

# 2007 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.

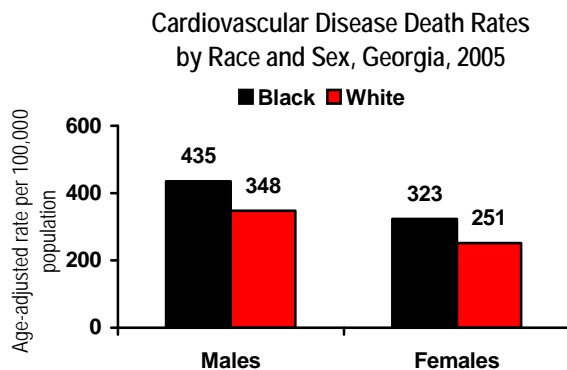
## CARDIOVASCULAR DISEASE MORBIDITY, MORTALITY, AND COSTS

### 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

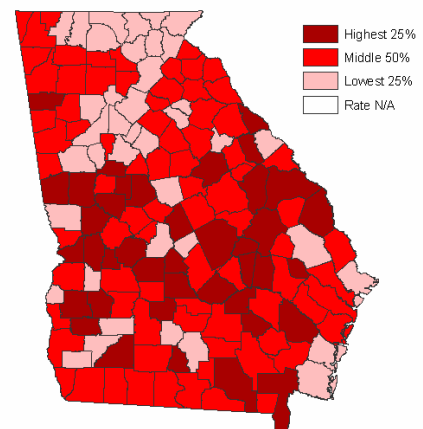
- CVD accounted for one third (**34%**) of deaths in Georgia, with **21,873** CVD deaths in 2005.
- In 2004, Georgia's CVD death rate was **13% higher** than the national rate.
- CVD death rates were **1.4 times higher** for men than for women in 2005.
- CVD death rates were **1.3 times higher** for blacks than for whites in 2005.



- CVD death rate increases with age but **1 in 4** persons who died from CVD in 2005 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 2005 was less than 65 years of age.

### DEATHS BY COUNTY

Cardiovascular Disease Death Rates by County, Georgia, 2000-2005



### HOSPITALIZATIONS

- Approximately **142,400** hospitalizations occurred among Georgia residents due to CVD in 2005.
- The average hospitalization length of stay for CVD was **5 days** in 2005.

### ESTIMATED COSTS

- The average charge per CVD hospitalization was **\$28,700** in 2005.<sup>1</sup>
- Total hospital charges for CVD increased by over **\$1.6 billion** between 2001 and 2005, from **\$2.5 billion** to **\$4.1 billion**.
- The cost of CVD in Georgia in 2005 is estimated at **\$9.8 billion**,<sup>2</sup> which includes direct health care costs and lost productivity from morbidity and mortality (indirect costs).

<sup>1</sup>Derived from national estimates published by the American Heart Association. *Heart Disease and Stroke Statistics - 2005 Update*. Dallas, TX: American Heart Association; 2005.  
<sup>2</sup>Hospital charges from acute care non-federal hospitals

## CARDIOVASCULAR DISEASE RISK FACTORS

### SMOKING

- **3,696** deaths due to CVD were attributable to smoking among adults ages 35 or older in 2005.
- Quitting smoking greatly reduces the risk for heart disease and stroke.
- In Georgia, **20%** of adults reported smoking cigarettes in 2006.

### 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 2005, **58%** of adults in Georgia did not meet the Centers for Disease Control'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 2005.

### OBESITY

- Obesity, which is present in **27%** of adults in Georgia, increases the risk of cardiovascular disease.

### 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 in Georgia who have been told that they have high blood pressure increased from 20% in 1995 to **27%** in 2005.

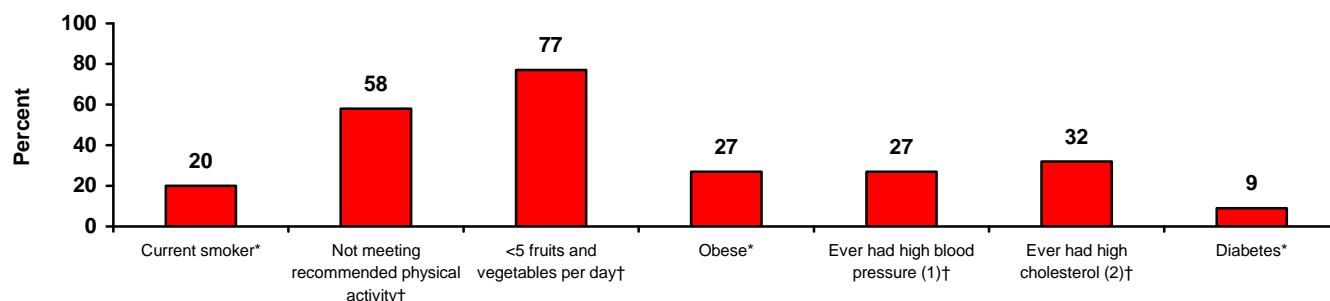
### HIGH CHOLESTEROL

- Many people can control high cholesterol by modifying their diet. For those who cannot, medication can lower blood cholesterol levels.
- The percentage of adults in Georgia who have been told that they have high cholesterol increased from 22% in 1995 to **32%** in 2005.

### DIABETES

- Diabetes can cause atherosclerosis, also known as hardening of the arteries.
- Diabetes increases the risk for CVD death.
- The percentage of adults who report having diabetes increased from 4% in 1995 to **9%** in 2006.

Prevalence of risk factors for cardiovascular disease among adults, Georgia, 2005 and 2006



(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 2006

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