

Artwork by: Michelle Lynn Arnold

Wyoming State Plan for Heart Disease and Stroke Prevention 2008-2010



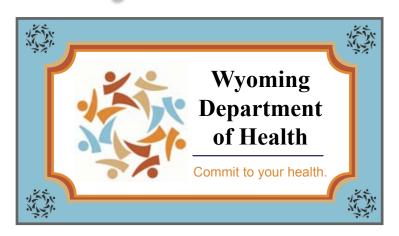
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Commit to your health.

Message from the Director



Dear Wyoming Citizen,

Heart disease and stroke, the major cardiac illnesses, are the first and third leading causes of death in the United States. These conditions make no limitations concerning race, gender, ethnic, or socioeconomic groups. The economic impact of heart disease in the U.S. healthcare system continues to grow. The American Heart Association estimated the cost of heart disease and stroke in the U.S. for 2005 was over \$394 billion. Wyoming is not immune from these conditions. Using discharge data from reporting hospitals in 2006, there were an estimated 17,549 hospital discharges with a primary or secondary diagnosis of heart disease or stroke. In 2006, the cost to Wyoming in terms of dollars was \$327.3 million. This figure does not include lost wages, lost productivity to employers, rehabilitation, or other posthospital expenses.

The Wyoming Cardiovascular Disease Coalition has taken a tremendously large step in attempting to reduce the burden of heart disease and stroke for the people of our state. Our stakeholders are advocating for heart disease and stroke prevention and control. The priorities, goals, and strategies to fight these killers have been identified in this plan.

The forward movement to reduce the burden of cardiovascular disease and stroke in Wyoming is one that cannot be done by an individual or group. I encourage any person or organization with an interest in combating cardiovascular disease and stroke to join this worthwhile coalition. Any support you or your organization can provide will greatly benefit all Wyoming citizens.

We are committed to this cause for the long haul and I hope you are, too.

Sincerely,

Brent Sherard, MD, MPH

Director and State Health Officer

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Note: An asterick (*) next to a word indicates the word is defined in the glossary.



Acknowledgements

The 2008-2010 Wyoming State Plan for Heart Disease and Stroke Prevention is a culmination of efforts provided by a group of dedicated individuals from federal and state government as well as private citizens. The long hours and hard work that went into this plan is a reflection of the caring that this team shares about reducing the burden of heart disease and stroke throughout the state of Wyoming. Their work on this plan began in 2006 and was finalized in December of 2007. All efforts have been made to help insure that the information in this plan is consistent with the Healthy People 2010* initiative, and consistent with CDC* guidelines. Many sincere thanks are extended to the following individuals for their hard work and dedication.

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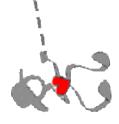
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Introduction

The Wyoming Cardiovascular Disease (CVD*) state plan is the beginning of the process of putting the pieces in place to:

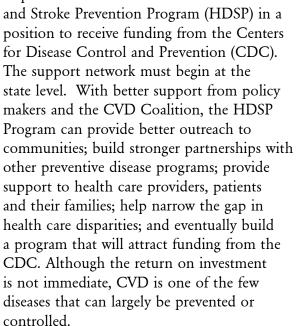
- 1. help prevent heart disease, stroke, and peripheral artery disease;
- 2. assure rapid, statewide access to care should these events occur; and
- **3.** begin rehabilitation from the debilitating effects associated with the occurrence of cardiovascular disease.

In the following pages, you will learn about the burden CVD places on the residents of Wyoming and its healthcare system. You will be reacquainted with CVD risk factors and notice that, in spite of previous efforts, their incidence is increasing or at best not improving. You may find this alarming as the age of Wyoming's citizens is expected to dramatically increase due to the baby boom population reaching retirement age. Even so, you will learn that the risk factors are also affecting an increasingly younger age, further increasing the occurrence of CVD. You will also learn that heart disease is the number one killer in Wyoming and stroke is the number four killer, as well as the number one cause of disability.

The state plan not only addresses the burdens of CVD, but also serves as a compass, or business plan, by which the Heart Disease and Stroke Prevention Program (HDSP), along with the CVD Coalition, directs its efforts. The plan includes recommendations in the form of goals with action plans to achieve those goals. It is the intent of the Cardiovascular Disease Coalition and HDSP to begin putting these elements into action at the beginning of 2008.

After the state plan is launched, what are some of the ways we can ensure successful follow through and evaluation? For one thing, funding must be secured. The Heart Disease

and Stroke Prevention
Program (HDSP) has a
limited budget; therefore,
better funding and support
from state and federal
sources is needed. This plan
must be in place, goals
must be addressed, and
programs initiated in order
to place the Heart Disease



It has taken nearly two years of work from dedicated individuals to develop this plan. Hopefully, you will find it easy to navigate and understand. If you have any needs or questions, you will find the contact information for the Wyoming's Department of Health's Heart Disease and Stroke Prevention Program on the back page.