

Priority Areas – Cardiovascular Disease

Heart disease is a range of illnesses that affect your heart. Diseases that impact the heart include blood vessel diseases, such as coronary artery disease; heart rhythm problems (arrhythmias); and heart defects you're born with (congenital heart defects), among others.

The term "heart disease" is often used along with the term "cardiovascular disease." Cardiovascular disease generally covers conditions that deal with narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart diseases, such as those that affect your heart's muscle, valves or rhythm, also are considered forms of heart disease.

Many forms of heart disease can be prevented or treated with healthy lifestyle choices.

Signs and symptoms

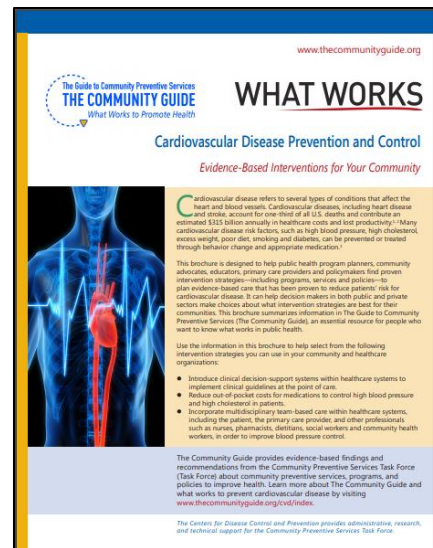
- Nearly half of U.S. adults have high blood pressure
- 1 in 4 have it under control.
- Risks factors include high blood pressure, high cholesterol, excess weight, poor diet, smoking and diabetes

Prevention and Management

- Many of these factors can be prevented or treated through behavior change and medication
- [Prevent and manage](#) high blood pressure

Resources

- [CDC's Evidence-based interventions](#)
- [CDC's What Works Fact Sheet](#)
- [AHRQ](#) – Evidence and resources to improve overall health
- Cardiovascular disease in Florida – [Florida Charts](#)
- American Heart [Association](#)
- [National Institute of Health](#)
- [CDC](#)



What Works Fact Sheet