

Health Assessment and Evaluation

Data and Reports

Coronary Heart Disease

in Clark County, 2000–2016

Updated December 2017



CLARK COUNTY WASHINGTON
PUBLIC HEALTH

Health Assessment and Evaluation Team

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Coronary Heart Disease

Acknowledgements

This report was prepared by Clark County Public Health's Health Assessment and Evaluation team .

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Data Sources and Technical Notes

Data Source: Washington State Department of Health, Center for Health Statistics, Death Certificate Data, 1990-2016, October 2017.

Technical Notes: ICD10 codes I20-I25 used.

Additional Information

[Centers for Disease Control and Prevention](#)
[National Heart, Lung and Blood Institute](#)

For Other Formats

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Coronary Heart Disease

Background

Coronary heart Disease (CHD) is the most common type of heart disease in the United States, killing over 370,000 annually. It is caused by plaque buildup in the wall of the arteries that supply blood to the heart. Risk factors include being overweight, physical inactivity, unhealthy eating, smoking tobacco, and a family history of CHD.¹ Certain medical conditions are also risk factors for CHD. They include unhealthy blood cholesterol levels, high blood pressure, insulin resistance, diabetes, and metabolic syndrome.²

Status

- CHD death rates have gone down in Clark County and Washington State since 2000.
- CHD death rates are similar in Clark County and Washington State.
- Males are more likely to die of CHD than females.
- CHD death rates by race/ethnicity are highest among American Indian/Alaskan Natives.

What We Can Do

Many CHD risk factors can be prevented through heart-healthy lifestyle changes and medications. The following recommendations may help reduce your risk of CHD:

- Eat a healthy diet lower in sodium, sugar, and saturated/trans fat.
- Increase physical activity.
- Quit smoking.
- Take medications to treat high cholesterol, high blood pressure, irregular heartbeat, and low blood flow.¹

¹[Centers for Disease Control and Prevention](#)

²[National Heart, Lung and Blood Institute](#)



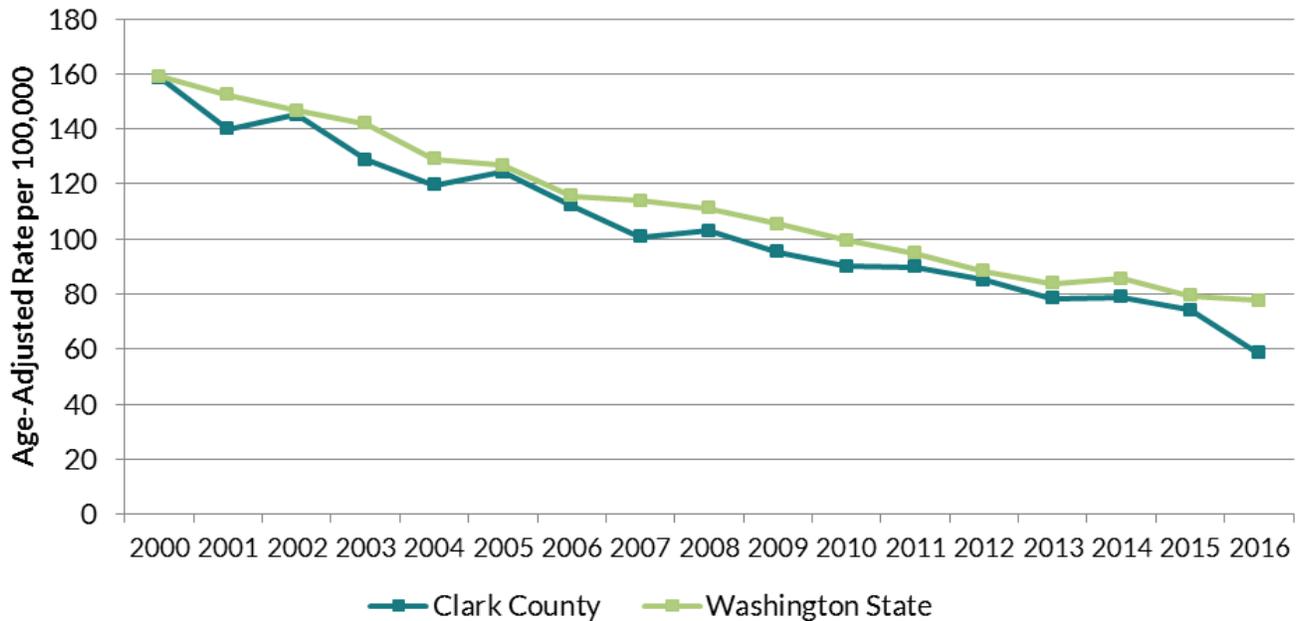
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Coronary Heart Disease (CHD) Death Rates, 2000-2016



Year	Clark County			Washington State		
	Count	*Rate	**95% CI	Count	*Rate	**95% CI
2007	370	100.8	(90.7, 111.8)	7384	114.0	(111.3, 116.6)
2008	388	103.0	(92.8, 114.0)	7429	111.1	(108.6, 113.7)
2009	375	95.3	(85.8, 105.7)	7202	105.4	(102.9, 107.9)
2010	356	90.2	(80.9, 100.3)	6961	99.5	(97.2, 101.9)
2011	365	89.9	(80.7, 99.8)	6766	94.7	(92.5, 97.1)
2012	360	85.1	(76.4, 94.6)	6486	88.3	(96.1, 90.5)
2013	337	78.4	(70.1, 87.5)	6334	83.9	(81.8, 86.0)
2014	363	79.0	(70.9, 87.7)	6637	85.5	(83.5, 87.7)
2015	360	74.1	(66.6, 82.4)	6338	79.5	(77.5, 81.5)
2016	297	58.6	(52.0, 65.8)	6369	77.7	(75.6, 79.6)

*Age-adjusted rate per 100,000 population

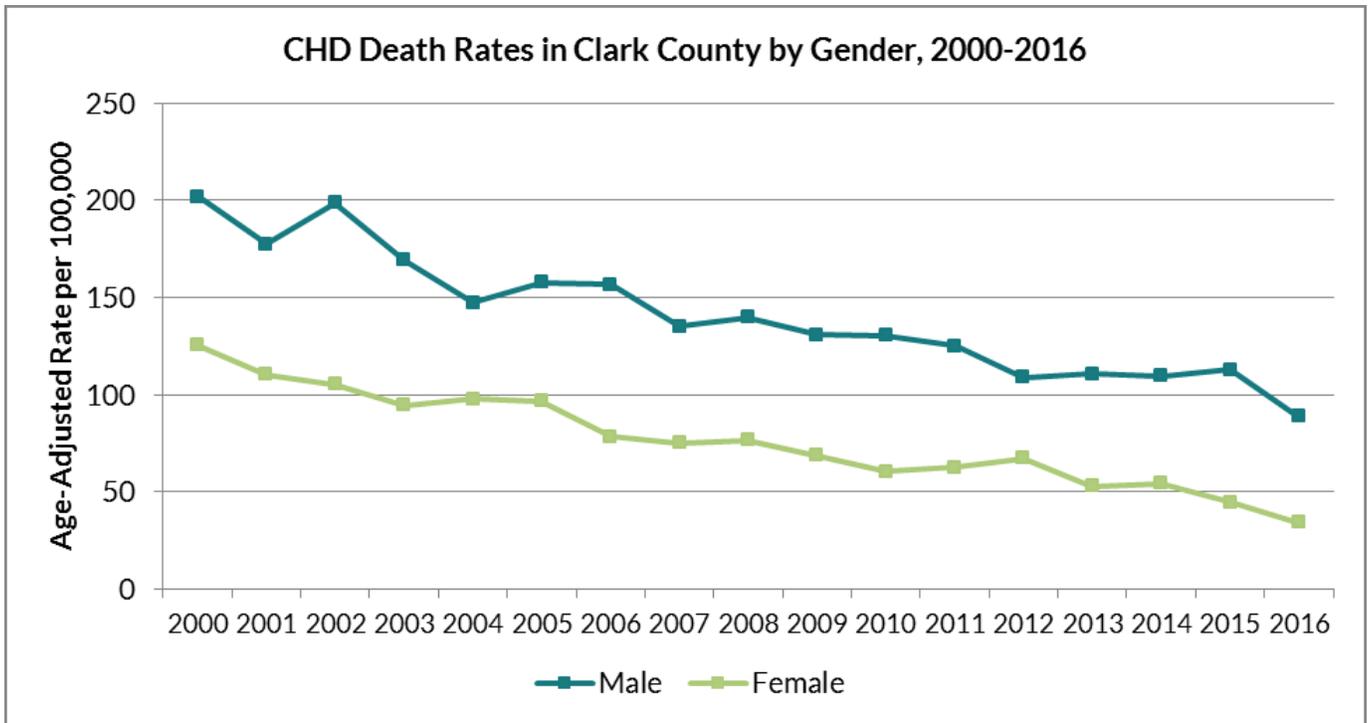
**95% confidence intervals; if two confidence intervals overlap, there is generally no significant difference between rates



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Coronary Heart Disease by Gender



Year	Males			Females		
	Count	*Rate	**95% CI	Count	*Rate	**95% CI
2007	204	135.1	(116.7, 155.7)	166	75.0	(63.9, 87.6)
2008	217	139.7	(121.1, 160.4)	171	76.5	(65.3, 89.2)
2009	213	130.9	(113.4, 150.4)	162	68.7	(58.4, 80.5)
2010	216	130.3	(113.0, 149.6)	140	60.5	(50.7, 71.8)
2011	215	125.0	(108.4, 143.6)	150	62.4	(52.7, 73.7)
2012	194	109.0	(93.8, 126.2)	166	67.4	(57.3, 78.8)
2013	205	110.8	(95.8, 127.7)	132	53.0	(44.2, 63.2)
2014	223	109.5	(95.1, 125.5)	140	54.2	(45.5, 64.4)
2015	233	112.8	(98.4, 128.8)	127	44.8	(37.2, 53.6)
2016	198	89.0	(76.7, 102.8)	99	34.1	(27.6, 41.9)

*Age-adjusted rate per 100,000 population

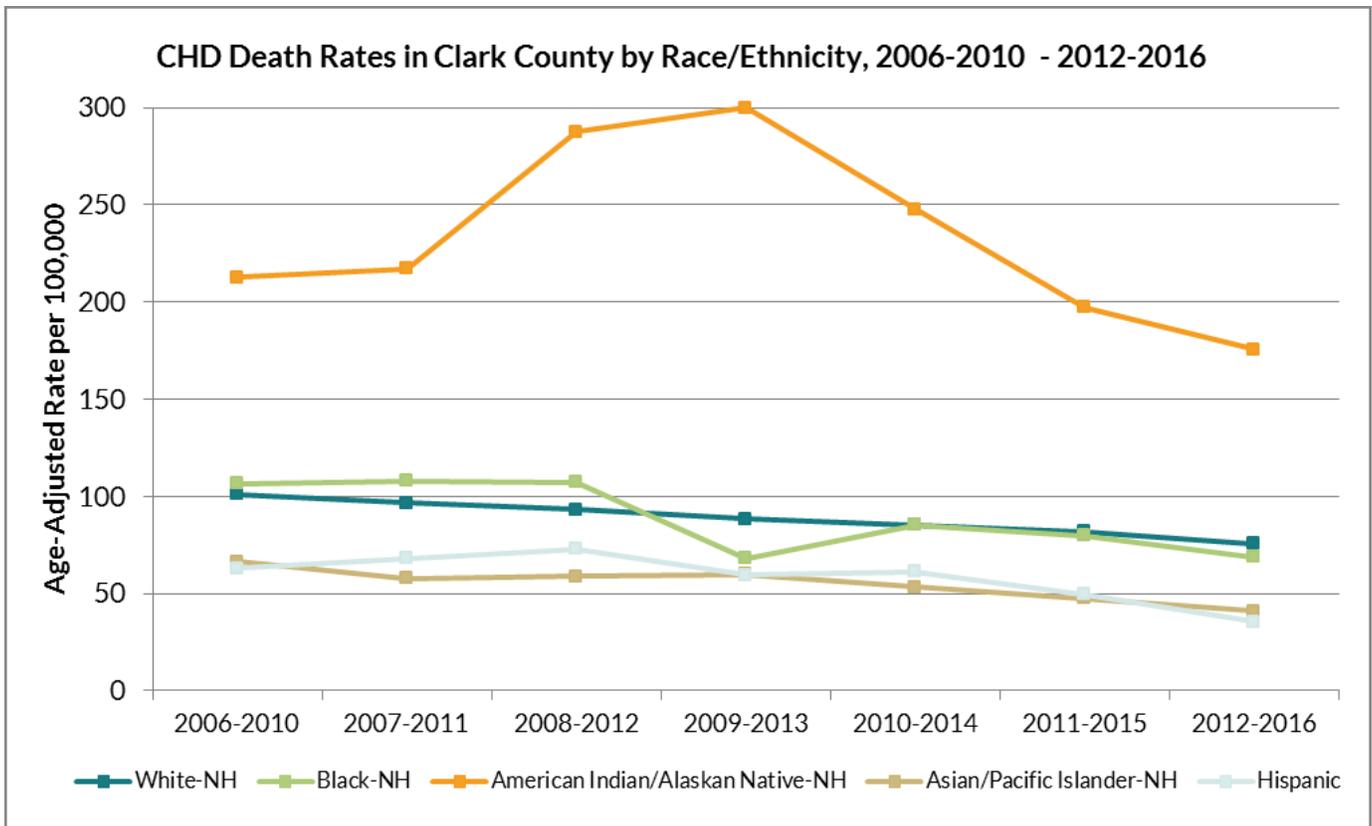
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Coronary Heart Disease by Race/Ethnicity



Year	White - NH			Black - NH		
	Count	*Rate	**95% CI	Count	*Rate	**95% CI
2006-2010	1794	101.1	(96.5, 106.0)	21	106.6	(62.4, 172.4)
2007-2011	1760	96.6	(92.1, 101.3)	23	108.0	(64.5, 171.7)
2008-2012	1737	93.0	(88.6, 97.5)	23	107.3	(64.5, 169.5)
2009-2013	1692	88.3	(84.1, 92.7)	16	68.2	(36.3, 118.7)
2010-2014	1683	85.1	(81.0, 89.4)	18	85.3	(48.4, 140.6)
2011-2015	1686	81.9	(78.0, 86.0)	20	79.6	(46.2, 130.0)
2012-2016	1625	75.7	(72.0, 79.6)	18	68.9	(39.0, 114.9)

NH = Non-Hispanic

*Age-adjusted rate per 100,000 population

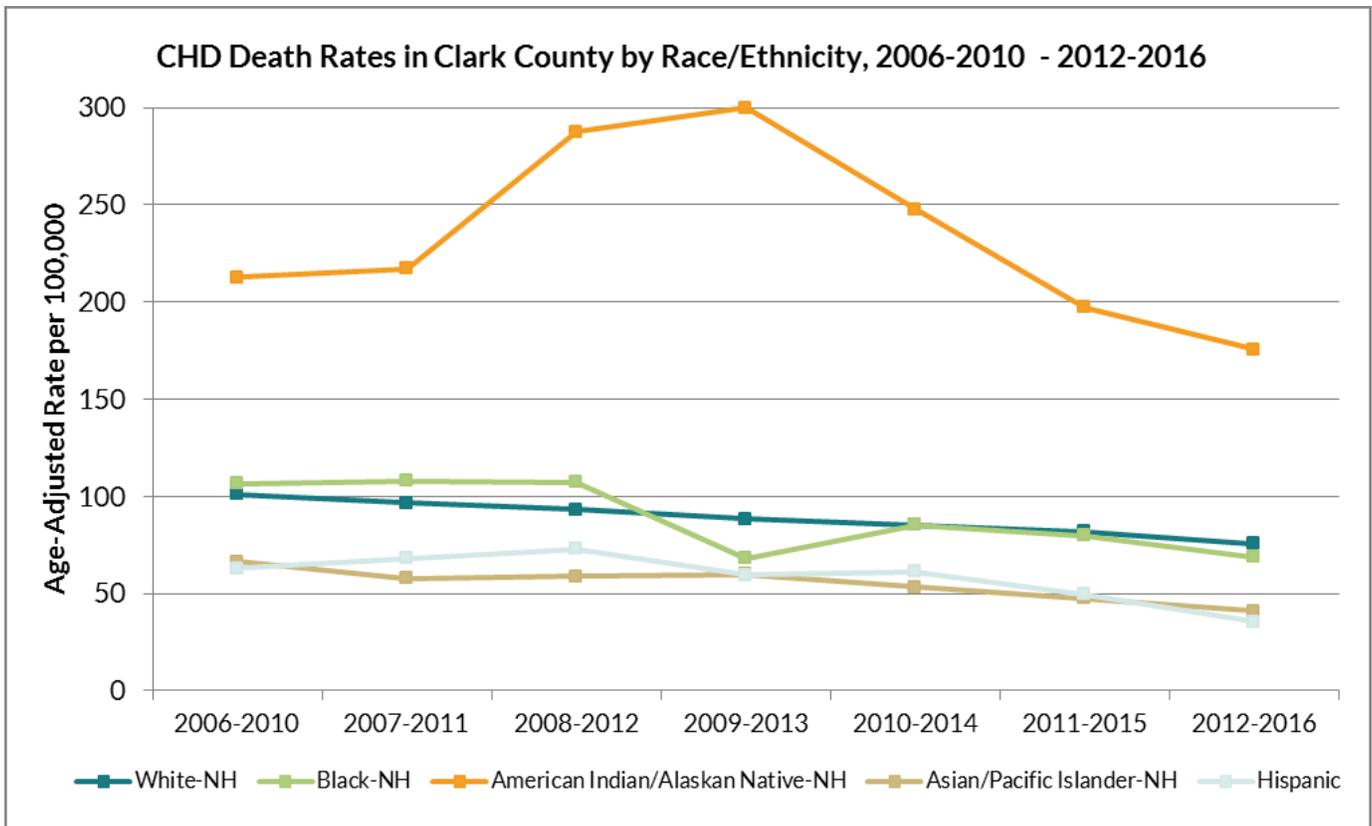
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Year	American Indian/Alaska Native - NH			Asian/Pacific Islander - NH		
	Count	*Rate	**95% CI	Count	*Rate	**95% CI
2006-2010	12	212.8	(93.5, 437.3)	34	66.3	(44.4, 96.2)
2007-2011	13	217.0	(100.2, 431.6)	34	57.7	(38.6, 84.1)
2008-2012	18	287.5	(153.8, 510.6)	39	58.7	(40.5, 83.5)
2009-2013	19	299.9	(165.4, 519.5)	41	59.7	(41.5, 84.3)
2010-2014	17	247.6	(129.3, 449.2)	37	53.3	(36.4, 76.4)
2011-2015	13	197.1	(92.9, 385.5)	36	47.3	(32.1, 68.2)
2012-2016	13	175.6	(83.5, 347.5)	34	40.8	(27.3, 59.7)

NH = Non-Hispanic

*Age-adjusted rate per 100,000 population

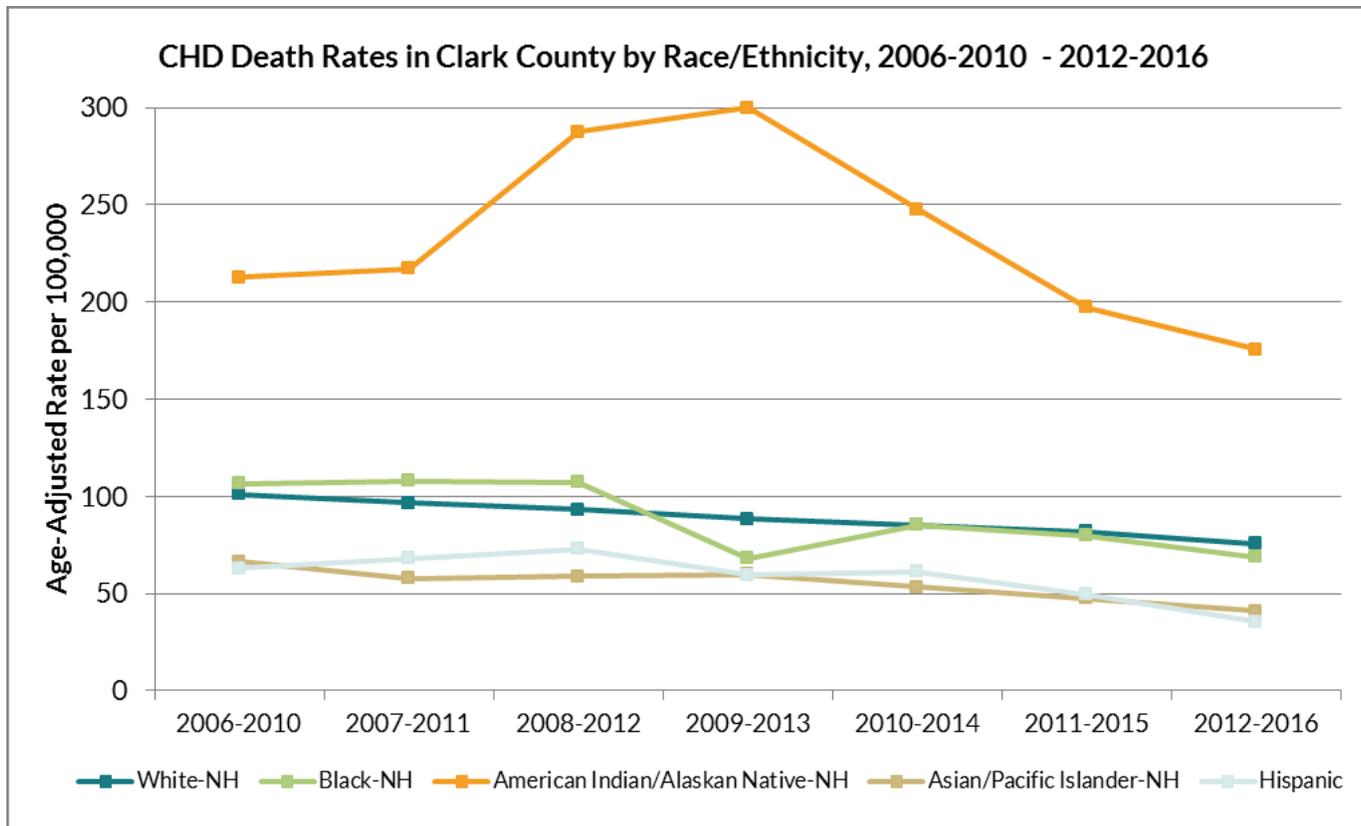
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Year	Hispanic		
	Count	*Rate	**95% CI
2006-2010	18	62.9	(34.3, 107.1)
2007-2011	21	67.9	(39.0, 111.3)
2008-2012	24	72.9	(43.4, 116.0)
2009-2013	23	59.4	(34.4, 96.9)
2010-2014	24	61.3	(36.4, 98.0)
2011-2015	22	49.6	(28.5, 81.5)
2012-2016	18	35.4	(19.1, 61.6)

*Age-adjusted rate per 100,000 population

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