



Heart Disease and Stroke in DHH Region 5

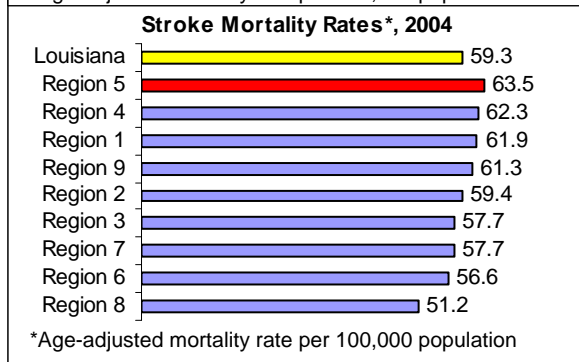
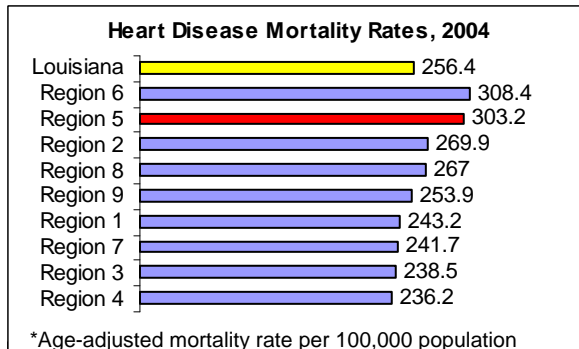
(Parishes: Allen, Beauregard, Calcasieu, Cameron, Jefferson Davis)

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 5:

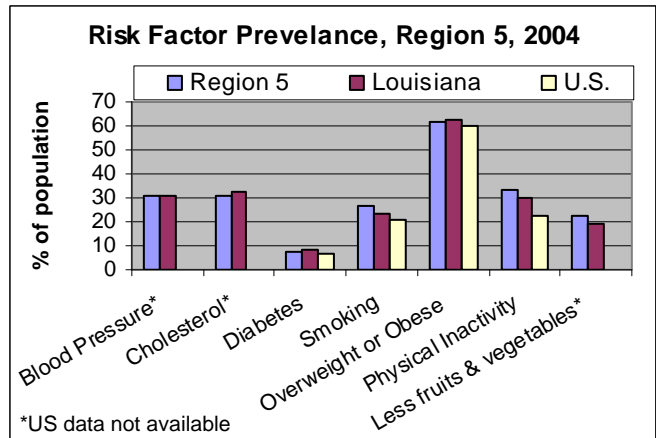
- In 2004, 29% (810) of the deaths in Region 5 were caused by heart disease and 6% (164) were due to stroke, making these the 1st and 3rd causes of death, respectively.
- Region 5 had the 2nd highest mortality rate for heart disease and the highest rate for stroke in Louisiana in 2004.



Risk Factors (2004)

In Region 5:

- 31% had high blood pressure [95% CI: 27.6-34.5]
- 30.8% had high cholesterol [95% CI: 26.8-34.7]
- 7.3% had diabetes [95% CI: 5.5-9.0]
- 26.4% were smokers [95% CI: 22.9-29.8]
- 61.9% were either overweight or obese [95% CI: 54.8-68.9]
- 33.3% did not get enough physical exercise [95% CI: 29.8-36.8]
- 22.3% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 19.0-25.7]



HEART DISEASE & STROKE Prevention Program
www.heart.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.