

STATE OF AMERICAN WELL-BEING

Self-Reported Incidence of Heart Attack by State



A Percent with heart attack
 B Percent with high blood pressure
 C Percent with high cholesterol
D Percent with diabetes
 E Percent with depression
 F Percent obese

Incidence of Heart Attack Analysis, 2014 and 1H2015

“Heart disease is preventable and usually even reversible for most people by making comprehensive lifestyle changes — eat well, stress less, move more, love more. My colleagues and I are collaborating with Healthways to help create a new paradigm of health care — lifestyle medicine — that empowers people to address and transform these underlying causes of heart disease. And the only side effects are good ones.”

—Dr. Dean Ornish, President, Preventive Medicine Research Institute

“The Ornish Reversal Program involves a multidimensional approach to cardiac disease — taking patients beyond physical health to deeper enrichment in interpersonal and social realms, to reverse their cardiac disease and improve their overall well-being.”

—Bob Porter, Managing Director, The Ornish Program, Healthways

This report, the seventh in a series, measures the incidence of heart attack across the country, comparing states as well as the relationship of heart attack to other key well-being items. Our research asks people whether they have had a heart attack in their lifetime.

As part of the Gallup-Healthways Well-Being Index®, chronic conditions such as heart attack, high blood pressure, high cholesterol, diabetes and depression have been measured on a daily basis since 2008. These items comprise a portion of physical well-being, which captures whether people have good health and enough energy to get things done each day. Physical is one of five elements of well-being, along with purpose, social, financial and community.

In 2014, the states with the lowest incidence of people who say they have had a heart attack are Utah, Hawaii, California, Alaska, Colorado and New Jersey — each with less than 3% incidence. On the other end of the spectrum, the states with the highest incidence of people who have had a history of heart attack include West Virginia, South Dakota, Kentucky, Vermont, Arkansas and Rhode Island — each with more than 6% incidence.

History of heart attack has a relationship to overall well-being, as well as several well-being items. Adults with a history of heart attack have substantially lower well-being, with a well-being score more than six points lower than those who have never had a heart attack. Additionally, those who have had a heart attack also have higher rates of obesity, are much more likely to currently or have had high blood pressure, are more likely to smoke, and are less likely to exercise. People with a history of heart attack are also less likely to like what they do each day, less active and productive every day, and twice as likely to have at least two days each month where poor health prevents normal activities.

In 2014, the percentage of adults reporting a history of heart attack was 3.9% nationwide. This has trended in a downward direction since 2008, when 4.5% of U.S. adults indicated history of heart attack.

	History of Heart Attack	No History of Heart Attack
Well-Being score	55.2	61.3
Fresh produce consumption ¹	59%	57%
Exercise ²	46%	52%
Obesity	35%	27%
High Blood Pressure	52%	23%
Smoking	22%	17%
Active and productive every day	54%	69%
Poor health keeps from usual activities ³	52%	25%
Like what you do every day	65%	77%
Learn or do something interesting daily	58%	65%
Enough money to do everything you want to do	30%	39%

These data show a comparison of people who have a history of heart attack to those who do not have a history of heart attack across key well-being items. All analyses control for age, gender, race/ethnicity, household income, education level, marital status, number of children in the household, and region of the country.

¹ Eating 5+ servings of produce 4+ days per week

² 30+ minutes of exercise 3+ days per week

³ Poor health keeps from usual activities 2+ days per month

Methodology

These data are collected as part of the Gallup-Healthways Well-Being Index and are based on 176,702 total interviews across all 50 states, conducted from January 2nd to December 30th, 2014. Our item-level analysis on Page 2 includes additional interviews from the first half of 2015 and spans January 2nd, 2014 to June 30th, 2015, for a total sample size of 265,369. Gallup conducts 500 telephone interviews a day with American adults, for a resulting sample that projects to an estimated 95 percent of all U.S. adults. The Well-Being Index is calculated on a scale of 0 to 100, where zero represents the lowest possible well-being and 100 represents the highest possible well-being. Visit wbi.healthways.com to learn more.

State Rankings for Self-Reported Incidence of Heart Attack and Other Chronic Conditions, 2014*

Rank	Percent with Heart Attack	High Blood Pressure	High Cholesterol	Diabetes	Depression	Obesity	Rank	Percent with Heart Attack	High Blood Pressure	High Cholesterol	Diabetes	Depression	Obesity
1. Utah	2.4	2	3	8	42	11	26. Nebraska	4.1	6	13	16	9	35
2. Hawaii	2.5	10	37	18	1	1	27. Georgia	4.2	38	22	35	14	21
3. California	2.7	5	9	20	15	4	28. Nevada	4.2	16	11	28	19	19
4. Alaska	2.8	3	1	1	2	24	29. Wyoming	4.2	23	17	12	33	26
5. Colorado	2.9	1	6	4	12	2	30. Michigan	4.2	28	25	33	37	40
6. New Jersey	3.0	26	27	19	3	16	31. North Carolina	4.3	36	33	31	23	29
7. Oregon	3.2	18	5	15	43	12	32. Pennsylvania	4.4	34	38	29	28	33
8. Illinois	3.3	20	15	21	5	25	33. Idaho	4.4	13	10	14	38	6
9. Washington	3.3	9	18	6	34	13	34. Florida	4.5	35	40	34	18	15
10. New York	3.4	15	23	24	6	8	35. Indiana	4.6	41	30	38	47	43
11. North Dakota	3.5	7	4	3	16	32	36. Delaware	4.8	37	42	43	25	31
12. Connecticut	3.5	14	35	13	4	10	37. Missouri	4.8	39	36	42	35	41
13. Massachusetts	3.5	17	20	7	24	5	38. Louisiana	5.0	44	24	49	36	48
14. Kansas	3.5	27	8	22	26	37	39. Mississippi	5.2	50	44	48	29	50
15. Minnesota	3.6	4	16	10	30	9	40. Alabama	5.3	46	47	47	39	45
16. New Mexico	3.8	21	7	37	20	28	41. Maine	5.4	31	32	36	27	14
17. Montana	3.8	8	14	2	21	3	42. Ohio	5.5	40	39	39	41	39
18. Texas	3.8	22	19	32	10	38	43. Oklahoma	5.5	42	21	44	46	46
19. Wisconsin	3.9	25	26	23	13	36	44. Tennessee	5.8	43	48	46	44	30
20. New Hampshire	3.9	24	43	11	31	22	45. Rhode Island	6.0	33	49	5	48	27
21. Maryland	3.9	32	31	30	8	18	46. Arkansas	6.2	48	45	45	45	47
22. Iowa	3.9	11	34	17	22	42	47. Vermont	6.3	29	12	26	40	20
23. Virginia	3.9	30	28	25	17	23	48. Kentucky	6.4	47	46	41	49	44
24. Arizona	4.0	19	29	27	11	17	49. South Dakota	6.4	12	2	9	7	7
25. South Carolina	4.0	45	41	40	32	34	50. West Virginia	7.7	49	50	50	50	49

■ Highest Quintile ■ 2nd Quintile ■ 3rd Quintile ■ 4th Quintile ■ 5th Quintile

*All rankings are based on lifetime occurrence of chronic conditions, with the exception of obesity ranking which is based on current rates

