Leading Cause of Death in 2019: NY vs LA

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Cohort 239

Agenda

Introduction to the Topic (Leading Causes of Death in the U.S.)
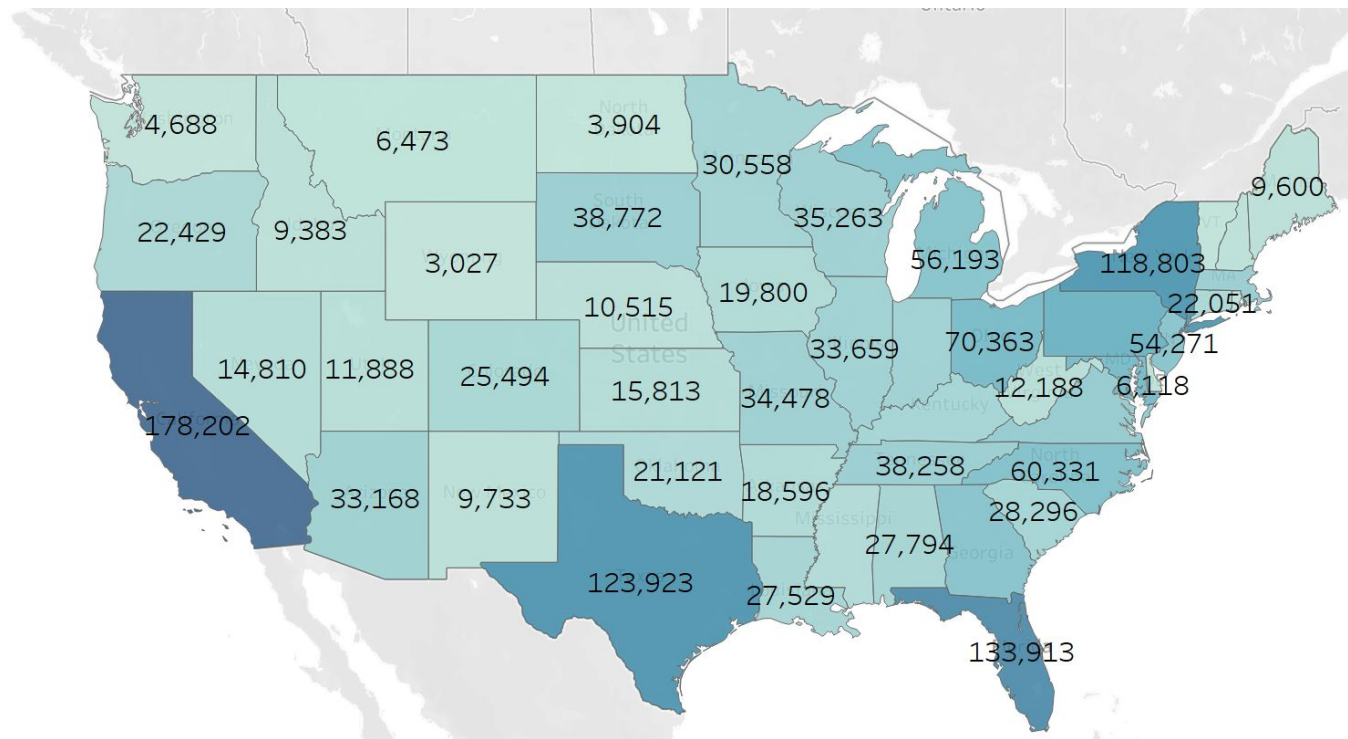
Our Data (New York City and Los Angeles)

Analyses and Conclusions
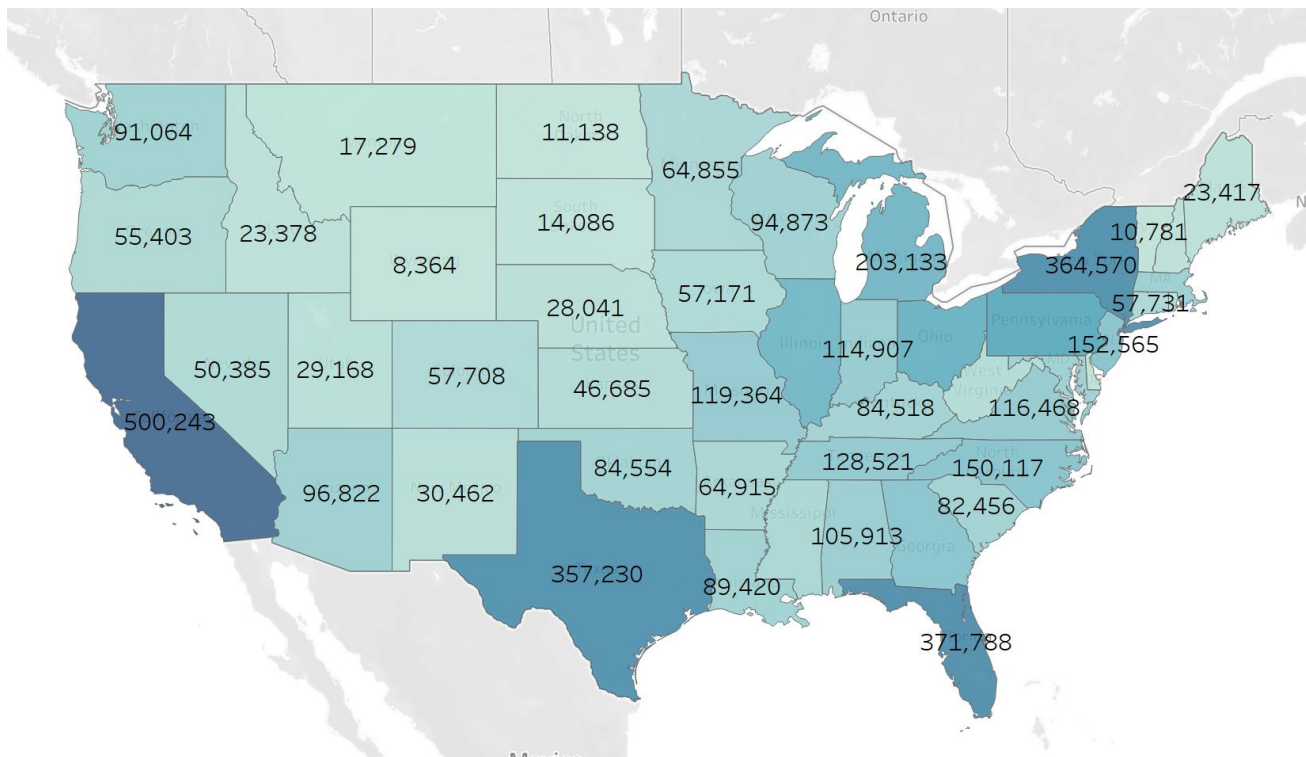
Recommendations and Questions

A Leading Cause of Death in the U.S.

2019 - Cancer

A Leading Cause of Death in the U.S.

2019 - Heart Disease

Leading Causes of Death in New York City (2019)

Leading Causes of Death in NYC in 2019:

Leading Cause	SUM of Deaths
Malignant Neoplasms (Cancer: C00-C97)	39428
Mental and Behavioral Disorders due to Accidental Poisoning and Other Psychoactive Substance Use (F11-F16, F18-F19, X40-X42, X44)	19328
Nephritis, Nephrotic Syndrome and Nephrisis (N00-N07, N17-N19, N25-N27)	8240
Septicemia (A40-A41)	2310
Mental and Behavioral Disorders due to Use of Alcohol (F10)	1964
Viral Hepatitis (B15-B19)	1519
Parkinson's Disease (G20)	189
Grand Total	**72978**

Medical illnesses and substance use comprise the top seven causes of death.
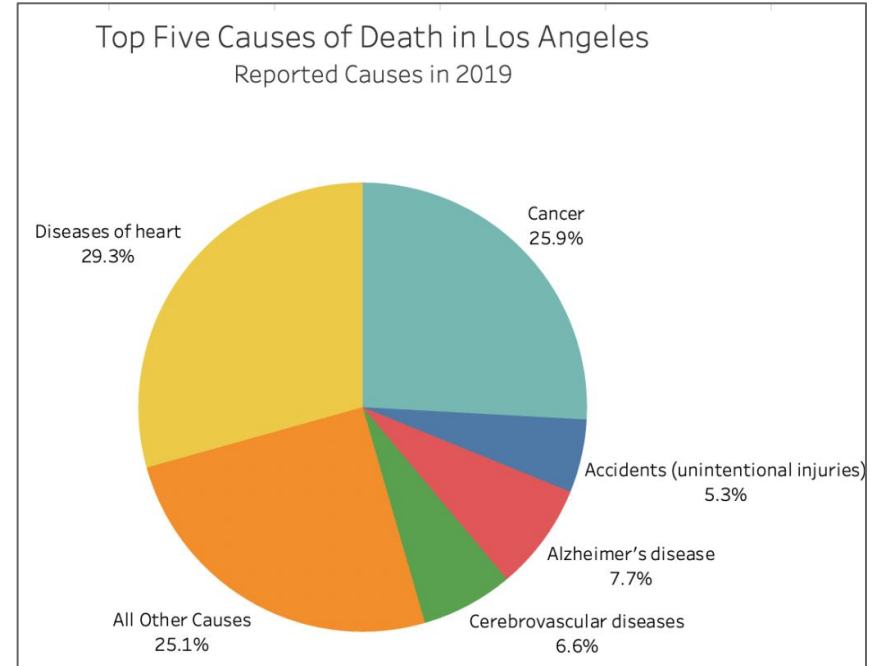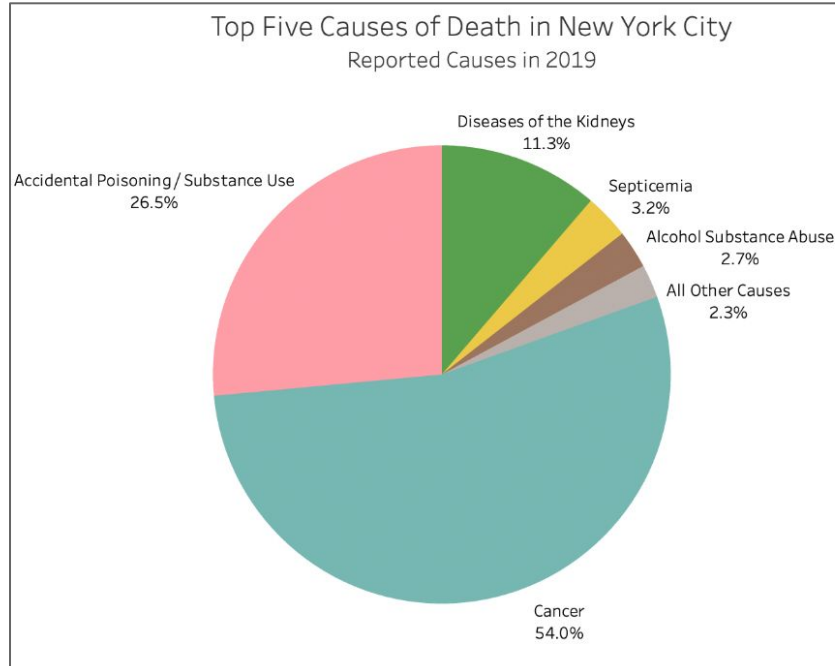
Leading Causes of Death in Los Angeles (2019)

Leading Causes of Death in LA from 2014-2020:								
SUM of Count	Year							
Cause_Desc	2014	2015	2016	2017	2018	2019	2020	Grand Total
All causes (total)	472467	502823	508713	514687	517731	519589	658152	3694162
Diseases of heart	62103	65834	66002	66682	67494	66924	73366	468405
Malignant neoplasms	57476	58926	58724	59210	59462	59028	58954	411780
Alzheimer's disease	11394	15197	15958	16696	16321	17630	19842	113038
Cerebrovascular diseases	12810	14689	14721	14939	14924	15133	16154	103370
Chronic lower respiratory diseases	11203	12010	12556	12400	12357	11781	11836	84143
Accidents (unintentional injuries)	8936	9567	10493	10431	10649	12012	15810	77898
Diabetes mellitus	9175	9602	10037	10661	10834	11891	14183	76383
Influenza and pneumonia	8299	8549	8392	7909	8796	7287	8675	57907
Chronic liver disease and cirrhosis	5392	6322	5901	5771	5902	5790	6609	41687
Essential hypertension and hypertensive renal disease	4603	5328	5190	5644	5967	6109	7025	39866
Nephritis, nephrotic syndrome and nephrosis	3974	4943	4684	5366	5411	5372	6107	35857
Intentional self-harm (suicide)	3187	3325	3346	3570	3819	3438	3406	24091
Parkinson's disease	2372	2635	2651	3177	3194	3466	3865	21360
Assault (homicide)	2168	2495	2596	2466	2426	2111	2842	17104
Grand Total	**675559**	**722245**	**729964**	**739609**	**745287**	**747561**	**906826**	**5267051**

Medical illnesses comprise the majority of the top 14 causes of death, in addition to physical harm.

Leading Causes of Death Per Location in 2019

Top Five Causes of Death in New York City
Reported Causes in 2019

Diseases of the Kidneys
11.3%

Septicemia
3.2%

Alcohol Substance Abuse
2.7%

All Other Causes
2.3%

Accidental Poisoning / Substance Use
26.5%

Cancer
54.0%

Top Five Causes of Death in Los Angeles
Reported Causes in 2019

Diseases of heart
29.3%

Cancer
25.9%

Accidents (unintentional injuries)
5.3%

Alzheimer's disease
7.7%

Cerebrovascular diseases
6.6%

All Other Causes
25.1%

Both cities have medical and physical factors for their top five causes of death.

Causes of Death per Sex in NYC in 2019

Causes of Death per Sex in NYC in 2019:			
SUM of Deaths	*Sex*		
Leading Cause	M	F	Grand Total
Malignant Neoplasms (Cancer: C00-C97)	21637	17791	39428
Mental and Behavioral Disorders due to Accidental Poisoning and Other Psychoactive Subs	11221	8107	19328
Mental and Behavioral Disorders due to Use of Alcohol (F10)	180	1784	1964
Nephritis, Nephrotic Syndrome and Nephrisis (N00-N07, N17-N19, N25-N27)	2131	6109	8240
Other (Parkinson's Disease (G20), Septicemia (A40-A41), Viral Hepatitis (B15-B19))	1819	2199	4018
Grand Total	**36988**	**35990**	**72978**

Cancer is the top cause of death in both males and females.

Causes of Death per Sex in NYC in 2019
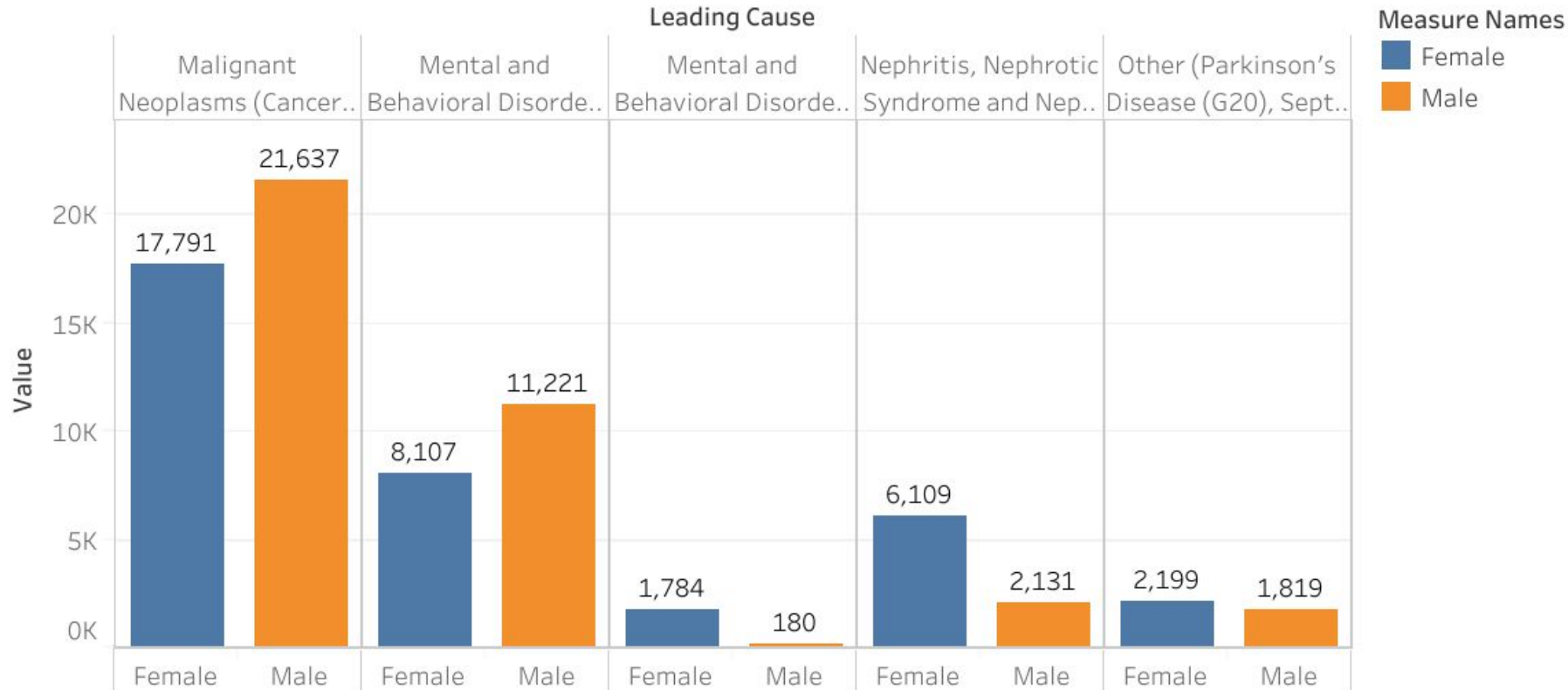
Causes of Death per Sex in LA in 2019

SUM of Count	Strata_Name		
Cause_Desc	Female	Male	Grand Total
All causes (total)	61451	68442	129893
Diseases of heart	14961	18501	33462
Malignant neoplasms	14520	14994	29514
Alzheimer's disease	5874	2951	8825
Cerebrovascular diseases	4185	3395	7580
Accidents (unintentional injuries)	1642	4380	6022
Diabetes mellitus	2674	3294	5968
Chronic lower respiratory diseases	3003	2904	5907
Influenza and pneumonia	1801	1854	3655
Essential hypertension and hypertensive renal disease	1557	1524	3081
Chronic liver disease and cirrhosis	977	1934	2911
Nephritis, nephrotic syndrome and nephrosis	1220	1496	2716
Parkinson's disease	680	1062	1742
Intentional self-harm (suicide)	365	1363	1728
Assault (homicide)	125	944	1069
Grand Total	**115035**	**129038**	**244073**

Leading Causes of Death per Sex - NYC & LA
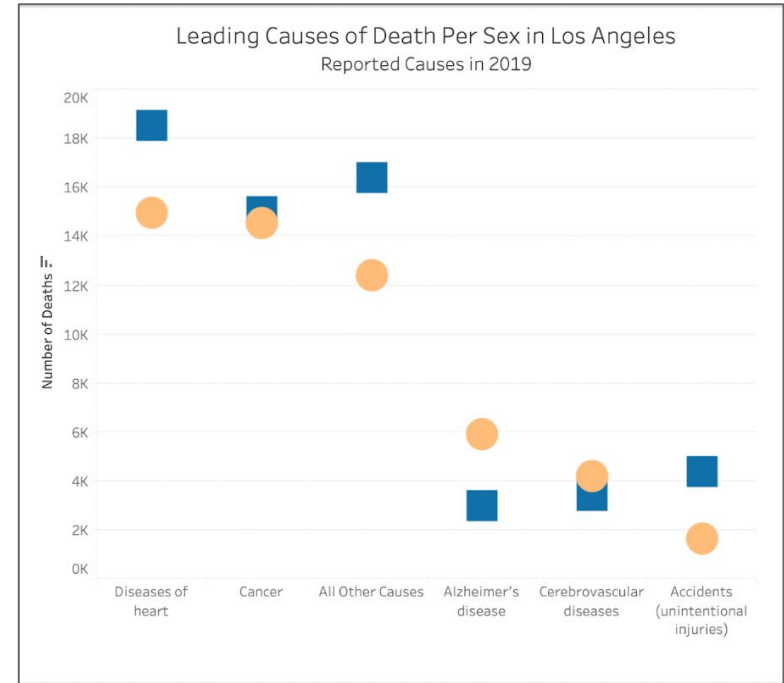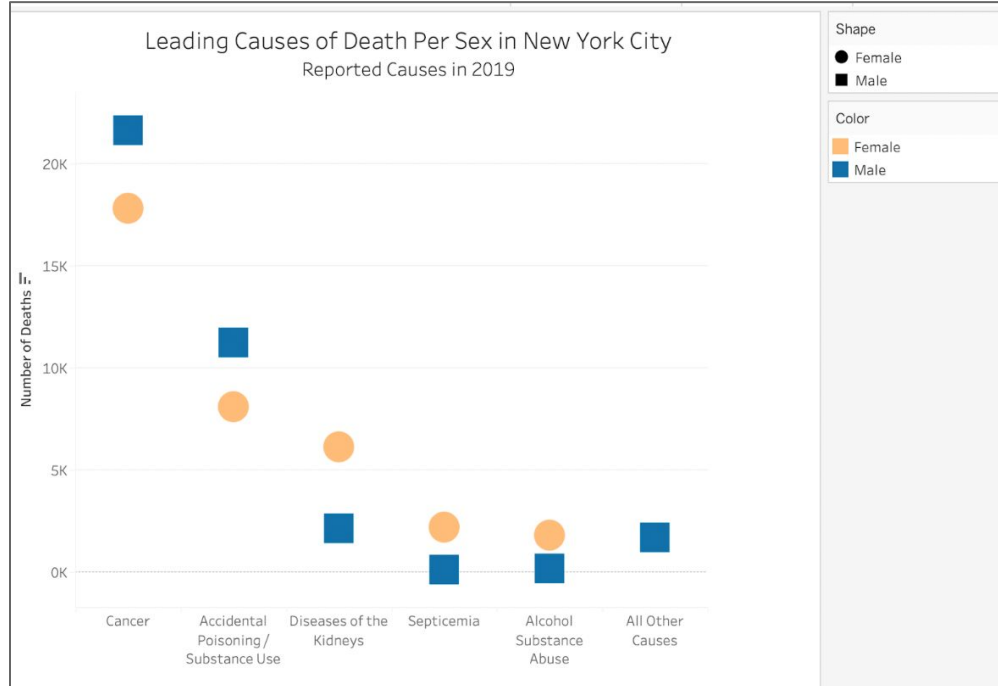
Medical illnesses are the top causes of death in both males and females in both cities.

Causes of Death per Race/Ethnicity in NYC in 2019

Causes of Death per Race/Ethnicity in NYC in 2019:					
SUM of Deaths		*Race Ethnicity*			
Leading Cause		Asian and Pacific	Black Non-Hispanic	Hispanic	White Non-Hispa	Grand Total
Malignant Neoplasms (Cancer: C00-C97)		446	15338	8031	15613	39428
Mental and Behavioral Disorders due to Accidental Poisoning and Other Psychoactive		2157	3648	5118	8405	19328
Nephritis, Nephrotic Syndrome and Nephrisis (N00-N07, N17-N19, N25-N27)		239	1735	336	5930	8240
Mental and Behavioral Disorders due to Use of Alcohol (F10)			1784	180		1964
Other (Parkinson's Disease (G20), Septicemia (A40-A41), Viral Hepatitis (B15-B19))		333	3220	465		4018
Grand Total		**3175**	**25725**	**14130**	**29948**	**72978**

Causes of Death per Race/Ethnicity in NYC in 2019
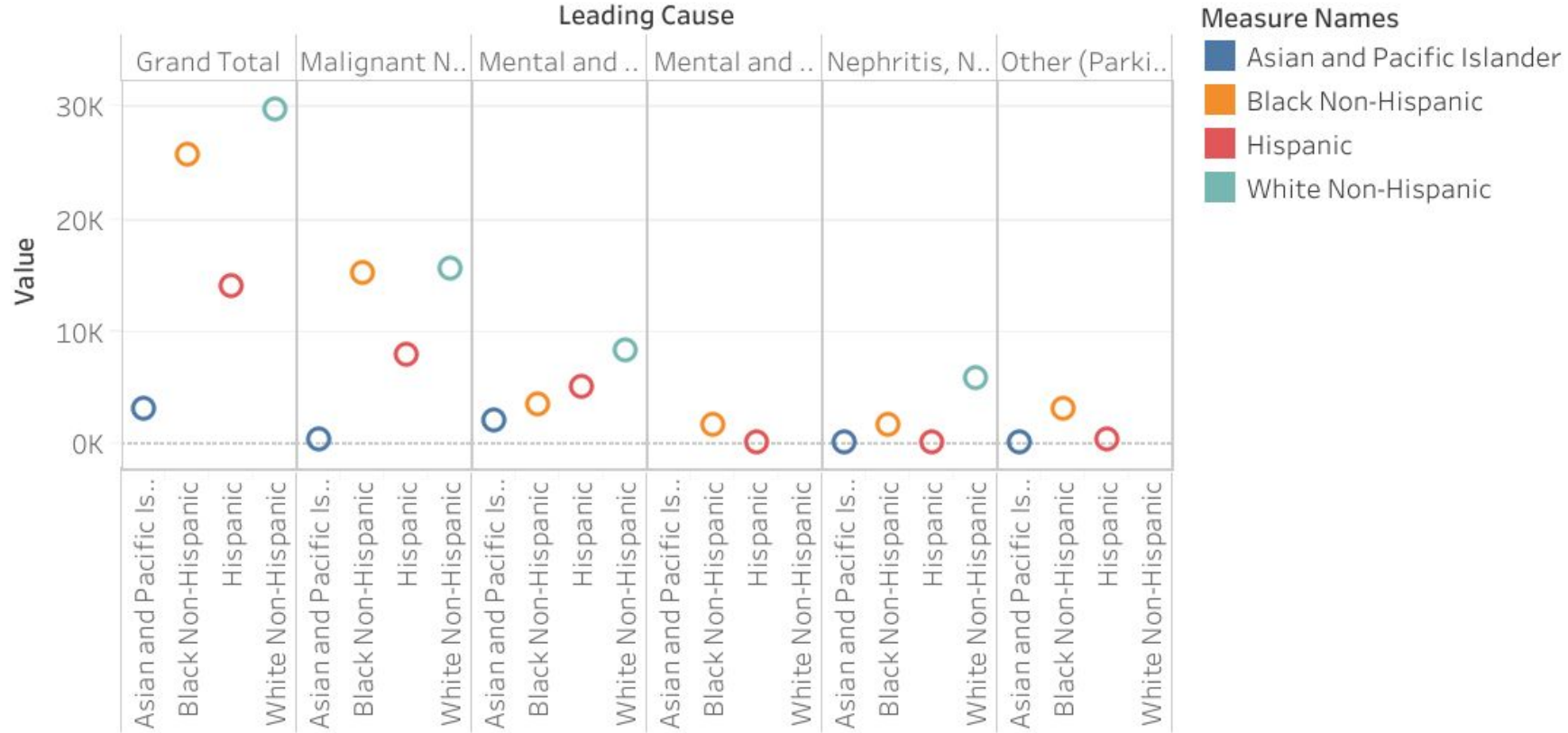
Causes of Death per Race/Ethnicity in LA in 2019

| SUM of Count	Strata Name								
Cause_Desc	American Indian/Alaska Native	Asian	Black	Hawaiian/Pacific Islander	Hispanic	Multi-Race	Other/Unknown	White	Grand Total
All causes (total)	310	16295	16449	418	37504	792	728	57410	129906
Diseases of heart	77	3900	4746	117	8070	161	204	16187	33462
Malignant neoplasms	43	4391	3448	123	8436	172	132	12769	29514
Alzheimer's disease	0	995	891	0	1889	29	48	4953	8805
Cerebrovascular diseases	0	1161	992	0	2301	36	50	3013	7553
Accidents (unintentional injuries)	31	470	814	0	2380	67	0	2228	5990
Diabetes mellitus	0	920	825	13	2425	13	39	1688	5923
Chronic lower respiratory diseases	0	564	737	0	1058	45	51	3419	5874
Influenza and pneumonia	0	724	385	0	972	0	22	1529	3632
Essential hypertension and hypertensive renal disease	0	444	504	0	852	0	0	1228	3028
Chronic liver disease and cirrhosis	0	136	168	0	1704	0	23	848	2879
Nephritis, nephrotic syndrome and nephrosis	0	370	478	0	975	0	0	833	2656
Parkinson's disease	0	236	81	0	345	0	0	1062	1724
Intentional self-harm (suicide)	0	211	125	0	509	11	0	854	1710
Assault (homicide)	0	34	328	0	554	0	0	126	1042
Grand Total	**461**	**30851**	**30971**	**671**	**69974**	**1326**	**1297**	**108147**	**243698**

NYC 2019: Cancer and Substance Use are the top two causes of death
This is observed in all races/ethnicities that are accounted for in the data

Leading Causes of Death Per Race/Ethnicity in New York City
Reported Causes in 2019

All Other Causes 2019
- Cancer
- Accidental Poisoning / Substance Use
- Diseases of the Kidneys
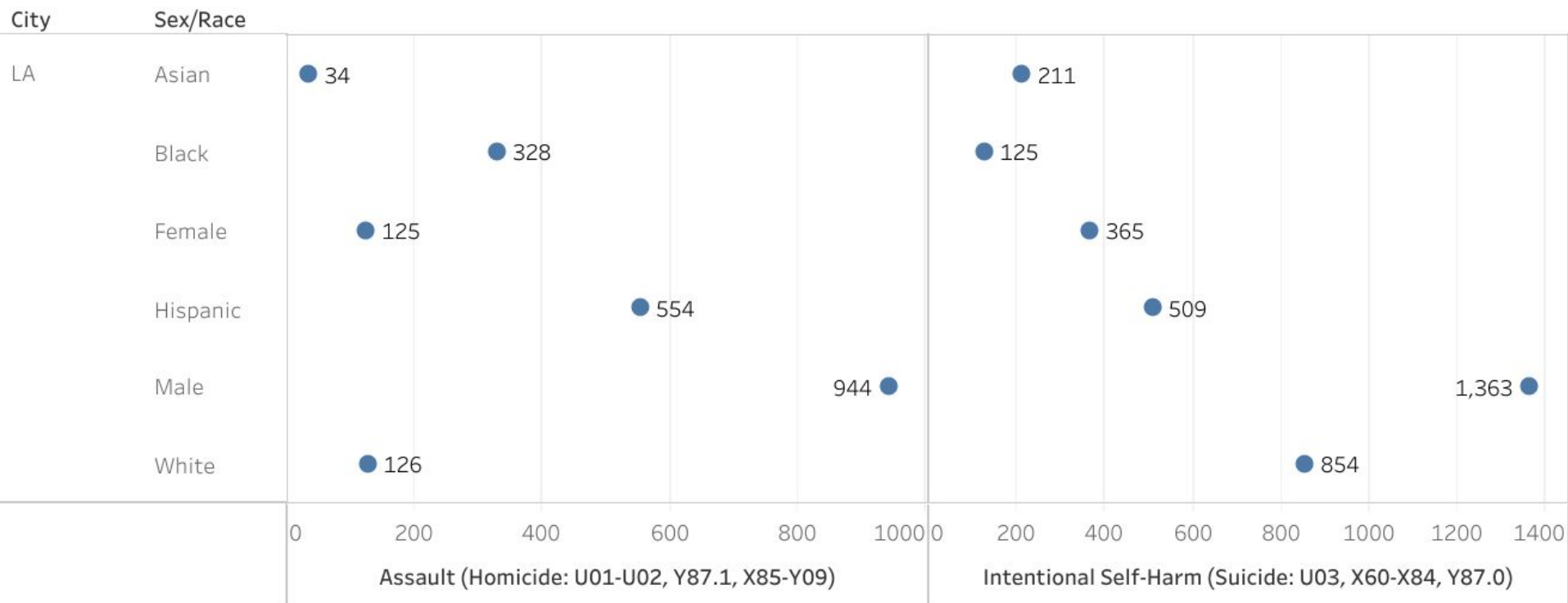- Septicemia
- Alcohol Substance Abuse
- All Other Causes
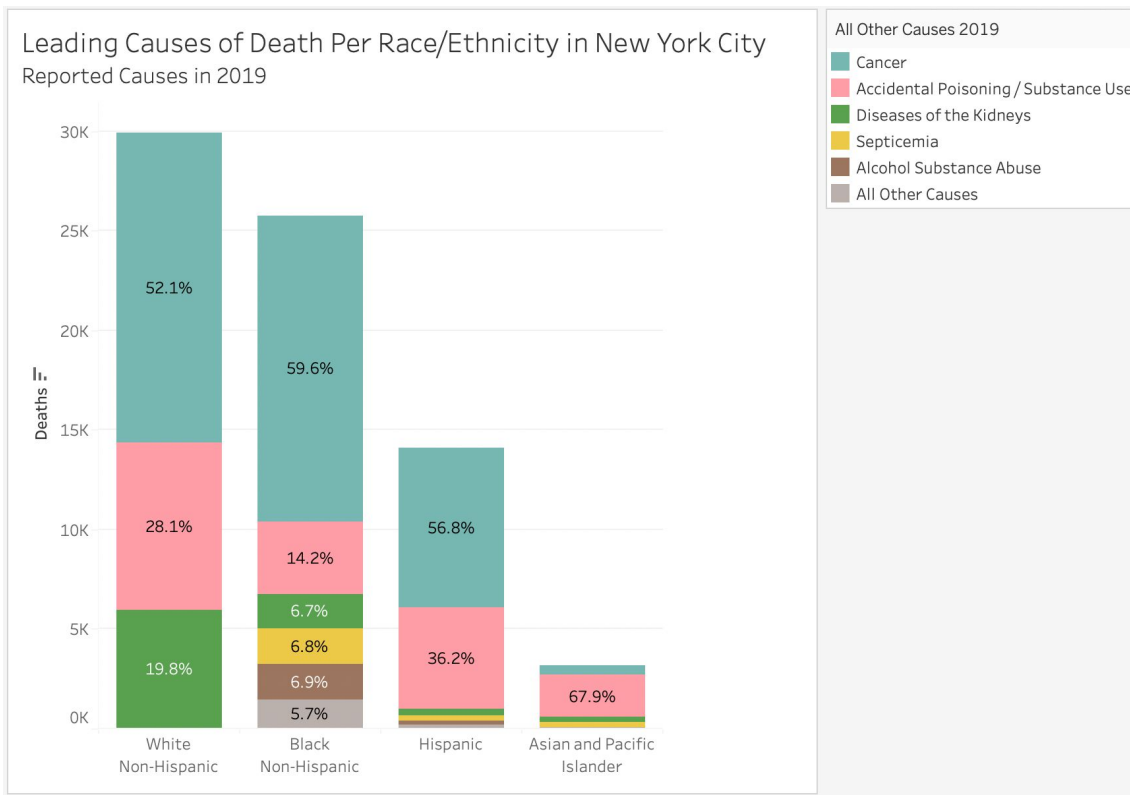
LA 2019: Heart Disease and Cancer are the top two causes of death
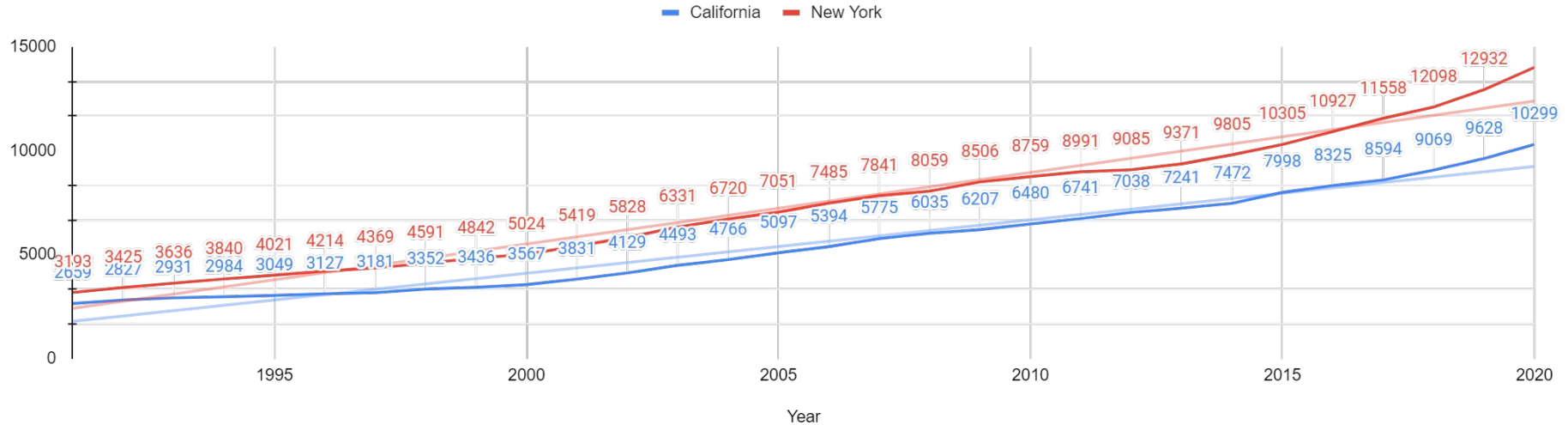This is observed in all races/ethnicities that are accounted for in the data

Leading Causes of Death Per Race/Ethnicity in Los Angeles
Reported Causes in 2019
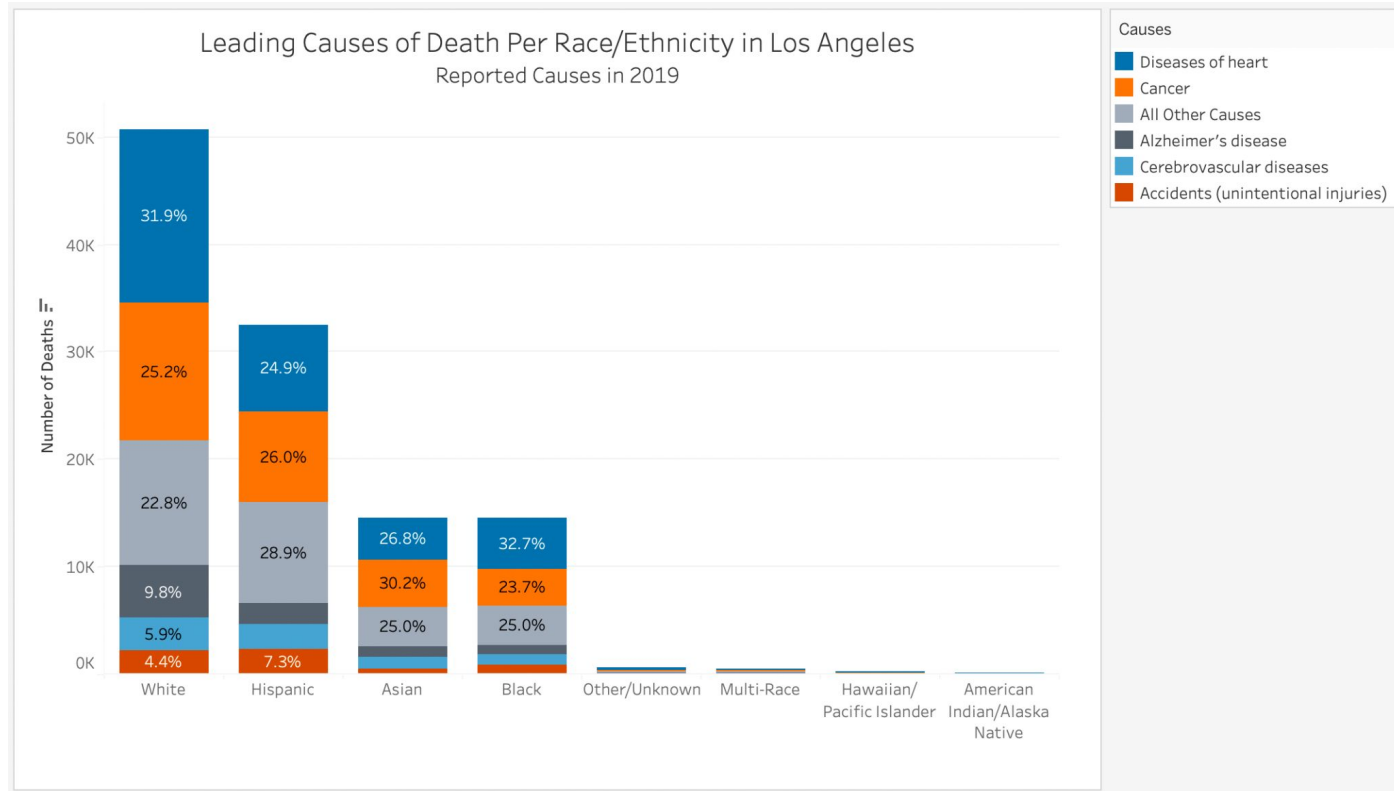
Assault and Suicide of LA in 2019

California and New York Cost Per Capita

California and New York

Key Insights

In New York City and Los Angeles in 2019:

- Medical conditions are a leading cause of death in both cities, across sex and race/ethnicity.

- Cancer is a leading cause in both cities. However, heart disease was not listed as a cause in NYC.

  - This is a limitation of the dataset

Recommendations

To prevent cancer, heart disease, and improve overall health:

- Focus on the big 3:

  - Balanced diet

  - 7-9 hours of sleep

  - Regular exercise

- Limit alcohol and avoid smoking

- Regulate stress (ex: hobbies, mediation, journaling)

Any Questions?

References

1. https://data.cityofnewyork.us/Health/New-York-City-Leading-Causes-of-Death/jb7j-dtam
2. https://data.chhs.ca.gov/dataset/death-profiles-by-county/resource/579cc04a-52d6-4c4c-b2df-ad901c9049b7
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4. https://www.hsph.harvard.edu/nutritionsource/disease-prevention/cardiovascular-disease/preventing-cvd/
5. https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html
6. https://www.cdc.gov/nchs/data/nvsr/nvsr70/nvsr70-08-508.pdf
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8. https://www.kff.org/other/state-indicator/health-spending-per-capita/?activeTab=graph&currentTimeframe=0&startTimeframe=29&selectedRows=%7B%22states%22:%7B%22california%22:%7B%7D,%22new-york%22:%7B%7D%7D%7D&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D