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
  - 38.6% of non-Hispanic black men
  - 48.1% of Mexican-American men
  - 45.8% of non-Hispanic white women
  - 40.7% of non-Hispanic black women
  - 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
  - 10.8% of non-Hispanic black men
  - 15.2% of Mexican-American men
  - 15.6% of non-Hispanic white women
  - 11.7% of non-Hispanic black women
  - 13.5% of Mexican-American women

**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.
Cholesterol - 2014 Statistical Fact Sheet

• 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

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

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

Values are in mg/dL. NH indicates non-Hispanic.

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:

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.