



Westchester County Department of Health

2016.01



@wchealthdept

#keephealthy

Community Health Assessment Data Update

KEEP
HEALTHY
AND
GET
THE STATS

Heart Disease and Diseases of the Circulatory System in Westchester

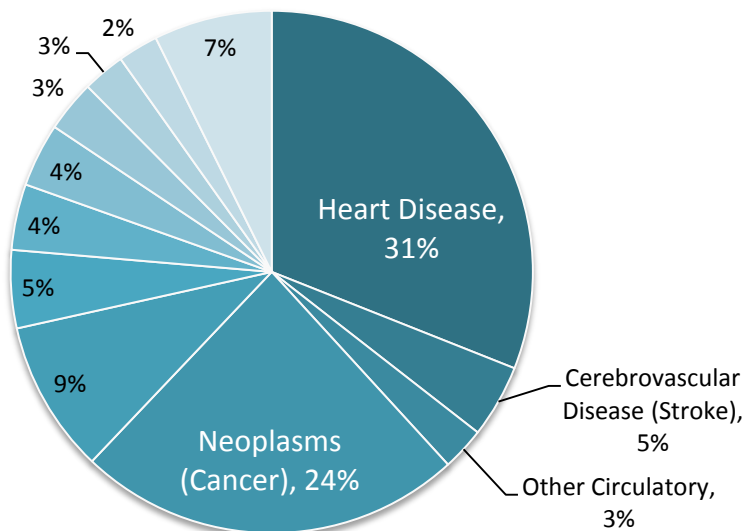
In this issue:

- Heart disease as a leading cause of death in Westchester county
- Deaths due to heart disease across different population and risk groups
- Hospitalizations due to cardiovascular disease-related conditions, including diseases of the heart
- Emergency room visits due to cardiovascular disease-related conditions
- Selected risk factors that contribute to cardiovascular disease in Westchester county

Heart disease is the **number one cause of death** in Westchester County.

In 2012, heart disease accounted for **2,113** deaths or **31% of all deaths in the county**. Adding in **490** deaths due to stroke and other diseases of the circulatory system, total deaths from circulatory disease are **60% higher than the next leading cause of death - cancer**.

Selected Causes of Death in Westchester County, 2012



- Heart Disease
- Cerebrovascular Disease (Stroke)
- Other Circulatory
- Neoplasms (Cancer)
- Respiratory Diseases
- External Causes (e.g. accidents)
- Communicable Diseases
- Nervous System Diseases
- Digestive System Diseases
- Endocrine/Metabolic Diseases
- Genitourinary System
- All Other Causes

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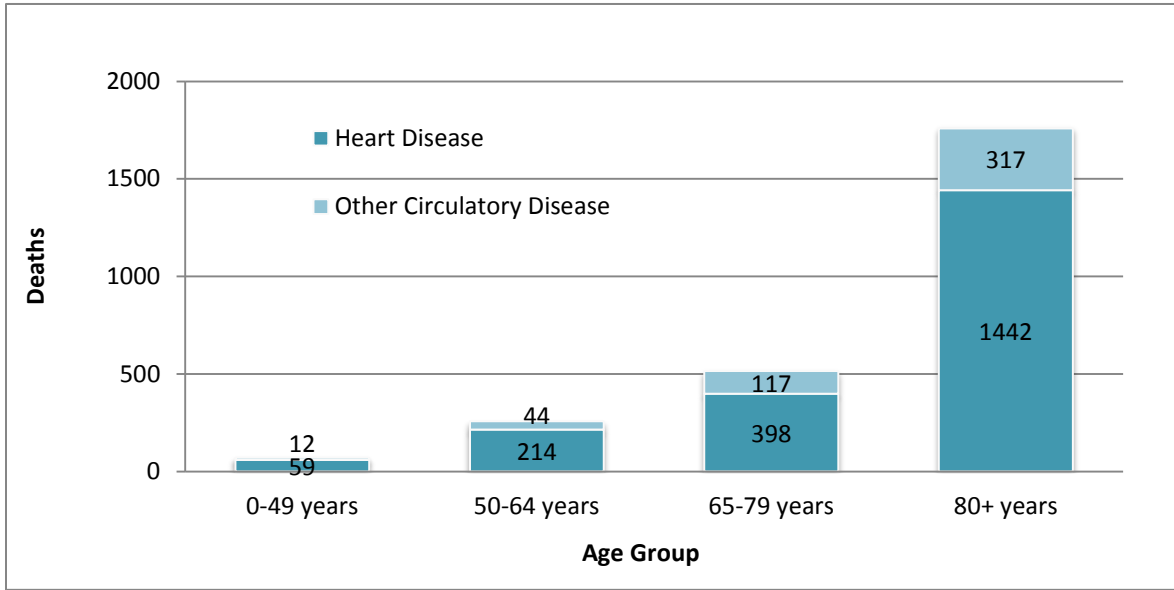
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Heart Disease By Age and Sex

Heart and Circulatory System Disease-Related Deaths by Age Group, Westchester County, 2012

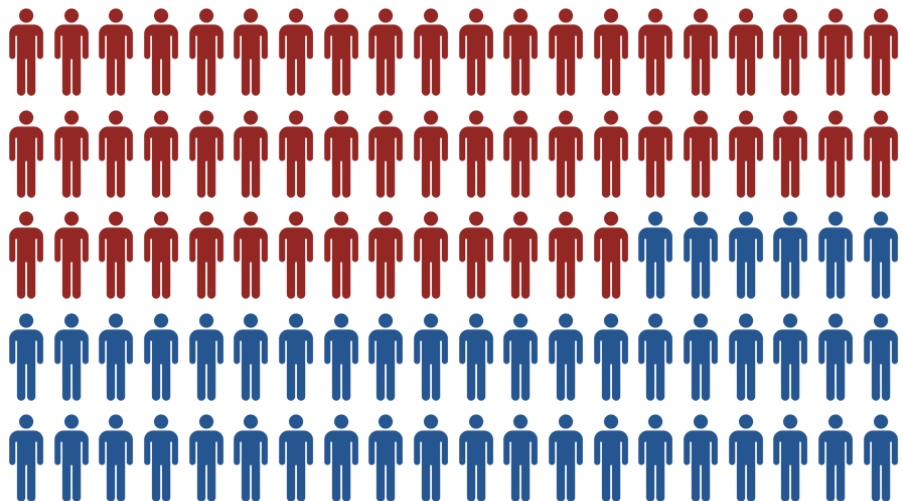


Myth: "Heart disease is for old people"

- ▲ Deaths from **heart disease were observed across the age spectrum** from young to old. In 2012, there were 273 premature deaths (under 65 years) due to heart disease and an additional 56 premature deaths due to stroke and other circulatory disease. In total, there were **329 premature deaths due to heart and circulatory system diseases.**

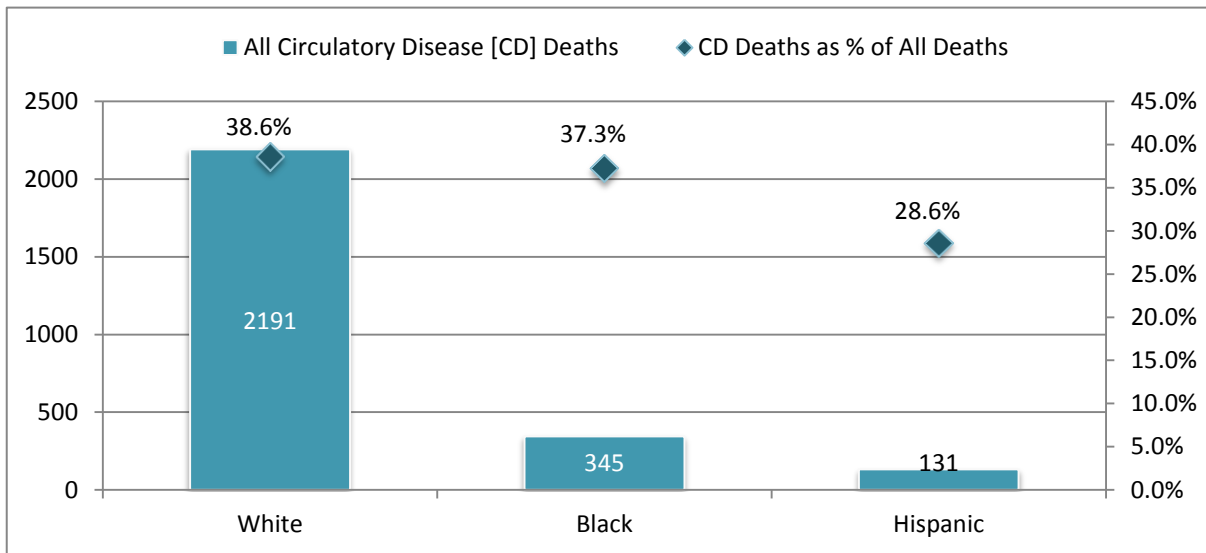
Myth: "It's a man's disease"

In Westchester County ► **women** accounted for **54 of every 100** deaths from heart disease.



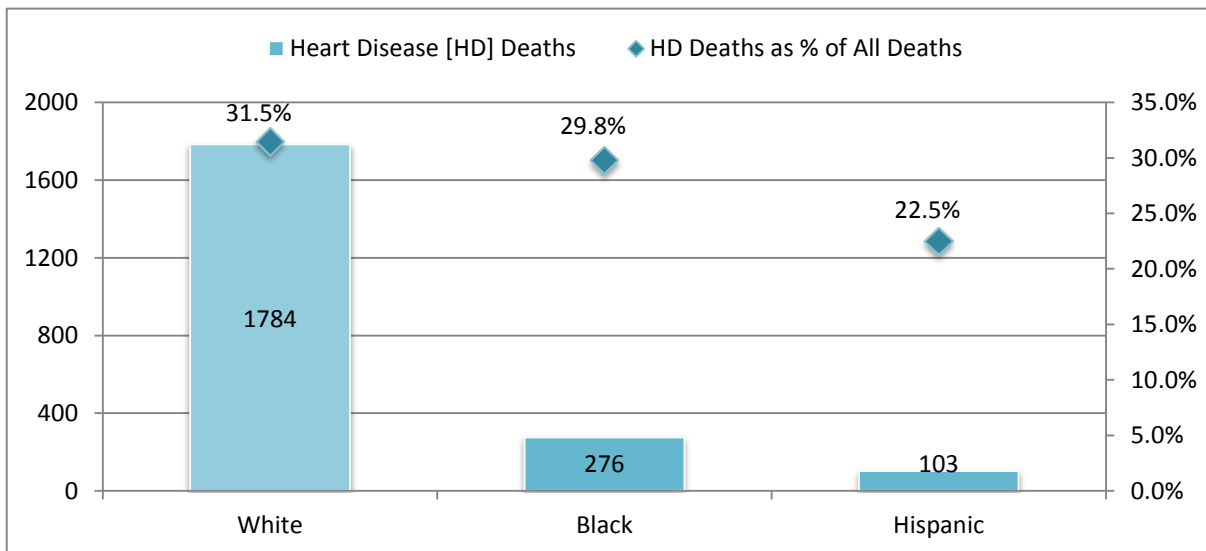
Heart Disease By Race and Ethnicity

Heart and Circulatory Disease-Related Deaths as Percentage of All Deaths by Race and Ethnicity, Westchester County, 2012



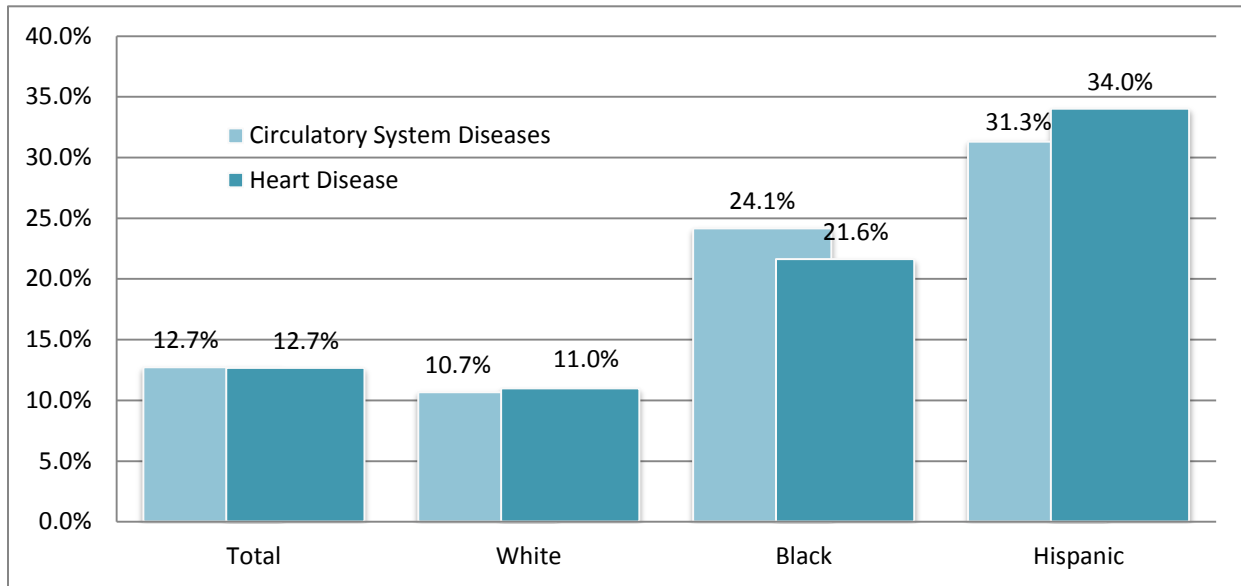
▲ In 2012, **over one-third of all deaths** among **White and Black** individuals and **more than one-quarter of all deaths** among **Hispanics** in Westchester County were due to heart and circulatory system diseases.

Heart Disease-Related Deaths as Percentage of All Deaths by Race and Ethnicity, Westchester County, 2012



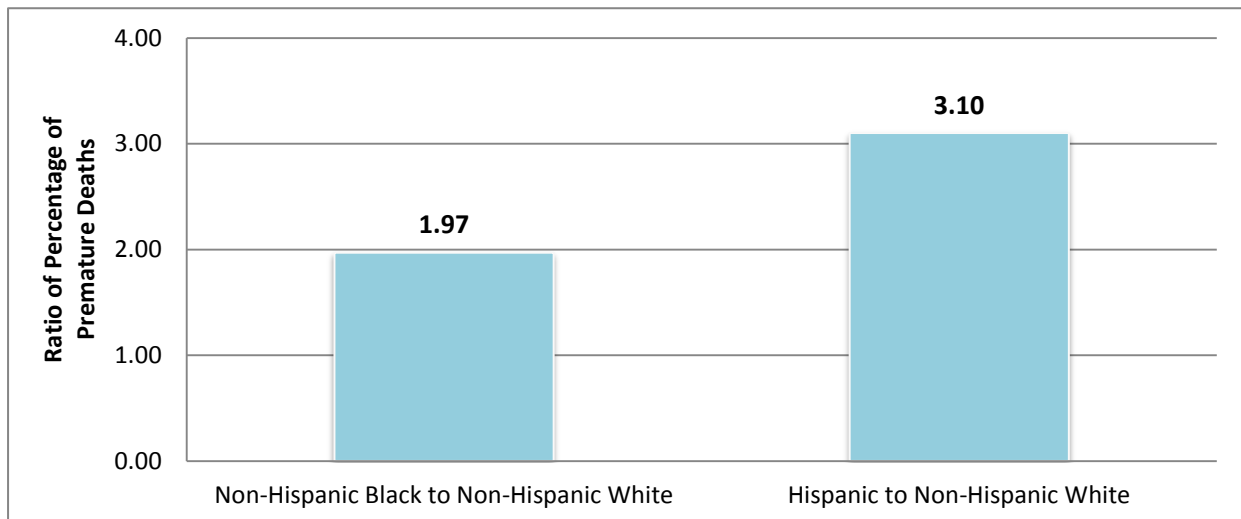
Heart Disease by Race and Ethnicity

Premature Deaths (before 65 years) as a Percentage of All Deaths due to Heart and Circulatory Diseases by Race and Ethnicity, Westchester County, 2012



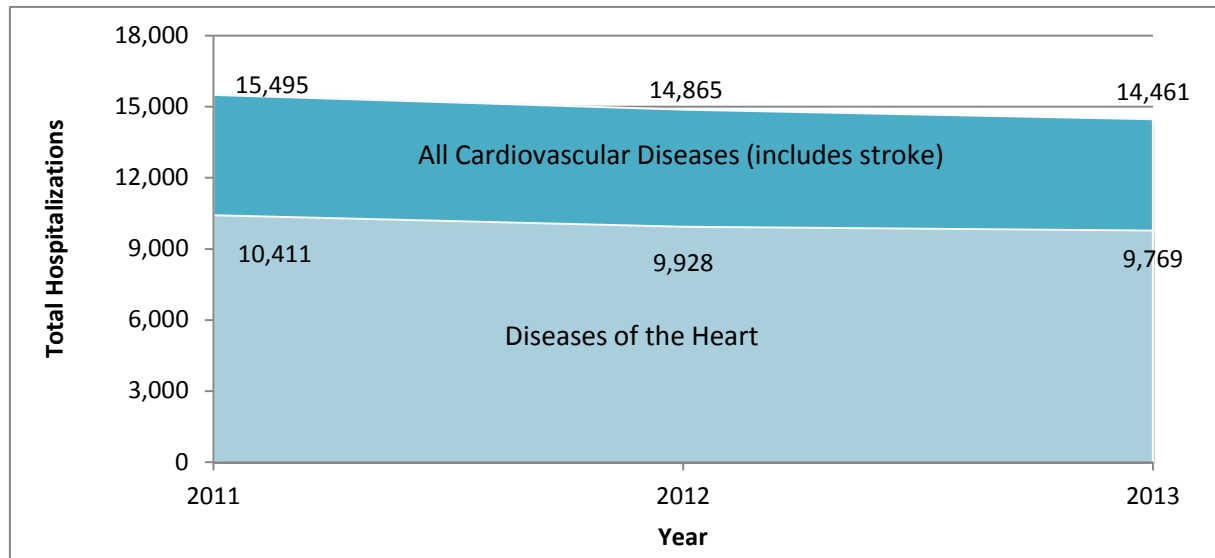
▲ Among those who died of heart disease and other circulatory system diseases, individuals who are **Black or Hispanic were more likely to die prematurely** before the age of 65.

Ratio of the Percentage of Premature Deaths due to Diseases of the Heart by Race and Ethnicity, Westchester County, 2012



Heart Disease: Hospitalizations

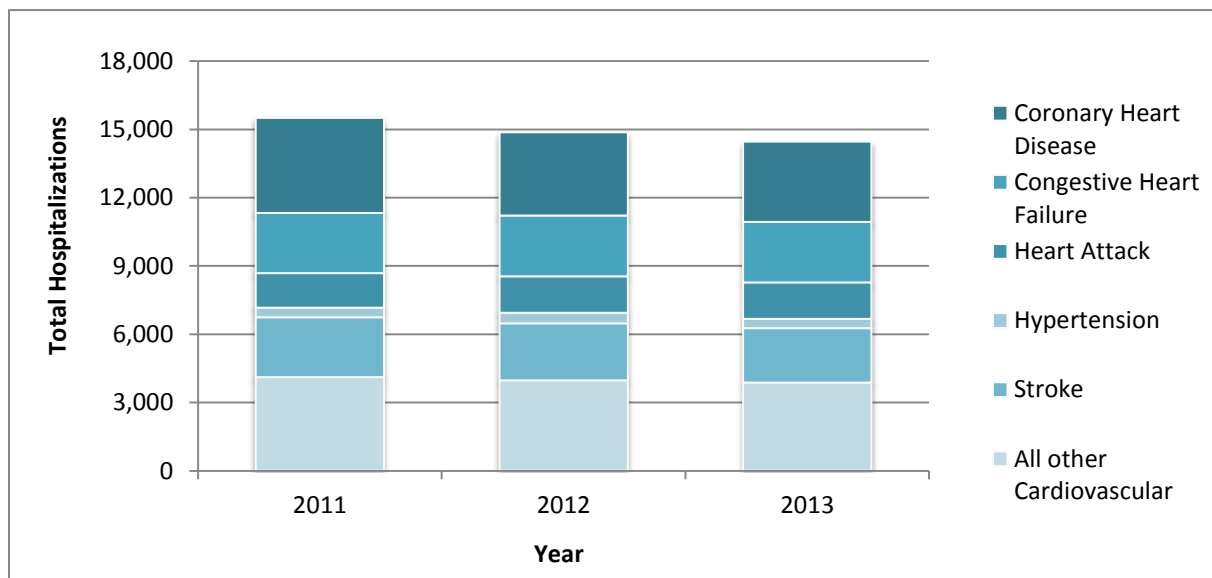
Cardiovascular Related Hospitalizations, Westchester County, 2011-2013



▲ From 2011 to 2013, approximately **14% of all Westchester hospital admissions** had **heart disease, stroke, or other circulatory system disease** as the primary diagnosis.

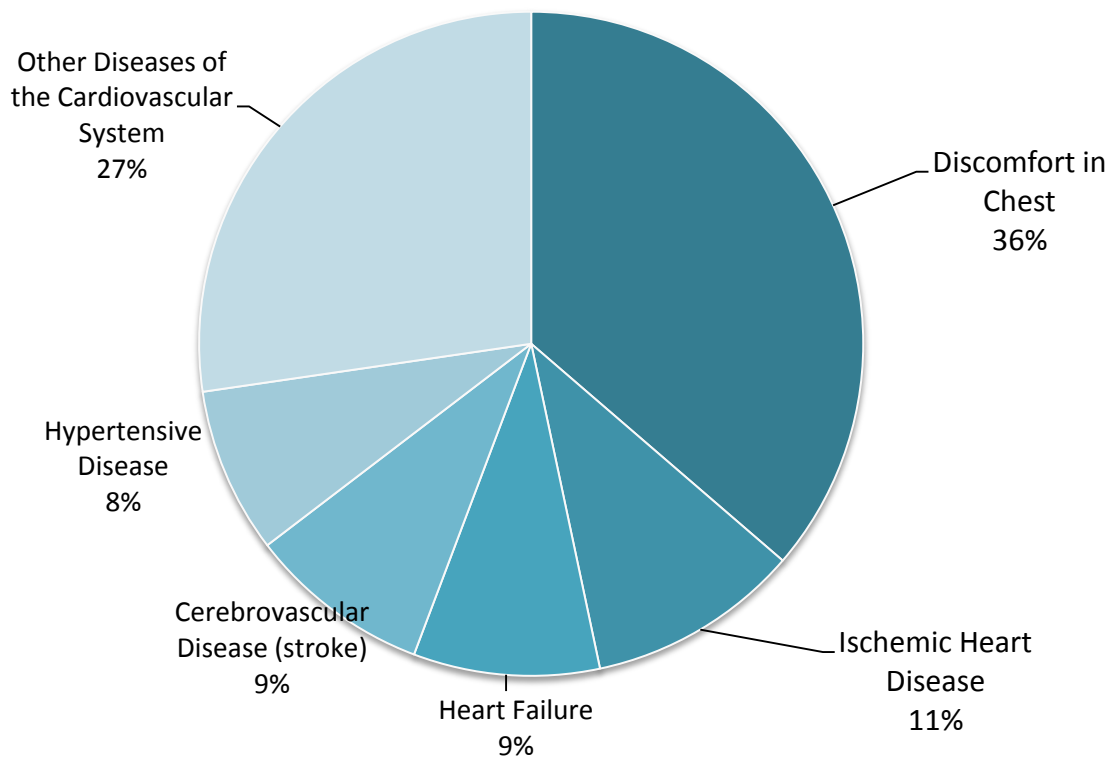
More than 50% of all Westchester hospital admissions had at least one diagnosis related to diseases of the circulatory system.

Coronary heart disease and **congestive heart failure** are the leading primary diagnoses among those hospitalized due to diseases of the heart and circulatory system. ▼



Heart Disease: Emergency Room Admissions

Emergency Room Visits due to Cardiovascular Disease Related Events, Westchester County, 2010



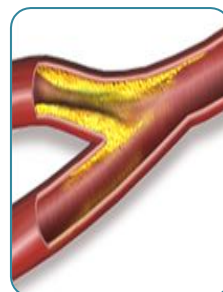
In 2010, there were a total of **29,486 emergency room visits** due to diseases of the cardiovascular system.

This accounts for nearly **10% of all emergency room visits** in Westchester County.

The largest proportion can be attributed to **discomfort in the chest**.



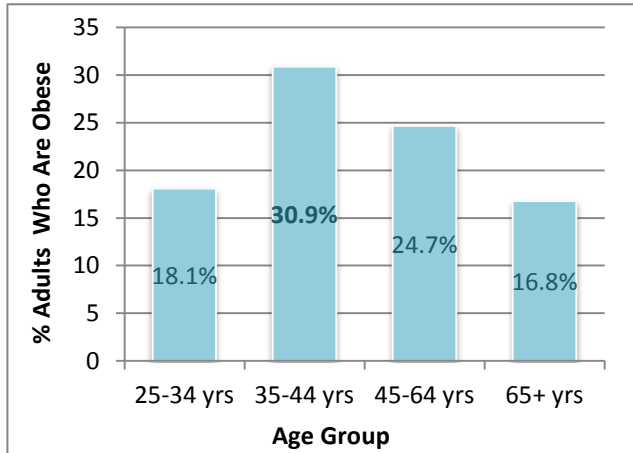
◀ **Discomfort in the chest** can occur when the heart muscle doesn't get enough oxygen-rich blood, a symptom of heart disease.



◀ **Ischemic heart disease** is the term given to heart problems caused by narrowed heart arteries.

Selected Cardiovascular Disease Risk Factors for Westchester County, 2013-2014

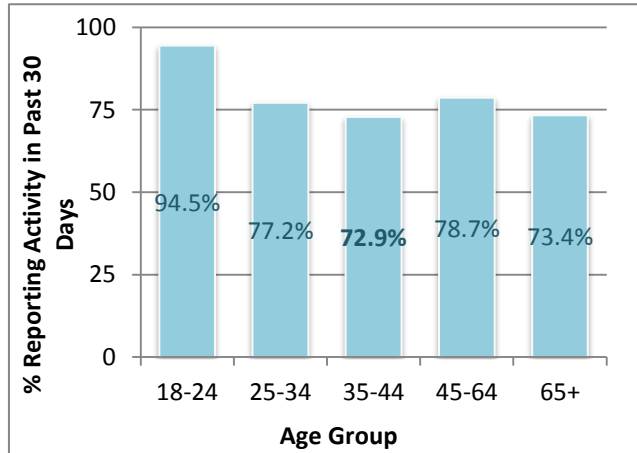
Obesity



NH White, 17.8%	NH Black, 39.7%	Hispanic, 28.1%
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▲ Adults in the **35-44 age group** and identified as **Non-Hispanic Black** reported more obesity than other age groups and race/ethnicities.

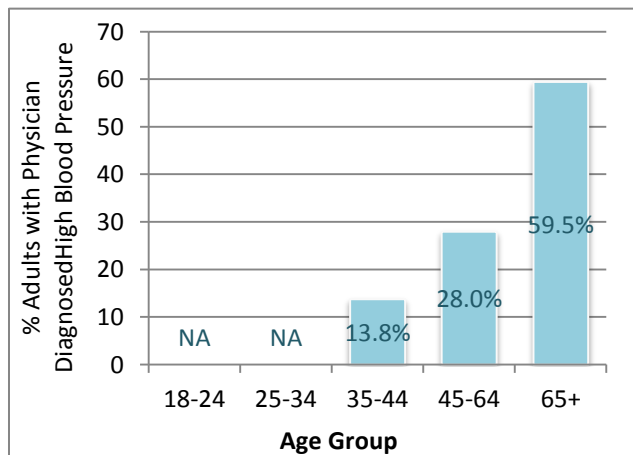
Physical Activity



NH White, 83.4%	NH Black, 78.2%	Hispanic, 62.0%
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▲ Adults in the **35-44 age group** and identified as **Hispanic** were the least likely to report any physical activity in the past 30 days.

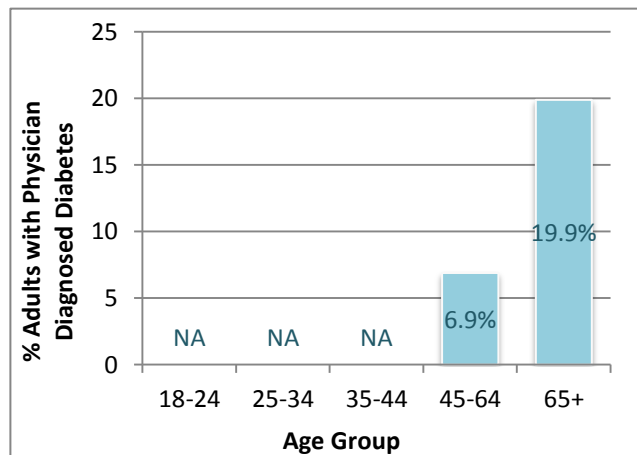
High Blood Pressure



NH White, 25.7%	NH Black, 45.5%	Hispanic, 17.3%
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▲ Adults in the **65+ age group** and identified as **Non-Hispanic Black** reported the most physician-diagnosed high blood pressure compared to other age groups and race/ethnicities.

Diabetes



NH White, 4.7%	NH Black, 17.7%
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▲ Adults in the **65+ age group** and identified as **Non-Hispanic Black** reported the most physician-diagnosed diabetes compared to the **45-64 age group** and **Non-Hispanic Whites**.

Data Sources

1. New York State Department of Health:
 - a. Vital Statistics
 - b. Statewide Planning and Research Cooperative System (SPARCS)
 - c. Behavioral Risk Factor Surveillance System (BRFSS)
2. US Census Bureau - American Community Survey 1-Year Estimates for Westchester County - used to calculate rates.

Other Resources

1. Centers for Disease Control and Prevention (CDC), Division for Heart Disease and Stroke Prevention (DHDSP) homepage. Available at <http://www.cdc.gov/dhdsp/>.
2. National Institutes of Health, U.S. National Library of Medicine, Health Topics: Blood, Heart and Circulation. Available at <https://www.nlm.nih.gov/medlineplus/bloodheartandcirculation.html>.
 - Health Topic: Heart Diseases. Available at <https://www.nlm.nih.gov/medlineplus/heartdiseases.html>
 - Health Topic: Vascular Diseases. Available at <https://www.nlm.nih.gov/medlineplus/vasculardiseases.html>
3. American Heart Association (AHA) homepage. Available at <http://www.heart.org/HEARTORG/>.



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