

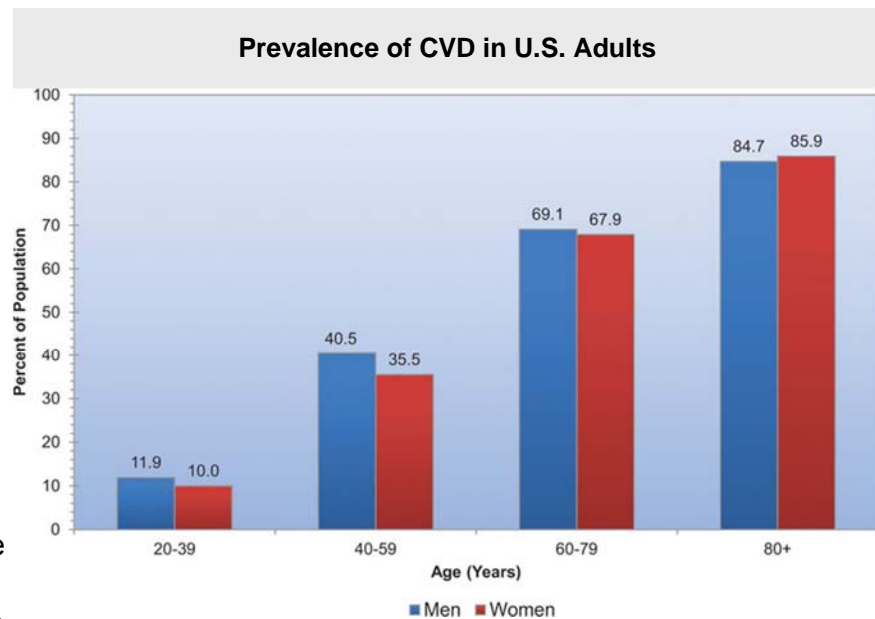
# Statistical Fact Sheet

## 2016 Update

### Older Americans & Cardiovascular Diseases

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

- An estimated 85.6 million American adults (>1 in 3) have 1 or more types of CVD. Of these, 43.7 million are estimated to be ≥60 years of age.
- For the 60–79-year-old age group, the following have CVD: 69.1% of men; 67.9% of women.
- For the 80+ year-old age group, the following have CVD: 84.7% of men; 85.9% of women.
- About two-thirds of CVD deaths occur in people age 75 and older.
- The leading causes of death in women ≥65 years of age were diseases of the heart (No. 1), cancer (No. 2), chronic lower respiratory disease (No. 3), and stroke (No. 4). In older men, they were diseases of the heart (No. 1), cancer (No. 2), chronic lower respiratory disease (No. 3), and stroke (No. 4).



Source: National Health and Nutrition Examination Survey: 2009–2012

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

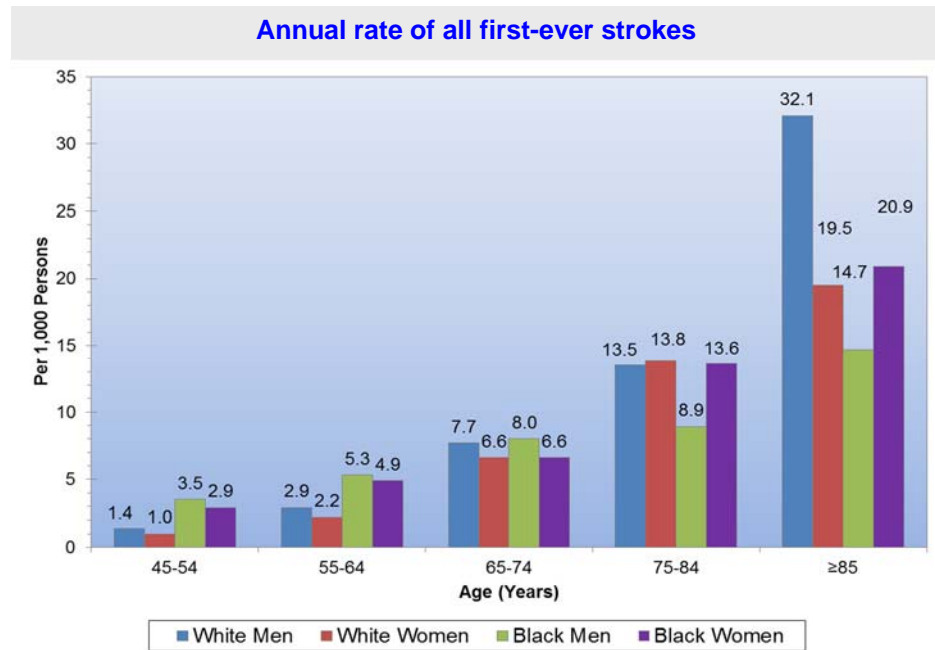
- For the 60–79-year-old age group, the following have CHD: 19.9% of men; 9.7% of women. 11.3% of men in this age group have had an MI; 4.2% of women.
- For the 80+ year-old age group, the following have CHD: 32.2% of men; 18.8% of women. 17.3% of men in this age group have had an MI; 8.9% of women.
- Average age of first heart attack is 65.1 years for men and 72.0 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 of heart attack within a few weeks.
- 13.9% of Medicare beneficiaries enroll in cardiac rehabilitation after a heart attack, and only 31% enroll after coronary bypass. Older people, women, nonwhites, and individuals with other health conditions were less likely to enroll in cardiac rehabilitation programs.

#### 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: 6.1% of men; 5.2% of women.

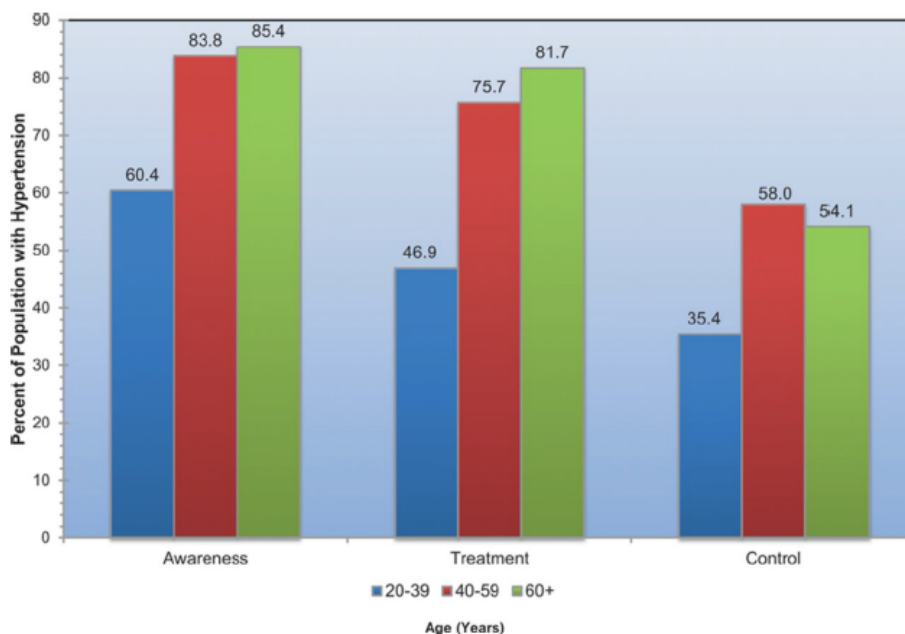
## Older Americans & CVD - 2016 Statistical Fact Sheet

- For the 80+ year-old age group, the following have had a stroke: 15.8% of men; 14.0% 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.
- 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.
- With the increase in the aging population, prevalence of stroke survivors is projected to increase, especially among elderly women.
- Over the next 40 years (2010–2050), the number of incident strokes is expected to more than double, with the majority of the increase among the elderly (aged ≥75 years) and minority groups.



Source: Greater Cincinnati/Northern Kentucky Stroke Study: 1999

### Extent of awareness, treatment and control of high blood pressure



Source: National Health and Nutrition Examination Survey: 2007-2012.

### 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: 62.0% of men; 67.8% of women.
- For the 75+ year-old age group, the following have high blood pressure: 76.4% of men; 79.9% of women.
- Awareness and treatment of hypertension were higher at older ages. Hypertension control was higher in US adults 40 to 59 years of age (58.0%) and those ≥60 years of age (54.1%) than in their counterparts 20 to 39 years of age (35.4%).

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### 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 years and older age group, the following have heart failure: 8.6% of men; 11.5% of women.
- Data from the NHLBI's NHLBI-sponsored Framingham Heart Study 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% for men and women, even in the face of a much shorter life expectancy.

### Atrial Fibrillation (AF)

- The mean age for men with AF is 66.8 years versus 74.6 years for women.
- Among Medicare patients aged  $\geq 65$  years, diagnosed from 1993 to 2007, the prevalence of AF increased  $\approx 5\%$  per year, from  $\approx 41.1$  per 1000 beneficiaries to 85.5 per 1000 beneficiaries.
- AF accounted for about 1.5% of strokes in individuals 50 to 59 years of age and about 23.5% in those 80 to 89 years of age.
- The rate of AF diagnosis in men 85 years and older was 1077.4 per 100,000 people per year. The rate in women of the same age was 1203.7.

### 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 2011-2012 were \$116.9 billion for patients 65 years of age and older; 37% of total CVD costs.

**For additional information, charts and tables, see**  
[Heart Disease & Stroke Statistics - 2016 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:

Mozaffarian D, Benjamin EJ, Go AS, Arnett DK, Blaha MJ, Cushman M, Das SR, de Ferranti S, Després J-P, Fullerton HJ, Howard VJ, Huffman MD, Isasi CR, Jiménez MC, Judd SE, Kissela BM, Lichtman JH, Lisabeth LD, Liu S, Mackey RH, Magid DJ, McGuire DK, Mohler ER III, Moy CS, Muntner P, Mussolino ME, Nasir K, Neumar RW, Nichol G, Palaniappan L, Pandey DK, Reeves MJ, Rodriguez CJ, Rosamond W, Sorlie PD, Stein J, Towfighi A, Turan TN, Virani SS, Woo D, Yeh RW, Turner MB; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2016 update: a report from the American Heart Association. *Circulation*. 2016; 133(4):e38-e360.

If you have questions about statistics or any points made in the 2016 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 [inquiries@heart.org](mailto:inquiries@heart.org) or 214-706-1173.