



APPEAL

# Asian Americans, Native Hawaiians, and Pacific Islanders

## Face unique challenges combating cardiovascular disease

ASIAN AMERICANS taken as an overall group are 50% less likely to die from heart disease than non-Hispanic white adults.<sup>1</sup> But, ethnic subgroups show much higher rates of Cardiovascular Disease-related death.

### CVD

Cardiovascular diseases are the **Leading Killer** of AANHPIs<sup>2</sup>

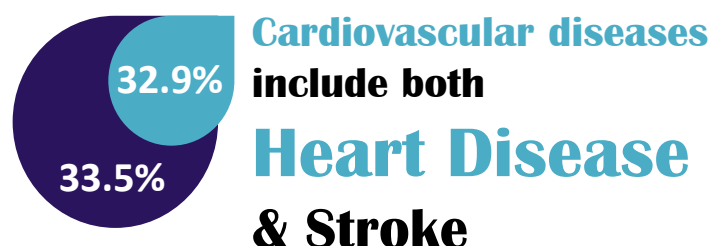


### Highest Rates



**SOUTH ASIANS** are **TWICE** as likely as Whites to suffer from **CORONARY ARTERY DISEASE**<sup>3</sup>

### Heart Disease & Stroke



Together cardiovascular diseases account for **32.9%** of deaths among AANHPI men and **33.5%** among AANHPI women<sup>2</sup>

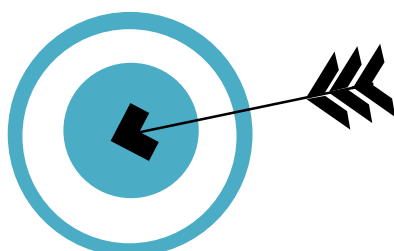
### Different Subgroups, Different Rates

**NATIVE HAWAIIANS** are **44%** more likely to die from **HEART DISEASE** than other races in the U.S.<sup>3</sup>

**NATIVE HAWAIIANS** are **31%** more likely to die from **STROKES** than other races in the U.S.<sup>3</sup>

## AAHNPI Health Promotion and Intervention Should be targeted to overcome

- Lack of awareness
- Misinformation
- Cultural Conflicts
- Language Barriers
- Poor Accessibility
- Poverty



Healthy eating and physically active living can contribute to cardiovascular fitness. However, individual efforts face structural barriers that can keep good health out of reach. Considering each community's needs in a holistic way is the only way to effectively ensure healthy AANHPI populations.



Asian Pacific Partners for Empowerment, Advocacy & Leadership (APPEAL) is a national health justice organization working to achieve health equity for Asian Americans, Native Hawaiians, Pacific Islanders, and other underserved communities.

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This infographic was based on the data sources listed below aggregated by the Asian & Pacific Islander American Health Forum in its health brief, *Asian Americans, Native Hawaiians & Pacific Islanders and Cardiovascular Disease, 2008*. Available at: [http://www.apiahf.org/sites/default/files/CD\\_Healthbrief07c\\_2008.pdf](http://www.apiahf.org/sites/default/files/CD_Healthbrief07c_2008.pdf)

<sup>1</sup>Hawaii State Department of Health. *Heart Disease and Stroke*. Honolulu, HI: Hawaii State Department of Health, 2000. Available at: [http://Hawaii.gov/health/healthy-lifestyles/healthy\\_hawaii/opd-h248.htm](http://Hawaii.gov/health/healthy-lifestyles/healthy_hawaii/opd-h248.htm).

<sup>2</sup>National Center for Health Statistics. *Health, United States, 2006*. Chartbook on Trends in the Health of Americans. Hyattsville, MD: National Center for Health Statistics; 2006. Available at: <http://www.cdc.gov/nchs/hus.htm>.

<sup>3</sup>Medical College of Georgia. "South Asian Immigrants At Higher Risk For Heart Disease, Researchers Say." *ScienceDaily* 16 February 2007. Available at: <http://www.sciencedaily.com/releases/2007/02/070201144558.htm>.