Heart Disease and Stroke Statistics

2012 Update
Additional charts may be downloaded directly from the online publication at:
http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0b013e31823ac046

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 2012 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.

- **Current Smoking**: 16.3% (Poor), 19.0% (Intermediate), 62.5% (Ideal)
- **Body Mass Index**: 83.7% (Poor), 16.3% (Intermediate), 0.0% (Ideal)
- **Physical Activity**: 39.0% (Poor), 53.9% (Intermediate), 7.2% (Ideal)
- **Healthy Diet Score**: 83.7% (Poor), 16.3% (Intermediate), 0.0% (Ideal)
- **Total Cholesterol**: 0.0% (Poor), 20.2% (Intermediate), 75.1% (Ideal)
- **Blood Pressure**: 13.5% (Poor), 26.8% (Intermediate), 60.0% (Ideal)
- **Fasting Plasma Glucose**: 19.0% (Poor), 40.0% (Intermediate), 41.0% (Ideal)

Current Smoking: 3.0% Poor, 24.1% Intermediate, 72.9% Ideal
Body Mass Index: 31.9% Poor, 34.0% Intermediate, 34.1% Ideal
Physical Activity: 13.0% Poor, 47.5% Intermediate, 39.5% Ideal
Healthy Diet Score: 39.2% Poor, 79.0% Intermediate, 20.7% Ideal
Total Cholesterol: 14.0% Poor, 14.2% Intermediate, 79.0% Ideal
Blood Pressure: 46.8% Poor, 42.0% Intermediate, 3.0% Ideal
Fasting Plasma Glucose: 43.8% Poor, 7.9% Intermediate, 52.0% Ideal

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Roger VL et al. Published online in Circulation Dec. 15, 2011
Prevalence of CVD in adults ≥20 years of age by age and sex (NHANES: 2005–2008)

Source: NCHS and NHLBI. These data include CHD, HF, stroke, and hypertension.
Deaths due to diseases of the heart (United States: 1900–2008)

Source: National Center for Health Statistics.
CVD and other major causes of death for all males and females (United States: 2008)

Source: NCHS and NHLBI. A indicates CVD plus congenital CVD; B, cancer; C, accidents; D, CLRD; E, diabetes; and F, Alzheimer’s disease.

Source: NCHS and NHLBI.

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Age-adjusted death rates for stroke by sex and race/ethnicity, 2008

Source: NCHS and NHLBI.

Source: NCHS and NHLBI. Hypertension is defined as SBP 140 mm Hg or DBP 90 mmHg, taking antihypertensive medication, or being told twice by a physician or other professional that one has hypertension.

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Source: NCHS and NHLBI. NH indicates non-Hispanic.

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Source: NCHS and NHLBI. NH indicates non-Hispanic.

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Age-adjusted prevalence of physician-diagnosed diabetes in adults ≥20 years of age by race/ethnicity and sex (NHANES: 2005–2008)

Source: NCHS and NHLBI. NH indicates non-Hispanic.

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Roger VL et al. Published online in Circulation Dec. 15, 2011
Trends in diabetes prevalence in adults ≥20 years of age, by sex

Source: NCHS, NHLBI.

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Prevalence of students in grades 9–12 who met currently recommended levels of physical activity during the past 7 days by race/ethnicity and sex (YRBSS: 2009)

Currently recommended levels is defined as activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on 5 of the 7 days preceding the survey. Source: MMWR Surveill Summ. 2010;59:1–142. NH indicates non-Hispanic.
Prevalence of meeting the 2008 Federal Physical Activity Guidelines among adults ≥18 years of age by race/ethnicity and sex (NHIS: 2010)

NH indicates non-Hispanic. Percents are age-adjusted. Meeting the 2008 Federal PA Guidelines is defined as engaging in moderate leisure-time physical activity for at least 150 minutes per week or vigorous activity at last 75 minutes per week or an equivalent combination.
Prevalence of students in grades 9 to 12 reporting current cigarette use by sex and race/ethnicity (YRBSS, 2009)

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>NH White</td>
<td>22.3</td>
<td>22.8</td>
</tr>
<tr>
<td>NH Black</td>
<td>10.7</td>
<td>8.4</td>
</tr>
<tr>
<td>Hispanic</td>
<td>19.4</td>
<td>16.7</td>
</tr>
</tbody>
</table>

Prevalence of current smoking for adults ≥ 18 years of age by race/ethnicity and sex (NHIS: 2007-2009)

All percentages are age-adjusted. NH indicates non-Hispanic. *Includes both Hispanics and non-Hispanics. Data derived from Centers for Disease Control and Prevention/National Center for Health Statistics, Health Data Interactive.

Data derived from Health, United States, 2010: With Special Feature on Death and Dying. NCHS, 2011.

Data derived from Health, United States, 2010: With Special Feature on Death and Dying. NCHS, 2011.

Note: Inpatient procedures only. Source: National Hospital Discharge Survey, NCHS, and NHLBI.
Direct and indirect costs (in billions of dollars) of major cardiovascular diseases and stroke (United States: 2008)

Source: National Heart, Lung, and Blood Institute.

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# Projected Total Costs of CVD, 2015–2030 (in Billions 2008$) in the United States

<table>
<thead>
<tr>
<th>Year</th>
<th>All CVD</th>
<th>Hypertension</th>
<th>CHD</th>
<th>HF</th>
<th>Stroke</th>
<th>Other CVDs</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>564.9</td>
<td>121.1</td>
<td>245.2</td>
<td>57.0</td>
<td>87.1</td>
<td>143.0</td>
</tr>
<tr>
<td>2020</td>
<td>704.7</td>
<td>153.2</td>
<td>186.7</td>
<td>74.1</td>
<td>87.1</td>
<td>111.2</td>
</tr>
<tr>
<td>2025</td>
<td>886.2</td>
<td>194.1</td>
<td>223.8</td>
<td>97.0</td>
<td>87.1</td>
<td>197.8</td>
</tr>
<tr>
<td>2030</td>
<td>1117.6</td>
<td>245.2</td>
<td>408.5</td>
<td>97.0</td>
<td>111.2</td>
<td>320.0</td>
</tr>
</tbody>
</table>


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