

# 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 4th killers of all Louisianans, respectively.
- In 2005, 11,008 people died of heart disease and 2,469 people died of stroke.
- Louisiana had the 5th highest mortality rate for heart disease and the 7th highest mortality rate for stroke in the nation in 2005.

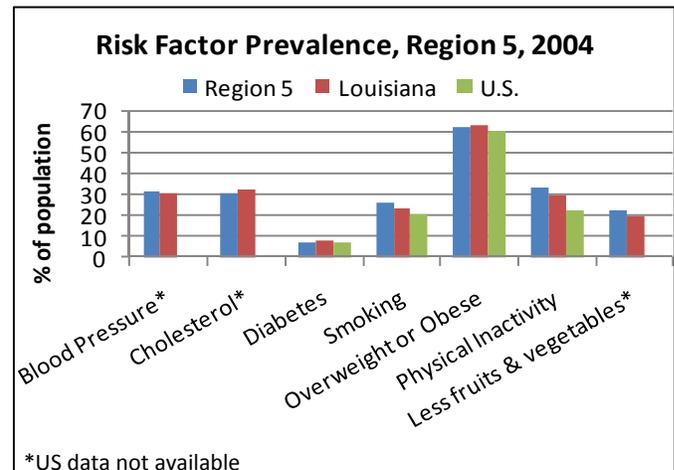
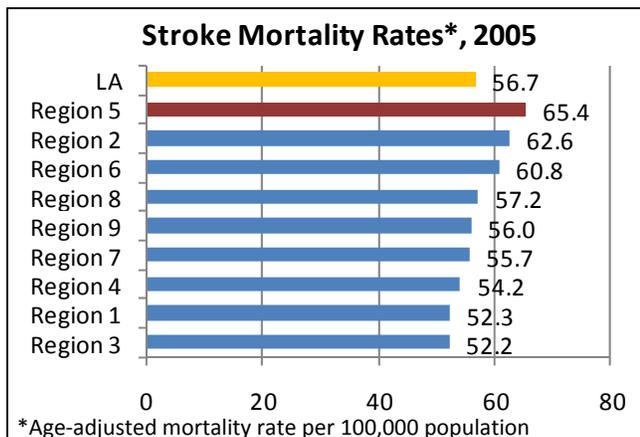
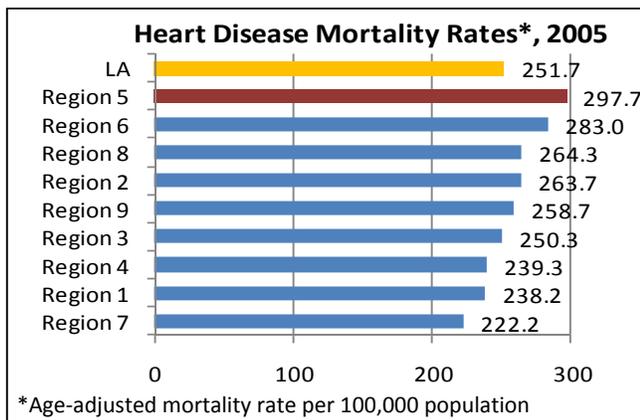
## Heart disease and stroke in DHH Region 5:

- In 2005, 27.9% (831) of the deaths in Region 5 were caused by heart disease and 6.1% (182) were due to stroke, making these the 1st and 3rd causes of death, respectively.
- Region 5 had the highest mortality rates for both heart disease and stroke in Louisiana in 2005.

## 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]



## Data Sources:

Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2005. CDC WONDER On-line Database, compiled from Compressed Mortality File 1999-2005 Series 20 No. 2K, 2008. Accessed at <http://wonder.cdc.gov/cmfile.html> on Jun 12, 2009 2:59:43 PM

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.