

Statistical Fact Sheet

2016 Update

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.

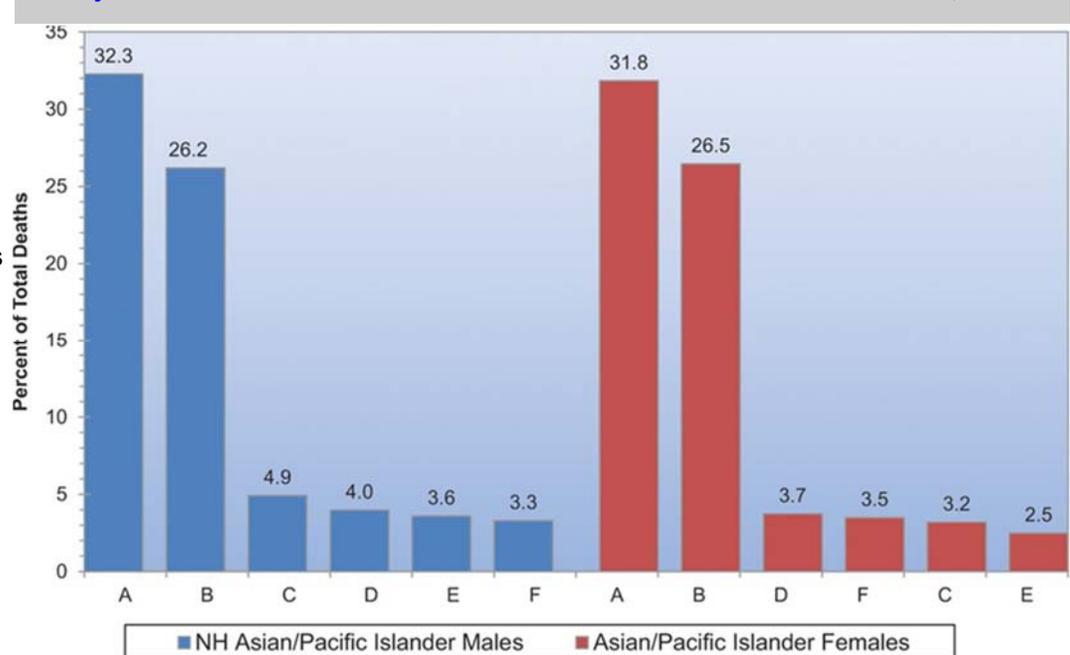
Stroke (ICD/10 codes I60-I69) (ICD 9 codes 430-438)

- 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.

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.

Major Causes of Death for Asian or Pacific Islander Males and Females, 2013



A indicates cardiovascular disease plus congenital cardiovascular disease (ICD-10 I00-I99, Q20-Q28); B, cancer (C00-C97); C, accidents (V01-X59, Y85-Y86); D, diabetes mellitus (E10-E14); E, chronic lower respiratory disease (J40-J47); F, influenza and pneumonia (J09-J18). Number of deaths shown may be lower than actual due to underreporting in this population. Source: National Center for Health Statistics.

High Blood Cholesterol & 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.

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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.](#)

Additional charts may be downloaded directly from the [online publication](#) 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, Das SR, de Ferranti S, Després J-P, Fullerton HJ, Howard VJ, Huffman MD, Isasi CR, Jiménez MC, Judd SE, Kissela BM, Lichtman JH, Lisabeth LD, Liu S, Mackey RH, Magid DJ, McGuire DK, Mohler ER III, Moy CS, Muntner P, Mussolino ME, Nasir K, Neumar RW, Nichol G, Palaniappan L, Pandey DK, Reeves MJ, Rodriguez CJ, Rosamond W, Sorlie PD, Stein J, Towfighi A, Turan TN, Virani SS, Woo D, Yeh RW, Turner MB; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2016 update: a report from the American Heart Association. *Circulation*. 2016; 133(4):e38-e360.

If you have questions about statistics or any points made in the 2016 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.