



## 2022 Heart Disease & Stroke Statistical Update Fact Sheet White Race & Cardiovascular Diseases

### Cardiovascular Disease (CVD) (ICD-9 390 to 459; ICD/10 I00 to I99)

- Among non-Hispanic (NH) White adults between 2015 and 2018, 53.6% of males and 42.1% of females had CVD.
- In 2019, CVD caused the deaths of 347,087 NH White males and 324,795 NH White females.

### Coronary Heart Disease (CHD) (ICD-9 410 to 414, 429.2; ICD-10 I20 to I25, includes MI ICD-10 I21 to I22)

- Among NH White adults 20 years of age and older between 2015 and 2018, 8.7% of males and 6.0% of females had CHD; 4.4% of NH White males and 2.0% of NH White females had a previous heart attack.
- In 2019 for all ages, CHD caused the deaths of 167,340 NH White males and 114,144 NH White females. Heart attack caused the deaths of 48,465 NH White males and 32,752 NH White females.
- In 2019, the overall age-adjusted CHD death rate per 100,000 was 124.9 for NH White males and 62.7 for NH White females.
- On the basis of pooled data from 1995 to 2012, within 1 year after a first MI:
  - At 45 to 64 years of age, 3% of White males and 5% of White females died.
  - At 65 to 74 years of age, 14% of White males and 18% of White females died.
  - At  $\geq 75$  years of age, 27% of White males and 29% of White females died.
- On the basis of pooled data from 1995 to 2012, of those who have a first MI, the percentage with a recurrent MI or fatal CHD within 5 years was as follows:
  - At 45 to 64 years of age, 11% of White males and 15% of White females.
  - At 65 to 74 years of age, 12% of White males and 17% of White females.
  - At  $\geq 75$  years of age, 21% of White males and 20% of White females.

### Stroke (ICD-9 430 to 438; ICD-10 I60 to I69)

- Among NH White adults between 2015 and 2018, 2.3% of males and 2.5% of females had a previous stroke.
- In 2019 for all ages, stroke caused the deaths of 46,589 NH White males and 64,471 NH White females.
- The 2019 age-adjusted death rate for stroke as an underlying cause of death was 37.0 per 100,000. Death rates for NH White individuals were 35.5 for males and 35.0 for females.

### High Blood Pressure (HBP) (ICD-9 401 to 404; ICD-10 I10 to I15)

- Among NH White adults 20 years of age and older between 2015 and 2018, the following have HBP: 51.0% of males and 40.5% of females.
- In 2019 for all ages, HBP caused the deaths of 33,788 NH White males and 37,835 NH White females.
- The 2019 age-adjusted death rate attributable primarily to HBP was 25.1 per 100,000. Death rates (per 100,000) for NH White individuals were 25.7 for males and 20.6 for females.

Unless otherwise noted, all statistics in this Fact Sheet pertain to the United States. Please refer to the full Statistics publication for references and additional information regarding these statistics.

## High Blood Cholesterol and Other Lipids

- Among children 6 to 11 years of age between 2015 and 2018, the mean total cholesterol level was 157.3 mg/dL. For NH White children, mean total cholesterol was 156.1 mg/dL for females and 157.8 mg/dL for males.
- Among adolescents 12 to 19 years of age between 2015 and 2018, the mean total blood cholesterol level was 155.1 mg/dL. For NH White adolescents, mean total cholesterol was 151.2 mg/dL for males and 158.0 mg/dL for females.
- Among NH White adults between 2015 and 2018:
  - 35.0% of males and 41.8% of females had total blood cholesterol levels of 200 mg/dL or higher.
  - 10.1% of males and 13.1% of females had levels of 240 mg/dL or higher.
  - 26.0% of males and 28.6% of females had low-density lipoprotein (LDL) cholesterol of 130 mg/dL or higher.
  - 26.3% of males and 7.4% of females had high-density lipoprotein (HDL) cholesterol less than 40 mg/dL.

## Smoking

- In 2019, the lifetime use of tobacco products in adolescents 12 to 17 years of age was highest among American Indians and Alaska Native (21.6%) adolescents, followed by NH Whites (14.8%), Hispanic or Latino (12.0%), NH Black (8.8%), and NH Asian (3.5%) adolescents.
- Among NH White high school and middle school students in 2020, cigarette use in the past month was 3.7%.
- Among NH White adults  $\geq 18$  years of age in 2019, 15.5% were current smokers.
- In 2019, the lifetime use of tobacco products in adults  $\geq 18$  years of age was highest among American Indians or Alaska Native (70.4%) and NH White (74.4%) adults, followed by Native Hawaiian or Other Pacific Islander (48.9%), Hispanic or Latino (51.7%), NH Black (53.0%), and NH Asian (36.9%) adults.

## Physical Inactivity

- In 2019, the prevalence of using computers  $\geq 3$  hours per day, among high school students for activities other than schoolwork (e.g., videogames or other computer games) was highest among 46.1% for all students and 45.1% for White students, compared to 47.8% for Black students, 47.2% for Hispanic students, 44.7% for American Indian/Alaska Native students, and 44.4% for Asian students,
- According to 2019 data of students in grades 9 to 12, the prevalence of watching television  $\geq 3$  hours per day was 19.8% for all students and 16.5% for White students, compared with 33.2% for American Indian/Alaska native students, 31.6% for Black students, 21.3% for Hispanic students, and 12.1% for Asian students.
- In 2018, 24.0% of all adults and 25.7% of NH White adults 18 years of age and older met the 2018 Federal Aerobic and Strengthening Physical Activity Guidelines for Adults.

## Overweight and Obesity

- Between 2015 and 2018, 35.4% of children 2 to 19 years of age in the United States were overweight or obese; 19.0% were obese. Among NH White children, 30.9% of males and 31.7% of females were overweight or obese; 16.2% of males and 14.2% of females were obese.
- Between 2015 and 2018, 71.3% of adults over age 20 in the United States were overweight or obese; 40.6% were obese. Among NH White adults, 73.9% of males and 65.4% of females were overweight or obese; 40.7% of males and 38.7% of females were obese.

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## Diabetes (ICD-9 250; ICD-10 E10 to E14)

- Among NH White adults between 2015 and 2018:
  - 10.8% of males and 7.5% of females had physician diagnosed diabetes
  - 4.1% of males and 2.9% of females had undiagnosed diabetes
  - 56.5% of males and 37.3% of females had prediabetes
- In 2019, diabetes caused the deaths, all ages, of 33,492 NH White males and 23,833 NH White females.

**For additional information, charts and tables, see  
*Heart Disease & Stroke Statistics – 2022 Update***

Additional charts may be downloaded directly from the online publication or [www.heart.org/statistics](http://www.heart.org/statistics).

Many statistics in this At-a-Glance document come from unpublished tabulations compiled for this document and can be cited using the document citation listed below. The data sources used for the tabulations are listed in the full document. Additionally, some statistics come from published studies. If you are citing any of the statistics in this At-a-Glance document, please review the full Heart Disease and Stroke Statistics document to determine data sources and original citations.

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

Tsao CW, Aday AW, Almarzooq ZI, Alonso A, Beaton AZ, Bittencourt MS, Boehme AK, Buxton AE, Carson AP, Commodore-Mensah Y, Elkind MSV, Evenson KR, Eze-Nliam C, Ferguson JF, Generoso G, Ho JE, Kalani R, Khan SS, Kissela BM, Knutson KL, Levine DA, Lewis TT, Liu J, Loop MS, Ma J, Mussolino ME, Navaneethan SD, Perak AM, Poudel R, Rezk-Hanna M, Roth GA, Schroeder EB, Shah SH, Thacker EL, VanWagner LB, Virani SS, Voecks JH, Wang N-Y, Yaffe K, Martin SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2022 update: a report from the American Heart Association [published online ahead of print Wednesday, January 26, 2022]. *Circulation*. doi: 10.1161/CIR.0000000000001052

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If you have questions about statistics or any points made in the Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at [statistics@heart.org](mailto:statistics@heart.org). Please direct all media inquiries to News Media Relations at <http://newsroom.heart.org/newsmedia/contacts>.