



NATIONAL ASSOCIATION OF  
**CHRONIC DISEASE DIRECTORS**  
Promoting Health. Preventing Disease.

## HEART DISEASE AND STROKE PREVENTION PROGRAM APPROPRIATIONS FACT SHEET

FY 2007	President's Budget	FY 2008 Suggested
\$44,269,000	\$44,269,000	\$64,269,000

Additional funding would allow CDC to fund more states heart disease and stroke prevention programs and provide states that currently have only limited funds for planning and capacity building with expanded funds for program implementation.

### Basic Facts about Cardiovascular Diseases

- Cardiovascular diseases – namely, heart disease and stroke – remain the first and third leading causes of death in the United States. Cardiovascular diseases claim the lives of nearly 1.4 million Americans each year, accounting for nearly 40% of all deaths.
- About one in three Americans, more than 79 million, live with one or more types of cardiovascular disease - high blood pressure, heart disease, or stroke - contributing to poor quality of life and significant disability.

### Cost of Cardiovascular Diseases to the American Health Care System

- Stroke alone accounts for disability in nearly 1 million Americans.
- More than 6 million hospitalizations each year are because of cardiovascular diseases.
- Heart disease and stroke will cost the nation an estimated \$431.8 billion in 2007, including health expenditures and lost productivity from death and disability.
- Estimated costs for high blood pressure this year are \$66.4 billion in direct and indirect costs.

### Cardiovascular Diseases are Preventable and Controllable

- Smokers have 2-4 times the risk for heart disease compared to nonsmokers, and sedentary people have twice the risk for heart disease compared to those who are physically active.
- In 2004, nearly 1 in 3 U.S. adults had high blood pressure and 37.4% had prehypertension.
- A 10% decrease in total cholesterol levels in the U.S. population overall may result in an estimated 30% reduction in the incidence of coronary heart disease.
- Current national guidelines recommend that all adults have their blood pressure checked every 2 years and their blood cholesterol levels checked every 5 years. Education among the public and health care practitioners about the importance of prevention will help improve awareness of the risk factors for cardiovascular diseases and how to address them before it's too late.

## **CDC's Cardiovascular Health Program**

With increased funding, CDC would expand the State Heart Disease and Stroke Program, expand and enhance the Paul Coverdell National Acute Stroke Registry, expand current public and provider education projects on heart attack and stroke signs and symptoms, and other related activities. The long range goal is to have every state to have a comprehensive, integrated program to prevent heart disease and stroke. States would use funds to define the state specific issues; implement effective strategies to prevent and reduce these diseases through prevention and control of risk factors including high blood pressure and elevated cholesterol; delay the onset of disease by increasing awareness of the signs and symptoms of heart attack and stroke; and reduce disabling conditions by improving emergency response and quality of care.

An additional \$20 million for the State Heart Disease and Stroke Prevention Program will elevate up to 5 states to basic implementation and provide first-time funding for up to 12 states.

\* For this information visit [www.cdc.gov/heartdiseaseandstroke](http://www.cdc.gov/heartdiseaseandstroke)

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