

# Cardiovascular Disease



## AFRICAN-AMERICANS/BLACKS

**HEART DISEASE IS THE LEADING CAUSE OF DEATH IN CONNECTICUT AND THE UNITED STATES FOR WHITES AND BLACKS. MORE THAN ONE-QUARTER (28.5%) OF CONNECTICUT RESIDENT DEATHS FROM 2000 TO 2004 RESULTED FROM HEART OR CARDIOVASCULAR DISEASE. DURING THAT PERIOD, AFRICAN-AMERICANS HAD CONNECTICUT'S HIGHEST DEATH RATES FROM HEART DISEASE AND STROKE.**

**High blood pressure and high cholesterol, lack of exercise and overweight or obesity are leading contributors to heart disease and stroke.** Connecticut residents who had high blood pressure in 2007 were:

<b>Black</b>	<b>33.4 %</b>
White	27.5 %
Latino	14.5 %

Connecticut residents who reported in 2007 that they never had their cholesterol checked were:

Latino	38.9 %
<b>Black</b>	<b>24 %</b>
White	11.6 %

Connecticut adults 18 and older who were overweight and obese in 2007:

Latino	64.6 %
<b>Black</b>	<b>64.5 %</b>
White	58.9 %

Death rates per 100,000 for heart disease in Connecticut are:

<b>Black</b>	<b>233.8</b>
White	198.6
Latino	139.6

Death rates per 100,000 for stroke in Connecticut are:

<b>Black</b>	<b>57.0</b>
White	42.2
Latino	33.5

*Sources: Connecticut Department of Public Health, The 2009 Connecticut Health Disparities Report; The Behavioral Risk Factor Surveillance System; American Heart Association*

Connecticut adults who reported in 2007 that they did not participate in any physical activities in the previous month were:

Hispanic	34.5 %
<b>Black</b>	<b>30.5 %</b>
White	17.7 %

Connecticut adults 18 and older who smoked in 2007 were:

<b>Black</b>	<b>21.7 %</b>
White	15.2 %
Latino	15.1 %

**Together we can eliminate health disparities.**

An initiative of the Hispanic Health Council