

Statistical Fact Sheet

2014 Update

High Blood Cholesterol & Other Lipids

High cholesterol is a major risk factor for CVD and stroke. The AHA has identified untreated total cholesterol <170 mg/dL (for children) and <200 mg/dL (for adults) as 1 of the 7 components of ideal cardiovascular health. In 2009 to 2010, 61.9% of children and 47.3% of adults met these criteria.

- Among children 4 to 11 years of age, the mean total blood cholesterol level is 161.9 mg/dL. For boys, it is 162.3 mg/dL; for girls, it is 161.5 mg/dL.

- Among adolescents 12 to 19 years of age, the mean total blood cholesterol level is 158.2 mg/dL. For boys, it is 156.1 mg/dL; for girls, it is 160.3 mg/dL.

- Approximately 7.8% of adolescents 12 to 19 years of age have total cholesterol levels ≥ 200 mg/dL.

- Fewer than 1% of adolescents are potentially eligible for pharmacological treatment on the basis of guidelines from the American Academy of Pediatrics.

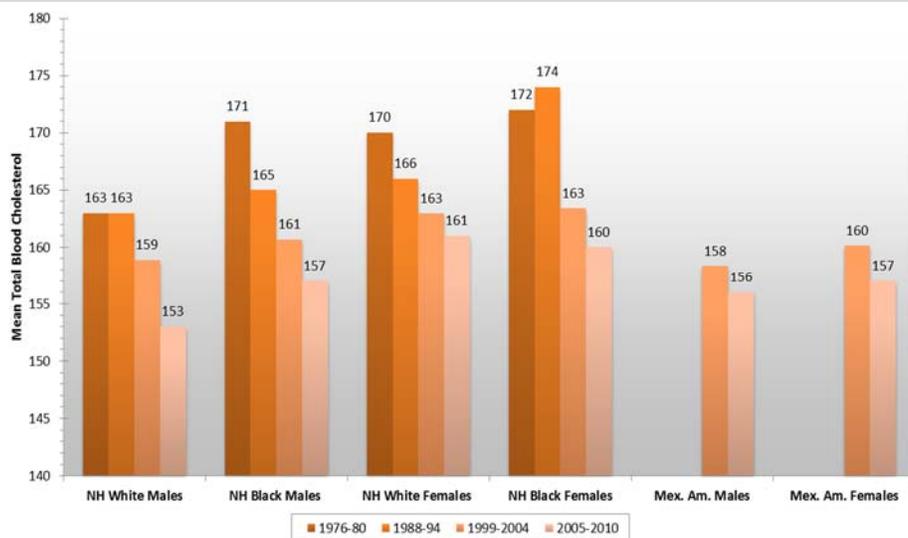
- 98.9 million Americans age 20 and older have total blood cholesterol levels of 200 milligrams per deciliter (mg/dL) or higher: 45.3 million men and 53.6 million women.

- Of these, 31.9 million have total blood cholesterol levels of 240 mg/dL or higher: 14.0 million men and 17.9 million women.

- Among people age 20 and older, the following have total blood cholesterol levels over 200 mg/dL:
 - ◊ 40.5% of non-Hispanic white men
 - ◊ 45.8% of non-Hispanic white women
 - ◊ 38.6% of non-Hispanic black men
 - ◊ 40.7% of non-Hispanic black women
 - ◊ 48.1% of Mexican-American men
 - ◊ 44.7% of Mexican-American women

- Among people age 20 and older, the following have blood cholesterol levels of 240 mg/dL or higher:
 - ◊ 12.3% of non-Hispanic white men
 - ◊ 15.6% of non-Hispanic white women
 - ◊ 10.8% of non-Hispanic black men
 - ◊ 11.7% of non-Hispanic black women
 - ◊ 15.2% of Mexican-American men
 - ◊ 13.5% of Mexican-American women

Trends in mean total serum cholesterol among adolescents 12–17 years of age by race, sex



Values are in mg/dL. NH indicates non-Hispanic; Mex. Am., Mexican American. *Data for Mexican Americans not available. Source: National Health and Nutrition Examination Survey: 1976-1980*, 1988-1994,* 1999-2004, and 2005-2010; NCHS.

LDL (Bad) Cholesterol

- There are limited data available on LDL cholesterol for children 4 to 11 years of age.
- Among adolescents 12 to 19 years of age, the mean LDL cholesterol level is 89.5 mg/dL. For boys, it is 88.6 mg/dL, and for girls, it is 90.5 mg/dL.
- High levels of LDL cholesterol occurred in 7.3% of male adolescents and 7.6% of female adolescents during 2007 to 2010.

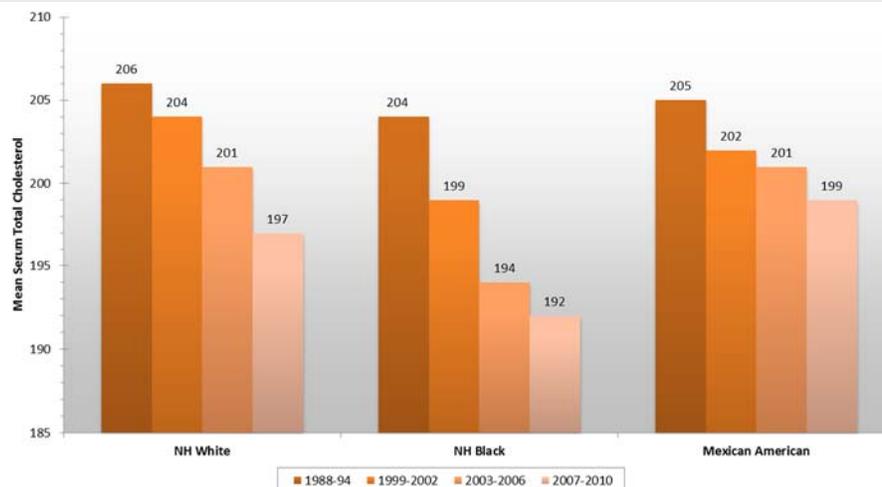
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- Among Americans age 20 and older, the following have an LDL cholesterol of 130 mg/dL or higher:
 - ◊ For non-Hispanic whites, 30.1 percent of men and 29.3 percent of women
 - ◊ For non-Hispanic blacks, 33.1 percent of men and 31.2 percent of women
 - ◊ For Mexican Americans, 39.9 percent of men and 30.4 percent of women.

- Among Americans age 20 and older, the following have an LDL cholesterol of 130 mg/dL or higher:

- ◊ For non-Hispanic whites, 30.1 percent of men and 29.3 percent of women
- ◊ For non-Hispanic blacks, 33.1 percent of men and 31.2 percent of women
- ◊ For Mexican Americans, 39.9 percent of men and 30.4 percent of women

Trends in mean total serum cholesterol among adults ages ≥ 20 by race and survey year



Values are in mg/dL. NH indicates non-Hispanic.
Source: NHANES: 1988–1994, 1999–2002, 2003–2006, and 2007–2010.

HDL (Good) Cholesterol

- Among children 4 to 11 years of age, the mean HDL cholesterol level is 53.6 mg/dL. For boys, it is 55.1 mg/dL, and for girls, it is 51.9 mg/dL.
- Among adolescents 12 to 19 years of age, the mean HDL cholesterol level is 51.4 mg/dL. For boys, it is 49.2 mg/dL, and for girls, it is 53.6 mg/dL.
- Low levels of HDL cholesterol occurred in 21.7% of male adolescents and 10.7% of female adolescents during 2007 to 2010.
- Among Americans age 20 and older, the following have HDL cholesterol less than 40 mg/dL:
 - ◊ For non-Hispanic whites, 33.1 percent of men and 12.4 percent of women
 - ◊ For non-Hispanic blacks, 20.3 percent of men and 10.2 percent of women
 - ◊ For Mexican Americans, 34.2 percent of men and 15.1 percent of women

For additional information, charts and tables, see
[Heart Disease & Stroke Statistics - 2014 Update.](#)

Additional charts may be downloaded directly from the online publication at:
<http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0b013e31828124ad> Or at: www.heart.org/statistics

The American Heart Association requests that this document be cited as follows:

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If you have questions about statistics or any points made in the 2014 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at statistics@heart.org. Please direct all media inquiries to News Media Relations at inquiries@heart.org or 214-706-1173.