

**Behavioral Risk Factor Surveillance System
Selected Chronic Disease and Risk Factors
2005**

Chronic Disease / Risk Factor	Missouri Weighted Crude (%)	Gender		Age Groups		
		Male (%)	Female (%)	45-54 (%)	55-64 (%)	65+ (%)
Chronic Disease						
Myocardial Infarction (MI) or heart attack	5.2	6.4	4.1	3.7	8.3	15.6
Coronary Heart Disease (CHD) or angina	4.8	5.6	4.1	3.3	9.1	14.5
Stroke*	3.4	3.1	3.6	2.1	5.3	11.4
Diabetes	7.7	7.8	7.7	8.0	14.0	16.2
Asthma (current)	9.0	6.7	11.2	6.5	10.7	7.7
Arthritis (some form of)	32.1	28.0	35.9	36.6	48.7	59.8
Cancer	7.7	5.7	9.5	4.5	11.1	21.2
Risk Factor						
High blood pressure	27.3	28.0	26.6	28.5	41.7	54.8
High blood cholesterol (those who have had cholesterol checked in past 5 yrs)	40.1	40.2	40.0	40.4	53.4	56.2
Current smoking	23.4	24.9	22.0	28.9	23.5	9.2
Physical inactivity	25.4	23.9	26.8	26.2	32.0	34.7
Overweight	37.0	43.4	30.8	38.7	37.8	42.3
Obesity	26.9	27.8	26.0	33.1	33.4	21.6
Less than 5 fruits and vegetables daily	77.4	81.6	73.5	79.4	78.8	70.6
No health insurance	12.9	16.4	9.6	11.4	8.8	1.4

*May be an under estimation of the percentage of Missouri residents who have had a stroke because telephone survey does not include individuals in nursing homes or other institutions.

**Behavioral Risk Factor Surveillance System
Signs and Symptoms of Heart Attack and Stroke; Call 9-1-1
2005**

Knowledge of Signs and Symptoms	Missouri Weighted Crude (%)	Gender		45-54 (%)	Age Groups	
		Male (%)	Female (%)		55-64 (%)	65+ (%)
Heart Attack						
Pain or discomfort in jaw, neck or back	62.6	53.4	71.0	69.4	73.8	74.6
Feeling weak, lightheaded or faint	76.4	73.3	79.3	78.2	72.1	67.3
Chest pain or discomfort	97.3	96.5	98.0	97.2	97.7	93.7
Pain or discomfort in arms or shoulders	93.1	91.3	94.8	94.8	95.8	88.9
Shortness of breath	89.2	86.3	91.9	92.4	92.0	86.9
Stroke						
Sudden confusion or trouble speaking	95.0	92.5	97.3	96.6	98.0	93.2
Sudden numbness or weakness of face, arm, or leg, especially on one side	97.4	96.3	98.4	97.7	99.1	97.2
Sudden trouble seeing in one or both eyes	86.1	83.9	88.1	88.4	88.5	78.2
Sudden trouble walking, dizziness, or loss of balance	92.9	91.5	94.3	94.6	96.0	86.3
Sudden severe headache with no known cause	72.3	66.9	77.3	75.0	77.5	71.7
Call 9-1-1						
Would call 9-1-1 first if thought someone was having a heart attack or a stroke	86.2	84.5	87.7	86.1	85.9	83.4