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racial and ethnic disparities in women's awareness of heart disease and stroke: An

with Heart Disease Coalition for Women The National

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

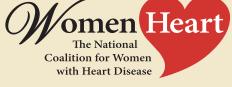
WOMENHEART: The National Coalition for Women with Heart Disease is the nation's first and still only patient centered organization serving the 42 million American women living with or at risk for heart disease — the leading cause of death in women. WomenHeart is solely devoted to advancing women's heart health through advocacy, community education, and the nation's only patient support network for women living with heart disease. Women Heart is both a coalition and a community of thousands of members nationwide, including women heart patients and their families, physicians, and health advocates, all committed to helping women live longer, healthier lives. To receive a free online heart health action kit or to donate visit www.womenheart.org.

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HISPANIC-AMERICAN WOMEN

8 HEORT DISEASE





SOURCES

HISPANIC-AMERICAN WOMEN & HET DISEASE



have CVD.

CARDIOVASCULAR DISEASE (CVD), often used

interchangeably with heart disease, generally refers to conditions that involve narrowed or blocked blood vessels that can such as those that affect the heart's muscle, valves or rhythm, also are considered forms of heart disease.



of Hispanic-American women are overweight or obese.



of Hispanic-Americans do not meet the 2008 Federal Physical Activity Guidelines.*



Tong Ver are less aware of their risk factors

of Hispanic-American women have high blood pressure.

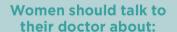


Prevalence for diabetes is almost TWICE AS HIGH in Hispanic-American women as in Caucasian women.

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

WWW.WOMENHEART.ORG

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



NON-MODIFIABLE RISK FACTORS

- age
- gender family history

MODIFIABLE RISK FACTORS

- physical activity
- weight
- smoking cessation
 cholesterol
- blood pressure