

Cardiovascular Disease in Michigan

2018 Update

Prepared by the Michigan Department of Health and Human Services (MDHHS)
Cardiovascular Health, Nutrition and Physical Activity Section



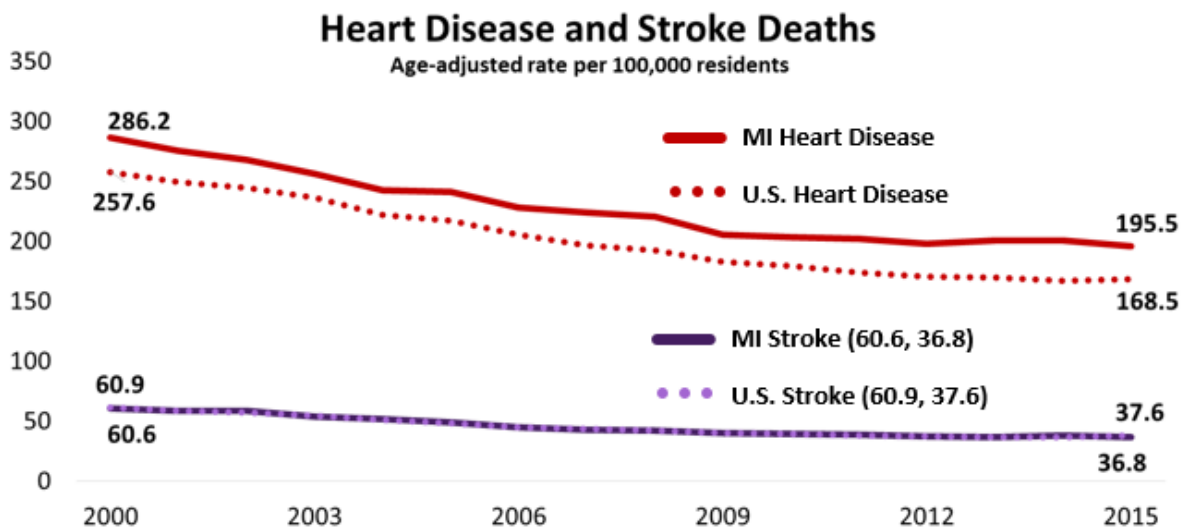
Mission: Create a heart-healthy and stroke-free Michigan by increasing physical activity and healthy eating, reducing health disparities, and preventing and controlling cardiovascular risk factors.

Cardiovascular Disease and Prevention

- ♥ High blood pressure is the single most important treatable risk factor for stroke.¹ About half of adults have one or more risk factors for cardiovascular disease.²
- ♥ Heart disease is the leading cause of death in Michigan and the United States.³
- ♥ Stroke is the fourth leading cause of death in Michigan.²
- ♥ Cardiovascular diseases cost the United States an average of \$317 billion in 2011-2012.²
- ♥ Research conducted by the Trust for America's Health concluded that within five years, Michigan would save \$5.40 for every \$1 spent on chronic disease prevention in Michigan.⁴

Risk Factors for Heart Disease & Stroke

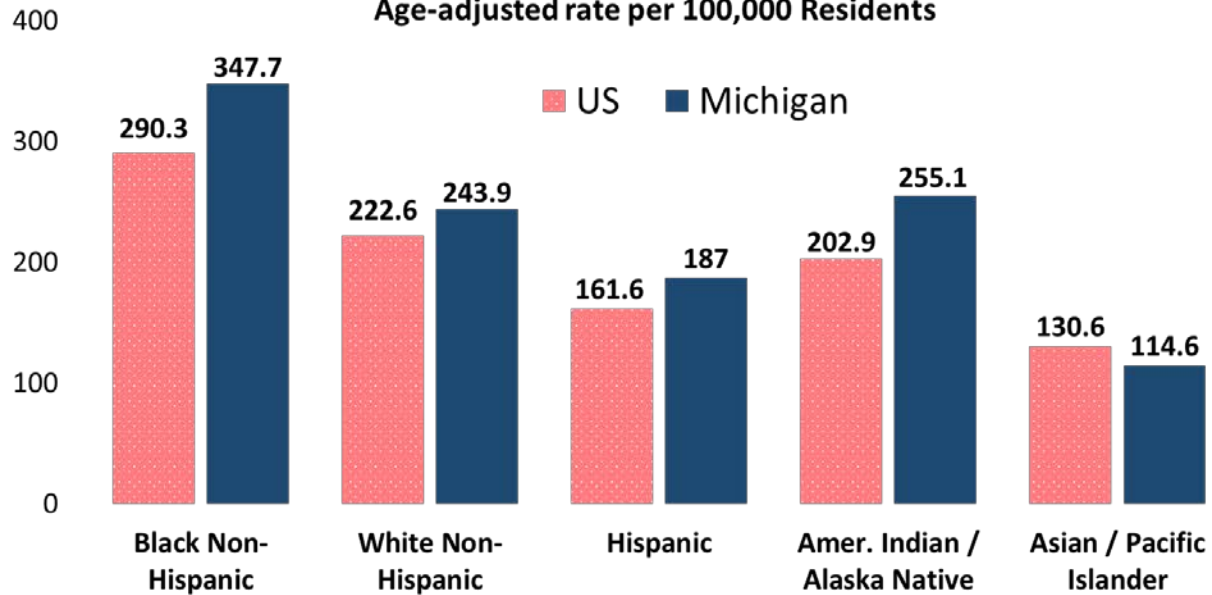
Smoking
Physical Inactivity
Poor Diet
Overweight/Obesity
High Cholesterol
High Blood Pressure
Diabetes/Pre-Diabetes
Family History



- ♥ Learn more about stroke prevention efforts in Michigan at the [MDHHS Stroke Website](#).
- ♥ Learn more about cardiovascular health efforts in Michigan at the [MDHHS Cardiovascular Disease website](#).
- ♥ Access tools to enhance cardiovascular prevention and treatment efforts and support Million Hearts® goals in your everyday work at the [Million Hearts® website](#).

Cardiovascular Death Rate, 2013-2015

Age-adjusted rate per 100,000 Residents

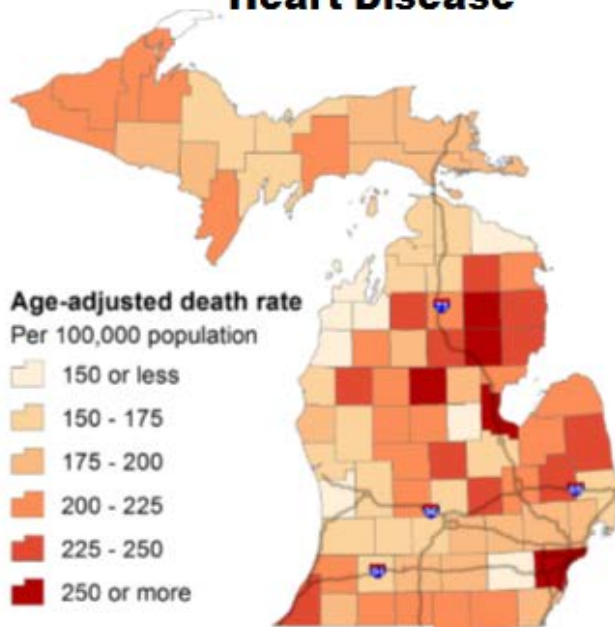


Source: Interactive Atlas of Heart Disease and Stroke: <https://www.cdc.gov/dhdsp/maps/atlas/index.htm>

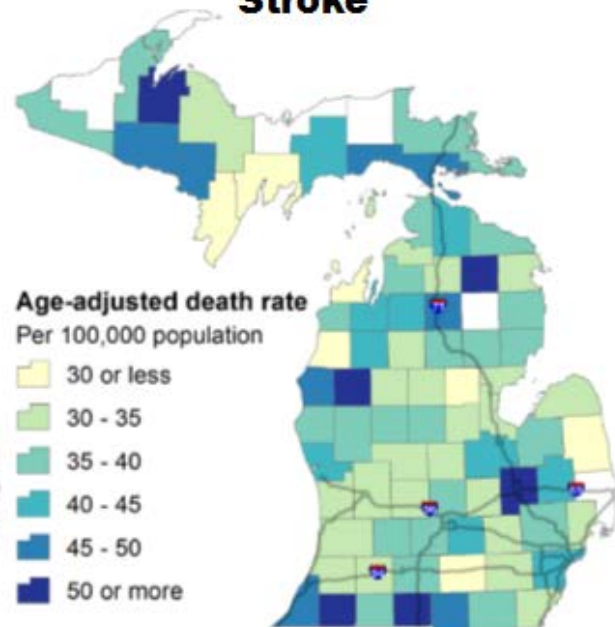
- ♥ Every 40 seconds, someone in the United States has a stroke.⁴
- ♥ 80% of strokes are preventable.⁴
- ♥ Every 42 seconds, someone in the United States has a heart attack.³
- ♥ Every 4 minutes, someone dies of stroke.⁴
- ♥ 90% of Americans eat more sodium than is recommended for a healthy diet.⁴

Cardiovascular Death Rate, 2013-2015

Heart Disease



Stroke



Sources: 1. American Stroke Association, www.strokeassociation.org; 2. State of Michigan Vital Records, www.michigan.gov/vitalrecords; 3. Centers for Disease Control and Prevention, <https://www.cdc.gov/chronicdiseases/resources/publications/aag/pdf/2016/aag-heart-disease.pdf>; 4. Centers for Disease Control and Prevention, <https://www.cdc.gov/vitalsigns/index.html>; 5. Interactive Atlas of Heart Disease and Stroke <https://nccd.cdc.gov/dhdsp/atlas/>; 4. Trust for America's Health, <http://healthyamericans.org/reports/prevention08/Prevention08.pdf>