

CVD MODIFIABLE RISK FACTORS

HIGH BLOOD PRESSURE¹

- Approximately 1 in every 4 (26.7%) adults reported being told by a healthcare professional that they had high blood pressure for the years 2007 and 2009 combined.
- Over half (53.4%) of adults age 65 and older had high blood pressure for the years 2007 and 2009 combined.

SMOKING¹

- Approximately 1 in 6 adults (15.8%) reported smoking cigarettes for the years 2007-2010 combined.

HIGH BLOOD CHOLESTEROL¹

- Approximately 1 in every 4 (29.1%) adults had not had a blood cholesterol screening in the past five years for the years 2007 and 2009 combined.
- Of adults that reported having their blood cholesterol checked, more than 1 in every 3 (35.9%) reported being told by a healthcare professional that they had high blood cholesterol for the years 2007 and 2009 combined.
- Half (49.8%) of adults age 65 and older had high blood cholesterol for the years 2007 and 2009 combined.

PHYSICAL INACTIVITY¹

- Almost half (45.1%) did not meet recommended guidelines for physical activity for the years 2007 and 2009 combined.

UNHEALTHY EATING¹

- Approximately 1 in 5 adults (21.9%) consumed five or more servings of fruits and vegetables per day for 2007 and 2009 combined.

OVERWEIGHT & OBESITY¹

- Approximately 2 in 3 adults were overweight (40.3%) or obese (30.4%) for the years 2007-2010 combined.
- Males (80.9%) were significantly more likely to be overweight or obese than females (60.3%) for 2007-2010 combined.

DIABETES¹

- Nearly 1 in 12 (8.5%) adults reported ever being diagnosed with diabetes for 2007-2010 combined.
- Almost 1 out of every 5 adults (19.6%) 65 and older reported ever being diagnosed with diabetes for the years 2007-2010 combined.

MULTIPLE RISK FACTORS¹

- Among adults, more than 9 in 10 (93.5%) had one or more CVD risk factors, approximately 2 in 3 (70.4%) had 2 or more CVD risk factors, and more than 2 in 5 (44.5%) had 3 or more CVD risk factors for 2007 and 2009 combined.

SIGNS & SYMPTOMS

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.

For more information, contact:
David DeVries, Health Surveillance Specialist
Nebraska Heart Disease and Stroke Prevention Program
Nebraska Department of Health and Human Services
david.devries@nebraska.gov
402-471-3279

STROKE

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

REFERENCES

1. Nebraska Behavioral Risk Factor Surveillance System. Year 2010. Nebraska Department of Health and Human Services, Financial Services, Research and Performance Management, Public Health Support Unit.
2. Nebraska Vital Records. Year 2010. Nebraska Department of Health and Human Services, Financial Services, Research and Performance Measurement.
3. Nebraska Hospital Discharge Data. Year 2010.

Department of Health & Human Services



* All information on this fact sheet is for persons that reside in counties served by Central District Health Department.