

2009 Georgia Data Summary: CARDIOVASCULAR DISEASE



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

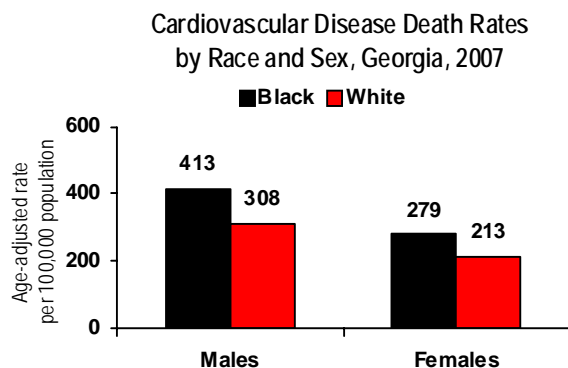
CARDIOVASCULAR DISEASE MORBIDITY, MORTALITY, AND COSTS

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

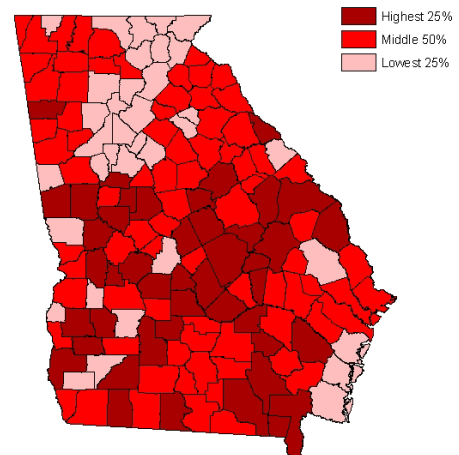
- CVD accounted for one third (**32%**) of deaths in Georgia, with **21,389** CVD deaths in 2007
- In 2006, Georgia's CVD death rate was **9% higher** than the national rate
- CVD death rates were **1.4 times higher** for men than women in 2007
- CVD death rates were **1.3 times higher** for blacks than whites in 2007



- CVD death rate increases with age but **1 in 4** persons who died from CVD in 2007 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 2007 was less than 65 years of age

DEATHS BY COUNTY

Age-Adjusted Cardiovascular Disease Death Rates by County, Georgia, 2003-2007



HOSPITALIZATIONS

- Approximately **144,000** hospitalizations occurred among Georgia residents due to CVD in 2007
- The average hospitalization length of stay for CVD was **5 days** in 2007, similar to the national average (2006 data)

ESTIMATED COSTS

- The average charge per CVD hospitalization in Georgia was **\$32,800** in 2007¹
- Total hospital charges for CVD increased by over **\$1.4 billion** between 2003 and 2007, from **\$3.4 billion** to **\$4.7 billion**
- The cost of CVD in Georgia in 2007 is estimated at **\$11.2 billion**,² which includes direct health care costs and lost productivity from morbidity and mortality (indirect costs)

¹ Hospital charges from acute care non-federal hospitals

² Derived from national estimates published by the American Heart Association. *Heart Disease and Stroke Statistics -- 2007 Update*. Dallas, TX: American Heart Association; 2007.

CARDIOVASCULAR DISEASE RISK FACTORS

Nearly 2.3 million Georgia adults (33%) do not know the modifiable risk factors for cardiovascular disease.³

SMOKING

- **2,949** deaths due to CVD were attributable to smoking among adults ages 35 or older in 2007
- Quitting smoking greatly reduces the risk for heart disease and stroke
- In Georgia, **18%** of adults ages 35 or older reported smoking cigarettes in 2008

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 2008, **23%** of adults in Georgia had no leisure time physical activity in the last 30 days

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 (**75%**) of adults in Georgia did not consume the recommended five or more servings of fruits and vegetables per day in 2007

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 **21%** in 1997 to **30%** in 2007

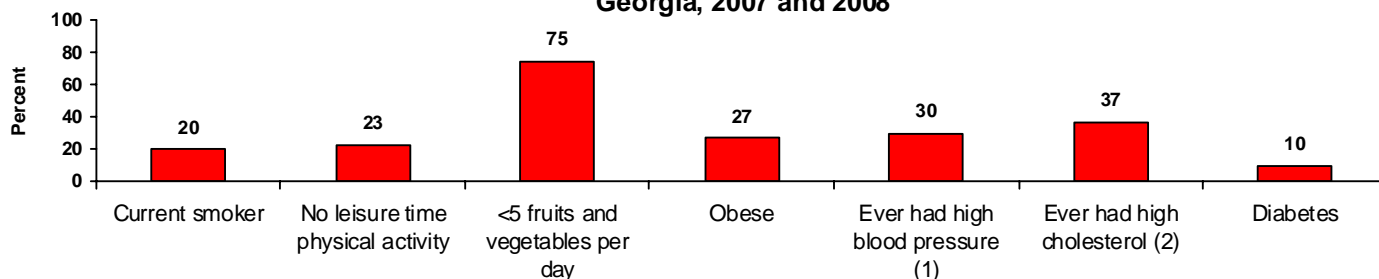
HIGH CHOLESTEROL

- 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 **24%** in 1997 to **37%** in 2007

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 **6%** in 1998 to **10%** in 2008

Prevalence of risk factors for cardiovascular disease among adults, Georgia, 2007 and 2008



(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 2007 and 2008

³ Data Source: 2006 Georgia Stroke and Heart Attack Awareness Survey

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