Whites & Cardiovascular Diseases

Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28) (ICD/9 codes 390-459, 745-747)
- Among non-Hispanic whites adults 36.6% of men and 32.4% of women have CVD.
- In 2009, CVD caused the deaths of 329,565 white males and 343,955 white females.
- The 2009 overall death rate from CVD was 236.1. Death rates for whites were 281.4 for males and 190.4 for females.

Major Causes of Death for White Males and Females, 2009

Coronary Heart Disease (CHD) (ICD/10 codes I20-I25) (ICD/9 codes 410-414, 429.2)
- Among non-Hispanic whites age 20 and older, 8.2% of men and 4.6% of women have CHD. 4.4% of white men and 1.5% of white women have had a heart attack.
- In 2009, CHD caused the deaths of 183,453 white males and 152,785 white females. Heart attack caused the deaths of 60,316 white males and 48,802 white females.
- In 2009, overall CHD death rate was 116.1. Death rates for whites were 155.9 for males and 84.9 for females.

Angina Pectoris (ICD/10 code I20) (ICD/9 code 413)
- Among non-Hispanic whites age 20 and older, 3.3% of men and 2.8% of women have angina.
- The annual rates per 1,000 population of new episodes of angina for nonblack men are:
  — 28.3 for ages 65–74
  — 36.3 for ages 75–84
  — 33.0 for age 85 and older.
- For nonblack women the rates are:
  — 14.1 for ages 65–74
  — 20.0 for ages 75–84
  — 22.9 for age 85 and older.
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Stroke (ICD/10 codes I60-169) (ICD/9 codes 430-438)

- Among non-Hispanic whites age 20 and older, 2.4% of men and 2.9% of women 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.
- In 2009, stroke caused the deaths of 43,109 white males and 65,574 white females.
- The 2009 overall death rate for stroke was 38.9. Death rates for whites were 37.8 for males and 36.6 for females.

Age-Adjusted Death Rates for Coronary Heart Disease, Stroke, and Lung and Breast Cancer for White and Black Females, 2009

Source: NCHS.

Stroke (ICD/10 codes I60-169) (ICD/9 codes 430-438)

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

- Among non-Hispanic whites age 20 and older, the following have HBP: 33.4% of men and 30.7% of women.
- In 2009, HBP caused the deaths of 20,286 white males and 26,201 white females.
- The 2009 overall death rate from HBP was 18.5. Death rates for whites were 17.0 for males and 14.4 for females.

Age-Adjusted Prevalence Trends for High Blood Pressure in Americans Age 20 and Older by Race/Ethnicity, Sex and Survey Year

Smoking

- In 2011:
  - Non-Hispanic white students were more likely than Hispanic or non-Hispanic black students to report any current tobacco use, which includes cigarettes, cigars, or smokeless tobacco (26.5% compared with 20.5% for Hispanic students and 15.4% for non-Hispanic black students).
  - 49.9% of students in grades 9 to 12 who currently smoked cigarettes had tried to quit smoking cigarettes during the previous 12 months. The prevalence of this behavior was higher among female student smokers (53.9%) than among male student smokers (47.0%) and among white females (54.0%) and Hispanic females (55.9%) than among white males (46.3%) and Hispanic males (44.7%).
  - Among non-Hispanic white adults, 22.8% of males and 19.7% of females smoke cigarettes.

Physical Inactivity

- The prevalence of inactivity was highest among black (26.7%) and Hispanic (21.3%) girls, followed by white girls (13.7%), black boys (12.3%), Hispanic boys (10.7%), and white boys (8.5%).
- The prevalence of watching television ≥3 hours per day was highest among black girls (54.9%) and boys (54.4%), followed by Hispanic boys (38.4%) and girls (37.2%) and white boys (27.3%) and girls (23.9%).
- In 2011, only 23.0% of non-Hispanic white adults met the 2008 Federal Physical Activity Guidelines.

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Overweight and Obesity
- An estimated 31.8% of children age 2 to 19 are overweight or obese. Among non-Hispanic white children rates are 30.1% of boys and 25.6% of girls.
- Of these, 16.1% of white boys, and 11.7% of white girls are obese (BMI-for-age ≥ 95th percentile).
- An estimated 68.2% of Americans age 20 and older are overweight or obese. Among non-Hispanic white adults rates are 73.1% of men and 60.2% of women.
- Of these, 33.8% of white men, and 32.5% of white women are obese (BMI of 30.0 kg/m² and higher).

High Blood Cholesterol and Other Lipids
- Among children 4 to 11 years of age, the mean total cholesterol level is 161.9 mg/dL. For non-Hispanic whites, mean total cholesterol is 160.9 mg/dL for boys and 161.6 mg/dL for girls.
- Among adolescents 12 to 19 years of age, the mean total blood cholesterol level is 158.2 mg/dL. For non-Hispanic whites, mean total cholesterol is 156.8 mg/dL for boys and 161.1 mg/dL for girls.
- Among non-Hispanic white adults:
  ◦ 40.5% of men and 45.8% of women have total blood cholesterol levels of 200 mg/dL or higher
  ◦ 12.3% of men and 15.6% of women have levels of 240 mg/dL or higher
  ◦ 30.1% of men and 29.3% of women have an LDL cholesterol of 130 mg/dL or higher
  ◦ 33.1% of men and 12.4% of women have an HDL cholesterol less than 40 mg/dL.

Diabetes Mellitus (ICD/10 codes E10-E14) (ICD/9 code 250)
- In the total population age 20 and older:
  ◦ 8.3% have physician-diagnosed diabetes. Among non-Hispanic whites prevalence is 7.7% of men and 6.2% of women.
  ◦ 3.5% have undiagnosed diabetes. Among non-Hispanic whites prevalence is 4.5% of men and 1.8% of women.
  ◦ 38.2% have pre-diabetes. Among non-Hispanic whites prevalence is 47.7% of men and 30.0% of women.
  ◦ In 2009, diabetes caused the deaths of 28,205 white males and 25,908 white females.

For additional information, charts and tables, see Heart Disease & Stroke Statistics - 2013 Update.