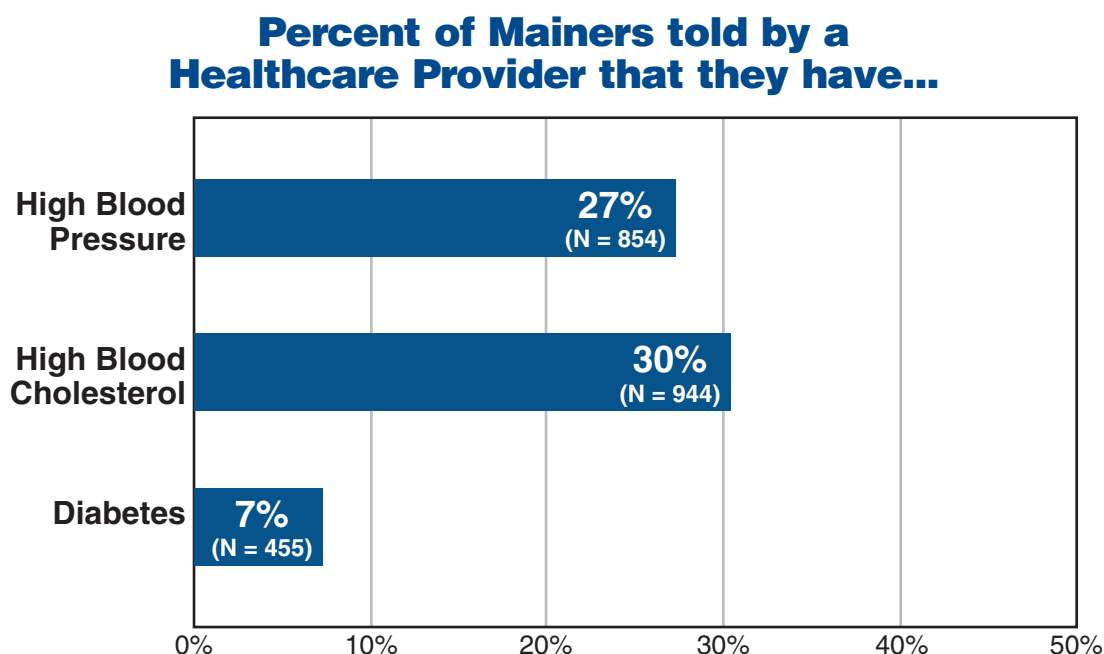


Know Your Numbers: Blood Pressure and Cholesterol Results from Maine Adult Tobacco Survey 2004

High blood pressure and blood cholesterol levels are two major modifiable risk factors for heart disease, the leading cause of death in the United States.¹ Including tobacco, these three risk factors contribute significantly more to the incidence of cardiovascular disease (CVD) than all other known risk factors.²



Source: 2004 Maine Adult Tobacco Survey.

Percentages weighted to population characteristics

Denominator includes respondents surveyed in July, August, December 2003, February, May, June 2004

- About one in four (27%) Mainers have been told by a healthcare provider that they have high blood pressure.
- Almost one-third (30%) of Maine adults have been told by a healthcare provider that they have high blood cholesterol.



Healthy Maine Partnerships

Maine Cardiovascular Health Program

Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention

¹ U.S. Department of Health and Human Services. A Public Health Action Plan to Prevent Heart Disease and Stroke. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2003.

² American Heart Association, 2005

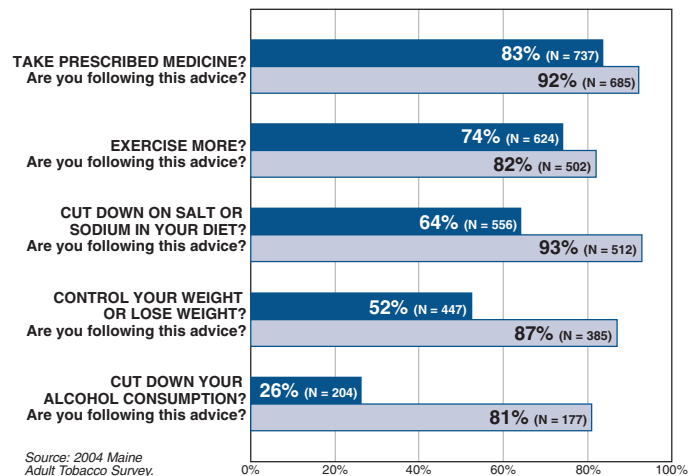
Selected Risk Factors for Cardiovascular Disease

High Blood Pressure

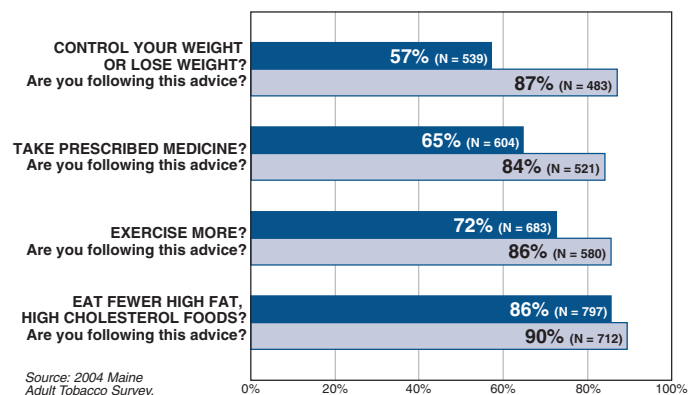
National statistics show high blood pressure is a factor in 69% of heart attacks and 77% of strokes.³ The U.S. Centers for Disease Control and Prevention (CDC) also reports 70% of those with high blood pressure do not have it under control. Reducing systolic pressure by 12 to 13 points could reduce heart attacks by 21% and strokes by 37%.

- The majority of Mainers told by a healthcare provider they have high blood pressure are advised to take prescribed medicine, exercise more or cut down on sodium. About half are told to control or lose weight, and just one in four are told to limit alcohol consumption. The vast majority report they are following their healthcare provider's advice.
- Two thirds of Mainers with diabetes (67%) have been told they have high blood pressure as compared to just 24% of those who do not have diabetes.
- One third of smokers (33%) have been told they have high blood pressure, compared to 28% of non-smokers.
- Eighteen percent of healthy weight adults, 29% of overweight and 40% of obese adults have high blood pressure.

If you have been told you have high blood pressure, did your doctor or healthcare provider tell you to...



If you have been told you have high blood cholesterol, did your doctor or healthcare provider tell you to...



High Blood Cholesterol

High levels of total and LDL blood cholesterol and triglycerides and reduced levels of HDL cholesterol are associated with increased incidence of coronary heart disease. As in high blood pressure, improvements in blood cholesterol levels can lead to a significant reduction of cardiovascular mortality.⁴ A 10% decrease in total blood cholesterol levels can reduce the incidence of heart disease by as much as 30%.⁵

- Among Maine adults told they have high blood cholesterol, 86% were advised to eat fewer high fat, high cholesterol foods.
- Mainers with diabetes are more than twice as likely to have high blood cholesterol as those who do not have diabetes (63% vs. 28%).
- Almost one third (29%) of smokers have been told by a healthcare provider that they have high blood cholesterol, compared to 25% of non-smokers.
- About one in four (23%) healthy weight adults, 33% of overweight and 38% of obese adults have high blood cholesterol.

³ Prevent and Control America's High Blood Pressure: Mission Possible, National High Blood Pressure Education Program, U.S. Department of Health and Human Resources, National Institutes of Health, National Heart Lung and Blood Institute, NIH Publication No. 04-5072 March 2004.

⁴ Relationship Between High Cholesterol and Cardiovascular Disease. Berg A, König D, Leibert P, Grathwohl D, Berg A, Baumstark M, Franz I, Effect of an oat bran enriched diet on the atherogenic lipid profile in patients with an increased coronary heart disease risk. 2003. Annals of Nutrition and Metabolism, 47:306-311.

⁵ Cohen JD. A Population-based Approach to Cholesterol Control. Am J med 1997; 102:23-5.