

# Indicators of Heart Disease - 2022

This dashboard provides a concise epidemiological overview of cardiovascular risk indicators, behavioral determinants, and chronic disease burden. It is designed to support evidence-based analysis and strategic health decision-making.

» Quick measure

Filter By:

## Age Group:

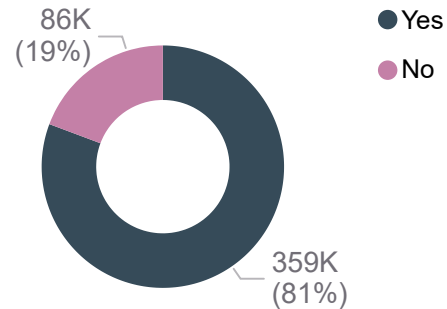
- ☐ +65
- ☐ 18-29
- ☐ 30-39
- ☐ 40-49
- ☐ 50-64

## Race \ Ethnicity:

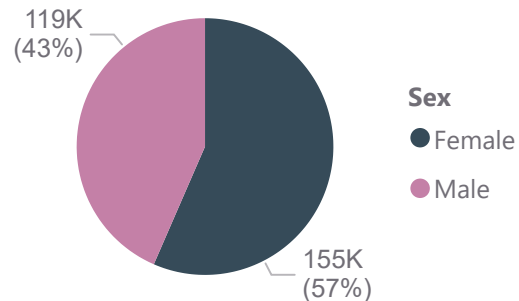
- ☐ Black only, Non-Hispanic
- ☐ Hispanic
- ☐ Multiracial, Non-Hispanic
- ☐ Other race only, Non-His...
- ☐ White only, Non-Hispanic

Developed and analyzed by:  
Faysal albeer

## Valid Checkup



## Sex



## Diseases %

33.9%	20.5%	13.7%	5.6%	6.0%
Arthritis	Depression	Diabetes	Heart Attack	Angina

## Total Patients

444.3K

## BMI Avg.

28.3

## Chronic Patients %

61.6

## Last Checkup

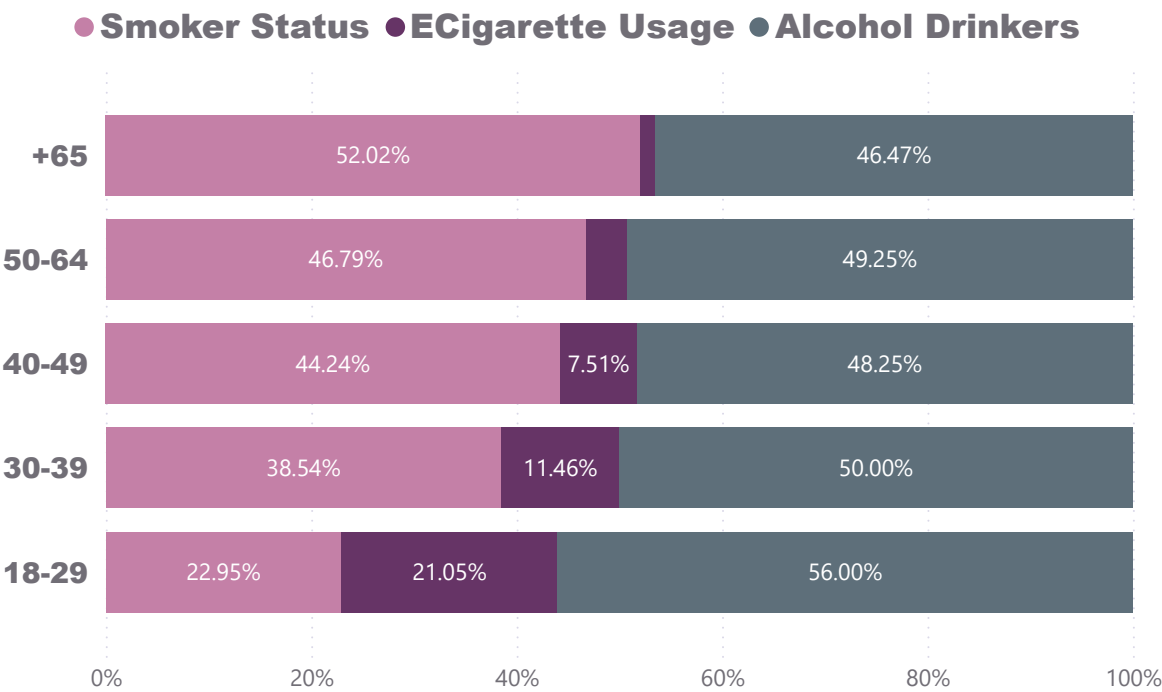
19K	42K	25K	359K
5 years or more	Within past 2 years	Within past 5 years	Within past year

# Insights on Chronic Disease Patients

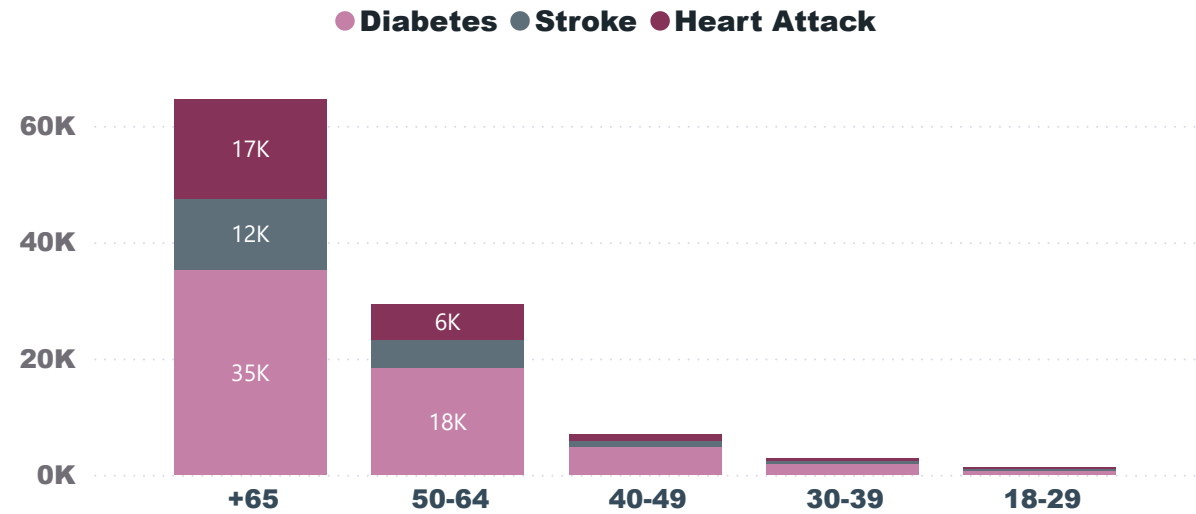
**62%**  
ChronicPercent

36.6% of chronic patients  
rated their health as Excellent

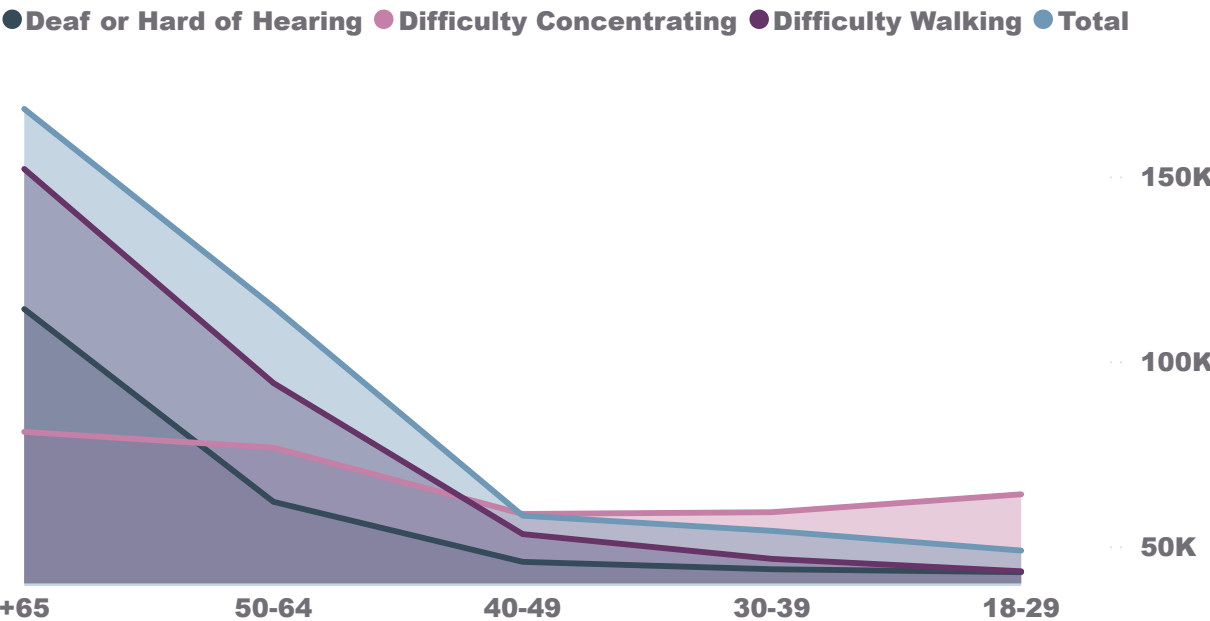
## Unhealthy Behaviors by Self-Rated Health Status



## Prevalence of Major Chronic Conditions by Age Group



## Physical and Cognitive Challenges by Age Group



All visualizations in this page are filtered to include only patients with one or more chronic conditions.

⏪ “This table shows high-risk chronic patients by demographics and selected health indicators.”

High-Risk Status by Key Demographics

Age Category	Count of Patients	Patients %	Avg. BMI	Avg. Phys Bad Days	Avg. Mental Bad Days	Avg. Sleep Hours	Avg. Conc. Diff	Avg. Walk Diff
+65	168,252	37.87%	27.81	4.8 ✓	2.7 ✓	7.27	0.09	0.24
50-64	114,708	25.82%	29.18	4.9 ✓	4.3 ✓	6.90	0.11	0.17
40-49	58,285	13.12%	29.25	3.7 ✓	5.1 !	6.79	0.11	0.08
30-39	54,180	12.20%	28.64	3.0 ✓	5.8 !	6.79	0.13	0.04
18-29	48,842	10.99%	26.88	2.6 ✓	7.1 !	6.99	0.18	0.02
Total	444,267	100.00%	28.35	4.2	4.3	7.02	0.11	0.15

Physical Activities

- ☐ No
- ☐ Yes

Smoker Status

- ☐ 0
- ☐ 1

High Risk Last Year

- ☐ No
- ☐ Yes

Number of Diseases

0

10

General Health

- ☐ Excellent
- ☐ Fair
- ☐ Good
- ☐ Poor
- ☐ Very good

Future Risk Score & Cat

All

Heart Disease Patient

Low Risk

High Risk

Medium Risk

# Summary & Key Insights

8.92%

Confirmed HD Patients

17.74%

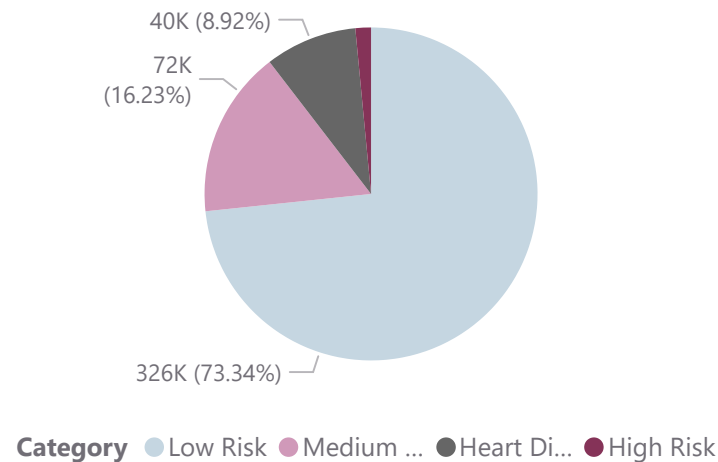
With Medium to High Risk

» Quick measure

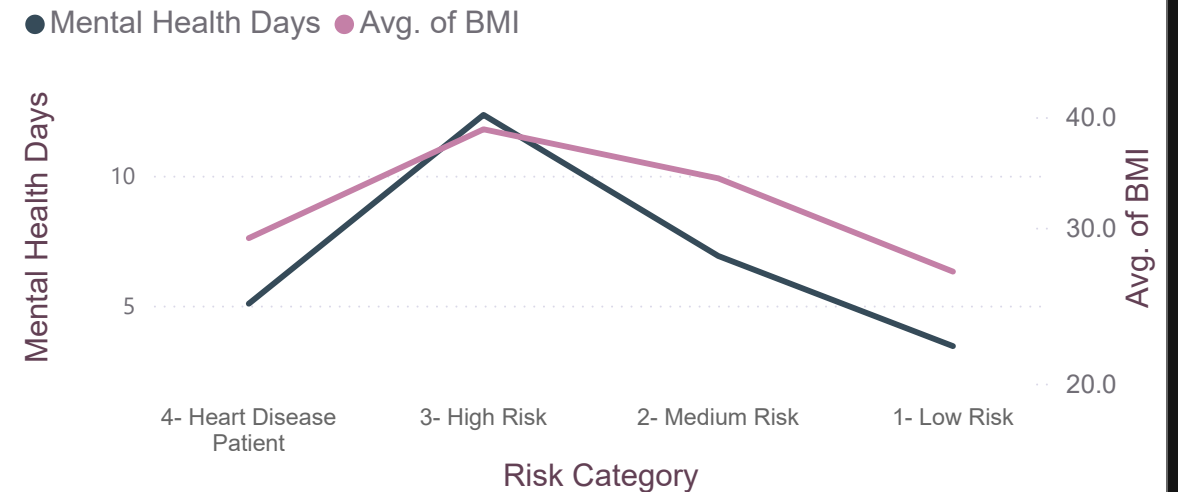
## Future Risk Score:

is a composite score predicting the likelihood of future heart disease based on behavioral and health factors (smoking, physical inactivity, obesity, sleep deprivation, concentration/mobility difficulties, and selected comorbidities). Patients with Heart Attack or Angina are automatically categorized as "Confirmed Heart Disease." The score ranges from 0 (lowest risk) to 20+ (highest/confirmed cases). Higher scores indicate a greater need for preventive intervention.

## Future Risk Score



## "Mental Health Days & BMI Across Risk Groups"



## Final Insight:

Young people with mental health challenges face a higher risk of heart disease as they age. Yet, mental well-being often improves over time as self-awareness and emotional balance grow.

As Viktor Frankl said:

*"When we are no longer able to change a situation, we are challenged to change ourselves."*

## Recommendation:

Supporting mental health in youth is essential for lifelong heart health.