



2026 Heart Disease & Stroke Statistics Update Fact Sheet

Hispanic/Latino Ethnicity & Cardiovascular Diseases in the United States

Cardiovascular Disease (CVD) (ICD-10 I00 to I99)

- Among adults 20 years of age and older from 2021 to 2023, 48.9% of all US adults, 53.2% of US Hispanic males, and 38.6% of US Hispanic females had CVD.
- In 2023 in the United States, CVD caused the deaths of 36 512 Hispanic males and 30 067 Hispanic females of all ages.
- In 2023, the age-adjusted mortality rates for CVD as the underlying cause of death were 218.3 per 100 000 for all US individuals, 188.7 per 100 000 for Hispanic males, and 129.0 per 100 000 for Hispanic females.

Coronary Heart Disease (CHD) (ICD-10 I20 to I25 [includes Myocardial Infarction (MI) ICD-10 I21 to I22])

- Among adults 20 years of age and older, 2021 to 2023:
 - 5.2% of all US adults, 5.6% of Hispanic males, and 3.2% of Hispanic females had CHD.
 - 2.6% of all US adults, 3.0% of Hispanic males, and Hispanic 1.5% of females previously had a myocardial infarction (MI).
- In 2023, CHD caused the deaths of 16 095 US Hispanic males and 10 024 Hispanic females.
- In 2023, the age-adjusted mortality rates for CHD as the underlying cause of death were 82.2 per 100 000 for all US individuals, 81.9 per 100 000 for Hispanic males, and 42.9 per 100 000 for Hispanic females.
- In 2023, MI was the underlying cause of death for 4351 US Hispanic males and 2836 Hispanic females.
- In 2023, the age-adjusted mortality rates for MI as the underlying cause of death were 21.9 per 100 000 for all US individuals, 21.7 per 100 000 for Hispanic males, and 12.0 per 100 000 for Hispanic females.

Stroke (ICD-10 I60 to I69)

- Among adults 20 years of age and older, according to 2021 to 2023 data, 3.0% of all US adults, 3.5% of Hispanic males, and 3.8% of Hispanic females previously had a stroke.
- In 2023, stroke caused the deaths of 6564 US Hispanic males and 7514 Hispanic females.
- In 2023, the age-adjusted mortality rates for stroke as the underlying cause of death were 39.0 per 100 000 for all US individuals, 35.3 per 100 000 for Hispanic males, and 32.5 per 100 000 for Hispanic females.

Sudden Cardiac Arrest (SCA) (ICD-10 I46.0, I46.1, I46.9, I49.0)

- In 2023, SCA was the underlying cause of death for 660 Hispanic males and 470 Hispanic females. The age-adjusted mortality rates with SCA as the underlying cause of death were 4.3 per 100 000 for all US individuals, 3.2 per 100 000 for Hispanic males, and 1.9 per 100 000 for Hispanic females.

US Hispanic/Latino Ethnicity and CVD – 2026 Statistics Update Fact Sheet

- In 2023, 22 491 Hispanic males and 19 596 Hispanic females died with any-mention of SCA on the death certificate. The age-adjusted any-mention mortality rates for SCA was 90.2 per 100 000 for all US individuals, 113.1 per 100 000 for Hispanic males, and 81.2 per 100 000 for Hispanic females.

Heart Failure (HF) (ICD-10 I50)

- Using 2021 to 2023 data, in US adults ≥ 20 years of age, the prevalence of HF was 2.5% in all US adults, and 2.3% in Hispanic males and 2.2% in Hispanic females.
- In 2023, HF was the underlying cause of death for 2561 Hispanic males and 2652 Hispanic females. The age-adjusted mortality rates with HF as the underlying cause of death were 21.6 per 100 000 for all US individuals, 15.1 per 100 000 for Hispanic males, and 11.7 per 100 000 for Hispanic females.
- In 2023, 13 568 Hispanic males and 12 513 Hispanic females died with any-mention of HF on the death certificate. The age-adjusted any-mention mortality rates for HF were 99.6 per 100 000 for all US individuals, 76.9 per 100 000 for Hispanic males, and 54.2 per 100 000 for Hispanic females.

High Blood Pressure (HBP) (ICD-10 I10 to I15)

- Among adults 20 years of age and older from 2021 to 2023, 47.3% of all US adults, 51.5% of Hispanic males, and 37.3% of Hispanic females had HBP.
- In 2023, HBP caused the deaths of 5291 US Hispanic males and 4788 Hispanic females.
- The 2023 age-adjusted mortality rates with HBP as the underlying cause of death were 31.9 per 100 000 for all US individuals, 27.2 per 100 000 for Hispanic males, and 20.6 per 100 000 for Hispanic females.
- In 2021 to 2023 among Hispanic adults, rates of HBP awareness were 52.9% in males and 62.6% in females. 43.7% of Hispanic males and 55.2% of Hispanic females were undergoing treatment, and 17.6% of Hispanic males and 23.5% of Hispanic females had their HBP under control.

High Blood Cholesterol and Other Lipids

- Among US children 6 to 11 years of age between 2021 and 2023, the mean total blood cholesterol (TC) level was 158.3 mg/dL. For Hispanic children, TC was 158.8 mg/dL for males and 156.9 mg/dL for females.
- Among adolescents 12 to 19 years of age in the United States between 2021 and 2023, the mean TC level was 154.8 mg/dL. For Hispanic adolescents, TC was 152.1 mg/dL for males and 155.8 mg/dL for females.
- Among adults 20 years of age and older between 2021 and 2023:
 - 36.1% of all US adults, 36.7% of Hispanic males, and 33.9% of Hispanic females had TC levels of 200 mg/dL or higher.
 - 11.3% of all US adults, 11.9% of Hispanic males, and 9.1% of Hispanic females had TC levels of 240 mg/dL or higher.
 - 14.1% of all US adults, 20.8% of Hispanic males, and 9.7% of Hispanic females had high-density lipoprotein cholesterol less than 40 mg/dL.
- Among adults 20 years of age and older between 2017 and 2020:
 - 25.5% of all US adults, 23.7% of Hispanic males, and 27.5% of Hispanic females had low-density lipoprotein cholesterol of 130 mg/dL or higher.

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.

©2026 American Heart Association, Inc. All rights reserved. Unauthorized use prohibited.

US Hispanic/Latino Ethnicity and CVD – 2026 Statistics Update Fact Sheet

- 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.

Tobacco and Nicotine Use and Exposure

- 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 2024 among US middle and high school students, the prevalence of tobacco product use in the past month was 8.4% in Hispanic youths, compared with 7.8% in NH White youths, 10.0% in NH Black youths, 9.0% in NH multiracial youths, and 16.3% in American Indian or Alaska Native youths. Prevalence of past 30-day cigarette use was 1.6% among Hispanic youth, compared with 1.4% of NH White youths, and 2.1% of NH multiracial youths.
- 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.

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 and 2023 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 16.3%. Among all youths 6 to 17 years of age, 19.5% were active for ≥60 minutes every day of the week.
- According to 2022 and 2023 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 21.5%. The percentage for Hispanic children was 23.6%.
- According to 2021 to 2023 data, the percentage of US teens 12 to 17 years of age who engaged in strength training most or every day of the week was 36.3% for Hispanic teens and 35.6% for NH teens.

Overweight & Obesity

- 2021 to 2023 obesity data are included in the 2026 Statistics update, but the data had not yet been tabulated by race and ethnicity in published studies as of the writing of the 2026 Statistics Update.

Diabetes (ICD-10 E10 to E14)

- 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 the incidence 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 adults 20 years of age or older between 2021 and 2023:
 - 10.6% of all US adults, 11.7% of Hispanic males, and 14.3% of Hispanic females had physician diagnosed diabetes
 - 3.5% of all US adults, 4.2% of Hispanic males, and 4.1% of Hispanic females had undiagnosed diabetes
 - 37.2% of all US adults, 51.3% of Hispanic males, and 30.4% of Hispanic females had prediabetes
- In 2023, diabetes was the underlying cause of death for 6898 Hispanic males and 5164 Hispanic females in the United States.
- In 2023, the age-adjusted mortality rates with diabetes as the underlying cause of death were 22.4 per 100 000 for all US individuals, 32.4 per 100 000 for Hispanic males, and 20.9 per 100 000 for Hispanic females.

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:

Palaniappan LP, Allen NB, Almarzooq ZI, Anderson CAM, Arora P, Avery CL, Baker-Smith CM, Bansal N, Currie ME, Earlie RS, Fan W, Fetterman JL, Barone Gibbs B, Heard DG, Hiremath S, Hong H, Hyacinth HI, Ibeh C, Jiang T, Johansen MC, Kazi DS, Ko D, Kwan TW, Leppert MH, Li Y, Magnani JW, Martin KA, Martin SS, Michos ED, Mussolino ME, Ogungbe O, Parikh NI, Perez MV, Perman SM, Sarraju A, Shah NS, Springer MV, St-Onge M-P, Thacker EL, Tierney S, Urbut SM, Van Spall HGC, Voeks JH, Whelton SP, Wong SS, Zhao J, Khan SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Committee. 2026 Heart disease and stroke statistics: a report of US and global data from the American Heart Association. *Circulation*. Published online January 21, 2026.

Please direct all media inquiries to News Media Relations at <http://newsroom.heart.org/newsmedia/contacts>.