

# Statistical Fact Sheet

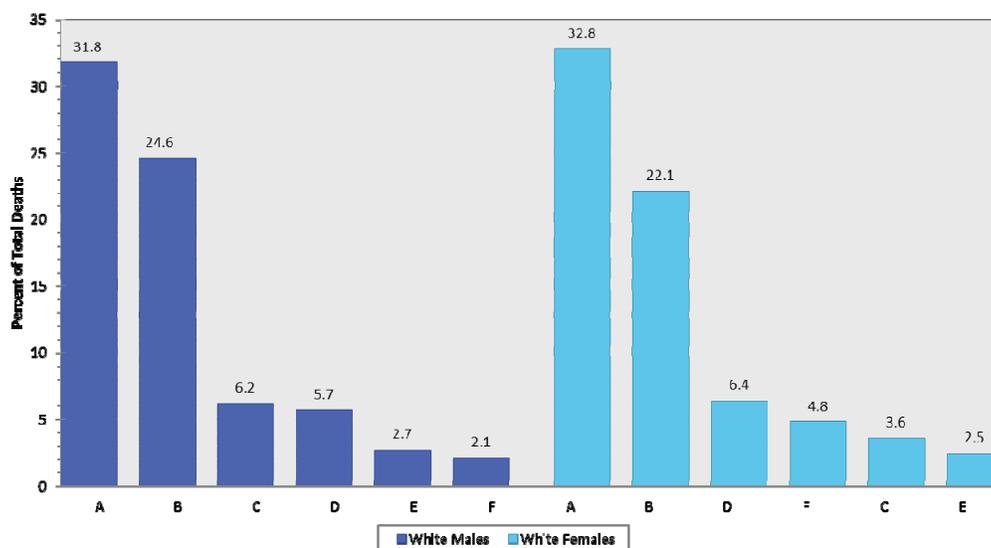
## 2013 Update

### Whites & Cardiovascular Diseases

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

- Among non-Hispanic whites adults 36.6% of men and 32.4% of women have CVD.
- In 2009, CVD caused the deaths of 329,565 white males and 343,955 white females.
- The 2009 overall death rate from CVD was 236.1. Death rates for whites were 281.4 for males and 190.4 for females.

#### Major Causes of Death for White 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, chronic lower respiratory disease (ICD-10 J40-J47); E, diabetes mellitus (E10-E14); F, Alzheimer disease (ICD-10 G30). Source: NCHS

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

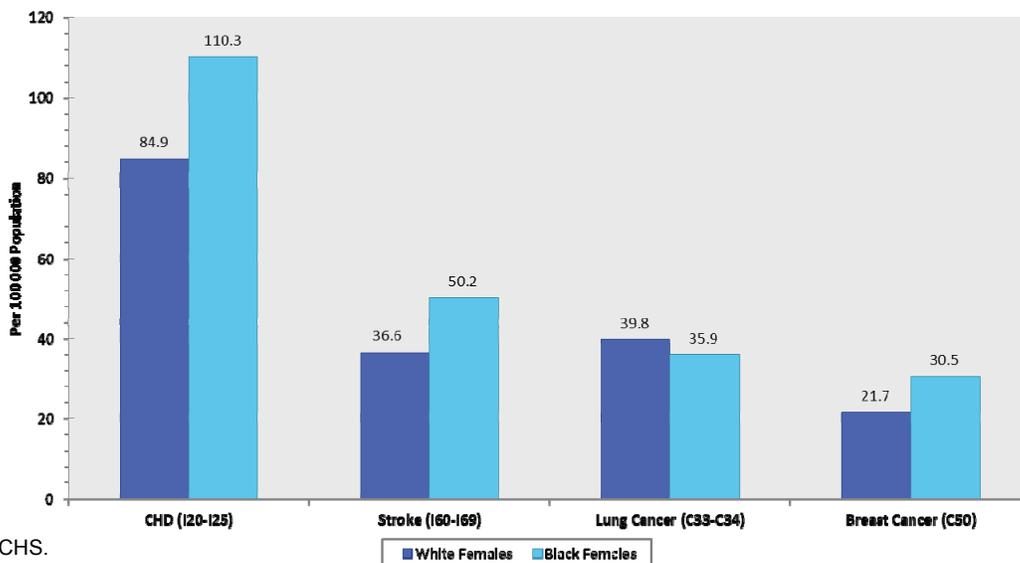
- Among non-Hispanic whites age 20 and older, 8.2% of men and 4.6% of women have CHD. 4.4% of white men and 1.5% of white women have had a heart attack.
- In 2009, CHD caused the deaths of 183,453 white males and 152,785 white females. Heart attack caused the deaths of 60,316 white males and 48,802 white females.
- In 2009, overall CHD death rate was 116.1. Death rates for whites were 155.9 for males and 84.9 for females.

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

- Among non-Hispanic whites age 20 and older, 3.3% of men and 2.8% of women have angina.
- The annual rates per 1,000 population of new episodes of angina for nonblack men are:
  - 28.3 for ages 65–74
  - 36.3 for ages 75–84
  - 33.0 for age 85 and older.
- For nonblack women the rates are:
  - 14.1 for ages 65–74
  - 20.0 for ages 75–84
  - 22.9 for age 85 and older

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

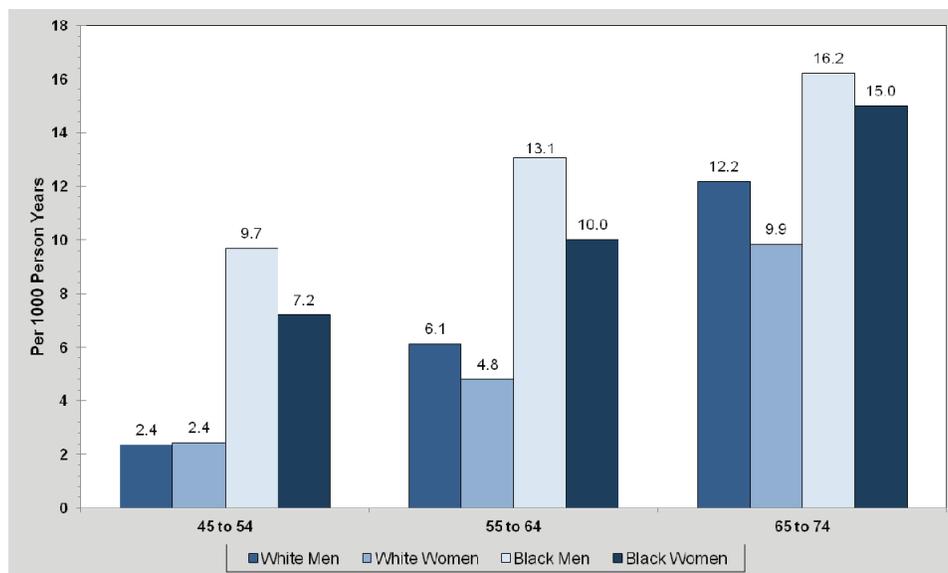


Source: NCHS.

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

- Among non-Hispanic whites age 20 and older, 2.4% of men and 2.9% of women have had a stroke.
- The estimated stroke incidence of new and recurrent attacks is 325,000 for white males and 365,000 for white females.
- In 2009, stroke caused the deaths of 43,109 white males and 65,574 white females.
- The 2009 overall death rate for stroke was 38.9. Death rates for whites were 37.8 for males and 36.6 for females.

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



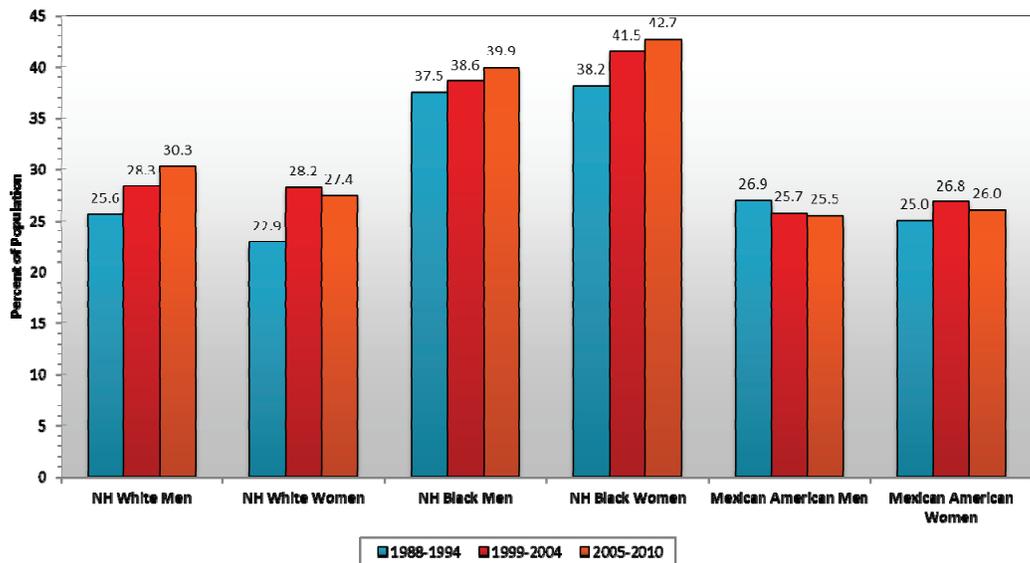
Data derived from National Heart, Lung, and Blood Institute, Incidence and Prevalence Chart Book, 2006.

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

- Among non-Hispanic whites age 20 and older, the following have HBP: 33.4% of men and 30.7% of women.
- In 2009, HBP caused the deaths of 20,286 white males and 26,201 white females.
- The 2009 overall death rate from HBP was 18.5. Death rates for whites were 17.0 for males and 14.4 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.

### 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 non-Hispanic white adults, 22.8% of males and 19.7% of females smoke cigarettes.

### 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%).
- In 2011, only 23.0% of non-Hispanic white adults met the 2008 Federal Physical Activity Guidelines.

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### Overweight and Obesity

- An estimated 31.8% of children age 2 to 19 are overweight or obese. Among non-Hispanic white children rates are 30.1% of boys and 25.6% of girls.
- Of these, 16.1% of white boys, and 11.7% of white girls are obese (BMI-for-age  $\geq$  95th percentile).
- An estimated 68.2% of Americans age 20 and older are overweight or obese. Among non-Hispanic white adults rates are 73.1% of men and 60.2% of women.
- Of these, 33.8% of white men, and 32.5% of white women are obese (BMI of 30.0 kg/m<sup>2</sup> and higher).

### 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 whites, mean total cholesterol is 160.9 mg/dL for boys and 161.6 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 whites, mean total cholesterol is 156.8 mg/dL for boys and 161.1 mg/dL for girls
- Among non-Hispanic white adults:
  - ◇ 40.5% of men and 45.8% of women have total blood cholesterol levels of 200 mg/dL or higher
  - ◇ 12.3% of men and 15.6% of women have levels of 240 mg/dL or higher
  - ◇ 30.1% of men and 29.3% of women have an LDL cholesterol of 130 mg/dL or higher
  - ◇ 33.1% of men and 12.4% of women have an HDL cholesterol less than 40 mg/dL

### 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 whites prevalence is 7.7% of men and 6.2% of women.
  - ◇ 3.5% have undiagnosed diabetes. Among non-Hispanic whites prevalence is 4.5% of men and 1.8% of women.
  - ◇ 38.2% have pre-diabetes. Among non-Hispanic whites prevalence is 47.7% of men and 30.0% of women.
  - ◇ In 2009, diabetes caused the deaths of 28,205 white males and 25,908 white 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:

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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](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.