Georgia’s approach to Cardiovascular Disease

Name: Brittany D. Taylor, MPH
Title: Cardiovascular Health Program Manager
Cardiovascular Disease

- Cardiovascular Disease (CVD) includes:
  - Heart Disease
  - Stroke
  - Hypertension
  - Atherosclerosis
  - Other heart conditions such as Aortic Aneurysm, Aortic Dissection and Disease of the Arteries, Arterioles and Capillaries

- Cardiovascular disease is the leading global cause of death, accounting for 17.3 million deaths per year. This number is expected to grow to more than 23.6 million by 2030

- Nearly 85.6 million Americans are living with some form of cardiovascular disease

- More lives are lost due to cardiovascular disease than all forms of cancer combined
Cardiovascular Disease in Georgia

- In Georgia, the Cardiovascular Disease (CVD) death rate is 6% higher than the national average.
- Georgia males and females also have a higher age-adjusted mortality rate than their national counterparts.
- In 2013, hospital discharges occurred among Georgia residents due to cardiovascular disease.
Heart Disease

• Heart disease is the leading cause of death for all adults in the United States.
• The heart disease death rate in Georgia is 5% higher than the national average.
• Heart disease is the leading cause of death in Georgia, contributing to more than 29% of deaths each year. The 29% were due to:
  – Ischemic Heart Disease (46.2%)
  – Hypertensive Heart Disease (9%)
  – Other heart disease (44.7%)
Stroke

• Stroke is the fifth leading cause of death among adults in the U.S.
• In Georgia, stroke is the 4th leading cause of death
• In 2013, strokes accounted for 17.4% of all cardiovascular deaths is Georgia
• In 2014, 80% of patients who were admitted with stroke had hypertension
Hypertension

- Hypertension (HTN) is the leading risk factor for CVD
- Among U.S. adults, 32.6% (about 80 million) have high blood pressure
- In 2013, more than one third of adult Georgians reported a diagnosis of HTN
  - In Georgia, there is an unknown number of undiagnosed persons with hypertension
- Prevalence rates increase with age ranking from:
  - 7.3% in ages 18 to 39
  - 32.4% in ages 40 to 59
  - 65.0% in ages 60 and older
Following a heart attack, approximately **1 in 4 women** will die within the first year, compared to **1 in 5 men**.
Atherosclerosis

• In the United States, atherosclerosis reportedly affects one in four persons, causing 42% of all deaths

• In Georgia, the atherosclerosis death rate is 1.6 per 100,000 residents
CVD Risks

- Cardiovascular Disease is preventable
- High blood pressure, high cholesterol, smoking, and obesity are preventable conditions
- Controlling these risks decrease your chance of experiencing a heart attack or stroke by more than 80%

<table>
<thead>
<tr>
<th>Risk</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Inactivity</td>
<td>52%</td>
</tr>
<tr>
<td>Obesity</td>
<td>35%</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>33.5%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>29%</td>
</tr>
<tr>
<td>Cigarette Smoking</td>
<td>18%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>9%</td>
</tr>
</tbody>
</table>
Tobacco Use

17.4% adults smoke cigarettes in Georgia

- Cigarette smoking accounts for 1 in 5 deaths
- According to the latest SAMMEC analysis smoking contributed to 2,750 cardiovascular disease deaths among Georgians 35 years and older
- Highest prevalence of smoking occurs among:
  - Low income 33.5%
  - Low education levels 31.8%
  - Uninsured 31.4%
  - Unemployed 22.9

Percent of Adults who currently Smoke by Health District, Georgia, 2014
Obesity

• According to the 2014 Georgia BRFSS, 30.5% of the adult population in Georgia are obese

• Among the youth, 30% of this population are considered obese or overweight

• In Georgia the prevalence of obesity ranks highest among Blacks at 37.9%, followed by Whites at 28.8% and at 23.1% Hispanics
Diabetes death rate in Georgia is 8% higher than the national average

- Diabetes is the 7th leading cause of death in the US
- 1 in 10 adults are living with diabetes
- Diabetes prevalence increased from 6.8% in 2000 to 9.7% in 2010.

Age-Adjusted Diabetes Hospitalization Rate per 100,000 persons by Georgia Public Health District
Economic Impact

Cardiovascular Disease

• On average, one of every six healthcare dollars in the United States is spent on treating cardiovascular disease.
• In Georgia, that equates to $6.1 billion spent on total hospital charges for CVD, with the average charge per CVD-related hospitalization in Georgia being $45,744.
• Total hospital charges for heart disease in Georgia were $4.2 billion.
• Total stroke-related hospitalization charges were $940 million in Georgia.

Risk Factors

• The total cost of diabetes in Georgia is approximately $5.1 billion as of 2013.
• Smoking-attributable Healthcare costs among the adult population total more than $1.8 billion dollars annually.
What is Georgia doing?
Cardiovascular Programs

- Million Hearts
Million Hearts Collaborative

• DPH was invited to participate in the ASTHO Million Hearts State Learning Collaborative
• The Georgia Million Hearts Collaborative is being implemented in three health districts
  1) Undiagnosed Hypertension
  2) Hypertension Control and Management
  3) Quality Improvement
HMOP

• **PURPOSE:** To provide case management and clinical services to uninsured and underinsured adults with a primary diagnosis of hypertension

• Service Areas:
  1) South Central Health District
  2) East Central Health District
  3) South West Health District
  4) Northeast Health District
  5) North Georgia Health District
Cardio Metabolic Syndrome

- Heart disease
  - High blood

- Hypertension
  - Tobacco Use

- High cholesterol
  - Dyslipide

- Diabetes
  - Pre-Diabetes
  - Diabetes

- Obesity
  - Central Obesity
There are eight components to the CATAPULT model, they are as follows:

- Commit to participating
- Assess your practice or system
- Train or be trained on
- Activate
- Create a Plan of Action
- Promote Understanding
- Link Data Systems
- Test and implement
# Snapshot of Georgia’s Progress

## Million Hearts® Clinical Quality Measure Rates to Clinical Target by State, as Reported by HRSA Health Care Sites

The map indicates the progress of clinical quality measure performance rate to Million Hearts® clinical target (70%) by state in each of the data systems. Choose a clinical quality measure in the dropdown to view performance.

### Clinical Quality Measure

- **Blood Pressure Control**

## Available Data Systems

- **HRSA UDS** - Health Resources and Services Administration Uniform Data System
- **NCOA HEDIS** - National Committee for Quality Assurance Healthcare Effectiveness Data and Information Set
- **CMS PQRS** - Centers for Medicare & Medicaid Services Physician Quality Reporting System

### Million Hearts® Clinical Quality Measures for Selected State, Corresponding HHS Region, and National Values, as Reported by HRSA Health Care Sites

<table>
<thead>
<tr>
<th>ABCS Million Hearts® Clinical Quality Measures</th>
<th>Georgia %</th>
<th>HHS Region 4 - Atlanta %</th>
<th>National %</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Aspirin Use</td>
<td>77%</td>
<td>68%</td>
<td>77%</td>
</tr>
<tr>
<td>B. Blood Pressure Control</td>
<td>62%</td>
<td>53%</td>
<td>62%</td>
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<tr>
<td>Blood Pressure Screening</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>C. Cholesterol Management - Population</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Cholesterol Management - Diabetes</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Cholesterol Management - IVD</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>S. Smoking Assessment and Treatment</td>
<td>73%</td>
<td>65%</td>
<td>77%</td>
</tr>
</tbody>
</table>

**Compare Million Hearts® clinical quality measures by state, HHS regions, and national**

- **ABCS**
  - Aspirin when appropriate, Blood pressure control, Cholesterol management, and Smoking Assessment and Treatment

- **Clinical Quality Measure Performance (%)**
  - Progress toward Million Hearts® Clinical Target (target)
  - No available data (n/a)

- **Performance Targets**
  - Million Hearts® Clinical Target = 70%
  - **Red** = 0%-49%
  - **Yellow** = 50%-69%
  - **Green** = 70%+
  - **Grey** = no data available
  - **Black** = insufficient data (cell size<10)
Recommended Strategies and Interventions
Cardiovascular Disease

SES Interventions
• High

Context for Health Decisions
• All the

Long Lasting Protective Interventions

Clinical Interventions
• Adopt

Individual Education / Counseling
Promote the ABCDs of cardiovascular disease prevention
Resources for Identifying Interventions

Georgia Department of Public Health
www.dph.ga.gov

Community Guide to Preventive Services
http://www.thecommunityguide.org/

US Preventive Services Task Force
http://www.uspreventiveservicestaskforce.org/

Six-Eighteen Initiative
http://www.cdc.gov/sixeighteen/
Contact Information:

Name: Brittany D. Taylor, MPH
Organization: Georgia Department of Public Health
Address: 2 Peachtree Street NW
        Atlanta, GA 30303
Email: Brittany.Taylor@dph.ga.gov