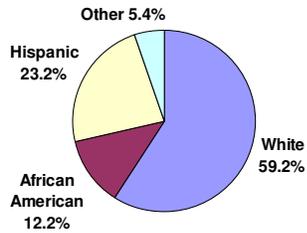


Texas Cardiovascular Health & Wellness Program Texas Department of State Health Services



Cardiovascular Health Facts 2001-2007 Fort Worth-Arlington Primary Metropolitan Statistical Areas (PMSA)

Demography of Fort Worth PMSA in 2007 (Estimated Texas Population)



Demographics				
Age	Total	Males	Females	Percent
0-17	544,139	276,911	267,228	27.1
18-29	349,872	178,782	171,090	17.5
30-34	465,829	235,876	229,953	23.2
35-64	473,548	234,661	238,887	23.6
65+	171,593	74,331	97,262	8.6
Total	2,004,981	1,000,561	1,004,420	100.0

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

	CVD ¹		Heart Disease ²		Stroke	
	Fort Worth PMSA	Texas	Fort Worth PMSA	Texas	Fort Worth PMSA	Texas
Total	8.2%	8.3%	6.7%	6.7%	2.2%	2.8%
Male	10.2%	8.6%	8.4%	7.3%	2.4%	2.6%
Female	5.9%	8.0%	4.8%	6.1%	2.1%	3.0%
White	9.8%	9.4%	8.5%	7.8%	2.4%	2.9%
African American	8.9%	8.6%	5.8%	5.7%	3.4%	4.4%
Hispanic	4.1%	6.4%	2.6%	5.2%	1.6%	2.1%

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

	CVD		Heart Disease		Stroke	
	Fort Worth PMSA	Texas	Fort Worth PMSA	Texas	Fort Worth PMSA	Texas
Total	339.1	317.5	244.8	237.6	70.4	58.8
Male	376.1	356.0	286.3	279.2	65.3	55.1
Female	306.3	284.0	210.5	203.1	72.7	60.6
White	338.6	319.2	246.2	241.0	68.8	57.7
African American	457.9	451.1	325.7	327.6	97.5	87.8
Hispanic	245.9	259.8	169.6	194.6	56.7	48.1

Hospital Discharge Data⁴

Texas EMS/Trauma Registry Data⁵ 2007 (Fort Worth PMSA)

Fort Worth PMSA, 2007	Hospital Charges	Time (Min) for CVD		Time (Min) for Stroke	
		Fort Worth PMSA	Texas	Fort Worth PMSA	Texas
Ischemic Heart Disease	\$483,668,992	Response Time = (Time Call Received - Time EMS Arrived on Scene)			
		6.0	8.3	6.0	9.1
Hemorrhagic Stroke	\$495,453,585	Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)			
		18.4	18.5	19.1	18.1
Ischemic Stroke	\$114,142,035	Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination)			
		13.9	14.5	15.9	14.3
Congestive Heart Failure	\$169,715,604	Delivery Time = (Time Call Received - Time EMS Arrived at Destination)			
		34.3	39.7	39.8	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).

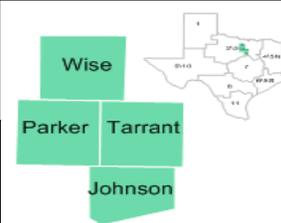
⁴ 2007 Texas Health Care Information Collection, Inpatient Hospital Discharge Public Use File, for persons all ages. Ischemic heart disease (ICD-9 Code 410-414); Hemorrhagic Stroke (ICD-9 Code 430-432); Ischemic Stroke (ICD-9 Code 436-438, 433, 434); Congestive Heart Failure (ICD-9 Code 428).

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

Fort Worth-Arlington Primary Metropolitan Statistical Areas (PMSA)

CVD Risk Factors¹ in 2007

Diabetes		Fort Worth PMSA	Texas	High Blood Cholesterol		Fort Worth PMSA	Texas
Total		8.7%	10.4%	Total		38.2%	38.5%
Male		9.1%	9.9%	Male		41.9%	40.7%
Female		8.3%	10.8%	Female		34.5%	36.5%
White		9.2%	8.5%	White		40.6%	40.0%
African American		14.2%	12.9%	African American		27.2%	33.2%
Hispanic		6.2%	12.3%	Hispanic		39.0%	37.3%
Current Smoker		Fort Worth PMSA	Texas	High Blood Pressure		Fort Worth PMSA	Texas
Total		21.6%	19.3%	Total		26.6%	27.8%
Male		23.2%	21.9%	Male		28.7%	27.7%
Female		19.8%	16.9%	Female		24.1%	30.0%
White		22.0%	20.5%	White		29.7%	29.1%
African American		16.3%	21.4%	African American		36.2%	41.4%
Hispanic		22.7%	17.5%	Hispanic		13.9%	21.7%
Obesity (BMI≥30)		Fort Worth PMSA	Texas	No Leisure Time Physical Activity		Fort Worth PMSA	Texas
Total		28.6%	28.6%	Total		23.5%	28.3%
Male		30.0%	28.6%	Male		21.5%	25.5%
Female		26.8%	28.5%	Female		25.7%	31.0%
White		27.6%	25.7%	White		22.1%	23.5%
African American		47.9%	38.7%	African American		25.7%	33.7%
Hispanic		26.1%	32.7%	Hispanic		26.2%	34.3%
Poor Nutrition⁵		Fort Worth PMSA	Texas	Youth Risk Factors (2007)		U.S.	Texas
Total		73.7%	74.8%	Current cigarette use ²		20.0%	21.1%
Male		76.5%	77.8%	Obesity ³		13.0%	15.9%
Female		70.5%	71.9%	Met recommended levels of physical activity ⁴		34.7%	42.5%
White		72.5%	73.4%	Ate fruits and vegetables 5 or more times/day		21.4%	17.4%
African American		75.9%	75.7%				
Hispanic		71.5%	75.2%				

Recognition of CVD and Stroke Symptoms¹ (2005) Fort Worth-Arlington PMSA

Heart Attack	% Of Respondents Recognizing Symptoms	Stroke	% Of Respondents Recognizing Symptoms
Pain or discomfort in jaw, neck or back	38.6	Sudden confusion or trouble speaking	75.6
Feeling weak, lightheaded, or faint	52.8	Sudden numbness or weakness of face, arms, legs (especially on one side)	90.2
Chest pain or discomfort	87.6	Sudden trouble seeing in one or both eyes	65.7
Sudden trouble seeing in one or both eyes	29.6	Sudden chest pain or discomfort	33.9
Pain or discomfort in the arms or shoulders	80.0	Sudden trouble walking, dizziness, or loss of balance	81.6
Shortness of breath	80.4	Severe headache with no known cause	53.1
Recognizes all heart attack symptoms	8.2	Recognizes all stroke symptoms	18.4

Would call 911 as a first response if **Heart Attack OR Stroke** is suspected - 85.2%

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=C1&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=C1&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=C1&cat=6&quest=Q80&loc=XX&year=2007>

⁵ Ate fruits and vegetables less than 5 times/day <http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?ByVar=C1&cat=6&quest=Q80&loc=XX&year=2007>

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