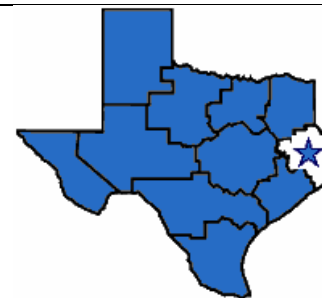
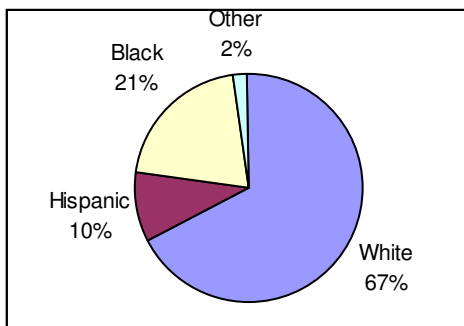


**Texas Cardiovascular Health & Wellness Program
Texas Department of State Health Services**



**Cardiovascular Health Facts 2001-2005
Texas Health Services Region 5**

Demography of Texas Health Service Region 5 in 2005



Demographics

Age	Total	Males	Females	Percent
0-4	50,430	25,726	24,704	6.6%
5-9	49,559	25,084	24,475	6.5%
10-14	53,820	27,670	26,150	7.0%
15-17	33,722	17,165	16,557	4.4%
18-29	131,745	69,781	61,964	17.2%
30-44	148,459	77,780	70,679	19.4%
45-64	186,455	92,315	94,140	24.3%
65+	111,873	48,253	63,620	14.6%
Total	766,063	383,774	382,289	100%

Population per square mile: 63.5 Area in square miles: 12,059

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

	Estimated Cases	%	Race	Estimated Cases	%	Age Group	Estimated Cases	%
CVD	78,102	13.5%	White	53,365	13.3%	18-29 years	--	--
Gender			Hispanic	--	--	30-44 years	18,260	12.3%
Male	42,931	14.9%	Black	--	--	45-64 years	15,103	8.1%
Female	35,720	12.3%	Other	--	--	65+ years	38,037	34%

(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	16350	393.2	White	15289	381.3	0-34 years	155	7.2
Gender			Hispanic	292	219.5	35-44 years	445	70.0
Male	9123	439.7	Black	3696	499.3	45-64 years	2983	293.1
Female	10227	352.1	Other	73	154.3	65+ years	15767	2450.8

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

Hospital Discharges³ 2005

	Charges (\$)
Ischemic Heart Disease	\$342,915,174
Hemorrhagic Stroke	\$23,674,363
Ischemic Stroke	\$75,382,975
Congestive Heart Failure	\$133,617,148

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)	10.5	10.5
Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)	20.0	15.3
Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination).	17.8	21.1
Delivery Time = (Call Received Time - Time EMS Arrived at Destination)	46.4	45.0

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.

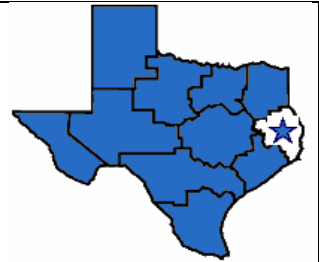
³ 2003 Texas Health Care Information Council, Inpatient Hospital Discharge Public Use File, for persons all ages. Ischemic heart disease (ICD-9 Code 410-414); Hemorrhagic Stroke (ICD-9 Code 430-432); Ischemic Stroke (ICD-9 Code 436-438,433,434); Congestive Heart Failure (ICD-9 Code 428).

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 5

CVD Risk Factors¹ 2005

Diabetes	Estimated Cases	Percent
Total	49,522	8.6
Gender		
Male	28,698	10.0
Female	21,548	7.4

High Blood Cholesterol	Estimated Cases	Percent
Total	42,772	42.3
Gender		
Male	20,952	33.4
Female	17,482	49.4

Current Smoker	Estimated Cases	Percent
Total	181,081	31.3
Gender		
Male	126,489	43.9
Female	90,315	21.1

High Blood Pressure	Estimated Cases	Percent
Total	34,379	34.0
Gender		
Male	23,406	37.3
Female	11,117	31.4

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

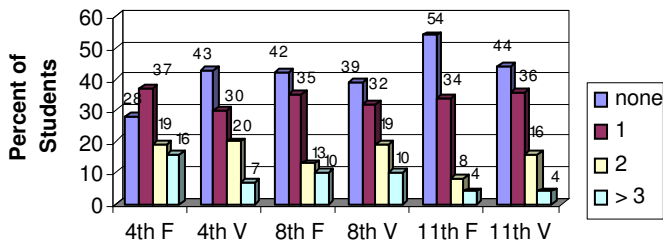
Body Mass Index (BMI)

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

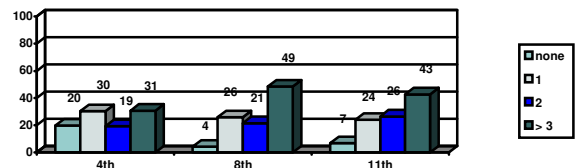
5 or more Days of Moderate Physical Activity²

	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

