

Cardiac Rehab Use in Minnesota

2021 QUALIFYING EVENTS DATA

Improvement in metrics across the board

All but one metric improved from 2020 to 2021

- Percent enrollment within 21 days decreased slightly from 58% to 57%, but on average patients started cardiac rehab four days sooner after a qualifying event in 2021 than in 2020.
- The average patient with a qualifying event in 2021 attended 1.5 more cardiac rehab sessions.
- The average number of days between the qualifying event and the second cardiac rehab session decreased by almost five days.

Biggest improvements in the Medicare population

- On average the Medicare population had 1.7 more cardiac rehab sessions after qualifying events in 2021 compared to 2020 (increasing from 16.6 to 18.3).
- The time between the qualifying event and the second cardiac rehab session decreased by more than five days on average for Medicare patients (decreasing from 42.1 to 36.8).
- The percent of Medicare patients attending 12 or more session within 36 weeks of enrollment increased from 58% to 65%.

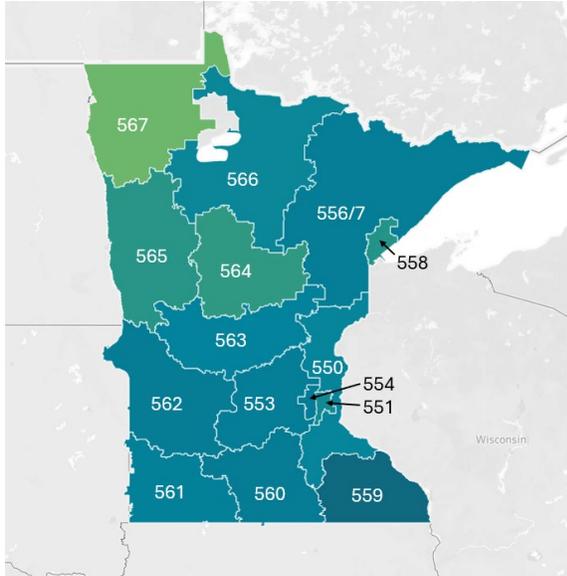
Medicare population: Non-white patients are behind white patients across all metrics*

*Data on race first became available in 2021 for the Medicare population.

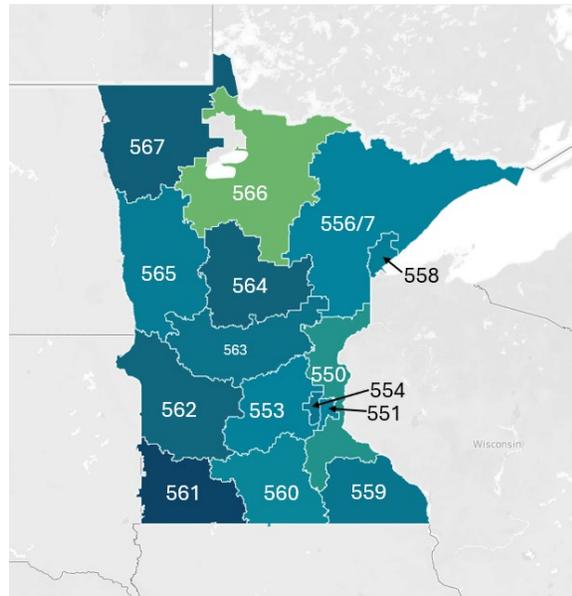
- 21% of non-white Medicare patients with a cardiac rehab qualifying event attended at least one session within one year from event date, 8 percentage points lower than white patients.
- When looking at completion rates this disparity is larger, with 44% of non-white Medicare patients attending 12 or more sessions, compared to 66% of white patients.
- The percentage of American Indian (14.4%) and Black patients (16.4%) that attended two or more sessions in 365 days was lower than white patients (27.6%) and Asian patients (23.3%).

Regional changes

Change in Initiation of Cardiac Rehab



- Zip code regions 556/7 (Hibbing) and 550 (East Metro) lead the state in cardiac rehab initiation in 2021.
- Zip code region 559 (Rochester) saw the greatest improvement from 2020 with a 13 percentage point increase to 31%.
- Zip code region 567 (Thief River Falls) is the only region where initiation has declined – 8 percentage points to 21%.



- Zip code region 561 (Worthington) had the largest increase in patients completing 12 or more sessions – from 62% to 84%.
- Though Zip code region 567 (Thief River Falls) had lower initiation metrics, they saw an increase in completion of 15 percentage points to 71%.
- Zip code region 566 (Bemidji) saw declines in completion of 12 or more sessions from 52% to 44%.



Change in Reaching 12 or More Sessions

For more detailed information on cardiac rehab in each region of the state, visit the [Cardiac Rehab Dashboard \(www.health.state.mn.us/diseases/chronic/cardiarehabdata.html\)](http://www.health.state.mn.us/diseases/chronic/cardiarehabdata.html).

Areas for improvement

Female patients less likely to initiate or complete cardiac rehab

- Only 30% of qualifying female patients attended one cardiac rehab session, compared to 39% of male patients.
- The average number of cardiac rehab sessions after initiating treatment for female patients was 1.5 fewer sessions than male patients.
- Of female patients that initiated treatment 60% completed 12 or more sessions, 5 percentage points behind male patients.

Age group 45 to 64 years has the highest initiation rate, but lower completion rate

- About 49% of qualifying patients 45 to 64 years old attended one or more cardiac rehab session, higher than all other age groups.
- The 45 to 64 age group had higher levels of drop out after enrollment, 59% of qualifying patients completed 12 or more sessions lagging behind the 65 to 74 and 75 to 84 age groups by 11 and 6 percentage points, respectively.
- On average this age group attended 16.9 sessions – 1.3 sessions less than the 75 to 84 age group and 2.6 sessions less than the 65 to 74 age group.

See more in-depth information on the updated MDH Cardiac Rehab Dashboard:

[Cardiac Rehab Dashboard \(www.health.state.mn.us/diseases/chronic/cardiarehabdata.html\)](http://www.health.state.mn.us/diseases/chronic/cardiarehabdata.html)