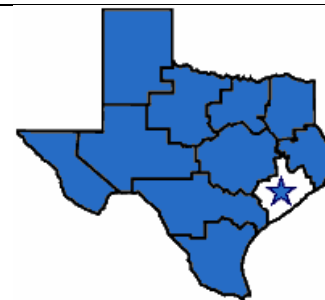
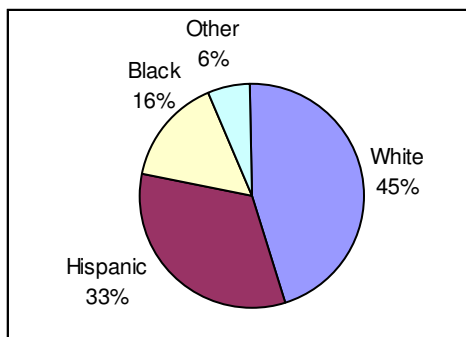


**Texas Cardiovascular Health & Wellness Program
Texas Department of State Health Services**



**Cardiovascular Health Facts 2001-2005
Texas Health Services Region 6**

Demography of Texas Health Service Region 6 in 2005



Demographics

| Age | Total | Males | Females | Percent |
|--------------|------------------|------------------|------------------|-------------|
| 0-4 | 437,420 | 222,795 | 214,625 | 8.1% |
| 5-9 | 395,792 | 202,827 | 192,965 | 7.3% |
| 10-14 | 419,220 | 214,521 | 204,699 | 7.7% |
| 15-17 | 252,712 | 129,564 | 123,148 | 4.7% |
| 18-29 | 955,962 | 496,766 | 459,196 | 17.6% |
| 30-44 | 1,276,908 | 644,128 | 632,780 | 23.6% |
| 45-64 | 1,249,638 | 623,276 | 626,362 | 23.1% |
| 65+ | 429,188 | 187,734 | 244,454 | 7.9% |
| Total | 5,416,840 | 2,721,611 | 2,698,229 | 100% |

Population per square mile: 439.9 Area in square miles: 12,313

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

| | Estimated Cases | % | Race | Estimated Cases | % | Age Group | Estimated Cases | % |
|---------------|-----------------|------|----------|-----------------|-------|-------------|-----------------|-------|
| CVD | 332,494 | 8.5% | White | 192,813 | 10.4% | 18-29 years | 23,899 | 2.5% |
| Gender | | | Hispanic | 66,256 | 5.6% | 30-44 years | 31,923 | 2.5% |
| Male | 162,008 | 8.3% | Black | 43,673 | 7% | 45-64 years | 149,957 | 12% |
| Female | 170,763 | 8.7% | Other | 14,790 | 5.9% | 65 + | 114,593 | 26.7% |

(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 | 66661 | 344.0 | White | 44876 | 342.5 | 0-34 years | 819 | 5.0 |
| Gender | | | Hispanic | 6221 | 245.5 | 35-44 years | 1855 | 37.8 |
| Male | 32278 | 382.8 | Black | 14270 | 470.6 | 45-64 years | 12866 | 198.2 |
| Female | 34383 | 309.7 | Other | 1294 | 167.6 | 65+ years | 51121 | 2139.8 |

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

Hospital Discharges³ 2005

| | Charges (\$) |
|---------------------------------|-----------------|
| Ischemic Heart Disease | \$1,216,225,462 |
| Hemorrhagic Stroke | \$136,370,707 |
| Ischemic Stroke | \$349,363,785 |
| Congestive Heart Failure | \$569,336,028 |

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) | 7.7 | 8.2 |
| Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene) | 19.2 | 18.9 |
| Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination) | 15.1 | 13.8 |
| Delivery Time = (Call Received Time - Time EMS Arrived at Destination) | 40.4 | 40.2 |

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.

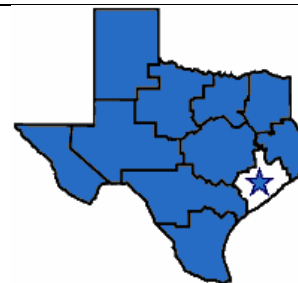
³ 2003 Texas Health Care Information Council, Inpatient Hospital Discharge Public Use File, for persons all ages. Ischemic heart disease (ICD-9 Code 410-414); Hemorrhagic Stroke (ICD-9 Code 430-432); Ischemic Stroke (ICD-9 Code 436-438,433,434); Congestive Heart Failure (ICD-9 Code 428).

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 6

CVD Risk Factors¹ 2005

| Diabetes | Estimated Cases | Percent |
|----------|-----------------|---------|
| Total | 285,554 | 7.3 |
| Gender | | |
| Male | 117,895 | 6.0 |
| Female | 170,508 | 8.7 |

| High Blood Cholesterol | Estimated Cases | Percent |
|------------------------|-----------------|---------|
| Total | 1,286,948 | 32.9 |
| Gender | | |
| Male | 595,331 | 30.5 |
| Female | 694,240 | 35.4 |

| Current Smoker | Estimated Cases | Percent |
|----------------|-----------------|---------|
| Total | 676,723 | 17.3 |
| Gender | | |
| Male | 384,525 | 19.7 |
| Female | 288,530 | 14.7 |
| Total | 285,554 | 7.3 |

| High Blood Pressure | Estimated Cases | Percent |
|---------------------|-----------------|---------|
| Total | 915,337 | 23.4 |
| Gender | | |
| Male | 401,507 | 20.6 |
| Female | 521,514 | 26.6 |
| Total | 1,286,948 | 32.9 |

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 | 61% | 19% | 20% |
| 8 th Grade | 68% | 24% | 8% |
| 11 th Grade | 48% | 30% | 22% |

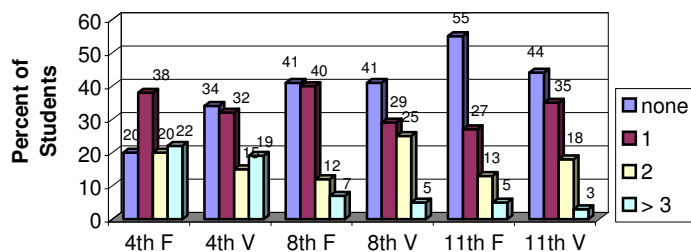
Body Mass Index (BMI)

| | Normal | At Risk* | Overweight** |
|------------------------|--------|----------|--------------|
| 4 th Grade | 57% | 20% | 23% |
| 8 th Grade | 69% | 18% | 13% |
| 11 th Grade | 71% | 13% | 16% |

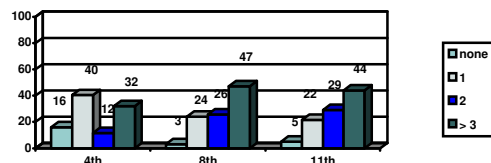
5 or more Days of Moderate Physical Activity²

| | 5 Days | 6 Days | 7 Days |
|------------------------|--------|--------|--------|
| 4 th Grade | 5% | 2% | 7% |
| 8 th Grade | 8% | 1% | 13% |
| 11 th Grade | 8% | 3% | 15% |

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 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

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

