

AFRICAN-AMERICAN WOMEN & HEART DISEASE

African-American women bear a disproportionate amount of **hypertension-related heart disease and congestive heart failure** compared with Caucasians.

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.



46.1% of African-American women have high blood pressure.

58.6% of African-Americans do not meet the 2008 Federal Physical Activity Guidelines.*



81.9% of African-American women are overweight or obese.

Women should talk to their doctor about:

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



MODIFIABLE RISK FACTORS
diet • physical activity • smoking cessation
weight • cholesterol • blood pressure



MORE THAN 15% of African-American women say they are in fair or poor health.

Despite their higher risk of heart disease, African-American women are **10% LESS LIKELY** than Caucasian women to receive aspirin and **27% LESS LIKELY** to receive cholesterol-lowering drugs.



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

Women Heart
The National
Coalition for Women
with Heart Disease

