



AWARENESS OF HEART ATTACK SYMPTOMS AMONG ADULTS IN ARKANSAS, 2007



In Arkansas, only 1 in 5 African American adults knows the symptoms of a heart attack.

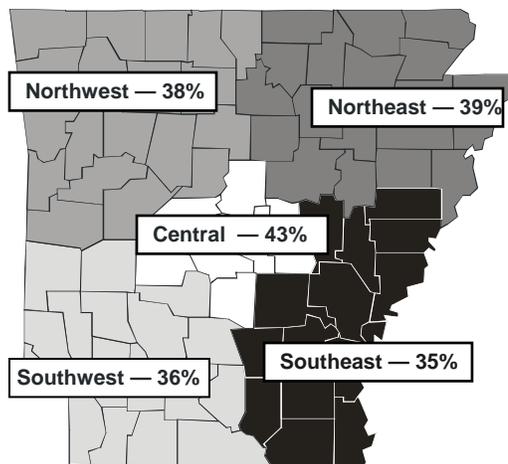
Arkansas Behavioral Risk Factor Surveillance System

KNOWING THE SYMPTOMS OF A HEART ATTACK

- ◆ The most common symptoms of a heart attack include: pain or discomfort in the jaw, neck or back; feeling weak, lightheaded, or faint; chest pain or discomfort; pain or discomfort in the arms or shoulder; and shortness of breath.
- ◆ According to the Centers for Disease Control and Prevention, heart attack victims have a better chance of surviving if their symptoms are recognized and emergency medical treatment begins early.
- ◆ Only 39% of Arkansas adults correctly identified the most common symptoms of a heart attack.

PUBLIC HEALTH REGION

The map to the right shows the percent of adults who know the symptoms of a heart attack by public health region in Arkansas.

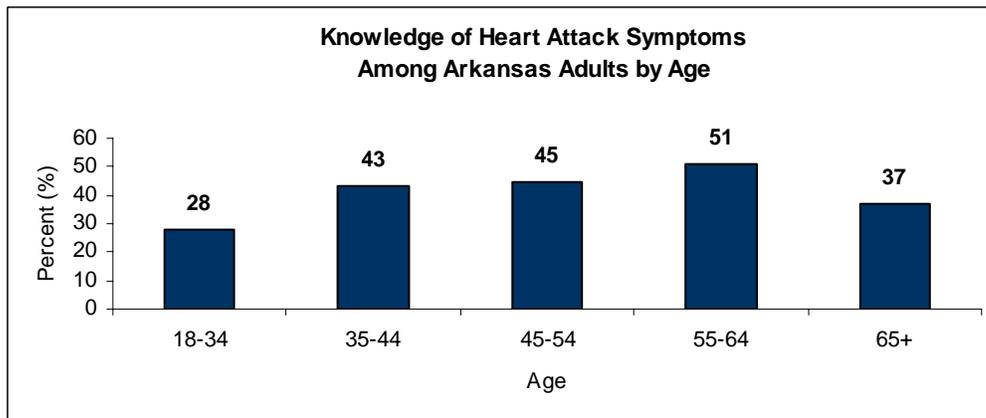


RACE/ETHNICITY

African American adults (21%) are less likely to know the symptoms of a heart attack compared to white adults (42%).

AGE

Knowledge of heart attack symptoms vary by age, as shown in the graph below.

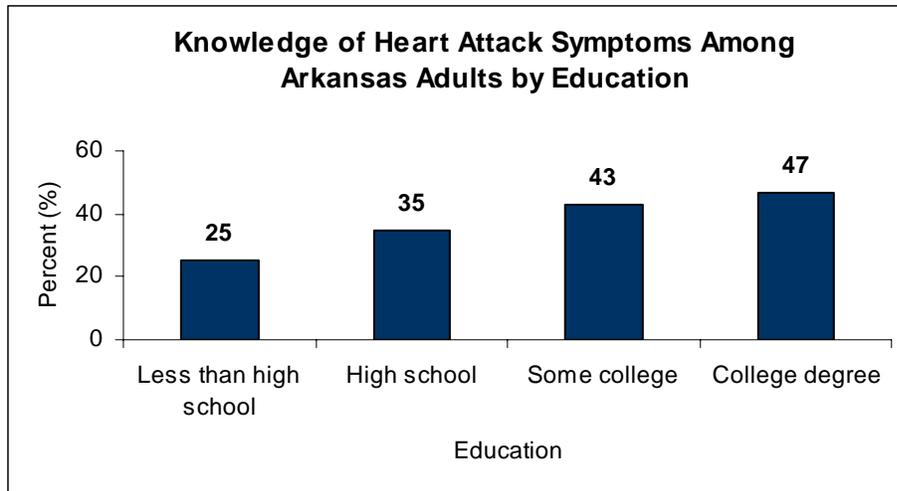


GENDER

Among adults in Arkansas, women are more likely (45%) to know the symptoms of a heart attack compared to men (33%).

EDUCATION

Adults who have attended college are more likely to know the symptoms of a heart attack.



In Arkansas, only 1 in 3 men knows the symptoms of a heart attack.

METROPOLITAN VS. NON-METROPOLITAN*

In Arkansas, knowledge of heart attack symptoms are similar in metropolitan (39%) and non-metropolitan areas (39%).

WHAT SHOULD YOU DO?

Adults in Arkansas said they would do the following if they thought someone was having a heart attack or stroke:

10% would take them to the hospital.

1% would tell them to call their doctor.

84% would call 911.

1% would call their spouse or family member.

4% would do something else.

If you think someone is having a heart attack, call 911.

*Metropolitan areas of Arkansas include center cities, counties containing center cities, and suburban counties. Any areas outside of metropolitan areas are considered non-metropolitan.

For more information, visit <http://brfss.arkansas.gov>