



Heart Disease and Stroke in DHH Region 9

(Parishes: Livingston, St. Helena, St. Tammany, Washington)

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.

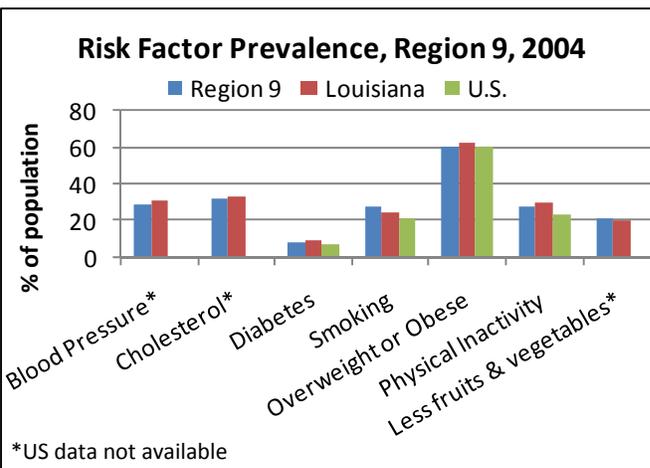
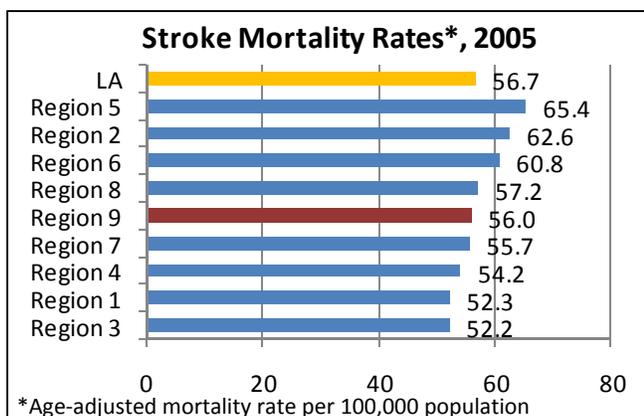
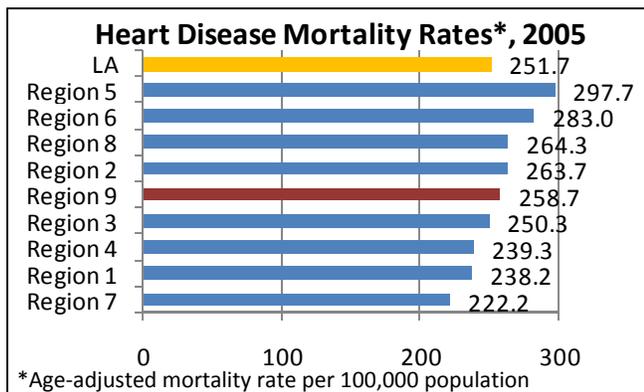
Heart disease and stroke in DHH Region 9:

- In 2005, 25.2% (838) of the deaths in Region 9 were caused by heart disease and 5.4% (178) were due to stroke, making these the 1st and 4th causes of death, respectively.
- Region 9 had the 5th highest mortality rates for both heart disease and stroke in Louisiana in 2005.

Risk Factors (2004)

In Region 9:

- 28.4% had high blood pressure [95% CI: 25.3-31.6]
- 31.4% had high cholesterol [95% CI: 27.8-35.1]
- 7.3% had diabetes [95% CI: 5.6-9.0]
- 26.8% were smokers [95% CI: 23.7-30.0]
- 59.6% were either overweight or obese [95% CI: 53.0-66.1]
- 27.3% did not get enough physical exercise [95% CI: 24.2-30.4]
- 20.9% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 17.9-23.8]



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/cmfile.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.