



Facts About Heart Disease and Stroke in Hispanic Women

Cardiovascular disease is the No. 1 killer of women of all ethnic backgrounds. But less than half of women realize it. Hispanic women are at greater risk of cardiovascular disease due to higher rates of high blood pressure, obesity, diabetes and metabolic syndrome than white women. In addition, those whose main language is Spanish have the highest prevalence of physical inactivity. Unfortunately, Hispanic women are less likely than white women to know that these things increase their heart disease risk. Only one-third of Hispanic women consider themselves well informed about heart disease, compared to more than forty percent of white women.*

- Heart disease and stroke are the leading causes of death for Hispanics.
- Heart disease and stroke are responsible for 32.2 percent of deaths in Hispanic females.
- The prevalence of cardiovascular diseases in Mexican-American women age 20 and older is 29.3 percent.
- High blood pressure is a leading cause of heart disease and stroke. The prevalence of high blood pressure for Mexican women over 20 years old is 28.7 percent.
- Stroke is the No. 3 cause of death for Hispanic women, behind heart disease and cancer. It's also a leading cause of serious, long-term disability.
- 12.5 percent of Hispanic or Latino women 18 and older smoke, putting themselves at increased risk for heart attack and stroke.
- The risk of heart disease increases with physical inactivity. Physical inactivity is more prevalent in women, African-Americans and Hispanics. 57.2 percent of Hispanic women 18 and older are physically inactive.
- 71.7 percent of Mexican-American women age 20 and older are overweight or obese.

Source: Heart Disease and Stroke Statistics – 2005 Update

For additional information, contact **American Heart Association** at (888) MY-HEART or visit goredforwomen.org.

* Survey conducted August 2003 (prior to campaign launch).