



Heart Disease and Stroke in DHH Region 9

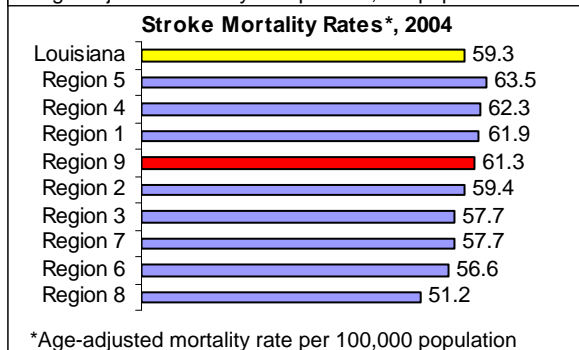
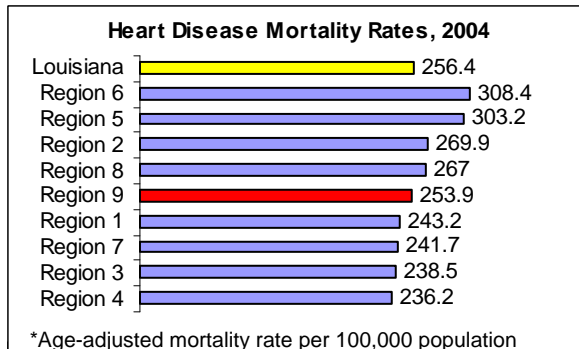
(Parishes: Livingston, St. Helena, St. Tammany, Washington)

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 9:

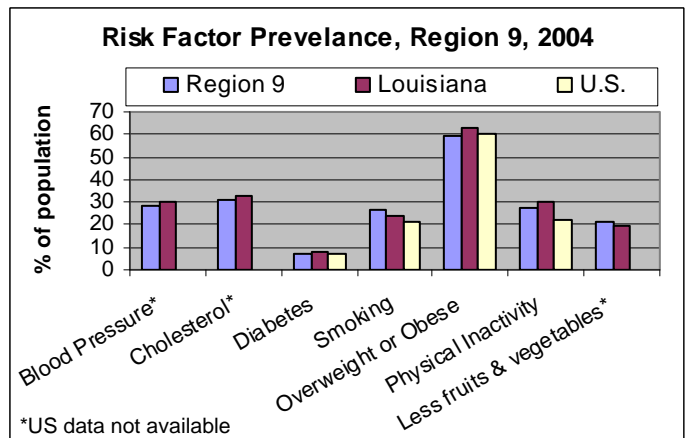
- In 2004, 25% (1,001) of the deaths in Region 9 were caused by heart disease and 6% (230) were due to stroke, making these the 1st and 4th causes of death, respectively.
- Region 9 had the 5th highest mortality rate for heart disease and the 4th highest rate for stroke in Louisiana in 2004.



Risk Factors (2004)

In Region 9:

- 28.4% had high blood pressure [95% CI: 25.3-31.6]
- 31.4% had high cholesterol [95% CI: 27.8-35.1]
- 7.3% had diabetes [95% CI: 5.6-9.0]
- 26.8% were smokers [95% CI: 23.7-30.0]
- 59.6% were either overweight or obese [95% CI: 53.0-66.1]
- 27.3% did not get enough physical exercise [95% CI: 24.2-30.4]
- 20.9% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 17.9-23.8]



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.