

HEART DISEASE

What is heart disease?

Heart disease includes conditions affecting the heart, such as coronary artery disease (hardening of the arteries), heart attack, congestive heart failure and congenital heart disease.



AZ Fast Fact

Heart disease is the leading cause of death in Arizona, causing nearly 1 in every 4 deaths.¹

Who has heart disease in Arizona?

White men over the age of 55 years old are more likely to have heart disease.

What are the signs and symptoms of Heart Disease?

- Pain or discomfort in the jaw, neck or back
- Feeling weak, light-headed or faint
- Chest pain or discomfort
- Pain or discomfort in the arms or shoulder
- Shortness of breath

- In 2008, 67,307 hospitalizations in Arizona were due to heart disease. That is more than 184 hospitalizations each day in Arizona due to heart disease.²
- Smoking, lack of physical activity, and poor nutrition increase risk for heart disease. In Arizona 16% of adults smoke, 48% do not get the recommended level of physical activity, 53% are overweight or obese and 72% do not consume the recommended 5 or more fruits and vegetables each day.³

What are the risk factors for heart disease?

Some conditions and lifestyle factors put people at a higher risk for developing heart disease, including:

- High levels of LDL (bad) or low levels of HDL (good) cholesterol
- High blood pressure
- Diets high in saturated fat and cholesterol
- Diabetes
- Obesity
- Physical inactivity
- Tobacco use
- Excessive alcohol use
- Heredity

What can I do about it?

Recognizing the symptoms and taking steps to reduce the risk factors is the best way to manage or prevent the onset of heart disease.

What is Arizona doing?

Arizona participates in several programs that work to help prevent heart disease, including:

- **Arizona Smokers' Helpline: (800) 55 66 222 or ASHLine.org**
ASHLine provides free telephone and online quit coaching and free nicotine replacement therapies (NRT) to all Arizonans.
- **ADHS Bureau of Tobacco and Chronic Disease: tobaccofreearizona.org**
ADHS BTCD works to prevent youth initiation of smoking and provides services to help people quit tobacco.
- **Arizona Heart Disease and Stroke Prevention Program: azcvd.gov**
This program, part of the ADHS Bureau of Tobacco and Chronic Disease, works to lower the number of people in Arizona affected by heart disease and stroke by coordinating collaborative efforts of partners statewide.
- **ADHS Bureau of Nutrition and Physical Activity Program: eatsmartgetactive.org**
This program helps prevent and control chronic health problems by helping people be physically active and maintain a healthy weight, lowering their risk of heart disease.

Further information and resources

American Heart Association
americanheart.org

The American Heart Association is a national voluntary health agency whose mission is: "Building healthier lives, free of cardiovascular diseases and stroke."

Arizona Cardiovascular Disease Coalition
azcvd.gov/ACDC.htm

A collaboration of health care professionals, managed care organizations, community stakeholders, civic leaders and media representatives working to improve the care of persons with cardiovascular disease.

Centers for Disease Control and Prevention
cdc.gov/heartdisease

An online source for credible health information, including basic information about heart disease, heart disease prevention and education resources.

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Bureau of Tobacco and Chronic Disease
www.tobaccofreearizona.com