Low socioeconomic status (SES) is associated with recurrent ASCVD in stable coronary heart disease

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Declaration of Interest

- I have nothing to declare

Background

- The risk of a recurrent cardiovascular event varies in patients with CHD.

- Established risk prediction tools are lacking.
  No risk stratification method for post myocardial infarction (MI) patients.

- With improved risk stratification in secondary prevention, new potent (expensive) medication could be aimed at the patients at highest risk of recurrence

- The predictive role of SES in secondary prevention post MI is unclear

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Declaration of Interest

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Purpose and key points about methods

To investigate the predictive value of SES variables on incident ASCVD in 1-year survivors of a first MI

SWEDEHEART
SEPHIA
Nationwide secondary prevention quality registry for patients <75 years with standardized follow-up after MI

Study cohort   n = 29,226   All without prior ASCVD, 2006 – 2014
1-year follow-up (baseline)

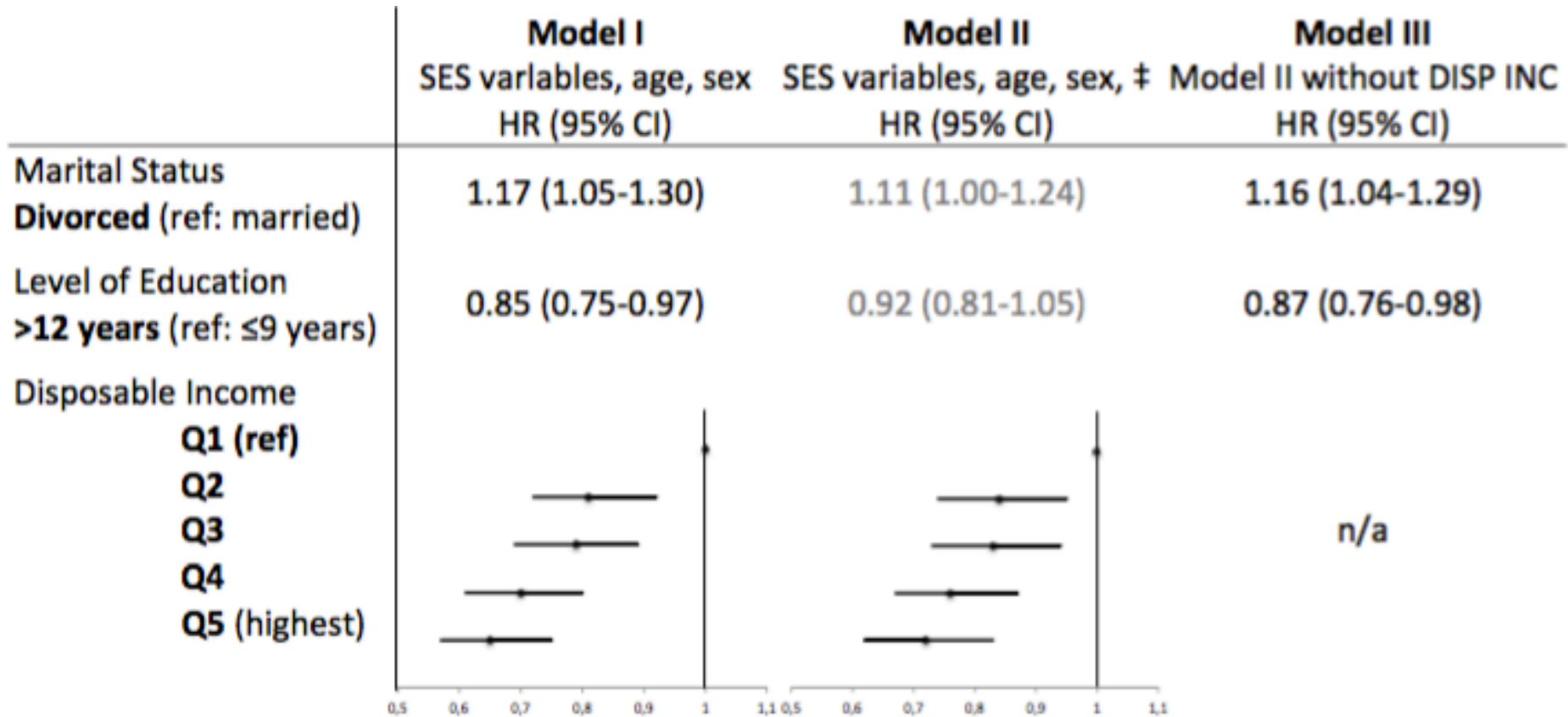**LISA longitudinal database (Statistics Sweden)**

SES variables
- Disposable Income   (Quintiles)
- Level of Education   (≥9, 10-12, >12 years)
- Marital Status   (married, not married, divorced, widow)

In-patient Care Diagnoses & Cause of Death registries (National Board of Health and Welfare)

Outcome - ASCVD   (MI, CHD death, fatal or nonfatal stroke)

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Results

n = 29,226   mean age 63.1 years, 27% women
Incident ASCVD 2,284 (7.8%) during 4.1 year mean follow-up.

	Model I SES variables, age, sex HR (95% CI)	Model II SES variables, age, sex, ‡ HR (95% CI)	Model III Model II without DISP INC HR (95% CI)
Marital Status **Divorced** (ref: married)	1.17 (1.05-1.30)	1.11 (1.00-1.24)	1.16 (1.04-1.29)
Level of Education **>12 years** (ref: ≤9 years)	0.85 (0.75-0.97)	0.92 (0.81-1.05)	0.87 (0.76-0.98)
Disposable Income **Q1 (ref)** **Q2** **Q3** **Q4** **Q5** (highest)			n/a

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Conclusions

- In this large and representative population of 1-year survivors after a first MI, SES predicts subsequent ASCVD.

- SES should be considered in risk assessment for secondary prevention post MI.

- The strongest association was observed for Disposable Income, however, Marital Status and Level of Education are relevant predictors in absence of income data.

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