

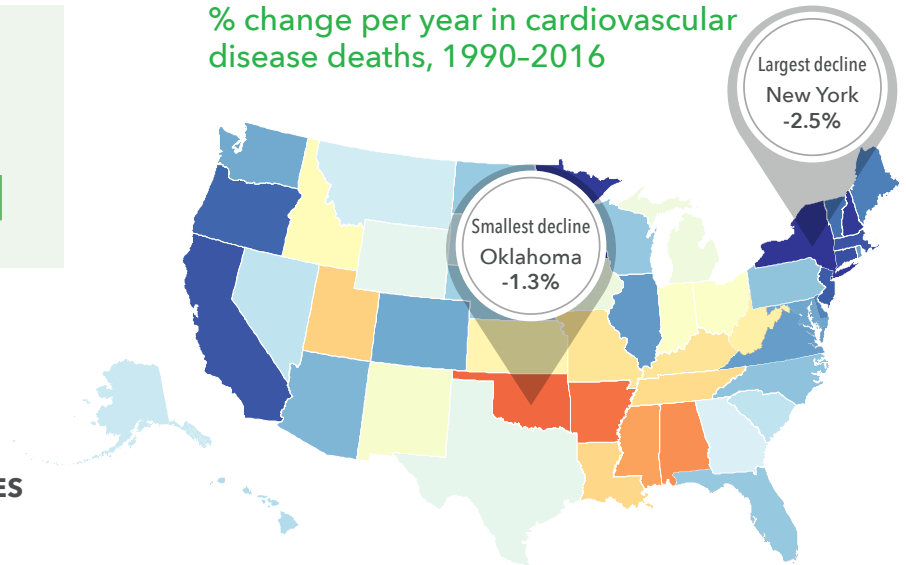
# Cardiovascular disease in the US

FINDINGS FROM THE GLOBAL BURDEN OF DISEASE STUDY

## DEATHS FROM CARDIOVASCULAR DISEASES NATIONWIDE

<b>1990</b>	<b>2016</b>
<b>892,127</b>	<b>901,411</b>

## % change per year in cardiovascular disease deaths, 1990-2016



## Top 5 and bottom 5 states and DC, ranked by years of life lost, 2016<sup>1</sup>

### LOWEST RATES

- 1 Minnesota
- 2 Colorado
- 3 Connecticut
- 4 Massachusetts
- 5 Vermont

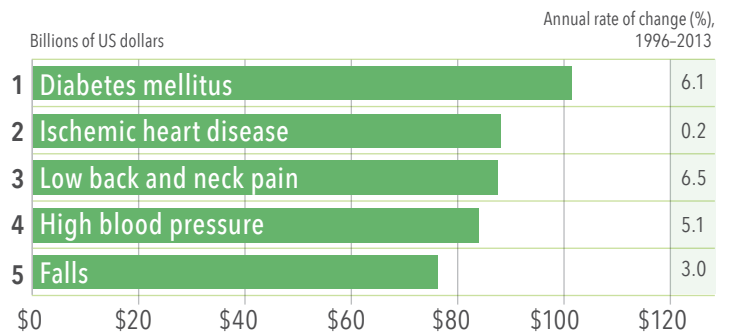
### HIGHEST RATES

- 46 Alabama
- 47 Oklahoma
- 48 Louisiana
- 49 Arkansas
- 51 Mississippi

<sup>1</sup>Rates per 100,000 are adjusted for differences in ages and population size across states.

Ischemic heart disease - the most common form of cardiovascular disease - is a leading cause of health spending in the US

## Conditions on which the US spent the most money in 2013



Cardiovascular diseases are a top cause of premature death and disability in men and women

## Top 5 causes of lost healthy life<sup>2</sup>

### FEMALES

- 1 Cancers
- 2 Cardiovascular diseases
- 3 Mental disorders and substance abuse
- 4 Musculoskeletal disorders
- 5 Other non-communicable diseases

### MALES

- 1 Cardiovascular diseases
- 2 Cancers
- 3 Mental disorders and substance abuse
- 4 Other non-communicable diseases
- 5 Musculoskeletal disorders

<sup>2</sup>Number of disability-adjusted life years

## HOW CAN WE ADDRESS CARDIOVASCULAR DISEASE IN THE US?

### By reducing risks, such as:

- Poor diet (lack of whole grains, fruits, vegetables, and nuts and seeds; eating trans fats and too much salt)
- High blood pressure, cholesterol, and blood sugar
- Obesity

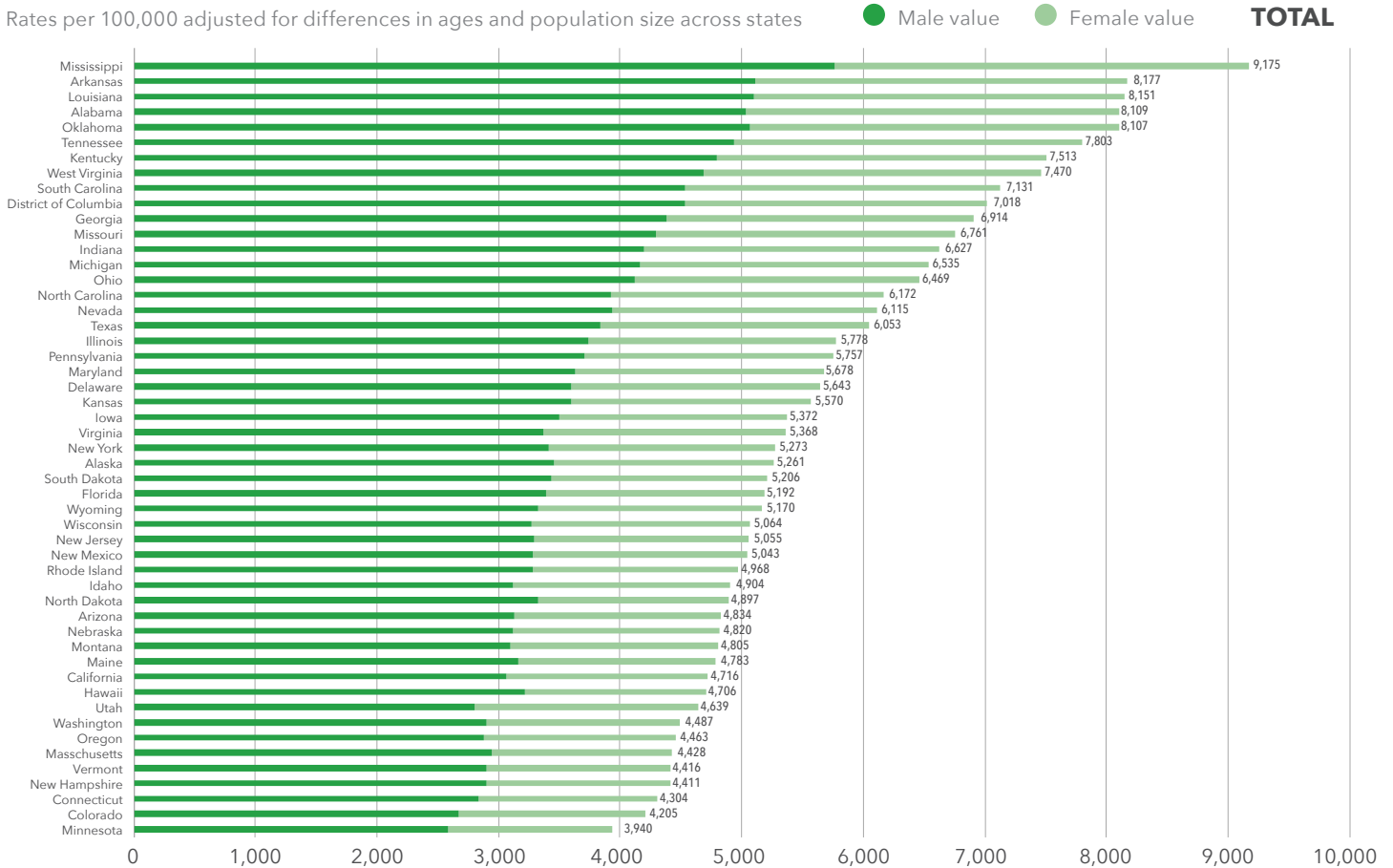
### By expanding access to quality care

## Lives cut short by cardiovascular disease across the US

GBD tracks the years of life lost when people die early because of cardiovascular disease. For example, when a woman dies from cardiovascular disease at age 65, and she could have been expected to live until age 85, she loses 20 years of life. Adding up all the years lost from early deaths like this one gives us “years of life lost.”

### Years of life lost due to cardiovascular disease, 2016

Rates per 100,000 adjusted for differences in ages and population size across states



### About IHME

IHME is an independent health research center at the University of Washington in Seattle. It is a leading health metrics organization in the world. Its work includes studies of US health spending, health in all 3,142 US counties, future health scenarios, and a pilot effort to map health at the census tract level. IHME plans to expand its US research in the future. Results from IHME research are made freely available to the public.

**FOR MORE INFORMATION, CONTACT:**

**Katie Leach-Kemon**

Policy Translation Manager

katielk@uw.edu

+1-206-897-2839

### Who uses this research?

The US National Institutes of Health is using GBD research to decide where to invest their research dollars.

Public Health England used GBD to determine the seven priorities outlined in their strategic plan.

The Bill & Melinda Gates Foundation says that “GBD sets the compass” for their work.