

## Statistical Fact Sheet 2017 Update

### 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 2014, among NH Asians and Pacific Islanders, CVD caused the deaths\* of 9,784 males and 9,147 females.

#### Coronary Heart Disease (CHD) (ICD-9 410 to 414, 429.2; ICD-10 I20 to I25)

- Among NH Asians, 6.0% have heart disease and 3.3% have CHD.
- Among native Hawaiians or other Pacific Islanders, 19.1% have heart disease and 6.9% have CHD.
- 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 2014, among NH Asians and Pacific Islanders, CHD caused the deaths\* of 4,862 males and 3,498 females.
- In 2014, myocardial infarction caused the deaths\* of 1,455 NH Asian and Pacific Islander males and 1,087 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 2014, among NH Asians and Pacific Islanders, stroke caused the death\* of 1,890 males and 2,382 females.

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

## Asian/Pacific Islanders & CVD - 2017 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 2014, HBP caused the deaths\* of 916 NH Asian and Pacific Islander males and 1,025 NH Asian and Pacific Islander females.
- NH Asian adults were less likely (19.5%) to have been told on  $\geq 2$  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, 11.6% of males and 2.6% of females smoke cigarettes.
- In 2014, lifetime use of tobacco products in adolescents was lowest in Asians (6.9%), followed by blacks (12.7%), Hispanic or Latinos (16.8%), whites (21.6%), and American Indians or Alaskan Natives (27.1%).

### Physical Inactivity

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

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## Asian/Pacific Islanders & CVD - 2017 Statistical Fact Sheet

### Overweight and Obesity

- 33.4% of children age 2 to 19 in the United States are overweight or obese, with 16.2% overweight and 17.2% obese. Among NH Asian children, 12.1% of boys and 5.0% 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)

- Children who develop type 2 DM are typically overweight or obese and have a family history of the disease, with incidence rates among American Indian, black, Asian, and Hispanic/Latino children 3- to 8-fold higher than non-Hispanic whites.
- Compared with NH white adults, the risk of diagnosed DM was 18% higher among Asian Americans.
- 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 2014, among NH Asians and Pacific Islanders, DM caused the deaths\* of 1,208 males and 1,115 females.

**For additional information, charts and tables, see**  
[Heart Disease & Stroke Statistics - 2017 Update.](#)

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

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

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If you have questions about statistics or any points made in the 2017 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at [statistics@heart.org](mailto:statistics@heart.org). Please direct all media inquiries to News Media Relations at <http://newsroom.heart.org/newsmedia/contacts>.

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