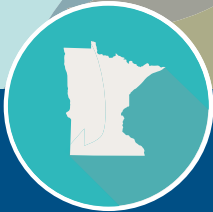


KAARKA WARBIXINTA CAAFIMAADKA HAWEENKA MINNESOTA

2020

*Caafimaadka Haweenka
Minnesota oo Kooban (2018-2019)*



Ka hel macluumaad taageeraya, tixraacyo iyo macluumaad kale barta z.umn.edu/mnwhrc20.

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Daabacaad ay samaysay Xarunta Waxbaridda Hogaanka ee Caafimaadka Hooyada iyo Caafimaadka Dadweynaha (Center for Leadership Education in Maternal and Child Public Health), Jaamacadda Minnesota Iskuulka Caafimaadka Dadweynaha (University of Minnesota School of Public Health)

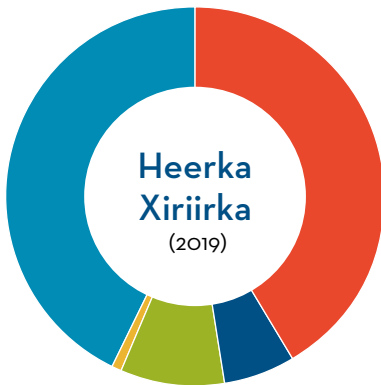
SAABSAN ILAHA XOGTA:

Kaarka Warbixinta (The Report Card) waxaa la soo saaray iyadoo la adeegsanayo ilo kala duwan oo macluumaad ah oo u dhexeeya 2011-2020. Inta badan xogta loo adeegsaday kaarkan warbixinta ayaa waxaa lasoo gudbiyey 2017-2019; markaa, haddii ay ka duwan tahay, sannad macluudka lasoo aruuriyey ayaa lagu agqoray cinwaan kasta ama mawduuca. Hababka soo aruurinta macluumaadku sidoo kale way ku kala duwanaan kartaa sanadkasta, oo cabbirada tirada dadka ayaa kala duwanaan karta sistem kasta oo macluumaad soo gudbin ah. Boqolleyda (boqolkii-ba inta ay tahay) waa la soo gaabiyey si ay u fududeeyo, iyadoo boqolleyda oo dhamaystiran laga heli karo websaydka internetka ee MN-WHRC.

In si kale loo tilmaamo mooyee, xogta oo dhan waxaa loogu talagalay haweenka jira 18+ sano. Mid ka mid ah xaddidaadaha ilaha xogtu waa in qaar ka mid ah macluumaadka la soo gudbiyey aan loo kala qaybinin jinsi ahaan iyo jinsiyada/qowmiyad ahaan. Waxaan macluumaadka wadaageynaa iyada oo loo eegayo jinsiyada iyo qowmiyada si loogu helo bartilmaameed wanaagsan oo ilaha ah iyo in wax ka qabasho loo fidiyo dadka u baahan. Erayada “dheddig” ama “dumar/haween” waxaa loo adeegsaday si midba midka kale bedeli karo dhammaan MN-WHRC iyada oo ku salaysan qaababka xog ururinta iyo ka warbixinta ilaha xogta. Waxaan garwaaqsanahay in ereyadani aysan ku wada koobnayn dhammaan aqoonsiyada jinsiga, waana muhiim in wax laga qabto xaddidaadaha hadda jira ee luuqadda ee cilmi baarista iyo MN-WHRC dhexdeeda. Waxaan ku talinaynaa in cilmi baarista mustaqbalka iyo ka warbixinta xogtu ay wax ka qabtaan luuqada loo adeegsado oo la jaan qaada dadka ay la shaqaynaayan.



MACLUUMAAKA DADWEYNAHA (DEMOGRAPHICS)



(% tirada dumarka)

- 41% Xaas ah: 1,165,355
- 6% Carmal ah: 171,417
- 9% La Furay: 268,908
- <1% Kala maqan: 20,407
- 43% Marnaba aan guursan ama kayar 15 sano: 1,213,099

LGBTQ

(Khaniisad (Lesbian), Khaniis (Gay), Laba-jinsile, Ama Jinsibedel Queer)

LGBTQ dadka ah ee ku nool Minnesota waa

4% ee tirada guud.

59% ee LGBTQ ee ku nool MN waa dumar.

81% dadka LGBTQ waa Caddaan,

11% ayaa soo sheegtay dadka kale oo dhan, iyo

8% ayaa soo sheegay in ay yihiin Latino/a ama Hispanic.

19% waxay leeyihiin dakhli sanadkii ka yar 24k.

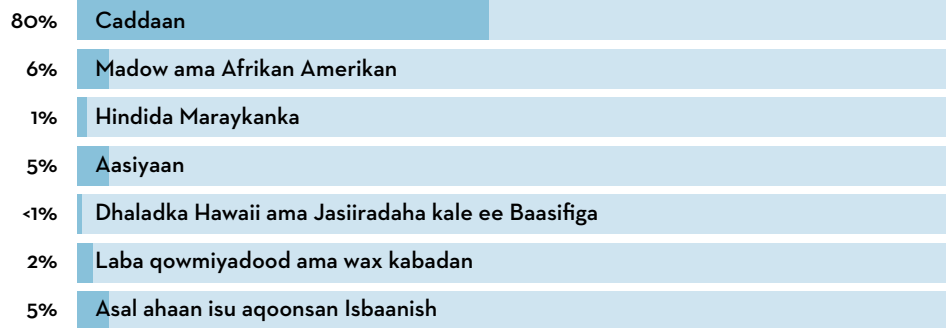
2016-2019

Tirada dadka Minnesota (MN) ayaa si tartiib tartiib ah u kordhaysa. Laga bilaabo 2016 illaa 2050, tirada dadka MN ayaa la saadaalinayaa inay ku korodho 15%, oo ay ka tagto 5.53 milyan oo gaarto 6.36 milyan. Xilligan, korodhka tirada haweenka waxyar ayuu ka gaabinayaa korodhka tirada ragga. Waxaa la filayaa in heerka korodhka dumarka ee la saadaalinayo uu ka hoosayn doono tirada ragga wixii ka dambeeya 2020.

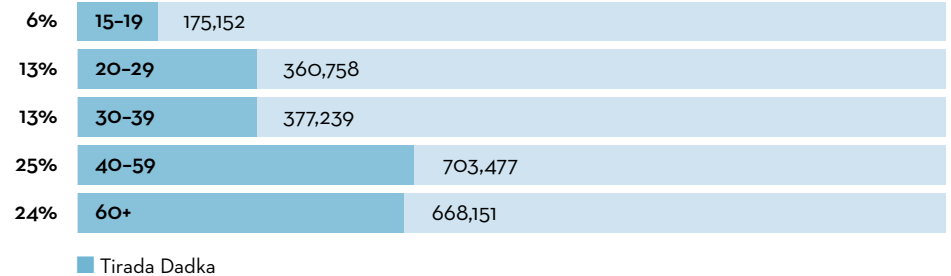
Sanadkii 2018, tirada guud ee haweenka ayaa ahayd 50% (2,186,378) tirada dadweynaha gobolka. Tirada dheddigga da'da 15-44 waxay ahayd 1,074,005, qiyaastii 38% dumarka MN oo dhan, oo matalaysa wax ka yar 1% ama <1% isbedel laga bilaabo 2017 ilaa 2018.

Sanadkii 2019, tirada guud ee haweenka ayaa ahayd 50% (2,839,186) ee tirada dadweynaha gobolka.

Qowmiyada iyo Jinsiyadda



Da'da

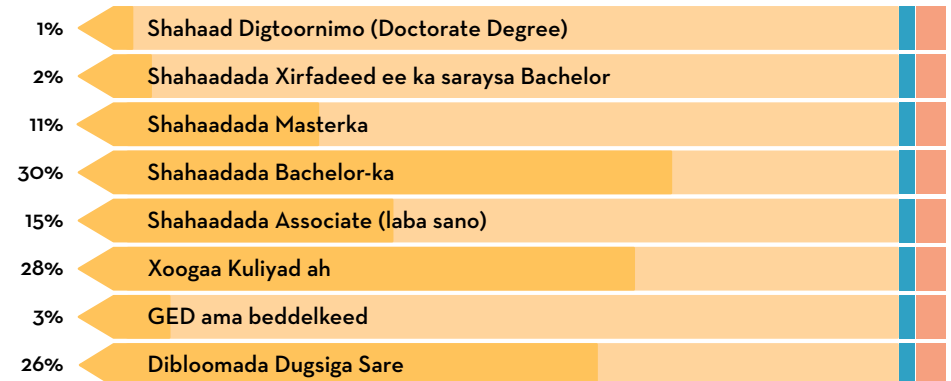


Furaha

Magaalada aad u weyn (urban): 50,000+ ay deganyihiin | **Magaalo weyn:** 10,000-49,999 ay deganyihiin | **Magaalo yar:** 2,500-9,999 ay deganyihiin | **Miyiga:** Goobta shaqo ee loo safro ayaa ah goob ka baxsan magaalada weyn/lagu urursan yahay

Waxaa laga soo xigtay: Greater Minnesota: Refined & Revisited report

Waxbarashada





CAQABADHA CAAFIMAADKA



Dadka laga tirada badan yahay ama dumarka aan caddaanka ahayn ayaa saddex laab ay u badan tahay in aysan caymis lahayn marka loo eego dumarka caddaanka ah.

7%

DHEDIGA DAAHA U DHEXEYEA
18-64 EE MN AYAAN HAYSAN
CAYMIS

TIRADA DADKA AAN CAYMISKA
HAYSAN MARKA QOWMIYADA
LOO EEGO:

CADDAAN

4%

AAN CADDAAN AHAYN

12%



Gaadiidka

Sida laga soo xigtay
2017 Sahaminta PRAMS,

8%

haweenka ayaa sheegay
maadaama aysan haysan wax
gaadiid ahi in ay caqabad ku
tahay helitaanka daryeelka
dhalmada kahor wakhti hore.

Qiyaastii

60%

dadka isticmaala gaadiidka
dadweynuhu waa haween.

2017

Sanadkii 2017 waxaa jiray qiyaastii 2,199,595 haween ah oo da'doodu ahayd 16+ MN gudeheeda, 66% ka mid ah waxay ku jireen suuqa shaqada. Dumarku waa 42% wadarta guud ee dadka aan caymis lahay ee MN. Dadka laga tirada badan yahay ama dumarka aan caddaanka ahayn ayaa saddex laab ay u badan tahay in aysan caymis lahayn marka loo eego dumarka cadaanka ah.

Intii u dhaxaysay 2015 iyo 2018, tirada dadka guri la'aantu ku dhacday ee dadka qaangaarka ah ee da'doodu u dhaxayso 25-54 ayaa kor u kacday. Sanadkii 2017, 2,875 dumar ah oo da'doodu u dhaxayso 18-54 ayey haysataa hoy la'aan.

HOY LA'AANTA HAWEENKA MN MARKA LOO EEGO KOOX KASTA DA'DOODA 2018

DA'DA KOOXDA	DUMARKA QAANGAARKA AH
18-21	429
22-24	299
25-54	2,147
55+	264

KA QAYBQAADASHADA SUUQA SHAQADA MARKA LOO EEGO QOWMIYADA (ISBARBAR DHIGA)

QOWMIYADA	HEERKA
Cadaan aan ahayn-Hispanic	65%
Aasiyaan	66%
Madaw	74%
Hindida Mareykanka	60%
Laatiin	73%
Dumarka oo dhan	80%

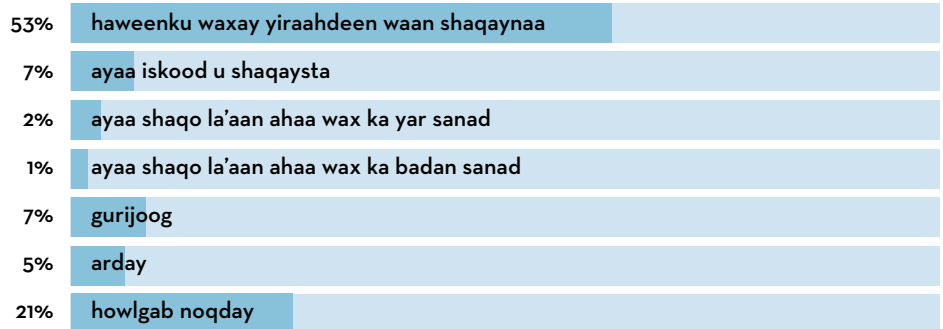
21%

DUMARKA HOY
LAAANTA AH WAA
25-54 SANO JIR

11%

HAWEENKA AYAA KA
HOOSEEYA HEERKA
SABOOLNIMADA

Shaqaalaynta



64%

32%

78%

DUMARKA 16+
Sannadka 2019, 64%
haweenka 16+ ayaa
shaqaynayey.

**GANACSIYADA
DUMARKU LEEYIHIIN**
489,494 shirkadaha ganacsi
ee MN, kaliya 32% ayay
leyihiin haween (2012).

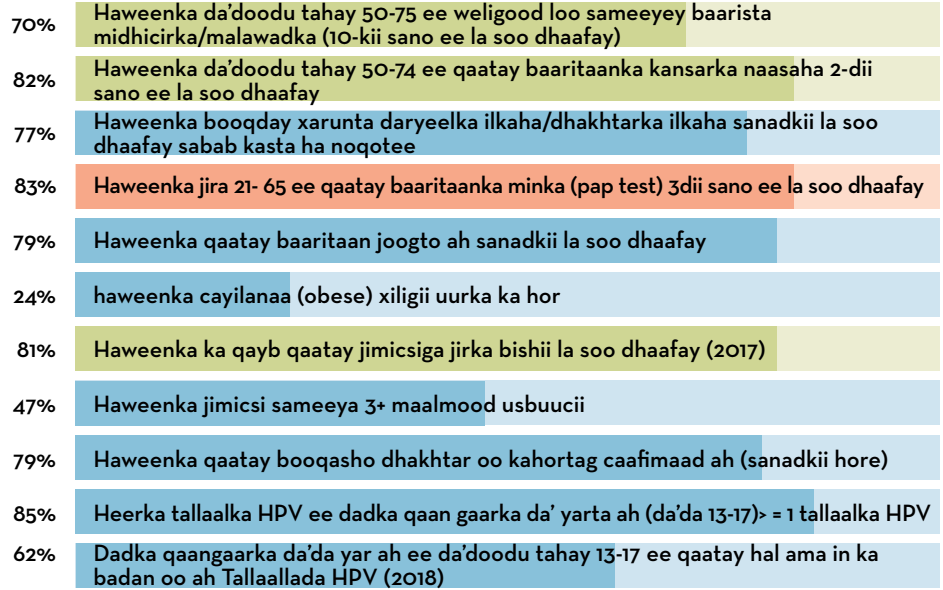
**DUMARKA SHAQEEYA EE
JIRA DA'AHA 16-64**
Sannadkii 2019 waxaa jiray
1,763,195 oo haween ah
da'doodu tahay 16-64 jir
MN, kuwaas oo 78% ay
shaqaynaayeen.



CAAFIMAAD KA HORTAGA CUDURADA

2016

Isku soo wada duuboo, haweenka MN ayaa kor u dhaafay heerkaa laga rabey ee hiigsiga Healthy People 2020 (HP2020) dhanka bartilmaameedyada caafimaadka ka hortaga cudurada. Haweenka da'doodu u dhaxayso 50-74 ayuu heerka qaadashada baaritaanka kansarka naasuhu meel sare marayaa (mammogram) (82%) marka loo eego bartilmaameedka HP2020 (81%). Haweenka madow ayaa qaatay heerka iska baaritaanka kansarka ee ugu sareeya (91%), waxaa ku soo xiga baaritaanka dumarka caddaanka ah (83%). Si kastaba ha noqotee, tirada qaddarka dadka la isticmaalay ee dumarka madow iyo kuwa Hispanic-ga aan caddaanka ahayn ee ka qayb qaatay Habka Sahminta khatarka La Xiriira Habdhaqanka (Behavioral Risk Factor Surveillance System [BRFSS]) ayaa aad u yarayd in ay muujiso inta ay gaarsiisan tahay heerka baaritaanka kansarka naasaha ee haweenka kooxahan ka tirsani, taas oo muujinaysa halista saraysa ee kansarka noocan ah ee dumarka madow.



Tilmaamayaasha caafimaadka ee qaybtan lagu soo bandhigay waxay u dhigmaan tilmaamayaasha CDC BRFSS. Dhamaan tilmaamayaasha lama barbar dhigo bartilmaameedka HP2020 maxaa yeelay bartilmaameedka HP2020 iyo tilmaamayaasha BRFSS had iyo jeer la mid ma ah. Booqo barta cdc.gov/brfss iyo healthypeople.gov si aad u hesho macluumaad dheeraad ah.

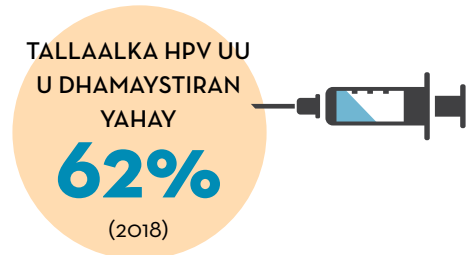
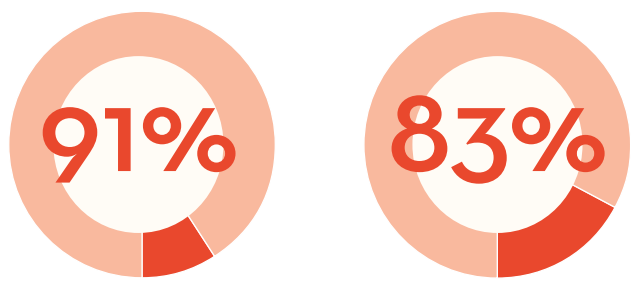
Bartilmaameedka Dadka Caafimaadka qaba

	DUMARKA MN	BARTILMAAMEEDKA HP EE 2020	BARTILMAAMEEDKA HP EE 2030
baarista midhicirka/malawadka: 50-75 sano (2018)	70%	71%	74%
Baaritaanka kansarka naasaha: 50-74 sano (2018)	82%	81%	77%
jimicsiga 3+ maalmood/asbuucii	58%	48%	59%
Tallaalka HPV ee dhalinyarada (2018)	85%	80%	80%



Isku soo wada duuboo, haweenka MN ayaa kor u dhaafay heerkaa laga rabey ee hiigsiga Healthy People 2020 (HP2020) dhanka bartilmaameedyada caafimaadka ka hortaga cudurada.

HAWEENKA MADOW AYAA HAYSTA HEERKA UGU SARREEYA EE ISKA BAARITAANKA KANSARKA (91%), OO AY KU SOO XIGTO DUMARKA CADDAANKA AH (83%)





Kansarka naasaha ayaa ahaa 39% ee tobanka kansarada ugu badan ee ku dhacay dumarka MN sanadkii 2017.

KANSARKA

2017

Kansarku waa sababta keenta dhimashada ugu badan ragga iyo dumarka MN. Marka dhammaan kansarada hal meel la isugu geeyo, kansarku waa cudurka 7aad ee ugu badan ee soo noqnoqda. Kansarka naasaha ayaa ahaa 39% kansarada ku dhacay dumarka MN sanadkii 2017. Guud ahaan, kansarka sambabka iyo neefmareenka sambabka ayaa ah sababta ugu weyn ee keenta u dhimashada kansarka, iyadoo uu yahay heerka labaad ee ugu badan ee ku dhacitaanka cudurka balse ah ka ugu badan heerka u dhimashada.

Heerka Tobanka Kansar ee ugu korreeya Haweenka

NOOCA KANSARKA	HEERKA OO DA'DA LOO EEGAY
Naaska Dumarka	138
Sambabka iyo Neefmareenka sambabka	50.5
Midhicirka iyo Dabada (Rectum)*	32.2
Corpus iyo Uterus NOS	30.4
Kansarada ku dhaca maqaanka (Melanomas of the Skin)	31.3
Qanjirka (Thyroid*)	17.3
Qanjirada iyo Unugyada Dhiiga Cad (Non-Hodgkin Lymphoma)	17.3
Kansarada dhuuxa (Leukemias)	12.1
Beeryarada* (Pancreas*)	11.8
Kelyaha* iyo Xididada kelyaha (Renal Pelvis)	10.3

100,000 ee haween ahba

Heerka dhimashada/Nooca kansarka

NOOCA KANSARKA	HEERKA OO DA'DA LOO EEGAY
Sambabka iyo Neefmareenka sambabka	30.6
Naaska dumarka*	16.7
Midhicirka iyo Dabada (Rectum)	9.5
Beeryarada (Pancreas)	10.3
Ilmo galeenka (Ovary*)	5.8
Kansarada dhuuxa (Leukemias)	5.0
Qanjirada iyo Unugyada Dhiiga Cad (Non-Hodgkin Lymphoma)	4.9
Corpus iyo Uterus NOS**	5.0
Maskaxda iyo sistamka kale ee neerfaha	3.6
Beerka* iyo Xididada Xamaytida (Liver* and Intrahepatic Bile Duct*)	3.7

100,000 ee haween ahba

+ Si kale looma cayimin

* Noocyada kansarka ee la xiriira cayilka (obesity)



Talo soo jeedin:

BAARITAANADU WAA MUHIIM.

Baaritaanka kansarka naasaha ee dumarka ka weyn 40 waxay ahayd

76%

Baaritaanka kansarka ilmo-galeenka afkiisa Pap/HPV ee haweenka jira 21 ilaa 65 wuxuu ahaa

86%

Himilada 2020 ee Dadka Caafimaadka qaba ee ah

93%



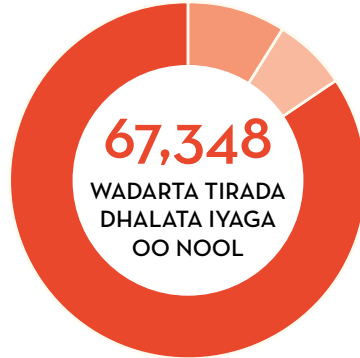
CAAFIMAADKA DHALMADA KA HOR IYO CAAFIMAADKA XUBNAHA TARANKA

2018

Sanadkii 2018, waxaa uur qaaday wadar ahaan 76,636 haween ah MN gudaheeda. Heerka uurku wuxuu ahaa 71.4 uur ah 1,000kii dumar ah oo da'doodu u dhaxayso 15-44. Gobolku wuxuu tiriyay wadarta guud ee dhalashada 68,603 carruur nool (dhammaan kelida iyo mataanaha marka la isku daro).

77%
HOYOYOYINKA UURKA LEH AYAA QAATAY DARYEELKA UURKA INTII LAGU JIRAY RUBUCII UGU HOREEYAY EE MUDDADA UURKOODA (2018)

Dhalashada uurka hal ilmo ah iyo kuwa mataanaha ahba



- Dhalashada Dhiciska ah (<37 asbuuc) 9%
- Dhalashada iyada oo miisaankoodu hooseeyo (<2500 garaam) 7%
- Dhalashada Miisaankooda oo caadi ah 84%



Heerka Uur Qaadidda

DUMARKA JIRA INTA U DHAXAYSAA 15-44 SANO:

62.7 dhalasho 1000kiiba

HEERKA DHALASHADA:

12.0 dhalasho 1000 kiiba tirada guud ee dadweynaha (2018)



11%

DUMARKA MN SIGAAR AYEY CABBAAN UURKA KA HOR AMA XILLIGA AY UURKA LEEYIHIIN

24%

DUMARKA WAY CAYILLAAYEEN (OBESE) UURQAADISTA KA HOR 2018

4%

EE DADKA MINNESOTA AYAA ISU AQOONSAN IN AY YIHIIN SIDA KHANIISAD (LESBIAN), KHANIIS (GAY), LABA-JINSILE, AMA JINSIBEDDEL (LGBT)

59%

AYAA ISU AQOONSAN IN AY YIHIIN DUMAR

28%

AYAA HADDA CARRUUR KORINAYA

Afarta Waddan ee ugu Sarreeya ee Asal ahaan ay Kasoo Jeedaan Haweenka ku Dhala MN



19.3% AFARTA WADDAN EE UGU SARREEYA EE ASAL AHAAN AY KASOO JEEDAAN HAWEENKA KU DHALA MN



Dhalmada nool oo loo kala qaybiyey Jinsiyada iyo Qowmiyada Hooyooyinka n=69,746

AAN AHAYN HISPANIC					HISPANIC	WADARTA
Caddaan	Madowga Maraykanka	Hindida Maraykanka	Aasiyaan/Jasiirada Baasifiga	Cidkale/la aqoon		
46,844	8,775	1,149	5,463	270	4,847	68,603



HAWEENKA DA' YARTA AH EE KU JIRA XILIGA AY DHALI KARAAN AYAA ISTICMAALA HABKA KALA DHEERAYNTA DHALMADA EE MUDDADA BADAN QOFKA U SHAQEEYA EE LA ISKA SAARI KARO (LONG-ACTING REVERSIBLE CONTRACEPTIVES [LARCS]) EE KU JIRA BARNAAMIJYADA CAAFIMAADKA MN (MEDICAID)



Welwelka iyo Walaac Dhalmada ka Dib (Postpartum Depression)

11%

HOOYOOYINKA AYUU DHAKHTAR U SHEEGAY IN AY WELWEL QABAAN UURKA KA HOR

11%

HOOYOOYINKA AYAA ISKOOD U SHEEGAY IN AY ISKU ARKEEN CALAAMDAHA WELWELKA DHALMADA KA DIB AH



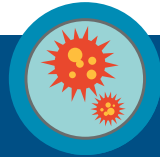
Sonkorowga xiliga uurka iyo Dhiig karka xiliga uurka

2015 GUDEHEEDII,

6%

DHALITAANADA KU LUGLAHAA HOOYOOYIN QABAY SONKOROWGA UURKA;

Tan kuma jiraan dumarka qabay sonkorowga nooca type 1 ama nooca type 2 uurka kahor.



Kiisaska jeermisyada galmada lagu kala qaado (STIs) ee lasoo gudbiyey

Tirooyinkan waxaa soo gudbisay MDH waxaana ku jira cudurada galmada lagu kala qaado (STIs) ee laga soo gudbiyey goobaha adeeg-yada oo kala duwan oo gobolka oo dhan ah. Waxaa in la ogaado mudan in All Payers Claim Database ay noqon karto ilo wanaagsan oo lagu qabto tirada shakhsiyaadka la baaray.

Jabtada (Gonorrhea)

Dadka da'doodu u dhaxayso 20 - 24, ragga ayaa tiro ahaan xoogaa u badan kiisaska jabtada ee 100,000 ee qofba marka loo eego kiisaska dumarka ee jabtada qaba, iyadoo 500 rag ah iyo 478 kiis oo dumar ah ay 100,000 qofba qabaan jabtada.

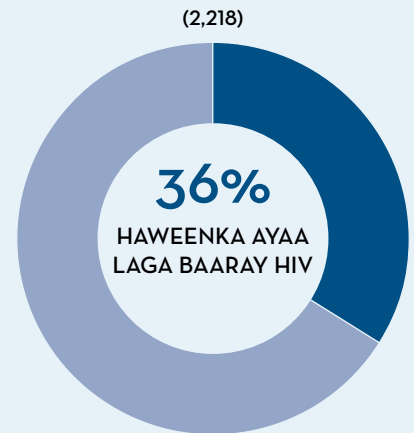
Kalamiidiya (Chlamydia)

Guud ahaan, heerka tirada chlamydia ee MN ayaa gaadhay heerkii ugu sarreeyey iyada oo uu ku dhacay 463 qof 100,000 ee qofba. Tani waa kor u kac 4% intii ay ahayd 2016. Heerka tirada jabtada ku dhaca MN ayaa kordhay 28% oo gaartay 123 qof 100,000 ee qofba marka la barbar dhigo 96 qof 100,000 ee qofba ee sanadkii 2016. Haweenka da'doodu tahay 20 - 24 ayaa qaba tirada ugu badan ee chlamydia gobolka (~ 3,400 oo kiis 100,000 ee qofba).

Haweenka da'doodu tahay 20 - 24 ayaa qaba tirada ugu badan ee bakteeriyada Kalamiidiya gobolka.

Waxda Caafimaadka Minnesota (MDH) (3,368 oo kiis 100,000 ee qofba)

Waxaa laga baaray HIV/AIDS



Kiisaska cusub ee HIV sanadka 2018

DADKA JINSIGA LABKA LOO AQOONSADAY MARKAY DHASHEEN

76%
(217)

DADKA JINSIGA DHEDIGA LOO AQOONSADAY MARKAY DHASHEEN

24%
(69)

Waraabowga (Syphilis)

Kiisaska ugu hooseeya ee waraabowga hore ee dumarka ku dhaca ayaa ahaa 2007kii, iyadoo laba kiis la soo sheegay. Tiradan ayaa si isdaba joog ah u sii kordheysay tan iyo markaas waxayna gaartay 91 kiis 2017. Heerka waraabowga darajada koowaad ah (primary) iyo midda darajada labaad ah (secondary) waa 7.3 oo qof 100,000 ee qofba. Tani waa hoos u dhac 5% laga soo bilaabo 2016.

DADKA HOOS KU QORAN AYAA ISLA WADAAGA DADKA UGU BADAN EE TIRADA HAWEENKA QABA WARAABOWGA

HINDIDA MARYKANKA

56%

HISBAANIK

11%

MADOWGA AAN HISPANIC AHAYN

27%



CUDURKA JOOGTADA AH

2012-2017

Haweenka MN waxay qabaan cudurada joogtada ah (chronic diseases) (38%) oo xoogaa yar sarreeya marka loo eego ragga (33%). Intaas waxaa sii dheer, haweenka waxaa ku badnaa xanuunada joogtada ah sida dhiigkarka, neefta iyo tufka (rheumatoid arthritis).

Dhimashada

2018 GUDEHEEDII:

33

DUMAR AH AYAA U DHIMATAY NEEF (ASTHMA)

433

DUMARKA AH AYAA U DHIMATAY WADNE ISTAAG

4,932

DUMARKA AH AYAA U DHIMATAY CUDURKA WADNAHA

585

DUMAR AH AYAA U DHINTA U SONKOROW

273

DUMARKA AH AYAA U DHIMATAY CUDURKA SAMBADA EE JOOGTADA AH & CIRRHOSIS

256

DUMARKA AH AYAA U DHIMATAY KELYO ISTAAG

DUMARKA ASALIGA/DHALADKA MAREYKANKA AH AYAA U DHINTA CUDURKA WADNAHA

50%

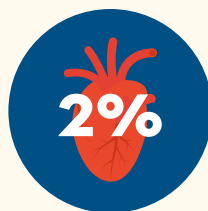
IN KA BADAN DUMARKA CADDAAANKA

AFRIKAAN AMEERIKAAN & DUMARKA AASIYAANKA AH AYAA U DHINTAY FAALIG

40%

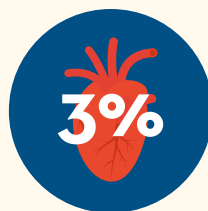
IN KA BADAN DUMARKA CADDAAANKA

% Haweenka uu waligood dhakhtar ku sheegay in ay qabaan:



WADNE ISTAAG

(oo loo yaqaano myocardial infarction)

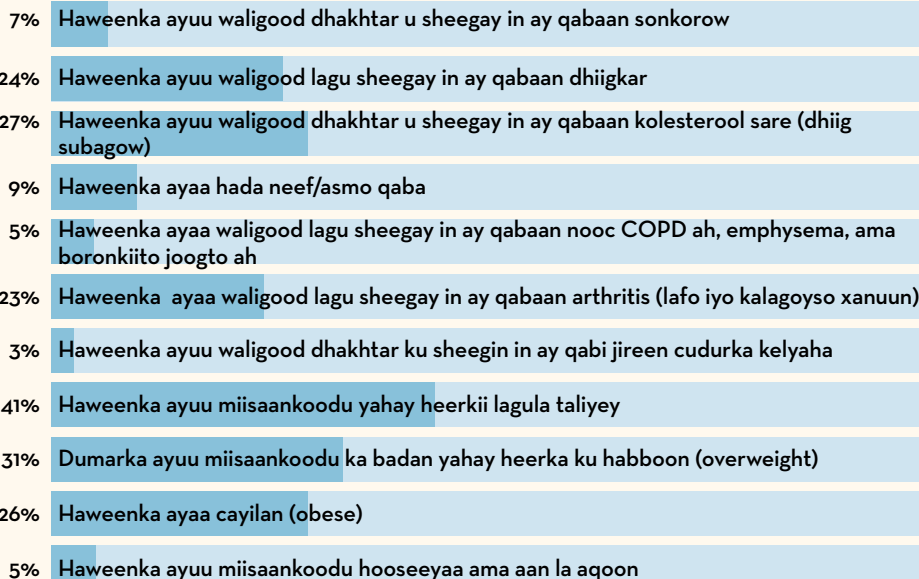


ANGINA AMA CUDURADA KALE EE WADNA

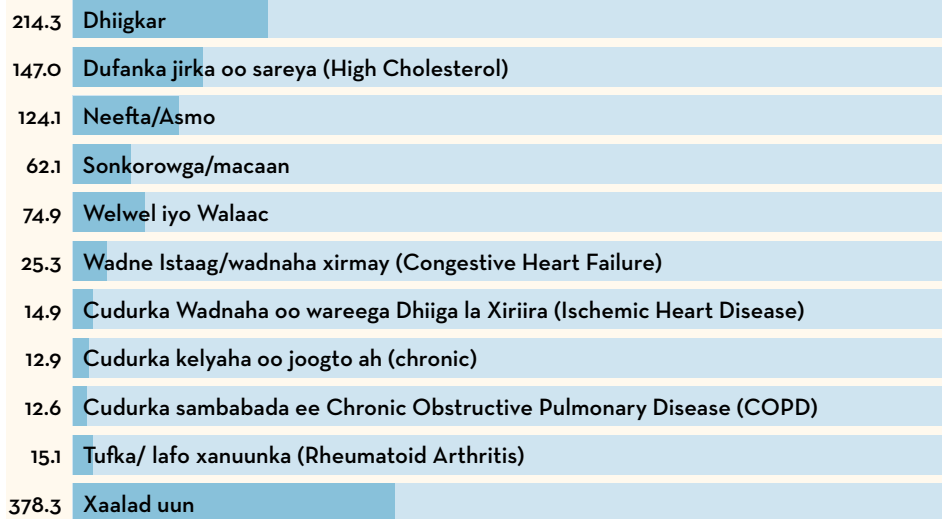


FAALUG

(oo loo yaqaano dhiig maxkadda ku furma)



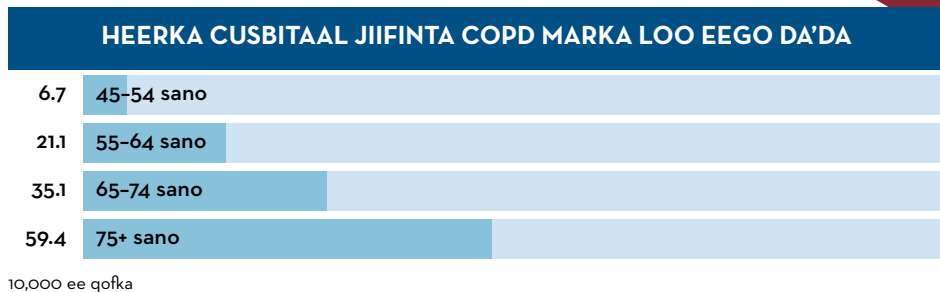
HEERKA TIRADA HAWEENKA QABA CUDURADA JOOGTADA AH EE SOO SOCDA:



Heerka inta qof ee 1,000 qof ee Minnesota



Haweenka MN waxay qabaan cudurada joogtada ah (chronic diseases) (38%) oo xoogaa yar sarreeya marka loo eego ragga (33%).



10,000 ee qofka

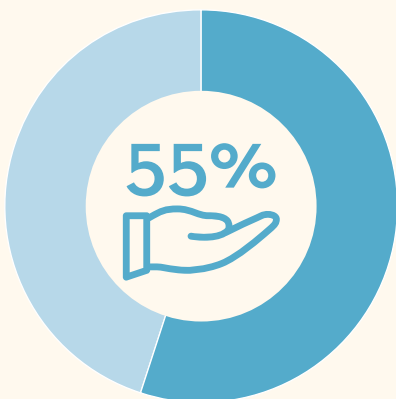


CAAFIMAADKA MASKAXDA IYO ISTICMAALKA MAANDORIYAHA

2011-2016

Haweenka ayaa ah 55% wadarta macaamiisha ay u adeegaan hay'adaha caafimaadka maskaxda gobolka, goobaha bulshada iyo isbitaalada gobolku.

Heerka gaaritaanka (heerka tirada shaqsiyaadka isticmaala adeegyada caafimaadka maskaxda) dheddigga waa 53.7 qof 1,000kii qofba. Heerkani wuxuu ka sarreeyaa ka labka (ragga) oo ah 44 qof 100kii qofba.



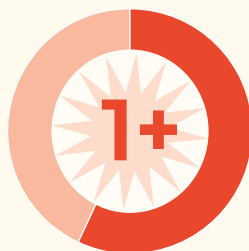
WADARTA GUUR EE MACAAMIISHA AY U ADEEGEEN WAKAALADAHAA CAAFIMAADKA MASKAXDA EE BULSHADA DHEXDEEDA, IYO CUSBITAALADA GOBOLKA



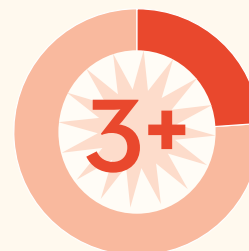
Dhacdooyinka Rabshadaha Caruurnimada (Adverse Childhood Experience ACE) waxaa lagu tilmaamay in ay tahay waayo aragnimo naxdin leh oo nolosha qofka ku dhacda kahor intuuusan gaarin da'da 18 sano oo uu qofku soo xasuusto marka uu qaan gaaro.

Dhacdooyinka Dhibaataada Caruurnimada hore (Adverse Childhood Experience ACE)

Waxaanu war bixintan kaga warbixineynaa Dhacdooyinka Dhibaataada Caruurnimada hore (Adverse Childhood Experience - ACE) sababta oo ah waxay la xiriirtaa caafimaadka jirka iyo maskaxda oo liita, cudurada joogtada ah, guusha waxbarashada oo hooseysa, guusha dhaqaalaha oo hooseysa iyo marka uu qofku gaangaaro oo ay guushiisa dhanka bulshadu ay dhaawacanto Dhacdooyinka Dhibaataada Caruurnimada hore (Adverse Childhood Experience- ACE) waxay si xoogan ula xiriiraan astaamaha arrimaha caafimaadka maskaxda goor dambe oo nolosha qofka ah, oo marka heerka dhibcaha dhacdooyinka ay sareeyaan, waxay u badan tahay in qofka qaan gaarka ah uu sheegto in uu qabo dibreeshin ama welwelka marka ay qaangaar yihiin. MN BRFSS oo la sameeyay sanadkii 2011 ayaa soo bandhigtay macluumaadkii ugu dambeeyay ee dadka qaan gaarka ah. Waxay muujineysaa, marka la barbar dhigo ragga, haweenka ayaa inta badan soo gudbiyey inay la kulmaan xadgudub jinsiga ah iyo in ay arkeen rabshadaha guriga, cudurada maskaxda iyo dhibaatooyinka la xiriira cabitaanka khamrada qoyska dhexdiisa.



57% DUMARKA AYAA SHEEGAY IN AY SOO MAREEN HAL MAR AMA IN KA BADAN OO AH DHACDOOYINKA DHIBAATOYINKA EE CARUURNIMADA HORE (ACES IN CHILDHOOD) SANADKII 2011



24% DUMARKA AYAA SHEEGAY IN AY SOO MAREEN SADDEX AMA IN KA BADAN OO AH DHACDOOYINKA DHIBAATOYINKA EE CARUURNIMADA HORE (ACES IN CHILDHOOD)



CAAFIMAADKA MASKAXDA IYO ISTICMAALKA MAANDORIYAHA

Isticmaalka khamrada oo xad dhaaf ah

Isticmaalka khamrada xad dhaafka ah waxay sababi kartaa waxyeelo kala duwan sida natiijooyinka dhalimada oo liita, kansarka, cudurka wadnaha, shilalka gawaarida, iyo kuwo kale oo badan. Haweenka, wixii ka badan 4+ cabitaan oo hal mar ah ayaa loo tixgeliyaa in ay tahay cabitaan xad dhaaf ah. Wixii khamro ah ee ay cabbaan haweenka uurka leh ama dadka da'doodu ka yar tahay 21, ama dumarka cabba 8+ cabitaan hal toddobaad gudihii, ayaa loo aqoonsan yahay in ay tahay khamro cabitaanka culus.



Haweenka, wixii ka badan 4+ cabitaan oo hal mar ah ayaa loo tixgeliyaa in ay tahay cabitaan xad dhaaf ah.

Isdilniinka

6

dhimasho 100,000kii dumar ahba

Is-dhaawacida

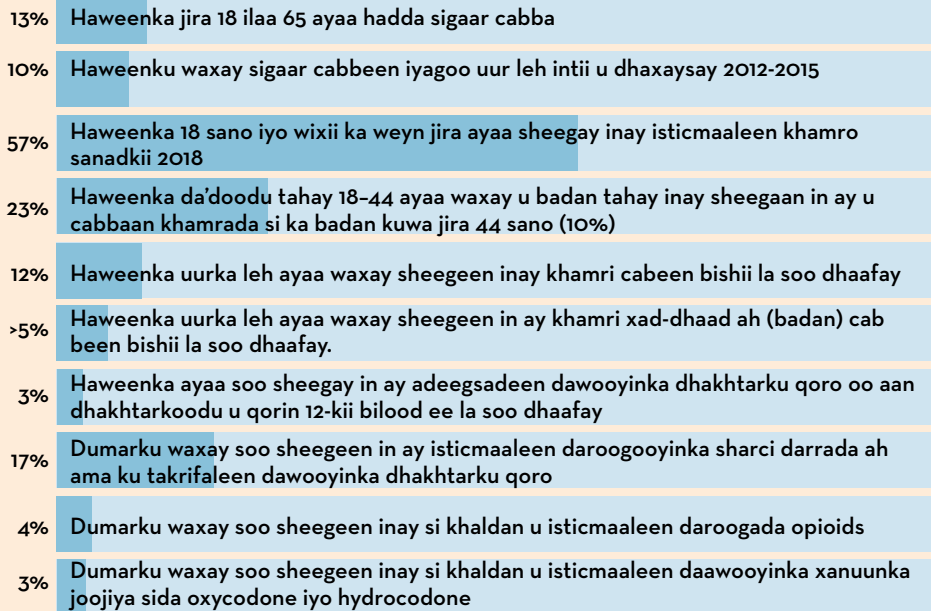
Is-dhaawacida oo lagu cabirayo booqashooyinka ED ee rabshadaha isdhaawacitaanka ah:

850

booqashooyin 100,000 ee qof dhedig ee jira 10-24 sano

400

booqasho 100,000 ee dhedig ah ee jira da'da 25-34 sano



6.5

Heerka baahsanaanta ee haweenka uurka leh ee qaba cudurka isticmaalka daroogada (opioid) xilliga fooshu waa 6.5 ee 1,000 qof ee cusbitaal ku dhalaba.

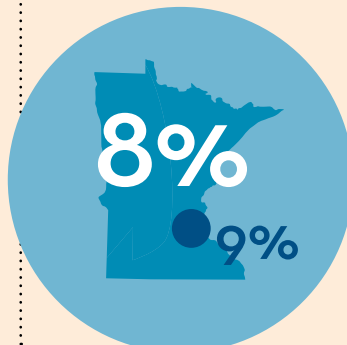
14.4

Heerka u dhimashada daroogada xad dhaafka ah ee dumarka ayaa ah 14.4 ee 100,000 kii qofba.



Dibreeshin Weyn

Dhibreeshinka weyn ayaa lagu qiimeeyaa in uu yahay xaalada ugu saamaynta badan dumarka haysta caymiska ganacsiga MN dhexdeeda, taas oo ka dhigan 19.1% xaalado caafimaad oo xumaaday. Cudurka Isticmaalka Khamrada waxay ka kooban tahay 3% xaalado caafimaad oo xumaaday iyo Dhibaataada Isticmaalka Maandooriyaha ayaa waxay gaarayaan 3% dheeraad ah oo dadkan ah. Tirooyinkani ayaa waxay u badan u badantahay in ay yihiin kuwo aan dhameystirnayn sababta oo ah maadaama aan la xisaabinin dadka aan caymiska lahayn ee reer Minnesota, oo lagu qiyaasay inay gaarayaan 349,000 oo qof 2017.



Dhibreeshin weyn ayaa laga helay haweenka reer Minnesota ee haysta caymiska ganacsiga ah heer ah 8.1%, oo la siman heerka Maine keliya oo ah heerka ugu sarreeya Maraykanka. Heerkani wuxuu xitaa intan kasii sarreeyaa nawaaxiga Magaalooyinka Mataanaha ah, oo ahayd qiyaastii 9% sanadkii 2016.



CAAFIMAADKA BULSHADA IYO DEEGAANKA

2015-2020



2%

BAQDIN GELINTA IYO WAXYEELADA LAMAANAHA (INTIMATE PARTNER VIOLENCE [IPV])

Sanadkii 2015, 2% dumarka uurka leh ayaa waxay la kulmeen rabshadaha u dhexeeya labada qof ee noloshu wadaagta muddadii 12 bilood kahor uurkooda. Sanadka 2020, boqolkiiba tirada ayaa korodhay 2% iyada oo 2% ay la kulmayaan rabshadaha lamaanahooda uurka ka hor.

23

DILKA DADKA

Sanadkii 2019, waxaa jiray 23 kiis ayaa lasoo sheegay oo dumar la dilay ah. Tani waxay 8% ka hooseysay saamiga dumarka ee dhibanayaasha dilka ee warbixintii 2017.

5

HEERKA TIRADA DADKA ISDILEY

2017, heerka isdilida dumarka MN ayaa hoosaysay oo ahayd 5.4 ee 100,000 ee ruuxba marka la barbar dhigo celceliska heerka qaran ka ee ah 6.1 ee 100,000 ee ruuxba.

6%

HEERKA TIRADA DADKA XABSIGA KU JIRA

Laga bilaabo Luulyo 01, 2020, 6.2% wadarta guud ee dadka qaangaarka ah ee ku jira xabsiyada waa dumar (n = 516).

76

TAHRIIBTA AADANAHA

Waxaa jiray 120 kiis oo laga soo sheegay Minnesota sanadkii 2018; 76 waxay ahaayeen dumar halka 21 ay ahaayeen caruur aan qaangaarin. Tirada dhabta ah ee kiisaska intaas way ka badan yihiin sababo la xiriira in aan la soo sheegin.

DEMBIYADA EEXDA KU SALAYSAN

146

Wadarta dambiyada eexda ku salaysan ayaa loo soo sheegay sharci fulinta gobolka MN.

3

DEMBIYADA LOOGA SOO HORJEEDO KHANIISNIMADAD

2%

6

DEMBIYADA LOOGA SOO HORJEEDO JINSIBEDELADKA

4%

1

DEMBIYADA LOOGA SOO HORJEEDO JINSI QAADASHO LA'AANTA

<1%



COVID-19

NOFEEMBAR 22, 2020:

270,157 kiis oo cudurka laga helay
7,219 kiis oo dhowaan la soo sheegey
3,779,834 baaritaan ayaa la sameeyey

DISEEMBAR 4, 2020:

338,973 kiis oo cudurka laga helay
5,371 oo dhowaan la soo sheegey
4,439,728 baaritaan ayaa la sameeyey
3,845 wadarta dhimashada ee kiisaska la xaqiijiyay iyo kuwa suuragalka ah



DADKA MINNESOTA EE AH LATINO AYAA WAXAA LAGA HELAYAA COVID-19 INTA UGU BADAN 3 JIBBAAR HEERKA DADKA MINNESOTA EE AH CADDAANKA

3,241 qof oo u dhintay COVID MN dhexdeeda,

80%

waxay ahaayeen Caddaan (Nofeembar 22, 2020)

Dhammaan dadka asaliga ah ee laga helo COVID,

15%

ayaa waxaa la dhigaa cusbitaal, heerka ugu sarreeya ee qowmiyadaaha oo dhan (Nofeembar 22, 2020)

Haweenka ku nool MN

(MDH)

(Nofeembar 22, 2020)

51%
kiisaska

49%
cusbitaal jifinta

39%
ee gelinta ICU

49%
dhimashada

318K
KIIS MN
DHEXDEEDA

13,295,605 KIIS OO COVID-19 AH IYO 266K DHIMASHO AH MARYKANKA.
(Diseembar 4, 2020)



Kaarka Warbixinta Caafimaadka Haweenka Minnesota 2020: Caafimaadka Haweenka Minnesota oo Kooban (2018-2019)

Daabacaad ay samaysay Xarunta Waxbaridda Hogaanka ee Caafimaadka Hooyada iyo Caafimaadka Dadweynaha (Center for Leadership Education in Maternal and Child Public Health), Jaamacadda Minnesota Iskuulka Caafimaadka Dadweynaha (University of Minnesota School of Public Health)

Ku saabsan

Annaga oo si dhow ula shaqeynayna shaqaalaheena iyo Xarunta Daraasadaha Caafimaadka ee Waaxda Caafimaadka Minnesota (MDH), Waaxda Caafimaadka Ilmaha iyo Qoyska (Center for Health Statistics, Child and Family Health Division), iyo Qeybta Dhiirrigelinta Caafimaadka iyo Waaxda Cudurada Joogtada ah (Health Promotion and Chronic Disease Division), waxaan si taxaddar leh u naqshadeynay Kaarka Warbixinta Caafimaadka Haweenka Minnesota (MN-WHRC) si looga caawiyo in la arko muuqaal ka tarjumaya tilmaamayaasha caafimaad ee gaarka u ah dadyowga gobolkeena. MN-WHRC waxaa la soo saari doonaa sanad-dhaaf-kasta marka xogta cusub la helo, iyada oo ujeedadu tahay bixinta dib u eegis dhameystiran iyo isbarbardhig sanadaha oo dhan. Xogtan ayaa ka tarjumaysa waaya-aragnimada nolol maalmeedka dumarka, waxaana loo adeegsan karaa in loo isticmaalo dhaqanka iyo siyaasadaha Minnesota, iyadoo la siinayo fursadda lagu hagaajinayo natiijoyinka caafimaadka dumarka ee muddada dhow iyo muddada fog.

Mahadnaq

Mahadnaq, tixraac buuxa ee macluumaad iyo faahfaahin dheeraad ah waxaa laga heli karaa z.umn.edu/mnwsrc2020. Kaarka warbixinta waxaa qaabayntiisa lagaga da'yaday Center for Women's Health Research (CWHR) ee ay leedahay North Carolina (NC), taas oo soo gudbinaysay xaalada caafimaadka ee haweenka North Carolina dhowr sanadood. Kaararkooda warbixinta iyo websaytka la socda ayaa nagu dhiirrigeliyay inaanu taas oo kale gobolka u sameysanno. Mahadsanid Waxaan sidoo kale jeclaan lahayn inaan u mahadcelino ardayda MCH ee ku jiray koorsada 2019 iyo 2020 PubH 6630 kaalinta muhiimka ah ee ay ka geysteen Kaadhka Warbixinta ee 2020, iyo Laura Villarreal iyo Dr. Zobeida Bonilla hogaamintooda abaabulka ardayda iyo ilaha xogtooda.

Wax ku saabsan Xarunta Waxbaridda Hogaanka ee Caafimaadka Hooyada iyo Caafimaadka Dadweynaha (Center for Leadership Education in Maternal and Child Public Health)

Lixdan sano, Xarunta Waxbaridda Hogaanka ee Caafimaadka Hooyada iyo Caafimaadka Dadweynaha (Center for Leadership Education in Maternal and Child Public Health) waxay ka shaqaynaysay hagaajinta heerka caafimaad haweenka, caruurta, dhalinyarada iyo qoysaskooda MN. Shaqada xaruntu waxay salka ku haysaa mabaadi'da caddaaladda bulshada waxayna diiradda saareysaa horumarinta xirfadaha iyada oo loo marayo sii wadashada waxbarashada xirfadeed, la tashiga iyo kaalmada farsamada ee ururada ku salaysan bulshada iyo wakaaladaha caafimaadka dadweynaha iyo adeega bulshada. Ardayda qaadanaysa shahaadada Masterka ee Caafimaadka Dadweynuhu waxay helayaan tababar ku saabsan horumarinta xirfadaha caafimaadka bulshada iyo mowduucyo ku saabsan caafimaadka hooyada iyo dhallaanka.

CONTACT:

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Facebook (MCHUMN)



Instagram (umn_mch)



Twitter (@umn_MCH)



YouTube (umn_mch)

Xarunta Waxbaridda Hogaanka ee Caafimaadka Hooyada iyo Caafimaadka Dadweynaha waxaa taageeray Health Resources and Services Administration (HRSA) ee waaxda caafimaadka iyo Adeegyada Bulshada Maraykanka (U.S. Department of Health and Human Services HHS) iyada oo loo marayo deeqda lambakeedu yahay T76MC00005-59-00 Leadership Education in Maternal and Child Public Health oo ah lacag gaaraysa \$1,750,000. Macluumaadkan ama waxa halkan ku jira iyo gunaanadka dhexgalka qalabkeena dhexgalka bulshadu waa kuwo ay iskood u leeyihiin qorayaashu waana in aan loo qaadanin in ay ku hadlayaan magaca rasmiga ah ama sharciga, am in aysan ahayn ogolaansho ay bixinayso HRSA, HHS ama Dowladda Mareykanka.