

# Arizona Cardiovascular Disease State Plan



# Cardiac disease and Stroke in AZ

- **240,000** Arizonans living with heart disease.
- **150,000** Arizonans living with stroke.
- Cardiac disease and stroke cost Arizona more than **2.5 billion dollars** per year.

# Cardiac disease and Stroke in AZ

- More than **138,000 lives** in AZ lost to heart disease and stroke over the last decade.
- Heart disease mortality in AZ is **187/100,000**
- Stroke mortality in AZ is **44/100,000**
- Cardiac disease and stroke cost Arizona more than **1.5 billion dollars** per year.

# Cardiac disease and Stroke in AZ

## Vascular Risk Factors in AZ

- 1,000,000 Arizonans have the metabolic syndrome
- Over the age of 65 years, 61% of Arizonan men and 74% of Arizonan women have hypertension.
- 280,000 Arizonans have diabetes.

# Cardiovascular Disease State Plan for Arizona

*Improving cardiac and stroke care*



# State Plan Vision and Mission

- **Vision**

Reduce death and disability from  
Cardiovascular Disease in Arizona

- **Mission**

Reduce death and disability associated with  
all cardiovascular diseases, particularly  
heart disease and stroke, using the most  
efficient, cost-effective and evidence-based  
strategies available.

# Long Term Objectives

- Reduce the number of deaths related to heart disease by the year 2020
- Reduce the number of stroke deaths in Arizona by 20 percent by 2010.
- Increase the number of people who are aware of the signs and symptoms of a heart attack and a stroke and the importance of seeking immediate medical attention

# Long Term Objectives

- Increase the number of Arizonans who have their high blood pressure under control by 25%.
- Increase the number of Arizonans who have their high cholesterol under control by 25%.

# Long Term Objectives

- Promote cardiovascular health and prevent heart disease and stroke through interventions in multiple settings, for all age groups, and for the whole population, especially high risk populations.

# State Plan Timeline

Development of CV Disease plan objectives in the Fall of 2004.

Community forum held in January 2005 to obtain feedback on objectives.

Plan also sent out statewide to tribal leader and county health department directors to obtain feedback.

# State Plan Timeline

- All feedback received by April 2005.
- Draft plan completed in March 2005
- First Edition completed in May 2005

# 2006 AZ CV State Plan Activities

- Steering Committee Meeting created to establish priorities.
- Recruiting for statewide CVD coalition.

# CVD Coalition Workgroups

- Prevention
- Emergency Response
- Healthcare
- Rehabilitation
- Surveillance
- Government Relations/Advocacy
- Health Disparities

# 2008 AZ CV State Plan Accomplishments

- Passage of Arizona Senate Bill 1141:
  - AED Good Samaritan Civil Liability Protection
- Completion of the CV Disease Burden document by DHS – subsequently used to drive activities of the CVD program

# 2008 AZ CV State Plan Accomplishments

- Increased the number of GWTG Stroke hospitals up to 13 in Phoenix
- Initiation of the state STEMI program
- Implementation of the STARR program – stroke telemedicine for rural residents with Mayo Clinic Hospital as the hub and Kingman and Yuma hospitals as the spokes

# 2008 AZ CV State Plan Accomplishments

- Creation of a CVD rehabilitation video
- Development of a statewide cardiac arrest program with designated hospitals treating CA patients with hypothermia
- Research completed on the effectiveness of compression only cardiac resuscitation