



American  
Heart  
Association.

## 2025 Heart Disease & Stroke Statistical Update Fact Sheet Black Race & Cardiovascular Diseases

### Cardiovascular Disease (CVD) (ICD-9 390 to 459; ICD-10 I00 to I99. See Tables 14-1 through 14-4 and Charts 14-1 through 14-16)

- Based on 2017 to 2020 data, among non-Hispanic (NH) Black adults 20 years of age and older, 58.9% of males and 59.0% of females had CVD, including coronary heart disease, heart failure, stroke, and hypertension.
- In 2022 among all ages, CVD caused the deaths of 64,606 NH Black males, 58,860 NH Black females.

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

- According to 2017 to 2020 data, among NH Black adults 20 years of age and older, 6.2% of males and 6.3% of females had CHD.
- According to 2017 to 2020 data, among NH Black adults 20 years of age and older, 4.0% of males and 2.3% of females have had a myocardial infarction (heart attack).
- In 2022 among all ages, CHD caused the deaths of 24,839 Black males and 18,264 Black females.
- In 2022 among all ages, myocardial infarction caused the deaths of 6695 Black males and 5193 Black females.
- Within 1 year after a first MI, based on 1995 to 2012 data:
  - At 45 to 64 years of age, 9% of Black males, and 10% of Black females will die.
  - At 65 to 74 years of age, 22% of Black males, and 21% of Black females will die.
  - At  $\geq 75$  years of age, 19% of Black males, and 31% of Black females will die.
- Within 5 years after a first MI, based on 1995 to 2012 data:
  - At 45 to 64 years of age, 16% of Black males and 28% of Black females will die.
  - At 65 to 74 years of age, 33% of Black males and 44% of Black females will die.
  - At  $\geq 75$  years of age, 61% of Black males and 64% of Black females will die.
- Of those who have a first MI, the percentage with a recurrent MI or fatal CHD within 5 years is as follows, based on 1995 to 2012 data:
  - At 45 to 64 years of age, 22% of Black males and 32% of Black females.
  - At 65 to 74 years of age, 30% of Black males and 30% of Black females.
  - At  $\geq 75$  years of age, 45% of Black males and 20% of Black females.
- Based on 1995 to 2012 data, for those 45 years of age and older, the median survival time (in years) after a first MI was 7.0 for Black males, and 5.5 for Black females.
- In 2022, CHD age-adjusted death rates per 100,000 were 144 for NH Black males, and 75.8 for NH Black females.

### Stroke (ICD-9 430 to 438; ICD-10 I60 to I69. See Table 15-1 through 15-7 and Charts 15-1 through 15-15)

- According to 2017 to 2020 data, among NH Black adults 20 years of age and older, 4.8% of males and 5.4% of females have had a stroke.
- In 2005, Black individuals 20 to 54 years of age had a higher annual sex-adjusted incidence of first-ever ischemic stroke (128 per 100,000) than White individuals (48 per 100,000).

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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- In 2022 among all ages, stroke caused the deaths of 10,293 NH Black males and 12,363 NH Black females.
- The 2022 age-adjusted death rate for stroke was highest among NH Black individuals compared with other racial and ethnic groups. The death rate for stroke was 63.5 per 100,000 in NH Black males and 52.2 per 100,000 in NH Black females.

### High Blood Pressure (HBP) (Table 8-1. HBP in the United States; ICD-9 401 to 404; ICD-10 I10 to I15)

- According to 2017 to 2020 data, among NH Black adults 20 years of age and older, 57.5% of males and 58.4% of females had HBP (defined as systolic pressure of 130 mm Hg or higher or diastolic pressure of 80 mm Hg or higher or taking antihypertensive medicine or being told twice by a physician or other professional that you have hypertension).
- Based on 2018 data, Black adults were more likely (32.2%) to have been told on  $\geq 2$  occasions that they had HBP than American Indian/Alaska Native adults (27.2%), White adults (23.9%), Hispanic or Latino adults (23.7%), or Asian adults (21.9%).
- In 2022 among all ages, HBP caused the deaths of 11,665 NH Black males and 10,647 NH Black females.
- In 2022 the age-adjusted death rate from HBP was 31.5 per 100,000. HBP death rates (per 100,000) for NH Black individuals were 67.3 for males and 44.7 for females.

### High Blood Cholesterol

- According to 2017 to 2020 data, among children 6 to 11 years of age, the mean total cholesterol level was 157.4 mg/dL. Among NH Black children 6 to 11 years of age, the mean total cholesterol level was 159.3 mg/dL for males and 155.3 mg/dL for females.
- According to 2017 to 2020 data, among adolescents 12 to 19 years of age, the mean total blood cholesterol level was 154.8 mg/dL. For NH Black adolescents, mean total cholesterol was 153.1 mg/dL for males and 156.8 mg/dL for females.
- According to 2017 to 2018 data, among NH Black individuals, 70.7% had their cholesterol screened in the past 5 years.
- Among NH Black adults 20 years of age and older in 2017 to 2020:
  - 27.5% of males and 29.6% of females had total blood cholesterol levels of 200 mg/dL or higher.
  - 6.9% of males and 9.3% of females had total blood cholesterol levels of 240 mg/dL or higher.
  - 26.4% of males and 22.5% of females had low-density lipoprotein (LDL) cholesterol of 130 mg/dL or higher.
  - 15.3% of males and 7.9% of females had high-density lipoprotein (HDL) cholesterol less than 40 mg/dL.

### Smoking

- Using data from 2023, among middle and high school students, NH Black students were less likely than Hispanic or NH White students to report cigarette use in the past month.
- Among Black adults 18 years of age or older in 2021, 11.7% were current cigarette smokers, every day or some days.

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- During 2017 to 2018, the percentage of the US nonsmoking population with detectable serum cotinine (which indicates exposure to secondhand smoke) was higher for NH Black individuals (48.0%) than for NH White individuals (22.0%) and Mexican American individuals (16.6%).

### Physical Activity

- In 2022, according to parental report, the nationwide percentage of youth 0 to 17 years of age spending  $\geq 4$  h/d in front of a television, computer, cell phone, or other electronic device watching programs, playing games, accessing the internet, or using social media (not including schoolwork) on most weekdays was highest among NH Black children (32.4%), followed by Hispanic (24.5%) and Asian (21.5%) children.
- In 2020, 29.7% of NH Black males and 16.5% of NH Black females 18 years of age and older met both the Physical Activity Guidelines for Americans physical activity and muscle strengthening guidelines.

### Overweight and Obesity

- Based on data from 2017 to 2020, 19.7% of children 2 to 19 years of age in the United States were obese. For children and adolescents, obesity is defined as body mass index (BMI)  $\geq 95$ th percentile and severe obesity as BMI  $\geq 120\%$  of the 95th percentile. Among NH Black children, 18.8% of males and 30.8% of females were obese.
- Based on data from 2017 to 2020, 41.9% of adults 20 years of age and older in the United States were obese and 9.2% were severely obese, defined as a body mass index  $\geq 40$  kg/m<sup>2</sup>. Among NH Black adults 40.4% of males and 57.9% of females were obese, and 7.9% of males and 19.1% of females were severely obese.

### Diabetes (ICD-9 250; ICD-10 E10 to E11. See Tables 9-1 through 9-3 and Charts 9-1 through 9-9)

- Among US youth in 2002 to 2018 data, the incidence rate (per 100 000) of type 1 diabetes was 22.1 for Black youth, compared to 7.8 for American Indian youth, 9.4 for Asian or Pacific Islander youth, 17.7 for Hispanic youth, and 26.4 for White youth.
- Among US youth in 2002 to 2018 data, the incidence rate (per 100 000) of type 2 diabetes was 50.1 for Black youth, compared to 46.0 for American Indian youth, 16.6 for Asian or Pacific Islander youth, 25.8 for Hispanic youth, and 5.2 for White youth.
- Among NH Black adults between 2017 and 2020 20 years of age and older:
  - 11.8% of males and 13.3% of females had physician diagnosed diabetes.
  - 5.6% of males and 3.2% of females had undiagnosed diabetes.
  - 35.3% of males and 35.7% of females had prediabetes.
- In 2022, diabetes caused the deaths of 9371 NH Black males and 8583 NH Black females.

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Fact sheets, infographics, and current/past Statistics Update publications can be downloaded from:  
[Heart and Stroke Association Statistics](#) | [American Heart Association](#).

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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