



Healthy People Build Strong Communities

Heart Attack | Adult

Definition | Percent of adults who reported they ever had a heart attack, also called a myocardial infarction.

Importance | A heart attack occurs when a section of the heart muscle dies or gets damaged because of reduced blood supply. Coronary Artery Disease (CAD) is the main cause of heart attack. A less common cause is a severe spasm of a coronary artery, which also can prevent blood supply from reaching the heart.¹

Where are we | In 2010 in Douglas County, 2.6% of adults reported ever having a heart attack. Douglas County had a lower percent than the state of Kansas and the U.S in 2009 and 2010.

Health Disparities | Among adults in Douglas County in 2009:

- Men were more likely than women to report ever having a heart attack.
- Individuals aged 65 and older were more likely than those aged 45 to 64 to report ever having a heart attack.

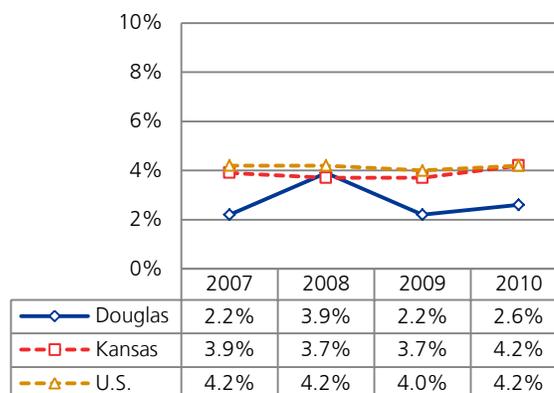
Healthy People 2020 Goal | Not available

Additional Information | In 2008, over 616,000 people died of heart disease. Heart disease caused almost 25% of deaths—almost one in every four—in the United States.¹

Major risk factors for a heart attack that you can control include smoking, overweight and obesity, high blood pressure, high cholesterol, diabetes, an unhealthy diet, and lack of physical activity. Risk factors that you can't control include a family history of early heart disease and increasing age. Talk to your health care provider to find out whether you are at risk.²

Trend Analysis

Percent of adults who reported they ever had a heart attack³

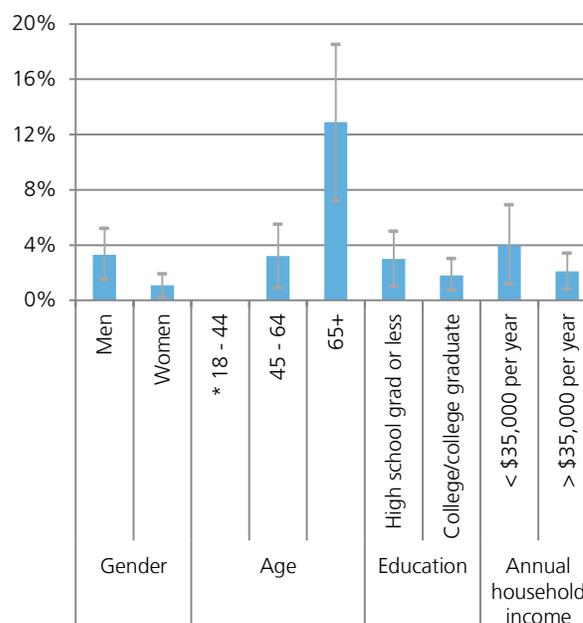


*Behavioral Risk Factor Surveillance Survey sample size was considerably smaller in 2010 as compared to 2009 survey sample.

Disparity Analysis

Percent of adults who reported they ever had a heart attack³

Douglas County, 2009



*Insufficient sample size for age group 18-44

Data Source

¹Centers for Disease Control and Prevention

²U.S Department of Health and Human Services, National Heart, Lung and Blood Institute

³BRFSS, Kansas Department of Health and Environment