

Hispanic-American Women

Heart Disease

- Hispanics have a slightly higher risk for cardiovascular disease than Caucasians and are less aware of their cardiovascular risk factors.^{1,2}
- Among Mexican-American women, 30.9% have cardiovascular disease.³

Care and Treatment

- According to the U.S. Centers for Disease Control and Prevention, language and cultural barriers, lack of access to prevention care, and lack of health insurance may lead to poorer health among Hispanics.
- Compared with Caucasian women, Hispanic women are nearly three times as likely to be uninsured.⁴

Health Risks

- Mexican youths are significantly more susceptible to start smoking than other youths.⁶
- 47% of Mexican-American women over the age of 20 have total blood cholesterol levels of 200 mg/dL or higher and 16.9% have levels of 240 mg/dL or higher.³
- 60% of Hispanic women are sedentary and get no leisure time physical activity.⁷
- 31.7% of Mexican-American women are overweight and another 43.4% of Mexican-American women are obese.³
- Among Mexican-American women over the age of 20, 28.9% have high blood pressure.³
- Nearly 17% of Hispanic women say they are in fair or poor health, compared with 11% of Caucasian women.⁵
- Prevalence for diabetes in Mexican-American women is almost two times higher than Caucasian women.³

1. NHANES, 2003-2006

2. Christian AH, Rosamond W, White AR, Mosca L. Nine-year trends and racial and ethnic disparities in women's awareness of heart disease and stroke: an American Heart Association national study. *J Womens Health*. 2007;16:68-81.

3. 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.Center for Financing, Access, and Cost Trends, AHRQ, Household Component of the Medical Expenditure Panel Survey, 2004 Point-in-Time File

4. Agency for Healthcare Research and Quality. Health Care for Minority Women: Program Brief. Available at <http://www.ahrq.gov/research/minority.htm>.

5. CDC Racial/Ethnic Differences Among Youths in Cigarette Smoking and Susceptibility to Start Smoking: US, 2002-2004. MMWR Morbidity and Mortality Weekly Report. 2006; 1275-1277.

6. CDC Racial/Ethnic Differences Among Youths in Cigarette Smoking and Susceptibility to Start Smoking: US, 2002-2004. MMWR Morbidity and Mortality Weekly Report. 2006; 1275-1277.

7. 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.