

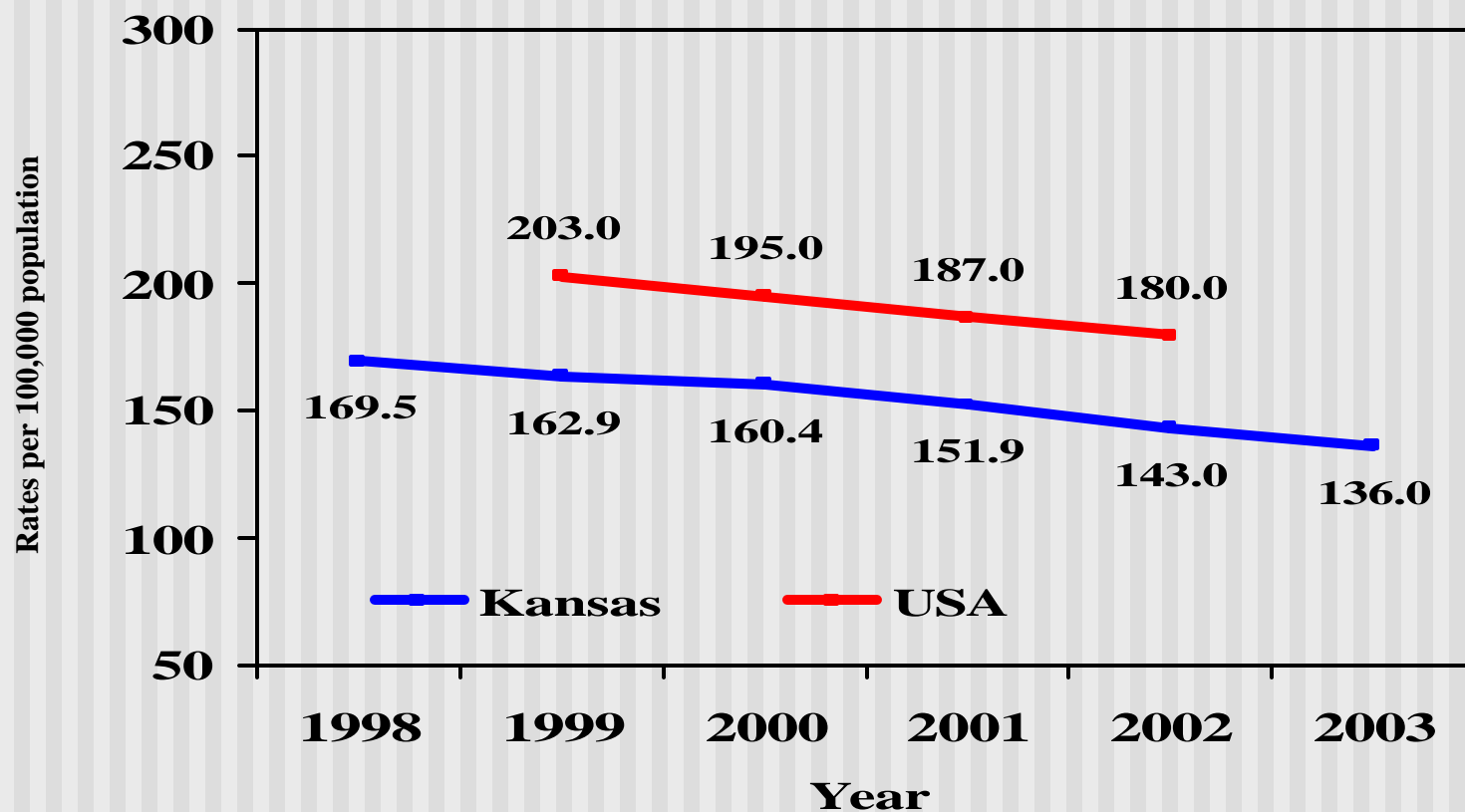
Cardiovascular Disease

Healthy Kansans
2010

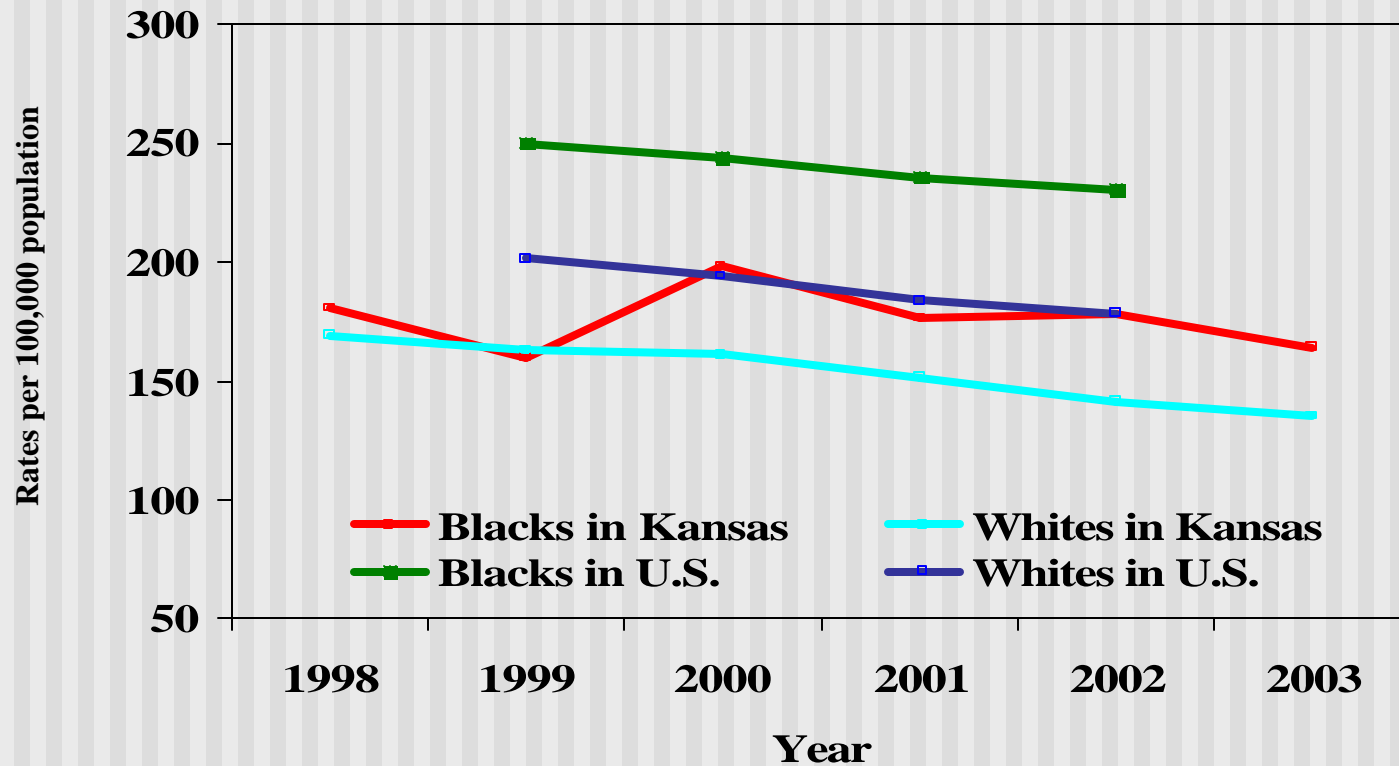
Steering Committee
Meeting

April 22, 2005

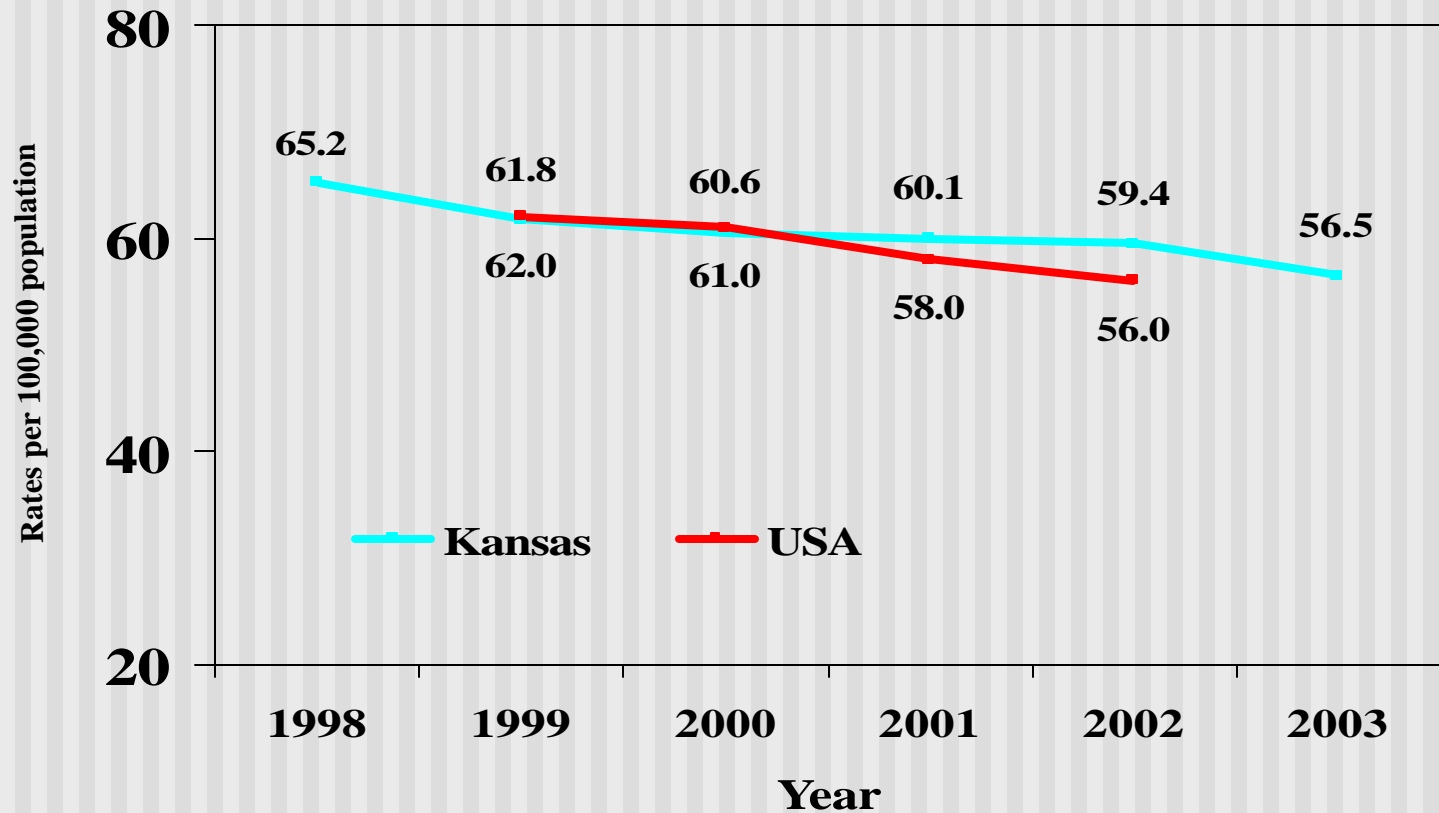
Age-Adjusted Mortality Rate of CHD, Kansas and U.S. 1998-2003



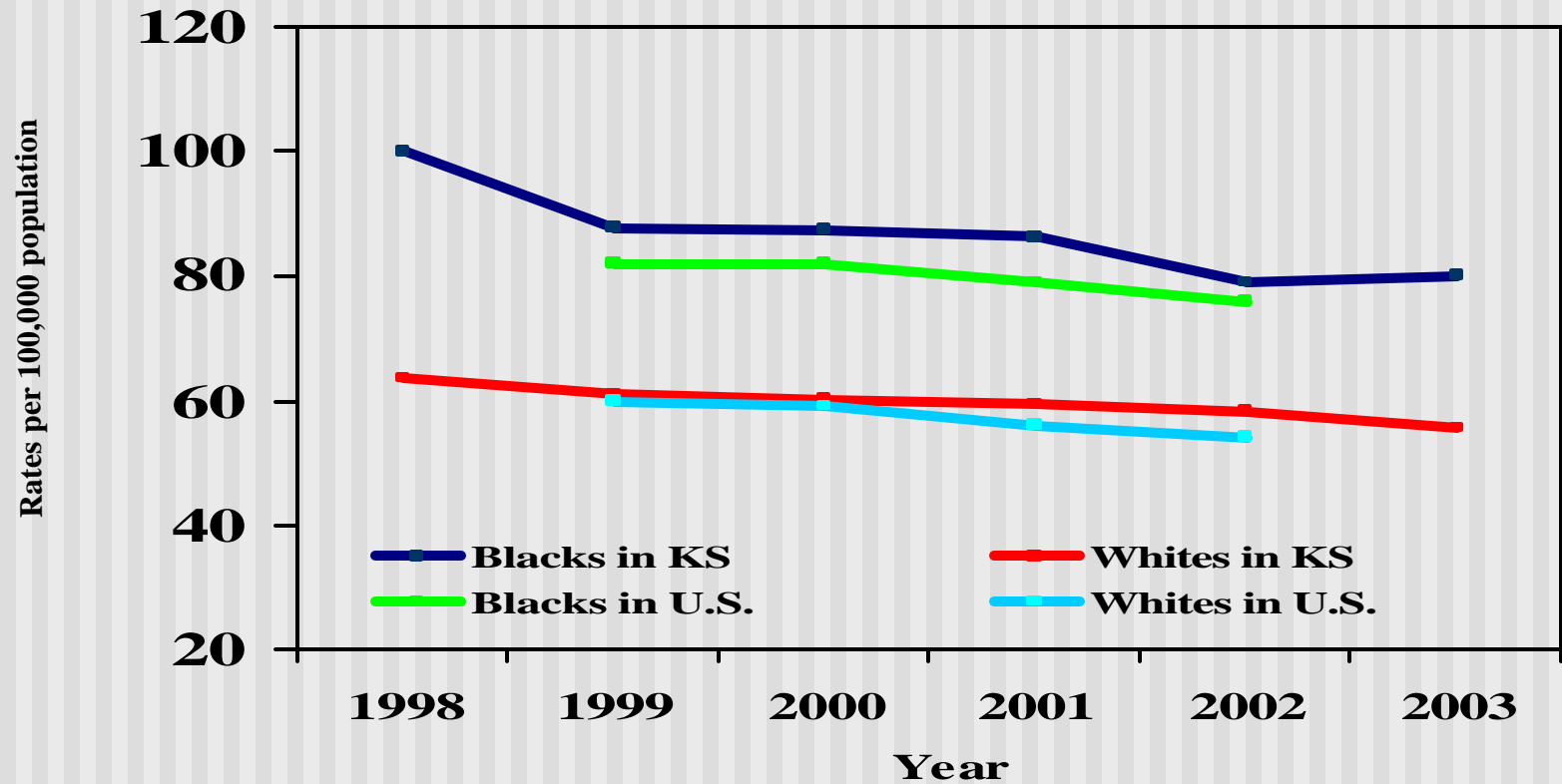
Age-Adjusted Mortality Rate of CHD among Blacks and Whites, Kansas and U.S. 1998-2003



Age-Adjusted Mortality Rate of Stroke, Kansas and U.S. 1998-2003



Age-Adjusted Mortality Rate of Stroke among Blacks and Whites, Kansas and U.S. 1998-2003



CHD & Stroke in Kansas

- CHD Pre-Transport Deaths* - 2003
 - 54.3% of the total CHD deaths were pre-transport deaths.
 - Almost half of the CHD deaths (47.2%) among aged 60 years or younger and more than half of the CHD deaths (55.3%) among those older than 60 years were pre-transport deaths.
 - Half of the CHD deaths (49.5%) among males and 60% of the CHD deaths among females were pre-transport deaths.
 - More than half of the CHD deaths among whites and blacks were pre-transport deaths (54.4% in whites & 53.7% in blacks).

*Pre-transport death is defined as deaths occurring in a nursing home, residence, or any place other than a hospital, clinic, or medical center.

Source: 2003 Kansas Vital Statistics data. Center for Health and Environmental Statistics, KDHE.

CHD & Stroke in Kansas

- Stroke Pre-Transport Deaths* - 2003
 - 56.7% of the total stroke deaths were pre-transport deaths.
 - 26.1% of the stroke deaths among aged 60 years or younger and more than half of the stroke deaths (58.8% among those older than 60 years) were pre-transport deaths.
 - Almost half of the stroke deaths (48.1%) among males and 61.4% of the stroke deaths among females were pre-transport deaths.
 - More than half of the stroke deaths (57.2%) among whites and almost half of the stroke deaths (48.8%) among blacks were pre-transport deaths.

*Pre-transport death is defined as deaths occurring in a nursing home, residence, or any place

other than a hospital, clinic, or medical center. Source: 2003 Kansas Vital Statistics data. Center

for Health and Environmental Statistics, KDHE.

Prevalence of Selected Risk Factors for Cardiovascular Disease in Kansas, 2003

	Kansas Prevalence (%)	US Prevalence (%)
Hypertension	23.3	24.8
High Blood Cholesterol	29.4	33.1
Smoking	20.4	22.0
Diabetes	6.0	7.2
No Leisure Time Physical Activity	25.9	23.1
Overweight or Obesity (BMI > 25.0)	60.5	59.5
Obesity (BMI > 30.0)	22.6	22.8

Tobacco Interventions

Guide to Community Preventive Services

- Smoking bans and restrictions
- Increasing the unit price for tobacco
- Media campaigns with interventions
- Provider reminder systems with provider education
- Quitter telephone support with interventions

Physical Activity

Guide to Community Preventive Services

- Community-wide campaigns
- School-based physical education
- Non-family social support
- Individually-adapted health behavior change
- Creation and/or enhanced access to places for PA combined with informational outreach activities

Educating the Public About Coronary Heart Disease and Stroke

- Early warning symptoms/signs
- Accessing Rapid Emergency Care
- CPR training
- First therapeutic electrical shock within 6 minutes

Chronic Disease Care Model

- Community resources and policies
- Health care organizations
- Self-management support
- Delivery system design
- Decision support
- Clinical information systems

See JAMA, Vol 288:1775-1779. 2002.