



American  
Heart  
Association.

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

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

- Among adults 20 years of age and older between 2021 and 2023, 48.9% of all US adults, 52.8% of non-Hispanic (NH) White males, and 43.5% of NH White females had CVD, including coronary heart disease (CHD), heart failure (HF), stroke, and high blood pressure in the CVD definition.
- In 2023, CVD caused the deaths of 361 623 NH White males and 328 155 NH White females.
- In 2023, the age-adjusted mortality rates for CVD as the underlying cause of death were 218.3 per 100 000 for all US individuals, 268.6 per 100 000 for NH White males and 184.8 per 100 000 for NH White females.

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

- Among adults 20 years of age and older between 2021 and 2023, 5.2% of all US adults, 7.6% of NH White males, and 4.1% of NH White females had CHD. Between 2021 and 2023, 2.6% of all US adults, 4.4% of NH White males, and 1.5% of NH White females had a previous MI.
- In 2023 for all ages, CHD caused the deaths of 162 908 NH White males and 104 145 NH White 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, 119.0 per 100 000 for NH White males, and 58.7 per 100 000 for NH White females.
- MI caused the deaths of 43 444 NH White males and 27 831 NH White 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, 31.2 per 100 000 for NH White males, and 16.0 per 100 000 for NH White females.

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

- Among adults 20 years of age and older between 2021 and 2023, 3.0% of all US adults, 3.5% of NH White males, and 2.1% of NH White females had a previous stroke.
- In 2023 for all ages, stroke caused the deaths of 50 399 NH White males and 67 564 NH White 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, 37.7 per 100 000 for NH White males, and 37.8 per 100 000 for NH White females.

Unless otherwise noted, all statistics in this Fact Sheet pertain to the United States. Please refer to the complete Statistics Update for references and additional information for reported statistics.

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

- In 2023, 7284 NH White males and 5772 NH White 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, and 5.3 per 100 000 for NH White males, and 3.4 per 100 000 for NH White females.
- In 2023, 139 244 NH White males and 120 317 NH White 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, 101.7 per 100 000 for NH White males, and 70.2 per 100 000 for NH White females.

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

- Using 2021 to 2023 data, among adults  $\geq$ 20 years of age, the prevalence of HF was 2.5% in all US adults, and 3.0% in NH White males and 1.9% in NH White females.
- In 2023, 33 979 NH White males and 37 441 NH White 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 for all US individuals, 26.0 per 100 000 for NH White males, and 20.5 per 100 000 for NH White females.
- In 2023, 166 830 NH White males and 164 005 NH White 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, 125.4 per 100 000 for NH White males, and 90.5 per 100 000 for NH White females.

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

- Among adults 20 years of age and older between 2021 and 2023, the following have HBP: 47.3% of all US adults, 50.4% of NH White males, and 42.2% of NH White females. (HBP is 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 for all ages, HBP caused the deaths of 44 828 NH White males and 49 500 NH White females.
- The 2023 age-adjusted mortality rates with HBP as the underlying cause of death were 31.9 per 100 000 for all US individuals, 33.8 per 100 000 for NH White males, and 27.7 per 100 000 for NH White females.

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

- Among all US children 6 to 11 years of age between 2021 and 2023, the mean total cholesterol level was 158.3 mg/dL. For NH White children, mean total cholesterol was 155.6 mg/dL for males and 159.4 mg/dL for females.
- Among all US adolescents 12 to 19 years of age between 2021 and 2023, the mean total blood cholesterol level was 154.8 mg/dL. For NH White adolescents, mean total cholesterol was 152.3 mg/dL for males and 158.7 mg/dL for females.

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- Among adults 20 years of age and older between 2021 and 2023:
  - 36.1% of all US adults, 34.8% of NH White males, and 39.7% of NH White females had total blood cholesterol levels of 200 mg/dL or higher.
  - 11.3% of all US adults, 10.9% of NH White males, and 12.9% of NH White females had total cholesterol levels of 240 mg/dL or higher.
  - 14.1% of all US adults, 21.4% of NH White males, and 6.2% of NH White females had high-density lipoprotein (HDL) cholesterol less than 40 mg/dL.
- Among adults 20 years of age and older between 2017 and 2020:
  - 25.5% of all US adults, 25.0% of NH White males, and 24.0% of NH White 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  $\geq 18$  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.
- Prevalence of past 30-day cigarette use was 2.1% of NH multiracial youths, 1.6% among Hispanic youth, and 1.4% of 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.

### Physical Activity

- In 2022 and 2023, the nationwide percentage of youth 0 to 17 years of age spending  $\geq 4$  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 18.0% for NH White children.
- 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 youth, 6 to 17 years of age, who were active for  $\geq 60$  minutes every day of the week was 19.5%. Among NH White youths 6 to 17 years of age, 22.3% were active for  $\geq 60$  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 37.2% of White teens.

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### 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 26.4 for White youths, compared to 7.8 for American Indian youths, 9.4 for Asian or Pacific Islander youths, 17.7 for Hispanic youths, and 22.1 for Black youths.
- Among US youths <20 years of age in 2002 to 2018 data, the incidence rate (per 100 000) of type 2 diabetes was 5.2 for White youths, compared to 46.0 for American Indian youths, 16.6 for Asian or Pacific Islander youths, 25.8 for Hispanic youths, and 50.1 for Black youths.
- Among adults 20 years of age and older between 2021 and 2023:
  - 10.6% of all US adults, 9.9% of NH White males, and 7.9% of NH White females had physician diagnosed diabetes
  - 3.5% of all US adults, 3.7% of NH White males, and 1.9% of NH White females had undiagnosed diabetes
  - 37.2% of all US adults, 40.8% of NH White males, and 35.0% of NH White females had prediabetes
- In 2023, diabetes caused the deaths, all ages, of 35 704 NH White males and 24 701 NH White females.
- In 2023, the age-adjusted mortality rate with diabetes as the underlying cause of death was 22.4 per 100 000 for all US individuals, 25.7 per 100 000 for NH White males, and 14.8 per 100 000 for NH White 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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