



Heart Disease and Stroke Statistics—2019 Update

Free Access to the Newest, Nationally Representative US Data



219.4

per 100,000

The age-adjusted death rate attributable to CVD, based on 2016 data.

Despite decreases in heart disease and stroke mortality, the burden of disease remains high. The 2019 **Statistical Update**, published annually in *Circulation*, is a major source for monitoring both cardiovascular health and disease in the population, with a focus on progress toward the American Heart Association's 2020 Impact Goals.

Every year, the AHA, NHLBI, and other government agencies work together to conduct a review of the most current national data available on heart disease, stroke, and other vascular diseases and present their findings in this single, annual report.

The **Statistical Update** lists the most important sources and the types of data it uses to derive its conclusions, providing a valuable resource for researchers, clinicians, healthcare policy makers, media professionals, the public, and others who seek the most current national data available on disease morbidity, mortality, and risks; quality of care; medical procedures and operations; and costs associated with the management of these diseases.



On average, someone dies of CVD every **38 seconds**

About 2,303 deaths from CVD each day, based on 2016 data.



On average, someone in the US has a stroke every **40 seconds**

About 795,000 new or recurrent stroke each year, based on 2015 data.



On average, someone dies of a stroke every **3.70 minutes**

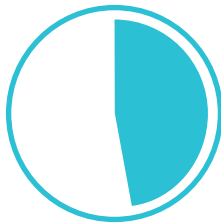
About 389.4 deaths from stroke each day, based on 2016 data.

Access the full report at: www.ahajournals.org/statupdate



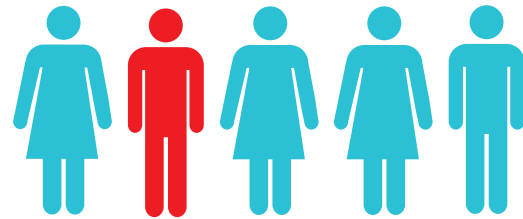
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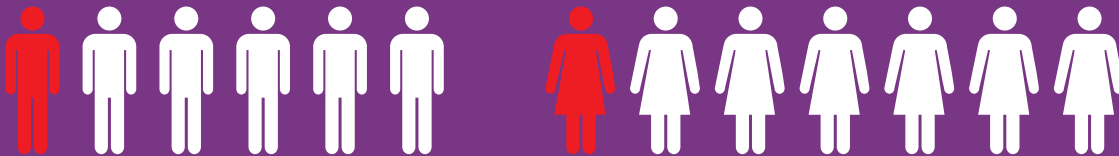
116.4 million, or 46%

of US adults are estimated to have hypertension. These are findings related to the new 2017 Hypertension Clinical Practice Guidelines.



On average,
1 in 5 adults, or 22.5%

of American adults, reported achieving adequate leisure-time aerobic and muscle-strengthening activities to meet the physical activity guidelines, based on 2016 data.



1 in 6 males and 1 in 7 females

in the United States are current smokers, based on 2016 data.

By 2035, more than **130 million adults, or 45.1%** of the US population,

are 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.



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