








# Suffolk County's Risk For Heart Disease

By 2020, to improve the cardiovascular health of all Americans by 20 percent, while reducing deaths from cardiovascular diseases and stroke by 20 percent.

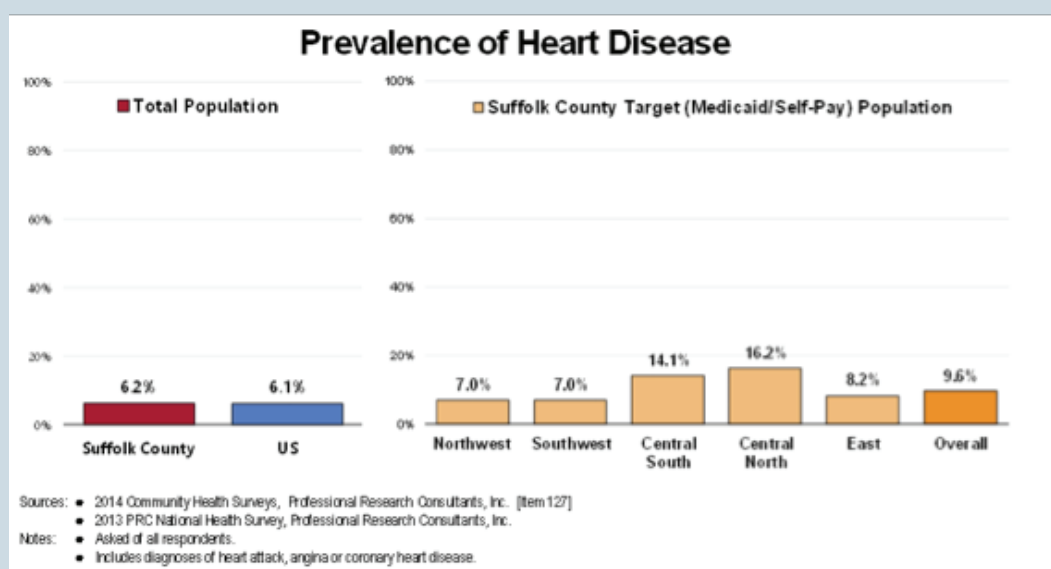
## Definition of Cardiovascular Health

In order to accurately measure Americans' cardiovascular health and monitor progress toward the 2020 goal, the American Heart Association (AHA) for the first time defined "ideal cardiovascular health." AHA defines it as the absence of disease and the presence of seven key health factors and behaviors that we call "Life's simple 7". Below are measurements used to determine whether someone is in the ideal, intermediate or poor cardiovascular health.

	Life's Simple 7	Poor	Intermediate	Idea+D:DI
 <b>Blood Pressure</b> Adults > 20 years of age Children 8-19 years of age		SBP ≥ 140 or DBP ≥ 90 mm Hg > 95th percentile	SBP 120-139 or DBP 80-89 mm Hg or treated to goal 90th - 95th percentile or SBP ≥ 120 or DBP ≥ 80 mm Hg	< 120/<80 mm H < 90th percentile
 <b>Physical Activity</b> Adults > 20 years of age Children 12 - 19 years of age		None None	1 - 149 min/wk moderate or 1-74 min/wk vig or 1 - 149 min/wk moderate & vig. >0 and <60 min of moderate or vigorous everyday	150+ min/wk mod or 75+ min/wk vig or 150+ min/wk mod & vig 60+ min of mod or vig everyday
 <b>Cholesterol</b> Adults > 20 years of age Children 6 - 19 years of age		≥ 240 mg/dL ≥ 200 mg/dL	200 - 239 mg/dL or treated to goal 170 - 199 mg/dL	< 170 mg/dL
 <b>Healthy Diet</b> Adults > 20 years of age Children 5 - 19 years of age		0 - 1 components 0 - 1 components	2 - 3 components 2 - 3 components	4 - 5 components 4 - 5 components
 <b>Healthy Weight</b> Adults > 20 years of age Children 2 - 19 years of age		≥ 30 kg/m2 > 95th percentile	25 - 29.9 kg/m2 85th - 95th percentile	< 25 kg/m2 < 85th percentile
 <b>Smoking Status</b> Adults > 20 years of age Children 12 - 19 years of age		Current smoker Tried prior 30 days	Former ≤ 12 months	Never/quit ≥ 12 months
 <b>Blood Glucose</b> Adults > 20 years of age Children 12 - 19 years of age		126 mg/dL or more 126 mg/dL or more	100 - 125 mg/dL or treated to goal 100 - 125 mg/dL	less than 100 mg/dL less than 100 mg/dL

## Prevalence of Cardiovascular Disease

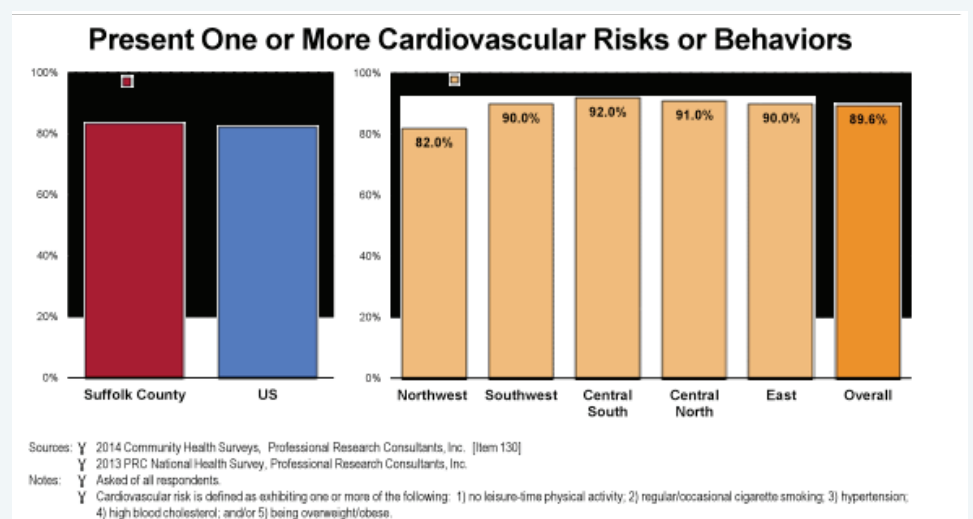
Heart disease is the leading cause of death in the United States. The annual average of heart disease mortality rate is 196.1 deaths per 100,000 in Suffolk County. This rate fails to meet the Healthy People 2020 target of 158.9.



6.2% of the total population in Suffolk County suffer from, or have been diagnosed with heart disease, such as coronary heart disease, angina (chest pain caused by reduced blood flow to the heart), or a myocardial infarction (heart attack). Our percentage is similar to the national prevalence.

## Cardiovascular Disease Risk

A total of 83.4% of Suffolk County's Total population, reports having one or more cardiovascular risk factors, such as being overweight, smoking cigarettes, being physically inactive, having high blood pressure, and high cholesterol levels.



## Lack of Knowledge = Unrealistic Perceptions

Heart disease is a major health threat on Long Island due to the burden of cardiac disease and major risk factors. Communities need to be educated on lifestyle changes and management of cardiovascular disease.

