

Heart Disease

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IPE Group 7

What is Heart Disease?



- A group of heart conditions involving the heart and blood vessels.
- Cardiovascular Disease
- Myocardial Infarction (MI), Arrhythmia, Congestive Heart Failure
- Every 36 seconds someone dies from CVD
- Caused by lifestyle choices, other diseases, genetics



Social Determinants of Health and Outcome of Heart Disease

Economic Stability

- Employment
- Income
- Housing Instability
- Food insecurity
- Poverty

Education Access and quality

- Enrollment in Higher Education
- High School Graduation
- Language and Literacy
- Early childhood education and development

Health and Health Care

- Access to Health Care
- Access to Primary Care
- Health Literacy

Neighborhood and Built Environment

- Access to Foods that Support Healthy Eating Patterns
- Access of Places for physical activity or walkability
- Crime and Violence
- Environmental Conditions
- Quality of Housing
- Transportation

Social and Community Context

- Civic Participation
- Discrimination
- Incarceration
- Social Cohesion



Heart disease and zip code:



- Coronary heart disease remains the leading cause of mortality in low-income US counties.
- Low-income minority neighborhood residents are disproportionately affected by obesity.
- Low-income zip codes have 25 percent fewer supermarkets than middle-income or high-income zip codes.
- Low-income zip code residents are least likely to engage in recommended levels of physical activity due to lower walkability .
- Among low-income American adults, 60% of excess burden of heart disease are attributable to the risk related to low socioeconomic status, independent of traditional heart disease risk factors.
- Death due to heart disease are higher among low –income African American adults than white adults (17.5 vs. 13.7 per 100,000 person-years respectively).



What happens if we do not invest in fighting heart disease?

- Heart Disease is a top leading cause of death
- Also has a negative economic effect
- Not funding will worsen health outcomes
- Will not be able to take upstream measures
- Population level health will decline

Ethical Dilemmas:

- Non-maleficence: protect patients and minimize risk of harm
 - Without funding for programs that will protect individuals against heart disease, many will continue to suffer and die
- Beneficence: promote well-being of individuals and the public
 - We have an obligation as healthcare professionals to teach the public how to be healthy and protect themselves from the harmful lifestyle habits that can lead to heart disease.



Solutions and Interventions

Significant work and resources are contributed by the CDC in the hopes of reducing the prevalence of heart disease in the United States. Several community programs have been created in addition to these advancements.

WiseWoman (Well-Integrated Screening and Evaluation for Women Across the Nation): a program that serves low-income, underinsured, and uninsured women from 40 to 64 years old, specifically those with heart disease or risk factors.

- provides free screenings and health/risk counseling, as well as evidence-based lifestyle programs and health coaching
- offers support to community-based farmers' markets to improve access to healthy foods, and YMCA memberships/park passes to increase physical activity



Solutions and Interventions

The Mississippi Delta Health Collaborative: a program created to reduce the prevalence of heart disease in the community.

- works with the goals of increasing interpersonal collaboration, implementing health intervention in the community, and creating/lobbying for policies aiming to support healthy behaviors
- focuses on education, specifically increasing awareness of heart disease, disease management, and methods of early intervention/recognition



Interprofessional Collaboration

Awareness (information) is the best strategy to overcome these inadequacies and it entails the following:

- Defining the preventive strategies to the population.
- Make the population see the need for taking insurance covers, being informed, and getting financial support.
- Communicating expectations
- Creation of teams to monitor progress

