

Health Disparities in the Medicare Population

Heart Failure

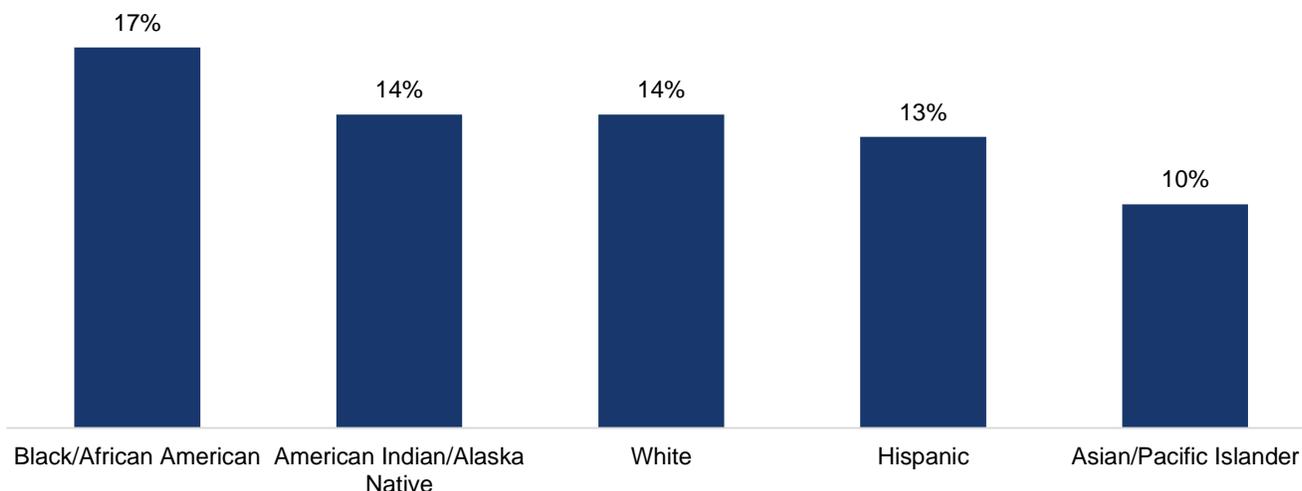


February is American Heart Month. In recognition, this month's snapshot focuses on heart failure, a condition in which the heart can't fill with enough blood or pump blood with enough force to meet the body's needs. As heart failure progresses over time, the heart grows weaker. Coronary heart disease, high blood pressure, and diabetes are the leading causes of heart failure. While there is no cure for heart failure, dietary and lifestyle changes can reduce the risk of developing heart failure. The American Heart Association states that one in five Americans will develop heart failure.¹ According to the Centers for Disease Control and Prevention (CDC), approximately 5.1 million people in the United States have heart failure.²

Additionally, heart failure is one of the most common causes for hospital admissions among Medicare beneficiaries.³ In 2014, 14% of Medicare Fee-For-Service (FFS) beneficiaries had claims with a diagnosis of heart failure.⁴ As shown in the figure below, the prevalence of heart failure varies among Medicare FFS beneficiaries by race and ethnicity. The prevalence of heart failure is highest among Black/African American beneficiaries (17%), followed by American Indian/Alaska Native (14%), White (14%), Hispanic (13%), and Asian/Pacific Islander (10%) beneficiaries.

Multiple national initiatives have been created to increase awareness of heart health. [Million Hearts®](#) is a national initiative to prevent 1 million heart attacks and strokes by 2017. [Medicare & You: Million Hearts initiative](#) is a video that shows how to join the effort to help Americans live longer and healthier lives. [Medicare & You: Heart disease](#) explains how Medicare helps beneficiaries to prevent and detect heart disease.

Prevalence of Heart Failure among Medicare Beneficiaries by Race/Ethnicity, 2014³



Source: Centers for Medicare & Medicaid Services. Chronic Condition Data Warehouse (CCW)

Note: Population is limited to Medicare Fee-For-Service beneficiaries. RTI Race Code used for analysis. Racial categories of White, Black/African American, American Indian/Alaska Native, and Asian/Pacific Islander are classified as non-Hispanic. Hispanic ethnicity includes all race categories.

1. American Heart Association. http://www.heart.org/HEARTORG/Conditions/HeartFailure/Heart-Failure_UCM_002019_SubHomePage.jsp
2. Centers for Disease Control and Prevention. http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_failure.htm
3. National Heart, Lung and Blood Institute. <http://www.nhlbi.nih.gov/health/health-topics/topics/hf/atrisk>
4. Centers for Medicare & Medicaid Services. Chronic Conditions. <http://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/Chronic-Conditions/index.html>