Statistical Fact Sheet 2018 Update

Whites & Cardiovascular Diseases

**Cardiovascular Disease (CVD)** (ICD-9 390 to 459; ICD-10 I00 to 199)
- Among non-Hispanic (NH) white adults 37.7% of males and 35.1% of females have CVD.
- In 2015, CVD caused the deaths of 329,397 NH white males and 327,279 NH white females, in all age groups.
- The age-adjusted death rates per 100,000 population for CVD, CHD, and stroke in 2015 were 733.1. In the same period, the age-adjusted death rates for NH whites were 881.3 for males and 644.1 for females.

**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 whites age 20 and older, 7.7% of males and 5.3% of females have CHD. 4.0% of white males and 2.4% of white females have had a heart attack.
- In 2015 for all ages, CHD caused the deaths of 167,236 NH white males and 124,614 NH white females. Heart attack caused the deaths of 52,393 NH white males and 38,407 NH white females.
- In 2015, overall age-adjusted CHD death rate per 100,000 NH whites were 135.3 for males and 71.2 for females.
- Within 1 year after a first MI:
  - At 45 to 64 years of age, 3% of white males and 5% of white females will die.
  - At 65 to 74 years of age, 14% of white males and 18% of white females will die.
  - At > 75 years of age, 27% of white males and 29% of white 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, 11% of white males and 15% of white females.
  - At 65 to 74 years of age, 12% of white males and 17% of white females.
  - At > 75 years of age, 21% of white males and 20% of white females.

**Stroke** (ICD-9 430 to 438; ICD-10 I60 to I69)
- Among NH white adults, 2.2% of males and 2.8% of females have had a stroke.
- The estimated* stroke incidence of new and recurrent attacks is 325,000 for white males and 365,000 for white females. (*Estimates include other nonblack races.)
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**Stroke (cont'd)**

- In 2015 for all ages, stroke caused the deaths of 43,100 NH white males and 63,730 NH white females.
- The 2015 age-adjusted death rate for stroke was 37.6 per 100,000. Death rates for NH whites were 35.8 for males and 36.2 for females.

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

- Among NH whites age 20 and older, the following have HBP: 34.5% of males and 32.3% of females.
- In 2015 for all ages, HBP caused the deaths of 24,801 NH white males and 29,850 NH white females.
- The 2015 age-adjusted death rate from HBP was 21.0 per 100,000. Death rates (per 100,000) for NH whites were 20.2 for males and 16.9 for females.

**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 whites, mean total cholesterol is 156.5 mg/dL for boys and 159.6 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 whites, mean total cholesterol is 151.7 mg/dL for boys and 162.0 mg/dL for girls.
- Among NH white adults:
  - 37.0% of males and 43.4% of females have total blood cholesterol levels of 200 mg/dL or higher
  - 10.8% of males and 13.8% of females have levels of 240 mg/dL or higher
  - 29.3% of males and 32.1% of females have an LDL cholesterol of 130 mg/dL or higher
  - 28.4% of males and 10.3% of females have an HDL cholesterol less than 40 mg/dL

**Smoking**

- In 2015, the lifetime use of tobacco products in adolescents aged 12 to 17 years was highest in whites (19.9%), followed by American Indians or Alaskan Natives (19.6%), Hispanics or Latinos (14.5%), African Americans (13.8%), and Asians (7.7%).
- Among NH white adolescents aged 12 to 17 years in 2015, cigarette use in the past month was 5.4%.
- Among NH white adults aged ≥18 years in 2015, 16.6% were current smokers.
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Smoking (cont’d)

- In 2015, the lifetime use of tobacco products in adults aged ≥18 years was highest among American Indians or Alaskan Natives (75.9%) and whites (75.9%), followed by blacks (58.4%), Native Hawaiian or Other Pacific Islander (56.8%), Hispanics or Latinos (56.7%), and Asians (37.9%)
- During 2011 to 2012, the percentage of the US nonsmoking population with serum cotinine ≥0.05 ng/mL (which indicates exposure to secondhand smoke) was 40.6% for those 3 to 11 years of age, 33.8% for those 12 to 19 years of age, and 21.3% for those ≥20 years of age. The percentage was also higher for NH blacks (46.8%) than for NH whites (21.8%) and Mexican Americans (23.9%).

Physical Inactivity

In 2015:

- Nationwide, 14.3% of high school students reported that they did not participate in ≥ 60 minutes of any kind of physical activity on any 1 of the previous 7 days. Girls were more likely than boys to report this level of inactivity (17.5% versus 11.1%).
- The prevalence of high school students meeting activity recommendations on ≥5 days per week was higher among NH white boys (62.0%), NH black boys (52.2%), and Hispanic boys (53.5%) than NH white girls (43.5%), NH black girls (33.4%), and Hispanic girls (33.1%).
- The prevalence of using computers ≥3 hours per day, among high school students for activities other than school work (e.g., videogames or other computer games) was highest among NH black girls (48.4%), followed by Hispanic girls (47.4%), Hispanic boys (45.1%), NH black boys (41.2%), NH white boys (38.9%), and NH white girls (38.3%).
- The prevalence of watching television ≥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 NH white boys (21.4%), and girls (18.8%).
- In 2015, only 23.4% of NH whites age 18 and older met the 2008 Federal Aerobic and Strengthening Physical Activity Guidelines for Adults.
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Overweight and Obesity

- 32.1% of children age 2 to 19 in the United States are overweight or obese; 16.5% are obese. Among NH white children rates are 29.3% of boys and 28.0% of girls are overweight or obese. Of these, 14.0% of boys, and 14.7% of girls are obese.
- 69.4% of adults over age 20 in the United States are overweight or obese; 36.3% are obese. Among NH white adults 73.0% of males and 63.7% of females are overweight or obese. Of these, 33.6% of males, and 35.5% of females are obese.

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

- Among NH white adults:
  - 8.0% of males and 7.4% of females have physician diagnosed diabetes
  - 3.6% of males and 1.5% of females have undiagnosed diabetes
  - 39.6% in males and 29.2% in females have pre-diabetes
- In 2015, diabetes caused the deaths, all ages, of 29,813 NH white males and 23,777 NH white females.

For additional information, charts and tables, see Heart Disease & Stroke Statistics – 2018 Update

Additional charts may be downloaded directly from the online publication or www.heart.org/statistics

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. Please direct all media inquiries to News Media Relations at http://newsroom.heart.org/newsmedia/contacts.