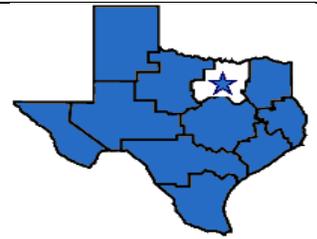


Texas Cardiovascular Health & Wellness Program

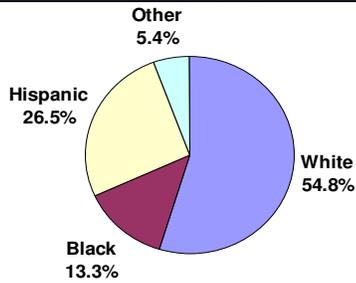
Texas Department of State Health Services



Cardiovascular Health Facts 2001-2007

Texas Health Service Region 3

Demography of Health Service Region 3 (HSR 3) in 2007 (Estimated Texas Population)



Demographics				
Age	Total	Males	Females	Percent
0-17	1,764,231	900,028	864,203	27.2%
18-29	1,107,463	571,391	536,072	17.1%
30-34	1,589,365	813,363	776,002	24.5%
35-64	1,498,697	744,627	754,070	23.1%
65+	531,127	227,988	303,139	8.2%
Total	6,490,883	3,257,397	3,233,486	100.0%

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

	CVD ¹		Heart Disease ²		Stroke	
	HSR 3	Texas	HSR 3	Texas	HSR 3	Texas
Total	8.1%	8.3%	6.4%	6.7%	2.5%	2.8%
Male	9.3%	8.6%	8.0%	7.3%	2.0%	2.6%
Female	7.0%	8.0%	5.0%	6.1%	2.9%	3.0%
White	8.8%	9.4%	7.3%	7.8%	2.4%	2.9%
African American	6.3%	8.6%	2.9%	5.7%	4.3%	4.4%
Hispanic	7.3%	6.4%	5.9%	5.2%	1.7%	2.1%

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

	CVD		Heart Disease		Stroke	
	HSR 3	Texas	HSR 3	Texas	HSR 3	Texas
Total	328.5	317.5	244.0	237.6	63.0	58.8
Male	366.1	356.0	285.4	279.2	58.7	55.1
Female	296.0	284.0	210.2	203.1	65.0	60.6
White	323.9	319.2	242.9	241.0	60.4	57.7
African American	469.6	451.1	341.6	327.6	93.1	87.8
Hispanic	227.8	259.8	163.4	194.6	48.8	48.1

Hospital Discharge Data⁴

Texas EMS/Trauma Registry Data⁵ 2007 for Health Service Region 2/3

	HSR 3, 2007 Hospital Charges	Time (Min) for CVD		Time (Min) for Stroke	
		HSR 2/3	Texas	HSR 2/3	Texas
Ischemic Heart Disease	\$ 1,321,130,321	Response Time = (Time Call Received - Time EMS Arrived on Scene) 8.0 8.3 8.4 9.1			
Hemorrhagic Stroke	\$ 158,432,827	Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene) 18.1 18.5 18.0 18.1			
Ischemic Stroke	\$ 334,272,824	Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination) 15.5 14.5 14.0 14.3			
Congestive Heart Failure	\$ 86,849,094	Delivery Time = (Time Call Received - Time EMS Arrived at Destination) 37.9 39.7 38.9 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).

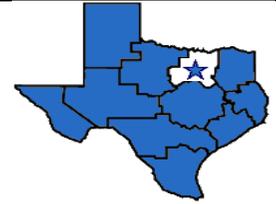
⁴ 2007 Texas Health Care Information Collection, Inpatient Hospital Discharge Public Use File, for persons all ages. Ischemic heart disease (ICD-9 Code 410-414); Hemorrhagic Stroke (ICD-9 Code 430-432); Ischemic Stroke (ICD-9 Code 436-438, 433, 434); Congestive Heart Failure (ICD-9 Code 428).

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 3**

CVD Risk Factors¹ in 2007

Diabetes		HSR 3	Texas	High Blood Cholesterol		HSR 3	Texas
Total		9.2%	10.4%	Total		37.9%	38.5%
Male		9.6%	9.9%	Male		41.2%	40.7%
Female		8.7%	10.8%	Female		34.9%	36.5%
White		7.8%	8.5%	White		40.3%	40.0%
African American		11.4%	12.9%	African American		25.4%	33.2%
Hispanic		11.5%	12.3%	Hispanic		39.4%	37.3%
Current Smoker		HSR 3	Texas	High Blood Pressure		HSR 3	Texas
Total		18.0%	19.3%	Total		26.1%	27.8%
Male		18.1%	21.9%	Male		26.2%	27.7%
Female		17.9%	16.9%	Female		26.1%	30.0%
White		19.1%	20.5%	White		28.0%	29.1%
African American		22.9%	21.4%	African American		35.0%	41.4%
Hispanic		13.1%	17.5%	Hispanic		18.6%	21.7%
Obesity (BMI>=30)		HSR 3	Texas	No Leisure Time Physical Activity		HSR 3	Texas
Total		25.3%	28.6%	Total		23.7%	28.3%
Male		23.6%	28.6%	Male		20.6%	25.5%
Female		27.1%	28.5%	Female		26.7%	31.0%
White		25.9%	25.7%	White		20.0%	23.5%
African American		35.0%	38.7%	African American		28.2%	33.7%
Hispanic		23.9%	32.7%	Hispanic		32.8%	34.3%
Poor Nutrition⁵		HSR 3	Texas	Youth Risk Factors (2007)		U.S.	Texas
Total		74.2%	74.8%	Current cigarette use ²		20.0%	21.1%
Male		78.5%	77.8%	Obesity ³		13.0%	15.9%
Female		70.0%	71.9%	Met recommended levels of physical activity ⁴		34.7%	42.5%
White		74.2%	73.4%	Ate fruits and vegetables 5 or more times/day		21.4%	17.4%
African American		75.2%	75.7%				
Hispanic		74.3%	75.2%				

Recognition of CVD and Stroke Symptoms¹ (2005) HSR 3

Heart Attack	% Of Respondents Recognizing Symptoms	Stroke	% Of Respondents Recognizing Symptoms
Pain or discomfort in jaw, neck or back	38.5	Sudden confusion or trouble speaking	78.7
Feeling weak, lightheaded, or faint	52.6	Sudden numbness or weakness of face, arms, legs (especially on one side)	90.0
Chest pain or discomfort	86.9	Sudden trouble seeing in one or both eyes	62.8
Sudden trouble seeing in one or both eyes	27.6	Sudden chest pain or discomfort	35.0
Pain or discomfort in the arms or shoulders	77.2	Sudden trouble walking, dizziness, or loss of balance	79.7
Shortness of breath	80.3	Severe headache with no known cause	54.2
Recognizes all heart attack symptoms	7.9	Recognizes all stroke symptoms	17.3

Would call 911 as a first response if **Heart Attack OR Stroke** is suspected - 88.2

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=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).