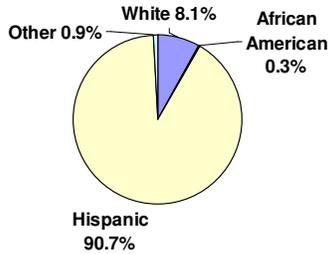


**Texas Cardiovascular Health & Wellness Program
Texas Department of State Health Services**



**Cardiovascular Health Facts 2001-2007
McAllen- Edinburg - Pharr Metropolitan Statistical Area (MSA)**

Demography of McAllen MSA in 2007 (Estimated Texas Population)



Demographics				
Age	Total	Males	Females	Percent
0-17	242,218	123,023	119,195	33.4
18-29	145,178	75,921	69,257	20.0
30-34	147,459	71,763	75,696	20.3
35-64	126,485	59,722	66,763	17.4
65+	63,765	28,252	35,513	8.8
Total	725,105	358,681	366,424	100.0

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

	CVD ¹		Heart Disease ²		Stroke	
	McAllen MSA	Texas	McAllen MSA	Texas	McAllen MSA	Texas
Total	8.7%	8.3%	6.4%	6.7%	3.3%	2.8%
Male	9.8%	8.6%	7.0%	7.3%	3.6%	2.6%
Female	7.8%	8.0%	5.9%	6.1%	3.0%	3.0%
White	15.2%	9.4%	11.3%	7.8%	5.9%	2.9%
African American	-	8.6%	-	5.7%	-	4.4%
Hispanic	7.7%	6.4%	5.6%	5.2%	2.9%	2.1%

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

	CVD		Heart Disease		Stroke	
	McAllen MSA	Texas	McAllen MSA	Texas	McAllen MSA	Texas
Total	244.6	317.5	199.6	237.6	33.2	58.8
Male	292.7	356.0	244.3	279.2	34.9	55.1
Female	204.5	284.0	162.4	203.1	31.7	60.6
White	229.4	319.2	188.9	241.0	29.3	57.7
African American	255.0	451.1	146.3	327.6	49.6	87.8
Hispanic	261.0	259.8	213.7	194.6	35.2	48.1

Hospital Discharge Data⁴

Texas EMS/Trauma Registry Data⁵ 2007 (Health Service Region 11)

McAllen MSA, 2007	Hospital Charges	Time (Min) for CVD		Time (Min) for Stroke	
		HSR 11	Texas	HSR 11	Texas
Ischemic Heart Disease	\$253,775,452	Response Time = (Time Call Received - Time EMS Arrived on Scene)			
		10.7	8.3	15.3	9.1
Hemorrhagic Stroke	\$17,986,429	Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)			
		17.0	18.5	17.3	18.1
Ischemic Stroke	\$42,571,868	Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination)			
		17.6	14.5	15.9	14.3
Congestive Heart Failure	\$106,497,917	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 Council, 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
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**Cardiovascular Health Facts 2005-2007
McAllen- Edinburg - Pharr Metropolitan Statistical Area (MSA)**

CVD Risk Factors¹ in 2007

Diabetes			High Blood Cholesterol		
	McAllen MSA	Texas		McAllen MSA	Texas
Total	13.3%	10.4%	Total	39.3%	38.5%
Male	10.5%	9.9%	Male	34.4%	40.7%
Female	15.87%	10.8%	Female	43.3%	36.5%
White	18.1%	8.5%	White	50.2%	40.0%
African American	-	12.9%	African American	-	33.2%
Hispanic	12.8	12.3%	Hispanic	37.3%	37.3%
Current Smoker			High Blood Pressure		
	McAllen MSA	Texas		McAllen MSA	Texas
Total	17.8%	19.3%	Total	24.5%	27.8%
Male	27.9%	21.9%	Male	22.5%	27.7%
Female	9.2%	16.9%	Female	26.2%	30.0%
White	18.1%	20.5%	White	35.9%	29.1%
African American	-	21.4%	African American	-	41.4%
Hispanic	18.1	17.5%	Hispanic	23.1%	21.7%
Obesity (BMI>=30)			No Leisure Time Physical Activity		
	McAllen MSA	Texas		McAllen MSA	Texas
Total	38.1%	28.6%	Total	36.0%	28.3%
Male	38.9%	28.6%	Male	31.3%	25.5%
Female	37.2%	28.5%	Female	40.1%	31.0%
White	29.2%	25.7%	White	24.0%	23.5%
African American	-	38.7%	African American	-	33.7%
Hispanic	39.5%	32.7%	Hispanic	37.6%	34.3%
Poor Nutrition⁵			Youth Risk Factors (2007)		
	McAllen MSA	Texas		U.S.	Texas
Total	81.0%	74.8%	Current cigarette use ²	20.0%	21.1%
Male	84.9%	77.8%	Obesity ³	13.0%	15.9%
Female	77.7%	71.9%	Met recommended levels of physical activity ⁴	34.7%	42.5%
White	65.8%	73.4%	Ate fruits and vegetables 5 or more times/day	21.4%	17.4%
African American	-	75.7%			
Hispanic	82.8%	75.2%			

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

Heart Attack	% Of Respondents Recognizing Symptoms	Stroke	% Of Respondents Recognizing Symptoms
Pain or discomfort in jaw, neck or back	41.6	Sudden confusion or trouble speaking	79.0
Feeling weak, lightheaded, or faint	55.4	Sudden numbness or weakness of face, arms, legs (especially on one side)	85.0
Chest pain or discomfort	86.6	Sudden trouble seeing in one or both eyes	56.5
Sudden trouble seeing in one or both eyes	30.7	Sudden chest pain or discomfort	31.0
Pain or discomfort in the arms or shoulders	74.2	Sudden trouble walking, dizziness, or loss of balance	79.3
Shortness of breath	76.0	Severe headache with no known cause	55.8
Recognizes all heart attack symptoms	12.3	Recognizes all stroke symptoms	16.0

Would call 911 as a first response if **Heart Attack OR Stroke** is suspected - 86.7

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>

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