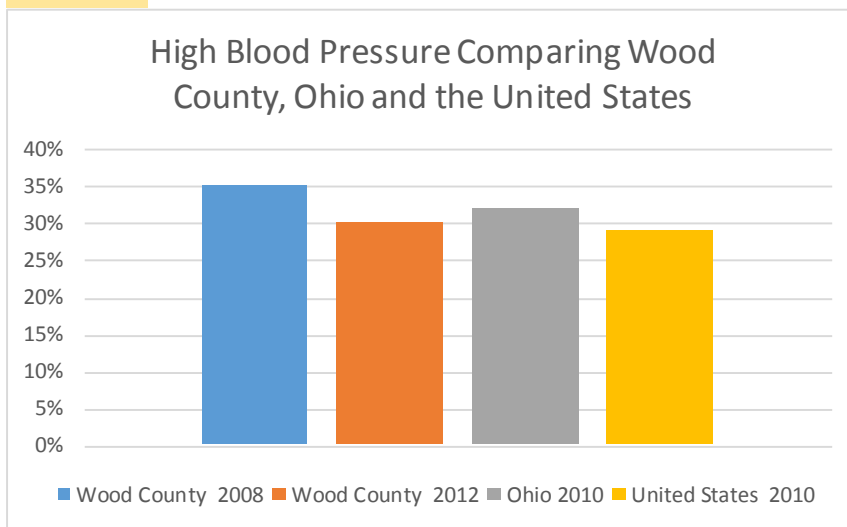


## A Local Profile • Wood County

Cardiovascular disease, also known as heart disease is any medical condition effecting the heart or the blood vessels that supply the heart leading to reduced cardiac function. Heart disease is a major public health concern as it is the leading cause of death across the United States. Within Wood County, the age-adjusted death rate is 214.3 compared to that of Ohio's 191.7, indicating the importance of taking preventative measures to reduce your risk of developing heart disease related medical conditions, such as high blood pressure and high blood cholesterol<sup>1</sup>.

## Risk Factors for Heart Disease

Figure 1.

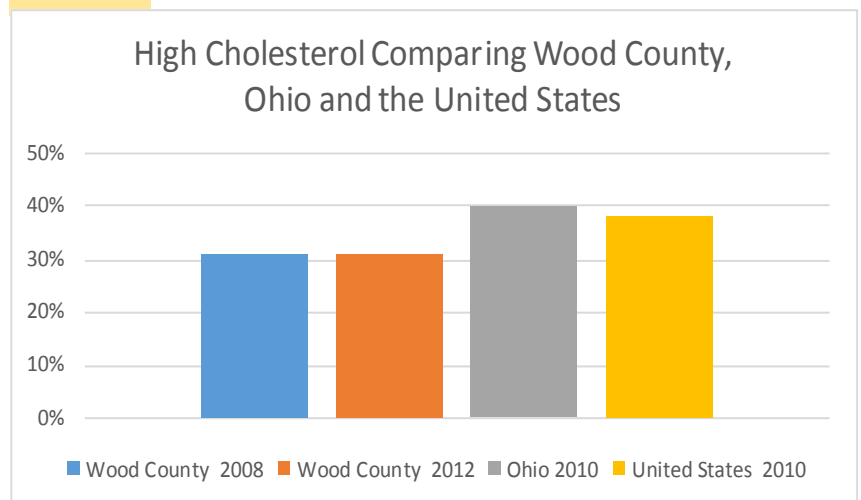


Wood County adults diagnosed with high blood pressure are more likely to be 65 years and older (75%). They also tend to be obese (47%) and male (36%)<sup>2</sup>.

Wood County has seen a decrease in high blood pressure from 2008 to 2012, however it still remains higher than the nations (Figure 1.).

Figure 2.

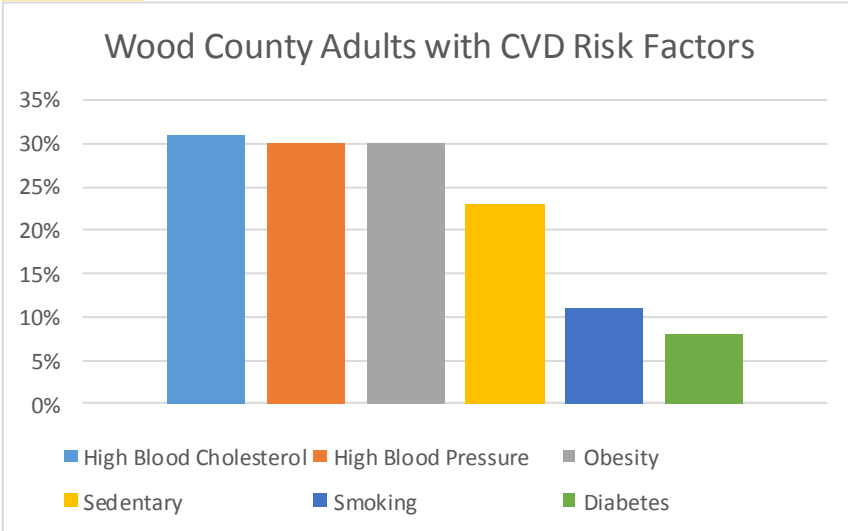
Wood County adults diagnosed with high cholesterol are more likely to be 65 years and older (54%). They also tend to be obese and male (34%)<sup>2</sup>.



High cholesterol in Wood County has remained that same from 2008 to 2012 (Figure 2.).

# Risk Factors Continued

Figure 3.



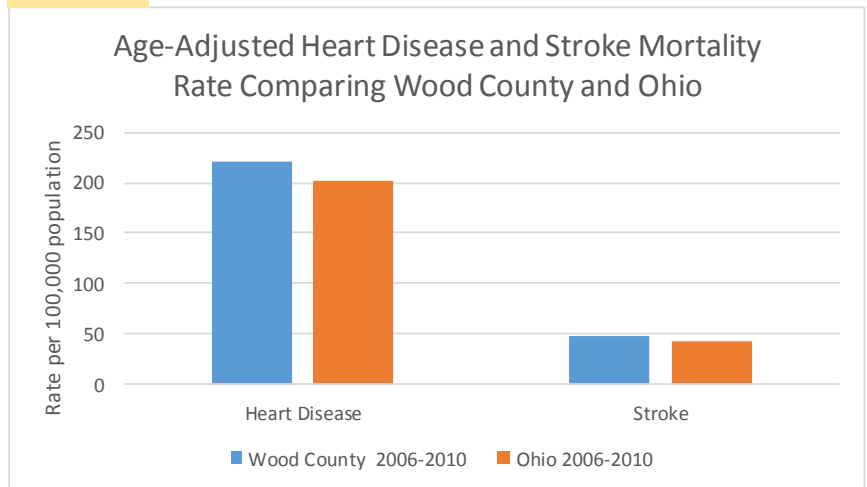
High blood cholesterol, high blood pressure, obesity, physical inactivity, smoking, and diabetes are all heart disease risk factors that can be modified or treated<sup>2</sup>.

Figure 3. shows that Wood County Adults highest risk factor of heart disease is high blood pressure at 31% based on the 2012 Community Health Assessment<sup>2</sup>.

The risk factors above (Figure 3.) not only increase your risk for developing heart disease, but also increase your risk of having a heart attack or stroke.

Figure 4. shows that Wood County's age-adjusted heart disease and stroke mortality rates are higher than the state's<sup>1</sup>.

Figure 4.



## Prevention

- ◆ Avoid tobacco
- ◆ Become more active
- ◆ Choose good nutrition<sup>3</sup>

## Actions Taken

Wood County Health District continues to expand public health efforts including community outreach such as media campaigns, presentations, and education related to heart disease.

Data Sources:

1. Death Data and Statistics. (2014). Ohio Department of Health, Center for Public Health Statistics and Information.
2. Wood County Health Assessment. (2012). Information is reported for Wood County adults.
3. American Heart Association. (2012). Lifestyle Changes for Heart Attack Prevention.