

# Cardiovascular Health

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

- ❑ Cardiovascular disease is the leading cause of death in Maine.
- ❑ Maine rates of death from stroke are the highest of any New England state.
- ❑ In 2004, 4,019 people died from cardiovascular diseases in Maine. (2,186 women and 1,833 men)
- ❑ Heart diseases and stroke account for about 31% of all Maine deaths.
- ❑ Only 12% of Maine residents recognize the signs of a heart attack and would call 911.
- ❑ Only 18% of Maine residents recognize the signs of a stroke and would call 911.



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Cardiovascular Health partners with local organizations, schools, employers, health care providers, and State organizations to prevent Cardiovascular Disease (CVD) death and disability in Maine. We promote a way of life that supports and includes preventing and controlling risk factors, especially high blood pressure and high blood cholesterol, and increasing timely care for heart attacks and strokes. To accomplish this, we partner with State level organizations, provide education to Maine residents, and offer technical assistance, resources and training to community organizations, health care providers and employers.

## Program Goals:

To reduce death, disability and health care costs due to CVD.

## Program priorities:

- ❑ Controlling high blood pressure and high blood cholesterol;
- ❑ Increasing knowledge of signs and symptoms of heart attack and stroke and the need to call 911;
- ❑ Improving emergency response for heart attack and stroke;
- ❑ Improving quality of care related to CVD; and
- ❑ Eliminating disparities related to CVD prevention and control.

## Priority Populations:

Residents of low socioeconomic status, especially rural, Native Americans, women fifty and older, and persons with diabetes.

## Program Activities:

- ❑ Assisting the Healthy Maine Partnerships in supporting community-school partnerships funded through the Tobacco Settlement to address high blood pressure, high cholesterol, and timely treatment for heart attack and stroke;
- ❑ Providing technical assistance and trainings to Maine employers on worksite health promotion;
- ❑ Promoting the use of evidence-based guidelines to address heart attack and stroke in Emergency Medical Services (EMS), hospital, and provider settings;
- ❑ Providing tools and regional trainings for clinicians;
- ❑ Promoting HeartSafe Communities in partnership with the Maine Office of EMS;
- ❑ Assessing and monitoring the burden of CVD, including identification of at-risk groups.

## Funding Source:

Centers for Disease Control and Prevention cooperative agreement

Budget: FY 2007 - \$1,185,913 (100% Federal funds)

Staff Count: 3.5