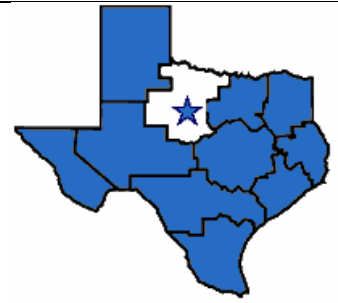
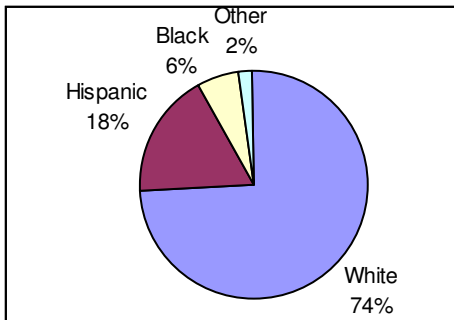


Texas Cardiovascular Health & Wellness Program Texas Department of State Health Services



Cardiovascular Health Facts 2001-2005 Texas Health Services Region 2

Demography of Texas Health Service Region 2 in 2005



Demographics

Age	Total	Males	Females	Percent
0-4	38,080	19,516	18,564	6.8%
5-9	34,868	17,701	17,167	6.3%
10-14	36,771	18,635	18,136	6.6%
15-17	24,689	12,998	11,691	4.4%
18-29	104,003	57,238	46,765	18.7%
30-44	102,599	53,521	49,078	18.4%
45-64	129,629	63,718	65,911	23.3%
65+	86,710	36,582	50,128	15.6%
Total	557,349	279,909	277,440	100.0%

Population per square mile: 20.4

Area in square miles: 27,333

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

	Estimated Cases	%	Race	Estimated Cases	%	Age Group	Estimated Cases	%
CVD	54,559	12.9%	White	47,355	14.6%	18-29 years	--	--
Gender			Hispanic	--	--	30-44 years	--	--
Male	25,116	11.9%	Black	--	--	45-64 years	19,354	14.93%
Female	29,663	14.0%	Other	--	--	65+	21,938	25.3%

(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	14707	374.3	White	13439	377.4	0-34 years	12612	5.1
Gender			Hispanic	648	283.4	35-44 years	1788	49.3
Male	6665	423.3	Black	579	457.9	45-64 years	226	248.5
Female	8042	332.8	Other	41	150.3	65+ years	81	2487.1

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

Hospital Discharges³ 2005

	Charges (\$)
Ischemic Heart Disease	\$196,405,378
Hemorrhagic Stroke	\$9,115,151
Ischemic Stroke	\$35,804,217
Congestive Heart Failure	\$53,384,451

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)	8.0	8.5
Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)	17.6	17.2
Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination).	13.2	14.4
Delivery Time = (Call Received Time - Time EMS Arrived at Destination)	58.5	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

Texas Cardiovascular Health & Wellness Program

Texas Department of State Health Services



Cardiovascular Health Facts 2005

Region 2

CVD Risk Factors¹ 2005

Diabetes	Estimated Cases	Percent
Total	37,219	8.8
Gender		
Male	8,442	4.0
Female	29,875	14.1

High Blood Cholesterol	Estimated Cases	Percent
Total	139,571	32.8
Gender		
Male	60,152	28.5
Female	80,303	37.9

Current Smoker	Estimated Cases	Percent
Total	88,818	21.0
Gender		
Male	52,976	25.0
Female	35,172	16.6

High Blood Pressure	Estimated Cases	Percent
Total	136,483	32.2
Gender		
Male	66,251	31.4
Female	70,387	33.2

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	62%	21%	17%
8 th Grade	57%	29%	14%
11 th Grade	48%	36%	16%

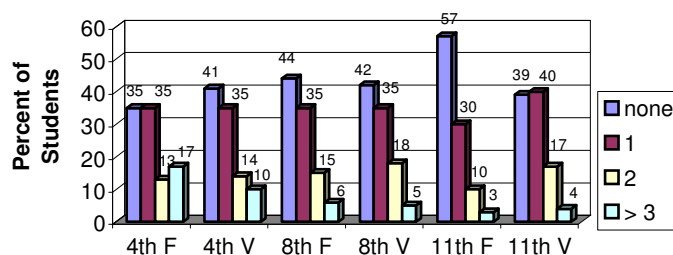
Body Mass Index (BMI)

	Normal	At Risk*	Overweight**
4 th Grade	62%	17%	21%
8 th Grade	64%	17%	19%
11 th Grade	60%	20%	20%

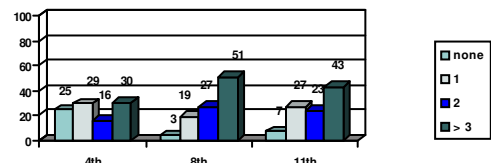
5 or more Days of Moderate Physical Activity²

	5 Days	6 Days	7 Days
4 th Grade	6%	2%	11%
8 th Grade	11%	4%	19%
11 th Grade	12%	6%	18%

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 ≥ 85 th but < 95 th Percentile for BMI by Age/Sex

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

