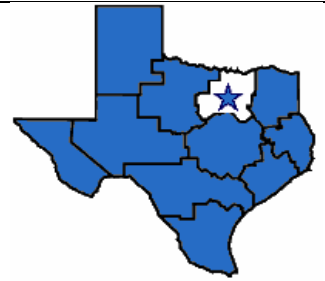
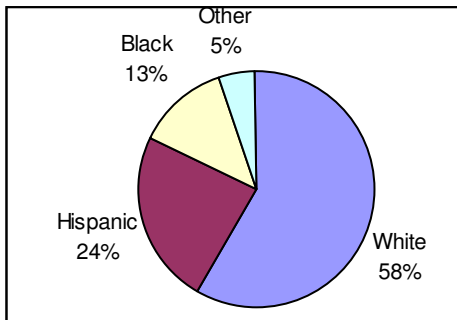


Texas Cardiovascular Health & Wellness Program Texas Department of State Health Services



Cardiovascular Health Facts 2001-2005 Texas Health Services Region 3

Demography of Texas Health Service Region 3 in 2005



Demographics

Age	Total	Males	Females	Percent
0-4	498,525	253,615	244,910	8.0%
5-9	457,071	233,671	223,400	7.3%
10-14	470,363	240,051	230,312	7.6%
15-17	278,510	142,255	136,255	4.5%
18-29	1,067,417	550,684	516,733	17.2%
30-44	1,554,482	793,229	761,253	25.0%
45-64	1,384,890	685,467	699,423	22.3%
65+	508,749	215,236	293,513	8.2%
Total	6,220,007	3,114,208	3,105,799	100%

Population per square mile: 412.8 Area in square miles: 15,067

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

	Estimated Cases		Race	Estimated Cases		Age Group	Estimated Cases	
		%			%			%
CVD	365,759	8.1%	White	280,353	10.3%	18-29 years	13,876	1.3%
Gender			Hispanic	26,796	2.7%	30-44 years	49,743	3.2%
Male	270,936	8.7%	Black	43,137	7.6%	45-64 years	157,877	11.4%
Female	232,935	7.5%	Other	--	--	65+ years	129,222	25.4%

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

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

	N		Race	N		Age Group	N	
		Rates			Rates			Rates
Total	80,515	349.2	White	64,022	343.0	0-34 years	854	4.6
Gender			Hispanic	3,763	235.7	35-44 years	2,167	37.6
Male	37,407	388.1	Black	11,790	504.5	45-64 years	13,935	195.6
Female	43,108	315.7	Other	940	164.6	65+ years	63,559	2253.1

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

Hospital Discharges³ 2005

	Charges (\$)
Ischemic Heart Disease	\$1,345,520,354
Hemorrhagic Stroke	\$129,517,365
Ischemic Stroke	\$300,369,622
Congestive Heart Failure	\$532,230,474

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)	37.3	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 3

CVD Risk Factors¹ 2005

Diabetes			High Blood Cholesterol		
	Estimated Cases	Percent		Estimated Cases	Percent
Total	340,968	7.6	Total	1,616,563	35.8
Gender			Gender		
Male	175,978	7.8	Male	814,796	36.3
Female	164,869	7.3	Female	801,635	35.3

Current Smoker			High Blood Pressure		
	Estimated Cases	Percent		Estimated Cases	Percent
Total	889,561	19.7	Total	1,092,760	24.2
Gender			Gender		
Male	469,125	20.9	Male	585,845	26.2
Female	420,121	18.5	Female	506,416	22.3

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%

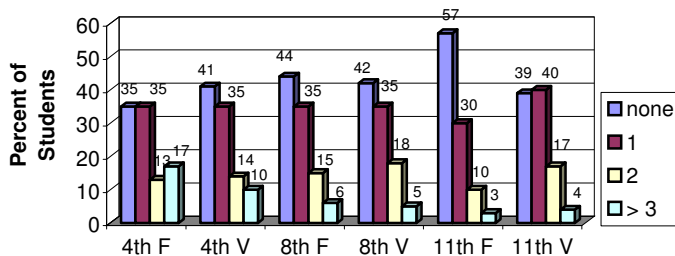
Body Mass Index (BMI)

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

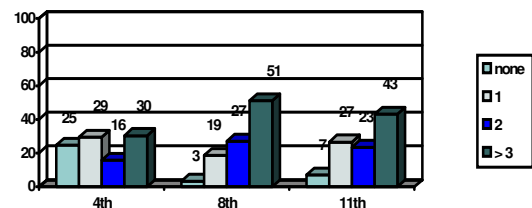
5 or more Days of Moderate Physical Activity²

	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

