

Prevalence and mortality rates due to heart disease in Hillsborough County

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Heart Disease Prevalence Rates

The global heart disease prevalence rate standardized for age was 7.4% during 1990-2017 (Dai, Bragazzi, Younis, Zhong, Liu, Wu, & Grossman, 2021). In Hillsborough County, the heart disease prevalence rate was 4.1% in 2019, ranked as most favorable in Florida, and in the entire State of Florida the heart disease prevalence rate was 4.7% in 2019 (Florida Health, 2022a). Risk factors for heart disease are high blood pressure, high cholesterol, smoking, diabetes, obesity, eating unhealthy food, not exercising regularly, and alcohol drinking to excess (CDC, 2022).

Heart Disease Mortality Rates

Heart disease is the greatest cause of death than any other factor (CDC, 2022; Huntley, Thaden, & Nkomo, 2019; Li, Lu, Hurwitz, & Wu, 2022). Heart disease is also one of the major causes of mortality in Florida (Florida Health, 2022b). The heart disease mortality rate in Hillsborough County in 2020 (16.54%) was higher than for the entire State of Florida (14.58%) in 2020 (Florida Health, 2022b). Factors that increase risk for heart disease are discoverable during pregnancy, youth, and puberty (Dadlani, Wilkinson, Ludwig, Harmon, O'Brien, Sokoloski, Epstein, Miller, Messiah, Landy, Franco, Jacobs, & Lipshultz, 2013). Congenital heart disease prevalence “is estimated to be 4 per 1,000 adults” (van der Linde, Konings, Slager, Witsenburg, Helbing, Takkenberg, & Roos-Hesselink, 2011, p. 2241).

Prevention

According to the World Heart Federation (2022), “The most effective prevention interventions identify and target people at higher risk before they develop a condition” (¶19).

Methodology

Review of scholarly journal articles yielded heart disease prevalence and mortality rates. Research from health and wellness websites of the Centers for Disease Control and Prevention and data sets obtained from Florida Department of Health helped explain prevalence, mortality rates, and major causes of heart disease.

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