



**American
Heart
Association.**

2026 Ajeidishjool Aah dah haz'a & Ndiistsxaas 'aheeneelt'e' 'atsinilt'ish T'aa 'aaniinii Naaltsoos American Bikagi yishtlizhii doodaii Alaska Aniid & Cardiovascular Aah dah haz'as di bii T'aala' bizhi'ee Nahasdzo

Cardiovascular Aah dah haz'a (CVD) (ICD-10 I00 goo I99)

- Di 2023, CVD cat'aa chooz'jjdigii 4670 aze'e' (sa-hasht'e ninishkeed nihoneel'aah biinishghah 179.3 nahidiziidji 100 000) 'ak'eitahgoo Naakaii dine'e doo nitsahakees da dine'e (NH) American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho. Bii 2023 sa-hasht'e ninishkeed nihoneel'aah biinishghah ba CVD gi bii ayaa bee 'at'ehigii bits'aadee' aze'e' nahalin 218.3 nahidiziidji 100 000 ba T'aa 'aniiltso US t'aa 'adiighahaho.

'Ajei bik'esti'igii Ajeidishjool Aah dah haz'a (CHD) (ICD-10 I20 goo I25 [iinishta' Myocardial Infarction (MI) ICD-10 I21 goo I22])

- CHD bee 'at'e di 1909 aze'e' (sa-hasht'e ninishkeed nihoneel'aah biinishghah, 72.5 nahidiziidji 100 000) 'aadoo MI cat'aa chooz'jjdigii 534 aze'e' (sa-hasht'e ninishkeed nihoneel'aah biinishghah, 20.1 nahidiziidji 100 000) di NH American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho. Bii 2023 sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba CHD gi bii ayaa bee 'at'ehigii bits'aadee' aze'e' 'aghaa 82.2 nahidiziidji 100 000 ba T'aa 'aniiltso US t'aa 'adiighahaho 'aadoo ba MI gi bii ayaa bee 'at'ehigii bits'aadee' aze'e' 'aghaa 21.9 nahidiziidji 100 000 ba T'aa 'aniiltso US t'aa 'adiighahaho.

Ndiistsxaas (ICD-10 I60 goo I69)

- Di 2023, 699 NH American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho, T'aa 'aniiltso binahaah, daastsaaah dee' ndiistsxaas.
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ee' ndiistsxaas gi bii ayaa bee 'at'ehigii bits'aadee' aze'e' 'aghaa 39.0 nahidiziidji 100 000 ba T'aa 'aniiltso US t'aa 'adiighahaho 'aadoo 27.2 nahidiziidji 100 000 ba NH American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho.

T'aadoo kot'e 'ilini Ajei ndinibaal Beehaz'aanii (SCA) (ICD-10 I46.0, I46.1, I46.9, I49.0)

- Di 2023, 62 NH American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho daastsaaah dee' la ayaa bee 'at'ehigii bits'aadee' SCA. Bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ee' SCA gi bii ayaa bee 'at'ehigii bits'aadee' aze'e' 'aghaa 4.3 nahidiziidji 100 000 ba T'aa 'aniiltso US t'aa 'adiighahaho 'aadoo 2.3 nahidiziidji 100 000 ba American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho.
- Di 2023, 2259 NH American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho daastsaaah ee' t'aa biholniihgoo-yinishshi bits'aadee' SCA akaa'gi bii aze'e' bee la 'aleeh. Bii sa-hasht'e ninishkeed t'aa biholniihgoo-yinishshi nihoneel'aah biinishghah ba SCA 'aghaa 90.2 nahidiziidji 100 000 ba T'aa 'aniiltso US t'aa 'adiighahaho 'aadoo 85.7 nahidiziidji 100 000 ba American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho.

Ajeidishjool Yooshchiid (HF) (ICD-10 I50)

- Di 2023, 313 NH American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho daastsaaah dee' la ayaa bee 'at'ehigii bits'aadee' HF. Bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ee' HF gi bii ayaa bee 'at'ehigii bits'aadee' aze'e' 'aghaa 21.6 nahidiziidji 100 000 ba T'aa 'aniiltso US t'aa 'adiighahaho 'aadoo 12.4 nahidiziidji 100 000 ba NH American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho.
- Di 2023, 2186 NH American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho daastsaaah ee' t'aa biholniihgoo-yinishshi bits'aadee' HF akaa'gi bii aze'e' bee la 'aleeh. Bii sa-hasht'e ninishkeed t'aa biholniihgoo-yinishshi nihoneel'aah biinishghahs ba HF 'aghaa 99.6 nahidiziidji 100 000 ba T'aa 'aniiltso US t'aa 'adiighahaho 'aadoo 84.4 nahidiziidji 100 000 ba NH American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho.

T'aadoo lahgo hodiinisin, T'aa 'aniiltso 'aheeneelt'e' di dii T'aa 'aaniinii Naaltsoos 'adoone'e goo bii T'aala' bizhi'ee Nahasdzo. T'aa shoodi bee haasdziidji goo bii hadanish't'e 'aheeneelt'e' 'atsinilt'ish ba doo bideelnii 'aadoo t'aalal'bi'aa yilts'ilgo di ba yaatl'oh ba bil bihoone' 'aheeneelt'e'.
©2026 American Heart Association, Inc. T'aa 'aniiltso t'aa 'ako baah haah nisin. Doo bee haz'aa da choinsh'jjh bit'sadinish'aah.

Hok'aa' Yishtlish Tsididiingoo (HBP) (ICD-10 I10 goo I15)

- Di 2023, 845 NH American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho (t'aa 'aniiltso binahaah) daastsaa' dee' HBP.
- Di 2023, bii sa-hasht'e ninishkeed nihoneel'aah biinishghahs ba HBP gi bii ayaa bee 'at'ehigii bits'aadee' azee' 'aghaa 31.9 nahidiziidji 100 000 ba T'aa 'aniiltso US t'aa 'adiighahaho 'aadoo 32.6 nahidiziidji 100 000 ba American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho.

Bikaa neeshk'ah & Ats'iistah 'ashjjh likan

- 2021 goo 2023 ats'iistah 'ashjjh likan bil ch'idaash'a' bineesh'a boolta' di bii 2026 'aheeneelt'e' 'atsinilt'ish, ndi bii bil ch'idaash'a' ba neile doo t'ah bishilgham 'alah yiidleeh ee' 'alaa dine'e 'aadoo 'al'aa dine'e di bidichiid naashkaah gi bits'aadee' bii saad bee na'asso bits'aadee' bii 2026 'aheeneelt'e' 'atsinilt'ish.

Ats'iistah 'ashjjh likan nanit'a' siljj' (ICD-10 E10 goo E14)

- 'Ak'eitahgoo US dineeh <20 naahai bits'aadee' sa di 2002 goo 2018 bil ch'idaash'a', bii ba 'ashja'ashleeh biinishghah (nahidiziidji 100 000) bits'aadee' haishjj 'iiyisii 1 ats'iistah 'ashjjh likan nanit'a' siljj' nahalin 7.8 ba American Bikagi yishtlizhii dineeh, al'aa goo 9.4 ba Asian doodaii Pacific Islander dineeh, 17.7 ba Naakaii dine'e dineeh, 22.1 ba Linishzhin dineeh, 'aadoo 26.4 ba Halgai dineeh.
- 'Ak'eitahgoo US dineeh <20 naahai bits'aadee' sa di 2002 goo 2018 bil ch'idaash'a', bii ba 'ashja'ashleeh biinishghah (nahidiziidji 100 000) bits'aadee' haishjj 'iiyisii 2 ats'iistah 'ashjjh likan nanit'a' siljj' nahalin 46.0 ba American Bikagi yishtlizhii dineeh, al'aa goo 16.6 ba Asian doodaii Pacific Islander dineeh, 25.8 ba Naakaii dine'e dineeh, 50.1 ba Linishzhin dineeh, 'aadoo 5.2 ba Halgai dineeh.
- Di 2023, 1110 NH American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho daastsaa' dee' ats'iistah 'ashjjh likan nanit'a' siljj'.
- Di 2023, bii 2023 sa-hasht'e ninishkeed nihoneel'aah biinishghahs ee' ats'iistah 'ashjjh likan nanit'a' siljj' gi bii ayaa bee 'at'ehigii bits'aadee' azee' 'aghaa 22.4 nahidiziidji 100 000 ba T'aa 'aniiltso US t'aa 'adiighahaho 'aadoo 41.5 nahidiziidji 100 000 ba NH American Bikagi yishtlizhii doodaii Alaska Aniid t'aa 'adiighahaho.

T'aa 'aaniinii naaltsooss, na'ashch'aah, 'aadoo 'atsinilt'ish/alk'idaa' 'aheeneelt'e' 'atsinilt'ish naaltsoos bineesh'a ee' shoosht'eeh dee': [Ajeidishjool 'aadoo Ndiistsxaas Bee la'i 'idlinigii 'aheeneelt'e' | American Heart Association](#) (Bilagaana bizaadii beesh bee hane'i).

La'i 'aheeneelt'e' di dii t'aa 'aaniinii naaltsoos nishaah dee' unbidichiid bikaa'adani 'alah deiidleeh ba bii 'aheeneelt'e' 'atsinilt'ish naaltsoos 'aadoo bineesh'a ee' binahasdzo baah 'ashleeh bii naaltsoos bilatah da'nil'inigii naana. Bii bil ch'idaash'a' ba 'adahwiizt'i' t'aa chooz'jdigii ba bii bikaa'adani bineesh'a da'nil'inigii di bii hadibin naaltsoos. T'aalai'bi'aa yilts'ilgoly, la' 'aheeneelt'e' nishaah dee' bidichiid naashkaah. Daa ni bineesh'a hane' bikazi t'aa biholniihgoo bits'aadee' bii 'aheeneelt'e' di dii t'aa 'aaniinii naaltsoos, t'aa shoodi na'ashkaah bii hadibin Ajeidishjool Aah dah haz'a 'aadoo Ndiistsxaas 'aheeneelt'e' naaltsoos goo bini' bidiit'eeh bil ch'idaash'a' ba 'adahwiizt'i' 'aadoo ch'ooshaadaa' bilatah.

Bii American Heart Association yinishkeed eii bii hadibin naaltsoos ee' binahasdzo gi nihiikaah:

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, Ogungbe O, Parikh NI, Perez MV, Perman SM, Sarraju A, Shah NS, Springer MV, St-Onge M-P, Thacker EL, Tierney S, Urbut 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' aah 'aheeneelt'e' Ats'a'niligii 'aadoo Ndiistsxaas 'aheeneelt'e' Ats'a'niligii. 2026 Ajeidishjool aah dah haz'a 'aadoo ndiistsxaa 'aheeneelt'e': lei bil bihoone' bits'aadee' US 'aadoo nahasdaan nteel bil ch'idaash'a' dee' bii American Heart Association. *Circulation*. Bidichiid di naasha Yas nilt'ees 21, 2026.

T'aa shoodi nabidishkid T'aa 'aniiltso t'aadoo yeigo sit'ehe na'idishkid goo News Media Relations gi <http://newsroom.heart.org/newsmedia/contacts> (Bilagaana bizaadii beesh bee hane'i).