural Counties Combined	Not Applicable	2,059	339.9
District's Urban Counties Combined	Not Applicable	No Urban Counties in District	
Choctaw County	Yes	150	331.6
Clarke County	Yes	220	269.0
Conecuh County	Yes	169	421.6
Dallas County	Yes	488	365.4
Marengo County	Yes	260	394.9
Monroe County	Yes	237	334.4
Perry County	Yes	107	311.2
Sumter County	Yes	144	342.1
Washington County	Yes	146	273.9
Wilcox County	Yes	138	357.1

**Heart Diseases Mortality Rates
U.S. Alabama, and the Wiregrass Action Commission Counties, 2003-2005**

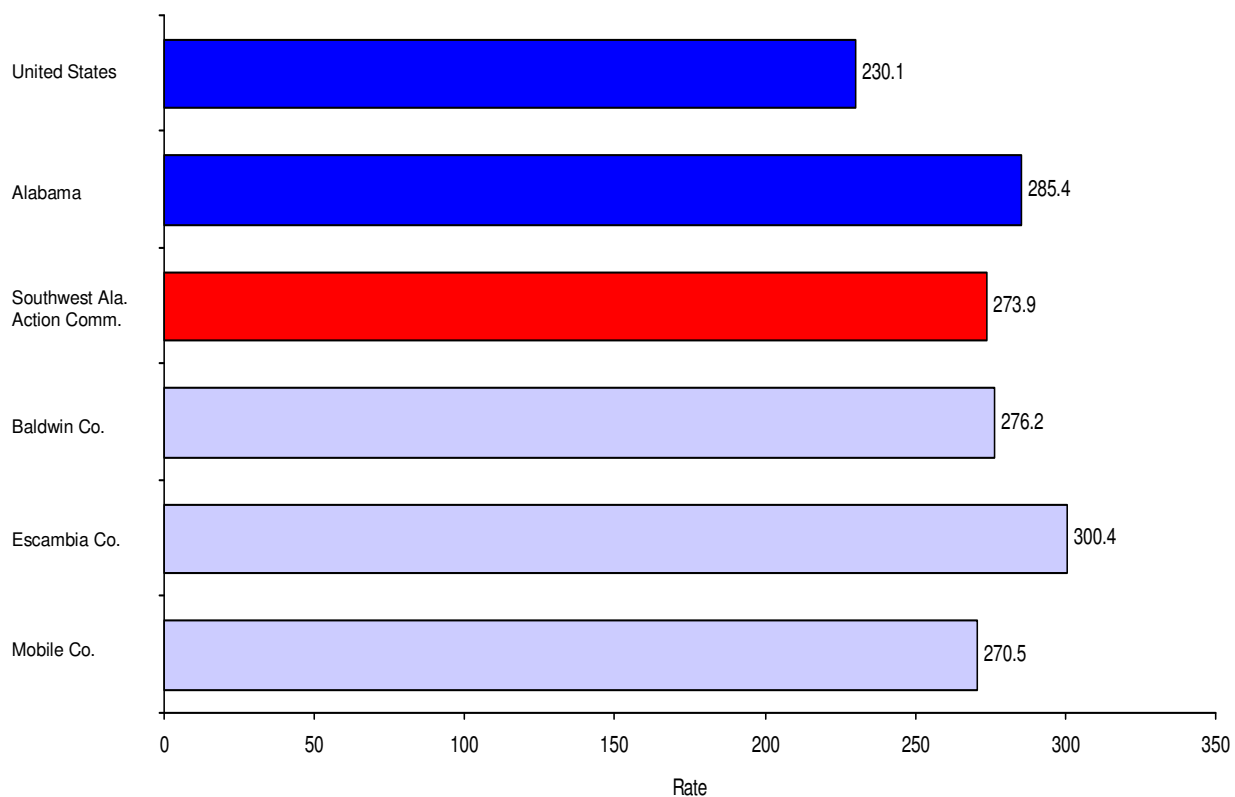


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Heart Disease Mortality and Mortality Rates
Wiregrass Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Wiregrass Action Commission	Not Applicable	2,653	300.9
District's Rural Counties Combined	Not Applicable	1,982	328.4
District's Urban Counties Combined	Not Applicable	671	241.3
Barbour County	Yes	252	295.3
Coffee County	Yes	435	322.4
Covington County	Yes	462	418.8
Dale County	Yes	375	255.6
Geneva County	Yes	292	380.8
Henry County	Yes	166	335.3
Houston County	No	671	241.3

**Heart Diseases Mortality Rates
U.S. Alabama, and the Southwest Alabama Action Commission Counties, 2003-2005**

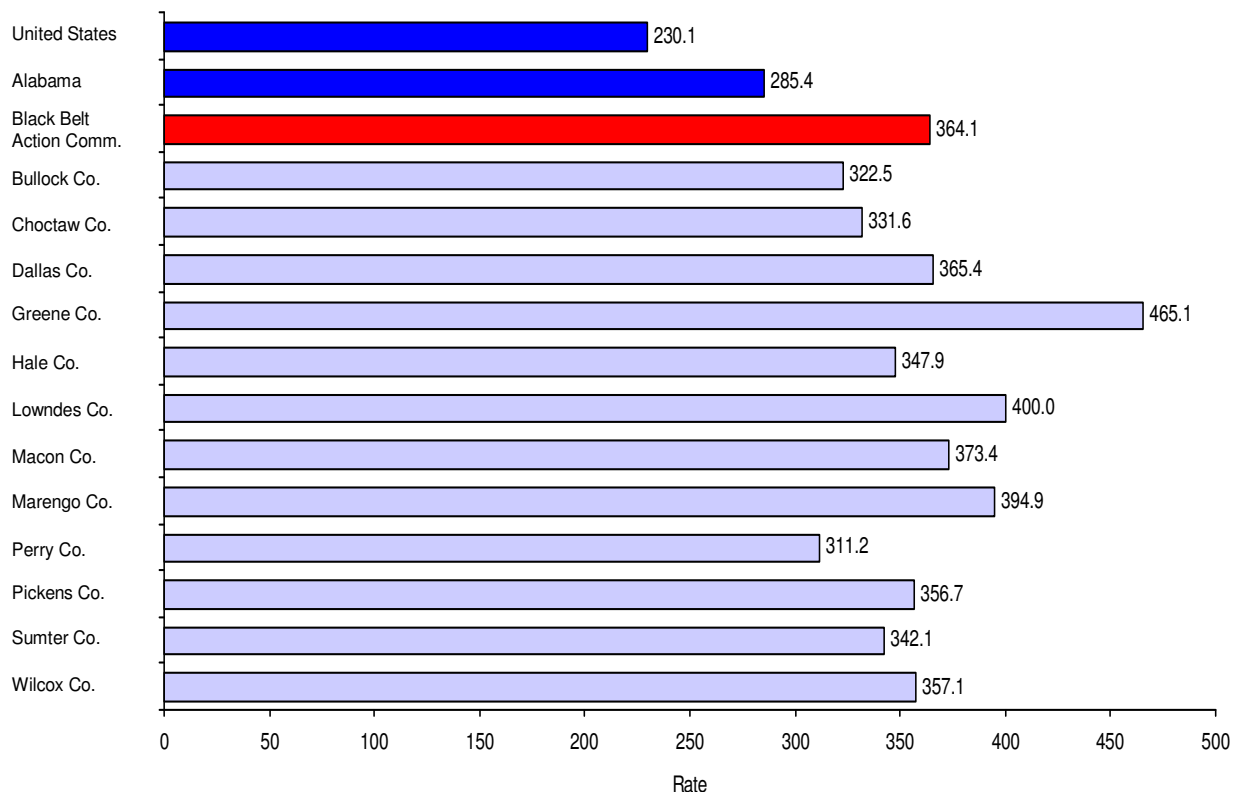


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Heart Disease Mortality and Mortality Rates
Southwest Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Southwest Alabama Action Commission	Not Applicable	4,881	273.9
District's Rural Counties Combined	Not Applicable	1,644	280.9
District's Urban Counties Combined	Not Applicable	3,237	270.5
Baldwin County	Yes	1,300	276.2
Escambia County	Yes	344	300.4
Mobile County	No	3,237	270.5

Heart Diseases Mortality Rates U.S. Alabama, and the Black Belt Action Commission Counties, 2003-2005



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

Heart Disease Mortality and Mortality Rates Black Belt Action Commission Counties, 2003 – 2005

Area	Is County Rural?	Deaths	Rate Per 100,000
Black Belt Action Commission	Not Applicable	2,351	364.1
District's Rural Counties Combined	Not Applicable	2,351	364.1
District's Urban Counties Combined	Not Applicable	No Urban Counties in District	
Bullock County	Yes	108	322.5
Choctaw County	Yes	150	331.6
Dallas County	Yes	488	365.4
Greene County	Yes	135	465.1
Hale County	Yes	189	347.9
Lowndes County	Yes	157	400.0
Macon County	Yes	258	373.4
Marengo County	Yes	260	394.9
Perry County	Yes	107	311.2
Pickens County	Yes	217	356.7
Sumter County	Yes	144	342.1
Wilcox County	Yes	138	357.1

**Heart Disease Mortality and Mortality Rates
Alabama's Appalachian Region Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Alabama's Appalachian Region	Not Applicable	25,146	289.8
Region's Rural Counties Combined	Not Applicable	12,225	341.2
Region's Urban Counties Combined	Not Applicable	12,921	353.7
Bibb County	Yes	151	236.8
Blount County	Yes	468	284.0
Calhoun County	No	1,294	385.5
Chambers County	Yes	420	394.6
Cherokee County	Yes	224	305.4
Chilton County	Yes	426	343.8
Clay County	Yes	182	432.3
Cleburne County	Yes	128	294.5
Colbert County	Yes	606	369.7
Coosa County	Yes	123	363.3
Cullman County	Yes	803	338.5
DeKalb County	Yes	769	383.1
Elmore County	Yes	544	252.8
Etowah County	No	1,202	389.3
Fayette County	Yes	184	337.8
Franklin County	Yes	343	373.0
Hale County	Yes	189	347.9
Jackson County	Yes	588	365.2
Jefferson County	No	5,222	264.8
Lamar County	Yes	161	357.9
Lauderdale County	No	638	243.4
Lawrence County	Yes	289	280.1
Limestone County	Yes	547	263.6
Macon County	Yes	258	373.4
Madison County	No	1,779	202.1
Marion County	Yes	364	402.9
Marshall County	Yes	971	381.8
Morgan County	No	945	279.1
Pickens County	Yes	217	356.7
Randolph County	Yes	238	352.4
St. Clair County	Yes	576	273.6
Shelby County	No	722	145.5
Talladega County	Yes	773	322.3
Tallapoosa County	Yes	442	362.1
Tuscaloosa County	No	1,119	223.6
Walker County	Yes	980	468.0
Winston County	Yes	261	355.4

For additional information on the Appalachian Region, visit the Appalachian Regional Commission's Web site at <http://www.arc.gov/index.jsp>; the Appalachian Regional Commission – Alabama Programs Office Web site at <http://www.adeca.alabama.gov/default.aspx>; or contact Bonnie Durham, Alabama Program Manager at (256) 845-3472.

**Heart Disease Mortality and Mortality Rates
Alabama's Delta Region Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Alabama's Delta Region	Not Applicable	4,292	330.3
Region's Rural Counties Combined	Not Applicable	4,292	330.3
Region's Urban Counties Combined	Not Applicable	No Urban Counties in Region	
Barbour County	Yes	252	295.3
Bullock County	Yes	108	322.5
Butler County	Yes	299	483.2
Choctaw County	Yes	150	331.6
Clarke County	Yes	220	269.0
Conecuh County	Yes	169	421.6
Dallas County	Yes	488	365.4
Escambia County	Yes	344	300.4
Greene County	Yes	135	465.1
Hale County	Yes	189	347.9
Lowndes County	Yes	157	400.0
Macon County	Yes	258	373.4
Marengo County	Yes	260	394.9
Monroe County	Yes	237	334.4
Perry County	Yes	107	311.2
Pickens County	Yes	217	356.7
Russell County	Yes	274	186.1
Sumter County	Yes	144	342.1
Washington County	Yes	146	273.9
Wilcox County	Yes	138	357.1

For additional information on the Delta Region, visit the Delta Regional Authority's Web site at <http://www.dra.gov/> or contact one of the Delta Regional Authority – Local Development District Offices as follows:

Alabama – Tombigbee Regional Commission, (334) 682-4234 (Choctaw, Clarke, Conecuh, Dallas, Marengo, Monroe, Perry, Sumter, Washington, and Wilcox counties)

Lee – Russell Council of Governments, (334) 749-5264 (Russell County)

South Alabama Regional Planning Commission, (251) 433-6541 (Escambia County)

South Central Alabama Development Commission (334) 244-6903 (Bullock, Butler, Lowndes, and Macon counties)

Southeast Alabama Regional Planning and Development Commission, (334) 794-4093 (Barbour County)

West Alabama Planning and Development Council, (205) 333-2990 (Greene, Hale, and Pickens counties)

Indicators of Health Status in Alabama: **CANCER MORTALITY**

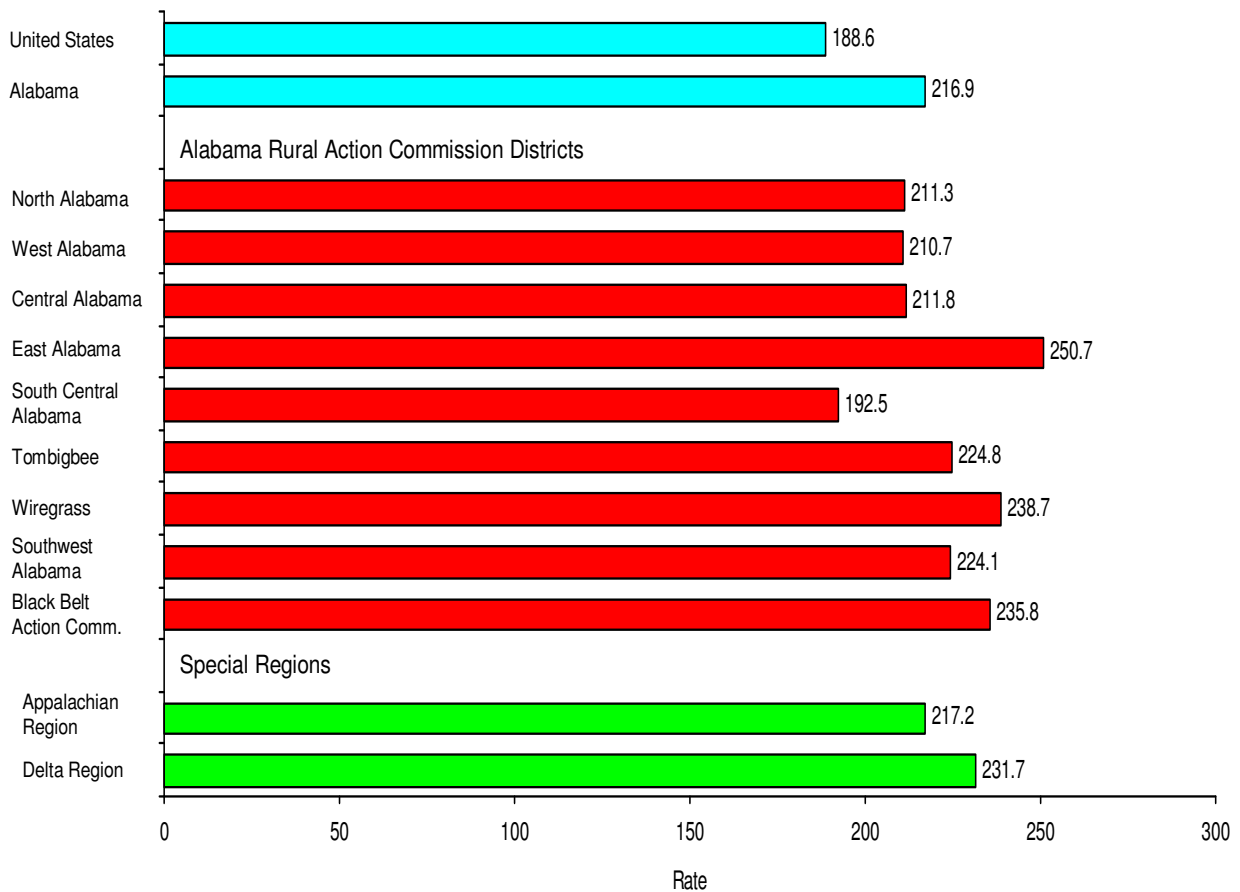
Cancer occurs in individuals who usually:

- smoke, use tobacco products, or are exposed to environmental smoke.
- have low consumption of fruits, vegetables, and whole grain foods.
- have excessive consumption of high fat foods, particularly from animal sources.
- are physically inactive.
- are obese.
- have excessive alcohol consumption.
- have excessive sun exposure.





To prevent or detect cancer early, individuals at risk should:

- avoid or eliminate exposure to cigarette smoke, tobacco products, or environmental tobacco smoke.
- eat 5 or more servings of fruits and vegetables daily and 6 to 11 servings daily of breads, cereals, rice, pastas, and other grain products.
- use more non-meat main dishes such as dried peas and beans, and tofu.
- balance food and physical activity to maintain a healthy weight.
- if alcohol is consumed, for men drink no more than two drinks a day, and for women, drink no more than one drink a day.
- protect against excessive sun exposure with protective clothing and sun-screens with at least a sun protective factor (SPF) of 15 or higher.
- have recommended screening tests as appropriate – for women, screening mammograms, Pap smears, tests for colorectal cancer, skin examinations; for men, testicular examinations, tests for colorectal cancer, and skin examinations.

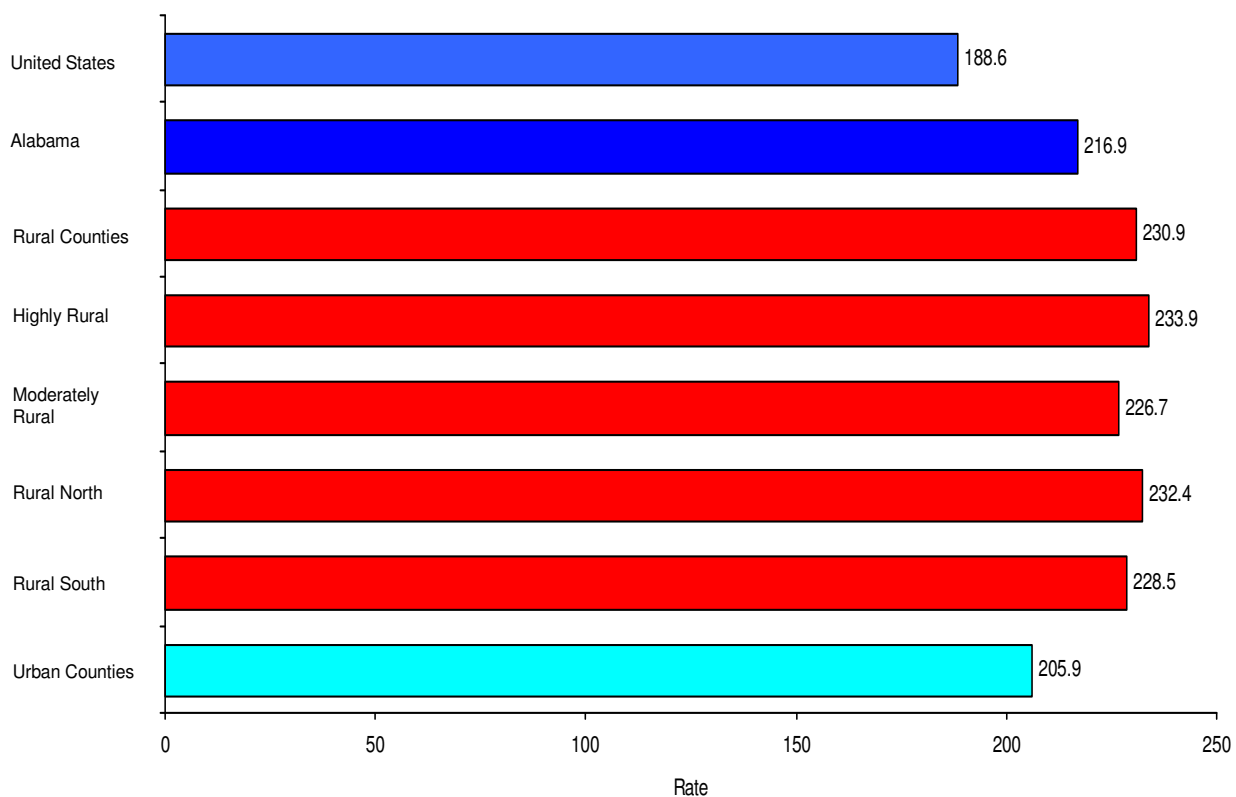
Cancer Mortality Rates for 2003-2005
U.S., Alabama, Alabama Rural Action Commission Districts, and Special Regions In Alabama



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

-  Cancer has been the second leading cause of death in Alabama since 1966.
-  Alabama currently has the 11th highest cancer mortality rate among all 50 states. Alabamians aged 35-64 years have the 5th highest cancer mortality rate among all 50 states.
-  Alabama lost 29,389 residents to cancer during 2003-2005.
-  37 of the 40 Alabama counties with the highest cancer mortality rates are rural counties.

**Cancer Mortality Rates
U.S. and Selected Alabama Areas, 2003-2005**

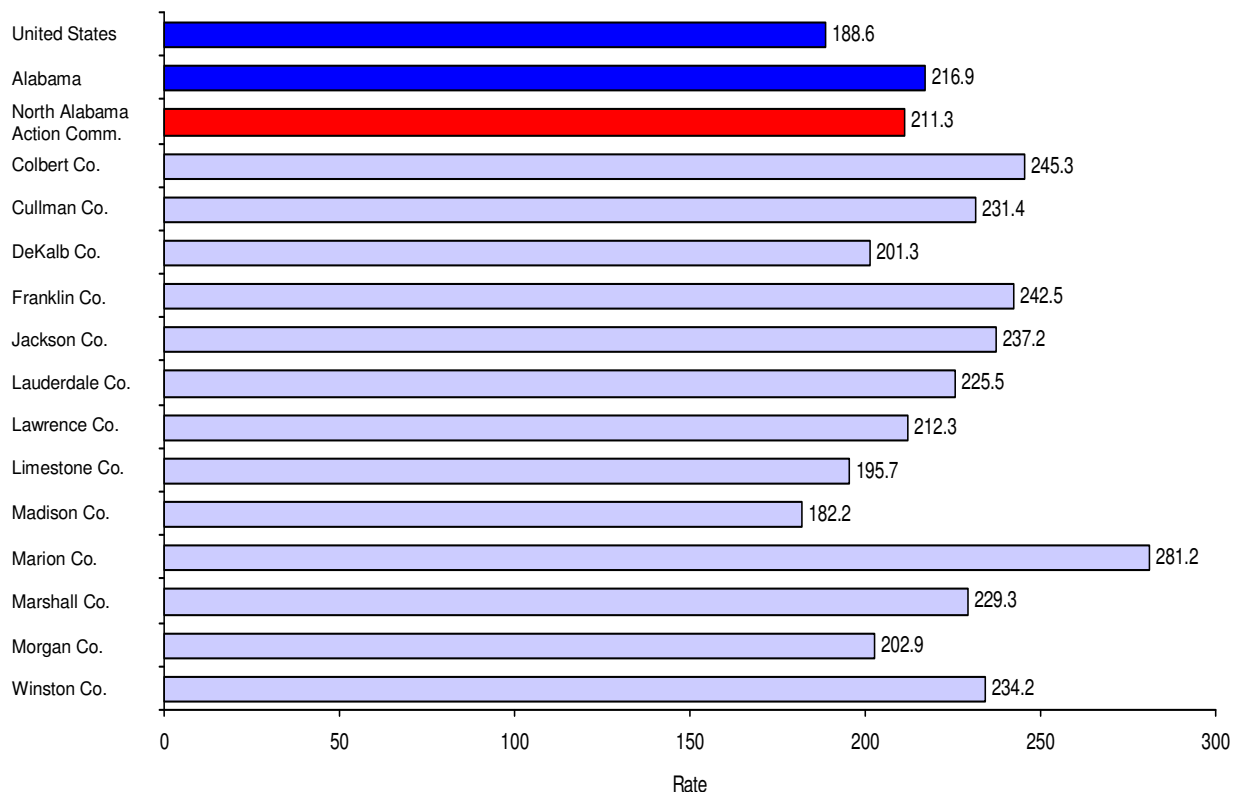


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
U.S. and Selected Alabama Areas, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
United States	Not Applicable	553,888	188.6
Alabama	Not Applicable	29,389	216.9
Rural Alabama Counties	Not Applicable	13,759	230.9
Highly Rural Alabama Counties	Not Applicable	8,079	233.9
Moderately Rural Alabama Counties	Not Applicable	5,680	226.7
Rural North Alabama Counties	Not Applicable	8,328	232.4
Rural South Alabama Counties	Not Applicable	5,431	228.5
Urban Alabama Counties	Not Applicable	15,630	205.9

**Cancer Mortality Rates
U.S. Alabama, and the North Alabama Action Commission Counties, 2003-2005**

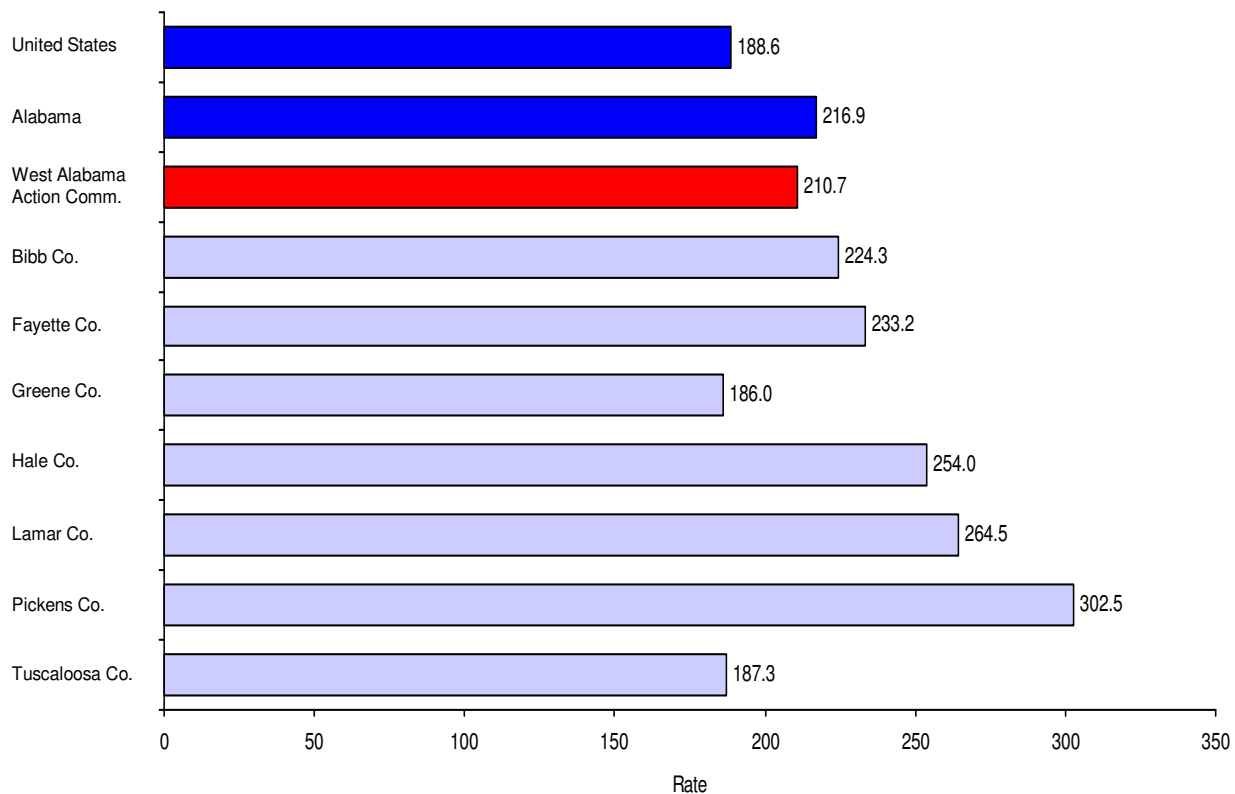


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
North Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
North Alabama Action Commission	Not Applicable	6,476	211.3
District's Rural Counties Combined	Not Applicable	3,594	227.0
District's Urban Counties Combined	Not Applicable	2,882	194.6
Colbert County	Yes	402	245.3
Cullman County	Yes	549	231.4
DeKalb County	Yes	404	201.3
Franklin County	Yes	223	242.5
Jackson County	Yes	382	237.2
Lauderdale County	No	591	225.5
Lawrence County	Yes	219	212.3
Limestone County	Yes	406	195.7
Madison County	No	1,604	182.2
Marion County	Yes	254	281.2
Marshall County	Yes	583	229.3
Morgan County	No	687	202.9
Winston County	Yes	172	234.2

**Cancer Mortality Rates
U.S. Alabama, and the West Alabama Action Commission Counties, 2003-2005**

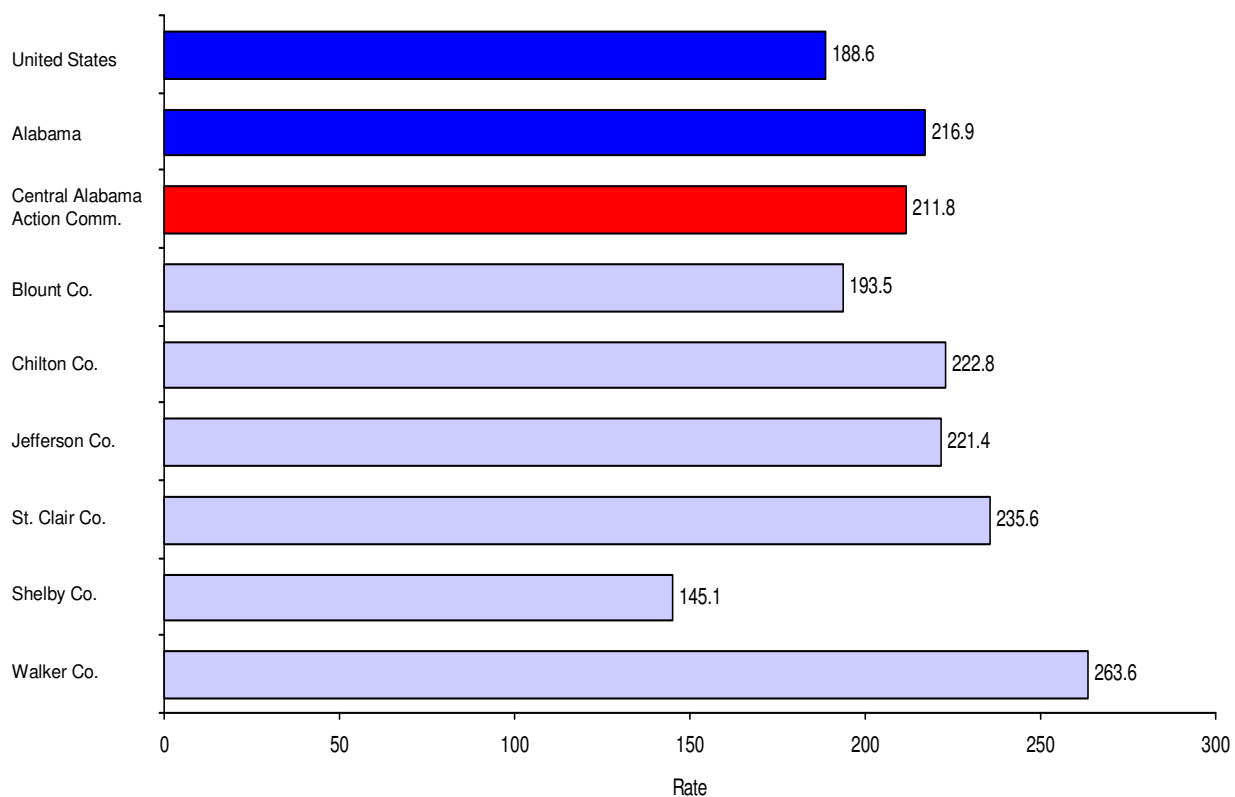


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
West Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
West Alabama Action Commission	Not Applicable	1,702	210.7
District's Rural Counties Combined	Not Applicable	765	248.9
District's Urban Counties Combined	Not Applicable	937	187.3
Bibb County	Yes	143	224.3
Fayette County	Yes	127	233.2
Greene County	Yes	54	186
Hale County	Yes	138	254.0
Lamar County	Yes	119	264.5
Pickens County	Yes	184	302.5
Tuscaloosa County	No	937	187.3

**Cancer Mortality Rates
U.S. Alabama, and the Central Alabama Action Commission Counties, 2003-2005**

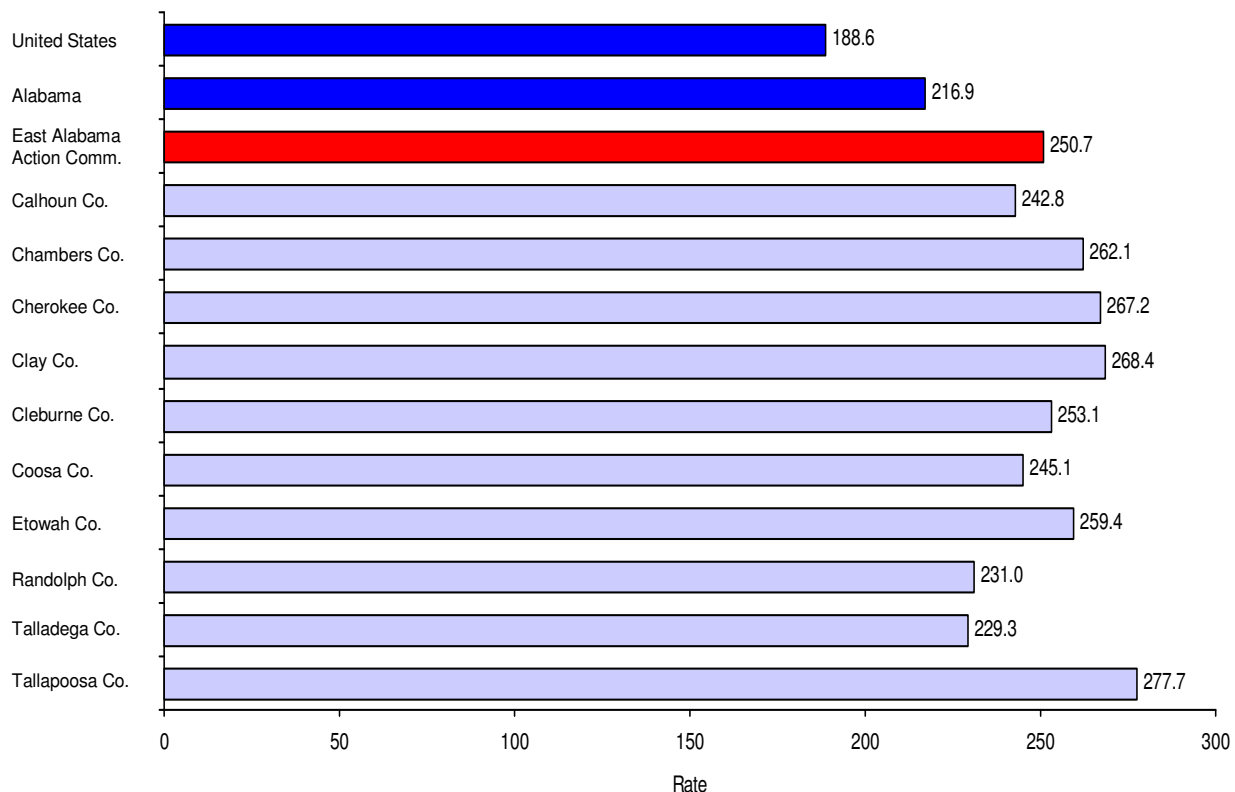


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
Central Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Central Alabama Action Commission	Not Applicable	6,728	211.8
District's Rural Counties Combined	Not Applicable	1,643	231.8
District's Urban Counties Combined	Not Applicable	5,085	206.0
Blount County	Yes	319	193.5
Chilton County	Yes	276	222.8
Jefferson County	No	4,365	221.4
St. Clair County	Yes	496	235.6
Shelby County	No	720	145.1
Walker County	Yes	552	263.6

**Cancer Mortality Rates
U.S. Alabama, and the East Alabama Action Commission Counties, 2003-2005**

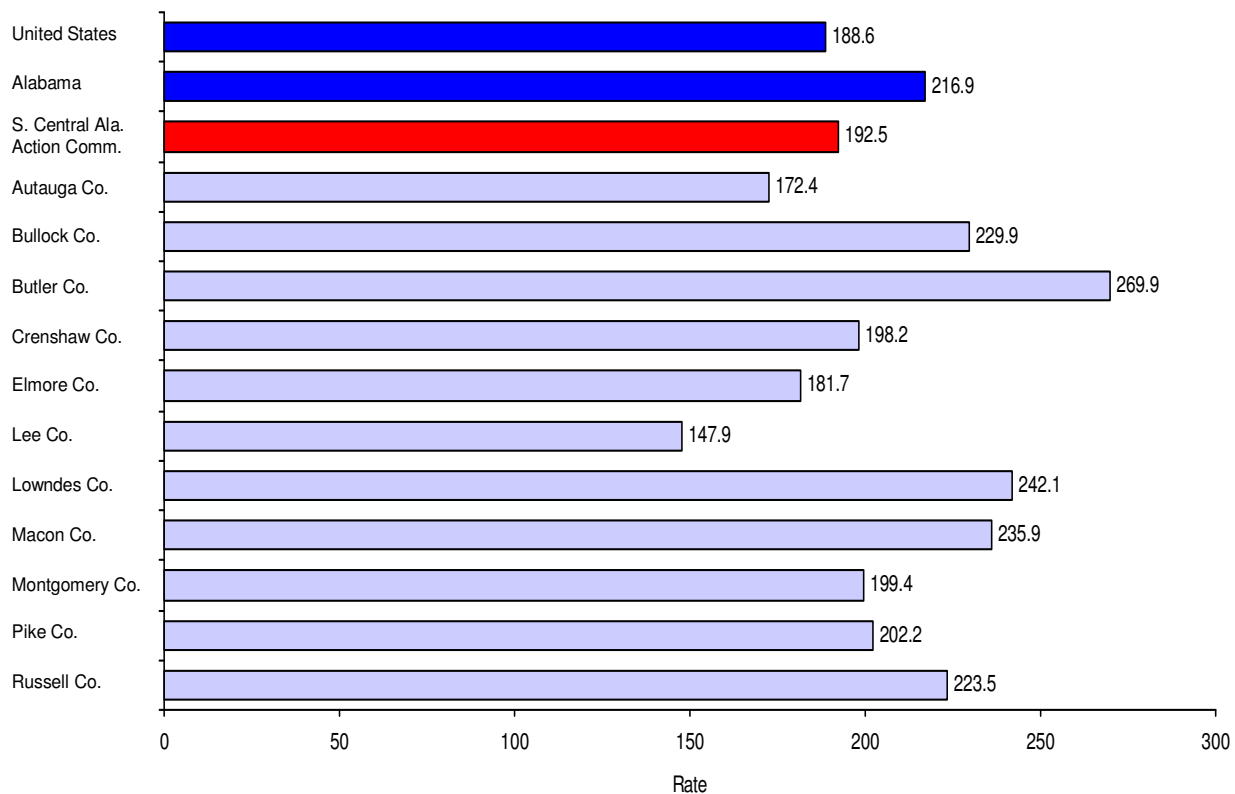


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
East Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
East Alabama Action Commission	Not Applicable	3,442	250.7
District's Rural Counties Combined	Not Applicable	1,826	250.6
District's Urban Counties Combined	Not Applicable	1,616	250.8
Calhoun County	No	815	242.8
Chambers County	Yes	279	262.1
Cherokee County	Yes	196	267.2
Clay County	Yes	113	268.4
Cleburne County	Yes	110	253.1
Coosa County	Yes	83	245.1
Etowah County	No	801	259.4
Randolph County	Yes	156	231.0
Talladega County	Yes	550	229.3
Tallapoosa County	Yes	339	277.7

**Cancer Mortality Rates
U.S. Alabama, and the South Central Alabama Action Commission Counties, 2003-2005**

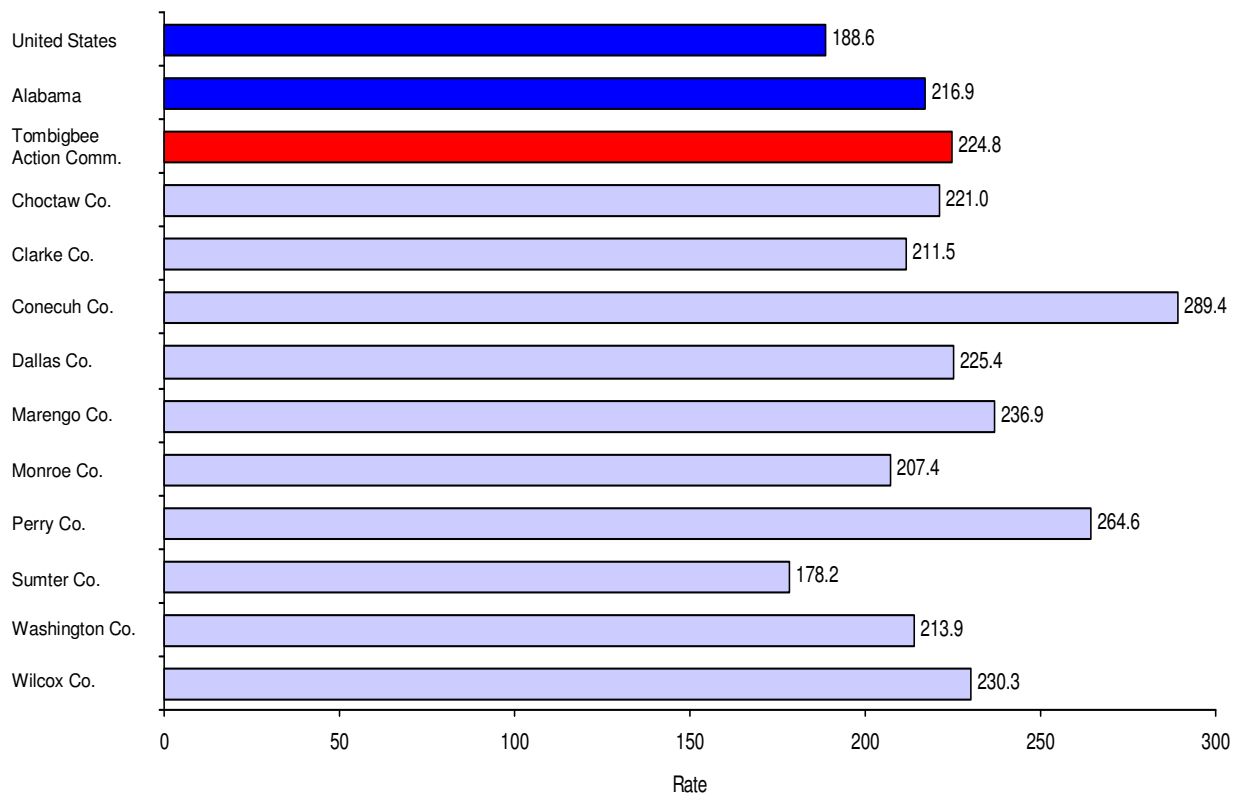


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
South Central Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
South Central Alabama Action Commission	Not Applicable	3,582	192.5
District's Rural Counties Combined	Not Applicable	1,726	206.2
District's Urban Counties Combined	Not Applicable	1,856	181.2
Autauga County	Yes	245	172.4
Bullock County	Yes	77	229.9
Butler County	Yes	167	269.9
Crenshaw County	Yes	81	198.2
Elmore County	Yes	391	181.7
Lee County	No	534	147.9
Lowndes County	Yes	95	242.1
Macon County	Yes	163	235.9
Montgomery County	No	1,322	199.4
Pike County	Yes	178	202.2
Russell County	Yes	329	223.5

**Cancer Mortality Rates
U.S. Alabama, and the Tombigbee Action Commission Counties, 2003-2005**

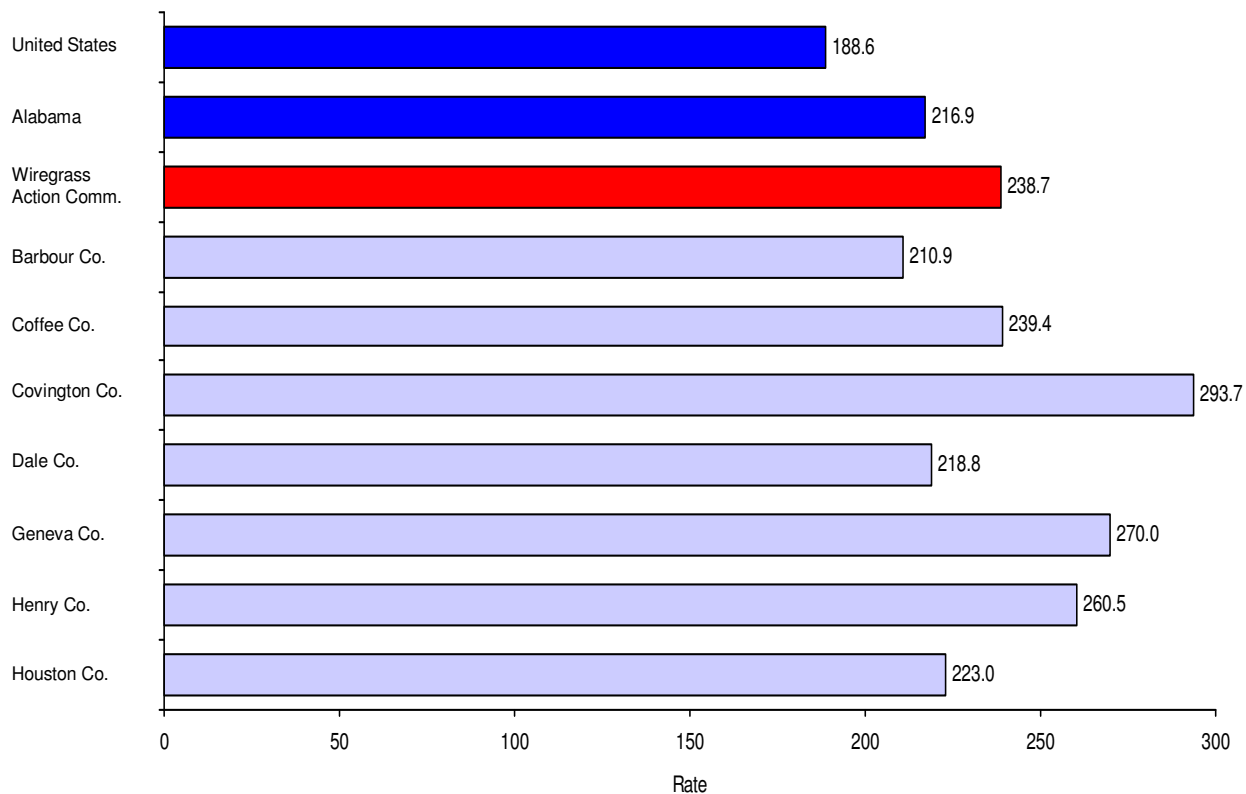


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
Tombigbee Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Tombigbee Action Commission	Not Applicable	1,362	224.8
District's Rural Counties Combined	Not Applicable	1,362	224.8
District's Urban Counties Combined	Not Applicable	No Urban Counties in District	
Choctaw County	Yes	100	221.0
Clarke County	Yes	173	211.5
Conecuh County	Yes	116	289.4
Dallas County	Yes	301	225.4
Marengo County	Yes	156	236.9
Monroe County	Yes	147	207.4
Perry County	Yes	91	264.6
Sumter County	Yes	75	178.2
Washington County	Yes	114	213.9
Wilcox County	Yes	89	230.3

**Cancer Mortality Rates
U.S. Alabama, and the Wiregrass Action Commission Counties, 2003-2005**

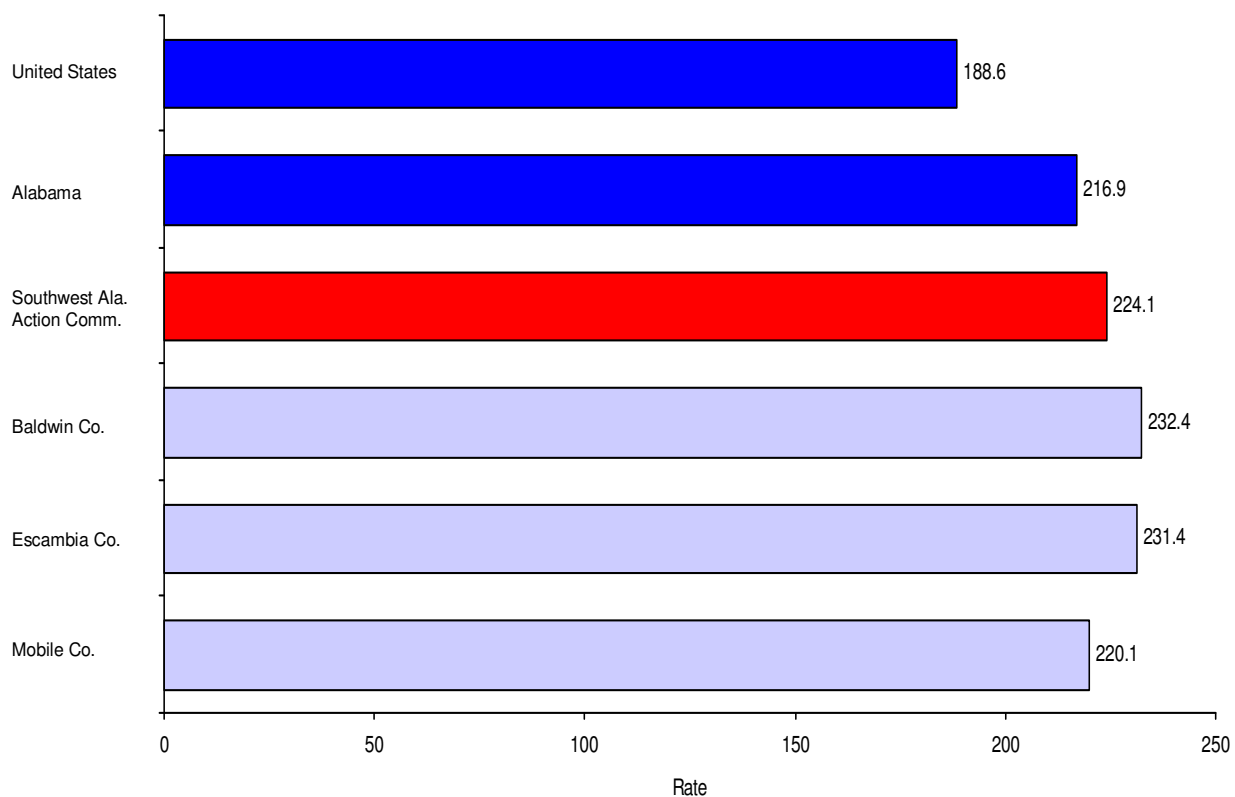


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
Wiregrass Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Wiregrass Action Commission	Not Applicable	2,104	238.7
District's Rural Counties Combined	Not Applicable	1,484	245.9
District's Urban Counties Combined	Not Applicable	620	223.0
Barbour County	Yes	180	210.9
Coffee County	Yes	323	239.4
Covington County	Yes	324	293.7
Dale County	Yes	321	218.8
Geneva County	Yes	207	270.0
Henry County	Yes	129	260.5
Houston County	No	620	223.0

**Cancer Mortality Rates
U.S. Alabama, and the Southwest Alabama Action Commission Counties, 2003-2005**

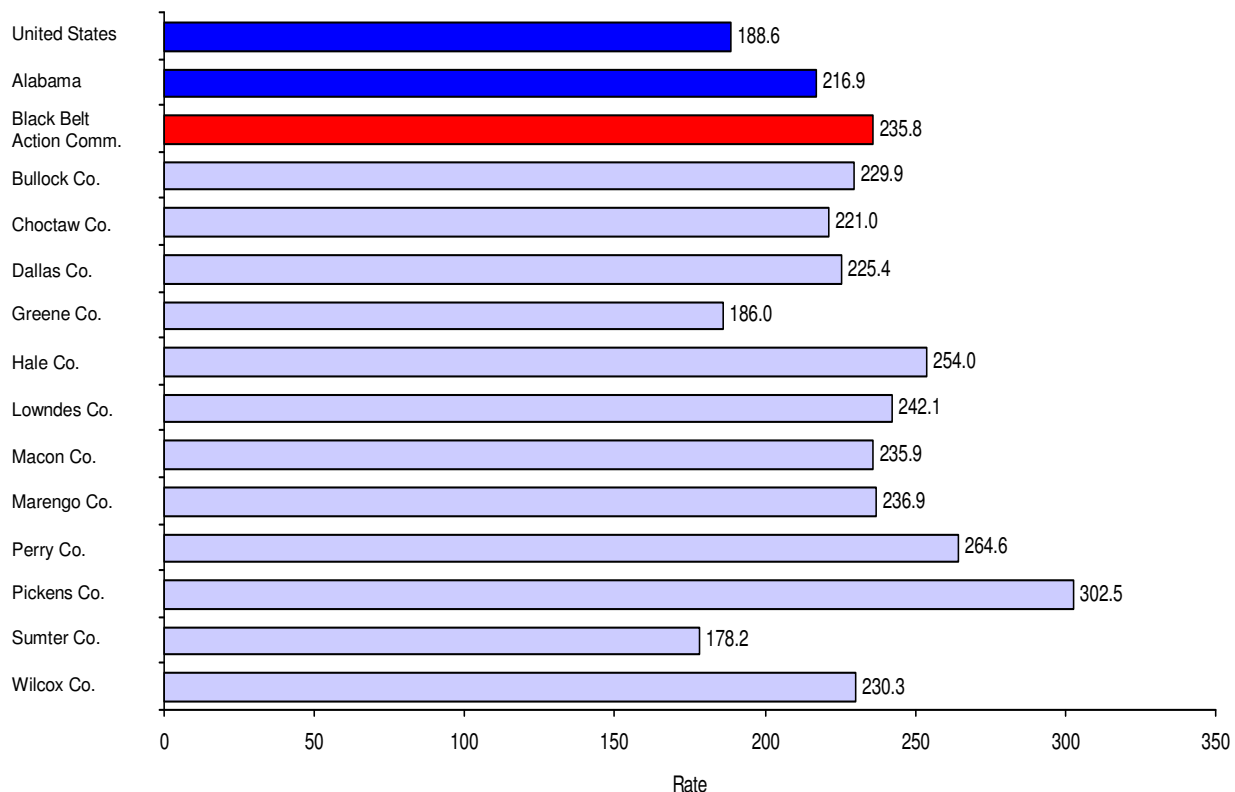


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
Southwest Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Southwest Alabama Action Commission	Not Applicable	3,993	224.1
District's Rural Counties Combined	Not Applicable	1,359	232.2
District's Urban Counties Combined	Not Applicable	2,634	220.1
Baldwin County	Yes	1,094	232.4
Escambia County	Yes	265	231.4
Mobile County	No	2,634	220.1

**Cancer Mortality Rates
U.S. Alabama, and the Black Belt Action Commission Counties, 2003-2005**



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cancer Mortality and Mortality Rates
Black Belt Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Black Belt Action Commission	Not Applicable	1,523	235.8
District's Rural Counties Combined	Not Applicable	1,523	235.8
District's Urban Counties Combined	Not Applicable	No Urban Counties in District	
Bullock County	Yes	77	229.9
Choctaw County	Yes	100	221.0
Dallas County	Yes	301	225.4
Greene County	Yes	54	186.0
Hale County	Yes	138	254.0
Lowndes County	Yes	95	242.1
Macon County	Yes	163	235.9
Marengo County	Yes	156	236.9
Perry County	Yes	91	264.6
Pickens County	Yes	184	302.5
Sumter County	Yes	75	178.2
Wilcox County	Yes	89	230.3

**Cancer Mortality and Mortality Rates
Alabama's Appalachian Region Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Alabama's Appalachian Region	Not Applicable	18,848	217.2
Region's Rural Counties Combined	Not Applicable	8,328	232.4
Region's Urban Counties Combined	Not Applicable	10,520	206.5
Bibb County	Yes	143	224.3
Blount County	Yes	319	193.5
Calhoun County	No	815	242.8
Chambers County	Yes	279	262.1
Cherokee County	Yes	196	267.2
Chilton County	Yes	276	222.8
Clay County	Yes	113	268.4
Cleburne County	Yes	110	253.1
Colbert County	Yes	402	245.3
Coosa County	Yes	83	245.1
Cullman County	Yes	549	231.4
DeKalb County	Yes	404	201.3
Elmore County	Yes	391	181.7
Etowah County	No	801	259.4
Fayette County	Yes	127	233.2
Franklin County	Yes	223	242.5
Hale County	Yes	138	254.0
Jackson County	Yes	382	237.2
Jefferson County	No	4,365	221.4
Lamar County	Yes	119	264.5
Lauderdale County	No	591	225.5
Lawrence County	Yes	219	212.3
Limestone County	Yes	406	195.7
Macon County	Yes	163	235.9
Madison County	No	1,604	182.2
Marion County	Yes	254	281.2
Marshall County	Yes	583	229.3
Morgan County	No	687	202.9
Pickens County	Yes	184	302.5
Randolph County	Yes	156	231.0
St. Clair County	Yes	496	235.6
Shelby County	No	720	145.1
Talladega County	Yes	550	229.3
Tallapoosa County	Yes	339	277.7
Tuscaloosa County	No	937	187.3
Walker County	Yes	552	263.6
Winston County	Yes	172	234.2

For additional information on the Appalachian Region, visit the Appalachian Regional Commission's Web site at <http://www.arc.gov/index.jsp>; the Appalachian Regional Commission – Alabama Programs Office Web site at <http://www.adeca.alabama.gov/default.aspx>; or contact Bonnie Durham, Alabama Program Manager at (256) 845-3472.

**Cancer Mortality and Mortality Rates
Alabama's Delta Region Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Alabama's Delta Region	Not Applicable	3,014	231.7
Region's Rural Counties Combined	Not Applicable	3,014	231.7
Region's Urban Counties Combined	Not Applicable	No Urban Counties in Region	
Barbour County	Yes	180	210.9
Bullock County	Yes	77	229.9
Butler County	Yes	167	269.9
Choctaw County	Yes	100	221.0
Clarke County	Yes	173	211.5
Conecuh County	Yes	116	289.4
Dallas County	Yes	301	225.4
Escambia County	Yes	265	231.4
Greene County	Yes	54	186.0
Hale County	Yes	138	254.0
Lowndes County	Yes	95	242.1
Macon County	Yes	163	235.9
Marengo County	Yes	156	236.9
Monroe County	Yes	147	207.4
Perry County	Yes	91	264.6
Pickens County	Yes	184	302.5
Russell County	Yes	329	223.5
Sumter County	Yes	75	178.2
Washington County	Yes	114	213.9
Wilcox County	Yes	89	230.3

For additional information on the Delta Region, visit the Delta Regional Authority's Web site at <http://www.dra.gov/> or contact one of the Delta Regional Authority – Local Development District Offices as follows:

Alabama – Tombigbee Regional Commission, (334) 682-4234 (Choctaw, Clarke, Conecuh, Dallas, Marengo, Monroe, Perry, Sumter, Washington, and Wilcox counties)

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South Alabama Regional Planning Commission, (251) 433-6541 (Escambia County)

South Central Alabama Development Commission (334) 244-6903 (Bullock, Butler, Lowndes, and Macon counties)

Southeast Alabama Regional Planning and Development Commission, (334) 794-4093 (Barbour County)

West Alabama Planning and Development Council, (205) 333-2990 (Greene, Hale, and Pickens counties)

**Indicators of Health Status in Alabama:
CEREBROVASCULAR DISEASES MORTALITY**

Stroke usually occurs in individuals who:

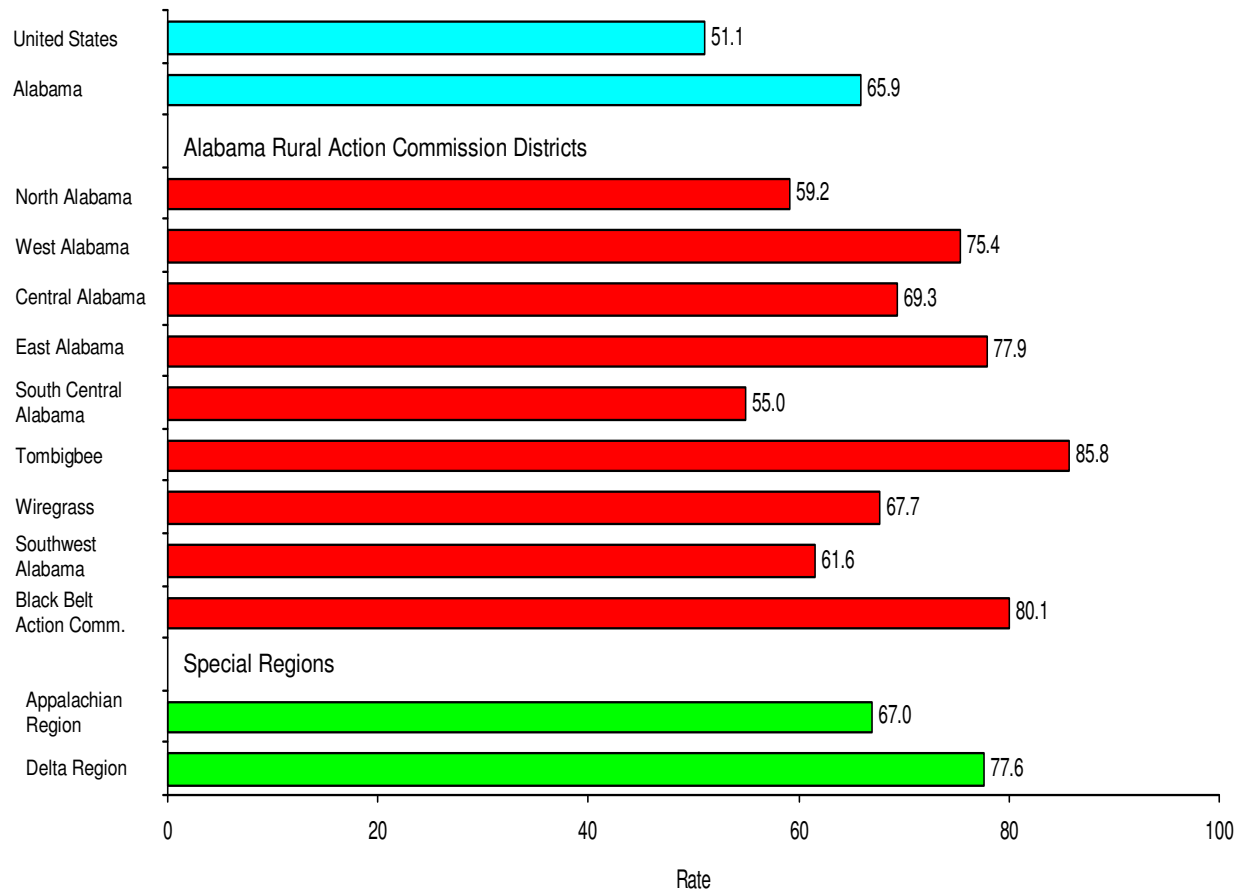
- have high blood pressure (hypertension).
- smoke.
- have elevated cholesterol.

To prevent stroke, individuals should:





- balance food and physical activity to maintain a healthy weight.
- eat 5 or more servings of fruits and vegetables daily.
- be physically active four to five times a week.

- use more non-meat main dishes such as dried peas and beans, and tofu.
- avoid or eliminate use of cigarettes, including exposure to environmental tobacco smoke (ETS).
- visit physician regularly to check blood pressure.
- take blood pressure medication as directed.
- take cholesterol lowering medications as directed.

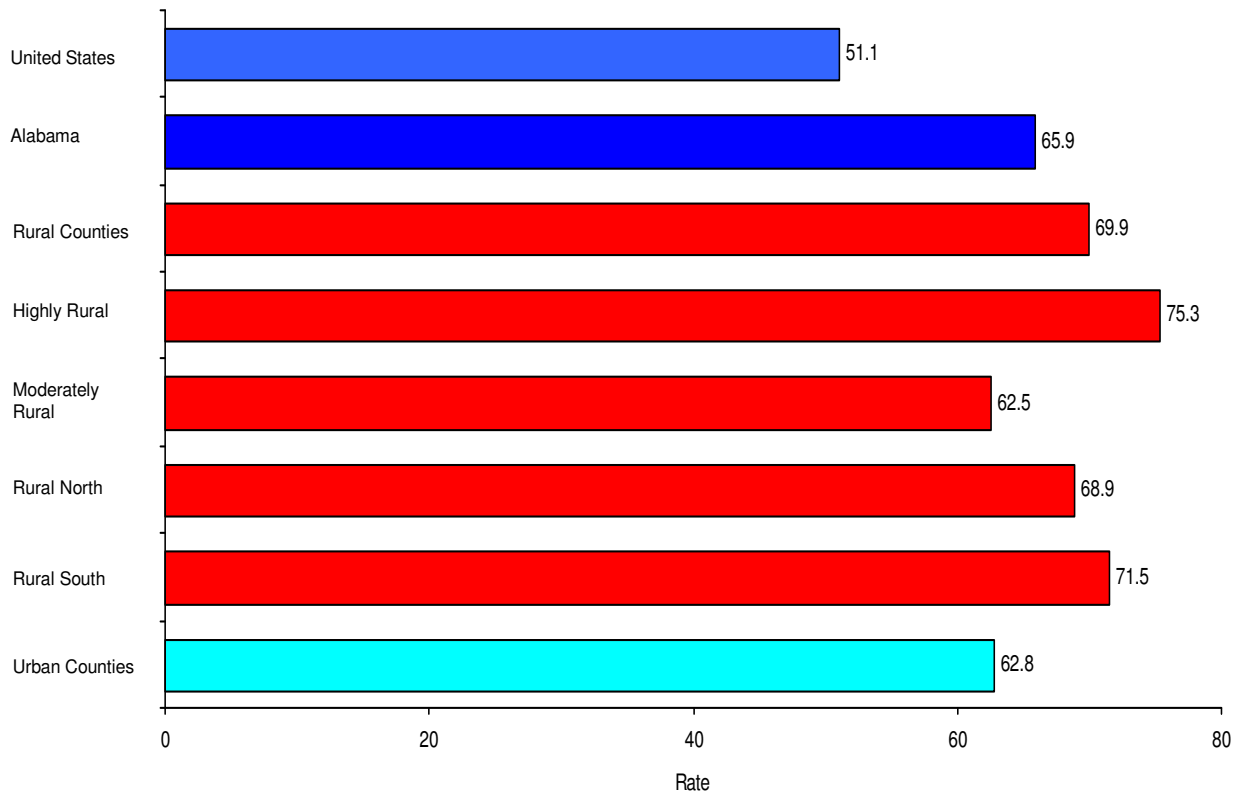
**Cerebrovascular Diseases Mortality Rates for 2003-2005
U.S., Alabama, Alabama Rural Action Commission Districts, and Special Regions In Alabama**



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

-  Alabama is a member of the “Stroke Belt,” an area consisting of the southeastern U.S. and the Mississippi Valley with high stroke mortality. Cerebrovascular diseases have been the third leading cause of death in Alabama since 1966.
-  Alabama currently has the 4th highest cerebrovascular disease mortality rate among all 50 states. Alabamians aged 25-64 years have the 3rd highest cerebrovascular disease mortality rate among all 50 states.
-  Alabama lost 8,934 residents to cerebrovascular diseases during 2003-2005.
-  41 of the 45 Alabama counties with the highest cerebrovascular disease mortality rates are rural counties.

**Cerebrovascular Diseases Mortality Rates
U.S. and Selected Alabama Areas, 2003-2005**

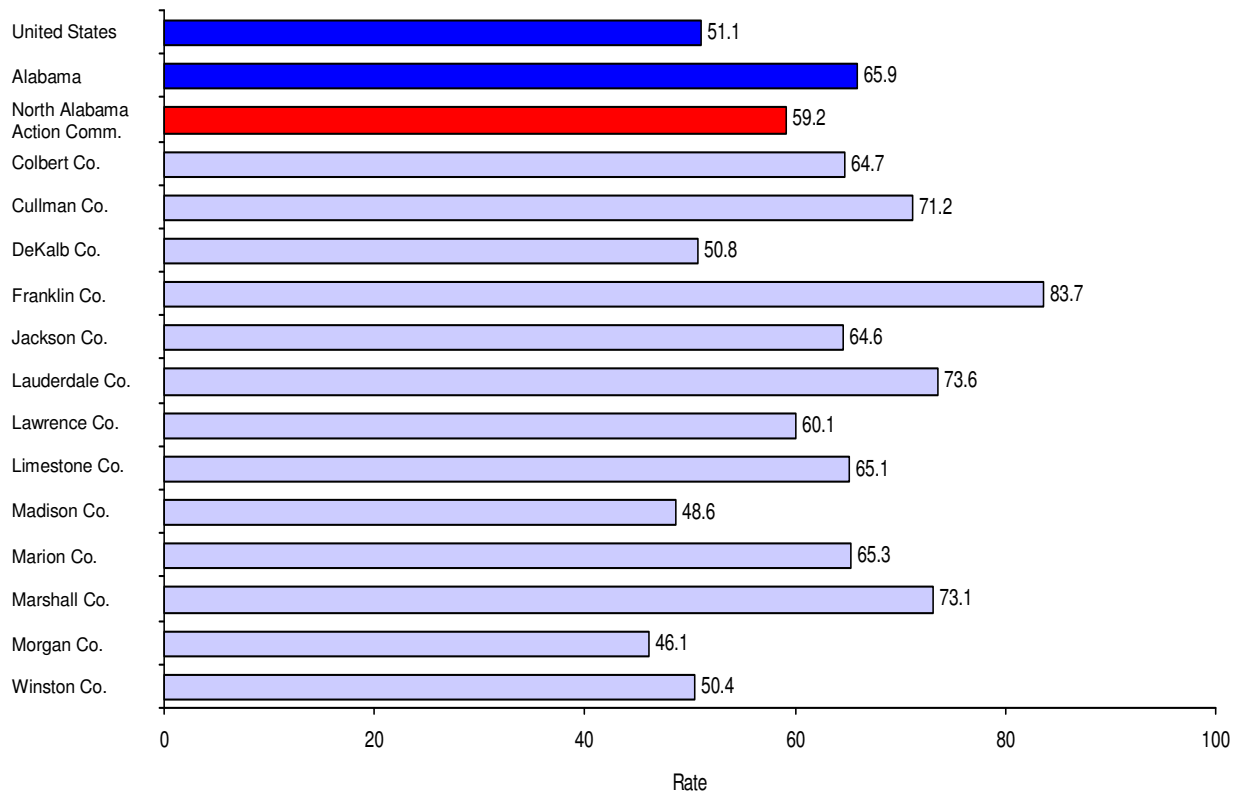


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cerebrovascular Diseases (Stroke) Mortality and Mortality Rates
U.S. and Selected Alabama Areas, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
United States	Not Applicable	150,074	51.1
Alabama	Not Applicable	8,934	65.9
Rural Alabama Counties	Not Applicable	4,168	69.9
Highly Rural Alabama Counties	Not Applicable	2,601	75.3
Moderately Rural Alabama Counties	Not Applicable	1,567	62.5
Rural North Alabama Counties	Not Applicable	2,470	68.9
Rural South Alabama Counties	Not Applicable	1,698	71.5
Urban Alabama Counties	Not Applicable	4,766	62.8

**Cerebrovascular Diseases Mortality Rates
U.S. Alabama, and the North Alabama Action Commission Counties, 2003-2005**

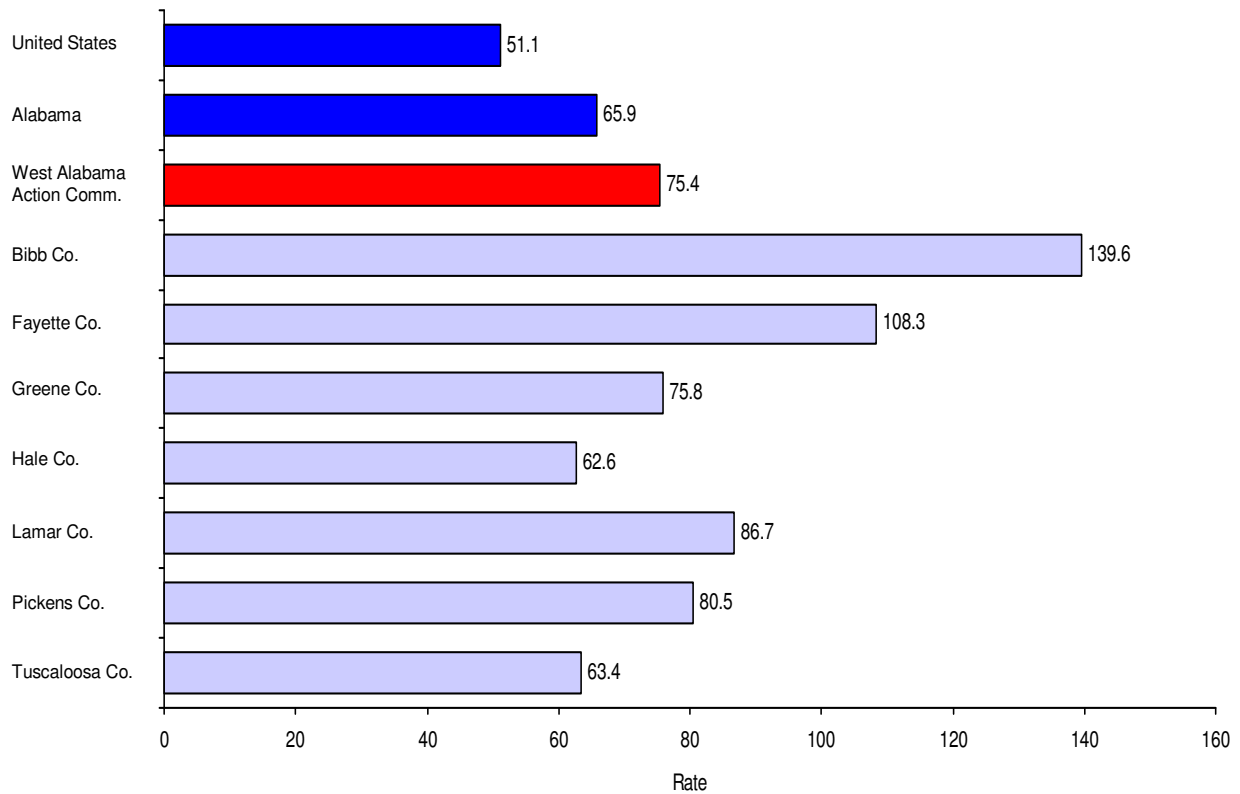


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cerebrovascular Diseases (Stroke) Mortality and Mortality Rates
North Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
North Alabama Action Commission	Not Applicable	1,814	59.2
District's Rural Counties Combined	Not Applicable	1,037	65.5
District's Urban Counties Combined	Not Applicable	777	52.5
Colbert County	Yes	106	64.7
Cullman County	Yes	169	71.2
DeKalb County	Yes	102	50.8
Franklin County	Yes	77	83.7
Jackson County	Yes	104	64.6
Lauderdale County	No	193	73.6
Lawrence County	Yes	62	60.1
Limestone County	Yes	135	65.1
Madison County	No	428	48.6
Marion County	Yes	59	65.3
Marshall County	Yes	186	73.1
Morgan County	No	156	46.1
Winston County	Yes	37	50.4

**Cerebrovascular Diseases Mortality Rates
U.S. Alabama, and the West Alabama Action Commission Counties, 2003-2005**

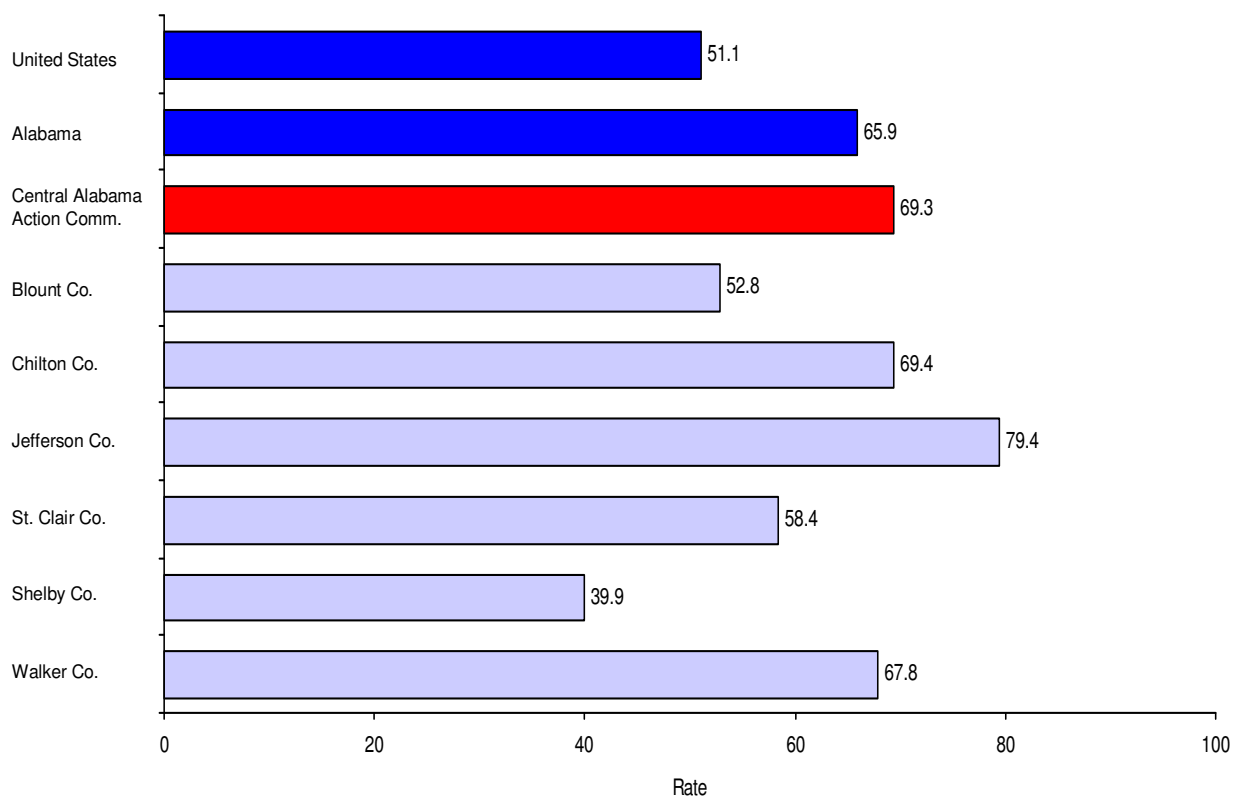


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cerebrovascular Diseases (Stroke) Mortality and Mortality Rates
West Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
West Alabama Action Commission	Not Applicable	609	75.4
District's Rural Counties Combined	Not Applicable	292	95.0
District's Urban Counties Combined	Not Applicable	317	63.4
Bibb County	Yes	89	139.6
Fayette County	Yes	59	108.3
Greene County	Yes	22	75.8
Hale County	Yes	34	62.6
Lamar County	Yes	39	86.7
Pickens County	Yes	49	80.5
Tuscaloosa County	No	317	63.4

**Cerebrovascular Diseases Mortality Rates
U.S. Alabama, and the Central Alabama Action Commission Counties, 2003-2005**

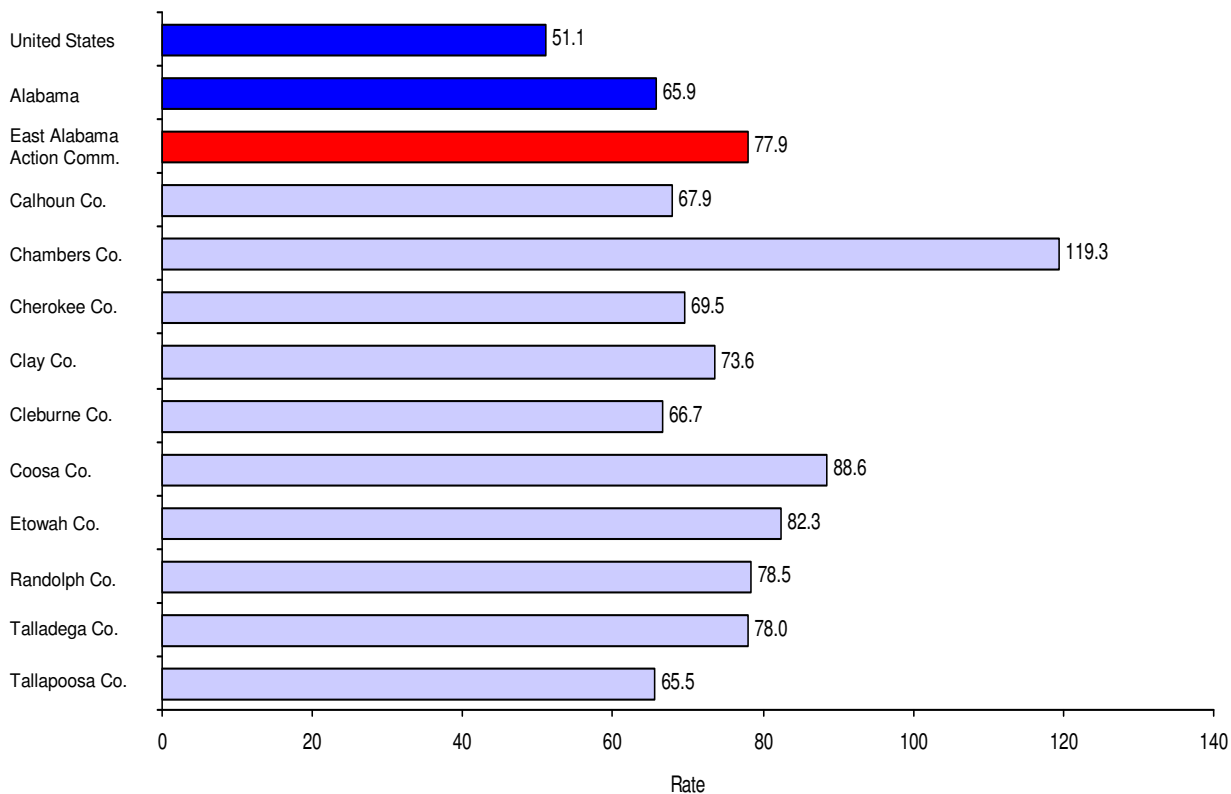


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cerebrovascular Diseases (Stroke) Mortality and Mortality Rates
Central Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Central Alabama Action Commission	Not Applicable	2,202	69.3
District's Rural Counties Combined	Not Applicable	438	61.8
District's Urban Counties Combined	Not Applicable	1,764	71.5
Blount County	Yes	87	52.8
Chilton County	Yes	86	69.4
Jefferson County	No	1,566	79.4
St. Clair County	Yes	123	58.4
Shelby County	No	198	39.9
Walker County	Yes	142	67.8

**Cerebrovascular Diseases Mortality Rates
U.S. Alabama, and the East Alabama Action Commission Counties, 2003-2005**

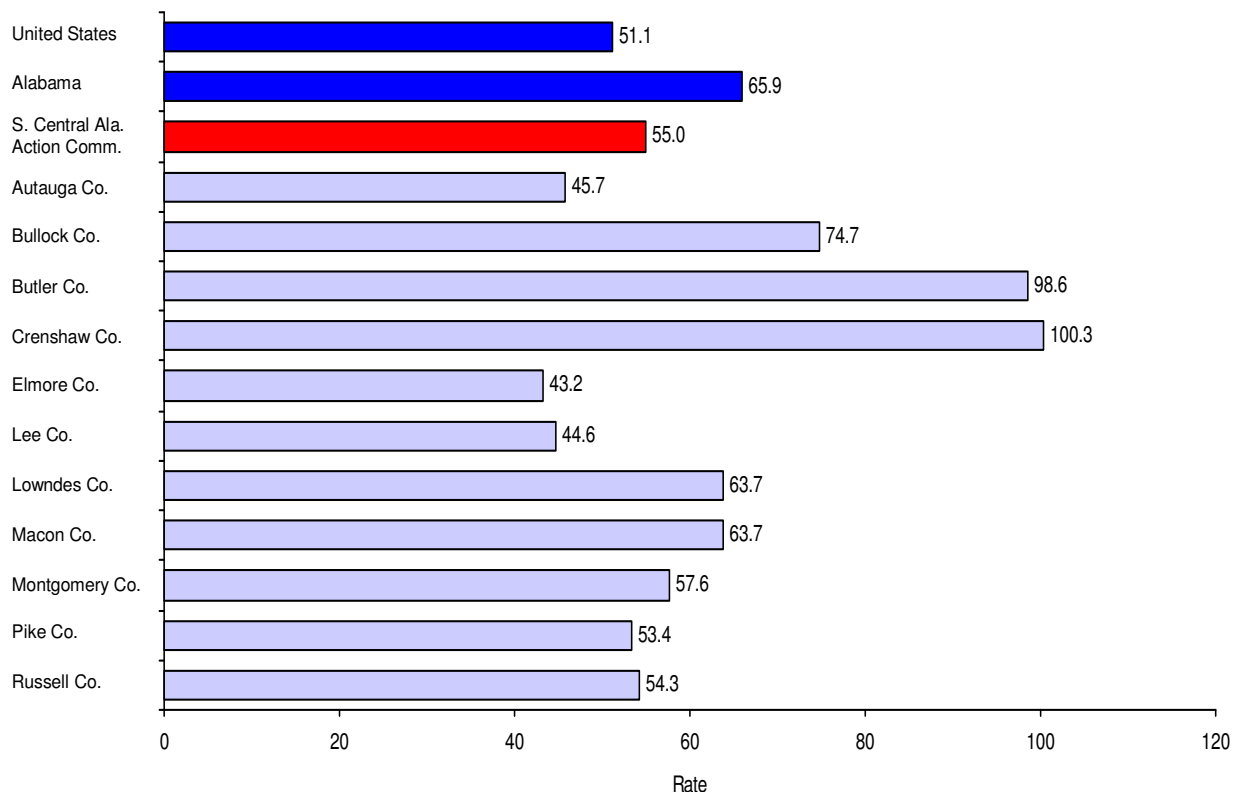


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cerebrovascular Diseases (Stroke) Mortality and Mortality Rates
East Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
East Alabama Action Commission	Not Applicable	1,070	77.9
District's Rural Counties Combined	Not Applicable	588	80.7
District's Urban Counties Combined	Not Applicable	482	74.8
Calhoun County	No	228	67.9
Chambers County	Yes	127	119.3
Cherokee County	Yes	51	69.5
Clay County	Yes	31	73.6
Cleburne County	Yes	29	66.7
Coosa County	Yes	30	88.6
Etowah County	No	254	82.3
Randolph County	Yes	53	78.5
Talladega County	Yes	187	78.0
Tallapoosa County	Yes	80	65.5

**Cerebrovascular Diseases Mortality Rates
U.S. Alabama, and the South Central Alabama Action Commission Counties, 2003-2005**

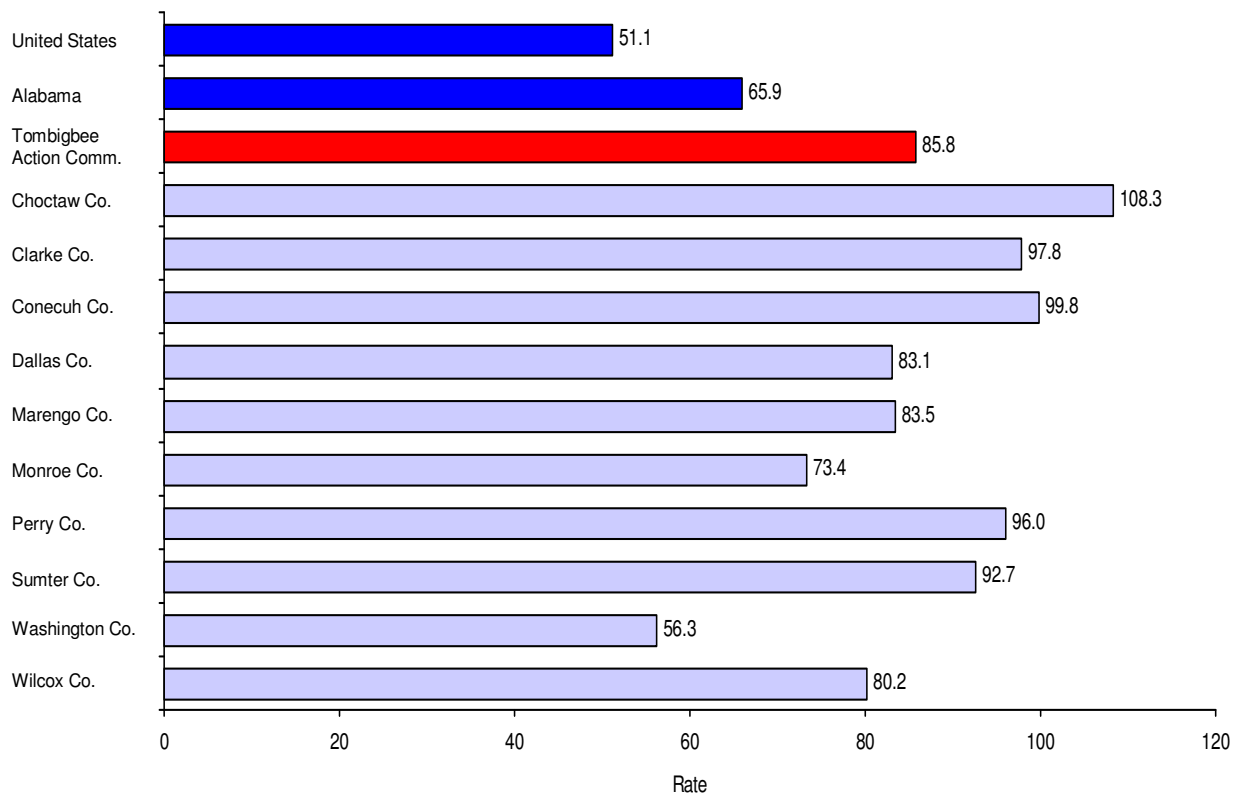


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cerebrovascular Diseases (Stroke) Mortality and Mortality Rates
South Central Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
South Central Alabama Action Commission	Not Applicable	1,024	55.0
District's Rural Counties Combined	Not Applicable	481	57.5
District's Urban Counties Combined	Not Applicable	543	53.0
Autauga County	Yes	65	45.7
Bullock County	Yes	25	74.7
Butler County	Yes	61	98.6
Crenshaw County	Yes	41	100.3
Elmore County	Yes	93	43.2
Lee County	No	161	44.6
Lowndes County	Yes	25	63.7
Macon County	Yes	44	63.7
Montgomery County	No	382	57.6
Pike County	Yes	47	53.4
Russell County	Yes	80	54.3

**Cerebrovascular Diseases Mortality Rates
U.S. Alabama, and the Tombigbee Action Commission Counties, 2003-2005**

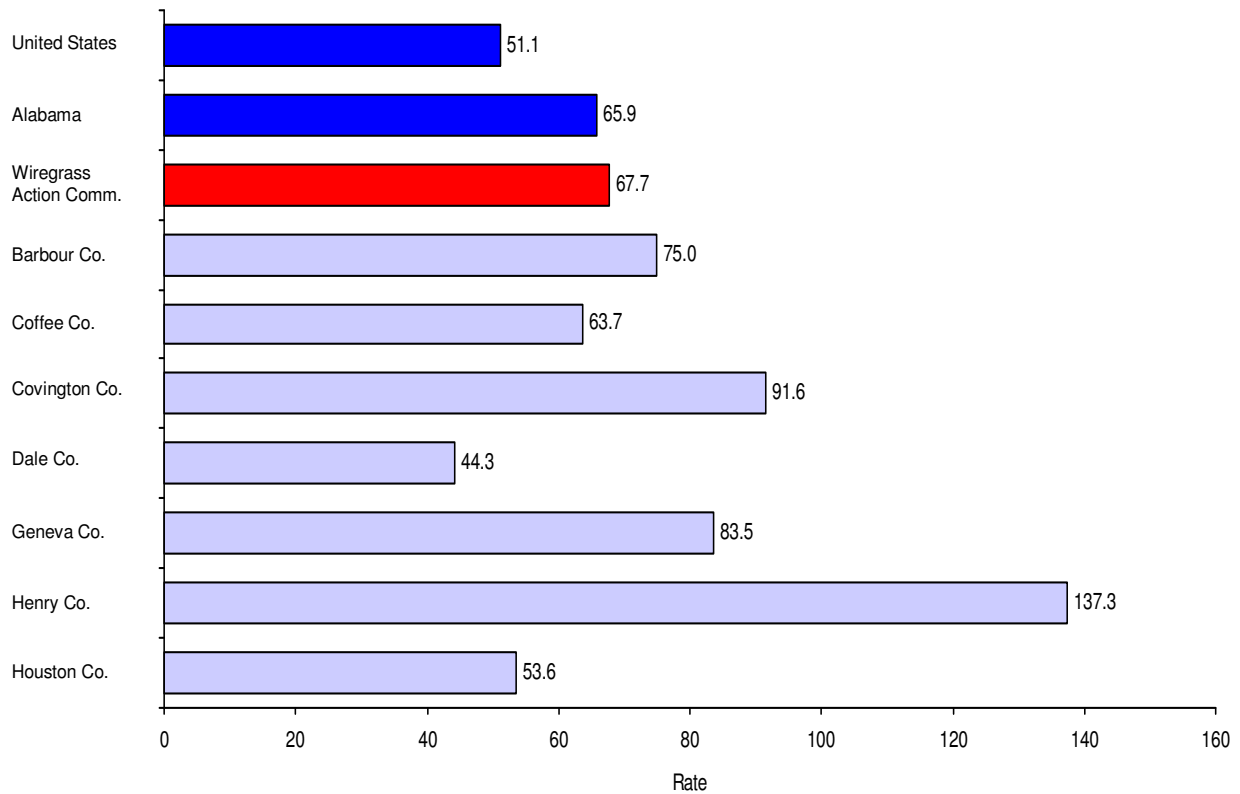


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cerebrovascular Diseases (Stroke) Mortality and Mortality Rates
Tombigbee Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Tombigbee Action Commission	Not Applicable	520	85.8
District's Rural Counties Combined	Not Applicable	520	85.8
District's Urban Counties Combined	Not Applicable	No Urban Counties in District	
Choctaw County	Yes	49	108.3
Clarke County	Yes	80	97.8
Conecuh County	Yes	40	99.8
Dallas County	Yes	111	83.1
Marengo County	Yes	55	83.5
Monroe County	Yes	52	73.4
Perry County	Yes	33	96.0
Sumter County	Yes	39	92.7
Washington County	Yes	30	56.3
Wilcox County	Yes	31	80.2

**Cerebrovascular Diseases Mortality Rates
U.S. Alabama, and the Wiregrass Action Commission Counties, 2003-2005**

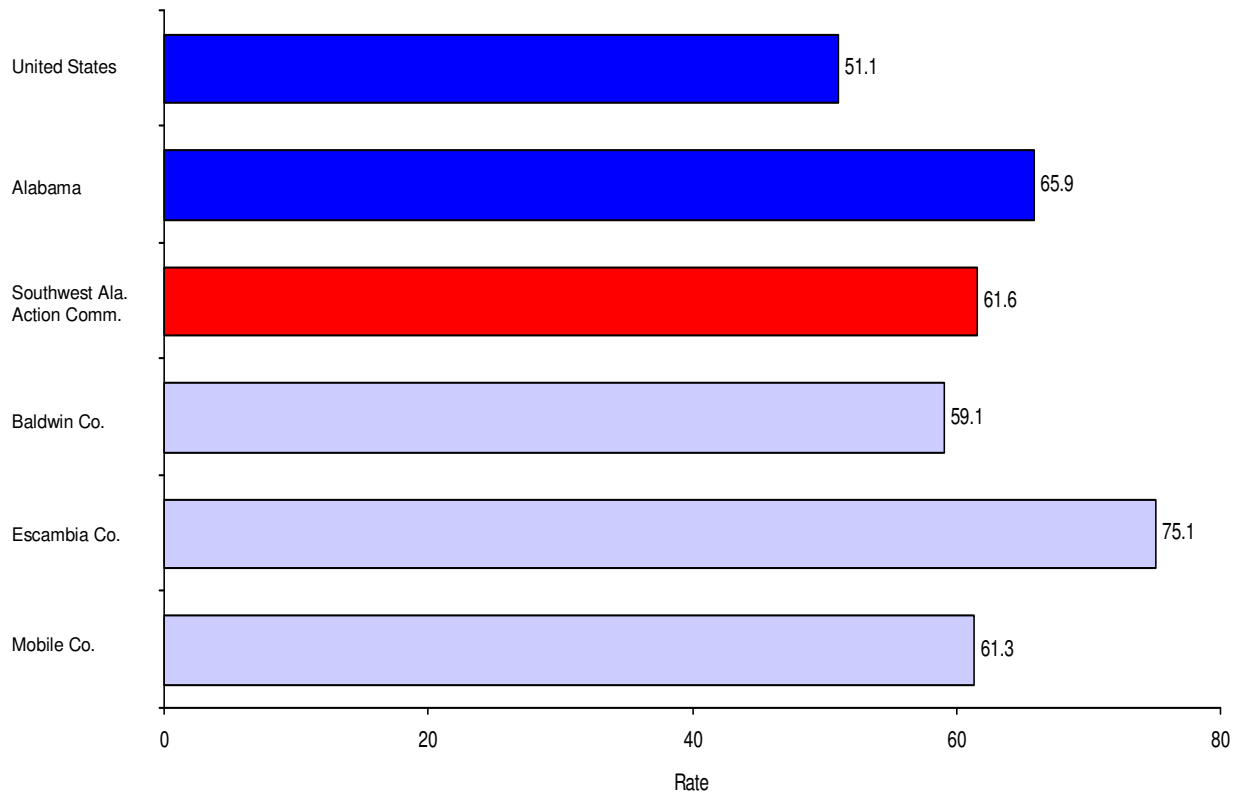


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cerebrovascular Diseases (Stroke) Mortality and Mortality Rates
Wiregrass Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Wiregrass Action Commission	Not Applicable	597	67.7
District's Rural Counties Combined	Not Applicable	448	74.2
District's Urban Counties Combined	Not Applicable	149	53.6
Barbour County	Yes	64	75.0
Coffee County	Yes	86	63.7
Covington County	Yes	101	91.6
Dale County	Yes	65	44.3
Geneva County	Yes	64	83.5
Henry County	Yes	68	137.3
Houston County	No	149	53.6

**Cerebrovascular Diseases Mortality Rates
U.S. Alabama, and the Southwest Alabama Action Commission Counties, 2003-2005**

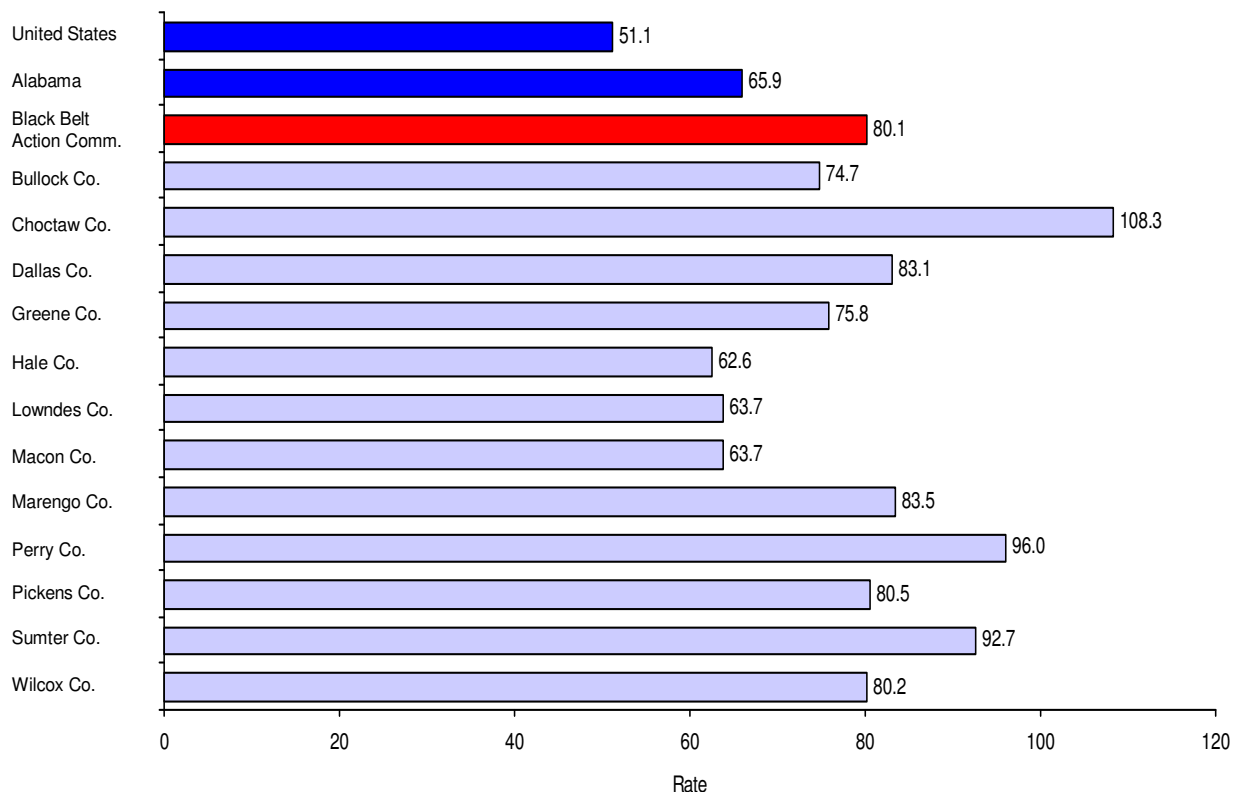


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cerebrovascular Diseases (Stroke) Mortality and Mortality Rates
Southwest Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Southwest Alabama Action Commission	Not Applicable	1,098	61.6
District's Rural Counties Combined	Not Applicable	364	62.2
District's Urban Counties Combined	Not Applicable	734	61.3
Baldwin County	Yes	278	59.1
Escambia County	Yes	86	75.1
Mobile County	No	734	61.3

**Cerebrovascular Diseases Mortality Rates
U.S. Alabama, and the Black Belt Action Commission Counties, 2003-2005**



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Cerebrovascular Diseases (Stroke) Mortality and Mortality Rates
Black Belt Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Black Belt Action Commission	Not Applicable	517	80.1
District's Rural Counties Combined	Not Applicable	517	80.1
District's Urban Counties Combined	Not Applicable	No Urban Counties in District	
Bullock County	Yes	25	74.7
Choctaw County	Yes	49	108.3
Dallas County	Yes	111	83.1
Greene County	Yes	22	75.8
Hale County	Yes	34	62.6
Lowndes County	Yes	25	63.7
Macon County	Yes	44	63.7
Marengo County	Yes	55	83.5
Perry County	Yes	33	96.0
Pickens County	Yes	49	80.5
Sumter County	Yes	39	92.7
Wilcox County	Yes	31	80.2

**Cerebrovascular Diseases (Stroke) Mortality and Mortality Rates
Alabama's Appalachian Region Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Alabama's Appalachian Region	Not Applicable	5,810	67.0
Region's Rural Counties Combined	Not Applicable	2,470	68.9
Region's Urban Counties Combined	Not Applicable	3,340	65.6
Bibb County	Yes	89	139.6
Blount County	Yes	87	52.8
Calhoun County	No	228	67.9
Chambers County	Yes	127	119.3
Cherokee County	Yes	51	69.5
Chilton County	Yes	86	69.4
Clay County	Yes	31	73.6
Cleburne County	Yes	29	66.7
Colbert County	Yes	106	64.7
Coosa County	Yes	30	88.6
Cullman County	Yes	169	71.2
DeKalb County	Yes	102	50.8
Elmore County	Yes	93	43.2
Etowah County	No	254	82.3
Fayette County	Yes	59	108.3
Franklin County	Yes	77	83.7
Hale County	Yes	34	62.6
Jackson County	Yes	104	64.6
Jefferson County	No	1,566	79.4
Lamar County	Yes	39	86.7
Lauderdale County	No	193	73.6
Lawrence County	Yes	62	60.1
Limestone County	Yes	135	65.1
Macon County	Yes	44	63.7
Madison County	No	428	48.6
Marion County	Yes	59	65.3
Marshall County	Yes	186	73.1
Morgan County	No	156	46.1
Pickens County	Yes	49	80.5
Randolph County	Yes	53	78.5
St. Clair County	Yes	123	58.4
Shelby County	No	198	39.9
Talladega County	Yes	187	78.0
Tallapoosa County	Yes	80	65.5
Tuscaloosa County	No	317	63.4
Walker County	Yes	142	67.8
Winston County	Yes	37	50.4

For additional information on the Appalachian Region, visit the Appalachian Regional Commission's Web site at <http://www.arc.gov/index.jsp>; the Appalachian Regional Commission – Alabama Programs Office Web site at <http://www.adeca.alabama.gov/default.aspx>; or contact Bonnie Durham, Alabama Program Manager at (256) 845-3472.

**Cerebrovascular Diseases (Stroke) Mortality and Mortality Rates
Alabama's Delta Region Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Alabama's Delta Region	Not Applicable	1,010	77.6
Region's Rural Counties Combined	Not Applicable	1,010	77.6
Region's Urban Counties Combined	Not Applicable	No Urban Counties in Region	
Barbour County	Yes	64	75.0
Bullock County	Yes	25	74.7
Butler County	Yes	61	98.6
Choctaw County	Yes	49	108.3
Clarke County	Yes	80	97.8
Conecuh County	Yes	40	99.8
Dallas County	Yes	111	83.1
Escambia County	Yes	86	75.1
Greene County	Yes	22	75.8
Hale County	Yes	34	62.6
Lowndes County	Yes	25	63.7
Macon County	Yes	44	63.7
Marengo County	Yes	55	83.5
Monroe County	Yes	52	73.4
Perry County	Yes	33	96.0
Pickens County	Yes	49	80.5
Russell County	Yes	80	54.3
Sumter County	Yes	39	92.7
Washington County	Yes	30	56.3
Wilcox County	Yes	31	80.2

For additional information on the Delta Region, visit the Delta Regional Authority's Web site at <http://www.dra.gov/> or contact one of the Delta Regional Authority – Local Development District Offices as follows:

Alabama – Tombigbee Regional Commission, (334) 682-4234 (Choctaw, Clarke, Conecuh, Dallas, Marengo, Monroe, Perry, Sumter, Washington, and Wilcox counties)

Lee – Russell Council of Governments, (334) 749-5264 (Russell County)

South Alabama Regional Planning Commission, (251) 433-6541 (Escambia County)

South Central Alabama Development Commission (334) 244-6903 (Bullock, Butler, Lowndes, and Macon counties)

Southeast Alabama Regional Planning and Development Commission, (334) 794-4093 (Barbour County)

West Alabama Planning and Development Council, (205) 333-2990 (Greene, Hale, and Pickens counties)

Indicators of Health Status in Alabama: **ACCIDENT MORTALITY**

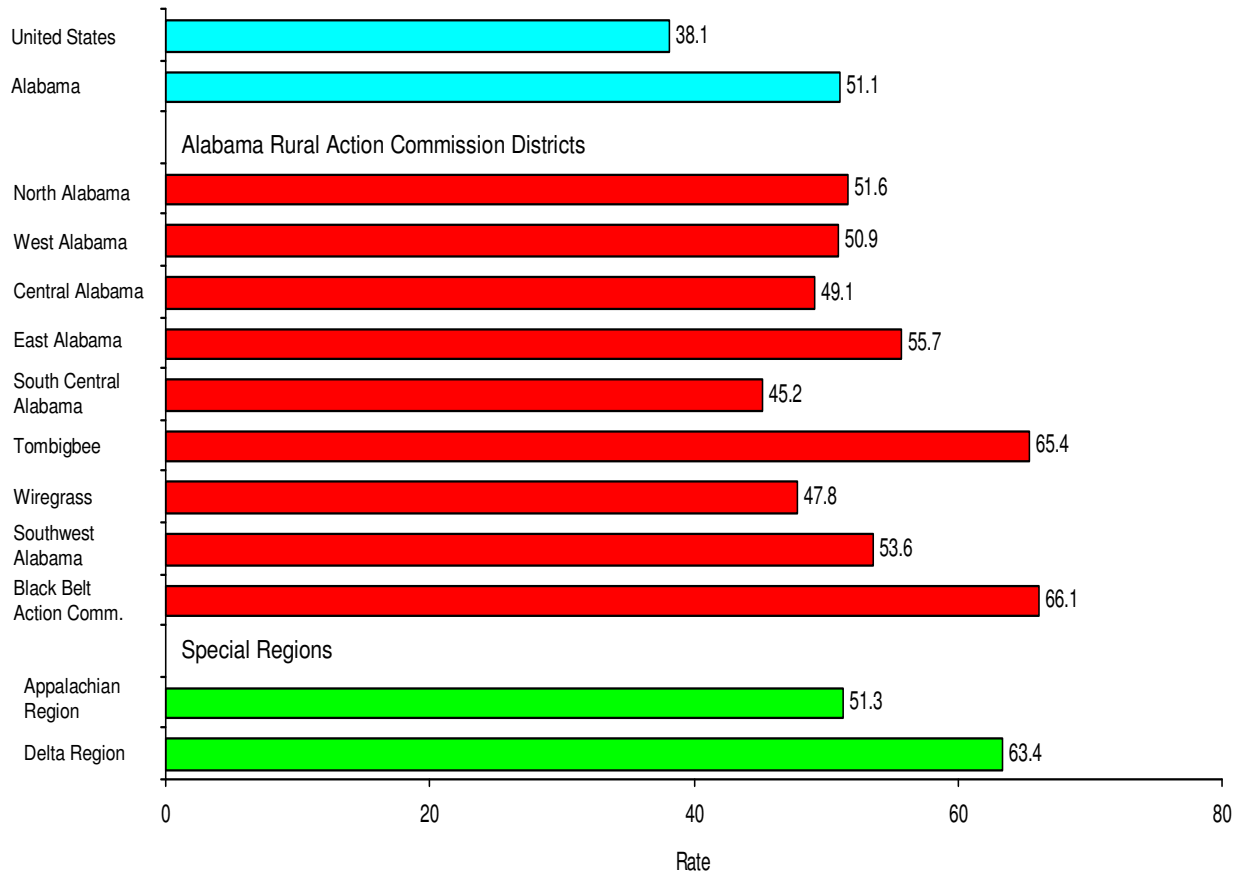
Individuals at risk of death from accidents usually:

- are over age 65 or are children.
- have underlying medical conditions which make accidents more hazardous.
- may be on sedative prescription medications which increase the chance of accidents.
- have medical conditions which predispose to an accident.
- have dwellings with poor lighting or objects such as throw rugs present which make accidents more likely to happen.
- operate vehicles, machinery, or equipment that they are not adequately trained to operate.
- ride with or work around those who operate vehicles, machinery, or equipment that they are not adequately trained to operate.





Individuals at risk for accidents should:

- use available safety devices such as seat belts, harnesses, and child restraints.
- operate vehicles that have safety devices installed and operational.
- have operating smoke detectors, safe playground equipment, and other safety promoting devices where possible.
- improve lighting in residences and remove throw rugs and loose wiring across floors which could cause an accident.
- review medications with physician to reduce or eliminate those which are sedating and substitute non-sedating medications when possible.
- ask a physician to determine if a condition is present which could contribute to the occurrence of accidents and take appropriate corrective measures.
- have persons present who are trained in responding to accidents, such as the Heimlich maneuver.

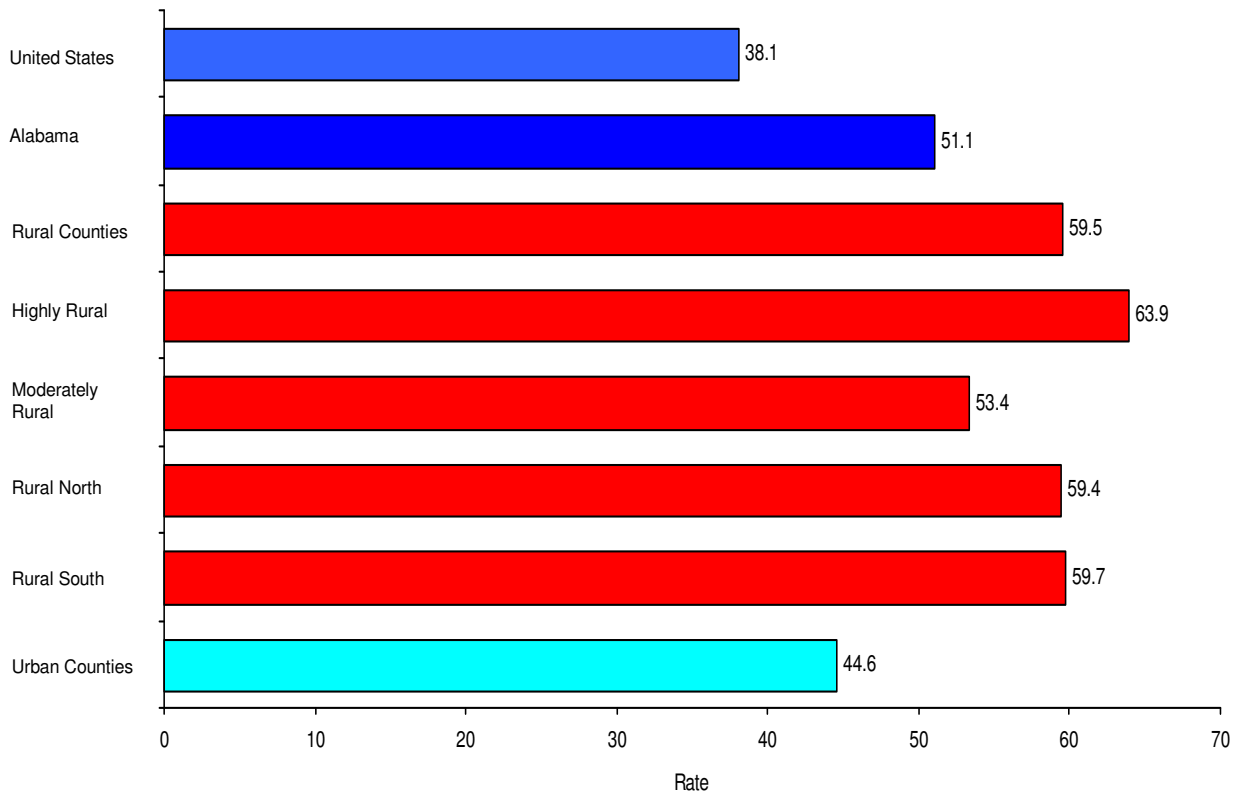
**Accident Mortality Rates for 2003-2005
U.S., Alabama, Alabama Rural Action Commission Districts, and Special Regions In Alabama**



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

-  Accidents have been the fourth leading cause of death in Alabama since 1949 with very few exceptions.
-  Alabama currently has the 6th highest accident mortality rate among all 50 states, the 5th highest motor vehicle accident mortality rate among all states, and the 3rd highest fire-related accident mortality rate among all states.
-  Alabama lost 6,931 residents to accidents during 2003-2005.
-  47 of the 50 Alabama counties with the highest accident mortality rates, including the 32 highest rates, are rural counties.

**Accident Mortality Rates
U.S. and Selected Alabama Areas, 2003-2005**

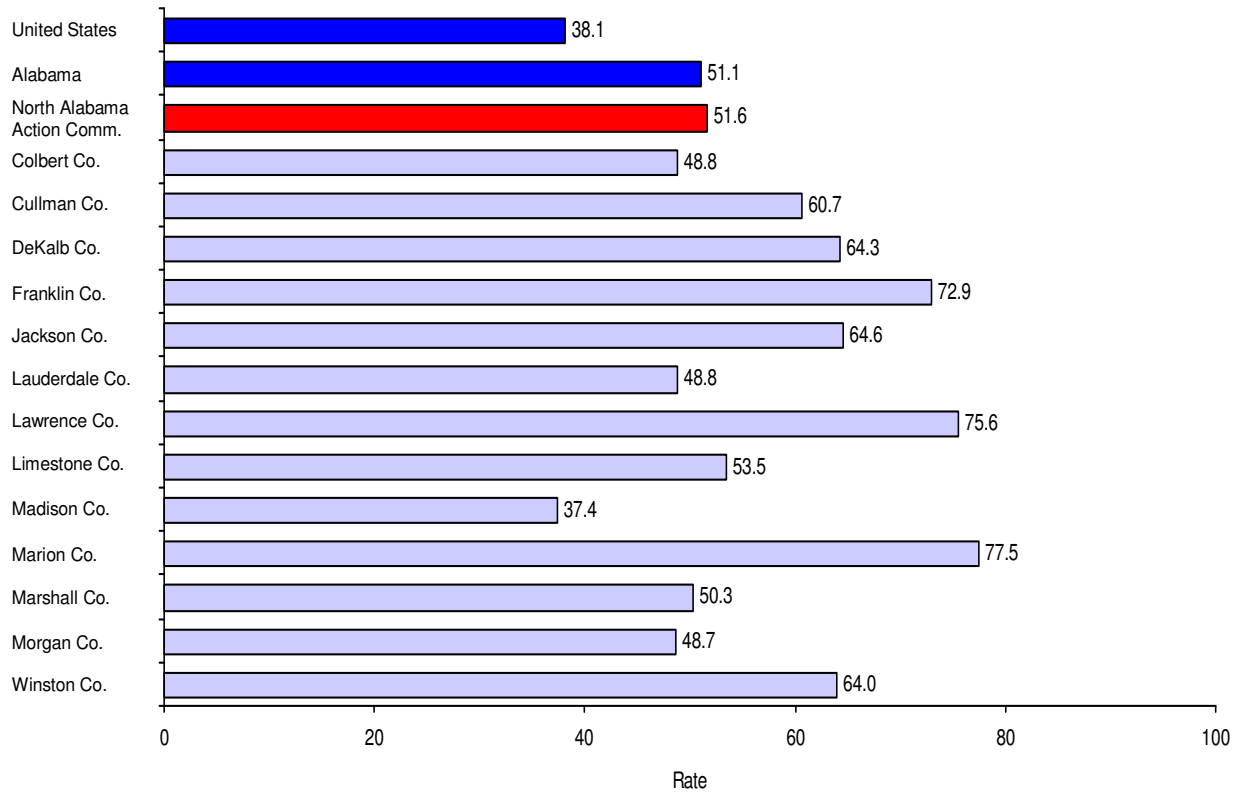


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Accidents Mortality and Mortality Rates
U.S. and Selected Alabama Areas, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
United States	Not Applicable	112,012	38.1
Alabama	Not Applicable	6,931	51.1
Rural Alabama Counties	Not Applicable	3,546	59.5
Highly Rural Alabama Counties	Not Applicable	2,207	63.9
Moderately Rural Alabama Counties	Not Applicable	1,339	53.4
Rural North Alabama Counties	Not Applicable	2,128	59.4
Rural South Alabama Counties	Not Applicable	1,418	59.7
Urban Alabama Counties	Not Applicable	3,385	44.6

**Accident Mortality Rates
U.S. Alabama, and the North Alabama Action Commission Counties, 2003-2005**

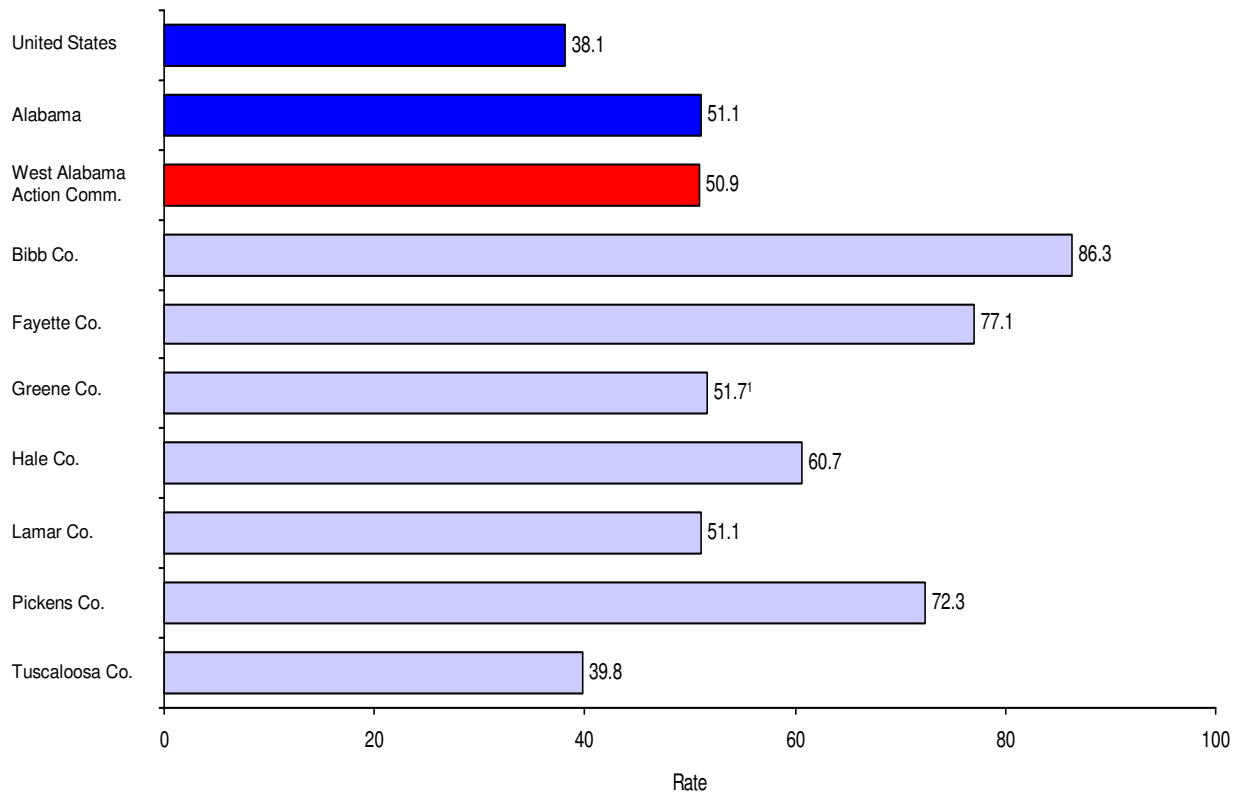


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Accidents Mortality and Mortality Rates
North Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
North Alabama Action Commission	Not Applicable	1,580	51.6
District's Rural Counties Combined	Not Applicable	958	60.5
District's Urban Counties Combined	Not Applicable	622	42.0
Colbert County	Yes	80	48.8
Cullman County	Yes	144	60.7
DeKalb County	Yes	129	64.3
Franklin County	Yes	67	72.9
Jackson County	Yes	104	64.6
Lauderdale County	No	128	48.8
Lawrence County	Yes	78	75.6
Limestone County	Yes	111	53.5
Madison County	No	329	37.4
Marion County	Yes	70	77.5
Marshall County	Yes	128	50.3
Morgan County	No	165	48.7
Winston County	Yes	47	64.0

**Accident Mortality Rates
U.S. Alabama, and the West Alabama Action Commission Counties, 2003-2005**



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

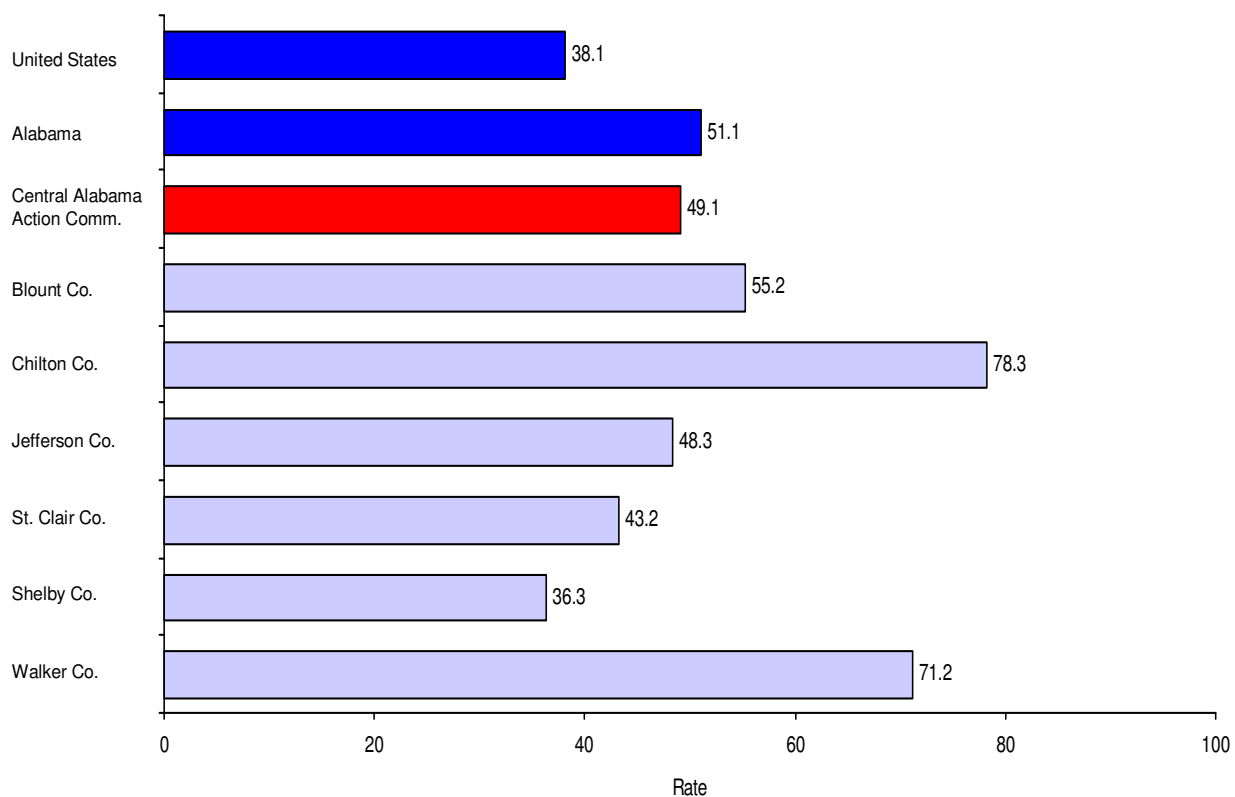
¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

**Accidents Mortality and Mortality Rates
West Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
West Alabama Action Commission	Not Applicable	411	50.9
District's Rural Counties Combined	Not Applicable	212	69
District's Urban Counties Combined	Not Applicable	199	39.8
Bibb County	Yes	55	86.3
Fayette County	Yes	42	77.1
Greene County	Yes	15	51.7 ¹
Hale County	Yes	33	60.7
Lamar County	Yes	23	51.1
Pickens County	Yes	44	72.3
Tuscaloosa County	No	199	39.8

¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

**Accident Mortality Rates
U.S. Alabama, and the Central Alabama Action Commission Counties, 2003-2005**

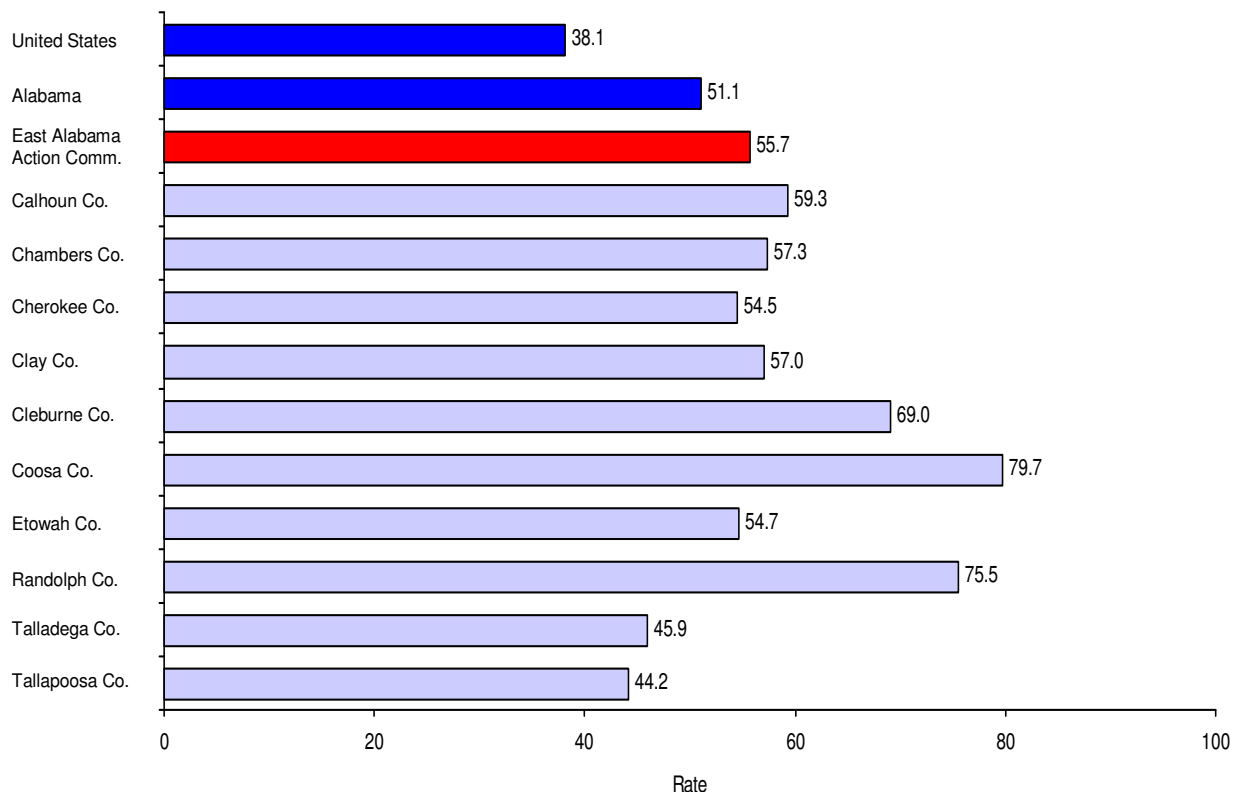


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Accidents Mortality and Mortality Rates
Central Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Central Alabama Action Commission	Not Applicable	1,560	49.1
District's Rural Counties Combined	Not Applicable	428	60.4
District's Urban Counties Combined	Not Applicable	1,132	45.9
Blount County	Yes	91	55.2
Chilton County	Yes	97	78.3
Jefferson County	No	952	48.3
St. Clair County	Yes	91	43.2
Shelby County	No	180	36.3
Walker County	Yes	149	71.2

**Accident Mortality Rates
U.S. Alabama, and the East Alabama Action Commission Counties, 2003-2005**

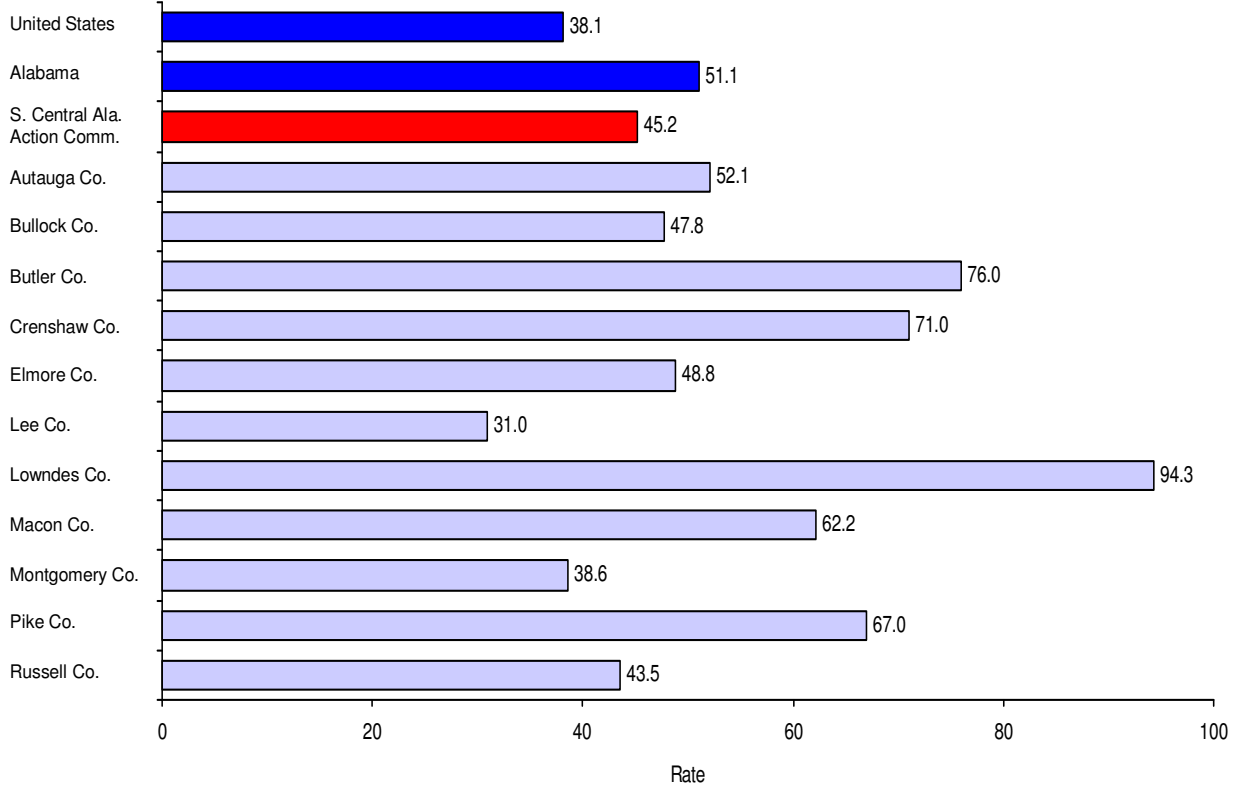


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Accidents Mortality and Mortality Rates
East Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
East Alabama Action Commission	Not Applicable	765	55.7
District's Rural Counties Combined	Not Applicable	397	54.5
District's Urban Counties Combined	Not Applicable	368	57.1
Calhoun County	No	199	59.3
Chambers County	Yes	61	57.3
Cherokee County	Yes	40	54.5
Clay County	Yes	24	57.0
Cleburne County	Yes	30	69.0
Coosa County	Yes	27	79.7
Etowah County	No	169	54.7
Randolph County	Yes	51	75.5
Talladega County	Yes	110	45.9
Tallapoosa County	Yes	54	44.2

**Accident Mortality Rates
U.S. Alabama, and the South Central Alabama Action Commission Counties, 2003-2005**

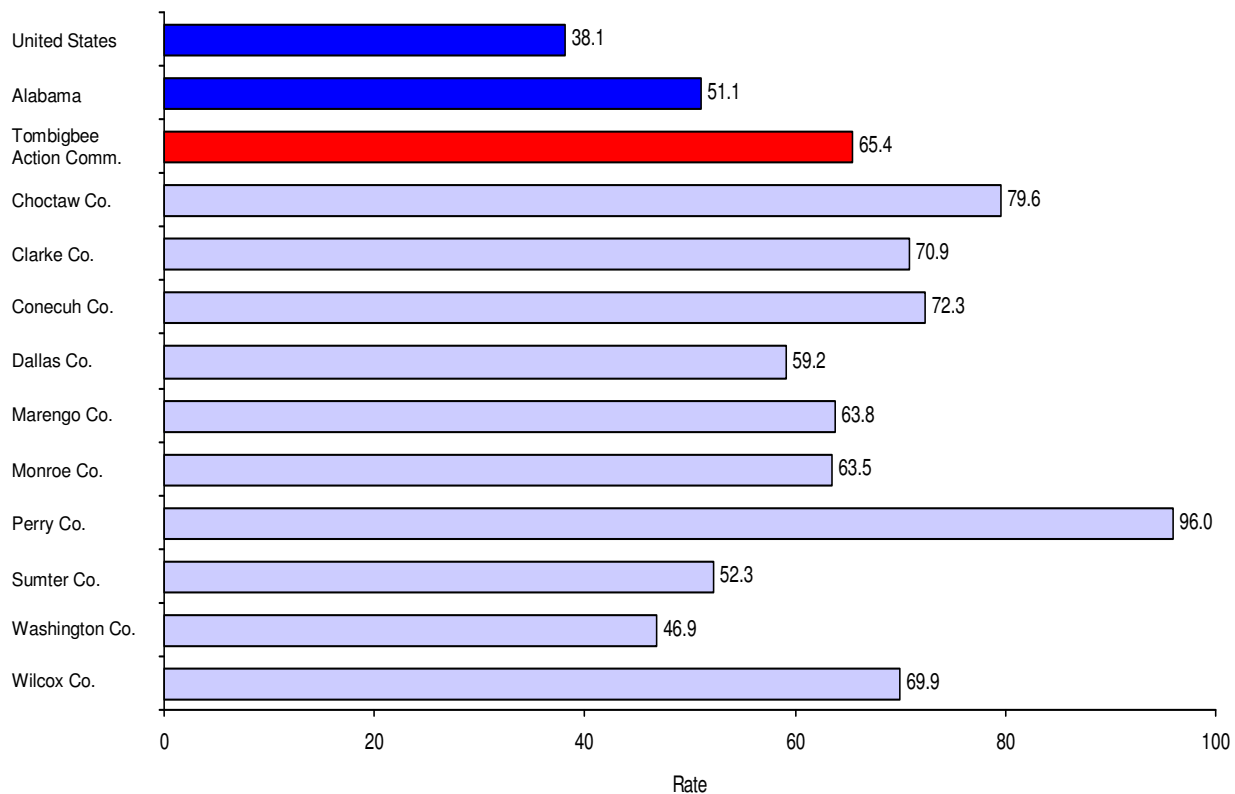


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Accidents Mortality and Mortality Rates
South Central Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
South Central Alabama Action Commission	Not Applicable	842	45.2
District's Rural Counties Combined	Not Applicable	474	56.6
District's Urban Counties Combined	Not Applicable	368	35.9
Autauga County	Yes	74	52.1
Bullock County	Yes	16	47.8
Butler County	Yes	47	76.0
Crenshaw County	Yes	29	71.0
Elmore County	Yes	105	48.8
Lee County	No	112	31.0
Lowndes County	Yes	37	94.3
Macon County	Yes	43	62.2
Montgomery County	No	256	38.6
Pike County	Yes	59	67.0
Russell County	Yes	64	43.5

**Accident Mortality Rates
U.S. Alabama, and the Tombigbee Action Commission Counties, 2003-2005**

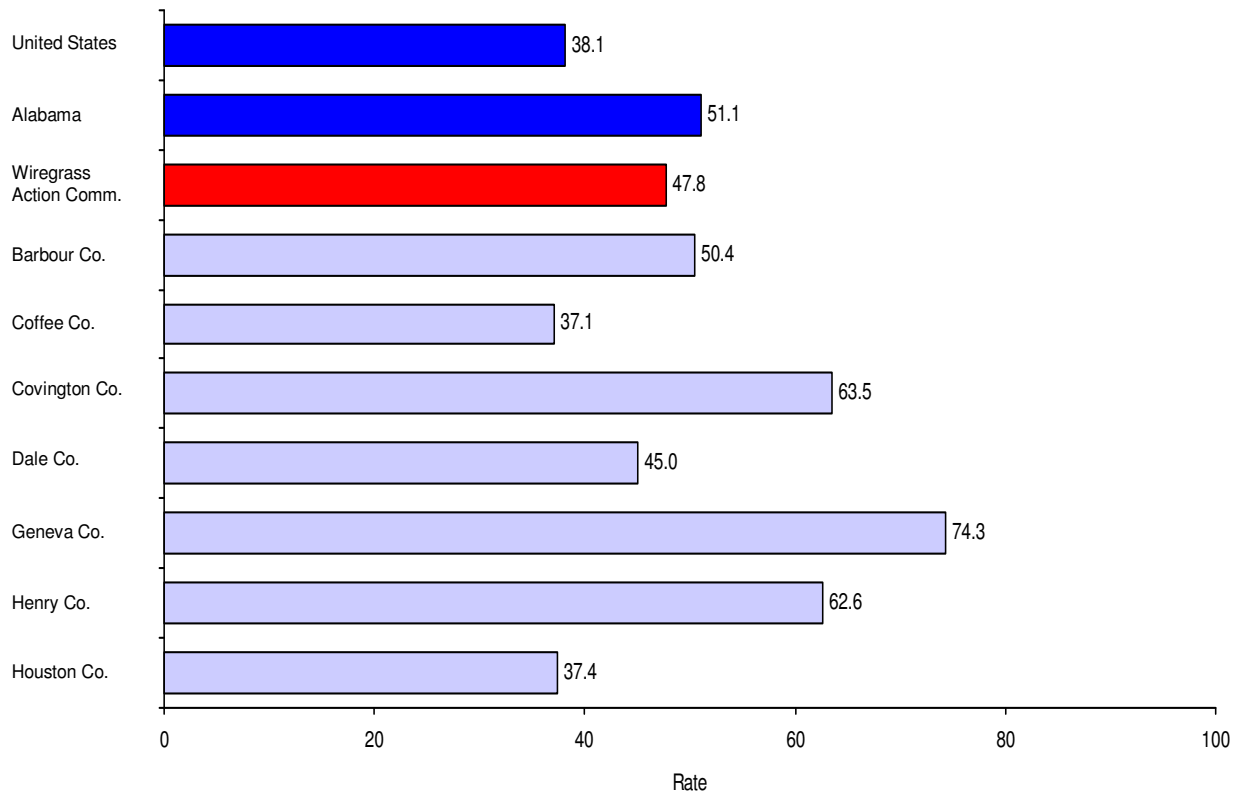


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Accidents Mortality and Mortality Rates
Tombigbee Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Tombigbee Action Commission	Not Applicable	396	65.4
District's Rural Counties Combined	Not Applicable	396	65.4
District's Urban Counties Combined	Not Applicable	No Urban Counties in District	
Choctaw County	Yes	36	79.6
Clarke County	Yes	58	70.9
Conecuh County	Yes	29	72.3
Dallas County	Yes	79	59.2
Marengo County	Yes	42	63.8
Monroe County	Yes	45	63.5
Perry County	Yes	33	96.0
Sumter County	Yes	22	52.3
Washington County	Yes	25	46.9
Wilcox County	Yes	27	69.9

**Accident Mortality Rates
U.S. Alabama, and the Wiregrass Action Commission Counties, 2003-2005**

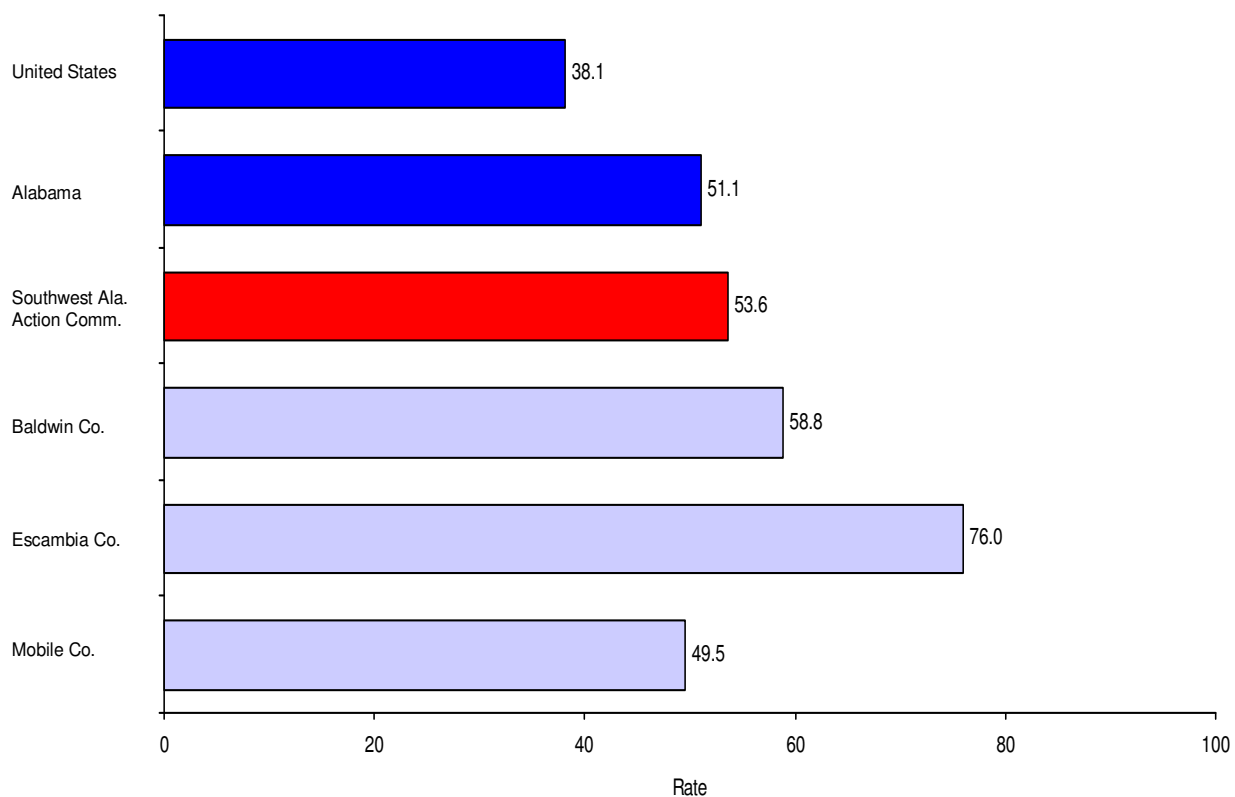


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Accidents Mortality and Mortality Rates
Wiregrass Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Wiregrass Action Commission	Not Applicable	421	47.8
District's Rural Counties Combined	Not Applicable	317	52.5
District's Urban Counties Combined	Not Applicable	104	37.4
Barbour County	Yes	43	50.4
Coffee County	Yes	50	37.1
Covington County	Yes	70	63.5
Dale County	Yes	66	45.0
Geneva County	Yes	57	74.3
Henry County	Yes	31	62.6
Houston County	No	104	37.4

**Accident Mortality Rates
U.S. Alabama, and the Southwest Alabama Action Commission Counties, 2003-2005**

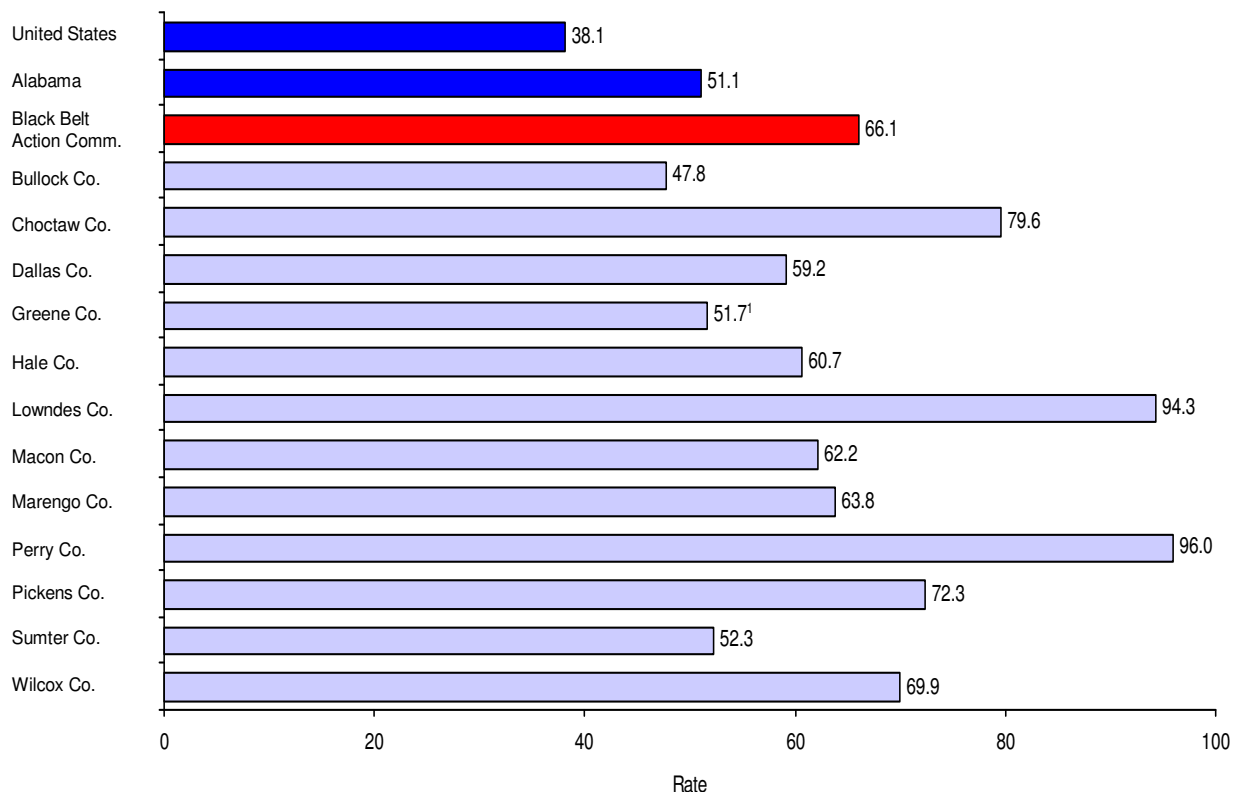


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Accidents Mortality and Mortality Rates
Southwest Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Southwest Alabama Action Commission	Not Applicable	956	53.6
District's Rural Counties Combined	Not Applicable	364	62.2
District's Urban Counties Combined	Not Applicable	592	49.5
Baldwin County	Yes	277	58.8
Escambia County	Yes	87	76.0
Mobile County	No	592	49.5

**Accident Mortality Rates
U.S. Alabama, and the Black Belt Action Commission Counties, 2003-2005**



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

**Accidents Mortality and Mortality Rates
Black Belt Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Black Belt Action Commission	Not Applicable	427	66.1
District's Rural Counties Combined	Not Applicable	427	66.1
District's Urban Counties Combined	Not Applicable	No Urban Counties in District	
Bullock County	Yes	16	47.8
Choctaw County	Yes	36	79.6
Dallas County	Yes	79	59.2
Greene County	Yes	15	51.7 ¹
Hale County	Yes	33	60.7
Lowndes County	Yes	37	94.3
Macon County	Yes	43	62.2
Marengo County	Yes	42	63.8
Perry County	Yes	33	96.0
Pickens County	Yes	44	72.3
Sumter County	Yes	22	52.3
Wilcox County	Yes	27	69.9

¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

**Accidents Mortality and Mortality Rates
Alabama's Appalachian Region Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Alabama's Appalachian Region	Not Applicable	4,449	51.3
Region's Rural Counties Combined	Not Applicable	2,128	59.4
Region's Urban Counties Combined	Not Applicable	2,321	45.6
Bibb County	Yes	55	86.3
Blount County	Yes	91	55.2
Calhoun County	No	199	59.3
Chambers County	Yes	61	57.3
Cherokee County	Yes	40	54.5
Chilton County	Yes	97	78.3
Clay County	Yes	24	57.0
Cleburne County	Yes	30	69.0
Colbert County	Yes	80	48.8
Coosa County	Yes	27	79.7
Cullman County	Yes	144	60.7
DeKalb County	Yes	129	64.3
Elmore County	Yes	105	48.8
Etowah County	No	169	54.7
Fayette County	Yes	42	77.1
Franklin County	Yes	67	72.9
Hale County	Yes	33	60.7
Jackson County	Yes	104	64.6
Jefferson County	No	952	48.3
Lamar County	Yes	23	51.1
Lauderdale County	No	128	48.8
Lawrence County	Yes	78	75.6
Limestone County	Yes	111	53.5
Macon County	Yes	43	62.2
Madison County	No	329	37.4
Marion County	Yes	70	77.5
Marshall County	Yes	128	50.3
Morgan County	No	165	48.7
Pickens County	Yes	44	72.3
Randolph County	Yes	51	75.5
St. Clair County	Yes	91	43.2
Shelby County	No	180	36.3
Talladega County	Yes	110	45.9
Tallapoosa County	Yes	54	44.2
Tuscaloosa County	No	199	39.8
Walker County	Yes	149	71.2
Winston County	Yes	47	64.0

For additional information on the Appalachian Region, visit the Appalachian Regional Commission's Web site at <http://www.arc.gov/index.jsp>; the Appalachian Regional Commission – Alabama Programs Office Web site at <http://www.adeca.alabama.gov/default.aspx>; or contact Bonnie Durham, Alabama Program Manager at (256) 845-3472.

**Accidents Mortality and Mortality Rates
Alabama's Delta Region Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Alabama's Delta Region	Not Applicable	825	63.4
Region's Rural Counties Combined	Not Applicable	825	63.4
Region's Urban Counties Combined	Not Applicable	No Urban Counties in Region	
Barbour County	Yes	43	50.4
Bullock County	Yes	16	47.8
Butler County	Yes	47	76.0
Choctaw County	Yes	36	79.6
Clarke County	Yes	58	70.9
Conecuh County	Yes	29	72.3
Dallas County	Yes	79	59.2
Escambia County	Yes	87	76.0
Greene County	Yes	15	51.7 ¹
Hale County	Yes	33	60.7
Lowndes County	Yes	37	94.3
Macon County	Yes	43	62.2
Marengo County	Yes	42	63.8
Monroe County	Yes	45	63.5
Perry County	Yes	33	96.0
Pickens County	Yes	44	72.3
Russell County	Yes	64	43.5
Sumter County	Yes	22	52.3
Washington County	Yes	25	46.9
Wilcox County	Yes	27	69.9

¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

For additional information on the Delta Region, visit the Delta Regional Authority's Web site at <http://www.dra.gov/> or contact one of the Delta Regional Authority – Local Development District Offices as follows:

Alabama – Tombigbee Regional Commission, (334) 682-4234 (Choctaw, Clarke, Conecuh, Dallas, Marengo, Monroe, Perry, Sumter, Washington, and Wilcox counties)

Lee – Russell Council of Governments, (334) 749-5264 (Russell County)

South Alabama Regional Planning Commission, (251) 433-6541 (Escambia County)

South Central Alabama Development Commission (334) 244-6903 (Bullock, Butler, Lowndes, and Macon counties)

Southeast Alabama Regional Planning and Development Commission, (334) 794-4093 (Barbour County)

West Alabama Planning and Development Council, (205) 333-2990 (Greene, Hale, and Pickens counties)

Indicators of Health Status in Alabama: **DIABETES MORTALITY**

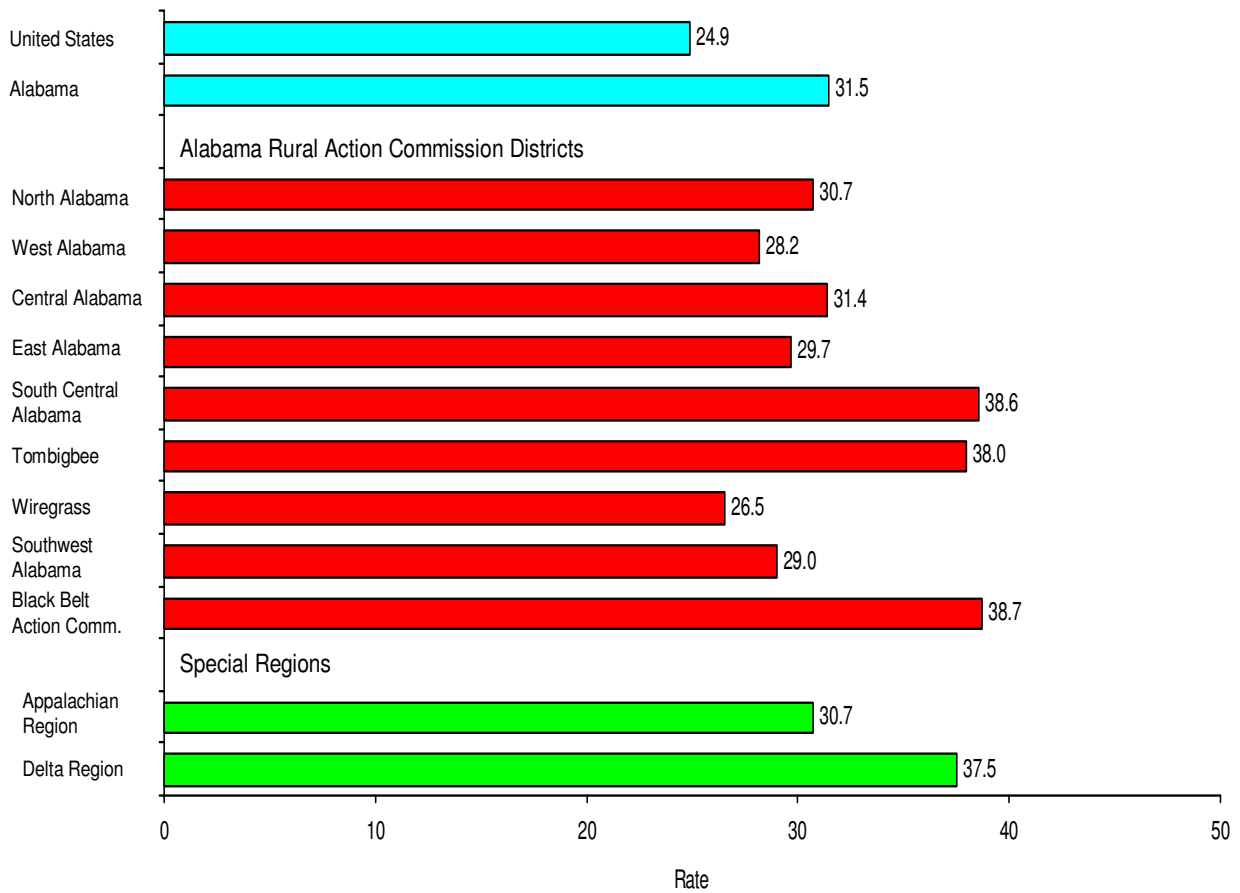
People who are most likely to get diabetes:

- are overweight.
- are 40 years of age or older.
- have a family history of diabetes.
- do not perform physical activity regularly.
- have had a baby weighing more than 9 pounds at birth.
- have had diabetes during pregnancy.
- have high blood pressure.
- are African American, Hispanic American, or Native American.





To prevent or delay the complications of diabetes, persons with diabetes should:

- maintain optimal blood sugar control through diet, physical activity, and medication.
- test blood sugar daily and have dilated eye exams.
- visit a physician frequently and have foot exam on each visit.
- check their own feet frequently, preferably daily.
- maintain ideal body weight, normal blood pressure, blood sugar, and cholesterol.
- avoid tobacco and alcohol.
- have an annual microalbumin and assessment of chronic kidney disease with estimated glomerular filtration rate (eGFR).
- have a Hemoglobin A1c test performed at home or in a physician's office at least every 6 months.
- check blood cholesterol and other blood lipids at least once a year.

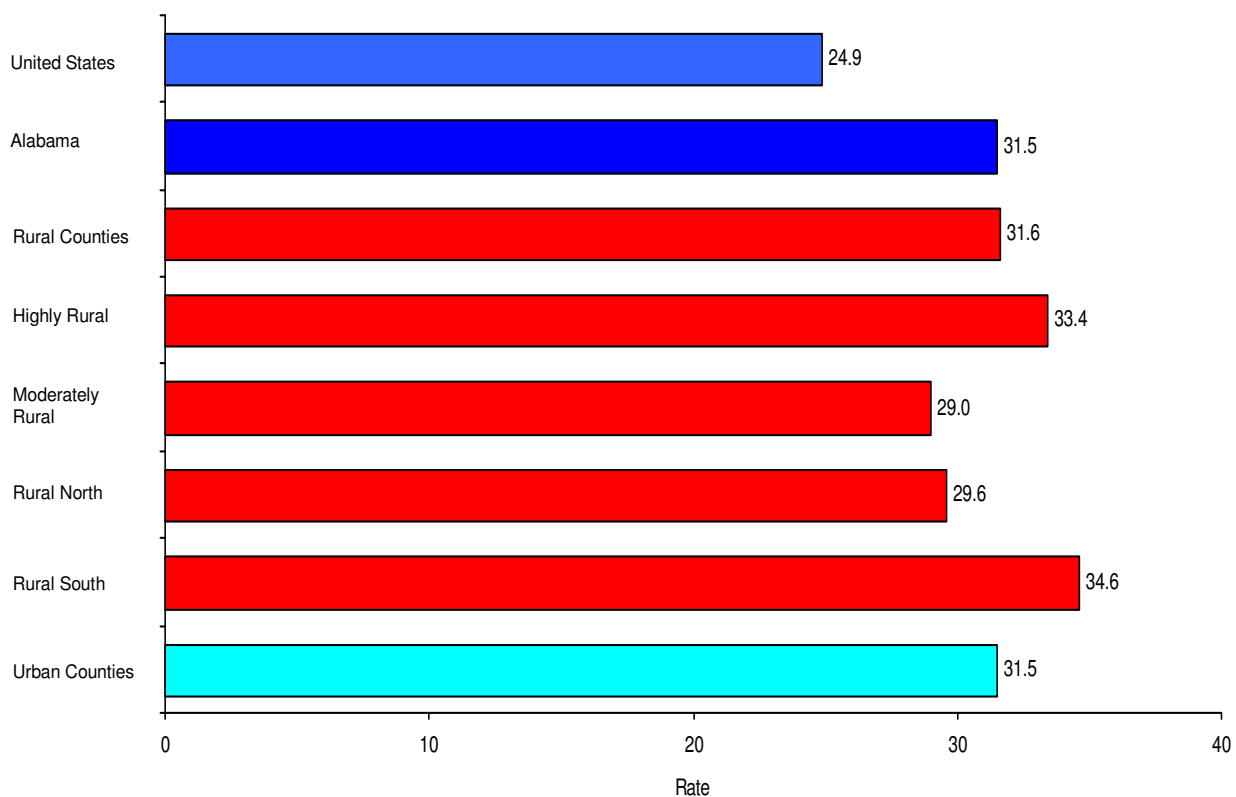
Diabetes Mortality Rates for 2003-2005
U.S., Alabama, Alabama Rural Action Commission Districts, and Special Regions In Alabama



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

-  Diabetes mortality in Alabama is consistently over 50 percent higher among Alabama's African American population than among its White population.
-  Alabama currently has the 5th highest diabetes mortality rate among all 50 states. Alabamians aged 25-64 years have the 2nd highest diabetes mortality rate among all 50 states.
-  Alabama lost 4,273 residents to diabetes during 2003-2005.
-  29 of the 32 Alabama counties with the highest diabetes mortality rates are rural counties.

**Diabetes Mortality Rates
U.S. and Selected Alabama Areas, 2003-2005**

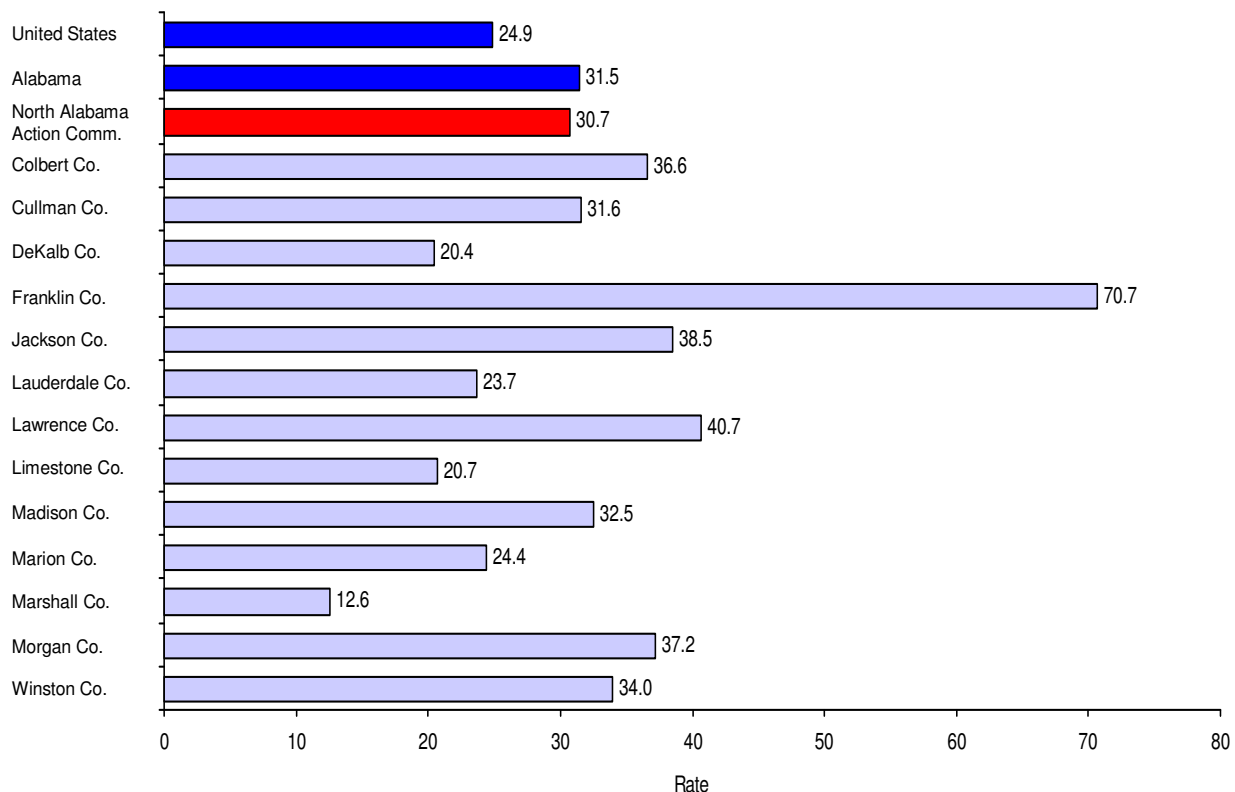


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Diabetes Mellitus Mortality and Mortality Rates
U.S. and Selected Alabama Areas, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
United States	Not Applicable	73,138	24.9
Alabama	Not Applicable	4,273	31.5
Rural Alabama Counties	Not Applicable	1,881	31.6
Highly Rural Alabama Counties	Not Applicable	1,154	33.4
Moderately Rural Alabama Counties	Not Applicable	727	29.0
Rural North Alabama Counties	Not Applicable	1,059	29.6
Rural South Alabama Counties	Not Applicable	822	34.6
Urban Alabama Counties	Not Applicable	2,392	31.5

**Diabetes Mortality Rates
U.S. Alabama, and the North Alabama Action Commission Counties, 2003-2005**

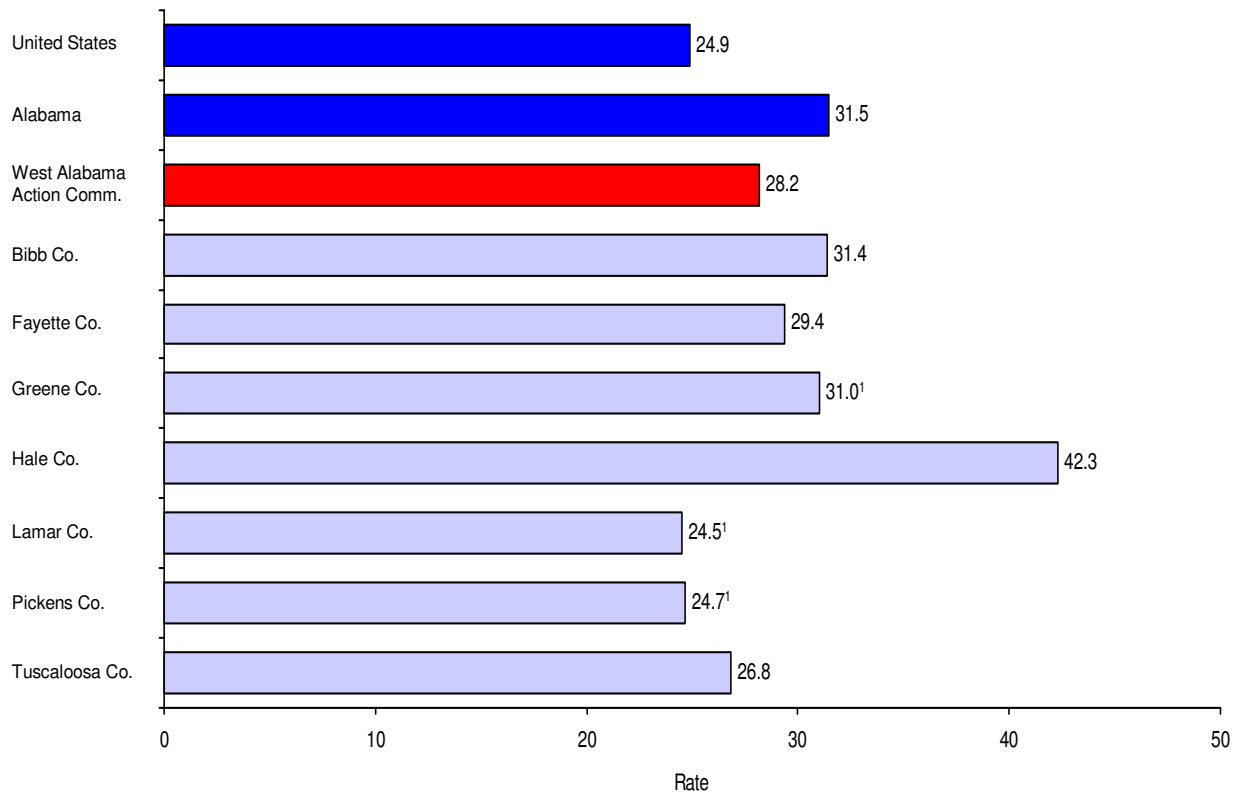


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Diabetes Mellitus Mortality and Mortality Rates
North Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
North Alabama Action Commission	Not Applicable	941	30.7
District's Rural Counties Combined	Not Applicable	467	29.5
District's Urban Counties Combined	Not Applicable	474	32.0
Colbert County	Yes	60	36.6
Cullman County	Yes	75	31.6
DeKalb County	Yes	41	20.4
Franklin County	Yes	65	70.7
Jackson County	Yes	62	38.5
Lauderdale County	No	62	23.7
Lawrence County	Yes	42	40.7
Limestone County	Yes	43	20.7
Madison County	No	286	32.5
Marion County	Yes	22	24.4
Marshall County	Yes	32	12.6
Morgan County	No	126	37.2
Winston County	Yes	25	34.0

**Diabetes Mortality Rates
U.S. Alabama, and the West Alabama Action Commission Counties, 2003-2005**



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

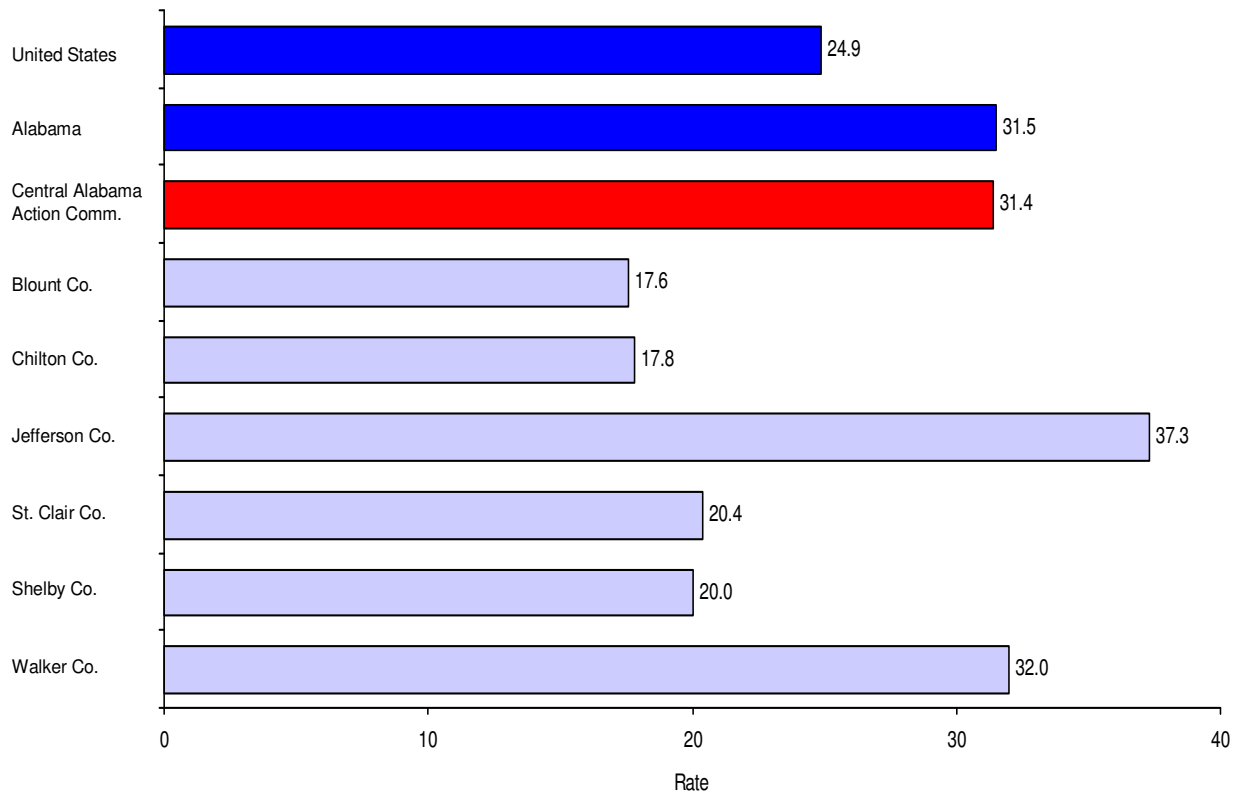
¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

**Diabetes Mellitus Mortality and Mortality Rates
West Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
West Alabama Action Commission	Not Applicable	228	28.2
District's Rural Counties Combined	Not Applicable	94	30.6
District's Urban Counties Combined	Not Applicable	134	26.8
Bibb County	Yes	20	31.4
Fayette County	Yes	16	29.4
Greene County	Yes	9	31.0 ¹
Hale County	Yes	23	42.3
Lamar County	Yes	11	24.5 ¹
Pickens County	Yes	15	24.7 ¹
Tuscaloosa County	No	134	26.8

¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

**Diabetes Mortality Rates
U.S. Alabama, and the Central Alabama Action Commission Counties, 2003-2005**

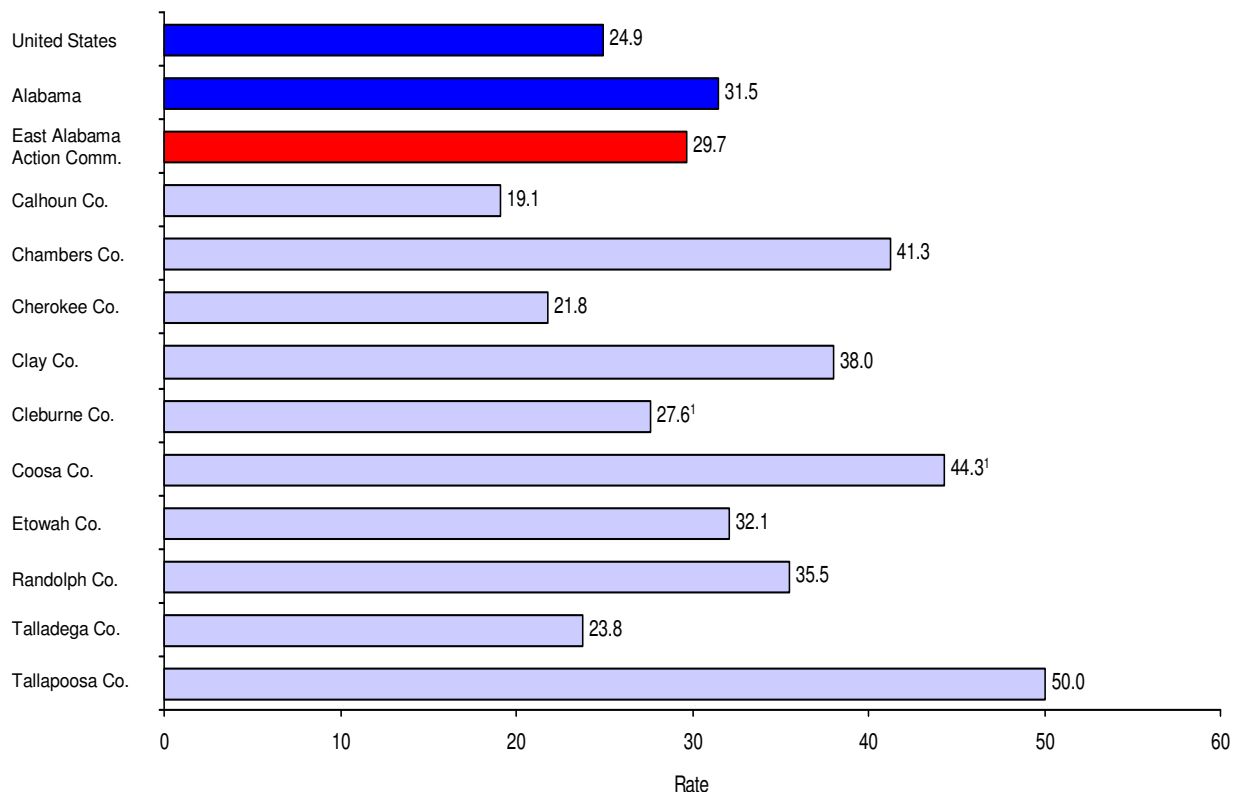


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Diabetes Mellitus Mortality and Mortality Rates
Central Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Central Alabama Action Commission	Not Applicable	996	31.4
District's Rural Counties Combined	Not Applicable	161	22.7
District's Urban Counties Combined	Not Applicable	835	33.8
Blount County	Yes	29	17.6
Chilton County	Yes	22	17.8
Jefferson County	No	736	37.3
St. Clair County	Yes	43	20.4
Shelby County	No	99	20.0
Walker County	Yes	67	32.0

**Diabetes Mortality Rates
U.S. Alabama, and the East Alabama Action Commission Counties, 2003-2005**



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

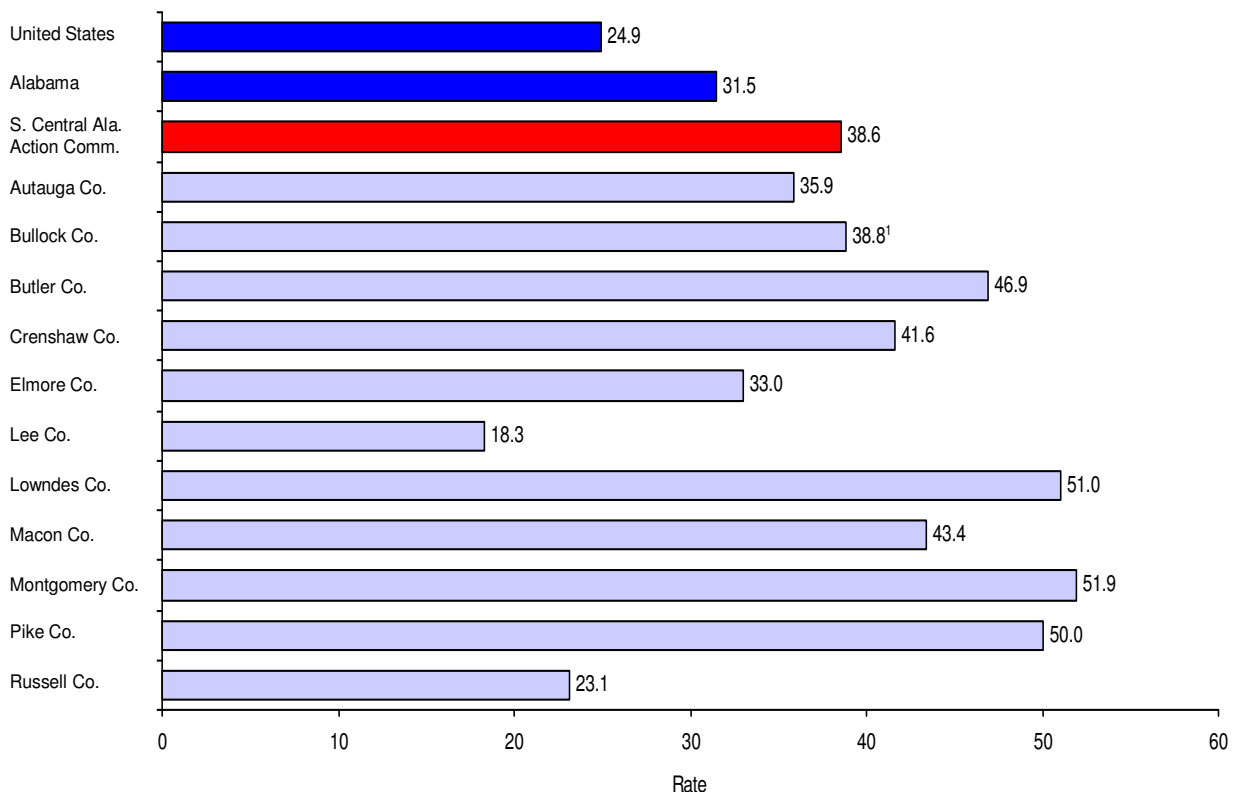
¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

**Diabetes Mellitus Mortality and Mortality Rates
East Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
East Alabama Action Commission	Not Applicable	408	29.7
District's Rural Counties Combined	Not Applicable	245	33.6
District's Urban Counties Combined	Not Applicable	163	25.3
Calhoun County	No	64	19.1
Chambers County	Yes	44	41.3
Cherokee County	Yes	16	21.8
Clay County	Yes	16	38.0
Cleburne County	Yes	12	27.6 ¹
Coosa County	Yes	15	44.3 ¹
Etowah County	No	99	32.1
Randolph County	Yes	24	35.5
Talladega County	Yes	57	23.8
Tallapoosa County	Yes	61	50.0

¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

**Diabetes Mortality Rates
U.S. Alabama, and the South Central Alabama Action Commission Counties, 2003-2005**



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

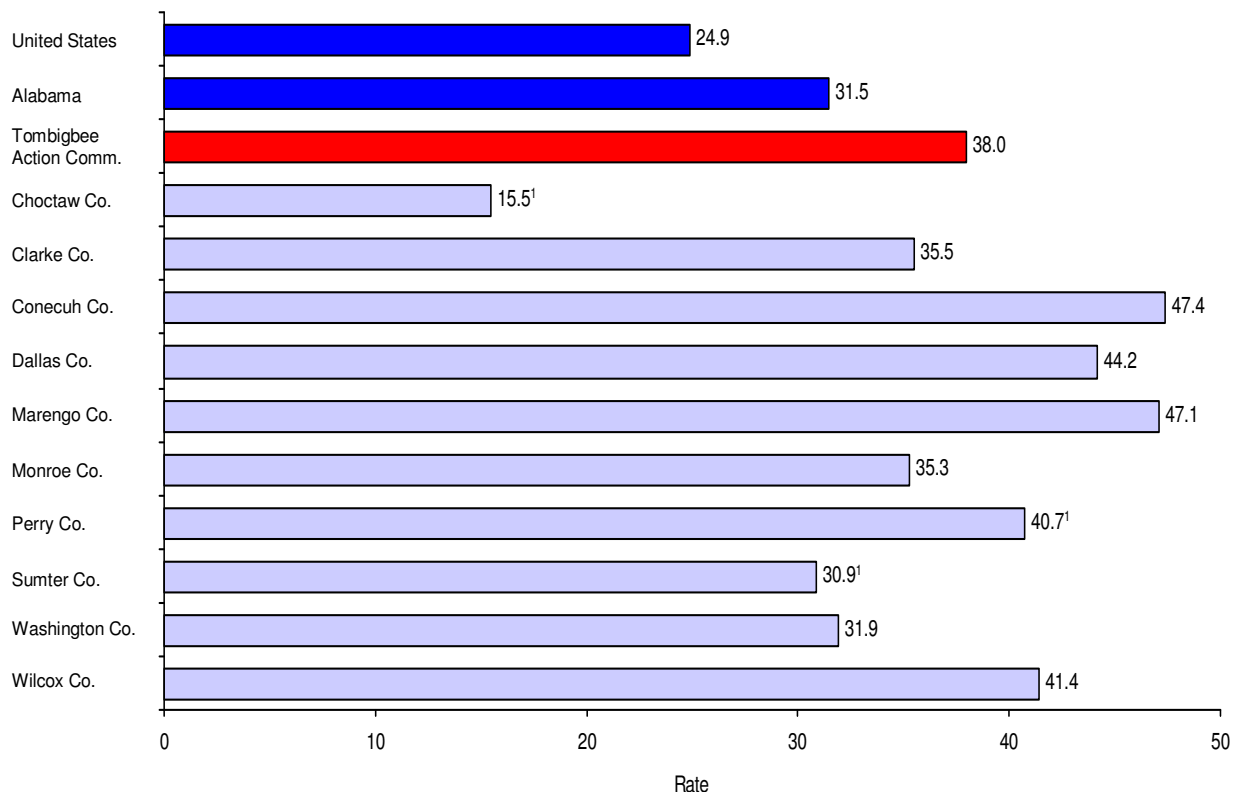
¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

**Diabetes Mellitus Mortality and Mortality Rates
South Central Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
South Central Alabama Action Commission	Not Applicable	719	38.6
District's Rural Counties Combined	Not Applicable	309	36.9
District's Urban Counties Combined	Not Applicable	410	40.0
Autauga County	Yes	51	35.9
Bullock County	Yes	13	38.8 ¹
Butler County	Yes	29	46.9
Crenshaw County	Yes	17	41.6
Elmore County	Yes	71	33.0
Lee County	No	66	18.3
Lowndes County	Yes	20	51.0
Macon County	Yes	30	43.4
Montgomery County	No	344	51.9
Pike County	Yes	44	50.0
Russell County	Yes	34	23.1

¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

**Diabetes Mortality Rates
U.S. Alabama, and the Tombigbee Action Commission Counties, 2003-2005**



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

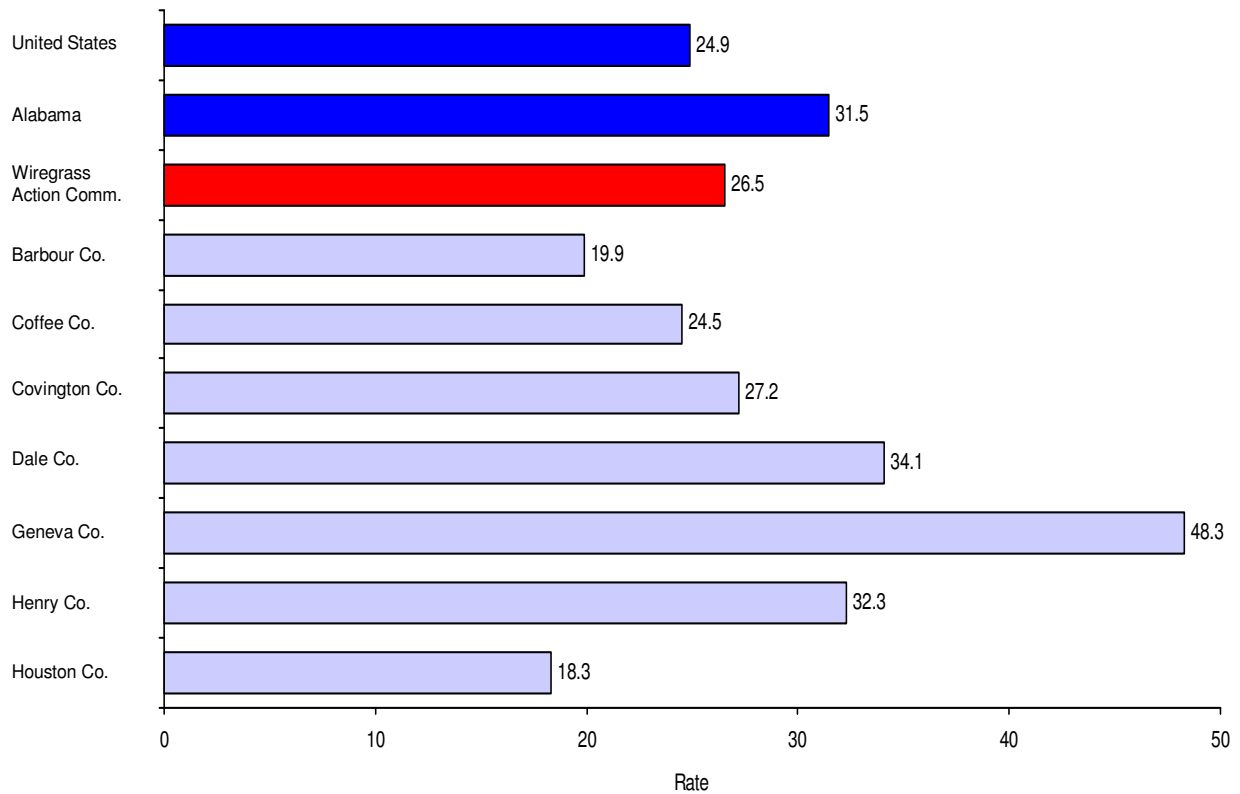
¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

**Diabetes Mellitus Mortality and Mortality Rates
Tombigbee Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Tombigbee Action Commission	Not Applicable	230	38.0
District's Rural Counties Combined	Not Applicable	230	38.0
District's Urban Counties Combined	Not Applicable	No Urban Counties in District	
Choctaw County	Yes	7	15.5 ¹
Clarke County	Yes	29	35.5
Conecuh County	Yes	19	47.4
Dallas County	Yes	59	44.2
Marengo County	Yes	31	47.1
Monroe County	Yes	25	35.3
Perry County	Yes	14	40.7 ¹
Sumter County	Yes	13	30.9 ¹
Washington County	Yes	17	31.9
Wilcox County	Yes	16	41.4

¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

**Diabetes Mortality Rates
U.S. Alabama, and the Wiregrass Action Commission Counties, 2003-2005**

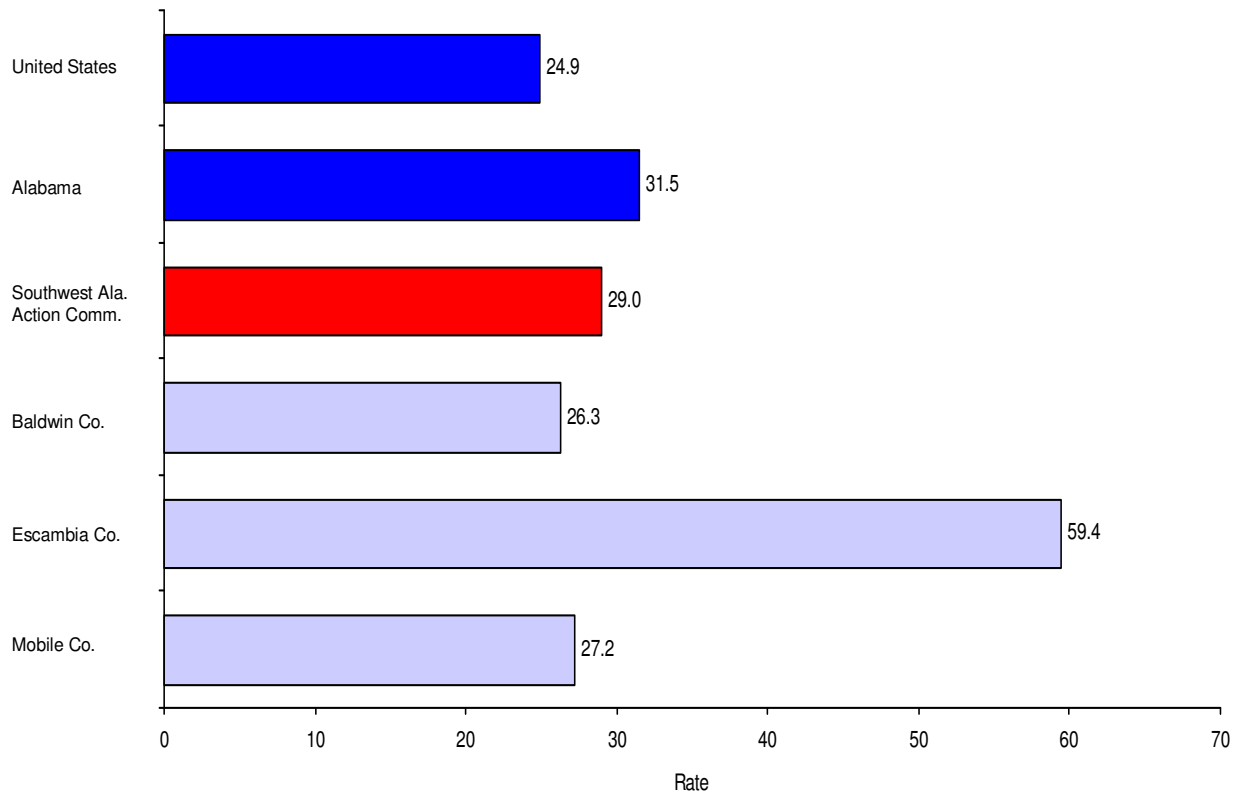


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Diabetes Mellitus Mortality and Mortality Rates
Wiregrass Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Wiregrass Action Commission	Not Applicable	234	26.5
District's Rural Counties Combined	Not Applicable	183	30.3
District's Urban Counties Combined	Not Applicable	51	18.3
Barbour County	Yes	17	19.9
Coffee County	Yes	33	24.5
Covington County	Yes	30	27.2
Dale County	Yes	50	34.1
Geneva County	Yes	37	48.3
Henry County	Yes	16	32.3
Houston County	No	51	18.3

**Diabetes Mortality Rates
U.S. Alabama, and the Southwest Alabama Action Commission Counties, 2003-2005**

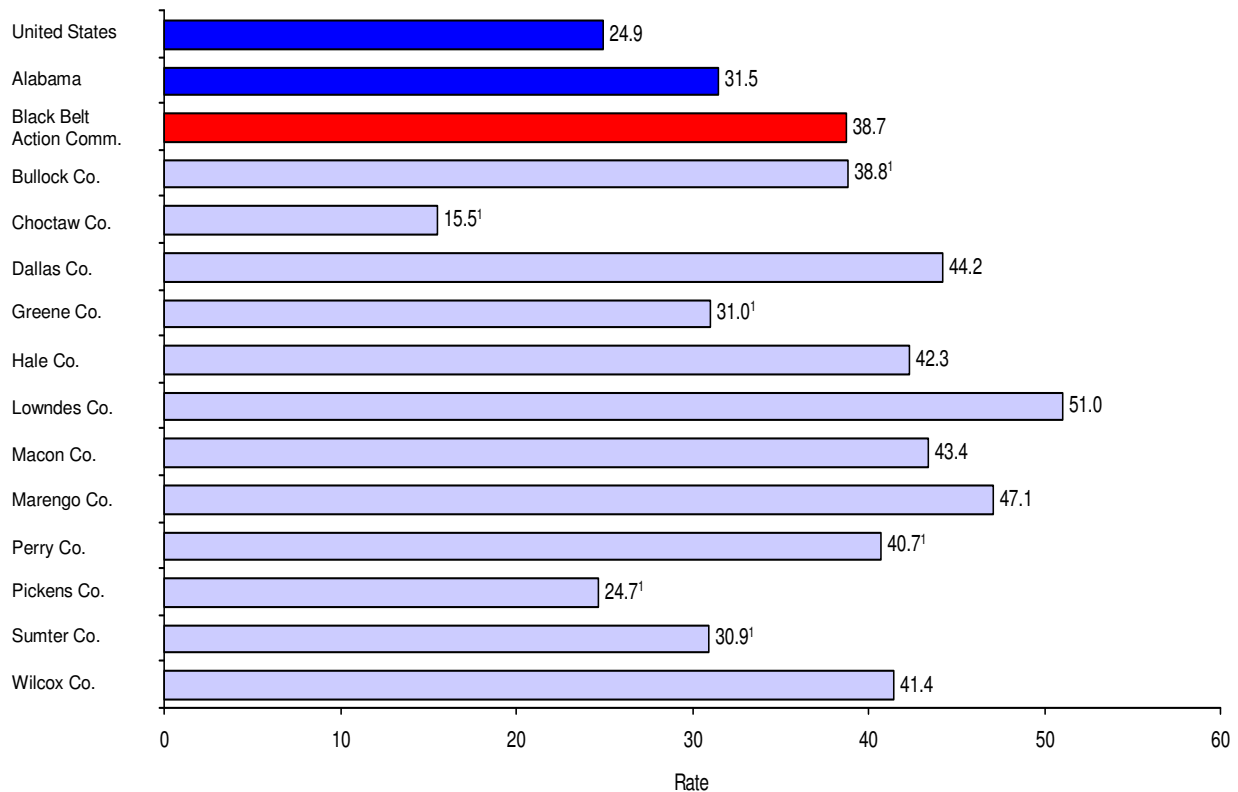


Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

**Diabetes Mellitus Mortality and Mortality Rates
Southwest Alabama Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Southwest Alabama Action Commission	Not Applicable	517	29.0
District's Rural Counties Combined	Not Applicable	192	32.8
District's Urban Counties Combined	Not Applicable	325	27.2
Baldwin County	Yes	124	26.3
Escambia County	Yes	68	59.4
Mobile County	No	325	27.2

**Diabetes Mortality Rates
U.S. Alabama, and the Black Belt Action Commission Counties, 2003-2005**



Notes: Data provided by the Center for Health Statistics, Alabama Department of Public Health and the National Center for Health Statistics, Centers for Disease Control and Prevention. U.S. rate is for 2004. Rates are per 100,000 population.

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**Diabetes Mellitus Mortality and Mortality Rates
Black Belt Action Commission Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Black Belt Action Commission	Not Applicable	250	38.7
District's Rural Counties Combined	Not Applicable	250	38.7
District's Urban Counties Combined	Not Applicable	No Urban Counties in District	
Bullock County	Yes	13	38.8 ¹
Choctaw County	Yes	7	15.5 ¹
Dallas County	Yes	59	44.2
Greene County	Yes	9	31.0 ¹
Hale County	Yes	23	42.3
Lowndes County	Yes	20	51.0
Macon County	Yes	30	43.4
Marengo County	Yes	31	47.1
Perry County	Yes	14	40.7 ¹
Pickens County	Yes	15	24.7 ¹
Sumter County	Yes	13	30.9 ¹
Wilcox County	Yes	16	41.4

¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

**Diabetes Mellitus Mortality and Mortality Rates
Alabama's Appalachian Region Counties, 2003 – 2005**

Area	Is County Rural?	Deaths	Rate Per 100,000
Alabama's Appalachian Region	Not Applicable	2,665	30.7
Region's Rural Counties Combined	Not Applicable	1,059	29.6
Region's Urban Counties Combined	Not Applicable	1,606	31.5
Bibb County	Yes	20	31.4
Blount County	Yes	29	17.6
Calhoun County	No	64	19.1
Chambers County	Yes	44	41.3
Cherokee County	Yes	16	21.8
Chilton County	Yes	22	17.8
Clay County	Yes	16	38.0
Cleburne County	Yes	12	27.6 ¹
Colbert County	Yes	60	36.6
Coosa County	Yes	15	44.3 ¹
Cullman County	Yes	75	31.6
DeKalb County	Yes	41	20.4
Elmore County	Yes	71	33.0
Etowah County	No	99	32.1
Fayette County	Yes	16	29.4
Franklin County	Yes	65	70.7
Hale County	Yes	23	42.3
Jackson County	Yes	62	38.5
Jefferson County	No	736	37.3
Lamar County	Yes	11	24.5 ¹
Lauderdale County	No	62	23.7
Lawrence County	Yes	42	40.7
Limestone County	Yes	43	20.7
Macon County	Yes	30	43.4
Madison County	No	286	32.5
Marion County	Yes	22	24.4
Marshall County	Yes	32	12.6
Morgan County	No	126	37.2
Pickens County	Yes	15	24.7 ¹
Randolph County	Yes	24	35.5
St. Clair County	Yes	43	20.4
Shelby County	No	99	20.0
Talladega County	Yes	57	23.8
Tallapoosa County	Yes	61	50.0
Tuscaloosa County	No	134	26.8
Walker County	Yes	67	32.0
Winston County	Yes	25	34.0

¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

For additional information on the Appalachian Region, visit the Appalachian Regional Commission's Web site at <http://www.arc.gov/index.jsp>; the Appalachian Regional Commission – Alabama Programs Office Web site at <http://www.adeca.alabama.gov/default.aspx>; or contact Bonnie Durham, Alabama Program Manager at (256) 845-3472.

Diabetes Mellitus Mortality and Mortality Rates Alabama's Delta Region Counties, 2003 – 2005

Area	Is County Rural?	Deaths	Rate Per 100,000
Alabama's Delta Region	Not Applicable	488	37.5
Region's Rural Counties Combined	Not Applicable	488	37.5
Region's Urban Counties Combined	Not Applicable	No Urban Counties in Region	
Barbour County	Yes	17	19.9
Bullock County	Yes	13	38.8 ¹
Butler County	Yes	29	46.9
Choctaw County	Yes	7	15.5 ¹
Clarke County	Yes	29	35.5
Conecuh County	Yes	19	47.4
Dallas County	Yes	59	44.2
Escambia County	Yes	68	59.4
Greene County	Yes	9	31.0 ¹
Hale County	Yes	23	42.3
Lowndes County	Yes	20	51.0
Macon County	Yes	30	43.4
Marengo County	Yes	31	47.1
Monroe County	Yes	25	35.3
Perry County	Yes	14	40.7 ¹
Pickens County	Yes	15	24.7 ¹
Russell County	Yes	34	23.1
Sumter County	Yes	13	30.9 ¹
Washington County	Yes	17	31.9
Wilcox County	Yes	16	41.4

¹ Caution should be used in interpreting this rate due to the small number of deaths from this cause.

For additional information on the Delta Region, visit the Delta Regional Authority's Web site at <http://www.dra.gov/> or contact one of the Delta Regional Authority – Local Development District Offices as follows:

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