

Statistical Fact Sheet

2015 Update

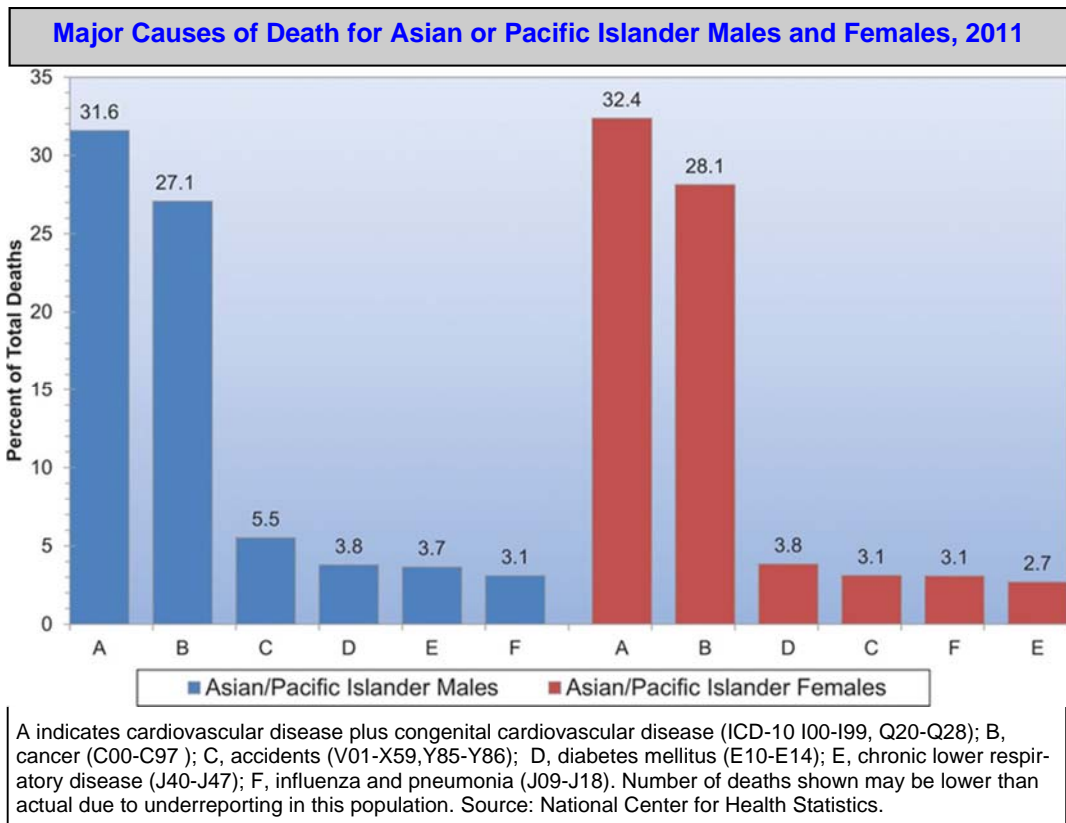
Asian & Pacific Islanders and Cardiovascular Diseases

Cardiovascular Disease (CVD) (ICD 10 codes I00-I99, Q20-Q28) (ICD 9 codes 390-459, 745-747) & Coronary Heart Disease (CHD) (ICD 10 codes I20-I25) (ICD 9 codes 410-414, 429.2)

- Among Asians, 6.1% have heart disease, 3.7% have CHD, 21.0% have hypertension, and 1.9% have had a stroke.
- In 2011, 17,050 deaths among Asians and Pacific Islanders were due to CVD; 7,828 due to CHD; and 2,476 due to myocardial infarction.

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

- Among Asians and Pacific Islanders adults, 1.9% have had a stroke.
- In 2011, 3,937 Asians and Pacific Islanders died from stroke.
- In 2002, death certificate data showed that the mean age at stroke death was 79.6 years; however, blacks, American Indian/Alaska Natives, and Asian/Pacific Islanders had younger mean ages than whites.



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

- 21.0% of Asians have high blood pressure, which led to 1,667 deaths among Asians in 2011.

Smoking

- In 2013, 14.7% of Asian men were current smokers; 4.8% of women.

Physical Inactivity

- In 2013, only 18.2% of Asian adults met the 2008 Federal Physical Activity Guidelines.

Overweight and Obesity

- Data from 2011 show that among low-income preschool children, American Indians/Alaskan Natives have an obesity rate of 17.7%, whereas rates are 14.7% for Hispanics, 10.6% for non-Hispanic blacks, 10.3% for non-Hispanic whites, and 9.3% for Asian/Pacific Islanders.
- In 2011-2012, among children age 2 to 5 years, 1.9% of Asian boys and 4.7% of Asian girls were obese. Among children age 6 to 11 years, 13.2% of Asian boys and 3.7% of Asian girls were obese. Among youths age 12 to 19 years, obesity was prevalent in 14.8% of Asian boys and 7.3% of Asian girls.

Asian/Pacific Islanders & CVD - 2015 Statistical Fact Sheet

- Among adults 18 years and older in 2013, blacks (27.6%), American Indians or Alaska Natives (23.2%), and whites (35.8%) were less likely than Asians (57.4%) to be at a healthy weight. Blacks (36.3%) and American Indians or Alaska Natives (46.5%) were more likely to be obese than were whites (27.9%) and Asians (10.8%).

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

- In 2011, 2,035 Asian or Pacific Islanders died from DM.
- Children who develop type 2 DM are typically overweight or obese and have a family history of the disease. Most are American Indian, black, Asian, or Hispanic/Latino.
- 2010 to 2012 national survey data for people >20 years of age indicate that 7.6% of non-Hispanic whites, 9.0% of Asian Americans, 12.8% of Hispanics, 13.2% of non-Hispanic blacks, and 15.9% of American Indians/Alaska Natives had diagnosed DM.
- In 2010 to 2012, compared with non-Hispanic white adults, the risk of diagnosed DM was 18% higher among Asian Americans, 66% higher among Hispanics/Latinos, and 77% higher among non-Hispanic blacks.
- The prevalence of DM was more than twice as high for Asian Indian adults (14%) compared with Chinese (6%) or Japanese adults (5%).
- According to NHIS data from 1997 to 2008, the prevalence of DM was higher among Asian Americans (4.3% to 8.2%) than whites (3.8% to 6.0%), despite lower BMI levels (23.6 vs. 26.1) among Asians.

For additional information, charts and tables, see
[Heart Disease & Stroke Statistics - 2015 Update.](#)

Additional charts may be downloaded directly from the online publication at:

<http://circ.ahajournals.org/content/131/4/e29.full.pdf+html> Or at: www.heart.org/statistics

The American Heart Association requests that this document be cited as follows:

Mozaffarian D, Benjamin EJ, Go AS, Arnett DK, Blaha MJ, Cushman M, de Ferranti S, Després J-P, Fullerton HJ, Howard VJ, Huffman MD, Judd SE, Kissela BM, Lackland DT, Lichtman JH, Lisabeth LD, Liu S, Mackey RH, Matchar DB, McGuire DK, Mohler ER 3rd, Moy CS, Muntner P, Mussolino ME, Nasir K, Neumar RW, Nichol G, Palaniappan L, Pandey DK, Reeves MJ, Rodriguez CJ, Sorlie PD, Stein J, Towfighi A, Turan TN, Virani SS, Willey JZ, Woo D, Yeh RW, Turner MB; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2015 update: a report from the American Heart Association. *Circulation*. 2015;131:e29–e322.

If you have questions about statistics or any points made in the 2015 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at statistics@heart.org. Please direct all media inquiries to News Media Relations at inquiries@heart.org or 214-706-1173.