

## Statistical Fact Sheet 2017 Update

### Non-Hispanic Blacks & Cardiovascular Diseases

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

- Among Non-Hispanic (NH) blacks age 20 and older, 46.0% of males and 47.7% of females have CVD.
- In 2014, CVD caused the deaths of 49,210 NH black males and 48,573 NH black females.

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

- Among NH blacks age 20 and older, 7.1% of males and 5.7% of females have CHD.
- Among NH blacks age 20 and older, 3.3% of males and 2.2% of females have had a myocardial infarction (heart attack).
- Each year, about 85,000 NH black males and 70,000 NH black females have an MI or fatal CHD event.
- In 2014, CHD caused the deaths of 20,883 NH black males and 17,960 NH black females.
- In 2014, myocardial infarction caused the deaths of 6,285 NH black males and 5,738 NH black females.
- Within 1 year after a first MI:
  - At 45 to 64 years of age, 9% of black males, and 10% of black females will die.
  - At 65 to 74 years of age, 22% of black males, and 21% of black females will die.
- Within 5 years after a first MI:
  - At 45 to 64 years of age, 16% of black males, and 28% of black females will die.
  - At 65 to 74 years of age, 33% of black males, and 44% of black females will die.
- Of those who have a first MI, the percentage with a recurrent MI or fatal CHD within 5 years is as follows:
  - At 45 to 64 years of age, 22% of black males, and 32% of black females.
  - At 65 to 74 years of age, 30% of black males, and 30% of black females.
- For those older than 45 years of age, the median survival time (in years) after a first MI is 7.0 for black males, and 5.5 for black females.

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

- Among NH blacks age 20 and older, 3.9% of males and 4.0% of females have had a stroke.
- NH Blacks have a risk of first-ever stroke that is almost twice that of whites. The estimated yearly stroke incidence of new and recurrent attacks is 45,000 for NH black males and 60,000 for NH black females.
- In 2014, stroke caused the deaths of 7,650 NH black males and 9,233 NH black females.
- NH blacks between the ages of 45 and 64 years are at 2 to 3 times the risk of stroke as whites. About 40% of the excess stroke risk in non-Hispanic blacks is due to traditional stroke risk factors, with levels of SBP accounting for approximately one half of this impact.
- For each 10 mm Hg increase in SBP, the increased stroke risk in whites is ≈8%; however, a similar 10 mm Hg increase in SBP in NH blacks is associated with a 24% increase in stroke risk, an impact 3 times greater than in whites.

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

- Among NH blacks age 20 and older, 45.0% of males and 46.3% of females 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 2014, HBP caused the deaths of 7,448 NH black males and 7,276 NH black females.
- For a 45-year-old without hypertension, the 40-year risk for hypertension is 92.7% among NH blacks, compared to 92.4% among Hispanics, 86.0% among whites and 84.1% among Asians.
- NH black adults were more likely (33.0%) to have been told on  $\geq 2$  occasions that they had HBP than American Indian/Alaska Native adults (26.4%), white adults (23.5%), Hispanic or Latino adults (22.9%), or Asian adults (19.5%).

### High Blood Cholesterol and Other Lipids

- Among children 6 to 11 years of age, the mean total cholesterol level is 158.9 mg/dL. For NH blacks, mean total cholesterol is 158.5 mg/dL for boys and 159.3 mg/dL for girls.
- Among adolescents 12 to 19 years of age, the mean total blood cholesterol level is 156.7 mg/dL. For NH blacks, mean total cholesterol is 152.3 mg/dL for boys and 161.3 mg/dL for girls.
- Among NH blacks, 71.9% have had their cholesterol checked (66.8% of males and 75.9% of females).
- Among NH blacks age 20 and older:
  - ◊ 32.6% of males and 36.1% of females have total blood cholesterol levels of 200 mg/dL or higher.
  - ◊ 7.3% of males and 9.6% of females have levels of 240 mg/dL or higher.
  - ◊ 29.9% of males and 27.9% of females have an LDL cholesterol of 130 mg/dL or higher.
  - ◊ 20.7% of males and 8.0% of females have HDL cholesterol less than 40 mg/dL.

### Smoking

- In 2014, lifetime use of tobacco products in adolescents was highest in American Indians or Alaskan Natives (27.1%), followed by NH white (21.6%), Hispanic or Latinos (16.8%), and NH blacks (12.7%), and Asians (6.9%).
- Among NH black adults, 20.3% of males and 13.1% of females smoke cigarettes.

### Physical Inactivity

- The prevalence of inactivity was highest among NH blacks (25.2%) and Hispanic girls (19.2%), followed by NH black boys (16.2%), NH white girls (14.3%), Hispanic boys (11.9%), and NH white boys (8.8%).
- The prevalence of using computers  $\geq 3$  hours per day was highest among NH black girls (48.4%), followed by Hispanic girls (47.4%), Hispanic boys (45.1%), NH black boys (41.2%), non-Hispanic white boys (38.9%), and NH white girls (38.3%).
- The prevalence of watching television  $\geq 3$  hours per day was highest among NH black girls (41.5%) and boys (37.0%), followed by Hispanic girls (29.2%) and boys (27.4%) and non-Hispanic white boys (21.4%) and girls (18.8%).
- In 2015, only 19.8% of NH blacks age 18 and older met the 2008 Federal Physical Activity Guidelines.

### Overweight and Obesity

- 33.4% of children age 2 to 19 in the United States are overweight or obese, with 16.2% overweight and 17.2% obese. Among NH black children, 16.8% of boys and 20.9% of girls are obese.

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- 69.4% of adults over age 20 in the United States are overweight or obese; 36.3% are obese. Among NH black adults 69.1% of males and 82.2% of females are overweight or obese. Of these, 37.5% of males, and 56.9% of females are obese.
- Among males, the prevalence of obesity and class III obesity was not significantly different for NH blacks (38.0% and 7.2%), NH Asians (12.6% and not available for class III obesity), Hispanics (37.9% and 5.4%), and non-Hispanic whites (34.7% and 5.6%). The prevalence of obesity among NH Asians was 12.6%.
- Among females, the prevalence of obesity and class III obesity, respectively, was greater in NH blacks (57.2% and 16.8%), lower in NH Asians (12.4%, not available for class III obesity), and similar in Hispanics (46.9% and 8.7%) compared with NH whites (38.2% and 9.7%).

### 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 NH black adults:
  - ◊ 14.1% of males and 13.6% of females have physician diagnosed diabetes
  - ◊ 2.8% of males and 3.5% of females have undiagnosed diabetes
  - ◊ 32.8% in males and 24.1% in females have pre-diabetes
- In 2014, diabetes caused the deaths of 6,369 NH black males and 6,895 black females.

**For additional information, charts and tables, see**  
[Heart Disease & Stroke Statistics - 2017 Update.](#)

Additional charts may be downloaded directly from the [online publication](#) 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 2017 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 <http://newsroom.heart.org/newsmedia/contacts>.