

## Statistical Fact Sheet 2017 Update

### Females & Cardiovascular Diseases

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

- Among females age 20 and older, 35.9% have some form of cardiovascular disease.
- Among females age 20 and older, 35.1% of non-Hispanic (NH) whites have CVD; 47.7% of NH blacks and 33.3% of Hispanics.
- In 2014, CVD was the cause of death in 399,028 females. Females represented about 49.4% of deaths from CVD.
- In 2014, CVD caused about 1 death every 1 minute 19 seconds among females. That represents about the same number of female deaths from cancer, chronic lower respiratory disease, and diabetes combined. There were 41,213 deaths attributable to breast cancer in females; lung cancer claimed 70,700 females. One in 31.5 deaths of females was attributable to breast cancer, whereas 1 in 8.3 was attributable to CHD. For comparison, 1 in 4.6 females died of cancer, whereas 1 in 3.3 died of CVD.
- In 2010, CVD was the first listed diagnosis of about 2.8 million females discharged from short-stay hospitals.
- In 2010, 25.1% of bypass and 32.9% of percutaneous coronary intervention patients were female.

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

- About 7.4 million females alive today have CHD. Of these, 3.2 million have a history of myocardial infarction (MI, or heart attack).
- Among females age 20 and older, 2.4% of NH whites have had an MI; 2.2% of NH blacks and 2.1% of Hispanics.
- Each year new and recurrent MI and fatal CHD will impact an estimated 430,000 females, age 35 years and older.
- The incidence of CHD in females lags behind males by 10 years for total CHD and by 20 years for more serious clinical events such as MI and sudden death.
- In 2014, 157,181 females died from CHD; 48,938 from MI.
- 23% of females age 45 and older who have an initial recognized MI (heart attack) die within a year compared with 18% of males. Females have heart attacks at older ages ( $\geq$  75 years of age) than males do and they're more likely to die from them within a few weeks.
- 518,000 females diagnosed with CHD were discharged from short-stay hospitals in 2010.

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

- In 2014, an estimated 4.1 million female vs. 3.1 million male stroke survivors, age 20 and older, were alive. With the increase in the aging population, prevalence of stroke survivors is projected to increase, especially among elderly females.
- Among females, in 2014, age 20 and older, 2.8% of NH whites have had a stroke; 4.0% of NH blacks and 2.6% of Hispanics.
- Each year about 55,000 more females than males have a stroke. The highest rates for stroke are in the oldest age groups.
- In 2014, stroke caused the death of 77,632 females (58.3% of total stroke deaths).
- In 2010, 530,000 females were discharged from short-stay hospitals after having a stroke.

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

- In 2011 to 2014, a higher percentage of males than females had hypertension up to 64 years of age. For individuals age 65 and older, the percentage of females with hypertension was higher than for males.
- Among females age 20 and older, the following have HBP: 32.3% of NH whites; 46.3% of NH blacks and 30.7% of Hispanics.
- Of females with HBP, only 58.0% of NH whites had their BP under control; 53.4 of NH blacks; and 49.2% of Hispanics.
- In 2014, 38,657 females died from HBP. They represented 52.7% of deaths from HBP.
- 272,000 females diagnosed with HBP were discharged from short-stay hospitals in 2010.

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

- About 3.6 million females have HF. In 2013, about 490,000 new cases were diagnosed in females age 55 years and older.
- Among females age 20 and older, 2.5% of NH whites have HF; 3.9% of NH blacks and 2.4% of Hispanics.
- In 2014, there were 38,287 female deaths from HF (55.8% of HF deaths).
- 522,000 females 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.

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### 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 adults age 18 years and older, 16.8% of NH white females; 13.1% of NH black females and 7.0% of Hispanic or Latino females 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.
- 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

- Girls were more likely than boys to report inactivity (17.5% versus 11.1%).
- The proportion of students who met activity recommendations of ≥60 minutes of PA on all 7 days of the week was 27.1% nationwide and declined from 9th (31.9%) to 12th (25.3%) grades. At each grade level, the prevalence was higher in boys than girls.
- Among adults age 18 years and older, inactivity was higher among females (31.7%) than males (29.9%).
- Only 25.3% of adult males and 17.9% of females met the 2008 Federal Physical Activity Guidelines in 2015.

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### Overweight and Obesity

- An estimated 32.0% of girls age 2 to 19 are overweight or obese; 28.0% NH whites, 37.6% NH blacks, and 39.8% Hispanics.
- Of these girls, 16.7% are obese; 14.7% NH whites, 20.0% NH blacks, and 21.0% Hispanics.
- An estimated 66.4% of females age 20 and older are overweight or obese; 63.7% NH whites, 82.2% NH blacks, and 77.1% Hispanics.
- Of these females, 38.3% are obese; 35.5% NH whites, 56.9% NH blacks, and 45.7% Hispanics.

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

- Of the estimated 23.4 million American adults with physician-diagnosed diabetes, about 12.0 million are females; 7.4% of NH whites, 13.6% of NH blacks and 12.7% of Hispanics.
- Of the estimated 7.6 million Americans with undiagnosed diabetes, about 3.1 million are females; 1.5% of NH whites, 3.5% of NH blacks and 4.4% of Hispanics.
- Of the estimated 81.6 million Americans with pre-diabetes, about 35.4 million are females; 29.2% of NH whites; 24.1% of NH blacks and 25.0% of Hispanics.
- In 2014, diabetes killed 35,377 females.
- 319,000 females diagnosed with diabetes were discharged from short-stay hospitals in 2010.
- Males and females  $\geq 50$  years of age with diabetes lived and average of 7.5 and 8.2 years less than their counterparts without diabetes. 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:

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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>.