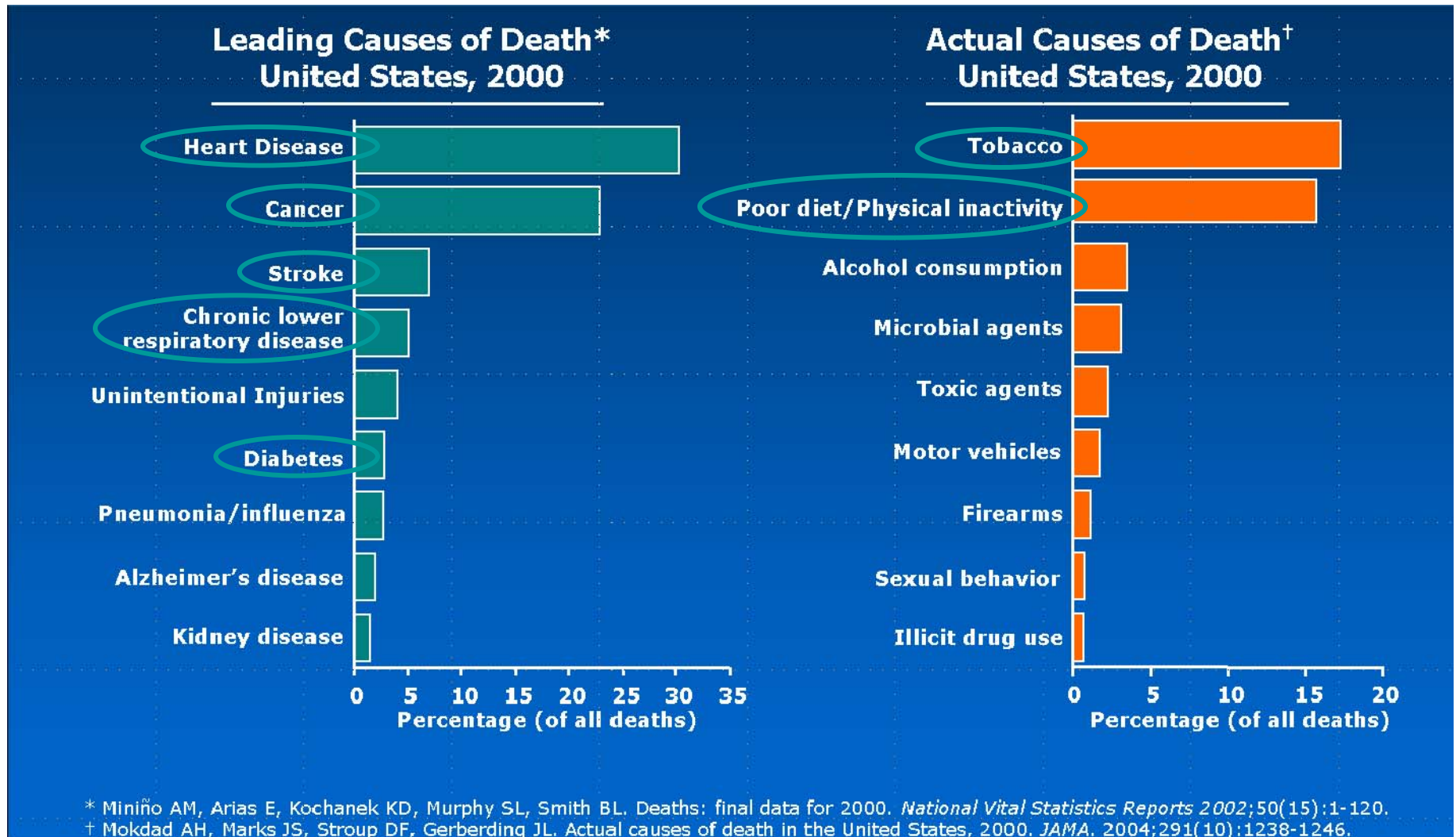


Leading vs. Actual Causes of Death in U.S.



This slide represents findings from a 2000 CDC study that compared leading causes of death (such as heart disease) with actual causes of death...for example, physical inactivity, smoking, or poor diet

The study noted that nearly half of all causes of death that occurred in the United States could be attributed to a handful of largely preventable exposures and behaviors ----such as tobacco use, poor diet, and physical inactivity.

Together, heart disease, cancer, stroke, chronic lower respiratory disease, and diabetes account for two-thirds of all of deaths.

So improving healthy behaviors and healthy living community-wide can play an important role in preventing and reducing the consequences of chronic diseases.

****Note that if the increasing trend of overweight is not reversed over the next few years, poor diet and physical inactivity will likely overtake tobacco as the leading preventable cause of mortality.**

From

Ali H. Mokdad; James S. Marks; Donna F. Stroup; et al.

JAMA. 2004;291(10):1238-1245:

Table 1. Leading Causes of Death in the United States in 2000*

Cause of Death/ No. of Deaths

Heart disease 710,760

Malignant neoplasm 553,091

Cerebrovascular disease 167,661

Chronic lower respiratory tract disease 122,009

Diabetes mellitus 69,301

Data are from Minino et al.

Table 2. Actual Causes of Death in the United States in 1990 and 2000

Actual Cause No. (%) in 2000

Tobacco 435 000 (18.1)

Poor diet and physical inactivity 365,000 (15.2)

Data are from McGinnis and Foege. The percentages are for all deaths.