

# Kentucky Heart Disease Fact Sheet

December 2003

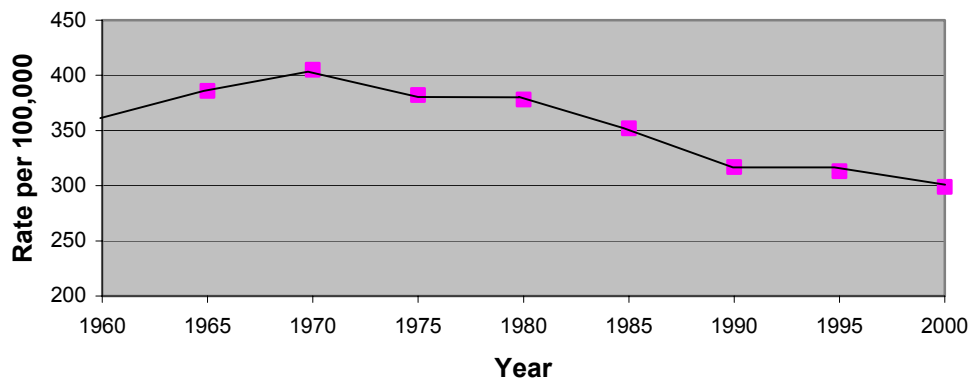


## HEART DISEASE IS **DEADLY** IN KENTUCKY:

- Diseases of the heart accounted for **29.9%** (11,756) of all deaths in Kentucky in 2001.
- Stroke accounted for **6.4%** (2,512) of all deaths in Kentucky in 2001.
- The crude rate for heart disease was 289.2 per 100,000 in 2001, down slightly from 299.0 in 2000.
- In Kentucky, Blacks experienced the highest heart disease death rate and stroke death rate in 2001.
- Counties with the highest heart disease death rates were found primarily in the southeastern region of the state in 2001.

Kentucky Mortality Rates	Heart Disease 2001 *Crude Rate	Heart Disease 2001 **Age-Adjusted Rate	Stroke 2001 Crude Rate	Stroke 2001 Age-Adjusted Rate	Heart Disease Age-Adjusted Rates Comparison		Stroke Age-Adjusted Rates Comparison	
					2000	2001	2000	2001
Total	289.2	294.2	61.8	63.6	307.5	294.2	65.5	63.6
White Male	296.3	363.4	46.2	60.3	384.1	363.4	67.8	60.3
White Female	304.5	242.7	79.7	62.8	251.8	242.7	62.3	62.8
Black Male	256.1	440.2	50.4	92.3	436.2	440.2	102.0	92.3
Black Female	238.0	268.8	76.7	86.2	326.8	268.8	70.3	86.2

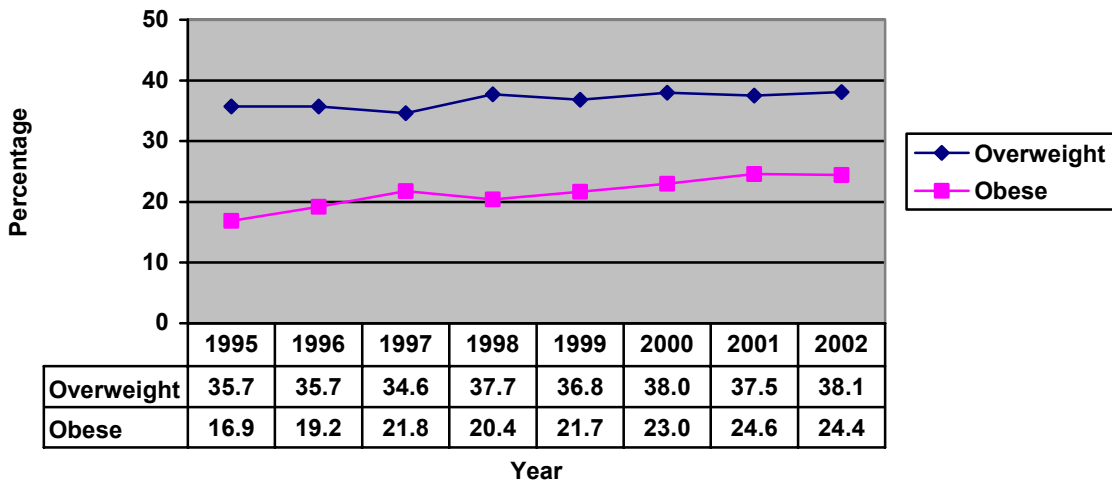
Crude Death Rates - Diseases of Heart  
Kentucky 1960-2000



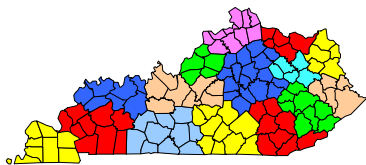
## RISK FACTORS FOR HEART DISEASE ARE **COMMON** IN KENTUCKY:

- **26.6%** of adult Kentuckians (**1 in every 4**) report **no physical activity** in the last month in 2002.
- **32.6%** of adult Kentuckians (**1 in every 3**) were **smokers** in 2002.
- **79.8%** of adult Kentuckians (**4 in every 5**) did not consume the daily-recommended amount of **fruits and vegetables** in 2002.
- **24.4%** of adult Kentuckians (**1 in every 4**) are **obese**, based on reported height and weight in 2002.
- **10.0%** of the adult population in Kentucky (**1 in every 10**) has **diabetes**, one third of whom were undiagnosed in 2002.

**Prevalence of Overweight and Obesity  
KY BRFSS 1995-2002**



**Overweight:** Body Mass Index (BMI) between 25 and 29.9; **Obese:** BMI equal to or greater than 30. BMI is calculated by dividing person's weight in pounds by his/her height in inches squared, and multiplying that number by 703.



**Obesity by Race/Ethnicity in 2002**

Race	Percent Obese
White	23.6
African American	38.7

**Percent Adults Overweight and Obese by Area Development District 2002**

ADD	Overweight	Obese	ADD	Overweight	Obese
Barren River	40.0	18.7	Green River	34.7	22.8
Big Sandy	35.7	32.0	Kentucky River	41.2	24.9
Bluegrass	38.9	20.1	KIPDA	37.4	25.8
Buffalo Trace	37.5	23.0	Lake Cumberland	38.7	26.3
Cumberland Valley	38.8	28.4	Lincoln Trail	40.8	22.0
FIVCO	40.5	26.6	Northern Kentucky	35.3	28.2
Gateway	35.4	26.3	Pennyryle	37.7	26.0
			Purchase	41.5	19.5

**HEART DISEASE IS COSTLY IN KENTUCKY:**

The economic impact of cardiovascular disease on the U.S. health care system continues to grow as the population ages. The cost of heart disease and stroke in the United States was projected to be **\$351 billion** in 2003, including health care expenditures and lost productivity from death and disability. In Kentucky, inpatient hospitalizations for cardiovascular-related diagnoses for 2002 totaled over **\$1,640,620,000**.

*Heart Disease is **deadly, common, and costly**, and affects thousands of individuals in Kentucky and poses a major public health problem.*

**Definitions**

\*The **crude rate** is the total number of deaths divided by the population at risk.

\*\*The **age-adjusted** death rate is the hypothetical death rate that would have occurred if the observed age specific rates (death in each age group divided by the population of that age-group) were present in a population whose age distribution were that of a standard population. The age-adjusted rate controls for differences in age distribution between populations.

**Data Sources:** 1995-2002 Kentucky Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention; 2000-2001 Kentucky Annual Vital Statistics Report, Kentucky State Center for Health Statistics; 2002 Hospital Discharge Data, Division of Epidemiology & Health Planning, KY Department for Public Health; 2003 Atlas of Stroke Mortality, Centers for Disease Control and Prevention; 2003 Heart Disease Atlas, Centers for Disease Control and Prevention

