

Statistical Fact Sheet

2015 Update

Whites & Cardiovascular Diseases

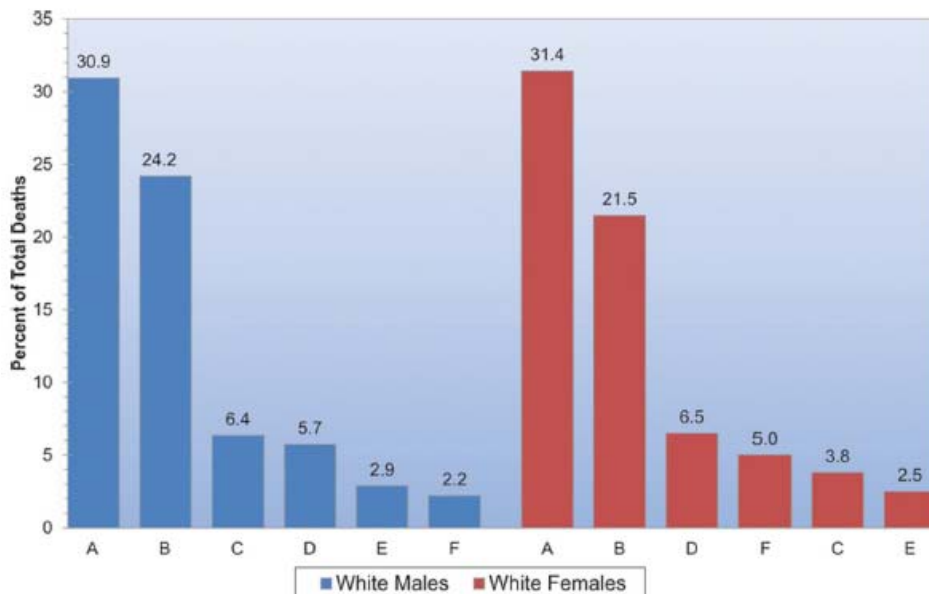
Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28) (ICD/9 codes 390-459, 745-747)

- 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.

Major Causes of Death for White Males and Females, 2011



A indicates cardiovascular disease plus congenital cardiovascular disease (ICD-10 I00-I99, Q20-Q28); B, cancer (ICD-10 C00-C97); C, accidents (ICD-10, V01-X59, Y85-Y86); D, chronic lower respiratory disease (ICD-10 J40-J47); E, diabetes mellitus (E10-E14); F, Alzheimer disease (ICD-10 G30). Source: NCHS.

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

Whites & CVD - 2015 Statistical Fact Sheet

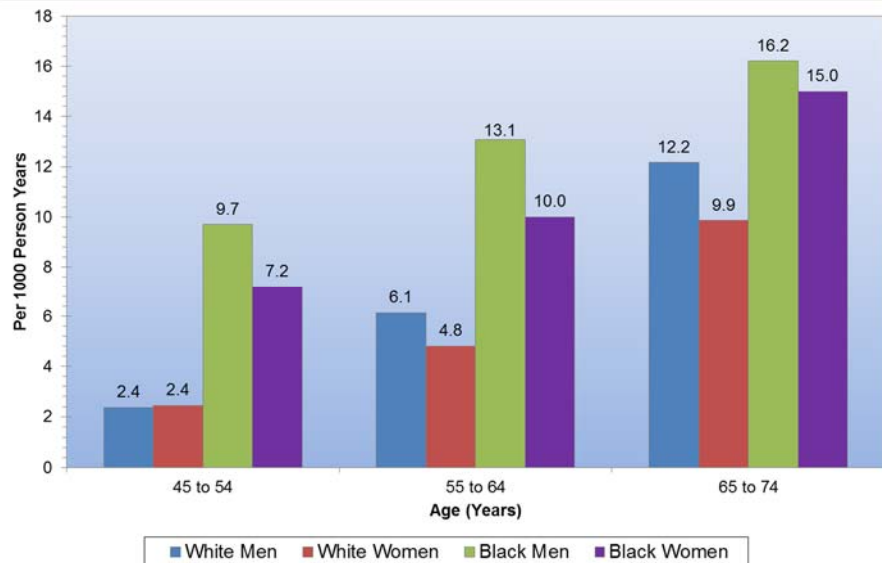
365,000 for white females.

- 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)

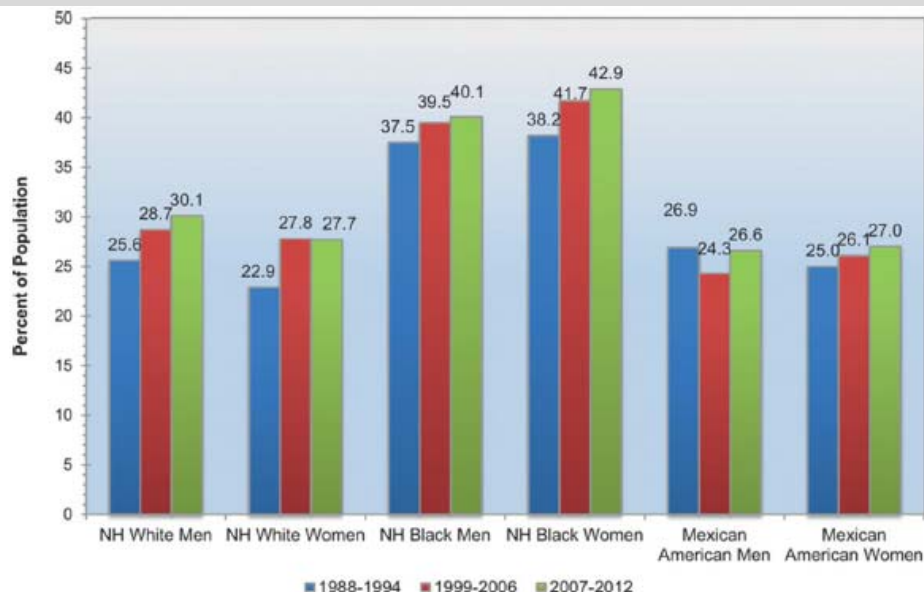
- Among non-Hispanic whites age 20 and older, the following have HBP: 32.9% of men and 30.1% of women.
- In 2011, HBP caused the deaths of 21,830 white males and 27,907 white females.
- The 2011 overall death rate from HBP was 18.9. Death rates for whites were 17.6 for males and 15.2 for females.

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



Data derived from National Heart, Lung, and Blood Institute, Incidence and Prevalence Chart Book, 2006.

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.

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.

Whites & CVD - 2015 Statistical Fact Sheet

- 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

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.

Whites & CVD - 2015 Statistical Fact Sheet

High Blood Cholesterol and Other Lipids

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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.

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.