



Fight Against Heart FailureSM Key Heart Failure Survey Findings

The American Association of Heart Failure Nurses, the Preventive Cardiovascular Nurses Association and the Society of Chest Pain Centers commissioned Harris Interactive® to conduct a survey of U.S. adults in order to gauge general knowledge about heart failure, including whether U.S. adults know what heart failure is, can recognize common heart failure symptoms, and understand basic information about heart failure treatment and management.

Heart failure affects over 5 million Americans each year¹, and causes or contributes to more than 300,000 deaths² annually. Yet, despite the high prevalence and deadly impact of heart failure among Americans, this new survey reveals a significant lack of awareness about heart failure and demonstrates the need for increased education about the symptoms, risk factors and treatment of this pervasive condition.

Key survey findings included:

Confusion about What Heart Failure Is

- Less than half of U.S. adults (47 percent) can identify the correct definition of heart failure, and one in three (32 percent) mistake heart failure for a heart attack.

Lack of Knowledge about Heart Failure Symptoms

- A majority of U.S. adults (74 percent) mistakenly believe that chest pain or discomfort is a common symptom of heart failure.
- Respondents were presented with a list of symptoms and asked to identify which among the list were common heart failure symptoms. Only 4 percent were able to identify all five heart failure symptoms listed (shortness of breath, fatigue, swelling, coughing, unexplained weight gain/loss).
 - The three heart failure symptoms that were *least* identified were unexplained weight gain or weight loss (8 percent), coughing and wheezing (17 percent), and swelling of the arms, ankles, feet, legs, abdomen or lower back (40 percent).

-more-

¹ Source: American Heart Association/American Stroke Association Heart Disease & Stroke Statistics 2007 Update

² (Source: NHLBI Disease and Condition Index: Heart Failure. Available at nhlbi.nih.gov/health/dci/Diseases/Hf/HF_All.html)

Wait-and-See Attitude

- When asked what they would do if they experienced common heart failure symptoms, including swollen ankles, fatigue performing everyday tasks such as climbing stairs or carrying groceries, and/or rapid weight gain/loss, one in four U.S. adults (24 percent) would wait to see if the symptoms passed.
 - Very few – 2 percent – would seek immediate medical attention (by calling 9-1-1 or going to the emergency room).

High Prevalence of Risk Factors

- While certain risk factors and combinations of risk factors put people at a higher risk for developing heart failure, eighty-eight percent of U.S. adults have at least one risk factor for developing heart failure.
 - These include lifestyle habits (72 percent), such as being overweight (44 percent), lack of regular exercise (36 percent), eating a diet high in fat and cholesterol (39%), and smoking (17 percent); a family history of certain conditions (61 percent), such a high blood pressure (39 percent) and heart failure (21 percent); and present or past personal medical conditions (51 percent), such as high blood pressure (28 percent) or high cholesterol (28 percent).

Lack of Awareness about Heart Failure Treatment/Management

- Over a quarter of U.S. adults (29 percent) don't know that heart failure can be treated with medications, and nearly one-third (32 percent) don't know that many people with heart failure can lead a normal life. In addition, one-third (33 percent) of U.S. adults don't know that having heart failure does not necessarily mean someone does not have long to live.
- Nearly forty percent (38 percent) of U.S. adults don't know that eating salty foods can make heart failure worse.

About Harris Interactive®

Harris Interactive Inc. (www.harrisinteractive.com) is a Rochester, N.Y.-based global market research company that conducts The Harris Poll®.

About Fight Against Heart FailureSM

Fight Against Heart FailureSM (www.fightheartfailure.com) is an educational program that promotes awareness of the symptoms and risk factors of heart failure in an effort to drive early detection and treatment, and to advance disease prevention. The program also provides information and tools to help heart failure patients learn how to better manage their condition through four basic ways – diet, exercise, lifestyle changes and medication – in order to stay healthy and out of the hospital. Fight Against Heart FailureSM was developed by the American Association of Heart Failure Nurses, the Preventive Cardiovascular Nurses Association and the Society of Chest Pain Centers, and is sponsored by Scios Inc.

About the Survey:

This Heart Failure study was conducted online within the United States on behalf of the American Association of Heart Failure Nurses (AAHFN), the Preventive Cardiovascular Nurses Association (PCNA) and the Society of Chest Pain Centers (SCPC) between December 27 and December 31, 2007 among 4,912 U.S. adults ages 18+.

Results were weighted as needed for age, sex, race/ethnicity, education, region, and household income. Propensity score weighting was also used to adjust for respondents' propensity to be online.

All sample surveys and polls, whether or not they use probability sampling, are subject to multiple sources of error which are most often not possible to quantify or estimate, including sampling error, coverage error, error associated with nonresponse, error associated with question wording and response options, and post-survey weighting and adjustments. Therefore, Harris Interactive avoids the words "margin of error" as they are misleading. All that can be calculated are different possible sampling errors with different probabilities for pure, unweighted, random samples with 100% response rates. These are only theoretical because no published polls come close to this ideal.

Respondents for this survey were selected from among those who have agreed to participate in Harris Interactive surveys.

The data have been weighted to reflect the composition of the U.S. adult population.

Because the sample is based on those who agreed to be invited to participate in the Harris Interactive online research panel, no estimates of theoretical sampling error can be calculated.

###