

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



Cardiovascular Health Facts 2005-2007 Texas

CVD Risk Factors¹ in 2007

Diabetes			High Blood Cholesterol		
	Estimated Cases	Texas		Estimated Cases	Texas
Total	1,819,000	10.4%	Total	6,733,000	38.5%
Male	860,000	9.9%	Male	3,535,000	40.7%
Female	951,000	10.8%	Female	3,213,000	36.5%
White	762,000	8.5%	White	3,588,000	40.0%
African American	247,000	12.9%	African American	636,000	33.2%
Hispanic	721,000	12.3%	Hispanic	2,187,000	37.3%
Current Smoker			High Blood Pressure		
	Estimated Cases	Texas		Estimated Cases	Texas
Total	3,375,000	19.3%	Total	4,862,000	27.8%
Male	1,902,000	21.9%	Male	2,406,000	27.7%
Female	1,488,000	16.9%	Female	2,641,000	30.0%
White	1,839,000	20.5%	White	2,610,000	29.1%
African American	410,000	21.4%	African American	793,000	41.4%
Hispanic	1,026,000	17.5%	Hispanic	1,272,000	21.7%
Obesity (BMI \geq 30)			No Leisure Time Physical Activity		
	Estimated Cases	Texas		Estimated Cases	Texas
Total	5,002,000	28.6%	Total	4,949,000	28.3%
Male	2,484,000	28.6%	Male	2,215,000	25.5%
Female	2,509,000	28.5%	Female	2,729,000	31.0%
White	2,305,000	25.7%	White	2,108,000	23.5%
African American	742,000	38.7%	African American	646,000	33.7%
Hispanic	1,917,000	32.7%	Hispanic	2,011,000	34.3%
Poor Nutrition ⁵			Youth Risk Factors (2007)		
	Estimated Cases	Texas		U.S	Texas
Total	13,081,000	74.8%	Current cigarette use ²	20.0%	21.1%
Male	6,757,000	77.8%	Obesity ³	13.0%	15.9%
Female	6,329,000	71.9%	Met recommended levels of physical activity ⁴	34.7%	42.5%
White	6,583,000	73.4%	Ate fruits and vegetables 5 or more times/day	21.4%	17.4%
African American	1,451,000	75.7%			
Hispanic	4,408,000	75.2%			

Recognition of CVD and Stroke Symptoms¹ (2005) Texas

	% Of Respondents Recognizing Symptoms		% Of Respondents Recognizing Symptoms
Heart Attack		Stroke	
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 - 85.1%

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>