Heart Disease and Stroke Statistics—2020 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 2017 data, is 219.4 per 100,000.

• On average, someone dies of CVD every 37 seconds in the US. There are 2,353 deaths from CVD each day, based on 2017 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 3.59 minutes in the US. There are about 401 deaths from stroke each day, based on 2017 data.

*Please see the Heart Disease and Stroke Statistics-2020 Update for the sources of data and key information presented in this document.
Key Information

• 116.4 million, or 46% of US adults have hypertension, based on 2013 to 2016 data.

• 1 in 4 adults, or 24.3% of US adults, reported achieving adequate leisure-time aerobic and muscle-strengthening activities to meet the physical activity guidelines, based on 2017 data.

• 1 in 6 males and 1 in 8 females in the US are current smokers, based on 2017 data.

• In the prior 30 days, 4.9% of middle school and 20.8% of high school students used e-cigarettes, based on 2018 data. In the prior 30 days, 5.3% of adults used e-cigarettes, based on 2017 data.

• By 2035, 45.1% of the US population is projected to have some form of CVD. Total costs of CVD are expected to reach $1.1 trillion in 2035, with direct medical costs projected to reach $748.7 billion and indirect costs estimated to reach $368 billion.

*Note adult e-cigarette prevalence data sources are different in 2014 and 2017.
Deaths attributable to diseases of the heart, US, 1900–2017.
Percentage breakdown of deaths attributable to cardiovascular disease, US, 2017

- Coronary Heart Disease, 42.6%
- Stroke, 17.0%
- Heart Failure*, 9.4%
- High Blood Pressure, 10.5%
- Diseases of the Arteries, 2.9%
- Other, 17.6%
Cardiovascular disease and other major causes of death for all US males and females, 2017.

<table>
<thead>
<tr>
<th>Causes of Deaths</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular Disease (CVD)</td>
<td>440,460</td>
<td>418,665</td>
</tr>
<tr>
<td>Cancer</td>
<td>315,147</td>
<td>283,961</td>
</tr>
<tr>
<td>Accidents</td>
<td>109,722</td>
<td>60,214</td>
</tr>
<tr>
<td>Chronic Lymphatic disorders (CLRD)</td>
<td>75,005</td>
<td>85,196</td>
</tr>
<tr>
<td>Alzheimer's Disease</td>
<td>37,325</td>
<td>84,079</td>
</tr>
<tr>
<td>Diabetes</td>
<td>46,302</td>
<td>37,262</td>
</tr>
</tbody>
</table>
What’s New Overall?

The 2020 Statistical Update contains the same chapters as the 2019 Statistical Update.

- A new section on Brain Health was added to Chapter 14: Stroke (Cerebrovascular Disease).

Information on Social Determinants of Health (SDOH) was included for all chapters and a subsection for SDOH is included in all relevant chapters.

- 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 2020 Statistical Update are low income, unemployment, discrimination, unsafe neighborhoods, substandard education, and more.
New data

The 2020 Statistical Update contains updated data for many sources used in each annual Statistical Update. Updated data includes (parentheses include the newest year of data added to the 2020 Statistical Update):

- Mortality (2017)
- Hospital Discharges (2016)
- Physician Office Visits (2016)
- Emergency Department Visits (2016)
- Health Behaviors and Disease Prevalence (2017)
- Low-Density Lipoprotein Cholesterol (2013-2016)
- Global Burden of Disease (2017)
- Smoking (2018)
- Physical Activity (2017)
- Obesity (2013-2016)
- Youth Lipid Levels (1999 to 2016)
- Kidney Disease (2018)
- Diabetes (2017)
- Sleep (2015-2017)
- In-Hospital Cardiac Arrest and Out-of-Hospital Cardiac Arrest (2018)
- Quality of Care Data for Heart Failure, Stroke, Myocardial Infarction, and Resuscitation (2018)
- Medical Procedures (2018)
- Myocardial Infarction and Coronary Heart Disease Prevalence (2017)
- Each chapter in the Statistical Update contains new text bullets and reprinted charts and tables from a plethora of 2018 publications and a few early-2019 publications.
Additional Resources

Heart Disease & Stroke Statistics – 2020 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 29, 2020 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