



2025 Heart Disease & Stroke Statistical Update Fact Sheet Asian and Pacific Islander Race

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

- Among non-Hispanic (NH) Asian adults 20 years of age and older between 2017 and 2020, 51.5% of males and 38.5% of females had CVD, including coronary heart disease, heart failure, stroke, and hypertension in the definition.
- In 2022, among NH Asian adults, CVD caused the deaths of 14,106 males and 13,150 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 Asian adults 20 years of age and older using data from 2017 to 2020, 5.2% of males and 3.9% of females had CHD.
- Among NH Asian adults 20 years of age and older using data from 2017 to 2020, 2.8% of males and 0.5% of females previously had a myocardial infarction (heart attack).
- In 2022, among NH Asian adults, CHD caused the deaths of 6,538 males and 4,418 females.
- In 2022, myocardial infarction caused the deaths of 1,855 NH Asian males and 1,278 NH Asian females.

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

- Among NH Asian adults between 2017 and 2020, 20 years of age and older, 1.8% of males and 1.5% of females previously had a stroke.
- In 2022, among NH Asian individuals, stroke caused the deaths of 2,852 males and 3,630 females.

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

- Among NH Asian adults 20 years of age and older between 2017 and 2020, 50.2% of males and 37.6% 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 2022, HBP caused the deaths of 1,861 NH Asian males and 2,146 NH Asian females.
- The 2022 age-adjusted death rate attributable primarily to HBP was 20.7 per 100 000 in NH Asian males and 17.0 per 100,000 in females.

High Blood Cholesterol & Other Lipids

- Between 2017 and 2020, among children 6 to 11 years of age, the mean total cholesterol level was 157.4 mg/dL. For NH Asian children, mean total cholesterol was 169.6 mg/dL for males and 166.0 mg/dL for females.
- Between 2017 and 2020, among adolescents 12 to 19 years of age, the mean total blood cholesterol level was 154.8 mg/dL. For NH Asian adolescents, mean total cholesterol was 156.3 mg/dL for males and 161.0 mg/dL for females.
- From 2017 to 2018, the proportion of US adults with cholesterol levels screened in the preceding 5 years was 75.0% for NH Asian adults.

Unless otherwise noted, all statistics in this Fact Sheet pertain to the United States. Please refer to the complete Statistics Update for references and additional information for reported statistics.

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- Among NH Asian adults 20 years of age and older between 2017 and 2020:
 - 40.7% of males and 37.7% of females had total cholesterol levels of 200 mg/dL or higher between.
 - 13.0% of males and 8.7% of females had total cholesterol levels of 240 mg/dL or higher.
 - 31.5% of males and 25.3% of females had a low-density lipoprotein cholesterol of 130 mg/dL or higher.
 - 25.4% of males and 6.9% of females had high-density lipoprotein cholesterol less than 40 mg/dL.

Smoking

- In 2021, among NH Asian adults 18 years of age and older, 5.4% reported cigarette use every day or some days.
- In 2022, lifetime use of tobacco products in adolescents, 12 to 17 years old, was lowest in Asian (2.2%) adolescents, followed by Black (7.5%), Hispanic or Latino (8.0%), White (10.0%), and American Indian and Alaska Native (17.7%) adolescents.

Physical Activity (PA)

- According to 2022 data, the nationwide percentage of youth 6 to 17 years of age who were active for ≥60 minutes every day of the week was 18.9%. The percentage for NH Asian youth was 13.4%.

Overweight and Obesity

- Between 2017 and 2020, 19.7% of children 2 to 19 years of age in the United States were obese. Among NH Asian children, 9% were obese, including 13.1% of males and 5.2% of females.
- Between 2017 and 2020, 41.9% of adults 20 years of age and older in the United States were obese and 9.2% were extremely obese. Among NH Asian adults, 16.1% were obese, and 1.8% were extremely obese.

Diabetes (ICD-9 250; ICD-10 E10 to E11)

- Data from 2002 to 2018, shown the annual incidence of type 1 diabetes among youth younger than 20 years of age was 22.2 per 100 000 and that of type 2 diabetes was 17.9 per 100 000. This indicates the gap is closing between type 1 and type 2 diabetes, with type 2 diabetes in youth poised to possibly become more prevalent than type 1 diabetes in the future. For type 1 diabetes, the incidence rate per 100,000 was 9.4 for Asian or Pacific Islander youth and for type 2 diabetes, the incidence rate (per 100 000) was 16.6 for Asian or Pacific Islander youth.
- Between 2017 and 2020, among NH Asian adults (≥20 years of age):
 - 14.4% of males and 9.9% of females had physician diagnosed diabetes.
 - 5.4% of males and 5.2% of females had undiagnosed diabetes.
 - 51.6% of males and 40.2% of females had pre-diabetes.
- In 2022, among NH Asian individuals, diabetes caused the deaths of 1,982 males and 1,727 females.

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Many statistics in this fact sheet come from unpublished tabulations compiled for the Statistics Update 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 fact sheet, please review the full Heart Disease and Stroke Statistics document to determine data sources and original citations.

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

Martin SS, Aday AW, Allen NB, Almarzooq ZI, Anderson CAM, Arora P, Avery CL, Baker-Smith CM, Bansal N, Beaton AZ, Commodore-Mensah Y, Currie ME, Elkind MSV, Fan W, Generoso G, Gibbs BB, Heard DG, Hiremath S, Johansen MC, Kazi DS, Ko D, Leppert MH, Magnani JW, Michos ED, Mussolino ME, Parikh NI, Perman SM, Rezk-Hanna M, Roth GA, Shah NS, Springer MV, St-Onge M-P, Thacker EL, Urbut SM, Van Spall HGC, Voeks JH, Whelton SP, Wong ND, Wong SS, Yaffe K, Palaniappan LP; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Committee. 2025 Heart disease and stroke statistics: a report of US and global data from the American Heart Association. *Circulation*. Published online January 27, 2025.

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