

# Statistical Fact Sheet

## 2016 Update

### Hispanics/Latinos & Cardiovascular Diseases

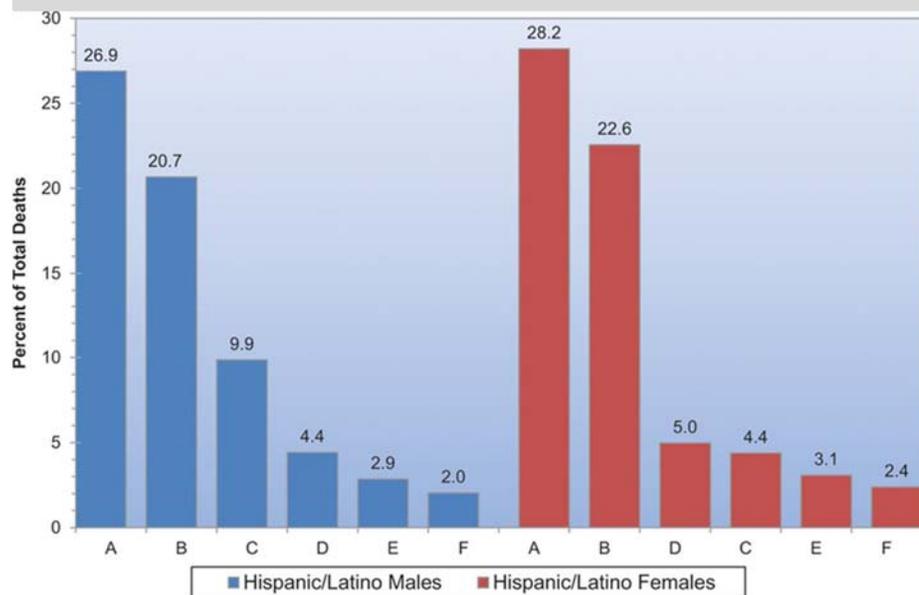
#### Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28) (ICD/9 codes 390-459, 745-747)

- Among Hispanic adults age 20 and older, 48.3% of men and 32.4% of women have CVD.
- In 2013, CVD caused the deaths of 23,892 black males and 20,976 black females.

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

- Among Hispanics 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, 2013



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)

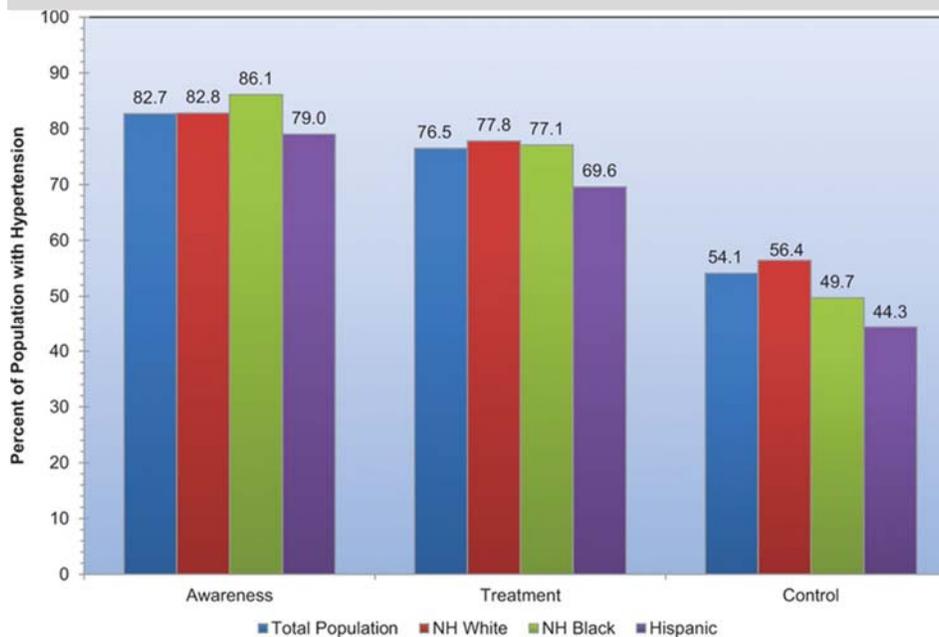
- Among Hispanic adults, 2.8% of men and 2.0% of women have had a stroke.
- Men, blacks, and Mexican Americans have higher rates of TIA than their female and non-Hispanic white counterparts.
- Projections show that by 2030, an additional 3.4 million people aged  $\geq 18$  years will have had a stroke, 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.

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### Awareness, treatment, and control of high blood pressure by race/ethnicity



NH indicates non-Hispanic. Source: NHANES 2007-2012.

- 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.
- Mexican Americans have higher rates of uncontrolled HBP than non-Hispanic whites.
- 73.5% of Hispanic adults with HBP take medication to lower BP.
- For a 45-year-old without hypertension, the 40-year risk for hypertension is 92.4% among Hispanics compared to 92.7% among blacks, 86.0% among whites and 84.1% among Asians.

### 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, overall 14.2% have high total cholesterol:
  - ◊ 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.
- Among Hispanic adults, 59.3% have had their cholesterol checked (54.6% of men and 64.2% of women). The percentage of adults screened for cholesterol in the past 5 years was lower for Hispanic adults than for non-Hispanic white, non-Hispanic black, and non-Hispanic Asian adults.

### Smoking

- 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).
- In 2014, among Hispanic or Latino adults, 13.8% of men and 7.4% of women smoke cigarettes.
- Among adults ≥18 years of age, Asian men (13.8%) and Hispanic men (13.8%) were less likely to be current cigarette smokers than American Indian or Alaska Native men (18.6%), non-Hispanic white men (19.9%), and non-Hispanic black men (21.4%), on the basis of age-adjusted estimates.
- Similarly, Asian women (5.5%) and Hispanic women (7.4%) were less likely to be current cigarette smokers

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than non-Hispanic black women (13.4%), non-Hispanic white women (18.3%), and American Indian or Alaska Native women (21.6%).

### 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%).
- In 2013, 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%).
- In 2013, the prevalence of watching television  $\geq 3$  hours per day was highest among black boys (55.3%) and girls (52.2%), followed by Hispanic girls (39.0%) and boys (36.5%) and white boys (25.7%) and girls (24.3%).
- In 2014, only 15.3% 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
- Minority groups remain disproportionately affected by DM. The prevalence of total DM (diagnosed DM or HbA1c  $\geq 6.5\%$ ) in Mexican Americans was 35% higher than whites (11.6% versus 8.6%).

**For additional information, charts and tables, see**  
[Heart Disease & Stroke Statistics - 2016 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:

Mozaffarian D, Benjamin EJ, Go AS, Arnett DK, Blaha MJ, Cushman M, Das SR, de Ferranti S, Després J-P, Fullerton HJ, Howard VJ, Huffman MD, Isasi CR, Jiménez MC, Judd SE, Kissela BM, Lichtman JH, Lisabeth LD, Liu S, Mackey RH, Magid DJ, McGuire DK, Mohler ER III, Moy CS, Muntner P, Mussolino ME, Nasir K, Neumar RW, Nichol G, Palaniappan L, Pandey DK, Reeves MJ, Rodriguez CJ, Rosamond W, Sorlie PD, Stein J, Towfighi A, Turan TN, Virani SS, Woo D, Yeh RW, Turner MB; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2016 update: a report from the American Heart Association. *Circulation*. 2016; 133(4):e38-e360.

If you have questions about statistics or any points made in the 2016 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.