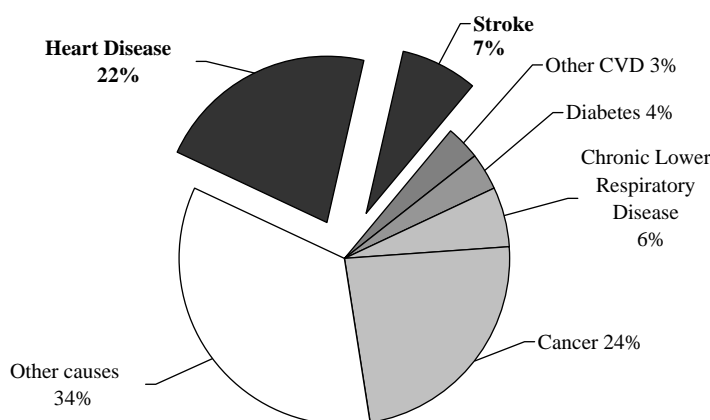


Heart Disease & Stroke in Oregon

Leading Causes of Death, Oregon, 2005



What is heart disease and stroke?

Heart disease includes several heart conditions. The most common one is coronary heart disease, which can lead to heart attack. This occurs when blood flow to the heart is blocked. When this happens, heart muscle dies.

A stroke occurs when the blood supply to part of the brain is blocked or a blood vessel in the brain bursts. Stroke results in the death of brain tissue.

Who is at risk for heart disease and stroke?

- Heart disease and stroke are the second and third leading causes of death in Oregon.
- Oregon is among the top ten states for death rate from stroke (tied for sixth in 2005).
- African Americans in Oregon have higher death rates from heart disease and stroke than do Oregonians in general.
- High blood pressure, a major cause of heart disease and stroke, is more common among African Americans, American Indians/Alaska Natives, and among rural Oregonians.

What is the cost of heart disease and stroke to Oregon?

- Each year in Oregon, there are 8,000 hospitalizations from stroke and 32,000 hospitalizations due to heart disease.
- Based on 2007 estimates, heart disease and stroke cost Oregonians \$1.8 billion each year in direct medical expenses.

What will reduce the burden of heart disease and stroke?

- Control high blood pressure.
- Support physical activity, healthy food choices and tobacco free environments.
- Control high blood cholesterol.
- Promote rapid and effective treatment of heart attacks and strokes to limit disability and save lives.

For more information contact:

Department of Human Services, [Health Promotion and Chronic Disease Prevention Program](#)
(971) 673-0984