

**C**ardiovascular Disease (CVD), also known as Heart Disease, is a general term for conditions affecting the heart or blood vessels. It's usually associated with a build-up of fatty deposits inside the arteries and an increased risk of blood clots. The four conditions most commonly included under this general class include: Coronary Artery Disease (CAD), Cerebrovascular Disease, Peripheral Artery Disease (PAD), and aortic atherosclerosis. CVD is the leading cause of death for men, women, and most racial and ethnic groups in the United States. One person dies every 34 seconds from CVD, with 697,000 people in the United States died of CVD in 2020.<sup>1</sup>

### Racial Disparities

According to the National Health Interview Survey (NHIS), the prevalence of CVD in the United States has been relatively stable across all demographic groups since 2015, with between 5.4% and 5.6% of the adult population aged 18+ self-reporting being diagnosed with CVD.

When broken into demographic groups, CVD is most prevalent in Multiracial Americans, with 7.4% of respondents reporting a diagnosis in 2019, followed by Black Americans, at 5.9%. Asian Americans are the least likely to report a CVD diagnosis at just 3.2%.<sup>2</sup>

In terms of mortality, CVD is the leading cause of death for most racial and ethnic groups. Black Americans, however, are disproportionately more likely to die of CVD with a rate of 296.3 (per 100k) in 2018-2020, compared to the national rate of 217.9. Asian Americans and Pacific Islanders have the lowest rate of CVD mortality, with a rate of 130.2.<sup>3</sup>

### Sex/Gender Disparities

Men are disproportionately more likely to be diagnosed with CVD than Women, with 7.0% of NHIS respondents who were Men reporting a CVD diagnosis in 2019, compared to just 4.2% of Women.<sup>2</sup>

Black Men are significantly more likely to die from CVD than Men of any other race or ethnicity, with a mortality rate of 367.8 (per 100k) compared to national rate for Men of 265.0. Asian and Pacific Islander Men have the lowest rate of CVD mortality, with a rate of 159.2.

This racial disparity holds true for Black Women, as well, who die at a rate of 242.5, compared to the national rate for Women of 178.5. Again, Asian and Pacific Islander Women have the lowest rate of CVD mortality, with a rate of 107.0.

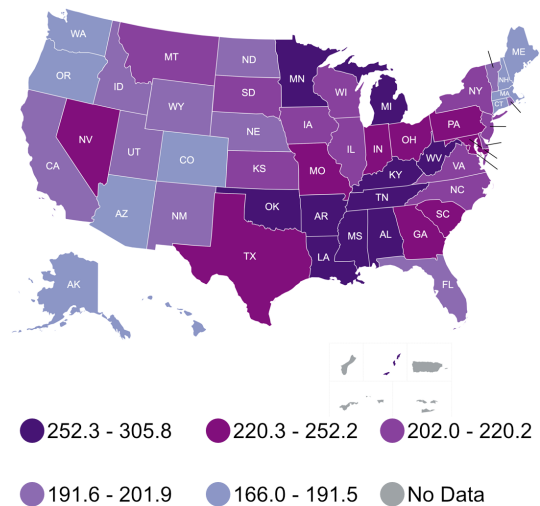
### Income Disparities

Income is highly predictive of a CVD diagnosis in the United States, with 8.7% of persons earning Below 100% of the Federal Poverty Level (FPL) and 7.2% of persons earning between 100%-199% of the FPL. Just 4.1% of persons earning 400% or more of the FPL reporting a CVD diagnosis.<sup>2</sup>

### Regional Disparities

People living in the American South are significantly more likely to report having received a CVD diagnosis than anywhere else in the United States. West Virginia has the highest percentage of CVD diagnoses, with 11.6% of West Virginian adults reporting a diagnosis, compared to the national percentage of 7.1%. The District of Columbia reported the lowest percentage, at 4.6%.<sup>4</sup>

People living in the American South also significantly more likely to die of CVD, particularly those living in the Appalachian Region. Mississippi has the highest mortality rate, with a rate of 305.8, compared to the national rate of 217.9. Minnesota has the lowest mortality rate of 166.0.<sup>3</sup>



### References

<sup>1</sup>Centers for Disease Control and Prevention. (2022, October 14). *Heart Disease Facts*. <https://www.cdc.gov/heartdisease/facts.htm>

<sup>2</sup>Centers for Disease Control and Prevention. (2022, August 12). *Respondent-reported prevalence of heart disease in adults aged 18 and over, by selected characteristics: United States, selected years 1997–2019*. <https://www.cdc.gov/nchs/data/ahus/2020-2021/HDPrv.pdf>

<sup>3</sup>Centers for Disease Control and Prevention. (2023, May 15). *Heart Disease Facts*. <https://www.cdc.gov/heartdisease/facts.htm>

<sup>4</sup>Kaiser Family Foundation. (n.d.). *Adults Who Report Being Told by a Doctor that They Have Cardiovascular Disease by Race/Ethnicity*. <https://www.kff.org/other/state-indicator/percent-of-adults-with-cardiovascular-disease/?currentTimeframe=0&sortModel=%7B%22colId%22%3A%22All%20Adults%22%22sort%22%3A%22desc%22%7D>