

Program & Data Summary

CARDIOVASCULAR DISEASE

Cardiovascular disease is the leading cause of death in Georgia¹. Cardiovascular disease (CVD) includes all diseases of the heart and blood vessels, including ischemic heart disease, stroke, congestive heart failure, hypertension, and atherosclerosis.

Heart Disease and Stroke Prevention Program (HDSPP)

The Georgia Department of Public Health's (DPH) Heart Disease and Stroke Prevention Program (HDSPP) has implemented the Centers for Disease Control and Prevention's (CDC) National Heart Disease and Stroke Prevention Program initiatives that promote policy and system changes to:

1. Control high blood pressure and cholesterol
2. Increase awareness of the signs and symptoms of heart attack
3. Improve emergency response and quality of health care
4. Eliminate health disparities among specific population groups

Georgia HDSPP's partnerships with the Georgia Coverdell Acute Stroke Registry, the American Heart Association, the Georgia Diabetes Program, the Georgia Tobacco Use Prevention Program, the DPH Office of Emergency Medical Services, Alliant GMCF (Georgia's Quality Improvement Organization), Federally Qualified Health Centers (FQHCs), the U.S Department of Health and Human Services-Region IV, the Deputy Regional Health Administrator, and local Health Districts have been invaluable into addressing HDSPP's goals. Each partner has contributed by either serving as a resource for the promotion of the CDC's Million Hearts Initiative (see below) or by implementing key activities in support of the "ABCS"—**A**spirin therapy for people at risk, **B**lood pressure control, **C**holesterol management, **S**moking Cessation.

Million Hearts²

The goal of the Million Hearts Initiative is to prevent one million heart attacks and strokes in the U.S. by 2017. Million Hearts was launched in September 2011 by the Department of Health and Human Services (HHS) to improve health across communities and help Americans live longer. By focusing on the "ABCS"—**A**spirin therapy for people at risk, **B**lood pressure control, **C**holesterol management, **S**moking Cessation and empowering Americans to make healthy choices, the goal of Million Hearts can be achieved. By signing the Million Hearts pledge and becoming a One in a Million Hearts partner, individuals and organizations make a commitment to:

- Prevent heart disease and stroke in families by understanding the risks
- Get up and get active by exercising for 30 minutes several days a week
- Know the ABCS
- Stay strong by eating a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol
- Take control of heart health by following the doctor's instructions for medications and treatment

In Georgia, the support of partner groups has resulted in 714 individuals and organizations signing the pledge to be a One in Million Hearts partner.



CARDIOVASCULAR DISEASE

CARDIOVASCULAR DISEASE (CVD) BURDEN

CVD-RELATED DEATHS¹

Cardiovascular Disease includes: Heart Disease, Stroke, Hypertension, Atherosclerosis, and other CVD (i.e. Aortic Aneurysm, Aortic Dissection and diseases of the arteries, arterioles, and capillaries)

- CVD accounted for **29%** of deaths in Georgia during 2013 (**21,831** CVD deaths)
- In 2013, Georgia's CVD mortality rate (237 per 100,000 population) was **6% higher** than the national (223 per 100,000) rate

CVD-Related Causes of Death, Georgia, 2013

Cause	Number of Deaths
Heart Disease	16,430
Stroke	3,665
Hypertension	1,082
Atherosclerosis	137
Other CVD	516

CVD-Related Deaths (total) 21,831

CVD-RELATED HOSPITALIZATIONS³

- In 2012, approximately **133,419** hospitalizations occurred among Georgia residents due to CVD
- The average length of hospital stay for CVD in Georgia during 2012 was **5 days**

CVD-RELATED ESTIMATED COSTS³

- In 2012, the average charge per CVD-related hospitalization in Georgia was **\$45,744**
- Total hospital charges for CVD in Georgia increased by over **\$2.7 billion** between 2003 and 2012, from **\$3.4 billion to \$6.1 billion**

HEART DISEASE BURDEN

HEART DISEASE-RELATED DEATHS¹

Heart Disease includes: Ischemic Heart Disease (IHD), Hypertensive Heart Disease, and other/unspecified heart disease (i.e. Acute and Subacute Endocarditis, diseases of the pericardium and acute myocarditis, and all other forms of heart disease)

- In 2013, heart disease was the leading cause of death in Georgia, accounting for **22%** of all deaths (**16,430** heart disease deaths)
- In 2013, Georgia's heart disease mortality rate (177 per 100,000 population) was **5% higher** than the national (169 per 100,000) rate
- In 2013, ischemic heart disease (IHD) was responsible for **46%** of all heart disease deaths in Georgia (with **7,598** IHD deaths)

Heart Disease-Related Causes of Death, Georgia, 2013

Heart Disease Type	Number of Deaths
Ischemic Heart Disease (IHD)	7,598
Hypertensive Heart Disease	1,482
Other Heart Disease	7,350

Heart Disease Deaths (total) 16,430

HEART DISEASE-RELATED HOSPITALIZATIONS³

- In 2012, approximately **92,768** hospitalizations occurred among Georgia residents due to heart disease
- In 2012, the average length of hospital stay for heart disease was **5 days**

HEART DISEASE-RELATED ESTIMATED COSTS³

- In 2012, the average charge per heart disease hospitalization in Georgia was **\$45,700**
- In 2012, total hospital charges for heart disease in Georgia were **\$4.2 billion**
- Total hospital charges for heart disease (**\$4.2 billion**) accounted for **68%** of all CVD hospital charges (**\$6.1 billion**) in 2012

RISK FACTORS

SMOKING

- Quitting smoking greatly reduces the risk for heart disease and stroke
- In 2013, 19% of adults in Georgia reported smoking cigarettes⁴

LACK OF PHYSICAL ACTIVITY⁴

- Lack of physical activity increases the risk for heart disease and stroke
- Regular physical activity helps to maintain proper body weight and improves health
- In 2013, 79% of adults in Georgia did not meet the guidelines for aerobic and muscle strengthening exercises⁴

POOR EATING HABITS

- Poor eating habits such as a high-fat diet can lead to obesity, ischemic heart disease, stroke, and other chronic diseases
- According to the American Dietary Guidelines, Americans⁵ should focus on:
 - 1) Maintaining calorie balance and sustaining a healthy weight
 - 2) Consuming nutrient-dense foods and beverages by decreasing consumption of sodium, solid fats, added sugars, and refined grains and emphasizing vegetables, fruits, whole grains, fat-free or low fat milk, lean meats, beans and peas, nuts and seeds, seafood, and eggs
- Among adults in Georgia during 2013, 43% consumed fruits and 24% consumed vegetables less than one time daily⁴

OBESITY

- Obesity, which is present in 30% of adults in Georgia,⁴ increases the risk for cardiovascular disease

HIGH BLOOD PRESSURE

- High blood pressure can be controlled through lifestyle changes such as physical activity and healthy diet and, if necessary, medications
- In 2013, 35% of adults in Georgia had high blood pressure⁴

HIGH CHOLESTEROL

- Many people can control high cholesterol by modifying their diet. For those who cannot control their cholesterol levels by diet modification, medication can be used to lower blood cholesterol levels
- In 2013, 38% of adults in Georgia had been told that they had high cholesterol⁴

DIABETES

- Diabetes can cause atherosclerosis, also known as hardening of the arteries
- Diabetes increases the risk for CVD death
- In 2013, 11% of adults in Georgia had diabetes⁴

References

1. Vital Records Program, Georgia Department of Public Health, 2013.
2. Centers for Disease Control and Prevention (2014). Million Hearts Initiative, available at: http://millionhearts.hhs.gov/about_mh.html
3. Georgia Hospital Discharge Data, Georgia Hospital Association, 2012.
4. Georgia Behavioral Risk Factor Surveillance Survey (BRFSS), Georgia Department of Public Health, 2013.
5. U.S Department of Health and Human Services (2014). Dietary Guidelines for Americans. Available at: <http://www.health.gov/dietaryguidelines/2010.asp>