

Facts About HEART FAILURE

Among Black and Hispanic People



Hispanic adults have a higher risk of heart failure than non-Hispanic adults yet are underrepresented in clinical trials that study the heart.



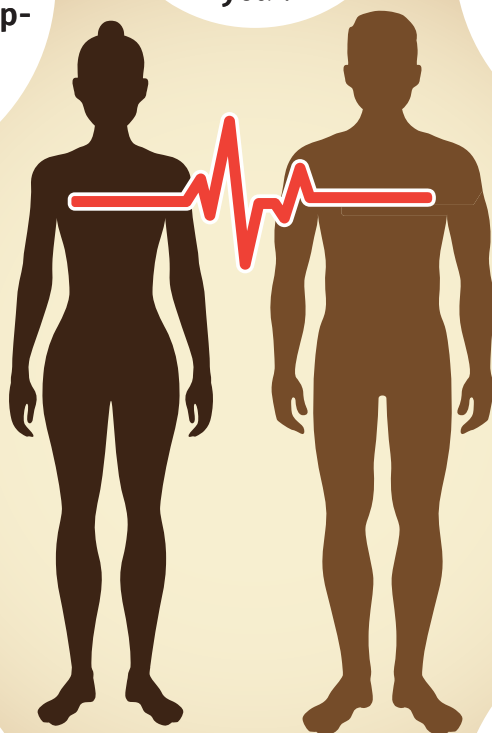
Almost 12% of Hispanic adults die of heart failure each year.



Black adults spend longer in the hospital and are more likely to be admitted again within 90 days than white adults.



Heart failure symptoms begin nearly 8 years earlier for Black adults than white adults.



Black men and women are 2.5-3 times as likely to die from heart failure as white men and women are.



Black women have a higher prevalence of heart failure than any other race and gender.



Heart failure affects more Hispanic men than Hispanic women.



The rate of hospitalization from heart failure is nearly 2.5 times higher for Black men and women than for white men and women.

Reviewed by James Beckerman, MD, on 1/11/23

SOURCES: *Journal of the American Heart Association*: "Cardiovascular Disease Mortality Among Hispanic Versus Non-Hispanic White Adults in the United States, 1999 to 2018." Stonybrook University Renaissance School of Medicine: "Cardiovascular Disease in Hispanics/Latinos in the United States and on Long Island." *Circulation: Heart Failure*: "Understanding the Complexity of Heart Failure Risk and Treatment in Black Patients." Cleveland Clinic: "How Race and Ethnicity Impact Heart Disease." University of Alabama at Birmingham: "Heart disease in black individuals: Two elevated biomarkers distinguish Blacks with resistant hypertension from whites." News release, Albert Einstein School of Medicine.