

Cardiovascular disease

Cardiovascular disease is the **leading cause of death** within New Zealand and contributes to many hospitalisations.

Hospitalisation and **procedure rates** are **important indicators** of both **access to health care** and **the burden of a disease** on a population. The rates help to describe the use of health care resources, and inform on areas of improvement, particularly for preventable diseases.

On the right are some findings related to **cardiovascular disease mortality** from **1996–98 to 2012–14** and **hospitalisation** from **1996–98 to 2014–16** for Māori and non-Māori adults aged 35 years and over.

Data was sourced from the Ministry of Health **Mortality Collection Data Set** (MORT) and **National Minimum Data Set** (NMDS).



Mortality

Mortality rates for **Māori** in all cardiovascular diseases **have been decreasing over time**, often by **more than 50 percent**. Non-Māori had similar decreases over time.

Mortality rates in all cardiovascular diseases **were higher for Māori** compared to non-Māori, often **more than twice as high**.

Ischaemic heart disease has been the **leading cause of death** for both **Māori** and **non-Māori** over time.

Other heart diseases were often **major causes of death** for **Māori males** over time but not for non-Māori males.

Strokes were a leading cause of death for non-Māori over time but **did not feature** in the **leading causes of death** for **Māori**.



Hospitalisation and procedures

Māori had **higher rates of hospitalisation** due to all cardiovascular diseases, compared to non-Māori.

Māori females had higher rates of **hospitalisation** due to all **revascularisation heart disease procedures** and **coronary angioplasty procedures** (both treat ischaemic heart disease) than non-Māori females.

The largest **difference** between Māori and non-Māori was for **heart failure hospitalisations**, where rates for **Māori** were **more than four times as high** as those for non-Māori.

Māori females had **higher hospitalisation rates** for **chronic rheumatic heart disease** than both Māori males, and non-Māori males and females.