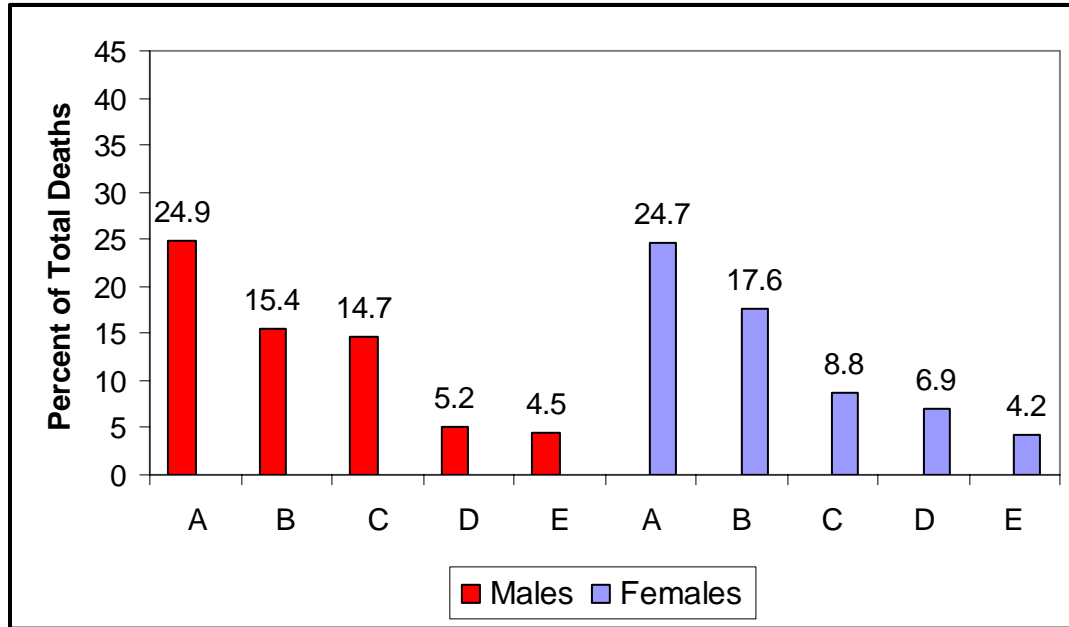


Statistical Fact Sheet — Populations  
2007 Update

**American Indians/Alaska Natives and Cardiovascular Diseases — Statistics**

**Causes of Death for American Indian/Alaska Native Males and Females**  
United States: 2003



A, Diseases of the heart and stroke; B, cancer; C, accidents; D, diabetes mellitus; E, chronic liver disease and cirrhosis.

Note: The combined “Diseases of the Heart” and “Stroke” category does not constitute total cardiovascular disease.”

Source: NCHS and NHLBI.

Note: Death rates are age-adjusted per 100,000 population, based on the 2000 U.S. standard. Some data are reported according to ICD/9 codes and some use ICD/10 codes.

**Cardiovascular Disease (CVD)**

- Among American Indians ages 45–74, the incidence of CVD ranges from
  - 1.5 to 2.8 percent of men.
  - 0.9 to 1.5 percent of women.

(Strong Heart Study NHLBI)

- Among American Indians or Alaska Natives age 18 and older, 11.6 percent have heart disease, 7.6 percent have coronary heart disease, 25.4 percent have hypertension and 5.1 percent have had a stroke. (NHIS [2004], NCHS)
- In 2003, the age-adjusted death rate for diseases of the heart in American Indians or Alaska Natives was 203.2 for males and 127.5 for females. (Health United States 2005, NCHS)

### **Coronary Heart Disease (CHD)** (ICD/10 codes I20-I25) (ICD/9 codes 410-414, 429.2)

- Combining the rates for possible and definite CHD shows that 17–25 of every 100 American Indian men ages 45–74 have some evidence of heart disease. (*Strong Heart Study Data Book, NIH, NHLBI, November 2001*)
- Among American Indians ages 65 to 74, the annual rates per 1,000 population of new and recurrent heart attacks are
  - 7.6 for men.
  - 4.9 for women.(*SHS [1989-2002], NHLBI*)
- The 2003 CHD death rate for American Indians/Alaska Natives was 114.1. (*Health, United States, 2005; NCHS*)

### **Stroke** (ICD/10 codes I60-I69) (ICD/9 codes 430-438)

- 2004 data from the NHIS survey showed that 5.1 percent of American Indians/Alaska Natives age 18 and over have had a stroke. (estimate considered unreliable) (*NCHS; Lethridge-Cejku M, Rose D, Vickerie J. Summary health statistics for United States adults: National Health Interview Survey, 2004 National Center for Health Statistics. Vital Health Stat 10(228), 2006*)
- Among American Indians ages 65–74, the annual rates per 1,000 population of new and recurrent strokes are
  - 6.1 for men.
  - 6.6 for women.(*SHS [1989-2002], NHLBI*)
- The 2003 stroke death rate for American Indians/Alaska Natives was 34.9 for males and 34.2 for females. (*Health, United States, 2005. NCHS*)
- Looking at age-standardized mortality rates from 1995–98, among adults ages 25–44, blacks and American Indians/Alaska Natives had higher risk ratios than did whites for all three stroke subtypes. (*Ayala C, et al. Racial/ethnic disparities in mortality by stroke subtype in the United States, 1995-1998. Am J Epidemiol 2001;154[11]:1057–63*)
- In 2002, death certificate data showed that the mean age of stroke death was 79.6 years; however, males had a younger mean age at stroke death than females. Blacks, American Indians/Alaska Natives, and Asians/Pacific Islanders had younger mean ages than whites, and the mean age at stroke death was also younger among Hispanics than non-Hispanics. (*Centers for Disease Control and Prevention. Disparities in deaths from stroke among persons aged <75 years – United States, 2002. MMWR 2005;54:477-81*)

### **High Blood Pressure (HBP)** (ICD/10 codes I10-I15) (ICD/9 codes 401-404)

- Data from the 1999–2003 NHIS survey showed that 29.7 percent of American Indian or Alaska Native adults age 18 and older have been told by a health professional that they have HBP (*NHIS 1999-2003], NCHS*)

## Tobacco

- Among American Indians/Alaska Natives age 18 and older, the following smoke:
  - 37.3 percent of men.
  - 28.5 percent of women.

*(MMWR Vol.54, No. 44, Nov. 11, 2005)*

- For American Indians/Alaska Natives, the following use chewing tobacco:
  - 7.8 percent of men.
  - 1.2 percent of women.

*(NHANES III [1988-94], NCHS)*

- Use of any tobacco product in 2003 was 41.8 percent for American Indians and Alaska Natives only. *(Health, United States, 2005. NCHS)*
- The percentage of American Indian/Alaska Natives ages 12–17 reporting cigarette use during the preceding month was 17.9 percent. Among those age 18 and older the percentage was 32.9 percent. *(Office of Applied Studies, Substance Abuse and Mental Health Services Administration. Results from the 2004 National Survey on Drug Use and Health: National Findings. Rockville, MD: Substance Abuse and Mental Health Services Administration; 2005.)*
- Data from the 2004 NHIS study of the NCHS showed that American Indian or Alaska Native (AIAN) adults age 18 and older were more likely (33.4 percent) to be current smokers than non-Hispanic white adults (22.2 percent), non-Hispanic black adults (20.2 percent) and Asian adults (11.3 percent). *(MMWR, Vol. 54, No. 44, Nov. 11, 2005)*

## Physical Inactivity

- Among American Indian or Alaska Natives ages 18 and older, the following report no physical activity :
  - 23.8 percent of men.
  - 31.8 percent of women.

*(BRFSS [2004], CDC)*

- Data from the 1999–2003 NHIS study of the CDC/NCHS showed that American Indian or Alaska Native (AIAN) adults age 18 and older were as likely (50.3 percent) as black adults (49.9 percent) and more likely than Asian adults (38.1 percent) white adults (36.6 percent) to never engage in any leisure-time physical activity. *(Vital and Health Statistics, No. 356, April 27, 2005)*

## Overweight and Obesity

- Data from the NHIS 2003 study of the NCHS showed the weighted percentage of American Indian/Alaska Natives age 18 and older who were overweight was 33.5 and 32.9 were obese.

## Diabetes Mellitus (ICD/10 codes E10-E14) (ICD/9 code 250)

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- During 1994–2002, the age-adjusted prevalence of diabetes increased 54.0 percent for U.S. adults, from 4.8 to 7.3 percent, and increased 33.2 percent, from 11.5 to 15.3 percent, among American Indian/Alaska Native adults. Throughout the surveillance period, the overall age-adjusted prevalence for American Indian/Alaska Native adults was more than twice that of U.S. adults overall. (*MMWR*, Vol. 52, No. 30, Aug. 1, 2003, CDC)
- 15.8 percent of American Indians or Alaska Natives have physician-diagnosed diabetes in 2004. (*NHIS [2004]*, *NCHS*; data are estimates for Americans age 18 and older.)
- Among non-Hispanic whites age 20 and older, 9 percent have diabetes; the prevalence of diabetes among American Indians and Alaska Natives of a similar age is 1.5–2.2 times higher. (<http://diabetes.niddk.nih.gov/dm/pubs/statistics/index.htm#7>; accessed July 14, 2006. )

### Source Footnotes

BRFSS – Behavioral Risk Factor Surveillance System, CDC

NCHS – National Center for Health Statistics

*MMWR* – *Morbidity and Mortality Weekly Report*, CDC

NHIS – National Health Interview Survey, NCHS

NHLBI – National Heart, Lung, and Blood Institute

NIDDK – National Institute of Diabetes & Digestive & Kidney Diseases.

NIH – National Institutes of Health

SHS – Strong Heart Study (1989-92; 1991-98), NHLBI

**For additional information see the Heart Disease and Stroke Statistics – 2007 Update, published in *Circulation*, available on our Web site.**