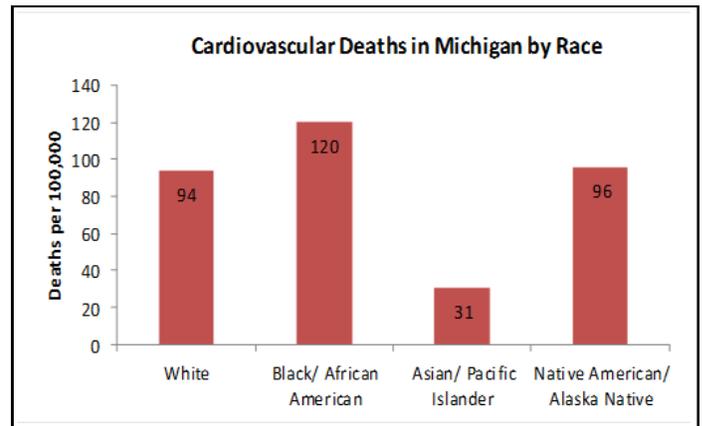
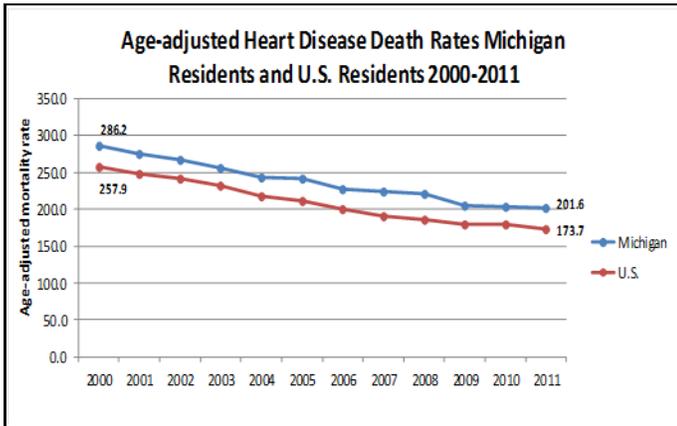




Cardiovascular Disease in Michigan

February 2015 update

Prepared by the Michigan Department of Community Health,
Cardiovascular Health, Nutrition and Physical Activity Section

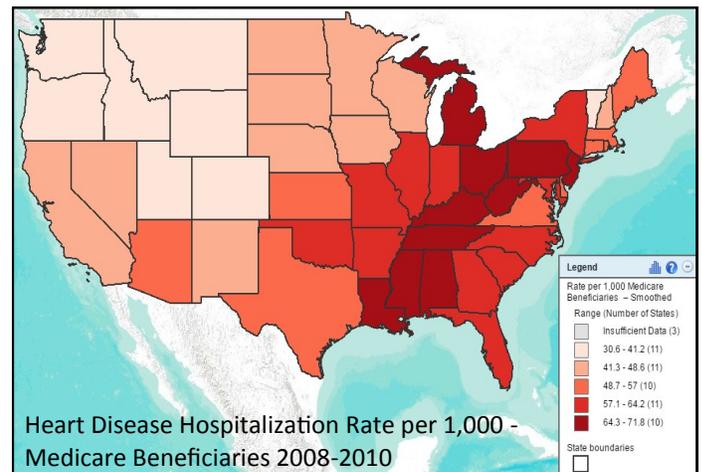
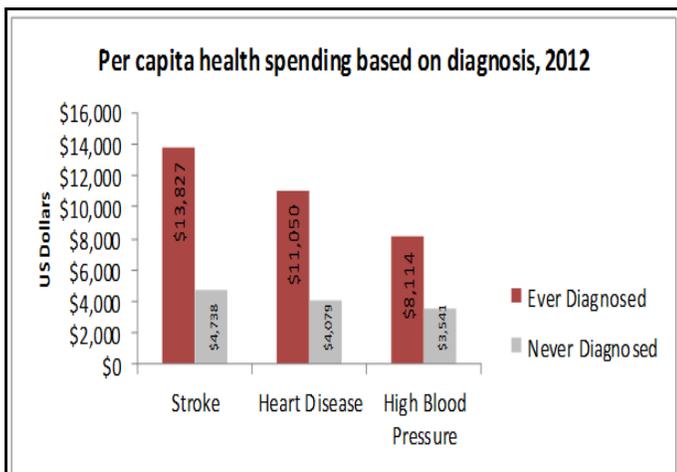


Heart Disease Facts

- ♥ In Michigan and across the United States, stroke is the fourth leading cause of death.
- ♥ High blood pressure is the leading cause of heart disease and stroke.
- ♥ 1 in 3 US adults have high blood pressure.

Risk Factors for Heart Disease

- ♥ High Blood Pressure
- ♥ High Cholesterol
- ♥ Diabetes/pre-diabetes
- ♥ Overweight/Obesity
- ♥ Smoking
- ♥ Physical Inactivity
- ♥ Family history
- ♥ History of high blood pressure during pregnancy
- ♥ Poor diet





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Statistics

- ♥ In 2013, 34.6% of Michigan adults reported ever being told they have high blood pressure (HBP).
- ♥ 75.7% of Michigan adults with diagnosed HBP reported taking blood pressure medication in 2013.
- ♥ An increased percentage of Michigan adults are being diagnosed with HBP each year, due to an increase in aging of the overall state population.
- ♥ By 2030, heart disease cases in Michigan are projected to rise from 600,000 to 2.9 million.
- ♥ In 2010, \$10.2 billion was spent on heart disease related medical costs in Michigan.
- ♥ Heart Disease was the leading cause of death in men (n= 12,001) and women (n= 11,501) in 2012.
- ♥ In the past five years in Michigan 58,298 women have died of heart disease. This number of women could easily fill Comerica Park for a Detroit Tigers baseball game.
- ♥ More than 25% of deaths in Michigan in 2013 were due to cardiovascular disease and stroke.

CVH Program Updates

Health and Wellness 2015 Funding: \$210,300

Accomplishments: In 2014, the MDCH Heart Disease & Stroke Prevention Program partnered with over 20 hospitals to improve quality of care for stroke patients and impacted over 8,000 patients. MDCH is continuing work with state partners including the Michigan Primary Care Transformation Project, Michigan Pathways to Better Health, Michigan Primary Care Association, the National Kidney Foundation, and the American Heart Association. These efforts have resulted in a 2% increase in Michigan adults who have their high blood pressure under control.

Goals: Continue partnering with organizations and statewide initiatives to promote awareness of risk factors and signs and symptoms of heart attack and stroke, and increasing control of high blood pressure among Michigan residents.

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