



**CARDIOVASCULAR DISEASE (CVD)** is a term used to describe a group of diseases that affect the heart or blood vessels, including those in the brain. While CVD includes many conditions, this fact sheet highlights stroke and a few heart diseases. Heart attacks and strokes are typically sudden events caused by a blockage that prevents normal blood flow to the heart or brain (ischemic stroke), respectively. In 2010, 13,373 Indiana residents died of heart disease, making it the leading cause of death, and 3,077 Indiana residents died of stroke, making it the fourth leading cause of death.<sup>1</sup>

Figure 1. Mortality from Coronary Heart Disease\* and Stroke, Indiana, 2006–2010<sup>1</sup> (HDS-2 and HDS-3 Healthy People 2020 Objectives)



#### Risk factors and management in Indiana adults<sup>2</sup>

- 32.8% reported having high blood pressure
  - 79.4% with high blood pressure reported taking prescribed medication for their high blood pressure
- 72.8% reported having their cholesterol checked within the past 5 years
  - 38.9% reported having high cholesterol

#### Healthy People 2020 Heart Disease and Stroke (HDS) Objectives<sup>3</sup>

##### HDS-24.1: Reduce hospitalizations of adults aged 65–74 years with heart failure<sup>†</sup> as the principle diagnosis<sup>‡</sup>

- Target: 8.8 hospitalizations per 1,000 population
- Current: 8.6 hospitalizations per 1,000 population (2011)<sup>4</sup>

##### HDS-24.2: Reduce hospitalizations of adults aged 75–84 years with heart failure<sup>†</sup> as the principle diagnosis<sup>‡</sup>

- Target: 20.2 hospitalizations per 1,000 population
- Current: 20.3 hospitalizations per 1,000 population (2011)<sup>4</sup>

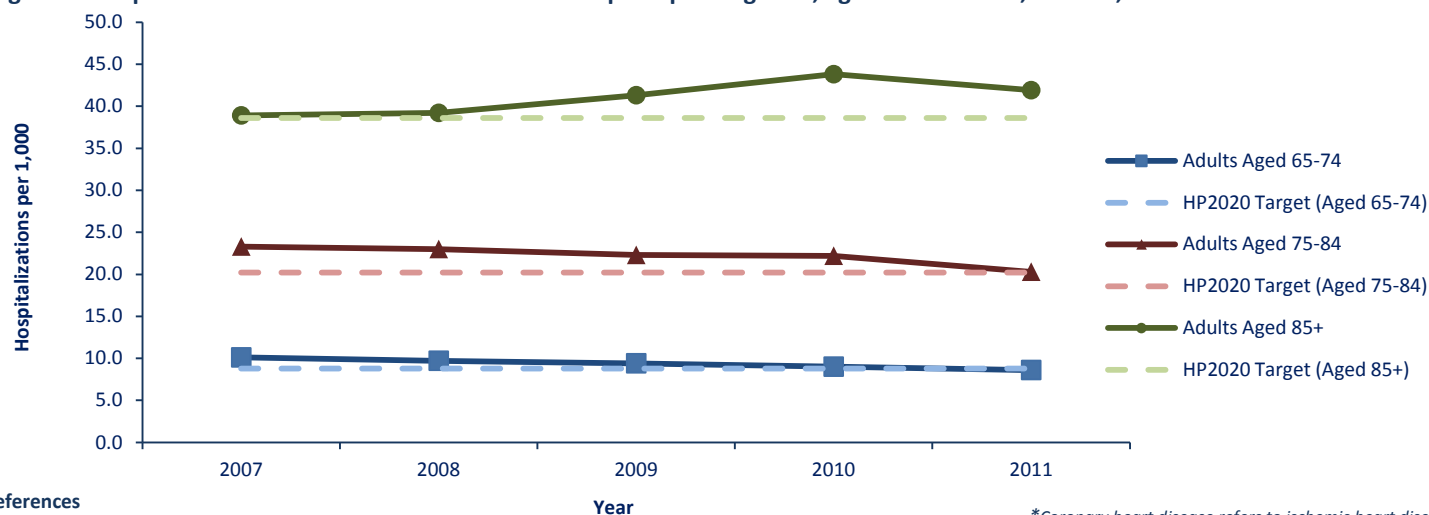
##### HDS-24.3: Reduce hospitalizations of adults aged 85 years and older with heart failure<sup>†</sup> as the principle diagnosis<sup>‡</sup>

- Target: 38.6 hospitalizations per 1,000 population
- Current: 41.9 hospitalizations per 1,000 population (2011)<sup>4</sup>

<sup>†</sup>Also called congestive heart failure, heart failure is when the heart can't pump enough blood to the organs. The heart works, but not as well as it should.

<sup>‡</sup>Indicates those who were identified as Medicare patients

Figure 2. Hospitalization rates with heart failure<sup>†</sup> as the principal diagnosis, ages 65 and older, Indiana, 2007–2011<sup>3</sup>



#### References

1. Indiana State Department of Health. (2012). *Vital Records, 2012*.
2. Indiana State Department of Health. (2012). *Behavioral Risk Factor Surveillance System, 2011*.
3. United States Department of Health and Human Services. (2012). *Heart Disease and Stroke Objectives – Healthy People 2020*
4. Indiana State Department of Health. (2012). *Indiana Hospital Discharge Data Files, 2007–2011*.

\*Coronary heart disease refers to ischemic heart diseases (acute myocardial infarction, or heart attack, other acute ischemic heart disease, and other forms of chronic ischemic heart disease). Ischemic heart disease is heart problems caused by narrowed heart arteries.