Cardiovascular Health Gender Disparities: The Pathway to Policy

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Objectives

• Discuss disparities in cardiovascular disease (CVD) research for women
• Discuss national and global implications for cardiovascular health policy
• Analyze current U.S. health policy
• Use a Problem-Centered Public Policy-Making Process Model
Frequencies of cardiovascular diseases among adults aged 18 and over: United States, 2012

<table>
<thead>
<tr>
<th>Heart Disease</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number in thousands</td>
<td>Number in thousands</td>
</tr>
<tr>
<td>All types</td>
<td>13,820</td>
<td>12,741</td>
</tr>
<tr>
<td>Coronary</td>
<td>8,752</td>
<td>6,529</td>
</tr>
<tr>
<td>Hypertension</td>
<td>28,940</td>
<td>30,890</td>
</tr>
<tr>
<td>Stroke</td>
<td>2,898</td>
<td>3,472</td>
</tr>
<tr>
<td>Total</td>
<td>113,071</td>
<td>121,850</td>
</tr>
</tbody>
</table>

National Statistics

- Leading cause of death for men and women (American Heart Association, 2015)
- CVD kills 419,730 women each year (American Heart Association, 2013)
- 64% of women who die suddenly of coronary heart disease had no previous symptoms (American Heart Association, 2012)
International Statistics

- In 2012 an estimated 17.5 million people died from CVDs, which comprised 31% of all deaths (World Health Organization, 2015)

- Over 75% of CVD deaths take place in low- and middle-income countries (World Health Organization, 2015)

- 20% aware CV disease was the number one killer in women (National Heart Foundation of Australia, 2010)

- 56% in United States (American Heart Association, 2015)
Economic impact of CVD

- $444 billion spent in 2010 on treatment, medication and lost productivity (National Conference of State Legislatures, 2015)
- 2.4% of U.S. GDP
- Leading cause of death globally (World Health Organization, 2015)
Women in Cardiovascular Research

- Systematic review between 1997 and 2009 showed female enrollment at 30% in 325 trials (Tsang et al., 2012)
- EuroHeart Project: review of 65 trials with 33% average and range 15-60% (Stramba-Badiale, 2009).
Position Statements

● Institute of Medicine (2010) *Women’s Health Research*
  
  ● Not enough advancement with depression, HIV, osteoporosis, drug addiction
  
  ● Research community should integrate women’s health considerations into all research
  
  ● Need more gender exclusive studies
  
  ● Governments should ensure adequate participation
Position Statements

- International Council on Women’s Health Issues
  - As Millenium Development Goals come to an end, need emphasis on chronic diseases, such as CVD
  - Research data needs to be disaggregated
  - More active female investigators
Health Policy Initiatives

- WHO recommendation
- “Best buys”
- Comprehensive tobacco control policy, taxation, building walking paths, healthy school lunches

- EuroHeart
  - European Society of Cardiology and European Heart Network
  - Awareness, diagnosis and treatment
Health Policy Initiatives

- Policy depot (Mason et al., 2012)
  - Launched in 2012 by National Forum for Heart Disease and Stroke Prevention and the Collaboration for Integrated Non-communicable Disease Intervention Program
  - Online tool to form and implement evidence-based policies
  - Clearinghouse of policies
Case Study: History of health policy related to women’s CVD research in the United States
<table>
<thead>
<tr>
<th>Phases of policy making</th>
<th>Phases of policy analysis</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Agenda setting</td>
<td>1. Problem structuring</td>
</tr>
<tr>
<td><strong>Window of opportunity</strong></td>
<td></td>
</tr>
<tr>
<td>2. Policy formulation</td>
<td>2. Forecasting</td>
</tr>
<tr>
<td>3. Policy adoption</td>
<td>3. Recommendations for adoption</td>
</tr>
<tr>
<td>4. Policy implementation</td>
<td>4. Monitoring</td>
</tr>
<tr>
<td>5. Policy assessment</td>
<td>5. Evaluation</td>
</tr>
<tr>
<td>6. Policy modification</td>
<td>6. Recommendations for modification</td>
</tr>
</tbody>
</table>
# Research Funding and Healthcare Costs

<table>
<thead>
<tr>
<th></th>
<th>Research Funding</th>
<th>Healthcare Costs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Heart Disease</strong></td>
<td>1.32</td>
<td>109</td>
</tr>
<tr>
<td><strong>Cancer</strong></td>
<td>2.17</td>
<td>77</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>Bill</th>
<th>Name</th>
<th>Senate</th>
<th>House</th>
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<tbody>
<tr>
<td>1993</td>
<td>NIH Revitalization Act (passed)</td>
<td></td>
<td></td>
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<tr>
<td>1996</td>
<td>H.R. 3001 / S. 1910</td>
<td>Women’s Cardiovascular Diseases Research and Prevention Act</td>
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<tr>
<td>1997</td>
<td>S. 349</td>
<td>Women’s Cardiovascular Diseases Research and Prevention Act</td>
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<tr>
<td>1998</td>
<td>H.R. 4683 / S. 1722</td>
<td>Women’s Health Research and Prevention Amendments of 1998 (passed)</td>
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<tr>
<td>2001</td>
<td>H.R. 2783</td>
<td>Women’s Health Drug Studies Act</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2006</td>
<td>H.R. 4747 / S. 227</td>
<td>HEART for Women Act</td>
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<tr>
<td>2007</td>
<td>H.R. 1014 / S.573</td>
<td>HEART for Women Act</td>
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<td></td>
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<tr>
<td>2009</td>
<td>H.R. 1032</td>
<td>HEART for Women Act</td>
<td></td>
<td></td>
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<tr>
<td>2011</td>
<td>S. 422</td>
<td>HEART for Women Act</td>
<td></td>
<td></td>
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<tr>
<td>2014</td>
<td>H.R. 4879</td>
<td>Research for All Act</td>
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Barriers in Policy Environment

Historical
• Women harmed in historical studies
  • Tuskegee Syphilis study
  • Thalidomide studies
• Trend to protect women from studies by exclusion
• 1977 FDA excluded women from Stage 1 clinical trials

Current
• Majority of laws passed related to women's health focuses on breast cancer research
• Other health related research laws
Current Events

- Research is a low priority
- Electoral campaigns
- Major national and world events
- Other major healthcare laws
- Decrease in co-sponsors
  - 8 Democratic co-sponsors and 2 Republican co-sponsors for the current bill (2014)
  - 35 Democratic, 7 Republican, and 2 Independent co-sponsors for S. 422 (2009)
Figure 7
Percent Enrollment by Sex/Gender in All NIH Clinical Research
Excluding Male and Female Only Studies

FY2011
- 50%
- 48%
- 2%

FY2012
- 49%
- 49%
- 2%

Conclusion

National and International support for women’s cardiovascular health and research

Progress is in the right direction

Health policy is an evolving process


Heart Disease Education, Analysis, and Research, and Treatment for Women Act, S. 422, 111t Cong. (2009).


References


References


