



healthy
women

Executive Summary of HealthyWomen's

HEART HEALTH SURVEY

INTRODUCTION

This report provides an overview of a HealthyWomen survey that takes a peek into how women feel about their heart health. The survey aims to capture any concerns women may have about heart health, preventive heart health measures they are taking and heart health conversations they are having with their health care providers (HCPs). Questions covered:

- Concerns about heart health
- Discussions about heart health with health care providers
- Activity levels
- Heart-healthy food choices
- Sleep
- Birth control
- Pregnancy
- Hormonal changes

METHODOLOGY

A total of 1,664 respondents completed the online survey between November 25, 2019, and December 16, 2019.

KEY FINDINGS

- More than half of respondents (58%) said they are either somewhat or very concerned about their heart health, but nearly half of respondents (43%) rarely or never discuss heart health with their HCPs. Of the 43% who don't discuss heart health with their HCPs, 54% said they don't think they need to and 35% said they don't discuss heart health because their HCPs never brought it up. This is surprising since one-third of respondents have high blood pressure and/or high cholesterol.
- Of those who spoke about heart health with their HCPs, less than 20% discussed heart attack symptoms they should be aware of. When asked to identify heart attack symptoms, only 58% identified pain in neck or jaw, less than 50% identified back pain and 55% identified nausea.
- Sixty-four percent of respondents said they sometimes plan heart-healthy meals (15% said they never do), 84% said they never smoke cigarettes (8% said they smoke every day), 40% said they do light activity or exercise for at least 30 minutes 2-4 times per week (33% said they only do 0-1 day per week), and the majority of respondents (58%) said they are either somewhat or very concerned about the amount of sleep they get and how it affects their heart.
- Eighty-five percent of respondents agree that taking oral contraceptives can increase their blood clot risk, and 60% are either somewhat or very concerned about how oral contraceptives affect their heart.
- Of the 1,331 respondents who have ever been pregnant, 78% said their HCPs did not discuss any heart health topics with them.
- The majority (54%) of respondents were either somewhat or very concerned about how hormonal changes can affect their heart.