

# Avoidable mortality (AM) in Victoria from 1997 to 2003 due to *ischaemic heart disease*

## Definitions

*Avoidable mortality* (AM) refers to deaths classed as untimely and unnecessary – deaths from diseases for which effective public health and/or medical interventions currently exist – in those aged under 75 years.

Fifty-six conditions, including *IHD*, currently meet these requirements. All other deaths in people aged less than 75 years are considered unavoidable. Deaths in those aged 75 years and over are also considered unavoidable and not included in the analyses.

*Ischaemic heart disease (IHD)*, also known as coronary heart disease, is the most common form of heart disease. There are two major clinical forms; heart attack (often known as acute myocardial infarction or AMI) and angina.

## Key AM findings on *IHD*

*Ischaemic heart disease (IHD)* was the leading cause of avoidable mortality (AM) between 1997 and 2003.

Avoidable deaths due to *IHD* increased sharply among people aged 30 years and older and was greatest in people aged between 70 and 74. See graph 1.

The avoidable *IHD* death rate was significantly higher in men than women. The rates in both men and women significantly declined during the reported period and would be expected to further decline if the trend continues. See graph 2.

## Disadvantage and location

The most socio-economically disadvantaged men had a significantly higher avoidable *IHD* death rate in all but two (1999 and 2000) of the seven years.

Men from rural Victoria had a significantly higher avoidable *IHD* death rate than men from metropolitan areas in all but one (2001) of the reported years. See table 1.

The most socio-economically disadvantaged women had a significantly higher *IHD* AM rate in four of the seven years (1997, 1998, 1999 and 2002).

Women from rural areas had a significantly higher avoidable *IHD* death rate than women from metropolitan areas in 1999 and 2003. See table 2.

## General information

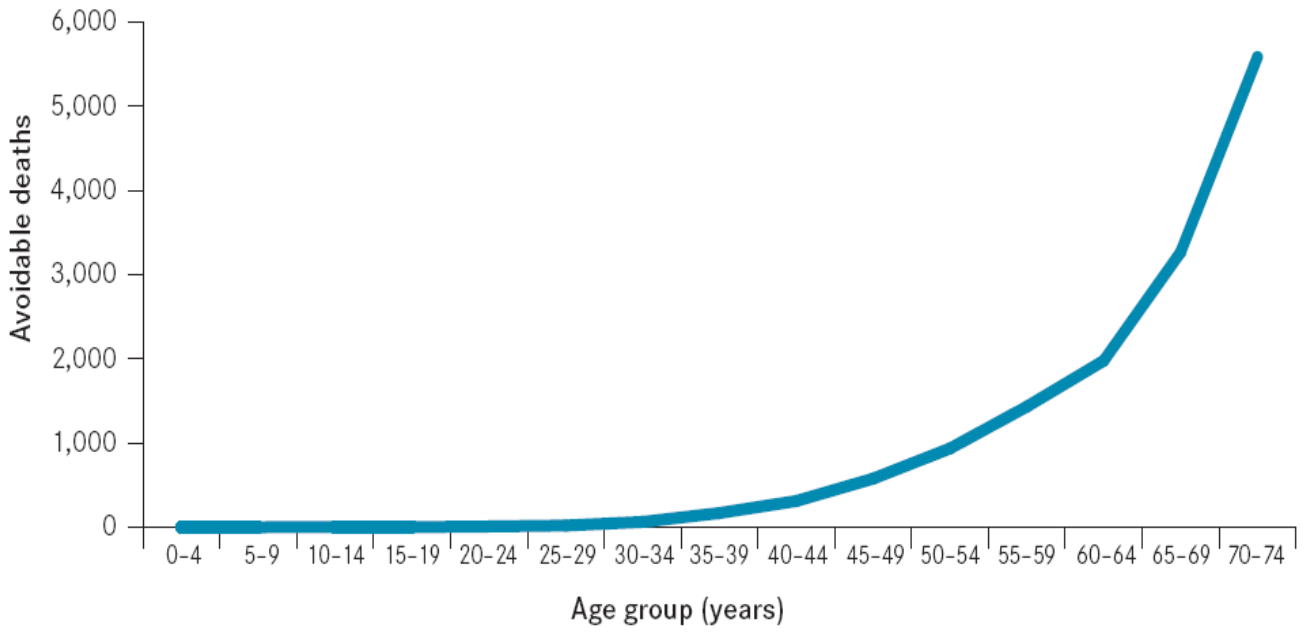
This fact sheet is an adjunct to *Avoidable Mortality in Victoria: Trends between 1997 and 2003*, the first comprehensive report on AM in Victoria which provides a detailed examination of the 10 most common causes of AM, which together account for 50% of deaths in the state during this period.

The report is compiled via a simple and practical Victoria-wide, population-based method of counting AM rates.

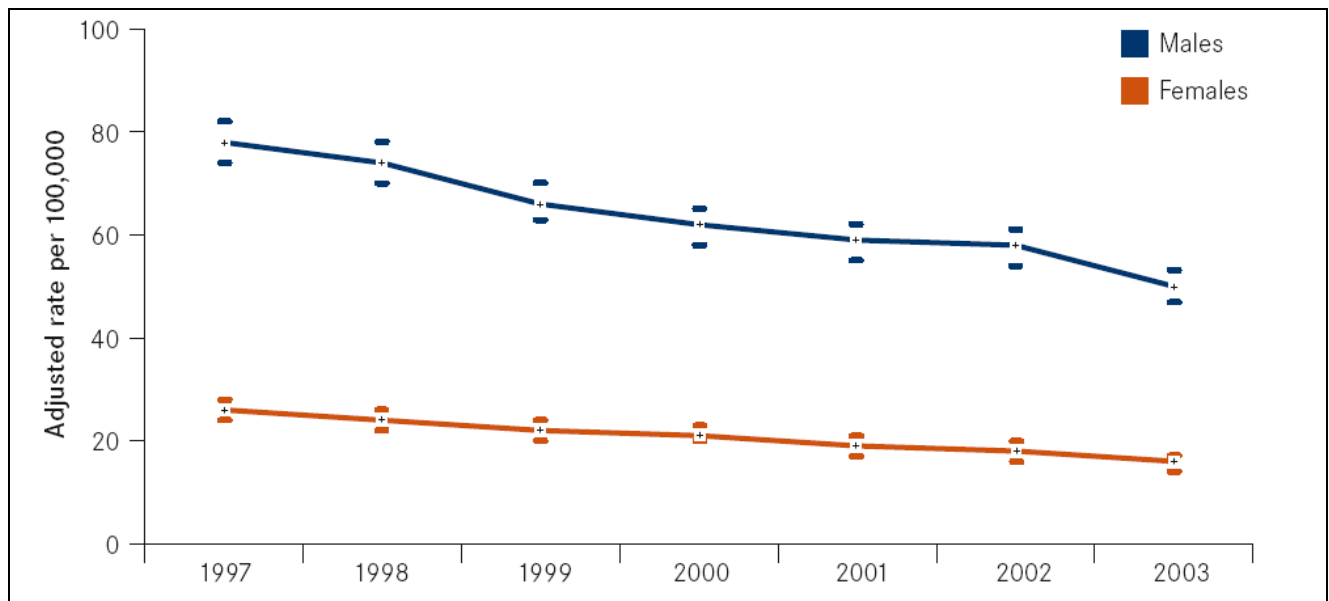
*Declining trends in AM* may indicate improvements in the healthcare system.

*Increasing trends in AM* may indicate shortcomings in the healthcare system, such as a lack of use of effective interventions.

**Graph 1: Avoidable ischaemic heart disease (IHD) deaths by age from 1997 to 2003**



**Graph 2: AM rates in Victoria (1997 to 2003) due to IHD**



**Table 1: Adjusted IHD AM rates (95% CI) in Victorian males (1997–2003)**

		Males (rate per 100,000)																				
IHD		1997			1998			1999			2000			2001			2002			2003		
		Adjusted	95%CI		Adjusted	95%CI		Adjusted	95%CI		Adjusted	95%CI		Adjusted	95%CI		Adjusted	95%CI		Adjusted	95%CI	
Victoria		78	74	82	74	70	78	66	63	70	62	58	65	59	55	62	58	54	61	50	47	53
	Metropolitan	72	67	76	69	64	73	63	59	67	60	56	64	56	52	60	54	50	58	46	43	50
	Rural	92	85	100	86	79	93	74	68	81	65	59	72	65	59	71	66	60	72	58	52	64
IRSED category:																						
	Most disadvantaged	85	75	94	84	75	93	67	59	75	72	64	81	73	65	82	66	59	74	57	50	65
	2	82	74	91	82	74	90	75	67	83	69	62	77	60	53	67	68	60	75	60	53	67
	3	87	78	96	78	70	86	68	60	76	60	53	67	58	51	65	59	52	66	52	46	59
	4	71	63	79	65	58	73	64	57	72	49	43	56	57	50	64	50	44	57	41	35	47
	Least disadvantaged	66	58	74	60	52	67	57	50	65	58	50	65	45	38	51	43	37	50	39	33	45
ARIA category:																						
	Accessible	93	79	108	83	69	97	75	62	88	59	47	70	72	59	84	68	56	80	57	46	69
	Highly Accessible	76	72	80	71	67	75	65	61	68	61	58	65	56	53	60	56	52	59	49	46	52
	Moderately accessible	95	73	117	131	106	157	87	66	108	81	61	101	90	69	111	82	62	103	61	44	79
Rate ratios:																						
	Male:Female	3.02			3.12			3.00			2.87			3.07			3.23			3.18		
	Rural:Metro	1.28			1.26			1.18			1.09			1.17			1.23			1.25		
	Most:Least disadvantaged	1.27			1.41			1.16			1.25			1.65			1.52			1.47		
	Least:Most accessible	1.25			1.86			1.34			1.33			1.60			1.48			1.25		

Note: Adjusted rates are significantly different (P<0.05) when their 95% confidence intervals do not overlap  
 Adjusted rates and rate ratios in RED are significantly greater (P<0.05) than the corresponding rate for Victoria or 1, respectively  
 Adjusted rates and rate ratios in GREEN are significantly lower (P<0.05) than the corresponding rate for Victoria or 1, respectively

**Table 2: Adjusted IHD AM rates (95% CI) in Victorian females (1997–2003)**

		Females (rate per 100,000)																				
IHD		1997			1998			1999			2000			2001			2002			2003		
		Adjusted	95%CI		Adjusted	95%CI		Adjusted	95%CI		Adjusted	95%CI		Adjusted	95%CI		Adjusted	95%CI		Adjusted	95%CI	
Victoria		26	24	28	24	22	26	22	20	24	21	20	23	19	17	21	18	16	20	16	14	17
	Metropolitan	25	23	28	22	20	24	20	18	22	21	19	23	18	16	20	16	14	18	13	11	15
	Rural	28	24	32	27	23	31	28	24	32	23	19	27	21	18	25	21	18	25	22	18	25
IRSED category:																						
	Most disadvantaged	35	29	41	29	24	34	28	23	34	22	17	26	22	17	26	22	18	27	17	13	21
	2	28	23	32	27	23	32	26	22	31	24	20	28	20	16	24	21	17	25	19	16	23
	3	31	26	36	26	21	30	25	20	30	24	19	28	22	18	27	18	14	21	18	14	22
	4	21	16	25	19	15	22	16	12	19	20	16	24	17	14	21	17	13	21	12	9	15
	Least disadvantaged	16	13	20	19	15	23	15	12	19	17	14	21	14	11	18	11	8	14	11	8	14
ARIA category:																						
	Accessible	31	23	39	23	16	30	30	22	37	20	14	27	22	15	29	18	11	24	21	14	28
	Highly Accessible	25	23	27	24	22	26	21	19	23	21	19	23	19	17	21	18	16	19	15	13	17
	Moderately accessible	37	24	50	25	14	36	32	19	44	27	16	39	22	12	33	27	16	38	27	15	39
Rate ratios:																						
	Male:Female																					
	Rural:Metro	1.12			1.24			1.41			1.11			1.18			1.31			1.67		
	Most:Least disadvantaged	2.15			1.52			1.84			1.24			1.53			2.02			1.50		
	Least:Most accessible	1.46			1.04			1.51			1.28			1.19			1.53			1.81		

Note: Adjusted rates are significantly different (P<0.05) when their 95% confidence intervals do not overlap  
 Adjusted rates and rate ratios in RED are significantly greater (P<0.05) than the corresponding rate for Victoria or 1, respectively  
 Adjusted rates and rate ratios in GREEN are significantly lower (P<0.05) than the corresponding rate for Victoria or 1, respectively

Information in this fact sheet is taken from the report, *Avoidable Mortality in Victoria: Trends between 1997 and 2003*.