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:
