

## HeartLand Tour “Factoids” ....

Since 1998, In Canada the Total Costs for CV Disease per year was **18.5 Billion Dollars** and costs of increased 105% from 98’-08’

In Nova Scotia alone, **3 Billion** per year is spent in the management of chronic disease and lost productivity as a result of disability, work restriction and absenteeism

Some areas of Nova Scotia have **the worst** rates of death from stroke in Canada. With this death rate occurring within 30 days of having the stroke. Of the annual 1500 strokes, 50% of those who survive will require long-term care

Cardiovascular disease is the **leading cause** of death in Nova Scotia. Cancer has become the leading cause of death Nationally – *This is the result of lowering death from heart attack.* All of this means even **greater cost** to manage patients living with Cardiovascular disease.

Lifetime risk of Cardiovascular Disease:

- 1 in 2 for men
- 1 in 3 for women (*Put into Perspective ~that's a 10X Higher chance of a woman developing Cardiovascular*)

### Risk Factors for Heart and Vascular Disease”

- **Non Modifiable:**
  - Age
  - Male Sex
  - Family History
- **Modifiable:**
  - Smoking
  - High Blood
  - High Cholesterol
  - Diabetes Mellitus
  - Obesity
  - Sedentary Lifestyle

Many of these risk factors are the same for several forms of Cancer

**We are in a “Perfect Storm Situation”**

- Lowering Mortality for Heat Attack
- Aging Population – “Baby Boomers”
- Living Longer with Disease and Risk
- Exponential Risk Growth in Population



The only success story over time is a 21-28% reduction in smoking across all age groups

**From 1994-2005 in our “Youth” there has been:**

- **127%** increase in High Blood Pressure in people 35-49 years old!
- **261%** increase in High Blood Pressure in people 12-34 years old!
- **20%** increase in Obesity in each of those age groups!
- **Second highest** increase in Diabetes in these groups (70%)!

**Positive Changes in Life Style with your Nutrition and incorporating Physical Activity can:**

Lower most risk factors to a similar degree as any single medication!

Moderate Physical Activity Maintained over time will lower all causes (medical) of annual death rate by 12+% per year!

Lower relative risk of recurrent colon cancer by up to 55% at 2 yr follow-up!

## Resources

- Data from Canadian Medical Association Review - CMAJ – August 2009
- Data from Hearts in Motion and various Studies
- Data from CACR
- Data from study out of Dana-Farber Cancer Institute Boston – 850 people with Stage 3 Colon CA