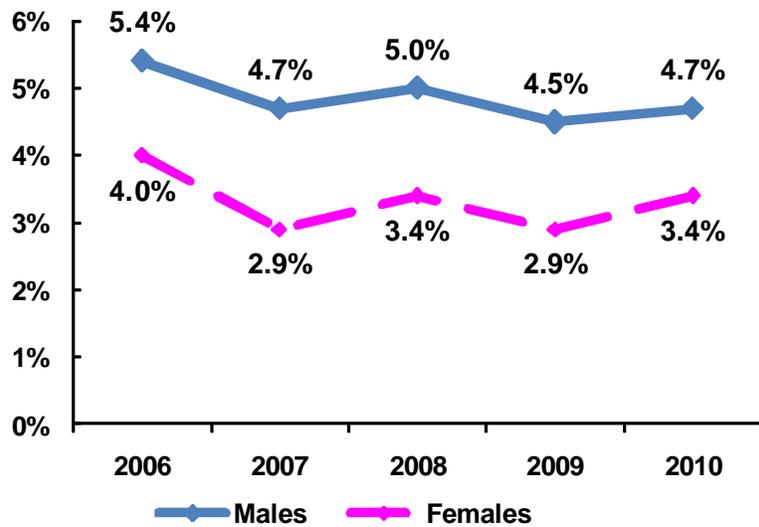


# Coronary heart disease among Nebraska adults, 2010

### 2010 Nebraska BRFSS Quick Facts :

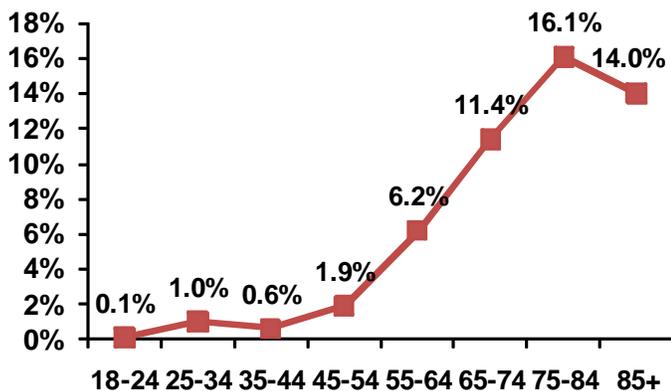
- Overall, the percentage of adults who have coronary heart disease has remained relatively stable over the past five years.
- Males were more likely to have coronary heart disease than females.
- Older Nebraskans were more likely to have coronary heart disease than those who are younger.
- Adults with total household incomes of less than \$25,000 were more likely to have coronary heart disease than those with higher incomes.

Figure 1: Percentage of Nebraska adults who have coronary heart disease, by year and gender, 2006-2010



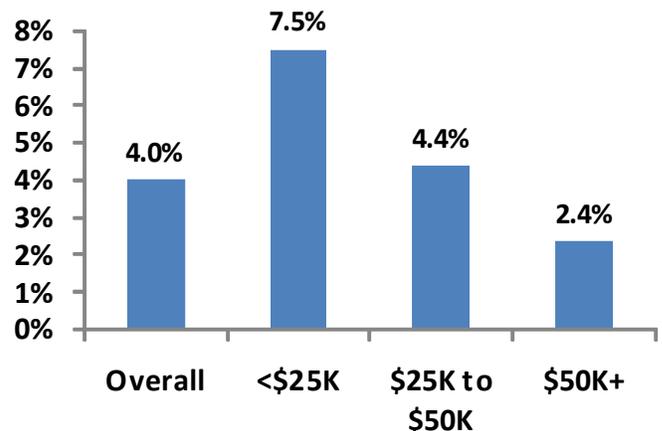
Source: NE BRFSS 2006-10

Figure 2: Prevalence of coronary heart disease among adults, by age group, 2010



Source: NE BRFSS 2010

Figure 3: Prevalence of coronary heart disease among adults, by household income, 2010



Source: NE BRFSS 2010

## Nebraska Behavioral Risk Factor Surveillance System

**Heart disease is the #1 leading cause of death in Nebraska.  
The most common type of heart disease is coronary heart disease.  
Coronary heart disease can lead to a heart attack.**

### Symptoms of a heart attack

- **Chest discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body:** Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath:** Often occurs along with chest discomfort, but it also can occur before chest discomfort.
- **Other symptoms:** May include breaking out in a cold sweat, nausea, or light-headedness.



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

### **Risk factors for coronary heart disease:**

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

**For more information about coronary heart disease, contact:**

Cardiovascular Health Program  
301 Centennial Mall South, P.O. Box 95026  
Lincoln, NE 68509-5026  
Phone: 402-471-2101  
Fax: 402-471-6446



## 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 approximately 16,000 BRFSS landline telephone surveys conducted in Nebraska in 2010. 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 and gender groups.

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