

Disparities in Health Heart Disease in African American Women



Gaps in Awareness

Leading Cause of Death

Heart disease #1 cause of death in African American women



36%

of African American women are aware that heart disease is their #1 killer compared to 65% of White women¹

Greater Risk for Heart Disease

African American women have **higher rates of some risk factors for heart disease²** and are more affected by the disease than White women



82%
are overweight or obese



46%
have high blood pressure



41%
have high cholesterol



15%
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: ¹ *Circulation*; 2013, 127:1254-1263 ² National Health and Nutrition Examination Survey, 2009-2012