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February is Heart Health Month: *What is Heart Disease?*

Heart disease is the leading cause of death in Michigan and in the nation. The largest cause of heart disease deaths is coronary heart disease (CHD) and it is caused by not enough blood supply to the heart and the tissue around the heart. CHD usually results in a heart attack. It can often be prevented with changes in health habits such as not smoking, better eating habits

or more exercise. Risk factors such as high cholesterol, diabetes, high blood pressure may be controlled with the right medications and lifestyle changes. It is believed that CHD costs the nation \$129.9 billion per year.



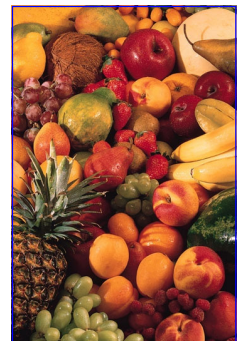
Heart Disease

- Most cardiovascular disease (CVD) deaths are due to heart disease.
- Coronary Heart Disease (CHD) is the most common form of heart disease.
- There are 71 heart disease deaths per day in Michigan.
- Michigan's heart disease death rate (adjusted for age) for Blacks has declined more slowly than for Whites since 1980 and remains higher than national rates. The difference is greatest between Black and White men.



Multiple Risk Factors for CVD

- The major risk factors that you can control for CVD are smoking, physical inactivity, diabetes, excess weight, high blood pressure, and high blood cholesterol.
- Nine out of ten Michigan adults have one or more of the major CVD risk factors.
- Nationally, of those with high blood pressure, 30% don't know they have it, only 34% have their blood pressure controlled, 25% are on medication but it is not controlled and 11% are not on any medication.



For more information, call the Cardiovascular Health, Nutrition and Physical Activity Section at the Michigan Department of Community Health at 517-335-8374

References:
 "2005 CVD Fact Sheet"
 Michigan Department of Community Health, accessed: August 22, 2005
 "Healthy Michigan 2010: A Health Status Report"
 Michigan Department of Community Health