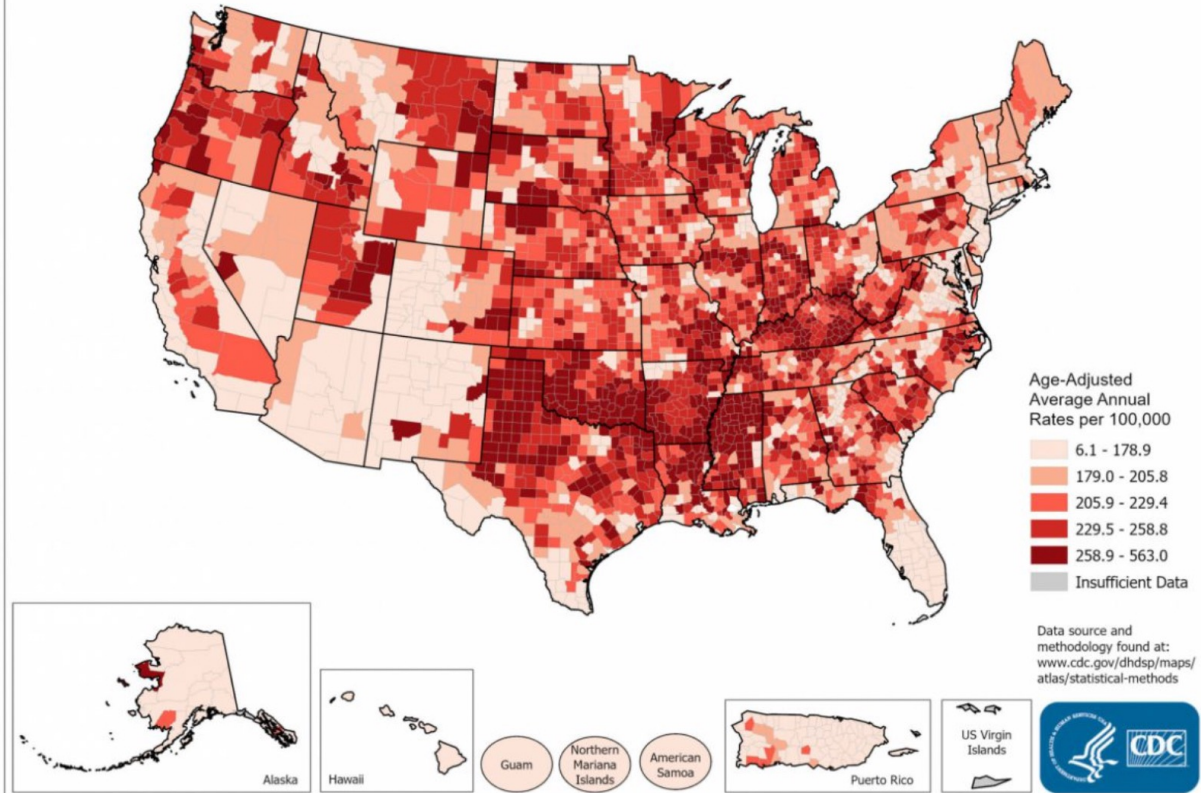# Achieving Equity in Health Care

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Heart Failure Death Rates, 2018 - 2020
Adults, Ages 35+, by County

Age-Adjusted
Average Annual
Rates per 100,000

6.1 - 178.9
179.0 - 205.8
205.9 - 229.4
229.5 - 258.8
258.9 - 563.0
Insufficient Data

Data source and methodology found at: www.cdc.gov/dhdsp/maps/atlas/statistical-methods

Top quintile of counties with the highest death rates located primarily in Mississippi, Louisiana, Arkansas, Oklahoma, Texas, Kentucky, Tennessee, Indiana, Illinois, Wisconsin

Source: CDC Interactive Atlas of Heart Disease and Stroke

Definition of Health Equity

- Absence of disparities in health outcomes and access to healthcare among different population groups.

- Emphasizes the fair distribution of healthcare resources, opportunities, and outcomes, regardless of factors such as race, ethnicity, socioeconomic status, gender, or geographic location.

- Achieving health equity involves reducing and eliminating health disparities that result from social, economic, and environmental disadvantages.
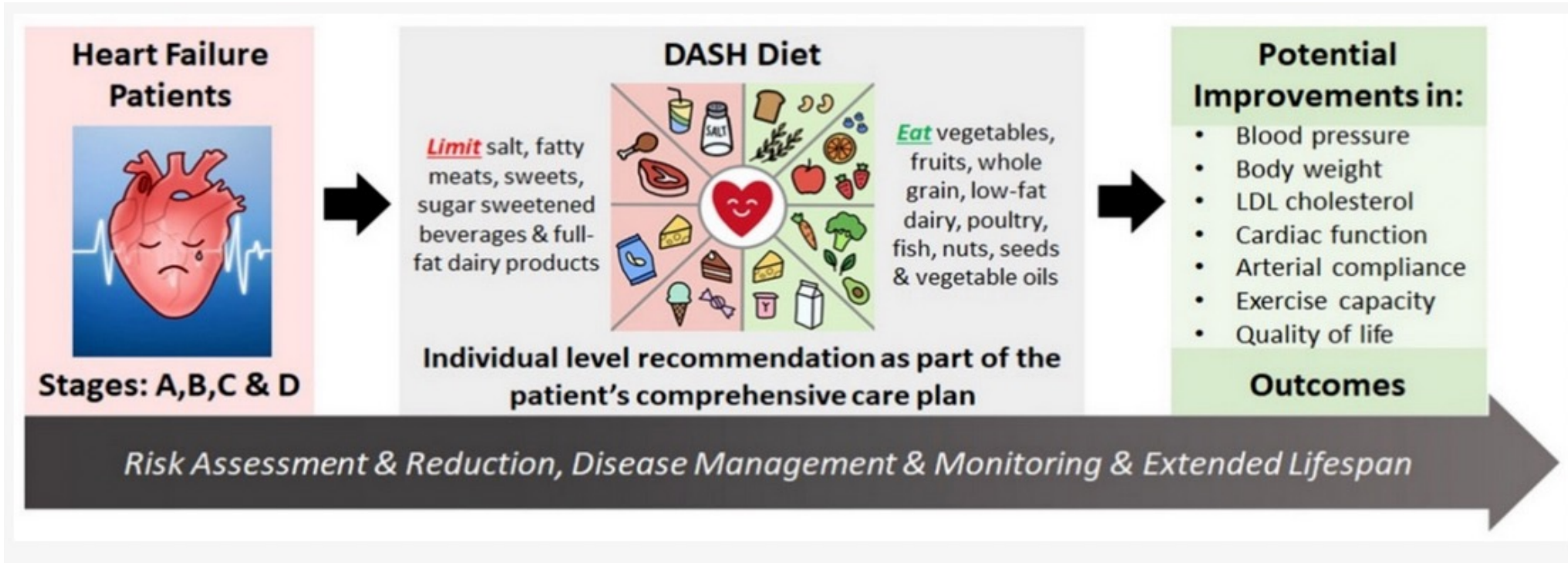
Pathways Between Structural Racism and Healthcare Disparities in Heart Failure

Piña, I.L. et al. . 2021;78(25):2589-2598.

The Case of Diet for Patients with Heart Failure

Source: Wickman BE et al, Nutrients, 2021, *13*(12), 4424

Food Environments Influence Diet
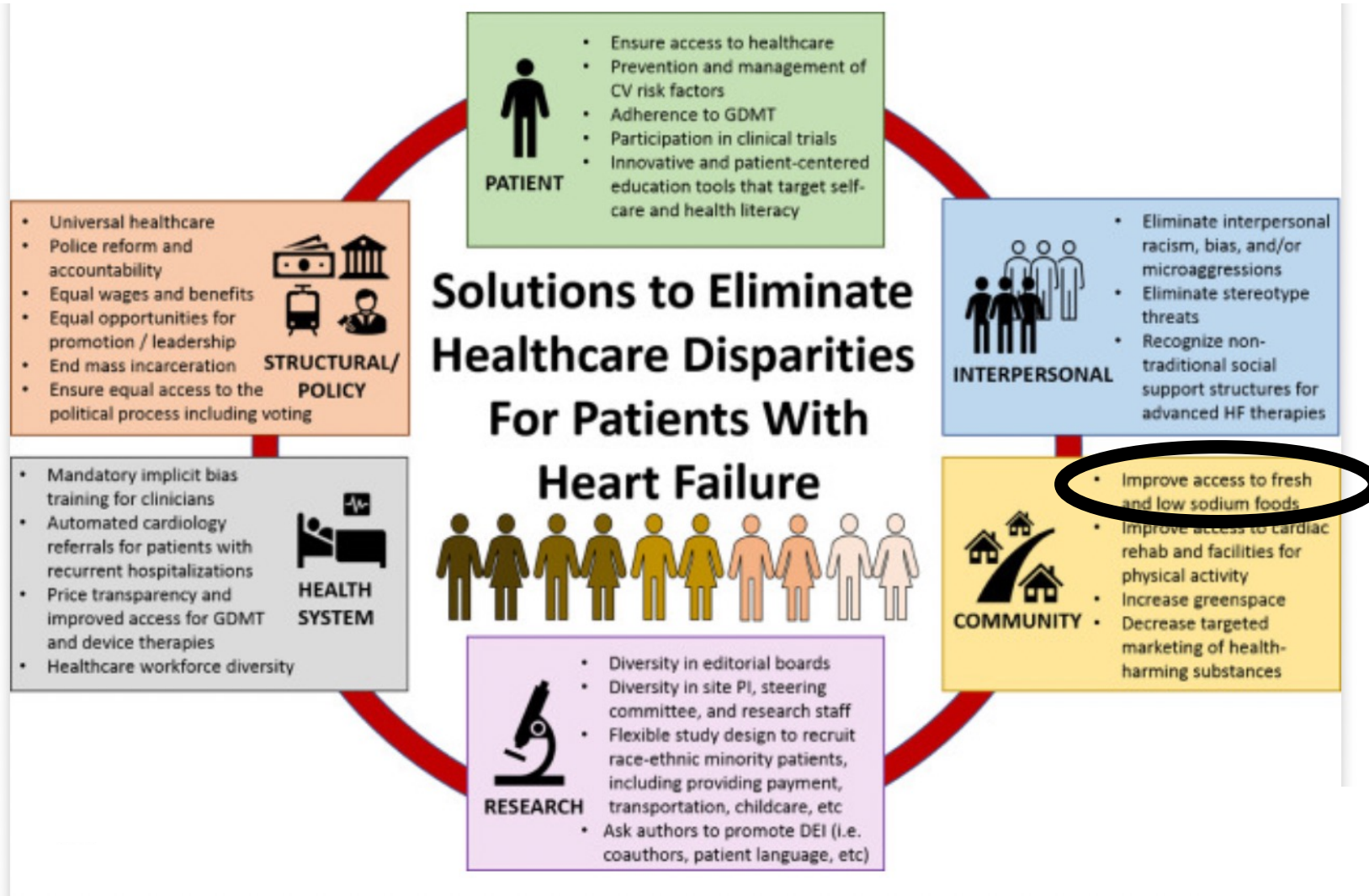
BURGER KING

BK STACKERS
STARTING
AT $1

Table. Mean Sodium, Mean Calories, Mean Sodium Density, and Percentage of Meals by Sodium Content at 11 New York City Fast Food Chains by Collection of Consumer Receipts[a]
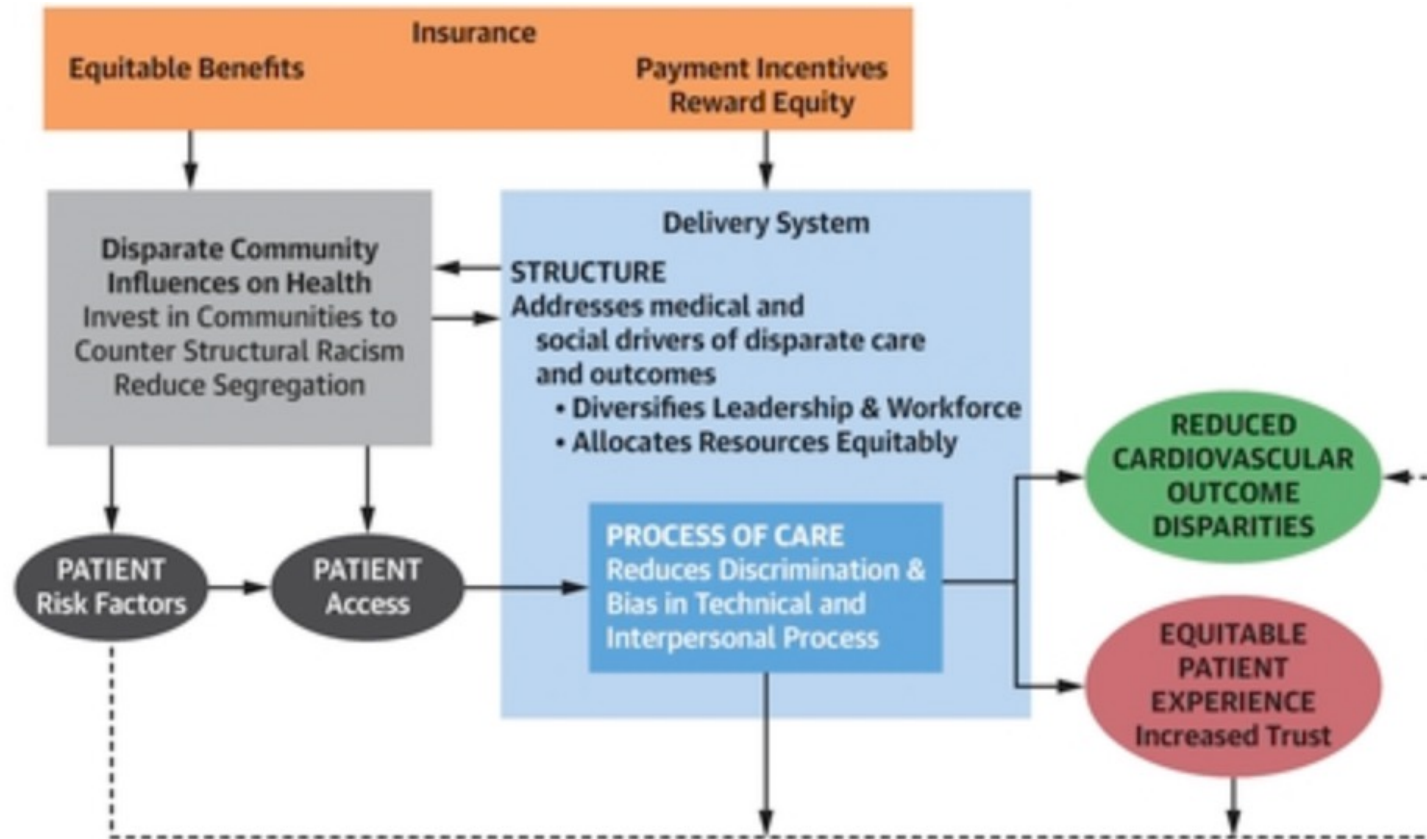
| Fast Food Chain | Valid Receipts | Mean (SE) | | | Meals by Sodium Content, % | | | |
		Sodium, mg	Calories	Sodium Density, mg/1000 kcal	≤600 mg	601-1499 mg	1500-2299 mg	≥2300 mg
Total meals	6580	1751 (27.1)	881 (11.8)	2136 (33.5)	2.8	40.4	36.4	20.4
Burger chain	3350	1548 (16.8)	933 (10.8)	1780 (12.9)	3.2	46.4	38.9	11.5
Burger King	850	1685 (28.4)	1008 (16.6)	1727 (15.0)	5.5	33.3	44.6	16.6
McDonald's	2107	1477 (17.7)	908 (13.6)	1782 (17.4)	2.8	51.7	36.1	9.3
Wendy's	393	1631 (34.6)	907 (27.7)	1885 (34.7)	0.0	46.6	41.5	12.0
Sandwich chain	1883	1859 (31.9)	757 (14.2)	2643 (24.4)	1.9	37.9	36.5	23.7
Au Bon Pain	140	1553 (25.6)	608 (12.2)	2842 (116.7)	16.4	37.9	25.7	20.0
Subway	1743	1883 (30.2)	768 (13.1)	2627 (23.4)	0.7	37.9	37.3	24.0
Fried chicken chain	585	2441 (47.5)	999 (21.8)	2466 (34.2)	1.7	14.5	28.4	55.4
Kentucky Fried Chicken	325	2397 (42.0)	958 (16.1)	2504 (38.4)	2.2	16.9	24.0	56.9
Popeye's	260	2497 (84.8)	1050 (31.5)	2418 (52.0)	1.2	11.5	33.8	53.5
Pizza chain	242	1734 (214.5)	793 (120.2)	2317 (77.1)	0.8	52.1	27.3	19.8
Domino's	29	2465 (488.6)	1550 (201.4)	1545 (105.6)	6.9	37.9	6.9	48.3
Papa John's	191	1561 (184.9)	652 (80.7)	2443 (22.6)	0.0	56.5	28.8	14.7
Pizza Hut	22	2272 (327.4)	1017 (127.7)	2233 (126.0)	0.0	31.8	40.9	27.3
Tex-Mex chain	95	1849 (94.5)	909 (55.6)	2093 (31.6)	2.1	34.7	38.9	24.2
Taco Bell	95	1849 (94.5)	909 (55.6)	2093 (31.6)	2.1	34.7	38.9	24.2
Colocated chains[b]	425	1912 (89.8)	897 (28.2)	2156 (47.5)	5.6	34.1	32.5	27.8

[a] Maximum limits include the following: 600 mg, maximum sodium limit for meals and main dishes to use the claim "healthy," as defined by the Food and Drug Administration; 1500 mg, maximum daily sodium intake recommended for hypertensive, black, and middle-aged and older adults; and 2300 mg, maximum daily sodium intake recommended for adults who do not fall into one of the groups that is covered by the 1500 mg/d recommendation.

[b] Colocated chains include locations where 2 or more chains (ie, Burger King, Kentucky Fried Chicken, Pizza Hut) operated at the same address and storefront.
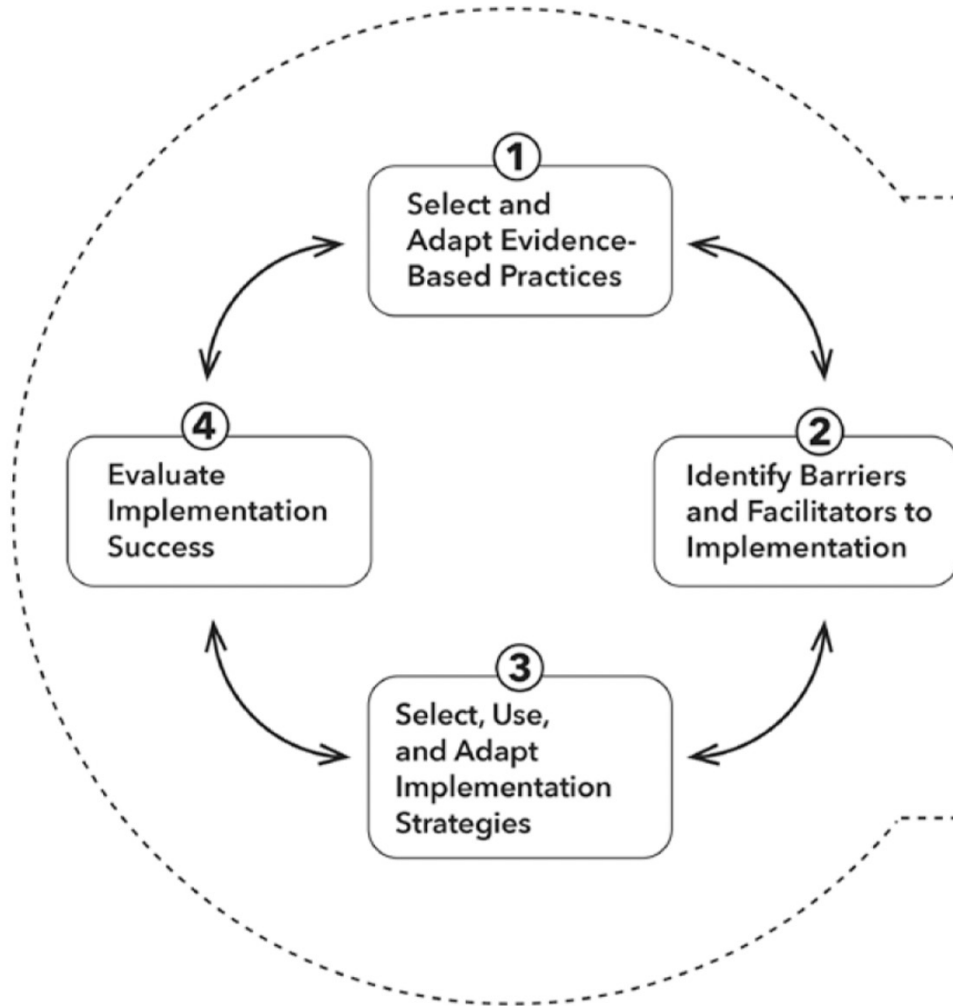
Source: Johnson CM et al. Arch Intern Med. 2010;170 732-734

Source: Morris A, Journal of Cardiac Failure, 2022, 28(7): 1169-1184

Equity-centered Quality Improvement Model

Schneider, E.C. et al. . 2021;78(25):2599–2611.

Roadmap for Leveraging Implementation Science to Achieve Cardiovascular Health Equity

Source: Moise N et al, Circulation, 2022, 146(19): e260-e278

Targets for Improving Disparities by Race in Heart Failure Using the Socioecological Model
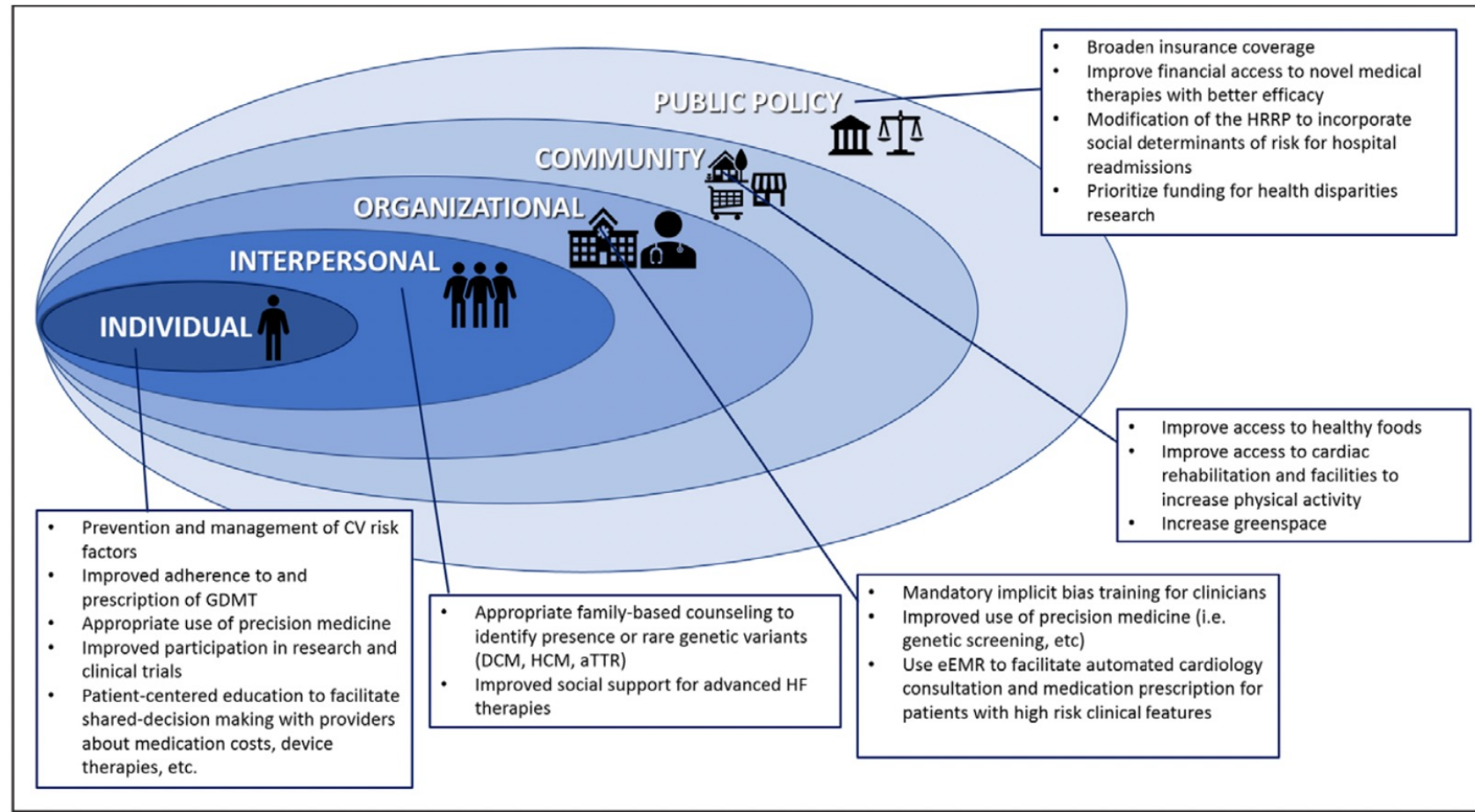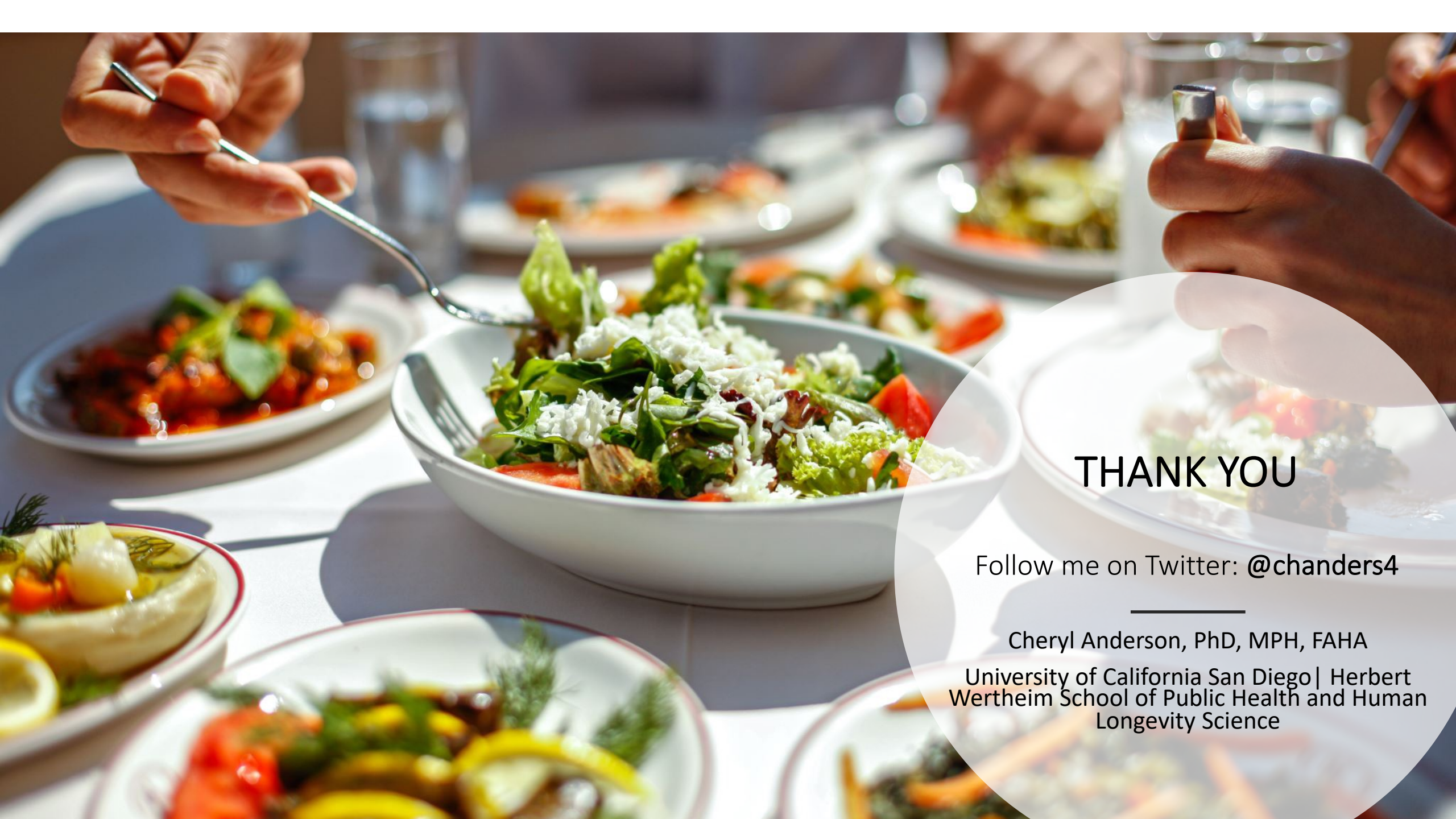
THANK YOU

Follow me on Twitter: **@chanders4**

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