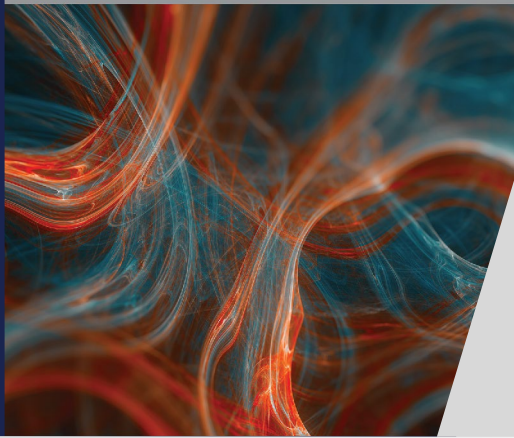


Ajeidishjool Aah dah haz'a & Ndiistsxaas 'aheeneelt'e' 2026 'Atsinilt'ish

Bii American Heart Association (AHA) **2026 'aheeneelt'e' 'atsinilt'ish** shi lei agha source ba bk'idinish'jj' cardiovascular health, t'aa bizaaka t'aa 'aaniinii, 'aadoo aah dah haz'a di bii US 'aadoo nahasdzaan nteel dine'e. Bi shi bidichiid t'aa ninahahaah bik'eh di **Circulation** 'aadoo bineesh'a be hadahwiis'aed ba t'aadoo baahilinigoo gi **AHAjournals.org/StatUpdate** (Bilagaana bizaadii beesh bee hane'i)

Circulation

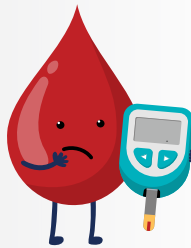


Ats'iistah'ashjjh likan nanit'a' siljj' doodaii naashchid bits'aadee ats'iistah 'ashjjh likan nanit'a' siljj' yaa ndiidaah bikaa' alnii' bits'aadee' US adilye.

(tsetsiin akaa'gi 2021-2023 bil ch'idaash'a')

'eiya 23% bits'aadee' US adilye ee' ats'iistah 'ashjjh likan nanit'a' siljj' bich'j' nahonit'l'a' bihodish'aah biyaa 'iishtliish bits'aadee' yishtlish ashjjh likan, yishtlish tsididiingoo, 'aadoo ak'ah.

(tsetsiin akaa'gi 2021-2023 bil ch'idaash'a')



218

nahidiziidji 100,000

Tbi sa-hasht'e ninishkeed **US aze'** biinishghah shaah haa'a goo CVD

(tsetsiin akaa'gi 2023 bil ch'idaash'a')



235

nahidiziidji 100,000

Tbi sa-hasht'e ninishkeed nahasdzaan nteel aze' biinishghah shaah haa'a goo CVD

(tsetsiin akaa'gi 2021 bil ch'idaash'a')



Akaa'gi leh, la'one di bii US nii'ne bits'aadee' CVD t'aa 34 dah 'alzhin.

2,510 US aze' dee' CVD t'aa 'akwii jj hil

(tsetsiin akaa'gi 2023 bil ch'idaash'a')



On leh, la'one di bii US nii'ne bits'aadee' a ndiistsxaas t'aa 3 dah 'alzhin

'aadoo 14 dah 'alzhin. 446 US aze' dee' lei ndiistsxaas t'aa 'akwii jj hil

(tsetsiin akaa'gi 2023 bil ch'idaash'a')

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Palaniappan LP, Allen NB, Almarzooq ZI, Anderson CAM, Arora P, Avery CL, Baker-Smith CM, Bansal N, Currie ME, Earlie RS, Fan W, Fetterman JL, Barone Gibbs B, Heard DG, Hiremath S, Hong H, Hyacinth HI, Ibeh C, Jiang T, Johansen MC, Kazi DS, Ko D, Kwan TW, Leppert MH, Li Y, Magnani JW, Martin KA, Martin SS, Michos ED, Mussolino ME, Ogunbeye O, Parikh NI, Perez MV, Perman SM, Sarraju A, Shah NS, Springer MV, St-Onge M-P, Thacker EL, Tierney S, Uribut SM, Van Spall HGC, Voeks JH, Whelton SP, Wong SS, Zhao J, Khan SS; akaa'gi 'aha bits'aadee' bii American Heart Association Beesh baah dah si'ani akaa'gi Epidemiology 'aadoo Biniisht'l'aah 'aheeneelt'e' Ats'a'niliigii 'aadoo Ndiistsxaas 'aheeneelt'e' Ats'a'niliigii. 2026 Ajeidishjool aah dah haz'a 'aadoo ndiistsxaa 'aheeneelt'e': lei bil bihoone' bits'aadee' US 'aadoo nahasdzaan nteel bil ch'idaash'a' dee' bii American Heart Association. *Circulation*. Bidichiid di naasha Yas nilt'ees 21, 2026. DOI: 10.1161/CIR.0000000000001412

Ajeidishjool Aah dah haz'a & Ndiistsxaas 'aheeneelt'e' 2026 'atsinilt'ish



T'aadoo baahilinigoo Hadahwiis'a goo bii Aniid US 'aadoo Nahasdzaan nteel Bil ch'idaash'a'

26%

bits'aadee' US dineeh 6-11 naahai
bits'aadee' sa 'aadoo



14%

bits'aadee' US dineeh 12-17 naahai
bits'aadee' beedaahaigii

'aldaah bii US bizaak'ehgo bits'aadee' gi lha'a'aah 60 dah
'alzhiin bits'aadee' bidi'nili bee 'ak'ihata' nliinii t'aa hil.

(tsetsiin akaa'gi 2022 'aadoo 2023 bil ch'idaash'a')

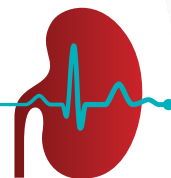


1 di 12 hok'aa' olta'i di bii T'aala' bizhi'ee
Nahasdzo t'aa chooz'jigidii loo'bee hahaltsosi-nat'ohs
di bii alk'idaa' 30 t'aadoo la'i yilkaahi.

(tsetsiin akaa'gi 2024 bil ch'idaash'a')

Bikaa' 80% bits'aadee' US 'aniid
'aadoo 'anii'-binahaah adilye
da'nili t'ah nizaa 'az'aago CKM
(cardiovascular-acha'ashk'azhi-metabolic)
t'aa bizaaka.

(tsetsiin akaa'gi 2009 goo 2018 bil ch'idaash'a')



T'aala' bizhi'ee Nahasdzo: Adilye



40%

be'esdzaah ats'iistah 'ashjjh likan
(tsetsiin akaa'gi 2021 goo 2023 bil ch'idaash'a')



T'aala' bizhi'ee Nahasdzo: Alchini 'aadoo Tsilkeeh



21%

be'esdzaah ats'iistah 'ashjjh likan
(tsetsiin akaa'gi 2021 goo 2023 bil ch'idaash'a')



In 2021, Alzheimer aah dah haz'a
'aadoo la'igii dementias yaa ndiidaah

57 miiltsoh

dine'e nahasdzaan t'a nool'aa binaa.

Hadahwiis'a bii hadibin bil bihoone' gi: AHAjournals.org/StatUpdate
(Bilagaana bizaadii beesh bee hane'i)

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