

## Top Ten Things To Know AHA Heart Disease and Stroke Statistics – 2012 Update

1. From 1998 to 2008, cardiovascular disease (CVD) death rates declined 30.6%. However, CVD is still the leading cause of death in the U.S. Declines in stroke death rates now rank stroke as the 4th leading cause of death.
2. From 2007 to 2008, the cost of CVD increased by over \$11 billion.
3. **Hypertension** - An estimated 76.4 million U.S. adults  $\geq 20$  years of age are hypertensive.
4. **Cholesterol** - An estimated 98.8 million adults  $\geq 20$  years of age have total serum cholesterol levels  $\geq 200$  mg/ dL; 33.5 million have total serum cholesterol levels  $\geq 240$  mg/ dL.
5. **Diabetes** - An estimated 18.3 million Americans  $\geq 20$  years of age have physician-diagnosed diabetes. An additional 7.1 million adults have undiagnosed diabetes and about 81.5 million adults have prediabetes.
6. **Physical Activity** - Only 20.7% of adults meet the federal guidelines for physical activity. Among 9 through 12 graders, only 37.0% meet the recommendations.
7. **Healthy Diet** – Less than 1% of U.S. adults meet the definition for “Ideal Healthy Diet”; essentially no children meet the goal.
8. **Smoking** - 19.8% of boys and 19.1% of girls in grades 9-12 report being current smokers. Among adults, 21.2% of men and 17.5% of women over age 18 years are smokers.
9. **Body Mass Index** - Overall, 68% of U.S. adults are overweight or obese (72% of men and 62% of women). Thirty-two percent of children ages 2-19 are overweight or obese (32% of boys and 31% of girls).
10. When compared to previous trends for adults there have been **improvements** in CVD and stroke mortality, and prevalence of high cholesterol and physical activity; there have been relatively **no changes** in prevalence of hypertension and smoking and **worsening** of prevalence of diabetes and overweight.