



## Topic: Cardiovascular Disease

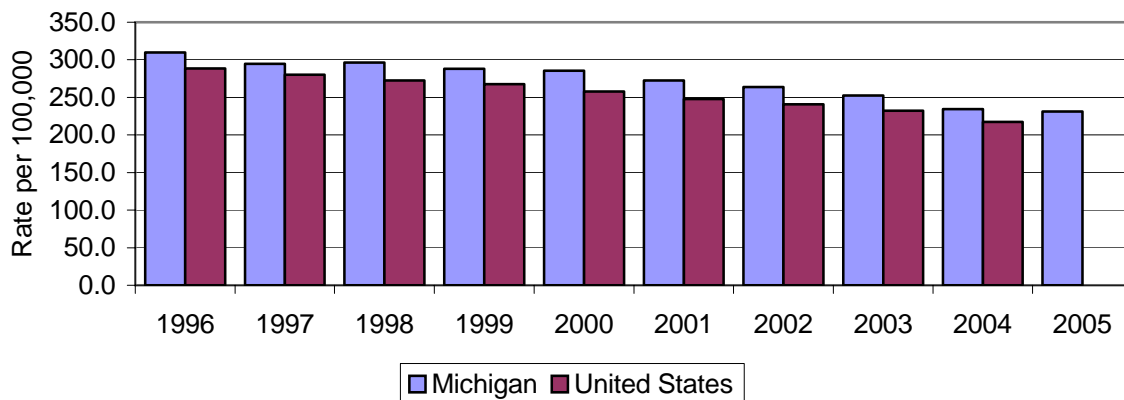
Cardiovascular disease includes a wide range of blood vessel and circulatory conditions, such as coronary heart disease, congestive heart failure, rheumatic heart disease, hypertensive heart disease, stroke and other categories, but it is primarily monitored through heart disease and stroke. Coronary heart disease accounts for about half of all heart disease deaths and is the most common and preventable form of cardiovascular disease.

### 9. Heart Disease Deaths

Coronary heart disease results in a diminished blood supply to the heart as the coronary arteries that supply the heart are blocked, and if untreated, usually results in a heart attack. Congestive heart failure is another major form of heart disease, caused when the heart starts losing its ability to pump blood.

#### *How are we doing?*

**Age-Adjusted Heart Disease Death Rate  
Michigan and the United States, 1996-2005**



In 2005 there were 25,098 deaths in Michigan due to heart disease, making it the number one cause of death in the state. Heart disease deaths have declined 26% percent over the past 10 years, from a rate of 309.3 per 100,000 residents in 1996 to 231.4 per 100,000 residents in 2005. Michigan is heading in the right direction and continued efforts will reduce death rates even more.

#### *How Does Michigan compare with the U.S.?*

Over the last two decades the age-adjusted heart disease death rate has been higher in Michigan than the national rate. National rankings in 2006 (using 2002 data) found Michigan sixth worst for coronary heart disease.

#### *How are different populations affected?*

Death rates for males at 291 per 100,000 were higher than for females at 194 per 100,000. Rates for Blacks at 332 per 100,000 were higher than for Whites at 224 per 100,000, indicating that Blacks are 1.5 times more likely to die from heart disease than Whites. The disparity that exists between Blacks and Whites for heart disease increased each year between 2000 and 2005. Native American and Hispanic mortality rates are also disproportionately higher than White rates, 283.7 and 262.7, respectively. While Blacks and Native



Americans have had rates consistently higher than Whites over the last five years, the rates for Hispanics were consistently lower than White rates from 2000-2003; in 2004 the rate jumped to 262.7 and exceeded the rate for Whites for the first time.

When assessing cardiovascular health it is important to also look at the disparities that exist in the risk factors that lead to disease. High blood pressure is an important risk factor, and 35% of Blacks living in Michigan have been told at some point in their lifetime that they have high blood pressure, compared to 27% of Whites who were given the same information.

### ***What is the Department of Community Health doing to improve this indicator?***

The Department of Community Health has both primary and secondary program initiatives to reduce the burden of heart disease. Promoting healthier lifestyles is one major initiative and the Surgeon General's "Michigan Steps Up" campaign is a key component ([www.michigan.gov/surgeongeneral/](http://www.michigan.gov/surgeongeneral/)). This campaign urges Michigan's citizens to "move more", "eat better", and "don't smoke" by outlining what individuals, schools, communities, businesses, and healthcare professionals can do to improve the overall health of the state. Program initiatives focus on creating environments that support healthy behaviors in communities, schools, faith-based settings, healthcare systems and worksites.

There are also several other statewide initiatives aimed at decreasing the incidence and impact of heart disease. These include the support of programs to prevent and control cardiovascular risk factors and improve the quality of care provided for cardiovascular disease. Special projects were implemented targeting African-Americans, Arab-Americans and women.

Professional education programs are provided to increase awareness of evidence-based guidelines and clinical standards. A social marketing campaign is being launched to increase awareness of signs, symptoms, preventive aspirin use and appropriate responses to heart attacks. Programs emphasize continuous quality improvement in stroke, heart failure, and management of CVD risk factors in primary care and hospital settings.