



Heart Disease in Puerto Rico



Reports have shown that Puerto Ricans have higher rates of risk factors known to cause heart disease.

- Compared with non-Hispanic Whites and Blacks, some Latino/Hispanic men are more likely to have high blood cholesterol. (American Heart Association)
- 62.8% of Puerto Ricans are overweight, compared to 58% nationally. More Puerto Rican men are overweight compared to women (69.4% vs 56.8%). (*Morb Mort Wkly Rep*)
- Nearly one in four in Puerto Rican adults are obese. (*Morb Mort Wkly Rep*)
- Nearly one in two Puerto Ricans (49.2%) report that they do not exercise, compared to one in four (25.8%) nationally. (*Morb Mort Wkly Rep*)
- Almost 10% of Puerto Ricans (vs 6.6% nationally) have been told by their doctor that they have diabetes. (*Morb Mort Wkly Rep*) Another 400,000 are estimated to be undiagnosed.
- More than 26% of Puerto Ricans (vs 25% nationally) have been told by their doctor that they have high blood pressure. (*Morb Mort Wkly Rep*)
- More than 42% of Puerto Ricans (vs 37.2% nationally) have two or more of the following risk factors for cardiovascular disease: high blood pressure, high cholesterol, diabetes, obesity, current smoking, or physical inactivity. (CDC)

Sources:

American Heart Association: *Heart Disease and Stroke Statistics – 2005 Update*. Dallas, Texas: American Heart Association; 2003.

CDC. Racial/ethnic and socioeconomic disparities in multiple risk factors for heart disease and stroke – United States, 2003. *MMWR*. 2005;54. Available at <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5405a1.htm>

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