

Heart Disease in Mississippi

What is Heart Disease?

Heart Disease is any disorder that affects the heart's ability to function normally. The most common cause of heart disease is the narrowing of, or a blockage in, the coronary arteries supplying blood to the heart muscle (coronary artery disease). When the artery is clogged with a fatty substance called plaque, oxygen stops flowing to the heart. Without oxygen, the heart cells begin to die. The heart becomes damaged, and may stop working.

What are the risk factors of heart disease that can be changed?

Risk factors are conditions or behaviors that increase the likelihood of developing a disease. Everyone can take steps to lower the risk of heart disease. The major risk factors for heart disease include:

- High blood pressure
- Alcohol
- Salt and sodium intake
- Cigarette smoking
- Obesity
- Physical inactivity
- High cholesterol
- Poor diet
- Diabetes

*Some risk factors are not controllable, such as age, gender, race/ethnicity, and family history.

What is the heart disease mortality in Mississippi?

- In 2008, Mississippi's age-adjusted heart disease mortality rate was 259.3, compared to 269.1 per 100,000 population in 2006.¹

¹ Mississippi Vital Statistics, 2008

- In 2006, the U.S. age-adjusted heart disease mortality rate was 199.4 per 100,000 population.²
- Mississippi's age-adjusted heart disease mortality rate was 35% higher than the rate of the United States in 2006.²
- According to the 2008 Mississippi Vital Statistics, 7,970 Mississippians died from heart disease. This included 5,465 deaths among whites and 2,479 deaths among blacks; 3,916 deaths among men and 4,054 deaths among women.¹

What is the percentage of Mississippi adults who had a history of coronary heart disease?

In 2008, 4.0% of Mississippi adults had a history of coronary heart disease compared to 4.3% in the nation.³

What is the economic cost of heart disease?

In 2010, the American Heart Association estimated that 177.1 billion dollars will be spent on heart disease related medical costs in the United States.⁴ Proportionally in Mississippi there will be about 1.8 billion dollars spent.

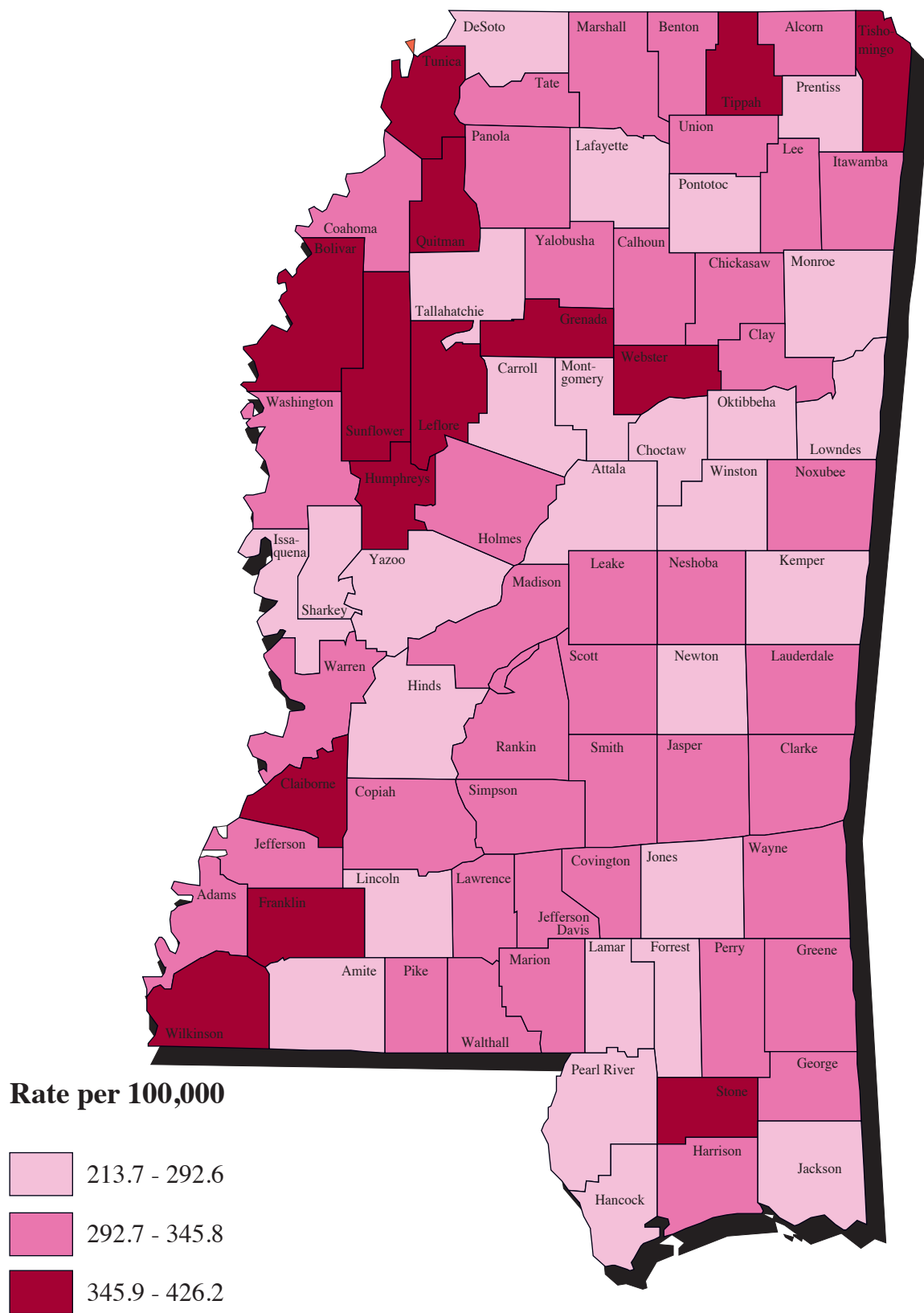
For more information about Heart Disease please contact the Mississippi State Department of Health, Office of Preventive Health at 601-576-7781.

² CDC Wonder, 2006

³ Mississippi Behavioral Risk Factor Surveillance System, 2008

⁴ Heart Disease and Stroke Statistics 2010 Update At-A-Glance

Age-Adjusted Heart Disease Mortality Rate by County, Mississippi 1999-2008*



Source: Mississippi Vital Statistics

*Rate was adjusted to the 2000 standard US population