

Coronary Heart Disease



Risk Factors

- **Age**
People 65 and older are at a greater risk for CHD.
- **Gender**
Men are more likely than women to have ever been told they have CHD.
- **Heredity/Genetics**
The risk of CHD increases two to three times if a close relative has the disease.
- **Tobacco use**
- **High blood cholesterol:**
Above 240 mg/dL
- **Physical inactivity**
- **Obesity**
- **Diabetes**
- **High blood pressure:**
 - Systolic (top number) above 140 mm Hg
 - Diastolic (bottom number) above 90 mm Hg

Increases the risk of other diseases:

- **Stroke:** blocked blood flow to the brain
- **Sudden cardiac death:** CHD accounts for over half of cardiovascular disease deaths in the U.S.
- **High blood pressure**
- **Heart attack**

Coronary Heart Disease (CHD) is the most common heart condition in the United States. It happens as the result of **atherosclerosis** – when the coronary arteries that supply blood to the heart harden and get smaller because they fill with **plaque** (fatty deposits). Plaque in these arteries makes it harder for blood to travel through them to give nutrients and oxygen to the heart.

Prevention

- **Don't smoke**
Quitting smoking can decrease the probability of having CHD by at least half.
- **Exercise regularly**
- **Eat healthy foods**
Eat more fruits and vegetables and fewer processed foods.
- **Maintain a healthy weight**
- **Limit alcohol intake**

Resources

American Heart Association
<http://www.americanheart.org>

For help to quit smoking in San Diego County:
1-800-NOBUTTS
www.nobutts.org

For more information and data go to www.SDHealthStatistics.com

Community Health Statistics Unit:
619-692-6667

Women should drink no more than 1 drink per day and men should drink no more than 2.

- **See a doctor regularly**
 - Monitor cholesterol levels
 - Blood pressure should be checked at least every two years if there is a history of high blood pressure.
 - Control diabetes

Facts

- CHD is the single leading cause of death in the U.S.
- 360,900 Americans died from CHD in 2019.
- About 659,000 Americans die from heart disease each year.
- More Whites and Blacks die from heart disease than Hispanics, Asians and American Indians.

