

Jolusia County Health Department



**Your
Guide to
Better Health**

Health Series 2010



Heart Health

in Volusia County

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Behavior Risk Factors

- Tobacco Use
- Diet
- Physical Inactivity
- Obesity
- Alcohol



Other Risk Factors

- Heredity
 - The risk can increase even more when heredity is combined with unhealthy lifestyle choices
- Conditions
 - Blood Cholesterol Levels
 - High Blood Pressure
 - Diabetes Mellitus



Smoking Rates

2007 Volusia County

- 21.9% of adults were current smokers, compared to the state average of 19.3%
 - 24.2% male
 - 19.7% female
- 31.1% of adults were former smokers



Nutrition Rates

2007 Volusia County

- Only 27.9% of adults consumed at least five servings of fruits and vegetables a day
- The higher the annual income, the more fruits and vegetables consumed



Physical Activity Rates

2007 Volusia County

- 38.1% of adults met moderate physical activity recommendations
- 59.2% of adults were inactive at work
- 25.3% of middle school students did not have sufficient vigorous physical activity, in 2008



Obesity Rates

2007 Volusia County

- 35.4% of adults had a healthy weight (BMI from 18.5 to 24.9)
- 63.4% of adults were overweight or obese
- 10.3% of middle school students reported a BMI at or above 95th percentile, in 2008



Alcohol Use Rates

2007 Volusia County

- 17.5% of adults engaged in heavy or binge drinking
 - 23.1% male
 - 12.3% female



Heart Disease

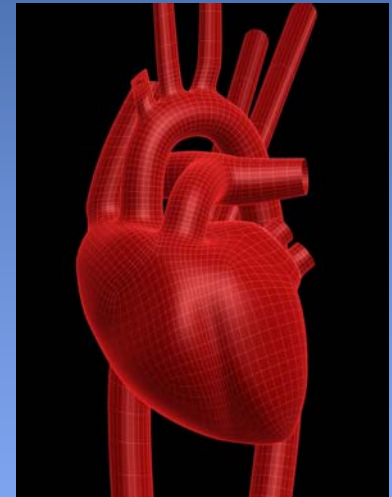
2007 Volusia County

- 8.5% of adults reported to have had a heart attack, angina, or coronary heart disease
 - 11% male
 - 6.2% female
- For adults ages 45-64, the county rate of 12.1% was higher than the state rate of 9.1%

Heart Disease & Death

Volusia County

- In 2008, heart disease was the second leading cause of death
- 22.6% of total deaths were from heart disease, in 2008
- The death rate for heart disease has decreased since 2003



Live a Healthy Lifestyle

- Don't smoke
- Eat a healthy diet
- Be physically active
- Maintain a healthy weight
- Limit alcohol use



Prevent or Treat Your Medical Conditions

- Have your cholesterol checked
- Monitor your blood pressure
- Manage your diabetes
- Talk with your health care provider



Resources

- American Heart Association

www.americanheart.org

- National Heart, Lung, and Blood Institute

www.nhlbi.nih.gov

- National Library of Medicine's MedlinePlus

www.nlm.nih.gov/medlineplus/heartdiseases.html

