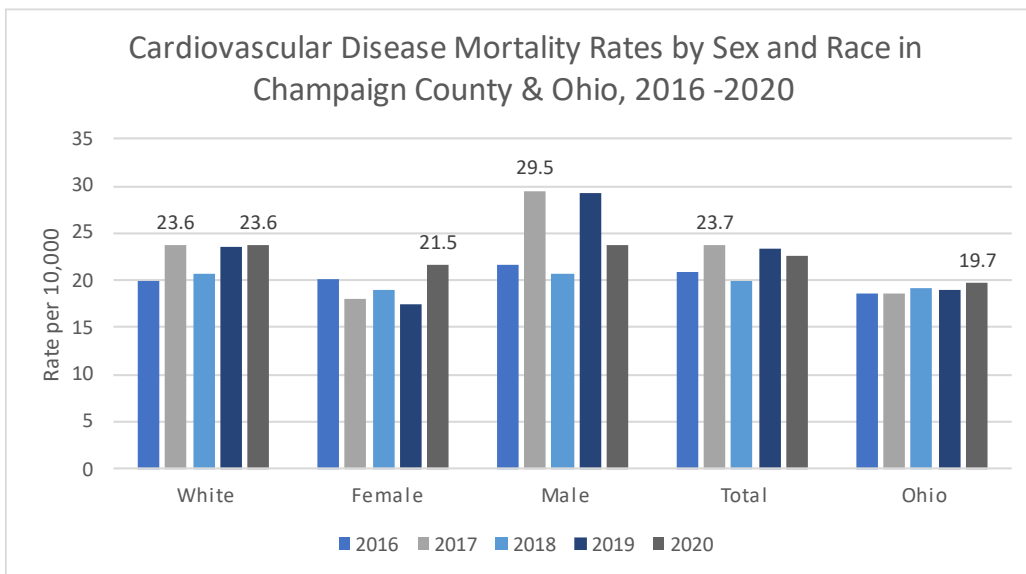


# Heart Disease for Champaign County, OH

Within the United States, and for Champaign County residents, heart disease is the leading cause of death. Heart disease may not present itself until an individual experiences signs or symptoms of a heart attack, arrhythmia, or heart failure (Table 1). Choosing healthy foods and drinks, maintaining a healthy weight, being physically active, and avoiding/quitting smoking are some ways to prevent heart disease. Addressing any comorbidities (diabetes, anemia, chronic obstructive pulmonary disease, and others) can help lower risk of heart disease.

Table 1: Symptoms of Heart Disease, per the Centers for Disease Control and Prevention<sup>1</sup>

Event	Symptoms
Heart Attack	Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath
Arrhythmia	Fluttering feelings in the chest (palpitations)
Heart Failure	Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins



Males (of all races) consistently have a higher heart disease mortality rate compared to females (of all races). The highest mortality rate for males was in 2017 at 29.5 deaths per 10,000, followed by white residents at 23.6 in 2017, 2018, and 2020. The mortality rate of Champaign County residents was 1.1 times higher than the state of Ohio in 2020.

Figure 1: Heart disease mortality rate by sex and race in Champaign County, 2016-2020. Data queried from ODRS

## Quick Facts

- High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease
- The prevalence of heart disease generally increases as age increases
- In 2019, Champaign County had a 7.8% prevalence of heart disease among adults (18+)
- It is recommended to participate in cardiac rehabilitation for anyone recovering from a heart attack, heart failure, or heart surgery

<sup>1</sup> <https://www.cdc.gov/heartdisease/about.htm>