



Heart Disease and Stroke in DHH Region 7

(Parishes: Bienville, Bossier, Caddo, Claiborne, De Soto, Natchitoches, Red River, Sabine, Webster)

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.

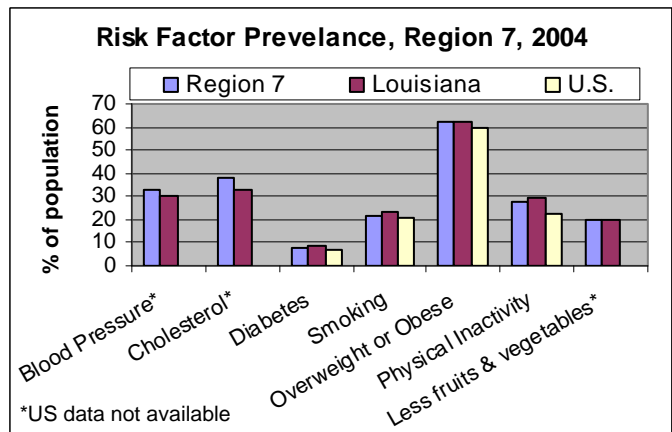
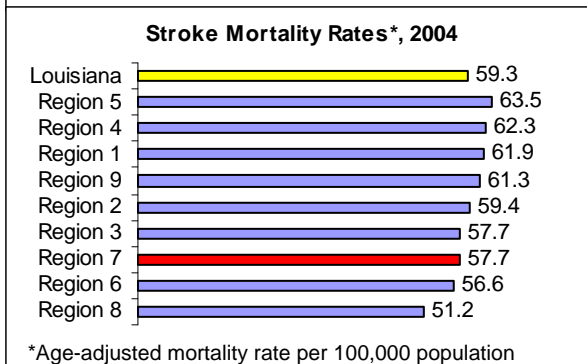
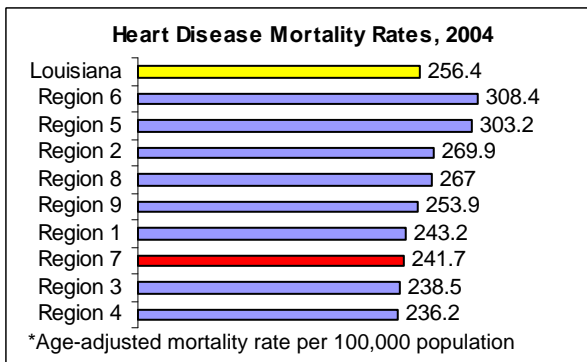
Heart disease and stroke in DHH Region 7:

- In 2004, 25% (1,366) of the deaths in Region 7 were caused by heart disease and 6% (330) were due to stroke, making these the 1st and 3rd causes of death, respectively.
- Region 7 had the 7th highest mortality rate for both heart disease and stroke in Louisiana in 2004.

Risk Factors (2004)

In Region 7:

- 33.1% had high blood pressure [95% CI: 29.7-36.5]
- 37.6% had high cholesterol [95% CI: 33.6-41.5]
- 8.1% had diabetes [95% CI: 6.3-9.9]
- 21.9% were smokers [95% CI: 18.9-25.0]
- 62.4% were either overweight or obese [95% CI: 55.4-69.2]
- 27.3% did not get enough physical exercise [95% CI: 24.2-30.5]
- 19.7% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 16.6-22.9]



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.