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

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 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

Sources:
1 Circulation. 2013; 127:1254-1263

Learn more www.hearttruth.gov