



1237 Ralph David Abernathy Blvd. SW
Atlanta, Georgia 30310-1731
Tel: 404.756.2680
Fax: 404.756.2684
Email: info@SisterSong.net
Website: www.SisterSong.net

Minority Women Less Aware of Risk for Heart Disease than Whites

© SisterSong

Published in *Collective Voices*, Vol. 2 Issue 7, Spring 2007

In a study published by the *Journal of Women's Health*, minority women in the United States are less aware of their risk for heart conditions and stroke even though they are at a higher risk of developing cardiovascular disease, *Reuters* reported. In telephone interviews among more than 1,000 women nationwide, researchers asked participants if they knew about the risk factors for heart disease. The study found that 31 percent of Black women and 29 percent of Hispanic women knew about heart disease, compared with 68 percent of white women. The study also reported that all women were uncertain about how to prevent heart disease using methods like diet alteration, hormones and supplements. Lori Mosca, study co-author and director of preventive cardiology at New York-Presbyterian Hospital, said it's important to target women who need the information the most. She also stated that although there has been an increase in awareness of heart disease, there is still a "challenge to reduce ethnic disparities and maximize knowledge among all racial and ethnic groups." *Reuters* reported that heart disease is the leading cause of death among women in the United States, with Black women having the highest mortality rate.