

What is heart disease?

Heart disease is a common, chronic health problem that is the leading cause of death in the United States among both men and women. It is caused when “bad” cholesterol builds up in arteries that supply blood to the heart. The buildup is called plaque. Over time, plaque narrows the arteries, which can lead to heart attack. Common risk factors for heart disease include:

- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use
- Smoking

Approximately 610,000 people die of heart disease in the United States each year. Between 2008 and 2012, there were 993 deaths due to heart disease in Boone County.

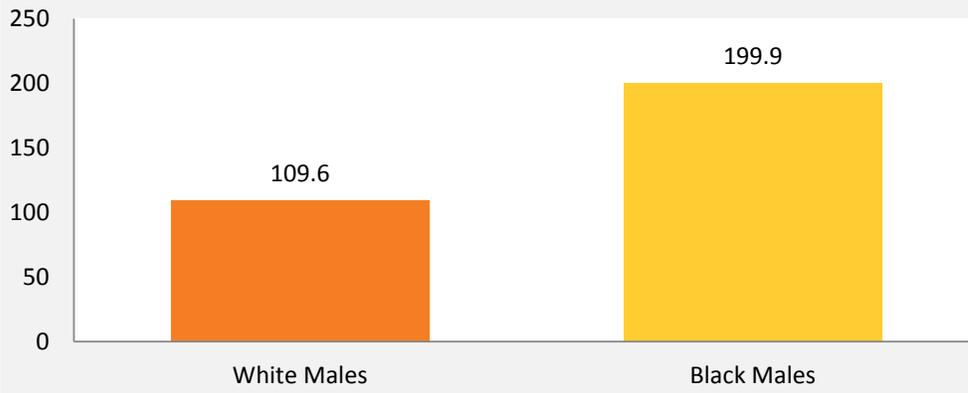
Where people live, income, housing, and access to health care can contribute to heart disease. These conditions

explain why some groups of people are healthier than others. Heart disease occurs in people of all economic backgrounds, but individuals with low income are more likely to have heart disease than those with high income.

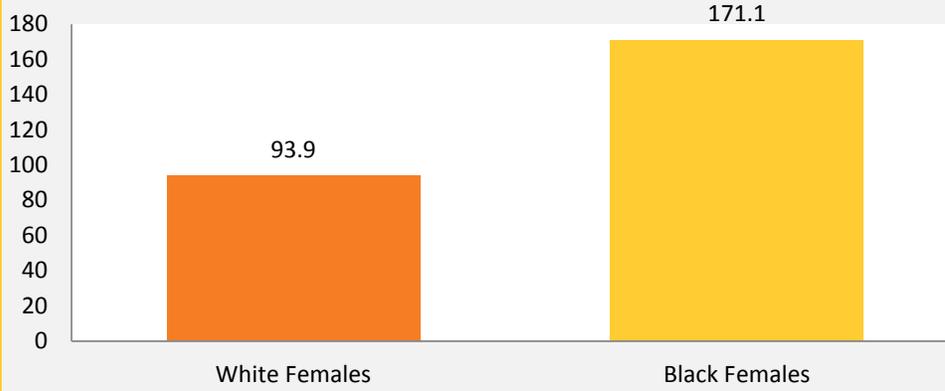
Missouri Information for Community Health Assessment (MICA) provides county-level health information of Missouri residents. When looking at the leading causes of death in Boone County across all ages and races, heart disease is the second-

highest leading cause behind cancer.

**Hospitalization Rate due to Heart Disease Per 10,000
Males by Race
Boone County 2008-2012**

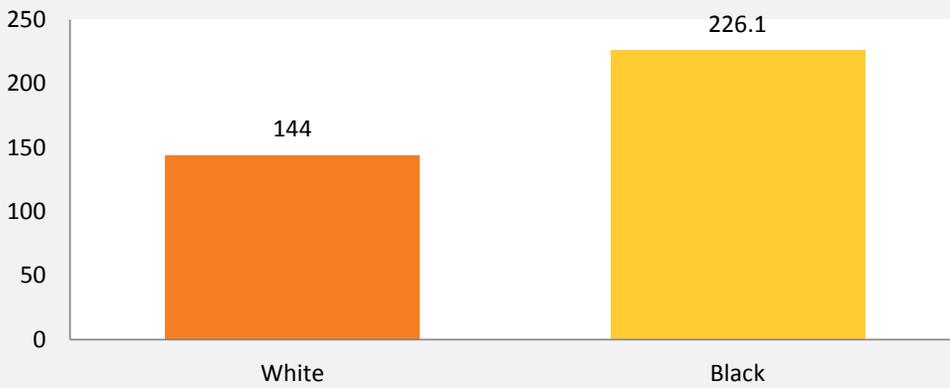


**Hospitalization Rate due to Heart Disease Per 10,000
Females by Race
Boone County 2008-2012**

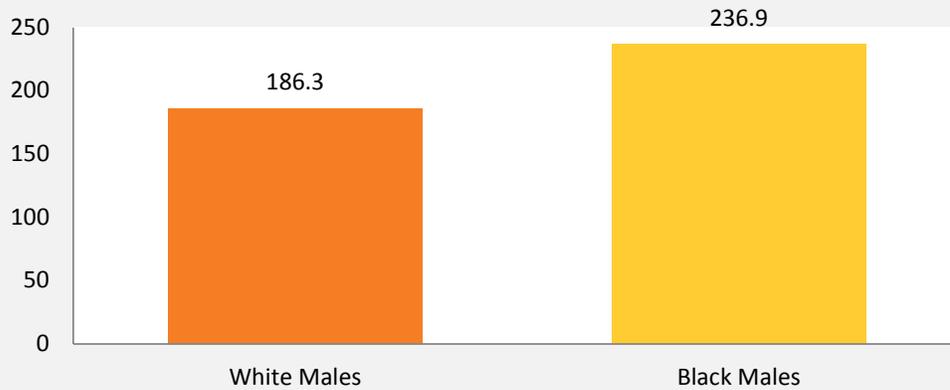


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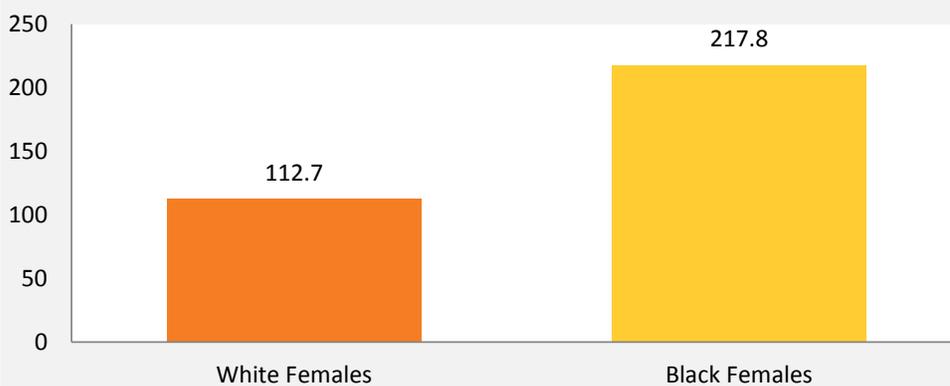
**Death Rate due to Heart Disease Per 100,000
By Race
Boone County 2008-2012**



**Death Rate due to Heart Disease Per 100,000
Males by Race
Boone County 2008-2012**



**Death Rate due to Heart Disease Per 100,000
Females by Race
Boone County 2008-2012**



A county-wide survey completed in 2013 asked respondents: "Among adults, which five health conditions or behaviors have the greatest impact on overall community health?" Of the 1,653 respondents, 43.6% agreed that obesity was the top condition or behavior. Among the other top five responses were alcohol abuse and poor eating habits and choices. As previously mentioned, excessive alcohol abuse and poor diet contribute to heart disease.

In Boone County, men are more likely than women to be hospitalized due to heart disease .

However, when comparing heart disease data between races, health disparities become clearer. Blacks are almost twice as likely to be hospitalized due to heart disease as Whites. Death rates due to heart disease in black adult males are slightly higher than white adult males. However, black males make up only about 10% of the total male population of Boone County.

A black female is almost twice as likely to die from heart disease as a white female. Heart disease is the leading cause of death in Boone County among black adults of both sexes.

