



Heart Disease and Stroke in DHH Region 1

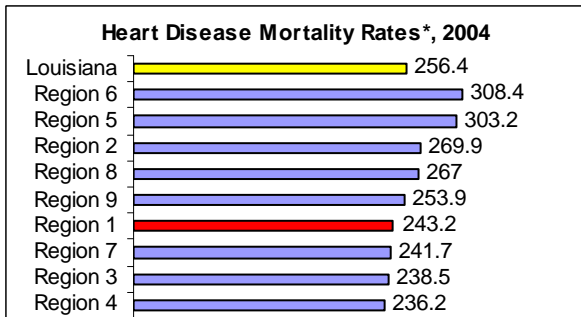
(Parishes: Jefferson, Orleans, Plaquemines, St. Bernard)

Heart disease and stroke in Louisiana:

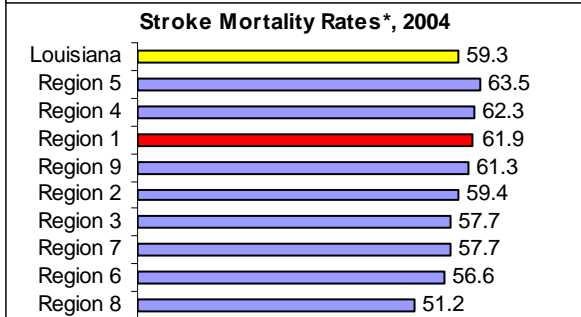
- Heart disease and stroke are the 1st and 3rd killers of all Louisianians, respectively.
- In 2004, 10,782 people died of heart disease and 2,481 people died of stroke.
- Louisiana has the 7th highest mortality rate for heart disease and the 9th highest mortality rate for stroke in the nation.

Heart disease and stroke in DHH Region 1:

- In 2004, 24% (2,388) of deaths in Region 1 were caused by heart disease and 6% (606) were due to stroke, making these the 1st and 3rd causes of death, respectively.
- Region 1 had the 6th highest mortality rate for heart disease and the 3rd highest rate for stroke in Louisiana in 2004.



*Age-adjusted mortality rate per 100,000 population

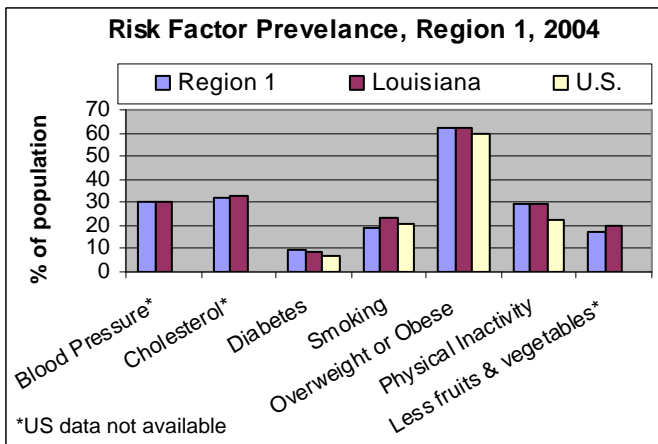


*Age-adjusted mortality rate per 100,000 population

Risk Factors (2004)

In Region 1:

- 30.5% had high blood pressure [95% CI: 27.1-33.8]
- 32.2% had high cholesterol [95% CI: 28.2-36.2]
- 9.7% had diabetes [95% CI: 7.8-11.7]
- 19.2% were smokers [95% CI: 16.1-22.2]
- 61.9% were either overweight or obese [95% CI: 54.9-68.8]
- 29% did not get enough physical exercise [95% CI: 25.7-32.4]
- 17.5% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 14.6-20.5]



Data Sources:

Louisiana State Center for Health Statistics, Department of Health and Hospitals, Office of Public Health, 2004 Vital Statistics Data Tables, Table 26-A.

Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2004. CDC WONDER On-line Database, compiled from Compressed Mortality File 1999-2004 Series 20 No. 2J, 2007.

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.