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 36.1% of men and 31.9% of women have CVD.
- In 2011, CVD caused the deaths of 331,751 white males and 340,803 white females.
- The 2011 overall death rate from CVD was 229.6. Death rates for whites were 271.9 for males and 188.1 for females.

Coronary Heart Disease (CHD) (ICD/10 codes I20-I25) (ICD/9 codes 410-414, 429.2)
- Among non-Hispanic whites age 20 and older, 7.8% of men and 4.6% of women have CHD. 4.1% of white men and 1.8% of white women have had a heart attack.
- In 2011, CHD caused the deaths of 180,658 white males and 145,443 white females. Heart attack caused the deaths of 58,447 white males and 45,576 white females.
- In 2011, overall CHD death rate was 109.2. Death rates for whites were 146.5 for males and 80.1 for females.
- Within 1 year after a first MI:
  — At 45 to 64 years of age, 5% of white men, 8% of white women will die.
  — At ≥65 years of age, 25% of white men, 30% of white women 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, 14% of white men, 18% of white women.
  —At ≥65 years of age, 21% of white men and women.

Stroke (ICD/10 codes I60-I69) (ICD/9 codes 430-438)
- Among non-Hispanic white adults, 2.2% of men and 2.5% of women have had a stroke.
- The estimated stroke incidence of new and recurrent attacks is 325,000 for white males and
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365,000 for white females.
- In 2011, stroke caused the deaths of 43,464 white males and 65,278 white females.
- The 2011 overall death rate for stroke was 37.9. Death rates for whites were 36.2 for males and 36.2 for females.

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: 32.9% of men and 30.1% of women.
- In 2011, HBP caused the deaths of 21,830 white males and 27,907 white females.
- The 2011 overall death rate from HBP was 18.9. Death rates for whites were 17.6 for males and 15.2 for females.

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 non-Hispanic whites, mean total cholesterol is 158.6 mg/dL for boys and 158.2 mg/dL for girls.
- Among adolescents 12 to 19 years of age, the mean total blood cholesterol level is 158.3 mg/dL. For non-Hispanic whites, mean total cholesterol is 155.2 mg/dL for boys and 163.2 mg/dL for girls.

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- Among non-Hispanic white adults:
  1. 39.9% of men and 45.9% of women have total blood cholesterol levels of 200 mg/dL or higher
  2. 11.5% of men and 15.3% of women have levels of 240 mg/dL or higher
  3. 29.4% of men and 32.0% of women have an LDL cholesterol of 130 mg/dL or higher
  4. 28.7% of men and 10.2% of women have an 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 non-Hispanic white adults, 21.7% of males and 18.7% 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 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 22.7% of non-Hispanic whites 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 white children rates are 27.8% of boys and 29.2% of girls are overweight or obese. Of these, 12.6% of boys, and 15.6% of girls are obese.
- 68.5% of adults over age 20 in the United States are overweight or obese; 35.2% are obese. Among non-Hispanic white adults 72.7% of men and 61.2% of women are overweight or obese. Of these, 34.2% of men, and 32.5% of women are obese.
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- Among adolescents 12 to 19 years of age, the mean total blood cholesterol level is 158.3 mg/dL. For non-Hispanic whites, mean total cholesterol is 155.2 mg/dL for boys and 163.2 mg/dL for girls.
- Among non-Hispanic white adults:
  - 39.9% of men and 45.9% of women have total blood cholesterol levels of 200 mg/dL or higher.
  - 11.5% of men and 15.3% of women have levels of 240 mg/dL or higher.
  - 29.4% of men and 32.0% of women have an LDL cholesterol of 130 mg/dL or higher.
  - 28.7% of men and 10.2% of women have an HDL cholesterol less than 40 mg/dL.

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

- Among non-Hispanic white adults:
  - 7.6% of men and 6.1% of women have physician diagnosed diabetes.
  - 4.0% of men and 1.7% of women have undiagnosed diabetes.
  - 43.0% in men and 28.9% in women have pre-diabetes.
- In 2011, diabetes caused the deaths of 30,783 white males and 27,191 white females.

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 followed:

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.