



# STATE OF CONNECTICUT

DEPARTMENT OF PUBLIC HEALTH

## TESTIMONY PRESENTED BEFORE THE PUBLIC HEALTH COMMITTEE

January 31, 2007

Richard Edmonds, Public Health Initiatives Branch 509-7655

### House Bill 6843 - An Act Concerning Cardiovascular Disease Prevention Programs

---

The Department of Public Health provides the following information with regard to House Bill 6843.

The Department of Public Health appreciates the opportunity to share with the Public Health Committee the following information with regard to House Bill 6843.

Cardiovascular disease is the leading cause of death in Connecticut, accounting for 11,365 Connecticut resident deaths in 2002, or about 38% of all deaths that year. Obesity and cardiovascular disease are directly related. For example, obesity has been found to independently predict coronary atherosclerosis. Obese people have higher rates of left ventricular hypertrophy, right heart changes and systemic hypertension. Co-morbidities relating obesity to coronary heart disease increase as body mass index (BMI) increases.

Almost 60% of Connecticut adults are overweight or obese and nearly one-third of the Nation's children are overweight or obese. Obesity is the second-leading cause of preventable death in the United States after smoking, and accounts for 5.3% of adult medical expenditures across the nation, or an estimated \$75 billion annually in 2003 dollars. \$856 million of adult medical expenses are currently attributable to obesity each year in Connecticut.

Increased physical activity is strongly associated with a decreased risk of a significant number of chronic health conditions including obesity and cardiovascular disease. Almost 50% of Connecticut adults do not meet the national physical activity requirements for good health. This bill, which proposes funding for community level initiatives to enhance and/or increase physical activity opportunities for children and families, is strongly recommended.

Thank you for your consideration of the Department's view on House Bill 6843.

Phone:



Telephone Device for the Deaf: (860) 509-7191

410 Capitol Avenue - MS # \_\_\_\_\_

P.O. Box 340308 Hartford, CT 06134

*Affirmative Action / An Equal Opportunity Employer*