BRFSS Brief

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual statewide telephone survey of adults developed by the Centers for Disease Control and Prevention and administered by the New York State Department of Health. The BRFSS is designed to provide information on behaviors, risk factors, and utilization of preventive services related to the leading causes of chronic and infectious diseases, disability, injury, and death among the noninstitutionalized, civilian population aged 18 years and older.

Cardiovascular Disease
New York State Adults, 2014

Introduction and Key Findings

Cardiovascular disease (CVD) is a group of diseases involving the circulatory system and includes stroke and heart disease. Heart disease and stroke are major causes of disability. CVD is the leading cause of death in New York State (NYS), accounting for almost 40 percent of all deaths statewide[1,2]; it is also the leading cause of preventable death in people less than 65 years of age.[3] **Coronary heart disease** (CHD), the most common type of CVD, occurs when plaque builds up and narrows the arteries that supply blood to the heart. **Heart attack** (also called acute myocardial infarction) occurs when an artery becomes completely blocked, resulting in lack of blood flow to the heart. **Angina** refers to pain or discomfort in the chest that occurs when some part of the heart does not receive enough blood and is a common symptom of CHD. **A stroke** (cerebrovascular disease) occurs when a clot blocks the blood supply to the brain or when a blood vessel bursts causing internal bleeding in the brain.

Never starting to smoke or quitting, being physically active, eating well, and being tested and treated for high blood pressure, elevated cholesterol and diabetes are all actions that can prevent CVD.
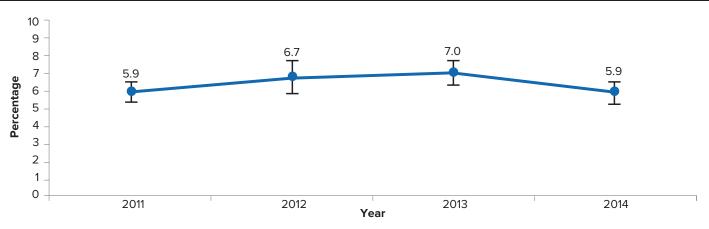
Key Findings

An estimated 1,142,000 adults (7.4%) in NYS reported they have had a heart attack, angina/CHD, or stroke. The proportion of adults reporting a heart attack, angina/CHD or stroke significantly increased for each decade of life; for those aged 65 and older, one out of five New Yorkers reported having had some type of CVD (20.9%). Men, adults with less than a high school education, and adults with Medicare were more likely to report a heart attack, angina/CHD or stroke than women, adults with a high school education or more, and adults with health care coverage types other than Medicare. The prevalence of cardiovascular disease reported among adults living with disabilities (17.9%) was almost four times greater than the prevalence reported among adults living without disabilities (4.6%).

BRFSS questions

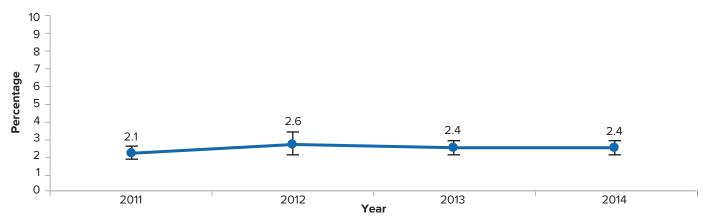Has a doctor, nurse, or other health professional ever told you that you had any of the following?

1. [Ever told] you had a heart attack, also called a myocardial infarction?

2. [Ever told] you had angina or coronary heart disease?

3. [Ever told] you had a stroke?

Figure 1. Prevalence of heart attack or angina/CHD among New York State adults, by BRFSS survey year
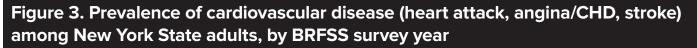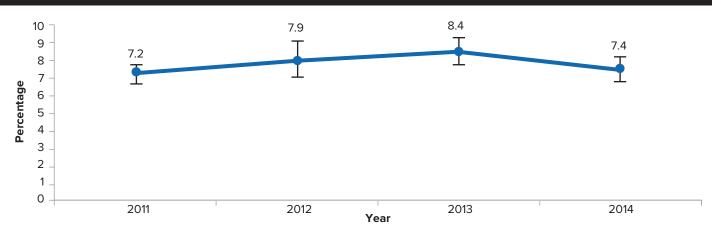

Note: Error bars represent 95% confidence intervals

Figure 2. Prevalence of stroke among New York State adults, by BRFSS survey year

Note: Error bars represent 95% confidence intervals

Figure 3. Prevalence of cardiovascular disease (heart attack, angina/CHD, stroke) among New York State adults, by BRFSS survey year

Note: Error bars represent 95% confidence intervals

History of cardiovascular disease (self-reported heart attack, angina/CHD, or stroke) among New York State adults:[a] 2014 BRFSS

	Heart Attack		Angina/CHD		Heart Attack, Angina/CHD		Stroke		Heart Attack, Angina/CHD, or Stroke	
	%[b]	95% CI[b]	%	95% CI	%	95% CI	%	95% CI	%	95% CI
New York State (NYS) [n=6,865]	3.8	3.3-4.3	4.2	3.6-4.9	5.9	5.2-6.5	2.4	2.0-2.8	7.4	6.7-8.1
Sex										
Male	5.0	4.2-5.9	5.3	4.4-6.2	7.3	6.3-8.4	2.3	1.7-2.9	8.6	7.6-9.7
Female	2.6	2.1-3.2	3.1	2.5-3.8	4.5	3.8-5.3	2.5	1.9-3.0	6.2	5.3-7.1
Age (years)										
18-24	*	—	*	—	*	—	*	—	*	—
25-34	*	—	*	—	*	—	*	—	*	—
35-44	*	—	*	—	1.9	0.7-3.0	*	—	2.5	1.1-3.8
45-54	3.5	2.2-4.7	3.3	2.1-4.4	4.7	3.3-6.1	1.7	0.8-2.6	6.0	4.4-7.6
55-64	5.2	3.6-6.7	5.3	3.9-6.8	8.0	6.2-9.8	3.1	2.0-4.2	9.8	7.8-11.7
65+	10.7	9.0-12.5	12.5	10.7-14.4	16.9	14.8-19.0	7.0	5.6-8.4	20.9	18.7-23.1
Race/ethnicity										
White, non-Hispanic	4.1	3.5-4.7	4.9	4.2-5.6	6.6	5.8-7.4	2.6	2.1-3.1	8.4	7.5-9.3
Black, non-Hispanic	3.1	1.8-4.5	3.6	2.1-5.1	5.0	3.3-6.6	2.4	1.4-3.4	6.0	4.3-7.8
Hispanic	3.6	2.1-5.0	3.5	2.1-4.8	5.5	3.7-7.3	1.9	0.8-2.9	6.4	4.5-8.3
Other, non-Hispanic	3.2	1.4-5.0	2.7	1.0-4.5	4.1	2.1-6.0	1.8	0.4-3.3	5.0	2.8-7.1
Annual household Income										
<$15,000	5.5	3.5-7.4	6.8	4.6-8.9	8.6	6.2-11.0	4.1	2.5-5.7	10.8	8.2-13.5
$15,000-$24,999	5.9	4.2-7.6	5.3	3.7-6.9	8.5	6.5-10.4	3.7	2.3-5.0	10.2	8.1-12.4
$25,000-$34,999	3.1	1.6-4.5	3.2	1.7-4.7	4.3	2.6-6.0	2.5	1.4-3.6	6.3	4.3-8.3
$35,000-$49,999	4.2	2.6-5.9	6.2	4.3-8.1	8.1	6.0-10.3	3.6	2.1-5.1	10.4	7.9-13.8
$50,000-$74,999	3.1	1.8-4.4	3.8	2.4-5.2	5.3	3.7-6.9	2.2	1.0-3.3	6.9	5.0-8.8
$75,000 and greater	2.1	1.4-2.7	2.4	1.7-3.2	3.4	2.6-4.3	0.7	0.4-1.0	4.0	3.1-4.9
Missing[c]	4.7	3.0-6.3	4.2	2.6-5.7	6.1	4.3-7.9	2.0	0.9-3.1	7.3	5.3-9.4
Educational attainment										
Less than high school (HS)	6.0	4.0-8.0	5.3	3.4-7.1	8.1	5.9-10.4	3.8	2.3-5.4	10.8	8.2-13.4
High school or GED	4.3	3.2-5.3	5.4	4.2-6.5	7.3	5.9-8.6	3.3	2.4-4.2	8.8	7.4-10.3
Some college	3.7	2.7-4.6	4.2	3.2-5.3	5.8	4.6-6.9	1.9	1.3-2.6	7.1	5.8-8.4
College graduate	2.4	1.9-3.0	2.7	2.1-3.2	3.8	3.1-4.5	1.3	0.9-1.8	4.8	4.0-5.6
Disability[d]										
Yes	10.6	8.7-12.6	10.3	8.4-12.2	14.7	12.5-16.9	6.1	4.7-7.5	17.9	15.6-20.3
No	2.0	1.6-2.4	2.7	2.2-3.1	3.7	3.1-4.2	1.3	0.9-1.6	4.6	4.0-5.2
Health care coverage type										
Private	2.4	1.9-2.9	2.6	2.0-3.1	3.8	3.2-4.5	1.6	1.1-2.0	4.9	4.1-5.6
Medicare	9.3	7.5-11.2	10.9	8.9-12.9	14.4	12.2-16.6	5.9	4.5-7.4	18.2	15.8-20.7
Medicaid	4.6	2.5-6.7	2.1	2.9-7.3	6.6	4.2-9.0	2.6	1.1-4.0	8.1	5.5-10.6
Other insurance[e]	7.6	3.9-11.2	7.0	3.3-10.6	12.3	7.6-17.0	6.3	2.7-9.9	15.3	10.0-20.6
Not insured	1.4	0.3-2.5	1.4	0.3-2.4	1.8	0.7-2.0	1.0	0.2-1.7	2.4	1.1-3.7

[a] Rows with less than 50 observations and rows that contain a confidence interval with a half-width of greater than 10 have been suppressed.

[b] % = weighted percentage; CI = confidence interval

[c] "Missing" category included because more than 10% of the sample did not report income.

[d] All respondents who reported having at least one type of disability (cognitive, mobility, vision, self-care, or independent living)

[e] includes VA or Military

References

1. Cardiovascular Disease Mortality in New York State, Results from the New York State Vital Records Death Statistics and the Bureau of Vital Statistics New York City Department of Health and Mental Hygiene. Available at: http://www. health. ny.gov/diseases/cardiovascular/heart_ disease/ docs/cvd_mortality.pdf. Accessed September 3, 2012

2. Miniño AM, Murphy SL, Xu J, Kochanek KD. Deaths: Final data for 2008 [PDF-2.9M]. National Vital Statistics Reports; vol 59 no 10. Hyattsville, MD: National Center for Health Statistics. 2011.

3. Roger VL, et al. Heart Disease and Stroke Statistics – 2012 Update. A Report From the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Circulation. 2012;125(1):e2e220. Available at: http://circ.ahajournals.org/ content/ early/2011/12/15/CIR.0b013e31823ac046. Accessed September 4, 2012.

Program Contributions

New York State Department of Health
Bureau of Chronic Disease Evaluation and Research
Bureau of Community Chronic Disease Prevention

Order Information

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