Heart Disease & Stroke Statistics
2022 Update

The 2022 Statistical 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

9.8 million adults have undiagnosed diabetes

28.2 million adults have diagnosed diabetes

113.6 million adults have prediabetes (based on 2015-2018 data)

27.8% of US adults have high LDL-C (≥130 mg/dL) (according to 2015-2018 data)

214.6 per 100,000
The age-adjusted US death rate attributable to CVD (based on 2019 data)

239.8 per 100,000
The age-adjusted global death rate attributable to CVD (based on 2020 data)

On average, someone in the US dies of CVD every 36 seconds
About 2396 US deaths from CVD each day (based on 2019 data)

On average, someone in the US dies of a stroke every 3 minutes and 30 seconds
About 411 US deaths from stroke each day (based on 2019 data)
121.5 million, or 47% of US adults are estimated to have hypertension. (based on 2015-2018 data)

1 in 4 adults in the United States reported achieving adequate leisure-time aerobic and muscle-strengthening activities to meet the physical activity guidelines. (based on 2018 data)

1 in 7 male adults in the United States are current smokers. (based on 2019 data)

1 in 8 female adults in the United States are current smokers. (based on 2019 data)

1 in 5 high school students in the United States used e-cigarettes in the past 30 days. (based on 2020 data)

Each 1000-steps-per-day increase in activity is associated with a 10% lower risk of having MetS in US men.

Access the full report at: AHAjournals.org/StatUpdate