

## CARDIOVASCULAR DISEASE

Source: City of Berkeley Public Health Division 2013 Health Status Report

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**Background:** Heart disease refers primarily to congestive heart failure, hypertensive heart disease, and coronary heart disease.

### Why is this important?

Heart disease is a leading cause of death in the U.S. Once established, heart disease can be controlled with medication but usually cannot be reversed. Therefore, prevention is directed at the underlying risk factors for heart disease, which include tobacco use, nutrition, physical activity, high blood pressure, cholesterol levels, stress, and other social, behavioral, and environmental factors.

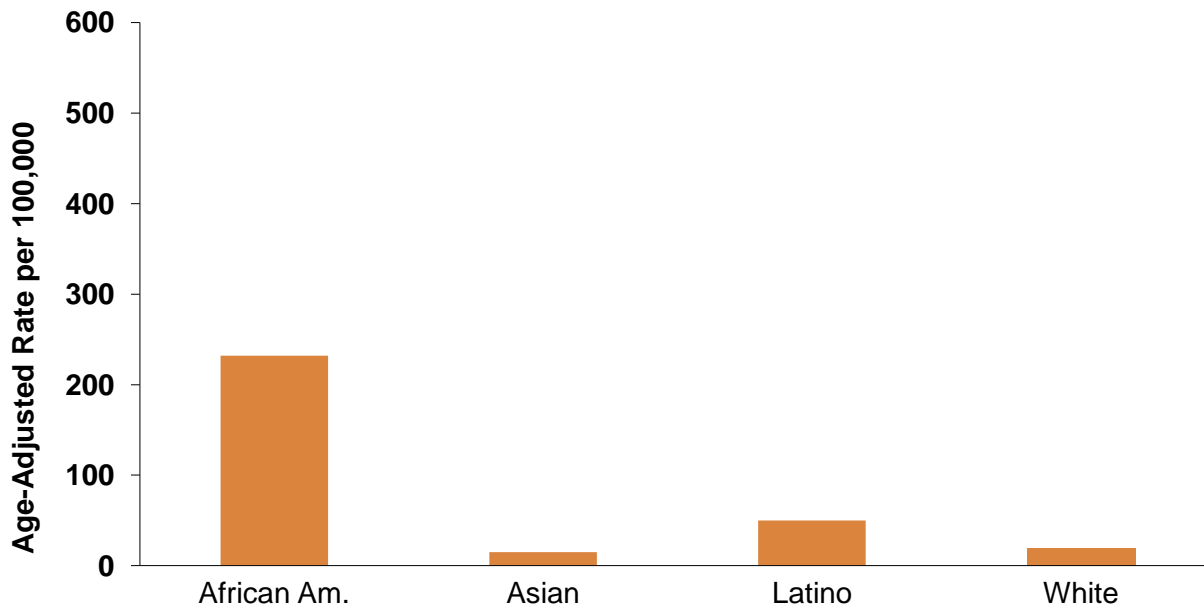
### What is Berkeley's status?

Many of the underlying risk factors for heart disease are the same as those for diabetes and hypertension, so it is not surprising that heart disease in Berkeley shows a similar pattern to those chronic conditions. Berkeley on average has low rates of heart disease compared to the County and the State, but inequitably high rates among African Americans and among those with lower educational attainment.

### Health Status Report Statistics:

- Cardiovascular disease rates are **higher** among African Americans and those with less than a high school education.
- Hypertensive heart disease hospitalization rates for African Americans are more than **10 times greater** than the rate for Whites.

2013 Berkeley Health Status Report, Figure 4.14 (p.73)  
Hypertensive Heart Disease Hospitalization Rate in Adults by Race/Ethnicity, Berkeley, 2008-2010



2013 Berkeley Health Status Report, Figure 4.16 (p.74)  
Coronary Heart Disease Hospitalization Rate in Adults by Race/Ethnicity, Berkeley, 2008-2010

