

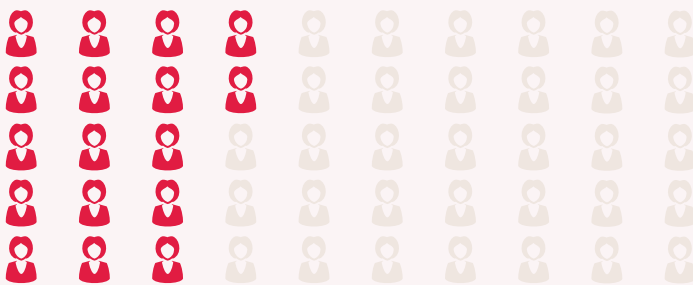
Disparities in Health Heart Disease in Hispanic Women



Gaps in Awareness

Leading Causes of Death

Heart disease is the #1 cause of death in all American women and the #2 cause of death in Hispanic women

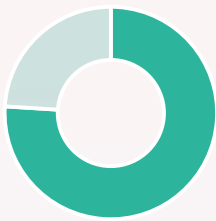


34%

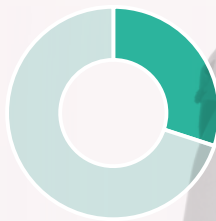
of Hispanic women are aware that heart disease is the #1 cause of death in American women compared to 65% of White women¹

Greater Risk for Heart Disease

Hispanic women have **higher rates of some risk factors for heart disease**²



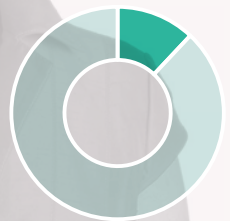
77%
are overweight
or obese



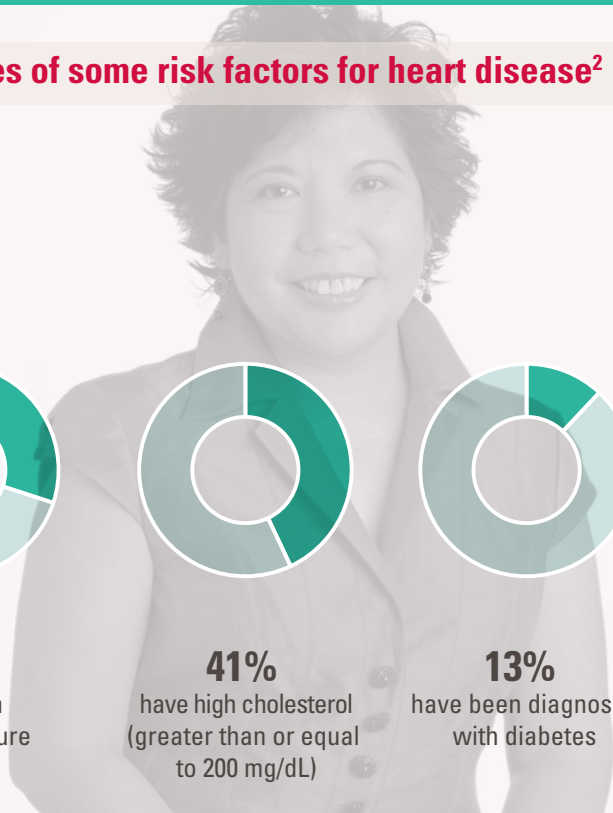
31%
have high
blood pressure



41%
have high cholesterol
(greater than or equal
to 200 mg/dL)



13%
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**



NIH National Heart, Lung, and Blood Institute



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Learn more www.hearttruth.gov

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