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 women

Greater Risk for Heart Disease

African American women have higher rates of some risk factors for heart disease 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

Learn more www.hearttruth.gov


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