nebraska HDSP program

SOUTH HEARTLAND
District Health Department

| 2011** | HEART DISEASE BURDEN

Heart Disease (HD) includes a number of conditions which affect blood flow to and functioning of the heart. The most common type of heart disease is coronary artery disease, also known as coronary heart disease[1].

A myocardial infarction, also known as a heart attack, occurs when the vessels supplying blood to the heart become blocked. Heart muscle tissue is deprived of oxygen, resulting in tissue death[1].

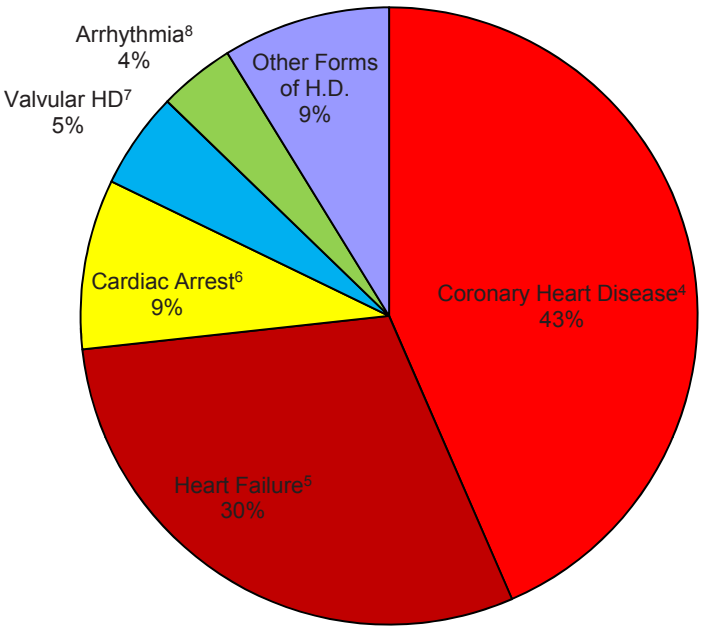
PREVALENCE[2]

- During 2008-2010, approximately 7.8% (2,800) of all adults reported ever being diagnosed with coronary heart disease or had a heart attack.

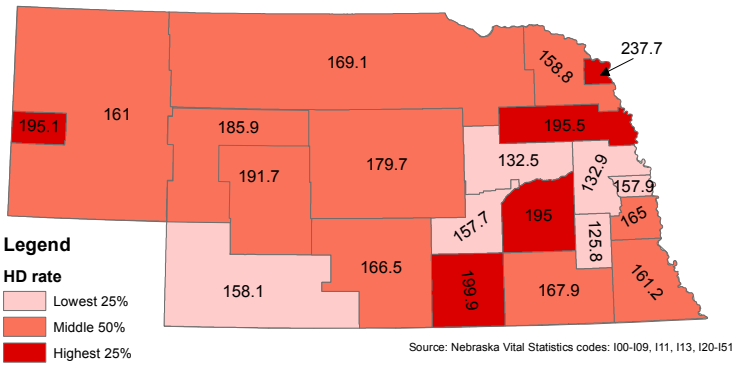
DEATH[3]

- Heart disease was the **leading cause of death** and claimed the lives of 134 residents, accounting for approximately 1 in every 4 deaths.
- The heart disease age-adjusted death rate was 49% **higher** for men than women.
- Heart disease death rate increases with age but 1 in 7 persons who died from heart disease between 2006 and 2010 were less than 65 years of age.

Types of Heart Disease* Death by Percentage
South Heartland District Health Department, 2006-2010



Heart Disease Mortality by Local Health Departments
Age-Adjusted Rates per 100,000 population 2006-2010



Source: Nebraska Vital Statistics codes: I00-I09, I11, I13, I20-I51

HOSPITALIZATIONS[9]

- There were 605 hospitalizations among residents due to heart disease.

Heart Disease Hospitalizations Outcomes
South Heartland District Health Department Residents, 2010

	All Heart Disease[10]	Coronary Heart Disease[11]
Number of hospitalizations	605	184
Hospitalization rate(age-adjusted)[12]	94.7	30.4
Number of residents that received(one or more) hospitalizations	478	153
Average length of stay per hospitalization(in days)	3.4	3.0

ESTIMATED CHARGES[9]

- Total hospital charges for heart disease decreased by **$1 million** between 2001 and 2010, from $17 million to $16 million.
- The average charge per heart disease hospitalization was $26,000 in 2010.
- In 2010, Medicare was charged an estimated $11 million for hospitalizatons due to heart disease, accounting for approximately 69 percent of all hospitalization charges for the health department area.

* All information on this fact sheet is for persons that reside in counties served by South Heartland District Health Department.

** Published December 2011. All data is the most current data available at the time of publishment.

HEART DISEASE MODIFIABLE RISK FACTORS

HIGH BLOOD PRESSURE[2]

- Nearly 1 in every 3 (31.1%) adults reported being told by a healthcare professional that they had high blood pressure for the years 2007 and 2009 combined.
- Over half (57.2%) of adults age 65 and older had high blood pressure for the years 2007 and 2009 combined.

SMOKING[2]

- Approximately 1 in 7 adults (15.0%) reported smoking cigarettes for the years 2007-2010 combined.

HIGH BLOOD CHOLESTEROL[2]

- Approximately 1 in every 4 (24.5%) adults had not had a blood cholesterol screening in the past five years for the years 2007 and 2009 combined.
- Males (30.5%) were significantly more likely to not have had a blood cholesterol screening in the past 5 years than females (18.9%) for 2007 & 2009 combined.
- Of adults that reported having their blood cholesterol checked, more than 1 in every 3 (40.3%) reported being told by a healthcare professional that they had high blood cholesterol for the years 2007 and 2009 combined.

PHYSICAL INACTIVITY[2]

- 2 in 5 adults (43.4%) did not meet recommended guidelines for physical activity for the years 2007 and 2009 combined.

UNHEALTHY EATING[2]

- Fewer than 1 in 4 adults (21.5%) consumed five or more servings of fruits and vegetables per day for 2007 and 2009 combined.
- Males (16.3%) were significantly less likely to to consume five or more servings of fruits and vegtables per day than females (26.3%) for 2007 and 2009 combined.

OVERWEIGHT & OBESITY[2]

- Nearly 2 in 3 adults were overweight (35.1%) or obese (30.1%) for the years 2007-2010 combined.
- Males (73.8%) were significantly more likely to be overweight or obese than females (56.8%) for 2007-2010 combined.

DIABETES[2]

- Nearly 1 in 12 (8.4%) adults reported ever being diagnosed with diabetes for 2007-2010 combined.
- Almost 1 out of every 6 adults (16.5%) 65 and older reported ever being diagnosed with diabetes for the years 2007-2010 combined.

MULTIPLE RISK FACTORS[2]

- Among adults, more than 9 in 10 (94.1%) had one or more CVD risk factors, approximately 3 in 4 (73.4%) had 2 or more CVD risk factors, and more than 2 in 5 (44.6%) had 3 or more CVD risk factors for 2007 and 2009 combined.

SIGNS & SYMPTOMS

HEART ATTACK

- Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body: Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath: Often occurs along with chest discomfort, but it also can occur before chest discomfort.
- Other symptoms: May include breaking out in a cold sweat, nausea, or light-headedness.

STROKE

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

For more information, contact:
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Department of Health & Human Services
DHHS
NEBRASKA

REFERENCES

1. Centers for Disease Control and Prevention http://www.cdc.gov/heartdisease/
2. Nebraska Behavioral Risk Factor Surveillance System. Year 2010. Nebraska Department of Health and Human Services, Financial Services, Research and Performance Management. Public Health Support Unit.
3. Nebraska Vital Records. Year 2010. Nebraska Department of Health and Human Services. Financial Services, Research and Performance Management.
4. ICD codes I20-I25
5. ICD code I50
6. ICD codes I46
7. ICD codes I05-I08, I34-I37
8. ICD codes I47-I49
9. Nebraska Hospital Discharge Data. Year 2010.
10. ICD-9 codes 390-398, 402, 404, 410-429 listed as the primary cause of hospitalization
11. ICD-9 codes 410-414, 429.2 listed as the primary cause of hospitalization
12. Age-adjusted per 10,000 population (2000 U.S. standard population)

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