

# Kentucky Heart Disease Fact Sheet

## HEART DISEASE MORTALITY IN KENTUCKY (Figure 1)

- Kentucky ranks 8th in heart disease death rates for 2004, behind Mississippi, Oklahoma, Alabama, DC, West Virginia, Tennessee, Louisiana.
- Diseases of the heart accounted for 27% (10,465) of all deaths in Kentucky in 2004.
- The death rate for heart disease was 254.7 per 100,000 in 2004, a 17% decrease from 307.5 per 100,000 in 2000.

## Heart Disease Mortality by Race Demographic (Table 1)

- In Kentucky, African Americans experienced the highest heart disease death rate in 2004.

## HEART DISEASE HOSPITALIZATIONS IN KENTUCKY (Figure 2)

- Diseases of the heart accounted for 11% (64,792) of all hospitalizations in Kentucky in 2005.
- The hospitalization rate for heart disease was 155.2 per 100,000 in 2005, a 5% increase from 147.4 per 100,000 in 2000.

## HEART DISEASE RISK FACTORS IN KENTUCKY

- 30.4% of adult Kentuckians (1 in every 3) reported no physical activity in the last month in 2006.
- 28.5% of adult Kentuckians (nearly 1 in every 3) were smokers in 2006.
- 83.2% of adult Kentuckians (4 in every 5) did not consume the daily-recommended amount of fruits and vegetables in 2005.
- 66.4% of adult Kentuckians (2 in every 3) were overweight or obese in 2006.
- 28.0% of adult Kentuckians (nearly 1 in every 3) were obese (38.4% were overweight), based on reported height and weight in 2006.
- 9.9% of the adult population in Kentucky (1 in every 10) had diabetes (2006).

## Risk Factors in Kentucky Compared to the Nation

- Kentucky ranks 4th in no physical activity in the previous 30 days for 2006, behind Puerto Rico, Mississippi, and Louisiana.
- Kentucky ranks 4th in less than 5 fruits and vegetables per day for 2005, behind Puerto Rico, Oklahoma, and Mississippi.
- Kentucky ranks 11th in hypertension for 2005.
- Kentucky ranks 9th in high cholesterol for 2005.
- Kentucky ranks 7th in diabetes for 2006.
- Kentucky ranks 1st in current smoking for 2006.

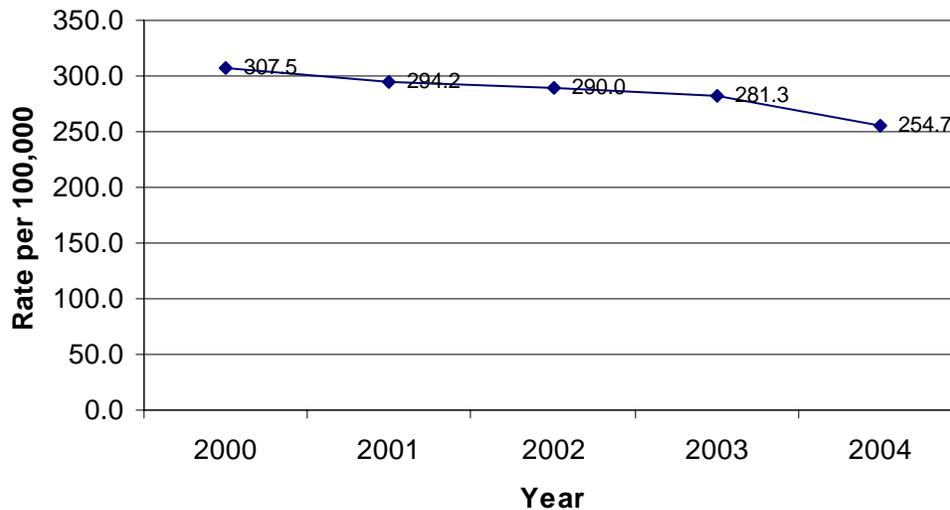
## HEART DISEASE COSTS IN KENTUCKY

- The economic impact of heart disease on the U.S. health care system continues to grow as the population ages. The cost of heart disease in the United States is projected to be **\$277.1 billion** in 2007, including health care expenditures and lost productivity from death and disability.
- In Kentucky, inpatient hospitalizations for heart disease-related diagnoses for 2005 totaled nearly **\$1.8 billion**.

## Data Sources

- Kentucky Department for Public Health (KDPH) and Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Frankfort, Kentucky: Cabinet for Health and Family Services, KDPH, 1995-2005.
- Kentucky Department for Public Health (KDPH). *Death Certificate Files*. Frankfort, Kentucky: Cabinet for Health and Family Services, 1960-2004.
- Kentucky Inpatient Hospitalization Claims Files, Frankfort, KY, 2005; Cabinet for Health and Family Services, Kentucky Department for Public Health, Office of Health Policy.
- American Heart Association. *Heart Disease and Stroke Statistics – 2007 Update*. Dallas, Texas: American Heart Association; 2007.

**Figure 1. Kentucky Heart Disease Age-Adjusted Mortality Rates (per 100,000) 2000-2004**



**Table 1. Heart Disease Mortality by Race**

	Crude	Comparison Age-Adjusted	
		2004	2000
All Kentuckians	252.7	254.7	307.5
White Male	264.7	315.7	384.1
White Female	253.1	204.4	251.8
African Am Male	217.3	383.7	436.2
African Am Female	209.2	247.1	326.8

\*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 was that of a standard population. The age-adjusted rate controls for differences in age distribution among populations.

**Figure 2. Kentucky Heart Disease Age-Adjusted Hospitalization Rates (per 10,000), 2000-2005**

