American Indian/Alaska Natives & Cardiovascular Diseases*

Cardiovascular Disease (CVD) (ICD-9 390 to 459, ICD-10 I00 to I99.) & Coronary Heart Disease (CHD) (ICD-9 410 to 414, 429.2; ICD-10 I20 to I25 (includes MI ICD-10 I21 to I22))

- Among NH American Indians or Alaska Natives 18 years or older in 2015, 9.3% have coronary heart disease.
- In 2015, CVD caused 4,300 deaths among NH American Indians or Alaska Natives. CHD resulted in 2,044 deaths and myocardial infarction (MI) caused 624 deaths in this group.

Stroke (ICD-9 430 to 438; ICD-10 I60 to I69)

- 3.0% of NH American Indian/Alaska Natives, 18 years or older, have had a stroke in 2014.
- In 2015, 646 NH American Indian/Alaska Native, all ages, died from stroke.
- In 2014, the age-adjusted death rates for stroke in NH American Indian or Alaska Native males were 31.4 per 100,000 and 28.6 per 100,000 in females.

High Blood Pressure (HBP) (ICD-9 401 to 404, ICD-10 I10 to I15)

- 26.4% of NH American Indian/Alaska Native adults (≥18 years of age) had HBP in 2014.
- In 2015, 485 NH American Indian/Alaska Native (all ages) died from HBP.

Smoking

- In 2015 for age 18 years and older, 21.9% of American Indian/Alaska Native were current smokers.

Physical Inactivity

- In 2015, only 18.9% of American Indian/Alaska Native adults age 18 and older met the 2008 Federal Physical Activity (PA) Guidelines for both aerobic and strengthening activity.

* Due to inconsistencies in reporting, some statistics may be unreliable.

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**Diabetes Mellitus (DM) (ICD-9 250; ICD-10 E10 to E14)**

- In 2015, the overall death rate attributable to Diabetes Mellitus was 21.3 per 100,000. During this time, the rate was 50.6 per 100,000 for NH American Indian/Alaska Native males and 40.2 for NH American Indian/Alaska Native females.
- In 2015, 1,034 NH American Indian/Alaska Natives died from DM.
- In study of American Indian adults living in Oklahoma, 25% of them had DM.

For additional information, charts and tables, see [Heart Disease & Stroke Statistics – 2018 Update](https://www.heart.org/statistics)

Additional charts may be downloaded directly from the [online publication](https://www.heart.org) or [www.heart.org/statistics](http://www.heart.org).

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


If you have questions about statistics or any points made in the 2018 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](http://newsroom.heart.org/newsmedia/contacts).

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