



2026 Heart Disease & Stroke Statistics Update Fact Sheet American Indian or Alaska Native & Cardiovascular Diseases in the United States

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

- In 2023, CVD caused 4670 deaths (age-adjusted mortality rate 179.3 per 100 000) among non-Hispanic (NH) American Indian or Alaska Native individuals. The 2023 age-adjusted mortality rate for CVD as the underlying cause of death was 218.3 per 100 000 for all US individuals.

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

- CHD resulted in 1909 deaths (age-adjusted mortality rate, 72.5 per 100 000) and MI caused 534 deaths (age-adjusted mortality rate, 20.1 per 100 000) in NH American Indian or Alaska Native individuals. The 2023 age-adjusted mortality rates for CHD as the underlying cause of death were 82.2 per 100 000 for all US individuals and for MI as the underlying cause of death were 21.9 per 100 000 for all US individuals.

Stroke (ICD-10 I60 to I69)

- In 2023, 699 NH American Indian or Alaska Native individuals, all ages, died from stroke.
- In 2023, the age-adjusted mortality rates with stroke as the underlying cause of death were 39.0 per 100 000 for all US individuals and 27.2 per 100 000 for NH American Indian or Alaska Native individuals.

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

- In 2023, 62 NH American Indian or Alaska Native individuals 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 2.3 per 100 000 for American Indian or Alaska Native individuals.
- In 2023, 2259 NH American Indian or Alaska Native individuals 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 and 85.7 per 100 000 for American Indian or Alaska Native individuals.

Heart Failure (HF) (ICD-10 I50)

- In 2023, 313 NH American Indian or Alaska Native individuals 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 and 12.4 per 100 000 for NH American Indian or Alaska Native individuals.
- In 2023, 2186 NH American Indian or Alaska Native individuals 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 and 84.4 per 100 000 for NH American Indian or Alaska Native individuals.

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

- In 2023, 845 NH American Indian or Alaska Native individuals (all ages) died from HBP.
- In 2023, the age-adjusted mortality rates for HBP as the underlying cause of death were 31.9 per 100 000 for all US individuals and 32.6 per 100 000 for American Indian or Alaska Native individuals.

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 7.8 for American Indian youths, compared to 9.4 for Asian or Pacific Islander youths, 17.7 for Hispanic youths, 22.1 for Black youths, and 26.4 for White youths.
- Among US youths <20 years of age in 2002 to 2018 data, the incidence rate (per 100 000) of type 2 diabetes was 46.0 for American Indian youths, compared to 16.6 for Asian or Pacific Islander youths, 25.8 for Hispanic youths, 50.1 for Black youths, and 5.2 for White youths.
- In 2023, 1110 NH American Indian or Alaska Native individuals died from diabetes.
- In 2023, the 2023 age-adjusted mortality rates with diabetes as the underlying cause of death were 22.4 per 100 000 for all US individuals and 41.5 per 100 000 for NH American Indian or Alaska Native individuals.

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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