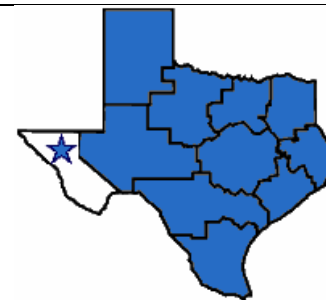
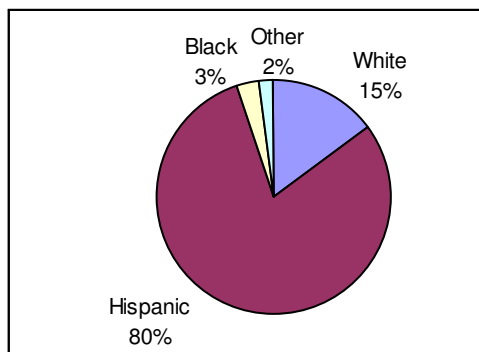


**Texas Cardiovascular Health & Wellness Program
Texas Department of State Health Services**



**Cardiovascular Health Facts 2001-2005
Texas Health Services Region 10**

Demography of Texas Health Service Region 10 in 2005



Demographics

Age	Total	Males	Females	Percent
0-4	74,575	37,960	36,615	9.7%
5-9	54,217	27,547	26,670	7.1%
10-14	61,070	30,865	30,205	8.0%
15-17	38,134	19,459	18,675	5.0%
18-29	153,393	80,003	73,390	20.0%
30-44	156,797	75,841	80,956	20.5%
45-64	152,747	70,528	87,946	19.9%
65+	75,187	31,384	43,803	9.8%
Total	766,120	373,587	398,260	100%

Population per square mile: 35.3

Area in square miles: 21,709

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

	Estimated Case		Race		Age Group		
	Estimated Case	%	Estimated Cases	%	Estimated Cases	%	
CVD	27,968	5.2%	White	5,051	5.5%	18-29 years	--
Gender			Hispanic	22,279	5.3%	30-44 years	7,526
Male	12,888	5.0%	Black	--	--	45-64 years	10,063
Female	15,163	5.3%	Other	--	--	65 +	9,925

(Note: "--" indicates sample size < 50)

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

	N		Race		Age Group		
	N	Rates	N	Rates	N	Rates	
Total	8600	264.6	White	3238	310.0	0-34 years	98
Gender			Hispanic	5072	240.5	35-44 years	147
Male	4283	311.2	Black	222	359.3	45-64 years	1291
Female	4317	228.5	Other	68	156.7	65+ years	7064

(Note: Age adjusted to the US 2000 census population, "--" indicates rate too small to calculate)

Hospital Discharges³ 2005

	Charges (\$)
Ischemic Heart Disease	\$184,859,729
Hemorrhagic Stroke	\$21,247,401
Ischemic Stroke	\$40,578,772
Congestive Heart Failure	\$92,255,695

Texas EMS/Trauma Registry Data⁴ 2003

	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.

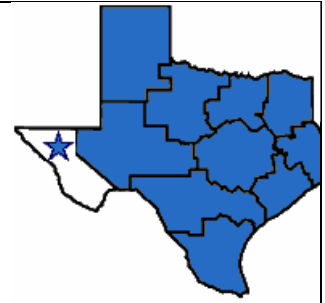
² 1999-2004 Texas Department of State Health Services Vital Statistics. Mortality due to CVD was defined as the (ICD-10 Code I00-I99) cause of death. 2004 mortality data is still preliminary and may change at any point.

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

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



Cardiovascular Health Facts 2005 Region 10

CVD Risk Factors¹ 2005

Diabetes	Estimated Cases	Percent	High Blood Cholesterol	Estimated Cases	Percent
Total	38671	7.2	Total	194,702	36.3
Gender			Gender		
Male	15,156	5.9	Male	95,112	36.9
Female	24,144	8.6	Female	70,910	35.6

Current Smoker	Estimated Cases	Percent	High Blood Pressure	Estimated Cases	Percent
Total	101,116	18.8	Total	108,350	20.1
Gender			Gender		
Male	62,918	24.4	Male	45,881	17.8
Female	35,460	12.7	Female	63,301	22.4

SPAN Data (Youth Risk Factor Information)

A word about the information in this fact sheet

- SPAN is the School Physical Activity and Nutrition Project.
- The goal of SPAN is to monitor the prevalence of overweight/obesity and certain risk factors in school-aged children in Texas.
- The SPAN data presented are a snapshot of the 4th, 8th, and 11th grade population in PHR 1.
- *The results are statistically weighted and can be used as representative data for the region.*

Compared to Others, Do You Think You Weigh...

	Right Amount	Too Much	Not Enough
4 th Grade	61%	18%	21%
8 th Grade	57%	28%	15%
11 th Grade	58%	26%	16%

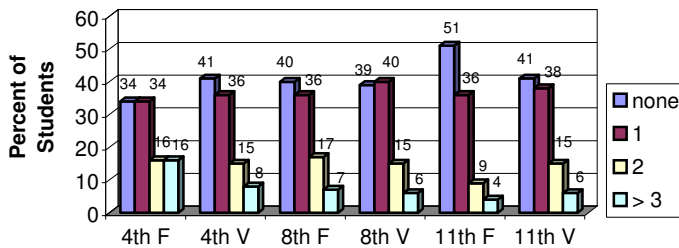
Body Mass Index (BMI)

	Normal	At Risk*	Overweight**
4 th Grade	63%	18%	19%
8 th Grade	66%	16%	18%
11 th Grade	62%	19%	19%

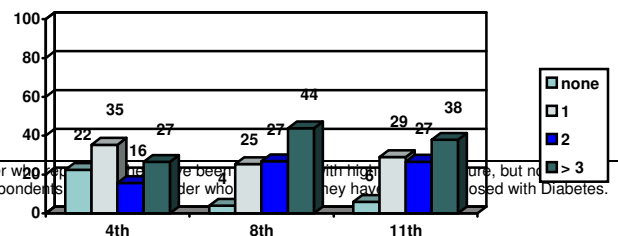
5 or more Days of Moderate Physical Activity²

	5 Days	6 Days	7 Days
4 th Grade	12%	2%	9%
8 th Grade	12%	4%	10%
11 th Grade	14%	3%	12%

No. of times students ate Fruit/Vegetables Yesterday⁴



Number of Hours of TV /Videos Yesterday^{3,4}



¹ 2005 Texas Behavioral Risk Factor Surveillance System, Statewide BRFSS Survey, for Respondents 18 years and older who have been diagnosed with high Blood Cholesterol; 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 high Blood Cholesterol; 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 high Blood Cholesterol. 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

