

# HEART DISEASE *in* CANADA

It is the **2<sup>nd</sup>** leading cause of death *among Canadians*

Also known as **ischemic heart disease** or **coronary heart disease**, **heart disease** refers to the buildup of plaque in the heart's arteries that could lead to a heart attack, heart failure, or death.

According to 2012/13 data from the Public Health Agency of Canada's *Canadian Chronic Disease Surveillance System (CCDSS)*:



**ABOUT  
1 in 12**

(or **2.4 million**) Canadian adults age 20+ live with diagnosed **heart disease**

**EVERY  
HOUR**

**12 Canadian adults** age 20+ with diagnosed **heart disease** die



**DEATH  
RATE is**

**3x higher** among adults age 20+ with diagnosed **heart disease** vs those without

**4x higher** among adults age 20+ who had a **heart attack** vs those without

**6x higher** among adults age 40+ with diagnosed **heart failure** vs those without

## HEART DISEASE AFFECTS **MEN** AND **WOMEN** DIFFERENTLY



**MEN** are **2x more likely** to suffer a **heart attack** than **WOMEN**

**MEN** are newly diagnosed with **heart disease** about **10 years younger** than **WOMEN**

55 to 64 years



65 to 74 years

The **GOOD NEWS** is that from 2000/01 to 2012/13:



The number of Canadian adults newly diagnosed with **heart disease** **declined** from **221,800** to **158,700**.

The death rate, or the number of deaths per **1,000 individuals** with a known **heart disease**, has **decreased** by **23%**.

**Reduce** your risk of **heart disease** by:

- ✓ being **smoke free**
- ✓ staying **physically active**
- ✓ eating a **healthy diet**
- ✓ maintaining a **healthy weight**
- ✓ **limiting alcohol** use

## DYK?

The **early detection** and **management** of medical conditions such as **high blood pressure**, **diabetes** and **high cholesterol** can help you reduce your risk of **heart disease**.



 @PHAC\_GC

Learn more about **heart disease** by visiting the *Public Health Agency of Canada* at [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca) and *Heart and Stroke Foundation* at [www.heartandstroke.ca](http://www.heartandstroke.ca)

For more information about the data and methods, VISIT: [open.canada.ca](http://open.canada.ca) and DOWNLOAD: *Overview of algorithms for the surveillance period 1995/96 to 2011/12*.  
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