Heart Disease

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Preventing Heart Disease:
What Public Health Partners Need to Know

Heart disease is a huge burden on the United States. It's the leading cause of death for both men and women. Every year, **1 in 4 deaths is caused by heart disease**. Coronary heart disease alone costs the United States $109 billion each year.
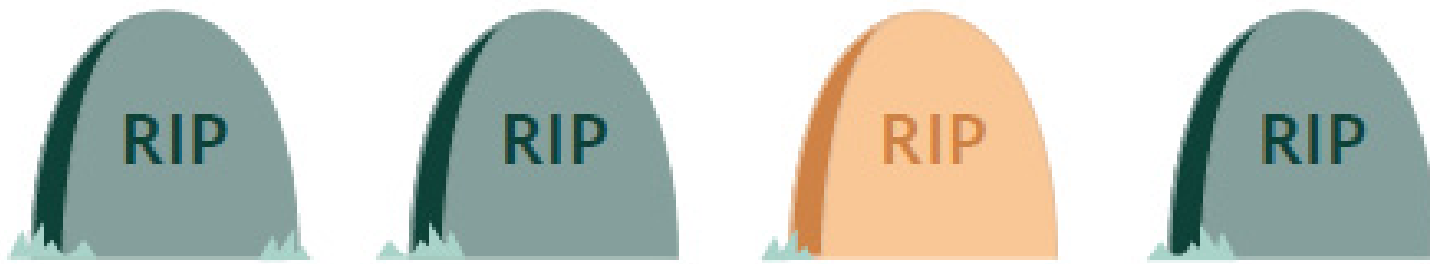
The good news: heart disease is preventable. Together, the Centers for Disease Control and Prevention (CDC) and its partners can raise awareness about the risks for heart disease and encourage people to make healthy choices to help prevent or delay it.

CDC has teamed up with public health organizations and partners in 41 states and the District of Columbia to promote heart-healthy living and working conditions.

In order to understand the burden of heart disease, and better focus your local, state, and national prevention efforts, we've included information about risk factors — as well as data about heart disease deaths by race and location.

What Partners Can Do

Raise awareness about risk factors and strategies for prevention.

The more risk factors you have, the more likely you are to develop heart disease. High blood pressure, smoking cigarettes, and high LDL (bad) cholesterol are key heart disease risk factors — and half of all American adults have at least one of them.

32%	21%	15%
High Blood Pressure	Smoke Cigarettes	High LDL (bad) cholesterol

Partners can help raise awareness about lowering these key risk factors for heart disease.

People can prevent heart disease by taking steps like:

- Eating healthy
- Getting active
- Quitting smoking
- Controlling cholesterol and blood pressure

Make sure everyone you serve knows the warning signs of a heart attack.

Every year about 715,000 Americans have a heart attack. Knowing the warning signs of a heart attack is key to preventing death, but many people don't know the signs. For example, in a 2005 survey, only 27% of respondents were aware of all the major symptoms of a heart attack and knew to call 911.

You can make a difference by creating campaigns to educate people about the warning signs of a heart attack and how and when to get help.

Understand Heart Disease: Deaths by Race

Heart disease is the leading cause of death for most people in the United States, including White Americans, African Americans, and Hispanic Americans. For Asian Americans or Pacific Islanders and American Indians or Alaska Natives, heart disease is the number 2 killer.

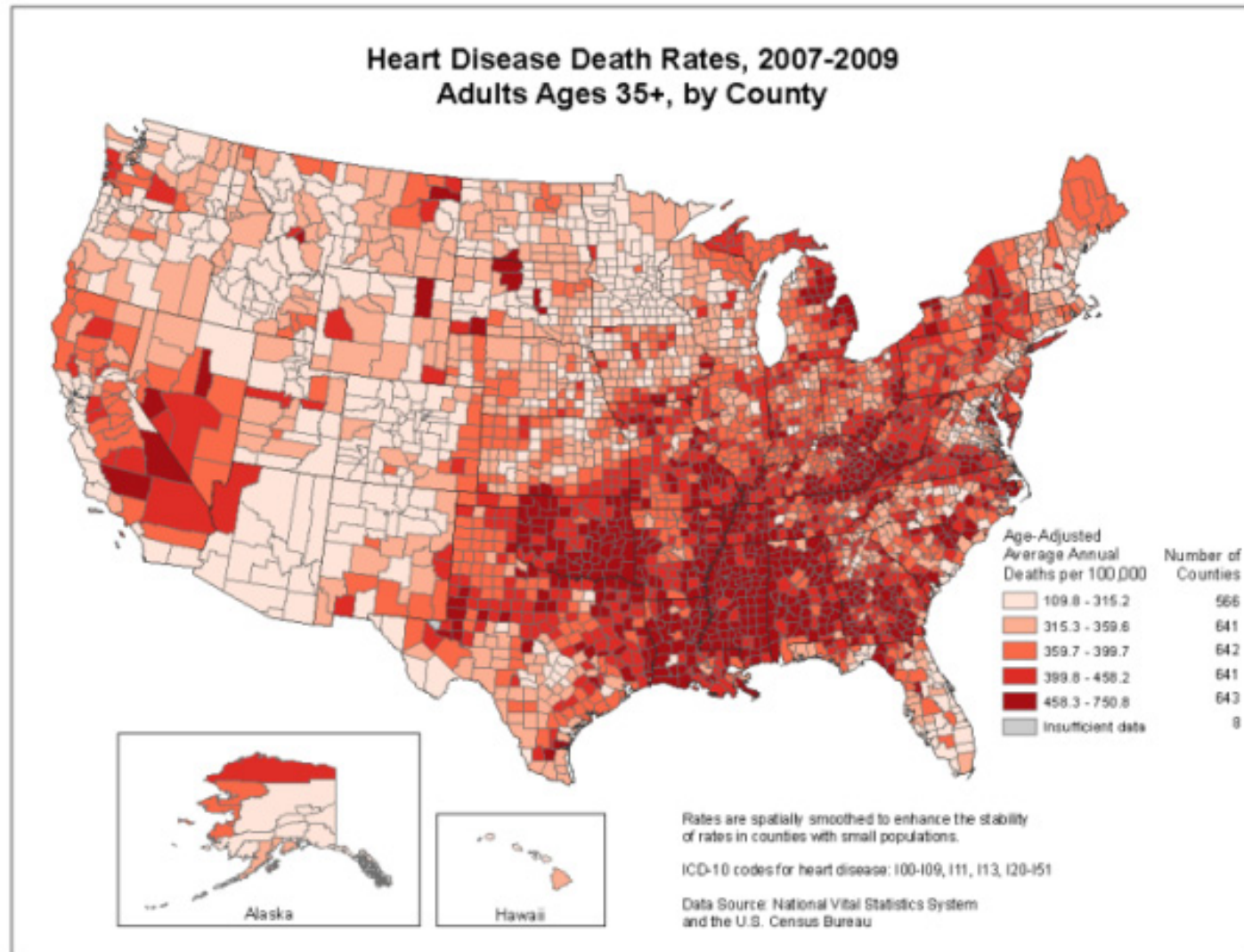**In 2008, the percentage of all deaths due to heart disease by race were:**

- White Americans: 25%
- African Americans: 24%
- Hispanic Americans: 21%
- Asian Americans or Pacific Islanders: 23%
- American Indians or Alaska Natives: 18%

Put another way, in White and African Americans, about 1 in 4 deaths is caused by heart disease. (For other racial groups, this number is closer to 1 in 5 deaths.)

Support local, state, and national efforts to create materials that are culturally competent and address barriers to heart health— as well as provide tips and strategies for improving health outcomes.

Understand Heart Disease: Deaths by Location

From 2007 to 2009, heart disease death rates among adults
(ages 35 and older) were highest in the South and lowest in the West.

Heart Disease Death Rates, 2007-2009
Adults Ages 35+, by County

Age-Adjusted Average Annual Deaths per 100,000	Number of Counties
109.8 - 315.2	566
315.3 - 359.6	641
359.7 - 399.7	642
399.8 - 458.2	641
458.3 - 750.8	643
Insufficient data	8

Rates are spatially smoothed to enhance the stability of rates in counties with small populations.

ICD-10 codes for heart disease: I00-I09, I11, I13, I20-I51

Data Source: National Vital Statistics System and the U.S. Census Bureau

Knowing your area's heart disease death rate can help inform awareness and prevention efforts.

If your programs serve populations in the South, think about how this data affects your heart disease awareness and prevention efforts. Collaborate with other organizations and federal agencies to maximize your impact.

Learn More: Fact Sheets

[Heart Disease Fact Sheet](#)

[Men and Heart Disease](#)

[Women and Heart Disease](#)

[Atrial Fibrillation Fact Sheet](#)

[Heart Failure Fact Sheet](#)

[Know the Signs and Symptoms of a Heart Attack](#)

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