

# Statistical Fact Sheet

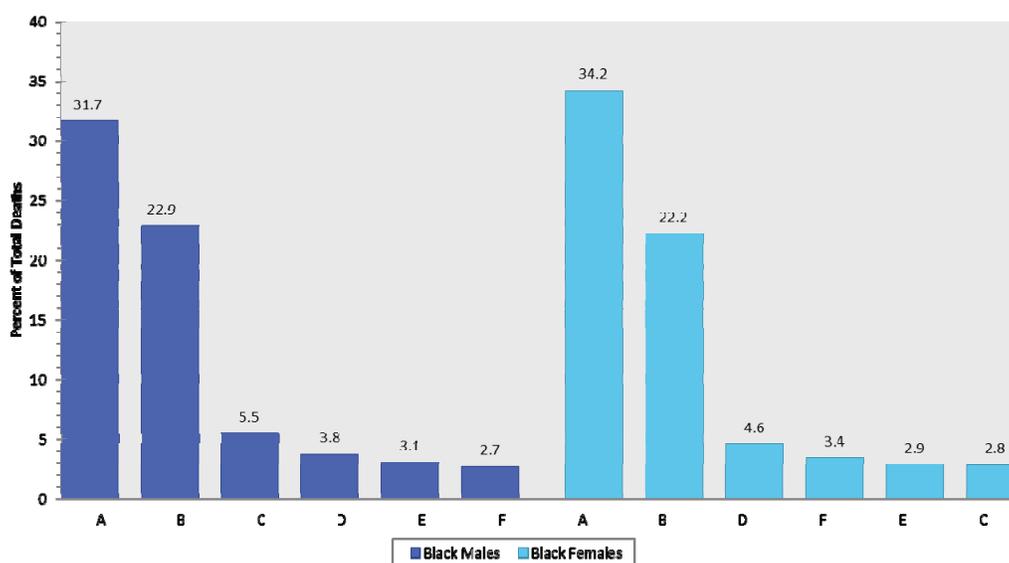
## 2013 Update

### African Americans & Cardiovascular Diseases

#### Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28) (ICD/9 codes 390-459, 745-747)

- Among non-Hispanic blacks age 20 and older, 44.4% of men and 48.9% of women have CVD.
- In 2009, CVD caused the deaths of 46,334 black males and 48,070 black females.
- The 2009 overall death rate from CVD was 236.1. Death rates for blacks were 387.0 for males and 267.9 for females.

#### Major Causes of Death for Black Males and Females, 2009



A indicates cardiovascular disease plus congenital cardiovascular disease (ICD-10 I00-I99, Q20-Q28); B, cancer (ICD-10 C00-C97); C, accidents (ICD-10, V01-X59, Y85-Y86); D, diabetes mellitus (E10-E14); E, chronic lower respiratory disease (ICD-10 J40-J47); F, nephritis (N00-N07, N17-N19, N25-N27). Source: National Center for Health Statistics and National Heart, Lung, and Blood Institute.

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

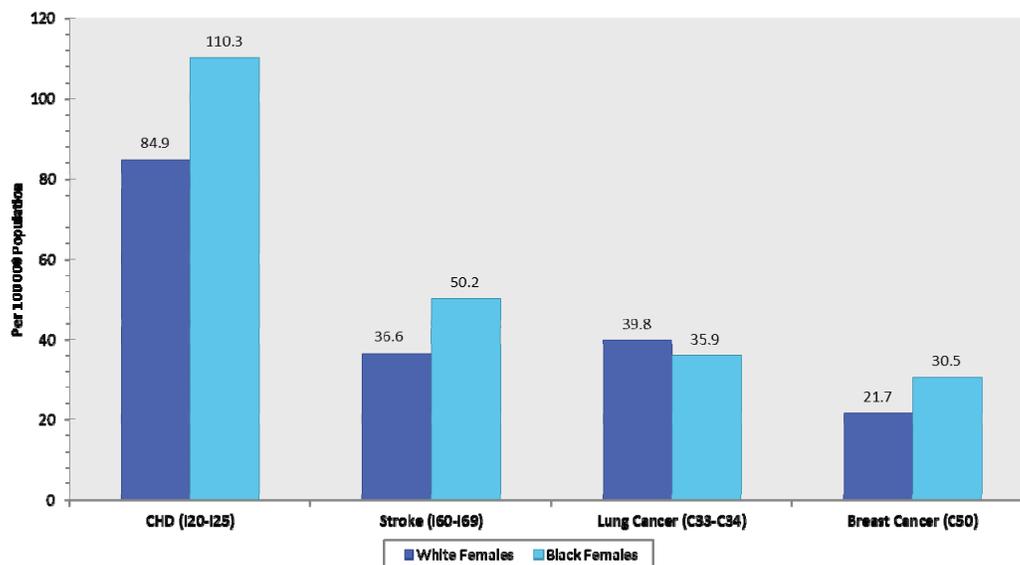
- Among non-Hispanic blacks age 20 and older, 6.8% of men and 7.1% of women have CHD.
- Among non-Hispanic blacks age 20 and older, 3.9% of men and 2.3% of women have had a myocardial infarction.
- Based on data from the ARIC studies of the NHLBI: In adults age 45-64, the average age-adjusted incidence rate for CHD per 1,000 person-years in blacks are 10.6 for men and 5.1 for women.
- In 2009, CHD caused the deaths of 21,051 black males and 19,470 black females. The overall CHD death rate was 116.1. Death rates for blacks were 181.1 for males and 110.3 for females.
- In 2009, myocardial infarction (heart attack) caused the deaths of 6,717 black males and 6,567 black females.

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### Angina Pectoris (ICD/10 code I20) (ICD/9 code 413)

- Angina (chest pain or discomfort caused by reduced blood supply to the heart muscle) is more common in women than in men. Among non-Hispanic blacks age 20 and older, 2.4% of men and 5.4% of women have angina.
- The annual rates per 1,000 population of new episodes of angina for black men are:
  - 22.4 for ages 65–74
  - 33.8 for ages 75–84
  - 39.5 for age 85 and older.
- For black women the rates are:
  - 15.3 for ages 65–74
  - 23.6 for ages 75–84
  - 35.9 for age 85 and older

### Age-Adjusted Death Rates for Coronary Heart Disease, Stroke, and Lung and Breast Cancer for White and Black Females, 2009



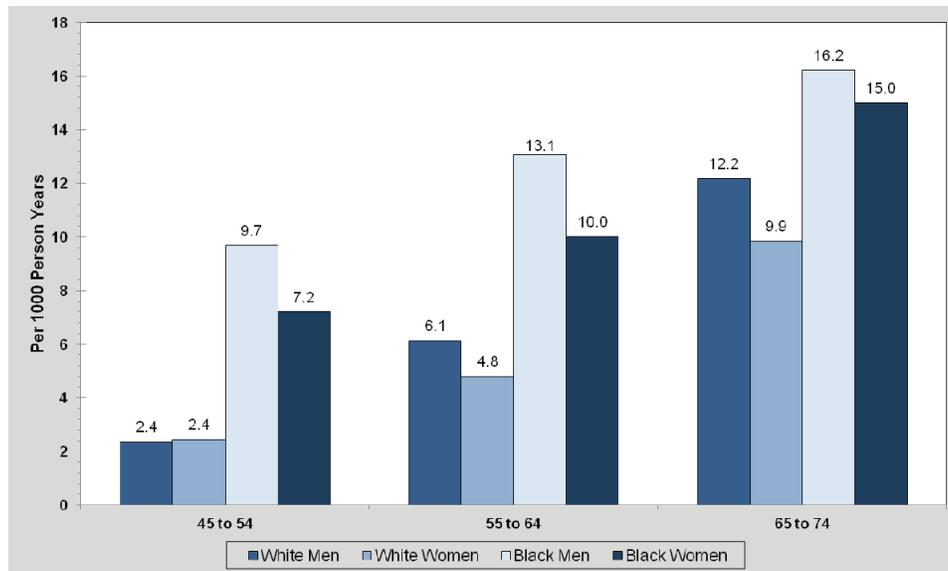
Source: National Center for Health Statistics.

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

- Among non-Hispanic blacks age 20 and older, 4.3% of men and 4.7% of women have had a stroke.
- Blacks have a risk of first-ever stroke that is almost twice that of whites.
- Between the 1990s and 2005, incidence rates of stroke decreased for whites, but not for blacks. The changes for whites were driven by a decline in ischemic strokes. There were no changes in incidence of ischemic stroke for blacks.
- In 2009 stroke caused the deaths of 6,962 black males and 8,916 black females.
- The 2009 overall death rate for stroke was 38.9. Death rates for blacks were 60.1 for males and 50.2 for females.

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### Age-Adjusted Incidence of Stroke/Transient Ischemic Attack by Race and Sex, Ages 45–74, ARIC Cohort, 1987–2001

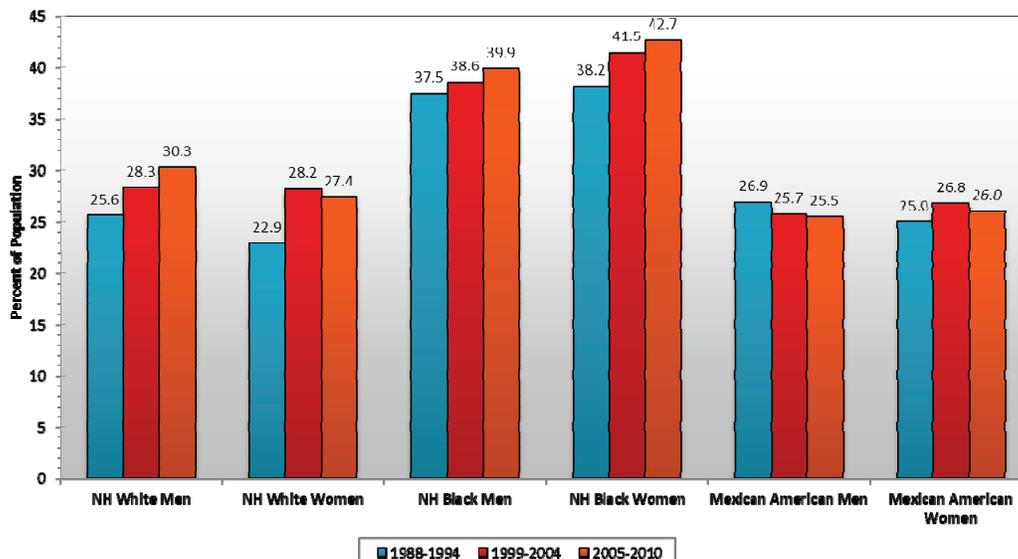


Data derived from National Heart, Lung, and Blood Institute, Incidence and Prevalence Chart Book, 2006.

### High Blood Pressure (HBP) (ICD/10 codes I10-I15) (ICD/9 codes 401-404)

- Among non-Hispanic blacks age 20 and older, 42.6% of men and 47.0% of women 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 2009, HBP caused the deaths of 6,574 black males and 6,951 black females.
- The 2009 overall death rate from HBP was 18.5. Death rates for blacks were 51.6 for males and 38.3 for females.

### Age-Adjusted Prevalence Trends for High Blood Pressure in Americans Age 20 and Older by Race/Ethnicity, Sex and Survey Year



NH indicates non-Hispanic. Source: NHANES: 1988-1994, 1999-2004, and 2005-2010; NCHS and NHLBI.

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### Smoking

- In 2011:
  - ◇ Non-Hispanic white students were more likely than Hispanic or non-Hispanic black students to report any current tobacco use, which includes cigarettes, cigars, or smokeless tobacco (26.5% compared with 20.5% for Hispanic students and 15.4% for non-Hispanic black students).
  - ◇ 49.9% of students in grades 9 to 12 who currently smoked cigarettes had tried to quit smoking cigarettes during the previous 12 months. The prevalence of this behavior was higher among female student smokers (53.9%) than among male student smokers (47.0%) and among white females (54.0%) and Hispanic females (55.9%) than among white males (46.3%) and Hispanic males (44.7%).
  - ◇ Among black or African American adults, 23.3% of males and 15.1% of females smoke cigarettes.

### High Blood Cholesterol and Other Lipids

- Among children 4 to 11 years of age, the mean total cholesterol level is 161.9 mg/dL. For non-Hispanic blacks, mean total cholesterol is 165.2 mg/dL for boys and 157.9 mg/dL for girls
- Among adolescents 12 to 19 years of age, the mean total blood cholesterol level is 158.2 mg/dL. For non-Hispanic blacks, mean total cholesterol is 154.1 mg/dL for boys and 160.6 mg/dL for girls
- Among non-Hispanic blacks age 20 and older:
  - ◇ 38.6% of men and 40.7% of women have total blood cholesterol levels of 200 mg/dL or higher.
  - ◇ 10.8% of men and 11.7% of women have levels of 240 mg/dL or higher.
  - ◇ 33.1% of men and 31.2% of women have an LDL cholesterol of 130 mg/dL or higher.
  - ◇ 20.3% of men and 10.2% of women have HDL cholesterol less than 40 mg/dL.

### Physical Inactivity

- The prevalence of inactivity was highest among black (26.7%) and Hispanic (21.3%) girls, followed by white girls (13.7%), black boys (12.3%), Hispanic boys (10.7%), and white boys (8.5%).
- The prevalence of watching television  $\geq 3$  hours per day was highest among black girls (54.9%) and boys (54.4%), followed by Hispanic boys (38.4%) and girls (37.2%) and white boys (27.3%) and girls (23.9%).
- Only 18.0% of non-Hispanic blacks age 18 and older met the 2008 Federal Physical Activity Guidelines.

### Overweight and Obesity

- An estimated 31.8% of children age 2 to 19 are overweight or obese. Among non-Hispanic black children rates are 36.9% of boys and 41.3% of girls.
- Of these, 24.3% of black boys, and 24.3% of black girls are obese (BMI-for-age  $\geq 95$ th percentile).
- An estimated 68.2% of Americans age 20 and older are overweight or obese. Among non-Hispanic black adults rates are 68.7% of men and 79.9% of women.
- Of these, 37.9% of black men, and 53.9% of black women are obese (BMI of 30.0 kg/m<sup>2</sup> and higher).

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

- In the total population age 20 and older, 8.3% have physician-diagnosed diabetes. Among non-Hispanic blacks prevalence is 13.5% of men and 15.4% of women.
- In the total population age 20 and older, 3.5% have undiagnosed diabetes. Among non-Hispanic blacks prevalence is 4.8% of men and 2.9% of women.
- In the total population age 20 and older, 38.2% have pre-diabetes. Among non-Hispanic blacks prevalence is 35.7% of men and 29.0% of women.
- In 2009 diabetes mellitus caused death in 5,488 black males and 6,472 black females.
- The 2009 overall death rate for diabetes was 20.9. Death rates for blacks were 44.2 for males and 35.9 for females.

**For additional information, charts and tables, see**  
**[Heart Disease & Stroke Statistics - 2013 Update.](#)**

Additional charts may be downloaded directly from the online publication at:  
<http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0b013e31828124ad> Or at: [www.heart.org/statistics](http://www.heart.org/statistics)

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

Go AS, Mozaffarian D, Roger VL, Benjamin EJ, Berry JD, Borden WB, Bravata DM, Dai S, Ford ES, Fox CS, Franco S, Fullerton HJ, Gillespie C, Hailpern SM, Heit JA, Howard VJ, Huffman MD, Kissela BM, Kittner SJ, Lackland DT, Lichtman JH, Lisabeth LD, Magid D, Marcus GM, Marelli A, Matchar DB, McGuire DK, Mohler ER, Moy CS, Mussolino ME, Nichol G, Paynter NP, Schreiner PJ, Sorlie PD, Stein J, Turan TN, Virani SS, Wong ND, Woo D, Turner MB; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2013 update: a report from the American Heart Association. *Circulation*. 2013; 127:e6-e245.

If you have questions about statistics or any points made in the 2013 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 [inquiries@heart.org](mailto:inquiries@heart.org) or 214-706-1173.