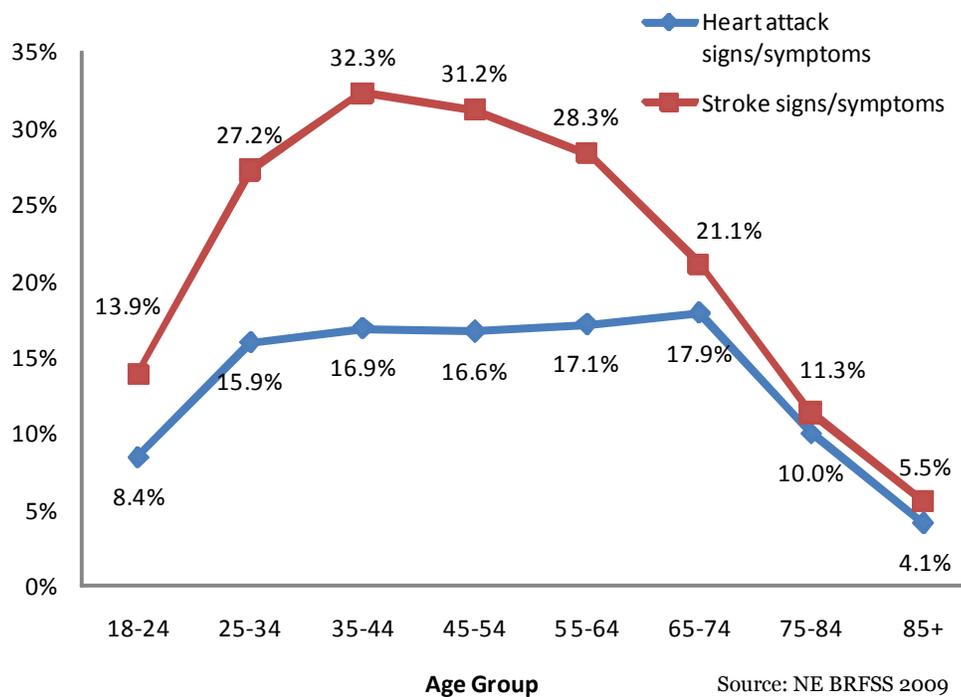


# Signs and Symptoms of Heart Attack and Stroke, 2009

## 2009 Nebraska BRFSS Quick Facts :

- More adults could correctly identify all signs and symptoms of stroke than all signs and symptoms of heart attack.
- The percentage of adults who could correctly identify all signs and symptoms of heart attack or stroke increased from 2003 to 2009.
- Older adults in Nebraska were less likely to correctly identify all heart attack or stroke signs and symptoms than middle-aged and younger Nebraska adults.

**Figure 1: Percentage of Nebraska adults who correctly identified all signs and symptoms of heart attack or stroke, by age group, 2009**



**Table 1: Percentage of Nebraska adults who correctly identified signs or symptoms of heart attack, 2009**

Chest pain or discomfort	94.9%
Pain or discomfort in the arms or shoulder	89.5%
Shortness of breath	89.4%
Feeling weak, lightheaded, or faint	67.5%
Pain or discomfort in the jaw, neck, or back	61.1%

**Table 2: Percentage of Nebraska adults who correctly identified signs or symptoms of stroke, 2009**

Sudden numbness or weakness of face, arm, or leg, especially on one side	96.4%
Sudden confusion or trouble speaking	91.7%
Sudden trouble walking, dizziness, or loss of balance	90.4%
Sudden trouble seeing in one or both eyes	76.5%
Severe headache with no known cause	63.1%

## Nebraska Behavioral Risk Factor Surveillance System

**Heart disease and stroke are the #1 and #4 leading causes of death, respectively, in Nebraska.**

A **heart attack**, also known as a myocardial infarction, occurs when the vessels supplying blood to the heart become blocked. Heart muscle tissue is deprived of oxygen, resulting in tissue death.

A **stroke** occurs when the blood supply to part of the brain is blocked or when a blood vessel in the brain bursts, causing damage to part of the brain. A stroke is sometimes called a brain attack.

Stroke is a leading cause of disability in the United States. New treatments can reduce stroke damage if patients get medical care soon after symptoms begin.

### **Risk factors for coronary heart disease and/or stroke**

- High blood pressure
- Smoking
- Overweight or obesity
- Lack of physical activity
- Gender
- Family history of early heart disease/stroke
- Unhealthy blood cholesterol level
- Diabetes
- Metabolic syndrome
- Age
- Stress



***If you think that you or someone you know is having a heart attack or stroke, you should call 9-1-1 immediately!***

**For more information about the signs and symptoms of heart attack and stroke, contact:**

Cardiovascular Health Program  
301 Centennial Mall South, P.O. Box 95026  
Lincoln, NE 68509-5026  
Phone: 402-471-2101  
Fax: 402-471-6446  
Website: [www.dhhs.ne.gov/cvh](http://www.dhhs.ne.gov/cvh)



### **About the Nebraska Behavioral Risk Factor Surveillance System**

The Nebraska Behavioral Risk Factor Surveillance System (BRFSS) has been conducting surveys annually since 1986 for the purpose of collecting data on the prevalence of major health risk factors among adults residing in the state. Information gathered in these surveys can be used to target health education and risk reduction activities throughout the state in order to lower rates of premature death and disability.

The data presented in this report come from nearly 16,000 landline telephone BRFSS surveys conducted in Nebraska in 2009. Prevalence estimates are based on weighted data rather than raw numbers of responses to a question. The weights adjust for over- or under-sampling of age/gender groups.

**To learn more about the Nebraska Behavioral Risk Factor Surveillance System, or to view additional reports, visit: <http://www.dhhs.ne.gov/brfss>**