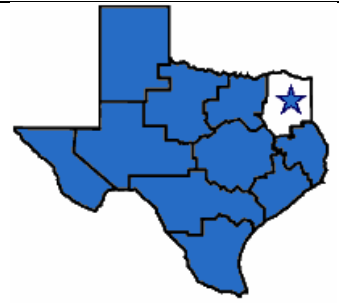
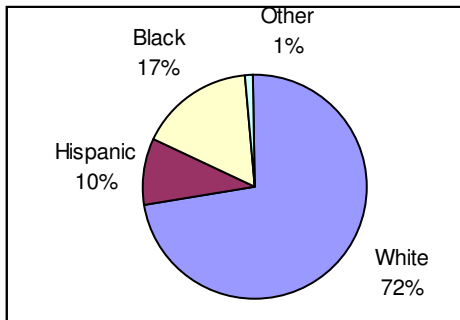


Texas Cardiovascular Health & Wellness Program Texas Department of State Health Services



Cardiovascular Health Facts 2001-2005 Texas Health Services Region 4

Demography of Texas Health Service Region 4 in 2005



Demographics

Age	Total	Males	Females	Percent
0-4	71,045	36,351	34,694	6.7%
5-9	68,847	35,274	33,573	6.4%
10-14	74,858	38,691	36,167	7.0%
15-17	46,953	24,165	22,788	4.4%
18-29	167,666	88,103	79,563	15.7%
30-44	204,636	106,296	98,340	19.2%
45-64	268,794	133,243	135,551	25.2%
65+	164,967	70,968	93,999	15.4%
Total	1,067,766	533,091	534,675	100%

Population per square mile: 68.8

Area in square miles: 15,523

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

	Estimated Cases	%	Race	Estimated Cases	%	Age Group	Estimated Cases	%
CVD	108,819	13.5%	White	83,667	13.9%	18-29 years	--	--
Gender			Hispanic	--	--	30-44 years	14,938	7.3%
Male	70,155	17.6%	Black	--	--	45-64 years	31,986	11.9%
Female	42,375	10.4%	Other	--	--	65+ years	49,985	30.3%

(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	26954	375.9	White	22445	367.4	0-34 years	197	6.8
Gender			Hispanic	213	158.0	35-44 years	490	55.8
Male	12540	425.0	Black	4248	470.8	45-64 years	3952	272.9
Female	14414	332.2	Other	48	128.8	65+ years	22315	2399.9

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

Hospital Discharges³ 2005

	Charges (\$)
Ischemic Heart Disease	\$436,507,195
Hemorrhagic Stroke	\$29,083,862
Ischemic Stroke	\$83,138,634
Congestive Heart Failure	\$142,843,613

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)	8.3	8.1
Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)	14.5	14.9
Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination).	11.2	12.6
Delivery Time = (Call Received Time - Time EMS Arrived at Destination)	33.7	35.5

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 4

CVD Risk Factors¹ 2005

Diabetes			High Blood Cholesterol		
	Estimated Cases	Percent		Estimated Cases	Percent
Total	62,478	7.8	Total	335,322	41.7
Gender			Gender		
Male	37,390	9.4	Male	168,453	42.3
Female	26,484	6.5	Female	168,074	41.3

Current Smoker			High Blood Pressure		
	Estimated Cases	Percent		Estimated Cases	Percent
Total	194,261	24.2	Total	216,831	26.9
Gender			Gender		
Male	107,226	27.0	Male	123,410	31.0
Female	90,047	22.1	Female	97,381	24.0

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	60%	21%	19%
8 th Grade	57%	31%	12%
11 th Grade	50%	33%	17%

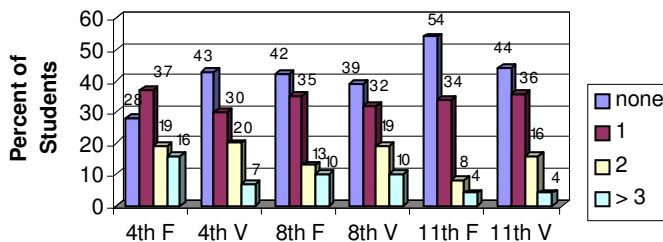
Body Mass Index (BMI)

	Normal	At Risk*	Overweight**
4 th Grade	59%	20%	21%
8 th Grade	59%	16%	25%
11 th Grade	65%	18%	17%

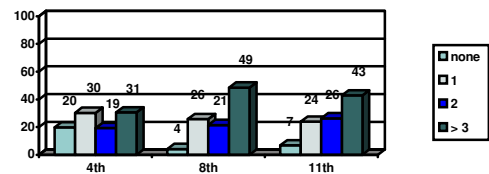
5 or more Days of Moderate Physical Activity²

	5 Days	6 Days	7 Days
4 th Grade	7%	2%	9%
8 th Grade	11%	3%	13%
11 th Grade	9%	4%	15%

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

