

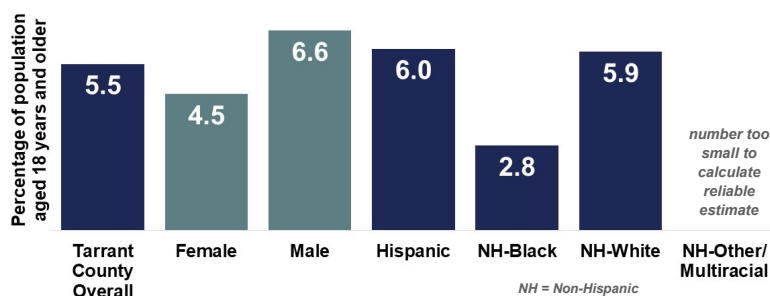
TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



HEART DISEASE IN TARRANT COUNTY

HEART DISEASE refers to several types of heart conditions. The most common type of heart disease is **coronary artery disease (CAD)**. CAD decreases blood flow to the heart, which can cause a **heart attack**. In 2024, heart disease was the **2nd leading cause of death** in Tarrant County and was responsible for **1 in every 5 deaths** among Tarrant County residents. It was the **#1 cause of death** among men, non-Hispanic black and non-Hispanic white residents, and among those aged 65 years and older.

Figure 1. Prevalence of heart disease* among Tarrant County adults aged 18 years and older by selected demographics, 2024



The percentage of Tarrant County adults aged 18 years and older with heart disease **did not change significantly** from 2015 to 2024 (5.9% to 5.5%)

Figure 2. Heart disease mortality rate among Tarrant County residents, 2015-2024†

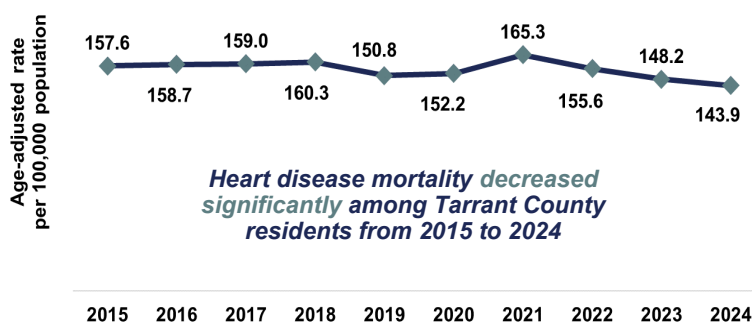


Figure 3. Heart disease mortality rate among selected geographic areas, 2024†

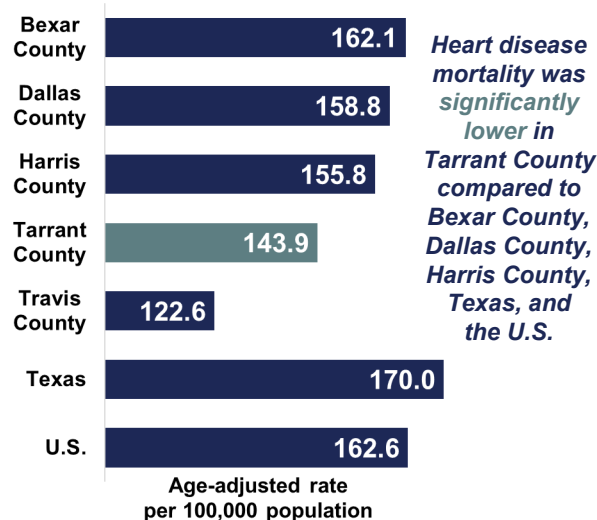
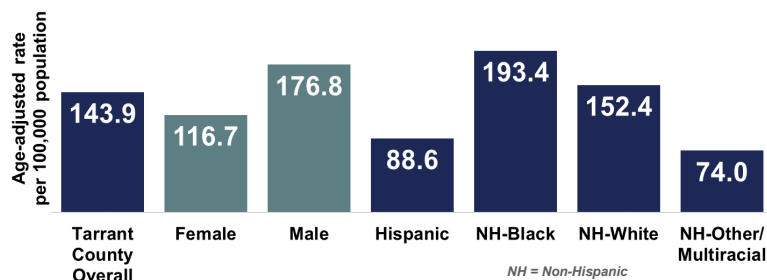


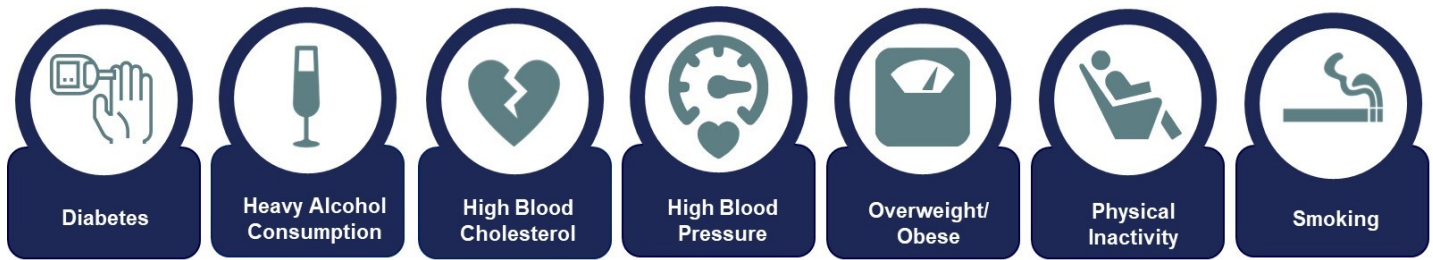
Figure 4. Heart disease mortality rate among Tarrant County residents by selected demographics, 2024†



Heart disease mortality in Tarrant County was significantly higher among males and non-Hispanic black residents

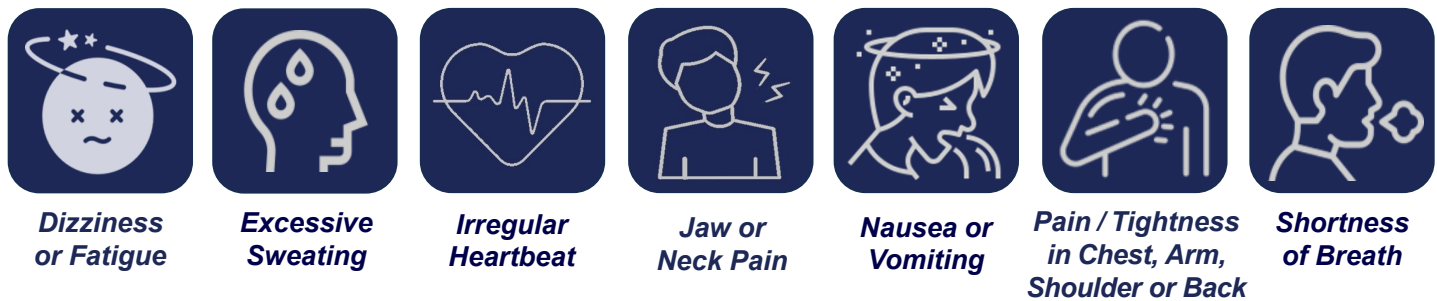
*Heart disease includes health care provider diagnosed heart attack, angina, or coronary heart disease; †2024 data are provisional and subject to change; Mortality rate = Number of deaths per 100,000 population, age-adjusted to the 2000 U.S. standard population; Heart Diseases include ICD-10 codes I00-I09, I11, I13, I20-I51; All significant differences detected at the 95% confidence level; Data sources: Tarrant County Behavioral Risk Factor Surveillance System; Centers for Disease Control and Prevention; Data Brief provided by: Statistical Analysis Team

Risk factors for heart disease



Recognize the signs of heart disease

Heart disease often shows **no symptoms** and may not be known until a person experiences signs of a heart attack, heart failure, or an arrhythmia such as:



1 in 5 heart attacks is *SILENT**

- the person is not aware that damage has been done -



Ways to reduce your risk of heart disease

• Lifestyle Factors

Healthy eating
Healthy weight
No smoking
Regular physical activity

• Medical Conditions

Control your diabetes
Manage your blood pressure
Manage your cholesterol levels
Take your medicines as prescribed and follow your doctor's instructions carefully

Resources and Support

Tarrant County Public Health

[\[tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/health-classes.html\]](https://tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/health-classes.html)

JPS Health Network

[\[jpshealthnet.org/patient-tools/patient-education/\]](https://jpshealthnet.org/patient-tools/patient-education/)

Texas Health and Human Services

[\[dshs.texas.gov/heart-disease-stroke/\]](https://dshs.texas.gov/heart-disease-stroke/)

Centers for Disease Control and Prevention

[\[cdc.gov/heart-disease/about/index.html\]](https://cdc.gov/heart-disease/about/index.html)

American Heart Association [\[heart.org\]](https://heart.org)

Million Hearts [\[millionhearts.hhs.gov/tools-protocols/index.html\]](https://millionhearts.hhs.gov/tools-protocols/index.html)

National Heart, Lung, and Blood Institute

[\[nhlbi.nih.gov/health/heart-healthy-living/\]](https://nhlbi.nih.gov/health/heart-healthy-living/)