Heart Disease and Obesity in Women

Obesity
- There are 77.7 million overweight and obese adult women, representing 64.7% of the women in the U.S.¹
- 43.2 million women are obese, representing 36% of the women in the U.S.¹
- 61.2% of Caucasian women are overweight and obese and 32.5% are obese.¹
- 81.9% of African-American women are overweight and obese and 57.5% are obese.¹
- 76.3% of Hispanic-American women are overweight and obese, and 42.9% of Hispanic-American women are obese¹
- Within 20 years, the percent of obese adult women has increased significantly:¹
  - 1988-1994: 25.5% obese
  - 2009-2012: 35.9% obese

Heart Disease
- 43.8 million women are currently living with some form of cardiovascular disease.¹
- More than 6.9 million women have a history of heart attack and/or angina.¹
- 6.6 million women are currently living with coronary heart disease (CHD).¹
- Heart disease is the leading cause of death of American women, and is responsible for one in three deaths in American women.¹

The Risks
- Obesity is a major risk factor for heart cardiovascular disease (CVD) and is associated with 13% of CVD deaths in adults.¹
- Between 1971 and 2004 total energy consumption for adult women has increased by 22%, compared to a 10% increase in adult men.¹
- 44.9% of adult women have total cholesterol of at least 200mg/dL.¹
- 31.7% of women do not engage in leisure time physical activity.¹
- 18.5% of adults who are obese also have diabetes. The greater a person’s BMI (Body Mass Index), the greater their risk of having diabetes.¹
- Women with diabetes are more likely to have heart attacks.²

¹ Mozaffarian, Dariush, MD, DrPH, FAHA, Benjamin, Emelia J., MD, ScM, FAHA, Go, Alan S., MD, et. al. Heart Disease and Stroke Statistics 2016 Update: A Report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Circulation 2016. Pages 42, 55, 73, 75, 79, 80, 94, 151, 261 and 262