

# HEART DISEASE AND STROKE

## WHAT YOU SHOULD KNOW

Cardiovascular disease (CVD) is a term used to describe a group of diseases that affect the heart or blood vessels, including those in the brain. While CVD includes many conditions, this fact sheet focuses on heart disease and stroke. Although their respective mortality rates have declined over time, heart disease and stroke are still responsible for almost one-third of all Indiana deaths and remain a major public health issue.



Heart disease and stroke, are the leading causes of death in the United States.

### Risk Factors:

- High blood pressure
- High cholesterol
- Cigarette smoking
- Diabetes
- Unhealthy diet and physical inactivity
- Overweight and obesity



### Steps to Prevention:

- Be tobacco free.
- Maintain a healthy blood pressure.
- Maintain healthy cholesterol levels.
- Ask your health care provider if aspirin therapy will help reduce your risk of heart attack or stroke.
- Properly manage your diabetes with guidance from health care professionals.
- Eat a healthy diet.
- Avoid excess sodium (salt).
- Participate in regular physical activity.
- Maintain a healthy weight.
- Manage stress.
- Practice good hygiene.
- Regular handwashing can help prevent viral or bacterial infections that can place stress on your heart.
- Regular brushing and flossing can help prevent viral or bacterial infections that can increase the risk of cardiovascular events.
- Get an annual flu shot.
- If you have a cardiovascular condition, having the flu places you at greater risk for a heart attack.
- Learn to recognize the warning signs of a heart attack or stroke. Fast response can save lives!

#### References:

1. Indiana State Department of Health. (2017). Behavioral Risk Factor Surveillance System, 2017.
2. Ritchey MD, Wall HK, Gillespie C, George MG, Jamal A; Division for Heart Disease and Stroke Prevention, CDC. Million hearts: prevalence of leading cardiovascular disease risk factors--United States, 2005-2012. MMWR Morb Mortal Wkly Rep. 2014;63:462-467.

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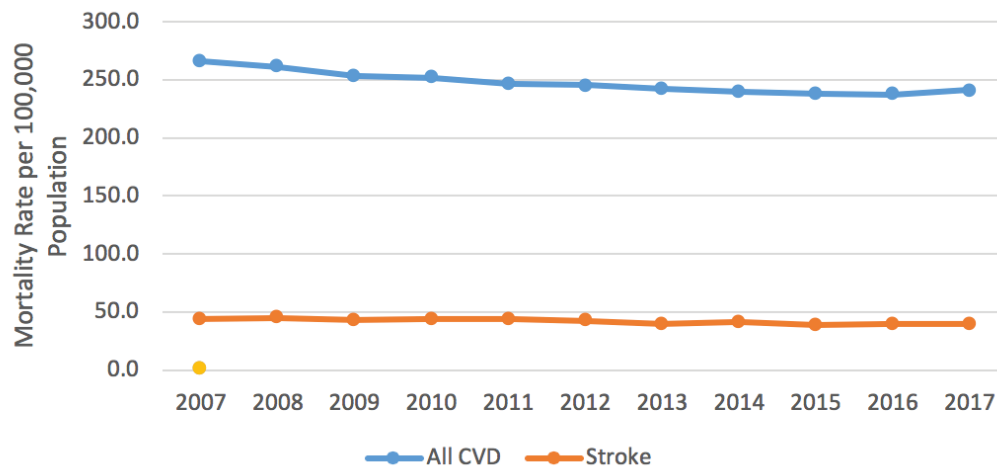
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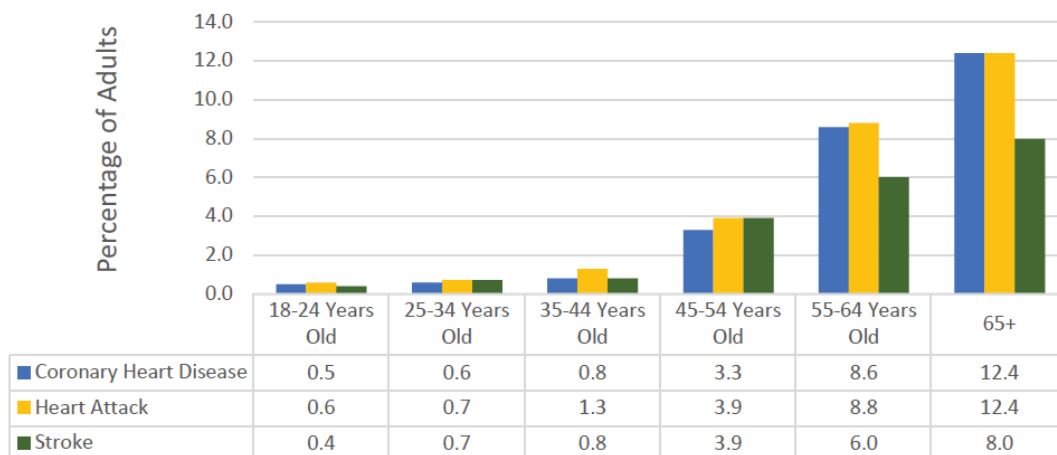
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Figure 1. Mortality from all cardiovascular diseases and stroke



Prevalence of coronary heart disease (CHD), heart attack, and stroke typically increased with age [Fig 2]. Males experienced CHD and heart attacks more often than females, but stroke prevalence was comparable. Higher income and educational levels were associated with lower prevalence of CHD, heart attack, and stroke.

Figure 2. Cardiovascular disease prevalence by age and type, Indiana, 2017.



For more information:

ISDH's Division Chronic Disease webpage: <https://www.in.gov/isdh/24725.htm> or the American Heart Association:

<https://www.heart.org/en/health-topics/cholesterol>

