

# HEART DISEASE *in* CANADA

Also known as *ischemic heart disease* or *coronary heart disease*, *heart disease* refers to the buildup of plaque in the heart's arteries that could lead to a heart attack, heart failure, or death.

Heart disease is the **2<sup>nd</sup>** leading cause of death *in Canada*. Know the facts, and reduce your risk through a healthy lifestyle, and early detection and management of medical conditions.

According to 2017–2018 data<sup>1</sup> from the *Canadian Chronic Disease Surveillance System (CCDSS)*:



**ABOUT**  
**1 in 12**

(or **2.6 million**) Canadian adults age 20+ live with diagnosed **heart disease**

**EVERY**  
**HOUR**

**14 Canadian adults** age 20+ with diagnosed **heart disease** die



**DEATH**  
**RATE** is

**2.9x higher** among adults age 20+ with diagnosed **heart disease** vs those without

**4.6x higher** among adults age 20+ who had a **heart attack** vs those without

**6.3x higher** among adults age 40+ with diagnosed **heart failure** vs those without

## HEART DISEASE AFFECTS *MEN* AND *WOMEN* DIFFERENTLY



**MEN** are **2x more likely** to suffer a **heart attack** than **WOMEN**

**MEN** are newly diagnosed with **heart disease** about **10 years younger** than **WOMEN**

55 to 64 years  
65 to 74 years



The **GOOD NEWS** is that from 2000–2001 to 2017–2018:



The number of Canadian adults newly diagnosed with **heart disease** **declined** from **217,600** to **162,730**.

The death rate, or the number of deaths per **1,000 individuals** with a known **heart disease**, has **decreased** by **21%**.

**Reduce** your risk of **heart disease** by:

- ✓ being **smoke free**
- ✓ staying **physically active**
- ✓ eating a **healthy diet**
- ✓ maintaining a **healthy weight**
- ✓ **limiting alcohol** use

## DID YOU KNOW?

The **early detection** and **management** of medical conditions such as **high blood pressure**, **diabetes** and **high cholesterol** can help you reduce your risk of **heart disease**.



## **Learn more about** HEART DISEASE

To learn more, visit  
**Heart Disease in Canada**

Get Data  
**Canadian Chronic Disease Surveillance System**

Consult  
**Heart and Stroke Foundation**

**SOURCE:** <sup>1</sup> Public Health Agency of Canada (PHAC), using CCDSS data files contributed by provinces and territories, as of February 2021 (data up to 2017–2018). Data from Nunavut and the Northwest Territories were not available for 2017–2018.

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