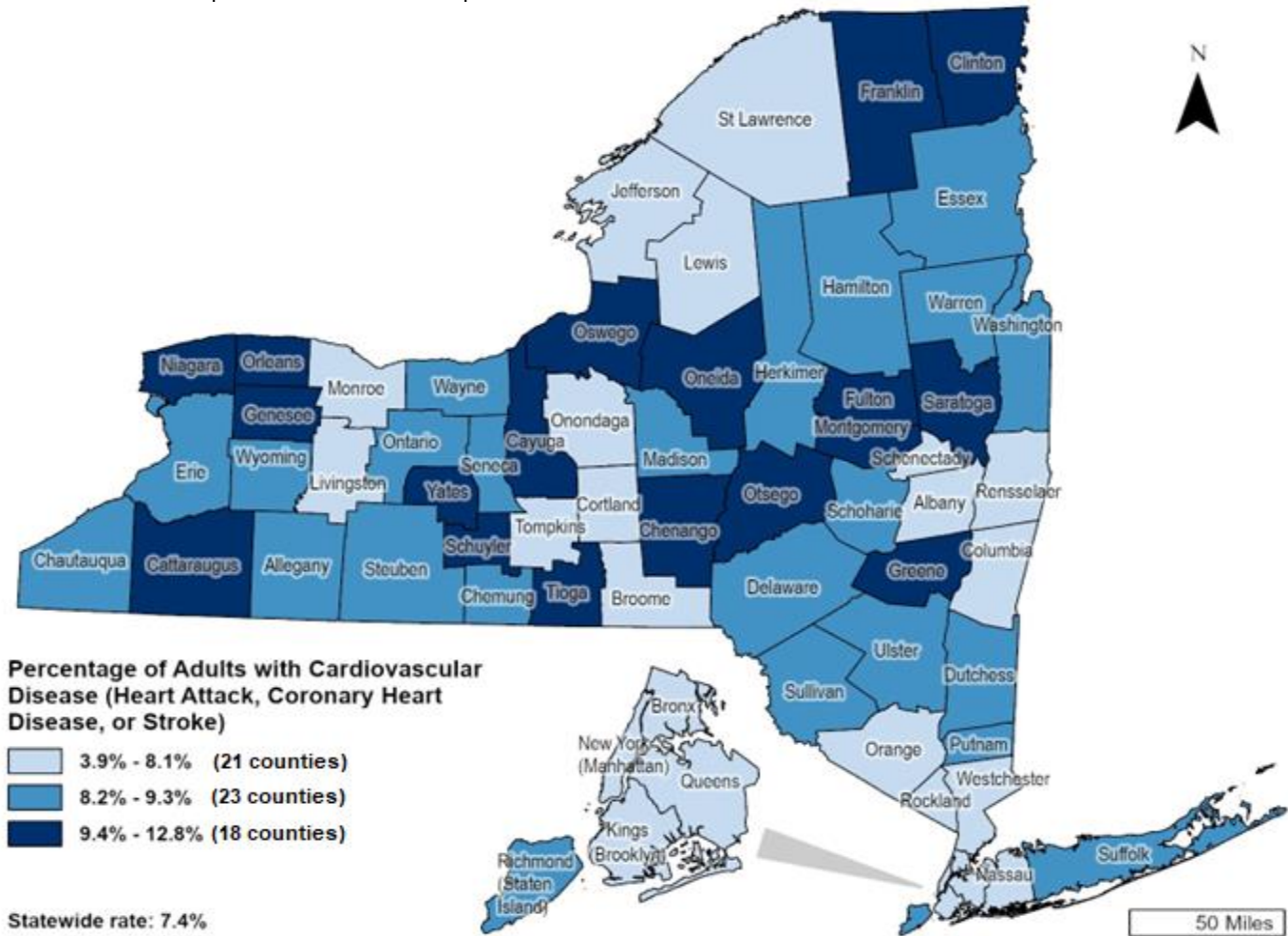


Prevalence of Cardiovascular Disease (Heart Attack, Angina/Coronary Heart Disease, and Stroke) among New York State Adults by County, Behavioral Risk Factor Surveillance System 2021

Cardiovascular disease (CVD) is a group of diseases involving the circulatory system and includes stroke and heart disease. Cardiovascular disease is the leading cause of death in New York State (NYS), accounting for 27 percent of all deaths statewide, and is a major cause of disability. An estimated 1,118,000 adults (7.4%) in NYS report they have had a heart attack, angina/coronary heart disease, or stroke.^{1,2}

The statewide prevalence of cardiovascular disease in 2021 in New York State was 7.4%, but the prevalence by county ranged from 3.9% to 12.8%. The three levels of shading in the map below are based on the rank order (tertiles) of counties estimated cardiovascular disease prevalence and do not represent statistical differences between counties.



Public Health Opportunity

Key strategies for reducing cardiovascular disease by promoting prevention strategies, evidence-based health care, and self-management skills include:

- Implement policies and programs that promote healthy behaviors and healthy communities including expanding access to safe places for outdoor recreation, improving availability of affordable healthy foods at local retailers, and reducing access to alcohol and nicotine products;
- Refer people to effective lifestyle programs that can help them learn to be physically active, eat nutritious foods, and to live a life free of tobacco;
- Increase the number of people with high blood pressure who can check their own blood pressure regularly and share those measurements with their health care team;
- Promote early detection and expand the use of team-based care, in which doctors and nurses work with pharmacists, community health workers and others outside of medical settings to manage a patient's risk factors;
- Increase the use of electronic health records and other technology to identify people who have heart disease and stroke risk factors and make sure they get the right treatment;
- Expand access to health care, especially in underserved communities, and promote self-management skills among individuals with chronic disease.



Percentage of Adults with Cardiovascular Disease in New York State, by County

County	Crude Rate	[95%CI]*	County	Crude Rate	[95%CI]*
Albany	7.4	[5.5 - 9.3]	Niagara	10.7	[7.8 - 13.7]
Allegany	8.7	[5.5 - 11.9]	Oneida	9.8	[6.7 - 12.9]
Bronx	6.6	[5.1 - 8.2]	Onondaga	8.0	[5.9 - 10.0]
Broome	7.4	[5.3 - 9.6]	Ontario	8.4	[5.2 - 11.6]
Cattaraugus	10.5	[7.0 - 14.1]	Orange	7.2	[5.0 - 9.5]
Cayuga	10.0	[6.7 - 13.4]	Orleans	11.8	[8.3 - 15.3]
Chautauqua	8.9	[5.5 - 12.2]	Oswego	10.2	[6.6 - 13.9]
Chemung	9.3	[6.6 - 11.9]	Otsego	9.4	[6.6 - 12.2]
Chenango	9.7	[6.9 - 12.4]	Putnam	8.3	[5.4 - 11.2]
Clinton	9.8	[6.6 - 13.0]	Queens	7.3	[5.9 - 8.8]
Columbia	6.1	[3.9 - 8.3]	Rensselaer	6.5	[3.7 - 9.2]
Cortland	6.8	[4.2 - 9.5]	Richmond	8.7	[5.7 - 11.8]
Delaware	9.1	[5.3 - 13.0]	Rockland	6.6	[3.6 - 9.7]
Dutchess	8.8	[5.6 - 11.9]	Saratoga	9.4	[5.8 - 12.9]
Erie	8.9	[7.2 - 10.5]	Schenectady	7.4	[4.5 - 10.4]
Essex	8.2	[5.6 - 10.8]	Schoharie	8.3	[5.6 - 11.0]
Franklin	9.6	[6.6 - 12.6]	Schuyler	12.8	[7.5 - 18.1]
Fulton	10.1	[7.0 - 13.2]	Seneca	9.1	[5.6 - 12.6]
Genesee	12.2	[7.3 - 17.0]	St. Lawrence	8.1	[5.7 - 10.6]
Greene	11.1	[5.4 - 16.8]	Steuben	9.3	[5.8 - 12.8]
Hamilton	8.7	[5.2 - 12.2]	Suffolk	9.3	[7.7 - 11.0]
Herkimer	9.1	[5.8 - 12.4]	Sullivan	8.5	[5.2 - 11.8]
Jefferson	7.6	[5.7 - 9.6]	Tioga	12.8	[8.2 - 17.3]
Kings	5.6	[4.5 - 6.8]	Tompkins	3.9	[2.4 - 5.4]
Lewis	8.1	[5.2 - 11.1]	Ulster	8.6	[5.7 - 11.5]
Livingston	7.9	[3.7 - 12.2]	Warren	9.0	[6.5 - 11.4]
Madison	9.2	[5.4 - 13.0]	Washington	8.4	[5.9 - 11.0]
Monroe	7.8	[6.3 - 9.3]	Wayne	8.5	[5.9 - 11.1]
Montgomery	11.1	[7.7 - 14.5]	Westchester	6.5	[4.6 - 8.3]
Nassau	6.2	[4.8 - 7.5]	Wyoming	8.9	[5.8 - 12.0]
New York	6.0	[4.7 - 7.2]	Yates	9.7	[5.8 - 13.6]

Notes:

*When comparing estimates, the 95% confidence interval (95% CI) provides the statistical range containing the true population percentage with a 95% probability. The width of the confidence interval is influenced by the number of residents in a county surveyed. Although a 95% confidence interval is not a test of statistical significance, counties whose 95% confidence intervals do not overlap can be considered significantly different.

County estimates in this report are crude rates. Age-adjusted data are available on Health Data New York at: [Behavioral Risk Factor Surveillance System \(BRFSS\) Health Indicators by County and Region | State of New York \(ny.gov\)](https://www.health.ny.gov/data/behavioral_risk_factor_surveillance_system/)

References

¹Wales, KR, Parrigan-Oades, K and Brissette, I. [Cardiovascular Disease, New York State BRFSS Brief, No. 2023-13](#). Albany, NY: New York State Department of Health, Division of Chronic Disease Prevention, Bureau of Chronic Disease Evaluation and Research, November 2023.

²Has a doctor, nurse, or other health professional ever told you that you had any of the following?

1. [Ever told] you had a heart attack, also called a myocardial infarction?
2. [Ever told] you had angina or coronary heart disease?
3. [Ever told] you had a stroke?

Contact: For more information, please send an e-mail to BCDER@health.ny.gov with IFA#2024-03 in the subject line. To access other Information for Action reports, visit the NYSDOH public website: [Division of Chronic Disease Prevention: Information for Action Reports \(ny.gov\)](#)