

# Statistical Fact Sheet

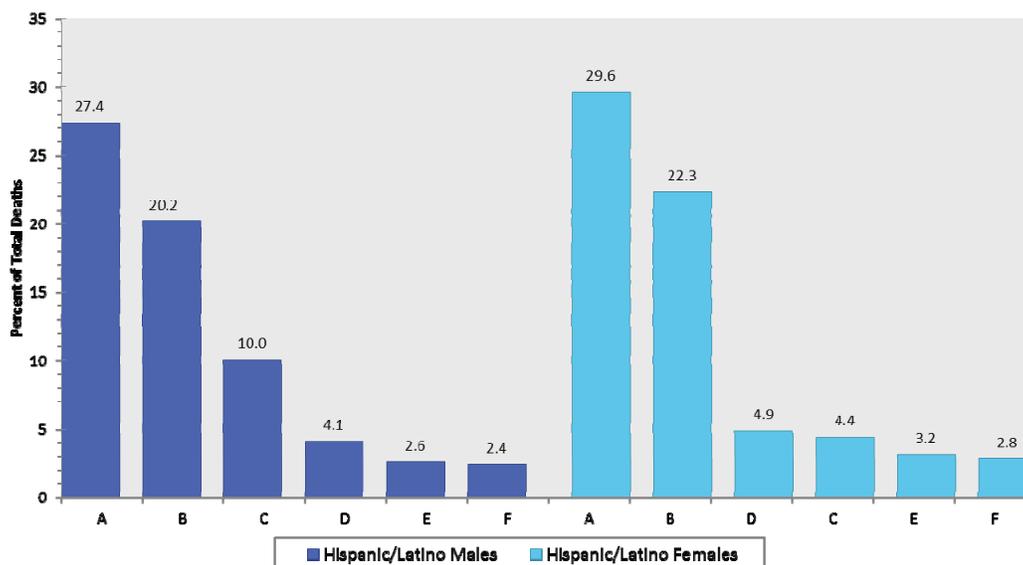
## 2013 Update

### 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



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, influenza and pneumonia (ICD-10 J09-J18). Source: NCHS.

#### 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 an 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 adults, 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>

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).

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