Almost 43 million women are currently living with some form of cardiovascular disease (CVD) in the U.S., and it is the leading cause of death of American women. Nearly 1 in 3 Hispanic women have CVD. Not only are Hispanic-American women at a high risk for CVD, but they are also nearly 3 times as likely as Caucasian women to be uninsured.

SOURCEs


HISPANIC-AMERICAN WOMEN & HEART DISEASE

Nearly 1 in 3 Hispanic women have CVD.

CARDIOVASCULAR DISEASE (CVD), often used interchangeably with heart disease, generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain or stroke. Other heart conditions, such as those that affect the heart’s muscle, valves or rhythm, also are considered forms of heart disease.

- **76.3%** of Hispanic-American women are overweight or obese.
- **29.9%** of Hispanic-American women have high blood pressure.
- **57.1%** of Hispanic-Americans do not meet the 2008 Federal Physical Activity Guidelines.*
- Prevalence for diabetes is almost TWICE AS HIGH in Hispanic-American women as in Caucasian women.

Nearly 17% of Hispanic-American women say they are in fair or poor health, compared with 11% of Caucasian women saying the same.

*Either 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity per week.

Women should talk to their doctor about:

**NON-MODIFIABLE RISK FACTORS**
- race
- age
- gender
- family history

**MODIFIABLE RISK FACTORS**
- physical activity
- smoking cessation
- cholesterol
- blood pressure
- diet

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