



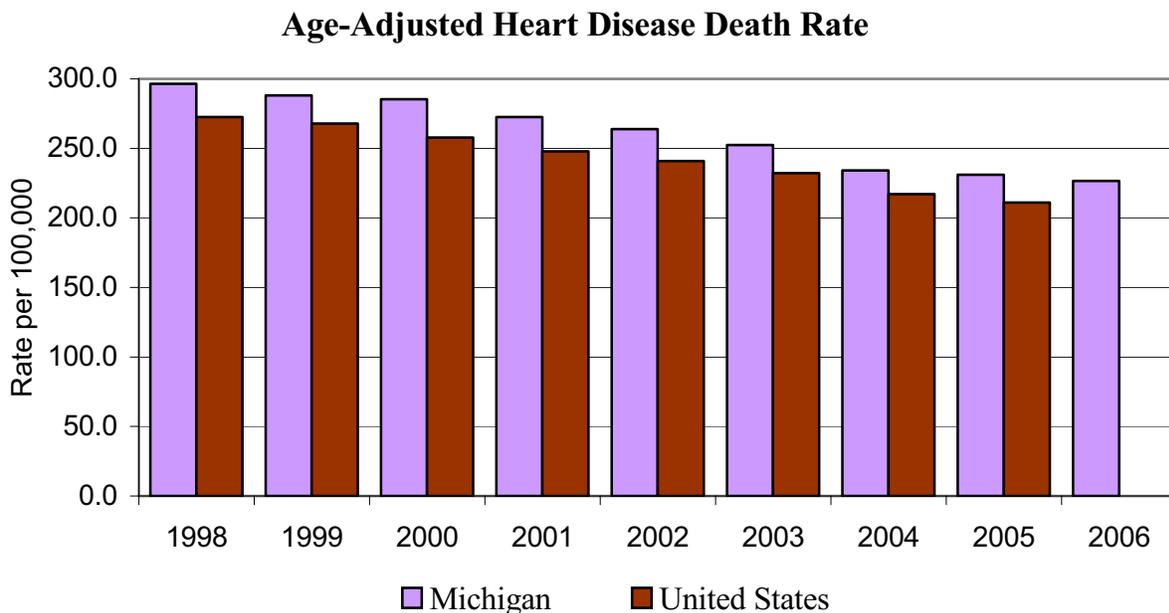
## Topic: Cardiovascular Disease

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?*



In 2006, there were 24,223 deaths in Michigan due to heart disease, making it the number one cause of death in the state. Heart disease deaths have declined 23.5% percent over the past 10 years, from a rate of 296.5 per 100,000 residents in 1998 to 226.7 per 100,000 residents in 2006. 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 2009 (using 2005 data) found Michigan ranked as the 8th worst state for coronary heart disease death rates.



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

Death rates for males at 278.2 per 100,000 were higher than for females at 186.8 per 100,000. Rates for Blacks at 320.0 per 100,000 were higher than for Whites at 214.4 per 100,000, indicating that Blacks are 1.5 times more likely to die from heart disease than Whites.

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 37.2% of Blacks living in Michigan have been told at some point in their lifetime that they have high blood pressure, compared to 28.1% of Whites.

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

The Department of Community Health has both prevention and disease control program initiatives to reduce the burden of heart disease. Promoting healthier lifestyles is one major initiative and programs focusing on creating policies and environments that support healthy behaviors in communities, schools, faith-based settings, healthcare systems and worksites are key. The Surgeon General's "Michigan Steps Up" campaign, ([www.michigan.gov/surgeongeneral/](http://www.michigan.gov/surgeongeneral/)) urges Michigan's citizens to "move more", "eat better", and "don't smoke" and provides a range of online assessments and materials supporting a healthy lifestyle.

Statewide disease control initiatives focus on improving the quality of care. Grants to hospitals provide incentives to improve heart failure care through *Get With the Guidelines*, an American Heart Association product. Special projects targeting African-Americans are being implemented in faith-based settings and other community settings. Fifteen hospital cardiac rehabilitation programs are working with MDCH to improve the care to patients after a heart attack. A blood pressure measurement quality improvement program has been promoted statewide and the Hypertension Expert Group is developing a core educational curriculum to implement in professional education programs. Grants to health plans stimulate aggressive control of their members' high blood pressure and high blood cholesterol. Collaboration with the Michigan Quality Improvement Consortium, updated guidelines for physicians are promoted for heart failure, hypertension, cholesterol, peripheral vascular disease and preventive services. MDCH is working with the EMS and Trauma System Section on assessing EMS heart attack and stroke care in Michigan resulting in the identification of strategies addressing gaps and barriers in care. MDCH is also collaborating on a national AHA initiative called Mission Lifeline that is targeting improvement in the care to heart attack patients.

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, and appropriate emergency responses to heart attacks.