2021 Heart Disease & Stroke Statistical Update Fact Sheet
Black Race & Cardiovascular Diseases

Cardiovascular Disease (CVD) (ICD-9 390 to 459; ICD-10 I00 to 199)

- Based on 2015 to 2018 data, among non-Hispanic (NH) Black adults 20 years of age and older, 60.1% of males and 58.8% of females had CVD.
- In 2018 among all ages, CVD caused the deaths of 56,945 NH Black males and 53,641 NH Black females.
- In 2016, the CVD mortality rate was highest among NH Black people compared to other racial and ethnic groups.

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

- According to 2015 to 2018 data, among NH Black adults 20 years of age and older, 6.7% of males and 7.2% of females had CHD.
- According to 2015 to 2018 data, among NH Black adults 20 years of age and older, 3.9% of males and 2.3% of females have had a myocardial infarction (heart attack).
- In 2018 among all ages, CHD caused the deaths of 22,699 Black males and 18,118 Black females.
- In 2018 among all ages, myocardial infarction caused the deaths of 6,650 Black males and 5,476 Black females.
- Within 1 year after a first MI, based on 1995 to 2012 data:
  - At 45 to 64 years of age, 9% of Black males, and 10% of Black females will die.
  - At 65 to 74 years of age, 22% of Black males, and 21% of Black females will die.
  - At ≥75 years of age, 19% of Black males, and 31% of Black females will die.
- Within 5 years after a first MI, based on 1995 to 2012 data:
  - At 45 to 64 years of age, 16% of Black males and 28% of Black females will die.
  - At 65 to 74 years of age, 33% of Black males and 44% of Black females will die.
  - At ≥75 years of age, 61% of Black males and 64% of Black females will die.
- Of those who have a first MI, the percentage with a recurrent MI or fatal CHD within 5 years is as follows, based on 1995 to 2012 data:
  - At 45 to 64 years of age, 22% of Black males and 32% of Black females.
  - At 65 to 74 years of age, 30% of Black males and 30% of Black females.
  - At ≥75 years of age, 45% of Black males and 20% of Black females.
- Based on 1995 to 2012 data, for those 45 years of age and older, the median survival time (in years) after a first MI was 7.0 for Black males, and 5.5 for Black females.
- In 2018, CHD age-adjusted death rates per 100,000 were 141.4 for NH Black males, and 79.7 for NH Black females.

Unless otherwise noted, all statistics in this Fact Sheet pertain to the United States.

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

- According to 2015 to 2018 data, among NH Black adults 20 years of age and older, 4.1% of males and 4.9% of females have had a stroke.
- In 2005, Black individuals 20 to 54 years of age had a higher annual sex-adjusted incidence of first-ever ischemic stroke (128 per 100,000) than White individuals (48 per 100,000).
- In 2018 among all ages, stroke caused the deaths of 8,851 NH Black males and 10,622 NH Black females.
- The 2018 age-adjusted death rate for stroke was 58.2 per 100,000 for NH Black males and 47.5 per 100,000 NH Black females.

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

- According to 2015 to 2018 data, among NH Black adults 20 years of age and older, 58.3% of males and 57.6% of females had HBP (defined as systolic pressure of 130 mm Hg or higher or diastolic pressure of 80 mm Hg or higher or taking antihypertensive medicine or being told twice by a physician or other professional that you have hypertension).
- Based on 2014 data, Black adults were more likely (33.0%) to have been told on ≥2 occasions that they had HBP than American Indian/Alaska Native adults (26.4%), White adults (23.5%), Hispanic or Latino adults (22.9%), or Asian adults (19.5%).
- In 2018 among all ages, HBP caused the deaths of 9,249 NH Black males and 8,546 NH Black females.
- In 2018 the age-adjusted death rate from HBP was 24.0 per 100,000. HBP death rates (per 100,000) for NH Black individuals were 56.0 for males and 37.5 for females.

High Blood Cholesterol and Other Lipids

- According to 2015 to 2018 data, among children 6 to 11 years of age, the mean total cholesterol level was 157.3 mg/dL. Among NH Black children 6 to 11 years of age, the mean total cholesterol level was 157.1 mg/dL for males and 156.3 mg/dL for females.
- According to 2015 to 2018 data, among adolescents 12 to 19 years of age, the mean total blood cholesterol level was 155.1 mg/dL. For NH Black adolescents, mean total cholesterol was 155.8 mg/dL for males and 157.1 mg/dL for females.
- According to 2011 to 2012 data, among NH Black individuals, 71.9% had their cholesterol checked in the past 5 years (66.8% of males and 75.9% of females).
- Among NH Black adults 20 years of age and older:
    - 31.0% of males and 33.4% of females had total blood cholesterol levels of 200 mg/dL or higher from 2015 to 2018.
    - 9.2% of males and 10.5% of females had total blood cholesterol levels of 240 mg/dL or higher from 2015 to 2018.
    - 29.5% of males and 23.4% of females had low-density lipoprotein (LDL) cholesterol of 130 mg/dL or higher from 2013 to 2016.
    - 17.0% of males and 7.9% of females had high-density lipoprotein (HDL) cholesterol less than 40 mg/dL from 2015 to 2018.

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Smoking

- Using data from 2019, among adolescents in high school, NH White students were more likely than Hispanic or NH Black students to report cigarette use in the past 30 days.
- Among Black adults 18 years of age or older in 2018, 14.6% were current cigarette smokers.
- During 2011 to 2012, the percentage of the US nonsmoking population with serum cotinine ≥0.05 ng/mL (which indicates exposure to secondhand smoke) was higher for NH Black individuals (46.8%) than for NH White individuals (21.8%) and Mexican American individuals (23.9%).

Physical Inactivity

In 2017:

- Nationwide, 15.4% of high school students reported that they were inactive on all of the previous 7 days (that is, they did not participate in > 60 minutes of any kind of physical activity, including aerobic or muscle and bone strengthening activity, on any 1 of the previous 7 days).
- The prevalence of inactivity for high school students was highest among Black (26.6%) and Hispanic (20.0%) girls, followed by NH White girls (16.7%), NH Black boys (12.7%), Hispanic boys (12.3%), and NH White boys (10.2%).
- The prevalence of high school students using computers ≥3 hours per day for activities other than schoolwork (e.g., video games or other computer games) was highest among NH Black boys (47.7%), followed by Hispanic girls (46.8%), NH Black girls (46.7%), Hispanic boys (43.9%), NH White boys (41.7%), and NH White girls (39.6%).
- The prevalence of watching television ≥3 hours per day among students in grades 9 through 12 was highest among NH Black boys (37.8%) and girls (32.8%), followed by Hispanic boys (21.9%) and girls (19.5%), and NH White girls (18.4%) and boys (16.9%).
- In 2018, 19.9% of NH Black adults age 18 and older met the 2018 Federal Aerobic and Strengthening Physical Activity Guidelines for Adults.

Overweight and Obesity

- Based on data from 2015 to 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 Black children, 31.5% of males and 45.2% of females were overweight or obese; 19.1% of males and 27.1% of females were obese.
- Based on data from 2015 to 2018, 71.3% of adults over 20 years of age in the United States were overweight or obese; 40.6% were obese, and 8.4% were extremely obese. Among NH Black adults 69.9% of males and 78.4% of females were overweight or obese, 38.2% of males and 55.2% of females were obese, and 7.5% of males and 16.3% of females were extremely obese.

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

- Among US youth in 2014 to 2015, the incidence rate (per 100 000) of type 1 diabetes was 16.3 for Black youth, compared to 6.2 for American Indian youth, 9.4 for Asian or Pacific Islander youth, 16.3 for Hispanic youth, and 27.3 for White youth.
- Among US youth in 2014 to 2015, the incidence rate (per 100 000) of type 2 diabetes was 37.8 for Black youth, compared to 32.8 for American Indian youth, 11.9 for Asian or Pacific Islander youth, 20.9 for Hispanic youth, and 4.5 for White youth.
- Among NH Black adults between 2013 and 2016, 20 years of age and older:
    - 14.7% of males and 13.4% of females had physician diagnosed diabetes.
    - 1.7% of males and 3.3% of females had undiagnosed diabetes.
    - 31.9% of males and 24.0% of females had prediabetes.
- In 2018, diabetes caused the deaths of 7,802 NH Black males and 7,463 NH Black females.

Unless otherwise noted, all statistics in this Fact Sheet pertain to the United States.

For additional information, charts and tables, see
Heart Disease & Stroke Statistics – 2021 Update

Additional charts may be downloaded directly from the online publication or www.heart.org/statistics

Many statistics in this Fact Sheet 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 factsheet, 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:
Virani SS, Alonso A, Aparicio HJ, Benjamin EJ, Bittencourt MS, Callaway CW, Carson AP, Chamberlain AM, Cheng S, Delling FN, Elkind MSV, Evenson KR, Ferguson JF, Gupta DK, Khan SS, Kissela BM, Knutson KL, Lee CD, Lewis TT, Liu J, Loop MS, Lutsey PL, Ma J, Mackey J, Martin SS, Matchar DB, Mussolino ME, Navaneethan SD, Perak AM, Roth GA, Samad Z, Satou GM, Schroeder EB, Shah SH, Shay CM, Stokes A, VanWagner LB, Wang N-Y, Tsao CW; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2021 update: a report from the American Heart Association [published online ahead of print January 27, 2021]. *Circulation.* doi: 10.1161/CIR.0000000000000950

If you have questions about statistics or any points made in the 2021 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 http://newsroom.heart.org/newsmedia/contacts.

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