

CARDIOVASCULAR DISEASE (CVD)

Cardiovascular disease (CVD) includes all diseases of the heart and blood vessels, including ischemic heart disease, stroke, congestive heart failure, hypertensive disease, and atherosclerosis.

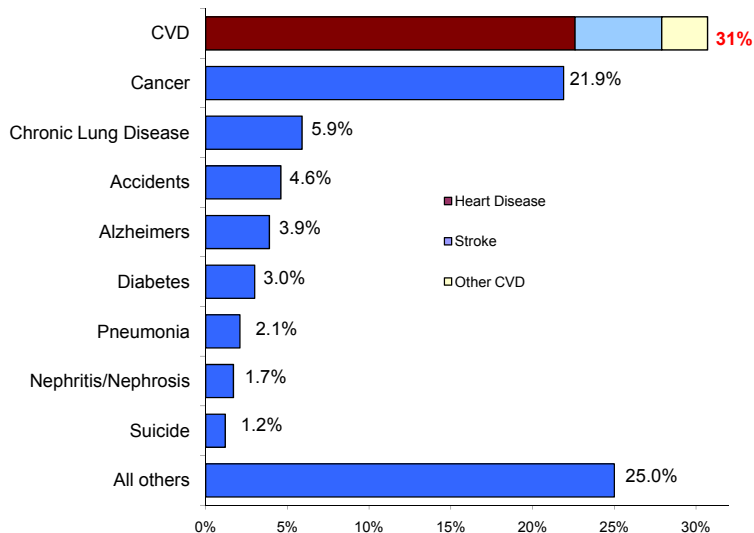
PREVALENCE¹

- In 2009, approximately 7.1% (between 87,000-103,000) of all Nebraskans reported having one or more forms of CVD.

DEATH²

- CVD was directly responsible for approximately 1 in every 3 Nebraska deaths with **4,742 deaths**.
- Cardiovascular disease is the **leading cause of death** in Nebraska among both genders and all racial and ethnic groups, excluding Asians.

Leading Causes of Death in Nebraska, 2008



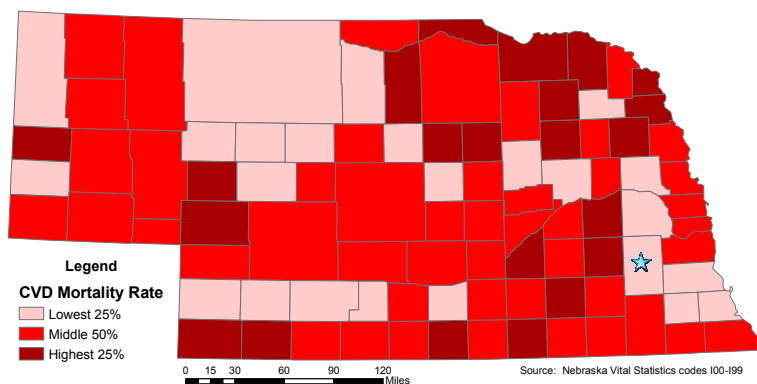
Note: CVD ICD-10 codes are I00-I99 with specific codes of I00-I09, I11, I13, I20-I51 (Heart Disease) and I60-I69 (Stroke)
 Source: Nebraska Vital Records

- CVD killed more residents in 2008 than cancer and chronic lung disease combined.
- CVD death rates were **50% higher** for men than women in 2008.
- CVD death rates were **40% higher** for African Americans than whites for the years 2004-2008.

DEATH CONTINUED²...

- CVD death rate increases with age but 1 in 7 persons who died from CVD between 2006 and 2008 was less than 65 years of age.
- Premature death from CVD is much more common among Native Americans and African Americans. **Fifty percent** of Native Americans and **42%** of African Americans who die from CVD die before the age of 65 compared to 12% of whites.

Cardiovascular Disease Mortality in Nebraska by Age-Adjusted Rates 2004-2008



HOSPITALIZATIONS³

- CVD is the **leading cause** of hospitalization in Nebraska.
- In 2008, 26,742 hospitalizations occurred among Nebraska residents due to CVD.
- The average hospitalization length of stay for CVD was 4.1 days in 2008.

ESTIMATED CHARGES³

- Total hospital charges for CVD increased by over **\$407.7 million** between 2001 and 2008, from \$517 million to \$924.7 million.
- The average charge per CVD hospitalization was \$34,600 in 2008 compared to \$18,650 in 2001.
- In 2008, Medicare paid an estimated \$603 million for hospitalizations due to CVD, accounting for approximately 65% of all hospitalization charges for CVD.

CVD MODIFIABLE RISK FACTORS

HIGH BLOOD PRESSURE¹

- Approximately 1 in every 4 (27.1%) Nebraska adults reported having been told by a healthcare professional that they have high blood pressure.
- African Americans (35.4%) are significantly more likely than whites (25.6%) to have diagnosed high blood pressure for the years 2007 & 2009 combined⁴.
- Over half (58.1%) of Nebraskans age 65 and older have high blood pressure.

SMOKING¹

- Approximately 1 in 6 Nebraska adults (16.7%) reported currently smoking cigarettes.
- Significantly more Native American adults (41.4%) than all other racial and ethnic populations reported smoking cigarettes for the years 2007-2009 combined⁴.

HIGH BLOOD CHOLESTEROL¹

- Approximately 1 in every 4 (26.1%) Nebraska adults have not had a blood cholesterol screening in the past five years.
- Of Nebraska adults that report having had their blood cholesterol checked, more than 1 in every 3 (37.4%) reported having been told by a healthcare professional that they have high blood cholesterol.

PHYSICAL INACTIVITY¹

- Nearly 1 in 3 adults did not meet recommended guidelines for physical activity.

UNHEALTHY EATING¹

- Less than 1 in 4 Nebraska adults (20.9%) consumed five or more servings of fruits and vegetables per day in 2009.

OVERWEIGHT & OBESITY¹

- Nearly 2 in 3 Nebraska adults (64.8%) were overweight or obese.
- Males (74.3%) were significantly more likely to be overweight or obese than females (55.4%).
- African Americans (37.2%) and Native Americans (40.5%) were significantly more likely to be obese than whites (26.4%) for the years 2002-2009 combined⁴.

DIABETES¹

- Nearly 1 in 13 (7.5%) Nebraska adults reported ever being diagnosed with diabetes.

MULTIPLE RISK FACTORS¹

- Among Nebraska adults, more than 9 in 10 (96.2%) have one or more CVD risk factors, 7 in 10 (70.8%) have 2 or more CVD risk factors, and more than 2 in 5 (42.0%) have 3 or more CVD risk factors.

SIGNS & SYMPTOMS

HEART ATTACK

- Chest discomfort: Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body: Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath: Often occurs along with chest discomfort, but it also can occur before chest discomfort.
- Other symptoms: May include breaking out in a cold sweat, nausea, or light-headedness.

STROKE

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

For more information, contact:
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1. Nebraska Behavioral Risk Factor Surveillance System. Year 2009. Nebraska Department of Health and Human Services, Financial Services, Research and Performance Management, Public Health Support Unit.
2. Nebraska Vital Records. Year 2008. Nebraska Department of Health and Human Services, Financial Services, Research and Performance Measurement.
3. Nebraska Hospital Discharge Data. Year 2008.
4. Data age-adjusted due to age differences in racial and ethnic groups.