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## Health Program

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### BRAIN ATTACK

#### *Stroke warning Signs*

- *Sudden numbness or weakness in face, arms, or legs*
- *Sudden confusion, trouble speaking, or understanding*
- *Sudden trouble seeing in one or both eyes*
- *Sudden trouble walking, dizziness, loss of balance*

**CALL 911 IMMEDIATELY**

- ["Act in time to Heart Attack" Quiz](#)
- [Heart Disease I.Q.](#)
- **NEW!** [Blood Pressure Guide and New Blood Cholesterol Guide.](#)

Reduce Your Risk --Find out how - [Cholesterol Facts & Louisiana Cooking Heart Healthy Style!](#) [click here](#)

### Highlighted Facts

- Louisiana has the fourth highest cardiovascular death rate in the nation.
- Cardiovascular disease is the leading cause of death in Louisiana, accounting for almost 40 percent of all death in the state (see the figure below).
- Louisiana African-American women have a 40% higher chance of dying of cardiovascular disease than white women.
- In 1999, cardiovascular disease claimed 15,522 people in Louisiana, approximately 45 a day. In 2000:
  - 23.6 % of adult Louisianans were obese.
  - 36.5 % of adult Louisianans were overweight.
  - Only 16 % of adult Louisianans were consuming at least five serving of fruits and vegetables daily.
  - 85% of adult Louisianans were inactive (did not engage in physical activity 30 minutes / day, 5 times a week).

### Recent Program Reports

- [Actual Causes of Death in the United States, 2000](#) (Adobe PDF [Free Viewer](#)) - CDC - new study showing that the gap has narrowed between deaths due to poor diet and physical activity and those due to smoking. The study is based on data gathered through the Behavioral Risk Factor Surveillance System (BRFSS) and the National Health and Nutrition Examination Survey (NHANES.)
- [State of the Heart Report, 2002](#) (Adobe PDF [Free Viewer](#)) - A report on the state of Louisiana's heart health.
- [The BRFSS Report 1991-2000: Persons at Risk for Disease](#) (Adobe PDF [Free Viewer](#)) - This is a report on the BRFSS and trends over time.
- [Cardiovascular Health Program Fact Sheets](#) (Adobe PDF [Free Viewer](#)) - These fact sheets provide general background information on the CDC-funded Cardiovascular Health Program and on the risk factors for heart disease.
- [2001 Louisiana Health Report Card - Morbidity Chapter](#) (Adobe PDF [Free Viewer](#)) - This is a link to the chapter reporting cardiovascular disease data from the 2001 Louisiana Health Report Card. The section that will open is on the Behavioral Risk Factor Surveillance System.

[View all Reports](#)

## Partners

- [American Heart Association](#)
- [Behavioral Risk Factors Surveillance System](#)
- [Children's Services Collaborative](#)
- [City of New Orleans Department of Health](#)
- [Cooperative Extension Program Southern University](#)
- [Governor's Council on Physical Fitness and Sport](#)
- [Louisiana Coalition for Heart Disease and Stroke](#)
- [Louisiana Department of Education](#)
- [Louisiana Hospital Inpatient Discharge Database Project](#)
- [Louisiana Primary Care Association](#)
- [Louisiana Safe Kids Coalition](#)
- [Louisiana State University Medical Center](#)
- [National Black Women' Health Project](#)
- [Orleans Parish School Board](#)
- [Pennington Biomedical Research Center](#)
- [Tobacco Control Program](#)
- [Tulane School of Public Health](#)

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