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.
- In 2013, CVD caused the deaths of 23,892 black males and 20,976 black females.

Coronary Heart Disease (CHD) (ICD/10 codes I20-I25) (ICD/9 codes 410-414, 429.2)
- Among Hispanics 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.
Hispanics/Latinos & CVD - 2016 Statistical Fact Sheet

**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, overall 14.2% have high total cholesterol:
  - 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.
- Among Hispanic adults, 59.3% have had their cholesterol checked (54.6% of men and 64.2% of women). The percentage of adults screened for cholesterol in the past 5 years was lower for Hispanic adults than for non-Hispanic white, non-Hispanic black, and non-Hispanic Asian adults.

**Smoking**

- 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).
- In 2014, among Hispanic or Latino adults, 13.8% of men and 7.4% 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 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%).
- In 2013, 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%).
- In 2013, the prevalence of watching television ≥3 hours per day was highest among black boys (55.3%) and girls (52.2%), followed by Hispanic girls (39.0%) and boys (36.5%) and white boys (25.7%) and girls (24.3%).
- In 2014, only 15.3% 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
- Minority groups remain disproportionately affected by DM. The prevalence of total DM (diagnosed DM or HbA1c ≥6.5%) in Mexican Americans was 35% higher than whites (11.6% versus 8.6%).

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