



## **2025 Heart Disease & Stroke Statistical Update Fact Sheet Hispanic/Latino Race & Cardiovascular Diseases**

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

- Among US Hispanic adults 20 years of age and older from 2017 to 2020, 51.9% of males and 37.3% of females had CVD.
- In 2022 in the United States, CVD caused the deaths\* of 37,257 Hispanic males and 30,676 Hispanic females of all ages.

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

- Among US Hispanic adults 20 years of age and older, 2017 to 2020:
  - 6.8% of males and 6.1% of females had CHD.
  - 3.1% of males and 1.9% of females previously had a myocardial infarction (heart attack).
  - 3.6% of males and 4.3% of females had angina.
- In 2022, CHD caused the deaths\* of 16,840 US Hispanic males and 10,754 Hispanic females.
- In 2022, myocardial infarction caused the deaths\* of 4,664 US Hispanic males and 3,141 Hispanic females.

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

- Among US Hispanic adults, according to 2017 to 2020 data, 2.5% of males and 2.5% of females previously had a stroke.
- In 2022, stroke caused the deaths\* of 6,673 US Hispanic males and 7,551 Hispanic females.
- Projections show that by 2030, an additional 3.4 million US adults  $\geq 18$  years of age will have had a stroke, a 20.5% increase in prevalence from 2012. The highest increase (29%) is projected to be in White Hispanic males.

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

- Among US Hispanic adults 20 years of age and older from 2017 to 2020, 50.3% of males and 35.3% of females had high blood pressure (also known as hypertension).
- In 2022, hypertension caused the deaths\* of 5,132 US Hispanic males and 4,694 Hispanic females.
- In 2015 to 2016, hypertension was more common among Mexican American youth (16.9%) and NH Black youth (16.4%) compared with NH White youth (10.7%).
- In 2017 to 2020 among Mexican American adults, rates of high blood pressure awareness were 47.7% in males and 60.5% in females. 36.2% of males and 49.9% of Mexican American females were undergoing treatment, and 20.6% of males and 23.9% of females had their hypertension under control.

### **High Blood Cholesterol**

- Among US children 6 to 11 years of age between 2017 and 2020, the mean total blood cholesterol (TC) level was 157.4 mg/dL. For Hispanic children, TC was 156.5 mg/dL for males and 153.1 mg/dL for females.

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- Among adolescents 12 to 19 years of age in the United States between 2017 and 2020, the mean TC level was 154.8 mg/dL. For Hispanic adolescents, TC was 149.8 mg/dL for males and 154.9 mg/dL for females.
- Among US Hispanic adults 20 years of age and older between 2017 and 2020:
  - 32.8% of males and 33.6% of females had TC levels of 200 mg/dL or higher.
  - 9.3% of males and 10.0% of females had TC levels of 240 mg/dL or higher.
  - 23.7% of males and 27.5% of females had low-density lipoprotein cholesterol of 130 mg/dL or higher.
  - 29.5% of males and 11.8% of females had high-density lipoprotein cholesterol less than 40 mg/dL.
- Among US Hispanic adults, according to data from 2017 to 2018, 65.8% had their cholesterol checked the past 5 years. The percentage of adults screened for cholesterol in the past 5 years was lower for Hispanic adults than for NH White, NH Black, and NH Asian adults.

## Smoking

- According to 2021 data of US adults 18 years of age or older, NH Asian (5.4%) and Hispanic (7.7%) adults were less likely to report smoking every day or some days than NH Black (11.7%) and NH White (11.7%) adults.
- According to US data from 2022, the lifetime use of tobacco products among adults ≥18 years of age was highest in American Indian or Alaska Native adults (70.5%) and NH White adults (69.5%) followed by Hispanic or Latino (51.8%), NH Black (50.8%), and NH Asian (34.9%) adults.
- In 2023 among US middle and high school students, the prevalence of tobacco product use in the past month was 11.7% in Hispanic youth, compared with 9.5% in NH White youth, 9.3% in NH Black youth and 8% in American Indian or Alaska Native youth. Prevalence of past 30-day cigarette use was 2.1% among Hispanic youth.
- In 2022, the lifetime use of tobacco products among US adolescents 12 to 17 years old was highest among NH American Indians or Alaska Native (17.7%) adolescents, followed by NH White (10.0%), Hispanic or Latino (8.0%), NH Black (7.5%), and NH Asian (2.2%) adolescents.
- In 2014 to 2015, receipt of doctor's advice to quit among US adult smokers was significantly lower in NH Black (59.7%) and Hispanic (57.9%) individuals compared with NH White individuals (66.6%).

## Physical Activity

- Physical Activity Guidelines for Americans recommend that children and adolescents accumulate at least 60 minutes of physical activity daily, including aerobic and muscle- and bone-strengthening activity. According to 2022 data, the nationwide percentage of Hispanic youth, 6 to 17 years of age, who were active for ≥60 minutes every day of the week was 16.2%.
- According to 2022 data, the nationwide percentage of youth 0 to 17 years of age spending ≥4 h/d in front of a television, computer, cell phone, or other electronic device (not including schoolwork) on most weekdays was 22.0%. The percentage for Hispanic children was 24.5%.
- According to 2021 data, the nationwide percentage of Hispanic or Latino high school students who engaged in ≥60 minutes of PA on all 7 days of the week was 18.9%.
- Data from 2020 show that percentages of Hispanic adults 18 years and older meeting both aerobic and muscle-strengthening recommendations from the Physical Activity Guidelines for Americans were 23.5% for Hispanic men and 18% for Hispanic women.

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### Overweight and Obesity

- According to 2017 to 2020 US data, 26.2% of children and adolescents 2 to 19 years of age were obese. Among Hispanic children and adolescents, rates of obesity were 29.3% for males and 23.0% for females.
- Between 2017 and 2020, 41.9% of US adults over 20 years of age in the United States were obese. Among Hispanic adults, 45.2% of males and 45.7% of females were obese.

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

- Using 2017 to 2018 US data, the incidence of type 1 diabetes in youths less than 20 years of age was 22.2 per 100,000 and that of type 2 diabetes was 17.9 per 100,000, indicating 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 Hispanic youths, the incidence of type 1 diabetes was 17.7 per 100,000. The incidence of type 2 diabetes was 25.8 per 100,000 for Hispanic youths.
- Among US Hispanic adults 20 years of age or older between 2017 and 2020:
  - o 14.5% of males and 12.3% of females had physician diagnosed diabetes
  - o 5.3% of males and 4.5% of females had undiagnosed diabetes
  - o 50.7% of males and 41.3% of females had prediabetes

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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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