

Health in Rural America

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American Heart Association

AHA Mission

To be a relentless force for a world of
longer, healthier lives



Causes of Death: USA (2017)

Rank	Cause	Number	Percent
	Total –all causes	2,813,503	100%
1	Heart diseases	647,457	23%
2	Cancer	599,108	21.3%
3	Accidents	169,936	6%
4	Chronic Lower Respiratory Disease	160,201	5.7%
5	Stroke	146,383	5.2%
6	Alzheimer's disease	121,404	4.3
7	Diabetes mellitus	83,564	3%
8	Influenza/pneumonia	55,672	2%
9	Kidney disease	50,633	1.8%
10	Suicide	47,173	1.7%

SOURCE: NCHS, National Vital Statistics System, Mortality.



Shorter Lives, Poorer Health in Rural USA

- 62 million people live in rural USA (more than 1 in 5 adults)
- During 1999–2014, annual age-adjusted death rates for heart disease and stroke were higher in nonmetropolitan areas than in metropolitan areas
- CVD mortality declines have slowed in US with increases for middle-aged non-Hispanic whites living in rural USA

- <https://nosorh.org/about-nosorh/>

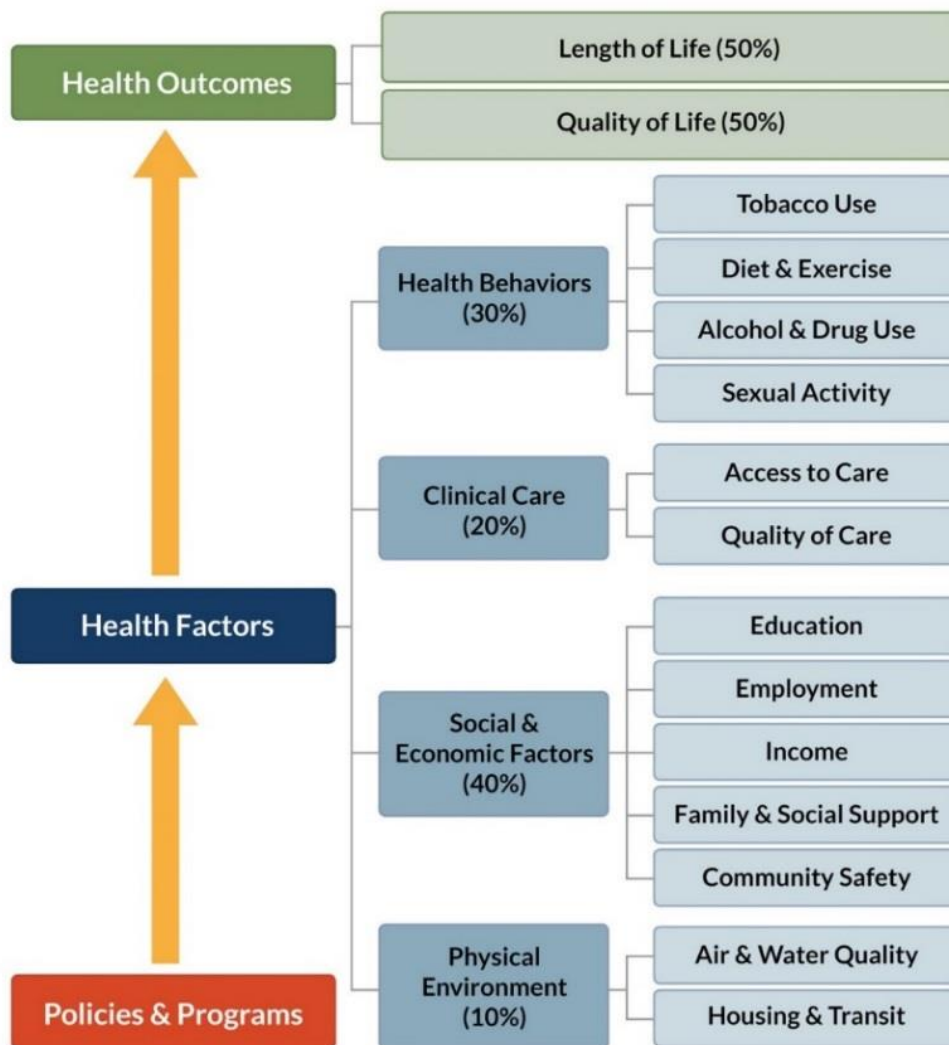
- James CV, Moonesinghe R, Wilson-Frederick SM, Hall JE, Penman-Aguilar A, Bouye K. Racial/Ethnic Health Disparities Among Rural Adults — United States, 2012–2015. *MMWR Surveill Summ* 2017;66(No. SS-23):1–9.

- Moy E, Garcia MC, Bastian B, et al. Leading Causes of Death in Nonmetropolitan and Metropolitan Areas — United States, 1999–2014. *MMWR Surveill Summ* 2017;66(No. SS-1)

- McClellan, Brown, Califf, Warner. *Circulation* 2019



Why Shorter Lives, Poorer Health in Rural USA?

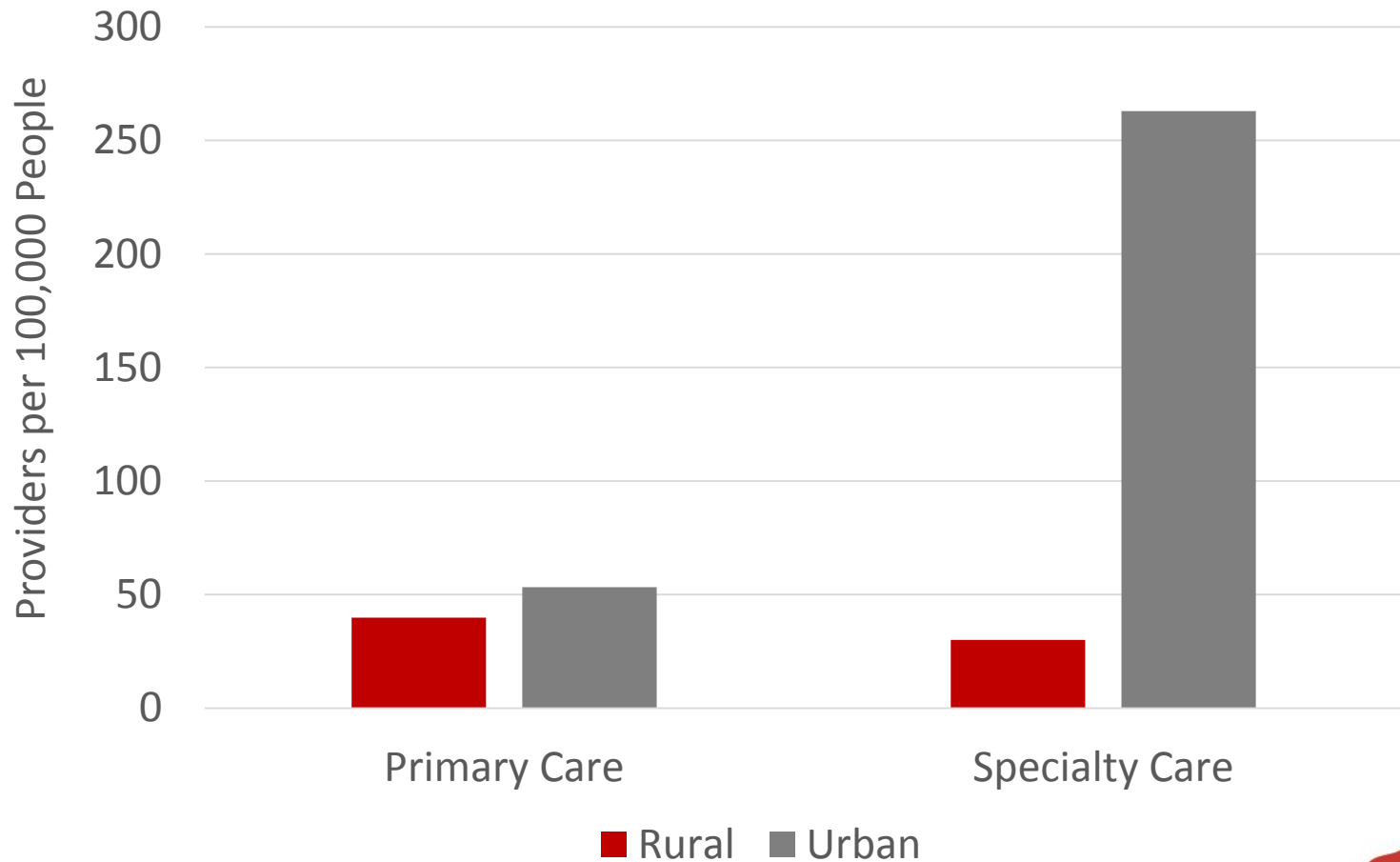


County Health Rankings model © 2016 UWPHI

The health of a community



Fewer Primary Care and Many Fewer Specialists



Solutions – Keeping Each Person At The Center

- 1. Universal healthcare coverage**
 - Lower out-of-pocket expenses
- 2. Access to care**
 - Primary care
 - Specialists
- 3. Healthier communities**
 - Transportation
 - Food, activity, tobacco, substances
- 4. Patient-Centered Research**
 - Telehealth
 - Expanded providers (paramedics, community health workers, etc.)