

## Behavioral Indicators (Continued)

- ***Cardiovascular disease antecedents:*** Heart disease and stroke cause more deaths than all other diseases. The major modifiable risk factors for cardiovascular disease are high blood pressure, high blood cholesterol, cigarette smoking, and sedentary lifestyle. According to the 1994 Behavioral Risk Factor Surveillance Data, Tennessee estimates 65.6% of its residents have a sedentary lifestyle. The 1995 BRFSS, of Tennessee residents, indicates 35.4% are obese, 26.7% were told they had high blood pressure, 18.7% were told by a health professional their cholesterol was too high, and 26.5% are currently smokers. In Humphreys County, 21% indicated they have had high blood pressure, 17% had been given advice to lose weight, and 32.5% are current smokers.
  - People with ***Diabetes*** are 2 to 4 times more likely to have heart disease (more than 77,000 deaths due to heart disease annually). And they are 5 times more likely to suffer a stroke (more than 11,000 diabetes-related stroke-deaths each year).<sup>1</sup> Seven (7) percent of the respondents report they or a household member have had diabetes. By comparison, 5.2% of statewide residents were told by a doctor they had Diabetes (1995 Tennessee BRFSS).
  - In the publication “Tennessee’s Health People 2000,” Humphreys County averaged 51 deaths from Coronary Heart Disease between 1993-1995. This amounted to a rate of 142.9 per 100,000 population. This county rate is 7% higher than the Tennessee rate of 133.6. In 1994, Tennessee’s “Heart Disease Deaths” were 15% higher than the United States. The Humphreys County rate is 43% higher than the Year 2000 National Objective of 100.0 deaths per 100,000 population from Coronary Heart Disease. Also in this publication, Humphreys County averaged 12 deaths from stroke between 1993-1995. The county rate of 27.4 per 100,000 population is 24% below the Tennessee rate of 35.9 but 37% higher than the Year 2000 National Objective of 20.0 deaths per 100,000 from Stroke.

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