

CATRAC- 11 County Capital Area

Recognition of Heart Attack Symptoms ¹ (2005)		
Heart Attack Symptoms	% Of Respondents Recognizing Symptoms	
	TSA O	Texas
Pain or discomfort in jaw, neck or back	42.7	39.3
Feeling weak, lightheaded, or faint	60.4	54.1
Chest pain or discomfort	91.2	86.5
Pain or discomfort in the arms or shoulders	83.3	78.4
Shortness of breath	83.0	79.0
<i>Recognizes all heart attack symptoms</i>	12.1	8.9
Would call 911 as a first response if Heart Attack OR Stroke is suspected	85.5	85.1

¹ 2005, 2006, 2007 and 2008 Texas Behavioral Risk Factor Surveillance System, Statewide BRFSS Survey, for Respondents 18 years and older who report that they have been diagnosed with high Blood Pressure, but not during pregnancy; Respondents 18 years and older who report that they have been diagnosed with high Blood Cholesterol; Respondents 18 years and older who report that they have been diagnosed with Diabetes. Does not include gestational diabetes

² Obese > 95th Percentile for BMI by Age/Sex <http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?ByVar=C1&cat=6&quest=Q80&loc=XX&year=2007>

³ Recommendation: Physical Activity - Percentage of students who were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on five or more of the 7 days before the survey <http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?ByVar=C1&cat=6&quest=Q80&loc=XX&year=2007>

The "" indicates that the sample size was not a statistically valid sample size (< 50 respondents).

Table 1. Percentage of adults recognizing heart attack symptoms by selected characteristics, Texas and Texas Trauma Service Area (TSA)O , 2001,2003 and 2005

Characteristic	Pain or Discomfort in Jaw, Neck, or Back (%)	Weakness, Lightheaded , Faint (%)	Chest Pain or Discomfort (%)	Trouble Seeing with One or Both Eyes (incorrect symptoms) (%)	Pain or Discomfort in the Arms or Shoulder (%)	Shortness of Breath (%)	Recognizes All Symptoms of a Heart Attack
TSA O	44.0	66.5	92.1	33.4	86.0	84.9	10.6
Male	36.4	66.7	89.7	31.7	81.0	82.5	8.2
Female	52.0	66.4	94.6	35.2	91.2	87.4	13.1
18-29	27.5	68.4	93.1	38.4	78.1	81.4	4.8
30-44	40.0	71.8	90.6	38.5	87.4	87.8	10.5
45-64	58.7	65.3	94.9	29.4	90.8	84.5	14.6
65+	50.8	51.9	86.3	18.9	85.5	84.3	13.2
White	49.6	71.0	95.8	31.0	91.5	87.2	13.4
African Americans	35.9	58.2	84.2	34.8	78.2	80.1	7.2
Hispanic	29.6	53.6	82.3	40.8	74.0	78.1	3.6
Other	*	*	*	*	*	*	

No data report on sample size less than 50

Note: All reported rates are weighted for Texas demographics and the probability of selection

Table 1. Percentage of adults recognizing heart attack symptoms by selected characteristics, Texas and Texas Trauma Service Area O, 2001, 2003 and 2005

- More than half of the heart disease deaths occur before patients reach a hospital, clinic or other medical facility.
- Early recognition and calling 911 increase the likelihood of immediate emergency response and timely medical care that can reduce disability and death.
- The 2001, 2003, and 2005 BRFSS combine data shows, only 9.1% of Texas adults were able to identify all symptoms of heart attack and 10.5% were able to recognize all symptoms of heart attack by Trauma Service Area (TSA) O (Table 1). Eighty-five percent of Texas adults identified 911 as the first emergency response for heart attack and stroke (Table 2).
- Some differences were seen in recognition of heart attack or stroke symptoms by gender, race, and education level. Generally, there was less recognition of all heart attack symptoms by men, African Americans, Hispanics (Table 1). African American, Hispanic and older age group (65 years and older) had a lower percentage of recognition of all heart attack symptoms (Table 1).

**Table 2. First Thing to Do When Someone Has a Heart Attack or Stroke
For Texas and TSA O Areas
Adults Ages 18 Years and Over
Texas BRFSS, 2001, 2003, and 2005 Combined**

Characteristic	Take them to the hospital	Tell them to call their doctor	Call 911	Call their spouse or family member	Do something else
	Percent (%)	Percent (%)	Percent (%)	Percent (%)	Percent (%)
TSA O	7.0	0.3	88.3	0.6	3.8
Male	8.8	0.5	86.1	1.1	3.5
Female	5.1	0.0	90.6	0.1	4.2
Age					
18-29	13.0	0.3	83.4	1.0	2.2
30-44	6.9	0.1	89.0	0.3	3.7
45-64	3.6	0.0	90.4	0.4	5.6
65+	4.0	1.4	90.3	1.1	3.2
Race					
White	7.2	0.0	89.1	0.3	3.4
African Americans	2.8	3.1	81.3	5.0	7.7
Hispanic	9.0	0.4	87.6	0.6	2.4
Other	*	*	*	*	*
No data report on sample size less than 50					
Survey Question: If you thought someone was having a heart attack or a stroke, what is the first thing you would do?					

Table 2. First Thing to Do When Someone Has a Heart Attack or Stroke

Texas and Texas Trauma Service Area (TSA) O, 2001, 2003 and 2005

- In Texas overall, most people, more than 85%, indicated they would call 911 when they thought someone was having a heart attack or stroke: 8.2% indicated they would take them to the hospital; around 4.6 % said they would do something else; 1.1% said respondents would them to call their doctor; and 0.9% indicated they would call their spouse or family member (Table 2).
- For the TSA O, most people, more than 88.3%, indicated they would call 911 when they thought someone was having a heart attack or stroke; 7.0% indicated they would take them to the hospital; around 3.8 % said they would do something else; 0.3% said they would tell them to call their doctor and 0.6% indicated they would call their spouse or family member (Table 2).

Prepared by: Weihua Li, MD, MPH, MS Epidemiologist
Adult Health and Chronic Disease MC 1945