Heart Disease and Stroke Statistics

2013 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 2013 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.
Prevalence (unadjusted) estimates for poor, intermediate and ideal cardiovascular health, US children aged 12-19 years
(NHANES 2009-2010)

<table>
<thead>
<tr>
<th>Health Measure</th>
<th>Percentage</th>
<th>Poor</th>
<th>Intermediate</th>
<th>Ideal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Smoking</td>
<td>85.2%</td>
<td>0.0%</td>
<td>14.8%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Body Mass Index</td>
<td>64.2%</td>
<td>17.2%</td>
<td>18.6%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>36.1%</td>
<td>8.0%</td>
<td>55.8%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Healthy Diet Score*</td>
<td>91.5%</td>
<td>22.8%</td>
<td>69.1%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Total Cholesterol</td>
<td>69.1%</td>
<td>12.4%</td>
<td>85.5%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>85.5%</td>
<td>11.7%</td>
<td>88.2%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Fasting Plasma Glucose</td>
<td>88.2%</td>
<td>11.7%</td>
<td>85.5%</td>
<td>0.0%</td>
</tr>
</tbody>
</table>

*Healthy Diet Score reflects 2007-2008 NHANES data
Age-standardized prevalence for poor, intermediate and ideal cardiovascular health, US adults ≥20 years of age (NHANES 2009-2010)

- **Current Smoking**: 3.1% Poor, 20.6% Intermediate, 76.2% Ideal
- **Body Mass Index**: 31.3% Poor, 33.0% Intermediate, 35.7% Ideal
- **Physical Activity**: 48.0% Poor, 10.9% Intermediate, 41.1% Ideal
- **Healthy Diet Score***: 79.0% Poor, 20.7% Intermediate, 0.3% Ideal
- **Total Cholesterol**: 47.3% Poor, 14.0% Intermediate, 44.3% Ideal
- **Blood Pressure**: 34.5% Poor, 14.0% Intermediate, 57.4% Ideal
- **Fasting Plasma Glucose**: 8.1% Poor, 20.7% Intermediate, 79.0% Ideal

*Healthy Diet Score reflects 2007-2008 NHANES data
Prevalence of CVD in adults ≥20 years of age
(NHANES: 2007–2010)

Source: NCHS and NHLBI. These data include CHD, HF, stroke, and hypertension.
Deaths due to diseases of the heart (United States: 1900–2009)

Source: National Center for Health Statistics.

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CVD and other major causes of death (United States: 2009)

Source: NCHS and NHLBI. A indicates CVD plus congenital CVD; B, cancer; C, accidents; D, CLRD; E, diabetes; and F, Alzheimer's disease.
Prevalence of Stroke
(NHANES: 2007–2010)

Source: NCHS and NHLBI.

<table>
<thead>
<tr>
<th>Age (Years)</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-39</td>
<td>0.4</td>
<td>0.6</td>
</tr>
<tr>
<td>40-59</td>
<td>2.1</td>
<td>2.1</td>
</tr>
<tr>
<td>60-79</td>
<td>6.2</td>
<td>6.9</td>
</tr>
<tr>
<td>80+</td>
<td>13.9</td>
<td>13.8</td>
</tr>
</tbody>
</table>
Age-adjusted death rates for stroke, 2009

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.
Age-Adjusted Prevalence Trends for High Blood Pressure in Adults, ≥20 years of age

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

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Trends in mean total serum cholesterol among adolescents 12–17 years of age


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Trends in mean total serum cholesterol among adults ages ≥20

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

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Source: NCHS and NHLBI. NH indicates non-Hispanic.
Trends in diabetes prevalence in adults ≥20 years of age

Source: NCHS, NHLBI.

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Prevalence of students in grades 9–12 who met recommended levels of physical activity on 5 of the past 7 days (YRBSS: 2011)

Prevalence of meeting the 2008 Federal Physical Activity Guidelines among adults ≥18 years of age (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 least 75 minutes per week or an equivalent combination.
Prevalence of students in grades 9 to 12 reporting current cigarette use (YRBSS 2011)


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Prevalence of current smoking for adults ≥18 years of age
(NHIS 2008-2010)

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>NH White</td>
<td>23.9</td>
<td>20.9</td>
</tr>
<tr>
<td>NH Black</td>
<td>23.7</td>
<td>17.3</td>
</tr>
<tr>
<td>Hispanic</td>
<td>17.3</td>
<td>15.2</td>
</tr>
<tr>
<td>Asian*</td>
<td>15.2</td>
<td>17.6</td>
</tr>
<tr>
<td>American Indian/Alaska Native*</td>
<td>9.6</td>
<td>5.5</td>
</tr>
</tbody>
</table>

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.
Trends in the prevalence of obesity among US children and adolescents

Data derived from Health, United States, 2011. NCHS, 2011.

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Age-adjusted prevalence of obesity in adults 20–74 years of age

Data derived from Health, United States, 2011. NCHS, 2011.

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Trends in cardiovascular procedures, United States: 1979–2010

Note: Inpatient procedures only. Source: National Hospital Discharge Survey, NCHS, and NHLBI.

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Direct and indirect costs (in billions of dollars) of major cardiovascular diseases and stroke (United States: 2009)

- Heart disease: $195.2 billion
- Hypertension: $51.0 billion
- Stroke: $38.6 billion
- Other CVD: $27.8 billion

Source: National Heart, Lung, and Blood Institute.
Projected Total Costs of CVD, 2015–2030 (in Billions 2010$) in the United States


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