



## 2026 Heart Disease & Stroke Statistics Update Fact Sheet Cardiovascular Health in the United States

### 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 components of CVH from 2013 to 2023, mean scores were higher in US youths (within corresponding age ranges of the components) than in US adults ( $\geq 20$  years of age), except for 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 youths and adults. Diet scores were based on 2013 to 2020 data.
- CVH scores range from 0 to 100, with higher scores indicating more optimal health on each measure.

### CVH in Children

- Among US youths from 2013 to 2023, BMI, BP, blood glucose, and nicotine exposure were the CVH components scoring the highest, with all mean scores in the 80s and the 90s. In contrast, mean PA, lipids, and sleep health scores within the corresponding age ranges were all in the 70s across race and ethnicity groups. The mean diet score for youths was 43.9.
- From 2013 to 2023, the overall mean CVH score combining health scores of 7 of the 8 components (dietary data was not available through 2023) was 73.2 for all US youths between 16 and 19 years of age. The corresponding mean overall CVH score was 75.6 for non-Hispanic (NH) Asian, 74.1 for NH White, 71.7 for Mexican American, and 71.4 for NH Black children.

### CVH in Adults

- Among US adults from 2013 to 2023, the lowest mean scores for CVH were observed in diet, PA, and BMI components, with mean scores in the 40s and 50s. Sleep health scores were the highest among the CVH components in US adults, with a mean score of 84.8. Mean scores for blood lipids, blood glucose, nicotine exposure, and BP among US adults were all in the 60s to low 80s.
- From 2013 to 2023, the overall mean CVH score combining health scores of 7 of the 8 components (dietary data was not available through 2023) was 70 for all US adults, with mean scores of 73.9 for NH Asian, 71.3 for NH White, 67.1 for Mexican American, and 65 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 2023 (2013-2020 for diet) in US children:
  - Diet scores were highest in NH Asian children and lowest in NH Black children.
  - PA scores were highest in NH White children and lowest in NH Asian children.
  - Nicotine exposure scores were highest in NH Asian children and lowest in NH White children.
  - Sleep health scores were highest in NH Asian and NH White children and lowest in NH Black children.
  - BMI scores were highest in NH Asian children and lowest in Mexican American children.
  - Blood lipid scores were highest in NH Black children and lowest in NH Asian children.
  - Blood glucose scores were highest in NH White children and lowest in NH Black children.
  - BP scores were highest in NH Asian and NH White children and lowest in NH Black children.
- Among the components of CVH from 2013 to 2023 (2013-2020 for diet) in US adults:
  - Diet scores were highest in NH Asian adults and lowest in NH Black adults.
  - PA scores were highest in NH White adults and lowest in Mexican American adults.
  - Nicotine exposure scores were highest in NH Asian adults and lowest in NH Black adults.
  - Sleep health scores were highest in NH White adults and lowest in NH Black adults.
  - BMI scores were highest in NH Asian adults and lowest in NH Black adults.
  - Blood lipid scores were highest in NH Black adults and lowest in Mexican American adults.
  - Blood glucose scores were highest in NH White adults and lowest in Mexican American adults.
  - BP scores were highest in NH Asian adults and lowest in NH Black adults.

## Cardiovascular Health - 2026 Statistics Update Fact Sheet

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

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.

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