Heart Disease and Stroke Statistics

2014 Update
Additional charts may be downloaded directly from the online publication at:
http://circ.ahajournals.org/lookup/doi/10.1161/01.cir.0000441139.02102.80

Or at:
www.heart.org/statistics

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If you have questions about statistics or any points made in the 2014 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>Current Smoking</th>
<th>Body Mass Index</th>
<th>Physical Activity</th>
<th>Healthy Diet Score*</th>
<th>Total Cholesterol</th>
<th>Blood Pressure</th>
<th>Fasting Plasma Glucose</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Percentage</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Poor</td>
<td>Intermediate</td>
<td>Ideal</td>
<td></td>
<td></td>
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<td>64.2</td>
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<td>85.2</td>
<td>12.5</td>
<td>85.7</td>
<td>87.9</td>
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<td>91.5</td>
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<td>8.2</td>
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<td>8.1</td>
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<td>69.5</td>
<td>22.4</td>
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<td>69.5</td>
<td>1.8</td>
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<tr>
<td>12.5</td>
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<td>12.0</td>
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<td>0.1</td>
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<tr>
<td>85.7</td>
<td>87.9</td>
<td>0.1</td>
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<td>87.9</td>
<td>0.1</td>
<td>0.1</td>
</tr>
</tbody>
</table>

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Age-standardized prevalence for poor, intermediate and ideal cardiovascular health, US adults ≥20 years of age

(NHANES 2009-2010)
Prevalence of CVD in adults ≥20 years of age
(NHANES: 2007–2010)

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

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Go AS et al. Published online in Circulation Dec. 18, 2013
Deaths due to diseases of the heart (United States: 1900–2009)

Source: National Center for Health Statistics.

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Go AS et al. Published online in Circulation Dec. 18, 2013
CVD and other major causes of death (United States: 2010)

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

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Go AS et al. Published online in Circulation Dec. 18, 2013
Prevalence of Stroke
(NHANES: 2007–2010)

Source: NCHS and NHLBI.
Age-adjusted death rates for stroke, 2010

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


<table>
<thead>
<tr>
<th>Year</th>
<th>NH White Males</th>
<th>NH Black Males</th>
<th>NH White Females</th>
<th>NH Black Females</th>
<th>Mex. Am. Males</th>
<th>Mex. Am. Females</th>
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<td>174.0</td>
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<td>160</td>
<td>157</td>
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<tr>
<td>2005-2010</td>
<td>160</td>
<td>160</td>
<td>160</td>
<td>158</td>
<td>156</td>
<td>157</td>
</tr>
</tbody>
</table>


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Trends in mean total serum cholesterol among adults ages ≥20

Source: NCHS and NHLBI. NH indicates non-Hispanic.
Age-adjusted prevalence of physician-diagnosed diabetes in adults ≥20 years of age
(NHANES: 2007–2010)

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

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Go AS et al. Published online in Circulation Dec. 18, 2013
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 2012)

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.

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Prevalence of students in grades 9 to 12 reporting current cigarette use
(Youth Risk Behavior Surveillance System, 2011)


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Go AS et al. Published online in Circulation Dec. 18, 2013
Prevalence of current smoking for adults ≥18 years of age
(National Health Interview Survey, 2009-2011)

<table>
<thead>
<tr>
<th></th>
<th>NH White</th>
<th>NH Black</th>
<th>Hispanic</th>
<th>Asian</th>
<th>AIAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>23.6</td>
<td>16.3</td>
<td>15.1</td>
<td>8.9</td>
<td>5.7</td>
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<tr>
<td>Female</td>
<td>23.7</td>
<td>16.9</td>
<td>8.9</td>
<td>5.7</td>
<td>23.6</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.
Direct and indirect costs (in billions of dollars) of major cardiovascular diseases and stroke (United States: 2010)

- Heart disease: 204.4 billion dollars
- Hypertension: 46.4 billion dollars
- Stroke: 36.5 billion dollars
- Other CVD: 28.0 billion dollars

Source: National Heart, Lung, and Blood Institute.
Projected Total Costs of CVD, 2015–2030 (in Billions 2012$) in the United States


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