



### Know the risks...

### Act on them...

### ...Gain years on your life

#### Hypertension

Hypertension is a risk factor for coronary heart disease and the single most important risk factor for stroke. It causes about 50% of ischemic strokes and increases the risk of hemorrhagic stroke.

#### Diabetes

People with diabetes are two to four times more likely to develop cardiovascular disease than people without diabetes. Cardiovascular disease is the leading cause of mortality for people with diabetes.

#### Testing for blood pressure

Checking blood pressure provides an important baseline to determine the danger of developing hypertension or other potentially challenging diseases.

#### Testing for cholesterol

High levels of LDL cholesterol lead to atherosclerosis, increasing the risk of heart attack and ischemic stroke. High cholesterol levels usually don't cause any signs or symptoms, so a cholesterol test is an important tool.

#### Obesity

Obesity can lead to hypertension, diabetes and atherosclerosis. These conditions increase the risk of cardiovascular disease.

#### Smoking

Although smoking causes a great deal of damage, quitting smoking effectively reduces cardiovascular risk to close to that of a person who has never smoked over a period of time. Smoking is a major cause of heart disease.

#### Eating fruit and vegetables

Low fruit and vegetable intake accounts for about 20% of cardiovascular disease worldwide. Fruit and vegetables contain components that protect against heart disease and stroke.

#### Physical activity

Physical activity, at any age, protects against a multitude of chronic health conditions, including many forms of cardiovascular disease.

New Brunswick has higher rates of avoidable deaths from preventable causes than the national average. Heart disease ranks number 2 among them.

### Prevention is the key and it starts with knowing the risks.

Communities with three or more risks are associated with:

- more heart disease and strokes
- poorer self-rated general health
- more chronic health conditions

#### Heavy drinking

Harmful use of alcohol has been shown to damage heart muscle and increase the risk of stroke and cardiac arrhythmia.

#### Low income households

Low levels of income, no matter where around the globe, increases the risk of heart disease and stroke.

#### Education

The lower the level of education, the higher the lifetime risk of cardiovascular diseases.

#### Discussing prevention

Talking to a health professional about ways to improve health can support identification of risk factors for cardiovascular disease and lead to earlier prevention and treatment.

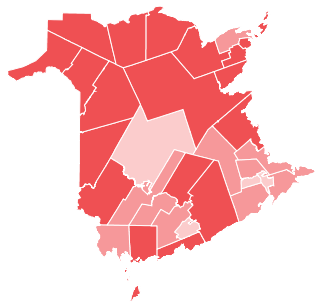
# Let's prevent heart disease and stroke

The following indicators can be used to focus on key areas where prevention is needed in all communities.

## Community residents (18 years and over) who...

**N.B.**

Have hypertension	26.1%
Have diabetes	11.4%
Had their blood pressure checked in the past 12 months	88.2%
Had their cholesterol checked in the past 12 months	69.1%
Are obese	32.8%
Smoke daily or occasionally	18.2%
Eat 5 or more portions of fruit and vegetables each day	44.8%
Do at least 2.5 hours of moderate or vigorous physical activity each week	51.1%
Have 5 or more drinks of alcohol at one time at least once a month	23.3%
Live in a low income household	17.1%
No high school diploma or equivalent (25-64 year olds)	13.9%
Always or usually discuss with a health professional on how to improve their health	23.4%



## More alerts...

Campbellton	Neguac	Kedgwick	Tracadie	Miramichi	Bouctouche	Saint John	Nackawic	Perth-Andover	Dalhousie	Bathurst	Minto	St. George	Florenceville	Sussex	Grand Falls	Edmundston
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Have hypertension	■	■		■			■		■	■	■	■	■			
Have diabetes						■										
Had their blood pressure checked in the past 12 months	■		■	■											■	
Had their cholesterol checked in the past 12 months		■											■			
Are obese		■		■	■	■	■				■			■		
Smoke daily or occasionally	■					■		■								
Eat 5 or more portions of fruit and vegetables each day				■	■		■	■				■		■		
Do at least 2.5 hours of moderate or vigorous physical activity each week	■	■														■
Have 5 or more drinks of alcohol at one time at least once a month						■										
Live in a low income household	■	■	■	■		■	■	■	■	■	■		■	■	■	■
No high school diploma or equivalent (25-64 year olds)	■	■	■	■		■		■	■	■		■			■	■
Always or usually discuss with a health professional on how to improve their health			■													

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## ...More risk of heart disease and stroke

Shippagan	Caraget	Sackville	Moncton	Hillsborough	Oromocto	Fredericton	Salisbury	Shediac	Grand Bay-Westfield	St. Stephen	New Maryland	Riverview	Dieppe	Quispamsis	Douglas
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Had their cholesterol checked in the past 12 months							■									
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Smoke daily or occasionally			■			■										
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Do at least 2.5 hours of moderate or vigorous physical activity each week	■															
Have 5 or more drinks of alcohol at one time at least once a month			■													
Live in a low income household	■	■		■	■		■	■			■					
No high school diploma or equivalent (25-64 year olds)	■	■						■			■					
Always or usually discuss with a health professional on how to improve their health				■							■					

3	2	2	2	2	2	2	1	1	1	1	1	0	0	0	0
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Alerts (■) show the communities for which the indicators are statistically worse than the provincial average.

For more data, consult:

[nbhc.ca/surveys/primaryhealth](http://nbhc.ca/surveys/primaryhealth)  
[nbhc.ca/community-profiles](http://nbhc.ca/community-profiles)