



American
Heart
Association.

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

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

- Bik'ehgo goo 2021 goo 2023 bil ch'idaash'a', 53.7% bits'aadee' aka' 20 naahai bits'aadee' sa 'aadoo sani ba neile la' ba bits'aadee' CVD, al'aa ee' 44.1% bits'aadee' a'aad.
- Bik'ehgo goo 2021 goo 2023 bil ch'idaash'a', bits'aadee' aka' 20 naahai bits'aadee' sa 'aadoo sani, 63.0% bits'aadee' Naakaii dine'e doo nitsahakees da dine'e (NH) Linishzhin aka', 53.2% bits'aadee' Naakaii dine'e aka', 52.8% bits'aadee' NH Halgai aka', 'aadoo 48.6% bits'aadee' NH Asian aka' ba neile la' ba m bits'aadee' CVD.
- Di 2023, CVD cat'aa chooz'jjdigii bii aze'e' bits'aadee' 482 719 US aka' (52.7% bits'aadee' aze'e' dee' CVD).
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba CVD gi bii ayaa bee 'at'ehigii bits'aadee' aze'e' 'aghaa 263.0 nahidiziidji 100 000 ba aka' 'aadoo 180.2 nahidiziidji 100 000 ba a'aad.
- Di 2022, 55 390 nahidiziidjiipheral arterial bik'ee'aa 'ahenashdaah t'aadoo le'e k'eedadilyeehii 'aghaa nahashla 'aadoo 36 355 bits'aadee' naghai 'aghaa di aka'. Bits'aadee'bii 435 895 iih 'altoo'd 'ajei bik'esti'igii bee haz'aanii dooleel t'aadoo le'e k'eedadilyeehii nahashla, 295 040 'aghaa di aka'.
- Di 2024, 4572 ajeidishjool ketloh 'aghaa nahashla di bii T'aala' bizhi'ee Nahasdzo, bii agha inda. Bits'aadee' naghai, 71.8% 'aghaa di 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])

- Bik'ehgo goo bil ch'idaash'a' dee' 2021 goo 2023, 9.9 miiltsoh aka' (6.9% bits'aadee' aka' adilye) 20 naahai bits'aadee' sa 'aadoo sani ba neile CHD; 5.7 miiltsoh aka' (3.8% bits'aadee' aka' adilye) ba neile lei 'adaa hashne bits'aadee' myocardial 'alhaah hidishhan (MI).
- 'Ak'eitahgoo aka' 20 naahai bits'aadee' sa 'aadoo sani ata' 2021 'aadoo 2023, 7.6% bits'aadee' NH Halgai aka', 5.6% bits'aadee' Naakaii dine'e aka', 5.0% bits'aadee' NH Linishzhin aka', 'aadoo 4.4% bits'aadee' NH Asian aka' ba neile CHD.
- 'Ak'eitahgoo aka' 20 naahai bits'aadee' sa 'aadoo sani ata' 2021 'aadoo 2023, 4.4% bits'aadee' NH Halgai aka', 3.2% bits'aadee' NH Linishzhin aka', 3.0% bits'aadee' Naakaii dine'e aka', 'aadoo 1.5% bits'aadee' NH Asian aka' ba neile a t'ah bitseedi MI.
- Tssetsiin akaa'gi bil ch'idaash'a' dee' 2005 goo 2014, bii leh sa gi altse MI shi 65.6 naahai ba aka' 'aadoo 72.0 naahai ba a'aad.
- CHD nahalin bii ayaa bee 'at'ehigii bits'aadee' aze'e' di 212 218 aka' di 2023 (60.7% bits'aadee' T'aa 'aniiltso CHD aze'e'); 56 429 aka' daastsaa' ee' MI gi bii ayaa bee 'at'ehigii bits'aadee' aze'e' (60.5% bits'aadee' T'aa 'aniiltso MI aze'e').
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba CHD gi bii ayaa bee 'at'ehigii bits'aadee' aze'e' 'aghaa 113.5 nahidiziidji 100 000 ba aka' 'aadoo 56.8 nahidiziidji 100 000 ba a'aad.
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba MI gi bii ayaa bee 'at'ehigii bits'aadee' aze'e' 'aghaa 29.5 nahidiziidji 100 000 ba aka' 'aadoo 15.4 nahidiziidji 100 000 ba a'aad.

Ndiistsxaas (ICD-10 I60 goo I69)

- Ata' 2021 'aadoo 2023, bii t'aa 'ahaah bits'aadee' ndiistsxaas 'ak'eitahgoo aka' 20 naahai bits'aadee' sa 'aadoo sani nahalin 4.7 miiltsoh (3.3% bits'aadee' aka') vs. 4.3 miiltsoh 'ak'eitahgoo a'aad (2.6% bits'aadee' a'aad).
- 'Ak'eitahgoo aka' 20 naahai bits'aadee' sa 'aadoo sani, bii bikee' ba neile lei t'ah bitseedi ndiistsxaas: 3.9% bits'aadee' NH Linishzhin aka'; 3.9% bits'aadee' NH Asian aka', 3.5% bits'aadee' Naakaii dine'e aka', 'aadoo 3.5% bits'aadee' NH Halgai aka'.
- Di 2023, ndiistsxaas cat'aa chooz'jjdigii bii aze'e bits'aadee' 70 920 aka' (43.6% bits'aadee' T'aa 'aniiltso ndiistsxaas aze'e').
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba ndiistsxaas gi bii ayaa bee 'at'ehigii bits'aadee' aze'e' 'aghaa 39.3 nahidiziidji 100 000 ba aka' 'aadoo 38.1 nahidiziidji 100 000 ba a'aad.

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

- Di 2023, 'aadi 'aghaa 10 080 aka' aze'e' ee' bii ayaa bee 'at'ehigii bits'aadee' SCA (55.6% bits'aadee' SCA aze'e').
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba SCA gi bii ayaa bee 'at'ehigii bits'aadee' aze'e' 'aghaa 5.3 nahidiziidji 100 000 ba aka' 'aadoo 3.4 nahidiziidji 100 000 ba a'aad.
- Di 2023, 'aadi 'aghaa 202 399 aka' aze'e' ee' t'aa biholniihgoo yinishshi bits'aadee' SCA akaa'gi bii aze'e' bee la 'aleeh (53.2% bits'aadee' t'aa biholniihgoo-yinishshi SCA aze'e').
- Di 2023, bii sa-hasht'e ninishkeed t'aa biholniihgoo-yinishshi nihoneel'aah biinishghah ba SCA 'aghaa 107.9 nahidiziidji 100 000 ba aka' 'aadoo 75.3 nahidiziidji 100 000 ba a'aad.

Ajeidishjool Yooshchiid (HF) (ICD-10 I50)

- Baa 4.3 miiltsoh adilye aka' (3.0% bits'aadee' adilye aka') 20 naahai bits'aadee' sa 'aadoo sani ata' 2021 'aadoo 2023 ba neile HF.
- Ata' 2021 'aadoo 2023, bii t'aa 'ahaah bits'aadee' HF ba aka' 20 naahai bits'aadee' sa 'aadoo sani nahalin 3.6% bits'aadee' NH Linishzhin aka'; 3.0% bits'aadee' NH Halgai aka', 2.3% bits'aadee' Naakaii dine'e aka', 'aadoo 1.3% bits'aadee' NH Asian aka'.
- Di 2023, 'aadi 'aghaa 43 101 aka' aze'e' dee' HF (48.0% bits'aadee' T'aa 'aniiltso HF aze'e').
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba HF gi bii ayaa bee 'at'ehigii bits'aadee' aze'e' 'aghaa 24.6 nahidiziidji 100 000 ba aka' 'aadoo 19.1 nahidiziidji 100 000 ba a'aad.
- Di 2023, 'aadi 'aghaa 211 047 aka' aze'e' ee' t'aa biholniihgoo yinishshi bits'aadee' HF akaa'gi bii aze'e' bee la 'aleeh (50.5% bits'aadee' t'aa biholniihgoo-yinishshi HF aze'e').
- Di 2023, bii sa-hasht'e ninishkeed t'aa biholniihgoo-yinishshi nihoneel'aah biinishghah ba HF 'aghaa 118.6 nahidiziidji 100 000 ba aka' 'aadoo 84.9 nahidiziidji 100 000 ba a'aad.

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

- Di 2021 goo 2023, 65.6 miiltsoh aka' 20 naahai bits'aadee' sa 'aadoo sani ba neile HBP (51.6% bits'aadee' aka').
- Di 2021 goo 2023, a hok'aa' 'agha 'aniidlaa' bits'aadee' aka' 'ei a'aad ba neile HBP di T'aa 'aniiltso sa haishji 'iiyisii jj' 74 naahai bits'aadee' sa. Ba naghai 75 naahai bits'aadee' sa 'aadoo sani, bii 'agha 'aniidlaa' bits'aadee' a'aad ee' HBP nahalin hok'aa' 'ei ba aka'.
- 'Ak'eitahgoo aka' 20 naahai bits'aadee' sa 'aadoo sani ata' 2021 'aadoo 2023, 62.3% bits'aadee' NH Linishzhin aka', 51.5% bits'aadee' Naakaii dine'e aka', 50.4% bits'aadee' NH Halgai aka', 'aadoo 47.3% bits'aadee' NH Asian aka' ba neile HBP.
- Bits'aadee' aka' ee' HBP ata' 2021 'aadoo 2023, 21.0% bits'aadee' NH Halgai aka', 20.1% bits'aadee' NH Asian aka'; 16.9% bits'aadee' NH Linishzhin aka', 'aadoo 17.6% bits'aadee' Naakaii dine'e aka' ba neile daabi yishtlish tsididiingoo ayaa biyaa 'iishtliish.
- Di 2023, 64 812 aka' daastaah dee' HBP (48.8% bits'aadee' aze'e' dee' HBP).
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba HBP gi bii ayaa bee 'at'ehigii bits'aadee' aze'e' 'aghaa 35.5 nahidiziidji 100 000 ba aka' 'aadoo 28.3 nahidiziidji 100 000 ba a'aad.

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 hok'aa'er di aka' 'ei a'aad (8.9% vs 8.4%). Ba adilye ≥ 18 naahai bits'aadee' sa, bii iinatime choinsh'jjh nahalin 54.5% di a'aad 'aadoo 69.9% di aka'.
- 'Ak'eitahgoo adilye 18 naahai bits'aadee' sa 'aadoo sani di 2021, 13.1% bits'aadee' aka' 'aadoo 10.1% bits'aadee' a'aad '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' 7.8% bits'aadee' aka hok'aa' olta'i 'aadoo 7.7% bits'aadee' a'aad hok'aa' olta'i 'aadoo 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. Ba aka', bi nahalin 159.2 mg/dL; ba a'aad, bi nahalin 157.4 mg/dL.
- Bik'ehgo goo bil ch'idaash'a' dee' 2021 goo 2023, 'ak'eitahgoo tsilkeeh 12 goo 19 naahai bits'aadee' sa, bii t'aa beenishchxo'it'aa 'at'ego ak'ah bii' naago'i nahalin 154.8 mg/dL. Ba aka', bi nahalin 151.9 mg/dL; ba a'aad, bi nahalin 157.9 mg/dL.
- '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 binaaltsoos 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' 'aadool 20.9% ba a'aad.
- Bik'ehgo goo 2022 'aadool 2023 bil ch'idaash'a' ba dineeh 6 goo 17 naahai bits'aadee' sa, 22.6% bits'aadee' aka' 'aadool 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' 'aadool 26.7% bits'aadee' a'aad.

Bikaa neeshk'ah & Ats'iistah 'ashjjh likan

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

- 23.0% bits'aadee' aka dineeh 2 goo 19 naahai bits'aadee' sa 'aghaa nishk'ah al'aa ee' 19.1% bits'aadee' a'aad dineeh.
- Bits'aadee' T'aa 'aniiltso adilye aka' 20 naahai bits'aadee' sa 'aadool sani, 39.3% 'aghaa nishk'ah al'aa ee' 41.4% bits'aadee' adilye a'aad (sa-hasht'e ninishkeed t'aa 'ahaah).

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

- Bits'aadee' bii 29.5 miiltsoh US adilye ee' aze'e'iil'ini-beedi'nishtjjh ats'iistah 'ashjjh likan nanit'a' siljj' di 2021 goo 2023, 15.0 miiltsoh 'aghaa aka' (11.3% bits'aadee' T'aa 'aniiltso aka adilye); di aka adilye, aze'e'iil'ini beedi'nishtjjh ats'iistah 'ashjjh likan nanit'a' siljj' t'aa 'ahaah nahalin 17.9% bits'aadee' NH Linishzhin aka', 11.7% bits'aadee' Naakaii dine'e aka', 11.1% bits'aadee' NH Asian aka', 'aadoo 9.9% bits'aadee' NH Halgai aka'.
- Bits'aadee' bii 9.6 miiltsoh US adilye ee' beedi'nishtjjh ats'iistah 'ashjjh likan nanit'a' siljj' di 2021 goo 2023, 5.4 miiltsoh 'aghaa aka' (4.1% bits'aadee' T'aa 'aniiltso aka adilye); di T'aa 'aniiltso aka adilye, ats'iistah 'ashjjh likan nanit'a' siljj' nahalin unbeedi'nishtjjh di 5.4% bits'aadee' NH Linishzhin aka', 4.9% bits'aadee' NH Asian aka', 4.2% bits'aadee' Naakaii dine'e aka', 'aadoo 3.7% bits'aadee' NH Halgai aka'.
- Bits'aadee' bii 96.0 miiltsoh US adilye ee' preats'iistah 'ashjjh likan nanit'a' siljj' di 2021 goo 2023, 53.6 miiltsoh 'aghaa aka' (42.5% bits'aadee' T'aa 'aniiltso aka adilye); di T'aa 'aniiltso adilye aka', preats'iistah 'ashjjh likan nanit'a' siljj' honishlo di 51.3% bits'aadee' Naakaii dine'e aka', 40.8% bits'aadee' NH Halgai aka', 40.3% bits'aadee' NH Asian aka', 'aadoo 35.2% bits'aadee' NH Linishzhin aka'.
- Di 2023, 'aadi 'aghaa 54 665 aka ats'iistah 'ashjjh likan nanit'a' siljj' aze'e' (57.4% bits'aadee' T'aa 'aniiltso aze'e' de'e' 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' aze'e' 'aghaa 28.4 nahidiziidji 100 000 ba aka' 'aadoo 17.3 nahidiziidji 100 000 ba a'aad.

T'aa 'aaniinii naaltsoos, na'ashch'aah, 'aadoo 'atsinilt'ish/alk'idaa' 'aheeneelt'e' 'atsinilt'ish naaltsoos bineesh'a ee' shoosht'eeh de'e': [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 de'e' 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'jjdigii ba bii bikaa'adani bineesh'a da'nil'inigii di bii hadibin naaltsoos. T'aalai'bi'aa yilts'ilgoly, la' 'aheeneelt'e' nishaah de'e' 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 Biniishti'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' de'e' bii American Heart Association. *Circulation*. Bidichiid di naasha Yas nilt'ees 21, 2026.

T'aa shoodi nabitishkid 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).