

Heart and Stroke Foundation Fact Sheet Women

The Growing Burden of Heart Disease and Stroke in Canada 2003

Prevalence¹

- In 2000, **1 in 5 women** aged 70 and over were told by a physician that they had heart problems.

Mortality² (1999 data)

- **Coronary artery disease** accounted for **almost half of all CVD deaths** among women.
- **9,038 women died of stroke** (8.5% of all deaths) among women.
- While more men than women died from coronary artery disease (23,617 vs. 19,002) and heart attack (11,948 vs. 8,978), **more women than men died from congestive heart failure (CHF)** (2,646 vs. 1,845).
- **More women than men died from stroke** (9,038 vs. 6,371).

Risk Factors

Tobacco Smoking³

- In 2001, **15% of young women** (15-17 yrs) smoked daily.
- In 2001, **16% of women** aged 15+ years smoked daily.

Physical Inactivity¹

- In 2000, **6 in 10** women were physically inactive.

Obesity^{1,4}

- In 2000, **14.2%** of women were obese.

High Blood Pressure¹

- In 2000, **15.7%** of women aged 20+ reported having high blood pressure.

Nutrition: Inadequate Consumption of Vegetables and Fruit¹

- Almost **6 in 10** women consumed **less than** the recommended amount of vegetables and fruit.

¹ Statistics Canada. National Population Health Survey (NPHS); Canadian Community Health Survey (CCHS).

² Statistics Canada. Mortality Files.

³ Health Canada. Canadian Tobacco Use Monitoring Survey (CTUMS).

⁴ Overweight - Either excess weight (defined by WHO as a body mass index (BMI) of 25.0-29.9) or obesity (BMI \geq 30.0) among individuals aged between 18 and 64 years.

