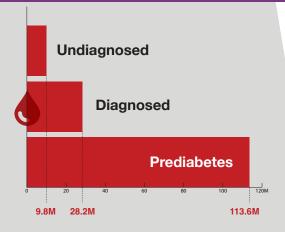


Free Access to the Newest and Nationally Representative US and Global Data



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**

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 minutes and seconds

About 411 US deaths from stroke each day (based on 2019 data)

Tsao CW, Aday AW, Almarzooq ZI, Alonso A, Beaton AZ, Bittencourt MS, Boehme AK, Buxton AE, Carson AP, Commodore-Mensah Y, Elkind MSV, Evenson KR, Eze-Nliam C, Ferguson JF, Generoso G, Ho JE, Kalani R, Khan SS, Kissela BM, Knutson KL, Levine DA, Lewis TT, Liu J, Loop MS, Ma J, Mussolino ME, Navaneethan SD, Perak AM, Poudel R, Rezk-Hanna M, Roth GA, Schroeder EB, Shah SH, Thacker EL, VanWagner LB, Virani SS, Voecks JH, Wang N-Y, Yaffe K, Martin SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2022 update: a report from the American Heart Association [published online ahead of print January 26, 2022]. Circulation. doi: 10.1161/CIR.000000000001052





Heart Disease & Stroke Statistics 2022 Update

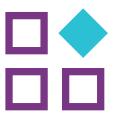
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121.5 million, or 47%

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)



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

Tsao CW, Aday AW, Almarzooq ZI, Alonso A, Beaton AZ, Bittencourt MS, Boehme AK, Buxton AE, Carson AP, Commodore-Mensah Y, Elkind MSV, Evenson KR, Eze-Nliam C, Ferguson JF, Generoso G, Ho JE, Kalani R, Khan SS, Kissela BM, Knutson KL, Levine DA, Lewis TT, Liu J, Loop MS, Ma J, Mussolino ME, Navaneethan SD, Perak AM, Poudel R, Rezk-Hanna M, Roth GA, Schroeder EB, Shah SH, Thacker EL, VanWagner LB, Virani SS, Voecks JH, Wang N-Y, Yaffe K, Martin SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2022 update: a report from the American Heart Association [published online ahead of print January 26, 2022]. Circulation. doi: 10.1161/CIB.00000000001052