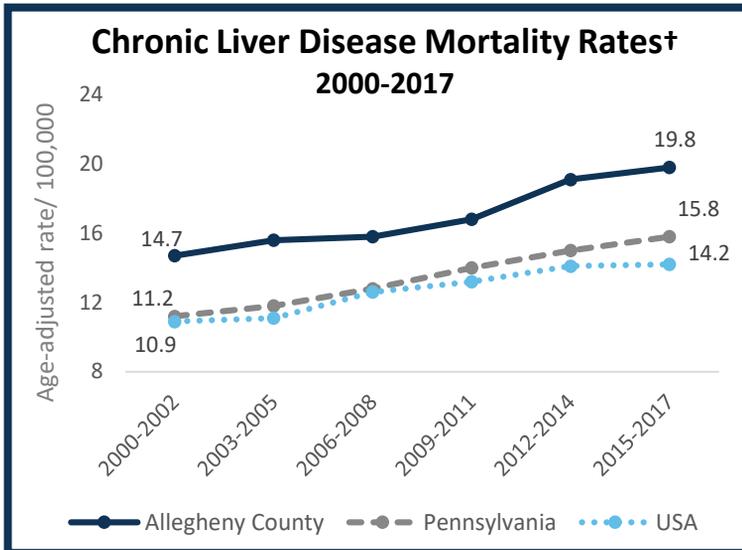




# Chronic Liver Disease: On the Rise in Allegheny County

Chronic liver disease was the **11<sup>th</sup>** leading cause of death in the United States in 2017. Cirrhosis, which is the most common chronic liver disease, is characterized by healthy liver tissue becoming replaced with scarred liver. Chronic liver disease may not cause symptoms in its early stages, leading to delayed diagnosis and less effective treatment.

Chronic liver disease mortality has been increasing in Allegheny County, Pennsylvania, and the entire U.S. over the past two decades.



Data source: CDC Wonder

## Allegheny County

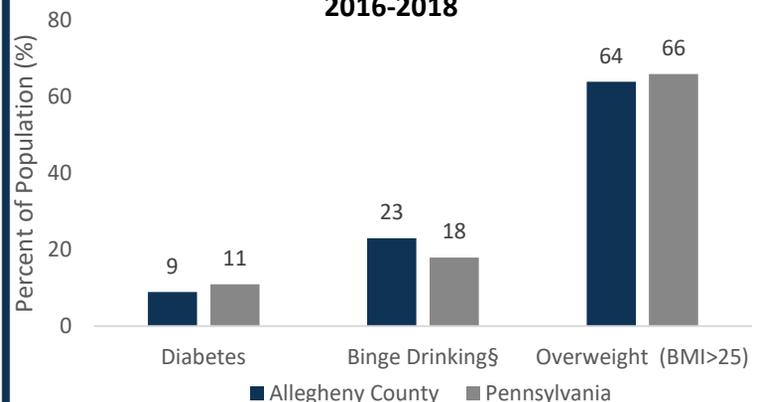
### Fast Facts

- Liver disease, which kills **~300** residents annually, is one of few chronic diseases that is increasing in incidence among county residents
- This increasing rate is likely due to the high burden of **obesity** and **hepatitis** in the region
- In Allegheny County, death from chronic liver disease is more common among **men** than among women and more common among **blacks** than among **whites**.

### Risk Factors for Chronic Liver Disease & Cirrhosis:

- Heavy alcohol use
- Excess body weight (BMI  $\geq 25$ )
- Hepatitis B & C infection
- Diabetes
- Hereditary liver diseases

### Prevalence of Chronic Liver Disease Risk Factors 2016-2018

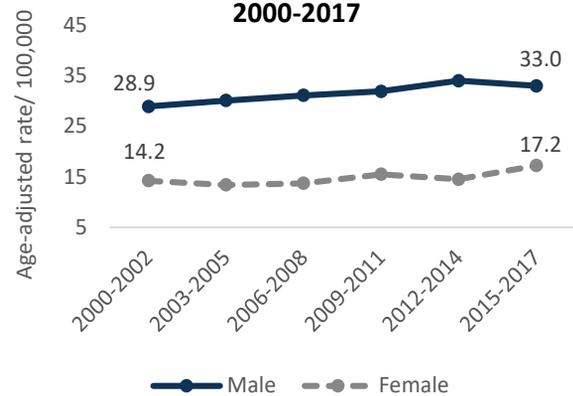


Data source: BRFSS via EDDIE, PADOH

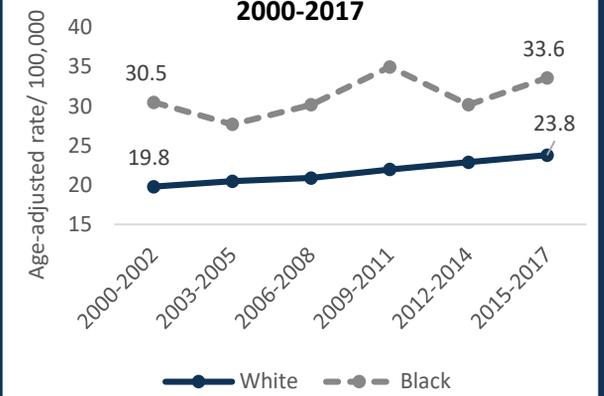
# Disparities in Mortality from Chronic Liver Disease

Chronic Liver Disease affects various demographic groups differently based on a variety of factors, including socioeconomic status, access to care, environmental exposures, health-related behaviors (such as diet and alcohol use), and genetic factors.

## Chronic Liver Disease Related Mortality† in Allegheny County by Gender 2000-2017

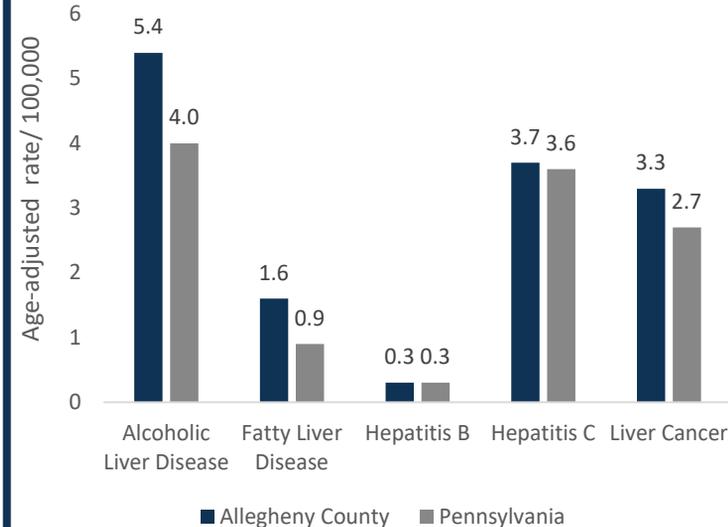


## Chronic Liver Disease Related Mortality† in Allegheny County by Race 2000-2017



Data source: CDC Wonder

## Average Annual Liver Disease-Related Mortality by Etiology\* 2008-2017



Data source: CDC Wonder

## Allegheny County Health Dept. Recommendations For Adults

- Maintain a BMI less than 25
- Avoid alcohol or limit to ≤1 drink daily for women and ≤2 drinks daily for men
- Get tested for Hepatitis C at least once as an adult (18+)

†Include deaths with underlying cause ICD-10 codes K70, K73, K74, K76, B18.

‡Include deaths with any cause ICD-10 codes K70, K73, K74, K76, B18.

\*Includes deaths with any cause ICD-10 codes Alcoholic Liver Disease (K70), Fatty Liver Disease (K76.0), HBV (B16, B18.0, B18.1), HCV (B17.1, B18.2), Liver Cancer (C22.0).

§Binge drinking is defined as ≥5 drinks/ day for men or ≥4 drinks/ day for women in past month.

Kochanek et al. Deaths: Final Data for 2017. National Vital Statistics Reports; vol 68 no 9. National Center for Health Statistics. 2019. | Heidelberg JJ, Brudery M. Cirrhosis and Chronic Liver Failure: Part I. Diagnosis and Evaluation. American Academy of Family Physicians; 74:756-762. 2006. | Yoon & Chen. Liver Cirrhosis Mortality in the United States: National, State and Regional Trends, 2000-2015. National Institute of Alcohol Abuse and Alcoholism. U.S. Department of Health and Human Services. 2018.