

# Statistical Fact Sheet

## 2015 Update

### Hispanics/Latinos & Cardiovascular Diseases

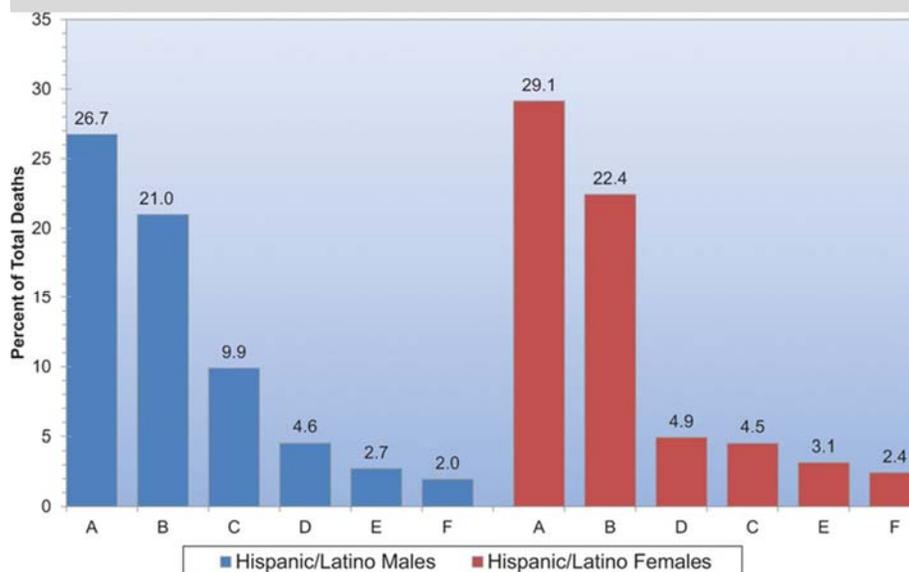
#### Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28) (ICD/9 codes 390-459, 745-747)

- Among Hispanic adults age 20 and older, 48.3% of men and 32.4% of women have CVD.

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

- Among Hispanic age 20 and older:
  - ◊ 6.7% of men and 5.9% of women have CHD
  - ◊ 3.5% of men and 1.7% of women have had a myocardial infarction (heart attack)
  - ◊ 3.2% of men and 3.8% of women have angina.

Major Causes of Death for Hispanic or Latino Males and Females, 2011



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, Alzheimer disease (G30). Source: NCHS.

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

- Among Hispanic adults, 2.8% of men and 2.0% of women 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 people aged  $\geq 18$  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.
- 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.
- 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

#### 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.
- 29.6% of Hispanic men have HBP; 29.9% of women.

## Hispanics/Latinos & CVD - 2015 Statistical Fact Sheet

- In NHANES 2009–2012, among Mexican Americans rates of HBP awareness were 67.0% and 78.6% in females. 57.9% of men and 70.5% were undergoing treatment, and 35.0% of men and 47.0% of women had their HBP under control.
- Puerto Rican Americans had the highest hypertension-related death rate among all Hispanic sub-populations (154.0); Cuban Americans had the lowest (82.5).

### High Blood Cholesterol and Other Lipids

- Among children 6 to 11 years of age, the mean total cholesterol level is 160.2 mg/dL. For Hispanics, 160.5 mg/dL for boys and 161.2 mg/dL for girls
- Among adolescents 12 to 19 years of age, the mean total blood cholesterol level is 158.3 mg/dL. For Hispanics, 157.0 mg/dL for boys and 160.4 mg/dL for girls
- Among Hispanics age 20 and older:
  - ◇ 46.2% of men and 43.4% of women have total blood cholesterol levels of 200 mg/dL or higher.
  - ◇ 14.8% of men and 13.7% of women have levels of 240 mg/dL or higher.
  - ◇ 38.8% of men and 31.8% of women have an LDL cholesterol of 130 mg/dL or higher.
  - ◇ 33.8% of men and 12.8% of women have HDL cholesterol less than 40 mg/dL.

### Smoking

In 2013:

- 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 (26.9% compared with 18.0% for Hispanic students and 14.3% for non-Hispanic black students).
- Six of 10 black student smokers (61.0%) tried to quit compared with 48.0% of white students and 42.4% of Hispanic students.
- Among Hispanic or Latino adults, 16.6% of men and 6.7% of women smoke cigarettes.
- Asian men (14.7%) and Hispanic men (16.6%) were less likely to be current cigarette smokers than non-Hispanic white men (21.7%), non-Hispanic black men (21.1%), and American Indian or Alaska Native men (25.7%) on the basis of age-adjusted estimates (NHIS). Similarly, Asian women (4.8%) and Hispanic women (6.7%) were less likely to be current cigarette smokers than non-Hispanic black women (15.0%), non-Hispanic white women (18.7%), and American Indian or Alaska Native women (16.7%).

### Physical Inactivity

In 2013:

- The prevalence of inactivity was highest among black (27.3%) and Hispanic (20.3%) girls, followed by white girls (16.1%), black boys (15.2%), Hispanic boys (12.1%), and white boys (9.2%).
- The prevalence of using computers  $\geq 3$  hours per day was highest among black boys (51.9%) and black girls (46.6%), followed by Hispanic girls (44.8%), Hispanic boys (42.0%), white boys (39.1%), and white girls (35.6%).
- The prevalence of watching television  $\geq 3$  hours per day was highest among black boys (55.3%)

## Hispanics/Latinos & CVD - 2015 Statistical Fact Sheet

and girls (52.2%), followed by Hispanic girls (39.0%) and boys (36.5%) and white boys (25.7%) and girls (24.3%).

- Self-reported rates of students who met activity recommendations of  $\geq 60$  minutes of PA on 7 days of the week were higher in Hispanic (53.3%) than in white (52.4%) or black (48.8%) adolescents.
- In 2013, only 16.6% of Hispanic or Latinos age 18 and older met the 2008 Federal Physical Activity Guidelines.

### Overweight and Obesity

- 31.8% of children age 2 to 19 in the United States are overweight or obese; 16.9% are obese. Among Hispanic children rates are 40.7% of boys and 37.0% of girls are overweight or obese. Of these, 24.1% of boys, and 20.6% of girls are obese.
- 68.5% of adults over age 20 in the United States are overweight or obese; 35.2% are obese. Among Hispanic adults 80.1% of men and 76.3% of women are overweight or obese. Of these, 38.4% of men, and 42.9% of women are obese.

### 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 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:
  - ◇ 12.5% of men and 11.8% of women have physician diagnosed diabetes
  - ◇ 6.8% of men and 5.0% of women have undiagnosed diabetes
  - ◇ 43.0% in men and 26.0% in women have pre-diabetes

**For additional information, charts and tables, see**  
[Heart Disease & Stroke Statistics - 2015 Update.](#)

Additional charts may be downloaded directly from the online publication at:  
<http://circ.ahajournals.org/content/131/4/e29.full.pdf+html> Or at: [www.heart.org/statistics](http://www.heart.org/statistics)

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

Mozaffarian D, Benjamin EJ, Go AS, Arnett DK, Blaha MJ, Cushman M, de Ferranti S, Després J-P, Fullerton HJ, Howard VJ, Huffman MD, Judd SE, Kissela BM, Lackland DT, Lichtman JH, Lisabeth LD, Liu S, Mackey RH, Matchar DB, McGuire DK, Mohler ER 3rd, Moy CS, Muntner P, Mussolino ME, Nasir K, Neumar RW, Nichol G, Palaniappan L, Pandey DK, Reeves MJ, Rodriguez CJ, Sorlie PD, Stein J, Towfighi A, Turan TN, Virani SS, Willey JZ, Woo D, Yeh RW, Turner MB; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2015 update: a report from the American Heart Association. *Circulation*. 2015;131:e29–e322.

If you have questions about statistics or any points made in the 2015 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.