



Women and Cardiovascular Disease in Michigan Fact Sheet

Michigan Department of Community Health

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Introduction

Cardiovascular disease is one of the greatest health risks facing American women today. The latest data show that 1 in every 2.7 women die of cardiovascular disease. It is estimated that nearly 35% of the women in the United States presently have cardiovascular disease.

Awareness of heart disease among women has increased dramatically over the past several years, but 43% of women still do not recognize it as the leading cause of death. Awareness is even lower among black and Hispanic women.¹

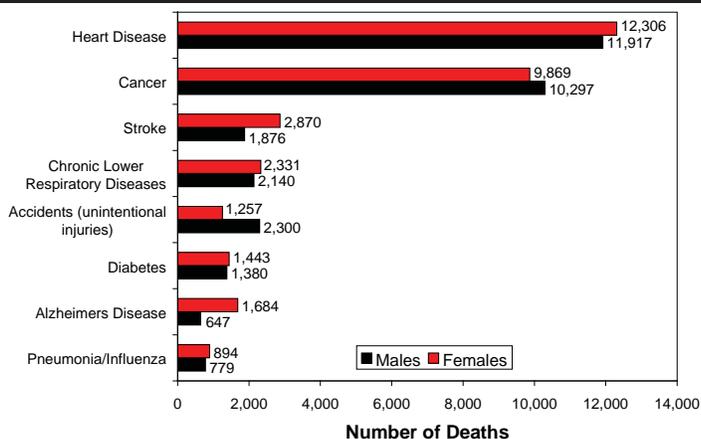
Michigan and national trends are similar but the state rates of disease are higher.^{2,3}

Cardiovascular Disease (CVD)

CVD is a term that describes many different diseases that affect the heart and blood vessels, such as heart disease, coronary heart disease, stroke, heart failure and peripheral arterial disease.

- ♥ CVD is the number one killer of women.²
- ♥ More than one-third of all female deaths in Michigan were caused by CVD, followed by cancer, 22.5%.²
- ♥ Black women are 1.5 times as likely to die of CVD than white women (347.7 per 100,000 vs 231.3 per 100,000).²

Leading causes of death in Michigan by gender, 2006.²



Heart Disease

Heart disease is a subset of cardiovascular disease that includes all forms of diseases affecting the heart and blood vessels in the heart including hypertensive heart disease, pulmonary heart disease, atherosclerotic heart disease, heart failure and coronary heart disease.

- ♥ The number of women who die of heart disease in Michigan has exceeded those of males since 1990.²
- ♥ 64,736 women have died of heart disease in the past five years. This number of women could fill Ford Field for a Detroit Lions football game.²
- ♥ Heart disease caused 74,568 hospital stays among women (124.3 per 10,000 women).³

Stroke

Stroke is a form of disease that affects blood vessels and arteries to the brain. The main types of stroke are ischemic, caused by a clot, and hemorrhagic, caused by bleeding.

- ♥ 60.5% of stroke deaths were women. This was 2,870 women in 2006.²
- ♥ Stroke caused 14,554 stays in 2006 among women (24.2 per 10,000), 51.6%.³
- ♥ Black women are almost twice as likely to die from a stroke than white women (40.4 per 100,000 vs 21.8 per 100,000).²

Prevalence

- ♥ 4.1% of women were ever told by a doctor they had angina or coronary heart disease, this is more than the number of people in Saginaw County (210,163 women).⁴
- ♥ 3.5% of women were ever told by a doctor they had a heart attack (179,408).⁴
- ♥ 2.9% of women were ever told by a doctor they had a stroke. This is more than the percent of men that were told (2.6%).⁴

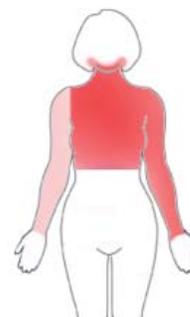
Prevention

- ♥ Engage in regular physical activity, such as walking, jogging, biking and lifting weights.
- ♥ Eat a healthy diet including whole grains, fruits and vegetables.
- ♥ Quit smoking.
- ♥ Maintain a healthy weight.
- ♥ Only 5.9% of the female Michigan adult population engaged in all four healthy lifestyles (healthy weight, adequate fruit and vegetable intake, not smoking and engaging in adequate physical activity), in 2007.⁴

Warning Signs of Heart Attack and Stroke

Heart Attack Warning Signs⁵

- ♥ Chest discomfort.
- ♥ Discomfort in other areas of the upper body.
- ♥ Shortness of breath.
- ♥ Other signs may include breaking out in a cold sweat, nausea or lightheadedness.
- ♥ Women's most common heart attack symptom is chest discomfort and they are more likely than men to have pain in their back or jaw, shortness of breath, unexplained weakness/fatigue or nausea/vomiting.



Stroke Warning Signs⁵

- ♥ Numbness or weakness of the face, especially on one side.
- ♥ Arm numbness, drifting or weakness, especially on one side of body.
- ♥ Difficulty speaking or slurred speech or confusion.
- ♥ Loss of vision, loss of balance with dizziness or a sudden, severe headache with no known cause.



Call 9-1-1 time is of the essence! Call for an ambulance - do not drive yourself!

Resources for Women

American Heart Association. Go Red for Women Program: www.goredforwomen.org

National Heart Lung and Blood Institute. Heart Truth Campaign: www.hearttruth.gov

Women's Heart Foundation: www.womensheartfoundation.org

US Department of Health and Human Services Office on Women's Health: www.womenshealth.gov

National Coalition for Women with Heart Disease: www.womenheart.org

Michigan Department of Community Health: www.michigan.gov/cvh

Michigan Department
of Community Health



Jennifer M. Granholm, Governor
Janet Olszewski, Director

References:

1. American Heart Association. Heart Disease and Stroke Statistics 2009 Update.
2. Michigan Department of Community Health, Vital Statistics, 1990-2006.
3. Michigan Department of Community Health, Michigan Resident Inpatient Files, 2006.
4. Michigan Department of Community Health Behavioral Risk Factor Survey, 2006.
5. American Heart Association, Heart Attack, Stroke and Cardiac Arrest Warning Signs: <http://www.americanheart.org/presenter.jhtml?identifier=3053>.