



Heart Disease in Minnesota

Heart Disease Burden

- Coronary heart disease is the second leading cause of death in Minnesota, accounting for over one fifth of all deaths.
- Each year, nearly 8,000 Minnesotans die from coronary heart disease.
- Over 25,000 acute heart disease events lead to hospitalizations in Minnesota each year.
- In 2005, approximately 3.2% of Minnesotans (over 125,000 people) reported ever having had a heart attack.
- In the United States, over \$260 billion in medical costs are related to heart diseases, with over half that amount related to coronary heart disease alone.
- In Minnesota, cardiovascular disease-related costs account for nearly \$1 billion in hospital charges annually.

Risk Factors

- There are a number of modifiable risk factors associated with heart disease. These include: high blood cholesterol; high blood pressure; use of tobacco; being overweight or obese; being physically inactive.

QCare

QCare Standard	90% of patients receive optimal care by 2010.
Baseline:	38% of patients receive optimal care in 2004.
Agreed Upon Best Care:	Institute for Clinical Systems Improvement Guidelines
Measurement Outcome:	To achieve optimal care all five targets must be met: <ol style="list-style-type: none">1) LDL < 100 mg/dl2) Blood pressure < 140/90 all ages3) One aspirin per day4) No tobacco5) Blood pressure < 130/80 for co-morbidity with diabetes
Transparency:	Information will be reported on www.minnesotahealthinfo.org & www.mnhealthcare.org

Q-Care Cost Savings

- If the Q-Care goal is met, it is estimated that there will be an annual savings of approximately \$87 million in health care cost in Minnesota.