CORONARY HEART DISEASE: SOCIOECONOMIC PATTERNS

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Abstract: The objective of this study is to examine the relationship between heart diseases and socioeconomic patterns, such as race, income, and poverty in the following states of Mississippi, Alabama, Georgia, Maryland and Minnesota. Data were analyzed for the year 2009 for Mississippi, Alabama, Georgia, Maryland and Minnesota from the Community Department Health and Human Services and the Centers for Diseases and Control (CDC). The study shows that the groups with low income that live below the established poverty level have a greater chance of dying from heart disease. Mississippi had the highest rate of heart disease (28.55±0.85), followed by Alabama (26.93±0.90), Georgia (25.76±0.77), Maryland (23.97±1.02) and Minnesota has the lowest (20.00±3.77). Heart disease rates were highest among African Americans in all states studied with the exception of people over the age of 65 in Mississippi in which Caucasians had the highest rate of heart disease. This study concluded that the socioeconomic factors of race, age, and poverty contribute to heart disease. In order to control this issue, people must want to make subtle to big changes in their current situations. African Americans must make lifestyle changes to end the cycle of heart disease. Changes include diet, exercise, pursuit of an education, and early detection.

Key Words: Coronary heart disease, poverty, socioeconomic status.

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