

'Bad' Cholesterol By Race

By American Heart Association News

Cholesterol levels vary by race and ethnicity, with higher levels of “bad” LDL cholesterol seen most often among Hispanic men and white women. Although the American Heart Association does not recommend specific cholesterol targets, the guidelines recognize “lower is better.” Research suggests the optimal LDL level is less than 100 mg/dL for otherwise healthy people.

What percentage of U.S. adults have LDL levels of 130 or higher?

MEN

White 29.3%

Black 29.9%

Hispanic 36.6%

Asian 29.2%

WOMEN

White 32.1%

Black 27.9%

Hispanic 28.7%

Asian 25%

Source: Heart Disease and Stroke Statistics—2018 Update: A Report From the American Heart Association.

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