



The term "heart disease" refers to several types of heart conditions. The most common type in West Virginia is coronary artery disease, also called coronary heart disease, which can cause heart attack, angina, heart failure, and arrhythmias.

The Division of Health Promotion and Chronic Disease (HPCD) works with clinics and health departments throughout the state to raise patient awareness of heart disease related to high blood pressure and prompt conversations with health care providers.

As an extension of care, the patient is referred to a self-management class within their area. During the program, attendees learn to identify risk factors, self-management techniques, physical activity options, nutrition and decision-making skills, the importance of medication adherence and working with the health care provider.

**Heart disease is the #1 cause of death in West Virginia**

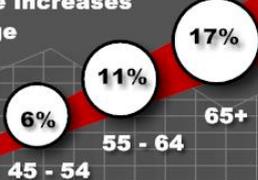
### Risk Factors

- Tobacco use
- Alcohol abuse
- Family history
- High blood pressure
- Diabetes
- Physical inactivity
- Poor nutrition
- High cholesterol

### Among adults in West Virginia:



The prevalence of heart disease increases with age



### Now for the good news...

**80%** of deaths from heart disease can be prevented

### Prevent heart disease:

Eat 3 - 5 servings of fruits and vegetables daily  
 30 - 60 minutes physical activity every day



**Don't smoke. If you do smoke, get help to stop. Call the West Virginia Tobacco Quitline: 1-866-966-8784**

### Know your numbers

Normal blood pressure 120 / 80  
 Normal Body Mass Index 18.5 - 24.9  
 Normal Blood Sugar 140 mg/dl\*  
\*Using fasting oral glucose tolerance testing

HPCD works to prevent heart disease in the community in places like...



...by encouraging policies including:

- Low-sodium food preparation
- Healthy food and drink options
- Self-management programs
- Increasing physical activity

HPCD works with providers, clinics, and self-management programs to decrease heart disease prevalence and increase quality and coordination of care through...

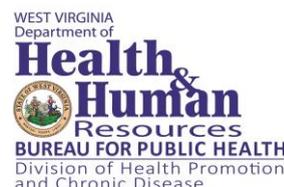
...screening and referrals

Increase awareness through screening  
 Improve outcomes by referring for treatment  
 Improve management and prevention through community-based management programs



## Join the winning team!

To learn more about how you can help West Virginia defeat heart disease, contact HPCD at 304-356-4193 or visit our website: [www.dhr.wv.gov/bph](http://www.dhr.wv.gov/bph).



### References:

- Centers for Disease Control and Prevention. Topic Page. November 2014
- West Virginia Health Statistics Center, Vital Statistics System, 2007-2011
- West Virginia Health Statistics Center, Behavioral Risk Factor Surveillance System, 2013