



**American
Heart
Association.**

2025 Heart Disease & Stroke Statistical Update Fact Sheet Males & Cardiovascular Diseases

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

- According to 2017 to 2020 data, 52.4% of males 20 years of age and older had some form of CVD, compared with 44.8% of females.
- According to 2017 to 2020 data, of males 20 years of age and older, 58.9% of non-Hispanic (NH) Black males, 51.9% of Hispanic males, 51.5% of NH Asian males, and 51.2% of NH White males had some form of CVD.
- In 2022, CVD caused the deaths of 494,740 males. Males represented 52.5% of deaths from CVD.
- In 2021, 56,705 peripheral arterial bypass procedures were performed and 36,715 of those were in males. Of the 444,730 percutaneous coronary intervention (PCI) procedures performed 301,385 were in males.
- In 2023, 4,545 heart transplantations were performed in the United States, the most ever. Of those, 70.6% were in males.

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

- According to data from 2017 to 2020, about 11.7 million males (8.7% of male adults) 20 years of age and older had CHD; 6.1 million males (4.5% of male adults) had a history of myocardial infarction (MI, or heart attack).
- Among males 20 years of age and older between 2017 and 2020, 9.4% of NH White males, 6.2% of NH Black males, 6.8% of Hispanic males, and 5.2% of NH Asian males had CHD.
- Among males 20 years of age and older between 2017 and 2020, 4.8% of NH White males, 4.0% of NH Black males, 3.1% of Hispanic males, and 2.8% of NH Asian males had a previous MI.
- Based on data from 2005 to 2014, the average age at first MI is 65.6 years for males and 72.0 years for females.
- CHD caused the deaths of 223,952 males in 2022; 62,571 males died from MI.

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

- Between 2017 and 2020, the prevalence of stroke among males 20 years of age and older was 4 million (2.9% of males) vs. 5.4 million among females (3.6% of females).
- Among males 20 years of age and older, the following had a previous stroke: 2.7% of NH White males; 4.8% of NH Black males, 2.5% of Hispanic males, and 1.8% of NH Asian males.
- In 2022, stroke caused the deaths of 71,819 males (43.4% of total stroke deaths).

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

- Among males, 20 years of age and older between 2017 and 2020, 62.8 million (50.4% of males) had high blood pressure, or hypertension.
- Between 2017 and 2020, a higher percentage of males than females had hypertension in all age categories until 64 years of age. For those 65 years of age and older, the percentage of females with hypertension was higher than for males.

Unless otherwise noted, all statistics in this Fact Sheet pertain to the United States. Please refer to the complete Statistics Update for references and additional information for reported statistics.

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- Among males 20 years of age and older between 2017 and 2020, 48.9% of NH White males, 57.5% of NH Black males, 50.3% of Hispanic males, and 50.2% of NH Asian males had HBP.
- In 2022, 63,901 males died from HBP. They represented 48.6% of deaths from HBP.

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

- About 3.7 million adult males 20 years of age and older alive between 2017 and 2020 had HF.
- Between 2017 and 2020, the overall prevalence of HF for males 20 years of age and older was 2.7%. Among adult males, the following had HF: 2.9% of NH White males; 3.8% of NH Black males, 1.8% of Hispanic males and 1.4% of NH Asian males.
- In 2022, there were 41,657 male deaths from HF.

Smoking

- According to 2022 data, lifetime use of tobacco products for individuals 12 to 17 years of age was greater in males than females (8.9% vs. 8.4%).
- In 2021, more adult males ≥ 18 years of age (13.1%) were current smokers than females (10.1%).
- According to 2023 data, e-cigarettes were the most commonly used tobacco products in youth. Among high school students, rates of current e-cigarette use were higher among females (12.2%) than males (8.0%).

High Blood Cholesterol

- According to 2017 to 2020 data, among children 6 to 11 years of age, the mean total cholesterol level was 157.4 mg/dL. For males, it was 157.5 mg/dL; for females, it was 157.2 mg/dL.
- According to data from 2017 to 2020, among adolescents 12 to 19 years of age, the mean total cholesterol level was 154.8 mg/dL. For males, it was 150.1 mg/dL; for females, it was 159.7 mg/dL.
- Among adults 20 years of age and older in 2017 to 2020:
 - 32.8% of males and 36.2% of females had total cholesterol levels of 200 mg/dL or higher.
 - 9.5% of males and 10.4% of females had total cholesterol levels of 240 mg/dL or higher.
 - 25.6% of males and 25.4% of females had low-density lipoprotein (LDL) cholesterol of 130 mg/dL or higher.
 - 24.9% of males and 9.3% of females had high-density lipoprotein (HDL) cholesterol less than 40 mg/dL.

Physical Activity

- According to 2022 data, youth 6 to 17 years of age who were active for ≥ 60 minutes every day of the week was 18.9%. The percentage was higher for males (22.0%) compared with females (15.6%).
- According to 2022 data, youth 0 to 17 years of age spending ≥ 4 h/d in front of a television, computer, cell phone, or other electronic device watching programs, playing games, accessing the internet, or using social media (not including schoolwork) on most weekdays was 22.0%. The percentage was 23.0% for males and 21.4% for females.
- According to NHIS 2020, the percentage of male adults meeting aerobic and muscle-strengthening guidelines declines with age. For males, the percentage meeting both guidelines was 41.3% for 18 to 34 years of age, 29.4% for 35 to 49 years of age, 21.6% for 50 to 64 years of age, and 15.3% for 65 years of age or older.

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Overweight and Obesity

Using data from 2017 to 2020:

- An estimated 20.9% of boys 2 to 19 years of age were obese; 17.6% of NH White males, 18.8% of NH Black males, 29.3% of Hispanic males, and 13.1% of NH Asian males.
- Of all adult males 20 years of age and older, 41.8% were obese; 43.1% of NH White males, 40.4% of NH Black males, 45.2% of Hispanic males, and 17.6% of NH Asian males.

Diabetes (ICD-9 250; ICD-10 E10 to E11)

- Of the estimated 29.3 million American adults with physician-diagnosed diabetes in 2017 to 2020, about 16.4 million were males (12.2% of all male adults); in all male adults, physician diagnosed diabetes in 11.5% of NH White males, 11.8% of NH Black males, 14.5% of Hispanic males and 14.4% of NH Asian males.
- Of the estimated 9.7 million American adults (20 years of age or older) with undiagnosed diabetes in 2017 to 2020, about 4.6 million were males (3.5% of all male adults); in all male adults, diabetes was undiagnosed in 2.6% of NH White males, 5.6% of NH Black males, 5.3% of Hispanic males and 5.4% of NH Asian males.
- Of the estimated 115.9 million Americans adults with prediabetes in 2017 to 2020, about 63.5 million were males (52.9% of all male adults); in all adult males, prediabetes existed in 57.2% of NH White males; 35.3% of NH Black males, 50.7% of Hispanic males and 51.6% of NH Asian males.
- In 2022, there were 57,557 male diabetes deaths (56.9% of deaths from diabetes).

Fact sheets, infographics, and current/past Statistics Update publications can be downloaded from:
[Heart and Stroke Association Statistics](#) | [American Heart Association](#).

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, Urrut 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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