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.
1 in 6 males and 1 in 7 females in the United States are current smokers, based on 2016 data.

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.

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.

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.