

# Disparities in Health Heart Disease in Hispanic Women



## **Gaps in Awareness**

### Leading Causes of Death

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



# 34%

of Hispanic women are aware that heart disease is the #1 killer of American women compared to 65% of White women<sup>1</sup>

## **Greater Risk for Heart Disease**

Hispanic women have **higher rates of some risk factors for heart disease**<sup>2</sup>



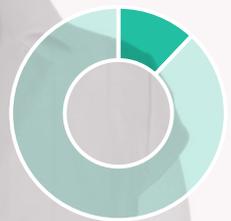
**76%**  
are overweight  
or obese



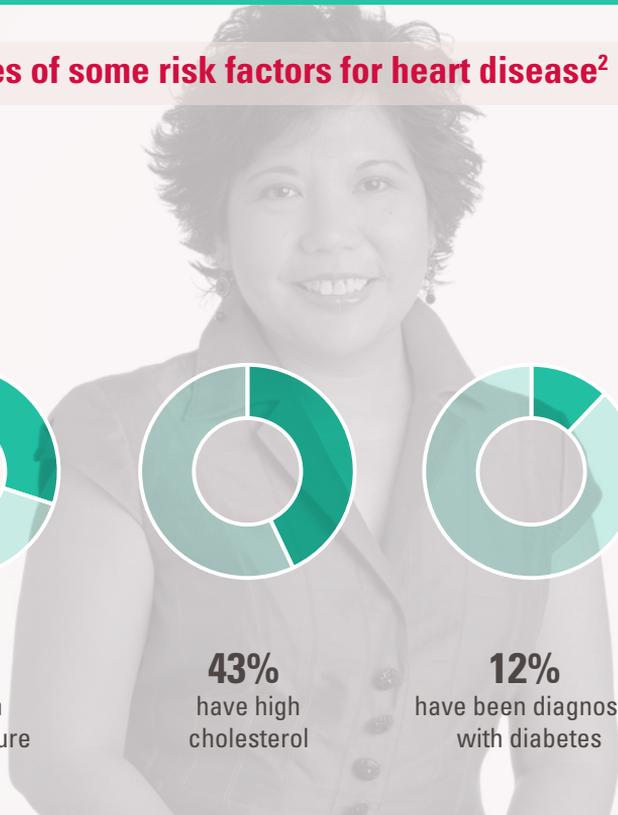
**30%**  
have high  
blood pressure



**43%**  
have high  
cholesterol



**12%**  
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: <sup>1</sup> *Circulation*; 2013, 127:1254-1263    <sup>2</sup> National Health and Nutrition Examination Survey, 2009-2012