

Data SNAPSHOT

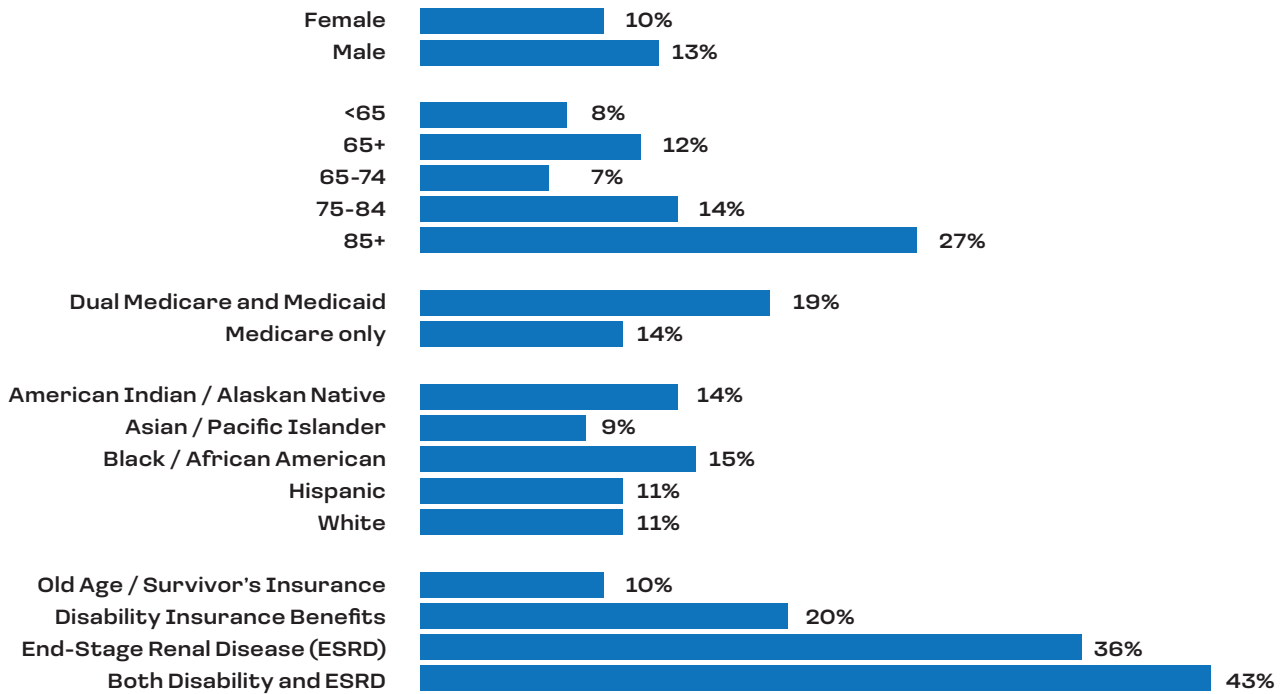


Heart Failure Disparities in Medicare Fee-For-Service Beneficiaries

Heart failure is a condition in which the heart cannot fill with enough blood or pump blood with enough force to meet the body's needs. As heart failure progresses over time, the heart grows weaker. People over 65 are more likely to have heart failure. Coronary heart disease, high blood pressure, and diabetes are the leading causes. While there is no cure for heart failure, dietary and lifestyle changes can reduce the risk of developing heart failure. The American Heart Association estimated that one in five Americans 40 and older will develop heart failure.¹ According to the Centers for Disease Control and Prevention, approximately 6.2 million adults in the United States have heart failure.²

Heart failure is the leading cause of hospitalization among older adults, and Medicare enrollees with heart failure have the highest readmission rate of any condition.³ The [Mapping Medicare Disparities \(MMD\) Tool](#) developed by the Centers for Medicare & Medicaid Services (CMS) indicates that 12% of people enrolled in Medicare fee-for-service (FFS) had a diagnosis of heart failure in 2022.⁴ The MMD Tool data shows the prevalence and hospitalization rate of heart failure among Medicare FFS beneficiaries varied by sex, age, race and ethnicity, Medicare and Medicaid dual eligibility, original reason for entitlement, and geographic areas in 2022.

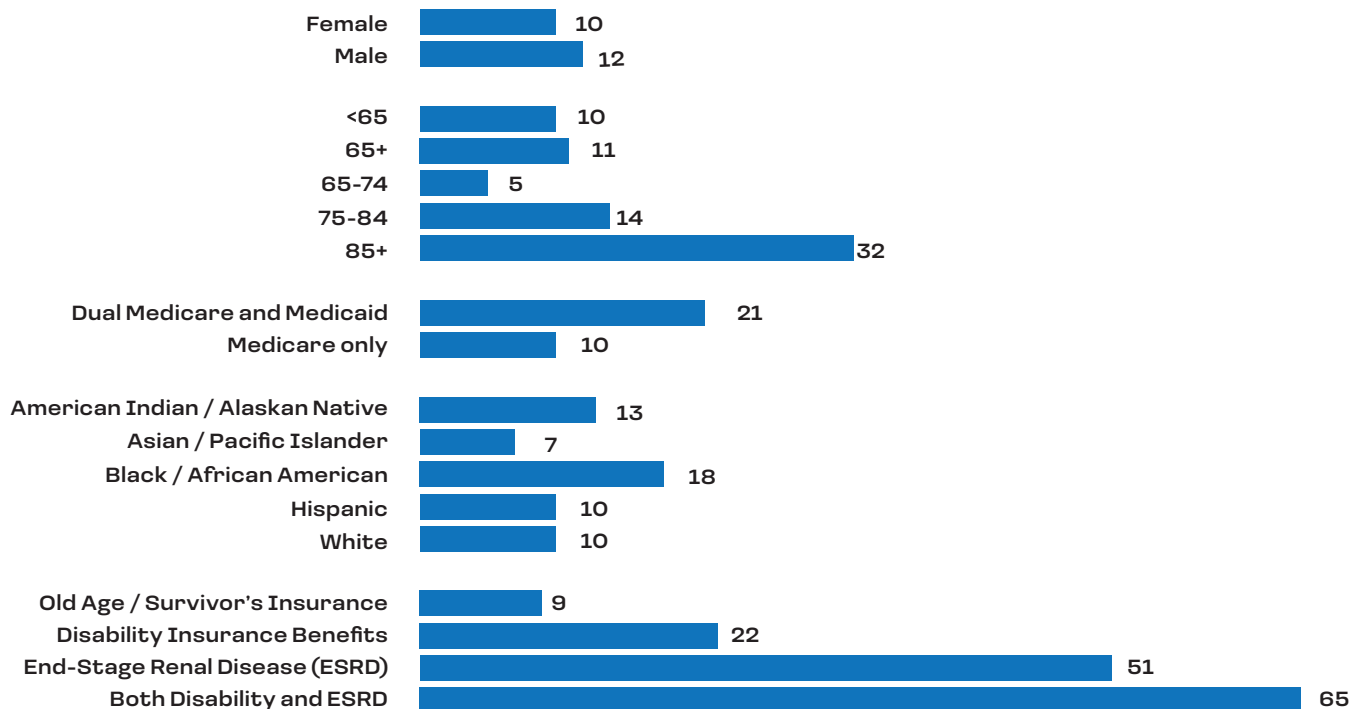
Figure 1. Prevalence rate of Heart Failure among Medicare FFS Enrollees by Enrollee Characteristics, 2022



Note: * 2022 data presented in MMD Tool were preliminary.

** Prevalence rate for sex, race and ethnicity, dual Medicare and Medicaid eligibility, and original reason for entitlement were age standardized rate.

Figure 2. Hospitalization rate of Heart Failure among Medicare FFS Enrollees by Enrollee Characteristics, 2022
(per 1000 enrollees, per year)



Note: * 2022 data presented in MMD Tool were preliminary.

** Hospitalization rate for sex, race and ethnicity, dual Medicare and Medicaid eligibility, and original reason for entitlement were age standardized rate.

As shown in Figure 1 and 2, the prevalence and hospitalization rates of heart failure were higher among males (compared to females), people aged 65+ (compared to <65), Blacks/African Americans (compared to American Indian/Alaska Native, Asian/Pacific Islander, Hispanic, and White enrollees), Medicare and Medicaid dual eligible enrollees (compared to the Medicare only enrollees), and those whose original reason for entitlement was both disability and ESRD (compared to the other reasons).

Figure 3 shows the prevalence rate of heart failure differed by state/territory and county. Oklahoma had the highest prevalence rate (14%), and the U.S. Virgin Islands had the lowest rate (6%). Also, the prevalence rate differed by geographic areas for each racial and ethnic group as shown in Figure 4.

Figure 3. Prevalence of Heart Failure among Medicare FFS Enrollees by State/Territory and County, 2022

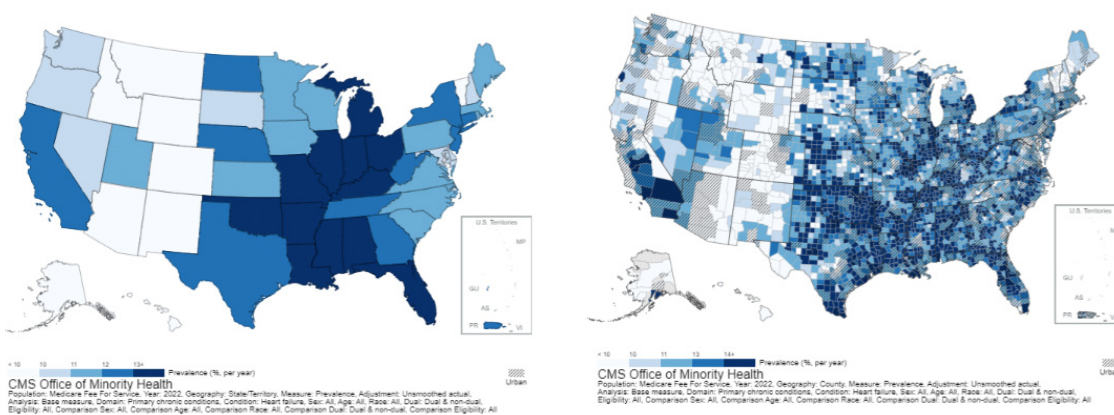
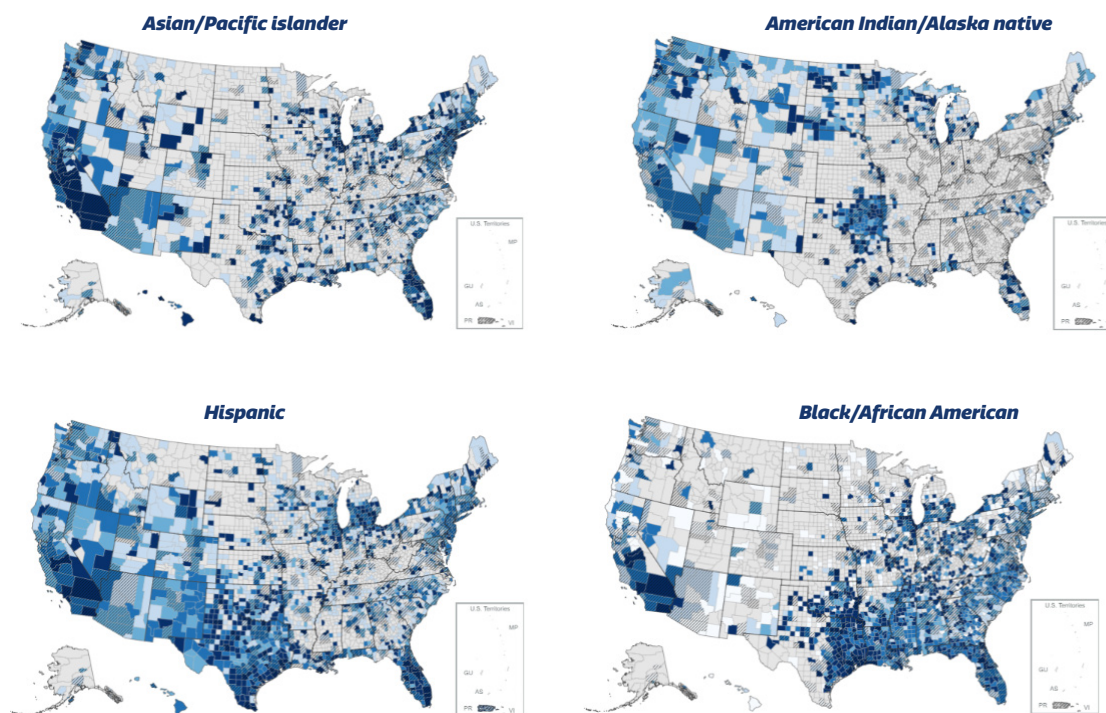


Figure 4. Prevalence of Heart Failure for Minority Race/Ethnicity among Medicare FFS Enrollees, by County, 2022



Under the Medicare program, Medicare Part B covers cardiovascular disease screenings that help detect conditions that may lead to heart failure, and it covers other **Preventive & Screening Services** such as an Annual “Wellness” visit, Cardiovascular Behavioral Therapy, Tobacco Use Cessation Counseling and more to help prevent or lower the risk for heart failure. In 2022, 40% of the people with Medicare FFS had an annual “Wellness” visit.⁴ Multiple national initiatives have been created to increase awareness of heart health, and February is American Heart Month. **Million Hearts**[®] is a national initiative to prevent 1 million heart attacks and strokes within 5 years and maintains a committed focus on specific populations experiencing inequities.

Beneficiary Resources

[American Heart Association: Heart Failure](#)

[Million Hearts®: Cardiac Rehabilitation](#)

[Medicare & You: Million Hearts](#) (video)

[Medicare & You: Heart disease](#) (video)

[Know the Difference: Cardiovascular Disease, Heart Disease, Coronary Heart Disease](#)

Provider Resources

[CDC: Heart Disease Communications Kit](#)

[Get With The Guidelines® Heart Failure](#)

[CMS Data Highlight: Prevalence and Health Care Expenditures among Medicare Beneficiaries Aged 65 Years and Over with Heart Conditions](#)

[CMS-Medicare Learning Network: Medicare Preventive Services](#)

References/Resources

1. American Heart Association. <https://www.heart.org/en/health-topics/heart-failure/causes-and-risks-for-heart-failure/understand-your-risk-for-heart-failure>
2. Centers for Disease Control and Prevention. https://www.cdc.gov/heartdisease/heart_failure.htm
3. Jencks SF, Williams MV, Coleman EA. Rehospitalizations among patients in the Medicare fee-for-service program. N Engl J Med. 2009; 360:1418–1428. doi: 10.1056/NEJMs0803563
4. Centers for Medicare & Medicaid Services. Mapping Medicare Disparities Tool. <https://data.cms.gov/mapping-medicare-disparities>

- Results from 2022 were considered preliminary at the time of this analysis, as the data were not fully complete due to a "claims lag" between when a service occurs and when the claim is collected by CMS and, ultimately, appears in the CCW database.

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