2026 Heart Disease & Stroke Statistics Update Fact Sheet
Sex, Race, Ethnicity & Cardiovascular Diseases in the United States

This fact sheet compares US adult risk factor and disease data. Prevalence data are from the National Health and Nutrition Examination Survey (NHANES). Mortality numbers are from the National Vital Statistics System (NVSS) and age-adjusted mortality rates are from CDC WONDER for the most recent data available at the time the Statistics Update was written. Incidence data is from various sources. Please refer to the full Statistics Update document for sources and additional information.

Comparisons using the same data are made throughout the following tables to highlight differences between and within sex and race and ethnicity.

Contents

Overall, Total Males, Total Females

Diseases and risk factors	Both sexes	Total males	Total females
Overweight and obesity			
Prevalence, 2021-2023			
Obesity, BMI ≥30.0 kg/m[2†]	40.3%	39.3%	41.4%
Blood cholesterol			
Prevalence, 2021-2023			
TC ≥200 mg/dL[‡]	91.2 M (36.1%)	42.3 M (35.0%)	48.9 M (37.1%)
TC ≥240 mg/dL[‡]	28.7 M (11.3%)	13.4 M (11.1%)	15.3 M (11.3%)
HDL-C <40 mg/dL[‡]	34.9 M (14.1%)	26.4 M (21.7%)	8.5 M (6.8%)
Prevalence, 2017–2020			
LDL-C ≥130 mg/dL[‡]	63.1 M (25.5%)	30.3 M (25.6%)	32.8 M (25.4%)
HBP			
Prevalence, 2021-2023[†]	125.9 M (47.3%)	65.6 M (51.6%)	60.3 M (42.9%)
Mortality, 2023[§,ǁ] (Mortality rate, age adjusted, 2023[ǁ])	132 827 (31.9 per 100 000)	64 812 (48.8%)[¶] (35.5 per 100 000)	68 015 (51.2%)[¶] (28.3 per 100 000)
Diabetes			
Prevalence, 2021-2023			
Diagnosed diabetes[†]	29.5 M (10.6%)	15.0 M (11.3%)	14.5 M (10.0%)
Undiagnosed diabetes[†]	9.6 M (3.5%)	5.4 M (4.1%)	4.2 M (2.9%)
Prediabetes[†]	96.0 M (37.2%)	53.6 M (42.5%)	42.4 M (31.7%)
Incidence, diagnosed diabetes, 2021[**]	1.2 M	620 000	591 000

Diseases and risk factors	Both sexes	Total males	Total females
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	95 190 (22.4 per 100 000)	54 665 (57.4%)[¶] (28.4 per 100 000)	40 525 (42.6%)[¶] (17.3 per 100 000)
Total CVD			
Prevalence, 2021–2023[†]	130.6 M (48.9%)	68.7 M (53.7%)	61.9 M (44.1%)
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	915 973 (218.3 per 100 000)	482 719 (52.7%)[¶] (263.0 per 100 000)	433 254 (47.3%)[¶] (180.2 per 100 000)
Stroke			
Prevalence, 2021–2023[†]	9.0 M (3.0%)	4.7 M (3.3%)	4.3 M (2.6%)
New and recurrent strokes, 1999[§]	795.0 K	370.0 K (46.5%)[¶]	425.0 K (53.5%)[¶]
Mortality, 2023[§] (Mortality rate, age adjusted, 2023[‖])	162 639 (39.0 per 100 000)	70 920 (43.6%)[¶] (39.3 per 100 000)	91 719 (56.4%)[¶] (38.1 per 100 000)
CHD			
Prevalence, CHD, 2021–2023[†]	15.9 M (5.2%)	9.9 M (6.9%)	6.0 M (3.7%)
Prevalence, MI, 2021–2023[†]	8.5 M (2.6%)	5.7 M (3.8%)	2.8 M (1.6%)
Mortality, 2023, CHD[§,‖] (Mortality rate, age adjusted, 2023[‖])	349 470 (82.2 per 100 000)	212 218 (60.7%)[¶] (113.5 per 100 000)	137 252 (39.3%)[¶] (56.8 per 100 000)
Mortality, 2023, MI[§,‖] (Mortality rate, age adjusted, 2023[‖])	93 345 (21.9 per 100 000)	56 429 (60.5%)[¶] (29.5 per 100 000)	39 916 (39.5%)[¶] (15.4 per 100 000)
HF			
Prevalence, 2021–2023[†]	7.7M (2.5%)	4.3 M (3.0%)	3.4 M (2.1%)
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	89 795 (21.6 per 100 000)	43 101 (48.0%)[¶] (24.6 per 100 000)	46 694 (52.0%)[¶] (19.1 per 100 000)

All statistics in this document pertain to the United States. Please refer to the complete Statistics Update for ICD-10 codes, references, and additional information for reported statistics.

BMI indicates body mass index; CHD, coronary heart disease (includes MI, angina pectoris, or both); CVD, cardiovascular disease; ellipses (…), data not available; HBP, high blood pressure; HDL-C, high-density lipoprotein cholesterol; HF, heart failure; K, thousands; LDL-C, low-density lipoprotein cholesterol; M, millions; MI, myocardial infarction (heart attack); NH, non-Hispanic; and TC, total cholesterol.

Footnotes come from tables 29-1 and 29-2 in the 2026 Statistics Update. Not all footnotes listed below appear in each of the sub-tables in this factsheet.

*Mortality numbers in the Statistics Update are combined for sex for some race categories due to low numbers in these categories and therefore are not available by sex. Age-adjusted underlying cause mortality rates are available by sex for some race/ethnicity categories.

†Age ≥20 years.

‡Total data for TC are for Americans ≥20 years of age. Data for LDL-C, HDL-C, and all racial and ethnic groups are age adjusted for age ≥20 years.

§All ages.

‖Mortality for Hispanic, NH American Indian or Alaska Native, NH Asian, and NH Hawaiian or Other Pacific Islander people should be interpreted with caution because of inconsistencies in reporting. Mortality and mortality rates are for underlying cause mortality.

¶These percentages represent the portion of total incidence or mortality that is for males vs females.

#Includes Chinese, Filipino, Japanese, and other Asian people.

**Age ≥18 years.

††Estimates include Hispanic and NH race. Estimates for White race includes other non-Black races.

Males by Total and Individual Race and Ethnicity

Note: Mortality numbers in the Statistics Update are combined for males and females for NH American Indian/Alaska Native and NH Native Hawaiian or Pacific Islander groups. Therefore, they are not included in the mortality data by gender below.

Age-adjusted underlying cause mortality rates are not included for every topic or for every race group in the Statistics Update.

The tables below reflect only what is published in the Statistics Update. Additional mortality numbers and rates can be found at CDC WONDER.

Diseases and risk factors	Total males	NH White males	NH Black males	Hispanic males	NH Asian males	NH American Indian/ Alaska Native[*] males	NH Native Hawaiian or Pacific Islander[*] males
Overweight and obesity							
Prevalence, 2021-2023							
Obesity, BMI ≥30.0 kg/m^{2†}	39.3%	…	…	…	…	…	…
Blood cholesterol							
Prevalence, 2021–2023							
TC ≥200 mg/dL[‡]	42.3 M (35.0%)	34.8%	32.0%	36.7%	43.6%	…	…
TC ≥240 mg/dL[‡]	13.4 M (11.1%)	10.9%	10.2%	11.9%	14.2%	…	…
HDL-C <40 mg/dL[‡]	26.4 M (21.7%)	21.4%	19.4%	20.8%	17.4%	…	
Prevalence, 2017–2020							
LDL-C ≥130 mg/dL[‡]	30.3 M (25.6%)	25.0%	26.4%	23.7%	31.5%	…	…
HBP							
Prevalence, 2021–2023[†]	65.6 M (51.6%)	50.4%	62.3%	51.5%	47.3%	…	…
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	64 812 (48.8%)[¶] (35.5 per 100 000)	44 828 (33.8 per 100 000)	11 549 (65.0 per 100 000)	5291 (27.2 per 100 000)	1871[#] (19.9 per 100 000)	…	…

All statistics in this document pertain to the United States. Please refer to the complete Statistics Update for ICD-10 codes, references, and additional information for reported statistics.

Diseases and risk factors	Total males	NH White males	NH Black males	Hispanic males	NH Asian males	NH American Indian/ Alaska Native* males	NH Native Hawaiian or Pacific Islander* males
Diabetes							
Prevalence, 2021-2023							
Diagnosed diabetes[†]	15.0 M (11.3%)	9.9%	17.9%	11.7%	11.1%	…	…
Undiagnosed diabetes[†]	5.4 M (4.1%)	3.7%	5.4%	4.2%	4.9%	…	…
Prediabetes[†]	53.6 M (42.5%)	40.8%	35.2%	51.3%	40.3%	…	…
Incidence, diagnosed diabetes, 2021**	620 000	…	…	…	…	…	…
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	54 665 (57.4%)[¶] (28.4 per 100 000)	35 704 (25.7 per 100 000)	8799 (48.3 per 100 000)	6898 (32.4 per 100 000)	1965[#] (20.1 per 100 000)	…	…
Total CVD							
Prevalence, 2021–2023[†]	68.7 M (53.7%)	52.8%	63.0%	53.2%	48.6%	…	…
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	482 719 (52.7%)[¶] (263.0 per 100 000)	361 623 (268.6 per 100 000)	63 120 (360.1 per 100 000)	36 512 (188.7 per 100 000)	13 627[#] (142.8 per 100 000)	…	…
Stroke							
Prevalence, 2021–2023[†]	4.7 M (3.3%)	3.5%	3.9%	3.5%	3.9%	…	…
New and recurrent strokes, 1999[§]	370.0 K (46.5%)[¶]	325.0 K[††]	45.0 K[††]	…	…	…	…
Mortality, 2023[§] (Mortality rate, age adjusted, 2023[‖])	70 920 (43.6%)[¶] (39.3 per 100 000)	50 399 (37.7 per 100 000)	10 246 (61.2 per 100 000)	6564 (35.3 per 100 000)	2753[#] (29.0 per 100 000)	…	…

All statistics in this document pertain to the United States. Please refer to the complete Statistics Update for ICD-10 codes, references, and additional information for reported statistics.

Diseases and risk factors	Total males	NH White males	NH Black males	Hispanic males	NH Asian males	NH American Indian/ Alaska Native[*] males	NH Native Hawaiian or Pacific Islander[*] males
CHD							
Prevalence, CHD, 2021– 2023[†]	9.9 M (6.9%)	7.6%	5.0%	5.6%	4.4%	…	…
Prevalence, MI, 2021–2023[†]	5.7 M (3.8%)	4.4%	3.2%	3.0%	1.5%	…	…
Mortality, 2023, CHD[§,‖] (Mortality rate, age adjusted, 2023[‖])	212 218 (60.7%)[¶] (113.5 per 100 000)	162 908 (119.0 per 100 000)	23 446 (131.5 per 100 000)	16 095 (81.9 per 100 000)	6138 (63.4 per 100 000)	…	…
Mortality, 2023, MI[§,‖] (Mortality rate, age adjusted, 2023[‖])	56 429 (60.5%)[¶] (29.5 per 100 000)	43 444 (31.2 per 100 000)	6145 (34.1 per 100 000)	4351 (21.7 per 100 000)	1650[#] (16.9 per 100 000)	…	…
HF							
Prevalence, 2021– 2023[†]	4.3 M (3.0%)	3.0%	3.6%	2.3%	1.3%	…	…
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	43 101 (48.0%)[¶] (24.6 per 100 000)	33 979 (26.0 per 100 000)	5207 (31.9 per 100 000)	2561 (15.1 per 100 000)	869[#] (9.6 per 100 000)	…	…

BMI indicates body mass index; CHD, coronary heart disease (includes MI, angina pectoris, or both); CVD, cardiovascular disease; ellipses (…), data not available; HBP, high blood pressure; HDL-C, high-density lipoprotein cholesterol; HF, heart failure; K, thousands; LDL-C, low-density lipoprotein cholesterol; M, millions; MI, myocardial infarction (heart attack); NH, non-Hispanic; and TC, total cholesterol.

Footnotes come from tables 29-1 and 29-2 in the 2025 Statistics Update. Not all footnotes listed below appear in each of the sub-tables in this factsheet.

[*]Mortality numbers in the Statistics Update are combined for sex for some race categories due to low numbers in these categories and therefore are not available by sex. Age-adjusted underlying cause mortality rates are available by sex for some race/ethnicity categories.

[†]Age ≥20 years.

[‡]Total data for TC are for Americans ≥20 years of age. Data for LDL-C, HDL-C, and all racial and ethnic groups are age adjusted for age ≥20 years.

[§]All ages.

[‖]Mortality for Hispanic, NH American Indian or Alaska Native, NH Asian, and NH Hawaiian or Other Pacific Islander people should be interpreted with caution because of inconsistencies in reporting. Mortality and mortality rates are for underlying cause mortality.

[¶]These percentages represent the portion of total incidence or mortality that is for males vs females.

[#]Includes Chinese, Filipino, Japanese, and other Asian people.

[**]Age ≥18 years.

All statistics in this document pertain to the United States. Please refer to the complete Statistics Update for ICD-10 codes, references, and additional information for reported statistics.

Females by Total and Individual Race and Ethnicity

Note: Mortality numbers in the Statistics Update are combined for males and females for NH American Indian/Alaska Native and NH Native Hawaiian or Pacific Islander groups. Therefore, they are not included in the mortality data by gender below.

Age-adjusted underlying cause mortality rates are not included for every topic or for every race group in the Statistics Update.

The tables below reflect only what is published in the Statistics Update. Additional mortality numbers and rates can be found at CDC WONDER.

Diseases and risk factors	Total females	NH White females	NH Black females	Hispanic females	NH Asian females	NH American Indian/Alaska Native* females	NH Native Hawaiian or Pacific Islander* females
Overweight and obesity							
Prevalence, 2021-2023							
Obesity, BMI ≥30.0 kg/m^{2†}	41.4%	…	…	…	…	…	…
Blood cholesterol							
Prevalence, 2021-2023							
TC ≥200 mg/dL[‡]	48.9 M (37.1%)	39.7%	24.9%	33.9%	41.3%	…	…
TC ≥240 mg/dL[‡]	15.3 M (11.3%)	12.9%	5.7%	9.1%	13.7%	…	…
HDL-C <40 mg/dL[‡]	8.5 M (6.8%)	6.2%	4.4%	9.7%	3.6%	…	
Prevalence, 2017–2020							
LDL-C ≥130 mg/dL[‡]	32.8 M (25.4%)	24.0%	22.5%	27.5%	25.3%	…	…
HBP							
Prevalence, 2021–2023[†]	60.3 M (42.9%)	42.2%	59.2%	37.3%	39.5%	…	…
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	68 015 (51.2%)[¶] (28.3 per 100 000)	49 500 (27.7 per 100 000)	10 689 (44.7 per 100 000)	4788 (20.6 per 100 000)	2076[#] (16.2 per 100 000)	…	…

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Diseases and risk factors	Total females	NH White females	NH Black females	Hispanic females	NH Asian females	NH American Indian/Alaska Native* females	NH Native Hawaiian or Pacific Islander* females
Diabetes							
Prevalence, 2021-2023							
Diagnosed diabetes[†]	14.5 M (10.0%)	7.9%	16.7%	14.3%	8.9%	…	…
Undiagnosed diabetes[†]	4.2 M (2.9%)	1.9%	5.3%	4.1%	4.0%	…	…
Prediabetes[†]	42.4 M (31.7%)	35.0%	23.1%	30.4%	32.2%	…	…
Incidence, diagnosed diabetes, 2021[**]	591 000	…	…	…	…	…	…
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	40 525 (42.6%)[¶] (17.3 per 100 000)	24 701 (14.8 per 100 000)	7893 (32.1 per 100 000)	5164 (20.9 per 100 000)	1743[#] (13.7 per 100 000)	…	…
Total CVD							
Prevalence, 2021–2023[†]	61.9 M (44.1%)	43.5%	59.5%	38.6%	40.7%	…	…
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	433 254 (47.3%)[¶] (180.2 per 100 000)	328 155 (184.8 per 100 000)	56 771 (236.5 per 100 000)	30 067 (129.0 per 100 000)	12 738[#] (99.8 per 100 000)	…	…
Stroke							
Prevalence, 2021–2023[†]	4.3 M (2.6%)	2.1%	4.7%	3.8%	0.7%	…	…
New and recurrent strokes, 1999[§]	425.0 K (53.5%)[¶]	365.0 K[††]	60.0 K[††]	…	…	…	…
Mortality, 2023[§] (Mortality rate, age adjusted, 2023[‖])	91 719 (56.4%)[¶] (38.1 per 100 000)	67 564 (37.8 per 100 000)	12 101 (51.0 per 100 000)	7514 (32.5 per 100 000)	3475[#] (27.3 per 100 000)	…	…

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Diseases and risk factors	Total females	NH White females	NH Black females	Hispanic females	NH Asian females	NH American Indian/Alaska Native* females	NH Native Hawaiian or Pacific Islander* females
CHD							
Prevalence, CHD, 2021-2023[†]	6.0 M (3.7%)	4.1%	2.8%	3.2%	3.1%	…	…
Prevalence, MI, 2021–2023[†]	2.8 M (1.6%)	1.5%	2.2%	1.5%	1.5%	…	…
Mortality, 2023, CHD[§,‖] (Mortality rate, age adjusted, 2023[‖])	137 252 (39.3%)[¶] (56.8 per 100 000)	104 145 (58.7 per 100 000)	17 009 (70.0 per 100 000)	10 024 (42.9 per 100 000)	4098 (32.0 per 100 000)	…	…
Mortality, 2023, MI[§,‖] (Mortality rate, age adjusted, 2023[‖])	39 916 (39.5%)[¶] (15.4 per 100 000)	27 831 (16.0 per 100 000)	4665 (19.0 per 100 000)	2836 (12.0 per 100 000)	1107[#] (8.7 per 100 000)	…	…
HF							
Prevalence, 2021–2023[†]	3.4 M (2.1%)	1.9%	3.5%	2.2%	0.9%	…	…
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	46 694 (52.0%)[¶] (19.1 per 100 000)	37 441 (20.5 per 100 000)	5250 (22.1 per 100 000)	2652 (11.7 per 100 000)	975 (7.6 per 100 000)[#]	…	…

BMI indicates body mass index; CHD, coronary heart disease (includes MI, angina pectoris, or both); CVD, cardiovascular disease; ellipses (…), data not available; HBP, high blood pressure; HDL-C, high-density lipoprotein cholesterol; HF, heart failure; K, thousands; LDL-C, low-density lipoprotein cholesterol; M, millions; MI, myocardial infarction (heart attack); NH, non-Hispanic; and TC, total cholesterol.

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[*]Mortality numbers in the Statistics Update are combined for sex for some race categories due to low numbers in these categories and therefore are not available by sex. Age-adjusted underlying cause mortality rates are available by sex for some race and ethnicity categories.

[†]Age ≥20 years.

[‡]Total data for TC are for Americans ≥20 years of age. Data for LDL-C, HDL-C, and all racial and ethnic groups are age adjusted for age ≥20 years.

[§]All ages.

[‖]Mortality for Hispanic, NH American Indian or Alaska Native, NH Asian, and NH Native Hawaiian or Other Pacific Islander people should be interpreted with caution because of inconsistencies in reporting. Mortality and mortality rates are for underlying cause mortality.

[¶]These percentages represent the portion of total incidence or mortality that is for males vs females.

[#]Includes Chinese, Filipino, Japanese, and other Asian people.

[**]Age ≥18 years.

Individual Races and Ethnicity by Males and Females

NH White by Males and Females

Note:

Age-adjusted underlying cause mortality rates are not included for every topic or for every race group in the Statistics Update.

The tables below reflect only what is published in the Statistics Update. Additional mortality numbers and rates can be found at CDC WONDER.

Diseases and risk factors	NH White males	NH White females
Overweight and obesity		
Prevalence, 2021–2023		
Obesity, BMI ≥30.0 kg/m^{2†}	...	...
Blood cholesterol		
Prevalence, 2021–2023		
TC ≥200 mg/dL[‡]	34.8%	39.7%
TC ≥240 mg/dL[‡]	10.9%	12.9%
HDL-C <40 mg/dL[‡]	21.4%	6.2%
Prevalence, 2017–2020		
LDL-C ≥130 mg/dL[‡]	25.0%	24.0%
HBP		
Prevalence, 2021–2023[†]	50.4%	42.2%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	44 828 (33.8 per 100 000)	49 500 (27.7 per 100 000

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Diseases and risk factors	NH White males	NH White females
Diabetes		
Prevalence, 2021-2023		
Diagnosed diabetes[†]	9.9%	7.9%
Undiagnosed diabetes[†]	3.7%	1.9%
Prediabetes[†]	40.8%	35.0%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	35 704 (25.7 per 100 000)	24 701 (14.8 per 100 000)
Total CVD		
Prevalence, 2021–2023[†]	52.8%	43.5%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	361 623 (268.6 per 100 000)	328 155 (184.8 per 100 000)
Stroke		
Prevalence, 2021–2023[†]	3.5%	2.1%
New and recurrent strokes, 1999[§]	325.0 K[††]	365.0 K[††]
Mortality, 2023[§] (Mortality rate, age adjusted, 2023[‖])	50 399 (37.7 per 100 000)	67 564 (37.8 per 100 000)

Diseases and risk factors	NH White males	NH White females
CHD		
Prevalence, CHD, 2021– 2023[†]	7.6%	4.1%
Prevalence, MI, 2021–2023[†]	4.4%	1.5%
Mortality, 2023, CHD[§,‖] (Mortality rate, age adjusted, 2023[‖])	162 908 (119.0 per 100 000)	104 145 (58.7 per 100 000)
Mortality, 2023, MI[§,‖] (Mortality rate, age adjusted, 2023[‖])	43 444 (31.2 per 100 000)	27 831 (16.0 per 100 000)
HF		
Prevalence, 2021– 2023[†]	3.0%	1.9%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	33 979 (26.0 per 100 000)	37 441 (20.5 per 100 000)

BMI indicates body mass index; CHD, coronary heart disease (includes MI, angina pectoris, or both); CVD, cardiovascular disease; ellipses (…), data not available; HBP, high blood pressure; HDL-C, high-density lipoprotein cholesterol; HF, heart failure; K, thousands; LDL-C, low-density lipoprotein cholesterol; M, millions; MI, myocardial infarction (heart attack); NH, non-Hispanic; and TC, total cholesterol.

Footnotes come from tables 29-1 and 29-2 in the 2025 Statistics Update. Not all footnotes listed below appear in each of the sub-tables in this factsheet.

[*]Mortality numbers in the Statistics Update are combined for sex for some race categories due to low numbers in these categories and therefore are not available by sex. Age-adjusted underlying cause mortality rates are available by sex for some race and ethnicity categories.

[†]Age ≥20 years.

[‡]Total data for TC are for Americans ≥20 years of age. Data for LDL-C, HDL-C, and all racial and ethnic groups are age adjusted for age ≥20 years.

[§]All ages.

[‖]Mortality for Hispanic, NH American Indian or Alaska Native, NH Asian, and NH Native Hawaiian or Other Pacific Islander people should be interpreted with caution because of inconsistencies in reporting. Mortality and mortality rates are for underlying cause mortality.

[¶]These percentages represent the portion of total incidence or mortality that is for males vs females.

[#]Includes Chinese, Filipino, Japanese, and other Asian people.

All statistics in this document pertain to the United States. Please refer to the complete Statistics Update for ICD-10 codes, references, and additional information for reported statistics.

NH Black by Males and Females

Note:

Age-adjusted underlying cause mortality rates are not included for every topic or for every race group in the Statistics Update.

The tables below reflect only what is published in the Statistics Update. Additional mortality numbers and rates can be found at CDC WONDER.

Diseases and risk factors	NH Black males	NH Black females
Overweight and obesity		
Prevalence, 2021-2023		
Obesity, BMI ≥30.0 kg/m^{2†}	...	...
Blood cholesterol		
Prevalence, 2021–2023		
TC ≥200 mg/dL[‡]	32.0%	24.9%
TC ≥240 mg/dL[‡]	10.2%	5.7%
HDL-C <40 mg/dL[‡]	19.4%	4.4%
Prevalence, 2017–2020		
LDL-C ≥130 mg/dL[‡]	26.4%	22.5%
HBP		
Prevalence, 2021–2023[†]	62.3%	59.2%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	11 549 (65.0 per 100 000)	10 689 (44.7 per 100 000)

Diseases and risk factors	NH Black males	NH Black females
Diabetes		
Prevalence, 2021-2023		
Diagnosed diabetes[†]	17.9%	16.7%
Undiagnosed diabetes[†]	5.4%	5.3%
Prediabetes[†]	35.2%	23.1%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	8799 (48.3 per 100 000)	7893 (32.1 per 100 000)
Total CVD		
Prevalence, 2021–2023[†]	63.0%	59.5%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	63 120 (360.1 per 100 000)	56 771 (236.5 per 100 000)
Stroke		
Prevalence, 2021–2023[†]	3.9%	4.7%
New and recurrent Strokes, 1999[§]	45.0 K[††]	60.0 K[††]
Mortality, 2023[§] (Mortality rate, age adjusted, 2023[‖])	10 246 (61.2 per 100 000)	12 101 (51.0 per 100 000)

Diseases and risk factors	NH Black males	NH Black females
CHD		
Prevalence, CHD, 2021-2023[†]	5.0%	2.8%
Prevalence, MI, 2021-2023[†]	3.2%	2.2%
Mortality, 2023, CHD[§,‖] (Mortality rate, age adjusted, 2023[‖])	23 446 (131.5 per 100 000)	17 009 (70.0 per 100 000)
Mortality, 2023, MI[§,‖] (Mortality rate, age adjusted, 2023[‖])	6145 (34.1 per 100 000)	4665 (19.0 per 100 000)
HF		
Prevalence, 2021-2023[†]	3.6%	3.5%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	5207 (31.9 per 100 000)	5250 (22.1 per 100 000)

BMI indicates body mass index; CHD, coronary heart disease (includes MI, angina pectoris, or both); CVD, cardiovascular disease; ellipses (...), data not available; HBP, high blood pressure; HDL-C, high-density lipoprotein cholesterol; HF, heart failure; K, thousands; LDL-C, low-density lipoprotein cholesterol; M, millions; MI, myocardial infarction (heart attack); NH, non-Hispanic; and TC, total cholesterol.

Footnotes come from tables 29-1 and 29-2 in the 2025 Statistics Update. Not all footnotes listed below appear in each of the sub-tables in this factsheet.

[*]Mortality numbers in the Statistics Update are combined for sex for some race categories due to low numbers in these categories and therefore are not available by sex. Age-adjusted underlying cause mortality rates are available by sex for some race and ethnicity categories.

[†]Age ≥20 years.

[‡]Total data for TC are for Americans ≥20 years of age. Data for LDL-C, HDL-C, and all racial and ethnic groups are age adjusted for age ≥20 years.

[§]All ages.

[‖]Mortality for Hispanic, NH American Indian or Alaska Native, NH Asian, and NH Native Hawaiian or Other Pacific Islander people should be interpreted with caution because of inconsistencies in reporting. Mortality and mortality rates are for underlying cause mortality.

[¶]These percentages represent the portion of total incidence or mortality that is for males vs females.

[#]Includes Chinese, Filipino, Japanese, and other Asian people.

All statistics in this document pertain to the United States. Please refer to the complete Statistics Update for ICD-10 codes, references, and additional information for reported statistics.

Hispanic by Males and Females

Note:

Age-adjusted underlying cause mortality rates are not included for every topic or for every race group in the Statistics Update.

The tables below reflect only what is published in the Statistics Update. Additional mortality numbers and rates can be found at CDC WONDER.

Diseases and risk factors	Hispanic males	Hispanic females
Overweight and obesity		
Prevalence, 2021-2023		
Obesity, BMI ≥30.0 kg/m^{2†}	...	...
Blood cholesterol		
Prevalence, 2021-2023		
TC ≥200 mg/dL[‡]	36.7%	33.9%
TC ≥240 mg/dL[‡]	11.9%	9.1%
HDL-C <40 mg/dL[‡]	20.8%	9.7%
Prevalence, 2017-2020		
LDL-C ≥130 mg/dL[‡]	23.7%	27.5%
HBP		
Prevalence, 2021–2023[†]	51.5%	37.3%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	5291 (27.2 per 100 000)	4788 (20.6 per 100 000)

Diseases and risk factors	Hispanic males	Hispanic females
Diabetes		
Prevalence, 2021–2023		
Diagnosed diabetes[†]	11.7%	14.3%
Undiagnosed diabetes[†]	4.2%	4.1%
Prediabetes[†]	51.3%	30.4%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	6898 (32.4 per 100 000)	5164 (20.9 per 100 000)
Total CVD		
Prevalence, 2021–2023[†]	53.2%	38.6%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	36 512 (188.7 per 100 000)	30 067 (129.0 per 100 000)
Stroke		
Prevalence, 2021–2023[†]	3.5%	3.8%
Mortality, 2023[§] (Mortality rate, age adjusted, 2023[‖])	6564 (35.3 per 100 000)	7514 (32.5 per 100 000)

Diseases and risk factors	Hispanic males	Hispanic females
CHD		
Prevalence, CHD, 2021– 2023[†]	5.6%	3.2%
Prevalence, MI, 2021–2023[†]	3.0%	1.5%
Mortality, 2023, CHD[§,‖] (Mortality rate, age adjusted, 2023[‖])	16 095 (81.9 per 100 000)	10 024 (42.9 per 100 000)
Mortality, 2023, MI[§,‖] (Mortality rate, age adjusted, 2023[‖])	4351 (21.7 per 100 000)	2836 (12.0 per 100 000)
HF		
Prevalence, 2021–2023[†]	2.3%	2.2%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	2561 (15.1 per 100 000)	2652 (11.7 per 100 000)

   BMI indicates body mass index; CHD, coronary heart disease (includes MI, angina pectoris, or both); CVD, cardiovascular disease; ellipses (…), data not available; HBP, high blood pressure; HDL-C, high-density lipoprotein cholesterol; HF, heart failure; K, thousands; LDL-C, low-density lipoprotein cholesterol; M, millions; MI, myocardial infarction (heart attack); NH, non-Hispanic; and TC, total cholesterol.

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[†]Age ≥20 years.

[‡]Total data for TC are for Americans ≥20 years of age. Data for LDL-C, HDL-C, and all racial and ethnic groups are age adjusted for age ≥20 years.

[§]All ages.

[‖]Mortality for Hispanic, NH American Indian or Alaska Native, NH Asian, and NH Native Hawaiian or Other Pacific Islander people should be interpreted with caution because of inconsistencies in reporting. Mortality and mortality rates are for underlying cause mortality.

[¶]These percentages represent the portion of total incidence or mortality that is for males vs females.

[#]Includes Chinese, Filipino, Japanese, and other Asian people.

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NH Asian by Males and Females

Note:

Age-adjusted underlying cause mortality rates are not included for every topic or for every race group in the Statistics Update.

The tables below reflect only what is published in the Statistics Update. Additional mortality numbers and rates can be found at CDC WONDER.

Diseases and risk factors	NH Asian males	NH Asian females
Overweight and obesity		
Prevalence, 2021–2023		
Obesity, BMI ≥30.0 kg/m^{2†}	...	...
Blood cholesterol		
Prevalence, 2021-2023		
TC ≥200 mg/dL[‡]	43.6%	41.3%
TC ≥240 mg/dL[‡]	14.2%	13.7%
HDL-C <40 mg/dL[‡]	17.4%	3.6%
Prevalence, 2017-2020		
LDL-C ≥130 mg/dL[‡]	31.5%	25.3%
HBP		
Prevalence, 2021-2023[†]	47.3%	39.5%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	1871[#] (19.9 per 100 000)	2076[#] (16.2 per 100 000)

Diseases and risk factors	NH Asian males	NH Asian females
Diabetes		
Prevalence, 2021-2023		
Diagnosed diabetes[†]	11.1%	8.9%
Undiagnosed diabetes[†]	4.9%	4.0%
Prediabetes[†]	40.3%	32.2%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	1965[#] (20.1 per 100 000)	1743[#] (13.7 per 100 000)
Total CVD		
Prevalence, 2021–2023[†]	48.6%	40.7%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	13 627[#] (142.8 per 100 000)	12 738[#] (99.8 per 100 000)
Stroke		
Prevalence, 2021–2023[†]	3.9%	0.7%
Mortality, 2023[§] (Mortality rate, age adjusted, 2023[‖])	2753[#] (29.0 per 100 000)	3475[#] (27.3 per 100 000)

Diseases and risk factors	NH Asian males	NH Asian females
CHD		
Prevalence, CHD, 2021– 2023[†]	4.4%	3.1%
Prevalence, MI, 2021–2023[†]	1.5%	1.5%
Mortality, 2023, CHD[§,‖] (Mortality rate, age adjusted, 2023[‖])	6138 (63.4 per 100 000)	4098 (32.0 per 100 000)
Mortality, 2023, MI[§,‖] (Mortality rate, age adjusted, 2023[‖])	1650[#] (16.9 per 100 000)	1107[#] (8.7 per 100 000)
HF		
Prevalence, 2021– 2023[†]	1.3%	0.9%
Mortality, 2023[§,‖] (Mortality rate, age adjusted, 2023[‖])	869[#] (9.6 per 100 000)	975[#] (7.6 per 100 000)

BMI indicates body mass index; CHD, coronary heart disease (includes MI, angina pectoris, or both); CVD, cardiovascular disease; ellipses (…), data not available; HBP, high blood pressure; HDL-C, high-density lipoprotein cholesterol; HF, heart failure; K, thousands; LDL-C, low-density lipoprotein cholesterol; M, millions; MI, myocardial infarction (heart attack); NH, non-Hispanic; and TC, total cholesterol.

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[§]All ages.

[‖]Mortality for Hispanic, NH American Indian or Alaska Native, NH Asian, and NH Native Hawaiian or Other Pacific Islander people should be interpreted with caution because of inconsistencies in reporting. Mortality and mortality rates are for underlying cause mortality.

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[#]Includes Chinese, Filipino, Japanese, and other Asian people.

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NH American Indian/Alaska Native Unavailable by Males and Females

Note:

Mortality numbers in the Statistics Update are combined for males and females for NH American Indian/Alaska Native and NH Native Hawaiian or Pacific Islander groups. Therefore, they are not available in these tables.

NHANES prevalence data is not available for NH American Indian/Alaska Native and NH Native Hawaiian or Pacific Islander groups

Age-adjusted underlying cause mortality rates are not included for every topic or for every race group in the Statistics Update.

 Additional mortality numbers and rates can be found at CDC WONDER.

NH Native Hawaiian or Pacific Islander Unavailable by Males and Females

Note:

Mortality numbers in the Statistics Update are combined for males and females for NH American Indian/Alaska Native and NH Native Hawaiian or Pacific Islander groups. Therefore, they are not available in these tables.

NHANES prevalence data is not available for NH American Indian/Alaska Native and NH Native Hawaiian or Pacific Islander groups

Age-adjusted underlying cause mortality rates are not included for every topic or for every race group in the Statistics Update.

 Additional mortality numbers and rates can be found at CDC WONDER.

Citation and Additional Notes

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.

<u>The American Heart Association requests that the full document be cited as follows:</u>

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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