

Heart Disease and Stroke

DESCRIPTION

Worldwide, an estimated 17 million people die of cardiovascular diseases (CVDs), particularly heart attacks and strokes, every year.¹ Heart disease is the leading cause of death in the United States and the second leading cause in the state of Minnesota. Strokes are the fifth leading cause for both. Many of the risk factors that contribute to these conditions are preventable or controllable, including high blood pressure, high LDL cholesterol, or current smoking. About half of U.S. adults have at least one of these three major risk factors for CVD. Controlling these factors could reduce a person's risk of heart attack or stroke by up to 80 percent.²

HOW WE ARE DOING

In Ramsey County in 2014, 3.7 percent of surveyed residents were told by a doctor or other health professional that they had experienced a heart attack; 6.8 percent were diagnosed with heart disease; and 2.7 percent were diagnosed with a stroke.³ In 2016, there were 257 fatal strokes in Ramsey. In that same year, another 666 people died from heart disease; a rate of 108.8 people for every 100,000.⁴ For 2012-2016, the five-year age adjusted rates for stroke deaths in Minnesota was 32.7 per 100,000 compared to a Ramsey rate of 39.6 per 100,000 which does not meet the Healthy People 2020 target. During that same period, the five-year age adjusted rates for heart disease deaths in Minnesota was 116.6 per 100,000 compared to a Ramsey rate of 110.8 which does not meet the Healthy People 2020 target.⁵

BENCHMARK INDICATOR

- 1) Healthy People 2020: Reduce the rate of coronary heart disease deaths.
U.S. Target: 103.4 per 100,000 people.
- 2) Healthy People 2020: Reduce the rate of stroke deaths.
U.S. Target: 34.8 per 100,000 people.⁶

DISPARITIES

Men are generally at greater risk of heart disease; however, women's risk increases after menopause.⁷ According to a 2014 survey in the Metro area, those with less education or lower income have a much higher risk of coronary heart disease, strokes and heart attacks. Among those with high school education, 12.1 percent report being diagnosed with heart disease compared to 3.1 percent of those with a bachelor's degree.³

RISK FACTORS

Coronary heart disease and stroke share many of the same risk factors such as high LDL cholesterol levels, low HDL cholesterol levels, high blood pressure, smoking, diabetes, physical inactivity, and being overweight or obese.⁸

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Information to note

- Ramsey County does not meet the Healthy People 2020 goal for either stroke deaths or coronary heart disease deaths.
- Those with less education or lower income have a higher risk of coronary heart disease, strokes and heart attacks.

¹ The Atlas of Heart Disease and Stroke. World Health Organization Web site. http://www.who.int/cardiovascular_diseases/resources/atlas/en/. Accessed February 2018.

² Preventing the Nation's Leading Killers At A Glance 2016. Centers for Disease Control and Prevention Web site. <https://www.cdc.gov/chronicdisease/resources/publications/aag/heart-disease-stroke.htm>. Accessed February 2018.

³ Metro Public Health Analyst Network. Metro SHAPE Six County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed February 2018.

⁴ Minnesota Vital Statistics Interactive Queries. Minnesota Department of Health Website. <https://mhsq.web.health.state.mn.us/frontPage.jsp>. Accessed May 15, 2018.

⁵ Minnesota Department of Health. Minnesota State, County, and Community Health Board Vital Statistics Trend Report, 1997-2016. <http://www.health.state.mn.us/divs/chs/trends/index.html> Accessed February 22, 2018.

⁶ Healthy People 2020. <https://www.healthypeople.gov/2020/topics-objectives/topic/heart-disease-and-stroke/objectives>. Accessed February 2018.

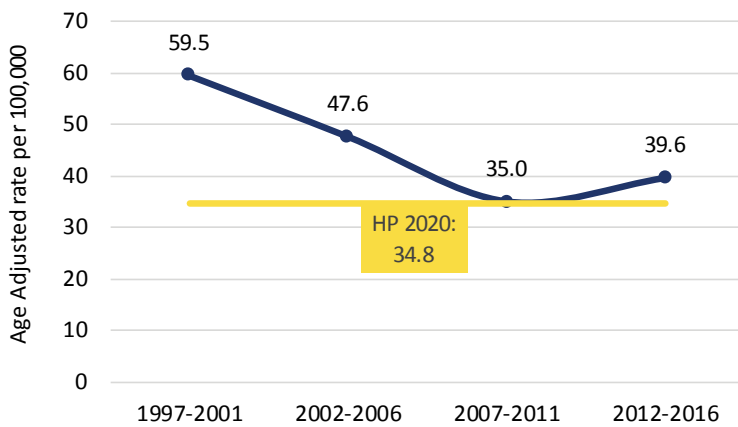
⁷ Heart Disease. Mayo Clinic Web site. <http://www.mayoclinic.org/diseases-conditions/heart-disease/symptoms-causes/dxc-20341558>. Accessed February 2018.

⁸ How Cardiovascular and Stroke Risks Relate. American Heart Association Web site. http://www.strokeassociation.org/STROKEORG/LifeAfterStroke/HealthyLivingAfterStroke/UnderstandingRiskyConditions/How-Cardiovascular-Stroke-Risks-Relate_UCM_310369_Article.jsp. Accessed February 2018.

WHAT RAMSEY COUNTY GOVERNMENT IS DOING

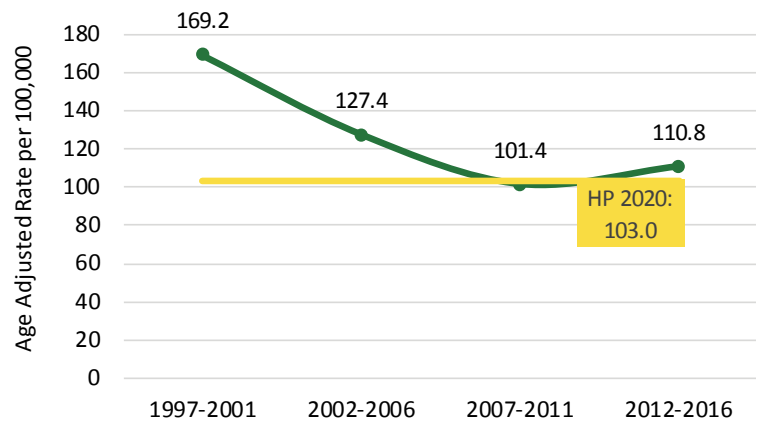
The Statewide Health Improvement Partnership (SHIP) work has become an integral part of Saint Paul- Ramsey County Public Health's efforts to help combat and prevent chronic disease and obesity among Ramsey County residents. Efforts include working toward healthier food access within workplaces, food shelves, neighborhood and public housing sites. Also, SHIP funds are used to help improve Farmers Market access, improve food shelf offerings and improve offerings in vending machines, as well as improve childcare offerings and expand gardens in the workplace. Additionally, SHIP encourages drinking water rather than sugar-sweetened beverages within public housing sites and park and rec departments. SHIP and Active Living Ramsey Communities have worked to create and support pedestrian and bicycle plans to create more opportunities for physical activity. Healthy eating and physical activity are vital to preventing and addressing chronic disease, including heart disease and stroke.

Rate of Stroke Deaths, Ramsey County



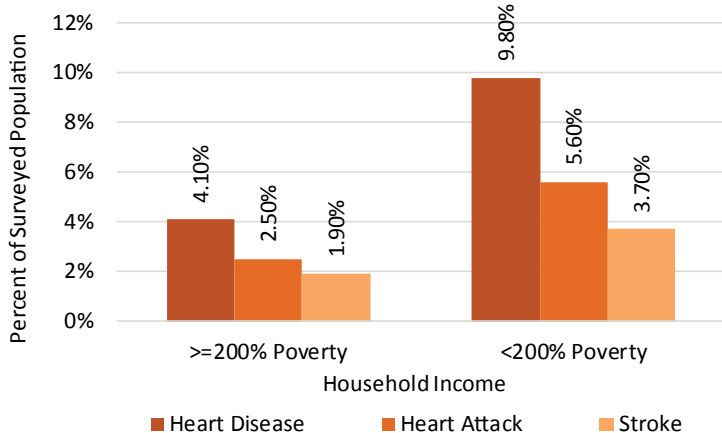
Source: Minnesota Department of Health.⁹

Rate of Heart Disease Deaths, Ramsey County



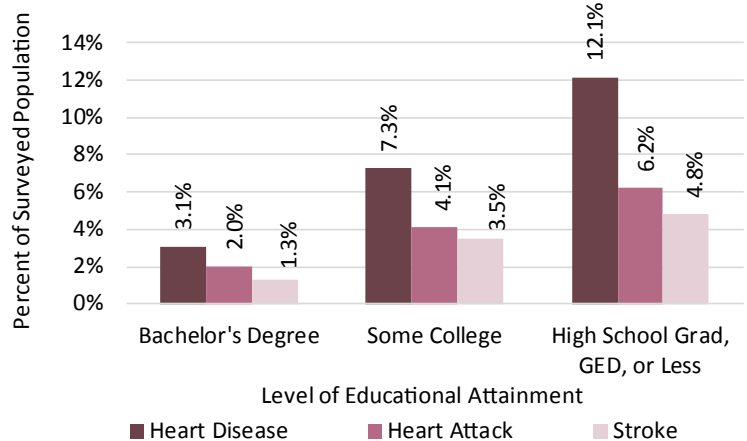
Source: Minnesota Department of Health.⁹

Heart Disease, Heart Attack and Stroke by Income, Six County Metro, 2014



Source: Metro Public Health Analyst Network. Metro SHAPE.¹⁰

Heart Disease, Heart Attack or Stroke Diagnosis by Education, Six County Metro, 2014



Source: Metro Public Health Analyst Network. Metro SHAPE.¹⁰

⁹ Minnesota Department of Health. Minnesota State, County, and Community Health Board Vital Statistics Trend Report, 1997-2016. <http://www.health.state.mn.us/divs/chs/trends/index.html> Accessed February 22, 2018.

¹⁰ Metro Public Health Analyst Network. Metro SHAPE Six County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed March 2018.