

love your heart



Cardiovascular Disease in African-American Women

African-American women are at greater risk for cardiovascular disease (CVD) than white women, yet they are less likely than white women to know that they may have major risk factors. Diabetes, smoking, high blood pressure, high blood cholesterol, physical inactivity, overweight/obesity and a family history of heart disease are major risk factors for CVD among all American populations. At least one or more of these risk factors are greatly prevalent among African-American women.

- Nearly half (49 percent) of all non-Hispanic African-American females have some form of heart disease, stroke or other CVD.
- African-American females and males have higher death rates from CVD than white females and males.
- Among non-Hispanic black females 20 and older, 79.6 percent are overweight or obese.
- Of people 18 and older, 17.2 percent of black females smoke, putting themselves at increased risk for heart attack and stroke.



Cardiovascular Disease in Hispanic Women

Hispanic women are at greater risk of CVD due to higher rates of excessive weight, diabetes and metabolic syndrome than white women. In addition, women whose main language is Spanish have the highest prevalence of physical inactivity. Unfortunately, Hispanic women are less likely than white women to know that these things increase their heart disease risk. Only 34 percent of Hispanic women consider themselves well informed about heart disease, compared to more than 40 percent of white women.

- Nearly one-third (31.6 percent) of all deaths in Hispanic females are caused by diseases of the heart and stroke.
- High blood pressure is a leading cause of heart disease and stroke. The prevalence of high blood pressure for Mexican American women over 20 years old is 31.4 percent.
- Stroke is the No. 3 cause of death for Hispanic women, behind diseases of the heart and cancer. It's also a leading cause of serious, long-term disability.
- The risk of heart disease increases with physical inactivity. Physical inactivity is more prevalent in women (25.9 percent), non-Hispanic black women (33.9 percent) and Hispanic females (39.6 percent).



get smart about heart disease

Heart disease and stroke are the greatest health threats to women of all ethnic backgrounds, but only 21 percent realize it. Consider these facts:

- Heart disease and stroke are the No. 1 and No. 3 killers of women over age 25.
- Cardiovascular disease (CVD), including stroke, claims nearly twice as many women's lives as all forms of cancer.
- One in 2.6 women die of heart disease, stroke and other CV diseases, compared with one in 30 from breast cancer.
- Overall, more women than men die of stroke each year. In 2004, more than 91,000 females died from stroke, which represents 61 percent of the total deaths from stroke that year.
- 23 percent of women age 40 and older will die within one year after an initial heart attack, compared with 18 percent of men, in part because women have heart attacks at older ages than men.
- 64 percent of women who died suddenly of coronary heart disease had no previous symptoms.
- Within five years after a recognized heart attack: 22 percent of women ages 40 to 69 will have another heart attack or fatal CVD, 6 percent will have a stroke, 12 percent will be disabled with heart failure, and 1.9 percent of white women and 1.4 percent of black women will experience sudden cardiac death.
- One in three adult women in the United States currently suffers from some form of cardiovascular disease.

schedule a go red heart checkup

Talk to your healthcare provider about your personal risk of heart disease. Together, you can develop an effective heart disease prevention plan. It's an important part of loving your heart. Visit goredforwomen.org for more information about your Go Red Heart CheckUp.

