Heart Disease and Stroke Statistics—2021 Update: A Report From the American Heart Association

What’s New This Year?

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Key Information*

- The age-adjusted death rate attributable to cardiovascular disease (CVD), based on 2018 data, is 217.1 per 100,000.

- On average, someone dies of CVD every 36 seconds in the US. There are 2,380 deaths from CVD each day, based on 2018 data.

- On average, someone in the US has a stroke every 40 seconds. There are about 795,000 new or recurrent strokes each year, based on 1999 data.

- On average, someone dies of a stroke every 3 minutes and 33 seconds in the US. There are about 405 deaths from stroke each day, based on 2018 data.

*Please see the Heart Disease and Stroke Statistics-2021 Update for the sources of data and key information presented in this document.
Key Information

• 121.5 million, or 47% of US adults have hypertension, based on 2015 to 2018 data.

• Approximately 1 in 4 (24.0%) US adults reported achieving adequate leisure-time aerobic and muscle-strengthening activities to meet the physical activity guidelines, based on 2018 data.

• 1 in 6 males and 1 in 8 females in the US are current smokers, based on 2018 data.

• In the prior 30 days, 27.5% of high school students used e-cigarettes, based on 2019 data. In the prior 30 days, 3.2% of adults used e-cigarettes every day or on some days, based on 2018 data.
Deaths attributable to diseases of the heart, US, 1900-2018.

Please see Chapter 14 in the Heart Disease and Stroke Statistics-2021 Update for additional information and data source.

Please see Chapter 14 in the Heart Disease and Stroke Statistics-2021 Update for additional information and data source.
Percentage breakdown of deaths attributable to cardiovascular disease, US, 2018

- Coronary Heart Disease: 42.1%
- Stroke: 17.0%
- Diseases of the Arteries: 11.0%
- High Blood Pressure: 9.6%
- Heart Failure*: 2.9%
- Other: 17.4%

*Not a true underlying cause. Heart Failure appeared among the multiple causes of death on 42% of death certificates on which CVD is listed as the underlying cause. Please see Chapter 14 in the Heart Disease and Stroke Statistics-2021 Update for additional information and data source.
Cardiovascular disease and other major causes of death for all US males and females, 2018.

Please see Chapter 14 in the Heart Disease and Stroke Statistics-2021 Update for additional information and data source.
What’s New Overall?

• The 2021 Statistical Update added one new chapter: Chapter 11 Adverse Pregnancy Outcomes

• The publication continued to include information on Social Determinants of Health (SDOH) in all relevant chapters.

  o SDOH are the circumstances in which people are born, grow up, live, work, and age that may affect health. Examples of the social factors that affect different behaviors, risk factors, and conditions highlighted in the 2021 Statistical Update are low income, unemployment, discrimination, unsafe neighborhoods, substandard education, and more.
New data

The 2021 Statistical Update contains updated data for many sources used in each annual Statistical Update. Updated data includes (parentheses include the most recent year or years of data available and presented in the 2021 Statistical Update):

- Mortality (2018)
- Hospital Discharges (2016)
- Physician Office Visits (2016)
- Emergency Department Visits (2016)
- Global CVD Mortality (2017-2018)
- Cholesterol (2013-2016)
- Global Burden of Disease Study (2019)
- Smoking (2018-2019)
- Physical Activity (2017-2018)
- Obesity (2015-2018)
- Youth Lipid Levels (2018)
- Kidney Disease (2019)
- Diabetes (2013-2016)
- Sleep (2018)
- In-Hospital Cardiac Arrest and Out-of-Hospital Cardiac Arrest (2019)
- Quality of Care Data for Heart Failure, Stroke, Myocardial Infarction, and Resuscitation (2019)
- Medical Procedures (2019)
- Myocardial Infarction and Coronary Heart Disease Prevalence (2015-2018)
- Each chapter in the Statistical Update contains new text bullets and reprinted charts and tables from a plethora of 2019 publications and a few early-2020 publications.
Additional Resources

Heart Disease & Stroke Statistics – 2021 Update

The Office of Science, Medicine and Health produces related Fact Sheets for the Association. These fact sheets contain key statistics for each of the following and will be available on January 27, 2021 at:

www.heart.org/statistics

- American Indians/Alaska Natives and CVD
- Asians/Pacific Islanders and CVD
- Blacks and CVD
- Children and CVD
- Females and CVD
- Hispanics/Latinos and CVD
- Males and CVD
- Older Americans and CVD
- Whites and CVD
- Cardiovascular Health
- Congenital Heart Defects
- Global Burden of Disease
- Heart Disease and Stroke Statistics – At-a-Glance

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.