



Heart Disease and Stroke Statistics—2019 Update

Free Access to the Newest, Nationally Representative US Data



219.4
per 100,000

The age-adjusted death rate attributable to CVD, based on 2016 data.

Despite decreases in heart disease and stroke mortality, the burden of disease remains high. The 2019 **Statistical Update**, published annually in *Circulation*, is a major source for monitoring both cardiovascular health and disease in the population, with a focus on progress toward the American Heart Association's 2020 Impact Goals.

Every year, the AHA, NHLBI, and other government agencies work together to conduct a review of the most current national data available on heart disease, stroke, and other vascular diseases and present their findings in this single, annual report.

The **Statistical Update** lists the most important sources and the types of data it uses to derive its conclusions, providing a valuable resource for researchers, clinicians, healthcare policy makers, media professionals, the public, and others who seek the most current national data available on disease morbidity, mortality, and risks; quality of care; medical procedures and operations; and costs associated with the management of these diseases.



On average, someone dies of CVD every **38 seconds**

About 2,303 deaths from CVD each day, based on 2016 data.



On average, someone in the US has a stroke every **40 seconds**

About 795,000 new or recurrent stroke each year, based on 2015 data.



On average, someone dies of a stroke every **3.70 minutes**

About 389.4 deaths from stroke each day, based on 2016 data.

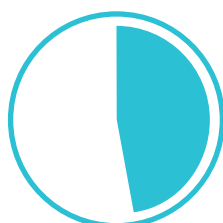
Access the full report at: www.ahajournals.org/statupdate

Benjamin EJ, Muntner P, Alonso A, Bittencourt MS, Callaway CW, Carson AP, Chamberlain AM, Chang AR, Cheng S, Das SR, Delling FN, Djousse L, Elkind MSV, Ferguson JF, Fornage M, Jordan LC, Khan SS, Kissela BM, Knutson KL, Kwan TW, Lackland DT, Lewis TT, Lichtman JH, Longenecker CT, Loop MS, Lutsy PL, Martin SS, Matsushita K, Moran AE, Mussolino ME, O'Flaherty M, Pandey A, Perak AM, Rosamond WD, Roth GA, Sampson UKA, Satou GM, Schroeder EB, Shah SH, Spartano NL, Stokes A, Tirschwell DL, Tsao CW, Turakhia MP, VanWagner LB, Wilkins JT, Wong SS, Virani SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2019 update: a report from the American Heart Association [published online ahead of print January 31, 2019]. *Circulation*. doi: 10.1161/CIR.0000000000000659.



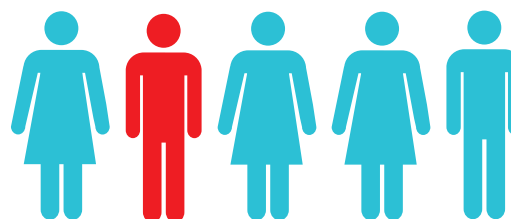
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116.4 million, or 46%

of US adults are estimated to have hypertension. These are findings related to the new 2017 Hypertension Clinical Practice Guidelines.



On average,

1 in 5 adults, or 22.5%

of American adults, reported achieving adequate leisure-time aerobic and muscle-strengthening activities to meet the physical activity guidelines, based on 2016 data.



1 in 6 males and 1 in 7 females

in the United States are current smokers, based on 2016 data.

By 2035, more than 130 million adults, or 45.1% of the US population,

are projected to have some form of CVD. Total costs of CVD are expected to reach \$1.1 trillion in 2035, with direct medical costs projected to reach \$748.7 billion and indirect costs estimated to reach \$368 billion.



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