A Matter of the Heart:

A CLOSER LOOK AT HEART DISEASE, REDUCING RISK, AND PREVENTION
Overview

- What is Heart Disease
- Understanding your risk factors
- Ways to reduce your risk and prevent heart disease and other health conditions
- Educating yourself and others
Heart Disease: What is heart disease?

- Heart disease is a term that refers to several kinds of heart conditions
- Heart disease is the leading cause of death among adults in the United States, accounting for 1 in 4 deaths
- African-Americans are disproportionately impacted by heart disease and its complications
- Coronary Artery Disease (CAD) is the most common type of heart disease, accounting for more than 80% of all diagnosed heart conditions
Heart Disease: Coronary Artery Disease

- Caused by the build up of plaque (cholesterol) in the arteries
- Overtime, the build up, called atherosclerosis, leads to narrowing of the artery
- Development of coronary artery disease (CAD) can result in a heart attack if arteries become completely blocked
- Treatment and cost to care for CAD are over $105 billion/year in the US
Heart Disease: Signs and Symptoms

- Early detection and risk reduction are key
- Chest pain is the most commonly recognized sign of heart disease but it’s important to know other possible signs of trouble
- Other signs/symptoms of a possible heart condition –
  - Shortness of Breath
  - Upper body pain or discomfort in the arm, back, neck, shoulder, or jaw areas
  - Nausea, lightheadedness, dizziness
  - Cold sweats
  - Increased heart rate/palpitations
Heart Disease: Prevalence in the United States

Prevalence of Heart Disease in United States, Adults Ages 18 & Over, based on respondent reports, 2008-2012

SOURCE: CDC/NCHS, National Health Interview Survey, family core and sample adult questionnaires.
Impact of Social Determinants on Prevalence of Heart Disease

Level of Educational Attainment Among Persons w/Heart Disease in U.S., Age 18 & Over, based on Respondent Reports - 2012

Percent of Poverty Level Among Persons Age 18 & Over w/Heart Disease in U.S. based on Respondent Reports - 2012

SOURCE: CDC/NCHS, National Health Interview Survey, family core and sample adult questionnaires.
Deaths Rates for Heart Disease – Race/Ethnicity & Gender

Death Rates for Heart Disease by Race/Ethnicity & Gender in the US - 2011

SOURCE: CDC/NCHS, National Health Interview Survey, family core and sample adult questionnaires.
Heart Disease: Risk Factors

- Some risk factors related to behavior are controllable

- Risk factors associated with behavior can significantly increase or decrease your risk for heart disease

- Non-controllable factors like gender can automatically predispose persons to be at greater risk for heart disease
Heart Disease: Reducing Your Risk & Prevention

- Diet/Nutrition – eating a well-balanced diet with fruits, vegetables, and whole grains
- Being active – physical activity is great for the heart and circulation
- Maintain a healthy weight – obesity is a major risk factor for heart disease
- Avoid tobacco products – smoking is a major cause of heart disease and health conditions like high blood pressure
Heart Disease: Reducing Your Risk & Prevention

Preventing health conditions related to heart disease

- Getting annual check-ups to monitor your cholesterol
- Preventing or controlling your blood pressure with diet & exercise
- Preventing or controlling your diabetes with diet & exercise
- If you take medications, take them as directed
- Talk with your healthcare provider about concerns and remain engaged in your care

High Blood Pressure Limits

<table>
<thead>
<tr>
<th>Blood Pressure Level</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>Systolic 140 or above OR Diastolic 90 or above</td>
</tr>
<tr>
<td>Pre-High</td>
<td>Systolic between 121-139 OR Diastolic between 81-89</td>
</tr>
<tr>
<td>Normal</td>
<td>Systolic 120 or less AND Diastolic 80 or less</td>
</tr>
</tbody>
</table>

Cholesterol Levels

<table>
<thead>
<tr>
<th>Cholesterol Level</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>240 or higher</td>
</tr>
<tr>
<td>Borderline High</td>
<td>200 to 239</td>
</tr>
<tr>
<td>Desirable</td>
<td>Less than 200</td>
</tr>
</tbody>
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Education and Resources

Know the Facts About Heart Disease
This full-color, easy-to-read handout describes the risk factors, signs and symptoms, prevention, diagnosis, and treatment of heart disease.
[Know the Facts About Heart Disease](http://www.cdc.gov/heartdisease/docs/consumered_heartdisease.pdf)

Podcasts
Listen to CDC podcasts for reliable health and safety information when and where you want it.
[A Cup of Health with CDC: Help a Hurting Heart](A Cup of Health with CDC: Help a Hurting Heart)

National Sudden Cardiac Arrest Awareness Month—October 2010
For most medical conditions, early detection and a quick response are important for a positive outcome. That’s especially true with a sudden cardiac arrest, during which the heart abruptly stops beating effectively, resulting in loss of blood flow to the brain and other vital organs.
Date released: 10/14/10

Heart-Healthy e-Cards
Send a heart-healthy e-card today to help promote heart disease and stroke prevention.
[Heart-Health e-Cards](Heart-Health e-Cards)

Other Resources
The following Web sites include government health links and resources about heart disease—
[Heart Diseases](Heart Diseases): Medline Plus (a service of the National Library of Medicine and the National Institutes of Health)
[HeartHub for Patients](HeartHub for Patients): American Heart Association
[Cardiovascular Diseases—Patient Brochures and Clinician Fact Sheets](Cardiovascular Diseases—Patient Brochures and Clinician Fact Sheets): Agency for Healthcare Research and Quality
On the Web:  www.balmingilead.org or www.healthychurches2020conference.org

On social media: on Facebook, Twitter, and Instagram @thebalmingilead

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