

Heart and Stroke Foundation Fact Sheet

Heart Disease

The Growing Burden of Heart Disease and Stroke in Canada 2003

Mortality¹

- Over one third (36%) of all deaths in Canada (1999) were due to heart disease and stroke (cardiovascular disease or CVD) (78,942 deaths)
- Between 1969 and 1999, death rates due to heart disease and stroke decreased by 56%.
- Although death rates declined during the 1990s, the actual number of deaths among men and women has remained steady since the mid-1990s.

Risk Factors¹

- 80.2% of Canadians (20-59 yrs) have at least one of the following risk factors for heart disease or stroke: daily smoking, physical inactivity, being overweight, self-reported high blood pressure or self-reported diabetes.

Women vs Men

- 39,134 women (37.0% of all deaths) and 39,808 men (35.0% of all deaths) died of heart disease and stroke in 2000.
- More men of all ages than women die of heart disease and stroke but the male:female ratio decreases from 5:1 in the 40-49 year age group to 1.2:1 among those aged 90+.
- While more men than women died from coronary artery disease and heart attack, more women than men died from congestive heart failure (CHF).
- Heart disease and stroke combined are the leading cause of hospitalization for women (excluding childbirth and pregnancy).

Prevalence

- By the age of 70, 1 in 5 women and 1 in 4 men reported having been told by a physician that they had heart problems.

Quality of Life

- 50.0% of Canadians with heart problems or stroke required help with daily activities, while only 11.5% of individuals without heart problems or stroke required such help.

Hospitalizations²

- Heart disease and stroke combined are the number one cause of hospitalization among men and women in Canada (18% of hospitalizations in 2000-2001).

Economic Costs³

- The total cost of heart disease and stroke to the Canadian economy was approximately \$18.5 billion – more than any other disease.

¹ Statistics Canada. Mortality Files.

² Canadian Institute for Health Information (CIHI). Hospital Morbidity Database.

³ Health Canada. Economic Burden of Illness in Canada, 1998.

