

Heart Disease and Stroke in DHH Region 6 (Parishes: Avoyelles, Catahoula, Concordia, Grant, LaSalle, Rapides, Vernon, Winn)

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 6:

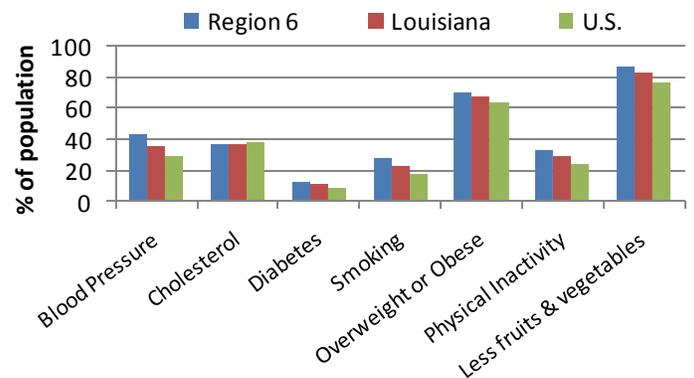
- In 2007, 26.7% (770) of deaths in Region 6 were caused by heart disease and 5.4% (155) were due to stroke, making these the 1st and 4th causes of death, respectively.
- Region 6 had the 3rd highest mortality rates for heart disease as well as for stroke in Louisiana in 2007.

Risk Factors (2009)

In Region 6:

- 42.5% had high blood pressure [95% CI: 38.3-46.7]
- 37.2% had high cholesterol [95% CI: 32.9-41.6]
- 11.9% had diabetes [95% CI: 9.7-14.0]
- 27.3% were smokers [95% CI: 22.9-31.6]
- 70.5% were either overweight or obese [95% CI: 62.2-78.8]
- 33.2% did not get enough physical exercise [95% CI: 29.2-37.3]
- 86.8% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 84.2-89.4]

Risk Factor Prevalence, Region 6, 2009

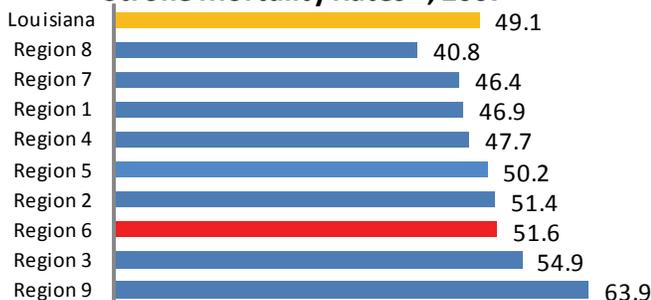


Heart Disease Mortality Rates *, 2007



* Age-adjusted mortality rate per 100,000 population

Stroke Mortality Rates *, 2007



* Age-adjusted mortality rate per 100,000 population



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.