



American  
Heart  
Association.

## 2021 Heart Disease & Stroke Statistical Update Fact Sheet Asian/Pacific Islander Race\*

### Cardiovascular Disease (CVD) (ICD-9 390 to 459; ICD-10 I00 to I99)

- Among non-Hispanic (NH) Asian adults 20 years of age and older between 2015 and 2018, 52.0% of males and 42.5% of females had CVD.
- In 2018, among NH Asian adults, CVD caused the deaths\* of 12,596 males and 11,421 females.

### Coronary Heart Disease (CHD) (ICD-9 410 to 414, 429.2; ICD-10 I20 to I25, includes MI ICD-10 I21 to I22)

- Among NH Asian adults 20 years of age and older using data from 2015 to 2018, 5.0% of males and 3.2% of females had CHD.
- Among NH Asian adults 20 years of age and older using data from 2015 to 2018, 2.7% of males and 0.7% of females previously had a myocardial infarction (heart attack).
- In 2018, among NH Asian adults, CHD caused the deaths\* of 6,084 males and 4,054 females.
- In 2018, myocardial infarction caused the deaths\* of 1,835 NH Asian males and 1,166 NH Asian females.

### Stroke (ICD-9 430 to 438; ICD-10 I60 to I69)

- Among NH Asian adults between 2015 and 2018, 20 years of age and older, 1.4% of males and 1.0% of females previously had a stroke.
- In 2018, among NH Asian individuals, stroke caused the deaths\* of 2,524 males and 3,043 females.

### High Blood Pressure (HBP) (ICD-9 401 to 404; ICD-10 I10 to I15)

- Among NH Asian adults 20 years of age and older between 2015 and 2018, 51.0% of males and 42.1% of females had HBP (defined as systolic pressure of 140 mm Hg or higher or diastolic pressure of 90 mm Hg or higher or taking antihypertensive medicine or being told twice by a physician or other professional that you have hypertension).
- In 2018, HBP caused the deaths\* of 1,389 NH Asian males and 1,629 NH Asian females.
- In 2014, NH Asian adults were less likely (19.5%) to have been told on  $\geq 2$  occasions that they had HBP than NH Black adults (33.0%), American Indian/Alaska Native adults (26.4%), White adults (23.5%), or Hispanic or Latino adults (22.9%).

\* Due to inconsistencies in reporting, some statistics may be unreliable.  
Unless otherwise noted, all statistics in this Fact Sheet pertain to the United States.

## High Blood Cholesterol & Other Lipids

- Between 2015 and 2018, among children 6 to 11 years of age, the mean total cholesterol level was 157.3 mg/dL. For NH Asian children, mean total cholesterol was 167.5 mg/dL for males and 159.0 mg/dL for females.
- Between 2015 and 2018, among adolescents 12 to 19 years of age, the mean total blood cholesterol level was 155.1 mg/dL. For NH Asian adolescents, mean total cholesterol was 155.2 mg/dL for males and 165.0 mg/dL for females.
- Among NH Asian adults between 2011 and 2012, 70.8% had their cholesterol checked (70.6% of males and 70.9% of females).
- Among NH Asian adults 20 years of age and older:
  - 38.6% of males and 38.6% of females had total blood cholesterol levels of 200 mg/dL or higher between 2015 and 2018.
  - 13.0% of males and 10.3% of females had levels of 240 mg/dL or higher between 2015 and 2018.
  - 32.2% of males and 25.1% of females had a low-density lipoprotein (LDL) cholesterol of 130 mg/dL or higher between 2013 and 2016.
  - 26.4% of males and 6.7% of females had high-density lipoprotein (HDL) cholesterol less than 40 mg/dL between 2015 and 2018.

## Smoking

- In 2018, among NH Asian adults 18 years of age and older, 7.1% were current smokers.
- In 2018, lifetime use of tobacco products in adolescents, 12 to 17 years old, was lowest in Asian (4.6%) adolescents, followed by Black (9.8%), Hispanic or Latino (10.8%), White (16.3%), and American Indian and Alaska Native (18.7%) adolescents.

## Physical Inactivity

- In 2018, 22.9% of Asian adults met both the 2018 Federal Aerobic and Strengthening Physical Activity Guidelines.

## Overweight and Obesity

- Between 2015 and 2018, 35.4% of children 2 to 19 years of age in the United States were overweight or obese, with 16.4% overweight and 19.0% obese. Among NH Asian children, 26.4% of males and 18.8% of females were overweight or obese, with 11.3% of males and 7.4% of females were obese.
- Between 2015 and 2018, 71.3% of adults over 20 years of age in the United States were overweight or obese; 40.6% were obese, and 8.4% were extremely obese. Among NH Asian adults 55.9% of males and 42.9% of females were overweight or obese, 13.5% of males and 15.9% of females were obese, and 1.4% of males and 0.9% of females were extremely obese.

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## Diabetes (ICD-9 250; ICD-10 E10 to E14)

- Among youth 19 years old or younger between 2002 and 2015, the rate of type 1 diabetes increased by 1.9% annually (from 19.5 to 22.3 cases per 100,000 youths) and the rate of type 2 diabetes increased 4.8% annually (from 9.0 to 13.8 cases per 100 000). The increase was highest for both types of diabetes for Hispanic and Asian or Pacific Islander individuals than for other ethnic groups.
- Between 2013 and 2016, among NH Asian adults ( $\geq 20$  years of age):
  - 12.8% of males and 9.9% of females had physician diagnosed diabetes.
  - 6.1% of males and 2.1% of females had undiagnosed diabetes.
  - 47.1% of males and 29.4% of females had pre-diabetes.
- In 2018, among NH Asian and Pacific Islander individuals, diabetes caused the deaths of 1,695 males and 1,490 females.

For additional information, charts and tables, see  
[Heart Disease & Stroke Statistics – 2021 Update](#)

Additional charts may be downloaded directly from the [online publication](#) or [www.heart.org/statistics](http://www.heart.org/statistics)

Many statistics in this Fact Sheet come from unpublished tabulations compiled for this document and can be cited using the document citation listed below. The data sources used for the tabulations are listed in the full document. Additionally, some statistics come from published studies. If you are citing any of the statistics in this factsheet, please review the full Heart Disease and Stroke Statistics document to determine data sources and original citations.

The American Heart Association requests that this document be cited as follows:

Virani SS, Alonso A, Aparicio HJ, Benjamin EJ, Bittencourt MS, Callaway CW, Carson AP, Chamberlain AM, Cheng S, Delling FN, Elkind MSV, Evenson KR, Ferguson JF, Gupta DK, Khan SS, Kissela BM, Knutson KL, Lee CD, Lewis TT, Liu J, Loop MS, Lutsey PL, Ma J, Mackey J, Martin SS, Matchar DB, Mussolino ME, Navaneethan SD, Perak AM, Roth GA, Samad Z, Satou GM, Schroeder EB, Shah SH, Shay CM, Stokes A, VanWagner LB, Wang N-Y, Tsao CW; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2021 update: a report from the American Heart Association [published online ahead of print January 27, 2021]. *Circulation*. doi: 10.1161/CIR.0000000000000950

If you have questions about statistics or any points made in the 2021 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at [statistics@heart.org](mailto:statistics@heart.org). Please direct all media inquiries to News Media Relations at <http://newsroom.heart.org/newsmedia/contacts>.

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