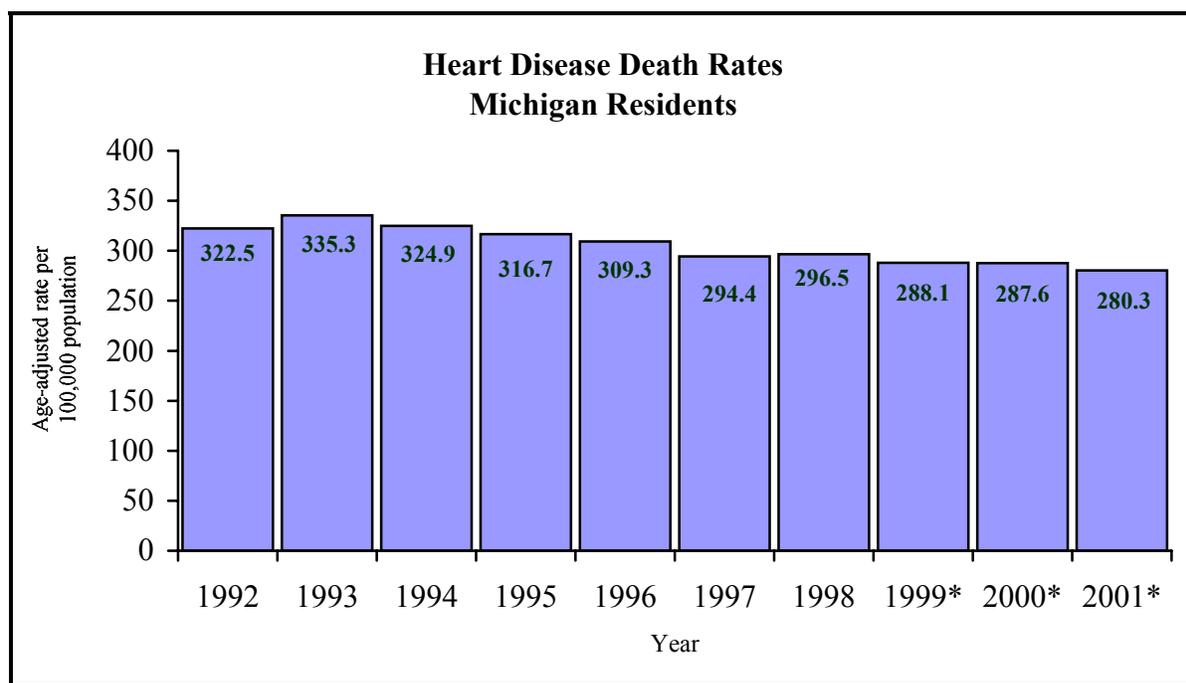


Vital Statistics Indicators

Heart Disease Deaths



* Death data based on ICD-10 coding. See *Technical Notes* for detailed explanation on ICD coding changes.
Source: Division for Vital Records and Health Statistics, MDCH

How are we doing?

Heart disease remains the leading cause of all deaths in Michigan and the second leading cause of Years of Potential Life Lost (YPLL) for people below the age of 75. Heart disease also continues to be a major cause of disability in the United States and Michigan.

Coronary heart disease accounts for the largest proportion of heart disease, which is caused by diminished blood supply to the heart and usually results in a heart attack. In many cases, heart disease can be prevented by lifestyle changes, such as quitting smoking, improving dietary habits, or increasing physical activity.

In 2001, there were 26,766 deaths due to heart disease in Michigan. The age-adjusted rate for heart disease deaths was 280.3 per 100,000 population. The age-adjusted heart disease death rate in Michigan has continued to decline during the past 10 years.

How does Michigan compare with the U.S.?

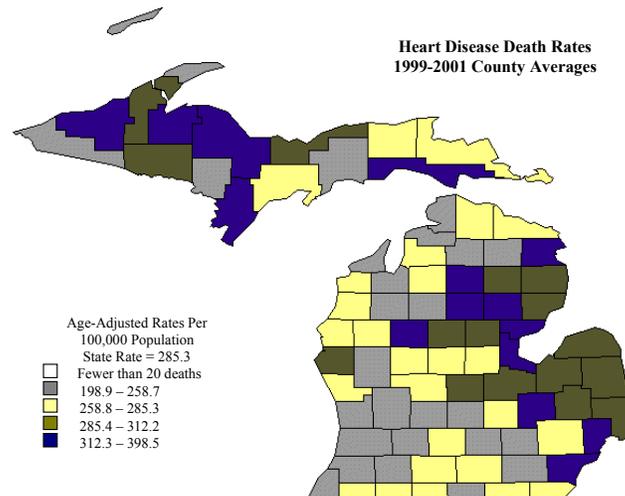
The heart disease death rate has been higher in Michigan than in the U.S. since the mid-1970s. Michigan's 2000 age-adjusted heart disease death rate of 287.6 was higher than the U.S. rate of 257.9. Heart disease was the leading cause of all deaths in the U.S. and the second leading cause of YPLL in 1999 and 1998, respectively.

How are different populations affected?

In 2001, nearly two-thirds (66.2 percent) of all deaths in Michigan due to heart disease occurred to individuals 75 years of age and older.

In general, men have higher rates of heart disease death than women. The age-adjusted heart disease death rate for men in Michigan was 355.2 deaths per 100,000 population

compared to 228.1 for women in 2001. Rates were highest among African-American males, at 451.9 deaths per 100,000 population.



Disparities also exist between African Americans and whites in the United States and in Michigan. The age-adjusted heart disease death rate for African Americans in Michigan was 371.6 deaths per 100,000 population compared to 268.8 for whites.

For more state and local data on heart disease deaths, visit the Michigan Department of Community Health Web site at www.michigan.gov/mdch.

What other information is important to know?

Smoking, physical inactivity, hypertension, obesity, and high blood cholesterol all contribute to the likelihood of developing heart disease. Other contributing risk factors include a family history of heart disease, age, gender, diabetes, and poor diet. Many studies have shown that the risk factors associated with heart disease can be reduced by early identification in conjunction with lifestyle changes and treatment.

What is the Department of Community Health doing to affect this indicator?

The department is actively working to decrease the incidence and impact of heart disease through the support of programs to prevent and control cardiovascular risk factors, emphasizing physical activity, healthy eating and the reduction of health disparities; creating environments that support health behaviors in communities, schools, healthcare systems and worksites; and collaborating with healthcare providers to improve the quality of care provided to those at-risk for and with heart disease.

MDCH implements community programs to assist in improving blood pressure and cholesterol control, increasing physical activity, improving dietary patterns, and maintaining a healthy weight. Other activities include initiatives to increase awareness of signs, symptoms and appropriate responses to heart attacks; as well as to acknowledge the relationship between risk factors and development of heart disease.

High risk groups including African American, Latino women, and elderly populations are reached through community agencies, faith-based organizations, and hair salons to implement healthy eating, physical activity and obesity prevention strategies tailored to their needs.

In addition, the 5 A Day for Better Health Program works with local communities to promote fruit and vegetable consumption in the context of a low fat, healthy diet. In cooperation with the Governor's Council on Physical Fitness and the Michigan Fitness Foundation, the department has sponsored the development and distribution of a model physical education curriculum for Michigan schools encouraging lifelong physical activity.

The WIC Division's Project FRESH Program provides access to Michigan-grown fruits and vegetables and nutrition education for low-income pregnant breastfeeding and postpartum women and children ages 1 through 5, who are at nutritional risk. Fresh fruits and vegetables contain vitamin A, vitamin C, and phytochemicals, which research suggests is a contributing factor in reducing the risk of heart disease.

Last Updated: May 2003