

# Cruising the Heart Highway



Heart Disease & Stroke  
Prevention Program  
Utah Department of Health



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**Heart Disease & Stroke**



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## Information, Statistics & Heart Healthy Facts

The Center for Health Data in the Utah Department of Health maintains a Web site that provides information on the health status of Utahns, the state of the health care system, and Utah public health activities. You can access published reports, dynamic indicator (an indicator is a characteristic of a population which is measured and can be used to describe one or more aspects of the health of a population) profiles, and even query health data directly. Go to <http://ibis.health.utah.gov/> for more information.

### Heart Disease and Stroke in Utah

Heart Disease is the No. 1 killer in Utah. In 2002, Heart Disease and stroke killed 11 Utahns every day or one Utahn every 2 hours.

Heart Disease and Stroke kill more Utahns than the next three causes of death combined.

More Utah women than men die from a stroke.

In 2002 Hospitalization costs of Heart Disease and Stroke were more than \$410 Million. Medicare, Medicaid or other Government programs paid for 66% (\$271 Million) of the costs.

32% of Utahns who are hospitalized for Heart Attack have an adverse outcome (i.e. Death, Long Term or Other Care).

32% of Utah deaths are a result of Heart Disease or Stroke .

Every half hour someone in Utah will be hospitalized for a Heart Disease or Stroke related illness.

### Are you at risk?

13% of Utahns are smokers, putting them at increased risk of heart attack and stroke.

Almost 22% of Utah's population have been told they have high cholesterol.

High blood pressure is more common in women taking oral contraceptives, especially in obese and older women, than in women not taking them.

The risk for Heart Disease and Stroke among people with diabetes is 2-4 times higher than that for those without diabetes.

54.1% of Utahns are overweight or obese.



School  
Information

## Signs and Symptoms of a Heart Attack

Not all heart attacks are sudden and intense, such as the “movie heart attack,” during which someone dramatically gasps, clutches her heart and drops to the ground. Most heart attacks start slowly, with mild pain or discomfort. These signs can mean a heart attack is happening:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. In women, symptoms are more likely to include nausea. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath. This often comes along with chest discomfort, but it can occur before the chest discomfort.

Other signs: These may include breaking out in a cold sweat, nausea or lightheadedness.

[Click here for more information on Heart Attack Signs and Symptoms.](#)

[Click here for Signs and Symptoms of a Stroke.](#)

Sources: *Utah Hospital Discharge Database 2002.*

*Utah Mortality Query System 2002.*

*Utah Office of Vital Records 1999 – 2002.*

*Utah Behavioral Risk Factor Surveillance System 1999 – 2002.*

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

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