### Somerset County Health Profile—2013

- **% Labor Force Unemployed** — Annual Average: 9.2 -- [Pennsylvania 7.4%]
- **% Population Aged 65 and over** — 19.9 -- [Pennsylvania 16.4%]
- **Per Capita Personal Income** — $34,617 -- [Pennsylvania $46,028]

### SELECTED COUNTY CHARACTERISTICS

<table>
<thead>
<tr>
<th></th>
<th>SOMERSET COUNTY</th>
<th>PENNSYLVANIA</th>
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</thead>
<tbody>
<tr>
<td><strong>Population:</strong></td>
<td></td>
<td></td>
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<tr>
<td>All Ages</td>
<td>76,520</td>
<td>12,773,801</td>
</tr>
<tr>
<td>Children 0-17 years</td>
<td>14,080</td>
<td>2,718,248</td>
</tr>
<tr>
<td>Adults 18 and older</td>
<td>62,440</td>
<td>10,055,553</td>
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<tr>
<td><strong>Births:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Resident Births - Number</td>
<td>645</td>
<td>140,424</td>
</tr>
<tr>
<td>Birth Rate, age-adjusted (per 100,000 population)</td>
<td>17.5</td>
<td>21.5</td>
</tr>
<tr>
<td>Live Births - Percent</td>
<td>93.6</td>
<td>81.4</td>
</tr>
<tr>
<td>Infant Mortality (less than 1 year of age) - Percent</td>
<td>ND¹</td>
<td>6.7</td>
</tr>
<tr>
<td>Low Birth Weight - Percent</td>
<td>7.0</td>
<td>8.0</td>
</tr>
<tr>
<td><strong>Deaths:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Resident Deaths - Number</td>
<td>1,059</td>
<td>128,704</td>
</tr>
<tr>
<td>Death Rate, age-adjusted (per 100,000 population)</td>
<td>864.2</td>
<td>758.7</td>
</tr>
</tbody>
</table>

### HEALTH OUTCOMES

- **Hospitalization Rates for:**
  - Asthma (per 10,000 population) | 5.0 | 14.2 |
  - Heart attacks (per 10,000 population) | 22.6 | 17.9 |
  - Unintentional Carbon Monoxide Poisoning (per 100,000 population) | ND² | 0.9 |
  - Heat Stress (per 100,000 population) | ND² | 1.7 |

- **Incidence Rates for:**
  - All cancer age-adjusted (per 100,000 population) | 471.3 | 483.0 |

### BEHAVIORAL HEALTH RISK FACTORS

- Adults Current Smoker - Percent | 22 | 22 |
- Adults Overweight - Percent | 68 | 65 |
- No Health Insurance (Adults 18 - 64) - Percent | 15 | 16 |
- Ever told they had Diabetes (Adults 18 - 64) - Percent | 83 | 83 |
- Ever told they had Diabetes (Adults 18 - 64) - Percent | 11 | 10 |
- **Poverty:**
  - Children younger than 5 years living in Poverty - Percent*** | 22.6 | 21.7 |

### PHYSICAL ENVIRONMENT

- **Housing:**
  - Housing built before 1978 - Number | 26,048 | 3,882,560 |
  - Housing built before 1978 - Percent | 68.5 | 69.8 |

- **Drinking Water Quality:**
  - Number of people served by public water | 57,498 | 10,644,871 |
  - Percent of people served by public water | 75.1 | 83.3 |

### Notes:

- Definitions of disease and health conditions are available on the PA Health Tracking website: [www.doh.pa.gov/epht](http://www.doh.pa.gov/epht)
- Data are combined for Somerset, Indiana, Cambria, and Armstrong Counties, Behavioral Risk Factor Surveillance System, 2011-2013
- 2013 Federal Poverty Level Threshold at 100% of $23,550, annually, based on a household with four members
- ND¹ = Not displayed when count data is not available
- ND² = Not displayed when count < 20 for age-adjusted rates
- ND³ = Not displayed when count < 10
- ND⁴ = Not displayed if sample is considered statistically unreliable

### Data Sources:
Pennsylvania Health Care Cost Containment Council; Pennsylvania Department of Environmental Protection; Behavioral Risk Factor Surveillance System; U.S. Office of Management and Budget; U.S. Census Bureau; and American Community Survey for 2009 – 2013
DID YOU KNOW YOU CAN PREVENT OR REDUCE THE IMPACT OF THE FOLLOWING CONDITIONS?

<table>
<thead>
<tr>
<th>CONDITION</th>
<th>PREVENTION MEASURES</th>
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| **Asthma**                  | IDENTIFY and AVOID these ASTHMA TRIGGERS to reduce or eliminate exposures that may make your asthma worse:  
  - Air pollution/Allergies/Cold Air  
  - A cold or flu virus/Sinusitis  
  - Smoke  
  - Fragrances  
  Stay Healthy -- Make sure to visit your Primary Care Practitioner and your Pulmonologist (a physician who specializes in lung conditions) for a Checkup each year!                                                                                     |
| **Diabetes**                | Identify these SIMPLE STEPS to Lower Your Risk of Diabetes:  
  - Control Your Weight/Exercise More — become more active — try walking more  
  - Watch Your Diet – eliminate or reduce sweets  
  - Reduce or quit smoking  
  - Reduce the amount of alcohol you consume  
  Stay Healthy -- Make sure to visit your Primary Care Practitioner and your Endocrinologist (a physician who specializes in hormone conditions) for a Checkup each year!                                                                 |
| **Heart Attack**            | Try to achieve a LIFESTYLE THAT IS MORE HEALTHY to prevent strokes and heart disease:  
  - Reduce or quit smoking  
  - Maintain a healthy weight  
  - Increase your exercise habits including walking more  
  - Choose a heart-healthy diet  
  Stay Healthy -- Make sure to visit your Primary Care Practitioner and your Cardiologist (a physician who specializes in heart conditions) for a Checkup each year!                                                                                           |
| **Carbon Monoxide Poisoning** | MAKE YOUR HOME SAFE from the effects of carbon monoxide poisoning:  
  - Install smoke and carbon monoxide alarms in your home  
  - Inspect and repair your central heating system  
  - Make sure wood burning stoves meet EPA emissions standards  
  - Never use grills or generators indoors  
  - Use space heaters in well-ventilated areas  
  - Don't use a gas oven to heat your home  
  Stay Healthy -- If you have an exposure, you should call your local emergency number (such as 911) or a local poison control center                                                                                 |
| **Smoking**                 | Use the “START” method to quit or reduce smoking to prevent Lung Cancer and Respiratory Illnesses:  
  - S = Set a time to reduce or quit  
  - T = Tell your family and friends that you plan to reduce or quit smoking  
  - A = Anticipate hard times ahead and plan for them  
  - R = Remove tobacco products from your home, car and workplace  
  - T = Tell your Doctor so that you can get help  
  Stay Healthy -- Be sure to visit your Primary Care Practitioner or Specialist for a Checkup each year!                                                                                                                                                                                                       |

**Disclaimer:** The Pennsylvania Department of Health and The Pennsylvania Cost Care Containment Council (PHC4) disclaim responsibility for any analyses, interpretations or conclusions made by the readers.