

Statistical Fact Sheet 2018 Update

Males & Cardiovascular Diseases

Cardiovascular Disease (CVD) (ICD-9 390 to 459; ICD-10 I00 to I99)

- Among males age 20 and older, 37.4% has some form of CVD.
- Of the males age 20 and older with some form of CVD, 37.7% are non-Hispanic (NH) whites, 46.0% NH blacks, 31.3% Hispanics and 31.0% NH Asians.
- In 2015, CVD caused the deaths of 422,355 males. Males represent 50.5% of deaths from CVD.
- In 2014, CVD was the first listed diagnosis of 2,571,000 males discharged from short-stay hospitals.
- In 2014, 74.4% of bypass and 67.7% of percutaneous coronary intervention (PCI) patients were male. 71.6% of heart transplant patients in 2016 were male.

Coronary Heart Disease (CHD) (ICD-9 410 to 414, 429.2; ICD-10 I20 to I25 (includes MI ICD – 10 I21 to I22))

- About 9.1 million males have CHD. Of these, 4.7 million have a history of myocardial infarction (MI, or heart attack).
- Among males age 20 and older, 7.7% of NH whites, 7.1% of NH blacks, 5.9% of Hispanics and 5.0% of NH Asians have CHD.
- Each year new and recurrent MI and fatal CHD will impact an estimated 610,000 males age 35 years and older.
- CHD killed 209,298 males in 2015. 65,211 died from MI.
- 649,000 males diagnosed with CHD were discharged from short-stay hospitals in 2014.

Stroke (ICD-9 430 to 438; ICD-10 I60 to I69)

- In 2014, there were an estimated 3.1 million male stroke survivors age 20 years and older alive.
- Among males age 20 and older, the following have had a stroke: 2.2% of NH whites; 3.9% of NH blacks, 2.0% of Hispanics and 1.0% of NH Asians.
- In 2015, stroke caused the death of 58,288 males (41.7% of total stroke deaths).
- In 2014, 434,000 males were discharged from short-stay hospitals after having a stroke.

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High Blood Pressure (HBP) (ICD-9 401 to 404; ICD-10 I10 to I15)

- Among males, age 20 years and older, 34.5% have HBP.
- In 2011 to 2014, a higher percentage of males than females had hypertension until 64 years of age. For those age 65 years and older, the percentage of females with hypertension was higher than for males.
- Among males age 20 and older, 34.5% of NH whites, 45.0% of NH blacks, 28.9% of Hispanics and 28.8% NH Asians have HBP.
- In 2015, 37,099 males died from HBP. They represented 47.0% of deaths from HBP.
- 142,000 males diagnosed with HBP were discharged from short-stay hospitals in 2014.

Heart Failure (HF) (ICD-9 428, ICD-10 I50)

- About 2.9 million males alive today have HF. In 2014, about 495,000 new cases were diagnosed in males age 55 years and older.
- The overall prevalence of HF for people age 20 and older is 2.4%. Among males, the following have HF: 2.4% of NH whites; 2.6% of NH blacks, 2.0% of Hispanics and 1.3% NH Asians.
- In 2015, there were 33,667 male deaths from HF (44.7% of HF deaths).
- 462,000 males diagnosed with HF were discharged from short-stay hospitals in 2014.

Cardiovascular Health

- Only 16.9% of US adults have ≥ 5 (of 7 possible) metrics at ideal levels of cardiovascular health, with lower prevalence in males (13.4%) than in females (20.5%).
- Younger adults are more likely to meet greater numbers of ideal metrics than are older adults. More than 60% of Americans >60 years of age have ≤ 2 metrics at ideal levels. At any age, females tend to have more metrics at ideal levels than do males.

Smoking

- Among male and female adolescents, aged 12 to 17 years cigarette use in the past month was about 4.2% however, males were more likely than females to smoke cigarettes (4.6% vs. 3.8%); lifetime use of tobacco products was greater in males than females (19.1% vs. 15.3%).
- In 2015, more adult males (16.7%) smoked than females (13.6%).
- Among US working adults, 3.8% (≈ 5.5 million) currently used e-cigarettes in 2014; use was significantly higher among males (4.5%).

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High Blood Cholesterol and Other Lipids

- Among children 6 to 11 years of age, the mean total cholesterol level is 158.9 mg/dL. For boys, it is 158.5 mg/dL; for girls, it is 159.3 mg/dL.
- Among adolescents 12 to 19 years of age, the mean total cholesterol level is 156.7 mg/dL. For boys, it is 152.3 mg/dL; for girls, it is 161.3 mg/dL.
- Among adults age 20 and older:
 - 37.0 % of males and 42.0% of females have total cholesterol levels of 200 mg/dL or higher.
 - 10.6% of males and 13.0% of females have levels of 240 mg/dL or higher.
 - 30.0% of males and 30.4% of females have an LDL cholesterol of 130 mg/dL or higher.
 - 27.9% of males and 10.0% of females have HDL cholesterol less than 40 mg/dL.

Physical Inactivity

- Boys are less likely than girls to report inactivity (11.1% vs. 17.5%).
- The proportion of students who met activity recommendations of ≥60 minutes of aerobic PA (physical activity) on 7 days of the week was 27.1% nationwide and declined from 9th (31.0%) to 12th (23.5%) grades. At each grade level, the proportion was higher in boys than girls.
- Among male adults, self-reported physical activity was 44% greater than actual measured PA; among females, self-reported PA was 138% greater than actual measured values.
- Only 25.3% of adult males and 17.9% of females met the 2008 Federal Physical Activity Guidelines for both aerobic and strengthening PA in 2015.

Overweight and Obesity

- An estimated 32.3% of boys age 2 to 19 are overweight or obese; 29.3% NH whites, 32.8% NH blacks, 40.4% Hispanics, and 24.9% NH Asians.
- Of these boys, 16.3% are obese; 14.0% NH whites, 17.5% NH blacks, 21.7% Hispanics, and 11.4% NH Asians.
- An estimated 72.5% of males age 20 and older are overweight or obese; 73% NH whites, 69.1% NH blacks, 79.6% Hispanics, and 46.6% NH Asians.
- Of these males, 34.3% are obese; 33.6% NH whites, 37.5% NH blacks, 39.0% Hispanics, and 11.2% NH Asians.

Diabetes Mellitus (DM) (ICD-9 250; ICD-10 E10 to E14)

- Of the estimated 23.4 million American adults with physician-diagnosed diabetes, about 11.4 million are males; 8.0% of NH whites, 14.1% of NH blacks, 12.6% of Hispanics and 11.8% of NH Asians.

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Diabetes Mellitus (DM) continued

- Of the estimated 7.6 million Americans with undiagnosed diabetes, about 4.5 million are males; 3.6% of NH whites, 2.8% of NH blacks, 6.3% of Hispanics and 5.7% of NH Asians.
- Of the estimated 81.6 million Americans with pre-diabetes, about 46.2 million are males; 39.6% of NH whites; 32.8% of NH blacks, 45.9% of Hispanics and 42% of NH Asians.
- In 2015, diabetes killed 43,123 males.
- 301,000 males diagnosed with diabetes were discharged from short-stay hospitals in 2014.
- A 50-year old with DM died on average 6 years earlier than an individual without DM. Among national health survey participants diagnosed with DM, males had 1.69 times higher risk of death of all causes and females had 1.56 times higher risk.

For additional information, charts and tables, see
[Heart Disease & Stroke Statistics – 2018 Update](#)

Additional charts may be downloaded directly from the [online publication](#) or www.heart.org/statistics

The American Heart Association requests that this document be cited as follows:

Benjamin EJ, Virani SS, Callaway CW, Chang AR, Cheng S, Chiuve SE, Cushman M, Delling FN, Deo R, de Ferranti SD, Ferguson JF, Fornage M, Gillespie C, Isasi CR, Jimenez MC, Jordan LC, Judd SE, Lackland D, Lichtman JH, Lisabeth L, Liu S, Longenecker CT, Lutsey PL, Matchar DB, Matsushita K, Mussolino ME, Nasir K, O'Flaherty M, Palaniappan LP, Pandey DK, Reeves MJ, Ritchey MD, Rodriguez CJ, Roth GA, Rosamond WD, Sampson UKA, Satou GM, Shah SH, Spartano NL, Tirschwell DL, Tsao CW, Voeks JH, Willey JZ, Wilkins JT, Wu JHY, Alger HM, Wong SS, Muntner P; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2018 update: a report from the American Heart Association [published online ahead of print January 31, 2018]. *Circulation*. DOI: 10.1161/CIR.0000000000000558.

If you have questions about statistics or any points made in the 2018 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 <http://newsroom.heart.org/newsmedia/contacts>.