

# 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 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.

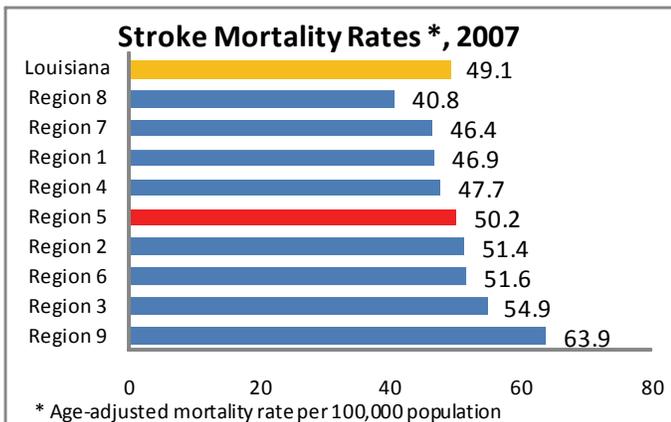
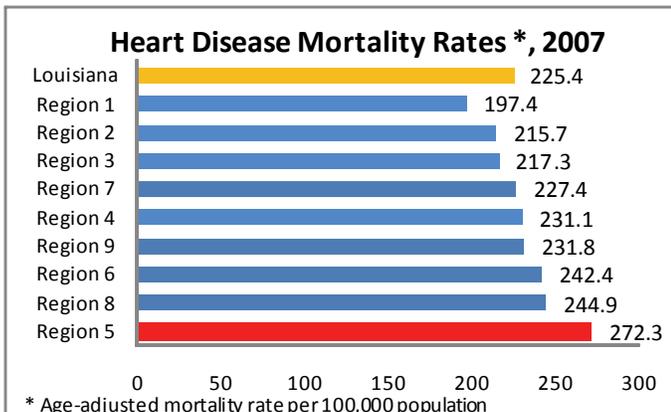
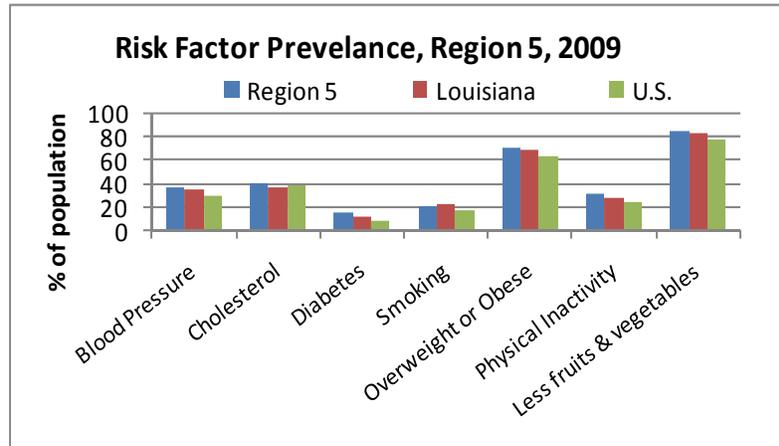
## Heart disease and stroke in DHH Region 5:

- In 2007, 30.0% (782) of deaths in Region 5 were caused by heart disease and 5.5% (142) were due to stroke, making these the 1st and 3th causes of death, respectively.
- Region 5 had the highest mortality rates for heart disease and 5th highest mortality rate for stroke in Louisiana in 2007.

## Risk Factors (2009)

In Region 5:

- 35.8% had high blood pressure [95% CI: 31.9-39.8]
- 40.2% had high cholesterol [95% CI: 35.9-44.7]
- 14.7% had diabetes [95% CI: 12.0-17.5]
- 21.3% were smokers [95% CI: 17.6-25.1]
- 69.9% were either overweight or obese [95% CI: 61.4-78.3]
- 30.4% did not get enough physical exercise [95% CI: 26.6-34.3]
- 84.7% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 81.5-87.9]



### 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.