Hispanics/Latinos & Cardiovascular Diseases

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

- Among Mexican-American adults age 20 and older, 33.4% of men and 30.7% of women have CVD.

Major Causes of Death for Hispanic or Latino Males and Females, 2009

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

- Among Mexican Americans age 20 and older:
  - 6.7% of men and 5.3% of women have CHD
  - 3.6% of men and 1.7% of women have had a myocardial infarction (heart attack)
  - 3.4% of men and 3.3% of women have angina.

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

- 2.8% of Hispanic adults have had a stroke. Among Mexican Americans, 2.3% of men and 1.4% of women have had a stroke.
- Men, blacks, and Mexican Americans have higher rates of TIA than their female and non-Hispanic white counterparts.
- Mexican Americans have higher cumulative incidence for ischemic stroke at younger ages but not at older ages.
- Mexican Americans have a higher incidence of intracerebral hemorrhage and subarachnoid hemorrhage than non-Hispanic whites.
- The 2009 stroke death rate for Hispanic males was 30.9 and 28.0 for females.
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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 Hispanic or Latino adults, 16.2% of males and 8.2% of females smoke cigarettes.
- In 2008 to 2010, among adults ≥18 years of age, Asian men (15.2%) and Hispanic men (17.3%) were less likely to be current cigarette smokers than non-Hispanic black men (23.7%), non-Hispanic white men (23.9%), and American Indian or Alaska Native men (24.6%). Similarly, Asian women (5.5%) and Hispanic women (9.6%) were less likely to be current smokers than non-Hispanic black women (17.6%), non-Hispanic white women (20.9%), and American Indian or Alaska Native women (20.7%).

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 ≥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%).
- In 2011, only 15.4% of Hispanic or Latinos age 18 and older met the 2008 Federal Physical Activity (PA) Guidelines.

Overweight and Obesity

- Among Mexican American children age 2 to 19, 40.5% of boys and 38.2% of girls are overweight or obese; 24.0% of boys and 18.2% of girls are obese.
- Among Mexican Americans age 20 and older, 81.3% of men and 78.2% of women are overweight or obese. Of these, 36.0% of men and 44.8% of women are obese.

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 Mexican Americans, mean total cholesterol is 159.6 mg/dL for boys and 160.7 mg/dL for girls.
- Among adolescents 12 to 19 years of age, the mean total blood cholesterol level is 158.2 mg/dL. For Mexican Americans, mean total cholesterol is 157.8 mg/dL for boys and 158.0 mg/dL for girls.
- Among Mexican Americans age 20 and older:
  - 48.1% of men and 44.7% of women have total blood cholesterol levels of 200 mg/dL or higher.
  - 15.2% of men and 13.5% of women have levels of 240 mg/dL or higher.
  - 39.9% of men and 30.4% of women have an LDL cholesterol of 130 mg/dL or higher.
  - 34.2% of men and 15.1% of women have HDL cholesterol less than 40 mg/dL.
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**High Blood Pressure (HBP)** (ICD/10 codes I10-I15) (ICD/9 codes 401-404)

- 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.
- 22.2% of Hispanic adults have HBP. The rate among Mexican Americans age 20 and older is 30.1% for men and 28.8% for women.
- In NHANES 2007–2010, rates of control were lower in Mexican Americans (39.3%) than in non-Hispanic whites (54.9%) and non-Hispanic blacks (47.6%).
- Puerto Rican Americans had the highest hypertension-related death rate among all Hispanic subpopulations (154.0); Cuban Americans had the lowest (82.5).

**Diabetes Mellitus** (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. Most are American Indian, black, Asian, or Hispanic/Latino.
- Among youths 10 to 19 years of age, black youths (3.22 per 1000) and non-Hispanic white youths (3.18 per 1000) had the highest rates, followed by American Indian youths (2.28 per 1000), Hispanic youths (2.18 per 1000), and Asian/Pacific Islander youths (1.34 per 1000).
- 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 Mexican American adults:
  - the prevalence of physician diagnosed diabetes is 11.4% in men and 12.0% in women
  - The prevalence of undiagnosed diabetes is 6.3% in men and 3.8% in women
- In the total adult population, 38.2% have pre-diabetes. Among Mexican American adults the prevalence of pre-diabetes is 47.0% in men and 31.9% in women.

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](http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0b013e31828124ad)

Or at: [www.heart.org/statistics](http://www.heart.org/statistics)

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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.

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