



2026 Uumanek Ellangneq & Qemirluni Ayuqellria Statistiks Nutaan Qalarutiiq Qanruyutet Qantaryaraq Angutellriit cali Uumanek cali Auqat Ellangneq Amerikami

Uumanek cali auqat Ellangneq (CVD) (ICD-10 I00 -mek I99)

- 2021-mek 2023-mun ellangneklugviit-kkun ellangqellria, angutngurraat 20 uksuq iluani qelciqellriit-mi 53.7% CVD-nek cami-llruut, cali arnat-mi 44.1%.
- 2021-mek 2023-mun ellangneklugviit-kkun ellangqellria, angutngurraat 20 uksuq iluani qelciqellriit-mi, Hispanik-gguurtellriit (NH) Qetunraq angutngurraat-mi 63.0% CVD-nek cami-llruut, Hispanik angutngurraat-mi 53.2%, NH Cauyaraq angutngurraat-mi 52.8%, cali NH Aasiaraq angutngurraat-mi 48.6%.
- 2023-mi, CVD-ngun 482 719 Amerikami angutngurraat tuquciqellriit (CVD-ngun tuquciqellriit meen 52.7%).
- 2023-mi, uksuq iluani aturneqarluni aqqigciqellriit tuquciqellriit rate-llit CVD-ngun atam tuqucineq angutngurraat-mi 263.0 100 000-llu iluani, cali arnat-mi 180.2 100 000-llu iluani.
- 2022-mi, peripheral arterial kipuŋgalria aturluki aturneqaq 55 390 picicellruut, cali makut-ken 36 355 angutngurraat-mi picicellruut. Percutaneous coronary intervention aturluki aturneqaq picicellruut 435 895-meek, makut-ken 295 040 angutngurraat-mi picicellruut.
- 2024-mi, Amerikami uumanek ilineq-llit 4572 picicellruut, ellminek qecengun picicellria. Makut-ken, 71.8% angutngurraat-mi picicellruut.

Coronary Uumanek Ellangneq (CHD) (ICD-10 I20-mek I25-mun [ilallria Myocardial Infarction (MI) ICD-10 I21-mek I22-mun])

- 2021-mek 2023-mun ellangneklugviit-kkun ellangqellria, angutngurraat 20 uksuq iluani qelciqellriit-mi 9.9 miliyun (angutngurraat angyaqellriit meen 6.9%) CHD-nek cami-llruut; cali 5.7 miliyun angutngurraat (angutngurraat angyaqellriit meen 3.8%) myocardial infarction (MI)-mi ellangellruut.
- 2021-mek 2023-mun, angutngurraat 20 uksuq iluani qelciqellriit inuit iluani, NH Cauyaraq angutngurraat-mi 7.6% CHD-nek cami-llruut, Hispanik angutngurraat-mi 5.6%, NH Qetunraq angutngurraat-mi 5.0%, cali NH Aasiaraq angutngurraat-mi 4.4%.
- 2021-mek 2023-mun, angutngurraat 20 uksuq iluani qelciqellriit inuit iluani, NH Cauyaraq angutngurraat-mi 4.4% MI-mi ellangellruut, NH Qetunraq angutngurraat-mi 3.2%, Hispanik angutngurraat-mi 3.0%, cali NH Aasiaraq angutngurraat-mi 1.5%.
 - 2005–2014 ellangneklugviit aturluki, MI-lluku ellminek atam atauciq ellangneq ukiut angutngurraat-mi 65.6 ukiuq picicellruuq, cali arnatellriit-mi 72.0 ukiuq picicellruuq arnatellriit-mi ukiuq.
- 2023-mi, CHD-ngun atam tuqucineq 212 218 angutngurraat-mi picicellruuq (CHD-ngun tuquciqellriit meen 60.7%); cali 56 429 angutngurraat MI-ngun atam tuqucineq tuquciqellruut (MI-ngun tuquciqellriit meen 60.5%).
- 2023-mi, uksuq iluani aturneqarluni aqqigciqellriit tuquciqellriit rate-llit CHD-ngun atam tuqucineq angutngurraat-mi 113.5 100 000-llu iluani, cali arnat-mi 56.8 100 000-llu iluani.
- 2023-mi, uksuq iluani aturneqarluni aqqigciqellriit tuquciqellriit rate-llit MI-ngun atam tuqucineq angutngurraat-mi 29.5 100 000-llu iluani, cali arnat-mi 15.4 100 000-llu iluani.

Qemirluni ayuqellria (ICD-10 I60 -mek I69)

- 2021-mek 2023-mun, qemirluni ayuqellria picicellriit angutngurraat 20 uksuq iluani qelciqellriit-mi 4.7 miliyun-llu (angutngurraat meen 3.3%), cali arnat-mi 4.3 miliyun (arnat meen 2.6%).
- Angutngurraat 20 uksuq iluani qelciqellriit inuit iluani, makut qemirluni ayuqellria ellangellruut: NH Qetunraq angutngurraat-mi 3.9%; NH Aasiaraq angutngurraat-mi 3.9%; Hispanik angutngurraat-mi 3.5%; cali NH Cauyaraq angutngurraat-mi 3.5%.
- 2023-mi, qemirluni ayuqellria 70 920 angutngurraat tuquciqellriit (qemirluni ayuqellria tuquciqellriit meen 43.6%).
- 2023-mi, uksuq iluani aturneqarluni aaqqigicellriit tuquciqellriit rate-llit qemirluni ayuqellria atam tuqucineq angutngurraat-mi 39.3 100 000-llu iluani, cali arnat-mi 38.1 100 000-llu iluani.

Uumanek tuqucineq qepcarluni (SCA) (ICD-10 I46.0, I46.1, I46.9, I49.0)

- 2023-mi, 10 080 angutngurraat SCA-ngun atam tuqucineq tuquciqellriit (SCA-ngun tuquciqellriit meen 55.6%).
- 2023-mi, uksuq iluani aturneqarluni aaqqigicellriit tuquciqellriit rate-llit SCA-ngun atam tuqucineq angutngurraat-mi 5.3 100 000-llu iluani, cali arnat-mi 3.4 100 000-llu iluani.
- 2023-mi, 202 399 angutngurraat SCA-mek cali ellangqellria tuquciqellriit sertifikatem iluani (SCA-mek cali ellangqellria tuquciqellriit meen 53.2%).
- 2023-mi, uksuq iluani aturneqarluni aaqqigicellriit tuquciqellriit rate-llit SCA-mek cali ellangqellria angutngurraat-mi 107.9 100 000-llu iluani, cali arnat-mi 75.3 100 000-llu iluani.

Uumanek Ellangqerrlia (HF) (ICD-10 I50)

- 2021-mek 2023-mun, malunga 4.3 miliyun angutngurraat angyaqellriit 20 uksuq iluani qelciqellriit HF-nek cami-lluut (angutngurraat angyaqellriit meen 3.0%).
- 2021-mek 2023-mun, HF picicellriit angutngurraat 20 uksuq iluani qelciqellriit-mi, NH Qetunraq angutngurraat-mi 3.6%; NH Cauyaraq angutngurraat-mi 3.0%, Hispanik angutngurraat-mi 2.3%, cali NH Aasiaraq angutngurraat-mi 1.3%.
- 2023-mi, HF-ngun 43 101 angutngurraat tuquciqellriit (HF-ngun tuquciqellriit meen 48.0%).
- 2023-mi, uksuq iluani aturneqarluni aaqqigicellriit tuquciqellriit rate-llit HF-ngun atam tuqucineq angutngurraat-mi 24.6 100 000-llu iluani, cali arnat-mi 19.1 100 000-llu iluani.
- 2023-mi, 211 047 angutngurraat HF-mek cali ellangqellria tuquciqellriit sertifikatem iluani (HF-mek cali ellangqellria tuquciqellriit meen 50.5%).
- 2023-mi, uksuq iluani aturneqarluni aaqqigicellriit tuquciqellriit rate-llit HF-mek cali ellangqellria angutngurraat-mi 118.6 100 000-llu iluani, cali arnat-mi 84.9 100 000-llu iluani.

Auqat Qepunritellria Angyaqellria (HBP) (ICD-10 I10 -mek I15)

- 2021-mek 2023-mun, 65.6 miliyun angutngurraat 20 uksuq iluani qelciqellriit HBP-nek cami-lluut (angutngurraat meen 51.6%).
- 2021-mek 2023-mun, angutngurraat-mi arnat-mi-pit qecengun HBP-nek cami-lluut uksuq-llit meen 74 uksuq iluani qelciqellriit-llu iluani. 75 uksuq iluani qelciqellriit-mi, arnat-mi HBP-nek cami-lluut percent-a angutngurraat-mi-pit qecengun ellangqellruuq.
- 2021-mek 2023-mun, angutngurraat 20 uksuq iluani qelciqellriit inuit iluani, NH Qetunraq angutngurraat-mi 62.3% HBP-nek cami-lluut, Hispanik angutngurraat-mi 51.5%, NH Cauyaraq angutngurraat-mi 50.4%, cali NH Aasiaraq angutngurraat-mi 47.3%.
- 2021-mek 2023-mun, HBP-nek cami-lluut angutngurraat iluani, NH Cauyaraq angutngurraat-mi 21.0% BP ellangqellria akqellruuq, NH Aasiaraq angutngurraat-mi 20.1%; NH Qetunraq angutngurraat-mi 16.9%, cali Hispanik angutngurraat-mi 17.6%.
- 2023-mi, HBP-ngun 64 812 angutngurraat tuquciqellriit (HBP-ngun tuquciqellriit meen 48.8%).
- 2023-mi, uksuq iluani aturneqarluni aaqqigicellriit tuquciqellriit rate-llit HBP-ngun atam tuqucineq angutngurraat-mi 35.5 100 000-llu iluani, cali arnat-mi 28.3 100 000-llu iluani.

Tabaakuuq cali Nicotine Aturluki Cali Ellangqellria

- 2022-mi ellangneklugviit-kkun ellangqellria, tabaakuuq aturtaat-llit ayuquenrit aturluki 12-mek 17-mun uksuq iluani qelciqellriit inuit-mi angutngurraat-mi arnat-mi-pit qecengun ellangqellruuq (8.9% vs 8.4%). 18 uksuq iluani qelciqellriit inuit-mi, ayuquenrit aturluki arnat-mi 54.5% picicellruuq, cali angutngurraat-mi 69.9%.
- 2021-mi, 18 uksuq iluani qelciqellriit inuit iluani, angutngurraat-mi 13.1% cali arnat-mi 10.1% current smoker-llit ellangqellruut, cigarette aturluki uksuq-llit meen aani uksuq-llit mekellriit.
- 2024-mi picicellriit-kkun ellangqellria, e-cigarette-llit qerrullut-mi Tabaakuuq-llit aturluki qecengun ellangqellruut, angutngurraat qengarpak skul irniq-llit-mi 7.8% cali arnat qengarpak skul irniq-llit-mi 7.7% e-cigarette-nek tamakurluku aturluki ellangqellruut.

Uqat Cholesterol angyaqellria & Allat Lipid-llit

- 2021-mek 2023-mun ellangneklugviit-kkun ellangqellria, 6-mek 11-mun uksuq iluani qelciqellriit meqellrit igerisinde, cholesterol tamakut cali piciryarat qalarutek 158.3 mg/dL-llruuq. Angutngurraat-mi 159.2 mg/dL-llruuq; cali arnat-mi 157.4 mg/dL-llruuq.
- 2021-mek 2023-mun ellangneklugviit-kkun ellangqellria, 12-mek 19-mun uksuq iluani qelciqellriit qerrullut iluani, cholesterol tamakut cali piciryarat qalarutek-a 154.8 mg/dL-llruuq. Angutngurraat-mi 151.9 mg/dL-llruuq; cali arnat-mi 157.9 mg/dL-llruuq.
- 2021-mek 2023-mun, inuit 20 uksuq iluani qelciqellriit iluani:
 - Angutngurraat-mi 35.0% cali arnat-mi 37.1% cholesterol tamakut cali piciryarat qalarutek-a 200 mg/dL-llu iluani qecengun cami-llruut.
 - Angutngurraat-mi 11.1% cali arnat-mi 11.3% cholesterol tamakut cali piciryarat qalarutek-a 240 mg/dL-llu iluani qecengun cami-llruut.
 - Angutngurraat-mi 21.7% cali arnat-mi 6.8% (HDL) cholesterol -mik cali piciryarat qalarutek 40 mg/dL-mek igerisinde mekellria cami-llruut.
- 2017-mek 2020-mun, inuit 20 uksuq iluani qelciqellriit iluani:
 - Angutngurraat-mi 25.6% cali arnat-mi 25.4% (LDL) cholesterol -mik cali piciryarat 130 mg/dL-llu igerisinde qecengun cami-llruut.

Timim iluani Aturluni

- 2022 cali 2023 ellangneklugviit-kkun ellangqellria, qerrullut 0-mek 17-mun uksuq iluani qelciqellriit-mi, televisiun, kampyutaar, selpuun, aani elektroniki aturneq iluani ≥ 4 h/d uksuq-llit qecengun ellangellruut—prograam-llit takulluni, game-llit ellangelluni, Intanet-mi aturluni, aani sosyal mediya aturluni (skul-mi piliriarnaq qaggunritaq)—wiki-llruuq qecengun percent-a 21.5%. Percent-a angutngurraat-mi 22.2% cali arnat-mi 20.9%-llruuq.
- 2022 cali 2023 ellangneklugviit-kkun ellangqellria, qerrullut 6-mek 17-mun uksuq iluani qelciqellriit-mi, angutngurraat-mi 22.6% cali arnat-mi 16.2% ≥ 60 miniti uksuq-llit meen wiki-llu iluani ellangellruut.
- 2021-mek 2023-mun, qerrullut 12-mek 17-mun uksuq iluani qelciqellriit-mi Nukalpiarluni iluqurluni aturluki wiki-llu iluani uksuq-llit qecengun aani uksuq-llit meen ellangellruut percent-a angutngurraat-mi 44.4% cali arnat-mi 26.7%.

Timim angyaqellria & Obesity

2021-mek 2023-mun ellangneklugviit aturluki:

- Qerrullut angutngurraat 2-mek 19-mun uksuq iluani qelciqellriit-mi 23.0% Obesity-nek cami-llruut, cali qerrullut arnat-mi 19.1%.
- Angutngurraat angyaqellriit 20 uksuq iluani qelciqellriit meen, uksuq iluani aturneqarluni aqqigicicellria picicellriit angutngurraat-mi 39.3% Obesity-nek cami-llruut, cali arnat angyaqellriit-mi 41.4%.

Diabetes (ICD-10 E10 -mek E14)

- 2021-mek 2023-mun, Amerikami inuit angyaqellriit physician-ngun diabetes diagnose-llria 29.5 miliyun iluani, 15.0 miliyun angutngurraat-llruut (angutngurraat angyaqellriit meen 11.3%); angutngurraat angyaqellriit-mi, physician-ngun diabetes diagnose-llria picicellriit-a NH Qetunraq angutngurraat-mi 17.9%, Hispanik angutngurraat-mi 11.7%, NH Aasiaraq angutngurraat-mi 11.1%, cali NH Cauyaraq angutngurraat-mi 9.9%.
- 2021-mek 2023-mun, Amerikami inuit angyaqellriit diabetes diagnose-ngellriaq 9.6 miliyun iluani, 5.4 miliyun angutngurraat-llruut (angutngurraat angyaqellriit meen 4.1%); angutngurraat angyaqellriit meen, diabetes diagnose-ngellriaq NH Qetunraq angutngurraat-mi 5.4%, NH Aasiaraq angutngurraat-mi 4.9%, Hispanik angutngurraat-mi 4.2%, cali NH Cauyaraq angutngurraat-mi 3.7%.
- 2021-mek 2023-mun, Amerikami inuit angyaqellriit prediabetes-nek cami-llruut 96.0 miliyun iluani, 53.6 miliyun angutngurraat-llruut (angutngurraat angyaqellriit meen 42.5%); angutngurraat angyaqellriit meen, prediabetes Hispanik angutngurraat-mi 51.3%, NH Cauyaraq angutngurraat-mi 40.8%, NH Aasiaraq angutngurraat-mi 40.3%, cali NH Qetunraq angutngurraat-mi 35.2%.
- 2023-mi, diabetes-ngun 54 665 angutngurraat tuquciqellriit (diabetes-ngun tuquciqellriit meen 57.4%).
- 2023-mi, uksuq iluani aturneqarluni aaqigicicellriit tuquciqellriit rate-llit diabetes-ngun atam tuquciqellriani angutngurraat-mi 28.4 100 000-llu iluani cali arnat-mi 17.3 100 000-llu iluani ellangellruut.

Qanruyutet qantaryaraq-llit, infograpfik-llit, cali Statistiks Nutaan Qalarutiiq nutaan ellriit qanercaraq-lluku picicerciq uunga-mi: [Heart and Stroke Association Statistics\(Uumanek cali Qemirluni ayuqellria Aturluni Tuntussaq Statistiks\) | American Heart Association](#) (Website-aq Inglissuun).

Statistiks cali angyaqellriit una Qanruyutet qantaryaraq-mi picicellriit qalarutellriit qalarutirraarluku Statistiks Nutaan Qalarutiiq dokument-ngun katumirluku, cali picicerciq citaat aturluku una ataani allallria dokument citaat-mek. Ellangneklugviit picicellriit tabluluq-llit aturluki ataani allallriit tamakurluku dokument-mi. Cali, atam statistiks-llit qalarutirraarlriit ellminek ellangellruutet-mek picicellriit. Ika una qanruyutet qantaryaraq-mi statistiks-llit atam citaat-lluku, nallunritelluku tamakurluku Uumanek Ellangneq cali Qemirluni ayuqellria Statistiks dokument, ellangneklugviit picicellriit cali piurciq citaat-llit nalruqelluki.

The American Heart Association nallunritellriaqaa tamakurluku dokument citaat-lluku una-llu qanruyutet aturluki:

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, Ogunbe 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; Iit aturluki the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Committee. 2026 Uumanek Ellangneq cali Qemirluni ayuqellria Statistiks: Amerikami cali nunaryarmi ellangneklugviit qalarutiiq American Heart Association. *Circulation*. Internet-mi qalarutirraaq Januaari21, 2026.

Mediya-mek nallunritellriit meen Nuutestem Mediya-llruut Piliriartait - mi picicerciq <http://newsroom.heart.org/newsmedia/contacts> (Website-aq Inglissuun).