nebraska HDSP program

NORTH CENTRAL
District Health Department

| 2011** | CARDIOVASCULAR DISEASE BURDEN

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

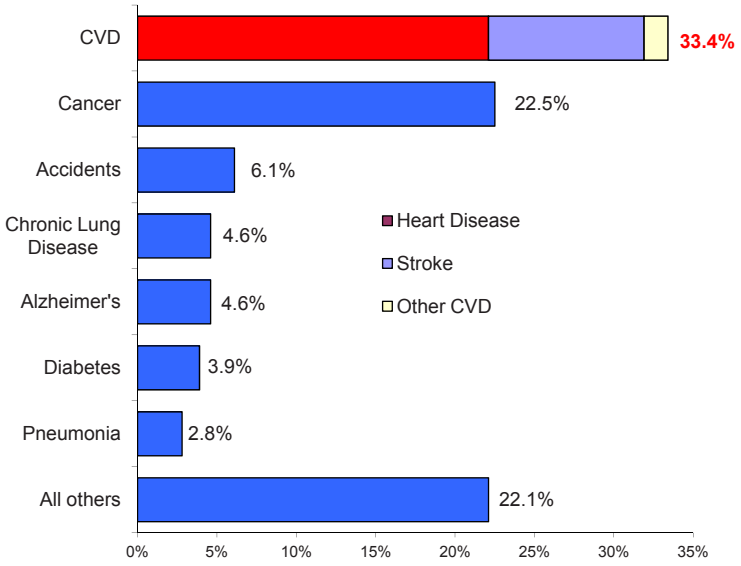
PREVALENCE[1]

- During 2008-2010, approximately 9.8% (3,400) of all adults reported ever being diagnosed with one or more forms of CVD.

DEATH[2]

- CVD was directly responsible for 181 deaths, accounting for approximately 1 in every 3 deaths.
- Cardiovascular disease was the **leading cause of death** among both genders for 2006-2010.

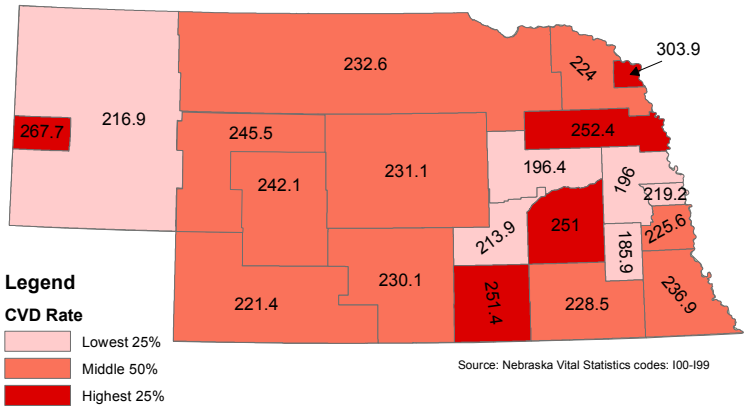
Leading Causes of Death
North Central District Health Department, 2010



- CVD killed more residents than cancer, chronic lung disease and accidents combined.
- CVD age-adjusted death rates were **47% higher** for men than women.
- CVD death rate increases with age but 1 in 13 persons who died from CVD between 2006 and 2010 were less than 65 years of age.

DEATH CONTINUED[2]...

Cardiovscular Disease Mortality by Local Health Departments
Age-Adjusted Rates per 100,000 population 2006-2010



Source: Nebraska Vital Statistics codes: I00-I99

HOSPITALIZATIONS[3]

- CVD is the **leading cause** of hospitalization.
- There were 789 hospitalizations among residents due to CVD.
- The average hospitalization length of stay for CVD was 4.0 days.

ESTIMATED CHARGES[3]

- Total hospital charges for CVD increased by over **$11 million** between 2001 and 2010, from $15 million to $26 million.
- The average charge per CVD hospitalization was $33,500 in 2010 compared to $14,700 in 2001.
- In 2010, Medicare was charged an estimated $19 million for hospitalizations due to CVD, accounting for approximately 73% of all hospitalization charges for CVD.

* All information on this fact sheet is for persons that reside in counties served by North Central District Health Department.

** Published December 2011. All data is the most current data available at the time of publishment.

CVD MODIFIABLE RISK FACTORS

HIGH BLOOD PRESSURE[1]

- Nearly 1 in every 3 (29.2%) adults reported being told by a healthcare professional that they had high blood pressure for the years 2007 and 2009 combined.
- Over half (55.0%) of adults age 65 and older had high blood pressure for the years 2007 and 2009 combined.

SMOKING[1]

- Approximately 1 in 7 adults (14.4%) reported smoking cigarettes for the years 2007-2010 combined.

HIGH BLOOD CHOLESTEROL[1]

- Approximately 1 in every 4 (24.5%) adults had not had a blood cholesterol screening in the past five years for the years 2007 and 2009 combined.
- Of adults that reported having their blood cholesterol checked, more than 1 in every 3 (37.3%) reported being told by a healthcare professional that they had high blood cholesterol for the years 2007 and 2009 combined.
- Half (49.2%) of adults age 65 and older had high blood cholesterol for the years 2007 and 2009 combined.

PHYSICAL INACTIVITY[1]

- Approximately 2 in 5 adults (42.3%) did not meet recommended guidelines for physical activity for the years 2007 and 2009 combined.

UNHEALTHY EATING[1]

- Fewer than 1 in 4 adults (24.3%) consumed five or more servings of fruits and vegetables per day for 2007 and 2009 combined.
- Males (18.6%) were significantly less likely to to consume five or more servings of fruits and vegtables per day than females (29.8%) for 2007 and 2009 combined.

OVERWEIGHT & OBESITY[1]

- Approximately 2 in 3 adults were overweight (42.1%) or obese (26.7%) for the years 2007-2010 combined.
- Males (77.2%) were significantly more likely to be overweight or obese than females (60.4%) for 2007-2010 combined.

DIABETES[1]

- Nearly 1 in 12 (8.6%) adults reported ever being diagnosed with diabetes for 2007-2010 combined.
- Approximatly 1 out of every 6 adults (17.4%) 65 and older reported ever being diagnosed with diabetes for the years 2007-2010 combined.

MULTIPLE RISK FACTORS[1]

- Among adults, more than 9 in 10 (94.3%) had one or more CVD risk factors, approximately 2 in 3 (68.9%) had 2 or more CVD risk factors, and more than 2 in 5 (42.0%) had 3 or more CVD risk factors for 2007 and 2009 combined.

SIGNS & SYMPTOMS

HEART ATTACK

- Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body: Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath: Often occurs along with chest discomfort, but it also can occur before chest discomfort.
- Other symptoms: May include breaking out in a cold sweat, nausea, or light-headedness.

STROKE

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

For more information, contact:
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2. Nebraska Vital Records. Year 2010. Nebraska Department of Health and Human Services, Financial Services, Research and Performance Measurement.
3. Nebraska Hospital Discharge Data. Year 2010.

Department of Health & Human Services
DHHS
NEBRASKA

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