

Statistical Fact Sheet

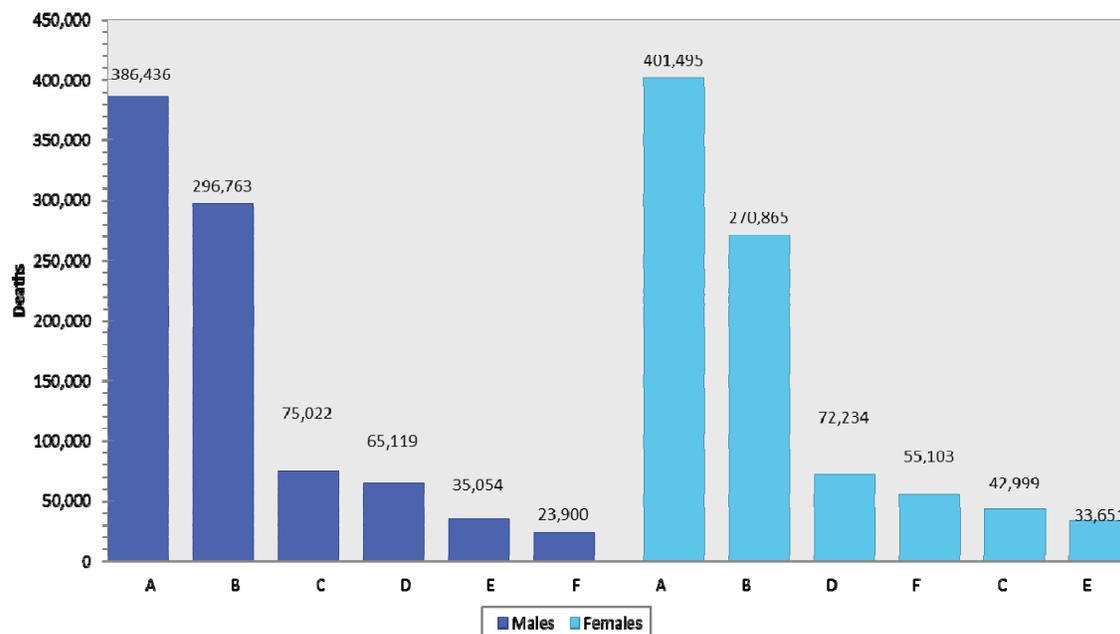
2013 Update

Women & Cardiovascular Diseases

Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28)

- More than one in three female adults has some form of cardiovascular disease (CVD).
- Since 1984, the number of CVD deaths for females has exceeded those for males.
- In 2009, CVD was the cause of death in 401,495 females. Females represented 51.0% of deaths from CVD.
- The 2009 death rate from CVD was 236.1. Death rates were 190.4 for white females and 267.9 for black females.
- In 2010, CVD was the first listed diagnosis of 2.8 million females discharged from short-stay hospitals.
- In 2010, 25.1% of bypass and 32.9% of PCI patients were female. 31.3% of heart transplant patients in 2011 were female.

Major Causes of Death for Males and Females, 2009



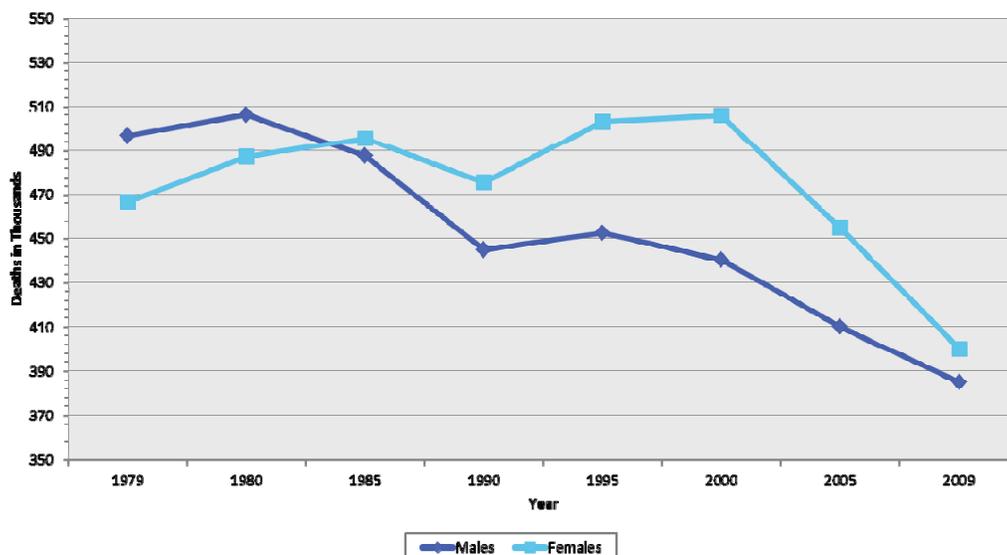
A indicates cardiovascular disease plus congenital cardiovascular disease (ICD-10 I00-I99, Q20-Q28); B, cancer (C00-C97); C, accidents (V01-X59, Y85-Y86); D, chronic lower respiratory disease (J40-J47); E, diabetes mellitus (E10-E14); F, Alzheimer disease (G30). Source: NCHS.

Coronary Heart Disease (CHD) (ICD/10 codes I20-I25) (ICD/9 codes 410-414, 429.2)

- About 6.6 million females alive today have CHD. Of these, 2.6 million have a history of myocardial infarction (MI, or heart attack).
- Each year new and recurrent MI and fatal CHD will impact an estimated 380,000 women.
- The 2009 overall CHD death rate was 116.1. Death rates were 84.9 for white females and 110.3 for black females.
- 26% of women age 45 and older who have an initial recognized MI (heart attack) die within a year compared with 19% of men. In part because women have heart attacks at older ages than men do, they're more likely to die from them within a few weeks.
- 64% of women who died suddenly of CHD had no previous symptoms.
- 518,000 females diagnosed with CHD were discharged from short-stay hospitals in 2010.

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Cardiovascular Disease Mortality Trends for Males and Females United States: 1979–2009



Source: NCHS.

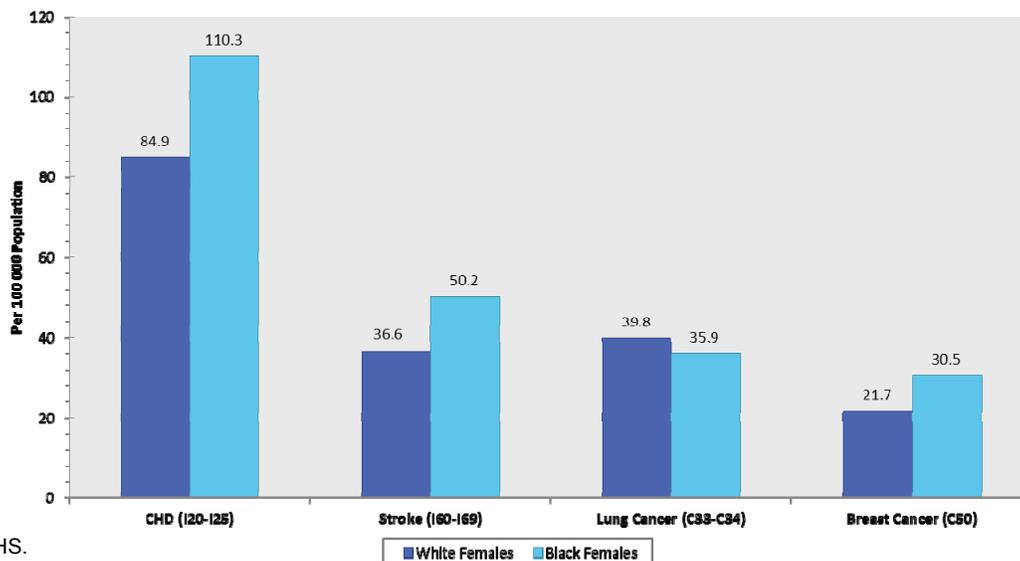
Angina Pectoris (ICD/10 code I20) (ICD/9 code 413)

- More women than men have angina in total numbers (4.1 million vs. 3.7 million).
- Among non-Hispanic women age 20 and older, 2.8% of non-Hispanic whites; 5.4% of non-Hispanic blacks and 3.3% of Mexican Americans have angina.
- Each year about 180,000 women over age 45 are diagnosed with stable angina.

Congenital Cardiovascular Defects (ICD/10 codes Q20-Q28) (ICD/9 codes 745-747)

- The 2009 overall death rate for congenital cardiovascular defects was 1.0. Death rates were 0.9 for white females and 1.2 for black females.
- 27,000 females were discharged from short-stay hospitals in 2009 with a diagnosis of congenital cardiovascular defects.

Age-Adjusted Death Rates for Coronary Heart Disease, Stroke, and Lung and Breast Cancer for White and Black Females, 2009



Source: NCHS.

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Stroke (ICD/10 codes I60-I69) (ICD/9 codes 430-438)

- An estimated 3.8 million female stroke survivors are alive today.
- Among women age 20 and older, the following have had a stroke: 2.9% of non-Hispanic whites; 4.7% of non-Hispanic blacks and 1.4% of Mexican Americans.
- Each year about 55,000 more women than men have a stroke. This is because the average life expectancy for women is greater than for men, and the highest rates for stroke are in the oldest age groups.
- In 2009, stroke caused the death of 76,769 females (59.6% of total stroke deaths).
- The 2009 overall death rate for stroke was 38.9. Death rates were 36.6 for white females, 50.2 for black females, 28.0 for Hispanic females, 29.6 for Asian/Pacific Islander females, and 24.6 for American Indian/Alaska Native females.
- In 2010, 530,000 females were discharged from short-stay hospitals after having a stroke.

High Blood Pressure (HBP) (ICD/10 codes I10-I15) (ICD/9 codes 401-404)

- One in three adults in the United States has HBP.
- A higher percentage of men than women have HBP until age 45. From 45–64 the percentage for men and women are similar. After that a much higher percentage of women have HBP than men.
- Among women age 20 and older, the following have HBP: 30.7% of non-Hispanic whites; 47.0% of non-Hispanic blacks and 28.8% of Mexican Americans.
- In 2009, 34,094 females died from HBP. They represented 55.2% of deaths from HBP.
- The 2009 overall death rate from HBP was 18.5. Death rates were 14.4 for white females and 38.3 for black females.
- 272,000 females diagnosed with HBP were discharged from short-stay hospitals in 2010.

Heart Failure (HF) (ICD/10 code I50.0) (ICD/9 code 428.0)

- About 2.4 million females alive today have HF. Each year, about 320,000 new cases are diagnosed in females.
- In 2010, the overall prevalence for people age 20 and older is 2.1%. Among women, the following have HF: 1.7% of non-Hispanic whites; 3.0% of non-Hispanic blacks and 1.1% of Mexican Americans.
- In 2009, there were 32,847 female deaths from HF (58.2% of HF deaths).
- The 2009 overall any-mention death rate from HF was 82.3. Death rates were 72.2 for white females and 79.7 for black females.
- 522,000 females diagnosed with HF were discharged from short-stay hospitals in 2010.

Smoking

- In 2011:
 - ◊ Females students (grades 9-12) were less likely than male students to smoke cigarettes (16.1% vs. 19.9%), smoke cigars (8.0% vs. 17.8%), or use smokeless tobacco (2.2% vs. 12.8%).
 - ◊ Among adults, 21.3% of men and 16.7% of women smoke cigarettes.

High Blood Cholesterol and Other Lipids

- Among children 4 to 11 years of age, the mean total blood cholesterol level is 161.9 mg/dL. For boys, it is 162.3 mg/dL; for girls, it is 161.5 mg/dL.
- Among adolescents 12 to 19 years of age, the mean total blood cholesterol level is 158.2 mg/dL. For boys, it is 156.1 mg/dL; for girls, it is 160.3 mg/dL.

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- Among adults age 20 and older:
 - ◊ 41.3% of men and 44.9% of women have total cholesterol levels of 200 mg/dL or higher.
 - ◊ 12.7% of men and 14.7% of women have levels of 240 mg/dL or higher.
 - ◊ 31.9% of men and 30.0% of women have an LDL cholesterol of 130 mg/dL or higher.
 - ◊ 31.8% of men and 12.3% of women have HDL cholesterol less than 40 mg/dL.

Physical Inactivity

- Girls are more likely than boys to report inactivity (17.7% vs. 10.0%).
- In a study of 12 812 youth 9 to 18 years of age, the physical activity level in boys and girls declined starting at the age of 13, with a significantly greater decline in activity among girls.
- Only 17.1% of adult women met the 2008 Federal Physical Activity Guidelines in 2011.

Overweight and Obesity

- An estimated 30.4% of girls age 2 to 19 are overweight or obese; 25.6% non-Hispanic whites, 41.3% non-Hispanic blacks, and 38.2% Mexican Americans.
- Of these girls, 15.0% are obese; 11.7% non-Hispanic whites, 24.3% non-Hispanic blacks, and 18.2% Mexican Americans
- An estimated 63.7% of women age 20 and older are overweight or obese; 60.2% non-Hispanic whites, 79.9% non-Hispanic blacks, and 78.2% Mexican Americans.
- Of these women, 35.6% are obese; 32.5% non-Hispanic whites, 53.9% non-Hispanic blacks, and 44.8% Mexican Americans.

Diabetes Mellitus (ICD/10 codes E10-E14) (ICD/9 code 250)

- Of the estimated 19.7 million American adults with physician-diagnosed diabetes, about 10.1 million are women; 6.2% of non-Hispanic whites, 15.4% of non-Hispanic blacks and 12.0% of Mexican Americans.
- Of the estimated 8.2 million Americans with undiagnosed diabetes, about 2.9 million are women; 1.8% of non-Hispanic whites, 2.9% of non-Hispanic blacks and 4.7% of Mexican Americans.
- Of the estimated 87.3 million Americans with pre-diabetes, about 33.6 million are women; 30.0% of non-Hispanic whites; 29.0% of non-Hispanic blacks and 31.9% of Mexican Americans.
- In 2009, diabetes killed 33,651 females. The overall death rate from diabetes was 20.9. Death rates were 15.7 for white females and 35.9 for black females.
- 319,000 females diagnosed with diabetes were discharged from short-stay hospitals in 2010.

For additional information, charts and tables, see
[Heart Disease & Stroke Statistics - 2013 Update.](#)

Additional charts may be downloaded directly from the online publication at:
<http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0b013e31828124ad> Or at: www.heart.org/statistics

The American Heart Association requests that this document be cited as follows:
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If you have questions about statistics or any points made in the 2013 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at statistics@heart.org.

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