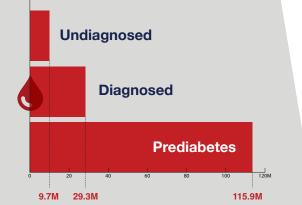




#### Free Access to the Newest US and Global Data



9.7 million adults have undiagnosed diabetes

29.3 million

adults have diagnosed diabetes

## 115.9 million

adults have prediabetes (based on 2017-2020 data)

# Heart Disease Stroke Statistics 2024 Update

The American Heart Association (AHA) **2024 Statistical Update** is a major source for monitoring cardiovascular health, risk factors, and disease in the US and global population. It is published annually in *Circulation* and can be accessed for free at **AHAjournals.org/StatUpdate** 

**25.5%** of US adults have high LDL-C (≥130 mg/dL) (based on 2017-2020 data)



### 3.72 million

deaths globally were attributed to high LDL-C in 2021



The age-adjusted US death rate attributable to CVD (based on 2021 data)



The age-adjusted global death rate attributable to CVD (based on 2021 data)



On average, someone in the US dies of CVD every **34 seconds** 2552 US deaths from CVD each day (based on 2021 data)



On average, someone in the US dies of a stroke every **3 minutes** and **14 seconds** 

446 US deaths from stroke each day (based on 2021 data)

Martin SS, Aday AW, Almarzooq ZI, Anderson CAM, Arora P, Avery CL, Baker-Smith CM, Barone Gibbs B, Beaton AZ, Boehme AK, Commodore-Mensah Y, Currie ME, Elkind MSV, Evenson KR, Generoso G, Heard DG, Hiremath S, Johansen MC, Kalani R, Kazi DS, Ko D, Liu J, Magnani JW, Michos ED, Mussolino ME, Navaneethan SD, Parikh NI, Perman SM, Poudel R, Rezk-Hanna M, Roth GA, Shah NS, St-Onge M-P, Thacker EL, Tsao CW, Urbut SM, Van Spall HGC, Voeks JH, Wang NY, Wong ND, Wong SS, Yaffe K, Palaniappan L; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. 2024 Heart disease and stroke statistics: a report of US and global data from the American Heart Association. *Circulation*. Published online January 24, 2024. doi: 10.1161/CIR.000000000001209





#### Heart Disease & Stroke Statistics 2024 Update

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### 122.4 million, or 47%,

of US adults are estimated to have hypertension.

(based on 2017-2020 data)

On average,

### 1 in 4 adults



in the United States reported achieving adequate leisure-time aerobic and muscle-strengthening activities to meet the physical activity guidelines.

(based on 2020 data)

**1** in 8 male adults

in the United States are current smokers. (based on 2021 data)

# 1 in 10 female adults

in the United States are current smokers. (based on 2021 data)

# 1 in 7 high school students

in the United States used e-cigarettes in the past 30 days. (based on 2022 data)



#### Every **1 h/night** decrease in sleep

below the 7-8 h/night recommended duration is associated with 6% higher risk of total CVD.

# Z 🐧

Every **1 h/night increase in sleep** duration above 7-8 h/night is associated with **12% higher risk of total CVD.**  In 2021, Alzheimer disease and other dementias affected **57 million** 

**57 MILLOR** people globally.

#### Less than 10%



of US adults met the guidelines for whole grain, whole fruit, and nonstarchy vegetable consumption each day in 2017-2018.

### Access the full report at: AHAjournals.org/StatUpdate

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