



Heart Disease and Stroke in DHH Region 3

(Parishes: Assumption, Lafourche, St. Charles, St. James, St. John the Baptist, St. Mary, Terrebonne)

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.

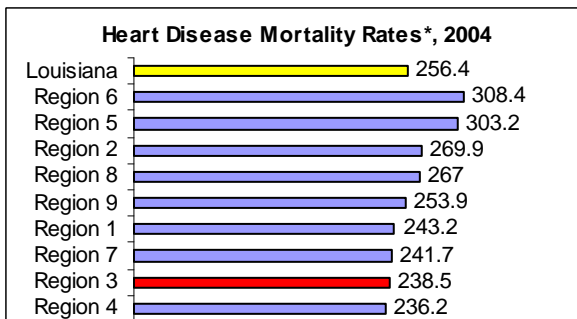
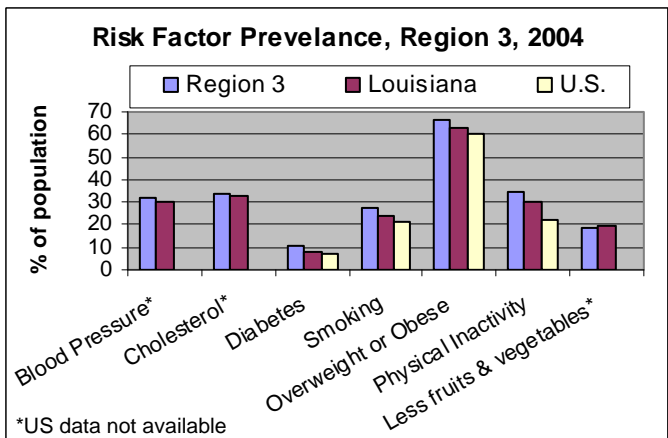
Heart disease and stroke in DHH Region 3:

- In 2004, 25% (788) of the deaths in Region 3 were caused by heart disease and 6% (186) were due to stroke, making these the 1st and 4th causes of death, respectively.
- Region 3 had the 8th highest mortality rate for heart disease and the 6th highest rate for stroke in Louisiana in 2004.

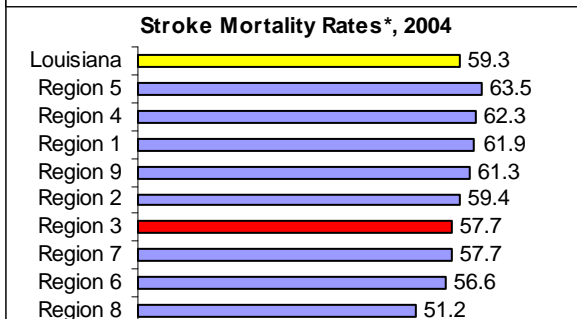
Risk Factors (2004)

In Region 3:

- 31.6% had high blood pressure [95% CI: 28.1-35.1]
- 33.4% had high cholesterol [95% CI: 29.3-37.4]
- 10.2% had diabetes [95% CI: 8.0-12.5]
- 27.8% were smokers [95% CI: 24.3-31.3]
- 66.1% were either overweight or obese [95% CI: 58.8-73.3]
- 34.9% did not get enough physical exercise [95% CI: 31.3-38.5]
- 18.9% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 15.9-21.9]



*Age-adjusted mortality rate per 100,000 population



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HEART DISEASE & STROKE
Prevention Program

www.laheart.dhh.louisiana.gov

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.