

# Cardiovascular Health

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

- ❑ Heart Disease and Stroke are the 2<sup>nd</sup> and 4<sup>th</sup> leading causes of death in Maine, respectively.
- ❑ Except for the year of the influenza pandemic (1918), heart disease has been the leading cause of death in the U.S. during every year since 1900.
- ❑ Maine's stroke death rates are the highest of any New England state.
- ❑ Heart diseases & stroke cause for over 28% of all Maine deaths.
- ❑ 39% of Maine adults report that they have been diagnosed with high cholesterol (2009)
- ❑ 30% of Maine adults report that they have been diagnosed with high blood pressure (2009)
- ❑ Only 15% of Maine adults know all the signs of a heart attack and would call 911.
- ❑ Only 21% of Maine adults know all the signs of a stroke and say they would call 911.



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The Maine CDC/DHHS Cardiovascular Health Program 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, effective 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 Goal:

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
- ❑ 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 Fund for a Healthy Maine 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;
- ❑ Works on blood pressure and cholesterol measurement quality improvement efforts by offering trainings and resources for health care professionals and laypersons
- ❑ 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 2010 - \$1,185,913 (100% Federal funds)

Staff Count: 9