Hispanics/Latinos & Cardiovascular Diseases

Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28) (ICD/9 codes 390-459, 745-747)
- Among Hispanic adults age 20 and older, 48.3% of men and 32.4% of women have CVD.

Coronary Heart Disease (CHD) (ICD/10 codes I20-I25) (ICD/9 codes 410-414, 429.2)
- Among Hispanic age 20 and older:
  - 6.7% of men and 5.9% of women have CHD
  - 3.5% of men and 1.7% of women have had an myocardial infarction (heart attack)
  - 3.2% of men and 3.8% of women have angina.

Stroke (ICD/10 codes I60-I69) (ICD/9 codes 430-438)
- Among Hispanic adults, 2.8% of men and 2.0% of women have had a stroke.
- Men, blacks, and Mexican Americans have higher rates of TIA than their female and non-Hispanic white counterparts.
- Projections show that by 2030, an additional 3.4 million people aged ≥18 years will have had a stroke, a 20.5% increase in prevalence from 2012. The highest increase (29%) is projected to be in Hispanic men.
- Mexican Americans have higher cumulative incidence for ischemic stroke at younger ages but not at older ages.
- Mexican Americans have a higher incidence of intracerebral hemorrhage and subarachnoid hemorrhage than non-Hispanic whites.
- Spanish-speaking Hispanics are less likely to know all stroke symptoms than English-speaking Hispanics, non-Hispanic blacks, and non-Hispanic whites. Lack of English proficiency is strongly associated with lack of stroke knowledge among Hispanics.

High Blood Pressure (HBP) (ICD/10 codes I10-I15) (ICD/9 codes 401-404)
- Non-Hispanic blacks and Mexican Americans adolescents have a greater prevalence of HBP and pre-HBP than non-Hispanic whites, and the prevalence was greater in boys than in girls.
- 29.6% of Hispanic men have HBP; 29.9% of women.
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- In NHANES 2009–2012, among Mexican Americans rates of HBP awareness were 67.0% and 78.6% in females. 57.9% of men and 70.5% were undergoing treatment, and 35.0% of men and 47.0% of women had their HBP under control.
- Puerto Rican Americans had the highest hypertension-related death rate among all Hispanic sub-populations (154.0); Cuban Americans had the lowest (82.5).

High Blood Cholesterol and Other Lipids

- Among children 6 to 11 years of age, the mean total cholesterol level is 160.2 mg/dL. For Hispanics, 160.5 mg/dL for boys and 161.2 mg/dL for girls.
- Among adolescents 12 to 19 years of age, the mean total blood cholesterol level is 158.3 mg/dL. For Hispanics, 157.0 mg/dL for boys and 160.4 mg/dL for girls.
- Among Hispanics age 20 and older:
  - 46.2% of men and 43.4% of women have total blood cholesterol levels of 200 mg/dL or higher.
  - 14.8% of men and 13.7% of women have levels of 240 mg/dL or higher.
  - 38.8% of men and 31.8% of women have an LDL cholesterol of 130 mg/dL or higher.
  - 33.8% of men and 12.8% 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 Hispanic or Latino adults, 16.6% of men and 6.7% of women smoke cigarettes.
- Asian men (14.7%) and Hispanic men (16.6%) were less likely to be current cigarette smokers than non-Hispanic white men (21.7%), non-Hispanic black men (21.1%), and American Indian or Alaska Native men (25.7%) on the basis of age-adjusted estimates (NHIS). Similarly, Asian women (4.8%) and Hispanic women (6.7%) were less likely to be current cigarette smokers than non-Hispanic black women (15.0%), non-Hispanic white women (18.7%), and American Indian or Alaska Native women (16.7%).

Physical Inactivity

In 2013:

- 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 watching television ≥3 hours per day was highest among black boys (55.3%)
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and girls (52.2%), followed by Hispanic girls (39.0%) and boys (36.5%) and white boys (25.7%) and girls (24.3%).

- Self-reported rates of students who met activity recommendations of ≥60 minutes of PA on 7 days of the week were higher in Hispanic (53.3%) than in white (52.4%) or black (48.8%) adolescents.
- In 2013, only 16.6% of Hispanic or Latinos 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 Hispanic children rates are 40.7% of boys and 37.0% of girls are overweight or obese. Of these, 24.1% of boys, and 20.6% of girls are obese.
- 68.5% of adults over age 20 in the United States are overweight or obese; 35.2% are obese. Among Hispanic adults 80.1% of men and 76.3% of women are overweight or obese. Of these, 38.4% of men, and 42.9% 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 DM, 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 Hispanic adults:
  - 12.5% of men and 11.8% of women have physician diagnosed diabetes
  - 6.8% of men and 5.0% of women have undiagnosed diabetes
  - 43.0% in men and 26.0% in women have pre-diabetes