HEART DISEASE AND STROKE PREVENTION PROGRAM
APPROPRIATIONS FACT SHEET

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<th>FY 2010</th>
<th>President’s Budget</th>
<th>FY 2011 Suggested</th>
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<td>$56,221,000</td>
<td>$56,221,000</td>
<td>$76,221,000</td>
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Additional funding would allow CDC to provide greater resources to some currently funded states to increase emphasis on the ABCS: appropriate aspirin use, better control of high blood pressure (including sodium reduction) and cholesterol, and smoking cessation; as well as increase the total number of states with heart disease and stroke prevention programs.

Basic Facts about Heart Disease and Stroke

- Heart Disease and Stroke remain the first and third leading causes of death in the United States. Nearly 2300 Americans die of cardiovascular disease each day. On average, someone dies from cardiovascular disease every 38 seconds and of a stroke every 4 minutes.1
- Among Americans with functional disabilities, heart disease, stroke, and hypertension are all among the 15 leading conditions that caused those disabilities.2

Cost of Heart Disease and Stroke to the American Health Care System

- Stroke alone accounts for disability in nearly 1 million Americans; many disabled from stroke can no longer perform daily tasks, such as walking or bathing, without help.
- Almost 6 million hospitalizations each year (1 of every 6) are due to heart disease and stroke.
- Heart disease and stroke will cost the nation an estimated $503.2 billion in 2010, including health expenditures and lost productivity from death and disability3.
- Estimated costs for high blood pressure this year are $76.6 billion in direct and indirect costs3...

Heart Disease and Stroke are Preventable and Controllable

- Approximately 69% of people who have a first heart attack, and 77% of those who have a first stroke have hypertension3.
- Nearly 1 in 3 U.S. adults have high blood pressure and approximately 37% have prehypertension. A 12 to 13 point drop in high blood pressure across the population can reduce cardiovascular disease deaths by 25%.
- Reducing dietary salt across the population by an average of 3 grams per day is projected to reduce the annual number of new cases of coronary heart disease by 60,000 - 120,000 and of stroke by 32,000 – 66,000.4

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Cigarette smokers are 2-4 times more likely to develop heart disease and almost twice as likely to have a stroke than nonsmokers.\(^5\)

- A 10% decrease in total cholesterol levels in the U.S. population overall may result in an estimated 30% reduction in the incidence of coronary heart disease.
- Current national guidelines recommend that all adults have their blood pressure checked every 2 years and their blood cholesterol levels checked every 5 years. Education among the public and health care practitioners about the importance of prevention will help improve awareness of the risk factors for cardiovascular diseases and how to address them before it’s too late.

**CDC’s Cardiovascular Health Program**

With an additional $20 million in funding for Heart Disease and Stroke, CDC would expand the National Heart Disease and Stroke Prevention Program to ensure the nation has access to evidence-based interventions that prevent or detect and treat risk factors for heart disease and stroke, that improve quality of care following acute events, and that prevent recurrent events. CDC would especially work to promote cardiovascular health through increased attention on the ABCS. Funds would support the further development of a comprehensive national- and state-level heart disease and stroke surveillance (disease tracking) system. This system would include the tracking of pre- and post-hospital care and an enhanced Paul Coverdell National Acute Stroke Registry. Additionally, with this funding increase, CDC would expand work in sodium reduction at the federal, state, and local levels; and expand evaluation to increase monitoring, accountability and program effectiveness.

* For more information visit [www.cdc.gov/dhdsp](http://www.cdc.gov/dhdsp)

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