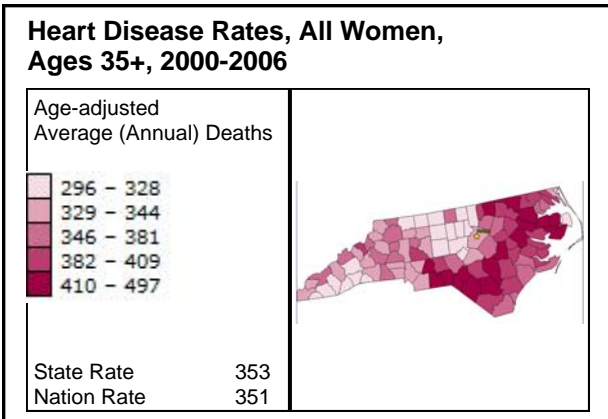


# FACTS

## Women and Cardiovascular Disease: **NORTH CAROLINA**

- Heart disease and stroke account for **28.1%** of all female deaths in North Carolina.
- On average, nearly **30** women die from heart disease and stroke in North Carolina each day.



- Heart disease alone is the **leading** cause of death in North Carolina, accounting for **8,249** female deaths in 2009.
- Stroke is the **No. 3** cause of death for females in North Carolina, accounting for **2,661** female deaths in 2009.
- Nearly **59.3%** of women in North Carolina are obese and overweight.
- In North Carolina, **16.4%** of women smoke cigarettes.

Source: Centers for Disease Control and Prevention. Mortality data based on WISQARS Leading Cause of Death Reports, 2009; state maps from the Division of Heart Disease and Stroke Prevention; risk factor data from the BRFSS, 2010.

\* Overweight is defined as having a body mass index (BMI) of 25.0-29.9 kg/m<sup>2</sup> and obese is defined as having a BMI of 30.0 kg/m<sup>2</sup> or greater.

### Yolanda Dickerson, North Carolina Survivor

When she was 2 years old, Yolanda Dickerson had open-heart surgery to correct a ventricular septal defect (an opening between the heart's two lower chambers). Under this condition, the heart has to work extra hard to pump blood throughout the body, so it may enlarge.

Heart disease runs in Yolanda's family, particularly in her female relatives. In fact, one cousin was born with the same heart defect. Yolanda has struggled with her heart problems, but her younger cousin who has the same heart defect has been able to maintain an active lifestyle, attending college and running track. The difference in Yolanda and her cousin's lives show how much more effective treatments have become over the years.

Today, the Wendell, N.C., resident is proud to show her scar as a reminder of how fortunate she is to be alive. Yolanda's volunteer work with the American Heart Association is helping to provide new and better treatments, not just for her family members but for all people who suffer from cardiovascular disease now or will have it in the future.

Yolanda's experience helps to show why the American Heart Association and its volunteers are advocating for more research, education and screening to help prevent and cure heart disease, stroke and other cardiovascular diseases, the No. 1 killer of women in North Carolina and the United States.