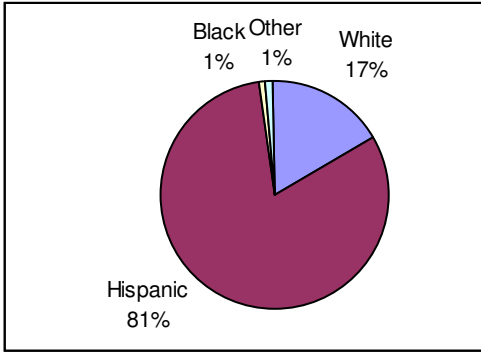


Texas Cardiovascular Health & Wellness Program Texas Department of State Health Services



Cardiovascular Health Facts 2001-2005 Texas Health Services Region 11

Demography of Texas Health Service Region 11 in 2005



Demographics

Age	Total	Males	Females	Percent
0-4	204,901	104,361	100,540	10.4%
5-9	151,187	76,708	74,749	7.7%
10-14	168,944	85,896	83,048	8.6%
15-17	103,393	52,523	50,870	5.3%
18-29	375,770	193,892	181,878	19.1%
30-44	391,618	190,613	201,005	19.9%
45-64	371,678	177,511	194,167	18.9%
65+	197,532	85,859	111,673	10.1%
Total	1,965,023	967,363	997,930	100%

Population per square mile: 92.3

Area in square miles: 21,292

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

	Estimated Cases		Race		Age Group			
	Estimated Cases	%	Estimated Cases	%	Estimated Cases	%		
CVD	82,869	6.2%	White	27,211	10.3%	18-29 years	0.0%	
Gender			Hispanic	51,896	5.0%	30-44 years	14,881	3.8%
Male	29,802	4.6%	Black	--	--	45-64 years	34,566	9.3%
Female	51,654	7.5%	Other	--	--	65 +	35,753	18.1%

(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	23587	274.7	White	9272	272.6	0-34 years	242	3.8
Gender			Hispanic	13803	277.6	35-44 years	445	31.1
Male	12209	326.0	Black	438	447.1	45-64 years	3663	187.0
Female	11378	232.4	Other	74	133.4	65+ years	19237	1739.6

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

Hospital Discharges³ 2005

	Charges (\$)
Ischemic Heart Disease	\$574,799,782
Hemorrhagic Stroke	\$50,851,277
Ischemic Stroke	\$116,389,672
Congestive Heart Failure	\$251,500,026

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)	7.3	10.5
Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)	15.3	15.8
Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination)	12.1	17.1
Delivery Time = (Call Received Time - Time EMS Arrived at Destination)	33.6	42.3

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.

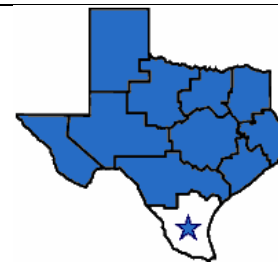
³ 2003 Texas Health Care Information Council, Inpatient Hospital Discharge Public Use File, for persons all ages. Ischemic heart disease (ICD-9 Code 410-414); Hemorrhagic Stroke (ICD-9 Code 430-432); Ischemic Stroke (ICD-9 Code 436-438,433,434); Congestive Heart Failure (ICD-9 Code 428).

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 11

CVD Risk Factors¹ 2005

Diabetes	Estimated Cases	Percent	High Blood Cholesterol	Estimated Cases	Percent
Total	42,883	7.1	Total	199,313	26.5
Gender			Gender		
Male	11,938	4.0	Male	105,651	27.8
Female	30,247	9.9	Female	96,242	25.4

Current Smoker	Estimated Cases	Percent	High Blood Pressure	Estimated Cases	Percent
Total	122,608	20.3	Total	160,055	26.5
Gender			Gender		
Male	71,330	23.9	Male	82,969	27.8
Female	52,551	17.2	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	55%	27%	18%
8 th Grade	60%	28%	12%
11 th Grade	48%	26%	26%

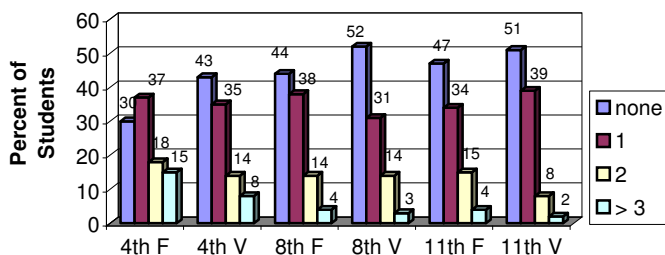
Body Mass Index (BMI)

	Normal	At Risk*	Overweight**
4 th Grade	49%	20%	31%
8 th Grade	59%	19%	22%
11 th Grade	67%	17%	16%

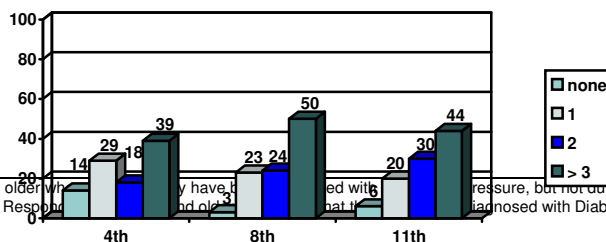
5 or more Days of Moderate Physical Activity²

	5 Days	6 Days	7 Days
4 th Grade	6%	1%	6%
8 th Grade	8%	3%	9%
11 th Grade	8%	5%	20%

No. of times students ate Fruit/Vegetables Yesterday⁴



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



¹2005 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 Cholesterol; Respondents 18 years and older who report that they have been diagnosed with Diabetes. Does not include gestational diabetes.

²Recommendation: 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

³Recommendation: 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>

⁴Some 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

