The term "heart disease" refers to several types of heart conditions. The most common type in West Virginia is coronary artery disease, also called coronary heart disease, which can cause heart attack, angina, heart failure, and arrhythmias.

The Division of Health Promotion and Chronic Disease (HPCD) works with clinics and health departments throughout the state to raise patient awareness of heart disease related to high blood pressure and prompt conversations with health care providers.

As an extension of care, the patient is referred to a self-management class within their area. During the program, attendees learn to identify risk factors, self-management techniques, physical activity options, nutrition and decision-making skills, the importance of medication adherence and working with the health care provider.

Don't smoke. If you do smoke, get help to stop. Call the West Virginia Tobacco Quitline: 1-866-966-8784

Know your numbers
Normal blood pressure 120 / 80
Normal Body Mass Index 18.5 - 24.9
Normal Blood Sugar 140 mg/dl*  *HbA1c testing and glucose tolerance testing

HPCD works with providers, clinics, and self-management programs to decrease heart disease prevalence and increase quality and coordination of care through...

...screening and referrals
Increase awareness through screening
Improve outcomes by referring for treatment

References:
West Virginia Health Statistics Center, Behavioral Risk Factor Surveillance System, 2013

To learn more about how you can help West Virginia defeat heart disease, contact HPCD at 304-356-4193 or visit our website: www.dhhr.wv.gov/bph.