

Heart Disease and Stroke Statistics—2026 Update: A Report of US and Global Data from the American Heart Association

What's New This Year?

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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What's New?

New in the 2026 Statistics Update:

- New chapter on cardiovascular-kidney-metabolic syndrome
- Expanded chapter on tobacco and nicotine use and exposure

The 2026 Statistics Update continues to highlight:

- The newest US and global data from a variety of surveys, data sets and repositories, and published studies and articles.
- A toolkit for AHA staff and volunteers which contains:
 - Factsheets and a summary document that contain key statistics by race and ethnicity, age, and gender
 - Factsheets are translated into Arabic, Chinese (traditional and simplified), Korean, Vietnamese, Spanish, and Tagalog.

National and Global Data Sources (most recent data used for the 2026 Statistics Update)

Surveys/Data Sources	Year*	Data Type
Behavior Risk Factors Surveillance Survey (BFRSS)	2023	Prevalence data
Centers for Disease Control and Prevention Wide-Ranging Online Data for Epidemiologic Research (CDC WONDER)	2023	Mortality data
Get with the Guidelines (GWTG)	2024	In-hospital quality data for Afib, CAD, HF, Stroke, Resuscitation
Global Burden of Disease Study (GBD)	2021	Global mortality and prevalence for risk factors and diseases
Healthcare Cost and Utilization Project (HCUP)	2022	Hospital and emergency department discharges
Medical Expenditure Panel Survey (MEPS)	2021-2022	Economic costs for CVD
National Health and Nutrition Examination Survey (NHANES)	2021-2023	Diseases and risk factors prevalence
National Health Interview Survey (NHIS)	2023	Prevalence data
National Survey on Children's Health	2023	Prevalence data (physical activity)
National Survey on Drug Use and Health (NSDUH)	2022	Prevalence data (tobacco)
National Vital Statistics System (NVSS)	2023	Mortality data
National Youth Tobacco Survey	2024	Tobacco and nicotine data

Afib indicates atrial fibrillation; CAD, coronary artery disease; CVD, cardiovascular disease; HF, heart failure; and MI, myocardial infarction.

*Year of most recent data available. Some topics may use earlier years of data that are available or used in published studies. Trend data from earlier years are also used for many data sources.

Each chapter in the Heart Disease and Stroke Statistics-2026 Update contains new text bullets and reprinted charts and tables from a plethora of 2024 publications and a few early-2025 publications.

Key Highlights*

- The age-adjusted US death rate attributable to CVD, based on 2023 data, was 218.3 per 100,000.
- The global age-adjusted CVD death rate, based on 2021 data, was 235.18 per 100,000.
- On average, someone dies of CVD every 34 seconds in the United States. There were 2,510 deaths from CVD each day, based on 2023 data.
- On average, someone dies of a stroke every 3 minutes and 14 seconds in the United States. There were 446 deaths from stroke each day, based on 2023 data.

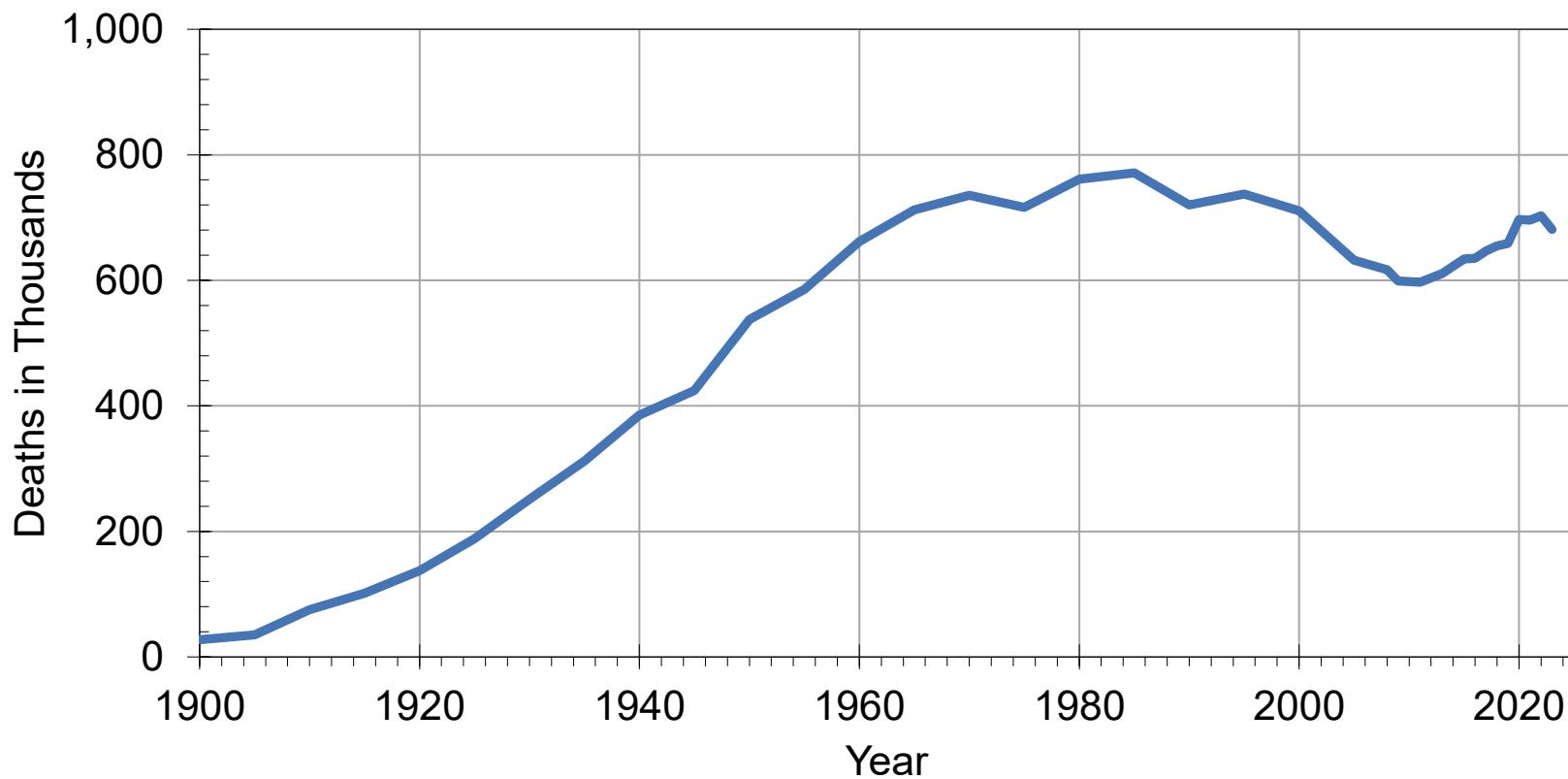
*Please see the Heart Disease and Stroke Statistics-2026 Update for the sources of data and key information presented in this document.

Key Highlights*

- 125.9 million, or 47% of US adults have hypertension, based on 2021 to 2023 data.
- Approximately 1 in 4 (25.3%) US adults reported achieving adequate leisure-time aerobic and muscle-strengthening activities to meet the physical activity guidelines, based on 2022 data.
- In 2021 to 2023, 36% of US adults had high total cholesterol (≥ 200 mg/dL)
- 1 in 8 male adults and 1 in 10 female adults in the US are current smokers, based on 2021 data.
- In the prior 30 days, 7.8% of US high school students and 3.5% of US middle school students used e-cigarettes, based on 2024 data.
- In 2021, 7.25 million deaths were attributed to tobacco worldwide.

*Please see the Heart Disease and Stroke Statistics-2026 Update for the sources of data and key information presented in this document.

Deaths attributable to diseases of the heart, United States, 1900-2023.

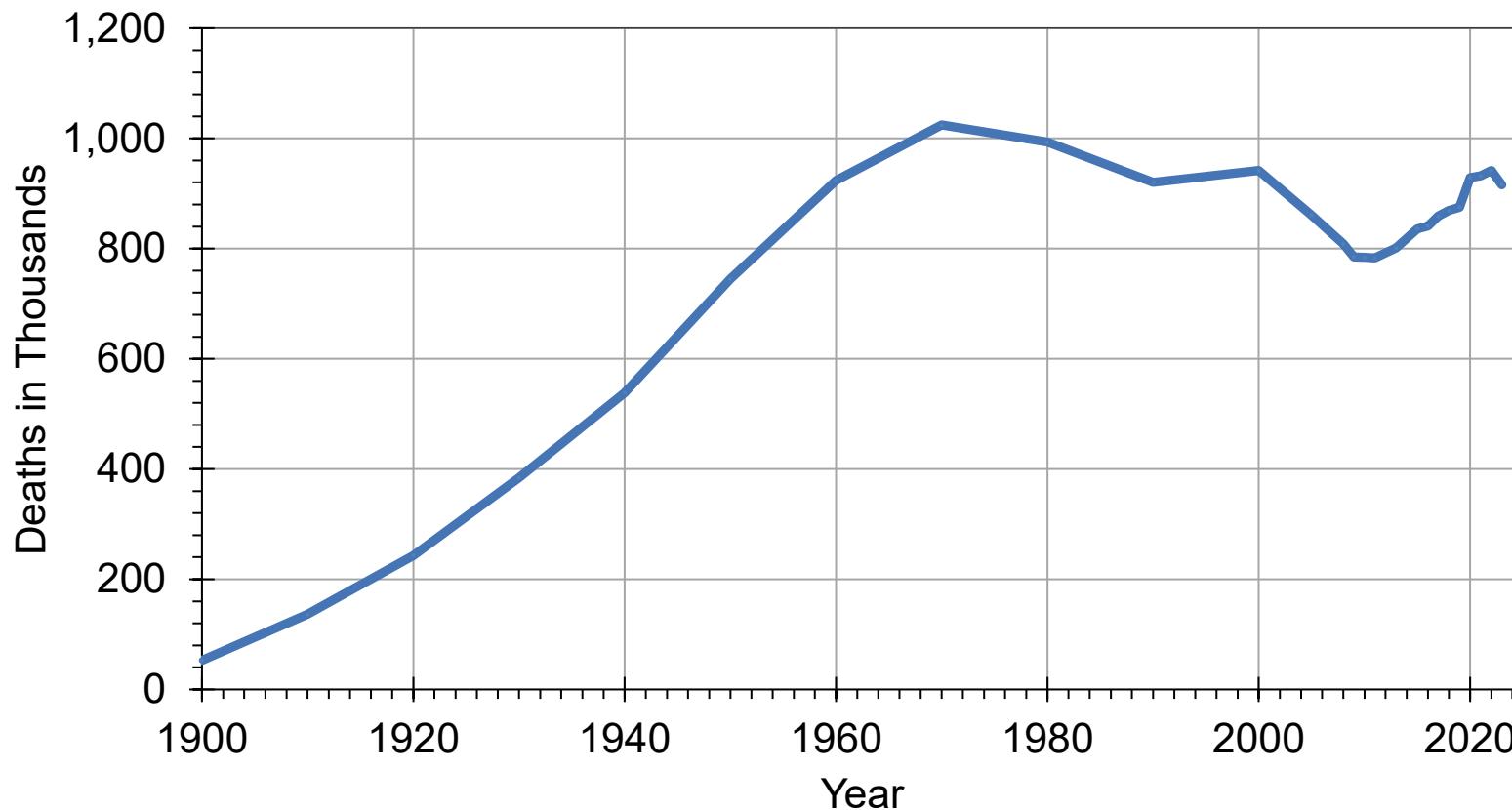


Classification that the NCHS uses in compiling the leading causes of death. Includes acute rheumatic fever/chronic rheumatic heart diseases (I00-I09); hypertensive heart disease (I11); hypertensive heart and renal disease (I13); CHD (I20-I25); pulmonary heart disease and diseases of pulmonary circulation (I26-I28); heart failure (I50); and other forms of heart disease (I30-I49, I51). "Diseases of the heart" are not equivalent to "total cardiovascular disease," which the AHA prefers to use to describe the leading causes of death.

Please see Chapter 14 in the Heart Disease and Stroke Statistics-2026 Update for additional information and data source.



Deaths attributable to cardiovascular disease, United States, 1900-2023.

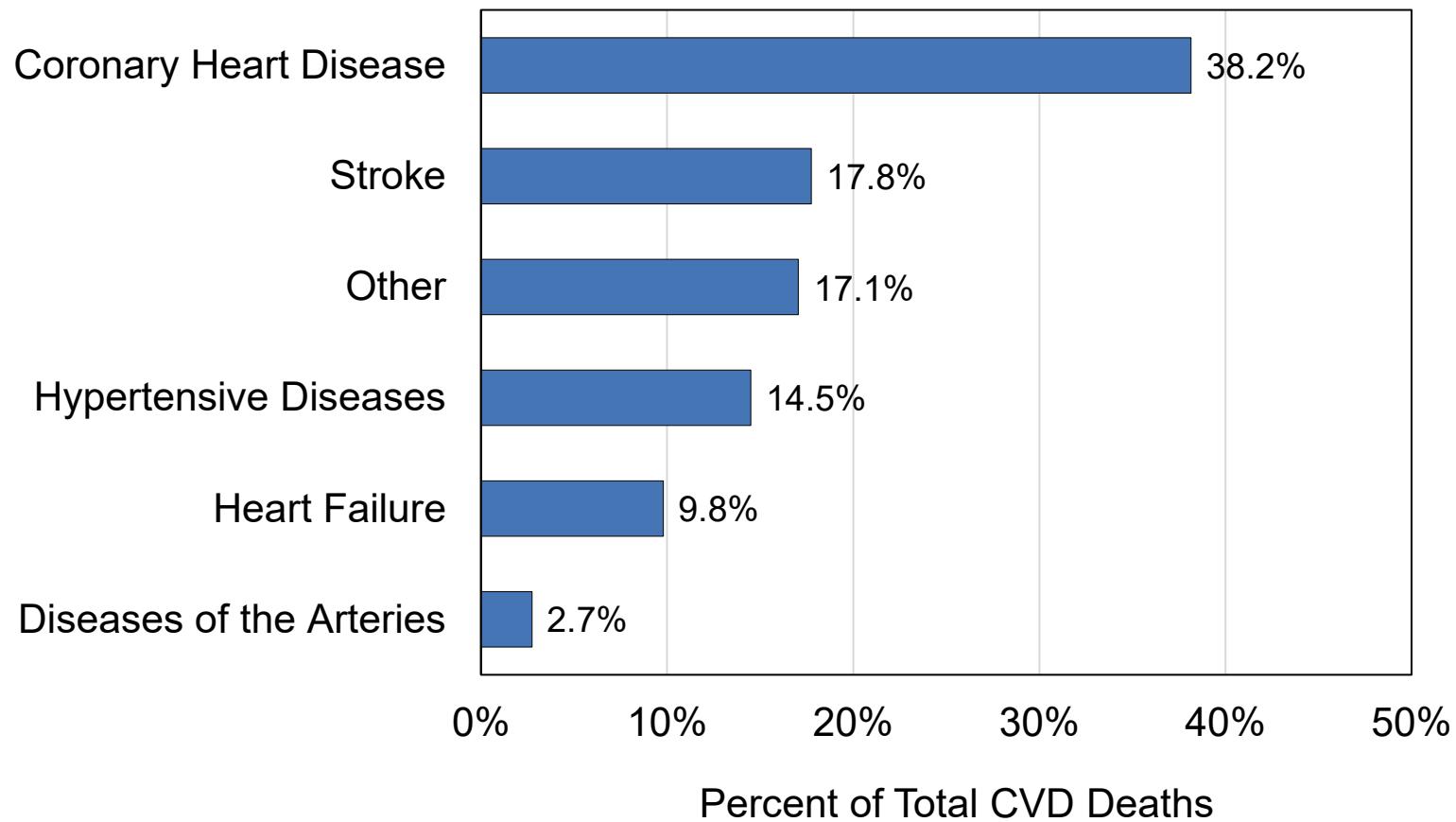


Cardiovascular disease includes all types of diseases that affect the heart or blood vessels, including coronary heart disease, stroke, heart failure, peripheral artery disease, diseases of the arteries, and other (all remaining *ICD-10* I categories).

CVD is *ICD-10* codes I00-I99

Please see Chapter 14 in the Heart Disease and Stroke Statistics-2026 Update for additional information and data source.

Percentage breakdown of deaths attributable to cardiovascular disease, United States, 2023



Coronary heart disease includes *International Classification of Diseases, 10th Revision (ICD-10)* codes I20 to I25; stroke, I60 to I69; HF, I50; high blood pressure, I10 to I13 and I15; diseases of the arteries, I70 to I78; and other, all remaining *ICD-10* I categories.

Please see Chapter 14 in the Heart Disease and Stroke Statistics-2026 Update for additional information and data source.

Cardiovascular disease and other major causes of death for all US males and females, 2023.

Cause	ICD 10th Revision Code	Total US Deaths, 2023
Total CVD	I00-I99	915,973
Heart Disease	I00-I09, I11, I13, I20-I51	680,981
Cancer	C00-C97	613,352
Accidents	V01-X59, Y85-Y86	222,698
Stroke	I60-I69	162,639
Chronic Lower Respiratory Disease	J40-J47	145,357
Alzheimer Disease	G30	114,034
Diabetes	E10-E14	95,190
All Other CVD	Residual, I10, I12, I15, I70-I99	72,353

Deaths among both sexes. Age not stated deaths are not included in the totals.

CVD indicates cardiovascular disease; and ICD, International Classification of Diseases.

This table corresponds to Table 14-2 in the 2026 Statistics Update.



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Additional Resources

The Office of Science, Medicine and Health produces related fact sheets. These fact sheets are also translated to Arabic, Chinese (traditional and simplified), Korean, Vietnamese, Spanish, and Tagalog. They contain key statistics for each of the following and can be found at www.heart.org/statistics

Heart Disease and Stroke Statistics – At-a-Glance

Cardiovascular Health

Children and CVD

Congenital Heart Defects

Global Burden of Disease

Older Americans and CVD

Sex and Race and CVD

Many statistics in this Fact Sheet come from unpublished tabulations compiled for this document and can be cited using the document citation listed on the title page of this presentation. The data sources used for the tabulations are listed in the full document. Additionally, some statistics come from published studies. If you are citing any of the statistics in this presentation, please review the full Heart Disease and Stroke Statistics document to determine data sources and original citations.