

HISPANIC-AMERICAN WOMEN & HEART DISEASE



Nearly 1 in 3
Hispanic women
have CVD.

Hispanics have a higher risk for CVD than Caucasians, yet are less aware of their risk factors.

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.

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* 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
- weight
- smoking cessation
- cholesterol
- blood pressure
- diet

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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.



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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. WomenHeart 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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