COMMUNITY HEALTH DIAGNOSES

Submitted by

College

Date

Analysis:

Cardiovascular diseases occupy one of the leading places in the structure of disability and adult mortality. According to CDC data only in state of Ohio heart Disease death rate are 28,008 in 2017 and it comes at 12th rank state wise. This is one of the main causes of death in Ohio. It is important that the highest percentage of cardiovascular diseases and deaths from them are characteristic of countries with a low standard of living, which indicates not only the influence of the level of medicine on the risk of adverse outcome, but also how much the health of the cardiovascular system of a person depends on the image of life. Hereditary predisposition plays a significant role in the development of these diseases. But often the person himself is to blame for their realization. The only reason causing myocardial infarction, angina and other similar diseases, to date, has not been established. But then, a group of factors is known that increase the likelihood of developing this pathology. risk factors. There are many of them, but some of them are most significant. Risk factors can be divided into two varieties in accordance with the effectiveness of their elimination: fatal and avoidable.

According to data the Cardiovascular Disease ratio is 302.9 per 100,000 population. While generally according to healthy people 2020, they offer precise, significant areas of accent where action must be needed if the United States is to attain better health by 2020. The goal of the program is to improve the health of the population to ensure sustainable socio-economic development. At the same time, the concept of further development and improvement of the risk assessment system, suggesting the creation of a scientifically based assessment of the negative impact of environmental factors on the health of the population and the associated medical, biological and economic consequences, is not defined. In 2016, 4.9 percent of adults in Ohio were living with coronary heart disease and 5.0 percent had suffered a heart attack. According to Ohio health department male have a high ratio of prevalence than females. The occurrence of heart disease is main among older Ohioans with low income and education status. However there is no difference in prevalence by race or ethnicity. (ODH)

Smoking and alcohol abuse are the risk factor for the development of cardiovascular diseases, especially such diseases as arterial hypertension, coronary artery disease, atherosclerosis of the lower limb’s arteries. According to Ohio health department report In 2016, heart disease killed more than 26,000 Ohioans, and Ohio had the 13th highest rate of deaths from heart disease in the nation (ODH) *.*Half of all deaths associated with smoking accounted for these diseases. Smokers often have such a terrible complication of cardiovascular diseases as sudden cardiac death. There are many arguments against smoking in terms of prevention of cardiovascular diseases, but even more telling is a deadly statistical argument: smokers die from coronary heart disease 2 times more often than those who have never smoked

Improper nutrition. The excess in the diet of saturated animal fats, characterized by a high content of cholesterol, leads to atherosclerosis and, therefore, catalyzes the development of a wide range of cardiovascular diseases. Excess amount of easily digestible carbohydrates, the use of "wrong", harmful products - sausages, sausages, smoked meats, sugar, cakes, and carbonated drinks increasingly prevail in the structure of our population. Overeating, the consumption of large quantities of fatty foods, as well as an insufficient amount of fiber entering the body with fruits and vegetables have a negative effect on health. The main goal in matters of nutrition is to reduce the level of cholesterol in the body, as well as low-density lipoprotein (or saturated fat). Vegetable fats rich in unsaturated fatty acids, must necessarily be included in the daily diet. It is also recommended to reduce the consumption of salt, especially in hypertension, with heart failure. It should be borne in mind that a large amount of salt is contained in the same smoked meats, canned food, marinades, chips, salted nuts. Diet should be balanced and calorie

References

About Healthy People. (n.d.). Retrieved from <https://www.healthypeople.gov/2020/About-Healthy-People>

Ohio State University. (2018, July 12). Ohio State News. Retrieved from <https://news.osu.edu/social-smoking-carries-same-heart-disease-risks-as-everyday-habit/>

Million Hearts | The Ohio State University. (n.d.). Retrieved from https://wellness.osu.edu/faculty-and-staff/million-hearts

https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/heart-disease