

Top Ten Things To Know About Heart Disease and Stroke Statistics

1. From 1999 to 2009, the cardiovascular disease (CVD) death rate declined by 33%. However, CVD still takes the lives of more than 2,150 Americans each day, an average of 1 death every 40 seconds.
2. During that same time, the relative rate of stroke death fell by 37% and the actual number of stroke deaths declined by 23%. Still, stroke is a leading cause of disability in the U.S.
3. Smoking – 18% of students grades 9-12 report being current smokers. Among adults, 21% of men and 17% of women are smokers.
4. Physical Activity - Only 21% of adults meet the federal guidelines for physical activity. Among 9 through 12 graders, only 28% meet the recommendations.
5. Healthy Diet – Less than 1% of U.S. adults meet the definition for “Ideal Healthy Diet”; essentially no children meet the goal. Of the 5 components of a healthy diet, reducing sodium and increasing whole grains are the biggest challenges.
6. Body Mass Index - The estimated prevalence of overweight and obesity in U.S. adults is 155 million, which represents 68% of this group. Among children, 32% are overweight and obese (24 million children) and 17% are obese (13 million children).
7. Cholesterol - An estimated 32 million adults have total serum cholesterol levels ≥ 240 mg/dL, with a prevalence of 14%.
8. Hypertension - An estimated 78 million U.S. adults are hypertensive. About 82% are aware of their condition and 75% are using antihypertensive medication, but only 53% of those have their condition controlled.
9. Diabetes - An estimated 20 million adults have physician-diagnosed diabetes. An additional 8 million adults have undiagnosed diabetes and about 87 million adults have prediabetes.
10. Over the past decade, there have been improvements in both children and adults in prevalence of ideal levels of smoking, blood pressure, and cholesterol and declines in ideal rates of body mass index and fasting glucose.