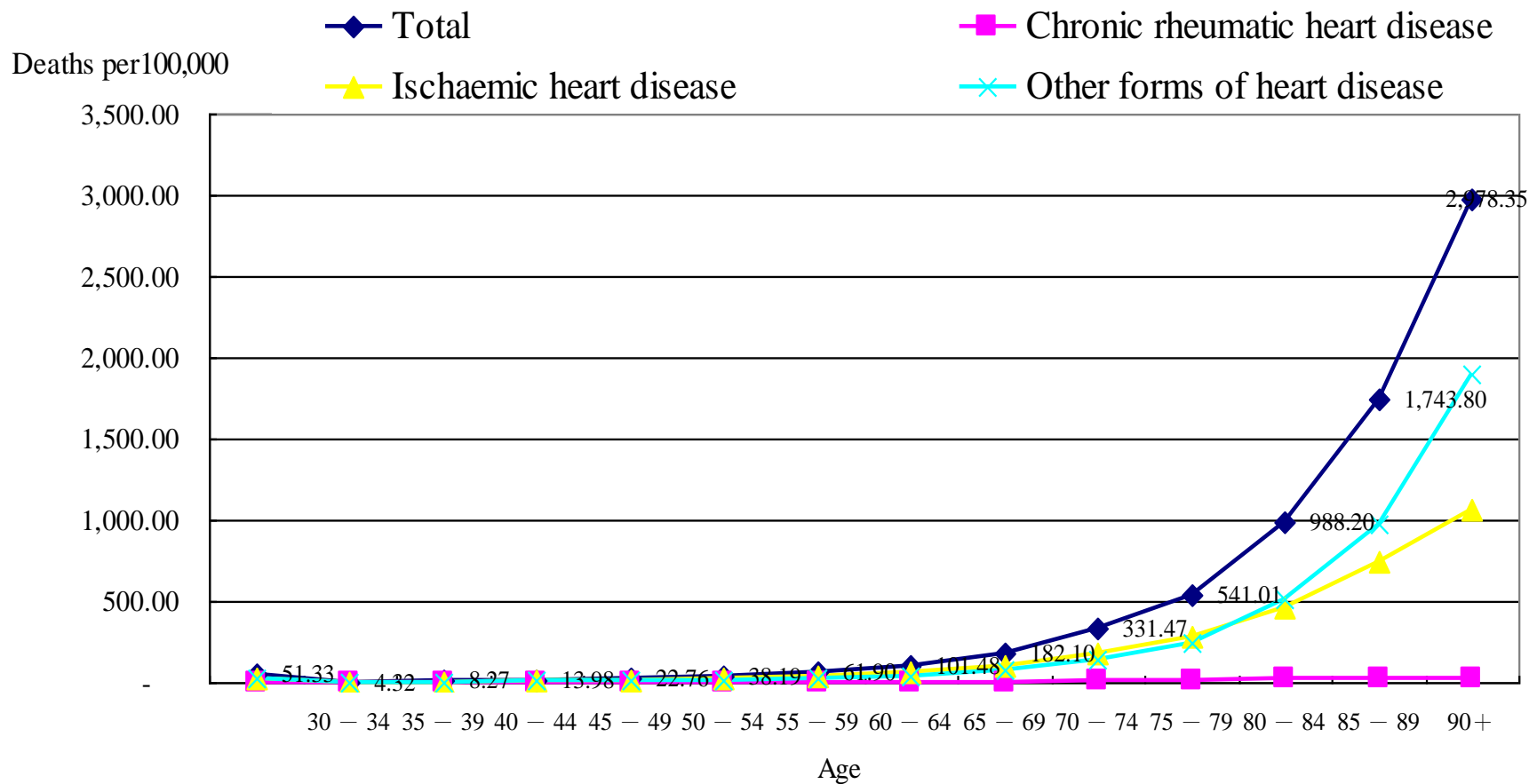


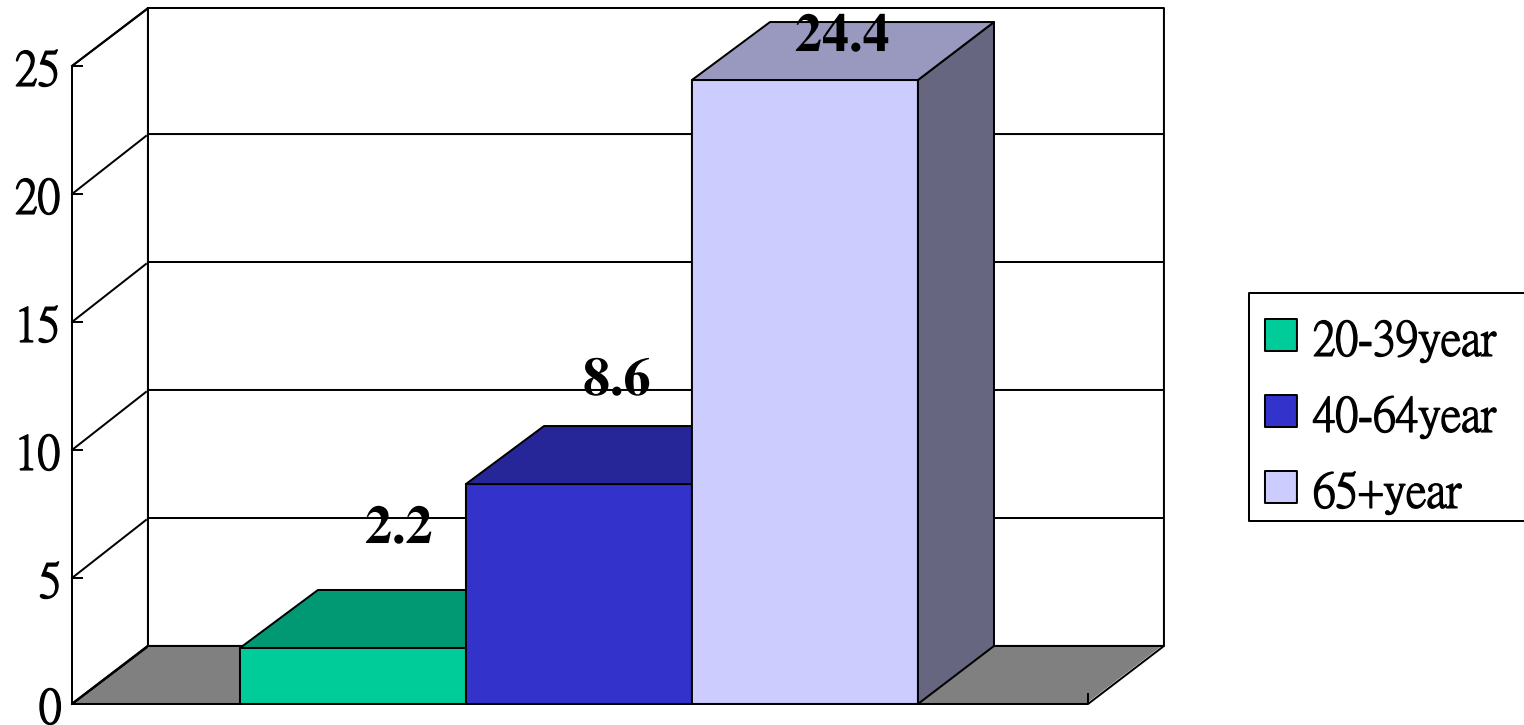
# Cardiovascular Disease

- ❖ Cerebrovascular disease and heart disease are the second, third of the leading causes of death.
- ❖ Years of life lost are much more than other disease.
- ❖ Age-specific mortality of cardiovascular disease shows that most victims are over the age of 65.

# Age-Specific Mortality of Heart Diseases, 2000

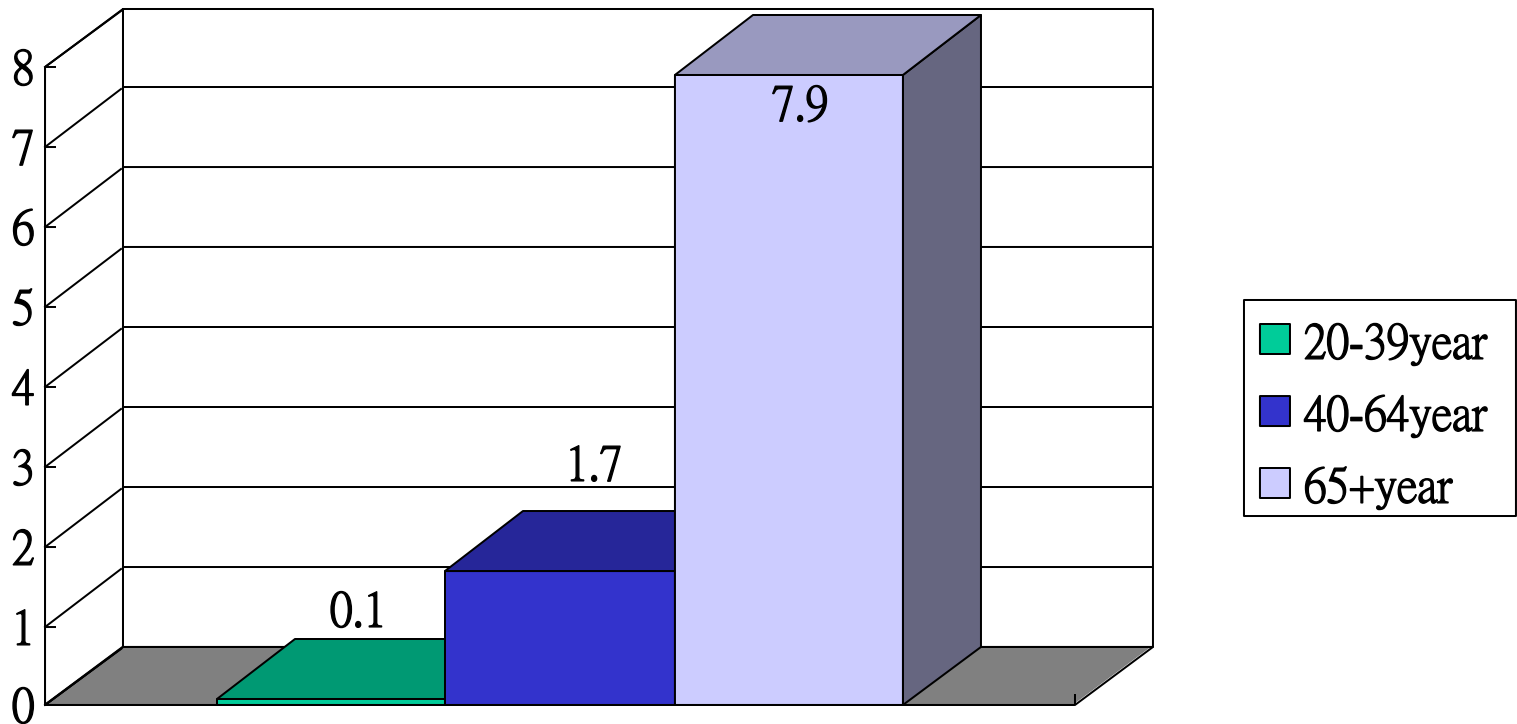


# Prevalence of Heart Disease



Data from National Health Interview Survey in Taiwan, 2001

# Prevalence of Stroke



**Data from National Health Interview Survey in Taiwan, 2001**



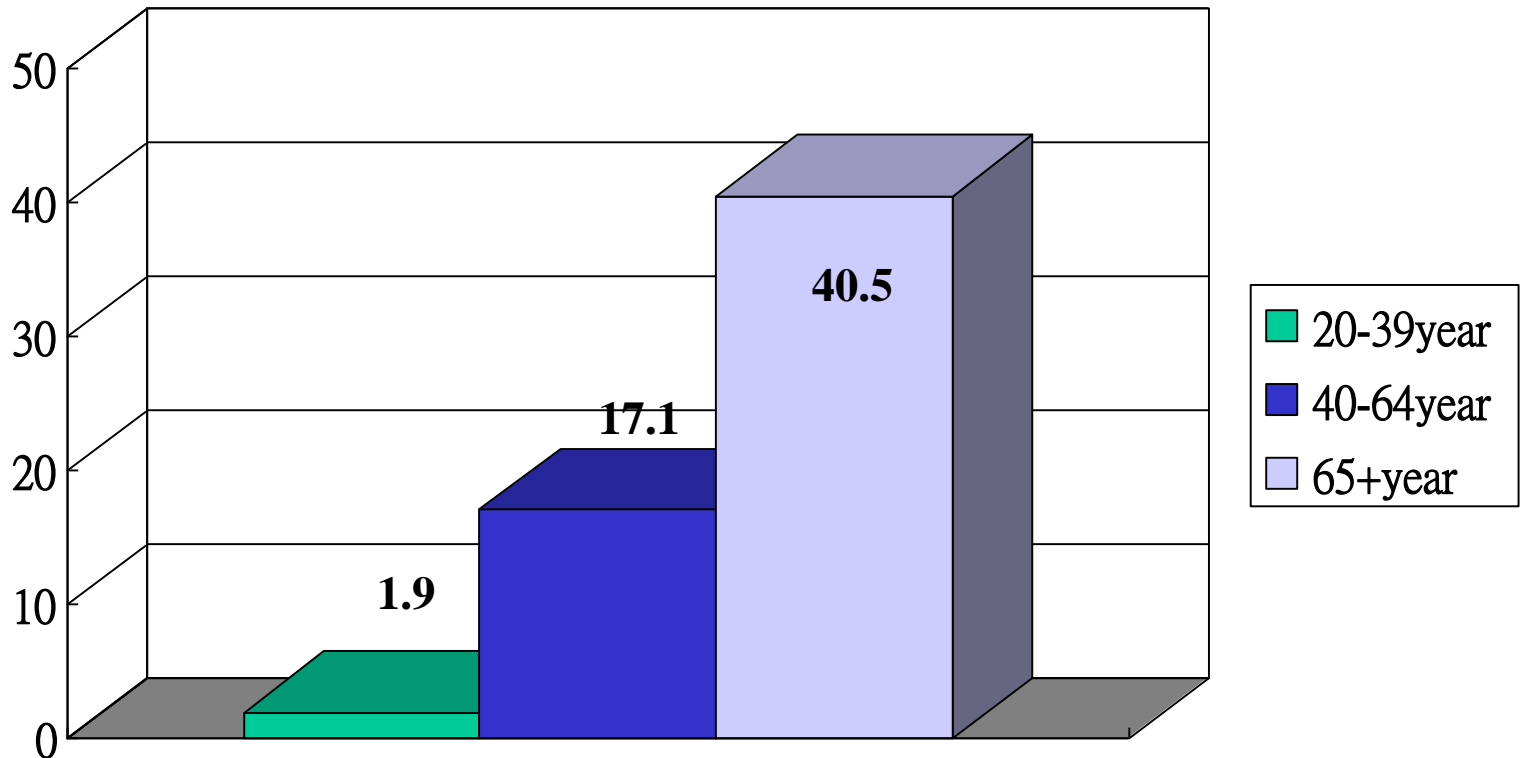
## Years of Life Lost by Cause in Taiwan (Estimates for 1998 )

	Total		Males		Females	
	(000)	% of T	% of T	% of T	% of T	% of T
Total YLLs	1,373,137	100.0	100.0	100.0	100.0	100.0
Communicable, maternal, prenatal and nutritional conditions	101,443	7.4	7.4	7.4	7.4	7.4
<b>Noncommunicable</b>	<b>957,776</b>	<b>69.8</b>	<b>66.9</b>	<b>66.9</b>	<b>75.1</b>	<b>75.1</b>
<b>Cardiovascular diseases</b>	<b>237,409</b>	<b>17.3</b>	<b>16.7</b>	<b>16.7</b>	<b>18.4</b>	<b>18.4</b>
Rheumatic heart disease	3,661	0.3	0.2	0.2	0.5	0.5
Ischemic heart disease	57,762	4.2	4.6	4.6	3.5	3.5
Cerebrovascular disease	113,861	8.3	7.9	7.9	9.0	9.0
Inflammatory cardiac	4,427	0.3	0.3	0.3	0.4	0.4
Other cardiac disease	57,698	4.2	3.7	3.7	5.1	5.1
Injuries	313,918	22.9	25.7	25.7	17.5	17.5

# Risk Factors

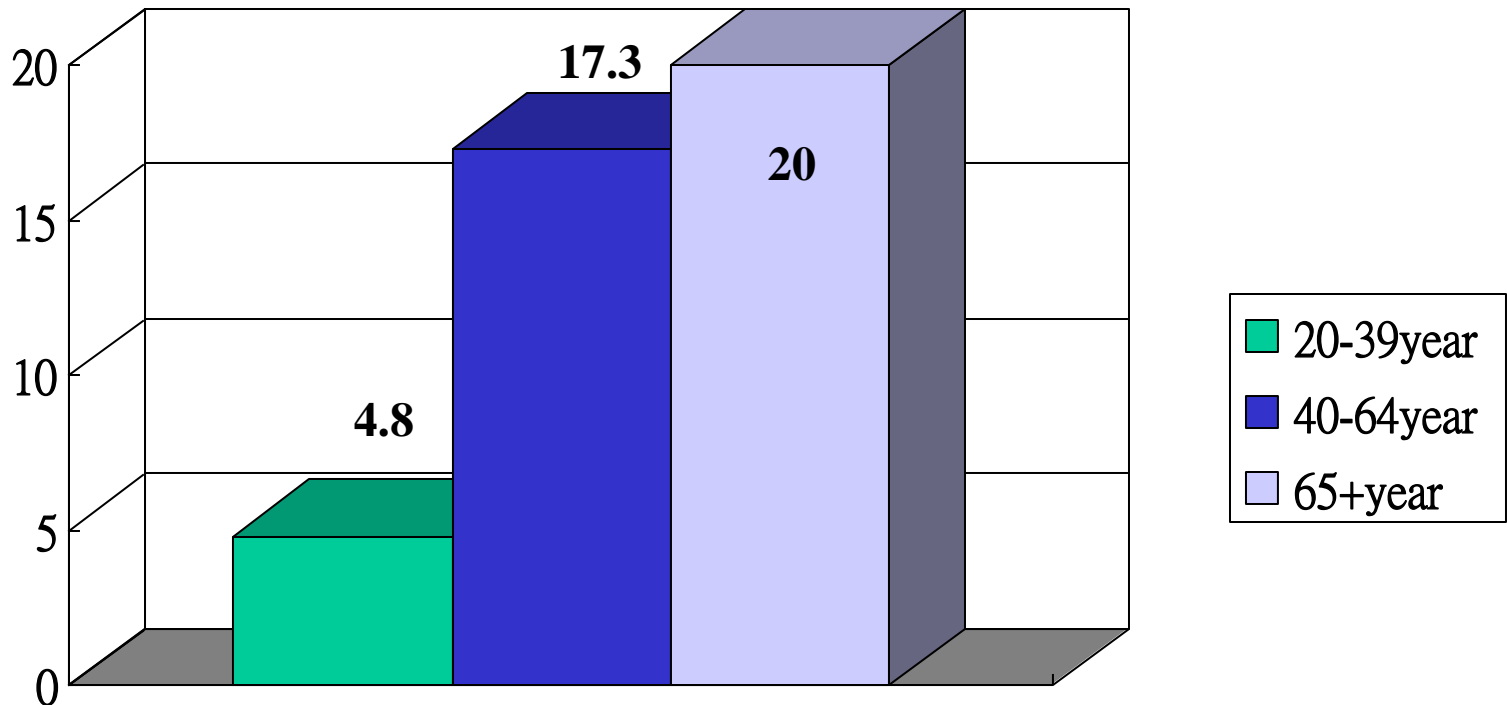
- ❖ Hypertension
- ❖ Hypercholesterolemia
- ❖ diabetes
- ❖ obesity
- ❖ high dietary salt
- ❖ alcohol and cigarette consumption
- ❖ insufficient physical activities and stress

# Prevalence of hypertension



Data from National Health Interview Survey in Taiwan, 2001

# Prevalence of hypercholesterolemia



Data from National Health Interview Survey in Taiwan, 2001





## Heart Disease case(over 12 years) combine other chronic disease

		HD (N=1135)	Non HD (N=17007)	X <sup>2</sup> test
Hypertension	Yes	<b>46.1</b> %	8.4 %	***
	No	53.9 %	91.6 %	
DM	Yes	<b>17.7</b> %	3.5 %	***
	No	82.3 %	96.5 %	
Hyperlipidemia	Yes	<b>27.2</b> %	8.8 %	***
	No	78.2 %	91.2 %	
Stroke	Yes	<b>8.2</b> %	1.1 %	***
	No	91.8 %	98.9 %	

# Heart Disease case (over 12 years) combine risk behaviors

<b>Risk behavior</b>	<b>%</b>
Irregular take medicine	50.1%
Drink	2.2%
Smoke	17.4%
Chew betel nut	3.3%
Lack of exercise(past two weeks)	43.4%
BMI $\geq$ 27	20.1%

**Data from National Health Interview Survey in Taiwan, 2001**

# Five Dimensions Control Plan

- ❖ Establishing a comprehensive prevention and control system
- ❖ Strengthening educational activities
- ❖ Implementing screening and care management
- ❖ Providing affordable medical care
- ❖ Conducting relevant research and surveys

## *Establishing a comprehensive prevention and control system*

- ❖ Integrating government, medical care facilities, and community resources to collaborate in prevention program.
- ❖ Developing national guidelines on hypertension, dyslipidemia and diabetes .
- ❖ The Tobacco Hazards Prevention Act (1997) regulates the sales promotion of tobacco products, restriction on smoking area, smoke cessation and anti-smoking education.
- ❖ Conducting regular experts committee to supervise control efforts.

## *Strengthening educational activities*

- ❖ Educational activities are carried out through multi-channel, on multi-sites to improve awareness of the major risk factors and promote healthy lifestyles.
- ❖ Producing educational materials such as: booklet, pamphlets, posters, video tapes, etc.
- ❖ Setting September as the healthy heart promotion month to work in concert with the World Heart Day campaign.



健康啟事

# 腦中風

## 防禦守則

101 行政院衛生署國民健康局

# 高血脂

紅血球聯合

來捉我喇!

高血脂是危險因素，  
嚴重時會引起心、腦血管的阻塞，  
可能使您手足麻痺、  
視力模糊、腰酸背痛、頭暈目眩、  
耳鳴耳聾、心臟病等危險的發生。

行政院衛生署 國民健康局

# 高血壓與我

## 防治手冊

行政院衛生署國民健康局 國民健康局



Fitness activities