

Cardiovascular disease (CVD), including heart disease and stroke, is the number one killer of men and women in the U.S., accounting for 864,500 deaths in 2005.<sup>1</sup> CVD prevalence is higher among older Americans<sup>1</sup> and, as baby boomers age, deaths from heart disease and stroke are expected to increase.<sup>2</sup> Research has yielded breakthrough findings on CVD prevention and treatment, such as effective medications, procedures and lifestyle changes, and annual death rates from CVD have declined over the past few decades for the U.S. population,<sup>2</sup> but there is still no cure. A continued, robust research effort to better understand the development, treatment and prevention of CVD, and its interaction with the aging process, is needed. Such research findings could have enormous health and economic benefits and allow older Americans to live more independent, productive and healthier lives for longer.

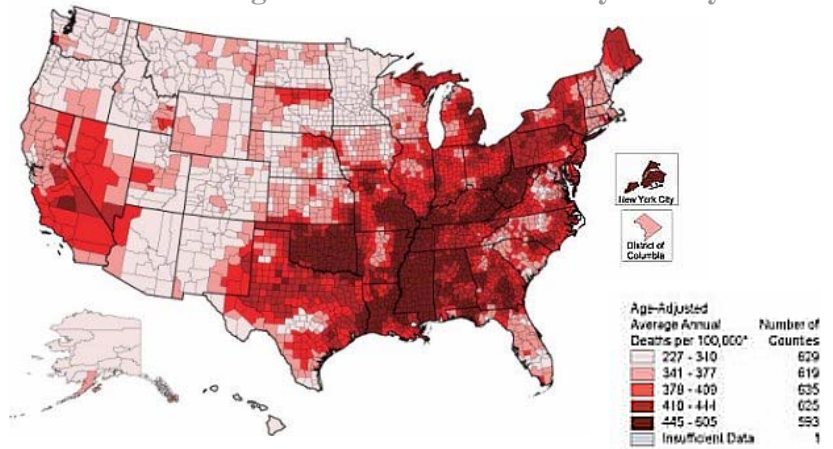
### Cardiovascular Disease Impact

- In 2006, an estimated 80 million adults had one or more types of CVD and 38.1 million of them were estimated to be age 60 or older.<sup>1</sup>
- One in three U.S. adults has high blood pressure.<sup>1</sup> If not properly controlled, high blood pressure can lead to heart failure, heart attack, stroke and kidney failure.<sup>3</sup>
- Stroke is a leading cause of serious long-term disability.<sup>4</sup> Nearly three quarters of strokes occur in people over the age of 65 and the risk of having a stroke more than doubles each decade after age 55.<sup>4</sup>
- For 2009, the estimated direct and indirect cost of CVD in the U.S. is \$475.3 billion.<sup>1</sup>
- In 2007, it was projected the aging of the population would drive up costs for CVD 54% by 2025.<sup>5</sup>
- If all major types of CVD were eliminated, life expectancy would increase by almost 7 years in the U.S.<sup>6</sup>

1 American Heart Association. *Heart Disease and Stroke Statistics – 2009 Update* (At-A-Glance version). Dallas, TX: American Heart Association; 2009.  
 2 USDHHS. *A Public Health Action Plan to Prevent Cardiovascular Disease and Stroke* Atlanta, GA: CDC, 2003.  
 3 High Blood Pressure. American Heart Association website. Available at: <http://www.heart.org/presenter.jhtml?identifier=2114>  
 4 Stroke Facts. CDC website. Available online at: [http://www.cdc.gov/stroke/stroke\\_facts.htm](http://www.cdc.gov/stroke/stroke_facts.htm)  
 5 American Heart Association website. Available online at: <http://www.americanheart.org/presenter.jhtml?identifier=3044587>  
 6 CDC. *Heart Disease and Stroke Prevention: Addressing the Nation's Leading Killers, At a Glance 2009*. Available online at: <http://www.cdc.gov/nccdphp/publications/AAG/dhdsp.htm>  
 All sources accessed June 29, 2009.

# The Silver Book Resource Guide for Cardiovascular Disease: Heart Disease & Stroke

## Heart Disease Death Rates, 2000-2004 Adults Ages 35 Years and Older By County



Map Source: Centers for Disease Control and Prevention  
 Accessed 6/29/09. Available online at:  
[http://www.cdc.gov/DHDSP/library/maps/heart\\_disease\\_map\\_all.htm](http://www.cdc.gov/DHDSP/library/maps/heart_disease_map_all.htm).

### Searchable Databases

The Silver Book Online:

- Age- A Major Risk Factor for Cardiovascular Disease
- Prevalence and Incidence of Cardiovascular Disease
- The Economic Burden of Cardiovascular Disease
- The Human Burden of Cardiovascular Disease

CDC Heart Disease Facts and Statistics

CDC Stroke Facts and Statistics

Federally and privately supported clinical trials registry

National Institutes on Aging Sponsored Research

National Heart, Lung and Blood Institute (NIH) Clinical Trials

CDC Heart Disease and Stroke Prevention Legislative Database

CDC Chronic Disease Cost Calculator (State Medicaid Costs)

### Maps:

CDC's Heart Disease and Stroke Maps

National Minority Quality Forum Cardiovascular Disease Atlas:

Includes zip code level prevalence data nationally, by state and Congressional district (registration required)

### Recent Innovation:

The Silver Book Online Innovative Medical Research

Alliance for Aging Research News Room

Journals of the American Heart Association (AHA)

NHLBI News Room

AHA's News Room: News Releases

### Reports

Alliance for Aging Research Cardiovascular Disease publications

AHA's Publications and Statistics

CDC's Division for Heart Disease and Stroke Prevention Resource Library

# The Silver Book Resource Guide For Cardiovascular Disease: Heart Disease & Stroke

## Website Information

### Searchable Databases

The Silver Book Online: [www.silverbook.org](http://www.silverbook.org)

Age- A Major Risk Factor for Cardiovascular Disease

Prevalence and Incidence of Cardiovascular Disease

The Economic Burden of Cardiovascular Disease

The Human Burden of Cardiovascular Disease

CDC Heart Disease Facts and Statistics: <http://www.cdc.gov/heartdisease/statistics.htm>

CDC Stroke Facts and Statistics: [http://www.cdc.gov/stroke/stroke\\_facts.htm](http://www.cdc.gov/stroke/stroke_facts.htm)

Federally and privately supported clinical trials registry: [www.clinicaltrials.gov](http://www.clinicaltrials.gov)

National Institutes on Aging Sponsored Research: <http://www.nia.nih.gov/>

National Heart, Lung and Blood Institute (NIH) Clinical Trials: <http://www.nhlbi.nih.gov/studies/index.htm>

CDC Heart Disease and Stroke Prevention Legislative Database: <http://apps.nccd.cdc.gov/DHDSPLeg/>

CDC Chronic Disease Cost Calculator (State Medicaid Costs):

[http://www.cdc.gov/DHDSPLeg/announcements/cost\\_calculator.htm](http://www.cdc.gov/DHDSPLeg/announcements/cost_calculator.htm)

### Maps:

CDC's Heart Disease and Stroke Maps: <http://apps.nccd.cdc.gov/giscvh2/>

National Minority Quality Forum Cardiovascular Disease Atlas: Includes zip code level prevalence data nationally, by state and Congressional district (registration required):

<http://www.nmqf.org/chooseatlases.aspx>

### Recent Innovation:

The Silver Book Online Innovative Medical Research: <http://www.silverbook.org/browse.php?top=research>

Alliance for Aging Research News Room: <http://www.agingresearch.org/section/newsroom>

Journals of the American Heart Association (AHA): <http://www.ahajournals.org/>

NHLBI News Room: <http://public.nhlbi.nih.gov/newsroom/home/newsroom.aspx>

AHA's News Room: News Releases: <http://americanheart.mediaroom.com/index.php?s=43>

### Reports:

Alliance for Aging Research Cardiovascular Disease Publications:

<http://www.agingresearch.org/section/article>

AHA's Publications and Statistics: <http://www.americanheart.org/presenter.jhtml?identifier=3055922>

CDC's Division for Heart Disease and Stroke Prevention Resource Library:

<http://www.cdc.gov/DHDSPLeg/library/index.htm>