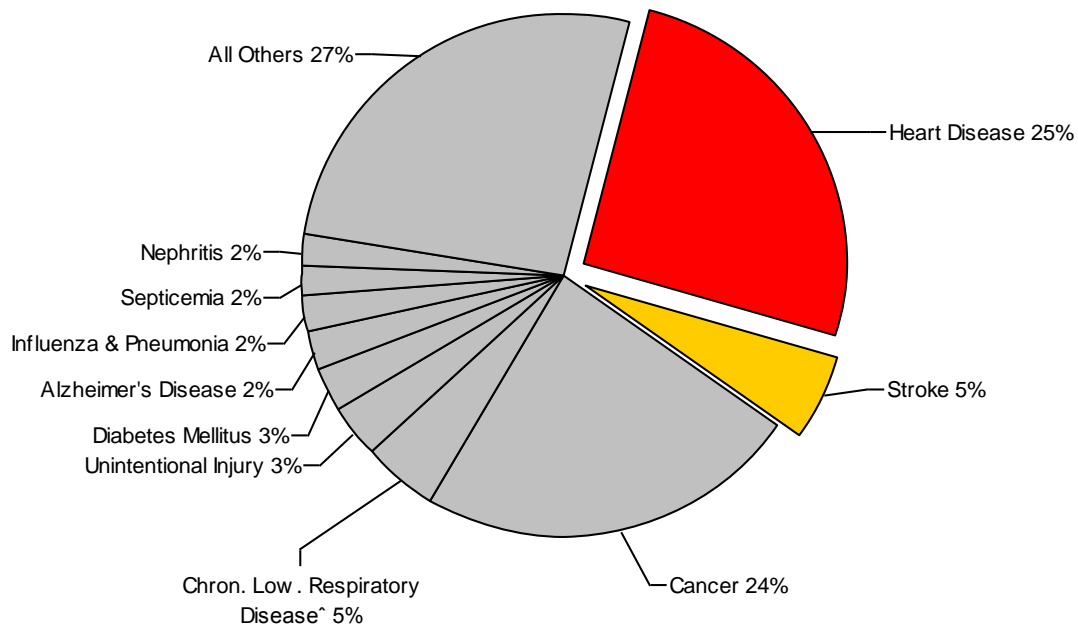




Maryland State Fact Sheet

Leading Causes of death in Maryland in 2010*



Maryland has the 17th highest death rate from cardiovascular disease in the country.**

- Heart disease is the No. 1 killer in Maryland*
- Stroke is the No. 3 killer in Maryland*
- 10,915 people in Maryland died of heart disease in 2010*
- 2,279 people in Maryland died of stroke in 2010*

Heart Disease and Stroke Risk Factors in Maryland

	Maryland	US
Adults who are current smokers	19.1%	21.1%
Adults who participate in 150+ min of aerobic physical activity per week	48.7%	51.6%
Adults who are overweight or obese+	64.4%	63.5%
Adults who have been told that they have had a heart attack	4.2%	4.4%
Adults who have been told that they have had a stroke	2.6%	2.9%
Adults who have been told that they have angina or coronary heart disease	4%	4.1%
Population of adults (18-64) who have some kind of health care coverage	84.7%	78.9%
High school Students who are obese++	12%	13%

* Based on total number of deaths in 2010. Centers for Disease Control and Prevention. WISQARS Leading Cause of Death Reports, 2010.

^ Also known as COPD (Chronic Obstructive Pulmonary Disorder); COPD and allied conditions (including asthma); the term in the ICD/10 is "chronic lower respiratory diseases."

** List includes Puerto Rico and D.C. Based on 2007-09 age-adjusted death rates (ranked from worst to best CVD health). American Heart Association. Heart Disease and Stroke Statistics, 2013 Update: A Report from the American Heart Association. Circulation. Accessed, Jan. 18, 2013.

***Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System Survey, 2011.

+ Overweight is defined as having a body mass index (BMI) of 25.0-29.9. Obese is defined as having a body mass index of 30.0 or more.

++ Students who were ≥ 95th percentile for body mass index, by age and sex. Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System, 2011.