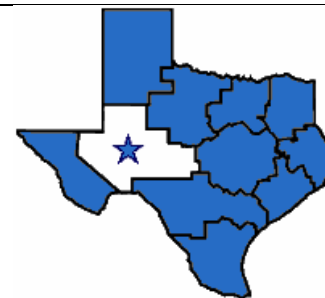
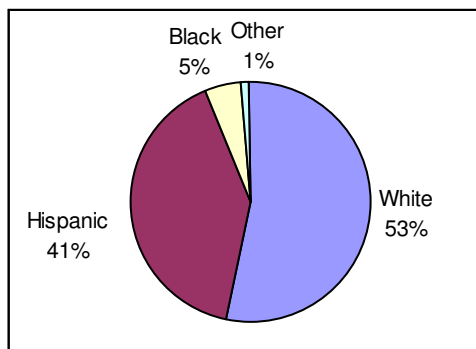


Texas Cardiovascular Health & Wellness Program Texas Department of State Health Services



Cardiovascular Health Facts 2001-2005 Texas Health Services Region 9

Demography of Texas Health Service Region 9 in 2005



Demographics

Age	Total	Males	Females	Percent
0-4	42,196	21,625	20,571	7.8%
5-9	36,863	18,804	18,059	6.8%
10-14	39,638	20,220	19,418	7.3%
15-17	25,734	13,200	12,534	4.8%
18-29	97,586	50,725	46,861	18.1%
30-44	101,559	51,699	49,860	18.8%
45-64	126,020	62,474	63,546	23.3%
65+	70,546	30,390	40,156	13.1%
Total	540,142	269,137	271,005	100%

Population per square mile: 13.6 Area in square miles: 39,746

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

	Estimated Cases	%	Race	Estimated Cases	%	Age Group	Estimated Cases	%
CVD	66,084	16.7%	White	34,311	15.2%	18-29 years	--	--
Gender			Hispanic	--	--	30-44 years	--	--
Male	39,058	20%	Black	--	--	45-64 years	15,626	12.4%
Female	25,855	12.9%	Other	--	--	65 +	22,363	31.7%

(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	10520	338.8	White	8248	343.9	0-34 years	72	4.5
Gender			Hispanic	1676	289.9	35-44 years	184	40.4
Male	4929	375.4	Black	558	494.3	45-64 years	1474	214.2
Female	5591	306.2	Other	38	148.0	65+ years	8790	2178.9

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

Hospital Discharges³ 2005

	Charges (\$)
Ischemic Heart Disease	\$134,776,897
Hemorrhagic Stroke	\$8,024,861
Ischemic Stroke	\$24,264,588
Congestive Heart Failure	\$34,502,461

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)	12.0	6.9
Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)	18.4	14.9
Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination)	13.0	12.6
Delivery Time = (Call Received Time - Time EMS Arrived at Destination)	43.4	34.2

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 9

CVD Risk Factors¹ 2005

Diabetes	Estimated Cases	Percent
Total	33,477	8.5
Gender		
Male	13,533	6.9
Female	20,503	10.2

High Blood Cholesterol	Estimated Cases	Percent
Total	111,591	28.2
Gender		
Male	43,549	22.3
Female	70,910	35.4

Current Smoker	Estimated Cases	Percent
Total	103,281	26.1
Gender		
Male	51,165	26.4
Female	51,709	25.8

High Blood Pressure	Estimated Cases	Percent
Total	125,836	31.9
Gender		
Male	61,906	31.8
Female	64,135	32.0

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	61%	18%	21%
8 th Grade	57%	28%	15%
11 th Grade	58%	26%	16%

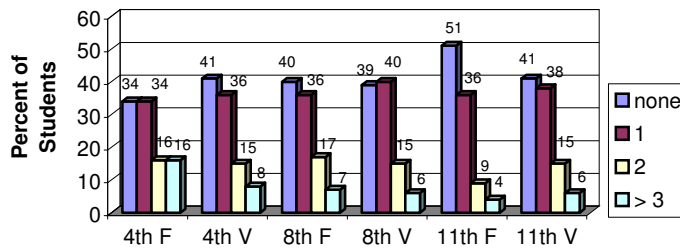
Body Mass Index (BMI)

	Normal	At Risk*	Overweight**
4 th Grade	63%	18%	19%
8 th Grade	66%	16%	18%
11 th Grade	62%	19%	19%

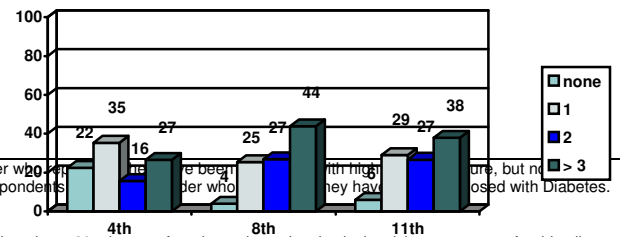
5 or more Days of Moderate Physical Activity²

	5 Days	6 Days	7 Days
4 th Grade	12%	2%	9%
8 th Grade	12%	4%	10%
11 th Grade	14%	3%	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 are pregnant; 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.

³ 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

⁴ 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

