

# 2016 Heart Disease and Stroke Fact Sheet — Public Health Region 1

## Texas Department of State Health Services

### Burden of Disease

Prevalence of Heart Disease, Stroke, and Selected Risk Factors,  
Adults, 18 years and older, 2015

Percentage of Adults (95% confidence interval)

	Region	Texas
Heart Disease	11.6 (8.1-15.1)	6.1 (5.5-6.8)
Stroke	5.8 (3.3-8.4)	3.0 (2.5-3.5)
Hypertension	37.1 (32.0-42.2)	29.5 (28.2-30.8)
Current Cigarette Smoking	18.0 (13.9- 22.2)	15.2 (14.1-16.4)
Obesity	33.8 (28.7- 39.0)	32.4 (30.9-33.9)

Interpretation:

The percentage of adults in PHR 1 with heart disease and hypertension was significantly higher than in Texas overall.

### Heart Disease & Stroke Age Adjusted Death Rates by Race/Ethnicity and Sex, All Ages, 2014

Annual Deaths per 100,000 People (95% confidence interval)

	Region	Texas
<b>Heart Disease</b>	195.4 (186.1-204.7)	175.8 (174.1-177.5)
White	207.6 (196.6-218.7)	188.2 (186.0-190.4)
Black	234.2 (183.5-284.8)	224.3 (218.2-230.4)
Hispanic	149.8 (130.5-169.0)	137.0 (133.9-140.1)
Other	--	91.7 (85.6-97.7)
Men	218.0 (203.3-232.7)	212.6 (209.8-215.3)
Women	174.9 (163.2-186.7)	144.9 (142.9-147.0)
<b>Stroke</b>	47.0 (42.4-51.5)	43.3 (42.4-44.1)
White	47.5 (42.3-52.8)	43.7 (42.7-44.8)
Black	--	59.2 (56.0-62.5)
Hispanic	43.8 (33.2-54.3)	36.4 (34.8-38.0)
Other	--	26.5 (23.2-29.8)
Men	40.3 (34.0-46.7)	42.0 (40.7-43.3)
Women	50.9 (44.5-57.2)	43.7 (42.5-44.8)

The heart disease death rate was significantly higher in PHR 1 than in Texas overall.

Deaths due to heart disease in PHR 1 were less common among Hispanic residents than white or black.

Deaths due to heart disease were more common among men than women in PHR 1.

### Cost to State

Medicaid Spending among Beneficiaries with Cardiovascular Disease, All Ages, FY2015

For Fee-for-Service and Star & StarPlus Programs

Type of Care	Region			Texas		
	Total Expenditure	*Number of Beneficiaries	Average Expenditure per Beneficiary	Total Expenditure	*Number of Beneficiaries	Average Expenditure per Beneficiary
<b>Total</b>	\$11,866,985.35	14,573	\$814.31	\$559,055,789.83	472,258	\$1,183.79
<b>Inpatient</b>	\$6,320,741.74	1,229	\$5,143.00	\$237,781,462.08	37,421	\$6,354.23
<b>Outpatient</b>	\$1,613,280.49	6,759	\$238.69	\$73,598,905.85	172,536	\$426.57
<b>Physician</b>	\$3,932,963.12	12,632	\$311.35	\$247,675,421.90	438,170	\$565.25

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### Interpretations:

14,573 Medicaid beneficiaries in PHR 1 received acute care for cardiovascular disease in fiscal year 2015.

The average Medicaid expenditure for cardiovascular disease care in PHR 1 was about \$814 per beneficiary, which was lower than in the state overall.

In PHR 1, the average expenditure per beneficiary was highest for inpatient care (about \$5,143) compared to outpatient or physician care for cardiovascular disease.

### Burden of Disease (continued)

#### Heart Disease & Stroke Age-Adjusted Hospitalization Rates, All Ages, 2014

Annual Hospitalizations per 10,000 People (95% confidence interval)

	Region	Texas
Heart Disease	73.8 (72.0-75.6)	77.2 (76.8-77.5)
Stroke	17.4 (16.5-18.3)	20.3 (20.1-20.4)

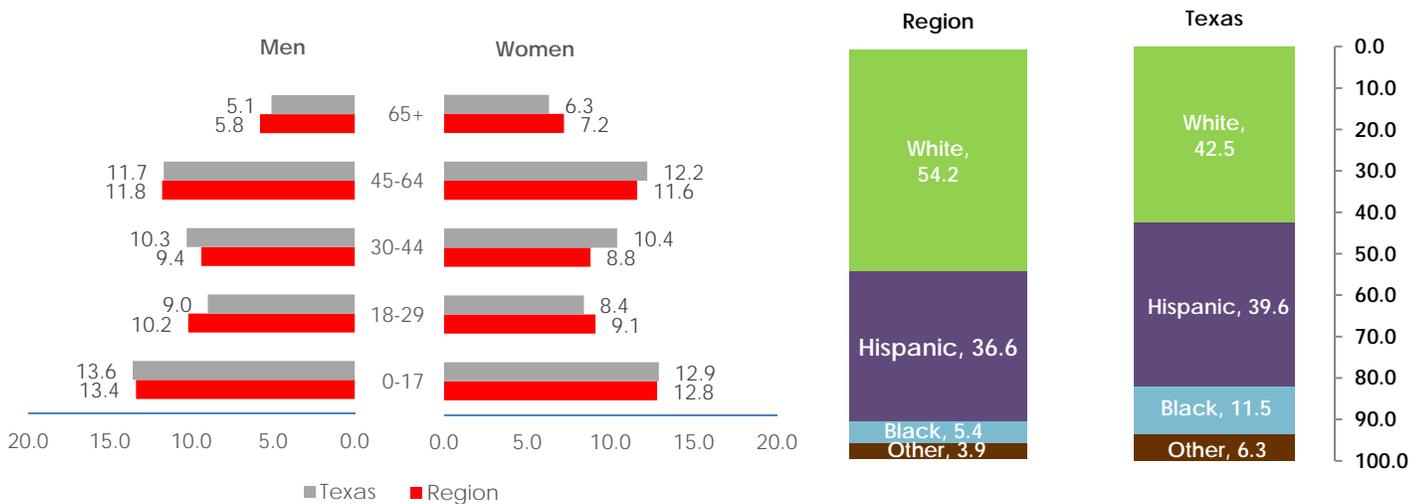
### Interpretation:

For every 10,000 adults, about 3 fewer hospitalizations occurred annually for heart disease and for stroke in PHR 1 than in Texas as a whole.

### Texas Demography, 2014

Total Population = 867,673

Distribution of Population (% of Total Population)



Data Sources: (1) 2015 Texas Behavioral Risk Factor Surveillance System; (2) 2014 Texas Vital Statistics, Mortality Data; (3) 2014 Texas Hospital Inpatient Discharge Public Use Data File; (4) 2015 Texas Medicaid Reimbursement Data as prepared by Research Team, Strategic Decision Support, Texas Health and Human Services Commission, October 2016 and (5) 2014 Texas Vital Statistics, Population Data.

Case Definitions: **Prevalence** based on respondents 18 years and older and self-reported (1) **Heart Disease**: responded yes to a question asking if they had ever been told by a doctor they had a heart attack/myocardial infarction, and/or yes to a question asking if they had ever been told by a doctor they had angina or coronary heart disease; (2) **Stroke**: responded yes to a question asking if they had ever been told by a doctor they had a stroke; (3) **Hypertension**: responded yes to a question asking if they had ever been told by a doctor they had hypertension, not including during pregnancy or borderline/pre-hypertensive; (4) **Current Cigarette Smoking**: having smoked 100 cigarettes in their lifetime and now smoking every day or some days, or chewing tobacco, snuff, or snus every day or some days; and (5) **Obesity**: body mass index of 30 or greater calculated from height and weight. **Mortality** based on ICD-10 codes for heart disease (I00-I02, I05-I09, I11, I13, I20-I25, I26-I28, I30-I51) and stroke (I60- I69). **Hospitalizations** based on ICD-9 codes for heart disease (390-398, 402, 404, 410-429) and stroke (430-434, 436-438). **Medicaid** reimbursement based on paid and partially paid claims for fee-for service and primary care case management services selected from the Texas Medicaid and Health Partnership (TMHP) Ad Hoc Query Platform (AHQP) Claims Universe of persons with a primary diagnosis of cardiovascular disease (ICD-9: 390-459).

A Medicaid beneficiary may receive more than one type of care: therefore, the sum of beneficiaries receiving each type of care does not equal the total number of beneficiaries.

Note: "--" indicates too few cases occurred, the sample size was too small, or the relative standard error was >30.0% to provide a reliable estimate.

Statistical significance based upon evaluation of overlap among confidence intervals.