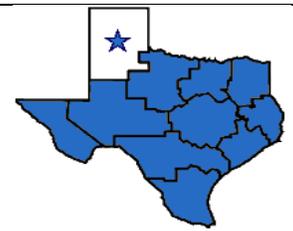
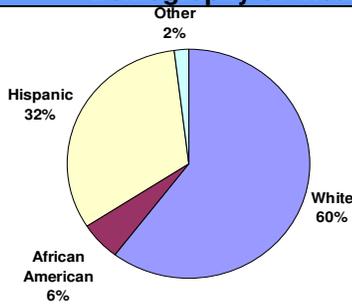


Texas Cardiovascular Health & Wellness Program
Texas Department of State Health Services



Cardiovascular Health Facts 2001-2007
Texas Health Service Region 1

Demography of Health Service Region 1 (HSR 1) in 2007 (Estimated Texas Population)



Demographics				
Age	Total	Males	Females	Percent
0-17	209,200	107,111	102,089	25.8%
18-29	163,451	85,475	77,976	20.2%
30-34	150,977	77,815	73,162	18.6%
35-64	184,079	91,019	93,060	22.7%
65+	102,010	43,455	58,555	12.6%
Total	809,902	404,971	404,931	100.0%

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

	CVD ¹		Heart Disease ²		Stroke	
	HSR 1	Texas	HSR 1	Texas	HSR 1	Texas
Total	8.6%	8.3%	6.2%	6.7%	3.2%	2.8%
Male	6.7%	8.6%	4.0%	7.3%	2.9%	2.6%
Female	10.6%	8.0%	8.4%	6.1%	3.5%	3.0%
White	7.8%	9.4%	6.1%	7.8%	2.4%	2.9%
African American	-	8.6%	-	5.7%	-	4.4%
Hispanic	7.5%	6.4%	6.2%	5.2%	2.2%	2.1%

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

	CVD		Heart Disease		Stroke	
	HSR 1	Texas	HSR 1	Texas	HSR 1	Texas
Total	313.5	317.5	235.0	237.6	57.6	58.8
Male	353.6	356.0	277.2	279.2	53.8	55.1
Female	278.9	284.0	200.1	203.1	59.5	60.6
White	316.6	319.2	239.8	241.0	56.6	57.7
African American	417.0	451.1	309.1	327.6	69.9	87.8
Hispanic	254.8	259.8	181.0	194.6	55.6	48.1

Hospital Discharge Data⁴

Texas EMS/Trauma Registry Data⁵ 2007 for Health Service Region 1

HSR 1, 2007	Hospital Charges	Time (Min) for CVD		Time (Min) for Stroke	
		HSR 1	Texas	HSR 1	Texas
Ischemic Heart Disease	\$229,857,295	Response Time = (Time Call Received - Time EMS Arrived on Scene)			
		6.6	8.3	7.9	9.1
Hemorrhagic Stroke	\$20,511,429	Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)			
		15.3	18.5	15.0	18.1
Ischemic Stroke	\$38,451,353	Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination)			
		15.3	14.5	14.0	14.3
Congestive Heart Failure	\$86,849,094	Delivery Time = (Time Call Received - Time EMS Arrived at Destination)			
		36.0	39.7	35.3	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
Texas Health Service Region 1**

CVD Risk Factors¹ in 2007

Diabetes		HSR 1	Texas	High Blood Cholesterol		HSR 1	Texas
Total		10.7%	10.4%	Total		38.2%	38.5%
Male		11.3%	9.9%	Male		33.2%	40.7%
Female		10.2%	10.8%	Female		43.1%	36.5%
White		9.0%	8.5%	White		37.1%	40.0%
African American		-	12.9%	African American		-	33.2%
Hispanic		13.7%	12.3%	Hispanic		46.1%	37.3%
Current Smoker		HSR 1	Texas	High Blood Pressure		HSR 1	Texas
Total		21.5%	19.3%	Total		27.1%	27.8%
Male		22.0%	21.9%	Male		26.3%	27.7%
Female		21.0%	16.9%	Female		28.0%	30.0%
White		21.4%	20.5%	White		26.3%	29.1%
African American		-	21.4%	African American		-	41.4%
Hispanic		21.4%	17.5%	Hispanic		20.5%	21.7%
Obesity (BMI>=30)		HSR 1	Texas	No Leisure Time Physical Activity		HSR 1	Texas
Total		34.5%	28.6%	Total		31.0%	28.3%
Male		40.9%	28.6%	Male		30.7%	25.5%
Female		29.5%	28.5%	Female		31.2%	31.0%
White		30.5%	25.7%	White		21.4%	23.5%
African American		-	38.7%	African American		-	33.7%
Hispanic		44.0%	32.7%	Hispanic		45.6%	34.3%
Poor Nutrition⁵		HSR 1	Texas	Youth Risk Factors (2007)		U.S.	Texas
Total		72.3%	74.8%	Current cigarette use ²		20.0%	21.1%
Male		71.2%	77.8%	Obesity ³		13.0%	15.9%
Female		73.4%	71.9%	Met recommended levels of physical activity ⁴		34.7%	42.5%
White		71.5%	73.4%	Ate fruits and vegetables 5 or more times/day		21.4%	17.4%
African American		-	75.7%				
Hispanic		72.0%	75.2%				

Recognition of CVD and Stroke Symptoms¹ (2005) HSR 1

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=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>

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