Older Americans & Cardiovascular Diseases

Cardiovascular Disease (CVD) (ICD-9 390 to 459; ICD-10 I00 to I99)

- Based on 2011 to 2014 data, an estimated 92.1 million American adults (>1 in 3) have 1 or more types of CVD.
- For the 60–79-year-old age group, the following have CVD: 69.6% of males; 68.6% of females.
- For the 80+ year-old age group, the following have CVD: 84.4% of males; 86.5% of females.
- About two-thirds of CVD deaths occur in people age 75 and older.
- The leading causes of death in people ≥85 years of age were diseases of the heart (No. 1), cancer (No. 2), Alzheimer’s disease (No. 3), and stroke.

Coronary Heart Disease (CHD) (ICD-9 410 to 414, 429.2; ICD-10 I20 to I25, includes MI ICD-10 I21 to I22)

- For the 60–79-year-old age group, the following have CHD: 19.7% of males; 11.0% of females. 11.0% of males in this age group have had an MI; 5.2% of females.
- For the 80+ year-old age group, the following have CHD: 30.6% of males; 21.7% of females. 17.5% of males in this age group have had an MI; 11.0% of females.
- Average age of first heart attack is 65.6 years for males and 72.0 years for females.
- Among Medicare beneficiaries between 2002 and 2011, the incidence of MI hospitalizations declined from 1,485 to 1,122 per 100,000 person-years.
- 13.9% of Medicare beneficiaries enroll in cardiac rehabilitation after a heart attack, and only 31% enroll after coronary bypass. Older people, females, non-whites, and individuals with other medical conditions were less likely to enroll in cardiac rehabilitation programs.

Stroke (ICD-9 430 to 438; ICD-10 I60 to I69)

- Stroke patients >85 years of age make up 17% of all stroke patients.
- For the 60–79-year-old age group, the following have had a stroke: 6.5% of males; 6.1% of females.
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**Stroke - Cont’d**

- For the 80+year-old age group, the following have had a stroke: 13.8% of males; 14.9% of females.
- Among people 65 to 84 years of age, who were hospitalized for stroke, males and females accounted for roughly the same number of inpatient hospital stays, whereas among those ≥85 years of age, females constituted 66.0% of all stroke patients.
- Very elderly patients have a higher risk-adjusted mortality, have longer hospitalizations, receive less evidenced-based care, and are less likely to be discharged to their original place of residence.
- With the increase in the aging population, prevalence of stroke survivors is projected to increase, especially among elderly females.
- Over the next 40 years (2010–2050), the number of incident strokes is expected to more than double, with the majority of the increase among the elderly (aged ≥75 years) and minority groups.

**High Blood Pressure (HBP) (ICD-9 401 to 404; ICD-10 I10 to I15)**

- For the 65–74-year-old age group, the following have high blood pressure: 63.6% of males; 65.8% of females.
- For the 75+ year-old age group, the following have high blood pressure: 73.4% of males; 81.2% of females.
- Awareness and treatment of hypertension were higher at older ages. Hypertension control was higher in US adults 40 to 59 years of age (58.3%) and those ≥60 years of age (54.0%) than in their counterparts 20 to 39 years of age (40.1%).

**Heart Failure (HF) (ICD-9 428; ICD-10 I50)**

- For the 60–79 year old age group, the following have heart failure: 6.2% of males; 5.7% of females.
- For the 80 years and older age group, the following have heart failure: 14.1% of males; 13.4% of females.
- Data from the NHLBI-sponsored Chicago Heart Association Detection Project in Industry, Atherosclerosis Risk in Communities Study, and Cardiovascular Health Study indicate that:
  - HF incidence approaches 21 per 1,000 population after 65 years of age.
  - Overall, at age 45 years through 95 years, lifetime risks for HF are high (20%-45%).
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Atrial Fibrillation (AF) and Atrial Flutter

- Between 1999 and 2013, among Medicare fee-for-service beneficiaries, rates of hospitalizations for AF increased about 1% a year.
- Among Medicare patients aged ≥65 years, diagnosed from 1993 to 2007, the prevalence of AF increased ≈5% per year, from ≈41.1 per 1000 beneficiaries to 85.5 per 1000 beneficiaries.
- AF accounted for about 1.5% of strokes in individuals 50 to 59 years of age and about 23.5% in those 80 to 89 years of age in the Framingham Heart Study.
- Over five years after AF diagnosis, strokes occur in about 5.0% of individuals 67-69 years of age and 8.1% in those 80-84 years of age.
- Based on hospital discharge data from the 2014 Healthcare Cost and Utilization Project, the rate of AF and atrial flutter as the principal diagnosis, in those 65 to 84 years old was 593.1 per 100,000 discharges. The rate in individuals aged ≥ 85 years was 1159.5 per 100,000 discharges.

Medical Procedures

- In 2014, about 50% of the percutaneous coronary intervention (PCI) procedures were performed on people ≥ 65 years of age.
- In 2016, more than half of heart transplant recipients were age 50 and older.

Costs

- Total average annual costs for CVD and stroke in 2013-2014 were $111.7 billion for patients 65 years of age and older; about 56.1% of total CVD and stroke costs.