



# HEART DISEASE MODIFIABLE RISK FACTORS

## HIGH BLOOD PRESSURE<sup>2</sup>

- Approximately 1 in every 4 (28.7%) adults reported being told by a healthcare professional that they had high blood pressure for the years 2007 and 2009 combined.
- Over half (62.5%) of adults age 65 and older had high blood pressure for the years 2007 and 2009 combined.

## SMOKING<sup>2</sup>

- Nearly 1 in 5 adults (18.7%) reported smoking cigarettes for the years 2007-2010 combined.

## HIGH BLOOD CHOLESTEROL<sup>2</sup>

- Approximately 1 in every 3 (39.6%) 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 (37.1%) reported being told by a healthcare professional that they had high blood cholesterol for the years 2007 and 2009 combined.
- Over half (56.9%) of adults age 65 and older had high blood cholesterol for the years 2007 and 2009 combined.

## PHYSICAL INACTIVITY<sup>2</sup>

- 2 in 5 adults (42.6%) did not meet recommended guidelines for physical activity for the years 2007 and 2009 combined.

## UNHEALTHY EATING<sup>2</sup>

- 1 in 5 adults (20.4%) consumed five or more servings of fruits and vegetables per day for 2007 and 2009 combined.

## OVERWEIGHT & OBESITY<sup>2</sup>

- More than 2 in 3 adults were overweight (37.5%) or obese (32.7%) for the years 2007-2010 combined.
- Males (76.0%) were significantly more likely to be overweight or obese than females (64.1%) for 2007-2010 combined.

## DIABETES<sup>2</sup>

- Nearly 1 in 12 (8.4%) adults reported ever being diagnosed with diabetes for 2007-2010 combined.
- 1 out of every 5 adults (21.1%) 65 and older reported ever being diagnosed with diabetes for the years 2007-2010 combined.

## MULTIPLE RISK FACTORS<sup>2</sup>

- Among adults, more than 9 in 10 (94.6%) had one or more CVD risk factors, approximately 3 in 4 (73.6%) had 2 or more CVD risk factors, and more than 2 in 5 (41.3%) 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.

### 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.

For more information, contact:

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Department of Health & Human Services



\* All information on this fact sheet is for persons that reside in counties served by Dakota County Health Department