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### Agenda

- Heart and Stroke Statistics – Update 2020
- Trends of Cardiovascular Disease in the United States
- Trends of Cardiovascular Disease in selected states by Ethnicity
- Cardiovascular disease in Asians
- Stroke in Asians

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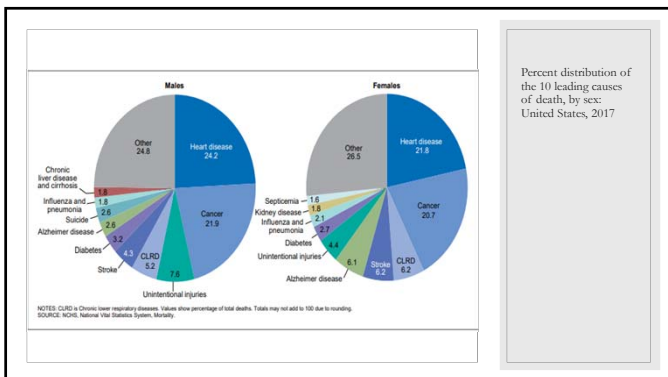
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Percent distribution of the 10 leading causes of death, by sex: United States, 2017

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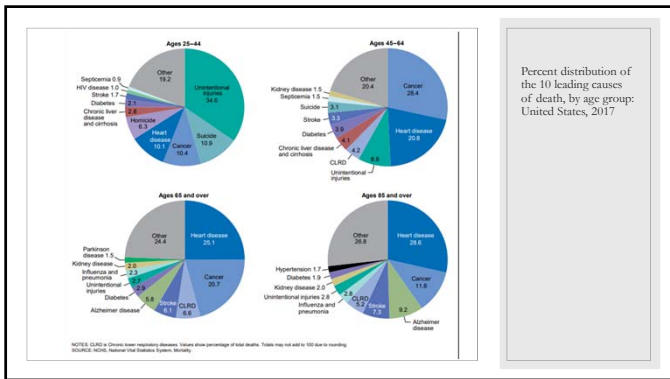
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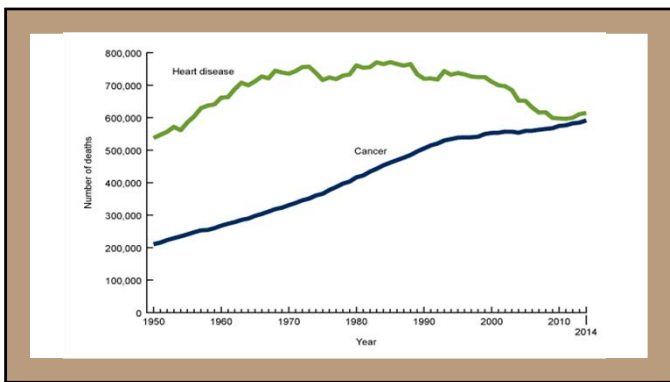
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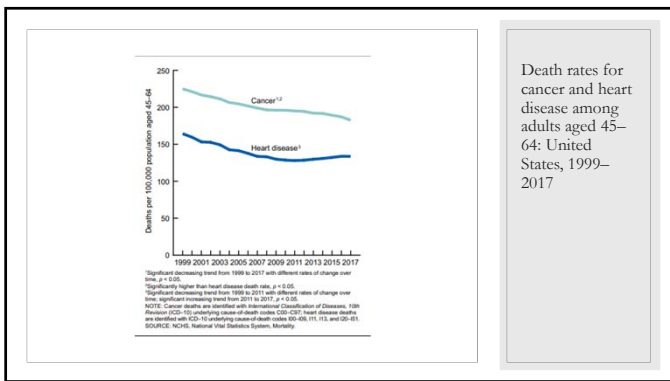
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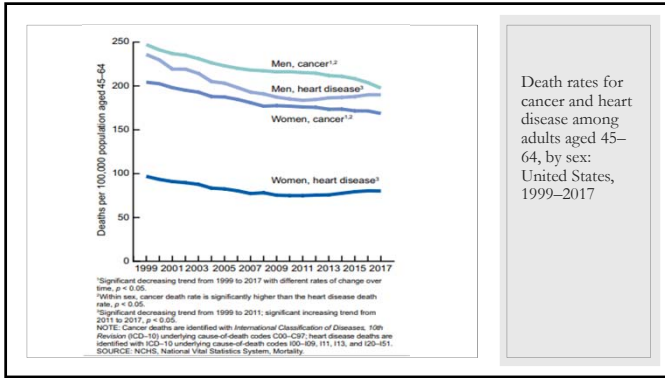
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Death rates for cancer and heart disease among adults aged 45-64, by sex: United States, 1999-2017

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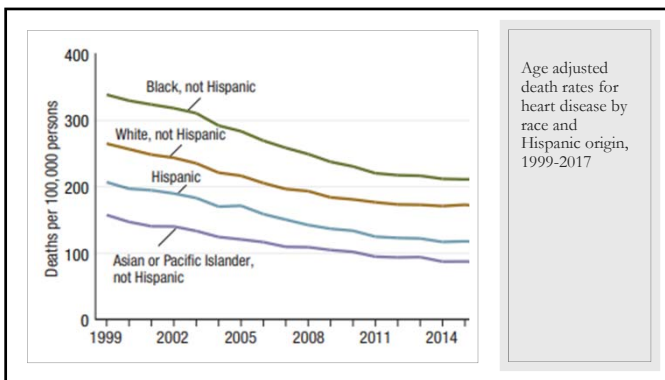
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Age adjusted death rates for heart disease by race and Hispanic origin, 1999-2017

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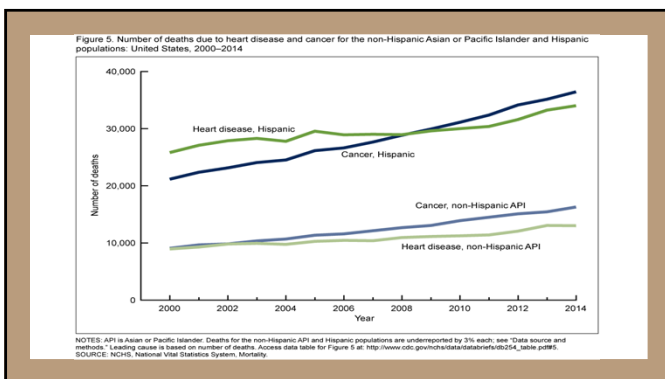


Figure 5. Number of deaths due to heart disease and cancer for the non-Hispanic Asian or Pacific Islander and Hispanic populations: United States, 2000-2014

NOTES: API is Asian or Pacific Islander. Deaths for the non-Hispanic API and Hispanic populations are underreported by 3% each; see "Data source and methods." Leading causes is based on number of deaths. Access data table for Figure 5 at: [http://www.cdc.gov/nchs/data/statstat/SS24\\_table.pdf](http://www.cdc.gov/nchs/data/statstat/SS24_table.pdf). SOURCE: NCHS, National Vital Statistics System, Mortality.

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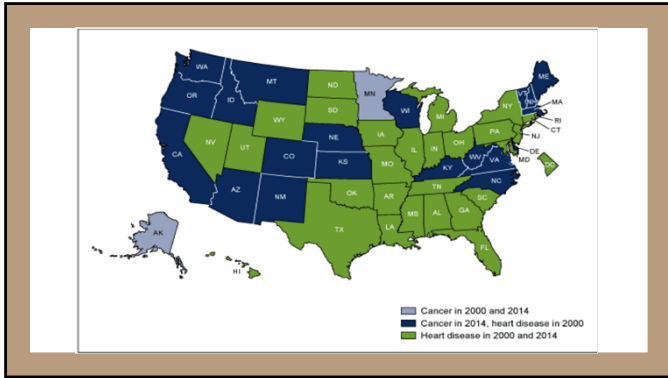
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10 Leading Causes of Death by Race and Ethnicity, New Mexico, 2015-2017 (Ranked by number of deaths)

	American Indian or Alaska Native	Asian or Pacific Islander	Black or African American	Hispanic	White	NM, Overall
1	Cancer (Malignant)	Cancer (Malignant)	Heart Disease	Cancer (Malignant)	Heart Disease	Heart Disease
2	Unintentional Injuries	Heart Disease	Cancer (Malignant)	Heart Disease	Cancer (Malignant)	Cancer (Malignant)
3	Heart Disease	Stroke	Unintentional Injuries	Unintentional Injuries	Chronic Lower Respiratory Diseases	Unintentional Injuries
4	Chronic Liver Disease & Cirrhosis	Unintentional Injuries	Diabetes Mellitus	Stroke	Unintentional Injuries	Chronic Lower Respiratory Diseases
5	Diabetes Mellitus	Diabetes Mellitus	Stroke*	Diabetes Mellitus	Stroke	Stroke
6	Stroke	Alzheimer's Disease	Chronic Lower Respiratory Diseases	Chronic Lower Respiratory Diseases	Alzheimer's Disease	Diabetes Mellitus
7	Suicide	Chronic Lower Respiratory Diseases	Alzheimer's Disease	Chronic Liver Disease & Cirrhosis	Suicide	Chronic Liver Disease & Cirrhosis
8	Influenza & Pneumonia	Suicide*	Homicide	Alzheimer's Disease	Diabetes Mellitus	Alzheimer's Disease
9	Septicemia	Septicemia	Kidney Disease	Suicide	Influenza & Pneumonia	Suicide
10	Kidney Disease	Influenza & Pneumonia	Septicemia	Kidney Disease	Chronic Liver Disease & Cirrhosis	Influenza & Pneumonia

\* Cause of death was tied for rank with the preceding cause of death.

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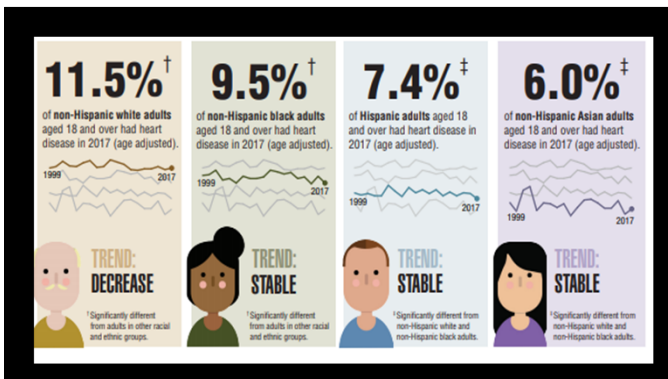
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Cause of death based on ICD-10	Non-Hispanic white		Non-Hispanic black		Non-Hispanic American Indian or Alaska Native		Non-Hispanic Asian or Pacific Islander		Hispanic							
	Rank	Percent of total deaths	Rank	Percent of total deaths	Rank	Percent of total deaths	Rank	Percent of total deaths	Rank	Percent of total deaths						
All causes	2	17,957	10.0	35,867	10.0	14,198	10.0	73,598	10.0	197,740	10.0					
Diseases of heart	(I00-I02, I20-I25, I26-I28)	1	536,460	23.3	78,161	23.3	1,472	16.1	15,400	21.3	2,040,203	21.3				
Malignant neoplasms	(C00-C37)	2	480,679	21.4	69,872	21.4	2,327	17.0	18,257	25.1	1,405,500	25.1				
Chronic lower respiratory diseases	(J40-J47)	3	138,823	6.4	11,217	3.3	6	899	4.3	8,200	2.8	8,599	2.8			
Accidents (unintentional injuries)	(W00-W99)	4	127,255	5.9	19,889	5.9	3,225	11.0	4	2,236	4.5	3	16,275	8.5		
Cerebrovascular diseases	(I60-I69)	5	110,028	5.0	4	19,888	5.7	7	717	3.0	3	5,400	7.5	4	10,775	5.5
Alzheimer disease	(E63)	6	101,876	4.7	9	8,891	2.7	10	378	2.0	6	2,207	3.5	6	7,300	3.7
Diabetes mellitus	(E10-E14)	7	55,176	2.5	5	14,786	4.4	4	1,114	5.0	5	3,657	4.2	5	9,276	4.7
Influenza and pneumonia	(J09-J18)	8	43,357	2.0	12	5,556	1.7	9	391	2.0	7	2,296	3.1	11	3,951	2.0
Intentional self-harm (suicide)	(X60-X84, X84, X85)	9	38,198	1.7	16	2,940	0.9	8	602	3.1	11	1,474	1.9	9	3,933	2.0
Septicemia, septic shock, and sepsis	(R60-R62, R61-R63, R63-R67)	10	35,191	1.6	8	9,542	2.8	11	333	1.7	9	1,534	2.1	10	3,933	2.0
Chronic liver disease and cirrhosis	(K70, K71, K73, K74)	11	30,223	1.4	14	3,250	1.0	5	1,047	5.5	14	715	1.0	7	6,390	3.2
Dysentery	(J50-J59)	12	20,098	1.0	9,599	2.8	10	295	1.5	12	879	1.2	10	2,860	1.5	
Essential hypertension and hypertensive renal disease	(I10-I13)	14	19,465	1.1	6,272	1.9	14	181	1.0	14,472	2.0	14	2,790	1.4		
Assault (homicide)	(Y01-Y02, Y03, Y08, Y09)	20	5,747	0.3	7	9,908	3.0	13	268	1.4	18	347	0.5	12	3,186	1.6

Deaths and percentage of total deaths for the 10 leading causes of death, by race and Hispanic origin: United States, 2017

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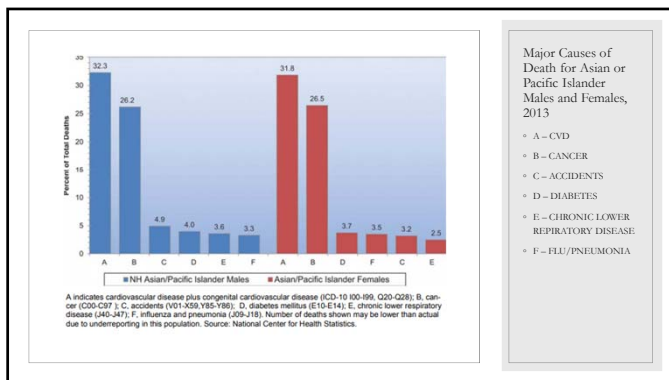
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Major Causes of Death for Asian or Pacific Islander Males and Females, 2013

- A - CVD
- B - CANCER
- C - ACCIDENTS
- D - DIABETES
- E - CHRONIC LOWER RESPIRATORY DISEASE
- F - FLU/PNEUMONIA

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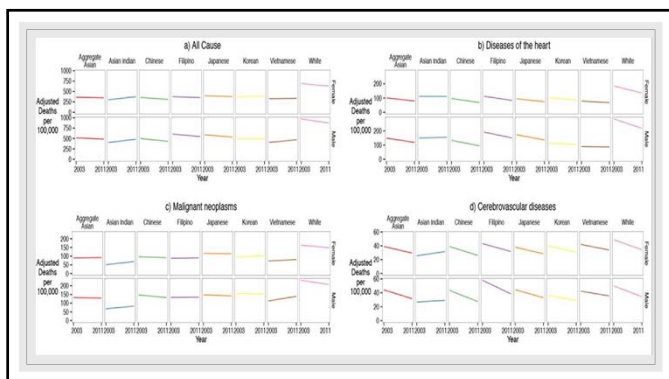
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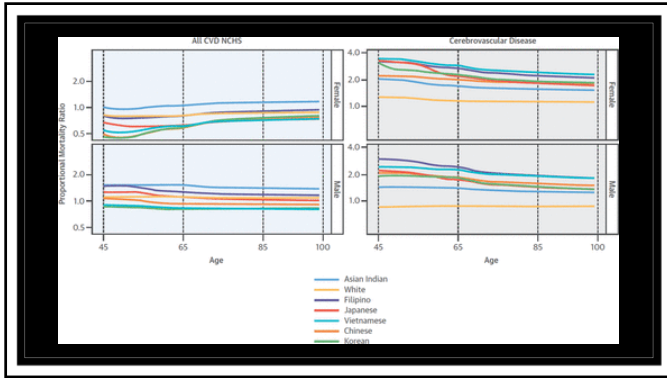
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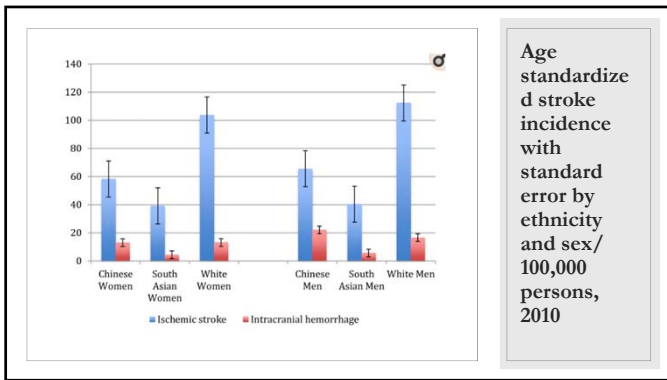
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**American Heart Association** | **Healthy For Good™** | Life is why™

- REDUCE BLOOD SUGAR**: About 21 million American adults have diagnosed diabetes. That's almost 9% of the adult population.
- EAT RIGHT**: When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy!
- CONTROL CHOLESTEROL**: More than 42% of American adults have total cholesterol levels higher than 200 mg/dL.
- LOSE WEIGHT**: Most Americans older than 20 are overweight or obese. About 32% children are overweight or obese.
- MANAGE BLOOD PRESSURE**: About 80 million U.S. adults have high blood pressure. That's about 33%.
- GET MOVING**: About one in every three U.S. adults - 30% - reports participating in no leisure time physical activity.
- STOP SMOKING**: 6% of adolescents aged 12 to 17 report being current smokers. Among adults, 19% of men and 15% of women are smokers.

Get your My Life Check® Assessment now at [heart.org/mylifecheck](http://heart.org/mylifecheck).

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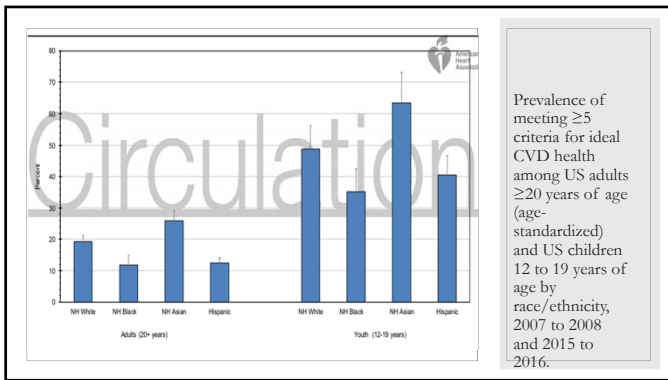
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Thank you.

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