CARDIOVASCULAR DISEASE (CVD) is a term used to describe a group of diseases that affect the heart or blood vessels, including those in the brain. While CVD includes many conditions, this fact sheet highlights stroke and a few heart diseases. Heart attacks and strokes are typically sudden events caused by a blockage that prevents normal blood flow to the heart or brain (ischemic stroke), respectively. In 2010, 13,373 Indiana residents died of heart disease, making it the leading cause of death, and 3,077 Indiana residents died of stroke, making it the fourth leading cause of death.¹

Healthy People 2020 Heart Disease and Stroke (HDS) Objectives ³

HDS-24.1: Reduce hospitalizations of adults aged 65-74 years with heart failure † as the principle diagnosis ‡
  - Target: 8.8 hospitalizations per 1,000 population
  - Current: 8.6 hospitalizations per 1,000 population (2011) ⁴

HDS-24.2: Reduce hospitalizations of adults aged 75-84 years with heart failure † as the principle diagnosis

HDS-24.3: Reduce hospitalizations of adults aged 85 years and older with heart failure † as the principle diagnosis

Risk factors and management in Indiana adults ²

- 32.8% reported having high blood pressure
  - 79.4% with high blood pressure reported taking prescribed medication for their high blood pressure
- 72.8% reported having their cholesterol checked within the past 5 years
  - 38.9% reported having high cholesterol

Figure 1. Mortality from Coronary Heart Disease * and Stroke, Indiana, 2006-2010 (HDS-2 and HDS-3 Healthy People 2020 Objectives)

Figure 2. Hospitalization rates with heart failure † as the principal diagnosis, ages 65 and older, Indiana, 2007–2011 ³

References

For additional information on the impact of heart disease and stroke in Indiana, please visit: www.chronicdisease.isdh.in.gov