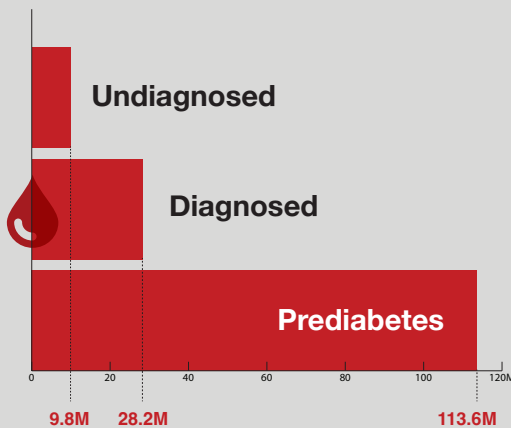


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**9.8 million**  
adults have undiagnosed diabetes

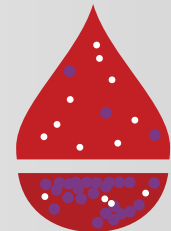
**28.2 million**  
adults have diagnosed diabetes

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

# 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](https://AHAjournals.org/StatUpdate)

**27.8%**  
of US adults have high LDL-C ( $\geq 130$  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)

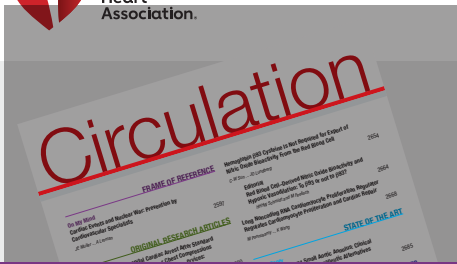


On average, someone in the US dies of CVD every **36 seconds**  
About 2396 US deaths from CVD each day (based on 2019 data)



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)

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



## Heart Disease & Stroke Statistics 2022 Update

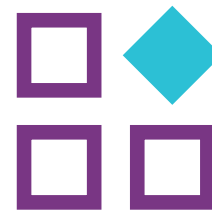
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**121.5 million, or 47%**

of US adults are estimated to have hypertension.

*(based on 2015-2018 data)*



On average,

**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)*



**Less than 10%** of US adults met the guidelines for whole grain, whole fruit, and nonstarchy vegetable consumption each day in 2017-2018.



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](https://AHAjournals.org/StatUpdate)