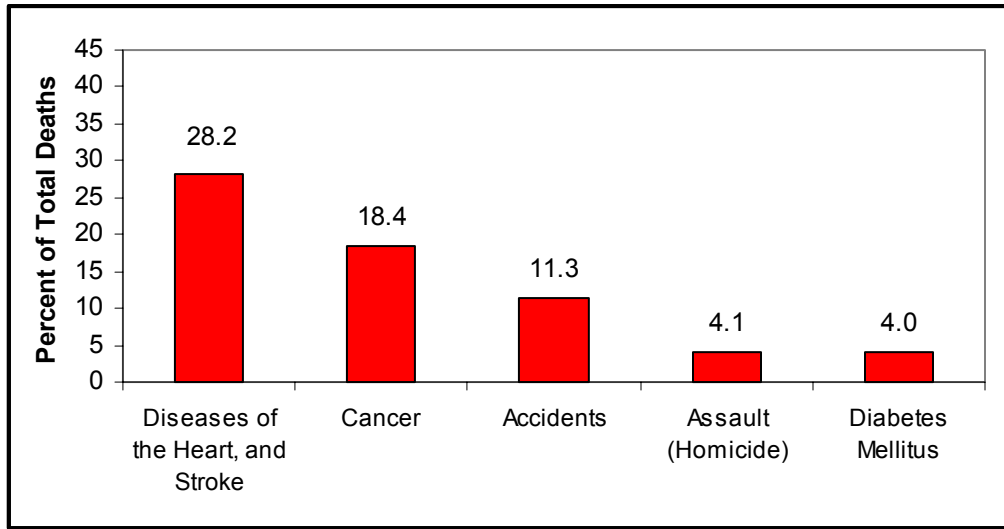


Biostatistical Fact Sheet -- Populations

HISPANICS AND CARDIOVASCULAR DISEASES

Leading Causes of Death for Hispanic Males

United States: 1999

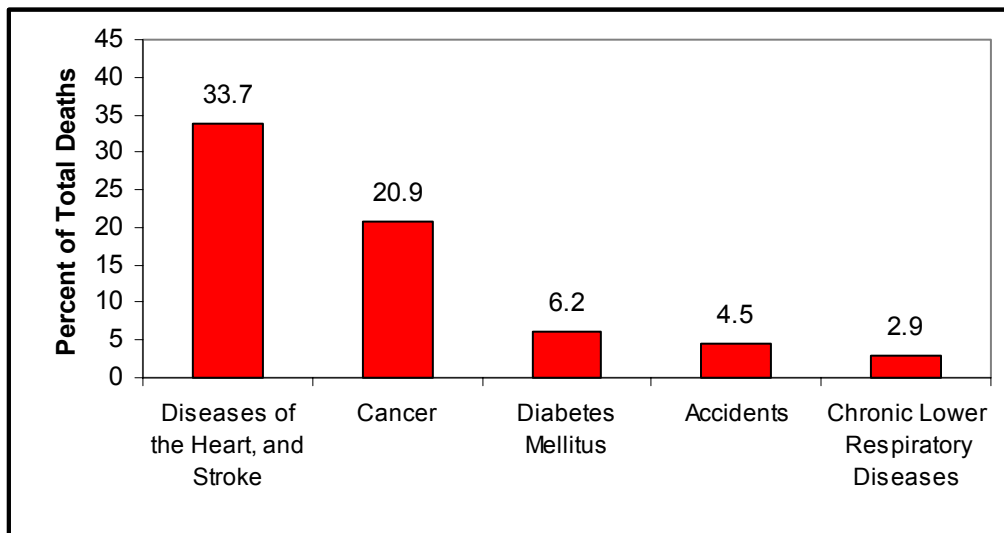


Note: The "Diseases of the Heart" and "Stroke" categories combined only represent about three-fourths of "Total Cardiovascular Disease."

Source: CDC/NCHS and the American Heart Association.

Leading Causes of Death for Hispanic Females

United States: 1999



Note: The "Diseases of the Heart" and "Stroke" categories combined only represent about three-fourths of "Total Cardiovascular Disease."

Source: CDC/NCHS and the American Heart Association.

Note: In U.S. government statistics, “Hispanic” includes persons who trace their ancestry to Mexico, Puerto Rico, Cuba, Spain, the Spanish-speaking countries of Central or South America, the Dominican Republic or other Spanish cultures, regardless of race. It doesn’t include people from Brazil, Guyana, Suriname, Trinidad, Belize and Portugal because Spanish is not the first language in those countries. Death rates are age-adjusted per 100,000 population, based on the 2000 U.S. standard. Some data are reported according to ICD/9 codes and some use ICD/10 codes.

CARDIOVASCULAR DISEASE (ICD/9 codes 390-459, 745-747) (ICD/10 codes I00-I99, Q20-Q28)

- Among Mexican-American adults, 28.8 percent of men and 26.6 percent of women have CVD. Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

CORONARY HEART DISEASE (CHD) (ICD/9 codes 410-414, 429.2) (ICD/10 codes I20-I25)

- The 1999 overall CHD death rate was 195.6. The preliminary CHD death rate for Hispanics was 138.4. (CDC/NCHS)
- Among Mexican Americans age 20 and older, 7.2 percent of men and 6.8 percent of women have CVD. Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- Among Mexican Americans age 20 and older, 4.1 percent of men and 1.9 percent of women have had a myocardial infarction (heart attack). Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- Among Mexican Americans age 20 and older, 4.1 percent of men and 5.5 percent of women have angina (chest pain or discomfort caused by reduced blood supply to the heart muscle). Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

STROKE (ICD/9 codes 430-438) (ICD/10 codes I60-I69)

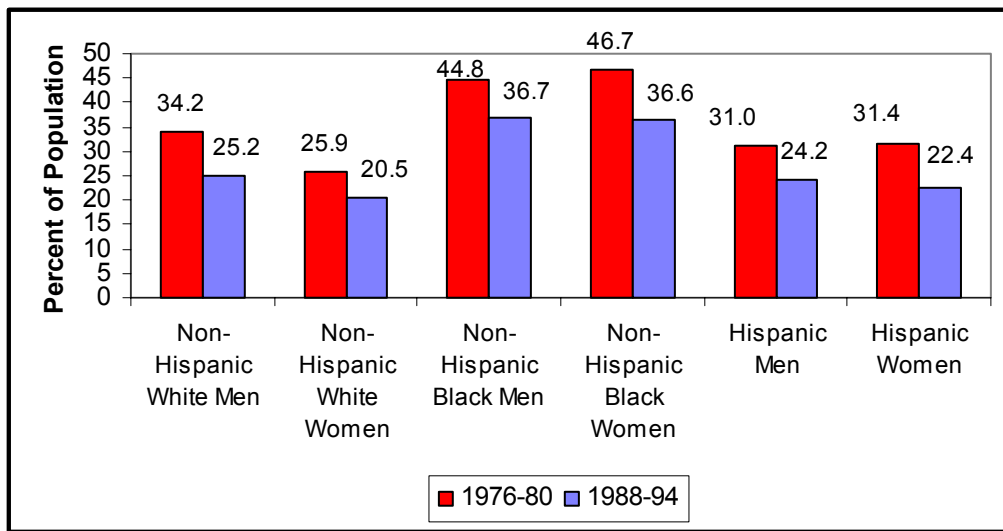
- The 1999 overall death rate for stroke was 61.8. The preliminary stroke death rate for Hispanics was 40.0. (CDC/NCHS)
- Among Mexican Americans age 20 and older, 2.3 percent of men and 1.3 percent of women have had a stroke. Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- Racial and ethnic minority populations **in some age groups** have a higher relative risk of stroke deaths when compared with the U.S. non-Hispanic white population. Among Hispanics, the relative risk is about 1.3 times higher at ages 35-64 and slightly lower at ages 65-74. The risk is about half that of non-Hispanic whites at age 75 and older. (*MMWR*, Vol. 49, No. 5, Feb. 11, 2000, CDC/NCHS)

HIGH BLOOD PRESSURE (HBP) (ICD/9 codes 401-404) (ICD/10 codes I10-I15)

- Among Hispanics ages 20-74, 24.2 percent of men and 22.4 percent of women have HBP. Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- The median percentage of Hispanics age 18 and older who’ve been told by a professional that they have HBP is 18.6 percent. (BRFSS [1997], CDC/NCHS)

Age-Adjusted Prevalence Trends for High Blood Pressure, Ages 20-74 by Race/Ethnicity, Sex and Survey

United States: 1976-80 and 1988-94



Source: NHANES II (1976-80) and NHANES III (1988-94), CDC/NCHS. Data based on multiple measures of blood pressure.

TOBACCO SMOKE

- Studies show that among Hispanics age 18 and older, an estimated 24.1 percent of men and 12.3 percent of women smoke. (NHIS [1999], CDC/NCHS)
- Among high school students (grades 9-12), 34.0 percent of Hispanic males and 31.5 percent of Hispanic females smoke cigarettes. 6.1 percent of Hispanic males and 1.8 percent of Hispanic females in high school use smokeless tobacco. (YRBS [1999], CDC/NCHS)
- 37.4 percent of nonsmoking adults are exposed to environmental smoke at home or at work. 35.1 percent of Mexican Americans are in this group. (NHANES III [1988-91], CDC/NCHS)

HIGH BLOOD CHOLESTEROL AND OTHER LIPIDS

- In 1999, 48.2 million adult men and 53.8 million adult women had total blood cholesterol levels of 200 mg/dL or higher. In adults, total cholesterol levels of 240 mg/dL or higher are considered high risk. Levels from 200 to 239 mg/dL are considered borderline-high risk. (NHANES III [1988-94], CDC/NCHS)
- Among Mexican Americans ages 20-74, 53 percent of men and 48 percent of women have total blood cholesterol levels of 200 mg/dL or higher. 18 percent of men and 17 percent of women have levels of 240 mg/dL or higher. Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- Low-density lipoprotein (LDL) or “bad” cholesterol levels of 130 mg/dL or higher are associated with a higher risk of coronary heart disease. Among Mexican Americans age 20 and older, 43.6 percent of men and 41.6 percent of women have an LDL cholesterol of 130 mg/dL or higher. 16.9 percent of men and 14.0 percent of women have an LDL cholesterol level of 160 mg/dL or higher. Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- High-density lipoprotein (HDL) “good” cholesterol levels of less than 40 mg/dL are associated with a higher risk of coronary heart disease. Among Mexican Americans age 20 and older, 40.1 percent of men and 18.4 percent of women have an HDL cholesterol level less than 40 mg/dL. Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

PHYSICAL INACTIVITY

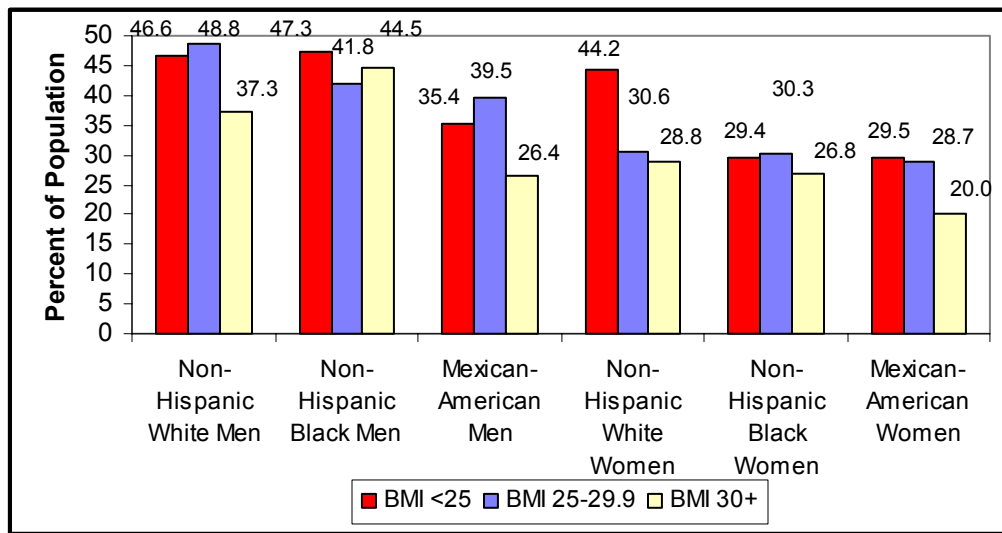
- Physical inactivity is more prevalent among women than men, among blacks and Hispanics than whites, among older than younger adults and among the less affluent than the more affluent.
- The median percentage of Hispanics age 18 and older who report no leisure-time physical activity in the last 30 days is 34.2. (*MMWR*, Vol. 49, No. SS-2, March 24, 2000, CDC/NCHS)
- Among Hispanic adults age 18 and older, 49.9 percent of men and 57.1 percent of women are sedentary (have no leisure-time physical activity). (NHIS [1997], CDC/NCHS).
- The prevalence of physical inactivity during leisure time among Mexican Americans is higher than in the general population. (NHANES III [1988-94], CDC/NCHS)
 - The prevalence of physical inactivity among those whose main language is English is 15 percent of men and 28 percent of women. This is similar to that of the general population (17 percent of men and 27 percent of women).
 - Those whose main language is Spanish have the highest prevalence of physical inactivity (38 percent of men and 58 percent of women).

OVERWEIGHT AND OBESITY

- Among Mexican-American children ages 6-11, 17.4 percent of boys and 14.3 percent of girls are overweight, using the 95th percentile of body mass index (BMI) values. (NHANES III [1988-94], CDC/NCHS)
- Among Mexican-American adolescents ages 12-17, 14.6 percent of boys and 13.7 percent of girls are overweight, Using the 95th percentile of BMI values. (NHANES III [1988-94], CDC/NCHS)
- Among Hispanics age 18 and older, 64.7 percent of men and 56.8 of women are overweight, defined as a BMI of 25 kg/m² or higher. (NHIS [1997], CDC/NCHS)
- Among Hispanics age 18 and older, the median percentage of obesity is 18.2 percent, defined as a BMI greater than 30 kg/m². (BRFSS [1997], CDC/NCHS)
- Among Mexican Americans ages 20-74, 69.3 percent of both men and women are overweight, defined as a BMI of 25.0 kg/m² and higher. 24.8 percent of men and 36.1 percent of women are obese, defined as a BMI of 30.0 kg/m² and higher. Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- The mean BMIs for Mexican-American women ages 25-64 are 29.1 for those with less than 9 years of education, 29.0 for 9-11 years of education, 28.4 for 12 years of education, and 27.5 for more than 12 years of education. (NHANES III [1988-94], CDC/NCHS)

Prevalence of Moderate or Vigorous Physical Activity in Americans Age 20 and Older by Sex, Race/Ethnicity and BMI*

United States: 1988-94



* BMI indicates body mass index: weight in kilograms divided by height in meters squared (kg/m²).

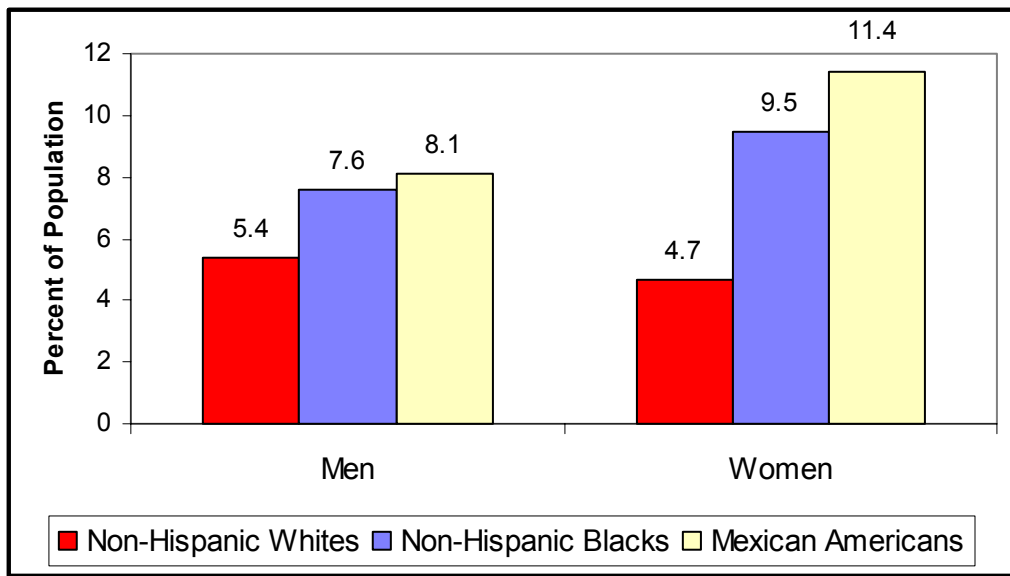
Source: NHANES III (1988-94), CDC/NCHS.

DIABETES MELLITUS (ICD/9 code 250) (ICD/10 codes E10-E14)

- The risk of diabetes for Mexican Americans and non-Hispanic blacks is almost twice that for non-Hispanic whites. (NHANES III [1988-94], CDC/NCHS)
- The median percentage of Hispanic adults age 18 and older who've been told by a professional that they have diabetes is 5.5. (BRFSS [1997], CDC/NCHS).
- Among Mexican Americans age 20 and older, 8.1 percent of men and 11.4 percent of women have **physician-diagnosed diabetes**. Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- Among Mexican Americans age 20 and older, 5.8 percent of men and 3.9 percent of women have **undiagnosed diabetes** (using American Diabetes Association criteria of fasting plasma glucose of 126 mg/dL or more). Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- Among Mexican Americans age 20 and older, 12.1 percent of men and 6.7 percent of women have **impaired fasting glucose** (using American Diabetes Association criteria of fasting plasma glucose of 110 to less than 126 mg/dL). Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

Age-Adjusted Prevalence of Physician-Diagnosed Diabetes in Americans Age 20 and Older by Sex and Race/Ethnicity

United States: 1988-94



Source: NHANES III (1988-94), CDC/NCHS.

NUTRITION

- The average daily intake of total fat in the United States is 81.4 grams (g). For Mexican Americans the average is 77.6 grams (88.0 g for males and 66.5 g for females). (NHANES III [1988-94], CDC/NCHS)
- The average daily intake of saturated fat in the U.S. is 27.9 grams. For Mexican Americans the average is 26.7 grams (30.1 g for males and 23.1 g for females). (NHANES III [1988-94], CDC/NCHS)
- The recommended daily intake of dietary cholesterol for adults is less than 300 milligrams (mg). The average daily intake of dietary cholesterol in the U.S. is 269.6 mg. For Mexican Americans the average is 316.2 milligrams (365.9 mg for males and 263.8 mg for females). (NHANES III [1988-94], CDC/NCHS)
- The recommended daily intake of dietary fiber is 25 grams or more. Americans consume a daily average of 15.6 grams of dietary fiber. For Mexican Americans the average is 18.5 grams (21.0 g for males and 15.9 g for females). (NHANES III [1988-94], CDC/NCHS)

Source Footnotes

BRFSS -- Behavioral Risk Factor Surveillance System
 CDC/NCHS -- Centers for Disease Control and Prevention/National Center for Health Statistics
 MMWR -- *Morbidity and Mortality Weekly Report*
 NHANES III (1988-91) -- National Health and Nutrition Examination Survey, Phase I
 NHANES III (1988-94) -- National Health and Nutrition Examination Survey
 NHIS -- National Health Interview Survey
 YRBS -- Youth Risk Behavior Surveillance