

American College of Cardiology - Indiana Chapter

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Indiana Heart Disease Facts

- Heart Disease
 - Leading cause of death for women
 - Second cause of death for men
 - **1 in 5 deaths** (14,000) due to heart disease
 - Coronary heart disease most common (7,700 people)
 - Age adjusted mortality rate higher for Non-Hispanic Blacks (207/100,000) than Whites (180/100,000)
 - Largest disparity among Black males and White males (266 /100,000 vs. 229)
 - Medical and absenteeism cost = **\$4.2 Billion/year**

Heart Disease Risk Factors

- Indiana, adults diagnosed with angina or coronary heart disease had significantly higher prevalence of conditions compared to those without
 - Diabetes – 32% vs 10%
 - High cholesterol – 81% vs 36%
 - Hypertension – 78% vs 30%
 - Overweight – 40% vs 35%

Public/Population Health Focus

- Move away from individual disease - focus toward systems that drive healthy choices
- Use team-based care
 - Add new staff or change existing roles to work with primary care providers and community partners
 - Team based care includes activities to:
 - Facilitate communication/coordination of care among team members
 - Enhance use of evidence-based guidelines
 - Establish regular, structured follow-up mechanisms to monitor progress
 - Make patients part of the team with brief action planning
- Reduce hospital readmissions/add community workforce efficiency
 - Develop unconventional partnerships
 - Community Paramedicine, especially in rural areas
 - Fire departments
 - Hospital systems with EMS
 - Private EMS
- Engage local elected officials for policy change and investment in infrastructure