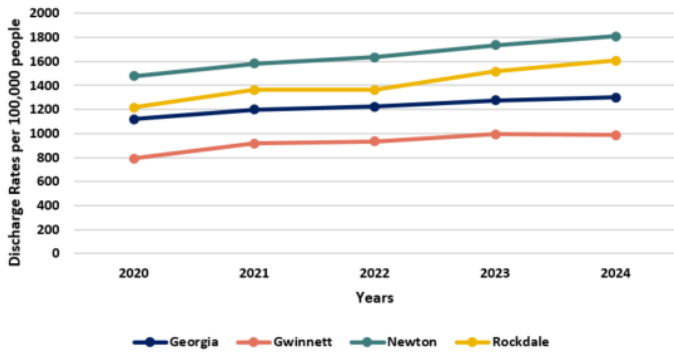
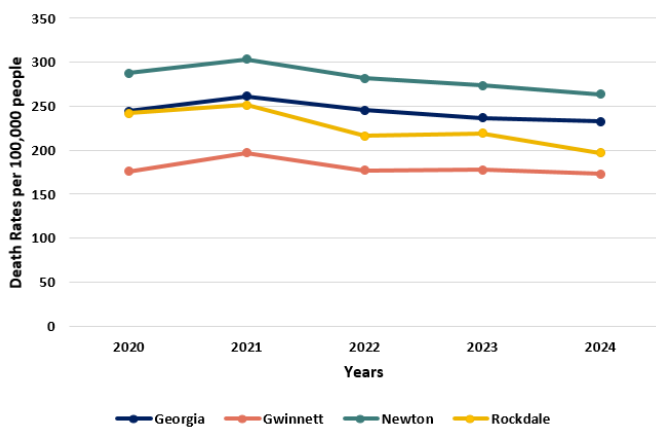


Chronic Disease Snapshot: Cardiovascular Disease (CVD)

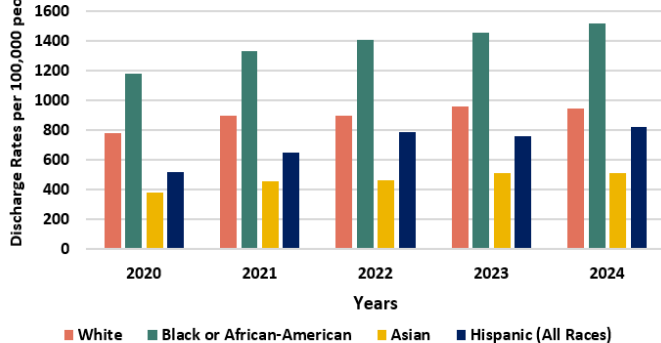
Age-Adjusted CVD Hospital Discharge Rates in GNR & Georgia, 2020-2024²



Age-Adjusted CVD Death Rates in GNR & Georgia, 2020-2024²



Age-Adjusted Hospital Discharge CVD Rates by Race and Ethnicity in GNR, 2020-2024²



Source:

¹Centers for Disease Control and Prevention. (n.d.). *Heart Disease*. <https://www.cdc.gov/heart-disease/about/index.html>. Retrieved April 28th, 2026.

²Georgia Department of Public Health. Online Analytical Statistical Information System (OASIS). <https://oasis.state.ga.us/>.

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Cardiovascular Disease (CVD)

Cardiovascular Disease (CVD), commonly known as heart disease, is the leading cause of death and disability in the United States. CVD includes conditions that affect the heart and blood vessels such as coronary artery disease, heart attack, stroke, heart failure, arrhythmias and aneurysms.¹ These conditions can be caused by the build up of plaque in the arteries, which make it difficult for blood to flow due to the narrowing of the blood vessels.

Symptoms

Symptoms of CVDs include shortness of breath, chest pain, fatigue, swelling in lower extremities, palpitations, light headedness and dizziness.¹

Risk Factors and Health Related Conditions

Risk factors are behaviors that can increase the development of a disease, while health related conditions are indicators that can be associated with a disease. According to the CDC, examples of risk factors and health related conditions for CVD are displayed below.

- Risk Factors
 - * Smoking/Tobacco Use
 - * Inadequate physical activity
 - * Family history
 - * Excessive alcohol consumption (8 or more drinks for woman and 15 or more drinks for men in a week)
- Health Related Condition
 - * High cholesterol
 - * High blood pressure/Hypertension
 - * Obesity
 - * Diabetes

Prevention

Lifestyles and behaviors are major contributors to developing CVDs. Individuals should maintain a heart healthy diet, quit smoking/tobacco usage, maintain a healthy weight, and get regular physical activity (minimum of 150 minutes weekly) to help reduce their risk of developing CVDs.¹ Knowing your cholesterol, blood pressure, blood glucose, talking with your medical provider about your risk, and adopting healthy behaviors can reduce your risk as well.