



2019 Heart Disease & Stroke Statistical Update Fact Sheet Whites & Cardiovascular Diseases*

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

- Among non-Hispanic (NH) white adults between 2013 and 2016, 50.6% of males and 43.4% of females had CVD.
- In 2016, CVD caused the deaths of 332,556 NH white males and 322,328 NH white 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 whites age 20 and older between 2013 and 2016, 7.7% of males and 6.1% of females had CHD. 4.0% of NH white males and 2.2% of NH white females had a previous heart attack.
- In 2016 for all ages, CHD caused the deaths of 167,036 NH white males and 119,996 NH white females. Heart attack caused the deaths of 51,594 NH white males and 36,664 NH white females.
- In 2016, the overall age-adjusted CHD death rate per 100,000 was 132.3 for NH white males and 67.9 for NH white females.
- On the basis of pooled data from 1995-2012, within 1 year after a first MI:
 - At 45 to 64 years of age, 3% of white males and 5% of white females will die.
 - At 65 to 74 years of age, 14% of white males and 18% of white females will die.
 - At \geq 75 years of age, 27% of white males and 29% of white females will die.
- On the basis of pooled data from 1995-2012, of those who have a first MI, the percentage with a recurrent MI or fatal CHD within 5 years was as follows:
 - At 45 to 64 years of age, 11% of white males and 15% of white females.
 - At 65 to 74 years of age, 12% of white males and 17% of white females.
 - At > 75 years of age, 21% of white males and 20% of white females.

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

- Among NH white adults between 2013 and 2016, 2.4% of males and 2.5% of females had a previous stroke.
- In 2016 for all ages, stroke caused the deaths of 43,713 NH white males and 63,778 NH white females.
- The 2016 age-adjusted death rate for stroke as an underlying cause of death was 37.3 per 100,000. Death rates for NH whites were 35.7 for males and 35.8 for females.

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

- Among NH whites age 20 and older between 2013 and 2016, the following have HBP: 48.2% of males and 41.3% of females.
- In 2016 for all ages, HBP caused the deaths of 26,402 NH white males and 30,638 NH white females.
- The 2015 age-adjusted death rate from HBP was 21.6 per 100,000. Death rates (per 100,000) for NH whites were 21.1 for males and 17.3 for females.

* 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 and Other Lipids

- Among children 6 to 11 years of age between 2013 and 2016, the mean total cholesterol level was 157.8 mg/dL. For NH whites, mean total cholesterol was 157.1 mg/dL for boys and 159.1 mg/dL for girls.
- Among adolescents 12 to 19 years of age between 2013 and 2016, the mean total blood cholesterol level was 154.4 mg/dL. For NH whites, mean total cholesterol was 150.6mg/dL for boys and 157.2 mg/dL for girls.
- Among NH white adults:
 - 35.4% of males and 41.8% of females had total blood cholesterol levels of 200 mg/dL or higher according to 2013-2016 data.
 - 10.5% of males and 13.6% of females had levels of 240 mg/dL or higher according to 2013-2016 data.
 - 29.3% of males and 32.1% of females had an LDL cholesterol of 130 mg/dL or higher according to 2011-2014 data.
 - 29.7% of males and 9.3% of females had an HDL cholesterol less than 40 mg/dL according to 2013-2016 data.

Smoking

- In 2015, the lifetime use of tobacco products in adolescents aged 12 to 17 years was highest in whites (19.9%), followed by American Indians or Alaskan Natives (19.6%), Hispanics or Latinos (14.5%), African Americans (13.8%), and Asians (7.7%).
- Among NH white adolescents in 2015 aged 12 to 17 years in 2015, cigarette use in the past month was 5.4%.
- Among NH white adults aged ≥ 18 years in 2016, 16.6% were current smokers.
- In 2015, the lifetime use of tobacco products in adults aged ≥ 18 years was highest among American Indians or Alaskan Natives (75.9%) and whites (75.9%), followed by blacks (58.4%), Native Hawaiian or Other Pacific Islander (56.8%), Hispanics or Latinos (56.7%), and Asians (37.9%)
- During 2011 to 2012, the percentage of the US nonsmoking population with serum cotinine ≥ 0.05 ng/mL (which indicates exposure to secondhand smoke) was 40.6% for those 3 to 11 years of age, 33.8% for those 12 to 19 years of age, and 21.3% for those ≥ 20 years of age. The percentage was also higher for NH blacks (46.8%) than for NH whites (21.8%) and Mexican Americans (23.9%).

Physical Inactivity

In 2015:

- Nationwide in 2015, 14.3% of high school students reported that they did not participate in > 60 minutes of any kind of physical activity on any 1 of the previous 7 days. Girls were more likely than boys to report this level of inactivity (17.5% versus 11.1%).
- According to 2015 data, the prevalence of high school students meeting activity recommendations on ≥ 5 days per week was higher among NH white boys (62.0%), NH black boys (52.2%), and Hispanic boys (53.5%) than NH white girls (43.5%), NH black girls (33.4%), and Hispanic girls (33.1%).
- In 2015, the prevalence of using computers ≥ 3 hours per day, among high school students for activities other than school work (e.g., videogames or other computer games) 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%).

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Physical Inactivity (continued)

- According to 2015 data of students in grades 9 to 12, the prevalence of watching television ≥ 3 hours per day was highest among NH black girls (48.4%), followed by Hispanic girls (47.4%) and boys (45.1%), NH black boys (41.2%) and NH white boys (21.4%), and girls (18.8%).
- In 2016, only 22.5% of NH whites age 18 and older met the 2008 Federal Aerobic and Strengthening Physical Activity Guidelines for Adults.

Overweight and Obesity

- Between 2011 and 2014, 32.1% of children age 2 to 19 in the United States were overweight or obese; 16.5% were obese. Among NH white children, 29.3% of boys and 28.0% of girls were overweight or obese; 14.0% of boys and 14.7% 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 white adults, 73.0% of males and 63.7% of females were overweight or obese; 33.6% of males and 35.5% of females were obese.

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

- Among NH white adults between 2013 and 2016:
 - 9.4% of males and 7.3% of females had physician diagnosed diabetes
 - 4.7% of males and 2.6% of females had undiagnosed diabetes
 - 43.7% of males and 32.2% of females had prediabetes
- In 2016, diabetes caused the deaths, all ages, of 30,010 NH white males and 23,389 NH white 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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