

Heart Disease and Stroke in DHH Region 6

(Parishes: Avoyelles, Catahoula, Concordia, Grant, LaSalle, Rapides, Vernon, Winn)

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.

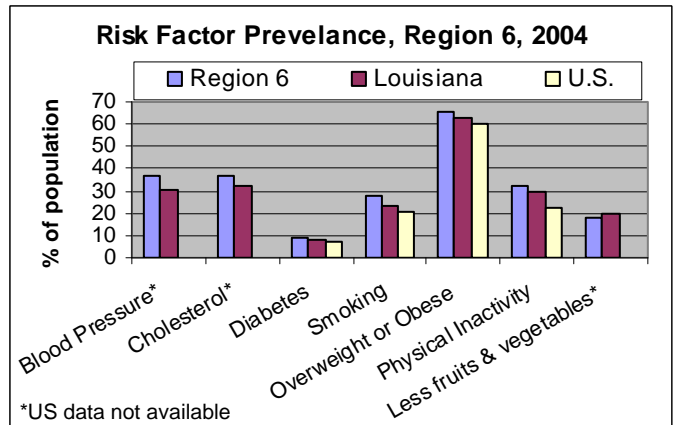
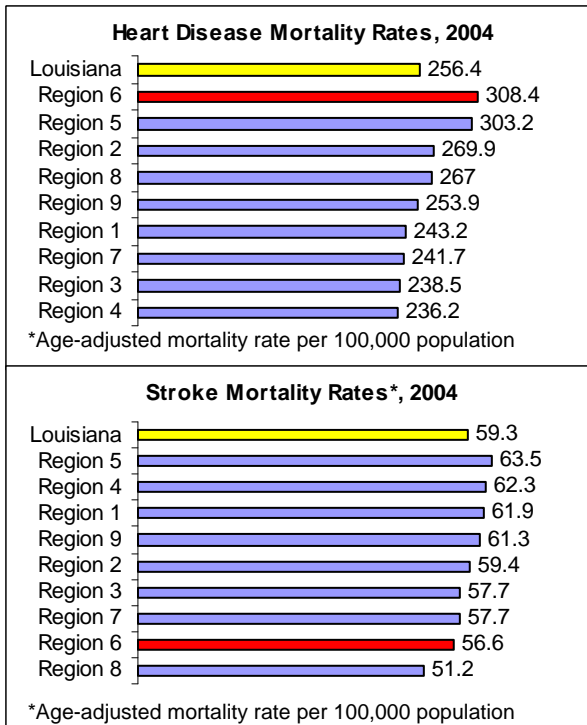
Heart disease and stroke in DHH Region 6:

- In 2004, 29% (888) of the deaths in Region 6 were caused by heart disease and 5% (161) were due to stroke, making these the 1st and 4th causes of death, respectively.
- Region 6 had the highest mortality rate for heart disease and the 8th highest rate for stroke in Louisiana in 2004.

Risk Factors (2004)

In Region 6:

- 36.9% had high blood pressure [95% CI: 33.3-40.5]
- 37.0% had high cholesterol [95% CI: 32.9-41.2]
- 8.6% had diabetes [95% CI: 6.6-10.6]
- 28.1% were smokers [95% CI: 24.6-31.6]
- 65.8% were either overweight or obese [95% CI: 58.6-72.9]
- 32.3% did not get enough physical exercise [95% CI: 28.9-35.7]
- 18.3% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 15.3-21.3]



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.