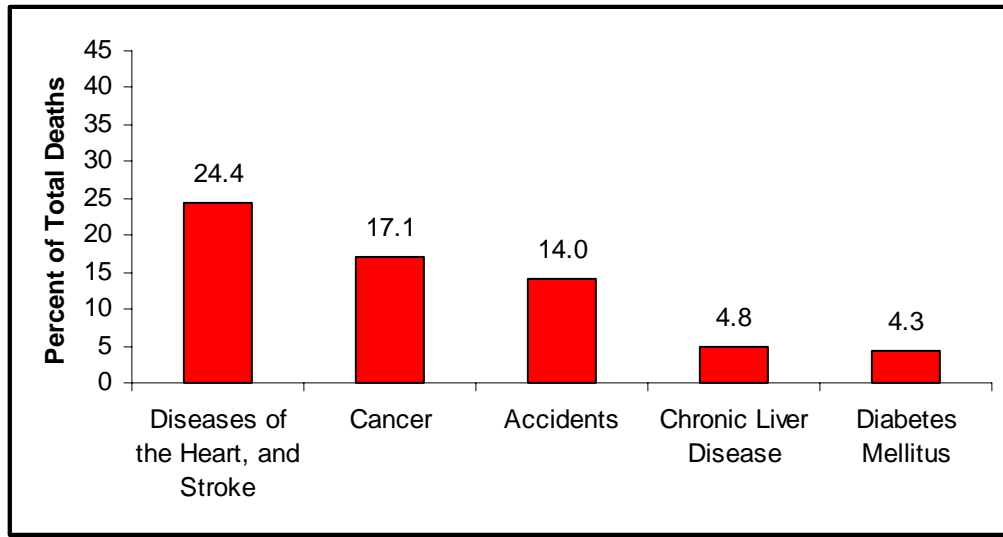


Statistical Fact Sheet — Populations

American Indians/Alaska Natives and Cardiovascular Diseases — Statistics

Leading Causes of Death for American Indian/Alaska Native Males

United States: 2001

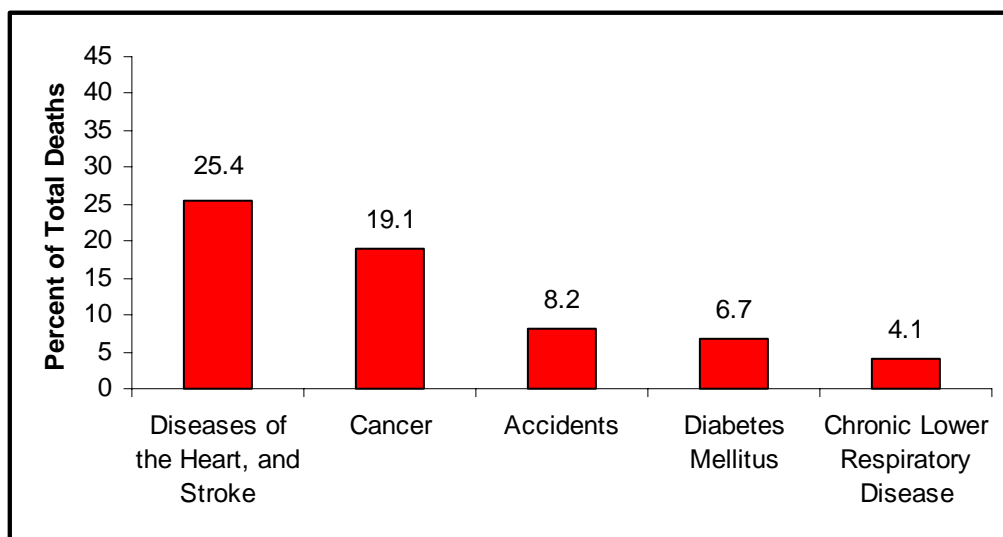


Note: The combined “Diseases of the Heart” and “Stroke” category represents about 90 percent of “Total Cardiovascular Disease.”

Source: CDC/NCHS.

Leading Causes of Death for American Indian/Alaska Native Females

United States: 2001



Note: The combined “Diseases of the Heart” and “Stroke” category represents about 90 percent of “Total Cardiovascular Disease.”

Source: CDC/NCHS.

American Indians/Alaska Natives and Cardiovascular Diseases — Statistics 2

Note: 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 (CVD)

- Among American Indians ages 45-74, the incidence of CVD ranges from
 - 1.5 to 2.8 percent of men.
 - 0.9 to 1.5 percent of women.
- Among American Indians/Alaska Natives age 18 and older, the following have one or more CVD risk factors (hypertension, current cigarette smoking, high blood cholesterol, obesity or diabetes):
 - 63.7 percent of men.
 - 61.4 percent of women

(*Strong Heart Study Data Book*, NIH, NHLBI, Nov. 2001)

If data on physical activity had been included in this analysis, the prevalence of risk factors probably would have been higher. (Behavioral Risk Factor Surveillance System [BRFSS, 1997], CDC/NCHS)

Coronary Heart Disease (CHD) (ICD/10 codes I20-I25) (ICD/9 codes 410-414, 429.2)

- Combining the rates for possible and definite CHD shows that 17 to 25 of every 100 American Indian men ages 45 to 74 have some evidence of heart disease. (*Strong Heart Study Data Book*, NIH, NHLBI, Nov. 2001)
- Among American Indians ages 65-74, the annual rates per 1,000 population of new and recurrent heart attacks are
 - 6.8 for men.
 - 2.2 for women.
- The 2001 overall CHD death rate was 177.8. The 1999 CHD death rate for American Indians/Alaska Natives was 123.9. (CDC/NCHS)

(SHS [1991-98], NHLBI)

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

- Among American Indians ages 65-74, the annual rates per 1,000 population of new and recurrent strokes are
 - 15.2 for men.
 - 7.9 for women.
- The 2001 overall death rate for stroke was 57.9. The 1999 stroke death rate for American Indians/Alaska Natives was 39.7. (CDC/NCHS)
- Looking at age-standardized mortality rates from 1995 to 1998, among adults ages 25-44, blacks and American Indians/Alaska Natives had higher risk ratios than did whites for all three stroke subtypes. (*Am. J. Epi.* 2001;154:1057-1063)

(SHS [1991-98], NHLBI)

American Indians/Alaska Natives and Cardiovascular Diseases — Statistics 3

- Racial and ethnic minority populations **in some age groups** have a higher relative risk of stroke death when compared with the U.S. non-Hispanic white population. Among American Indians/Alaska Natives, the relative risk is
 - almost 2 times higher at ages 35-44.
 - 1.3 times higher at ages 45-54.
 - 1.5 times higher at ages 55-64.
 - slightly less at ages 65-84.
 - less than half at age 85 and older.

(*MMWR*, Vol. 49, No. 5, Feb. 11, 2000, CDC/NCHS)

High Blood Pressure (HBP) (ICD/10 codes I10-I15) (ICD/9 codes 401-404)

- Among American Indians/Alaska Natives age 18 and older, the median percentage who've been told by a health professional that they have HBP is 20.7 percent. (BRFSS [1997], CDC/NCHS)
- Among American Indians ages 45-74, the following have HBP (defined as systolic blood pressure of 160 mm Hg or higher or diastolic blood pressure of 95 mm Hg or higher on one occasion or reported to be currently taking antihypertensive medication):
 - 26.8 percent of men.
 - 27.5 percent of women.

(SHS [1989-92], NHLBI)

Tobacco

- Among American Indians/Alaska Natives only age 18 and older, the following smoke:
 - 32.0 percent of men.
 - 36.9 percent of women.(NHIS [1999], CDC/NCHS)
- Among American Indians ages 45-74, the following are current smokers:
 - 40.5 percent of men.
 - 29.3 percent of women.(SHS [1989-92], NHLBI)
- For American Indians/Alaska Natives, the following use chewing tobacco:
 - 7.8 percent of men.
 - 1.2 percent of women.(NHANES III [1988-94], CDC/NCHS)
- Use of any tobacco product in 2001 was 44.9 percent for American Indians and Alaska Natives only. (*Health, United States, 2003*, CDC/NCHS)

High Blood Cholesterol and Other Lipids

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.

- Among American Indians/Alaska Natives age 18 and older, the median percentage who have been told by a health professional that they have high blood cholesterol is
 - 26.0 percent for those in Alaska.
 - 28.6 percent for those in Oklahoma.
 - 26.5 percent for those in Washington.

(BRFSS [1997], CDC/NCHS)

- Among American Indians ages 45-74, the following have total blood cholesterol levels of 200 mg/dL or higher:
 - 37.7 percent of men.
 - 37.6 percent of women.

Of these, the following have levels of 240 mg/dL or higher:

- 8.6 percent of men.
- 12.7 percent of women.

(SHS [1989-92], NHLBI)

Physical Inactivity

- Among American Indians ages 45-74, the following report no physical activity during the past year:
 - 16.8 percent of men.
 - 19.6 percent of women.

(SHS [1989-92], NHLBI)

Overweight and Obesity

- Among American Indians/Alaska Natives ages 45-74,
 - 25.9 percent of men are overweight, defined as a body mass index (BMI) of 27.8-31.0 kg/m².
 - 31.3 percent of women are overweight, defined as a BMI of 27.3-32.2 kg/m².
 - 35.5 percent of men are obese, defined as BMI of 31.1 kg/m² or higher.
 - 41.2 percent of women are obese, defined as BMI of 32.3 kg/m² or higher.

(SHS [1989-92], NHLBI)

Diabetes Mellitus (ICD/10 codes E10-E14) (ICD/9 code 250)

- Among American Indians/Alaska Natives age 18 and older, the median percentage who've been told by a health professional that they have diabetes is 7.6 percent. (BRFSS [1997], CDC/NCHS).
- During 1994-2002, the age-adjusted prevalence of diabetes increased 54.0 percent for U.S. adults, from 4.8 to 7.3 percent, and increased 33.2 percent from 11.5 to 15.3 percent among American Indian/Alaska Native adults. Throughout the surveillance period, the overall age-adjusted prevalence for American Indian/Alaska Native adults was more than twice that of U.S. adults overall. (*MMWR*, Vol. 52, No. 30, Aug. 1, 2003, CDC/NCHS)

- Among American Indians ages 45-74, the following have diabetes:
 - 43.5 percent of men.
 - 52.4 percent of women.

The following have impaired glucose tolerance (pre-diabetes):

- 14.2 percent of men.
- 17.4 percent of women.

(SHS [1989-92], NHLBI)

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

NHIS – National Health Interview Survey

NHLBI – National Heart, Lung, and Blood Institute

NIH – National Institutes of Health

SHS – Strong Heart Study (1989-92; 1991-98)