



Kent City Health Department

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FACT SHEET

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www.kentpublichealth.org

BY THE NUMBERS

Preventing Heart Attacks and Strokes

■ ■ Heart disease (18%) and stroke (2%) accounted for 20% of all Portage Co. adult deaths. Source: [2016 Portage County Community Health Assessment](#)

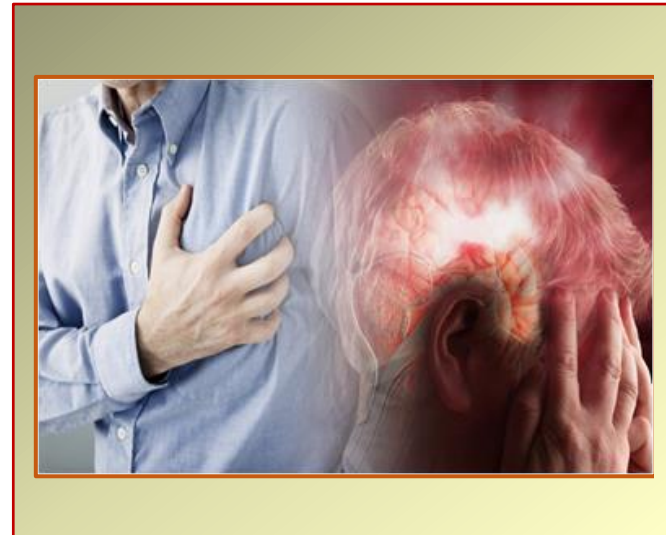
Occurring more in middle-aged adults

Heart attacks and strokes can be catastrophic, life-changing events that are all too common. Heart disease and stroke are preventable, yet they remain leading causes of death, disability, and healthcare spending in the US. Alarmingly, many of these events happen to adults ages 35-64—over 800,000 in 2016. Million Hearts® is a national initiative with a network of partners focused on preventing one million heart attacks, strokes, and other cardiovascular events by 2022. Coordinated actions by public health and healthcare professionals, communities, and healthcare systems can and will keep people healthy, optimize care, and improve outcomes within priority populations.

Want to learn more? Source: www.cdc.gov/vitalsigns/million-hearts/



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion



<p>16M About 16 million heart attacks, strokes, and related heart conditions are probable by 2022.</p>	<p>80% Eighty percent of early heart disease and strokes are preventable.</p>	<p>1 in 3 1 in 3 cardiovascular events happened in adults ranging from 35–64 years old in 2016.</p>
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PROBLEM

Conditions are preventable:

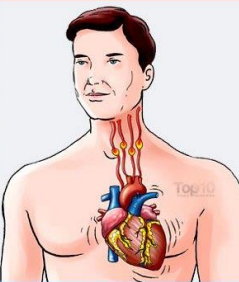
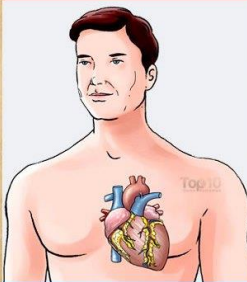
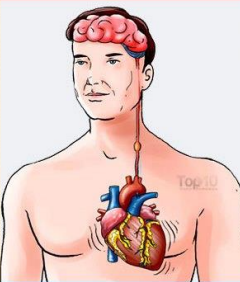
- ■ Those aged 35-64 are less likely to use medications when indicated, only about half watch their blood pressure, and many are physically inactive.
- ■ People with mental health and substance abuse problems use tobacco more frequently.
- ■ Patients who have already had a heart attack or stroke are likely to have a repeated episode.

WHAT CAN BE DONE?

Everyone can:

- ■ Start heart healthy behaviour today: eat a heart-healthy diet, get physically active and don't use tobacco products! www.smokefree.gov
- ■ Learn your heart age and take action to improve it: www.cdc.gov/vitalsigns/cardiovascular-disease/heartage

YOU MUST KNOW THE DIFFERENCES BETWEEN

HEART ATTACK	CARDIAC ARREST	STROKE
		
<p>A heart attack is a circulation disorder.</p> <p>S M P S O S</p> <ul style="list-style-type: none"> • CHEST PAIN (ANGINA) • BODY ACHES • SHORTNESS OF BREATH • COLD SWEATS 	<p>A cardiac arrest is an "electrical" disorder.</p> <p>S M P S O S</p> <ul style="list-style-type: none"> • LOSS OF CONSCIOUSNESS • BLACKOUT • CHEST PAIN • EXTREME PALPITATION 	<p>A stroke is a brain disorder.</p> <p>S M P S O S</p> <ul style="list-style-type: none"> • MENTAL CONFUSION • DISRUPTED SPEECH • INABILITY TO WALK • BLURRED VISION



Resource:
Centers for Disease Control and Prevention
1-800-CDC-INFO(232-4636)
TTY: 1-888-232- 6348
www.cdc.gov

<https://millionhearts.hhs.gov/>