The Burden of Cardiovascular Disease in North Carolina



Justus-Warren Heart Disease and Stroke Prevention Task Force April 11, 2018

Purpose

- 1. To detail the burden of heart disease and stroke in North Carolina
- 2. To examine the risk factors for heart disease and stroke including identification of subpopulations at highest risk
- **3**. To publicize the profile of the heart disease and stroke burden and its preventability
- 4. To identify priority strategies which are effective in preventing and controlling risks for heart disease and stroke
- To recommend to the Governor and General Assembly funding and strategies needed to modify or enact laws to enhance heart disease and stroke prevention

Total Cardiovascular Disease



US Heart Disease Death Rates by County, Ages 35+, 2013 - 2015



US Stroke Death Rates by County, Adults Ages 35+, 2013 – 2015



US Heart Disease Death Rates and Ranking by State, 2011 - 2016

	2011		2012		2013		2014		2015		2016	
State	Age Adiusted	US	Age Adjusted	US	Age Adiusted	US	Age Adjusted	US	Age Adjusted	US	Age Adjusted	US
	Death Rate	Rank										
New Jersey	174.9	21	171.5	21	170.1	22	166.3	23	166.7	22	164.7	21
Maryland	171.2	23	174.4	19	172.7	19	167.8	22	169.3	21	164.3	22
Delaware	175.2	20	168.8	24	168	24	168.7	21	165.2	23	163.2	23
lowa	166.0	26	170.4	23	168.8	23	157.3	28	160.9	25	162.8	24
Idaho	155.8	33	150.9	37	145.4	43	152.8	33	156.4	30	160.0	25
Kansas	158.2	31	158.2	30	156.1	29	157.4	27	158.5	28	159.2	26
Vermont	151.7	37	150.6	38	149.6	37	156.6	29	152.5	37	158.8	27
Wyoming	158.9	30	167.2	25	152.4	31	162.2	24	159.4	27	157.8	28
North Carolina	167.9	24	166.1	26	165.3	25	158.7	26	162.4	24	155.8	29
Wisconsin	163.8	27	160.7	28	159.3	27	155.1	31	156.0	31	154.9	30
Montana	156.9	32	151.0	36	154.3	30	147.8	39	155.8	32	154.4	31
South Dakota	154.0	35	155.4	31	150.1	35	154.6	32	150.9	38	153.4	32
Rhode Island	167.7	25	165.2	27	163.4	26	160.8	25	160.4	26	152.4	33
New Hampshire	151.0	38	146.1	41	148.9	40	147.9	38	149.0	40	151.1	34
Virginia	162.2	28	158.6	29	157.2	28	156.1	30	154.2	34	150.7	35

Heart Disease: ICD-10 codes I00-I09, I11, I13, I20-I51.

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File, 2011 - 2016. CDC WONDER Online Database.

https://wonder.cdc.gov/mortSQL.html. Accessed in November, 2017

US Stroke Death Rates and Ranking by State, 2011 - 2016

	2011		2012		2013		2014		2015		2016	
State	Age Adjusted Death Rate	US Rank										
Alabama	49.4	3	49.5	1	48.1	1	48.3	2	52.2	2	51.6	1
Mississippi	50.6	2	48.3	3	47.2	4	48.8	1	52.6	1	50.6	2
Louisiana	45.7	7	43.9	9	44.0	7	45.6	4	46.0	6	46.0	3
Tennessee	47.5	4	44.9	7	44.4	6	45.8	3	46.0	5	46.0	4
Arkansas	50.6	1	49.1	2	47.6	2	45.4	5	46.8	3	45.6	5
South Carolina	46.3	5	45.9	5	47.6	3	44.2	7	46.7	4	45.5	6
Georgia	42.6	13	41.8	14	41.4	10	42.6	10	45.3	7	44.3	7
North Carolina	43.2	12	42.8	10	42.4	8	43.0	9	44.7	8	43.0	8
Texas	41.9	15	41.8	15	40.2	15	41.6	13	42.7	11	42	9
Oklahoma	45.8	6	45.7	6	44.5	5	43.0	8	43.0	10	41.8	10
West Virginia	44.8	9	47.9	4	40.7	11	45.3	6	43.8	9	41.7	11
Delaware	40.5	19	38.2	19	37.0	24	38.8	18	39.4	15	41.6	12
Ohio	41.3	18	41.2	16	39.9	16	40	15	40.7	14	40.6	13
Kentucky	44.8	8	44.3	8	41.7	9	41.8	11	40.8	12	40.4	14
Missouri	43.4	11	42.2	13	40.6	14	41	14	40.8	13	40.4	15

Stroke: ICD-10 codes I60-I69.

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File, 2011 - 2015. CDC WONDER Online Database.

https://wonder.cdc.gov/mortSQL.html. Accessed in November, 2017

Heart Disease Death Rates, NC vs. US, 1999 - 2016



Heart Disease: ICD-10 codes I00-I09, I11, I13, I20-I51

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. *Compressed Mortality File, 1999-2016. CDC WONDER Online Database.* <u>https://wonder.cdc.gov/ucd-icd10.html</u>. Accessed on February 14, 2018.

Heart Disease Death Rates Ages 15-34 Years, NC vs. US, 1999 - 2016



Heart Disease: ICD-10 codes I00-I09, I11, I13, I20-I51.

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File, 1999-2016. CDC WONDER Online Database.

https://wonder.cdc.gov/ucd-icd10.html. Accessed on May 11, 2018.

Heart Disease Death Rates Ages 15-34 Years, NC, 1999 - 2016

Year	Heart disease	Population	Crude rate per	Age Adjusted rate
	deaths		100,000	per 100,000
1999	137	2,317,524	5.9	5.8
2000	141	2,330,854	6	5.9
2001	141	2,351,865	6	5.9
2002	133	2,362,176	5.6	5.6
2003	148	2,352,931	6.3	6.2
2004	125	2,381,168	5.2	5.2
2005	145	2,401,377	6	6
2006	132	2,444,211	5.4	5.4
2007	133	2,470,611	5.4	5.5
2008	151	2,520,123	6	6
2009	130	2,551,235	5.1	5.2
2010	136	2,567,757	5.3	5.3
2011	131	2,594,637	5	5.1
2012	121	2,615,322	4.6	4.7
2013	127	2,637,674	4.8	4.9
2014	138	2,663,452	5.2	5.2
2015	124	2,688,881	4.6	4.7
2016	127	2,701,225	4.7	4.7
Total	2,420	44,953,023	5.4	5.4

Heart Disease: ICD-10 codes I00-I09, I11, I13, I20-I51.

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File, 1999-2016. CDC WONDER Online

Database. <u>https://wonder.cdc.gov/ucd-icd10.html</u>. Accessed on May 11, 2018.

Heart Disease Death Rates Ages 35-64 Years, NC vs. US, 1999 - 2016



Heart Disease: ICD-10 codes I00-I09, I11, I13, I20-I51

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File, 1999-2016. CDC WONDER Online Database.

https://wonder.cdc.gov/ucd-icd10.html. Accessed on February 25, 2018.

Heart Disease Death Rates Ages 65 Years and Older, NC vs. US, 1999 - 2016



Heart Disease: ICD-10 codes I00-I09, I11, I13, I20-I51

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File, 1999-2016. CDC WONDER Online Database.

https://wonder.cdc.gov/ucd-icd10.html. Accessed on May 11, 2018.

Stroke Death Rates NC vs. US, 1999 - 2016



Stroke: ICD-10 codes I60-I69

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. *Compressed Mortality File, 1999-2016. CDC WONDER Online Database*. <u>https://wonder.cdc.gov/ucd-icd10.html</u>. Accessed on February 14, 2018.

Stroke Death Rates Ages 15-34 Years, NC vs. US, 1999 - 2016



*A number of deaths less than 20 is considered unreliable.

Stroke: ICD-10 codes I60-I69.

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File, 1999-2016. CDC WONDER Online Database.

https://wonder.cdc.gov/ucd-icd10.html. Accessed on May 11, 2018.

Stroke Death Rates Ages 15-34 Years, NC, 1999 - 2016

			Crude rate per	Age Adjusted rate per
Year	Stroke deaths	Population	100,000	100,000
1999	29	2,317,524	1.3	1.2
2000	24	2,330,854	1	1
2001	28	2,351,865	1.2	1.2
2002	22	2,362,176	0.9	0.9
2003	24	2,352,931	1	1
2004	25	2,381,168	1	1
2005	33	2,401,377	1.4	1.4
2006	24	2,444,211	1	1
2007	25	2,470,611	1	1
2008	25	2,520,123	1	1
2009	26	2,551,235	1	1
2010	19	2,567,757	Unreliable*	Unreliable*
2011	24	2,594,637	0.9	0.9
2012	23	2,615,322	0.9	0.9
2013	29	2,637,674	1.1	1.1
2014	34	2,663,452	1.3	1.3
2015	25	2,688,881	0.9	0.9
2016	19	2,701,225	Unreliable*	Unreliable*
Total	458	44,953,023	1	1

*A number of deaths less than 20 is considered unreliable. Stroke: ICD-10 codes I60-I69.

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File, 1999-2016. CDC WONDER Online Database.

https://wonder.cdc.gov/ucd-icd10.html. Accessed on May 11, 2018.

Stroke Death Rates Ages 35-64 Years, NC vs. US, 1999 - 2016



Stroke: ICD-10 codes I60-I69

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. *Compressed Mortality File, 1999-2016. CDC WONDER Online Database.* <u>https://wonder.cdc.gov/ucd-icd10.html</u>. Accessed on February 25, 2018.

Stroke Death Rates Ages 65 Years and Older, NC vs. US, 1999 - 2016



Stroke: ICD-10 codes I60-I69.

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File, 1999-2016. CDC WONDER Online Database.

https://wonder.cdc.gov/ucd-icd10.html. Accessed on May 11, 2018.

Leading Causes of Death, NC, 2016

Rank	Cause	Number	%
1	Cancer	19,526	21.6
2	Heart Disease	18,276	20.2
3	Chronic Lower Respiratory Diseases	5,317	5.9
4	Stroke	4,941	5.5
5	Alzheimer's Disease	4,152	4.6
6	Other Unintentional Injuries	3,950	4.4
7	Diabetes Mellitus	2,813	3.1
8	Nephritis, Nephrotic Syndrome and Nephrosis	2,002	2.2
9	Pneumonia and Influenza	1,896	2.1
10	Septicemia	1,559	1.7
	All Other Causes (Residual)	26,066	28.8
	Total Deaths - All Causes	90,498	100

Data Source: North Carolina Division of Public Health, State Center for Health Statistics. NC Vital Statistics Volume 2

http://www.schs.state.nc.us/interactive/query/lcd/lcd.cfm

Percentage of Deaths Caused by CVD, NC, 2010 - 2016

■ Total CVD ■ Stroke ■ Heart Disease ■ Other



Total CVD Deaths includes deaths from ICD-10 codes I00-I99; Heart Disease ICD -10 codes I00-I09, I11, I13, I20-I51.; Stroke ICD -10 codes I60-I69.

Data Source: North Carolina Division of Public Health, State Center for Health Statistics. Leading Causes of Death in North Carolina. SCHS Online Database, http://www.schs.state.nc.us/schs/data/lcd/lcd.cfm

Cardiovascular Disease Deaths Under 65 Years, NC vs. US, 1999 - 2016



Premature= Less than 65 years of age.

Major Cardiovascular Disease: ICD-10 codes I00-I78

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File, 1999-2015. CDC WONDER Online Database. <u>https://wonder.cdc.gov/ucd-icd10.html</u> Accessed on February 14, 2018.

Heart Disease Death Rates by County of Residence, NC, 2012 - 2016



Heart Disease: ICD-10 codes I00-I09, I11, I13, I20-I51.

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

N.C. Data Source: North Carolina Division of Public Health, State Center for Health Statistics. *Volume 2: Leading Causes of Death in North Carolina 2012-2016, SCHS Online Database*. <u>http://www.schs.state.nc.us/data/vital/lcd/2016/</u>. Accessed 11/2017.

Stroke Death Rates by County of Residence, NC, 2012 - 2016



Stroke: ICD-10 codes I60-I69.

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

<u>Data Source</u>: North Carolina Division of Public Health, State Center for Health Statistics. *Volume 2: Leading Causes of Death in North Carolina 2012 -2016, SCHS Online Database*. <u>http://www.schs.state.nc.us/data/vital/lcd/2016/</u>. Accessed 11/2017.

Percent Change in Heart Disease Death by County 2007-2011 vs. 2012-2016, NC



Data Source: North Carolina Division of Public Health, State Center for Health Statistics. Data accessed at http://www.schs.state.nc.us/data/vital.cfm on February 27, 2018.

Percent Change in Stroke Death by County 2007-2011 Vs 2012 – 2016, NC



Data Source: North Carolina Division of Public Health, State Center for Health Statistics. Data accessed at http://www.schs.state.nc.us/data/vital.cfm on February 27, 2018.

Morbidity, NC, 2016

- Over 769,110 adult North Carolinians (9.8% of the adult population) have a history of either heart attack, angina or stroke¹
- Cardiovascular disease (CVD) is the leading cause of hospitalization in North Carolina²
 - 147,327 CVD hospital discharges (about 13% of all discharges) in 2016
 - 30,407 stroke
 - 103,909 heart disease

Stroke: ICD-10 codes I60-I69; Heart Disease ICD 10 codes I00-I09, I11, I13, I20 - I51.

1. North Carolina Division of Public Health, State Center for Health Statistics. Behavioral Risk Factor Surveillance System (BRFSS), 2016. <u>http://www.schs.state.nc.us/data/brfss/2016/nc/all/topics.htm#chd</u> 2. Inpatient Hospital Utilization and Charges by Principal Diagnosis. Data produced by the State Center for Health Statistics on request on 02/21/2018.

Prevalence of Cardiovascular Disease in Adults, NC, 2011 - 2016

CVD* Stroke Heart disease**



*History of Any Cardiovascular Diseases (heart attack or coronary heart disease or stroke);

** Had angina or coronary heart disease

Data Source: NC State Center for Health Statistics. Behavioral Risk Factor Surveillance System (BRFSS). http://www.schs.state.nc.us/data/brfss/survey.htm

Cardiovascular Disease Hospital Charges, NC, 2011-2016



---- Female ---- Male ---- Total

Total Cardiovascular Disease: Year 2012-14 ICD 9 codes 390-459; Year 2016 ICD 10 Codes I00-I99. Principal diagnosis only. Due to the ICD coding changes, 2016 represents a new baseline. Data Source: North Carolina Division of Public Health, State Center for Health Statistics. Produced by: State Center for Health Statistics, 02/21/2018.

Total Hospital Charges in Billions

27

Hospitalization Charges for Selected Cardiovascular Disease Conditions and Risk Factors, NC, 2016

DIAGNOSTIC CATEGORY	TOTAL CHARGES	TOTAL CASES	CHARGE PER CASE
HEART DISEASE	\$5.1 Billion	103,909	\$49,912
STROKE	\$1.3 Billion	30,407	\$44,485
CORONARY HEART DISEASE	\$2.2 Billion	31,667	\$70,237
HEART FAILURE	\$936 Million	28,118	\$33,306
DIABETES MELLITUS	\$492 Million	16,969	\$29,027
HYPERTENSION	\$466 Million	14,521	\$32,153

ICD-10 codes: Heart Disease (I00-I09, I11, I13, I20-I51), Stroke (I60 – I69), Coronary Heart Disease (I20 – I25), Heart Failure (I50), Diabetes Mellitus (E10-E11), Hypertension (I10-I15). Data includes only NC residents served in NC hospitals.

Data Source: North Carolina Division of Public Health, State Center for Health Statistics. Inpatient Hospital Utilization and Charges by Principal Diagnosis. Data produced on request on 02/21/2018.

Medicaid Costs for Selected Cardiovascular Disease Conditions and Risk Factors, NC, 2017

DIAGNOSTIC CATEGORY	TOTAL CHARGES	BENEFICIARIES	CHARGE PER CASE
HEART DISEASE	\$737 Million	168,588	\$4,374
STROKE	\$383 Million	55,046	\$6,959
CORONARY HEART DISEASE	\$254 Million	71,813	\$3,542
HEART FAILURE	\$305 Million	56,502	\$5,398
DIABETES MELLITUS	\$638 Million	165,398	\$3 <i>,</i> 855
HYPERTENSION	\$194 Million	64,561	\$3,001

ICD-10 codes: Heart Disease (I00-I09, I11, I13, I20-I51), Stroke (I60 – I69), Coronary Heart Disease (I20 – I25), Heart Failure (I50), Diabetes Mellitus (E10-E11), Hypertension

(I10-I15). Medicaid costs only by principal diagnosis.

Data Source: North Carolina Division of Medical Assistance. Data produced on request on 01/05/2018.

Heart Disease Hospital Discharge Rates by County of Residence, NC, 2016



1286 - 1659

Heart Disease: ICD-10 codes I00-I09, I11, I13, I20-I51. Principal diagnosis only; N.C. residents only.

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: North Carolina Division of Public Health, State Center for Health Statistics. Data produced on request by NC State Center for Health Statistics, 02/21/2018.

Stroke Hospital Discharge Rates by County of Residence, NC, 2016



Stroke: ICD-10 codes I60-I69. Principal diagnosis only; N.C. residents only.

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: North Carolina Division of Public Health, State Center for Health Statistics. Data produced on request by NC State Center for Health Statistics, 02/21/2018.

Risk Factors

- Race/Ethnicity: African Americans are more likely to suffer overall and to suffer premature mortality and morbidity from CVD compared to whites
- **Gender:** Men are more likely to have CVD or to die from CVD and to die at an earlier age (<55 years) than women
- Age: Risk of CVD increases with age irrespective of the presence of potentially modifiable risk factors
- Geographical location: NC has a greater burden of CVD -especially stroke.

Major Cardiovascular Disease Death Rates by Race and Gender, NC, 1999 - 2016



Major Cardiovascular Disease: 1999-2010: ICD-10 codes I00-I78

Rates per 100,000 population, age-adjusted to the 2000 U.S. standard population.

Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File, 1999-2015. CDC WONDER Online

Additional Risk Factors for Heart Disease

- High blood pressure
- High LDL cholesterol
- Smoking

49% of Americans have at least 1 of these 3 risk factors

- Overweight and obesity
- Unhealthy eating
- Physical inactivity
- Excessive alcohol use
- Diabetes

Risk Factors for Stroke

- High blood pressure
- High cholesterol
- Heart disease
- Diabetes
- Overweight/obesity
- Smoking
- Unhealthy eating
- Physical inactivity
- Excessive alcohol use

High Blood Pressure

- Primary or contributing cause for 45% of all CVD deaths
- If completely eliminated from the population, there will be 34.6% fewer cases of stroke and 17.9% fewer cases of myocardial infarction
- Responsible for about 45% of all strokes occurring in hypertensive individuals

Prevalence of CVD Risk Factors, NC, 2015-2016



Prevalence of CVD Risk Factors by Race and Ethnicity, NC, 2015-2016



■ White ■ African American ■ Hispanic

Adults=18+

Data not available for American Indians

*Physical Inactivity=Respondent answered "No" to During the past month, other than your regular job, did you participate in any physical activities or exercises such as

running, calisthenics, golf, gardening, or walking for exercise?

Data Source: North Carolina Division of Public Health, State Center for Health Statistics. North Carolina Behavioral Risk Factor Surveillance System, 2015.

http://www.schs.state.nc.us/data/brfss/2015/nc/all/topics.htm#e. Accessed in November2017

Racial Disparities in Cardiovascular Health

Cardiovascular Health in African Americans¹

- Higher prevalence of traditional risk factors (e.g., hypertension, diabetes mellitus, obesity)
- Adverse health behaviors (e.g., unhealthy eating, physical inactivity, smoking)
- Comorbidities (renal disease, sickle cell disease, HIV/AIDS)
- Contribution of genetics

1. Cardiovascular Health in African Americans: A Scientific Statement From the American Heart Association.

Mercedes R Carnethon, Jia Pu, George Howard, Michelle A. Albert, Cheryl A.M. Anderson, Alain G. Bertoni, Mahasin S. Mujahid, Latha Palaniappan, Herman A. Taylor, Monte Willis, Clyde W. Yancy and On behalf of the American Heart Association Council on Epidemiology and Prevention; Council on Cardiovascular Disease in the Young; Council on Cardiovascular and Stroke Nursing; Council on Clinical Cardiology; Council on Functional Genomics and Translational Biology; and Stroke Council. <u>http://circ.ahajournals.org/content/early/2017/10/20/CIR.00000000000534</u>

Racial and Geographic Disparities in Stroke Mortality

The Reasons for Geographic and Racial Differences in Stroke (REGARDS) Study¹

- Designed with the primary aim of documenting and finding possible explanations for geographic (Stroke belt and buckle vs. rest of the US) and racial/ethnic (African-American vs. White) differences in stroke
- Full list of publications from the REGARDS study could be found at regardsstudy.org/publications

^{1.} Howard VJ, Cushman M, Pulley L, Gomez C, Go R, Prineas RJ, Graham A, Moy CS, Howard G. The REasons for Geographic And Racial Differences in Stroke (REGARDS) Study: Objectives and design. Neuroepidemiology 2005;25:135-143.

National Trends in CVD Mortality

- Between 1980 and 2000¹:
 - About 44% of the reduction in national coronary heart disease mortality is attributed to changes in risk factors
 - Positive contributions: reduction in total cholesterol, systolic blood pressure, smoking and physical inactivity
 - Negative contributions: increase in diabetes and obesity
 - o 47% attributed to treatment
- In the 2010s:
 - Local-level trends show the majority of counties experienced increases in heart disease mortality rates between 2010 and 2015.²

 \odot The decline in stroke mortality rates has been decelerating since 2013.³

^{1.} Ford ES, Ajani UA, Croft JB, Critchley JA, Labarthe DR, et al. (2007) Explaining the decrease in US deaths from coronary disease, 1980–2000. N Engl J Med 356: 2388–2398. Detailed technical appendix of model available. http://www.nejm.org/doi/suppl/10.1056/NEJMsa053935/suppl_file/nejm_ford_2388sa1.pdf

^{2.} Vaughan AS, Ritchey MD, Hannan J, Kramer MR, Casper M. Widespread recent increases in county-level heart disease mortality across age groups. Annals of Epidemiology. Volume 27, Issue 12, 2017.

^{3.} Center for Disease Control and Prevention, Vital Signs. Preventing Stroke Deaths. September 2017.

Resources for Preventing Cardiovascular Disease

- Maintaining a healthy weight or losing weight. For information on achieving a healthy weight, visit <u>esmmweighless.com</u>
- Engaging in regular physical activity and healthy eating (including reducing sodium intake)
 For information on physical activity and healthy eating, visit <u>myeatsmartmovemore.com</u>
- Avoiding tobacco products and secondhand smoke for non-smokers and quitting for current smokers
 For information visit <u>quitlinenc.com</u> or call 1-800-QUIT-NOW (1-800-784-8669)
- Working with your health care team to manage diabetes For information visit <u>diabetesnc.com</u>

Resources for Preventing Cardiovascular Disease

- Limiting alcohol consumption. For more information visit <u>cdc.gov/alcohol</u>
- Healthy for Good For resources to Eat Smart. Add Color. Move More. Be Well, visit <u>healthyforgood.heart.org</u>
- My Life Check Life's Simple 7

For resources and to conduct a heart self-assessment, visit heart.org

Visit startwithyourheart.com for more data

