

CARDIOVASCULAR DISEASE



Cardiovascular disease is a group of diseases that affect the heart or blood vessels. The most common disease, coronary artery disease, involves narrowed or blocked arteries that can lead to life-threatening events such as heart attack, stroke, or heart failure.

Adults Who Have Ever Been Diagnosed with Coronary Heart Disease by Income, Montgomery County, 2016-2017

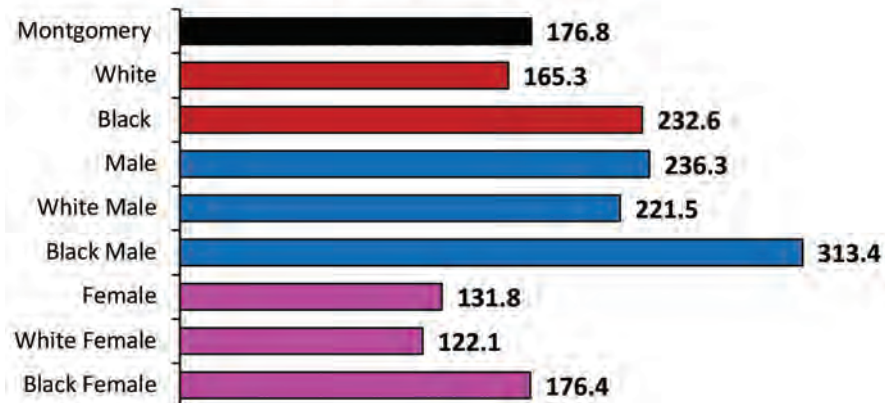


KEY FINDING as self-reported

▶ Coronary heart disease becomes less common as income increases.



Heart Disease Death Rate* by Race and Sex
Montgomery County, 2016-2017



*Age-adjusted rate per 100,000
Source: Ohio Death Certificates, Ohio Department of Health

KEY FINDINGS

- ▶ The death rate for heart disease is 1.8 times higher in Black men than the overall heart disease death rate.
- ▶ On average, Black men die at a younger age from heart disease compared to other race and sex groups (data not shown).

Across the Nation

	Montgomery ¹	Ohio ¹	United States ²	HP 2020 Goal
Heart Disease Death Rate*	176.8	185.4	165.3	-
Stroke Death Rate*	53.9	41.7	37.5	-
Ever Diagnosed with High Blood Pressure ³	38.0%	34.7%	32.3%	26.9%

*Age-adjusted rate per 100,000
¹Ohio Death Certificates, Ohio Department of Health, 2016-2017
²Mortality Public-use Data on CDC Wonder Online Database, 2016-2017
³Behavioral Risk Factor Surveillance System (BRFSS), 2016-2017

Cardiovascular Disease-related Hospital Visits
Montgomery County, 2017

Condition	Number of Visits
Hypertensive Disease	184,721
Heart Attack	3,421
Stroke	3,789

KEY FINDING

▶ Most cardiovascular disease-related visits are due to hypertensive disease.

Stroke Death Rate* by Race and Sex
Montgomery County, 2016-2017



*Age-adjusted rate per 100,000
Source: Ohio Death Certificates, Ohio Department of Health

SDOH SOCIAL DETERMINANTS OF HEALTH:

There are several factors that can contribute to the development of cardiovascular disease. One such factor is the body's response to constant, long-term stress - also known as chronic stress. Chronic stress negatively affects heart rate, blood pressure, and the hardening of walls of blood vessels. Individuals of lower socioeconomic status and racial and ethnic minority groups report higher levels of chronic stress related to income, housing, and food instability, social stigma, and racial biases. The higher levels of stress experienced by these groups help to explain the higher rates of cardiovascular disease among lower income and minority groups.



KEY FINDING

▶ The death rate for stroke is lowest in White men (49.8 per 100,000) and Black women (50.4 per 100,000).