



Heart Disease and Stroke in DHH Region 4 (Parishes: Acadia, Evangeline, Iberia, Lafayette, St. Landry, St. Martin, Vermillion)

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.

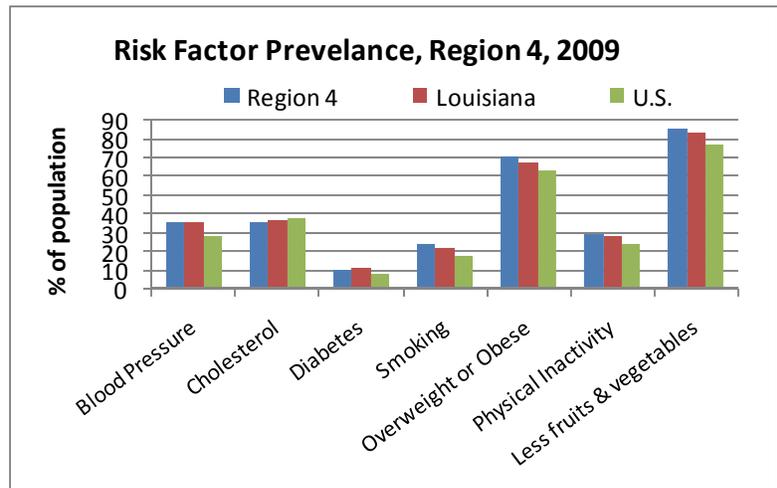
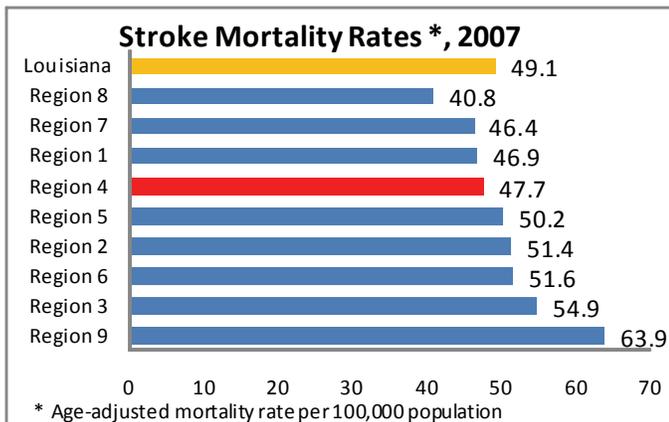
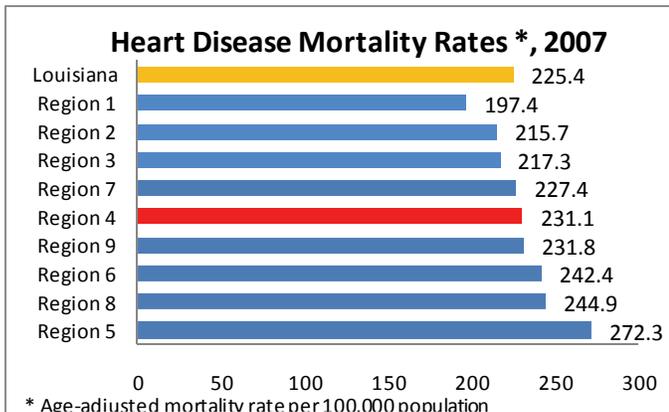
Heart disease and stroke in DHH Region 4:

- In 2007, 24.6% (1,294) of deaths in Region 4 were caused by heart disease and 5.0% (265) were due to stroke, making these the 1st and 4th causes of death, respectively.
- Region 4 had the 5th highest mortality rates for heart disease and 6th highest for stroke in Louisiana in 2007.

Risk Factors (2009)

In Region 4:

- 35.4% had high blood pressure [95% CI: 31.5-39.2]
- 35.8% had high cholesterol [95% CI: 31.6-40.0]
- 10.4% had diabetes [95% CI: 8.2-12.6]
- 23.7% were smokers [95% CI: 19.9-27.5]
- 71.1% were either overweight or obese [95% CI: 62.7-79.5]
- 29.7% did not get enough physical exercise [95% CI: 26.0-33.4]
- 85.2% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 82.4-88.1]



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.