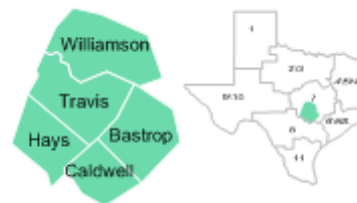
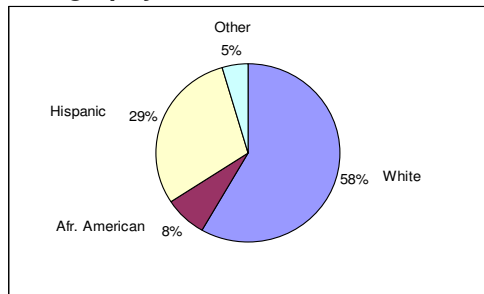


Texas Cardiovascular Health & Wellness Program Texas Department of State Health Services



Cardiovascular Health Facts 2001-2005 Texas Metropolitan Area Austin-Round Rock MSA

Demography of Texas Austin-Round Rock MSA in 2005



Demographics

Age	Total	Males	Females	Percent
0-17	363,244	186,384	176,860	24.9
18-29	308,806	163,534	145,272	21.2
30-34	122,786	65,570	57,216	8.4
35-64	557,238	284,341	272,897	38.2
65+	106,567	46,017	60,550	7.3
Total	1,458,641	745,846	712,795	100%

Prevalence of Cardiovascular Disease(CVD) and Stroke Among Adults¹ (18+ years) 2005

	CVD		Heart Disease		Stroke	
	Estimated Cases	%	Estimated Cases	%	Estimated Cases	%
Total	73,392	6.7	58,056	5.3	24,099	2.2
Male	45,876	8.2	35,806	6.4	11,749	2.1
Female	28,940	5.4	23,045	4.3	12,327	2.3
White	45,789	6.8	35,688	5.3	17,507	2.6
African American	-	-	-	-	-	-
Hispanic	25,356	8.7	20,402	7.0	4,955	1.7

CVD and Stroke Age-adjusted Mortality Rates² (per 100,000) 2001-2004

	CVD		Heart Disease		Stroke	
	Estimated Cases	Rates	Estimated Cases	Rates	Estimated Cases	Rates
Total	8,571	264.9	4,322	133.2	1801	56.6
Male	4058	290.5	2,296	162.7	705	52.5
Female	4,513	241.4	2,026	109.1	1,096	58.6
White	6,561	259.6	3,303	129.8	1357	54.6
African American	955	407.2	460	202.6	193	83.4
Hispanic	975	235.0	522	128.1	232	55.0

Hospital Discharges 2005

Charges (\$)

Ischemic Heart Disease	\$207,877,143
Hemorrhagic Stroke	\$21,008,874
Ischemic Stroke	\$43,622,075
Congestive Heart Failure	\$90,285,540

Texas EMS/Trauma Registry Data⁴ 2003 for PHR7

	Time (in Minutes) for CVD	Time (in Minutes) for Stroke
Response Time = (Call Received Time - Time EMS Arrived on Scene)	7.4	7.7
Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)	18.0	17.1
Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination)	15.5	15.5
Delivery Time = (Call Received Time - Time EMS Arrived at Destination)	40.4	40.2

¹ 2005 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 1999-2004 Texas Department of State Health Services Vital Statistics. Mortality due to CVD was defined as the (ICD-10 Code I00-I99) cause of death. 2004 mortality data is still preliminary and may change at any point.

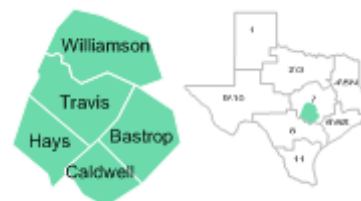
³ 2003 Texas Health Care Information Council, Inpatient Hospital Discharge Public Use File, for persons all ages. Ischemic heart disease (ICD-9 Code 410-414); Hemorrhagic Stroke (ICD-9 Code 430-432); Ischemic Stroke (ICD-9 Code 436-438,433,434); Congestive Heart Failure (ICD-9 Code 428).

⁴ Texas EMS/Trauma Registry Data Selected in 2003. the selection criteria as:

- Calls received during 2003
- 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

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CVD Risk Factor in 2005

Diabetes	Estimated Cases	Percent	High Blood Cholesterol	Estimated Cases	Percent
Total	78,869	7.2	Total	341,764	31.2
Gender			Gender		
Male	37,484	6.7	Male	177,349	31.7
Female	40,731	7.6	Female	165,068	30.8
Current Smoker	Estimated Cases	Percent	High Blood Pressure	Estimated Cases	Percent
Total	202,648	18.5	Total	171,977	15.7
Gender			Gender		
Male	130,355	23.3	Male	88,395	15.8
Female	77,175	14.4	Female	83,606	15.6
Obesity	Estimated Cases	Percent	No Leisure Time Physical Activity	Estimated Cases	Percent
Total	198,267	18.1	Total	272,754	24.9
Gender			Gender		
Male	91,192	16.3	Male	156,649	28.0
Female	106,115	19.8	Female	118,442	22.1

Recognition of CVD Symptoms¹

Heart Attack	%	Stroke	%
Pain or discomfort in jaw, neck or back	41.6	Sudden confusion or trouble speaking	88.0
Feeling weak, lightheaded, or faint	58.8	Sudden numbness or weakness of face, arms, legs (especially on one side)	91.2
Chest pain or discomfort	91.5	Sudden trouble seeing in one or both eyes	68.0
Sudden trouble seeing in one or both eyes	30.8	Sudden chest pain or discomfort	35.2
Pain or discomfort in the arms or shoulders	82.5	Sudden trouble walking, dizziness, or loss of balance	84.2
Shortness of breath	82.3	Severe headache with no known cause	57.5
<i>Recognizes all heart attack symptoms</i>	10.7	<i>Recognizes all stroke symptoms</i>	24.7
Would call 911 as a first response if Heart Attack OR Stroke is suspected			90.4

Heart and Stroke Healthy City Recognition Community Indicators

M=Indicator Met , **P**=Indicator Partially Met , **N**=Indicator Not Met

1. **M** Cardiovascular disease and stroke ongoing public information campaigns are provided in the community.
2. **M** Physical activity areas are designated, safe, accessible and promoted.
3. **P** Healthy food options are accessible and promoted.
4. **P** Public schools (grades K-8) comply with all legislated components of a coordinated school health program and daily physical activity.
5. **M** Moderate to strong city smoking ordinances are in place.
6. **M** CPR classes are available.
7. **P** A plan is in place to reduce disparities in CVD and stroke.
8. **P** Defibrillators (Manual and/or Automated External) are available.
9. **M** Stroke is treated as a medical emergency in the community and appropriate acute stroke treatment protocols are in place.
10. **M** Health Sites in the Community Promote Primary and Secondary Prevention of CVD and Stroke.

¹ 2005 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

² Recommendation: Physical Activity -The 2005 Dietary Guidelines recommends: All children and adolescents participate in at least 60 minutes of moderate intensity physical activity on most, preferably all, days of the week.

-The National Association for Sport and Physical Education (NASPE) adds: Children should engage in up to several hours a day of age and developmentally appropriate physical activity 10 – 15 minutes should include moderate to vigorous activities. http://www.aahperd.org/naspe/template.cfm?template=ns_index.html

³ Recommendation: Media Time- The American Academy of Pediatrics recommends that parents limit children's total entertainment media time to: No more than 1 – 2 hours per day. <http://www.aap.org/policy/re0043.html>

⁴ Some questions in the survey ask the students questions about "yesterday". These questions cannot provide information about "typical" individual behaviors, since it is only 1 day of data. However, if we look at the aggregate results of a group of students, we can get a reasonable idea of what the group is doing overall.

* At risk of overweight is ≥85th but <95th Percentile for BMI by Age/Sex

**Overweight is ≥ 95th Percentile for BMI by Age/Sex