

| 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 disease¹.

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 death¹.

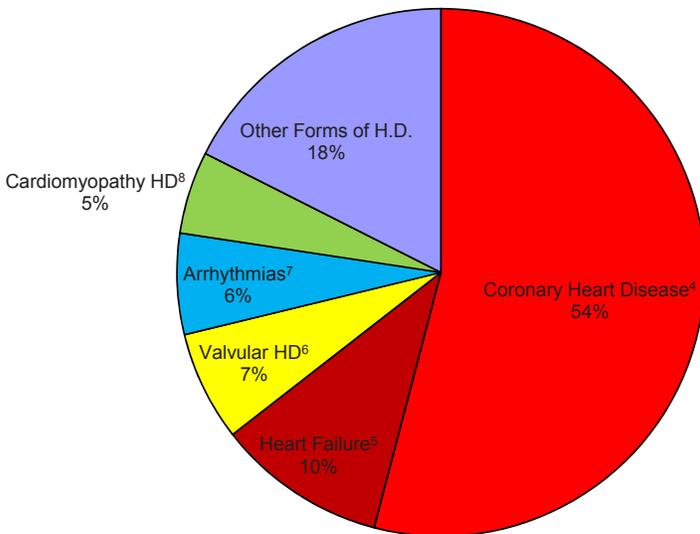
PREVALENCE²

- During 2008-2010, approximately 6.3% (3,600) of all adults reported ever being diagnosed with coronary heart disease or had a heart attack.

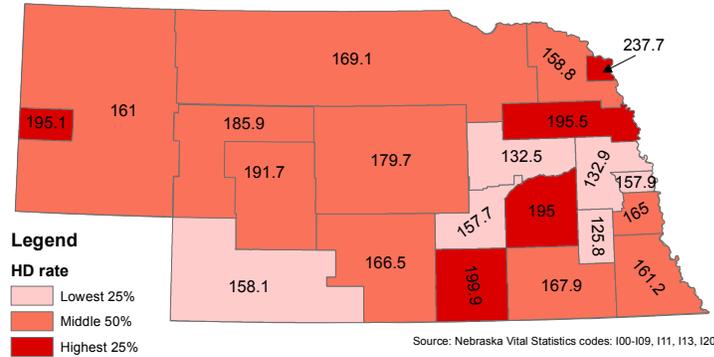
DEATH³

- Heart disease was the **second leading cause of death** behind cancer and claimed the lives of 140 residents, accounting for approximately 1 in every 5 deaths.
- The heart disease age-adjusted death rate was **77% higher** for men than women.
- Heart disease death rate increases with age but 1 in 8 persons who died from heart disease between 2006 and 2010 were less than 65 years of age.

Types of Heart Disease Death by Percentage
Three Rivers Public Health Department, 2006-2010



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



HOSPITALIZATIONS⁹

- There were 822 hospitalizations among residents due to heart disease.

Heart Disease Hospitalizations Outcomes
Three Rivers Public Health Department Residents, 2010

	All Heart Disease ¹⁰	Coronary Heart Disease ¹¹
Number of hospitalizations	822	256
Hospitalization rate(age-adjusted) ¹²	80.0	25.4
Number of residents that received(one or more) hospitalizations	689	235
Average length of stay per hospitalization(in days)	3.8	3.5

ESTIMATED CHARGES⁹

- Total hospital charges for heart disease increased by over **\$12 million** between 2001 and 2010, from \$20 million to \$32 million.
- The average charge per heart disease hospitalization was \$39,500 in 2010.
- In 2010, Medicare was charged an estimated \$20 million for hospitalizations due to heart disease, accounting for approximately 63 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 Three Rivers Public Health Department.
** Published December 2011. All data is the most current data available at the time of publication.

HEART DISEASE MODIFIABLE RISK FACTORS

HIGH BLOOD PRESSURE²

- More than 1 in every 4 (28.1%) adults reported being told by a healthcare professional that they had high blood pressure for the years 2007 and 2009 combined.
- Over half (57.6%) of adults age 65 and older had high blood pressure for the years 2007 and 2009 combined.

SMOKING²

- Approximately 1 in 5 adults (19.6%) reported smoking cigarettes for the years 2007-2010 combined.

HIGH BLOOD CHOLESTEROL²

- Approximately 1 in every 5 (21.7%) adults had not had a blood cholesterol screening in the past five years for the years 2007 and 2009 combined.
- Of adults that reported having their blood cholesterol checked, more than 2 in every 5 (43.0%) reported being told by a healthcare professional that they had high blood cholesterol for the years 2007 and 2009 combined.
- Over half (56.7%) of adults age 65 and older had high blood cholesterol for the years 2007 and 2009 combined.

PHYSICAL INACTIVITY²

- 2 in 5 adults (41.8%) did not meet recommended guidelines for physical activity for the years 2007 and 2009 combined.

UNHEALTHY EATING²

- Fewer than 1 in 4 adults (21.4%) consumed five or more servings of fruits and vegetables per day for 2007 and 2009 combined.
- Males (15.6%) were significantly less likely to consume five or more servings of fruits and vegetables per day than females (27.0%) for 2007 and 2009 combined.

OVERWEIGHT & OBESITY²

- Approximately 2 in 3 adults were overweight (39.6%) or obese (29.1%) for the years 2007-2010 combined.
- Males (78.4%) were significantly more likely to be overweight or obese than females (59%) for 2007-2010 combined.

DIABETES²

- Nearly 1 in 12 (8.0%) adults reported ever being diagnosed with diabetes for 2007-2010 combined.
- Almost 1 out of every 6 adults (16.1%) 65 and older reported ever being diagnosed with diabetes for the years 2007-2010 combined.

MULTIPLE RISK FACTORS²

- Among adults, more than 9 in 10 (91.8%) had one or more CVD risk factors, approximately 2 in 3 (70.9%) had 2 or more CVD risk factors, and nearly half (45.6%) 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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REFERENCES

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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 I05-I08, I34-I37
7. ICD codes I47-I49
8. ICD codes I42
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)

Department of Health & Human Services



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