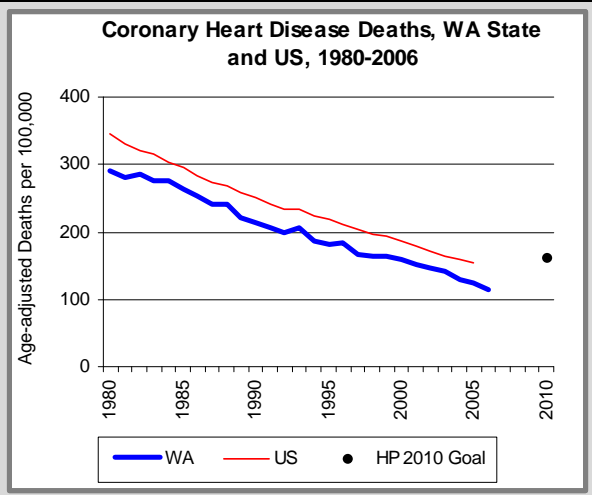


Heart disease is the leading cause of death and a major cause of disability in both the United States and Washington State. Coronary heart disease (CHD) is the most common form of heart disease and is the second leading cause of death in Washington. CHD occurs when plaque buildup in the coronary arteries causes the arteries to narrow and harden and reduce or restrict blood flow to the heart. The risk of CHD can be controlled and prevented by knowing and reducing the risk factors associated with CHD.

State Trend for Mortality

- Washington State coronary heart disease (CHD) mortality rates have steadily decreased from 291 deaths per 100,000 people in 1980 to 115 deaths per 100,000 people in 2006.
- CHD caused 7,264 deaths in 2006.
- As of 2006, Washington State met the national Healthy People 2010 goal to decrease CHD mortality to 162 deaths per 100,000 people.



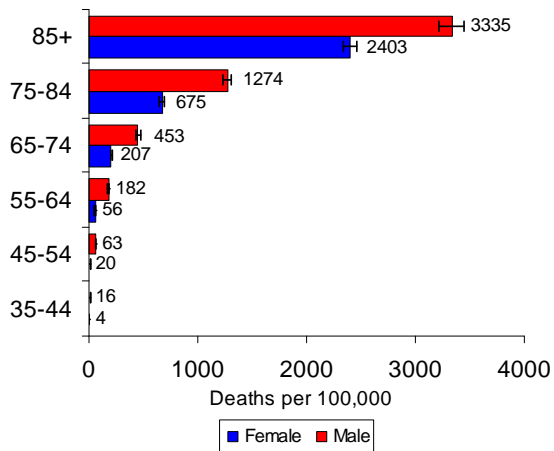
State Prevalence

- According to 2006 self-reported data from the Washington State Behavioral Risk Factor Surveillance Survey (BRFSS), 5% of adults have had coronary heart disease, angina, or a heart attack.
- In 2004-2006 combined, the percentage of adults reporting CHD increased with age, from less than 1% of adults aged 18 to 24 years to 19% of adults aged 65 years and older.
- American Indian and Alaskan Native adults had the highest prevalence of reported CHD at 11%.
- Men were almost twice as likely to report having coronary heart disease as women (7% and 4%, respectively).

Mortality by Geographic Variation

- In 2004-2006 combined, CHD death rates ranged from 50 deaths per 100,000 in San Juan County to 186 deaths per 100,000 in Pacific County.
- Eleven counties had CHD death rates higher than the state average: Snohomish, Benton, Grays Harbor, Grant, Pierce, Franklin, Lewis, Cowlitz, Yakima, Stevens, and Pacific.
- Eight counties had CHD death rates lower than the state average: San Juan, Whitman, Jefferson, King, Skagit, Kitsap, Thurston, and Spokane.

Coronary Heart Disease Deaths by Age and Gender, Washington, 2004-2006



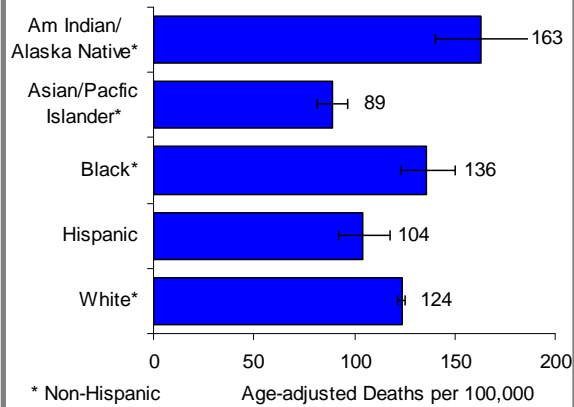
Mortality by Age and Gender

- Coronary heart disease deaths increase with age.
- Within each age group, men have a higher rate of coronary heart disease mortality.

Mortality by Race and Ethnicity

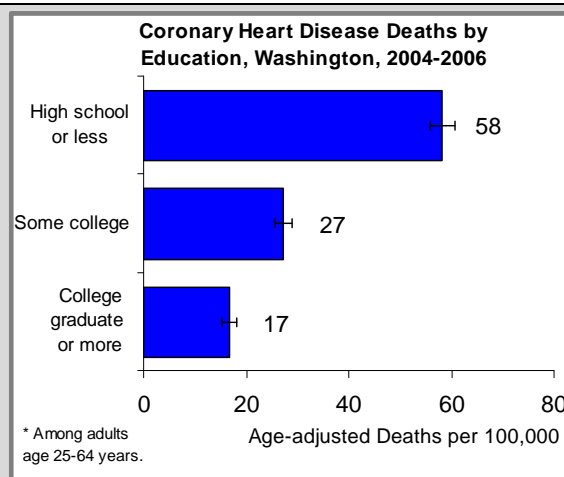
- In 2004-2006 combined, American Indian and Alaska Natives had the highest CHD mortality rates.
- In comparison to 2005 national data, non-Hispanic blacks and whites, and Hispanics had lower CHD mortality rates than their national counterparts.
- Comparative national data for non-Hispanic American Indians/Alaskan Natives and non-Hispanic Asian/Pacific Islanders is not available for CHD mortality.

Coronary Heart Disease Deaths by Race and Hispanic Origin, Washington, 2004-2006



Mortality by Income and Education

- In Washington State, coronary heart disease mortality rates decrease as education attainment levels increase for people aged 25-64.
- Coronary heart disease mortality rates increased as the percent of people living below the poverty line increased.
- It is believed that other disparities in hypertension, high blood cholesterol, past cardiovascular events, behavior after a heart attack, psychosocial stressors, and access to healthcare are a likely link between socioeconomic position and coronary heart disease mortality.



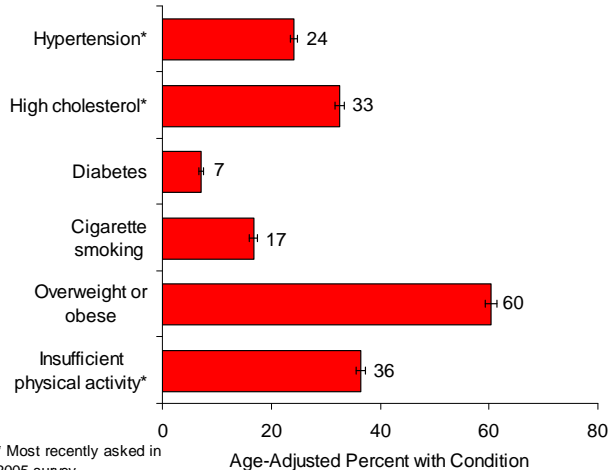
Hospitalizations

- In 2006 there were 24,292 hospitalizations for CHD. Charges for these hospitalizations were approximately \$1.1 billion.
- The 2006 rate of hospitalizations for CHD is 379 per 100,000 people.
- In 2004-2006 combined, the rate of hospitalizations for CHD were higher in each successive age group up until age 85 and are higher for men than women.

Risk Factors

Atherosclerosis, the precursor to coronary heart disease, usually develops in the presence of one or more risk factors. These risk factors are common in Washington State.

Risk Factors Contributing to Coronary Heart Disease Among Adults in Washington, 2006



- One in four Washington adults has hypertension (high blood pressure). People with high blood pressure have a 2 to 4 times greater risk of developing CHD than those who do not have high blood pressure.
- While cholesterol is important for maintaining a healthy body, high cholesterol increases the risk of coronary heart disease. One in three Washington adults has high cholesterol.
- 7% of Washington adults have diabetes. Adults with diabetes have coronary heart disease death rates that are 2 to 4 times higher than people without diabetes.
- Almost one in five Washington adults smokes cigarettes and people who smoke are 3 times more likely to die from coronary heart disease than people who don't smoke.
- More than half of Washington adults are overweight or obese. Obesity is suggested to be responsible for 16% of coronary heart disease deaths in men and 17% of coronary heart disease deaths in women.
- More than one in three Washington adults does not get enough exercise and those who are inactive are two times as likely to develop coronary heart disease.

Conclusion

Coronary heart disease affects large numbers of people in Washington State. Mortality from cardiovascular disease is greater among vulnerable populations such as older adults, racial/ethnic minorities, and people with lower levels of education or income. Successful public health interventions that identify steps that can be taken to reduce and prevent heart disease, as well as to help control the disease in those who already have it, will decrease the burden of this disease on Washington residents. Changing lifestyles to reduce risk factors that influence cardiovascular disease can save both lives and dollars.



Data Sources: Washington State Behavioral Risk Factor Surveillance System Survey (BRFSS), Vital Statistics (death certificates), Comprehensive Hospital Abstract Reporting System (CHARS) and Washington residents hospitalized in Oregon.

For more information and references see Washington State Department of Health at http://www.doh.wa.gov/cfh/heart_stroke/default.htm