

Cardiovascular Disease and Tobacco

FACT SHEET



Cardiovascular Disease

Cardiovascular disease (CVD) refers to a variety of diseases and conditions affecting the heart and blood vessels; the most common being heart disease and stroke. CVD, among other conditions, creates a vast disease burden and need for health care in Maine.

National Facts (Year 2009)

- More than 2,000 people die each day in the U.S. from CVD.¹
- The age-adjusted CVD death rate was 235 per 100,000 population.¹
- The age-adjusted coronary heart disease (CHD) death rate was 116 per 100,000 population.¹
- The age-adjusted stroke death rate was 39 per 100,000 population.¹

Maine Facts (Year 2009)

- All major CVD combined caused more than 3,500 deaths among Mainers and the age-adjusted CVD death rate was 208 per 100,000 population.²
- In Maine, heart disease was the second leading cause of death, accounting for more than 21% of all deaths, and stroke was the fourth leading cause of death, accounting for more than 5% of all deaths.²
- More than 17,000 Mainers were hospitalized for heart disease³ and more than 2,600 Mainers died of heart disease.² The age-adjusted heart disease hospitalization rate was 104 per 10,000 population³ and the death rate was 156 per 100,000 population.²
- More than 4,000 Maine adults were hospitalized for heart attack³ and nearly 600 Mainers died of heart attack.² The age-adjusted heart disease hospitalization rate was 24.4 per 10,000 population³ and the death rate was 33.4 per 100,000 population.²
- More than 3,600 Mainers were hospitalized due to a stroke, an average of one hospitalization every 2.5 hours. The age-adjusted stroke hospitalization rate was 21.9 per 10,000 population.³
- More than 600 Mainers died due to a stroke and the age-adjusted stroke death rate was 37.8 per 10,000 population.²

The Story Behind the Facts: Why Is this Information Important?

- The U.S. Surgeon General states that, “tobacco use remains the single largest preventable cause of death and disease both for men and women.”⁴
- Cigarette smoking dramatically increases the risk of CVD by:⁴
 - Damaging the inner lining of blood vessels
 - Causing blood clots
 - Increasing “bad” cholesterol and decreasing “good” cholesterol.
- In the U.S., smoking accounted for 33% of all CVD deaths in persons older than 35 years of age in 2008.⁴
- The heart attack, CHD, and stroke death rates are higher among smokers compared to nonsmokers. Among smokers, however, a gender disparity exists and female smokers have higher heart attack and CHD death rates than male smokers.⁴

SECONDHAND SMOKE AND HEART DISEASE

- Breathing secondhand smoke for even a short time can have immediate adverse effects on the cardiovascular system and interferes with the normal functioning of the heart. It can cause blood platelets to become stickier, damage the lining of blood vessels, which can increase the risk of a heart attack. People who already have heart disease are at especially high risk.⁵
- Non-smokers who are exposed to secondhand smoke at home or at work increase their risk of developing heart disease by 25-30%.⁵
- Long duration of exposure to secondhand smoke increases the levels of “bad” cholesterol that clogs arteries.⁵

Technical Notes:

- All age-adjusted rates presented here are age-adjusted to the year 2000 U.S. standard population.

References

¹ Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2009. CDC WONDER On-line Database, compiled from Compressed Mortality File 1999-2009. Accessed at <http://wonder.cdc.gov/cmfi-cd10.html> on Aug 10, 2012.

² Maine Center for Disease Control and Prevention. *Maine Vital Records Data (Birth and Death Certificates)*. Analyzed by University of Southern Maine, Department of Applied Medical Sciences: Augusta, ME. 2012.

³ Maine Health Data Organization, *Maine Hospital Discharge Data (Inpatient and Outpatient/ Emergency Department)*. Analyzed by University of Southern Maine, Department of Applied Medical Sciences: Augusta, ME. 2012.

⁴ U.S. Department of Health and Human Services. *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services; Centers for Disease Control and Prevention; National Center for Chronic Disease Prevention and Health Promotion; Office on Smoking and Health; 2010.

⁵ U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2006.



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