

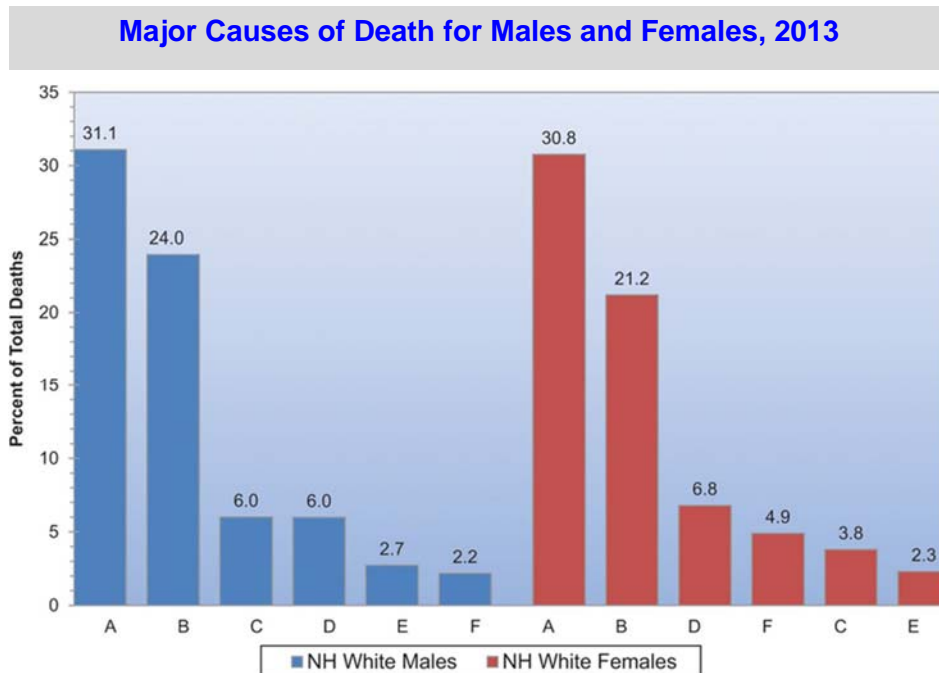
Statistical Fact Sheet

2016 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 2013, CVD caused the deaths of 402,851 males. Males represent 50.3% of deaths from CVD.
- 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.



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 8.9 million men alive today have CHD. Of these, 4.9 million have a history of myocardial infarction (MI, or heart attack).
- Among men age 20 and older, 7.8% of non-Hispanic whites, 7.2% of non-Hispanic blacks and 6.7% of Hispanics have CHD.
- Each year new and recurrent MI and fatal CHD will impact an estimated 560,000 men.
- CHD killed 208,515 males in 2013. 66,051 died from MI.
- 828,000 males diagnosed with CHD were discharged from short-stay hospitals in 2010.

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: 2.2% of non-Hispanic whites; 4.2% of non-Hispanic blacks and 2.8% of Hispanics.
- In 2013, stroke caused the death of 53,691 males (41.6% of total stroke deaths).
- 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.

Men & CVD - 2016 Statistical Fact Sheet

- Among men age 20 and older, 332.9% of non-Hispanic whites, 44.9% of non-Hispanic blacks and 29.6% of Hispanics have HBP.
- In 2013, 33,563 males died from HBP. They represented 46.7% of deaths from HBP.
- 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 440,000 new cases are diagnosed in males.
- In 2012, the overall prevalence for people age 20 and older is 2.2%. Among men, the following have HF: 2.2% of non-Hispanic whites; 2.8% of non-Hispanic blacks and 2.1% of Hispanics.
- In 2013, there were 28,513 male deaths from HF (43.8% of HF deaths).
- 501,000 males diagnosed with HF were discharged from short-stay hospitals in 2010.

Smoking

- Current cigarette use in male and female students (grades 9-12) was about the same (5.7% vs. 5.5%); however, males were more likely than females to smoke cigars (3.2% vs. 1.4%), or use smokeless tobacco (3.4% vs. 0.4%).
- Among adults, 19.9% of white men; 21.4% of black men and 13.8% of Hispanic men smoke cigarettes.

High Blood Cholesterol and Other Lipids

- Among children 6 to 11 years of age, the mean total cholesterol level is 160.2 mg/dL. For boys, it is 160.5 mg/dL; for girls, it is 159.8 mg/dL.
- Among adolescents 12 to 19 years of age, the mean total cholesterol level is 158.3 mg/dL. For boys, it is 155.2 mg/dL; for girls, it is 161.6 mg/dL.
- Among adults age 20 and older:
 - ◊ 40.4% of men and 44.9% of women have total cholesterol levels of 200 mg/dL or higher.
 - ◊ 11.6% of men and 14.4% of women have levels of 240 mg/dL or higher.
 - ◊ 31.0% of men and 32.0% of women have an LDL cholesterol of 130 mg/dL or higher.
 - ◊ 28.9% of men and 10.4% of women have HDL cholesterol less than 40 mg/dL.

Physical Inactivity

- Boys are less likely than girls to report inactivity (11.2% vs. 19.2%).
- The proportion of students who met activity recommendations of ≥ 60 minutes of PA on 7 days of the week was 27.1% nationwide and declined from 9th (30.4%) to 12th (24.3%) grades. At each grade level, the proportion was lower in girls than boys.
- Only 25.4% of adult men and 17.6% of women met the 2008 Federal Physical Activity Guidelines in 2014.

Overweight and Obesity

- An estimated 32.0% of boys age 2 to 19 are overweight or obese; 27.8% non-Hispanic whites, 34.4% non-Hispanic blacks, and 40.7% Hispanics.
- Of these boys, 16.7% are obese; 12.6% non-Hispanic whites, 19.9% non-Hispanic blacks, and 24.1% Hispanics.
- An estimated 72.5% of men age 20 and older are overweight or obese; 72.7% non-Hispanic whites, 69.4% non-Hispanic blacks, and 80.1% Hispanics.
- Of these men, 34.4% are obese; 34.2% non-Hispanic whites, 37.9% non-Hispanic blacks, and 38.4% Hispanics.

Men & CVD - 2016 Statistical Fact Sheet

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

- Of the estimated 21.1 million American adults with physician-diagnosed diabetes, about 10.5 million are men; 7.6% of non-Hispanic whites, 13.8% of non-Hispanic blacks and 12.5% of Hispanics.
- Of the estimated 8.1 million Americans with undiagnosed diabetes, about 5.1 million are men; 4.0% of non-Hispanic whites, 4.8% of non-Hispanic blacks and 6.8% of Hispanics.
- Of the estimated 80.8 million Americans with pre-diabetes, about 46.4 million are men; 43.0% of non-Hispanic whites; 36.3% of non-Hispanic blacks and 43.0% of Hispanics.
- In 2013, diabetes killed 39,841 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 - 2016 Update.](#)

Additional charts may be downloaded directly from the [online publication](#) at www.heart.org/statistics

The American Heart Association requests that this document be cited as follows:

Mozaffarian D, Benjamin EJ, Go AS, Arnett DK, Blaha MJ, Cushman M, Das SR, de Ferranti S, Després J-P, Fullerton HJ, Howard VJ, Huffman MD, Isasi CR, Jiménez MC, Judd SE, Kissela BM, Lichtman JH, Lisabeth LD, Liu S, Mackey RH, Magid DJ, McGuire DK, Mohler ER III, Moy CS, Muntner P, Mussolino ME, Nasir K, Neumar RW, Nichol G, Palaniappan L, Pandey DK, Reeves MJ, Rodriguez CJ, Rosamond W, Sorlie PD, Stein J, Towfighi A, Turan TN, Virani SS, Woo D, Yeh RW, Turner MB; on behalf of the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2016 update: a report from the American Heart Association. *Circulation*. 2016; 133 (4):e38-e360.

If you have questions about statistics or any points made in the 2016 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at statistics@heart.org. Please direct all media inquiries to News Media Relations at inquiries@heart.org or 214-706-1173.