

Heart Disease and Obesity in Women

Obesity

- There are 71.3 million overweight and obese adult women, representing 62.3% of the women in the U.S.¹
- 40.1 million women are obese, representing 35.2% of women with a BMI equal or greater than 30.¹
- 26.5% of Caucasian women are overweight and 32.8% are obese.¹
- 26.7% of African-American women are overweight and 51% are obese.¹
- 31.7% of Mexican-American women are overweight and 43.4% are obese.¹
- Within 30 years, the percent of obese adult women has more than doubled:²
 - 1976-1980; 17.1% obese
 - 2003-2006; 35.2% obese

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.¹
- Seven and a half million women will suffer angina.¹
- Heart disease is the leading cause of death of American women, killing more than a third of them.²
- More women than men die of heart disease each year.¹

The Risks

- Relative risk for cardiovascular disease increases by 20% in women who are overweight and by 64% in women who are obese.³
- Between 1971 and 2004 total energy consumption for adult women has increased by 22% from 1542 to 1886 calories per day.²
- 53.8% of adult women have total cholesterol of at least 200mg/dL.¹
- 50% of Caucasian women, 64% of African-American women, 60% of Hispanic women, and 53% of Asian/Pacific Islander women are sedentary and get no leisure time physical activity.⁴
- The increasing prevalence of obesity is driving an increased incidence of type 2 diabetes.²
- Women with diabetes are 2.5 times more likely to have heart attacks.¹

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 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;121:31-e170.

³ Wilson PW, D'Agostino RB, Sullivan L, Parise H, Kannel WB. Overweight and obesity as determinants of cardiovascular risk: The Framingham Experience. *Arch Intern Med*. 2002; 162: 1867-1872.

⁴ Pleis JR, Lucas JW. Summary health statistics for U.S. adults: National Health Interview Survey, 2007. *Vital Health Stat 10*. 2009; No. 240: 1-159.