

Heart Disease and Diabetes in Women

Diabetes

- 10 million women have diabetes (8.2 percent of all women ages 20 years and older).¹
- 2.7 million women who have diabetes are undiagnosed.¹
- 33.4 million women have pre-diabetes.¹
- 14.7% of African-American women have diabetes.¹
- 12.7% of Mexican-American women have diabetes.¹
- Prevalence for diabetes in both African American and Mexican-American women is more than two times higher than in Caucasian women.³

Heart Disease

- 42.7 million women are currently living with some form of cardiovascular disease.¹ More than 8 million women have a history of heart attack and/or angina.³
- 7.5 million women are currently living with coronary heart disease (CHD).¹
- Heart disease is the leading cause of death of American women, killing more than a third of them.³
- More women than men die of heart disease each year.¹

The Link Between Diabetes and Heart Disease

- Women with diabetes are 2.5 times more likely to have heart attacks.¹
- Cardiovascular disease is the leading cause of death among people with diabetes — about two out of three people with diabetes die of heart disease or stroke.²
- Adults with diabetes have heart disease death rates about two to four times higher than adults without diabetes.²
- The risk for stroke is two to four times higher among people with diabetes.²
- About 75 percent of adults with diabetes also have high blood pressure, a leading risk factor for heart disease.²
- Smoking doubles the risk for heart disease in people with diabetes.²

¹ Roger V L, Go A S, Lloyd-Jones D, Adams R J, et al. Heart Disease and Stroke Statistics 2011 Update: A Report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Circulation*. 2011; 121:e1-e192.

² The National Institute of Diabetes and Digestive and Kidney Diseases. National Diabetes Statistics, 2007. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, 2008. <http://www.diabetes.niddk.nih.gov/dm/pubs/statistics>.

³ Lloyd-Jones D, Adams R, Brown T, et al. Heart Disease and Stroke Statistics 2010 Update: A Report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Circulation*. 2010;121:e1-e170.