

CARDIOVASCULAR DISEASE (CVD)

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

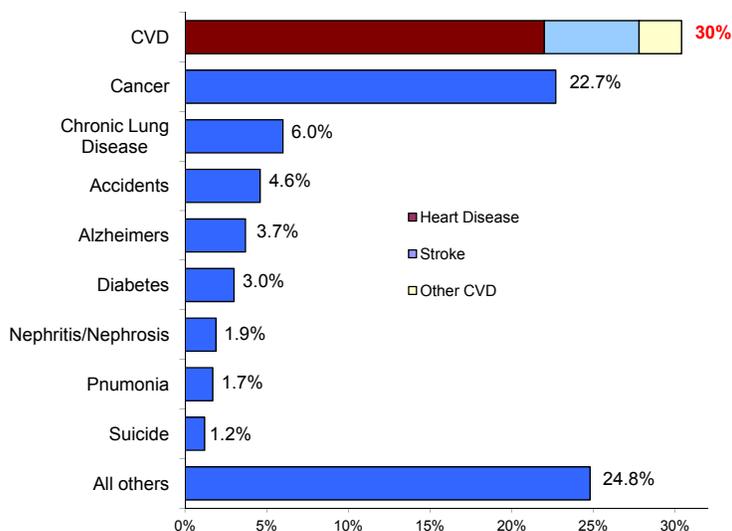
PREVALENCE¹

- During 2010, approximately 7.3% (100,000) of all Nebraskan adults reported ever being diagnosed with one or more forms of CVD.

DEATH²

- CVD was directly responsible for 4,612 deaths, accounting for approximately 1 in every 3 Nebraska deaths.
- Cardiovascular disease is the **leading cause of death** in Nebraska and among whites, Native Americans and Hispanics.

Leading Causes of Death in Nebraska, 2010

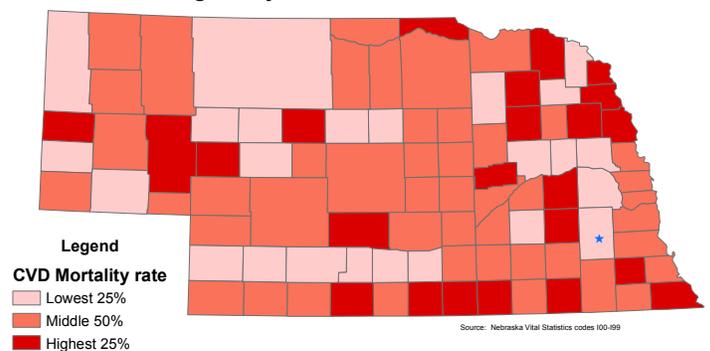


- CVD killed more residents than cancer and chronic lung disease combined.
- CVD age-adjusted death rates were **44% higher** for men than women.
- CVD age-adjusted death rates were **42% higher** for African Americans than whites for the years 2006-2010.
- CVD death rate increases with age but 1 in 7 persons who died from CVD between 2006 and 2010 were less than 65 years of age.

DEATH CONTINUED²...

- Premature death from CVD is much more common among minorities. **Fifty six percent** of Native Americans, **41%** of African Americans, **39%** of Hispanics, and **26%** of Asians who die from CVD die before the age of 65 compared to 13% of whites for the years 2006-2010.

Cardiovascular Disease Mortality in Nebraska
Age-Adjusted Rates 2006-2010



HOSPITALIZATIONS³

- CVD is the **leading cause** of hospitalization in Nebraska.
- There were 25,859 hospitalizations that occurred among Nebraska residents due to CVD.
- The average hospitalization length of stay for CVD was 3.9 days.

ESTIMATED CHARGES³

- Total hospital charges for CVD increased by over **\$447 million** between 2001 and 2010, from \$517 million to \$964 million.
- The average charge per CVD hospitalization was \$37,300 in 2010 compared to \$18,600 in 2001.
- In 2010, Medicare was charged an estimated \$612 million for hospitalizations due to CVD, accounting for approximately 63% of all hospitalization charges for CVD.

CVD MODIFIABLE RISK FACTORS

HIGH BLOOD PRESSURE¹

- Approximately 1 in every 4 (27.1%) Nebraska adults reported having been told by a healthcare professional that they have high blood pressure for 2009.
- African Americans (33.9%) are significantly more likely than whites (25.3%) to have diagnosed high blood pressure for the years 2007 & 2009 combined⁴.
- Over half (58.1%) of Nebraskans age 65 and older have high blood pressure for 2009.

SMOKING¹

- Approximately 1 in 6 Nebraska adults (17.2%) reported currently smoking cigarettes in 2010.
- Significantly more Native American adults (41.1%) than all other racial and ethnic populations reported smoking cigarettes for the years 2008-2010 combined⁴.

HIGH BLOOD CHOLESTEROL¹

- Approximately 1 in every 4 (26.1%) Nebraska adults have not had a blood cholesterol screening in the past five years as reported in 2009.
- Of Nebraska adults that report having had their blood cholesterol checked, more than 1 in every 3 (37.4%) reported having been told by a healthcare professional that they have high blood cholesterol in 2009.

PHYSICAL INACTIVITY¹

- Approximately 1 in 3 (33.6%) adults did not meet recommended guidelines for physical activity in 2009.

UNHEALTHY EATING¹

- Less than 1 in 4 Nebraska adults (20.9%) consumed five or more servings of fruits and vegetables per day in 2009.

OVERWEIGHT & OBESITY¹

- Nearly 2 in 3 Nebraska adults were overweight (37.4%) or obese (27.5%) in 2010.
- Males (72.5%) were significantly more likely to be overweight or obese than females (57.2%) in 2010.
- Native Americans, (42.2%) African Americans, (40.6%) and Hispanics (34.2%) were significantly more likely to be obese than whites (26.7%) for the years 2008-2010 combined⁴.

DIABETES¹

- Nearly 1 in 13 (7.7%) Nebraska adults reported ever being diagnosed with diabetes in 2010.

MULTIPLE RISK FACTORS¹

- Among Nebraska adults, more than 9 in 10 (93.0%) have one or more CVD risk factors, 2 in 3 (65.5%) have 2 or more CVD risk factors, and more than 1 in 3 (37.1%) have 3 or more CVD risk factors for 2009.

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:
David DeVries, Health Surveillance Specialist
Nebraska Department of Health and Human Services
Cardiovascular Health Program
david.devries@nebraska.gov
402-471-3279



1. Nebraska Behavioral Risk Factor Surveillance System. Nebraska Department of Health and Human Services, Financial Services, Research and Performance Management, Public Health Support Unit.
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.
4. Data age-adjusted due to age differences in racial and ethnic groups.