



FACT SHEET

Cardiovascular Disease

Percent of Adults with Cardiovascular Risk Factors

24.4%
have high blood pressure ³

22.9%
have high cholesterol ³

10.6%
smoke ³

6.9%
have diabetes ⁴

17.7%
do not engage in any
leisure-time physical activity ⁴

29.6%
do not eat at least
two servings of fruit a day ⁴

17.5%
do not eat at least
three servings of
vegetables a day ⁴

Cardiovascular Disease in Utah

Cardiovascular disease refers to any type of disease that affects the heart or blood vessels, or both. Blood vessels can include arteries, capillaries and veins). The most common types of cardiovascular disease are high blood pressure (hypertension) and atherosclerosis.

Calcium and fatty substances (cholesterol, triglycerides) sometimes stick to the lining of the artery walls, making them hard (hardening of the arteries). This condition can lead to atherosclerosis

High blood pressure is a chronic condition that occurs when the blood pressure in the arteries is higher than normal. The heart has to work harder to deal with the high pressure.

Blood pressure is measured by two factors: Systolic and diastolic levels. Systolic levels (top number) refers to the pressure exerted when the heart is working. Diastolic level (bottom number) refers to the pressure between heart beats, when the heart is “resting.” Consistent blood pressure levels of 140/90 mmHg or higher is considered to be hypertension.

Cardiovascular Disease

- Cardiovascular disease is the leading cause of death in Utah and in the U.S.
- In 2012, 3,332 people in Utah died from cardiovascular disease (excluding stroke) ¹
- In 2011, hospital charges for cardiovascular disease exceeded \$600 million. ²

Risk Factors for Cardiovascular Disease

High blood pressure, high cholesterol, diabetes, tobacco use, physical inactivity and poor diet increase the risk for cardiovascular disease.

References

- ¹ Office of Vital Records and Statistics, Utah Department of Health
- ² Utah Inpatient Hospital Discharge Database, Office of Health Care Statistics, Utah Department of Health
- ³ Utah Behavioral Risk Factor Surveillance System (BRFSS), Office of Public Health Data and Information, Utah Department of Health 2012
- ⁴ Utah Behavioral Risk Factor Surveillance System (BRFSS), Office of Public Health Data and Information, Utah Department of Health 2011-2012

Notes:

ICD-10 codes used for cardiovascular disease: I00-I59; I70-I78
ICD-9 codes 390-429; 439-448
0-159, I70-I78