

Cardiovascular Disease in Nebraska

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 2021, **5.1%** of adults reported ever being diagnosed with coronary heart disease or had a heart attack.
- The heart disease or heart attack prevalence in Nebraska was **3.8%** in females, and **6.4%** in males in 2021.
- In 2021, **2.7%** of adults reported ever being told they had a stroke.

Hospitalization²

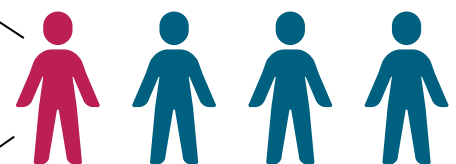
- In 2022, **13,133** hospitalizations (inpatient and outpatient) occurred among Nebraska residents due to CVD.
- CVD hospitalization was **1.25** times higher for men than women in 2022.

Death³

- CVD was the leading cause of death in Nebraska in 2020, claiming the lives of **4,814** residents and accounting for more than 1 in 4 (28.4%) of all deaths.
- In 2020, strokes were responsible for **17%** of all cardiovascular deaths in Nebraska.
- The mortality rate for CVD in 2022 was **213.9 per 100,000**.

Table 1: CVD-Related Causes of Death in Nebraska, 2020

Cause	# Deaths
Heart Disease	3,405
Stroke	912
Other	497
CVD-Related Deaths (Total)	4,814



CVD Modifiable Risk Factors Among Nebraskan Adults¹

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 (31.7%) adults reported being told by a healthcare professional that they had high blood pressure in 2021.

Obesity

- Obesity, which is present in 35.3% of adults in Nebraska, increases the risk for CVD.

Physical Inactivity

- Lack of physical activity increases the risk for heart disease and stroke.
- In 2022, 24.7% of adults reported no leisure-time physical activity in the past 30 days.

Smoking

- Quitting smoking greatly reduces the risk for heart disease and stroke.
- Approximately 13.0% of adults reported smoking cigarettes in 2022.

Diabetes

- Diabetes can cause atherosclerosis, also known as hardening of the arteries.
- In 2022, 10.8% of adults reported being told by a healthcare professional that they had diabetes.

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 (34.8%) reported being told by a healthcare professional that they had high blood cholesterol in 2021.

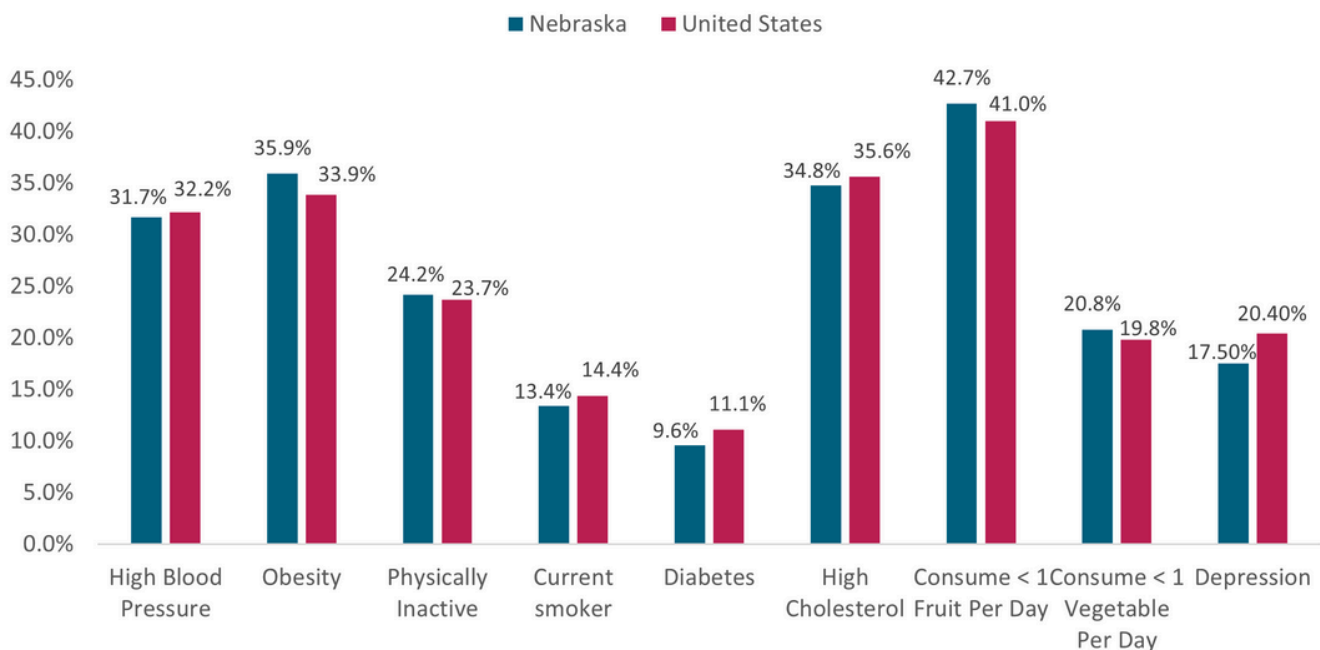
Unhealthy Diet

- In 2021, 42.7% of adults consumed fruit less than 1 time per day, and 20.8% of adults consumed vegetables less than 1 time per day.

Poor Mental Health

- Mental health disorders such as anxiety, depression, and PTSD have been shown to increase the risk of CVD.
- In 2021, approximately 13.1% of adults reported frequent mental distress in the past 30 days.

Figure 1: Prevalence Of Selected Risk Factors For Cardiovascular Disease Among Adults, 2021



References:

¹Nebraska Behavioral Risk Factor Surveillance System (BRFSS). 2021

²Nebraska Hospital Discharge Data. 2022. Inpatient and Outpatient Hospital Discharge. Primary diagnosis ICD-10 CM codes: I00-I78.

³Nebraska Vital Records. 2018-2022. Mortality. ICD-10 codes: I00-I78.