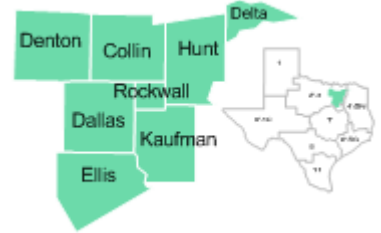
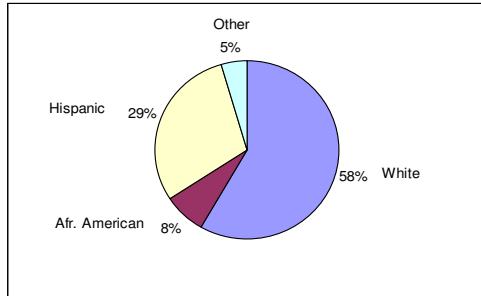


Texas Cardiovascular Health & Wellness Program Texas Department of State Health Services



Cardiovascular Health Facts 2001-2005 Texas Metropolitan Area Dallas-Plano-Irving PMSA

Demography of Texas Dallas-Plano-Irving PMSA in 2005



Demographics

Age	Total	Males	Females	Percent
0-17	1,073,996	548,382	525,614	27.6
18-29	669,033	346,489	322,544	17.2
30-34	349,204	179,023	170,181	9.0
35-64	1,510,053	758,759	751,294	38.9
65+	284,065	119,456	164,609	7.3
Total	3,886,351	1,952,109	1,934,609	100.0

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

	CVD		Heart Disease		Stroke	
	Estimated Cases	%	Estimated Cases	%	Estimated Cases	%
Total	646,842	6.1	171,554	4.7	56,247	2.0
Male	357,950	6.1	85,627	4.5	26,671	1.9
Female	294,403	6.2	87,335	4.8	28,173	2.0
White	139,988	8.9	106,957	6.8	40,895	2.6
African American	15,515	3.7	6,277	1.6	11,769	3.0
Hispanic	7,566	1.1	7,566	1.1	1376	0.2

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	29,498	323.0	14,828	163.2	5,354	60.7
Male	13,901	360.2	7,605	198.3	2,068	58.1
Female	15,597	291.1	7,223	136.0	3,286	61.7
White	21,831	312.9	11,480	163.8	3,868	56.8
African American	5,523	485.8	2,328	214.6	1,018	94.0
Hispanic	1,707	223.1	813	112.4	342	46.6

Hospital Discharges 2005

Texas EMS/Trauma Registry Data⁴ 2003 for PHR3

	Charges (\$)	Time (in Minutes) for CVD		Time (in Minutes) for Stroke	
		Response Time = (Call Received Time - Time EMS Arrived on Scene)	Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)	Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination).	Delivery Time = (Call Received Time - Time EMS Arrived at Destination)
Ischemic Heart Disease	\$740,716,400	8.0	17.6	13.2	37.3
Hemorrhagic Stroke	\$83,683,705				
Ischemic Stroke	\$175,819,365				
Congestive Heart Failure	\$330,424,009				

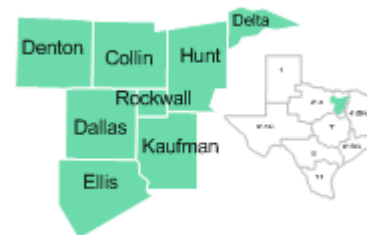
¹ 2005 Texas Behavioral Risk Factor Surveillance System, Statewide BRFSS Survey, for Respondents 18 years and older who report that they have been diagnosed as having had a Heart Attack, Myocardial Infarction, Angina, Coronary Heart Disease, or Stroke.

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

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



Cardiovascular Health Facts 2001-2005 Texas Metropolitan Area Dallas-Plano-Irving PMSA

CVD Risk Factor in 2005

Diabetes	Estimated Cases	Percent	High Blood Cholesterol	Estimated Cases	Percent
Total	202,490	7.2	Total	1,037,759	36.9
Gender			Gender		
Male	106,683	7.6	Male	530,609	37.8
Female	95,787	6.8	Female	507,106	36.0
Current Smoker	Estimated Cases	Percent	High Blood Pressure	Estimated Cases	Percent
Total	525,910	18.7	Total	646,842	23.0
Gender			Gender		
Male	268,112	19.1	Male	357,950	25.5
Female	257,779	18.3	Female	294,403	20.9
Obesity	Estimated Cases	Percent	No Leisure Time Physical Activity	Estimated Cases	Percent
Total	750,899	26.7	Total	759,336	27.0
Gender			Gender		
Male	409,888	29.2	Male	322,857	23.0
Female	345,114	24.5	Female	428,223	30.4

Recognition of CVD Symptoms¹

Heart Attack	%	Stroke	%
Pain or discomfort in jaw, neck or back	37.3	Sudden confusion or trouble speaking	78.4
Feeling weak, lightheaded, or faint	52.7	Sudden numbness or weakness of face, arms, legs (especially on one side)	89.1
Chest pain or discomfort	85.9	Sudden trouble seeing in one or both eyes	61.1
Sudden trouble seeing in one or both eyes	26.5	Sudden chest pain or discomfort	36.9
Pain or discomfort in the arms or shoulders	74.3	Sudden trouble walking, dizziness, or loss of balance	77.6
Shortness of breath	79.7	Severe headache with no known cause	53.1
<i>Recognizes all heart attack symptoms</i>	7.5	<i>Recognizes all stroke symptoms</i>	15.3
Would call 911 as a first response if Heart Attack OR Stroke is suspected			90.3

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. **M** Public schools (grades K-8) comply with all legislated components of a coordinated school health program and daily physical activity.
5. **P** Moderate to strong city smoking ordinances are in place.
6. **M** CPR classes are available.
7. **N** A plan is in place to reduce disparities in CVD and stroke.
8. **M** 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

