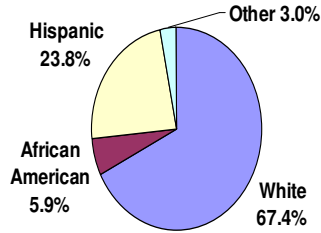


**Texas Cardiovascular Health & Wellness Program
Texas Department of State Health Services**



**Cardiovascular Health Facts 2001-2007
Brownsville Metropolitan Statistical Area (MSA)**

Demography of Brownsville MSA in 2007 (Estimated Texas Population)



Demographics				
Age	Total	Males	Females	Percent
0-17	128,784	65,691	63,093	32.7
18-29	73,112	37,238	35,874	18.6
30-34	72,986	33,824	39,162	18.5
35-64	74,777	34,820	39,957	19.0
65+	43,804	18,901	24,903	11.1
Total	393,463	190,474	202,989	100.0

Prevalence of Cardiovascular Disease(CVD) and Stroke Among Adults (≥18) 2007

	CVD ¹		Heart Disease ²		Stroke	
	Brownsville MSA	Texas	Brownsville MSA	Texas	Brownsville MSA	Texas
Total	8.0%	8.3%	6.2%	6.7%	2.4%	2.8%
Male	8.1%	8.6%	6.3%	7.3%	2.3%	2.6%
Female	7.9%	8.0%	6.1%	6.1%	2.5%	3.0%
White	12.7%	9.4%	10.2%	7.8%	3.6%	2.9%
African American	-	8.6%	-	5.7%	-	4.4%
Hispanic	7.3%	6.4%	5.6%	5.2%	2.2%	2.1%

CVD and Stroke Age-adjusted Mortality Rates³ (per 100,000) 2001-2005

	CVD		Heart Disease		Stroke	
	Brownsville MSA	Texas	Brownsville MSA	Texas	Brownsville MSA	Texas
Total	241.1	317.5	186.5	237.6	35.9	58.8
Male	289.7	356.0	235.1	279.2	35.5	55.1
Female	201.3	284.0	147.1	203.1	36.0	60.6
White	214.5	319.2	167.0	241.0	29.5	57.7
African American	397.6	451.1	326.7	327.6	70.9	87.8
Hispanic	260.4	259.8	202.2	194.6	39.4	48.1

Hospital Discharge Data⁴

Texas EMS/Trauma Registry Data⁵ 2007 Brownsville MSA

Brownsville MSA, 2007	Hospital Charges	Time (Min) for CVD		Time (Min) for Stroke	
		Brownsville MSA	Texas	Brownsville MSA	Texas
Ischemic Heart Disease	\$127,361,374	13.8	8.3	14.0	9.1
Hemorrhagic Stroke	\$14,376,541	18.3	18.5	17.0	18.1
Ischemic Stroke	\$31,309,861	11.4	14.5	9.3	14.3
Congestive Heart Failure	\$71,428,943	41.7	39.7	40.4	40.2

¹ 2007 Texas Behavioral Risk Factor Surveillance System, Statewide BRFSS Survey, for Respondents 18 years and older who report that they have been diagnosed as having had a Heart Attack, Myocardial Infarction, Angina, Coronary Heart Disease, or Stroke.

² Respondents 18 years and older who report that they have been diagnosed as having had a Heart Attack or Myocardial Infarction.

³ 2001-2005 Texas Department of State Health Services Vital Statistics. Mortality due to CVD (ICD-10 Code I00-I99); Heart Disease (ICD-10 Code I00-I09, I11, I13, I20-I51); Stroke (ICD-10 Code I60-I69).

⁴ 2007 Texas Health Care Information Collection, Inpatient Hospital Discharge Public Use File, for persons all ages. Ischemic Heart Disease (ICD-9 Code 410-414); Hemorrhagic Stroke (ICD-9 Code 430-432); Ischemic Stroke (ICD-9 Code 436-438,433,434); Congestive Heart Failure (ICD-9 Code 428).

⁵ Texas EMS/Trauma Registry Data Selected in 2007. the selection criteria as:

- Calls received during 2007
- Suspected Illness Types include Cardiac Arrest, Cardiac Rhythm Disturbance, and Chest Pain/Discomfort
- Medical-related calls only (i.e. calls exclusively related to trauma were excluded)
- 911 calls only (no inter-facility transfers) Texas residents only

The '-' indicates that the sample size was not a statistically valid sample size (< 50 respondents).

**Texas Cardiovascular Health & Wellness Program
Texas Department of State Health Services**



**Cardiovascular Health Facts 2005-2007
Brownsville Metropolitan Statistical Area (MSA)**

CVD Risk Factors¹ in 2007

Diabetes			High Blood Cholesterol		
	Brownsville MSA	Texas		Brownsville MSA	Texas
Total	12.6%	10.4%	Total	38.5%	38.5%
Male	12.7%	9.9%	Male	36.0%	40.7%
Female	12.5%	10.8%	Female	40.9%	36.5%
White	11.0%	8.5%	White	35.7%	40.0%
African American	-	12.9%	African American	-	33.2%
Hispanic	12.3%	12.3%	Hispanic	39.0%	37.3%
Current Smoker			High Blood Pressure		
	Brownsville MSA	Texas		Brownsville MSA	Texas
Total	12.4%	19.3%	Total	27.3%	27.8%
Male	19.0%	21.9%	Male	26.8%	27.7%
Female	6.0%	16.9%	Female	27.8%	30.0%
White	16.4%	20.5%	White	27.8%	29.1%
African American	-	21.4%	African American	-	41.4%
Hispanic	11.9%	17.5%	Hispanic	27.1%	21.7%
Obesity (BMI>=30)			No Leisure Time Physical Activity		
	Brownsville MSA	Texas		Brownsville MSA	Texas
Total	33.1%	28.6%	Total	35.9%	28.3%
Male	30.4%	28.6%	Male	32.5%	25.5%
Female	36.0%	28.5%	Female	39.4%	31.0%
White	23.2%	25.7%	White	25.6%	23.5%
African American	-	38.7%	African American	-	33.7%
Hispanic	35.7%	32.7%	Hispanic	38.3%	34.3%
Poor Nutrition⁵			Youth Risk Factors (2007)		
	Brownsville MSA	Texas		U.S.	Texas
Total	77.2%	74.8%	Current cigarette use ²	20.0%	21.1%
Male	75.1%	77.8%	Obesity ³	13.0%	15.9%
Female	79.3%	71.9%	Met recommended levels of physical activity ⁴	34.7%	42.5%
White	72.6%	73.4%	Ate fruits and vegetables 5 or more times/day	21.4%	17.4%
African American	-	75.7%			
Hispanic	78.1%	75.2%			

Recognition of CVD and Stroke Symptoms¹ (2005) Health Service Region 11

Heart Attack	% Of Respondents Recognizing Symptoms	Stroke	% Of Respondents Recognizing Symptoms
Pain or discomfort in jaw, neck or back	39.3	Sudden confusion or trouble speaking	76.3
Feeling weak, lightheaded, or faint	54.1	Sudden numbness or weakness of face, arms, legs (especially on one side)	86.5
Chest pain or discomfort	86.5	Sudden trouble seeing in one or both eyes	61.6
Sudden trouble seeing in one or both eyes	30.0	Sudden chest pain or discomfort	37.0
Pain or discomfort in the arms or shoulders	78.4	Sudden trouble walking, dizziness, or loss of balance	78.2
Shortness of breath	79.0	Severe headache with no known cause	57.4
Recognizes all heart attack symptoms	8.9	Recognizes all stroke symptoms	17.0

Would call 911 as a first response if **Heart Attack OR Stroke** is suspected - 78.6

¹2007 Texas Behavioral Risk Factor Surveillance System, Statewide BRFSS Survey, for Respondents 18 years and older who report that they have been diagnosed with high Blood Pressure, but not during pregnancy; Respondents 18 years and older who report that they have been diagnosed with high Blood Cholesterol; Respondents 18 years and older who report that they have been diagnosed with Diabetes. Does not include gestational diabetes

²Percentage of students who smoked cigarettes on at least 1 day during the 30 days before the survey
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?ByVar=Ci&cat=6&quest=Q80&loc=XX&year=2007>

³Obese > 95th Percentile for BMI by Age/Sex <http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?ByVar=Ci&cat=6&quest=Q80&loc=XX&year=2007>

⁴Recommendation: Physical Activity -Percentage of students who were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on five or more of the 7 days before the survey
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?ByVar=Ci&cat=6&quest=Q80&loc=XX&year=2007>

⁵Ate fruits and vegetables less than 5 times/day <http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?ByVar=Ci&cat=6&quest=Q80&loc=XX&year=2007>

- indicates the sample size was not a statistically valid sample size (< 50 respondents).