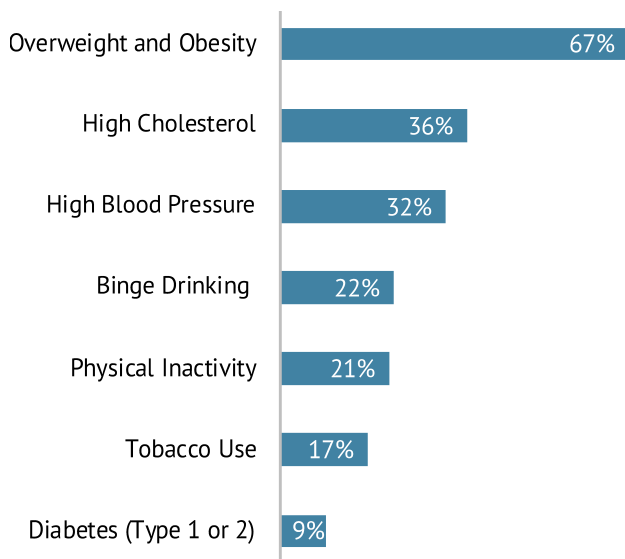


# Heart Health in Wisconsin

## Chronic Disease Prevention Program Fact Sheet

### Heart Disease Risk Factors

The following risk factors can lead to an increased risk of heart disease. Heart disease is defined as all diseases of the heart and blood vessels and includes coronary heart disease, stroke, heart failure, hypertensive disease, and atherosclerosis. The following shows the rates of each risk factor among Wisconsin adults.<sup>1</sup>



Binge Drinking = males having 5+ and women having 4+ drinks on one occasion. A drink is considered a 1.5 oz. shot, 5 oz. of wine, or a 12 oz. beer.

### Heart Disease Death Rates

Heart disease is the leading cause of death and disability in Wisconsin.

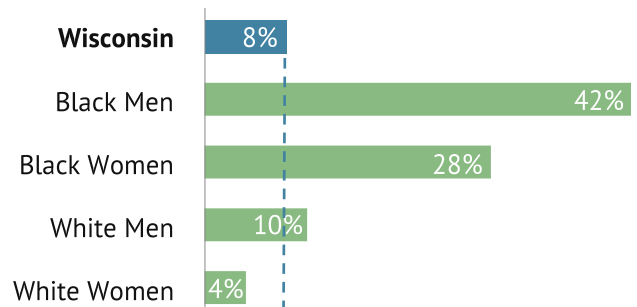
**1 in 3** deaths are caused by heart attacks or strokes.<sup>2</sup>



If over 45 years of age, **36% of men** and **47% of women** will die within five years after their first heart attack.<sup>2</sup>



Of the 2,300 stroke deaths in Wisconsin every year, **8%** are premature (before age 65). There is a significant racial and gender disparity in premature stroke deaths.<sup>3</sup>



### Hypertension—Hiding in Plain Sight

Approximately 1.3 million adults in Wisconsin have hypertension but less than half of them are in control.<sup>4</sup> Of those who are uncontrolled, **40%** are unaware that they even have hypertension.



# How to Prevent Heart Disease

## Chronic Disease Prevention Program Initiatives

### Medication Adherence

Medication adherence is the extent to which patients take medications as prescribed by their health care providers. In Wisconsin, only **3 in 4** people take their hypertension medications as prescribed.<sup>5</sup>

#### What You Can Do

Take medications as prescribed, which is related to better health outcomes.

Talk with your pharmacist about tips for taking medications and medication therapy management.

### Electronic Health Records (EHR)

The use of EHR can improve patient care by enabling better coordination between doctors and patients.

#### What You Can Do

Use the online health portal available from your health care system to track your goals, progress, and to communicate with your care team.

### Team-Based Care

Team-based care involves at least two health care providers working with patients and their caregivers to achieve shared goals.

#### What You Can Do

Be an active part of your own care. Before your medical visits, make a list of your medications, health history, and think about what problems are most important for you to discuss.

If you don't understand something, ask questions.

### Self-Management

Self-management programs help adults better manage their chronic conditions, improve their quality of life, and lower health care costs.

#### What You Can Do

Visit the Wisconsin Institute for Healthy Aging to find a self-management program near you!

[wihealthyaging.org/chronic-conditions](http://wihealthyaging.org/chronic-conditions)

### More Ways You Can Prevent Heart Disease



Maintain a healthy weight.  
To learn more, visit:  
[cdc.gov/healthyweight](http://cdc.gov/healthyweight)



Eat a healthy diet.  
Eat more fruits and vegetables and limit foods high in fat, sugar, and salt.



Be active on most days.  
Try going for a 10-minute walk, three times per day, five days per week.



Brush your teeth twice per day for two minutes and floss daily to prevent gum disease.



Don't smoke or use tobacco.  
Need help quitting? Call the Wisconsin Tobacco Quit Line.  
English: **800-784-8669**  
En Español: **877-266-3863**



Limit alcohol use. Moderate drinking is considered as having up to one drink per day for women and two for men.<sup>6</sup>

### References

<sup>1</sup>Behavioral Risk Factor Surveillance System, 2013-2014, Wisconsin Department of Health Services.

<sup>2</sup>Wisconsin Heart Disease and Stroke Surveillance Summary—Update, Jan 2013, Wisconsin Department of Health Services.

<sup>3</sup>Vital Records Data, 2013-2015, Wisconsin Department of Health Services.

<sup>4</sup>Vital Signs: Awareness of Treatment of Uncontrolled Hypertension Among Adults, MMWR September 12, 2012; 61(35):703-709.

<sup>5</sup>Wisconsin Health Information Organization, 2015, Wisconsin Department of Health Services.

<sup>6</sup>U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition, Washington, DC; 2015.

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