

HEART DISEASE IN CLEVELAND, OH 2021

FEBRUARY 2024

WHAT IS HEART DISEASE?

HEART DISEASE IS A TERM THAT REFERS TO SEVERAL TYPES OF HEART CONDITIONS. THE MOST COMMON IS CORONARY ARTERY DISEASE, ALSO KNOWN AS CAD. IN THE UNITED STATES, HEART DISEASE IS THE LEADING CAUSE OF DEATH FOR MEN AND WOMEN. IN 2020, HEART DISEASE WAS RESPONSIBLE FOR ABOUT 1 IN EVERY 5 FEMALE DEATHS AND 1 IN EVERY FOUR MALE DEATHS (CDC, 2023). EVERY 34 SECONDS, SOMEONE DIES IN THE UNITED STATES FROM HEART DISEASE (CDC, 2023).



WHAT ARE RISK FACTORS FOR HEART DISEASE?



HIGH BLOOD PRESSURE



DIABETES



HIGH CHOLESTEROL



SMOKING



OVERWEIGHT & OBESITY

IN CLEVELAND:

42% OF THOSE 18 AND OLDER ARE OBESE

40% OF THOSE 18 AND OLDER HAVE HIGH BLOOD PRESSURE

29% OF THOSE 18 AND OLDER THAT HAVE BEEN SCREENED IN THE PAST 5 YEARS HAVE HIGH CHOLESTEROL

29% OF THOSE 18 AND OLDER ARE CURRENT SMOKERS

17% OF THOSE 18 AND OLDER HAVE BEEN DIAGNOSED WITH DIABETES

8% OF THOSE 18 AND OLDER HAVE CORONARY ARTERY DISEASE

HOW TO PREVENT HEART DISEASE:

- DON'T SMOKE OR USE TOBACCO
- AIM FOR AT LEAST 30 - 60 MINUTES OF ACTIVITY DAILY
- EAT A HEART - HEALTHY DIET
- MAINTAIN A HEALTHY WEIGHT
- GET GOOD QUALITY SLEEP
- MANAGE STRESS
- GET REGULAR HEALTH SCREENINGS

1,048

CLEVELAND DEATHS WERE ASSOCIATED WITH HEART DISEASE IN 2021

32%

HAD AT LEAST ONE RISK FACTOR



1 IN EVERY 4

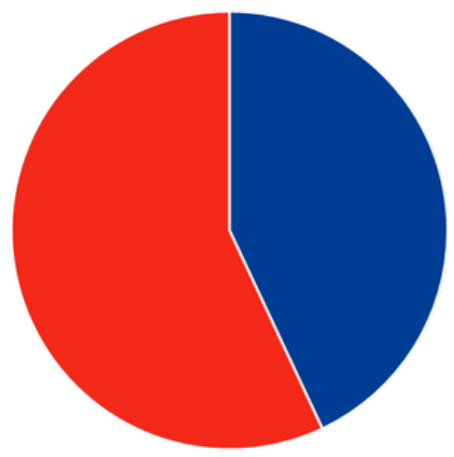
MALE DEATHS IN CLEVELAND WERE ASSOCIATED WITH HEART DISEASE



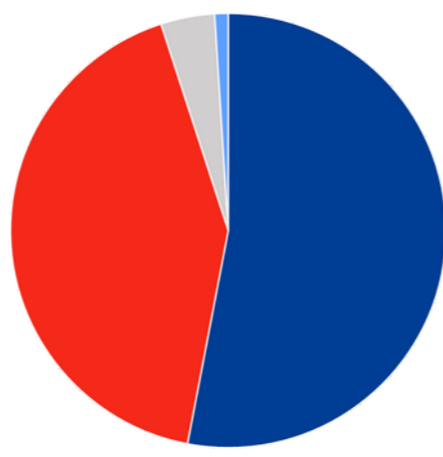
1 IN EVERY 5

FEMALE DEATHS IN CLEVELAND WERE ASSOCIATED WITH HEART DISEASE

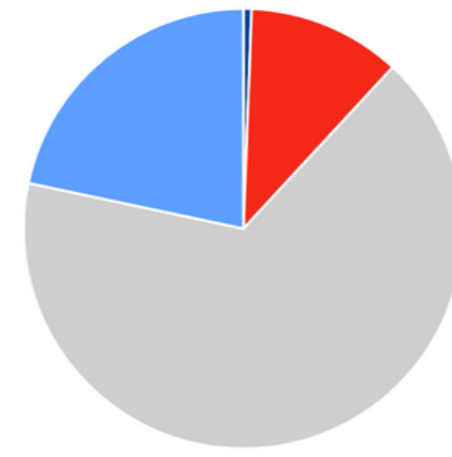
DEMOGRAPHICS



MALE (57%)
FEMALE (43%)

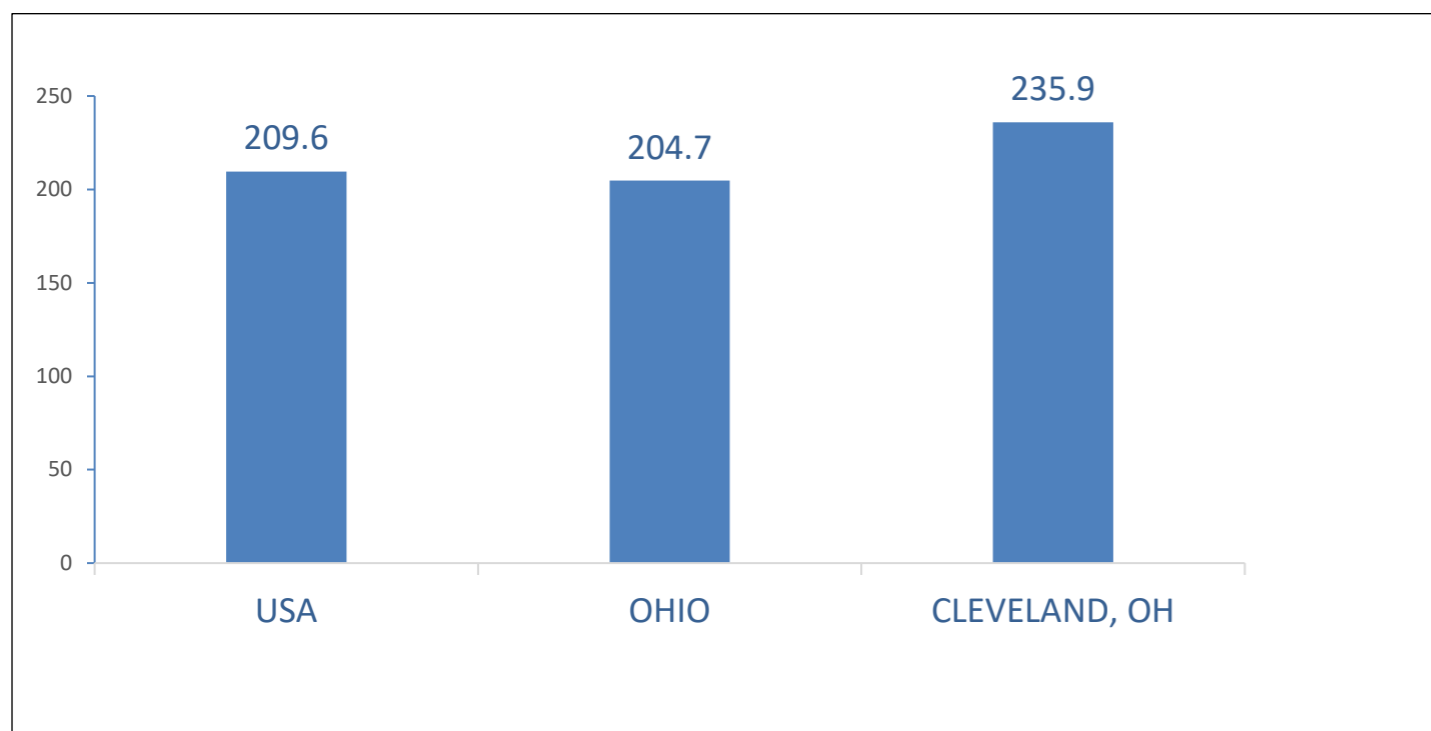


NH BLACK (53%)
NH WHITE (42%)
HISPANIC (4%)
NH OTHER (1%)

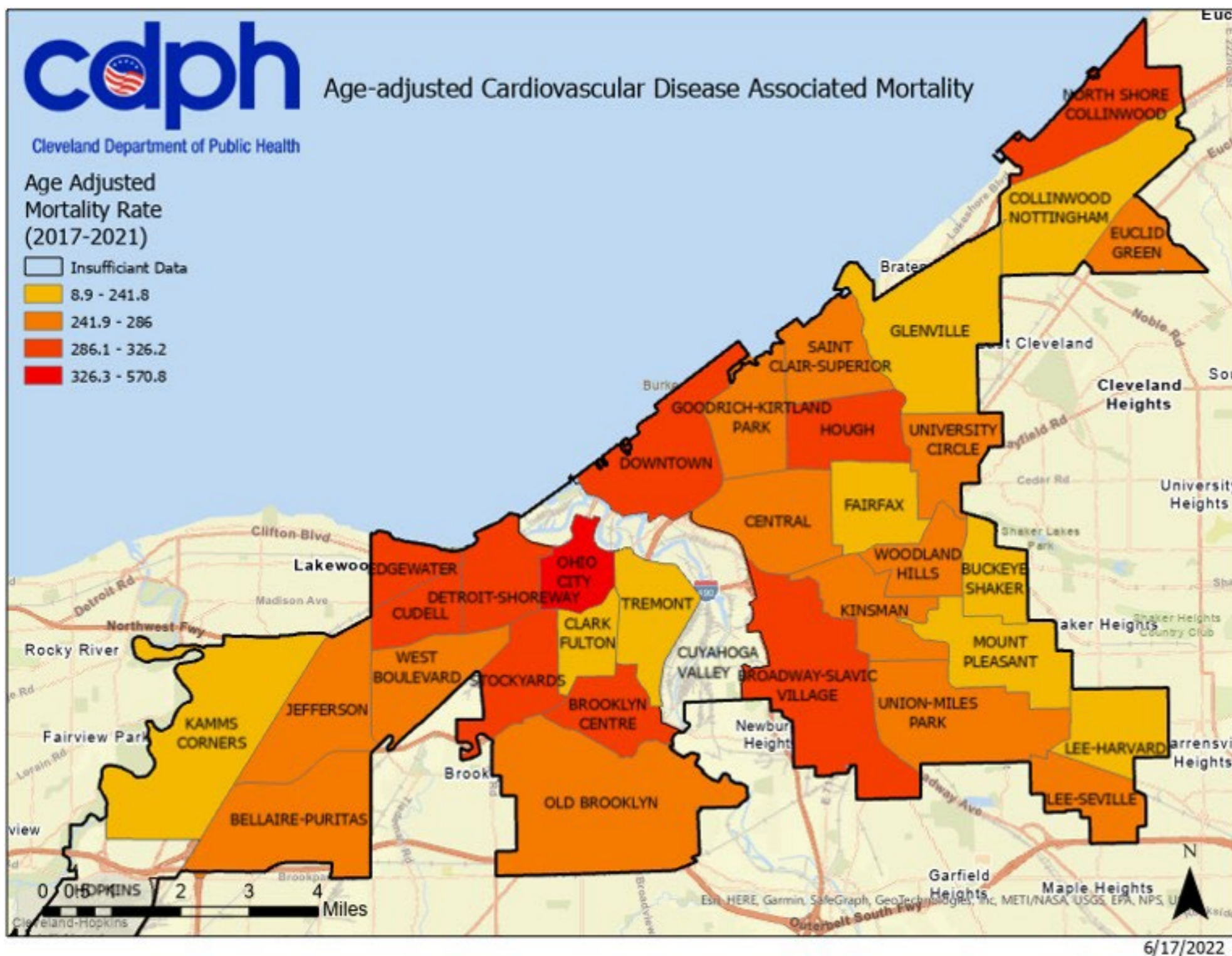
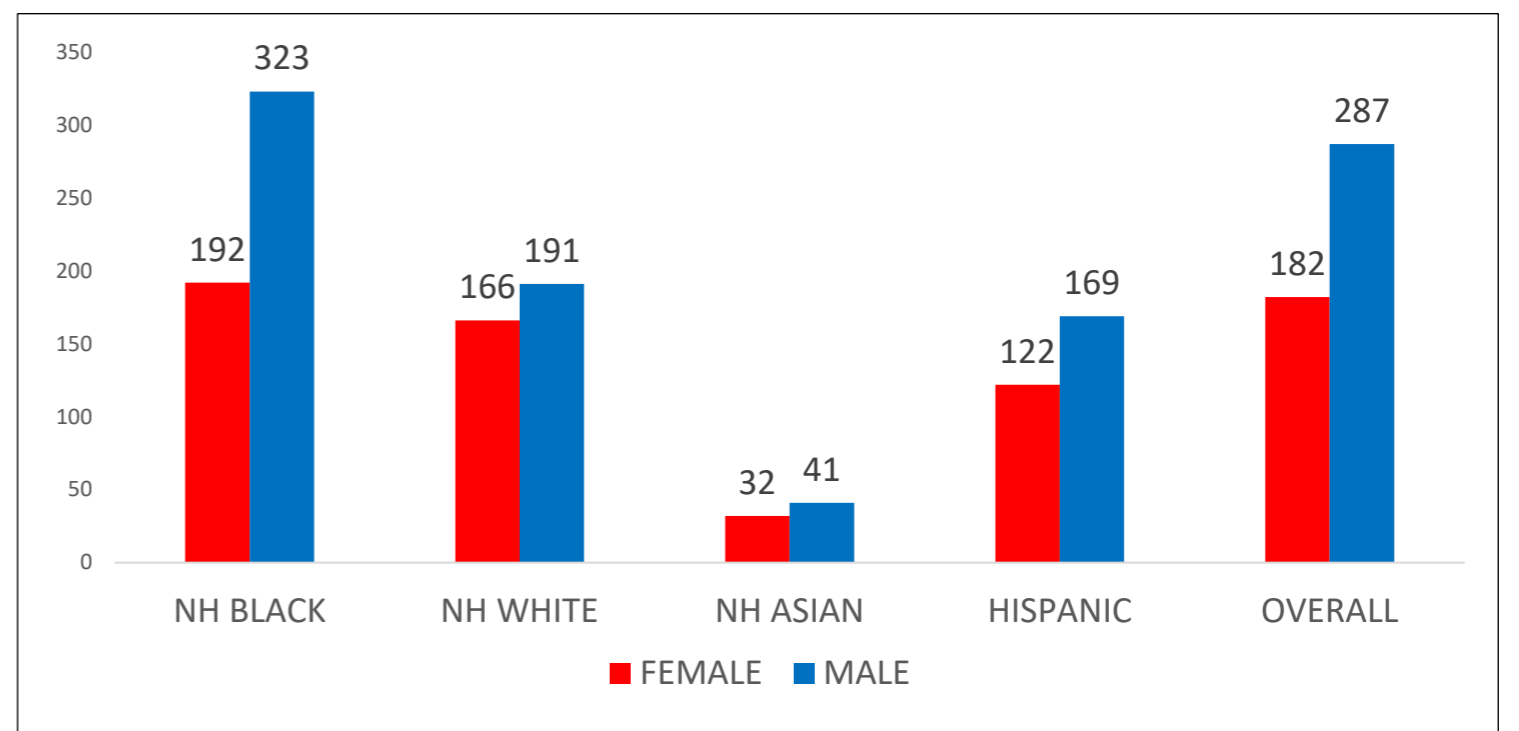


UNDER 25 YEARS (1%)
25 YEARS - 54 YEARS (11%)
55 YEARS - 84 YEARS (66%)
85 YEARS AND OLDER (22%)

AGE ADJUSTED MORTALITY RATE* COMPARED -2021



AGE ADJUSTED MORTALITY RATE BY SEX AND RACE/ETHNICITY (2017-2021)



NEIGHBORHOODS WITH THE HIGHEST AGE ADJUSTED MORTALITY RATE:

- OHIO CITY
- DETROIT-SHOREWAY
- NORTH SHORE COLLINWOOD

NEIGHBORHOODS WITH THE LOWEST AGE ADJUSTED MORTALITY RATE:

- BUCKEYE SHAKER
- MOUNT PLEASANT
- COLLINWOOD NOTTINGHAM

*Mortality Rate is the number of deaths per 100,000 population.

REFERENCES:
CENTERS FOR DISEASE CONTROL AND PREVENTION. (2022, OCTOBER 14). HEART DISEASE FACTS. CENTERS FOR DISEASE CONTROL AND PREVENTION. RETRIEVED MARCH 30, 2023, FROM [HTTPS://WWW.CDC.GOV/HEARTDISEASE/FACTS.HTM](https://www.cdc.gov/heartdisease/facts.htm)
MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. (2022, JANUARY 14). TOP STRATEGIES TO PREVENT HEART DISEASE. MAYO CLINIC. RETRIEVED MARCH 30, 2023, FROM [HTTPS://WWW.MAYOCLINIC.ORG/DISEASES-CONDITIONS/HEART-DISEASE/IN-DEPTH/HEART-DISEASE- PREVENTION/ART-20046502](https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease-prevention/art-20046502)