



2026 Heart Disease & Stroke Statistics Update Fact Sheet Asian Race & Cardiovascular Diseases in the United States

Cardiovascular Disease (CVD) (ICD-10 I00 to I99)

- Among adults 20 years of age and older between 2021 and 2023, the prevalence of CVD was 48.9% for all US adults, 48.6% for non-Hispanic (NH) Asian males, and 40.7% for NH Asian females, including coronary heart disease (CHD), heart failure (HF), stroke, and high blood pressure in the definition.
- In 2023, among NH Asian adults, CVD caused the deaths of 13 627 males and 12 738 females.
- In 2023, the age-adjusted mortality rates for CVD as the underlying cause of death were 218.3 per 100 000 for all US individuals, 142.8 per 100 000 for NH Asian males, and 99.8 per 100 000 for NH Asian females.

Coronary Heart Disease (CHD) (ICD-10 I20 to I25 [includes Myocardial Infarction (MI) ICD-10 I21 to I22])

- Among adults 20 years of age and older using data from 2021 to 2023, 5.2% of all US adults, 4.4% of NH Asian males, and 3.1% of NH Asian females had CHD.
- Among adults 20 years of age and older using data from 2021 to 2023, 2.6% of all US adults, 1.5% of NH Asian males, and 1.5% of NH Asian females previously had an MI.
- In 2023, among NH Asian adults, CHD caused the deaths of 6138 males and 4098 females.
- In 2023, the age-adjusted mortality rates for CHD as the underlying cause of death were 82.2 per 100 000 for all US individuals, 63.4 per 100 000 for NH Asian males, and 32.0 per 100 000 for NH Asian females.
- In 2023, MI caused the deaths of 1650 NH Asian males and 1107 NH Asian females.
- In 2023, the age-adjusted mortality rates for MI as the underlying cause of death were 21.9 per 100 000 for all US individuals, 16.9 per 100 000 for NH Asian males, and 8.7 per 100 000 for NH Asian females.

Stroke (ICD-10 I60 to I69)

- Among adults between 2021 and 2023, 20 years of age and older, 3.0% of US adults, 3.9% of NH Asian males, and 0.7% of NH Asian females previously had a stroke.
- In 2023, stroke caused the deaths of 2753 NH Asian males and 3475 NH Asian females.
- In 2023, the age-adjusted mortality rates for stroke as the underlying cause of death were 39.0 per 100 000 for all US individuals, 29.0 per 100 000 for NH Asian males, and 27.3 per 100 000 for NH Asian females.

High Blood Pressure (HBP) (ICD-10 I10 to I15)

- Among adults 20 years of age and older between 2021 and 2023, 47.3% of all US adults, 47.3% of NH Asian males, and 39.5% of NH Asian females had 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 HBP).
- In 2023, HBP caused the deaths of 1871 NH Asian males and 2076 NH Asian females.
- In 2023, the age-adjusted mortality rates for HBP as the underlying cause of death were 31.9 per 100 000 for all US individuals, 19.9 per 100 000 for NH Asian males, and 16.2 per 100 000 for NH Asian females.

High Blood Cholesterol & Other Lipids

- Between 2021 and 2023, among all US children 6 to 11 years of age, the mean total cholesterol level was 158.3 mg/dL. For NH Asian children, mean total cholesterol was 166.3 mg/dL for males and 158.6 mg/dL for females.
- Between 2021 and 2023, among all US adolescents 12 to 19 years of age, the mean total blood cholesterol level was 154.8 mg/dL. For NH Asian adolescents, mean total cholesterol was 160.2 mg/dL for males and 150.4 mg/dL for females.
- Among adults 20 years of age and older between 2021 and 2023:
 - 36.1% of all US adults, 43.6% of NH Asian males, and 41.3% of NH Asian females had total cholesterol levels of 200 mg/dL or higher.
 - 11.3% of all US adults, 14.2% of NH Asian males, and 13.7% of NH Asian females had total cholesterol levels of 240 mg/dL or higher.
 - 14.1% of all US adults, 17.4% of NH Asian males, and 3.6% of NH Asian females had high-density lipoprotein cholesterol less than 40 mg/dL.
- Among adults 20 years of age and older between 2017 and 2020:
 - 25.5% of all US adults, 31.5% of NH Asian males, and 25.3% of NH Asian females had low-density lipoprotein cholesterol of 130 mg/dL or higher.

Tobacco and Nicotine Use and Exposure

- According to 2021 data of US individuals 18 years of age or older, NH Asian (5.4%) and Hispanic (7.7%) adults were less likely to report smoking every day or some days than NH Black (11.7%) and NH White (11.7%) adults.
- According to US data from 2022, the lifetime use of tobacco products among adults ≥18 years of age was highest in American Indian or Alaska Native adults (70.5%) and NH White adults (69.5%) followed by Hispanic or Latino (51.8%), NH Black (50.8%), and NH Asian (34.9%) adults.
- In 2022, the lifetime use of tobacco products among US adolescents 12 to 17 years old was highest among NH American Indians or Alaska Native (17.7%) adolescents, followed by White (10.0%), Hispanic or Latino (8.0%), NH Black (7.5%), and NH Asian (2.2%) adolescents.

Physical Activity (PA)

- In 2022 and 2023, the nationwide percentage of youth 0 to 17 years of age spending ≥ 4 h/d in front of a television, computer, cell phone, or other electronic device watching programs, playing games, accessing the internet, or using social media (not including schoolwork) on most weekdays was 21.5%. The percentage was 21.6% for NH Asian children.
- Physical Activity Guidelines for Americans recommend that children and adolescents accumulate at least 60 minutes of physical activity daily, including aerobic and muscle- and bone-strengthening activity. According to 2022 and 2023 data, the nationwide percentage of all youth, 6 to 17 years of age, who were active for ≥ 60 minutes every day of the week was 19.5%. Among NH Asian youths 6 to 17 years of age, 13.1% were active for ≥ 60 minutes every day of the week.
- According to 2021 to 2023 data, the percentage of US teens 12 to 17 years of age who engaged in strength training most or every day of the week was 35.8% for all teens and 29.9% for Asian teens.

Overweight & Obesity

- 2021 to 2023 obesity data are included in the 2026 Statistics Update, but the data had not yet been tabulated by race and ethnicity in published studies as of the writing of the 2026 Statistics Update.

Diabetes (ICD-10 E10 to E14)

- Among US youths < 20 years of age in 2002 to 2018 data, the incidence rate (per 100 000) of type 1 diabetes was 9.4 for Asian or Pacific Islander youths, compared to 7.8 for American Indian youths, 17.7 for Hispanic youths, 22.1 for Black youths, and 26.4 for White youths.
- Among US youths < 20 years of age in 2002 to 2018 data, the incidence rate (per 100 000) of type 2 diabetes was 16.6 for Asian or Pacific Islander youths, compared to 46.0 for American Indian youths, 25.8 for Hispanic youths, 50.1 for Black youths, and 5.2 for White youths.
- Between 2021 and 2023, among adults (≥ 20 years of age):
 - 10.6% of all US adults, 11.1% of NH Asian males, and 8.9% of NH Asian females had physician diagnosed diabetes.
 - 3.5% of all US adults, 4.9% of NH Asian males, and 4.0% of NH Asian females had undiagnosed diabetes.
 - 37.2% of all US adults, 40.3% of NH Asian males, and 32.2% of NH Asian females had pre-diabetes.
- In 2023, among NH Asian individuals, diabetes caused the deaths of 1965 males and 1743 females.
- In 2023, the age-adjusted mortality rates with diabetes as the underlying cause of death were 22.4 per 100 000 for all US individuals, 20.1 per 100 000 for NH Asian males, and 13.7 per 100 000 for NH Asian females.

Sudden Cardiac Arrest (SCA) (ICD-10 I46.0, I46.1, I46.9, I49.0)

- In 2023, 266 NH Asian males and 184 NH Asian females died from an underlying cause of SCA. The age-adjusted mortality rates with SCA as the underlying cause of death were 4.3 per 100 000 for all US individuals, and 2.7 per 100 000 for NH Asian males, and 1.5 per 100 000 for NH Asian females.
- In 2023, 8869 NH Asian males and 8296 NH Asian females died with any-mention of SCA on the death certificate. The age-adjusted any-mention mortality rates for SCA were 90.2 per 100 000 for all US individuals, 92.7 per 100 000 for NH Asian males, and 65.0 per 100 000 for NH Asian females.

Heart Failure (HF) (ICD-10 I50)

- Using 2021 to 2023 data, the prevalence of HF in adults ≥ 20 years of age was 2.5% for all US adults, 1.3% for NH Asian males, and 0.9% for NH Asian females.
- In 2023, 869 NH Asian males and 975 NH Asian females died from an underlying cause of HF. The age-adjusted mortality rates with HF as the underlying cause of death were 21.6 per 100 000 for all US individuals, 9.6 per 100 000 for NH Asian males, and 7.6 per 100 000 NH Asian females.
- In 2023, 4564 NH Asian males and 4555 NH Asian females died with any-mention of HF on the death certificate. The age-adjusted any-mention mortality rates for HF were 99.6 per 100 000 for all US individuals, 49.4 per 100 000 for NH Asian males, and 35.6 per 100 000 for NH Asian females.

Fact sheets, infographics, and current/past Statistics Update publications can be downloaded from:

[Heart and Stroke Association Statistics](#) | [American Heart Association](#).

Many statistics in this fact sheet come from unpublished tabulations compiled for the Statistics Update document and can be cited using the document citation listed below. The data sources used for the tabulations are listed in the full document. Additionally, some statistics come from published studies. If you are citing any of the statistics in this fact sheet, please review the full Heart Disease and Stroke Statistics document to determine data sources and original citations.

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

Palaniappan LP, Allen NB, Almarzooq ZI, Anderson CAM, Arora P, Avery CL, Baker-Smith CM, Bansal N, Currie ME, Earlie RS, Fan W, Fetterman JL, Barone Gibbs B, Heard DG, Hiremath S, Hong H, Hyacinth HI, Ibeh C, Jiang T, Johansen MC, Kazi DS, Ko D, Kwan TW, Leppert MH, Li Y, Magnani JW, Martin KA, Martin SS, Michos ED, Mussolino ME, Ogungbe O, Parikh NI, Perez MV, Perman SM, Sarraju A, Shah NS, Springer MV, St-Onge M-P, Thacker EL, Tierney S, Uribut SM, Van Spall HGC, Voeks JH, Whelton SP, Wong SS, Zhao J, Khan SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Committee. 2026 Heart disease and stroke statistics: a report of US and global data from the American Heart Association. *Circulation*. Published online January 21, 2026

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