

Physical Health Among Florida Adults with Cardiovascular Disease

Florida Department of Health

INTRODUCTION

Heart disease is the leading cause of death in the United States and is a major cause of disability. Almost 700,000 people die of heart disease in the United States each year, which is approximately 29% of all U.S. deaths.^[1]

The Behavioral Risk Factor Surveillance System (BRFSS) is a state-based, random telephone survey of non-institutionalized adults designed to monitor risk behaviors, chronic illness, and access to healthcare. The BRFSS collects data on cardiovascular disease by asking respondents if they were told by a doctor they had a heart attack, coronary heart disease, or a stroke.

The purpose of this report is to compare the physical health status of people with and without cardiovascular disease using 2008 BRFSS data and to report knowledge of the signs and symptoms of heart attack and stroke using 2005 BRFSS data. Prevalence data, behavioral factors related to poor physical health, and information on cardiovascular disease management are provided to create a more comprehensive snapshot of the burden of cardiovascular disease in Florida. Poor physical health is defined as respondents who reported that their physical health was not good on 14 or more days during the past 30 days. Good physical health is defined as respondents who reported that their physical health was not good on less than 14 days during the past 30 days. In 2008, Florida BRFSS surveyed 10,874 adults statewide. Among the respondents, 1,602 reported having cardiovascular disease. In 2005, Florida BRFSS surveyed 8,190 adults statewide and 1,016 respondents reported having cardiovascular disease. BRFSS survey data are adjusted, or “weighted,” so that the resulting estimates can be generalized to all Florida adults.

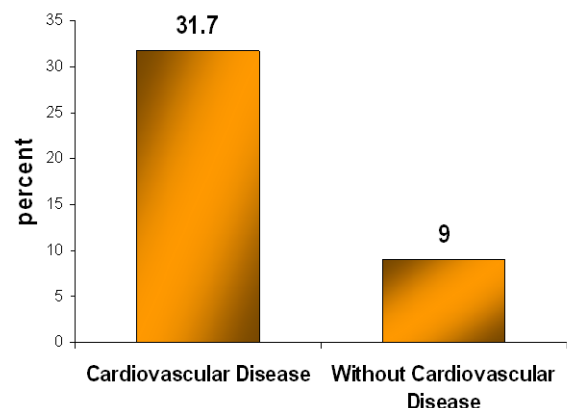
RESULTS

1. Prevalence of Poor Physical Health by Cardiovascular Disease Status

The prevalence of poor physical health was 3.5 times higher among adults with cardiovascular disease (31.7%) compared to their counterparts without cardiovascular disease (9.0%). (Figure 1)

On average, adults with cardiovascular disease experienced 9.5 days in which their physical health was not good during the past 30 days compared to an average

Figure 1. Prevalence of Poor Physical Health by Cardiovascular Disease Status, Florida 2008



of three days among adults without cardiovascular disease.

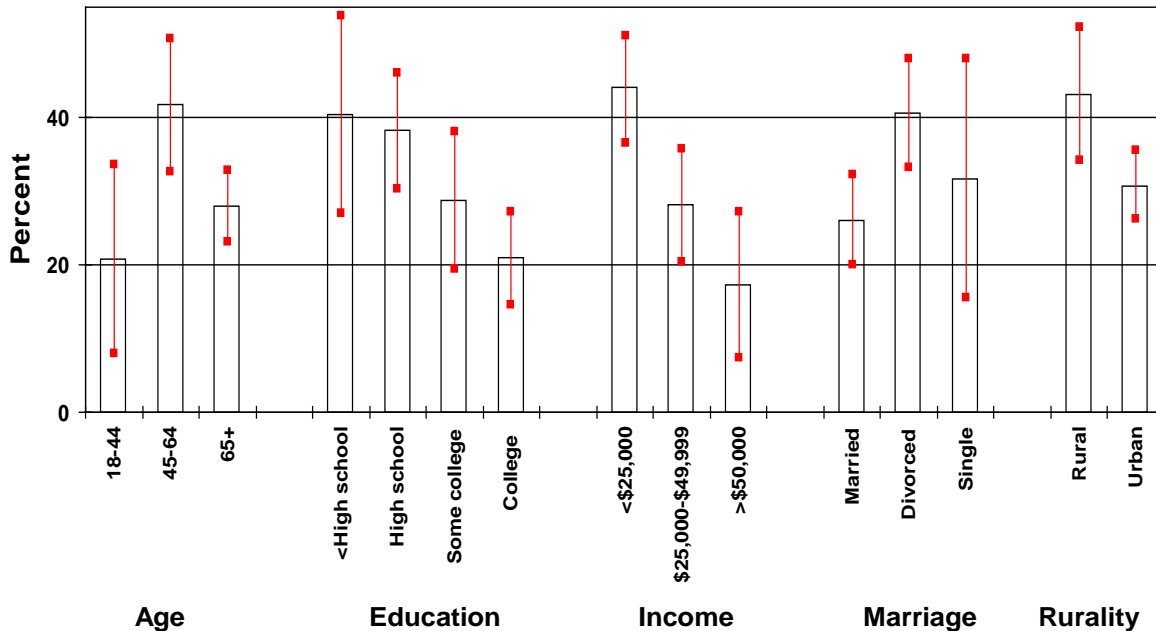
2. Prevalence of Poor Physical Health Among People with Cardiovascular Disease (Figure 2 and Table 2)

Compared to their counterparts, the prevalence of poor physical health among people with cardiovascular disease was higher among:

- Adults 45- to 64-years-old (42%).
- Adults with less than a high school education (41%).
- Adults with annual household incomes less than \$25,000 (44%).
- Adults who were formerly married (including divorced, widowed, and separated) (41%).
- People who live in rural areas (43%).

There were no statistically significant differences in the prevalence of poor physical health among adults with cardiovascular disease by sex and race/ethnicity. In addition, the proportion of adults with less than a high school education who had poor physical health was statistically significantly higher than that of adults with a college degree, and was significantly higher among adults who were divorced, widowed, or separated compared to married adults.

Figure 2. Prevalence of Poor Physical Health Among Florida Adults With Cardiovascular Disease, 2008

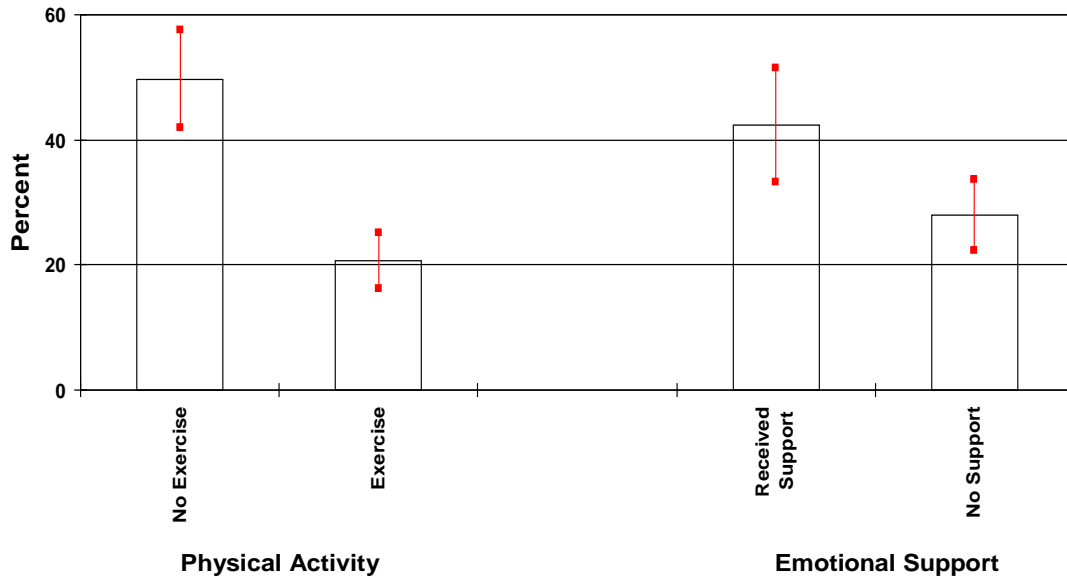


3. Behavioral Factors and Poor Physical Health Among Adults with Cardiovascular Disease (Figure 3 and Table 3)

Among adults with cardiovascular disease, the prevalence of poor physical health was higher among:

- Those who did not engage in any exercise or physical activity (50%) than among those who participated in some exercise (21%).
- Adults who did not receive emotional support (42%) than among people who received emotional support (28%).

Figure 3. Prevalence of Poor Physical Health by Behavioral Factors Among Florida Adults With Cardiovascular Disease, 2008



4. Cardiovascular Disease and Complications

2008 BRFSS data showed that among adults with cardiovascular disease, 57% were told by doctors that they had a heart attack, 53% had coronary heart disease, 32% had a stroke, and 71% were overweight or obese.

5. Knowledge of Heart Attack and Stroke

The 2005 BRFSS survey asked respondents about their knowledge of the signs and symptoms of a heart attack and a stroke. These questions were not included in subsequent questionnaires. Table 1 shows the prevalence of knowledge of heart attack and stroke signs and symptoms among adults with cardiovascular disease by physical health status. The majority of adults with cardiovascular disease correctly identified the signs and symptoms of heart attack and stroke, as well as how to seek aid by calling 911. Among adults with cardiovascular disease, the proportion correctly identifying cardiovascular disease signs and symptoms was not statistically significantly different between those with poor physical health and good physical health, except more adults with poor physical health than adults with good physical health recognized that the following were symptoms of a heart attack:

- Chest pain or discomfort (97% vs. 90%).
- Experiencing sudden trouble seeing in one or both eyes (43% vs. 31%).
- Pain or discomfort in the arms or shoulder (94% vs. 85%)

Reference

1. American Heart Association. 2005. Heart Disease and Stroke Statistics – 2005 Update. Dallas, TX: American Heart Association.

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Table 1: Prevalence of Knowledge of Heart Attack and Stroke Signs and Symptoms Among People With Cardiovascular Disease by Physical Health Status, Florida 2005

	Total	Poor physical health	Good physical health	
Heart Attack				
Pain in jaw, neck, back	67.8	73.2	65.9	
Feeling weak	66.3	70.9	63.7	
Chest pain	91.9	96.7	89.7	†
Sudden trouble seeing	35.4	43.4	31.2	†
Pain in arms	88.0	93.8	84.9	†
Shortness of breath	88.4	88.6	87.9	
Stroke				
Sudden trouble speaking	93.2	94.9	92.1	
Sudden numbness of face, arm	94.7	96.9	93.5	
Sudden trouble seeing	80.5	80.9	80.1	
Sudden chest pain	49.7	56.5	46.3	
Sudden trouble walking	90.8	92.2	90.1	
Severe headache	78.5	81.2	76.4	
First Aid				
Transport to the hospital	7	5.0	8.2	
Call 911	86	86.5	85.4	
Call doctor, family, others	6.8	8.5	6.4	

† p_value less than 0.05

Table 2: Prevalence of Poor Physical Health Among Florida Adults With Cardiovascular Disease, 2008

	Prevalence	95% C.I.		
Total	31.7	27.2	36.2	
Sex				
Male	30.5	23.9	37.0	
Female	33.2	27.4	39.1	
Race/Ethnicity				
Non-Hispanic whites	29.2	25.1	33.4	
Non-Hispanic blacks	46.5	25.9	67.1	
Hispanic	32.7	16.6	48.8	
Age				†
18-44	20.7	7.9	33.6	
45-64	41.7	32.7	50.7	‡
65+	27.9	23.1	32.8	
Education				†
<High school	40.5	27.0	53.9	‡
High school	38.2	30.4	46.0	
Some college	28.7	19.5	38.0	
College	20.9	14.5	27.2	‡
Household Income				†
<\$25,000	44.1	36.6	51.2	‡
\$25,000-\$49,999	28.1	20.4	35.8	
>\$50,000	17.3	7.4	27.3	
Marital Status				†
Married	26.1	20.1	32.2	‡
Divorced, widowed, separated	40.6	33.3	48.0	‡
Single	31.7	15.5	48.0	
Region				†
Rural	43.2	34.2	52.2	
Urban	30.8	26.2	35.5	

Table 3. Prevalence of Poor Physical Health Among Florida Adults With Cardiovascular Disease by Behavioral Factors, 2008

	Prevalence	95% C.I.		
Exercise				†
No exercise	49.7	41.9	57.5	
Exercise	20.7	16.2	25.2	
Cigarette Smoking				
Current smoker	34.7	25.1	44.5	
Not current smoker	31.1	26.1	36.1	
Body Weight				
Overweight or obese	33.4	27.8	39.0	
Normal weight	26.2	19.1	33.3	
Receiving Emotional Support				†
No	42.4	33.3	51.5	
Yes	28.0	22.3	33.6	

† p_value less than 0.05

‡ p_value for pairwise comparison two-tailed t-test less than 0.05