

Heart Disease and Stroke Statistics

2016 Update





Additional charts may be downloaded directly from the online publication at:
<http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0000000000000350>

Or at:

www.heart.org/statistics

The American Heart Association requests that this document be cited as follows:

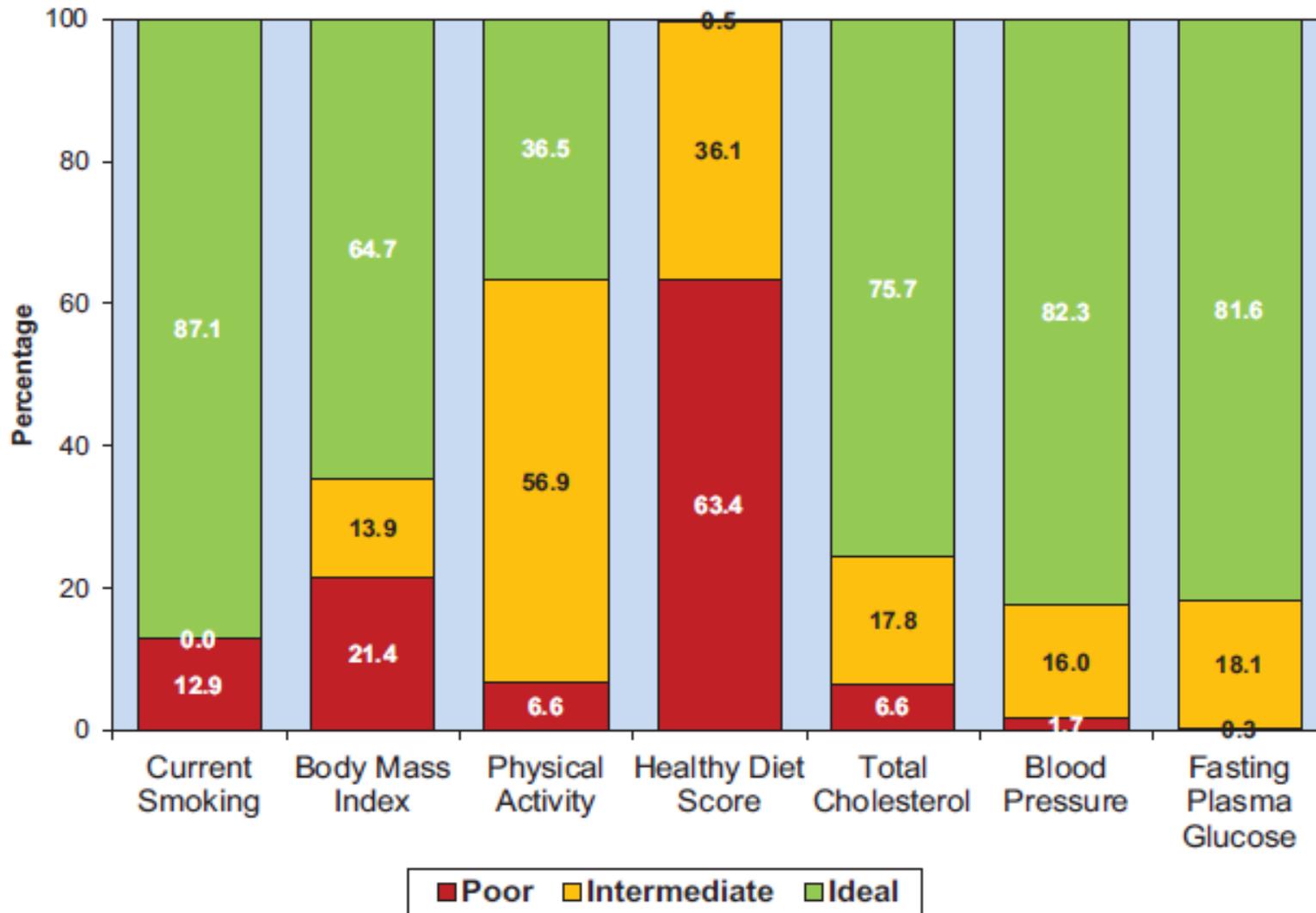
Mozaffarian D, Benjamin EJ, Go AS, Arnett DK, Blaha MJ, Cushman M, Das SR, de Ferranti S, Després J-P, Fullerton HJ, Howard VJ, Huffman MD, Isasi CR, Jiménez MC, Judd SE, Kissela BM, Lichtman JH, Lisabeth LD, Liu S, Mackey RH, Magid DJ, McGuire DK, Mohler ER III, Moy CS, Muntner P, Mussolino ME, Nasir K, Neumar RW, Nichol G, Palaniappan L, Pandey DK, Reeves MJ, Rodriguez CJ, Rosamond W, Sorlie PD, Stein J, Towfighi A, Turan TN, Virani SS, Woo D, Yeh RW, Turner MB; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2016 update: a report from the American Heart Association [published online ahead of print December 16, 2015]. *Circulation*. doi: 10.1161/CIR.0000000000000350.

If you have questions about statistics or any points made in the 2016 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at statistics@heart.org.

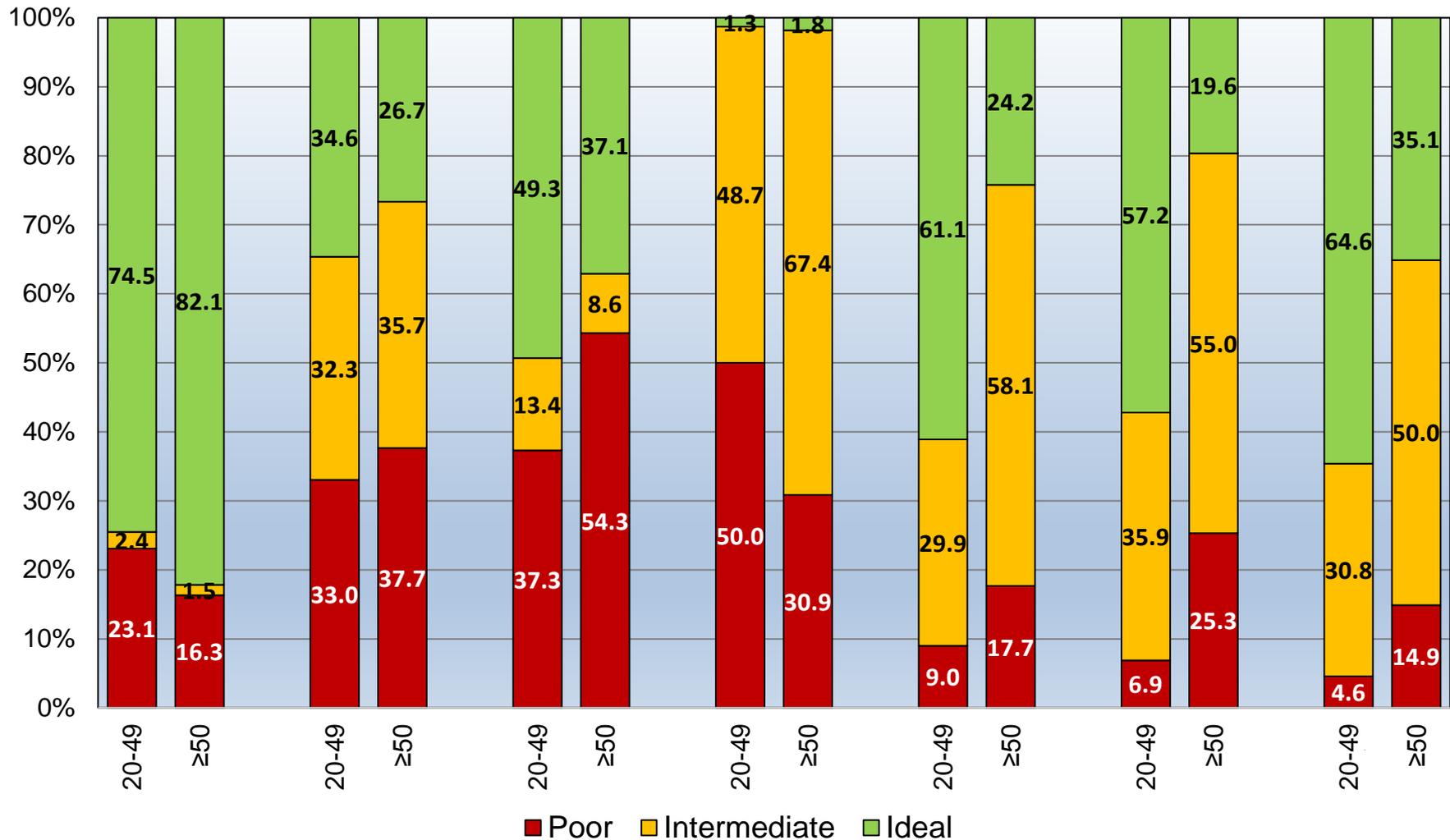
Please direct all media inquiries to News Media Relations
at inquiries@heart.org or 214-706-1173.



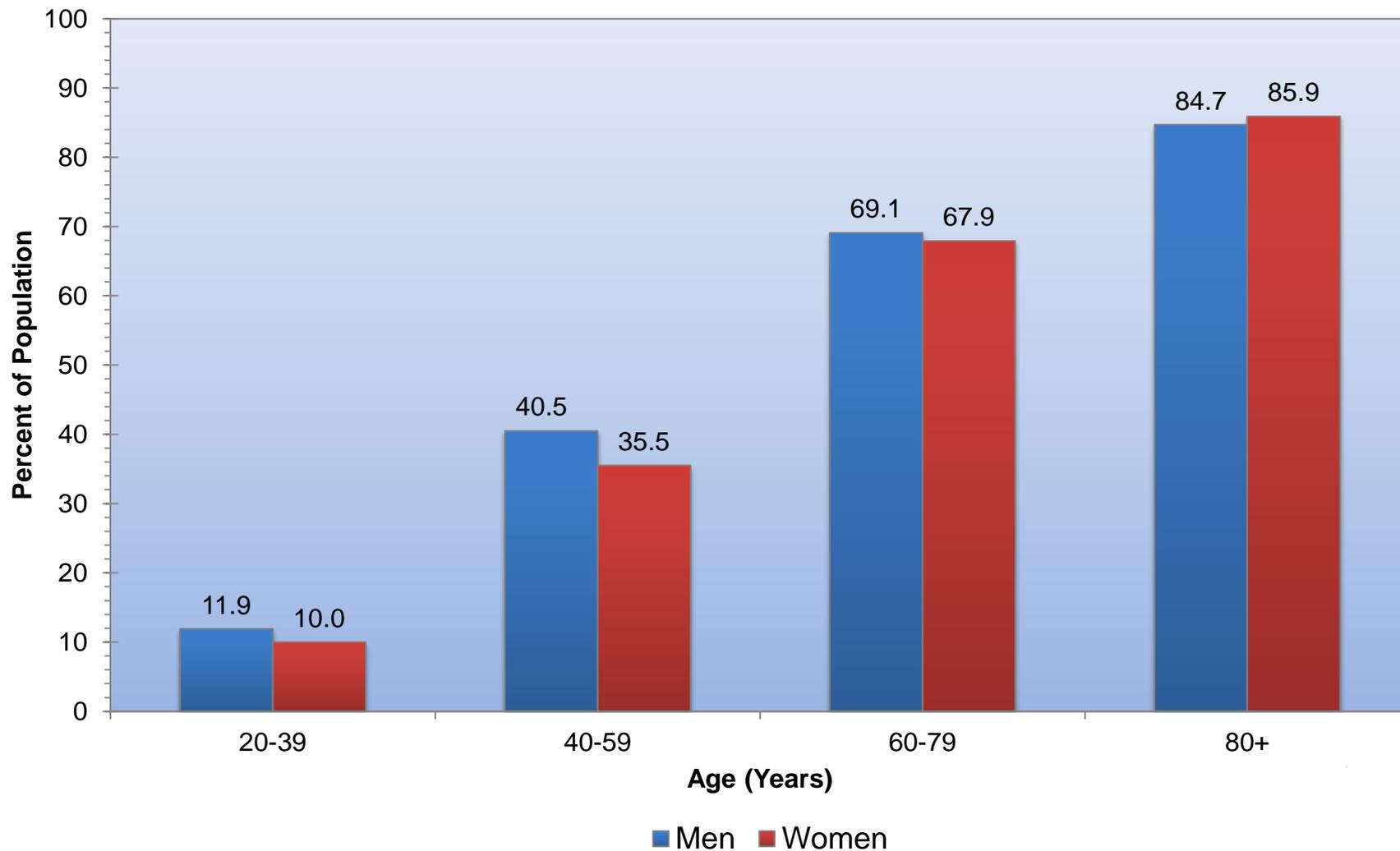
Prevalence (unadjusted) estimates for poor, intermediate and ideal cardiovascular health, US children aged 12-19 years (NHANES 2011-2012)



Age-standardized prevalence for poor, intermediate and ideal cardiovascular health, US adults ≥20 years of age (NHANES 2011-2012)

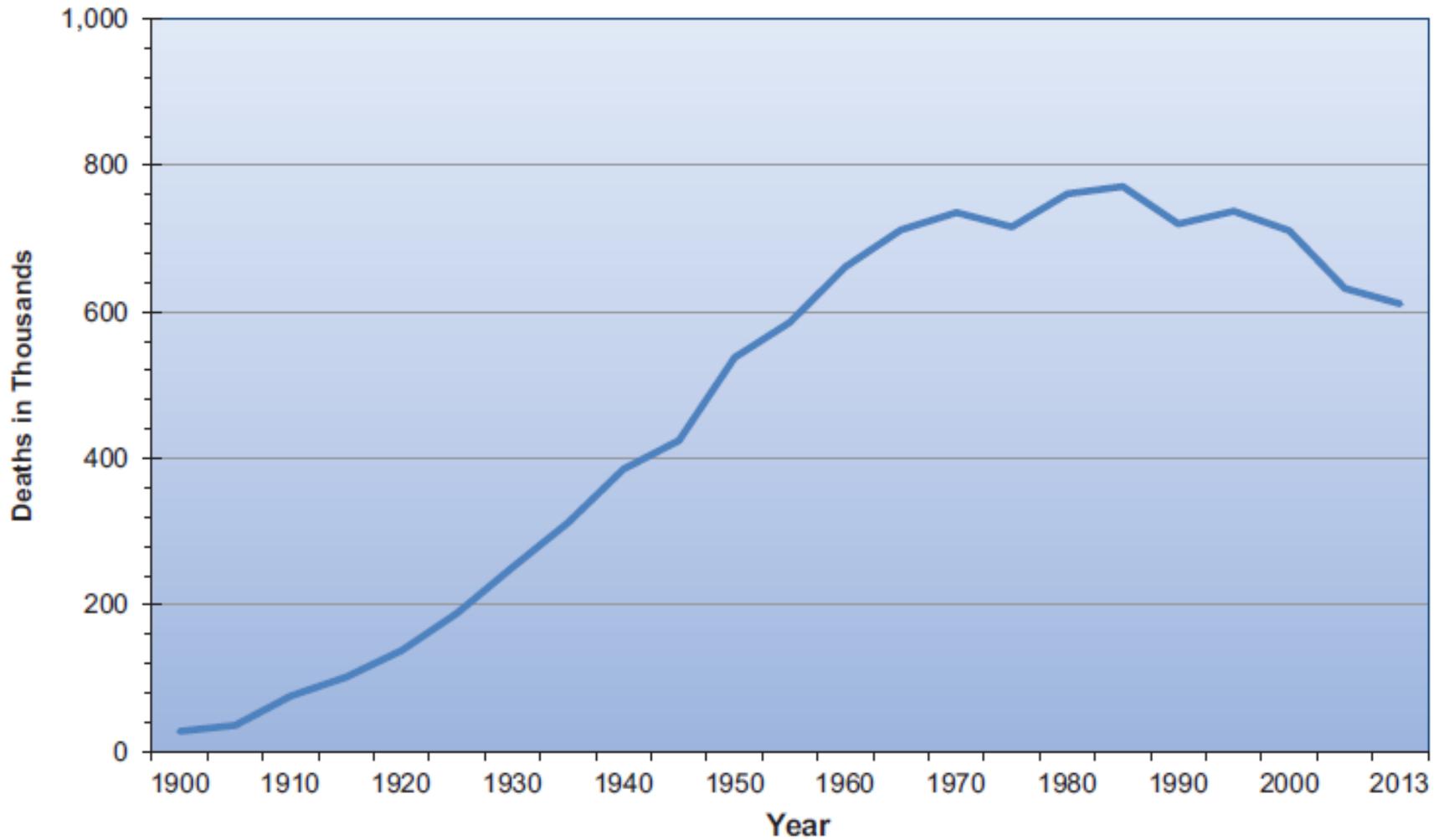


Prevalence of CVD in adults ≥ 20 years of age (NHANES: 2009–2012)



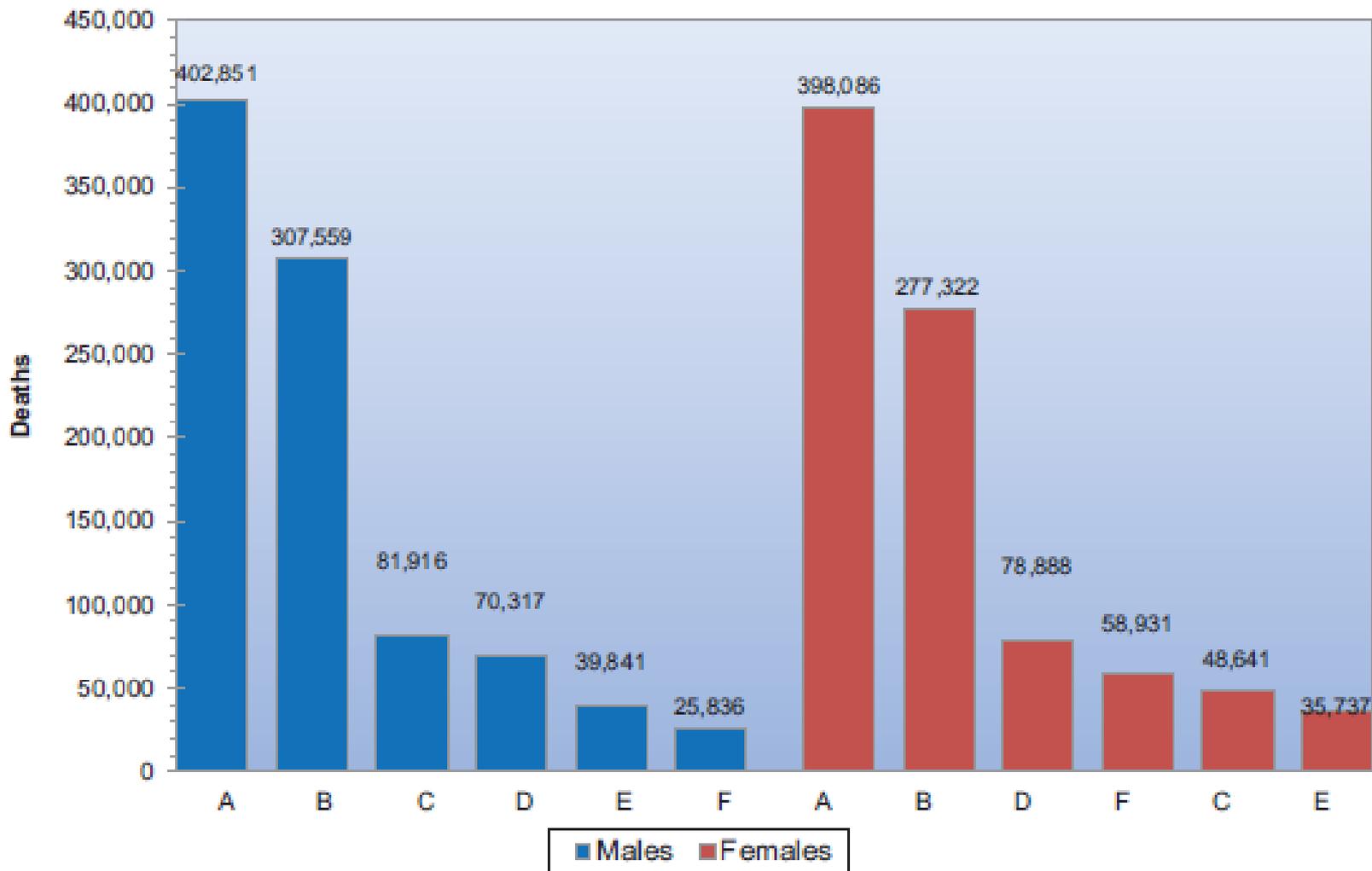
Source: NCHS and NHLBI. These data include CHD, HF, stroke, and hypertension.

Deaths due to diseases of the heart (United States: 1900–2013)



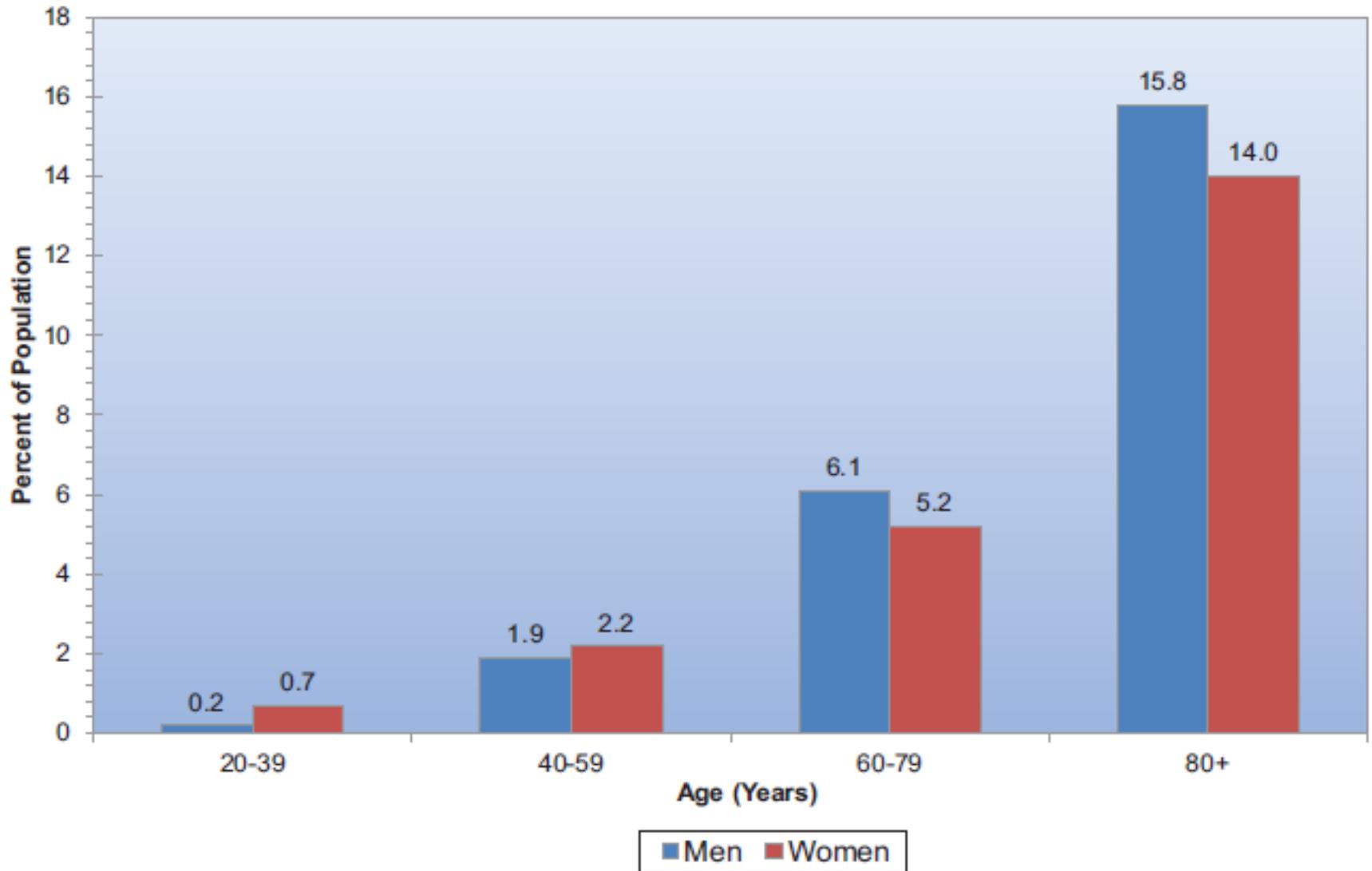
Source: National Center for Health Statistics.

CVD and other major causes of death (United States: 2013)

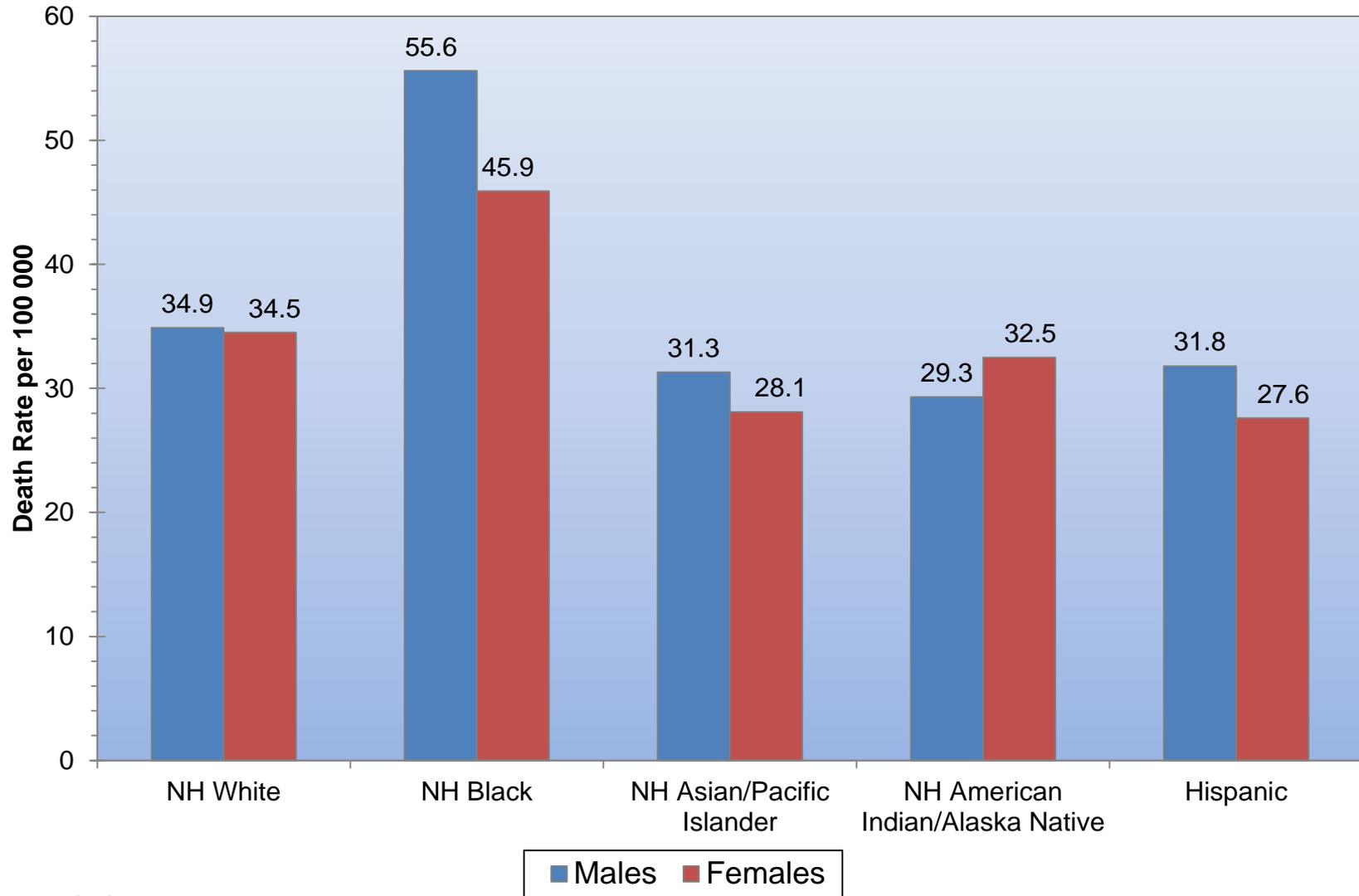


Source: NCHS and NHLBI. A indicates CVD; B, cancer; C, accidents; D, CLRD; E, diabetes; and F, Alzheimer's disease.

Prevalence of Stroke (NHANES: 2009–2012)

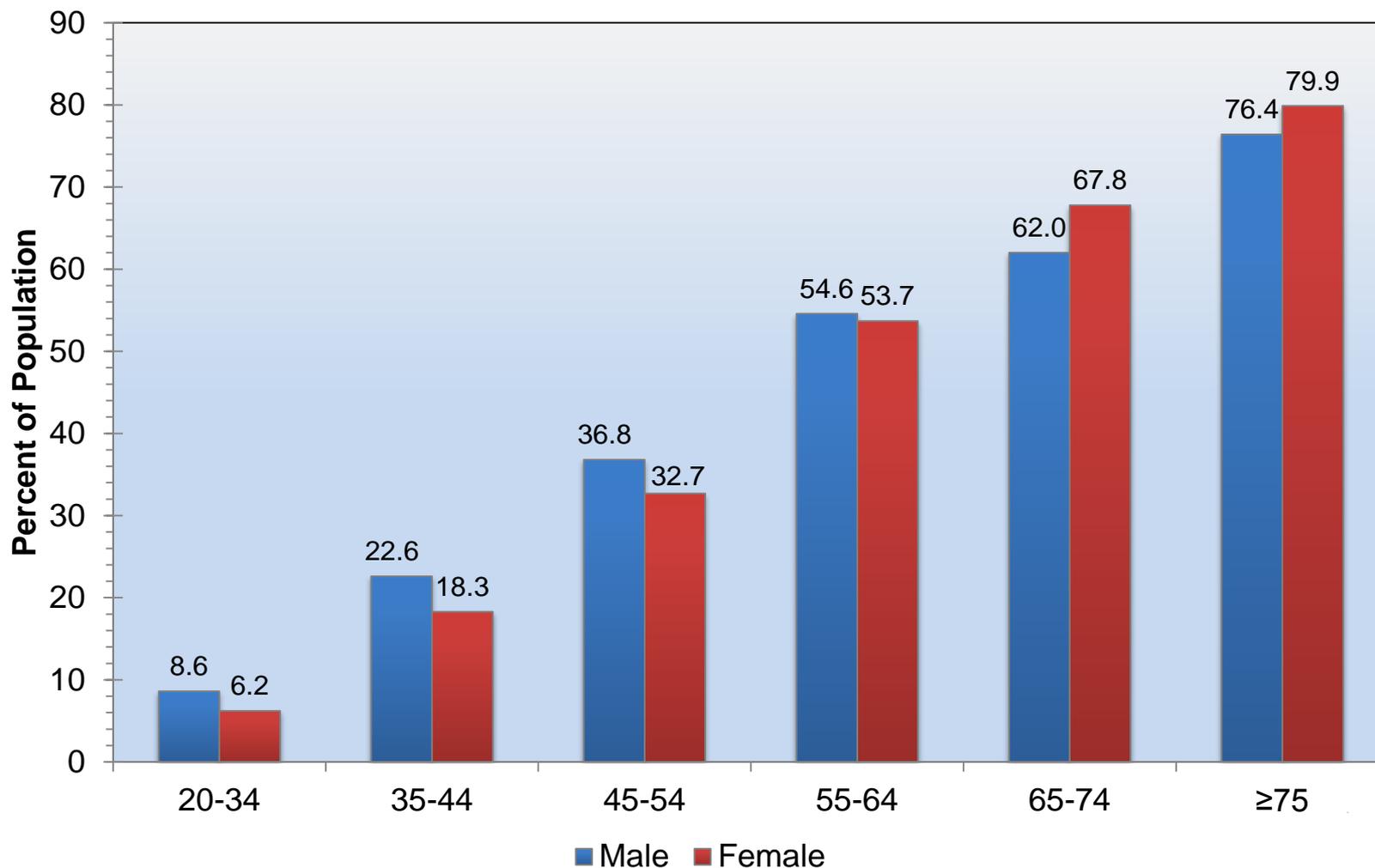


Age-adjusted death rates for stroke, 2013



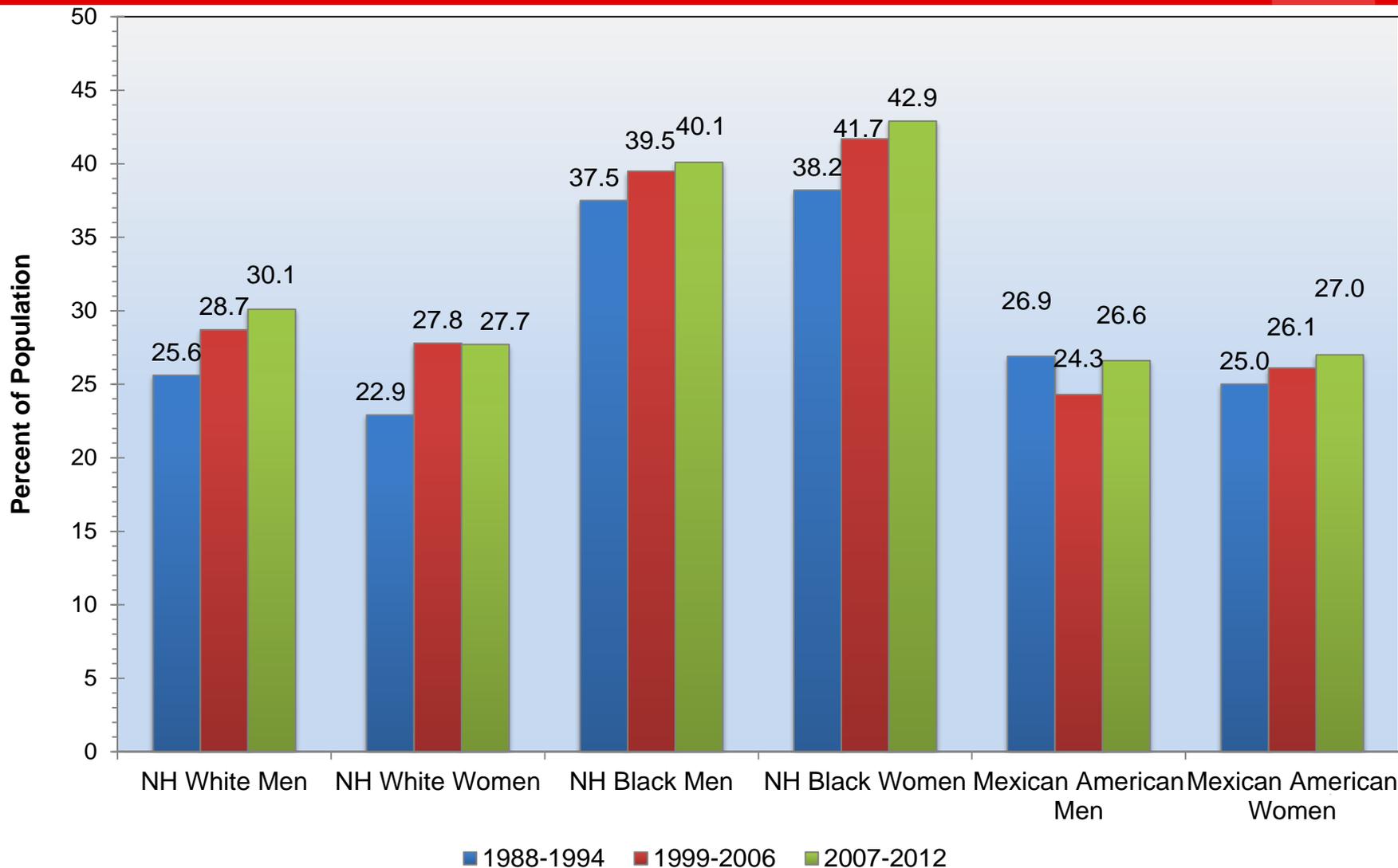
Source: NCHS and NHLBI.

Prevalence of High Blood Pressure in adults ≥ 20 years of age (NHANES: 2009–2012)



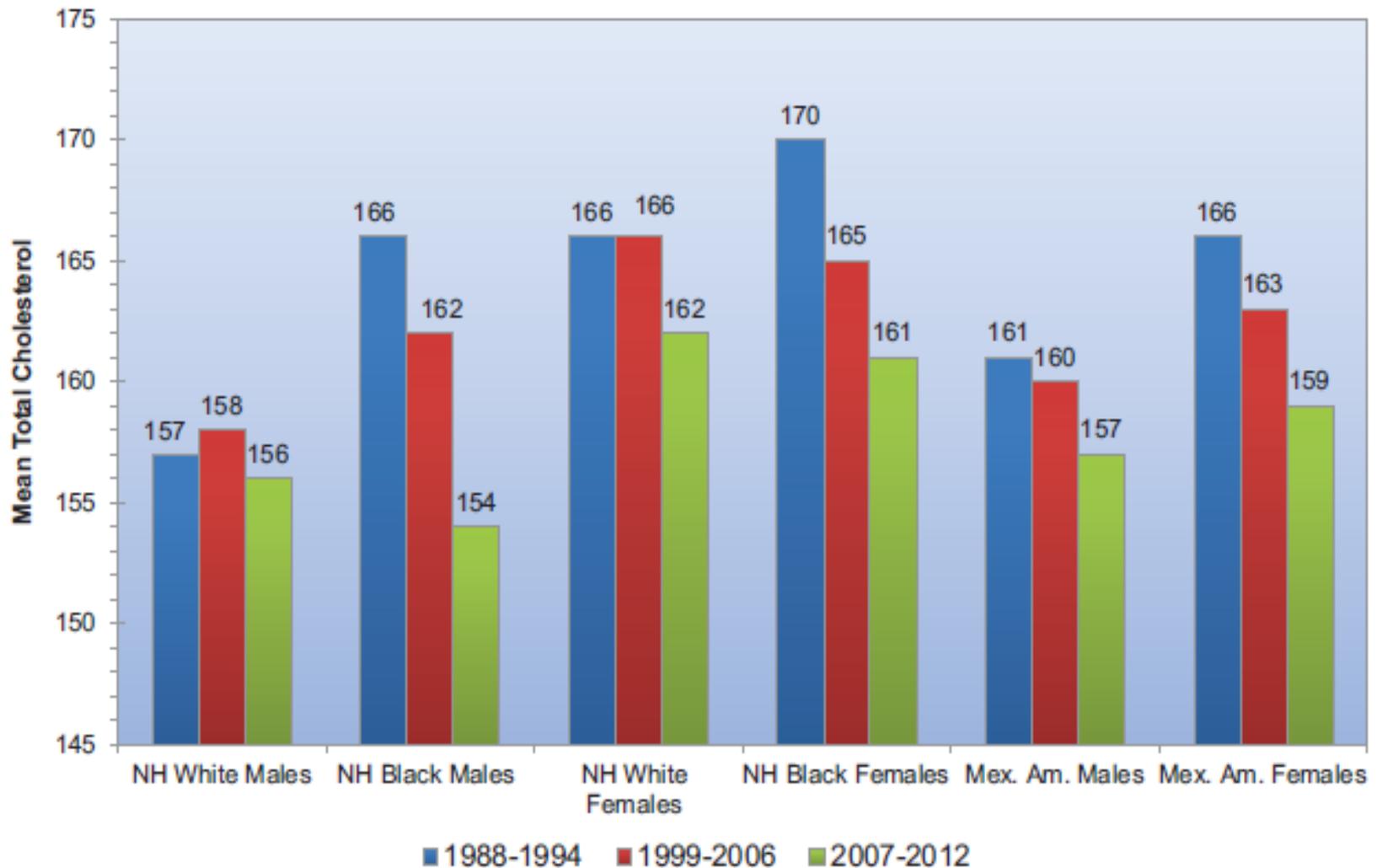
Source: NCHS and NHLBI. Hypertension is defined as SBP 140 mm Hg or DBP 90 mmHg, taking antihypertensive medication, or being told twice by a physician or other professional that one has hypertension.

Age-Adjusted Prevalence Trends for High Blood Pressure in Adults, ≥ 20 years of age (NHANES:1988-1994, 1999-2006 and 2007-2012)



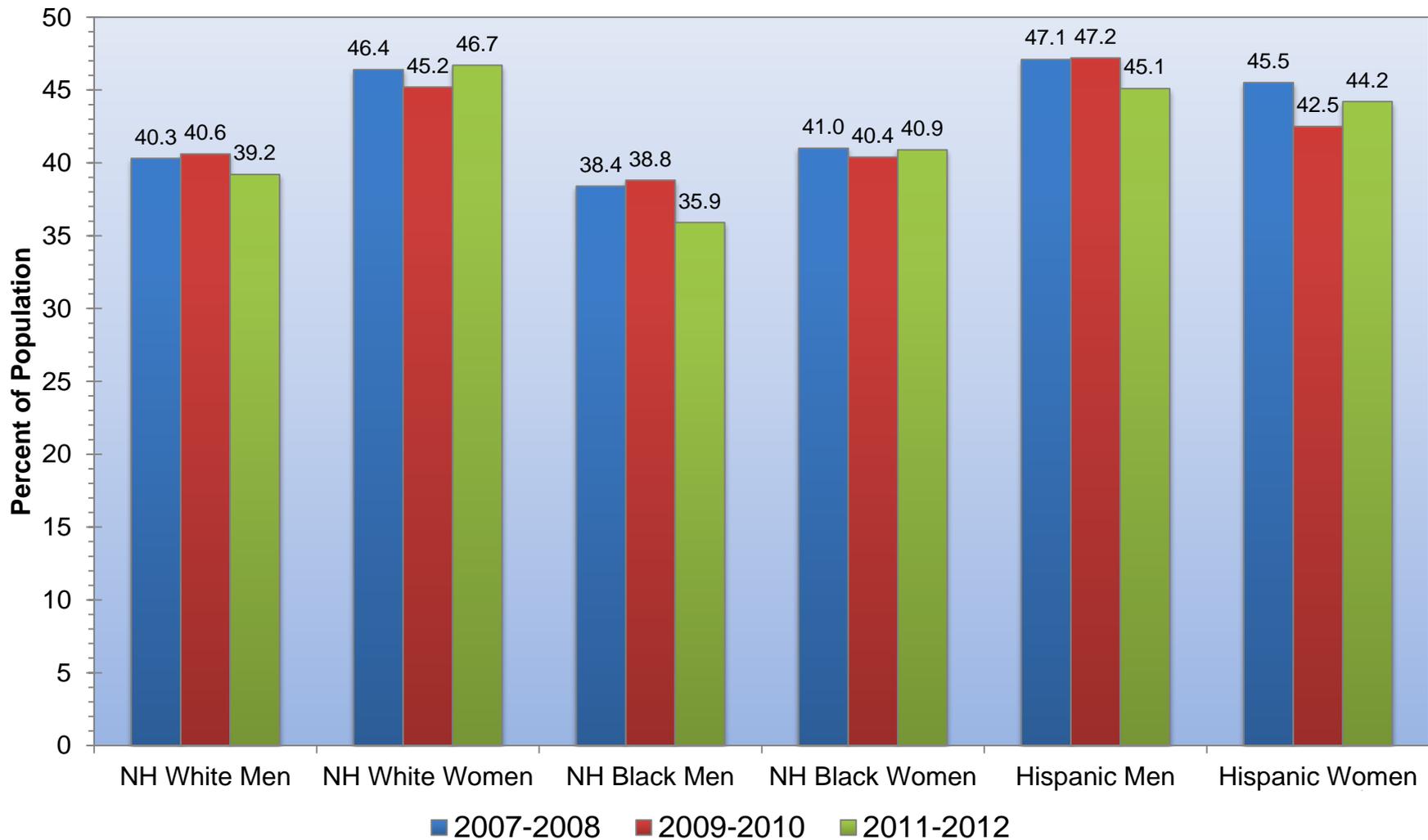
Source: NCHS and NHLBI. NH indicates non-Hispanic.

Trends in mean total serum cholesterol among adolescents 12–17 years of age (NHANES: 1988–1994, 1999–2006, and 2007–2012)



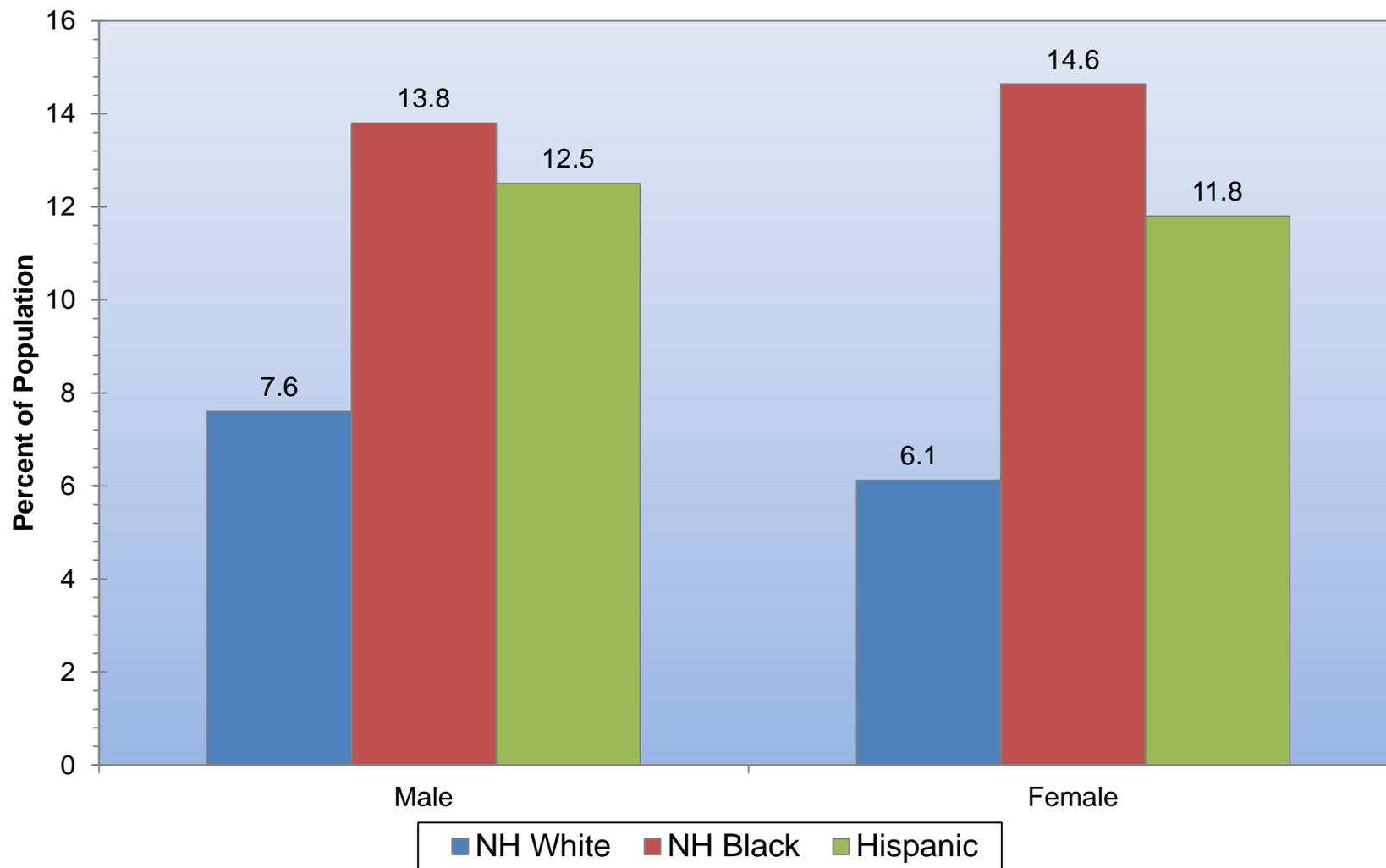
Source: NCHS and NHLBI. NH indicates non-Hispanic. Mex. Am. indicates Mexican American.

Age-Adjusted Prevalence Trends for total cholesterol ≥ 200 mg/dL in Adults, ≥ 20 years of age (NHANES: 2007-2008, 2009-2010 and 2011-2012)



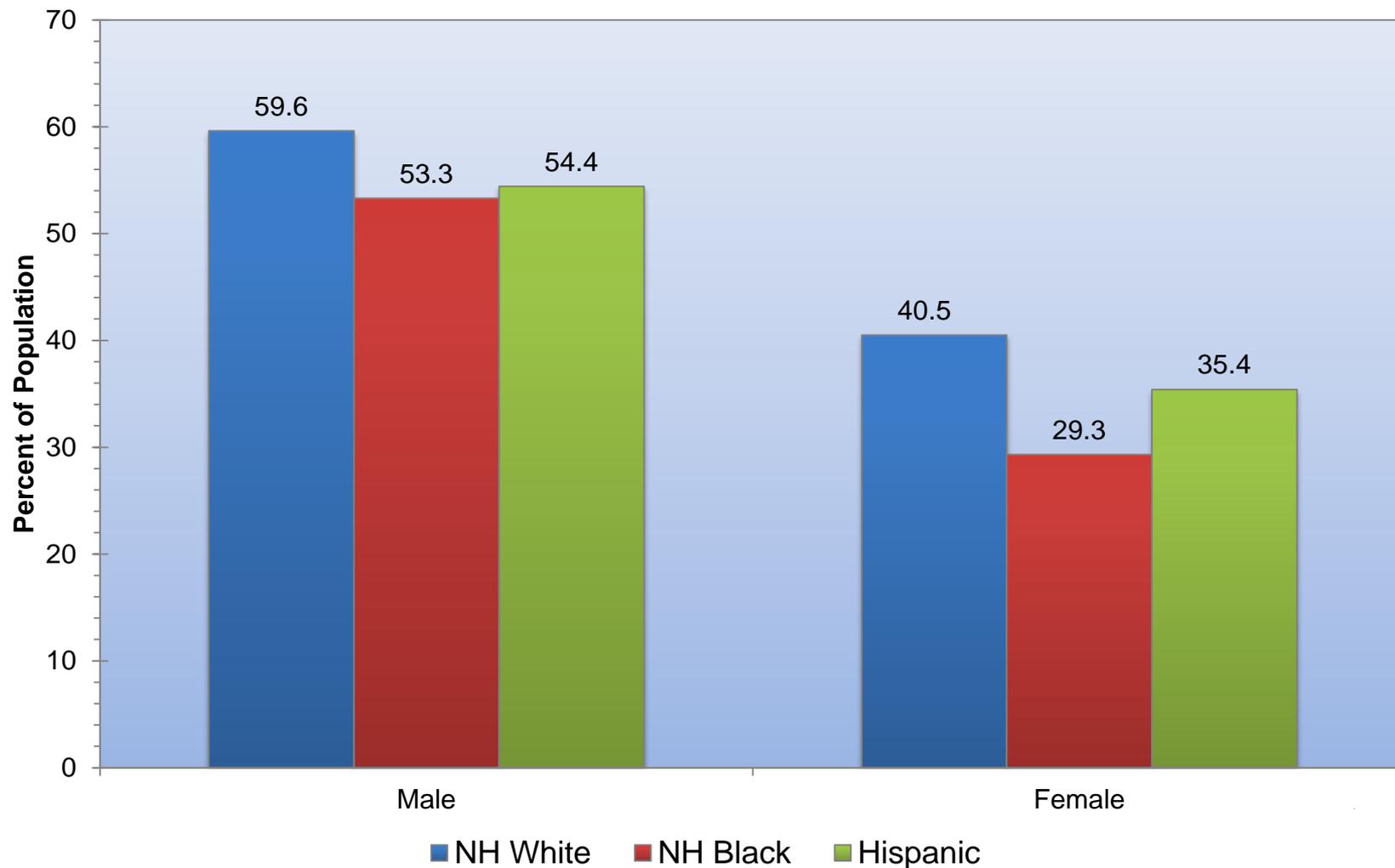
Source: NCHS and NHLBI. NH indicates non-Hispanic.

Age-adjusted prevalence of physician-diagnosed diabetes in adults ≥20 years of age (NHANES: 2009–2012)



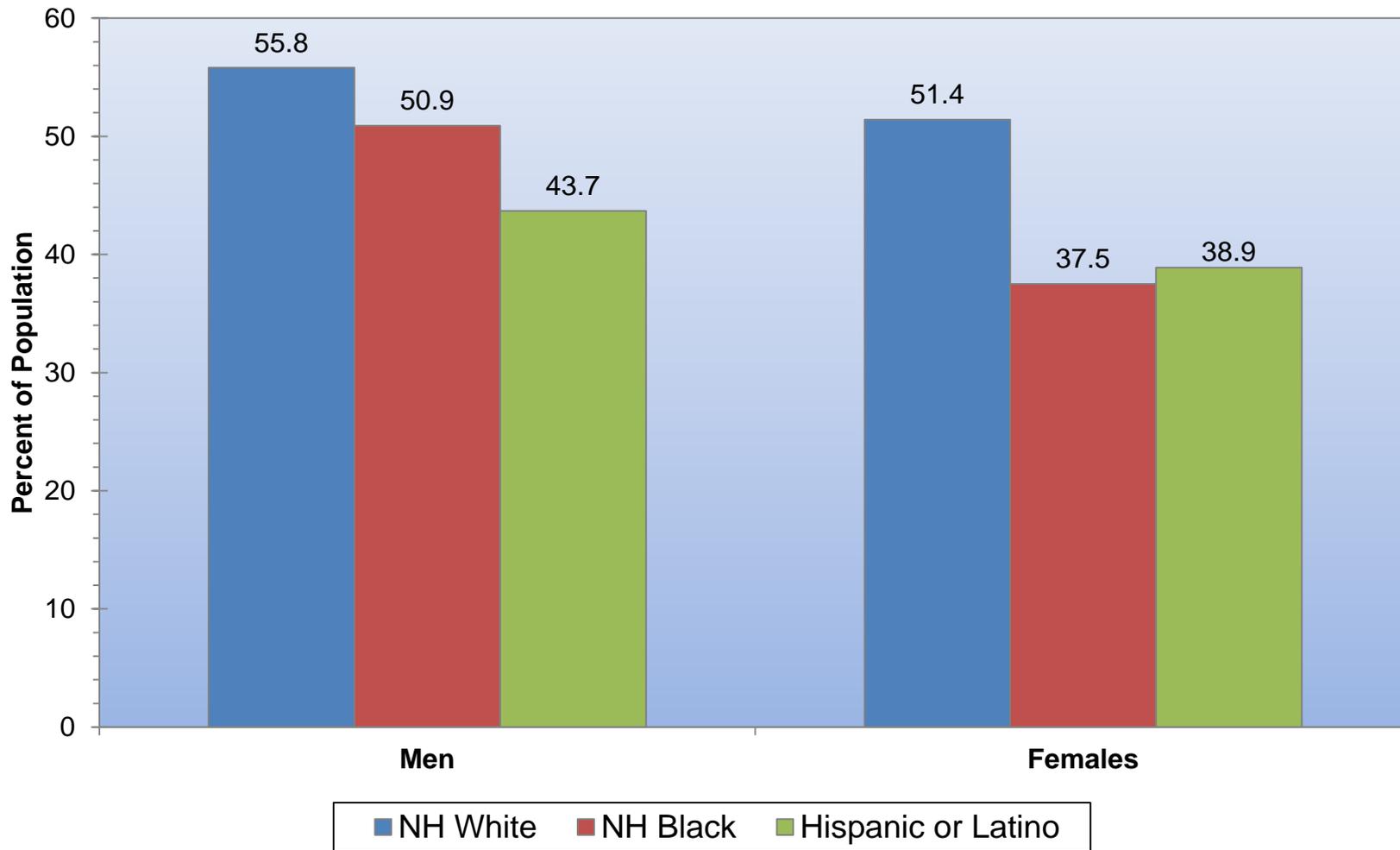
Source: NCHS and NHLBI. NH indicates non-Hispanic.

Prevalence of students in grades 9–12 who met recommended levels of physical activity on 5 of the past 7 days (Youth Risk Behavior Surveillance System, 2013)



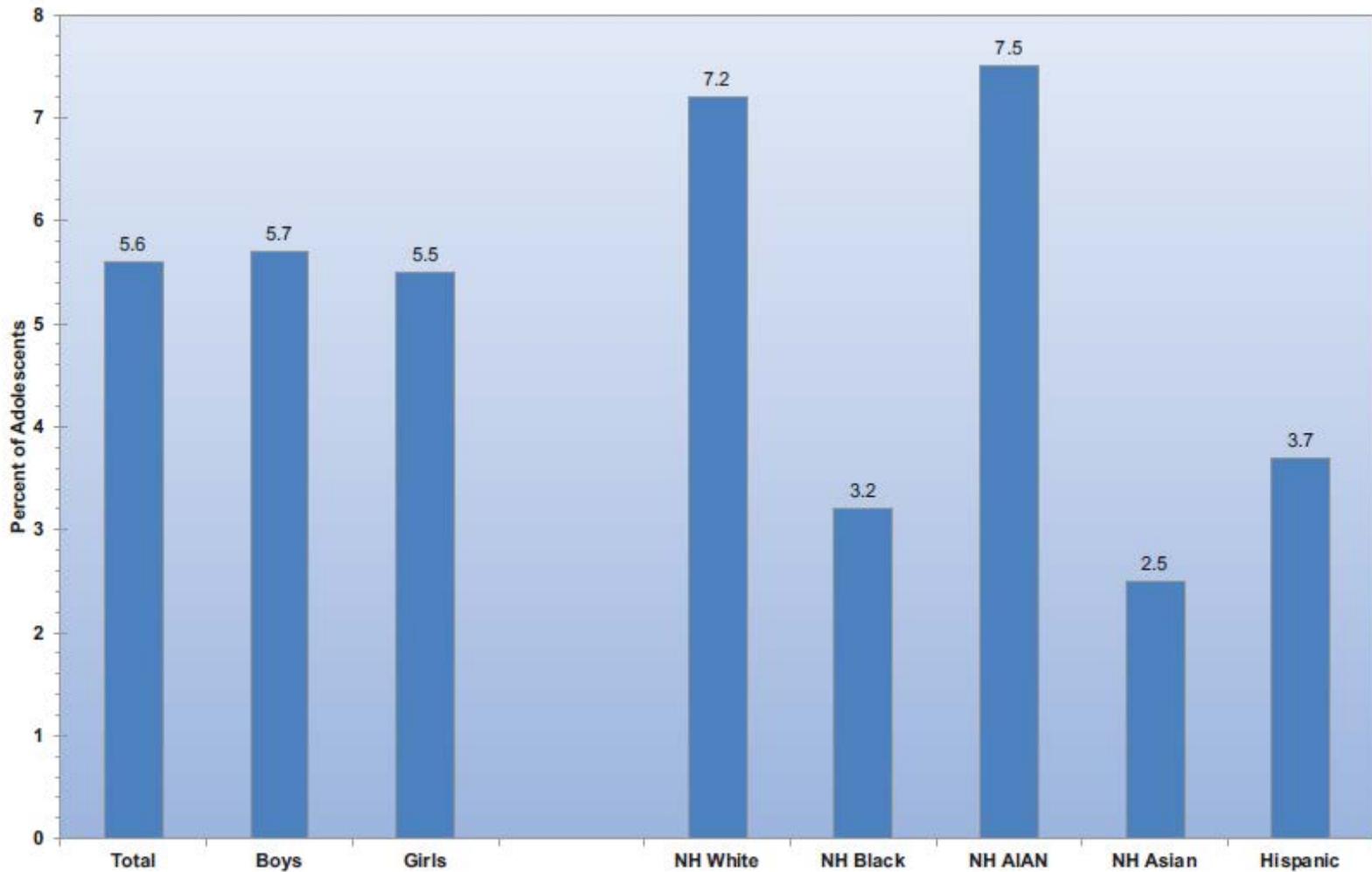
Source: *MMWR Surveill Summ.* 2014;63(suppl 4):1–168. NH indicates non-Hispanic.

Prevalence of meeting the aerobic physical activity guidelines among adults ≥ 18 years of age (NHIS 2014)



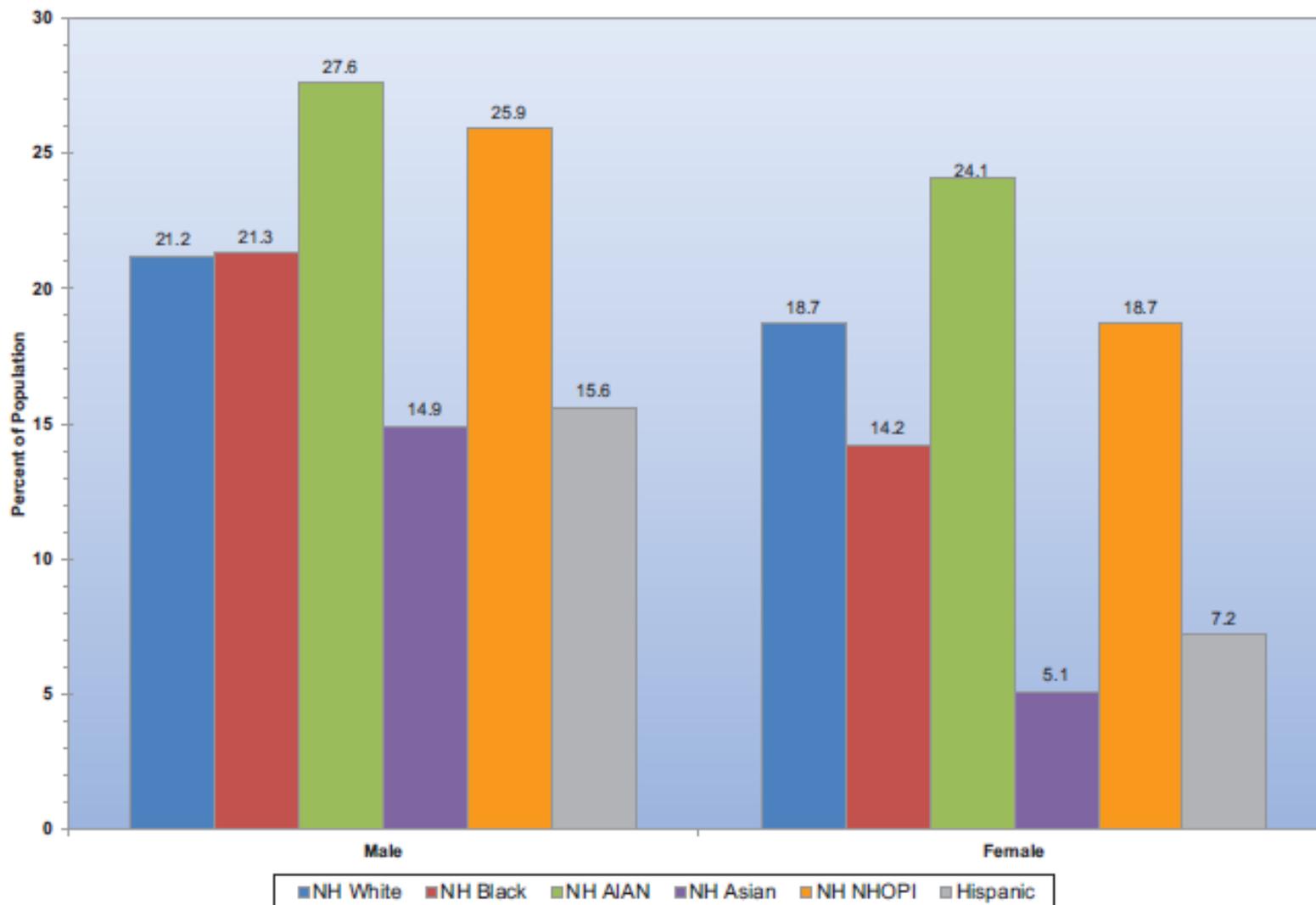
NH indicates non-Hispanic. Percents are age-adjusted. Meeting the 2008 Federal PA Guidelines is defined as engaging in moderate leisure-time physical activity for at least 150 minutes per week or vigorous activity at last 75 minutes per week or an equivalent combination.

Prevalence (%) of current cigarette smoking for adolescents aged 12-17 (National Survey on Drug Use and Health, 2013)



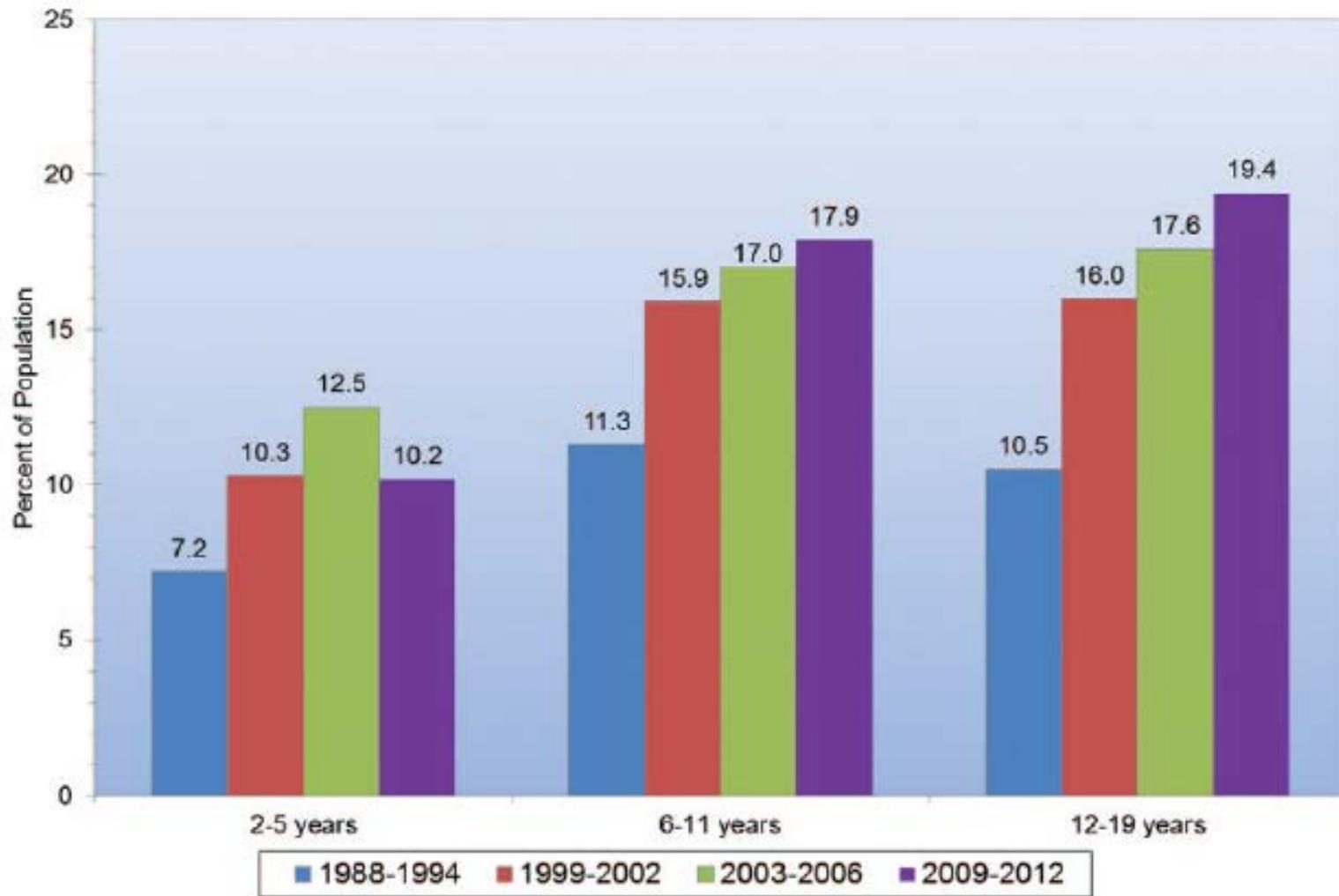
NH indicates non-Hispanic.

Prevalence of current smoking for adults ≥ 18 years of age (National Health Interview Survey, 2012-2014)



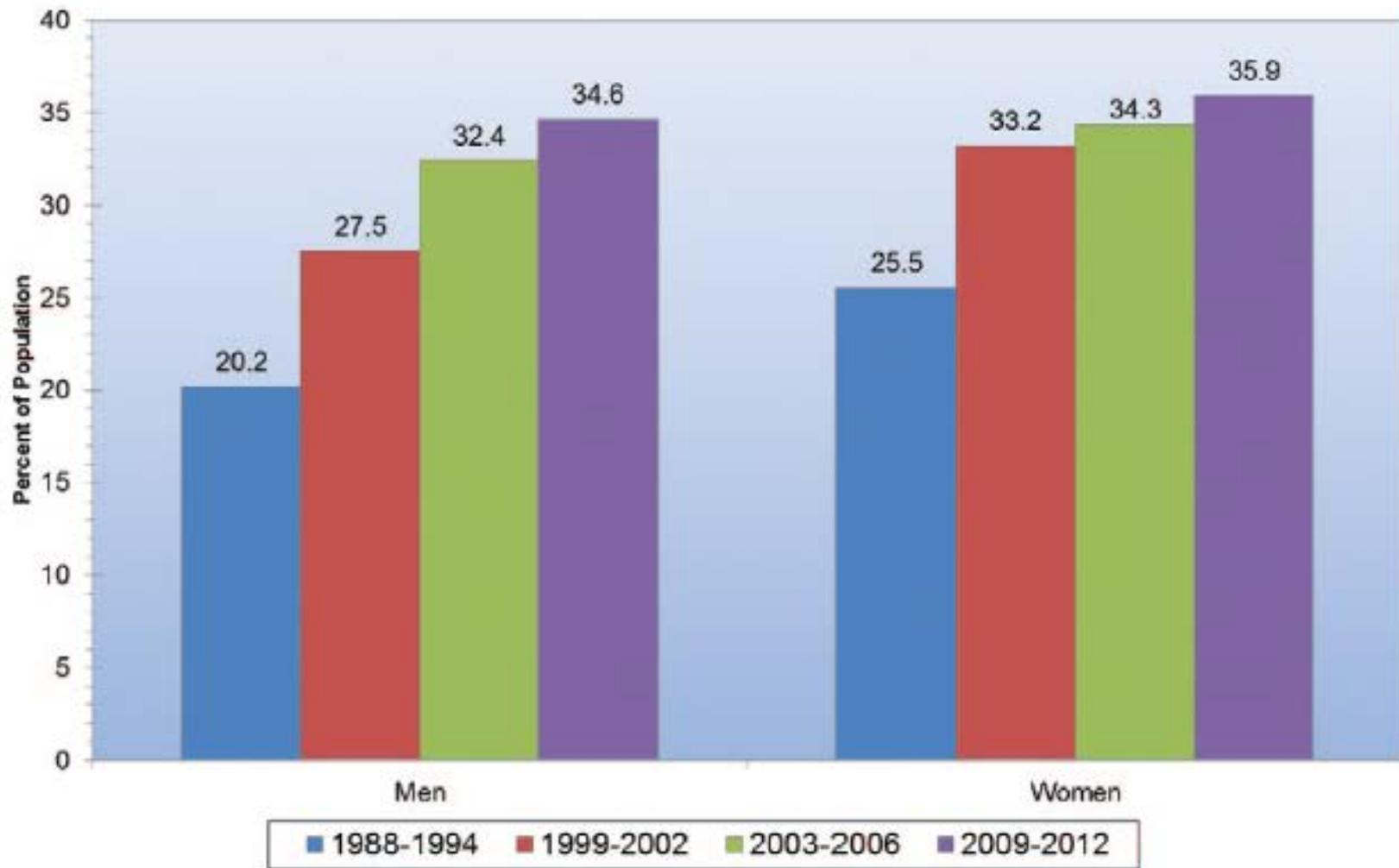
All percentages are age-adjusted. NH indicates non-Hispanic.

Trends in the prevalence of obesity among US children and adolescents



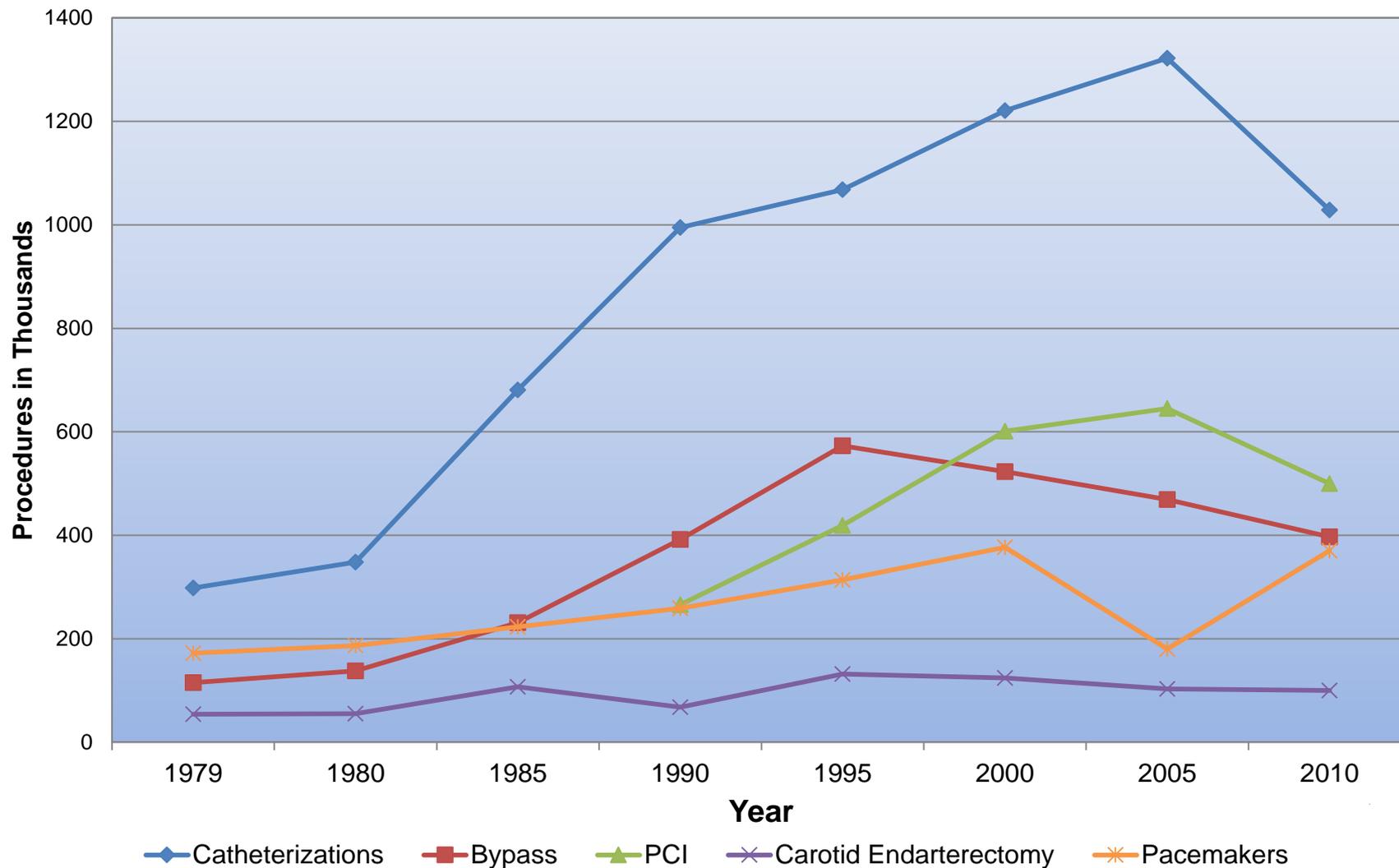
Data derived from *Health, United States, 2014*.

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



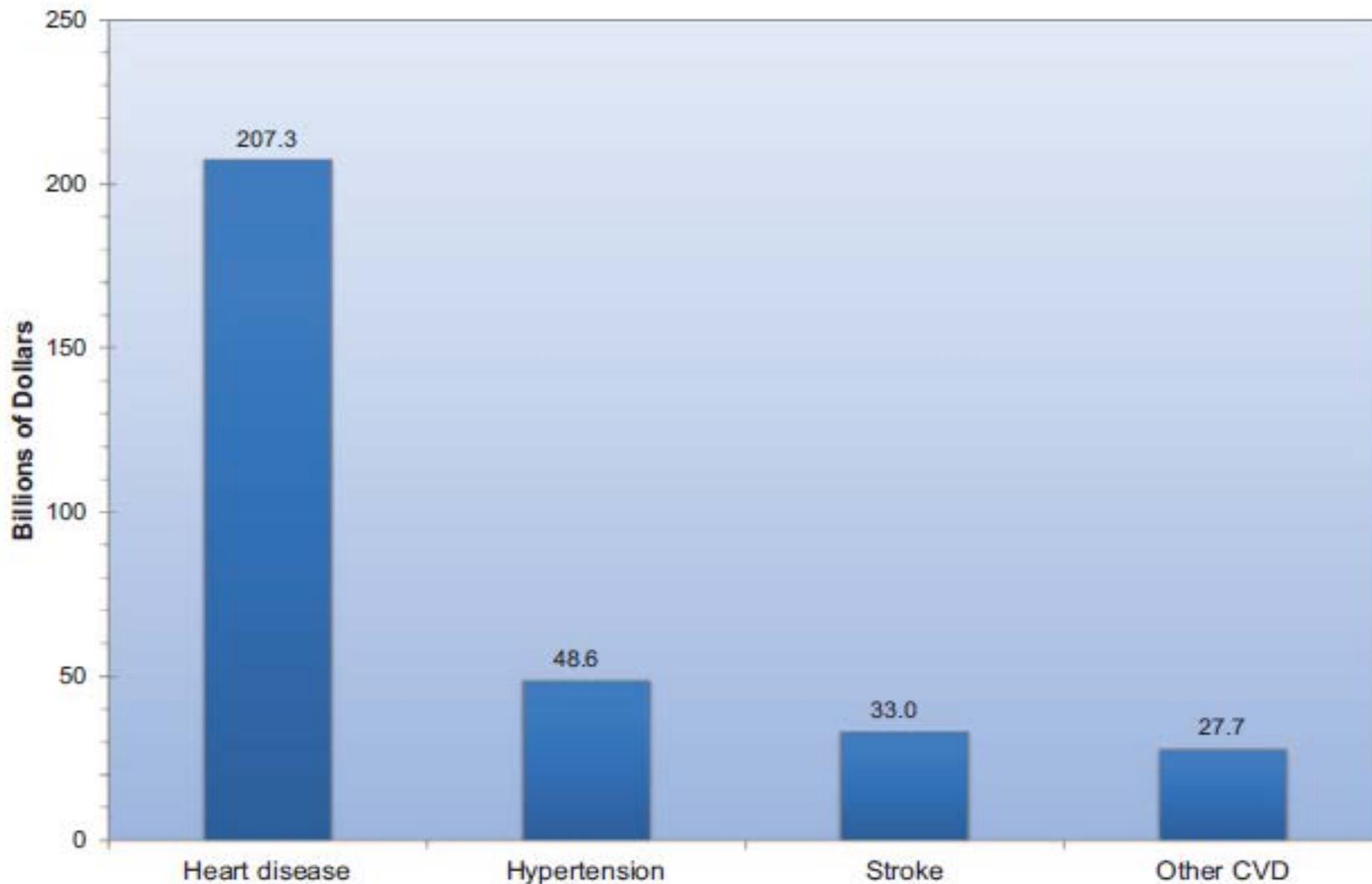
Data derived from *Health, United States, 2014*.

Trends in cardiovascular procedures, United States: 1979–2010



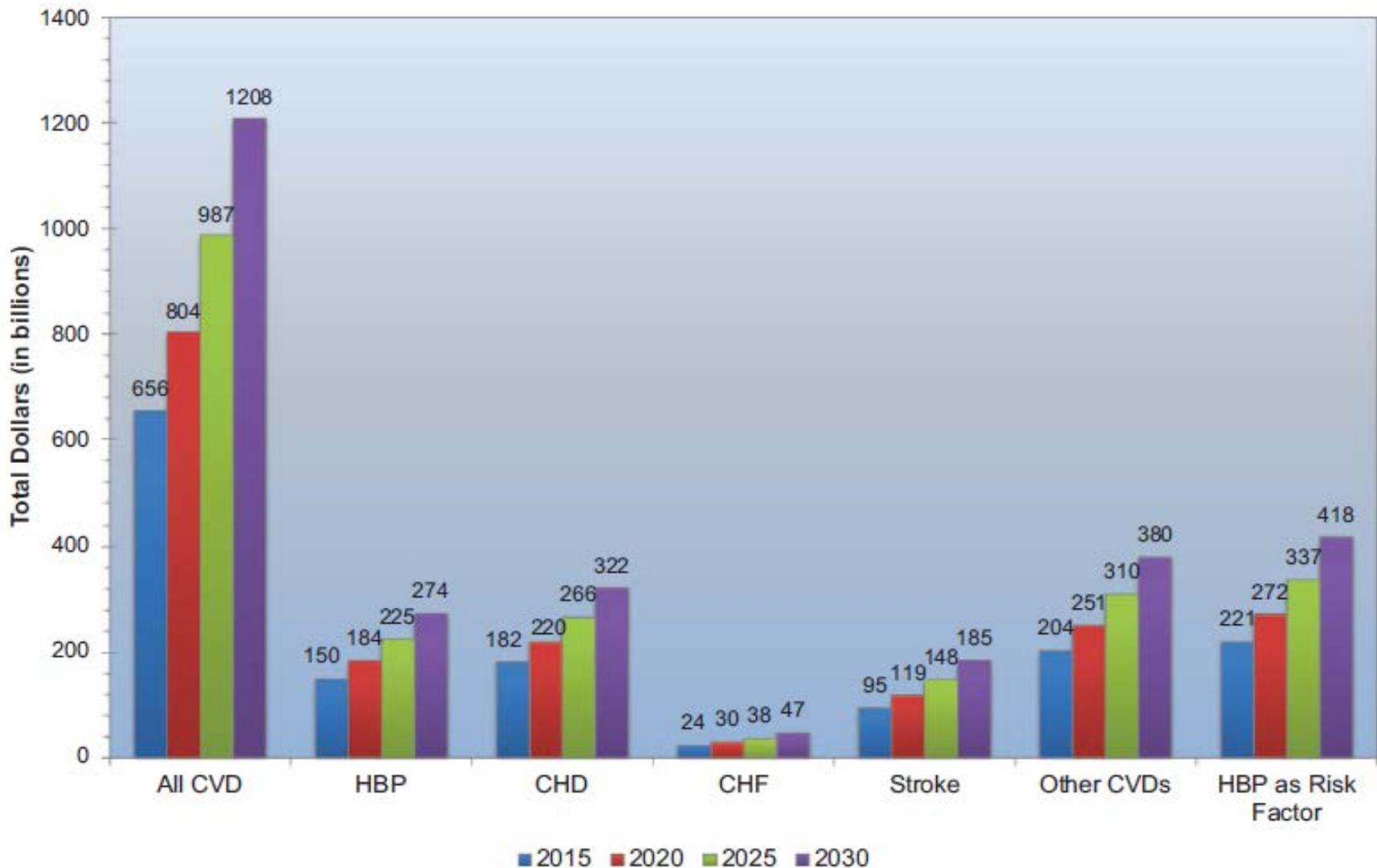
Note: Inpatient procedures only. Source: National Hospital Discharge Survey, NCHS, and NHLBI.

Direct and indirect costs (in billions of dollars) of major cardiovascular diseases and stroke (United States: 2011 to 2012)



Source: National Heart, Lung, and Blood Institute.

Projected Total Costs of CVD, 2015–2030 (in Billions 2012\$) in the United States



Unpublished data tabulated by AHA using methods described in *Circulation*. 2011;123:933–944.

©2015 American Heart Association, Inc. All rights reserved.

Mozaffarian D et al. Published online in *Circulation* Dec. 16, 2015