



# HEART HEALTH



**LATINOS**  
**LIVING HEALTHY**  
Building Healthy Communities

Between 2015-2018, 52.3% of Latino men and 42.7% of Latina women aged 20 years and older had cardiovascular disease. **(AHA)**. Heart disease is the second leading cause of death in Latina women. 1 in 3 Latina women have a form of cardiovascular or heart disease. **(Scripps)**. On average, Latina women are likely to develop heart disease 10 years earlier than non-Hispanic whites. **(Go Red)**.



Between 2015-2018, 50.6% of Latino males and 40.8% of Latina women had high blood pressure. **(AHA)**



While a relatively small percentage of Latino adults have had strokes (2.4% of men and 1.7% of women) projections show the biggest rise in strokes over the next decade will be among Latino men. **(AHA)**

- Among stroke survivors in a 2014 study, Latino individuals scored lower on a test of stroke symptoms and the appropriate response to those symptoms than non-Hispanic white individuals. **(AHA)**



Metabolic syndrome - which increases the risk of heart disease - is becoming more common among Hispanic adults. Metabolic syndrome is a term researchers use when a person has a combination of at least three of these risk factors: obesity, elevated triglycerides at or above 150 mg/dL, low “good” HDL cholesterol, high blood pressure, or elevated blood sugar. **(AHA)**



The increase in cases in the Latino community is especially concerning with COVID-19 as these conditions have been associated with more severe COVID-19 symptoms. **(AHA)**

- Latinos may experience severe illness from COVID-19 due to higher rates of heart disease, high blood pressure, diabetes, and obesity. **(Scripps)**