

## 2005 Georgia Data Summary:

# CARDIOVASCULAR DISEASE



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.

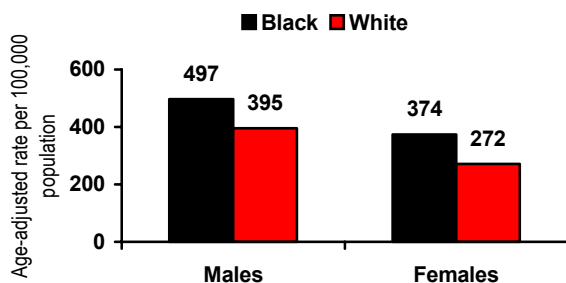
### DEFINITION

**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 **35%** of all deaths with **23,295** CVD deaths in 2003.
- In 2003, Georgia's CVD death rate was **12% higher** than the national rate.
- CVD death rates were **1.4** times higher for men than women in 2003.
- CVD death rates were **1.4** times higher for blacks than whites in 2003.

Cardiovascular Disease Death Rates by Race and Sex, Georgia, 2003



- CVD death rate increases with age but almost **1 in 4** persons who died from CVD in 2003 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 2003 was less than 65 years of age.

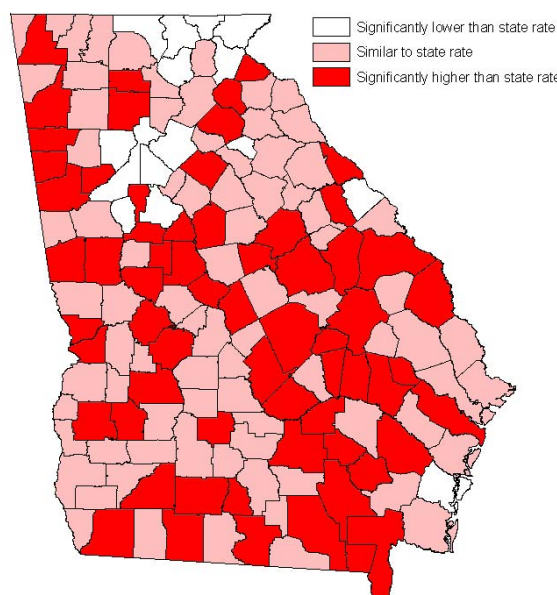
<sup>1</sup> Derived from national estimates published by the American Heart Association. *Heart Disease and Stroke Statistics - 2003 Update*. Dallas, TX: American Heart Association; 2002.

<sup>2</sup> Hospital charges from acute care non-federal hospitals

### DEATHS BY COUNTY

Counties in the southeast region and along Georgia's western border have the highest CVD death rates. The counties in the northeastern corner of Georgia and the metropolitan counties have CVD death rates significantly lower than the state rate. The counties with significantly higher death rates are mostly rural counties and are dispersed throughout the state.

Cardiovascular Disease Death Rates by County, Georgia, 1999-2003



### ESTIMATED COSTS

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

### HOSPITALIZATIONS

- Approximately **142,000** Georgia residents were hospitalized due to CVD in 2003 and the average charge per CVD hospitalization was **\$23,500**.<sup>2</sup>
- Total hospital charges for CVD increased by over **\$840 million** between 2001 and 2003, from **\$2.51 billion** to **\$3.35 billion**.

# HEART DISEASE AND STROKE RISK FACTORS

## SMOKING

- 3,785 deaths due to CVD were attributable to smoking among adults ages 35 or older in 2003.
- Quitting smoking greatly reduces the risk for heart disease and stroke.
- In Georgia, 23% of adults reported smoking cigarettes in 2003.

## 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 2003, 58% of adults in Georgia did not meet the Centers for Disease Control and Prevention'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 2003.

## OBESITY

- Obesity increases the risk for heart disease and stroke.
- In Georgia, 25% of adults reported being obese in 2003.

## HIGH BLOOD PRESSURE

- High blood pressure can be controlled through lifestyle changes such as physical activity and healthy diet and, if necessary, medications.
- The percentage of adults who have been told that they have high blood pressure increased from 20% in 1995 to 28% in 2003.

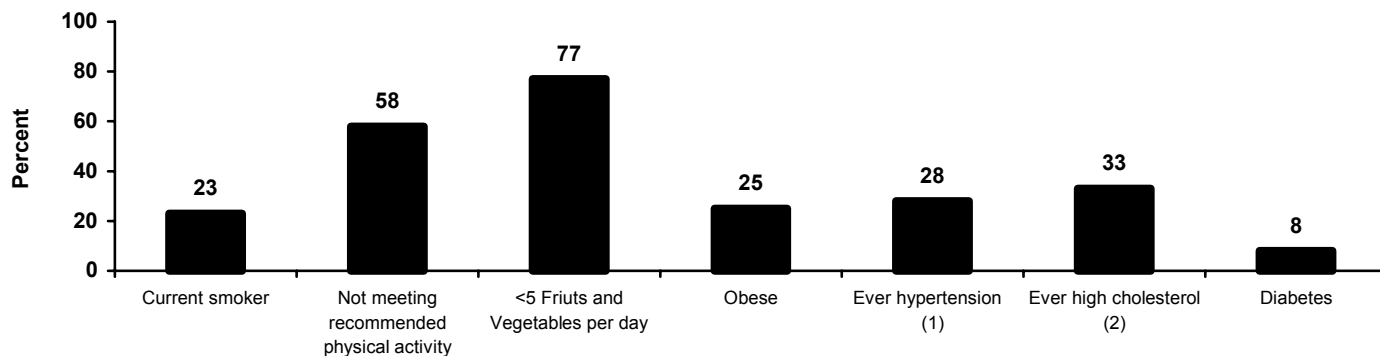
## HIGH CHOLESTEROL

- Many people can control high cholesterol by modifying their diet. For those who cannot, medication can lower blood cholesterol levels.
- The percentage of adults who have been told that they have high cholesterol increased from 22% in 1995 to 33% in 2003.

## DIABETES

- Diabetes increases the risk for CVD death.
- The percentage of adults who have diabetes increased from 4% in 1995 to 8% in 2003.

Prevalence of Adults (18+) with Cardiovascular Disease Risk Factors, Georgia, 2003



(1) The percentage of Georgians who reported having been told they had high blood pressure

(2) Of persons who had their blood cholesterol level checked, the percentage told that they have high cholesterol

Data source: Georgia Behavioral Risk Factor Surveillance System, 2003

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Visit <http://www.health.state.ga.us/epi/cdiee/cardio.asp> for more information about cardiovascular disease in Georgia.