

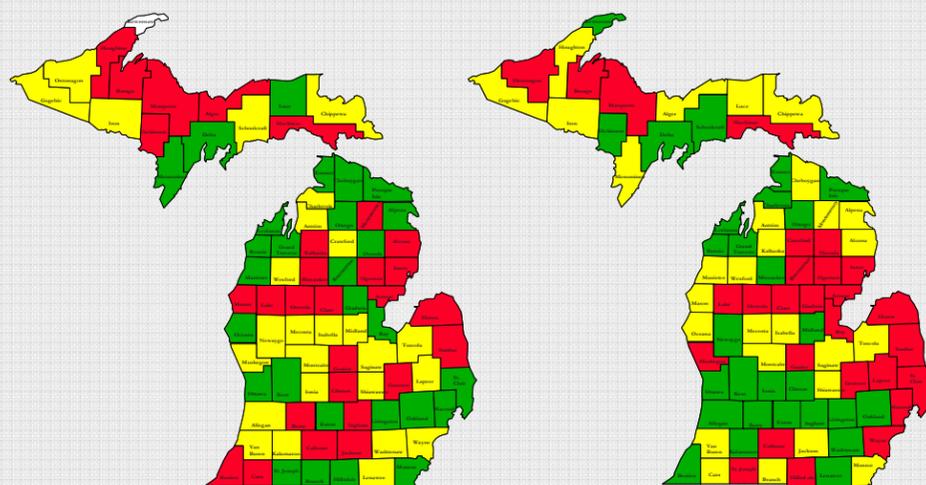
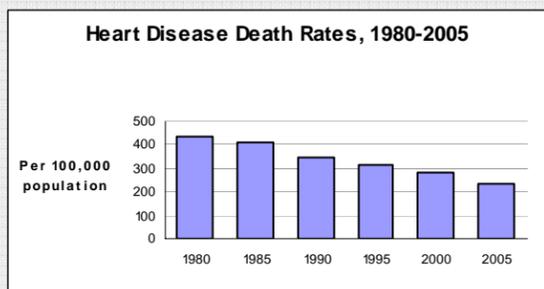
A Guide for Michigan Legislators on Heart Disease and Stroke

Cardiovascular Health funding through the *Healthy Michigan Fund* has helped Heart Disease and Stroke death rates drop in Michigan . . .

. . . But there is still lots of work to do!

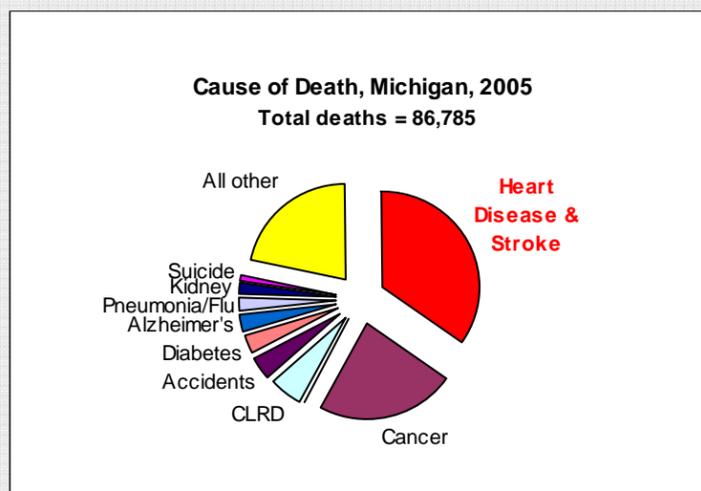
Heart Disease is the #1 cause of death, accounting for 25,098 deaths in 2005.

Stroke is the #3 cause of death and the #1 cause of disability.



2000-2004
Heart Disease Death Rates Stroke Death Rates

Red Counties have higher rates.
Yellow Counties have middle rates.
Green Counties have lower rates.



- The economic burden of heart disease and stroke in Michigan is \$14 billion per year.
- 2,555,766 Michigan adults have cardiovascular disease. Preventing 1% of cardiovascular disease could save \$139 million per year.
- The Cardiovascular Health Program leverages resources from the Federal government and from private partners. In 2006, state matching funds brought Michigan an additional \$1.5 million in Federal funds and \$500,000 in private funds to combat cardiovascular disease. Federal grants for public health programs often require state matching funds. If state funds are lost, Federal funds are also lost.

Major Risk Factors like high blood pressure, high blood cholesterol, obesity and tobacco exposure are preventable and treatable. More children are developing risk factors, especially overweight and obesity.



Fast Facts: There Is Still Work To Do

- Cardiovascular Disease is the #2 cause of death for children under 15
- More children are developing preventable risk factors
- Losing as little as 10 pounds of body weight can help lower blood pressure
- A reduction of 12 points in systolic blood pressure can reduce heart attacks 21% and strokes 37%
- 70% of people with high blood pressure don't have it under control
- As baby boomers age, heart disease and stroke are expected to sharply increase
- 23% of seniors admitted to nursing homes have a primary diagnosis of heart disease or stroke
- Stroke is the #1 cause of people moving from hospitals to nursing homes

Please support Cardiovascular Health Programs through continuation of the Healthy Michigan Fund

We Know What To Do

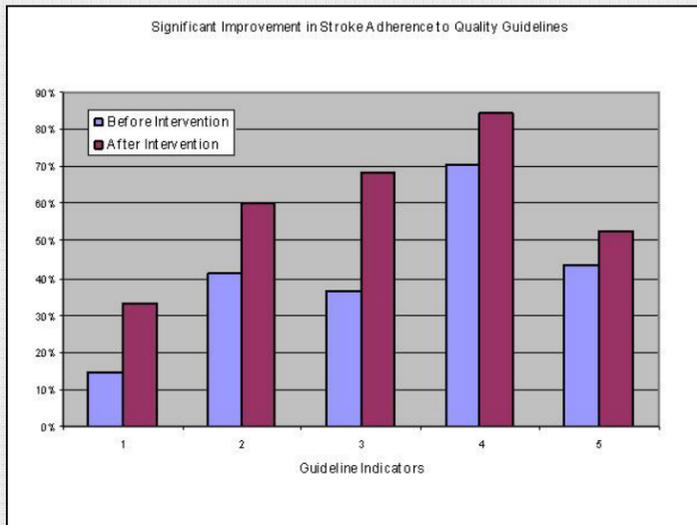
We know what causes heart disease and stroke and how to prevent them based on decades of research findings and clinical trials. Specific, effective actions outlined in Michigan Cardiovascular Health Task Force Recommendations are implemented with Cardiovascular Health budget line funds.

Examples of Cardiovascular Health Programs

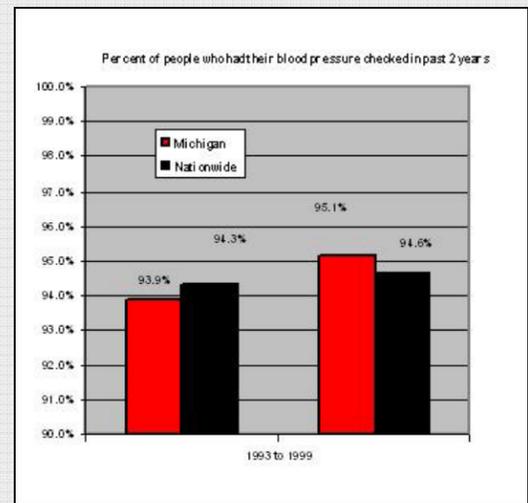
Patient Care Improvement

Funded programs in hospitals and health plans encourage use of improved protocols and tools. Adherence to treatment guidelines translates each year into 2,300 lives saved related to stroke and 2,713 lives saved related to heart disease.

The *Get with The Guidelines—Stroke* Program and Patient Management Tool was implemented in 13 hospitals with significant results.

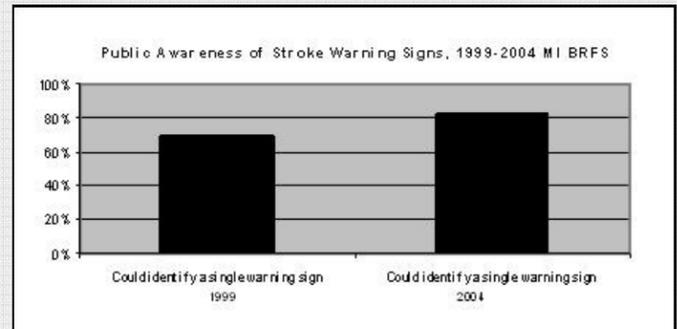


In collaboration with partners, community organizations and worksites are supported to educate, screen and refer high risk populations for control of hypertension—the leading risk factor for stroke. More than 70,000 people per year receive education and blood pressure testing.



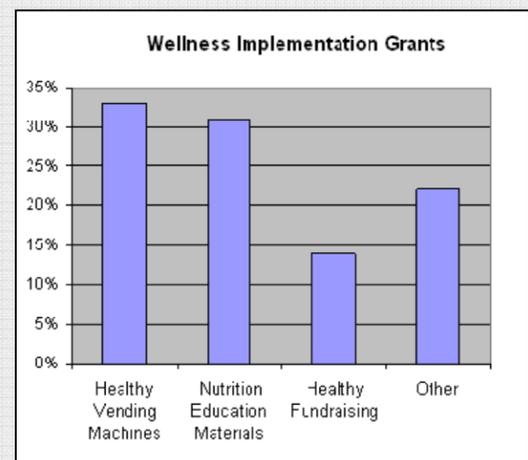
Public Awareness

A project in 100 churches across the State is educating 25,000 people about the warning signs of heart attack and stroke, actions to take during sudden cardiac emergencies and the importance of seeking help quickly. There is a limited window of opportunity for certain types of stroke and heart attack treatment to save lives and prevent long term disability.



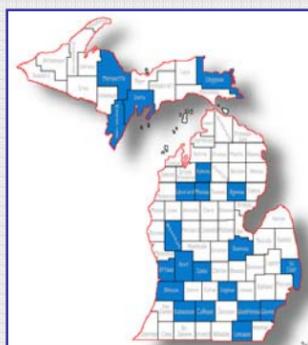
Healthy Youth

259 Michigan schools received help to improve their physical activity and nutrition environments. More than 500,000 students now attend schools with increased time for physical activity and physical education, new school wellness policies, better school meals, healthier choices in vending machines and school gardens.



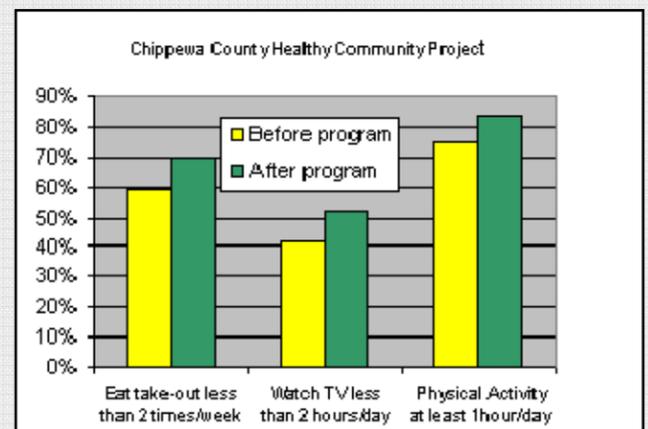
Healthy Communities

Communities were funded through local health departments to implement policy and environmental supports for physical activity and improved nutrition that will help 1 million citizens and over 200,000 Medicaid recipients.



Counties Funded to Improve Physical Activity and Nutrition in Communities

Sample Community Program Results



- \$575 million per year could be saved in Michigan if 1 in 20 sedentary people became physically active.
- Healthier diets could save Michigan \$2.5 billion per year in medical costs, lost productivity and lost lives.