

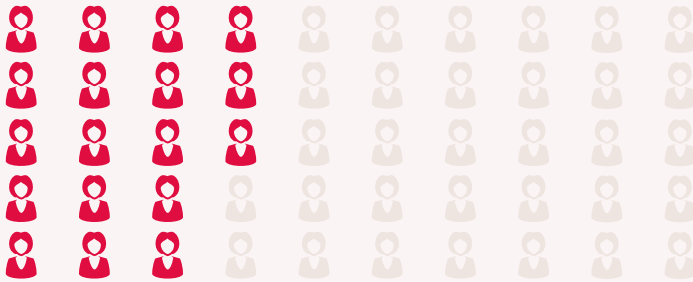
# Disparities in Health Heart Disease in African American Women



## Gaps in Awareness

### Leading Cause of Death

Heart disease is the #1 cause of death in African American women



**36%**

of African American women are aware that heart disease is their #1 cause of death compared to 65% of White women<sup>1</sup>

## Greater Risk for Heart Disease

African American women have a higher rate of heart disease and a **higher rate of some risk factors for heart disease**<sup>2</sup> compared to White women



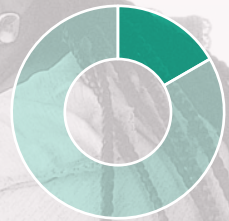
**82%**  
are overweight or obese



**46%**  
have high blood pressure



**36%**  
have high cholesterol (greater than or equal to 200 mg/dL)




**14%**  
have been diagnosed with diabetes


## Take Action to Protect Your Heart

### Talk with your Doctor


Find out if you are at risk for heart disease




**Don't smoke**



**Have a healthy diet**



**Get regular physical activity**



**Aim for a healthy weight**



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Sources: <sup>1</sup> *Circulation*; 2013, 127:1254-1263    <sup>2</sup> National Health and Nutrition Examination Survey, 2011-2014