

Heart Disease in Anne Arundel County

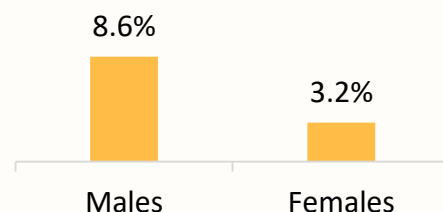


Heart disease is **the number one leading cause of death** in Anne Arundel County and the United States.¹ “Heart disease” is a term that refers to many types of heart conditions, including coronary artery disease, heart attacks, and heart failure, among others.

How many people have it?

In 2021, **5.8% of adults living in Anne Arundel County had been diagnosed with heart disease by a doctor.**² That means over 29,000 county residents are living with heart disease. Men were diagnosed with heart disease about 2.5 times more often than women.

Percentage of adult residents with doctor-diagnosed heart disease, Anne Arundel County, 2021



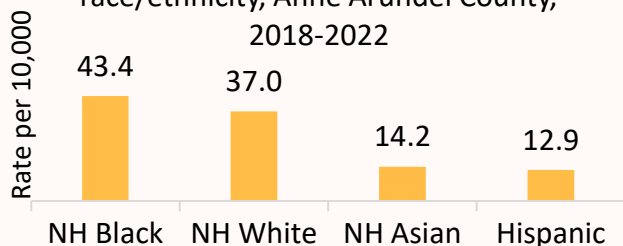
Emergency Department (ED) Visits

From 2018-2022, **over 10,000 ED visits** were due to heart disease. These visits made up 1.5% of all ED visits in this time period.³

Who visited the ED?

- **Older residents** (aged 75+) had higher rates of ED visits compared to younger residents.
- **Non-Hispanic Black residents** had the highest rate compared to residents of other races/ethnicities.
- **Male residents** visited the ER at a higher rate than female residents.

ED visit rate per 10,000 population by race/ethnicity, Anne Arundel County, 2018-2022



Inpatient Hospitalizations

From 2018-2022, heart disease hospitalizations made up **8.6% of all inpatient hospitalizations**. There were over 20,000 hospitalizations due to heart disease in this period.³

Who was in the hospital?

- **Older residents** (aged 75+) had higher rates of hospitalization compared to younger residents.
- **Non-Hispanic White and non-Hispanic Black residents** had the highest rates of hospitalization compared to residents of other races/ethnicities.
- **Male residents** had a higher rate of hospitalization compared to female residents.

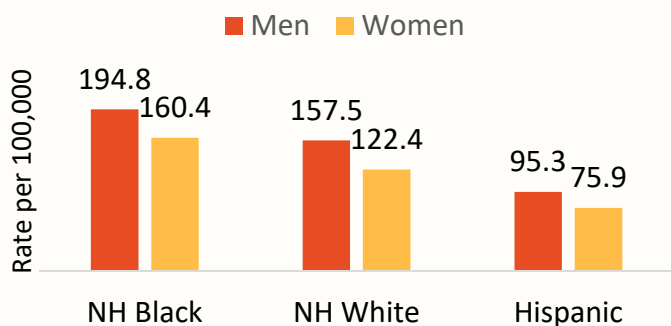


Male residents made up **56.3%** of hospitalizations due to heart disease.

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Heart disease death rate per 100,000 residents by race/ethnicity and gender, Anne Arundel County, 2018-2020



Who is dying from heart disease?

- Heart disease is a leading cause of death among all race/ethnicity groups.
- Non-Hispanic Black men and women died at higher rates than non-Hispanic White and Hispanic men and women.
- **Non-Hispanic Black men died at a 1.2 times greater rate compared to non-Hispanic White men.**⁴

Prevent Heart Disease



Develop Healthy Habits⁵

Develop healthy habits, including eating healthy foods and getting regular physical activity. Find resources at aahealth.org/learntolive



Don't Smoke⁵

If you don't smoke, don't start. Find resources to quit at aahealth.org/ltl-quit-smoking



Work with Your Health Care Team⁵

Manage any medical conditions, like high cholesterol, high blood pressure and diabetes that increase your risk for heart disease.

For more information on heart disease, visit the CDC website at www.cdc.gov/heartdisease

1. Maryland Department of Health, Vital Statistics Administration, 2020 Annual Report and Jurisdictional Deaths Report for Anne Arundel County.
2. 2021 Maryland Behavioral Risk Factor Surveillance System, accessed at <https://ibis.health.maryland.gov> on 5/19/2022.
3. Maryland Health Services Cost Review Commission (HSCRC) Outpatient and Inpatient Files, 2018-2022.
4. Centers for Disease Control and Prevention, Interactive Atlas of Heart Disease and Stroke.
5. Centers for Disease Control and Prevention, Heart Disease Prevention, <https://www.cdc.gov/heartdisease/prevention.htm>

This publication utilizes data provided by the Maryland Department of Health, Maryland Behavioral Risk Factor Surveillance System; collected under guidance of the Centers for Disease Control and Prevention; and analyzed by the Anne Arundel County Department of Health. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Maryland Department of Health or the Centers for Disease Control and Prevention.