

CARDIOVASCULAR DISEASE IN PEI

Cardiovascular disease (CVD) refers to a range of conditions that affect the heart. These conditions, which involve narrowed or blocked blood vessels, can lead to chest pain, a heart attack, or stroke.

1/12 Islanders (aged 20+) have heart disease.

Seniors (age 65+) are **13X** as likely to have CVD than adults 40-49 years old.

CVD AND SOCIAL FACTORS



INCOME
3.1X

Low-income Islanders are 3.1 times as likely to have CVD as high-income Islanders.



EDUCATION
2.4X

Islanders without a high school diploma are 2.4 times as likely to have CVD as Islanders with post-secondary education.



EMPLOYMENT
3.3X

Islanders who were unemployed in the last year are 3.3 times as likely to have CVD as Islanders who were employed.



MARITAL STATUS
2X

Islanders who are widowed are 2 times as likely to have CVD as Islanders who are married.



SEX
1.8X

Males are 1.8 times as likely to have CVD as females.

These social factors play a large role in one's risk of having/living with CVD.

It will take all levels of government, working together with individuals and communities, to address these social factors and reduce the burden of CVD in the Island population.

THINGS YOU CAN DO TO REDUCE YOUR RISK

Eat more fruits, veggies and whole grains; watch your sodium intake

Exercise regularly

Maintain a healthy weight

Quit smoking

Manage your stress level



Chief Public Health Office, 2020

Data sources: Canadian Community Health Survey (2000-01, 2003, 2005, 2007 to 2014); Canadian Chronic Disease Surveillance System.