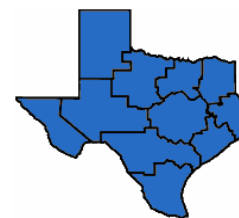
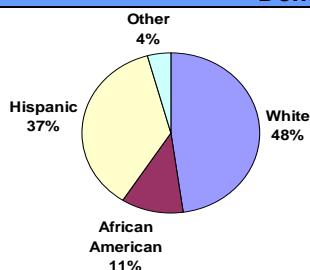


Texas Cardiovascular Health & Wellness Program Texas Department of State Health Services



Cardiovascular Health Facts 2001-2007 Texas

Demography of Texas in 2007 (Projected Texas Population)



Demographics

Age	Total	Males	Females	Percent
0-17	6,448,097	3,292,804	3,155,293	26.9
18-29	4,359,911	2,273,424	2,086,487	18.2
30-34	5,263,976	2,678,122	2,585,854	22.0
35-64	5,502,607	2,713,573	2,789,034	23.0
65+	2,361,636	1,020,030	1,341,606	9.9
Total	23,936,227	11,977,953	11,958,274	100.0

Prevalence of Cardiovascular Disease (CVD) and Stroke Among Adults (≥18) 2007

	CVD ¹		Heart Disease ²		Stroke	
	Estimated Cases	Prevalence	Estimated Cases	Prevalence	Estimated Cases	Prevalence
Total	1,452,000	8.3%	1,172,000	6.7%	490,000	2.8%
Male	745,000	8.6%	634,000	7.3%	226,000	2.6%
Female	704,000	8.0%	537,000	6.1%	264,000	3.0%
White	843,000	9.4%	700,000	7.8%	260,000	2.9%
African American	165,000	8.6%	109,000	5.7%	84,000	4.4%
Hispanic	375,000	6.4%	305,000	5.2%	123,000	2.1%

CVD and Stroke Age-Adjusted Mortality Rates³ (per 100,000) 2001-2005

	CVD		Heart Disease		Stroke	
	Deaths	Rate	Deaths	Rate	Deaths	Rate
Total	277,063	317.5	208,202	237.6	50,588	58.8
Male	132,592	356.0	104,839	279.2	19,775	55.1
Female	144,471	284.0	103,363	203.1	30,813	60.6
White	197,878	319.2	149,548	241.0	35,633	57.7
African American	35,513	451.1	26,075	327.6	6,677	87.8
Hispanic	40,938	259.8	30,676	194.6	7,606	48.1

Hospital Discharge Data⁴

Texas EMS/Trauma Registry Data⁵ 2004

Texas, 2006	Hospital Charges	Time (Min) for CVD		Time (Min) for Stroke	
		Texas		Texas	
Ischemic Heart Disease	\$6,314,818,969	Response Time = (Time Call Received - Time EMS Arrived on Scene) Scene Time = (Time EMS Arrived on Scene - Time EMS Departed Scene) Transport Time = (Time EMS Departed Scene - Time EMS Arrived at Destination) Delivery Time = (Time Call Received - Time EMS Arrived at Destination)		8.0	8.3
Hemorrhagic Stroke	\$589,505,579			18.4	17.8
Ischemic Stroke	\$1,409,078,856			14.3	14.1
Congestive Heart Failure	\$2,477,835,529			39.3	39.4

¹ 2007 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 Respondents 18 years and older who report that they have been diagnosed as having had a Heart Attack or Myocardial Infarction.

³ 2001-2005 Texas Department of State Health Services Vital Statistics. Mortality due to CVD (ICD-10 Code I00-I99); Heart Disease (ICD-10 Code I00-I09, I11, I13, I20-I51); Stroke (ICD-10 Code I60-I69).

⁴ 2006 Texas Health Care Information Collection, 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).

⁵ Texas EMS/Trauma Registry Data Selected in 2004. the selection criteria as:

- Calls received during 2004
- 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 2005-2007 Texas

CVD Risk Factors¹ in 2007

Diabetes			High Blood Cholesterol		
	Estimated Cases	Texas		Estimated Cases	Texas
Total	1,819,000	10.4%	Total	6,733,000	38.5%
Male	860,000	9.9%	Male	3,535,000	40.7%
Female	951,000	10.8%	Female	3,213,000	36.5%
White	762,000	8.5%	White	3,588,000	40.0%
African American	247,000	12.9%	African American	636,000	33.2%
Hispanic	721,000	12.3%	Hispanic	2,187,000	37.3%
Current Smoker			High Blood Pressure		
	Estimated Cases	Texas		Estimated Cases	Texas
Total	3,375,000	19.3%	Total	4,862,000	27.8%
Male	1,902,000	21.9%	Male	2,406,000	27.7%
Female	1,488,000	16.9%	Female	2,641,000	30.0%
White	1,839,000	20.5%	White	2,610,000	29.1%
African American	410,000	21.4%	African American	793,000	41.4%
Hispanic	1,026,000	17.5%	Hispanic	1,272,000	21.7%
Obesity (BMI≥30)			No Leisure Time Physical Activity		
	Estimated Cases	Texas		Estimated Cases	Texas
Total	5,002,000	28.6%	Total	4,949,000	28.3%
Male	2,484,000	28.6%	Male	2,215,000	25.5%
Female	2,509,000	28.5%	Female	2,729,000	31.0%
White	2,305,000	25.7%	White	2,108,000	23.5%
African American	742,000	38.7%	African American	646,000	33.7%
Hispanic	1,917,000	32.7%	Hispanic	2,011,000	34.3%
Poor Nutrition ⁵			Youth Risk Factors (2007)		
	Estimated Cases	Texas		U.S	Texas
Total	13,081,000	74.8%	Current cigarette use ²	20.0%	21.1%
Male	6,757,000	77.8%	Obesity ³	13.0%	15.9%
Female	6,329,000	71.9%	Met recommended levels of physical activity ⁴	34.7%	42.5%
White	6,583,000	73.4%	Ate fruits and vegetables 5 or more times/day	21.4%	17.4%
African American	1,451,000	75.7%			
Hispanic	4,408,000	75.2%			

Recognition of CVD and Stroke Symptoms¹ (2005) Texas

	% Of Respondents Recognizing Symptoms		% Of Respondents Recognizing Symptoms
Heart Attack		Stroke	
Pain or discomfort in jaw, neck or back	39.3	Sudden confusion or trouble speaking	76.3
Feeling weak, lightheaded, or faint	54.1	Sudden numbness or weakness of face, arms, legs (especially on one side)	86.5
Chest pain or discomfort	86.5	Sudden trouble seeing in one or both eyes	61.6
Sudden trouble seeing in one or both eyes	30.0	Sudden chest pain or discomfort	37.0
Pain or discomfort in the arms or shoulders	78.4	Sudden trouble walking, dizziness, or loss of balance	78.2
Shortness of breath	79.0	Severe headache with no known cause	57.4
Recognizes all heart attack symptoms	8.9	Recognizes all stroke symptoms	17.0

Would call 911 as a first response if **Heart Attack OR Stroke** is suspected - 85.1%

¹2007 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

²Percentage of students who smoked cigarettes on at least 1 day during the 30 days before the survey
<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?ByVar=C1&cat=6&quest=Q80&loc=XX&year=2007>

³Obese > 95th Percentile for BMI by Age/Sex <http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?ByVar=C1&cat=6&quest=Q80&loc=XX&year=2007>

⁴Recommendation: Physical Activity -Percentage of students who were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on five or more of the 7 days before the survey

<http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?ByVar=C1&cat=6&quest=Q80&loc=XX&year=2007>

⁵Ate fruits and vegetables less than 5 times/day <http://apps.nccd.cdc.gov/yrbss/QuestYearTable.asp?ByVar=C1&cat=6&quest=Q80&loc=XX&year=2007>