



2026 Ajeidishjool Aah dah haz'a & Ndiistsxaas 'aheeneelt'e' 'atsinilt'ish T'aa 'aaniinii Naaltsoos A'aad & Cardiovascular Aah dah haz'as di bii T'aala' bizhi'ee Nahasdzo

Cardiovascular Aah dah haz'a (CVD) (ICD-10 I00 goo I99)

- 'Ak'eitahgoo a'aad 20 naahai bits'aadee' sa 'aadoo sani ata' 2021 'aadoo 2023, 61.9 miiltsoh a'aad (44.1% bits'aadee' T'aa 'aniiltso a'aad) ba neile la' ba m bits'aadee' cardiovascular aah dah haz'a, al'aa ee' 68.7 miiltsoh aka' (53.7% bits'aadee' T'aa 'aniiltso aka').
- 'Ak'eitahgoo a'aad 20 naahai bits'aadee' sa 'aadoo sani ata' 2021 'aadoo 2023, 59.5% bits'aadee' Naakaii dine'e doo nitsahakees da (NH) Linishzhin a'aad ba neile CVD; al'aa ee' 43.5% bits'aadee' NH Halgai a'aad, 40.7% bits'aadee' Asian A'aad, 'aadoo 38.6% bits'aadee' Naakaii dine'e a'aad.
- Di 2023, CVD nahalin bii bee 'at'ehigii bits'aadee' aze' di 433 254 a'aad (t'aa iiyisi binahaah). A'aad rebinaal 47.3% bits'aadee' aze' dee' CVD.
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba CVD gi bii ayaa bee 'at'ehigii bits'aadee' aze' 'aghaa 180.2 nahidiziidji 100 000 ba a'aad 'aadoo 263.0 nahidiziidji 100 000 ba aka'.
- Di 2022, 3335 a'aad ba neile ajeidishjool 'aadoo bilaah tsinaa'eel bik'ee'aa 'ahenashdaah t'aadoo le'e k'eedadilyeehii, al'aa goo 4600 aka', 'aadoo 140 835 a'aad ba neile iih 'altod 'ajei bik'esti'igii 'ahiniildin al'aa goo 295 040 aka'.

'Ajei bik'esti'igii Ajeidishjool Aah dah haz'a (CHD) (ICD-10 I20 goo I25 [iinishta' Myocardial Infarction (MI) ICD-10 I21 goo I22])

- Baah 'ashleeh bil ch'idaash'a' dee' 2021 goo 2023, 6.0 miiltsoh (3.7%) a'aad ba neile CHD al'aa ee' 9.9 miiltsoh (6.9%) aka' 20 naahai bits'aadee' sa 'aadoo naa'alk'id. Bii t'aa 'ahaah bits'aadee' CHD nahalin hok'aa'er ba aka' 'ei a'aad di T'aa 'aniiltso sa ba nijaa'igii.
- Baah 'ashleeh 2021 goo 2023 bil ch'idaash'a', 'ak'eitahgoo a'aad 20 naahai bits'aadee' sa 'aadoo sani, 4.1% bits'aadee' NH Halgai a'aad, 3.2% bits'aadee' Naakaii dine'e a'aad, 3.1% bits'aadee' NH Asian a'aad, 'aadoo 2.8% bits'aadee' NH Linishzhin a'aad ba neile CHD.
- Baah 'ashleeh bil ch'idaash'a' dee' 2021 goo 2023, 2.8 miiltsoh (1.6%) a'aad ba neile a 'adaa hashne bits'aadee' MI al'aa ee' 5.7 miiltsoh (3.8%) aka' 20 naahai bits'aadee' sa 'aadoo naa'alk'id. Aka' ba neile a hok'aa'er t'aa 'ahaah bits'aadee' MI 'ei a'aad di T'aa 'aniiltso sa ba nijaa'igii.
- Baah 'ashleeh 2021 goo 2023 bil ch'idaash'a', 'ak'eitahgoo a'aad 20 naahai bits'aadee' sa 'aadoo naa'alk'id, 2.2% bits'aadee' NH Linishzhin a'aad, 1.5% bits'aadee' NH Halgai a'aad, 1.5% bits'aadee' Naakaii dine'e a'aad, 'aadoo 1.5% bits'aadee' NH Asian a'aad ba neile a t'ah bitseedi MI.
- Tsetsiin akaa'gi bil ch'idaash'a' dee' 2005 goo 2014, bii leh sa at altse MI nahalin 72.0 naahai ba a'aad 'aadoo 65.6 naahai ba aka'.
- Di 2023, 137 252 a'aad daastsaa' dee' CHD (39.3% bits'aadee' T'aa 'aniiltso aze' dee' CHD); 36 916 daastsaa' dee' MI (39.5% bits'aadee' T'aa 'aniiltso aze' dee' MI).
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba CHD gi bii ayaa bee 'at'ehigii bits'aadee' aze' 'aghaa 56.8 nahidiziidji 100 000 ba a'aad 'aadoo 113.5 nahidiziidji 100 000 ba aka'.
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba MI gi bii ayaa bee 'at'ehigii bits'aadee' aze' 'aghaa 15.4 nahidiziidji 100 000 ba a'aad 'aadoo 29.5 nahidiziidji 100 000 ba aka'.

US A'aad 'aadoo CVD – 2026 'aheeneelt'e' 'atsinilt'ish T'aa 'aaniinii Naaltssoos

Ndiistsxaas (ICD-10 I60 goo I69)

- Baah 'ashleeh bil ch'idaash'a' dee' 2021 goo 2023, bii t'aa 'ahaah bits'aadee' ndiistsxaas nahalin 4.3 miiltsoh a'aad (2.6% bits'aadee' T'aa 'aniiltso a'aad) vs. 4.7 miiltsoh aka' (3.3% bits'aadee' T'aa 'aniiltso aka'), 20 naahai bits'aadee' sa 'aadoo sani.
- Baah 'ashleeh bil ch'idaash'a' dee' 2021 goo 2023, 'ak'eitahgoo a'aad 20 naahai bits'aadee' sa 'aadoo sani, 4.7% bits'aadee' NH Linishzhin a'aad, 3.8% bits'aadee' Naakaii dine'e a'aad, 2.1% bits'aadee' NH Halgai a'aad, 'aadoo 0.7% bits'aadee' NH Asian a'aad ba neile a t'ah bitseedi ndiistsxaas.
- Di 2023, ndiistsxaas cat'aa chooz'jjdigii bii azee' bits'aadee' 91 719 a'aad (56.4% bits'aadee' T'aa 'aniiltso ndiistsxaas azee').
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba ndiistsxaas gi bii ayaa bee 'at'ehigii bits'aadee' azee' 'aghaa 38.1 nahidiziidji 100 000 ba a'aad 'aadoo 39.3 nahidiziidji 100 000 ba aka'.

Hok'aa' Yishtlish Tsididiingoo (HBP) (ICD-10 I10 goo I15)

- Di 2021 goo 2023, 60.3 miiltsoh a'aad 20 naahai bits'aadee' sa 'aadoo sani ba neile HBP (42.9% bits'aadee' a'aad).
- 'Ak'eitahgoo a'aad 20 naahai bits'aadee' sa 'aadoo sani di 2021 goo 2023, bii bikee' ba neile HBP: 59.2% bits'aadee' NH Linishzhin a'aad; 42.2% bits'aadee' NH Halgai a'aad; 39.5% bits'aadee' NH Asian a'aad; 'aadoo 37.3% bits'aadee' Naakaii dine'e a'aad.
- Di 2021 goo 2023, a hok'aa' 'agha 'aniidlaa' bits'aadee' aka' 'ei a'aad ba neile HBP, wodah goo 74 naahai bits'aadee' sa. Ba t'aa 'adiighahaho 75 naahai bits'aadee' sa 'aadoo sani, bii 'agha 'aniidlaa' bits'aadee' a'aad ee' HBP nahalin hok'aa'er 'ei ba aka'.
- Bits'aadee' a'aad ee' HBP ata' 2021 'aadoo 2023, 29.7% bits'aadee' NH Asian a'aad, 26.1% bits'aadee' NH Linishzhin a'aad, 24.4% bits'aadee' NH Halgai a'aad, 'aadoo 23.5% bits'aadee' Naakaii dine'e a'aad ba neile daabi BP ayaa biyaa 'iishtliish.
- Di 2023, 68 015 a'aad bits'aadee' T'aa 'aniiltso binahaah daastsaa' dee' HBP (51.2% bits'aadee' azee' dee' HBP).
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba HBP gi bii ayaa bee 'at'ehigii bits'aadee' azee' 'aghaa 28.3 nahidiziidji 100 000 ba a'aad 'aadoo 35.5 nahidiziidji 100 000 ba aka'.

T'aadoo kot'e 'ilini Ajei ndinibaal Beehaz'aanii (SCA) (ICD-10 I46.0, I46.1, I46.9, I49.0)

- Di 2023, 'aadi 'aghaa 8052 a'aad azee' ee' bii ayaa bee 'at'ehigii bits'aadee' SCA (44.4% bits'aadee' SCA azee').
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba SCA gi bii ayaa bee 'at'ehigii bits'aadee' azee' 'aghaa 3.4 nahidiziidji 100 000 ba a'aad 'aadoo 5.3 nahidiziidji 100 000 ba aka'.
- Di 2023, 'aadi 'aghaa 177 950 a'aad azee' ee' t'aa biholniihgoo yinishshi bits'aadee' SCA akaa'gi bii azee' bee la 'aleeh (46.8% bits'aadee' t'aa biholniihgoo-yinishshi SCA azee').
- Di 2023, bii sa-hasht'e ninishkeed t'aa biholniihgoo-yinishshi nihoneel'aah biinishghahs ba SCA 'aghaa 75.3 nahidiziidji 100 000 ba a'aad 'aadoo 107.9 nahidiziidji 100 000 ba aka'.

Ajeidishjool Yooshchiid (HF) (ICD-10 I50)

- Bik'ehgo goo 2021 goo 2023 bil ch'idaash'a', baa 3.4 miiltsoh a'aad 20 naahai bits'aadee' sa 'aadoo sani ba neile HF (2.1% bits'aadee' a'aad).
- 'Ak'eitahgoo a'aad 20 naahai bits'aadee' sa 'aadoo sani di 2021 goo 2023, 3.5% bits'aadee' NH Linishzhin a'aad, 2.2% bits'aadee' Naakaii dine'e a'aad, 1.9% bits'aadee' NH Halgai a'aad, 'aadoo 0.9% bits'aadee' NH Asian a'aad ba neile HF.
- Di 2023, 'aadi 'aghaa 46 694 a'aad azee' ee' bii ayaa bee 'at'ehigii bits'aadee' HF (52.0% bits'aadee' HF azee').
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba HF gi bii ayaa bee 'at'ehigii bits'aadee' azee' 'aghaa 19.1 nahidiziidji 100 000 ba a'aad 'aadoo 24.6 nahidiziidji 100 000 ba aka'.

US A'aad 'aadoo CVD – 2026 'aheeneelt'e' 'atsinilt'ish T'aa 'aaniinii Naaltssoos

- Di 2023, 'aadi 'aghaa 206 492 a'aad azee' ee' t'aa biholniihgoo yinishshi bits'aadee' HF akaa'gi bii azee' bee la 'aleeh (49.5% bits'aadee' t'aa biholniihgoo-yinishshi HF azee').
- Di 2023, bii sa-hasht'e ninishkeed t'aa biholniihgoo-yinishshi nihoneel'aah biinishghahs ba HF 'aghaa 84.9 nahidiziidji 100 000 ba a'aad 'aadoo 118.6 nahidiziidji 100 000 ba aka'.

Nat'oh 'aadoo Nikootiin choinsh'jjh 'aadoo Na'oolkiligii

- Bik'ehgo goo 2022 bil ch'idaash'a', iinatime choinsh'jjh bits'aadee' nat'oh ya'anisht'eeh ba t'aa 'adiighahaho 12 goo 17 naahai bits'aadee' sa nahalin yaagoer di a'aad 'ei aka' (8.4% vs 8.9%). Ba adilye ≥ 18 naahai bits'aadee' sa, bii iina na'alkid choinsh'jjh nahalin yaagoer di a'aad 'ei aka' (54.5% vs 69.9%).
- 'Ak'eitahgoo adilye 18 naahai bits'aadee' sa 'aadoo sa di 2021, 10.1% bits'aadee' a'aad 'aadoo 13.1% bits'aadee' aka' 'aghaa 'atsinilt'ish lid, bil bihoone' nat'oh choinsh'jjh t'aa hil doodaii la' t'aadool la'i yilkaahi.
- Bik'ehgo goo 2024 bil ch'idaash'a', loo'bee hahaltsosi-nat'ohs 'aghaa bii agha t'aa 'ahaah t'aa chooz'jjdigii nat'oh ya'anisht'eeh di dineeh, ee' 7.7% bits'aadee' a'aad hok'aa' olta'i 'aadoo 7.8% bits'aadee' aka' hok'aa' olta'i'atsinilt'i baah 'ashleeh loo'bee hahaltsosi-nat'ohs.

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

- Bik'ehgo goo 2021 goo 2023 bil ch'idaash'a', 'ak'eitahgoo alchini 6 goo 11 naahai bits'aadee' sa, bii t'aa beenishchxo'i t'aa 'at'ego ak'ah bii' naago'i nahalin 158.3 mg/dL; 159.2 mg/dL ba aka' 'aadoo 157.4 mg/dL ba a'aad.
- Bik'ehgo goo 2021 goo 2023 bil ch'idaash'a', 'ak'eitahgoo tsilkeeh 12 goo 19 naahai bits'aadee' sa, bii t'aa beenishchxo'i t'aa 'at'ego ak'ah bii' naago'i nahalin 154.8 mg/dL; 151.9 mg/dL ba aka' 'aadoo 157.9 mg/dL ba a'aad.
- 'Ak'eitahgoo adilye 20 naahai bits'aadee' sa 'aadoo sani di 2021 goo 2023:
 - 35.0% bits'aadee' aka' 'aadoo 37.1% bits'aadee' a'aad ba neile t'aa 'at'ego ak'ah bii' naago'i bits'aadee' 200 mg/dL doodaii hok'aa'.
 - 11.1% bits'aadee' aka' 'aadoo 11.3% bits'aadee' a'aad ba neile t'aa 'at'ego ak'ah bii' naago'i bits'aadee' 240 mg/dL doodaii hok'aa'.
 - 21.7% bits'aadee' aka' 'aadoo 6.8% bits'aadee' a'aad ba neile hok'aa'-bizhiin ch'il lichii bits'a'agi bee holonigi (HDL) ak'ah a'oh 'ei 40 mg/dL.
- 'Ak'eitahgoo adilye 20 naahai bits'aadee' sa 'aadoo sani di 2017 goo 2020:
 - 25.6% bits'aadee' aka' 'aadoo 25.4% bits'aadee' a'aad ba neile yaago-bizhiin ch'il lichii bits'a'agi bee holonigi (LDL) ak'ah bits'aadee' 130 mg/dL doodaii hok'aa'er.

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

- Bik'ehgo goo 2022 'aadoo 2023 bil ch'idaash'a', bii 'agha 'aniidlaa' bits'aadee' dineeh 0 goo 17 naahai bits'aadee' sa bik'inaa'oo'aal ≥ 4 h/d di ateel bits'aadee' a naalkidi, t'oo diisgis, beesh bee hane'e, doodaii la'igii beesh 'alts'ozi a'oh bee na'anishi 'adaa 'ahashya dahwiiniit'aah, neeni 'aheejolyeedi, 'alak'ee bii doo t'aa 'ahanigi, doodaii baah 'ashleeh naanish binaaltssoos t'aadool yeigo sit'ehe (doo da olta'naanish) akaa'gi agha naaki damoot'aadool la'i yilkaahi nahalin 21.5%. Bii 'agha 'aniidlaa' nahalin 22.2% ba aka' 'aadoo 20.9% ba a'aad.
- Bik'ehgo goo 2022 'aadoo 2023 bil ch'idaash'a' dee' dineeh 6 goo 17 naahai bits'aadee' sa, 22.6% bits'aadee' aka' 'aadoo 16.2% bits'aadee' a'aad 'aghaa t'aa honishyoi ba ≥ 60 dah 'alzhin t'aa hil bits'aadee' bii naaki damoo.
- Di 2021 goo 2023, bii 'agha 'aniidlaa' bits'aadee' tsilkeeh 12 goo 17 naahai bits'aadee' sa hai engbinahaah di bidziil ihoo'aah agha doodaii t'aa hil bits'aadee' bii naaki damoo nahalin 44.4% bits'aadee' aka' 'aadoo 26.7% bits'aadee' a'aad.

Bikaa neeshk'ah & Ats'iistah 'ashjjh likan

Baah 'ashleeh bil ch'idaash'a' dee' 2021 goo 2023:

- Ba dineeh 2 goo 19 naahai bits'aadee' sa, 19.1% bits'aadee' a'aad bineesh'a nishk'ah al'aa ee' 23.0% bits'aadee' aka'.
- Ba adilye ≥ 20 naahai bits'aadee' sa, 41.4% bits'aadee' a'aad bineesh'a nishk'ah al'aa ee' 39.3% bits'aadee' aka' (sa-hasht'e ninishkeed t'aa 'ahaah).

T'aadool lahgo hodiinisin, T'aa 'aniitso 'aheeneelt'e' di dii T'aa 'aaniinii Naaltssoos 'adoone'e goo bii T'aala' bizhi'ee Nahasdzo. T'aa shoodi bee haasdziih goo bii hadanisht'e 'aheeneelt'e' 'atsinilt'ish ba doo bideelnii 'aadool t'aalai'bi'aa yilts'ilgo di ba yaatl'oh ba bil bihoone' 'aheeneelt'e'. ©2026 American Heart Association, Inc. T'aa 'aniitso t'aa 'ako baah haah nisin. Doo bee haz'aa da choinsh'jjh bit'sadinish'aah.

Ats'iistah 'ashjjh likan nanit'a' siljj' (ICD-10 E10 goo E14)

- Tsetsiin akaa'gi 2021 goo 2023 bil ch'idaash'a', bits'aadee' bii 29.5 miiltsoh American adilye ee' azee'iil'ini beedi'nishtjjh ats'iistah 'ashjjh likan nanit'a' siljj', 14.5 miiltsoh 'aghaa a'aad (10.0% bits'aadee' T'aa 'aniiltso a'aad); 16.7% bits'aadee' NH Linishzhin a'aad, 14.3% bits'aadee' Naakaii dine'e a'aad, 8.9% bits'aadee' NH Asian a'aad, 'aadoo 7.9% bits'aadee' NH Halgai a'aad.
- Tsetsiin akaa'gi 2021 goo 2023 bil ch'idaash'a', bits'aadee' bii 9.6 miiltsoh Americans ee' beedi'nishtjjh ats'iistah 'ashjjh likan nanit'a' siljj', 4.2 miiltsoh 'aghaa a'aad (2.9% bits'aadee' T'aa 'aniiltso a'aad); 5.3% bits'aadee' NH Linishzhin a'aad, 4.1% bits'aadee' Naakaii dine'e a'aad, 4.0% bits'aadee' NH Asian a'aad, 'aadoo 1.9% bits'aadee' NH Halgai a'aad.
- Tsetsiin akaa'gi 2021 goo 2023 bil ch'idaash'a', bits'aadee' bii 96.0 miiltsoh Americans ee' ats'iistah 'ashjjh likan nanit'a' siljj', 42.4 miiltsoh 'aghaa a'aad (31.7% bits'aadee' T'aa 'aniiltso a'aad); 35.0% bits'aadee' NH Halgai a'aad; 32.2% bits'aadee' NH Asian a'aad, 30.4% bits'aadee' Naakaii dine'e a'aad, 'aadoo 23.1% bits'aadee' NH Linishzhin a'aad.
- Di 2023, ats'iistah 'ashjjh likan nanit'a' siljj' cat'aa chooz'jjdigii bii azee' bits'aadee' 40 525 a'aad (42.6% bits'aadee' T'aa 'aniiltso azee' dee' ats'iistah 'ashjjh likan nanit'a' siljj').
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba ats'iistah 'ashjjh likan nanit'a' siljj' gi bii ayaa bee 'at'ehigii bits'aadee' azee' 'aghaa 17.3 nahidiziidji 100 000 ba a'aad 'aadoo 28.4 nahidiziidji 100 000 ba aka'.

T'aa 'aaniinii naaltsoos, na'ashch'aah, 'aadoo 'atsiniltl'ish/alk'idaa' 'aheeneelt'e' 'atsiniltl'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' 'atsiniltl'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'jjdigii 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'ooshaadaa' 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).