

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



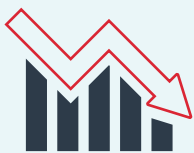
MEN are **2x more likely** to suffer a heart attack than **WOMEN**

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.*

DATA SOURCES & ACKNOWLEDGEMENTS: Public Health Agency of Canada (PHAC), using CCDSS data files contributed by provinces and territories, as of May 2016. Data from Yukon were not available. These data were made possible through collaboration between PHAC and all Canadian provincial and territorial governments, and expert contribution from the CCDSS Heart Disease Working Group. This infographic was developed by PHAC; no endorsement by the provinces and territories is intended or should be inferred.