

2004 Georgia Highlights: **HEART DISEASE AND STROKE**



Cardiovascular disease is the leading cause of death in Georgia. However, there are many things you can do to reduce your risk and live a healthier life.

CARDIOVASCULAR DISEASE

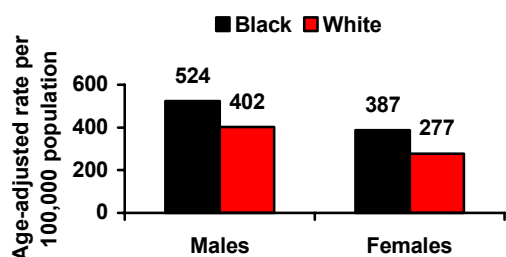
DEFINITION

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

DEATHS

- CVD was the leading cause of death in Georgia, accounting for **36%** of all deaths with **23,393** CVD deaths in 2002.
- In 2001, Georgia's CVD death rate was **11% higher** than the national rate.
- CVD death rates were **1.4 times** higher for men than women in 2002.
- CVD death rates were **1.3 times** higher for blacks than whites in 2002.

Cardiovascular Disease Death Rates by Race and Sex, Georgia, 2002

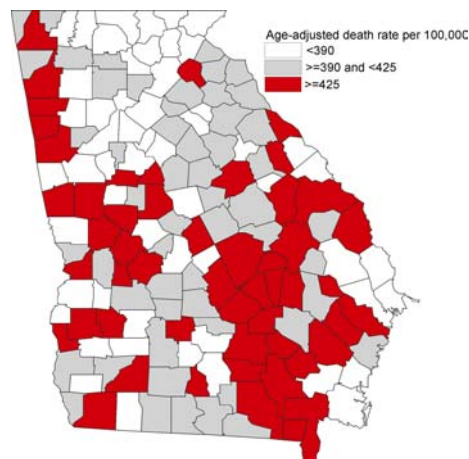


- CVD death rate increases with age but almost **1 in 4** persons who died from CVD in 2002 was less than 65 years of age.
- Black males are at particularly high risk for premature death from CVD. Almost **1 in 2** black males who died from CVD in 2002 was less than 65 years of age.

DEATHS BY COUNTY

- Counties in the southeast region and along Georgia's western border have the highest CVD death rates.

Cardiovascular Disease Death Rates by County, Georgia, 1999-2002



ESTIMATED COSTS

- The cost of CVD in Georgia in 2003 is estimated at **\$10.5 billion**,¹ which includes direct health care costs and lost productivity from morbidity and mortality (indirect costs).

HOSPITALIZATIONS

- Georgia residents spent approximately **657,800 days** in the hospital because of CVD in 2001 and the average charge per CVD hospitalization was **\$18,200**.²
- Total hospital charges for CVD increased by over **\$500 million** between 1999 and 2001, from **\$1.98 billion** to **\$2.51 billion**.

RISK FACTORS CONTRIBUTE TO THE BURDEN

- **Smoking** was responsible for an estimated **4,200** CVD deaths in Georgia in 2001.³
- **Lack of physical activity** was responsible for an estimated **3,800** heart disease and stroke deaths in Georgia in 2002.

¹Derived from national estimates published by the American Heart Association. *Heart Disease and Stroke Statistics - 2003 Update*. Dallas, TX: American Heart Association; 2002.

²Hospital charges from acute care non-federal hospitals

³Smoking-Attributable Mortality, Morbidity, and Economic Costs (SAMMEC), Georgia 2001.

ISCHEMIC HEART DISEASE

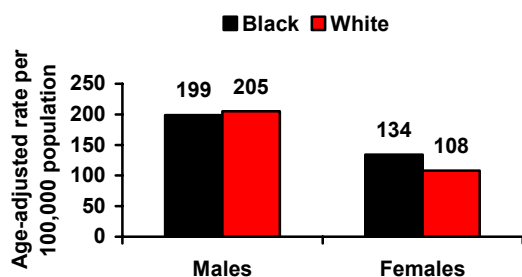
DEFINITION

- **Ischemic heart disease (IHD)**, also known as coronary heart disease, refers to narrowing of the coronary arteries, which reduces blood flow and oxygen to the heart.

DEATHS

- **Ischemic heart disease death rates were 1.8 times higher for males than females in 2002.**
- Ischemic heart disease death rate increases with age, but **1 in 4** persons who died from IHD in 2002 was less than 65 years of age.

Ischemic Heart Disease Death Rates by Race and Sex, Georgia, 2002



ESTIMATED COSTS

- The cost of ischemic heart disease in Georgia in 2003 is estimated at **\$3.9 billion**,¹ which includes direct health care costs and lost productivity from morbidity and mortality.

HOSPITALIZATIONS

- In 2001, Georgia residents spent approximately **191,500 days** in the hospital because of IHD and the average charge per hospitalization was **\$21,500**.²
- Total hospital charges for IHD increased by over **\$220 million** between 1999 and 2001, from **\$850 million** to **\$1,070 million**.

RISK FACTORS CONTRIBUTE TO THE BURDEN

- **Smoking** was responsible for an estimated **1,900** IHD deaths in Georgia in 2001.³
- **High blood pressure** was responsible for an estimated **2,500** IHD deaths in Georgia in 2002.
- **Lack of physical activity** was responsible for an estimated **2,700** IHD deaths in Georgia in 2002.

STROKE

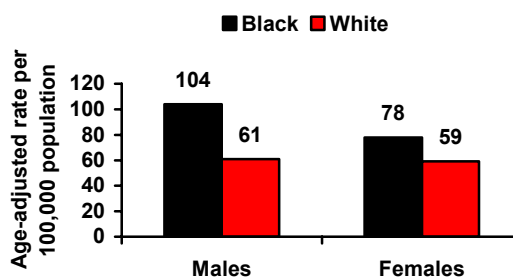
DEFINITION

- **Stroke**, technically known as a cerebrovascular accident, refers to an infarct (loss of blood supply due to a blocked artery) or hemorrhage in the brain.

DEATHS

- **Stroke death rates were 1.5 times higher for blacks than whites in 2002.**
- Stroke death rate increases with age, but **1 in 6** persons who died from stroke in 2002 was less than 65 years of age.

Stroke Death Rates by Race and Sex, Georgia, 2002



ESTIMATED COSTS

- The cost of stroke in Georgia in 2003 is estimated at **\$1.5 billion**,¹ which includes direct health care costs and lost productivity from morbidity and mortality.

HOSPITALIZATIONS

- In 2001, Georgia residents spent approximately **130,800 days** in the hospital because of stroke and the average charge per hospitalization was **\$16,400**.²
- Total hospital charges for stroke increased by over **\$76 million** between 1999 and 2001, from **\$310 million** to **\$386 million**.

RISK FACTORS CONTRIBUTE TO THE BURDEN

- **Smoking** was responsible for an estimated **560** stroke deaths in Georgia in 2001.³
- **High blood pressure** was responsible for an estimated **1,100** stroke deaths in Georgia in 2002.
- **Lack of physical activity** was responsible for an estimated **1,100** stroke deaths in Georgia in 2002.

HEART DISEASE AND STROKE RISK FACTORS

SMOKING

- Smoking causes as many deaths from heart attacks as from cancer.
- Quitting smoking greatly reduces the risk for heart disease and stroke.
- In Georgia, 24% of adults reported smoking cigarettes in 2002.

LACK OF PHYSICAL ACTIVITY

- Lack of physical activity increases the risk for heart disease and stroke.
- Regular physical activity helps to maintain proper body weight and improves general health.
- In 2001, 60% of adults in Georgia did not meet the Surgeon General's recommendations for physical activity.

POOR EATING HABITS

- Poor eating habits such as a high-fat diet can lead to obesity, ischemic heart disease, stroke and other chronic diseases.
- Eating five or more servings of fruits and vegetables a day can help prevent heart disease, cancer, and other chronic conditions.
- The majority (77%) of adults in Georgia did not consume the recommended five or more servings of fruits and vegetables per day in 2002.

OVERWEIGHT AND OBESITY

- Overweight and obesity increase the risk for heart disease and stroke.
- The prevalence of overweight and obesity increased 60% between 1984 and 2002.
- In Georgia, 59% of adults reported being overweight or obese in Georgia in 2002.

HIGH BLOOD PRESSURE

- High blood pressure can be controlled through lifestyle changes such as physical activity and healthy diet and, if necessary, medications.
- Adults who have been told that they have high blood pressure increased from 20% in 1995 to 27% in 2001.

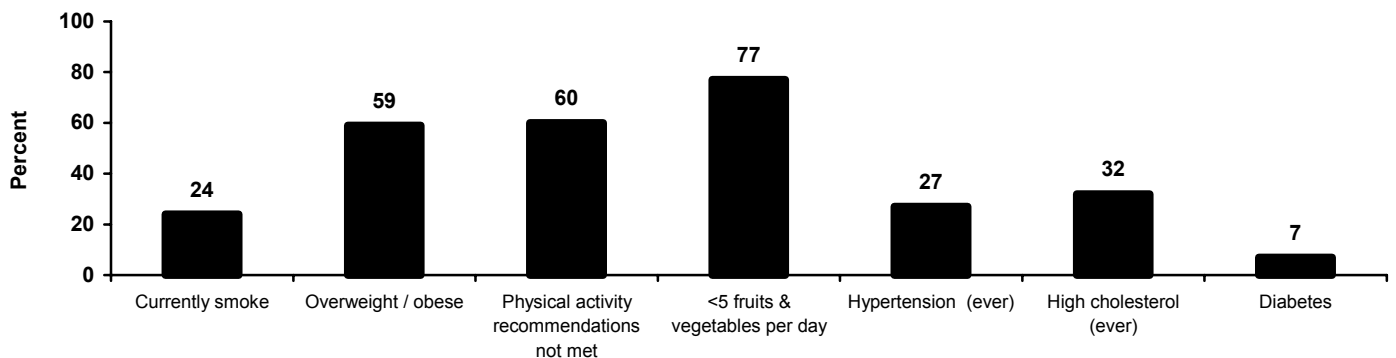
HIGH CHOLESTEROL

- High cholesterol can be controlled by modifying diet and taking medications if necessary.
- Among adults who know they have been checked, the percentage of adults who have been told that they have high cholesterol increased from 22% in 1995 to 32% in 2001.

DIABETES

- Diabetes increases the risk for CVD death.
- Diabetes among adults increased from 4% in 1995 to 7% in 2002.

Prevalence of Adults (18+) with Cardiovascular Disease Risk Factors, Georgia, 2001, 2002



Data Source: Georgia Behavioral Risk Factor Surveillance System, 2001, 2002

KNOW THE SIGNS AND SYMPTOMS OF HEART ATTACK AND STROKE

Heart attack and stroke are life-threatening emergencies. Call 9-1-1 if you experience these symptoms.

Heart Attack

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath. This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.

Other signs may include nausea, lightheadedness, or breaking out in a cold sweat.

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.

Cardiac arrest

Sudden loss of responsiveness. No response to gentle shaking.

No normal breathing. The victim does not take a normal breath when you check for several seconds.

No signs of circulation. No movement or coughing.

If cardiac arrest occurs, call 911 and begin CPR immediately. If an automated external defibrillator (AED) is available and someone trained to use it is nearby, involve him or her.

Source: The American Heart Association

REDUCE YOUR CHANCES OF HEART DISEASE AND STROKE

Small behavioral changes can reduce your risk. Take charge of your health!

- **DON'T SMOKE.** If you smoke, call the toll-free Georgia Tobacco Quit Line at 1-877-270-STOP.
- **BE ACTIVE.** Walk, run, bike, swim, dance, and play. Make it fun!
- **EAT HEALTHY.** Eat less fat and more fresh fruits and vegetables.
- **MAINTAIN A HEALTHY WEIGHT.** Being overweight increases your risk of heart disease.
- **KNOW YOUR NUMBERS:** Get your blood pressure, cholesterol and blood sugar checked often.



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