



# Heart Disease and Stroke in DHH Region 2

(Parishes: Ascension, E & W Baton Rouge, E & W Feliciana, Iberville, Pointe Coupee)

## Heart disease and stroke in Louisiana:

- Heart disease and stroke are the 1st and 4th killers of all Louisianans, respectively.
- In 2007, 9,947 people died of heart disease and 2,135 people died of stroke.
- Louisiana had the 6th highest mortality rate for heart disease and the 9th highest mortality rate for stroke in the nation in 2007.

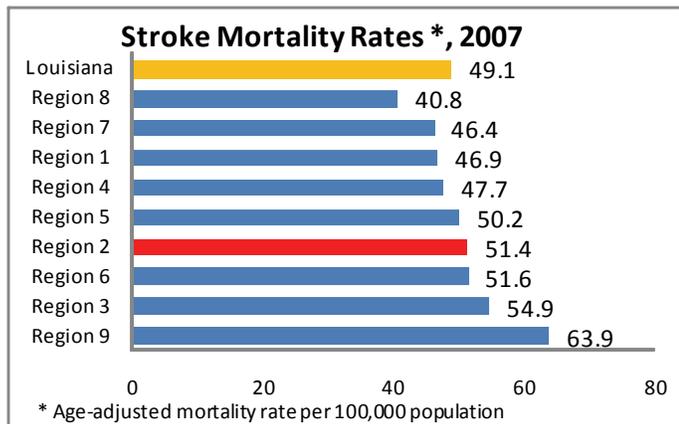
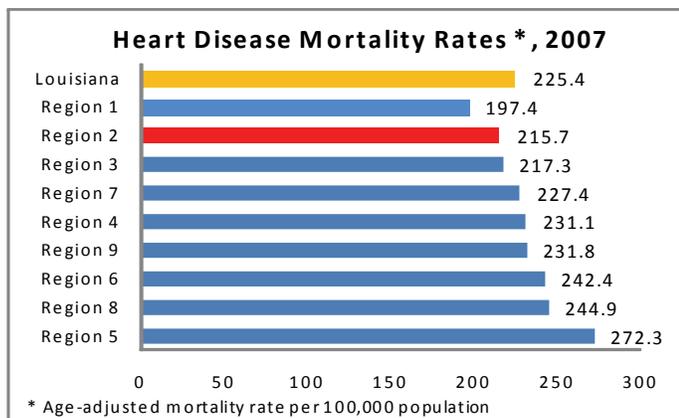
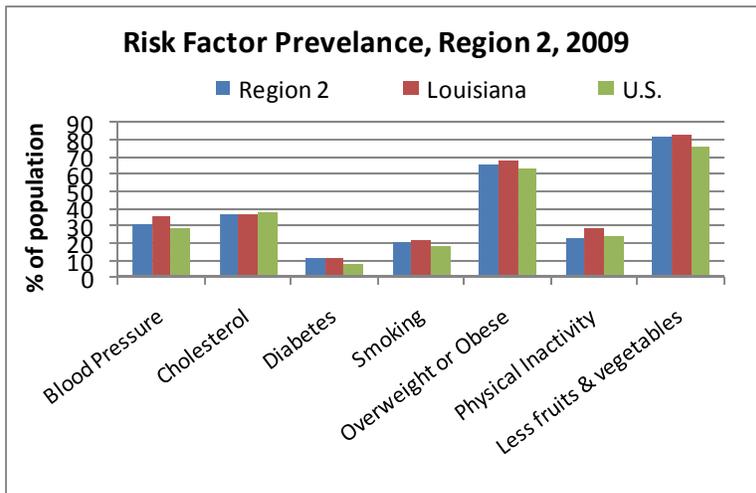
## Heart disease and stroke in DHH Region 2:

- In 2007, 23.8% (1,225) of deaths in Region 2 were caused by heart disease and 5.7% (292) were due to stroke, making these the 1st and 4th causes of death, respectively.
- Region 2 had the 8th highest mortality rates for heart disease and 5th highest for stroke in Louisiana in 2007.

## Risk Factors (2009)

In Region 2:

- 31.3% had high blood pressure [95% CI: 27.6-35.1]
- 37.0% had high cholesterol [95% CI: 32.7-41.3]
- 11.6% had diabetes [95% CI: 9.2-13.9]
- 20.1% were smokers [95% CI: 16.3-23.9]
- 66.1% were either overweight or obese [95% CI: 57.8-74.4]
- 22.7% did not get enough physical exercise [95% CI: 19.3-26.1]
- 81.4% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 78.1-84.7]



### Data Sources:

Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2007. CDC WONDER On-line Database, compiled from Compressed Mortality File 1999-2007 Series 20 No. 2M, 2010.

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, 2009.