



American
Heart
Association.

2021 Heart Disease & Stroke Statistical Update Fact Sheet Older Americans & Cardiovascular Diseases

Cardiovascular Disease (CVD) (ICD-9 390 to 459; ICD-10 I00 to I99)

- Based on 2015 to 2018 data, an estimated 126.9 million American adults (49.2%) had 1 or more types of CVD.
- For the 60–79-year-old age group between 2015 and 2018, the following had CVD (with hypertension in the CVD definition): 77.5% of males; 75.4% of females.
- For the 80+ year-old age group, the following had CVD (with hypertension in the definition): 89.4% of males; 90.8% of females.

Coronary Heart Disease (CHD) (ICD-9 410 to 414, 429.2; ICD-10 I20 to I25, includes MI ICD-10 I21 to I22)

- For the 60–79-year-old age group between 2015 and 2018, the following had CHD: 22.0% of males; 13.4% of females. 12.6% of males and 4.5% of females in this age group have had an MI.
- For the 80+ year-old age group between 2015 and 2018, the following had CHD: 33.9% of males; 21.6% of females. 15.8% of males in this age group have had an MI; 8.7% of females.
- Based on data from 2005 to 2014, the average age of first heart attack was 65.6 years for males and 72.0 years for females.

Stroke (ICD-9 430 to 438; ICD-10 I60 to I69)

- According to a study from 2011, stroke patients >85 years of age made up 17% of all stroke patients.
- For the 60–79-year-old age group between 2015 and 2018, the following had had a stroke: 6.5% of males; 5.4% of females.
- For the 80+ year-old age group, the following had had a stroke: 12.4% of males; 13.6% of females.
- Very elderly patients have a higher risk-adjusted mortality, have greater disability, have longer hospitalizations, receive less evidenced-based care, and are less likely to be discharged to their original place of residence.
- Based on a 2012 study, between 2010 and 2050, the number of incident strokes is expected to more than double, with the majority of the increase among the elderly (≥ 75 years of age) and minority groups.
- From 2008 to 2018, crude stroke death rates declined by 12% in individuals 65 to 74 years of age, declined by 18.3% in those 75 to 84 years of age, and declined by 8.1% in those greater than 85 years of age.

High Blood Pressure (HBP) (ICD-9 401 to 404; ICD-10 I10 to I15)

- For the 65–74 years age group between 2015 and 2018, the following had HBP: 67.5% of males; 75.7% of females.
- For the 75+ years age group between 2015 and 2018, the following had HBP: 83.6% of males; 84.5% of females.

Unless otherwise noted, all statistics in this Fact Sheet pertain to the United States.

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High Blood Pressure (HBP) (ICD-9 401 to 404; ICD-10 I10 to I15) (continued)

- According to 2015 to 2018 data, awareness, treatment, and control of hypertension were higher at older ages. Hypertension control was higher in US adults 40 to 59 years of age with hypertension (19.5%) and those ≥ 60 years of age (28.9%) than in their counterparts 20 to 39 years of age (6.9%)

Heart Failure (HF) (ICD-9 428, ICD-10 I50)

- According to data from 2015 to 2018, for the 60–79-years of age group, the following had heart failure: 7.5% of males; 3.9% of females.
- According to data from 2015 to 2018, for the 80-years of age and older group, the following had heart failure: 9.5% of males; 11.0% of females.
- In a study published in 2013, data from the NHLBI-sponsored Chicago Heart Association Detection Project in Industry, Atherosclerosis Risk in Communities Study, and Cardiovascular Health Study indicated that:
 - HF incidence approached 21 per 1,000 population after 65 years of age.
 - Overall, at 45 years of age through 95 years of age, lifetime risks for HF were high (20%–45%).

Atrial Fibrillation (AF) and Atrial Flutter

- Among Medicare patients ≥ 65 years of age, diagnosed from 1993 to 2007, the prevalence of AF increased $\approx 5\%$ per year, from ≈ 41.1 per 1000 beneficiaries to 85.5 per 1000 beneficiaries.
- Over five years after AF diagnosis, strokes occur in about 5.0% of individuals 67–69 years of age, 5.7% of individuals 70–74 years of age, 6.9% of individuals 75–79 years of age, 8.1% in those 80–84 years of age, 8.9% in those 80–84 years of age, and 6.9% in individuals 90 years of age and older.
- Based on hospital discharge data from the 2016 Healthcare Cost and Utilization Project, the rate of AF and atrial flutter as the principal diagnosis in those 65 to 84 years of age was 577.5 per 100,000 discharges. The rate in individuals ≥ 85 years of age was 1158.6 per 100,000 discharges.

Medical Procedures

- In 2014, about 50% of the percutaneous coronary intervention (PCI) procedures were performed on people ≥ 65 years of age.
- In 2019, 57.4% of heart transplant recipients were 50 years of age and older.

Costs

- Total direct and indirect annual costs for CVD and stroke in 2016 to 2017 were \$148.4 billion for patients 65 years of age and older; about 40.8% of total CVD and stroke costs.

Older Americans & CVD - 2021 Statistical Fact Sheet

For additional information, charts and tables, see
[Heart Disease & Stroke Statistics – 2021 Update](#)

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

Many statistics in this Fact Sheet come from unpublished tabulations compiled for this document and can be cited using the document citation listed below. The data sources used for the tabulations are listed in the full document. Additionally, some statistics come from published studies. If you are citing any of the statistics in this factsheet, please review the full Heart Disease and Stroke Statistics document to determine data sources and original citations.

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

Virani SS, Alonso A, Aparicio HJ, Benjamin EJ, Bittencourt MS, Callaway CW, Carson AP, Chamberlain AM, Cheng S, Delling FN, Elkind MSV, Evenson KR, Ferguson JF, Gupta DK, Khan SS, Kissela BM, Knutson KL, Lee CD, Lewis TT, Liu J, Loop MS, Lutsey PL, Ma J, Mackey J, Martin SS, Matchar DB, Mussolino ME, Navaneethan SD, Perak AM, Roth GA, Samad Z, Satou GM, Schroeder EB, Shah SH, Shay CM, Stokes A, VanWagner LB, Wang N-Y, Tsao CW; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2021 update: a report from the American Heart Association [published online ahead of print January 27, 2021]. *Circulation*. doi: 10.1161/CIR.0000000000000950

If you have questions about statistics or any points made in the 2021 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 <http://newsroom.heart.org/newsmedia/contacts>.