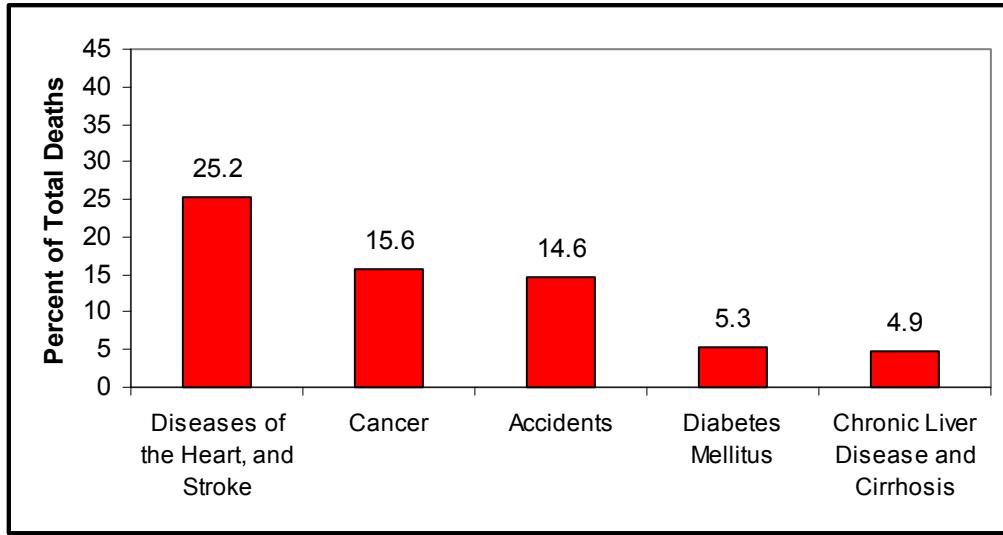


Biostatistical Fact Sheet -- Populations

**AMERICAN INDIANS/ALASKA NATIVES AND
CARDIOVASCULAR DISEASES**

Leading Causes of Death for American Indian/Alaska Native Males

United States: 1999

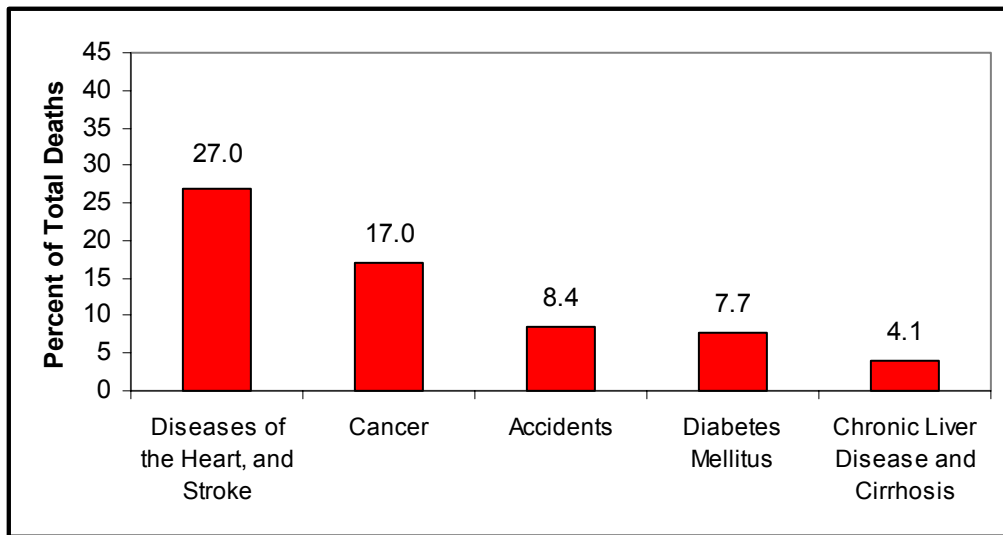


Note: The “Diseases of the Heart” and “Stroke” categories combined only represent about three-fourths of “Total Cardiovascular Disease.”

Source: CDC/NCHS and the American Heart Association.

Leading Causes of Death for American Indian/Alaska Native Females

United States: 1999



Note: The “Diseases of the Heart” and “Stroke” categories combined only represent about three-fourths of “Total Cardiovascular Disease.”

Source: CDC/NCHS and the American Heart Association.

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.

CORONARY HEART DISEASE (CHD) (ICD/9 codes 410-414, 429.2) (ICD/10 codes I20-I25)

- The 1999 overall CHD death rate was 195.6. The preliminary CHD death rate for American Indians/Alaska Natives was 123.9. (CDC/NCHS)
- Among American Indians ages 65-74, the annual rates per 1,000 population of new and recurrent heart attacks are 6.8 for men and 2.2 for women. (SHS [1991-98], NHLBI)

STROKE (ICD/9 codes 430-438) (ICD/10 codes I60-I69)

- The 1999 overall death rate for stroke was 61.8. The preliminary stroke death rate for American Indians/Alaska Natives was 39.7. (CDC/NCHS)
- Racial and ethnic minority populations **in some age groups** have a higher relative risk of stroke deaths when compared with the U.S. non-Hispanic white population. Among American Indians/Alaska Natives, the relative risk is almost 2 times higher at ages 35-44, 1.3 times higher at ages 45-54 and 1.5 times higher at ages 55-64. The risk is slightly less at ages 65-84 and less than half at age 85 and older. (*MMWR*, Vol. 49, No. 5, Feb. 11, 2000, CDC/NCHS)
- Among American Indians ages 65-74, the annual rates per 1,000 population of new and recurrent strokes are 15.2 for men and 7.9 for women. (SHS [1991-98], NHLBI)

HIGH BLOOD PRESSURE (HBP) (ICD/9 codes 401-404) (ICD/10 codes I10-I15)

- The median percentage of American Indians/Alaska Natives age 18 and older who've been told by a professional that they have HPB is 20.7 percent. (BRFSS [1997], CDC/NCHS)
- Among American Indians ages 45-74, 26.8 percent of men and 27.5 percent of women have HBP. (Defined as definite hypertension: systolic blood pressure of 160 mm Hg or higher or diastolic blood pressure of 95 mm Hg or higher on one occasion or reported to be currently taking antihypertensive medication.) (SHS [1989-92], NHLBI)

TOBACCO SMOKE

- Among American Indians/Alaska Natives age 18 and older, 40.9 percent of men and 40.8 percent of women smoke. (NHIS [1999], CDC/NCHS)
- Among American Indians ages 45-74, 40.5 percent of men and 29.3 percent of women are current smokers. (SHS [1989-92], NHLBI)

HIGH BLOOD CHOLESTEROL AND OTHER LIPIDS

- In adults, total cholesterol levels of 240 mg/dL or higher are considered high risk. Levels from 200 to 239 mg/dL are considered borderline-high risk.
- The median percentage of adults age 18 and older who have been told by a professional that they have high blood cholesterol is 26.0 percent for American Indians/Alaska Natives in Alaska, 28.6 percent for those in Oklahoma and 26.5 percent for those in Washington. (BRFSS [1997], CDC/NCHS)

- Among American Indians ages 45-74, 37.7 percent of men and 37.6 percent of women have total blood cholesterol levels of 200 mg/dL or higher. 8.6 percent of men and 12.7 percent of women have total blood cholesterol levels of 240 mg/dL or higher. (SHS [1989-92], NHLBI)

PHYSICAL INACTIVITY

- The median percentage of American Indians/Alaska Natives age 18 and older who report no leisure-time physical activity in the last 30 days is 37.2 percent. (BRFSS [1997], CDC/NCHS)
- Among American Indians ages 45-74, 16.8 percent of men and 19.6 percent of women report no physical activity during the past year. (SHS [1989-92], NHLBI).

OVERWEIGHT AND OBESITY

- The median percentage of obesity in American Indians/Alaska Natives age 18 and older was 30.1 percent, defined as a body mass index (BMI) greater than 30 kg/m². (BRFSS [1997], CDC/NCHS)
- Among American Indians ages 45-74, 25.9 percent of men and 31.3 percent of women are overweight, defined as a BMI of 27.8-31.0 for men and 27.3-32.2 for women. 35.5 percent of men and 41.2 percent of women are obese, defined as BMI of 31.1 or higher for men and 32.3 or higher for women. (SHS [1989-92], NHLBI)

DIABETES MELLITUS (ICD/9 code 250) (ICD/10 codes E10-E14)

- The median percentage of American Indians/Alaska Natives age 18 and older who've been told by a professional that they have diabetes is 7.6 percent. (BRFSS [1997], CDC/NCHS).
- Among American Indians ages 45-74, 43.5 percent of men and 52.4 percent of women have diabetes. Also, 14.2 percent of men and 17.4 percent of women have impaired glucose tolerance. (SHS [1989-92], NHLBI)

Source Footnotes

BRFSS -- Behavioral Risk Factor Surveillance System

CDC/NCHS -- Centers for Disease Control and Prevention/National Center for Health Statistics

MMWR -- *Morbidity and Mortality Weekly Report*

NHIS -- National Health Interview Survey

NHLBI -- National Heart, Lung, and Blood Institute

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