

Nationwide Survey Reveals Gaps in Heart Health Awareness

An Association of Black Cardiologists survey reveals widespread information gaps regarding cardiovascular health, screening and more.

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A national survey conducted by the Association of Black Cardiologists (ABC) highlights widespread [awareness](#) gaps regarding [cholesterol](#) and [cardiovascular health](#), especially among Black and Latino respondents, according to an [ABC news release](#).

Survey results emphasize the importance of the organization's "Every Heart Counts: ABC Cardiology Deserts Campaign," which addresses structural barriers and [disparities](#) contributing to poor cardiovascular health outcomes in underserved communities across the country. The initiative aims to raise awareness and [improve access](#) to heart health education and care.

"When communities lack the tools to understand their heart health, it's not just a missed opportunity—it's a public health crisis," said ABC president, Anthony Fletcher, MD, in the release. "Through this campaign, we're building sustainable pathways to care so that every person—regardless of race, income or ZIP code—has access to the knowledge and support to protect their heart, because every heart counts."

The ABC survey found that only about 36% of all respondents knew their own cholesterol levels. What's more, that number dropped to 30% among Latino respondents and 29% among Black respondents. This is particularly alarming because communities of color, particularly Black and Latino Americans, face significantly higher rates of high blood pressure, diabetes and other cardiovascular risk factors.

About 40% of respondents indicated no prior knowledge of the two types of cholesterol, HDL and LDL, known as "good" and "bad," respectively. About 45% of adults in the South were unaware of the differences between cholesterol types.

The survey also revealed barriers to accessing care throughout the United States. For example, one in four adults said they travel 10 to 20 miles to see a heart specialist, with higher rates in Louisiana, Arkansas, Georgia and Mississippi. Additionally, about 22% of respondents reported that they tried and failed to secure a cardiology appointment.

About 15% of all respondents and nearly one in five Black and Latino adults reported never having received a cardiovascular screening. What's more, one in five adults believes they don't need heart care, even in higher-risk groups, such as adults older than 65, rural residents and women.

"This initiative represents our commitment to transforming data into better outcomes," Fletcher said. "We are working hand in hand with primary care providers and local organizations to bring lifesaving heart care closer to the people who need it most."

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