

Cabinet for Health and Family Services | Department for Public Health  
 Kentucky Heart Disease & Stroke Prevention Program  
 Cardiovascular Disease & Stroke Risk Factors Fact Sheet

Would call 9-1-1 as first response if Heart Attack or Stroke is suspected – 84.6%

CVD Risk Factors, Kentucky – 2009

<b>Diabetes</b>	<i>Estimated Cases</i>	<i>Prevalence (%)</i>	<b>Current Smoker</b>	<i>Estimated Cases</i>	<i>Prevalence (%)</i>
<b>Total</b>	378,000	11.5	<b>Total</b>	837,800	25.6
Male	187,200	11.8	Male	428,200	27.0
Female	190,800	11.2	Female	409,600	24.2
White	310,400	10.7	White	713,100	24.7
African American	35,200	21.5	African American	48,000	29.0
<b>High Blood Cholesterol</b>	<i>Estimated Cases</i>	<i>Prevalence (%)</i>	<b>Poor Nutrition</b>	<i>Estimated Cases</i>	<i>Prevalence (%)</i>
<b>Total</b>	1,110,400	41.6	<b>Total</b>	2,476,600	78.9
Male	524,200	42.3	Male	1,234,300	82.3
Female	586,200	41.0	Female	1,242,200	75.8
White	988,000	41.7	White	2,199,200	79.3
African American	44,000	36.2	African American	122,100	78.1
<b>High Blood Pressure</b>	<i>Estimated Cases</i>	<i>Prevalence (%)</i>	<b>Physical Activity</b>	<i>Estimated Cases</i>	<i>Prevalence (%)</i>
<b>Total</b>	1,192,900	36.4	<b>Total</b>	2,308,200	70.3
Male	602,800	38.0	Male	1,149,800	72.5
Female	590,000	34.8	Female	1,158,400	68.3
White	1,036,500	35.9	White	2,033,300	70.3
African American	75,400	45.6	African American	122,500	74.0
<b>Obesity</b>	<i>Estimated Cases</i>	<i>Prevalence (%)</i>	<b>Youth Risk Factors</b>	<i>KY</i>	<i>US</i>
<b>Total</b>	1,015,400	32.4	Current Smokers <sup>1</sup>	26.1	19.5
Male	378,300	34.4	Obesity <sup>2</sup>	17.6	12.0
Female	654,100	30.4	Physical activity <sup>3</sup>	38.9	37.0
White	931,500	32.0	Fruits & Veg. <sup>4</sup>	14.2	22.3
African American	36,000	45.2			

Recognition of CVD & Stroke Symptoms, Kentucky – 2009

<i>Heart Attack</i>	<i>% Recognizing Symptoms</i>	<i>Stroke</i>	<i>% Recognizing Symptoms</i>
Pain or Discomfort in jaw, neck or back	71.8	Sudden confusion or trouble speaking	96.9
Feeling weak, lightheaded or faint	80.4	Sudden numbness of face, arms, legs	97.9
Chest pain or discomfort	96.4	Sudden trouble seeing in one or both eyes	90.6
Sudden trouble seeing in one or both eyes	48.6	Sudden chest pain or discomfort	47.1
Pain or discomfort in arms or shoulders	93.8	Sudden trouble walking, dizziness	95.6
Shortness of breath	93.3	Severe headache with no known cause	83.8
Recognizes all heart symptoms	15.3	Recognizes all stroke symptoms	22.9

<sup>1</sup> Percentage of students who smoked cigarettes on at least 1 day during the 30 days before the survey

<sup>2</sup> Obese >95<sup>th</sup> percentile for BMI Age/Sex

<sup>3</sup> Percent of students that were physically active at least 60 minutes per day on five or more of the 7 days before the survey

<sup>4</sup> Ate fruits and vegetables more than 5 times/day

