

Statistical Fact Sheet 2017 Update

Hispanics/Latinos & Cardiovascular Diseases

Cardiovascular Disease (CVD) (ICD/10 codes I00-I99) (ICD/9 codes 390-459)

- Among Hispanic adults age 20 and older, 2011-2014, 31.3% of males and 33.3% of females had CVD.
- In 2014, CVD caused the deaths of 24,875 Hispanic males and 21,571 Hispanic females.

Coronary Heart Disease (CHD) (ICD/10 codes I20-I25, includes MI ICD-10 I21 to I22) (ICD/9 codes 410-414, 429.2)

- Among Hispanics age 20 and older, 2011-2014:
 - 5.9% of males and 6.1% of females had CHD
 - 2.9% of males and 2.1% of females have had an myocardial infarction (heart attack)
 - 2.7% of males and 3.8% of females had angina.
- In 2014, CHD caused the deaths of 12,594 Hispanic males and 9,277 Hispanic females
- In 2014, myocardial infarction caused the deaths of 4,006 Hispanic males and 2,957 Hispanic females.

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

- Among Hispanic adults, in 2014, 2.0% of males and 2.6% of females 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 US adults 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.
- 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.

* Due to inconsistencies in reporting, some statistics may be unreliable.

Hispanics/Latinos & CVD - 2017 Statistical Fact Sheet

High Blood Pressure (HBP) (ICD/10 codes I10-I15) (ICD/9 codes 401-404)

- Among Hispanics age 20 and older, 2011-2014, 28.9% of the males and 30.7% of the females had HBP
- 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.
- In 2011-2012, having either HBP or borderline HBP was more common among boys than girls, non-Hispanic blacks were more likely to have either HBP or borderline HBP than Hispanic, non-Hispanic white, or non-Hispanic Asian boys or girls.
- In NHANES 2007–2014, among Mexican Americans rates of HBP awareness were 68.5% in males and 80.5% in females. 57.7% of males and 73.1 of females % were undergoing treatment, and 37.0% of males and 49.2% of females had their HBP under control.
- Mexican Americans have higher rates of uncontrolled HBP than non-Hispanic whites, based on NHANES 2007-2014 data.
- For a 45-year-old without hypertension, the 40-year risk for hypertension is 92.4% among Hispanics compared to 92.7% among blacks, 86.0% among whites and 84.1% among Asians.
- Among US adults with hypertension, Hispanics are more likely to lack health insurance, a personal doctor/healthcare provider and doctor visitation because of cost.

High Blood Cholesterol and Other Lipids

- Among children 6 to 11 years of age, the mean total blood cholesterol (TC) level is 158.9 mg/dL. For Hispanics, 159.5 mg/dL for boys and 156.9 mg/dL for girls
- Among adolescents 12 to 19 years of age, the mean TC level is 156.7 mg/dL. For Hispanics, 154.7 mg/dL for boys and 160.5 mg/dL for girls
- Among Hispanics age 20 and older, overall 13.1% have high TC:
 - 43.1% of males and 41.2% of females have TC levels of 200 mg/dL or higher.
 - 13.6% of males and 12.5% of females have TC levels of 240 mg/dL or higher.
 - 36.6% of males and 28.7% of females have an LDL cholesterol of 130 mg/dL or higher.
 - 30.7% of males and 11.8% of females have HDL cholesterol less than 40 mg/dL.
- Among Hispanic adults, 59.3% have had their cholesterol checked (54.6% of males and 64.2% of females). 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.

* Due to inconsistencies in reporting, some statistics may be unreliable.

Hispanics/Latinos & CVD - 2017 Statistical Fact Sheet

Smoking

- White adolescents (9.1%) were more likely than Hispanic (5.0%), black or African American (4.0%), or Asian (1.9%) adolescents 12 to 17 years of age to report any tobacco use, which included cigarettes, cigars, and smokeless tobacco.
- In 2015, among Hispanic or Latino adults, 12.7% of males and 7.0% of females smoke cigarettes.
- Among adults ≥18 years of age, non-Hispanic (NH) Asian males (13.4%) and Hispanic males (14.3%) were less likely to be current cigarette smokers than NH American Indian or Alaska Native males (25.6%), NH white males (19.8%), and NH black males (20.9%), on the basis of age-adjusted rates.
- Similarly, NH Asian females (4.1%) and Hispanic females (7.1%) were less likely to be current cigarette smokers than NH black females (13.8%), NH white females (17.9%), and NH American Indian or Alaska Native females (24.8%).

Physical Inactivity

- In 2015, the prevalence of inactivity was highest among non-Hispanic (NH) black girls (25.2%) and Hispanic (19.2%) girls, followed by NH black boys (16.2%), NH white girls (14.3%), Hispanic boys (11.9%), and NH white boys (8.8%).
- In 2015, the prevalence of using computers ≥3 hours per day (for activities other than school work) was highest among NH black girls (48.4%), followed by Hispanic girls (47.4%), Hispanic boys (45.1%), NH black boys (41.2%), NH white boys (38.9%) and NH white girls (38.3%).
- In 2015, the prevalence of watching television ≥3 hours per day was highest among NH black girls (41.5%) and boys (37.0%), followed by Hispanic girls (29.2%) and boys (27.4%) and NH white boys (21.4%) and girls (18.8%).
- In 2015, 43.3% of Hispanic or Latinos age 18 and older met the 2008 Federal Physical Activity Guidelines.

Overweight and Obesity

- 33.4% of children and adolescents, age 2 to 19, are overweight or obese; 16.2% are overweight and 17.2% obese. Among Hispanic children and adolescent rates are 20.6% of boys, and 22.1% of girls are obese.
- 69.4% of adults over age 20 in the United States are overweight or obese; 36.3% are obese. Among Hispanic adults 79.6% of males and 77.1% of females are overweight or obese. Of these, 39.0% of males, and 45.7% of females are obese.

* Due to inconsistencies in reporting, some statistics may be unreliable.

Hispanics/Latinos & CVD - 2016 Statistical Fact Sheet

Diabetes Mellitus (DM) (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, with the rate among American Indian, black, Asian, and Hispanic/Latino children 3- to 8- fold higher than in non-Hispanic whites.
- 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:
 - 12.6% of males and 12.7% of females have physician diagnosed diabetes
 - 6.3% of males and 4.4% of females have undiagnosed diabetes
 - 45.9% in males and 25.0% in females have pre-diabetes
- Minority groups remain disproportionately affected by DM. The prevalence of total DM (diagnosed DM or HbA1c \geq 6.5%) in Mexican Americans was 35% higher than whites (11.6% versus 8.6%, respectively).

For additional information, charts and tables, see
[Heart Disease & Stroke Statistics - 2017 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:

Benjamin EJ, Blaha MJ, Chiuve SE, Cushman M, Das SR, Deo R, de Ferranti SD, Floyd J, Fornage M, Gillespie C, Isasi CR, Jimenez MC, Jordan LC, Judd SE, Lackland D, Lichtman JH, Lisabeth L, Liu S, Longenecker CT, Mackey RH, Matsushita K, Mozaffarian D, Mussolino ME, Nasir K, Neumar RW, Palaniappan L, Pandey DK, Thiagarajan RR, Reeves MJ, Ritchey M, Rodriguez CJ, Roth GA, Rosamond WD, Sasson C, Towfighi A, Tsao CW, Turner MB, Virani SS, Voeks JH, Willey JZ, Wilkins JT, Wu JHY, Alger HM, Wong SS, Muntner P; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2017 update: a report from the American Heart Association [published online ahead of print January 25, 2017]. *Circulation*. doi: 10.1161/CIR.0000000000000485.

If you have questions about statistics or any points made in the 2017 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 <http://newsroom.heart.org/newsmedia/contacts>.

* Due to inconsistencies in reporting, some statistics may be unreliable.