

# HEART FAILURE



Heart failure is a chronic disease in which the heart muscle is weakened and is unable to pump enough blood and oxygen to the rest of the body. The heart tries to compensate at first by enlarging, developing more muscle mass or pumping faster. But heart failure is progressive, and the heart and body eventually cannot keep up. People with heart failure will experience fatigue, breathing problems and other symptoms.

## KEY TAKEAWAYS



Heart failure is a chronic, progressive disease impacting over **6.5 million Americans**.



Heart failure is the leading cause of hospitalization among Medicare patients and has a yearly price tag that exceeds **\$30 billion**.



**One in four heart failure patients** are readmitted to the hospital within 30 days of discharge, and nearly 40% die within a year of their first hospitalization.

## FINANCIAL BURDEN

Heart failure is the leading cause of hospitalization among Medicare patients. It has a yearly price tag exceeding \$30 billion.

- One in four patients face readmission within 30 days of discharge.
- There is nearly a 40% mortality rate within a year of their first hospitalization, taking a tremendous toll on the quality of life for patients, families and caregivers.

Nearly all heart failure patients will have at least one hospitalization during their disease, with roughly 1 million people hospitalized for heart failure annually.

## POPULATION STATISTICS

Heart failure is a chronic, progressive disease.

- Heart failure affects over 6.5 million Americans. Researchers expect the number to increase to 8 million by the year 2030.
- Heart failure is also a common cause of death. It contributes to about 36% of all cardiovascular disease-related deaths.

## DEMOGRAPHIC STATISTICS

People at higher risk for heart failure include:

- Those with certain conditions like diabetes, high blood pressure, coronary artery disease or obesity.
- Those who smoke, consume alcohol excessively or don't get enough physical activity.

## ACCESS ISSUES

**Heart failure patients with limited income, education or health literacy experience a higher mortality after hospitalization.**

In addition, women and racial and ethnic minorities are underrepresented in clinical trials.

Heart failure clinics have been proven to help reduce hospital readmission rates, but they're not available to all patients. This issue is further complicated by social determinants of health, such as transportation challenges and income level. Some people may not live near a heart failure clinic or be able to take time off work or find a reliable mode of transportation to get the help they need.