



## **2026 Heart Disease & Stroke Statistics Update Fact Sheet Black Race & Cardiovascular Diseases in the United States**

### **Cardiovascular Disease (CVD) (ICD-10 I00 to I99)**

- Based on 2021 to 2023 data, among adults 20 years of age and older, 48.9% of all US adults, 63.0% of non-Hispanic (NH) Black males, and 59.5% of NH Black females had CVD, including coronary heart disease (CHD), heart failure (HF), stroke, and high blood pressure.
- In 2023 among all ages, CVD caused the deaths of 63 120 NH Black males, 56 771 NH Black females.
- The 2023 age-adjusted mortality rates for CVD as the underlying cause of death were 218.3 per 100 000 for all US individuals, 360.1 for NH Black males, and 236.5 for NH Black females.

### **Coronary Heart Disease (CHD) (ICD-10 I20 to I25 [includes Myocardial Infarction (MI) ICD-10 I21 to I22])**

- According to 2021 to 2023 data, among adults 20 years of age and older, 5.2% of all US adults, 5.0% of NH Black males, and 2.8% of NH Black females had CHD.
- According to 2021 to 2023 data, among adults 20 years of age and older, 2.6% of all US adults, 3.2% of NH Black males, and 2.2% of NH Black females have had an MI.
- In 2023 among all ages, CHD caused the deaths of 23 446 NH Black males and 17 009 NH Black females.
- In 2023, the age-adjusted mortality rates for CHD as the underlying cause of death were 82.2 per 100 000 for all US individuals, 131.5 per 100 000 for NH Black males, and 70.0 per 100 000 for NH Black females.
- In 2023 among all ages, MI caused the deaths of 6145 NH Black males and 4665 NH Black females. In 2023, the age-adjusted mortality rates for MI as the underlying cause of death were 21.9 per 100 000 for all US individuals, 34.1 per 100 000 for NH Black males, and 19.0 per 100 000 for NH Black females.

### **Stroke (ICD-10 I60 to I69)**

- According to 2021 to 2023 data, among adults 20 years of age and older, 3.0% of all US adults, 3.9% of NH Black males, and 4.7% of NH Black females have had a stroke.
- In 2023 among all ages, stroke caused the deaths of 10 246 NH Black males and 12 101 NH Black females.
- In 2023, the age-adjusted mortality rates for stroke as the underlying cause of death were 39.0 per 100 000 for all US individuals, 61.2 per 100 000 for NH Black males, and 51.0 per 100 000 for NH Black females.

### **Sudden Cardiac Arrest (SCA) (ICD-10 I46.0, I46.1, I46.9, I49.0)**

- In 2023, 1771 NH Black males and 1532 NH Black females died from an underlying cause of SCA.
- The age-adjusted mortality rates with SCA as the underlying cause of death were 4.3 per 100 000 for all US individuals, 9.8 per 100 000 for NH Black males, and 6.3 per 100 000 for NH Black females.
- In 2023, 28 106 NH Black males and 26 733 NH Black females died with any-mention of SCA on the death certificate.
- The age-adjusted any-mention mortality rates for SCA were 90.2 per 100 000 for all US individuals, 158.7 per 100 000 for NH Black males, and 109.8 per 100 000 for NH Black females.

### **Heart Failure (HF) (ICD-10 I50)**

- Using 2021 to 2023 data, among US adults ≥20 years of age, the prevalence of HF was 2.5% in all US adults, 3.6% in NH Black males, and 3.5% in NH Black females.
- In 2023, 5207 NH Black males and 5250 NH Black females died from an underlying cause of HF.
- The age-adjusted mortality rates with HF as the underlying cause of death were 21.6 per 100 000 in all US individuals, 31.9 per 100 000 for NH Black males, and 22.1 per 100 000 for NH Black females.
- In 2023, 23 058 NH Black males and 23 001 NH Black females died with any-mention of HF on the death certificate.
- The age-adjusted any-mention mortality rates for HF were 99.6 per 100 000 for all US individuals, 139.1 per 100 000 for NH Black males and 95.9 per 100 000 for NH Black females.

### **High Blood Pressure (HBP) (ICD-10 I10 to I15)**

- According to 2021 to 2023 data, among adults 20 years of age and older, 47.3% of all US adults, 62.3% of NH Black males, and 59.2% of NH Black females had HBP (defined as systolic pressure of 130 mm Hg or higher or diastolic pressure of 80 mm Hg or higher or taking antihypertensive medicine or being told twice by a physician or other professional that you have HBP).
- In 2023 among all ages, HBP caused the deaths of 11 549 NH Black males and 10 689 NH Black females.
- In 2023, the age-adjusted mortality rates with HBP as the underlying cause of death were 31.9 per 100 000 for all US individuals, 65.0 per 100 000 for NH Black males, and 44.7 per 100 000 for NH Black females.

### **High Blood Cholesterol & Other Lipids**

- According to 2021 to 2023 data, among all US children 6 to 11 years of age, the mean total cholesterol level was 158.3 mg/dL. Among NH Black children 6 to 11 years of age, the mean total cholesterol level was 162.4 mg/dL for males and 151.2 mg/dL for females.
- According to 2021 to 2023 data, among all US adolescents 12 to 19 years of age, the mean total blood cholesterol level was 154.8 mg/dL. For NH Black adolescents, mean total cholesterol was 145.1 for males and 163.1 mg/dL for females.

- Among US adults 20 years of age and older in 2021 to 2023:
  - 36.1% of all US adults, 32.0% of NH Black males, and 24.9% of NH Black females had total blood cholesterol levels of 200 mg/dL or higher.
  - 11.3% of all US adults, 10.2% of NH Black males, and 5.7% of NH Black females had total blood cholesterol levels of 240 mg/dL or higher.
  - 14.1% of all US adults, 19.4% of NH Black males, and 4.4% of NH Black females had high-density lipoprotein (HDL) cholesterol less than 40 mg/dL.
- Among US adults 20 years of age and older in 2021 to 2023:
  - 25.5% of all US adults, 26.4% of NH Black males, and 22.5% of NH Black females had low-density lipoprotein (LDL) cholesterol of 130 mg/dL or higher.

### Tobacco and Nicotine Use and Exposure

- According to 2021 data of US adults 18 years of age or older, NH Asian (5.4%) and Hispanic (7.7%) adults were less likely to report smoking every day or some days than NH Black (11.7%) and NH White (11.7%) adults.
- According to US data from 2022, the lifetime use of tobacco products among adults ≥18 years of age was highest in American Indian or Alaska Native adults (70.5%) and NH White adults (69.5%) followed by Hispanic or Latino (51.8%), NH Black (50.8%), and NH Asian (34.9%) adults.
- In 2024 among US middle and high school students, the prevalence of tobacco product use in the past month was 16.3% in American Indian or Alaska Native youths, 10.0% in NH Black youths, 9.0% in NH multiracial youths, 8.4% in Hispanic youths, and 7.8% in NH White youths.
- In 2022, the lifetime use of tobacco products among US adolescents 12 to 17 years old was highest among NH American Indians or Alaska Native (17.7%) adolescents, followed by White (10.0%), Hispanic or Latino (8.0%), NH Black (7.5%), and NH Asian (2.2%) adolescents.
- During 2017 to 2018, the percentage of the US nonsmoking population with detectable serum cotinine (which indicates exposure to secondhand smoke) was higher for NH Black individuals (48.0%) than for NH White individuals (22.0%) and Mexican American individuals (16.6%).

### Physical Activity

- In 2022 and 2023, the nationwide percentage of youth 0 to 17 years of age spending ≥4 h/d in front of a television, computer, cell phone, or other electronic device watching programs, playing games, accessing the internet, or using social media (not including schoolwork) on most weekdays was 21.5%. It was 31.0% for NH Black children, the highest of all race and ethnicity groups.
- Physical Activity Guidelines for Americans recommend that children and adolescents accumulate at least 60 minutes of physical activity daily, including aerobic and muscle- and bone-strengthening activity. According to 2022 and 2023 data, the nationwide percentage of all youths, 6 to 17 years of age, who were active for ≥60 minutes every day of the week was 19.5%. Among NH Black youths 6 to 17 years of age, 18.1% were active for ≥60 minutes every day of the week.
- According to 2021 to 2023 data, the percentage of US teens 12 to 17 years of age who engaged in strength training most or every day of the week was 35.8% for all teens and 30.6% for NH Black teens.

### Overweight & Obesity

- 2021 to 2023 obesity data are included in the 2026 Statistics update, but the data had not yet been tabulated by race and ethnicity in published studies as of the writing of the 2026 Statistics Update.

### Diabetes (ICD-10 E10 to E14)

- Among US youths <20 years of age in 2002 to 2018 data, the incidence rate (per 100 000) of type 1 diabetes was 22.1 for Black youths, compared to 7.8 for American Indian youths, 9.4 for Asian or Pacific Islander youths, 17.7 for Hispanic youths, and 26.4 for White youths.
- Among US youths <20 years of age in 2002 to 2018 data, the incidence rate (per 100 000) of type 2 diabetes was 50.1 for Black youths, compared to 46.0 for American Indian youths, 16.6 for Asian or Pacific Islander youths, 25.8 for Hispanic youths, and 5.2 for White youths.
- Among adults 20 years of age and older between 2021 and 2023 :
  - 10.6% of all US adults, 17.9% of NH Black males, and 16.7% of NH Black females had physician diagnosed diabetes.
  - 3.5% of all US adults, 5.4% of NH Black males, and 5.3% of NH Black females had undiagnosed diabetes.
  - 37.2% of all US adults, 35.2% of NH Black males, and 23.1% of NH Black females had prediabetes.
- In 2023, diabetes caused the deaths of 8799 NH Black males and 7893 NH Black females.
- In 2023, the age-adjusted mortality rates with diabetes as the underlying cause of death were 22.4 per 100 000 for all US individuals, 48.3 per 100 000 for NH Black males, and 32.1 per 100 000 for NH Black females.

Fact sheets, infographics, and current/past Statistics Update publications can be downloaded from:

[Heart and Stroke Association Statistics | American Heart Association.](#)

Many statistics in this fact sheet come from unpublished tabulations compiled for the Statistics Update document and can be cited using the document citation listed below. The data sources used for the tabulations are listed in the full document. Additionally, some statistics come from published studies. If you are citing any of the statistics in this fact sheet, please review the full Heart Disease and Stroke Statistics document to determine data sources and original citations.

The American Heart Association requests that the full document be cited as follows:

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; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Committee. 2026 Heart disease and stroke statistics: a report of US and global data from the American Heart Association. *Circulation*. Published online January 21, 2026.

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