

2018 Heart Disease and Stroke Statistical Update Fact Sheet

Asian & Pacific Islanders and Cardiovascular Diseases*

Cardiovascular Disease (CVD) (ICD-9 390 to 459; ICD-10 I00 to I99)

- Among Non-Hispanic (NH) Asians age 20 and older, 31.0% of males and 27.0% of females have CVD.
- In 2015, among NH Asians and Pacific Islanders, CVD caused the deaths* of 10,584 males and 9,969 females.

Coronary Heart Disease (CHD) (ICD-9 410 to 414, 429.2; ICD-10 I20 to I25, includes MI ICD-10 I21 to I22)

- Among NH Asians age 20 and older, 5.0% of males and 2.6% of females have CHD.
- Among NH Asians age 20 and older, 2.6% of males and 0.7% of females have had a myocardial infarction (heart attack).
- In 2015, among NH Asians and Pacific Islanders, CHD caused the deaths* of 5,154 males and 3,767 females.
- In 2015, myocardial infarction caused the deaths* of 1,516 NH Asian and Pacific Islander males and 1,167 NH Asian and Pacific Islander females.

Stroke (ICD-9 430 to 438; ICD-10 I60 to I69)

- Among NH Asians, age 20 and older, 1.0% of males and 2.5% of females have had a stroke.
- In 2015, among NH Asians and Pacific Islanders, stroke caused the death* of 2,153 males and 2,645 females.

* Due to inconsistencies in reporting, some statistics may be unreliable.

Asian/Pacific Islanders & CVD - 2018 Statistical Fact Sheet*

High Blood Pressure (HBP) (ICD-9 401 to 404; ICD-10 I10 to I15)

- Among NH Asians age 20 and older, 28.8%% of males and 25.7%% of females have HBP (defined as systolic pressure of 140 mm Hg or higher or diastolic pressure of 90 mm Hg or higher, or taking antihypertensive medicine or being told twice by a physician or other professional that you have hypertension).
- In 2015, HBP caused the deaths* of 1,057 NH Asian and Pacific Islander males and 1,176 NH Asian and Pacific Islander females.
- NH Asian adults were less likely (19.5%) to have been told on ≥ 2 occasions that they had HBP than NH blacks (33.0%), American Indian/Alaska Native adults (26.4%), white adults (23.5%), or Hispanic or Latino adults (22.9%).
- For a 45-year-old without hypertension, the 40-year risk for hypertension is 84.1% among Asians, compared to 92.7% among blacks, 92.4% among Hispanics and 86.0% among whites.

High Blood Cholesterol & Other Lipids

- Among children 6 to 11 years of age, the mean total cholesterol level is 158.9 mg/dL. For NH Asians, mean total cholesterol is 161.9 mg/dL for boys and 167.6 mg/dL for girls.
- Among adolescents 12 to 19 years of age, the mean total blood cholesterol level is 156.7 mg/dL. For NH Asians, mean total cholesterol is 158.1 mg/dL for boys and 166.7 mg/dL for girls.
- Among NH Asians, 70.8% have had their cholesterol checked (70.6% of males and 70.9% of females).
- Among NH Asians age 20 and older:
 - 39.9% of males and 40.5% of females have total blood cholesterol levels of 200 mg/dL or higher.
 - 10.8% of males and 11.2% of females have levels of 240 mg/dL or higher.
 - 29.2% of males and 25.0% of females have an LDL cholesterol of 130 mg/dL or higher.
 - 25.0% of males and 6.7% of females have HDL cholesterol less than 40 mg/dL.

Smoking

- In 2015, among NH Asian adults 18 years and older, 7% are current smokers, with the highest rates in Vietnamese (16.3%) and Filipinos (12.6%).
- In 2015, lifetime use of tobacco products in adolescents, 12 to 17 years old, was lowest in Asians (7.7%), followed by African Americans (13.8%), Hispanics or Latinos (14.5%), American Indians or Alaskan Natives (19.6%), and whites (19.9%).

Physical Inactivity

- In 2015, only 19.1% of NH Asian adults met the 2008 Federal Aerobic and Strengthening Physical Activity Guidelines.

* Due to inconsistencies in reporting, some statistics may be unreliable.

Asian/Pacific Islanders & CVD - 2018 Statistical Fact Sheet*

Overweight and Obesity

- 32.1% of children age 2 to 19 in the United States are overweight or obese, with 15.6% overweight and 16.5% obese. Among NH Asian children, 11.4% of boys and 5.3% of girls are obese.
- 69.4% of adults over age 20 in the United States are overweight or obese; 36.3% are obese. Among NH Asian adults 46.6% of males and 34.6% of females are overweight or obese. Of these, 11.2% of males, and 11.9% of females are obese.

Diabetes Mellitus (DM) (ICD-9 250; ICD-10 E10 to E14)

- Among youth, 19 years old or younger, the rate of type 1 DM increased by 1.4% annually (from 19.5 to 21.7 cases per 100,000 youths per year in 2003 to 2012). The increase was larger for boys than girls and for Hispanics and Asian or Pacific Islanders than for other ethnic groups.
- In youth, 19 years old or younger, the rate of type 2 DM increased by 7.1% annually (from 9.0 to 12.5 cases per 100,00 youths per year from 2003 to 2012). The annual increase was larger among girls than boys and among NH blacks, Hispanics, Asian or Pacific Islanders, and Native Americans compared with NH whites.
- Among NH Asian adults:
 - 11.8% of males and 9.1% of females have physician diagnosed diabetes
 - 5.7% of males and 4.3% of females have undiagnosed diabetes
 - 42.0% in males and 25.5% in females have pre-diabetes
- In 2015, among NH Asians and Pacific Islanders, DM caused the deaths* of 1,322 males and 1,277 females.

For additional information, charts and tables, see
[Heart Disease & Stroke Statistics – 2018 Update](#)

Additional charts may be downloaded directly from the [online publication](#) or www.heart.org/statistics

The American Heart Association requests that this document be cited as follows:

Benjamin EJ, Virani SS, Callaway CW, Chang AR, Cheng S, Chiuve SE, Cushman M, Delling FN, Deo R, de Ferranti SD, Ferguson JF, Fornage M, Gillespie C, Isasi CR, Jimenez MC, Jordan LC, Judd SE, Lackland D, Lichtman JH, Lisabeth L, Liu S, Longenecker CT, Lutsey PL, Matchar DB, Matsushita K, Mussolino ME, Nasir K, O'Flaherty M, Palaniappan LP, Pandey DK, Reeves MJ, Ritchey MD, Rodriguez CJ, Roth GA, Rosamond WD, Sampson UKA, Satou GM, Shah SH, Spartano NL, Tirschwell DL, Tsao CW, Voeks JH, Willey JZ, Wilkins JT, Wu JHY, Alger HM, Wong SS, Muntner P; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2018 update: a report from the American Heart Association [published online ahead of print January 31, 2018]. *Circulation*. DOI: 10.1161/CIR.0000000000000558.

If you have questions about statistics or any points made in the 2018 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at statistics@heart.org. Please direct all media inquiries to News Media Relations at <http://newsroom.heart.org/newsmedia/contacts>.

* Due to inconsistencies in reporting, some statistics may be unreliable.