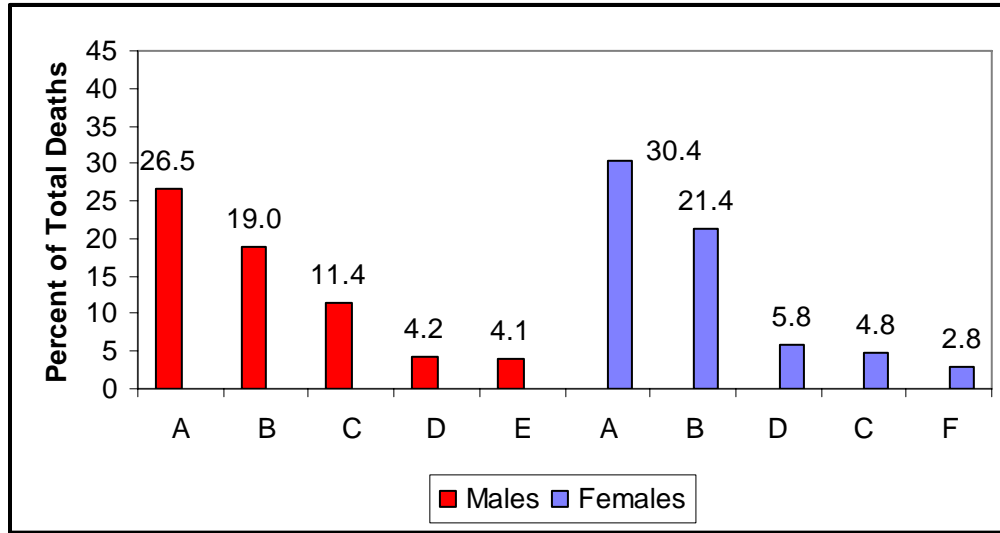


Statistical Fact Sheet — Populations 2008 Update

Hispanics/Latinos and Cardiovascular Diseases — Statistics

Causes of Death for Hispanic or Latino Males

United States: 2004



A, Diseases of the heart and stroke; B, cancer; C, accidents; D, diabetes mellitus; E, assault (homicide); F, influenza and pneumonia.

Note: Mortality data for Hispanics include all persons of Hispanic origin of any race. The combined “Diseases of the Heart” and “Stroke” category does not constitute total cardiovascular disease.”

Source: NCHS

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:
 - 31.6 percent of men.
 - 34.4 percent of women.

(NHANES [1999-2004], NCHS and NHLBI)

- Data from the NHIS 2005 study of the NCHS showed that among Hispanics/Latinos age 18 and older, 8.3 percent have heart disease, 5.9 percent have coronary heart disease, 20.3 percent have hypertension, and 2.2 percent have had a stroke.

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.
 - 5.3 percent of women.

(NHANES [1999-2004], NCHS and NHLBI)
- Among Mexican Americans age 20 and older, the following have had a myocardial infarction (heart attack):
 - 3.1 percent of men.
 - 2.1 percent of women.

(NHANES [1999-2004], NCHS and NHLBI)
- Among Mexican Americans age 20 and older, the following have angina (chest pain or discomfort caused by reduced blood supply to the heart muscle):
 - 2.3 percent of men.
 - 3.3 percent of women.

(NHANES [1999-2004], NCHS and NHLBI)
- The 2004 CHD death rate for Hispanics or Latinos was 119.2 *(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:
 - 3.1 percent of men.
 - 1.9 percent of women.

(NHANES [1999-2004] NCHS and NHLBI)
- The 2004 stroke death rate for Hispanic or Latino males was 41.5 and 35.4 for females. *(NCHS)*
- The Brain Attack Surveillance in Corpus Christi project (BASIC) clearly demonstrated an increased incidence of stroke among Mexican Americans compared with non-Hispanic whites in this community. The crude cumulative incidence was 168/10,000 in Mexican Americans and 136/10,000 in non-Hispanic whites. Specifically, Mexican Americans have an increased incidence of intracerebral hemorrhage and subarachnoid hemorrhage than non-Hispanic whites adjusted for age, as well as an increased incidence of ischemic stroke and TIA at younger ages when compared with non-Hispanic 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)*
- According to data from the 2005 BRFSS (CDC), 2.7 percent of men and 2.5 percent of women, age 18 and older, had a history of stroke. Among these, 2.6 percent were Hispanic (might be of any race). *(Centers for Disease Control and Prevention. Prevalence of Stroke - United states, 2005. MMWR 2007;56:469-474. BRFSS, 2005)*

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

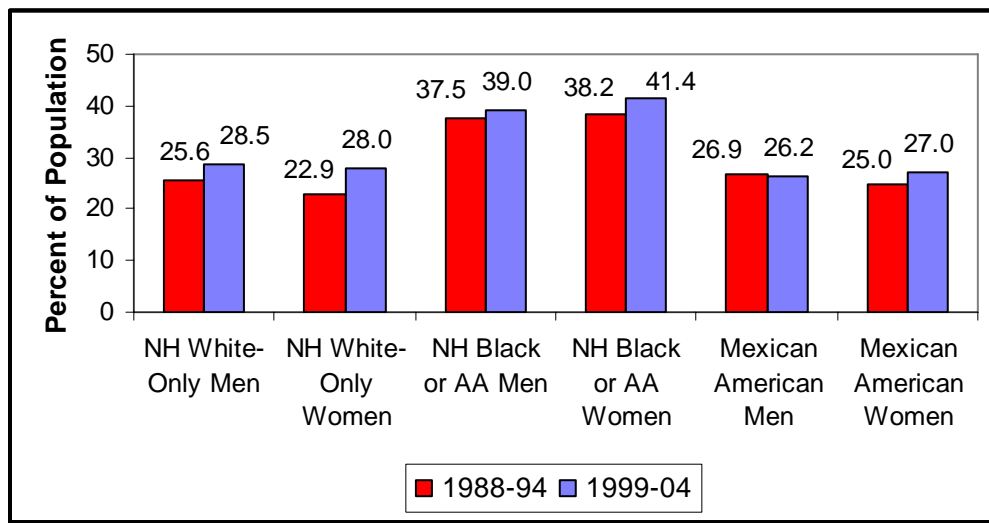
- Among Mexicans age 20 and older, the following have HBP (defined as systolic pressure of 140 mm Hg or higher or diastolic pressure of 90 mm Hg or higher, or taking antihypertensive medicine):
 - 28.7 percent of men.
 - 31.4 percent of women.

(NHANES [1999-2004, NCHS and NHLBI])

- In NHANES 1999–2000, rates of control were lower in Mexican Americans (17.7 percent) than in non-Hispanic whites (33.4 percent) and non-Hispanic blacks (28.1 percent). (Hajjar J, Kotchen TA. Trends in prevalence, awareness, treatment and control of hypertension in the United States, 1988-2000. JAMA. 2003;290:199-206.)

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

NHANES: 1988–94 and 1999–2004



Source: NCHS and NHLBI. Data based on 3 measures of blood pressure.

Tobacco

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

(Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance – United States, 2005. Surveillance Summaries, June 9, 2006. MMWR 2006;55[SS5]:1-108)

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

— 50.0 percent of women.

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

- 16.0 percent of men.
- 14.2 percent of women.

(NHANES [1999-2004], NCHS and NHLBI)

- Among Mexican Americans age 20 and older, the following have an LDL cholesterol of 130 mg/dL or higher:
 - 39.0 percent of men.
 - 30.7 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. *(NHANES [1999-2004], NCHS and NHLBI)*

- Among Mexican Americans age 20 and older, the following have HDL cholesterol less than 40 mg/dL.
 - 27.7 percent of men
 - 13.0 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 [1999-2004], NCHS and NHLBI)*

Physical Inactivity

- Leisure-time physical inactivity is more prevalent among women than men, among non-Hispanic blacks and Hispanics than non-Hispanic whites, among older than younger adults and among the less affluent than the more affluent. *(NCHS)*
- Among Hispanics or Latinos age 18 and older, 22.6 percent report regular leisure-time physical activity: *(NHIS 2006, CDC.)*

Overweight and Obesity

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

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

 - 27.5 percent

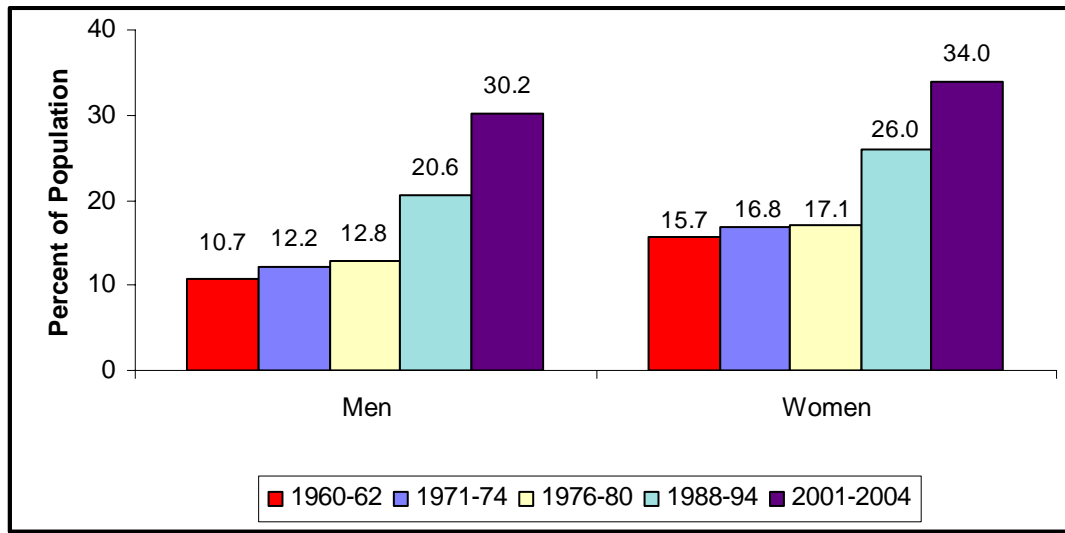
(NHIS [2005], NCHS)
- Among Mexican Americans age 20 and older, the following are overweight or obese (BMI of 25.0 kg/m² and higher):
 - 74.6 percent of men.
 - 73.0 percent of women.

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

 - 29.1 percent of men.
 - 39.4 percent of women.

(NHANES (2001-2004), National Center for Health Statistics. Health, United States, 2006. Unpublished data. Data in adults are for age 20 and older. Estimates from NHANES 2001-2004 applied to 2004 population estimates.)

Age-adjusted Prevalence of Obesity in Americans Ages 20–74 by Sex and Survey
NHES 1960–62; NHANES 1971–74, 1976–80, 1988–94, 2001–04



Note: Obesity is defined as a BMI of 30.0 or higher.
Source: *Health, United States, 2006. NCHS.*

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

- 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 non-Hispanic whites of similar age (9.8 percent vs. 5.0 percent). (*MMWR 2004;53[40]:941-4*)
- In the total population age 20 and older, 7.4 percent of men and 6.9 percent of women have physician-diagnosed diabetes. Among Mexican Americans the prevalences are
 - 11.0 percent of men.
 - 10.9 percent of women.

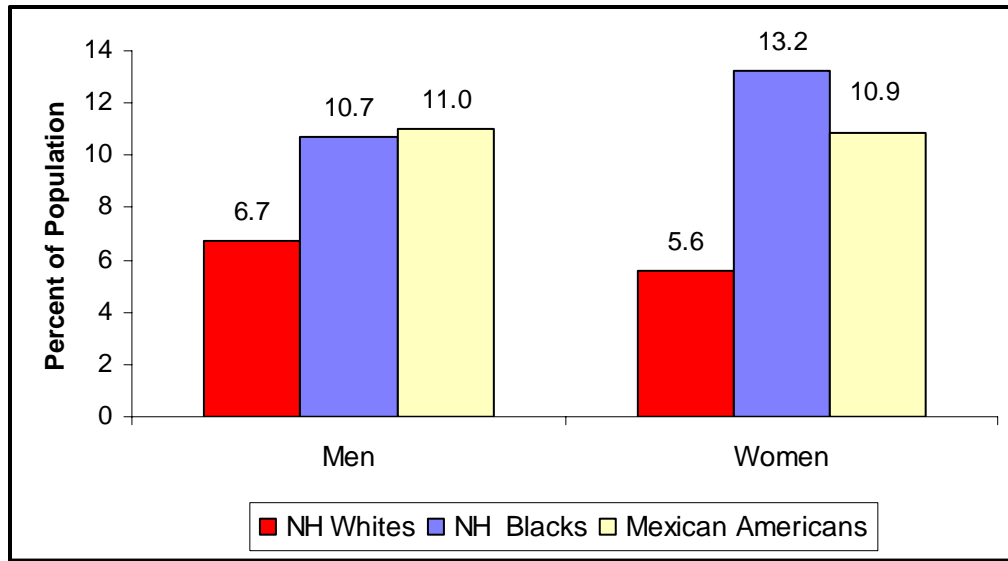
(*NHANES [1999-2004], NCHS and NHLBI*)
- In the total population age 20 and older, 2.9 percent of men and 1.9 percent of women have undiagnosed diabetes, using American Diabetes Association criteria of fasting plasma glucose of 126 mg/dL or more. Among Mexican Americans the prevalences are
 - 1.1 percent of men.
 - 3.1 percent of women

Estimates are based on glucose tests of persons not previously diagnosed by a physician.
(*NHANES [1999-2004], NCHS and NHLBI*)
- In the total population age 20 and older, 33.8 percent of men and 21.7 percent of women have pre-diabetes, using American Diabetes Association criteria of fasting plasma glucose of 100 to less than 126 mg/dL. Among Mexican Americans the prevalences are
 - 37.5 percent of men.
 - 22.6 percent of women

(*NHANES [1999-2004], NCHS and NHLBI*)
- 2005 data show the estimated prevalence of physician-diagnosed diabetes to be 9.8 percent for Hispanic or Latino adults. (*NHIS [2005], NCHS; data are estimates for Americans age 18 and older.*)

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

NHANES: 1999–2004



Source: 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)

End-Stage Renal Disease (ESRD)/Chronic Kidney Disease (CKD)

- The median age of the population with ESRD is 58.1 years (59.2 for whites, 56.1 for blacks, 56.7 for Hispanics, 58.9 for Asians, and 57.5 for Native Americans). *(United States Renal Data System 2004 Annual Data Report, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases).*

Nutrition

- The average daily percentage of calories from fat in the United States: *(J Am Diet Assoc. 2005;105:352-363.)*
 - Latino: male: 33.7 percent, female: 32.1 percent.
- Analysis of data from the 2005 BRFSS of the CDC showed that in people age 18 and older, the percentage who consumed fruits and vegetables five or more times a day was 20.7

percent for Hispanic men and 28.3 percent for Hispanic women. (*MMWR Morb Mortal Wkly Rep.* 2007;56:301-304.)

Abbreviations Used:

BMI – body mass index.

BRFSS – Behavioral Risk Factor Surveillance System, CDC

ESRD – End Stage Renal Disease

Kg/m² – kilograms/meter² *MMWR – Morbidity and Mortality Weekly Report, CDC*

NCHS – National Center for Health Statistics

NH – non-Hispanic.

NHANES) – National Health and Nutrition Examination Survey, NCHS

NHLBI – National Heart, Lung, and Blood Institute.

NHIS – National Health Interview Survey, NCHS

YRBS – Youth Risk Behavior Surveillance, CDC

For additional information see the Heart Disease and Stroke Statistics – 2008 Update, published in *Circulation*, available on our Web site.