Heart Disease & Stroke Statistics 2023 Update

The 2023 Statistical Update is a major source for monitoring cardiovascular health, risk factors, and disease in the US and global population. It is published annually in Circulation and can be accessed for free at AHAjournals.org/StatUpdate

9.7 million adults have undiagnosed diabetes

29.3 million adults have diagnosed diabetes

115.9 million adults have prediabetes (based on 2017-2020 data)

224.4 per 100,000
The age-adjusted US death rate attributable to CVD (based on 2020 data)

239.8 per 100,000
The age-adjusted global death rate attributable to CVD (based on 2020 data)

25.5% of US adults have high LDL-C (≥130 mg/dL) (according to 2017-2020 data)

On average, someone in the US dies of CVD every 34 seconds
2544 US deaths from CVD each day (based on 2020 data)

On average, someone in the US dies of a stroke every 3 minutes and 17 seconds
439 US deaths from stroke each day (based on 2020 data)
Heart Disease & Stroke Statistics 2023 Update

Free Access to the Newest and Nationally Representative US and Global Data

122.4 million, or 47%
of US adults are estimated to havehypertension.
(based on 2017-2020 data)

1 in 4adults
in the United States reported achieving adequateleisure-time aerobic and muscle-strengtheningactivities to meet the physical activity guidelines.
(based on 2018 data)

1 in 7male adults
in the United States are current smokers.
(based on 2020 data)

1 in 9female adults
in the United States are current smokers.
(based on 2020 data)

1 in 9high school students
in the United States used e-cigarettes in the past 30 days.
(based on 2021 data)

In 2017, Alzheimer disease andAlzheimer disease–related dementiaaffected 2.9 millionpeople in theUnited States.

Less than 10%
of US adults met the guidelines for whole grain,whole fruit, and nonstarchy vegetable consumptioneach day in 2017-2018.

Access the full report at: AHAjournals.org/StatUpdate