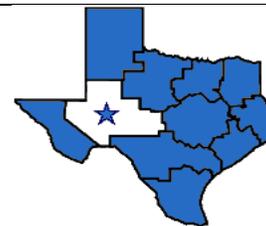


Texas Cardiovascular Health & Wellness Program

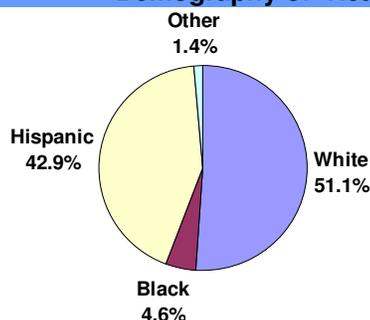
Texas Department of State Health Services



Cardiovascular Health Facts 2001-2007

Texas Health Service Region 9

Demography of Health Service Region 9 (HSR 9) in 2007 (Estimated Texas Population)



Demographics				
Age	Total	Males	Females	Percent
0-17	141,314	72,238	69,076	26.4%
18-29	100,338	52,134	48,204	18.7%
30-34	95,131	48,730	46,401	17.7%
35-64	128,902	63,993	64,909	24.0%
65+	70,496	30,577	39,919	13.1%
Total	536,181	267,672	268,509	100.0%

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

	CVD ¹		Heart Disease ²		Stroke	
	HSR 9	Texas	HSR 9	Texas	HSR 9	Texas
Total	8.8%	8.3%	7.1%	6.7%	3.6%	2.8%
Male	8.1%	8.6%	7.2%	7.3%	2.2%	2.6%
Female	9.4%	8.0%	7.0%	6.1%	4.8%	3.0%
White	11.2%	9.4%	9.9%	7.8%	4.3%	2.9%
African American	-	8.6%	-	5.7%	-	4.4%
Hispanic	5.8%	6.4%	3.1%	5.2%	2.8%	2.1%

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

	CVD		Heart Disease		Stroke	
	HSR 9	Texas	HSR 9	Texas	HSR 9	Texas
Total	324.3	317.5	249.5	237.6	55.9	58.8
Male	355.4	356.0	284.7	279.2	50.7	55.1
Female	295.8	284.0	219.3	203.1	58.7	60.6
White	330.2	319.2	256.3	241.0	55.2	57.7
African American	457.4	451.1	364.6	327.6	59.8	87.8
Hispanic	278.8	259.8	204.7	194.6	56.0	48.1

Hospital Discharge Data⁴

Texas EMS/Trauma Registry Data⁵ 2007 for Health Service Region 9/10

	HSR 9, 2007 Hospital Charges	Time (Min) for CVD		Time (Min) for Stroke	
		HSR 9/10	Texas	HSR 9/10	Texas
Ischemic Heart Disease	\$ 132,940,888	7.7	8.3	7.6	9.1
Hemorrhagic Stroke	\$ 10,839,014	16.0	18.5	16.4	18.1
Ischemic Stroke	\$ 25,715,941	13.8	14.5	13.4	14.3
Congestive Heart Failure	\$ 37,901,817	36.4	39.7	36.7	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 9**

CVD Risk Factors¹ in 2007

Diabetes	HSR 9	Texas	High Blood Cholesterol	HSR 9	Texas
Total	12.5%	10.4%	Total	32.9%	38.5%
Male	13.7%	9.9%	Male	35.5%	40.7%
Female	11.6%	10.8%	Female	31.0%	36.5%
White	9.0%	8.5%	White	35.5%	40.0%
African American	-	12.9%	African American	-	33.2%
Hispanic	18.2%	12.3%	Hispanic	26.9%	37.3%
Current Smoker	HSR 9	Texas	High Blood Pressure	HSR 9	Texas
Total	21.2%	19.3%	Total	22.7%	27.8%
Male	26.8%	21.9%	Male	21.2%	27.7%
Female	16.6%	16.9%	Female	23.9%	30.0%
White	17.7%	20.5%	White	27.3%	29.1%
African American	-	21.4%	African American	-	41.4%
Hispanic	25.2%	17.5%	Hispanic	17.4%	21.7%
Obesity (BMI>=30)	HSR 9	Texas	No Leisure Time Physical Activity	HSR 9	Texas
Total	28.6%	28.6%	Total	34.9%	28.3%
Male	22.9%	28.6%	Male	32.8%	25.5%
Female	33.8%	28.5%	Female	36.6%	31.0%
White	25.4%	25.7%	White	28.4%	23.5%
African American	-	38.7%	African American	-	33.7%
Hispanic	37.1%	32.7%	Hispanic	43.9%	34.3%
Poor Nutrition⁵	HSR 9	Texas	Youth Risk Factors (2007)	U.S.	Texas
Total	75.1%	74.8%	Current cigarette use ²	20.0%	21.1%
Male	80.6%	77.8%	Obesity ³	13.0%	15.9%
Female	70.7%	71.9%	Met recommended levels of physical activity ⁴	34.7%	42.5%
White	75.2%	73.4%	Ate fruits and vegetables 5 or more times/day	21.4%	17.4%
African American	-	75.7%			
Hispanic	72.7%	75.2%			

Recognition of CVD and Stroke Symptoms¹ (2005) HSR 9

Heart Attack	% Of Respondents Recognizing Symptoms	Stroke	% Of Respondents Recognizing Symptoms
Pain or discomfort in jaw, neck or back	42.6	Sudden confusion or trouble speaking	76.8
Feeling weak, lightheaded, or faint	52.9	Sudden numbness or weakness of face, arms, legs (especially on one side)	86.8
Chest pain or discomfort	88.6	Sudden trouble seeing in one or both eyes	68.7
Sudden trouble seeing in one or both eyes	30.3	Sudden chest pain or discomfort	38.6
Pain or discomfort in the arms or shoulders	85.4	Sudden trouble walking, dizziness, or loss of balance	82.2
Shortness of breath	85.8	Severe headache with no known cause	65.9
Recognizes all heart attack symptoms	9.0	Recognizes all stroke symptoms	16.5

Would call 911 as a first response if **Heart Attack OR Stroke** is suspected - 86.0

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).