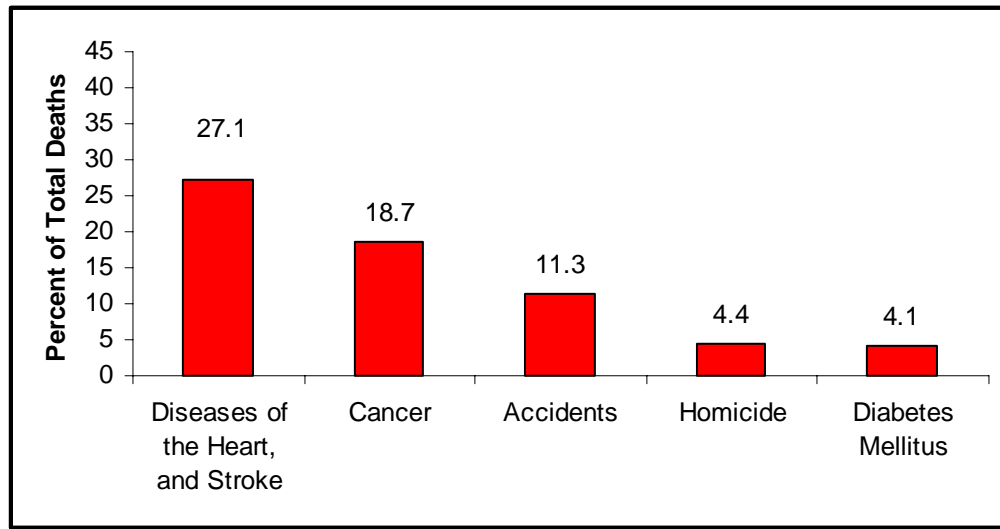


Statistical Fact Sheet — Populations

Hispanics/Latinos and Cardiovascular Diseases — Statistics

Leading Causes of Death for Hispanic or Latino Males

United States: 2001

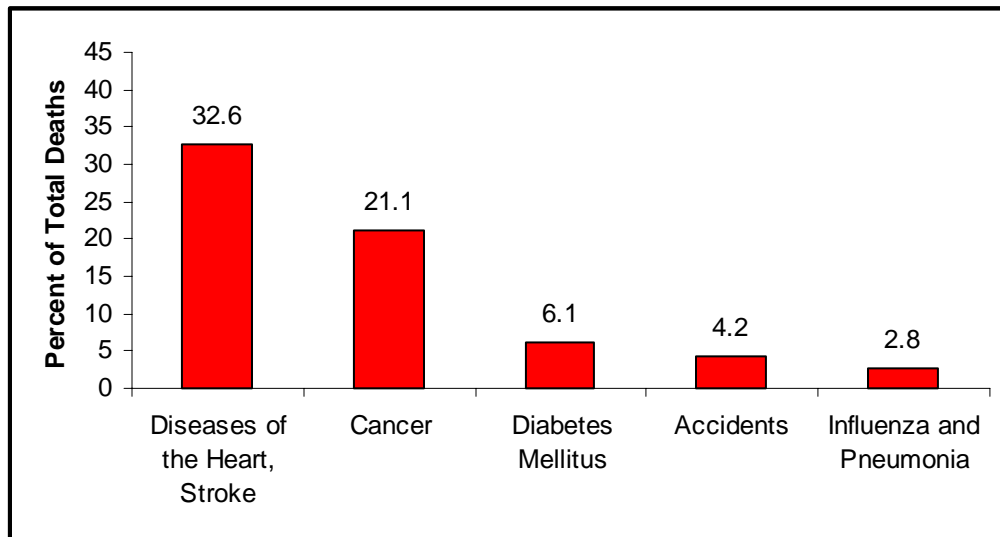


Note: Mortality data for Hispanics include all persons of Hispanic origin of any race. The combined “Diseases of the Heart” and “Stroke” category represents about 90 percent of “Total Cardiovascular Disease.”

Source: CDC/NCHS.

Leading Causes of Death for Hispanic or Latino Females

United States: 2001



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.

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:
 - 28.8 percent of men.
 - 26.6 percent of women.Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- 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;280:356-362)

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:
 - 7.2 percent of men.
 - 6.8 percent of women.Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- Among Mexican Americans age 20 and older, the following have had a myocardial infarction (heart attack):
 - 4.1 percent of men.
 - 1.9 percent of women.Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- 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.
- Among Mexican Americans age 20 and older, the following have angina (chest pain or discomfort caused by reduced blood supply to the heart muscle):
 - 4.1 percent of men.
 - 5.5 percent of women.Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)
- The 2001 overall CHD death rate was 177.8. The 1999 CHD death rate for Hispanics was 138.4. (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:
 - 2.3 percent of men.
 - 1.3 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- The 2001 overall death rate for stroke was 57.9. The 1999 stroke death rate for Hispanics was 40.0. (CDC/NCHS)
- 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 Hispanics, the relative risk is
 - about 1.3 times higher at ages 35-64.
 - slightly lower at ages 65-74.
 - about half that of non-Hispanic whites at age 75 and older.

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

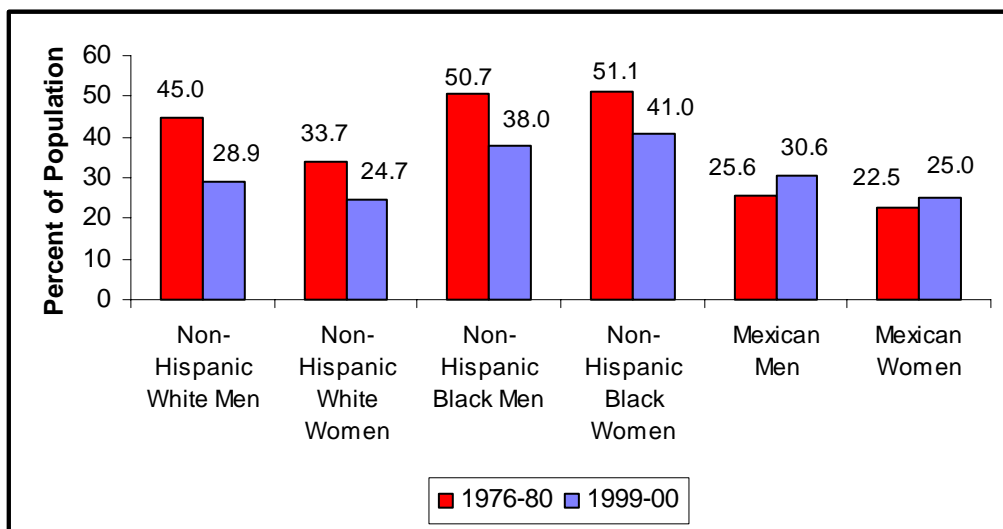
High Blood Pressure (HBP) (ICD/10 codes I10-I15) (ICD/9 codes 401-404)

- Among Hispanics age 18 and older, the median percentage who've been told by a health professional that they have HBP is 18.6 percent. (BRFSS [1997], CDC/NCHS)
- 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):
 - 34.5 percent of men.
 - 29.9 percent of women.

Estimates are age-adjusted. (NHANES IV [1999-2000], CDC/NCHS)

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

NHANES II & IV: 1976-80 and 1999-2000



Source: CDC/NCHS. Data based on a single measure of blood pressure. Health, United States, 2003.

Tobacco

- Among Hispanic high school students (grades 9-12), the following use any tobacco product:
 - 31.5 percent of males
 - 27.2 percent of females.

(YRBS [2001], CDC/NCHS)
- Among Hispanics or Latinos age 18 and older, it's estimated that the following smoke:
 - 23.2 percent of men.
 - 12.5 percent of women.

(*Health, United States, 2003*, CDC/NCHS)
- 37.4 percent of nonsmoking adults are exposed to environmental tobacco smoke at home or at work. The ethnic breakdown is
 - 37.4 percent of non-Hispanic whites.
 - 36.9 percent of non-Hispanic blacks.
 - 35.1 percent of Mexican Americans.

(NHANES III [1988-91], CDC/NCHS, *JAMA*. 1996;275:1233-1240)
- 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 2001 the following people used any tobacco product:
 - 31.3 percent of whites only.
 - 27.7 percent of blacks or African Americans only.
 - 22.9 percent of Hispanics or Latinos, any race.

(*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 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 Mexicans age 20 and older, the following have total blood cholesterol levels of 200 mg/dL or higher:
 - 54.3 percent of men.
 - 44.7 percent of women.

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

 - 17.8 percent of men.
 - 13.9 percent of women.

Estimates are age-adjusted. (NHANES IV [1999-2000], CDC/NCHS)

- Among Mexican Americans age 20 and older, the following have an LDL cholesterol of 130 mg/dL or higher:
 - 43.6 percent of men.
 - 41.6 percent of women

Of these, an LDL cholesterol of 160 mg/dL or higher is found in

 - 16.9 percent of men.
 - 14.0 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.
 - 40.1 percent of men
 - 18.4 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 III [1988-94], CDC/NCHS)

Physical Activity

- 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. (CDC/NCHS)

- Among Hispanics in grades 9-12, the following report participation in **vigorous activity** during the past seven days:
 - 68.8 percent of males.
 - 52.4 percent of females.

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

 - 25.9 percent of males.
 - 18.5 percent of females.

(YRBS [2001], CDC/NCHS)

- Among Hispanics age 18 and older, the following report no leisure-time physical activity:
 - 48.9 percent of men.
 - 57.4 percent of women.

(NHIS [1997-98], CDC/NCHS).

- Based on data from the 1997-2003 NHIS surveys of the CDC/NCHS:
 - 31.3 percent of U.S. adults age 18 and older engage in regular leisure-time physical activity.
 - For age groups 18-24 and 25-64, women are less likely than men to engage in regular leisure-time physical activity.
 - The age-sex-adjusted prevalence of adults who engage in regular leisure-time physical activity is 34.0 percent for non-Hispanic whites, 26.4 percent for non-Hispanic blacks and 21.1 percent for Hispanics.
- The prevalence of physical **inactivity** during leisure time among Mexican Americans is higher than in the general population.
 - 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).

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

Overweight and Obesity

- Over 10 percent of preschool children between ages 2 and 5 are overweight, up from 7 percent in 1994.
 - Among preschool children, 11 percent of Mexican Americans are overweight.
 - Among children ages 6-11, 24 percent of Mexican Americans are overweight.
 - Among adolescents ages 12-19, 24 percent of Mexican Americans are overweight.
 - 15 percent of children and teens ages 6-19 are considered at risk of becoming overweight (BMI from the 85th to the 95th percentile).
- 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:
 - 27.3 percent of boys.
 - 19.6 percent of girls.
- 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:
 - 27.5 percent of boys.
 - 19.4 percent of girls.

(NHANES IV [1999-2000], CDC/NCHS; *JAMA*. 2002;288:1728-1732)

(NHANES IV [1999-2000], *Health, United States, 2003*, CDC/NCHS)

(NHANES IV [1999-2000], *Health, United States, 2003*, CDC/NCHS)

- Among Hispanics age 18 and older, the following are overweight or obese (BMI of 25 kg/m² or higher):
 - 66.2 percent of men.
 - 56.6 percent of women.

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

- 21.8 percent of men.
- 23.3 percent of women.

(NHANES IV [1999-2000], CDC/NCHS)

- Among Mexicans age 20 and older, the following are overweight or obese (BMI of 25.0 kg/m² and higher):
 - 74.7 percent of men.
 - 71.9 percent of women.

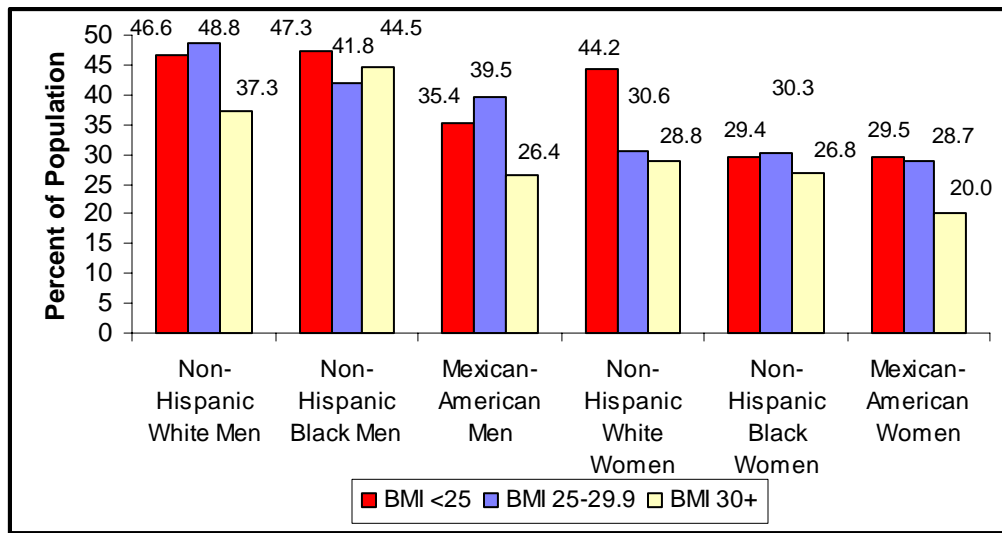
Of these, the following are obese, defined as a BMI of 30.0 kg/m² and higher:

- 28.9 percent of men.
- 39.7 percent of women.

(NHANES IV [1999-2000], *Health, United States, 2003*, CDC/NCHS)

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

NHANES III: 1988-94



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

Source: CDC/NCHS.

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

- 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)
- Among Hispanic adults age 18 and older, the median percentage who've been told by a health professional that they have diabetes is 5.5 percent. (BRFSS [1997], CDC/NCHS).

- In the total population age 20 and older, 5.5 percent of men and 5.5 percent of women have **physician-diagnosed diabetes**. Among Mexican Americans the prevalences are
 - 8.1 percent of men.
 - 11.4 percent of women.

Estimates are age-adjusted. (NHANES III [1988-94], CDC/NCHS)

- In the total population age 20 and older, 3.3 percent of men and 2.5 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
 - 5.8 percent of men.
 - 3.9 percent of women

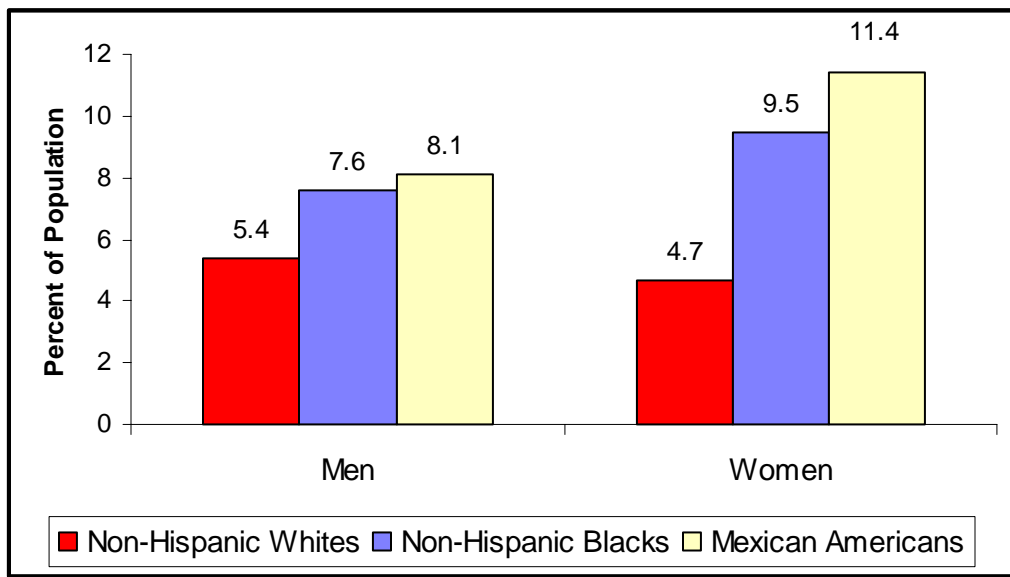
Estimates are age-adjusted based on glucose tests of persons not previously diagnosed by a physician. (NHANES III [1988-94], CDC/NCHS)

- In the total population age 20 and older, 9.3 percent of men and 5.3 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
 - 12.1 percent of men.
 - 6.7 percent of women

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

NHANES III: 1988-94



Source: CDC/NCHS.

Metabolic Syndrome

- ATP III defines the metabolic syndrome as three or more of the following abnormalities:
 - Waist circumference greater than 102 cm (40 inches) in men and 88 cm (35 inches) in women.
 - Serum triglyceride level of 150 mg/dL or higher.
 - High-density lipoprotein (HDL) cholesterol level less than 40 mg/dL in men and less than 50 mg/dL in women.
 - Blood pressure of 130/85 mm Hg or higher.
 - Fasting glucose level of 110 mg/dL or higher.
- 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.

(NHANES III [1988-94], CDC/NCHS, *JAMA*. 2002;287:356-359)

- The prevalences of Mexican Americans with the metabolic syndrome are
 - 20.8 percent of men.
 - 27.2 percent of women.

(NHANES III [1988-94], CDC/NCHS, *Arch Intern Med*. 2003;163)

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.
- 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.
- 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

NHANES III (1988-91) – National Health and Nutrition Examination Survey III, Phase I

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

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

NHIS – National Health Interview Survey

YRBS – Youth Risk Behavior Surveillance