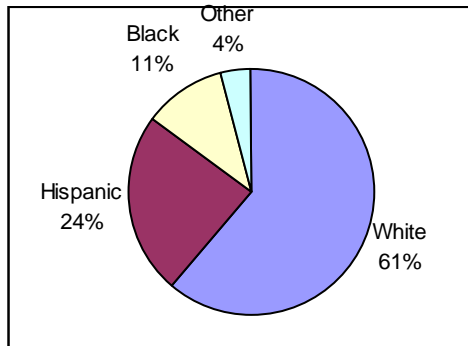# Texas Cardiovascular Health & Wellness Program
Texas Department of State Health Services

Cardiovascular Health Facts 2001-2005
Texas Health Services Region 7

Demography of Texas Health Service Region 7 in 2005

Demographics

Age	Total	Males	Females	Percent
0-4	192,471	98,137	94,334	7.5%
5-9	170,310	87,705	82,605	6.6%
10-14	172,225	88,281	83,944	6.7%
15-17	104,243	53,570	50,673	4.1%
18-29	551,495	293,200	258,295	21.5%
30-44	587,646	300,053	281,593	22.7%
45-64	549,981	273,119	276,862	21.4%
65+	243,237	104,850	138,387	9.5%
Total	**2,571,608**	**1,298,915**	**1,266,693**	**100%**

Population per square mile: 100.2   Area in square miles: 25,602

Prevalence of Cardiovascular Disease(CVD) Among Adults[1] (18+ years) 2005

	Estimated Cases	%	Race	Estimated Cases	%	Age Group	Estimated Cases	%
CVD	121,739	6.3%	White	86,513	7.0%	18-29 years	2,206	0.4%
Gender			Hispanic	24,709	5.9%	30-44 years	29,970	5.1%
Male	64,101	6.6%	Black	7,568	3.8%	45-64 years	36,849	6.7%
Female	58,263	6.1%	Other			65 +	50,350	20.7%

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

CVD Age-adjusted Mortality Rates[2] (per 100,000) 2001-2004

	N	Rates	Race	N	Rates	Age Group	N	Rates
Total	34441	315.2	White	27777	311.3	0-34 years	309	3.9
Gender			Hispanic	2345	247.6	35-44 years	651	29.9
Male	15923	348.8	Black	4121	437.8	45-64 years	4687	167.5
Female	18518	285.0	Other	198	131.2	65+ years	28794	2122.5

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

Hospital Discharges[3] 2005

	Charges ($)
Ischemic Heart Disease	$487,299,428
Hemorrhagic Stroke	$37,149,687
Ischemic Stroke	$84,562,297
Congestive Heart Failure	$181,922,215

Texas EMS/Trauma Registry Data[4] 2003

	Time (in Minutes) for CVD	Time (in Minutes) for Stroke
Response Time = (Call Received Time - Time EMS Arrived on Scene)	7.4	7.7
Scene Time = (Time EMS Arrived on Scene – Time EMS Departed Scene	18.0	17.1
Transport Time = (Time EMS Departed Scene – Time EMS Arrived at Destination).	15.5	15.5
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

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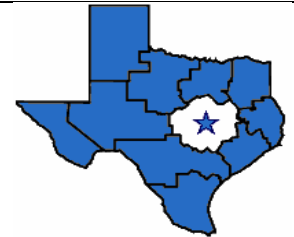
Cardiovascular Health Facts 2005
Region 7

CVD Risk Factors[1] 2005

Diabetes	Estimated Cases	Percent
Total	137,197	7.1
Gender		
Male	232,122	6.1
Female	164,284	8.0

High Blood Cholesterol	Estimated Cases	Percent
Total	591,382	30.6
Gender		
Male	292,338	30.1
Female	296,092	31.0

Current Smoker	Estimated Cases	Percent
Total	432,848	22.4
Gender		
Male	267,086	27.5
Female	169,059	17.7

High Blood Pressure	Estimated Cases	Percent
Total	411,592	21.2
Gender		
Male	207,842	21.3
Female	202,489	21.1

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
4th Grade	63%	22%	15%
8th Grade	61%	26%	13%
11th Grade	51%	16%	33%

Body Mass Index (BMI)

	Normal	At Risk*	Overweight**
4th Grade	61%	16%	23%
8th Grade	61%	22%	17%
11th Grade	80%	10%	10%

5 or more Days of Moderate Physical Activity[2]

	5 Days	6 Days	7 Days
4th Grade	7%	2%	11%
8th Grade	11%	4%	12%
11th Grade	5%	2%	17%

No. of times students ate Fruit/Vegetables Yesterday[4]
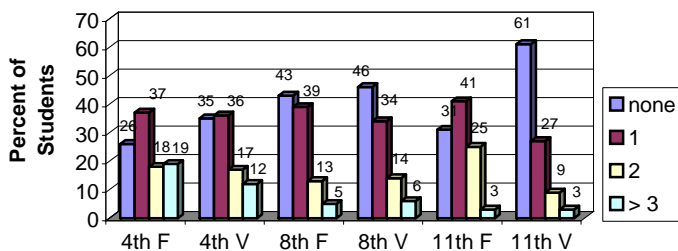
Number of Hours of TV /Videos Yesterday[3,4]
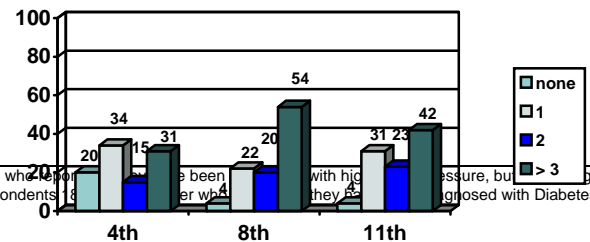
[1] 2005 Texas Behavioral Risk Factor Surveillance System, Statewide BRFSS Survey, for Respondents 18 years and older who report that they have been diagnosed with high Blood Pressure, but during pregnancy; Respondents 18 years and older who report that they have been diagnosed with high Blood Cholesterol; 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" <u>individual</u> behaviors, since it is only 1 day of data.
However, if we look at the aggregate results of a <u>group</u> of students, we can get a reasonable idea of what the group is doing overall.

* At risk of overweight is $\geq$85th but <95th Percentile for BMI by Age/Sex
**Overweight is $\geq$ 95th Percentile for BMI by Age/Sex