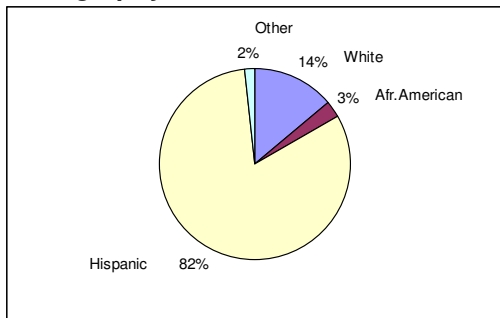


Texas Cardiovascular Health & Wellness Program Texas Department of State Health Services



Cardiovascular Health Facts 2001-2005 Texas Metropolitan Area El Paso MSA

Demography of Texas El Paso MSA in 2005



Demographics

Age	Total	Males	Females	Percent
0-17	218,031	110,745	107,286	30.0
18-29	144,213	75,208	69,005	19.9
30-34	51,084	25,076	26,008	7.0
35-64	241,756	113,034	128,722	33.3
65+	70,922	29,315	41,607	9.8
Total	726,006	353,378	372,628	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	27,939	5.5	23,367	4.6	7,620	1.5
Male	13,102	5.4	10,676	4.4	3,639	1.5
Female	15,124	5.7	12,736	4.8	3,980	1.5
White	5,495	6.8	4,041	5.0	1,212	3.1
African American	-	-	-	-	-	-
Hispanic	22,163	5.5	18,939	4.7	6,044	1.2

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	5,545	263.2	2,558	122.5	895	42.6
Male	2,758	312.0	1,378	158.6	374	42.7
Female	2,787	226.2	1,180	96.3	521	42.2
White	2,006	324.9	965	155.4	269	43.1
African American	149	344.8	57	137.9	22	55.8
Hispanic	3,347	235.9	1,524	109.4	593	41.5

Hospital Discharges 2005

Charges (\$)

Ischemic Heart Disease	\$178,938,399
Hemorrhagic Stroke	\$20,297,045
Ischemic Stroke	\$39,346,474
Congestive Heart Failure	\$90,553,986

Texas EMS/Trauma Registry Data⁴ 2003 for PHR 10

	Time (in Minutes) for CVD	Time (in Minutes) for Stroke
Response Time = (Call Received Time - Time EMS Arrived on Scene)	12.0	6.9
Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)	18.4	14.9
Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination)	13.0	12.6
Delivery Time = (Call Received Time - Time EMS Arrived at Destination)	43.4	34.2

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	32,002	6.3	Total	177,791	35.0
Gender			Gender		
Male	13,830	5.7	Male	90,745	37.4
Female	18,574	6.0	Female	85,705	32.3
Current Smoker	Estimated Cases	Percent	High Blood Pressure	Estimated Cases	Percent
Total	92,959	18.3	Total	97,531	19.2
Gender			Gender		
Male	57,747	23.8	Male	42,218	17.4
Female	32,637	12.3	Female	55,987	21.1
Obesity	Estimated Cases	Percent	No Leisure Time Physical Activity	Estimated Cases	Percent
Total	118,866	23.4	Total	145,281	28.6
Gender			Gender		
Male	53,379	22.0	Male	56,776	23.4
Female	66,070	24.9	Female	90,482	34.1

Recognition of CVD Symptoms¹

Heart Attack	%	Stroke	%
Pain or discomfort in jaw, neck or back	32.0	Sudden confusion or trouble speaking	69.9
Feeling weak, lightheaded, or faint	53.9	Sudden numbness or weakness of face, arms, legs (especially on one side)	87.8
Chest pain or discomfort	86.9	Sudden trouble seeing in one or both eyes	54.3
Sudden trouble seeing in one or both eyes	32.3	Sudden chest pain or discomfort	48.7
Pain or discomfort in the arms or shoulders	77.1	Sudden trouble walking, dizziness, or loss of balance	78.2
Shortness of breath	78.3	Severe headache with no known cause	57.6
<i>Recognizes all heart attack symptoms</i>	6.7	<i>Recognizes all stroke symptoms</i>	13.1
Would call 911 as a first response if Heart Attack OR Stroke is suspected			89.4

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. **M** 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. **M** Moderate to strong city smoking ordinances are in place.
6. **M** CPR classes are available.
7. **M** 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

