



2026 Uqsuqsiñiq Ajun & Uqsruqsiñiq Qanuqtuq Tautuktuaq Nutaag Tautuktuat Arnanut & Uummat tanjaqtugviit ajuniagat Yunaaitit Steets

Uqsruqsiñiq Ajun timimi (CVD) (ICD-10 I00 miñ I99)

- Arnaniñ 20 ukiuqaqtut sulı anılǵuǵmiut 2021-miñ 2023-mut, 61.9 miliyan arnat (44.1% tamarmiq arnaniñ) atautchimik uqsruqsiñiq ajun timimi pıqaqtut, taimaa 68.7 miliyan angutit (53.7% tamarmiq angutitut).
- Arnaniñ 20 ukiuqaqtut sulı anılǵuǵmiut 2021-miñ 2023-mut, 59.5% nangitchuq-Hispaanik iñuñniñ (NH) Blak arnat CVD pıqaqtut; taimaa 43.5% NH Uqlaq arnat, 40.7% Eeshiya iñuñniñ arnat, sulı 38.6% Hispaanik iñuñniñ arnat.
- 2023-mi, CVD tuquñniit pıqalırıuq 433 254 arnat (tamarmiq ukiuqaqtut). Arnat 47.3% CVD-miñ tuquñniit-t ilagaat.
- 2023-mi, ukiut nalunaqtuǵniña tuquñniit qanuqtaǵniñit CVD sivulliuqtuq tuquñniit pıqaqtuq 180.2 atautchimut 100 000 arnanut sulı 263.0 atautchimut 100 000 angutitut.
- 2022-mi, 3335 arnat uummat sulı tanjaqtugviit anginiǵat baipaasi proosııjaa pıqaqtut, taimaa 4600 angutit, sulı 140 835 arnat qarasauyaǵnaqtuq koronerii intervinsuun pıqaqtut taimaa 295 040 angutitut.

Uqsruqsiñiq ajun koronerii (CHD) (ICD-10 I20-miñ I25-mut [ilagivagaat Myocardial Infarction (MI) ICD-10 I21-miñ I22-mut])

- 2021-miñ 2023-mut nalunaqtuǵniñit atuqtıllugit, 6.0 miliyan (3.7%) arnat CHD-mik pıqaqtut, taimaa 9.9 miliyan (6.9%) angutit 20 ukiuqaqtut sulı anılǵuǵmiut. CHD pıqaqtuǵniña anılǵuǵmiut angutitut arnanit atchiaqtuq tamarmiq ukiuqtaǵruktaq ataani.
- 2021-miñ 2023-mut nalunaqtuǵniñit atuqtıllugit, arnanit 20 ukiuqaqtut sulı anılǵuǵmiut, 4.1% NH Uqlaq arnat, 3.2% Hispaanik iñuñniñ arnat, 3.1% NH Eeshiya iñuñniñ arnat, sulı 2.8% NH Blak arnat CHD-mik pıqaqtut.
- 2021-miñ 2023-mut nalunaqtuǵniñit atuqtıllugit, 2.8 miliyan (1.6%) arnat MI-miñ sivulliuqtuq pıqaqtut, taimaa 5.7 miliyan (3.8%) angutit 20 ukiuqaqtut sulı anılǵuǵmiut. Angutit MI pıqaqtuǵniña anılǵuǵmiut arnanit atchiaqtuq tamarmiq ukiuqtaǵruktaq ataani.
- 2021-miñ 2023-mut nalunaqtuǵniñit atuqtıllugit, arnanit 20 ukiuqaqtut sulı anılǵuǵmiut, 2.2% NH Blak arnat, 1.5% NH Uqlaq arnat, 1.5% Hispaanik iñuñniñ arnat, sulı 1.5% NH Eeshiya iñuñniñ arnat sivulliuqtuq MI pıqaqtut.
- 2005-miñ 2014-mut nalunaqtuǵniñit atchiaqtuǵmiñ, sivulliuqtuq MI-mi ukiumi aglagniq avarage-aja 72.0 ukiuq arnanut sulı 65.6 ukiuq angutitut.
- 2023-mi, 137 252 arnat CHD-miñ tuquñniit (39.3% tamarmiq CHD-miñ tuquñniit); 36 916 MI-miñ tuquñniit (39.5% tamarmiq MI-miñ tuquñniit).
- 2023-mi, ukiut nalunaqtuǵniña tuquñniit qanuqtaǵniñit CHD sivulliuqtuq tuquñniit pıqaqtuq 56.8 atautchimut 100 000 arnanut sulı 113.5 atautchimut 100 000 angutitut.
- 2023-mi, ukiut nalunaqtuǵniña tuquñniit qanuqtaǵniñit MI sivulliuqtuq tuquñniit pıqaqtuq 15.4 atautchimut 100 000 arnanut sulı 29.5 atautchimut 100 000 angutitut.

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Uqsruqsiñiq (ICD-10 I60 miñ I69)

- 2021-miñ 2023-mut nalunaqtuḡniñit atuqtillugit, uqsruqsiñiq piqaqtuḡniña 4.3 miliyan arnat (2.6% tamarmiq arnaniñ) vs. 4.7 miliyan angutit (3.3% tamarmiq angutitut), 20 ukiuqaqtut sulit anilḡuḡmiut.
- 2021-miñ 2023-mut nalunaqtuḡniñit atuqtillugit, arnanit 20 ukiuqaqtut sulit anilḡuḡmiut, 4.7% NH Blak arnat, 3.8% Hispaanik arnat, 2.1% NH Uqlaq arnat, sulit 0.7% NH Eeshiya arnat sivulliuqtuq uqsruqsiñiq piqaqtut.
- 2023-mi, uqsruqsiñiq 91 719 arnat tuquḡniit piqalirruq (56.4% tamarmiq uqsruqsiñiq-miñ tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniña tuquḡniit qanuqtaḡniñit uqsruqsiñiq sivulliuqtuq tuquḡniit piqaqtuq 38.1 atautchimut 100 000 arnanut sulit 39.3 atautchimut 100 000 angutitut.

Anjiruq anun uqsruq (HBP) (ICD-10 I10 miñ I15)

- 2021-miñ 2023-mut, 60.3 miliyan arnat 20 ukiuqaqtut sulit anilḡuḡmiut HBP piqaqtut (42.9% arnanit).
- Arnaniñ 20 ukiuqaqtut sulit anilḡuḡmiut 2021-miñ 2023-mut, ataani allaat HBP piqaqtut: 59.2% NH Blak arnat; 42.2% NH Uqlaq arnat; 39.5% NH Eeshiya iñuḡniñ arnat; sulit 37.3% Hispaanik iñuḡniñ arnat.
- 2021-miñ 2023-mut, anilḡuḡmiut angutit arnanit HBP piqaqtut, 74 ukiuq tikillugu. Iñuḡniñ 75 ukiuqaqtut sulit anilḡuḡmiut, HBP piqaqtuq arnat procent-anga angutitut atchiaqtuq.
- Arnaniñ HBP piqaqtut 2021-miñ 2023-mut, 29.7% NH Eeshiya arnat, 26.1% NH Blak arnat, 24.4% NH Uqlaq arnat, sulit 23.5% Hispaanik arnat BP ataani aqpiqtuq piqaqtut.
- 2023-mi, 68 015 arnat tamarmiq ukiuqaqtut Anjiruq anun uqsruq-miñ tuquḡniit (51.2% HBP tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniña tuquḡniit qanuqtaḡniñit HBP sivulliuqtuq tuquḡniit piqaqtuq 28.3 atautchimut 100 000 arnanut sulit 35.5 atautchimut 100 000 angutitut.

Uqsruqsiñiq anun qanuqtuq atautchimik piqaqtuq (SCA) (ICD-10 I46.0, I46.1, I46.9, I49.0)

- 2023-mi, 8052 arnat SCA sivulliuqtuq tuquḡniit-miñ tuquḡniit (44.4% SCA-miñ tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniña tuquḡniit qanuqtaḡniñit SCA sivulliuqtuq tuquḡniit piqaqtuq 3.4 atautchimut 100 000 arnanut sulit 5.3 atautchimut 100 000 angutitut.
- 2023-mi, 177 950 arnat SCA nalunaqtaq atautchimik tuquḡniit nalunaqtaḡniq allagaat-mi tuquḡniit (46.8% nalunaqtaq atautchimik SCA-miñ tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniña nalunaqtaq atautchimik tuquḡniit qanuqtaḡniñit SCA-mut piqaqtuq 75.3 atautchimut 100 000 arnanut sulit 107.9 atautchimut 100 000 angutitut.

Uqsruqsiñiq anun pilaitchuqtuq (HF) (ICD-10 I50)

- 2021-miñ 2023-mut nalunaqtuḡniñit malillugu, taimaa 3.4 miliyan arnat 20 ukiuqaqtut sulit anilḡuḡmiut HF piqaqtut (2.1% arnanit).
- Arnaniñ 20 ukiuqaqtut sulit anilḡuḡmiut 2021-miñ 2023-mut, 3.5% NH Blak arnat, 2.2% Hispaanik iñuḡniñ arnat, 1.9% NH Uqlaq arnat, sulit 0.9% NH Eeshiya iñuḡniñ arnat HF piqaqtut.
- 2023-mi, 46 694 arnat HF sivulliuqtuq tuquḡniit-miñ tuquḡniit (52.0% HF-miñ tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniña tuquḡniit qanuqtaḡniñit HF sivulliuqtuq tuquḡniit piqaqtuq 19.1 atautchimut 100 000 arnanut sulit 24.6 atautchimut 100 000 angutitut.

Allatigut nalunaiqsagñiqtaḡmiñ, tamarmiq qanuqtuq una Tautuktuat-mi Yunaaitit Steets atchiaqtuq. Naammaktuag Qanuqtuq Tautuktuaq Nutaag qiviarlugu taqrut sulit ilaliutiritinik nalunaiqsagñiaqtuq tautuktitaqut qanuqtuq piñiqtuat.

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- 2023-mi, 206 492 arnat HF nalunaqtaq atautchimik tuquṇniit nalunaqtaḡniq allagaat-mi tuquṇniit (49.5% nalunaqtaq atautchimik HF-miṇ tuquṇniit).
- 2023-mi, ukiut nalunaqtuḡniḡa nalunaqtaq atautchimik tuquṇniit qanuqtaḡniḡit HF-mut piqaqtuq 84.9 atautchimut 100 000 arnanut suli 118.6 atautchimut 100 000 angutinut.

Tupiḡsruq suli naikatini atuqtaḡniḡa suli nalliḡsaḡniḡa

- 2022 nalunaqtuḡniḡit malillugu, iṇuḡniṇ 12-miṇ 17-mut ukiuqaqtut, tupiḡsruq sanaugiagat inuunermi atuqtaḡniḡa arnanit angutinut ataaniḡḡaqtuq (8.4% vs 8.9%). Iṇuḡniṇ ≥ 18 ukiuqaqtut suli aṇiḡuḡmiut, inuunermi atuqtaḡniḡa arnanit angutinut ataaniḡḡaqtuq (54.5% vs 69.9%).
- Iṇuḡniṇ 18 ukiuqaqtut suli aṇiḡuḡmiut 2021-mi, 10.1% arnat suli 13.1% angutit maanna tupiḡsruqtuqtut, sikaret ullut tamarmiq atuqtillugit immaqaa atautchiklut ulluni.
- 2024 nalunaqtuḡniḡit malillugu, e-sikaret inuusuttut iluani aṇiḡuḡmiut atuqtauḡt tupiḡsruq sanaugiagat, 7.7% arnat atuagaqtuq hai skuulu iṇuḡiaq suli 7.8% angut atuagaqtuq hai skuulu maanna e-sikaret atuqtut.

Aṇiruq Uḡsruq Kolestaruul & Allat Uḡsuḡnat

- 2021-miṇ 2023-mut nalunaqtuḡniḡit malillugu, meeḡqat 6-miṇ 11-mut ukiuqaqtut ilagiit, kolestaruul tamaat aḡlagniḡ avarage-aḡa 158.3 mg/dL-uq; 159.2 mg/dL angutinut suli 157.4 mg/dL arnanut.
- 2021-miṇ 2023-mut nalunaqtuḡniḡit malillugu, inuusuttut 12-miṇ 19-mut ukiuqaqtut ilagiit, kolestaruul tamaat aḡlagniḡ avarage-aḡa 154.8 mg/dL-uq; 151.9 mg/dL angutinut suli 157.9 mg/dL arnanut.
- Iṇuḡniṇ 20 ukiuqaqtut suli aṇiḡuḡmiut 2021-miṇ 2023-mut:
 - 35.0% angutit suli 37.1% arnat tamarmik kolestaruul aḡlagniḡa 200 mg/dL immaqaa qaffasigaat piqaqtut.
 - 11.1% angutit suli 11.3% arnat tamarmik kolestaruul aḡlagniḡa 240 mg/dL immaqaa qaffasigaat piqaqtut.
 - 21.7% angutit suli 6.8% arnat qaffasigaqtuq uḡsuḡnaḡ aḡnaḡ qaffasruaq (HDL) kolestaruul 40 mg/dL ataani piqaqtut.
- Iṇuḡniṇ 20 ukiuqaqtut suli aṇiḡuḡmiut 2017-miṇ 2020-mut:
 - 25.6% angutit suli 25.4% arnat uḡsuḡnaḡ mikṡiq-qaffasruaq aḡnaḡ iluani (LDL) kolestaruul 130 mg/dL immaqaa qaffasigaat piqaqtut.

Pilaqataḡniḡ Timimi

- 2022 suli 2023 nalunaqtuḡniḡit malillugit, inuusuttut 0-miṇ 17-mut ukiuqaqtut procent-aḡa ≥ 4 h/d atuqtut tiivii, kammiutaa, sel foon, immaqaa allat iliktranik tiivaisa saḡqitittillutik program-nik qiviarlutillu, qaḡḡaq piniaqtuqarlutik, intarnit atuqarlutik, immaqaa suusiaal miitiya atuqarlutik (atuagaqtuḡvik suliat ilaginagit) ullut tamaani sapaatip ullui suligaqtuḡviit 21.5%-uq. Procent-aḡa 22.2%-uq angutinut suli 20.9%-uq arnanut.
- 2022 suli 2023 nalunaqtuḡniḡit malillugit, inuusuttutniṇ 6-miṇ 17-mut ukiuqaqtut ataani, 22.6% angutit suli 16.2% arnat ≥ 60 minit pilaqataḡniḡ timimi piqaqtut ullut tamarmiq sapaatip-akunani.
- 2021-miṇ 2023-mut, iṇuḡniḡruat 12-miṇ 17-mut ukiuqaqtut procent-aḡa sakkuriniḡ pilaqataḡniḡ timimi pilaqataḡniḡ timimi piqaqtut ullut tamaani immaqaa sapaatip-akunani tamarmiq 44.4%-uq angutinut suli 26.7%-uq arnanut.

Aṇiḡuḡmiut aṇiruq uḡsruq & Uḡsruqtuq

2021-miṇ 2023-mut nalunaqtuḡniḡit atuqtillugit:

- Inuusuttut 2-miṇ 19-mut ukiuqaqtut, 19.1% arnat uḡsruqtuq piqaqtut, taimaa 23.0% angutit.
- Iṇuḡniṇ ≥ 20 ukiuqaqtut suli aṇiḡuḡmiut, 41.4% arnat uḡsruqtuq piqaqtut, taimaa 39.3% angutit (ukiut nalunaqtuḡniḡa piqaqtuḡniḡa).

Allatigut nalunaiḡsaḡniḡtaḡmiṇ, tamarmiq qanuqtuq una Tautuktuat-mi Yunaaitit Steets atchiaqtuq. Naammaktuag Qanuqtuq Tautuktuaq Nutaag qiviarlugu taqrut suli ilaliutiritinik nalunaiḡsaḡniḡiaqtuq tautuktitaḡt qanuqtuq piḡiḡtuanut.

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Sukkuqniq (ICD-10 E10 miñ E14)

- 2021-miñ 2023-mut nalunaqtuḡniñit malillugit, 29.5 miliyan American iñuñniñ physician-miñ sukkuqniq nalunaiqsagñiqtaḡniñit piqaqtut, 14.5 miliyan arnat (10.0% tamarmiq arnaniñ); 16.7% NH Blak arnat, 14.3% Hispaanik iñuñniñ arnat, 8.9% NH Eeshiya iñuñniñ arnat, suli 7.9% NH Uqlaq arnat.
- 2021-miñ 2023-mut nalunaqtuḡniñit malillugit, 9.6 miliyan American iñuñniñ sukkuqniq nalunaiqsagñiqtaḡniñit pilaitchuqtuq piqaqtut, 4.2 miliyan arnat (2.9% tamarmiq arnaniñ); 5.3% NH Blak arnat, 4.1% Hispaanik iñuñniñ arnat, 4.0% NH Eeshiya iñuñniñ arnat, suli 1.9% NH Uqlaq arnat.
- 2021-miñ 2023-mut nalunaqtuḡniñit malillugit, 96.0 miliyan American iñuñniñ tanḡnaq aḡuniagmut sivunaani piqaqtut, 42.4 miliyan arnat (31.7% tamarmiq arnaniñ); 35.0% NH Uqlaq arnat; 32.2% NH Eeshiya iñuñniñ arnat, 30.4% Hispaanik iñuñniñ arnat, suli 23.1% NH Blak arnat.
- 2023-mi, sukkuqniq 40 525 arnat tuquḡniit piqalirruq (42.6% tamarmiq sukkuqniq-miñ tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniña tuquḡniit qanuqtaḡniñit sukkuqniq sivulliuqtuq tuquḡniit piqaqtuq 17.3 atautchimut 100 000 arnanut suli 28.4 atautchimut 100 000 angutinut.

Tautuktuat, nalunaqtuḡniñit takuyauyait, suli nutaag/ataani Qanuqtuq Tautuktuaq Nutaag saqqummersitaujut anisugñiaqtuq tuḡniaqtuq una-miñ:

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

Ukiuqtaḡruktaq tautuktuaq iluani anilḡuḡmiut qanuqtuq una tautuktuat naaggutiqtuq unpublished sailiqsuaḡnangitchut nalunaqtuḡniñit Qanuqtuq Tautuktuaq Nutaag takkuuyaq katitiraujut, suli taqruaq tuḡniaqtuq ataani allagaat taqruaq atuqtillugu. Katitiriagait-nik atuqtaujuḡt nalunaqtuḡniñit pissusiq naammaktuaq allagaat-mi allagaat. Ilaliutilugit, atautchikkut qanuqtuq saqqummersitaujut misiginaqtuḡviit piqaqtut. Ilavit taqruaq tuḡniaqtuq atautchikkut qanuqtuq una tautuktuat, qiviarlugu naammaktuaq Uqsuqsiiñiq Aḡun suli Uqsuqsiiñiq Qanuqtuq Tautuktuaq allagaat nalunaqtuḡniñit pissusiq suli sivulliuqtuq taqruaq nalunaiqsagñiaqtuq.

American Heart Association uqaqtuq naammaktuaq allagaat ataani imaatun taqruaq tuḡniaqtuq:

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Tusaqtitiriagait uqaqtigñiñit tamarmik News Media Relations-mut uqaqtillugit ataani <http://newsroom.heart.org/newsmedia/contacts> (Qarasaasiakkut nallautik Inglisun).