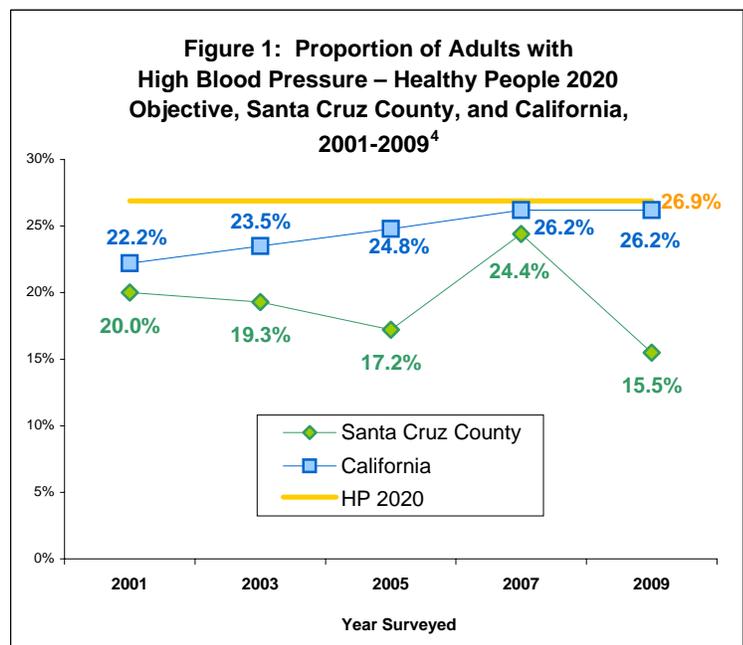


CHRONIC DISEASE ~ HEART DISEASE & STROKE

<p>Importance</p>	<p>In the United States, more than 1 in 3 adults, or 81.1 million people, are living with one or more types of cardiovascular disease. Not only are heart disease and stroke the first and third leading causes of death, but they can also result in serious illness and disability, decreased quality of life, as well as hundreds of billions of dollars in economic loss every year – an estimated \$500 billion in 2010 alone.¹ Approximately every 25 seconds, an American has a coronary event, and approximately every minute, someone dies of one; approximately every 40 seconds, someone in the United States has a stroke.²</p>
<p>Definitions³</p>	<p><u>Hypertension</u>: also known as high blood pressure (the force of pressure upon artery walls as blood circulates throughout the body), is measured in two parts: the first number (systolic) represents the pressure when your heart beats, and the second number (diastolic) represents the pressure when your heart rests between beats. High blood pressure is systolic \geq 140 mmHg or diastolic \geq 90 mmHg.</p> <p><u>CARDIOVASCULAR DISEASE (CVD)</u>: heart and blood vessel diseases, also called heart disease. Common cardiovascular diseases include:</p> <ul style="list-style-type: none"> - <u>Coronary artery disease (CAD)</u>: also called coronary heart disease (CHD), the most common cause of CVD, occurs when plaque builds up in the arteries that supply blood to the heart (atherosclerosis). Plaque is made up of cholesterol deposits, which can accumulate in the arteries. - <u>Cerebrovascular Disease or Stroke</u>: occurs when blood vessels that feed the brain are either blocked (ischemic stroke, the most common type) or when a blood vessel bursts (hemorrhagic stroke, usually caused by hypertension). - <u>Heart Failure</u>: occurs when the heart is not pumping blood as well as it should. - <u>Arrhythmia</u>: abnormal rhythm of the heart; irregular (fast or slow) heartbeats. - <u>Heart Valve Problems</u>: valves do not open enough for proper blood flow.
<p>Healthy People 2020</p>	<p>Reduce:</p> <ul style="list-style-type: none"> - Coronary heart disease-related deaths to 100.8 per 100,000 population, age-adjusted (HDS-2) - Stroke deaths to 33.8 per 100,000 population, age-adjusted (HDS-3) - Proportion of adults with hypertension to 26.9% (HDS-5)

Heart disease and stroke are among the most widespread and expensive health problems in the nation today. Fortunately, they are also among the most preventable, due to their modifiable risk factors: high blood pressure, high cholesterol, cigarette smoking, diabetes, unhealthy diet, physical inactivity, and obesity. All persons can lower their risk of heart disease and stroke by addressing these risk factors.

Hypertension, or high blood pressure, is a serious condition that can lead to cardiovascular disease. Every other year since 2001, the California Health Interview Survey has asked California adults, "Has a doctor ever told you that you have high blood pressure?" Santa Cruz County residents have been consistently less likely than their statewide counterparts to respond "yes" (see Figure 1).⁴



HEART DISEASE & STROKE

HEART DISEASE

The term heart disease refers to several types of heart conditions. In the United States, coronary artery disease (also known as coronary heart disease) is the most common type of heart disease, which can lead to a heart attack, angina, heart failure, or arrhythmias. State and County rates of hearts disease appear to have been trending downward between 2001 and 2009 (see Figure 2).

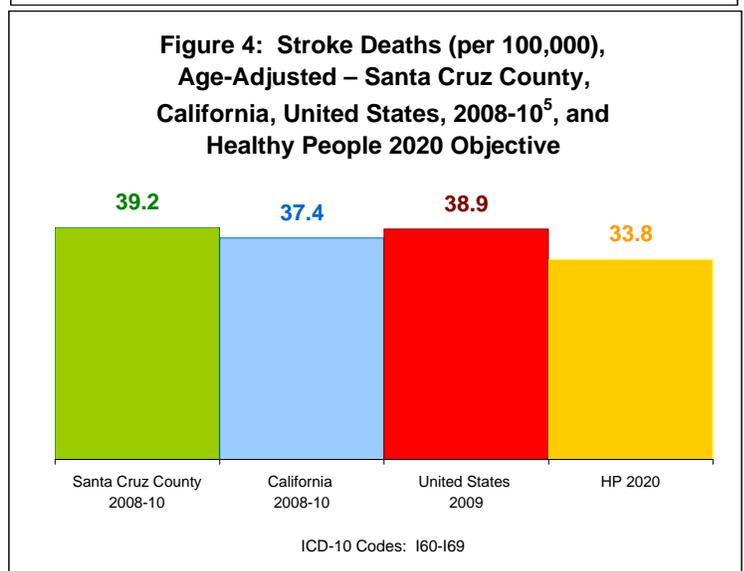
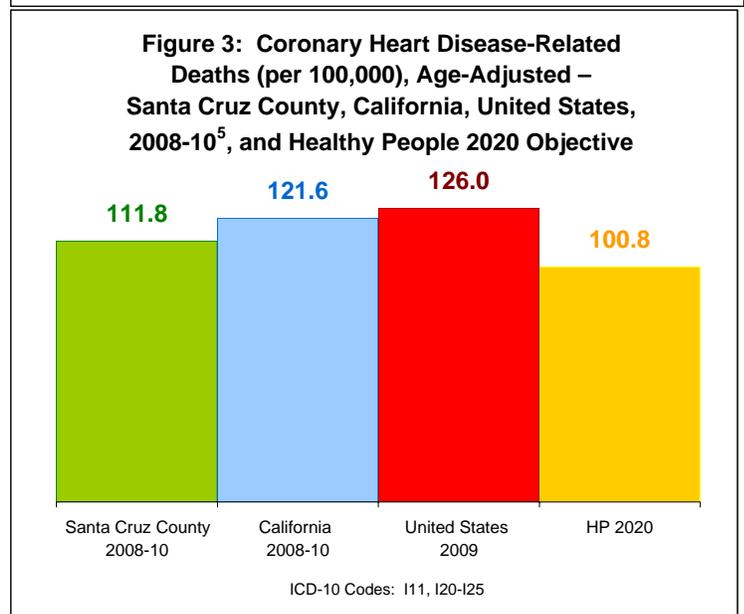
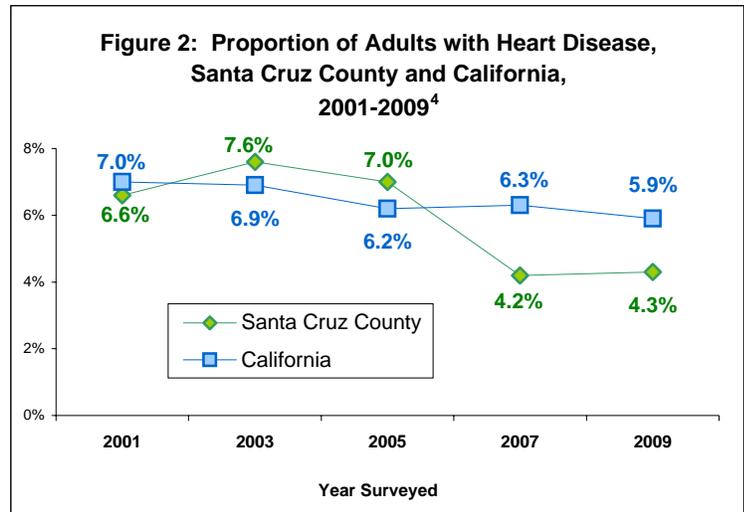
Heart disease is the leading cause of death in Santa Cruz County, California, and the nation.¹ From 2008 to 2010, an average of 265 Santa Cruz County residents per year died of heart disease.⁵ Santa Cruz County ranked 32nd out of 58 counties in the state for the lowest coronary heart disease death rate, although the county's rate was lower than the statewide rate. Figure 3 shows higher rates in California and the United States, and shows that none of the three geographies have reached the Healthy People 2020 objective.

STROKE

Stroke, or cerebrovascular disease, sometimes called a brain attack, can cause death, disability (such as paralysis), speech difficulties, and sometimes emotional problems. Although stroke risk increases with age, strokes can occur at any age.

In Santa Cruz County, there was an average of 89 deaths due to stroke per year from 2008 to 2010.⁵ Santa Cruz County had the 33rd lowest stroke death rate out of 58 counties in the state. Figure 4 shows similar rates in California and the United States, and again none of the three geographies has reached the Healthy People 2020 objective.

For most detailed information on cardiovascular diseases, source number 2 is highly recommended. It is published every year and covers risk factors, morbidity, and mortality data.



HEART DISEASE & STROKE

<p>Primary Prevention Activities</p>	<p>Million Hearts: a national initiative to prevent 1 million heart attacks and strokes over five years. Million Hearts brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke.</p>	
<p>Helpful Websites</p>	<p>CDPH, Heart Disease and Stroke Prevention Program</p>	<p>http://www.cdph.ca.gov/programs/cvd/Pages/default.aspx</p>
	<p>American Heart Association</p>	<p>http://www.heart.org/HEARTORG/</p>
	<p>National Heart Lung and Blood Institute; Heart Disease</p>	<p>http://www.nhlbi.nih.gov/health/health-topics/topics/hd/</p>
	<p>CDC, Division for Heart Disease and Stroke Prevention:</p>	<p>http://www.cdc.gov/dhdsp/</p>
<p>Sources</p>	<p>(1) Heart Disease and Stroke - Healthy People 2020. 5 Dec., 2012. http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=21.</p> <p>(2) Roger VL, et al. "Heart Disease and Stroke Statistics--2011 Update: A Report From the American Heart." <i>Circulation</i>. 2011; 123:e18-e209. doi: 10.1161/ CIR.0b013e3182009701 http://circ.ahajournals.org/content/123/4/e18.full.pdf+html.</p> <p>(3) American Heart Association. "What is Cardiovascular Disease (Heart Disease)?" http://www.heart.org/HEARTORG/Caregiver/Resources/WhatIsCardiovascularDisease/What-is-Cardiovascular-Disease-Heart-Disease_UCM_301852_Article.jsp.</p> <p>(4) California Health Interview Survey 2001-2009. "Ask CHIS." http://www.chis.ucla.edu.</p> <p>(5) California Department of Public Health and California Conference of Local Health Officers. <i>County Health Status Profiles 2012</i>. http://www.cdph.ca.gov/programs/ohir/Pages/CHSP.aspx. April 2012.</p>	