HEART (CARDIOVASCULAR) HEALTH IN OHIO

Heart disease continues to be a leading cause of mortality in Ohio, serving to highlight ongoing public health challenges related to hypertension, hyperlipidemia, in chronic conditions such as diabetes and obesity. Data collected by the Ohio Department of Health, CDC, and other relevant institutions indicate the numerous communities - particularly those from rural populations, historically under-served populations, and those with lower income levels disproportionately experience these burdens.

THE BURDEN OF HEART DISEASE IN OHIO



- Data from America's Health Rankings and the Ohio Department of Health show heart disease remains a leading cause of age-adjusted death.
- CDC Heart Disease and Stroke Maps indicate several Ohio counties have higher heart disease and stroke mortality than national averages.
- CDC data reveal geographic, racial, and gender disparities in heart disease mortality across Ohio.
- BRFSS data show many Ohio adults report high blood pressure, high cholesterol, and a history of heart disease or stroke.
- U.S. News Healthiest Communities rankings show higher heart disease prevalence in many Ohio counties.
- This evidence demands action— not just awareness: to expand prevention, early detection, and access to quality care for all Ohioans.

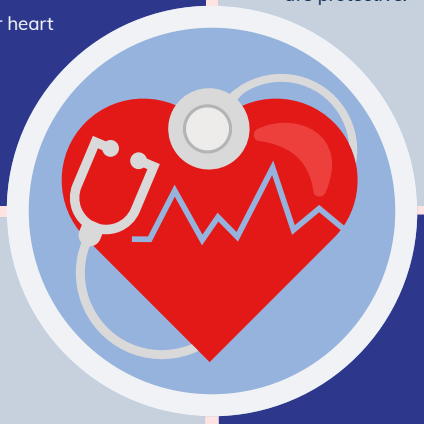
WHY CHOLESTROL MATTERS

Your heart is dependent on your actions, you deserve to live a healthy and vibrant future so know your numbers, take charge, and prioritize your well-being.

- **Triglycerides** – Stored fats in the body; high levels raise heart disease and pancreatitis risk.
- **Total Cholesterol** – Overall cholesterol level; high numbers increase heart disease and stroke risk.
- **LDL ("Bad") Cholesterol** – Builds plaque in arteries; lower levels reduce risk.
- **HDL ("Good") Cholesterol** – Removes LDL from the blood; higher levels are protective.

Routine cholesterol screenings are essential to guide lifestyle changes, prevention, and treatment.







CHRONIC HEALTH CONDITIONS AFFECTING OHIOANS:

Chronic health conditions often occur together, increasing disease risk and disproportionately affecting vulnerable populations.

- High blood pressure is a "silent killer" and often goes unnoticed.
- Stress and limited mental health access harm physical and emotional health.
- Excess weight and low physical activity negatively impact health and quality of life.
- Diabetes can worsen over time and affect overall health.
- Smoking and vaping are leading causes of preventable illness and death.

IMPORTANT COMMUNITY RESOURCES FOR OHIOANS:



- Heart-Health Education from the American Heart Association and the Cleveland Clinic
- Local Health Departments
- Health Centers
- Recreation Centers
- Community Mental Health Organizations
- Food pantries and Mobile Markets

WHAT CAN OHIOANS DO?

Small, everyday changes can make a big impact on health—staying active, eating heart-healthy foods, reducing salt and unhealthy fats, quitting tobacco, and getting regular checkups all help protect the heart. Beyond individual choices, supporting community wellness through volunteering, partnering with local organizations, and promoting inclusive health programs strengthens healthier places to live, work, and play. By also advocating for policies that expand access to care, improve infrastructure, and increase healthy food options, we can work together to build a healthier future for everyone.

Sources:
America's Health Rankings. Explore Cardiovascular Diseases in Ohio
Centers for Disease Control and Prevention (CDC)
Cleveland Clinic
U.S. News & World Report. Explore Warren Country's Health
Ohio Department of Health

OHIO FEDERATION
for Health Equity and Social Justice