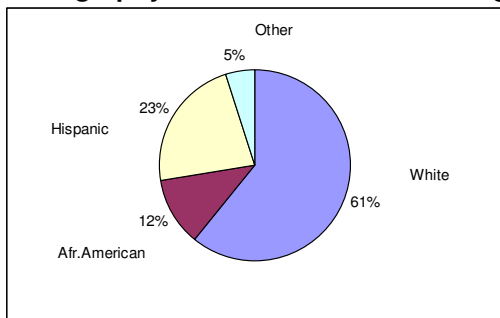


Texas Cardiovascular Health & Wellness Program Texas Department of State Health Services



Cardiovascular Health Facts 2001-2005 Texas Metropolitan Area Fort Worth-Arlington PMSA

Demography of Texas Fort Worth-Arlington PMSA in 2005



Demographics

Age	Total	Males	Females	Percent
0-17	533,382	271,934	261,448	27.7
18-29	331,933	169,136	162,797	17.2
30-34	151,804	77,472	74,332	7.9
35-64	744,196	371,611	372,585	38.6
65+	164,864	69,936	94,928	8.6
Total	1,926,179	960,089	966,090	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	135,101	9.7	94,710	6.8	48,748	3.5
Male	71,568	10.4	48,859	7.1	26,150	3.8
Female	62,713	8.9	45,097	6.4	22,549	3.2
White	96,379	10.8	74,069	8.3	30,342	3.4
African American	-	-	-	-	-	-
Hispanic	12,791	4.6	8,898	3.2	3,893	1.4

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	17,933	350.4	9,201	179.1	3,623	72.9
Male	8,377	388.2	4,765	219.6	1,345	66.8
Female	9,556	317.2	4,436	147.6	2,278	75.9
White	14,847	349.4	7,784	182.0	2,962	71.1
African American	2,045	475.0	921	218.3	419	103.1
Hispanic	835	252.7	402	72.9	181	57.9

Hospital Discharges 2005

Charges (\$)

Ischemic Heart Disease	\$460,804,738
Hemorrhagic Stroke	\$37,256,942
Ischemic Stroke	\$100,536,504
Congestive Heart Failure	\$159,745,1691

Texas EMS/Trauma Registry Data⁴ 2003 for PHR3

Time (in Minutes) for CVD Time (in Minutes) for Stroke

Ischemic Heart Disease	Response Time = (Call Received Time - Time EMS Arrived on Scene)	8.0	8.5
Hemorrhagic Stroke	Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)	17.6	17.2
Ischemic Stroke	Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination).	13.2	14.4
Congestive Heart Failure	Delivery Time = (Call Received Time - Time EMS Arrived at Destination)	37.3	38.5

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	110,031	7.9	Total	430,374	30.9
Gender			Gender		
Male	59,181	8.6	Male	210,575	30.6
Female	50,030	7.1	Female	212,097	31.3
Current Smoker	Estimated Cases	Percent	High Blood Pressure	Estimated Cases	Percent
Total	275,774	19.8	Total	335,664	24.1
Gender			Gender		
Male	150,706	21.9	Male	172,727	25.1
Female	120,494	17.1	Female	161,363	22.9
Obesity	Estimated Cases	Percent	No Leisure Time Physical Activity	Estimated Cases	Percent
Total	338,450	24.3	Total	355,163	25.5
Gender			Gender		
Male	193,372	28.1	Male	163,781	23.8
Female	135,291	19.2	Female	194,481	27.6

Recognition of CVD Symptoms¹

Heart Attack	%	Stroke	%
Pain or discomfort in jaw, neck or back	38.6	Sudden confusion or trouble speaking	75.6
Feeling weak, lightheaded, or faint	52.8	Sudden numbness or weakness of face, arms, legs (especially on one side)	90.2
Chest pain or discomfort	87.6	Sudden trouble seeing in one or both eyes	65.7
Sudden trouble seeing in one or both eyes	29.6	Sudden chest pain or discomfort	33.9
Pain or discomfort in the arms or shoulders	80.0	Sudden trouble walking, dizziness, or loss of balance	81.6
Shortness of breath	80.4	Severe headache with no known cause	53.1
Recognizes all heart attack symptoms	8.2	Recognizes all stroke symptoms	18.4
Would call 911 as a first response if Heart Attack OR Stroke is suspected			85.2

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. P** Moderate to strong city smoking ordinances are in place.
- 6. P** CPR classes are available.
- 7. M** 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 ≥ 85 th but < 95 th Percentile for BMI by Age/Sex

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