



Heart Disease and Stroke in DHH Region 1

(Parishes: Jefferson, Orleans, Plaquemines, St. Bernard)

Heart disease and stroke in Louisiana:

- Heart disease and stroke are the 1st and 4th killers of all Louisianans, respectively.
- In 2007, 9,947 people died of heart disease and 2,135 people died of stroke.
- Louisiana had the 6th highest mortality rate for heart disease and the 9th highest mortality rate for stroke in the nation in 2007.

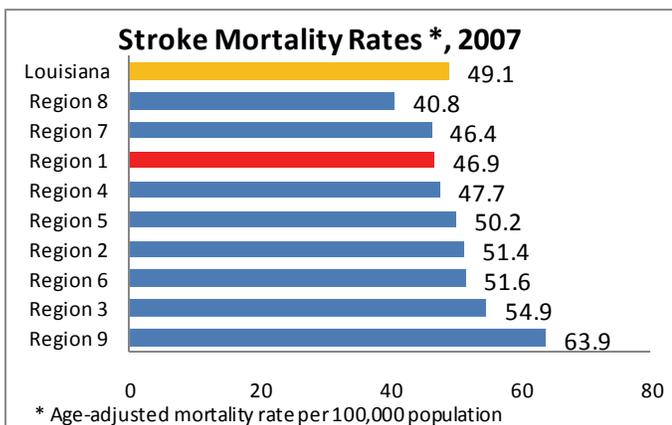
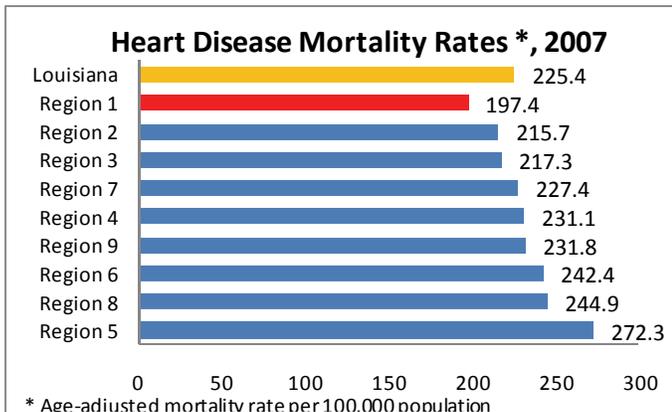
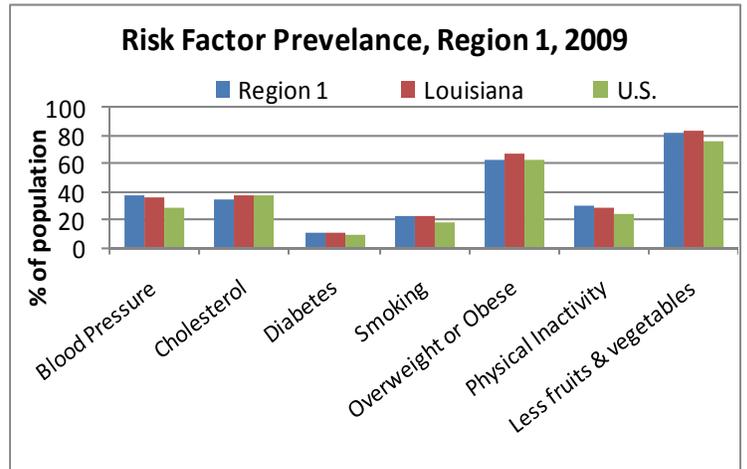
Heart disease and stroke in DHH Region 1:

- In 2007, 24.1% (1,703) of deaths in Region 1 were caused by heart disease and 5.7% (401) were due to stroke, making these the 1st and 4th causes of death, respectively.
- Region 1 had the 9th highest mortality rates for heart disease and 7th highest for stroke in Louisiana in 2007.

Risk Factors (2009)

In Region 1:

- 36.6% had high blood pressure [95% CI: 32.7-40.6]
- 33.9% had high cholesterol [95% CI: 29.8-37.9]
- 10.3% had diabetes [95% CI: 8.0-12.6]
- 22.2% were smokers [95% CI: 18.4-26.1]
- 62.2% were either overweight or obese [95% CI: 54.1-70.3]
- 29.8% did not get enough physical exercise [95% CI: 25.7-33.9]
- 81.6% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 78.2-85.1]



Data Sources:

Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2007. CDC WONDER On-line Database, compiled from Compressed Mortality File 1999-2007 Series 20 No. 2M, 2010.

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, 2009.