

Heart Disease and Stroke in DHH Region 7

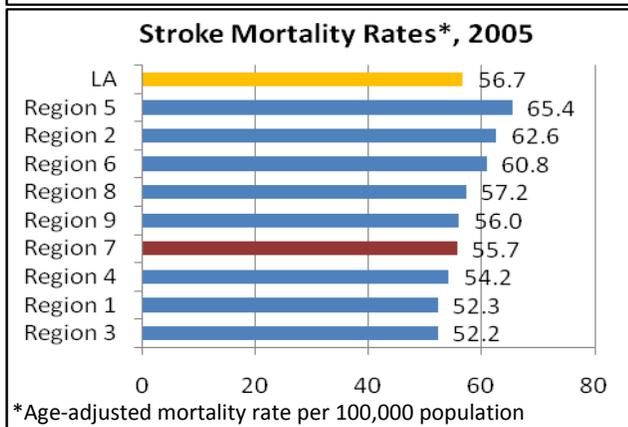
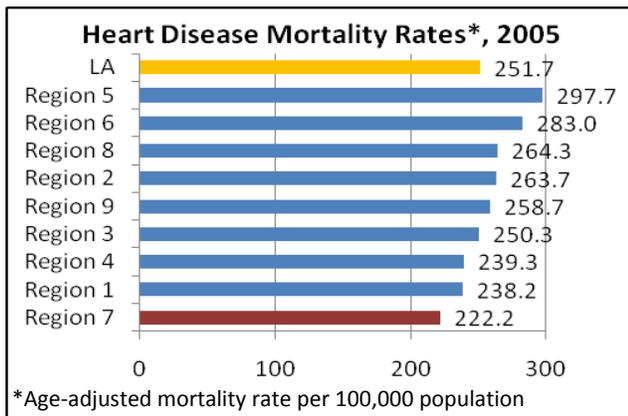
(Parishes: Bienville, Bossier, Caddo, Claiborne, De Soto, Natchitoches, Red River, Sabine, Webster)

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 7:

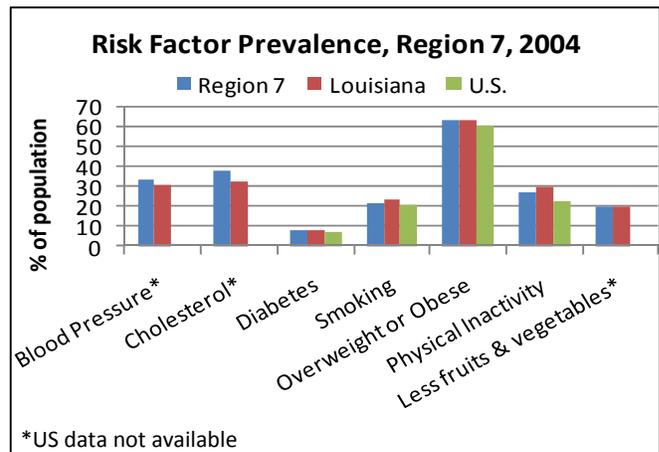
- In 2005, 23.4% (1,301) of the deaths in Region 7 were caused by heart disease and 5.9% (329) were due to stroke, making these the 1st and 3rd causes of death, respectively.
- Region 7 had the lowest mortality rate for heart disease and the 6th highest rate for stroke in Louisiana in 2005.



Risk Factors (2004)

In Region 7:

- 33.1% had high blood pressure [95% CI: 29.7-36.5]
- 37.6% had high cholesterol [95% CI: 33.6-41.5]
- 8.1% had diabetes [95% CI: 6.3-9.9]
- 21.9% were smokers [95% CI: 18.9-25.0]
- 62.4% were either overweight or obese [95% CI: 55.4-69.2]
- 27.3% did not get enough physical exercise [95% CI: 24.2-30.5]
- 19.7% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 16.6-22.9]



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.