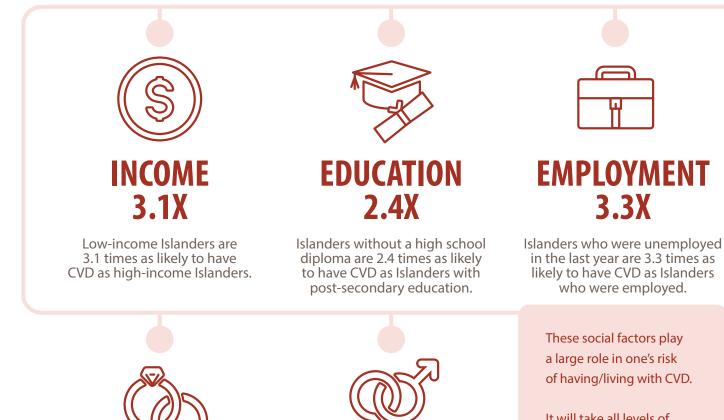
## CARDIOVASCULAR DISEASE IN PEI

**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.

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

Seniors (age 65+) are **13** CVD than adults 40-49 years old.

## **CVD AND SOCIAL FACTORS**



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.



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



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

## **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.