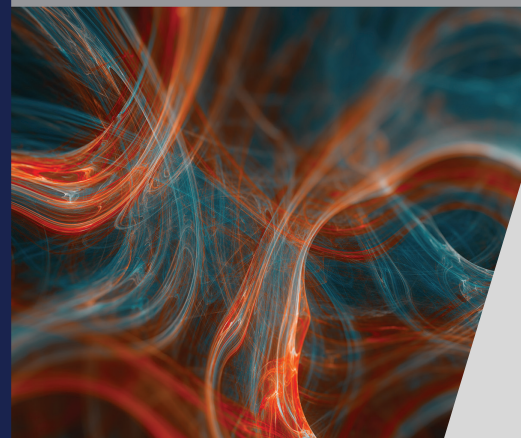


Heart Disease & Stroke Statistics 2026 Update

The American Heart Association (AHA) **2026 Statistics Update** is a major source for monitoring cardiovascular health, risk factors, and disease in the US and global population. It is published annually in **Circulation** and can be accessed for free at AHAjournals.org/StatUpdate

Circulation



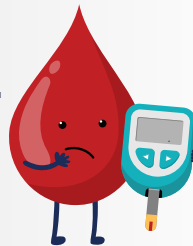
Diabetes or prediabetes affects over half of US adults.

(based on 2021-2023 data)

Only 23% of US adults with diabetes

achieve recommended control of blood sugar, blood pressure, and cholesterol.

(based on 2021-2023 data)



218
per 100,000

The age-adjusted **US death rate attributable to CVD**

(based on 2023 data)



235
per 100,000

The age-adjusted **global death rate attributable to CVD**

(based on 2021 data)



On average, someone in the US dies of **CVD** every **34 seconds**.

2,510 US deaths from CVD each day

(based on 2023 data)



On average, someone in the US dies of a **stroke** every **3 minutes and 14 seconds**.

446 US deaths from a stroke each day

(based on 2023 data)

Heart Disease & Stroke Statistics 2026 Update



Free Access to the Newest US and Global Data

26%

of US youth **6-11 years of age**
and

14%

of US youth **12-17 years of age**

meet the US recommendation of at least **60 minutes of physical activity every day.**

(based on 2022 and 2023 data)



United States: Adults



40%

have obesity (based on 2021 to 2023 data)



United States: Children and Adolescents



21%

have obesity (based on 2021 to 2023 data)



1 in 12 high school students
in the United States used e-cigarettes in
the past 30 days.

(based on 2024 data)

**Over 80% of US young and
middle-aged adults**

show early **CKM**

(cardiovascular-kidney-metabolic) risk.

(based on 2009 to 2018 data)



In 2021, Alzheimer disease and
other dementias affected

57 million

people globally.

Access the full report at: AHAjournals.org/StatUpdate

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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, 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; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Committee. 2026 Heart disease and stroke statistics: a report of US and global data from the American Heart Association. *Circulation*. Published online January 21, 2026. DOI: 10.1161/CIR.0000000000001412