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 women

Greater Risk for Heart Disease

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

- 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

Learn more www.hearttruth.gov