



CHRONIC DISEASE BURDEN UPDATE

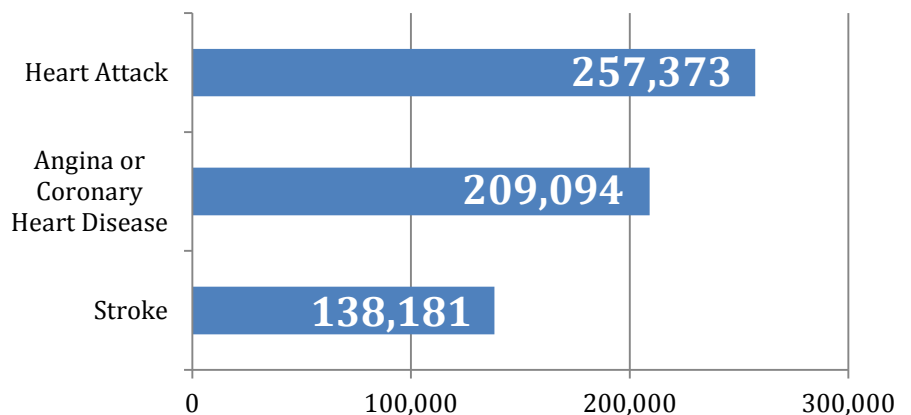
■ February is National Heart Month, and this burden brief uses 2013 BRFSS data to look at heart health among adult males in Illinois.

Heart disease is the number one killer of adult males. The risk for developing heart disease depends on overall health, family history and health behaviors. While family history can't be changed, modest changes to diet and lifestyle can improve heart health and lower the risk of heart disease by as much as 80 percent.

HEART DISEASE IN MEN, ILLINOIS, 2013

According to Illinois Behavioral Risk Factor Surveillance System (BRFSS), in 2013, slightly over 5 percent of men had ever had a heart attack, slightly over 4 percent of men had ever been diagnosed with angina or coronary heart disease, and nearly 3 percent had ever had a stroke.

Number of Men Who Have Had Cardiovascular Diagnoses, Illinois, 2013



Source: Illinois Behavioral Risk Factor Surveillance System, 2013

MODIFIABLE RISK FACTORS FOR HEART DISEASE

Cholesterol is a soft, fat-like substance found in the blood and in all the body's cells. When it builds up in the inner walls of arteries over time, it hardens and turns into plaque. That plaque can narrow the artery walls and reduce blood flow, which can cause blocks that can lead to blood clots, heart attacks or strokes.

Total cholesterol:

- **Less than 200 mg/dL:** Desirable level that puts you at lower risk for heart disease.
- **200 to 239 mg/dL:** Considered borderline high.
- **240 mg/dL and above:** High blood cholesterol. A person with this level has more than twice the risk of heart disease.

Blood Pressure:

- **Normal:** Less than 120 systolic and less than 80 diastolic
- **Pre-hypertension:** 120-139 systolic or 80-89 diastolic
- **Hypertension:** 140 or higher systolic or 90 or higher diastolic
- **Hypertensive Crisis:** higher than 180 or higher than 110 diastolic

Blood pressure rises with each heartbeat and falls when the heart relaxes between beats. While it can change from minute to minute with changes in posture, exercise, stress or sleep, it should normally be less than 120/80 mm Hg for men age 20 or over. High blood pressure puts additional stress on the heart.

Smoking causes damage to your heart. Here are just a few examples:

- Nicotine greatly increases heart rate and blood pressure.
- Carbon monoxide and tobacco rob the heart, brain and arteries of oxygen.
- Smoking damages blood vessels and makes blood sticky – a recipe for blood clots.
- Smoking lowers tolerance for physical activity and decreases HDL (good) cholesterol.
- When taking oral contraceptives, smoking increases your blood pressure and risk for stroke and heart attack.



Adults with **diabetes** are two-to-four times more likely to have heart disease or a stroke than adults without the condition.

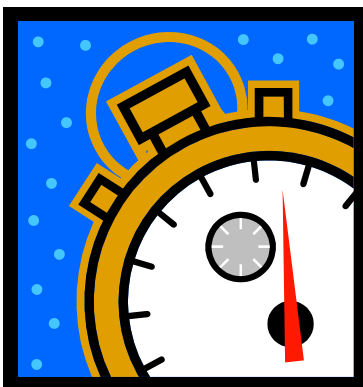
Too much fat — especially if carried primarily in the waist — increases the risk for heart disease. That is why BMI, a numerical value of your weight in relation to your height is important. BMI is a good indicator of **healthy or unhealthy weight**.

The good news is losing as few as 10 pounds can lower the risk of heart disease among adult males.

Body Mass Index (BMI):

- **Underweight:** Less than 18.5
- **Healthy weight:** Less than 25
- **Overweight:** Between 25 and 29.9
- **Obese:** 30 or higher is considered obese.

To calculate BMI, multiply weight in pounds by 703, divide by height in inches, and then divide again by the same number (height in inches).



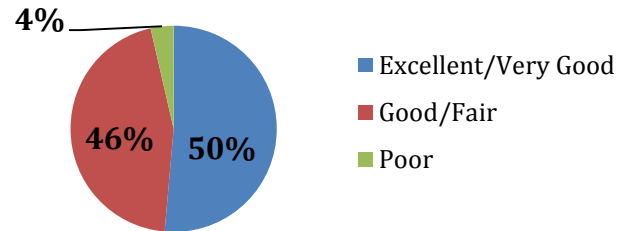
A lack of **physical activity** comes with great risks, including blood clots, high blood pressure, heart attack, stroke and other heart-related problems. Becoming more active can lower blood pressure by as much as 4-to-9 mm Hg, which is the same reduction in blood pressure experienced from using anti-hypertensive medications. Physical activity also can boost levels of good cholesterol.

Aim for at least 30 minutes of exercise daily to be on the way to a heart healthy life.

HEALTH STATUS OF ILLINOIS MEN

Through the Illinois BRFSS, men were asked to assess their health status on a range from “poor health” to “excellent health”. One half of men indicated their health was “excellent” or “very good”. About four percent indicated their health was poor.

Self-assessment of Health Status Among Men, Illinois, 2013

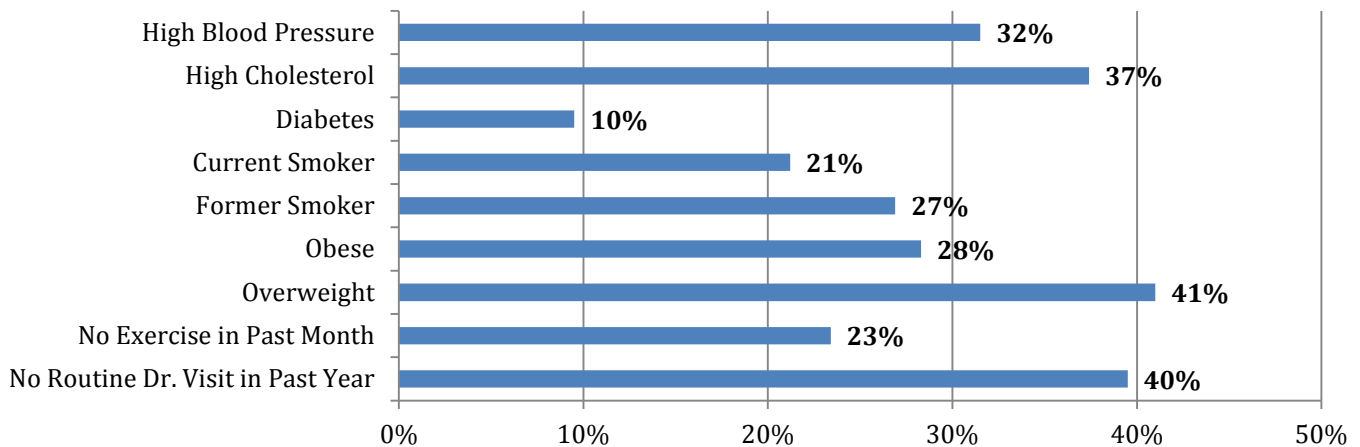


Source: Illinois Behavioral Risk Factor Surveillance System, 2013
Note: Health status is self reported.

CARDIOVASCULAR HEALTH RISK FACTOR STATUS OF ILLINOIS MEN

Visiting the doctor annually for routine health screenings is an important step in identifying risk factors for chronic disease; however, nearly 40 percent of men have not had a routine visit with a doctor in the last year. Nearly a quarter of men have not exercised in the last month and nearly 70 percent of men are overweight or obese according to their BMI. Slightly more than 48 percent of men are current or former smokers. Diabetes prevalence in men is almost 10 percent. There is a large percentage of men with doctor-diagnosed high cholesterol (37%) and high blood pressure (32%).

Cardiovascular Disease Risk Ractor Prevalence Among Men, Illinois, 2013



Source: Illinois Behavioral Risk Factor Surveillance System, 2013