

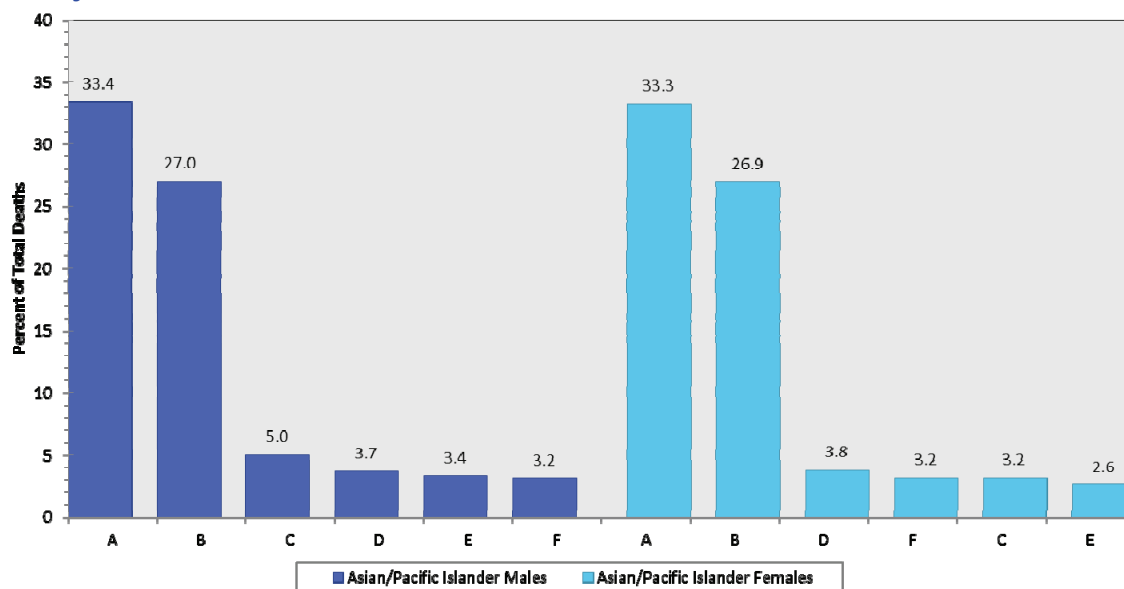
## Statistical Fact Sheet 2013 Update

### Asian & Pacific Islanders and Cardiovascular Diseases

#### Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28) (ICD/9 codes 390-459, 745-747) & Coronary Heart Disease (CHD) (ICD/10 codes I20-I25) (ICD/9 codes 410-414, 429.2)

- The estimated prevalence of CHD in Asian & Pacific Islander adults is 4.3%, compared to 6.4% of the total population.
- In 2009, 16,419 deaths among Asians and Pacific Islanders were due to CVD; 7,752 due to CHD; and 2,462 due to myocardial infarction.

#### Major Causes of Death for Asian or Pacific Islander Males and Females, 2009



A indicates cardiovascular disease plus congenital cardiovascular disease (ICD-10 I00-I99, Q20-Q28); B, cancer (C00-C97); C, accidents (V01-X59, Y85-Y86); D, diabetes mellitus (E10-E14); E, chronic lower respiratory disease (J40-J47); F, influenza and pneumonia (J09-J18). Source: NCHS.

#### Stroke (ICD/10 codes I60-I69) (ICD/9 codes 430-438)

- Among Asians and Pacific Islanders adults, 2.7% have had a stroke.
- In 2009, 3,639 Asians and Pacific Islanders died from stroke.
- In 2002, death certificate data showed that the mean age at stroke death was 79.6 years; however, blacks, American Indian/Alaska Natives, and Asian/Pacific Islanders had younger mean ages than whites.

#### High Blood Pressure (ICD/10 codes I10-I15) (ICD/9 codes 401-404)

- 18.7% of Asians have high blood pressure, which led to 1,871 deaths among Asians in 2009.

#### Smoking

- 9.6% of Asian adults are current smokers.
- In 2004 to 2006 data, most Asian adults had never smoked, with rates from 65% of Korean adults to 84% of Chinese adults. Korean adults (22%) were  $\approx$ 2 to 3 times as likely to be current smokers as were Japanese (12%), Asian Indian (7%), or Chinese (7%) adults.
- In 2008 to 2010, among adults, Asian men (15.2%) and Hispanic men (17.3%) were less likely to be current cigarette smokers than non-Hispanic black men (23.7%), non-Hispanic white men (23.9%), and American Indian or Alaska Native men (24.6%). Similarly, in 2008 to 2010, Asian women (5.5%) and Hispanic women (9.6%) were less likely to be current cigarette smokers than non-Hispanic black women (17.6%), non-Hispanic white women (20.9%), and American Indian or Alaska Native women (20.7%).

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### Physical Inactivity

- In 2011, only 16.7% of Asian adults met the 2008 Federal Physical Activity Guidelines.

### Overweight and Obesity

- Among youths in 2011, 9.3% of Asian/Pacific Islander were obese, whereas American Indian/Alaskan Native youth have an obesity rate of 17.7%, 14.7% for Hispanics, 10.6% for non-Hispanic blacks, and 10.3% for non-Hispanic whites.
- Among adults 18 years and older in 2011, blacks (26.4%), American Indians or Alaska Natives (27.6%), and whites (36.6%) were less likely than Asians (56.7%) to be at a healthy weight. Also, blacks (38.9%) and American Indians or Alaska Natives (40.8%) were more likely to be obese than whites (27.2%) and Asians (9.3%).
- Most adults in Asian subgroups were at a healthy weight, with rates from 51% for Filipino adults to 68% for Chinese adults. Although the prevalence of obesity is low in Asian adults, Filipino adults (14%) were more than twice as likely to be obese as Asian Indian (6%), Vietnamese (5%), or Chinese (4%) adults.

### Diabetes Mellitus (DM) (ICD/10 codes E10-E14) (ICD/9 code 250)

- In 2009, 1,846 Asians died from DM.
- Children who develop type 2 DM are typically overweight or obese and have a family history of the disease. Most are American Indian, black, Asian, or Hispanic/Latino.
- Among youths 10 to 19 years of age, blacks (3.22 per 1000) and non-Hispanic whites (3.18 per 1000) had the highest rates of DM, followed by American Indians (2.28 per 1000), Hispanics (2.18 per 1000), and Asian/Pacific Islanders (1.34 per 1000).
- 2007 to 2009 national survey data for adults indicate that 7.1% of non-Hispanic whites, 8.4% of Asian Americans, 11.8% of Hispanics, and 12.6% of non-Hispanic blacks had diagnosed DM.
- The prevalence of DM was more than twice as high for Asian Indian adults (14%) compared with Chinese (6%) or Japanese adults (5%).
- Compared with non-Hispanic white adults, the risk of diagnosed DM was 18% higher among Asian Americans, 66% higher among Hispanics/Latinos, and 77% higher among non-Hispanic blacks.
- According to NHIS data from 1997 to 2008, the prevalence of DM was higher among Asian Americans (4.3% to 8.2%) than whites (3.8% to 6.0%), despite lower BMI levels (23.6 vs. 26.1) among Asians.

**For additional information, charts and tables, see**  
[Heart Disease & Stroke Statistics - 2013 Update.](#)

Additional charts may be downloaded directly from the online publication at:  
<http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0b013e31828124ad> Or at: [www.heart.org/statistics](http://www.heart.org/statistics)

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If you have questions about statistics or any points made in the 2013 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at [statistics@heart.org](mailto:statistics@heart.org).

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