

Women & Cardiovascular Disease in Maine

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Definition

- Cardiovascular disease refers to a variety of diseases and conditions affecting the heart and blood vessels, primarily high blood pressure, heart disease, and stroke.

Debunking the Cardiovascular Disease Myth

- One of the most common myths about cardiovascular disease is that it is a man's disease. However, cardiovascular disease is devastating to women as well.
- Every year since 1984, more women in the U.S. have died of cardiovascular disease than men.
- **In the United States, cardiovascular disease claims more women's lives every year than the next five causes of death combined – and almost twice as many as all forms of cancer.**
- In women who have diabetes, death from heart disease is 3 to 7 times more likely.

Women & CVD in Maine: Some Facts

- Cardiovascular disease is Maine's leading killer of women.
- In 2000, 2,424 women in Maine died of cardiovascular disease (1,157 from heart disease and 518 from stroke)¹.
- **In 1999, the heart disease death rate among Maine women was 204.8/100,000 compared to the national rate of 220.9/100,000.**²
- **In 1999, the stroke death rate among Maine women was 60.2/100,000 compared to the national rate of 60.5/100,000.**²
- There were 12,561 hospitalizations for cardiovascular disease among Maine women in 2002 (3,651 due to heart disease and 2,041 due to stroke)³.

Cost Burden

- The total hospital charges for cardiovascular disease among all Maine adults in 2002 were \$474 million (or 24% of all hospital charges).
- In 2002, cardiovascular-related hospital charges in women accounted for 20% of the total hospital charges among Maine women and 10% of the total hospital charges for all Maine adults.
- **The total 2002 hospital charges for cardiovascular disease for Maine women were \$205 million (\$51 million for heart disease and \$23 million for stroke)**⁴. Medicare or Medicaid payments covered 85% of those charges.

^{1,3,4} Cardiovascular disease, as defined by ICD-10 codes (see last footnote) includes diagnoses beyond coronary heart disease and stroke specifically, thus explaining discrepancies between heart disease and stroke, and overall cardiovascular disease for deaths, hospitalizations, and hospital charges.

² The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives, February 2002. Centers for Disease Control and Prevention, Department of Health and Human Services. Note: Used for national comparisons. Mortality statistics may differ slightly from the State of Maine Office of Data & Statistics as death files have been updated to reflect out-of-state deaths. Heart disease defined as ICD-10 codes I00-I09, I11, I13, I20-I51. Stroke defined as ICD-10 codes I60-I69.

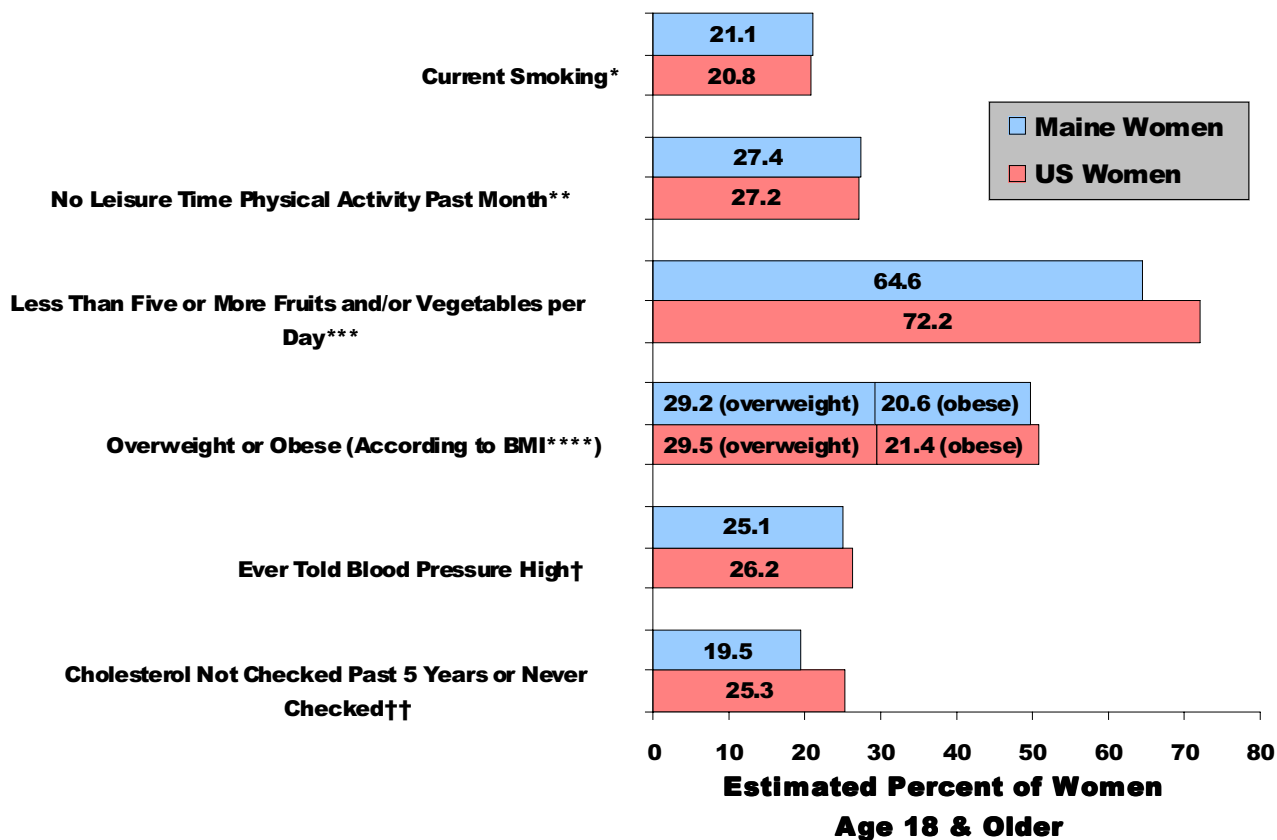
Maine Department of Human Services, Bureau of Health, Division of Community Health. Cardiovascular Disease defined as ICD-9 codes 390-459 for hospitalization data and ICD-10 codes I00-I78, I80-I99 for mortality data. Heart Disease defined as ICD-9 codes 410-414, 429.2 for hospitalization data and ICD-10 codes I20-I25 for mortality data. Stroke defined as ICD-9 codes 430-438 for hospitalization data and ICD-10 codes I60-I69 for mortality data. Mortality rate adjusted to U.S. 2000 standard population. When comparing to prior mortality statistics, note age adjustment to U.S. 2000 standard and change to ICD-10 codes.



Selected Risk Factors for Cardiovascular Disease

A limited number of health-related behaviors contribute markedly to cardiovascular disease, which includes heart disease and stroke:

- **Tobacco use**
- **Lack of physical activity**
- **Poor nutrition**
- **Overweight and obesity**
- **High blood pressure and blood cholesterol**



Definitions:

* Current Smoker defined as respondents who currently smoke cigarettes. BRFSS 2002.
 ** No Leisure Time Physical Activity defined as respondents who do less than 20 minutes of moderate physical activity at least 3 times per week. BRFSS 2002.
 *** Five or More Fruits and/or Vegetables per Day defined as respondents who eat five or more fruits and/or vegetables per day. BRFSS 2002.
 **** Overweight defined as respondents who have a Body Mass Index (BMI) equal or greater than 25.0 but less than 30.0. BRFSS 2002.
 Obese defined as respondents who have a Body Mass Index (BMI) equal to or greater than 30.0. BRFSS 2002.
 † Ever Told Blood Pressure High defined as respondents who have ever been told by a doctor, nurse or other health professional that their blood pressure is high. BRFSS 2001.
 †† Cholesterol Not Checked Past 5 Years or Never Checked defined as respondents who have not had their blood cholesterol checked within the past 5 years or have never had their blood cholesterol checked. BRFSS 2001.

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