

HEART DISEASE

FACT SHEET



HEALTH DEPARTMENT
Prince George's County

Heart disease is the leading cause of death for both men and women across most races and ethnicities. Heart disease is a set of conditions affecting the heart, which can eventually lead to chest pain, an irregular heartbeat, heart attack or stroke. The most common form of heart disease is coronary heart disease, a condition where the arteries that supply oxygen-rich blood to the heart begin to narrow due to the buildup of deposits called plaque. Many of the factors leading to heart disease are preventable by making healthy lifestyle choices, such as maintaining a healthy weight and increasing physical activity. Heart disease can also be managed through prescription medications.

In 2017, heart disease was the leading cause of death in Prince George's County.

1,552

deaths from heart disease among Prince George's County residents in 2017.



1 in 4 deaths


in the county were due to heart disease in 2017.

2 out of 3 women & 1 out of 2 men


who die suddenly from coronary heart disease have no previous symptoms.

Many county residents have major risk factors for heart disease.


Although the mortality rate from heart disease has remained higher in the county compared to the state, the gap has steadily decreased over the past

 Percent of Prince George's County adults with high blood pressure in 2016.

35.8%

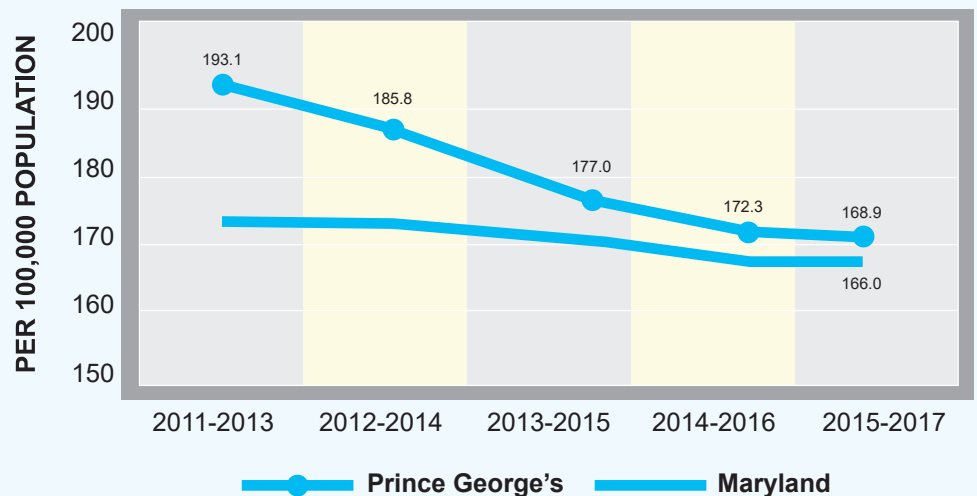
 Percent of Prince George's County adults with high cholesterol in 2015.

32.5%

 Percent of Prince George's County adult cigarette smokers in 2016.

11.3%

Age-Adjusted Mortality Rates from Heart Disease, 2011-2017



Other conditions and behaviors, such as diabetes, obesity, lack of physical activity and excessive alcohol use can also contribute to a higher risk of heart disease.



One out of every three Prince George's County adults are obese.



One out of every two Prince George's County adults do not get the recommended minimum amount of physical activity.



One out of every ten Prince George's County adults are estimated to have diabetes.

Data Sources: Maryland Behavioral Risk Factor Surveillance System; Maryland Vital Records Administration, [2017 Annual Report](#); Centers for Disease Control and Prevention, [Women and Heart Disease Fact Sheet](#), [Men and Heart Disease Fact Sheet](#); CDC Wonder.

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