2020 CHNA Data Packet: Heart Disease & Stroke (Cardiovascular Disease)
In this section are all the data points and key findings related to Heart Disease & Stroke from the 2020 CHNA (pages 89 – 98). Please visit www.hbdyc.org to access the full report.

Recommended Citation:

Key Takeaways – Heart Disease & Stroke in Yellowstone County
- Between 2015 and 2017, Yellowstone County residents died from:
  - Heart disease at a rate of 155.3 deaths per 100,000 residents
  - Stroke at a rate of 37.3 deaths per 100,000 residents
- Among Yellowstone County adults:
  - 40.2% have been told at some point that their blood pressure was high, a significant worsening since 2005 and worse than Montana.
  - 25.4% have been told by a health professional that their cholesterol level was high, which is favorably lower than the US.
- 84.1% have one or more cardiovascular risk factors, such as being overweight, smoking cigarettes, being physically inactive, or having high blood pressure or cholesterol, an improvement since 2005.
Heart Disease: Age-Adjusted Mortality Trends
(Annual Average Deaths per 100,000 Population)
Healthy People 2020 = 156.9 or Lower (Adjusted)

Sources:
- CDC WONDER Online Query System, Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted October 2019.
- Deaths are coded using the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).
- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
- The Healthy People 2020 Heart Disease target is adjusted to account for all diseases of the heart.

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Prevalence of High Blood Pressure
Healthy People 2020 = 26.9% or Lower

Prevalence of High Blood Cholesterol
Healthy People 2020 = 13.5% or Lower

Sources:
- 2020 PRC Community Health Survey, PRC, Inc. [Items 41, 44, 129, 130]
- 2017 PRC National Health Survey, PRC, Inc.

Notes:
- Asked of all respondents.

Prevalence of High Blood Pressure
(Yellowstone County)
Healthy People 2020 = 26.9% or Lower

Prevalence of High Blood Cholesterol
(Yellowstone County)
Healthy People 2020 = 13.5% or Lower

Sources:
- 2020 PRC Community Health Survey, PRC, Inc. [Items 129, 130]

Notes:
- Asked of all respondents.
More than 1 in 4 Yellowstone County deaths caused by Heart Disease or Stroke

Stroke: Age-Adjusted Mortality
(2015-2017 Annual Average Deaths per 100,000 Population)
Healthy People 2020 = 34.8 or Lower

<table>
<thead>
<tr>
<th></th>
<th>Yellowstone County</th>
<th>MT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rate</td>
<td>37.3</td>
<td>34.0</td>
<td>37.5</td>
</tr>
</tbody>
</table>

Sources:
- CDC WONDER Online Query System, Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted October 2019.
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- Rates are per 100,000 population, age-adjusted to the 2000 US Standard Population.
Community Feedback:

Select Key Informant Survey Responses

Stressful lifestyles, obesity, drugs, alcohol and smoking all contribute and we have high rates of all.
– Healthcare Provider

Geography creates a huge issue for stroke in our area. Time is a crucial component for treatment and getting to appropriate care in that amount of time remains a huge barrier. – Healthcare Provider
Community Feedback:
Select Key Informant Survey Responses

Heart disease and stroke are among the major disease of older people all across the US. Montana is no exception. The fact so many of our elderly citizens are overweight and fairly inactive contributes greatly to this problem. Many middle-aged people are also well on the way to heart disease due to their excess body weight, elevated blood pressure, and lack of activity. – Community Leader

All of these conditions are common in Yellowstone County. Often symptoms are mild and not noticed until a serious event takes place. Age, genetics, diet and obesity all can be factors causing these problems. – Government Representative

Perceptions of Heart Disease and Stroke as a Problem in the Community
(Key Informants, 2020)

<table>
<thead>
<tr>
<th>Major Problem</th>
<th>Moderate Problem</th>
<th>Minor Problem</th>
<th>No Problem At All</th>
</tr>
</thead>
<tbody>
<tr>
<td>21.0%</td>
<td>50.0%</td>
<td>20.3%</td>
<td>8.7%</td>
</tr>
</tbody>
</table>

Sources: PRC Online Key Informant Survey, PRC, Inc.

Notes: Asked of all respondents

Community Feedback:
Top concerns of Key Informants

- Prevalence/Incidence
- Lifestyle
- Access to Care/Services
- Leading Cause of Death
- Weight Status
- Contributing Factors
<table>
<thead>
<tr>
<th>Heart Disease &amp; Stroke</th>
<th>Yellowstone County</th>
<th>Yellowstone vs. Benchmarks</th>
<th>Yellowstone County Trends</th>
<th>Baseline vs. Current Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diseases of the Heart (Age-Adjusted Death Rate)</td>
<td>155.3</td>
<td>155.1 166.3 156.9</td>
<td>(153.7 vs. 155.3)</td>
<td></td>
</tr>
<tr>
<td>Stroke (Age-Adjusted Death Rate)</td>
<td>37.3</td>
<td>34.0 37.5 34.8</td>
<td>(5.1 vs. 8.1)</td>
<td></td>
</tr>
<tr>
<td>% Heart Disease (Heart Attack, Angina, Coronary Disease)</td>
<td>7.0</td>
<td>8.0</td>
<td>(5.9 vs. 6.7)</td>
<td></td>
</tr>
<tr>
<td>% Stroke</td>
<td>3.0</td>
<td>3.8 4.7</td>
<td>(6.7 vs. 7.0)</td>
<td></td>
</tr>
<tr>
<td>% Told Have High Blood Pressure (Ever)</td>
<td>40.2</td>
<td>29.0 37.0 26.9</td>
<td>(3.3 vs. 2.3)</td>
<td></td>
</tr>
<tr>
<td>% [HBP] Taking Action to Control High Blood Pressure</td>
<td>82.1</td>
<td>89.3</td>
<td>(26.1 vs. 40.2)</td>
<td></td>
</tr>
<tr>
<td>% Told Have High Cholesterol (Ever)</td>
<td>25.4</td>
<td>36.2 13.5</td>
<td>(28.5 vs. 25.4)</td>
<td></td>
</tr>
<tr>
<td>% [HBC] Taking Action to Control High Blood Cholesterol</td>
<td>83.0</td>
<td>87.3</td>
<td>(83.6 vs. 83.0)</td>
<td></td>
</tr>
<tr>
<td>% 1+ Cardiovascular Risk Factor</td>
<td>84.1</td>
<td>87.2</td>
<td>(89.1 vs. 84.1)</td>
<td></td>
</tr>
</tbody>
</table>

For survey indicators, this represents baseline findings (earliest year available) vs. 2020 (current findings). For secondary data indicators (those marked with a “*”), data years can vary but typically represent a span of 7 to 10 years.