

## WHAT IS CARDIOVASCULAR DISEASE?

Cardiovascular disease (CVD) includes all diseases of the heart and blood vessels, including ischemic heart disease, stroke, congestive heart failure, hypertension, and atherosclerosis.

## CVD in Nebraska

### Prevalence<sup>1</sup>

- In 2016, **5.8%** of adults reported ever being diagnosed with coronary heart disease or had a heart attack.
- In 2016, 2.8% of adults reported ever being told they had a stroke.

### Hospitalization<sup>3</sup>

- In 2016, **20,699** inpatient hospitalizations occurred among Nebraska residents due to CVD.
- The average hospitalization length of stay for CVD was 4.8 days in 2016.
- In 2016, total hospital charges for CVD in Nebraska was over \$1 billion.
- CVD hospitalization was **1.2** times higher for men than women in 2016.

### Death<sup>2</sup>

- CVD was the leading cause of death in Nebraska during 2016, claiming the lives of **4,581** residents and accounting for more than 1 in 4 (28.3%) of all deaths (with 16,207 deaths).
- After CVD and cancer, no single cause of death accounted for more than 10% of Nebraska deaths.
- The age-adjusted mortality rate for CVD in 2016 was 193.8 per 100,000.

CVD is responsible for more than



**1 in 4**

Nebraska deaths<sup>2</sup>

Table 1: CVD-Related Causes of Death in Nebraska, 2016

Cause	# Deaths
Heart Disease	3,318
Stroke	784
Other	479
<b>CVD-Related Deaths (total)</b>	<b>4,581</b>

# CVD Modifiable Risk Factors Among Nebraskan Adults<sup>1</sup>

## High Blood Pressure

- High blood pressure can be controlled through lifestyle changes such as physical activity and healthy diet and, if necessary, medications.
- More than 1 in every 4 (29.9%) adults reported being told by a healthcare professional that they had high blood pressure in 2015.

## High Cholesterol

- Many people can control high cholesterol by modifying their diet. For those who cannot, medication can lower blood cholesterol levels.
- Of adults who reported having their blood cholesterol checked, more than 1 in 3 (35.1%) reported being told by a healthcare professional that they had high blood cholesterol in 2015.

## Smoking

- Quitting smoking greatly reduces the risk for heart disease and stroke.
- Approximately 17.0% of adults reported smoking cigarettes in 2016.

## Diabetes

- Diabetes can cause atherosclerosis, also known as hardening of the arteries.
- In 2016, 8.8% of adults reported being told by a healthcare professional that they had diabetes, and 6.0% of adults reported being told they have prediabetes.

## Obesity

- Obesity, which is present in 32.0% of adults in Nebraska, increases the risk for CVD.

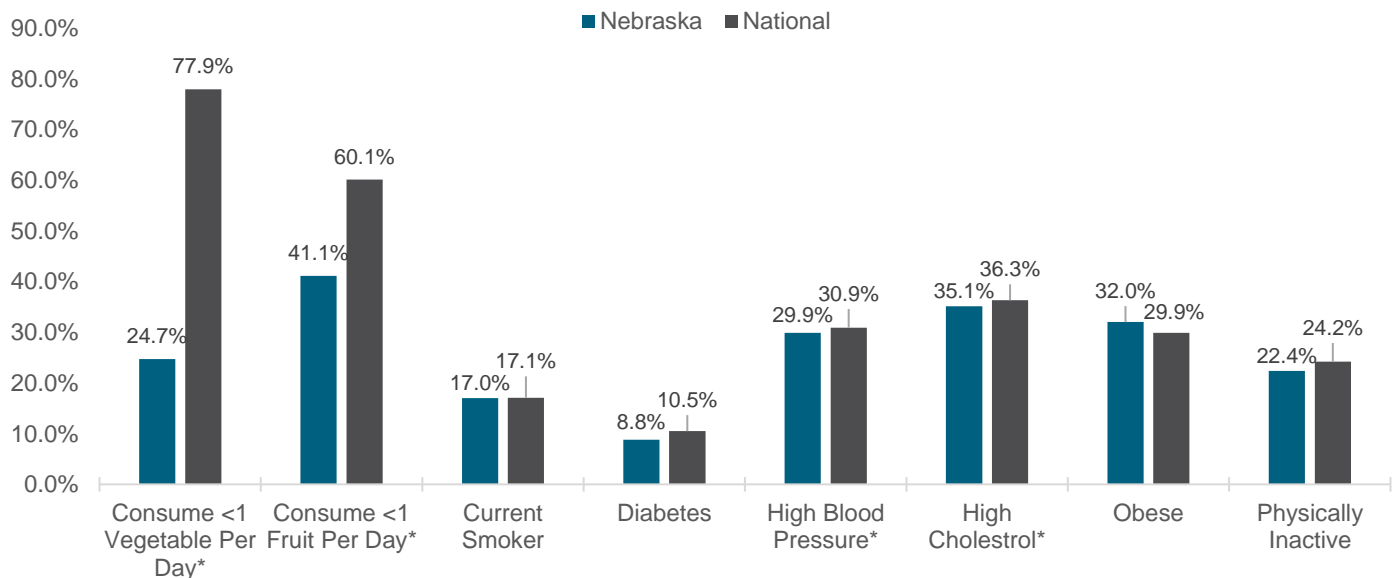
## Physical Inactivity

- Lack of physical activity increases the risk for heart disease and stroke.
- In 2016, 22.4% of adults reported no leisure-time physical activity in the past 30 days.

## Unhealthy Diet

- In 2015, 41.1% of adults consumed fruit less than 1 time per day, and 24.7% of adults consumed vegetables less than 1 time per day.

**Figure 1: Prevalence Of Selected Risk Factors For Cardiovascular Disease Among Adults, 2016**



### References:

<sup>1</sup>Nebraska Behavioral Risk Factor Surveillance System (BRFSS). 2015 and 2016.

<sup>2</sup>Nebraska Vital Records. 2016. Mortality. ICD-10 codes: I00- I78

<sup>3</sup>Nebraska Hospital Discharge Data. 2016. Inpatient Hospital Discharge. Primary diagnosis ICD-10 codes: I00- I78.

**Notes:** \*2015 data used. Physically Inactive was defined as no leisure time physical activity in the last 30 days. Age-adjusted rate per 100,000 population (2000 U.S standard population). Population estimates are calculated by the U.S. Department of Commerce, Bureau of the Census.