

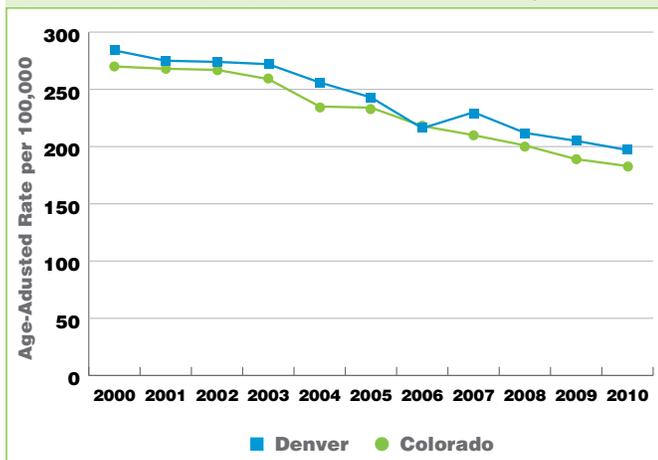
CARDIOVASCULAR DISEASE

Overview

Cardiovascular disease is Denver's leading cause of death. In 2010, 26% of Denver's deaths were from cardiovascular disease.¹¹ Cardiovascular disease includes diseases related to the heart and blood vessels such as heart attacks, strokes, or heart failure. Nationally and in Denver, cardiovascular disease-related death rates have decreased over time (FIGURE 1). This is particularly true for deaths due to strokes (FIGURE 2).

FIGURE 1

Cardiovascular Disease Deaths DENVER AND COLORADO, 2000 - 2010

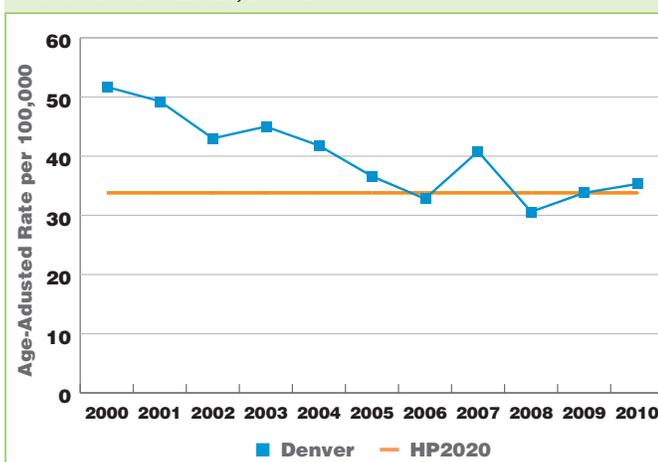


Cardiovascular disease deaths have been steadily declining for the past 10 years. This is likely due to better control of modifiable risk factors. Denver's cardiovascular disease death rates have consistently been slightly higher in the rest of the state.

SOURCE: Vital Statistics

FIGURE 2

Stroke Deaths DENVER, 2000 - 2010



The rate of deaths due to stroke has declined in Denver over the past 10 years. The rate is now near the Healthy People 2020 target.

SOURCE: Vital Statistics

Unlike some chronic diseases, cardiovascular disease is largely preventable. Common risk factors for cardiovascular disease include tobacco use or exposure to secondhand smoke, high blood pressure, high cholesterol, and diabetes. These can be treated or prevented and effective treatment decreases the risk of cardiovascular disease. Denver Community Health Services and Kaiser Permanente have nationally-recognized programs to improve treatment of cardiovascular disease risk factors. However, there are concerning trends in the frequency of cardiovascular disease risk factors in Denver.

Tobacco is the single largest preventable risk factor for cardiovascular disease. Tobacco use remains high in Denver (see *Tobacco*). Nearly 20% of Denver adults and 24% of Denver 11th graders smoke tobacco.^{12,13} As rates of obesity have increased in Denver (see *Weight*), so too have the rates of high blood pressure and diabetes (see *Diabetes*). Medications for high blood pressure, high cholesterol, and diabetes greatly lower cardiovascular disease risk. However, some Denver residents have limited health care access. More than 20% of Denver's adults lack health insurance and may not be diagnosed or treated for high blood pressure, high cholesterol, and diabetes (see *Access to Health Care*).¹⁴

continued

Cost Facts



In the U.S. in 2010, cardiovascular disease cost an estimated \$444 billion. Treatment of cardiovascular diseases accounts for about \$1 of every \$6 spent on health care in this country.¹⁵

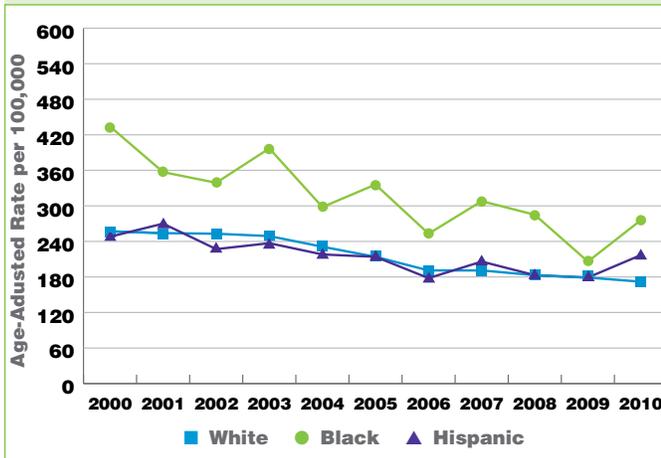
CARDIOVASCULAR DISEASE

Men and women of all racial and ethnic groups are at risk of cardiovascular disease. However, cardiovascular disease deaths rates are higher in Blacks and those living in north Denver (FIGURES 3 AND 4). There are also differences in the frequency of risk factors for cardiovascular disease by income, race and ethnicity, educational level, and area of Denver (FIGURE 5) (see *Tobacco* and *Weight*).

Denver recently received a Community Transformation Grant from the Centers for Disease Control and Prevention (CDC). This grant will fund activities to decrease tobacco use and exposure to secondhand smoke, increase exercise among Denver children and adults, improve access to healthy foods and parks, and improve the treatment of high blood pressure and high cholesterol. Thanks to these and other efforts, cardiovascular disease should continue to decrease in Denver.

FIGURE 3

Cardiovascular Disease Deaths by Race and Ethnicity
DENVER, 2000 - 2010



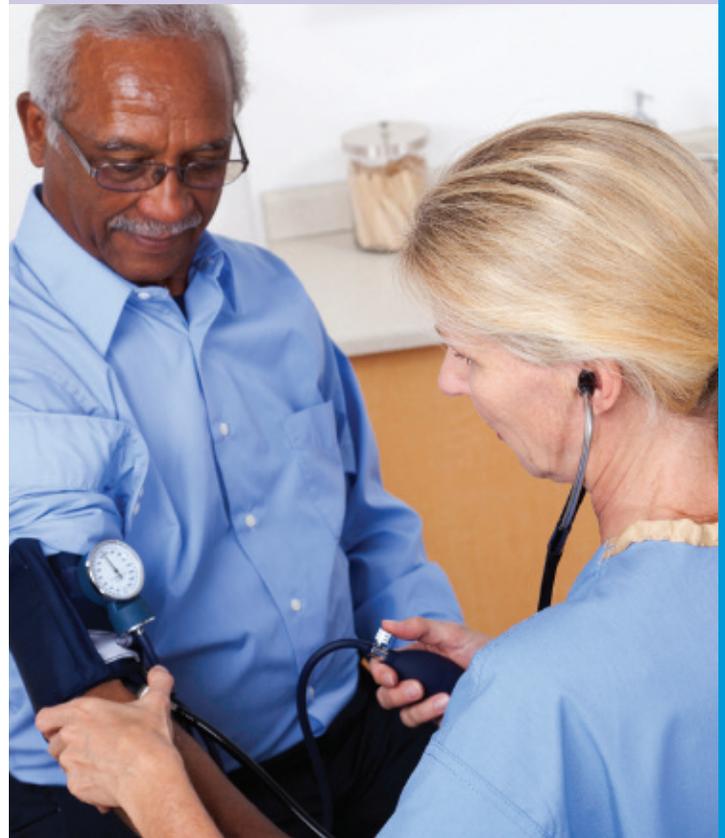
Blacks have a higher rate of cardiovascular disease-related death in Denver. Risk factors for cardiovascular disease include smoking, obesity, diabetes, and high blood pressure.

SOURCE: *Vital Statistics*

Local Story

Health Navigators

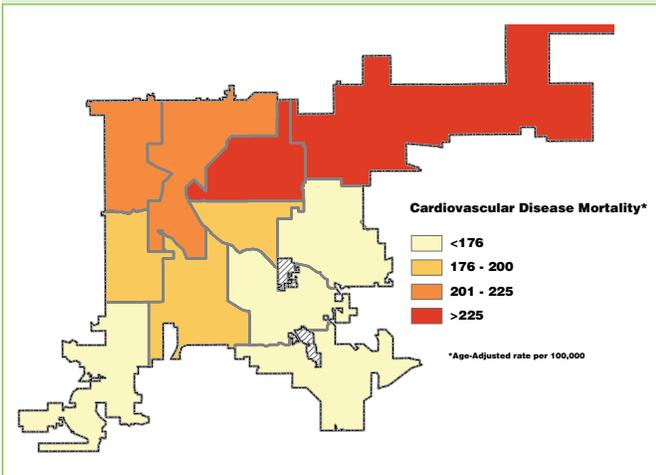
Health navigators, sometimes called patient navigators or community health workers, are trained to work with patients who are sick and often overwhelmed. Navigators coordinate doctors' appointments, assist patients to get in touch with doctors, arrange rides, help with insurance forms, and help patients prepare questions for the doctor. From 2007 to 2009, a Denver study used health navigators to reduce cardiovascular disease risk factors.¹⁶ In this study, low-income communities were targeted. Health navigators provided counseling and helped 340 participants access community recreation centers, health centers, and nutritional information. Results showed that those who received help from navigators reduced their cardiovascular disease risks more than a comparison group that did not receive services. Using navigators to educate and promote change can improve the health of Denver residents.



CARDIOVASCULAR DISEASE

FIGURE 4

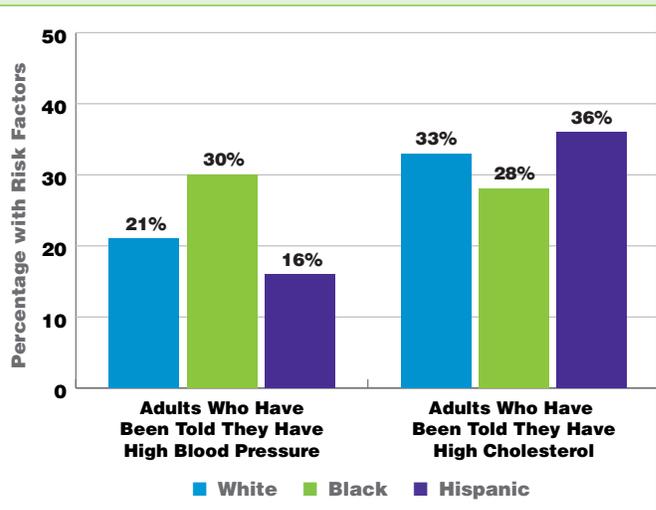
Cardiovascular Disease Deaths DENVER, 2010



Cardiovascular disease rates are not equal across Denver. Areas in the north have higher rates. These are areas with lower income and larger Black and Hispanic populations.
 SOURCE: Vital Statistics

FIGURE 5

Cardiovascular Disease Risk Factors DENVER, 2005 - 2010



Black persons have a higher risk of high blood pressure than Whites and Hispanics. Of those who have had a cholesterol screening, Hispanics have a slightly higher risk than Whites and Blacks.
 SOURCE: Behavioral Risk Factor Surveillance Survey

Comparison Story

Restaurant Menu Calorie Counts

In 2008, New York City became the first municipality in the U.S. to require chain restaurants to list calorie amounts on the menu. Since then California, Seattle, and a few other jurisdictions have also passed similar laws. A New York study compared people's eating habits in 2007 and 2009. Restaurant menu calorie counts had an impact on about one in six individuals. Those who looked at the calorie labels tended to reduce their food intake by about 100 calories. Several fast food chains began offering healthier and lower calorie menu items around the time the law was passed. This is one of several steps that can be taken to help reduce obesity and cardiovascular disease.¹⁷



Did You Know



- More than one in three U.S. adults (83 million) currently live with cardiovascular disease.¹⁸
- An estimated 935,000 heart attacks and 795,000 strokes occur each year in the U.S.¹⁵
- About one in two U.S. adults with high blood pressure do not have their blood pressure under control.^{15, 18}
- Nearly two in three U.S. adults with high cholesterol do not have their cholesterol under control.¹⁵
- Quitting smoking, reducing salt consumption, eating low fat foods, and increasing vegetable and fruit consumption all help to reduce the risk of cardiovascular disease.¹⁸
- All adults should be screened for high blood pressure, high cholesterol, and diabetes. Early detection and treatment can prevent cardiovascular disease.¹⁸