

## DOWNEAST DISTRICT:

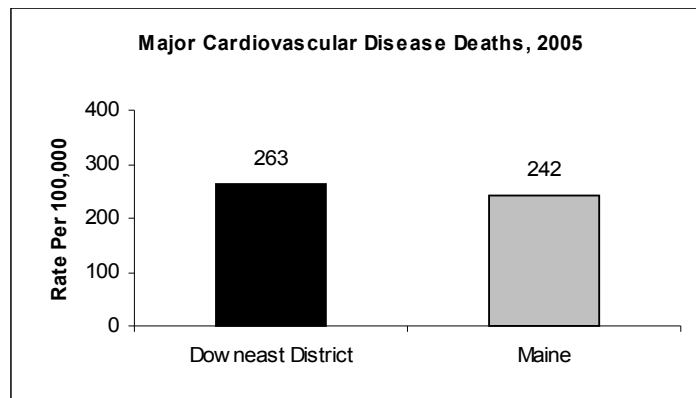
## Chronic Diseases

### Cardiovascular Disease

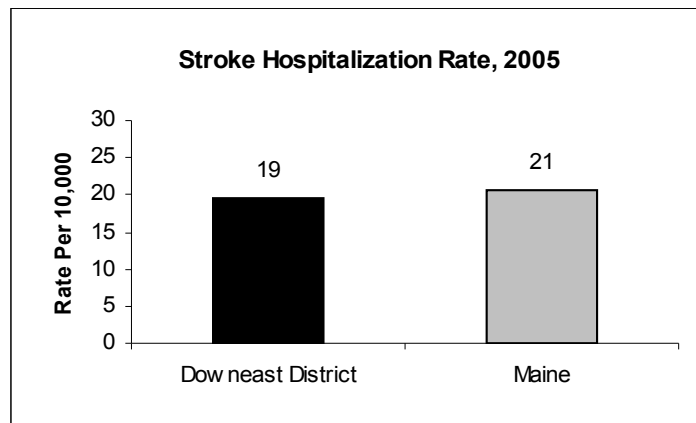
Cardiovascular disease refers to a group of diseases and conditions affecting the heart and blood vessels, and is the leading killer of adults in Maine. Heart disease, stroke and hypertension, among other conditions, also create a vast burden of illness and need for health care in Maine.

Cardiovascular disease is not an inevitable consequence of life. Many cardiovascular diseases can be prevented or modified through basic healthy lifestyle choices. Screening and early identification of disease and those at risk of disease, and monitoring of blood pressure and cholesterol, changes in health care delivery, and policies and environments that support healthy choices can make a difference.

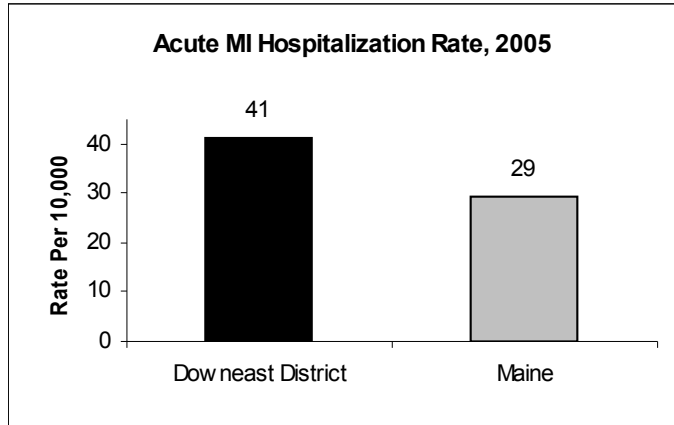
The Maine CDC's Cardiovascular Health Program and links to many partners can be found at [www.maine.gov/dhhs/boh/hmp/mcvhp/](http://www.maine.gov/dhhs/boh/hmp/mcvhp/).



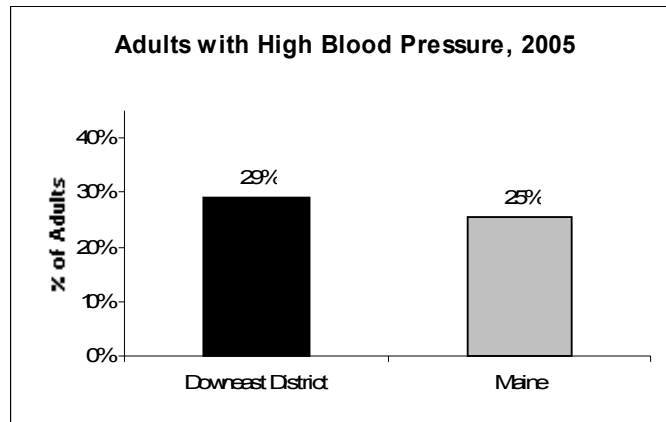
Source: 2005 Maine Office of Data, Research and Vital Statistics; Age-adjusted to 2000 U.S. Standard Population



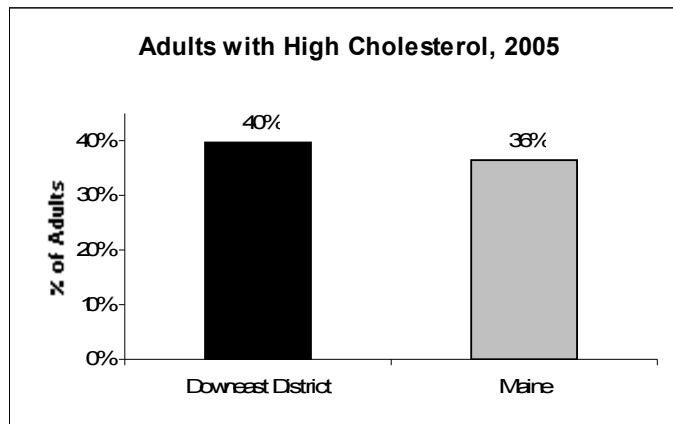
Source: 2005 Maine Hospital Discharge Datasets; Age-adjusted to 2000 U.S. Standard Population



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Source: 2005 BRFSS



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	<b>Downeast District Number</b>	<b>Downeast District Rate or Percent</b> (± Margin of Error)	<b>Maine State Rate or Percent</b> (± Margin of Error)
Major CVD Deaths <sup>1</sup>	316	262.8 (±29.0) (per 100,000)	242.0 (±7.6) (per 100,000)
Stroke Hospitalizations <sup>2</sup>	229	19.5 (±2.5) (per 10,000)	20.7 (±0.7) (per 10,000)
Acute Myocardial Infarction Hospitalizations Rate (Per 10,000) <sup>2</sup>	474	41.1 (±3.7) (per 10,000)	29.2 (±0.8) (per 10,000)
High Blood Pressure Among Adults <sup>3</sup>	N/A	28.9% (±5.5)	25.4% (±1.6)
High Cholesterol Among Adults <sup>3</sup>	N/A	39.8% (±6.3)	36.4% (±2.0)

1) Source: 2005 Maine Office of Data, Research and Vital Statistics; Age-adjusted to 2000 U.S. standard population

2) Source: 2005 Maine Hospital Discharge Datasets; Age-adjusted to 2000 U.S. standard population

3) Source: 2005 BRFSS: Ever told by a doctor