

# Statistical Fact Sheet

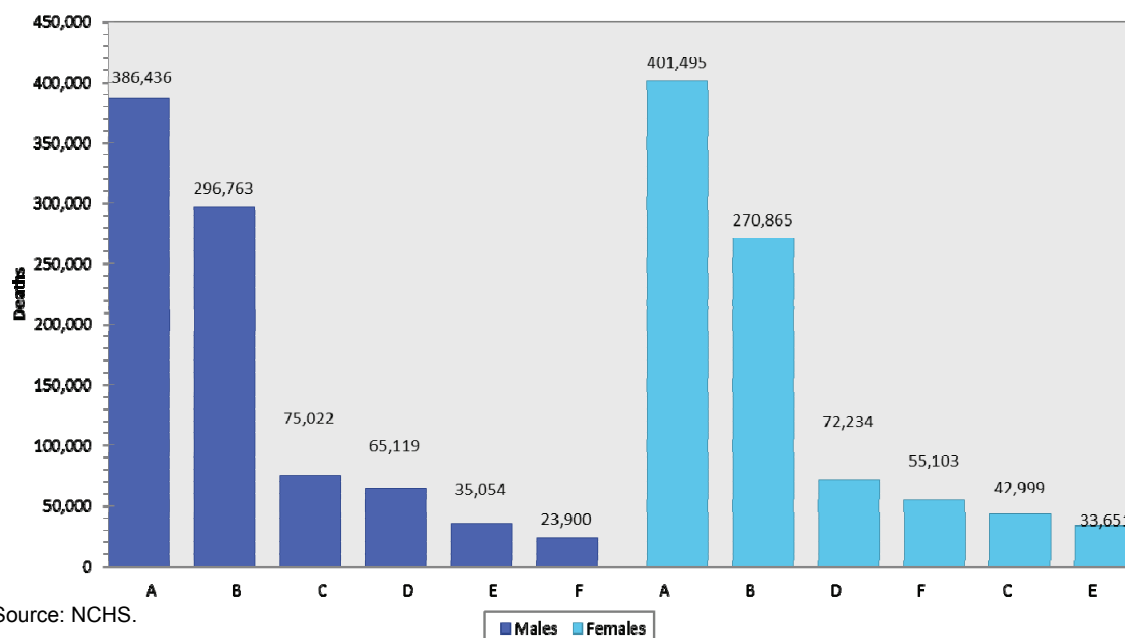
## 2013 Update

### Men & Cardiovascular Diseases

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

- More than one in three adult men has some form of CVD.
- In 2009, CVD caused the deaths of 386,436 males. Males represent 49.0% of deaths from CVD.
- The 2009 overall death rate from CVD was 236.1. Death rates were 281.4 for white males, 387.0 for black males.
- In 2010, CVD was the first listed diagnosis of 3,021,000 males discharged from short-stay hospitals.
- In 2010, 74.9% of bypass and 67.1% of PCI patients were male. 68.7% of heart transplant patients in 2011 were male.

#### 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).

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

- About 8.8 million men alive today have CHD. Of these, 5.0 million have a history of myocardial infarction (MI, or heart attack).
- Among men age 20 and older, 8.2% of non-Hispanic whites, 6.8% of non-Hispanic blacks and 6.7% of Mexican Americans have CHD.
- Each year new and recurrent MI and fatal CHD will impact an estimated 535,000 men.
- CHD killed 210,069 males in 2009. 68,814 died from MI.
- The 2009 overall CHD death rate was 116.1. Death rates were 155.9 for white males and 181.1 for black males.
- 828,000 males diagnosed with CHD were discharged from short-stay hospitals in 2010.

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

- Among men age 20 and older, 3.3% of non-Hispanic whites, 2.4% of non-Hispanic blacks and 3.4% of Mexican Americans have angina.
- Each year about 320,000 men over age 45 are diagnosed with stable angina.

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### 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 1.1 for white males and 1.4 for black males.
- 25,000 males were discharged from short-stay hospitals in 2009 with a diagnosis of congenital cardiovascular defects.

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

- An estimated 3.0 million male stroke survivors are alive today.
- Among men age 20 and older, the following have had a stroke: 2.4% of non-Hispanic whites; 4.3% of non-Hispanic blacks and 2.3% of Mexican Americans.
- In 2009, stroke caused the death of 52,073 males (40.4% of total stroke deaths).
- The 2009 overall death rate for stroke was 38.9. Death rates were 37.8 for white males, 60.1 for black males, 30.9 for Hispanic males, 34.1 for Asian/Pacific Islander males, and 29.2 for American Indian/Alaska Native males.
- In 2010, 485,000 males 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 U.S. adults has HBP.
- A higher percentage of men than women have hypertension until age 45. From 45 to 54 years of age and 55 to 64 years of age, the percentages of men and women with hypertension are similar. After that, a much higher percentage of women have hypertension than men.
- Among men age 20 and older, 33.4% of non-Hispanic whites, 42.6% of non-Hispanic blacks and 30.1% of Mexican Americans have HBP.
- In 2009, 27,668 males died from HBP. They represented 44.8% of deaths from HBP.
- The 2009 overall death rate from HBP was 18.5. Death rates were 17.0 for white males and 51.6 for black males.
- 216,000 males 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 2.7 million males alive today have HF. Each year, about 350,000 new cases are diagnosed in males.
- In 2010, the overall prevalence for people age 20 and older is 2.1%. Among men, the following have HF: 2.2% of non-Hispanic whites; 4.1% of non-Hispanic blacks and 1.9% of Mexican Americans.
- In 2009, there were 23,563 male deaths from HF (41.8% of HF deaths).
- The 2009 overall any-mention death rate from HF was 82.3. Death rates were 98.3 for white males and 104.5 for black males.
- 501,000 males diagnosed with HF were discharged from short-stay hospitals in 2010.

### Smoking

- In 2011:
  - ◊ Male students (grades 9-12) were more likely than female students to smoke cigarettes (19.9% vs. 16.1%), smoke cigars (17.8% vs. 8.0%), or use smokeless tobacco (12.8% vs. 2.2%).
  - ◊ 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.

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- 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.
- 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

- Boys are less likely than girls to report inactivity (10.0% vs. 17.7%).
- 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 24.9% of adult men met the 2008 Federal Physical Activity Guidelines in 2011.

### Overweight and Obesity

- An estimated 33.0% of boys age 2 to 19 are overweight or obese; 30.1% non-Hispanic whites, 36.9% non-Hispanic blacks, and 40.5% Mexican Americans.
- Of these boys, 18.6% are obese; 16.1% non-Hispanic whites, 24.3% non-Hispanic blacks, and 24.0% Mexican Americans
- An estimated 72.9% of men age 20 and older are overweight or obese; 73.1% non-Hispanic whites, 68.7% non-Hispanic blacks, and 81.3% Mexican Americans.
- Of these men, 33.6% are obese; 33.8% non-Hispanic whites, 37.9% non-Hispanic blacks, and 36.0% Mexican Americans.

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

- Of the estimated 19.7 million American adults with physician-diagnosed diabetes, about 9.6 million are men; 7.7% of non-Hispanic whites, 13.5% of non-Hispanic blacks and 11.4% of Mexican Americans.
- Of the estimated 8.2 million Americans with undiagnosed diabetes, about 5.3 million are men; 4.5% of non-Hispanic whites, 4.8% of non-Hispanic blacks and 6.6% of Mexican Americans.
- Of the estimated 87.3 million Americans with pre-diabetes, about 50.7 million are men; 47.7% of non-Hispanic whites; 35.7% of non-Hispanic blacks and 47.0% of Mexican Americans.
- In 2009, diabetes killed 35,054 males. The overall death rate from diabetes was 20.9. Death rates were 23.3 for white males and 44.2 for black males.
- 311,000 males 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](http://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](mailto:statistics@heart.org).

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