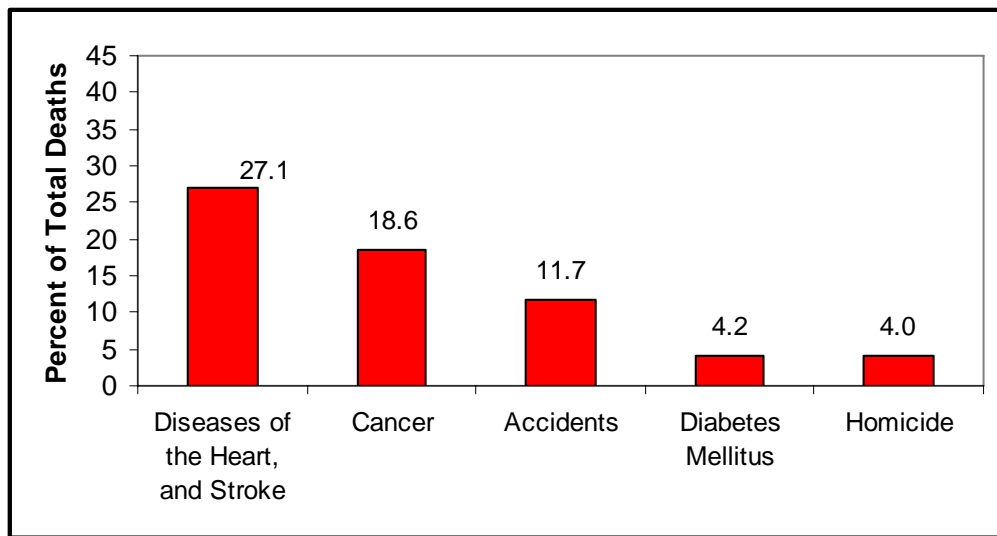


Statistical Fact Sheet — Populations

Hispanics/Latinos and Cardiovascular Diseases — Statistics

Leading Causes of Death for Hispanic or Latino Males

United States: 2002

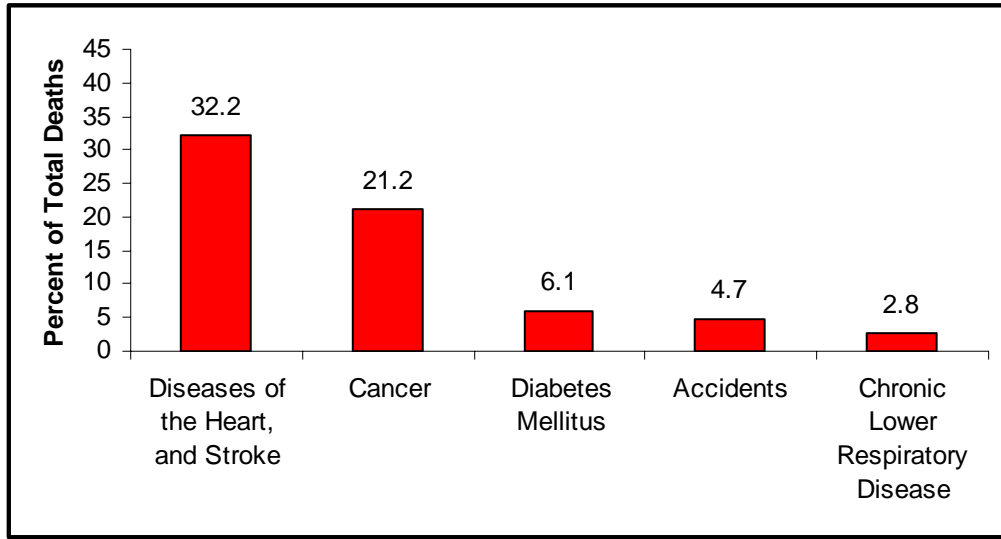


Note: Mortality data for Hispanics include all persons of Hispanic origin of any race. The combined “Diseases of the Heart” and “Stroke” category represents about 90 percent of “Total Cardiovascular Disease.”

Source: CDC/NCHS. Underlying mortality.

Leading Causes of Death for Hispanic or Latino Females

United States: 2002



Note: Mortality data for Hispanics include all persons of Hispanic origin of any race. The combined “Diseases of the Heart” and “Stroke” category represents about 90 percent of “Total Cardiovascular Disease.”

Source: CDC/NCHS. Underlying mortality.

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. Some data are reported according to ICD/9 codes and some use ICD/10 codes.

Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28) (ICD/9 codes 390-459, 745-747)

- Among Mexican-American adults age 20 and older, the following have CVD:
 - 29.2 percent of men.
 - 29.3 percent of women.
 Estimates are age-adjusted. (NHANES [1999-2002], CDC/NCHS and NHLBI)
- Data from the NHIS 2003 study of the CDC/NCHS showed that among Hispanics/Latinos age 18 and older, 7.7 percent have heart disease, 4.5 percent have CHD, 19.0 percent have hypertension, and 2.2 percent have had a stroke.
- Black and Mexican-American women have higher CVD risk factors than white women of comparable socioeconomic status (SES). (NHANES III [1988-94], CDC/NCHS, JAMA 1998;280:356-62)
- In 2001, the number of premature deaths (<65 years) from diseases of the heart (I00-I09, I11, I13, I20-I51) was greatest among American Indians/Alaska Natives (36 percent) and blacks (31.5 percent) and lowest among whites (14.7 percent). Premature death was higher for Hispanics (23.5 percent) than non-Hispanics (16.5 percent), and for males (24 percent) than females (10 percent). Hispanic whites (23.3 percent) had lower proportions than Hispanic blacks (27.5 percent), and non-Hispanic (NH) whites (14.4 percent) had lower proportions than NH blacks (31.5 percent). (BRFSS, CDC; MMWR, Vol. 53, No. 6, Feb. 20, 2004)

- Age-adjusted death rates for Diseases of the Heart from 1990 to 1998 declined 15 percent for NH whites, 11 percent for NH blacks, 17 percent for Hispanics, 14 percent for Asians/Pacific Islanders and 8 percent for American Indians or Alaska Natives. In 1998 the rate for NH blacks was 2.8 times the rate for Asians/Pacific Islanders. (*Healthy People 2000, Statistical Notes, No. 23, CDC/NCHS, January 2002*)

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

- Among Mexican Americans age 20 and older, the following have CHD:
 - 5.6 percent of men.
 - 4.3 percent of women.

Estimates are age-adjusted. (*NHANES [1999-2002], CDC/NCHS and NHLBI*)
- Among Mexican Americans age 20 and older, the following have had a myocardial infarction (heart attack):
 - 3.4 percent of men.
 - 1.6 percent of women.

Estimates are age-adjusted. (*NHANES [1999-2002], CDC/NCHS and NHLBI*)
- NHIS 2003 data (CDC/NCHS) showed the prevalence of CHD in Hispanic or Latinos age 18 and older to be 4.5 percent.
- Among Americans ages 40-74, NHANES data found the age-adjusted prevalence of self-reported myocardial infarction (MI) and ECG-MI (verified by electrocardiogram) to be higher among men than women, but angina prevalence to be higher in women than men. Age-adjusted rates of self-reported MI increased among African-American men and women and Mexican-American men, but decreased among white men and women. (Ford ES, et al. Changes in prevalence of nonfatal coronary heart disease in the United States from 1971-1994. *Ethn Dis* 2003;13(1):85–93)
- Among Mexican Americans age 20 and older, the following have angina (chest pain or discomfort caused by reduced blood supply to the heart muscle):
 - 2.4 percent of men.
 - 2.2 percent of women.

Estimates are age-adjusted. (*NHANES [1999-2002], CDC/NCHS and NHLBI*)
- The 2003 overall preliminary underlying CHD death rate was 162.6. The 2002 CHD death rate for Hispanic or Latinos was 138.3. (*CDC/NCHS*)

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

- Among Mexican Americans age 20 and older, the following have had a stroke:
 - 2.6 percent of men.
 - 1.8 percent of women.

Estimates are age-adjusted. (*NHANES [1999-2002], CDC/NCHS and NHLBI*)
- NHIS 2003 data of the CDC/NCHS showed the prevalence of stroke among Hispanic or Latinos age 18 and older to be 2.2 percent.
- The 2003 overall preliminary underlying death rate for stroke was 54.3. The 2002 stroke death rate for Hispanic or Latino males was 44.3 and 38.6 for females. (*CDC/NCHS*)

- The Brain Attack Surveillance in Corpus Christi project (BASIC) clearly demonstrated an increased incidence of stroke among Mexican Americans compared with NH whites in this community. The crude cumulative incidence was 168/10,000 in Mexican Americans and 136/10,000 in NH whites. Specifically, Mexican Americans have an increased incidence of intracerebral hemorrhage and subarachnoid hemorrhage than NH whites adjusted for age, as well as an increased incidence of ischemic stroke and TIA at younger ages when compared with NH whites. (*Morgenstern LB, et al. Excess stroke in Mexican Americans compared with non-Hispanic whites: The Brain Attack Surveillance in Corpus Christi Project. Am J Epidemiol 2004;160:376–83*)

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

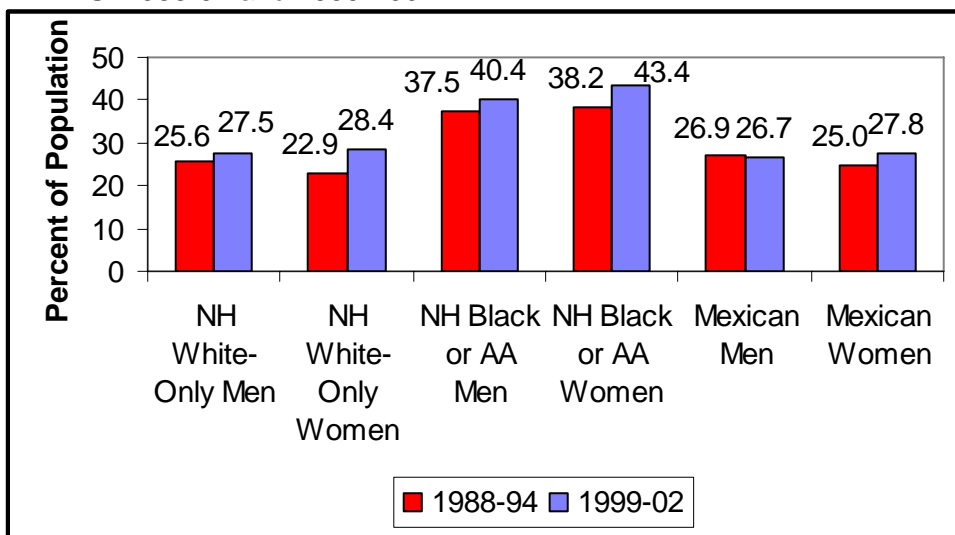
- Among Mexicans age 20 and older, the following have HBP (defined as systolic pressure of 140 mm Hg or higher or diastolic pressure of 90 mm Hg or higher, or taking antihypertensive medicine):
 - 27.8 percent of men.
 - 28.7 percent of women.

Estimates are age-adjusted. (*NHANES [1999-2002], CDC/NCHS and NHLBI*)

- 2003 NHIS estimates for Hispanic or Latinos age 18 and older, showed the prevalence of HBP to be 19.0 percent.

Age-Adjusted Prevalence Trends for High Blood Pressure in Americans Age 20 and Older by Race/Ethnicity, Sex and Survey

NHANES: 1988-94 and 1999-2002



Source: CDC/NCHS. Data based on 3 measures of blood pressure. *Health, United States, 2004.*

Tobacco

- Among Hispanic high school students (grades 9-12), the following reported current cigarette smoking:
 - 21.8 percent of males
 - 21.9 percent of females.

(*YRBS [2003], CDC/NCHS) MMWR, Vol. 53, No. 23, June 18, 2004.*)

- In 2004, among Hispanics age 18 and older, it's estimated that the following smoke:

- 18.9 percent of men.
- 110.9 percent of women.

(MMWR 2005;54[44])

- About 5 million American men and women use chewing tobacco. The prevalence varies widely by region and sociodemographic factors.
 - Rates are highest in the South and rural areas.
 - Men use chewing tobacco at 10 times the rate for women. For men, the percentages who use chewing tobacco are 6.8 for whites, 3.1 for blacks, 1.5 for Hispanics, 1.2 for Asian/Pacific Islanders and 7.8 for American Indians/Alaska Natives.
 - For women the percentages are 0.3 for whites, 2.9 for blacks, 0.1 for Hispanics, almost none for Asian/Pacific Islanders and 1.2 for American Indians/Alaska Natives.
 - Use rates increase as years of education decrease for both men and women.

(NHANES III [1988-94], CDC/NCHS)

- In 2002 the following people used any tobacco product:
 - 32.0 percent of whites only.
 - 28.8 percent of blacks or African Americans only.
 - 25.2 percent of Hispanics or Latinos, any race.

(Health, United States, 2004, 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 children and adolescents ages 4-19, the mean total blood cholesterol level is 165 mg/dL. For boys it's 163 mg/dL and for girls it's 167 mg/dL. For Mexican Americans, it's
 - 163 mg/dL for boys.
 - 165 mg/dL for girls.

(NHANES III [1988-94], CDC/NCHS)

- Among Mexican Americans age 20 and older, the following have total blood cholesterol levels of 200 mg/dL or higher:

- 51.9 percent of men.
- 44.8 percent of women.

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

- 16.7 percent of men.
- 13.6 percent of women.

Estimates are age-adjusted. *(NHANES [1999-2002], CDC/NCHS and NHLBI)*

- Among Mexican Americans age 20 and older, the following have an LDL cholesterol of 130 mg/dL or higher:

- 43.7 percent of men.
- 31.3 percent of women

Low-density lipoprotein (LDL or bad) cholesterol levels of 130-159 mg/dL are considered borderline high. Levels of 160-189 mg/dL are classified as high, and levels of 190 mg/dL or higher are very high. Estimates are age-adjusted. *(NHANES III [1988-94], CDC/NCHS)*

- Among Mexican Americans age 20 and older, the following have an HDL cholesterol less than 40 mg/dL.
 - 34.4 percent of men
 - 15.4 percent of women

High-density lipoprotein (HDL or good) cholesterol levels of less than 40 mg/dL are associated with a higher risk of coronary heart disease. Estimates are age-adjusted. (*NHANES [1999-2002], CDC/NCHS and NHLBI*)

Physical Activity

- Leisure-time physical inactivity is more prevalent among women than men, among NH blacks and Hispanics than non-Hispanic whites, among older than younger adults and among the less affluent than the more affluent. (*CDC/NCHS*)
- Among Hispanics in grades 9-12, the following report participation in **vigorous activity** during the past seven days:
 - 66.7 percent of males.
 - 51.8 percent of females.

The following report participation in **moderate activity** during the past seven days:

- 23.3 percent of males.
 - 20.6 percent of females.
- (*YRBS [2003], CDC/NCHS*)
- Among Hispanic age 18 and older, the following report no leisure-time physical activity:
 - 32.5 percent of men.
 - 39.6 percent of women.
- (*BRFSS 2004, CDC*).
- Data from the 2004 NHIS study of the CDC/NCHS showed the prevalence of regular leisure-time physical activity to be: 24.9 percent for Hispanic or Latino males and 21.8 percent for women.

Overweight and Obesity

- Over 10 percent of preschool children between ages two to five are overweight, up from 7 percent in 1994. Among preschool children, 13.1 percent of Mexican Americans are overweight.
- Among children ages 6-11, 21.8 percent of Mexican Americans are overweight.
- Among adolescents ages 12-19, 22.5 percent of Mexican Americans are overweight.
- Another 31 percent of children and teens ages 6-19 are considered at risk of becoming overweight (BMI from the 85th to the 95th percentile).

(*NHANES [1999-2002], CDC/NCHS; JAMA 2004;291:2847-50*)

- Among Mexican-American children ages 6-11, the following are overweight or obese, using the 95th percentile of body mass index (BMI) values on the CDC 2000 Growth Chart:
 - 26.5 percent of boys.
 - 17.1 percent of girls.

(NHANES [1999-2002]; Hedley AA, et al. Prevalence of overweight and obesity among US children, adolescents, and adults, 1999-2002. JAMA 2004;291:2847-50)

- Among Mexican-American adolescents ages 12-19, the following are overweight or obese, using the 95th percentile of BMI values on the CDC 2000 Growth Chart:
 - 24.7 percent of boys.
 - 19.9 percent of girls.

(NHANES [1999-2002]; Hedley AA, et al. Prevalence of overweight and obesity among US children, adolescents, and adults, 1999-2002. JAMA 2004;291:2847-50)

- Among Hispanic or Latinos age 18 and older, the following are overweight or obese (BMI of 25 kg/m² or higher):
 - 38.9 percent

Of these, the following are obese (BMI of 30 kg/m² or higher):

- 24.7 percent

(NHIS[2003], CDC/NCHS)

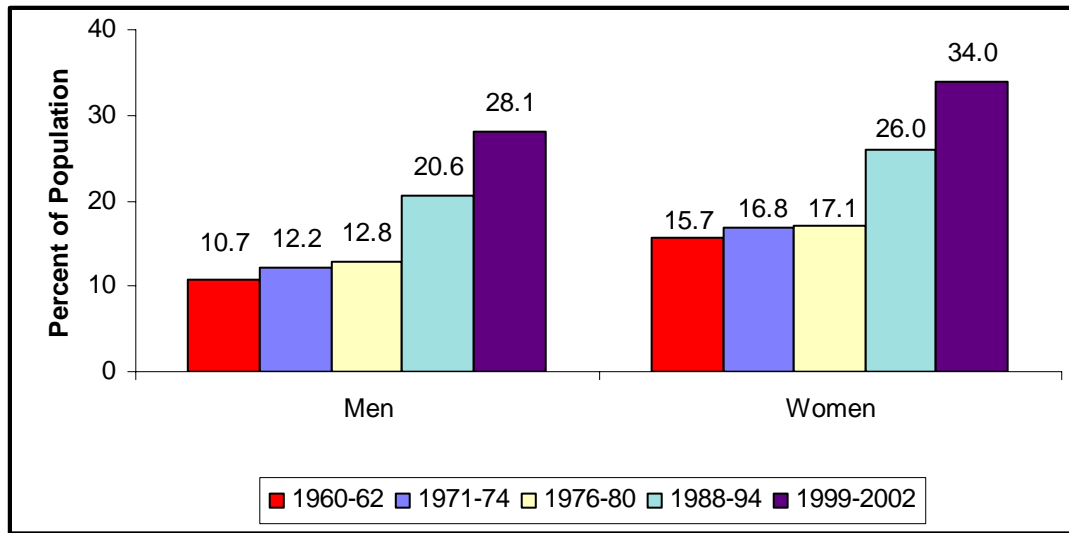
- Among Mexican Americans age 20 and older, the following are overweight or obese (BMI of 25.0 kg/m² and higher):
 - 73.1 percent of men.
 - 71.7 percent of women.

Of these, the following are obese, defined as a BMI of 30.0 kg/m² and higher:

- 27.3 percent of men.
- 38.4 percent of women.

(NHANES [1999-2002], CDC/NCHS)

Age-adjusted Prevalence of Obesity in Americans Ages 20–74 by Sex and Survey
 NHES 1960-62; NHANES III: 1971-74, 1976-80, 1988-94 and 1999-2002



Note: Obesity is defined as a BMI of 30.0 or higher.

Source: *Health, United States, 2004. CDC/NCHS.*

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

- The risk of diabetes for Mexican Americans and NH blacks is almost twice that for NH whites. (*Harris MI, et al. Prevalence of diabetes, impaired fasting glucose, and impaired glucose tolerance in US adults: The Third National Health and Nutrition Examination Survey, 1988-1994. Diabetes Care 1998;21:518–24*)
- BRFSS data in selected areas, 1998-2002, showed that diabetes disproportionately affects Hispanics in the United States and Puerto Rico. Hispanics were twice as likely to have diabetes as NH whites of similar age (9.8 percent vs. 5.0 percent). This disparity, however, varied by geographic location — it was lowest in Florida and higher in California, Texas and Puerto Rico. Among Hispanic adults in California, Florida, Illinois, New York/New Jersey, Puerto Rico and Texas, the overall prevalence of diabetes was 7.4 percent; it ranged from 6.2 percent in Illinois and New York/New Jersey to 9.3 percent in Puerto Rico. (*MMWR 2004;53[40]:941-4*)
- In the total population age 20 and older, 7.2 percent of men and 6.3 percent of women have **physician-diagnosed diabetes**. Among Mexican Americans the prevalences are
 - 10.4 percent of men.
 - 11.3 percent of women.
 Estimates are age-adjusted. (*NHANES [1999-2002], CDC/NCHS and NHLBI*)
- In the total population age 20 and older, 2.9 percent of men and 2.7 percent of women have **undiagnosed diabetes**, using American Diabetes Association criteria of fasting plasma glucose of 126 mg/dL or more. Among Mexican Americans the prevalences are
 - 3.5 percent of men.
 - 1.8 percent of women
 Estimates are age-adjusted based on glucose tests of persons not previously diagnosed by a physician. (*NHANES [1999-2002], CDC/NCHS and NHLBI*)

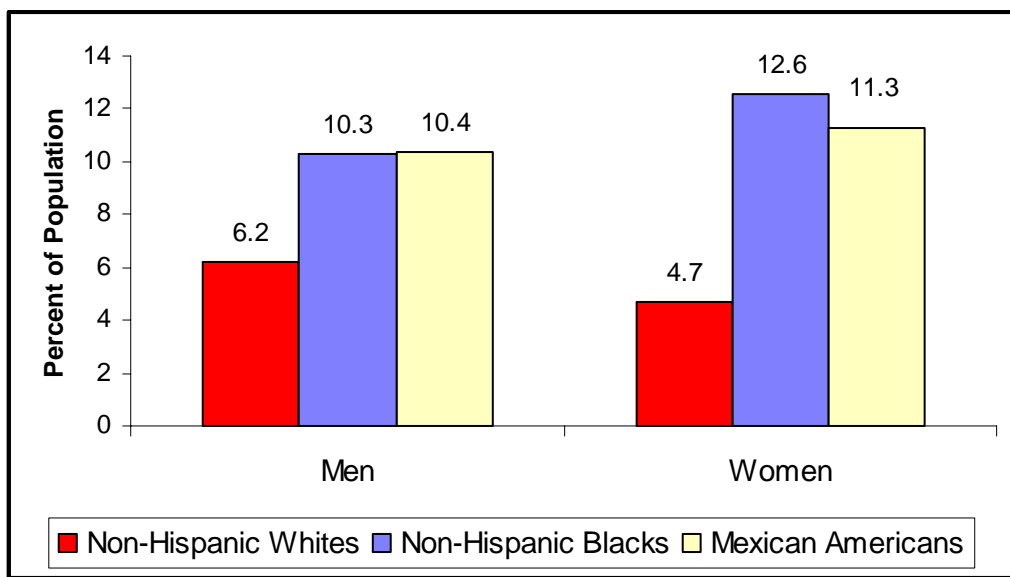
- In the total population age 20 and older, 8.9 percent of men and 5.4 percent of women have **pre-diabetes**, using American Diabetes Association criteria of fasting plasma glucose of 110 to less than 126 mg/dL. Among Mexican Americans the prevalences are
 - 8.7 percent of men.
 - 7.2 percent of women

Estimates are age-adjusted. (NHANES [1999-2002], CDC/NCHS and NHLBI)

- 2003 data show the estimated prevalence of physician-diagnosed diabetes to be 8.6 percent for Hispanic or Latino adults. (NHIS [2003], CDC/NCHS; data are estimates for Americans age 18 and older.)

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

NHANES: 1999-2002



Source: CDC/NCHS and NHLBI.

Metabolic Syndrome

- The age-adjusted prevalence of the metabolic syndrome is 23.7 percent.
 - Mexican Americans have the highest age-adjusted prevalence of the metabolic syndrome (31.9 percent).
 - The lowest prevalence is among whites (23.8 percent), African Americans (21.6 percent) and people reporting an “other” race or ethnicity (20.3 percent).
 - Among African Americans, women have about a 57 percent higher prevalence than men. Among Mexican Americans, women have a 26 percent higher prevalence than men.

(Ford ES, et al. Prevalence of the metabolic syndrome among US adults: findings from the Third National Health and Examination Survey. JAMA 2002;287:356–9)

- The prevalences of Mexican Americans with the metabolic syndrome are

- 20.8 percent of men.
- 27.2 percent of women.

(Park YW, et al. The metabolic syndrome prevalence and associated risk factor findings in the US population from the Third National Health and Nutrition Examination Survey, 1988-1994. Arch Intern Med 2003;163:427-3)

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.
 - 66.5 g for females.

(NHANES III [1988-94], CDC/NCHS)

- The average daily intake of saturated fat in the United States is 27.9 grams. For Mexican Americans the average is 26.7 grams:
 - 30.1 g for males.
 - 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 United States is 269.6 mg. For Mexican Americans the average is 316.2 milligrams:
 - 365.9 mg for males.
 - 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.
 - 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*

NH – non-Hispanic.

NHANES III (1988-94) – National Health and Nutrition Examination Survey III

NHANES (1999-2000) – National Health and Nutrition Examination Survey NHIS – National Health Interview Survey

YRBS – Youth Risk Behavior Surveillance