Statistical Fact Sheet
2017 Update

Hispanics/Latinos & Cardiovascular Diseases

Cardiovascular Disease (CVD) (ICD/10 codes I00-I99) (ICD/9 codes 390-459)

- Among Hispanic adults age 20 and older, 2011-2014, 31.3% of males and 33.3% of females had CVD.
- In 2014, CVD caused the deaths of 24,875 Hispanic males and 21,571 Hispanic females.

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

- Among Hispanics age 20 and older, 2011-2014:
  - 5.9% of males and 6.1% of females had CHD
  - 2.9% of males and 2.1% of females have had an myocardial infarction (heart attack)
  - 2.7% of males and 3.8% of females had angina.
- In 2014, CHD caused the deaths of 12,594 Hispanic males and 9,277 Hispanic females.
- In 2014, myocardial infarction caused the deaths of 4,006 Hispanic males and 2,957 Hispanic females.

Stroke (ICD/10 codes I60-I69) (ICD/9 codes 430-438)

- Among Hispanic adults, in 2014, 2.0% of males and 2.6% of females have had a stroke.
- Men, blacks, and Mexican Americans have higher rates of TIA than their female and non-Hispanic white counterparts.
- Projections show that by 2030, an additional 3.4 million US adults aged ≥18 years will have had a stroke, a 20.5% increase in prevalence from 2012. The highest increase (29%) is projected to be in Hispanic men.
- Spanish-speaking Hispanics are less likely to know all stroke symptoms than English-speaking Hispanics, non-Hispanic blacks, and non-Hispanic whites. Lack of English proficiency is strongly associated with lack of stroke knowledge among Hispanics.

* Due to inconsistencies in reporting, some statistics may be unreliable.
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High Blood Pressure (HBP) (ICD/10 codes I10-I15) (ICD/9 codes 401-404)

- Among Hispanics age 20 and older, 2011-2014, 28.9% of the males and 30.7% of the females had HBP.
- Non-Hispanic blacks and Mexican Americans adolescents have a greater prevalence of HBP and pre-HBP than non-Hispanic whites, and the prevalence was greater in boys than in girls.
- In 2011-2012, having either HBP or borderline HBP was more common among boys than girls, non-Hispanic blacks were more likely to have either HBP or borderline HBP than Hispanic, non-Hispanic white, or non-Hispanic Asian boys or girls.
- In NHANES 2007–2014, among Mexican Americans rates of HBP awareness were 68.5% in males and 80.5% in females. 57.7% of males and 73.1 of females % were undergoing treatment, and 37.0% of males and 49.2% of females had their HBP under control.
- Mexican Americans have higher rates of uncontrolled HBP than non-Hispanic whites, based on NHANES 2007-2014 data.
- For a 45-year-old without hypertension, the 40-year risk for hypertension is 92.4% among Hispanics compared to 92.7% among blacks, 86.0% among whites and 84.1% among Asians.
- Among US adults with hypertension, Hispanics are more likely to lack health insurance, a personal doctor/healthcare provider and doctor visitation because of cost.

High Blood Cholesterol and Other Lipids

- Among children 6 to 11 years of age, the mean total blood cholesterol (TC) level is 158.9 mg/dL. For Hispanics, 159.5 mg/dL for boys and 156.9 mg/dL for girls.
- Among adolescents 12 to 19 years of age, the mean TC level is 156.7 mg/dL. For Hispanics, 154.7 mg/dL for boys and 160.5 mg/dL for girls.
- Among Hispanics age 20 and older, overall 13.1% have high TC:
  - 43.1% of males and 41.2% of females have TC levels of 200 mg/dL or higher.
  - 13.6% of males and 12.5% of females have TC levels of 240 mg/dL or higher.
  - 36.6% of males and 28.7% of females have an LDL cholesterol of 130 mg/dL or higher.
  - 30.7% of males and 11.8% of females have HDL cholesterol less than 40 mg/dL.
- Among Hispanic adults, 59.3% have had their cholesterol checked (54.6% of males and 64.2% of females). The percentage of adults screened for cholesterol in the past 5 years was lower for Hispanic adults than for non-Hispanic white, non-Hispanic black, and non-Hispanic Asian adults.

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Smoking

- White adolescents (9.1%) were more likely than Hispanic (5.0%), black or African American (4.0%), or Asian (1.9%) adolescents 12 to 17 years of age to report any tobacco use, which included cigarettes, cigars, and smokeless tobacco.
- In 2015, among Hispanic or Latino adults, 12.7% of males and 7.0% of females smoke cigarettes.
- Among adults ≥18 years of age, non-Hispanic (NH) Asian males (13.4%) and Hispanic males (14.3%) were less likely to be current cigarette smokers than NH American Indian or Alaska Native males (25.6%), NH white males (19.8%), and NH black males (20.9%), on the basis of age-adjusted rates.
- Similarly, NH Asian females (4.1%) and Hispanic females (7.1%) were less likely to be current cigarette smokers than NH black females (13.8%), NH white females (17.9%), and NH American Indian or Alaska Native females (24.8%).

Physical Inactivity

- In 2015, the prevalence of inactivity was highest among non-Hispanic (NH) black girls (25.2%) and Hispanic (19.2%) girls, followed by NH black boys (16.2%), NH white girls (14.3%), Hispanic boys (11.9%), and NH white boys (8.8%).
- In 2015, the prevalence of using computers ≥3 hours per day (for activities other than school work) was highest among NH black girls (48.4%), followed by Hispanic girls (47.4%), Hispanic boys (45.1%), NH black boys (41.2%), NH white boys (38.9%) and NH white girls (38.3%).
- In 2015, the prevalence of watching television ≥3 hours per day was highest among NH black girls (41.5%) and boys (37.0%), followed by Hispanic girls (29.2%) and boys (27.4%) and NH white boys (21.4%) and girls (18.8%).
- In 2015, 43.3% of Hispanic or Latinos age 18 and older met the 2008 Federal Physical Activity Guidelines.

Overweight and Obesity

- 33.4% of children and adolescents, age 2 to 19, are overweight or obese; 16.2% are overweight and 17.2% obese. Among Hispanic children and adolescent rates are 20.6% of boys, and 22.1% of girls are obese.
- 69.4% of adults over age 20 in the United States are overweight or obese; 36.3% are obese. Among Hispanic adults 79.6% of males and 77.1% of females are overweight or obese. Of these, 39.0% of males, and 45.7% of females are obese.

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Diabetes Mellitus (DM) (ICD/10 codes E10-E14) (ICD/9 code 250)

- Children who develop type 2 diabetes are typically overweight or obese and have a family history of the disease, with the rate among American Indian, black, Asian, and Hispanic/Latino children 3- to 8-fold higher than in non-Hispanic whites.
- Among adolescents 10 to 19 years of age diagnosed with DM, 57.8% of blacks were diagnosed with type 2 versus type 1 DM compared with 46.1% of Hispanic and 14.9% of white youths.
- Among Hispanic adults:
  - 12.6% of males and 12.7% of females have physician diagnosed diabetes
  - 6.3% of males and 4.4% of females have undiagnosed diabetes
  - 45.9% in males and 25.0% in females have pre-diabetes
- Minority groups remain disproportionately affected by DM. The prevalence of total DM (diagnosed DM or HbA1c ≥6.5%) in Mexican Americans was 35% higher than whites (11.6% versus 8.6%, respectively).

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

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

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. Please direct all media inquiries to News Media Relations at http://newsroom.heart.org/newsmedia/contacts.

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