

## Statistical Fact Sheet 2017 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 and 31.3% Hispanics.
- In 2014, CVD caused the deaths of 408,747 males. Males represent 50.6% of deaths from CVD.
- In 2010, CVD was the first listed diagnosis of 3,021,000 males discharged from short-stay hospitals.
- In 2010, 74.9% of bypass and 67.1% of percutaneous coronary intervention (PCI) patients were male. 71.4% of heart transplant patients in 2015 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 and 5.9% of Hispanics have CHD.
- Each year new and recurrent MI and fatal CHD will impact an estimated 590,000 males age 35 years and older.
- CHD killed 207,412 males in 2014. 65,081 died from MI.
- 828,000 males diagnosed with CHD were discharged from short-stay hospitals in 2010.

#### **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 and 2.0% of Hispanics.
- In 2014, stroke caused the death of 55,471 males (41.7% of total stroke deaths).
- In 2010, 485,000 males were discharged from short-stay hospitals after having a stroke.

## Males & CVD - 2017 Statistical Fact Sheet

### 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 and 28.9% of Hispanics have HBP.
- In 2014, 34,688 males died from HBP. They represented 47.3% of deaths from HBP.
- 216,000 males diagnosed with HBP were discharged from short-stay hospitals in 2010.

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

- About 2.9 million males alive today have HF. In 2013, about 470,000 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 and 2.0% of Hispanics.
- In 2014, there were 30,339 male deaths from HF (44.2% of HF deaths).
- 501,000 males diagnosed with HF were discharged from short-stay hospitals in 2010.

### Cardiovascular Health

- Only 17% of US adults have  $\geq 5$  (of 7 possible) metrics at ideal levels of cardiovascular health, with lower prevalence in males (13%) than in females (21%).
- 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  $\leq 2$  metrics at ideal levels. At any age, females tend to have more metrics at ideal levels than do males.

### Smoking

- Current cigarette use in male and female adolescents, aged 12 to 17 years was about 4.9% however, males were more likely than females to smoke cigars (2.7% vs. 1.5%), or use smokeless tobacco (3.3% vs. 0.6%).
- Among adult males, age 18 years and older, 17.8% of NH whites; 20.3% of NH blacks and 12.7% of Hispanics/Latinos smoke cigarettes.

### 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.

## Males & CVD - 2017 Statistical Fact Sheet

### High Blood Cholesterol and Other Lipids – *cont'd*

- 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 PA on 7 days of the week was 27.1% nationwide and declined from 9th (31.0%) to 12th (25.3%) grades. At each grade level, the proportion was higher in boys than girls.
- Only 25.3% of adult males and 17.9% of females met the 2008 Federal Physical Activity Guidelines 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, and 40.4% Hispanics.
- Of these boys, 16.3% are obese; 14.0% NH whites, 17.5% NH blacks, and 21.7% Hispanics.
- An estimated 72.5% of males age 20 and older are overweight or obese; 73% NH whites, 69.1% NH blacks, and 79.6% Hispanics.
- Of these males, 34.3% are obese; 33.6% NH whites, 37.5% NH blacks, and 39.0% Hispanics.

### 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 and 12.6% of Hispanics.
- 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 and 6.3% of Hispanics.
- 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 and 45.9% of Hispanics.
- In 2014, diabetes killed 41,111 males.
- 311,000 males diagnosed with diabetes were discharged from short-stay hospitals in 2010.
- Males and females ≥50 years of age with DM lived an average of 7.5 and 8.2 years less than their counterparts without DM. The differences in life expectancy free of CVD were 7.8 and 8.4 years, respectively.

**For additional information, charts and tables, see**  
[Heart Disease & Stroke Statistics - 2017 Update.](#)

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

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

Benjamin EJ, Blaha MJ, Chiuve SE, Cushman M, Das SR, Deo R, de Ferranti SD, Floyd J, Fornage M, Gillespie C, Isasi CR, Jimenez MC, Jordan LC, Judd SE, Lackland D, Lichtman JH, Lisabeth L, Liu S, Longenecker CT, Mackey RH, Matsushita K, Mozaffarian D, Mussolino ME, Nasir K, Neumar RW, Palaniappan L, Pandey DK, Thiagarajan RR, Reeves MJ, Ritchey M, Rodriguez CJ, Roth GA, Rosamond WD, Sasson C, Towfighi A, Tsao CW, Turner MB, Virani SS, Voeks JH, Willey JZ, Wilkins JT, Wu JHY, Alger HM, Wong SS, Muntner P; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2017 update: a report from the American Heart Association [published online ahead of print January 25, 2017]. *Circulation*. doi: 10.1161/CIR.0000000000000485.

If you have questions about statistics or any points made in the 2017 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at [statistics@heart.org](mailto:statistics@heart.org). Please direct all media inquiries to News Media Relations at <http://newsroom.heart.org/newsmedia/contacts>.