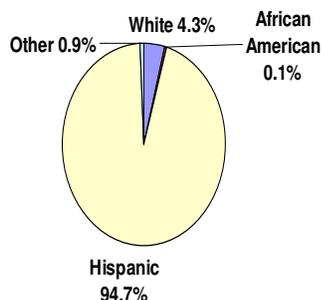


Texas Cardiovascular Health & Wellness Program
Texas Department of State Health Services



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

Demography of Laredo MSA in 2007 (Estimated Texas Population)



Demographics				
Age	Total	Males	Females	Percent
0-17	85,529	43,158	42,371	35.2
18-29	48,692	24,783	23,909	20.1
30-34	51,153	24,871	26,282	21.1
35-64	40,317	19,105	21,212	16.6
65+	17,097	6,945	10,152	7.0
Total	242,788	118,862	123,926	100.0

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

	CVD ¹		Heart Disease ²		Stroke	
	Laredo MSA	Texas	Laredo MSA	Texas	Laredo MSA	Texas
Total	7.8%	8.3%	6.9%	6.7%	1.8%	2.8%
Male	11.5%	8.6%	10.6%	7.3%	2.5%	2.6%
Female	4.1%	8.0%	3.3%	6.1%	1.2%	3.0%
White	-	9.4%	-	7.8%	-	2.9%
African American	-	8.6%	-	5.7%	-	4.4%
Hispanic	6.9%	6.4%	6.0%	5.2%	2.0%	2.1%

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

	CVD		Heart Disease		Stroke	
	Laredo MSA	Texas	Laredo MSA	Texas	Laredo MSA	Texas
Total	288.1	317.5	226.3	237.6	48.3	58.8
Male	354.3	356.0	285.3	279.2	51.3	55.1
Female	240.1	284.0	183.9	203.1	45.4	60.6
White	311.8	319.2	258.2	241.0	44.4	57.7
African American	901.6	451.1	344.3	327.6	557.3	87.8
Hispanic	286.5	259.8	224.4	194.6	48.3	48.1

Hospital Discharge Data⁴

Texas EMS/Trauma Registry Data⁵ 2007 (HSR 11)

Laredo MSA, 2007	Hospital Charges	Time (Min) for CVD		Time (Min) for Stroke	
		HSR 11	Texas	HSR 11	Texas
Ischemic Heart Disease	\$49,283,984	Response Time = (Time Call Received - Time EMS Arrived on Scene) 10.7 8.3 15.3 9.1			
Hemorrhagic Stroke	\$3,919,845	Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene) 17.0 18.5 17.3 18.1			
Ischemic Stroke	\$15,423,260	Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination) 17.6 14.5 15.9 14.3			
Congestive Heart Failure	\$31,775,744	Delivery Time = (Time Call Received - Time EMS Arrived at Destination) 43.9 39.7 48.4 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
Laredo Metropolitan Statistical Area (MSA)**

CVD Risk Factors¹ in 2007

Diabetes			High Blood Cholesterol		
	Laredo MSA	Texas		Laredo MSA	Texas
Total	16.0%	10.4%	Total	32.7%	38.5%
Male	20.0%	9.9%	Male	33.81%	40.7%
Female	12.2%	10.8%	Female	31.5%	36.5%
White	-	8.5%	White	-	40.0%
African American	-	12.9%	African American	-	33.2%
Hispanic	15.4%	12.3%	Hispanic	35.4%	37.3%
Current Smoker			High Blood Pressure		
	Laredo MSA	Texas		Laredo MSA	Texas
Total	19.2%	19.3%	Total	23.7%	27.8%
Male	25.2%	21.9%	Male	28.5%	27.7%
Female	13.5%	16.9%	Female	18.9%	30.0%
White	-	20.5%	White	-	29.1%
African American	-	21.4%	African American	-	41.4%
Hispanic	18.3%	17.5%	Hispanic	20.4%	21.7%
Obesity (BMI>=30)			No Leisure Time Physical Activity		
	Laredo MSA	Texas		Laredo MSA	Texas
Total	35.1%	28.6%	Total	33.5%	28.3%
Male	35.8%	28.6%	Male	30.4%	25.5%
Female	34.4%	28.5%	Female	36.5%	31.0%
White	-	25.7%	White	-	23.5%
African American	-	38.7%	African American	-	33.7%
Hispanic	36.7%	32.7%	Hispanic	32.2%	34.3%
Poor Nutrition⁵			Youth Risk Factors (2007)		
	Laredo MSA	Texas		U.S	Texas
Total	80.1%	74.8%	Current cigarette use ²	20.0%	21.1%
Male	82.8%	77.8%	Obesity ³	13.0%	15.9%
Female	77.5%	71.9%	Met recommended levels of physical activity ⁴	34.7%	42.5%
White	-	73.4%	Ate fruits and vegetables 5 or more times/day	21.4%	17.4%
African American	-	75.7%			
Hispanic	81.2%	75.2%			

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

Heart Attack		% Of Respondents Recognizing Symptoms	Stroke		% Of Respondents Recognizing Symptoms
Pain or discomfort in jaw, neck or back		35.8	Sudden confusion or trouble speaking		66.1
Feeling weak, lightheaded, or faint		51.9	Sudden numbness or weakness of face, arms, legs (especially on one side)		80.1
Chest pain or discomfort		86.9	Sudden trouble seeing in one or both eyes		57.5
Sudden trouble seeing in one or both eyes		31.6	Sudden chest pain or discomfort		45.6
Pain or discomfort in the arms or shoulders		77.1	Sudden trouble walking, dizziness, or loss of balance		78.1
Shortness of breath		76.1	Severe headache with no known cause		62.0
Recognizes all heart attack symptoms		5.1	Recognizes all stroke symptoms		13.2

Would call 911 as a first response if **Heart Attack OR Stroke** is suspected - 79.2

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>

⁵Ate 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).