2022-2023 Yellowstone County Community Health Needs Assessment

Data Packet: Heart Disease & Stroke

How to Use This Data Packet

The graphs, data points, trends, and other insights shared in this data packet can be utilized when seeking:

- Verified local data for data acquisition or utilization purposes such as grant applications, local and non-local trend tracking, etc.

- High resolution slides for use in presentations or educational materials.

- Accessible, accurate data to increase understanding of community health topics and health disparities.

- A condensed, topic-specific alternative to reading 200+ pages of data!

Key Takeaways – Heart Disease & Stroke

- Since 2005, the prevalence of heart disease and stroke diagnoses have been comparable to or lower than state and national rates.

- **Yellowstone County (YC) outpaces state and national rates for age-adjusted heart disease deaths**, a trend that has grown rapidly since 2013-2015.

- While reports of high blood pressure have risen since 2005, **reports of high blood cholesterol have not significantly increased nor decreased** during that timespan.

- **86.5% of YC adults report one or more cardiovascular risk factors**, including being overweight, physically inactive, or having high blood pressure or cholesterol.
  - Since 2005, Yellowstone County has not seen consistently predictable decreases in this figure.

Heart Disease: Age-Adjusted Mortality
(2018-2020 Annual Average Deaths per 100,000 Population)
Healthy People 2030 = 127.4 or Lower (Adjusted)
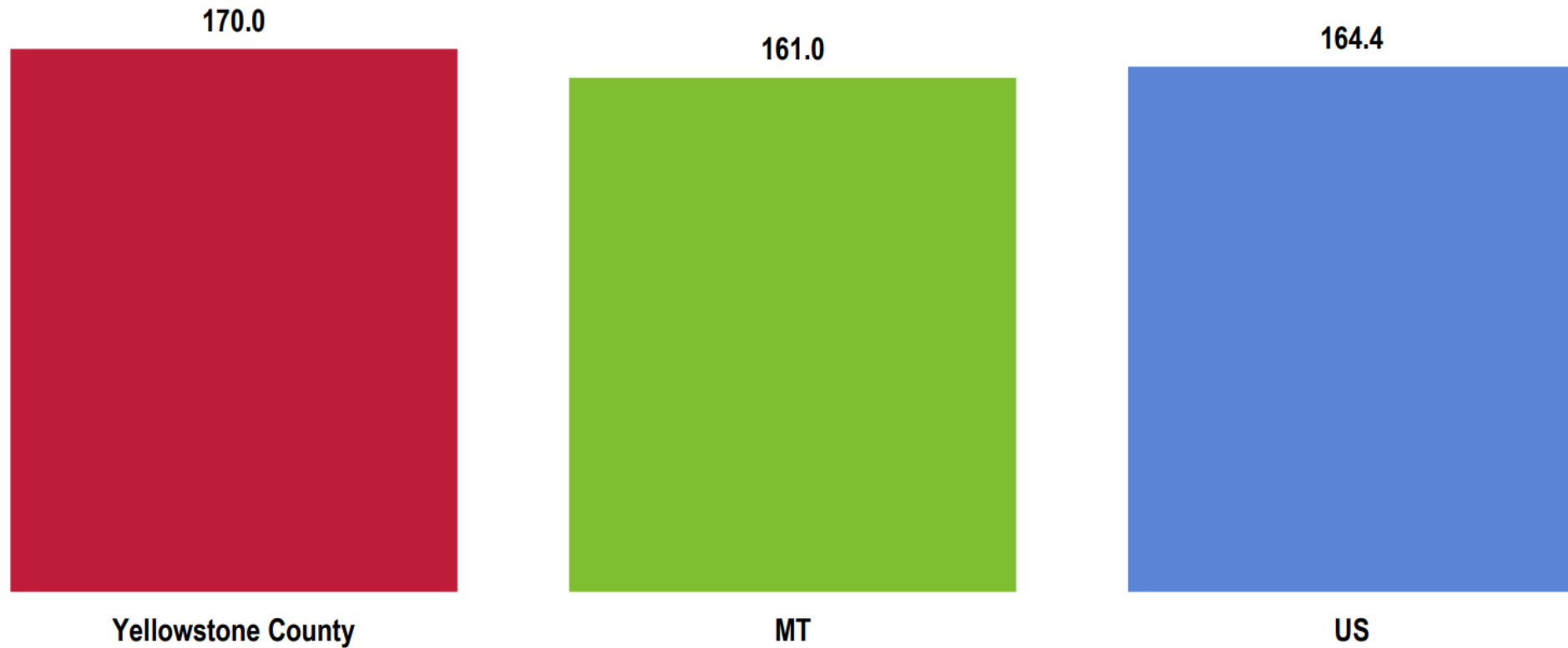
170.0   161.0   164.4

Yellowstone County   **MT**   **US**

Sources:
- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2022.
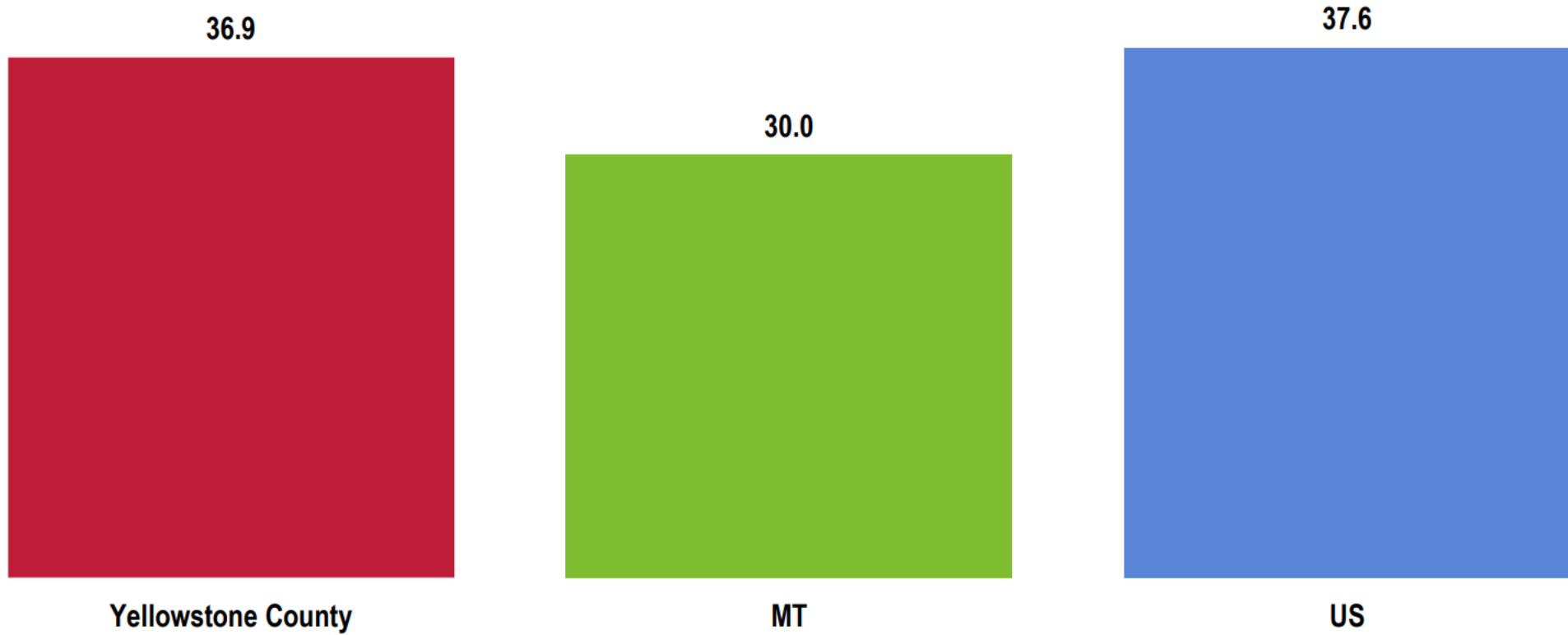- US Department of Health and Human Services. Healthy People 2030. August 2020. http://www.healthypeople.gov

Notes:
- The Healthy People 2030 Heart Disease target is adjusted to account for all diseases of the heart.

Heart Disease: Age-Adjusted Mortality Trends
(Annual Average Deaths per 100,000 Population)
Healthy People 2030 = 127.4 or Lower (Adjusted)

	2011-2013	2012-2014	2013-2015	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020
Yellowstone County	150.9	147.8	146.2	148.1	155.3	165.1	166.5	170.0
MT	154.1	151.0	152.6	152.7	155.1	157.5	158.4	161.0
US	190.6	188.9	168.9	167.5	166.3	164.7	163.4	164.4

Sources:
- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2022.
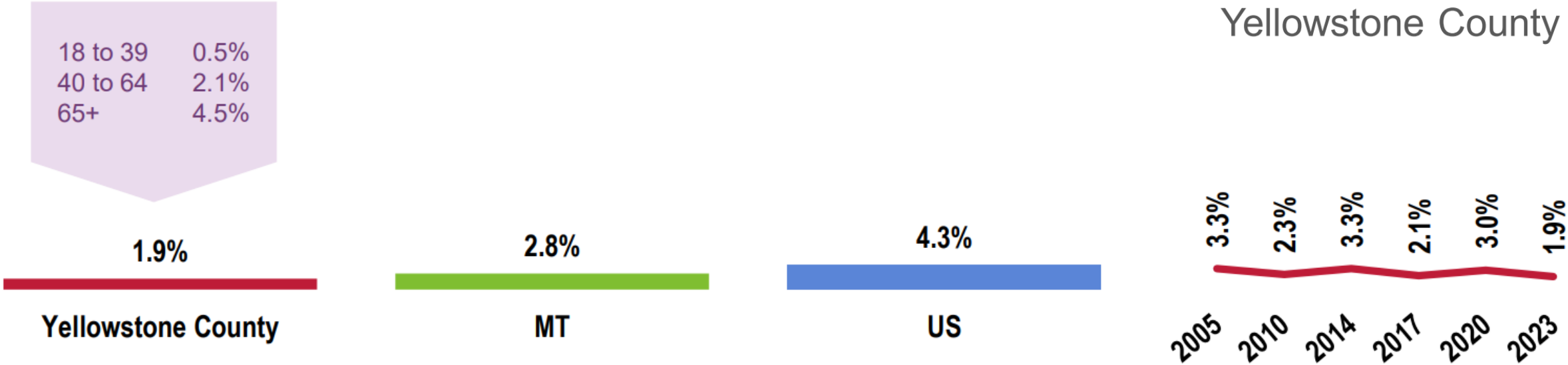- US Department of Health and Human Services. Healthy People 2030. August 2020. http://www.healthypeople.gov

Notes:
- The Healthy People 2030 Heart Disease target is adjusted to account for all diseases of the heart.

Stroke: Age-Adjusted Mortality Trends
(Annual Average Deaths per 100,000 Population)
Healthy People 2030 = 33.4 or Lower

	2011-2013	2012-2014	2013-2015	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020
Yellowstone County	40.1	39.1	37.3	36.9	37.3	38.5	37.4	36.9
MT	36.2	35.7	35.9	34.2	34.0	32.7	31.5	30.0
US	40.7	40.6	37.1	37.5	37.5	37.3	37.2	37.6

Prevalence of Heart Disease

18 to 39	0.3%
40 to 64	6.9%
65+	22.5%

Yellowstone County

7.4%

Yellowstone County

6.0%

MT

6.1%

US

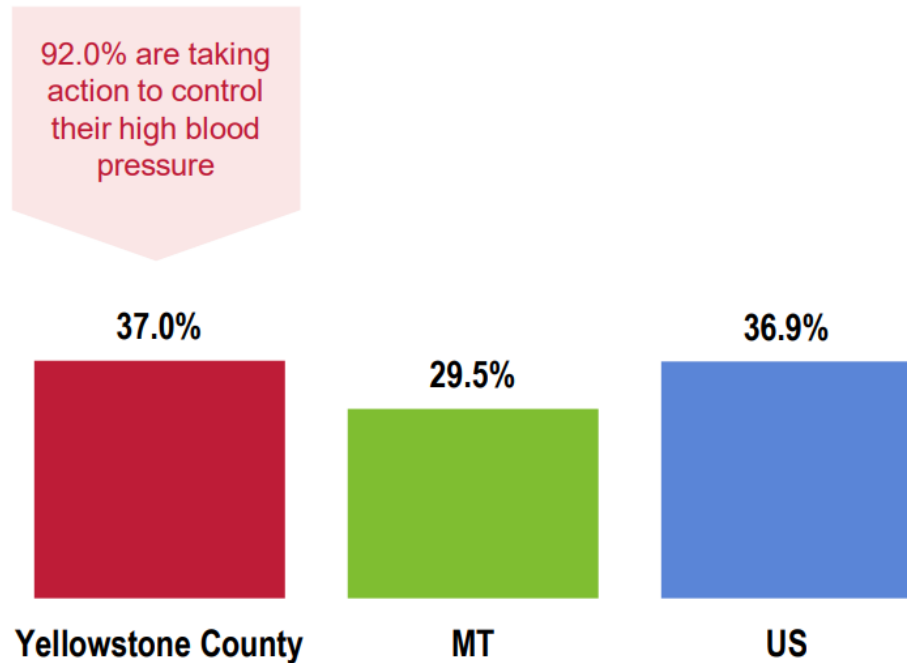| 5.1% | 8.1% | 5.9% | 6.7% | 7.0% | 7.4% |
| 2005 | 2010 | 2014 | 2017 | 2020 | 2023 |
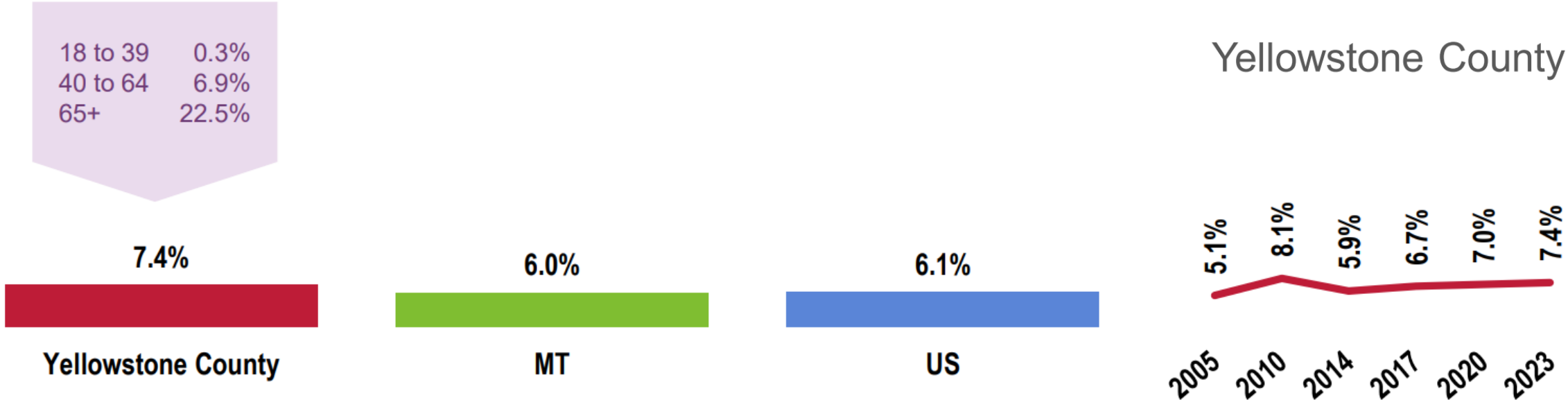
Sources:
- 2023 PRC Community Health Survey, PRC, Inc. [Item 114]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2020 Montana data.
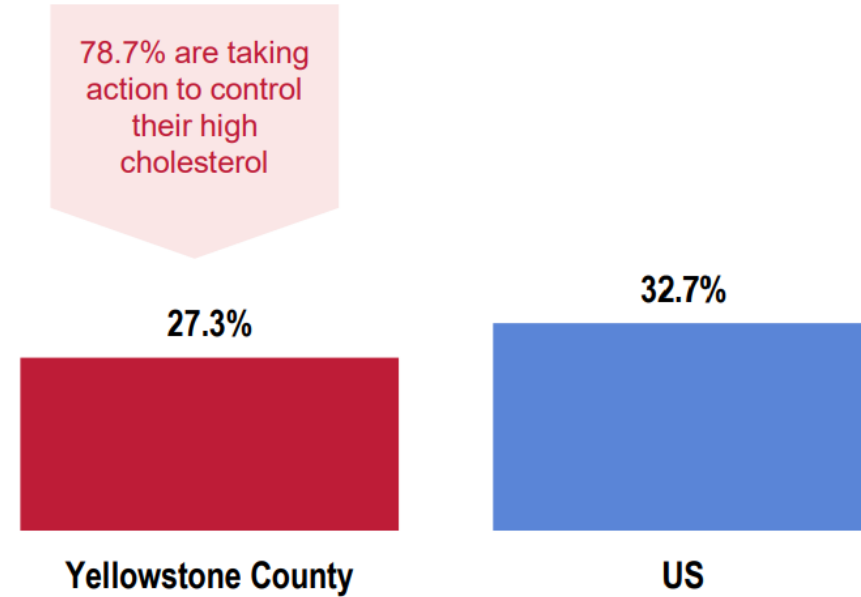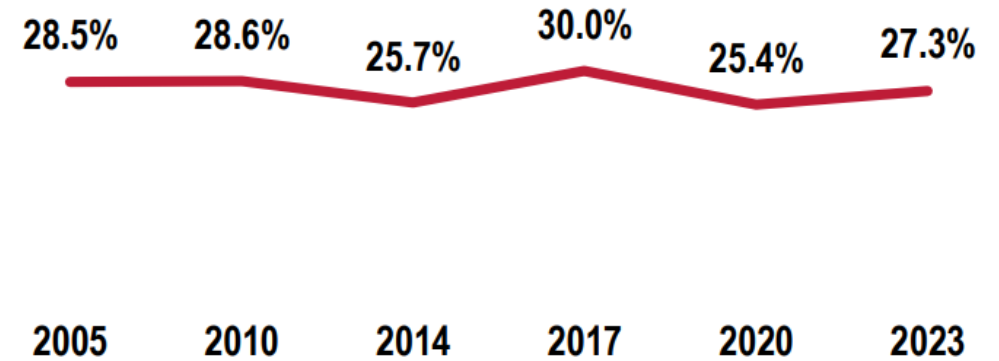- 2020 PRC National Health Survey, PRC, Inc.

Notes:
- Asked of all respondents.
- Includes diagnoses of heart attack, angina, or coronary heart disease.

Prevalence of Stroke

Yellowstone County

18 to 39	0.5%
40 to 64	2.1%
65+	4.5%

1.9%
Yellowstone County

2.8%
MT

4.3%
US

3.3% 2.3% 3.3% 2.1% 3.0% 1.9%

2005 2010 2014 2017 2020 2023

Sources:
- 2023 PRC Community Health Survey, PRC, Inc. [Item 29]
- Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2020 Montana data.
- 2020 PRC National Health Survey, PRC, Inc.

Notes:
- Asked of all respondents.

Prevalence of
High Blood Pressure

Healthy People 2030 = 27.7% or Lower

Prevalence of
High Blood Cholesterol

92.0% are taking action to control their high blood pressure

78.7% are taking action to control their high cholesterol

37.0%

29.5%

36.9%

27.3%

32.7%

Yellowstone County

MT

US

Yellowstone County

US

Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Items 35-36, 303-304]
● Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2020 Montana data.
● 2020 PRC National Health Survey, PRC, Inc.
● US Department of Health and Human Services. Healthy People 2030. August 2020. http://www.healthypeople.gov

Notes: ● Asked of all respondents.

Prevalence of High Blood Pressure
(Yellowstone County)
Healthy People 2030 = 27.7% or Lower

26.1%   32.4%   33.7%   37.3%   40.2%   37.0%

2005   2010   2014   2017   2020   2023
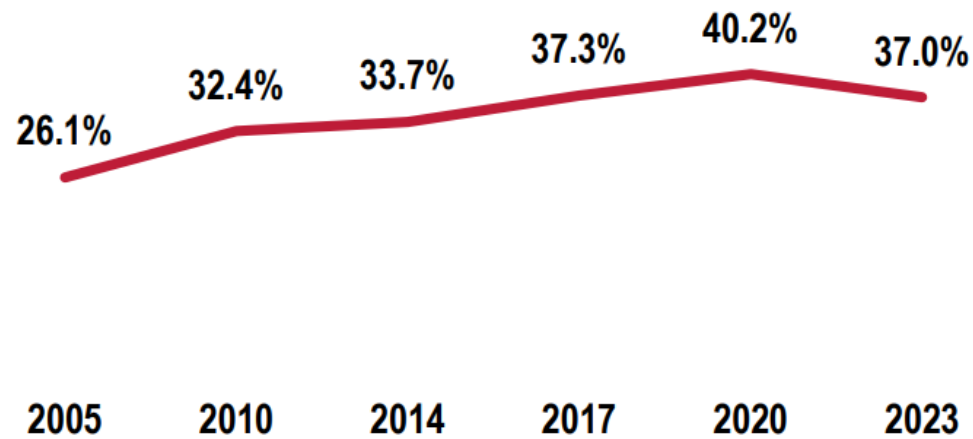
Prevalence of High Blood Cholesterol
(Yellowstone County)

28.5%   28.6%   25.7%   30.0%   25.4%   27.3%

2005   2010   2014   2017   2020   2023

Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Items 35-36]
          ● US Department of Health and Human Services. Healthy People 2030. August 2020. http://www.healthypeople.gov
Notes: ● Asked of all respondents.

Present One or More Cardiovascular Risks or Behaviors

86.5%

84.6%

89.1%   87.4%   81.7%   84.2%   84.1%   86.5%

Yellowstone County

Yellowstone County   US

2005   2010   2014   2017   2020   2023
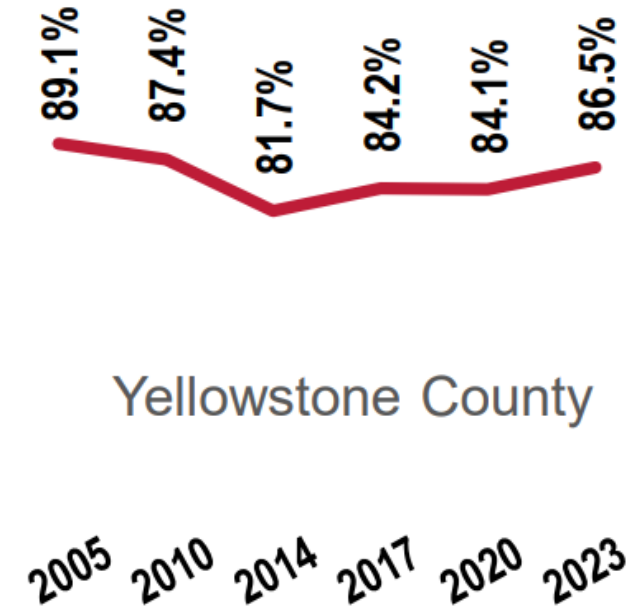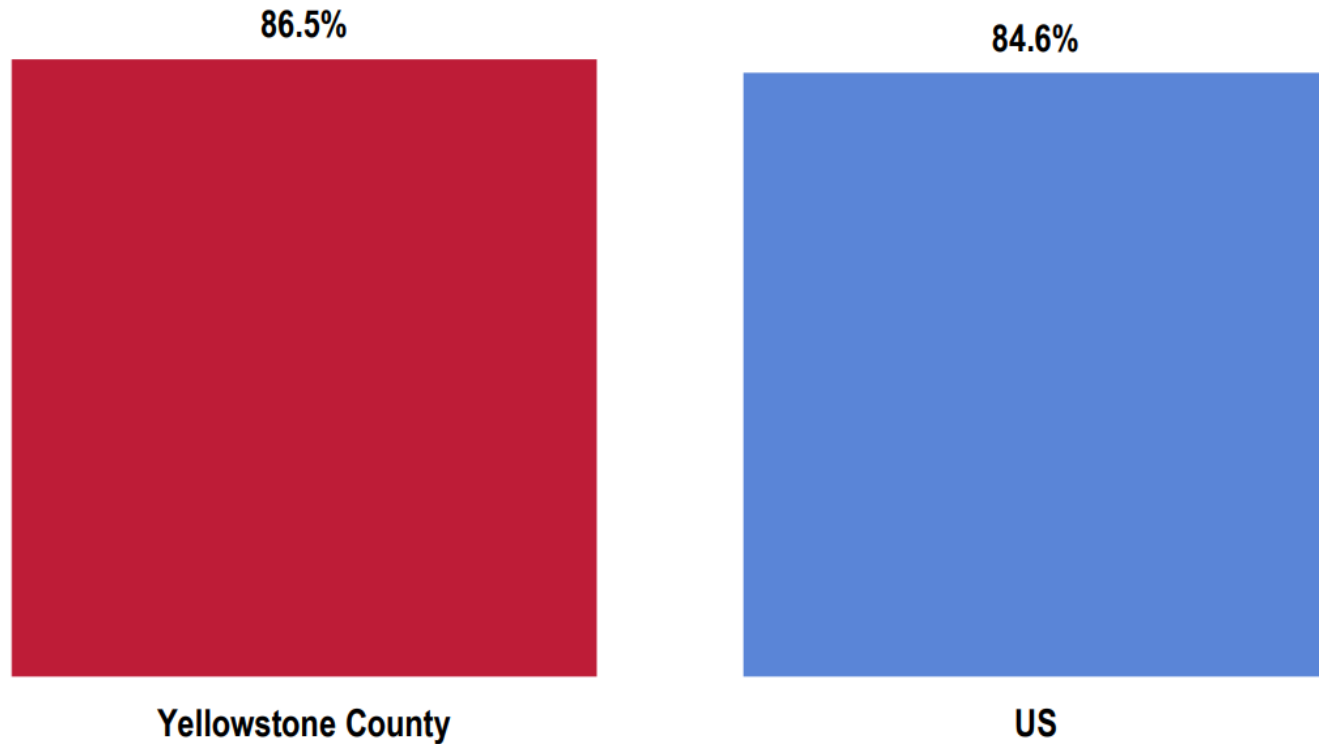
Sources:
- 2023 PRC Community Health Survey, PRC, Inc. [Item 115]
- 2020 PRC National Health Survey, PRC, Inc.

Notes:
- Reflects all respondents.
- Cardiovascular risk is defined as exhibiting one or more of the following: 1) regular/occasional cigarette smoking; 2) high blood pressure; 3) high blood cholesterol; and/or 4) being overweight/obese.

Present One or More Cardiovascular Risks or Behaviors
(Yellowstone County, 2023)

Men	Women	18 to 39	40 to 64	65+	Low Income	Mid/High Income	White	People of Color	Yellowstone County
94.2%	79.2%	80.1%	90.0%	92.1%	92.2%	84.8%	86.5%	88.0%	86.5%
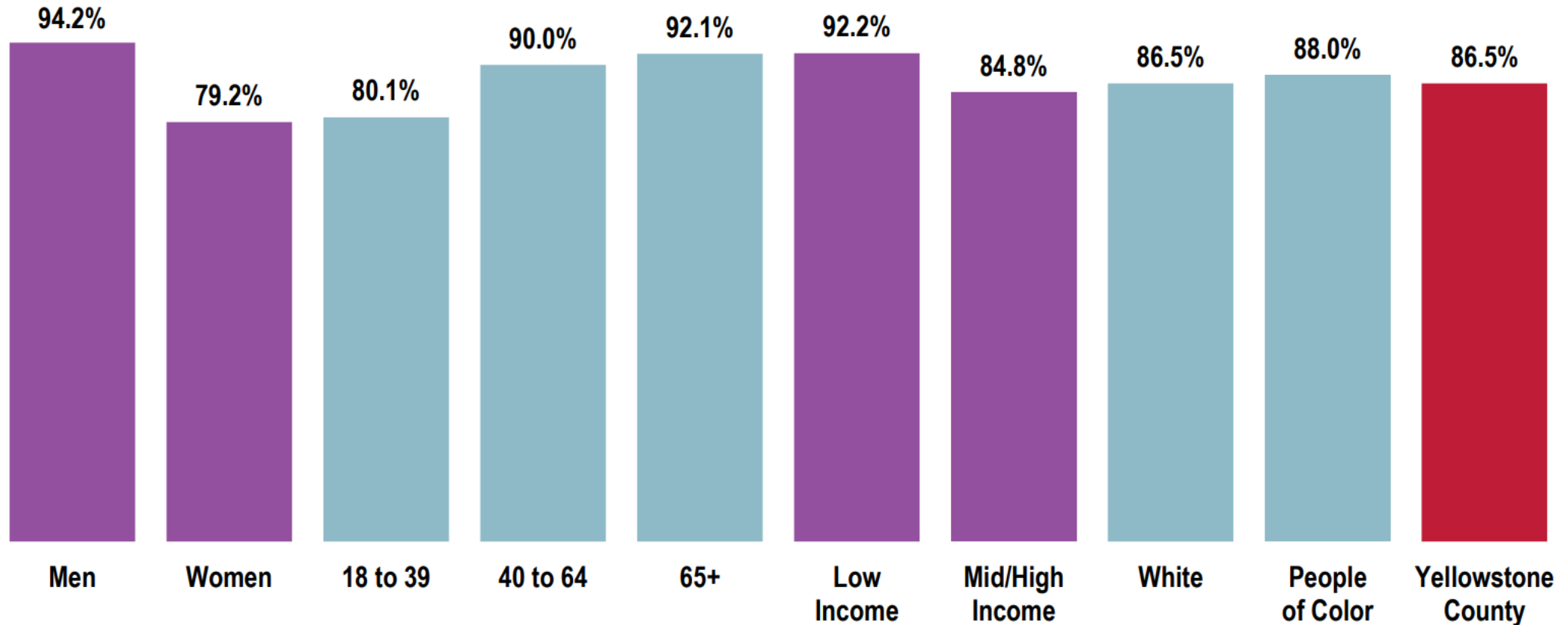
Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 115]
Notes: ● Reflects all respondents.
● Cardiovascular risk is defined as exhibiting one or more of the following: 1) regular/occasional cigarette smoking; 2) high blood pressure; 3) high blood cholesterol; and/or 4) being overweight/obese.

Key Informant Input

Perceptions of Heart Disease and Stroke as a Problem in the Community
(Key Informants, 2023)

- Major Problem
- Moderate Problem
- Minor Problem
- No Problem At All

| 13.0% | 59.7% | 22.1% | 5.2% |

Sources: ● PRC Online Key Informant Survey, PRC, Inc.
Notes: ● Asked of all respondents.

Key Informant Input

Key informants highlighted topics such as:

- **Costs** for prevention and treatment.
- Lack of **healthy food access and education**.
- Potential hesitancies to make individual **lifestyle changes** when discussing the level of concern surrounding heart disease and stroke in our community.

"Heart disease is the leading cause of death in Montana. **Because a lot of people do not have insurance, and perhaps are lower-income earners, they do not go to the doctor.** Many do not take a proactive approach with their health by exercising and eating healthy meals. Smoking can also be a contributing factor. **Many people also are probably more apt to ignore symptoms because they cannot afford treatment."** – Social Service Provider

Health Forecast

HEART DISEASE & STROKE	Yellowstone County	vs. MT	vs. US	vs. HP2030	TREND
Diseases of the Heart (Age-Adjusted Death Rate)	170.0	161.0	164.4	127.4	150.9
% Heart Disease (Heart Attack, Angina, Coronary Disease)	7.4	6.0	6.1		5.1
Stroke (Age-Adjusted Death Rate)	36.9	30.0	37.6	33.4	40.1
% Stroke	1.9	2.8	4.3		3.3
% Told Have High Blood Pressure	37.0	29.5	36.9	27.7	26.1
% [HBP] Taking Action to Control High Blood Pressure	92.0		84.2		88.9

HEART DISEASE & STROKE	Yellowstone County	vs. MT	vs. US	vs. HP2030	TREND
% Told Have High Cholesterol	27.3		32.7		28.5
% [HBC] Taking Action to Control High Blood Cholesterol	78.7		83.2		83.6
% 1+ Cardiovascular Risk Factor	86.5		84.6		89.1

Published Community Health Needs Assessment at: www.hbdyc.org

Visit the website to contact Healthy By Design
for additional information regarding the coalition or next steps

Contact: Amy Queen, Community Health Improvement Manager
406.247.3223 amy@hbdyc.org