



## The Heart Truth

### Facts

Heart disease and stroke remain the nation's leading causes of death and disability. These conditions can be expected to increase sharply as our country's "baby boomer" generation gets older.

According to the Centers for Disease Control ([www.cdc.gov](http://www.cdc.gov)):

- About **600,000 people** die of heart disease in the United States every year—that's **1 in every 4 deaths**.
- Heart disease is the leading cause of death for both men and women.
- Coronary heart disease is the most common type of heart disease, killing more than **385,000 people** annually.
- Every year about **935,000 Americans** have heart attacks.

Our military population suffers the same incidence and risk as our civilian counterparts. The Navy and Marine Corps Public Health Center's Health Analysis (HA) Department studied the frequency of cardiac surgical procedures in the DoD. Eighty-four percent were for coronary artery disease. The following trends were noted:

- Males accounted for over 70% of the cardiac procedures in FY11; close to 50% of visits occurred among retired patients.
- Cardiac procedures occurred most often in the 45-64 and 65-older age groups. The average age of a cardiac surgery patient was 62.

The HA Department is part of the Population Health Directorate and works closely with Military Treatment Facilities and Navy Medicine Leadership to improve clinical and health improvement processes. They also partner with the NMCPHC Health Promotion and

Wellness Department for prevention and communication strategies.

### Did You Know?

The NMCPHC Health Analysis Department provides data analysis support to military academic programs to assist in their GME scholarly activity requirements?

For more information on the capabilities of the Department of Health Analysis, visit: [Health Analysis](#). To request a project visit to your MTF, e-mail: [health-analysis@nehc.mar.med.navy.mil](mailto:health-analysis@nehc.mar.med.navy.mil).

### Resources from the NMCPHC

#### Upcoming Events

**13<sup>th</sup> Annual Crews into Shape Challenge**, a NMCPHC sponsored event that encourages workplace-focused, team-oriented, physical activity and increased fruit and vegetable intake throughout the whole Department of Defense.



Don't miss out! Team registration ends March 3<sup>rd</sup>. Contact our Health Promotion and Wellness Department to register a team or click [here](#) to begin.

#### Public Health Educators

#### Webinars

Did you miss our *Train the Trainer & Three Powerful Ingredients to a Healthy Heart* webinars? Don't worry, we recorded them! To view the archive:

- Visit our [website](#) and click on the tab labeled **Population Health**
- **Select Health Promotion and Wellness**
- Scroll to the bottom of the page and select **Webinars**. From there, access a series of **Eat Healthy Be Active Workshops** or contact us for more information

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