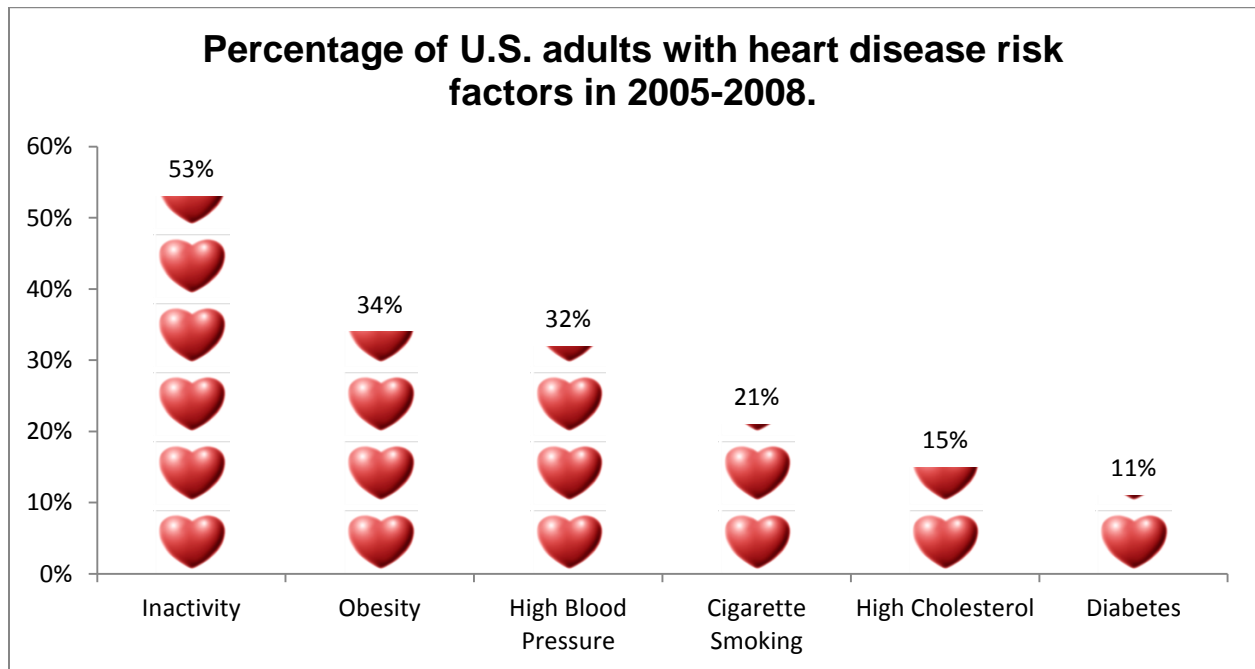


Heart Disease

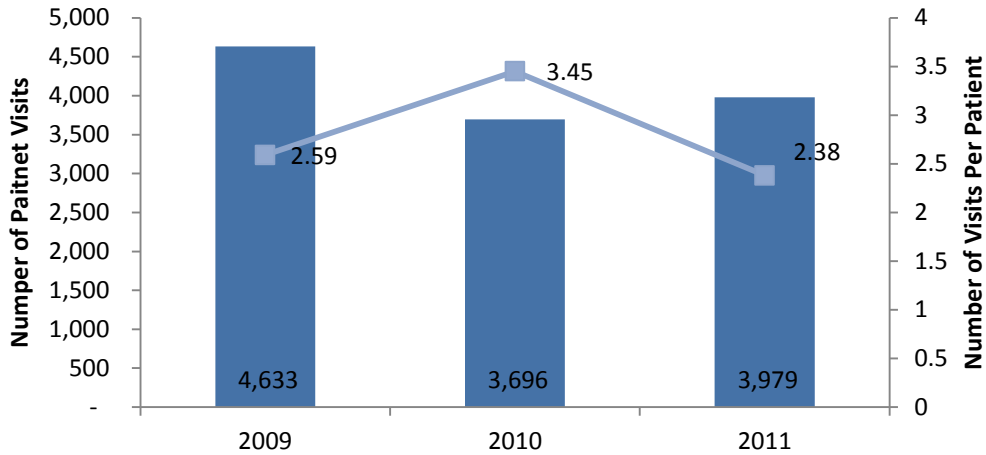
Heart disease is the number one cause of death in the US for men and women. Heart disease kills about 600,000 people every year (Centers for Disease Control, 2012).

Facts:

- Cardiovascular disease includes: heart disease and stroke, but coronary heart disease (CAD) is the most common cause of mortality.
- Direct costs from CVD total \$273 billion dollars every year.
- Low-income adults are about 20% more likely to have a risk factor associated with CVD than a high-income individual.
- The most common risk factors for CVD are hypertension and elevated cholesterol levels. This can be controlled for by limited salt intake and low fat diets.
- Women with diabetes are more likely to develop heart disease.
- Even exposure to second-hand smoke can increase someone's risk for having a heart attack.



Patients With Primary Diagnosis of Heart Disease at Public Housing Health Center Programs



Additional Resources:

- Boston Public Health Commission:
<http://www.bphc.org/programs/cib/healthyhomescommunitysupports/tobaccocontrol/smokefreehousing/pages/home.aspx>
- Centers for Disease Control: <http://www.cdc.gov/heartdisease/> and <http://www.cdc.gov/dhdsp/>
- The Community Guide to Preventive Services:
<http://www.thecommunityguide.org/index.html>
- The Heart Association: <http://www.cvdf.org/>
- Live Smoke-free: <http://www.mnsmokefreehousing.org/>
- National Institutes of Health:
<http://health.nih.gov/topic/HeartDiseasesPrevention/WellnessLifestyle>