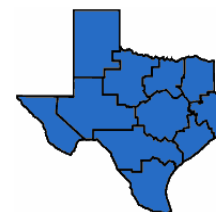
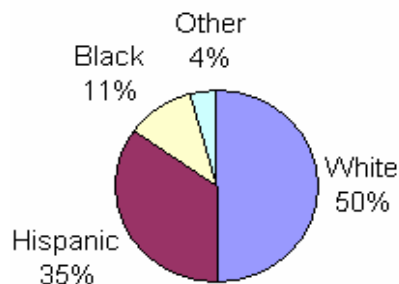


# Texas Cardiovascular Health & Wellness Program Texas Department of State Health Services



## Cardiovascular Health Facts 2001-2005 Texas

### Demography of Texas in 2005



#### Demographics

Age	Total	Males	Females	Percent
0-17	6,277,205	3,206,672	3,070,533	27.2
18-29	4,177,858	2,174,418	2,003,440	18.2
30-34	5,158,304	2,613,631	2,544,673	22.4
35-64	5,128,760	2,525,314	2,603,446	22.3
65+	2,260,428	966,580	1,293,848	9.8
<b>Total</b>	<b>23,002,555</b>	<b>11,486,615</b>	<b>11,515,940</b>	<b>100%</b>

Population per square mile: 87.9      Area in square miles: 267,797

### Prevalence of Cardiovascular Disease(CVD) Among Adults<sup>1</sup> (18+ years) 2005

	Estimated Cases	%	Race	Estimated Cases	%	Age Group	Estimated Cases	%
CVD	1,422,000	8.5%	White	911,000	10.3%	18-29 years	75,201	1.8%
Gender			Hispanic	162,000	5.0%	30-44 years	232,124	4.5%
Male	712,000	8.6%	Black	269,000	8.8%	45-64 years	538,520	10.5%
Female	701,000	8.3%	Other	23,965	3.6%	65 +	553,805	24.5%

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

### CVD Age-adjusted Mortality Rates<sup>2</sup> (per 100,000) 2001-2004

	N	Rates	Race	N	Rates	Age Group	N	Rates
Total	338,660	334.7	White	244,849	336.3	0-34 years	3237	4.7
Gender			Hispanic	47,590	268.5	35-44 years	7605	38.1
Male	160,571	375.8	Black	43,207	475.2	45-64 years	53838	200.5
Female	178,089	299.2	Other	3014	158.1	65+ years	273980	2156.2

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

### Hospital Discharges<sup>3</sup> 2005

	Charges (\$)
Ischemic Heart Disease	\$5,927,134,639
Hemorrhagic Stroke	\$518,856,442
Ischemic Stroke	\$1,289,036,333
Congestive Heart Failure	\$2,348,808,367

### Texas EMS/Trauma Registry Data<sup>4</sup> 003

	Time (in Minutes) for CVD	Time (in Minutes) for Stroke
Response Time = (Call Received Time - Time EMS Arrived on Scene)	8.1	8.3
Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene)	18.2	18.0
Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination)	13.7	14.3
Delivery Time = (Call Received Time - Time EMS Arrived at Destination)	39.4	39.8

<sup>1</sup> 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.

<sup>2</sup> 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.

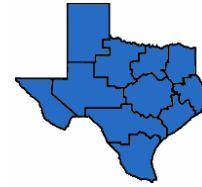
<sup>3</sup> 2003 Texas Health Care Information Council, Inpatient Hospital Discharge Public Use File, for persons all ages. Ischemic heart disease (ICD-9 Code 410-414); Hemorrhagic Stroke (ICD-9 Code 430-432); Ischemic Stroke (ICD-9 Code 436-438,433,434); Congestive Heart Failure (ICD-9 Code 428).

<sup>4</sup> 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 2001-2005

#### Texas

#### Heart and Stroke Healthy Community Indicators

1. Cardiovascular disease and stroke ongoing public information campaigns are provided in the community.
2. Physical activity areas are designated, safe, accessible and promoted.
3. Healthy food options are accessible and promoted.
4. Public schools (grades K-8) comply with all legislated components of a coordinated school health program and daily physical activity.
5. Moderate to strong city smoking ordinances are in place.
6. CPR classes are available.
7. A plan is in place to reduce disparities in CVD and stroke.
8. Defibrillators (Manual and/or Automated External) are available.
9. Stroke is treated as a medical emergency in the community and appropriate acute stroke treatment protocols are in place.
10. Health Sites in the Community Promote Primary and Secondary Prevention of CVD and Stroke.

#### CVD Risk Factors<sup>1</sup> 2005

High Blood Pressure	Estimated Cases	Percent	High Blood Cholesterol	Estimated Cases	Percent	Diabetes	Estimated Cases	Percent
Total	4,097,711	24.5	Total	5,686,619	34.0	Total	1,338,028	8
<b>Gender</b>			<b>Gender</b>			<b>Gender</b>		
Male	2,003,746	24.2	Male	2,715,821	32.8	Male	612,716	7.4
Female	2,043,788	24.8	Female	2,964,338	35.1	Female	709,414	8.4
Overweight or Obese <sup>2</sup>	Estimated Cases	Percent	Obesity <sup>3</sup>	Estimated Cases	Percent	No Leisure Time for Physical Activity	Estimated Cases	Percent
Total	10,720,949	64.1	Total	4,515,845	27	Total	4,582,746	27.4
<b>Gender</b>			<b>Gender</b>			<b>Gender</b>		
Male	5,994,679	72.4	Male	2,301,824	27.8	Male	2,061,706	24.9
Female	4,695,646	55.6	Female	2,221,142	26.3	Female	2,525,177	29.9
Current Smoker	Estimated Cases	Percent	Inadequate Intake of Fruit & Vegetables	Estimated Cases	Percent	Call 911 as a First response if Heart Attack or Stroke is suspected	Estimated Cases	Percent
Total	3,345,070	20	Total	12,945,421	77.4	Total	14,233,273	85.1
<b>Gender</b>			<b>Gender</b>			<b>Gender</b>		
Male	1,929,227	23.3	Male	6,772,993	81.8	Male	6,930,312	83.7
Female	1,427,274	16.9	Female	6,173,593	73.1	Female	7,305,277	86.5

#### Cardiovascular Health

Among those who reported having had a heart attack (percent that went to rehab following hospitalization)	Percent	Among those who reported having had a stroke (percent that went to rehab following hospitalization)	Percent	Take aspirin daily or every other day	Estimated Cases	Percent
Total	23.0	Total	34	Total	3,863,556	23.1
<b>Gender</b>		<b>Gender</b>		<b>Gender</b>		
Male	26.3	Male	41	Male	1,896,107	22.9
Female	19.0	Female	29	Female	1,967,780	23.3

#### Youth Risk Behavior Survey 2005

At risk for becoming overweight <sup>4</sup>	Estimated Cases	Percent	Overweight <sup>5</sup>	Estimated Cases	Percent	Eat 5+ fruits /vegetables during past 7 days	Estimated Cases	Percent
Total	442,100	18.0	Total	341,723	13.9	Total	477,035	19.4
<b>Gender</b>			<b>Gender</b>			<b>Gender</b>		
Male	182,440	14.5	Male	206,488	16.4	Male	264,910	21.0
Female	185,816	15.5	Female	134,527	11.2	Female	211,520	17.6
No Exercise	Estimated Cases	Percent	Smoke 1 or more of the past 30 days	Estimated Cases	Percent	Used any tobacco on 1 or more of past 30 days	Estimated Cases	Percent
Total	246,267	10.0	Total	595,371	24.2	Total	734,127	29.8
<b>Gender</b>			<b>Gender</b>			<b>Gender</b>		
Male	94,808	7.5	Male	331,137	26.3	Male	430,982	34.2
Female	151,223	12.6	Female	264,250	22.0	Female	303,287	25.3

1. 2005 Texas Behavioral Risk Factor Surveillance System, Statewide BRFSS Survey, for Respondents 18 years and older who report that they have been diagnosed 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. Body Mass Index (BMI) is 25.0 or more. BMI is defined as weight in kilograms divided by height in meters squared (w/h<sup>2</sup>).

3. Body Mass Index (BMI) is 30.0 or more. BMI is defined as weight in kilograms divided by height in meters squared (w/h<sup>2</sup>).

4. At risk for becoming overweight was defined as a BMI of >85<sup>th</sup> percentile and <95<sup>th</sup> percentile for age and sex.

5. Overweight was defined as BMI of >95<sup>th</sup> percentile for age and sex.