

HEART DISEASE *in* CANADA

Also known as *ischemic heart disease* or *coronary heart disease*, *heart disease* refers to the buildup of plaque in the heart's arteries that could lead to a heart attack, heart failure, or death.

Heart disease is the **2nd** leading cause of death *in Canada*. Know the facts, and reduce your risk through a healthy lifestyle, and early detection and management of medical conditions.

According to 2017–2018 data¹ from the *Canadian Chronic Disease Surveillance System (CCDSS)*:



ABOUT
1 in 12

(or **2.6 million**) Canadian adults age 20+ live with diagnosed **heart disease**

EVERY
HOUR

14 Canadian adults age 20+ with diagnosed **heart disease** die



DEATH
RATE is

2.9x higher among adults age 20+ with diagnosed **heart disease** vs those without

4.6x higher among adults age 20+ who had a **heart attack** vs those without

6.3x higher among adults age 40+ with diagnosed **heart failure** vs those without

HEART DISEASE AFFECTS *MEN* AND *WOMEN* DIFFERENTLY



MEN are **2x more likely** to suffer a **heart attack** than **WOMEN**

MEN are newly diagnosed with **heart disease** about **10 years younger** than **WOMEN**

55 to 64 years
65 to 74 years



The **GOOD NEWS** is that from 2000–2001 to 2017–2018:



The number of Canadian adults newly diagnosed with **heart disease** **declined** from **217,600** to **162,730**.

The death rate, or the number of deaths per **1,000 individuals** with a known **heart disease**, has **decreased** by **21%**.

Reduce your risk of **heart disease** by:

- ✓ being **smoke free**
- ✓ staying **physically active**
- ✓ eating a **healthy diet**
- ✓ maintaining a **healthy weight**
- ✓ **limiting alcohol** use

DID YOU KNOW?

The **early detection** and **management** of medical conditions such as **high blood pressure**, **diabetes** and **high cholesterol** can help you reduce your risk of **heart disease**.



Learn more about HEART DISEASE

To learn more, visit
Heart Disease in Canada

Get Data
Canadian Chronic Disease Surveillance System

Consult
Heart and Stroke Foundation

SOURCE: ¹ Public Health Agency of Canada (PHAC), using CCDSS data files contributed by provinces and territories, as of February 2021 (data up to 2017–2018). Data from Nunavut and the Northwest Territories were not available for 2017–2018.

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