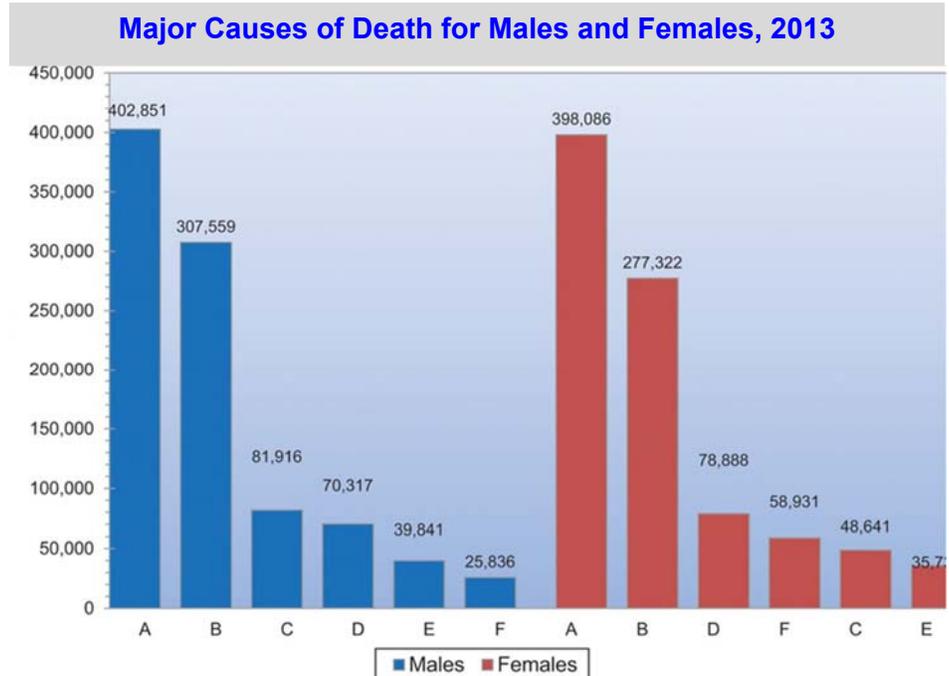


Statistical Fact Sheet 2016 Update

Women & Cardiovascular Diseases

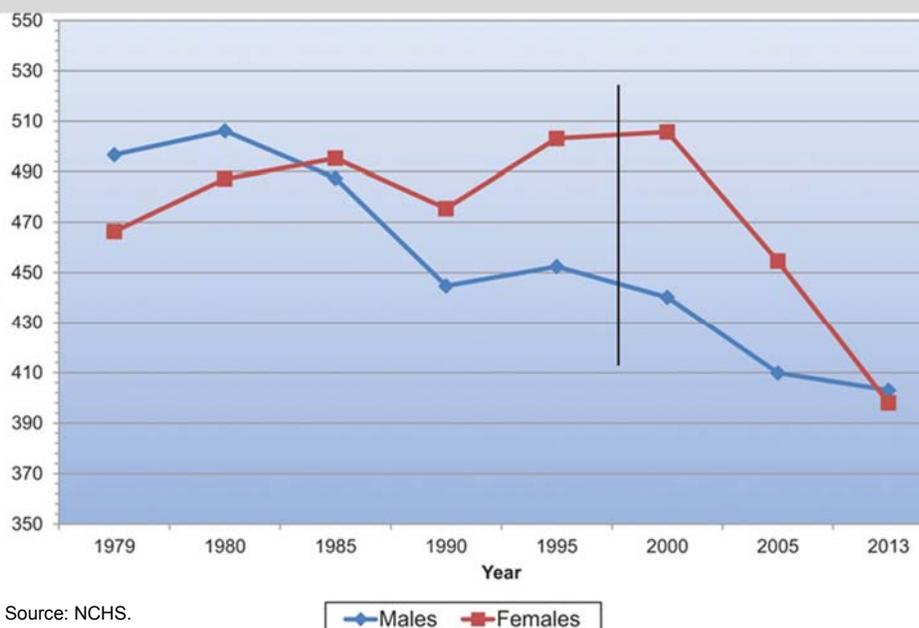
Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28)

- More than one in three female adults has some form of cardiovascular disease.
- Among women age 20 and older, 31.9% of non-Hispanic whites have CVD; 48.3% of non-Hispanic blacks and 32.5% of Hispanics.
- Before 75 years of age, a higher proportion of CVD events attributable to CHD occur in men than in women, and a higher proportion of events attributable to stroke occur in women than in men.
- In 2013, CVD was the cause of death in 398,086 females. Females represented 49.7% of deaths from CVD.
- In 2013, CVD caused about 1 death every 80 seconds among females. That represents about the same number of female deaths from cancer, chronic lower respiratory disease, and diabetes combined. There were 40,861 deaths attributable to breast cancer in females; lung cancer claimed 70,542 females. One in 31.6 deaths of females was attributable to breast cancer, whereas 1 in 8.0



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.

CVD Mortality Trends for Males and Females, United States: 1979–2013



Source: NCHS.

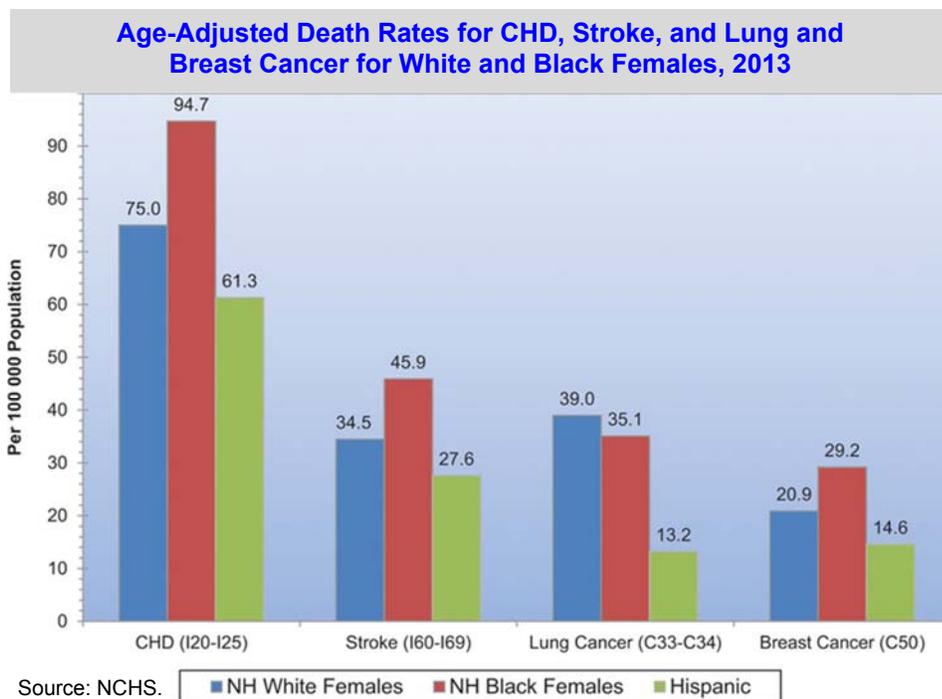
was attributable to CHD. For comparison, 1 in 4.7 females died of cancer, whereas 1 in 3.2 died of CVD.

- 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. 30.3% of heart transplant patients in 2012 were female.

Women & CVD - 2016 Statistical Fact Sheet

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, 2.7 million have a history of myocardial infarction (MI, or heart attack).
- Among women age 20 and older, 1.8% of non-Hispanic whites have had an MI; 2.2% of non-Hispanic blacks and 1.7% of Hispanics.
- Each year new and recurrent MI and fatal CHD will impact an estimated 405,000 women.
- The incidence of CHD in women lags behind men by 10 years for total CHD and by 20 years for more serious clinical events such as MI and sudden death.
- In 2013, 161,698 females died from CHD; 50,742 from MI.
- 23% of women age 45 and older who have an initial recognized MI (heart attack) die within a year compared with 18% 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.



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- 518,000 females diagnosed with CHD were discharged from short-stay hospitals in 2010.

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

- An estimated 3.6 million female stroke survivors are alive today.
- Among women age 20 and older, 2.5% of non-Hispanic whites have had a stroke; 4.7% of non-

-Hispanic blacks and 2.0% of Hispanics.

- 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 2013, stroke caused the death of 75,287 females (58.4% of total stroke deaths).
- 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.
- Among women age 20 and older, the following have HBP: 30.1% of non-Hispanic whites; 46.1% of non-Hispanic blacks and 29.9% of Hispanics.
- Of women with HBP, only 56.7% of non-Hispanic whites had their BP under control; 40.7 of non-Hispanic blacks; and 47.0% of Hispanics.
- In 2013, 38,379 females died from HBP. They represented 53.3% of deaths from HBP.
- 272,000 females diagnosed with HBP were discharged from short-stay hospitals in 2010.

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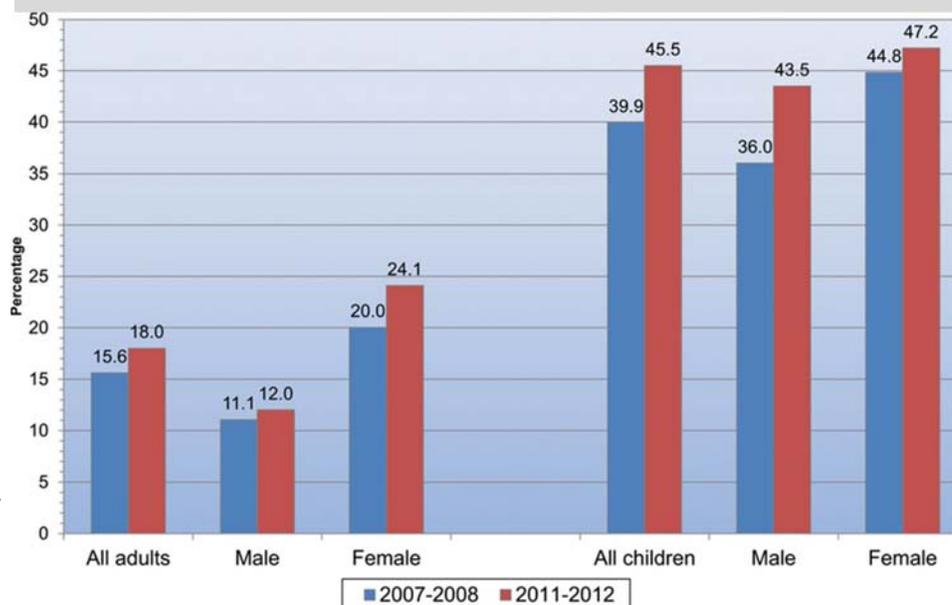
Heart Failure (HF) (ICD/10 code I50.0) (ICD/9 code 428.0)

- About 3.0 million females alive today have HF. Each year, about 475,000 new cases are diagnosed in females.
- Among women age 20 and older, 2.2% of non-Hispanic whites have HF; 3.2% of non-Hispanic blacks and 2.1% of Hispanics.
- In 2013, there were 36,607 female deaths from HF (56.2% of HF deaths).
- 522,000 females diagnosed with HF were discharged from short-stay hospitals in 2010.

Cardiovascular Health

- Only 18% of US adults have ≥ 5 metrics with ideal levels, with lower prevalence in men (12%) than in women (24%).
- Younger adults are more likely to meet greater numbers of ideal metrics than are older adults. More than 60% of Americans >60 years of age have ≤ 2 metrics at ideal levels. At any age, women tend to have more metrics at ideal levels than do men.

Prevalence of meeting ≥ 5 criteria for ideal CV health among US adults



Source: National Health and Nutrition Examination Survey 2007 to 2008 and 2011 to 2012.

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, 18.3% of white women; 13.4% of black women and 7.4% of Hispanic women 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.

Women & CVD - 2016 Statistical Fact Sheet

Physical Inactivity

- Girls were more likely than boys to report inactivity (19.2% versus 11.2%).
- 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 31.6% of girls age 2 to 19 are overweight or obese; 29.2% non-Hispanic whites, 36.1% non-Hispanic blacks, and 37.0% Hispanics.
- Of these girls, 17.2% are obese; 15.6% non-Hispanic whites, 20.5% non-Hispanic blacks, and 20.6% Hispanics.
- An estimated 64.7% of women age 20 and older are overweight or obese; 61.2% non-Hispanic whites, 81.9% non-Hispanic blacks, and 76.3% Hispanics.
- Of these women, 36.0% are obese; 32.5% non-Hispanic whites, 57.5% non-Hispanic blacks, and 42.9% Hispanics.

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

- Of the estimated 21.1 million American adults with physician-diagnosed diabetes, about 10.6 million are women; 6.1% of non-Hispanic whites, 14.6% of non-Hispanic blacks and 11.8% of Hispanics.
- Of the estimated 8.1 million Americans with undiagnosed diabetes, about 3.0 million are women; 1.7% of non-Hispanic whites, 2.3% of non-Hispanic blacks and 5.0% of Hispanics.
- Of the estimated 80.8 million Americans with pre-diabetes, about 34.3 million are women; 28.9% of non-Hispanic whites; 27.8% of non-Hispanic blacks and 26.0% of Hispanics..
- In 2013, diabetes killed 35,737 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 - 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.