

# research in brief

## **Combating Managerial Heart Disease**

Heart disease is a major problem in this country—being the number one cause of death for people over 65. It has also been determined that 65% of the people who have diagnosed heart disease die within the first year following diagnosis. Here are the 11 recognizable factors, including stress, involved in the reduction of the flow of oxygen to the heart:

1. Present condition of the heart.
2. Gender (men have six times more heart attacks than women).
3. Weight.
4. Cigarette smoking (smokers have twice as many heart attacks as nonsmokers).
5. The amount of exercise.
6. Blood pressure.
7. Nutrition.

8. Metabolism.
9. Heredity.
10. Behavior.
11. Environment (includes stress and anxiety pressure).

The environment pressures can be reduced for employees by using proper management techniques. A personal program can reduce the six controllable factors: weight, smoking, exercising, blood pressure, nutrition, and behavior.

Heart disease today is very expensive. Americans miss over 132 million work days each year due to heart disease and 100,000 managers died in 1977 from heart disease. Hypertension heart disease and coronary heart disease are covered in this paper because managers are prone to these diseases. Coronary heart disease (disorders of coronary arteries) account for 75% of all heart disorders.

The paper sets up a model program on dealing with heart disease for employees in organizations.

*Editor's Note* Managers at all levels of the Extension Service should pay attention to the various factors discussed in this paper and try to control the six risk factors. It would be interesting to see the figures on the numbers of Extension workers with heart disease and those who were able—through self-management—to lower their risk for heart disease and heart attacks.

"Combating Managerial Heart Disease." David Barrack.  
Master's degree professional paper, Colorado State University, Fort Collins, March, 1978.

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