Asian & Pacific Islanders and Cardiovascular Diseases

Cardiovascular Disease (CVD) (ICD 10 codes I00-I99, Q20-Q28) (ICD 9 codes 390-459, 745-747) & Coronary Heart Disease (CHD) (ICD 10 codes I20-I25) (ICD 9 codes 410-414, 429.2)
- Among Asians, 6.0% have heart disease and 3.3% have CHD.
- Among native Hawaiians or other Pacific Islanders, 19.1% have heart disease and 6.9% have CHD.
- In 2013, 18,819 deaths among Asians and Pacific Islanders were due to CVD; 8,477 due to CHD; and 2,616 due to myocardial infarction.
- Between 2007 and 2013, the CVD death rate decreased 15.0% in non-Hispanic Asian and Pacific Islanders.

CVD death rates

Stroke (ICD/10 codes I60-I69) (ICD 9 codes 430-438)
- Among Asians, 1.5% have had a stroke. Estimates for native Hawaiians or other Pacific Islanders is not reliable.
- In 2013, 4,147 Asians and Pacific Islanders died from stroke.
- Between 2007 and 2013, the stroke death rate decreased 19.6% in non-Hispanic Asian and Pacific Islanders.

Stroke death rates

High Blood Pressure (ICD 10 codes I10-I15) (ICD 9 codes 401-404)
- About 19.5% of Asians, 36.4% of native Hawaiians or other Pacific Islanders have hypertension, which led to 1,875 deaths in 2013.
- 65.2% of Asian adults with HBP take medication to lower BP.
- For a 45-year-old without hypertension, the 40-year risk for hypertension is 84.1% among Asians, compared to 92.7% among blacks, 92.4% among Hispanics, 86.0% among whites.

High Blood Pressure & Other Lipids
- Nearly 70% of adults (67% of men and nearly 72% of women) had been screened for cholesterol (defined as being told by a doctor their cholesterol was high and indicating they had their blood cholesterol checked <5 years ago) according to data from NHANES 2011 to 2012, which was unchanged since 2009 to 2010.
- Among non-Hispanic Asians, 70.8% have had their cholesterol checked (70.6% of men and 70.9% of women).
- The prevalence of low HDL-C was 5 times higher in non-Hispanic Asian men (24.5%) than in non-Hispanic Asian women (5.1%).
- Non-Hispanic Asian adults had consistently lower percentages of low HDL-C than Hispanic adults.
Smoking

- In 2014, among Asian adults, 13.8% of men and 5.5% of women smoke cigarettes.
- Among adults ≥18 years of age, Asian men (13.8%) and Hispanic men (13.8%) were less likely to be current cigarette smokers than American Indian or Alaska Native men (18.6%), non-Hispanic white men (19.9%), and non-Hispanic black men (21.4%), on the basis of age-adjusted estimates.
- Similarly, Asian women (5.5%) and Hispanic women (7.4%) were less likely to be current cigarette smokers than non-Hispanic black women (13.4%), non-Hispanic white women (18.3%), and American Indian or Alaska Native women (21.6%).

Physical Inactivity

- In 2014, only 17.0% of Asian adults met the 2008 Federal Physical Activity Guidelines.

Overweight and Obesity

- Among all children aged 2 to 19 years, the prevalence of obesity was lower for non-Hispanic Asian and non-Hispanic white children than for non-Hispanic black and Hispanic children.
- Among children age 2 to 5 years, 1.9% of Asian boys and 4.7% of Asian girls were obese. Among children age 6 to 11 years, 13.2% of Asian boys and 3.7% of Asian girls were obese. Among youths age 12 to 19 years, obesity was prevalent in 14.8% of Asian boys and 7.3 of Asian girls.
- Among adults 18 years and older in 2013, blacks (27.6%), American Indians or Alaska Natives (23.2%), and whites (35.8%) were less likely than Asians (57.4%) to be at a healthy weight. Blacks (36.3%) and American Indians or Alaska Natives (46.5%) were more likely to be obese than were whites (27.9%) and Asians (10.8%).

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

- In 2013, 2,271 Asian or Pacific Islanders died from DM.
- Children who develop type 2 DM are typically overweight or obese and have a family history of the disease. Most are American Indian, black, Asian, or Hispanic/Latino.
- 2010 to 2012 national survey data for people >20 years of age indicate that 9.0% of Asian Americans had diagnosed DM, compared with 7.6% of non-Hispanic whites, 12.8% of Hispanics, 13.2% of non-Hispanic blacks, and 15.9% of American Indians/Alaska Natives.

For additional information, charts and tables, see Heart Disease & Stroke Statistics - 2016 Update.