

# ADVANCING HEALTH EQUITY IN LOCAL PREVENTION EFFORTS OF CARDIOVASCULAR DISEASE

People of color, those with lower incomes, and people living in rural areas experience disparities in heart health and healthcare.



Almost **1 in 4** deaths among Black adults is due to heart disease <sup>1</sup>



People with low incomes are **50% more likely** to get heart disease <sup>2</sup>



Heart disease has the **largest difference (20%)** for rural/urban death rates <sup>3</sup>

NACCHO funded four localities to implement best practices for strengthening heart disease prevention efforts and addressing the social determinants of health (SDOH) contributing to inequities.



ROSS COUNTY HEALTH DISTRICT  
Chillicothe, Ohio



UI HEALTH MILE SQUARE  
Chicago, Illinois

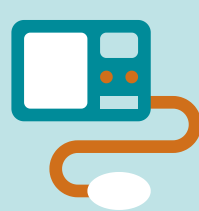


UNLIMITED POTENTIAL  
Phoenix, Arizona



FRANKLIN COUNTY PUBLIC HEALTH  
Columbus, Ohio

Localities employed best practices to reduce disparities in heart health among people from racial/ethnic minority groups, those with lower incomes, and people living in rural areas.



Loaned self-measured blood pressure (SMBP) devices to reduce risk



Provided affordable medication



Used telehealth services for better access to healthcare providers

Localities strengthened connections between public health, health care, and community organizations and bolstered community access to high-quality food and nutrition education.



LEVERAGED COMMUNITY & CLINICAL PUBLIC HEALTH WORKFORCES with community health workers as key prevention program staff



PROVIDED ACCESSIBLE NUTRITION EDUCATION to individuals with high risk for heart disease



SUPPORTED PATIENTS IN HEART DISEASE SELF-MANAGEMENT through SMBP monitoring



DISTRIBUTED VOUCHERS to buy locally grown fruits & vegetables at farmers markets

If your local health department wants to get involved, here are four steps you can take:

1

READ MORE ABOUT EACH LOCAL ORGANIZATION'S WORK AND RESULTS  
[bit.ly/LocalSuccess](https://bit.ly/LocalSuccess)

2

DOWNLOAD CDC'S BEST PRACTICES FOR HEART DISEASE AND STROKE GUIDE  
[bit.ly/HeartDiseaseGuide](https://bit.ly/HeartDiseaseGuide)

3

LEARN MORE ABOUT EQUITABLY ADDRESSING SDOH AND CHRONIC DISEASES  
[bit.ly/SDoHEquity](https://bit.ly/SDoHEquity)

4

STAY UP-TO-DATE ON NEWS AND RESOURCES FROM NACCHO  
[bit.ly/NacchoHeart](https://bit.ly/NacchoHeart)

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1. National Center for Health Statistics. Multiple Cause of Death 2018–2021 on CDC WONDER Database. Accessed February 2, 2023.

2. <https://doi.org/10.1186/1471-2261-11-28>

3. <https://dx.doi.org/10.15620/cdc:109049>