**Cardiovascular disease** generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a **heart** attack, chest pain (angina) or stroke. Other **heart** conditions, such as those that affect your **heart's** muscle, valves or rhythm, also are considered forms of **heart disease**.

**Mayo clinic**:

Heart conditions that include diseased vessels, structural problems, and blood clots.

**Most common types**

* [Coronary artery disease](https://www.google.com/search?q=Coronary+artery+disease&stick=H4sIAAAAAAAAAONgFuLUz9U3MMo2yyhQ4gAxDYsNcx8xOnILvPxxT1jKYtKak9cYjbi4gjPyy13zSjJLKoVUuNigLCkuHim4Jg0GKS4uOI9nEau4c35Rfl5iUaVCYlFJKpBKySxOTSxOBQCSq8uydQAAAA&sa=X&ved=2ahUKEwi_saalvKXjAhVmUN8KHbPqD_gQ0EAwFXoECA0QFQ)

Damage or disease in the heart's major blood vessels.

* [High blood pressure](https://www.google.com/search?q=High+blood+pressure&stick=H4sIAAAAAAAAAONgFuLUz9U3MMo2yyhQ4gAxsy1NMx4xOnILvPxxT1jKYtKak9cYjbi4gjPyy13zSjJLKoVUuNigLCkuHim4Jg0GKS4uOI9nEauwR2Z6hkJSTn5-ikJBUWpxcWlRKgDyqfgCcQAAAA&sa=X&ved=2ahUKEwi_saalvKXjAhVmUN8KHbPqD_gQ0EAwFXoECA0QFw)

A condition in which the force of the blood against the artery walls is too high.

* [Cardiac arrest](https://www.google.com/search?q=Cardiac+arrest&stick=H4sIAAAAAAAAAONgFuLUz9U3MMo2yyhQ4gAx09NNMh4xOnILvPxxT1jKYtKak9cYjbi4gjPyy13zSjJLKoVUuNigLCkuHim4Jg0GKS4uOI9nESufc2JRSmZiskJiUVFqcQkAS3u--mwAAAA&sa=X&ved=2ahUKEwi_saalvKXjAhVmUN8KHbPqD_gQ0EAwFXoECA0QGQ)

Sudden, unexpected loss of heart function, breathing, and consciousness.

* [Congestive heart failure](https://www.google.com/search?q=Congestive+heart+failure&stick=H4sIAAAAAAAAAONgFuLUz9U3MMo2yyhQAjMNc4xyjR8xOnMLvPxxT1jKatKak9cYTbi4gjPyy13zSjJLKoXUuNigLBkuXimELg0GKW4uBJdnEauEc35eempxSWZZqkJGamJRiUJaYmZOaVEqAKlolvJ5AAAA&sa=X&ved=2ahUKEwi_saalvKXjAhVmUN8KHbPqD_gQ0EAwFXoECA0QGw)

A chronic condition in which the heart doesn't pump blood as well as it should.

* [Arrhythmia](https://www.google.com/search?q=Arrhythmia&stick=H4sIAAAAAAAAAONgFuLUz9U3MMo2yyhQ4gAxDQvSzB4xOnILvPxxT1jKYtKak9cYjbi4gjPyy13zSjJLKoVUuNigLCkuHim4Jg0GKS4uOI9nESuXY1FRRmVJRm5mIgDCI-3QaAAAAA&sa=X&ved=2ahUKEwi_saalvKXjAhVmUN8KHbPqD_gQ0EAwFXoECA0QHQ)

Improper beating of the heart, whether irregular, too fast, or too slow.

* [Peripheral artery disease](https://www.google.com/search?q=Peripheral+artery+disease&stick=H4sIAAAAAAAAAONgFuLUz9U3MMo2yyhQgjDTcw0tHjE6cwu8_HFPWMpq0pqT1xhNuLiCM_LLXfNKMksqhdS42KAsGS5eKYQuDQYpbi4El2cRq2RAalFmQUZqUWKOQmJRSWpRpUJKZnFqYnEqAO9zfKd6AAAA&sa=X&ved=2ahUKEwi_saalvKXjAhVmUN8KHbPqD_gQ0EAwFXoECA0QHw)

A circulatory condition in which narrowed blood vessels reduce blood flow to the limbs.

* [Stroke](https://www.google.com/search?q=Stroke&stick=H4sIAAAAAAAAAONgFuLUz9U3MMo2yyhQgjArDbKKHzE6cwu8_HFPWMpq0pqT1xhNuLiCM_LLXfNKMksqhdS42KAsGS5eKYQuDQYpbi4El2cRK1twSVF-dioAQBhu22cAAAA&sa=X&ved=2ahUKEwi_saalvKXjAhVmUN8KHbPqD_gQ0EAwFXoECA0QIQ)

Damage to the brain from interruption of its blood supply.

* [Congenital heart disease](https://www.google.com/search?q=Congenital+heart+disease&stick=H4sIAAAAAAAAAONgFuLUz9U3MMo2yyhQAjONs42Mih8xOnMLvPxxT1jKatKak9cYTbi4gjPyy13zSjJLKoXUuNigLBkuXimELg0GKW4uBJdnEauEc35eempeZklijkJGamJRiUJKZnFqYnEqAAzx0lR5AAAA&sa=X&ved=2ahUKEwi_saalvKXjAhVmUN8KHbPqD_gQ0EAwFXoECA0QIw)

An abnormality in the heart that develops before birth.

<https://www.mayoclinic.org/diseases-conditions/heart-disease/symptoms-causes/syc-20353118>

Risk factors

Risk factors for developing heart disease include:

* **Age.** Aging increases your risk of damaged and narrowed arteries and weakened or thickened heart muscle.
* **Sex.** Men are generally at greater risk of heart disease. However, women's risk increases after menopause.
* **Family history.** A family history of heart disease increases your risk of coronary artery disease, especially if a parent developed it at an early age (before age 55 for a male relative, such as your brother or father, and 65 for a female relative, such as your mother or sister).
* **Smoking.** Nicotine constricts your blood vessels, and carbon monoxide can damage their inner lining, making them more susceptible to atherosclerosis. Heart attacks are more common in smokers than in nonsmokers.
* **Certain chemotherapy drugs and radiation therapy for cancer.** Some chemotherapy drugs and radiation therapies may increase the risk of cardiovascular disease.
* **Poor diet.** A diet that's high in fat, salt, sugar and cholesterol can contribute to the development of heart disease.
* **High blood pressure.** Uncontrolled high blood pressure can result in hardening and thickening of your arteries, narrowing the vessels through which blood flows.
* **High blood cholesterol levels.** High levels of cholesterol in your blood can increase the risk of formation of plaques and atherosclerosis.
* **Diabetes.** Diabetes increases your risk of heart disease. Both conditions share similar risk factors, such as obesity and high blood pressure.
* **Obesity.** Excess weight typically worsens other risk factors.
* **Physical inactivity.** Lack of exercise also is associated with many forms of heart disease and some of its other risk factors, as well.
* **Stress.** Unrelieved stress may damage your arteries and worsen other risk factors for heart disease.
* **Poor hygiene.** Not regularly washing your hands and not establishing other habits that can help prevent viral or bacterial infections can put you at risk of heart infections, especially if you already have an underlying heart condition. Poor dental health also may contribute to heart disease.

# Community Health Status Indicators (CHSI) to Combat Obesity, Heart Disease and Cancer (Federal view)

<https://catalog.data.gov/dataset/community-health-status-indicators-chsi-to-combat-obesity-heart-disease-and-cancer>

6 datasets found for "Heart disease"

<https://catalog.data.gov/dataset?q=Heart+disease&sort=score+desc%2C+name+asc&organization=state-of-maryland>

Centers for Disease Control and Prevention

<https://catalog.data.gov/dataset?q=Heart+disease&publisher=Centers+for+Disease+Control+and+Prevention&sort=score+desc%2C+name+asc>

### [National Vital Statistics System (NVSS) - National Cardiovascular Disease Surveillance Data](https://catalog.data.gov/dataset/national-vital-statistics-system-nvss-national-cardiovascular-disease-surveillance-data)

<https://catalog.data.gov/dataset?tags=cardiovascular-disease&q=Heart+disease&publisher=Centers+for+Disease+Control+and+Prevention&sort=score+desc%2C+name+asc>

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