

Disparities in **HEART DISEASE** Mortality Among Blacks in Arkansas

Health disparities are gaps in health outcomes or determinants between segments of the population. Many health disparities are related to social determinants of health (*Centers for Disease Control and Prevention, CDC*).

- **Heart Disease** includes several types of heart conditions. The most common type is coronary heart disease or coronary artery disease, which is narrowing of the blood vessels that carry blood to the heart (*CDC*).
- In 2015, Arkansas ranked 4th in the nation for **heart disease** mortality (1st being the worst).¹
- In 2015, a total of 7,938 Arkansans died due to **heart disease**, of which 12.9% were Black.
- In 2014, total hospitalization costs for **heart disease** in Arkansas was over \$116 million. Eight percent of those costs (\$8.7 million) were for Blacks.²

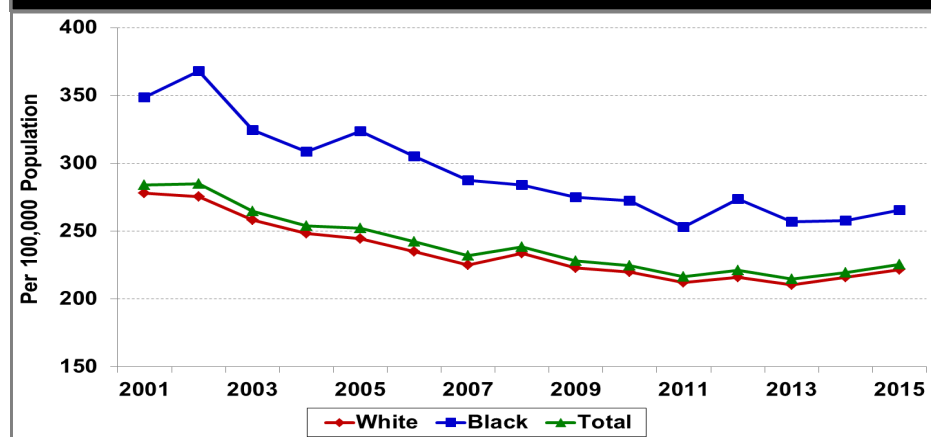
Table 1: Leading Causes of Death by Black/White Disparity Ratio, Arkansas 2011-2015

Cause of Death ³	White Rate ⁴	Black Rate ⁴	Disparity Ratio ⁵	Preventable Deaths Among Blacks ⁶
1. HIV	1.2	7.0	5.8	27
2. Homicide	4.4	23.5	5.3	89
3. Diabetes	21.9	51.2	2.3	137
4. Perinatal Conditions	3.4	7.6	2.2	20
5. Hypertension	7.3	15.7	2.2	39
6. Kidney Disease	19.0	36.9	1.9	84
7. Septicemia	14.5	23.9	1.6	44
8. Stroke	46.4	61.9	1.3	73
9. Heart Disease	215.2	261.2	1.2	215
10. Cancer	187.9	212.4	1.1	115

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, CDC WONDER Online

- The 15 Leading Causes of deaths among Blacks were sorted and ranked by disparity ratio. Ten causes with the highest disparity ratio were presented.
- **Heart disease** ranked ninth among the diseases examined.⁵
- The **heart disease** age-adjusted mortality rate for Blacks was 261.2 per 100,000 population compared to 215.2 for Whites, 1.2 times higher than for Whites.⁵
- Preventable Deaths Among Blacks showed that 215 Black lives could be saved if the mortality rate for Blacks was equal to the rate for Whites.⁶

Figure 1: Age-Adjusted Heart Disease Mortality Rates by Race Arkansas 2001-2015

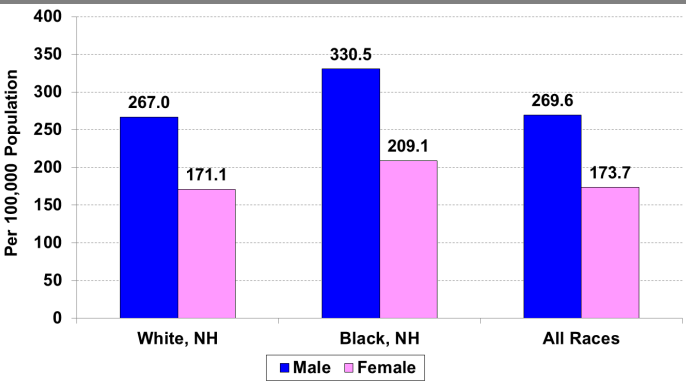


Source: Centers for Disease Control and Prevention, National Center for Health Statistics, CDC WONDER Online

- During the 2001-2015 time period, **heart disease** mortality rates gradually declined for both Blacks and Whites. Mortality trends of the State and Whites were very similar.
- **Heart disease** is the leading cause of death for Blacks, Hispanics, and Whites in the United States.¹
- For American Indians/Alaskan Natives and Asians/Pacific Islanders, **heart disease** is the second leading cause after cancer.¹

¹CDC Wonder. ²HCUP State Inpatient Databases 2014. Hospitalization cost includes hospital discharges with principal diagnosis of heart disease. ³Based on the 15 leading causes of death among Blacks. ⁴Age-adjusted mortality rates for Non-Hispanic Whites and Non-Hispanic Blacks. ⁵Disparity ratio calculated by dividing the mortality rate for Blacks by the mortality rate for Whites. ⁶Number of deaths that could have been prevented among Blacks in the absence of Black-to-White disparity.

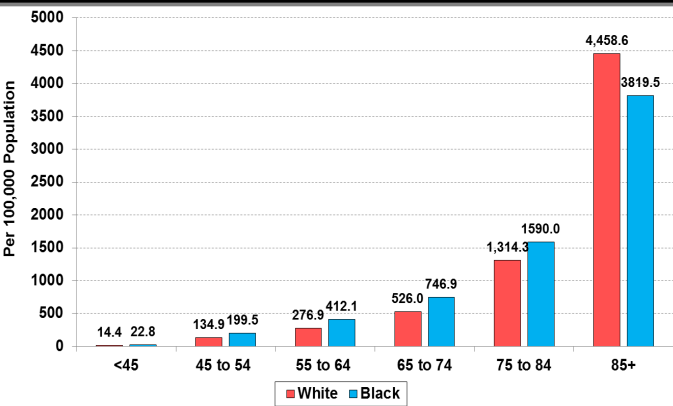
Figure 2: Age-Adjusted Heart Disease Mortality Rates by Gender and Race, Arkansas 2011-2015



- The **heart disease** mortality rates among Black males and females were a little more than one times higher compared to White males and females.
- Regardless of race, **heart disease** mortality rates were significantly higher among males.

NH=Non-Hispanic
Source: Centers for Disease Control and Prevention, National Center for Health Statistics, CDC WONDER Online

Figure 3: Heart Disease Mortality Rates by Age and Race, Arkansas 2011-2015



- With the exception of 85+, the **heart disease** mortality among Blacks is higher in all age categories.
- Mortality rates for older Whites, 85+ years old, are higher than for Blacks.

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, CDC WONDER Online

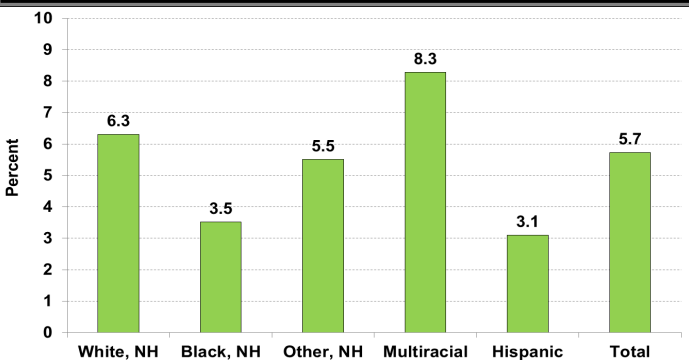
Table 2: Heart Disease Mortality Rates and Disparity Ratios by Race and County, Arkansas 2011-2015

County	White Rate ⁷	Black Rate ⁷	Disparity Ratio ⁸
1. Prairie	204.2	407.8	2.0
2. Crawford	220.6	421.8	1.9
3. Ouachita	204.5	309.2	1.5
4. Independence	261.6	388.6	1.5
5. Poinsett	285.5	421.7	1.5
6. Desha	324.3	462.0	1.4
7. Drew	196.0	276.2	1.4
8. Crittenden	189.5	263.3	1.4
9. Craighead	219.4	297.6	1.4
10. Lee	219.0	292.0	1.3

- **Heart disease** mortality rates were sorted and ranked by disparity ratio. Only those counties with at least five total deaths and at least four total Black deaths were used in the analysis. The ten counties with the highest disparity ratio among Blacks are highlighted.
- Prairie County had the highest disparity ratio of 2.0 in **heart disease** mortality for the 2011-2015 time period.
- Between 2011-2015, each Arkansas County had well over 75 **heart disease** deaths.

Source: Arkansas Health Statistics Branch Query System

Figure 4: Heart Disease Prevalence⁹ by Race/Ethnicity, Arkansas 2011-2015



- **Heart disease** prevalence rates are lower among Blacks (3.5%) and Hispanics (3.1%). Prevalence is highest among Multiracial (8.3%) but may not be reliable due to small numbers.
- Smoking, an unhealthy diet, and not enough exercise increases your risk for **heart disease**.

NH=Non-Hispanic
Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System

⁷Age-adjusted mortality rates for Non-Hispanic Whites and Non-Hispanic Blacks. ⁸Disparity ratio calculated by dividing the mortality rate for Blacks by the mortality rate for Whites. ⁹Heart Disease prevalence refers to the percentage of adults reporting a healthcare professional has told them they had angina/coronary heart disease.