



**EASTERN BAND OF CHEROKEE PUBLIC HEALTH AND HUMAN SERVICES DIVISION
HEALTH PRIORITY ISSUES: FACTS AND RESOURCES
JUNE 1, 2019**

EBCI HEALTH PRIORITY – HEART DISEASE



Heart disease is the leading cause of death in the United States, accounting for one in every four deaths in this country.¹ The term “heart disease” refers to several types of heart conditions. The most common type is coronary artery disease, which can cause a heart attack. Other kinds of heart disease may involve issues with heart valves and issues with the heart not pumping properly.

Heart disease often occurs when plaque builds up in the arteries and reduces the blood flow to the heart. Smoking, eating an unhealthy diet, not getting enough exercise, and a family history of heart disease can increase the risk of developing heart disease. Heart disease can be prevented or treated by improving one’s diet, exercising, quitting smoking, and following healthcare providers’ guidelines.

Data Highlights

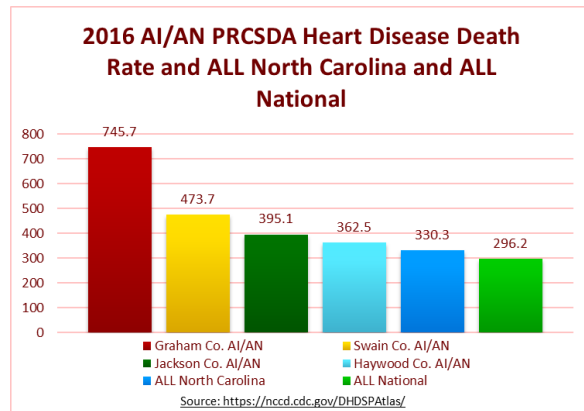
Health Indicators

Heart Disease by the numbers

- **National**
 - Heart disease is the leading cause of death--610,000 deaths every year.¹
 - Heart disease accounts for 1 in every 4 deaths.¹
 - Heart disease is the leading cause of death in both men and women.¹
 - Coronary artery disease, also called coronary heart disease, is the most common type of heart disease, killing over 370,000 Americans annually.¹
 - Every year about 735,000 Americans have a heart attack.¹

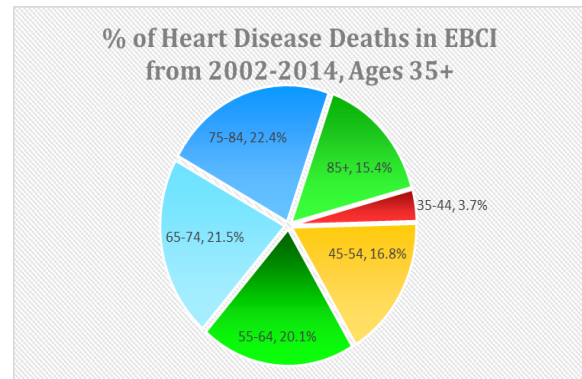
- **North Carolina**

- Accounting for 18,474 deaths in 2015, heart disease was the second leading cause of death in North Carolina with 20.7% of all deaths.²
- From 2014-2016, the heart disease death rate in North Carolina was 307.7 compared to the National rate of 324.3.³
- The death rate for American Indians/Alaska Natives in North Carolina was 330.3 with a national average of 296.2.⁴



- **EBCI**

- Accounting for 21% of all deaths between 2002-2014, heart disease is the leading cause of death for EBCI.
- In EBCI, over 40% of heart disease deaths between 2002-2014 happened to those under the age of 65.
- In EBCI from 2010-2014, there were 81 heart disease deaths of which 55.6% were males and 44.4% were females.



Understanding the Issue

- **2017 Tribal Health Survey**
 - 33.2% of respondents said that chronic disease including heart disease was one of their biggest concerns related to their health.
 - 45.1% of respondents said that chronic disease including heart disease was one of their biggest concerns related their health in the near future (5-10 years).
 - 44.81% of respondents said that chronic disease including heart disease was one of their biggest concerns for their family's health.
 - 61.8% of respondents said that chronic disease including heart disease negatively affected the EBCI community's overall health and wellbeing.
- **2016 Tribal Elder Survey**
 - 9.1% of respondents said that they have been diagnosed with congestive heart failure. National average for over 55: 8.2%.
 - 61.0% of respondents said that they have been diagnosed with high blood pressure. National average: 55.2%.

- 13.6% of respondents said that they smoke cigarettes every day. National average: 19.5%.

Specific Populations At Risk

Heart disease often occurs when plaque builds up in the arteries and reduces the blood flow to the heart. Some of the risk factors for plaque build-up include:

- Tobacco Use
- Obesity
- Hypertension
- Abnormal level of lipids
- Unhealthy diet
- Physical inactivity
- Family history
- Diabetes
- Age
- Gender
- Ethnicity
- Socioeconomic status⁵

Health Resources available/needed

- EBCI's Public Health and Human Services has many programs that help with nutrition, diet and exercise, and diabetes prevention and management, including Cherokee Choices, Tribal In-Home Services, Tsalagi Public Health, and Tribal Food Distribution. For more information about PHHS' services, please visit <http://www.cherokee-phhs.com> and find the program that best suits your needs, or call PHHS at 828-359-6180 to connect with services.
- Cherokee Indian Hospital Authority also offers heart disease help through their Healthy Heart Initiative. This initiative provides education on diabetes self-management, exercise plans, special activities, nutrition counseling, and individualized education to meet patient's goals. For more information, talk to a CIHA provider, call 828-497-9163, or check out the CIHA website at [http://cherokeehospital.org/page?title=Healthy-Heart-Initiative-\(HHI\)](http://cherokeehospital.org/page?title=Healthy-Heart-Initiative-(HHI)).
- The North Carolina Cooperative Extension also provides many helpful services for healthy eating and living. To find out more, visit their website at <https://ebci.ces.ncsu.edu/> or call 828-359-6939.

References:

1. https://www.cdc.gov/heartdisease/docs/ConsumerEd_HeartDisease.pdf
2. https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_492900.pdf
3. <https://www.cdc.gov/nchs/pressroom/states/northcarolina/northcarolina.htm>
4. <https://nccd.cdc.gov/DHDSPAtlas/>
5. <https://www.world-heart-federation.org/resources/risk-factors/>