



# Heart Disease and Stroke in DHH Region 3

(Parishes: Assumption, Lafourche, St. Charles, St. James, St. John the Baptist, St. Mary, Terrebonne)

## 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 3:

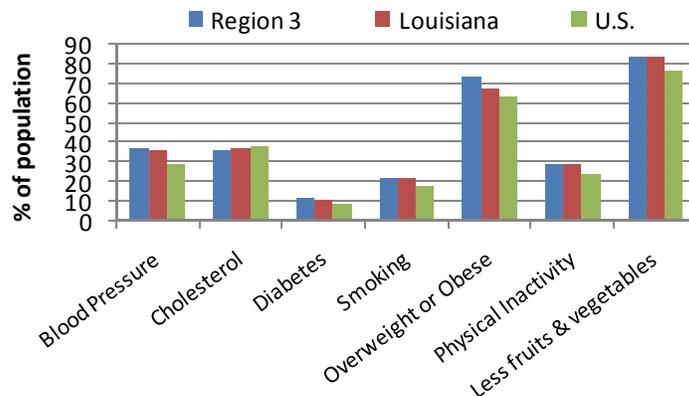
- In 2007, 23.7% (785) of deaths in Region 3 were caused by heart disease and 5.2% (173) were due to stroke, making these the 1st and 4th causes of death, respectively.
- Region 3 had the 7th highest mortality rates for heart disease and 3rd highest for stroke in Louisiana in 2007.

## Risk Factors (2009)

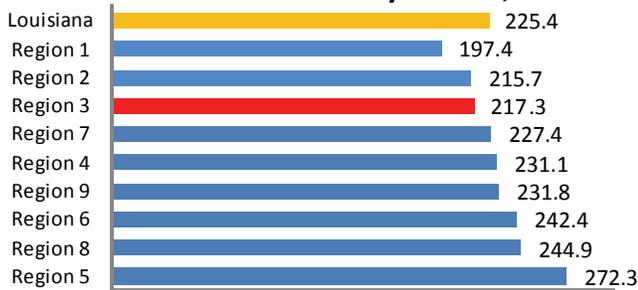
In Region 3:

- 36.4% had high blood pressure [95% CI: 32.4-40.3]
- 35.9% had high cholesterol [95% CI: 31.7-40.2]
- 11.8% had diabetes [95% CI: 9.4-14.1]
- 21.6% were smokers [95% CI: 17.9-25.3]
- 73.4% were either overweight or obese [95% CI: 64.8-82.0]
- 28.7% did not get enough physical exercise [95% CI: 25.1-32.2]
- 83.2% did not eat more fruits and vegetables to lower risk of heart disease or stroke [95% CI: 80.1-86.2]

## Risk Factor Prevalence, Region 3, 2009

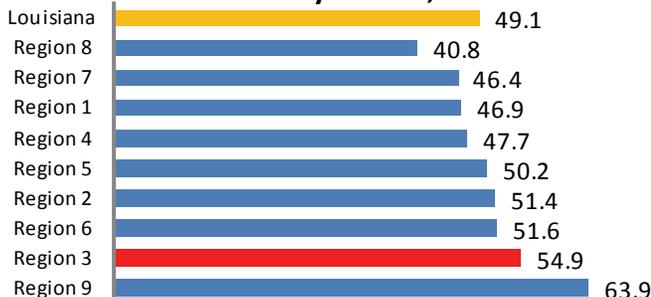


## Heart Disease Mortality Rates \*, 2007



\* 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.