

Statistical Fact Sheet 2018 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 2015, CVD was the cause of death in 414,191 females (all ages). Females represented about 49.5% of deaths from CVD.
- In 2015, CVD caused about 1 death every 1 minute 16 seconds among females. That represents more than the number of female deaths from cancer, chronic lower respiratory disease, and diabetes combined, for a total of 401,067 deaths vs. 414,191 CVD deaths. There were 41,524 deaths attributable to breast cancer in females; lung cancer claimed 70,119 females. One in 32.2 deaths of females was attributable to breast cancer, whereas 1 in 8.5 was attributable to CHD. For comparison, 1 in 4.7 females died of cancer, whereas 1 in 3.2 died of CVD.
- In 2014, CVD was the first listed diagnosis of about 2.2 million females discharged from short-stay hospitals.
- In 2014, 25.3% of bypass and 32.3% 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 445,000 females, age 35 years and older.
- The prevalence of CHD in females is 5.3% and 7.4% in males. The average age at first MI is 72.0 years for females and 65.6 years for males.
- In 2015, 157,503 females died from CHD; 48,812 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. However, within 5 years after a first MI, 36% of males and 47% of females will die. Females have heart attacks at older ages (≥ 72 years of age) than males do and they're more likely to die from them within a few weeks.
- 372,000 females diagnosed with CHD were discharged from short-stay hospitals in 2014.

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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 2015, stroke caused the death of 82,035 females (58.5% of total stroke deaths).
- In 2014, 454,000 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 59.1% of NH whites had their BP under control; 54.0% of NH blacks; 54.9% of Hispanics, and 49.9% NH Asians.
- In 2015, 41,763 females died from HBP. They represented 53.0% of deaths from HBP.
- 150,000 females diagnosed with HBP were discharged from short-stay hospitals in 2014.

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

- About 3.6 million females have HF. In 2014, about 505,000 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, 2.4% of Hispanics, and 0.3% of NH Asians.
- In 2015, there were 41,584 female deaths from HF (55.3% of HF deaths).
- 438,000 females 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, ≥ 5 (of 7 possible) 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 4.2%; however, lifetime use of tobacco products was higher among males (19.1%) than females (15.3%).
- Among adults age 18 years and older, 13.6% of females and 16.7% of males are current smokers.
- Among pregnant females 15 to 44 years of age, smoking declines by pregnancy trimester from 19.9% in the first trimester to 12.8% in the third trimester.
- Worldwide, in 2015, tobacco smoke caused 1.9 million female deaths.

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 aerobic PA (physical activity) on all 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 prevalence was higher in boys than girls.
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- Among female adults, self-reported physical activity was 138% greater than actual measured PA; among males, self-reported PA was 44% 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.

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Overweight and Obesity

- An estimated 32.1% of girls age 2 to 19 are overweight or obese; 28.0% NH whites, 37.6% NH blacks, 15% NH Asian, and 39.8% Hispanics.
- Of these girls, 16.7% are obese; 14.7% NH whites, 20.0% NH blacks, 5.3% NH Asian, 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, 34.6% NH Asian, and 77.1% Hispanics.
- Of these females, 38.3% are obese; 35.5% NH whites, 56.9% NH blacks, 45.7% Hispanics and 11.9% NH Asians.

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, 12.7% of Hispanics and 9.1% of NH Asians.
- 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, 4.4% of Hispanics and 4.3% of NH Asians.
- 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 25.0% of Hispanics and 25.5% of NH Asians.
- In 2015, diabetes killed 36,412 females.
- 250,000 females 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, females had 1.56 times higher risk of death of all causes and males had 1.69 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>.