

# TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



## HEART HEALTH IN TARRANT COUNTY

- In 2019, more than **3,000** Tarrant County residents **died from heart disease**, accounting for **1 in every 5 deaths** that year
- Among Tarrant County adults:
  - **3%** reported ever having a **heart attack**
  - **4%** reported ever having a **stroke**
  - **5%** have been diagnosed with **heart disease**
  - **28%** have been diagnosed with **high blood cholesterol**
- Hispanics were **significantly less likely** to report **high blood pressure** (17%) compared to non-Hispanic blacks (40%) and non-Hispanic whites (31%)



**1 out of 4**  
Tarrant County adults  
has been diagnosed with  
high blood pressure

Figure 1. Heart disease mortality among selected geographic areas, 2019

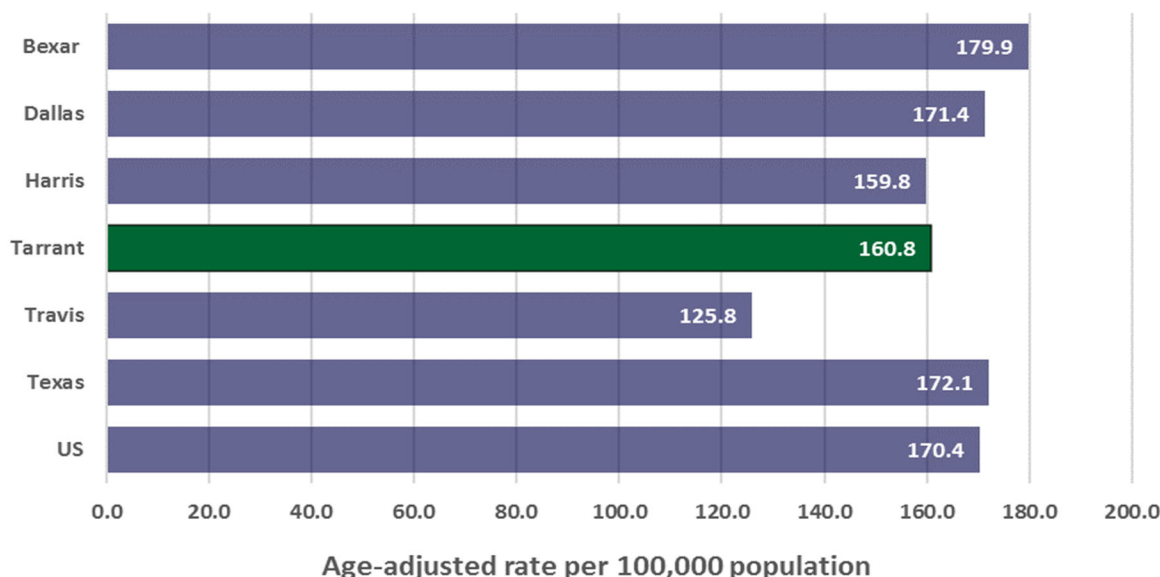


Figure 2. Heart disease mortality among Tarrant County residents, 2010-2019

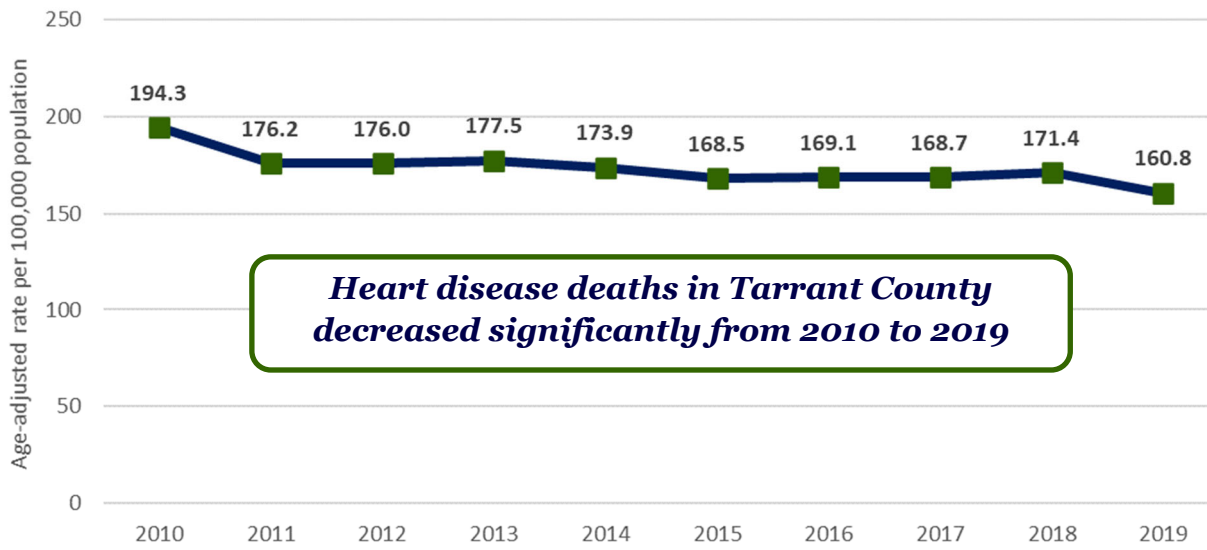
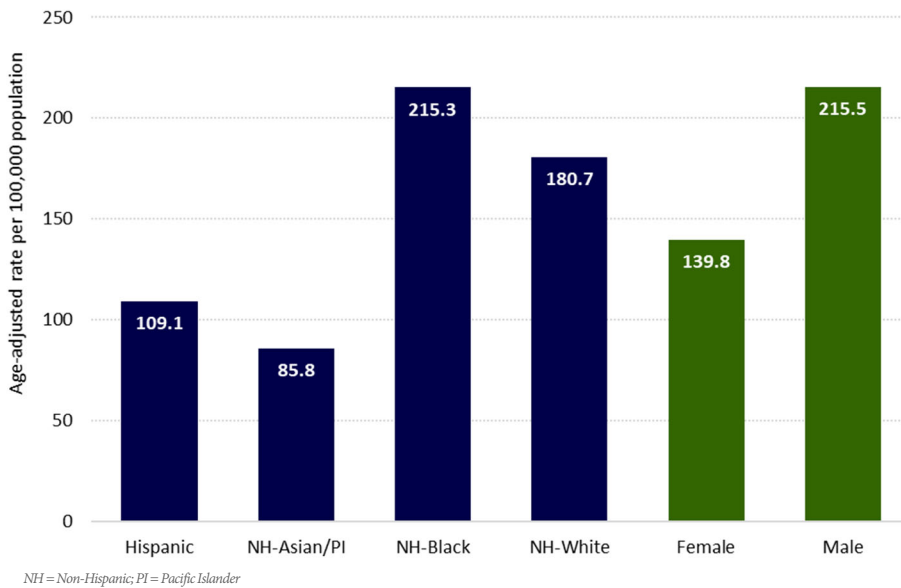


Figure 3. Heart disease mortality by race/ethnicity and gender among Tarrant County residents, 2010-2019



**Heart disease mortality rates are significantly higher among men compared to women and among non-Hispanic blacks compared to all other race/ethnicity groups**

**Risk factors for heart disease include**

- High blood pressure
- High LDL cholesterol
- Smoking
- Diabetes
- Overweight and Obesity
- Physical inactivity
- Unhealthy diet

**Resources and Support**

- American Heart Association [heart.org]
- Centers for Disease Control and Prevention [cdc.gov]
- Tarrant County Public Health [health.tarrantcounty.com]