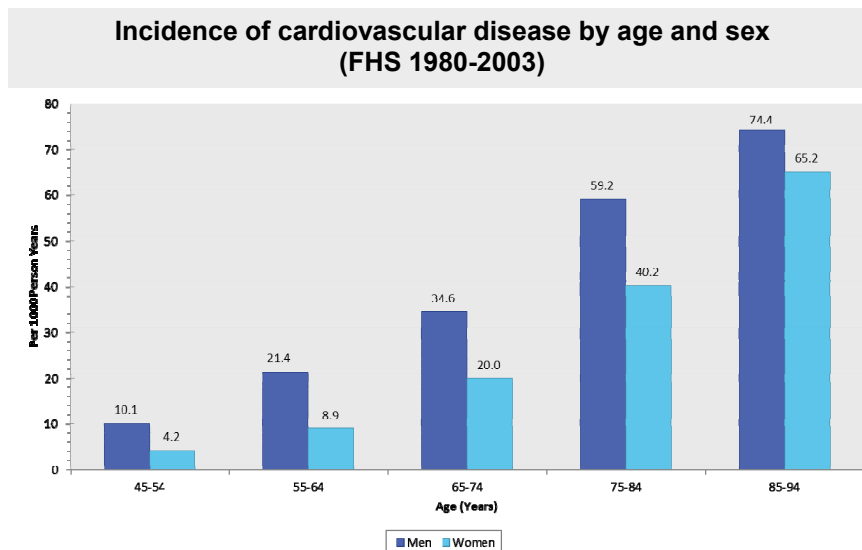


Statistical Fact Sheet 2013 Update

Older Americans & Cardiovascular Diseases

Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28) (ICD/9 codes 390-459, 745-747)

- An estimated 83.6 million American adults (>1 in 3) have 1 or more types of CVD. Of these, 42.2 million are estimated to be ≥60 years of age.
- For the 60–79-year-old age group, the following have CVD: 70.2% of men; 70.9% of women.
- For the 80+ year-old age group, the following have CVD: 83.0% of men; 87.1% of women.
- The average annual rates of first cardiovascular events rise from 3 per 1000 men at 35 to 44 years of age to 74 per 1000 men at 85 to 94 years of age. For women, comparable rates occur 10 years later in life. The gap narrows with advancing age.
- About 66% of CVD deaths occur in people age 75 and older.
- In 2009, the leading causes of death in women ≥65 years of age were diseases of the heart (No.1), cancer (No.2), stroke (No.3), and CLRD (No.4). In older men, they were diseases of the heart (No.1), cancer (No.2), CLRD (No.3), and stroke (No.4).



Source: *Incidence and Prevalence: 2006 Chart Book on Cardiovascular and Lung Diseases*. Bethesda, MD: National Heart, Lung, and Blood Institute; 2006.

Coronary Heart Disease (CHD) (ICD/10 codes I20-I25) (ICD/9 codes 410-414, 429.2)

- For the 60–79-year-old age group, the following have CHD: 21.1% of men; 10.6% of women.
- For the 80+ year-old age group, the following have CHD: 34.6% of men; 18.6% of women.
- Average age of first heart attack is 64.7 years for men and 72.2 years for women.
- About 80% of people who die of CHD are age 65 or older.
- In part because women have heart attacks at older ages than men do, they're more likely to die from them within a few weeks.

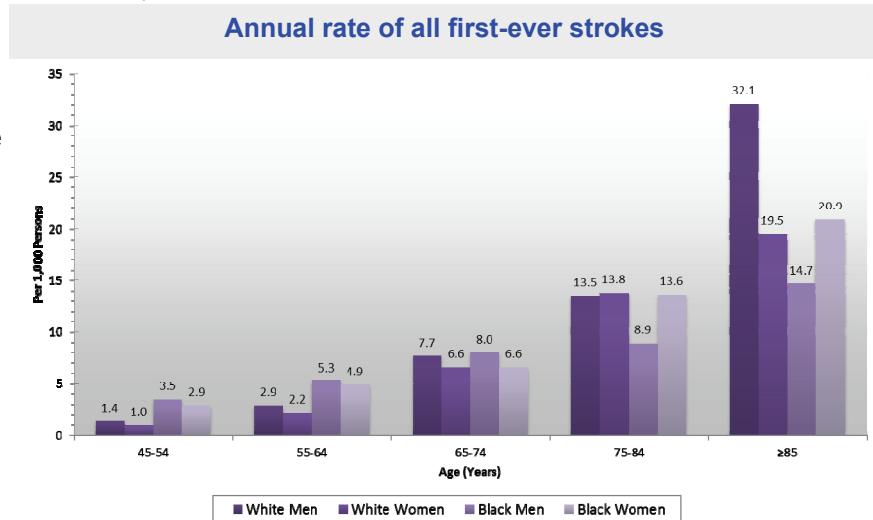
Angina Pectoris (ICD/10 code I20) (ICD/9 code 413)

- The annual rates per 1000 population of new episodes of AP for nonblack men are 28.3 for those 65 to 74 years of age, 36.3 for those 75 to 84 years of age, and 33.0 for those ≥85 years of age.
- For nonblack women in the same age groups, the rates are 14.1, 20.0, and 22.9, respectively.
- For black men, the rates are 22.4, 33.8, and 39.5, and for black women, the rates are 15.3, 23.6, and 35.9, respectively.

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Stroke (ICD/10 codes I60-I69) (ICD/9 codes 430-438)

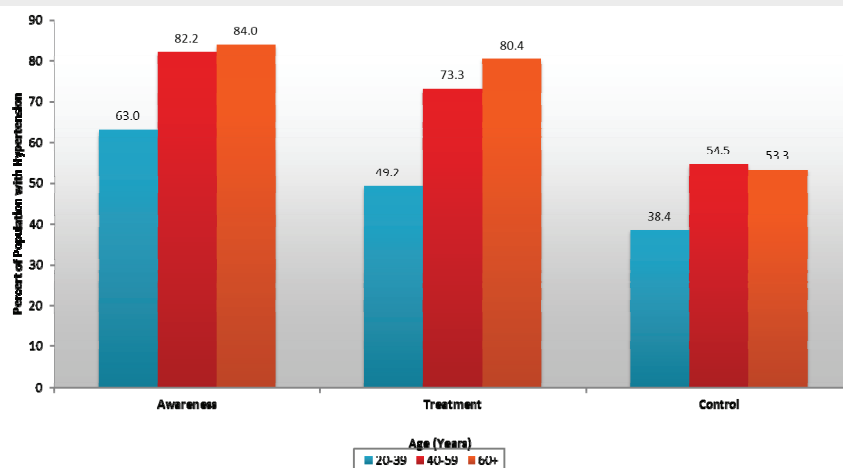
- Stroke patients >85 years of age make up 17% of all stroke patients.
- For the 60–79-year-old age group, the following have had a stroke: 6.2% of men; 6.9% of women.
- For the 80+ year-old age group, the following have had a stroke: 13.9% of men; 13.8% of women.
- Among people 65 to 84 years of age, 53.4% of stroke patients were women, whereas among those ≥85 years of age, women constituted 66.2% of all stroke patients.



Source: Greater Cincinnati/Northern Kentucky Stroke Study: 1999

- Very elderly patients have a higher risk-adjusted mortality, have longer hospitalizations, receive less evidenced-based care, and are less likely to be discharged to their original place of residence.

Extent of awareness, treatment and control of high blood pressure



Source: National Health and Nutrition Examination Survey: 2005–2008.

High Blood Pressure (HBP) (ICD/10 codes I10-I15) (ICD/9 codes 401-404)

- For the 65–74-year-old age group, the following have high blood pressure: 63.9% of men; 70.8% of women.
- For the 75+ year-old age group, the following have high blood pressure: 72.1% of men; 80.1% of women.
- In 2009 to 2010, hypertension was among the diagnosed chronic conditions that were more prevalent among older (≥65 years of age) women than older men (57% for women, 54% for men).

Heart Failure (ICD/10 code I50.0) (ICD/9 code 428.0)

- For the 60–79-year-old age group, the following have heart failure: 7.8% of men; 4.5% of women.
- For the 80+ year-old age group, the following have heart failure: 8.6% of men; 11.5% of women.
- The annual rates per 1000 population of new HF events for white men are 15.2 for those 65 to 74 years of age, 31.7 for those 75 to 84 years of age, and 65.2 for those ≥85 years of age. For white women in the same age groups, the rates are 8.2, 19.8, and 45.6, respectively. For black men, the

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rates are 16.9, 25.5, and 50.6,* and for black women, the estimated rates are 14.2, 25.5, and 44.0,* respectively (CHS, NHLBI). *- *unreliable estimate*

- Data from the NHLBI's NHLBI-sponsored FHS indicate that:
 - HF incidence approaches 10 per 1,000 population after 65 years of age.
 - At 40 years of age, the lifetime risk of developing HF for both men and women is one in five. At age 80, remaining lifetime risk for development of new HF remains at approximately 20 percent for men and women, even in the face of a much shorter life expectancy.

Medical Procedures

- In 2010:
- 51% of cardiovascular procedures were performed on people age 65 years and older.
- 58% of heart transplant recipients were age 50 and older.

Costs

- Total costs for CVD in 2009 were \$121.2 billion for patients 65 years of age and older; 38.8% of total CVD costs.

For additional information, charts and tables, see
[Heart Disease & Stroke Statistics - 2013 Update.](#)

Additional charts may be downloaded directly from the online publication at:
<http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0b013e31828124ad>

Or at: 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 2013 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.