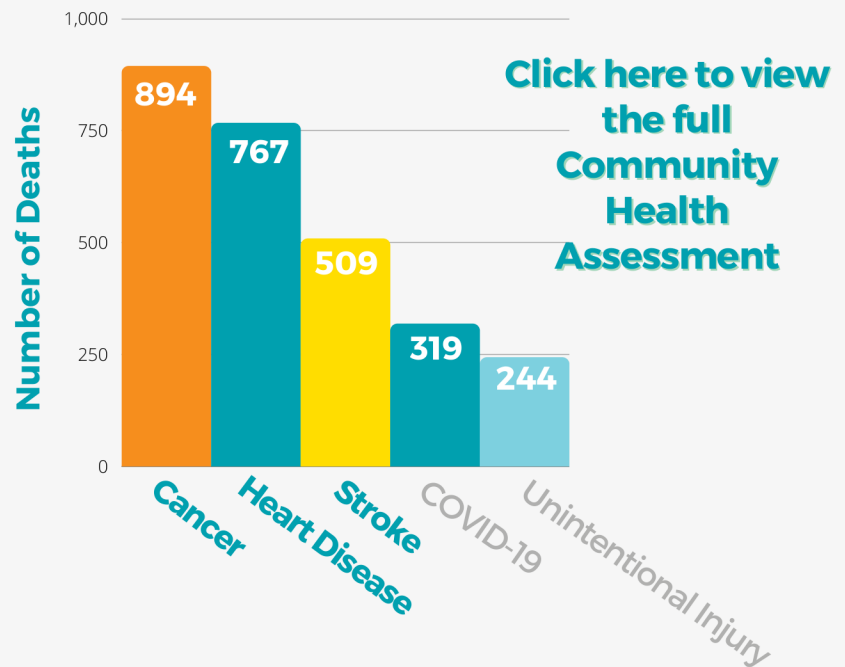




Leading Causes of Death, 2020 ⁶

The leading causes of death in Collier County are **cancer, heart disease, and stroke** which accounted for **54% of all deaths** in 2020. Other chronic diseases leading the mortality rates in the county include: lower respiratory disease (148 deaths), Alzheimer's disease (114 deaths) and diabetes (95 deaths).



✓ FACTS

Lung cancer is the leading type of cancer death in Collier County, followed by pancreatic, breast, and colorectal cancers. Cigarette smoking is the number one risk factor for lung cancer. 11% of adults in Collier County were reported as current smokers in 2019.



Chronic diseases are broadly defined as conditions that last one year or more and require ongoing medical attention, limit activities of daily living, or both.

Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States. They are also leading drivers of the nation's \$4.1 trillion in annual health care costs.

While genes and family history affect how likely someone is to develop a chronic disease, **many common chronic diseases can be prevented, or their onset delayed, through behavioral changes.**

There are four known risk behaviors:

- **Tobacco use and exposure to secondhand smoke**
- **Poor nutrition, including diets low in fruits and vegetables, high in sodium, and high in saturated fat**
- **Physical inactivity**
- **Excessive alcohol use**



A common misconception is that people are too lazy or unmotivated to make choices to reduce their risk of chronic disease. While personal choices are a factor, overstating them discounts the impact of genetics in risk. Further, the **environment determines which choices are available, accessible, and satisfying to the needs and wants of individuals.**

When our community manages policies, systems, and environments, we make healthier choices easier for people and build a culture of health that improves outcomes naturally.

In the 2022 Community Health Assessment ([click to view](#)), the following priorities were selected by the community in the Community Themes and Strengths Assessment:

- Mental Health
- Access to Care
- Chronic Diseases
- Health of Older Adults
- Alcohol and Drug Use

The local public health system aims to address challenges in these areas, which all influence how many people are affected by chronic disease. A range of approaches helps our shared mission to protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.