

Disparities in Cardiovascular Disease in Colorado

“Cardiovascular disease” refers to a group of conditions affecting the heart (heart disease: coronary heart disease and congestive heart failure) and blood vessels (stroke).

Disparities in cardiovascular disease prevalence exist among Coloradans.

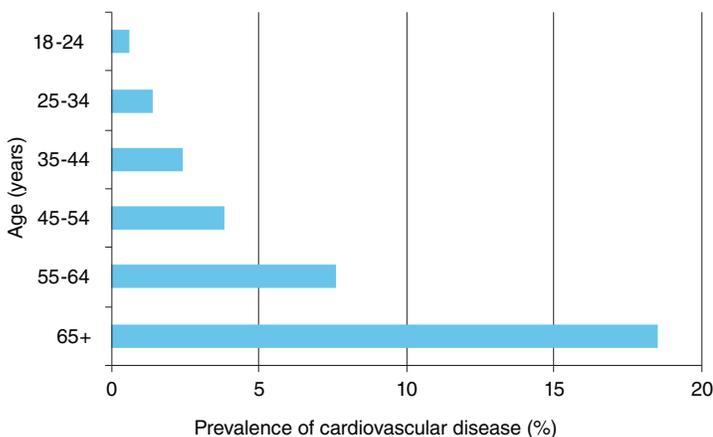


In 2013, the prevalence of cardiovascular disease was significantly higher among:

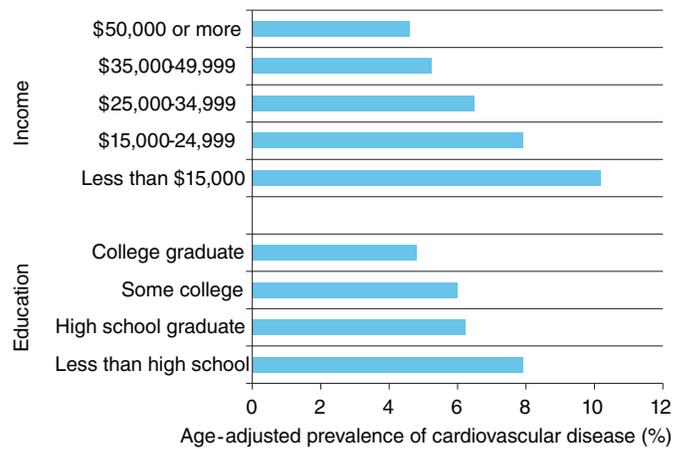
- males
- older adults, especially adults 65 years or older
- adults with lower annual household income
- adults with lower education level
- adults who identify as gay, lesbian, bisexual, or other nonheterosexual sexual orientation
- adults living in Eastern Colorado

The prevalence of cardiovascular disease did not differ for adults based on race/ethnicity.

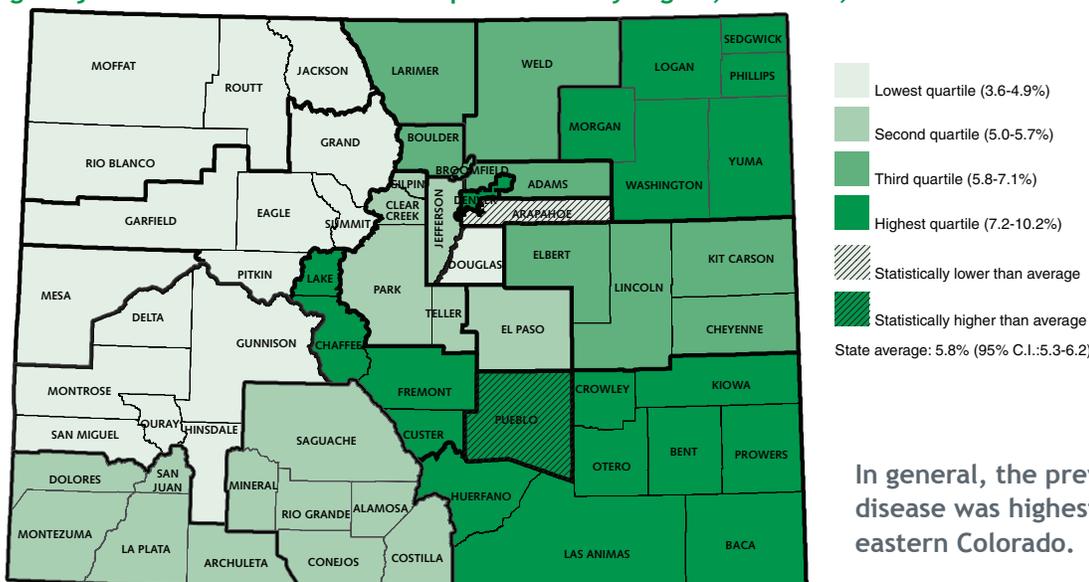
Percent of adult Coloradans with cardiovascular disease by age, 2013.



Percent of adult Coloradans with cardiovascular disease by income and education, 2013.



Age-adjusted cardiovascular disease prevalence by region, Colorado, 2013.



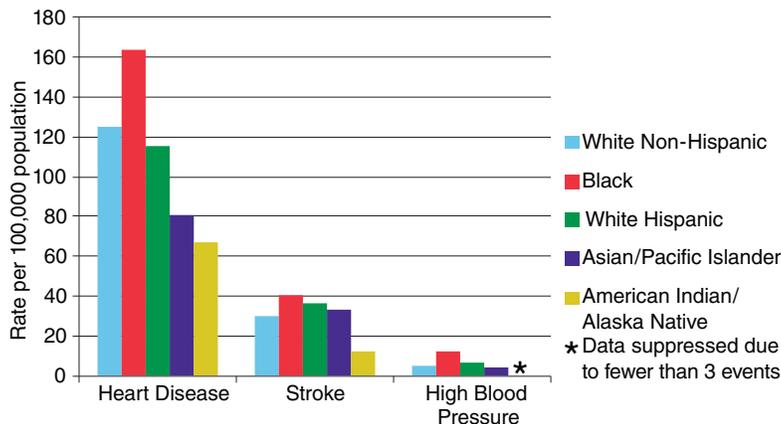
In general, the prevalence of cardiovascular disease was highest among adults living in eastern Colorado.

Data source: Colorado Behavioral Risk Factor Surveillance System.



Disparities in high blood pressure (a risk factor) and adverse outcomes of cardiovascular disease.

Age-adjusted death rates per 100,000 population by race/ethnicity, Colorado residents, 2013.



Black Coloradans had significantly higher death rates from heart disease compared with other race/ethnicities.

Black Coloradans had significantly higher death rates from high blood pressure compared with White non-Hispanics.

American Indian/Alaska Native Coloradans had significantly lower death rates from high blood pressure compared with other race/ethnicities.

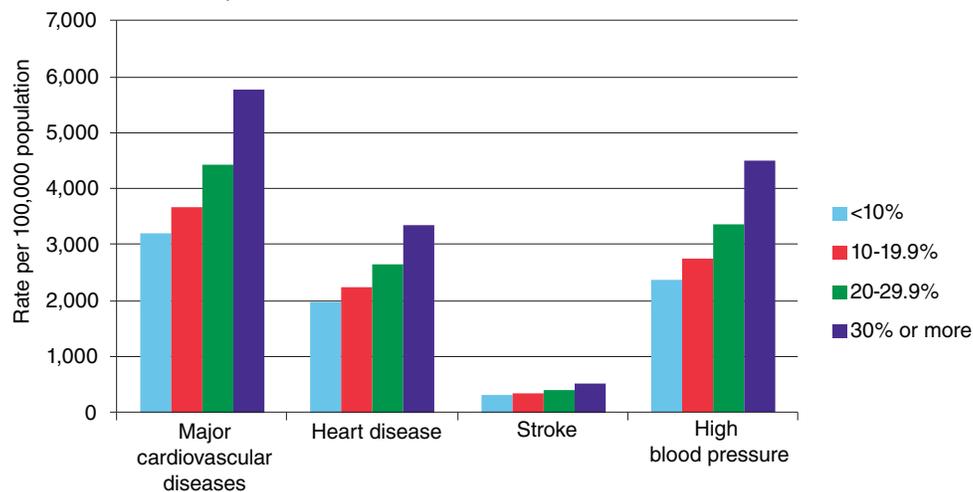
Across Colorado's counties in 2010-2012, death rates varied greatly:

30-486 per 100,000 population for heart disease; 2-40 per 100,000 population for stroke; and 6-99 per 100,000 population for high blood pressure.

Data source: Vital Statistics, Colorado Department of Public Health and Environment.

ICD-10 codes: heart disease I00-I09,I11,I13, I20-I51; stroke I60-I69; high blood pressure I10,I12

Age-adjusted hospital discharge rates per 100,000 population by poverty level of area of residence, Colorado residents, 2008-2012.



Hospital discharge rates for cardiovascular diseases increased significantly with each level of increase in poverty of area of residence.

Across Colorado's counties in 2010-2012, hospital discharge rates varied greatly: 571 - 4,712 per 100,000 population for heart disease; 106 - 720 per 100,000 population for stroke; and 704 - 5,315 per 100,000 population for high blood pressure.

* Data source: Colorado Hospital Discharge Data; American Community Survey (U.S. Census Bureau).

ICD-9 codes: major CVD 390-434,436-448; heart disease 390-398,402,404,410-429; stroke 440; high blood pressure 401,403

Disparities also exist in high blood pressure and cholesterol prevalence in Colorado.

- **By gender:** Males had a higher prevalence of both high blood pressure and high cholesterol.
- **By race/ethnicity:** Black Coloradans had the highest prevalence of high blood pressure, and Hispanic Coloradans had the highest prevalence of high cholesterol.
- **By sexual orientation:** Adults who identify as heterosexual had higher prevalence of high blood pressure and high cholesterol.

Data source: Colorado Behavioral Risk Factor Surveillance System.

Other Modifiable Risk Factors for Cardiovascular Disease

- physical inactivity
- excessive alcohol use
- tobacco use
- diets high in saturated fats, cholesterol and sodium
- low fruit and vegetable consumption
- exposure to secondhand smoke
- diabetes
- obesity

Terminology for racial/ethnic groups matches that used during data collection.