

HEART DISEASE *in* CANADA

It is the **2nd** leading cause of death *among Canadians*

Also known as **ischemic heart disease** or **coronary heart disease**, **heart disease** refers to the buildup of plaque in the heart's arteries that could lead to a heart attack, heart failure, or death.

According to 2012/13 data from the Public Health Agency of Canada's **Canadian Chronic Disease Surveillance System (CCDSS)**:



ABOUT
1 in 12

(or **2.4 million**) Canadian adults age 20+ live with diagnosed heart disease

EVERY
HOUR

12 Canadian adults age 20+ with diagnosed heart disease die



DEATH RATE is

3x higher among adults age 20+ with diagnosed heart disease vs those without

4x higher among adults age 20+ who had a heart attack vs those without

6x higher among adults age 40+ with diagnosed heart failure vs those without

HEART DISEASE AFFECTS **MEN** AND **WOMEN** DIFFERENTLY



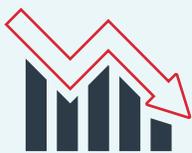
MEN are **2x more likely** to suffer a heart attack than **WOMEN**

MEN are newly diagnosed with heart disease about **10 years younger** than **WOMEN**

55 to 64 years
65 to 74 years



The **GOOD NEWS** is that from 2000/01 to 2012/13:



The number of Canadian adults newly diagnosed with heart disease **declined** from **221,800** to **158,700**.

The death rate, or the number of deaths per **1,000 individuals** with a known heart disease, has **decreased** by **23%**.

Reduce your risk of heart disease by:

- ✓ being **smoke free**
- ✓ staying **physically active**
- ✓ eating a **healthy diet**
- ✓ maintaining a **healthy weight**
- ✓ **limiting alcohol** use

DYK?

The **early detection** and **management** of medical conditions such as **high blood pressure**, **diabetes** and **high cholesterol** can help you reduce your risk of heart disease.



 @PHAC_GC

Learn more about heart disease by visiting the **Public Health Agency of Canada** at www.phac-aspc.gc.ca and **Heart and Stroke Foundation** at www.heartandstroke.ca

For more information about the data and methods, VISIT: open.canada.ca and DOWNLOAD: *Overview of algorithms for the surveillance period 1995/96 to 2011/12.*

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