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

Prevalence¹
- 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.

Hospitalization³
- 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.

Death²
- 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 deaths²

| Table 1: CVD-Related Causes of Death in Nebraska, 2016 |
|------------------------------------------|-----------|
| Cause                        | # Deaths |
| Heart Disease                | 3,318    |
| Stroke                       | 784      |
| Other                        | 479      |
| **CVD-Related Deaths (total)** | **4,581** |
CVD Modifiable Risk Factors Among Nebraskan Adults

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

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Nebraska</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consume &lt;1 Vegetable Per Day*</td>
<td>24.7%</td>
<td>77.9%</td>
</tr>
<tr>
<td>Consume &lt;1 Fruit Per Day*</td>
<td>41.1%</td>
<td>60.1%</td>
</tr>
<tr>
<td>Current Smoker</td>
<td>17.1%</td>
<td>17.1%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>8.8%</td>
<td>10.5%</td>
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<tr>
<td>High Blood Pressure*</td>
<td>29.9%</td>
<td>30.9%</td>
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<tr>
<td>High Cholesterol*</td>
<td>35.1%</td>
<td>36.3%</td>
</tr>
<tr>
<td>Obese</td>
<td>32.0%</td>
<td>29.9%</td>
</tr>
<tr>
<td>Physically Inactive</td>
<td>22.4%</td>
<td>24.2%</td>
</tr>
</tbody>
</table>

References:
2 Nebraska Vital Records. 2016. Mortality. ICD-10 codes: I00-178
3 Nebraska Hospital Discharge Data. 2016. Inpatient Hospital Discharge. Primary diagnosis ICD-10 codes: I00-178.

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.