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, hypotensive disease, and atherosclerosis. The following shows the rates of each risk factor among Wisconsin adults.¹

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overweight and Obesity</td>
<td>67%</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>36%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>32%</td>
</tr>
<tr>
<td>Binge Drinking</td>
<td>22%</td>
</tr>
<tr>
<td>Physical Inactivity</td>
<td>21%</td>
</tr>
<tr>
<td>Tobacco Use</td>
<td>17%</td>
</tr>
<tr>
<td>Diabetes (Type 1 or 2)</td>
<td>9%</td>
</tr>
</tbody>
</table>

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.²

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

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.³

<table>
<thead>
<tr>
<th>Race</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wisconsin</td>
<td>8%</td>
</tr>
<tr>
<td>Black Men</td>
<td>42%</td>
</tr>
<tr>
<td>Black Women</td>
<td>28%</td>
</tr>
<tr>
<td>White Men</td>
<td>10%</td>
</tr>
<tr>
<td>White Women</td>
<td>4%</td>
</tr>
</tbody>
</table>

Hypertension—Hiding in Plain Sight

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

Controlled: 46%
Uncontrolled: 54%
Aware and Treated but Uncontrolled: 44%
Aware and Untreated: 40%
Unaware: Hiding in Plain Sight: 16%
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.5

**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

More Ways You Can Prevent Heart Disease
Maintain a healthy weight. To learn more, visit: 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.6

References
2 Wisconsin Heart Disease and Stroke Surveillance Summary—Update, Jan 2013, Wisconsin Department of Health Services.
4 Vital Signs: Awareness of Treatment of Uncontrolled Hypertension Among Adults, MMWR September 12, 2012; 61(35);703-709.
5 Wisconsin Health Information Organization, 2015, Wisconsin Department of Health Services.
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