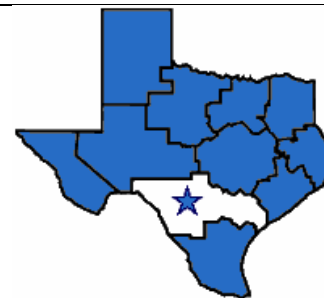


Texas Cardiovascular Health & Wellness Program

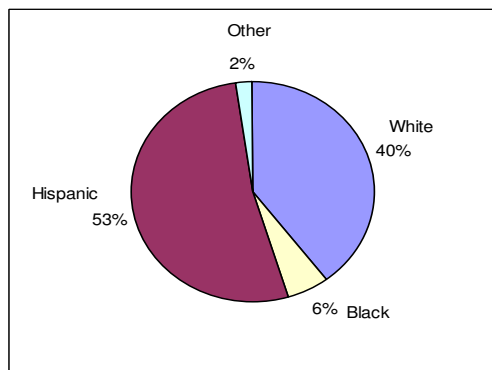
Texas Department of State Health Services



Cardiovascular Health Facts 2001-2005

Texas Health Services Region 8

Demography of Texas Health Service Region 8 in 2005



Demographics

Age	Total	Males	Females	Percent
0-4	180,060	91,896	88,164	7.8%
5-9	164,510	84,212	80,298	7.1%
10-14	176,881	90,177	86,704	7.6%
15-17	109,484	56,057	53,427	4.7%
18-29	408,466	208,554	199,912	17.6%
30-44	483,267	240,097	243,170	20.8%
45-64	528,814	254,547	274,267	22.8%
65+	269,534	114,836	154,698	11.6%
Total	2,321,016	1,140,376	1,180,640	100%

Population per square mile: 73.2 Area in square miles: 31,724

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

	Estimated Cases		Race	Estimated Cases		Age Group	Estimated Cases	
		%			%			%
CVD	101,405	6.0%	White	53,968	7.4%	18-29 years	8,986	2.2%
Gender			Hispanic	38,961	4.7%	30-44 years	967	0.2%
Male	52,354	6.4%	Black			45-64 years	43,363	8.2%
Female	48,835	5.6%	Other			65 +	51,211	19.0%

(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	38039	316.5	White	23221	314.4	0-34 years	289	4.2
Gender			Hispanic	12133	303.2	35-44 years	709	36.3
Male	18047	360.5	Black	2517	459.8	45-64 years	5058	180.1
Female	19992	279.9	Other	168	129.9	65+ years	31983	2091.1

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

Hospital Discharges³ 2005

	Charge (\$)
Ischemic Heart Disease	\$551,736,396
Hemorrhagic Stroke	\$36,575,603
Ischemic Stroke	\$92,130,655
Congestive Heart Failure	\$205,091,401

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)	8.4	8.5
Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)	20.8	21.1
Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination)	13.4	13.1
Delivery Time = (Call Received Time - Time EMS Arrived at Destination)	42.0	42.3

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 8

CVD Risk Factors¹ 2005

Diabetes	Estimated Cases	Percent	High Blood Cholesterol	Estimated Cases	Percent
Total	180,839	10.7	Total	550,966	32.6
Gender			Gender		
Male	101,839	12.4	Male	584,768	34.6
Female	80,228	9.2	Female	251,954	30.8
Current Smoker	Estimated Cases	Percent	High Blood Pressure	Estimated Cases	Percent
Total	307,595	18.2	Total	420,830	24.9
Gender			Gender		
Male	170,151	20.8	Male	425,900	25.2
Female	138,655	15.9	Female	202,054	24.7

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%	25%	15%
8 th Grade	66%	19%	15%
11 th Grade	53%	33%	14%

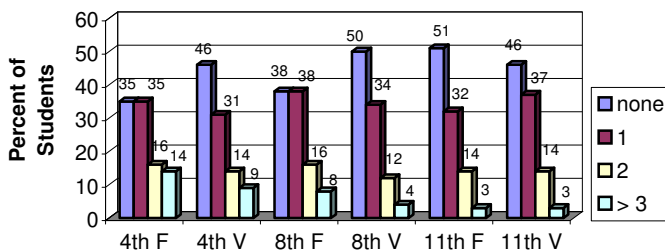
Body Mass Index (BMI)

	Normal	At Risk*	Overweight**
4 th Grade	53%	18%	29%
8 th Grade	68%	15%	17%
11 th Grade	62%	17%	21%

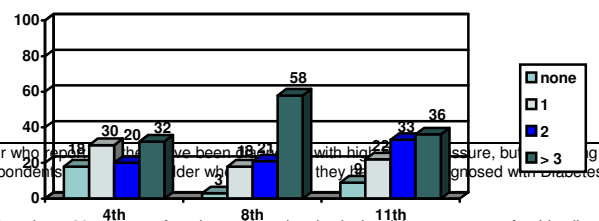
5 or more Days of Moderate Physical Activity²

	5 Days	6 Days	7 Days
4 th Grade	6%	2%	6%
8 th Grade	9%	5%	12%
11 th Grade	13%	7%	12%

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 have been diagnosed with high Blood Cholesterol; 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 high Blood Cholesterol; Respondents 18 years and older who report that they have been diagnosed with high Blood Cholesterol. 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

