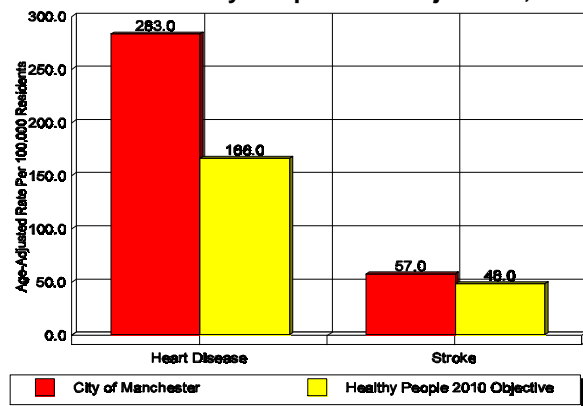




City of Manchester Department of Health CARDIOVASCULAR DISEASE REPORT CARD

Deaths Due to Heart Disease and Stroke Age-Adjusted Mortality Rates Per 100,000 Residents Manchester and Healthy People 2010 Objectives, 1997-2001



HEALTHY PEOPLE 2010 OBJECTIVE: Reduce the heart disease death rate to 166 per 100,000 people and reduce the stroke death rate to 48 per 100,000 people.

Heart disease and stroke are the #1 and #4, respectively, killers of the residents of Manchester. Together, they account for 40% of all Manchester deaths. Heart disease and stroke affect our community in regard to death and also, in regard to suffering and disability. From 1997 to 2001, the average age-adjusted, heart disease-related death rate for Manchester residents was 283 per 100,000 people. This is nearly 60% higher than the national objective of 166 heart disease-related deaths per 100,000 people. The death rate due to stroke for Manchester residents was also higher than the national objective. Consider that in the United States, 10 million people—some of them residing here—are living but disabled due to heart disease or stroke.² One out of every two males and one out of every three females will develop heart disease during their lifetime.¹ In recent years, the number of sudden deaths from heart disease among young people has increased.³ The burden of heart disease and stroke exists regardless of gender, age, race/ethnicity, or socioeconomic status. Importantly, this burden could grow in years to come, as demographics shift and our population ages, and if, as recent trends portend, ever more of us become overweight and diabetic.

The risk of heart disease and stroke increase with age and inheritable factors. However, heart disease and stroke share common *modifiable* risk factors as well, including high blood cholesterol, high blood pressure, tobacco use, diabetes, inactivity, and poor nutrition. More than 100 million Americans have total blood cholesterol levels that are higher than desirable, and of them, 40 percent have levels that put them at “high risk.”^{4,5} One out of every four adults in the United States has high blood pressure, and many remain unaware of their condition or are not adequately treated.^{6,7} For both high cholesterol and high blood pressure, the benefit of eating a healthful diet, engaging in regular physical activity, and reducing excess weight is clear.^{5,7}

Total Number of Heart- and Stroke-related Hospitalizations and Emergency Room (ER) Visits Manchester Residents, 1998-2001

	1998	1999	2000	2001
Heart-related Hospitalizations	1235	1258	1352	1340
Heart-related ER Visits	605	655	723	707
Stroke-related Hospitalizations	296	261	291	289
Stroke-related ER Visits	66	71	58	76

WHO PAYS? Heart disease and stroke consume many of our health care dollars. In 2004, the projected cost for heart disease and stroke in the United States is expected to reach 368 billion dollars, including health care expenditures and lost productivity from death and disability.³ Many of these costs would be rendered unnecessary, if cardiac and stroke disease prevention were practiced throughout the country.



WHAT WORKS? RECOMMENDATIONS FOR THE COMMUNITY:

- Advocate for Environmental Changes that Support Healthy Lifestyles.** For example, adopt no-smoking policies in the workplace and in all public places; offer healthy food choices at work, schools, and restaurants; and support access to safe places for physical activity and recreation.
- Ensure Access to Quality Primary Health Care Services** for all residents of Manchester. Support health care system changes that enhance the implementation of prevention and treatment guidelines for heart disease and stroke.
- Ensure Rapid Access to Emergency Health Care Services.** Every 33 seconds, someone dies from cardiovascular disease, including heart disease and stroke.² For many, death occurs suddenly. Quickly identifying and treating victims reduces damage to the heart muscle and brain, and lowers the likelihood of death.^{9,10}
- Educate the Public** about the considerable prevalence of heart disease in the community. For example, 1 in 3 women develop heart disease during their lifetime, while 1 in 3 women develop any invasive cancer and 1 in 7 women develop breast cancer during their lifetime.^{1,11}
- Enhance Data Sources and Systems** to monitor key indicators relevant to heart disease and stroke in the community and to systematically evaluate policy and program interventions.

RECOMMENDATIONS FOR THE INDIVIDUAL:

- Be Screened Regularly** for high blood pressure and high cholesterol.
- Adopt Healthy Behaviors.** Maintain a healthy weight, participate in regular physical activity, eat a healthy diet (low in saturated fat and cholesterol), do not smoke cigarettes, and avoid environmental tobacco smoke.
- Know Your Family History of Heart Disease and Stroke.** See a health care provider to assess your health risks.
- Be Heart Healthy.** Follow-up regularly with your health care provider, take medications as prescribed, and continue to practice a healthy lifestyle if you have high blood pressure, diabetes, or high cholesterol.
- Know the Warning Signs** of heart disease and of a stroke. Learn CPR.



FOR MORE INFORMATION ON HOW TO IMPROVE CARDIOVASCULAR HEALTH IN THE MANCHESTER COMMUNITY, PLEASE CONTACT:

- ✓ American Heart Association, Greater Manchester Chapter (603) 669-5833
- ✓ NH Minority Health Coalition REACH 2010 Initiative (603) 627-7703