

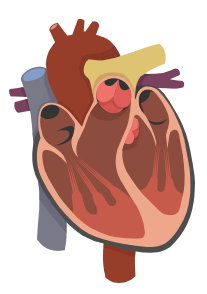
Broward Regional Health Planning Council Fact Sheet

Heart Health

February is Heart Health Awareness Month and a time when health professionals increase their promotion of individuals knowing about their risk for heart disease. "Heart Disease" is an umbrella term for any disorder of the heart including coronary heart disease, congenital heart disease, arrhythmia and heart failure.

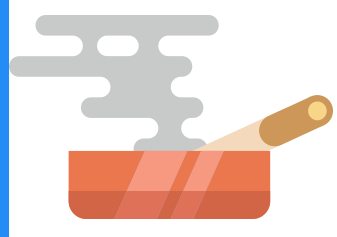
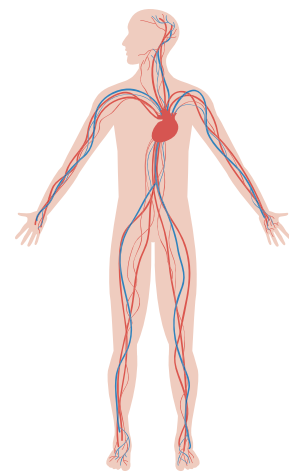
Heart disease is the number one killer for both men and women and can happen at any age; however, the risk increases in older populations. Furthermore, heart disease is the leading cause of death for African Americans, American Indians, Alaska Natives and white people. It is the second leading cause of death (behind cancer) for Asian Americans, Pacific Islanders and Hispanics.¹

Causes of Heart Disease



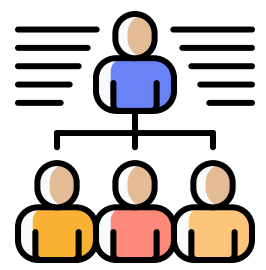
Damage to parts or all of the heart

Poor supply of nutrients and oxygen



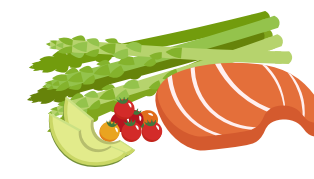
Lifestyle choices (e.g. smoking, poor diet, being sedentary)

Obesity, high blood pressure, high cholesterol



Family History

How to Prevent Heart Disease



Maintaining a balanced diet

Exercise

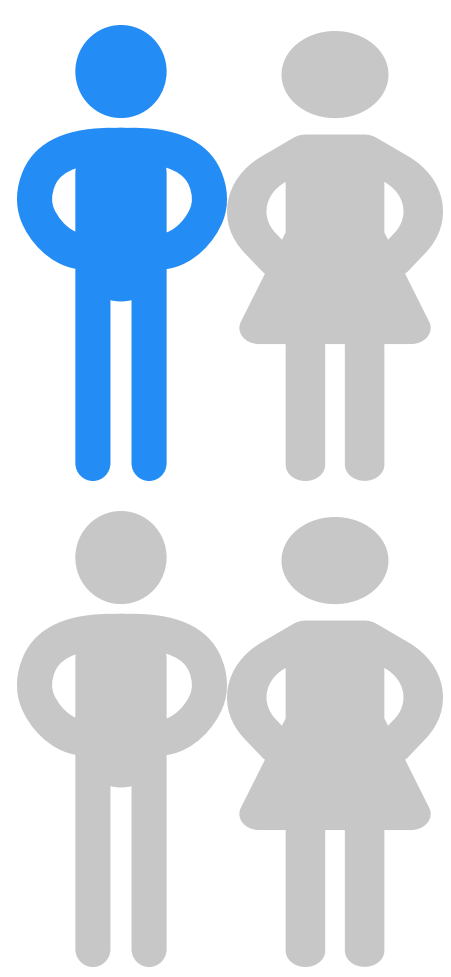


Not smoking/quitting smoking

Consuming less alcohol



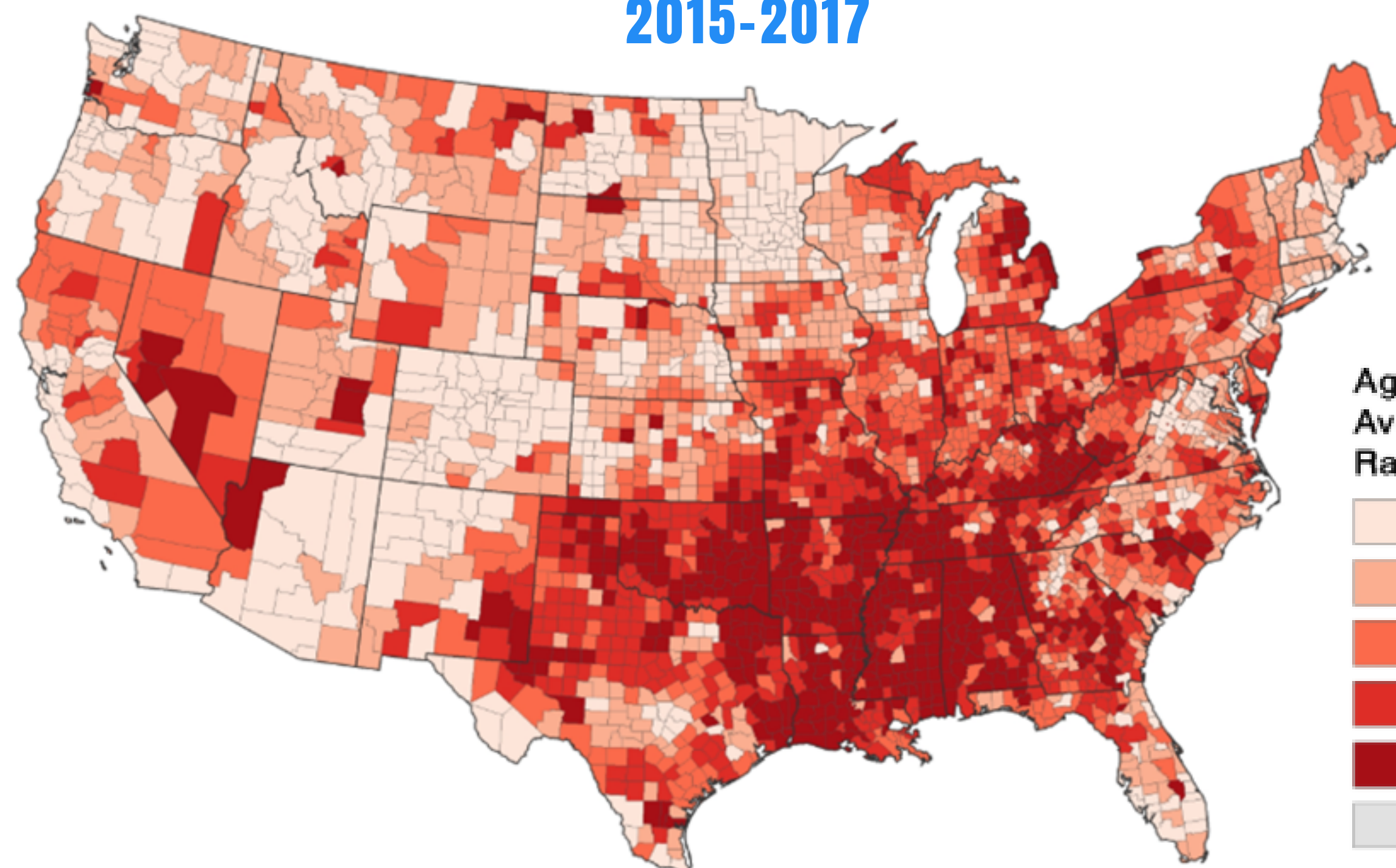
National Data ¹



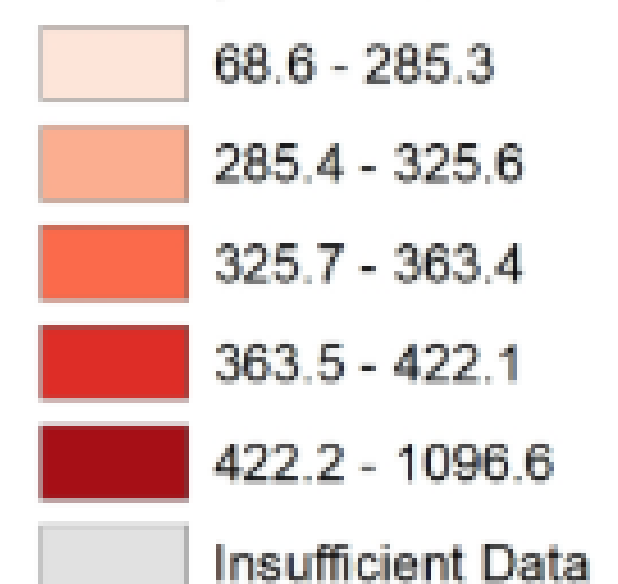
1 in 4

of all deaths are from heart disease ¹

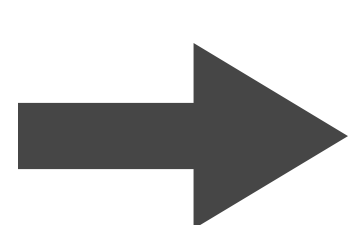
Heart Disease Death Rate for Adults 35+
2015-2017



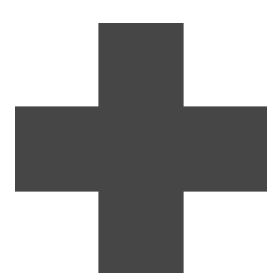
Age-Adjusted
Average Annual
Rates per 100,000



Heart Disease



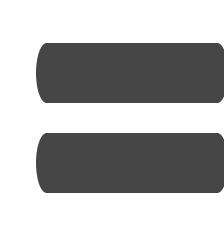
More Sick Days



More Doctor and
Hospital Visits/Bills



Less Productivity



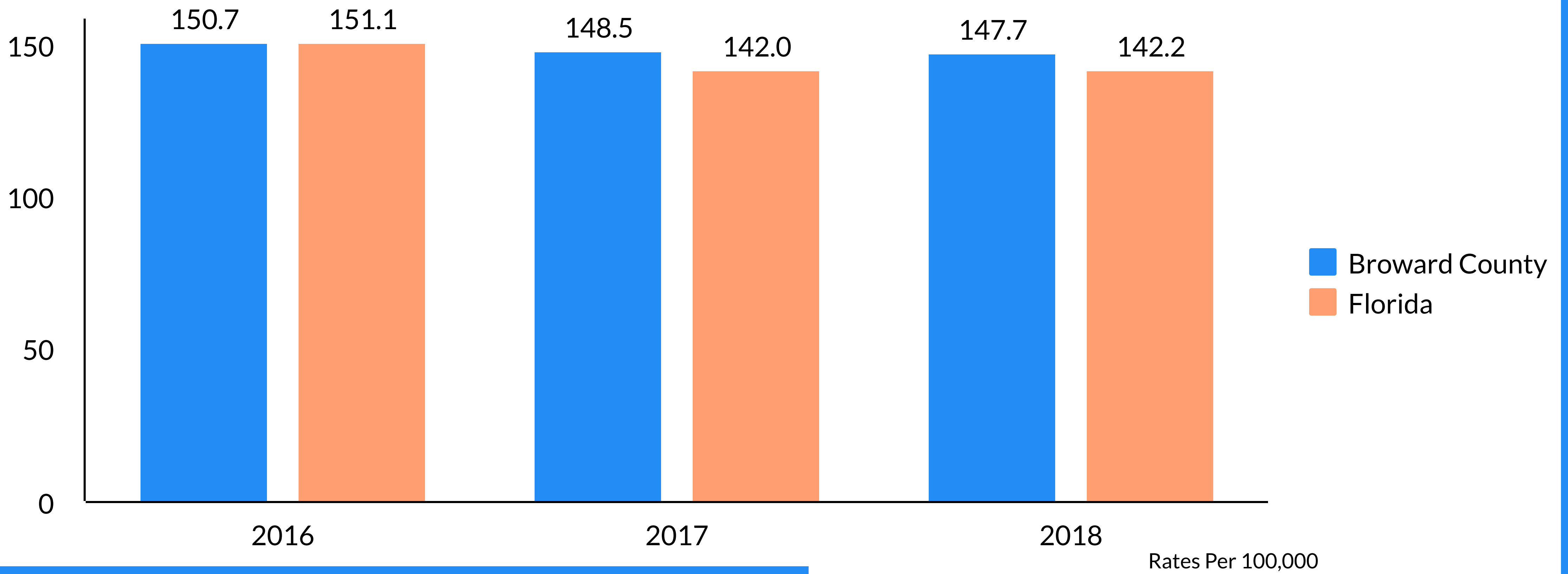
Economic Cost
Burden

**\$2
Billion**

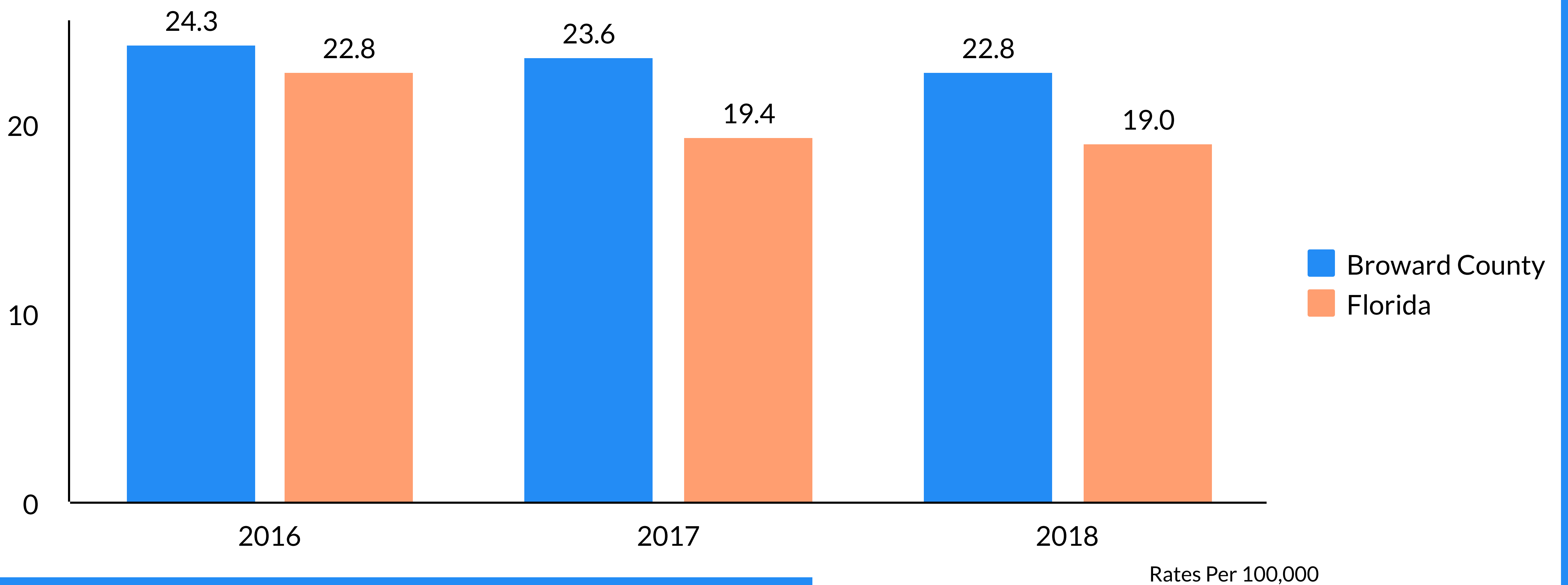
Local and State Trends

Florida has **1.4 million people** with Heart Heart Disease; second only to California which has 1.5 million people.²

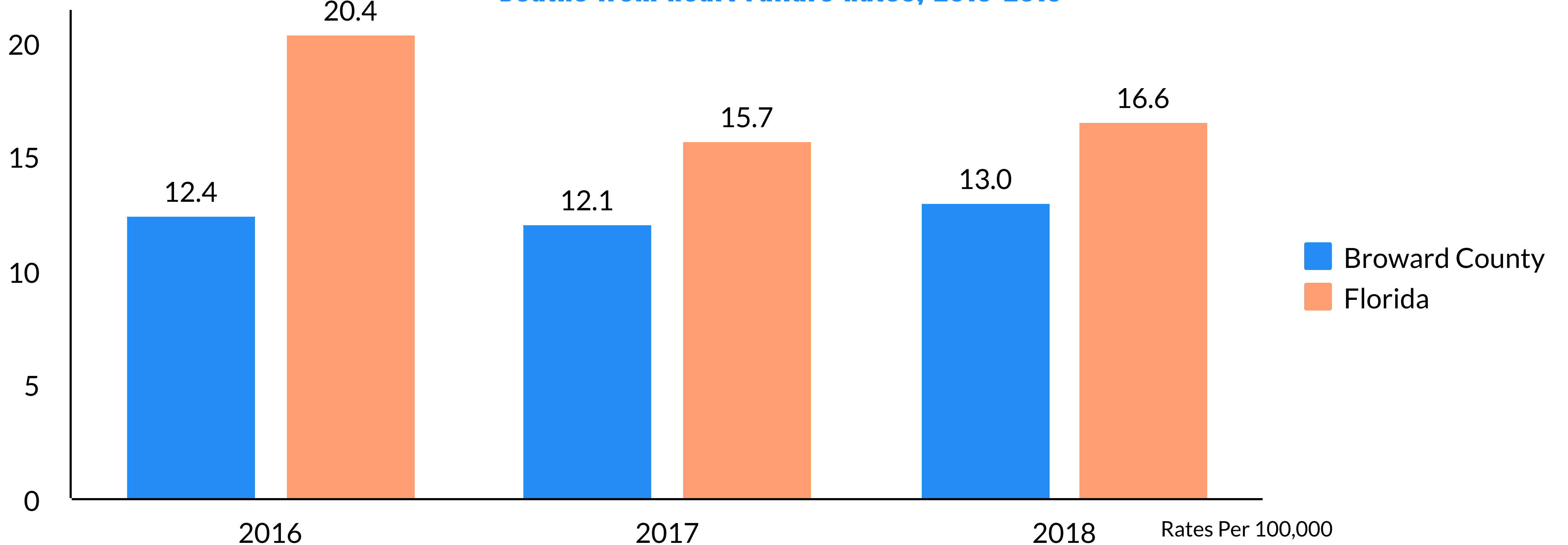
Heart Disease Deaths Rates, 2016-2018³



Deaths from Heart Attacks Rates, 2016-2018³



Deaths from Heart Failure Rates, 2016-2018³



For more information, please email: sfowlkes@brhpc.org

Broward Regional Health Planning Council, Inc. is a non-profit organization committed to delivering health and human service innovations at a national, state and local level through planning, direct services, evaluation and organizational capacity building. For additional information, please visit www.BRHPC.org. The entire **Broward County Health Plan** is available online (www.BRHPC.org).

Sources: (1) Centers for Disease Control, (2) National Heart, Lung and Blood Institute (3) Florida Charts