



Leading Causes of Death: Heart Disease Fact Sheet

Heart disease is currently the second leading cause of death for Napa County residents. Between 2005 and 2008 there were a total of 1,099 heart disease deaths, an average of 275 deaths per year. Death (mortality) rates refer to the number of deaths per 100,000 population. They are age-adjusted to show comparisons among populations with different age distributions. The age-adjusted heart disease death rate is 152.7 deaths per 100,000 persons. Ischemic heart disease (also called coronary heart disease) was the leading cause of heart related deaths during this time period, with an age-adjusted rate of 61.6 deaths per 100,000 persons.

Highlights

Risk Factors

- In a 2007 survey, 20.8% of Napa County adult males reported that they currently smoked (Table 1), an important risk factor for both coronary heart disease and cancer.
- An estimated 62% of Napa County residents are overweight or obese, increasing their risk for coronary heart disease (Table 1).

Prevalence and Trends

- Results from the California Health Interview Study (CHIS) found that 8.5% of Napa County residents reported that they had ever been diagnosed with heart disease, compared to 6.3% California residents (Table 2).
- Napa County's coronary heart disease death rate has been declining over the past decade (Figure 2) and meets the Healthy People 2010 objective of no more than 162 deaths per 100,000.

Death rates by race/ethnicity and gender

- For the years 2005-2008, the overall heart disease death rate (which includes coronary/ischemic heart disease and other types of heart disease) was higher for non-Hispanic whites (163.1 heart disease deaths per 100,000 persons) than for Hispanics or Asian/Pacific Islanders (Table 4).
- Rates and rate ratios were not calculated for African Americans, Native Americans or those indicating multiple races due to the small number of heart disease deaths in these groups between 2005 and 2008 (Table 3).
- The heart disease death rate for Hispanic residents was significantly lower (52%; Rate Ratio = 0.48) than the heart disease death rate for white Napa County residents (Table 3).
- The heart disease death rate for females in Napa County was 39% lower (Rate Ratio = 0.61) than for males (Table 3).

Risk Factors

Table 1: Percentage of adults who reported behaviors and conditions that put them at risk of heart disease, Napa County.

	No moderate or vigorous physical activity ¹	Overweight or Obese ¹	Current Smoker ¹	Diabetes ¹	High Blood Cholesterol ²	High Blood Pressure ¹
Napa County	57.5%	62.0%	14.6%	9.2%	22.3%	29.0%
California	63.7%	57.1%	14.3%	7.8%	22.1%	26.1%
Gender						
Male	57.7%	72.5%	20.8%	11.4%	19.9%	27.4%
Female	57.3%	52.2%	8.7%	7.2%	24.5%	30.4%

¹California Health Interview Survey, 2007

²California Health Interview Survey, 2005

Prevalence

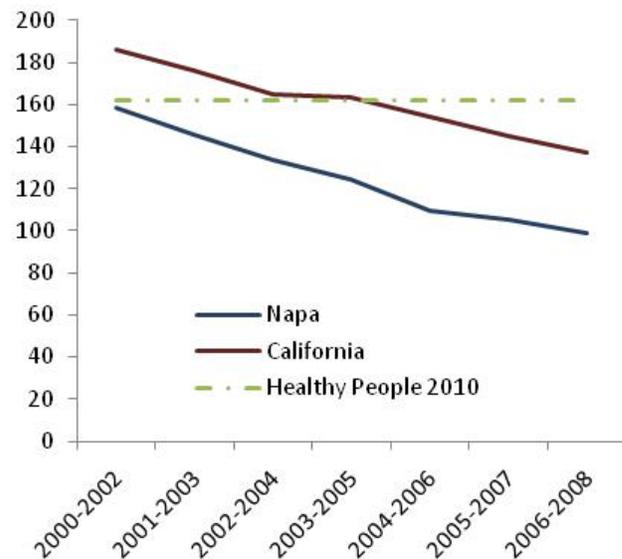
Table 2: Percentage of adults who reported ever being diagnosed with heart disease, Napa County and California, 2005 and 2007.

	Percent
Napa County	8.5%
California	6.3%
Gender	
Male	7.8%
Female	9.1%
Age	
18-64 years	4.3%
65 years and over	27.2%
Poverty level	
<199% FPL	9.3%
200% + FPL	8.2%
Education	
High school or less	8.2%
Some college/Associates degree	8.0%
BA/BS or higher	9.1%

Source: California Health Interview Survey, 2005 and 2007 pooled data

Trend over time

Figure 1: Coronary heart disease* death rates for Napa County and California, 3 year moving averages, 2000-2008.



*Includes only ICD10 codes I11, 120-I25

Rates are age-adjusted per 100,000 persons

Source: County Health Status Profiles, 2004-2010

Deaths

Table 3: Heart disease¹ death rates² and rate ratios by race/ethnicity and gender, Napa County 2005-2008.

Race/Ethnicity	Deaths	Rate	Rate Ratio	95% CI
White, non-Hispanic	996	163.1	referent group	-
Hispanic	48	77.5	0.48	0.36, 0.63
Asian/Pacific Islander	33	123.4	0.76	0.53, 1.07
African American	12	*	*	*
American Indian/Alaska Native	0	*	*	*
Two or more race categories	10	*	*	*
Gender				
Male	572	195.1	referent group	-
Female	527	118.2	0.61	0.54, 0.68

1Cause of death ICD10 I00-I09, I11, I13, I20-I51

2Rates are age-adjusted per 100,000 persons

*Rates are unstable due to small numbers

Sources: California Department of Public Health, Center for Health Statistics Death Statistical Master files 2005, 2006, 2007& 2008; State of California, Department of Finance, Race/Ethnic Population with Age and Sex Detail, 2000–2050. Sacramento, CA, July 2007.

Table 4: Heart disease deaths¹ by gender, race/ethnicity, age category and cause, Napa County 2005-2008.

	Deaths			95% CI	
	Total	Percent	Age-adjusted Rate ²		
Total	1099	100	152.7	143.4	161.8
Gender					
Male	572	52.0	195.1	178.9	211.1
Female	527	48.0	118.2	108.0	128.9
Race/ethnicity					
White, non-Hispanic	996	90.6	163.1	153.0	173.2
Hispanic	48	4.4	77.5	55.6	99.4
Asian/Pacific Islander	33	3.0	123.4	81.3	165.5
African American	12	1.1	*	*	*
American Indian/Alaska Native	0	0.0	*	*	*
Two or more Race Categories	10	0.9	*	*	*
Age category³					
UNDER 1 YEAR	0	0.0	*	*	*
1-4 YEARS	0	0.0	*	*	*
5-14 YEARS	0	0.0	*	*	*
15-24 YEARS	1	0.1	*	*	*
25-34 YEARS	3	0.3	*	*	*
35-44 YEARS	14	1.3	*	*	*
45-54 YEARS	31	2.8	39.6	25.4	59.0
55-64 YEARS	75	6.8	113.8	85.9	147.7
65-74 YEARS	132	12.0	345.9	281.1	421.1
75-84 YEARS	295	26.8	1073.5	951.0	1196.0
85 YEARS AND OVER	548	49.9	4020.5	3683.9	4357.2
Causes					
Rheumatic heart disease (ICD10 I00-I09)	12	1.1	*	*	*
Hypertensive heart disease (ICD10 I11, I13)	63	5.7	8.7	6.5	10.8
Ischemic heart disease (ICD10 I20-I25)	677	61.6	94.3	87.2	101.4
Pulmonary heart disease (ICD10 I26-I28)	20	1.8	3.1	1.7	4.4
Other non-pulmonary heart disease and diseases of the endocardium (ICD10 I30-I49)	220	20.0	30.5	25.5	33.6
Heart failure, myocarditis and other ill defined forms of heart disease (ICD10 I50-I51)	107	9.7	14.6	11.8	17.4

1Cause of death ICD10 I00-I09, I11, I13, I20-I51

2Rates are age-adjusted per 100,000 persons

3Rates are age-specific per 100,000 persons

*Rates are unstable due to small numbers

Note: 95% CI are confidence intervals for the age-adjusted and age-specific rates. The confidence interval indicates the degree of reliability of a measurement (rate).

Sources: California Department of Public Health, Center for Health Statistics Death Statistical Master files 2005, 2006,

2007 and 2008; State of California, Department of Finance, Race/Ethnic Population with Age and Sex Detail, 2000–2050. Sacramento, CA, July 2007.