

GRAAHI'S POLICY BRIEF FOR HEART DISEASE

THE HEART DISEASE PROBLEM IN THE UNITED STATES

- Heart disease refers to complications of the heart, the most common one being coronary artery disease.
- Other forms of heart disease include—heart attacks, congestive heart failure, and congenital heart disease.
- Heart disease is the leading cause of death for both men and women in the United States.
- Heart disease claims the lives of nearly 610,000 Americans every year, including 611,105 people in 2013.
- Nearly 735,000 Americans experience heart attacks every year.
- Heart disease costs the United States roughly \$207 billion annually.
- Risk factors for heart disease include—hypertension, high cholesterol, smoking, diabetes, overweight, obesity, physical inactivity, excessive alcohol use, poor dieting, and racism.



THE HEART DISEASE PROBLEM FOR BLACKS

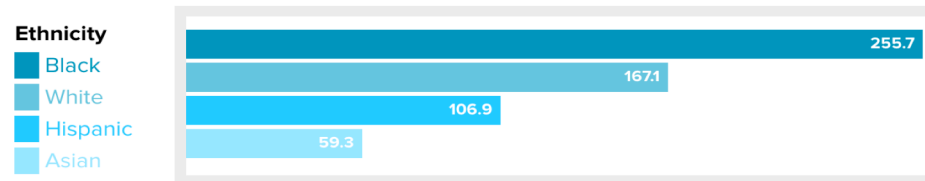
- Nearly half of Blacks in the US have some form of heart disease.
- Over 39,000 Blacks died from heart disease in 2013.
- Blacks are 30 times more likely to die from heart disease than Whites.
- The heart failure rate for Blacks is 20 times higher than Whites, before turning 50 years old.
- Blacks are 40% more likely to have hypertension than Whites and less likely to control it.
- Blacks are 77% more likely than Whites to be diagnosed with diabetes, a major risk factor for heart disease.

HEART DISEASE DEATH RATES IN KENT COUNTY, MICHIGAN

(Rate of people per 100,000 who died of heart disease)

Kent County, Michigan	The State of Michigan	United States
169.3 (2013)	199.7 (2013)	170.5 (2012)

Kent County's rate is slightly better than the rates for Michigan and the US. However view the heart disease death rates (2011-13) by race in Kent County, MI below. This tells the real story of heart disease in Kent County, Michigan.



HITTING HOME IN GRAND RAPIDS, MICHIGAN

In 2009 GRAAHI's Clinical Director, Dr. Khan Nedd, suffered a cardiac arrest while playing basketball with some of his friends. Thankfully, Dr. Nedd survived the event and continues to practice medicine in Grand Rapids. Dr. Nedd was in great shape and had no history of heart problems.



*Visit hei.graahi.org to view more data, resources and recommendations for heart disease and other health indicators.

POLICY AND FISCAL RECOMMENDATIONS FOR HEART DISEASE PREVENTION

- 1) Require all restaurants in Grand Rapids to provide calorie labeling on their menus.
- 2) Require all community settings to provide access to healthy foods and beverages, especially in school and work environments.
- 3) Encourage healthy food preparation practices (e.g., steamed, low fat, low sodium, limited frying) across all community settings.
- 4) Institute smaller portion sizes in all community settings.
- 5) Prohibit the sale of sugar-sweetened beverages at schools.
- 6) Ban local restaurants from cooking with trans fats.
- 7) Better promote the presence and usage of farmers markets across Grand Rapids.
- 8) Require 225 minutes per week of physical education for all middle school and high school students.
- 9) Require 150 minutes per week of physical education for all elementary school students.
- 10) Require 20 minutes of recess daily for students in elementary school.
- 11) Institute a complete streets policy to support walking and biking infrastructure for any means of transportation.
- 12) Provide incentives to companies that offer worksite wellness programs to their employees.
- 13) Develop and/or support a political or social strategy that utilizes the media to support cardiovascular health.

BRIDGE RECOMMENDATIONS

- 1) Promote or create programs that showcase the benefits of menu/calorie labeling in restaurants and other food venues.
- 2) Conduct demonstrations on proper ways to buy, prepare and eat healthy and affordable foods (e.g., steamed, low fat, low sodium, limited frying).
- 3) Support or develop campaigns designed to educate the public on the importance of proper portion sizes when consuming foods and beverages.
- 4) Create social media campaigns or challenges to educate the public, especially the youth, on the meaning of healthy foods and beverages and innovative methods to enjoy such foods in affordable ways.
- 5) Offer physical activity options (such as social media videos, group events, games, etc.) for children and adults who typically find physical activity to be challenging, difficult or costly.
- 6) Promote and/or provide incentives to companies that offer worksite wellness programs to their employees.

CITATIONS

- GRAAHI's Health Equity Index: hei.graahi.org
- HCP's Policy Guidance Document, Centers for Disease Control and Prevention Healthy Communities Program (HCP)
- <https://sites.google.com/a/cornell.edu/cardiovascular-disease-in-the-united-states/economic-impacts>
- <http://newsroom.heart.org/news/new-statistics-show-one-of-every-three-u-s-deaths-caused-by-cardiovascular-disease>
- www.cdc.gov/nchs/fastats/heart-disease.htm
- www.cdc.gov/dhdsp/action_plan/pdfs/action_plan_5of7.pdf
- www.heart.org/HEARTORG/Advocate/IssuesandCampaigns/Our-Policy-Position_UCM_450349_Article.jsp#.WAAqpeArLIU
- www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_disease.htm
- Fryar CD, Chen T, Li X. Prevalence of Uncontrolled Risk Factors for Cardiovascular Disease: United States, 1999–2010. NCHS Data Brief, No. 103. Hyattsville, MD: National Center for Health Statistics, Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2012.

*Visit hei.graahi.org to view more data, resources and recommendations for heart disease and other health indicators.