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:  

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.

- **Current Smoking**: 12.9% Poor, 21.4% Intermediate, 64.7% Ideal
- **Body Mass Index**: 6.6% Poor, 36.5% Intermediate, 63.4% Ideal
- **Physical Activity**: 0.0% Poor, 6.6% Intermediate, 93.4% Ideal
- **Healthy Score**: 17.8% Poor, 36.1% Intermediate, 46.1% Ideal
- **Total Cholesterol**: 0.0% Poor, 16.0% Intermediate, 82.3% Ideal
- **Blood Pressure**: 0.5% Poor, 0.3% Intermediate, 99.2% Ideal
- **Fasting Plasma Glucose**: 12.9% Poor, 18.1% Intermediate, 79.0% Ideal
Age-standardized prevalence for poor, intermediate and ideal cardiovascular health, US adults ≥20 years of age (NHANES 2011-2012)

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Mozaffarian D et al. Published online in Circulation Dec. 16, 2015
Prevalence of CVD in adults ≥20 years of age
(NHANES: 2009–2012)

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

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

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Prevalence of Stroke
(NHANES: 2009–2012)
Age-adjusted death rates for stroke, 2013

Source: NCHS and NHLBI.

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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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Mozaffarian D et al. Published online in Circulation Dec. 16, 2015
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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Mozaffarian D et al. Published online in Circulation Dec. 16, 2015
Trends in mean total serum cholesterol among adolescents 12–17 years of age


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Mozaffarian D et al. Published online in Circulation Dec. 16, 2015
Age-Adjusted Prevalence Trends
for total cholesterol ≥200 mg/dL in Adults, ≥20 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)

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)

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.

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

NH indicates non-Hispanic.

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

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Mozaffarian D et al. Published online in Circulation Dec. 16, 2015
Trends in the prevalence of obesity among US children and adolescents

Data derived from Health, United States, 2014.

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Mozaffarian D et al. Published online in Circulation Dec. 16, 2015
Age-adjusted prevalence of obesity in adults 20–74 years of age

Data derived from Health, United States, 2014.

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

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Mozaffarian D et al. Published online in Circulation Dec. 16, 2015
Projected Total Costs of CVD, 2015–2030 (in Billions 2012$) in the United States


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