2026 Heart Disease & Stroke Statistics Update Fact Sheet
Females & Cardiovascular Diseases in the United States

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

- Among females 20 years of age and older between 2021 and 2023, 61.9 million females (44.1% of all females) had some form of cardiovascular disease, compared with 68.7 million males (53.7% of all males).
- Among females 20 years of age and older between 2021 and 2023, 59.5% of non-Hispanic (NH) Black females had CVD; compared with 43.5% of NH White females, 40.7% of Asian Females, and 38.6% of Hispanic females.
- In 2023, CVD was the cause of death in 433 254 females (all ages). Females represented 47.3% of deaths from CVD.
- In 2023, the age-adjusted mortality rates for CVD as the underlying cause of death were 180.2 per 100 000 for females and 263.0 per 100 000 for males.
- In 2022, 3335 females had heart and great vessel bypass procedures, compared to 4600 males, and 140 835 females had percutaneous coronary interventions compared to 295 040 males.

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

- Using data from 2021 to 2023, 6.0 million (3.7%) females had CHD compared with 9.9 million (6.9%) males 20 years of age and older. The prevalence of CHD was higher for males than females in all age groups.
- Using 2021 to 2023 data, among females 20 years of age and older, 4.1% of NH White females, 3.2% of Hispanic females, 3.1% of NH Asian females, and 2.8% of NH Black females had CHD.
- Using data from 2021 to 2023, 2.8 million (1.6%) females had a history of MI compared with 5.7 million (3.8%) males 20 years of age and older. Males had a higher prevalence of MI than females in all age groups.
- Using 2021 to 2023 data, among females 20 years of age and older, 2.2% of NH Black females, 1.5% of NH White females, 1.5% of Hispanic females, and 1.5% of NH Asian females had a previous MI.
- Based on data from 2005 to 2014, the average age at first MI was 72.0 years for females and 65.6 years for males.
- In 2023, 137 252 females died from CHD (39.3% of all deaths from CHD); 36 916 died from MI (39.5% of all deaths from MI).
- In 2023, the age-adjusted mortality rates for CHD as the underlying cause of death were 56.8 per 100 000 for females and 113.5 per 100 000 for males.
- In 2023, the age-adjusted mortality rates for MI as the underlying cause of death were 15.4 per 100 000 for females and 29.5 per 100 000 for males.

Stroke (ICD-10 I60 to I69)

- Using data from 2021 to 2023, the prevalence of stroke was 4.3 million females (2.6% of all females) vs. 4.7 million males (3.3% of all males), 20 years of age and older.
- Using data from 2021 to 2023, among females 20 years of age and older, 4.7% of NH Black females, 3.8% of Hispanic females, 2.1% of NH White females, and 0.7% of NH Asian females had a previous stroke.
- In 2023, stroke caused the deaths of 91 719 females (56.4% of all stroke deaths).
- In 2023, the age-adjusted mortality rates for stroke as the underlying cause of death were 38.1 per 100 000 for females and 39.3 per 100 000 for males.

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

- In 2021 to 2023, 60.3 million females 20 years of age and older had HBP (42.9% of females).
- Among females 20 years of age and older in 2021 to 2023, the following had HBP: 59.2% of NH Black females; 42.2% of NH White females; 39.5% of NH Asian females; and 37.3% of Hispanic females.
- In 2021 to 2023, a higher percentage of males than females had HBP, up to 74 years of age. For individuals 75 years of age and older, the percentage of females with HBP was higher than for males.
- Of females with HBP between 2021 and 2023, 29.7% of NH Asian females, 26.1% of NH Black females, 24.4% of NH White females, and 23.5% of Hispanic females had their BP under control.
- In 2023, 68 015 females of all ages died from HBP (51.2% of deaths from HBP).
- In 2023, the age-adjusted mortality rates for HBP as the underlying cause of death were 28.3 per 100 000 for females and 35.5 per 100 000 for males.

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

- In 2023, there were 8052 female deaths with the underlying cause of SCA (44.4% of SCA deaths).
- In 2023, the age-adjusted mortality rates for SCA as the underlying cause of death were 3.4 per 100 000 for females and 5.3 per 100 000 for males.
- In 2023, there were 177 950 female deaths with any mention of SCA on the death certificate (46.8% of any-mention SCA deaths).
- In 2023, the age-adjusted any-mention mortality rates for SCA were 75.3 per 100 000 for females and 107.9 per 100 000 for males.

Heart Failure (HF) (ICD-10 I50)

- According to 2021 to 2023 data, about 3.4 million females 20 years of age and older had HF (2.1% of females).
- Among females 20 years of age and older in 2021 to 2023, 3.5% of NH Black females, 2.2% of Hispanic females, 1.9% of NH White females, and 0.9% of NH Asian females had HF.
- In 2023, there were 46 694 female deaths with the underlying cause of HF (52.0% of HF deaths).
- In 2023, the age-adjusted mortality rates for HF as the underlying cause of death were 19.1 per 100 000 for females and 24.6 per 100 000 for males.

- In 2023, there were 206 492 female deaths with any mention of HF on the death certificate (49.5% of any-mention HF deaths).
- In 2023, the age-adjusted any-mention mortality rates for HF were 84.9 per 100 000 for females and 118.6 per 100 000 for males.

Tobacco and Nicotine Use and Exposure

- According to 2022 data, lifetime use of tobacco products for individuals 12 to 17 years of age was lower in females than males (8.4% vs 8.9%). For adults ≥18 years of age, the lifetime use was lower in females than males (54.5% vs 69.9%).
- Among adults 18 years of age and older in 2021, 10.1% of females and 13.1% of males were current smokers, reporting cigarette use every day or some days.
- According to 2024 data, e-cigarettes were the most commonly used tobacco products in youth, with 7.7% of female high school students and 7.8% of male high school students currently using e-cigarettes.

High Blood Cholesterol & Other Lipids

- According to 2021 to 2023 data, among children 6 to 11 years of age, the mean total cholesterol level was 158.3 mg/dL; 159.2 mg/dL for males and 157.4 mg/dL for females.
- According to 2021 to 2023 data, among adolescents 12 to 19 years of age, the mean total cholesterol level was 154.8 mg/dL; 151.9 mg/dL for males and 157.9 mg/dL for females.
- Among adults 20 years of age and older in 2021 to 2023:
  - 35.0% of males and 37.1% of females had total cholesterol levels of 200 mg/dL or higher.
  - 11.1% of males and 11.3% of females had total cholesterol levels of 240 mg/dL or higher.
  - 21.7% of males and 6.8% of females had high-density lipoprotein (HDL) cholesterol less than 40 mg/dL.
- Among adults 20 years of age and older in 2017 to 2020:
  - 25.6% of males and 25.4% of females had low-density lipoprotein (LDL) cholesterol of 130 mg/dL or higher.

Physical Activity

- According to 2022 and 2023 data, the 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%. The percentage was 22.2% for males and 20.9% for females.
- According to 2022 and 2023 data from youth 6 to 17 years of age, 22.6% of males and 16.2% of females were active for ≥60 minutes every day of the week.
- In 2021 to 2023, the percentage of teens 12 to 17 years of age who engaged in strength training most or every day of the week was 44.4% of males and 26.7% of females.

Overweight & Obesity

Using data from 2021 to 2023:

- For youths 2 to 19 years of age, 19.1% of females are obese compared with 23.0% of males.
- For adults ≥20 years of age, 41.4% of females are obese compared with 39.3% of males (age-adjusted prevalence).

Diabetes (ICD-10 E10 to E14)

- Based on 2021 to 2023 data, of the 29.5 million American adults with physician diagnosed diabetes, 14.5 million were females (10.0% of all females); 16.7% of NH Black females, 14.3% of Hispanic females, 8.9% of NH Asian females, and 7.9% of NH White females.
- Based on 2021 to 2023 data, of the 9.6 million Americans with undiagnosed diabetes, 4.2 million were females (2.9% of all females); 5.3% of NH Black females, 4.1% of Hispanic females, 4.0% of NH Asian females, and 1.9% of NH White females.
- Based on 2021 to 2023 data, of the 96.0 million Americans with prediabetes, 42.4 million were females (31.7% of all females); 35.0% of NH White females; 32.2% of NH Asian females, 30.4% of Hispanic females, and 23.1% of NH Black females.
- In 2023, diabetes caused the deaths of 40 525 females (42.6% of all deaths from diabetes).
- In 2023, the age-adjusted mortality rates for diabetes as the underlying cause of death were 17.3 per 100 000 for females and 28.4 per 100 000 for males.

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.

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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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