

2026 Ajeidishjool Aah dah haz'a & Ndiistsxaas 'aheeneelt'e' 'atsinilt'ish T'aa 'aaniinii Naaltsoos Nahasdzaan nteel Ketat bits'aadee' Aah dah haz'a

Bii 2024, 2025, 'aadoo 2026 'aheeneelt'e' 'atsinilt'ishs T'aa 'aniiltso 'iinishta' 2021 Nahasdzaan nteel Ketat bits'aadee' Aah dah haz'a naashkaah bil ch'idaash'a'. La' nahasdzaan nteel nani'a naana (dee' bii 2025 'aadoo 2026 'aheeneelt'e' 'atsinilt'ish) bits'adi'ndiin t'jjhi ba'anigo al'aa nani'a dee' bii 2024 'aheeneelt'e' 'atsinilt'ish bee 'at'e goo t'aa hasih di dine'e binahat'a' dooleel 'aadoo dine'e estiyaatl'oh, dine wolta' 'aadoo dine t'aa bil nahaz'aagi na'ach'aah 'al'jjgi, 'aadoo bii naasgoo aadoo dah naasha bits'aadee' k'adee 3000 aniid bil ch'idaash'a' ba 'adahwiizt'i' doo woshdee' bii 2024 American Heart Association 'aheeneelt'e' 'atsinilt'ish nahalin bidichiid.

T'aa 'aniiltso bil ch'idaash'a' binaal di dii t'aa 'aaniiniinaaltsoos naaltsoos bee 'iish'aad nahasdzaan nteel bil ch'idaash'a'.

Cardiovascular Aah dah haz'a (CVD)

- Di 2021, go da 19.41 miiltsoh nahasdzaan nteel aze'e' 'aghaa 'alk'ei niidli goo CVD. Bii sa-silao bi'ee' nahasdzaan nteel nihoneel'aah biinishghah baa 'iisht'eeh ee' CVD nahalin 235.18 nahidiziidji 100 000. Bii nahasdzaan nteel t'aa 'ahaah bits'aadee' CVD nahalin 612.06 miiltsoh. Bii sa-silao bi'ee' t'aa 'ahaah biinishghah baa 'iisht'eeh ee' CVD nahalin 7178.73 nahidiziidji 100 000.
- Bii 'agha 'ahonilneez nihoneel'aah biinishghah shaah haa'a goo CVD di 2021 'aghaa di Aghaadi Asia 'aadoo Ha'a'aahern Europe, ee' hok'aa' bii' naago'i aldo' hodiinisin ba Oceania, Nahookos Africa 'aadoo bii 'anii' Ha'a'aah, 'aadoo Aghaadi sub-Saharan Africa. Biinishghah 'aghaa yee naaldzili ba hok'aa'-beeso baa hinideeh Asia Pacific 'aadoo Australasia.

'Ajei bik'esti'igii Ajeidishjool Aah dah haz'a (CHD)

- Nahasdzaan t'a nool'aa binaa, bi nahalin yinishdla eii di 2021, 254.28 miiltsoh dine'e 'aghaa iina ee' ndiistsxaas ajeidishjool aah dah haz'a (IHD), 'aadoo bi nahalin bilaah yoosaah di aka' 'ei di a'aad (145.31 'aadoo 108.97 miiltsoh dine'e, bik'ehgo). Bii sa-silao bi'ee' t'aa 'ahaah biinishghah nahalin 2946.38 nahidiziidji 100 000 (3610.24 nahidiziidji 100 000 di aka'; 2357.61 nahidiziidji 100 000 di a'aad).
- Di 2021, Nahookos Africa 'aadoo bii 'anii' Ha'a'aah ba neile bii 'agha 'ahonilneez t'aa 'ahaah biinishghah bits'aadee' IHD 'ak'eitahgoo nahos'a', nihiikaah ee' Ha'a'aah Europe 'aadoo Shadi'aah 'aadoo Aghaadi Asia.
- La' yinishdla 8.99 miiltsoh t'aa 'at'ego aze'e' bee 'at'e goo IHD 'ahoonil nahasdzaan nteel di 2021, ee' lei hok'aa' noomba bits'aadee' aze'e' di aka' 'ei a'aad (5.00 miiltsoh 'aadoo 3.99 miiltsoh, bik'ehgo). Di 2021, bii nahasdzaan nteel IHD sa-silao bi'ee' nihoneel'aah biinishghah nahalin 108.73 nahidiziidji 100 000 (136.84 nahidiziidji 100 000 in aka'; 85.32 nahidiziidji 100 000 di a'aad).
- IHD nihoneel'aah biinishghahs 'aghaa 'agha 'ahonilneez ba Aghaadi Asia, Ha'a'aah Europe, 'aadoo Nahookos Africa 'aadoo bii 'anii' Ha'a'aah. Nihoneel'aah nahalin yee naaldzili ba hok'aa'-beeso baa hinideeh Asia Pacific.

Ndiistsxaas

- Bii nahasdzaan nteel t'aa 'ahaah bits'aadee' ndiistsxaas di 2021 nahalin 93.82 miiltsoh dine'e, naashnishigi t'aa 'ahaah bits'aadee' alts'iisi taa iiyisi bee holonigi doo nihijiigi nahalin 69.94 miiltsoh, t'aa 'ahaah bits'aadee' int'alaa dine'erebral hemorrhage nahalin 16.60 miiltsoh, 'aadoo t'aa 'ahaah bits'aadee' subarachnoid hemorrhage nahalin 7.85 miiltsoh. Bii nahasdzaan nteel sa-silao bi'ee' t'aa 'ahaah biinishghahs di 2021 'aghaa 1099.31 nahidiziidji 100 000 ba ndiistsxaas, 819.47 nahidiziidji 100 000 ba alts'iisi taa iiyisi bee holonigi doo nihijiigi, 194.51 nahidiziidji 100 000 ba int'alaa dine'erebral hemorrhage, 'aadoo 92.17 ba subarachnoid hemorrhage.

- Da'nilchishidee', di 2021, sa-silao bi'ee' ndiistsxaas t'aa 'ahaah biinishghahs 'aghaa 'agha 'ahonilneez ba sub-Saharan Africa 'aadoo Ha'a'aah, Southeast, 'aadoo sub-Saharan Africa. Biinishghahs 'aghaa bii yee naaldzili ba Australasia.
 - Sa-silao bi'ee' t'aa 'ahaah bits'aadee' alts'iisi taa iiyisi bee holonigi doo nihijiigi nahalin 'agha 'ahonilneez ba shadi'aahern sub-Saharan Africa, nihiikaah ee' e'aah' sub-Saharan Africa 'aadoo Ha'a'aah 'aadoo Aghaadi Asia.
 - Sa-silao bi'ee' t'aa 'ahaah bits'aadee' int'alaa dine'erebral hemorrhage nahalin 'agha 'ahonilneez ba e'aah' sub-Saharan Africa, Southeast Asia, Oceania, 'aadoo hok'aa'-beeso baa sub-Saharan Africa.
 - Sa-silao bi'ee' t'aa 'ahaah bits'aadee' subarachnoid hemorrhage nahalin 'agha 'ahonilneez ba hok'aa'-beeso baa hinideeh Asia Pacific 'aadoo Andean Latin America.
- Di 2021, 'aadi 'aghaa 7.25 miiltsoh aze' shaah haa'a goo ndiistsxaas ni'hazteel. Nahasdzaan t'a nool'aa binaa, lei t'aa 'at'ego bits'aadee' 3.59 miiltsoh t'aa 'adiighahaho daastsah bits'aadee' alts'iisi taa iiyisi bee holonigi doo nihijiigi, 3.31 miiltsoh t'aa 'adiighahaho daastsah bits'aadee' int'alaa dine'erebral hemorrhage, 'aadoo 0.35 miiltsoh t'aa 'adiighahaho daastsah bits'aadee' subarachnoid hemorrhage.
- Di 2021, bii nahasdzaan nteel sa-silao bi'ee' nihoneel'aah biinishghah 'aghaa 87.45 nahidiziidji 100 000 ba t'aa 'at'ego ndiistsxaas, 44.18 nahidiziidji 100 000 ba alts'iisi taa iiyisi bee holonigi doo nihijiigi, 39.09 nahidiziidji 100 000 ba int'alaa dine'erebral hemorrhage, 'aadoo 4.18 nahidiziidji 100 000 ba subarachnoid hemorrhage.
- Di 2021, sa-silao bi'ee' nihoneel'aah shaah haa'a goo ndiistsxaas nahalin 'agha 'ahonilneez ba Oceania 'aadoo Southeast Asia. Biinishghahs 'aghaa yee naaldzili ba Australasia 'aadoo e'aah' Europe.
 - Sa-silao bi'ee' nihoneel'aah shaah haa'a goo alts'iisi taa iiyisi bee holonigi doo nihijiigi nahalin 'agha 'ahonilneez ba Ha'a'aahern Europe, nihiikaah ee' Nahookos Africa 'aadoo bii 'anii' Ha'a'aah 'aadoo Aghaadi Asia. Nihoneel'aah nahalin yee naaldzili ba Australasia.
 - Sa-silao bi'ee' int'alaa dine'erebral hemorrhage nihoneel'aah nahalin 'agha 'ahonilneez ba Oceania, nihiikaah ee' Southeast 'aadoo Ha'a'aah Asia 'aadoo aghaadi 'aadoo sub-Saharan Africa.
 - Sa-silao bi'ee' nihoneel'aah yinishdla ba subarachnoid hemorrhage nahalin 'agha 'ahonilneez ba Oceania nihiikaah ee' Southeast Asia 'aadoo Andean Latin sub America.

Hok'aa' Yishtlish Tsididiingoo

- Hok'aa' lichii nihijiigho yishcha' yishtlish tsididiingoo nahalin baa 'iisht'eeh ee' 10.85 miiltsoh nahasdzaan nteel aze' di 2021. Bii nahasdzaan nteel sa-silao bi'ee' nihoneel'aah biinishghah baa 'iisht'eeh ee' hok'aa' yishtlish tsididiingoo nahalin 131.10 nahidiziidji 100 000.
- Bii sa-silao bi'ee' nihoneel'aah biinishghahs shaah haa'a goo hok'aa' lichii nihijiigho yishcha' yishtlish tsididiingoo 'aghaa 'agha 'ahonilneez ba Aghaadi Asia, nihiikaah ee' Ha'a'aahern Europe, aghaadi sub-Saharan Africa, 'aadoo Nahookos Africa 'aadoo bii 'anii' Ha'a'aah.
- Sa 2019, hok'aa' yishtlish tsididiingoo nahalin 1 bits'aadee' bii 5 dilyihi t'aa bizaaka t'aa 'aaniinii ba bii ketel bits'aadee' aah dah haz'a (naahai bits'aadee' iina doo beehozin da goo hanidaah nihoneel'aah 'aadoo bee bich'j'-hasht'e ninishkeed iina-naahai) di T'aa 'aniiltso nahasdzaan nteel nahos'a' t'aa hazhoo Oceania 'aadoo ha'a'aah, aghaadi, 'aadoo e'aah' sub-Saharan Africa.

Hok'aa' Yishtlish Ak'ah & La'igii Linnishk'aii

- Di 2021, hok'aa' yaago-bizhiin ch'il lichii bits'a'agi bee holonigi ak'ah 'aho'niishniih ba 3.65 miiltsoh nahasdzaan nteel aze'. Bii nahasdzaan nteel sa-silao bi'ee' nahasdzaan nteel nihoneel'aah biinishghah di 2021 shaah haa'a goo hok'aa' yaago-bizhiin ch'il lichii bits'a'agi bee holonigi ak'ah nahalin 43.67 nahidiziidji 100 000.
- Di 2021, bii sa-silao bi'ee' nihoneel'aah biinishghahs shaah haa'a goo hok'aa' yaago-bizhiin ch'il lichii bits'a'agi bee holonigi ak'ah 'aghaa 'agha 'ahonilneez ba Ha'a'aahern Europe nihiikaah ee' Aghaadi Asia 'aadoo Nahookos Africa 'aadoo bii 'anii' Ha'a'aah.

Nat'oh

- Nat'oh cat'aa chooz'jdigii la yinishdla 7.25 miiltsoh aze'e' nahasdzaan t'a nool'aa binaa di 2021 (5.68 miiltsoh aka' 'aadoo 1.57 miiltsoh a'aad). Bii nahasdzaan nteel sa-silao bi'ee' nihoneel'aah biinishghah shaah haa'a goo nat'oh di 2021 nahalin 85.66 nahidiziidji 100 000.
- Tsetsiin akaa'gi 2021 bil ch'idaash'a', Ha'a'aah Asia 'aadoo Oceania ba neile bii 'agha 'ahonilneez nihoneel'aah biinishghahs shaah haa'a goo nat'oh. Nihoneel'aah biinishghahs 'aghaa yee naaldzili ba Andean Latin America.
 - Bii Nahasdzaan nteel Ketel bits'aadee' Aah dah haz'a naashkaah yinishdla eii di 2021, 'ayah di'dishniil nahalin bii dah 'alzhin-dilyihi t'aa bizaaka bits'aadee' naahai bits'aadee' iina doo beehozin da bee 'at'e goo hanidaah nihoneel'aah (hok'aa' lichii nihijihgo yishcha' yishtlish tsididiingoo nahalin noomba 1), 'aadoo 'ayah di'dishniil t'aa' bina'didziil djidi di t'aa bizaaka t'aa 'aaniinii ba bee bich'j'-hasht'e ninishkeed iina naahai nahasdzaan t'a nool'aa binaa.

Bidi'nil'i Bee 'ak'ihata' nliinii

- Yaago bidi'nil'i bee 'ak'ihata' nliinii nahalin baa 'iisht'eeh ee' an yinishdla 0.66 miiltsoh nahasdzaan nteel aze'e' di 2021. Bii nahasdzaan nteel sa-silao bi'ee' nihoneel'aah biinishghah shaah haa'a goo yaago bidi'nil'i bee 'ak'ihata' nliinii di 2021 nahalin 7.99 nahidiziidji 100 000.
- Nihoneel'aah biinishghahs shaah haa'a goo yaago bidi'nil'i bee 'ak'ihata' nliinii 'ak'eitahgoo nahos'a' 'aghaa 'agha 'ahonilneez ba shadi'aahern sub-Saharan Africa, Nahookos Africa 'aadoo bii 'anii' Ha'a'aah, 'aadoo Oceania di 2021. Nihoneel'aah biinishghahs 'aghaa yee naaldzili ba hok'aa'-beeso baa hinideeh Asia Pacific 'aadoo shadi'aahern Latin America.

Bikaa neeshk'ah & Ats'iistah 'ashjjh likan

- Hok'aa' 'azhi' bizhiin 'alkee' yisdzoh nahalin baa 'iisht'eeh ee' 3.71 miiltsoh nahasdzaan nteel aze'e' di 2021. Bii nahasdzaan nteel sa-silao bi'ee' nihoneel'aah biinishghah shaah haa'a goo hok'aa' 'azhi' bizhiin 'alkee' yisdzoh di 2021 nahalin 44.23 nahidiziidji 100 000.
- Tsetsiin akaa'gi 2021 bil ch'idaash'a', sa-silao bi'ee' nihoneel'aah biinishghah shaah haa'a goo hok'aa' 'azhi' bizhiin 'alkee' yisdzoh 'ak'eitah nahos'a' 'aghaa yee naaldzili ba hok'aa'-beeso baa hinideeh Asia Pacific 'aadoo 'agha 'ahonilneez ba shadi'aahern sub-Saharan Africa, nahookos Africa 'aadoo bii 'anii' Ha'a'aah, 'aadoo Oceania.

Ats'iistah 'ashjjh likan nanit'a' siljj'

- Tsetsiin akaa'gi 2021 nahasdzaan nteel bil ch'idaash'a', 525.65 miiltsoh dine'e (270.84 miiltsoh aka' 'aadoo 254.81 miiltsoh a'aad) ba neile ats'iistah 'ashjjh likan nanit'a' siljj'. Bii nahasdzaan nteel sa-silao bi'ee' t'aa 'ahaah biinishghah bits'aadee' ats'iistah 'ashjjh likan nanit'a' siljj' nahalin 6123.59 nahidiziidji 100 000.
- Bii t'aa 'ahaah bits'aadee' ats'iistah 'ashjjh likan nanit'a' siljj' di 2021 'ak'eitahgoo nahos'a' nahalin yinishdla goo 'asht'j' 'agha 'ahonilneez ba Oceania, nihiikaah by Nahookos Africa 'aadoo bii 'anii' Ha'a'aah, bii Caribbean, 'aadoo hok'aa'-beeso baa hinideeh Nahookos America.
- Di 2021, 'aadi 'aghaa 1.66 miiltsoh nahasdzaan nteel ats'iistah 'ashjjh likan nanit'a' siljj' aze'e'. Bii nahasdzaan nteel sa-silao bi'ee' nihoneel'aah biinishghah shaah haa'a goo ats'iistah 'ashjjh likan nanit'a' siljj' di 2021 nahalin 19.61 nahidiziidji 100 000.
- Sa-silao bi'ee' nihoneel'aah biinishghahs shaah haa'a goo ats'iistah 'ashjjh likan nanit'a' siljj' 'aghaa 'agha 'ahonilneez ba Oceania, nihiikaah ee' shadi'aahern sub-Saharan Africa. Biinishghah 'aghaa yee naaldzili ba hok'aa'-beeso baa hinideeh Asia Pacific.
- Di 2021, 'aadi 'aghaa 5.29 miiltsoh nahasdzaan nteel aze'e' shaah haa'a goo hok'aa' t'aa iiyisii doo adaa yinishtehda dil bitoo' ashjjh likan. Bii nahasdzaan nteel sa-silao bi'ee' nihoneel'aah biinishghah shaah haa'a goo hok'aa' t'aa iiyisii doo adaa yinishtehda dil bitoo' ashjjh likan di 2021 nahalin 63.73 nahidiziidji 100 000.
- Sa-silao bi'ee' nihoneel'aah biinishghahs shaah haa'a goo hok'aa' t'aa iiyisii doo adaa yinishtehda dil bitoo' ashjjh likan di 2021 'aghaa 'agha 'ahonilneez ba Oceania nihiikaah ee' shadi'aahern 'aadoo aghaadi sub-Saharan Africa 'aadoo Nahookos Africa 'aadoo bii 'anii' Ha'a'aah.

T'aa 'aaniinii naaltsoos, na'ashch'aah, 'aadoo 'atsinilt'ish/alk'idaa' 'aheeneelt'e' 'atsinilt'ish naaltsoos bineesh'a ee' shoosht'eeh dee':

[Ajeidishjool 'aadoo Ndiistsxaas Bee la'i 'idlinigii 'aheeneelt'e' | American Heart Association](#) (Bilagaana bizaadii beesh bee hane'i).

La'i 'aheeneelt'e' di dii t'aa 'aaniinii naaltsoos nishaah dee' unbidichiid bikaa'adani 'alah deiidleeh ba bii 'aheeneelt'e' 'atsinilt'ish naaltsoos 'aadoo bineesh'a ee' binahasdzo baah 'ashleeh bii naaltsoos bilatah da'nil'inigii naana. Bii bil ch'idaash'a' ba 'adahwiizt'i' t'aa chooz'jdigii ba bii bikaa'adani bineesh'a da'nil'inigii di bii hadibin naaltsoos. T'aalai'bi'aa yilts'ilgoly, la' 'aheeneelt'e' nishaah dee' bidichiid naashkaah. Daa ni bineesh'a hane' bikazi t'aa biholniihgoo bits'aadee' bii 'aheeneelt'e' di dii t'aa 'aaniinii naaltsoos, t'aa shoodi na'ashkaah bii hadibin Ajeidishjool Aah dah haz'a 'aadoo Ndiistsxaas 'aheeneelt'e' naaltsoos goo bini' bidiit'eeh bil ch'idaash'a' ba 'adahwiizt'i' 'aadoo ch'ooshdaadaa' bilatah.

Bii American Heart Association yinishkeed eii bii hadibin naaltsoos ee' binahasdzo gi nihiikaah:

Palaniappan LP, Allen NB, Almarzooq ZI, Anderson CAM, Arora P, Avery CL, Baker-Smith CM, Bansal N, Currie ME, Earlie RS, Fan W, Fetterman JL, Barone Gibbs B, Heard DG, Hiremath S, Hong H, Hyacinth HI, Ibeh C, Jiang T, Johansen MC, Kazi DS, Ko D, Kwan TW, Leppert MH, Li Y, Magnani JW, Martin KA, Martin SS, Michos ED, Mussolino ME, Ogungbe O, Parikh NI, Perez MV, Perman SM, Sarraju A, Shah NS, Springer MV, St-Onge M-P, Thacker EL, Tierney S, Urbut SM, Van Spall HGC, Voeks JH, Whelton SP, Wong SS, Zhao J, Khan SS; akaa'gi 'aha bits'aadee' bii American Heart Association Beesh baah dah si'ani akaa'gi Epidemiology 'aadoo Biniishtl'aah 'aheeneelt'e' Ats'a'niligii 'aadoo Ndiistsxaas 'aheeneelt'e' Ats'a'niligii. 2026 Ajeidishjool aah dah haz'a 'aadoo ndiistsxaa 'aheeneelt'e': lei bil bihoone' bits'aadee' US 'aadoo nahasdzaan nteel bil ch'idaash'a' dee' bii American Heart Association. *Circulation*. Bidichiid di naasha Yas nilt'ees 21, 2026.

T'aa shoodi nabidishkid T'aa 'aniiltso t'aadoo yeigo sit'ehe na'idishkid goo News Media Relations gi <http://newsroom.heart.org/newsmedia/contacts> (Bilagaana bizaadii beesh bee hane'i).