Heart Disease and Stroke Statistics

2015 Update
Additional charts may be downloaded directly from the online publication at:
http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0000000000000152

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 2015 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.

*Healthy diet score data reflects 2009 to 2010 NHANES data.
Age-standardized prevalence for poor, intermediate and ideal cardiovascular health, US adults ≥20 years of age (NHANES 2011-2012)

*Healthy diet score data reflects 2009 to 2010 NHANES data.
Prevalence of CVD in adults ≥20 years of age
(NHANES: 2009–2012)
Deaths due to diseases of the heart (United States: 1900–2011)
Age-adjusted death rates for stroke, 2011

![Bar chart showing age-adjusted death rates for stroke by race and gender, 2011.](chart)

- **White**
  - Males: 36.2
  - Females: 36.2

- **Black**
  - Males: 55.3
  - Females: 47.0

- **Asian/Pacific Islander**
  - Males: 33.5
  - Females: 30.0

- **American Indian/Alaska Native**
  - Males: 25.8
  - Females: 27.9

- **Hispanic**
  - Males: 32.6
  - Females: 29.0
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.

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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

Source: NCHS and NHLBI. NH indicates non-Hispanic.
Age-adjusted prevalence of physician-diagnosed diabetes in adults ≥20 years of age (NHANES: 2009–2012)
Trends in diabetes prevalence in adults ≥20 years of age

Source: NCHS, NHLBI.
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)

NH indicates non-Hispanic.
Prevalence of meeting the 2008 Federal Physical Activity Guidelines among adults ≥18 years of age (National Health Interview Survey, 2013)

NH indicates non-Hispanic.
Prevalence of students in grades 9 to 12 reporting current cigarette use
(Youth Risk Behavior Surveillance System, 2013)

NH indicates non-Hispanic.

NH White: Males 19.1, Females 18.1
NH Black: Males 10.5, Females 6.2
Hispanic: Males 15, Females 13.1
Prevalence of current smoking for adults ≥18 years of age
(National Health Interview Survey, 2010-2012)

AIAN indicates American Indian or Alaska Native; NH, non-Hispanic.
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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Direct and indirect costs (in billions of dollars) of major cardiovascular diseases and stroke (United States: 2011)

- Heart disease: 215.6 billion dollars
- Hypertension: 46.4 billion dollars
- Stroke: 33.6 billion dollars
- Other CVD: 24.6 billion dollars