nebraska HDSP program

Two Rivers 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.

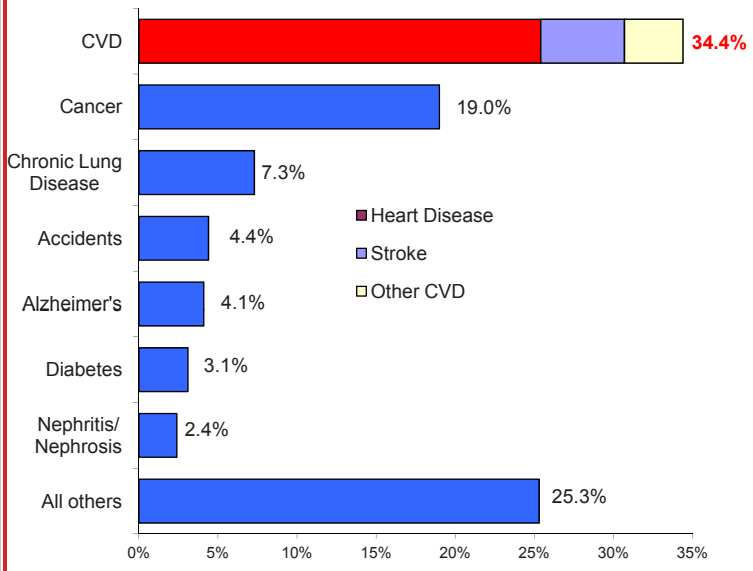
PREVALENCE[1]

- During 2008-2010, approximately 7.7% (5,400) of all adults reported ever being diagnosed with one or more forms of CVD.

DEATH[2]

- CVD was directly responsible for 288 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
Two Rivers Public Health Department, 2010

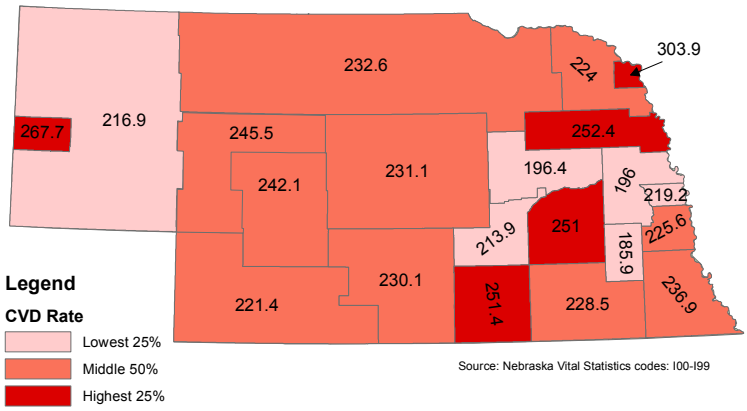


- CVD killed more residents than cancer, chronic lung disease and accidents combined.
- CVD age-adjusted death rates were **39% higher** for men than women.

DEATH CONTINUED[2]...

- CVD death rate increases with age but 1 in 10 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 1,638 hospitalizations among residents due to CVD.
- The average hospitalization length of stay for CVD was 4.2 days.

ESTIMATED CHARGES[3]

- Total hospital charges for CVD increased by over **$21 million** between 2001 and 2010, from $32 million to $53 million.
- The average charge per CVD hospitalization was $32,200 in 2010 compared to $17,600 in 2001.
- In 2010, Medicare was charged an estimated $34 million for hospitalizations due to CVD, accounting for approximately 64% of all hospitalization charges for CVD.

* All information on this fact sheet is for persons that reside in counties served by Two Rivers 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]

- Approximately 1 in every 4 (26.7%) adults reported being told by a healthcare professional that they had high blood pressure for the years 2007 and 2009 combined.
- Over half (58.3%) of adults age 65 and older had high blood pressure for the years 2007 and 2009 combined.

SMOKING[1]

- Approximately 1 in 6 adults (16.9%) reported smoking cigarettes for the years 2007-2010 combined.

HIGH BLOOD CHOLESTEROL[1]

- Approximately 1 in every 3 (33.1%) 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 (37.7%) reported being told by a healthcare professional that they had high blood cholesterol for the years 2007 and 2009 combined.
- Over half (52.7%) of adults age 65 and older had high blood cholesterol for the years 2007 and 2009 combined.

PHYSICAL INACTIVITY[1]

- 2 in 5 adults (42.1%) did not meet recommended guidelines for physical activity for the years 2007 and 2009 combined.

UNHEALTHY EATING[1]

- Fewer than 1 in 5 adults (19.8%) consumed five or more servings of fruits and vegetables per day for 2007 and 2009 combined.
- Males (14.3%) were significantly less likely to to consume five or more servings of fruits and vegtables per day than females (25.2%) for 2007 and 2009 combined.

OVERWEIGHT & OBESITY[1]

- Approximately 2 in 3 adults were overweight (40.8%) or obese (26.7%) for the years 2007-2010 combined.
- Males (74.6%) were significantly more likely to be overweight or obese than females (60.5%) for 2007-2010 combined.

DIABETES[1]

- Nearly 1 in 15 (6.8%) adults reported ever being diagnosed with diabetes for 2007-2010 combined.
- Almost 1 out of every 6 adults (16.8%) 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 (95.8%) had one or more CVD risk factors, approximately 2 in 3 (69.8%) had 2 or more CVD risk factors, and more than 1 in 3 (39.4%) 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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