



## Cardiovascular Disease: The scope of the problem

Together, heart disease and stroke is the leading cause of death in Manitoba and exacts high personal, community, and health care costs.

Nine in ten Canadians have at least one risk factor for heart disease or stroke (smoking, alcohol, physical inactivity, obesity, high blood pressure, high cholesterol, diabetes).

According to the most recent data:

- Almost 70,000 deaths in Canada are attributable to cardiovascular disease each year.<sup>1</sup>
- About 45,000 Canadians experience cardiac arrest every year. That's one cardiac arrest every 12 minutes.<sup>2</sup> Less than 5 per cent of those who have cardiac arrest outside of a hospital survive.<sup>3,4</sup>
- Defibrillation, when used with CPR, can improve cardiac arrest survival rates to more than 75 per cent if delivered in the first few minutes.<sup>5</sup>
- More than 50,000 strokes occur in Canada each year. That's one stroke every 10 minutes. Each year, nearly 14,000 Canadians die from stroke.<sup>6</sup>
- Almost 60 per cent of adults (male and female) in Manitoba are overweight or obese, based on their Body Mass Index (BMI). Of those, 35.9 per cent are overweight, and 23.4 per cent are obese. Manitoba's rate is higher than the national average of 52 per cent.<sup>7</sup>
- Twenty one percent of Manitobans currently smoke, and the largest proportion of smokers is among men and women 20 to 24 years old.<sup>8</sup>
- Five million Canadian adults have high blood pressure, representing 19 per cent of the adult population.<sup>9</sup>

One of the most alarming trends is the growing prevalence of risk factors among young Canadians. Over half of Canadian's aged five to 17 years old are not active enough for optimal growth and development, and get less active as they grow older.<sup>10</sup> In fact, over 80 per cent of teenagers may not be active enough to meet international guidelines for optimal growth and development.<sup>11</sup>

Many of the risk factors for cardiovascular disease – smoking, lack of exercise, being overweight, high blood pressure – are also common to many chronic diseases like cancer and diabetes. If we can stop people from developing these risks, it will have a huge impact on our health care system, now and in the future.

Along with the young people who are already at risk, we have more people than ever living with heart disease and stroke.