## 2025 Heart Disease & Stroke Statistics Update Fact Sheet
## Cardiovascular Health

### Summary of Cardiovascular Health (CVH) of All Americans

- CVH, as defined by the American Heart Association's Life's Essential 8, includes diet, physical activity (PA), nicotine exposure, sleep health, body mass index (BMI), blood lipids, blood glucose, and blood pressure (BP).
- For most components of CVH from 2013 to March 2020, mean scores were higher in US children (within corresponding age ranges of the components) than in US adults (≥20 years of age), except for the diet score and the sleep health score, for which mean scores in children were lower than in adults. Mean diet scores were the lowest among the 8 CVH components for both US children and adults.

### CVH in Children

- Among US children from 2013 to March 2020, BP, blood glucose, and nicotine exposure were the CVH components scoring the highest, with all mean scores in the 80s and the 90s (of 100 points as the ideal score) across race and ethnicity groups. In contrast, mean PA, lipids, and sleep health scores within the corresponding age ranges were all in the 70s across race and ethnicity groups.
- From 2013 to March 2020, the overall CVH score combining health scores of all 8 components was, on average, 73.6 for all US children between 16 and 19 years of age. The corresponding mean overall CVH score was 78.4 for non-Hispanic (NH) Asian, 74.1 for NH White, 72.7 for Mexican American, and 71.3 for NH Black children.

### CVH in Adults

- Among US adults from 2013 to March 2020, the lowest mean scores for CVH were observed in diet, PA, and BMI components, with mean scores ranging from the 30s to the 50s across all race and ethnicity categories. Sleep health scores were the highest among the CVH components in US adults, with mean scores in the 80s across all race and ethnicity groups except in the NH Black adult population, for whom the mean score was 75.6. Mean scores for blood lipids, blood glucose, and BP among US adults were all in the 60s and the 70s across race and ethnicity categories.
- From 2013 to March 2020, the mean overall CVH score was 65.2 for all US adults, with mean scores of 69.6 for NH Asian, 66.0 for NH White, 63.5 for Mexican American, and 59.7 for NH Black adults.

## CVH Components and Race

- The following statistics compare these racial/ethnic groups: NH Black, NH White, NH Asian, and Mexican American. For all CVH categories reported below, higher scores mean more optimal CVH conditions.
- Among the components of CVH from 2013 to March 2020 (2013-2018 for diet) in US children:
    - Diet scores were highest in NH Asian children.
    - PA scores were highest in NH White children.
    - Nicotine exposure scores were highest in NH Asian children.
    - Sleep health scores were highest in NH White children.
    - BMI scores were highest in NH Asian children.
    - Blood lipid scores were highest in NH Black children.
    - Blood glucose scores were highest in NH White children.
    - BP scores were highest in NH Asian children.
- Among the components of CVH from 2013 to 2020 (2013-2018 for diet) in US adults:
    - Diet scores were highest in NH Asian adults.
    - PA scores were highest in NH Asian adults.
    - Nicotine exposure scores were highest in NH Asian adults.
    - Sleep health scores were highest in NH Asian Adults
    - BMI scores were highest in NH White adults.
    - Blood lipid scores were highest in NH Black adults.
    - Blood glucose scores were highest in NH White adults.
    - BP scores were highest in Mexican American adults.

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Many statistics in this fact sheet come from unpublished tabulations compiled for the Statistics Update 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 fact sheet, please review the full Heart Disease and Stroke Statistics document to determine data sources and original citations.

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

Martin SS, Aday AW, Allen NB, Almarzooq ZI, Anderson CAM, Arora P, Avery CL, Baker-Smith CM, Bansal N, Beaton AZ, Commodore-Mensah Y, Currie ME, Elkind MSV, Fan W, Generoso G, Gibbs BB, Heard DG, Hiremath S, Johansen MC, Kazi DS, Ko D, Leppert MH, Magnani JW, Michos ED, Mussolino ME, Parikh NI, Perman SM, Rezk-Hanna M, Roth GA, Shah NS, Springer MV, St-Onge M-P, Thacker EL, Urbut SM, Van Spall HGC, Voeks JH, Whelton SP, Wong ND, Wong SS, Yaffe K, Palaniappan LP; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Committee. 2025 Heart disease and stroke statistics: a report of US and global data from the American Heart Association. *Circulation*. Published online January 27, 2025.

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