HEART DISEASE

FACT SHEET

Health DEPARTMENT
Prince George's County

Heart disease is the leading cause of death for both men and women across most races and ethnicities. Heart disease is a set of conditions affecting the heart, which can eventually lead to chest pain, an irregular heartbeat, heart attack or stroke. The most common form of heart disease is coronary heart disease, a condition where the arteries that supply oxygen-rich blood to the heart begin to narrow due to the buildup of deposits called plaque. Many of the factors leading to heart disease are preventable by making healthy lifestyle choices, such as maintaining a healthy weight and increasing physical activity, or treated through prescription medications.

In 2018, heart disease was the leading cause of death in Prince George's County.

1,476
deaths from heart disease among Prince George's County residents in 2018.

1 in 4 deaths
in the county were due to heart disease in 2018.

2 out of 3 women & 1 out of 2 men
who die suddenly from coronary heart disease have no previous symptoms.

Many county residents have major risk factors for health disease.

31.9%
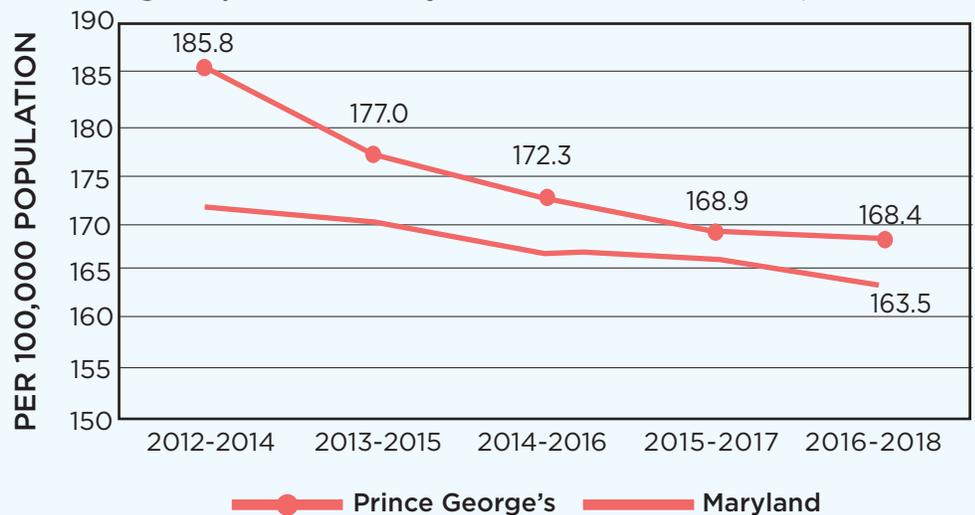Percent of Prince George's County adults with high blood pressure in 2017.

27.6%
Percent of Prince George's County adults with high cholesterol in 2017.

10.3%
Percent of Prince George's County adult cigarette smokers in 2017.

Although the mortality rate from heart disease has remained higher in the county compared to the state, the gap has decreased over time.

Age-Adjusted Mortality Rates from Heart Disease, 2012-2018

PER 100,000 POPULATION

	Prince George's	Maryland
2012-2014	185.8	
2013-2015	177.0	
2014-2016	172.3	
2015-2017	168.9	
2016-2018	168.4	163.5

Other conditions and behaviors, such as diabetes, obesity, lack of physical activity and excessive alcohol use can also contribute to a higher risk of heart disease.

Three out of every four Prince George's County adults are obese or overweight.

One out of every two Prince George's County adults do not get the recommended minimum amount of physical activity.

One out of every ten Prince George's County adults are estimated to have diabetes.