Heart Disease and Stroke in Indiana 2011

Cardiovascular disease (CVD) is the leading cause of death among both Indiana men and women affecting all racial and ethnic groups. CVD includes heart disease and stroke. Coronary artery disease, a type of heart disease, can lead to heart attack.

Economic Impact of Cardiovascular Diseases in Indiana
In 2003, the total cost (direct and indirect) of treating heart disease in Indiana was estimated at $4.15 billion, while that for stroke was $1.3 billion. Additionally, if current trends in Indiana continue, the annual cost of heart disease and stroke is projected to be $10.6 billion and $2 billion, respectively, by 2023.

Burden of Heart Disease in Indiana
- Heart disease is the leading cause of death for all races and genders in Indiana. In 2007, there were 13,715 deaths due to heart disease [Figure 1].
- Indiana ranked 39th in the nation for the prevalence of heart attack and 38th for coronary artery disease, respectively, among the adult population in 2009.
- In 2009, 5% of Indiana adults reported being told that they had a heart attack, while nearly 5% reported having coronary artery disease [Figure 2].
- Based on self-report, white males had the highest prevalence of heart attack while Hispanic men had the highest prevalence of coronary artery disease.
- In 2008, 11% of all inpatient discharges and more than 2% of outpatient visits were due to heart disease.

Burden of Stroke in Indiana
- Stroke was the 4th leading cause of death in Indiana. More than 3,000 Hoosiers died from stroke in 2007, accounting for 5.6% of all deaths [Figure 1].
- Stroke was the 5th leading cause of death among Indiana males and 3rd among females in 2007. Blacks had a higher age-adjusted death rate (60 deaths per 100,000 population) from stroke than whites (44 deaths per 100,000 population).
- Indiana ranked 34th in the nation for the prevalence of stroke in 2009.
- In 2009, 2.6% of Indiana adults reported being diagnosed with stroke.
- Based on self-report, black adult females in Indiana had the highest prevalence of stroke in 2009.
- In 2008, 2% of all Indiana inpatient discharges were due to stroke.

Figure 1. Age-Adjusted Mortality Rates for Heart Disease and Stroke, United States and Indiana, 2007
Risk Factors for Heart Disease and Stroke in Indiana

- **High blood pressure**: In 2009, 31% of all Indiana adults (1 out of 3) reported having high blood pressure. More than 11% of heart attack and 6% of stroke patients reported having been diagnosed with high blood pressure.4
- **High cholesterol**: In 2009, nearly 40% of Indiana adults (2 out of 5) reported having high cholesterol.4 Indiana ranked 34th in the nation for the prevalence of high cholesterol.3
- **Diabetes**: Self-reported prevalence of diabetes among Indiana adults increased by 55% from 2000 to 2009.4 Among Indiana residents who reported having diabetes in 2009, 16% had experienced a heart attack and 8.7% had had a stroke.4
- **Physical inactivity**: In 2009, 27% of Indiana adults (1 out of 4) responded that they had not participated in physical activity during the past 30 days.4
- **Poor nutrition**: More than 79% of Indiana adults (4 out of 5) did not consume the recommended five servings of fruits and vegetables per day in 2009.4
- **Obesity**: Between 2005 and 2009, the obesity rate among Indiana adults increased by 10%.4 One out of three adults reported being obese* in 2009, and two of three adults were either overweight or obese.4
- **Smoking**: Based on self reported data, the prevalence of Indiana adults who currently smoke decreased by 15% from 2005 to 2009.4

References


*1st is lowest prevalence
†Obese: Body Mass Index (BMI) score ≥30
‡Overweight or obese: BMI score ≥25