

Statistical Fact Sheet

2015 Update

African Americans & Cardiovascular Diseases

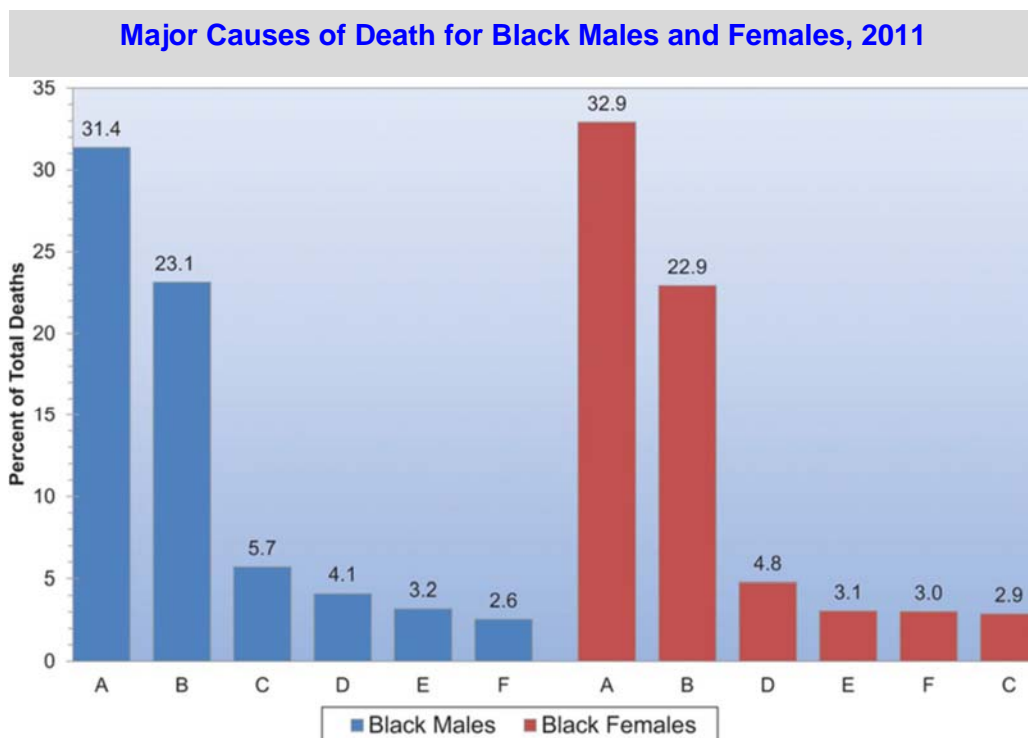
Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28) (ICD/9 codes 390-459, 745-747)

- Among non-Hispanic blacks age 20 and older, 46.0% of men and 48.3% of women have CVD.
- In 2011, CVD caused the deaths of 46,081 black males and 47,130 black females.
- The 2011 overall death rate from CVD was 229.6. Death rates for blacks were 352.4 for males and 248.6 for females.

Coronary Heart Disease (CHD) (ICD/10 codes I20-I25) (ICD/9 codes 410-414, 429.2)

- Among non-Hispanic blacks age 20 and older, 7.2% of men and 7.0% of women have CHD.
- Among non-Hispanic blacks age 20 and older, 3.4% of men and 2.2% of women have had a myocardial infarction.
- During 2005-2011, in the NHLBI-sponsored ARIC study, the average age-adjusted first MI or fatal CHD rates per 1000 population in participants 35 to 84 years of age, were as follows: white men, 3.7; black men, 5.9; white women, 2.1; and black women, 4.0.
- Each year, about 70,000 black males and 60,000 black females have an MI or fatal CHD event.

- In 2011, CHD caused the deaths of 20,693 black males and 18,760 black females. The overall CHD death rate was 109.2. Death rates for blacks were 161.5 for males and 99.7 for females.
- In 2011, myocardial infarction (heart attack) caused the deaths of 6,551 black males and 6,228 black females.
- Within 1 year after a first MI:
 - At 45 to 64 years of age, 14% of black men, and 9% of black women will die.
 - At ≥65 years of age, 25% of black men, and 30% of black women will die.



A indicates cardiovascular disease plus congenital cardiovascular disease (*International Classification of Diseases, 10th Revision* codes I00–I99 and Q20–Q28); B, cancer (C00–C97); C, accidents (V01–X59 and Y85–Y86); D, diabetes mellitus (E10–E14); E, chronic lower respiratory disease (J40–J47); and F, nephritis (N00–N07, N17–N19, and N25–N27). Source: National Center for Health Statistics.

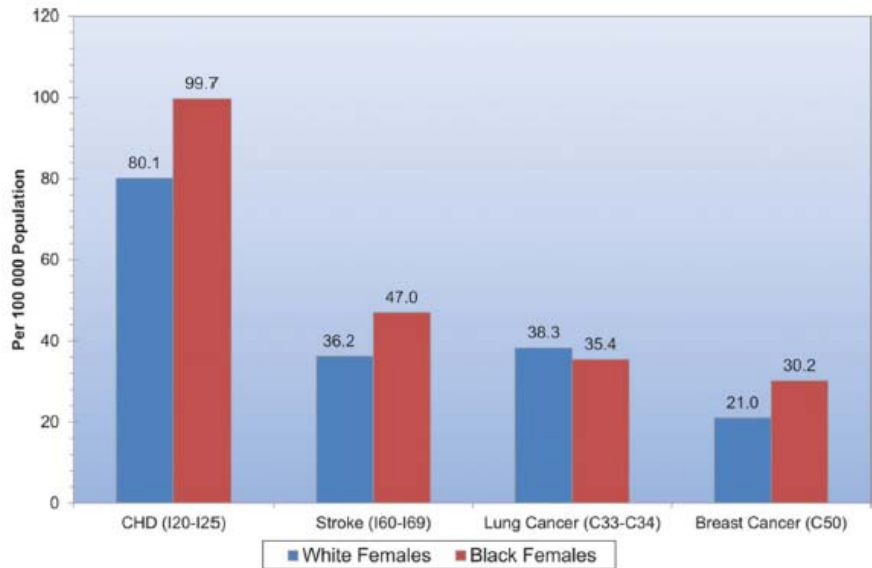
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- Of those who have a first MI, the percentage with a recurrent MI or fatal CHD within 5 years is as follows:
 - At 45 to 64 years of age, 22% of black men, and 28% of black women.
 - At ≥65 years of age, 33% of black men, and 26% of black women.

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

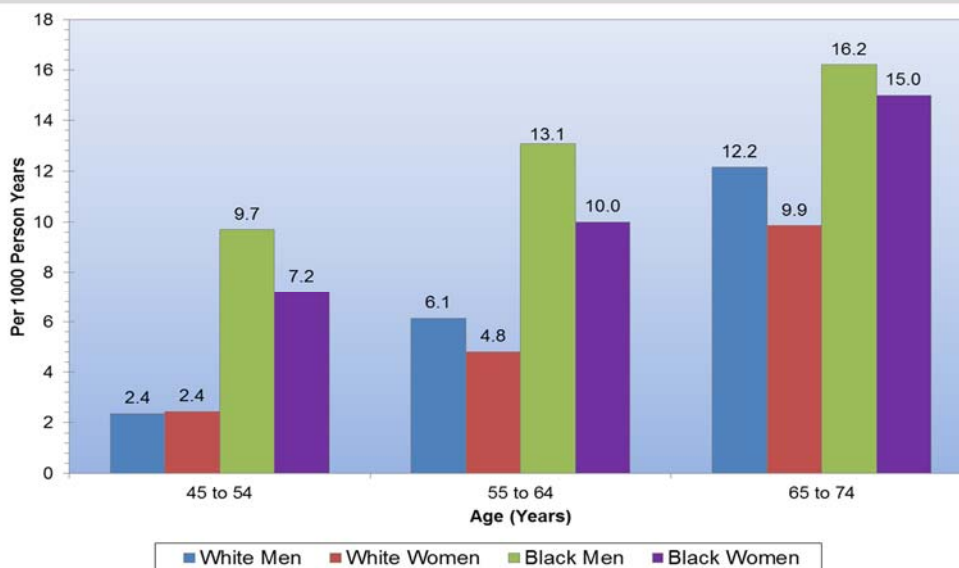
- Among non-Hispanic blacks age 20 and older, 4.2% of men and 4.7% of women have had a stroke.
- Blacks have a risk of first-ever stroke that is almost twice that of whites. The estimated stroke incidence of new and recurrent attacks is 45,000 for black males and 60,000 for black females.
- In 2011, stroke caused the deaths of 7,039 black males and 8,814 black females.
- The 2011, overall death rate for stroke was 37.9. Death rates for blacks were 55.3 for males and 47.0 for females.
- African Americans between the ages of 45 and 64 years are at 2 to 3 times the risk of stroke as whites. About 40% of the excess stroke risk in African Americans is due to traditional stroke risk factors, with levels of SBP accounting for approximately one half of this impact.

Age-Adjusted Death Rates for Coronary Heart Disease, Stroke, and Lung and Breast Cancer for White and Black Females, 2011



Source: National Center for Health Statistics.

Age-Adjusted Incidence of Stroke/Transient Ischemic Attack by Race and Sex, Ages 45–74, ARIC Cohort, 1987–2001



Data derived from NHLBI, Incidence and Prevalence Chart Book, 2006.

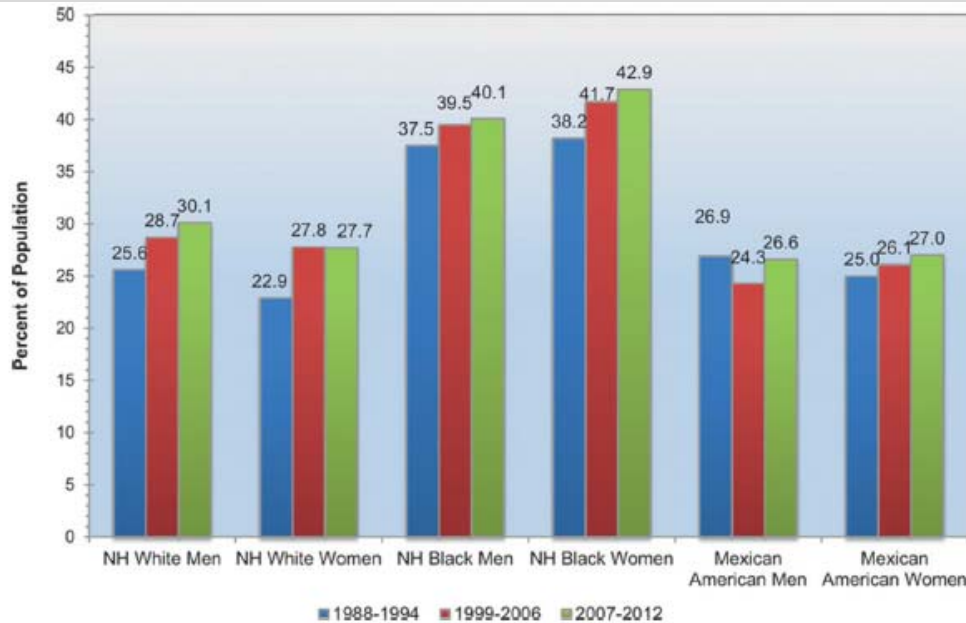
- For each 10 mm Hg increase in SBP, the increased stroke risk in whites is ≈8%; however, a similar 10 mm Hg increase in SBP in African Americans is associated with a 24% increase in stroke risk, an impact 3 times greater than in whites.

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

- Among non-Hispanic blacks age 20 and older, 44.9% of men and 46.1% of women have HBP (defined as systolic pressure of 140 mm Hg or higher or diastolic pressure of 90 mm Hg or higher, or

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Age-Adjusted Prevalence Trends for High Blood Pressure in Americans Age 20 and Older



NH indicates non-Hispanic. Source: NHANES: 1988-1994, 1999-2006, and 2007-2012; NCHS and NHLBI.

the mean total cholesterol level is 160.2 mg/dL. For non-Hispanic blacks, mean total cholesterol is 163.7 mg/dL for boys and 159.8 mg/dL for girls.

- Among adolescents 12 to 19 years of age, the mean total blood cholesterol level is 158.3 mg/dL. For non-Hispanic blacks, mean total cholesterol is 153.9 mg/dL for boys and 158.6 mg/dL for girls.
- Among non-Hispanic blacks age 20 and older:
 - ◇ 37.4% of men and 40.7% of women have total blood cholesterol levels of 200 mg/dL or higher.
 - ◇ 8.8% of men and 10.9% of women have levels of 240 mg/dL or higher.
 - ◇ 30.7% of men and 33.6% of women have an LDL cholesterol of 130 mg/dL or higher.
 - ◇ 20.0% of men and 10.3% of women have HDL cholesterol less than 40 mg/dL.

Smoking

In 2013:

- 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 (26.9% compared with 18.0% for Hispanic students and 14.3% for non-Hispanic black students).
- Six of 10 black student smokers (61.0%) tried to quit compared with 48.0% of white students and 42.4% of Hispanic students.
- Among black or African American adults, 21.1% of males and 15.0% of females smoke cigarettes.

Physical Inactivity

- The prevalence of inactivity was highest among black (27.3%) and Hispanic (20.3%) girls, followed by white girls (16.1%), black boys (15.2%), Hispanic boys (12.1%), and white boys (9.2%).
- The prevalence of using computers ≥ 3 hours per day was highest among black boys (51.9%) and black girls (46.6%), followed by Hispanic girls (44.8%), Hispanic boys (42.0%), white boys (39.1%), and white girls (35.6%).
- The prevalence of using computers or watching television ≥ 3 hours per day was highest among

taking antihypertensive medicine or being told twice by a physician or other professional that you have hypertension).

- In 2011, HBP caused the deaths of 6,610 black males and 6,783 black females.
- The 2011 overall death rate from HBP was 18.9. Death rates for blacks were 47.1 for males and 35.1 for females.

High Blood Cholesterol and Other Lipids

- Among children 6 to 11 years of age,

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black boys (51.9%) and black girls (46.6%), followed by Hispanic girls (44.8%), Hispanic boys (42.0%), white boys (39.1%), and white girls (35.6%).

- Only 17.7% of non-Hispanic blacks age 18 and older met the 2008 Federal Physical Activity Guidelines.

Overweight and Obesity

- 31.8% of children age 2 to 19 in the United States are overweight or obese; 16.9% are obese. Among non-Hispanic black children rates are 34.4% of boys and 36.1% of girls are overweight or obese. Of these, 19.9% of boys, and 20.5% of girls are obese.
- 68.5% of adults over age 20 in the United States are overweight or obese; 35.2% are obese. Among non-Hispanic black adults 69.4% of men and 81.9% of women are overweight or obese. Of these, 37.9% of men, and 57.5% of women are obese.

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

- Children who develop type 2 diabetes are typically overweight or obese and have a family history of the disease. Most are American Indian, black, Asian, or Hispanic/Latino.
- Among adolescents 10 to 19 years of age diagnosed with diabetes, 57.8% of blacks were diagnosed with type 2 versus type 1 DM compared with 46.1% of Hispanic and 14.9% of white youths.
- Among non-Hispanic black adults:
 - ◊ 13.8% of men and 14.6% of women have physician diagnosed diabetes
 - ◊ 4.8% of men and 2.3% of women have undiagnosed diabetes
 - ◊ 36.3% in men and 27.8% in women have pre-diabetes
- In 2011, diabetes caused the deaths of 6,058 black males and 6,847 black females.

For additional information, charts and tables, see
[Heart Disease & Stroke Statistics - 2015 Update.](#)

Additional charts may be downloaded directly from the online publication at:

<http://circ.ahajournals.org/content/131/4/e29.full.pdf+html> Or at: www.heart.org/statistics

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

Mozaffarian D, Benjamin EJ, Go AS, Arnett DK, Blaha MJ, Cushman M, de Ferranti S, Després J-P, Fullerton HJ, Howard VJ, Huffman MD, Judd SE, Kissela BM, Lackland DT, Lichtman JH, Lisabeth LD, Liu S, Mackey RH, Matchar DB, McGuire DK, Mohler ER 3rd, Moy CS, Muntner P, Mussolino ME, Nasir K, Neumar RW, Nichol G, Palaniappan L, Pandey DK, Reeves MJ, Rodriguez CJ, Sorlie PD, Stein J, Towfighi A, Turan TN, Virani SS, Willey JZ, Woo D, Yeh RW, Turner MB; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2015 update: a report from the American Heart Association. *Circulation*. 2015;131:e29–e322.

If you have questions about statistics or any points made in the 2015 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 inquiries@heart.org or 214-706-1173.