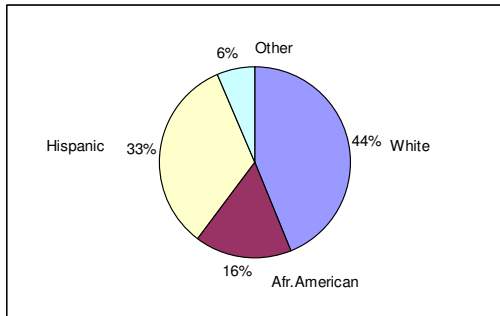


Texas Cardiovascular Health & Wellness Program Texas Department of State Health Services



Cardiovascular Health Facts 2001-2005 Texas Metropolitan Area Houston-Baytown-Sugar Land MSA

Demography of Texas Houston-Baytown-Sugar Land MSA in 2005



Demographics

Age	Total	Males	Females	Percent
0-17	1,470,527	752,128	718,399	27.9
18-29	927,482	479,378	448,104	17.6
30-34	432,015	218,260	213,755	8.2
35-64	2,031,036	1,014,606	1,016,430	38.5
65+	412,535	177,968	234,567	7.8
Total	5,273,595	2,642,340	2,631,255	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	327,064	8.6	262,412	6.9	98,880	2.6
Male	154,997	8.2	139,876	7.4	22,683	1.2
Female	172,157	9.0	118,597	6.2	76,514	4.0
White	190,558	10.7	149,597	8.4	60,551	3.4
African American	40,848	6.8	32,483	5.4	14,417	2.4
Hispanic	66,475	5.7	59,748	5.1	6,997	0.6

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	42,592	332.9	21,101	164.6	7,836	63.8
Male	20,722	370.3	11,381	203.0	2,981	57.5
Female	21,870	299.9	9,720	134.0	4,855	67.3
White	28,392	332.1	14,687	170.3	5,023	60.9
African American	9,226	460.7	4,014	204.3	1,760	92.0
Hispanic	4,088	242.0	1,941	117.1	846	52.0

Hospital Discharges 2005

Charges (\$)

Ischemic Heart Disease	\$1,166,659,675
Hemorrhagic Stroke	\$130,915,464
Ischemic Stroke	\$337,914,017
Congestive Heart Failure	\$552,515,384

Texas EMS/Trauma Registry Data⁴ 2003 for PHR6

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

Ischemic Heart Disease	Response Time = (Call Received Time - Time EMS Arrived on Scene)	7.7	8.2
Hemorrhagic Stroke	Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)	19.2	18.9
Ischemic Stroke	Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination).	15.1	13.8
Congestive Heart Failure	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	277,624	7.3	Total	1,247,406	32.8
Gender			Gender		
Male	111,523	5.9	Male	570,844	30.2
Female	168,331	8.8	Female	679,064	35.5
Current Smoker	Estimated Cases	Percent	High Blood Pressure	Estimated Cases	Percent
Total	657,931	17.3	Total	905,130	23.8
Gender			Gender		
Male	378,042	20.0	Male	393,164	20.8
Female	277,364	14.5	Female	516,471	27.0
Obesity	Estimated Cases	Percent	No Leisure Time Physical Activity	Estimated Cases	Percent
Total	984,995	30.8	Total	840,478	22.1
Gender			Gender		
Male	514,138	32.5	Male	327,007	17.3
Female	464,824	28.9	Female	522,210	27.3

Recognition of CVD Symptoms¹

Heart Attack	%	Stroke	%
Pain or discomfort in jaw, neck or back	39.1	Sudden confusion or trouble speaking	77.2
Feeling weak, lightheaded, or faint	55.5	Sudden numbness or weakness of face, arms, legs (especially on one side)	88.6
Chest pain or discomfort	86.4	Sudden trouble seeing in one or both eyes	65.6
Sudden trouble seeing in one or both eyes	30.3	Sudden chest pain or discomfort	36.4
Pain or discomfort in the arms or shoulders	79.5	Sudden trouble walking, dizziness, or loss of balance	79.0
Shortness of breath	78.6	Severe headache with no known cause	57.9
<i>Recognizes all heart attack symptoms</i>	8.7	<i>Recognizes all stroke symptoms</i>	17.9
Would call 911 as a first response if Heart Attack OR Stroke is suspected			83.4

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. **P** 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

