**Per CDC Web Site**

***LIST THAT CONTRIBUTES TO HEART DISEASE***

**CONDITIONS**

1. High blood pressure

2. High cholesterol - LDL, which are considered “bad”

3. Diabetes

4. Obesity

**BEHAVIORS:**

5. Unhealthy Diet

6. Physical Inactivity

7. Too Much Alcohol

8. Tobacco Use

**FAMILY HISTORY & OTHER CHARACTERISTICS:**

9. Family History

a. genes, behaviors, lifestyles, and environments

b. Age: Your risk for heart disease increases as you get older.

c. Sex: Heart disease was the number one killer of both men and women in 2013.1

d. Race or ethnicity: In 2013 heart disease was the leading cause of death in the

United States for non-Hispanic whites, non-Hispanic blacks, and American Indians.

For Hispanics, and Asian Americans and Pacific Islanders, heart disease is second only to cancer as a cause of death. (3)

**CONDITIONS**

https://www.cdc.gov/heartdisease/conditions.htm

**High blood pressure (1)**

Is a major risk factor for heart disease.

It is a medical condition that occurs when the pressure of the blood in your arteries and other blood vessels is too high.

The high pressure, if not controlled, can affect your heart and other major organs of your body, including your kidneys and brain.

**High cholesterol (1)**

Is the term used for high levels of low-density lipoprotein, or LDL, which are considered “bad” because they can lead to heart disease.

A higher level of high-density lipoprotein cholesterol, or HDL, is considered “good” because it provides some protection against heart disease.

triglycerides: a related kind of fat in your blood

A blood test can detect the amount of cholesterol and triglycerides (a related kind of fat) in your blood.

Cholesterol (1) is a waxy, fat-like substance made by the liver or found in certain foods.

Your liver makes enough for your body’s needs, but we often get more cholesterol from the foods we eat. If we take in more cholesterol than the body can use, the extra cholesterol can build up in the walls of the arteries, including those of the heart. This leads to narrowing of the arteries and can decrease the blood flow to the heart, brain, kidneys, and other parts of the body.

**Diabetes: (1)**

Diabetes mellitus also increases the risk for heart disease. Your body needs glucose (sugar) for energy.

Insulin is a hormone made in the pancreas that helps move glucose from the food you eat to your body’s cells. If you have diabetes, your body doesn’t make enough insulin, can’t use its own insulin as well as it should, or both.

Diabetes causes sugars to build up in the blood.

The risk of death from heart disease for adults with diabetes is higher than adults who do not have diabetes. (2)

Talk to your doctor about ways to manage diabetes and control other risk factors.

**Obesity:**

Obesity is excess body fat.

Obesity is linked to higher low-density lipoprotein (LDL, or “bad”) cholesterol and triglyceride levels and to lower high-density lipoprotein (HDL, or “good”) cholesterol levels.

In addition to heart disease, obesity can also lead to high blood pressure and diabetes.

Talk to your health care team about a plan to reduce your weight to a healthy level.

**BEHAVIORS:**

**Unhealthy Diet**

Diets high in saturated fats, trans fat, and cholesterol have been linked to heart disease and related conditions, such as atherosclerosis.

Also, too much salt (sodium) in the diet can raise blood pressure levels.

**Physical Inactivity**

Not getting enough physical activity can lead to heart disease. It also can increase the chances of having other medical conditions that are risk factors, including obesity, high blood pressure, high cholesterol, and diabetes. Regular physical activity can lower your risk for heart disease.

**Too Much Alcohol:**

Drinking too much alcohol can raise blood pressure levels and the risk for heart disease.

It also increases levels of triglycerides, a form of cholesterol, which can harden your arteries.

Women should have no more than 1 drink a day.

Men should have no more than 2 drinks a day.

**Tobacco Use:**

Tobacco use increases the risk for heart disease and heart attack. Cigarette smoking can damage the heart and blood vessels, which increases your risk for heart conditions such as atherosclerosis and heart attack.

Also, nicotine raises blood pressure, and carbon monoxide reduces the amount of oxygen that your blood can carry.

Exposure to other people’s secondhand smoke can increase the risk for heart disease even for nonsmokers.

**Family History and Other Characteristics That Increase Risk for Heart Disease:**

Family members share genes, behaviors, lifestyles, and environments that can influence their health and their risk for disease.

Heart disease can run in a family, and your risk for heart disease can increase based on your age, and your race, or ethnicity.

**Genetics and Family History**

When members of a family pass traits from one generation to another through genes, that process is called heredity.

Genetic factors likely play some role in high blood pressure, heart disease, and other related conditions. However, it is also likely that people with a family history of heart disease share common environments and other potential factors that increase their risk.

The risk for heart disease can increase even more when heredity combines with unhealthy lifestyle choices, such as smoking cigarettes and eating an unhealthy diet.

Find out more about genetics and disease on CDC’s Office of Public Health Genomics web site.

**Other Characteristics: (3)**

Both men and women can have heart disease. Some other characteristics that you cannot control, like your age, sex, and race or ethnicity, can affect your risk for heart disease.

***Age.*** Your risk for heart disease increases as you get older.

***Sex***. Heart disease was the number one killer of both men and women in 2013.1

***Race or ethnicity***. In 2013 heart disease was the leading cause of death in the

United States for non-Hispanic whites, non-Hispanic blacks, and American Indians.

For Hispanics, and Asian Americans and Pacific Islanders, heart disease is second only to cancer as a cause of death. (3)

***References:***

1. CDC web site https://www.cdc.gov/heartdisease/conditions.htm

2. https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf

3. CDC web site <https://www.cdc.gov/heartdisease/family_history.htm>

Year 2015 - Prevalence of CHD in adults 18+ (only gives data for US by region (not useful) <https://nccd.cdc.gov/DHDSP_DTM/rdPage.aspx?rdReport=DHDSP_DTM.ExploreByTopic&islDatasource=&islFilterby=3&islPriority=&islTopic=T4>