



American
Heart
Association.

2019 Heart Disease & Stroke Statistical Update Fact Sheet Asian/Pacific Islanders*

Cardiovascular Disease (CVD) (ICD-9 390 to 459; ICD-10 I00 to I99)

- Among non-Hispanic (NH) Asians age 20 and older between 2013 and 2016, 47.4% of males and 37.2% of females had CVD.
- In 2016, among NH Asians, CVD caused the deaths* of 11,023 males and 10,672 females.

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

- Among NH Asians age 20 and older using data from 2013 to 2016, 4.8% of males and 3.2% of females had CHD.
- Among NH Asians age 20 and older using data from 2013 to 2016, 2.4% of males and 1.0% of females previously had a myocardial infarction (heart attack).
- In 2016, among NH Asians, CHD caused the deaths* of 5,262 males and 3,827 females.
- In 2016, myocardial infarction caused the deaths* of 1,601 NH Asian males and 1,197 NH Asian and Pacific Islander females.

Stroke (ICD-9 430 to 438; ICD-10 I60 to I69)

- Among NH Asians between 2013 and 2016, age 20 and older, 1.1% of males and 1.6% of females previously had a stroke.
- In 2016, among NH Asians, stroke caused the deaths* of 2,268 males and 2,949 females.

High Blood Pressure (HBP) (ICD-9 401 to 404; ICD-10 I10 to I15)

- Among NH Asians age 20 and older between 2013 and 2016, 46.4% of males and 36.4% of females had HBP (defined as systolic pressure of 140 mm Hg or higher or diastolic pressure of 90 mm Hg or higher or taking antihypertensive medicine or being told twice by a physician or other professional that you have hypertension).
- In 2016, HBP caused the deaths* of 1,153 NH Asian males and 1,362 NH Asian females.
- In 2014, NH Asian adults were less likely (19.5%) to have been told on ≥ 2 occasions that they had HBP than NH blacks (33.0%), American Indian/Alaska Native adults (26.4%), white adults (23.5%), or Hispanic or Latino adults (22.9%).

High Blood Cholesterol & Other Lipids

- Between 2013 and 2016, among children 6 to 11 years of age, the mean total cholesterol level was 157.8 mg/dL. For NH Asians, mean total cholesterol was 160.1 mg/dL for boys and 161.5 mg/dL for girls.
- Between 2013 and 2016, among adolescents 12 to 19 years of age, the mean total blood cholesterol level was 154.4 mg/dL. For NH Asians, mean total cholesterol was 155.4 mg/dL for boys and 170.2 mg/dL for girls.

* Due to inconsistencies in reporting, some statistics may be unreliable.
Unless otherwise noted, all statistics in this Fact Sheet pertain to the United States.

High Blood Cholesterol & Other Lipids (continued)

- Among NH Asians between 2011 and 2012, 70.8% had their cholesterol checked (70.6% of males and 70.9% of females).
- Among NH Asians age 20 and older:
 - 38.7% of males and 39.6% of females had total blood cholesterol levels of 200 mg/dL or higher between 2013 and 2016.
 - 11.7% of males and 10.8% of females had levels of 240 mg/dL or higher between 2013 and 2016.
 - 29.2% of males and 25.0% of females had an LDL cholesterol of 130 mg/dL or higher between 2011 and 2014.
 - 25.9% of males and 7.9% of females had HDL cholesterol less than 40 mg/dL between 2013 and 2016.

Smoking

- In 2016, among NH Asian adults 18 years and older, 9% were current smokers.
- In 2015, lifetime use of tobacco products in adolescents, 12 to 17 years old, was lowest in Asians (7.7%), followed by African Americans (13.8%), Hispanics or Latinos (14.5%), American Indians or Alaskan Natives (19.6%), and whites (19.9%).

Physical Inactivity

- In 2016, only 17.0% of NH Asian adults met the 2008 Federal Aerobic and Strengthening Physical Activity Guidelines.

Overweight and Obesity

- Between 2011 and 2014, 32.1% of children age 2 to 19 in the United States were overweight or obese, with 15.6% overweight and 16.5% obese. Among NH Asian children, 11.4% of boys and 5.3% of girls were obese.
- Between 2011 and 2014, 69.4% of adults over age 20 in the United States were overweight or obese; 36.3% were obese. Among NH Asian adults 46.6% of males and 34.6% of females were overweight or obese. Of these, 11.2% of males, and 11.9% of females were obese.

Diabetes Mellitus (DM) (ICD-9 250; ICD-10 E10 to E14)

- Among youth, 19 years old or younger, the rate of type 1 DM increased by 1.4% annually (from 19.5 to 21.7 cases per 100,000 youths per year in 2003 to 2012). The increase was larger for males than females and for Hispanics and Asian or Pacific Islanders than for other ethnic groups.
- In youth, 19 years old or younger, the rate of type 2 DM increased by 7.1% annually (from 9.0 to 12.5 cases per 100,00 youths per year from 2003 to 2012). The annual increase was larger among females than males and among NH blacks, Hispanics, Asian or Pacific Islanders, and Native Americans compared with NH whites.
- Between 2013 and 2016, among NH Asian adults (≥20 years of age):
 - 12.8% of males and 9.9% of females had physician diagnosed diabetes
 - 6.1% of males and 2.1% of females had undiagnosed diabetes
 - 47.1% of males and 29.4% of females had pre-diabetes
- In 2016, among NH Asians and Pacific Islanders, DM caused the deaths* of 1,414 males and 1,283 females.

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For additional information, charts and tables, see
[Heart Disease & Stroke Statistics - 2019 Update](#)

Additional charts may be downloaded directly from
<https://www.ahajournals.org/doi/10.1161/CIR.0000000000000659> or
<https://www.heart.org/en/about-us/heart-and-stroke-association-statistics>

Many statistics in this Fact Sheet come from unpublished tabulations compiled for this document and can be cited using the document citation listed below. The data sources used for the tabulations are listed in the full document. Additionally, some statistics come from published studies. If you are citing any of the statistics in this factsheet, please review the full Heart Disease and Stroke Statistics document to determine data sources and original citations.

The American Heart Association requests that this document be cited as follows:

Benjamin EJ, Muntner P, Alonso A, Bittencourt MS, Callaway CW, Carson AP, Chamberlain AM, Chang AR, Cheng S, Das SR, Delling FN, Djousse L, Elkind MSV, Ferguson JF, Fornage M, Jordan LC, Khan SS, Kissela BM, Knutson KL, Kwan TW, Lackland DT, Lewis TT, Lichtman JH, Longenecker CT, Loop MS, Lutsey PL, Martin SS, Matsushita K, Moran AE, Mussolino ME, O'Flaherty M, Pandey A, Perak AM, Rosamond WD, Roth GA, Sampson UKA, Satou GM, Schroeder EB, Shah SH, Spartano NL, Stokes A, Tirschwell DL, Tsao CW, Turakhia MP, VanWagner LB, Wilkins JT, Wong SS, Virani SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics - 2019 update: a report from the American Heart Association [published online ahead of print January 31, 2019]. *Circulation*. doi: 10.1161/CIR.0000000000000659.

If you have questions about statistics or any points made in the 2019 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>.

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