



2026 Uqsuqsiñiq Anjun & Uqsruqsiñiq Qanuqtuq Tautuktuaq Nutaag Tautuktuat Angutit & Uummat tanjaqtugviit anuniagat Yunaaitit Steets

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

- 2021-miñ 2023-mut nalunaqtugñijit malillugit, 53.7% angutit 20 ukiuqaqtut sulit anilguñmiut atautchimik CVD piqaqtut, taimaa 44.1% arnat.
- 2021-miñ 2023-mut nalunaqtugñijit malillugit, angutit 20 ukiuqaqtut sulit anilguñmiut ataani, 63.0% nangitchuq-Hispaanik iñuñniñ (NH) Blak angutit, 53.2% Hispaanik angutit, 52.8% NH Uqlaq angutit, sulit 48.6% NH Eeshiya angutit atautchimik CVD piqaqtut.
- 2023-mi, CVD 482 719 US angutit tuquñniit piqalirruq (52.7% CVD tuquñniit).
- 2023-mi, ukiut nalunaqtugñija tuquñniit qanuqtañijit CVD sivulliuqtuq tuquñniit piqaqtuq 263.0 atautchimut 100 000 angutinit sulit 180.2 atautchimut 100 000 arnanut.
- 2022-mi, 55 390 tanjaqtugvik silataani ittuq baipaasi proosijaa piqalirruq, sulit taakkua ilagivagaat 36 355 angutinit. 435 895 qarasauyagnaqtuq koronerii intervinsuun proosijaa piqalirruq-miñ, 295 040 angutinit piqalirruq.
- 2024-mi, Yunaaitit Steets 4572 anjun taarsiiniq piqalirruq, kingullermi anilguñmiut anilguq. Taakkunanit, 71.8% angutinit piqalirruq.

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

- 2021-miñ 2023-mut nalunaqtugñijit malillugit, 9.9 miliyan angutit (6.9% angutit iñuñniñ) 20 ukiuqaqtut sulit anilguñmiut CHD-mik piqaqtut; 5.7 miliyan angutit (3.8% angutit iñuñniñ) myocardial infarction (MI)-miñ sivulliuqtuq piqaqtut.
- Angutinit 20 ukiuqaqtut sulit anilguñmiut 2021-miñ 2023-mut, 7.6% NH Uqlaq angutit, 5.6% Hispaanik angutit, 5.0% NH Blak angutit, sulit 4.4% NH Eeshiya angutit CHD-mik piqaqtut.
- Angutinit 20 ukiuqaqtut sulit anilguñmiut 2021-miñ 2023-mut, 4.4% NH Uqlaq angutit, 3.2% NH Blak angutit, 3.0% Hispaanik angutit, sulit 1.5% NH Eeshiya angutit sivulliuqtuq MI piqaqtut.
- 2005-miñ 2014-mut nalunaqtugñijit malillugit, sivulliuqtuq MI-mi ukiumi aglagniq avarage-ana 65.6 ukiuq angutinit sulit 72.0 ukiuq arnanut.
- CHD 2023-mi 212 218 angutinit sivulliuqtuq tuquñniit piqalirruq (60.7% tamarmiq CHD-miñ tuquñniit); 56 429 angutit MI sivulliuqtuq tuquñniit-miñ tuquñniit (60.5% tamarmiq MI-miñ tuquñniit).
- 2023-mi, ukiut nalunaqtugñija tuquñniit qanuqtañijit CHD sivulliuqtuq tuquñniit piqaqtuq 113.5 atautchimut 100 000 angutinit sulit 56.8 atautchimut 100 000 arnanut.
- 2023-mi, ukiut nalunaqtugñija tuquñniit qanuqtañijit MI sivulliuqtuq tuquñniit piqaqtuq 29.5 atautchimut 100 000 angutinit sulit 15.4 atautchimut 100 000 arnanut.

Uqsruqsiñiq (ICD-10 I60 miñ I69)

- 2021-miñ 2023-mut, uqsruqsiñiq piquqtuḡniḡa angutitut 20 ukiuqaqtut suli anilḡuḡmiut 4.7 miliyan-uq (3.3% angutitut) vs. 4.3 miliyan arnanut (2.6% arnanut).
- Angutitut 20 ukiuqaqtut suli anilḡuḡmiut, ataani allaat sivulliuqtuq uqsruqsiñiq piquqtut: 3.9% NH Blak angutitut; 3.9% NH Eeshiya angutitut, 3.5% Hispannik angutitut, suli 3.5% NH Uqlaq angutitut.
- 2023-mi, uqsruqsiñiq 70 920 angutitut tuquḡniit piquqtuḡ (43.6% tamarmiq uqsruqsiñiq-miñ tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniḡa tuquḡniit qanuqtaḡniḡit uqsruqsiñiq sivulliuqtuq tuquḡniit piquqtuq 39.3 atautchimut 100 000 angutitut suli 38.1 atautchimut 100 000 arnanut.

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

- 2023-mi, 10 080 angutitut SCA sivulliuqtuq tuquḡniit-miñ tuquḡniit (55.6% SCA-miñ tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniḡa tuquḡniit qanuqtaḡniḡit SCA sivulliuqtuq tuquḡniit piquqtuq 5.3 atautchimut 100 000 angutitut suli 3.4 atautchimut 100 000 arnanut.
- 2023-mi, 202 399 angutitut SCA nalunaqtaq atautchimik tuquḡniit nalunaqtaḡniḡ allagaat-mi tuquḡniit (53.2% nalunaqtaq atautchimik SCA-miñ tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniḡa nalunaqtaq atautchimik tuquḡniit qanuqtaḡniḡit SCA-mut piquqtuq 107.9 atautchimut 100 000 angutitut suli 75.3 atautchimut 100 000 arnanut.

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

- 2021-miñ 2023-mut, taimaa 4.3 miliyan angutit iñuḡniñ (3.0% angutit iñuḡniñ) 20 ukiuqaqtut suli anilḡuḡmiut HF piquqtut.
- 2021-miñ 2023-mut, HF piquqtuḡniḡa angutitut 20 ukiuqaqtut suli anilḡuḡmiut 3.6% NH Blak angutitut; 3.0% NH Uqlaq angutitut, 2.3% Hispaanik angutitut, suli 1.3% NH Eeshiya angutitut.
- 2023-mi, 43 101 angutitut HF-miñ tuquḡniit piquqtuḡ (48.0% tamarmiq HF-miñ tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniḡa tuquḡniit qanuqtaḡniḡit HF sivulliuqtuq tuquḡniit piquqtuq 24.6 atautchimut 100 000 angutitut suli 19.1 atautchimut 100 000 arnanut.
- 2023-mi, 211 047 angutitut HF nalunaqtaq atautchimik tuquḡniit nalunaqtaḡniḡ allagaat-mi tuquḡniit (50.5% nalunaqtaq atautchimik HF-miñ tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniḡa nalunaqtaq atautchimik tuquḡniit qanuqtaḡniḡit HF-mut piquqtuq 118.6 atautchimut 100 000 angutitut suli 84.9 atautchimut 100 000 arnanut.

Aniruq Anun Uqsruq (HBP) (ICD-10 I10 miñ I15)

- 2021-miñ 2023-mut, 65.6 miliyan angutitut 20 ukiuqaqtut suli anilḡuḡmiut HBP piquqtut (51.6% angutitut).
- 2021-miñ 2023-mut, anilḡuḡmiut angutitut arnanit HBP piquqtut tamarmiq ukiuqtaḡruktaq ataani 74 ukiuq tikillugu. 75 ukiuqaqtut suli anilḡuḡmiut ilagiinni, HBP piquqtuq procent-ḡa arnanut angutitut atchiaqtuq.
- Angutitut 20 ukiuqaqtut suli anilḡuḡmiut 2021-miñ 2023-mut, 62.3% NH Blak angutitut, 51.5% Hispaanik angutitut, 50.4% NH Uqlaq angutitut, suli 47.3% NH Eeshiya angutitut HBP piquqtut.
- Angutitut HBP piquqtut 2021-miñ 2023-mut, 21.0% NH Uqlaq angutitut, 20.1% NH Eeshiya angutitut; 16.9% NH Blak angutitut, suli 17.6% Hispaanik angutitut anun uqsruq ataani aqpiqtuq piquqtut.
- 2023-mi, 64 812 angutitut HBP tuquḡniit (48.8% HBP tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniḡa tuquḡniit qanuqtaḡniḡit HBP sivulliuqtuq tuquḡniit piquqtuq 35.5 atautchimut 100 000 angutitut suli 28.3 atautchimut 100 000 arnanut.

Tupiqsruq suli naikatini atuqtaġniġa suli nalliġsaġniġa

- 2022 nalunaqtuġniġit malillugit, iġuġniġ 12-miġ 17-mut ukiuqaqtut, tupiqsruq sanaugiagat inuunermi atuqtaġniġa angutinut arnanit anġlġuġmiut (8.9% vs 8.4%). Iġuġniġ ≥ 18 ukiuqaqtut suli anġlġuġmiut, inuunermi atuqtaġniġa 54.5%-uq arnanut suli 69.9%-uq angutinut.
- Iġuġniġ 18 ukiuqaqtut suli anġlġuġmiut 2021-mi, 13.1% angutinut suli 10.1% arnanut maanna tupiqsruqtuqtut, sikaret ullut tamarmiq immaqaa atautchikkut ulluni atuqarlutik.
- 2024 nalunaqtuġniġit malillugit, e-sikaret inuusuttut iluani anġlġuġmiut atuqtauġut tupiqsruq sanaugiagat, 7.8% angut atuagaqtuq hai skuulu suli 7.7% arnat atuagaqtuq hai skuulu maanna e-sikaret atuqtut.

Anġruq Uqsruq Kolestaruul & Allat Uqsuġnat

- 2021-miġ 2023-mut nalunaqtuġniġit malillugit, meeġqat 6-miġ 11-mut ukiuqaqtut ilaġiinni, tamarmik kolestaruul aġlagnaġa avarage-aġa 158.3 mg/dL-uq. Angutinut, 159.2 mg/dL-uq; arnanut, 157.4 mg/dL-uq.
- 2021-miġ 2023-mut nalunaqtuġniġit malillugit, inuusuttut 12-miġ 19-mut ukiuqaqtut ilaġiinni, tamarmik kolestaruul aġlagnaġa avarage-aġa 154.8 mg/dL-uq. Angutinut, 151.9 mg/dL-uq; arnanut, 157.9 mg/dL-uq.
- Iġuġniġ 20 ukiuqaqtut suli anġlġuġmiut 2021-miġ 2023-mut:
 - 35.0% angutit suli 37.1% arnat tamarmik kolestaruul aġlagnaġa 200 mg/dL immaqaa qaffasigaat piqaqtut.
 - 11.1% angutit suli 11.3% arnat tamarmik kolestaruul aġlagnaġa 240 mg/dL immaqaa qaffasigaat piqaqtut.
 - 21.7% angutit suli 6.8% arnat qaffasigaqtuq uqsuġnaġ aġnaġ qaffasruaq (HDL) kolestaruul 40 mg/dL ataani piqaqtut.
- Iġuġniġ 20 ukiuqaqtut suli anġlġuġmiut 2017-miġ 2020-mut:
 - 25.6% angutit suli 25.4% arnat uqsuġnaġ miktiġ-qaffasruaq aġnaġ iluani (LDL) kolestaruul 130 mg/dL immaqaa qaffasigaat piqaqtut.

Pilaqataġniġ timimi

- 2022 suli 2023 nalunaqtuġniġit malillugit, inuusuttut 0-miġ 17-mut ukiuqaqtut procent-aġa ≥ 4 h/d atuqtut tiivii, kammiutaa, sel foon, immaqaa allat iliktranik tiivaisa saqqitittillutik program-nik qiviarlutillu, qaġġaq piniaqtuqarlutik, intarnit atuqarlutik, immaqaa suusiaal miitiya atuqarlutik (atuagaqtuġvik suliat ilaġinagit) ullut tamaani sapaatip ullui suligaqtuġviit 21.5%-uq. Procent-aġa 22.2%-uq angutinut suli 20.9%-uq arnanut.
- 2022 suli 2023 nalunaqtuġniġit malillugit, inuusuttut 6-miġ 17-mut ukiuqaqtut ataani, 22.6% angutit suli 16.2% arnat ≥ 60 minit pilaqataġniġ timimi piqaqtut ullut tamarmiq sapaatip-akunani.
- 2021-miġ 2023-mut, iġuġniġruat 12-miġ 17-mut ukiuqaqtut procent-aġa sakkuriniġ pilaqataġniġ timimi pilaqataġniġ timimi piqaqtut ullut tamaani immaqaa sapaatip-akunani tamarmiq 44.4%-uq angutinut suli 26.7%-uq arnanut.

Anġlġuġmiut anġruq uqsruq & Uqsruqtuq

2021-miġ 2023-mut nalunaqtuġniġit atuqtillugit:

- Inuusuttut angutinut 2-miġ 19-mut ukiuqaqtut, 23.0% uqsruqtuq piqaqtut, taimaa 19.1% arnat inuusuttut.
- Angutinut tamarmiq iġuġniġ 20 ukiuqaqtut suli anġlġuġmiut, 39.3% uqsruqtuq piqaqtut, taimaa 41.4% arnat iġuġniġ (ukiut nalunaqtuġniġa piqaqtuġniġa).

Sukkuqniq (ICD-10 E10 miñ E14)

- 2021-miñ 2023-mut, 29.5 miliyan US iñuñniñ physician-miñ sukkuqniq nalunaiqsagñiqtañnit piquatut ilagivagaat, 15.0 miliyan angutitut (11.3% tamarmiq angutitut iñuñniñ); angutitut iñuñniñ, physician-miñ nalunaiqsagñiqtañniñ sukkuqniq piquatutniñ 17.9% NH Blak angutitut, 11.7% Hispaanik angutitut, 11.1% NH Eeshiya angutitut, suli 9.9% NH Uqlaq angutitut.
- 2021-miñ 2023-mut, 9.6 miliyan US iñuñniñ sukkuqniq nalunaiqsagñiqtañnit pilaitchuqtuq piquatut ilagivagaat, 5.4 miliyan angutitut (4.1% tamarmiq angutitut iñuñniñ); tamarmiq angutitut iñuñniñ, sukkuqniq nalunaiqsagñiqtañnit piquatutniñ 5.4% NH Blak angutitut, 4.9% NH Eeshiya angutitut, 4.2% Hispaanik angutitut, suli 3.7% NH Uqlaq angutitut.
- 2021-miñ 2023-mut, 96.0 miliyan US iñuñniñ tanjinaq anuniagmut sivunaani ilagivagaat, 53.6 miliyan angutitut (42.5% tamarmiq angutitut iñuñniñ); tamarmiq angutitut iñuñniñ, tanjinaq anuniagmut sivunaani piquatutniñ 51.3% Hispaanik angutitut, 40.8% NH Uqlaq angutitut, 40.3% NH Eeshiya angutitut, suli 35.2% NH Blak angutitut.
- 2023-mi, 54 665 angutitut sukkuqniq-miñ tuquñniit piquatut (57.4% tamarmiq sukkuqniq-miñ tuquñniit).
- 2023-mi, ukiut nalunaqtutniñ tuquñniit qanuqtuñnit sukkuqniq sivulliuqtuq tuquñniit piquatut 28.4 atautchimut 100 000 angutitut suli 17.3 atautchimut 100 000 arnanut.

Tautuktuat, nalunaqtutniñ takuyauyit, suli nutaaq/ataani Qanuqtuq Tautuktuaq Nutaaq saqqummersitaujut anisugñiaqtuq tuñiaqtuq una-miñ:

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

Ukiuqtagruktaq tautuktuaq iluani anilguñmiut qanuqtuq una tautuktuat naaggutiqtuq sailiqsuagñangitchut nalunaqtutniñ Qanuqtuq Tautuktuaq Nutaaq takkuuyaq katitiraujut, suli taqruaq tuñiaqtuq ataani allagaat taqruaq atuqtillugu. Katitiriagait-nik atuqtaujut nalunaqtutniñ pissusiq naammaktuaq allagaat-mi allagaat. Ilaliutlugit, atautchikkut qanuqtuq saqqummersitaujut misiginaqtuñit piquatut. Ilavit taqruaq tuñiaqtuq atautchikkut qanuqtuq una tautuktuat, qiviarlugu naammaktuaq Uqsuqsiñiq Anjun suli Uqsuqsiñiq Qanuqtuq Tautuktuaq allagaat nalunaqtutniñ pissusiq suli sivulliuqtuq taqruaq nalunaiqsagñiaqtuq.

American Heart Association uqaqtuq naammaktuaq allagaat ataani imaatun taqruaq tuñiaqtuq:

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; American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Committee-p ataani uqaqtillugu. 2026 Uqsuqsiñiq Anjun suli Uqsuqsiñiq Qanuqtuq: US-mi suli silaup iluani nalunaqtutniñ American Heart Association-miñ rapuutik. *Circulation*. Nallaktuami saqqummersitaujuq Jaanuari 21, 2026-mi.

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