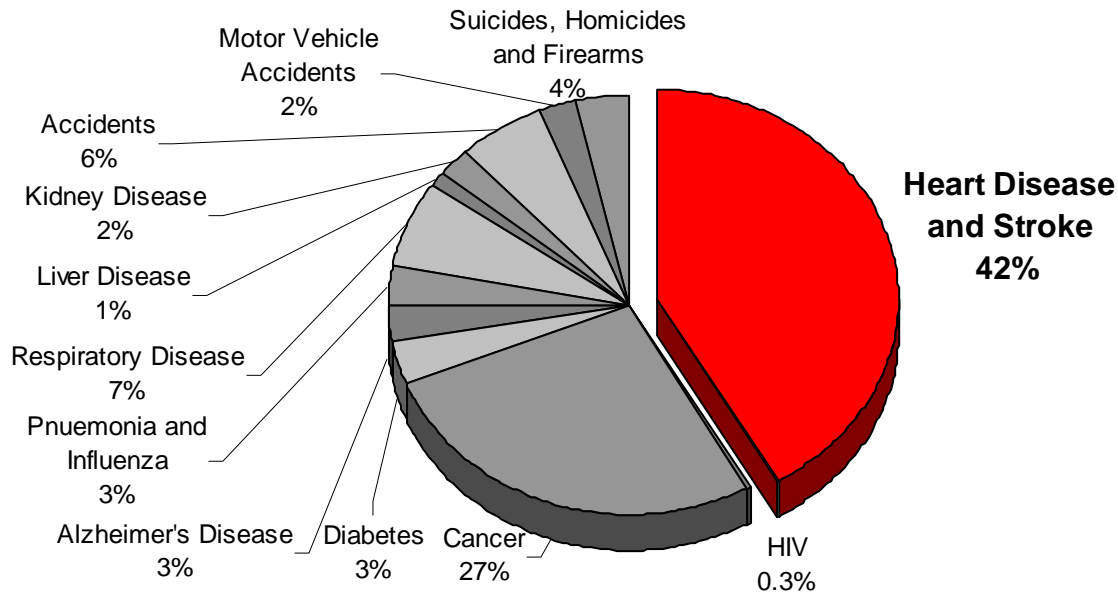


# Kentucky State Fact Sheet

## Major Causes of Death in Kentucky in 2001\*



- Heart disease is the #1 killer in Kentucky.
- Stroke is the #3 killer in Kentucky.
- 12,032 people in Kentucky died of heart disease in 2000.\*\*
- 2,637 people in Kentucky died of stroke in 2000.\*\*

**Kentucky has the 5th highest death rate from heart disease, stroke, and other cardiovascular diseases in the nation.\*\*\***

## Heart Disease and Stroke Risk Factors in Kentucky\*\*\*\*

Risk Factor	Kentucky	U.S.
■ Adults who are current smokers	32.6%	23%
■ Adults who report getting no leisure time physical activity	26.6%	24%
■ Combined prevalence of adults who are overweight and obese*****	62.6 %	57%
■ Adults who are obese	24.5%	22%
■ Adults who are overweight	38.1%	37%
■ Adults who eat fewer than five servings of fruits and vegetables per day	79.8%	77%
■ Other major risk factors include elevated cholesterol levels, diabetes and high blood pressure.		

\*Total number of deaths in 2001, National Vital Statistics Reports, Vol. 52, No. 3, September 18, 2003.

\*\*CDC Wonder

\*\*\*State rankings are 2000 age-adjusted death rates, '2004 Heart and Stroke Statistical Update,' American Heart Association.

\*\*\*\*Centers for Disease Control and Prevention, BRFSS Data, 2001-2002.

\*\*\*\*\*Overweight is defined as having a Body Mass Index (BMI) of 25.0 - 29.9. Obese is defined as having a BMI of 30.0 or more.