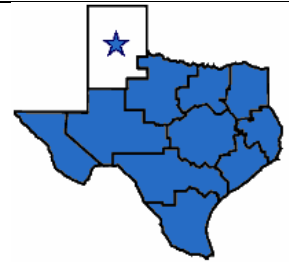
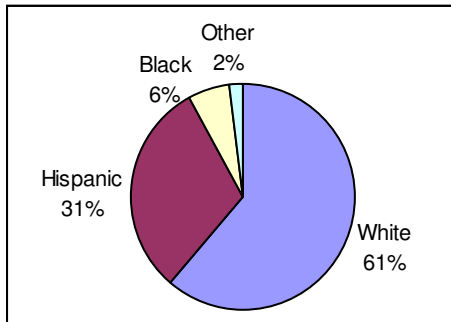


Texas Cardiovascular Health & Wellness Program Texas Department of State Health Services



Cardiovascular Health Facts 2001-2005 Texas Health Services Region 1

Demography of Texas Health Service Region 1 in 2005



Demographics

Age	Total	Males	Females	Percent
0-4	62,455	32,001	30,454	7.6%
5-9	56,650	28,977	27,673	6.9%
10-14	58,018	29,729	28,289	7.1%
15-17	35,791	18,487	17,304	4.4%
18-29	164,355	85,472	78,883	20.1%
30-44	156,333	80,374	75,959	19.1%
45-64	180,387	89,116	91,271	22.1%
65+	102,905	43,488	59,417	12.6%
Total	816,894	407,644	409,250	100%

Population per square mile: 20.7 Area in square miles: 39,429.1

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

	Estimated Cases	%	Race	Estimated Cases	%	Age Group	%
CVD	45,299	7.5%	White	33,409	8.4%	18-29 years	--
Gender			Hispanic	10,222	6.3%	30-44 years	1,251
Male	19,698	6.6%	Black	--	--	45-64 years	20,564
Female	25,053	8.2%	Other	--	--	65+ years	16,362

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

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

	N	Rates	Race	N	Rates	Age Group	N	Rates
Total	15286	330.3	White	13022	332.7	0-34 years	121	4.9
Gender			Hispanic	1424	267.7	35-44 years	286	43.6
Male	7167	376.6	Black	768	451.0	45-64 years	2141	218.2
Female	8119	291.5	Other	72	163.9	65+ years	12738	2141.9

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

Hospital Discharges³ 2005

	Charges (\$)
Ischemic Heart Disease	\$198,429,016
Hemorrhagic Stroke	\$12,896,698
Ischemic Stroke	\$37,041,422
Congestive Heart Failure	\$77,628,842

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)	6.7	6.9
Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)	15.9	14.9
Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination).	14.7	15.7
Delivery Time = (Call Received Time - Time EMS Arrived at Destination)	38.3	36.4

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 1

CVD Risk Factors¹ 2005

Diabetes	Estimated Cases	Percent
Total	42,883	7.1
Gender		
Male	11,938	4.0
Female	30,247	9.9

High Blood Cholesterol	Estimated Cases	Percent
Total	199,313	26.5
Gender		
Male	105,651	27.8
Female	96,242	25.4

Current Smoker	Estimated Cases	Percent
Total	122,608	20.3
Gender		
Male	71,330	23.9
Female	52,551	17.2

High Blood Pressure	Estimated Cases	Percent
Total	160,055	26.5
Gender		
Male	82,969	27.8
Female	77,605	25.4

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	56%	29%	15%
8 th Grade	55%	30%	15%
11 th Grade	60%	24%	16%

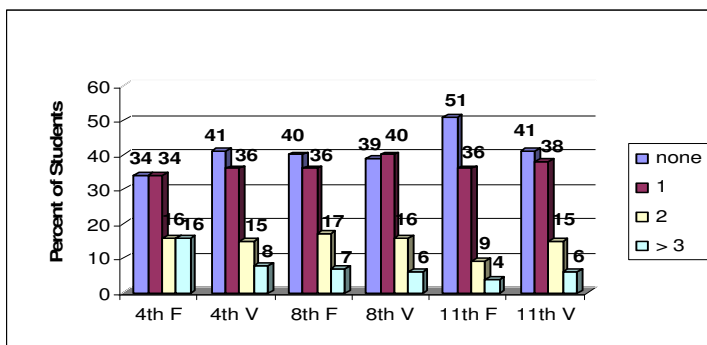
Body Mass Index (BMI)

	Normal	At Risk*	Overweight**
4 th Grade	62%	15%	23%
8 th Grade	60%	20%	20%
11 th Grade	69%	16%	15%

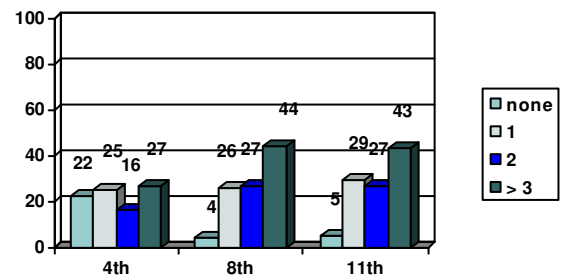
5 or more Days of Moderate Physical Activity²

	5 Days	6 Days	7 Days
4 th Grade	6%	2%	9%
8 th Grade	13%	5%	16%
11 th Grade	8%	6%	13%

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 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 \geq 85th but $<$ 95th Percentile for BMI by Age/Sex

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