

# Heart Disease and Stroke in DHH Region 8

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## 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.

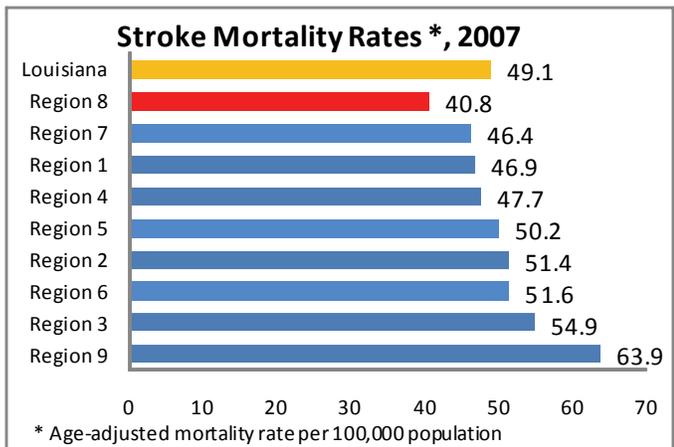
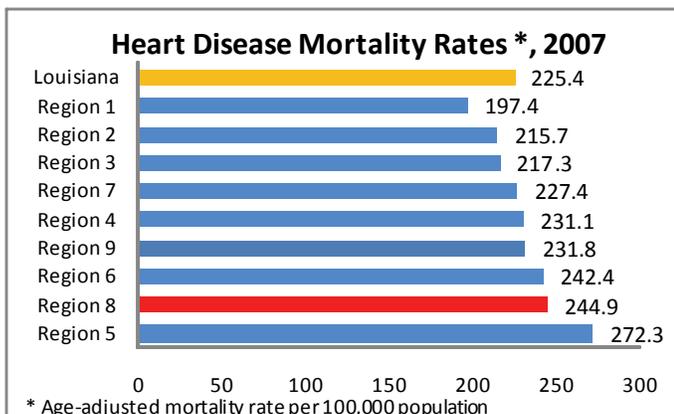
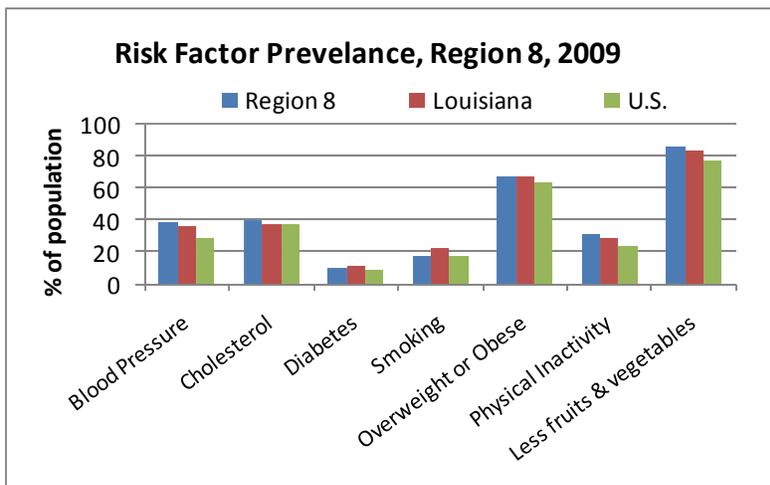
## Heart disease and stroke in DHH Region 8:

- In 2007, 25.7% (946) of deaths in Region 8 were caused by heart disease and 4.3% (160) were due to stroke, making these the 1st and 4th causes of death, respectively.
- Region 8 had the 2nd highest mortality rates for heart disease and 9th highest for stroke in Louisiana in 2007.

## Risk Factors (2009)

In Region 8:

- 38.4% had high blood pressure [95% CI: 34.1-42.7]
- 40.2% had high cholesterol [95% CI: 35.4-45.0]
- 9.5% had diabetes [95% CI: 7.4-11.6]
- 17.0% were smokers [95% CI: 13.8-20.3]
- 67.1% were either overweight or obese [95% CI: 58.5-75.7]
- 31.5% did not get enough physical exercise [95% CI: 27.4-35.6]
- 85.8% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 81.9-89.7]



### 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.