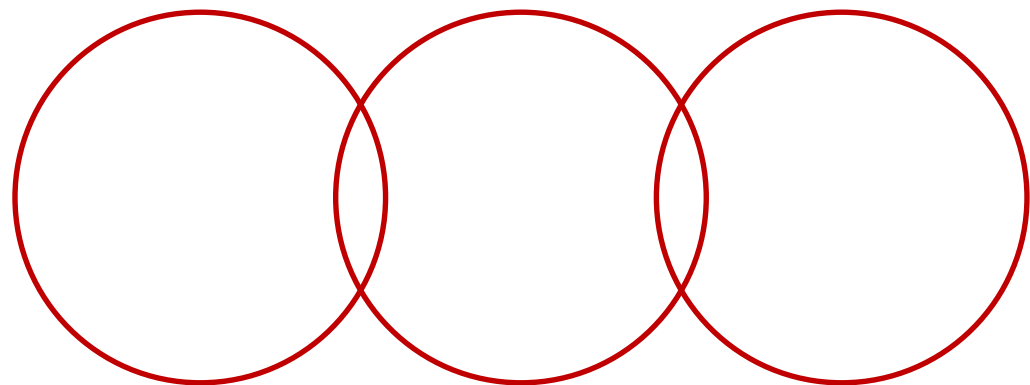


AMERICAN HEART ASSOCIATION

2026 Heart Disease and Stroke Statistics Update



American
Heart
Association.



2023 Deaths in the United States

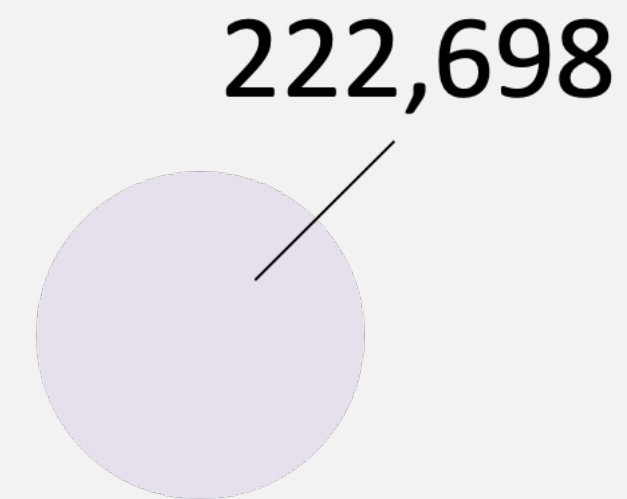
Number of Deaths by Leading Cause of Death



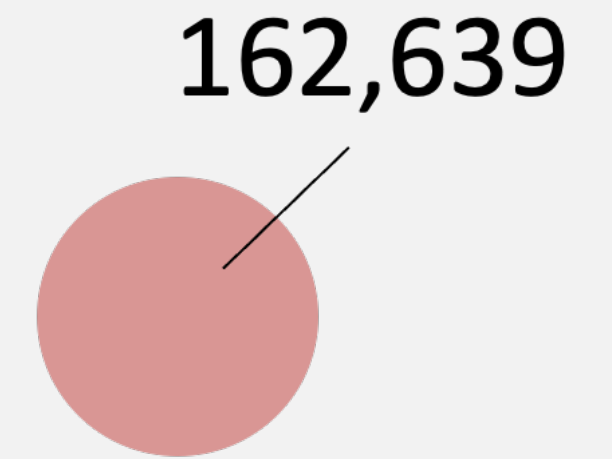
Heart Disease
#1



Cancer
#2



Accidents
#3



Stroke
#4

Increases in Absolute Deaths* Over Past Two Decades in the United States

Cause of Death	2004**	2020**	2023
Heart Disease	652,486	696,962	680,981
Cancer	553,888	602,350	613,352
COVID-19		350,831	49,932
Stroke	150,074	160,264	162,639
Dementia	114,271	303,984	286,865



EVERY

40s

Someone
will have a
heart attack

34s

Someone
will die from
CVD

*Due, in part, to the aging population

**Data source: CDC WONDER

Age-Adjusted Mortality Rates* Over Past Two Decades in the United States

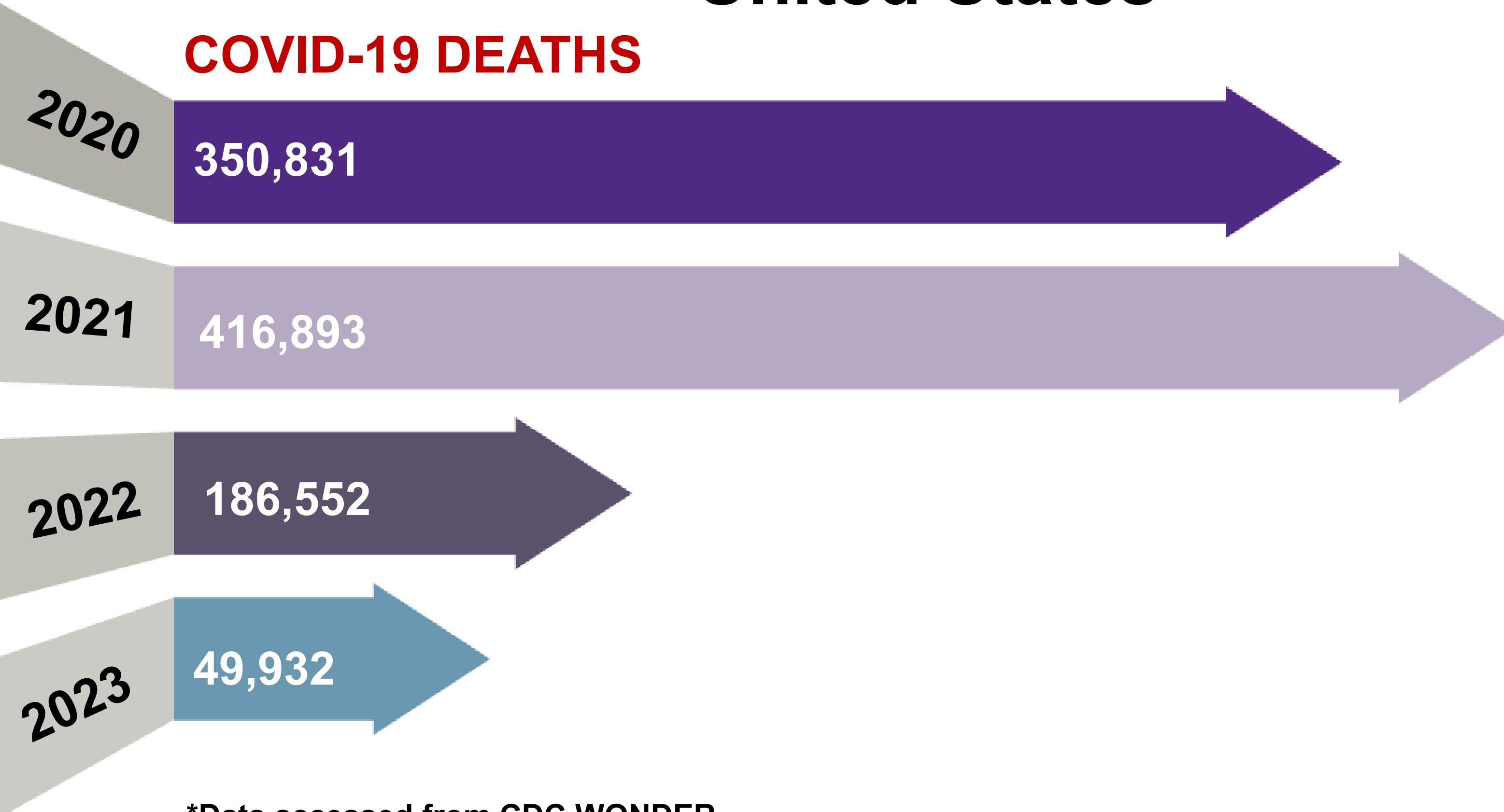
Cause of Death	2004**	2020**	2023	
Heart Disease	221.6	168.2	162.1	Heart Disease ▼ 27% vs 2004
Cancer	186.8	144.1	141.8	Stroke
COVID-19		85.0	11.9	▼ 24% vs 2004
Stroke	51.2	38.8	39.0	Dementia
Dementia	39.1	73.3	69.7	▲ 47% vs. 2004

*When standardized for the age structure of the population

**Data source: CDC WONDER

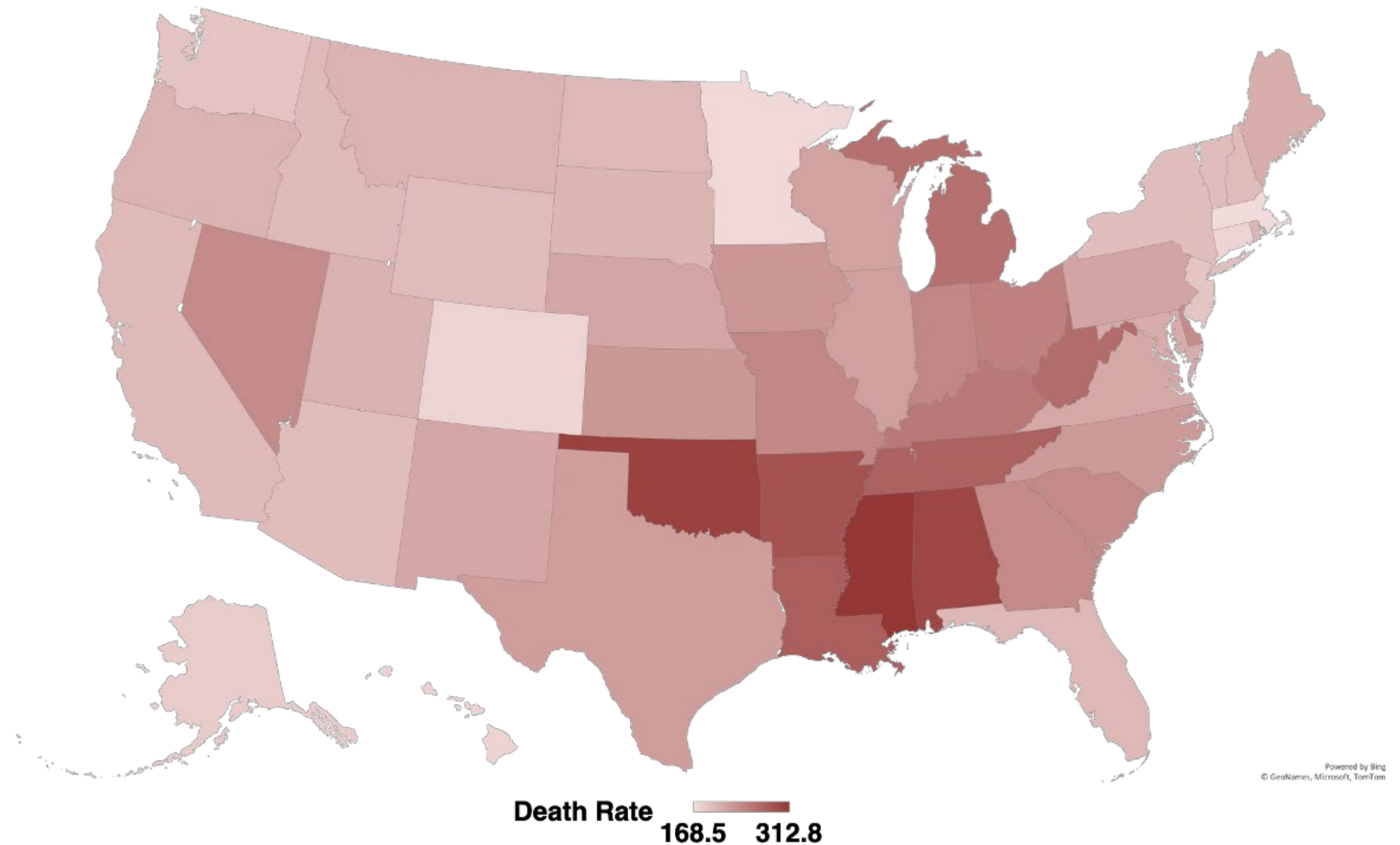
Declining Impact of COVID-19 Deaths in the United States

COVID-19 DEATHS



*Data accessed from CDC WONDER

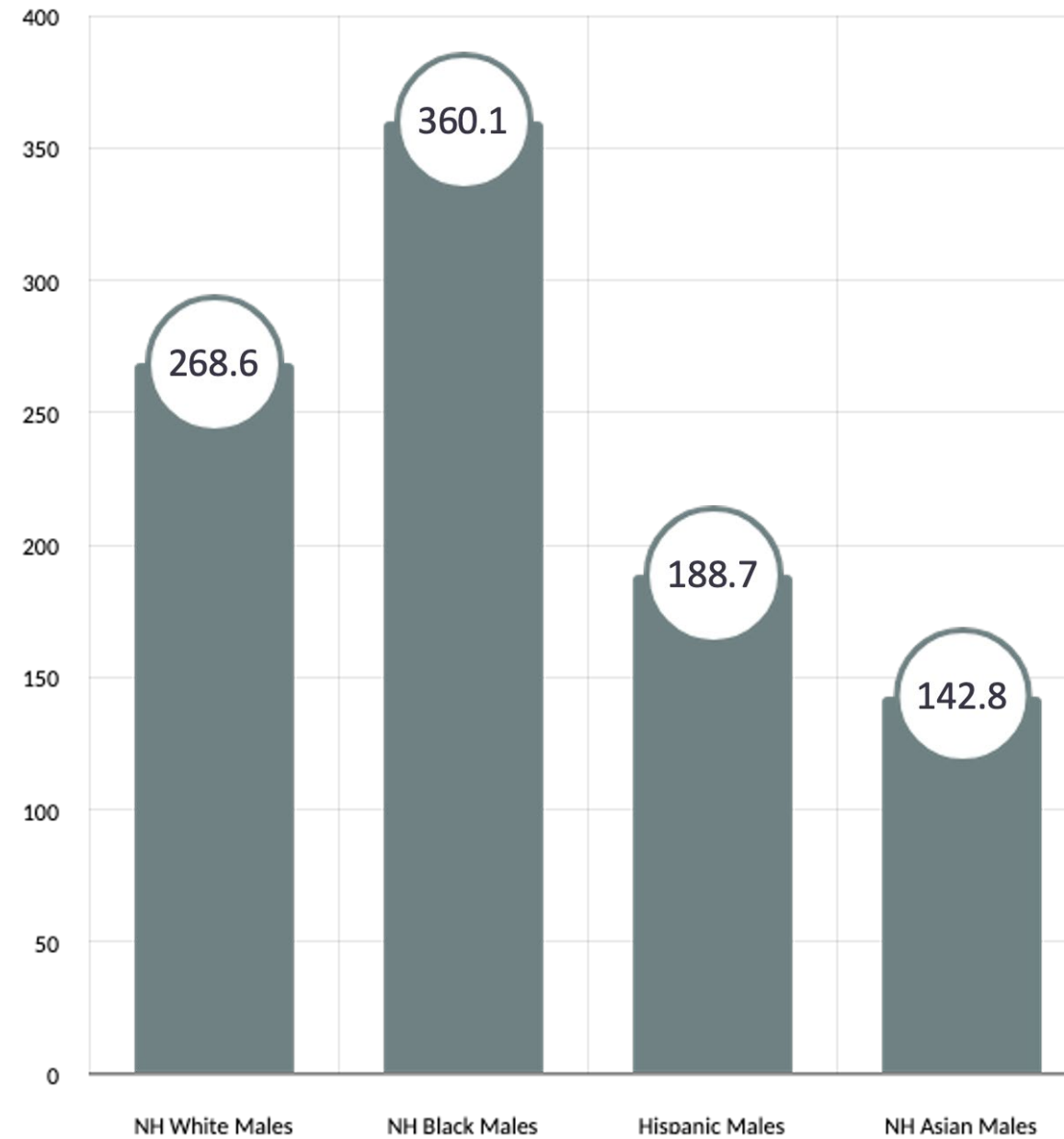
Persistent and Pervasive Health Inequities by Place



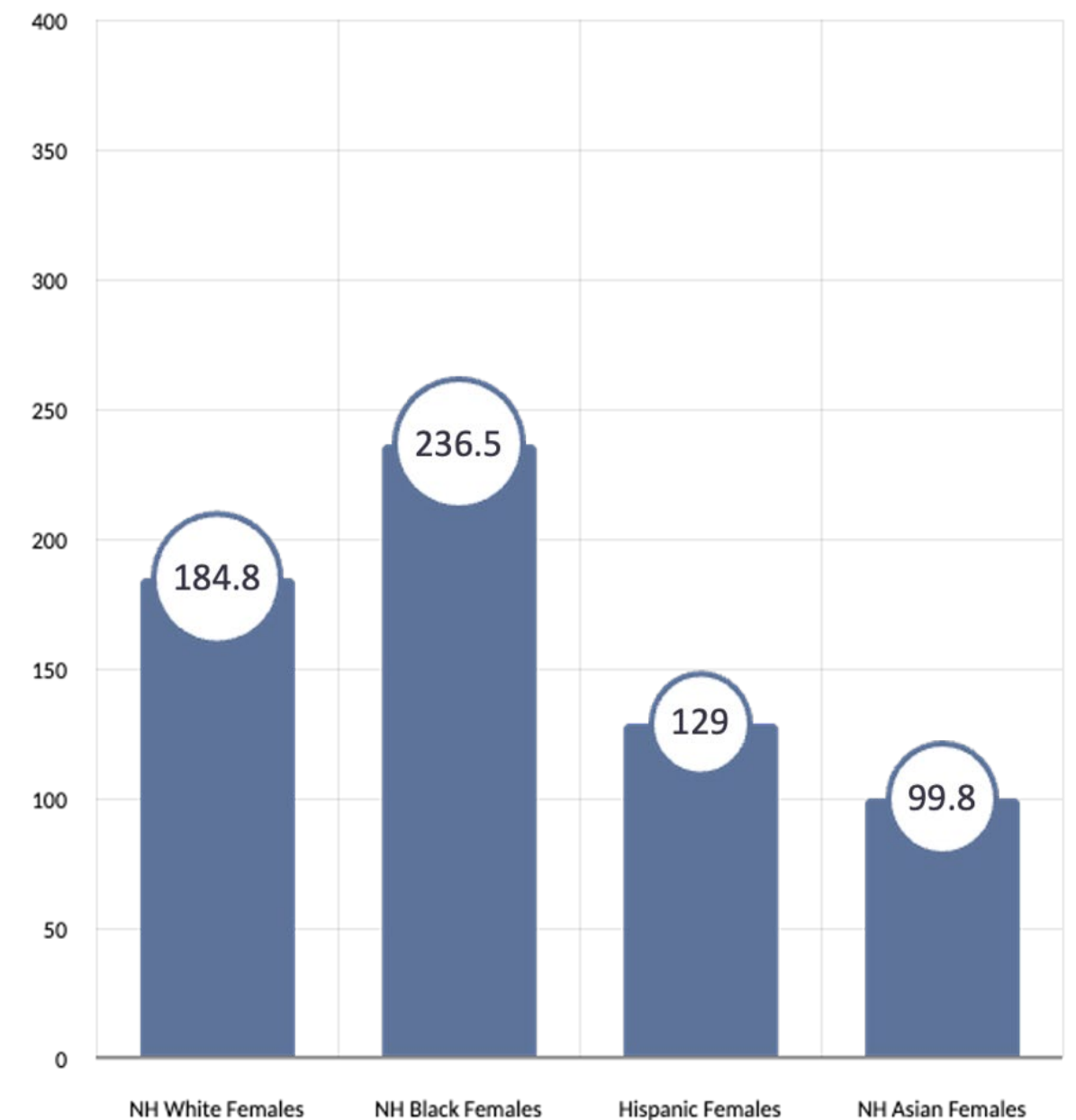
The highest age-adjusted CVD death rate in 2023
was in **Mississippi** (312.8 per 100,000)
and the lowest was in **Massachusetts** (168.5 per 100,000)

Persistent and Pervasive Health Inequities by Race and Ethnicity

Age-Adjusted Mortality Rates: Males



Age-Adjusted Mortality Rates: Females



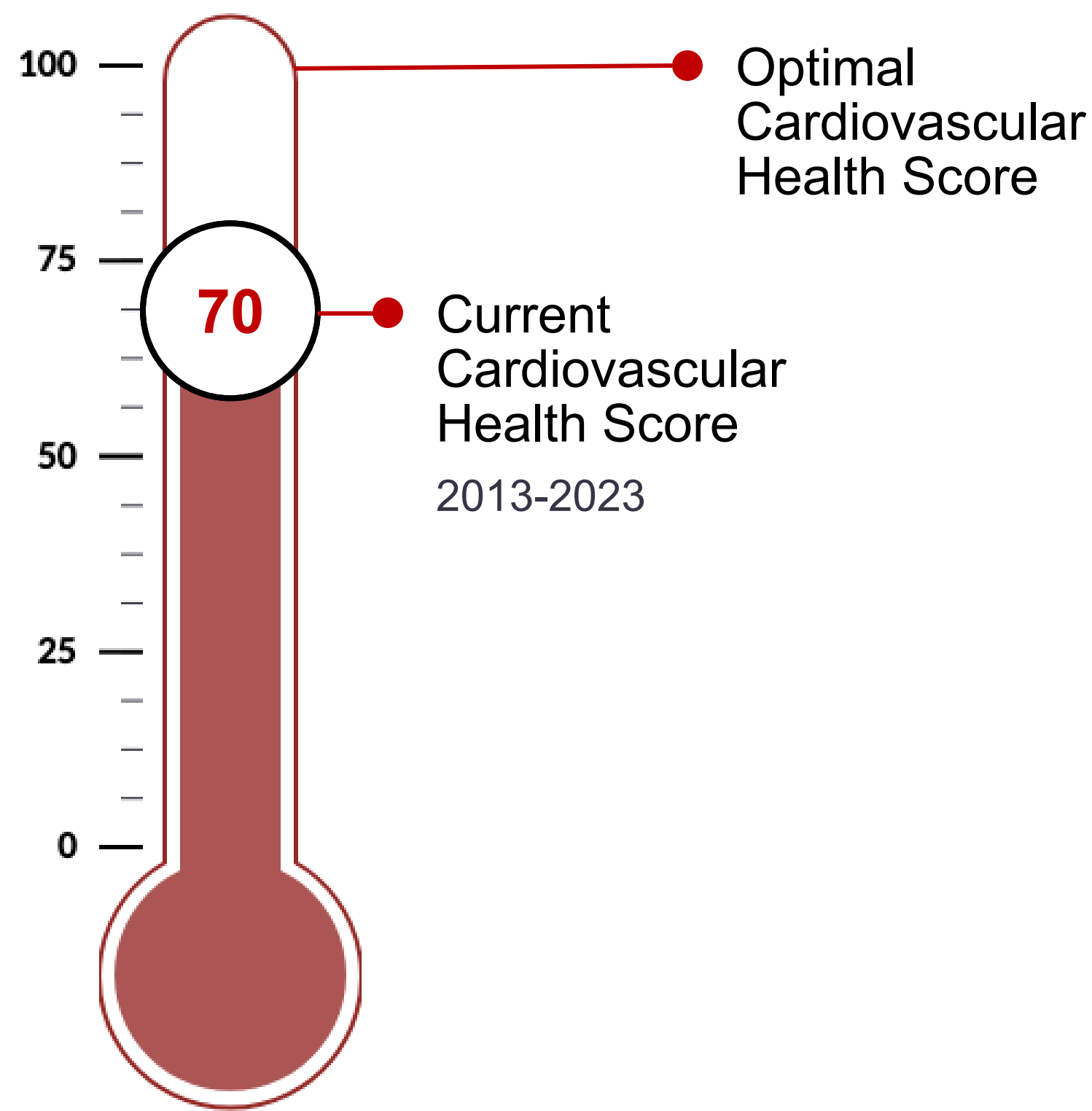
The highest age-adjusted CVD death rate in 2023 was in **non-Hispanic Black males** (360.1 per 100,000) among males and **non-Hispanic Black females** (236.5 per 100,000) among females

2026 HEART DISEASE AND STROKE STATISTICS

A quick look at cardiovascular health **statistics** in **US** adults



Cardiovascular Health Report Card: **US Adults**





12%



According to 2021 data, 12% of adults reported **cigarette use**

75%



According to 2022 data, 75% of adults **did not** achieve the 2018 Physical Activity Guidelines for aerobic activity and muscle-strengthening

42 out of 100



According to 2013-2020 data, dietary score for adults was 42 out of 100 points using the **LE8 CVH scoring framework**

US adults living with obesity increased from 37.7% in 2013-2014 to 40.3% in 2021-2023.



CH 7

125.9 million US adults are living with high blood pressure but only 60% are aware and 22% are controlled based on 2021-2023 data.



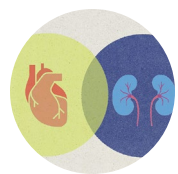
CH 9

29.5 million US adults are living with diagnosed diabetes but 9.6 million have undiagnosed diabetes based on 2021-2023 data.



CH 10

The majority of US adults are living with CKM Stages 1-4 (90%) with most people living in Stage 2 (49%) representing the greatest opportunity for prevention and regression.



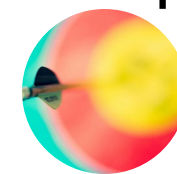
CH 12

Pregnancy-related mortality rate in 2022 was 22.3 per 100,000 live births with cardiovascular disease as a leading preventable cause of death.



CH 13

Quality of care measures from the AHA Get With The Guidelines (GWTG) estimate 67% of patients with heart failure with reduced ejection fraction receive quadruple therapy.



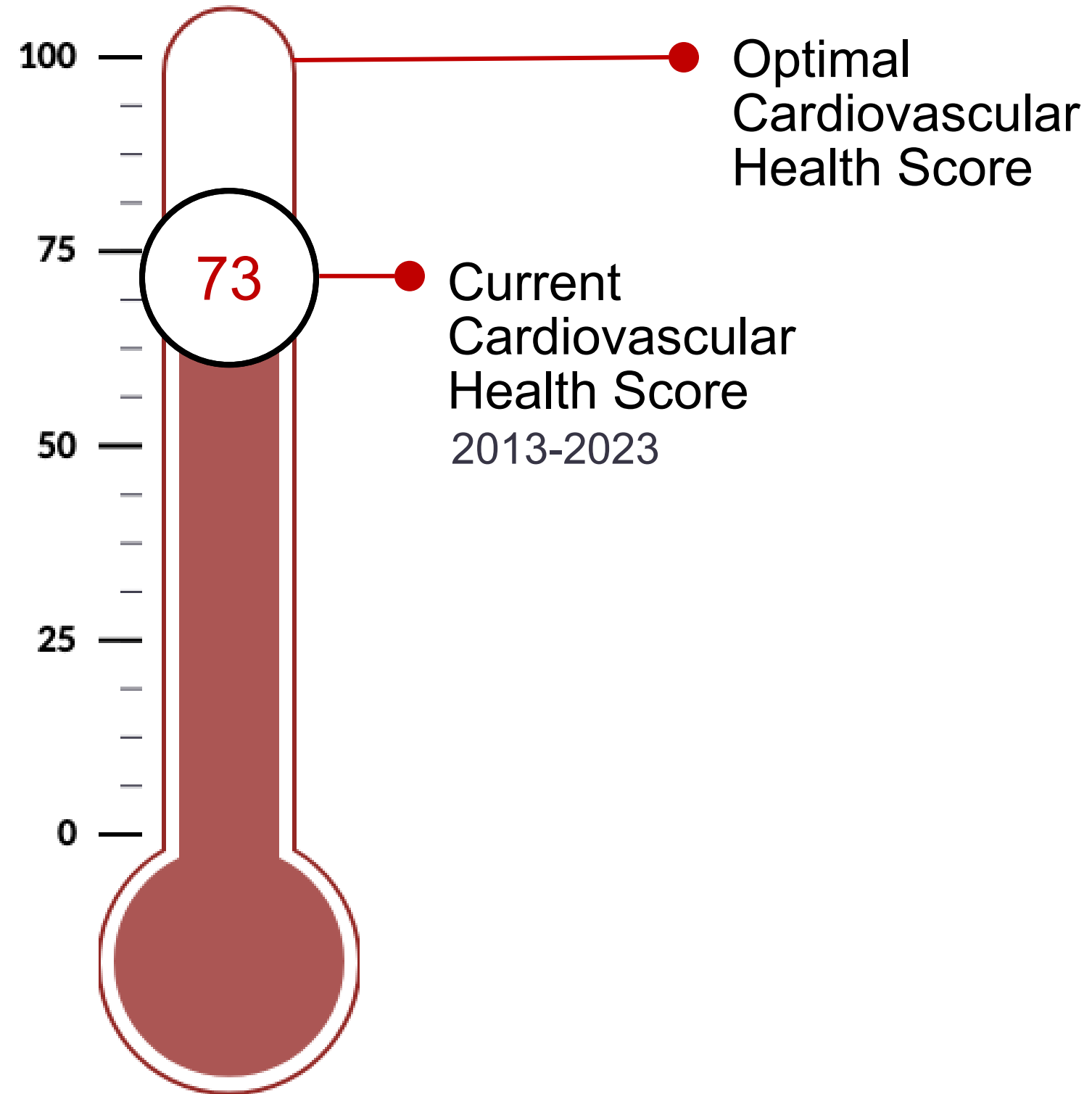
CH 26

2026 HEART DISEASE AND STROKE STATISTICS

A quick look at cardiovascular health **statistics** in **US youths**



Cardiovascular Health Report Card: **US Adolescents**





10%



Based on 2024 data, 10% of adolescents reported current **cigarette use**

86%



Based on 2022-2023 data, 86% of youth 12-17 years **did not** achieve adequate physical activity of at least 60 minutes every day

44



out of 100

Based on 2013-2020 data, the dietary score for youth age 2-19 years was 44 out of 100 using the **LE8 CVH scoring framework**

US children age 2-19 years living with obesity increased from 17.2% in 2013-2014 to 21.1% in 2021-2023.



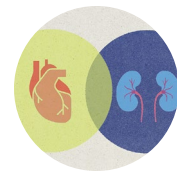
CH 7

Approximately 8.4 million or 1 in 3 US adolescents 12-17 years of age were living with prediabetes in 2023.



CH 10

Approximately 37% and 7% of US adolescents have CKM Syndrome Stage 1 and 2, respectively in 2017-2020.



CH 12

Approximately 466,566 children and adults are living with congenital cardiovascular defects in the US in 2017.



CH 17

Approximately 1 in 3 children ages 4 months to 17 years slept less than the recommended amount in 2021.



CH 6

Better maternal cardiovascular health is associated with better offspring CVH at age 10-14 years of age.

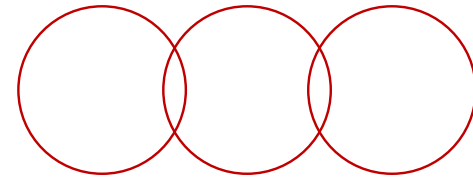


CH 2

2026 HEART DISEASE AND STROKE STATISTICS

A few additional key
statistics

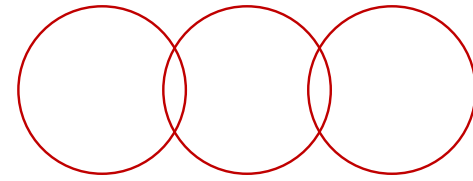




130.6 million

US adults living with cardiovascular disease

Cardiovascular disease, including high blood pressure, coronary heart disease, heart failure, and stroke continues to impact millions. Comprehensive and coordinated prevention and management strategies are essential to address its increasing prevalence and improve patient outcomes.

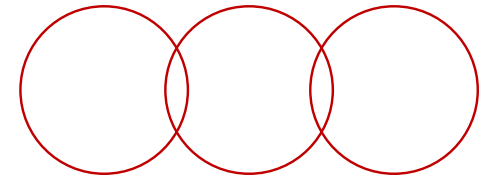


6.9 million

US adults living with Alzheimer's disease

Approximately 10.9% or 6.9 million US adults aged 65 years of age or older are living with Alzheimer's disease and is as high as 35% in US adults aged 85 years of age or older according to 2024 data.

Sudden Cardiac Arrest

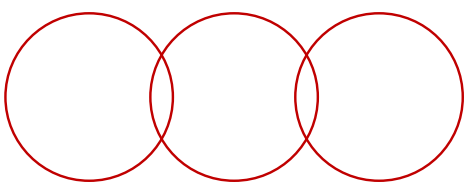


In **2023**, sudden cardiac arrest contributed to **380,349 deaths** in the United States, which is a decrease from 2022 when sudden cardiac arrest contributed to 417,957 deaths.



According to 2024 US data for adult OHCA only, survival to hospital discharge was 10.5% overall with only **42% receiving bystander CPR** and **12.6% receiving public AED use**.

Advancements in Care



PCI Procedures

PCI remains the most common cardiovascular procedure performed nationwide with 435,895 in 2022 according to HCUP Inpatient Data.

TAVRs

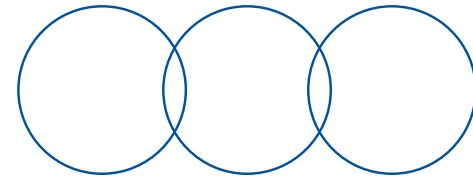
TAVR procedures now exceed traditional SAVR in patient treatment options with an increase from 13,723 in 2011-2013 to 72,991 in 2019 according to the STS-ACC TVT Registry.

Heart Transplants

Approximately 4572 heart transplantations performed in 2024, including 64 heart-lung transplantations according to the Organ Procurement and Transplantation Network.

LAAO

An estimated 59,087 left atrial appendage procedures were performed in 2022 according to HCUP Inpatient Data.



\$414.7 billion

Annual direct and indirect costs of cardiovascular disease in the United States

Cardiovascular disease imposes a staggering economic burden, affecting families, health care systems, and communities.

61

PERCENT

US ADULTS WILL BE LIVING
WITH OBESITY

BY 2050

61

PERCENT

US ADULTS WILL BE LIVING
WITH HYPERTENSION

BY 2050

27

PERCENT

US ADULTS WILL BE LIVING
WITH DIABETES

BY 2050

19.4 million

GLOBAL DEATHS DUE TO
CARDIOVASCULAR DISEASE



CVD accounted for **19.4 million global deaths** in 2021, an increase of 18.5% in absolute deaths since 2010 with the highest prevalence of CVD in North Africa and the Middle East.

10.9 million

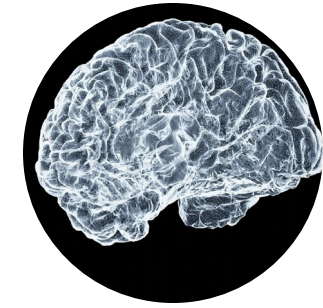
GLOBAL DEATHS DUE TO
HIGH BLOOD PRESSURE



High body mass index was estimated to contribute to **3.7 million deaths** globally in 2021.

612 million

LIVING WITH **CVD** WORLDWIDE



Stroke accounted for **7.3 million global deaths** in 2021, an increase in 14.3% in absolute deaths since 2010 with the highest prevalence of stroke in sub-Saharan Africa and East, Southeast, and Central Asia.



High systolic blood pressure was the leading CVH-related risk factor contributing to **10.9 million deaths** globally in 2021.

Top Take Aways

Key **Statistics** Highlight **Progress**, **Setbacks**, and **Opportunities** for Improving **Cardiovascular and Brain Health for All**



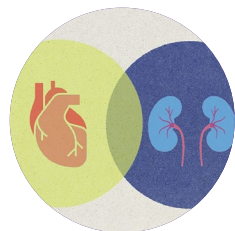
1. Heart disease remains the #1 cause of death in the United States and worldwide.



2. Inequities in cardiovascular health remain pervasive and persistent in the United States.



3. Optimal cardiovascular health is low for US adults and US youths.



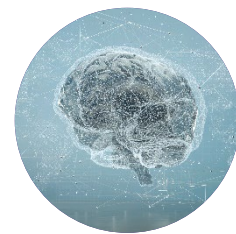
4. Poor state of cardiovascular, kidney, and metabolic health in the United States.



5. Adverse pregnancy outcomes are early warning signs of CVD risk.



6. Deaths from sudden cardiac arrest have declined but survival remains poor in the United States.



7. Stroke and cognitive decline result in significant morbidity and mortality.



8. Evidence-based CVD therapies are under-utilized in the United States.



9. Economic costs of CVD are high and increasing in the United States.



10. Global burden of CVD and poor CVH is high.