2020 Heart Disease & Stroke Statistical Update Fact Sheet
Hispanics/Latinos & Cardiovascular Diseases*

Cardiovascular Disease (CVD) (ICD-9 390 to 459; ICD/10 I00 to I99)
- Among Hispanic adults age 20 and older from 2013 to 2016, 49.0% of males and 42.6% of females had CVD.
- In 2017, CVD caused the deaths* of 29,366 Hispanic males and 25,309 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 Hispanics age 20 and older, 2013 to 2016:
  - 6.0% of males and 6.0% of females had CHD.
  - 3.4% of males and 2.0% of females previously had a myocardial infarction (heart attack).
  - 2.6% of males and 3.6% of females had angina.
- In 2017, CHD caused the deaths* of 14,195 Hispanic males and 10,041 Hispanic females.
- In 2017, myocardial infarction caused the deaths* of 4,437 Hispanic males and 3,113 Hispanic females.

Stroke (ICD-9 430 to 438; ICD-10 I60 to I69)
- Among Hispanic adults, according to 2013 to 2016 data, 2.0% of males and 2.2% of females previously had a stroke.
- In 2017, stroke caused the deaths* of 5,073 Hispanic males and 5,702 Hispanic females.
- Males, blacks, and Mexican Americans have higher rates of TIA than their female and non-Hispanic white counterparts.
- Projections show that by 2030, an additional 3.4 million US adults aged ≥18 years 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.
- Among stroke survivors in one 2014 single-center study, Hispanics scored lower on a test of stroke symptoms and the appropriate response to those symptoms than non-Hispanic (NH) whites (72.5% vs. 79.1% of responses correct) and were less often aware of tPA as a treatment for stroke (91.5% vs. 79.2%).

High Blood Pressure (HBP) (ICD-9 401 to 404; ICD-10 I10 to I15)
- Among Hispanics age 20 and older from 2013 to 2016, 47.4% of the males and 40.8% of the females had HBP.
- In 2017, HBP caused the deaths* of 3,478 Hispanic males and 3,282 Hispanic females.
- In 2011 to 2012, having either HBP or borderline HBP was more common among boys than girls, non-Hispanic blacks were more likely to have either HBP or borderline HBP than Hispanic, non-Hispanic white, or non-Hispanic Asian boys or girls. However, HBP was more common among Hispanics than among NH blacks, NH whites, and NH Asians.

* 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 Pressure (HBP) (continued)

- In 2011 to 2016 among Mexican American adults, rates of HBP awareness were 43.8% in males and 66.2% in females. 30.3% of males and 53.2% of females were undergoing treatment, and 11.6% of males and 27.0% of females had their HBP under control.

High Blood Cholesterol and Other Lipids

- Among children 6 to 11 years of age between 2013 and 2016, the mean total blood cholesterol (TC) level was 157.8 mg/dL. For Hispanics, TC was 158.7 mg/dL for males and 153.9 mg/dL for females.
- Among adolescents 12 to 19 years of age between 2013 and 2016, the mean TC level was 154.4 mg/dL. For Hispanics, TC was 152.7 mg/dL for males and 156.0 mg/dL for females.
- Among Hispanics age 20 and older between 2013 and 2016:
  - 39.9% of males and 38.9% of females had TC levels of 200 mg/dL or higher.
  - 13.0% of males and 10.1% of females had TC levels of 240 mg/dL or higher.
  - 33.5% of males and 23.8% of females had low-density lipoprotein (LDL) cholesterol of 130 mg/dL or higher.
  - 32.6% of males and 13.1% of females had high-density lipoprotein (HDL) cholesterol less than 40 mg/dL.
- Among Hispanic adults according to data from 2011 to 2012, 59.3% had their cholesterol checked (54.6% of males and 64.2% of females). 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

- In 2017, among adults 18 years of age or older, Asians (7.1%) and Hispanics (9.9%) were less likely to be current smokers than American Indians or Alaska Natives (24.0%), NH blacks (14.9%), and NH whites (15.2%).
- According to data from 2017, the lifetime use of tobacco products among adults ≥18 years of age was highest in American Indians or Alaska Natives (81.2%) and whites (75.2%), followed by Native Hawaiian or Other Pacific Islander (56.4%), Hispanics or Latinos (55.3%), blacks (54.8%), and Asians (39.1%).
- In 2018, the rate of cigarette use in the previous month for high school students was lower among NH black youth (3.2%) than Hispanic youth (7.2%) and NH white youth (9.9%).
- In 2017, the lifetime use of tobacco products among adolescents 12 to 17 years old was highest among American Indians and Alaska Natives (26.7%), followed by whites (17.9%), Hispanics or Latinos (12.3%), blacks (11.0%), and Asians (4.7%).
- In 2015, receiving advice to quit smoking was lower in uninsured smokers and varied by race, with a lower prevalence in Asian (34.2%), American Indian/Alaska Native (38.1%), and Hispanic (42.2%) smokers than in white smokers (60.2%).

Physical Inactivity

- In 2017, the prevalence of students in grades 9-12 that did not participate in ≥60 minutes of physical activity on any day in the past 7 days was highest among NH black girls (26.6%) and Hispanic (20.0%) girls, followed by NH white girls (16.7%), NH Black boys (12.7%), Hispanic boys (12.3%), and NH white boys (10.2%).
- In 2017, among students in grades 9-12, 33.3% of Hispanic boys and 18.1% of Hispanic girls were active at least 60 min/day on all 7 days.

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Physical Inactivity (continued)

- In 2017, the prevalence of using computers ≥3 hours per day (for activities other than school work) was highest among NH black boys (47.7%), followed by Hispanic girls (46.8%), NH black girls (46.7%), Hispanic boys (43.9%), NH white boys (41.7%), and NH white girls (39.6%).
- In 2017, the prevalence of watching television ≥3 hours per day was highest among NH black boys (37.8%) and girls (32.8%), followed by Hispanic boys (21.9%) and girls (19.5%) and NH white girls (18.4%) and boys (16.9%).
- In 2017, 18.7% of Hispanic or Latinos age 18 and older met both the 2018 Federal Aerobic and Strengthening Physical Activity Guidelines for Adults.
- In 2017, among Hispanic or Latino adults 18 and older, 48.7% of males and 41.0% of females met aerobic guidelines of the 2018 Federal Physical Activity Guidelines for Americans through moderate leisure-time activity or vigorous activity.

Overweight and Obesity

- According to 2013 to 2016 data, 34.2% of children and adolescents age 2 to 19 were overweight or obese, 16.4% were overweight, and 17.8% were obese. Among Hispanic children and adolescents, rates of obesity were 24.3% of boys and 22.9% of girls.
- Between 2013 and 2016, 69.9% of adults over age 20 in the United States were overweight or obese; 38.3% were obese. Among Hispanic adults 80.8% of males and 77.8% of females were overweight or obese; 40.1% of males and 48.4% of females were obese.

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

- Among US adolescents aged 12 to 19 years in 2005 to 2014, the prevalence of prediabetes was higher in NH blacks (21.0%) and Hispanics (22.9%) than in NH white participants (15.1%).
- In a multi-center study among youth 19 years old or younger in 2003 to 2012, the incidence of type 1 DM increased 1.4% annually with a larger increase for Hispanics and Asian or Pacific Islanders than for other ethnic groups. Also, the incidence of type 2 DM increased 7.1% annually with a larger increase among NH blacks, Hispanics, Asian or Pacific Islanders, and Native Americans compared with NH whites.
- Among Hispanic adults 20 years of age or older between 2013 and 2016:
  - 15.1% of males and 14.1% of females had physician diagnosed diabetes
  - 6.3% of males and 4.0% of females had undiagnosed diabetes
  - 48.1% of males and 31.7% of females had prediabetes
- According to 2007 to 2010 data, compared with NH whites, Mexican Americans were less likely to meet HbA1c and LDL-C goals.
- According to data from 2008 to 2011, DM prevalence ranged from 10.2% in South Americans, to 13.4% in Cubans, 17.7% in Central Americans, 18.0% in Dominicans and Puerto Ricans, and 18.3% in Mexicans.

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For additional information, charts and tables, see
Heart Disease & Stroke Statistics – 2020 Update

Additional charts may be downloaded directly from the online publication or www.heart.org/statistics

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

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