

BRFSS Brief

Number 2020-04

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, 2018

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.¹ CVD is the leading cause of death in New York State (NYS), accounting for 35 percent of all deaths statewide²; 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.

CVD can be prevented by: never starting to [smoke or quitting](#), being [physically active](#), [eating well](#), including consuming less [sugar-sweetened beverages](#), and being tested and treated for [high blood pressure](#), [elevated cholesterol](#) and [diabetes](#).

Key Findings

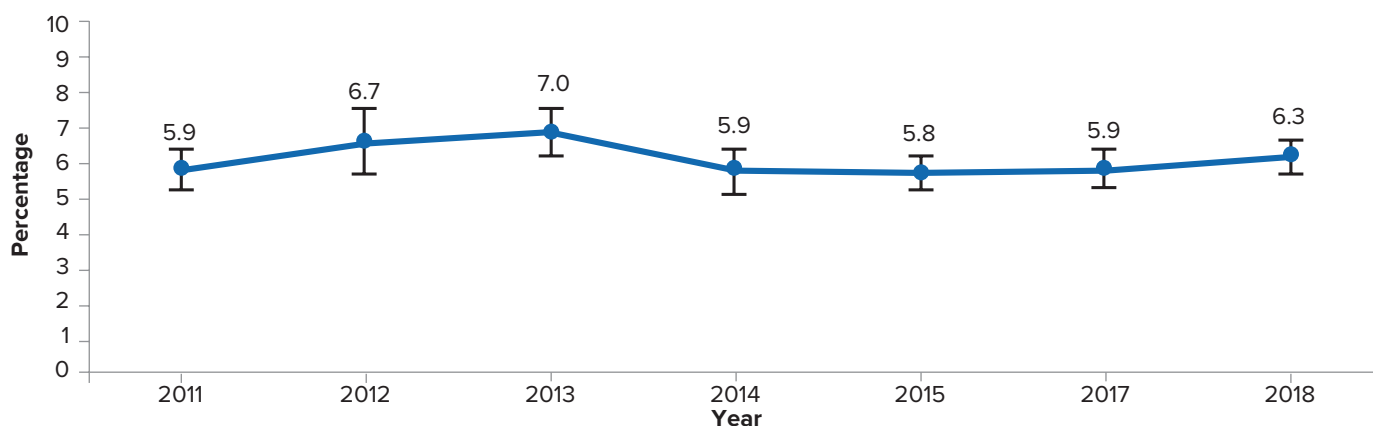
An estimated 1,221,000 adults (7.8%) in NYS report they have had a heart attack, angina/CHD, or stroke. The proportion of adults reporting a heart attack, angina/CHD or stroke increases for each decade of life; for those aged 65 and older, one out of five New Yorkers reported having had some type of CVD (19.9%). 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 among adults living with disability (16.7%) was over three times greater than the prevalence reported among adults living without disability (4.6%).

BRFSS questions

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

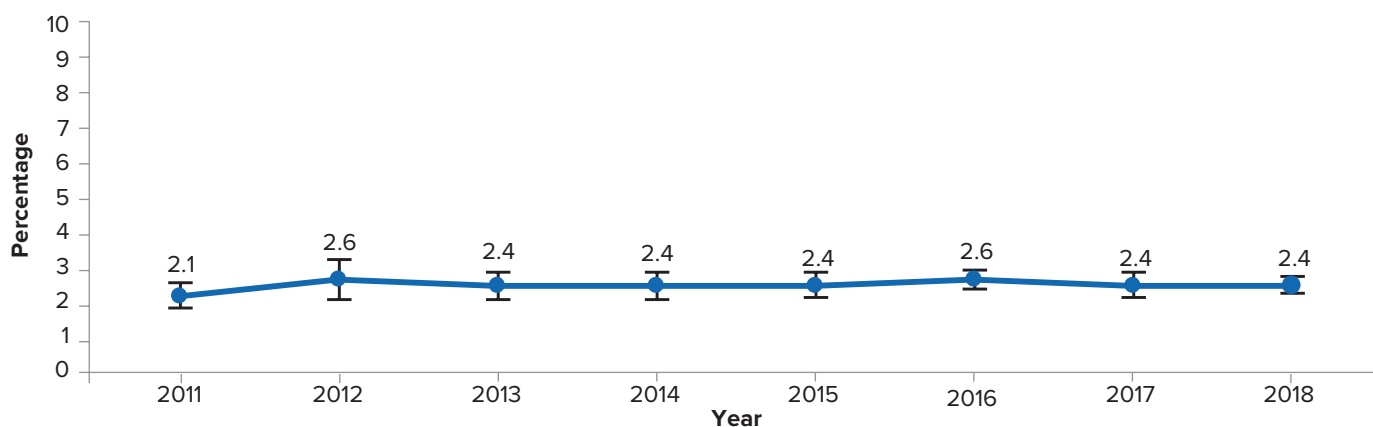
1. [Ever told] you had a heart attack, also called a myocardial infarction?
2. [Ever told] you had angina or coronary heart disease?
3. [Ever told] you had a stroke?

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



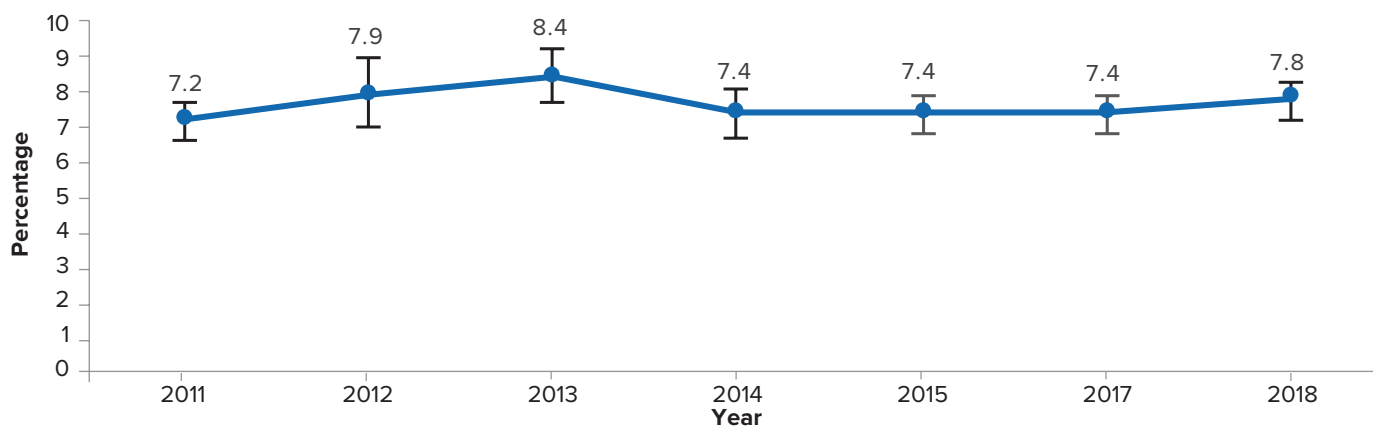
Note: Error bars represent 95% confidence intervals

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 2018 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=35,767]	4.1	3.7 - 4.5	3.8	3.4 - 4.2	6.3	5.8 - 6.7	2.4	2.1 - 2.7	7.8	7.2 - 8.3
Sex										
Male	4.7	4.1 - 5.2	4.7	4.1 - 5.2	7.1	6.5 - 7.8	2.5	2.1 - 2.9	8.6	7.9 - 9.3
Female	3.5	3.0 - 4.0	3.0	2.5 - 3.5	5.3	4.7 - 6.0	2.3	2.0 - 2.7	7.0	6.2 - 7.7
Age (years)										
18-24	*	—	*	—	*	—	*	—	*	—
25-34	*	—	*	—	1.1	0.6 - 1.6	*	—	1.5	1.0 - 2.1
35-44	1.9	1.3 - 2.5	1.2	0.6 - 1.8	2.7	1.9 - 3.5	*	—	3.2	2.3 - 4.0
45-54	3.3	2.5 - 4.1	2.9	2.2 - 3.7	5.0	4.0 - 5.9	2.4	1.7 - 3.0	6.6	5.5 - 7.7
55-64	4.8	3.8 - 5.8	4.9	3.9 - 6.0	7.5	6.3 - 8.8	3.3	2.6 - 4.0	9.8	8.5 - 11.2
65+	10.8	9.4 - 12.1	10.5	9.2 - 11.9	16.5	14.9 - 18.1	6.0	5.1 - 6.9	19.9	18.2 - 21.6
Race/ethnicity										
White, non-Hispanic	4.2	3.8 - 4.6	4.1	3.6 - 4.5	6.5	6.0 - 7.0	2.4	2.1 - 2.8	8.1	7.6 - 8.7
Black, non-Hispanic	3.4	2.4 - 4.4	3.1	2.2 - 4.0	5.1	3.9 - 6.2	3.2	2.3 - 4.1	7.1	5.7 - 8.4
Hispanic	4.4	3.3 - 5.5	3.6	2.5 - 4.8	6.5	5.1 - 7.9	2.3	1.5 - 3.0	7.7	6.2 - 9.2
Other, non-Hispanic	3.8	2.2 - 5.4	4.0	2.4 - 5.5	6.1	4.1 - 8.0	1.7	0.9 - 2.4	7.2	5.2 - 9.3
Annual household income										
<\$15,000	7.8	6.0 - 9.7	5.9	4.5 - 7.3	10.2	8.2 - 12.2	5.4	3.8 - 6.9	12.9	10.7 - 15.1
\$15,000-\$24,999	5.5	4.4 - 6.6	5.4	4.2 - 6.6	8.4	7.0 - 9.8	4.2	3.2 - 5.3	10.9	9.3 - 12.5
\$25,000-\$34,999	4.6	2.9 - 6.3	4.6	3.1 - 6.1	7.5	5.4 - 9.6	3.3	2.3 - 4.4	9.9	7.7 - 12.1
\$35,000-\$49,999	4.2	2.6 - 5.7	4.3	2.9 - 5.7	6.4	4.7 - 8.1	1.7	1.0 - 2.4	7.5	5.7 - 9.3
\$50,000-\$74,999	4.3	3.2 - 5.4	3.3	2.4 - 4.1	6.2	4.9 - 7.4	1.8	1.1 - 2.5	7.4	6.0 - 8.7
\$75,000 and greater	2.5	2.0 - 3.0	2.2	1.7 - 2.6	3.8	3.1 - 4.4	1.0	0.7 - 1.3	4.6	3.9 - 5.3
Missing ^c	4.1	3.2 - 4.9	4.4	3.4 - 5.5	6.9	5.7 - 8.0	2.6	2.0 - 3.2	8.4	7.2 - 9.7
Educational attainment										
Less than high school (HS)	7.1	5.6 - 8.6	6.2	4.5 - 7.9	10.1	8.2 - 11.9	4.6	3.4 - 5.8	12.4	10.4 - 14.4
High school or GED	4.8	4.0 - 5.5	3.8	3.2 - 4.5	6.5	5.6 - 7.4	3.0	2.5 - 3.6	8.5	7.5 - 9.5
Some college	3.9	3.1 - 4.6	3.4	2.8 - 4.1	6.0	5.1 - 6.9	1.9	1.5 - 2.3	7.1	6.2 - 8.1
College graduate	2.4	2.0 - 2.8	3.1	2.6 - 3.6	4.5	3.0 - 5.1	1.4	1.1 - 1.7	5.6	4.9 - 6.2
Disability^d										
Yes	8.9	7.8 - 9.9	8.1	7.1 - 9.0	12.8	11.6 - 14.0	6.6	5.7 - 7.5	16.7	15.3 - 18.1
No	2.5	2.1 - 2.8	2.3	1.9 - 2.7	3.9	3.5 - 4.4	1.0	0.8 - 1.2	4.6	4.2 - 5.1
Health care coverage type										
Private	2.5	2.1 - 3.0	2.1	1.8 - 2.5	3.8	3.3 - 4.3	1.2	1.0 - 1.5	4.6	4.1 - 5.2
Medicare	9.7	8.3 - 11.1	10.3	8.8 - 11.7	15.6	13.8 - 17.4	6.1	5.1 - 7.1	19.1	17.2 - 21.0
Medicaid	3.9	2.9 - 5.0	3.5	2.4 - 4.7	5.8	4.5 - 7.1	2.9	2.1 - 3.7	7.9	6.4 - 9.4
Other insurance ^e	5.8	4.0 - 7.7	5.3	3.5 - 7.1	8.2	6.0 - 10.4	2.6	1.5 - 3.6	9.7	7.4 - 9.4
Not insured	2.8	1.0 - 3.7	2.2	1.4 - 3.1	4.1	3.0 - 5.1	1.8	1.0 - 2.5	5.1	3.9 - 6.3

^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. Mozaffarian D, et al.; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2016 update: a report from the American Heart Association. *Circulation*. 2016;133:e38-e360.
2. Vital Statistics of New York State, Table 33a: Deaths and Death Rates by Selected Causes and Race, New York State, 2017. Available at: https://www.health.ny.gov/statistics/vital_statistics/2017/#mort Accessed January 8, 2020.
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: <https://doi.org/10.1161/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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