

Chronic Disease Risk Factors

The Centers for Disease Control and Prevention state that “poor health is not an inevitable consequence of aging.” Promotion and adoption of preventive measures can help reduce the potential for costly health problems, preserve health and improve quality of life.

Chronic Disease Death Rates & Prevalence

	Anne Arundel	Maryland	U.S.
All Causes Mortality*	805.7	789.0	798.8
Heart Disease Mortality*	201.7	205.7	210.3
All Cancer Mortality*	196.0	186.6	183.8
Stroke Mortality	53.7	45.9	46.6
CLRD Mortality*	43.1	34.9	43.2
Diabetes Mortality*	26.0	24.5	24.5
Diabetes Prevalence^	8.2%	7.4%	7.0%

*Age-adjusted (2000) death rates per 100,000 population, 2004-2006;
^2002-2006; U.S. 2005

Risk Factors

	Anne Arundel 2007	Maryland 2006	U.S. 2006
Current Smoking	17.0%	17.7%	20.1%
Obesity	24.3%	27.4%	27.8%
Overweight	39.2%	33.5%	33.9%
No leisure-time physical activity	17.0%	23.0%	24.2%
Fruits/Vegetables 5+ times/day*	30.6%	28.6%	23.2%

*Anne Arundel and Maryland: 2006; U.S.: 2005
Data Source: Maryland Vital Statistics Administration, MD DHMH; Center for Preventive Health Services, MD DHMH; Centers for Disease Control and Prevention; Anne Arundel County, Maryland and National Behavioral Risk Factor Surveillance Systems.