

Heart Disease Profile

February 2026

Heart disease includes many different conditions like coronary artery disease, heart attack, and angina or chest pain. Heart disease is the leading cause of death in Wood County, Ohio, and the US. In Wood County from 2010 to 2025, over 4,600 people died from heart disease. Checking your blood work and exercising can help lower someone's risk of these cardiovascular diseases.

Data retrieved from CDC National Center for Health Statistics on CDC WONDER Online Database and Ohio Department of Health Ohio Cancer Surveillance System and Bureau of Vital Statistics.

For questions, please contact:

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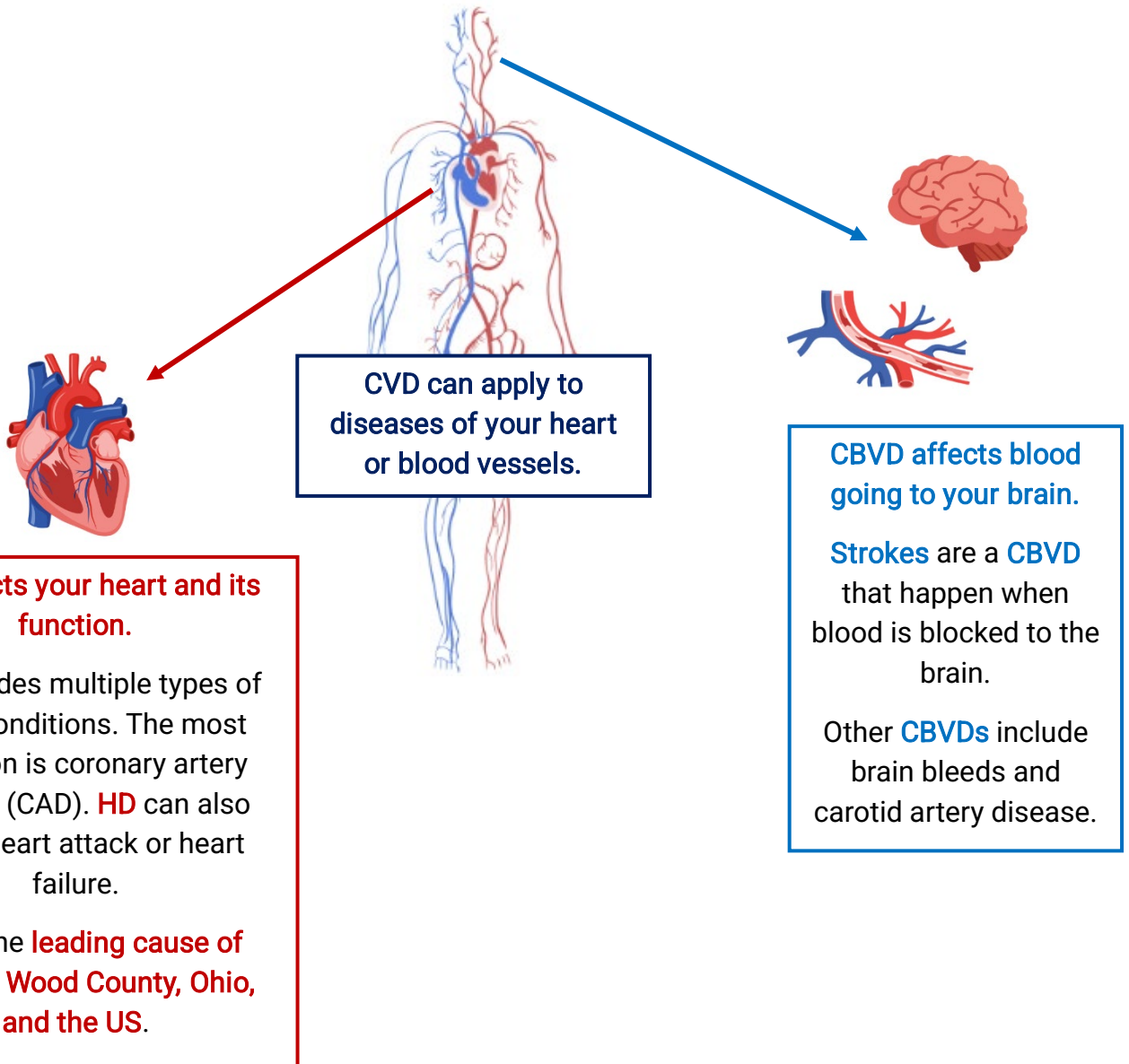
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February is **Heart Month!**

Before we dive into the data let's clear up some terms about heart health:

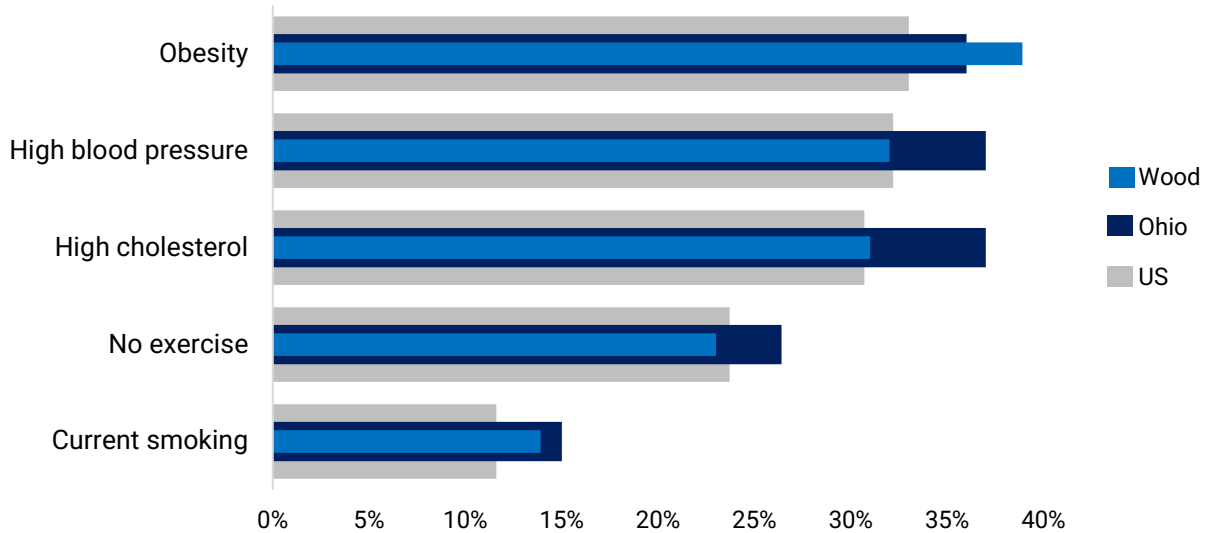
Your heart, blood vessels, and blood make up your **cardiovascular system**. Diseases that impact this system are called **cardiovascular diseases**.

Many people hear **cardiovascular disease (CVD)** and think it's the same as **heart disease (HD)**, but **HD** is actually a type of **CVD**. **Cerebrovascular disease (CBVD)** is another type of **CVD**.



Risk Factors

Although **Wood County** has the **highest** rate of obesity, other risk factors are **lower** than **Ohio** and similar to the **US**.



More adults in Wood County **exercise** than in Ohio and in the US. **Fewer** Wood County adults have **high blood pressure, high cholesterol, and smoke** than in Ohio. However, **more** adults in Wood County are **obese** compared to Ohio and the US.

Smoking, obesity, and lack of exercise can increase your risk of HD and stroke because they all negatively impact blood circulation, blood pressure, and cholesterol levels.

You can improve your heart health by **exercising, quitting smoking, and knowing your numbers!** “Knowing your numbers” means regularly checking body measures like cholesterol, blood pressure, blood sugar, and weight. Knowing your health status with these numbers can help you and your provider understand your personal risk.

Our **Mobile Health Center** offers free screenings and the **Wood County Community Health Center** is the perfect place for primary care.

- **Mobile Health Center Schedule:** <https://woodcountyhealth.org/health-promotion-prevention/mobile-health-center/>
- **Wood County Community Health Center:** <https://woodcountyhealth.org/health-center/>

Heart Disease

In 2023, 5.6% of adults in Wood County had heart disease, which was about the same as the US and less than Ohio.

Compared with neighboring counties, Wood County had lower prevalence of heart disease than Sandusky and Lucas. Research has indicated that rural areas like Sandusky counties have higher risk factors of heart disease and higher heart disease mortality than urban areas like Lucas County. Wood County itself is a mix of rural and urban areas.

Monitoring trends in Wood County's heart disease prevalence can help us continue to keep our adult residents healthy.

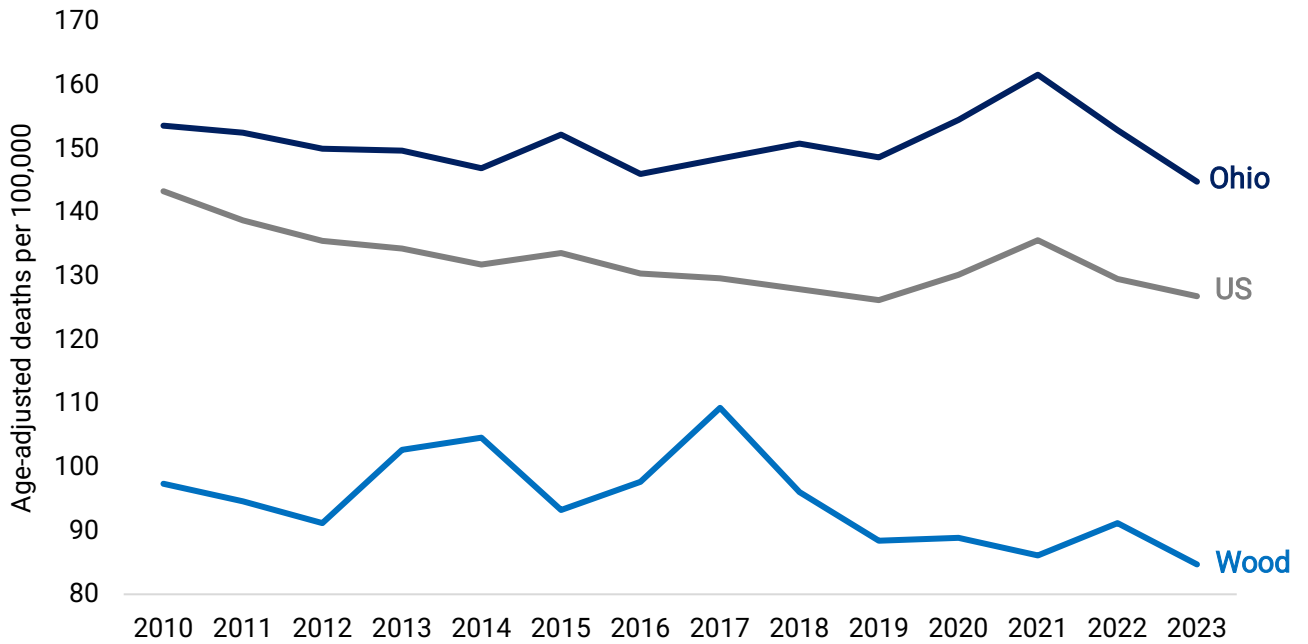
Fewer Wood County adults have heart disease than adults in Ohio, Sandusky County, and Lucas County.



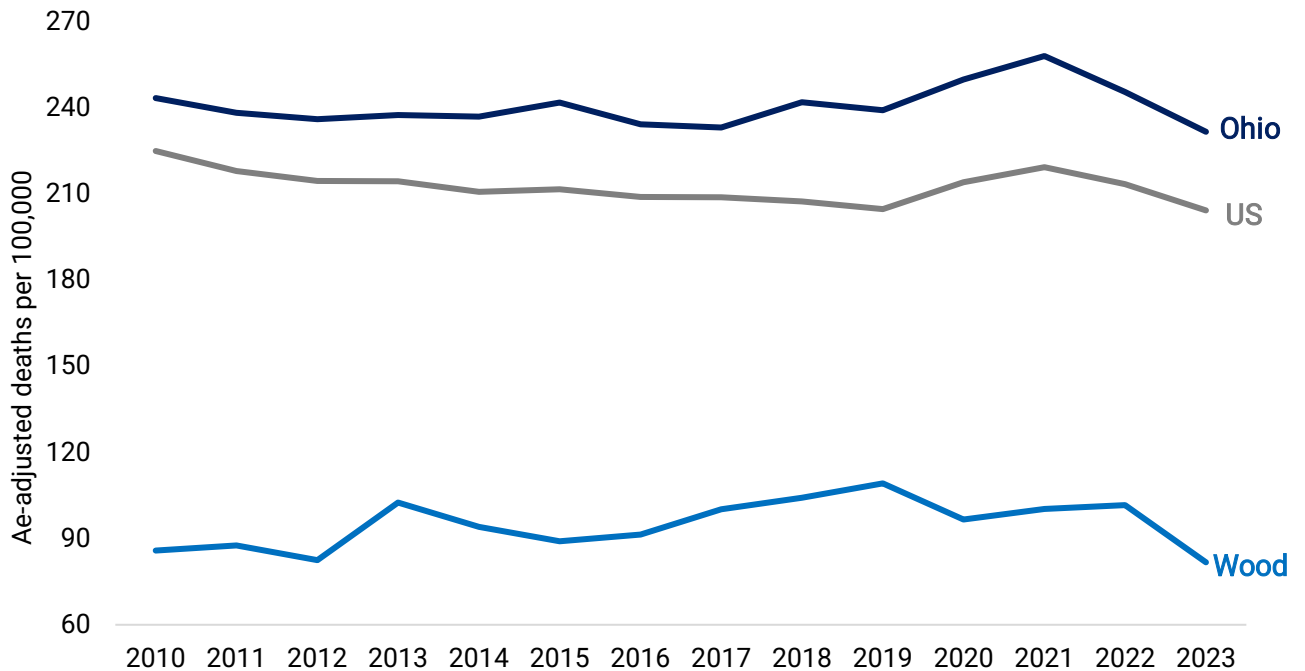
In Wood County from 2010- 2023, age-adjusted rates of heart disease deaths **decreased among women** but remained relatively stable among men. In 2025, heart disease mortality among women was 73.0 per 100,00 and 83.7 per 100,000 among men.

Men have **higher heart disease** mortality than women in Wood County, Ohio, and the US. Additionally, **decreasing** trends are clearer among **women** than men across all regions.

Females in **Wood County** have **lower** rates of heart disease death than **Ohio** and the **US**.



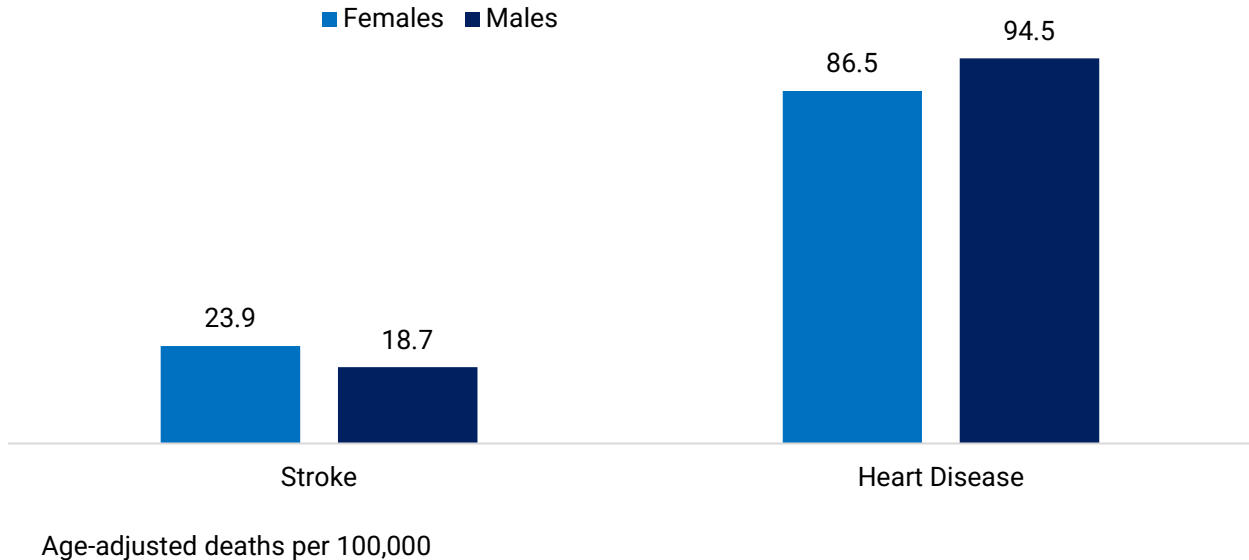
Males in **Wood County** have **lower** rates of death from heart disease than men in **Ohio** and the **US**.



Wood County Population Comparisons

Cardiovascular disease impacts all adults in Wood County and it is important to talk to your provider about your personal risk.

From 2020 to 2024, **females** in Wood County had **higher rates of stroke** mortality than **men** while death from **heart disease** was **higher** among **men** than **women**.



From 2020 to 2024, mortality rates due to heart disease or stroke were **higher among urban** populations in Wood County. Average ages were between 79-years and 81-years for both conditions in either rural or urban populations.

Condition	Age-adjusted Deaths per 100,000	
	Rural	Urban
Heart Disease	85.4	95.3
Stroke	20.4	22.2



Signs of a Heart Attack

Heart attacks are not always obvious. Sometimes they are sudden and for others they may start slowly. If someone experiences these symptoms, call 911 right away:

1. **Chest pain or discomfort** which may feel like pressure, squeezing, or an uncomfortable sense of fullness.
2. **Discomfort in the upper body** like arms (one or both), shoulders, back, neck, jaw, or stomach.
3. **Shortness of breath.**
4. **Feeling unusually lightheaded, tired, or faint.**
5. **Nausea, vomiting, upset stomach, or breaking out in a cold sweat.**

Resources

Wood County Mobile Health Center

Our clinic on wheels offers free screenings like blood pressure, blood sugar, and cholesterol. Staff also offer tips and referrals to help improve your health! Check the link below for the latest schedule.

<https://woodcountyhealth.org/health-promotion-prevention/mobile-health-center/>

Wood County Community Health Center

Our clinic located at **1840 E. Gypsy Lane Rd. in Bowling Green** is a one-stop shop for primary care, behavioral health, dental services, and pharmacy needs! Insurances are accepted and there is a sliding fee scale for those without coverage. Use the link for additional information.

<https://woodcountyhealth.org/health-center/>

American Heart Association

Curious about your heart health and how to improve it? Check out the American Heart Association to learn more about cardiovascular health and free tips to stay healthy.

<https://www.heart.org/>