

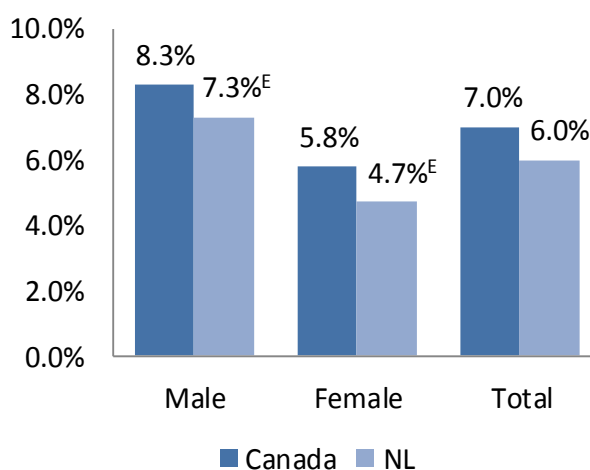
Cardiovascular Disease *fast facts*

Cardiovascular disease is a term that refers to several types of diseases that affect the heart and blood vessels; it is the leading cause of death worldwide. This fast facts presents information on cardiovascular disease in Newfoundland and Labrador.

Cardiovascular disease (CVD) results from an interaction of genetic factors, health behaviours, and environmental factors. Rates of death from CVD in Canada have declined over the past several decades, partly due to advances in treatment. However, several major risk factors for CVD, such as obesity and diabetes, are becoming increasingly common among Canadians (Source: Public Health Agency of Canada).

In 2013, 7.0% of Canadians aged 35 and over reported having heart disease. The rate for Newfoundland and Labrador was slightly lower at 6.0%.

Percentage of the Population Aged 35 and over Who Reported Having Heart Disease, 2013



In this issue...

- Prevalence of Heart Disease
- Hospitalizations for CVD, by Age Group and Sex
- CVD Hospitalization by Health Authority
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- Congestive Heart Failure Hospitalization
- Percentage of Deaths due to CVD

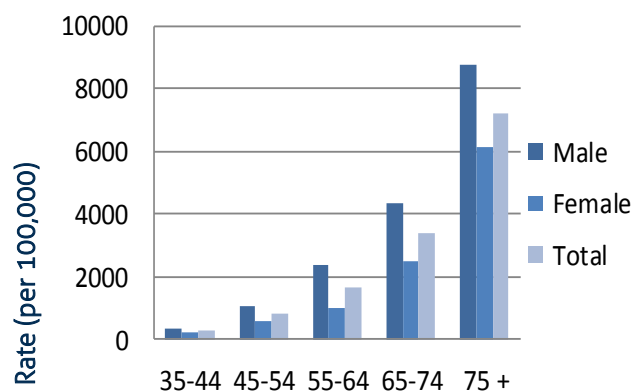
Source: Canadian Community Health Survey, 2013
A "yes" response indicates that respondents had been diagnosed with heart disease by a health professional and had been living with the condition for 6 months or more.

^E Indicates marginal variance estimates; data should be interpreted with caution.

Hospitalization for all types of CVD occurs most often among older adults. In 2012-13, there were 7,236 CVD hospitalizations per 100,000 adults aged 75 and older in Newfoundland and Labrador compared to 806 per 100,000 adults aged 45-54.

At all ages, CVD hospitalization is less common in women than in men. In 2012-13, there were 563 CVD hospitalizations for every 100,000 women aged 45-54, and 1,054 CVD hospitalizations for every 100,000 men in the same age group. Among adults aged 75 and older, there were 6,128 CVD hospitalizations per 100,000 women and 8,796 CVD hospitalizations per 100,000 men.

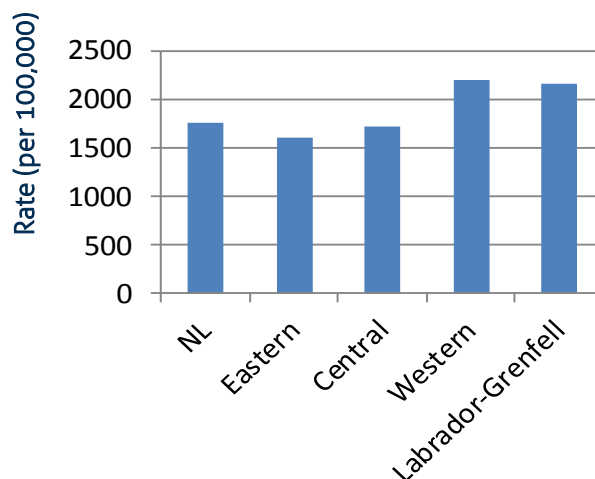
Rate of Hospitalization for CVD among Adults Aged 35 and over, by Age Group and Sex, Newfoundland and Labrador, 2012-13



Source: Clinical Database Management System, NLCHI, 2012-13. ICD-10 codes I00-I99.
Population Estimates: Statistics Canada, 2012

Age-standardized CVD hospitalization rates for the province and Regional Health Authorities show that CVD hospitalization rates were lowest for residents of Eastern Health and Central Health, while CVD hospitalization rates for Western Health and Labrador-Grenfell Health were higher than the provincial average.

Age-Standardized Rate of Hospitalization for CVD among Adults Aged 35 and over, Province and Regional Health Authorities, 2012-13



Source: Clinical Database Management System, NLCHI, 2012-13. ICD-10 Codes I00-I99.

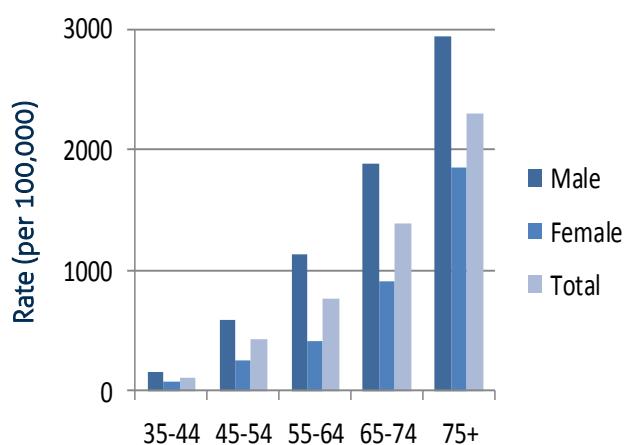
Population Estimates: Statistics Canada, 2012

¹ Rates are age-standardized to Statistics Canada's Canadian Standard Population, 1991. An age-standardized rate is adjusted to minimize the effect of different age distributions when comparing rates in different populations.

While there are many different forms of CVD, the two most common forms are coronary heart disease and congestive heart failure (Source: Public Health Agency of Canada).

Coronary heart disease (also known as ischemic heart disease) occurs when a fatty material called plaque builds up inside the arteries that carry blood to the heart. When this happens, the heart doesn't receive enough blood to function normally, and the heart muscle may be damaged. Coronary heart disease can lead to a heart attack, angina (chest pain), or sudden death.

Rates of Hospitalization for Coronary Heart Disease among Adults Aged 35 and over, by Age Group and Sex, Newfoundland and Labrador, 2012-13

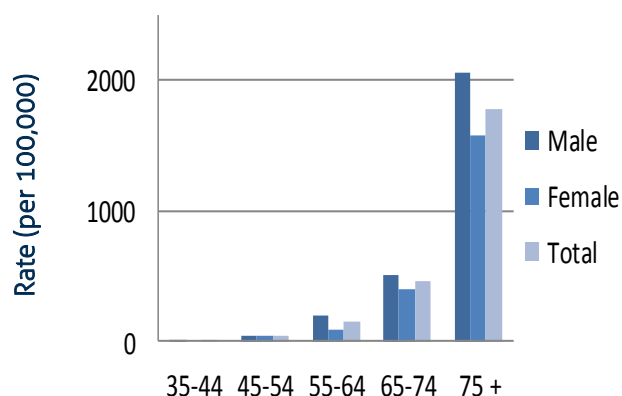


Source: Clinical Database Management System, NLCHI, 2012-13. ICD-10 Codes I20-I25.
Population Estimates: Statistics Canada, 2012



Congestive heart failure occurs when the heart cannot pump efficiently enough to circulate blood throughout the body. It often results in a build-up of fluid in the body, especially in the lungs or legs.

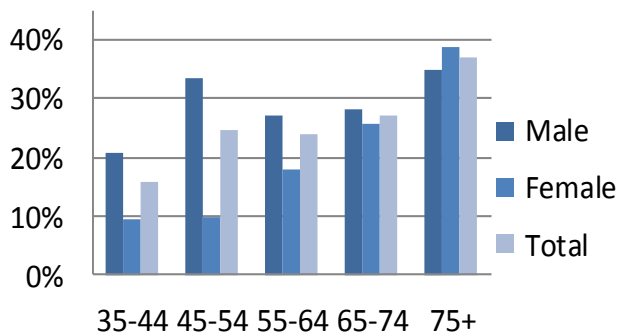
Rates of Hospitalization for Congestive Heart Failure among Adults Aged 35 and over, by Age Group and Sex, Newfoundland and Labrador, 2012-13



Source: Clinical Database Management System, NLCHI, 2012-13. ICD-10 Code I50.
Population Estimates: Statistics Canada, 2012

Cardiovascular disease is the most common cause of death and is responsible for 30% of deaths worldwide (Source: World Health Organization). In 2009, CVD was reported as the underlying cause of death for 32% of residents of Newfoundland and Labrador.

Percentage of Deaths due to CVD among Adults Aged 35 and over, by Age Group and Sex, Newfoundland and Labrador, 2009



Source: Statistics Canada mortality data for Newfoundland and Labrador, 2009

Some risk factors for CVD, such as age, sex, and family history, cannot be changed but the following steps can help to reduce risk of heart disease:

- Don't smoke or use tobacco
- Exercise regularly
- Eat plenty of vegetables, fruits, and whole grains, and limit red meat, fried foods, and packaged snack foods
- Keep weight in a healthy range
- Get enough sleep (7-9 hours per night)
- Have blood pressure and cholesterol checked routinely
- Get screened for diabetes

(Source: Mayo Clinic)

About the Centre for Health Information

The Newfoundland and Labrador Centre for Health Information (NLCHI) provides quality information to health professionals, the public, researchers and health system decision-makers. Through collaboration with the health system, NLCHI supports the development of data and technical standards, maintains key health databases, prepares and distributes health reports, and supports and carries out applied health research and benefits evaluations. The NLCHI's mandate also includes the development and implementation of a confidential and secure provincial electronic health record, including the change management required to support adoption by end user clinicians.