

Tobacco, Heart Disease and Stroke

Cardiovascular disease is the leading cause of death for both men and women in the U.S. and in Utah. The most common forms of cardiovascular disease are heart disease and stroke. Heart disease is any disorder that affects the heart's ability to function normally. The most common form of heart disease is coronary heart disease caused by narrowing or blockage of the arteries that supply blood to the heart and other organs of the body. Stroke occurs when the blood supply to the brain is interrupted.

More than 61 million Americans suffer from some form of heart disease, including high blood pressure, coronary heart disease, stroke, congestive heart failure, and other conditions.¹ In 2002, 58% of all deaths in the U.S. could be attributed to heart disease and stroke as the underlying cause.² In Utah, close to 4,000 people die each year from heart disease and stroke.³

Tobacco Use

- Tobacco use is a major and modifiable risk factor for heart disease and stroke.
- Smoking kills more than 400,000 Americans each year and more than 1/3 of these deaths are related to heart disease and stroke.⁴
- Smoking low-tar nicotine cigarettes rather than regular cigarettes DOES NOT significantly reduce the risk.¹
- Secondhand smoke at home or work increases the risk of heart disease in nonsmokers by 25-30%.⁵
- Every year, roughly 35,000 people die from coronary heart disease caused by exposure to other people's smoke.⁴

Impact of Smoking on Heart Disease and Stroke

- Smoking causes atherosclerosis – a gradual hardening and narrowing of the arteries.⁶
- Smoking diminishes the ability of the blood to carry oxygen and has numerous adverse effects on the heart and blood vessels.¹
- Secondhand smoke can make a heart attack more severe than it would have been without the exposure.⁵
- Smoking doubles a person's risk of a stroke.⁷

Smokers vs Nonsmokers

- Smokers are 2-4 times more likely to develop coronary heart disease than nonsmokers.⁷
- On average, people who smoke die at least 13 years earlier than those who don't.⁸
- The excess risk of heart disease caused by smoking is reduced by one year after cessation and declines thereafter. After 15 years of not smoking the risk of heart disease is similar to that of nonsmokers.¹
- Among persons with heart disease, cessation reduces the risk of recurrence and death by as much as 50%.¹

For More Information:



**HEART DISEASE &
STROKE PREVENTION PROGRAM**
UTAH DEPARTMENT OF HEALTH
1-866-88-STROKE
www.hearhighway.org



**Utah Tobacco Prevention
and Control Program**
1-877-220-3466
www.tobaccofreeutah.org

The TRUTH™

Helping Tobacco Users Quit

Free, statewide services to help tobacco users quit include:

Utah Tobacco Quit Line

The Utah Tobacco Quit Line is a free, telephone-based service designed to help people quit tobacco. Be connected with a specially trained coach who will help you develop a personalized quit plan, and guide you through the quitting process. Call:

English: 1.800.QUIT.NOW (1.800.784.8669)

Spanish: 1.877.629.1585

TTY Hearing, Speech Impaired: 1.888.229.2182

For more information about the Utah Tobacco Quit Line, visit

www.tobaccofreeutah.org/quitline.htm

Utah QuitNet

Utah QuitNet is a free, internet-based service designed to help individual tobacco users through the quitting process. As a member you'll have access to the world's largest online community of smokers and ex-smokers helping each other to quit and stay quit. For more information visit www.utahquitnet.com.

¹ Centers for Disease Control and Prevention. The health consequences of smoking: a report of the Surgeon General. Atlanta, Ga. Dept. of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. 2004.

http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/00_pdfs/chapter3.pdf

² Minino AM, Heron MP, Smith BL. Preliminary Data for 2004 National Vital Statistics Reports; Vol 54. No 19. Hyattsville, MD: National Center for Health Statistics, 2006.

³ Utah Heart Disease and Stroke Prevention Program. "The Impact of Heart Disease and Stroke In Utah: 2007," Salt Lake City, UT: Utah Department of Health 2007

⁴ American Heart Association. "Smoking and Cardiovascular Disease" 2007. 15 October 2007. <<http://www.americanheart.org/presenter.jhtml?identifier=3038016>>

⁵ Centers for Disease Control. "Fact Sheet: Secondhand Smoke Causes Heart Disease." May 2007. US Department of Health and Human Services. 15 October 2007.

<http://www.cdc.gov/tobacco/data_statistics/Factsheets/HeartDisease.htm>

⁶ The American Council on Science and Health. "Circulatory System Gateway Page." 19 September 2007.

<<http://www.thescooponsmoking.org/xhtml/effects/circulatoryGW.php#top>>

⁷ Centers for Disease Control. "Smoking & Tobacco Use: Heart Disease and Stroke." 28 February 2007. US Department of Health and Human Services. 15 October 2007.

<http://www.cdc.gov/tobacco/health_effects/heart.htm>

⁸ American Heart Association. "AHA News." 28 December 2006. 17 October 2007. <<http://www.americanheart.org/presenter.jhtml?identifier=3044304>>