nebraska HDSP program

# SOUTHWEST NEBRASKA
Public 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.**

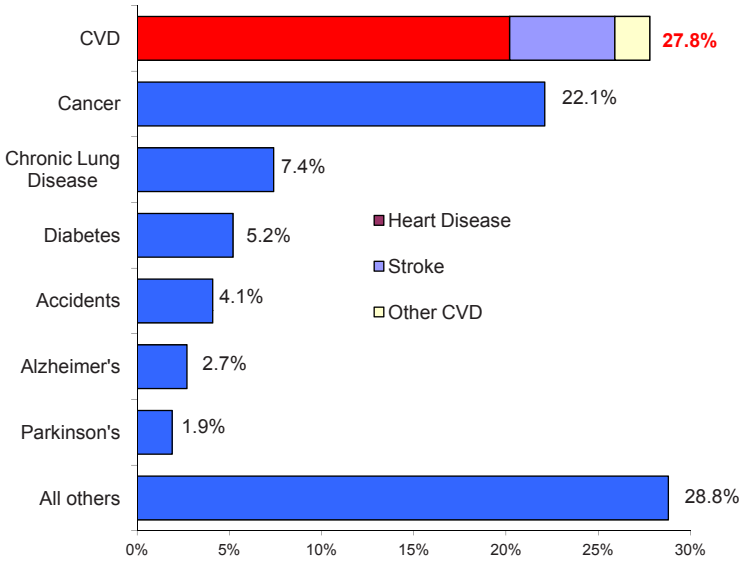
## PREVALENCE[1]

- During 2008-2010, approximately 10.1% (2,400) of all adults reported ever being diagnosed with one or more forms of CVD.

## DEATH[2]

- CVD was directly responsible for 102 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**
**Southwest Nebraska Public Health Department, 2010**

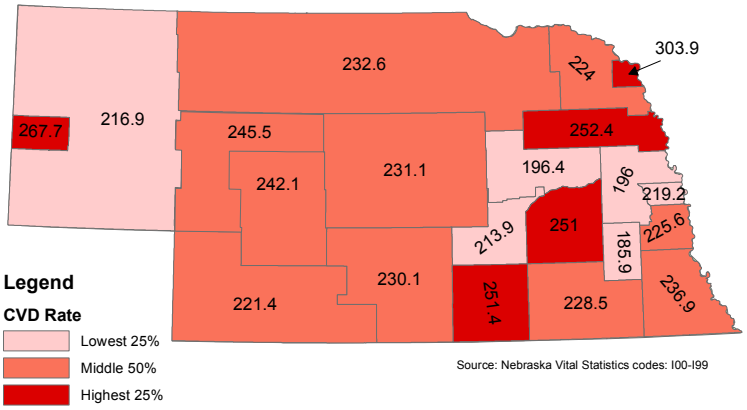



- CVD killed more residents than cancer in 2010.
- CVD age-adjusted death rates were **50% higher** for men than women.

## DEATH CONTINUED[2]...

- CVD death rate increases with age but 1 in 8 persons who died from CVD between 2006 and 2010 were less than 65 years of age.

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




## HOSPITALIZATIONS[3]

- CVD is the **leading cause** of hospitalization.
- There were 589 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 **$6 million** between 2001 and 2010, from $13 million to $19 million.
- The average charge per CVD hospitalization was $31,400 in 2010 compared to $15,900 in 2001.
- In 2010, Medicare was charged an estimated $13 million for hospitalizations due to CVD, accounting for approximately 68% of all hospitalization charges for CVD.

* All information on this fact sheet is for persons that reside in counties served by Southwest Nebraska Public 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 (32.0%) adults reported being told by a healthcare professional that they had high blood pressure for the years 2007 and 2009 combined.
- Over half (52.5%) of adults age 65 and older had high blood pressure for the years 2007 and 2009 combined.

## SMOKING[1]

- Approximately 1 in 6 adults (16.2%) reported smoking cigarettes for the years 2007-2010 combined.

## HIGH BLOOD CHOLESTEROL[1]

- Approximately 1 in every 4 (28.2%) 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 (41.0%) reported being told by a healthcare professional that they had high blood cholesterol for the years 2007 and 2009 combined.

## PHYSICAL INACTIVITY[1]

- 2 in 5 adults (41.7%) did not meet recommended guidelines for physical activity for the years 2007 and 2009 combined.

## UNHEALTHY EATING[1]

- Fewer than 1 in 4 adults (23.2%) consumed five or more servings of fruits and vegetables per day for 2007 and 2009 combined.
- Males (15.7%) were significantly less likely to to consume five or more servings of fruits and vegtables per day than females (30.2%) for 2007 and 2009 combined.

## OVERWEIGHT & OBESITY[1]

- Approximately 2 in 3 adults were overweight (39.4%) or obese (29.7%) for the years 2007-2010 combined.
- Males (76.9%) were significantly more likely to be overweight or obese than females (61.6%) for 2007-2010 combined.

## DIABETES[1]

- Nearly 1 in 12 (8.7%) adults reported ever being diagnosed with diabetes for 2007-2010 combined.
- Almost 1 out of every 6 adults (15.9%) 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 (95.2%) had one or more CVD risk factors, approximately 3 in 4 (72.4%) had 2 or more CVD risk factors, and more than 2 in 5 (43.1%) 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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**REFERENCES**

1. Nebraska Behavioral Risk Factor Surveillance System. Year 2010. 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.

Department of Health & Human Services
DHHS
NEBRASKA

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