

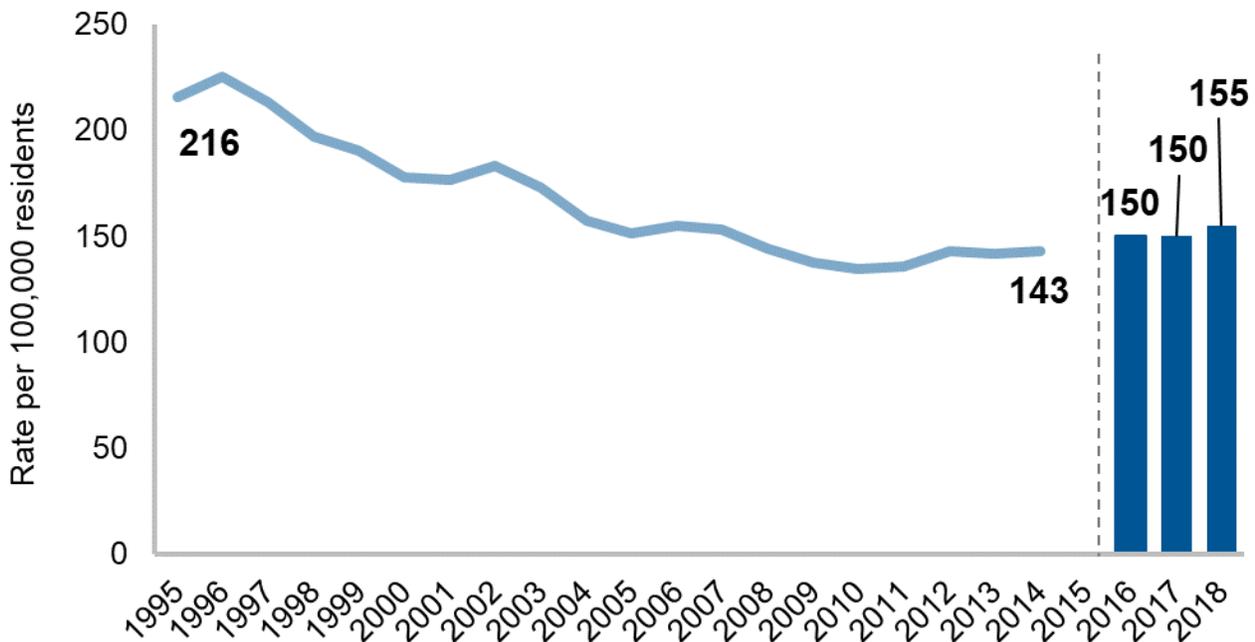
Prevention and Health Promotion

Heart attack hospitalizations

Heart disease is the second leading cause of death in Oregon and a major cause of hospitalization. In 2018 there were 4,688 hospitalizations for heart attack among Oregonians aged 18-74 years, with estimated cost of \$184 million. In 2018, men (215 per 100,000) were twice as likely as women (95 per 100,000) to be hospitalized for a heart attack.

FIGURE 1

Heart attack hospitalizations among adults aged 18-74 years by year, Oregon



Source: Oregon Hospital Discharge Dataset (HDD)

The rate of heart attack hospitalizations has gradually decreased over the past 2 decades in Oregon (Figure 1). A recent study of national heart attack hospitalization trends attributed these declines to better identification and treatment of high blood pressure, more widespread use of statin drugs that lower blood cholesterol, improvements in the use of evidence-based medications, and declines in cigarette smoking.¹

The primary behavioral risk factors for heart disease (tobacco use, poor diet, and lack of physical activity) must be addressed to control hospitalizations and medical care costs of heart disease.

Additional Resources: [Heart Disease and Stroke program details](#)

About the Data: The rate of heart attack hospitalizations was calculated per 100,000 Oregonians. The rate calculation included the number of hospitalizations with a primary diagnosis of heart attack among those between the ages of 18 and 74 in the numerator and the estimated number of Oregon adults between the ages of 18 and 74 in the denominator. Data on hospitalizations with a primary diagnosis of heart attack and associated charges were from the Oregon Hospital Discharge Dataset (HDD). The HDD is provided by the Oregon Association of Hospitals and Health Systems and contains information on hospital discharges from all general hospitals in Oregon except federal or psychiatric hospitals. Charges are the summed dollar amounts that hospitals charged for each individual heart attack hospitalization. Primary diagnoses of heart attack were those with an ICD-9 code of 410 prior to 2015. Starting in 2016, primary diagnoses of heart attack were those with ICD-10 codes of I21 or I22. Estimates of the number of Oregon adults between the ages of 18 and 74 were from the Portland State University Population Research Center prior to 2015 and from the National Center for Health Statistics for 2016.

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[Oregon State Health Profile](#)

¹ Krumholz HM, Normand SL, Wang Y. Trends in hospitalizations and outcomes for acute cardiovascular disease and stroke, 1999-2011. *Circulation*. 2014;130(12):966-75. doi: 10.1161/CIRCULATIONAHA.113.007787.

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