



# Heart Disease and Stroke in DHH Region 3

(Parishes: Assumption, Lafourche, St. Charles, St. James, St. John the Baptist, St. Mary, Terrebonne)

## Heart disease and stroke in Louisiana:

- Heart disease and stroke are the 1st and 4th killers of all Louisianans, respectively.
- In 2005, 11,008 people died of heart disease and 2,469 people died of stroke.
- Louisiana had the 5th highest mortality rate for heart disease and the 7th highest mortality rate for stroke in the nation in 2005.

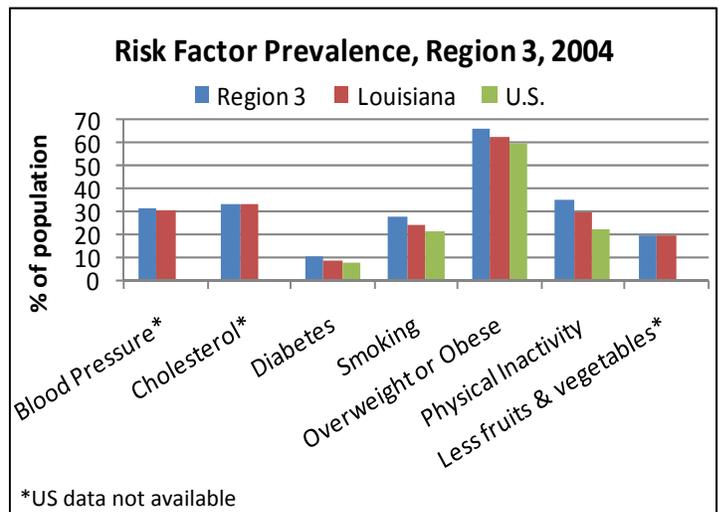
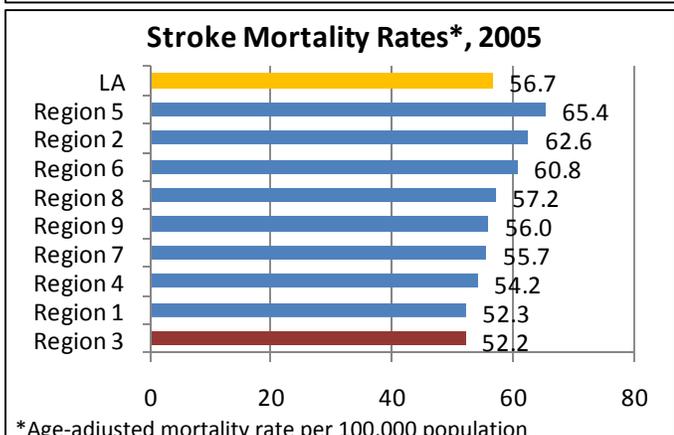
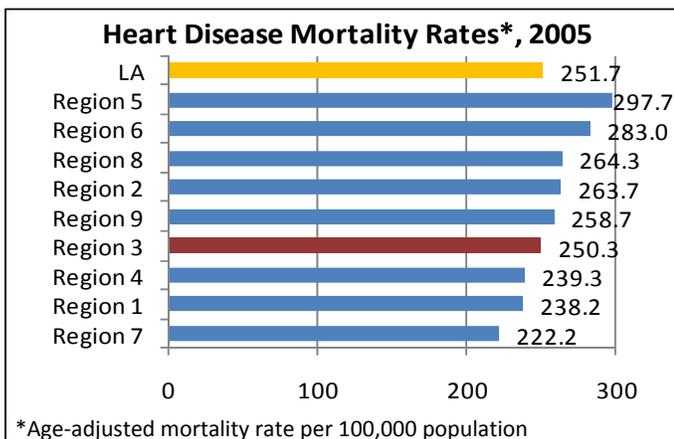
## Heart disease and stroke in DHH Region 3:

- In 2005, 25.4% (858) of the deaths in Region 3 were caused by heart disease and 5.1% (173) were due to stroke, making these the 1st and 4th causes of death, respectively.
- Region 3 had the 6th highest mortality rate for heart disease and the lowest rate for stroke in Louisiana in 2005.

## Risk Factors (2004)

In Region 3:

- 31.6% had high blood pressure [95% CI: 28.1-35.1]
- 33.4% had high cholesterol [95% CI: 29.3-37.4]
- 10.2% had diabetes [95% CI: 8.0-12.5]
- 27.8% were smokers [95% CI: 24.3-31.3]
- 66.1% were either overweight or obese [95% CI: 58.8-73.3]
- 34.9% did not get enough physical exercise [95% CI: 31.3-38.5]
- 18.9% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 15.9-21.9]



## Data Sources:

Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2005. CDC WONDER On-line Database, compiled from Compressed Mortality File 1999-2005 Series 20 No. 2K, 2008. Accessed at <http://wonder.cdc.gov/cmfi-icd10.html> on Jun 12, 2009 2:59:43 PM

Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2004.