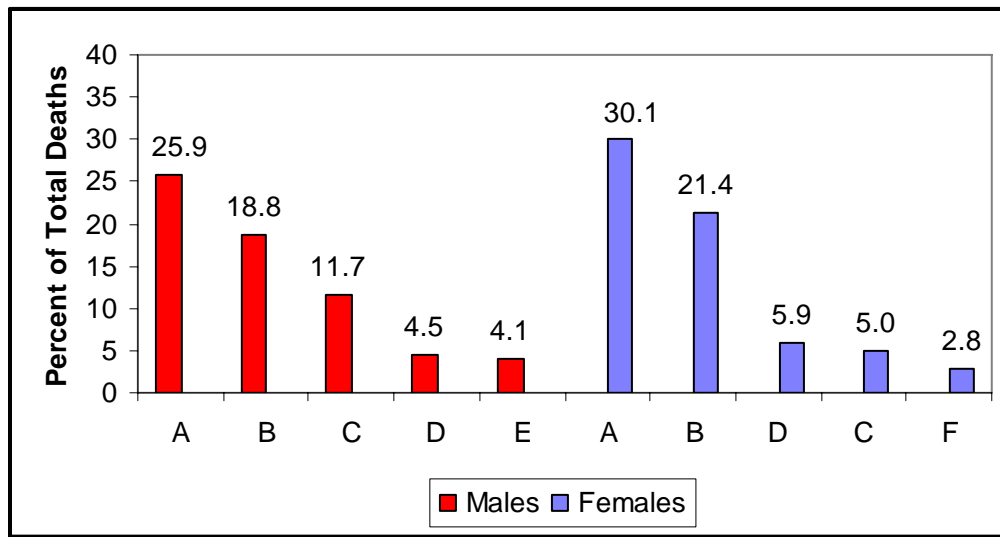


Statistical Fact Sheet — Populations 2009 Update

Hispanics/Latinos and Cardiovascular Diseases — Statistics

Causes of Death for Hispanic or Latino Males

United States: 2005



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:
 - 26.1 percent of men.
 - 32.5 percent of women.

(NHANES [2005-2006], NCHS and NHLBI)

- Data from the NHIS/NCHS 2007 showed that among Hispanics or Latinos, 8.8 percent have HD, 5.7 percent have CHD, 20.6 percent have hypertension, and 2.5 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:
 - 5.4 percent of men.
 - 6.3 percent of women.

(NHANES [2005-2006], NCHS and NHLBI)
- Among Mexican Americans age 20 and older, the following have had a myocardial infarction (heart attack):
 - 2.5 percent of men.
 - 1.1 percent of women.

(NHANES [2005-2006], 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):
 - 3.5 percent of men.
 - 4.5 percent of women.

(NHANES [2005-2006], NCHS and NHLBI)
- The 2005 CHD death rate for Hispanics or Latinos was 118.0 *(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:
 - 2.1 percent of men.
 - 3.8 percent of women.

(NHANES [2005-2006] NCHS and NHLBI)
- The 2005 stroke death rate for Hispanic or Latino males was 38.0 and 33.5 for females. *(NCHS)*
- The Brain Attack Surveillance in Corpus Christi (BASIC, NINDS) demonstrated an increased incidence of stroke among Mexican Americans as compared with non-Hispanic whites in this community. The crude cumulative incidence was 168 per 10 000 in Mexican Americans and 136 per 10 000 in non-Hispanic whites. Specifically, Mexican Americans have a higher cumulative incidence for ischemic stroke at younger ages (ages 45 to 59: risk ratio = 2.04, 95% confidence interval: 1.55, 2.69; ages 60 to 74: risk ratio = 1.58, 95% confidence interval: 1.31, 1.91) but not at older ages (age 75 or older: risk ratio = 1.12, 95% confidence interval: 0.94, 1.32). Mexican Americans also have a higher incidence of intracerebral hemorrhage and subarachnoid hemorrhage than that of non-Hispanic whites, adjusted for age, as well as a higher incidence of ischemic stroke and TIA at younger ages than 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 Mexican Americans 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):
 - 23.1 percent of men.
 - 30.4 percent of women.

(NHANES [2005-2006], NCHS and NHLBI)
- In NHANES/NCHS 2005–06, rates of control were lower in Mexican Americans (35.2 percent) than in non-Hispanic whites (46.1 percent) and non-Hispanic blacks (46.5 percent) (Ostchega Y, Yoon SS, Hughes J, Louis T. Hypertension Awareness, Treatment, and Control – Continued Disparities in Adults: United States, 2005 – 2006. NCHS data brief no. 3. Hyattsville, MD: National Center for Health Statistics, 2008.)

Tobacco

- In the past month, 8.6 percent of Hispanic males and 7.7 percent of Hispanic females, smoked cigarettes. (Substance Abuse and Mental Health Services Administration. Results From the 2006 National Survey on Drug Use and Health: National Findings. Office of Applied Studies, NSDUH series H-32, DHHS Publication No. SMA 07-4293. Rockville, MD, 2007)
- Rates of use of any tobacco product in 2005, among persons age 12 and older, were 31.2 percent for non-Hispanic whites only, 28.4 percent for non-Hispanic blacks only, 41.7 percent for non-Hispanic American Indians or Alaska Natives only, 14.6 percent for non-Hispanic Asians only, and 24.5 percent for Hispanics or Latinos of any race. (National Center for Health Statistics. Health, United States, 2007 with Chartbook on Trends in the Health of Americans. Hyattsville, MD; 2007. Available at: <http://www.cdc.gov/nchs/hus.htm>)

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:
 - 52.1 percent of men.
 - 48.0 percent of women.

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

 - 17.5 percent of men.
 - 14.5 percent of women.

(NHANES [2005-2006], NCHS and NHLBI)
- Among Mexican Americans age 20 and older, the following have an LDL cholesterol of 130 mg/dL or higher:
 - 45.0 percent of men.
 - 30.3 percent of women
- Among Mexican Americans age 20 and older, the following have HDL cholesterol less than 40 mg/dL.
 - 30.6 percent of men
 - 10.5 percent of women

(NHANES [2005-2006], 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, and among older than younger (NCHS)
- Among Hispanics or Latinos age 18 and older, 23.8 percent report regular leisure-time physical activity:
(NHIS 2007, 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):
 - 67.8 percent

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

 - 27.5 percent

(NHIS [2007], NCHS)
- Among Mexican Americans age 20 and older, the following are overweight or obese (BMI of 25.0 kg/m² and higher):
 - 74.8 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:

 - 26.8 percent of men.
 - 41.9 percent of women.

(NHANES (2005-2006), NCHS and NHLBI. Unpublished data.)

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

- Among Mexican Americans the prevalence of physician diagnosed diabetes are:
 - 11.3 percent in men.
 - 14.2 percent in women.

(NHANES [2005-2006], NCHS and NHLBI)
- Using American Diabetes Association criteria of fasting plasma glucose of 126 mg/dL or more, The prevalences of undiagnosed diabetes among Mexican Americans are:
 - 6.0 percent in men.
 - 1.9 percent in women

Estimates are based on glucose tests of persons not previously diagnosed by a physician.
(NHANES [2005-2006], 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 of pre-diabetes are:
 - 28.5 percent in men.
 - 23.6 percent in women

(NHANES [2005-2006], NCHS and NHLBI)

- 2007 data show the estimated prevalence of physician-diagnosed diabetes to be 11.1 percent for Hispanic or Latino adults. (*NHIS [2007], NCHS; data are estimates for Americans age 18 and older.*)

Metabolic Syndrome

- The age-adjusted prevalences of people with MetS are 35.4 percent, 24.5 percent, and 40.3 percent for white, black, and Mexican-American men, respectively. For women, the percentages are 31.5 percent, 36.4 percent, and 44.0 percent, respectively.
- The age-adjusted prevalence was approximately 49 percent higher among African-American women than men and approximately 9 percent higher among Mexican-American women than men.

(Grundy SM, Brewer HB Jr, Cleeman JI, Smith SC Jr, Lenfant C; American Heart Association; National Heart, Lung, and Blood Institute. Definition of metabolic syndrome: Report of the National Heart, Lung, and Blood Institute/American Heart Association conference on scientific issues related to definition. Circulation. 2004 Jan 27;109:433-8.)

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

- The median age of the population with ESRD is 57.9 years (58.8 for whites, 56.3 for blacks, 55.4 for Hispanics, 58.3 for Asians, and 56.5 for Native Americans). Treatment of ESRD is more common in men than in women. (*US Renal Data System. USRDS 2007 Annual Data Report: Atlas of End-Stage Renal Disease in the United States. Bethesda, Md: National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases; 2007. Available at: http://www.usrds.org/adr_2004.htm).*

Nutrition (According to NHANES 2005–06)

- Average consumption of whole grains by Mexican Americans was about two servings/day, with 22–28 percent consuming three or more servings/day.
- Average fruit consumption ranged from 1.1 to 1.8 servings per day; 6–10 percent of Mexican Americans consumed four or more servings of fruit per day.
- Average vegetable consumption ranged from 1.2 to 2.1 servings per day; 3–5 percent of Mexican Americans consumed five or more servings of vegetables per day.
- Average consumption of nuts, legumes, and seeds was approximately six and eight servings/week among Mexican-American women and men, respectively. About 38–40 percent of Mexican Americans consumed four or more servings/week.
- Average consumption of processed meats was lowest among Mexican-American women (1.5 serving/week): 40 percent of Mexican-American women consumed one or more serving/week.
- Average consumption of sugar-sweetened beverages was 18 servings/week among Mexican-American men. About 78 percent and 61 percent of Mexican-American men and women, respectively, consumed more than 36 ounces/week.
- Average consumption of sweets and bakery desserts was about four servings/day for Mexican American men. About 50 percent of Mexican-American men and women consumed more than 25 servings/week.
- About 11–12 percent of Mexican Americans consumed 28 g/day or more of dietary fiber.
- About 17–24 percent of Mexican Americans consumed less than 2.3 g/day of sodium.

Abbreviations Used:

BMI – body mass index

BRFSS – Behavioral Risk Factor Surveillance System, CDC

ESRD – end stage renal disease

ICD – International Classification of Diseases

Kg/m² – kilograms/meter²

Mg/dL – milligrams per deciliter

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

NINDS – National Institutes of Neurological Diseases and Stroke

YRBS – Youth Risk Behavior Surveillance, CDC

For additional information, charts and tables, see the Heart Disease and Stroke Statistics – 2009 Update, published in Circulation and available on our Web site.