



American
Heart
Association.

2022 Heart Disease & Stroke Statistical Update Fact Sheet Black Race & Cardiovascular Diseases

Cardiovascular Disease (CVD) (ICD-9 390 to 459; ICD-10 I00 to 199)

- Based on 2015 to 2018 data, among non-Hispanic (NH) Black adults 20 years of age and older, 60.1% of males and 58.8% of females had CVD.
- In 2019 among all ages, CVD caused the deaths of 57,761 NH Black males and 54,544 NH Black females.
- In 2016, the CVD mortality rate was highest among NH Black people compared to other racial and ethnic groups.

Coronary Heart Disease (CHD) (ICD-9 410 to 414, 429.2; ICD-10 I20 to I25, includes MI-10 I21 to I22)

- According to 2015 to 2018 data, among NH Black adults 20 years of age and older, 6.7% of males and 7.2% of females had CHD.
- According to 2015 to 2018 data, among NH Black adults 20 years of age and older, 3.9% of males and 2.3% of females have had a myocardial infarction (heart attack).
- In 2019 among all ages, CHD caused the deaths of 22,643 Black males and 18,021 Black females.
- In 2019 among all ages, myocardial infarction caused the deaths of 6,487 Black males and 5,293 Black females.
- Within 1 year after a first MI, based on 1995 to 2012 data:
 - At 45 to 64 years of age, 9% of Black males, and 10% of Black females will die.
 - At 65 to 74 years of age, 22% of Black males, and 21% of Black females will die.
 - At ≥ 75 years of age, 19% of Black males, and 31% of Black females will die.
- Within 5 years after a first MI, based on 1995 to 2012 data:
 - At 45 to 64 years of age, 16% of Black males and 28% of Black females will die.
 - At 65 to 74 years of age, 33% of Black males and 44% of Black females will die.
 - At ≥ 75 years of age, 61% of Black males and 64% of Black females will die.
- Of those who have a first MI, the percentage with a recurrent MI or fatal CHD within 5 years is as follows, based on 1995 to 2012 data:
 - At 45 to 64 years of age, 22% of Black males and 32% of Black females.
 - At 65 to 74 years of age, 30% of Black males and 30% of Black females.
 - At ≥ 75 years of age, 45% of Black males and 20% of Black females.
- Based on 1995 to 2012 data, for those 45 years of age and older, the median survival time (in years) after a first MI was 7.0 for Black males, and 5.5 for Black females.
- In 2019, CHD age-adjusted death rates per 100,000 were 137.6 for NH Black males, and 77.2 for NH Black females.

Unless otherwise noted, all statistics in this Fact Sheet pertain to the United States.

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Smoking

- Using data from 2020, among adolescents in high school, NH Black students were less likely than Hispanic or NH White students to report cigarette use in the past 30 days.
- Among Black adults 18 years of age or older in 2019, 14.9% were current cigarette smokers.
- During 2017 to 2018, the percentage of the US nonsmoking population with detectable serum cotinine (which indicates exposure to secondhand smoke) was higher for NH Black individuals (48.0%) than for NH White individuals (22.0%) and Mexican American individuals (16.6%).

Physical Inactivity

- In 2019, the prevalence of high school students using computers ≥ 3 hours per day for activities other than schoolwork (e.g., videogames or other computer games) was highest among NH Black students (47.8%), followed by Hispanic students (47.2%), American Indian/Alaska Native students (44.7%), White students (45.1%), and Asian students (44.4%).
- In 2019 the prevalence of watching television ≥ 3 hours per day among students in grades 9 through 12 was highest among American Indian/Alaska native students (33.2%), followed by Black students (31.6%), Hispanic students (21.3%), White students (16.5%), and Asian students (12.1%).
- In 2018, 19.9% of NH Black adults 18 years of age and older met the 2018 Federal Aerobic and Strengthening Physical Activity Guidelines for Adults.

Overweight and Obesity

- Based on data from 2015 to 2018, 35.4% of children 2 to 19 years of age in the United States were overweight or obese; 19.0% were obese. Among NH Black children, 31.5% of males and 45.2% of females were overweight or obese; 19.1% of males and 27.1% of females were obese.
- Based on data from 2015 to 2018, 71.3% of adults 20 years of age and older in the United States were overweight or obese; 40.6% were obese, and 8.4% were extremely obese. Among NH Black adults 69.9% of males and 78.4% of females were overweight or obese, 38.2% of males and 55.2% of females were obese, and 7.5% of males and 16.3% of females were extremely obese.

Diabetes (ICD-9 250; ICD-10 E10 to E14)

- Among US youth in 2014 to 2015, the incidence rate (per 100 000) of type 1 diabetes was 20.8 for Black youth, compared to 6.2 for American Indian youth, 9.4 for Asian or Pacific Islander youth, 16.3 for Hispanic youth, and 27.3 for White youth.
- Among US youth in 2014 to 2015, the incidence rate (per 100 000) of type 2 diabetes was 37.8 for Black youth, compared to 32.8 for American Indian youth, 11.9 for Asian or Pacific Islander youth, 20.9 for Hispanic youth, and 4.5 for White youth.
- Among NH Black adults between 2015 and 2018, 20 years of age and older:
 - 12.8% of males and 13.2% of females had physician diagnosed diabetes.
 - 4.7% of males and 3.3% of females had undiagnosed diabetes.
 - 35.5% of males and 30.3% of females had prediabetes.
- In 2019, diabetes caused the deaths of 7,901 NH Black males and 7,567 NH Black females.

For additional information, charts and tables, see

Heart Disease & Stroke Statistics – 2022 Update

Additional charts may be downloaded directly from the online publication or www.heart.org/statistics.

Many statistics in this At-a-Glance document come from unpublished tabulations compiled for this document and can be cited using the document citation listed below. The data sources used for the tabulations are listed in the full document. Additionally, some statistics come from published studies. If you are citing any of the statistics in this At-a-Glance document, please review the full Heart Disease and Stroke Statistics document to determine data sources and original citations.

The American Heart Association requests that this document be cited as follows:

Tsao CW, Aday AW, Almarzoq ZI, Alonso A, Beaton AZ, Bittencourt MS, Boehme AK, Buxton AE, Carson AP, Commodore-Mensah Y, Elkind MSV, Evenson KR, Eze-Nliam C, Ferguson JF, Generoso G, Ho JE, Kalani R, Khan SS, Kissela BM, Knutson KL, Levine DA, Lewis TT, Liu J, Loop MS, Ma J, Mussolino ME, Navaneethan SD, Perak AM, Poudel R, Rezk-Hanna M, Roth GA, Schroeder EB, Shah SH, Thacker EL, VanWagner LB, Virani SS, Voecks JH, Wang N-Y, Yaffe K, Martin SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2022 update: a report from the American Heart Association [published online ahead of print Wednesday, January 26, 2022]. *Circulation*. doi: 10.1161/CIR.0000000000001052

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