

# Chronic Disease: Cardiovascular Health

## Key Findings

In 2021, 3% of Wood County adults had survived a heart attack, and 2% had survived a stroke at some time in their lives. Thirty-seven percent (37%) of Wood County adults were obese; 30% had high blood pressure; 30% had high blood cholesterol; and 10% were current smokers—four known risk factors for heart disease and stroke.

## Heart Disease and Stroke

- In 2021, 3% of Wood County adults reported they had survived a heart attack or myocardial infarction, increasing to 11% of those over the age of 65.
- Five percent (5%) of Ohio and 4% of U.S. adults reported they had a heart attack or myocardial infarction in 2019 (Source: 2019 BRFSS).
- Two percent (2%) of Wood County adults reported they had survived a stroke, increasing to 10% of those over the age of 65.
- Four percent (4%) of Ohio and 3% of U.S. adults reported having had a stroke in 2019. (Source: 2019 BRFSS).
- Four percent (4%) of Wood County adults reported they had angina or coronary heart disease, increasing to 12% of those over the age of 65.
- Five percent (5%) of Ohio and 4% of U.S. adults reported having had angina or coronary heart disease in 2019. (Source: 2019 BRFSS).

## High Blood Pressure (Hypertension)

- Nearly one-third (30%) of adults had been diagnosed with high blood pressure.
- Eighty-four percent (84%) of adults with high blood pressure were taking medication for it.
- Eighty-seven percent (87%) of adults had their blood pressure checked within the past year.
- Wood County adults diagnosed with high blood pressure were more likely to:
  - Be 65 years old or older (59%)
  - Rate their overall health as fair or poor (50%)
  - Be male (46%)
- Eight percent (8%) of adults were told they were pre-hypertensive/borderline hypertensive.

### Wood County Leading Causes of Death 2017-2019

**Total Deaths: 3,576**

- Heart Disease (27% of all deaths)
- Cancer (21%)
- Chronic Lower Respiratory Diseases (6%)
- Alzheimer's Disease (6%)
- Stroke (5%)

(Source: Ohio Public Health Data Warehouse, 2017-2019)

### Ohio Leading Causes of Death 2017-2019

**Total Deaths: 371,649**

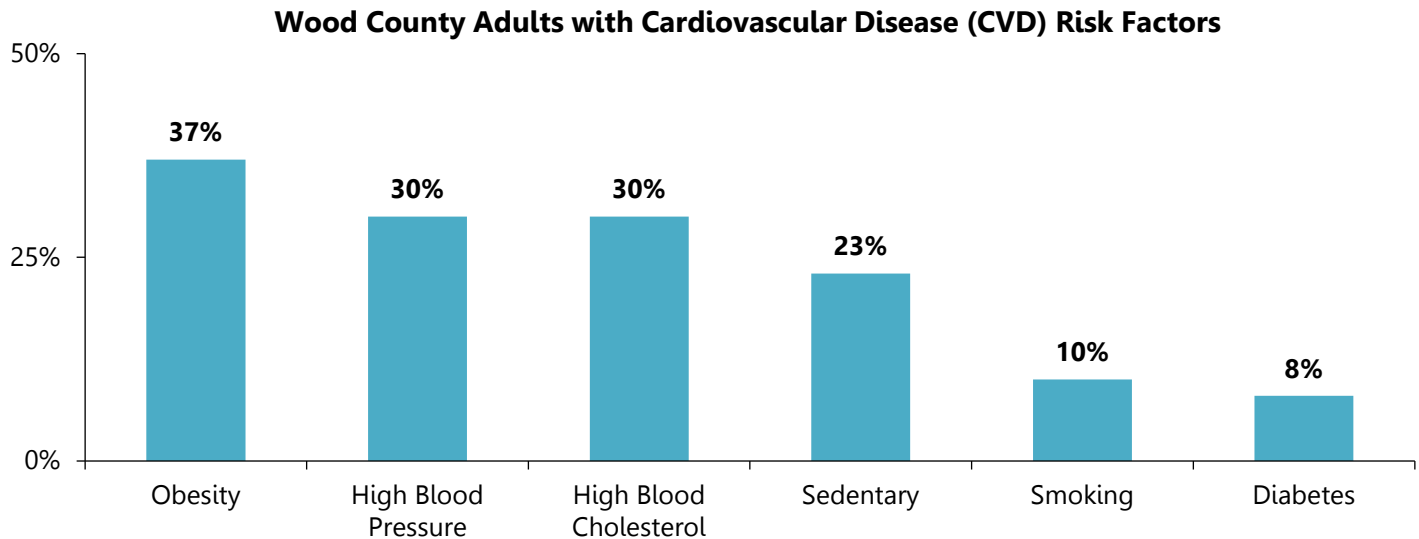
- Heart Disease (23% of all deaths)
- Cancer (20%)
- Accidents, Unintentional Injuries (7%)
- Chronic Lower Respiratory Diseases (6%)
- Stroke (5%)

(Source: Ohio Public Health Data Warehouse, 2017-2019)

## High Blood Cholesterol

- Nearly one-third (30%) of adults had been diagnosed with high blood cholesterol.
- Nearly three-fourths (72%) of adults had their blood cholesterol checked within the past 5 years.
- Wood County adults with high blood cholesterol were more likely to:
  - Be 65 years old or older (67%)
  - Rate their overall health as fair or poor (50%)
  - Be male (41%)

*The following graph demonstrates the percentage of Wood County adults who had major risk factors for developing cardiovascular disease (CVD).*

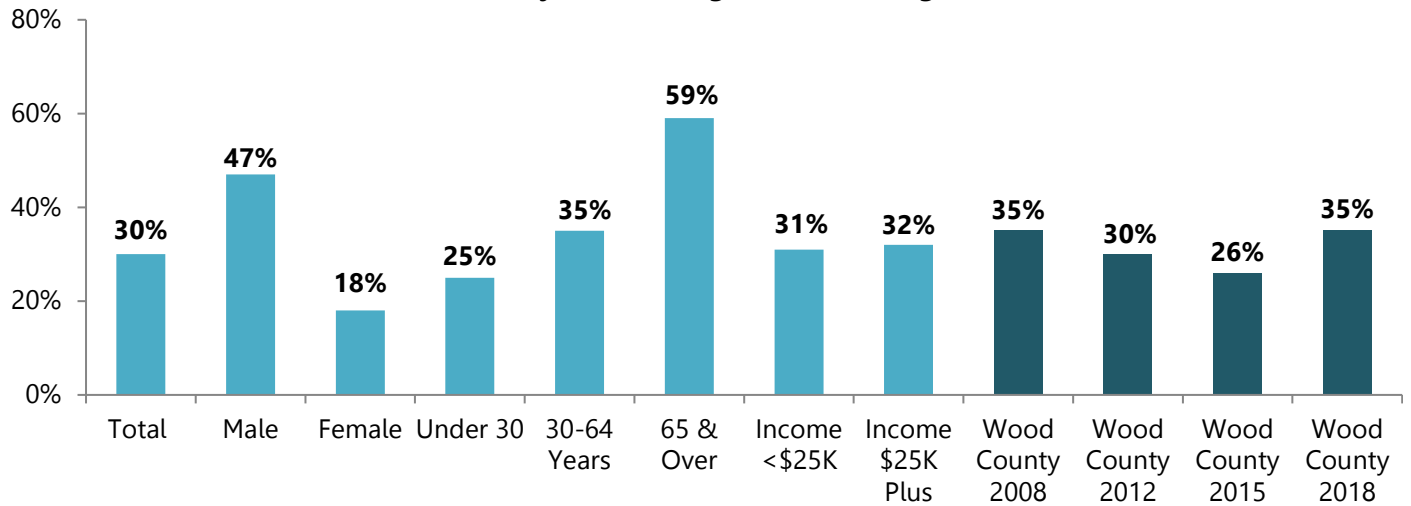


Adult Comparisons	Wood County 2008	Wood County 2012	Wood County 2015	Wood County 2018	Wood County 2021	Ohio 2019	U.S. 2019
Had angina or coronary heart disease	N/A	N/A	4%	5%	4%	5%	4%
Had a heart attack	N/A	N/A	4%	3%	3%	5%	4%
Had a stroke	N/A	N/A	3%	2%	2%	4%	3%
Diagnosed with high blood pressure	35%	30%	26%	35%	30%	35%	32%
Diagnosed with high blood cholesterol	31%	31%	30%	32%	30%	33%	33%
Had blood cholesterol checked (within past 5 years)	69%	69%	73%	80%	72%	85%	87%

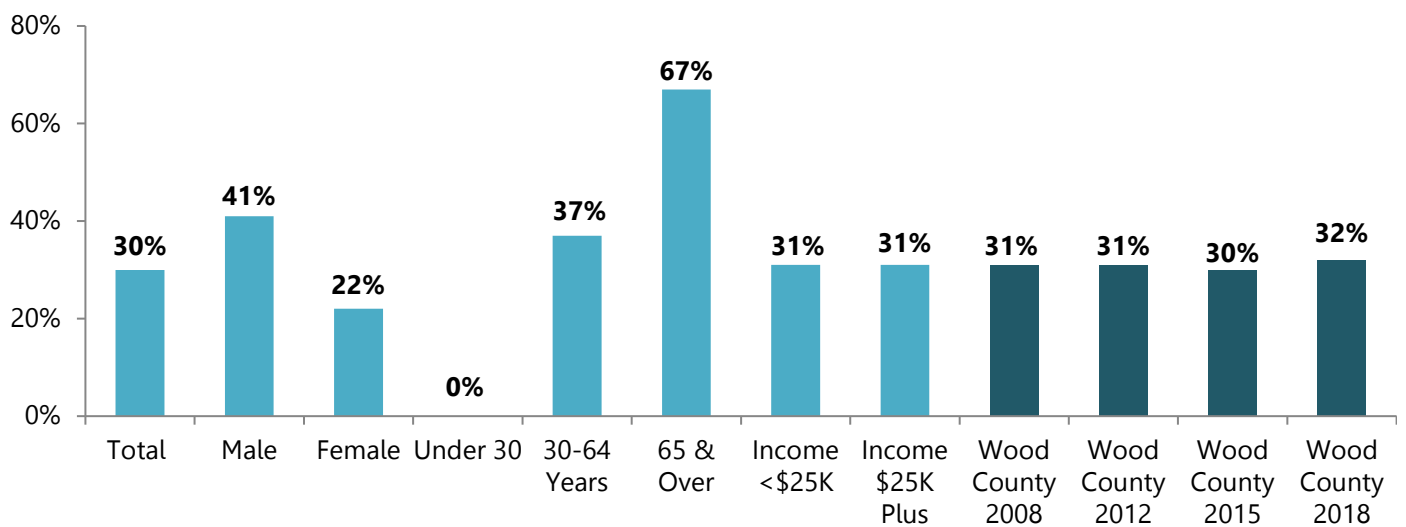
N/A – Not Available

The following graphs show the number of Wood County adults who had been diagnosed with high blood pressure and high blood cholesterol. An example of how to interpret the information on the first graph includes: 30% of all Wood County adults had been diagnosed with high blood pressure, including 46% of males and 59% of those 65 years and older.

### Wood County Adults Diagnosed with High Blood Pressure\*



### Wood County Adults Diagnosed with High Blood Cholesterol

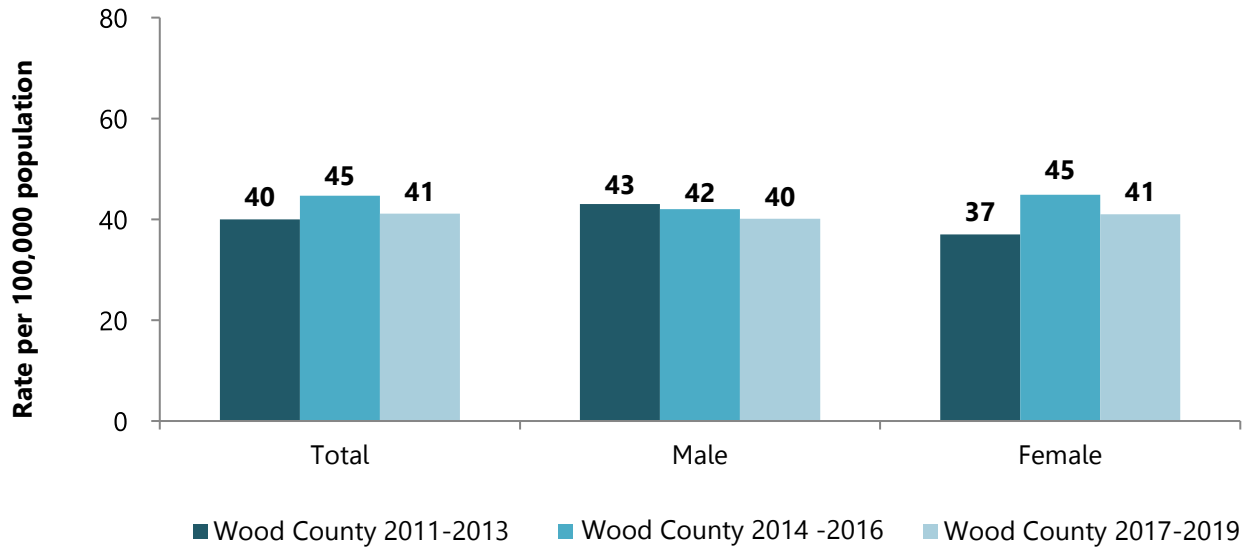


Notes for graphs: Caution should be used when interpreting subgroup results as the margin of error for any subgroup is higher than that of the overall survey.

The following graphs shows the age-adjusted mortality rates per 100,000 population for heart disease and stroke, by gender.

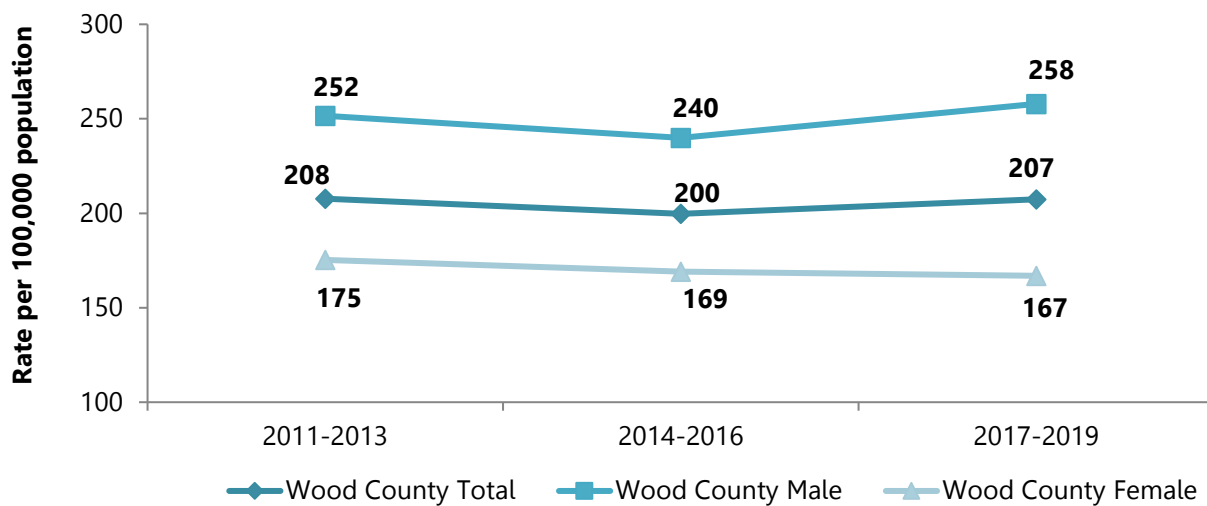
- From 2011 to 2019, the Wood County stroke mortality rate among males decreased.
- From 2011 to 2019, the Wood County heart disease mortality among females rate decreased.

### Wood County Age-Adjusted Stroke Mortality Rates by Gender



(Source: Ohio Public Health Data Warehouse, 2011-2019)

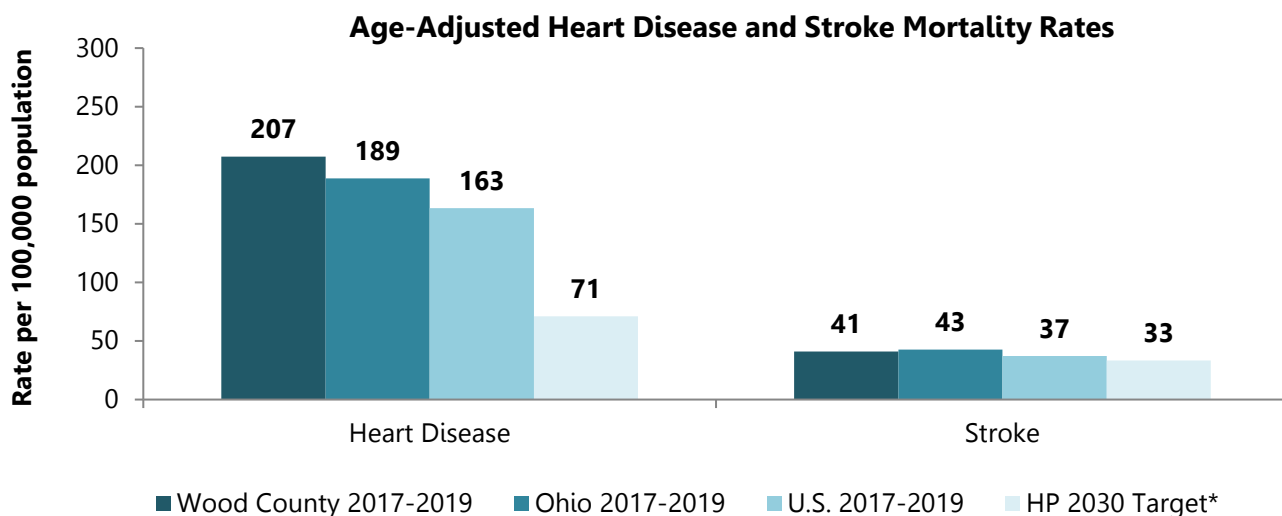
### Wood County Age-Adjusted Heart Disease Mortality Rates, by Gender



(Source: Ohio Public Health Data Warehouse, 2011-2019)

The following graph shows the age-adjusted mortality rates per 100,000 population for heart disease and stroke.

- When age differences are accounted for, the statistics indicate that from 2017 to 2019 the Wood County heart disease mortality rate was higher than the Ohio and U.S. rate, and the Healthy People 2030 target objective.
- The Wood County age-adjusted stroke mortality rate from 2017 to 2019 was lower than the Ohio rate, but higher than the U.S. rate and the Healthy People 2030 target objective.



\*The Healthy People 2030 Target objective for coronary heart disease is reported for heart attack mortality.  
 (Source: Ohio Public Health Data Warehouse, 2017-2019, CDC Wonder 2017-2019, Healthy People 2030)

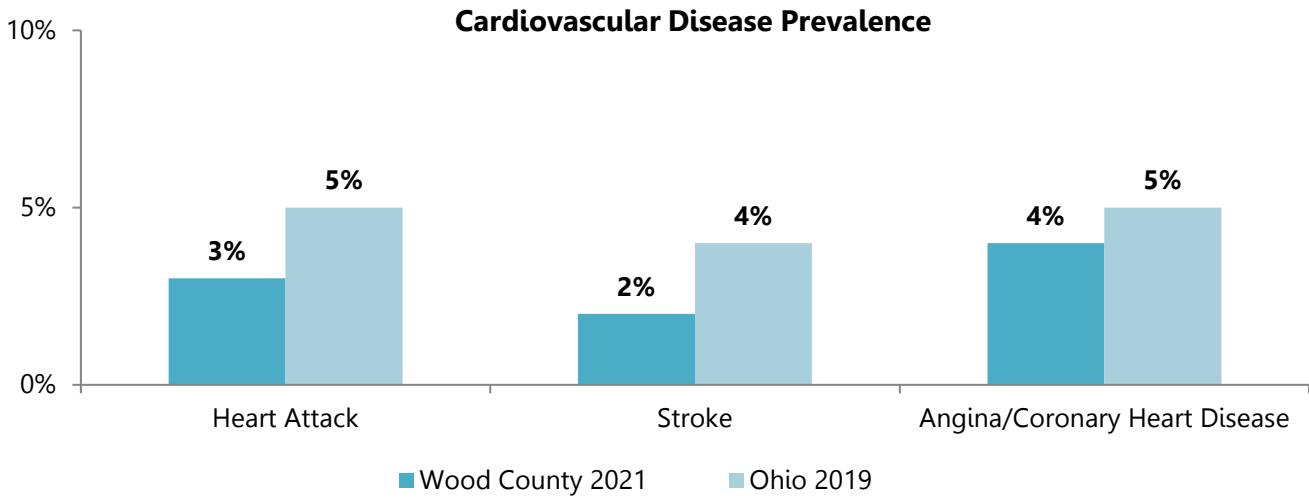
### Healthy People 2030 Objectives Heart Disease and Stroke (HDS)

Objective	Wood Survey Population 2021	U.S. Baseline 2019	Healthy People 2030 Target
<b>HDS-04: Reduce proportion of adults with high blood pressure</b>	30%	35% Adults age 18 & older	28%

Note: All U.S. figures age-adjusted to 2000 population standard.  
 (Sources: Healthy People 2030, 2019 BRFSS, 2021 Wood County Health Assessment)

The following graph shows the prevalence of cardiovascular disease among Wood County adults.

- The Wood County heart attack and stroke rates were lower than the Ohio rates.



(Sources: 2021 Wood Health Assessment and 2019 BRFSS)