

Know the Facts:

Cardiovascular Disease



- Whites have higher death rates for heart disease than Hispanics, Asians and American Indians.¹
- African American death rates for heart disease were 20 percent higher than those for Whites.²
- Fifty-three percent of black women are overweight, compared to 52 percent of Mexican-American women and 34 percent of White women.³
- African-Americans have a high incidence of hypertension, a leading risk factor for heart disease.⁴
- African-Americans also tend to develop high blood pressure younger than other groups.⁵

1 "National Healthcare Disparities Report," US Dept. Health and Human Services, December 2003, Prepublication Copy.

2 "Center for Rural Care Health Care Fact Sheet," Center for Rural Health, University of North Dakota School of Medicine and Health Science Services, January 27, 2003.

3 <http://healthdisparities.nih.gov/whatare.html>

4 <http://www.niehs.nih.gov/oc/factsheets/disparity/lead.htm>

5 <http://www.cdc.gov/omh/AMH/factsheets/cardio.htm>



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817-321-4700

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